

# **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 Murrindindi schools to find out.**

## **Where are we now?**

**Only 60% of children in Grades 2, 4 and 6 are a healthy weight**

**10% of boys and 17% of girls in Grades 4 and 6 are eating enough vegetables**

**69% of boys and 75% of girls in Grades 4 and 6 are eating enough fruit**

**Only 31% of boys and 21% of girls in Grades 4 and 6 are doing enough physical activity**

**49% of boys and 54% of girls in Grades 4 and 6 are on screens less than 2 hours a day**

**52% of boys and 56% 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](mailto: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