

Frankston City
Health and Wellbeing Plan 2021-2025
CONSULTATION FINDINGS REPORT 2021



Lifestyle Capital of Victoria



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1. Introduction

The purpose of this report is to present the findings from the community engagement held to inform the development of the Frankston City Health and Wellbeing Plan 2021-2025.

The community engagement took place from late 2020 to early 2021, and involved an online survey and targeted community conversations.

Other community engagements were also used to inform the development of the Health and Wellbeing Plan 2021-2025, including the consultations held for the Community Vision 2040, Climate Change Strategy, Positive Ageing Action Plan and Municipal Early Years Action Plan.

Background on the Health and Wellbeing Plan

Under the Victorian *Public Health and Wellbeing Act 2008*, Council has a statutory obligation to prepare a Municipal Health and Wellbeing Plan within 12 months of each general election. The plan must include an examination of data about health status and health determinants within the municipality, and provide for the involvement of people in the local community in the development, implementation and evaluation of the plan.

2. Engagement Methods

The community engagement for the health and wellbeing plan involved an online survey and targeted community conversations. Several engagements were also held with a range of external stakeholders and Council departments, but the findings from those engagements are not within the scope of this report.

Online survey

The Health and Wellbeing Survey was developed in order to gain insight into a range of areas relating to health and wellbeing at a local level. A total of 34 questions were asked aligning with the Victorian Population Health Survey and VicHealth Indicators Survey, seeking information on respondent's physical activity, healthy eating, use of active transport and social connection.

Open from 20 January 2021 to 9 February 2021, the survey generated a total of 174 responses.

The survey was promoted via:

- Email to the recipients of Frankston City 2040 project updates
- Council's facebook page, Frankston Youth Services Facebooks page, Invest Frankston facebook page
- Shared with Love Where You Live and Project Exchange Networks
- Peninsula Health Community Health social media channels and intranet
- Nairm Marr Djambana
- Disability Access and Inclusion Committee
- Youth Services
- Frankston City Libraries
- Grapevine - Council's intranet.

Targeted community conversations

A series of targeted conversations were held with community groups and committees during late November and early December 2020. The intention of the targeted conversations was to ensure that the community engagement was inclusive of often unheard voices and/or cohorts that may not engage with online surveys. The groups included:

- Age Friendly Ambassadors
- Nairm Marr Djambana
- Disability Access and Inclusion Committee
- Youth Council

In pre-COVID times targeted conversations and pop-up engagement events would have been held across the municipality, with a particular focus on engaging residents in Frankston North and Karingal, areas that often have low response rates to online surveys. Due to COVID-19 pandemic restrictions community centres were not operating as usual, and Karingal Hub Shopping Centre was undergoing major renovation, as such local area engagement was not possible.

3. Who Participated

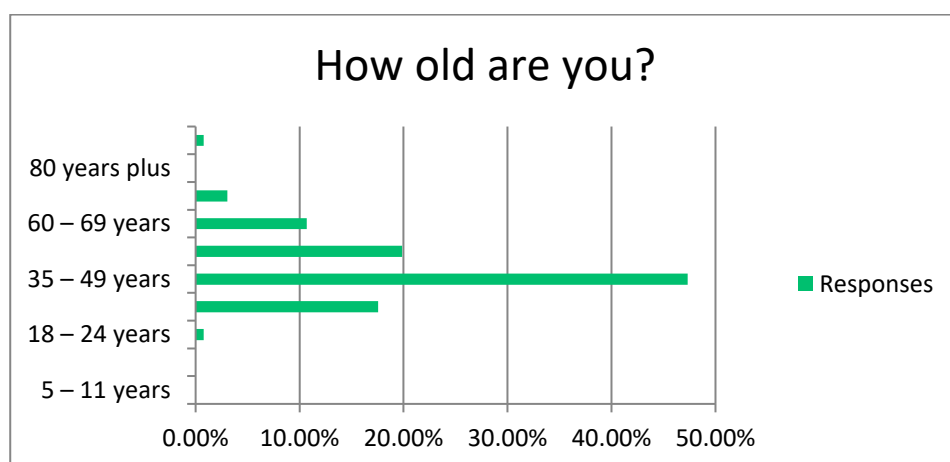
Demographic data was obtained for the survey, and participants had a choice to provide or not provide this information. 131 of the 174 survey respondents chose to answer these questions, with a summary of these responses as follows.

Gender

83.9% of respondents identified as female (109 respondents), with only 15.4% of respondents identifying as male (20 respondents), and one respondent preferring not to say.

Age

The majority of respondents were aged between 35 and 49 years old (47.3%), followed by 50 to 59 year olds (19.9%) and 25 to 34 year olds (17.6%). There were no responses from people under 17 years old or people over 80 years old.



Respondents by local area

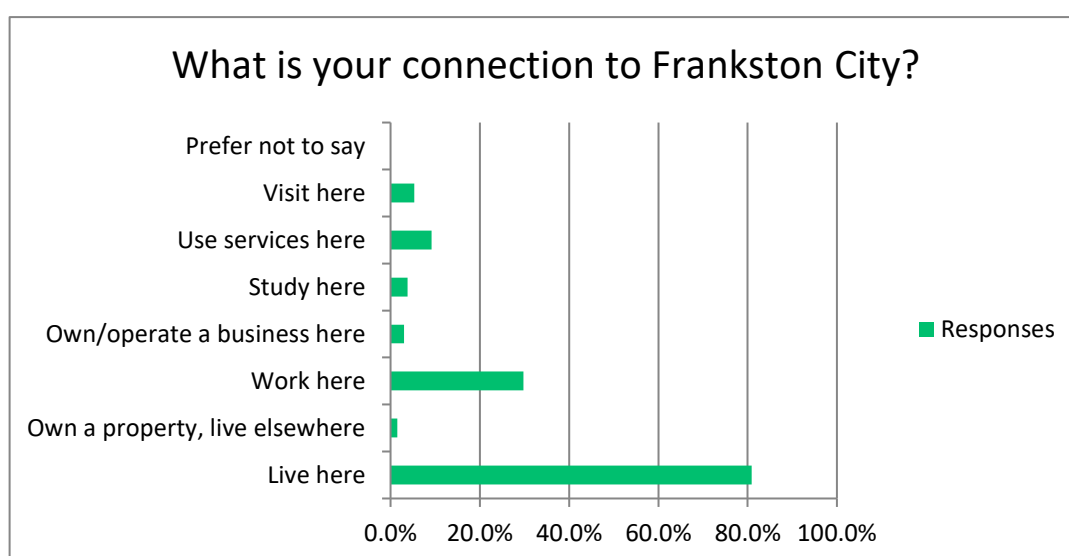
The majority of respondents lived in Frankston South (21.5%), with next largest group being respondents living outside of Frankston City (13.9%), followed by Frankston Heights and Central (11.5%). The suburb with the least respondents was Sandhurst, with only 4 people completing the survey (4%).

Local Area	%	Number
Langwarrin or Langwarrin South	9.2	12
Frankston Heights and Central	11.5	15
Karingal	8.5	11
Frankston North	6.9	9
Frankston South	21.5	28
Seaford	10	13
Carrum Downs	8.5	11

Skye	4.6	6
Sandhurst	2.3	3
Prefer not to say	3	4
Outside of Frankston City	13.9	18

Connection to the area

81% of respondents lived in Frankston City, with 30% working in the municipality, and 9% using services in the area. Only 4% of respondents were students in Frankston City, 3% operated a business in the area, and 5% identified as visitors.



Place of birth

80.2% of respondents were born in Australia, with 10.7% from the United Kingdom, 2.3% from New Zealand, 1.5% from India and 1.5% from Sri Lanka. 18 people (13.7%) responded that they spoke a language other than English at home.

Answer Choices	Responses	
Australia	80.2%	105
United Kingdom	10.7%	14
New Zealand	2.3%	3
India	1.5%	2
China	0.8%	1

Sri Lanka	1.5%	2
Other (please specify)	3.1%	4

4. Summary of findings

It is important to consider when looking at the key findings that there was a limited response to the survey, providing insights rather than a representative view of the whole Frankston City community.

A summary of the key findings are as follows:

Physical activity, active transport and safety

- Our shared walking and cycling paths may be underutilised, as the respondents indicated that they are mainly using parks, reserves, gardens, foreshore tails, boardwalks and residential footpaths and roads over shared paths. Shared paths were the least used place for walking from the list provided.
- The main thing respondents selected to encourage them to be more physically active outdoors in open green spaces was shared paths and tracks that are accessible and well connected, followed by feelings of safety (lighting, other people around), more facilities and shade protection by trees.
- To encourage them to do more walking and cycling for recreation and active transport, respondents identified they would like connected shared walking and cycling paths and track networks with better connections with destinations, followed by better quality shared walking and cycling paths and feelings of safety.
- Survey respondents indicated that they undertake very little active transport (walking, cycling and public transport). The main form of active transport identified was walking, with the key destinations being public transport and the gym.
- In terms of safety, people feel safer walking and cycling during the day.
- Most respondents said they did not need anything to change to feel more safe when walking or cycling during the day, this was followed by traffic free cycling routes, quality of footpaths and roads, and protected on-road cycle lanes and shared paths separating people from traffic.
- The main thing survey respondents said would help them to feel safer when walking and/ or cycling at night was improved street lighting, followed by visible police presence and more people walking in the area. The targeted conversations also identified improved lightening and better visibility, as well as community connection and designated safe locations.

- Respondents said that they are exercising more outdoors following COVID.
- The main thing identified by the targeted conversations that would help people exercise more was reducing the cost of participation and introducing a buddy system. This aligns with the survey finds, where the main thing identified by respondents that was affordable memberships and fees for group activities, followed by more or improved outdoor public spaces in their local area and feelings of safety.

Healthy eating

- In contrast to the Victorian Population Health Survey results for Frankston City where only 7.7% of residents consumed the recommended amount of vegetables daily, the majority of respondents reported eating two serves of fruit and five serves of vegetables four to seven days a week.
- The main thing identified by survey respondents and the targeted conversations that would help them eat more fresh fruit and vegetables was lower prices of fresh produce.
- COVID-19 did not change the amount of healthy food consumed by the majority of respondents, however nearly a quarter of respondents identified they were eating more take-away food. For 21.7% of respondents COVID-19 had a positive effect, with them eating more fresh fruit and vegetables, related to respondents identifying the main change in the way they eat and drink from was that they had more time to prepare and cook healthy meals.
- In the past 12 months the majority of respondents had consumed sugary drinks once or twice a month, followed by once or twice in the last three months, with 20% consuming sugary drinks one to three days a week.

Life satisfaction

- The majority of respondents were generally satisfied or very satisfied with their lives a whole, however nearly 20% they were unsatisfied or very unsatisfied.
- The three main things identified by respondents that would make their life feel more satisfying were better physical health, more sleep and rest and better mental health.

Volunteering and social connection

- The majority of respondents felt part of their community “sometimes”, with 18.6% not feeling a part of the community.
- Almost half of respondents reported that they had volunteered or participated in a community group in the past 12 months. The majority of those that volunteered or participated in a community group did so once or twice in the last three months. Over half of respondents stated that they had not volunteered or taken part in a community group.
- Respondents identified the three main things that would help them to volunteer or participate in community group were better promotion of what is available, having ‘come and try’ events and groups that met their interests. This was echoed by the

targeted conversations, which identified support to start volunteering through school, employment and greater access to the IMPACT volunteering, as well as specific support for CALD communities.

5. Survey findings by question

The findings from the survey are presented by question, and the responses have been analysed.

Question 1: In the last 12 months, how much physical activity have you participated in each week?

Answered: 172 Skipped: 2

Answer Choices	%	Number
At least 30 minutes, 5 or more days per week	37.8%	65
At least 30 minutes, 3 to 4 days per week	26.1%	45
At least 30 minutes, 1 to 2 days per week	19.8%	34
I have participated in physical activity, but less than 30 minutes a day	12.2%	21
I didn't do any physical activity	4.1%	7

The majority of respondents met physical activity guidelines, with 37.8% reporting participating in 5 or more days of physical activity a week, and 26.1% reporting 3 to 4 days. Nearly 20% said that they were only participating in 1 or 2 days per week, and 12.2% exercising less than 30 minutes a day. 4.1% stated they did not do any exercise at all.

Question 2: What are the main physical activities that you have participated in?

Answered: 160 Skipped: 14

Answer Choices	%	Number
Walking	91.3%	146
Cycling	19.4%	31
Running / jogging	18.8%	30

Swimming	15.6%	25
Group activities, like groups classes at the gym, walking groups, yoga or tai chi	20.0%	32
Gym, fitness centre or indoor sports centre	21.3%	34
Organised sports, like AFL, cricket, soccer, netball, karate or basketball	4.4%	7

Walking was the main activity that respondents participated in, with 91.3%. Only 4.4% of respondents reported that organised sport was the main physical activity they took part in.

Question 3: What are the three main things that would help you be more physically active?

Answered: 162 Skipped: 12

Answer Choices	%	Number
Affordable memberships and fees for group activities	53.1%	86
More or improved outdoor public spaces in my local area, including shared walking and bike paths	37.7%	61
Feelings of safety	32.1%	52
Better overall health	29.0%	47
Having friends or family to attend activities with	22.8%	37
Support to improve my motivation, confidence and self-esteem	21.6%	35
More information on what there is to do	20.4%	33
More options for activities - there is not anything that meets my interests or time limitations	17.9%	29
Feeling more welcomed and included at sports clubs, gyms and fitness centres	13.6%	22
Affordable childcare options	12.4%	20

Advice from medical professionals	10.5%	17
More or improved indoor facilities in my area	9.3%	15
Better disability access in outdoor public spaces (parks, reserves, playgrounds, shared walking and cycling paths, etc)	7.4%	12
Public transport	4.9%	8
Having healthy role models	4.9%	8

The main thing identified by respondents that would help them be more physically active was affordable memberships and fees for group activities (53.1%), followed by more or improved outdoor public spaces in their local area (37.7%) and feelings of safety (32.1%). Better overall health, having friends or family to attend activities with and support to improve motivation, confidence and self-esteem were also identified as key area that would aid people to be more active.

Question 4: Has COVID-19 changed the amount of physical activity you are doing?

Answered: 168 Skipped: 6

Answer Choices	Responses	
Single answer question	0.0%	0
Yes, I am now doing more physical activity	31.6%	53
Yes, I am now doing less physical activity	28.6%	48
No, I am doing the same amount of physical activity	39.9%	67

The majority of respondents stated that COVID-19 had not changed the amount of physical activity (39.9%, 67 responses), with 31.6% saying they were now doing more physical activity, and 28.6% stating they were doing less.

Question 5: Has the type of physical activity that you are going changed from the way it was before COVID-19?

This question only received 4 responses – there may have been an issue with how this was set up in Survey Monkey.

Question 6: In the last 12 months, how often have you used outdoor open green spaces for recreation or physical activity?

Answered: 166 Skipped: 8

Answer Choices	%	Number
1 to 3 times per week	30.7%	51
4 to 6 times per week	22.9%	38
Everyday	14.5%	24
Once or twice in the last three months	13.9%	23
Once or twice per month	12.1%	20
Never	6.0%	10

The majority of respondents identified that they were using outdoor open green spaces for recreation or physical activity one to three times a week (30.7%), with 22.9% four to six times a week, and 14.5% every day.

Question 7: Which of the following open green space did you mainly use?

Answered: 149 Skipped 25

Answer Choices	%	Number
Parks, reserves and gardens	80.5	120
Beach, foreshore trails and boardwalks	63.1	94
Local residential street	49.7	74
Shared walking and cycling paths and tracks	39.6	59
Water ways and creek trails	23.5	35
Wetlands	18.1	27

Playgrounds, skate parks or BMX tracks	15.4	23
Community gardens	2.7	4

The majority of respondents stated that they mainly used parks, reserves and gardens (80.5%), followed by the beach, foreshore trails and boardwalks (63.1%) and local residential streets (49.7%).

Question 8: What are the three main things that would help you to be more physically active in open green spaces?

Answered: 157 Skipped: 17

Answer Choices	%	Number
More shade protection provided by trees	31.85%	50
Living closer to natural environments (parks, reserves, gardens, foreshore, beach, trails and tracks)	18.47%	29
Open green spaces in my local area being more vegetated to make them more appealing	26.11%	41
Better protection of biodiversity and habitat (I am concerned about the impact of people exercising in these areas)	12.10%	19
Shared paths and tracks that are accessible and well connected	49.04%	77
Accessible parking nearby	15.29%	24
Public transport access to natural locations	3.82%	6
More facilities like bike racks, seating, public toilets and water fountains	31.85%	50
More wayfinding signage along paths and tracks	10.83%	17
More dog friendly areas	24.20%	38
Having friends and family to go with	11.46%	18
Being part of a community walking group	12.10%	19
Feelings of safety (lighting, other people present)	39.49%	62

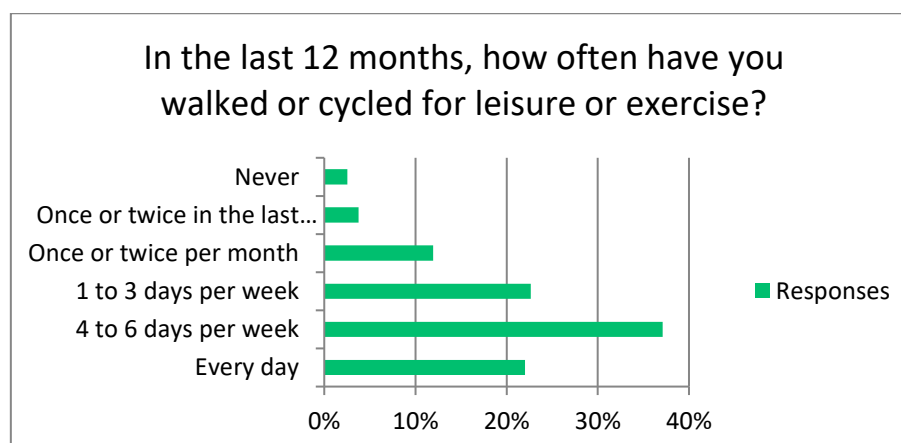
Outdoor fitness equipment in parks or sporting ovals	17.83%	28
Outdoor fitness equipment along walking paths and tracks (equipment trail)	16.56%	26
Advice from health professionals (nature prescriptions)	1.91%	3

The top four things identified by respondents that would help them be more physically active outdoors in green spaces were shared paths and tracks that are accessible and connected (49.0%), feelings of safety (lighting, other people present) (39.5%), more shade protection provided by trees (31.2%) and more facilities like bike racks, seating, public toilets and water fountains (31.2%).

Question 9: In the last 12 months, how often have you walked or cycled for leisure or exercise?

Answered: 159 Skipped: 15

Answer Choices	%	Number
Every day	22.0%	35
4 to 6 days per week	37.1%	59
1 to 3 days per week	22.6%	36
Once or twice per month	12.0%	19
Once or twice in the last three months	3.8%	6
Never	2.5%	4



The majority of respondents stated they were walking or cycling for leisure or exercise 4 to 6 days per week (37.1%), followed by 22.6% stating 1 to 3 times a week, and 22.0% every day.

Question 10: Where did you mainly walk or cycle?

Answered: 151

Skipped 23

Answer Choices	Walk %	No.	Cycle %	No.	Walk and cycle %	No.
Footpaths in residential areas	21.1%	120	2.0%	1	20.7%	23
Roads in residential areas	10.2%	58	39.2%	20	12%	12
Major roads, like Nepean Hwy	6.3%	36	15.7%	8	3.6%	4
Shared paths and tracks	12.6%	72	19.6%	10	27.0%	30
Parks, reserves and gardens	19.6%	112	7.8%	4	10.8%	12
Beach, foreshore trails and boardwalks	18.6%	106	2.0%	1	14.4%	16
Wetlands, water ways and creek trails	11.6%	66	13.7%	7	12.6%	14

Respondents are using a wide variety of places and spaces to walk for recreation, stating they mainly walked on footpaths in residential areas, parks, reserves and gardens, and in the wetlands, waterways and creek trails.



Question 11: What are the three main things that would help you to walk or cycle more for leisure and exercise? (Please select three options)

Answered: 148

Skipped: 26

Answer Choices	%	Number
Better quality shared walking and cycling paths and tracks	59.5%	88
Well connected shared walking and cycling paths and track networks (better connection with destinations)	61.5%	91
On-road cycling lanes	24.3%	36
More facilities, like seating to provide a resting place, public toilets, water fountains	35.1%	52
More wayfinding signage along paths and tracks	22.3%	33
Access to route planning information	23.0%	34
Activities and campaigns that promote walking and cycling as a safe form of leisure and exercise	14.9%	22
Workshops like bike skills and maintenance	7.4%	11
Confidence and feeling of safety	39.9%	59
Access to bike parking	5.4%	8
Having access to a bike (own or shared)	6.1%	9
Other (please specify)		11

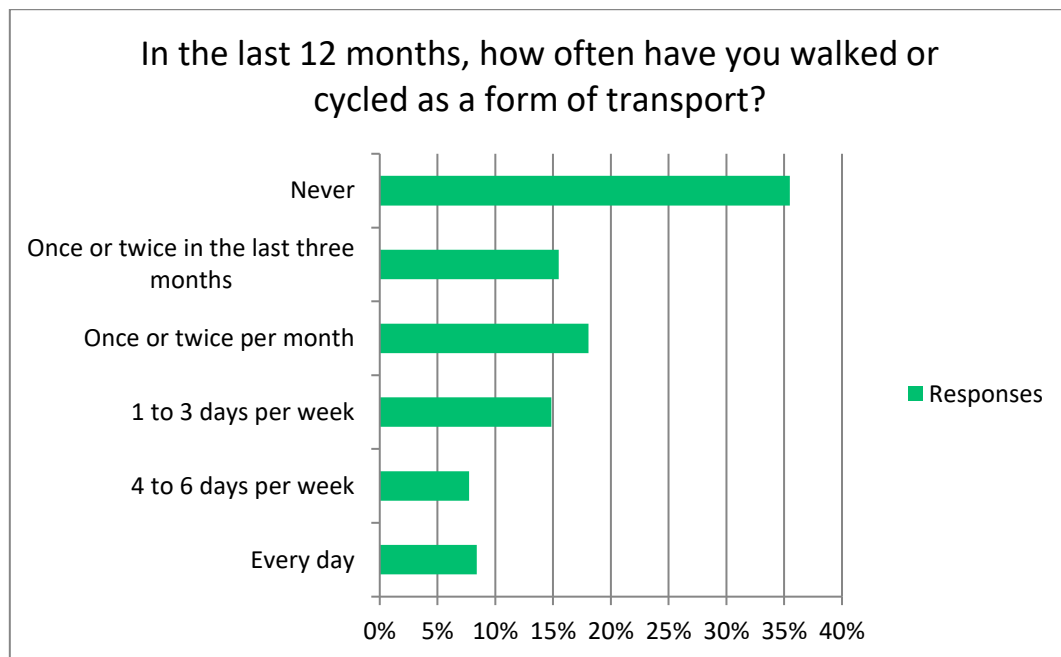
The three main things identified by respondents that would help them walk or cycle more were well connected shared walking and cycling paths and track networks (better connection with destinations) with 61.5%, better quality shared walking and cycling paths and tracks (59.5%) and confidence and feeling of safety (39.9%).

Question 12: In the last 12 months, how often have you walked or cycled as a form of transport?

Answered: 155

Skipped: 19

Answer Choices	%	Number
Every day	8.4%	13
4 to 6 days per week	7.7%	12
1 to 3 days per week	14.8%	23
Once or twice per month	18.1%	28
Once or twice in the last three months	15.5%	24
Never	35.5%	55



35.5% of respondents stated that they had not walked or cycled as a form of transport in the last 12 months. 18.1% had walked or cycled as a form of transport once or twice a month, and 14.8% one to three days a week.

Question 13: Where did you mainly walk or cycle?

Answered: 81

Skipped: 93

	Walk %	No.	Cycle %	No.	Walk and cycle %	No.
Frankston City Centre shops, cafés or restaurants	78.0%	46	8.5%	5	13.6%	8
Gym, fitness centre or indoor sports centre	80.7%	25	9.7%	3	9.7%	3
Organised sports activities	61.5%	16	15.4%	4	23.1%	6
Playgrounds, reserves, parks and gardens	67.7%	44	7.7%	5	24.6%	16
Beach or foreshore	77.1%	47	4.9%	3	18.0%	11
Work	65.5%	19	20.7%	6	13.8%	4
Public transport	84.0%	21	12.0%	3	4.0%	1
To attend school, TAFE, university or other place of study	72.2%	13	11.1%	2	16.7%	3
To visit family or friends	55.0%	22	17.5%	7	27.5%	11



Question 14: What are the three main things that would help you use walking or cycling more as a form of transport? (Please select three options)

Answered: 122 Skipped: 52

Answer Choices	%	Number
Better quality shared walking and cycling paths and tracks	52.5%	64
A well connected shared walking and cycling path and track network	63.1%	77
On-road cycling lanes	22.1%	27
Access to route planning information	14.8%	18
End of trip facilities to securely park my bike	21.3%	26
Ability to carry more personal items	12.3%	15
More wayfinding signage	12.3%	15
More water fountains with tap option to refill bottles	19.7%	24
Feelings of safety (lighting, other people present)	41.0%	50
Activities and campaigns that promote active transport	6.6%	8
E-bike rental schemes	9.8%	12
Workplace incentives that encourage active transport (cycle to work days, cycle training, competitions)	11.5%	14
Shower/changing/locker facilities at my destination	12.3%	15
Other (please specify)		12

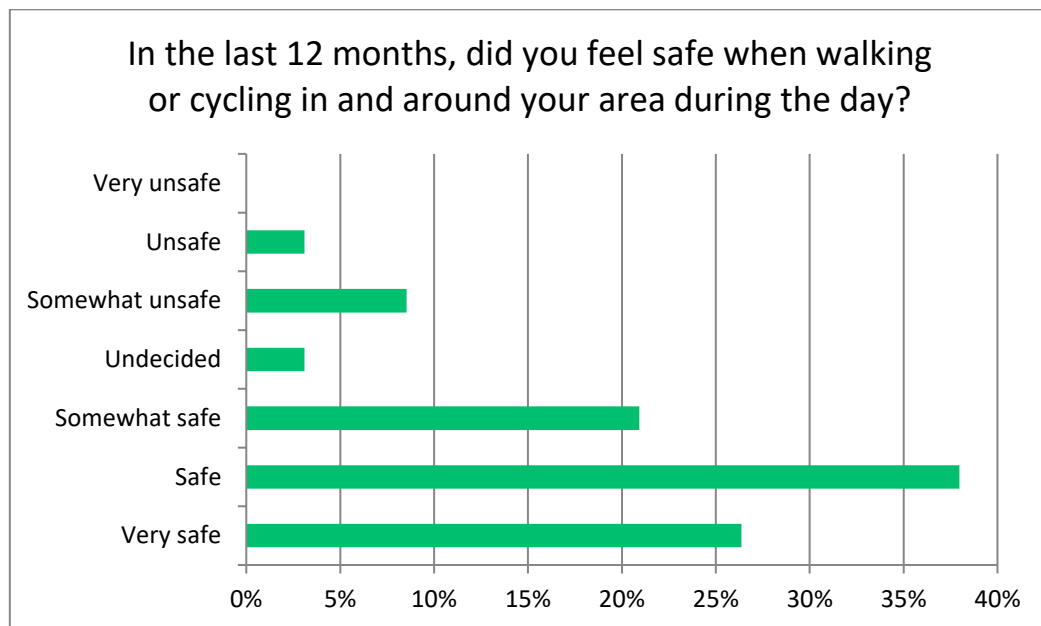
The three main things that respondents identified would help them use walking or cycling more as a form of transport were a well connected shared walking and cycling path and track network (63.1%), better quality shared walking and cycling paths and tracks (52.5%) and feelings of safety (lighting, other people present) (41.0%). These results align with those provided regarding cycling and walking for leisure and exercise.

Question 15: In the last 12 months, did you feel safe when walking or cycling in and around your area during the day?

Answered: 129 Skipped: 45

Answer Choices	%	Number
Very safe	26.4%	34
Safe	38.0%	49
Somewhat safe	20.9%	27
Undecided	3.1%	4
Somewhat unsafe	8.5%	11

Unsafe	3.1%	4
Very unsafe	0.0%	0



During the day 38.0% of respondents felt safe when walking or cycling around their area, with 26.4% reporting they felt very safe, and 20.9% somewhat safe. 11.6% reported feeling unsafe, however there were no reports of feeling very unsafe.

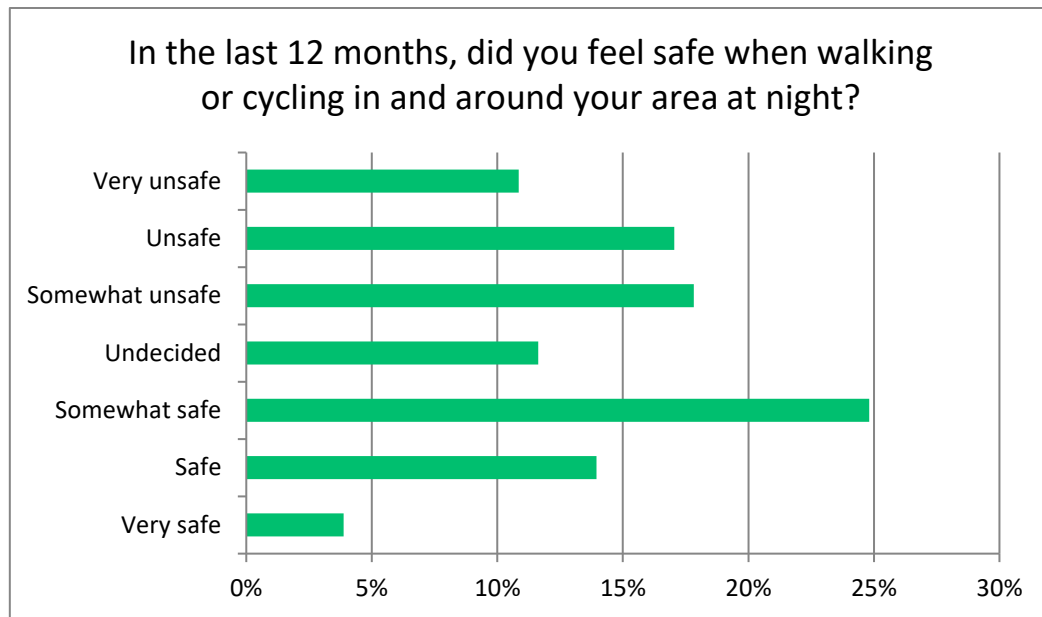
Question 16: In the last 12 months, did you feel safe when walking or cycling in and around your area at night?

Answered: 129

Skipped: 45

Answer Choices	%	Number
Very safe	3.9%	5
Safe	14.0%	18
Somewhat safe	24.8%	32
Undecided	11.6%	15
Somewhat unsafe	17.8%	23
Unsafe	17.1%	22
Very unsafe	10.9%	14

At night the majority of respondents reported feeling somewhat safe walking or cycling in and around their area (24.8%). 17.8% stated they felt somewhat unsafe, and 17.1% felt unsafe.



Question 17: What are the three main things that would help you to feel safer when walking or cycling in and around your local area?

Answered: 129

Skipped: 45

	at night		during day		both day and night	
	%	No.	%	No.	%	No.
Protected on-road cycle lanes, separating cyclists from traffic (white line)	9.1%	6	15.2%	10	75.8%	50
Protected shared walking and cycling routes, separating people from traffic (kerb, boundary)	4.3%	4	15.1%	14	80.7%	75
Quality of footpaths and roads (wide, well maintained)	8.7%	8	17.4%	16	73.9%	68
Traffic free cycle routes	5.7%	4	21.4%	15	72.9%	51
Trees and bushes are cut back from footpaths and roads	7.9%	6	13.2%	10	79.0%	60
Better street lighting	51.1%	45	9.1%	8	39.8%	35
More people walking around the area	20.5%	17	10.8%	9	68.7%	57
Safe crossing points on roads (pedestrian crossings)	4.4%	3	10.1%	7	85.5%	59
CCTV	11.6%	8	8.7%	6	79.7%	55

Visible police presence	20.9%	14	6.0%	4	73.1%	49
Less hoon driving	16.4%	12	8.2%	6	75.3%	55
Enforcement of traffic regulations	6.9%	4	6.9%	4	86.2%	50
Nothing, I feel completely safe	10.5%	2	52.6%	10	36.8%	7
Other (please specify)						

Question 18: In the past 12 months, how often did you eat two serves of fruit and five serves of vegetables per day?

Answered: 130 Skipped: 44

Answer Choices	%	Number
Every day 4 to 6 days per week	57.7%	75
1 to 3 days per week	26.9%	35
Once or twice per month	6.2%	8
Once or twice in the last three months	3.9%	5
Never	5.4%	7

The majority of respondents reported eating two serves of fruit and five serves of vegetables four to seven days a week (57.7%), followed by 26.9% of respondents reporting one to three days per week.

Question 19: What are the three main things that would help you to eat more fresh fruit and vegetables? (Please select three options)

Answered: 124 Skipped: 50

Answer Choices	%	Number
Better quality of fresh fruit and vegetables	33.9%	42
Lower prices of fresh fruit and vegetables	55.7%	69
Greater availability of fruit and vegetables in my local area	29.0%	36

Greater availability of fruit and vegetables that are grown in my local region	33.1%	41
Knowing where to access fresh fruit and vegetables in my local area	16.9%	21
Access to fresh food markets	31.5%	39
Access to community gardens	22.6%	28
Participating in food swaps	11.3%	14
Growing my own fresh fruit and vegetables at home	40.3%	50
Confidence in how to prepare and cook fresh fruit and vegetables	12.9%	16
Inspiration and ideas on how to add more fruit and vegetables onto my family's plate	21.8%	27
Finding fresh fruit and vegetables that my family will eat	8.1%	10
Buying more pre-prepared fresh fruit and vegetables	4.8%	6
Other (please specify)		6

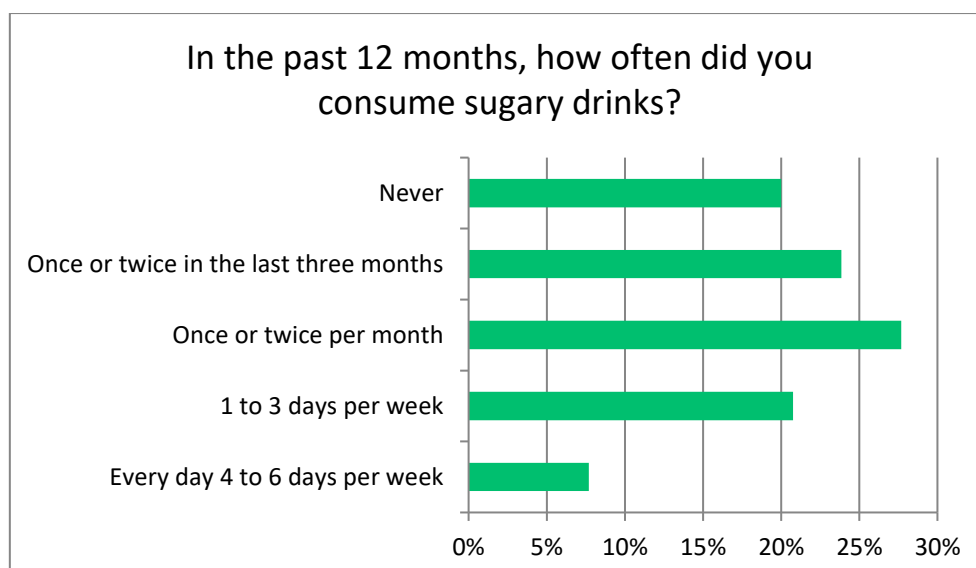
The three main things identified by respondents that would help them eat more fresh fruit and vegetables was lower prices of fresh fruit and vegetables (55.7%), growing my own fresh fruit and vegetables at home (40.3%) and better quality of fresh fruit and vegetables (33.9%).

Question 20: In the past 12 months, how often did you consume sugary drinks? Sugary drinks are any beverages where sweeteners have been added, such as soft drinks, sodas, sports and energy drinks, fruit drinks and full fat flavoured milks.

Answered: 130

Skipped: 44

Answer Choices	%	Number
Every day 4 to 6 days per week	7.7%	10
1 to 3 days per week	20.8%	27
Once or twice per month	27.7%	36
Once or twice in the last three months	23.9%	31
Never	20.0%	26



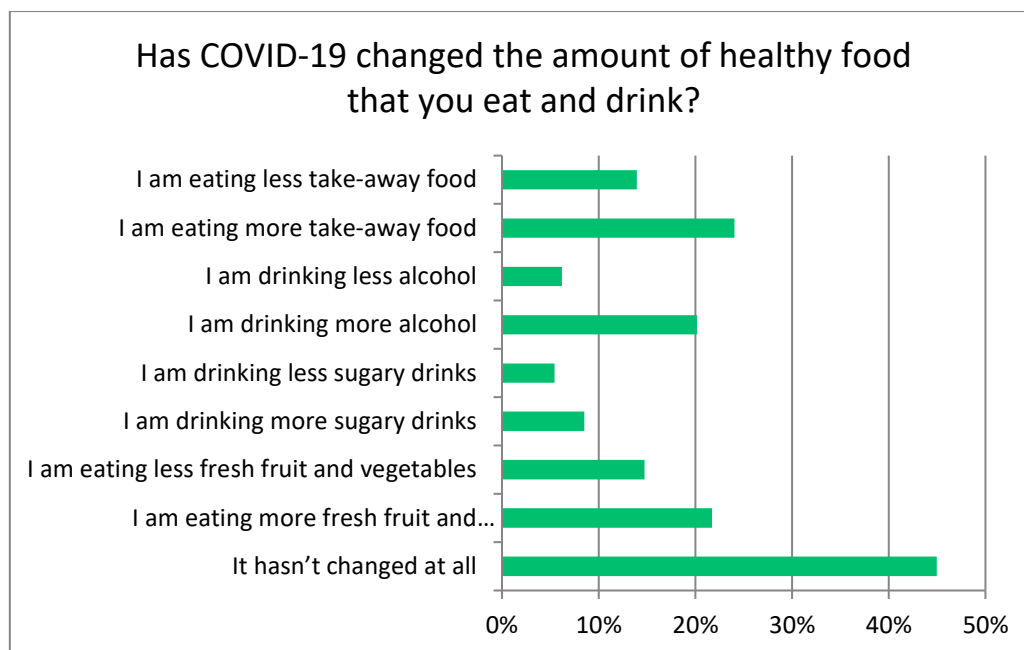
The majority of respondents stated that in the past 12 months they consumed sugary drinks once or twice a month (27.7%) followed by once or twice in the last three months (23.9%) and one to three days a week (20.8%).

Question 21: Has COVID-19 changed the amount of healthy food that you eat and drink?

Answered: 129

Skipped: 45

Answer Choices	%	Number
It hasn't changed at all	45.0%	58
I am eating more fresh fruit and vegetables	21.7%	28
I am eating less fresh fruit and vegetables	14.7%	19
I am drinking more sugary drinks	8.5%	11
I am drinking less sugary drinks	5.4%	7
I am drinking more alcohol	20.2%	26
I am drinking less alcohol	6.2%	8
I am eating more take-away food	24.0%	31
I am eating less take-away food	14.0%	18
Other (please specify)		1



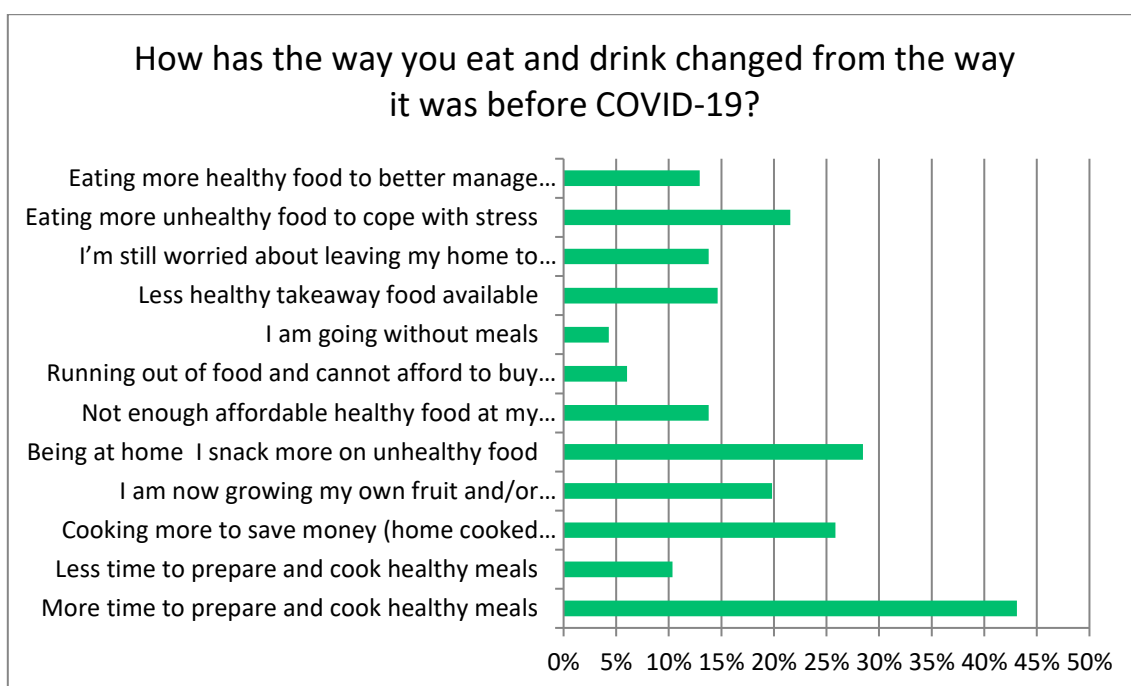
When asked if COVID-19 changed the amount of healthy food they ate and drank the majority of respondents said that it hadn't changed at all (45.0%). Nearly a quarter of respondents identified they were eating more take-away food, and for 21.7% COVID-19 had a positive effect, with them eating more fresh fruit and vegetables.

Question 22: How has the way you eat and drink changed from the way it was before COVID-19?

Answered: 116 Skipped: 58

Answer Choices	%	Number
More time to prepare and cook healthy meals	43.1%	50
Less time to prepare and cook healthy meals	10.3%	12
Cooking more to save money (home cooked food costs less)	25.9%	30
I am now growing my own fruit and/or vegetables	19.8%	23
Being at home I snack more on unhealthy food	28.5%	33
Not enough affordable healthy food at my local shops	13.8%	16
Running out of food and cannot afford to buy more	6.0%	7
I am going without meals	4.3%	5
Less healthy takeaway food available	14.7%	17

I'm still worried about leaving my home to shop	13.8%	16
Eating more unhealthy food to cope with stress	21.6%	25
Eating more healthy food to better manage stress	12.9%	15
Other (please specify)		12



The majority of respondents identified the main change in the way they eat and drink from before COVID-19 was that they had more time to prepare and cook healthy meals (43.1%), followed by being at home they snacked more on unhealthy food (28.5%) and they were cooking more to save money (home cooked food costs less) (25.9%).

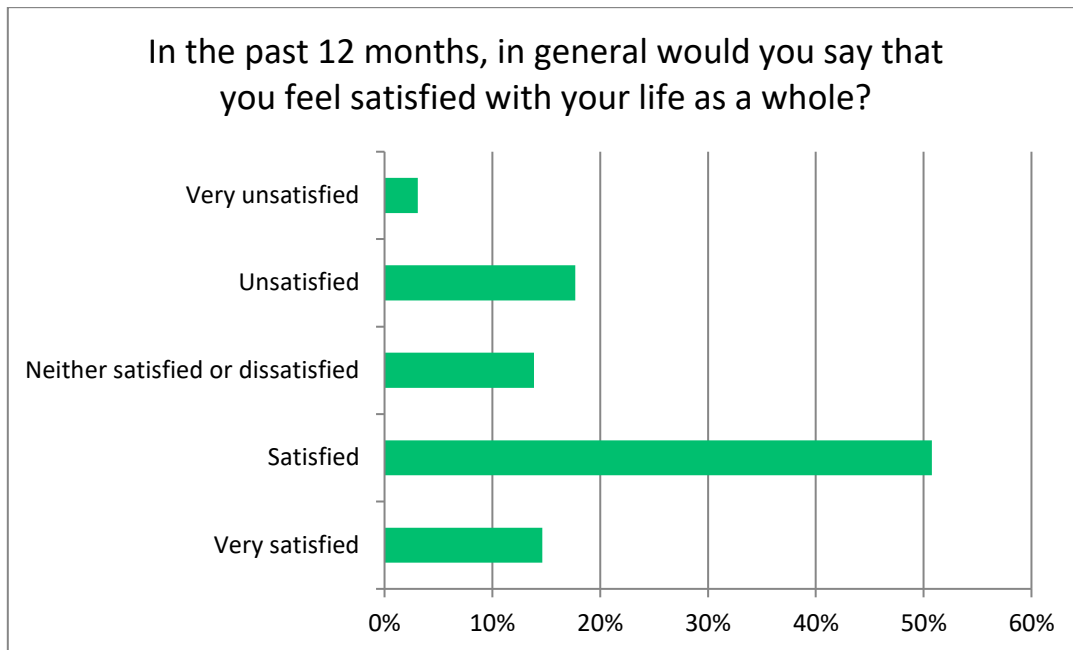
Question 23: In the past 12 months, in general would you say that you feel satisfied with your life as a whole?

Answered: 130

Skipped: 44

Answer choice	%	Number
Very satisfied	14.6%	19
Satisfied	50.8%	66
Neither satisfied or dissatisfied	13.9%	18
Unsatisfied	17.7%	23

Very unsatisfied	3.1%	4
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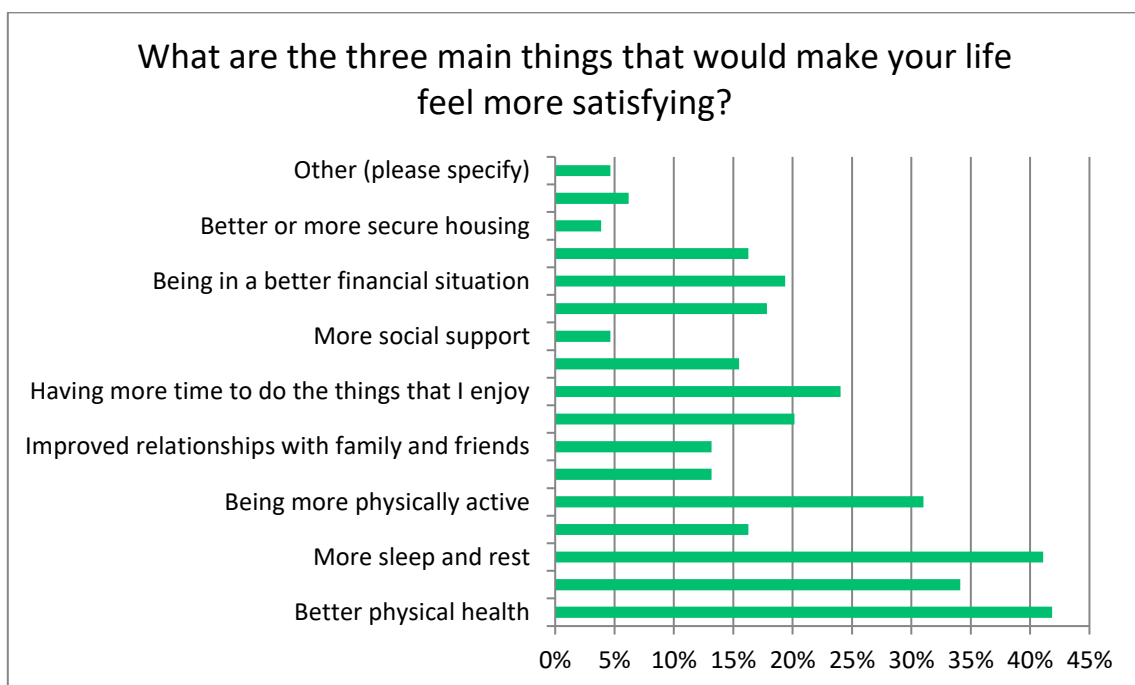
When asked in the past 12 months, in general would you say that you feel satisfied with your life as a whole, the majority of respondents stated they were satisfied (50.8%), with 17.7% stating they were unsatisfied, and 14.6% very satisfied.

Question 24: What are the three main things that would make your life feel more satisfying? (Please select three options)

Answered: 129 Skipped: 45

Answer Choices	%	Number
Better physical health	41.9%	54
Better mental health	34.1%	44
More sleep and rest	41.1%	53
Eating more healthily	16.3%	21
Being more physically active	31.0%	40
Feeling more confident	13.2%	17
Improved relationships with family and friends	13.2%	17
Better social life	20.2%	26
Having more time to do the things that I enjoy	24.0%	31

Feeling like I belong in my community	15.5%	20
More social support	4.7%	6
Better work-life balance	17.8%	23
Being in a better financial situation	19.4%	25
Job security	16.3%	21
Better or more secure housing	3.9%	5
Nothing, I am fully satisfied with my life	6.2%	8
Other (please specify)	4.7%	6



The three main things identified by respondents that would make their life feel more satisfying were better physical health (41.9%), more sleep and rest (41.1%) and better mental health (34.1%).

Question 25: In the past 12 months, would you say that you have felt like you are part of your community?

Answered: 129. Skipped: 45

Answer Choices	%	Number
Yes	29.5%	38

Sometimes	51.9%	67
No	18.6%	24

When asked “In the past 12 months, would you say that you have felt like you are part of your community?” the majority of respondents selected “sometimes” (51.9%), 29.5% responded “yes” and 18.6% responded “no”.

Question 26: What are the three main things that would help you to feel more connected to your community? (Please select three options)

Answered: 126

Skipped: 46

Answer Choices	%	Number
Knowing my neighbours and feeling like I can turn to them	37.5%	48
Chatting to my neighbours and other locals in the street	40.6%	52
Having places to meet and talk with others (parks, shops, cafes)	36.7%	47
Being part of a local community group (faith group, volunteering group, school fundraising committee)	33.6%	43
Volunteering my time to be involved in community activities (community gardens, environmental groups, book clubs)	31.3%	40
Participating in local events (Neighbour Day, school fetes)	24.2%	31
Information and promotion of ways to get involved	36.7%	47
Being accepted for who I am	14.8%	19
Other (please specify)	5.5%	7

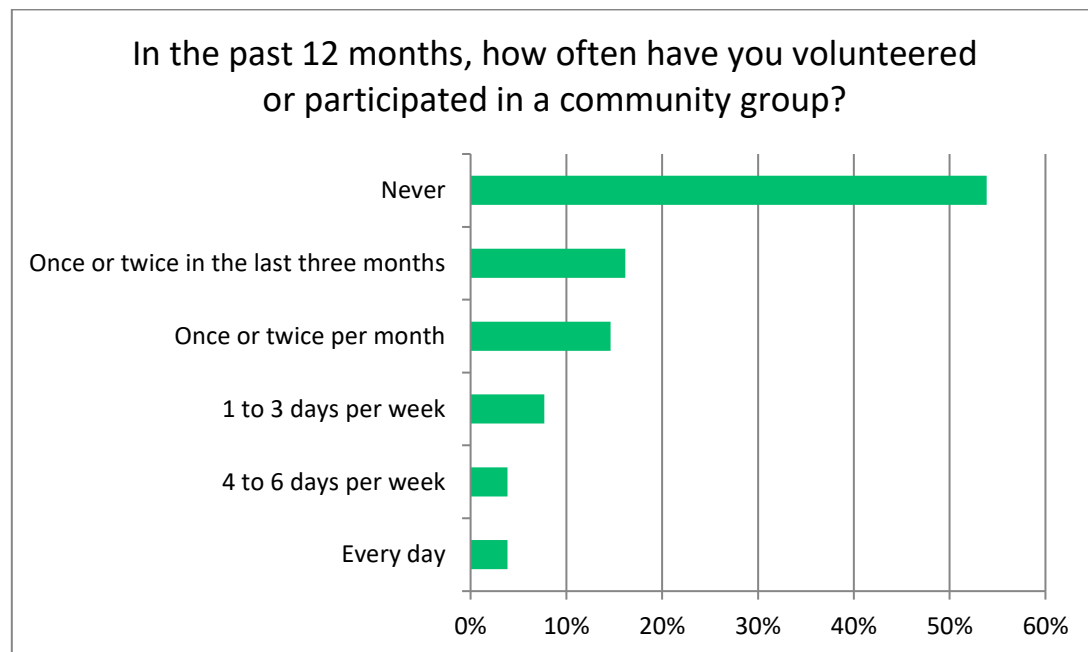
The four main things respondents identified that would help them to feel more connected to their community were chatting to their neighbours and other locals in the street (40.6%), knowing their neighbours and feeling like they can turn to them (37.5%), having places to meet and talk with others (parks, shops, cafes) (36.7%) and information and promotion of ways to get involved (36.7%).

Question 27: In the past 12 months, how often have you volunteered or participated in a community group?

Answered: 130

Skipped: 44

Answer Choices	%	Number
Every day	3.9%	5
4 to 6 days per week	3.9%	5
1 to 3 days per week	7.7%	10
Once or twice per month	14.6%	19
Once or twice in the last three months	16.2%	21
Never	53.9%	70



46.3% of respondents reported that they had volunteered or participated in a community group in the past 12 months. The majority of those that volunteered or participated in a community group did so once or twice in the last three months. Over half of respondents stated that they had not volunteered or taken part in a community group.

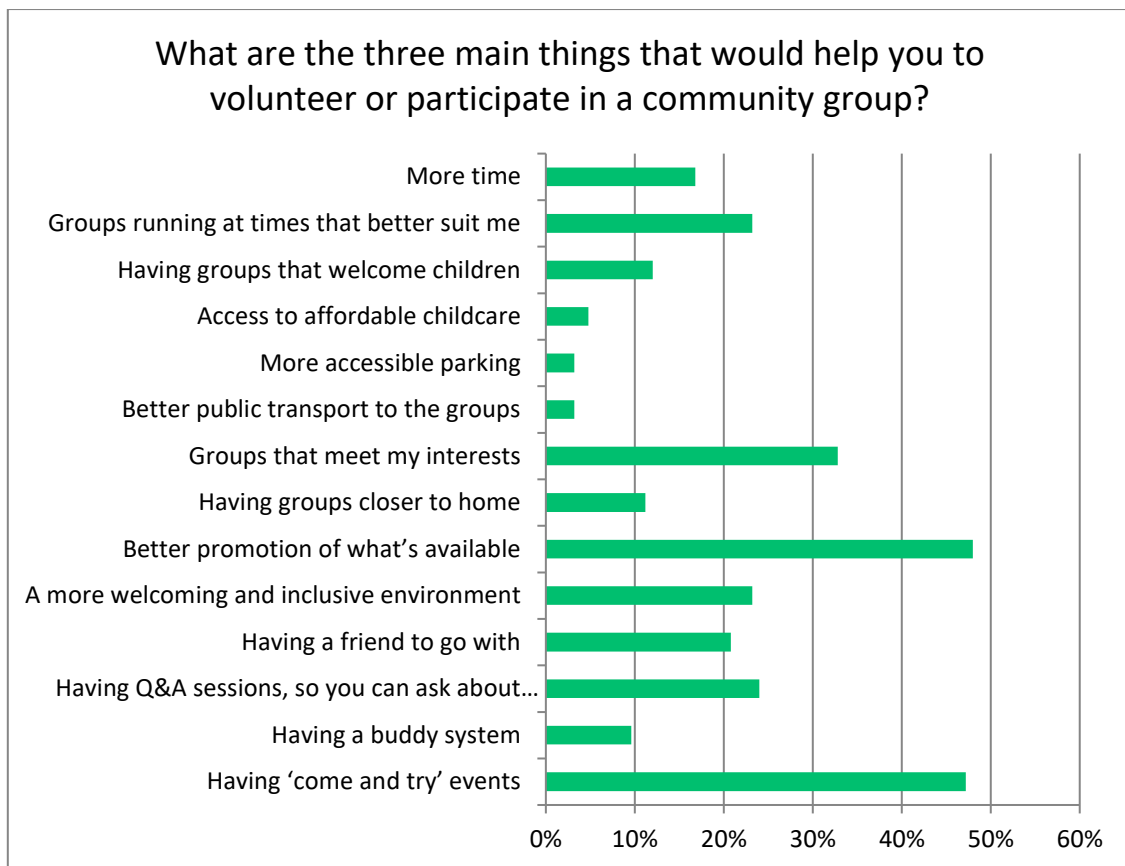
Question 28: What are the three main things that would help you to volunteer or participate in a community group?

Answered: 125

Skipped: 49

Answer Choices	%	Number
Having 'come and try' events	47.2%	59
Having a buddy system	9.6%	12
Having Q&A sessions, so you can ask about commitment and time requirements	24.0%	30
Having a friend to go with	20.8%	26
A more welcoming and inclusive environment	23.2%	29
Better promotion of what's available	48.0%	60
Having groups closer to home	11.2%	14
Groups that meet my interests	32.8%	41
Better public transport to the groups	3.2%	4
More accessible parking	3.2%	4
Access to affordable childcare	4.8%	6
Having groups that welcome children	12.0%	15
Groups running at times that better suit me	23.2%	29
More time	16.8%	21
Other (please specify)		4

Respondents identified the three main things that would help them to volunteer or participate in community group were better promotion of what is available (48.0%) having 'come and try' events (47.2%), and groups that met their interests (32.8%).



6. Targeted community conversation findings

The targeted community conversations involved four key questions, the results from which are summarised below.

Question 1: What would help you and your friends exercise more?

The main barriers identified in the targeted conversations for exercising more were cost, time, motivation and not being confident in playing organised sport. Cat calling was also identified as major barrier for young women when walking and running in their local areas.

The main things identified that would help people exercise more were:

- Reducing the cost of participation
- Introducing a buddy system
- Incorporating physical activity into cultural events
- Culturally welcoming spaces

- Increased and improved walking tracks.

Question 2: What would enable you, your friends and family to eat more fresh vegetables and fruit?

The main things identified that would enable people to eat more fresh vegetables and fruit were:

- Reducing the cost of healthy food
- Increasing cooking skills
- More availability of fresh food
- Peer support, healthy role models to create healthy habits.

Question 3: Have you or your friends considered volunteering? What would help you and your friends get started?

The main things identified the identified in the targeted conversations that would help people start volunteering were:

- Support to start volunteering
- School and employment volunteering ballots / placements
- Support for CALD communities to engage in volunteering
- IMPACT volunteering to be more accessible (go out to shopping centres)
- Ability to see the results of their efforts – closing the loop

Question 4: What would help you feel safer walking in your area?

The main things identified the identified in the targeted conversations that would help people feel safer walking in their areas were:

- Community connection
- Improved lighting and better visibility (cut back trees)
- Safe locations, such as safe zones

Appendices

Targeted community conversations questions

Healthy families and communities

We all know that exercise and eating healthily is good for us. The evidence tells us nearly half of people in Frankston City get enough physical activity, and only 7.7% eat the recommended amount of veg.

- What would help you and your friends exercise more?
- Are you taking part in organised sport (AFL, soccer, basketball)?
- What would help you and your friends get involved organised sport?
- What would help you and your friends take part more walking, cycling or casual exercise?
- Do you and your friends exercise outside in nature? If not, what would help you get out into green open spaces more?
- What would enable you, your friends and family to eat more fresh vegetables and fruit?

Vibrant and inclusive communities

Social capital is the willingness of people to help each other, where people share understandings, trust and cooperation. The evidence tells us that 85.7% of adults in Frankston City had someone outside their household who that could rely on for help in an emergency, and 15.4% of people volunteer.

- What would help you and your friends feel more connected to your community?
- What would help you and your friends be more likely to ask for help from neighbours?
- What would help you and your friends be to join community groups?
- Do you and your friends volunteer? If yes, how often?
- If not, have you or your friends considered volunteering? What would help you and your friends get started?
- What are the things that stop you and friends being more connected and involved in your community?

Connected Places and Spaces

During our recent community consultation for the community vision, many people commented on how safe they feel in their neighbourhoods and how much the municipality's safety has improved. In 2015 87% of people in Frankston City feel safe walking in the street during the day, which is a little below the Victorian average of 93%. This drop significantly at night, with only 46% saying they felt safe. Poor perceptions of

safety can reduce the amount that people walk for recreation, as well as having negative impacts on people's mental health.

- Do you, friends and family feel walking safe around your area during the day / at night?
- If not, what would help you feel safer walking in your area?
- Do you, your friends and family walk, cycle or take public transport to school (active transport), work or to services and shops?
- What would help your friends and family take more active trips?