

Introduction/Context

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The Societal Context

- Living patterns > increasingly urbanised societies
- Aging (but active) population
- Increasing gap between have's and have not's
- More educated and articulate community
- Increasing multiculturalism = diversity
- Changing work patterns → increased stress
- Increasing use of technology →
..... sedentary occupations and pastimes
- High levels of family breakdown
- Declining social connectedness
- Declining levels of physical activity & mental illness
- Adverse effects of global warming

Positive proof of global warming.



**18th
Century**

1900

1950

1970

1980

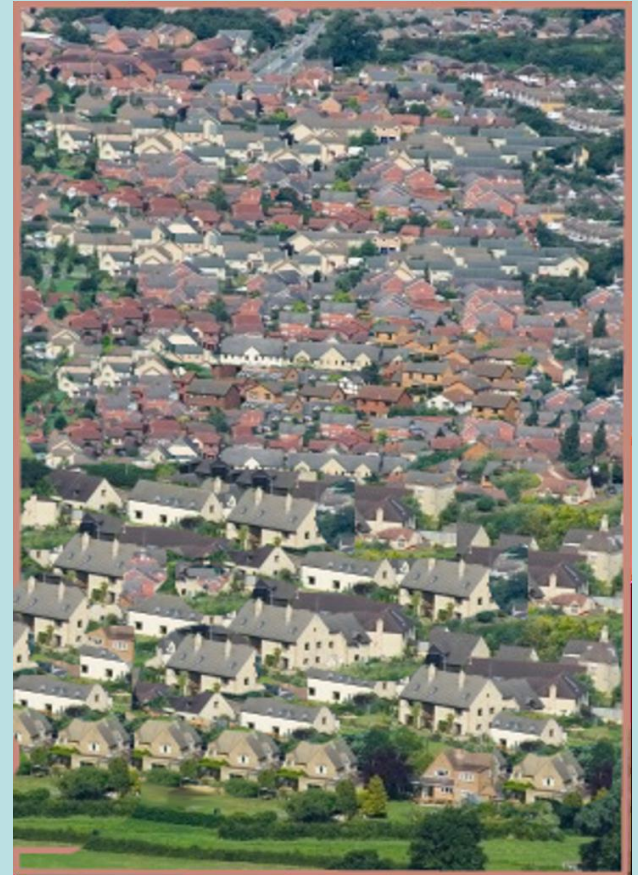
1990

2006

How to create a diabetes and obesity environment



increase population
density without
an adequate
increase in open
space



Overweight and Obesity

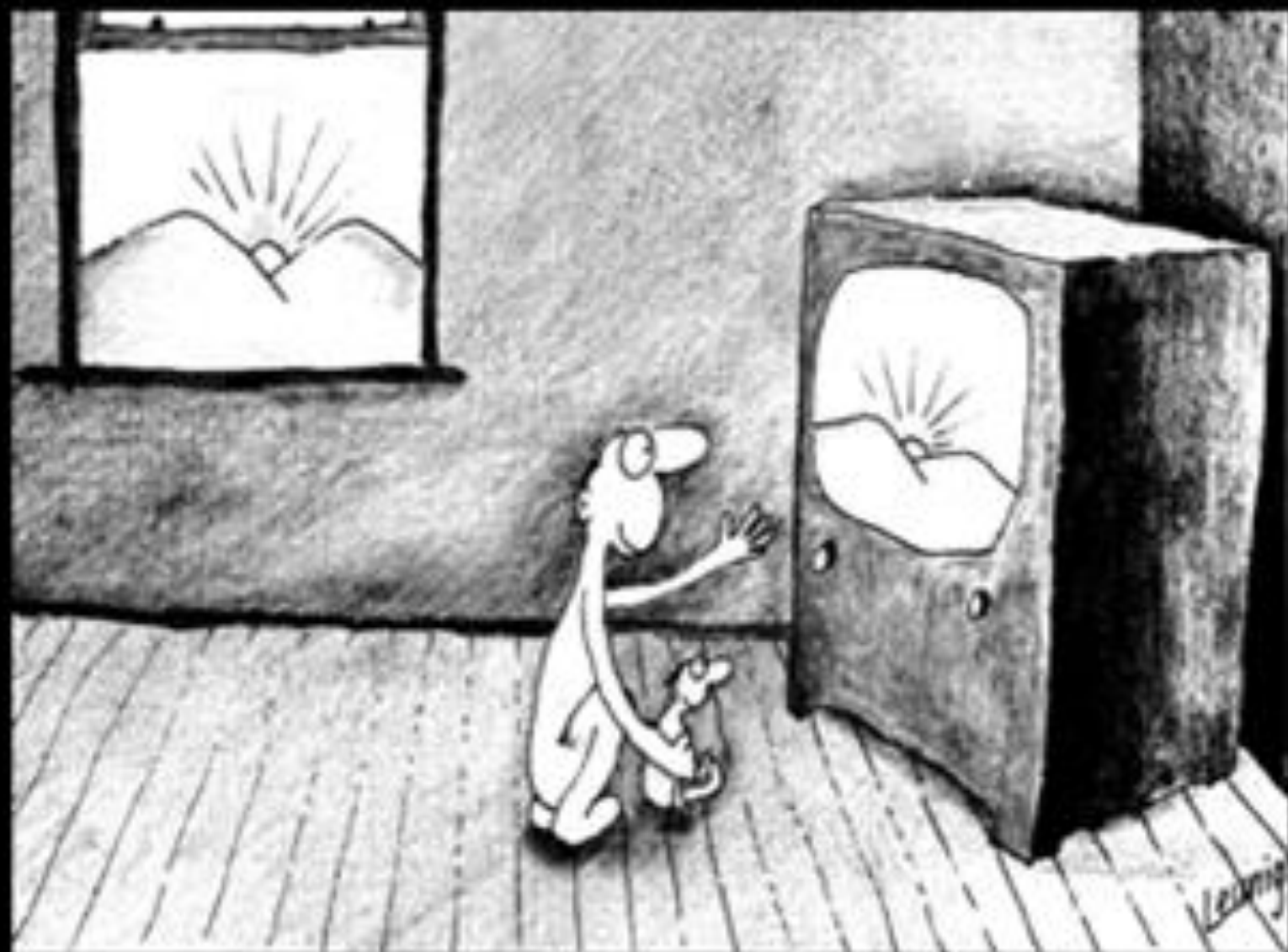
Adults:

- 61% of the Australian population are either overweight or obese
- 26% of males and 24% of females are classified as obese (Body Mass Index $> 30.0 \text{ kg/m}^2$)

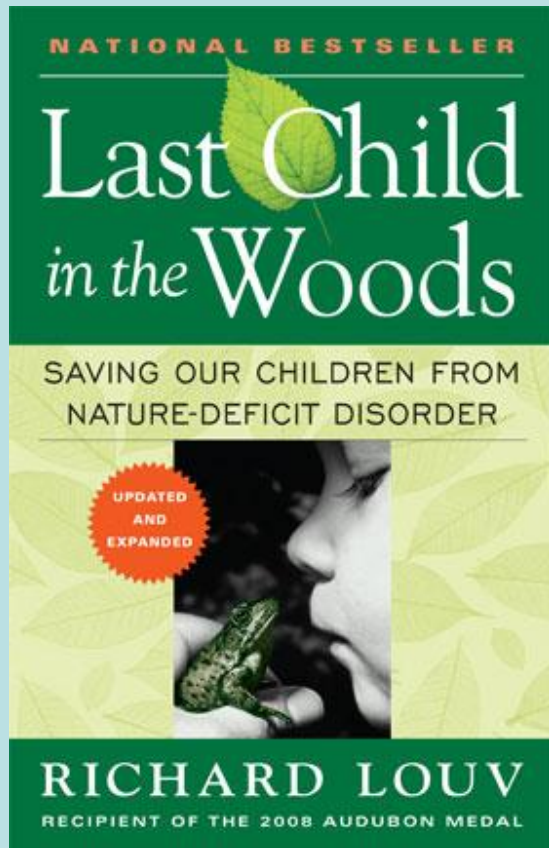


Children and Adolescents:

- 25% of children aged 5 – 17 years are overweight or obese



Leisure time increasingly spent indoors



a trend no better expressed than
by Richard Louv where he quotes
a 4th grader saying:

*“I like to play indoors better
‘cause that’s where the electrical
outlets are”!*

and note the sub-title
*‘saving our children from
nature-deficit disorder!’*

Might we end up with this?

