



South Gippsland
Shire Council

South Gippsland Health and Wellbeing Plan 2017 – 2021

Community Health and Wellbeing Profile

November 2018



South Gippsland Shire Council

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INTRODUCTION

This document provides health and wellbeing data for the South Gippsland community to assist in the development and monitoring of the South Gippsland Health and Wellbeing Plan 2017 – 2021 (the plan). It is also available on the South Gippsland Shire Council website www.southgippsland.vic.gov.au/communityhealthandwellbeingprofile and will be updated at least annually.

This document was first developed to present data to assist in planning for the health needs of the South Gippsland community. To assist this, planning data that highlights differences between South Gippsland and Victoria or Gippsland has been provided.

Where South Gippsland indicators are performing well against Victoria, they are shown green and where they are performing lower than Victoria they are shown red.

HEALTH AND WELLBEING PLAN

Under the Public Health and Wellbeing Act 2008, Council seeks to protect, improve and promote public health and wellbeing by creating an environment which supports the health of community members and strengthens their capacity.

The South Gippsland Health and Wellbeing Plan 2017 – 2021 key priorities include:

- Community Wellbeing
- Lifestyle
- Built and Natural Environment
- Health Protection

VICTORIAN PUBLIC HEALTH AND WELLBEING PLAN 2015 - 2019

The Victorian Public Health and Wellbeing Plan 2015 – 2019 outlines the State Government priorities to reduce avoidable chronic disease. The Victorian Public Health and Wellbeing Plan focuses on inequalities in health and wellbeing and determinants that contribute to inequalities and encourages healthy living from early years throughout life.

Data has been gained from a range of sources with a full reference list provided as hyperlinks and at the end of the document.

POPULATION AND HOUSING (DATA IS BASED ON THE 2016 ABS CENSUS STATISTICS)

- The population of South Gippsland was 29,324 (Estimated Resident Population 2017).
- There were 15,914 dwellings and an average household size of 2.4 people.

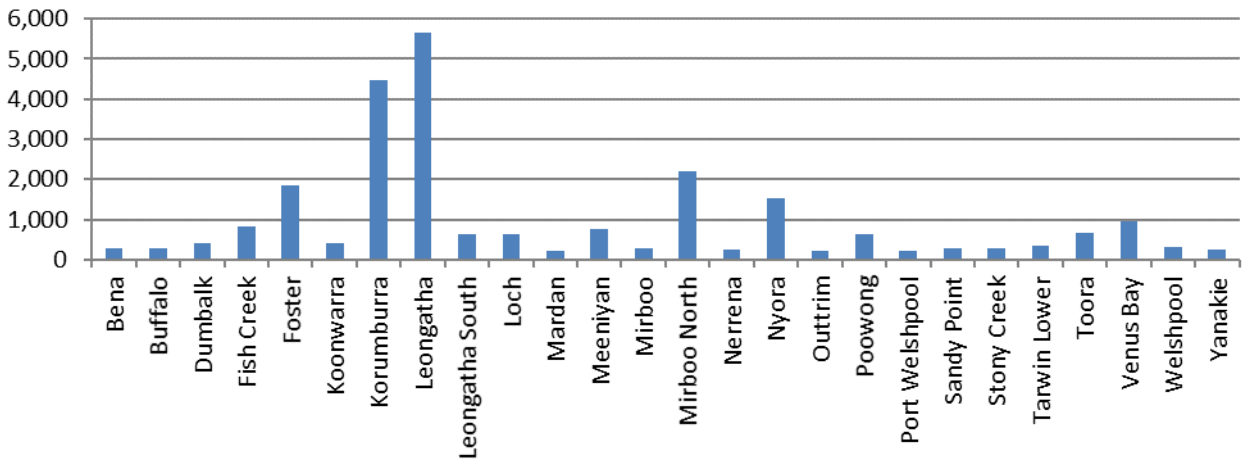
SOUTH GIPPSLAND POPULATION BY TOWN AND SEX 2016

Town Locality	Males	Females	Total *
Bena	149	144	294
Buffalo	133	134	272
Dumbalk	221	194	413
Fish Creek	395	427	827
Foster	888	958	1,842
Koonwarra	193	213	404
Korumburra	2,129	2,342	4,469
Leongatha	2,683	2,973	5,654
Leongatha South	331	302	628
Loch	320	320	638
Mardan	108	105	210
Meeniyan	378	393	771
Mirboo	137	147	290
Mirboo North/ Baromi	1,151	1,182	2,324
Nerrena	134	116	248
Nyora	743	783	1,527
Outtrim	126	109	235
Poowong	324	322	643
Sandy Point	130	134	270
Stony Creek	141	137	281
Tarwin Lower	179	176	358
Toora	328	353	681
Venus Bay	493	452	944
Welshpool	179	155	331
Port Welshpool	113	96	209
Yanakie	114	136	251

Towns with populations of 200 people or more have been included.

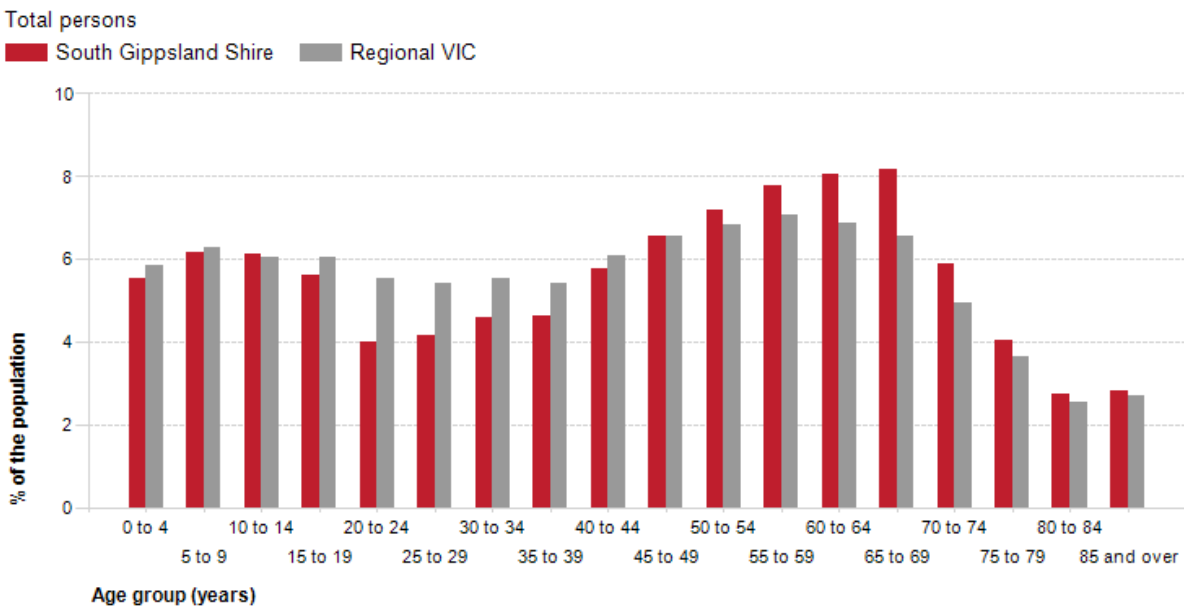
*Small differences in population totals are due to randomisation applied by the ABS to protect people’s privacy, particularly in smaller localities.

TOWN POPULATION BY TOTAL PERSONS SOUTH GIPPSLAND 2016



[ABS Census Quick Stats 2016](#)

AGE STRUCTURE – FIVE YEAR AGE GROUPS 2016



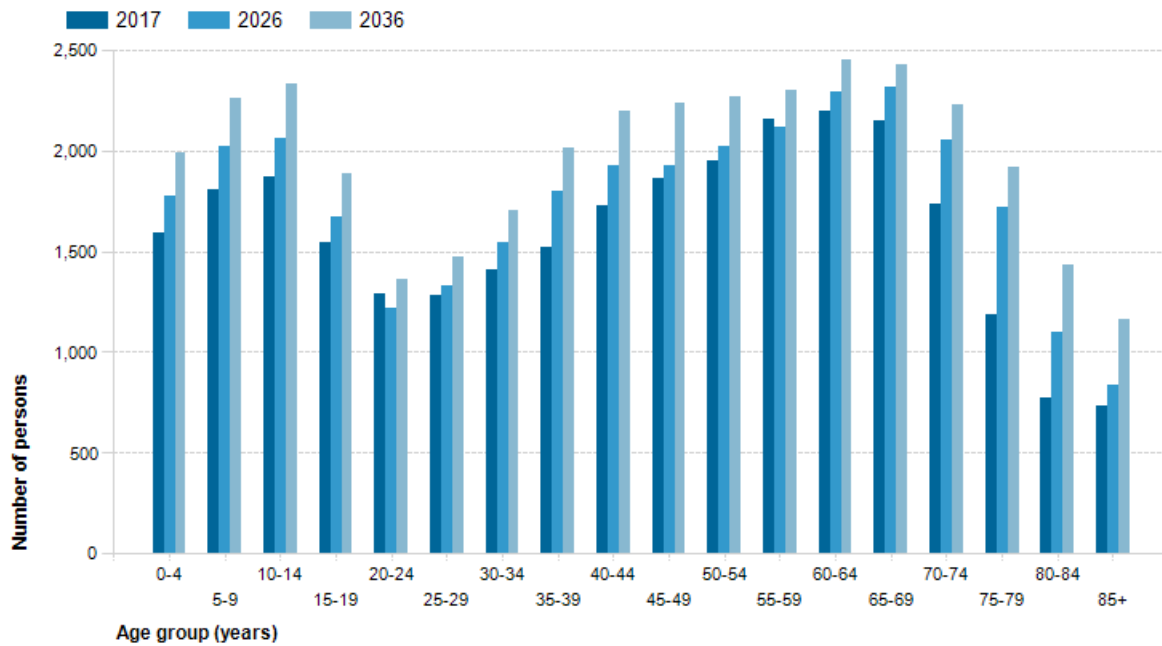
Differences between South Gippsland and Regional Victoria:

- South Gippsland has a larger percentage of people aged 60 to 69
- South Gippsland has a smaller percentage of people aged 20 to 29

[Id consulting Community Profile 2016](#)

FORECAST POPULATION BY AGE AND YEAR

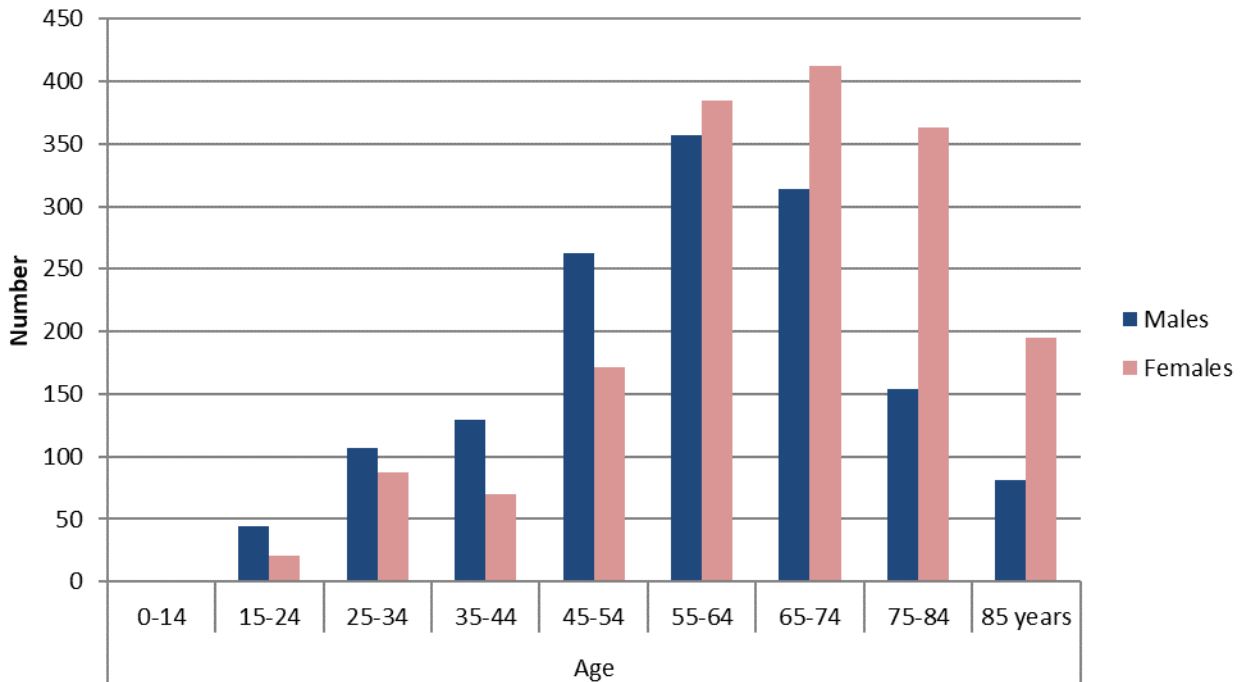
South Gippsland Shire - Total persons



- The largest increase in people between 2017 and 2026 is forecast to be people aged 75 – 79 with an increase of 528 and account of 5.4% if the total population.

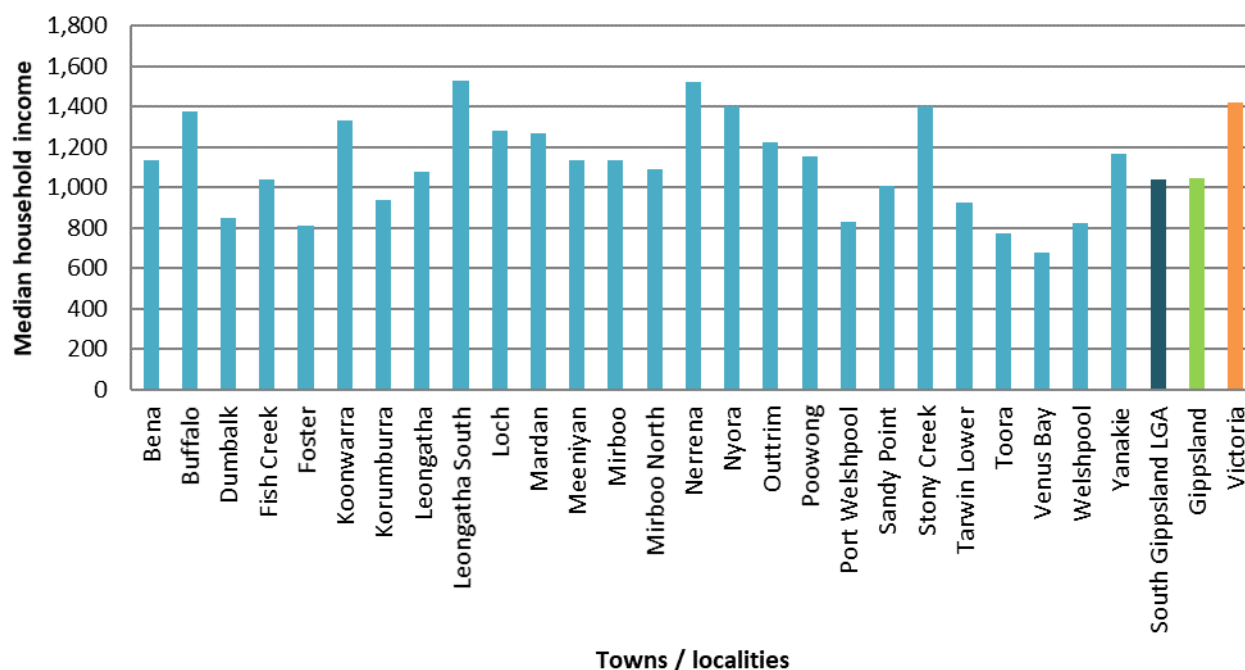
[id Consulting Forecast id](#)

PEOPLE LIVING ALONE BY AGE AND SEX



- South Gippsland has a high proportion of people living alone. As people age there is increased likelihood of people living alone.

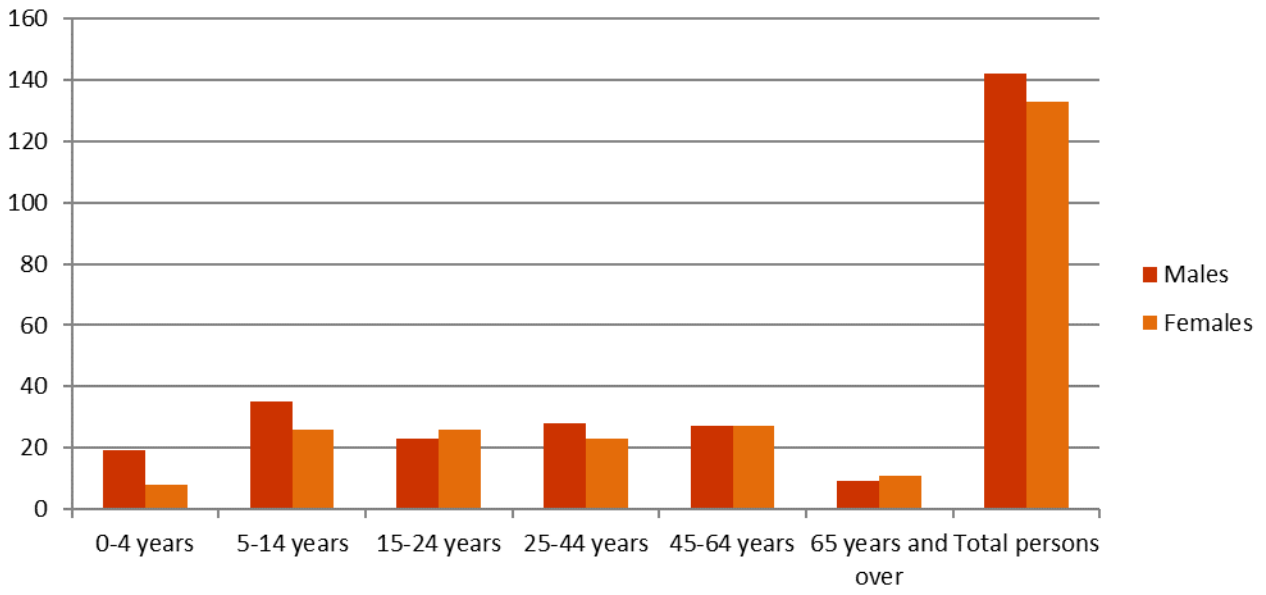
MEDIAN HOUSEHOLD WEEKLY INCOME



- Household weekly income varies considerably across South Gippsland. Type of work and retirement status also contributes to this.
- The weekly income of the majority of households in South Gippsland is lower than Victoria.

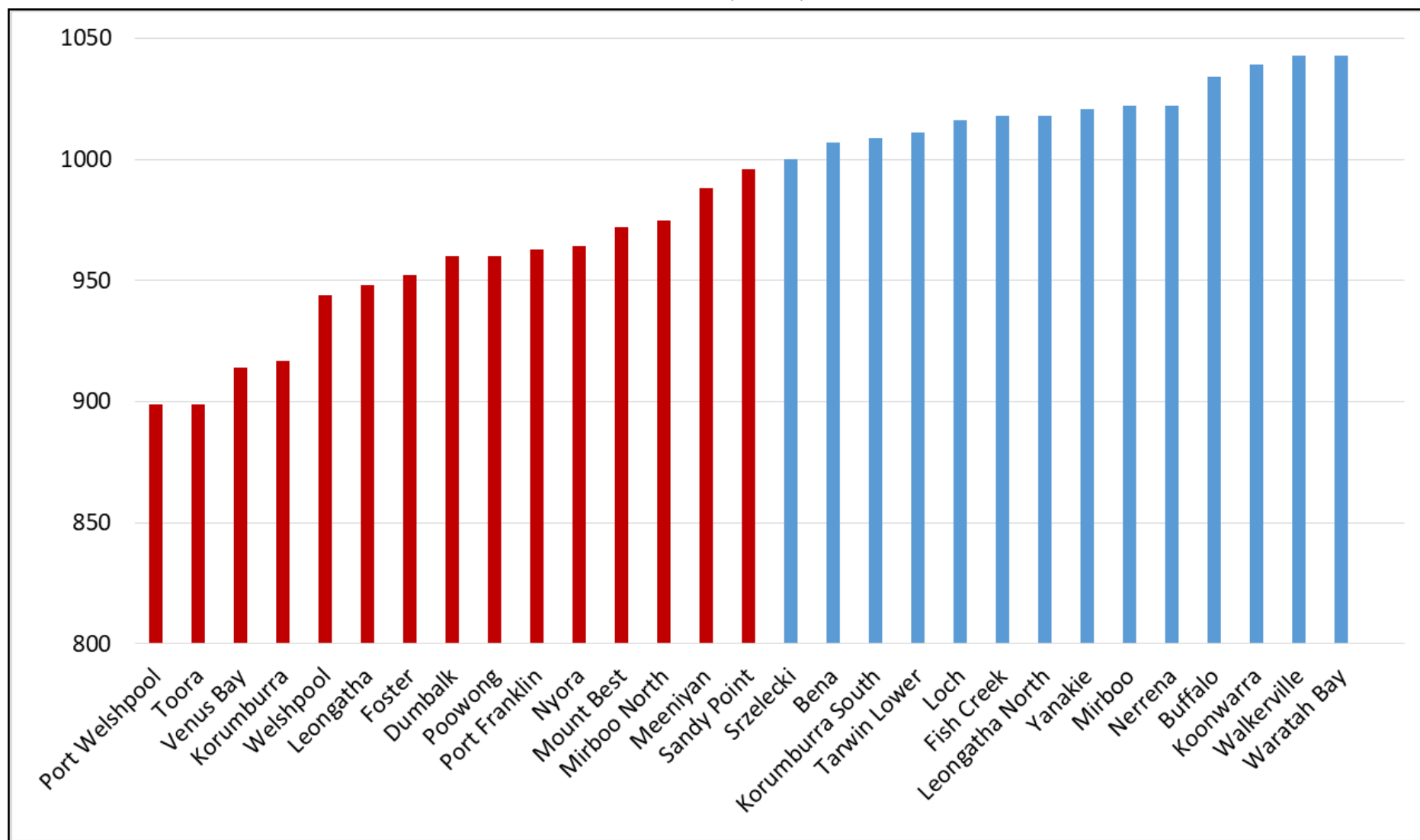
INDIGENOUS POPULATION

MALE	FEMALE	MEDIAN AGE
142	133	22



[ABS Census Quick Stats 2016](#)

SOUTH GIPPSLAND SOCIO ECONOMIC INDICATORS FOR AREA (SEIFA) RANKING DECILE 2016



[ABS SEIFA 2016 by State Suburb Code](#)

COMMUNITY WELLBEING

Indicator	South Gippsland	Victoria	
Social Connection			
Volunteer participation	29.3%	19.2%	2 Census 2016
Citizen engagement in previous year	71.4%	50.5%	5 CIV
Proportion of adults who belong to an organised group			27 Vic Pop Health Inequities of health
Sport	30.4%	28.7%	
Religious	10.8%	18.6%	
School	14.8%	13.7%	
Professional	13.0%	23.7%	
Other	25.0%	19.4%	
People are willing to help each other	92%	74.1%	
Low gender equality score	22.2%	35.7	
Proportion of adults who can have a real say on important matters	31.1%	24.5%	
Multiculturalism in the area makes life better	53.2%	44.7%	
There is good community spirit around here	89%	79.1%*	12 National Health Survey
I feel welcome here	85.2%	78.9%*	
I chat to my neighbours all the time	73.1%	53.9%*	
Local groups and organisations are good at getting things done	52.2%	62.8%*	
Sporting club participation by LGA	33.5%	2 nd Highest	21 VicHealth Sport Participation Research Study 2015
Mental Wellbeing			
High – Very High levels of psychologic distress in adults	20.5%	12.6%	12 National Health Survey
Young people reporting high/very high psychological distress	21.9%	15.5%	23 Victorian Child Adolescent Monitoring System 2014
Children 0 – 12 with parents at risk of mental health difficulties	3.8%	3.1%	
History of mental illness in family	11.6%	6.7%	16 School Entry Health Questionnaire

COMMUNITY WELLBEING

Indicator	South Gippsland	Victoria	
Community Safety			
Perceptions of safety – walking alone during the day	98.2%	92.5%	20 VicHealth Indicators Survey 2015
Perceptions of safety – walking alone after dark (2015)	66.5%	44.0%	
Females	84.8%	78.8%	
Males			
Family violence incidents (per 100,000 population)	1547.5	1242.2	9 Family violence portal
Assault (per 100,000 population) 2018	486.3	672.7	6 Crime Stats 2018
Sexual assaults (per 10,000 population) 2018	493.1	231.0	
History of abuse to parent	6.9%	3.1%	16 School Entrant Health Questionnaire
Parent witness to violence	4.6%	2.9%	
Child witness to violence	6.5%	3.3%	
History of mental illness of parent	11.7%	6.7%	
Child protection substantiations (per 1,000 eligible population)	13.7	11.4	8 Gippsland Health and Human Services Profile
Child protection investigations (per 1,000 eligible population)	21.9	19.4	
Number of Child FIRST assessments (per 1,000 eligible population)	12.6	10.1	
Rate of children in out of home care (per 1,000 population)	9.4	4.6	23 Victorian Child Adolescent Monitoring System 2014
Year 7 – 9 students who are bullied	24%	18%	
Young people experiencing cyber bullying (Inner Gippsland)	37.6%	29.3%	
Deaths on farms (1 child under 15 years)	18 Victoria (40% due to machinery)		3 Ag Health & Safety
Tractors (13) and Quad bikes (12) fatalities (13% involved children under 15 yrs)	25 deaths (Australia) 179 non fatal injuries		



LIFESTYLE

Indicator	South Gippsland	Victoria	
Healthy Eating			
Adults consuming sufficient fruit per day	1.8%	1.6%	27 Vic Pop Health Inequities of health
Adults consuming sufficient vegetables per day	2.4%	2.2%	
Adults who consumed sugar-sweetened soft drinks daily	15.0%	11.2%	
People who did not meet fruit and veg guidelines	55%	51%	
Females obese	22.8%	17.2%	8 Gippsland Health and Human Services Profile
Males obese	17.5%	20.4%	
Children who eat minimum recommended fruit and vegetables	2.8%	2.6%	23 Victorian Child Adolescent Monitoring System 2014
Young people who eat minimum recommended fruit and vegetables	10.0%	10.6%	
No water consumed per day	5.3%	3.1%	20 VicHealth Indicators Survey 2015
Average number of cups of water consumed per day	4.8	5.4	
Physical Activity			
Organised physical activity per head of the population	37.6%	28.7%	27 Vic Pop Health Inequities of health
Organised by sports club or association	21.9%	9.8%	
Sedentary behaviour at work	2hrs.53min	4hrs.29m in	
Participation in non-organised physical activity	70.5	70.5	20 VicHealth Indicators Survey 2015
No physical activity per week	16.9%	18.9%	



ALCOHOL

Indicator	South Gippsland	Victoria	
Alcohol			
At risk of short-term harm each month	32.9%	29.4%	27 Vic Pop Health Inequities of health
Very high risk of short-term harm each month	13.6%	9.2%	
Alcohol culture – getting drunk every now and then is ok (% agree)	27.2%	27.9%	
Alcohol consumption at levels with increased risk on a single occasion (>4 standard drinks at least monthly)	41.9%	42.5%	
Hospital admissions due to alcohol (per 10,000 population)	62.3%	55.0%	18 Turning Point 2014 -2015
Alcohol related death rate (per 10,000 population)	3.9%	1.5	
Alcohol death rate 65 years+ (per 10,000 population)	8.2%	<4.9%	
Children exposed to alcohol in utero 2013	67.7%	46.7%	23 Victorian Child Adolescent Monitoring System 2014
Young people who have ever drunk alcohol	78.5%	59.5%	
History of alcohol and other drug related problems in family of primary school student	6.6%	3.6%	16 School Entrant Health Questionnaire
Number of venues with an off-licence alcohol licence (per 10,000 population)	14.0	10.3	24 Vic Commission for Liquor and Gambling Regulation 2018
Number of venues with an on-licence alcohol licence (per 10,000 population)	21.8	15.7	
Number of venues with a full club alcohol licence (per 10,000 residents)	4.7	1.3	

- One in 12 emergency department presentations are alcohol related



SOCIO-ECONOMIC FACTORS

Indicator	South Gippsland	Victoria	
Socio-economic factors			
Median household income	\$1,039	\$1,419	2 Census 2016
Individual income less than \$500 per week	42.3%	38.4%	
Unemployment rate June 2018	4.3%	4.8%	17 Small Area Labour Markets June 2018
Proportion of school leavers participating in higher education	24.0%	36.0%	13 Social Atlas (PHIDU) 2018
Children whose parents receive kinder subsidy fee	34.6	24.6	23 Victorian Child and Adolescent Monitoring
Mortgage stress	12.5%	10.2%	13 Social Atlas (PHIDU) 2018
Rental stress	33.4%	27.2%	
Rental housing that is affordable	81.3%	18.4%	
Households in dwellings receiving govt. rent assistance	12.2%	15.7%	
Food insecurity – people who ran out of food in previous 12 months and could not afford to buy more	6.1%	4.6%	5 CIV
All homeless persons	70	22,789	4 Vic Communities
Proportion of age pensioners of people aged 65 and over	70.2%	69.5%	13 Social Atlas (PHIDU) 2018
Disability support pensioners	7.0%	4.9%	

HEALTH BEHAVIOUR

Indicator	South Gippsland	Victoria		
Health status				
Residents reporting health as very good or excellent	45.8%	53.6%	15 Regional Wellbeing Survey	
Preventable hospitalisations due to dental conditions for children 0 – 4 years average 2013 – 2014 (per 1,000 population)	2.5 Down from 6.4 (2012-13)	3.8	7 Dental Health Services Victoria	
Poor dental health (adults 2011 – 2012)	7.6%	6.2%		
Adults whose visit to the dentist was 2 or more years ago (2011 – 2012)	20%	14%		
Children who brush their teeth twice daily 2013	64.9%	71.7%	23 Victorian Child Adolescent Monitoring System 2014	
Young people who brush their teeth twice daily	53.1%	64.4%		
Proportion of children aware of sun protection	69.7%	62.5%		
Proportion of young people who protect from sun with sunscreen or hat	23.0%	22.5%		
People reporting heart disease	8.7%	7.2%	8 Gippsland Health and Human Services Profile	
Incidence of cancers (per 1,000 population)	Female	6.3%		4.8%
	Male	8.2%		5.6%
Premature mortality by cause cancer (per 100,000 pop)	89.4	97.8		
Notifications of Pertussis (whooping cough) (per 1,000 population)	125.3	80.9		
Children fully immunised at 5 years of age	93.9%	93.0%	13 Social Atlas (PHIDU) 2018	
Proportion of males fully immunised dose 3 HPV	83.4%	75.8%		
Proportion of females fully immunised dose 3 HPV	84.2%	80.9%		
Children exposed to tobacco smoke in the home	21.4%	18.5%	23 Victorian Child Adolescent Monitoring System 2014	
Current smokers	10.4%	9.8%	27 Vic Pop Health Inequities of health	

*rural and regional Victoria

SEXUAL AND REPRODUCTIVE HEALTH

Indicator	South Gippsland	Victoria	
Sexual and reproductive health			
Total fertility rate	2.3%	1.9%	1 Births Australia
Teenage fertility rate	9.8%	9.4%	8 Victorian Womens Health Atlas
Chlamydia rate (per 10,000 pop) 2017	Female	11.5	
	Male	10.1	17.2
Proportion of adolescents who practice safe sex by using a condom	22.8%	27.0%	23 Victorian Child Adolescent Monitoring System 2014

ACCESS TO SERVICES

Indicator	South Gippsland	Victoria	
Services			
Access to public transport	63.4%	39.3%*	15 Regional Wellbeing Survey 2017
Number of medical specialists (per 1,000 population)	0.12	1.31	10 GPHN South Gippsland Profile
Young people who can access physical health service when needed	91.0%	87.9%	23 VCAMs Victorian Child Adolescent Monitoring System
Young people who can access mental health services when needed	40.0%	41.6%	

*rural and regional Victoria



DIVERSITY AND SEXUALITY

Indicator Victorian	LGBTI	Heterosexual	
Subjective wellbeing	73.6%	77.5%	28 VicHealth Indicators Sexuality Supplement
Drink alcohol at levels to put them at risk			
	men	53%	41%
	women	35%	20%
Suicide attempts per population group	Trans	35%	29 LGBTI National LGBTI Health Alliance
	LGBTI young people	16%	
	Intersex	19%	
Proportion of population of diverse sexual orientation or gender identity	11	100	27 Australian Human Rights Commission

DATA SOURCES

- 1) Australian Bureau of Statistics (ABS) Births LGA 2016 <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3301.0>
- 2) Australian Bureau of Statistics (ABS) Census 2016 <http://www.abs.gov.au/census>
- 3) Australian Centre for Agricultural Health and Safety Farm Safety Report Card 2017 <http://sydney.edu.au/medicine/aghealth>
- 4) City of Greater Dandenong and the Victorian Local Government Association Statistical Data for Victorian Communities (VLGA) <http://www.greaterdandenong.com/document/18464/statistical-data-for-victorian-communities>
- 5) Community Indicators Victoria 2011 http://www.communityindicators.net.au/wellbeing_reports/south_gippsland
- 6) Crime Statistics Agency 2018 <https://www.crimestatistics.vic.gov.au/crime-statistics/latest-crime-data>
- 7) Dental Health Services Victoria South Gippsland Shire Oral Health Profile 2016 <https://www.dhsv.org.au/oral-health-programs/LGA-oral-health-profiles>
- 8) Victorian Women's Health Atlas 2018 <http://victorianwomenshealthatlas.net.au>
- 9) Family Violence Portal Crime Statistics Agency 2016/17 <https://www.crimestatistics.vic.gov.au/family-violence-data-portal/family-violence-data-dashboards>
- 10) Gippsland Primary Health Network South Gippsland Profile 2016 <http://www.gphn.org.au/wp-content/uploads/2014/02/South-Gippsland-FINAL.pdf>
- 11) Id Consulting for South Gippsland Shire Council:
 - a. Community Profile <http://profile.id.com.au/south-gippsland>
 - b. Forecast id <http://forecast.id.com.au/south-gippsland>
 - c. Atlas id <http://atlas.id.com.au/south-gippsland>
- 12) National Health Survey 2014 – 2015 in (DHS LGA Profile 2015) <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.001>
- 13) Public Health Information Development Unit (PHIDU). Social Health Atlas of Australia: Primary Health Networks <http://www.phidu.torrens.edu.au/social-health-atlases/data>
- 14) Australia's Health Tracker <http://www.atlasesaustralia.com.au/ahpc/aust-health-tracker-area.html>
- 15) Regional Wellbeing Survey 2015 <http://www.canberra.edu.au/research/faculty-research-centres/ceraph/regional-wellbeing/survey-results/2015>
- 16) School Entry Health Questionnaire 2016 <http://www.education.vic.gov.au/about/research/Pages/reportdatahealth.aspx>

- 17) Small Area Labour Markets March 2017 Quarter <https://www.employment.gov.au/small-area-labour-markets-publication>
- 18) Turning Point
<http://aodstats.org.au/VicLGA>
- 19) VicHealth Indicators Survey 2012 <https://www.vichealth.vic.gov.au/media-and-resources/publications/vichealth-indicators-survey-lga-profiles>
- 20) VicHealth Indicators Survey 2015 <https://www.vichealth.vic.gov.au/media-and-resources/publications/vichealth-indicators-lga-profiles-2015>
- 21) VicHealth Sport Participation Research Study 2015 <https://www.vichealth.vic.gov.au/media-and-resources/publications/victorian-participation-in-organised-sport>
- 22) VicPol LEAP database 2014 http://www.police.vic.gov.au/content.asp?Document_ID=782
- 23) Victorian Child and Adolescent Monitoring System VCAMS 2014
<http://www.education.vic.gov.au/about/research/Pages/vcamstableau.aspx>
- 24) Victorian Commission for Gambling and Liquor Regulation
<https://www.vcglr.vic.gov.au/resources/data-and-research>
- 25) Victorian Population Health Survey 2011 <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>
- 26) Victorian Population Health Survey 2014 – Inequalities in health
<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>
- 27) Australian Human Rights Commission 2014 – Face the Facts
<https://www.humanrights.gov.au/education/face-facts/face-facts-lesbian-gay-bisexual-trans-and-intersex-people>
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<https://www.google.com.au/search?q=VicHealth+Indicators+sexuality+supplement&oq=VicHealth+Indicators+sexuality+supplement&aqs=chrome..69i57j0j7&sourceid=chrome&ie=UTF-8>
- 29) National LGBTI Health Alliance
<https://lgbtihealth.org.au/statistics>