

Bayside City Council Health & Wellbeing

- Profile Snapshot -

30%

of residents aged 40-59 years.

Population

Total population of **106,480** in 2019.

4,213

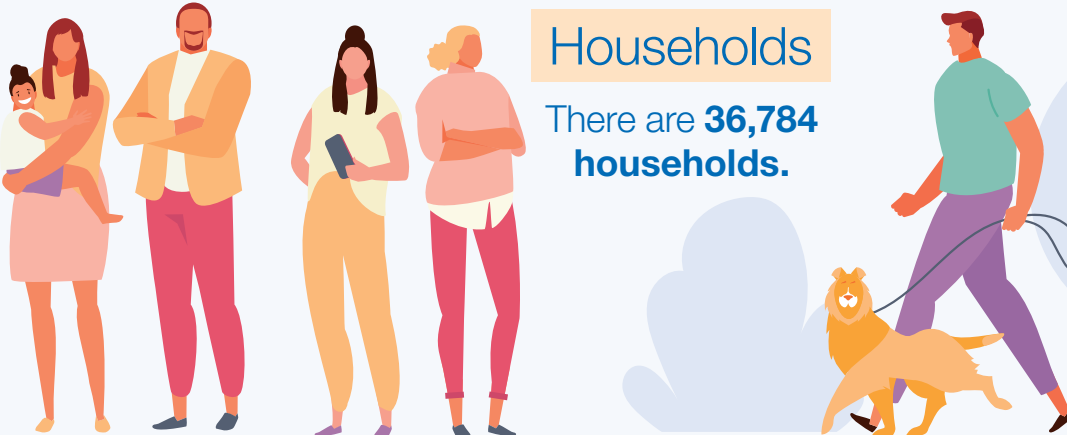
people require assistance in their day-to-day lives due to disability, long-term health condition or old age.



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.



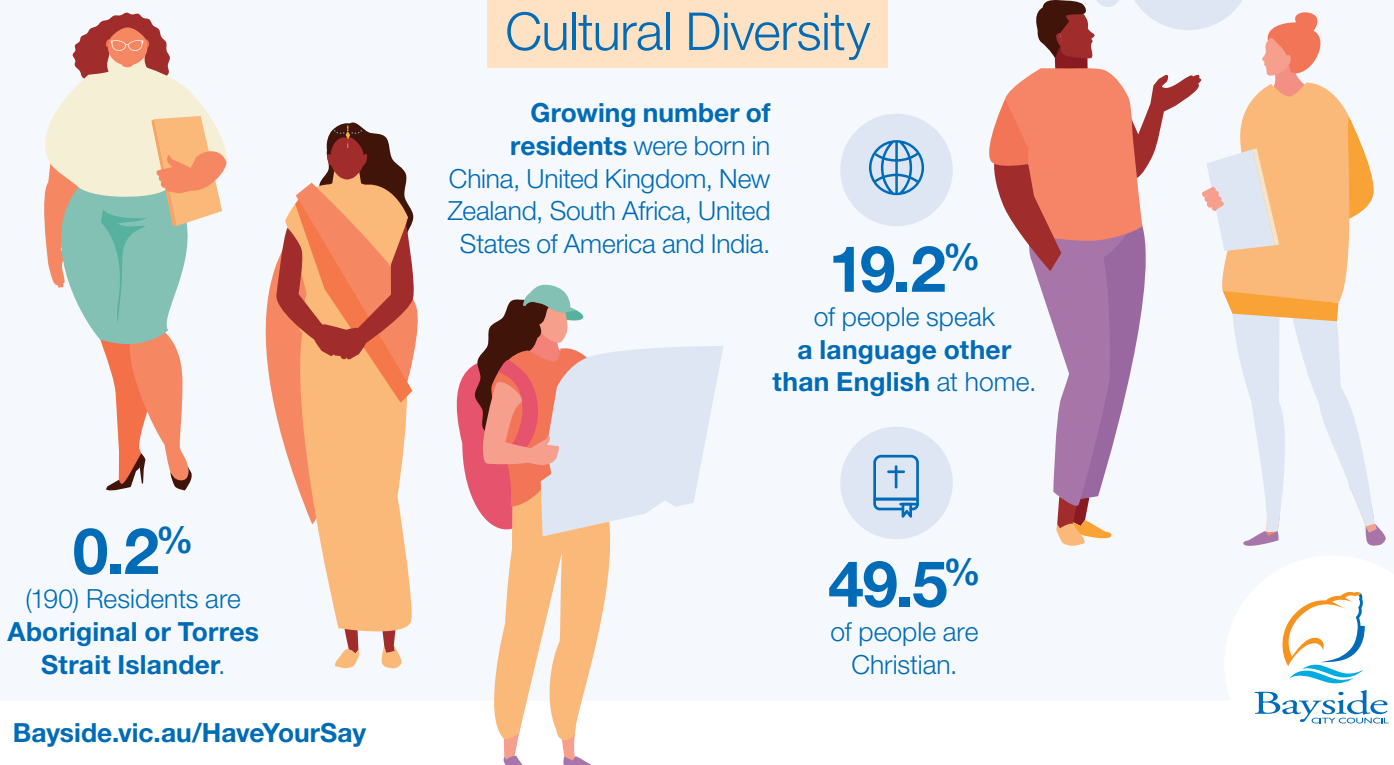
19.2%

of people speak a language other than English at home.



49.5%

of people are Christian.



0.2%

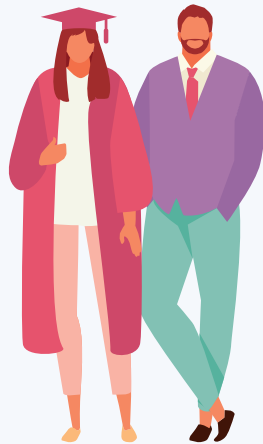
(190) Residents are **Aboriginal or Torres Strait Islander**.

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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.

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



Health and Lifestyle

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.

Bayside City Council Health & Wellbeing Plan
- Profile Snapshot -

Bayside City Council Health & Wellbeing

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

27.2%
‘very good or excellent’

2%
‘fair’

0.2%
‘poor’

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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.



709
reported family violence incidents in Bayside in 2019/2020

Community Safety



Females and younger adults were most likely to **feel unsafe** across all domains of activity.



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

