

Health, wellbeing and individual lifestyle factors



HEALTH, WELLBEING AND INDIVIDUAL LIFESTYLE FACTORS SNAPSHOT

HEALTHY EATING



3.1% of adults in Maribyrnong met fruit and vegetable consumption guidelines. This was higher than the Western Melbourne Area comparison of **2.9%**



Adults who never eat take-away meals or snacks in **Maribyrnong**

Maribyrnong **22.7%**

W.Melb **16.9%**

VIC **14.9%**



Adults who consumed **sugar-sweetened soft drinks daily** was also lower in Maribyrnong **6.5%** compared with the Western Melbourne area **10.8%**

PHYSICAL ACTIVITY

A higher proportion of women with **insufficient physical** activity compared with men



Maribyrnong reported a higher proportion of adults who were sitting **6 to 8 hours** on average per weekend day with **14.0%** compared with the Western Melbourne Area **11.6%** and the state **11.4%**.

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WEIGHT



A higher proportion of men were overweight (pre-obese or overweight) **57.8%** compared with **33.1%** women.

SMOKING

Men **19.6%**

Women **11.4%**

MENTAL HEALTH

The proportion of adults experiencing high/ very high **levels of psychological distress** was **18.1%** significantly higher than 15.2% of the Western Melbourne Area and 15.4% of the State.

ALCOHOL



20.3% of adults in Maribyrnong drank more than two drinks per day 5-7 days per week.

This was significantly higher than the **Western Melbourne Area 16.7%** and the **State 18.1%** average.

HEALTH SCREENING

Lower rates for bowel, breast and cervical screening compared with the state.

GAMBLING

In 2019 the total amount spent on electronic gaming machines (EGM) in Maribyrnong was

\$57,257,924.75

CHRONIC DISEASE

The proportion of adults in Maribyrnong who have ever been **diagnosed with a chronic disease** in 2017 was comparatively higher than the Western Melbourne area and the state. It was significantly higher for **asthma, type 2 diabetes, heart disease, cancer, osteoporosis and arthritis**.

SEXUAL & REPRODUCTIVE HEALTH

Higher rates of **gonorrhoea, Hep B, HIV and chlamydia** especially for men

