

Grampians Medicare Local

Community Needs Analysis

Grampians Pyrenees
Summary



Connecting health to meet local needs

A week in the GML

Grampians Pyrenees region



Population 43,981

- 21.88% of people are over the age of 65 years
- 8 people are admitted to hospital for diabetes
- 3 people are admitted to hospital for dental conditions
- 2-3 people are admitted to hospital for chronic obstructive pulmonary disease
- 98 people delay seeking medical attention
- 89 people delay purchasing prescribed medication
- 188 people experience service access difficulties
- 28 people experience transport difficulties
- 1 baby is born with low birth weight



- 1,742 people over 18 years drink at risky levels
- 7,556 people smoke (22.8% of the population)
- 3,271 women are obese (18.6%)
- 4,186 men are obese (20%)
- 61% of people aged over 18 have at least one cardiovascular disease risk factor
- 33% of children are deemed developmentally vulnerable

Health and wellbeing in the Grampians Pyrenees

The GML Grampians Pyrenees region is located in the central west of Victoria. The region includes the four local government areas (LGAs) of Ararat, Northern Grampians, Pyrenees and Central Goldfields.

- The region has a relatively older age profile, with a high proportion of people aged over 75 years. Population growth and/or changing population compositions will put pressure on some existing infrastructure and services (social, primary, acute and aged care), and will create a need for new services, particularly for older people.
- The rising levels of chronic disease and an ageing population are consistent trends nationally and in the Grampians Pyrenees region. There is evidence of high prevalence of a range of chronic diseases (including diabetes, mental illness, respiratory conditions, and musculoskeletal system diseases) within the region.
- The key health conditions in 2020 are expected to be osteoporosis, diabetes, osteoarthritis, asthma, anxiety/depression, COPD, depression, rheumatoid arthritis, ischaemic heart disease and dementia.
- Within the region, Central Goldfields Balance had the highest rate of residents with Type 2 diabetes followed by Central Goldfields Maryborough.
- Central Goldfields Maryborough and Northern Grampians had the highest rate of all Statistical Local Areas (SLAs) in the region for residents with high cholesterol.
- In the region, Central Goldfields Maryborough (13.8 per 100 persons) had the highest rate of men with mental health and behavioural problems, followed by Central Goldfields Balance (13.5 per 100 men). For women, Central Goldfields Maryborough (13.9 per 100 persons) also had the highest rate followed by Central Goldfields Balance (13.8 per 100 persons).
- Central Goldfields Maryborough (11.0 per 100 persons) had the highest rate of asthma in the region.
- All SLAs had higher rates compared with state and national averages for respiratory disease. Central Goldfields Maryborough had the highest rate (33.5 per 100 persons) of people with respiratory system diseases compared to state (27.3 per 100 persons) and national averages (26.6 per 100 persons).
- All SLAs in the region had a higher estimated rate of musculoskeletal system diseases. Central Goldfields Maryborough (33.0 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:** Central Goldfields Maryborough (23.6 per 100,000 persons) had the highest rate compared to state (8.4 per 100,000 persons) and national averages (9.4 per 100,000 persons) for avoidable deaths due to respiratory system diseases.
- **Chronic obstructive pulmonary disease (COPD):** Central Goldfields Maryborough (63.1 per 100,000 persons) had the highest rate compared to state (21.6 per 100,000 persons) and national averages (23.8 per 100,000 persons) for avoidable mortality due to COPD.
- **Cardiovascular disease (CVD):** Within the region, Pyrenees South (100.4 per 100,000) had a higher rate compared to the Victorian (39.8 per 100,000 persons) and national (45.0 per 100,000 persons) average.
- **Ischaemic heart disease:** Central Goldfields Maryborough (62.0 per 100,000 persons) had a higher rate compared to the Victorian (27.8 per 100,000 persons) and national (32.0 per 100,000 persons) average.
- **Cancers:** Within the region, Northern Grampians Stawell (99.3 per 100,000 persons) had higher rates compared to the Victorian (61.4 per 100,000 persons) and national (62.0 per 100,000 persons) rates for avoidable deaths from cancer.
- **Men:** Central Goldfields Maryborough (29.0 per 100 persons) had the highest rate of men in the region who were current smokers.
- **Women:** Northern Grampians St Arnaud (24.7 per 100 persons) had the highest rate of women in the region who were current smokers.

Risky Drinking

- The rate of people (18 years and over) drinking alcohol at risky levels (i.e. alcohol consumption at levels considered to be a high risk to health) was higher in all areas of the GML Grampians Pyrenees region compared with Victoria. Northern Grampians St Arnaud (6.9 per 100 persons) had the highest rates of risky alcohol consumption.

Body weight

- **Overweight men:** In the Grampians Pyrenees region, Northern Grampians St Arnaud (36.0 per 100 persons) had the highest rates of men who were overweight compared with the state average (35.7 per 100 persons).
- **Obese men:** All areas had more men who were obese than the state average. Central Goldfields Maryborough (27.3 per 100 persons) had the highest rate of men who were obese compared to the state (18.0 per 100 persons) and national (19.6 per 100 persons) figures.
- **Overweight women:** A higher proportion of women were overweight in all areas within the Grampians Pyrenees region compared to state and national averages. Pyrenees North (24.3 per 100 persons) had the highest rate compared to state (22.6 per 100 persons) and national averages (22.7 per 100 persons).

Lifestyle

Smoking

- The rate of current smokers in the region (both male and female) was higher in all SLAs than the Victorian and national average.

- **Obese women:** In the region, Central Goldfields Maryborough had the highest rate (19.7 per 100 persons) compared to state (16.0 per 100 persons) and national averages (16.4 per 100 persons).

Dietary Intake

- Compared to the state and national averages, all areas in the region had lower proportions of people (aged 18 years and over) who met the daily fruit consumption guidelines. Central Goldfields Balance (46.8 per 100 persons) had the lowest rate compared to state (50.9 per 100 persons) and national averages (50.2 per 100 persons).

Physical Inactivity

- Within the Grampians Pyrenees region, a higher proportion of the population aged 15 years and over reported that they had met the physical activity guidelines of exercising in the previous two weeks, compared to state and national averages.

Health Screening

Bowel

- **Men:** Central Goldfields Balance (30.2 per cent) had the lowest 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 rates (34.5 per cent).
- **Women:** In the region only Northern Grampians St Arnaud (38.6 per cent) had a lower proportion of women who participated in the bowel screening program compared to state (39.8 per cent) and national averages (39.2 per cent).

Mammograms

- Compared to the Victorian average, women aged 50–69 years living in five SLAs (Ararat, Pyrenees North, Pyrenees South, Central Goldfields Maryborough and Central Goldfields Balance) reported that they were less likely to have had a mammogram in the previous two years. Pyrenees North had the lowest participation rate (42.6 per cent) when compared to Victoria (55.9 per cent).

Cervical screening

- Compared to Victoria, women (aged 20–69 years) in all areas in the region were less likely to have participated in cervical screening in the previous two years. Central Goldfields Maryborough had the lowest participation rate (46.9 per cent) compared with the state average (63.1 per cent).

Immunisations

- Central Goldfields Balance (83.3 per cent) had significantly lower percentages compared to state (91.7 per cent) and national averages (91.3 per cent) of children fully immunised at 12 to 15 months of age.

Low Birth weight babies

- All SLAs (except Ararat, Pyrenees South and Northern Grampians St Arnaud) had a higher proportion of babies born with low birth weight (<2500 grams), compared to Victorian and Australian rates.

A summary copy of the GML Community Needs Analysis is available from our website.

Full copies are available to order on CD. To order a copy please email ararat@grampiansML.com.au

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