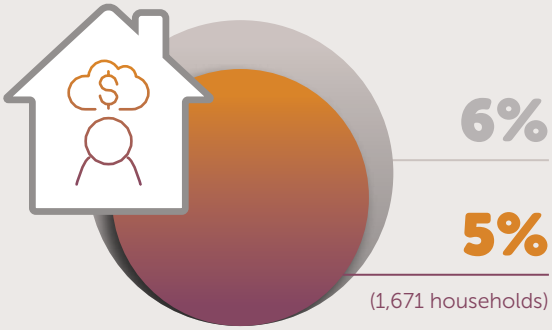
ACCESS TO HOUSING

Why is this important?

Access to affordable, suitable and secure housing is fundamental to health and wellbeing and is a basic human right. Insecure housing, unaffordable housing or more acutely, homelessness, can have serious consequences. People who are unable to access housing may also need to relocate from an area, impacting schooling, employment and community connections.

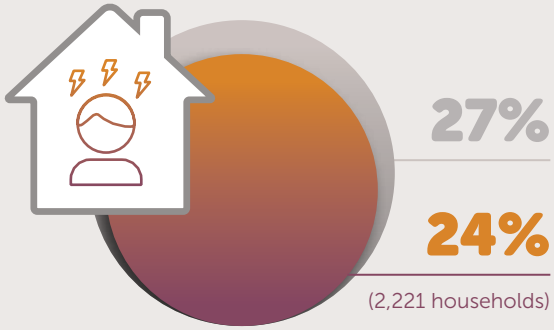
What is happening in Hobsons Bay?

% of all households with an unmet need for affordable housing



Hobsons Bay Greater Melbourne

% of all households renting in rental stress



Hobsons Bay Greater Melbourne

Who does this impact?

- **Lone person households** are the most in need of affordable housing.
- A total of 297 people were counted as **homeless** on Census night 2021 in Hobsons Bay.
- **Very low-income households** living in private rental housing are highly likely to experience rental stress.
- **First nations people, young people and people displaced by family violence** experience homelessness at even higher rates than official data shows, due to underreporting.

What is Council doing?

- **Supporting the work of the Hobsons Bay Affordable Housing Trust,** which aims to provide affordable housing for eligible residents, either directly or through partnerships.
- **Managing our new Rough Sleeping Reporting Tool** that allows residents to report instances of rough sleeping, which are then conveyed to appropriate agencies to provide support.
- **Planning for the future development of Hobsons Bay,** including appropriate housing and other development.
- **Advocating to state and federal government** (on behalf of local communities) for increased funding and support for social and affordable housing and homelessness services.

For more information, please refer to the **Hobsons Bay Health Profile**.

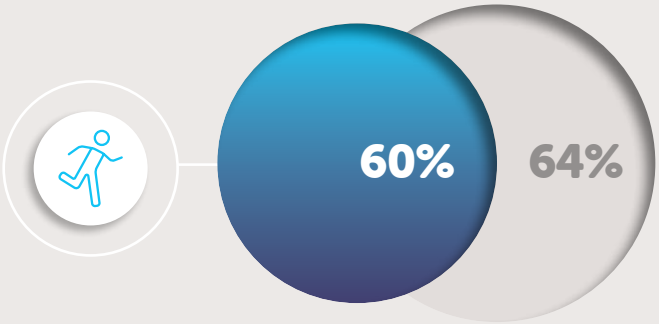
ACTIVE LIVING AND HEALTHY NEIGHBOURHOODS

Why is this important?

Physical activity provides significant health and wellbeing benefits. Being physically active reduces the risk of type 2 diabetes, cardiovascular disease and some types of cancer. It also reduces symptoms of depression and anxiety. Benefits include making community connections and developing and maintaining mental wellbeing.

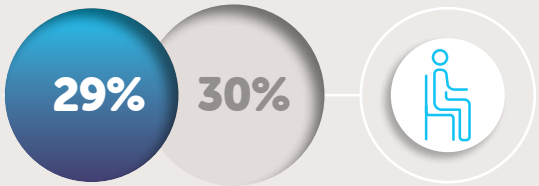
What is happening in Hobsons Bay?

% of adults who don't meet physical activity guidelines



Hobsons Bay Greater Melbourne

% of adults who sit for more than 8 hours a day



Hobsons Bay Greater Melbourne

Who does this impact?

- **Women and girls** in Melbourne's west are underrepresented in sport and active recreation, compared to all other regions of Melbourne.
- **Men** are more likely to sit for eight or more hours per day.
- **Women** are less likely to meet physical activity guidelines.
- **People over 55 years** are least likely to meet physical activity guidelines.

What is Council doing?

- **Delivering and maintaining community infrastructure** such as sports grounds, recreation centres, playgrounds, walking and cycling trails, and open space across Hobsons Bay.
- **Partnering with various organisations** to increase women and girls' participation in sport (e.g. This Girl Can, VicHealth) and support social connections and healthy activities (e.g. Sons and Daughters of the West, Western Bulldogs).
- **Supporting older residents** by upgrading footpaths, delivering a Seniors' Exercise Park in Spotswood, and delivering programs such as 'walking football' at the Altona Sports Centre.
- **Incorporating universal design principles into community buildings and infrastructure** such as communication boards and accessible wayfinding signage.
- **Delivering programs to increase access for people with a disability** such as the Accessible Beaches Program (in partnership with local life saving clubs).

For more information, please refer to the **Hobsons Bay Health Profile**.

CLIMATE CHANGE AND ITS IMPACTS ON HEALTH

Why is this important?

Climate change impacts our health directly through higher temperatures, rising sea levels, and more frequent flooding, droughts and bushfires. It can also impact health indirectly through air quality, food insecurity, ecological and land use change, and mental health impacts. Climate change also threatens our unique biodiversity, which supports the health and wellbeing of the whole community.

What is happening in Hobsons Bay?

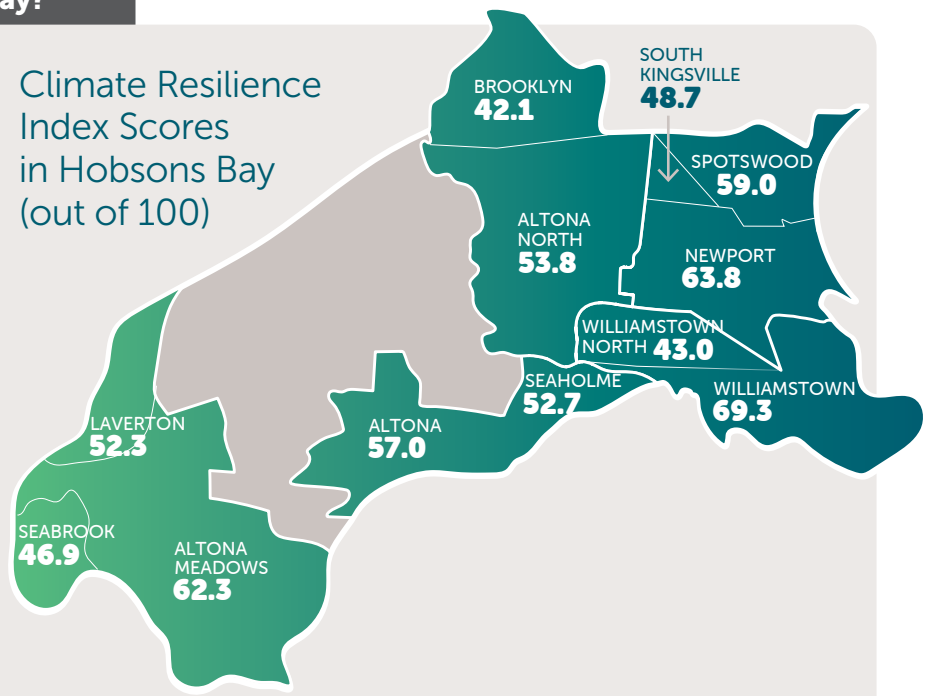
% of tree coverage

Hobsons Bay
6%

Greater Melbourne
15%

Eastern Suburbs
26%

Climate Resilience Index Scores in Hobsons Bay (out of 100)



Who does this impact?

- **Public housing tenants** need to leave their homes more often during heatwaves.
- **Infants, older people, and people with physical or mental conditions** are more vulnerable in extreme heat.
- **Women** experience an increase in family violence during and after emergencies and natural disasters.

What is Council doing?

- **Keeping libraries open for longer during heat waves,** so people have somewhere cool to go if their homes are too hot.
- **Planting more than 10,000 new trees in the past year** as we work towards increasing tree canopy cover to 30 per cent by 2040.
- **Delivering community activities and events,** including free tree and tube stock giveaways, hands-on recycling education programs, and celebrations such as Migratory Bird Day.
- **Facilitating e-waste recycling** through specialised waste deposit facilities at Libraries and Community Hubs and holding regular e-waste disposal days at the Hobsons Bay Civic Centre.

For more information, please refer to the **Hobsons Bay Health Profile**.

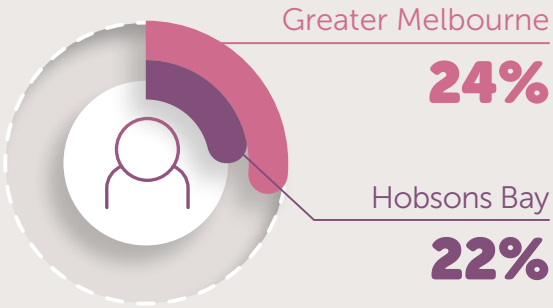
COMMUNITY CONNECTIONS AND MENTAL WELLBEING

Why is this important?

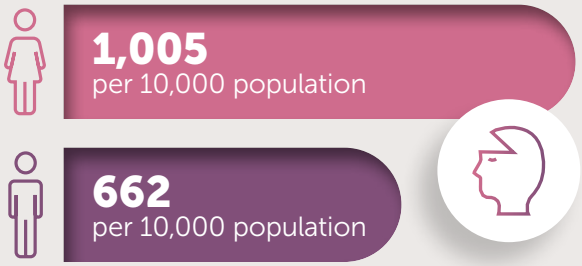
High-quality social connections are essential for mental and physical health and wellbeing. People who experience loneliness are more likely to have chronic disease, depression, social anxiety and lower wellbeing. Indeed, loneliness is considered a public health epidemic by the World Health Organisation and the links between loneliness, chronic disease and mental ill-health are well known.

What is happening in Hobsons Bay?

% of adults who feel lonely



Has been diagnosed with a mental health condition



Who does this impact?

- **People aged 18-34** experience the highest levels of loneliness in Victoria.
- **People who live alone** are more likely to be lonely (this is the fastest growing household type in Hobsons Bay).
- **Women** are significantly more likely to experience high or very high levels of psychological distress, when compared to men.
- **Young people** in Hobsons Bay experience psychological distress at higher rates, compared to Western Melbourne and Victoria.

What is Council doing?

- **Providing spaces and programs** where residents can meet to promote community connections and improve mental wellbeing.
- **Supporting community events** like the Harmony Cup, a soccer tournament that brought together young people from the Karen community.
- **Supporting employment for young people** through activities like the 'Pathways to Work' expo and work experience programs.
- **Supporting events to promote cultural and community connections** such as Diwali, Lunar New Year, Eid al-Fitr, ANZAC Day and Christmas.
- **Supporting culturally-specific playgroups and 'Friends of' groups** that organise planting days in local parks and open spaces.

For more information, please refer to the **Hobsons Bay Health Profile**.

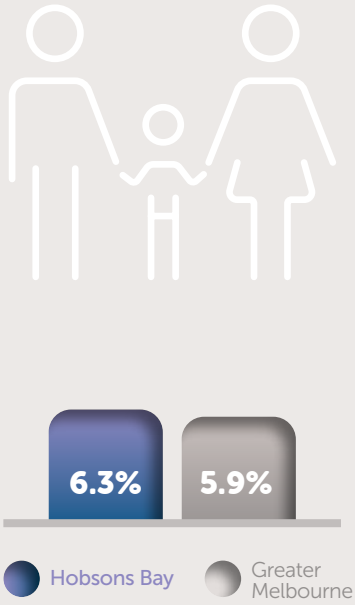
EARLY CHILDHOOD DEVELOPMENT

Why is this important?

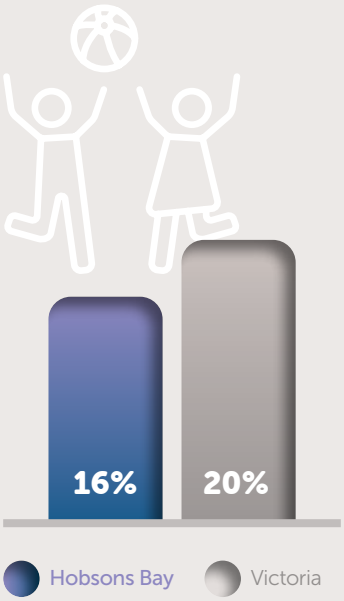
Children's development is particularly vulnerable to the social determinants of health, including the family's income, education, housing and community connections. The first eight years of life is when children develop many capabilities and competencies, and inequities experienced during early childhood have a major role in shaping health and wellbeing in later life.

What is happening in Hobsons Bay?

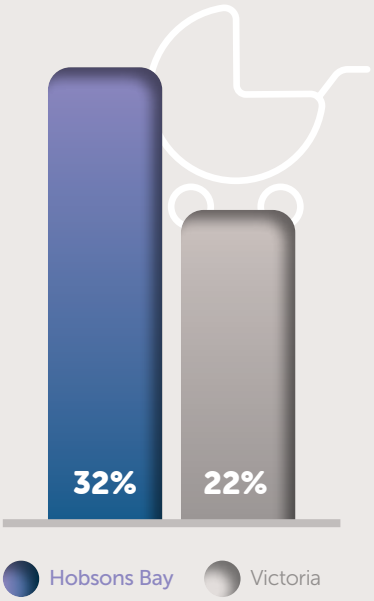
0-4 years – % of total residents



% of kindergarten-aged children that are developmentally vulnerable



% of infants who are reported as being fully breastfed at 6 months of age



Who does this impact?

- **Altona Meadows** (20%), **Altona North-Brooklyn** (18%) and **Spotswood-South Kingsville** (17%) have the highest rates of developmentally vulnerable children in Hobsons Bay.

What is Council doing?

- **Delivering our local Maternal and Child Health service,** a free service which provides child health and development assessment and breastfeeding and parenting support.
- **Delivering Baby Time, Story Time and supported playgroup programs** to encourage language development and love of books and reading for young children.
- **Providing affordable occasional care** for children aged 12 months to school age, with stimulating activities and nutritional snacks for morning tea.
- **Providing a huge collection of free children's resources** through our libraries, including board books, audio books and picture books, as well as engaging online games and resources.

For more information, please refer to the **Hobsons Bay Health Profile**.

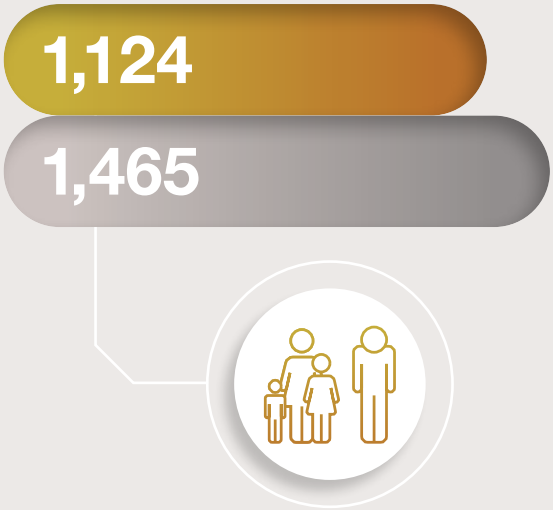
FAMILY VIOLENCE AND VIOLENCE AGAINST WOMEN

Why is this important?

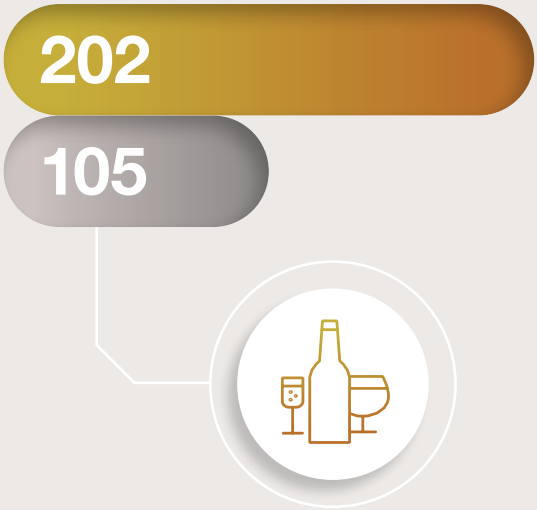
Violence against women is a serious and widespread problem in Australia and affects all socio-economic groups and communities. Social beliefs, gender stereotyping and economic inequality between men and women play a large part in family violence.

What is happening in Hobsons Bay?

Family Incidents rate per 100,000 people



Family incidents per 100,000 people that were or probably attributed to alcohol consumption



Who does this impact?

- **Women** accounted for 75 per cent of all victims of family violence in Victoria.
- **Children** are a witness or victim in 30 per cent of all family violence incidents in Victoria.

What is Council doing?

- **Delivering the Baby Makes 3 program** to new parents in Hobsons Bay, which promotes equal and respectful relationships between parents during the transition to parenthood.
- **Delivering events to promote gender equity** and raise awareness of the causes and impacts of family violence, including International Women's Day and the 16 Days of Activism.
- **Delivering development sessions with sporting clubs** to help reduce barriers for women, girls and gender diverse people accessing community sports (through our Fair Access Action Plan).
- **Supporting programs and art exhibitions** that provide opportunities for social connections and raise awareness of the cause and impacts of family violence in local communities.

For more information, please refer to the **Hobsons Bay Health Profile**.

HEALTHY EATING AND ACCESS TO HEALTHY FOOD

Why is this important?

What we eat and drink greatly affects our physical and mental health and wellbeing. Eating fruit and vegetables (and less sugar, fat and salt) reduces obesity, high blood pressure and high cholesterol. It also reduces the incidence of chronic diseases like type 2 diabetes, cardiovascular disease and some types of cancer. However, the increasing cost of living is reducing food security, with a recent Senate Inquiry identifying food and grocery prices as the most important cause of cost-of-living pressures.

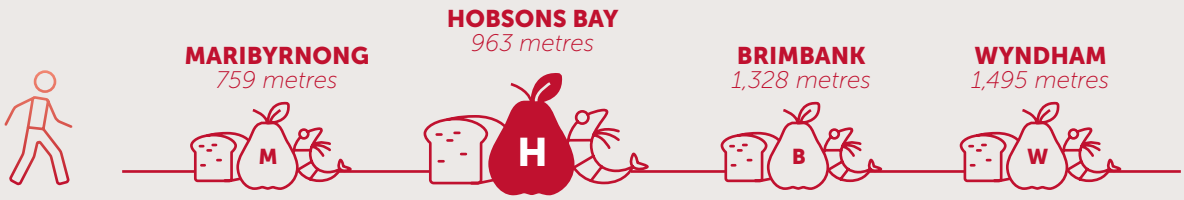
What is happening in Hobsons Bay?

% of adults who consume sugar-sweetened drinks daily or several times per week

33% Hobsons Bay

34% Greater Melbourne

Average distance to a supermarket or greengrocer



Who does this impact?

- **Men** consume sugary drinks at higher rates than women.
- Just 3.2% of **children** in Western Melbourne eat the recommended serves of vegetables.
- **Lower socioeconomic areas** have more advertising for unhealthy food around schools.
- **Women** are more likely to run out of food, compared to men.

What is Council doing?

- **Delivering the free 'My Smart Garden' program** which helps residents grow their own healthy food, recycle food waste, and save money on food costs.
- **Delivering thousands of nutritional pre-cooked meals** to vulnerable residents through our 'Meals on Wheels' service.
- **Providing information about emergency food relief** through our Emergency Food Relief Guide (developed with the Hobsons Bay Crisis and Emergency Relief Network).
- **Providing contemporary and diverse recipe books and healthy eating guides** within our Hobsons Bay Library branches.

For more information, please refer to the **Hobsons Bay Health Profile**.