

# 2024 GEELONG PREVENTATIVE HEALTH SURVEY



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

# CONTENTS

INTRODUCTION	4
SUMMARY FINDINGS	5
KEY FINDINGS OVERVIEW	8
KEY FINDINGS BY DEMOGRAPHICS AND PRIORITY POPULATIONS	10
KEY FINDINGS BY PLANNING AREA	12
KEY INDICATORS	14

The Geelong Preventative Health Survey is undertaken every four years to help us better understand the health status of the Greater Geelong population, and inform evidence-based planning and decision making across the municipality.

The last survey was undertaken in 2021, and this year's survey provides updated data as well as data for new indicators.

[geelongaustralia.com.au/gphs](https://geelongaustralia.com.au/gphs)

# INTRODUCTION

The Geelong Preventative Health Survey (GPHS) provides an important source of local data about health behaviours and other factors that influence community health and wellbeing. It is currently the only robust, statistically significant, local health and wellbeing survey which provides small area level data in Geelong and the Bellarine.

The GPHS focuses on key modifiable risk factors for health including healthy eating, physical activity, and psychological distress, as well as other determinants of health such as food security, safety, and climate change. In addition to this booklet, data is available at a local government area (LGA) level on the Geelong Data Exchange, and small area data is available upon request.

The survey sample size is statistically significant for the municipality and enables the City to identify emerging issues and trends for the comparison of repeated health and wellbeing indicators over time. It provides a common evidence base to inform planning, with data collected to align with the 15 planning areas as outlined in the Social Infrastructure Plan.

The GPHS was first conducted in 2017 and again in 2021. With the 2021 survey heavily influenced by COVID-19 (both in the questions asked and responses provided), the 2024 iteration provides a more current dataset that reflects the health and wellbeing needs of our community today.

Despite the availability of health and wellbeing data at a local LGA level from other sources such as the Victorian Population Health Survey (undertaken every three years), there is a lack of data available at suburb level. This is important because there are health disparities at suburb

level between different parts of the municipality (e.g., more residents in Planning Area 13 (Corio, Norlane, and North Shore) experience moderate to severe psychological distress (27%) compared to the residents of Planning Area 2 (Barwon Heads, Ocean Grove, Point Lonsdale, 3%). In addition, most of the available data sources are point in time measures, and with sample sizes not statistically significant, and inconsistencies in questions and collection methods from year to year, data is not comparable over time. In the past, the City has relied on other data sources which are then subject to change, or even discontinued.

The City of Greater Geelong has invested in the Geelong Preventative Health Survey to address these inconsistencies and to provide access to the best possible local evidence to inform decision making. It will also provide direction about where to focus our efforts to improve the health and wellbeing of the community and will assist in identifying target population groups for our initiatives. Sharing this data with other organisations and agencies also enables them to benefit from this robust local data.

The evidence provided by this survey suggests the following areas of focus to improve community health and wellbeing:

- Increasing fruit and vegetable intake.
- Reducing lifetime harm from alcohol.
- Addressing the uptake of vaping in young people.
- Reducing loneliness and improving community connection, social inclusion, and mental wellbeing.
- Encouraging more physical activity amongst those who are sedentary.
- Addressing food insecurity and

introducing measures to reduce cost of living pressures.

The following indicators demonstrate the health disparities between different geographical locations within the municipality, and we can use this data to inform our interventions:

- More residents in planning areas 6 and 13 smoke (16%) when compared to planning areas 3 and 14 (5%)
- More smokers in planning area 3 (42%) and 13 (31%) use vapes when compared to planning area 14 (8%)
- More residents in planning areas 13 (46%), 1 (42%) and 11 (39%) are lonely when compared to the Greater Geelong average (25%) and this could be for a variety of reasons due to age, ability, socio economic status or geographic isolation.
- 30% of residents in planning area 13 worried they would run out of food in the previous 12 months compared to 3% in planning area 12.

# SUMMARY FINDINGS

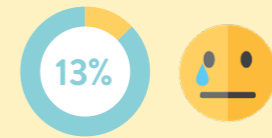
SELF-REPORT GOOD HEALTH



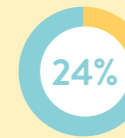
HIGH SATISFACTION WITH LIFE



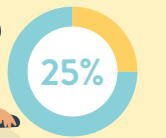
EXPERIENCE HIGH TO VERY HIGH PSYCHOLOGICAL DISTRESS



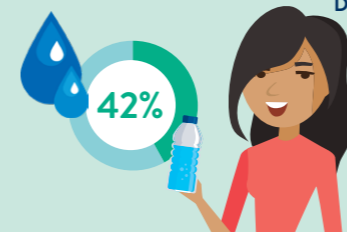
SEEK PROFESSIONAL MENTAL HEALTH HELP



EXPERIENCE LONELINESS



DRINK 8+ GLASSES OF WATER DAILY



CONSUME SUGAR-SWEETENED DRINKS WEEKLY



EAT TAKEAWAY MORE THAN WEEKLY



MEET FRUIT CONSUMPTION GUIDELINES



MEET VEGETABLE CONSUMPTION GUIDELINES



MEET PHYSICAL ACTIVITY GUIDELINES



WALK FOR EXERCISE WEEKLY



WALK FOR EXERCISE DAILY



RISK OF SHORT-TERM ALCOHOL HARM



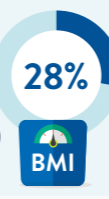
RISK OF LIFETIME ALCOHOL HARM



CYCLE WEEKLY FOR EXERCISE



CLASSIFIED AS OBESE



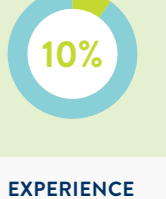
CLASSIFIED AS SEDENTARY



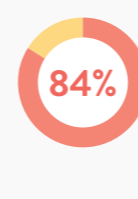
SMOKE CIGARETTES OR VAPE



YOUNG ADULTS (18-24) WHO VAPE



CAN CALL SOMEONE IN EMERGENCY



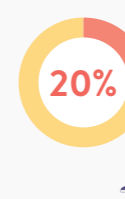
CAN RAISE \$2,000 IN TWO DAYS



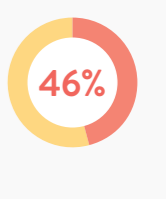
RAN OUT OF FOOD, AND COULDN'T AFFORD MORE



WORRIED ABOUT MONEY FOR FOOD



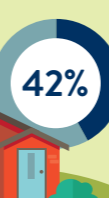
EXPERIENCE UNCOMFORTABLE HOME TEMPERATURES



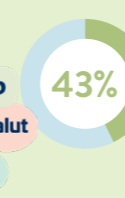
FEEL SAFE IN THEIR AREA



FEEL THEIR AREA IS SAFER THAN OTHERS



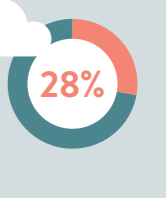
MULTICULTURALISM DEFINITELY MAKES LIFE BETTER



EXPERIENCED DISCRIMINATION



VERY CONCERNED ABOUT CLIMATE CHANGE



# KEY FINDINGS OVERVIEW

This report presents the findings of the 2024 Geelong Preventative Health Survey. This research was designed to collect data on a range of topics relating to the health and wellbeing of the community, to help inform the City's planning.

The research used a mixed mode methodology, with 31% of the sample sourced through phone surveys (for methodological consistency with previous years) and then the remainder sourced through random representative rates database sampling methodology, with invitations sent to households via email (to an online version), or paper form in the mail. The research was in field from August to early September 2024 and achieved a sample size of n=2,282.

The following section presents the key findings. To access the full report, visit [geelongaustralia.com.au/gphs](http://geelongaustralia.com.au/gphs).

## HEALTH AND WELLBEING

A range of measures assist in tracking the general wellbeing of the community, to help identify any cohorts that may need additional support to maintain healthy lifestyles. Findings suggest that whilst we perform better than the state average for some indicators, in general, self-reported health and wellbeing is decreasing amongst the Greater Geelong community.

- The incidence of residents self-reporting good health has been declining over time (59% in 2017 down to 51% in 2024).
- The incidence of residents providing high satisfaction ratings with life as a whole was lower in 2024 than previous years (78%, 86% in 2017).
- Areas of wellbeing that were contributing most to lower levels of satisfaction with life were feeling part of the community, future security and physical health.



## HEALTHY EATING

Healthy eating, coupled with exercise, can help improve the general wellbeing of the community, and reduce instances of illness and/or injury. There have been some promising improvements in some indicators for healthy eating since 2021, whilst others remain unchanged.

- Findings suggest that over time the proportion of the population drinking 8+ glasses of water a day is increasing, sitting at 42% in 2024.
- There has also been a decrease in consumption of sugar-sweetened drinks, with 2024 data showing 29% of respondents are drinking them more than once a week, compared to 37% in 2021.
- Take away consumption habits appear to be returning to pre-COVID levels, with 16% eating it more than weekly, down from 20% in 2021 (14% in 2017).
- The incidence of meeting fruit and vegetable consumption guidelines remains relatively unchanged over time, with around half meeting fruit consumption guidelines (2 pieces a day) and only 14% meeting vegetable consumption guidelines (5+ serves a day). Not meeting guidelines is primarily due to personal preference and lack of time, although in 2024 cost has emerged as having more of an impact on people not meeting guidelines (12%, 3% in 2021).



## ALCOHOL HARM

Excessive alcohol consumption can both increase the risk of illness and disease in the future (lifetime harm) as well as harm at the time of drinking due to reduced capacity (short term harm). The proportion of residents at risk of lifetime harm has increased, but those at risk of short term harm has decreased.

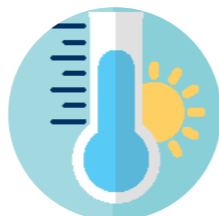
- One in ten are at risk of short term harm from their alcohol consumption (11%) down from 14% in 2021.
- Almost one in five are at risk of lifetime harm from alcohol consumption (17%), up from 11% in 2021.



## CLIMATE CHANGE

As the impacts of climate change are becoming more common, the survey seeks to understand the extent to which the community is recognising the impact of climate change, and their concern for the future.

- 28% said they are very concerned about the impacts of climate change. This hasn't changed since 2021 (28%). Concerns are primarily for future generations and the increase in extreme weather events.
- 22% think that climate change will harm the health of Victorians a great deal (similar to 2021, 23%).



## ACTIVE LIVING

Coupled with healthy eating, active living is an important aspect of life to help improve health and wellbeing and reduce the incidence of chronic disease.

- Greater Geelong residents are fairly active, with almost two thirds of residents (65%) meeting physical activity guidelines, which is relatively similar to that recorded in 2021 (67%).
- Walking is a popular form of exercise with most residents walking for exercise more than once a week (78%), and a third doing so daily (32% 7+ times a week). The incidence of walking 7+ times a week has remained relatively consistent over time.
- Cycling for exercise is not as popular, with less than one in five residents cycling for more than 10 minutes for exercise at least once a week (17%). This is a similar level to that recorded in 2021 (19%).
- There are fewer people classified as obese (28%) than in 2021 (31%), although the rate still remains higher than in 2017 (21%) and higher than the Victorian average (23%).
- One in five respondents were classified as sedentary (20%).



## MULTICULTURALISM

With an increasingly multicultural community, it is important to track perceptions of the benefits of multiculturalism and experiences of discrimination, to identify and address any risks of community unrest.

- Only two in five (43%) indicated that they felt multiculturalism definitely makes life in their suburb better. Further waves of research are necessary to identify if this is increasing or decreasing.
- 16% of respondents indicated they had experienced discrimination. The most common forms of discrimination are related to disability, socio economic status, Aboriginal and Torres Strait Islander status and older age.



## SMOKING/VAPING

Smoking of cigarettes can cause diseases later in life, and the recent introduction of vapes has also raised concerns about potential future health impacts of this activity. The smoking questions were expanded in 2024 to better understand these behaviours.

- Fewer residents in Greater Geelong smoke (just over 10%) when compared to the Victorian average (19%). Findings suggest that the overall rate of smoking (cigarettes or vapes) has not changed over time.
- The mix of smoking type for current smokers is 69% cigarettes and 34% vapes (some use both).
- 10% of 18 to 24 year olds smoke vapes\*. Vapes are predominantly used amongst those aged under 45, with most using vapes with nicotine in them (64% always, 15% sometimes).



## MENTAL HEALTH

- Fewer residents are experiencing high to very high psychological distress (13%) after an increase during COVID (20% in 2021). This may in part be due to a higher proportion seeking professional help for their mental health (24%, 20% in 2021).
- A quarter of the community (25%) is experiencing loneliness.



## SAFETY

Perceptions of safety can impact on an individual's participation in activities that can improve their health and wellbeing.

- Most residents (82%) said they feel very safe or safe in the area where they live.
- Those who said they felt unsafe mostly indicated this being due to personal experience (56%) and/or things in the media (50%).
- 42% indicated that they felt their area was more safe than other parts of Greater Geelong.



## RESILIENCE

The ability for people to source assistance in an emergency and/or navigate times of financial hardship can impact greatly on overall wellbeing.

- Most residents in Greater Geelong (84%) can call on someone outside their home in an emergency (similar level to 2021, 89%).
- Findings suggest that the cost of living may be influencing resilience for some, with a slight decline in the proportion of those who said they could raise \$2,000 in two days in an emergency (80%, down from 85% in 2021).
- Almost one in ten (8%) said they had experienced a situation where they had run out of food and couldn't afford to buy more in the previous 12 months. This has doubled from a rate of 4.3% in 2017. The cost of living is also a concern for the one in five (20%) who said they had experienced a situation where they were worried about running out of money to buy food.
- Impacting resilience from extreme weather events, almost half said they were living in a house where the temperature was uncomfortable all the time (7%) or some of the time (39%).



# KEY FINDINGS BY DEMOGRAPHICS AND PRIORITY POPULATIONS

The following section summarises the items where respondents of that demographic or location showed notably higher instances of providing each specified survey response. This helps understand the unique circumstances and experiences of different population cohorts.

## FEMALES

- 55% Self-reported good health (excellent or very good) (49% males).
- 14% classified as being in severe or moderate psychological distress (10% males).
- 32% sought professional help for a mental health related problem (16% males).
- 8% member of a school group (4% males).
- 9% live in a home where the temperature is always uncomfortable (5% males).
- 17% had experienced discrimination (14% males). Of these, 38% said it was due to their gender.
- 9% feel unsafe in the area where they live (3% males).
- 34% very concerned about the impacts of climate change on human health and wellbeing (22% males).
- 31% think climate change will harm the health of Victorians a great deal (13% males).



## MALES

- 51% self-reported lower levels of health (good, fair or poor) (45% females).
- 16% had sought professional help for a mental health related problem (32% females).
- 33% member of a sports group (23% females).
- 22% eat fast food more than once a week (10% females).
- 50% meet water consumption guidelines (8+ glasses a day) (35% females).
- 17% at risk of short term alcohol harm (6% females).
- 12% smoke (7% females).
- 84% could raise \$2,000 in a week in an emergency (78% females).
- 39% feel very safe in the area they live (29% females).



## SINGLE PARENTS WITH CHILD/REN UNDER 15

- 28% classified as being in severe or moderate psychological distress (9% couple no children).
- 53% sought professional help for a mental health related problem (19% couple no children).
- 57% classified as lonely (17% couple no kids).
- 45% classified as obese (26% single households).
- 18% at risk of short term alcohol harm (9% couples child/ren all 15+).
- 24% smoke (5% couples no children).
- Lower instance of having someone outside the household they can rely on in an emergency (70%, 87% couples).
- Lower instance of being able to raise \$2,000 in an emergency (49%, 88% couple no children).
- 45% had run out of food and couldn't afford to buy more (7% couple no children).
- 27% live in a home where the temperature is always uncomfortable (5% couples with child/ren under 15).
- 19% rated the area where they live as more unsafe than other areas of Greater Geelong (8% single person).
- 30% had experienced discrimination (16% couples no children). Of these 55% said it was due to their marital status.



## YOUTH (18-24 YEAR OLDS)\*

- 58% self-reported health as excellent or very good (31% 75+ year olds).
- 37% eat fast food more than once a week (17% 55+).
- 55% meet water consumption guidelines (8+ glasses a day) (23% 55+).
- 48% normal weight as per their BMI (26% 55-74 year olds).
- 88% met physical activity guidelines (42% 75+).
- 43% abstain from drinking alcohol (20% 25-34 year olds).
- 90% never smoked nor vaped (58-62% 25-74 year olds). Of the 10% who had, they had only vaped.
- 18% in severe psychological distress (Kessler 10) (8% or less for other age categories).
- 60% classified as lonely (<30% for other age categories).
- 20% don't have someone outside of their household they can call on in an emergency (6% 25-34 year olds).
- 21% had run out of food and couldn't afford to buy more (11% or less for other age categories).
- 20% had worried about running out of food (3% 65+).
- 7% felt very unsafe where they live (2% or less for other age categories).
- 20% felt more unsafe in the area where they live than other areas of Greater Geelong (4% 65+).
- 26% think multiculturalism in their suburb definitely makes life better (54% 25-34 year olds).
- 27% had experienced discrimination (9% 65+ year olds).
- 26% not very concerned about climate change (11% 25-34 year olds).
- 82% of those who were concerned about climate change said they were concerned about their quality of life (27% 75+).
- 30% didn't think climate change would harm the health of Victorians in the next 10 years at all (7% 25-34 year olds).



## YOUNG ADULTS (18-35 YEAR OLDS)

- 60% Self-reported good health (excellent or very good) (38% 65+ year olds).
- 18% classified as being in severe or moderate psychological distress (8% 55+).
- 35% sought professional help for a mental health related problem (14% 55+).
- 31% classified as lonely (22% 55+ year olds).
- 16% member of a professional group or academic society (8% 55+).
- 22% eat fast food more than once a week (17% 55+).
- 57% meet water consumption guidelines (8+ glasses a day) (23% 55+).
- 39% consume sugar sweetened drinks more than once a week (21% 55+).
- Lower instance of meeting physical activity guidelines (7%, 60% 55+).
- 39% walk continuously for more than 10 minutes 7+ times a week (27% 55+).
- 23% sedentary (13% 35-54).
- 17% at risk of short term alcohol harm (7% 55+).
- Fewer smoke (8%, 13% 35-54).
- 6% vape (<1% 55+).
- 91% have someone outside the household they can rely on in an emergency (84% 55+).
- 83% could raise \$2,000 in a week in an emergency (76% 35-54).
- 9% had run out of food and couldn't afford to buy more (4% 55+).
- 12% live in a home where the temperature is always uncomfortable (3% 55+).
- 10% feel unsafe in the area where they live (4% 35-54).
- 13% rated the area where they live as more unsafe than other areas of Greater Geelong (5% 55+).
- 51% said they 'definitely' think multiculturalism makes life in their suburb better (35% 55+).
- 18% had experienced discrimination (13% 55+).



## OLDER ADULTS (55+ YEAR OLDS)

- 59% self-reported lower levels of health (good, fair or poor) (42% <55).
- 13% member of a religious group (8% <35).
- 21% sedentary (13% 35-54).
- 31% classified as obese (22% <35).
- 20% lifetime risk of alcohol harm (13% <35).
- Fewer smoke (8%, 13% 35-54).
- 37% feel very safe in the area they live (30% <35).
- 55% of those who had experienced discrimination (n=192) said it was due to their age.
- 15% not at all concerned about the impacts of climate change on human health and wellbeing (10% <35).
- 24% think climate change will harm the health of Victorians a great deal (17% 35-54).





## THOSE WHO SPEAK A LANGUAGE OTHER THAN ENGLISH

- Less often sought professional help for a mental health related problem (18%, 25% English only).
- Less often member of a sports group (15%, 29% English only).
- 22% member of a religious group (10% English only).
- Lower instance of meeting physical activity guidelines (16%, 23% English only).
- Less often lifetime risk of alcohol harm (10%, 18% English only).
- Lower instance of having someone outside the household they can rely on in an emergency (75%, 86% English only).
- Lower instance of feeling very safe in the area they live (24%, 35% English only).
- Lower instance of rating the area where they live as more unsafe than other areas of Greater Geelong (2%, 9% English only).
- 56% said they 'definitely' think multiculturalism makes life in their suburb better (42% English only).
- 24% had experienced discrimination (15% English only). Of these 11% said it was due to the language they speak.



## LGBTQIA+

- 65% self-reported lower levels of health (good, fair or poor) (47% non-LGBTQIA+).
- 32% provided life satisfaction ratings of 0-6 out of 10 (20% non-LGBTQIA+).
- 33% classified as being in severe or moderate psychological distress (11% non-LGBTQIA+).
- 47% sought professional help for a mental health related problem (23% non-LGBTQIA+).
- 39% classified as lonely (25% non-LGBTQIA+).
- Less often member of a sports group (15%, 29% non-LGBTQIA+).
- 26% member of a professional group or academic society (14% non-LGBTQIA+).
- 43% walk continuously for more than 10 minutes 7+ times a week (32% non-LGBTQIA+).
- Less often sedentary (10%, 20% non-LGBTQIA+).
- 19% smoke (9% non-LGBTQIA+).
- Lower instance of having someone outside the household they can rely on in an emergency (75%, 86% non-LGBTQIA+).
- Lower instance of being able to raise \$2,000 in a week in an emergency (71%, 82% non-LGBTQIA+).
- 17% had run out of food and couldn't afford to buy more (7% non-LGBTQIA+).
- 18% live in a home where the temperature is always uncomfortable (6% non-LGBTQIA+).
- 14% feel unsafe in the area where they live (5% non-LGBTQIA+).
- 22% rated the area where they live as more unsafe than other areas of Greater Geelong (8% non-LGBTQIA+).
- 62% said they 'definitely' think multiculturalism makes life in their suburb better (43% non-LGBTQIA+).
- 32% had experienced discrimination (15% non-LGBTQIA+). Of these 29% said it was due to their sexual orientation.
- 53% very concerned about the impacts of climate change on human health and wellbeing (27% non-LGBTQIA+).
- 45% think climate change will harm the health of Victorians a great deal (21% non-LGBTQIA+).



## RENTERS

- 30% sought professional help for a mental health related problem (13% own outright).
- 39% classified as lonely (22% own home).
- 56% meet water consumption guidelines (8+ glasses a day) (28% own outright).
- 23% cycle continuously for more than 10 minutes at least once a week (15% own with mortgage).
- 25% sedentary (18% own with mortgage).
- 15% smoke (7% own outright).
- 17% had run out of food and couldn't afford to buy more (2% own outright).
- 13% live in a home where the temperature is always uncomfortable (3% own outright).
- 12% rated the area where they live as more unsafe than other areas of Greater Geelong (5% own with mortgage).
- 20% had experienced discrimination (12% own outright).

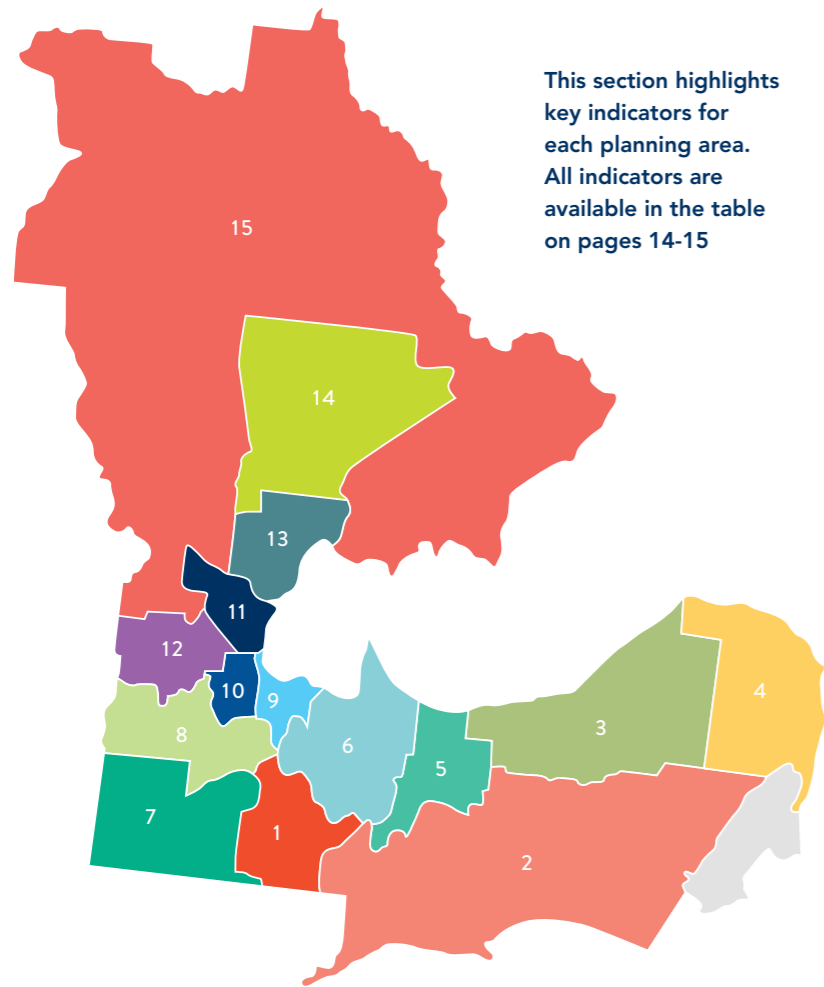


## PEOPLE WITH A DISABILITY

- 92% self-reported lower levels of health (good, fair or poor) (42% no disability).
- 57% provided life satisfaction ratings of 0-6 out of 10 (19% no disability).
- 44% classified as being in severe or moderate psychological distress (10% no disability).
- 37% sought professional help for a mental health related problem (34% no disability).
- 61% classified as lonely (23% no disability).
- 43% meet water consumption guidelines (8+ glasses a day) (31% no disability).
- 40% consume sugar sweetened drinks more than once a week (28% no disability).
- 40% classified as obese (27% no disability).
- Lower instance of having someone outside the household they can rely on in an emergency (72%, 86% no disability).
- 24% had run out of food and couldn't afford to buy more (6% no disability).
- 16% live in a home where the temperature is always uncomfortable (6% no disability).
- Lower instance of feeling very safe in the area they live (24%, 35% no disability).
- 17% feel unsafe in the area where they live (5% no disability).
- 19% rated the area where they live as more unsafe than other areas of Greater Geelong (7% no disability).
- 45% had experienced discrimination (13% no disability). Of these 78% said it was due to their disability.
- 39% think climate change will harm the health of Victorians a great deal (21% no disability).



# KEY FINDINGS BY PLANNING AREA



This section highlights key indicators for each planning area. All indicators are available in the table on pages 14-15

AREA	SUBURBS
1	Armstrong Creek, Charlemont, Marshall
2	Barwon Heads, Breamlea, Connewarre, Mannerim, Marcus Hill, Ocean Grove, Point Lonsdale, Swan Bay, Wallington
3	Bellarine, Clifton Springs, Curlewis, Drysdale
4	Indented Head, Portarlington, St Leonards
5	Leopold
6	Breakwater, Moolap, Newcomb, St Albans Park, Thomson, Whittington
7	Grovedale, Mount Duneed, Waurm Ponds
8	Belmont, Ceres, Highton, Wandana Heights
9	Drumcondra, East Geelong, Geelong, South Geelong
10	Geelong West, Manifold Heights, Newtown
11	Bell Park, Bell Post Hill, North Geelong, Ripplside
12	Fyansford, Hamlyn Heights, Herne Hill
13	Corio, Norlane, North Shore
14	Lara
15	Anakie, Avalon, Balliang, Batesford, Little River, Lovely Banks, Moorabool, Staughton Vale

## PLANNING AREA 1

- 57% self-reported health as good, fair or poor.
- 17% classified as being in severe or moderate psychological distress.
- 42% sought professional help for a mental health related problem.
- 42% classified as lonely.
- 30% eat fast food more than once a week.
- 36% consume sugar sweetened drinks more than once a week.
- 28% cycle continuously for more than 10 minutes at least once a week.
- 14% risk of short term harm from alcohol.
- 59% said they 'definitely' think multiculturalism makes life in their suburb better.

## PLANNING AREA 2

- 66% self-reported excellent or very good health
- 88% provided good life satisfaction rating of 7-10 out of 10
- 42% member of a sports group.
- 45% walk continuously for more than 10 minutes 7+ times a week.
- 25% lifetime risk of alcohol harm.
- 92% have someone outside the household they can rely on in an emergency.
- 91% could raise \$2,000 in a week in an emergency.
- 53% feel very safe in the area where they live.

## PLANNING AREA 3

- 42% member of a sports group.
- 41% consume sugar sweetened drinks more than once a week.
- 20% walk continuously for more than 10 minutes 7+ times a week.
- 26% sedentary.
- 29% lifetime risk of alcohol harm.
- 24% risk of short term harm from alcohol.
- 47% feel very safe in the area where they live.

## PLANNING AREA 4

- 90% could raise \$2,000 in a week in an emergency.
- 45% feel very safe in the area where they live.

## PLANNING AREA 5

- 24% sedentary.
- 16% risk of short term harm from alcohol.

## PLANNING AREA 6

- 64% self-reported health as good, fair or poor.
- Overall low life satisfaction score (69.5/100) due to low ratings for physical health and feeling part of the community.
- 60% not a member of any group.
- 12% had run out of food and couldn't afford to buy more.
- 16% feel unsafe in the area where they live.
- 23% rated the area where they live as more unsafe than other areas of Greater Geelong.

## PLANNING AREA 7

- 17% risk of short term harm from alcohol.
- 32% said they 'definitely' think multiculturalism makes life in their suburb better.

## PLANNING AREA 8

- A low 1% rated the area where they live as more unsafe than other areas of Greater Geelong.

## PLANNING AREA 9

- 24% member of a professional or academic society.

## PLANNING AREA 10

- 26% lifetime risk of alcohol harm.
- 19% risk of short term harm from alcohol.
- 89% could raise \$2,000 in a week in an emergency.
- 51% said they 'definitely' think multiculturalism makes life in their suburb better.

## PLANNING AREA 11

- 57% self-reported health as good, fair or poor.
- 39% classified as lonely.
- Low 38% eat recommended amount of fruit daily.
- 22% eat fast food more than once a week.
- 36% sedentary.
- 15% live in a home where the temperature is always uncomfortable.
- 54% said they 'definitely' think multiculturalism makes life in their suburb better.

## PLANNING AREA 12

- 88% provided good life satisfaction rating of 7-10 out of 10.
- 28% sedentary.

## PLANNING AREA 13

- 70% self-reported health as good, fair or poor.
- 41% provided poor life satisfaction rating of 0-6 out of 10.
- Low overall subjective wellbeing score (64.2/100) due to low ratings for future security, standard of living, what they are achieving in life, perceptions of safety.
- 28% classified as being in severe or moderate psychological distress.
- 38% sought professional help for a mental health related problem.
- 46% classified as lonely.

- 37% eat recommended amount of fruit daily.

- 66% not a member of any group.
- 23% eat fast food more than once a week.
- 43% consume sugar sweetened drinks more than once a week.
- 12% cycle continuously for more than 10 minutes at least once a week.
- 29% sedentary.
- 41% classified as obese.
- 16% live in a home where the temperature is always uncomfortable.
- 55% could raise \$2,000 in a week in an emergency.
- 23% had run out of food and couldn't afford to buy more.
- 42% were worried they might run out of food.
- 17% feel unsafe in the area where they live.
- 76% of those who felt unsafe said it was due to a personal experience.
- 41% rated the area where they live as more unsafe than other areas of Greater Geelong.
- 52% of those who said they had experienced discrimination said it was due to the suburb where they live (70% in Norlane and 42% in Corio).

## PLANNING AREA 14

- 40% eat recommended amount of fruit daily.
- 21% eat fast food more than once a week.
- Low 10% cycle continuously for more than 10 minutes at least once a week. 33% said they 'definitely' think multiculturalism makes life in their suburb better.

## PLANNING AREA 15

- Low overall subjective wellbeing score (71.3/100) due to low ratings for perceptions of safety, feeling part of the community.
- 11% feel unsafe in the area where they live.

# KEY INDICATORS

The table on the next page shows a summary of the key indicators broken down by planning area, gender and age.

In the following tables the key indicators are shown by demographics and Planning Area. Green cells show a result that is statistically higher when compared to the corresponding red cell within each demographic category (e.g., a higher proportion of females (55%) compared to males (49%).

INDICATOR	2021	2024	TREND	M	F	<35	35-54	55+	PLANNING AREAS														
									1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Self-reported health excellent / very good	54%	51%	↓	49%	55%	60%	57%	41%	43%	66%	49%	49%	51%	36%	55%	56%	58%	66%	43%	56%	30%	56%	40%
Satisfaction with life (7-10/10)	85%	78%	↓	78%	80%	81%	76%	79%	74%	88%	82%	81%	73%	71%	83%	82%	82%	77%	73%	88%	59%	80%	80%
High to very high psychological distress	20%	13%	↓	10%	14%	16%	14%	8%	17%	3%	12%	8%	11%	12%	13%	11%	13%	9%	19%	6%	28%	11%	12%
Sought help for mental health	20%	24%	↑	16%	32%	35%	26%	14%	42%	18%	19%	16%	23%	32%	17%	26%	18%	19%	24%	20%	38%	22%	23%
Lonely		25%	New	25%	26%	31%	24%	22%	42%	15%	21%	22%	20%	26%	21%	18%	27%	23%	39%	24%	46%	22%	17%
Not a member of any group	43%	45%	→	45%	46%	47%	43%	46%	33%	30%	39%	41%	50%	60%	44%	41%	50%	47%	48%	46%	66%	45%	52%
Met veg guidelines	15%	14%	→	12%	17%	13%	12%	15%	8%	17%	13%	9%	14%	11%	17%	18%	20%	20%	13%	15%	13%	8%	6%
Met fruit guidelines	46%	50%	↑	48%	51%	47%	50%	53%	55%	55%	66%	43%	51%	43%	46%	51%	58%	63%	38%	47%	37%	40%	44%
Eat fast food weekly	43%	44%	→	51%	38%	60%	46%	27%	60%	30%	49%	23%	50%	53%	51%	36%	35%	35%	47%	50%	55%	45%	43%
Drink 8+ glasses water a day	42%	42%	→	50%	35%	57%	45%	23%	41%	46%	47%	30%	40%	31%	47%	43%	39%	46%	38%	41%	41%	45%	51%
Consume sugar sweetened drinks >weekly	37%	29%	↓	37%	23%	39%	22%	21%	36%	27%	41%	22%	33%	28%	33%	20%	15%	19%	28%	26%	43%	34%	26%
Met physical activity guidelines	67%	66%	→	66%	68%	68%	75%	60%	70%	75%	60%	66%	61%	65%	74%	64%	75%	72%	50%	59%	62%	71%	60%
BMI Obese	31%	28%	↓	28%	29%	22%	25%	31%	32%	19%	28%	26%	37%	34%	27%	24%	13%	23%	31%	28%	41%	33%	36%
Alcohol – long term risk	11%	18%	↑	23%	12%	13%	20%	21%	8%	25%	29%	24%	20%	21%	18%	13%	12%	26%	13%	16%	10%	15%	17%
Alcohol – short term risk	14%	11%	↓	17%	6%	17%	10%	7%	14%	8%	24%	7%	16%	12%	17%	3%	7%	19%	3%	8%	11%	9%	11%
Smoker	14%	10%	**	12%	7%	8%	13%	8%	6%	10%	5%	9%	11%	16%	12%	9%	9%	8%	6%	13%	16%	5%	9%
Have someone to rely on in emergency	89%	84%	↓	84%	86%	91%	79%	84%	83%	92%	85%	74%	85%	81%	89%	81%	88%	90%	84%	90%	81%	80%	71%
Could source \$2k in 2 days	85%	80%	↓	84%	78%	83%	76%	82%	86%	91%	83%	90%	85%	72%	76%	78%	87%	89%	81%	88%	55%	81%	76%
Ran out of food	4.3% (2017)	8%	↑	7%	9%	9%	11%	4%	6%	2%	8%	5%	1%	12%	9%	8%	9%	5%	8%	2%	23%	3%	7%
Worried about running out of food		10%	New	9%	12%	15%	11%	4%	9%	5%	7%	6%	4%	13%	8%	12%	11%	8%	13%	3%	30%	6%	10%
Feel unsafe in local area		6%	New	3%	8%	9%	5%	5%	3%	1%	6%	3%	3%	16%	6%	1%	5%	2%	7%	1%	17%	7%	11%
Are more unsafe than others		8%	New	8%	9%	13%	5%	5%	2%	4%	6%	2%	4%	23%	6%	1%	6%	3%	10%	2%	41%	4%	5%
Multiculturalism makes life better	48%	43%	↓	42%	45%	51%	47%	35%	59%	42%	40%	42%	38%	40%	32%	45%	47%	51%	54%	48%	42%	33%	26%
Experienced discrimination		16%	New	14%	17%	18%	16%	13%	22%	9%	14%	10%	15%	18%	12%	15%	17%	12%	18%	16%	22%	18%	20%
Very concerned about climate change	28%	28%	→	22%	34%	32%	26%	28%	30%	30%	26%	23%	26%	25%	24%	30%	34%	36%	24%	34%	29%	21%	23%
Temperature always uncomfortable		7%	New	5%	9%	12%	6%	3%	4%	1%	6%	9%	3%	9%	9%	4%	2%	7%	15%	7%	16%	6%	11%

\*\* Decrease in smoking rate is attributable to survey mode.



To find out more about the 2024 Geelong Preventative Health Survey or to access the full report, scan the QR Code or visit [geelongaustralia.com.au/gphs](https://geelongaustralia.com.au/gphs).

To access the data dashboard and compare LGA level results over time, visit the Geelong Data Exchange at [geelongdataexchange.com.au/pages/home](https://geelongdataexchange.com.au/pages/home).

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

#### CITY OF GREATER GEELONG

Wadawurrung Country  
PO Box 104  
Geelong VIC 3220  
P: +61 3 5272 5272  
E: [contactus@geelongcity.vic.gov.au](mailto:contactus@geelongcity.vic.gov.au)  
[geelongaustralia.com.au](https://geelongaustralia.com.au)

 @CityofGreaterGeelong

 @CityofGreaterGeelong

 CityofGreaterGeelong

