

**Table 1: Summary results Preston East Health and Wellbeing Survey (April 2015)**

INDICATOR	Victoria	Darebin	Preston East
Subjective wellbeing (range 0–100)	77.5 <sup>1</sup>	76.1 <sup>1</sup>	79.1
<b>PHYSICAL ACTIVITY &amp; RECREATION</b>			
Sedentary behaviour (sitting ≥7 hours per day)	32.6 <sup>1</sup>	40.2 <sup>1</sup>	31.0
Percentage of persons who <b>do not</b> meet physical activity guidelines (*moderate/vigorous)	32.1 <sup>2</sup> 27.4 <sup>1</sup>	33.6 <sup>2</sup> 26.3 <sup>1</sup>	*22.6/58.7
Percentage of females who <b>do not</b> meet physical activity guidelines (*moderate/vigorous)	33.6 <sup>2</sup> 27.2 <sup>1</sup>	39.0 <sup>2</sup> 29.7 <sup>1</sup>	*20.7/48.3
Percentage of males who <b>do not</b> meet physical activity guidelines (*moderate/vigorous)	30.4 <sup>2</sup> 27.5 <sup>1</sup>	28.3 <sup>2</sup> 21.4 <sup>1</sup>	*18.9/43.3
<b>ALCOHOL, TOBACCO &amp; OTHER DRUGS</b>			
Purchased alcohol in the last 7 days	36.3 <sup>1</sup>	35.1 <sup>1</sup>	35.9
Percentage of persons 18+ who are current smokers	15.7 <sup>2</sup> 19.1 <sup>1</sup>	21.9 <sup>2</sup> 23.5 <sup>1</sup>	30.1
Percentage of females 18+ who are current smokers	12.9 <sup>2</sup> 16.9 <sup>1</sup>	16.2 <sup>2</sup> 19.3 <sup>1</sup>	16.2
Percentage of males 18+ who are current smokers	18.5 <sup>2</sup> 21.4 <sup>1</sup>	28.5 <sup>2</sup> 27.3 <sup>1</sup>	31.6
<b>NUTRITION</b>			
Daily soft drink consumption	15.9 <sup>2</sup> 12.4 <sup>1</sup>	14.9 <sup>2</sup> 6.4 <sup>1</sup>	19.4
Percentage of persons who <b>do not</b> meet fruit (f) dietary guidelines	54.7 <sup>3</sup>	50.7 <sup>3</sup>	51.1
Percentage of persons who <b>do not</b> meet vegetable (v) dietary guidelines	92.8 <sup>3</sup>	94.0 <sup>3</sup>	92.4
Percentage of females who <b>do not</b> meet fruit (f) and vegetable (v) dietary guidelines (f/v)	45.5 <sup>2</sup> 41.9 <sup>1</sup>	44.5 <sup>2</sup> 41.4 <sup>1</sup>	40.5/87.6 (f/v)
Percentage of males who <b>do not</b> meet fruit (f) and vegetable (v) dietary guidelines (f/v)	56.9 <sup>2</sup> 54.8 <sup>1</sup>	56.2 <sup>2</sup> 58.1 <sup>1</sup>	50.5/91.8 (f/v)
<b>FAMILY &amp; SOCIAL LIFE</b>			
Lack time for friends/family	27.4 <sup>1</sup>	26.7 <sup>1</sup>	53.3
Shares a meal with family (≥ 5 days per week)	66.3 <sup>1</sup>	66.1 <sup>1</sup>	36.8
Can get help from friends family and neighbours when needed	91.7 <sup>1</sup>	89.3 <sup>1</sup>	94.2
Can raise \$2000 in two days in an emergency	85.6 <sup>1</sup>	80.2 <sup>1</sup>	95.7

<b>COMMUNITY PARTICIPATION</b>	<b>Victoria</b>	<b>Darebin</b>	<b>Preston East</b>
Volunteering (≥ once per month)*	34.3 <sup>1</sup>	22.6 <sup>1</sup>	12.6
Community acceptance of diverse cultures	50.6 <sup>1</sup>	54.8 <sup>1</sup>	34.7
Prepared to intervene in a situation of domestic violence	93.1 <sup>1</sup>	89.9 <sup>1</sup>	90.3
Feels valued by society	54.4 <sup>1</sup>	48.3 <sup>1</sup>	24.4
<b>SAFETY</b>			
Per cent of residents who feel safe walking alone during day	97.0 <sup>1</sup>	95.9 <sup>1</sup>	93.5
Per cent of residents who feel safe walking alone during night*	70.3 <sup>1</sup>	60.9 <sup>1</sup>	60.9
<b>ENVIRONMENT</b>			
Good facilities and services like shops, childcare, schools, libraries	79.3 <sup>1</sup>	89.9 <sup>1</sup>	83.3
Pleasant environment, nice streets, well planned, open spaces	83.1 <sup>1</sup>	71.2 <sup>1</sup>	72.5

<sup>1</sup> From 2010 Local Government Area Profiles, Department of Health, 2012  
([www.health.vic.gov.au/modelling/planning/lga.htm](http://www.health.vic.gov.au/modelling/planning/lga.htm))

<sup>2</sup> From 2013 Local government area profiles, Department of Health, 2014  
<<http://www.health.vic.gov.au/modelling/planning/lga.htm>>

<sup>3</sup> Department of Health & Human Services Victorian Population Health Survey 2011-12: Survey findings, <[https://www2.health.vic.gov.au/getfile//?sc\\_itemid={604DCF4F-A8B2-41B3-ABFF-CAECF30C2B3F}](https://www2.health.vic.gov.au/getfile//?sc_itemid={604DCF4F-A8B2-41B3-ABFF-CAECF30C2B3F})>.