

# CITY OF ADELAIDE

# Wellbeing and Resilience

# Snapshot 2018

The City of Adelaide is committed to supporting the wellbeing and resilience of its residents. These infographics provide a snapshot of City of Adelaide residents' wellbeing and resilience, and tracking these measures over time will help inform the progress of our work.

For more information visit:  
[cityofadelaide.com.au/wellbeing](http://cityofadelaide.com.au/wellbeing)



## PERMA

The wellbeing and resilience of City of Adelaide residents was measured in 2016 with a PERMA survey.

This measured positive emotion, engagement, relationships, meaning and accomplishment.

### PERMA Score<sup>1</sup>

City of Adelaide adult residents	7.2
Global	7.0



## Physical Activity

### Meeting Activity Recommendations<sup>2</sup>

City of Adelaide adult residents	64.6%
Greater Adelaide residents	49.2%

The City of Adelaide supports with:

- Sporting Facilities
- Sporting Grants
- Senior Fitness Programs



## Nutrition

### Meeting Vegetable Consumption Recommendations<sup>3</sup>

City of Adelaide adult residents	7.5%
Greater Adelaide residents	9.1%

The City of Adelaide supports with:

- Community Cooking Classes
- Weekly Central Market Bus



## Meaning and Purpose

### PERMA Meaning Score<sup>4</sup>

City of Adelaide adult residents	7.3
Global	7.2

The City of Adelaide supports with:

- Workshops and programs
- Facilitating community groups
- Facilitating volunteering



## Resilience

### Resilience<sup>5</sup>

City of Adelaide adult residents	3.7
Normal resilience	3 – 4.3

The City of Adelaide supports with:

- A range of new initiatives in development
- Building resident and business resilience to everyday stressors and emergencies

<sup>1</sup> City of Adelaide resident PERMA+ Survey, SAHMRI, 2016

<sup>2</sup> South Australian Monitoring and Surveillance System (SAMSS), SA Health, January 2013 to December 2017

<sup>3</sup> South Australian Monitoring and Surveillance System (SAMSS), SA Health, January 2013 to December 2017

<sup>4</sup> City of Adelaide resident PERMA+ Survey, SAHMRI, 2016

<sup>5</sup> City of Adelaide resident PERMA+ Survey, SAHMRI, 2016



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