

THE CITY OF
GREATER GEELONG

GEELONG PREVENTATIVE HEALTH SURVEY 2021

—

LGA SUMMARY REPORT

GEELONG PREVENTATIVE HEALTH SURVEY 2021



CITY OF GREATER
GEELONG

Acknowledgement to Country

We Acknowledge the Wadawurrung People as the Traditional Owners of the Land, Waterways and Skies. We pay our respects to their Elders, past and present. We Acknowledge all Aboriginal and Torres Strait Islander people who are part of our Greater Geelong community today.

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Executive summary

The following are summary key findings from a survey of the City of Greater Geelong population regarding health and wellbeing known as the Geelong preventative health survey (GPHS). The 2021 survey follows the 2017 GPHS survey, with some modifications.

A total of 1513 people were interviewed by telephone via a random selection process from a sample of landline and mobile phone numbers. Results are presented at the LGA level. Supplementary tables have also provided separate to this report which also have data at sub LGA level. This data can be accessed by submitting a data request form via www.geelongaustralia.com.au.

KEY INDICATOR COMPARISONS

Comparisons with the 2018 Victorian Population Health Survey (VPHS) show that compared with Victorians in general, Geelong people:

- Self-report their health at a higher level (54% “Excellent/very good” cf. 39% VPHS)
- Are more satisfied with their life overall (35% “Very high” cf. 26% VPHS)
- Undertake more physical activity (67% met guidelines cf. 53% VPHS); however, are also more likely to be categorised as sedentary (21% cf. 2% VPHS)
- Are more likely to meet the minimum recommended daily intake for vegetables (15% cf. 10% VPHS) but slightly less likely to meet the requirement for fruit (46% cf. 47% VPHS)
- Eat take away meals (1 or 2 times per week) at a higher frequency (42% cf. 16% VPHS)
- Are just over twice as likely to consume sugar sweetened drinks daily (22% cf. 10% VPHS)
- Are (slightly) more likely to be categorised as pre-obese or obese according to their BMI (64% cf. 61% VPHS)
- Are more likely to have a reduced risk (47% cf. 16% VPHS) of lifetime alcohol-related harm as well as a greater likelihood of reduced risk (68% cf. 33% VPHS) of alcohol related injury on a single occasion
 - 28% drank more alcohol than usual during 2020 COVID-19 restrictions
- Are more likely to be a non-smoker (86% cf. 82% VPHS)
- Have higher distress levels (20% high/very high cf. 15% VPHS)
 - Just over a third reported their mental health worsened during 2020 COVID-19 lockdowns
 - Just under 1 in 10 still report their mental health as worse compare to pre-COVID 19 restrictions (one in five reported seeking professional help for mental health related issues)

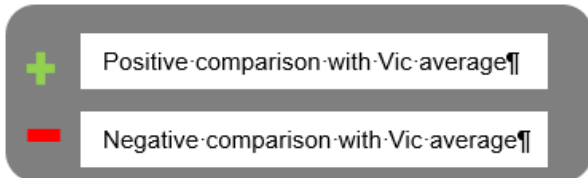
On other measures not compared to the VPHS:

- Most respondents (89%) could call on someone in an emergency to care for them or their dependents
- 56% of respondents were members of some form of community group
- 21% know or suspect someone who has experienced family violence
- 61% reported that they always feel safe where they live
- 58% believing they are safer where they live compared to other areas of the city
- 66% believe multiculturalism benefits their community
- 85% can access money in an emergency
- 12% had to rely on low-cost unhealthy food during 2020 COVID-19 restrictions due to running out of money
- 51% are concerned about climate change
- 57% are most concerned about the effect of climate change on future generations
- 56% believe that Victorians’ health will be impacted by climate change over the next 10 years.

Notes on reading the results

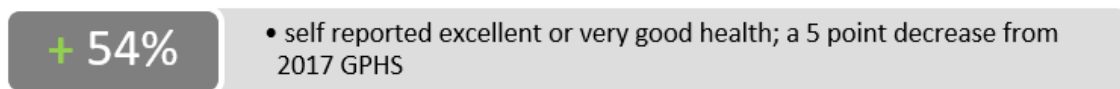
Below is an example of how the results for individual indicators is presented in this executive summary.

Note: key for comparisons with Victorian average:

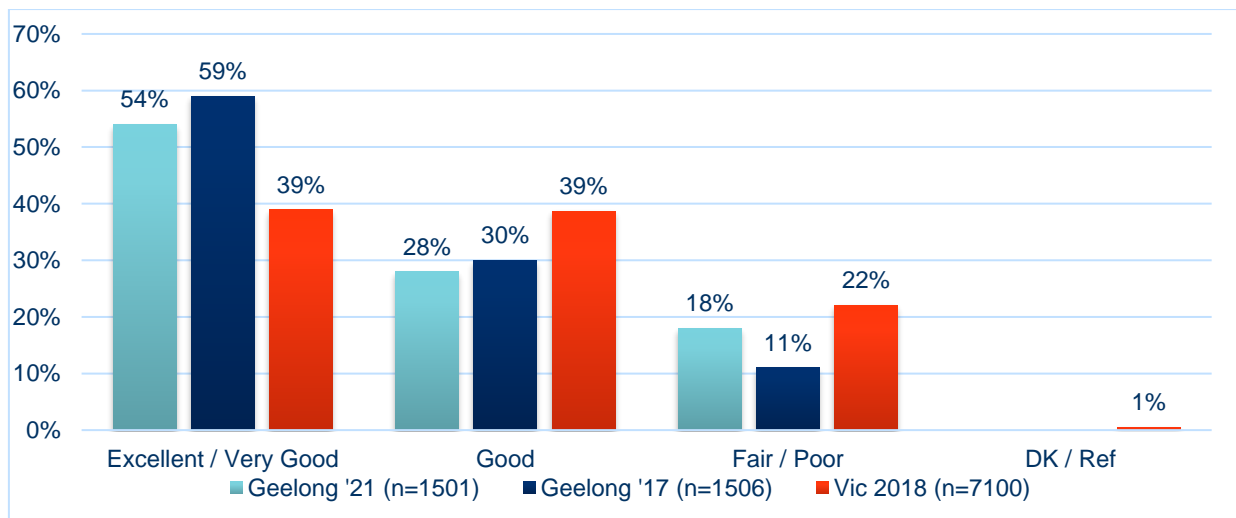


An example is provided below:

NEW



In general, would you say your health is...?



- “NEW” appearing above the dark grey box indicates the question was added in 2021
- A +ve sign indicates that the result is greater than the VPHS result for 2018
- A -ve sign indicates that the result is less than the VPHS result for 2018
- The text in the light grey portion of the box describes the comparison of the 2021 GPHS results to the 2017 GPHS results (not to be confused with VPHS results)
- The question that was asked of the respondents appears in italics under the grey boxes
- A chart with GPHS 2021 and 2017 results appears next with a comparison to the 2018 VPHS results (where available). 2017 VPHS results were sometimes used where no 2018 data was available
- The legend presents the year and base counts (n=) upon which the percentages in the charts are based

All data in this report was weighted by planning area, gender, and age. This provides an accurate representation of results at an overall level.

Results in this report are accurate to $\pm 2.5\%$ at the 95% confidence level.

1. At a glance – Interrelated results

1.1 SELF-RATED HEALTH

Geelong residents with a health care card were more likely to rate their health as 'fair to poor' (32%) compared to those without a health care card (10%). Single person households (30%) and one parent households with a child aged over 15 living at home (27%) are also more likely to report 'fair to poor' levels of health – The GPHS average was 18%, 'fair to poor'.

Geelong residents who had completed a bachelor's degree (63%), graduate diploma (66%), postgraduate (59%) or masters/PhD (68%), reported higher than average 'very good to excellent' ratings – the GPHS average was 54%.

A 'couple family – youngest child under 15 living in the household' also reported higher levels of 'very good to excellent' levels of health (63%).

1.2 PHYSICAL ACTIVITY

Geelong residents with a health care card were less likely to meet physical activity guidelines 54% compared to non-Health card holders (75%) – and were more likely to be classed as sedentary (30% and 16% respectively).

One person households were less likely to meet physical activity guidelines (15%) and were also more likely to be classed as sedentary (31%).

1.3 BODY MASS INDEX (BMI)

Couple family – youngest child under 15 living in the household were more likely to be overweight (38%) compared to the overall GPHS average (35%).

One parent family – youngest child over 15 living in the household were more likely to be obese (46%).

1.4 FRUIT & VEGETABLE CONSUMPTION

46% of Geelong residents met recommended daily fruit intake. One parent family – youngest child over 15 living in the household (40%) falling below the GPHS average.

Only 15% of Geelong residents met recommended daily vegetable intake. Families in general had the lowest daily intake regardless of the age of the youngest child living at home - one parent families (11%); coupled families (9%).

The main reason given for not meeting the recommended daily intake of fruit or vegetables was "Lack of time (e.g. busy, work, childcare responsibilities)".

1.5 SUGARY DRINKS

Geelong residents who have achieved a certificate level of education or lower are more likely to consume sugary drinks on a daily basis (27%) compared to the GPHS average (22%).

One parent family – youngest child under 15 living in the household (31%) and One parent family – youngest child over 15 living in the household (25%) also consume sugary drinks daily above the GPHS average.

1.6 LIFETIME RISK OF ALCOHOL RELATED HARM

Geelong residents who held a health care card were more likely to be abstainers (26%) than the GPHS average (17%) and lower rates of increased lifetime risk of alcohol harm (28%) compared to the GPHS average (37%).

Increased risk of lifetime alcohol harm rose as the number of people within the household increased. This is particularly the case with one parent families who are at increased lifetime risk from the GPHS average by 21 points to 59%.

1.7 PSYCHOLOGICAL DISTRESS

Geelong residents with a health care card were more likely to report 'high to very high' stress levels (26%) compared to the GPHS average (20%).

Those who have achieved a certificate level of education or lower are more likely to report 'high to very high' stress levels (24%) compared to the GPHS average (20%).

One parent families also reported high to very high' stress levels (47%) compared to the GPHS average (20%).

39% of Couple family - youngest child under 15 living in the household reported their mental health was worse after 2020 COVID-19 restrictions/lockdowns were lifted than it was before restrictions. 65% of one parent family – youngest child under 15 living in the household reported the same.

1.8 FINANCIAL STRESS AND FOOD SECURITY

76% of healthcare card holders could raise \$2,000 in 2 days in the event of an emergency compared to the GPHS average of 85%. One parent families were least likely to be able to the same with only 58% saying they could raise the money of needed.

Before COVID-19 restrictions 17% of healthcare card holders had 'sometimes' (11%) or 'yes definitely' (6%) had to rely on low-cost unhealthy food because they were running out of money – GPHS average ('sometimes', 6% or 'yes definitely', 3%).

- During restrictions, this cohort reported 15% - 'sometimes', 7% or 'yes definitely', 8%.
- After restrictions were lifted this cohort reported 13% - 'sometimes', 8% or 'yes definitely', 5%.

One parent families also reported that before COVID-19 restrictions 31% had 'sometimes' (10%) or 'yes definitely' (22%) had to rely on low-cost unhealthy food because they were running out of money – GPHS average ('sometimes', 6% or 'yes definitely', 3%)

- During restrictions, this cohort reported 34% - 'sometimes', 9% or 'yes definitely', 25%.
- After restrictions were lifted this cohort reported 30% - 'sometimes', 11% or 'yes definitely', 19%.

1.9 SMOKING

Health care card holders were more likely to smoke or vape daily (15%) than the GPHS average (11%). This cohort was least likely to vape (10%) than smoke (90%) compared to the GPHS average (13% and 87% respectively).

One parent families were also more likely to smoke or vape daily (25%). This cohort is also more likely to vape than other groups (28%).

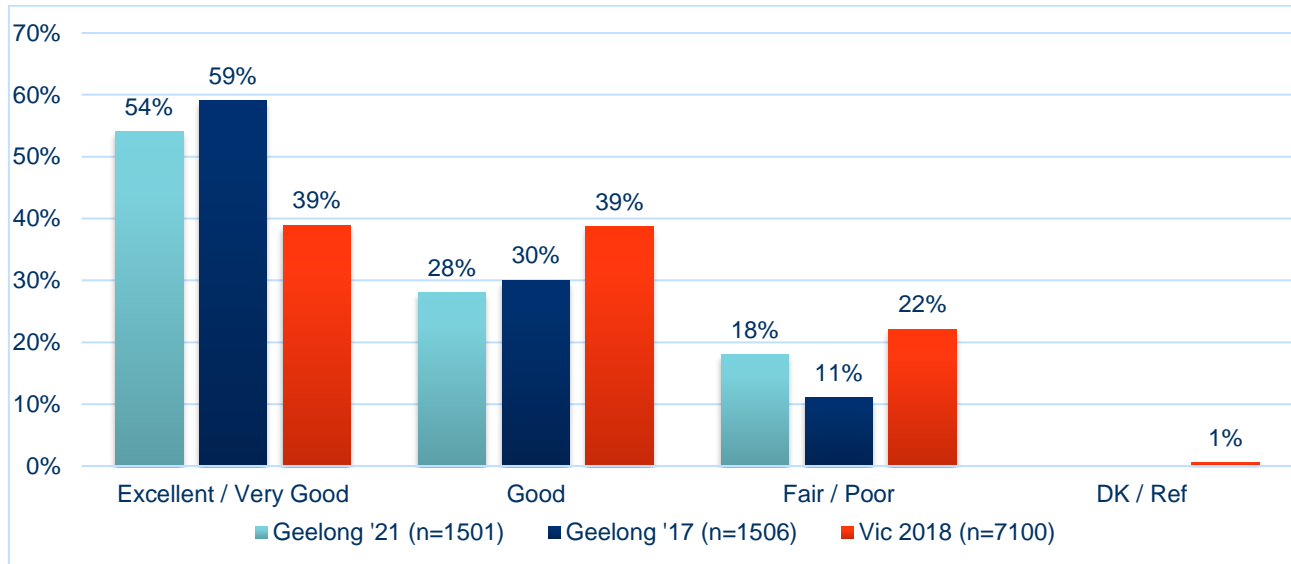
2. General health and wellbeing

2.1 SELF-REPORTED HEALTH

+ 54%

• self reported excellent or very good health; a 5 point decrease from 2017 GPHS

In general, would you say your health is...?

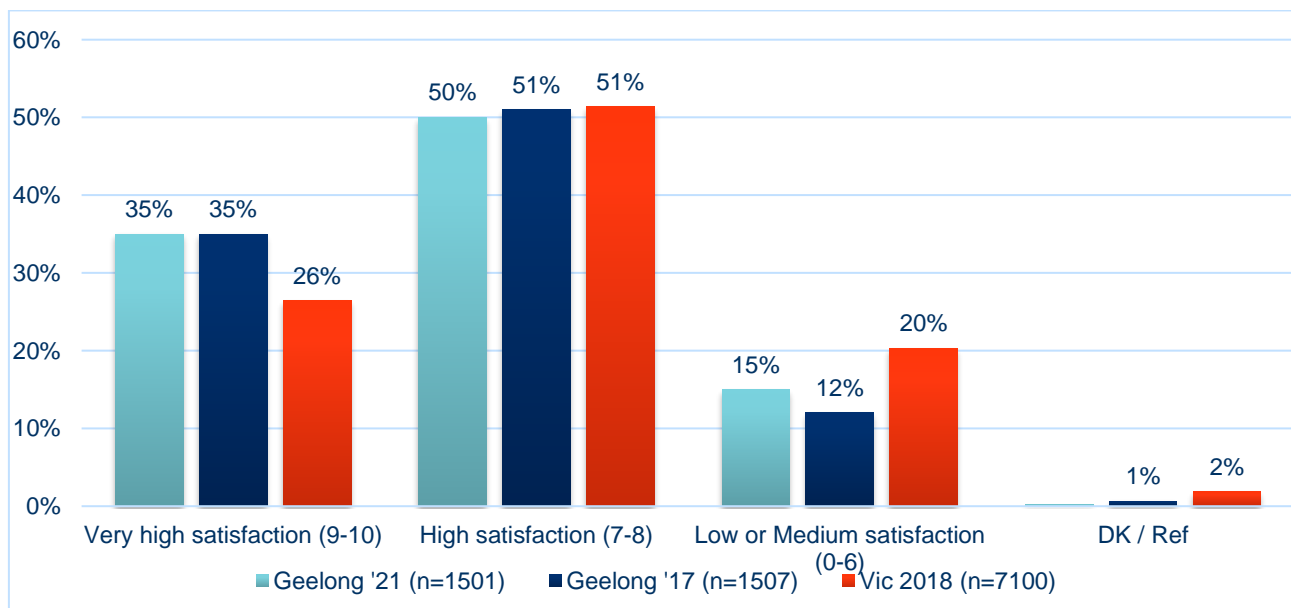


2.2 LIFE SATISFACTION - PERSONAL WELLBEING INDEX (PWI)

35%

• rated their life satisfaction as very high satisfaction (score 9 or 10); the same as 2017 GPHS

In general, how satisfied are you with your life OVERALL, on a scale from 0 to 10 where 0 is not at all satisfied and 10 is completely satisfied?



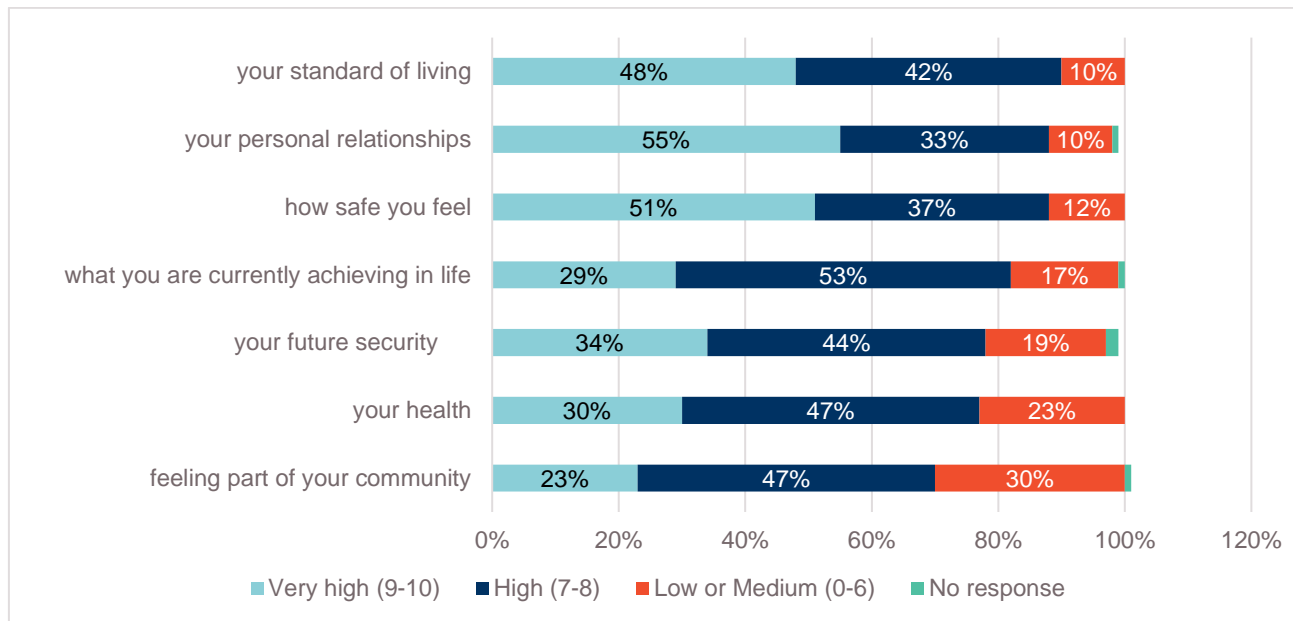
2.3 PERSONAL WELLBEING INDEX (PWI) DOMAINS

NEW

90%

- were very highly satisfied (48%) or highly satisfied (42%) with their standard of living

Turning now to various areas of your life, how satisfied are you with ...? (on a scale from 0 to 10 where 0 is not at all satisfied and 10 is completely satisfied)



70%

- were very highly satisfied (23%) or highly satisfied (47%) with feeling part of their community. 30% had low to medium satisfaction on this measure

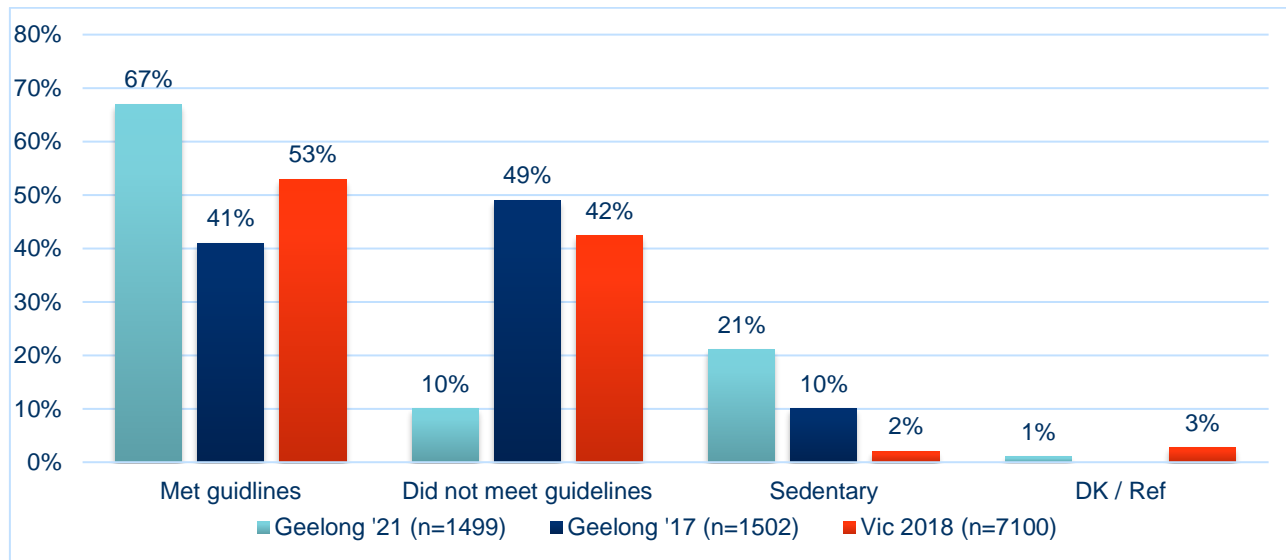
3. Physical activity

3.1 PHYSICAL ACTIVITY

+ 67%

• undertook adequate physical activity to meet national guidelines; a 26 point increase from 2017 GPHS

Physical activity (indicator)



+ 21%

• were categorised as sedentary, that is, reporting no physical activity; an 11 point increase from 2017 GPHS

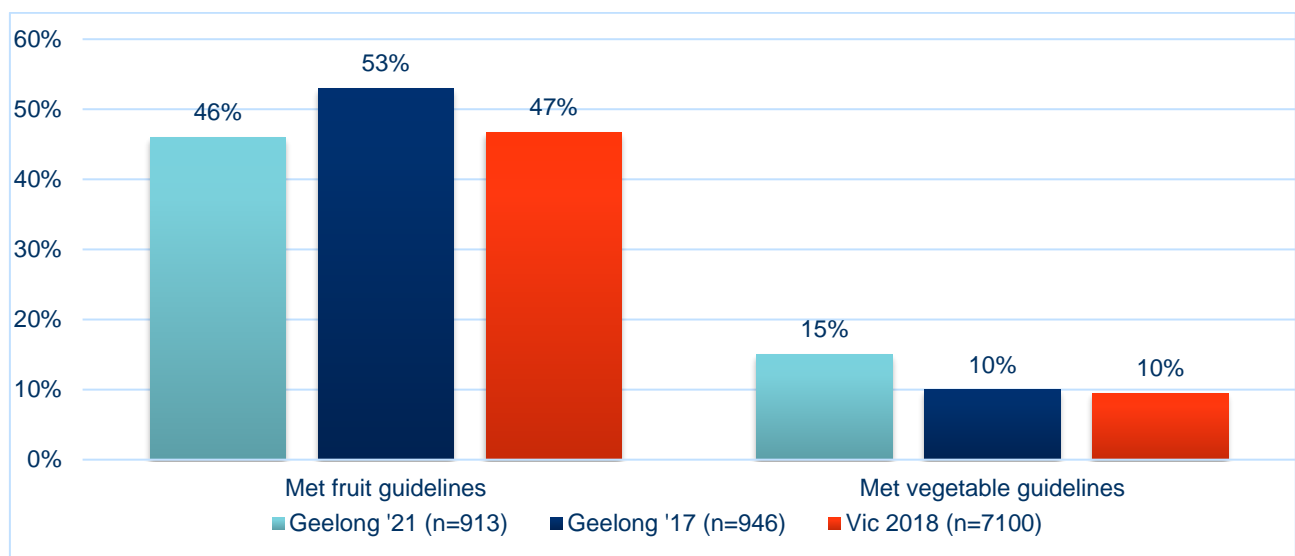
4. Healthy eating

4.1 FRUIT AND VEGETABLE CONSUMPTION

- 46% • met the recommended minimum daily intake for fruit; a 7 point decrease from 2017 GPHS

+ 15% • met the recommended minimum daily intake for vegetables; a five point increase from 2017 GPHS

Fruit & vegetable consumption (indicator)

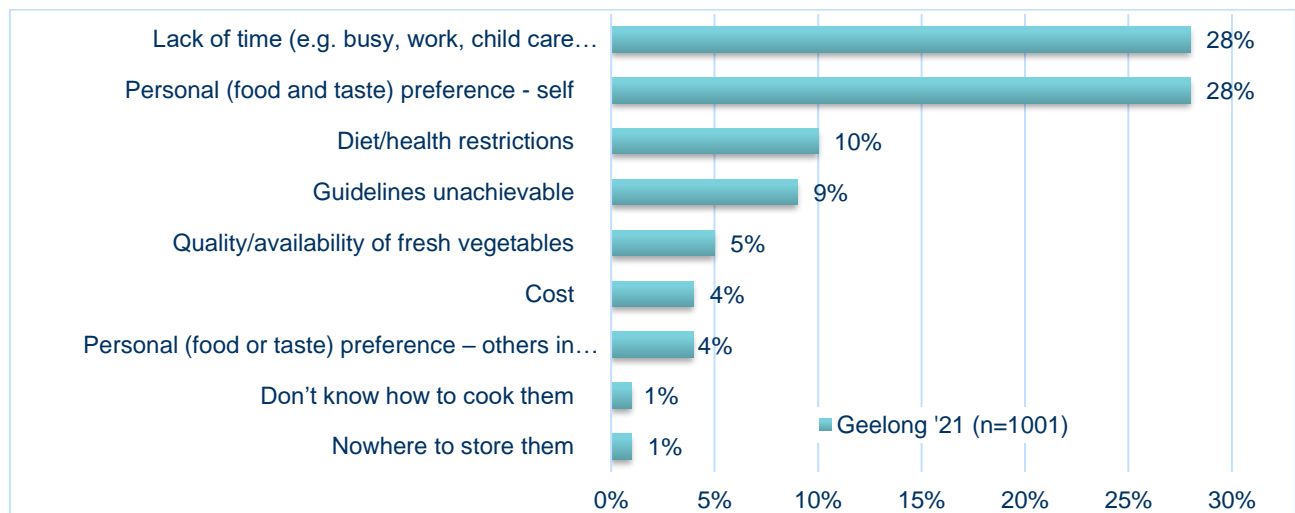


4.2 REASONS WHY VEGETABLE AND FRUIT CONSUMPTION ARE BELOW RECOMMENDED LEVELS

NEW

28% • reported that they did not have time to consume the recommended daily amount of fruit and vegetables. 28% also said it was a personal food or taste preference

Health experts say that you should eat at least 5 serves of vegetables and 2 serves of fruit per day. If you don't do this, what is the main reason why not?

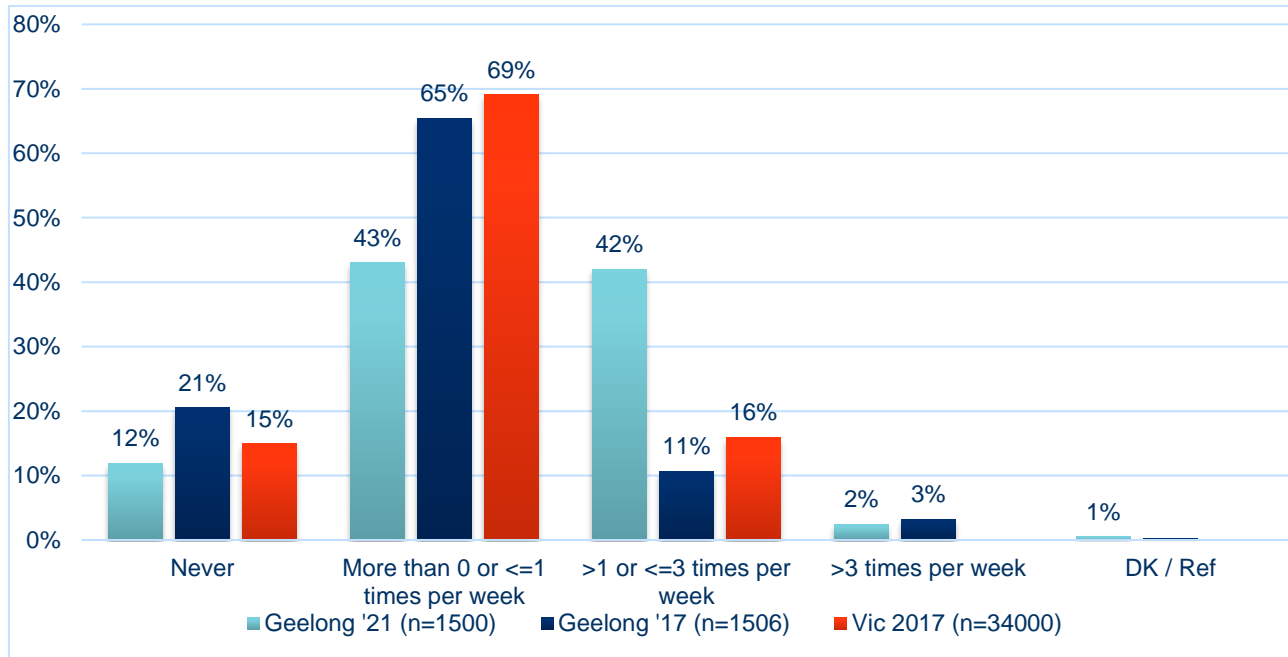


4.3 TAKE AWAY MEALS

+ 2%

- consumed take-away meals or snacks more than three times each week; a 1 point decrease from 2017 GPHS

How often do you have meals or snacks such as burgers, pizza, chicken, or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, or local take-away places?

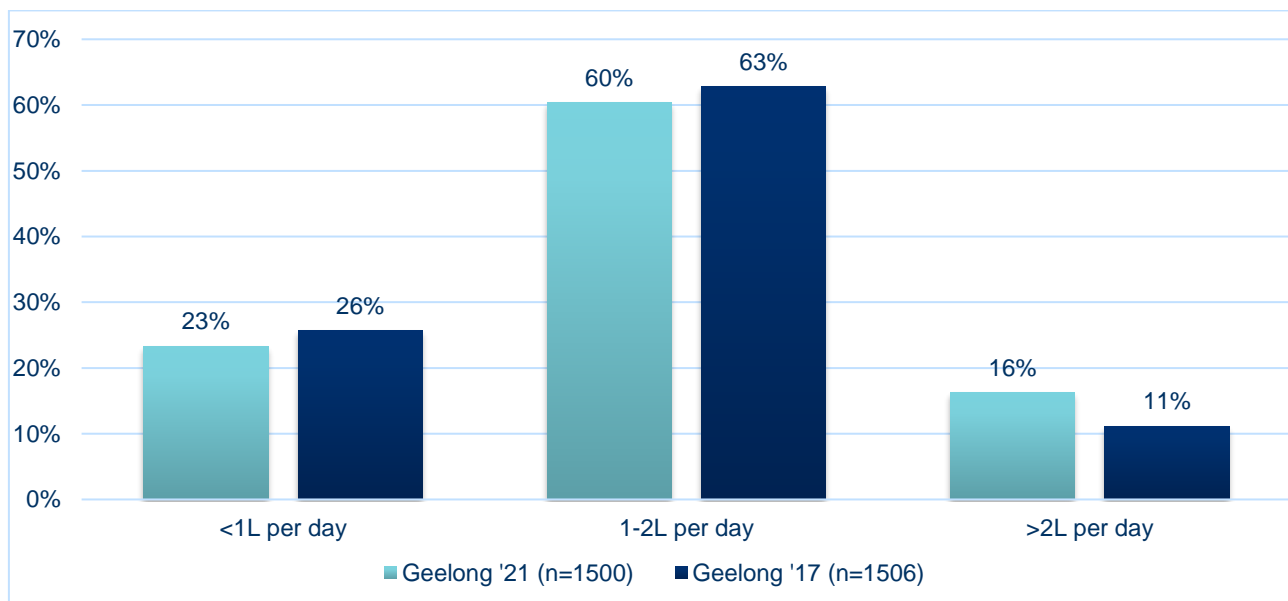


4.4 WATER CONSUMPTION

- 23%

- drank less than 1 litre of water per day; a 3 point decrease from 2017 GPHS: Note no current Vic data was available for comparison

How much water do you usually drink on an average day?

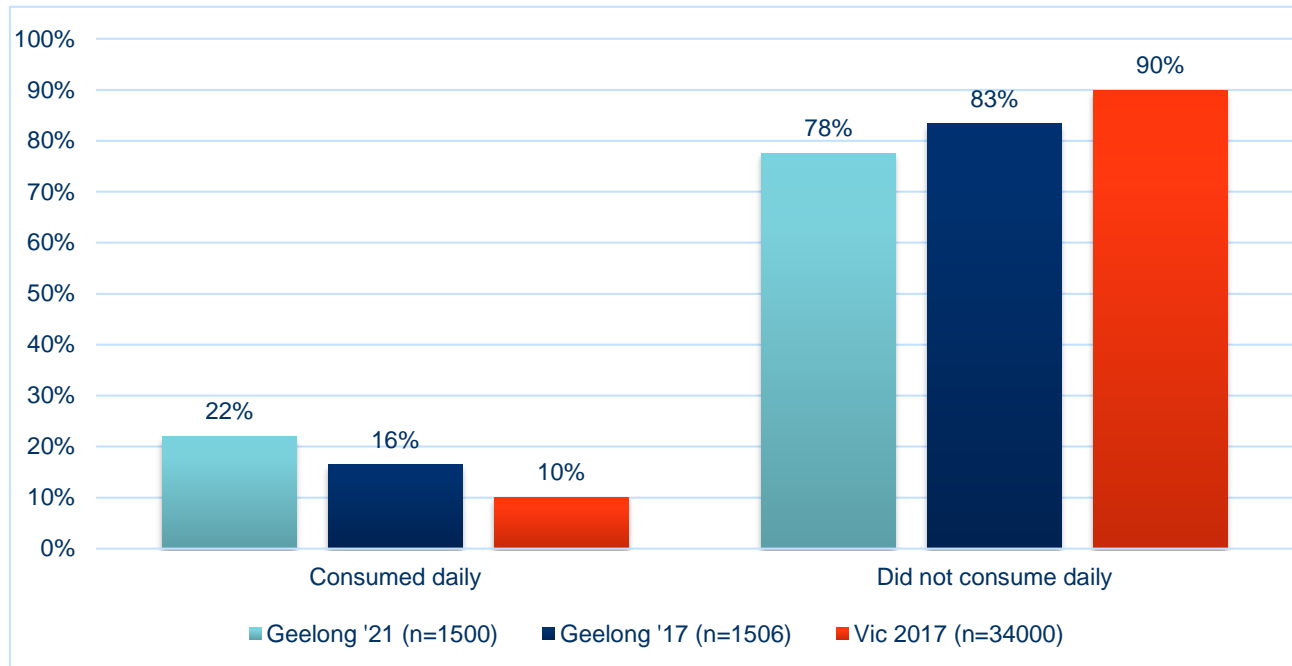


4.5 SUGARY DRINKS

+ 22%

- consumed sugar-sweetened drinks every day; a 6 point increase from 2017 GPHS

How often do you consume cordial, soft drinks, flavoured mineral water, energy, or sports drinks, would it be...?



5. Body Mass Index

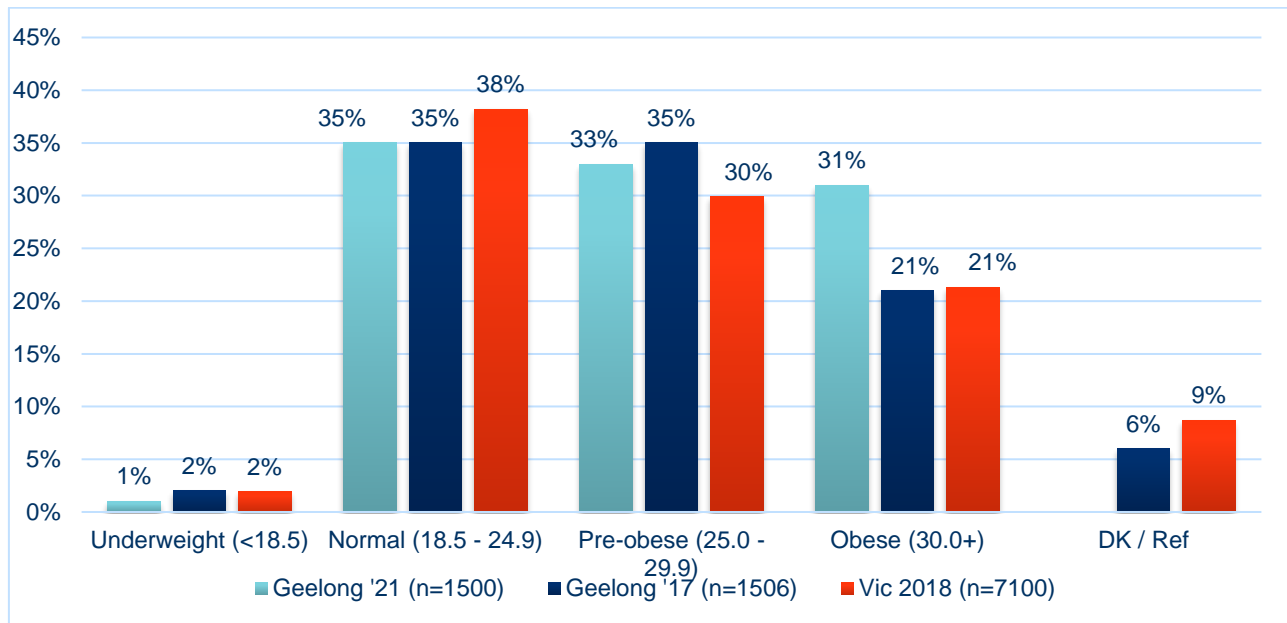
- 33%

• were categorised as pre-obese according to their BMI; a 2 point decrease from 2017 GPHS

+ 31%

• were categorised as obese according to their BMI; a 10 point increase from 2017 GPHS (this is likely due to no refusals in 2021)

BMI indicators

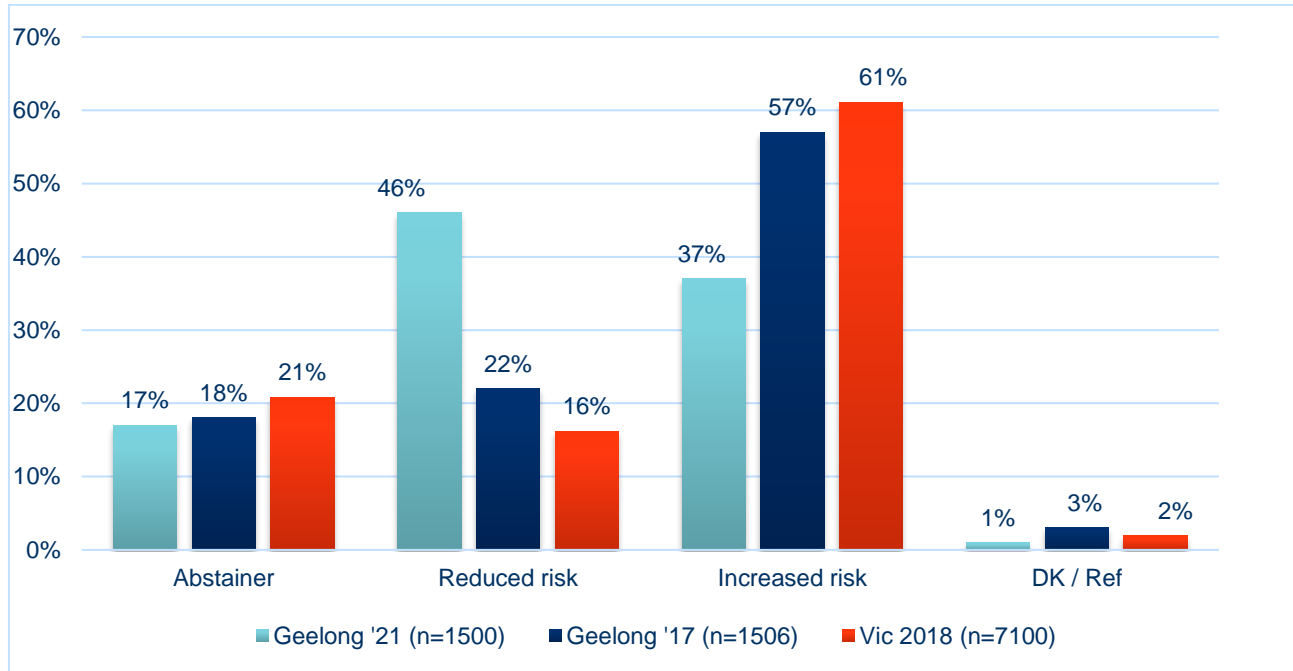


6. Alcohol consumption

6.1 LIFETIME RISK OF ALCOHOL-RELATED HARM

- 37% • were at increased lifetime risk of alcohol related harm; a 20 point decrease from 2017 GPHS

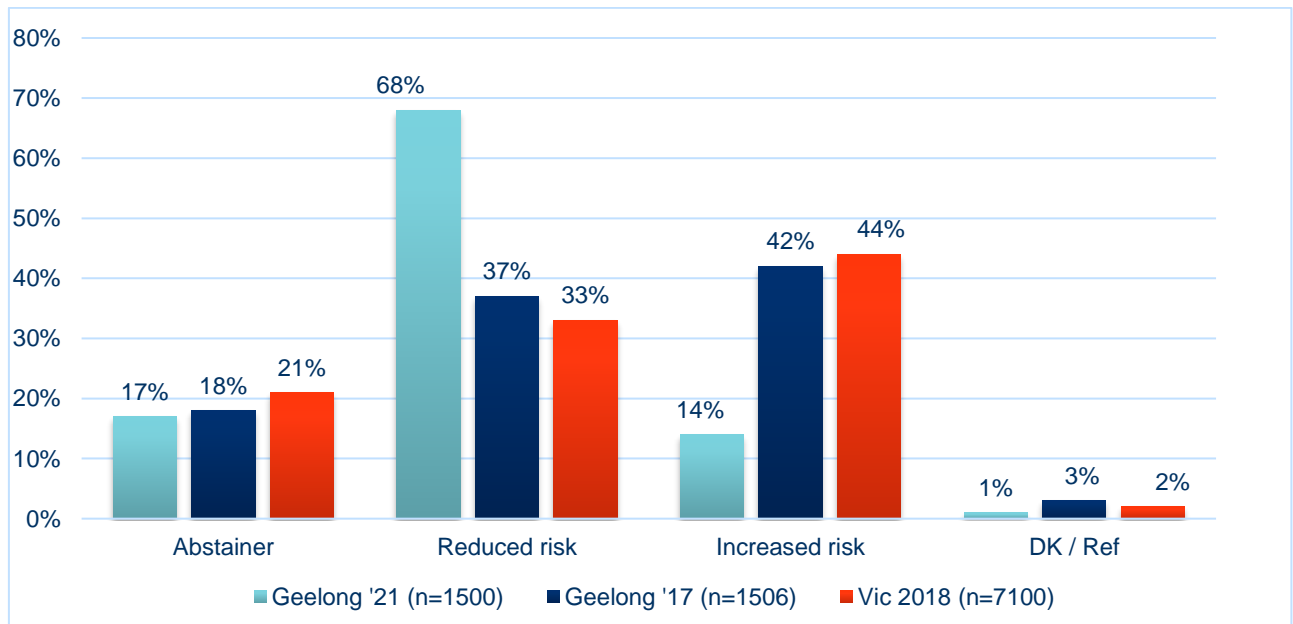
Lifetime risk of alcohol related harm (indicator - broad)



6.1.1 Alcohol related injury on a single occasion

- 14% • were at increased risk of alcohol related injury on a single occasion; a 28 point decrease from 2017 GPHS

Risk of alcohol related injury on a single occasion (indicator - broad)

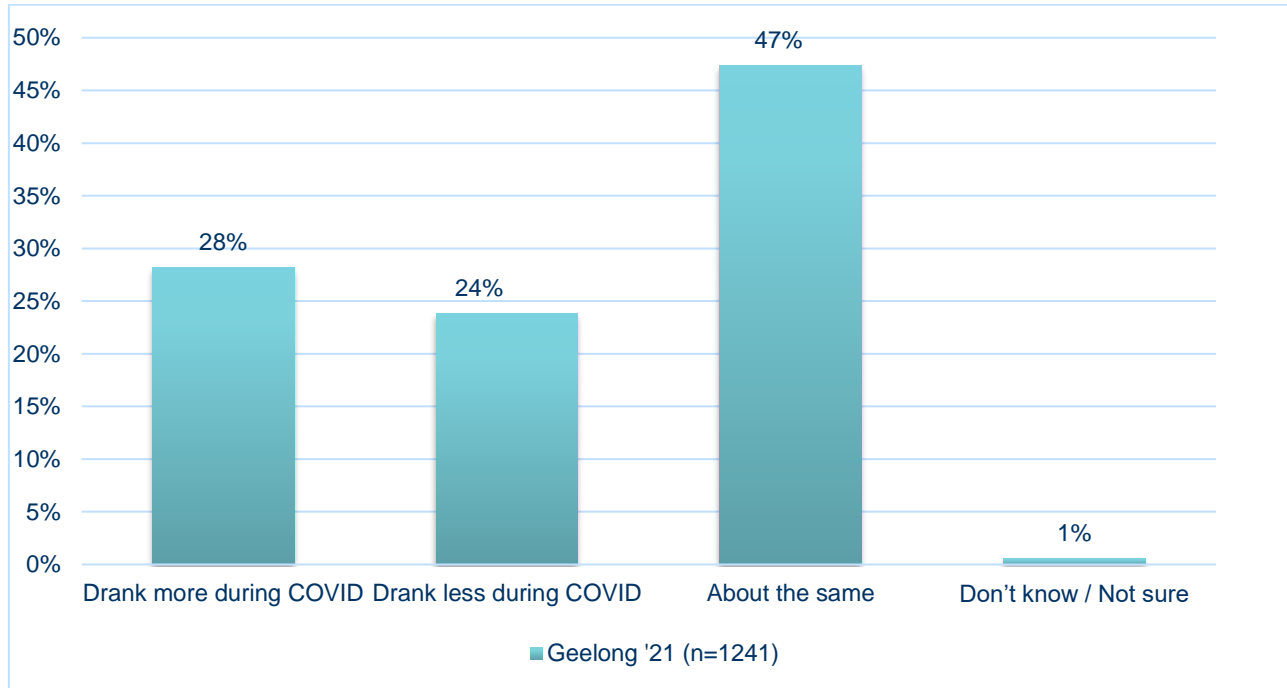


NEW

28%

- Drank more alcohol during COVID restrictions compared to now (post 2020 restrictions)

Did you drink more, less or about the same amount of alcohol during COVID restrictions compared to now?



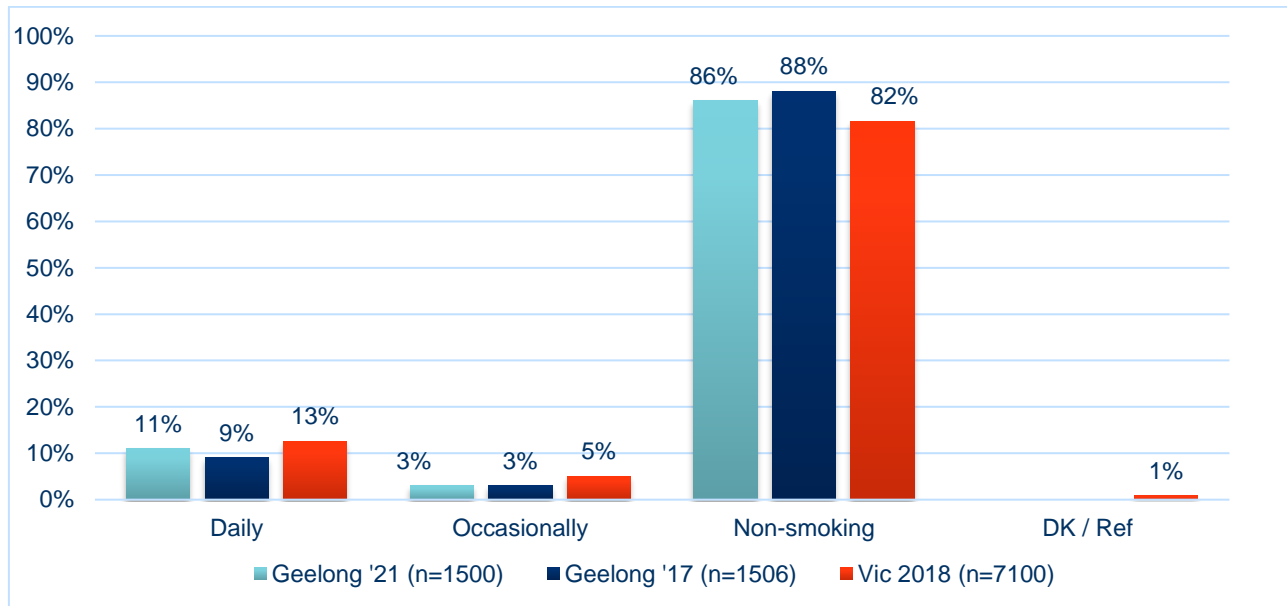
7. Smoking

7.1 SMOKING FREQUENCY

+ 11%

- were daily smokers; a 2 point increase from 2017 GPHS

Which of the following best describes your smoking status?



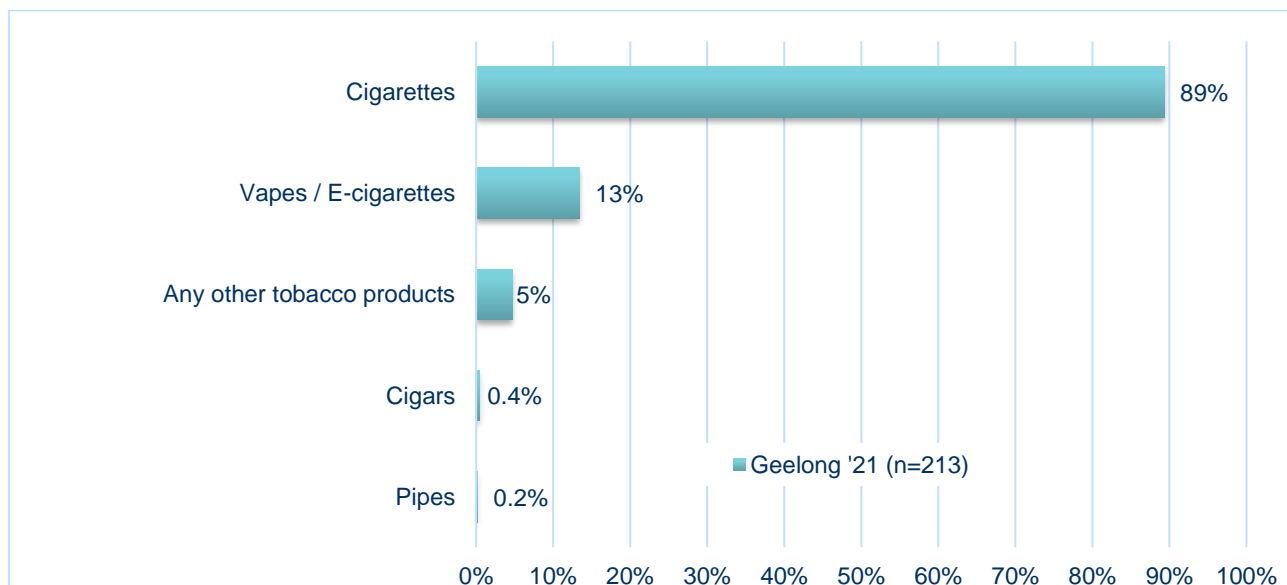
7.2 PRODUCTS SMOKED

NEW

89%

- of daily and occasional smokers smokes cigarettes
- 13% of daily and occasional smokers smoked E-cigarettes

What product best describes your method of smoking?



7.3 NICOTINE USE IN SMOKING/VAPING

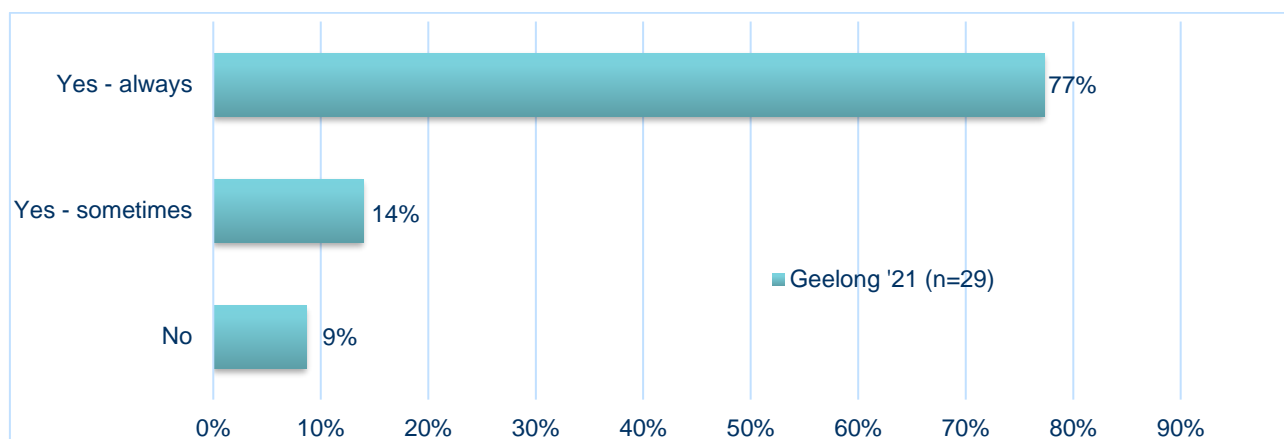
NEW

91%*

• of vapers use nicotine always (77%) or sometimes (14%)

*caution, very small sample size

Do you use nicotine in your Vapes / e-cigarettes?

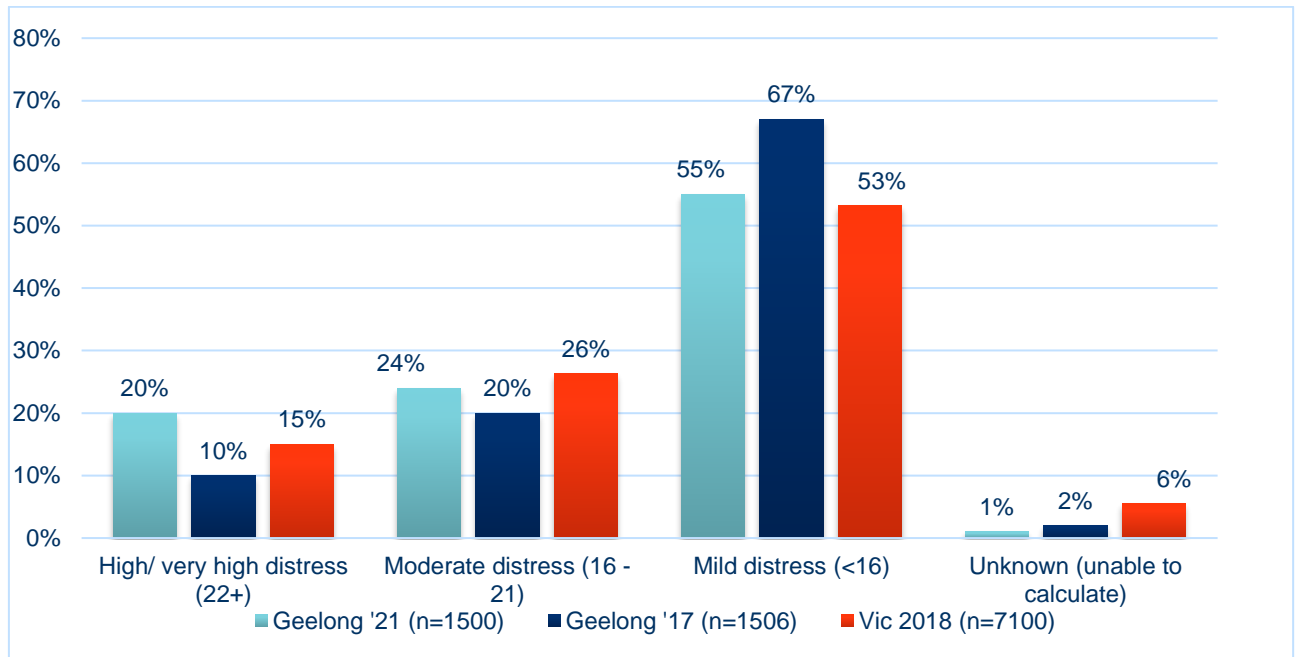


8. Mental health

8.1 KESSLER PSYCHOLOGICAL DISTRESS SCORE

+ 20% • reported high/very high psychological distress levels via the Kessler 10 scale; a 10 point increase from 2017 GPHS

Kessler (10) psychological distress score (categories)

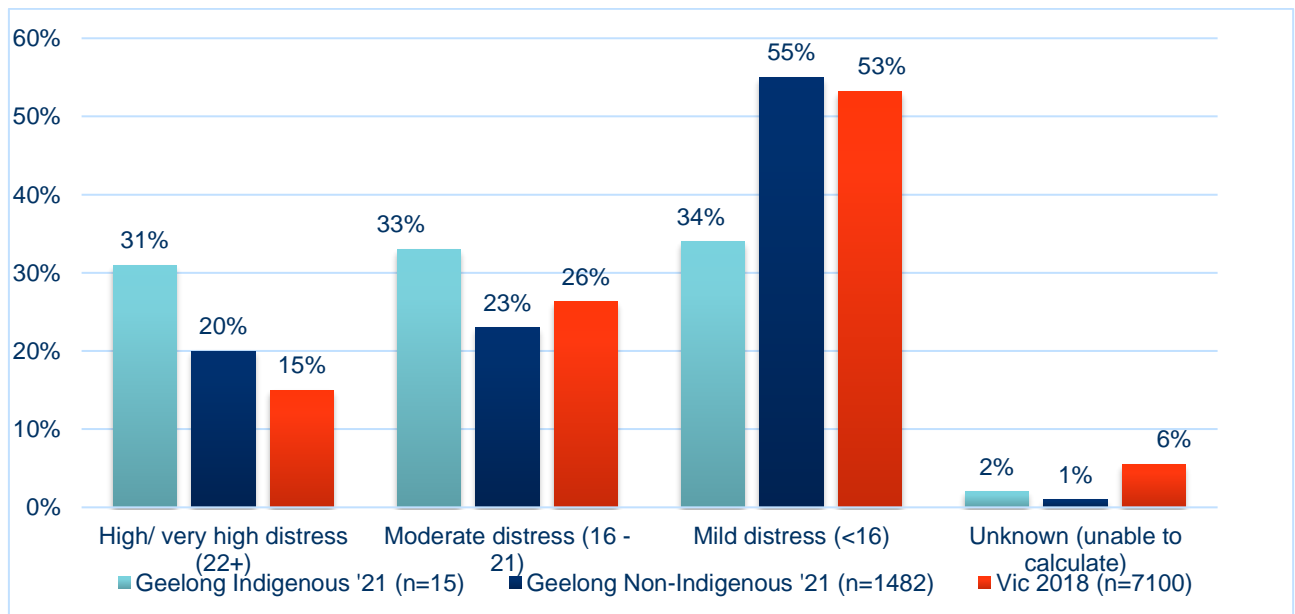


8.1.1 Kessler 5 scale for Indigenous Australians

NEW

+ *31% • of indigenous Australians living in Geelong reported high/very high psychological distress levels via the Kessler 5 (Indigenous) scale; 16 points greater than the non-indigenous population.
*Caution, very small indigenous sample (n=15)

Kessler (5) psychological distress score (categories)



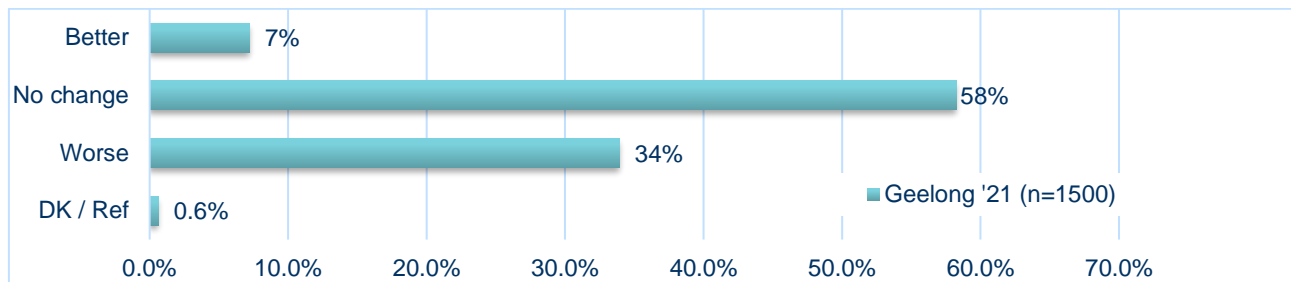
8.2 MENTAL HEALTH DURING COVID-19 RESTRICTIONS (IN 2020)

NEW

34%

- reported covid-19 restrictions/lockdowns made their mental health worse than it was before restrictions/lockdowns

Did COVID-19 restrictions/lockdowns in 2020 make your mental health worse, the same, or better?



58%

- reported that their mental health stayed about the same as it was before COVID-19 restrictions/lockdowns in 2020

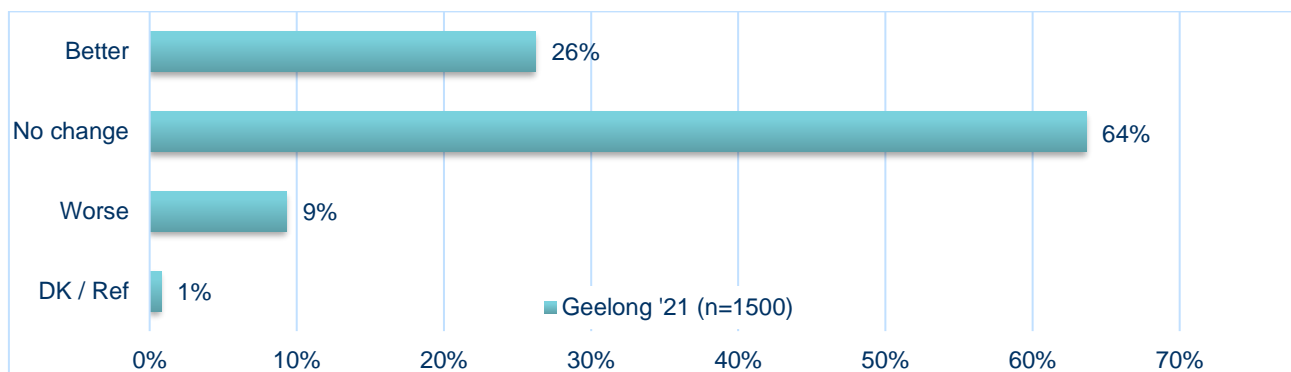
8.3 MENTAL HEALTH AFTER COVID-19 RESTRICTIONS WERE LIFTED (IN 2020)

NEW

9%

- reported their mental health was worse after restrictions were lifted than it was before restrictions

Once the 2020 restrictions were over, was your mental health worse, the same, or better than before the 2020 restrictions?



64%

- reported their no change to their mental health after restrictions were lifted compared to what it was before restrictions

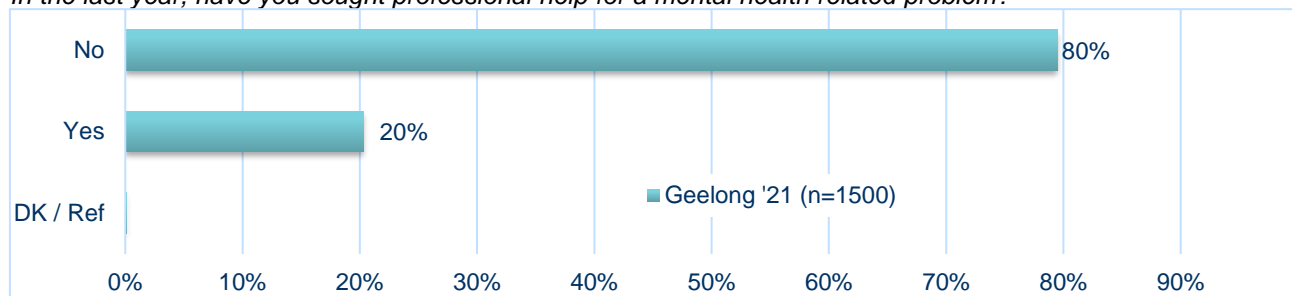
8.4 WHETHER PROFESSIONAL HELP WAS SOUGHT FOR MENTAL HEALTH RELATED ISSUE

NEW

20%

- reported they sought professional help for a mental health issue in the past year

In the last year, have you sought professional help for a mental health related problem?



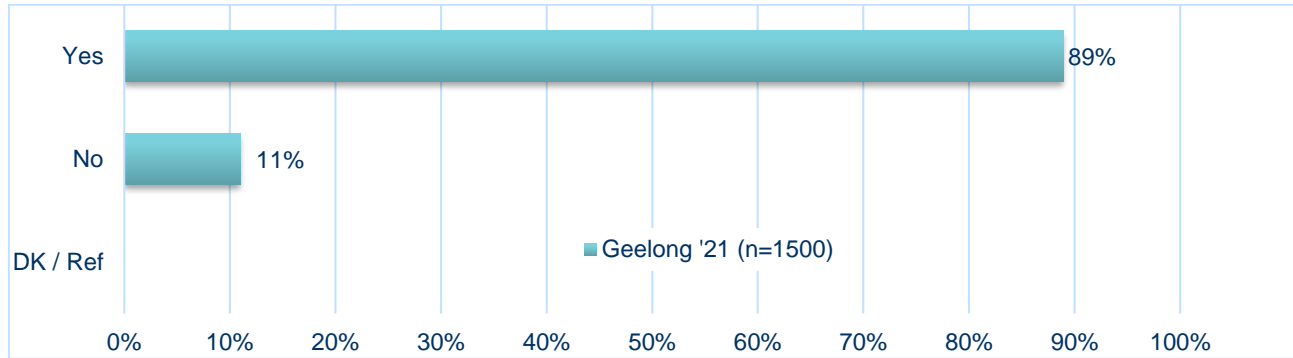
9. Connecting with others

NEW

89%

- could call on someone not living with them to care for them (or their dependants) in an emergency

Could you call on someone to care for you (or your dependants or children) in an emergency... someone that is not living with you?

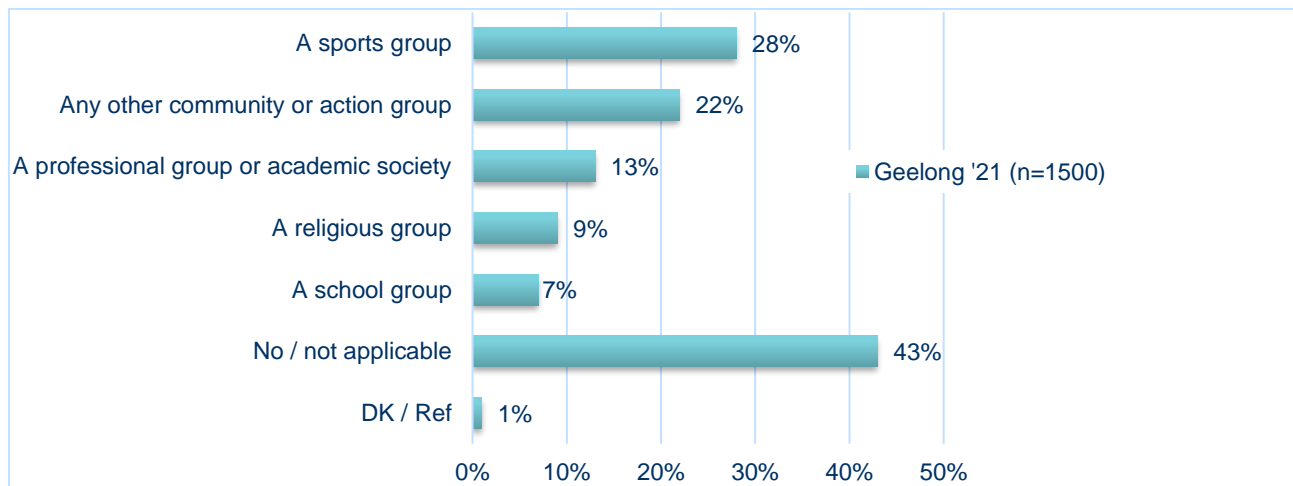


NEW

56%

- were members of a community group (e.g. sports, religious, school or other). Most (28%), were members of a sports group

Are you a member of...?



10. Family violence

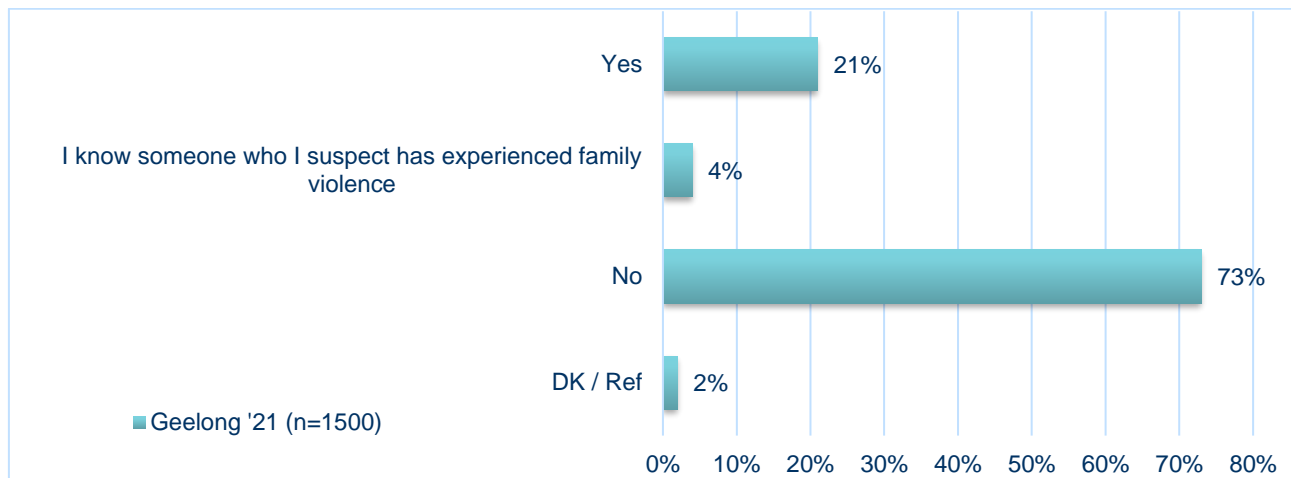
NEW

21%

- Has known someone (friends, neighbours, work colleagues), that have experienced family violence. An additional 4% know someone who they suspect has experienced family violence

Have you, or has anyone you've known (friends, neighbours, work colleagues), experienced family violence? You are not obligated to answer...

[Note no timeframe has been placed on this question but demonstrates the extent family violence has been experienced by people within the community.]



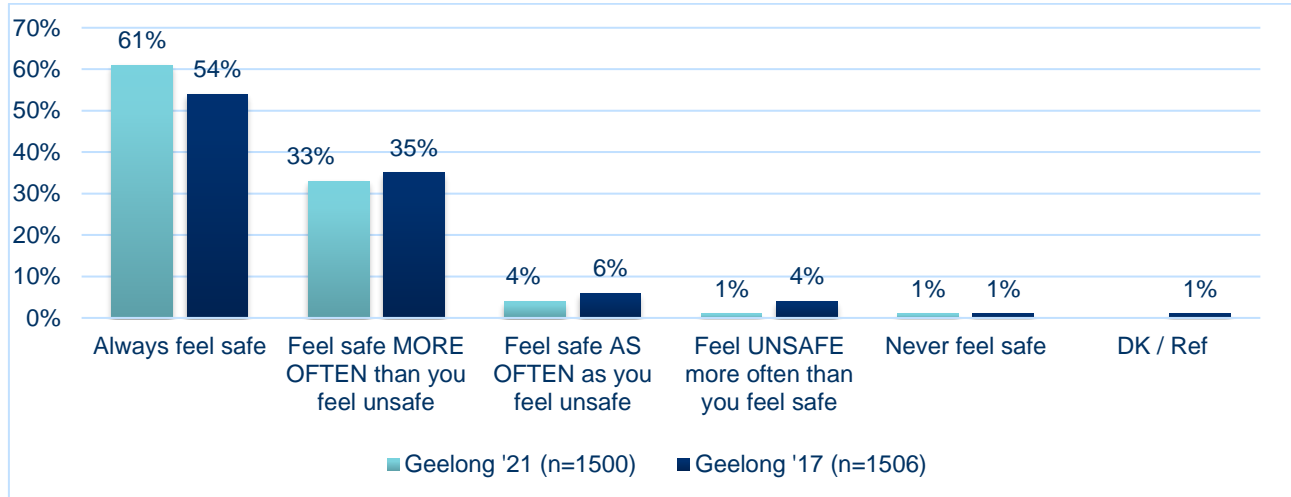
11. Community safety

11.1 PERSONAL SAFETY IN AREA OF RESIDENCE

61%

• reported that they always feel safe in the area they live in; a 7 point increase from 2017 GPHS

How safe do you feel personally in the area where you live? Would you say you...?



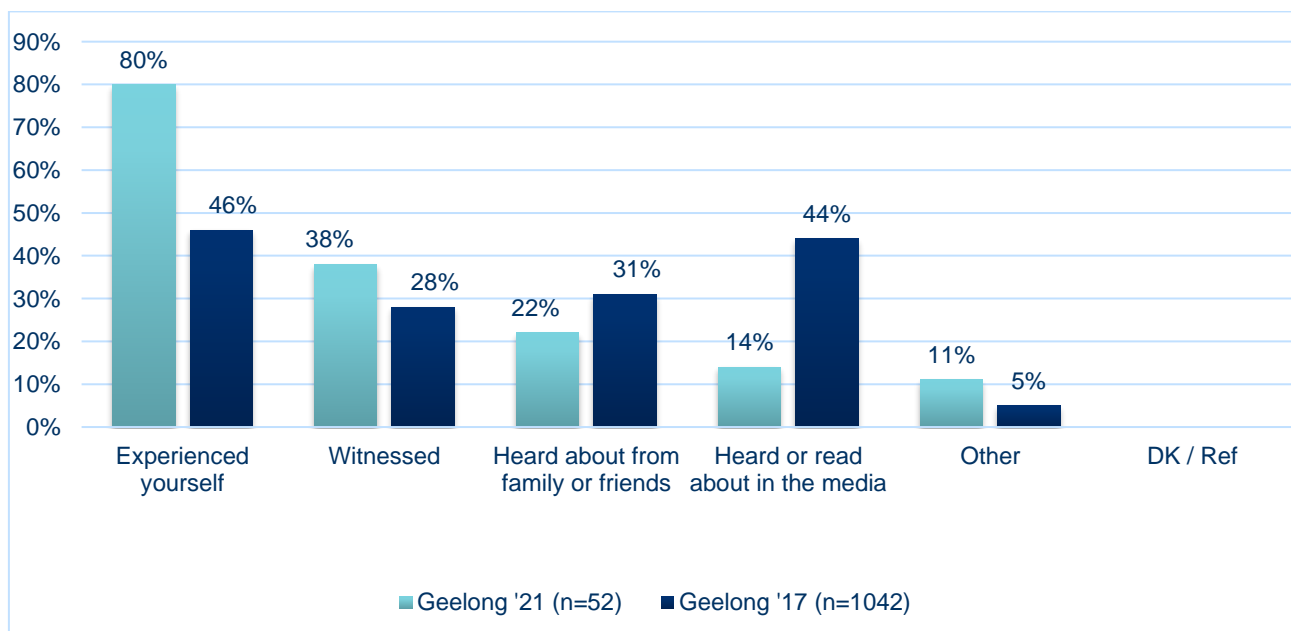
11.2 IF FELT UNSAFE, WHY?

*80%

• of those who felt unsafe (see note below), did so because of personal experience; a 34 point increase from 2017 GPHS (note however the basis of this measure changed in 2021. See note below)

Is this impression based on things you have...?

[*Note: in 2021 this question was only asked of those who indicated that they “Feel unsafe more often than they feel safe” or “Never feel safe”. In 2017 the question was asked of those who said they “feel unsafe more often than they feel safe” AND “feel safe as often as they feel unsafe”. This was not asked of those who indicated they “never feel safe.”]

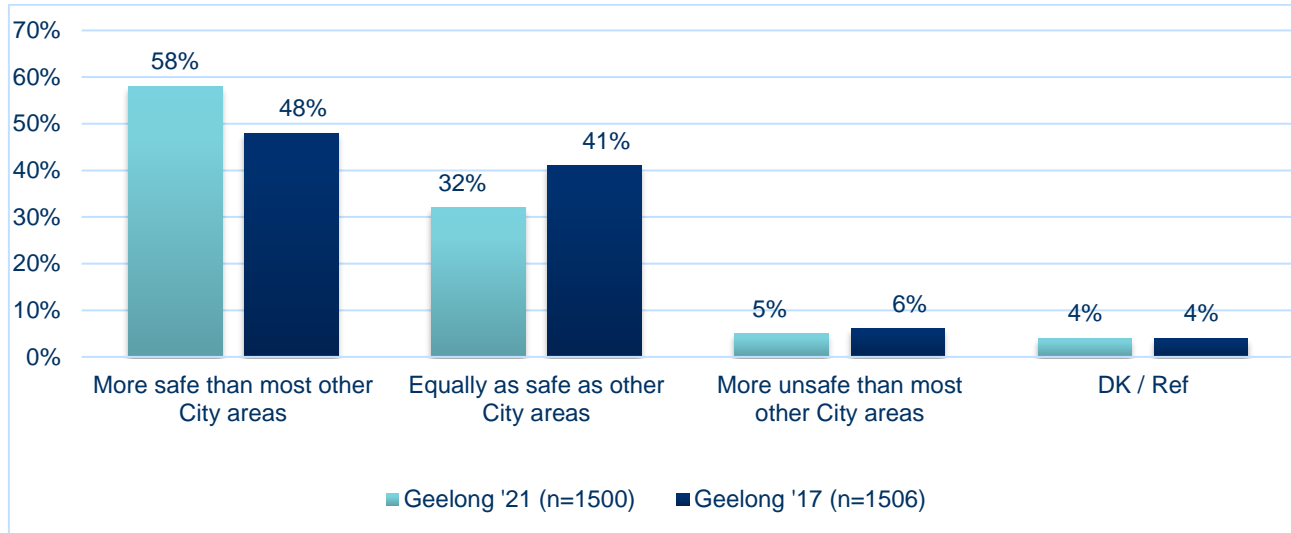


11.3 LEVEL OF SAFETY COMPARED WITH OTHER AREAS

58%

- reported that their own area where they live is more safe than most other City areas; a 10 point increase from 2017 GPHS

Compared to other areas of the municipality, would you say that this particular area is...?



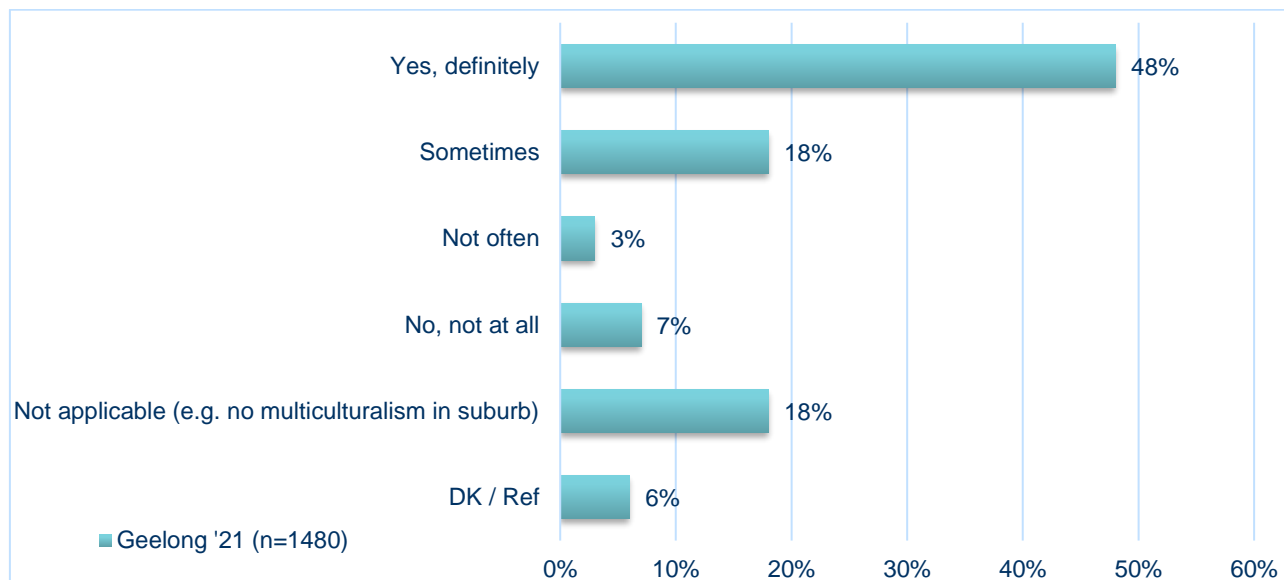
12. Multiculturalism

NEW

66%

- Believed that multiculturalism made their suburb better, definitely (48%) or sometimes (18%)

Do you think that multiculturalism makes life in your suburb better? Would you say...



13. Financial stress and food security

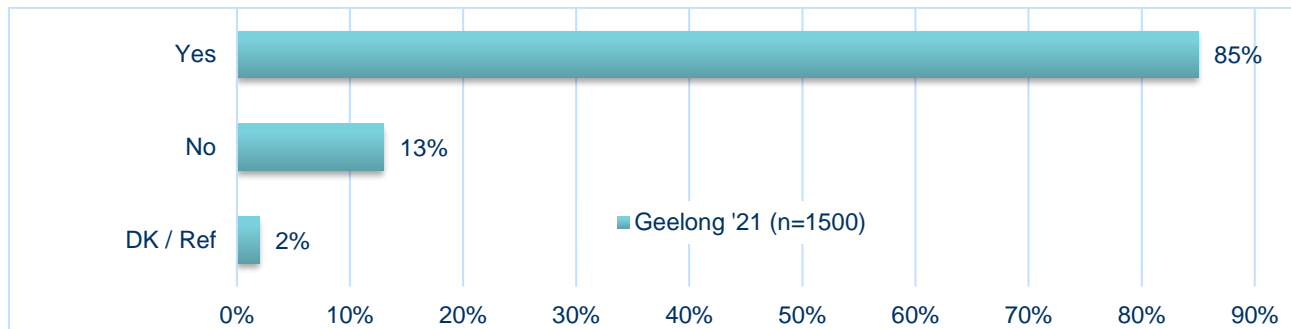
13.1 ACCESS TO MONEY IN AN EMERGENCY

NEW

85%

• could raise \$2,000 within 2 days in an emergency (own savings, borrow, credit cards)

If you needed to, could you raise \$2,000 within 2 days in an emergency? [Interviewer note: this includes accessing 'own' savings, borrowing money, or using a credit card / bank card.]



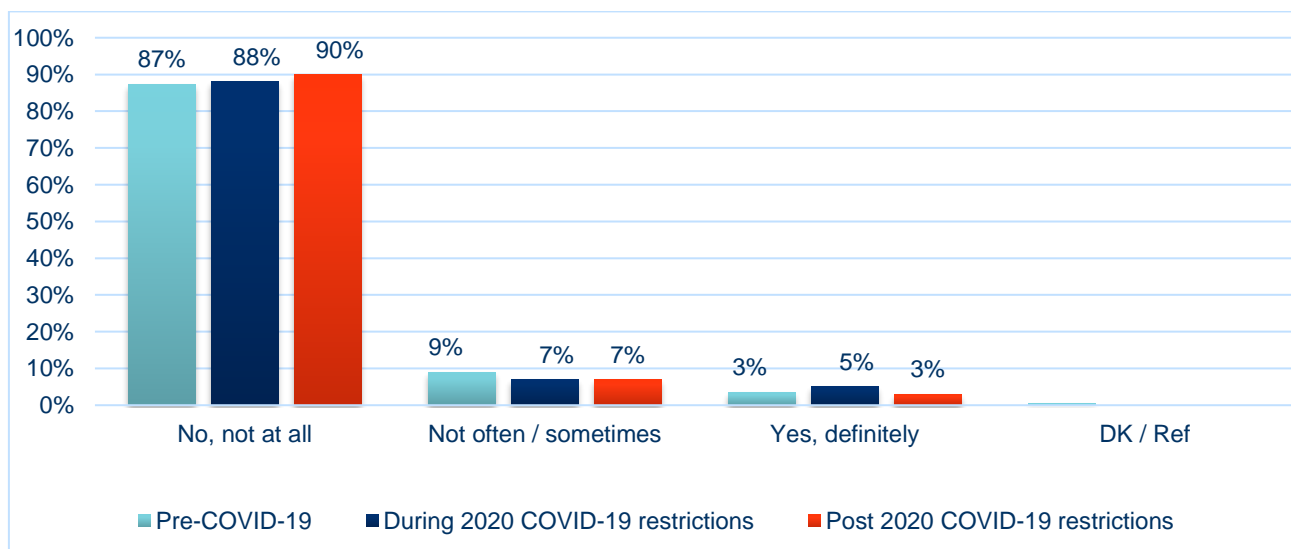
13.2 RELIANCE ON LOW-QUALITY LOW-COST FOOD DUE TO LIMITED FINANCES

NEW

12%

• had to rely on a restricted range of low-cost unhealthy food because they were running out of money to buy food **during** 2020 COVID-19 restrictions "Not often / sometimes" (7%) or "Yes, definitely" (5%)

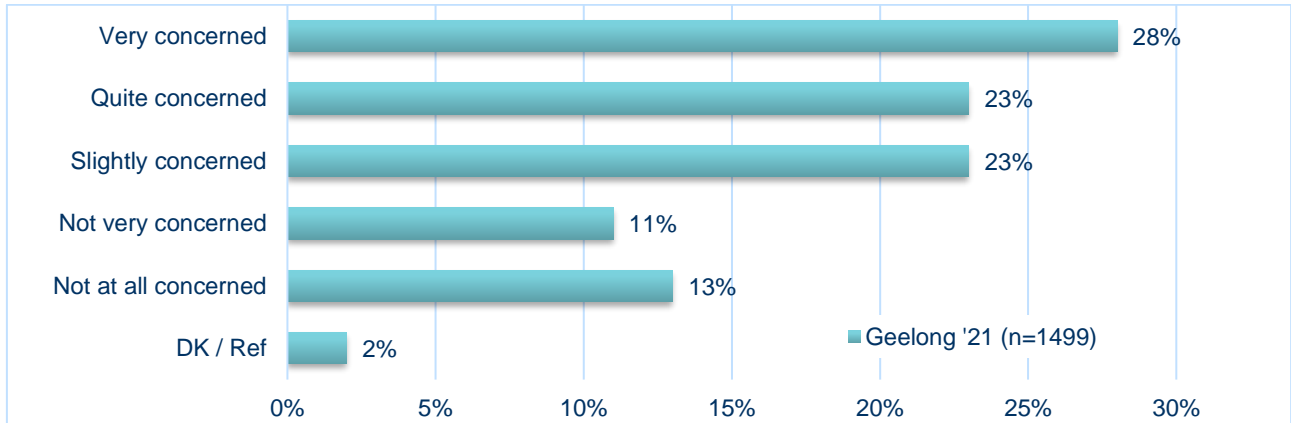
Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food...? [Pre-COVID-19; During 2020 COVID-19 restrictions; Post 2020 COVID-19 restrictions]



14. Climate change

14.1 LEVEL OF CONCERN ABOUT CLIMATE CHANGE

51% • were very concerned (28%) or quite concerned (23%) about climate change



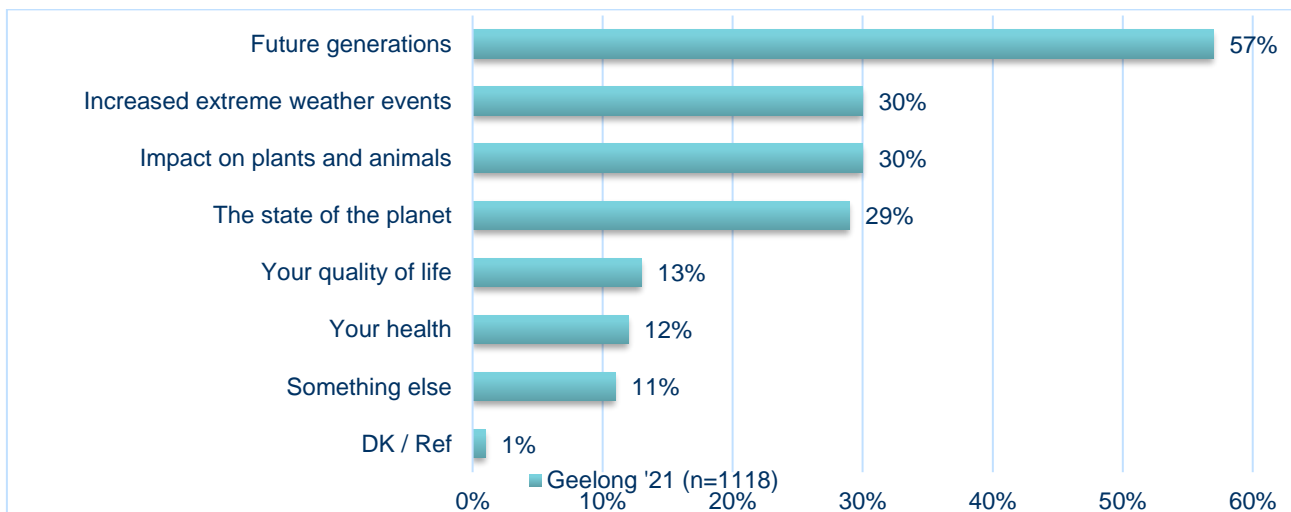
14.2 MAIN CONCERNS ABOUT THE POTENTIAL EFFECTS OF CLIMATE CHANGE

NEW

57% • were most concerned about "Future generations" in relation to the potential effects of climate change

What are you most concerned about in relation to the potential effects of climate change?

[Note: Those who indicated they were "Very concerned", "Quite concerned" or "Slightly concerned" with climate change were asked this question.]



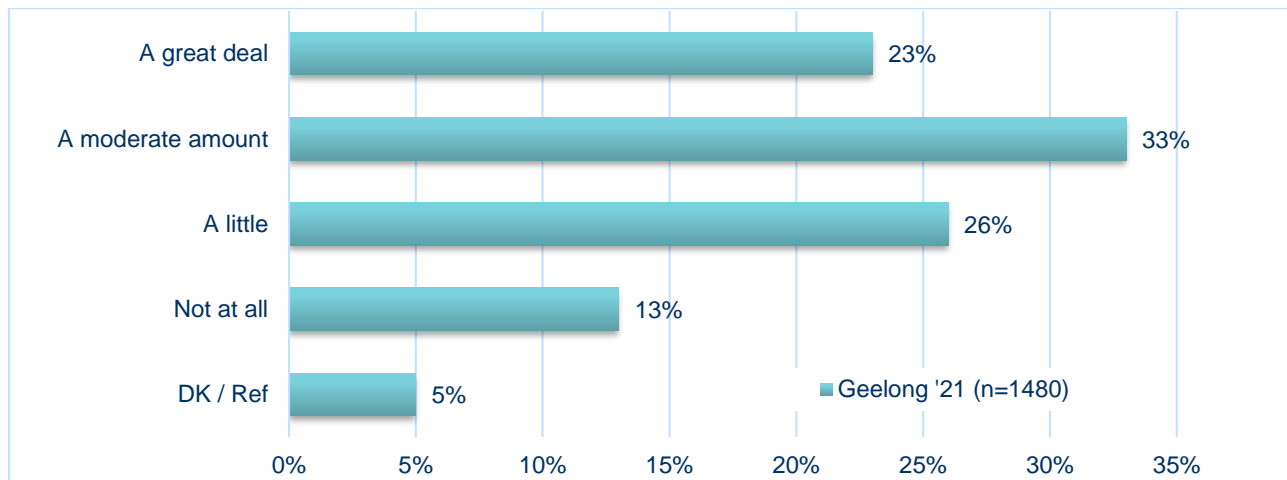
14.3 BELIEF IN THE LIKELIHOOD CLIMATE CHANGE WILL HARM THE HEALTH OF VICTORIANS OVER THE NEXT DECADE

NEW

56%

- Believe that over the next 10 years, climate change is likely to harm the health of Victorians, a great deal (23%) or a moderate amount (33%).

Thinking ahead, over the next 10 years, how much, if at all do you think climate change is likely to harm the health of Victorians?



15. Health indicators by gender

15.1 SELF-RATED HEALTH

In general, would you say your health is excellent, very good, good, fair or poor?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Excellent / very good	52%	38%	55%	39%
Good	30%	39%	27%	39%
Fair / Poor	17%	22%	19%	22%

How satisfied are you with your life as a whole out of 10	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Very High (9-10)	36%	25%	33%	28%
High (7-8)	50%	53%	50%	50%
Low to medium (0-6)	14%	21%	16%	20%

15.2 PHYSICAL ACTIVITY

Physical activity (indicator)	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Met guidelines	68%	55%	66%	51%
Did not meet guidelines	9%	42%	11%	43%
Sedentary	22%	1%	20%	2%

15.3 BODY MASS INDEX (BMI)

Body Mass Index (indicator)	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Underweight (<18.5)	1%	1%	2%	3%
Normal (18.5 - 24.9)	29%	35%	41%	41%
Pre-obese (25.0 - 29.9)	37%	37%	29%	24%
Obese (30.0+)	33%	22%	28%	20%

15.4 HEALTHY EATING

15.4.1 Fruit and vegetable consumption

Sufficient fruit and veg	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Met both fruit & veg guidelines	10%	1%	11%	6%
Met veg guidelines only	3%	3%	6%	9%
Met fruit guidelines only	36%	40%	36%	45%
Did not meet fruit or veg guidelines	51%	55%	46%	48%

Health experts say that you should eat at least 5 serves of vegetables and 2 serves of fruit per day. If you don't do this, what is the main reason why not?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Personal (food and taste) preference - self	29%		26%	
Personal (food or taste) preference – other household member	5%		4%	
Lack of time (e.g. busy, work, childcare responsibilities)	25%		30%	
Cost	5%		4%	
Diet/health restrictions	7%		12%	
Guidelines unachievable	9%		9%	
Quality/availability of fresh vegetables	7%		4%	
Nowhere to store them	1%		0%	
Don't know how to cook them	2%		0%	
Don't know	11%		10%	

15.4.2 Junk food

How often do you have meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster or local take-away places?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Never	9%		15%	
More than 0 or <=1 times per week	40%		46%	
>1 or <=3 times per week	48%		37%	
>3 times per week	3%		2%	
Don't know	1%		0%	

15.4.3 Water consumption

How much water do you usually drink on an average day?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
<1L per day	23%		23%	
1-2L per day	55%		66%	
>2L per day	22%		11%	

15.4.4 Sugary drinks

*How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks, would it be...?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Daily	28%		17%	
Several times per week	16%		14%	
About once a week	17%		16%	
About once a fortnight	5%		5%	
About once a month	6%		9%	
Less often than once a month	5%		6%	
Never	23%		34%	

15.5 LIFETIME RISK OF ALCOHOL RELATED HARM

Lifetime risk of alcohol related harm (indicator - broad)	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Abstainer	12%	16%	22%	25%
Reduced risk	41%	12%	50%	19%
Increased risk	47%	70%	27%	53%

15.5.1 Alcohol consumption during COVID-19 restrictions

Did you drink more, less or about the same amount of alcohol during COVID restrictions compared to now?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Drank more during COVID	29%		28%	
Drank less during COVID	23%		25%	
About the same	48%		46%	

15.6 PSYCHOLOGICAL DISTRESS

Kessler psychological distress score (categories)	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Low (10-15)	62%	55%	49%	51%
Moderate (16-21)	23%	26%	24%	27%
High (22-29)	11%	10%	17%	12%
Very High (30-50)	4%	4%	7%	5%
Unknown (unable to calculate)	1%		2%	

15.6.1 Stress during COVID-19 restrictions

Did COVID-19 restrictions/lockdowns in 2020 make your mental health worse, the same, or better...?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Worse	29%		39%	
No change	64%		53%	
Better	7%		7%	

15.6.2 Stress after COVID-19 restrictions

Once the 2020 restrictions were over, was your mental health worse, the same, or better than before the 2020 restrictions?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Worse	6%		13%	
No change	68%		59%	
Better	25%		28%	

15.6.3 Whether sought professional help

In the last year, have you sought professional help for a mental health related problem?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Yes	12%	15%	28%	22%
No	88%	75%	72%	78%

15.7 FINANCIAL STRESS AND FOOD SECURITY

If you needed to, could you raise \$2,000 within 2 days in an emergency?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Yes	85%		84%	
No	13%		13%	

Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food... [Before COVID-19]	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
No, not at all	88%		87%	
Not often	2%		3%	
Sometimes	5%		7%	
Yes, definitely	4%		3%	

Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food... [What about during COVID-19 restrictions]	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
No, not at all	89%		86%	
Not often	3%		3%	
Sometimes	4%		5%	
Yes, definitely	4%		5%	

Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food... [And what about now]	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
No, not at all	91%		89%	
Not often	2%		3%	
Sometimes	4%		5%	
Yes, definitely	3%		3%	

15.8 SMOKING

Which of the following best describes your smoking status?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
I smoke/vape daily	9%	15%	14%	10%
I smoke/vape occasionally	3%	6%	2%	4%
I don't smoke/vape now, but I used to	26%	28%	22%	21%
I've tried it a few times but never smoked regularly	14%	0%	10%	0%
I've never smoked	48%	51%	51%	64%

What product best describes your method of smoking?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Cigarettes	95%		86%	
Cigars	1%		0%	
Pipes	1%		0%	
Vapes / E-cigarettes	7%		18%	
Any other tobacco products	2%		7%	

Do you use nicotine in your Vapes / e-cigarettes?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Yes - always	59%		82%	
Yes - sometimes	31%		9%	
No	10%		8%	

15.9 COMMUNITY SAFETY

How safe do you feel personally in the area where you live? Would you say you...?	Greater Geelong Males	Victorian Males	Greater Geelong Females	Victorian Females
Always feel safe	67%		56%	
Feel safe more often than you feel unsafe	28%		37%	
Feel safe as often as you feel unsafe	3%		5%	
Feel unsafe more often than you feel safe	1%		2%	
Never feel safe	0%		1%	

16. Health indicators by age group

The following tables provide further details of results that appear in this report by age group.

Green highlighted cells indicate that the results for that planning area are 10% or more above the overall average.

Red highlighted cells indicate that the results for that planning area are 10% or more below the overall average.

Note that depending on the question green is not always a 'good result' and red is not always a 'bad result'. The colours merely indicate whether the results are above or below the overall average.

Note that the proportions reported in the following tables are column percentages and are based on the following base counts respectively:

Total Greater Geelong (n=1500)	15 to 17 (n=13)	18 to 24 (n=152)	25 to 34 (n=278)	35 to 44 (n=239)	45 to 54 (n=235)	55 to 64 (n=225)	65+ (n=358)
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16.1 SELF-RATED HEALTH

How satisfied are you with your life as a whole out of 10	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Very high (9-10)	35%	54%	39%	33%	34%	30%	36%	38%
High (7-8)	51%	46%	39%	56%	55%	59%	47%	45%
Low to medium (0-6)	14%	0%	22%	11%	11%	10%	16%	17%

In general, would you say your health is excellent, very good, good, fair or poor?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Excellent / very good	54%	17%	62%	64%	59%	54%	52%	41%
Good	28%	80%	20%	27%	33%	30%	26%	28%
Fair / poor	18%	3%	19%	9%	8%	16%	22%	31%

16.2 PHYSICAL ACTIVITY

Physical activity (indicator)	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Met guidelines	67%	100%	83%	78%	82%	75%	72%	32%
Did not meet guidelines	10%	0%	6%	6%	6%	9%	5%	24%
Sedentary	21%	0%	11%	15%	12%	16%	21%	40%

16.3 BODY MASS INDEX (BMI)

Body Mass Index (indicator)	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Underweight (<18.5)	1%	7%	1%	1%	2%	1%	2%	1%
Normal (18.5 - 24.9)	33%	9%	56%	39%	31%	24%	23%	34%
Pre-obese (25.0 - 29.9)	31%	6%	13%	34%	40%	36%	33%	27%
Obese (30.0+)	29%	29%	27%	23%	24%	30%	38%	31%

16.4 HEALTHY EATING

16.4.1 Fruit and vegetable consumption

Sufficient fruit and veg	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Met both fruit & veg guidelines	10%	3%	5%	7%	7%	10%	13%	16%
Met veg guidelines only	4%	0%	4%	4%	5%	7%	5%	3%
Met fruit guidelines only	36%	62%	45%	40%	34%	25%	34%	38%
Did not meet fruit or veg guidelines	49%	35%	46%	49%	55%	57%	48%	41%

16.4.2 Junk food

How often do you have meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster or local take-away places?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Never	12%	0%	4%	6%	7%	6%	16%	24%
More than 0 or <=1 times per week	43%	58%	31%	32%	38%	40%	51%	55%
>1 or <=3 times per week	42%	42%	57%	57%	49%	53%	30%	19%
>3 times per week	2%	0%	7%	3%	5%	1%	1%	0%

16.4.3 Water consumption

How much water do you usually drink on an average day?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
<1L per day	23%	3%	20%	15%	14%	22%	25%	38%
1-2L per day	60%	90%	49%	60%	68%	57%	67%	58%
>2L per day	16%	7%	31%	25%	18%	21%	9%	4%

16.4.4 Sugary drinks

How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks, would it be...?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Daily	22%	44%	22%	24%	22%	28%	21%	18%
Several times per week	15%	6%	23%	23%	16%	9%	14%	7%
About once a week	16%	3%	34%	16%	20%	15%	14%	9%
About once a fortnight	5%	0%	1%	5%	10%	5%	3%	5%
About once a month	8%	48%	2%	9%	8%	8%	5%	8%
Less often than once a month	5%	0%	6%	3%	3%	7%	8%	7%
Never	29%	0%	11%	20%	22%	27%	35%	45%

16.5 LIFETIME RISK OF ALCOHOL RELATED HARM

Lifetime risk of alcohol related harm (indicator - broad)	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Abstainer	17%	61%	6%	16%	13%	14%	18%	25%
Reduced risk	46%	33%	39%	34%	44%	46%	51%	56%
Increased risk	37%	6%	54%	49%	43%	40%	31%	18%

16.5.1 Alcohol consumption during COVID-19 restrictions

Did you drink more, less or about the same amount of alcohol during COVID restrictions compared to now?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Drank more during COVID	28%	0%	36%	37%	39%	33%	22%	10%
Drank less during COVID	24%	15%	44%	30%	22%	19%	17%	17%
About the same	47%	85%	18%	33%	39%	47%	61%	72%

16.6 PSYCHOLOGICAL DISTRESS

INDICATOR - Kessler psychological distress score (categories)	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Low (10-15)	55%	9%	22%	48%	55%	58%	64%	70%
Moderate (16-21)	24%	7%	38%	29%	27%	21%	16%	17%
High (22-29)	14%	84%	26%	16%	14%	12%	12%	8%
Very High (30-50)	6%	0%	14%	6%	3%	7%	6%	2%

Kessler psychological distress score (indicator)	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
High/ very high distress	20%	84%	40%	22%	17%	19%	18%	11%
Low/ moderate distress	79%	16%	60%	77%	82%	79%	80%	88%

16.6.1 Stress during COVID-19 restrictions

Did COVID-19 restrictions/lockdowns in 2020 make your mental health worse, the same, or better...?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Worse	34%	46%	52%	41%	34%	36%	29%	21%
No change	58%	54%	42%	52%	53%	56%	60%	74%
Better	7%	0%	6%	7%	13%	6%	10%	3%

16.6.2 Stress after COVID-19 restrictions

Once the 2020 restrictions were over, was your mental health worse, the same, or better than before the 2020 restrictions?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Worse	9%	0%	14%	12%	14%	11%	5%	4%
No change	64%	54%	42%	59%	57%	62%	71%	78%
Better	26%	46%	44%	28%	29%	27%	22%	17%

16.6.3 Whether sought professional help

In the last year, have you sought professional help for a mental health related problem?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Yes	20%	36%	45%	26%	18%	22%	14%	9%
No	80%	64%	55%	74%	82%	78%	86%	90%

16.7 FINANCIAL STRESS AND FOOD SECURITY

If you needed to, could you raise \$2,000 within 2 days in an emergency?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Yes	85%	10%	74%	83%	90%	84%	87%	89%
No	13%	61%	26%	17%	8%	14%	11%	8%

Before COVID-19, Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food...	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
No, not at all	87%	97%	63%	84%	90%	90%	91%	94%
Not often	3%	3%	7%	6%	1%	2%	1%	1%
Sometimes	6%	0%	15%	7%	7%	5%	4%	3%
Yes, definitely	3%	0%	15%	3%	2%	3%	4%	1%

During COVID-19 restrictions, did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food...	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
No, not at all	88%	65%	73%	81%	88%	91%	91%	95%
Not often	3%	3%	3%	4%	6%	2%	2%	1%
Sometimes	5%	32%	9%	7%	3%	4%	4%	2%
Yes, definitely	5%	0%	15%	7%	4%	3%	3%	1%

What about now - Did you have to rely on a restricted range of low-cost unhealthy food because you were running out of money to buy food...	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
No, not at all	90%	97%	72%	85%	94%	93%	91%	95%
Not often	2%	3%	2%	6%	1%	2%	2%	1%
Sometimes	5%	0%	14%	7%	2%	2%	5%	2%
Yes, definitely	3%	0%	11%	2%	2%	3%	2%	1%

16.8 SMOKING

The following questions are about tobacco smoking. This includes cigarettes, vapes/e-cigarettes, cigars and pipes. Which of the following best describes your smoking status?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
I smoke/vape daily	11%	0%	16%	15%	12%	10%	14%	5%
I smoke/vape occasionally	3%	0%	5%	6%	3%	2%	1%	1%
I don't smoke/vape now, but I used to	24%	3%	5%	11%	19%	28%	32%	37%
I've tried it a few times but never smoked regularly	12%	3%	4%	14%	20%	10%	10%	12%
I've never smoked	50%	94%	70%	54%	45%	50%	43%	44%

What product best describes your method of smoking?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Cigarettes	89%	0%	57%	95%	92%	96%	95%	98%
Cigars	0%	0%	0%	0%	1%	0%	0%	2%
Pipes	0%	0%	0%	0%	0%	0%	1%	0%
Vapes / E-cigarettes	13%	0%	55%	5%	12%	8%	4%	0%
Any other tobacco products	5%	0%	16%	4%	2%	3%	4%	2%

Do you use nicotine in your Vapes / e-cigarettes?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Yes - always	77%	0%	100%	25%	11%	100%	60%	0%
Yes - sometimes	14%	0%	0%	75%	46%	0%	0%	0%
No	9%	0%	0%	0%	42%	0%	40%	0%

16.9 COMMUNITY SAFETY

How safe do you feel personally in the area where you live? Would you say you...?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Always feel safe	61%	89%	61%	50%	54%	57%	60%	77%
Feel safe more often than you feel unsafe	33%	11%	30%	42%	43%	37%	31%	19%
Feel safe as often as you feel unsafe	4%	0%	7%	6%	2%	4%	5%	2%
Feel unsafe more often than you feel safe	1%	0%	2%	1%	0%	1%	3%	1%
Never feel safe	1%	0%	0%	1%	0%	1%	1%	1%

Is this impression based on things you have...?	Total Greater Geelong	15 to 17	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Witnessed	38%	0%	17%	73%	84%	35%	17%	29%
Experienced yourself	80%	0%	100%	85%	84%	65%	74%	84%
Heard about from family or friends	22%	0%	0%	57%	16%	14%	10%	29%
Heard or read about in the media	14%	0%	0%	0%	16%	14%	16%	29%
Other	11%	0%	0%	0%	0%	0%	15%	31%

CITY OF GREATER GEELONG

WADAWURRUNG COUNTRY

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CUSTOMER SERVICE CENTRE

100 Brougham Street

Geelong VIC 3220

8.00am – 5.00pm

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