

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.

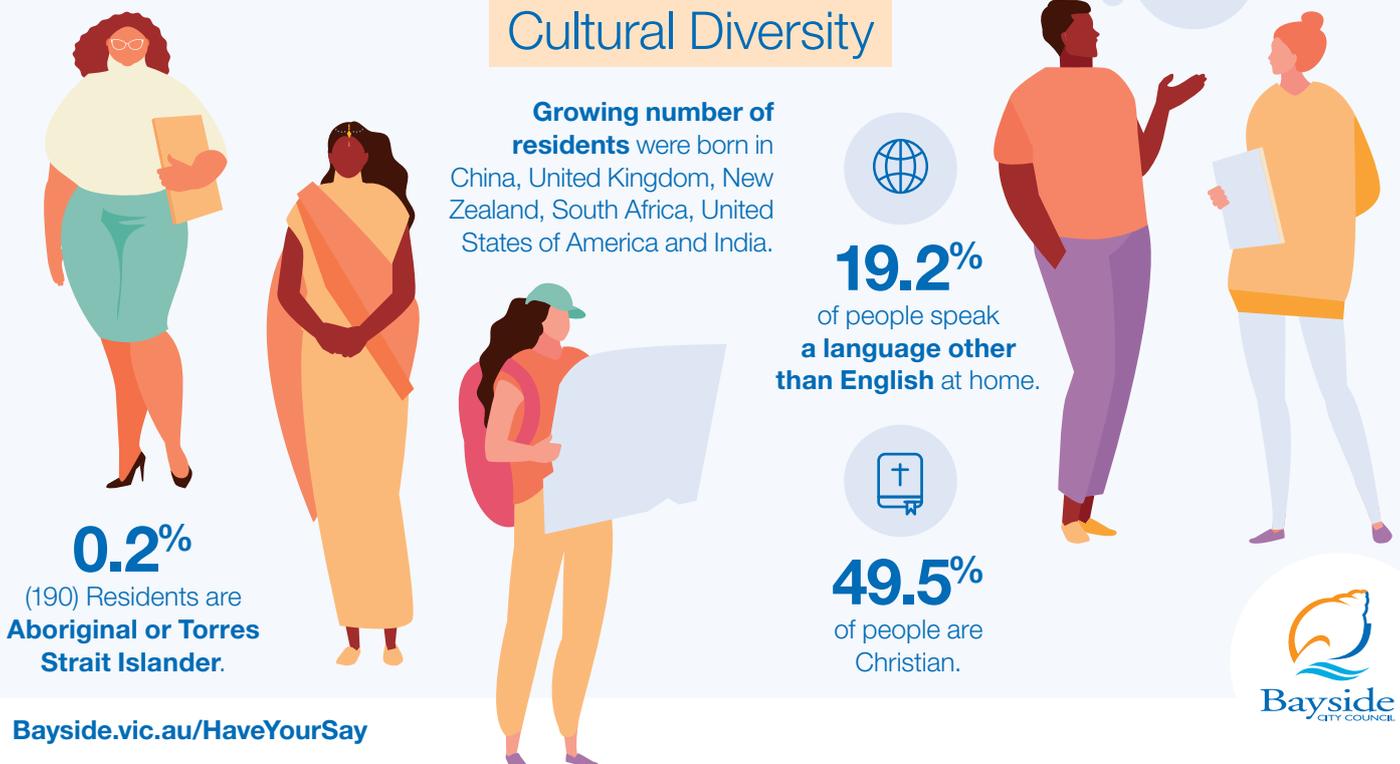
Cultural Diversity

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.

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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.

Health and Lifestyle

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



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.

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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



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Mental Wellbeing *continued*

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



33% feel **highly critical** of themselves



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



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



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

