

Background Information and Statistics

According to *Australian Institute of Health and Welfare 2008. Australia's health 2008. Cat. No. AUS 99. Canberra: AIHW* most Australian children enjoy good health. However, there are a number of areas of concern, including high rates of overweight and obesity, insufficient physical activity and poor eating habits.

Furthermore, statistics indicate that injury is the leading cause of death and a major cause of disability among Australian children (AIHW 2005). A statistical 'snapshot' is as follows:

- In 2005-06, injury (including poisoning) was the second leading cause of hospitalisations for children overall, and the leading cause of hospitalisation for those aged 10 – 14 years;
- The boys' hospitalisation rate for injury was almost twice that of girls (2,025 compared with 1,303 hospitalisations per 100,000 children);
- The most common causes of injury hospitalisations among children were falls(38% of all their injury hospitalisations), transport and pedestrian accidents (14%), and hitting something or being hit or crushed by something (8%);
- In 2005, transport accidents and accidental drowning were the most common causes of injury deaths (67 and 32 deaths respectively). However, there was a major decline in the rate of deaths in these areas from 1985 to 2005.

