

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



Takeaway outlets, restaurants or cafes out number supermarkets or green grocer 6:1



53% complete sufficient physical activity



21% sit for more than 7 hours on a weekday
Compared to 13.9% on a weekend



95% don't eat the recommended amount of fruit and vegetables



16% drink sugar-sweetened beverages daily and 14% eat takeaway meals or snacks more than once per week
Compared to 10.1% Victoria



Highest organised sport participation of interface growth areas (14%)



97% of households own a car and 75% of residents travel to work by car



58% of residents are overweight or obese



Low walkability score of -1.3 (in the 15th percentile across Victoria)



- 4% of children meet fruit and vegetable recommend serves compared to 6% of adults
- Beaconsfield Upper has the lowest walkability score of -5.9 and Pakenham has the highest -0.2
- Those experiencing financial hardship are less likely to regularly participate in physical activity



- Issues accessing fresh food during COVID-19
- 30% were eating less healthy food and 46% were exercising less during lockdowns
- Social distancing restrictions highlighted the lack of open green space accessible to residents in growth areas of Melbourne



- Temperature and weather changes will impact food production, availability, and supply
- Transport systems are a major contributor to greenhouse gas pollution, therefore increased public and active transport options are crucial to climate action.
- People in areas with low tree canopy are more likely to experience heat-related stress and mortality
- Heat events and an increase in the number of days over 35 degrees will adversely affect the social and recreational outdoor activities
- Hardening and deterioration of outdoor sporting facilities resulting in cancellation of events

For more information contact Cardinia Shire Council on 1300 787 624 or mail@cardinia.vic.gov.au