



# Active & green living

## Moreland City Council Health Profile

Version 1

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## Key insights

### Physical Activity

- 46.7% of adults in Moreland met the physical activity guidelines in 2017. This is a slightly lower proportion than for the North Division (50.4%) and for Victoria (50.9%).
- One quarter (24.6%) of adults in Moreland participate in an organised physical activity. This is slightly lower than the proportion of adults who participate in organised physical activity in Victoria (28.7%).
- Seven in ten adults in Moreland participate in non-organised physical activity, with walking (45.8%) as the most common form of non-organised physical activity. The cycling rate in Moreland (22.1%) is nearly double the average for Victoria (11.8%).

### Equitable access to open space

- Less than half (41.5%) of households in Moreland are within 400m of a public open space that is larger than 1.5 hectares. This is lower than nearby Local Government Areas including Darebin (50.2%), and Moonee Valley (52.4%).
- At the suburb level, Gowanbrae (96.6%) and Coburg North (80.5%) had the highest number of dwellings within 400 meters. While Brunswick (24.7%) and Hadfield (26.1%) had the lowest average percentage in 2018.

### Access and affordability of sporting & recreation infrastructure

- The suburb with the closest average distance to a playground was Brunswick East (299.5 meters), while Glenroy (587 meters) was the furthest.
- 59% of dwellings in Moreland are within 400m or less from a neighbourhood recreational park. Comparatively, this is slightly higher than Moonee Valley (58.8%) but considerably lower than Hume (73.6%).
- 71.9% of Moreland dwellings are within 800m of any neighbourhood park. This is comparatively more than Moonee Valley (69.6%) but less than Brimbank (75.1%).

### Tree canopy cover

- The suburb with the most Open Space tree canopy cover in 2019 was Coburg North (5.20%) while the lowest was Brunswick (0.93%). The suburbs with the highest percentage of tree canopy cover on Private Property was Oak Park and Hadfield (6.83%). The suburb with the highest percentage of cover for Road Reserve was in Pascoe Vale South (3.80%) while the lowest was in Coburg North (1.88%) \*

## Physical activity

### Measure: Proportion of adults in compliance with physical activity guidelines

46.7% of adults in Moreland met the physical activity guidelines in 2017. This is a slightly lower proportion than for the North Division (50.4%) and for Victoria (50.9%).

**Table.** Proportion of adult population, compliance with physical activity guidelines

Level of physical activity	Moreland	North Division	Victoria
Sedentary	1.3%**	3.0%	2.5%
Insufficient	50.2%	43.8%	44.1%
Met Guidelines	46.7%	50.4%	50.9%

\*\*Percentage is unreliable, hence not reported due to high RSE.

Proportion fo adults who meet the physical activity guidelines



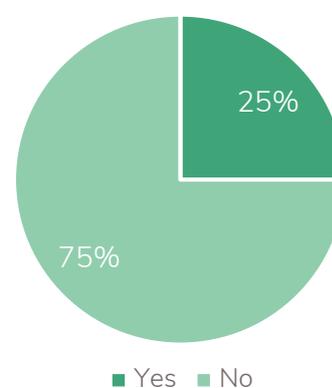
Source: Victorian Population Health Survey 2017

### Measure: Participation in organised physical activity

One quarter (24.6%) of adults in Moreland participate in an organised physical activity. This is slightly lower than the proportion of adults who participate in organised physical activity in Victoria (28.7%).

Type of organised physical activity	Moreland	Victoria
Organised by a fitness, leisure or indoor sports centre	8.9%	9.2%
Organised by a sports club or association	9.2%	9.8%
Participation in any organised physical activity	24.6%	28.7%

Participation in an organised physical activity

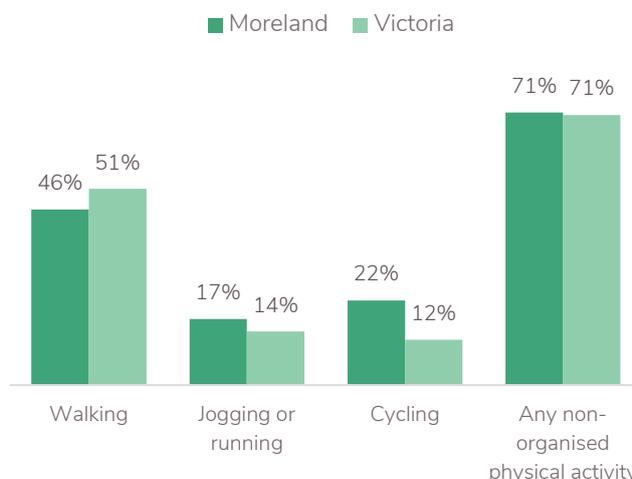


Source: VicHealth Indicators Survey 2015

## Measure: Participation in non-organised physical activity

Seven in ten adults in Moreland participate in non-organised physical activity, with walking (45.8%) as the most common form of non-organised physical activity. The cycling rate in Moreland (22.1%) is nearly double the average for Victoria (11.8%).

Type of non-organised physical activity	Moreland	Victoria
Walking	45.8%	51.2%
Jogging or running	17.2%	14.0%
Cycling	22.1%	11.8%
Any non-organised physical activity	71.1%	70.5%



Source: VicHealth Indicators Survey 2015



### PANDEMIC

Most respondents to the VicHealth Coronavirus Impact Survey were able to continue being active but there were some limiting factors (VicHealth 2020). The pandemic has reduced access to sport and recreational facilities as well as limited participation in group settings. The barriers to participation have resulted in less engagement with physical activity and lower social connectedness.



### CLIMATE CHANGE

Physical Activity contributes to increasing levels of active transport, which is an important way individuals can reduce their own emissions. However, current physical activity will be challenged as the climate continues to change. An increase in high heat days can make it difficult to meet recommended activity levels; pollution will create harder environments for people to exert energy outside, especially those with respiratory problems; and unsafe waterways, beaches and rivers that have blue-green algal blooms will prevent many from swimming as a form of physical activity (Better Health Channel, 2019).



### PRIORITY GROUPS

Women face unique barriers to physical activity and meeting the recommended levels of physical activity. Caring responsibilities, perceptions of safety and a lack of sporting facilities that have been created with women in mind are all significant challenges that impede on activity levels and participation (Women's Health in the North, 2020). 1 in 3 women aged 25 and older believed that sporting clubs are not welcoming to people like them (VicHealth, 2019). Cost is also a major consideration for women when participating in sport. Mothers will often consider sport and recreation a luxury for themselves as it costs to participate and the associated cost of having their children looked after (VicHealth, 2019).

As females progress into adulthood they are much more likely to stop or reduce their participation in sport and active recreation. More than two-thirds of Australian females have low activity levels or are sedentary. Participation rates in sport and active recreation also decrease significantly during the transition from teen to adult (VicHealth 2019).

People within the LGBTQIA+ community were less likely to be members of sports groups (Victorian Agency for Health Information, 2017). Many factors contribute to this but it was identified that many perceive sports clubs to not be inclusive and felt uncomfortable in those environments.

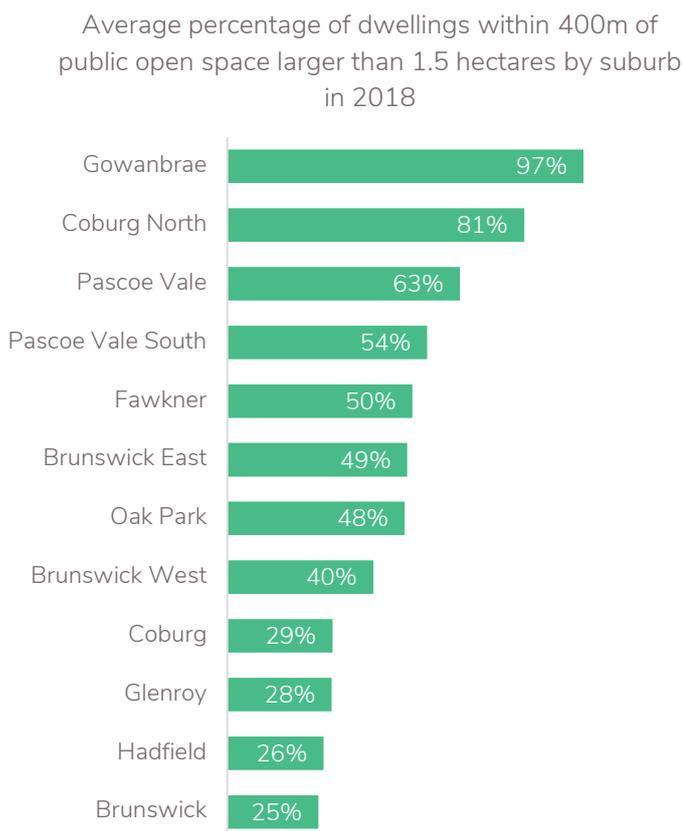
## Equitable access to open space

### Measure: Dwellings within 400m of public open space larger than 1.5 hectares

41.5% of the Moreland population live within 400 meters of a public space which is larger than 1.5 hectares. This is lower than many nearby Local Government Areas including Darebin (41.5%), Moonee Valley (52.4%), and Hume (66.1%). At the suburb level, Gowanbrae (96.6%) and Coburg North (80.5%) had the highest number of dwellings within 400 meters. While Brunswick (24.7%) and Hadfield (26.1%) had the lowest average percentage in 2018.

**Table.** Average percentage of dwellings within 400m of public open space larger than 1.5 hectares by suburb in 2018

Area	Average Percentage
Brunswick	24.7%
Brunswick East	48.8%
Brunswick West	39.6%
Coburg	28.5%
Coburg North	80.5%
Glenroy	28.3%
Gowanbrae	96.6%
Fawkner	50.2%
Hadfield	26.1%
Oak Park	48.1%
Pascoe Vale	63.1%
Pascoe Vale South	54.2%
<b>Moreland</b>	<b>41.5%</b>



Source: Australian Urban Observatory 2018

**Table.** Average percentage of dwellings within 400m of public open space larger than 1.5 hectares by LGA in 2018

Area	Moreland	Darebin	Moonee Valley	Hume	Whittlesea
<b>Percentage</b>	41.50%	50.20%	52.40%	66.10%	61.70%

Source: Australian Urban Observatory 2018



### PANDEMIC

12% of respondents from the VicHealth COVID-19 survey reported that a contributing factor to their decrease in physical activity during the pandemic was due to not having a suitable park or path for physical activity outside (VicHealth, 2020).

## Access and affordability of sporting & recreation infrastructure

### Measure: Average distance to a playground

In 2018, the average distance to a playground was 459.5 meters in Moreland. This is a shorter distance than Hume (808.1m) and Darebin (521m). At the suburb level, the lowest average distance to a playground was in Brunswick East (299.5m) and Coburg (389.5m). With Glenroy (587m) and Coburg North (510.2) having the highest average distance to a playground.

Table. Average distance to a playground in 2018 by suburb.

Area	Average in meters
Brunswick	456.4m
Brunswick East	299.5m
Brunswick West	402.8m
Coburg	398.5m
Coburg North	510.2m
Fawkner	498.4m
Glenroy	587m
Gowanbrae	509.9m
Hadfield	487.2m
Oak Park	501.4m
Pascoe Vale	478.4m
Pascoe Vale South	503.9m
Moreland	459.5m

Average distance to a playground in 2018 by suburb.	
Glenroy	587
Coburg North	510.2
Gowanbrae	509.9
Pascoe Vale South	503.9
Oak Park	501.4
Fawkner	498.4
Hadfield	487.2
Pascoe Vale	478.4
Brunswick	456.4
Brunswick West	402.8
Coburg	398.5
Brunswick East	299.5

Source: Australian Urban Observatory 2018

Table. Average distance to a playground in 2018 by LGA

Area	Moreland	Darebin	Moonee Valley	Hume	Whittlesea
Average in meters	459.5m	521m	499.2m	808.1m	479.1m

Source: Australian Urban Observatory 2018



#### PANDEMIC

Restrictions surrounding usage of sporting and recreational facilities during the pandemic created barriers to access due to risk of spreading the virus.

## Tree canopy cover

### Measure: Percent tree canopy cover

In 2019, the suburb with the most Open Space tree canopy cover was Coburg North (5.20%) while the lowest was Brunswick (0.93%). The suburbs with the highest percentage of tree canopy cover on Private property was Oak Park and Hadfield (6.83%). The suburb with the highest percentage of cover for Road Reserve was in Pascoe Vale South (3.80%) while the lowest was in Coburg North (1.88%).

\*The measure used to acquire this data is different to that used in the Urban Forest Strategy.

**Table.** Percentage of tree canopy cover of the overall suburb area, by land use in 2019\*

Suburb	Open Space	Other	Private	Road Reserve
Brunswick	0.93%	0.33%	5.16%	2.83%
Brunswick East	3.33%	0.22%	4.80%	2.75%
Brunswick West	1.60%	0.34%	6.69%	3.57%
Coburg	1.51%	0.59%	5.64%	3.42%
Coburg North	5.20%	0.20%	4.63%	1.88%
Fawkner	2.08%	0.31%	3.42%	2.61%
Glenroy	1.10%	3.19%	4.07%	1.97%
Gowanbrae	2.29%	-	1.76%	2.73%
Hadfield	2.45%	0.51%	6.83%	2.01%
Oak Park	2.45%	0.51%	6.83%	2.01%
Pascoe Vale	2.10%	0.36%	5.61%	2.64%
Pascoe Vale South	1.43%	0.08%	5.64%	3.80%

Source: Moreland's 2020 Canopy report by Player Piano Data Analytics



### CLIMATE CHANGE

Urban areas with a low percentage of tree canopy cover are more at risk to creating an urban heat island (UHI), meaning the built environment holds and absorbs heat and results in higher temperatures for that area. Populations in areas with low tree canopy cover are more likely to experience heat-related stress and mortality within the population (Cool Communities, 2018). Tree cover provides benefits to both community and environmental health due to absorption of CO<sub>2</sub> from the atmosphere and emissions reduction.

## Data Sources

### **Australian Urban Observatory**

The Australian Urban Observatory is a digital platform that transforms complex urban data into easily understood liveability maps across Australia's 21 largest cities. The Observatory maps key liveability indicators found to be associated with health and wellbeing, and provides a clear understanding of the liveability of cities.

The most recent data is 2018.

### **Better Health Channel 2019**

The Better Health Channel is a Government of Victoria initiative to provide health and medical information to improve the health and wellbeing of people and the communities they live in.

### **Cool communities: Urban trees, climate and health 2018**

A review of urban heat island effect in partnership with Curtin University and the World Health Organisation.

### **VicHealth Coronavirus Victorian Wellbeing Impact Study 2020**

A survey of 2,000 Victorian adults to explore how their health and wellbeing was affected during the first lockdown of 2020. The survey covered general wellbeing, social connection, healthy eating, physical activity, financial hardship, smoking, alcohol consumption, as well as working and home life.

The most recent data is from 2020.

### **VicHealth Females and physical activity 2019**

Research demonstrating the way that physical activity looks different for females. Most females don't participate in enough physical activity to benefit their health and wellbeing.

### **VicHealth Indicators Survey 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 Agency for Health Information 2017**

Safer Care Victoria and VAHI were created as a part of government reforms to improve quality and safety across Victoria's public healthcare system.

### **Victorian Population Health Survey 2017**

The Victorian Population Health survey is conducted by the Department of Health. While it is usually conducted annually, data at the LGA level is not released in every year. Data relates to health behaviours, health screening, health conditions, lifestyle factors, exercise and nutrition.

The most recent data is 2017.

### **Women's Health in the North 2020**

Women's Health in the North (WHIN) is the women's health service in the northern metropolitan region of Melbourne. They provide health information and education to women and organisations and create innovative resource materials.