

Gippsland Health

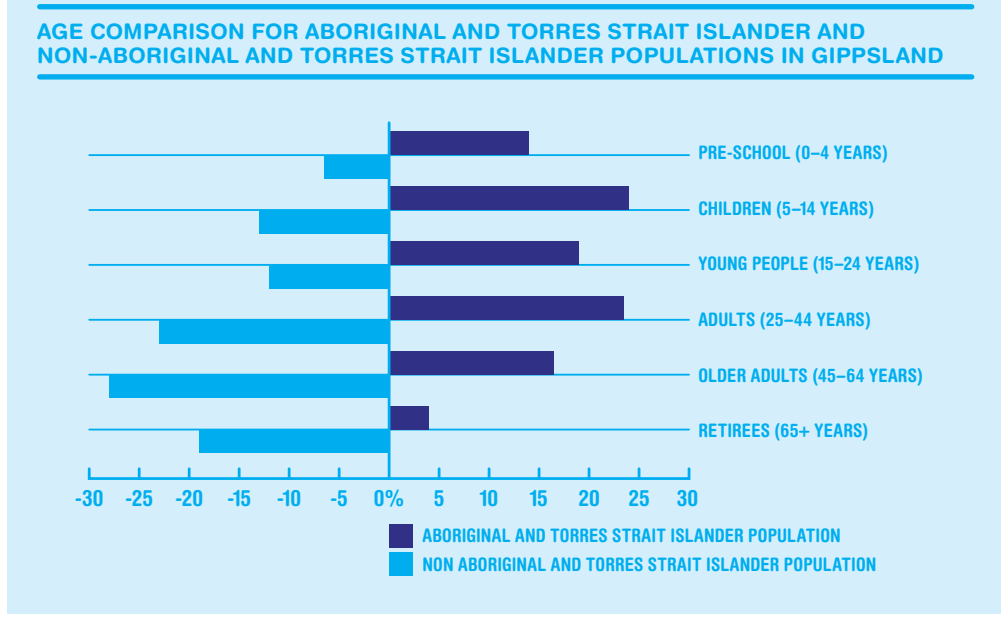
A SNAPSHOT OF OUR HEALTH NEEDS

This snapshot shows seven priority health areas identified by Gippsland Medicare Local's population health needs assessment of the region. In 2014-15, Gippsland Medicare Local will collaborate and partner with local health services and other agencies to identify strategies to respond to these health needs and improve the health and wellbeing for the entire community as well as reduce unequal health outcomes between population groups.



ABORIGINAL HEALTH

The Gippsland Aboriginal and Torres Strait Islander population is growing rapidly and is relatively young. Many Aboriginal and Torres Strait Islander people die at a much younger age than the wider population, due in part to preventable chronic disease. Too often, Aboriginal and Torres Strait Islander people do not get the culturally safe health care they need, when and where they need it.



THE AGEING POPULATION

30% OF GIPPSLAND POPULATION WILL BE AGED 65+ BY 2026

GIPPSLAND HAS HIGHER RATES OF PERSONS OVER 75 LIVING ALONE AND A HIGHER PERCENTAGE OF PEOPLE NEEDING ASSISTANCE WITH DAILY ACTIVITIES

A NEED FOR COMMUNITY AND HEALTH SERVICES TO PLAN, COORDINATE AND DELIVER MORE SERVICES IN THE HOME AND DEDICATED AGED CARE PLACES IN THE FUTURE

PEOPLE WITH DEMENTIA WILL TRIPLE BY 2026

Year	Number of People with Dementia
2010	~10
2030	~30
2050	~90

CHILDREN AND FAMILIES

NUMBER OF GIPPSLAND FAMILIES WITH CHILDREN UNDER 15

Region	Number of Families
Bass Coast	2610
South Gippsland	2602
Baw Baw	4397
Latrobe	7414
Wellington	4018
East Gippsland	3794

LATROBE HAS THE HIGHEST NUMBER OF FAMILIES WITH CHILDREN UNDER 15

Gippsland has high numbers of families with young mothers and single parents, Aboriginal families, families exposed to violence and economically disadvantaged families.

ACCESS TO HEALTH SERVICES

When people can't see a GP when they need to they may delay seeing their doctor putting their health at risk or choose to go to the emergency department which ties up these busy services.

FARMER WITH A MILD HEART CONDITION

NEAREST GP IS A 4 HOUR ROUND TRIP
PUTS OFF REGULAR HEALTH CHECKS
HEAR CONDITION WORSENS WITH SEVERE CHEST PAIN IS RUSHED TO HOSPITAL

BABY WITH A FEVER

NOT ENOUGH LOCAL DOCTORS
NO APPOINTMENT UNTIL TOMORROW
MUM TAKES HER BABY TO THE EMERGENCY DEPARTMENT

MENTAL HEALTH

There is a need to increase mental health services for people with serious mental health problems as well as the need for more concentrated effort in the prevention and early intervention of mental illness.

13% OF PEOPLE HAVE A HIGH OR VERY HIGH DEGREE OF PSYCHOLOGICAL DISTRESS IN GIPPSLAND.

59% ONLY 59% OF YOUNG PEOPLE FELT THEY COULD ACCESS A MENTAL HEALTH SERVICE IF THEY NEED ONE

GIPPSLAND PEOPLE USE DRUG AND ALCOHOL AND MENTAL HEALTH SERVICES AT A MUCH HIGHER RATE THAN THE VICTORIAN AVERAGE

CHRONIC DISEASE

MANY GIPPSLAND RESIDENTS COULD MAKE LIFESTYLE CHANGES TO PREVENT CHRONIC DISEASES.

LESS THAN ONE IN TEN PEOPLE EAT THE RIGHT AMOUNT OF FRUIT & VEG

ONLY HALF OF GIPPSLAND RESIDENTS WERE MEETING PHYSICAL ACTIVITY GUIDELINES

1 IN EVERY 5 GIPPSLAND RESIDENTS ARE OBESE

ONLY HALF THE POPULATION HAD HEALTH CHECKS FOR DIABETES IN THE PAST TWO YEARS

YOUNG PEOPLE

Sexually active young people are at risk of unplanned pregnancy and sexually transmitted infections (STIs). Gippsland is ranked the third highest of all Victorian regions for teenage births and adolescents contracting STIs.

1 IN EVERY 4 GIPPSLAND ADOLESCENTS HAVE HAD SEXUAL INTERCOURSE

ONLY 63% PRACTICE SAFE SEX BY ALWAYS USING A CONDOM

CHLAMYDIA IS MOST THE COMMON STI AMONG GIPPSLAND ADOLESCENTS.

GIPPSLAND'S TEENAGE BIRTH RATE IS 18.1 PER 1000 YOUNG WOMEN, COMPARED TO THE VICTORIAN AVERAGE OF 10.6.

People can also request a copy of the entire range of data considered in our report to the Australian Government by contacting us on 03 5126 2899 or info@gml.org.au.