

RESPOND is a shared community response for healthy and happy children.

Are our children eating healthy and being physically active? In 2019, data* was collected from children in Mitchell schools to find out.

Where are we now?

Only 63% of children in Grades 2, 4 and 6 are a healthy weight

8% of boys and 14% of girls in Grades 4 and 6 are eating enough vegetables

9% of children in Grades 4 and 6 are having sugary drinks at least twice a day

Only 29% of boys and 15% of girls in Grades 4 and 6 are doing enough physical activity

45% of boys and 55% of girls in Grades 4 and 6 are on screens less than 2 hours a day

52% of boys and 44% of girls in Grades 4 and 6 are drinking enough water

It will take our whole community to change this. What could you do?

Make a change in your life, talk with family or friends, or join with community. Please get in contact if you need support or want more information: Lower Hume Prevention Collaborative
respondlhpcp@gmail.com



*Data was collected as part of a Deakin University study and will be used to create a Ovens Murray Goulburn report; data is not comparable to other state-wide data sets due to differing methods