

Grampians Medicare Local

# Community Needs Analysis

Central Highlands  
Summary

October 2013



*Connecting health to meet local needs*

# A week in the GML Central Highlands region



## Population 131,499

- 6% of people are over the age of 65 years
- 19 people are admitted to hospital for diabetes
- 10-11 people are admitted to hospital for dental conditions
- 7-8 people are admitted to hospital for chronic obstructive pulmonary disease
- 239 people delay seeking medical attention
- 194 people delay purchasing prescribed medication
- 117 people experience health service access difficulties
- 1390 people experience transport difficulties
- 1008 people attend the hospital emergency department



- 4,364 people over 18 years drink at risky levels
- 19,744 people smoke (22% of the population)
- 8,396 women are obese (17.3%)
- 8,890 men are obese (19.3%)
- 38% of people aged over 18 have at least one cardiovascular disease risk factor

## Health and wellbeing in the Central Highlands

The GML Central Highlands region is in Central Victoria and takes in Ballarat, Victoria's second-largest regional city. The Central Highlands region includes the four local government areas (LGAs) of Ballarat, Hepburn, parts of Golden Plains and Moorabool and nine statistical local areas (SLAs).

- Rising levels of chronic diseases and an ageing population are consistent trends across the whole of the region.
- The key diseases and conditions in the region by 2020 are expected to be osteoporosis, diabetes, osteoarthritis, asthma, anxiety or depression, chronic obstructive pulmonary disease, rheumatoid arthritis, ischaemic heart disease and dementia.
- Lung cancer, dementia and bowel cancer are the conditions with the highest predicted change in prevalence in the Central Highlands region between 2015 and 2020.
- There are significant disparities between communities within the region based on selected health status indicators. The SLA of Golden Plains North-west has the lowest median age-at-death rates for both men and women, compared to state and national rates, falling within the lowest quintile of all Australian SLAs.
- Economic and social conditions vary in and between Local Government Areas (LGAs), and there are high levels of social advantage and disadvantage in parts of the Central Highlands region. All LGAs in the Central Highlands region had higher rates of workers who were semi-skilled or unskilled, compared to the state average.
- Within the region, Ballarat South (3.7 per 100 persons) had the highest rate of Type 2 diabetes and high cholesterol levels (5.7 per 100 persons).
- All SLAs in the Central Highlands region had higher rates than state and national averages for men with mental health and behavioural issues. Hepburn East (12.2 per 100 persons) had the highest rate. All SLAs within the Central Highlands (with the exception of Ballarat North and Moorabool West) had higher rates than both state and national averages for women with mental health and behavioural issues.
- All SLAs had higher rates of asthma compared to Victoria. Ballarat South (10.4 per 100 persons) had the highest rate of asthma in the region.
- All SLAs within the Central Highlands (except Ballarat North) had higher rates of COPD compared to the Victorian average.
- All areas had higher estimated rates of respiratory system diseases. Within the region, Ballarat Central had the highest rate with 11,104 people (31.8 per 100 persons) compared to state (27.3 per 100 persons) and national averages (26.6 per 100 persons).
- All SLAs in the Central Highlands had a higher estimated rate of musculoskeletal system diseases. Ballarat Central (32.6 per 100 persons) had the highest rate compared to state (29.8 per 100 persons) and national averages (30.1 per 100 persons).

### Avoidable Death

- **Respiratory system diseases:** In the region, Hepburn West (20.1 per 100,000 persons) had a higher average annual rate of avoidable mortality due to respiratory diseases compared to state (8.4 per 100,000 persons) and national averages (9.4 per 100,000 persons).
- **Chronic obstructive pulmonary disease (COPD):** Hepburn West (59.4 per 100,000 persons) had a higher rate of avoidable mortality due to COPD compared to state (21.6 per 100,000 persons) and national averages (23.8 per 100,000 persons).
- **Cardiovascular disease: (CVD):** All SLAs (except Golden Plains North-west, Ballarat Inner North and Hepburn East) had higher rates of CVD compared to the state and national averages. Ballarat North (84.2 per 100,000 persons) had the highest rate of avoidable death due to CVD compared to the Victorian and national rates.
- **Ischaemic heart disease:** All SLAs (except Ballarat North) had a higher average annual rate of avoidable mortality from ischaemic heart disease for people aged to 74 years, than Victoria. Ballarat South (55.9 per 100,000 persons) had the highest rate of avoidable deaths due to ischaemic heart disease compared to the state (27.8 per 100,000 persons) and nationally (32.0 per 100,000 persons).
- **Cancers:** Compared to other areas in Victoria, most SLAs in the Central Highlands (except Ballarat Inner North, Hepburn West and Moorabool West) had a higher ratio of avoidable deaths from all cancers for people aged to 74 years. Ballarat Central (73.3 per 100,000 persons) had the highest rate compared to state (61.4 per 100,000 persons) and national averages (62.0 per 100,000 persons).

- All areas in the Central Highlands region (except for Moorabool West) had higher rates of people with at least one of four key health risk factors (smoking, harmful use of alcohol, physical inactivity and obesity) compared to the state average. Golden Plains Northwest had the highest rate compared to other SLAs in the region.

### Lifestyle

#### Smoking

- The rate of current smokers was higher in all SLAs compared with state and national averages. **Men:** Golden Plains North-west and Hepburn East had the highest rate of men in the sub-region who were current smokers. **Women:** Ballarat South had the highest rate of women who were current smokers.

#### Risky Drinking

The prevalence of women drinking alcohol to excess is approaching similar levels to those in men. The rate of people (18 years and over) drinking alcohol at risky levels was higher in all SLAs in the Central Highlands region compared with the state average. The SLAs of Golden Plains North-west, Moorabool - Ballan and Hepburn East (all had a rate of 5.2 per 100 persons) had the highest rates of risky alcohol consumption.

#### Body weight

- Overweight men: Ballarat North (37.3 per 100 persons) had the highest rates of men who were overweight compared with the state (35.7 per 100 persons) and national averages (36.0 per 100 persons).
- Obese men: Ballarat South (21.4 per 100 persons) had more men who were obese than the state (18.0 per 100 persons) and national averages (19.6 per 100 persons).

➤ **Overweight women:** A high proportion of women were overweight in all SLAs within the Central Highlands. In the region, Ballarat North (24.1 per 100 persons) had the highest rate of overweight women compared to state (22.6 per 100 persons) and national averages (22.7 per 100 persons).

➤ **Obese women:** A high proportion of women were obese within the Central Highlands. Ballarat North (17.7 per 100 persons) had the highest rate of obese women compared to state (16 per 100 persons) and national averages (16.4 per 100 persons).

#### Dietary Intake

➤ All SLAs had fewer people (18 years and over) who reported they were meeting fruit consumption guidelines compared to state and national averages. Golden Plains North-west (47.2 per 100 persons) had the lowest rate compared to state and national averages.

#### Physical Inactivity

➤ The SLAs of Golden Plains North-west (32.7 per 100 persons) and Hepburn West (32.9 per 100 persons) had higher rates of physical inactivity compared to the state average (32.6 per 100 persons).

## Health Screening

### Bowel

➤ **Men:** Hepburn East (26.4 per cent) and Moorabool – Ballan (31 per cent) had a lower proportion of men aged 50, 55 or 65 years who participated in the National Bowel Cancer Screening Program compared to state (34.4 per cent) and national averages (34.5 per cent).

➤ **Women:** Hepburn East (35.7 per cent) had a lower proportion of women who participated in the bowel screening program compared to both state (39.8 per cent) and national averages (39.2 per cent).

### Mammograms

➤ Overall, Grampians Medicare Local (56.8 per cent) had a higher rate of women who had a mammogram in the defined period compared to the state average (55.9 per cent). Golden Plains North-west, Ballarat North, Hepburn East, Hepburn West and Moorabool West had the lowest rates of women who had a mammogram in the past two years compared to the state average.

### Cervical screening

➤ Compared to Victoria, women in all SLAs (except Hepburn East) were less likely to have participated in cervical screening in the previous two years. Moorabool West (51.9 per cent) had the lowest participation rate compared with the state average.

### Immunisations

➤ Compared to Victorian and national averages, Golden Plains North-west, Hepburn West, Ballarat South, Moorabool West and Ballarat Central had lower rates of children fully immunised at 12 to 15 months of age.

### Low Birth weight babies

➤ All SLAs in the Central Highlands (except Ballarat North, Hepburn East and Moorabool - Ballan) had a higher proportion of babies born with low birth weight (less than 2500 grams), compared to Victoria and Australia.