

Increasing healthy eating

Victorian Public Health and Wellbeing Priorities 2023 - 2027

What we are all working towards:

Increase access, availability and consumption of a wide variety of nutritious foods such as fruit and vegetables

Promote healthy foods and drinks in settings like health services, schools, early childhood, workplaces, sport and recreation and events

Reduce children's exposure to marketing of less nutritious foods and drinks to reduce consumption

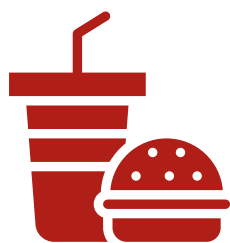
Promote healthy and more equitable, sustainable food systems across Victoria, with a focus on priority populations

Promote breastfeeding and support parents and caregivers to provide good nutrition for children in their first 2,000 days of life

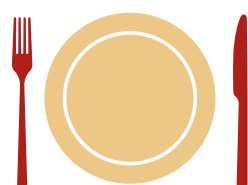
What's happening in Banyule?

3:1

In Banyule, unhealthy food outlets outnumber healthy food outlets by a ratio of 3:1, especially in the South and North Precincts



Trends indicate that residents of Banyule are consuming takeaway food more often. Take away food is often lower in nutritional value



1 in 5 banyule residents state they experience some form of food insecurity



Only 2.3% of young people in the North East Melbourne region consume the recommended amount of vegetables per day

