

Active Community

Why is it important?

Active living is important for wellbeing and helps to reduce the risk of chronic diseases. Creating environments that promote physical activity for the community will support people's health and wellbeing. With active living, it is especially important to consider groups within the community who may have fewer opportunities to stay active.

What is the story in Yarra?

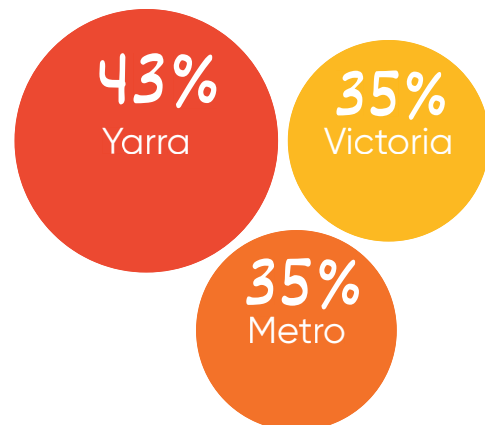
Yarra residents enjoy an active lifestyle with high proportions of people using active transport and meeting physical activity guidelines. However more residents in Yarra sit for at least 8 hours a day than in Metropolitan Melbourne and Victoria, likely because of the high proportion of professional occupations. There are some priority groups who are less likely to engage in physical activity.

Meeting physical activity guidelines

39% of Yarra residents sit for at least 8 hours a day



77% of Yarra residents use active transport at least weekly

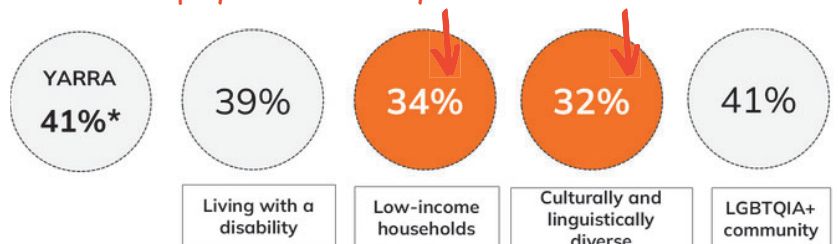


Yarra has **significantly more adults meeting guidelines**, compared to Metropolitan Melbourne and Victoria.

However, this is lower for:

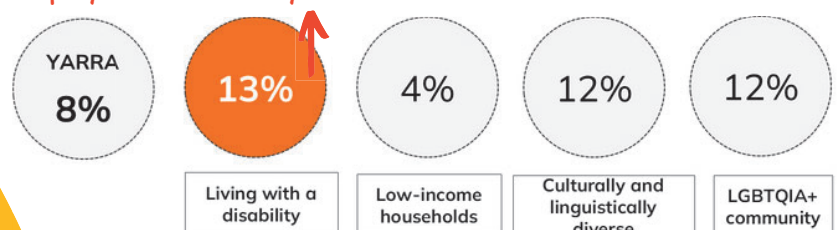
- low-income households
- culturally and linguistically diverse communities
- people living with disability

Sufficient physical activity



*Estimate from Yarra Social Indicators Survey differs slightly to VPHS estimate (left)

No physical activity



Older people (13%) and people living with a disability were more likely to not engage in physical activity.

Supporting physical activity is particularly important for:

- people living with disability
- people aged over 55 years
- First Peoples
- people who are culturally and/or linguistically diverse
- people living in low-income households