



Mental health

Moreland City Council Health Profile

December 2020

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Overview

Aboriginal and Torres Strait Islander peoples are respectfully warned that the following report includes information associated with deceased persons from events that have occurred in Victoria. No names, voices or direct events are recorded within this report; however, the sensitive nature of the information is associated with the commencement of dreaming for many Aboriginal people and may impact some readers.

Mental Health is defined by the World Health Organisation as 'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community'. However, the term mental health is often used as a substitute to describe mental health conditions such as anxiety, depression, schizophrenia and others. Mental health can also be thought of as a continuum- where on one end there is good mental health, people can cope and manage stress well and on the other end is poor mental health, where mental health illnesses are present and can cause significant disruption to productivity, potential and daily life. Mental health is a core component of health, it, along with the physical and social components will determine a person's level of overall health and wellbeing.

Moreland context

Wellbeing is a measure of a deep and enduring sense of satisfaction. The average subjective wellbeing in Moreland is slightly lower than the Inner Metro Region average. It is particularly low for people aged 75 and over, with this age group reporting an average subjective wellbeing index of 71.0 out of 100, significantly lower than the Inner Metro Region average of 80.8. Over one quarter (27.4%) of adults are diagnosed with anxiety or depression in Moreland. Although it is equal to the proportion overall in Victoria, it nonetheless makes anxiety or depression the leading diagnosed chronic disease in Moreland.

A significantly higher proportion of adults who identify as LGBTQIA+ have experienced high or very high levels of psychological distress compared with the broader adult population in Victoria. This is also true for Aboriginal and Torres Strait Islander people, who are three times more likely to experience high or very high levels of psychological distress than non-Aboriginal people. 44.8% of adults who identify as LGBTQIA+ are diagnosed with anxiety or depression, which is significantly disproportionate when compared to 27.4% of all adults. Also, 62.3% of Aboriginal and Torres Strait Islander people who committed suicide had a diagnosed mental illness. Further to the point, suicide rates of Aboriginal and Torres Strait Islander people in Victoria are double that of the non-Indigenous population. Notably, young Aboriginal and Torres Strait Islander Victorians are most at risk.

In addition to Aboriginal and Torres Strait Islander people and people who identify as LGBTQIA+, people living with disability also experience lower subjective wellbeing and resilience than people without a disability. Out of 100 points, they score approximately 9 points lower for subjective wellbeing. They also score approximately 0.6 points lower out of 8 for resilience, which indicates a lower capacity to cope with stress and unexpected life events.

In summary, key issues include:

- Over one quarter of Moreland adults are diagnosed with anxiety or depression
- Increase in mental health impacts since Covid-19
- Low levels of subjective wellbeing for people aged over 75 years, Aboriginal Victorians, LGBTQIA+ adults and people with disability.
- A much higher proportion of adults who identify as LGBTQIA+ are diagnosed with anxiety or depression and have experienced high or very high levels of psychological distress.
- High rates of suicide and psychological distress in Aboriginal and Torres Strait Islander people in Victoria, with young people particularly at risk.
- Lower levels of resilience for people with disability.
- Climate related anxiety, particularly for young people

Key insights

Areas where Moreland performs at or above the regional average:

- In 2017, 15.6% of people in Moreland experienced a high or very high level of psychological distress. This is consistent with the rate for Victoria (15.4%).
- 27.4% of adults in Moreland have ever been diagnosed with anxiety or depression. This is consistent with the proportion in Victoria (27.4%).
- 20.9% of adults in Moreland have sought professional help for a mental health problem in the previous year, which is higher than the Victorian average (17.6%).

Areas where Moreland performs below the regional average:

- The average subjective wellbeing in Moreland is 76.1 out of 100, which is slightly lower than the average of 77.4 for the Inner Metro Region.
- Resilience is a measure that gives an indication of the individual's capacity to cope with stress or unexpected life events. The average level of resilience in Moreland is 6.3 out of a total possible of 8, which is slightly lower than the level of resilience of 6.5 for the Inner Metro Region.

Subjective wellbeing

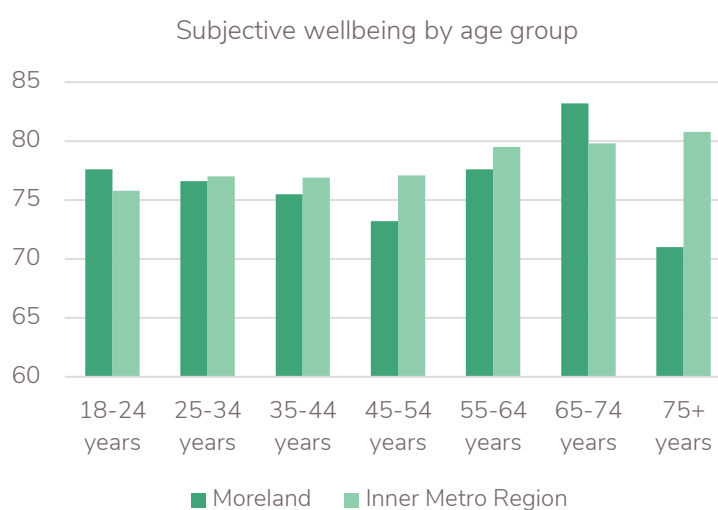
Measure: Subjective wellbeing

Wellbeing is a subjective measure of an individual's quality of life. Wellbeing is a measure of a deep and enduring sense of satisfaction, as opposed to a momentary burst of happiness. Wellbeing is measured in the VicHealth Indicators Survey using the Australian Unity Personal Wellbeing Index, which includes ratings across seven domains: standard of living, achievements in life, community connection, personal relationships, safety, and future security.

The average **subjective wellbeing in Moreland is 76.1 out of 100**, which is slightly lower than the average of 77.4 for the Inner Metro Region.

Table. Subjective wellbeing by age group for Moreland and Inner Metro Region

Age group	Moreland	Inner Metro Region
18-24 years	77.6	75.8
25-34 years	76.6	77.0
35-44 years	75.5	76.9
45-54 years	73.2	77.1
55-64 years	77.6	79.5
65-74 years	83.2	79.8
75+ years	71.0	80.8
Overall	76.1	77.4



Source: VicHealth Indicators Survey 2015



PANDEMIC

Women are experiencing worse mental health compared to men during the pandemic (Inner North West Primary Care Partnership, 2020).

COVID-19 will have a multi-faceted, disproportionate on long-term impact on young people's lives (YACVIC, 2020).



PRIORITY GROUPS

Aboriginal Victorians may experience increased negative mental health outcomes due to significant risk factors including widespread grief and loss, impacts of the Stolen Generations and removal of children, unresolved trauma, separation from culture and associated identity issues, and discrimination based on race or culture (VACCHO, 2020).

LGBTIQ individuals disclosed less favourable mental health outcomes than others, including lesser satisfaction with life, with 28% rating their life satisfaction as 'fair' or 'poor' compared with 20% of the broader population (Victorian Population Health Survey, 2017).

Aboriginal LGBTIQ Victorians are at an increased risk of mental ill-health, including depression, anxiety disorders, self-harm and suicide, compounded by the effects of intersectional marginalisation and discrimination (Australian Institute of Health and Welfare, 2015; Leonard et al. 2012; Farrell 2015).

People with disability scored significantly lower for subjective wellbeing than people without disability (approximately 9 points lower out of 100) for Victoria (Victorian Population Health Services 2017).

For young people in Moreland in Grades 3-12, 23% feel nervous, anxious or on edge and 21% don't feel good about themselves (Youth Resilience Survey, 2020)

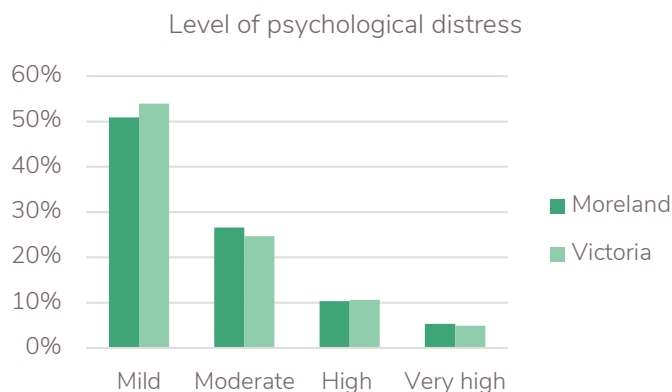
Psychological distress

Measure: Psychological distress

15.6% of people in Moreland have experienced a high or very high level of psychological distress. This is consistent with the rate for Victoria (15.4%) but lower than the average for the North Division (16.5%).

Table. Level of psychological distress in Moreland and Victoria

Level of psychological distress	Moreland	Victoria
Mild	50.9%	53.9%
Moderate	26.6%	24.7%
High	10.3%	10.6%
Very high	5.3%	4.9%



Source: Victorian Population Health Survey 2017



PANDEMIC

80% of Aboriginal Victorians are reporting high levels of psychological distress during the COVID-19 lockdown compared with 44% of all Victorians (Inner North West Primary Care Partnership, 2020).



PRIORITY GROUPS

In Moreland, a higher percentage of females (17.4%) than males (13%) reported high or very high levels of psychological distress (Victorian Population Health Survey, 2017).

24.4% of LGBTIQ adults had high or very high levels of psychological distress compared with 14.5% of the broader adult population in Victoria (Victorian Population Health Survey 2017).

Aboriginal people are around three times more likely to experience high or very high levels of psychological distress than non-Aboriginal Victorians (Korin Korin Balit Djak 2017).

CLIMATE CHANGE

Higher heat days can lead to increased rates of stress, anxiety and harmful behaviours, including more incidents of domestic violence (The Australia Institute, 2018).

Anxiety and depression

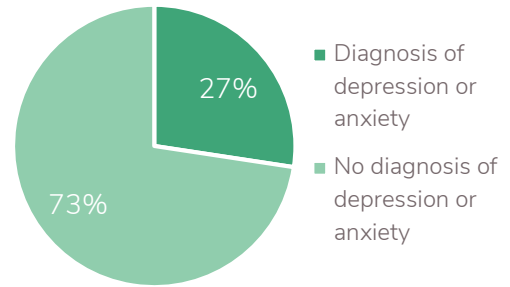
Measure: Adult population ever diagnosed with anxiety or depression

27.4% of adults in Moreland have ever been diagnosed with anxiety or depression. This is consistent with the proportion in Victoria (27.4%).

62.3% of suicides of Aboriginal and Torres Strait Island peoples had a diagnosed mental illness, which is a higher proportion than for all Victorians (55.7%). 44.8% of LGBTIQ adults had been diagnosed with anxiety or depression compared to 27.4% of all adults.

Table. Proportion of adult population ever diagnosed with anxiety or depression

Anxiety or depression	Moreland	Victoria
Diagnosis of anxiety or depression	27.4%	27.4%
No diagnosis of depression or anxiety	72.6%	72.6%



Source: Victorian Population Health Survey 2017

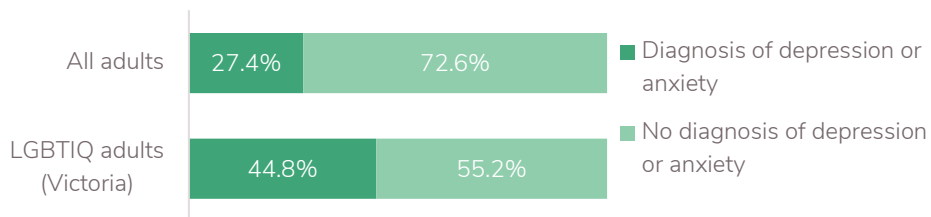


PRIORITY GROUPS

Suicide rates of Aboriginal and Torres Strait Islander people in Victoria are twice that of the State’s non-Indigenous population, with young Indigenous Victorians being most at risk (Coroners Court of Victoria, 2020). Between 1 January 2009 – 30 April 2020, there were 117 Aboriginal and Torres Strait Islander suicides in Victoria. Of these, 82 were male and 35 were female (Coroners Court of Victoria, 2020).

A higher proportion of LGBTIQ adults have been diagnosed with anxiety or depression compared to all adults (Victorian Population Health Survey, 2017).

Proportion of all adults and LGBTIQ adults in Moreland who have been diagnosed with depression or anxiety



CLIMATE CHANGE

Climate anxiety describes anxiety related to the global climate crisis and the threat of environmental disaster. Symptoms may include panic attacks, insomnia, and obsessive thinking. Feelings of climate distress might negatively affect overall mental health, potentially leading to increases in stress-related problems such as substance use disorders, anxiety disorders, and depression. With little available data, the prevalence of climate anxiety cannot be quantified, although there are indications that young people are adversely affected (The Lancet, 2020).

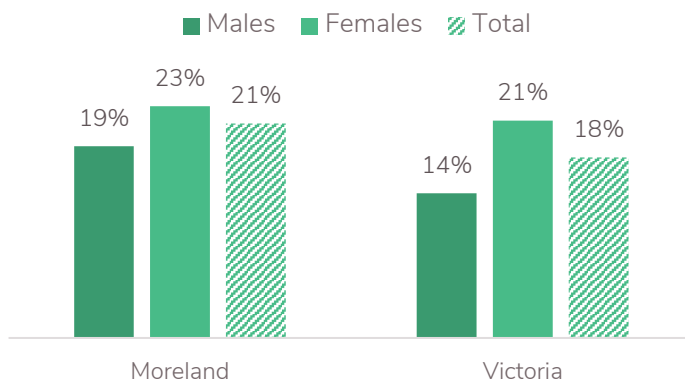
Accessing mental health services

Measure: Adult population who sought professional help for a mental health problem

20.9% of adults in Moreland have sought professional help for a mental health problem in the previous year, which is higher than the Victorian average (17.6%). More women (22.6%) have sought professional mental health help than men (18.7%) in Moreland.

Table. Proportion of adult population who sought professional help for a mental health problem in the previous year

Gender	Moreland	Victoria
Males	18.7%	14.1%
Females	22.6%	21.2%
Total	20.9%	17.6%



PANDEMIC

Many mental health services have closed or shifted to remote service during the pandemic.



PRIORITY GROUPS

The mental health-related hospitalisation rate of Aboriginal people from 2004 to 2015 increased by 22 per cent, whereas the rate for non-Aboriginal individuals decreased by 24 per cent over the same period. Mental and health related conditions are estimated to account for as much as 22 per cent of the health gap (12 per cent mental health conditions, 6 per cent alcohol and substance abuse and 4 per cent suicide) between Aboriginal and non-Aboriginal people (Korin Korin Balit Djak 2017).

Resilience

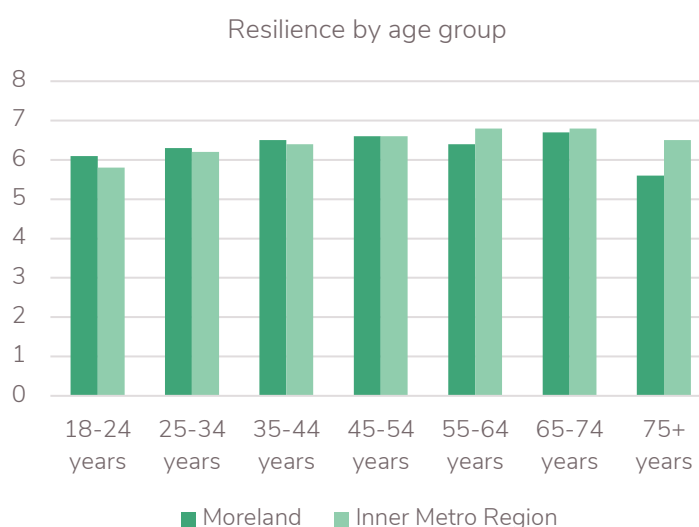
Measure: Resilience

Resilience is an important measure of mental health and wellbeing as it gives an indication of the individual's capacity to cope with stress or unexpected life events. The 2015 VicHealth Indicators survey asked respondents to rate themselves in terms of their ability to adapt to change and whether they tend to bounce back after hardship. These ratings were then converted to a score out of 8 for an average resilience score, 8 representing the highest level of resilience.

The average level of resilience in Moreland is 6.3 out of a total possible of 8, which is slightly lower than the level of resilience of 6.5 for the Inner Metro Region.

Table. VicHealth resilience score by age

Age group	Moreland	Inner Metro Region
18-24 years	6.1	5.8
25-34 years	6.3	6.2
35-44 years	6.5	6.4
45-54 years	6.6	6.6
55-64 years	6.4	6.8
65-74 years	6.7	6.8
75+ years	5.6	6.5
Overall	6.3	6.5



Source: VicHealth Indicators Survey 2015



PRIORITY GROUPS

People with disability had significantly lower levels of resilience than people without disability (approximately 0.6 points lower out of 8) for Victoria (VicHealth Indicators Survey, 2015).

The average score for resilience among Aboriginal and Torres Strait Islander people was 6.3 compared to 6.4 among Non- Aboriginal and Torres Strait Islander people in 2015 (VicHealth Indicators Survey, 2015).

Data sources

For a full list of references, please refer to the [Moreland Health & Wellbeing Profile 2020](#)

Australian Institute of Health and Welfare 2015

Report: The health and welfare of Australia's Aboriginal and Torres Strait Islander peoples

Coroner's Court of Victoria: Victorian suicides of Aboriginal and Torres Strait Islander People

This report provides an overview of suicides of Aboriginal and Torres Strait Islander peoples that have occurred in Victoria. This report aims to inform organisations across Victoria of the frequency and circumstances of suicides within Aboriginal and Torres Strait Islander Communities across the state.

Inner North West Primary Care Partnership COVID-19 and mental health: Environmental scan 2020

The purpose of this environmental scan is to provide an overview of research and policy on COVID-19 and mental health to identify gaps and reduce duplication in the mental health space.

The most recent data is 2020.

Korin Korin Balit-Djak: Aboriginal health, wellbeing and safety strategic plan 2017-2027

Korin Korin Balit-Djak follows the government's commitment to self-determination for Aboriginal Victorians commissioned by the Department of Health and Human Services. This research and discussion has underpinned a new policy platform for health, wellbeing and safety.

VicHealth Indicators Survey 2011/2015

The VicHealth Indicators Survey is a Victorian community wellbeing survey which focuses on the social determinants of health. The survey is based on core questions related to individual and community health and wellbeing, critical to inform decisions about public health priorities.

The most recent data is 2015.

Victorian Population Health Survey 2017

The Victorian Population Health Survey (VPHS) provides an annual assessment of the health status and wellbeing of adults living in Victoria and provides data for key population health indicators.

The most recent data is 2017.

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The Lancet 2020

The Lancet is a general medical journal. This research is on climate anxiety and young people.

Victorian Aboriginal Community Controlled Health Organisation, 2020

Victorian Aboriginal Community Controlled Health Organisation (VACCHO): Submission to the Productivity Commission Draft Report On Mental Health.