

2. Health behaviours

A person's health is influenced by their behaviours. The impact of many health problems experienced by Australians could be reduced or prevented entirely by changing behaviours related to such things as tobacco smoking, being overweight or obese, high alcohol use, physical inactivity and high blood pressure. These indicators focus on behaviours that are known to put a person's health at risk.

Indicators in this framework

- [Australian Health Performance Framework: PI 1.2.3–Levels of risky alcohol consumption, 2019 Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 1.2.2–Children exposed to tobacco smoke in the home, 2019 Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 1.2.5–Insufficient physical activity, 2019 Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 1.2.1–Rates of current daily smokers, 2019 Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 1.2.4–Inadequate fruit and vegetable intake, 2019 Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 1.2.3–Levels of risky alcohol consumption, 2020 Health](#), Standard 13/10/2021
- [Australian Health Performance Framework: PI 1.2.4–Inadequate fruit and vegetable intake, 2020 Health](#), Standard 13/10/2021
- [Australian Health Performance Framework: PI 1.2.1–Rates of current daily smokers, 2020 Health](#), Standard 13/10/2021
- [Australian Health Performance Framework: PI 1.2.2–Children exposed to tobacco smoke in the home, 2020 Health](#), Standard 13/10/2021
- [Australian Health Performance Framework: PI 1.2.5–Insufficient physical activity, 2020 Health](#), Standard 13/10/2021