

HEALTHY EATING AND ACTIVE LIVING SNAPSHOT



Healthy eating and active living are essential components of wellbeing and help to reduce the risk of chronic diseases.

Creating environments that promote healthy options for our community will support people to attain better health and wellbeing. Examples include better access to safe, usable active transport like walking and bike paths, and more availability of healthy food such as fruit and vegetables.



ALL THE NUMBERS

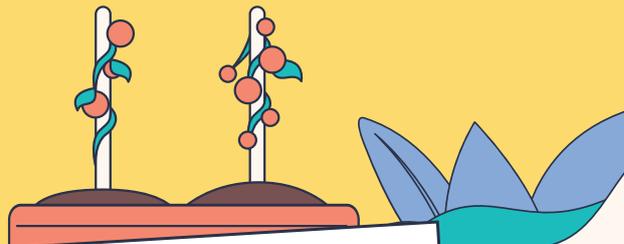
Visit Yarra's Health and Wellbeing Profile 2020 at yarracity.vic.gov.au/publichealth

FOOD AND HEALTHY EATING

30+
COMMUNITY GROWING SPACES

180+
FOOD PRODUCING PLANTER BOXES

- 1 Urban Farm
- 1 Market garden
- 15 Community gardens
- 10 Laneway gardens
- 6 School gardens



5.2%
YARRA

Residents eat the recommended amount of fruit and vegetables.

The recommended intake is 2 x fruit and 5 x vegetables.



7.2%
YARRA

Residents went hungry. The Victorian average is 3.6%.

PHYSICAL ACTIVITY



6.9%
Ride in Yarra



41%
Yarra residents

spend more time sitting than the Victorian average 27%.

	Yarra	Victoria
Walk	34%	16%
Public transport	16%	8.6%
Bike	6.9%	1.8%

Yarra residents are more likely to walk, cycle or catch public transport compared to the average Victorian.



54.9%
Yarra residents

do the recommended weekly amount of physical activity.

150 minutes moderate to intense or 75 minutes vigorous physical activity is recommended.

24%
OF YARRA

zoned for public open space and community use.



BREAST FEEDING



22% YARRA
Infants were fully breastfed at 6 months

38% YARRA
Infants were partly breastfed at 6 months

Sources: Victorian Population Health and Wellbeing Survey (2014 and 2017), Yarra City Council Maternal and Child Health Services (2018-2019), Yarra City Council

National Relay Service
TTY 133 677 then (03) 9205 5055

Languages 中文 9280 1937 Italiano 9280 1931 Tiếng Việt 9280 1939
العربية 9280 1930 Ελληνικά 9280 1934 Español 9280 1935 Other 9280 1940 REF 18,825