



Wyndham Community Health and Wellbeing Profiles - Summary

February 2018



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 4.21 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 250 residents per week, and approximately 12 babies are being born into the community every day. Between 2011 and 2016 Wyndham experienced the largest net population increase of any Local Government Area (LGA) across Victoria. According to the latest release of Australian Bureau of Statistics, Estimated Resident Population figures, there were an estimated 228,088 people living in Wyndham in 2016. This figure is forecast to increase to over 435,000 people by 2036.

At the 2016 Census, almost a fifth (18%) of the population was under 9 years of age, and 28% aged 25 to 39 years. Families with children made up 57% of all households and the average household in Wyndham took home \$1,620 per week income.


The population of Wyndham is highly diverse. Almost half the population were born overseas (42%) and the most common overseas countries of birth include India, New Zealand, the Philippines, China and England.

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 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.



Compared to similar growth areas, Wyndham is facing challenges and vulnerabilities in areas such as provision of open space, increasing housing diversity, rental and mortgage stress, and living pressures.


- There are fewer hectares of public open space per 1,000 population in Wyndham compared to other Melbourne growth areas, including Hume, Whittlesea and Cardinia.
- In 2014, 17% of Wyndham residents reported that at least one member of their household travelled 90 minutes or more to get to and from work. This figure increased to 27% in 2016 before decreasing to 17% in 2017.
- 55% of households in Wyndham have access to two or more vehicles, compared to 46% of households in Greater Melbourne.
- In 2017, 5% of morning peak hour commuter trains on the Werribee line are breaching capacity recommendations, down from 29% of services in 2016.
- The levels of housing stress – both mortgage and rental – for low income households are slightly higher in Wyndham than Greater Melbourne and Victoria.
- With a much higher percentage of four bedroom homes (41%) compared to Greater Melbourne (25%), and fewer two bedroom homes, 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, education levels, relationships with family and friends, and our relationship to our communities.

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

- Between 2011 and 2016, the proportion of Wyndham residents with a Bachelor Degree or higher increased from 19% to 24%
- Between 2015 and 2017, Wyndham experienced higher levels of unemployment compared to the rest of the state. At September 2017, the unemployment rate in Wyndham reached 7.8% compared to 5.9% for Victoria.
- House prices in Wyndham are more affordable than across Greater Melbourne and Victoria, and are increasing at a slower rate.
- At \$1,620, Wyndham's median weekly household income is higher than Victoria's weekly median income of \$1,419.
- According to the 2016 Australian Bureau of Statistics SEIFA Index of Relative Socio-economic Disadvantage (IRSD) score, Wyndham is slightly more disadvantaged than Greater Melbourne.

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- Compared to Wyndham, a greater proportion of people across Greater Melbourne speak only English (53% and 62% respectively). 35% of Wyndham residents are multilingual and can speak English well or very well, compared to 27% of people across Greater Melbourne.

Community Safety

The personal safety of residents is a vital part of wider community wellbeing. Data regarding feeling safe includes safety on public transport, at the local shopping centre and in other public areas of Wyndham during the day and night.

The perception of public safety in Wyndham is positive, despite resident's feelings of safety in public on average lower than those across Melbourne. Whether this trend continues could be strongly influenced by crime rates, which are generally lower than the state and declining at a faster rate.

Between 2012-13 and 2015-16, the number of family violence incidents recorded in Wyndham steadily increased before declining in 2016-17 despite continued population growth. It is important to note that despite the decline, the rate of recorded incidents in Wyndham is amongst some of the highest Victoria wide.

- Wyndham residents rate their feelings of safety in public areas of the community as on average positive, despite ratings being lower than the Melbourne Metro average.
- Across Wyndham and Victoria in general, property and deception offences had the highest number of reports.
- The crime rate in Wyndham is lower and decreasing at a greater rate than the North and West Metro area and Victoria.
- Between 2016 and 2017, the number of crimes against the person increased by 9.4%, compared to 3.4% across Victoria.
- The number of 'serious injury crashes' declined by 28 accidents (-26%), between 2015 and 2016.
- 'Serious injury and fatalities' decreased or remained steady for all road user types in 2016. The greatest decline was for motorcyclists, with 27 reported incidents in 2015, down to 17 in 2016.
- Between 2016 and 2017, there was a 11.0% decrease in the number of recorded family violence incidents in Wyndham, compared to a 4.4% decrease Victoria wide.
- Between 2012-13 and 2015-16, the rate of recorded family violence incidents in Wyndham, the North and West Metro area and Victoria increased, before declining marginally in 2016-17.

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. By 2036, an additional 38,000 children are forecast to be living in Wyndham, increasing the population by 90%.

- By 2036, more than 83,000 children aged 0-11 years are forecast to be living in Wyndham; increasing the population from an estimated 48,434 children in 2016 (73% increase).
- 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.
- In 2015, there was a larger proportion of Year 5 and 6 students from Wyndham (20%) who had been bullied, compared to Victoria (15%). There were more Year 7 to 9 students in Victoria (18%) bullied compared to Wyndham students (17%).
- 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.
- On average of 91% of 12-63 month olds from Wyndham are immunised, similar to the Victorian average.
- Compared to students across Victoria, a larger proportion of Wyndham year 3 and 5 students 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%).

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 12-25 year age range.

- From 2016 to 2036 Wyndham's population of 12-25 year olds is forecast to more than double in size (103%), adding 41,049 youths.
- There are a smaller proportion of 17 year olds in Wyndham still attending high school, compared to 17 year olds across Greater Melbourne and Victoria.
- Compared to students across Victoria, there was 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 smaller proportion of 20-25 year olds in Wyndham had a year 12 or equivalent qualification (72%) compared to those in Greater Melbourne (80%), and Victoria (77%).
- In 2016, almost 12% of 15-25-year olds from Wyndham were not studying or employed.
- Young people in Wyndham (14%) are less likely to volunteer than young people Victoria wide (19%).
- The youth crime rate in Wyndham is the third lowest amongst Greater Melbourne growth areas, at just over 4,000 crimes per 100,000 10-25 year old's.

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- Wyndham has the lowest victim of crime rate amongst all growth areas across Greater Melbourne. In 2016/17, there were 2,809 victims per 100,000 10-25 year olds.


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 real estate and savings, which can be used to support their living into retirement. In Wyndham however, the main source of income for the majority (72%) of older adults is 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%).
- The population aged over 65 years is forecast to grow by nearly 23,000 people between 2016 and 2036.
- 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, almost 80% of Wyndham older adults are not engaged in the workforce, and less than 1% is actively seeking employment.
- The proportion of older adults with no or low weekly income is larger in Wyndham (9%) compared to Greater Melbourne (6%).
- There are a larger proportion of older adults receiving aged pensions in Wyndham (72%) compared to Victoria (65%).
- The proportion of older adults who require assistance with core activities is the similar in Wyndham (20%) and Greater Melbourne (19%).
- Wyndham residents over 65 years of age are slightly less likely to volunteer (12%), compared those in Greater Melbourne (16%).
- There are slightly more older adult carers in Greater Melbourne (12.2%) than Wyndham (11.7%).
- In Wyndham, 20% 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



The information available shows Wyndham females enjoy better levels of physical health than men, and educational attainment among female adults in Wyndham is higher, but they have lower levels of employment and income than their male counterparts.

- 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 (62% and 59% respectively). Compared to Greater Melbourne, there were marginally fewer 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 obesity and diabetes, and participation in physical activity, but also from subjective assessments such as self-reported health levels.

- Individual perceptions of excellent or very good health are 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%).
- Similarly to adults across North and West Metro area and Victoria, around one-in-four Wyndham adults sit for more than eight hours per day.
- Adults in the North and West Metro area and Victoria are more likely to use walking as a mode of regular transport than Wyndham adults.
- 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 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’. Therefore, mental health is about being cognitively, emotionally and socially healthy.

- 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%).

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 and West Metro area (7%) and Victoria (7%).
- Less than half of all adults across Victoria consume the recommended 2 serves of fruit each day. It is lower in Wyndham (44%) than the North and West Metro area (48%) and Victoria (48%).
- 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 tobacco¹. 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.


- 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.
- Since 2008, the number of smokers in Wyndham has decreased at a greater rate than in the North West Metro area and Victoria. In 2014, around 13% of adults in Wyndham and Victoria wide smoke.
- The number of hospitalisations for illicit substance use per 10,000 population in Wyndham is on the rise, despite a small decrease between 2012/13 and 2013/14.
- Not only are Electronic Gaming Machine losses per adult higher in Wyndham than in Victoria, they are also increasing at a faster rate.



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