

Health, Behaviour and Social Connection

 Positive Association

 No Association



High Wellness Score*
(10+ on lifestyle attributes)



Health Improvement over the Past Year



Walking
(30+ mins/day)



Physical Activity
(150+ mins/week)



Healthy Eating
(5+ servings of fruit or vegetables/day)



Screen Time
(<1 Hour/day)



Strong Sense of Community Belonging

1.40

1.18

1.19

1.14

1.11

1.45



4+ People to Confide in

1.45

1.10

1.14

1.22

1.34



*Composite index of wellness indicators characterised by eating 5+ servings of fruits and vegetables a day, 30+ minutes of walking a day, 150+ minutes of moderate or vigorous physical activity a week, and not smoking

Measurement of associations are odds ratios used to quantify the effect between an exposure and an outcome.

