

# ONLY 42% OF PEOPLE IN WODONGA EXERCISE ENOUGH



PHYSICAL ACTIVITY - 2018



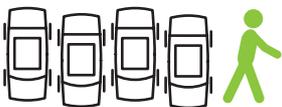
**Wodonga is an obesity hot spot.**  
56.3% of people are either overweight or obese.

Wodonga is ranked **1st** for heart attacks in Victoria, out of 79 local government areas.



In Wodonga, 29% of girls and 28% of boys aged 3.5 years are overweight or obese.

Approximately 50% of Australian children do not use some form of active transport to get to school (often because parents are worried about traffic safety and stranger danger).



Four out of five people in Wodonga drive their car to work. This puts the city in the top five local government areas for car dependency.

51.5% of people in Wodonga have a job where they mostly sit.

In 2016 42% per cent of Wodonga residents reported that lack of time is their main barrier to being more active. This was followed by lack of infrastructure and safety.



Physical inactivity leads to increased weight gain and an increased risk of cardiovascular disease, diabetes and some cancers.



Research suggests you are less likely to be physically active if you are:

- Aboriginal or Torres Strait Islander;
- Elderly;
- Born overseas; or,
- Have a disability or a lower socioeconomic status.

The only way to minimise this risk is by moving **MORE** at work, **MORE** often.



REFERENCES: DHHS 2014, Heart Foundation 2015, ABS 2013, VicHealth 2011, DHHS 2016, Physical activity survey, 2016.

For more information please contact the Community Planning and Wellbeing team on (02) 6022 9300 or go to [wodonga.vic.gov.au](http://wodonga.vic.gov.au)



## Promoting and encouraging physical activity

### WHAT COUNCIL IS DOING

Wodonga Council plays a key role in promoting, facilitating and encouraging physical activity through strategic planning, built environments and implementing various community initiatives.

The objectives of the council's *Physical Activity Strategy 2015 to 2020* are to:

1. Encourage everyone to be physically active;
2. Establish healthy spaces and places that support active living;
3. Work with community-based systems and settings to increase awareness of physical activity; and,
4. Develop and implement the "Walk Wodonga" initiative.

### WHAT YOU CAN DO

Although the council plays a pivotal role, it is up to everyone to work together to encourage everyone to be active. Sporting clubs, education settings and workplaces can all contribute to making Wodonga a healthy and active community:

- **Workplaces** (does your organisational culture promote physical activity through supportive leadership, flexible work arrangements and facilities?)
- **Schools and early learning services** (Does your child's school have an internal policy to encourage physical activity? Do they get involved in Walk to School day?)
- **Community and sporting organisations** (Do you get enough exercise? Is your sporting club inclusive of all people, including people with a disability?)
- **Communities** (Do you exercise regularly? Do you get out and active with your children?)

## OUR ACTIONS

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### Community-wide campaigns

Wodonga Council encourages participation in physical activity through coordinating community-wide campaigns such as Ride2Work, Children's Fair and Premier's Active April, to raise awareness of the importance of being active.

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### Walking and cycling

Council encourages the community to participate in walking and cycling across the city; through land use planning and the provision of path and reserve lighting, accessible toilets and the the development and distribution of #walkwodonga booklets.

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### Sports and recreation facilities

Council manages and maintains approximately 26 sports and recreation complexes across Wodonga. Council delivers well planned and sustainable improvements to sporting and recreation precincts across the city.

If you are concerned about your health please make an appointment to see your doctor