

# MENTAL WELLBEING

Mental health is defined as 'a state of wellbeing in 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 their community'<sup>1</sup>. Therefore, mental health is about being cognitively, emotionally and socially healthy.

This profile compares Wyndham with areas of Greater Melbourne and Victoria on determinants of mental wellbeing, including prevalence of depression and anxiety, social connection and access to psychological services.

All data refers to adults aged 18+ years unless otherwise stated.



Subjective wellbeing amongst Wyndham adults **has declined marginally since 2011**, but remains **higher than adults across Victoria in 2015**.



Compared to adults in **Victoria (17%)**, a greater proportion of **Wyndham adults (20%)** are socially isolated.



Depression and anxiety is **slightly less prevalent amongst Wyndham adults (23%)**, compared to Victorian adults (24%).

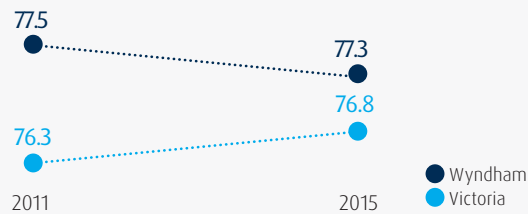


Over the past 6 years, the proportion of **Wyndham adults experiencing psychological distress has increased at a greater rate** than across Victoria. Despite this, levels of psychological distress remain **lower amongst Wyndham adults** compared to adults Victoria wide.



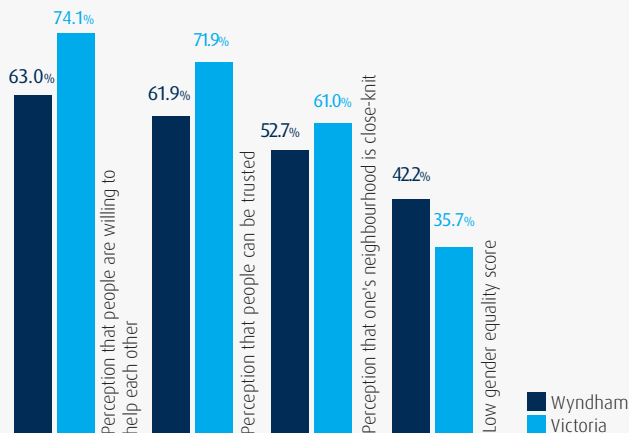
A larger proportion of Victorian adults sought assistance for a **mental health related issue (16%)** compared to adults in **Wyndham (13%)**.

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## Subjective Wellbeing (range 0-100), 2011 and 2015<sup>2,3,4</sup>

Subjective Wellbeing describes how a person feels about their life and is comprised of feelings contained in moods and emotions as well as thoughts and judgments. People with a high subjective wellbeing score are more mentally and physically healthy, more productive, more cooperative, more pro-social and charitable, have greater coping abilities, and live 4 to 10 years longer than people with low subjective wellbeing. In 2015, Wyndham residents reported similar levels of subjective wellbeing to all Victorians. Wyndham's score decreased marginally between 2011 and 2015, while subjective wellbeing across all Victorians increased by half a point.



## Factors that Affect Mental Wellbeing, 2015<sup>2</sup>

Factors such as social connection, cohesion and participation promote mental wellbeing and protect against mental illness. More than 50% of Wyndham adults perceive their neighbourhoods as connected places. Compared to adults Victoria wide, proportionally fewer Wyndham adults perceive people as willing to help each other, their neighbourhoods are close-knit, and other people as trustworthy. Furthermore, 42% of Wyndham adults held low levels of support for equal relationships between women and men, compared to 36% of adults Victoria wide.



<sup>1</sup> World Health Organisation. (2016). What is mental health?

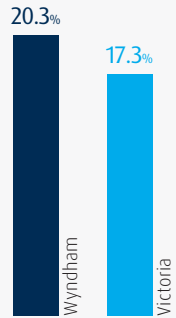
<sup>2</sup> VicHealth. (2011 and 2015). VicHealth indicators survey

<sup>3</sup> Davern, M. (2011). Australian Unity Heritage Foundation: The Subjective Wellbeing Evaluation Toolkit: a resource to support the use of Subjective Wellbeing to measure the impact of community programs and public policy initiatives.

<sup>4</sup> Department of Health. (2015). The Victorian Happiness Report: The Subjective Wellbeing of Victorians.

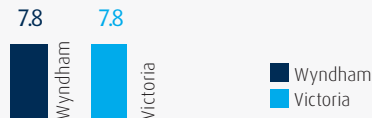
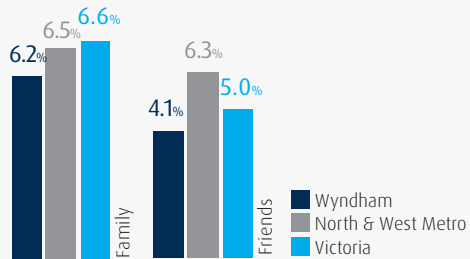


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## Social Isolation, 2014<sup>5</sup>

Social isolation is to be deprived of social connectedness. The Victorian Population Health Survey derived a social isolation score by measuring social and civic trust, and social support. A greater proportion of Wyndham adults were socially isolated (20%), compared to adults Victoria wide (17%).



## Social Support, 2014<sup>6</sup>

The data presented above provides insight into how people feel about their life as a whole, and whether they can access help if needed, both of which can affect one's overall wellbeing.

A similar proportion of adults in Wyndham, the North West Metro area and Victoria were able to access help from family if needed. A slightly smaller proportion of Wyndham residents were able to access help from friends (4%).

In 2015, Wyndham residents rated their satisfaction with life 7.8 out of 10, the same as Victorian residents.

## Satisfaction with Life as a Whole (range 0-10), 2015<sup>7</sup>

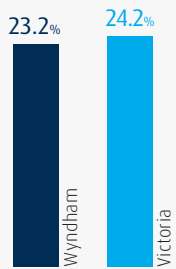


<sup>5</sup> Department of Health. (2014). Victorian Population Health Survey 2011-12 - Social Capital Report

<sup>6</sup> Ibid

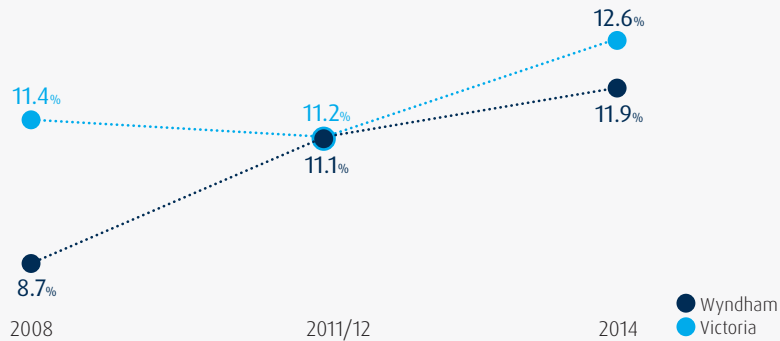
<sup>7</sup> VicHealth. (2011 and 2015). VicHealth indicators survey

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## Lifetime Prevalence of Depression and Anxiety, 2014<sup>8</sup>

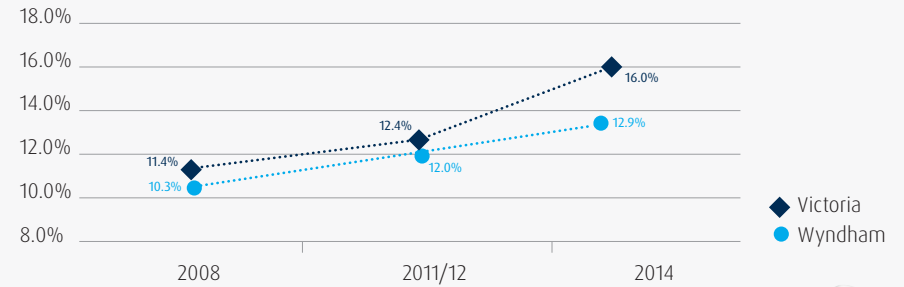
Depression is the third highest burden of disease in Australia and the World Health Organisation estimates that depression will be the number one health concern in both developed and developing nations by 2030. In 2014, the prevalence of depression and anxiety in Wyndham adults (23.2%) was slightly lower than Victorian adults (24.2%).



## Psychological Distress (K10), 2008, 2011 and 2014<sup>9,10,11</sup>

Psychological distress is measured using the Kessler Psychological Distress Scale (K10). The K10 questionnaire was developed to yield a global measure of psychological distress, based on questions about people's level of nervousness, agitation, psychological fatigue and depression in the past four weeks<sup>12</sup>.

From 2008 to 2014, the proportion of Wyndham adults experiencing high or very high psychological distress has increased at a faster rate than Victoria, from 8.7% to 11.9%. Despite this, the proportion of Wyndham residents experiencing high levels of psychological distress is still less than the proportion observed across Victoria.



## Sought Professional Help for a Mental Health Related Problem in the Last 12 Months, 2008, 2011-12 and 2014<sup>12</sup>

The proportion of Wyndham adults seeking help for a mental health related problem has increased since 2008 but is still lower than the proportion of adults Victoria wide. In 2014, 12.9% of Wyndham adults sought professional help for a mental health related problem.



<sup>8</sup> Department of Health. (2014). Victorian Population Health Survey 2011-12: Survey Findings

<sup>9</sup> Kessler R. Professor of Health Care Policy, Kessler Psychological Distress Scale (K10) Harvard Medical School, Boston, USA.

<sup>10</sup> Department of Health and Human Services. (2008, 2011-12 & 2014). Victorian Population Health Survey.

<sup>11</sup> Australian Institute of Health and Welfare. (2011). Burden of Disease

<sup>12</sup> Department of Health and Human Services. (2008, 2011-12 & 2014). Victorian Population Health Survey