

Sport and Recreation Strategy



Foundation Paper 2 Demographic Report

Summary



BOROONDARA
City of Harmony

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1. EXECUTIVE SUMMARY

The City of Boroondara is recognised as one of Victoria's healthiest local government areas, this is due largely to the municipality's high socio-economic status with income levels and rates of educational attainment as some of the highest in the state.¹

The Boroondara community currently has a population of 172,583 and is set to grow to 210,870 people by 2041.² This is an overall increase of 22.18% from 2015. This overall increase is expected to have impacts on sport and recreation provision and participation.

Boroondara is becoming increasingly diverse with residents from China and India accounting for the largest increases in country of birth between 2006 and 2011.

Boroondara is also expected to see increases in:

- » Number of residents aged 60 years and over
- » Number of young people aged 0-25 years
- » Number of people with a disability.

While demographic analysis identifies Boroondara as an affluent area, there are 16% of Boroondara households that have an income of less than \$600 a week. Further to this, according to the SEIFA index, there are neighbourhoods within the municipality that are rated as having some disadvantage. Disadvantage can be indicated by a high number of low-income households, people with no tertiary education or in low skill occupations, are just three of such indicators.

Disadvantage and inequity are significant barriers to participation in sport and recreation. Reducing barriers for people who may be experiencing disadvantage or inequity may assist in increasing their sport and recreation participation, thereby increasing health and wellbeing.

Adolescents in Boroondara are experiencing higher psychological distress compared to the Eastern Metropolitan Region (EMR)³. Sport and recreation can play a positive role in improving mental health in adolescents and the wider community.

Boroondara is set to experience growth across a number of demographic cohorts which may result in changes to the way the community undertakes sport and recreation. By identifying these demographic changes now, Council can develop a responsive sport and recreation strategy.

Emerging themes uncovered in this paper which are relevant to the Sport and Recreation Strategy are identified in table 1.

Table 1: Key themes from Foundation Paper 2: Demographic report

Emerging Key Themes	Implications for Boroondara's Sport and Recreation Strategy
Population increase Increases in population will be seen across a number of demographic cohorts including young people, older adults and people from culturally and linguistically diverse groups, with Chinese and Indian communities increasing at the highest rate.	Consider the specific sport and recreational preferences of these groups when assessing sport and recreation opportunities.

¹ City of Boroondara, Boroondara Public Health and Wellbeing Plan, 2013-17

² Population and household forecasts, 2011 to 2041, prepared by .id, the population experts, July 2015.

³ City of Boroondara, Boroondara Public Health and Wellbeing Plan issues Paper, 2013-17

<i>Emerging Key Themes</i>	<i>Implications for Boroondara’s Sport and Recreation Strategy</i>
<p>Young people</p> <p>Young people require spaces to relax and unwind as well as access to a broad range of sporting opportunities. Sport and recreation can play a support role in addressing mental health challenges faced by many young people.</p>	<p>Ensure the needs of young people are taken into account in overall planning of recreational and sporting facilities and service, and continue to support partnerships with organisations that work with young people, especially those who have mental health challenges</p>
<p>Older people</p> <p>The older adult population is increasing. Furthermore, older people are becoming increasingly interested in health and fitness due to overwhelming evidence that supports the benefits of physical activity. Sport and recreation opportunities need to be inclusive of the unique needs of older adults to ensure that they can participate in a manner that suits them. The social connections made through sport and recreation are vital to many older adults who are increasingly at risk of social isolation.</p>	<p>Ensure the factors that increase older people’s likelihood of participation, such as availability of spaces for unstructured recreation, and the creation of safe recreational environments are considered in future planning.</p>
<p>People from culturally and linguistically diverse communities</p> <p>People from culturally diverse communities have been identified as having different sport and recreation preferences. People who speak a language other than English were shown to have higher participation in cricket, soccer, swimming and walking than English only speaking residents. In terms of demographics, residents from China and India accounted for the largest increase of country of birth from 2006 to 2011.</p>	<p>Continue to consider the participation preferences of people from culturally and linguistically diverse backgrounds and facilitate initiatives to ensure the promotion of activities is effectively communicated (e.g. information in community languages).</p>
<p>Disadvantaged people</p> <p>Even though Boroondara is not considered a disadvantaged community, based on the SEIFA index, there are some residents who are disadvantaged living in the municipality. Other factors such as homelessness, income and mental health may contribute to this disadvantage.</p>	<p>Consider the opportunities that will enhance participation in sport and recreation by people experiencing disadvantage.</p>

<i>Emerging Key Themes</i>	<i>Implications for Boroondara’s Sport and Recreation Strategy</i>
<p>People with a disability</p> <p>State and national trends suggest that people with a disability have lower participation rates in sport and recreation. The Boroondara Access and Inclusion Plan have identified an increase in the number of members within the Boroondara community with a disability. A key contributing factor to this is that as the population ages the rate of disability increases.</p>	<p>When developing and or upgrading facilities, universal design access principles should be considered to ensure physical access is not inhibited.</p> <p>Council can also play a key role in educating and building the capacity of the various sport and recreation providers to consider service and program design that is inclusive of people of all abilities and reflects their particular needs.</p>

The themes identified from this paper will assist in setting the direction of the Sport and Recreation Strategy to respond appropriately to the findings.

2. FOUNDATION PAPERS - OVERVIEW

This paper is one of four documents that make up the Foundation Papers. Information contained within these documents provides the evidence base for the development of the Boroondara Sport and Recreation Strategy. The headlines of these four papers are:

Foundation Paper 1 Policy Context and Research

- » Policy context from a global, national, state and local context
- » The case for a focus on sport and recreation
- » Evidenced based research and data

Foundation Paper 2 Demographic Profile for City of Boroondara

- » Population trends and comparative demographic data

Foundation Paper 3: Participation Analysis

- » Statistically valid participation trends
- » Provision of sport and recreation in Boroondara
- » Analysis of trends and demands

Foundation Paper 4: Consultation Report

- » Community surveys
- » Stakeholder engagement surveys and workshops



3. INTRODUCTION

This document provides an analysis of Boroondara's demographic data, including age profiles, cultural diversity, income levels, and population projections. It is a snapshot of the current and future population trends, and what the implications and opportunities are for the provision of sport and recreation in Boroondara to meet the diverse and changing needs of the community.

Each section concludes with the identification of importance and implication of the statistics discussed in relation to the Strategy.

4. POPULATION PROFILE

Boroondara has a population of 172,583 in 2015.⁴ The population is expected to grow to 210,870 by 2041. During this period the number of females will increase by 19,916 and the number of males will increase by 18,368. The greatest population change is forecast for the period of 2017 to 2021, which is expected to show a net increase of 10,357 people during that period. Hawthorn and Camberwell are expected to see increases of over 9,000 people between 2011 and 2041, which is the largest across all suburbs.

4.1. Age

The following provides a summary of population characteristics and changes in the City of Boroondara as taken from data from the 2006 and 2011 Census.

- Boroondara's total population grew by 3% between 2006 and 2011
- Boroondara and Greater Melbourne overall has a similar proportion of younger people (0 to 17 years), and people in older age groups (60+ years)
- Boroondara has a significantly larger population of older people (aged 70 years and above) compared to Greater Melbourne
- Boroondara had an 18% increase in the 60 to 69 year age group between 2006 and 2011.
- In addition to the 30,641 young people (aged 12 – 24 years) who live in Boroondara, many others travel into Boroondara to attend work, university or one of the 21 secondary schools in the municipality
- In comparison to Greater Melbourne, Boroondara has a 2% higher proportion of two parent families with children, and as well as a 3% lower proportion of one-parent families

Importance and implications: Age structure of the community can play a key role in the preference of sport and recreation activities participated in. Being able to identify and respond to key demographic changes through the provision of appropriate sport and recreation activities may improve the overall health and wellbeing of the Boroondara community.

4.2. Health and Wellbeing

The Boroondara Public Health and Wellbeing Plan 2013-17 identifies that Boroondara is one of the healthiest local government areas with positive health and wellbeing indicators. These indicators are as follows:

⁴ Population and household forecasts, 2011 to 2041, prepared by .id, the population experts, July 2015.

- The life expectancy of Boroondara males (81.5 years) is the highest in the EMR and for females it is the third highest (85.3 years)
- In a 2012 VicHealth survey, Boroondara residents reported significantly greater wellbeing than the Victorian average
- Boroondara has a higher proportion of people who have completed Year 12 schooling or equivalent and a higher proportion of people who hold TAFE and university qualifications when compared to greater Melbourne. Education attainment has been associated with higher levels of health and wellbeing
- The unemployment rate in Boroondara is lower than that of metropolitan Melbourne
- Boroondara has a lower percentage of residents who are overweight or obese when compared to Victoria, however one in three Boroondara residents are overweight or obese.
- Boroondara residents report lower levels of type 2 diabetes when compared to the Eastern Metropolitan Region

Importance and implications: Boroondara displays high levels of health and wellbeing however there are still opportunities to improve. Increasing levels of physical activity can assist in improving the overall health and wellbeing of the community.

4.3. Country of Birth, Language Diversity and Indigenous Heritage

Key statistics for people born overseas taken from the 2006 and 2011 Census and a comparison to Greater Melbourne include:

- Compared to Greater Melbourne, Boroondara has a 3% smaller proportion of people who were born overseas, and a 3% smaller proportion of people from a non-English speaking background.
- Between 2006 and 2011, in Boroondara, the number of people born overseas increased by 14.0%, and the number of people from a non-English speaking background increased by 16.5%

For residents living in Boroondara, who were born overseas, the top five countries of origin were:

- China (4.2%)
- United Kingdom (3.8%)
- India (2.2%)
- Malaysia (1.8%)
- New Zealand (1.7%)
- Residents from China and India accounted for the largest increases in country of birth between 2006-2011
- Boroondara has the fourth highest population of residents in Victoria who were born in China after the City of Monash, City of Whitehorse and City of Melbourne, as well as double the rate of Melbourne overall (4.2% compared to 2.3%). Of residents born in China, 22% reside in Balwyn North and 18% in Balwyn.
- Indian born residents are the second fastest growing overseas born group in Boroondara after Chinese born residents. Of residents born in India, 28% live in Hawthorn and 14% in Hawthorn East.
- The most recent Census data shows that, 73% of the population of City of Boroondara speak English only, and 24% speak a language other than English, compared with 66.3% and 29.1% respectively for Greater Melbourne.

- In Boroondara, between 2006 and 2011, the number of people who speak a language other than English at home increased by 18%, and the number of people who speak English increased by less than 1%.
- Boroondara has a relatively small Indigenous community with the 2011 Census identifying 225 Aboriginal and Torres Strait Islanders living in Boroondara. This is an increase from 171 in the 2006 Census.

Importance and implications: Boroondara is becoming increasingly culturally diverse. Understanding the sport and recreation preferences of culturally diverse residents will assist in meeting their needs. For example, the facilitation of culturally specific activities for those members of the community can increase participation. Furthermore, consideration regarding methods of communication and promotion is also required (e.g. promotional material in multiple languages).

4.4. Income

A quarter of Boroondara's residents work within the City of Boroondara and just under a quarter work in the City of Melbourne. Income levels for individuals and households are higher than the metropolitan Melbourne average, and 45% of Boroondara households have an income in the top 25% for Victoria.⁵

Boroondara is an affluent area however 16% of all Boroondara households have an income less than \$600 a week. Low income earners are doubly disadvantaged due to the higher cost of living in an affluent municipality (housing, food, health services) and can be overlooked by funding bodies who take into account the average income.⁶

The suburbs in Boroondara with highest proportion of high-income households were Glen Iris (42%), Canterbury (41%), and Camberwell (39%) The suburbs in Boroondara with the lowest percentage of low-income households were Ashburton (17%), and Hawthorn (17%).

Importance and implications: Cost can be a barrier to sport and recreation participation. The promotion of existing free or low cost opportunities is important to the community, particularly those that experience financial hardship. Consideration may be given to providing grants and/or subsidised participation costs for residents on a low income.

4.5. Young people

In 2011, 57,583 children and young people aged 0 to 25 years were living in Boroondara, comprising:

- » 8,410 aged 0 to 4 years
- » 15,765 aged 5 to 12 years
- » 11,065 aged 13 to 17 years
- » 22,343 aged 18 to 25 years.

In addition, there are also a significant number of children and young people that travel into the municipality to attend study or work.

Between 2011 and 2030 population forecasts indicate the 0 to 25 year age cohort is expected to grow by 9.8%. While below the state average of 30.2%, this still reflects a steady increase for this age group.

In 2011, 43.4% of all households have children or young people aged between 0 and 24 years (25,779 households). Further to this in 2011, 15,017 students were enrolled at the

⁵ City of Boroondara, Public Health and Wellbeing Plan Issues Paper, 2013

⁶ City of Boroondara, Public Health and Wellbeing Plan, 2013-2017

Hawthorn Swinburne University Campus. Of this number, 4,788 (one in three) were international students⁷.

Importance and implications: High participation in structured sport and recreation activities by young people is evident through participation data. A growing population of this age cohort indicates that structured sport will continue to be in high demand in Boroondara.

4.6. Older adults

The *Creating an Aged Friendly Boroondara Strategy 2014-19*⁸ outlines a number of demographic trends relating to older adults in Boroondara. These include:

- » Residents aged 60 years and over currently make up 20% of the City's population (32,219 people).
- » The number of Boroondara residents aged 60 years and over is forecast to rise by 32.0% from 2011 to 2031. This equates to 42,529 people which is the fourth highest in the Eastern Metropolitan Region.
- » Compared to Victoria, Boroondara has a greater proportion of residents aged 85 years and over.
- » Overall, older women have lower incomes than older men and women are twice as likely than men to live in lone person households

Consultation as part of the strategy also identified:

- » There is a perception that some older people in Boroondara are “asset rich but income poor”. That is, people own large houses but have insufficient income to maintain them or meet cost of living expenses.
- » It was suggested that organisations and clubs undertake training to make their activities and services more accessible for a diverse range of people.
- » Opportunities for affordable social activities in Boroondara exist and it is important they remain affordable.
- » Contact between generations and across cultures is highly valued.

Importance and implications: The benefits of sport and recreation are particularly important to this growing demographic age group to maintain physical and mental health and to remain socially connected. Consideration can be given to encouraging sufficient and diverse age-appropriate activities across the municipality.

4.7. Need for Assistance

The *Boroondara Access and Inclusion Plan 2013-17*⁹ identifies that the Australian Census measures disability in a particular area by identifying the number of people who, due to either a disability, long-term health condition, or age, need assistance in one or more of the three core activity areas:

- » Self-care
- » Mobility
- » Communication

This includes people living in a high-care setting, such as a nursing home, and those living with a carer at a private dwelling.

⁷ City of Boroondara, Boroondara Public Health and Wellbeing Plan 2013-17 Issues Paper, City of Boroondara, Melbourne, 2013.

⁸ Creating an Age Friendly Boroondara, <http://www.boroondara.vic.gov.au/residents/ageing-disability/positive-ageing>, City of Boroondara 2014

⁹ City of Boroondara, Access and Inclusion Plan 2013-17

Council recognises that this measure does not include people living with a disability in Boroondara who do not require carer assistance, such as community members who live independently and use a wheelchair or scooter. Therefore, while the Census data is a relevant measure of people needing carer assistance, the number of people in our community for whom disability services, accessible infrastructure and amenity is useful and necessary, extends beyond these statistics.

The Australian Bureau of Statistics (ABS) conducts the nationwide Survey of Disability, Ageing and Carers (SDAC) every five years, with the most recent survey conducted from April to December 2009. The survey measures the prevalence of disability in Australia and consequent need for support. The survey's primary objective is to collect information about three population groups: people with a disability, older people (those aged 60 years and over), and carers of older people and people with disabilities.

The 2009 SDAC revealed that 1 million Victorians (18.4% of the population) reported having some form of disability. By applying age and gender specific disability prevalence rates to the population of Boroondara, it is possible to calculate estimates for Boroondara, based on its particular demographic composition. It can be estimated that 31,100 residents (19.5%) have a disability that falls into one or more of the following categories:

- » 10,650 residents (6.7%) have profound or severe limitations to communication, mobility and/or self-care activities.
- » 13,200 residents (8.3%) have moderate or mild limitations to communication, mobility or self-care activities.
- » 12,400 residents (7.8%) have schooling or employment limitations.

In addition to this, 20,800 residents (13.0%) provide informal assistance (on an ongoing basis) to persons who are elderly or have a disability.

Suburbs in Boroondara with the highest rates of people requiring assistance were Kew (19%) and Camberwell (17%) and Balwyn North (12%).

Importance and implications: With an estimated 19.5% of Boroondara residents having a disability, there are opportunities to continue to build the capacity of sporting organisations within Boroondara to meet the needs of this demographic.

4.8. Mental Health

Research undertaken as part of the Boroondara Public Health and Wellbeing Plan 2013-17 suggests that:

- » In 2009, 17% of adolescents surveyed in Boroondara reported higher levels of psychological distress compared to the Eastern Metropolitan Region (EMR) (14%) and Victoria (13%).
- » In the Adolescent Community Profile, compiled by the Department of Education and Early Childhood Development, Boroondara had the 22nd highest adolescent psychiatric hospitalisation rate of 68 (LGAs with a small number of hospital separations were not assigned a rank) Victorian LGAs.
- » The hospitalisation rate for intentional self-harm was higher in Boroondara than the EMR rate (0.7 per 1,000 and 0.5 per 1,000 respectively) and 17% of adolescents were identified as having higher levels of psychological stress (measured using the Keiser 10 Scale). Workshop participants and key stakeholder interviews confirmed that mental health is an issue for young people in the City.¹⁰

Importance and implications: Participating in sport and recreation has been shown to improve mental health. Sporting organisations within the community can be further supported to increase their awareness of mental health and how to provide appropriate advice to their participants.

¹⁰ Ibid

4.9. SEIFA Index of Disadvantage

The Index of Relative Socio-Economic Disadvantage (SEIFA) is derived from attributes such as low income, low educational attainment, high unemployment, jobs in relatively unskilled occupations and variables that reflect disadvantage, rather than measures of specific aspects of disadvantage (e.g., Indigenous and Separated/Divorced).

Low scores on the index occur when the area has many low-income families and people with little training and in unskilled occupations.

Boroondara is considered less disadvantaged than all other areas compared, including neighbouring municipalities, Greater Melbourne, Victoria, and Australia overall

Further analysis found that the suburbs with some level of disadvantage in Boroondara were Ashburton, Balwyn, Balwyn North, Hawthorn, Kew East and Deepdene. All of these suburbs, however, were less disadvantaged than Greater Melbourne overall.

Importance and implications: Disadvantage and inequity are significant barriers to participation. Reducing barriers for people who may be experiencing disadvantage or inequity may assist in increasing their sport and recreation participation, thereby increasing health and wellbeing.

4.10. Housing and Homelessness

Statistics from the Boroondara Public Health and Wellbeing Plan Issues paper 2013-2017 suggest that:

- » In the City of Boroondara there are high levels of home ownership. Almost two thirds of households owned their homes or had a mortgage. The remainders are in the private rental market and a small number of households (870) were in social housing provided by the Victorian Government or not-for-profit sector.
- » Social housing in Boroondara makes up 1.5% of all dwellings compared to 2.9% in greater Melbourne.
- » Analysis of the monthly housing loan repayments of households in Boroondara compared to Greater Melbourne shows that there was a larger proportion (43.7%) of households paying high mortgage repayments (\$2,600 per month or more), and a smaller proportion (14.6%) of households with low mortgage repayments (less than \$1000 per month).
- » In a 2011 survey of approximately 1,400 residents, respondent households were found to be experiencing a relatively high level of housing-related financial stress. This is despite the fact that households in the City of Boroondara are notably more affluent than households in many of the other municipalities across metropolitan Melbourne, where similar housing research had been completed.
- » In 2011, the ABS estimates there were 380 homeless people living in Boroondara

Importance and implications: Physical activity participation may not be highly prioritised for people who are homeless however for those moving from homelessness into housing, sport and recreation could play a role in providing social links and connections.

4.11. Population Projections

Analysis of the projected population between 2015 and 2041 has been undertaken. Key highlights of this projection include:

- » Between 2015 and 2041, Boroondara will increase by 38,287 persons (an overall increase of 22.18%).
- » Suburbs projected to have the greatest increase between 2015 and 2041 are Camberwell (+8076), Hawthorn (+7675), Kew (+6780).
- » The largest increase in persons between 2011 and 2026 is forecast to be in ages 75 to 79, which is expected to increase by 2,773 and account for 3.6% of the total persons.

Importance and implications: Boroondara's population is expected to grow by 38,287 people over the next 25 years and this will have implications for existing sport and recreation facilities as there may be an increase in demand.