

Priority area



Obesity

Obesity is one of the leading risk factors for life-style related illness. People who experience obesity have a much higher risk of developing diabetes, heart disease and some cancers.

What we know for Cardinia Shire

- 25% of adults are obese, compared to 19% of Victorians . 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.
- 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%.
- 5% of adults consumed enough fruit and vegetables to meet the recommended amount, compared to 4% of Victorians.
- 12% of adults consumed take-away meals between 1-3 times a week, compare to 9% of Victorians.
- 15% of the adult population consume sugar-sweetened soft drinks daily, compared to 11% of Victorians.
- Half the adult population (55%) do not participate in sufficient physical activity, comparable to 55% of Victorians.
- Sitting is the main type of physical activity undertaken at work for 36% of the adult population, compared to 50% of Victorians.
- One in five adults (19%) sit for 8 or more hours per day, compared to 24% of Victorians.

Cardinia Shire Liveability Plan 2017-29

Cardinia Shire's Liveability Plan 2017-2029 identifies seven health and social priorities impacting the wellbeing of Cardinia Shire residents. These are identified as the long term goals within the plan.

Contact us

For more information contact Social and Community Planning on **1300 787 624** or email mail@cardinia.vic.gov.au.

Year prepared: 2017 For a list of data sources or a copy of this information please contact Social and Community Planning