

Increasing healthy eating



A healthy diet is a foundation of healthy physical and cognitive development in children and adolescents, and for maintaining a healthy weight in adult life and older age. It can help to protect against some types of cancer, diabetes, cardiovascular disease and stroke as a poor diet can be a risk factor.

Vegetable consumption

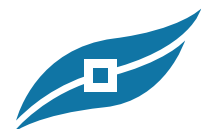
The Australian Dietary Guidelines recommend that five to six daily serves of vegetables and legumes be consumed, depending upon gender and age. In 2017, approximately one in 10 people (2.9% to 11.1%) in Manningham ate the recommended daily serves of vegetables – a figure which has not changed significantly since 2011. Disaggregated by gender, those eating the recommended daily serves include:

- 1.8% to 4.3% of men
- 4.5% to 19.2% of women

Therefore, women are at least two to five times more likely to eat the recommended daily serve of vegetables than men in Manningham. These figures broadly reflect Victorian averages.



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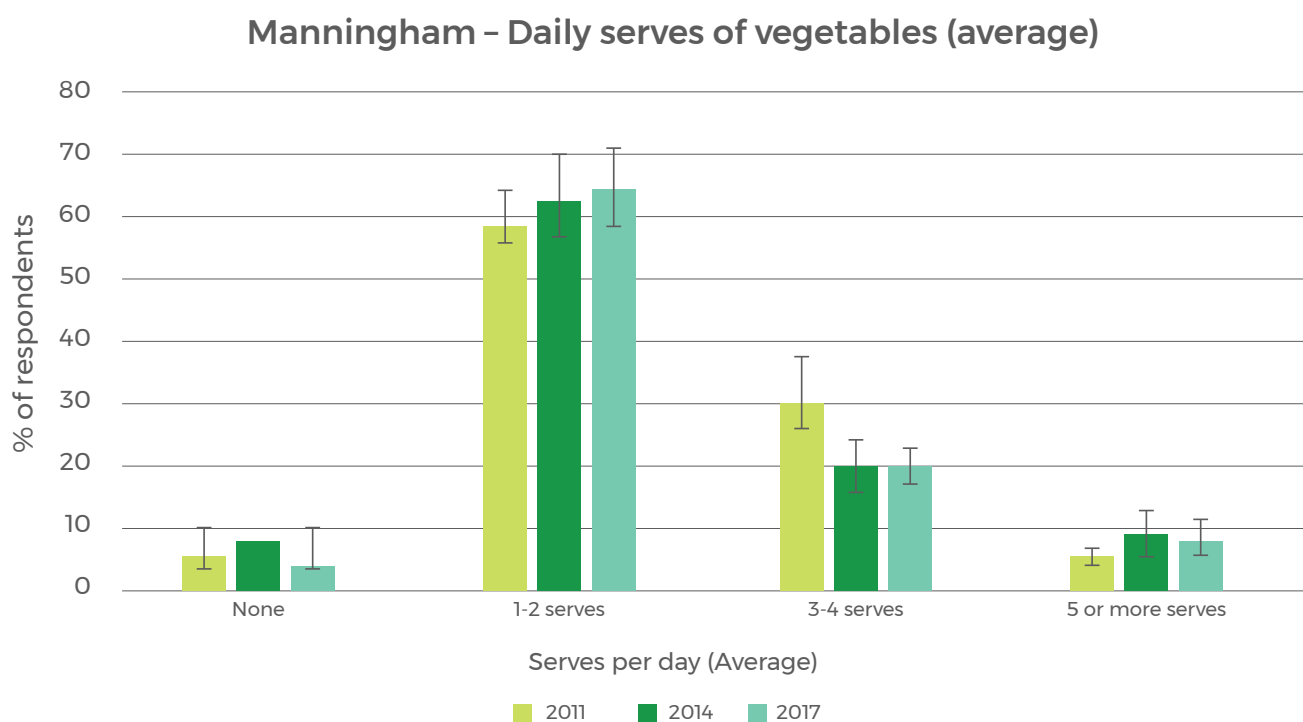


MANNINGHAM

A greater proportion of women ate more than three daily serves of vegetables on average than men, whereas a greater proportion of men ate one to two daily serves of vegetables on average than women. In 2017:

- 48.1% to 65.9% of women ate one to two serves per day, and 24.6% to 54.1% ate more than three serves per day.
- 63.3% to 81.2% of men ate one to two serves per day, and 10.6% to 29.0% ate more than three serves per day.

Overall, too many men and women in Manningham continue to eat insufficient daily serves of vegetables with the majority (58.4% to 71.2% in 2017) eating only one to two serves per day – a figure which has not changed significantly since 2011 as illustrated below in **Figure 1. Average daily serves of vegetables.**



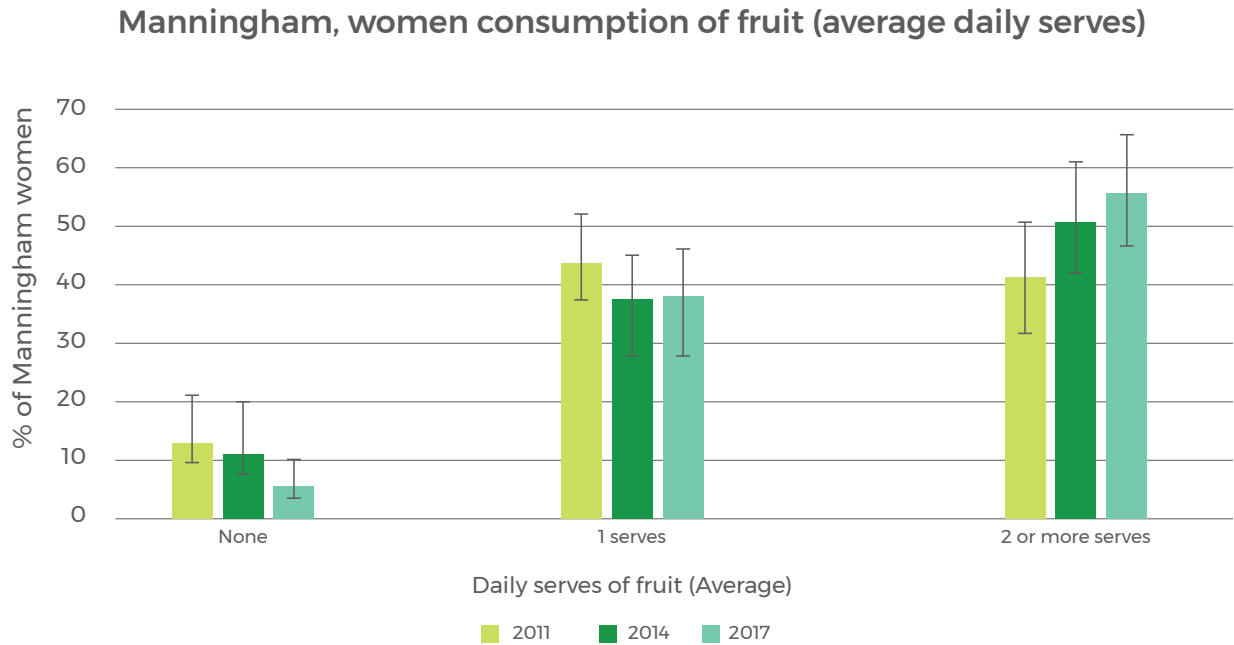
Source: Victoria Population Health Survey 2011, 2014 and 2017

Fruit

The Australian Dietary Guidelines recommend that two serves of fruit be consumed daily. In 2017, four to five out of every 10 people (38.6% to 51.8%) in Manningham ate the recommended daily serve of fruit – a figure which has not changed significantly since 2011. Disaggregated by gender, those eating the recommended daily serves include:

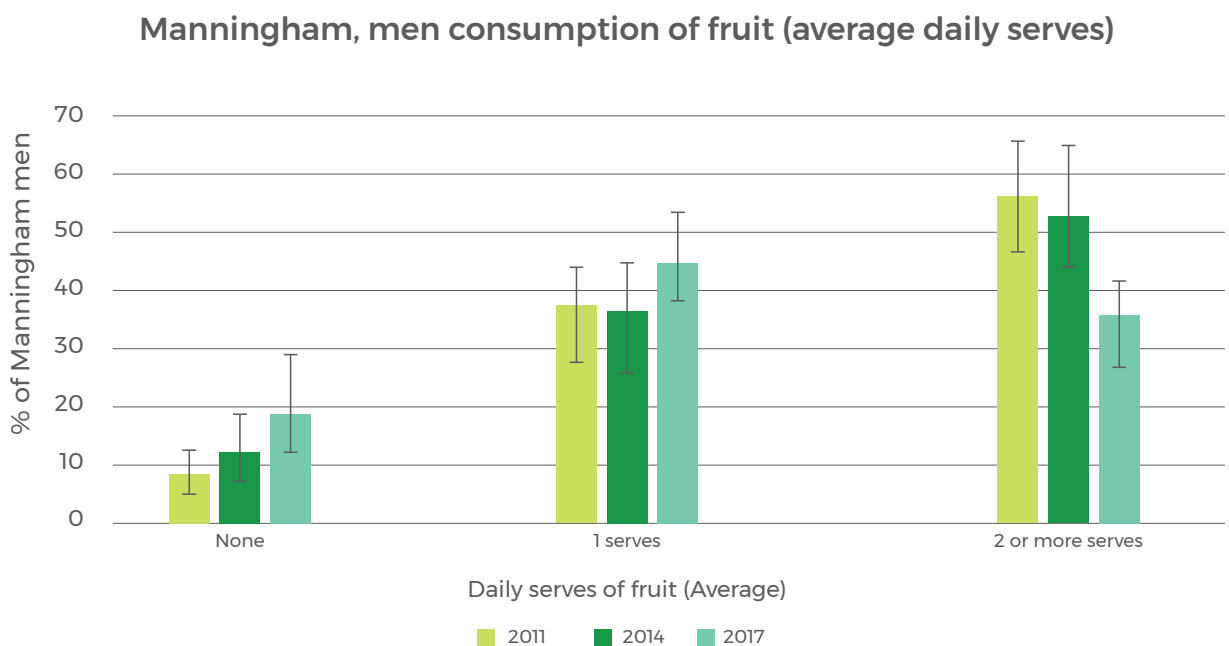
- 46.6% to 65.3% of women
- 25.5% to 42.4% of men

Women tend to eat more fruit on average, as shown below in **Figure 2. Women fruit consumption.**



Source: Victoria Population Health Survey 2011, 2014 and 2017

Of note for men is the reduction in the proportion of men eating two or more serves of fruit per day from 2011 and 2017 as illustrated below in **Figure 3. Men fruit consumption.** There has been no significant change among women during the same period.



Source: Victoria Population Health Survey 2011, 2014 and 2017

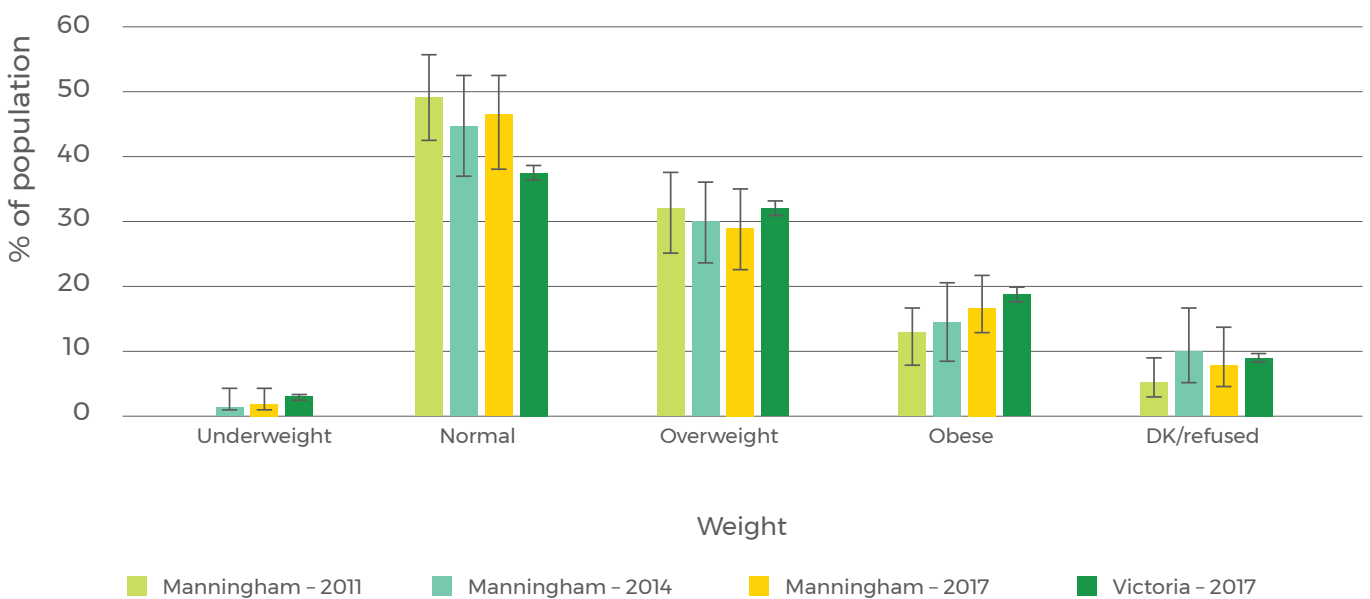
Prevalence of obesity/overweight

Disaggregated by gender, the prevalence of overweight and obese men and women in Manningham broadly aligns with the wider Victorian community.

In 2017, more Manningham men were overweight than women (27.4% to 46.0% men, 15.1% to 28.6% women), whereas a similar proportion of both genders are obese (11.2% to 25.6% men; 10.8% to 22.4% women). See **Figure 4. Prevalence of obesity and overweight** below.

A total of 62% of Aboriginal and Torres Strait Islander peoples aged over two years living in the eastern metropolitan region are overweight or obese. (*EMPHN Needs Assessment Report, 2018*)

Manningham, Prevalence of overweight/obesity (based upon % BMI)



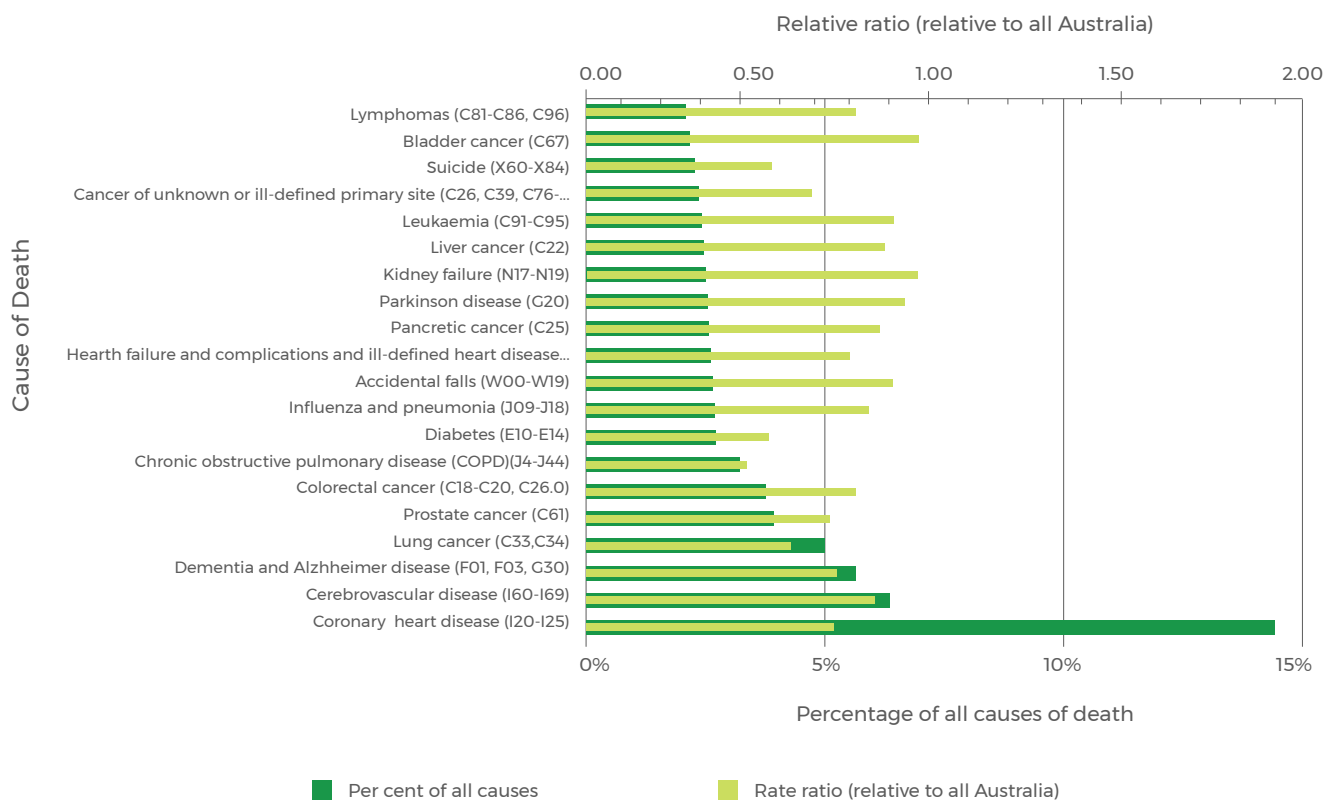
Source: Victoria Population Health Survey 2011, 2014 and 2017

Leading causes of death

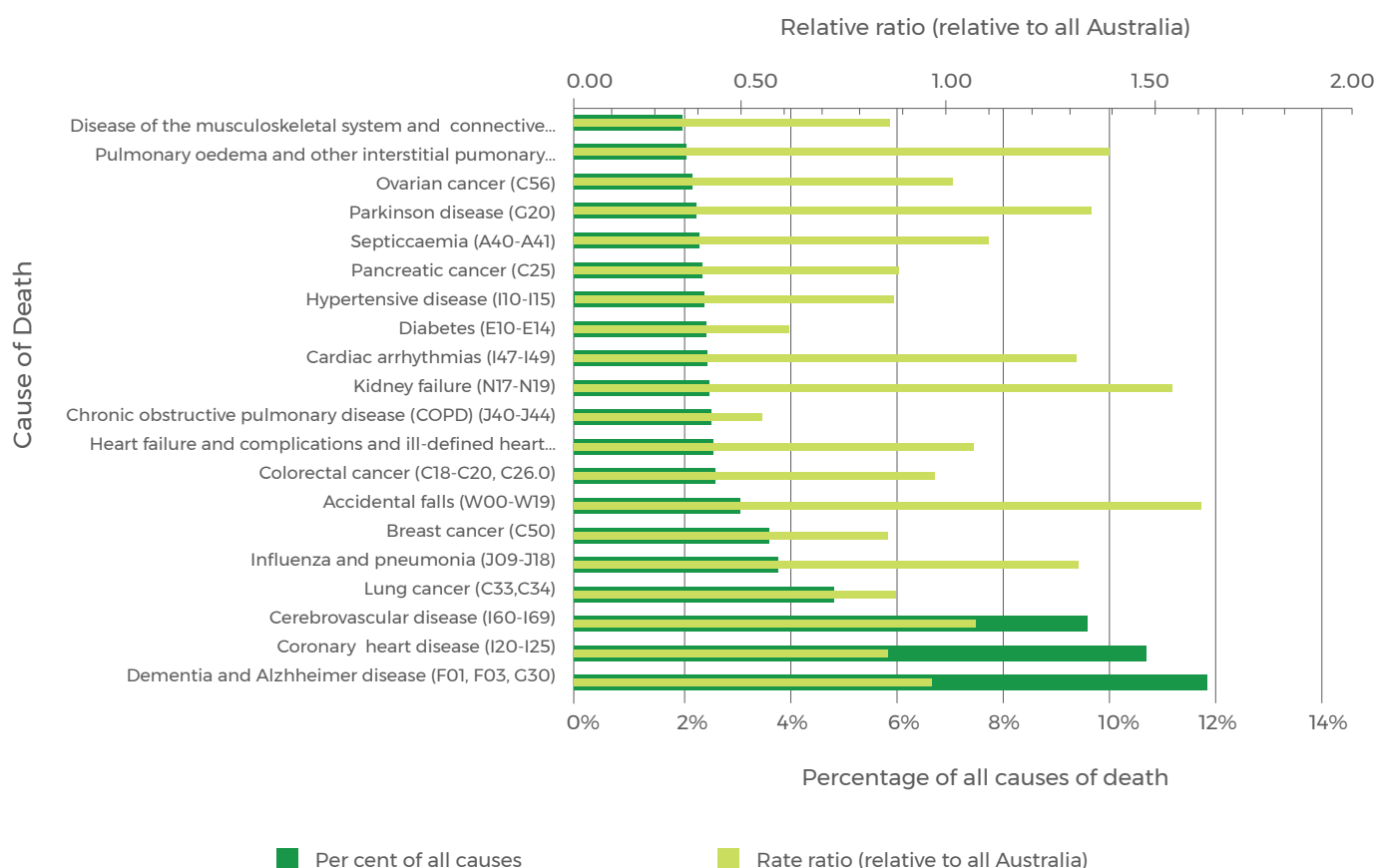
Significant links exist between obesity and coronary heart disease, cerebrovascular disease and diabetes.

In Manningham between 2013 and 2017, coronary heart disease and cerebrovascular disease accounted for more than 40% of total deaths. Coronary heart disease was the leading cause of males deaths at 14%, followed by cerebrovascular disease at 7%. For females, coronary heart disease caused 10.7% of deaths and cerebrovascular disease at 9.5%. See **Figure 5. Leading cause of death among males (2013 to 2017)** and **Figure 6. Leading cause of death among females (2013 to 2017)** below.

Manningham – Males – Leading causes of death 2013 to 2017



Manningham - Females - Leading causes of death 2013 to 17



Takeaway foods

According to the *VicHealth Indicators Survey 2015*, 7.0% to 15.7% of people in Manningham ate takeaway meals or snacks at least three times per week, consistent with the Victorian average (10.2%). 14.4% of Manningham men ate take away meals or snacks at least three times per week. The sample size was too small to gain any insight into consumption by women and across different age groups.

Victorians with disability were one third more likely to eat takeaway food regularly than people without disability (*VicHealth Indicators Survey 2015 supplementary report - disability*).

Water consumption

The Victorian Government's *Better Health Channel* recommends that adult men drink 2.6 litres per day (10 cups) and that adult women should drink 2.1 litres per day (8 cups). According to the *VicHealth Indicators Survey 2015*, people in Manningham consumed on average 4.7 to 5.5 cups of water per day, consistent with the Victorian average consumption of 5.4 cups per day. Men in Manningham consumed an average of 5.3 cups per day, whilst women consumed an average of 4.8 cups per day.

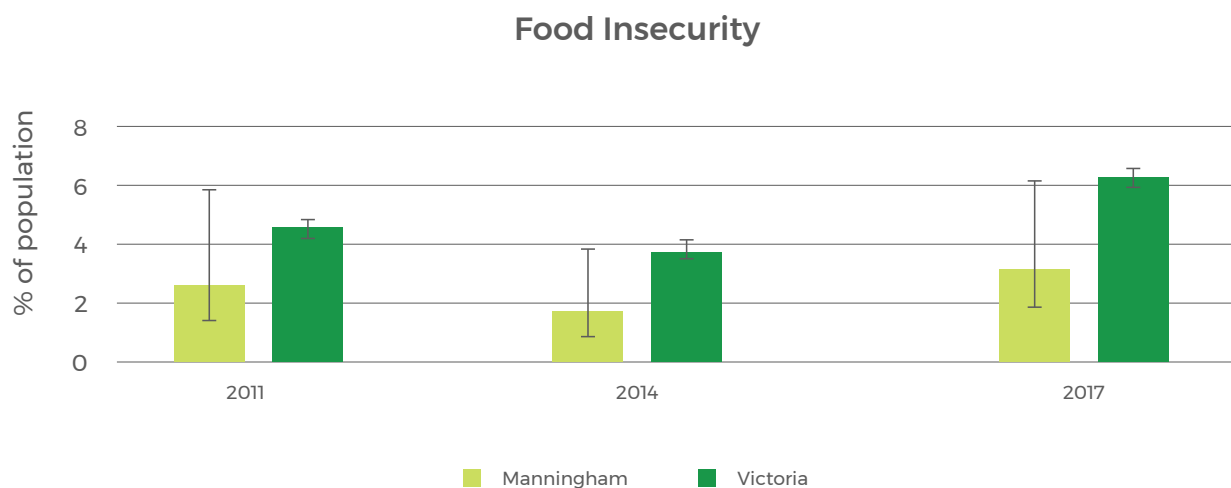
Disaggregated by age and gender, women drink more consistently across age groups, ranging from a low of 3.9 cups per day (75+ years) to a high of 4.8 cups per day (35 to 44 years) – note that the sample size was too small to report on water consumption for women aged less than 35 years.

Men water consumption varies more markedly by age, with younger men drinking significantly more water than older men. A significant reduction occurs from 35 to 44 years (7.0 cups per day) to 45 to 54 years (4.1 cups per day) and is the lower level is maintained across older age cohorts.

In 2015, 1.3% to 6.6% of people in Manningham consumed no water per day, consistent with the Victorian average of 3.1%. Overall, most men and women drink insufficient daily quantities of water to support optimal health.

Food insecurity

As illustrated in **Figure 7. Food insecurity** below, the proportion of Manningham residents who experience food insecurity (1.7% to 6.5%) is consistent with the wider Victorian average (5.8% to 6.7%). However, women in Manningham are more likely to experience food insecurity (2.6% to 10.9%) than men. The COVID-19 pandemic is likely to increase the incidence of food insecurity due to financial hardship resulting from unemployment and underemployment (particularly among women) as well as women fleeing family violence situations.



Source: Victoria Population Health Survey 2011, 2014 and 2017

WHAT'S HAPPENING AT A NATIONAL, STATE AND LOCAL LEVEL

National approach

The Australian Government's approach to nutrition and healthy eating policy is articulated through a number of guidelines and strategies:

1. *Australian Dietary Guidelines* provide advice about the amount and kinds of foods needed to encourage and maintain health and wellbeing.
2. *Australian Guide to Healthy Eating* is a visual guide to the recommended daily consumption of the five food groups.
3. *Infant Feeding Guidelines* which assist health workers to provide consistent advice about breastfeeding and infant feeding.
4. *Australian National Breastfeeding Strategy 2019 and beyond* outlines priorities for protecting, promoting, supporting and monitoring breastfeeding throughout Australia.
5. *Nutrient Reference Values for Australia and New Zealand* provides recommendations for nutritional intake based on currently available scientific knowledge.

State approach

This priority has been designated a focus area in the Victorian Public Health and Wellbeing Plan 2019 to 2023.

The promotion of healthy eating is one of five strategic imperatives identified action in VicHealth's *Action Agenda for Health Promotion* to guide action for the ten years to 2023. VicHealth's *Healthy Eating Strategy 2019-2023* focuses on sports settings, fruit and vegetable consumption and food cultures.

The Victorian Government's *Achievement Program* supports workplaces, schools and early childhood services to create healthy places for working, learning and living. Healthy eating is a priority in the program.

Local approach

Council Vision: A liveable and harmonious city

Mission: A financially sustainable Council that listens, consults and acts with integrity, value and transparency.

Manningham's *Healthy City Strategy 2017-2021* identifies healthy eating as an action area by making it easier to make healthy food and drink choices. The target is a 5% reduction in the prevalence of overweight and obesity among adults by 2025 (2011 baseline), with the measure being the proportion of adults, adolescents and children who consume sufficient fruit and vegetables.

The *Food Security Plan 2016-2021* identifies priorities for supporting food security among Manningham's most vulnerable communities. It documents existing Council actions in relation to:

1. Food education
2. Building the local food system
3. Community food and access
4. Partnership and engagement
5. Promotion, marketing and advocacy

While this data reflects many aspects of our community, we recognise that it is not comprehensive and does not reflect everyone's experience in Manningham. We commit to identifying these gaps and seeking data, as it becomes available, to fill them. If you are aware of data, not included here, that better reflects your community, please email manningham@manningham.vic.gov.au with the subject heading 'new data information'.