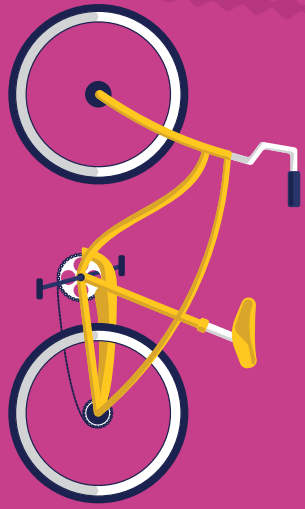




CITY OF VINCENT

Health & Wellbeing Profile



53%
do not undertake enough physical activity per week¹



61% are above a healthy weight with 30% classified as obese



51% do not eat enough fruit²



92%
do not eat enough vegetables³

43%

have too much screen time⁸



8%

smoke tobacco daily and currently use e-cigarettes



29%

drink alcohol at risky levels⁴



24% eat fast food at least weekly



17% have a diagnosed mental health problem⁵



28% have a long-term health condition⁶

76% rated their health as excellent⁷

1. At least 150 minutes of moderate activity per week
2. 2 serves of fruit per day
3. 5 serves of vegetables per day
4. More than ten standard drinks a week and/or more than four standard drinks on any one day.
5. stress, anxiety, depression and/or psychological distress

6. Arthritis, Asthma, Cancer, Dementia, Diabetes, Heart Disease, Kidney Disease, Lung Condition, Mental Health Condition, Stroke, Other
7. Taken from the SGS Cities and Regions Wellbeing Index 2024
8. No more than 2 hours a day of screen-based activity

Data is collected from the Health and Wellbeing Surveillance System (HWSS) 2020

Public Health Plan