

# HEALTH & WELLBEING SNAPSHOT

## OUR COMMUNITY



**51.5%** of people are female  
**48.5%** of people are male

*(Please note that only data for females and males was available. However, it is estimated that approximately 0.5% of Kingston's population may identify as transgender (0.1%), gender diverse (0.2%) or intersex (0.2%).*

- 17%** aged < 14 years
- 11%** aged 15-24
- 13%** aged 25-34
- 29%** aged 35-54
- 22%** aged 55-74
- 9%** aged 75+



**34%** of homes are **owned**  
**37%** of homes are **mortgaged**  
**23%** of homes are **rented privately**  
**2%** of homes are rented through **social housing**



**30%** worry about being able to meet normal monthly living expenses at least some of the time  
**49%** worry about being able to meet monthly living expenses now more than they did a year ago

**32%** of people were born overseas

**26%** speak a language other than English

**0.5%** are **Aboriginal and/or Torres Strait Islander**

**61%** work full-time (47% female, 73% male)

**33%** work part-time (45% female, 21% male)

**4.3%** are unemployed (11% young people)

**27%** volunteer



**24%** earn less than \$400 per week (27% female, 21% male)



**27%** earn \$1500+ per week (20% female, 34% male)

**18%** of the Australian population have some form of a disability

**6%** of people need assistance with core activities



**31%** of people have a bachelor or higher degree. (34% female, 28% male)

**32%** of people did not complete Year 12.



**6%** of people do not have a car



## SPOTLIGHT

We have an ageing population, with the 75+ age group forecast to have the greatest growth between now and 2041.

There is a gender difference in employment and income. Compared to men, more women hold a bachelor degree or higher, yet are more likely to work part-time and earn less money.

Unemployment rates are much higher for young people.

Since 2020, there has been a 4% decrease in people earning less than \$400 per week and a 9% increase in people earning more than \$1500 per week.

# HEALTH & WELLBEING SNAPSHOT

## HEALTH + WELLBEING



**34%** do enough physical activity each week (30 min moderate 5 or more times per week)

**15%** are sedentary (16% female, 14% male)



**6%** of people vape or use electronic cigarettes (5% female, 8% male)

**6%** of people drink more than 10 standard alcoholic drinks in a week (4% female, 11% male)

**4%** of people drink 5 or more alcoholic drinks in one day

**70%** of people eat enough fruit every day (2 serves - 72% female, 66% male)

**57%** of people eat enough vegetables every day (5 serves - 61% female, 53% male, 58% young adults 15-34 years)



**17%** of people agree that alcohol consumption has a negative impact on their household

**17%** of people agree that illegal drugs have a negative impact on their household

**24%** of people agree that gambling causes harm in their neighbourhood

**70%** of people report very good or excellent mental health (47% with disability, 72% without disability)

**6%** of people report fair or poor mental health (20% with disability, 4% without disability)

**80%** of people report they are able to manage stress most of the time

**70%** of people report they are optimistic about the future



## SPOTLIGHT

There has been a significant decline in people doing enough physical activity each week, from 43% in 2020 to 34% in 2024.

There has been a significant increase in young adults (15-34 years) who eat enough vegetables every day, from 29% in 2020 to 58% in 2024.

There has been a decrease in people reporting they have very good or excellent mental health, from 79% in 2020 to 70% in 2024.

## SAFE + SECURE

**97%** of people feel safe walking in their local area during the day

**64%** of people feel safe walking in their local area at night (on a 10-point scale, a 6.1 average for females, 7.6 average for males)

**57%** of people feel safe online using the internet



Compared to 2022, December 2023 data shows that the total criminal incidents (9163) were up by 18.6%, whereas family violence incidents (1834) decreased by 2.2%. Family violence is underreported across Victoria.

**82%** of people know where to go for advice or support for someone about family violence issues



# HEALTH & WELLBEING SNAPSHOT



**33%** of people think **graffiti** is a problem in their neighbourhood

**50%** of people think **scams/scammers** is a problem in their neighbourhood

**48%** of people think that **car break-ins/car thefts** is a problem in their neighbourhood

**63%** of people disagree that in heterosexual relationships, women prefer a man to be in charge of the relationship

**67%** of people disagree that in heterosexual relationships, men should take control in relationships and be the head of the household



## SPOTLIGHT

Nearly everyone feels safe walking in their local area during the day but people feel less safe at night. More females feel unsafe walking at night compared to males.

Rates of family violence decreased slightly in 2023, though it is still considerably higher than pre-COVID levels. Most people know where to get help. More support and education is needed to help prevent family violence.

## CONNECTED + PARTICIPATING

**79%** of people know where to get help with the internet, their devices and technology

**41%** of people think that too much screen time has had a negative impact on their mental wellbeing

**36%** of people believe that social media has negatively impacted their mental wellbeing

**88%** have not experienced discrimination in Kingston in the last 12 months



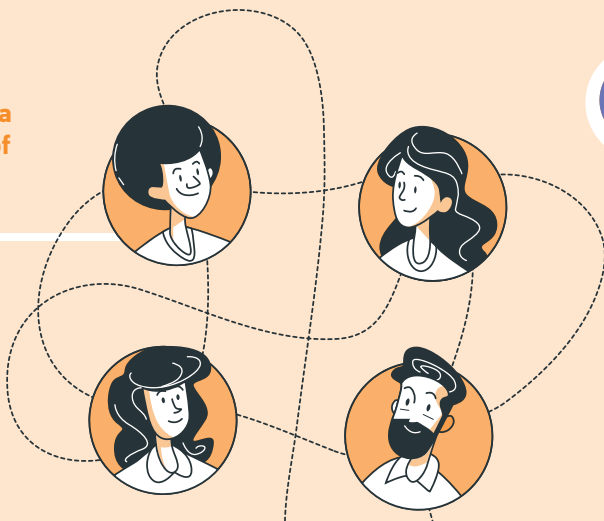
**91%** of people are content with their friendships and relationships



**88%** of people say they have enough people to ask for help



**72%** of people feel a strong sense of belonging to a community



## SPOTLIGHT

Most people feel happy with their relationships and feel a strong sense of belonging to a community.

Most people have not experienced discrimination in Kingston in 2024, but people who speak a language other than English at home or have a disability are more likely to have experienced discrimination.

# HEALTH & WELLBEING SNAPSHOT

## LIVEABLE COMMUNITY

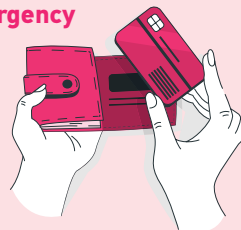
**73%** are satisfied with the quality of community facilities in their **local area**

**27%** are eating less meat because of **climate concerns**.

**84%** are satisfied with the quality of play and active recreation spaces in their local area.



**8%** of people would not be able to access **\$2,000** in an emergency



**73%** walked or cycled to local shops or facilities in the past week

(70% female, 77% male)



**56%** are prepared to cope with extreme weather and keep themselves safe and well



**87%** of people have access to fresh and affordable food to meet their household's needs

**35%** rate harm caused by **climate change** to them/their household's health as significant

**25%** experience **pollen-related** health concerns

**11%** had experienced mental health consequences related to **climate change**

**11%** experience heat stress or heat strokes from **heatwaves**

**10%** have health concerns related to increased **air pollution**

**8%** experienced **decreased nutrition** due to unavailability of food, poor food quality, or high cost of food.



### SPOTLIGHT

There is growing awareness of the harm caused by climate change and related health concerns.

People feel less prepared to cope with extreme weather and keep safe and well, decreasing from 72% in 2020 to 56% in 2024.

#### DATA SOURCES:

- ▶ Australian Bureau of Statistics 2021, Census of Population and Housing, compiled and presented by .id (informed decisions)
- ▶ Australian Bureau of Statistics 2018, Disability, Ageing and Carers, Australia: Victoria
- ▶ Crime Statistics Agency, December 2023, Latest crime data by area
- ▶ Metropolis Research 2024, Health and Wellbeing Survey, City of Kingston
- ▶ The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population in Victoria, Findings from the Victorian Population Health Survey 2017

#### KNOW MORE:

[kingston.vic.gov.au/healthwellbeing](http://kingston.vic.gov.au/healthwellbeing)