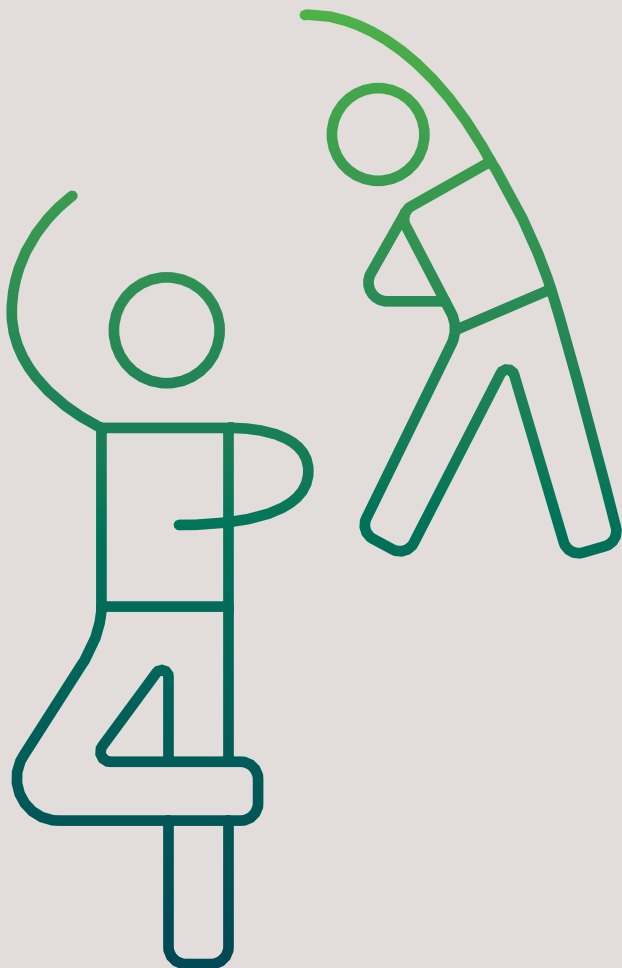


# HEALTH & WELLBEING

## RESEARCH SUMMARY



**Our health and wellbeing is shaped by the people in our lives, our community, and the place in which we live.**

Hobsons Bay City Council has prepared a series of research summaries to provide information about the social and environmental conditions that affect our health and wellbeing.

**HOBSONS  
BAY CITY  
COUNCIL**



# HEALTH CONDITIONS

## Long-term health conditions 1, 3, 4, 5

Mental health was the leading long-term health condition for Hobsons Bay and Greater Melbourne in 2021.

### Mental health condition (including depression or anxiety):



### Asthma:

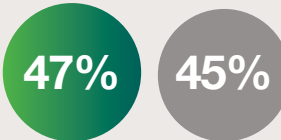


### Arthritis:

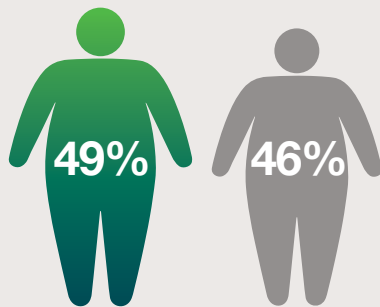


● Hobsons Bay ● Greater Melbourne

Has a long-term health condition:

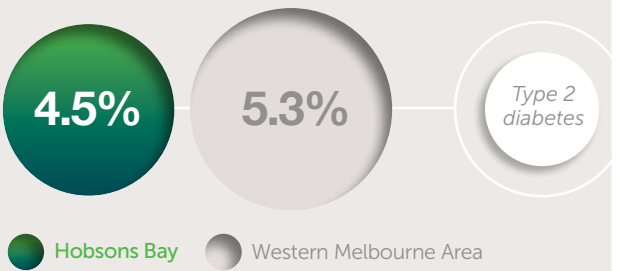


Rates of obesity and overweight



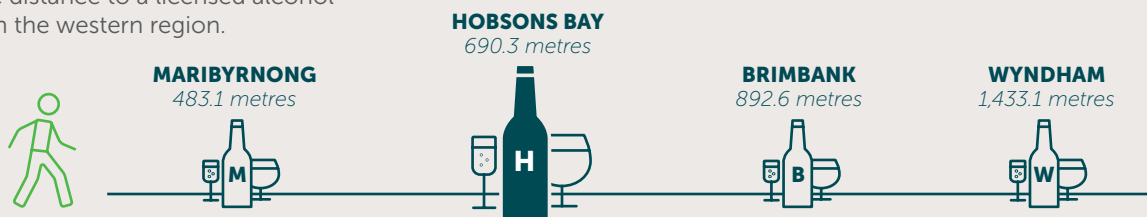
● Hobsons Bay  
● Western Melbourne Area

Diabetes prevalence



## Healthy Neighbourhoods 2

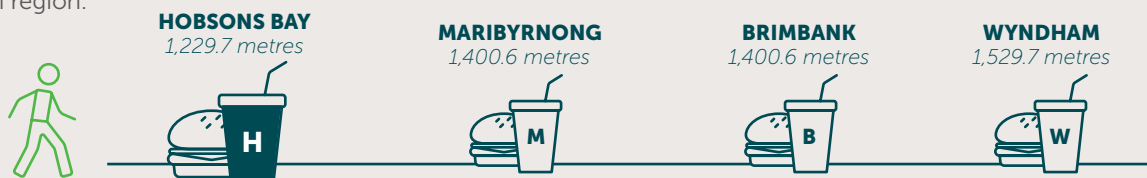
Hobsons Bay had the second closest average distance to a licensed alcohol outlet in the western region.



The average distance to a supermarket or greengrocer in Hobsons Bay was just under a kilometre.



Hobsons Bay had the closest average distance to a fast food outlet in the western region.



# HEALTH CONDITIONS cont.

## Health behaviours

3, 4, 5, 7, 8, 9, 10

Comparing the health behaviours of Hobsons Bay and Western Melbourne Area (WMA)

■ Hobsons Bay ■ Western Melbourne Area

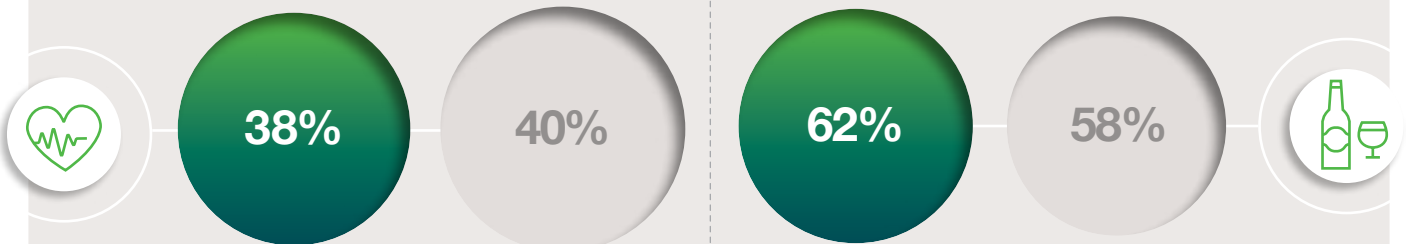


People who reported their health status as excellent or very good.

● Hobsons Bay ● Greater Melbourne

In Hobsons Bay in 2017, a higher proportion of residents were at an increased lifetime risk of alcohol-related harm (62%) compared to Greater Melbourne (58%).

● Hobsons Bay ● Greater Melbourne



In Hobsons Bay in 2017, a similar proportion of adults were at risk of alcohol-related injury on a single occasion at least monthly (13%) compared to Greater Melbourne (12%)

Alcohol and drug-related ambulance attendances (2021)



665.4 per 100,000

631.2 per 100,000

Alcohol and drug-related hospitalisations (2019)



752.9 per 100,000

830.8 per 100,000

Alcohol and drug-related telephone counselling and referral services (2021)



174.5 per 100,000

162.4 per 100,000

Alcohol and drug-related online treatment sessions (2021)



10.84 per 100,000

18.65 per 100,000

■ Hobsons Bay ■ Greater Melbourne

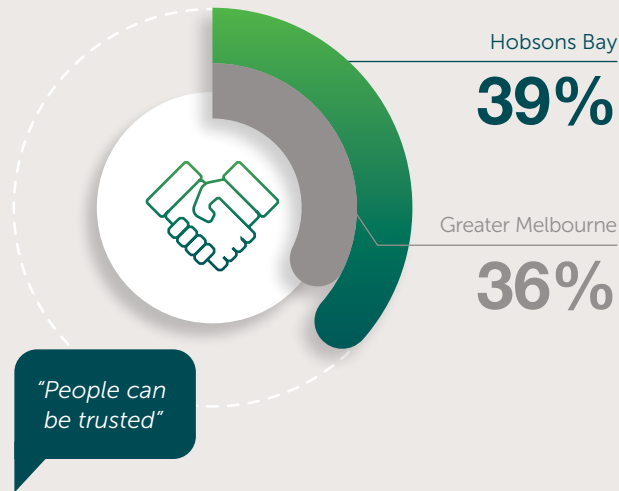
# MENTAL HEALTH

## Social capital

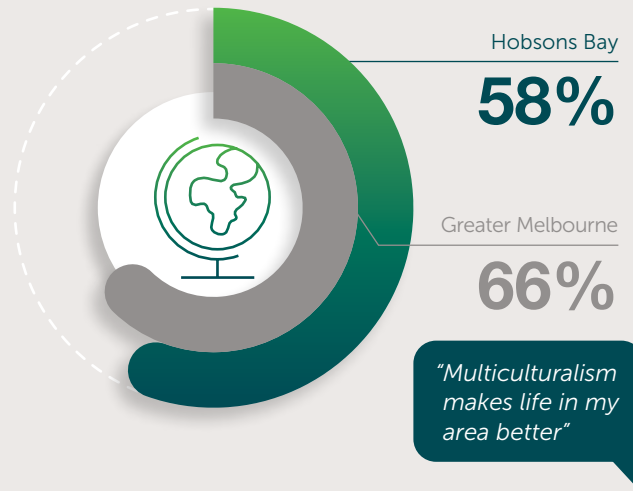
3, 4, 5

● Hobsons Bay ● Greater Melbourne

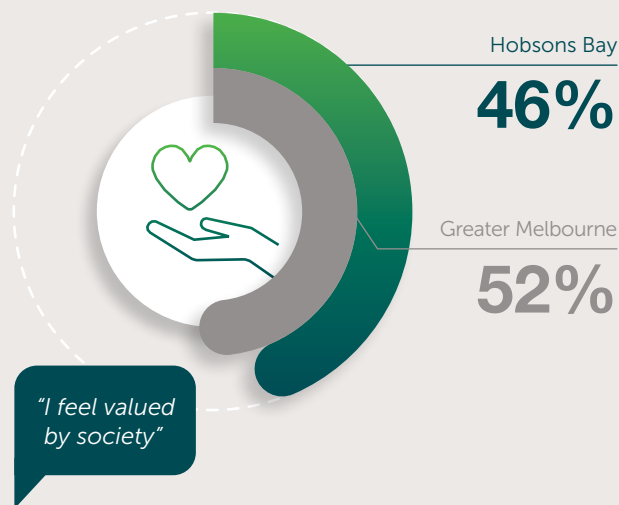
Feelings of trust were higher in Hobsons Bay than in Greater Melbourne.



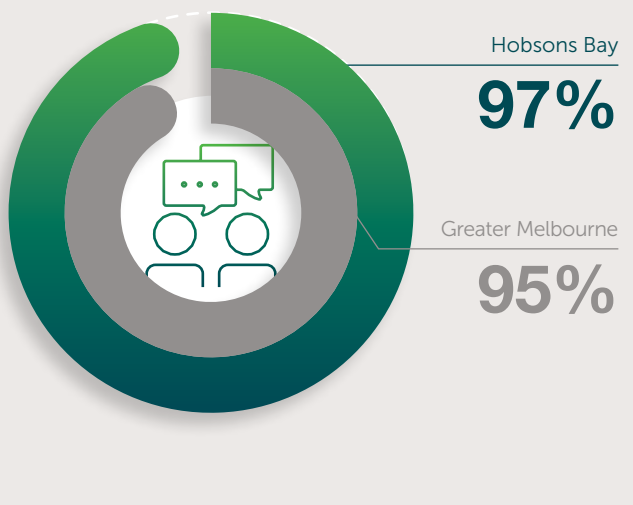
Almost six in ten adults in Hobsons Bay believed multiculturalism makes life in their area better.



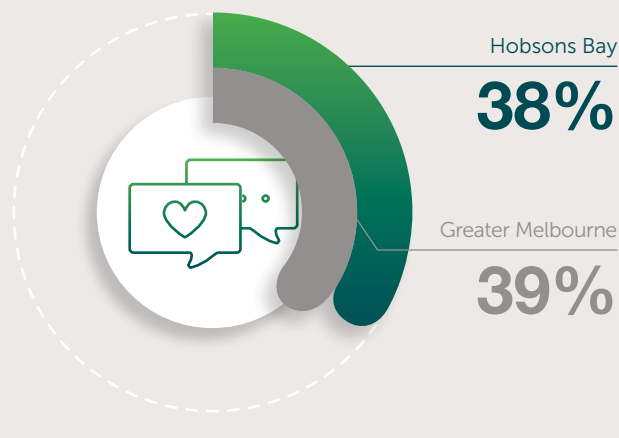
Around half of all adults in Hobsons Bay felt valued by society.



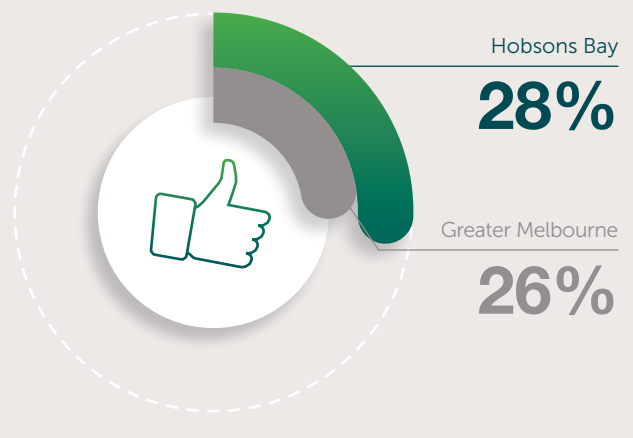
Most people in Hobsons Bay had family or friends to talk with regularly.



Four in ten people in Hobsons Bay talked to family or friends every day or a few times a week.



Three in ten Hobsons Bay residents rated their life satisfaction as very high.



Levels of psychological distress (using the K10 methodology) <sup>4</sup>

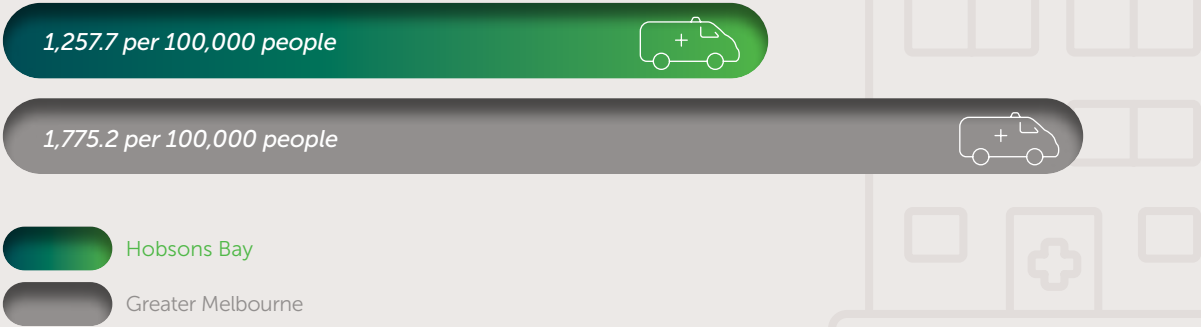
The proportion of adults in Hobsons Bay experiencing high or very high levels of psychological distress increased significantly from 12.1% in 2017 to 25.5% in 2020.



Psychological distress was much higher among younger age groups. More than one in three 18-24 year-olds (35.0%) and more than one in four (27.8%) 25-34 year-olds in Victoria experienced high or very high levels of psychological distress.

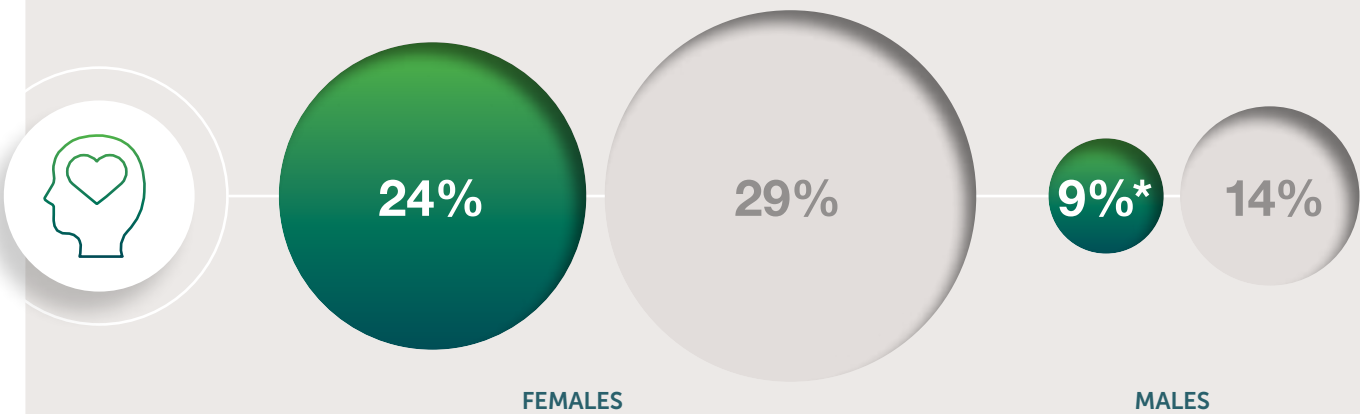
Hospital admissions <sup>3, 6</sup>

In 2018-19, there were 1,232 admissions for mental health related conditions to hospital in Hobsons Bay.



Women in Hobsons Bay were more likely to seek professional help for mental health problems compared to men.

● Hobsons Bay ● Western Melbourne Area



\*Note: Relative Standard Error is between 25 and 50 per cent and should be interpreted with care.

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