



# CHALLENGES TO HEALTHY EATING

2014 Victorian Population Health Survey

**10 in 25 adults**  
couldn't easily  
get healthy food

40% of these were  
**18–34 years old**



**1 in 25 adults**  
ran out of food and  
could not afford to  
buy more



**1 in 5 Aboriginal adults**  
ran out of food and  
could not afford to  
buy more



**1 in 8 parents**  
relied on cheap  
unhealthy food  
for their kids