

Grampians Medicare Local

# Community Needs Analysis

Wimmera  
Summary

October 2013



*Connecting health to meet local needs*

# A week in the GML Wimmera region



## Population 38,448

- 22.3% of people are over the age of 65 years
- 7 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
- 93 people delay seeking medical attention
- 71 people delay purchasing prescribed medication
- 210 people experience health service access difficulties
- 36 people experience transport difficulties
- 129 people attend the hospital emergency department



- 2,500 people over 18 years drink at risky levels
- 9,343 people smoke (24.2% of the population)
- 7,278 women are obese (18.9%)
- 8,266 men are obese (21.5%)
- 49.6% of people aged over 18 have at least one cardiovascular disease risk factor
- 23% of children are deemed developmentally vulnerable

## Health and wellbeing in the Wimmera

The GML Wimmera region is located in the west of Victoria. The region includes four local government areas (LGAs): Hindmarsh, Horsham, West Wimmera and Yarriambiack and six statistical local government areas (SLAs). There are higher proportions of people aged over 75 years across the region, however there are also communities with younger population groups.

- The rising levels of chronic disease and an ageing population are consistent trends nationally and in the Wimmera region. There is evidence of high prevalence of a range of chronic diseases (including diabetes, mental illness, respiratory conditions, and musculoskeletal system diseases).
- The key diseases or conditions in the region by 2020 are expected to be osteoporosis, diabetes, osteoarthritis, asthma, anxiety/depression, chronic obstructive pulmonary disease (COPD), rheumatoid arthritis, ischaemic heart disease and dementia.
- Lung cancer, dementia, and prostate cancer are the conditions with the highest predicted change in prevalence in the Wimmera region between 2015 and 2020.
- There are significant disparities between communities within the region. On many health status indicators the Shire of

Yarriambiack rates poorly compared with other SLAs in the region and against other Medicare Local areas across Australia.

- Within the region, Horsham Balance (3.6 per 100 persons) had the highest rate of all SLAs for people with Type 2 diabetes.
- All areas in the Wimmera region had higher rates of residents with high cholesterol compared with the Victorian average. Horsham Central (5.7 per 100 persons) had the highest rate in the region.
- All SLAs in the Wimmera region had higher rates than state and national averages for men with mental health and behavioural issues. Yarriambiack South (11.7 per 100 persons) had the highest rate in the region.
- For women with mental health and behavioural issues, Yarriambiack South (12.4 per 100 persons) had the highest rate, followed by Horsham Central (12.2 per 100 persons).
- All SLAs within the GML Wimmera region had rates higher than both the state and national averages for people with asthma. Yarriambiack South (10.6 per 100 persons) had the highest rate followed by Horsham Central (10.4 per 100 persons).
- All areas had higher rates of people with COPD compared to the Victorian and national average. Horsham Central and Yarriambiack South (2.6 per 100 persons) had the highest rate of COPD compared with state and national averages.
- All areas had higher rates than state and national averages for people with respiratory system diseases. Yarriambiack South had the highest rate followed by Hindmarsh.

- All SLAs in the Wimmera region had a higher estimated rate of musculoskeletal system diseases. Horsham Central (32.4 per 100 persons) had the highest rate followed by Yarriambiack South (32 per 100 persons).

### Avoidable Death

Avoidable mortality refers to deaths that have the potential to be avoided and include ischaemic heart disease, lung cancer, colorectal cancer, suicide, breast cancer, chronic obstructive pulmonary disease, stroke, diabetes, road traffic accidents and poisoning. The disparities in avoidable mortality between rural and metropolitan populations are very similar to those observed with life expectancy. Although the overall rate of avoidable deaths has declined in recent years, the rate for rural areas continues to remain higher than that of metropolitan areas (Department of Health, 2012).

- **Respiratory system diseases:** In the region, Yarriambiack South (17.5 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). Yarriambiack South falls into the second highest quintile nationally, for the rate of avoidable deaths due to respiratory diseases when compared to all Medicare Locals across Australia.
- **Chronic obstructive pulmonary disease (COPD):** Horsham Central (45.1 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).

- **Cardiovascular disease: (CVD):** Yarriambiack North (81.3 per 100,000 persons) and West Wimmera (65.6 per 100,000 persons) had the highest rates compared to state (39.8 per 100,000 persons) and national averages (45.0 per 100,000 persons) and both SLAs fall within the highest national quintile of all Medicare Locals on this indicator.

- **Ischaemic heart disease:** West Wimmera (56.0 per 100,000 persons), had the highest rate compared with state (27.8 per 100,000 persons) and national averages (32.0 per 100,000 persons) and falls within the highest national quintile of all Medicare Locals on this indicator.

- **Cancers:** West Wimmera (80.5 per 100,000 persons) had the highest rate for avoidable deaths due to cancer compared to the state (61.4 per 100,000 persons) and national averages (62.0 per 100,000 persons).

## Lifestyle

### Smoking

- All SLAs (except Yarriambiack North) in the region had higher rates of men and women who were current smokers compared with state and national averages. **Men:** West Wimmera (24.7 per 100 men) had the highest rate of men who were current smokers compared with the state and national average. **Women:** Horsham Central (25.3 per 100 women) had the highest rate of current female smokers.

### Risky Drinking

- The rate of people drinking alcohol at risky levels was higher in all SLAs in the Wimmera region compared with the state and national averages. Horsham Central (6.9 per 100 persons) had the highest rates of risky alcohol consumption, significantly higher than the state (4.6 per 100 persons) and national average (5.4 per 100 persons).

### Body weight

- **Overweight men:** All SLAs (except Hindmarsh) had higher rates for men who were overweight than the Victorian average. Horsham Balance (37.2 per 100 persons) had the highest rates of overweight men compared with the state (35.7 per 100 persons) and national average (36.0 per 100 persons).
- **Obese men:** All SLAs (except Horsham Balance) had higher rates of men who were obese compared to state and national averages.
- **Overweight women:** A higher proportion of women were overweight and obese in all areas in the Wimmera region compared to state and Australian averages. Hindmarsh and Horsham Balance had the highest rate of women who were overweight.
- **Obese women:** Yarriambiack South (19.4 per 100 persons) and Hindmarsh (19.4 per 100 persons) had the highest rate of women who were obese compared to state (16.0 per 100 persons) and national averages (16.4 per 100 persons).

### Dietary Intake

- Compared to the state average, all areas had lower rates of people meeting the fruit consumption guidelines of two or more serves per day. Within the region, Horsham Balance (48.4 per 100 persons) had the lowest rate.

### Physical Inactivity

- Compared to the Australian and Victorian averages, a higher proportion of the population aged 15 years and over in Hindmarsh, Horsham Central, West Wimmera and Yarriambiack South reported that they did meet the physical activity guidelines of exercising in the two weeks prior to being interviewed. Hindmarsh (37.8 per 100 persons) had the highest rate and Horsham Balance (32.3 per 100 persons) had the lowest rate compared to the state average (32.6 per 100 persons).

## Health Screening

### Bowel

- **Men:** Compared to Victorian figures, Hindmarsh, Yarriambiack North, Yarriambiack South and West Wimmera had a lower proportion of men aged 50, 55 or 65 years who participated in the National Bowel Cancer Screening Program. Yarriambiack South (30.6 per cent) had the lowest participation rate.
- **Women:** Only Yarriambiack North (33.3 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).

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### **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). Yarriambiack North had the lowest rate (53.2 per cent) of women who had a mammogram in the previous two years compared to the state average.

### **Cervical screening**

- Compared to the rest of Victoria, women in all SLAs (except Yarriambiack North) were less likely to have participated in cervical screening in the previous two years. West Wimmera (46.5) per cent) had the lowest

participation rate compared with the state average (63.1 per cent).

### **Immunisations**

- All SLAs in the Wimmera (except Yarriambiack South) had 100 per cent coverage for the nominated period for babies fully immunised at 12 to 15 months of age. Yarriambiack South (86.7 per cent) had significantly lower percentages compared to state and national averages.

### **Low Birth weight babies**

- Only Yarriambiack South (9.1 per cent) had a higher proportion of babies born with low birth weight (<2500 grams), compared to Victoria (6.6 per cent) and Australia (6.5 per cent).

*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](mailto:ararat@grampiansML.com.au)*