

HEALTH AND WELLBEING PROFILE 2020 - AT A GLANCE

The City of Melbourne municipality covers an area of 37.7 km² and is located at the heart of Greater Melbourne. It is made up of the city centre and 16 inner suburbs, each with its own distinctive character and with different businesses, dwellings and communities living and working there.

Our community



Population

178,955

People live in the municipality. Pre-COVID-19, the city centre attracted 403,000 workers, 85,000 students and 288,000 visitors on an average day.



Living alone and high density living

37%

Lone person households, **19%** elderly residents live alone, **4%** single parent family households, **83%** of occupied private dwellings are flats/apartments.



Young demographic

28 year old

Median age (compared to **37** for greater Melbourne).



Diverse community

0.3% or 468 people are Aboriginal, 56% born overseas (China 16%, Malaysia 5%, India 4%), 48% speak a language other than English (Mandarin 19%, Cantonese 4%, Indonesian 2%), 79,230 overseas students.



Living with a disability

1.7%

Residents have a disability.



Gender and LGBTIQ community

49% males, 51% females and unknown per cent intersex or trans and gender diverse (data unavailable). 1653 same sex couples (1123 male same-sex couples and 530 female same-sex couples).

Health and wellbeing status



Preventable diseases are the leading cause of ill health with **31%** are overweight or obese and **27%** hypertensive.



Sexual and reproductive health are growing issues including chlamydia, syphilis, gonorrhoea and Hepatitis B.



Only **15%** Have sought professional help for a mental health issue (**14%** Vic).



Rates of asthma increasing.



Infectious disease rates increasing (from **2162** events per 100,000 residents to **2450** per 100,000 residents).



Experience high-very high levels of psychological distress in their day-to-day lives (**15%** Vic).



Decreasing levels of self-reported wellbeing.



Have been diagnosed with depression and/or anxiety.



Deaths per **100,000** (**9.9** Vic) is the suicide rate.

Lifestyle and behaviours



Do not eat enough fruit or vegetables.



Drink soft drink daily.



Eat takeaway food more than once a week.



Do not do enough exercise.



Sit for 8+hours on an average weekday.



Delayed health screening and tests due to COVID-19.



High rate of ambulance attendances for alcohol and drug misuse in metro Melbourne.



Alcohol related assaults during the day increasing.



Are daily smokers. Increasing density increases exposure to second-hand smoke in the central city.

Environmental determinants of health and wellbeing



Social and cultural

- Increasing reports of family violence
- **96%** agree it is good for society to be made up of different cultures. Despite this, there have been increasing reports of racism during COVID-19
- Widening digital divide as our world becomes increasingly digitised, especially for low income households and those with low levels of digital illiteracy
- Declining crime rates
- Declining perceptions of safety, especially at night around public transport hubs
- Decrease in sense of community belonging (**66%** CoM, **71%** Aus)
- Decrease in community engagement and participation (volunteering, arts and cultural activities, civic participation).



Built

- **21%** of the municipality is open space - higher compared to neighbouring municipalities
- **93.5%** of people live within 400 metres of public open space
- Health impacts related to urban densification (noise, air pollution, urban heat island effect)
- Community infrastructure to meet growing and diverse population is required (public open space, active transport)
- **41%** of all trips in the municipality walking and cycling (**18.2%** Greater Melbourne)
- Resurgence in 'local' living during COVID-19 - learning and working from home, using local streets and open spaces for walking, cycling and socialising.



Economic

- **30%** experiencing housing stress
- **5.5%** live in social housing, double metro Melbourne at **2.5%**
- Overcrowded dwellings on the rise
- **279** people are homeless (sleeping rough)
- **32.9%** are food insecure and demand for food relief is growing
- **10.6%** unemployment and rising (as of May 2020)
- Pre-COVID, **25%** residents live below the poverty line - the highest percentage in Victoria.



Natural

- Health impacts of climate change - including drought, air pollution, rising temperatures and extreme weather events such as extreme heat and heatwaves, floods, and bushfires),
- Impacts of climate change on mental health (eco-anxiety)
- **11%** tree canopy coverage (public and private realm), this varies significantly between suburbs
- **65%** of residents produce and consume their own food
- Planning and design challenges such as integrated water management, energy efficient buildings, resilient food systems, access to green and blue spaces.