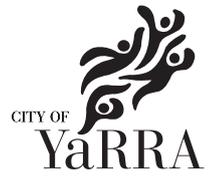


HEALTH AND WELLBEING SNAPSHOT



Our health and wellbeing are influenced not only by our lifestyle choices but by a variety of other factors. These include the social, economic, physical and natural environments in which we are born, grow, learn, work, live and play.

Yarra is home to many diverse populations and neighbourhoods, within which there is a wide variety of disparate health statuses.

While many of Yarra's residents enjoy a quality of life and wellbeing that is relatively high by national and international standards those who are experiencing socio-economic disadvantage are suffering disproportionately from ill health and are more likely to have poorer wellbeing outcomes.

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

ALCOHOL CONSUMPTION

Yarra residents are more at risk of alcohol related harm and injury than the average Victorian.



HEALTHY EATING

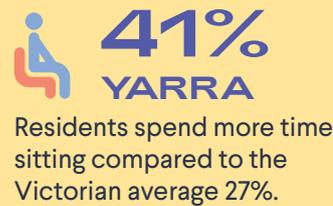


The recommended intake is 2 x fruit and 5 x vegetables.

MENTAL HEALTH

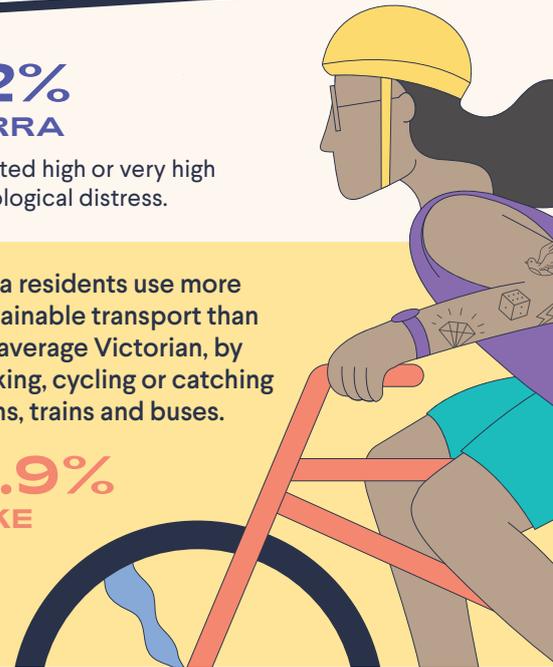


PHYSICAL ACTIVITY

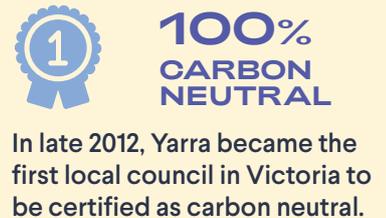


	Yarra	Victoria
Walk	34%	16%
Public transport	16%	8.6%
Bike	6.9%	1.8%

Yarra residents use more sustainable transport than the average Victorian, by walking, cycling or catching trams, trains and buses.



HOUSEHOLDS



Sources: Victorian Population Health and Wellbeing Survey (2014 and 2017), Australian Bureau of Statistics Census (2016) Yarra City Council.