

# Kingston

## LGA Profile

### VicHealth Indicators Survey 2011 Results

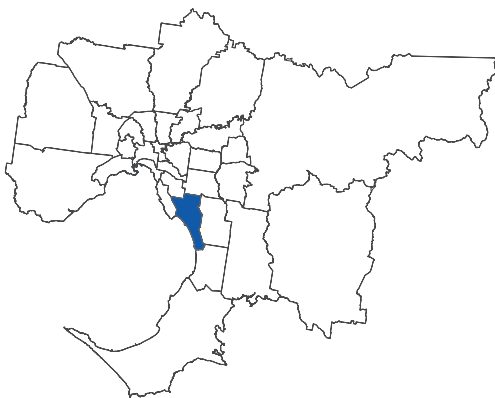
This profile provides an overview of wellbeing in this LGA. It is designed to provide local governments with population health data to undertake comprehensive, evidence-based municipal public health and wellbeing planning.

#### Kingston highlights\*

- Residents of the City of Kingston reported a significantly lower average wellbeing score (75.4 out of 100), compared with the Victorian average (77.5).
- Kingston residents who purchased alcohol at licensed premises in the previous week spent significantly less money (\$27) than the state average (\$45).
- Kingston residents were significantly more likely to have visited green space at least weekly in the previous three months (63.9%), compared with the Victorian average (50.7%).
- The proportion of Kingston residents who felt safe or very safe walking alone in their local area at night (68.1%) was consistent with the state average (70.3%).
- The proportion of Kingston residents who volunteered at least once a month (30.7%) was consistent with the Victorian average (34.3%).
- Around three out of five (59.9%) Kingston residents reported attending arts activities or events in the previous three months. This is consistent with the Victorian average (63.6%).

\* Significance has been calculated to the 95% level of probability. Significant difference is indicated when confidence intervals for an LGA estimate do not overlap with confidence intervals for the Victorian average. Not all statistically significant results are reported as 'highlights'. See chart over page for all indicators.

Data has been weighted by age and gender within each local government area (LGA). Crude rates, also known as non-standardised rates, are shown here to help inform localised planning. Crude rates are not appropriate for comparisons between individual LGAs, as estimates have not been age-standardised and differences may be due, at least in part, to differing age profiles. Significant differences shown in this document may be partly due to differences between the age profiles of the LGA and the Victorian population as a whole. Age-standardised data is available on request<sup>†</sup>.



**The City of Kingston is located south-east of Melbourne and its most populous community, Cheltenham, is approximately 20 kilometres from Melbourne. Kingston covers an area of roughly 90 square kilometres and has a population of about 150,000.**

#### About the survey

The data comes from the VicHealth Indicators Survey 2011, which has a focus on social determinants of health. It complements other population health survey work conducted in Victoria. Data was collected through telephone interviews.

The survey was conducted in each of Victoria's 79 LGAs, with a total sample of 25,075 participants aged 18 and over.

For more information, please refer to the full report of the VicHealth Indicators Survey 2011 at [www.vichealth.vic.gov.au/indicators](http://www.vichealth.vic.gov.au/indicators).

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<sup>†</sup> For more information about age-standardised data, contact [indicators@vichealth.vic.gov.au](mailto:indicators@vichealth.vic.gov.au)

## Kingston indicator results

The chart below shows how the indicators of health and wellbeing for this LGA compare to the Victorian average. The LGA's result is shown as a circle. Significant difference (indicated by the circle's colour) was deemed to exist when confidence intervals for an LGA estimate did not overlap with confidence intervals for the Victorian average. Crude rates, also known as non-standardised rates, have been presented here to help inform localised planning. Crude rates are not appropriate for comparison between LGAs, as estimates have not been age-standardised and therefore differences may be due, at least in part, to differing age profiles. Values are percentages unless stated otherwise.

| Indicator  | % LGA | LGA estimate confidence interval | % Victoria | Victoria least favourable | Victoria Range | Victoria most favourable |
|--|-------|----------------------------------|------------|---------------------------|----------------|--------------------------|
| <b>Wellbeing</b>   |       |                                  |            |                           |                |                          |
| Subjective wellbeing (range 0–100)                                       | 75.4  | [73.7, 77.2]                     | 77.5       | 73.7                      |                | 82.5                     |
| <b>Alcohol</b>   |       |                                  |            |                           |                |                          |
| Purchased alcohol in the last 7 days                                     | 36.4  | [29.7, 43.6]                     | 36.3       | 54.4                      |                | 20.7                     |
| 7 day \$ spend on packaged liquor (of those purchasing) <sup>+</sup>     | 37    | [27, 48]                         | 45         | 63                        |                | 24                       |
| 7 day \$ spend at a licensed premises (of those purchasing) <sup>+</sup> | 27    | [16, 38]                         | 45         | 129                       |                | 13                       |
| <b>Work, life and time</b>   |       |                                  |            |                           |                |                          |
| Long commute (≥2 hours per day) <sup>^</sup>                             | 14.1  | [9.0, 21.2]                      | 11.6       | 26.2                      |                | 0                        |
| Inadequate sleep (<7 hours per weekday)                                  | 30.6  | [24.6, 37.3]                     | 31.5       | 44.1                      |                | 18.8                     |
| Lack time for friends/family   | 26.9  | [21.0, 33.8]                     | 27.4       | 36.2                      |                | 17.8                     |
| Time pressure  | 42.9  | [36.0, 50.1]                     | 41.3       | 53.8                      |                | 26.5                     |
| Adequate work-life balance <sup>^</sup>                                  | 48.6  | [39.5, 57.8]                     | 53.1       | 37.6                      |                | 69.5                     |
| <b>Healthy eating and sedentary behaviour</b>                            |       |                                  |            |                           |                |                          |
| Shares a meal with family (≥ 5 days per week)                            | 61.6  | [54.5, 68.3]                     | 66.3       | 54.7                      |                | 81.1                     |
| Sedentary behaviour (sitting ≥7 hours per day)                           | 32.0  | [25.6, 39.2]                     | 32.6       | 52.3                      |                | 15.2                     |
| Daily soft drink consumption   | 10.7  | [7.1, 15.8]                      | 12.4       | 20.5                      |                | 4.3                      |
| <b>Green space and safety</b>  |       |                                  |            |                           |                |                          |
| Visit to green space (≥ once per week)                                   | 63.9  | [57.2, 70.1]                     | 50.7       | 31.4                      |                | 79.3                     |
| Perceptions of safety - walking alone during day                         | 96.6  | [93.9, 98.1]                     | 97.0       | 89.6                      |                | 100                      |
| Perceptions of safety - walking alone during night*                      | 68.1  | [60.6, 74.7]                     | 70.3       | 45.2                      |                | 95.4                     |
| <b>Community engagement</b>  |       |                                  |            |                           |                |                          |
| Volunteering (≥ once per month)*   | 30.7  | [24.6, 37.5]                     | 34.3       | 22.6                      |                | 62.1                     |
| Participation in citizen engagement (in the last year)                   | 48.3  | [41.3, 55.4]                     | 50.5       | 26.4                      |                | 73.3                     |
| <b>Arts and new media</b>  |       |                                  |            |                           |                |                          |
| Attended arts activities or events (in the last 3 months)                | 59.9  | [52.7, 66.7]                     | 63.6       | 35.4                      |                | 82.6                     |
| Made or created art or crafts (in the last 3 months)                     | 33.8  | [27.5, 40.7]                     | 34.9       | 20.4                      |                | 51.2                     |
| Internet access at home  | 90.4  | [87.0, 93.0]                     | 88.8       | 68.5                      |                | 96.1                     |
| Social networking used to organise time with friends/family              | 31.0  | [24.5, 38.4]                     | 35.1       | 18.8                      |                | 47.1                     |
| <b>Social attitudes that influence health</b>                            |       |                                  |            |                           |                |                          |
| Community acceptance of diverse cultures                                 | 55.5  | [48.2, 62.6]                     | 50.6       | 28.3                      |                | 78.0                     |
| Prepared to intervene in a situation of domestic violence                | 94.8  | [91.6, 96.8]                     | 93.1       | 87.9                      |                | 97.0                     |
| <b>Smoking policy</b>  |       |                                  |            |                           |                |                          |
| Support for smoking ban in outside dining areas                          | 65.4  | [58.3, 71.9]                     | 69.8       | 59.9                      |                | 76.8                     |

### Legend

- LGA value significantly more favourable than Victorian average
- LGA value significantly less favourable than Victorian average
- LGA value not significantly different from Victorian average
- Sampling variability high, use with caution (relative standard error 25–50%)
- | Victorian average
- <sup>+</sup> Reported as \$ for those purchasing this type of alcohol

- Range of results across all LGAs
- <sup>^</sup> Question only asked of participants who were employed
- <sup>\*</sup> Cannot be compared to 2008 Victorian Population Health Survey as data was not collected in the same manner
- No data Relative standard error above 50%, estimate not reported
- Details of questions can be found at: [www.vichealth.vic.gov.au/indicators](http://www.vichealth.vic.gov.au/indicators)