

WODONGA RANKS

1ST IN VICTORIA FOR INCIDENCE OF HEART ATTACK



HEALTHY FOOD - 2018

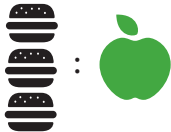


56.3% of people in Wodonga are either overweight or obese.

High sugar and fat intake is one of the highest risk factors for preventable cardiovascular disease.



There is a high ratio of takeaway outlets to supermarkets and greengrocers (3:1). This makes it easier to access unhealthy food in Wodonga.



Only 8.3% of people in Wodonga eat the recommended amount of vegetables.

Breast milk provides the best nourishment for babies under six months and can prevent obesity later in life.



Only 43.2% of people in Wodonga eat the recommended amount of fruit.



11.6% of adults in Wodonga drink sugar sweetened soft drink **every day**.

There is a higher incidence of Type 2 diabetes, heart disease and high blood pressure in Wodonga compared to the rest of Victoria.



81.4% of the adult population in Wodonga eat up to 1 take away meal or snack every week.



Approximately 2% of Australians will experience some type of eating disorder in their life, with women 9 times more likely than men.

REFERENCES: DHHS 2014, Heart Foundation 2015, Wodonga Food Security Scan 2014, DHHS 2016, World Health Organization 2016.



Improving health and wellbeing through eating well

WHAT COUNCIL IS DOING

The food we eat has a big impact on our health. Wodonga Council believes it is important for everyone to have access to affordable, fresh and nutritious food. To do this, the council helps to improve the community's health and wellbeing through eating well by:

1. Ensuring that food prepared, sold and consumed in Wodonga is safe by Environmental Health Officers inspecting food premises;
2. Promoting and supporting healthy eating initiatives where people live, learn, work and play; and,
3. Increasing access to healthy food by improving walking, cycling and public transport networks, as outlined in the *Wodonga Integrated Transport Strategy*.

WHAT YOU CAN DO

Although Wodonga Council plays a role, it is up to everyone to work together to ensure we eat well. Local food businesses, education settings and workplaces can all take part in making healthy food choices available:

- **Workplaces** (Does your organisation use Healthy Together Wodonga's Healthy Catering Guide? wodonga.vic.gov.au/community-services/healthy-together-wodonga/news-projects/healthycatering.asp)
- **Schools and early learning services** (Does your child's school celebrate healthy, local and nutritious food? Are there policies that support healthy eating?)
- **Local food businesses** (Do you offer free tap water? Do you offer healthy and affordable alternatives?)
- **Communities** (Do you cook and enjoy a healthy meal together with friends or family? Do you donate food to emergency food relief providers?)

For a list of local emergency food relief providers in Albury Wodonga who accept food donations visit: wodonga.vic.gov.au/community-services/healthy-together-wodonga/images/Emergency_food_relief_-_Albury_Wodonga4.pdf

OUR ACTIONS

Healthy Eating in Early Years

Wodonga Council's Maternal and Child Health team work closely with parents and children to promote and support healthy eating to encourage growth, development and to help prevent tooth decay.

Participate in the Local Food Network Steering Committee

- The Local Food Network has developed a strategic plan that focuses on four priorities. These include;
- A thriving local food economy and a food identity our people are proud of,
- Healthy and safe food choices where we live, learn, work and play,
- Everyone can access the food they need when experiencing financial hardship, and
- Food is produced and sourced locally, and disposed of using environmentally friendly means.

Healthy Catering Guide

Healthy Together Wodonga developed a guide to help with ordering healthy catering in the workplace. Caterers are all local Wodonga businesses.

To find out more phone Wodonga Council on (02) 6022 9300