Golden Plains Shire

Health & Wellbeing Snapshot

February 2021

This snapshot has been developed by Central Highlands Primary Care Partnerships (PCP) to provide an insight into the health and wellbeing of people across the Golden Plains Shire. The information has been sourced from the Central Highlands PCP Population Health & Wellbeing Profile prepared by Nancy Vaughan in December 2020 and other key sources available at the time of development. **This snapshot is recommended for use as a guide only.**

Key: **Bold** = data is less favourable than the Victorian average
Blue = less favourable data that STANDS OUT
Vic x = corresponding statistic for Victoria
[*] = Alternative data source, see page 2 for information

Demographics

In 2019 the population of Golden Plains Shire was 23,120

The indigenous population was 204

84% were born in Australia Vic 64.9%

49.7% of people from Ballarat and Golden Plains had good/very good access to public transport Vic 61.2%

1% of households in the Golden Plains Shire did not have a car Vic 8%

In 2016 5% of the population had a severe disability Vic 5%

In 2016, 74% of people aged 15–64 years participated in the labour force Vic 72%

In June 2020 2.4% were unemployed Vic 5.4%

In 2016 the median household weekly income was $1,448 Vic $1,419

In 2014 84.1% of people could raise $2,000 in a week Vic 84.1%

In 2016 Golden Plains was in the 76th percentile of Index of Relative Socio-economic Disadvantage across Victoria

Health Conditions

In 2017 20.2% of respondents rated their health as fair or poor Vic 20.3% [VPHS 2017]

55.0% were overweight (pre-obese & obese) Vic 50.8%

<u>Dental</u>

In 2017 19% rated their dental health as fair or poor Vic 24%

In 2017 **39%** delayed or avoided visiting a dental professional due to cost Vic 34%

<u>Chronic Disease</u>

In 2017, **26%** of respondents had two or more chronic diseases Vic 25%

Diseases included:

- Cancer **8.5%** Vic 8%
- Heart Disease 7.6% Vic 7%
- Osteoporosis 3.6% Vic 6%
- Arthritis **22.5%** Vic 21%
- Type 2 Diabetes 4.5% Vic 5%
- Hypertension **30%** Vic 25%

The impact of COVID-19

From the beginning of 2020 to 20th October 2020 there were 18 confirmed cases of COVID-19 in Golden Plains

Compared to regional Victoria, Golden Plains recorded a higher rate per population

VicHealth completed two surveys in 2020 to explore how the health and wellbeing of Victorians was affected by the coronavirus pandemic – this a summary of the results [VicHealth 2020]

Wellbeing

16% of Victorians experienced high psychological distress in the first lockdown

The frequency of high psychological distress was significantly higher for people in inner metro Melbourne (24%) compared to those in regional cities (10%)

49% of Victorians had lower levels of life satisfaction. This *increased* to 53% during the second wave

Social Connection

23% of Victorians did not feel connected with others, this was up from 10% before the pandemic. This *increased* to 29% during the second wave

Healthy Eating

The number of Victorians drinking sugary drinks each day *tripled* to 32%

17% were worried about having enough money to buy food compared to 9% before the pandemic

28% cooked dinner more frequently during the first lockdown

Physical Activity

37% of Victorians exercised less during the first lockdown compared to Feb 2020

27% were physically inactive during the first lockdown

Alcohol

During the first wave of the pandemic, the risk of short-term harm from alcohol consumption was 11%. This *decreased* to 7% during the second wave.

Smoking

13% of Victorians who smoke attempted to quit – 7% were successful

23% of Victorians who smoke reported smoking more than usual. This was due to anxiety or stress (55%), boredom (51%) and having more free time (46%)

Data sources for this document

AURA 2019 – Antimicrobial Use and Resistance in Australia, AURA 2019 – At a glance

Dept. of Environment, Land, Water & Planning 2020 - Victorian Climate Change Projections 2019

Sustainability Victoria 2020 - Linking climate change and Health Impacts, Key finding infographic.

VicHealth 2020 – VicHealth Coronavirus Victorian Wellbeing Impact Study

VicHealth 2020 – VicHealth Coronavirus Victorian Wellbeing Impact Study: Follow-up survey

Victorian Agency for Health Information 2020 - Family Violence in Victoria: Findings form the Victorian Population Health Survey 201

Victorian Population Health Survey 2017 – Dashboard

Victorian Population Health Survey 2017 – Quick statistics for local government areas, age group and time-series data (2015 – 2017)

Women's Health Atlas

Victorian Priorities for Promoting Health & Wellbeing

A star rating system has been used to show how the LGA indicators for each priority compare with the Victorian data. Please note that this information should be used as a guide only.

★ = indicators are generally less favourable than the Vic average
★★★ = indicators are much the same than the Vic average
★★★★★ = indicators are generally more favourable than the Vic average

Priority: Tackling climate change and its impact on health

Climate change projections for Central Highlands [Dept. ELWP 2020]

By 2030, increases in daily maximum temperature of 0.9 to 1.7°C are expected

Rainfall will continue to be very variable over time, but over the long term is expected to continue to decline in winter and spring

Extreme rainfall events are expected to become more intense on average through the century

By the 2050's the climate of Ballarat could be more like the climate of Hamilton

Climate change & health impacts [Sustainability Vic 2020]

Climate change is impacting the health of Victorians:

- There were *445 deaths* due to the smoke of the 2020 Black Summer bushfires
- More than *400 people hospitalised* due to the smoke of the 2020 Black Summer bushfires
- In the 2014 heatwave Ambulance Vic had a *700% rise in call-outs* for cardiac arrests
- There has been a been a *10-fold increase* in reported cases of Ross River Virus since 1993

Victorians & the impact of climate change

[Sustainability Vic 2020]

Victorians rank health as the issue most important to them – 90% ***haven't*** thought about how health is affected by climate change

Most healthcare professionals believe a range of health conditions will become *more common* as climate change impacts increase. These include:

- Lung complaints
- Heat stress
- Pollen allergies
- Mental illness/depression/anxiety
- Thunderstorm asthma

79% of healthcare professionals feel overwhelmed when thinking about the future impacts of climate change compared to 41% of Victorians

86% of healthcare professionals see a role for themselves in *informing the public* about the health impacts of climate change

- 88% agree there is a *need for more training and development opportunities*

Priority: Reducing injury ★★

Between 2014/15 - 2018/19 the hospitalisation rate for accidental injuries in Golden Plains Shire was**1,966** Vic 1,864

Hospitalisations for selected causes during the same period include:

- Transport **21.3%** Vic 13.9%
- Falls 30.8% Vic 46.9%
- Hit/struck/crush 11.3% Vic 8.7%
- Natural environment/animals **7.6%** Vic 3.1%

Hospitalisation rates for *falls* for 2014/15 - 2018/19

- All persons 605 Vic 874
- Persons aged >64 years 1,612 Vic 3,235

For 2013 – 2017 rate of avoidable deaths from accidental injuries in Golden Plains were:

- All external causes of mortality (excl. suicide) 13.1 Vic 13.1
- Transport accidents **8.1** Vic 4.5

In Golden Plains, the most common industry sectors for Workcover claims between 2015–2019 were:

- Agriculture, Forestry & Fishing 26%
- Construction 22%

Between 2014/15 - 2018/19 the hospitalisation rate for *working for income* was **10%** of all accidental injury hospitalisations Vic 7%

Priority: Preventing all forms of violence ★★★★

Crimes against persons

In 2019/2020 the rate of crimes against people (victims) in Golden Plains was 453.8 Vic 1,237.5

Crimes against persons – by sex (2016-2019)

Assault & related offences	42% Vic 48%	**58%** Vic 52%
Stalking & harassment and threatening behaviour	**34%** Vic 33%	66% Vic 67%
Sexual offences	**21%** Vic 17%	79% Vic 83%

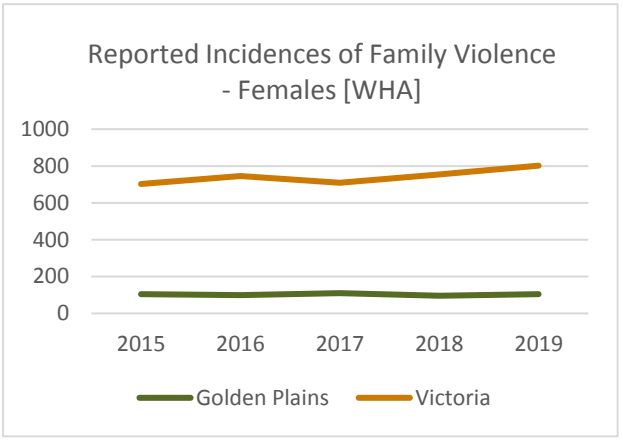
Hospitalisations for assault related injuries

In 2014/15 – 2018/19 the rate of hospitalisations in Golden Plains was 35 Vic 64

Family Violence

In 2017, 5.0% of people reported that they experienced family violence Vic 5.4% [VAHI 2020]

In 2019 the rate of affected family members – *the individual who is deemed to be affected by events occurring during a family incident* – was 575 Vic 1,282. This represents a decrease of 5.7% from 2018/2019 Vic +4.4%



In 2019, **77%** of affected family members (victims) were female

23% Vic 25% **77%** Vic 75%

In 2019 the proportion of affected family members aged 18 – 24 years was 7**%** Vic 13%

Priority: Increasing healthy eating ★★

In 2017, 3.9% of respondents did meet the fruit & vegetable consumption guidelines Vic 3.6% [VPHS 2017]

60.6% of respondents *did not* eat enough fruit & vegetables to meet the consumption guidelines Vic 51.7% [VPHS 2017]

In 2017 respondents ate an average**:**

- 1.5 serves of fruit/day Vic 1.6
- 2.2 serves of vegetables**/**day Vic 2.2

9.9% of respondents never ate takeaway meals or snacks Vic 14.9% [VPHS 2017]

- 73.7% eat takeaway meals or snacks 1 or less times a week Vic 69.1%
- **16.7%** eat takeaway meals or snacks more than 1 times a week Vic 15.3%

In 2017 **13.1%** of respondents drank sugar sweetened soft drinks daily Vic 10.1%

Priority: Decreasing the risk of drug-resistant infections in the community

Antimicrobial use & appropriateness in Australia [AURA 2019]

NB. No state or local data is currently available

In 2017, 41.5% of Australians had at least one systemic antibiotic dispensed

After a steady increase in the rate of antibiotic dispensing between 2013 and 2015, there was a decline in 2016 and a further decline in 2017

Approx 50% of all antibiotic prescriptions were ordered with repeats; of those repeats approx. half were filled within 10 days of the original prescription

A large percentage of patients from practices that participate in MedicineInsight were prescribed antibiotics for conditions for which there is no evidence of benefit:

- 52% of patients with Influenza
- 92.4% of patients with bronchitis

Priority: Increasing active living ★★★★

In 2017, 1.8% of respondents were classified as sedentary Vic 2.5% [VPHS 2017]

33.7% did not do sufficient levels of physical activity Vic 44.1%

58.6% met the guidelines for physical activity Vic 50.9%

In 2016,**0%** of respondents cycled to work Vic 1% and **2%** walked to work Vic 4%

In 2017 the average length of time people sit during a weekday is:

- < 2 hours – 6.6% Vic 6.6%
- Two to < 4 hours – **31.9%** Vic 27.1%
- Four to < 6 hours – **26.0%** Vic 24.8%
- Six to < 8 hours – 12.8% Vic 14.4%
- Eight hours or more – 17.3% Vic 22.0%

Proportion of people who spend >7 hours sitting:

- Weekday – 19.2% Vic 26.6%
- Weekend – 7.0% Vic 14.1%

Priority: Improving mental wellbeing ★★★★★

19.7% of respondents from Golden Plains Shire rated their *satisfaction with life* as low or medium Vic 20.5% [VPHS 2017]

A lower proportion of respondents were more likely to rate their *'feeling that life was worthwhile'* as low or medium.

13.7 Vic 18.6 | 8.9 Vic 14.9

Community Connections

NB. The data is only available for combined LGAs

In 2018, 70.7% of respondents from Ballarat and Golden Plains *'make time to keep in touch with my friends'* regularly/all the time Vic 65.5%

62.3% reported that *'I spend time doing things with family members who don't live with me'* regularly/all the time Vic 51.0%

85.0% of respondents from Ballarat and Golden Plains agree that *'I feel welcome here'* Vic 73.2%

74.1% of respondents from Ballarat and Golden Plains agree that 'I feel part of my community' Vic 68.4%

Psychological Distress & Mental Ill-health

In 2017, 10.6% of respondents had high or very high levels of psychological distress Vic 15.4% [6]

17% had sought professional help for a mental health problem Vic 17.6%

26.3% had been diagnosed with depression or anxiety Vic 27.4%

Females have a higher percentage of depression or anxiety than the Victorian average

14.1 Vic 21.0 | **39.6** Vic 33.6

Intentional Self-harm

Between 2014 and 2019 the rate of hospitalisations for intentional self-harm injuries was 88 Vic 105

Between 2013 and 2017 the rate of avoidable deaths from suicide & self-inflicted injuries was **20.3** Vic 10.1

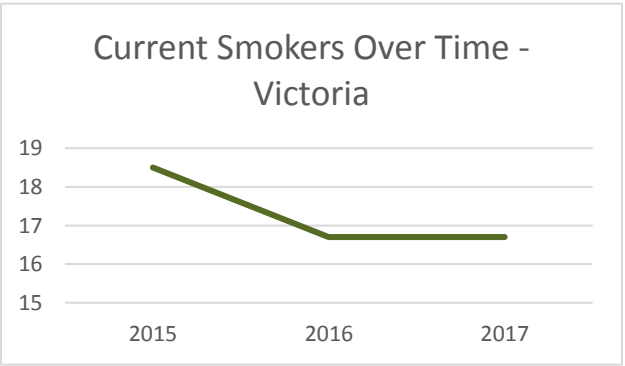
Priority: Reducing tabacco-related harm ★★

In 2017, **21.1%** of respondents from Golden Plains were current smokers Vic 16.7%

20.9% were ex-smokers Vic 24.4%

18.2% of smokers smoke daily Vic 12.4%

2.8% are occasional smokers Vic 4.3%



Priority: Improving sexual & reproductive health ★★★★

Sexually Transmitted Disease
[Women's Health Atlas]

The rate of reported cases of selected STDs are as listed:

Chlamydia (2018)	**20.28** Vic 18.1	**24.90** Vic 20.8
Gonorrhoea (2019)	2.77 Vic 6.4	0.0 Vic 2.4
Hepatitis B (2019)	0.0 Vic 1.1	**1.15** Vic 1.0

Contraceptive Implant

In 2018 the rate (per 1,000) for females in Golden Plainswho had a contraceptive implant was 11.43 Vic 9.3

Contraceptive IUD

In 2018 the rate (per 1,000) for females in Golden Plains who had a contraceptive IUD was 6.84 Vic

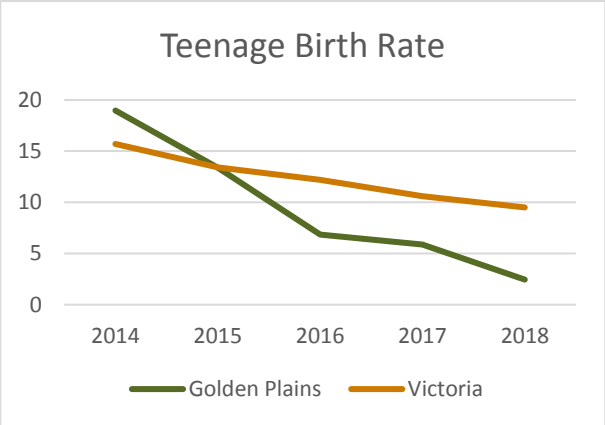
Total Fertility Rate

The total fertility rate (TFR) *measures the average number of babies born to a woman throughout her reproductive lifetime*.

The 2018 TFR for women in Golden Plains was 2.17 Vic 2.0

Teenage Birth Rate

In 2018 the aggregate 2 year birth rate for females aged 13-19 years was 2.45 per 1,000 Vic 9.5 per 1,000



Priority: Reducing Harmful Alcohol & Drug Use ★★★

In 2017, **17.2%** of respondents did not drink alcohol Vic 21.8%

Alcohol Related Injury

Risk of alcohol related injury on a single occasion refers to the acute effects of excess alcohol that can result in injury

In 2017 **49%** were at increased risk of an alcohol related injury on a single occasion Vic 43%

Yearly	**21.7** Vic 19.7	**27.8** Vic 17.7
Monthly	15.7 Vic 16.4	3.2 Vic 9.3
Weekly	**25.7** Vic 18.1	**6.7** Vic 5.2

In 2017/2018 the *rate of assaults* that occurred in high alcohol hours was 2.7 per 10,000 people Vic 10.0

In 2017/2018 the rate of *serious road injury* that occurred in high alcohol hours was **4.4** Vic 2.4

Life-time Risk

The risk associated with high levels of alcohol consumption over time

In 2017, **64%** of respondents were at an increased lifetime risk of alcohol related harm Vic 59%

Pharmaceutical Drugs

2018/2019 pharmaceutical drug related ambulance attendance rate of 99.5 per 10,000 people Vic 186.9

2018/2019 pharmaceutical drug related hospitalisation rate 12.5 per 10,000 people Vic 17.2

Illicit Drugs

2018/2019 illicit drug related ambulance attendance rate of 60.6 per 10,000 people Vic 208.3

2018/2019 illicit drug related hospitalisations rate 13.4 Vic 29.7 per