

The Moreland Health and Wellbeing Profile 2020 has been created to inform this integrated plan and provides an analysis of data and research on health and wellbeing in Moreland. It considers the social determinants of health, liveability and urban resilience across 77 data measures. We will continue to use the health and wellbeing profile for future planning, strategies and projects.

Health and wellbeing is shaped by individual genetics and behaviour but also by the wider determinants of health. These are the social, economic and environmental factors that affect our daily lives (AIHW, 2020). Local government is ideally placed to influence many determinants of health, both through the environments that people live, work, learn and play, as well as supporting individual choices and reducing health inequalities (DHHS, 2020).

The following are a list of key insights formed across 12 identified health domains:

PHYSICAL HEALTH

Over half of adults in Moreland have one or more chronic disease • Half of adults in Moreland report being overweight • A higher proportion of adults with heart disease or osteoporosis than Victoria • A higher number of people needing assistance than Greater Melbourne • Delayed dental visits because of the cost • A high number of Sexually Transmitted Infection notifications for women • Poorer health outcomes for Aboriginal and Torres Strait Islander people, LGBTIQ+ adults and people with disability

MENTAL HEALTH

Over one quarter of Moreland adults are diagnosed with anxiety or depression • Increase in mental health impacts since Covid-19 • Low levels of subjective wellbeing for people aged over 75 years, Aboriginal Victorians, LGBTIQ+ adults and people with disability • A much higher proportion of adults who identify as LGBTIQ+ are diagnosed with anxiety or depression and have experienced high or very high levels of psychological distress • High rates of suicide and psychological distress in Aboriginal and Torres Strait Islander people in Victoria, with young people particularly at risk • Lower levels of resilience for people with disability • Climate related anxiety, particularly for young people

HEALTHY FOOD ENVIRONMENT

Low compliance with fruit and vegetable consumption guidelines • Rising food insecurity, particularly in Fawkner, Glenroy and Brunswick East • Low levels of accessibility to fresh food within walking distance in Gowanbrae and Oak Park • High consumption of unhealthy food and drinks for Aboriginal Victorians, with poor diet being a leading cause of disease burden • Increases in the frequency and severity of extreme weather events may impact food security, affordability and safety

ALCOHOL, TOBACCO AND GAMBLING ENVIRONMENT

A higher proportion of smokers than Victoria • High access to off and on-licence alcohol premises in Brunswick and Brunswick East • Increase in hospital admissions from illicit drug use, especially for young people • Continued high level of losses on poker machines in the municipality

GREEN AND ACTIVE LIVING

Less than half of adults meet the physical activity guidelines • A slightly lower proportion of adults participate in organised physical activity than Victoria. Impacts of Covid-19 have disproportionately affected participation for women and girls, seniors, people with disability and those experiencing socio-economic disadvantage • The majority of adults participate in non-organised physical activity such as walking and cycling, with increases in use of paths and parks since Covid-19 • Brunswick

and Hadfield have low proportions of large public open space within 400 metres of homes • Tree canopy cover is lowest in Gowanbrae, Fawkner and Brunswick

MOVING AROUND

Low use of public transport in Gowanbrae, Hadfield and Pascoe Vale South, with very low levels of access to regular public transport in Oak Park and Glenroy • A low proportion of people use active transport to get to work in Gowanbrae, Hadfield, Oak Park, and Glenroy • Low levels of walkability in Hadfield, Pascoe Vale and Oak Park with longer distances to activity centres • Barriers to equitable use of transport include access for people with disability and perceived sense of safety for women

LOCAL LIVING

Lower accessibility to social infrastructure in Hadfield, Oak Park and Gowanbrae • Multiple daily destinations for everyday needs lacking in parts of Glenroy, Hadfield, Oak Park and Gowanbrae • Lower accessibility to health services in northern suburbs of Moreland

LOCAL IDENTITY AND PARTICIPATION

Loneliness and social isolation, especially in relation to Covid-19 • A high proportion of people living alone in Brunswick, Coburg and Glenroy • No internet access for 16% of households, especially in Glenroy and Coburg • Significant impacts on the arts and culture industry since Covid-19 and the ability to participate in volunteering or community activities

LEARNING ENVIRONMENT

Lower kindergarten participation rate than Victoria • Low Year 12 completion rates in Hadfield, Fawkner, and Glenroy • Disruption to formal education and lifelong learning due to Covid-19

SAFE ENVIRONMENT

Family violence against women and their children remains high despite the Victorian Government's substantial investment for prevention and response • Promotion of healthier masculinities is increasing, engaging men and boys about gender equality and respectful relationships • Racism and discrimination, which has been exacerbated since Covid-19 • Lack of perceived safety in public places and at night, especially for women

SAFE AND AFFORDABLE HOUSING

A higher than metropolitan average number of people experiencing homelessness • 15% of households in housing stress, with impacts exacerbated by Covid-19 • Over half of households feel that rental or housing payments place heavy or moderate stress on finances • An estimated 3,850 households with unmet need for affordable housing • Young people disproportionately affected by crowded dwellings

HEALTHY LIVELIHOODS

Fawkner, Hadfield, Glenroy and Coburg North experience higher levels of socio-economic disadvantage, a higher concentration of low-income households and higher rates of unemployment • Covid-19 has significantly impacted income and employment with women, young people and those from asylum seeker, refugee and migrant backgrounds disproportionately impacted • A low proportion of people live and work within Moreland