Bayside
LGA Profile

VicHealth Indicators Survey 2015 Results

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

Bayside highlights*

General wellbeing

Bayside City residents reported similar wellbeing to all Victorians. Residents gave their wellbeing an average score of 78.4 out of 100, compared with the Victorian average of 77.3.

There has been no significant change in subjective wellbeing for Bayside between the 2007, 2011 and 2015 surveys.**

Life satisfaction measures how people evaluate their life as a whole. When asked to rate their general satisfaction with life on a scale from zero to 10, residents of Bayside reported an average score of 7.8. This is the same as the Victorian life satisfaction average.

Safety

Most (97.4%) Bayside residents agreed that they felt safe walking alone during the day, which is significantly more than the Victorian estimate (92.5%).

Just over two-thirds (68.4%) of Bayside residents agreed that they felt safe walking alone in their local area after dark, which is significantly more than the Victorian estimate (55.1%).

There has been no significant change in perceptions of safety for Bayside between the 2007, 2011 and 2015 surveys.**

ABOUT THE SURVEY

The data comes from the VicHealth Indicators Survey 2015, which focused on the health and wellbeing of Victorians. It complements other population health survey work conducted in Victoria, such as the Victorian Population Health Survey.

Data was collected through telephone interviews. The survey was conducted in each of Victoria's 79 LGAs, with a total sample of 22,819 participants aged 18 and over. Two items, subjective wellbeing and perceptions of safety, were included in previous indicator surveys in 2007 and 2011, therefore changes in these items over time are also reported.**

For more information, including further descriptions of the indicators in this profile, refer to the full report of the VicHealth Indicators Survey 2015 at www.vichealth.vic.gov.au/indicators.

For more detailed information on your area go to www.exploreyourdata.com.au

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* These highlights compare results for the LGA with Victorian estimates. Significance has been calculated to a 95% level of probability. Statistical significance provides an indication of how likely it is that a result, such as the difference between two values, is due to chance. For example, if an LGA's wellbeing score is higher than the Victorian estimate, but the difference is not statistically significant, it is possible that the difference is due to chance. When values are described as 'similar', it means that the difference between values is not statistically significant. Significant difference is indicated when confidence intervals for an LGA estimate do not overlap with confidence intervals for the Victorian estimate.

A confidence interval is a range of values that we would expect would contain the true value of an estimate, to a stated level of probability (95% is commonly used). Confidence intervals of 95% have been calculated for each indicator. This means that if we were to sample from the same population 100 times, we would expect the population estimate to fall within the interval 95 times (95%) and we would expect it to fall outside the estimate five times (5%).

Not all statistically significant results are reported as 'highlights'. See chart on page 3 for all indicators.

Data has been weighted by age, gender and telephone status (whether the participant had a mobile phone only) within each 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.

General wellbeing and safety data for 2007 are from the Community Indicators Victoria 2007 survey. Smoking prevalence data are from the Victorian Population Health Survey 2014.

** Interpret with caution. See VicHealth Indicators Survey 2015: Selected Findings for information on the analysis of changes over time.

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Mental wellbeing

The mental wellbeing indicators were level of resilience, indicators of neighbourhood connection and trust, and attitudes to gender equality in relationships.

Bayside residents reported an average resilience score of 6.7 out of 8. This is significantly higher than Victorian residents, who reported an average resilience score of 6.4.

The proportion of Bayside residents who agreed that people in their neighbourhood are willing to help each other out was 80.3%, similar to the Victorian estimate (74.1%).

Just over two-thirds (69.3%) of residents felt that they live in a close-knit neighbourhood, significantly more than the Victorian estimate (61.0%).

A significantly larger proportion of Bayside residents agreed that people in their neighbourhood can be trusted (85.7%), compared to the proportion of Victorians who agreed (71.9%).

Physical activity

Physical activity indicators were number of days of being physically active for at least half an hour (specifically, zero days = inactive; four or more days = adequately active), indicators of type of organised and non-organised physical activity, and an indicator for sedentary behaviour at work.

Compared to all Victorians, a significantly smaller proportion of Bayside residents engaged in no physical activity during the week (12.5%, Victoria = 18.9%). A significantly larger proportion of Bayside residents engaged in physical activity four or more days per week compared with the Victorian estimate (49.4%, Victoria = 41.3%). The three most popular non-organised physical activities in Bayside were walking (51.1%), jogging or running (14.7%), and cycling (13.1%).

Healthy eating

Healthy eating indicators were vegetable, fruit and water consumption, as well as frequency of take-away meals and snacks. Bayside residents ate an average of 2.5 serves of vegetables per day, which is significantly higher than the Victorian average of 2.2. Bayside residents reported eating an average of 1.7 serves of fruit each day, which is similar to the Victorian average of 1.6. On average, Bayside residents drank 5.0 cups of water per day. This is similar to the Victorian average of 5.4.

Alcohol

Alcohol indicators included risk of short-term harm from alcohol consumption (five drinks or more on a single occasion), very high risk of short-term harm from alcohol consumption (11 or more drinks on a single occasion) and respondents' attitude towards getting drunk to the point of losing balance.

Two out of five (40.2%) Bayside residents were identified as being at risk of short-term harm from alcohol in a given month, significantly higher than the Victorian estimate (29.4%). Compared to all Victorians, a similar proportion of Bayside residents was identified as being at very high risk of short-term harm each month (12.7%, Victoria = 9.2%).

Almost four out of 10 (36.4%) residents living in Bayside agreed that getting drunk every now and then is okay. This is significantly higher than the proportion of Victorians who agreed (27.9%).

How to use the indicator results

Page 3 of this profile contains a chart displaying information about each indicator. Details on how to interpret the data are provided below.

Column 1 – Indicator: contains the name of each indicator (e.g. Participation in any organised physical activity), grouped by topic area (e.g. Physical activity).

Column 2 – Measure: identifies whether the values for the indicator represent a percentage or an average score.

Column 3 – LGA estimate: contains the value for that indicator across all survey participants within the LGA.

Column 4 – LGA estimate confidence interval: contains the 95% confidence interval for the LGA value, with the lower and upper values listed in brackets.

The remaining columns display data for the whole of Victoria. This allows readers to gauge how LGA results for each indicator compare to the rest of the state.

Column 5 – Victorian estimate: contains the average response for that indicator for all survey participants within Victoria, typically presented as a percentage.

Columns 6 and 8 – Victoria least favourable and Victoria most favourable: contain the worst and best LGA values in Victoria for that indicator, respectively. Note that this is not necessarily the same as the lowest and highest LGA values for any given indicator. Sometimes a higher value is considered less favourable (for example, for time spent sitting on a usual work day).

Column 7 – Victorian range: is the graphical section of the chart and displays four pieces of information.

1. The range of LGA scores across Victoria is indicated by the length of the grey bar. Note that the bars have been scaled to fit within the chart.
2. The red vertical line on the grey bar indicates where the Victorian estimate is located within the range of LGA values (matching the value in the Victorian estimate column).
3. The position of the coloured circle indicates the location of the LGA value within the range of values for all 79 LGAs.
4. Whether the LGA value was significantly different to the Victorian estimate is shown by the colour of the circle. See the chart legend for an explanation of the circle colours.

Indicator results

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. **Details of questions can be found in the full report at: www.vichealth.vic.gov.au/indicators**

Indicator	Measure	LGA estimate	LGA estimate confidence interval	Victorian estimate	Victoria least favourable	Victorian range	Victoria most favourable
General wellbeing							
Subjective wellbeing [range 0–100]	average	78.4	[76.7, 80.2]	77.3	74.1		84.0
Satisfaction with life as a whole [range 0–10]	average	7.8	[7.6, 8.1]	7.8	7.6		8.5
Perceptions of safety – walking alone during day	% agree	97.4	[94.6, 99.0]	92.5	84.9		98.9
Perceptions of safety – walking alone after dark	% agree	68.4	[61.9, 74.3]	55.1	36.3		86.9
Mental wellbeing							
Resilience [range 0–8]	average	6.7	[6.5, 6.9]	6.4	5.5		6.9
Perceptions of neighbourhood – people are willing to help each other	% agree	80.3	[74.3, 85.4]	74.1	63.0		96.8
Perceptions of neighbourhood – this is a close-knit neighbourhood	% agree	69.3	[62.7, 75.4]	61.0	45.3		91.9
Perceptions of neighbourhood – people can be trusted	% agree	85.7	[80.3, 90.1]	71.9	54.6		96.0
Low gender equality score	%	31.7	[25.4, 38.5]	35.7	52.5		18.3
Physical activity							
0 days per week	%	12.5	[8.5, 17.5]	18.9	32.7		7.4
4 or more days per week	%	49.4	[42.6, 56.2]	41.3	28.6		56.2
Organised physical activity							
Participation in any organised physical activity	%	39.9	[33.3, 46.7]	28.7	15.7		39.9
Organised by a fitness, leisure or indoor sports centre	%	11.1	[6.9, 16.7]	9.2	0.0		16.3
Organised by a sports club or association	%	11.9	[8.0, 17.0]	9.8	4.8		21.9
Non-organised physical activity							
Participation in any non-organised physical activity	%	78.0	[72.0, 83.2]	70.5	56.9		85.7
Activity type – walking	%	51.1	[44.3, 57.9]	51.2	43.0		65.1
Activity type – jogging or running	%	14.7	[9.9, 20.6]	14.0	2.4		27.6
Activity type – cycling	%	13.1	[9.2, 18.0]	11.8	3.6		25.2
Sedentary behaviour at work							
Time spent sitting on usual work day (Base: Those aged 18–64 years who are working 35 or more hours)	average (hrs: mins)	5:45	[5:09, 6:20]	4:29	5:58		2:21
Healthy eating							
Number of serves of vegetables per day*	average	2.5	[2.3, 2.7]	2.2	1.7		2.7
Number of serves of fruit per day*	average	1.7	[1.5, 1.8]	1.6	1.3		1.9
Eats take-away meals/snacks at least three times a week	%	8.7	[4.9, 13.9]	10.2	19.8		1.7
No water consumed per day	%	1.5	[0.5, 3.7]	3.1	11.3		0.2
Number of cups of water consumed per day	average	5.0	[4.5, 5.5]	5.4	4.1		6.6
Alcohol							
At risk of short-term harm each month	%	40.2	[33.4, 47.3]	29.4	51.6		13.3
At very high risk of short-term harm each month	%	12.7	[8.0, 18.8]	9.2	20.6		3.6
Alcohol culture – getting drunk every now and then is okay	% agree	36.4	[29.7, 43.6]	27.9	47.7		15.2
Smoking prevalence							
Current smokers**	%	9.5	[4.8, 17.8]	13.1	29.7		5.2

Legend

- 🟢 LGA value significantly more favourable than Victorian estimate
- 🔵 LGA value significantly less favourable than Victorian estimate
- 🟡 LGA value not significantly different from Victorian estimate
- ⚫ Sampling variability high, use with caution (relative standard error 25–50%)
- | Victorian estimate
- ▬ Range of results across all LGAs

* See Victorian Population Health Survey 2014 for estimates of compliance with the 2013 Australian fruit and vegetable consumption guidelines

** Data from Victorian Population Health Survey 2014

The Victorian Population Health Survey 2014 can be viewed at www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2014

No data Relative standard error above 50%, estimate not reported