

INDIVIDUAL RISK FACTORS

Individual Risk Factors

1. Around 31% of poor health is linked to individual risk factors such as smoking and drinking. 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.

Behavioural Risk Factors

2. Tobacco: around 60% of the disease burden linked to tobacco is experienced by men

3. Alcohol: 71% of the disease burden linked to alcohol use is experienced by men

4. Physical Inactivity: **men experience just over half (56%) of the disease burden linked to physical inactivity**, but this proportion was higher for coronary heart disease (69%) and diabetes (59%).

5. Drugs: 75% of the disease burden linked to drug use is experienced by men
Metabolic Risk Factors

6. Body Mass: men experience nearly 60% of the disease burden due to high body mass

7. Blood Pressure: men experienced a greater proportion of this burden for the leading contributor to burden—coronary heart disease

8. Blood Sugar: men experienced 60% of the disease burden due to high blood plasma glucose levels. The proportion varied depending on the disease, ranging from 58% of chronic kidney disease and diabetes burden to 77% of coronary heart disease burden.

9. Cholesterol: **men experience 65% of the disease burden linked to cholesterol**

Environmental Risk Factors

10. Work: almost three-quarters (72%) of the disease burden linked to occupational hazards is experienced by men. The male share of the burden ranges from 63% of back pain & problems to 89% of unintentional injuries and 96% of pneumoconiosis (lung disease).

11. Sun: High sun exposure accounts for 90% of the burden of disease due to melanoma and 70% due to non-melanoma skin cancer. Men experience 69% of the burden of disease linked to high sun exposure.

12. Pollution: men experienced the majority of health loss due to air pollution for the majority of disease outcomes, except for stroke which shows a similar contribution by sex.

Summary

13. **Males account for the majority of disease linked to tobacco (60%)**, alcohol (71%), drugs (75%) and physical inactivity (56%).

14. Males account for the majority of disease linked to body mass (60%), blood sugar levels (60%), cholesterol (60%) and blood pressure.

15. Males account for the majority of disease linked to occupational hazards (72%), high sun exposure (70%) and pollution.

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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.