

HEALTHY EATING

Healthy eating is integral to our overall health and wellbeing. Wyndham has a larger proportion of residents who are not meeting the food and beverage recommendations to achieve long term good health. This profile compares Wyndham adults, to adults across Greater Melbourne and Victoria on eating and drinking habits, as well as food insecurity. All data refers to adults aged 18+ years unless otherwise stated.



Only 3% of Wyndham adults consume the recommended 5 serves of vegetables each day, which is considerably lower than the North and West Metro area (**7%**) and Victoria (**7%**).



Less than half of all adults across Victoria consume the recommended 2 serves of fruit each day. Fruit consumption is lower in **Wyndham (44%)** than the North and West Metro area (**48%**) and Victoria (**48%**).



Almost 75% of adults in Wyndham eat take-away meals once a week, which is higher than the **71%** of adults Victoria wide.



The percentage of adults drinking sugary drinks every day is higher in **Wyndham (15%)** than **Victoria overall (11%)**.



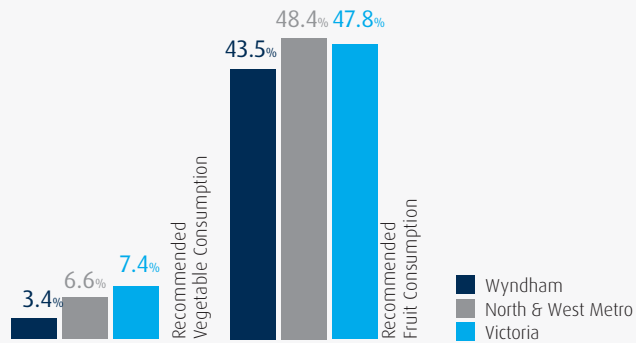
The proportion of Wyndham residents experiencing food insecurity is slowly increasing. The proportion of people over 15 years of age who ran out of food in the past 12 months increased from **6% in 2008** to **7% in 2015**.



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Fruit and Vegetable Consumption, 2014¹

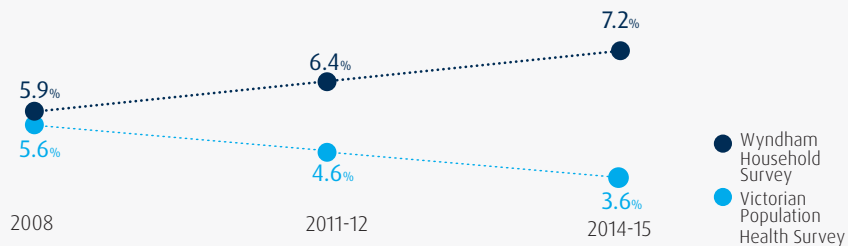


There is a smaller proportion of adults consuming the recommended servings of fruit and vegetables each day in Wyndham than in the North and West Metro area and Victoria wide.

Only 3.4% of Wyndham adults are consuming the recommended 5 serves of vegetables each day, compared to 6.6% of adults in the North and West Metro area, and 7.4% in Victoria.

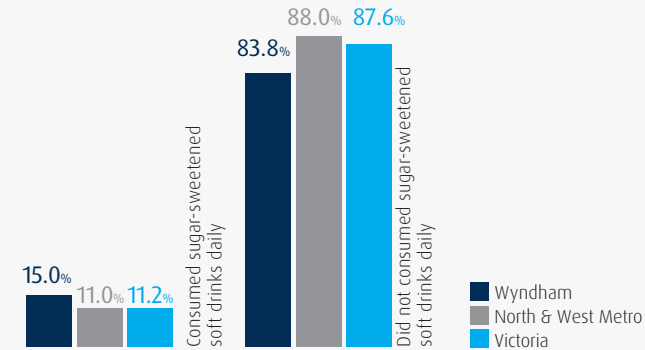
Significantly more adults consume the recommended 2 serves of fruit each day across all regions, though the proportion is still less than half the population, and is lower in Wyndham (43.5%) than in the North and West Metro area, and Victoria (48.4% and 47.8% respectively).

Food Security, 15+ Years, 2008, 2011-12 and 2015^{2,3}



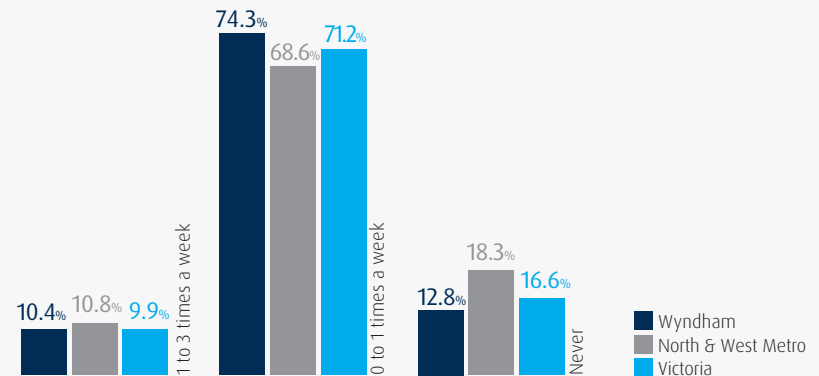
The proportion of people over 15 years of age who ran out of food in the past 12 months increased from 5.9% in 2008 to 7.2% in 2015. In contrast, the proportion of residents across Victoria experiencing food insecurity decreased from 5.6% to 3.6% between 2008 and 2014.

Daily Consumption of Sugar-Sweetened Soft Drinks, 2014⁴



In 2014, a higher proportion of Wyndham adults consumed soft drink daily (15.0%) compared to adults in the North and West Metro area and across Victoria (11.0% and 11.2% respectively).

Takeaway Meal and Snack Consumption, 2014⁵



In 2014, the majority (71.2%) of adults across Victoria consumed a takeaway meal once a week. Compared to the North and West Metro area and Victoria wide, a larger proportion of adults in Wyndham eat take-away meals once a week (74.3%).

¹ Department of Health and Human Services. (2014). Victorian Population Health Survey 2014 – Modifiable risk factors contributing to chronic disease in Victoria.

² Wyndham City Council. (2015). Wyndham Household Survey.

³ Department of Health. (2008, 2011-12). Victorian Population Health Survey.

⁴ Department of Health. (2014). Victorian Population Health Survey 2014 – Modifiable risk factors contributing to chronic disease in Victoria.

⁵ Ibid