Lifelong healthy habits



Why this is important

By encouraging the establishment of life long healthy habits, we can foster a healthier, happier and more sustainable future for all Banyule residents. Healthy habits, including regular physical activity and balanced nutrition, are linked to better mental health. Communities that are healthy and well are more productive, resilient, socially connected and safe.

Adults who role model healthy habits establish a positive example for children and young people and creates a culture of health and wellbeing than spans generations. When healthy habits are established early in life, we see improvement in individual health outcomes, reduction in the risk of chronic disease and reduced impact on health care systems. Maintaining these healthy habits throughout life supports healthy ageing. It can support ongoing mobility, cognitive functions and independence.

Existing evidence tells us that:

- Gambling losses in Banyule to electronic gaming machines approximated $57.2 million
- 29.3% of Banyule adults consumed sugar-sweetened beverages daily or several times per week.
- 14% of Banyule adults smoked or vaped.
- 8.4% of Banyule adults were at risk of harm from alcohol-related disease or injury.
- 6.5% of adults in Banyule experienced food insecurity and 9.2% worried about food insecurity.

Our community have told us they want

- Increased education programs to foster positive health behaviours
- Develop new and varied communication methods that increase engagement
- Educating and sharing between community members to reach our diverse communities
- Tackling barriers to good health and wellbeing for children and young people

Objectives for lifelong healthy habits

- Partnership with local First Nations groups to improve with health outcomes
- Address modifiable risk factors through health promotion
- Foster mental wellbeing throughout life
- Support a great start to life
- Address barriers to health equity