

MACKAY'S VitalSigns[®]

The Mackay Community Foundation acknowledges the Yuibera people as the traditional custodians of Mackay.

We would like to acknowledge and pay our respects to Yuibera elders past, present and future.

We wish to acknowledge and pay our respects to their continuing culture and the contribution they make to the life of this land.



Introducing Mackay's Vital Signs

In a first for our community, we take a snapshot of Mackay's vital statistics including Housing & Affordability, Health & Wellbeing, Income, Education & Employment and Community Identity & Connection. The purpose of our Mackay Vital Signs report is to generate conversations in our community about this information and engage people to be part of the future of Mackay.



Mackay's Population:
116,618

COVER STATISTICS SOURCE: REMPLAN (2018) and ABS Census of Population and Housing (2016) with interpretations by SC Lennon & Associates.



MACKAY
COMMUNITY
FOUNDATION



Australian
Community
Philanthropy



HOUSING & AFFORDABILITY

Access to safe, affordable housing that meets the diverse needs of a community is a key measure of a successful city.



HEALTH & WELLBEING

Community vitality is created through supporting positive lifestyle choices alongside the availability of health services.

Rental stress and aged care places remain key issues in Mackay.

Overall health and fitness along with mental health are major issues in our community.

HOUSING AFFORDABILITY



Low-income households experience rental stress.¹

State: 28% National: 27%



Households receive rental assistance from the Australian Government.³

State: 12% National: 17%

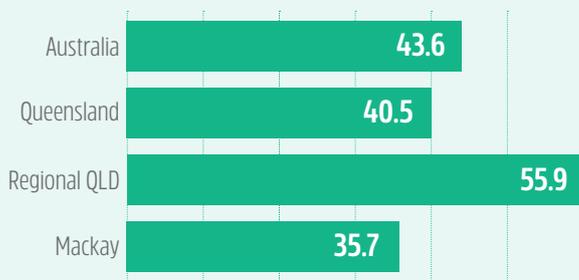


Low-income households experience mortgage stress.²

State: 9% National: 9%

Homelessness.⁴

Persons per 10,000, 2016



Mackay has **75** residential aged care places per 1,000 population aged **70 years and over.**⁵

State: 79 National: 83



of private dwellings with households requiring **extra bedrooms.**⁶

State: 3% National: 4%

HEALTH AND FITNESS



Adults are overweight or obese.⁷

State: 64% National: 63%



Children are overweight.⁸

State: 18% National: 18%



Children are obese.⁹

State: 8% National: 8%



Adults are daily smokers.¹⁰

State: 16% National: 15%



Adults meeting minimum physical activity guidelines.¹¹

State: 49% National: 53%



Adults display 1 of 4 health risk factors.¹²

(current smokers, high risk alcohol, obese & no/low exercise in the previous week)

State: 79% National: 78%

DISABILITIES



Mackay's population have a profound or severe disability.¹³

State: 5% National: 5%



people aged 15 years and over are providing unpaid assistance to people with a disability.¹⁴

State: 11% National: 11%

MENTAL HEALTH



of adults experience symptoms of high or very high psychological distress.¹⁵

State: 12% National: 12%



Mackay has on average **16 suicides** per **100,000** people.¹⁶

State: 14 National: 12

SOURCES:

1. PHIDU, Social Health Atlas of Australia (2011, 2016 and 2018 editions) 2. PHIDU, Social Health Atlas of Australia (2011, 2016 and 2018 editions) 3. PHIDU, Social Health Atlas of Australia (2011, 2016 and 2018 editions) 4. Department of Infrastructure and Regional Development, Yearbook 2017 5. PHIDU, Social Health Atlas of Australia (2016 and 2018 editions), 6. PHIDU, Social Health Atlas of Australia (2018).

SOURCES:

7. ABS 2015, Customised report, National Health Survey: First Results, 2014-15 (cat. no. 4364.0.55.001) 8. PHIDU, Social Health Atlas of Australia (2018) 9. PHIDU, Social Health Atlas of Australia (2018) 10. ABS 2015, Customised report, National Health Survey: First Results, 2014-15 (cat. no. 4364.0.55.001) 11. ABS 2015, Customised report, National Health Survey: First Results, 2014-15 (cat. no. 4364.0.55.001) 12. PHIDU, Social Health Atlas of Australia (2018) 13. PHIDU, Social Health Atlas of Australia (2018) 14. PHIDU, Social Health Atlas of Australia (2018) 15. PHIDU, Social Health Atlas of Australia (2018) 16. PHIDU, Social Health Atlas of Australia (2018)

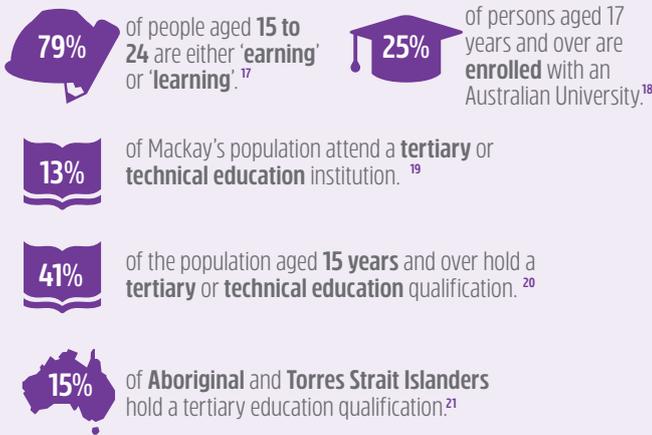


INCOME, EDUCATION & EMPLOYMENT

Successful communities offer affordable and flexible opportunities to learn and allow its residents to access gainful employment.

Mackay enjoys relatively high weekly household incomes on average. Ensuring parity in this area is a challenge. Our indigenous unemployment rate is a challenge for us.

EDUCATION



INCOME & EMPLOYMENT



SOURCES:

17. PHIDU, Social Health Atlas of Australia (2018) 18. PHIDU, Social Health Atlas of Australia (2016 and 2018 editions) 19. ABS Census of Population and Housing, 2011 and 2016 20. ABS Census of Population and Housing, 2011, Time Series Profile, with interpretations by SC Lennon & Associates 21. ABS Census of Population and Housing, 2016 - Aboriginal and Torres Strait Islander Peoples Profile (cat. no. 2002.0) with interpretations by SC Lennon & Associates 22. ABS Census of Population and Housing, 2016, Time Series Profile, cat. no. 2003.0 23. ABS Census of Population and Housing, 2016, 24. REMPLAN, 2018 25. ABS Census of Population and Housing, 2016 26. ABS Census of Population and Housing, 2016 27. ABS Labour Force Survey, July 2018, 28. ABS Census of Population and Housing, 2016 - Aboriginal and Torres Strait Islander Peoples Profile (cat. no. 2002.0) with interpretations by SC Lennon & Associates



COMMUNITY IDENTITY & CONNECTION

Community identity and connection is important for a vibrant and healthy community. A feeling of connection can assist individuals in leading a healthy and rewarding life with a strong sense of attachment.

Many volunteer in our community to assist charities. Domestic Violence and Drug abuse are critical issues facing our community.

VOLUNTEERING



CULTURAL TOLERANCE



COMMUNITY SAFETY



SOURCES:

29. Australian Charities and Not-for-Profits Commission (ACNC) 30. PHIDU, Social Health Atlas of Australia (2011, 2016 and 2018 editions) 31. PHIDU, Social Health Atlas of Australia (2018) 32. PHIDU, Social Health Atlas of Australia (2018) 33. Queensland Government (2018) 34. Queensland Government (2018)

How to use this report

We have a lot to be proud of as a community though we face many challenges and we are brave enough to address the big issues.

Use this report to start conversations with friends, family and work colleagues.

Ask the questions

What issues do you care about?

What data surprises you?

How can you make a difference?

What next?

This is just a starting point. We will continue to measure Mackay's Vital Signs and with the communities help see improvement. The Mackay Community Foundation will use the Vital Signs report to focus our grant making on the most important issues for our community.

How the Mackay Community Foundation works

The Mackay Community Foundation provides an opportunity for individuals, families, and businesses to make donations to support those in need in the region, both now and in the future. Donations are retained as capital by The Foundation to build a perpetual and sustainable fund for philanthropic purposes. The income earned from the capital is used to make community grants. Separate sub funds are maintained to allow donors to contribute to the cause they feel most passionate about in our region.

The Mackay Community Foundation conducts an annual grant program.

The Foundation has been endorsed by the Australian Tax Office as a charity and by the Queensland Office of Fair Trading as fundraising for a charitable purpose. Donations to The Foundation are tax deductible and The Foundation is exempt from tax.

The Foundation is governed by a volunteer Board of Directors, with a wide range of skills, experience and an extensive knowledge of the region's community.

Acknowledgment

Vital Signs is a community check-up tool conducted by Community Foundations around the world that measures the vitality of our communities and identifies trends in a range of areas critical to quality of life. Australian Community Philanthropy manages Vital Signs in Australia. The Vital Signs Trademark is used with permission from Community Foundations of Canada.

We have endeavoured to include the most up to date data available. We look forward to updating Mackay's Vital Signs as new data becomes available.

Please consider the following ways that you can donate to the Mackay Community Foundation. Your donations allow the Foundation to support those organisations in our community helping make a difference.

NAMED FUND

By supporting the Mackay Community Foundation as a Named Fund, whether you are a family, individual or business, you are strengthening the Foundation for years to come. While the donation is invested alongside other trust funds, when a grant is made it is acknowledged as coming from the Named Fund.

ONE-OFF DONATIONS

The Mackay Community Foundation also welcomes one-off donations, which are tax deductible and invested into the capital fund. This capital continues to grow and sustain the community through regular grants made by the Foundation.

BEQUESTS

People can also support the Foundation through a bequest in their Will, which can be recognised by name or kept anonymous. Instructions on how to include these bequests in your Will can be obtained through the Foundation.

EMPLOYEE GIVING

Workplace support can be organised with employee giving programs, a simple way for the Foundation to continue growing and supporting our community.

VOLUNTEER YOUR TIME

We welcome volunteers to help.

SPECIAL THANKS TO THE PROJECT PARTNERS

