

Health and Wellbeing Profile 2024

A summary of the health status and health determinants of our residents in Glen Eira



GLEN EIRA
CITY COUNCIL

BENTLEIGH, BENTLEIGH EAST, BRIGHTON EAST, CARNEGIE, CAULFIELD, ELSTERNWICK,
GARDENVALE, GLEN HUNTRY, MCKINNON, MURRUMBEENA, ORMOND, ST KILDA EAST

Understanding health and wellbeing in Glen Eira

This profile shares key insights into the health, lifestyle and environment of people living in our community. Together with the detailed insights we heard directly from our community, this data has helped shape our health and wellbeing priorities for the years ahead.

About this profile

This summary is a condensed version of the full Glen Eira Health Profile 2024, a comprehensive document that explores a wide range of health and wellbeing data. It highlights the most important findings from that report and helps us understand the key issues affecting our community.

The profile is shaped by priorities from the *Victorian Public Health and Wellbeing Plan 2023–2027* and the *South East Public Health Unit's Population Health Catchment Plan 2023–2028*, ensuring it aligns with broader health goals for our region.

It brings together the latest research on Glen Eira's population — covering physical, mental, reproductive and preventative health — and includes information about people of different ages, genders, abilities, cultural backgrounds and socio-economic groups.

How we put this profile together

To build a clear picture of health and wellbeing in Glen Eira, we followed a careful and consistent process:

- Choosing what to measure: We started by selecting a wide range of health and wellbeing indicators. These were based on trusted sources like the 2021 *Glen Eira Health Profile* and the *Victorian Public Health and Wellbeing Outcomes Framework*.
- Gathering the data: We collected the most up-to-date information available from government sources, local surveys and internal council reports.
- Making sense of the data: We analysed the data to uncover key trends and issues affecting our community's health — especially for groups who may be experiencing disadvantage or inequity.
- Finalising the profile: We worked with experts to review the findings and ensure the information is accurate, relevant and useful for planning and decision-making.

We've done our best to present a clear and accurate picture, but it's important to consider these limitations when using the information.

Contents

Health status and health determinants.....	4
Social and economic conditions.....	4
Community cohesion and safety	6
Health status	7
Health and wellbeing priorities	8
Preventing all forms of violence.....	8
Increasing healthy eating.....	8
Increased active living.....	9
Reducing harm from tobacco and e-cigarette use.....	10
Reducing harm from alcohol and drug use.....	10
Improving wellbeing	11
Tackling climate change and its impacts on health	12
Reducing injury	13
Sexual and reproductive health.....	14
Antimicrobial resistance across human and animal health	14
References	16

Key:

- Positive change - performing better than the Greater Melbourne or Victorian average.
- Negative change - performing worse than the Greater Melbourne or Victorian average.
- Not identified as better or worse.

Health status and health determinants

Social and economic conditions

Education ● (ABS, 2021)

Most people in Glen Eira are finishing high school.

- Three out of four residents aged 15 and over (75.4 per cent) have completed Year 12. That's well above the Greater Melbourne average of 64.3 per cent.
- Completion rates are similar for both men and women (75.1 per cent and 75.7 per cent), showing strong educational outcomes across the board.
- Among Aboriginal and Torres Strait Islander residents, 58.8 per cent have completed Year 12 — higher than the Greater Melbourne average of 46.5 per cent.

Employment ● (ABS, 2021)

Glen Eira has a strong employment rate.

- Nearly 96 per cent of people in the labour force are employed, which is slightly better than the Greater Melbourne average of 94.7 per cent.
- Unemployment sits at 4.2 per cent, lower than the regional average of 5.3 per cent.

Unpaid childcare ● (ABS, 2021)

- More than one in four residents (27.4 per cent) aged 15 and over provide unpaid childcare — just above the averages for Greater Melbourne (26.5 per cent) and Victoria (26.3 per cent).
- Among Aboriginal and Torres Strait Islander residents, 20.8 per cent are providing unpaid care.
- Women are slightly more likely to take on this role, with 29.4 per cent of females providing unpaid childcare compared to 25.3 per cent of males.

Housing and rental stress ● (ABS, 2021)

Housing costs in Glen Eira are among the highest in the region.

- On average, weekly rent is \$46 more than in Greater Melbourne and monthly mortgage repayments are \$400 higher.
- This means that over a third of renters (37 per cent) are experiencing housing stress — spending more than 30 per cent of their income on rent. For mortgage holders, 15.7 per cent are in a similar situation with repayments stretching their budgets.

- About one in three homes (33 per cent) in Glen Eira are rented, which is higher than the Greater Melbourne average of 29.2 per cent.
- For Aboriginal and Torres Strait Islander residents, home ownership is less common — only 14.4 per cent own their homes outright and 20.2 per cent have a mortgage, while 61 per cent live in rental housing.
- There are 771 social housing dwellings in Glen Eira, making up about 1.2 per cent of all housing — a small but important part of the housing landscape.

Homelessness **(ABS, 2021)**

While Glen Eira's homelessness rate is slightly lower than the national and Victorian averages, it still affects many people.

- There are 561 people experiencing homelessness (about 0.38 per cent of the population) and 191 living in marginal housing (0.13 per cent).
- Most of those experiencing homelessness are men (60.2 per cent), with many living in supported accommodation.
- Young adults aged 20–29 make up nearly half of those living in boarding houses.
- People who aren't Australian citizens are more likely to be homeless (1.1 per cent compared to 0.18 per cent) and Aboriginal and Torres Strait Islander residents are more than twice as likely to experience homelessness than non-Indigenous residents. All identified Indigenous individuals were living in supported accommodation.
- People who need assistance with daily activities are also more likely to be homeless (0.38 per cent compared to 0.28 per cent).

Gambling harm **(VGCCC, 2024)**

- There are 652 electronic gaming machines (EGMs) spread across nine venues in the area.
- In 2023–24, local gaming losses reached \$71.76 million, placing Glen Eira as the 16th highest Local Government Area for EGM losses in Victoria.
- This marks a steady increase from \$51.39 million in 2021–22 and \$70.50 million in 2022–23, highlighting a growing concern for gambling-related harm in our community.

Food insecurity **(VPHS, 2023)**

Most people in Glen Eira have reliable access to food, but some still face challenges.

- About 3.6 per cent of residents experienced food insecurity in the past year — lower than the Victorian average of 8.0 per cent.

- However, 12.2 per cent said they ‘sometimes’ worried about having enough food and 6.0 per cent ‘definitely’ worried — again, both figures are below the state averages (15.4 per cent and 9.7 per cent, respectively).
- While these numbers are encouraging, they remind us that food insecurity still affects many households and requires ongoing attention.

Community cohesion and safety

Volunteering (ABS, 2021)

- 15.4 per cent of residents aged 15 and over are involved in voluntary work — well above the Greater Melbourne average of 12.1 per cent.
- Women are slightly more likely to volunteer, with 16.4 per cent of females participating compared to 14.3 per cent of males.
- Volunteers come from all walks of life:
 - 28 per cent are aged 35 to 49, often balancing work and family while still finding time to contribute.
 - 26.3 per cent are seniors (60+), bringing experience and dedication to their roles.
 - 16.2 per cent are young people aged 15 to 24, showing that community spirit starts early.
- Among Aboriginal and Torres Strait Islander residents, 18 per cent are engaged in volunteering, which is higher than the Greater Melbourne average of 13.1 per cent.

Social connection (GECC, 2025)

Glen Eira residents generally feel positive about their neighbourhoods:

- 70 per cent believe their neighbours are willing to help, showing a strong sense of local support.
- 41 per cent feel their neighbourhoods are close-knit and 59 per cent trust the people around them.
- 56 per cent of residents feel the Council provides enough opportunities to get involved in the community — an encouraging sign for civic engagement. (DGS, 2023)

Perception of safety (DGS, 2023)

Most people in Glen Eira feel safe in their neighbourhoods — especially during the day.

- 96 per cent of residents say they feel safe walking alone during daylight hours.
- At night, that number drops to 64 per cent, showing that safety after dark is a concern for some.

- The difference is more noticeable between genders: only 43 per cent of women feel safe walking alone after dark, compared to 86 per cent of men.

Crime rates ● (CSA, 2024)

Glen Eira continues to be one of the safest areas in the region.

- The crime rate per 100,000 people dropped from 4,051.6 in 2020 to 3,490.5 in 2021, before gradually rising again to 4,057.6 in 2024.
- Even with this increase, Glen Eira's crime rate remains lower than both the Southern Metro Police Region (6,436.1) and Victoria overall (6,550.6).
- In fact, Glen Eira had the lowest crime rate in the Southern Metro Region in the year ending 2024.

Health status

Health status of adults ● (VPHS, 2023)

Most adults in Glen Eira feel good about their health.

- 40.3 per cent rated their health as 'excellent' or 'very good', 39.6 per cent said it was 'good', and 19.7 per cent described their health as 'fair' or 'poor'.

Body weight ● (VPHS, 2023)

Glen Eira adults are more likely to maintain a healthy weight compared to the rest of Victoria.

- Glen Eira adults are more likely to fall within the normal BMI range (42.7 per cent) and less likely to be overweight or obese (45.7 per cent) compared to the Victorian averages of 35.7 per cent and 54.4 per cent, respectively

Life expectancy ● (AIHW, 2023)

- The median age at death is 84.5 years for men and 88.0 years for women, with an overall life expectancy of 86.6 years — well above the averages for Greater Melbourne (83 years) and Victoria (82.5 years).

Hospital use ● (PHIDU, 2024)

When it comes to hospital admissions, more residents are using private hospitals than public ones.

- There were 33,470 admissions per 100,000 people in private hospitals, compared to 20,771.9 per 100,000 in public hospitals.

- Women made up 55 per cent of all hospital admissions, while men accounted for 45 per cent.
- Glen Eira also sees a higher rate of mental health-related hospital admissions compared to Greater Melbourne, highlighting the importance of mental health support and services in our community.

Health and wellbeing priorities

From the Victorian Public Health and Wellbeing Plan 2023-27

Preventing all forms of violence

Family and gender-based violence ● (CSA, 2024)

Over the past five years, Glen Eira has seen fluctuations in the rate of reported family violence incidents, ranging from 681 to 806 incidents per 100,000 people.

- While these numbers are concerning, Glen Eira's rates remain consistently lower than those in the Southern Metro Region (1,254–1,369) and Victoria overall (1,382–1,504).
- Women make up 70 per cent of affected family members, highlighting the gendered nature of family violence.
- The most impacted age groups are 35–44 (21.8 per cent), 45–54 (19.6 per cent) and 25–34 (18.3 per cent) — together, they account for nearly 60 per cent of all victims.
- Children aged 0–17 represent 14 per cent of affected family members, with incidents involving children rising from 137 in 2020 to 216 in 2024.

Increasing healthy eating

Fruit and vegetable consumption – adults ● (VPHS, 2023)

Glen Eira residents are doing slightly better than the Victorian average when it comes to eating fruit — but there's still room for improvement, especially with vegetables.

- 40.3 per cent of adults eat the recommended two plus serves of fruit per day, compared to 35.2 per cent across Victoria.
- 41.8 per cent of women and 38.6 per cent of men in Glen Eira meet this guideline.

When it comes to vegetables, the numbers are much lower:

- Only 5.9 per cent of adults in Glen Eira meet the recommended intake, similar to 5.7 per cent statewide.

- 9.7 per cent of women meet the guideline, while male-specific data isn't available for Glen Eira (but statewide, only 2.3 per cent of men meet it).

Just 4 per cent of Glen Eira adults meet both fruit and vegetable guidelines — slightly better than Victoria's 3.5 per cent, but still showing that over 95 per cent of people aren't meeting full dietary recommendations.

Sugar-sweetened drink consumption ● (VPHS, 2023)

Glen Eira residents are drinking fewer sugary drinks than the Victorian average.

- In 2023, 27.2 per cent of residents consumed sugar-sweetened drinks daily or several times a week, compared to 34.4 per cent in Victoria.
- More Glen Eira residents reported never drinking sugary drinks (26.8 per cent) or drinking them less than once a week (28.5 per cent), both higher than the state averages.

However, there are clear differences between genders:

- Men in Glen Eira are much more likely to consume sugary drinks regularly:
 - 20.6 per cent drink them daily, compared to 5.2 per cent of women.
 - 18.4 per cent drink them several times a week, compared to 9.8 per cent of women.
- Overall, 38.9 per cent of men consume sugary drinks frequently, compared to 15 per cent of women — a trend that mirrors the rest of Victoria.

Among children, sugary drink consumption has declined over time:

- In 2021, 21.4 per cent of Victorian children aged one to 12 were reported to usually drink at least one cup of sweet beverages daily — down from 28.8 per cent in 2013, though slightly up from 18.7 per cent in 2019.

Increased active living

Physical activity ● (VPHS, 2023)

Glen Eira residents are staying active — and doing slightly better than the Victorian average when it comes to meeting movement goals.

- 37 per cent of adults in Glen Eira meet the recommended 150 plus minutes of physical activity per week, compared to 35.1 per cent across Victoria.
- Men are slightly more active than women in both Glen Eira (38.5 per cent vs. 34.9 per cent) and Victoria (37.7 per cent vs. 32.9 per cent).
- Encouragingly, only 12.4 per cent of Glen Eira adults report low levels of activity, compared to 16.8 per cent statewide.

- Women in Glen Eira are also doing better than the state average — only 11.5 per cent report low activity, compared to 17.5 per cent across Victoria.

Sedentary behaviour **(VPHS, 2023)**

Despite being more active, Glen Eira residents are also spending more time sitting than the Victorian average.

- 41.6 per cent of adults sit for seven or more hours a day, compared to 32.6 per cent across Victoria.
- This includes 42.5 per cent of men and 41.0 per cent of women in Glen Eira — both higher than the state averages (34.4 per cent for men and 30.8 per cent for women).

Reducing harm from tobacco and e-cigarette use

Smoking and vaping **(VPHS, 2023)**

Glen Eira residents are making healthier choices when it comes to smoking and vaping, with rates consistently lower than the Victorian average.

- 15.3 per cent of adults in Glen Eira smoke or vape, compared to 18.5 per cent across Victoria.
- 11.5 per cent are current smokers, which is 2.4 per cent lower than the state average.
- Vaping is slightly less common in Glen Eira too, with 5.8 per cent of adults using e-cigarettes, compared to 6.1 per cent statewide.

Men are more likely to smoke or vape:

- 15.6 per cent of men in Glen Eira currently smoke (vs. 16.7 per cent statewide).
- 20.6 per cent of men smoke or vape, slightly lower than the Victorian average of 22.0 per cent.

Women in Glen Eira show healthier patterns:

- Only 8.0 per cent currently smoke, which is 3.3 per cent lower than the state average.
- Just 10.0 per cent smoke or vape, compared to 15.1 per cent across Victoria.

Reducing harm from alcohol and drug use

Alcohol harm **(VPHS, 2023)**

Glen Eira residents are making healthier choices around alcohol compared to the Victorian average.

- 17 per cent of adults abstain from drinking and 72.7 per cent drink at reduced-risk levels, which is higher than the state average of 64.4 per cent.

- Men (74.1 per cent) and women (72.2 per cent) in Glen Eira are both more likely to drink responsibly than their counterparts across Victoria.
- Only 9.4 per cent of residents engage in high-risk drinking, significantly lower than the 13.1 per cent statewide.
- As seen elsewhere, men (12.4 per cent) are more likely than women (6.4 per cent) to drink at risky levels.

There's also been a positive drop in alcohol-related hospital admissions, falling from 1,464 in 2018/19 to 1,109 in 2021/22. (Turning Point, 2024)

- Male admissions decreased from 1,122 to 835 and female admissions from 789 to 636.

Drug related harm (Turning Point, 2024)

Hospital admissions due to illicit drug use have also declined in Glen Eira.

- Admissions dropped from 670 in 2018/19 to 574 in 2021/22.
- However, the rate of 381 admissions per 100,000 people still places Glen Eira as having the fourth-highest rate in the DHHS South Region.

Opioid-related harm is a key concern, with a rate of 124.1 per 100,000 — more than double that of neighbouring areas. As with alcohol, men are consistently more affected than women when it comes to drug-related hospital admissions.

Improving wellbeing

Self-reported life satisfaction (VPHS, 2023)

When it comes to life satisfaction, 55.5 per cent report high satisfaction and 22.2 per cent report very high satisfaction.

- That's a combined 77.7 per cent feeling satisfied with life, just above the state average of 76.7 per cent.
- However, fewer residents report very high satisfaction compared to the Victorian average (22.2 per cent vs. 26.0 per cent).

Self-reported psychological distress (VPHS, 2023)

- 16.9 per cent of adults report high or very high psychological distress, which is lower than the Victorian average of 19.1 per cent.
- However, 31.3 per cent report moderate distress, significantly higher than the state average of 25.2 per cent.
- Women (19.3 per cent) are more likely to experience high distress than men (14.8 per cent), reflecting broader gender trends.

Seeking professional help for a mental health problem ● (VPHS, 2023)

- 21.0 per cent of Glen Eira adults sought professional help for a mental health issue — higher than the Victorian average of 19.0 per cent.
- Women (24.4 per cent) were more likely to seek help than men (16.5 per cent), consistent with statewide patterns.

Adults experiencing loneliness ● (VPHS, 2023)

- 23.8 per cent of adults in Glen Eira report feeling lonely, similar to the Victorian average of 23.3 per cent.

Mental health – Children and young people ● (GECC, 2024)

- 60 per cent of people in Glen Eira aged 10–25 rate their mental health as average, with mental health receiving the highest unhealthy ratings compared to other wellbeing dimensions.
- 43 per cent of transgender individuals, 54 per cent of non-binary individuals and 75 per cent of those identifying as ‘other’ reported below-average mental health, compared to male (16 per cent) and female (29 per cent) respondents.
- Young people with disabilities, caregivers, or part of the LGBTIQA+ community reported poorer health across all categories, especially mental health.

Psychological distress and diversity ●

- 31 per cent of Indigenous Australians report high to very high psychological distress — nearly three times the rate of non-Indigenous Australians (AIHW, 2023).
- More than half of LGBTIQA+ individuals report high or very high psychological distress, compared to 13 per cent in the general population (Hill, 2020).
 - 28.2 per cent experienced a 12 month affective disorder, and
 - 50.3 per cent had a 12 month anxiety disorder — both significantly higher than rates among heterosexual Australians (6.7 per cent and 15.9 per cent, respectively) (ABS, 2023).

Tackling climate change and its impacts on health

Climate vulnerability ●

Glen Eira faces unique challenges when it comes to climate resilience.

- It has the lowest amount of public open space (4.7 per cent) in Metropolitan Melbourne, which limits natural cooling and contributes to the urban heat island effect. (VEAC, 2011)

- Vegetation loss (2–10 per cent) and limited tree canopy coverage increase heat exposure and reduce biodiversity.
- Urban areas in Glen Eira can be 8–12°C warmer than surrounding non-urban areas, with some neighbourhoods like Bentleigh and McKinnon reaching 10–15°C above baseline temperatures.
- The Heat Vulnerability Index (HVI) shows Glen Eira scores between two and five, indicating high risk in certain neighbourhoods (DELWP, 2020).

Health risks from heatwaves (DH, 2015)

As climate change intensifies heatwaves, the risk of heat exhaustion, heat stroke and even death increases — especially for vulnerable groups:

- Older adults (65+)
- Babies and young children
- People with chronic illnesses or disabilities
- Outdoor workers
- Renters in energy-inefficient homes

Reducing injury

Road safety (VicRoads, 2024)

Between 2019 and 2023, Glen Eira recorded 1,204 crashes, resulting in 1,400 injuries — an average of 280 injuries per year.

- Of these, 104 were serious injuries and sadly, two lives were lost.
- Men and women were equally affected, with 49 per cent of those involved being male and 51 per cent female.
- Most serious injuries happened in 60 km/h zones and local roads saw the highest average of serious injuries — about 41 per year.

Hospital admissions due to falls (PHIDU, 2024)

- Residents aged 65 and over have a hospitalisation rate of 3,755 per 100,000 due to falls — higher than the Victorian average of 3,659.
- In 2020/21, there were 1,014 admissions for falls, with more women (568) than men (446) affected.
- Glen Eira accounted for about 1.97 per cent of all fall-related hospital admissions in Victoria.
- The age-standardised hospitalisation rate for falls in Glen Eira is 936.1, which is above the Victorian average of 880.3 and particularly high among older women.

Sexual and reproductive health

Prevention and screening

- In 2017, HPV vaccination rates for 15-year-olds were strong: 84 per cent of females and 77.9 per cent of males were vaccinated — slightly above the Victorian averages.
- From 2018 to 2022, 86.1 per cent of eligible residents participated in cervical screening, outperforming both the South Eastern Public Health Unit (SEPHU) and the Victorian average

Sexually Transmitted Infections (STIs)

Between 2019 and 2023, Glen Eira saw significant shifts in STI rates:

- Chlamydia remained the most common STI:
 - Rates decreased by 26 per cent among females to 14.84 per 10,000, below the state average.
 - Among males, rates increased by 56 per cent to 29.28 per 10,000, above the Victorian average.
- Gonorrhoea rates rose sharply:
 - A 65 per cent increase among females (4.70 per 10,000) and
 - A 55 per cent increase among males (14.77 per 10,000), both exceeding state averages.
- Hepatitis B rates declined:
 - Down 51 per cent in females and 39 per cent in males, though still higher than the Victorian average.
- Syphilis rates dropped modestly:
 - 6 per cent decrease in females (0.17 per 10,000) and
 - 35 per cent decrease in males (2.82 per 10,000), both slightly above state averages.
- HIV rates also declined:
 - 6 per cent drop in females (0.17 per 10,000) and
 - 16 per cent drop in males (0.54 per 10,000), again remaining above state averages.
 - These trends highlight the importance of continued education, testing and access to sexual health services — especially for younger adults and men, who are seeing rising rates in some infections.

Antimicrobial resistance across human and animal health

- Antimicrobial resistance (AMR) is a growing concern across both human and animal health. It happens when bacteria and other microbes become resistant to the medicines designed to kill them — making infections harder to treat.

- Between 2018 and 2021, there were 35 outbreaks of resistant organisms reported in Victorian hospitals and long-term residential care facilities (DH, 2025)
- These outbreaks highlight the importance of infection control, responsible antibiotic use and ongoing monitoring to protect public health.
- While Glen Eira-specific data is limited, this statewide trend reminds us that AMR is a shared challenge — and one that requires action across healthcare, agriculture and the community.

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