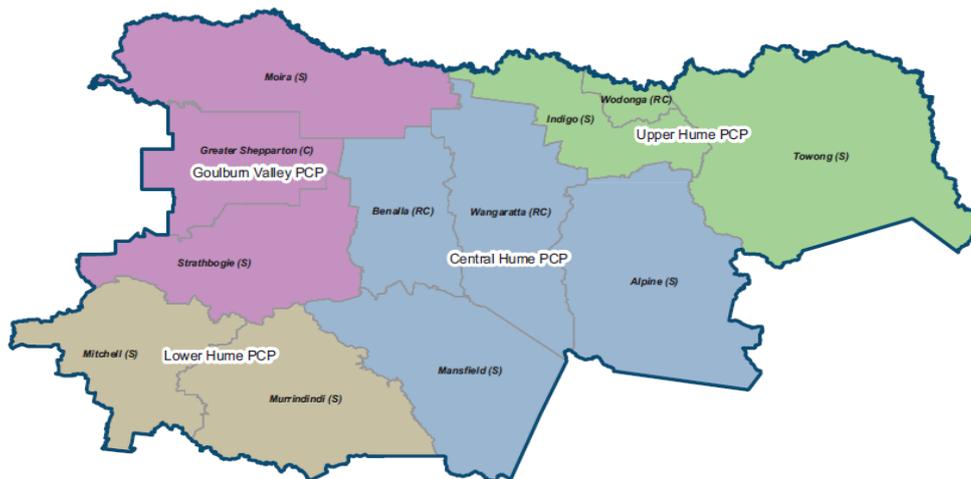


# POPULATION HEALTH PROFILE HUME REGION 2012

## Healthy Eating Indicators



Hume region is one of 8 regions in Victoria and covers the Northeast and Goulburn Valley areas. Hume Region has 12 local government areas– Alpine, Benalla, Indigo, Mansfield, Mitchell, Moira, Murrindindi, Shepparton, Strathbogie, Towong, Wangaratta and Wodonga.

### Demographics

- The population of Hume region in 2010 was 274,236.
- Hume region has the second highest Aboriginal population in Victoria.
- Aboriginal Victorians were significantly less likely to meet the recommended guidelines for fruit consumption compared with their non-Aboriginal counterparts.
- Substantially lower prevalence of overweight and higher prevalence of obesity in Aboriginal men compared with their non-Aboriginal counterparts, and a higher prevalence of obesity in Aboriginal women compared with their non-Aboriginal counterparts.
- Aboriginal adults who resided in rural Victoria were significantly more likely to be obese compared with their non-Aboriginal counterparts.
- Hume region Aboriginal participation rates for 3.5 year key age and stage visit is under half (42.4%) compared to 71% to their non-Aboriginal counterparts.

### Socio Economics

- Over one third (36.5%) of the population have a household income of less than \$650 per week, higher than Victoria (30.6%).
- A higher proportion of the population (6.9%) ran out of food in the last 12 months compared to Victoria (5.6%).

### Employment

- Unemployment in Hume region is 6.1%, which is higher than the state average of 5.5%.

### Health Behaviours

- Around half (48%) of infants are fully breastfed at three months, with the Hume region being ranked second lowest out of nine regions in Victoria.
- More than half (55.4%) of the population is overweight/obese, with the Hume region population ranked number 2 out of 8 regions in Victoria, with males ranked number 1.
- Around half (50.2%) of the population do not meet dietary requirements for fruit and vegetable dietary guidelines. Hume region males ranked as highest in Victoria.
- Two thirds (66.9%) of all children 4-12 years, living in the Hume region did not meet the recommendations for fruit and vegetable intake.
- Over three quarters (78.5%) of adolescents living in the Hume region did not meet the recommendations for fruit and vegetable intake.