

# **Socio-Economic Disadvantage and Health in Port Phillip and Stonnington - A Data Snapshot**

For  
***Cities of Port Phillip and  
Stonnington***

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Prepared by



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## 1. Introduction

This data snapshot has been prepared by Resolve Community Consulting based on the data collected and included in the Cities of Port Phillip and Stonnington tender application for the Federal Government’s Healthy Communities Initiative Grant (HCI). The focus of the tender application requirements was on socio-economic disadvantage and the health problems of obesity/overweight in adults. This influenced the data presented and analysed in this Data Snapshot. Focussing on socio-economic disadvantage in Port Phillip and Stonnington required a narrowing of the lens to focus on specific pockets of disadvantage to demonstrate the need for health programs for adults in these areas, particularly contrasted with the generally wealthy healthy populations of these two LGAs. In analysing the socio-economic data for these LGAs, it was evident that the highest areas of disadvantage were found in areas of high concentration of public housing, particularly public housing estates across both municipalities. This shaped the tender application and the data presentation. This Snapshot is supplemented by a CD containing some of the raw data collected through the tender writing process.

The data included in the HCI tender application is presented in this data snapshot together with some additional data that was not critical to the HCI tender application. It is anticipated that this Snapshot will provide a useful resource for both Councils to use in planning, advocating and leading programs to support positive health outcomes in areas of high disadvantage both through a successful outcome in the HCI tender process and in other Council and community sector partnerships.

## 2. Demographic Data

### 2.1 Port Phillip/Stonnington Overview

The 2006 Census provides the following demographic data for Port Phillip (COPP) and Stonnington (COS) (Table 1).

**Table 1. Stonnington/Port Phillip Demographic Data (Census 2006)**

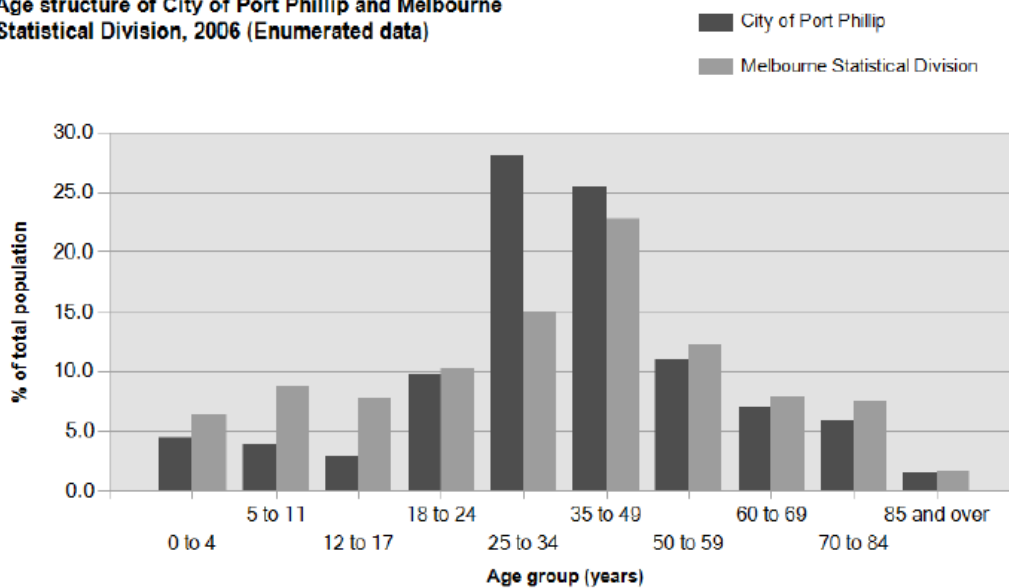
LGA

	Total Population*	% Male	% Female	% Indigenous	Number - Indigenous	% Aust. Born	% O/s born	% Institutional population	Number - Institutional population **
COPP	85,012	50	50	0.3	235	59	27	5.3	4,353
COS	88,976	48	52	0.2	167	63	27	2.8	2,495

Figures 1 and 2 illustrate that Port Phillip/Stonnington have relatively young to middle aged populations compared to the Melbourne average. This reflects the attraction of these areas to residents of working age. Port Phillip has a slightly higher than average proportion of people aged 50-84 than the Melbourne average. Both LGAs have lower proportions of children than the Melbourne average.

**Figure 1.**

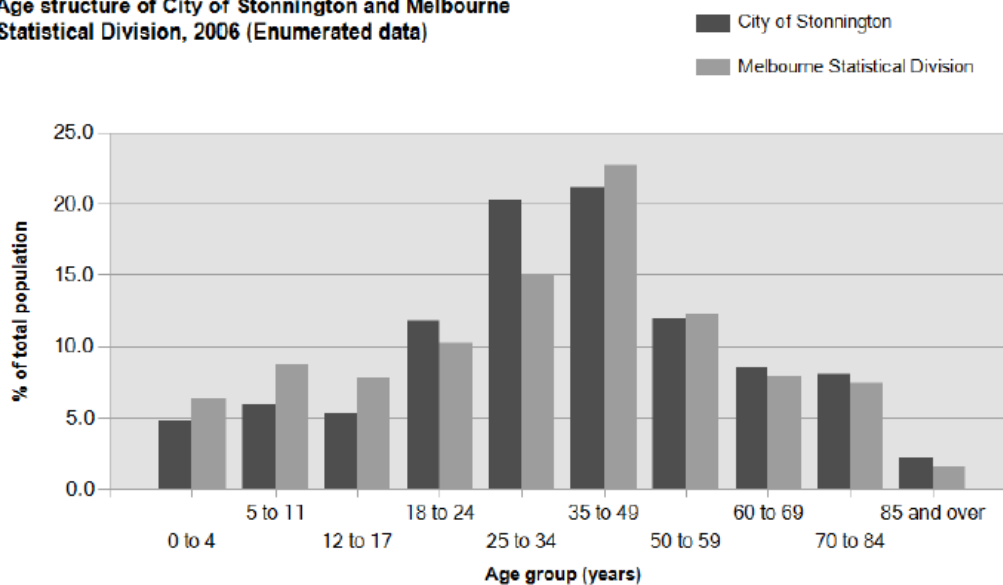
**Age structure of City of Port Phillip and Melbourne Statistical Division, 2006 (Enumerated data)**



Source: Australian Bureau of Statistics, 2006 Census of Population and Housing (Enumerated)

**Figure 2.**

**Age structure of City of Stonnington and Melbourne Statistical Division, 2006 (Enumerated data)**



Source: Australian Bureau of Statistics, 2006 Census of Population and Housing (Enumerated)

## **2.2 Public Housing**

There are high numbers of public housing tenants living in both LGAs. Port Phillip has the second highest number of public housing tenants in metropolitan Melbourne at 3,815, second after Yarra (5,049)<sup>1</sup>. Stonnington ranks 14<sup>th</sup> highest on this list. The combined total of public housing residents living in these LGAs is 5,577, higher than any single metropolitan Melbourne LGA. Table 2 shows that there are 4,101 people living in medium to high density public housing in these LGAs, many living on large

<sup>1</sup> Summary of Housing Assistance Programs 2009–10, Victorian Department of Human Services.

public housing estates such as Horace Petty in Stonnington which houses 1,169 tenants in 624 properties<sup>2</sup>.

**Table 2. Victorian Government Owned Housing in Stonnington/Port Phillip<sup>3</sup>**

Region	Victorian Government Owned							Community Owned	Total <sup>4</sup>
	Separate House	Semi-Det. House	Medium Density	Flat, Low-rise	Flat, High-rise	Rooming House Rooms			
<b>COPP</b>	78	119	538	1,134	805	630	505	3,815	
<b>COS</b>	18	6	195	639	790	64	44	1,762	
<b>Total</b>	96	125	733	1,773	1,595	694	549	5,577	

### 3. Socio-Economic Data

#### 3.1 SEIFA data

The *Socio-economic Indexes for Areas (SEIFA)* provides an index of relative disadvantage across Australia drawn from the 2006 Census. SEIFA data is available at a range of levels including local government area and census collector district (CCD).

Overall SEIFA rankings are high for both LGAs at 1064.6 for Port Phillip and 1087.7 for Stonnington. However, there are pockets of extremely low SEIFA rankings in each LGA. The CCDs with extremely low SEIFA rankings in Port Phillip/Stonnington match to areas with large proportions of public housing residents and reflect some of the highest disadvantage in Australia. In Port Phillip, 390 residents had the highest levels of disadvantage with a SEIFA ranking of 500-<525 and 335 residents in Stonnington had a SEIFA ranking of 525-<550. There were a total of 5,385 people in Port Phillip/Stonnington living in areas with a SEIFA number lower than 875, putting them in the lowest SEIFA decile for Australia as a whole (see Table 3). This is illustrated further on the SEIFA maps at Figures 3 and 4.

**Table 3. Port Phillip/Stonnington Low SEIFA compared to Australia<sup>5</sup>.**

SEIFA ranking	COPP		COS		Australia
	No. of people	%	No. of people	%	%
<b>500-&lt;600</b>	390	0.46	335	0.37	0.06
<b>600-&lt;700</b>	408	0.48	1,176	1.31	0.18
<b>700-&lt;800</b>	1,186	1.4	0	0	0.81
<b>800-&lt;875</b>	1,022	1.21	868	0.97	5.13
<b>Total &lt; 875</b>	3,006	3.55	2,379	2.65	6.18

<sup>2</sup> Prahran Urban Renewal, Community Snapshot

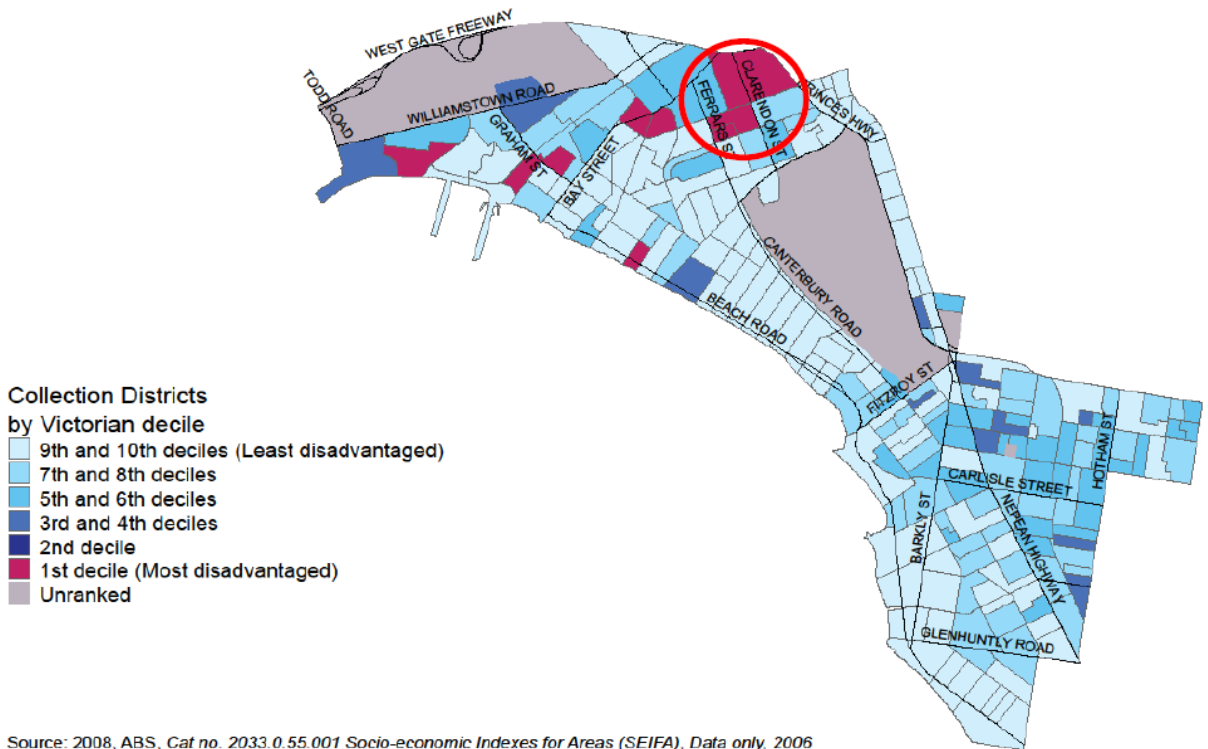
<sup>3</sup> Victorian Department of Human Services Op. Cit

<sup>4</sup> Total includes movable units and bushfire and other housing.

<sup>5</sup> Census 2006

**Figure 3. City of Port Phillip SEIFA Index of Relative Socio-Economic Disadvantage 2006 (HCI target area highlighted)**

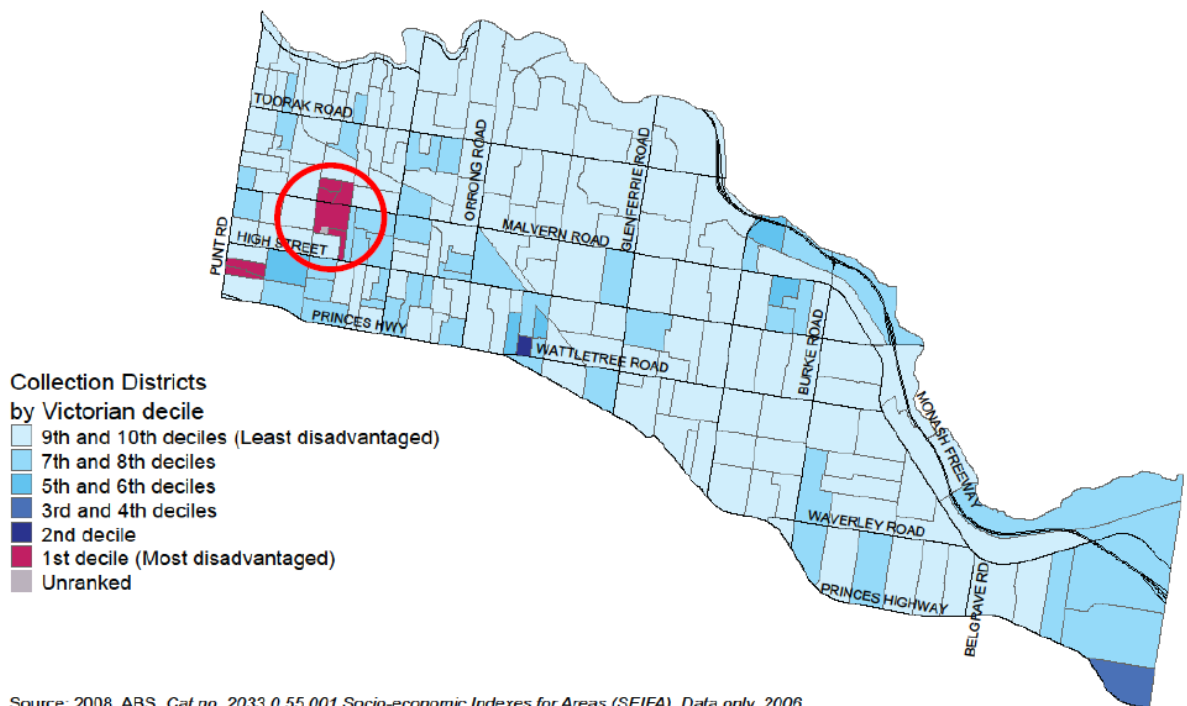
City of Port Phillip, SEIFA Index of Relative Socio-economic Disadvantage, 2006



Source: 2008, ABS, Cat no. 2033.0.55.001 Socio-economic Indexes for Areas (SEIFA), Data only, 2006

**Figure 4. City of Stonnington SEIFA Index of Relative Socio-Economic Disadvantage 2006 (HCI target area highlighted)**

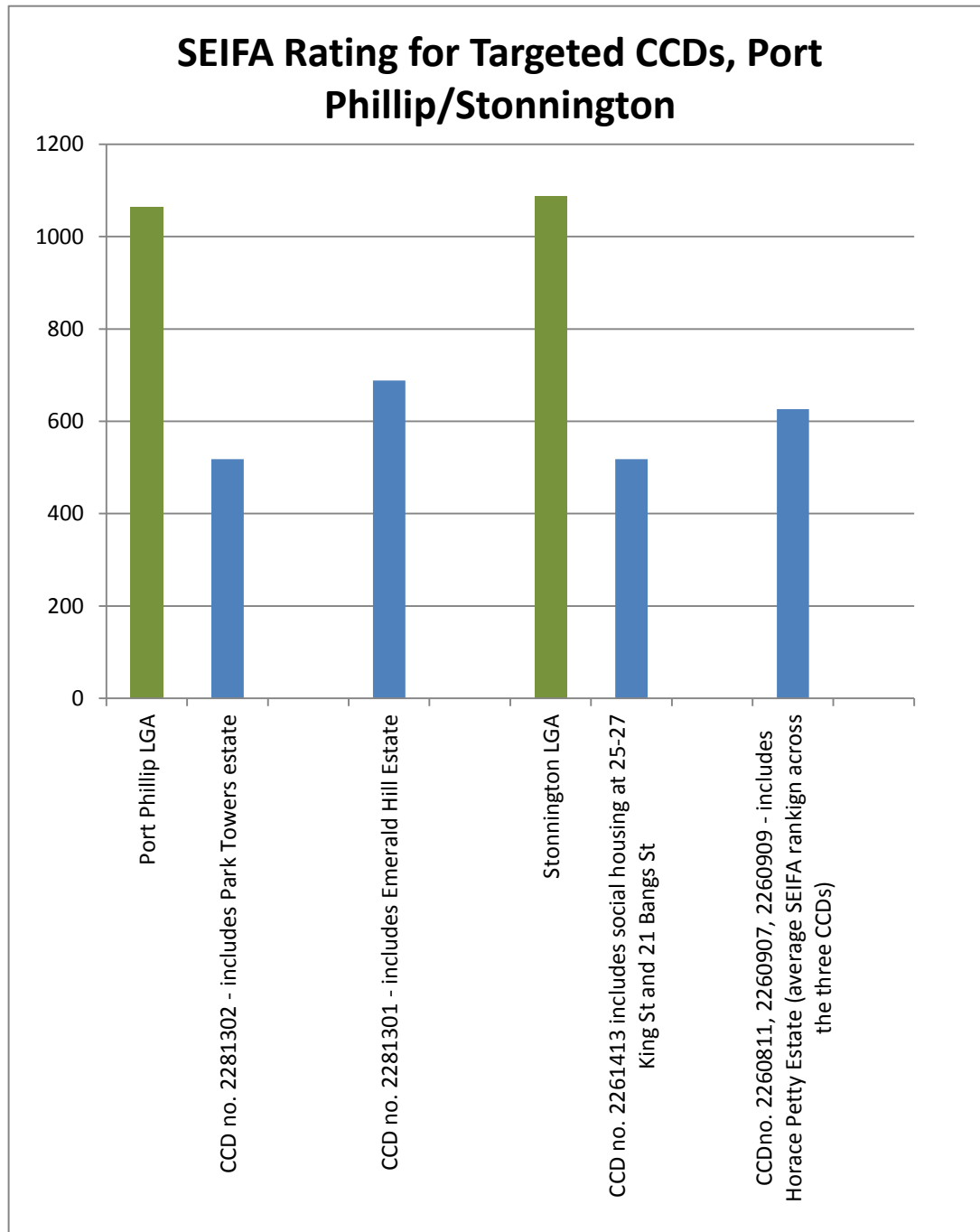
City of Stonnington, SEIFA Index of Relative Socio-economic Disadvantage, 2006



Source: 2008, ABS, Cat no. 2033.0.55.001 Socio-economic Indexes for Areas (SEIFA), Data only, 2006

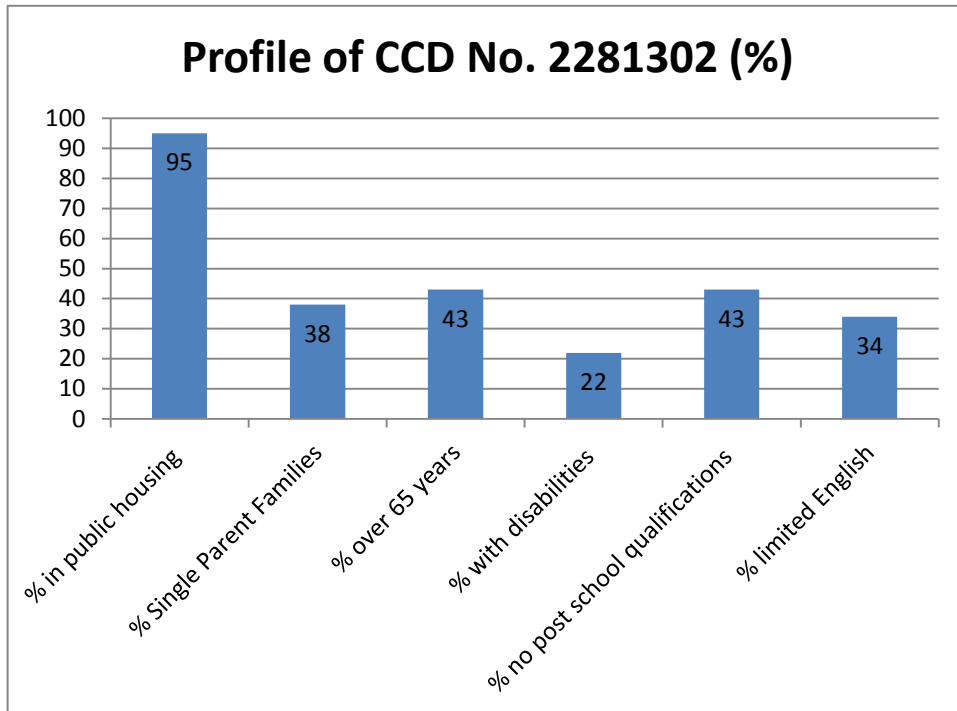
Figure 5 provides the SEIFA ratings for the CCDs targeted by the HCI submission, compared to the overall SEIFA rating for COPP/COS. Note that the Horace Petty estate covers three CCDS and the SEIFA rating is an average rating across the three CCDs.

**Figure 5. SEIFA Rating for Targeted Port Phillip/Stonnington CCDs**



A snapshot of the CCD with the lowest SEIFA ranking in Port Phillip/Stonnington provides an example of the high level of disadvantage in these LGAs (see Figure 6). This CCD includes the public housing estate Park Towers which has 229 dwellings.

Figure 6. Profile of South Melbourne CCD No. 2281302<sup>6</sup>



SEIFA data is based on place of usual residence. Port Phillip/Stonnington also have a number of people experiencing homelessness and extreme socio-economic disadvantage who would not be recorded in this data.

The Port Phillip Homelessness Action Strategy recognises that data on homelessness is currently “limited and dispersed across different data sets”, making interpretation and comparisons difficult. This would also be the case in Stonnington.

The Strategy provides the Census 2006 data for the Inner Melbourne counting district which includes Melbourne CBD, Yarra, Port Phillip and parts of Stonnington. Data for individual LGAs was unavailable<sup>7</sup>.

- 160 people were in improvised homes, tents or sleeping outdoors;
- 630 people were sleeping crisis accommodation;
- 660 people were sleeping on friends’ or families’ couches; and
- 2,040 people were in boarding houses.

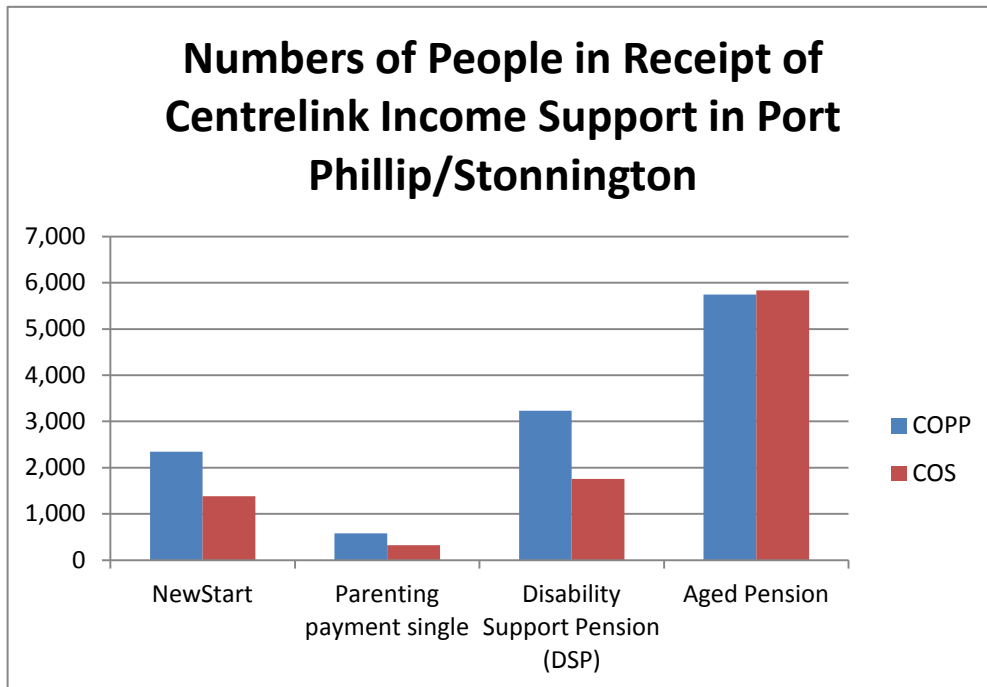
<sup>6</sup> Census 2006

<sup>7</sup> City of Port Phillip, 2008, *Homelessness Action Strategy 2008-2013*, p.12.

### 3.2 Workforce Participation/Income support

Over 21,000<sup>8</sup> people in Port Phillip/Stonnington population are in receipt of the main Centrelink income support benefits including over 10,300 residents of working age (see Figure 7). The majority these receive the Aged Pension (11,580) followed by the Disability Support Pension (4,986) and Newstart (3,721).

**Figure 7. Numbers of People in Receipt of Centrelink Income Support in Port Phillip/Stonnington**



There is a high incidence of long term unemployment with 49% of Port Phillip residents and 40% of Stonnington residents who are receiving Newstart having been on the payment for over 12 months<sup>9</sup>.

<sup>8</sup> Australian Bureau of Statistics, 2009 *National Regional Profile: Port Phillip (LGA) and National Regional Profile: Stonnington (LGA)*

<sup>9</sup> ABS 2009 Op. Cit.

Table 4 shows the spread of Centrelink recipients over postcode areas in Port Phillip and Stonnington. The highest number of DSP recipients across both municipalities is in St Kilda/St Kilda West (1,076) as well as the highest number of Newstart recipients (839). The second highest is number of DSP recipients across both LGAs is in St Kilda East (603) as is the second highest number of Newstart recipients (839). These two postcodes also have the highest number of Health Care Card Holders. Windsor/Prahran postcode has both the highest number of DSP (629) and Newstart recipients (467) in Stonnington followed by South Yarra (DSP=401 and Newstart=374). These two postcodes also have the highest number of Health Care Card Holders.

**Table 4. Benefits by Postcode<sup>10</sup>**

Postcode	Name of suburb	Newstart	Parenting payment single <sup>11</sup>	Parenting payment partnered	Disability Support Pension	Health Care Card <sup>12</sup>
3004	Melbourne	60	20	20	66	162
3141	South Yarra	374	82	35	401	880
3142	Toorak	132	20	20	125	384
3143	Armadale	123	32	20	159	302
3144	Malvern	83	20	20	113	320
3145	Malvern East	202	64	25	369	805
3146	Glen Iris	256	71	21	276	899
3181	Windsor/Prahran	467	92	42	629	973
3182	St Kilda/ St Kilda West	839	102	53	1,076	1,284
3183	St Kilda East	506	98	101	603	1,270
3184	Elwood	339	109	30	332	738
3205	South Melbourne	248	103	21	522	525
3206	Albert Park	135	35	20	208	368
3207	Port Melbourne	275	124	20	578	652
<b>Total</b>		<b>4,039</b>	<b>972</b>	<b>448</b>	<b>5,457</b>	<b>9,562</b>

<sup>10</sup> Centrelink December 2009, provided by ISEPICH.

<sup>11</sup> All values of 20 represent >20.

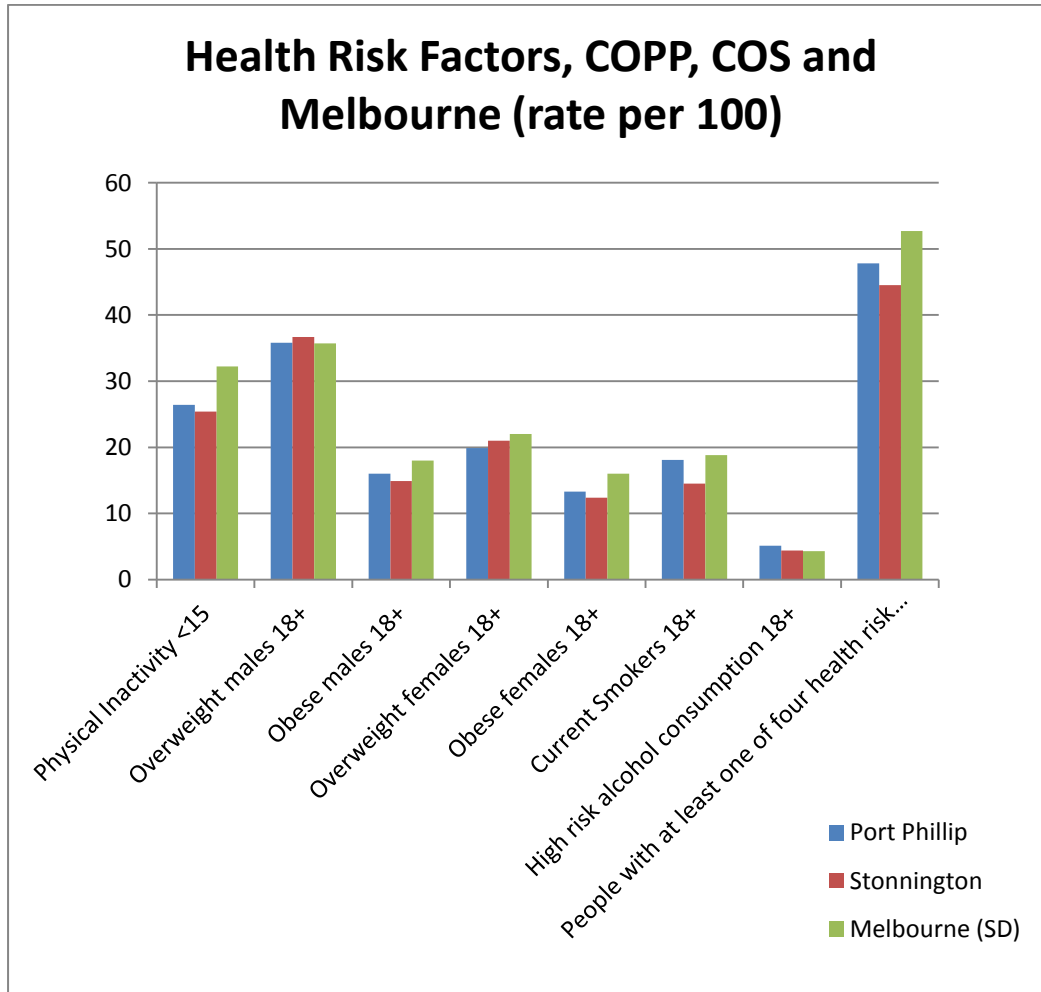
<sup>12</sup> Health Care Cards are available to certain recipients of benefits, low income earners and selected other groups. Most people on pensions and some on NewStart (if over 60) would be eligible for a Pensioner Concession Card (ie. they would not have a Health Care Card). Age pensioners would have Pensioner Concession Cards, but some self-funded retirees could be eligible for Health Care Cards.

## 4. Health Data

### 4.1 Overall Health in Stonnington and Port Phillip

Overall Stonnington/Port Phillip have relatively average levels or slightly lower than average of health risk compared to the Melbourne Statistical Division (SD)<sup>13</sup>. Despite this there is still a substantial number of adults aged 18+ across both LGAs with at least one of four health risk factors - smoking, harmful use of alcohol, physical inactivity, obesity at 39,172 for Port Phillip and 36,090 for Stonnington (see Figure 8).

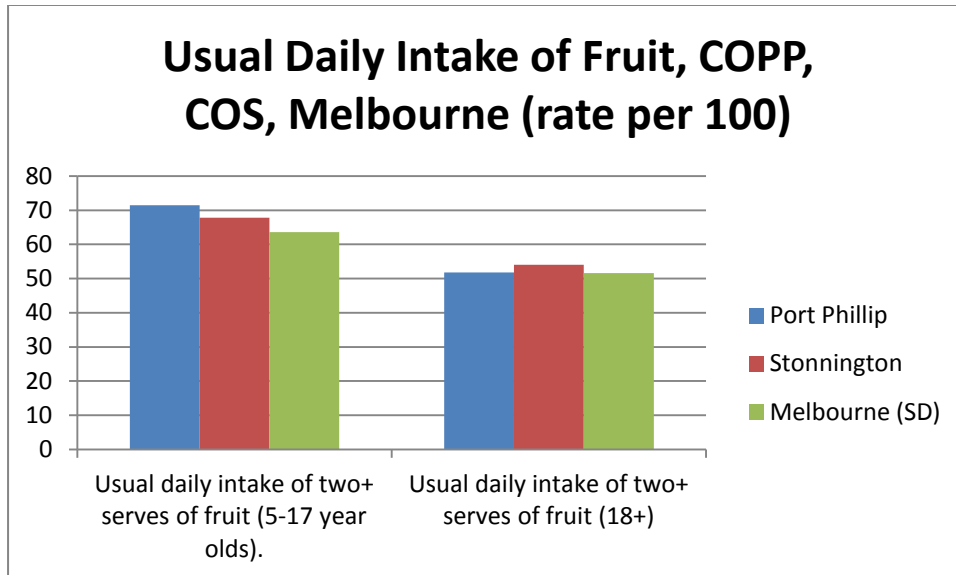
Figure 8. Health Risk Factors, COPP, COS, Melbourne SD (rate per 100).



<sup>13</sup> Social Health Atlas, 2010, Australian Bureau of Statistics.

The usual daily intake of two or more serves of fruit is higher for children aged 5-17 than for adults across both LGAs reflecting general trends across the Melbourne Statistical Division (see Figure 9).

**Figure 9. Usual Daily Intake of Two or more Serves of Fruit for School-Aged Children and Adults, COPP, COS, Melbourne SD (rate per 100).**



Victorian Department of Health data (Figures 10 and 11) demonstrates that Port Phillip and Stonnington both have relatively low overall rates of overweight/ obesity with some pockets of very high rates of overweight/obesity. These areas of very high rates of overweight/obesity are located in the low SEIFA areas surrounded by a generally healthy population. In addition, these are also areas of high rates of public housing.

**Figure 10. Percentage of Overweight/Obesity, Port Phillip**

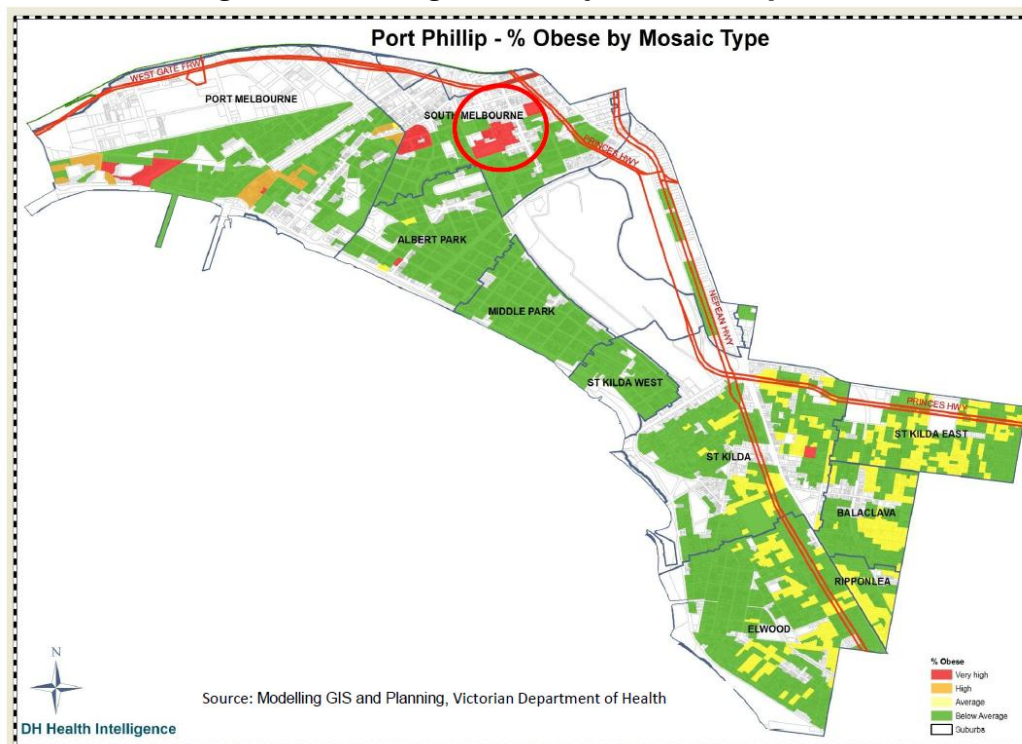
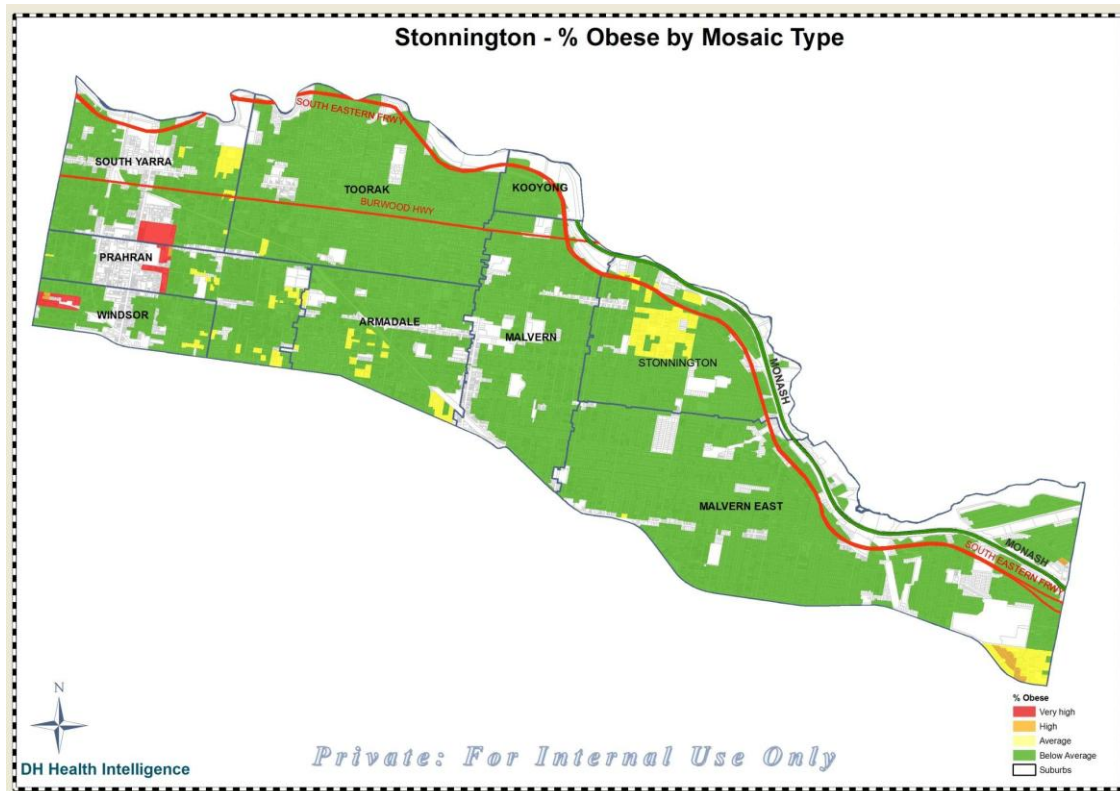
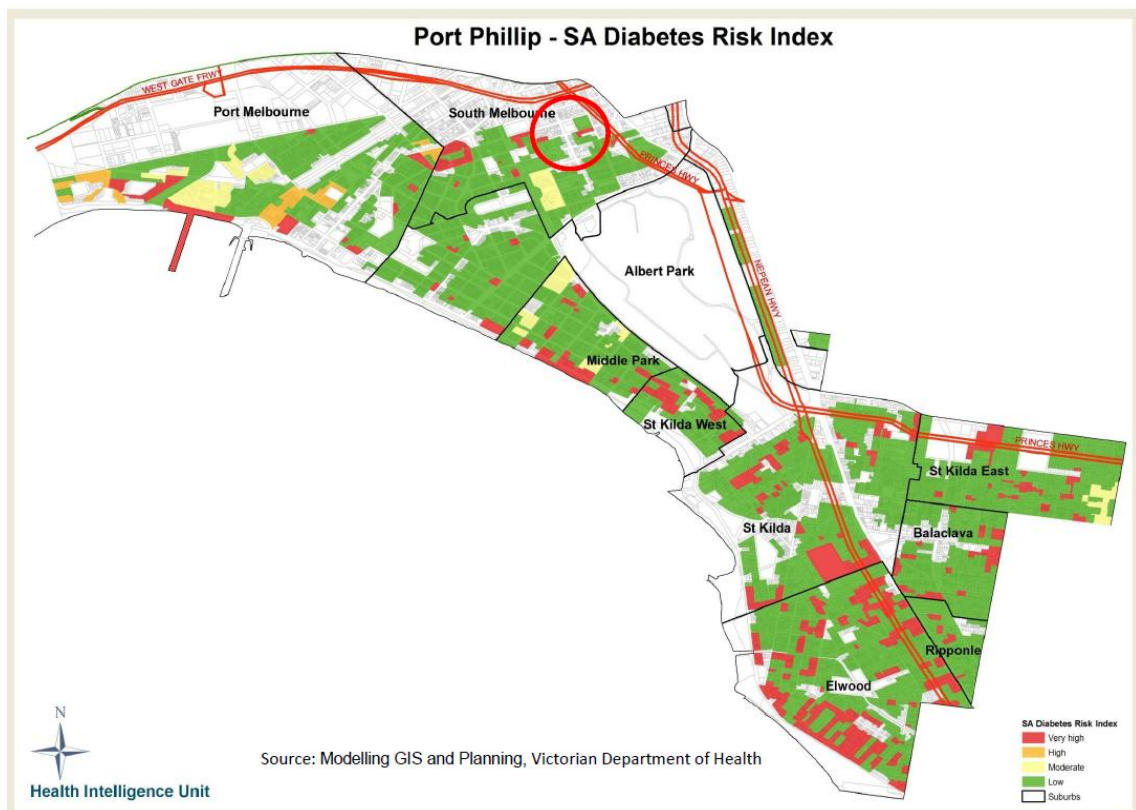


Figure 11. Percentage of Overweight/Obesity, Stonnington

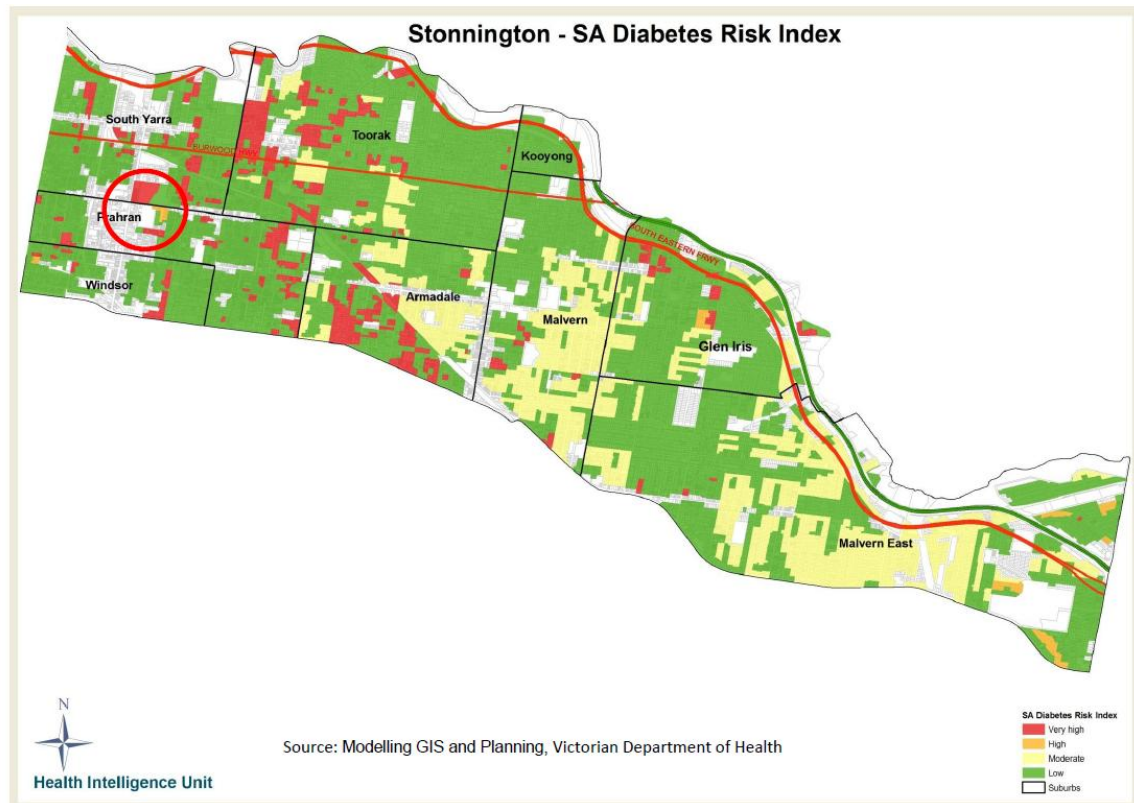


Very high diabetes risk is more widespread across both LGAs, both in pockets of high disadvantage and in wealthier pockets of the LGAs (see Figures 12 and 13).

Figure 12. Diabetes Risk, Port Phillip



**Figure 13. Diabetes Risk, Stonnington**



#### **4.2 Health Characteristics of Disadvantaged COPP/COS Residents**

An Inner South Community Health Service (ISCHS)<sup>14</sup> client survey provides insights into these pockets of poor health. The survey found:

- 87% of respondents were healthcare card holders compared with 6% for Stonnington/Port Phillip overall;
- 41% of respondents lived in public housing;
- Survey respondents reported having
  - heart disease (18%)
  - diabetes mellitus (15%)
  - cancer (11%)
  - emphysema and/or chronic bronchitis (11%)
  - stroke (8%).
- 46% of respondents reported having depression and 43% reported having anxiety.
- 38% of respondents smoked every day or every 2-3 days compared to 20-22% for the Southern Metropolitan region (see Figure 14).

<sup>14</sup> ISCHS Client Survey Project, 2009

**Figure 14. Proportion of ISCHS client survey respondents who smoke compared to local area residents<sup>15</sup>.**

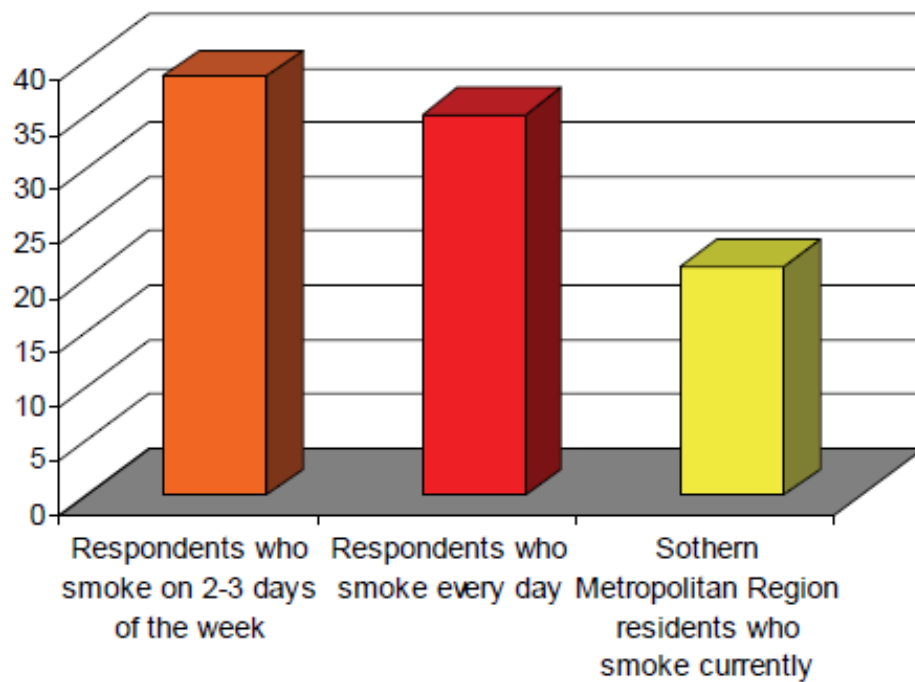


Table 5 shows that healthy eating is a challenge for respondents with 38.5% usually skipping breakfast and 35.1% skipping lunch. Only about half of respondents eat fresh fruit and vegetables every day. 47.3% of respondents eat fresh fruit every day compared with 54.0% of Stonnington residents and 51.8% of Port Phillip residents overall<sup>16</sup>.

**Table 5. ISCHS' Client Nutrition**

Thinking about the last six months, how often would you have the following each week?	Never or rarely		On 2–3 days		On 4–5 days		Everyday	
	#	%	#	%	#	%	#	%
Breakfast	132	17.9	88	12	57	7.7	457	62.1
Lunch	53	7.2	87	11.8	116	15.8	478	64.9
Evening meal – home cooked	68	9.2	94	12.8	129	17.5	439	59.6
Evening meal – fast food	488	66.3	148	20.1	44	6.0	26	3.5
Fresh fruit	132	17.9	157	21.3	96	13.0	348	47.3
Fresh vegetables	85	11.5	145	19.7	122	16.6	380	51.6
Alcohol	505	68.6	87	11.8	43	5.8	93	12.6
Confectionary/snack foods	301	40.9	206	28.0	84	11.4	143	12.6
Soft drinks	393	53.4	139	18.9	57	7.7	140	19.0
Cigarettes	452	61.4	13	1.8	12	1.6	258	35.1

2.24 Nutrition

<sup>15</sup> ISCHS op. cit.

<sup>16</sup> Social Health Atlas, 2010, Australian Bureau of Statistics.

Table 6 illustrates low levels of physical activity among respondents. The majority of respondents (60.9%) never or rarely took part in brisk walking and 71.1% rarely or never took part in moderate activity.

**Table 6. ISCHS' Client Exercise**

Thinking about your exercise routines in the last six months, how often would you do the following each week?	Never or rarely		On 2–3 days		On 4–5 days		Everyday	
	#	%	#	%	#	%	#	%
Gentle walking (>20 mins)	142	19.3	155	21.1	103	14.0	329	44.7
Brisk walking (> 10 mins)	448	60.9	125	17.0	42	5.7	109	14.8
Moderate activity (example: dancing)	523	71.1	124	16.8	31	4.2	52	7.1
Vigorous activity (example: jogging)	<b>4+ days</b>							
	634	86.1	54	7.3	37	5.0		

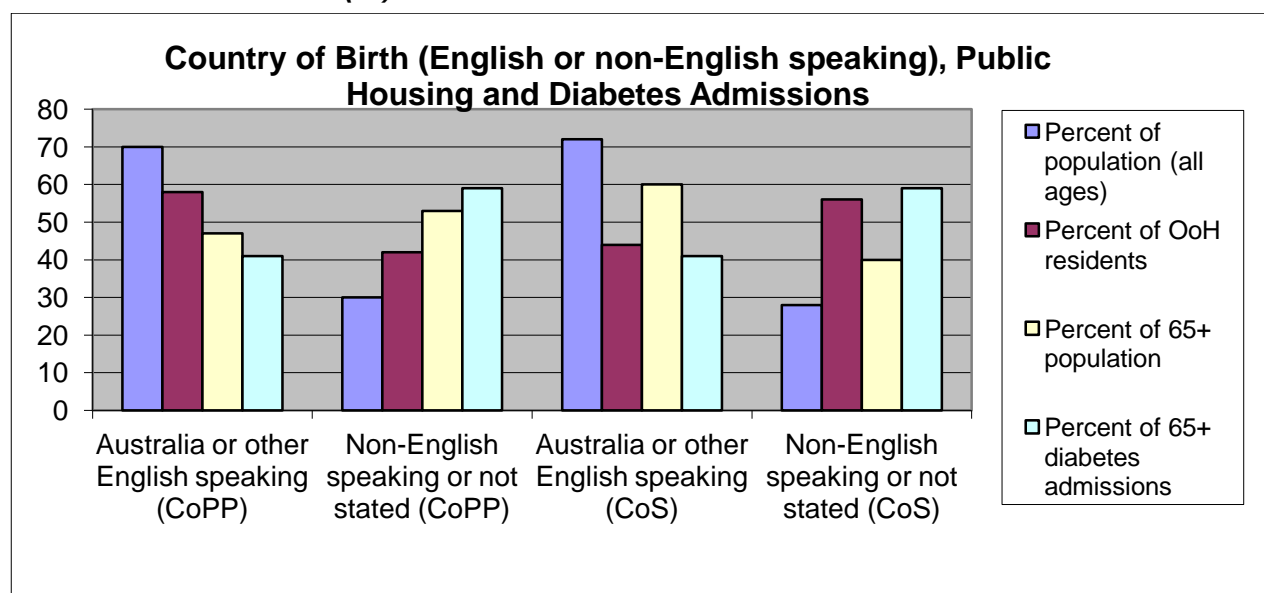
2.25 Physical activity

## 5. Public Housing

### 5.1 Public Housing Data

People from non-English speaking backgrounds are highly represented in both public housing statistics and diabetes admissions to hospital for over 65s in Stonnington/Port Phillip, indicating high levels of disadvantage and chronic health issues among this group (see Figure 15).

**Figure 15. Port Phillip/Stonnington Country of Birth, Public Housing and Diabetes Admissions (%)**<sup>17</sup>

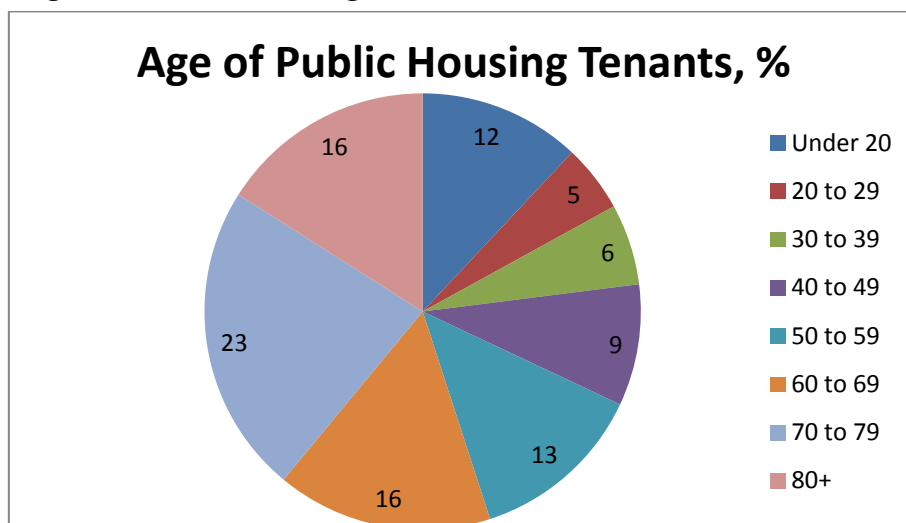


<sup>17</sup> Population data on country of birth is from the Australian Bureau of Statistics 2006 census. Data on diabetes admissions is provided by the Department of Health Southern Metropolitan Region Ambulatory Care Sensitive Conditions data for 2008/09 financial year. Data on country of birth of residents in Office of Housing Dwellings was provided to the City of Port Phillip by the Department of Human Services, Office of Housing in 2007.

The data presented in this section is taken from a spreadsheet provided by Port Phillip Community Group for the facilities managed on behalf of the Office of Housing, dated 31 August 2009. The data below relates to housing estates within the Cities of Port Phillip and Stonnington and may not include scatter-site public housing. More data is available also for individual properties in the spreadsheet (included on the CD).

Public housing tenants in COPP/COS are more likely to be aged 50 years old and over (68%) with 55% aged 60 years and older (see Figure 16). Only 12% of public housing tenants in these estates are aged under 20. These figures reflect the fact that five estates are designated as Older Persons High Rise as well as a generally older population in these estates overall. This has implications for the types of programs, including health and physical activity programs, provided to these tenants.

**Figure 16. Age of Public Housing Tenants in COPP/COS, %**



There is a diverse ethnic mix among public housing tenants in COPP/COS (see Figure 17). Only 28% of these tenants are of Australian background with the second largest group making up people from the former USSR (27%) including Russia and Ukraine. People from an Asian ethnicity make up 15% of tenants, including 5% from Vietnam. Only 4% of tenants were from African backgrounds including Somalia, Sudan, Ethiopian, Egypt and South Africa. This has implications for the way in which information and programs are provided including cultural and language implications.

**Figure 17. Ethnicity of Public Housing Tenants in COPP/COS %**

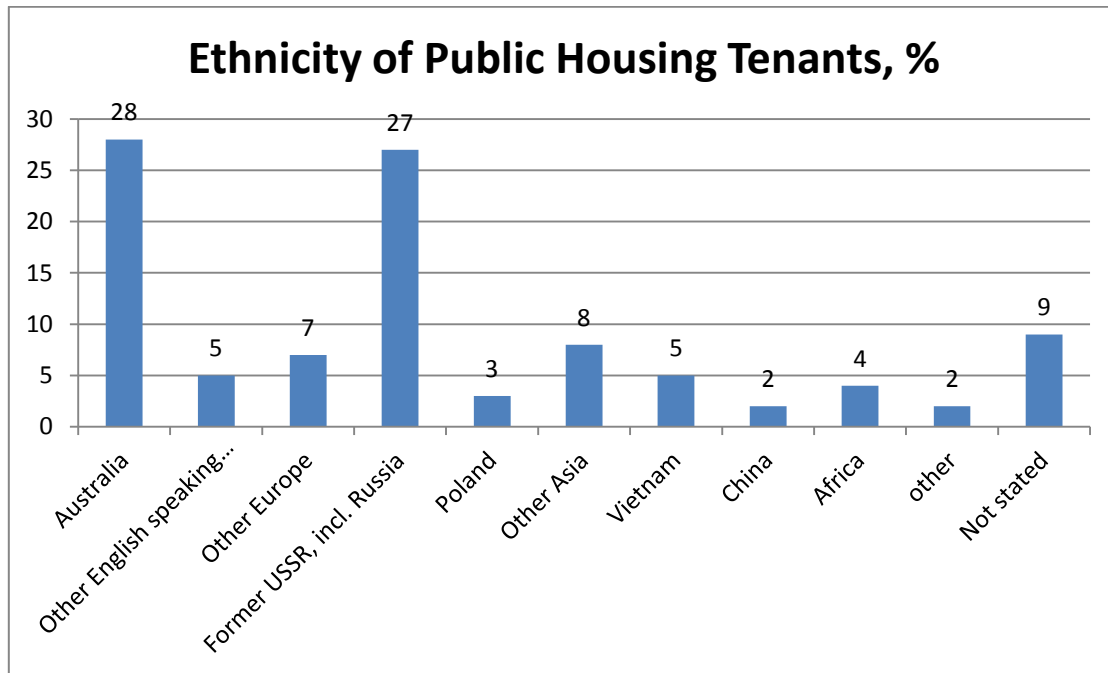
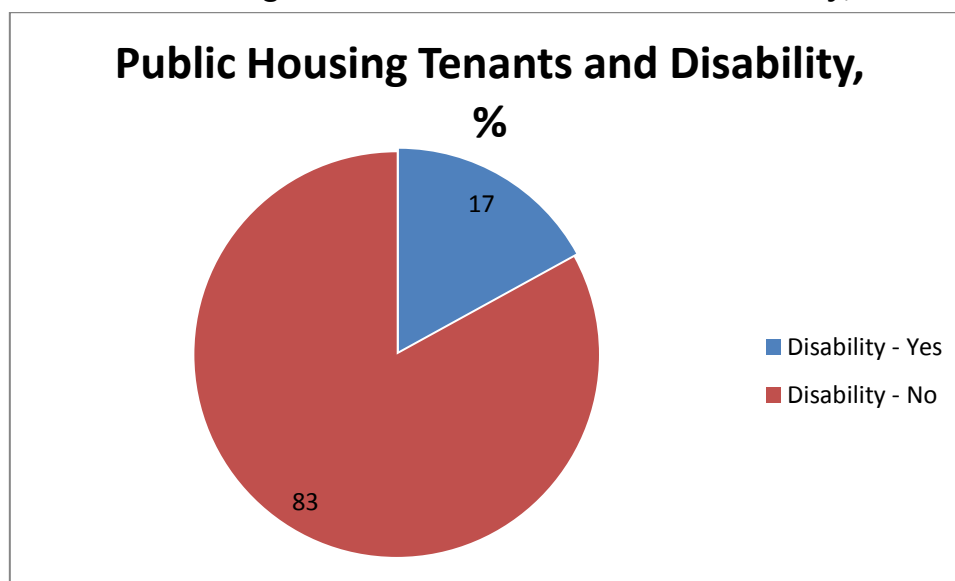


Figure 18 shows that 17% of tenants in COPP/COS are flagged as having a disability. There is no more information on the type of disability available in this dataset.

**Figure 18. Public Housing Tenants in COPP/COS and Disability, %**



PPCG prepared a brief data summary of three of the estates selected for the HCI tender. This data summary is presented below.

### **City of Port Phillip**

#### **1. 332 Park St, South Melbourne (also known as Park Towers)**

- High rise
- 460 tenants,
- Approx 2/3 are over 50
- Ethnic spread (especially elderly Russian community)
- Active Tenants Association
- Have a community room
- Have recently begun in the community room a tenant-initiated and run gentle exercise group for older tenants in response to elderly people being overweight
- Have an enclosed vegetable garden

#### **2. 200 Dorcas Street, South Melbourne (also known as Emerald Hill Court)**

- 248 tenants in main building – high rise
- Other side of road there are walk ups – approx another 150 people. Total pop 350-400.
- Mixture of ages including families – teenagers and children
- Mainly Australian born, but some Russian and other more recent arrivals
- Have a Tenants Association
- Have a community room
- A collective of local organisations have been meeting for a few years developing The Patch to help improve educational outcomes for young people on this estate
- A community kitchen has recently begun in the community room

### **City of Stonnington**

#### **3. 21 Bangs Street and 25 and 27 King Street, Prahran**

- 21 Bangs St has 240 tenants – good mix of ages. 45% are over 50
- High rise building
- 21 Bangs St has no tenants association and tenants have been hard to engage
- 21 Bangs St has a flat set aside as a community facility
- ISCHS are involved as have the Older Persons High Rise Support program worker located at Bangs St.
- NICA – National Institute of Circus Arts is nearby – has potential
- 25 and 27 King St are high rise
- 146 tenants at 25 King and 135 at 27 King St.
- All tenants are over 50
- Very good large open community facilities
- Lots of activities in community rooms
- Especially 27 King St are open to people from outside the estate engaging with them. 27 King is between 25 King and 21 Bangs St.

The Department of Human Services provided a Community Snapshot prepared for the Prahran Urban Renewal Project and a spreadsheet providing more detailed data about tenants on the Horace Petty Estate in South Yarra in Stonnington. These files are included in the CD. Some of the data is presented below.

### **Overview of Horace Petty Estate (HPE)**

- HPE currently has **624** one, two and three bedroom units.
- 217 units in 9 walk-up buildings, 397 units in high rises, 10 units in two storey townhouses
- This is set to expand with 188 new single and 2 BR units to be completed by the end of 2012.

### **Housing Profile:**

- The HPE houses 1169 clients in total. A significant proportion of residents have lived on the estate for more than 20 years (18%)

### **Age structure:**

- the largest age group is the 65+ years bracket at 380 residents (33%), which is much higher than the overall proportion COS residents in this age group (11.8%)
- The second largest population group is 40-54 years at 205 residents (18%).
- Analysis indicates that HPE has a total working age population of 49.23%

### **Household Structure:**

- Although the predominant family type in HPE is older single (37%) there is a significantly high proportion of sole parent families (14%) with dependants under 15 years

### **Tenure:**

- According to recent data there is a low turnover of tenancy.

### **Income and Centrelink Payment:**

- The majority of the population is in receipt of a Centrelink payment.
- 53% of tenants earn less than \$250 per week as compared to the rest of the State at 32%.
- The predominant income type is Aged Pension (36%), followed by Disability Support Pension (21%), Newstart (7%), Parenting Payment (6%) and Youth Allowance (5%)

### **Cultural Diversity:**

- There are 70 different nationalities on the estate.
- The main countries of origin are Australia (35%), the Former USSR (23%), Vietnam (6%), and China (2%).
- Although English is the preferred language (62%), 38% of residents speak another language at home.

### **Internet Connection:**

- 61% of households have no internet connection as compared to 30% of the rest of Stonnington.

### **Labour Market Information:**

- 80% of residents are considered 'workless' (in receipt of a Centrelink payment however not looking for work) as compared to the rest of the Victoria (39% - ABS 2006)
- The Stonnington unemployment rate is 2.7%, compared to the rest of the state 5.5%

## **5.2 Health, Public Housing and Stress**

A recent Monash University student study<sup>18</sup> into stress, obesity and public housing included surveys of residents at two of the housing estates targeted by the COPP/COS HCI application as well as three other properties in COPP/COS. The objectives of the project were:

- To provide people in public housing with knowledge on healthy eating by showing an example of simple healthy morning tea
- To increase awareness on stress and coping
- To begin to understand the potential link between chronic stress, poor health behaviours and obesity in public housing

The students surveyed 29 people living in public or community housing in Port Phillip and Stonnington. The study found high rates of chronic stress and obesity/overweight in public housing residents with 69% (of 29 respondents) recorded as obese/overweight. The study recommended the following strategies:

- stress management
- exercise programs
- education on healthy eating including on low income
- Integrating programs for maximum effect.

A PowerPoint presentation about this research is included on the CD.

## **6. Conclusion**

This data snapshot provides a summary of the relevant health and socio-economic data used to prepare the COPP/COS Healthy Communities tender. It effectively illustrates the health inequalities for people living in public housing estates in COPP/COS. Additional data is available on disadvantage and on health indicators in COPP/COS that may be useful in supplementing this snapshot. This would include disadvantage other than that found in public housing, including the homeless population in both LGAs and low income private renters. However it is anticipated that this document will provide a useful resource to support the implementation of the HCI should it be successful and to be used in planning and other tender/grant application processes of a similar nature.

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<sup>18</sup> Stress, health behaviours and obesity: An Investigation, 2011 (unpublished), K. Luthra and J. Hauptman. Monash Medical Student Research Project.