

Port Phillip

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.

Port Phillip highlights*

- Port Phillip residents were significantly more likely to have purchased alcohol in the previous week (54.4%), compared with the Victorian average (36.3%). Those who purchased packaged liquor (\$50) or alcohol from licensed premises (\$54), did not spend significantly more than the state average (\$45).
 - Of all Victorians, residents of the City of Port Phillip were least likely to report getting inadequate sleep. Only 18.8% reported sleeping less than seven hours on an average weekday, a percentage significantly lower than the state average (31.5%).
 - A significantly greater proportion of Port Phillip residents (76.2%) had visited green space at least weekly in the previous three months, compared with the Victorian average (50.7%).
 - Most residents of Port Phillip felt safe walking alone in their local area at night; 78.6% reported that they felt safe or very safe, which is significantly more than the state average (70.3%).
 - Compared with the Victorian average (63.6%), a significantly higher proportion of Port Phillip residents (81.1%) attended arts activities or events in the previous three months.
 - Port Phillip residents were also significantly more likely to make their own art or crafts: 43.5% reported making or creating art or crafts in the previous three months, compared with the state average (34.9%).
- * 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†.



The City of Port Phillip is located south-east of Melbourne and its most populous community, St Kilda, is approximately six kilometres from Melbourne. Port Phillip covers an area of roughly 20 square kilometres and has a population of about 96,000.

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.

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October 2012
Publication number: K-041-KN
ISBN number: 978-1-922133-58-8

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† For more information about age-standardised data, contact indicators@vichealth.vic.gov.au

Port Phillip 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
Wellbeing						
Subjective wellbeing (range 0–100)	77.3	[75.7, 78.9]	77.5	73.7		82.5
Alcohol						
Purchased alcohol in the last 7 days	54.4	[47.2, 61.5]	36.3	54.4		20.7
7 day \$ spend on packaged liquor (of those purchasing) ⁺	50	[39, 61]	45	63		24
7 day \$ spend at a licensed premises (of those purchasing) ⁺	54	[39, 69]	45	129		13
Work, life and time						
Long commute (≥2 hours per day) [^]	5.0	[2.0, 11.8]	11.6	26.2		0
Inadequate sleep (<7 hours per weekday)	18.8	[14.1, 24.5]	31.5	44.1		18.8
Lack time for friends/family	21.3	[15.7, 28.2]	27.4	36.2		17.8
Time pressure	46.9	[39.6, 54.2]	41.3	53.8		26.5
Adequate work-life balance [^]	56.4	[47.5, 64.9]	53.1	37.6		69.5
Healthy eating and sedentary behaviour						
Shares a meal with family (≥ 5 days per week)	64.5	[57.3, 71.2]	66.3	54.7		81.1
Sedentary behaviour (sitting ≥7 hours per day)	44.7	[37.5, 52.2]	32.6	52.3		15.2
Daily soft drink consumption	9.8	[5.8, 15.9]	12.4	20.5		4.3
Green space and safety						
Visit to green space (≥ once per week)	76.2	[69.5, 81.9]	50.7	31.4		79.3
Perceptions of safety - walking alone during day	97.7	[93.9, 99.1]	97.0	89.6		100
Perceptions of safety - walking alone during night*	78.6	[71.4, 84.4]	70.3	45.2		95.4
Community engagement						
Volunteering (≥ once per month)*	29.0	[23.0, 35.8]	34.3	22.6		62.1
Participation in citizen engagement (in the last year)	59.4	[51.9, 66.4]	50.5	26.4		73.3
Arts and new media						
Attended arts activities or events (in the last 3 months)	81.1	[74.7, 86.2]	63.6	35.4		82.6
Made or created art or crafts (in the last 3 months)	43.5	[36.4, 50.9]	34.9	20.4		51.2
Internet access at home	91.9	[88.7, 94.3]	88.8	68.5		96.1
Social networking used to organise time with friends/family	36.5	[29.4, 44.3]	35.1	18.8		47.1
Social attitudes that influence health						
Community acceptance of diverse cultures	73.6	[66.8, 79.5]	50.6	28.3		78.0
Prepared to intervene in a situation of domestic violence	95.5	[91.6, 97.6]	93.1	87.9		97.0
Smoking policy						
Support for smoking ban in outside dining areas	64.6	[57.2, 71.4]	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
- ⁺ Reported as \$ for those purchasing this type of alcohol

- Range of results across all LGAs
- [^] Question only asked of participants who were employed
- ^{*} 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