

# The Facts: Health & Wellness of Children in Victoria



1 in 4 children  
between the ages of 4-8 years are

**obese or  
overweight**

Source: National Health Survey, 2018-19



**only 2%**  
of children aged between 4-8 years  
**eat the recommended servings of  
vegetables everyday**

Source: National Health Survey, 2018-19



**91.2%**  
of 7-12 year olds have  
**decayed, missing  
or filled teeth**

Source: DHSV Planning & Performance, 2018-19



**only 22.6%**  
of children aged 5-12 years  
**meet physical activity  
recommendations of  
1 hour per day**

Source: ABS, Australian Health Survey: Nutrition and Physical Activity, 2011-12

approximately  
**30%** of children  
aged 4-8 years  
**consume sugar  
sweetened drinks  
2 to 3 times a week**



Source: Australian Institute of Health and Welfare, 2019

# Do you know how much sugar is in your drink?



Water

0 tsp



Diet Cola

0 tsp



Contains caffeine and acid\*



Energy Drinks  
Zero Sugar

0 tsp



Contains caffeine and acid\*



Iced Tea

7.5 tsp



Sports Drinks

9 tsp



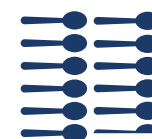
Orange Juice

10 tsp



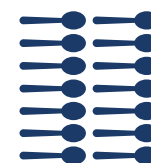
Chocolate Milk

11.5 tsp



Energy Drinks

14 tsp



Contains caffeine



Cola Drinks

16 tsp



Contains caffeine

\*Contains acid: although these drinks do not have sugar, they contain acids which break down teeth enamel and cause damage to the teeth.

\*Each teaspoon (tsp) stands for 4 grams of sugar.

Choose your drink wisely