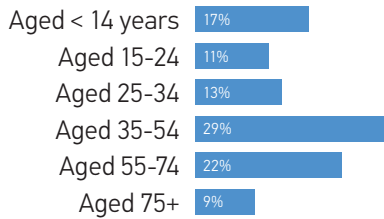


OUR COMMUNITY



51.5% are female
48.5% are male

Please note that only data for females and males is available. It is estimated that 1.1% of Kingston's population identify as transgender, intersex, queer, asexual or other.



- 34%** of homes are **owned**
- 37%** of homes are **mortgaged**
- 23%** of homes are **rented privately**
- 2%** of homes are rented through **social housing**
- 16%** households **experience mortgage stress** (Greater Melb 17%)
- 40%** households **experience rental stress** is (Greater Melb 31%)

30% worry about being able to meet normal monthly living expenses at least some of the time. (33% female, 29% male)

3.3% of working-age people receive JobSeeker or Youth Allowance (increased from 3.1% in 2020)

49% worry about being able to meet monthly living expenses now more than they did a year ago. (50% female, 47% male)

10% receive the Age Pension (11% female, 8% male)



32% 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)



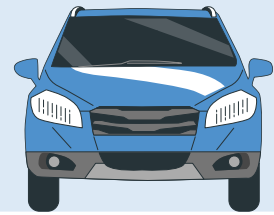
18% of the **Australian population** have some form of a **disability**

6% of **Kingston population** need **assistance with core activities**



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

32% did not complete Year 12.



6% 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.

☞ 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.

2024 HEALTH & WELLBEING SNAPSHOT

HEALTH + WELLBEING



34% do enough physical activity each week
(decrease from 43% in 2020)

36% spend eight hours or more time sitting on an average weekday (Victoria 28%)



20% smoke or vape
(Victoria 19%)

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

4% drink 5 or more alcoholic drinks in one day
(increased from 3% in 2020)



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

21% consider **street drinking a problem** in their neighbourhood

24% agree that **gambling causes harm** in their neighbourhood
(increased from 17% in 2020)

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

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

29% consume sugar sweetened beverages daily or several times per week



The top long-term health conditions are:

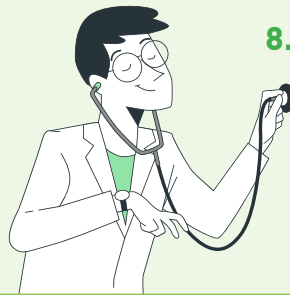
8.1% mental health condition (10% female, 6% male)

8.1% asthma (9% female, 7% male)

7.8% arthritis (10% female, 5% male)

4.6% diabetes (4% female, 5% male)

4.0% heart disease (3% female, 5% male)



70% report **very good or excellent mental health**, down from 79% in 2020. (47% with disability, 72% without disability)

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

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

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

21% experience loneliness

19% have high or very **high psychological distress**



SPOTLIGHT

☞ Loneliness is most prevalent among 18-24-year-olds.

☞ People with disabilities, First Nations Australians, individuals from culturally diverse backgrounds, and LGBTIQ+ communities continue to face poorer health outcomes.

☞ The number of people living with dementia in Kingston is expected to double by 2054.

☞ 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.

☞ Being overweight or obese is a risk factor for many preventable chronic conditions - 57% of adults are overweight or obese (Victoria 54%).

SAFE + SECURE

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

64% 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)



9,113 total criminal incidents year ending June 2024, increase of 6.4%.

1,823 total family violence incidents year ending June 2024, 2.5% decrease (affected family members - 71% females, 29% males)

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

(increased from 72% in 2020)



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

A child was present as a victim or witness in over one-third (35%) of incidents.

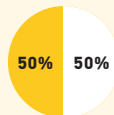


SPOTLIGHT

♀ Females feel less safe than males when walking at night in their local areas, parks, reserves, and along the local foreshore or beaches

♀ Family violence rates remain considerably higher than pre-COVID levels.

Falls are the leading cause of injury in Victoria, accounting for 41% of all injury-related deaths



50% think **scams/ scammers** are a problem in their neighbourhood

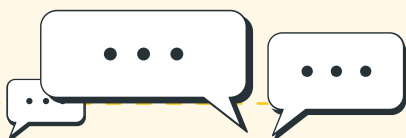
19% agree that in heterosexual relationships women prefer a man to be in charge of the relationship (sharp increase from 7% in 2020)

20% agree that in the heterosexual relationships men should take control and be the head of the household (sharp increase from 6% in 2020)



57% feel safe online using the internet (sharp decrease from 91% in 2020)

33% think **graffiti** is a problem in their neighbourhood (decrease from 53% in 2020)



CONNECTED + PARTICIPATING

79% know where to get help with the internet, their devices and technology
(Decreased from 90% in 2020)



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

36% believe that social media has negatively impacted their mental wellbeing
(Increased from 17% in 2020)



91% are content with their friendships and relationships

88% say they have enough people to ask for help

12.4% experienced discrimination

Young adults are more likely to agree that social media negatively affects their mental wellbeing



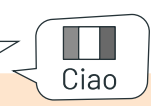
72% feel a strong sense of belonging to a community
(increased from 61% in 2020)



SPOTLIGHT

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

People who speak a language other than English at home or have a disability are more likely to have experienced discrimination.



70% believe that multiculturalism improves life in their area (Victoria 67%)



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**.

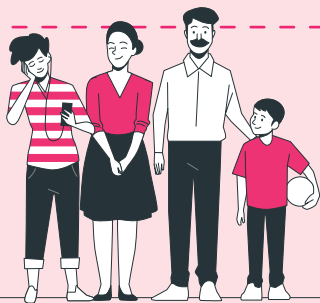
84% are satisfied with the quality of play and active recreation spaces in their local area.



73% walked or cycled to local shops or facilities in the past week
(70% female, 77% male)

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

(6% female, 9% male)



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

(decreasing from 71% in 2020)



87% 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 (increased from 31% in 2020)

25% experience **pollen-related** health concerns (decreased from 39% in 2020)

11% had experienced mental health consequences related to **climate change** (increased from 6% in 2020)

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

🔍 34% belong to a club or community group

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
- ▶ Victoria Public Health Survey 2023

KNOW MORE:

kingston.vic.gov.au/healthwellbeing