



City of Bayside

## HEALTH & WELLBEING PROFILE

---

2017-2021

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*Note on Data Sources:*

At the time of preparation of this publication, the latest available Census data was the 2011 Census. The First Release results from the 2016 Census are expected to be published by the Australian Bureau of Statistics in July 2017.

The key State Government survey on population health – the Victorian Population Health Survey (VPHS) is published approximately two years following the survey fieldwork. As a result local government area health data is subject to significant ‘lag’ and often does not align with the time period for the municipal public health plan. The latest available VPHS data is from the 2015 survey.

## Summary of key findings

### Bayside population characteristics

Bayside predominantly consists of families and lone older persons, with the majority of residents Australian born. The municipality is characterised by high income earners and tertiary qualified residents.

- 101,321 estimated population 2015.
- 38% of residents aged 40-59 years.
- Aging population with a high percentage of frail aged persons.
- Most common household type; couples with children (36%), followed by couples without children (24%) and lone persons (23%).
- Majority of Australian-born residents (71%) however 12% of residents born in a non-English speaking country. Greek, Italian and Russian are the main non-English languages spoken, and a small but growing number of Mandarin speakers.
- High income earners with 25% of the population earning \$1,500 or more per week.
- 46% of residents have tertiary qualification.



### Vulnerable populations

There are areas of disadvantage in Bayside which include public housing estates, low income earners and residents who hold pension concession cards. There are also many people who have a disability and need assistance in their day-to-day lives.

- 3.2% of dwellings are public housing.
- 5.7% of Bayside households experiencing housing stress.
- 5,557 (18.7%) households are low income households earning nil to \$32,449 annually.
- 2,905 residents have healthcare cards.
- 10,547 residents are holders of pension concession cards.
- 3.2% unemployment rate.
- Over 16,600 people have a disability and 3,635 people need assistance in their day-to-day lives because of a disability, long-term health condition or old age.



## Health status

The overall health status of residents in Bayside is very good with high life expectancy, high self-reported mental health status in adults and lower than average chronic disease rates. However obesity, diabetes and mental health in young people are areas of concern.

- Life expectancy above Victorian average; 84 years male – 87 years female.
- Bayside residents reported an average wellbeing score of 78.4 out of 100. This was higher than the Victorian average of 77.3.
- 76% of Bayside respondents rated their mental health as either 'very good' or 'excellent'. However residents from non-English speaking backgrounds were more likely to rate their mental health as 'fair' or 'poor'.
- Young people in Bayside reported that they felt safe and secure at home (91%), have a good adult role model (86%), have a healthy attitude towards violence (80%), think it's important to help others (93%) and keep physically fit (79%).
- Areas of concern for Bayside youth include: losing sleep through worry (31%), feeling constantly under strain (33%) and feelings of lack of purpose (34%), not getting 8 hours sleep (31%), texting between 10pm and 6am (49%) and eating disorders (6.6%).
- Asthma and respiratory system disease rates are higher in Bayside compared to Victoria and metropolitan Melbourne.
- Bayside has slightly higher rates of high blood cholesterol compared to Victoria and metropolitan Melbourne.
- A total of 42.3% of residents in Bayside were considered overweight or obese.
- Type 1 diabetes makes up 14.4% of those living with diabetes and is higher than the national average (9%). Type 2 diabetes makes up 82.7% of those living with diabetes and is slightly below the national average.
- Low crime rate compared to metropolitan Melbourne.
- Slight increase (1.2%) in family violence cases in 2015-16.



## Health behaviours

Bayside residents are generally active and engage in high levels of weekly physical activity. However sedentary behaviour across the municipality is a concern. Bayside residents are also at risk of short term harm from alcohol consumption and have low rates of smoking.

- 49.4% engage in physical activity four or more days per week. This is higher than the Victorian average of 41.3%.
- 39.8% of residents sit for at least 7 hours per day. This is higher than the Victorian average.
- Fruit consumption 1.7 serves per day, similar to Victorian average of 1.6.
- Vegetable consumption 2.5 serves per day, higher than the Victorian average of 2.2.
- 40.2%, two out of five residents are at risk of short-term harm from alcohol. This was significantly higher than the Victorian estimate of 29.4%.
- Low smoking rates amongst males and females - 15.4% males and 10.3% females.
- 62% of babies 6 months old were breastfed. Fourth highest rate in southern metro region.
- High screening rates for breast cancer, cervical cancer and bowel cancer.
- 23.9% of residents volunteered regularly.
- Non-English speaking households, residents with a disability or long-term illness and those aged over 75 years had lower satisfaction with their community connections.



## Service access

Majority of Bayside residents had private health insurance and access to health services when needed with wait times much lower than Victorian average. However GP attendance was below the Victorian average.

- 70.9% of residents have private health insurance.
- 1.8 GP's servicing Bayside per 1,000 people. Higher than Victorian average of 1.2.
- GP attendance below the Victorian average for both females and males.
- 61% of services are bulk billed.
- The top four causes for Emergency Department Presentations were: Injury, Digestive system illness, Circulatory system illness and Respiratory system illness.



## 1. The Bayside community

The City of Bayside is located 16km south-east of Melbourne along the coastline of Port Phillip Bay. Bayside has a stunning foreshore, beautiful parks and open spaces, vibrant retail centres and is considered one of Melbourne's most attractive municipalities.

The City of Bayside is a leafy, predominately residential municipality and covers an area of 36 square kilometres. It incorporates the suburbs of Brighton, Brighton East, Hampton, Hampton East, Sandringham, Black Rock, Beaumaris and parts of Highett and Cheltenham. The suburbs of Highett and Cheltenham cross the City of Bayside boundary, into the City of Kingston. <sup>(1)</sup>

In 2015, residents identified the close proximity to the beach, access to open space and a strong sense of community as key factors for why they like living in Bayside. <sup>(2)</sup>

**Map 1: The City of Bayside Municipality and Suburbs**



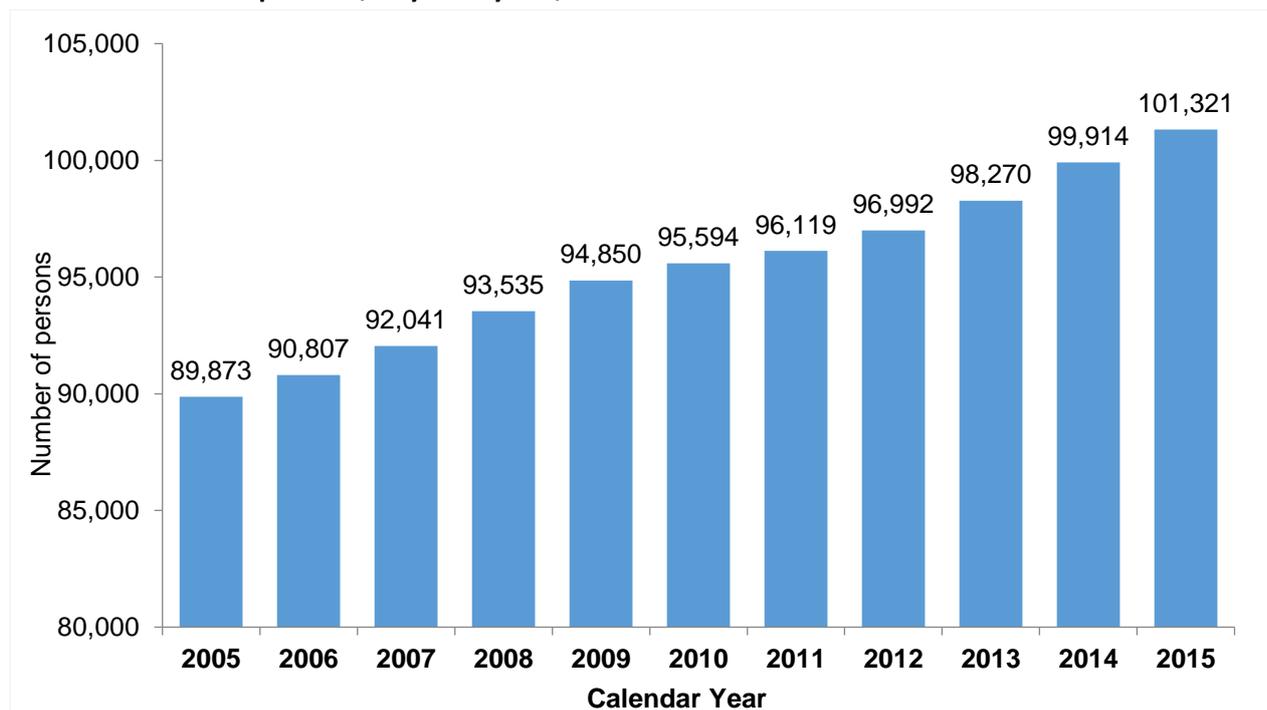
## 1.1 Population

The estimated population of the City of Bayside was 101,321 people in June 2015. This is an increase of 1,407 persons (1.4%) from 2014. <sup>(3)</sup>

Bayside has experienced an average annual growth of 1.2% over the period from 2005 to 2015. This population growth occurred predominately in the Brighton and the Sandringham-Black Rock areas. <sup>(3)</sup>



**Chart 1: Resident Population, City of Bayside, 2005-2015**



Source: id consulting pty ltd, City of Bayside Community Profile, 2016

Bayside's population is forecast to grow steadily by 2.6% over the 2017-2021 period, increasing from 104,643 in 2017 to 110,242 by the year 2021. This will result in an additional 5,599 people residing in the Bayside municipality. <sup>(4)</sup>

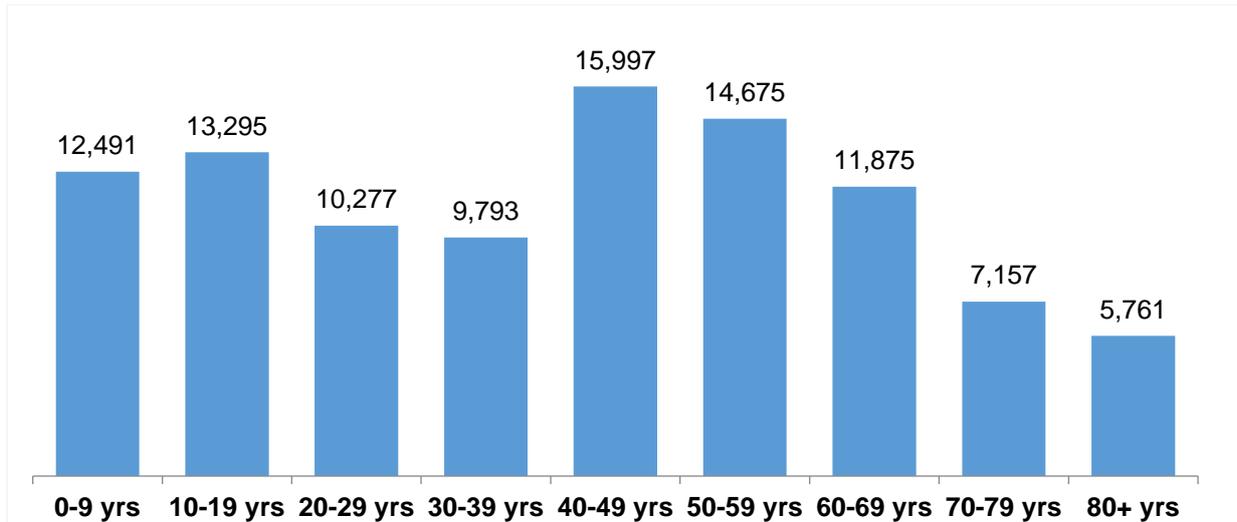
## 1.2 Age profile

In 2015, Bayside had a large group of residents who were aged between 40-49 years and 50-59 years, making up 30% of the total population. This is consistent with family types living in the municipality, having a large group aged between 40-59 years (30%) and also 0-19 years (25%). <sup>(5)</sup>

Bayside is also an aging community with 13% of residents aged over 70 years. <sup>(5)</sup>



**Chart 2: Population by Ten Year Age Cohorts, City of Bayside, 2015**

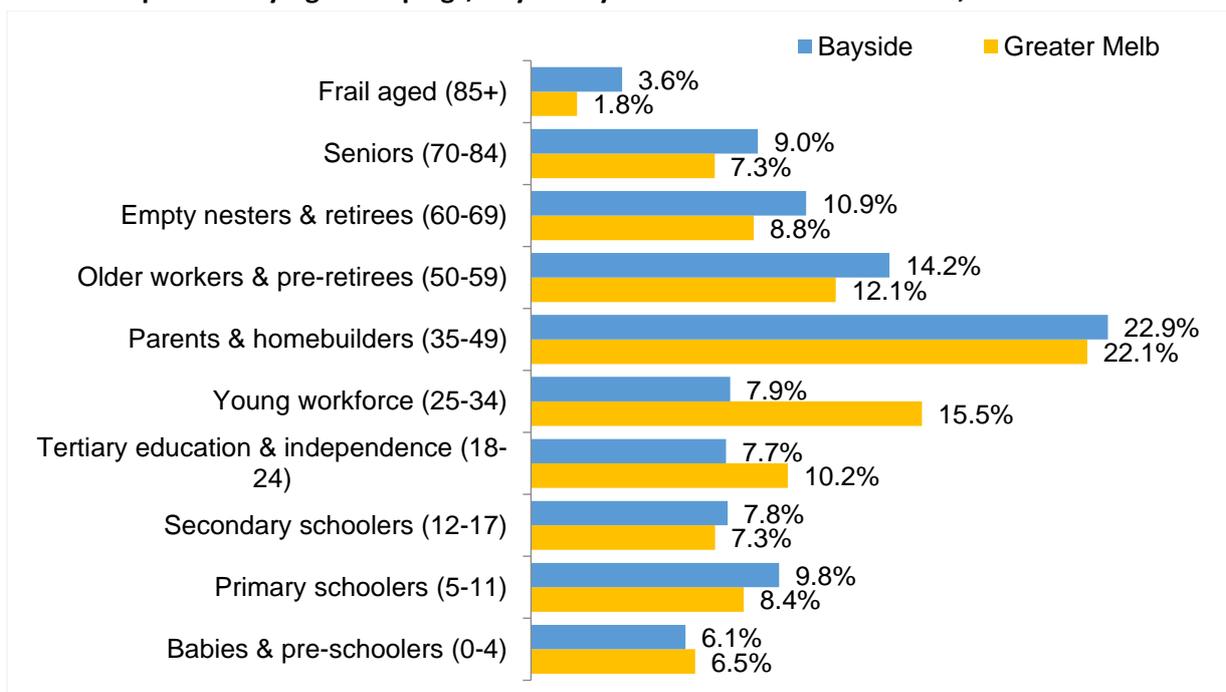


Source: Australian Bureau of Statistics, *Population by Age and Sex, Regions of Australia 2015*, 2016

When compared to Greater Melbourne, Bayside had a significantly higher percentage of frail aged persons, 3.6% Bayside compared to 1.8% Melbourne. Another key difference was that Bayside had a significantly lower proportion of adults in the ‘young workforce’, 7.9% Bayside compared to 15.5% Melbourne. <sup>(3)</sup>

Other differences to note were higher proportions of primary schoolers, older workers and pre-retirees, empty nesters/retirees aged 60-69, and seniors aged 70 to 84 compared to Greater Melbourne. There was also a lower proportion of young adults aged 18 to 24 in Bayside, compared to Greater Melbourne. <sup>(3)</sup>

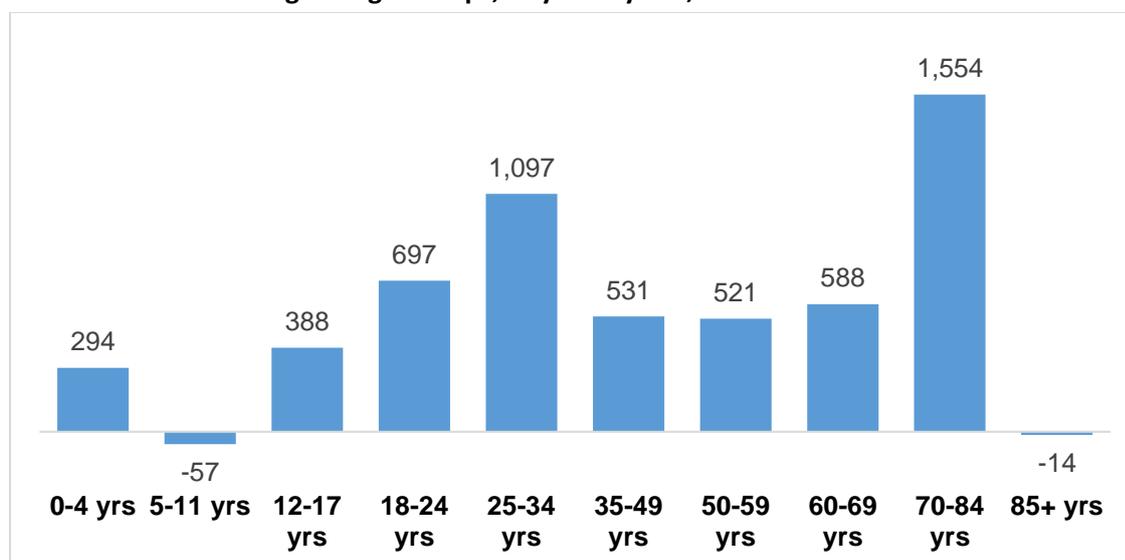
**Chart 3: Population by Age Groupings, City of Bayside and Greater Melbourne, 2011**



Source: id consulting pty ltd, City of Bayside Community Profile, 2016

Bayside’s age profile is forecast to grow steadily between 2017-2021, with an increase in residents aged 25-34 years and 70-84 years. <sup>(4)</sup>

**Chart 4: Forecast Change in Age Groups, City of Bayside, 2017-2021**



Source: id consulting pty ltd, City of Bayside Population Forecasts, 2016

### 1.3 Births

Over the past decade there has been approximately 1,000 birth notifications each year in Bayside. In the 2015 calendar year there were 953 birth notifications in Bayside. Births are forecast to steadily increase over the 2017-2021 period, with 1,145 births expected for the 2021 year. <sup>(4, 6)</sup>

Between 2011-2015, the average maternal age at birth for Bayside mothers has remained steady at 35 years. Bayside has also seen a small amount of teenage mothers, with less than 20 births recorded between 2011 and 2015 to mothers under 18 years. <sup>(6)</sup>

### 1.4 Cultural diversity

Bayside residents were predominately Australian-born (71.0%).

Overall, 24.4% of the Bayside population was born overseas, and 12.4% were from a non-English speaking background, compared with 31.5% and 24.3% respectively for Greater Melbourne. Residents born overseas came from the United Kingdom, New Zealand, South Africa, China and the United States of America. <sup>(3)</sup>

Eight out of ten Bayside residents spoke English at home (82%) and the main non-English languages spoken at home were Greek, Italian and Russian. In the last ten years, there has been substantial increase in the proportion of Mandarin and French speakers and a small growing population of Bayside residents speaking Hebrew and Hindi. <sup>(3)</sup>



There were 209 persons in Bayside who identified themselves as indigenous, in 2015. This makes up 0.2% of the total population of Bayside. <sup>(7)</sup>

## 1.5 Households

In 2011, there were 34,667 households in Bayside.

A total of 71% of Bayside's households were family households in the 2011 census. The dominant household types were couples with children, followed by older couples without children. Lone person households comprised 23% of all Bayside households in 2011. <sup>(3)</sup>

**Table 1: Household Types, City of Bayside, 2011**

Household Types	Bayside No.	Bayside %	Greater Melbourne %
Couples with children	12,595	36.3	33.6
Couples without children	8,435	24.3	23.5
Lone person	8,005	23.1	22.3
One parent families	3,157	9.1	10.4
Other households*	1,699	4.9	5.7
Group household	776	2.2	4.5
Total	34,667	100	100

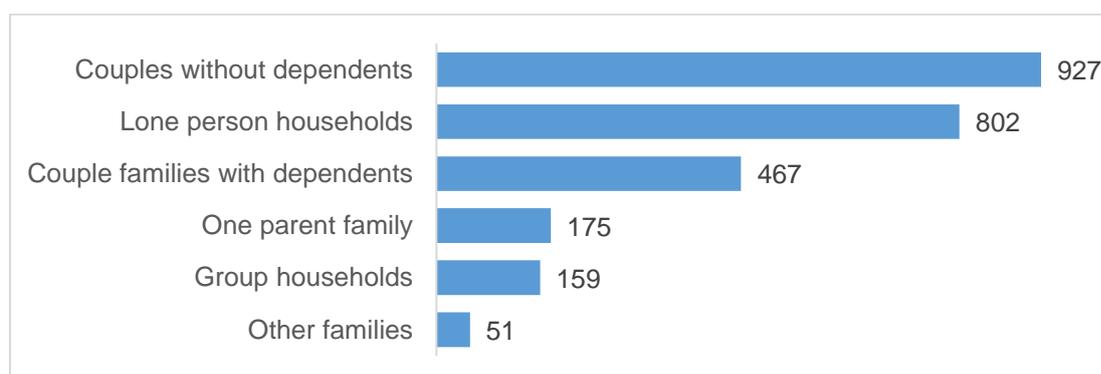
Source: id consulting pty ltd, City of Bayside Community Profile, 2016

In the past ten years the size of the average Bayside household has slowly increased from 2.51 persons in 2001 to 2.55 persons in 2011, due to the increasing number of dwellings with four or five people and fewer lone person households. One factor contributing to this social trend is that more adult children in their twenties are living at home with their parents, due to housing affordability or as a transition period after overseas travel or renting. <sup>(3)</sup>

Comparing the household and family types in the City of Bayside to those in Greater Melbourne, Bayside had a higher proportion of couple families with child(ren) as well as a lower proportion of group households and one-parent families. <sup>(3)</sup>

Council's population forecast for the 2017-2021 period estimates a large increase in the number of couple (no children) households and lone person households. There will be modest growth in the number of couple families with children. <sup>(4)</sup>

**Chart 5: Forecast Additional Household Types, City of Bayside, 2017-2021**



Source: id consulting pty ltd, City of Bayside Population Forecasts, 2016

## 1.6 Income

In the City of Bayside, 25% of the population earned an income of \$1,500 or more per week in 2011.<sup>(3)</sup>

Analysis of individual income levels in the City of Bayside compared to Greater Melbourne shows that there was a higher proportion of people earning a high income (those earning \$1,500 per week or more) in Bayside compared to Greater Melbourne and a lower proportion of low income people (those earning less than \$400 per week) in Bayside compared to Greater Melbourne.<sup>(3)</sup>

Overall, 24.5% of the population earned a high income, and 30.2% earned a low income, compared with 12.9% and 35.8% respectively for Greater Melbourne.<sup>(3)</sup>

The major differences between the City of Bayside's individual incomes and Greater Melbourne's individual incomes were:<sup>(3)</sup>

- A larger percentage of persons who earned \$2000 or more (16.6% compared to 6.5%)
- A smaller percentage of persons who earned \$200-\$299 (6.4% compared to 9.8%)
- A smaller percentage of persons who earned \$600-\$799 (8.0% compared to 10.2%)
- A smaller percentage of persons who earned \$800-\$999 (6.7% compared to 8.5%)

## 1.7 Education

The City of Bayside has 30 schools across the municipality and caters for over 17,500 students from prep to year 12.

### **Year 12 attainment:**

Analysis of the highest level of schooling attained by the population in 2011 compared to Greater Melbourne shows that there was a higher proportion of people who completed Year 12 or equivalent and a lower proportion of people who had left school at an early level (Year 10 or less).<sup>(3)</sup>



The major differences between the level of schooling attained by the population in the City of Bayside and Greater Melbourne were:<sup>(3)</sup>

- A larger percentage of persons who completed year 12 or equivalent (65.0% compared to 54.6%).
- A smaller percentage of persons who completed year 10 or equivalent (9.8% compared to 12.9%).

### **Highest qualification achieved:**

45.8% (33,844) of people in the City of Bayside had a tertiary qualification in 2011.<sup>(3)</sup>

Analysis of the qualifications of the population in the City of Bayside compared to Greater Melbourne shows that there was a higher proportion of people holding formal qualifications (Bachelor or higher degree; Advanced Diploma or Diploma; or Vocational qualifications), and a lower proportion of people with no formal qualifications.<sup>(3)</sup>

Overall, 55.9% of the population aged 15 and over held educational qualifications, and 33.9% had no qualifications, compared with 47.3% and 42.4% respectively for Greater Melbourne.<sup>(3)</sup>

## 1.8 Employment

### Employment status

In 2014, 51,260 people living in the City of Bayside were employed, of which 42% were females and 58% were males. Analysis of employment status (as a percentage of the labour force) shows that Bayside had fewer people classified as unemployed (3.9%) compared to greater Melbourne (6.6%).<sup>(7)</sup>

### Industry

The three most popular industries which Bayside residents were employed in included:<sup>(3)</sup>

- Professional, Scientific and Technical Services (6,642 people or 15.2%)
- Health Care and Social Assistance (4,882 people or 11.2%)
- Retail Trade (4,224 people or 9.7%).

### Method to travel to work

In 2011, there were 5,955 (13.8%) people who caught public transport to work (train, bus, tram or ferry), and 27,294 (63.4%) who drove in their private vehicle (car – as driver, car – as passenger, motorbike, or truck). In addition, 1,634 people rode their bike or walked to work.<sup>(3)</sup>



In comparison to Greater Melbourne, Bayside residents had similar methods of travel to work.<sup>(3)</sup>

## 2. Vulnerable populations

### 2.1 Indicators of disadvantage

The Australian Bureau of Statistics produces a suite of four indexes called Socio-Economic Indexes for Areas (SEIFA) following the release of every five-yearly Census. A high score on the Index of Relative Socio-economic Disadvantage reflects a *relative lack of disadvantage* rather than relative advantage.

In 2011, the City of Bayside had an Index of Relative Socio-economic Disadvantage score of 1091.1, the third highest score of all Victorian local government areas. The high Bayside score indicates that, overall, the municipality had a relative lack of disadvantage when compared to most other local government areas in Victoria, and to metropolitan Melbourne.<sup>(8)</sup>

However some pockets of Bayside having relatively low scores (a *higher* level of disadvantage). The index scores show that Hampton East was the most disadvantaged suburb in Bayside and, the neighbourhoods with low scores closely match the locations of Bayside's larger public housing estates.<sup>(8)</sup>



The index scores for all Victorian areas are ranked into ten deciles, with decile one being the most disadvantaged and decile ten, the least disadvantaged. The Bayside neighbourhoods with an index score in Victorian decile one were the 'Bluff Road' public housing estate in Hampton East, the Elsternwick public housing estate in Brighton, the Leith Crescent public housing estate in Hampton East and the Dunkley Fox public housing estate in Highett. The Bayside neighbourhood with an index

score in Victorian decile two was the Kenneth Street public housing estate on the Sandringham–Hampton border. <sup>(8)</sup>

*Appendix 1* shows a basic thematic map of the 2011 index scores for Bayside neighbourhoods, with the dark red and dark blue shaded areas representing the relatively low score (a *higher* level of disadvantage) neighbourhoods.

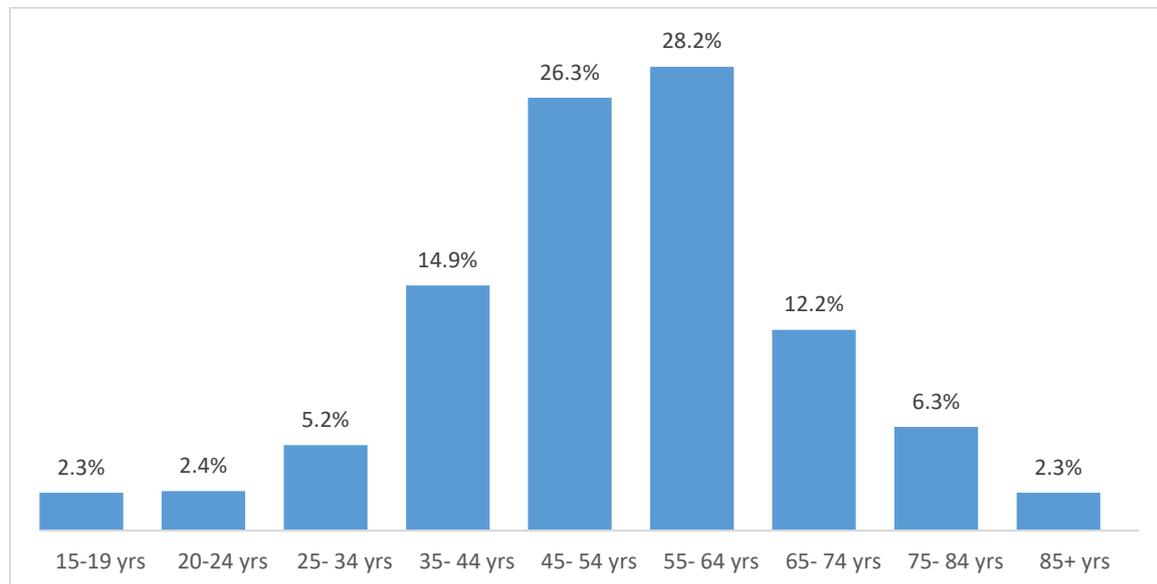
## 2.2 People with a disability and carers

In Bayside it is estimated that 16,600 persons had a disability in 2011, with the proportion of persons with a disability increasing as people get older. <sup>(7)</sup>

In 2011, 3,635 people living in Bayside, or 4% of the population, reported that they needed assistance in their day-to-day lives because of a disability, long-term health condition or old age. There is a clear relationship between disability and age with 5.1 per cent of 65-74 year olds needing assistance, 16.9 per cent of 75-84 year olds and 42.8 per cent of persons aged 85 years and over. <sup>(7)</sup>

The Census of Population and Housing also asks about unpaid carers providing assistance to a person with a disability, long term illness or old age. In Bayside 8,746 people, or 12 per cent of the population, were carers. Nearly two-thirds of unpaid carers were female, and the majority were aged between 45 and 64 years. <sup>(7)</sup>

**Chart 6: Age Profile of Persons Providing Unpaid Assistance to a Person With A Disability, City of Bayside, 2011**



Source: Australian Bureau of Statistics, 2011

In a 2016 face-to-face survey of Bayside residents a little more than one-third of respondent households had a member aged 65 years or over living in the household, or a household member cared for an elderly person or a person with a disability.

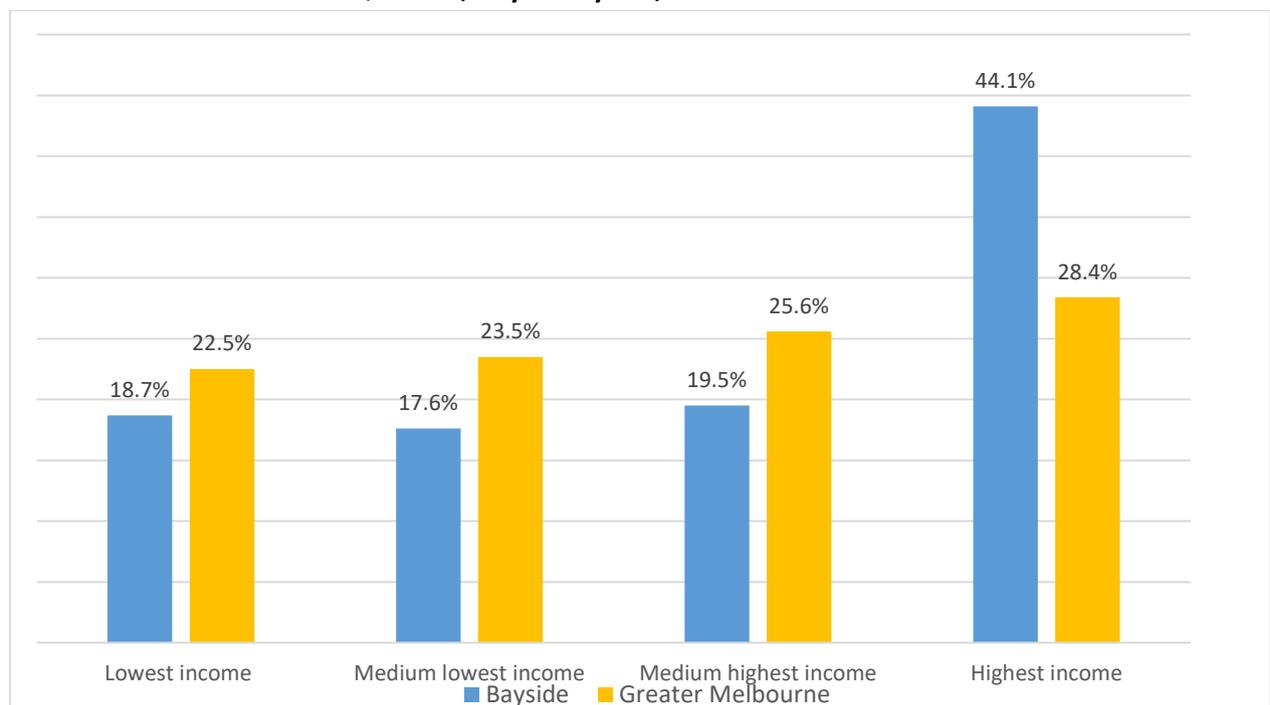
### 2.3 Low income households

In the City of Bayside 5,557 (18.7%) households were classified as low income households earning nil to \$32,449 annually. <sup>(3)</sup>

This is lower than the percentage of households classified as low income earners across Greater Melbourne (19.2%) as many Bayside households were classified as high income earners. Chart 10 provides an overview of household income in Bayside compared to Greater Melbourne. <sup>(3)</sup>

The key difference in the household income between Bayside and Greater Melbourne, was the substantially higher percentage of Bayside households earning more than \$111,748 annually (considered high income earners). <sup>(3)</sup>

**Chart 7: Household Income Quartiles, City of Bayside, 2011**



Source: id consulting pty ltd, City of Bayside Community Profile, 2012

NB: Annual gross income ranges for 'Lowest income' = nil income-\$32,449, 'Medium lowest income' = \$32,500-63,127, 'Medium highest income' = \$63,128-111,747, 'Highest income' = \$111,748 and over

### Housing stress

In 2011, 5.7% of Bayside households were experiencing housing stress compared to 10.7% in Greater Melbourne. Housing stress varied within the different Bayside suburbs - Beaumaris had the lowest proportion of housing stress (4.7%) whilst Hampton East had the highest (9.5%). <sup>(6)</sup>

After looking at households paying a mortgage and those households renting their home, Highbury and Beaumaris had higher proportions of mortgage stress whilst Hampton East and Cheltenham had higher proportions of rental stress. <sup>(7)</sup>

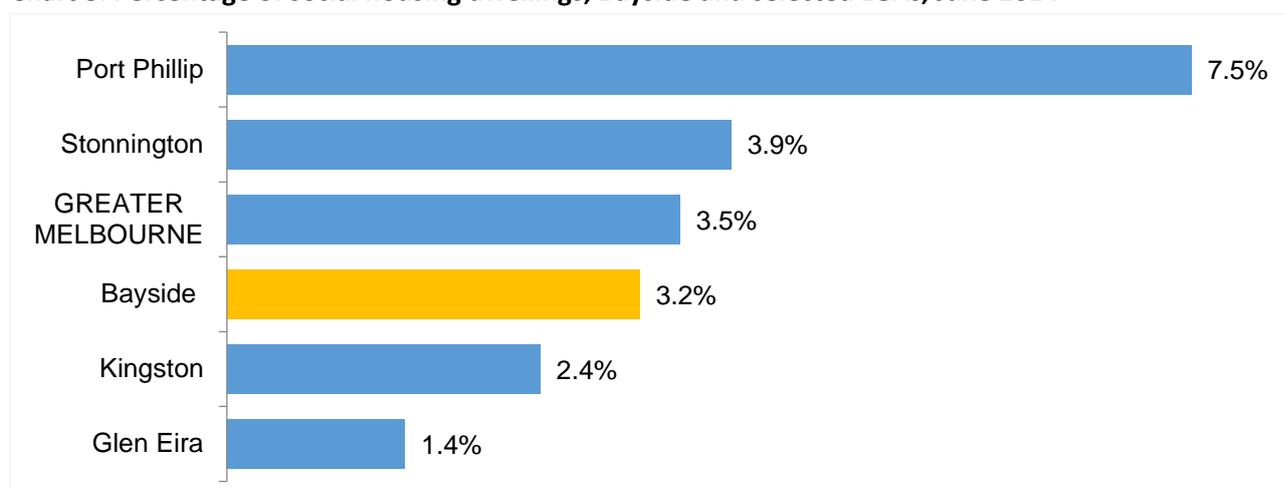
From the community plan 2025 there was a sense of housing stress for young people to enter the housing market in Bayside.

## Public Housing

Data from 2014 shows that 3.2% of Bayside dwellings are public housing, which is slightly below the metropolitan average (3.5%). The neighbouring municipalities of Port Phillip and Stonnington have a higher proportion of social housing dwellings compared to Bayside, with several of their suburbs having large high-rise estates (South Melbourne, St Kilda, Windsor, Prahran).<sup>(9)</sup>

There were 1,232 Director-owned units and community-owned dwellings in Bayside as at June 2014. More than half of these public housing dwellings are clustered in seven main housing estates comprising low-rise flats or medium density blocks of flats. The remainder are scattered throughout the municipality in a variety of housing forms.<sup>(9)</sup>

**Chart 8: Percentage of social housing dwellings, Bayside and selected LGAs, June 2014**



Sources: Department of Human Services, 2016

## 2.4 Income support recipients

Table 2 provides an overview of all income support recipients residing in Bayside during 2014 and 2016. Although these figures are low compared to Greater Melbourne it is important to address this population group as they are more susceptible to poorer health status.

**Table 2: Income Support Recipients, City of Bayside, June 2014 and March 2016**

Pension/Benefit/Concession Type	June 2014	March 2016
Number of Age pensioners	7,839	7,993
% age pensioners (of persons aged 65+ years)	44.0%	
Number of Disability Support pensioners	1,692	1,654
% disability support pensioners (of persons aged 16-64 years)	2.8%	
Number of female Sole Parent pensioners	293	
% female sole parent pensioners (of females aged 15-54 years)	1.2%	
Number of low income, welfare-dependent families with children	831	

% low income, welfare-dependent families with children (of total families)	3.4%	
Number of children in low income, welfare-dependent families	1,363	
% children in low income, welfare-dependent families (of children under 16 years)	6.8%	
Number of Health Care Card holders	3,182	2,905
% Health Care Card holders (of persons 0-64 years)	4.0%	
Number of Pensioner Concession Card holders	10,547	10,737
% Pensioner Concession Card holders (of persons aged 15+ years)	13.3%	
Number of Seniors Health Card holders	2,891	2,910
% Seniors Health Card holders (of persons aged 65+ years)	16.2%	

Sources: Department of Social Services, [www.data.gov.au](http://www.data.gov.au), 2016; and the Public Health Information Development Unit (PHIDU), 2016.

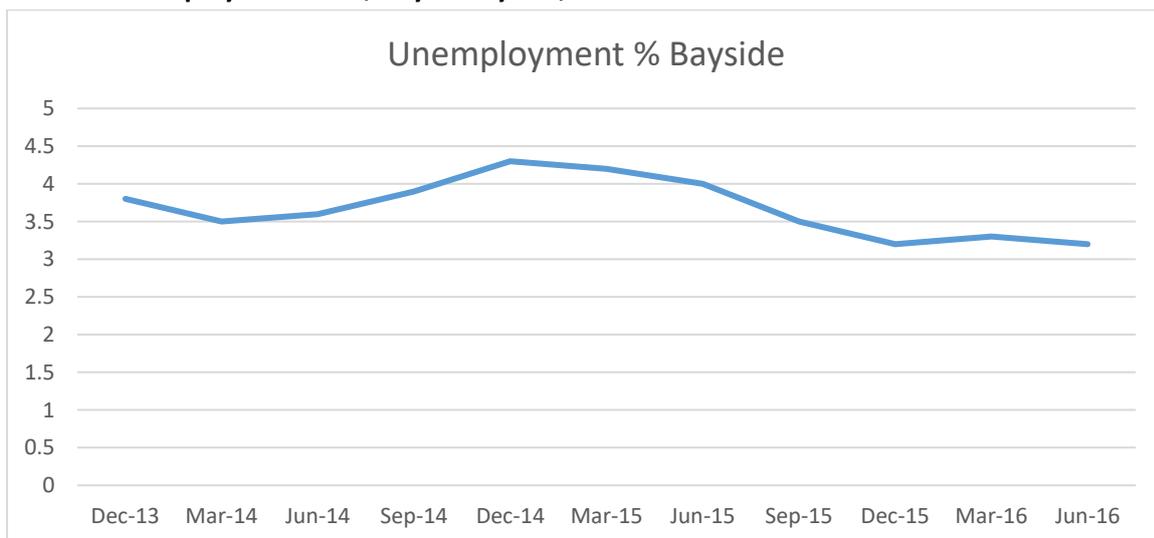
## 2.5 Unemployment

In 2016 the unemployment rate in Bayside was 3.2%. This rate has slowly decreased over the past year from 4.3% in early 2015 to 3.2% in June 2016. <sup>(10)</sup>

In comparison to the neighbouring local government areas Bayside's unemployment rate is low. Kingston has an unemployment rate of 5.8%, Glen Eira 4.1% and Port Phillip 4.2% all of which are higher than Bayside. <sup>(10)</sup>

Within the Bayside municipality, the unemployment rate was highest in Cheltenham - Highett West (6.0%) and Hampton (4.4%). Beaumaris had the lowest unemployment rate of 1.8%. <sup>(10)</sup>

**Chart 9: Unemployment Rate, City of Bayside, December 2013 - June 2016**



Source: Department of Employment, 2016

## 2.6 Homeless

The Australian Bureau of Statistics defines homelessness when a person does not have suitable accommodation alternatives and their current living arrangement:

- is in a dwelling that is inadequate, or
- has no tenure, or if their initial tenure is short and not extendable, or
- does not allow them to have control of, and access to space for social relations.



For Bayside it was estimated that 214 persons were enumerated in the Census who are classified as being homeless on Census night. Of these 214 persons, many were living in supported accommodation for the homeless (110 persons), staying temporarily with other households (56 persons) or were living in 'severely' crowded dwellings (36 persons). In addition 36 people in Bayside were living in other crowded dwellings and as such, were estimated to be at risk of homelessness. <sup>(8)</sup>

## 3. Health status

### 3.1 Life expectancy

Life expectancy can be defined as the average period that a person may expect to live.

Over the period from 2009 to 2013, on average a male child born in Bayside could expect to live to 84 years, while a female child could expect to live to 87 years. With the median life expectancy across both male and females being 86 years which is above the Victorian average. <sup>(7)</sup>

### 3.2 Mortality

#### Premature Mortality by Cause

The Australian Institute of Health and Welfare defines “premature mortality” as deaths that occur at a younger age than expected. In general this data provides a picture of the burden of disease on persons aged 0-74 years. This concept excludes deaths of elderly persons aged 75 years due to the high prevalence of multiple co-morbidities (including but not restricted to chronic diseases).



Premature mortality by cause for Bayside residents are captured in Table 3. Numbers show the sum of deaths for the period of 2009-2013. Death from cancer (413 deaths) was the most frequent cause of premature death in Bayside, followed by circulatory system diseases (133 deaths). <sup>(7)</sup>

**Table 3: Number of 'Premature' Deaths by Cause, Bayside 2009-2013**

Cause of 'premature' death	No.
<b>Deaths from cancer</b>	<b>413</b>
○ lung cancer	41
○ colorectal cancer	65
○ breast cancer	31
<b>Deaths from circulatory system diseases</b>	<b>133</b>
○ ischaemic heart disease (coronary artery disease)	59

○ cerebrovascular disease (stroke)	32
<b>Deaths from respiratory system diseases</b>	<b>36</b>
○ chronic obstructive pulmonary disease, 45 to 74 years	21
<b>Deaths from external causes</b>	<b>71</b>
○ suicide and self-inflicted injuries	35
○ road traffic injuries	10

Source: Public Health Information Development Unit, 2016

### Avoidable Mortality

Avoidable deaths are defined as those causes of death that are potentially avoidable given currently available knowledge about health behaviours (prevention) and the health care system (treatment). As for the premature mortality measure, only deaths of persons aged 0-74 are considered in the assessment of avoidable deaths.

In Bayside there were a total of 324 avoidable deaths, 187 males and 137 females in the period from 2009 to 2013. These deaths were primarily from cancer (91 deaths) and circulatory system diseases (103 deaths).<sup>(7)</sup>

**Table 4: Avoidable Mortality, Bayside 2009-2013**

Cause of 'avoidable' death 0-74 years	No.
<b>Deaths from cancer</b>	<b>91</b>
○ colorectal cancer	42
○ breast cancer	31
<b>Diabetes</b>	<b>16</b>
<b>Deaths from circulatory system diseases</b>	<b>103</b>
○ ischaemic heart disease (coronary artery disease)	59
○ cerebrovascular disease (stroke)	32
<b>Deaths from respiratory system diseases</b>	<b>24</b>
○ chronic obstructive pulmonary disease	21
<b>Deaths from external causes</b>	<b>38</b>
○ suicide and self-inflicted injuries	35
○ road traffic injuries	11

Source: Public Health Information Development Unit, 2016

### 3.3 Self-reported health status

A 2016 face-to-face survey of residents conducted by Bayside City Council asked residents to rate their level of physical and mental health on a five-point scale of poor to excellent. The majority of Bayside residents rated their physical (65.6%) and mental health (75.9%) as 'very good' to 'excellent'.

Females and adults aged over 55 years were more likely to rate their physical and mental health as 'fair' or 'poor' when compared to males and other age structures.<sup>(33)</sup> In addition, those with a

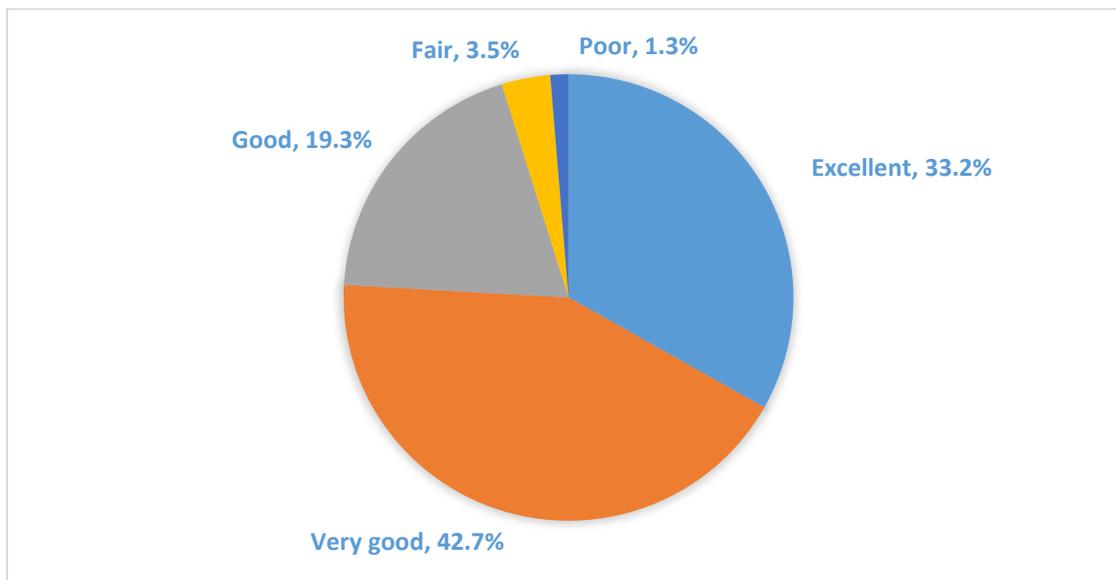
disability or long term illness rated their overall health status as significantly lower than that of other respondents.

The VicHealth Indicators Survey 2015 also reported that Bayside residents reported an average wellbeing score of 78.4 out of 100. This was higher than the Victorian average of 77.3. <sup>(18)</sup>

### 3.4 Mental health and wellbeing

In a 2016 face-to-face survey of Bayside residents, the overwhelming majority of respondents rated their mental health as either 'very good' or 'excellent', 3.5% rated it as 'fair', and only a slight proportion (1.3%) rated it as 'poor'. <sup>(33)</sup>

**Chart 10: Self-reported mental health status, 2016**



Source: Bayside City Council 2016, Bayside City Council 2016 Health and Wellbeing Survey Report, Metropolis Research

Residents from non-English speaking backgrounds were more likely to rate their mental health as 'fair' or 'poor' when compared to overall responses, 6.3% compared to 4.8%. <sup>(33)</sup>

The VicHealth Indicators Survey 2015 focused on measuring mental wellbeing through resilience, neighbourhood connection and trust, and attitudes to gender equality in relationships. Key findings include:

- Bayside residents reported an average resilience score of 6.7 out of 8. This is significantly higher than Victorian residents, who reported an average resilience score of 6.4.
- The proportion of Bayside residents who agreed that people in their neighbourhood are willing to help each other out was 80.3%, similar to the Victorian estimate (74.1%).
- Just over two-thirds (69.3%) of residents felt that they live in a close-knit neighbourhood, significantly more than the Victorian estimate (61.0%).
- A significantly larger proportion of Bayside residents agreed that people in their neighbourhood can be trusted (85.7%), compared to the proportion of Victorians who agreed (71.9%). <sup>(18)</sup>



Data from 2011-2013 shows that Bayside had slightly higher rates of males who had mental and behavioural problems compared to Victoria and metropolitan Melbourne. However slightly lower rates of females experiencing mental and behavioural problems. <sup>(7)</sup>

Females in Bayside were more likely to experience mental and behavioural problems (12.8 per 100 compared to 11.4 per 100).

**Table 5: Population with mental and behavioural problems 2011-2013**

	Number with mental and behavioural problems			Indirectly age-standardised rate per 100 population		
	Bayside	Victoria	Metro Melbourne	Bayside	Victoria	Metro Melbourne
Males	5,408	296,800	214,689	11.4	10.8	10.4
Females	6,339	410,739	301,068	12.8	14.6	14.2

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Statistical Local Area and Local Government Area <http://www.publichealth.gov.au/data/social-health-atlas-of-australia%3a-statistical-local-area-and-local-government-area - published-2012.html>

### 3.4.1 Young people and resilience

Bayside City Council introduced the *Youth Resilience Survey* in 2015 to primary and secondary schools within the municipality in order to collect localised data specifically focused on young people (those in grade 3 to year 12). A total of 19 Bayside schools participated in the survey and 5,553 students completed the survey in 2016. <sup>(17)</sup>

Overall Bayside results demonstrate higher levels of resilience by young people when compared to national data from more than three million respondents. 2,929 (53%) Bayside young people reported 'good to excellent' levels of resilience compared to 44% at a national level. This score is significantly higher and demonstrates high levels of resilience in Bayside youth. <sup>(17)</sup>



Other significant findings include:

#### Connection to Community and Safety

- Bayside young people feel considerably safer in their neighbourhood (88%) than most young people in Australia (79%).
- 82% of young people were engaged in a club or a sport of some kind, this is significant strength for the young people of Bayside particularly when compared to the national average (70%).

#### Connection to School

- 86% of young people feel safe at school, which is higher than the national average (78%).
- Young people in Bayside feel more connected to their school (90%) than other young Australians (83%).
- 82% of local young people do more than 30 minutes of homework per night, this is significantly higher than the national average (67%).

## Connection to Family

- Young people in Bayside spend more quality time with their parents (70%) than most young people across Australia (67%).
- More young people in Bayside feel listened to by adults (77%) than in other areas in Australia (72%).

## Young People's Social and Emotional Wellbeing

- Young people in Bayside are more likely to have at least two different groups of friends (79%) than young people in other areas (73%).
- Local young people have a healthier attitude towards violence (80%) than those from other areas (76%).
- Young people in Bayside are not getting 8 hours sleep (31%)
- 52% of young people do not feel good about themselves.
- 49% of young people in Bayside text between 10pm and 6am.

## Mental health

- 31% of local young people are losing sleep through worry (in line with the national average).
- 19% of young people are not able to concentrate (in line with the national average).
- 33% of young people feel constantly under strain (in line with the national average).
- 34% of young people don't have a sense of purpose in life (in line with the national average).

## 3.5 Chronic disease and illness

### Arthritis

Bayside's rates of arthritis and musculoskeletal conditions are slightly lower compared to Victorian and metropolitan Melbourne rates. With the exception of Osteoarthritis which was the same as metropolitan Melbourne rates. <sup>(7)</sup>

**Table 6: Prevalence of types of arthritis in Bayside, Victoria and Metro Melbourne 2011-2013**

	Number			Indirectly age-standardised rate per 100 population		
	Bayside	Victoria	Metro Melbourne	Bayside	Victoria	Metro Melbourne
Arthritis	13997	769,689	526,068	12.7	14.6	14.1
Rheumatoid arthritis	1,380	98,282	67,445	1.3	1.9	1.8
Osteoarthritis	9,132	457,773	308,235	8.3	8.7	8.3

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Local Government Area <http://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

### Asthma

Bayside has slightly higher rates of asthma and respiratory system disease compared to Victoria and metropolitan Melbourne. However slightly lower rates of chronic obstructive pulmonary disease. <sup>(7)</sup>



**Table 7: Prevalence of asthma, respiratory system diseases and chronic obstructive pulmonary disease in Bayside, Victoria and Metro Melbourne, 2011-2013**

	Number			Indirectly age-standardised rate per 100 population		
	Bayside	Victoria	Metro Melbourne	Bayside	Victoria	Metro Melbourne
Asthma	9666	479,498	336,940	10.2	9.1	8.7
Respiratory System Diseases	28964	1,442,803	1,012,094	30.4	27.3	26.1
Chronic Obstructive Pulmonary Disease	1804	118,482	80,485	1.7	2.2	2.1

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Statistical Local Area and Local Government Area <http://www.publichealth.gov.au/data/social-health-atlas-of-australia%3a-statistical-local-area-and-local-government-area-published-2012.html>

### Cancers

The total new cases diagnosed per year for the leading cancers in Victoria over the period 2007 to 2011 are published by the Cancer Council Victoria.

Between 2007 and 2011 there was 397 new cases of cancer per year in Bayside. Prostate cancer had the highest incidence with 128 cases per year and accounted for 2.52% of all Victorian cases. Interestingly, Melanoma incidence in Bayside accounted for 3.28% of all Victorian cases. Table 7 captures the diagnoses of new cases per year in Bayside for the leading cancers in Victoria. <sup>(12)</sup>

**Table 8: New cases diagnosed of leading cancers Bayside 2007-2011**

Cancer incidence Bayside	Number of cases Bayside	% of Victorian cases in Bayside
Bowel	78	2.14
Prostate	128	2.52
Breast	76	2.19
Lung	42	1.70
Melanoma	73	3.28
<b>Total</b>	<b>397</b>	

Source: Cancer Council Victoria 2016, [http://www.cancervic.org.au/statistics/default.asp?FormSubmitted=true&FormName=statisticsform&CurrentPage=1&ContentType=cancer\\_statistics&ContainerId=&postcode=3191](http://www.cancervic.org.au/statistics/default.asp?FormSubmitted=true&FormName=statisticsform&CurrentPage=1&ContentType=cancer_statistics&ContainerId=&postcode=3191)

### Cardiovascular disease

Bayside had slightly higher rates of high blood cholesterol compared to Victoria and metropolitan Melbourne. However slightly lower rates with circulatory system disease and hypertensive disease. <sup>(7)</sup>



**Table 9: Estimated population in Bayside with heart and circulatory conditions 2011-2013**

	Number			Indirectly age-standardised rate per 100 population		
	Bayside	Victoria	Metro Melbourne	Bayside	Victoria	Metro Melbourne
Circulatory system disease	16,452	900,395	642,168	15.3	16.6	16.4
Hypertensive disease	10,894	554,333	398,275	9.7	10.0	10.0
High blood cholesterol	26,314	1,432,576	1,063,946	34.3	33.4	33.1

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Local Government Area  
<http://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

## Dementia

Dementia prevalence is expected to increase as the baby boomer generation enter their mid-sixties from 2016-2050 onwards. In 2013, 1806 people of the Bayside population were living with dementia. <sup>(12)</sup> Bayside is currently ranked 17th out of 79 Victorian local government areas for prevalence of dementia. <sup>(14)</sup>

**Table 10: Dementia Prevalence Ranking 2016-2050**

	2016 Prevalence Rank	2050 Prevalence Rank
Bayside	17	22
Glen Eira	9	26
Port Phillip	29	30
Kingston	8	15
Stonnington	23	34

Source: Source: NATSEM, University of Canberra, January 2016. Commissioned by Alzheimer's Australia  
 Vic.[https://vic.fightdementia.org.au/files/VIC/documents/Vic%20Local%20Government%20Areas\\_V2.pdf](https://vic.fightdementia.org.au/files/VIC/documents/Vic%20Local%20Government%20Areas_V2.pdf)

The annual predicted growth rate of dementia in Bayside is 3.1% this is higher than other regions with the exception of Port Phillip (4.4%). <sup>(14)</sup>

**Table 11: Dementia Growth Rates – Southern Metropolitan Region**

LGA	Percent Growth 2016-2050	Annual Growth Rate	Growth Rate Ranking
Kingston	163	2.9	53
Bayside	183	3.1	69
Glen Eira	118	2.3	23
Port Phillip	334	4.4	60
Stonnington	152	2.8	63

Source: NATSEM, University of Canberra, January 2016. Commissioned by Alzheimer's Australia  
 Vic.[https://vic.fightdementia.org.au/files/VIC/documents/Vic%20Local%20Government%20Areas\\_V2.pdf](https://vic.fightdementia.org.au/files/VIC/documents/Vic%20Local%20Government%20Areas_V2.pdf)

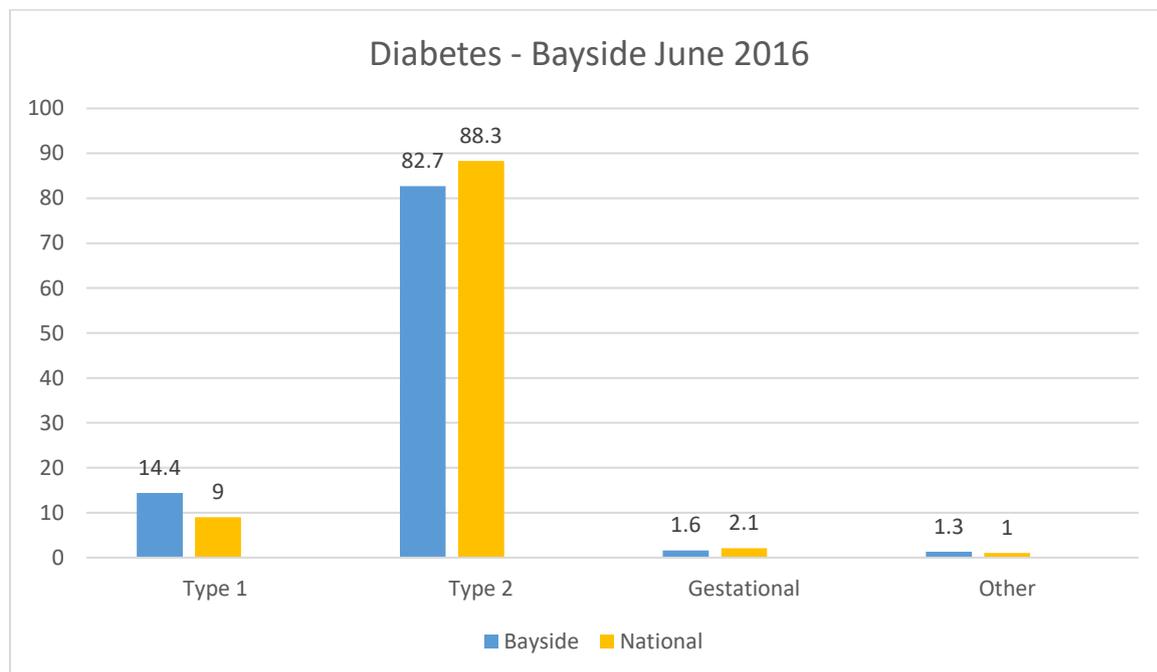
## Diabetes

In 2016, 3,364 residents were living with diabetes in Bayside. This was 3.2% of the total Bayside population. <sup>(11)</sup>

Type 1 diabetes makes up 14.4% of those living with diabetes and is higher than the national average. Type 2 diabetes makes up 82.7% of those living with diabetes and is slightly below the national average. <sup>(11)</sup>

Males in Bayside are more likely to have higher rates of diabetes. In 2016 1,900 (56.4%) men and 1,464 (43.5%) women had diabetes. <sup>(11)</sup>

**Chart 11: Diabetes Prevalence e Bayside, June 2016**



Source: National Diabetes Service Scheme 2016 - <http://www.diabetesmap.com.au/#/>

**Table 12: Diabetes by Gender, Bayside 2016**

	Number	Percent
<b>Male</b>	1,900	56.4
<b>Female</b>	1,464	43.5
<b>Total</b>	<b>3,364</b>	<b>100</b>

Source: National Diabetes Service Scheme 2016 - <http://www.diabetesmap.com.au/#/>

## Obesity

A total of 42.3% of residents in Bayside were considered overweight (pre-obese) or obese. <sup>(42)</sup>



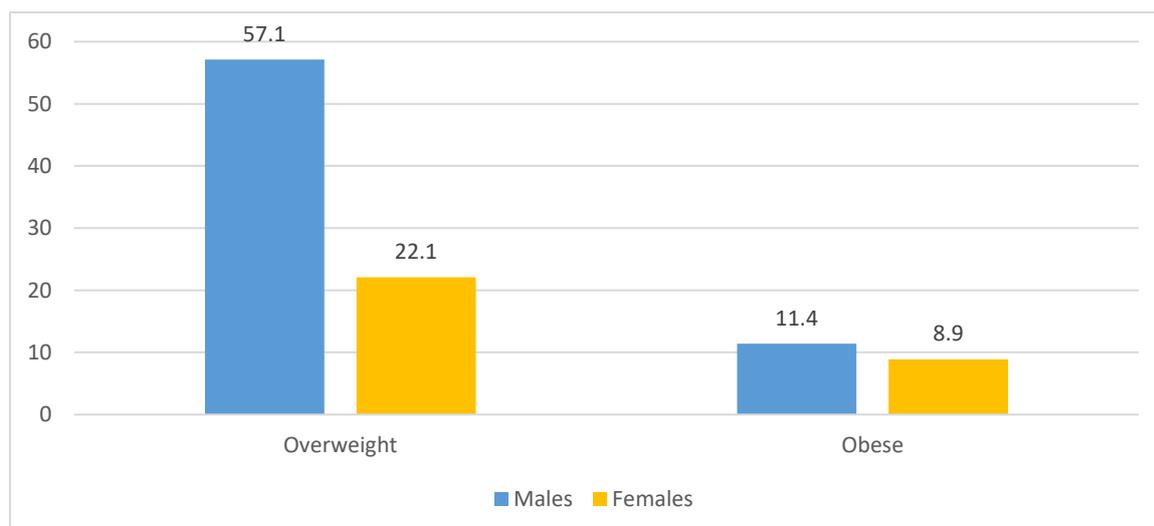
Bayside females were less likely to be considered overweight or obese (significantly lower than the Victorian rates for females). Whilst Bayside males were ranked number 1 for being overweight among LGA's in Victoria with 57.1% of males being classified as overweight. <sup>(16)</sup>

**Table 13: Population overweight or obese 2013**

	Number of residents overweight or obese			
	Overweight	Rank among LGAs	Obese	Rank among LGA's
Males	57.1%	1	11.4%	73
Females	22.1%	66	8.9%	73

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Statistical Local Area and Local Government Area <http://www.publichealth.gov.au/data/social-health-atlas-of-australia%3a-statistical-local-area-and-local-government-area - published-2012.html>

**Chart 12: Population overweight or obese, Bayside 2013**



Source: Department of Health 2013, Local Government Area Profiles, <http://www.health.vic.gov.au/modelling/planning/lga.htm>

## 3.6 Community safety

### Perception of safety

A 2016 face-to-face survey of residents conducted by Bayside City Council asked questions related to feeling safe in selected Bayside locations. The majority of residents (98.0%) agreed that they felt safe walking in the local area during the day. Residents also agreed that they felt safe walking at night in the local area (73.0%), at public transport locations at night (63.1%) and at foreshore, parks and reserves at night (50.5%). Interestingly, females were less likely than males to agree with feeling safe walking at night. <sup>(33)</sup>

The VicHealth Indicators Survey 2015 also found similar results. 97.4% of Bayside residents agreed that they felt safe walking alone during the day, which was significantly higher than the Victorian estimate (92.5%). Bayside residents also agreed (68.4%) that they felt safe walking alone in their local area after dark, which is significantly higher than the Victorian estimate (55.1%).<sup>(18)</sup>

### Crime

Bayside experiences low crime rates compared to metropolitan Melbourne.<sup>(16)</sup> Table 14 provides an overview of offences per 100,000 population in Bayside between 2015 and 2016 compared to metropolitan Melbourne.

**Table 14: Offences per 100,000 population Bayside 2015-2016**

Rates are numbers of offences per 100,000 population	Bayside : 2015/16	Metro. Melbourne: 2015/16
	Number	Number
Violent offences (incl. homicide, assault, robbery)	555	51,349
Property offences (incl. arson, theft)	3,443	245,724
Drug offences (incl. drug possession)	250	22,371
Other offences (weapons, nuisance)	742	73,660
<b>Total</b>	<b>4,990</b>	<b>393,104</b>

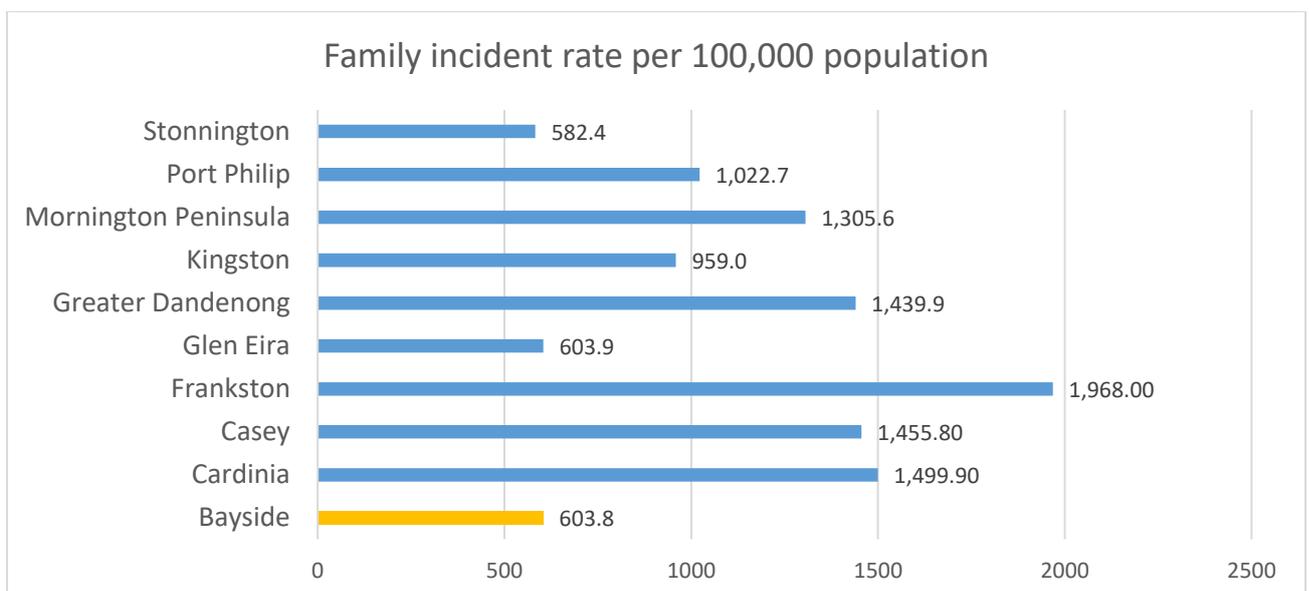
Source: Victoria Police 'Crime Statistics Agency' 2016.

### Family violence

In the calendar year 2015-2016 there was 615 reported family violence cases in Bayside. This was a slight increase of 1.2% from 2014-2015.<sup>(22)</sup>

Compared to other local government areas Bayside had the lowest number of reported cases per 100,000 population (603.8). Frankston had the highest incidence of reported cases per 100,000 population at 1,968 followed by Cardinia (1,499.9) and Casey (1,455.8).<sup>(22)</sup>

**Chart 13: Family incident rate per 100,000 population**



Source: Crime Statistics Agency – 2016, Family Incidents recorded by police region and local government area – June 2011 to June 2016.

Data from the 2016 face-to-face health survey with Bayside residents found that there has been a statistically significant increase in the proportion of respondents considering that “ a family member controlling where another goes or who they see” to always be considered family violence. <sup>(33)</sup>

Residents were also asked how confident they felt in knowing how to help someone experiencing violence at home or at work. More than one-quarter (28.9%) of respondents reported that they were ‘very aware’ and over half (57.6%) reported that they were ‘somewhat’ aware. Female respondents were more likely than male respondents to be very aware of how to best help. <sup>(33)</sup>

However young people (aged 15-34 years), senior citizens (aged 75 years and over) and non-English speaking households were significantly less likely than the average to not be aware of how to best help someone in this situation. <sup>(33)</sup>

## 4. Health behaviours

### 4.1 Physical activity and sedentary behaviour

#### Physical activity

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that more than half of respondents (52.8%) engaged in 30 minutes or more of moderate physical activity four to five times per week. <sup>(33)</sup>

Males were more likely to be physically active, and age seemed to have little effect on physical activity with persons aged 55 years and over only doing slightly less than their younger counterparts in Bayside. <sup>(33)</sup> However those aged 75 years and over were significantly less likely to do two or three session of moderate physical activity per week.



**Table 15: Moderate Physical Activity per week, Bayside 2016**

Physical activity per week	Number	Percent
Five times or more	141	35.8%
Four times	67	17.0%
Three times	99	25.1%
Twice	36	9.1%
Once	25	6.3%
None	26	6.6%

Source: Bayside City Council 2016, Bayside City Council 2016 Health and Wellbeing Survey Report, Metropolis Research

The VicHealth Indicators Survey 2015 found similar findings to Bayside’s face-to-face survey, with nearly half (49.4%) of Bayside residents engaged in physical activity four or more days per week. This was slightly higher than the Victorian average of 41.3%. The three most popular non-organised physical activities that residents engaged in were walking (51.1%), jogging or running (14.7%), and cycling (13.1%). <sup>(18)</sup>

Data from the youth resilience survey found that 79% of young people in Bayside (those in grade 3 to year 12) reported being physically fit. This is higher than the national average of 72%. <sup>(17)</sup>

## Sedentary behaviour

The VicHealth Indicators Survey 2015 found that on average people living in Bayside aged between 18-64 years spent 5:45mins per day sitting. This was significantly higher than the Victorian average of 4:29mins per day. <sup>(18)</sup>

Data from the 2011 census also highlighted that 39.8% of Bayside residents sat for at least 7 hours per day. This is higher than the Victorian average of 32.6% which leaves Bayside ranked number 10 out of the 79 local government areas in Victoria for sedentary behaviour. <sup>(15)</sup>

**Table 16: Percentage of Bayside residents who sit for at least 7 hours per day 2011**

	Percentage of residents who sit for at least 7 hours per day		
	Bayside percentage	Rank among LGAs	Victoria percentage
Persons	39.8%	10	32.6%

Source: Department of Health 2013, Local Government Area Profiles, <http://www.health.vic.gov.au/modelling/planning/lga.htm>

## 4.2 Nutrition

### Fruit and vegetable consumption

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that Bayside adult residents' consumption of fruit and vegetables is in accordance with the national guidelines. Nearly three quarters (74.8%) of Bayside respondents reported that they had consumed at least two serves of fruit per day and 52.4% reported that they had consumed at least five serves of vegetables per day. <sup>(33)</sup>

Fruit and vegetable consumption was highest amongst females and there was an increasing trend with consumption of both fruit and vegetables with age. <sup>(33)</sup> With those aged over 55 years significantly more likely to consumer two serves of fresh fruit per day.

The VicHealth Indicators Survey 2015 found that Bayside residents consumed an average of 2.5 serves of vegetables per day, which was higher than the Victorian average of 2.2. They also reported to eat on average 1.7 serves of fruit each day, which was similar to the Victorian average of 1.6. <sup>(18)</sup>

### Young people

Data from the 2012 Department of Education and Early Childhood found that eating disorders among Bayside adolescents is significantly higher than the Victorian average, 6.6% Bayside compared to 2.5% Victoria. <sup>(37)</sup>

### Soft drink consumption

Soft drink consumption is also an important indicator of a healthy diet, with high levels of consumption being associated with weight gain, Type 2 diabetes and dental caries. Encouragingly the 2015 VicHealth Indicators Survey shows that only a small percentage of Bayside residents reported consuming fizzy soft drinks every day (over the past seven days), 3.1% – compared to the Victorian average of 11.2%. <sup>(18)</sup>

## 4.4 Alcohol and tobacco use

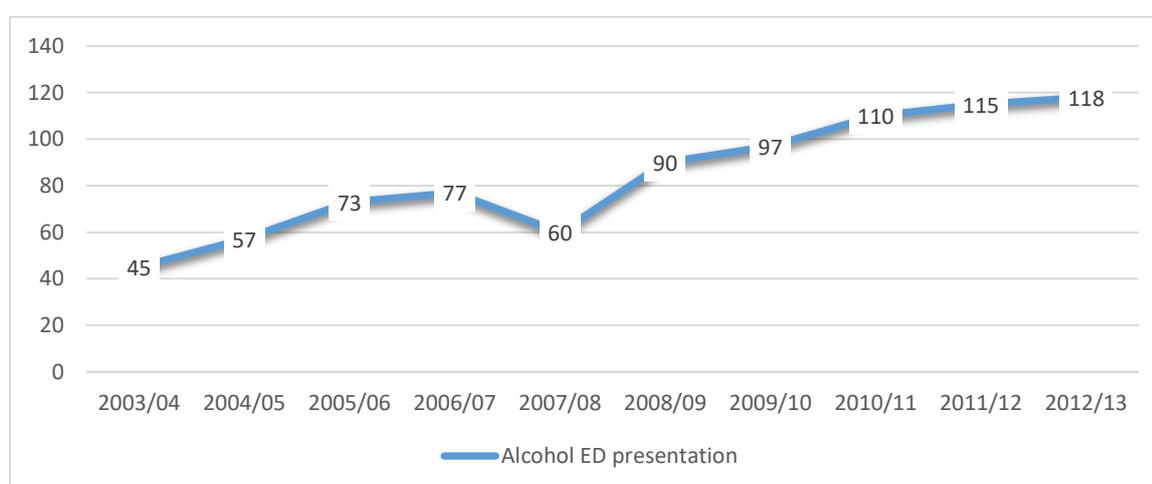
### Alcohol consumption

In 2015, two out of five (40.2%) Bayside residents were identified as being at risk of short-term harm from alcohol in any given month. This was significantly higher than the Victorian estimate of 29.4%. In addition, almost four out of 10 (36.4%) residents living in Bayside agreed that getting drunk every now and then was okay. This was also higher than the proportion of Victorians who agreed (27.9%). <sup>(18)</sup>



Data from Turning Point Alcohol and Drug Centre shows that in 2012-2013 there was 118 emergency department presentations due to alcohol consumption. This figure has more than doubled over the last decade from 45 presentations in 2003-2004 to 118 in 2012-2013. <sup>(19)</sup>

**Chart 14: Alcohol Emergency Presentation Total Bayside 2003-2013**



Source: Turning Point Alcohol and Drug Centre – Emergency Department presentations, 2016.

### Young people

Data from the youth resilience survey 2016 found that 79% of young people in Bayside (those in grade 3 to year 12) did not consume alcohol which is similar to the national average of 79%. <sup>(17)</sup>

Data from the 2012 Department of Education and Early Childhood reported that 60% of 15-17 year-olds in Bayside had drunk alcohol in the past 30 days. <sup>(37)</sup>

### Tobacco use

Smoking rates of both males and females in Bayside was lower than the Victorian rates. 15.4% of males and 10.3% of females residing in Bayside reported being smokers compared to 18.5% and 12.9% in Victoria. <sup>(15)</sup>



**Table 17: Percentage of Bayside residents who are smokers 2011**

	Percentage of persons 18+ who are current smokers		
	Bayside percentage	Rank among LGAs	Victoria percentage
Male	15.4%	56	18.5%
Female	10.3%	65	12.9%

Source: Department of Health 2013, Local Government Area Profiles, <http://www.health.vic.gov.au/modelling/planning/lga.htm>

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that 86.7% of respondents identified as non-smokers, 4% regular smokers and 2.3% as 'social' smokers. The highest proportion of regular smokers was those aged between 15-24 years and the highest proportion of 'social' smokers was those aged between 25-34 years. <sup>(33)</sup>

### Young people

Data from the youth resilience survey 2016 found that 93% of young people in Bayside (those in grade 3 to year 12) don't smoke which is similar to the national average of 93%. <sup>(17)</sup>

Data from the 2012 Department of Education and Early Childhood reported that 12.4% of 15-17 year-olds in Bayside had smoked in the past 30 days. <sup>(37)</sup>

## 4.5 Early years

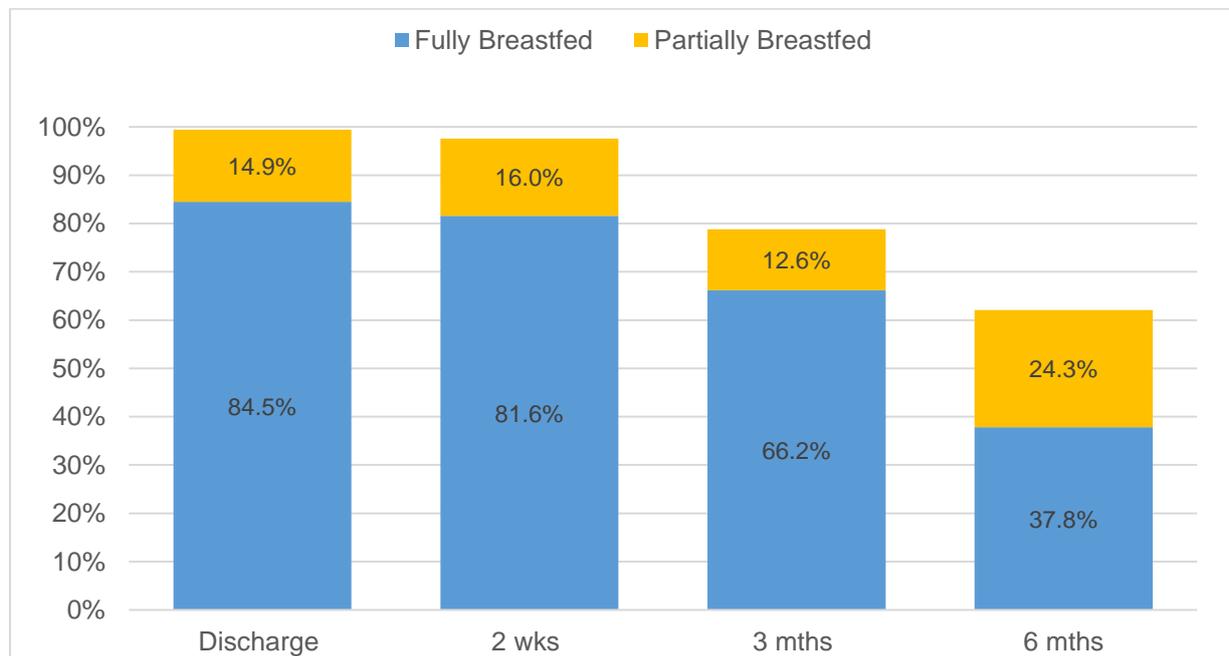
### Breastfeeding

In 2014-2015 62.1% of babies six months old were breastfed (fully and partially breastfed), 24.3% of babies fully breastfed and 37.8% partially breastfed. <sup>(38)</sup>

Over the past five financial years, the percentage of babies in Bayside fully breastfed at six months has slowly decreased. However the percentage of Bayside babies partially breastfed has increased. <sup>(38)</sup>



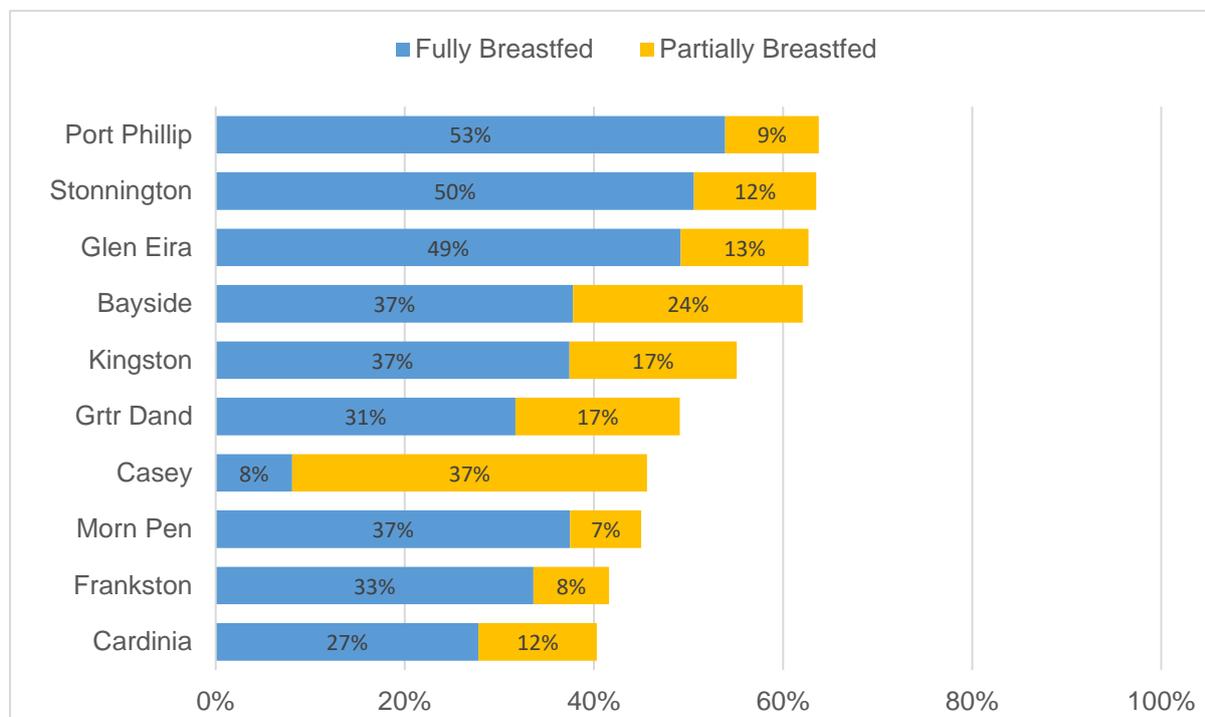
**Chart 15: Breastfeeding Rates at Key Ages, City of Bayside, 2014-2015**



Source: Department of Education and Training, Maternal and Child Health Services Annual Report, South-Eastern Victoria Region, 2014-2015

Across the ten local government areas in the southern metropolitan region, breastfeeding rates in Bayside are generally good with the fourth highest rates in the region. <sup>(38)</sup>

**Chart 16: Breastfeeding Rates (Fully Breastfed) for Babies Aged Six Months, local government areas in the southern metropolitan region, 2014-2015**



Source: Department of Education and Training, Maternal and Child Health Services Annual Report, South-Eastern Victoria Region, 2014-2015

### Immunisation

In 2015, Bayside had high rates of immunisation for all groups with only a small amount of children not being immunised at age 1, 2 and 5 years. Rates of immunisation were slightly higher across all age groups compared to metropolitan Melbourne. <sup>(7)</sup>

**Table 18: Immunisation rate Bayside – 2015**

	Children immunised	Children registered	Total percentage immunised
Children at 1 year of age	919	990	92.8%
Children at 2 years of age	907	1,024	88.6%
Children at 5 years of age	1,130	1,211	93.3%

Source: Public Health Information Development Unit, 2016, Social Health Atlas of Australia-Data by LGA, [www.publichealth.gov.au/](http://www.publichealth.gov.au/)

## 4.6 Screening behaviours

### Breast cancer screening rates

Bayside has seen a steady rate of residents aged between 50-69 years participating in breast screening. In 2013-2015 54% reported to have engaged in breast screening. This figure is similar to that of Kingston (54%), Glen Eira (55%) and higher than Port Phillip (47%).<sup>(20)</sup>

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that 67.8% of female respondents over the aged of 50 years had participated in breast screening in the last two years.<sup>(33)</sup>

### Bowel cancer screening rates

A total of 1,568 (34.6%) of Bayside residents participated in the National Bowel Cancer Screening Program in 2012-2013.

More women (37.2%) in Bayside are participated than men (32.0%) in Bayside. These figures are slightly higher than metropolitan Melbourne with 30.1% males and 34.5% females engaging in the screening program.<sup>(7)</sup>

**Table 19: National Bowel Cancer Screening Program Participation Rate – Bayside 2012-2013**

	Males	Females	Total
Participated	704	864	1,568
Invited to Participate	2,203	2,324	4,527
<b>Percent who participated</b>	<b>32.0</b>	<b>37.2</b>	<b>34.6</b>

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Local Government Area <http://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that 49.1% of adult respondents over the aged of 50 years had participated in the National Bowel Cancer Screening program in the last two years.<sup>(33)</sup>

### Cervical cancer screening rates

A total of 19,752 women (73.6%) residing in Bayside aged between 20 – 69 years had participated in cervical cancer screening between 2011 and 2012. Bayside had the highest participation rate in cervical cancer screening compared to Kingston, Glen Eira, Port Phillip and Stonnington.<sup>(7)</sup>

**Table 20: Cervical cancer screening participation rate – Bayside 2011-2012**

	Females aged 20 – 69 years
Participated over a 24 month period	19, 752
Female population 20-69 years	26, 819
<b>Percent who participated</b>	<b>73.6</b>

Source: Public Health Information Development Unit 2016, Social Health Atlas of Australia, Local Government Area

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that 66.1% of female respondents had participated in a pap test in the last two years.<sup>(33)</sup>

## 4.7 Gambling

In 2016, there were six venues in Bayside with electronic gambling machines. These venues included; Hampton Bowls Club, Marine Hotel, Milano's Hotel, New Bay Hotel and Sandringham Hotel. Within these six venues there was a total of 208 gambling machines. This is significantly fewer gambling machines compared to metropolitan Melbourne (18, 794) and neighbouring local government areas such as Kingston (898 machines) and Glen Eira (771 machines).<sup>(21)</sup>

In 2015-2016 there was a gambling loss of \$14 million in Bayside which is equivalent to \$171 loss per adult. This is significantly lower compared to metropolitan Melbourne (\$2,058 million/ \$576 per adult) and neighbouring local government areas such as Kingston (\$83 million/ \$672 per adult) and Glen Eira ( \$76 million/ \$651 per adult).<sup>(21)</sup>

Over the last year Bayside has seen a decrease in electronic gambling by -13.9%.<sup>(21)</sup>

## 4.8 Volunteering & community connectedness

### Volunteering

Results from the recent 2016 face-to-face survey conducted by Bayside City Council showed that 23.9% of respondents reported that they volunteered regularly and 37.1% reported that they volunteered sometimes. More women in Bayside than men reported volunteering.<sup>(33)</sup>

Volunteering was highest for Bayside residents aged 45-54years, with many likely to be parents of children involved in school activities and sport.<sup>(33)</sup>

### Social connections

Bayside residents rated their satisfaction with their community connections at 7.03 out of a potential ten, a level of satisfaction best categorised as "good".

However, non-English speaking households and residents with a disability or long term illness rated satisfaction with their community connections significantly lower than other respondents. Senior citizens (aged 75 years and over) also rates satisfaction with their community connections somewhat lower than the municipal average.<sup>(33)</sup>

### Social isolation

Residents in Bayside where asked whether they felt isolated and out of contact with other people. Groups which felt higher rates of isolation than the average municipality included; young people (aged 25 to 34 years) senior citizens (aged 75 years and over), non-English speaking households and residents with a disability or long term illness.<sup>(33)</sup>

## 4.10 Open space and pet ownership

### Open space

Compared with the Victorian average (50.7%), Bayside residents were significantly more likely to have visited green space at least weekly in the previous three months (71.6%). This could be correlated with the amount of open space available and the close proximity of the foreshore. <sup>(34)</sup>

### Pet ownership

Australia has one of the highest rates of pet ownership in the world. Pet ownership can be strongly linked to improvements in both physical and mental health. In particular, one Australian study found that ownership of cats and dogs can save approximately \$3.86 billion in health expenditure over any given year. <sup>(30)</sup>

In 2016, 12,372 dogs and 4,137 cats were registered in Bayside, residing in 34% of households within the municipality. <sup>(31)</sup>

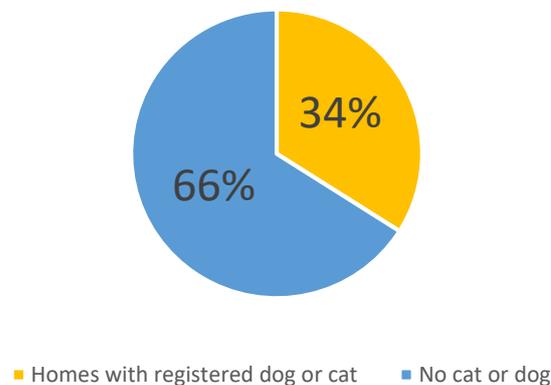


In 2010/2011, the City of Bayside had second highest population of dogs and the third highest number of cats in comparison with neighbouring local government areas of Port Phillip, Kingston, Glen Eira and Stonnington. <sup>(31)</sup>

Bayside also had the highest ratio of dogs and cats per 100 persons across the neighbouring local government areas, 12.7 dogs per 100 people and 4.5 cats per 100 people <sup>(31)</sup>

**Chart 17: Households with registered pets in Bayside 2012**

Households with registered pets



Source: Bayside City Council 2012, Domestic Animal Management Plan 2012-2016

## 5. Service Access

Results from the recent 2016 face-to-face survey conducted by Bayside City Council found that most residents in Bayside agreed that it is easy to find out what health services are available to residents locally. Level of agreement had significantly increased since this question was asked in 2012. <sup>(33)</sup>

Residents from non-English speaking households and those with a disability or long term illness were less likely to agree with the statement. <sup>(33)</sup>

## 5.1 General practitioners

In 2016, there were 47 medical practices in the Bayside municipality, including an afterhours clinic operated by the Bentleigh Bayside Community Health Service at Sandringham Hospital. Twelve of these 47 practices were solo general practitioners. <sup>(15)</sup>

The rate of general practitioners servicing Bayside per 1,000 people was 1.8 which is higher than the Victorian measure 1.2. However in Bayside GP attendances was below the Victorian average for attendance rate per 1,000 people for both females and males. <sup>(15)</sup>

**Table 21: General practitioner attendance rates per 1,000 population – Bayside**

	Bayside	Victoria
Male	3,891.4	4,633.4
Females	5,432.0	6,257.0

Source: Department of Health 2013, Local Government Area Profiles, <http://www.health.vic.gov.au/modelling/planning/lga.htm>

## 5.1 Hospital utilisation and emergency department presentations

The Bayside municipality has one public hospital, three private hospitals and two day procedure centres:

- Sandringham Hospital, Bluff Road Sandringham (public)
- Cabrini – Brighton, New Street Brighton (private)
- Epworth Rehabilitation Brighton, Wilson Street Brighton (private)
- Linacre Private Hospital, Linacre Road Hampton (private)
- Brighton Plastic Surgery Centre, New Street Brighton (day procedure centre)
- Mandometer (eating disorders), Bay Street Brighton (day procedure centre).



### Sandringham Hospital – Utilisation and Waiting Times

Performance summary data from Sandringham hospital Jul-Sep 2016 reports a total of 4,697 patients admitted in the 3 month period, 2,372 emergency and 3,106 same day treatment patients.

Waiting time at Sandringham Hospital was collected in 2013-14. Results showed that waiting time at Sandringham was slightly longer compared to the national average, with the exception of urgent patients being treated within 30 minutes of arrival – 79% Sandringham compared to 68% national average: <sup>(24)</sup>

- 81% of emergency patients were treated within 10 minutes of arrival at the emergency department, compared to its national peer group performance of 87%.
- 79% of urgent patients were treated within 30 minutes of arrival at the emergency department, compared to its national peer group performance of 68%.
- 74% of semi-urgent patients were treated within 60 minutes of arrival at the emergency department, compared to its national peer group performance of 73%.
- 92% of non-urgent patients were treated within 120 minutes of arrival at the emergency department, compared to its national peer group performance of 91%.

## Emergency Department Presentation

The top five causes for Emergency Department Presentations in Bayside from 2015-2016 were: <sup>(25)</sup>

- Injury, single site
- Digestive system illness
- Other presentation
- Circulatory system illness
- Respiratory system illness

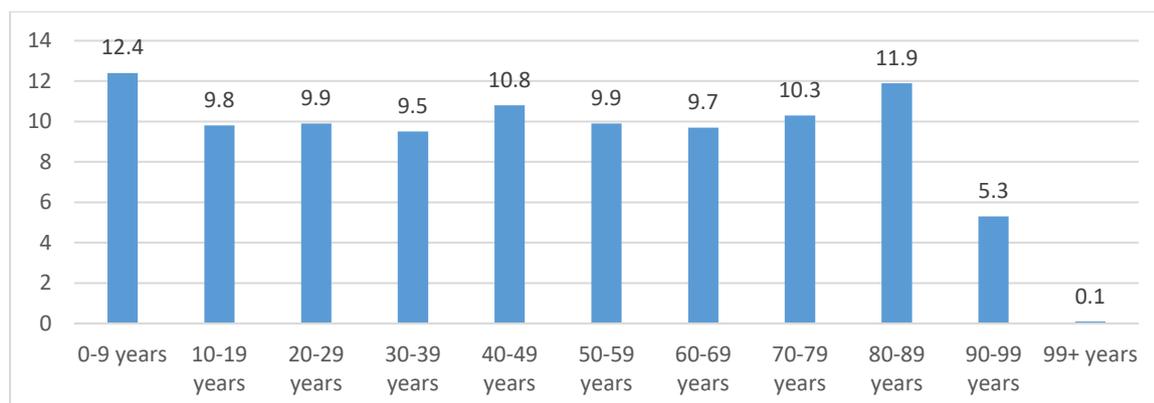
**Table 22: Emergency Department Presentations by Main Diagnosis – Bayside 2015-2016**

Presentation	Number
Injury, single site	2983
Digestive system illness	1882
Other presentation	1827
Circulatory system illness	1799
Respiratory system illness	985
Injury, single site minor (subset of MDC 2B)	967
Neurological illness	865
Not stated	818
Illness of the skin, subcutaneous tissue, breast	667
Musculoskeletal/connective tissue illness	617
Urological illness	602

Source: Victorian Emergency Department Dataset (VEMD) 2011-12 to 2015-16

The highest percentage of admissions were among 0-9 year olds who account for 12.4% of all emergency department presentations. <sup>(25)</sup>

**Chart 18: Emergency Department Presentations by Age Percentage– Bayside 2015-2016**



Source: Victorian Emergency Department Dataset (VEMD) 2011-12 to 2015-16

## 5.2 Bulk billing services

Bulk-billing data for local areas is collated by Federal Government Electoral Divisions. The electorate of Goldstein comprises the City of Bayside and parts of the City of Glen Eira.

In 2013-2014 year Goldstein had a lower rate of bulk billed services (61.1%) compared to the Victorian average (76.6 per cent). The neighbouring electorate of Higgins had a comparable bulk

billing rate of 61.1%. However three of the four electorates that adjoin Goldstein all had substantially higher bulk-billing rates – Hotham (76.5%), Isaacs (78.0%) and Melbourne Ports (65.4%). This could impact access to affordable healthcare services for those residing in Bayside with low income. <sup>(26)</sup>

### 5.3 Private health insurance

Bayside had the second highest population percentage with private health insurance across all local governments in Victoria at 70.9%. This is significantly greater than the Victorian average of 48.0%. <sup>15)</sup>

### 5.4 Community health services

There are two community health services which provide allied health services to Bayside residents:

- Bentleigh Bayside Community Health service which has two locations, in the Cities of Bayside and Glen Eira, and its main site is in Bentleigh East.
- Central Bayside Community Health Services which has locations across the City of Kingston and its main site is in Parkdale.

#### **Bentleigh Bayside Community Health Service**

In 2015 - 2016, 1,366 Bayside residents attended Bentleigh Bayside Community Health Services. The majority of clients were female (63%). <sup>(35)</sup>

The programs and services most used by Bayside residents were:

- Physiotherapy
- Occupational therapy
- Podiatry
- Dietetics

Wait times for these programs ranged from 93 days (Dietetic services) to 7 days (Planned activity). <sup>(35)</sup>

**Table 23: Wait times for services Bentleigh Bayside Community Health 2015-2016**

Service	Average wait time (days)
Community Health Nurse Bayside	21
Diabetes Education	39
Dietetics Bayside	93
Occupational Therapy Bayside	23
Physiotherapy Bayside	24
Planned activity groups	7
Podiatry Bayside	50
Speech Pathology Adult Bayside	16

Source: Bentleigh Bayside Community Health Service, 2016, unpublished data on client characteristics and program enrolments

#### **Central Bayside Community Health Services**

In 2015-2016, 626 Bayside residents attended Central Bayside Community Health Services. Central Bayside Community Health Services also had wait times for services.

**Table 24: Wait times for services at Central Bayside Community Health 2015-2016**

Service	Average wait time (days)
Child Development Service	
• Speech Pathology	120
• Counselling	0
• Occupational Therapy	90
• Physiotherapy	28
Community Nursing	0
Counselling – Adult	21
Diabetes/ Diabetes education	0
Occupational Therapy	28
Physiotherapy	28
Podiatry	28
Dietetics	21
Dental	270 (8-9 months)
Planned Activity Groups	21

Source: Central Bayside Community Health Services, 2016, unpublished data on client characteristics and program enrolments

## 5.5 My Aged Care

The Commonwealth aged care reforms, which commenced in Victoria from 1 July 2016 requires all people aged 65+ to contact *My Aged Care*, a national call centre, which provides a one-stop information and entry point for older people wanting to access services.

Following registration with the *My Aged Care* contact centre, Bayside residents requiring basic levels of support or shorter periods of intensive assistance, are referred by *My Aged Care* to Council for assessment.

Bayside City Council is the designated regional assessment service for the Bayside area. Council qualified home support assessors undertake a face-to-face home support assessment in residents' homes.

The Bayside home support assessors work with older people to develop wellness-based support plans that focus on maintaining and/or improving the independence of clients. This provides Council with the ability to support clients to meet their personal aspirations and to link them with appropriate local service providers, so they remain active and connected to the local community while living at home for as long as possible.

Council advocates for the broader community and residents at a systemic and individual level. Advocacy is provided by Council to support Bayside residents to have access to an appropriate range and level of services in a timely manner and at an affordable rate.

Council also engages with older people through the Bayside Healthy Ageing Reference Group (BHARG) which is a group of up to 15 residents who are appointed to represent the needs of people over the age of 55. Members have strong links to the community and provide input into Council policies, plans and services. BHARG is an important mechanism to support community involvement in Council's decision making processes.

## 5.6 Maternal and child health services

Bayside Council's Maternal and Child Health service is a free service, available to all families with children aged from birth to six years of age. The 'universal' Victorian Government funded service provides for ten consultations per child, at key ages and stages of growth and development. The service provides advice on breastfeeding, child health and development, immunisation, nutrition and other local support services and resources. Group programs cover topics such as transition to parenting, sleep and settling techniques and mother-baby support group. The maternal and child health service is delivered in six Council buildings across the municipality.

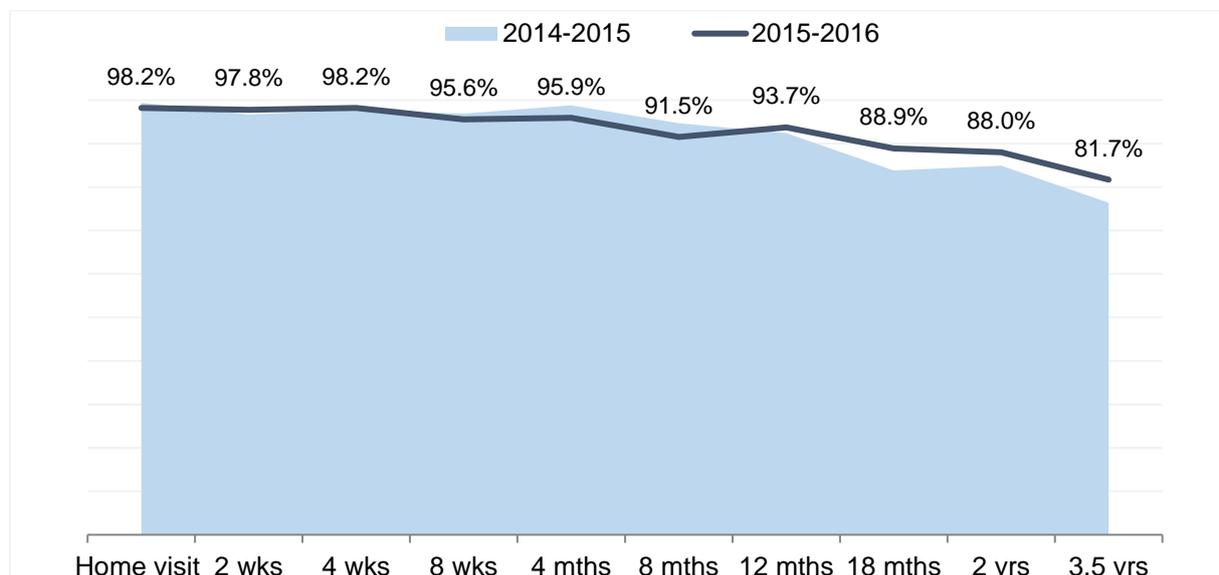
In 2015-2016 there were 9,169 individual consultations related to the ten key ages and stages visits, 3,415 telephone consultations and 4,424 additional consultations for parents with particular needs. <sup>(38)</sup>

Bayside families have a high level of participation in the service for the ten key ages and stages visits. Consistent with state-wide and regional trends, local participation rates tend to decrease over time, as the baby gets older. <sup>(38)</sup>



In the past few years however participation rates for the latter key ages and stages visits (18 months, 2 years, 3½ years) have tended to fluctuate. Over the 2015-2016 year, participation again increased due to closer monitoring of missed appointments and the use of recalls and reminders. Nearly half (48%) of the birth notifications in 2015-2016 were to first-time mothers – this statistic also tends to fluctuate each year and has been as low as 43%, and as high as 50%, in previous years. <sup>(38)</sup>

**Chart 19: Participation Rates for Key Ages and Stages Visits, City of Bayside, 2014-2015 and 2015-2016**



Sources: Department of Education and Training, Maternal and Child Health Services Annual Report, South-Eastern Victoria Region, 2014-2015; and Council Maternal and Child Health Annual Report 2015-2016

## 5.7 Internet access

In 2011, Bayside households had a higher proportion of internet access (80.4%) compared to residents across greater Melbourne (76.4%). Bayside households also had a higher proportion of broadband connections (74.9 per cent) compared to residents across metropolitan Melbourne (70 per cent). <sup>(7)</sup>

## 6. Environmental Health

### 6.1 Environmental health inspections

Environmental health inspections and monitoring is a traditional role of local government in Victoria, involving:

- registration and inspection of food and personal care businesses
- conducting food safety programs
- providing information about pests, pollution (air, noise)
- tobacco control - education, inspections and enforcement of the *Tobacco Act 1987*.

Environmental health issues and trends currently occurring in Bayside are captured in Table 26. Two key trends include: <sup>(27)</sup>

- A decrease in gastroenteritis outbreaks and food complaints (including poisoning) in the municipal between 2014 and 2015.
- An increase in noise complaints within Bayside between 2014 and 2015.

**Table 26: Environmental Health Inspections and Complaints, Bayside City Council, 2014 and 2015**

Environmental Health Inspections and Complaints Investigated	2014 No.	2015 No.
Food premises – routine inspection	251	237
Food premises – on-site advice	307	260
Food premises – compliance checks and follow-ups	732	747
Public Health and Wellbeing Act routine inspections	201	191
Public Health and Wellbeing Act on-site advice	90	61
Food samples taken	171	174
Food samples passed - number and percentage	153, 89%	158, 91%
Gastroenteritis outbreaks	18	10
Complaints – unhygienic/adulterated food, poisoning	77	58
General enquiry – food premises	25	32
Infectious disease notifications and outbreaks	25	31
Complaints – nuisance due to noise	58	112
Complaints – nuisance due to out of hours noise	86	150
Complaints – other nuisance	44	37
Environmental health pollution issues	29	32
Other complaints (various)	47	43
Referrals from statutory planning	11	13

Source: Bayside City Council, 2016

In terms of future changes to environmental health activity by councils, there are likely to be further legislation changes requiring education and enforcement such as outdoor no-smoking areas.

### 6.2 Climate change

Over the next decade Bayside is likely to experience the impact of climate change through:

- an increase in average temperatures and the number of very hot days

- a reduction in average annual rainfall and an increase in the number of dry days
- an increase in the frequency and intensity of storm events
- sea level rise and an increase in the frequency and intensity of storm surge events
- an increase in the annual number of very high or extreme fire danger days.

These climatic events will have impact on Bayside's natural features, local economy, community infrastructure and social environment.

Council's Environmental Sustainability Framework 2016-2025 has identified climate change as a key driver for environmental change and highlights the need to act now to reduce the severity of climate change whilst also preparing for its impacts. <sup>(28)</sup>

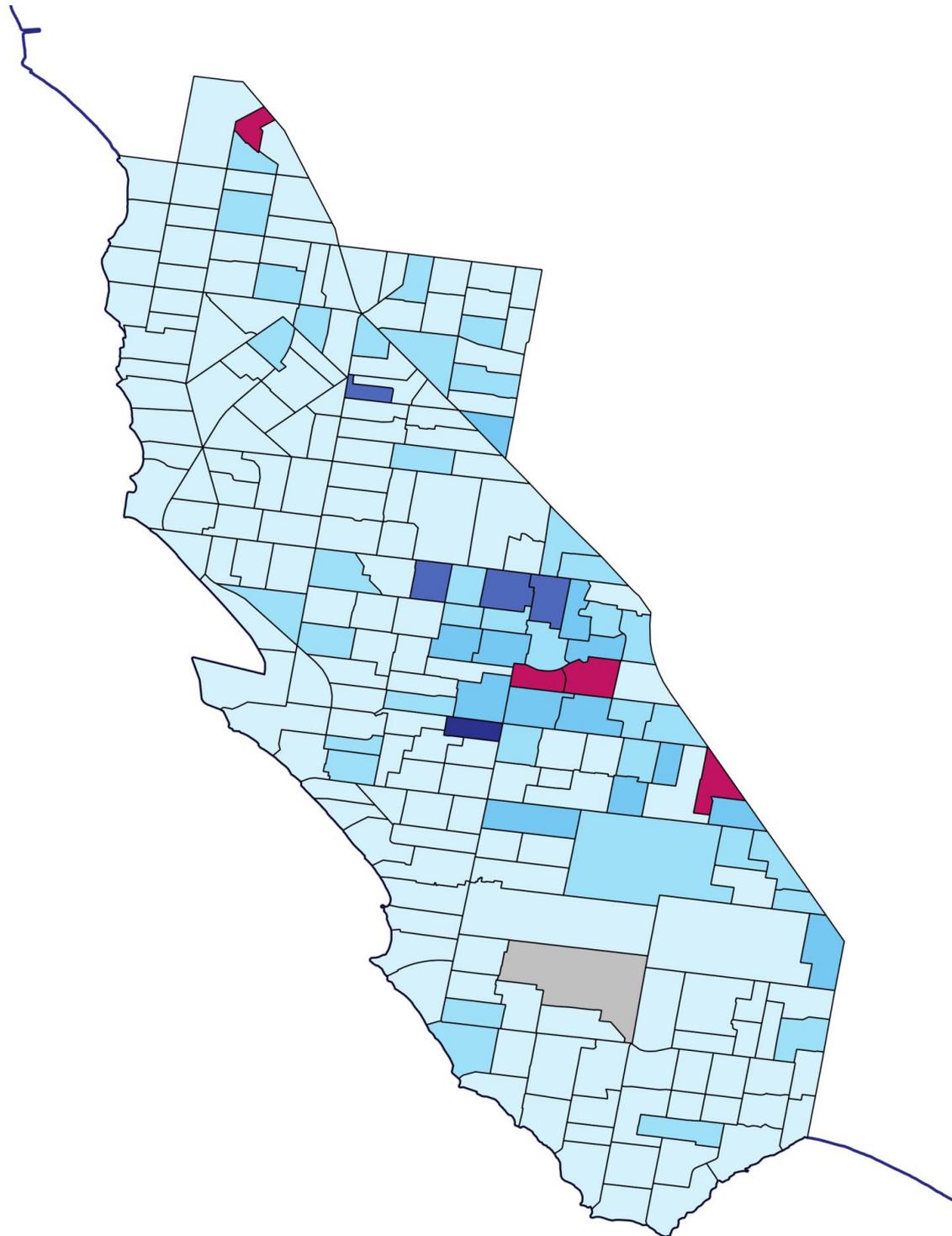
The 2012 Bayside Climate Change Strategy has also identified adaption measures which aim to increase the resilience of a 'system' to projected climate changes. Short term actions for Council are to promote programs and services that support good community connections and promote community resilience, and to review hot spots and develop localised solutions for flooding as part of the Bayside Flood Management Plan. Longer term actions for Council are to undertake a coastal vulnerability assessment, to ensure the community is informed adequately to develop plans to respond during extreme weather events. <sup>(29)</sup>

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**Appendix 1 – Index of Relative Socio-Economic Disadvantage, Statistical Area 1 (SA1) in the City of Bayside, 2011**



Source: Australian Bureau of Statistics, Census of Population and Housing, 2011



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