

# Bayside City Council Health & Wellbeing

## - Profile Snapshot -

**30%**

of residents aged 40-59 years.

### Population

Total population of **106,480** in 2019.

**4,213**

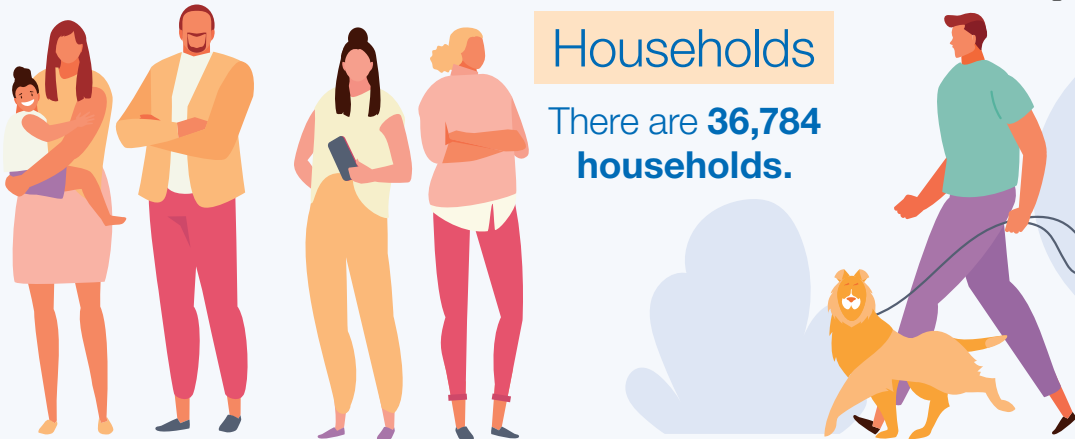
people require assistance in their day-to-day lives due to disability, long-term health condition or old age.



### Households

There are **36,784** households.

The median household income is **\$2,138** higher than Greater Melbourne average.



**36.5%**

are couples with children.

**24.2%**

are couples without children.

**23.3%**

lone person households.

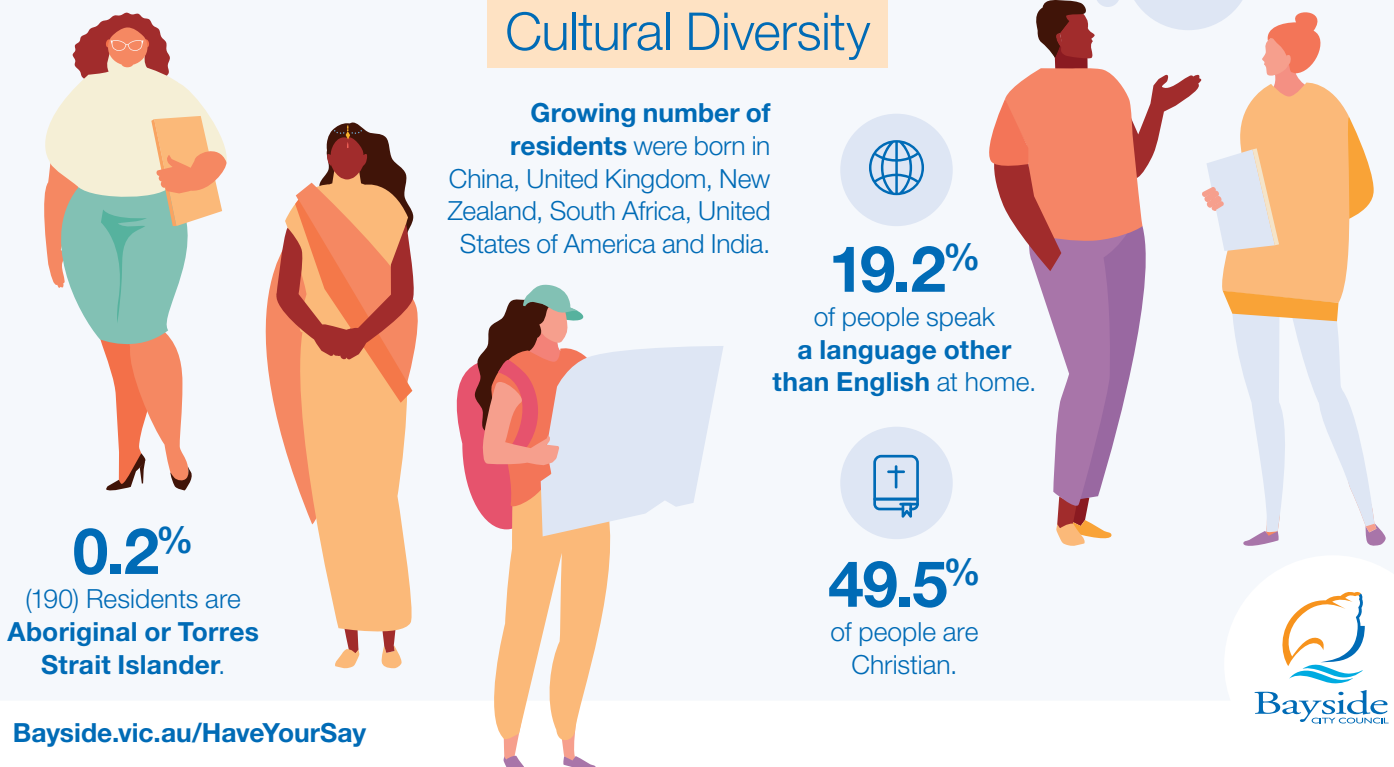
### Cultural Diversity

Growing number of residents were born in China, United Kingdom, New Zealand, South Africa, United States of America and India.

**19.2%** of people speak a language other than English at home.

**49.5%**

of people are Christian.



**0.2%**

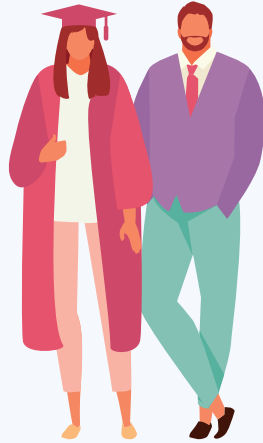
(190) Residents are Aboriginal or Torres Strait Islander.

# Bayside City Council Health & Wellbeing

## Employment and Education



People who are **unemployed**  
**3.7%**



People who hold **University qualifications**  
**39.1%**



Job type: **Professionals**  
**39.1%**



Job type: **Managers**  
**22.4%**

## Vulnerable Populations

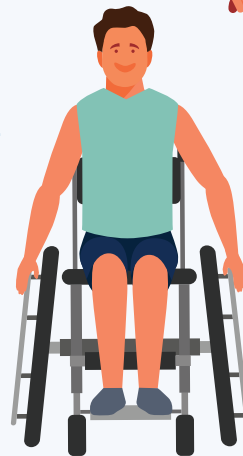
It is estimated that **7,500 (9%)** of **Bayside residents live in poverty** 'not having enough available income to afford life's necessities such as **food, clothing or healthcare.**'



**57%** of **Women** comprise the majority of **Bayside adults living in poverty.**



**2.9%** of dwellings are **public housing.**



**Ageing population** with a high percentage of frail aged persons.

Over **13,923** people have a **disability** and **4,213** people need assistance in their day-to-day lives.



**64.1%** engage in **physical activity** four or more days per week. This is higher than the Victorian average of **41.3%**



## Health and Lifestyle

**42.3%** of residents are considered **overweight** (pre-obese) or obese. Males more likely than females to be considered overweight or obese.



**51.5%** of residents **sit for at least 5 hours** or more per day.



**17.9%** of adults **drink one or two glasses of soft drink** per day.

# Bayside City Council Health & Wellbeing

## Social Connectedness

**Bayside residents rated their satisfaction with their community connections at 6.91 out of a 10**, a level of satisfaction best categorised as “good”.

This is slightly down from a score of **7.03 out of 10 in 2016**.

Just over half of Bayside residents agreed (**50.3%**) that they lived in a **close-knit community** and felt a strong sense of belonging to the community (**53.7%**). Strong feelings of belonging to the community is slightly down from a score of **64.5%** in 2016.

**35.4%**  
disagreed that they play an **active role** in the community.



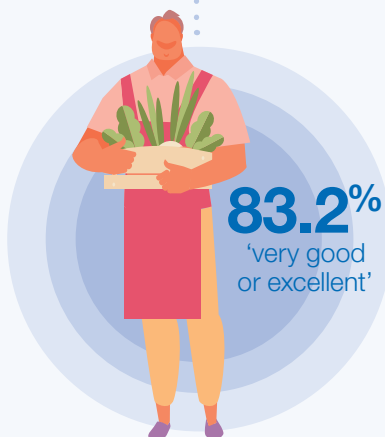
**13.2%**  
of residents reported **feeling isolated and out of contact** from others.

**27.2%**  
of adult residents reported that they **volunteer regularly**, once per month or more.

## Mental Wellbeing

The majority of residents (**83.2%**) **rated their mental health** as either ‘very good’ or ‘excellent’, **2%** rated it as ‘fair’, and only a slight proportion (**0.3%**) rated it as ‘poor’.

### Mental Health Ratings



# Bayside City Council Health & Wellbeing

## Mental Wellbeing *continued*

**Young people in Bayside** reported areas of concern for Bayside youth include:



**26%**  
tend to **avoid their problems.**



**33%**  
feel **highly critical** of themselves



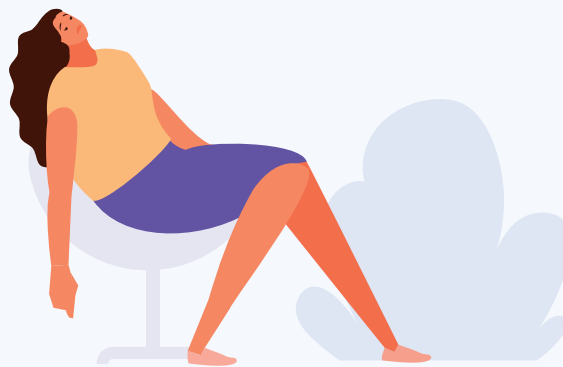
**26%**  
are **not getting 8 hours sleep.**



**25%**  
feel **nervous, anxious and on edge**

## Alcohol Harms

**Hospital admission rates highest for alcohol abuse**, substantively higher than the rates of illicit drug or prescription drug abuse in Bayside.



**45.7%**  
of **adults drink more than two standard alcohol drinks** two to three times per week.

**Females and younger adults** were most likely to **feel unsafe** across all domains of activity.



## Community Safety



**709**  
**reported family violence incidents** in Bayside in 2019/2020

**96.1%**  
felt **safe walking** in the local area during the day



**88.3%**  
felt **safe travelling** on public transport during the day



**66.7%**  
felt **safe walking** in the local area during the night

