

Men's Health Fact Sheet #7: Diet and Health

1. Around 31% of poor health is linked to individual risk factors such as diet. In turn, these individual factors are shaped by a combination of social factors, structural factors and sex/gender differences. The data in this fact sheet refers only to the individual factors.
2. Males account for the majority of disease linked to poor diet.
3. **Fruit:** Nearly two-thirds (65%) of the disease burden attributed to a diet low in fruit was experienced by males; Males experienced 71% of coronary heart disease attributable to a diet low in fruit. Of the attributable cancer outcomes, the male burden proportion ranged from 62% of lung cancer to 85% of laryngeal cancer.
4. **Vegetables:** Around 62% of the disease burden attributed to a diet low in vegetables was experienced by males; however, this also varied by cause (Figure 10.30b). Around 68% of coronary heart disease was apparent in males. Of the attributed cancer outcomes, males accounted for 76% of mouth & pharyngeal cancer and 84% of laryngeal cancer burden.
5. **Processed Meat:** Overall, diet high in processed meat contributed more fatal burden (71%) than non-fatal burden (29%). Males experienced 75% of the overall burden.
6. **Nuts and seeds:** Over three-quarters (79%) of the attributable burden from a diet low in nuts and seeds was caused by fatal burden, and males experienced a slightly higher proportion of the attributable burden (69%).
7. **Whole Grains:** Nearly three-quarters (74%) of the attributable burden from a diet low in whole grains was caused by fatal burden, and males experienced a higher proportion (64%) of the attributable burden than did females. The attributable burden increased with age, noticeably for cardiovascular disease outcomes.

Summary

8. Males account for the majority of disease linked to diets low in fruit (65%), vegetables (62%), nuts and seeds (79%) and whole grains (74%), as well as 75% of the burden linked to diets high in processed meat.

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SOURCE: Australian Institute of Health and Welfare 2016. Australian Burden of Disease Study: Impact and causes of illness and death in Australia 2011. Australian Burden of Disease Study series no. 3. BOD 4. Canberra: AIHW.