

Hundreds of childcare workers across the country are set to walk off the job on International Women's Day to protest their pay rates, urging the Turnbull government to help.

But one federal minister reckons the strike won't bode well with busy parents reliant on day care workers.

Early childhood educators will urge the federal government to include policies to improve their pay in this year's budget, by launching a joint strike at 3.20pm on Wednesday

The United Voice union says some are being paid as little as \$20 an hour, half the average national average.

"Their business and mortgages aren't smaller than anybody else's and \$20 an hour doesn't cut it," says assistant national secretary Helen Gibbons.

Ms Gibbons said they're urging the government to act because parents can't afford to pay more.

Workers were leaving the industry because of low pay. "They go into it with big hearts and a lot of professionalism and a lot of experience and a lot of qualifications," Ms Gibbons said. "But they find when it comes to having their own family or making choices about buying a house or where they want to live, that they can't afford to stay in the sector."

Government frontbencher David Gillespie said the strike wouldn't be welcomed by many mums and dads.

"I don't think (it) will endear them to a lot of the parents who have pretty busy and complex work arrangements," the assistant health minister claims.

Pay rate decisions are for the Fair Work Commission, he added.

Supporters of President Donald Trump have held a second day of small rallies in communities around the US, a counterpoint to a wave of protests that have taken place since his election in November.

Organisers of the so-called Spirit of America rallies in at least 28 of the country's 50 states on Saturday had said they expected smaller turn-outs than the huge crowds of anti-Trump protesters who clogged the streets of Washington and other cities the day after Trump's inauguration on January 20.

Their predictions appeared to be correct, as they were on Monday when similar rallies were held. In many towns and cities, the rallies drew only a few hundred people, and some were at risk of being outnumbered by small groups of anti-Trump demonstrators who gathered to shout against the rallies.

"People feel like they can't let their foot off the gas and we need to support our president," said Meshawn Maddock, one of the organisers of a pro-Trump rally of about 200 people in Lansing outside the Michigan State Capitol building.

"How can anyone be disappointed with bringing back jobs? And he promised he would secure our borders, and that's exactly what he's doing."

Brandon Blanchard, 24, among a small group of anti-Trump protesters, said he had come in support of immigrants, Muslims and transgender people, groups that have been negatively targeted by Trump's rhetoric or policies.

In Washington, more than 150 Trump supporters marched a short distance from the Washington Monument to Lafayette Square in front of the White House to show their backing for the embattled president, who was in Florida for the weekend.

In Denver, several dozen people held pro-Trump signs at the top of the steps of the Colorado State Capitol building, according to video footage streamed online.

Two lines of police below them looked out on a small crowd of people protesting the rally at the bottom of the steps.

"No hate! No fear! Immigrants are welcome here!" the anti-Trump protesters shouted up the steps, along with obscene anti-Trump slogans.

In the nation's capital, more than a hundred people rallied near the Washington Monument before the march to Lafayette Square.

Australia's men's and women's rugby Sevens teams have won through to the quarter-finals of the Las Vegas round of the world series.

The men's side made it two from two on day one on Friday (Saturday AEDT) when they came from 21-7 down against Scotland to triumph 28-21 before edging out Japan 19-12.

Australia will play Fiji on Saturday (Sunday 8.50am AEDT) in their final pool match in a clash which will decide seedings for the quarter-finals after the Rio Olympic champions also knocked off Scotland and Japan.

Lachie Anderson impressed with four tries in the two matches while returning injured players Ed Jenkins, Nick Malouf and Tom Lucas all added to the scoresheet.

Australia's female Olympic champions also advanced to the final eight of the cup competition with two wins and a loss.

Australia easily accounted for England 31-14 and Brazil 38-0 but fell to arch-rivals New Zealand 21-14.

Despite the defeat to the Black Ferns, Australia will face Fiji for a place in the semi-finals on Saturday (Sunday 4.06am AEDT).

There was plenty of concern shown for Chloe Dalton after she suffered a neck injury against New Zealand.

She was collected around the head and neck in a clean out, was stretchered off and taken to hospital for precautionary scans.

"That is the exact thing they are trying to eradicate from the game," said Australian women's coach Tim Walsh.

"For us to suffer that and we didn't even get a penalty from it was very disappointing.

"That kind of offence needs to be eradicated from the game and I know that the referees are making that a focus point."

British adults consume around a whopping 100 million fast food and takeaway meals every week, resulting in an "increased cancer risk", a report reveals.

Each week, UK adults eat in excess of 79 million ready meals and 22 million takeaways.

Despite being better informed about calorie guidelines, young adults are seven times more likely than over-65s to eat fast food or microwave meals, pizzas and chips at least once a week, according to the study by Cancer Research UK.

The report also shows that men are more keen on ready meals, sweets and soft drinks than women, with just over 55 per cent tucking into convenience food at least once weekly, compared to 44 per cent of women.

Overall, UK adults consume up to 300 calories more than the recommended daily amount.

Alison Cox, director of cancer prevention at Cancer Research UK, said: "These figures show that 'grab and go' foods and a growing appetite for takeaways and ready meals are helping to propel us towards an epidemic of larger waistlines and increased cancer risk."

During the study, more than 3,200 respondents had their body mass index (BMI), physical activity levels and diet patterns measured, as well as their knowledge of obesity being linked to health conditions including cancer.

The figures, based on a YouGov survey, follow an earlier report showing that just one in four people are aware of the link between obesity and cancer, with 63 per cent of adults recorded as obese in 2015.

The findings also showed 71 per cent of men and 61 per cent of women were "sufficiently active", including 46 per cent of obese participants, leading the report to conclude that exercise is not the only solution to reducing the obesity epidemic.

Jyosyna Wohra, head of the Policy Research Centre for Cancer Prevention, the team which published the report, said the onus should be on food manufacturers to reduce salt, sugar and fat levels in their products.

She told the Press Association: "We do know that obesity has been increasing in the UK due to lifestyle choices that people make, including turning to ready meals because of convenience.

"We want the food industry to look at the report and look at how they can make (their products) healthier."