HEALTHIER EATING & ACTIVE LIVING IN MOORABOOL

In 2014, **53%** of respondents did not eat enough fruit & vegetables to meet the Australian guidelines **Vic 48.6%**

In 2015, respondents ate an average:

- **1.6** serves of fruit each day **Vic 1.6**
- **2.4** serves of vegetables each day **Vic 2.2**

In 2015 **7.9%** ate takeaway 1-3 times a week **Vic 10.2%**

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In 2014, **2.5%** of respondents were classified as sedentary **Vic 3.6%**

**46.4%** did not do sufficient levels of physical activity **Vic 50.4%**

**41.4%** did sufficient levels of physical activity **Vic 41.5%**

In 2014, **16.8%** of residents drank sugar sweetened soft drinks daily **Vic 11.2%**

In 2015, **4.1%** of residents did not consume any water/day **Vic 3.1%**

In 2015 the VicHealth survey found that:

- **73.4%** participated in non-organised physical activity **Vic 70.5%**
- **17.7%** of residents did not do at least one session of 30 mins of physical activity per week **Vic 18.9%**
- **59.6%** of people walked **Vic 51.2%**
- **40.8%** did 4 or more sessions of 30 mins physical activity a week **Vic 41.3%**