

# Improve healthy eating and active living

Healthy eating and active living are key factors to improving health and wellbeing and are associated with reducing the impact of lifestyle-related chronic disease, as well as improving mental health and wellbeing.

Being able to eat healthy and live actively are dependent on planning, built environment, transport, food access and supply, rather than just the choices individuals make.

Health reflects the complex interactions of a person's genetics, lifestyle and environment and is fundamental to overall wellbeing.

## Key statistics



35% of households are located **within 1 kilometre** of a supermarket. (8)



40% of households with children experience **marginal to very high food stress**.



**99% of adults and children** don't eat the recommended amount of fruit and vegetables. (2,4)



**Higher rate of avoidable deaths** from diabetes, circulatory system disease and cancer, than Victoria. (2016-2020) (7)



63.5% of residents travel to work by private car, **1.2% by active transport\*** and 2.7% use public transport. (6) \*walk, bike, scooter



33% drink sugary drinks weekly or more often, and **34% consume takeaway weekly** or more often. (2) (Compared to 10% and 9% in Victoria)



33% complete **sufficient physical activity** and 17% participate in organised sport. (3,2)



22% **sit for more than 7 hours** on a weekday. (3) (Compared to 28% of Victorians)

## Health considerations in priority populations

- Cardinia (suburb) has the lowest walkability score of -4.5 and Pakenham has the highest -1.2.
- Those experiencing financial hardship are less likely to regularly participate in physical activity and have access to healthy food.

## Impact of climate change on healthy eating and active living

- Temperature and weather changes impact local food production, availability and supply.
- The convenience of packaged food is identified as a barrier to engage in climate action like purchasing minimally processed and packaged food and drinks.
- Transport systems are a major emissions contributor, therefore increased public and connected active transport options are crucial to climate action.
- Heat events and an increase in high temperature days adversely affect the social and recreational outdoor activities, resulting in cancellation of events and the deterioration of outdoor sporting facilities.

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## References

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