

HEALTH AND WELLBEING SNAPSHOT



Our health and wellbeing are influenced not only by our lifestyle choices but by a variety of other factors. These include the social, economic, physical and natural environments in which we are born, grow, learn, work, live and play.

Yarra is home to many diverse populations and neighbourhoods, within which there is a wide variety of disparate health statuses.

While many of Yarra's residents enjoy a quality of life and wellbeing that is relatively high by national and international standards those who are experiencing socio-economic disadvantage are suffering disproportionately from ill health and are more likely to have poorer wellbeing outcomes.

ALCOHOL CONSUMPTION

Yarra residents are more at risk of alcohol related harm and injury than the average Victorian.



Residents exceed two drinks per day on a weekly basis compared to 25% of Victorians.



Residents exceed four drinks on a single occasion, on a weekly basis compared to 11% of Victorians.

PHYSICAL ACTIVITY



Residents spend more time sitting compared to the Victorian average 27%.

	Yarra	Victoria
Walk	34%	16%
Public transport	16%	8.6%
Bike	6.9%	1.8%

Yarra residents use more sustainable transport than the average Victorian, by walking, cycling or catching trams, trains and buses.



HOUSEHOLDS

-\$740
WEEKLY

1 in 5 Yarra households earn \$740 per week or less.

+\$2,395
WEEKLY

Nearly 4 out of 10 Yarra households earn more than \$2,395 per week.



6,000
HOUSEHOLDS

In Yarra are experiencing housing stress.



100%
CARBON
NEUTRAL

In late 2012, Yarra became the first local council in Victoria to be certified as carbon neutral.



ALL THE NUMBERS

Visit Yarra's Health and Wellbeing Profile 2020 at yarracity.vic.gov.au/publichealth

HEALTHY EATING



5.2%
YARRA

Residents eat the recommended amount of fruit and vegetables.

The recommended intake is 2 x fruit and 5 x vegetables.



7.2%
YARRA

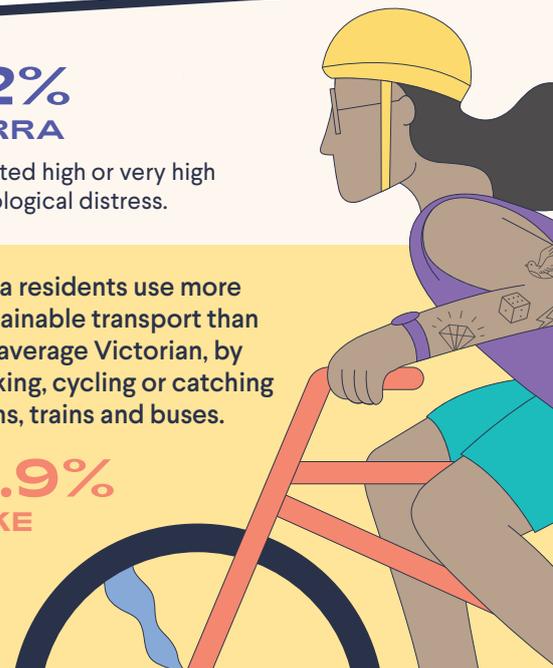
Residents went hungry. The Victorian average is 3.6%.

MENTAL HEALTH



12%
YARRA

Residents reported high or very high levels of psychological distress.



Sources: Victorian Population Health and Wellbeing Survey (2014 and 2017), Australian Bureau of Statistics Census (2016) Yarra City Council.

National Relay Service
TTY 133 677 then (03) 9205 5055

Languages
العربية 9280 1930

中文 9280 1937
Ελληνικά 9280 1934

Italiano 9280 1931
Español 9280 1935

Tiếng Việt 9280 1939

Other 9280 1940 REF 18,824