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**Wyndham Community Health and Wellbeing Profiles - Summary**

# Introduction

Wyndham City actively plans for positive health and wellbeing outcomes for our community. To support evidenced-based planning, we have developed Health and Wellbeing Profiles outlining how Wyndham residents fare on 11 key determinants of health and wellbeing.

This summary document presents the key topics and statistics outlined in the Health and Wellbeing Profiles. The full profiles and other demographic information about the Wyndham community is available on Council’s website at: <https://www.wyndham.vic.gov.au/about-council/wyndham-community/community-profiles>

# Demographic Snapshot

The City of Wyndham is located on the western edge of Greater Melbourne, between the metropolitan area and Geelong. Wyndham covers an area of 542km² with a population density of 3.87 persons per hectare. Wyndham is adjacent to the municipalities of Greater Geelong, Moorabool, Melton, Brimbank and Hobson’s Bay.

Wyndham’s population is increasing by over 230 residents per week, and approximately 12 babies are being born into the community every day. During 2015/16 Wyndham’s net population increased by 12,106 people, making it the fastest growing Council within Victoria. The Australia Bureau of Statistics 2016 Estimated Resident Population (ERP) of Wyndham is 222,656, which is forecast to increase by almost 100% to 424,476 by 2036.

At the 2011 Census, 27% of the population of Wyndham were under 17 years of age, and families made up 57% of all households. Despite this, the age group growing at the fastest rate are residents aged 65 years and over. Between 2016 and 2036, the population of retirees in Wyndham is forecast to increase by 143%.

The population of Wyndham is highly diverse. At the 2011 Census, 34% of residents were born overseas. According to the Wyndham Household Survey, in 2015, this figure had risen to 40%. The most common overseas countries of birth in Wyndham in 2015 were India, New Zealand, England, the Philippines, and China.

# Environmental Determinants of Health

Environment and amenity play a vital role in the wellbeing of a community. Factors such as where we live and the state of our environment, impact considerably on physical and mental health, wellbeing, opportunity and safety. Communities need access to open space, natural environments and recreational spaces, as well as infrastructure for transport, employment, education and social connection.

Growth areas at the urban interface of Greater Melbourne face challenges in the provision of such local infrastructure and services to meet population growth, leading to transport and housing stress, and poorer service access.

* There are fewer hectares of public open space per 1,000 population in Wyndham compared to other Melbourne growth areas, including Hume, Whittlesea and Casey.
* Almost one-in-four adults across Wyndham find themselves affected by restrictions in their daily private and public transport use. A similar percentage is also seen in the North and West Metro area.
* Of all the households in Wyndham, 41% have access to two motor vehicles, which exceeds the Greater Melbourne percentage of 36%.
* Public transport accessibility in Wyndham is considerably more limited than the North and West Metro area, and other Local Government Areas.
* The levels of housing stress – both mortgage and rental – for low income households are slightly higher in Wyndham (27%), than Greater Melbourne (25%) and Victoria (26%).
* With a much higher percentage of four bedroom homes (33%) compared to Greater Melbourne (20%), and significantly fewer two bedroom homes (6% compared to 18%), there is significantly less housing diversity within Wyndham.
* Households in Wyndham are more vulnerable to rising costs of living than similar households across Greater Melbourne.

# Social and Economic Determinants of Health

The critical factors that combine to affect the health of individuals and communities are diverse and complex. As well as personal health, our wellbeing is influenced by where we live, the state of our environment, our income and education levels, relationships with family and friends, and relationship to our communities.

While in recent years, improvements have been seen in university education rates and employment, Wyndham still falls short in a number of other social and economic factors compared to neighbouring local government areas and the Greater Melbourne region.

* Between 2011 and 2015, the proportion of Wyndham residents with a university qualification increased from 19% to 27%.
* Between December 2013 and December 2016, Wyndham experienced higher levels of unemployment compared to the rest of the state as a whole, with a rate of 6.9% for Wyndham and 5.8% for Victoria.
* Around half of all employees in Wyndham are satisfied with their work-life balance, with a similar figure found across Victoria.
* At $1,424, Wyndham’s median weekly household income is higher than Victoria’s weekly median income of $1,333.
* According to the 2011 Australian Bureau of Statistics SEIFA Index of Relative Socio-economic Disadvantage (IRSD) score, Wyndham is slightly more disadvantaged than Greater Melbourne.
* English speaking proficiency is similar in Wyndham and Greater Melbourne. Approximately 25% of residents are multilingual and can speak English well or very well.

# Community Safety

The personal safety of residents is a vital part of wider community wellbeing. Data regarding feeling safe includes safety on public transport, on the roads and within the home.

The perception of public safety in Wyndham is more positive now than in recent years. Feelings of safety during the day and night are improving. Whether this trend continues could be strongly influenced by crime rates, which are generally lower than the state and regional average, and increasing at a slower rate.

* In general, Wyndham residents feel safe in public areas, with train travel recording the greatest increase in feelings of safety.
* Across Wyndham and Victoria in general, property and deception offences had the highest reports.
* The crime rate in Wyndham is lower and not increasing as quickly as in the North and West Metro area and Victoria.
* Between 2015 and 2016, the number of offences in the broad ‘justice procedure’ category increased by 23% compared to 17% across Victoria.
* In 2015, the number of ‘other injury crashes’ declined from a spike in 2014, with 183 recorded accidents, which was 72 fewer than the previous year.
* ‘Serious injury and fatalities’ increased the most for drivers, with 56 incidents reported in 2015, seven more than in 2014. Bicycle accidents doubled from four to eight incidents in 2015.
* Between 2015 and 2016, there was a 6% increase in the number of recorded family violence incidents in Wyndham; more than the North and West Metro area (2%) some comparable growth areas.
* Between 2012 and 2016, the rate of recorded family violence incidents in Wyndham, the North West Metro Region and Victoria increased by more over 250 incidents per 100,000 population.

# Early Years

Good physical and emotional health in early childhood lays the foundations for positive health behaviours, wellbeing and learning throughout adolescence to adulthood. Over 20% of the Wyndham population are aged between 0 and 11 years of age (43,204). By 2036, an additional 38,000 children will be living in Wyndham, increasing the population by 90% (81,919).

* Less than half of all three month old children in Wyndham were breastfed in 2014/15, this was almost 10% less than children breastfed in Victoria.
* Overall, Wyndham has an average of 91% of immunisations across the 12-63 month age group, similar to the Victorian average.
* The proportion of Wyndham children attending their 3.5 year Maternal and Child Health check increased from 43% to 57% between 2011 and 2015. Despite this, 9% fewer Wyndham children compared to children Victoria wide attended the health check in 2014/15.
* Compared to students across Victoria, there were a larger proportion of Wyndham year 3 and 5 students who were not reaching the national benchmarks for literacy and numeracy in 2015.
* Overall, there are higher proportions of developmentally vulnerable children in Wyndham compared to Victoria and Australia, across all five developmental domains.
* Between 2011 and 2015, an average of 5% of children in Wyndham experienced emotional or behavioural difficulties, similar to the Victorian average (4%).
* In 2015, there was a larger proportion of Year 5 and 6 students from Wyndham (20%) who had been bullied, compared to Victoria (15%), while there were more Year 7 to 9 students in Victoria (18%) bullied compared to Wyndham students (17%).

# Youth

Youth is a crucial period for establishing positive health and social behaviours. It is a time when young people are undergoing rapid emotional, physical and intellectual changes, and when they transition from childhood to adolescence to independent adulthood. Similarly to young children, significantly growth is expected across the 12-24 year age range.

* From 2016 to 2036 Wyndham’s population of 12-24 year olds is forecast to almost double in size (94%) or 34,141 additional youths.
* In 2011, Wyndham recorded some of the lowest high school retention rates across Victoria (77%).
* Compared to students across Victoria, there were a larger proportion of Wyndham year 7 and 9 students who were not reaching the national benchmarks for literacy and numeracy in 2015.
* Year 5-6 students felt more connected to their school (77% average) than Year 7-9 students (60%) in Wyndham.
* A significantly smaller proportion of 20-24 year olds in Wyndham had a year 12 or higher qualification (82%) compared to those in the North and West Metro area (89%), and Victoria (87%).
* In 2011, almost 20% of 15-19 year olds from Wyndham were not studying, and not employed or looking for work.
* Young people in Wyndham (12%) are less likely to volunteer than young people Victoria wide (17%).
* There were fewer young offenders in Wyndham compared to Victoria between 2012 and 2015. In 2014/15 the rate of young offenders in Wyndham was 15 per 1000 young people, compared to 23 for Victorian young people.
* The victim of crime rate for young people in Wyndham (5.4 per 1,000 young people) was almost half that observed across Victoria (9.6) in 2014/15.

# Older Adults

As in most developed countries, Australia’s population is ageing. Understanding the demographic characteristics and needs of older Australians (those aged 65 years and over), is becoming increasingly important. Many older Australians have accumulated assets, such as their own homes and savings, which can be used to support their living into retirement. Despite this, the main source of income for the majority (76%) of Wyndham residents aged 65 years and over was an aged pension.

# Couples without children are the most common household type amongst older adults in Wyndham, with more than one fifth living alone. Despite this, there is a higher proportion of older residents’ living with their adult children in Wyndham (16%) than those in Greater Melbourne (13%).

# Older adults are the fastest growing age group in Wyndham, with a projected increase in population of 127% over the next fifteen years.

* According to the Index of Wellbeing for Older Australians, older adults in Wyndham are at greater risk of poor social connections, financial insecurity and poorer overall wellbeing, with all but one suburb scoring in the lowest two quintiles indicating a low index of wellbeing.
* Like Greater Melbourne, over 80% of Wyndham older adults are not engaged in the workforce, and only 1% are actively seeking employment.
* The proportion of older adults with no or low weekly income is larger in Wyndham (5%) compared to Greater Melbourne (4%).
* There are a larger proportion of older adults receiving aged pensions in Wyndham (74%) compared to Victoria (67%) and Australia (62%).
* The proportion of older adults who require assistance with core activities is the same in Wyndham and Greater Melbourne (20%).
* Wyndham residents over 65 years of age are slightly less likely to volunteer (11%), compared those in Greater Melbourne (14%).
* There are slightly more older adult carers in Greater Melbourne (11%) than Wyndham (10%).
* In Wyndham, 17% of older adults are multilingual, and can speak another language and English very well or well.

# Gender

Gender refers to the socially constructed characteristics of women and men. Gender is relational; gender roles and characteristics do not exist in isolation, but are defined in relation to one another and through the relationships between women and men, boys and girls. Gender norms, roles and relations can influence health outcomes and affect the mental, physical and social health and wellbeing of individuals. Disaggregating data by gender can identify sex and gender-based differences in health risks and opportunities to design appropriate health interventions.

* More than half of males and 30% of females from Wyndham drink enough alcohol per week to put them at short-term risk of alcohol-related harm.
* Females who live in Wyndham have a higher lifetime prevalence of depression and anxiety compared to Wyndham males.
* The majority of males in Wyndham were employed in manual labour industries, including manufacturing, construction and transport, postal and warehousing. Females were more likely to be employed in service industries such as health care and social assistance.
* Across Wyndham, a larger proportion of females had completed Year 12 compared to males (52% and 48% respectively). Compared to Greater Melbourne, there were proportionally more Wyndham adults, both male and female, who had achieved a Year 12 qualification.
* Wyndham males have higher levels of personal income than Wyndham females, which is likely to be a result of a range of social and economic factors including levels of employment, industry of employment and profession.

# Physical Wellbeing

Overall good physical health and wellbeing is critical to avoiding a range of preventable diseases. Our physical health and wellbeing is often closely connected to our mental and emotional health, and healthier, happier individuals leads to greater community wellbeing.

Recent physical health and activity data shows Wyndham adults are not faring as well as adults in the North and West Metro area and Victoria. This conclusion is drawn not only from quantitative assessments such as time spent exercising, rates of classified obesity and diabetes, and participation in activity, but also from subjective perception through self-reported health levels.

* Individual perceptions of excellent or very good health is low amongst Wyndham adults. In 2014, 28% of Wyndham adults reported excellent or very good health, compared to 37% of adults in the North and West Metro area, and 40% in Victoria.
* Less than half (35%) of Wyndham adults are getting the recommended amount of physical activity per week, and fall behind North and West Metro area (39%) and Victoria (41%).
* Around one-in-four adults in Wyndham sit for more than eight hours per day, which matches the statistics across North and West Metro area and Victoria.
* Walking was a less common mode of regular transport for Wyndham adults than for those in the North and West Metro area and Victoria.
* Diabetes was more prevalent among Wyndham adults compared to adults in the North and West Metro area and Victoria.
* A greater proportion of adults in Wyndham are classified as obese (25%), compared to those in the North and West Metro area (20%) and Victoria (19%).

# Mental Wellbeing

Mental health is defined as ‘a state of wellbeing which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community’. Therefore, mental health is about being cognitively, emotionally and socially healthy.

* Compared to adults in Victoria, a larger proportion of Wyndham adults are experiencing factors that may contribute to an increased risk of poor mental wellbeing, including lack of sleep, time pressures and lack of time with family and friends.
* Compared to adults in Victoria (21.5%), almost a quarter of Wyndham adults (24.3%) had minimal or no social interactions during an average day.
* The prevalence of depression and anxiety among Wyndham adults (23%) was lower than Victorian adults (24%) in 2014.
* The proportion of Wyndham adults experiencing psychological distress is increasing at a greater rate than in Victoria, from 9% in 2011/12 to 12% in 2014.
* A larger proportion of Victorian adults sought assistance for a mental health related issue (16%) compared to adults in Wyndham (13%).

# Healthy Eating

Healthy eating is integral to our overall health and wellbeing. Wyndham has a larger proportion of residents who are not meeting the food and beverage recommendations to achieve long term good health.

* Only 3% of Wyndham adults consume the recommended 5 serves of vegetables each day, which is considerably lower than the North andWest Metro area and Victoria.
* Less than half of all adults across Victoria consume the recommended 2 serves of fruit each day. This is lower in Wyndham (44%) than the North and West Metro area and Victoria.
* Almost 75% of adults in Wyndham eat take-away meals once a week, which is higher than the 71% of adults Victoria wide.
* The percentage of adults drinking sugary drinks every day is higher in Wyndham (15%) than Victoria overall (11%).
* The proportion of Wyndham residents experiencing food insecurity is slowly increasing. The proportion of people over 15 years of age who ran out of food in the past 12 months increased from 6% in 2008 to 7% in 2015.

# Substance Abuse and Gambling

The World Health Organisation defines ‘substance abuse’ as the harmful use of psychoactive substances, including alcohol, illicit drugs and tobacco. Regular and long-term substance use is often not just the symptom of a user’s condition but also the cause, creating a cycle of difficulties. Similarly, the effects of substance abuse are not isolated, and research indicates that heavy consumption of alcohol, drugs and tobacco are closely related to a range of short and long term health issues. Like other addictions, gambling addiction negatively affects the person, their family and friends, as well as the wider community.

* Although just over half the adult population of Wyndham (52%) face an increased risk of alcohol-related harm due to drinking behaviour, this is lower than the North and West Metro area and Victoria in general.
* Around 13% of adults in Wyndham smoke, which is similar to the rates in the North and West Metro area and across the state. The number of smokers in Wyndham has decreased at a much greater rate.
* Admissions to hospital for illicit drug related incidents in Wyndham are high in relation to other Victorian Local Government Areas.
* Not only are Electronic Gaming Machine losses per adult higher in Wyndham than in Victoria, but are also increasing at a faster rate.

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