



# Make Your Move Physical Activity Strategy 2020-2030

We have learnt a lot from meeting with you as part of developing the Make Your Move Discussion Paper. The key thing we have learnt about our community is that many people do not participate in regular physical activity and this has a very detrimental impact upon their health.

We now need to focus on how we increase participation in physical activity and improve health outcomes for our community. To achieve this there needs to be a positive behavioural change by individuals and organisations towards a healthier and more active lifestyle.

## City of Greater Dandenong Relevant Demographics:



Most diverse municipality in Australia with 157 nationalities. 62% of residents were born overseas.



Resident median household income is \$659/week (\$41,022pa). Victoria's household median is \$1,560/week.



Average household family size is 3.1 and the number of children is 1.8 per household.

## Additional Key Findings:



The mental wellbeing of CGD residents is significantly lower than the Victorian average.



The prevalence of diabetes (type 2) is 36% higher in CGD than the Victorian average of 9%.



Healthy eating is significant issue in CGD with an average of 1.7 serves of vegetables consumed per day, which was significantly lower than the Victorian average of 2.2 and recommended 5 serves per day.



Organised sport participation is declining overall with the exception of football (soccer) and cricket in CGD.



There is a significantly low level of junior participation in organised sport in CGD compared to Victoria.



Significantly low levels of female participation in organised sport in CGD compared to Victorian data.

