WE ARE HEALTHY

WANGARATTA AT A GLANCE
- The four most popular physical activities in Wangaratta were walking, cycling, swimming and going to the gym.
- We drink a lot more sugar sweetened soft drinks. 19.2% of our residents report daily consumption of sugar sweetened drinks. This is higher than both the Hume Region as a whole and the state of Victoria.
- There is a higher percentage of children with emotional or behavioural problems at school entry than Victoria.
- The top three health conditions in Wangaratta based on hospital admissions are: diabetes complications, chronic obstructive pulmonary disease and congestive cardiac failure.
- More people smoke on average than in both the Hume Region and Victoria as a whole.
- As compared to the state average we are not eating enough vegetables. How is possible this in the area of the state where we grow so much local produce?

CHALLENGES FOR COUNCIL
- There is a higher rate of family violence incidences and drug usage & possession incidents than Victoria as a whole.
- Women and their families are at increased risk of food insecurity. The National Nutrition Survey has consistently found the risk of food insecurity to be higher in people who are unemployed, in single parent households and those in the two lowest social.
- Women and their families are at increased risk of obesity. In Australia, obesity is most commonly seen in individuals who are at the highest risk of food insecurity.
- Families without adequate income are more likely to have insufficient resources to support a minimum standard of living. This can affect access to medical care, the safety of their environment and the family's ability to provide appropriate housing, heating and clothing.