



CITY OF VINCENT

Health & Wellbeing Profile

When thinking about public health & wellbeing in our community, it is important to consider the following lifestyle factors of the Vincent population



8%

smoke tobacco



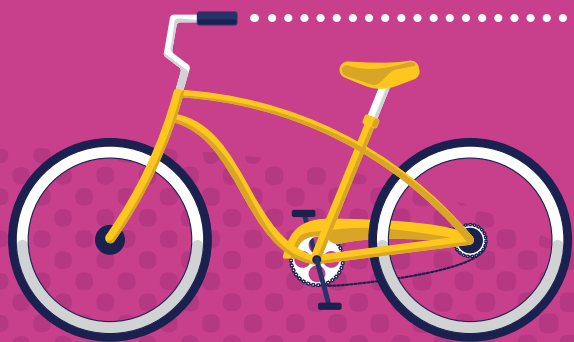
63%

are either overweight or obese



50%

do not eat enough fruit



35%

do not meet the recommended minimum of 150 minutes of physical activity per week



90%

do not eat enough vegetables



14%

have a diagnosed mental health problem



30%

drink alcohol at levels risking long-term harm



29%

eat fast food at least weekly

When asked to self-assess their health, 87% of Vincent residents rated themselves as very good or excellent

Public Health Plan