

**Central Hume**  
Primary Care Partnership

# Wangaratta Local Government Area Data Profile

Prepared by Central Hume Primary Care Partnership

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## Data sources

Victorian Population Health Survey, Department of Health and Human Services (DHHS), State Government of Victoria, Australia, accessed January 2020.

**2011-12** - <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2011-12>

**2014** - <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2014>

**2017** - <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2017>

Victorian Health Information Surveillance System (VHISS) 2020, *ACSC Reports*, State Government of Victoria, Australia, accessed January 2020

<https://hns.dhs.vic.gov.au/3netapps/vhisspublicsite/ViewContent.aspx?TopicID=1&SubTopicID=15>

### Notes on Victorian Population Health Survey data

- Data were age-standardised to the 2011 Victorian population.
- LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval. (A confidence interval is a range in which it is estimated that the true population value lies. The width of a confidence interval expresses the precision of an estimate; the wider the interval the less the precision.)
- Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
- Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
- Relative standard error (RSE) = standard error / point estimate \* 100; interpretation below:
  - \* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
  - \*\* RSE greater than, or equal to, 50 per cent; point estimate (%) is unreliable, hence not reported.
- For indicators definitions and guidelines, please refer to the Victorian Population Health Survey 2016 report.
  - Mental Health & Wellbeing indicators categorised based on respondent's score using the Kessler 10 psychological distress scale.
  - Alcohol indicators use NHMRC (2009) guidelines.
  - Physical activity indicators use DoH (2014) guidelines.

### Notes on Ambulatory care sensitive conditions data

**Directly standardized rates** - The age standardised rate for an area is the number of hospital admissions, usually expressed per 1,000, that would occur in that area if it had the same age structure as the standard population and the local age-specific rates of the area applied. Directly standardised admission rate is calculated by dividing the number of admissions by the actual local population in a particular age group multiplied by the proportion of the standard population for that particular age group and summing across the relevant age groups. The rate is usually expressed per 1,000 population.

**ICD10 AM codes and coding** - Based on the classification and codes in 'National Healthcare Agreement: PI 18 – Selected potentially preventable hospitalisations, 2019.'

## Victorian Population Health Survey

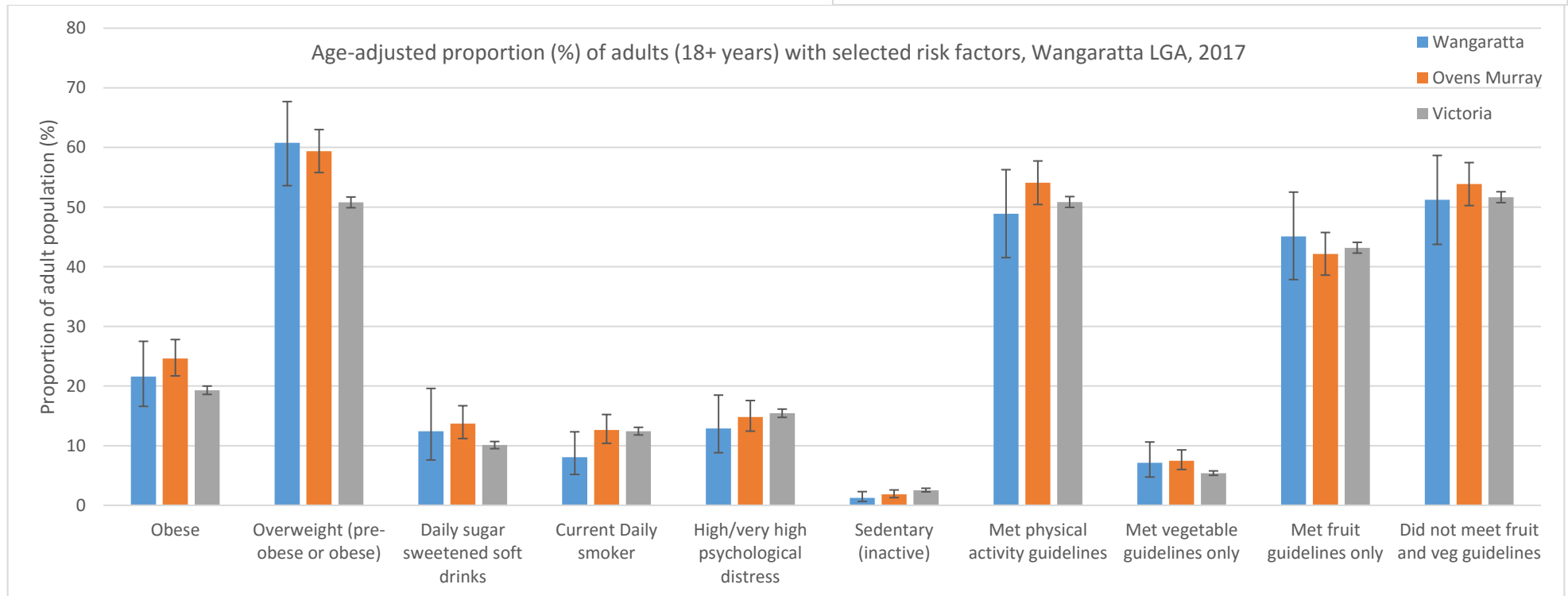
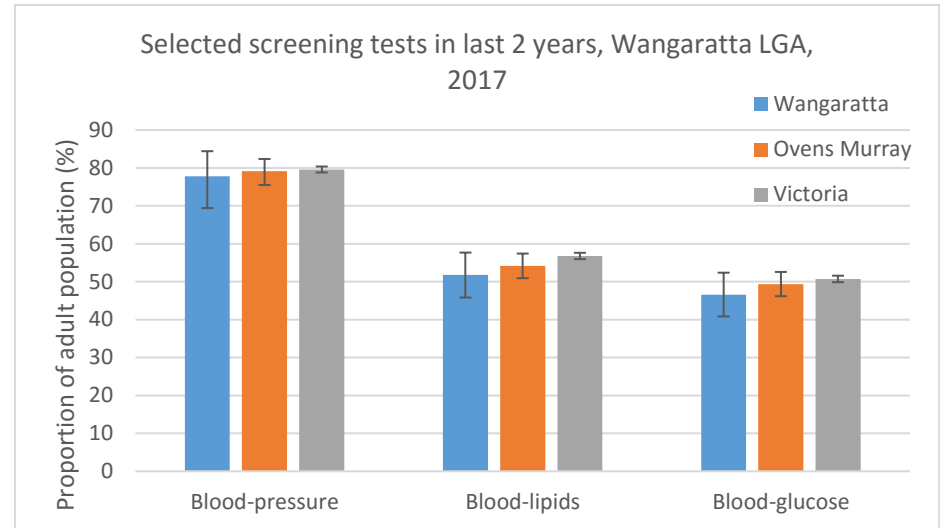
### Victorian Population Health Survey summary, Wangaratta LGA, 2017

**Less favourable than state** (Proportion of adult population)

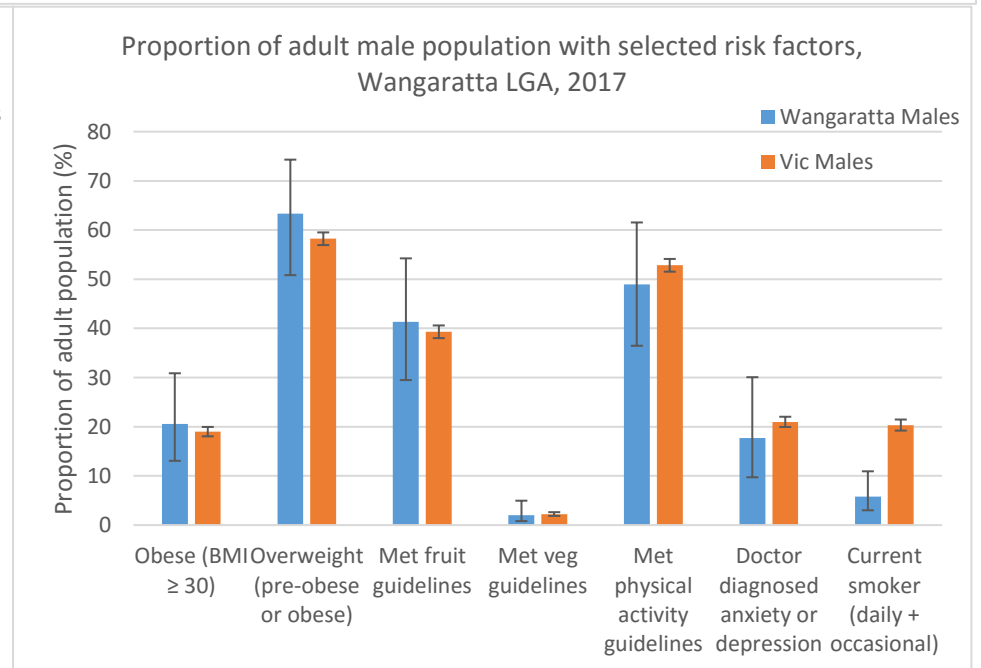
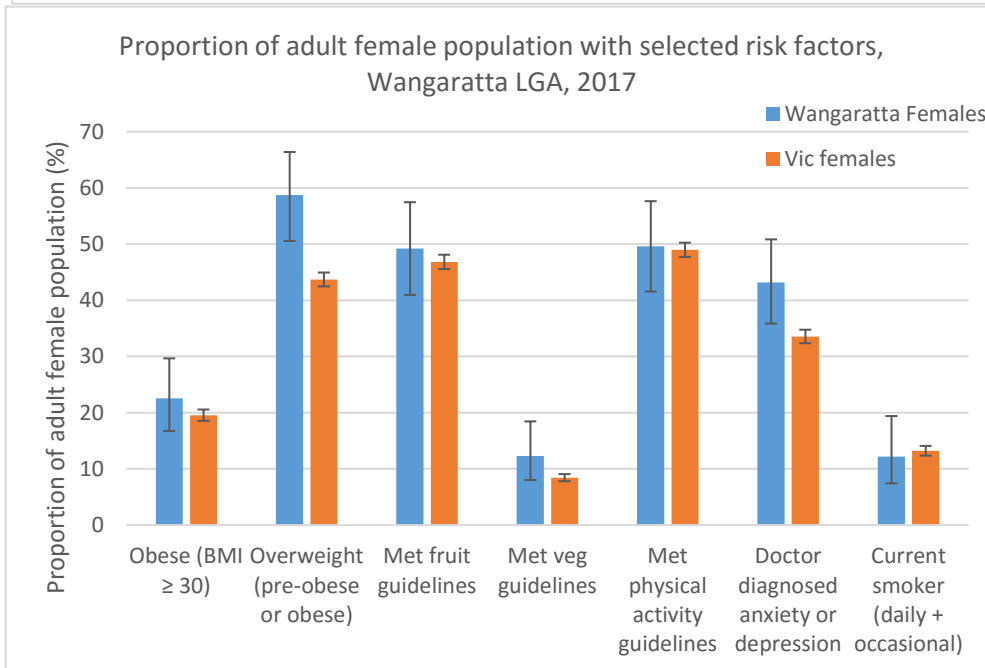
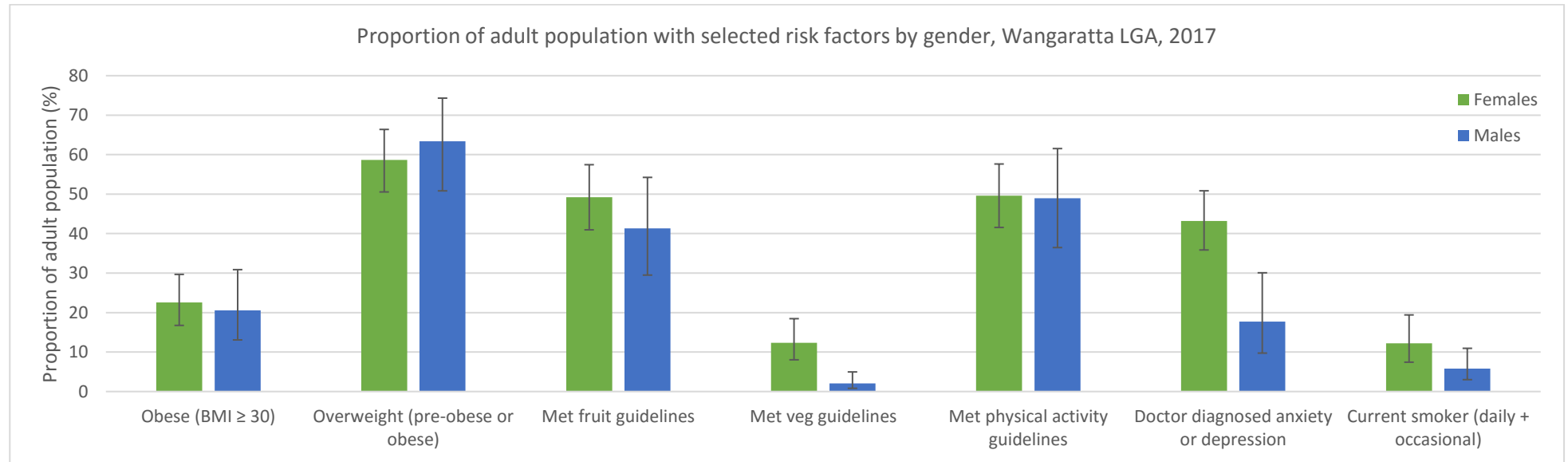
- Overweight (pre-obese or obese) (60.8% v 50.8%)

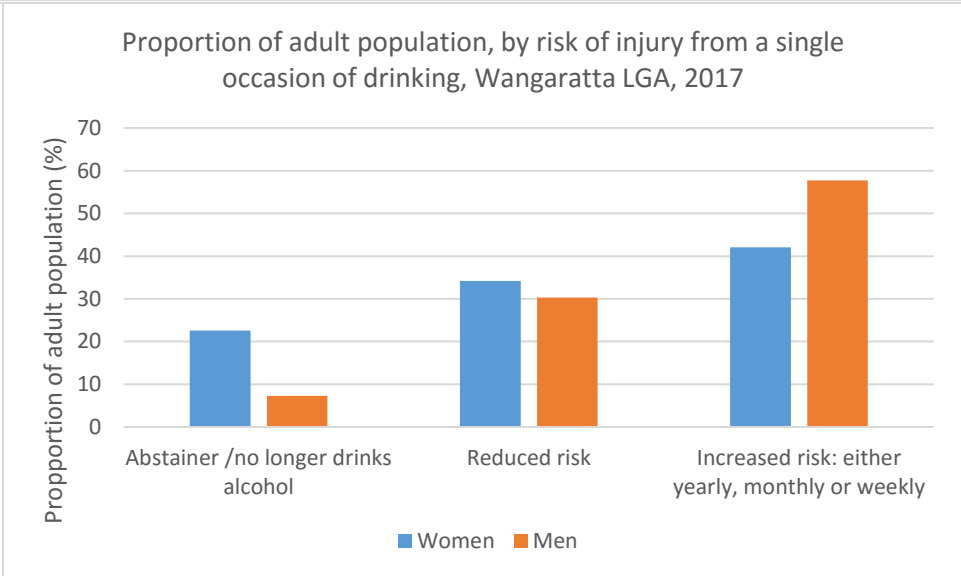
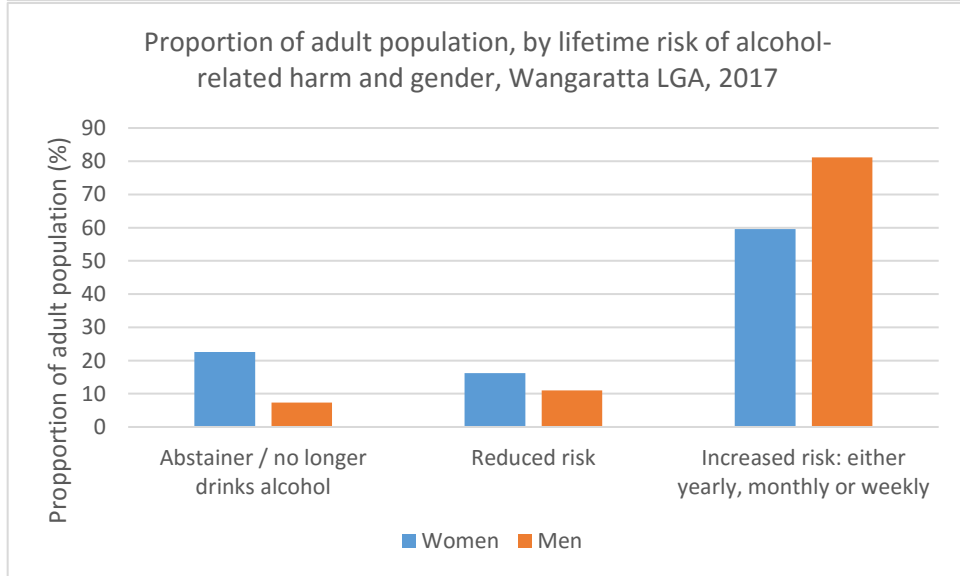
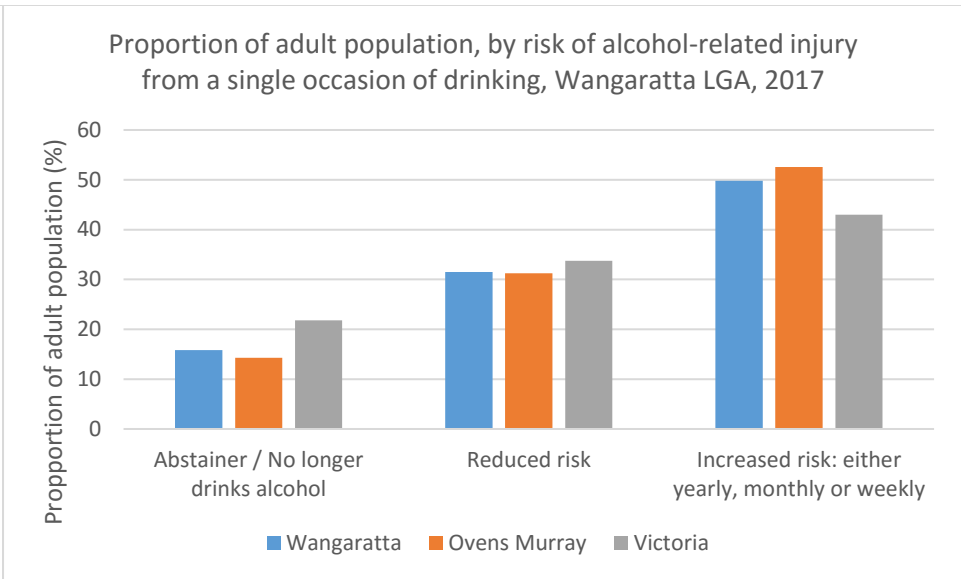
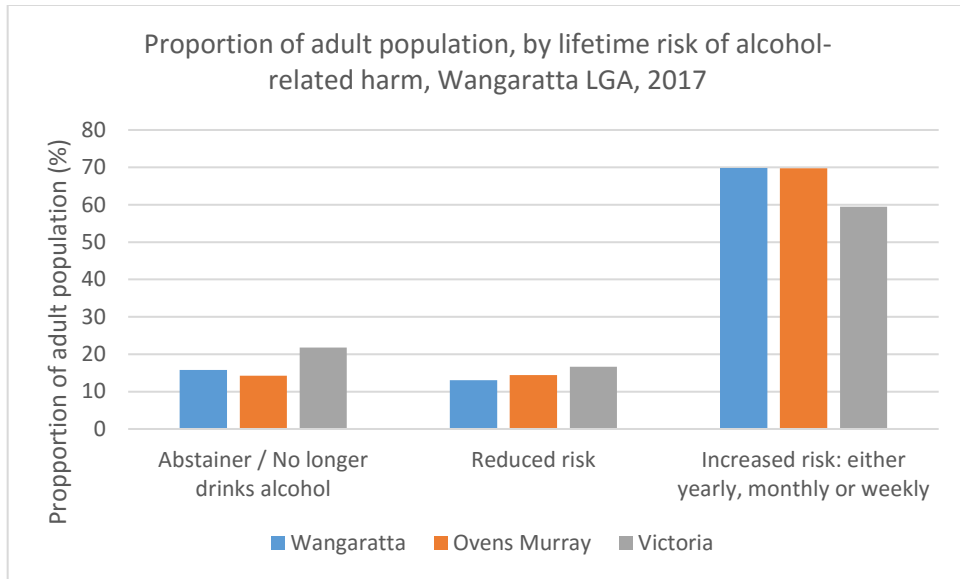
**More favourable than state** (Proportion of adult population)

- Mild (low) level of psychological distress (64.7% v 53.9%)
- Usually consume 5 or more serves of vegetable/day (9.2% v 6.4%)
- Had a bowel examination in the last five years to detect cancer (57.2% v 46.8%)
- 50yrs+ who completed and returned the FOBT kit in the mail (66.0% v 60.1%)
- Females 50yrs+ who ever had a mammogram (97.0% v 88.0%), or had one in the last two years (86.9% v 86.9%)



Victorian Population Health Survey by gender, Wangaratta LGA, 2017

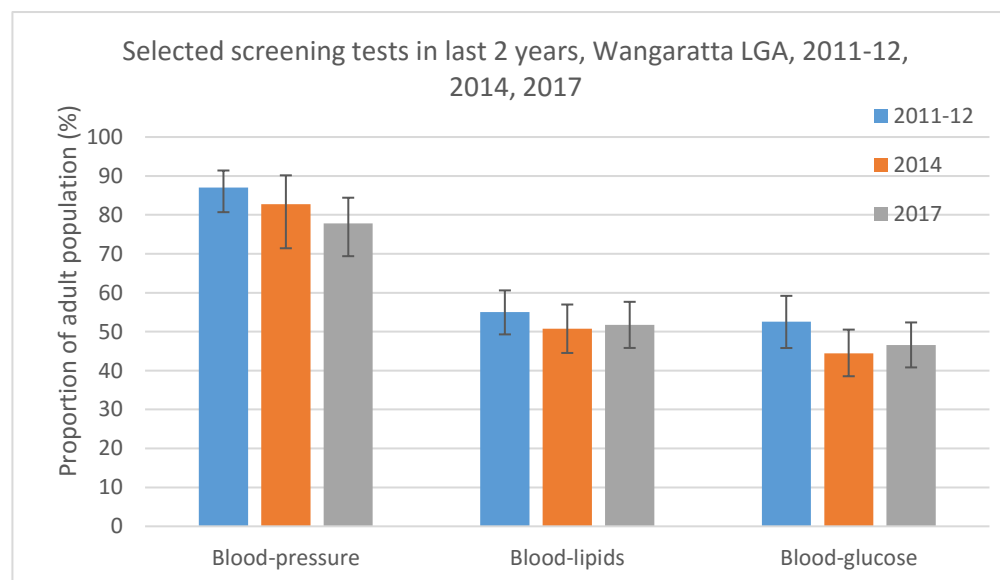


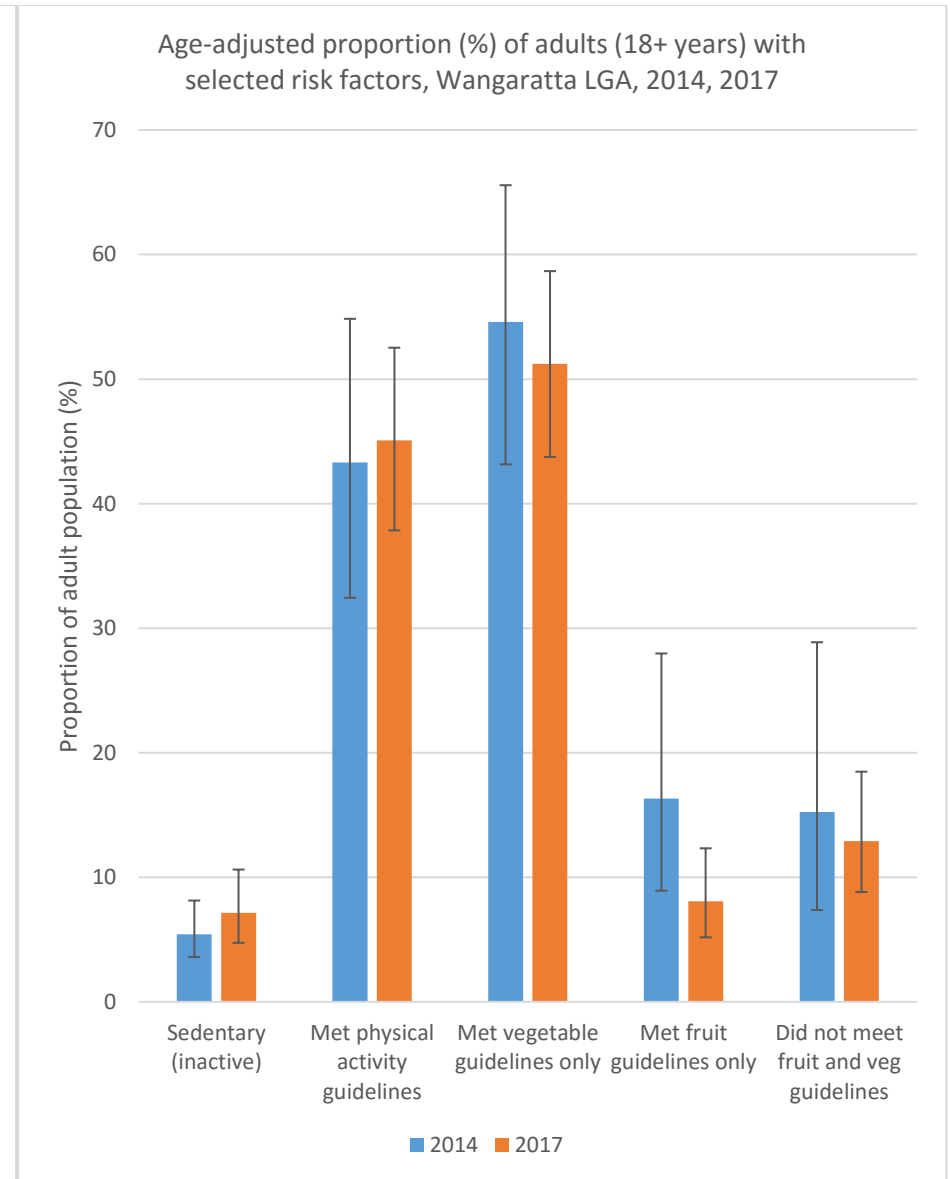
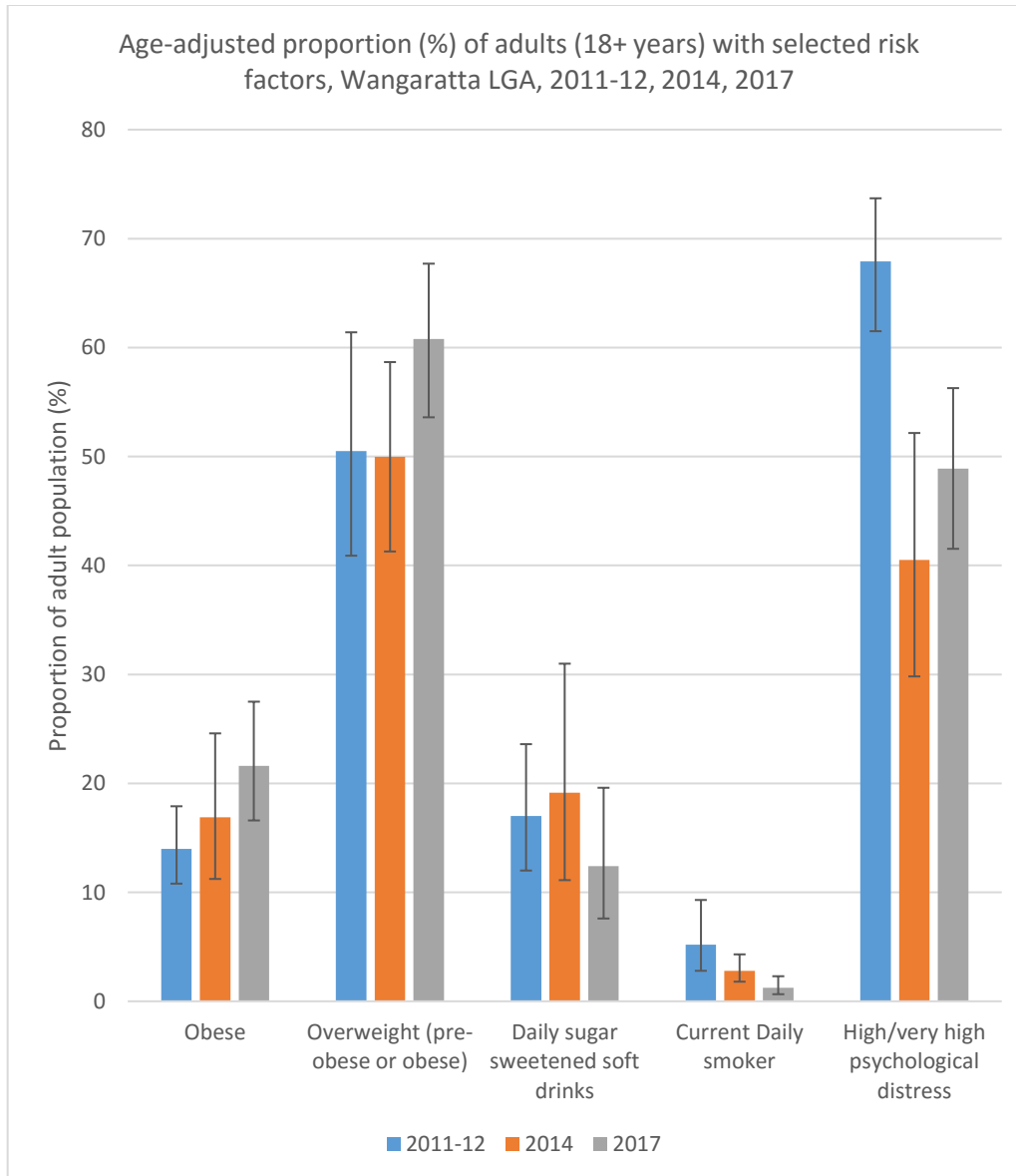


## Victorian Population Health Survey, Wangaratta LGA, 2011-12, 2014, and 2017

Age-adjusted proportion (%) of adults (18+ years), with selected risk factors and screening tests	2011-12			2014			2017		
	%	LL	UL	%	LL	UL	%	LL	UL
Obese	14.0	10.8	17.9	16.9	11.2	24.6	21.6	16.6	27.5
Overweight (pre-obese or obese)	50.5	40.9	61.4	50.0	41.3	58.7	60.8	53.6	67.7
Daily consumer of sugar sweetened soft drinks	17.0	12.0	23.6	19.2*	11.1	31.0	12.4	7.6	19.6
Current Daily smoker	5.2*	2.8	9.3	2.8	1.8	4.3	1.2*	0.7	2.3
High, or very high, levels of psychological distress	67.9	61.5	73.7	40.5	29.8	52.2	48.9	41.5	56.3
Sedentary (inactive) <sup>a</sup>				5.4	3.6	8.1	7.1	4.7	10.6
Met physical activity guidelines <sup>a</sup>				43.3	32.4	54.8	45.1	37.9	52.5
Complied with vegetable consumption guidelines only <sup>a</sup>				54.6	43.2	65.6	51.2	43.8	58.7
Complied with fruit consumption guidelines only <sup>a</sup>				16.3*	8.9	28.0	8.1	5.2	12.3
Did not meet fruit and vegetable consumption guidelines <sup>a</sup>				15.2*	7.4	28.9	12.9	8.8	18.5
Had a blood-pressure test in last 2 years	87.0	80.7	91.4	82.7	71.4	90.2	77.8	69.4	84.4
Had a blood-lipids test in last 2 years	55.0	49.3	60.6	50.8	44.5	57.0	51.8	45.8	57.7
Had a blood-glucose test in last 2 years	52.6	45.8	59.2	44.5	38.6	50.5	46.6	40.8	52.4

<sup>a</sup>Data for selected risk factors not available for 2011-12







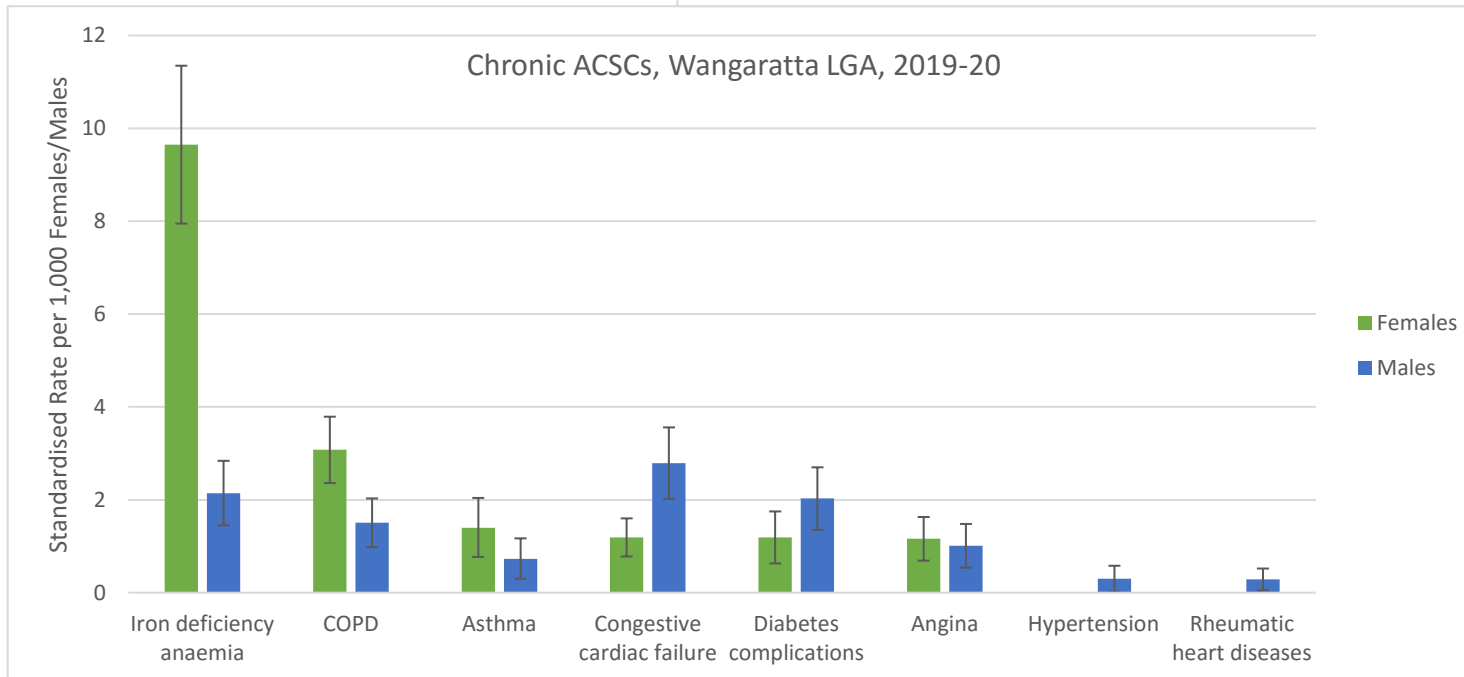
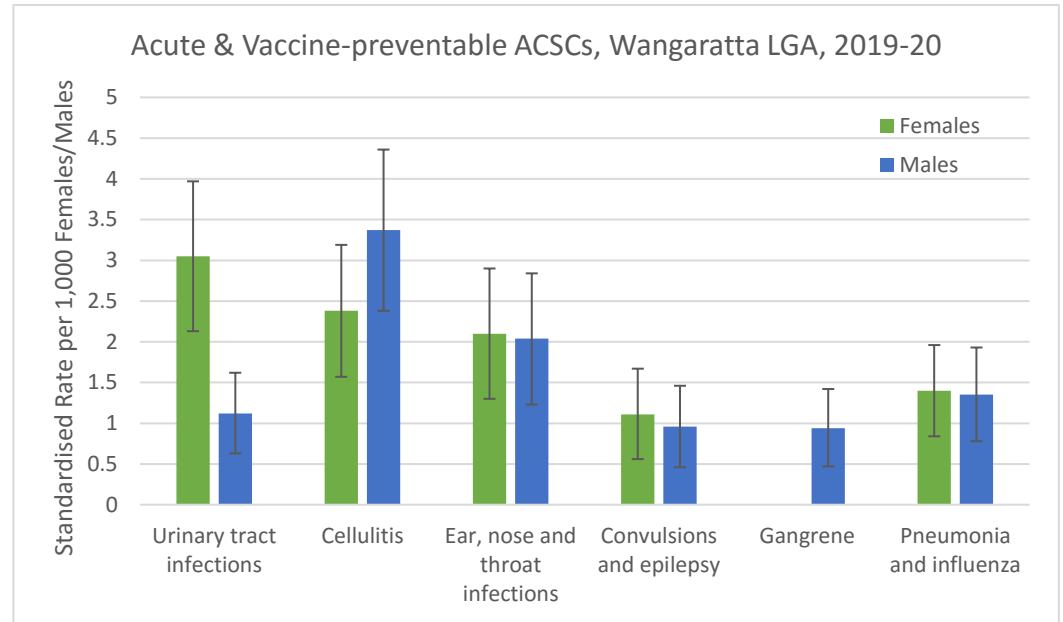
## Ambulatory care sensitive conditions (ACSCs)

### ACSCs, Wangaratta LGA 2019-20

<b>All individual ACSCs for persons in Wangaratta LGA 2017-18, all age groups</b>	<b>Number of Admissions</b>	<b>Standardised Rate per 1,000 Persons</b>
Iron deficiency anaemia	177	5.96
Chronic Obstructive Pulmonary Disease (COPD)	102	2.3
Congestive cardiac failure	86	1.95
Diabetes complications	55	1.58
Angina	44	1.09
Asthma	32	1.08
Hypertension	9	0.24
Rheumatic heart diseases	9	0.24
Bronchiectasis	5	0.11
<b>All chronic ACSCs</b>	<b>520</b>	<b>14.58</b>
Pneumonia and influenza	50	1.38
Other vaccine-preventable conditions	5	0.15
<b>All vaccine-preventable ACSCs</b>	<b>55</b>	<b>1.53</b>
Cellulitis	87	2.87
Dental conditions	73	2.58
Urinary tract infections, including pyelonephritis	72	2.12
Ear, nose and throat infections	53	2.06
Convulsions and epilepsy	31	1.03
Gangrene	21	0.58
Perforated/bleeding ulcer	9	0.24
<b>All acute ACSCs</b>	<b>349</b>	<b>11.52</b>
<b>Total ACSCs</b>	<b>921</b>	<b>27.54</b>

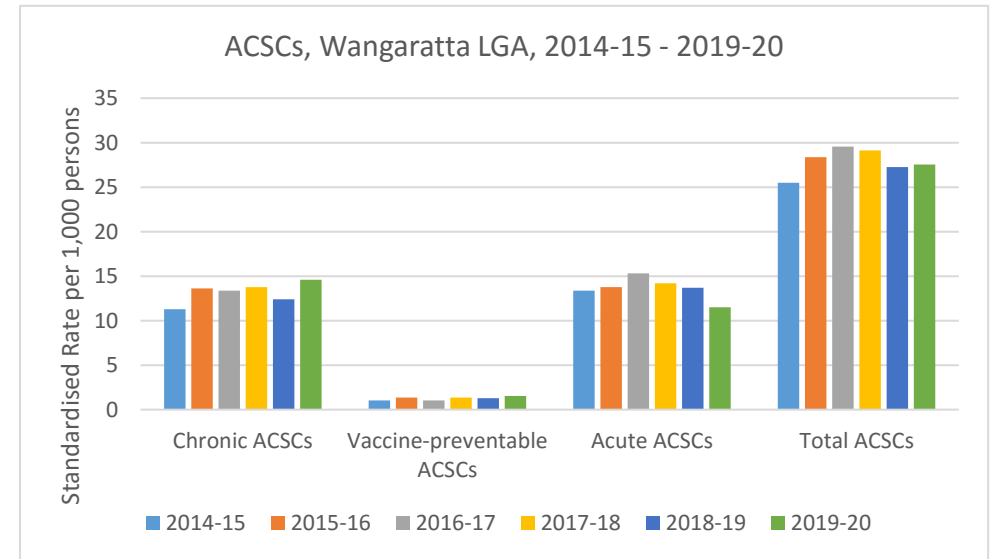
ACSCs by gender, Wangaratta LGA 2019-20

	Number of Admissions		Standardised Rate per 1,000 Females / Males	
	Females	Males	Females	Males
<b>Chronic ACSCs</b>	314	206	18.11	11.02
<b>Vaccine-preventable</b>	29	26	1.54	1.51
<b>Acute ACSCs</b>	177	172	11.73	11.35
<b>Total ACSCs</b>	519	402	31.29	23.78



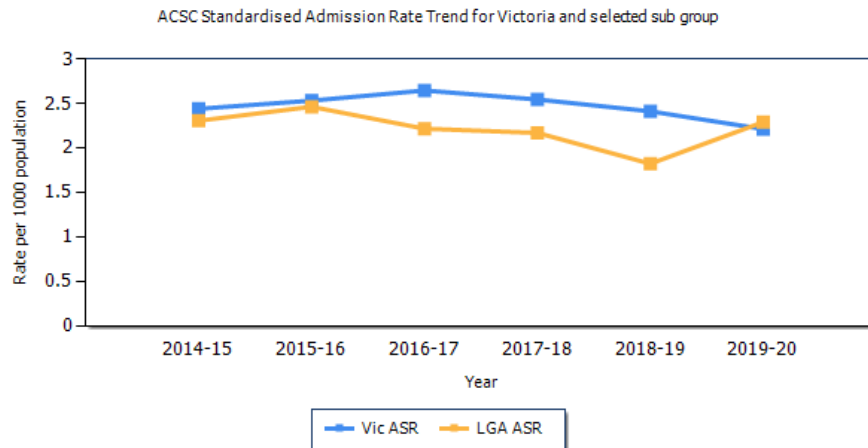
ACSCs, Wangaratta LGA 2014-15 – 2019-20

	14/15	15/16	16/17	17/18	18/19	19/20
<b>Number of Admissions</b>						
<b>Chronic ACSCs</b>	386	466	477	503	472	520
<b>Vaccine-preventable ACSCs</b>	32	42	33	48	44	55
<b>Acute ACSCs</b>	378	385	446	427	407	349
<b>Total ACSCs</b>	789	880	950	971	918	921
<b>Standardised Rate per 1,000 Persons</b>						
<b>Chronic ACSCs</b>	11.29	13.62	13.36	13.77	12.4	14.58
<b>Vaccine-preventable ACSCs</b>	1.02	1.37	1.03	1.34	1.29	1.53
<b>Acute ACSCs</b>	13.39	13.76	15.33	14.19	13.71	11.52
<b>Total ACSCs</b>	25.5	28.39	29.57	29.13	27.25	27.54

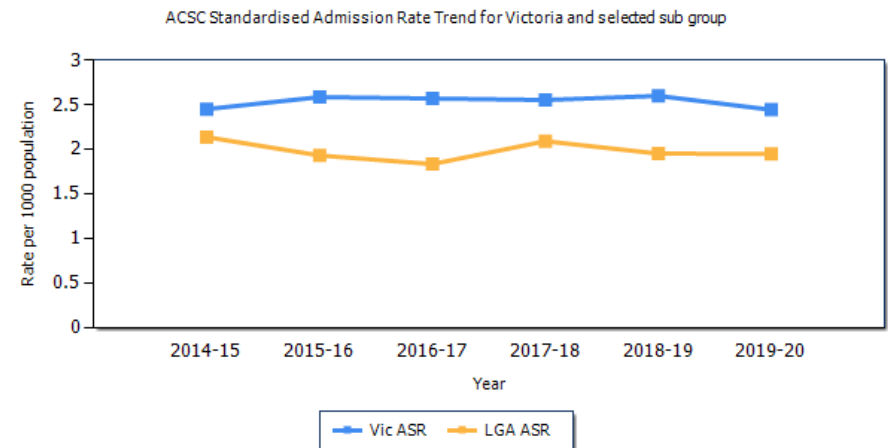


Chronic ACSCs Standardised Admission Rate Trend for Victoria and Wangaratta LGA 2014-15 – 2019-20

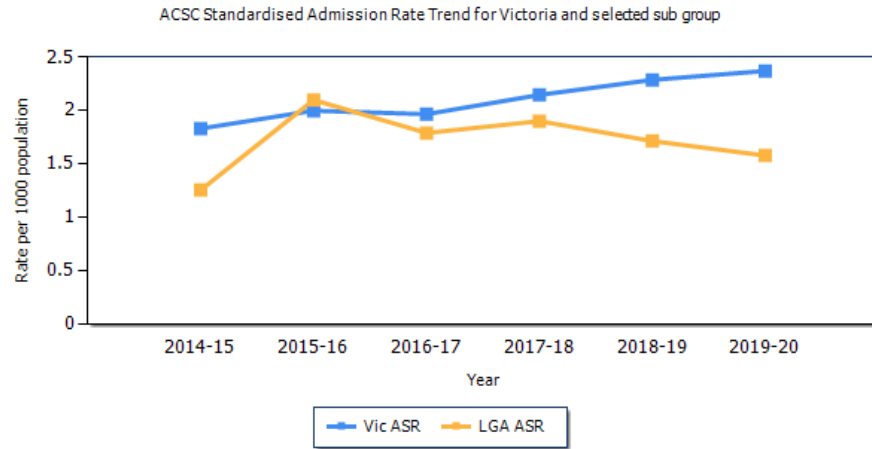
COPD



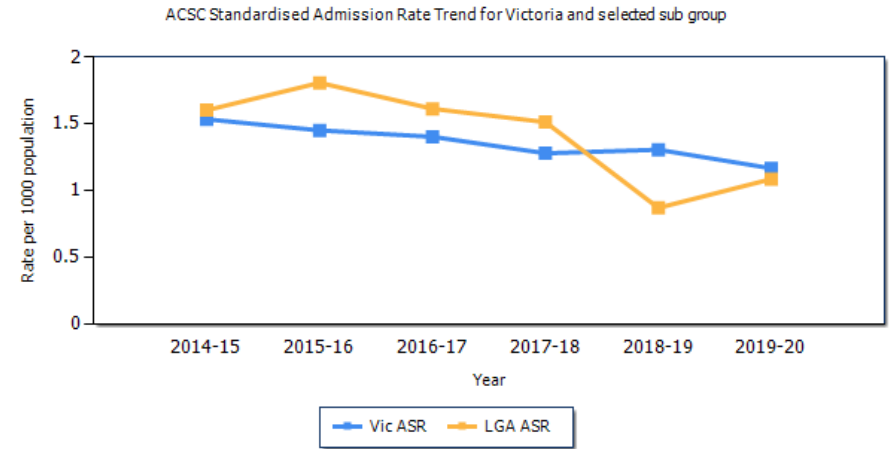
Congestive cardiac failure



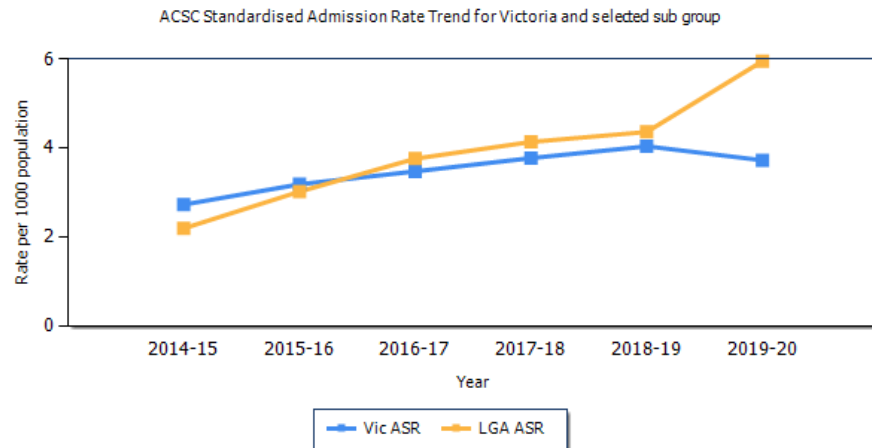
### Diabetes complications



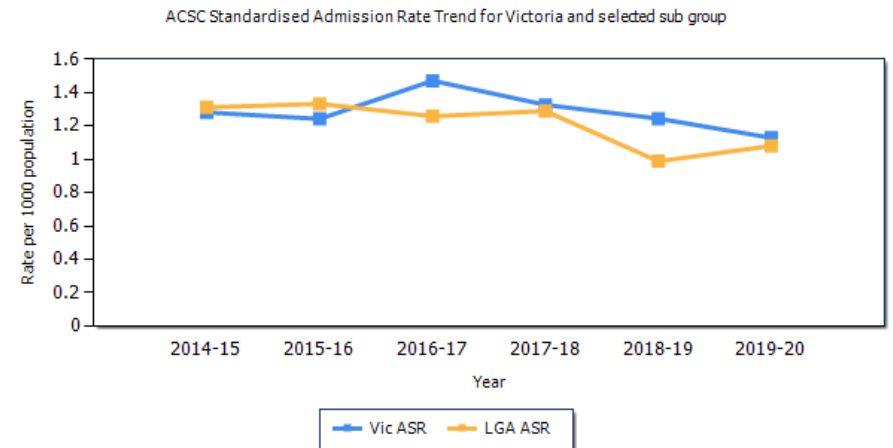
### Angina



### Iron deficiency anaemia



### Asthma



## Victorian Population Health Survey data table, Wangaratta LGA, 2017

**Obesity**

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult population by BMI category</b>	%	%	%
Underweight (<18.5 kg/m <sup>2</sup> )	**	1.2	2.2
Normal (18.5-24.9 kg/m <sup>2</sup> )	29.1	30.5	38.0
Pre-obese (25.0-29.9 kg/m <sup>2</sup> )	39.3	34.9	31.5
Obese (>=30.0 kg/m <sup>2</sup> )	21.6	24.6	19.3
<b>Proportion of adult population who were overweight (pre-obese or obese)</b>	60.8	59.4	50.8
<b>Proportion of obese adult population by category</b>	%	%	%
Obese class I (30 >= BMI <35)	14.6	20.2	12.5
Obese class II (35 >= BMI <40)	3.6*	3.8	4.2
Obese class III (BMI >=40)	3.3*	2.5	2.6
<b>Proportion of adult population who eat take-away meals or snacks</b>	%	%	%
Never	12.5	12.2	14.9
1 or less than 1 times/week	72.9	73.7	69.1
More than 1 times/week	14.6	13.8	15.3
<b>Proportion of adult population who consumed sugar-sweetened beverages daily</b>	12.4	13.7	10.1

**Physical Activity**

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult population, by compliance with physical activity guidelines</b>	%	%	%
Sedentary	1.2*	1.8	2.5
Insufficient	47.9	42.6	44.1
Met guidelines	48.9	54.1	50.9
<b>Proportion of adult population, by time spent sitting on an average week day</b>	%	%	%
Less than 2 hours per day	5.1	6.0	6.6
2 to < 4 hours per day	27.5	30.1	27.1
4 to < 6 hours per day	28.0	27.4	24.8
6 to < 8 hours per day	15.0	13.9	14.4

≥ 8 hours per day	20.5	19.2	22.0
<b>Proportion of adult population, by time spent sitting on an average weekend day</b>	<b>%</b>	<b>%</b>	<b>%</b>
Less than 2 hours per day	5.1	7.9	8.4
2 to < 4 hours per day	37.9	36.7	33.9
4 to < 6 hours per day	29.2	27.9	28.5
6 to < 8 hours per day	12.6	13.4	11.4
≥ 8 hours per day	8.8*	8.7	11.4
<b>Prop. of adult pop. who spent ≥7 hours per day sitting on an average week and weekend day</b>	<b>%</b>	<b>%</b>	<b>%</b>
Week day	25.9	23.0	26.6
Weekend day	10.9	11.1	14.1

### Fruit & Vegetable

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult pop., by compliance with fruit and vegetable consumption guidelines</b>	<b>%</b>	<b>%</b>	<b>%</b>
Met fruit and vegetable consumption guidelines	5.2	5.3	3.6
Met vegetable consumption guidelines only	7.1	7.5	5.4
Met fruit consumption guidelines only	45.1	42.1	43.2
Did not meet fruit and vegetable consumption guidelines	51.2	53.9	51.7
<b>Proportion of adult population, by usual serves of vegetable consumed/day</b>	<b>%</b>	<b>%</b>	<b>%</b>
Less than 1 serve per day	3.5*	5.9	6.9
1-2 serves per day	62.7	58.4	60.3
3-4 serves per day	22.7	25.8	23.5
5 or more serves per day	9.2	8.5	6.4
<b>Proportion of adult population, by usual serves of fruit consumed/day</b>	<b>%</b>	<b>%</b>	<b>%</b>
Less than 2 serves per day	54.7	56.7	54.8
2 or more serves per day	45.1	42.1	43.2
<b>Mean serves of vegetable and fruit consumed daily</b>	<b>%</b>	<b>%</b>	<b>%</b>
Mean serves of fruit	1.6	-	1.6
Mean serves of vegetable	2.3	-	2.2

**Mental Health & Wellbeing**

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult population, by level of psychological distress</b>	%	%	%
Mild (K10 < 16)	64.7	58.2	53.9
Moderate (K10 16–21)	19.0	23.7	24.7
High / very high (K10 22+)	12.9	14.8	15.4
<b>Proportion of adult population with high or very high levels of psychological distress</b>	%	%	%
High (K10 22–29)	10.6	10.3	10.6
Very high (K10 30+)	2.3*	4.6	4.9
<b>Proportion of adult population ever diagnosed with anxiety or depression</b>	31.2	31.2	27.4
<b>Proportion of adult pop. who sought professional help for a mental health problem in the previous year</b>	%	%	%
Males	13.7*	13.1	14.1
Females	24.8	22.5	21.2
People	19.5	17.9	17.6
<b>Proportion of adult population, by self-reported health status</b>	%	%	%
Excellent / very good	46.4	40.8	41.6
Good	35.4	38.9	37.6
Fair/poor	18.0	20.1	20.3
<b>Proportion of adult population, by life-satisfaction</b>	%	%	%
Low or medium (0-6)	15.2	18.3	20.5
High (7-8)	55.3	50.5	50.9
Very high (9-10)	28.9	30.6	27.0
<b>Proportion of adult population, by feeling of life being worthwhile</b>	%	%	%
Low or medium (0-6)	14.8	15.4	16.7
High (7-8)	40.0	41.3	46.2
Very high (9-10)	44.0	42.0	34.0



**Smoking & Alcohol**

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult population, by smoking frequency</b>	%	%	%
Daily smoker	8.1	12.6	12.4
<b>Proportion of adult population, by lifetime risk of alcohol-related harm</b>	%	%	%
Abstainer / No longer drinks alcohol	15.8	14.3	21.8
Reduced risk	13.1	14.4	16.7
Increased risk: either yearly, monthly or weekly	69.9	69.7	59.5
<b>Proportion of adult population exceeding 2 standard drinks/day</b>	%	%	%
Yearly	20.9	23.1	18.2
Monthly	17.4	15.7	16.6
Weekly	31.5	31.0	24.7
<b>Frequency of exceeding 2 drinks/day, people those who exceed 2 standard drinks/day weekly</b>	%	%	%
1–2 days/week	32.7	46.9	56.9
3–4 days/week	32.3	26.8	18.6
5–7 days/week	30.1	22.6	18.1
<b>Proportion of adult pop., by risk of alcohol-related injury from a single occasion of drinking</b>	%	%	%
Abstainer / No longer drinks alcohol	15.8	14.3	21.8
Reduced risk	31.5	31.3	33.8
Increased risk: either yearly, monthly or weekly	49.8	52.6	43.0
<b>Proportion of adult population who exceed 4 standard drinks on a single occasion</b>	%	%	%
Yearly	17.1	21.9	18.7
Monthly	13.0	14.6	12.8
Weekly	19.7	16.1	11.5
<b>Freq. of exceeding 4 drinks on a single occasion, among people who exceed 4 stand. drinks on a single occasion weekly</b>	%	%	%
1–2 days/week	59.5	59.3	60.2
3–4 days/week	15.2*	16.8	12.4
5–7 days/week	7.8*	11.2	13.8



**Chronic Disease**

	Wangaratta	Ovens Murray	Victoria
<b>Prop. of adult pop. who had a health related check, conducted by a doctor or other health prof., in the last two years</b>	%	%	%
Blood pressure	77.8	79.1	79.6
Blood lipids	51.8	54.2	56.8
Blood glucose	46.6	49.4	50.7
<b>Prop. of adult pop. 50 years + who received, completed and returned the faecal occult blood test (FOBT) kit in the mail</b>	%	%	%
Received the FOBT kit	69.7	67.1	66.7
Completed and returned the FOBT kit	66.0	65.5	60.1
<b>Proportion of adult pop. who had a bowel examination in the last five years to detect cancer</b>	%	%	%
Males	62.7	55.8	48.8
Females	52.1	50.6	44.9
People	57.2	53.1	46.8
<b>Proportion of adult female population (50yrs+), who ever had a mammogram</b>	97.0	89.8	88.0
<b>Proportion of adult female population(50yrs+), who had one in the last 2 years</b>	86.9	84.5	79.2

**Dental Health**

	Wangaratta	Ovens Murray	Victoria
<b>Proportion of adult population, by self-reported dental health status</b>	%	%	%
Excellent / Very good	41.0	36.7	37.2
Good	30.6	31.0	34.0
Fair/Poor	24.0	28.1	24.4
<b>Proportion of adult population with self-reported gum disease</b>	7.6	8.5	10.8
<b>Prop. of adult pop. who avoided or delayed visiting a dental professional because of the cost</b>	39.8	36.9	33.9

Victorian Population Health Survey by gender data table,  
Wangaratta LGA, 2017

**Obesity, Physical Activity, Fruit & Vegetable**

	Women	Men
<b>Proportion of adult population, by body mass index (BMI) category</b>	%	%
Underweight (BMI <18.5)	**	0.0
Normal range (18.5 > BMI <25)	27.5	31.1
Pre-obese (25 > BMI <30)	36.1	42.8
Obese (BMI >30)	22.6	20.6
<b>Proportion of adult population, who were overweight (pre-obese or obese)</b>	%	%
Overweight (pre-obese or obese)	58.7	63.4
<b>Proportion of adult pop., by physical activity status</b>	%	%
Sedentary	1.2*	**
Insufficiently physically active	46.2	49.5
Met physical activity guidelines	49.6	48.9
<b>Proportion of adult population, by compliance with NHMRC fruit and vegetable consumption guidelines</b>	%	%
Complied with NHMRC fruit consumption guidelines	49.2	41.3
Complied with NHMRC vegetable consumption guidelines	12.3	2.0*

**Mental Health & Wellbeing**

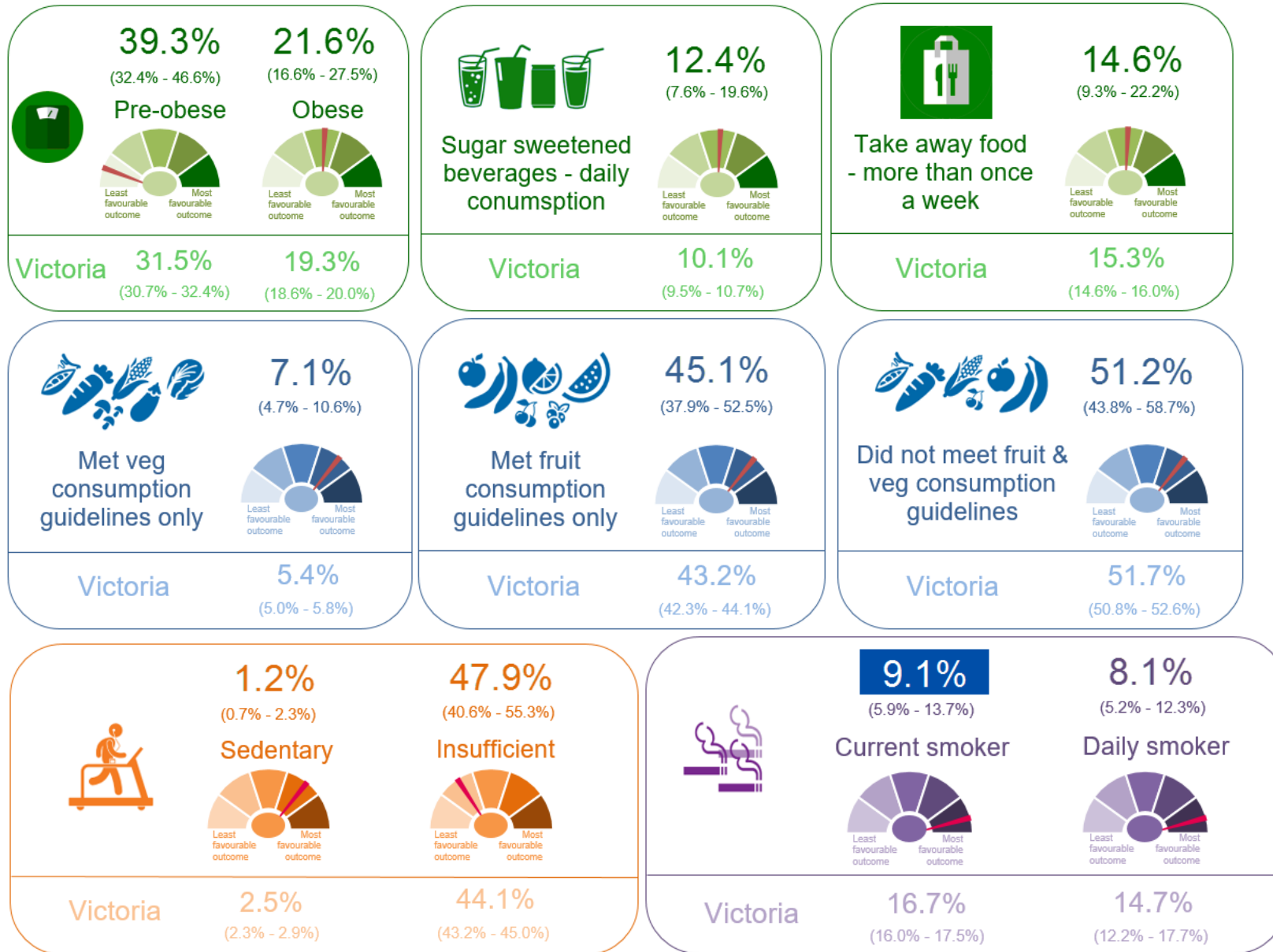
	Women	Men
<b>Proportion of adult population, by level of psychological distress</b>	%	%
Low (K10 <16)	56.0	74.9
Moderate (K10 16-21)	23.4	14.1
High, or very high (K10 22+)	17.4	7.9*
<b>Proportion of adult population, diagnosed with anxiety or depression</b>	%	%
Doctor diagnosed anxiety or depression	43.2	17.7*
<b>Proportion of adult pop. by self-reported health status</b>	%	%
Excellent/very good	41.2	53.0
Good	37.9	31.7
Fair/Poor	20.9	14.8
<b>Proportion of adult pop., by satisfaction with life</b>	%	%
Low or medium (0-6)	20.1	10.1
High (7-8)	51.9	59.1
Very high (9-10)	27.0	30.9
<b>Proportion of adult population, by feeling of life being worthwhile</b>	%	%
Low or medium (0-6)	17.8	11.6
High (7-8)	38.0	42.2
Very high (9-10)	42.7	45.2

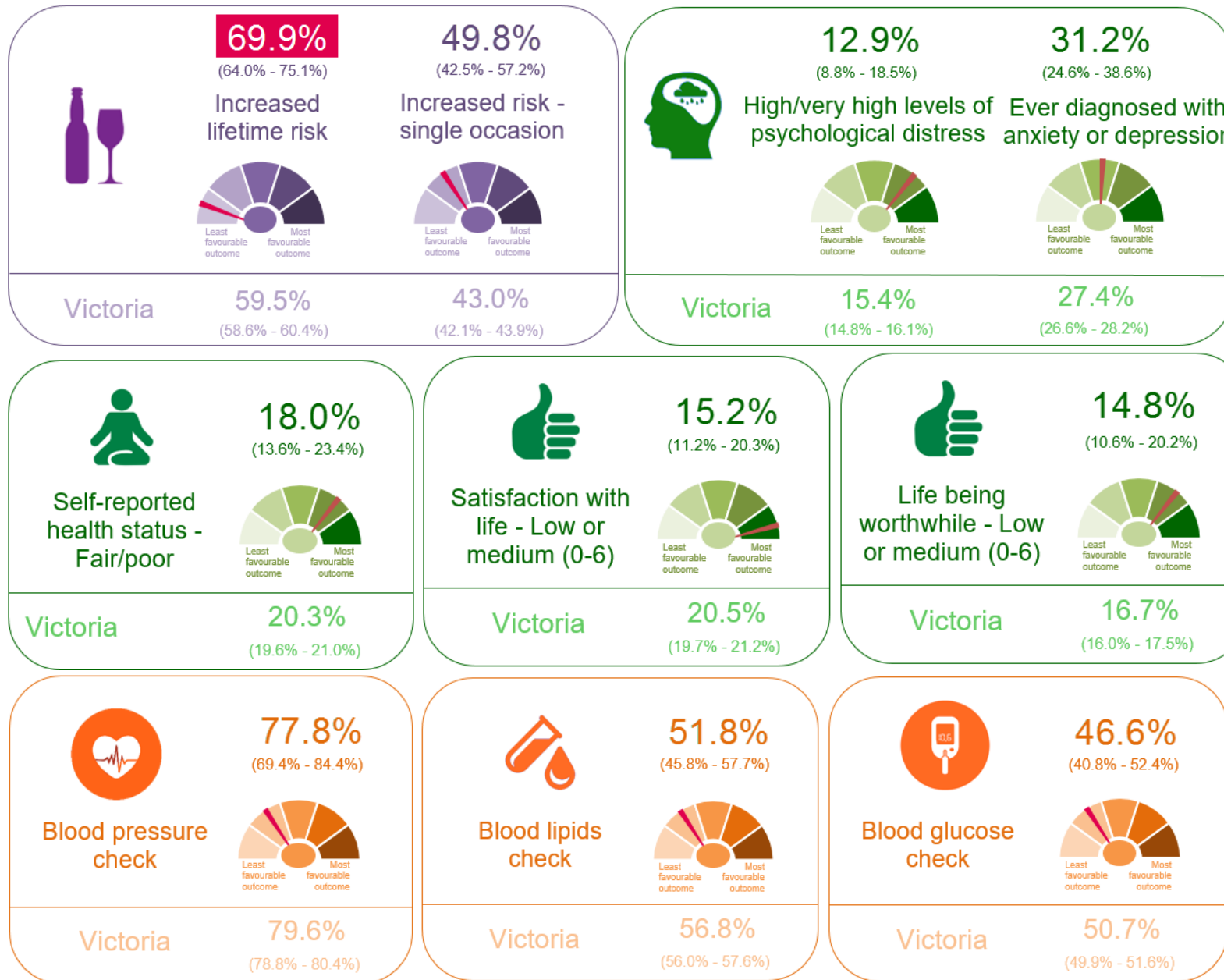
**Smoking & Alcohol**

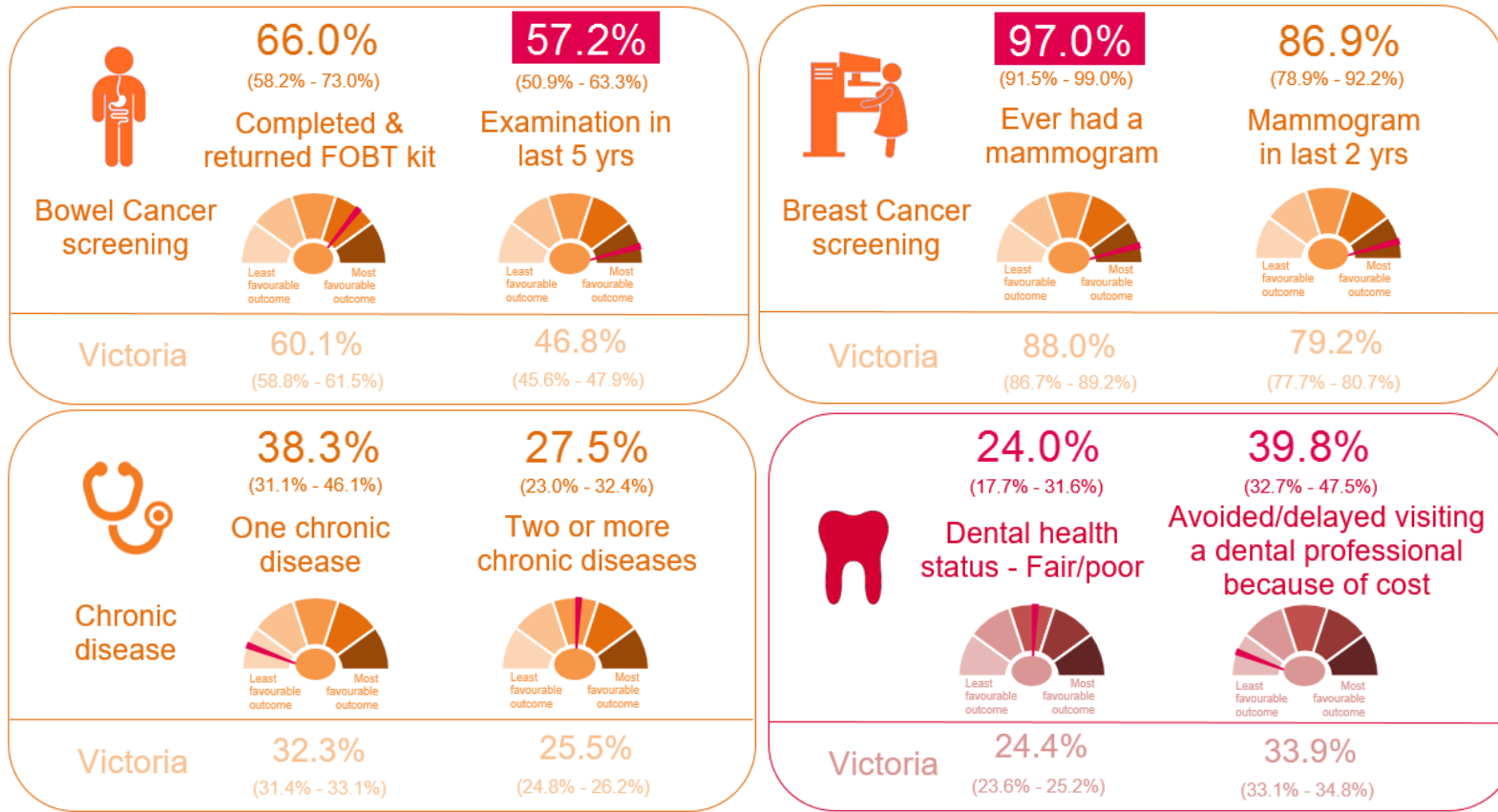
	<b>Women</b>	<b>Men</b>
<b>Proportion of adult population, by smoking status</b>	%	%
Daily smoker	10.3*	5.8*
Occasional smoker	**	**
Current smoker(daily + occasional)	12.2	5.8*
<b>Proportion of adult population, by lifetime risk of alcohol-related harm</b>	%	%
Abstainer / no longer drinks alcohol	22.6	7.3
Reduced risk	16.2	11.0
<b>Increased lifetime risk of alcohol-related harm</b>	%	%
Yearly	20.4	22.2*
Monthly	18.9	15.8*
Weekly	20.3	43.1
Either yearly, monthly or weekly	59.6	81.2
<b>Proportion of adult population, by risk of injury from a single occasion of drinking</b>	%	%
Abstainer /no longer drinks alcohol	22.6	7.3
Reduced risk	34.2	30.3
<b>Increased risk of injury from a single occasion of drinking</b>	%	%
Yearly	17.5	16.7*
Monthly	14.9	10.6
Weekly	9.7*	30.5
Either yearly, monthly or weekly	42.1	57.7



Victorian Population Health Survey infographics, Wangaratta LGA, 2017







Notes:

- 95% Lower and Upper Confidence Intervals are shown in parenthesis below the estimate.
- Estimates that are significantly different (statistically) from the corresponding estimate for Victoria are identified by colour as follows:

**10.7%** **0.9%**  
*Above* *Below*

Health outcome^:

Lightest (1) = Q1 – Least favourable  
 Q2  
 Q3  
 Q4

Darkest (5) = Q5 – Most favourable

^LGAs grouped into quintiles (Q) based on health outcome.

[Q1 = Group of 15 LGAs with least favourable outcome.

Q2-Q5 = Groups of 16 LGAs with progressively better outcomes]

