

Murrindindi Shire Health and Wellbeing snapshot

Our health and wellbeing is influenced by a variety of factors including not only our lifestyle choices, but also our social, economic and built environments in which we live, grow, work and play.

Murrindindi Shire's population is

13,732



Social

7.5% of our population are health care card holders

The median weekly household income is \$1071

30.3% of people in our Shire live alone

71.6% of people report a high or very high level of life satisfaction

1.3% of our population is Indigenous

Our median age is 48.1 years, compared to the median age in Victoria which is 42.1



Nutrition and physical activity

60.1% of adults are overweight or obese

46.2% of adults are insufficiently active
Adults aged 18-64 should aim for 2 ½ to 5 hours of moderate intensity physical activity per week

48.8% consume enough fruit but only 4.5% eat enough vegetables

The recommended daily intake is 5 serves of vegetables and 2 serves of fruit



Health

18.1% of people are smokers

15.9% people have sought help for a mental health issue

4.8% people have experienced family violence