

Our day-to-day health and lifestyle



Health status

IN 2018:

10.1%

of residents reported their health as **fair or poor**.



IN 2017:

52.2%

of residents rate their health as **excellent or very good**.



In 2018, 8.4% reported high or very high **psychological distress**.

15.7% of adults sought help for a **mental health problem**. More females (18.9%), sought help than males (11.6%).



Diagnosed anxiety or depression:

26.3%

22.3%



In 2017, 46% of adults rated their **dental health** as excellent or very good. 20% rated their dental health as poor.

Health conditions



In 2018, almost a quarter of residents (23.3%) had high blood pressure.

- » The cancer incidence rate per 1000 population is 5.2. The incidence rate is higher for males (5.8) than females (4.6).
- » For every 100 people in Stonnington, 11.6 people live with arthritis, 8.7 have asthma and 3.8 have cardiovascular disease. Stonnington has 3,902 people living with osteoporosis.



- » Notifications for chlamydia per 100,000 population were 725.8, more than double the notifications for Victoria at 345.1.
- » In 2020, Stonnington had the most cases of HIV in metropolitan Melbourne.
- » Stonnington has a significantly higher rate of Gonococcal infection than the state average. It is most common in males aged 25 to 29 years.
- » In 2018, bowel cancer screening participation was 35.1%, which is lower than the Victorian measure of 37.6%.

Vaccine preventable diseases

408 (2020)

1,560 (2019)



Stonnington continues have a higher rate of preventable diseases in comparison to Victoria.

Healthy weight

- » In 2018, 9.8% of residents were obese, significantly less than the Victorian measure of 18.8%. More males (11.2%) were obese than females (8.8%).

29.8% 53.8%

Overweight/obese

- » In 2018, almost a third of residents (31%) were pre-obese, the same as the state average. 42.6% of males in Stonnington were pre-obese, higher than the Victorian average for men of 38.4%. 21% of females in Stonnington were pre-obese, slightly lower than the Victorian average for women of 24.3%.

Active Living

48.9% of adults do not meet physical activity guidelines. More females (51.9%) than males (46.4%) do not meet physical activity guidelines.

13.7% participate in organised sport

Stonnington residents are more likely to walk, jog or run than do organised sports or activities.



51.5% of residents undertake low, very low or no physical exercise.

30.1% of adults sit for 7 hours or more on an average week day.



Eat for health

IN 2018:

44.9%  of adults did not meet dietary guidelines for either fruit or vegetable consumption.

47.7% males / 44.3% females

12.5% of females and 5.1% of males meet the recommended daily vegetable intake. 

44.1% of females and 47.1% of males meet the recommended daily fruit intake. 

5.2%  of adults report consuming sugar/sweetened soft drinks daily.

Most adolescents (12–18 years) do not meet recommended guidelines for weight, diet, exercise, and screen time. 

Parents are giving their children too many treat foods, with 41% of pre-schoolers receiving treat foods most days of the week.

Two thirds of parents (67%) find it hard to know how much added sugar is in the food products they buy for their children.

A third of children aged 6–13 years (35%) regularly consume sugar sweetened drinks, with over a quarter of parents (26%) mistakenly believing fruit drinks may be a healthier choice than water. 

41%  of preschoolers (aged 3–6 years) are having treat foods most days of the week.

95% of school aged children (6–13 years) don't eat the **recommended daily serves of vegetables**. 

Children and young people

» 1 in 4 young Victorians (aged 12–25) experience mental illness in any given year.

» 1 in 4 (25%) children and adolescents aged 2–17 years in Australia were overweight or obese. Children and adolescents with obesity are 5 times more likely to be obese as adults.

» 76.1% of children aged four are **enrolled in a preschool program** in Stonnington. This is significantly lower than the metro Melbourne and state averages, which sit at around 84%. 

Stonnington has a higher proportion of children who are bullied in Year 5 & 6, and a significantly lower proportion of children bullied in years 7 to 9 when compared to the state average and the surrounding areas. 

» In 2017, Aboriginal students had a lower passed subject percentage in vocational education and training subjects in Stonnington (62.2%) in comparison to Greater Melbourne (70.4%) and Victoria (70.8%).



Children fully vaccinated at ages 2 and 5 remains lower than the Victorian average.

Sexual and reproductive health

81%  of heterosexual women use contraception.

Women are more likely to use oral contraception than condoms.

In 2018, 66.5% of eligible women (aged 20–69 years) had a Cervical screen, which is higher than the Victorian measure of 61.5%.

In 2018, 46.4% of eligible women had a breast cancer screen, which is lower than the Victoria measure of 52%. 

Over a ten-year period, herpes virus (Varicella zoster) infections (unspecified) have more than doubled. 