



# Social Harms

## FOCUS AREA

Our vision for addressing social harm in Maroondah:

*In 2031, Maroondah will be a socially responsible community that inspires positive choices and reduces impacts from harmful social behaviours.*

We will work towards addressing social harms in Maroondah by prioritising:

- > **Gambling**
- > **Alcohol**
- > **Tobacco**
- > **Drugs**
- > **Excessive screen use**

## The research tells us

There are a range of social behaviours that can result in disruptive and negative impacts on individual and community wellbeing. Lifestyle behaviours such as tobacco, drug, alcohol abuse, problem gambling and excessive screen use are acknowledged as contributing factors to poor mental and physical health.

Harmful levels of alcohol consumption is associated with increased risk of chronic disease, injury and premature death. Effects of Illicit drug use can be severe, including poisoning, heart damage, mental illness, self-harm, suicide and death. Gambling-related harm involves adverse consequences and has been linked to poor employment outcomes, higher rates of diabetes, poor mental wellbeing and suicide, as well as family violence. Tobacco smoking is the single most important preventable cause of ill health and death in Australia. Excessive screen use can lead to a range of significant physical, mental, social, and economic costs.

Maroondah has the highest levels of hospital admissions due to illicit drugs and antidepressants in the eastern metropolitan region

## Our community said...

Our community values exercise, healthy eating, access to health services and good mental wellbeing. Our community highlighted the relationship between physical and mental health and the opportunities to facilitate and support social connection.

Opportunities to connect with nature were highly valued and seen to provide benefits to mental wellbeing, physical health and social connection.

Mental health within the community has been particularly impacted by the coronavirus (COVID-19) pandemic and our community desire a greater focus on mental health in Council's future service delivery, programs and events.

