



Healthy Lifestyles

FOCUS AREA

Our vision for healthy lifestyles in Maroondah:

In 2031, Maroondah will be a healthy and active community where all people are physically and mentally well.

We will work towards healthy lifestyles in Maroondah by prioritising:

- > **Physical health and activity**
- > **Gendered health outcomes**
- > **Mental health and wellbeing**
- > **Public health**
- > **Healthy eating**
- > **Connection to nature**

The research tells us

Healthy lifestyles refer to positive outcomes that are achieved through decision making, choice, participation and behaviours that promote holistic health; including reducing the risk of chronic illness and disease and improving overall physical and mental wellbeing.

Healthy lifestyles can help to improve happiness and satisfaction in life, reduce our risk of chronic illness and disease, improve life expectancy and maintain good mental health.

Healthy lifestyles are directly influenced by physical health, personal and mental wellbeing, activity and social interaction, along with consumption of food and drinks. Our personal wellbeing and the choices we make can help to improve or lower our physical health, mental health, eating behaviours and overall public health.

52% of Maroondah adults are overweight or obese, with males (62%) more likely to be than females (43%).

Our community said...

Our community values exercise, healthy eating, access to health services and good mental wellbeing. Our community highlighted the relationship between physical and mental health and the opportunities to facilitate and support social connection.

Opportunities to connect with nature were highly valued and seen to provide benefits to mental wellbeing, physical health and social connection.

Mental health within the community has been particularly impacted by the coronavirus (COVID-19) pandemic and our community desire a greater focus on mental health in Council's future service delivery, programs and events.

