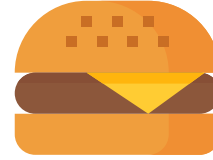
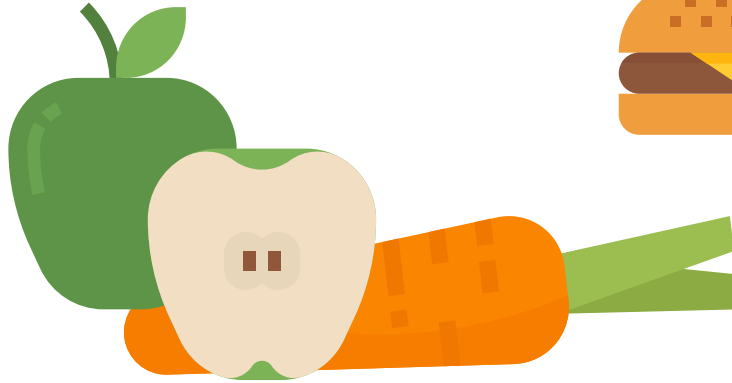


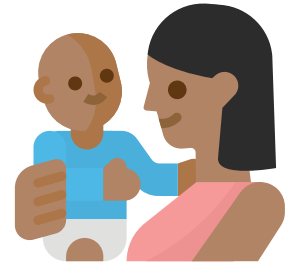
Healthy Community

Healthy eating

4.7% of adults consume the recommended serves of **fruit and vegetables** each day
COMPARED TO 3.6% FOR VICTORIA



8.5% of adults eat **takeaway** at least three times a week
COMPARED TO 10.2% FOR VICTORIA



14.4% consume **sugary drinks** every day, which has decreased from **15.4%**
COMPARED TO 10.1% FOR VICTORIA



5.5 cups Average number of **cups of water** drank by adults per day
SIMILAR TO THE VICTORIAN AVERAGE OF 5.4 CUPS

45.1% of infants were **breastfed** for three months, which has increased from **43.7%**
COMPARED TO 51.4% FOR VICTORIA

A healthy diet

Helps to prevent and manage risk factors such as obesity, high blood pressure and high cholesterol, as well as chronic conditions like type 2 diabetes, heart disease and some cancers

Includes adults eating 5–6 serves of vegetables (1 cup of salad or ½ cup cooked veg) and 2 serves of fruit (a medium apple or banana, or 1 cup of diced fruit) per day

Access to healthy food

1.5km

Average distance to a healthy food outlet (supermarkets and grocers)
COMPARED TO 1.1KM FOR GREATER MELBOURNE



11.2% of adults have run out of food and not been able to afford to buy more
COMPARED TO 6.2% FOR VICTORIA



1:6

For every **one food outlet** with healthy options (supermarkets and grocers) there are **six food outlets** with unhealthy options (fast food and take away)

Access to healthy food is influenced by:

- Availability and ease of access
- Marketing and promotion of unhealthy foods
- Time pressures that make convenience foods appealing
- High cost of healthy foods
- Disconnection to how food is produced



Frankston City Health and Wellbeing Community Profile

These statistics have been sourced from a number of datasets, and comprise the most currently available data at the time of printing. To view the full Frankston City Health and Wellbeing Community Profile 2021, please visit our website.

1300 322 322 www.frankston.vic.gov.au/healthandwellbeing