# Cardinia Shire Liveability Plan 2017-29

## Cardinia Shire’s Liveability Health Plan 2017-2029 identifies the top seven health and social priorities impacting the overall health and wellbeing of the municipality. Obesity is one of these seven priority areas.

## What is obesity?

The World Health Organisation defines overweight (pre-obese) and obesity as abnormal or excessive fat accumulation that may impair health. With rising rates of obesity in our community we have an increased risk of many chronic diseases. Obesity is a complex issue influenced by many environmental factors including more sedentary lifestyles and ease of access to fast food.

## What we know for Cardinia Shire

* 25% of adults are obese, compared to 19% of Victorians[[1]](#footnote-1). For females this represents 28% of the population compared to 17% for Victoria and for males this represents 21% of the population compared to 20% for Victoria[[2]](#footnote-2).
* 29% of adults are overweight, compared to 31% of Victorians1. For females this represents 22% of the population compared to 24% for Victoria and for males this represents 35% of the population compared to the state measure of 38%2.
* 5% of adults consumed enough fruit and vegetables to meet the recommended amount, compared to 4% of Victorians1
* 12% of adults consumed take-away meals between 1-3 times a week, compare to 9% of Victorians1
* 15% of the adult population consume sugar-sweetened soft drinks daily, compared to 11% of Victorians1
* Half the adult population (55%) do not participate in sufficient physical activity, comparable to 55% of Victorians1
* Sitting is the main type of physical activity undertaken at work for 36% of the adult population, compared to 50% of Victorians1
* One in five adults (19%) sit for 8 or more hours per day, compared to 24% of Victorians1

# Contact us

For more information contact Social and Community Planning on 1300 787 624 or email [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au).

1. Victorian Population Health Survey 2014 [↑](#footnote-ref-1)
2. Department of Health and Human Services, Local Government Profile, 2015 [↑](#footnote-ref-2)