

Media Release



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Inactivity to blame for 1 in 10 Australian deaths

A lack of physical activity is responsible for one in ten premature deaths in Australia and worldwide, according to new research published in *The Lancet* today¹.

The study also found that inactivity - defined as doing less than 150 minutes of moderate activity like brisk walking a week - causes between six and eleven per cent of Australian cases of heart disease, breast cancer, colon cancer and type 2 diabetes.

“Getting Australia active could save around 1,500 deaths from heart disease each year according to this research,” said Dr Robert Grenfell, Clinical Issues Director at the Heart Foundation.

“More than a third of Australians aged 15 and over do very little or no exercise at all, which is putting their heart and overall health at great risk.

“It’s important to remember that being active doesn’t have to mean working out at the gym – it can be as simple as walking for 30 minutes a day on most days of the week,” Dr Grenfell added.

The Heart Foundation offers a range of programs to help Australians of all ages be more active including Jump Rope for Heart, Heart Foundation Walking and Heartmoves.

Heart disease is the number one killer of Australian men and women, responsible for nearly 22,000 deaths a year or one death every 24 minutes.

“Regular physical activity is good for your heart and can help control other risk factors such as high blood pressure and being overweight,” Dr Grenfell said.

“That’s why the Heart Foundation also lobbies Federal and State Governments to improve local neighbourhoods so that more people have access to parks and safe walking and cycling paths,” he added.

For more information about Heart Foundation programs and for tips on how to be active, visit www.heartfoundation.org.au or call 1300 36 27 87.

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¹ An embargoed copy of the article is available here: <http://press.thelancet.com/physicalactivity.pdf>
This link to the paper will go live when the embargo lifts:
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(12\)61031-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61031-9/abstract)