

# Community health and wellbeing Fact Sheet



**Councils play an important role in facilitating good planning to activate diverse housing, community infrastructure, and access to transport and economic opportunities.**

Strategies need to be developed to encourage and support active and engaged communities. These strategies should be flexible, innovative, and allow for the interests and aspirations of the community.

Overall, the population of Nillumbik is at the higher end of the socio-economic gradient in Melbourne. This means that in many aspects, the population of Nillumbik enjoys better than average health and wellbeing. However, certain widespread health inequalities persist within the municipality, affecting different population groups in different ways.

## **SEIFA index of disadvantage**

The higher the SEIFA score, the more advantaged the area. A higher score means better socio-economic outcomes. Nillumbik's SEIFA score shows that it is one of the best performing regions from a socio-economic perspective.

Nillumbik: **1099**

Greater Melbourne: **1021**

## **Food environment**

of people in Nillumbik meet both fruit and vegetable consumption based on the National Health and Medical Research Centre 2013 guidelines.

## **Alcohol, tobacco and drugs**

of the Nillumbik community is at risk of alcohol related harm over their lifetime.

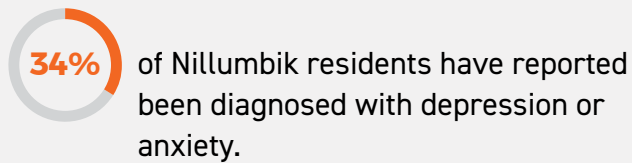
The Nillumbik community shows a higher than average incidence of increased risk of lifetime alcohol related harm, meaning that they are drinking more than two standard drinks a day.

of the Nillumbik community are current smokers

Although the proportion of smokers in Nillumbik is lower than average, it is of concern that the proportion of the population classified as a current smoker increased from 2011 to 2017.

**Our People,  
Our Place,  
Our Future**

## Mental Health

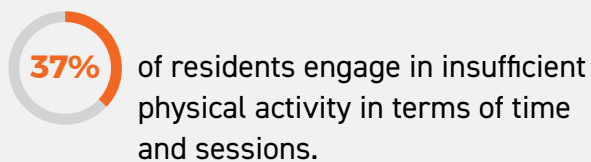


The incidence of experiencing depression or anxiety increased from 2011 to 2017. Given the impacts of COVID on mental health, this is likely to increase.

## Family Violence

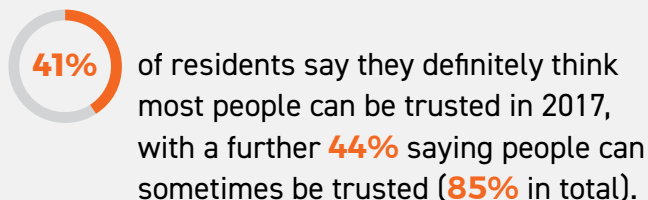
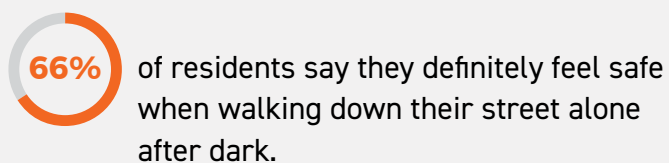
**785.6** family violence incidents per 100,000 population were recorded in Nillumbik in 2019/2020. In Nillumbik, the rate of family violence incidents recorded by police has been steadily increasing since 2017/18.

## Active lifestyles and recreation



The proportion of the community who do not engage in sufficient physical activity has increased since 2014 and is currently at a level similar to regional and state averages.

## Community safety



Scan this QR code to access the survey

## Community health and wellbeing in the future: what we can expect

Proactive steps need to be taken in order for Nillumbik to continue to experience a high level of advantage; however this does not negate the need to address areas of disadvantage.

## Community health and wellbeing in the future: what can we do?

Further enhance programs and frameworks to promote health and wellbeing in the community.

If you would like to attend a community pop-up or virtual information session please go to [participate.nillumbik.vic.gov.au/our-future](https://participate.nillumbik.vic.gov.au/our-future) for more information.

### Source

Nillumbik 2040: Towards a Community Vision for Nillumbik Background Paper (2020)  
Nillumbik Shire Council.

Nillumbik Shire Council Community Profile 2020 (2021) ASDF Research and Nillumbik Shire Council.