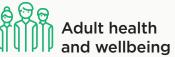# HEALTH AND WELLBEING PROFILE 2020 – SUMMARY

The following provides a summary of the key health and wellbeing issues in the City of Melbourne based on the data highlighted from this profile. Inclusion as a key health and wellbeing issue for the municipality was determined by indicators which are either not tracking well over time or in comparison with Victorian data, or indicators as areas to watch due to COVID-19. A summary of health and wellbeing impacts of COVID-19 is provided on the following page.

Key health and wellbeing issues across the lifespan

Child and adolescent health and wellbeing

- Declining kindergarten participation rates
- Low immunisation rates
- Adolescent mental health

Adult health and wellbeing

- Mental health (psychological distress, depression and anxiety, suicide risk)
- Declining subjective wellbeing
- Leading chronic diseases (overweight/obesity, hypertension, type 2 diabetes and asthma)
- Sexually Transmitted Infections
- Increasing infectious diseases (influenza, COVID-19)

Older adults

- Low levels of digital literacy
- Leading chronic disease (dementia)
- Social isolation and loneliness
- Elder abuse

Key lifestyle and behaviour issues

- Exposure to second-hand smoke in the central city
- Alcohol and drug related harm

- Unhealthy diet
- Physical inactivity

- Gambling
- Delayed preventative screening tests due to COVID-19

Key environmental conditions

Social and cultural

- Declining perceptions of safety
- Increasing family violence and violence against women
- Declining social cohesion (racism, feeling part of the community, community engagement)

Economic

- Widening digital divide
- Increasing financial insecurity
- Increasing food insecurity
- Increasing housing stress
- People sleeping rough and homelessness

Built and natural

- Active transport infrastructure
- Health impacts of climate change (climate anxiety, heatwaves and extreme heat, flooding and storm events, drought and reduced rainfall, air quality, thunderstorm asthma, greenhouse gas emissions, food system resilience, integrated water management)
- Health impacts of urban densification (noise complaints, overcrowded housing)

Summary of vulnerable population groups

Evidence from this profile shows that some population groups in the municipality experience significant disparities in health and wellbeing outcomes and are also expected to be disproportionately affected by COVID-19. These groups include:

- Women
- Children
- Young people
- Older adults (especially those who are socially isolated and/or have low levels of digital literacy)
- People with a disability
- International students
- People who identify as LGBTIQ
- Aboriginal people

- Culturally and linguistically diverse populations (especially migrants and refugees)
- People with pre -existing physical and mental health conditions
- Low income households
- People who live in low socio economic areas (including Carlton, Kensington and Flemington)
- The unemployed or people on government payments
- People living alone
- People living in public housing, rooming or overcrowded housing
- People who are homeless or at risk of homelessness
- People with low digital literacy or access to technology

Summary of COVID-19 impacts

This profile was developed as the world lives through the impacts of the COVID-19 pandemic. It is expected that the economic, health and social impacts of the COVID-19 pandemic will be felt by our community for decades to come, especially for those who are already vulnerable. Where there is early evidence the data is expected to be amplified by COVID-19 **a * symbol is used throughout the profile to indicate that it is an Area to Watch due to COVID-19.** The following provides a summary of the health and wellbeing impacts of the pandemic highlighted in this profile:

- Mental health (social isolation and loneliness, psychological distress, anxiety and depression)
- Social cohesion (racism)

- Increasing family violence including elder abuse
- Increasing alcohol and drug use
- Physical activity (shift from organised sport to walking and cycling in local spaces)
- Steep rise in food insecurity
- Increasing financial hardship (unemployment, housing stress)
- Increasing risk of homelessness
- Impacts of urban living (more noise complaints due to conflicts with working from home and continued construction in the city, higher risks for people living in high density housing)
- Drop in participation in community engagement activities (shift to online)
- Widening digital divide as COVID-9 fast tracks the digitisation of our lives

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