

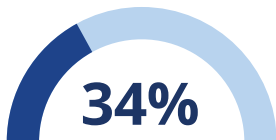


Frankston City Health and Wellbeing Community Profile Snapshot

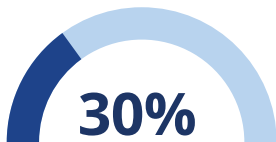
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ACTIVE COMMUNITY

Physical Activity



of people **meet physical activity guidelines**
Compared to 35.1% for Victoria



of people **sit for at least 7 hours** or more per
week day
Compared to 27.9% for Victoria



Walking, cycling and public transport



Walking is the most
popular non-organised
physical activity

41% participated in walking

29% participated in fitness/gym

19% participated in swimming



69% feel safe
walking during the
day



35% feel safe
walking during the
night



Women feel less
safe than men by
5% during the day
and 13% at night

In Frankston
City there are:

966 km
pedestrian footpaths

59 km
shared pathways

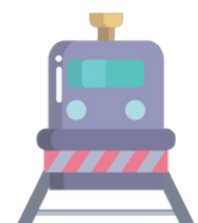
57.6%
of households are
within 400m of a bus
stop



61.7%
travel to work by **car**
Compared to 53.4% for
Victoria



1.4%
walk or cycle to work
Compared to 4.4% for
Victoria



2.1%
travel to work by **public
transport**
Compared to 53.4% for
Victoria



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Open space, parks and reserves

16.2% of Frankston City is open space



35.4% of households are within **400m walking distance** of a large open space

In Frankston City

400 parks

73 nature reserves

464 open space reserves

129 play spaces

9.5km shoreline

Participation in sport and recreation

Top 3 activities in Victoria



Walking Fitness/Gym Running

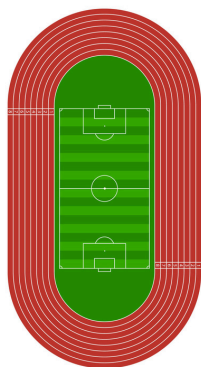
Top 3 sports club activities for children in Frankston City:

Female: Swimming, Dancing, Gymnastics

Male: Swimming, AFL, Basketball



45% of children aged 0-14 years participated in club-based sports
Compared to 48% for Victoria



In Frankston City

100 sports clubs

30,000+ sports club members

75 sporting pavillions **65** sports fields

30 sporting reserves

84% of residents are **very satisfied** with our sports ovals and aquatic leisure centres

Top 3 barriers to participating reported by Australians:

Female

Poor health **28%**

Not enough time **26%**

Increasing age **8%**

Male

Poor health **27%**

Not enough time **24%**

Have a physical job **8%**



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MENTAL WELLBEING AND INCLUSION

Mental wellbeing

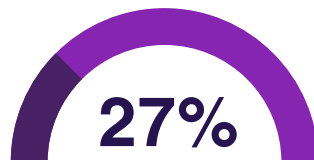


of people have sought help for a **mental health issue**



14% of women have **anxiety or depression**
Higher than 10.7% for Victoria

9.1% of men have **anxiety or depression**
Higher than 6.8% for Victoria



of people **report high levels of psychological distress**
Significantly higher than 23.3% for Victoria



of people are **lonely**
significantly higher than 23.3% for Victoria

2nd highest rate of people experiencing loneliness in Victoria

Loneliness in Australia has been identified as the next public health epidemic of the 21st century.

Loneliness has been linked to:

- premature death
- poor physical and mental health
- greater psychological distress
- general dissatisfaction with life

Social inclusion, connection and belonging

10.5% report low satisfaction with life

56% feel part of the local community



61% can turn to neighbours for help

10.5% volunteer

75% are proud of and enjoy living in the area

26.5% of households are people who **live alone**
Higher than 24.7% for Victoria

39% feel **valued by society**
Significantly lower than 48% for Victoria

58% think our City is **accessible and inclusive** for people with a disability

16.5% have experienced **discrimination** in the last 12 months

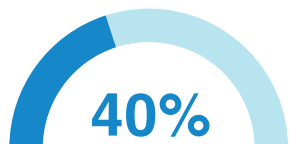


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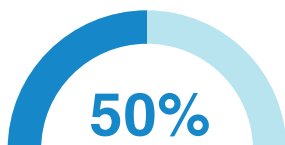
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HEALTHY COMMUNITY

Healthy eating



of people **consume sugary drinks** every day
Higher than 34.4% for Victoria

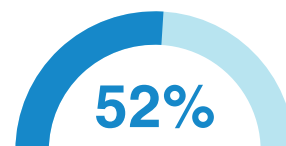


of food and drink options at Council run events are rated **GREEN**

Providing healthier choices



46,625
funded meals prepared and delivered by Meals on Wheels to those in need



of **infants** were **breastfed** for three months 2022-23

an increase from 45.1% in 2017

A healthy diet

Helps to prevent and manage risk factors such as obesity, high blood pressure and high cholesterol, as well as chronic conditions like type 2 diabetes, heart disease and some cancers.

Includes adults eating 5-6 serves of vegetables (1 cup of salad or 1/2 cup cooked vegetables) and 2 serves of fruit (a medium apple or banana or 1 cup of diced fruit) per day.

Access to healthy food



1.4kms
average **distance to a healthy food outlet** (supermarkets and grocers)



13.3%
of people have **worried about running out of money** to buy food in last 12 months
Significantly higher than 15% for Victoria



of people **have run out of food** and can't afford to buy more
Significantly higher than 8% for Victoria



21.1%
of people have **sometimes worried about running out of money** to buy food in last 12 months
Significantly higher than 15% for Victoria



Access to healthy food is influenced by:

- Availability and ease of access
- High cost of healthy food
- Time pressures that make fast food appealing
- Disconnection to how food is produced
- Marketing and promotion of unhealthy foods

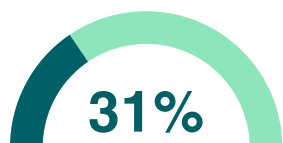


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COMMUNITY HEALTH

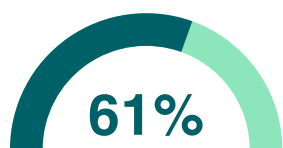
Health Status



31%

of people report their **health as being good, very good or excellent**

Significantly lower than 39.8% for Victoria



61%

of people are **overweight or obese**

Higher than 54% for Victoria

All significantly higher than the average in Victoria

- **33%** of people report they have a **disability**
- **24%** of people report their **health as fair or poor**
- **14% females** and **9.1% males** report they have a mental health condition

Chronic conditions and diseases

Top 3 health conditions



Mental health 11.6%

Higher than 8.8% for Victoria



Asthma 10.3%

Higher than 8.4% for Victoria



Arthritis 9.3%

Higher than 8.8% for Victoria

36.2%

report at least one **long term health condition**
Higher than 31.4% for Victoria

39.1% of women

Higher than 33.6% for Victoria

33.3% of men

Higher than 29.1% for Victoria

2.1%

report having a **lung condition**
Higher than 1.5% for Victoria

2.2% of women

Higher than 1.5% for Victoria

3.1% of men

Higher than 2.7% for Victoria

5.1%

report having **diabetes**
Higher than 4.7% for Victoria

4.7% of women

Higher than 4.2% for Victoria

5.5% of men

Higher than 5.2% for Victoria

Population groups at risk of health inequities

Higher rates of some health conditions are known to be related to social, economic, cultural and geographic factors that are avoidable and unfair.



1.3%

Aboriginal and Torres Strait Islander

Higher than 1% for Victoria



7.3%

estimated **LGBTQIA+ population**
Lower than 11% for Victoria



51.1%

of the population are **women**
Higher than 50.8% for Victoria



6.5%

require assistance due to a disability
Higher than 5.9% for Victoria



26.5%

lone person households

Higher than 24.7% for Victoria

52.1%

of lone person households are on a **low income** (less than \$800 p/week)
Higher than 46.5% for Victoria

11%

speak a **language other than English** at home
Lower than 28% for Victoria

13.4%

of households are **single parent families**
Higher than 24.7% for Victoria



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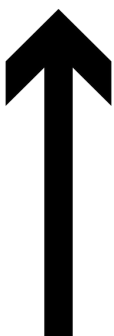
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GENDER EQUALITY

Experience of violence and abuse

2,270 family violence incidents with **female victims** compared to **767** incidents with **male victims**

51.8% of all serious assaults involved Family Violence

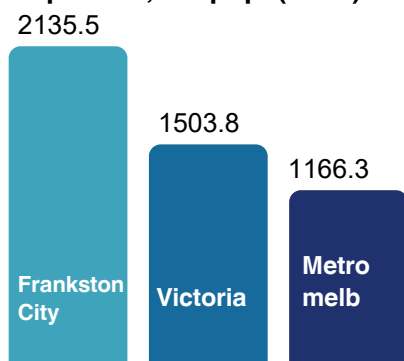


Family violence incidents have **increased by 8.8%** compared to the previous year (2023 to 2024)

Women are 3 times more likely than men to be a victim of family violence

Women are 8 times more likely to be a victim of **sexual assault** compared to men

Family Violence incidence rate per 100,000 pop. (2024)



Family violence is the leading cause of death and disability in Australian women aged 15-45 years.

- It is estimated to contribute **five times more** to the burden of disease **among Indigenous than non-Indigenous women**
- **Intimate partner violence** and its health impacts **are preventable**

Frankston City has the **highest rate of family violence** in Metro Melbourne with **2,135.5 family violence** incidents per 100,000 people
Compared to 1,503.8 in Victoria

1 in 6 older Australians experience some form of abuse



People are **more likely to experience elder abuse** if they have:

- poor physical or psychological health
- experience social isolation

Elder Abuse

Family violence incidents have **increased by 53%** for people aged 55+ between 2020 and 2024

19% of victims of **all family violence incidents** in Frankston City are **aged 55+** year ending September 2024



73% of older people who call Seniors Rights Victoria helpline **are women**

61% of callers to Seniors Rights Victoria helpline **are related to elder abuse**

1 July - 31 Dec 2021

Elder abuse is when harm is done to an older person by someone they know and trust, often a family member.

It can include:

- neglect
- financial exploitation
- physical violence
- coercive control
- sexual abuse
- psychological abuse

44% of callers to Seniors Rights Victoria helpline **experience or are at risk of elder abuse**



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SAFETY AND REDUCING HARMS

Perception of safety in public places

Through our Community Satisfaction Survey 2024 we heard that:

69% feel **safe** in public spaces **during the day**
Increase from 56.4% 2021

35% feel **safe** in public spaces **at night**
Increase from 28.6% 2021

Women feel **less safe** than **men** in all public places

65% feel **safe** at the **beach and foreshore** Increase from 55.4% 2021



60% feel **safe** in their **local shopping strip**
Decrease from 62.2% 2021



43% feel **safe** when travelling on or waiting from **public transport**
Decrease from 44.7% 2021

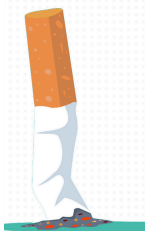


67% feel **safe** in **parks and open spaces**
Increase from 56.4% 2021

Smoking or vaping

17.7% smoke daily

- **2nd highest rate in Victoria**
- **10% higher than the Victorian average**



24.7% of people smoke or vape

Higher than 19% for Victoria

519 Electronic Gaming Machines (EGMs) across **9 venues**

\$65.8 million lost in EGMs in Frankston's 9 venues 2033-24

Increase from \$62.25 million in 2018-2019

6.9% of the Victorian population experienced gambling harm in 2023



\$605 lost per adult each day on **EGMs** in Frankston City's 9 venues

In Australia **online gambling is increasing** with **young people** at increased risk of **experiencing harm**

Gambling

253 licenced premises in Frankston City

17 licenced premises in Frankston City sold **13.4 litres** of alcohol per person (2019/20)
Increase from 8.5 litres 2018/19



Alcohol and other drugs

317.55 rate per 100,000 population of illicit drug ambulance attendance, the **8th highest** in the state (2022/23)

853.64 rate per 100,000 population in 2021/22 this is the **fifth highest rate** of **alcohol related hospital admissions** in the state (2022/23)



14.7% of adults are risking their long-term health each week due to the amount of alcohol they drink

Alcohol increases the risk of cancer:

- Breast
- Bowel
- Oesophagus
- Mouth
- Throat
- Liver



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CLIMATE CHANGE



Temperature increase and more very hot days



Decrease in average rainfall



More intense downpours and flooding



Sea level rise

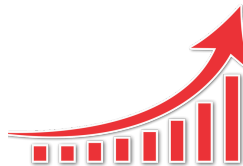


Longer fire seasons

Health impacts



80% of Victorians **want to know more** about the health impacts of change



44% of Victorians housing is **too hot** in summer
39% of Victorians housing is **too cold** in winter



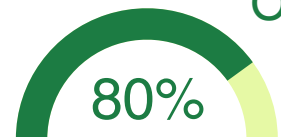
Disaster situations result in an **increase** in the severity and frequency of **family violence**

People living in **poor quality housing** without efficient heating or cooling are **extremely vulnerable** to climate change impacts

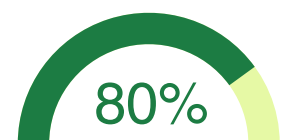
Climate change impacts on health and wellbeing

- Respiratory diseases
- Infectious diseases
- Mental illness
- Allergies
- Injuries
- Poisoning
- Food security and nutrition

Our community's concern about climate change



80% of people are **very concerned** about climate change



80% of people **support** Frankston City's '**zero carbon**' community

Key concerns for our local area

- Loss of biodiversity
- Sea level rise and coastal erosion
- Harsher and longer fire season / bushfires
- Extreme weather events
- More hot days, heatwaves and drought





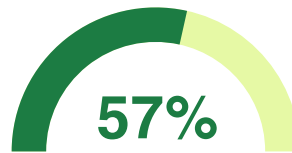
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Key emission sources in Frankston City



1.45 tonnes
total **greenhouse gas emissions**
generated by the Frankston City
community 2021-22
Decreased from 1.74 2018-19



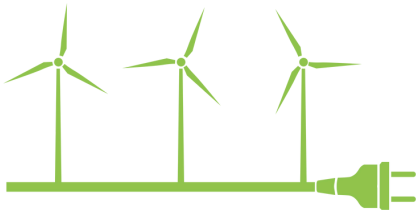
Electricity



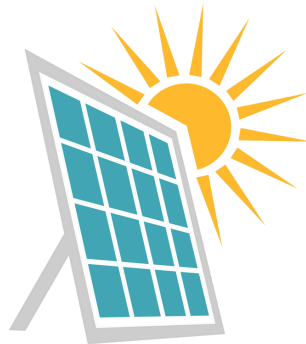
Transport

8,362 tonnes
of **net greenhouse gas emissions** 2022-23
from energy, transport and waste transport and energy

Responding to climate change in Frankston City



67%
of Council's grid-supplied
electricity is from
renewable energy
2022-23



22%
of households have
solar panels 2022-
23

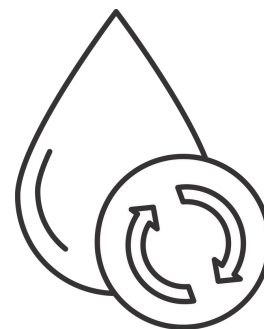
7,500
street lights
converted to
energy efficient
LEDs
2022-23



17%
of the
municipality is
covered by
tree canopy



75%
of residents are **very**
satisfied with
Council's recycling and
recovery centre



49%
of Council's
total water
usage is
sourced from
recycled
wastewater

52%
of household waste is
recycled and **diverted**
from landfill

Frankston City Council: Infographics data sources

A range of data sources were used to inform the Frankston City Health and Wellbeing snapshot.

If you would like a specific reference, please contact the Social Policy and Planning team social.policy@frankston.vic.gov.au

ABS Census of Population and Housing (.id community profile) 2021

Australian PV Institute (APVI) 2024

Australian Early Development Census (AEDC) 2021

Australian Institute of Health and Welfare (AIHW) 2022

Crime Statistics Agency (CSA) 2024

Frankston City Council Asset data 2024

Frankston City Council Community Satisfaction Survey 2024

Frankston City .id Housing Monitor 2024

Frankston City Council Urban Forest Action Plan 2020-2040

Ironbark Sustainability 2023

Turning Point AOD Stats 2021-2023

Victorian Council of Social Services (VCOSS) 2023

Victorian Gambling and Casino Control Commission (VGCCC)

2024 Victorian Liquor Commission (VLC) 2018/19

Victorian Local Government Annual Waste Services Report 2023

Victorian Population Health Survey 2023 Women's Health Atlas 2023