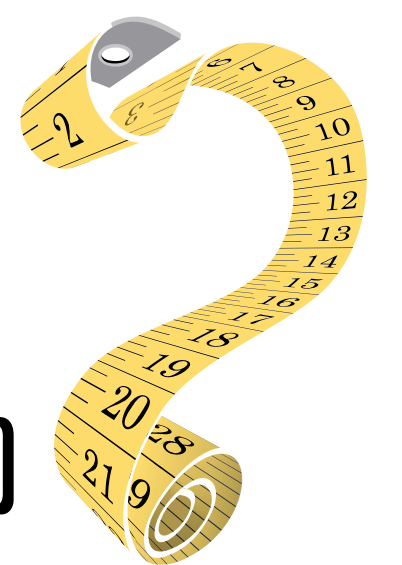


# Are you on your way to chronic disease?



1 in 2 Australian adults is overweight. Most men with waistlines over 94cm have an increased risk of some cancers, heart disease and type 2 diabetes. To find out more, go to [australia.gov.au/MeasureUp](http://australia.gov.au/MeasureUp)

## How do you measure up

**Australian Better Health Initiative**  
A joint Australian, State and Territory government initiative.