

Goulburn Valley Community Profile Data – Summary

The population across the Goulburn Valley is diverse, and the three local government areas of Greater Shepparton, Moira and Strathbogie each have markedly different characteristics with regards to their populations, health outcomes and other important characteristics to consider when planning for health and wellbeing priorities. For these reasons, the summary of available population health data is presented separately to highlight the findings of note within each area. Some issues that are common across the whole of the Goulburn Valley are then presented.

GREATER SHEPPARTON

- **Our indigenous population is almost six times the Victorian average.** 3.2% of the population in Greater Shepparton are of Aboriginal and/or Torres Strait Islander origin, compared with 0.6% of the Victorian population (ABS, 2006 Census). The indigenous population in Victoria is also growing (10.1% increase between 2001-2006).
- **Gambling is a concern.** In 2006/2007, Greater Shepparton had a higher net Electronic Gaming Machine (EGM) expenditure per person than the country Victoria average.
- **Our crime rates are higher than the Victorian rate.** In 2007/08 and 2008/09, Greater Shepparton had a higher rate of crimes against person, crime against property and other crime than the Victoria rate.
- **Our population is concerned about their personal safety.** 59.6% of Greater Shepparton residents felt safe or very safe when walking alone at night in their local area compared to 73.6% in the Hume region and 66.5% for Victoria.
- **Our rate of teenage pregnancy is more than twice the Victorian average.** In 2007, 5.4% of all confinements in Greater Shepparton were to mothers younger than 20 years of age, compared with the Victorian average of 2.6%.
- **We have significant numbers of disengaged school leavers.** In the Goulburn Valley, Greater Shepparton had the highest percentage of disengaged 15–19 year old school leavers (24.6%) and this rate is significantly higher than the Victoria rate (15.4%).
- **Cancer is the leading cause of death for our men, especially lung cancer.** In 2006, the most common cause of death for males residing in both Greater Shepparton & Moira was neoplasms. Further analysis found that deaths from cancer are highest in the western part of Greater Shepparton, and that the most common cancers are lung cancer, followed by colorectal.
- **Our rate of diagnosed diabetes is high and has almost doubled in the last 5 years.** Greater Shepparton has the 28th highest prevalence of diabetes (all types combined) in Victoria (out of 79 local government areas) with 4.3% of the population having diabetes in 2006, and a 90% increase since 2001. This pattern is very similar to Moira. Furthermore, across the Goulburn Valley, diabetes contributed the greatest number of avoidable hospital admissions in 2007/08.

STRATHBOGIE

- **Our population is considerably older.** 22.2% of Strathbogie's population are aged 65 years compared to 13.8% for Greater Shepparton and 13.7% for Victoria. Moira is not far behind on 19.6%. The median age for persons residing in Strathbogie is 47, compared to Victoria's 37 and Greater Shepparton's 36 and Moira's 42.
- **Transport limitations are very high.** In 2007, 31% of Strathbogie residents experienced transport limitations in the previous 12 months, 1.5 times the Victorian average of 20.3%.
- **Circulatory system diseases such as heart disease and stroke are the leading cause of death for our men.** In 2006, for males residing in Strathbogie the common cause of death was diseases of circulatory system.
- **Our rates of breastfeeding are considerably lower.** In 2007/2008, rates of breastfeeding (fully breastfed) on discharge in Strathbogie (56.3%) were significantly lower than the Hume region (77%) and Victoria (74.7%).
- **Our rate of diabetes is very high and increasing rapidly.** Strathbogie has the 12th highest prevalence of diabetes (all types combined) in Victoria (out of 79 local government areas) with 5.69% of the population having diabetes in 2008, which is a 95% increase since 2001. This is considerably higher than Moira (4.80%) and Greater Shepparton (4.92%).

MOIRA

- **Our indigenous population is almost twice the Victorian average** at 1.1%, compared with 0.6% of the Victorian population (ABS, 2006 Census). The indigenous population in Victoria is also growing (10.1% increase between 2001-2006).
- **Our population is somewhat older.** 19.6% of Moira's population are over 65 years compared to 13.8% for Greater Shepparton and 13.7% for Victoria. Strathbogie is older again at 22.2%. The median age for persons residing in Moira is 42, compared to Victoria's 37 and Greater Shepparton's 36, a little behind Strathbogie's 47.
- **Our rate of teenage pregnancy is almost twice the Victorian average.** In 2007, 4.9% of all confinements in Moira were to mothers younger than 20 years of age, compared with the Victorian average of 2.6%.
- **Cancer is the leading cause of death for our men, especially lung cancer.** In 2006, the most common cause of death for males residing in both Greater Shepparton & Moira was neoplasms. A large portion of this is lung cancer, followed by colorectal cancers.
- **Our rate of diagnosed diabetes is high and is increasing rapidly.** Moira has the 25th highest prevalence of diabetes (all types combined) in Victoria (out of 79 local government areas) with 4.8% of the population having diabetes in 2008, a 119% increase since 2001. 2 new cases of diabetes are diagnosed each week in Moira.

GOULBURN VALLEY- CATCHMENT WIDE ISSUES

- **Our men's life expectancy is lower than the Victorian average.** The life expectancy for a male born in the Goulburn Valley in 2006 is 78.5, compared to the Victoria state estimate of 80.0 years. Unfortunately, this will be significantly influenced by our high numbers of indigenous population.
- **Cardiovascular disease is the most common cause of death for our women and a significant cause of lost healthy years for both men and women.** In 2006, the most common cause of death females residing in the Goulburn Valley was diseases of the circulatory system. The second highest DALY (Disability adjusted Life Years) rate for males and females (2001) in Greater Shepparton, Moira & Strathbogie was cardiovascular disease.
- **Cancer is the most significant cause of lost healthy years.** In 2001, malignant cancers had the highest DALY rate for males and females in Greater Shepparton, Moira and Strathbogie. This rate was higher than the Victorian average.
- **Our smoking rates are higher than the Victoria average and highest in the west of Moira.** In 2004/05 the rate of male and female smokers in all Statistical Local Areas in the Goulburn Valley was higher than the Victoria rate, with western parts of Moira at age standardised rate of 331/1,000 and central Shepparton (318) and eastern part of Moira (317).
- **Cervical screening rates are too low.** The percentage of females participating in cervical cancer screening in Greater Shepparton, Moira & Strathbogie was lower than the Hume region.
- **Unemployment is higher than the Victorian average, and school completion is lower.** The unemployment rate (December Quarter 2008) is 5.4% in the Goulburn Valley, compared to 4.4% for Victoria. The proportion of the population in Greater Shepparton, Moira and Strathbogie that completed Year 12 is lower than the Victorian average.
- **Suicide contributes to lost healthy years for our men at a much higher rate than Victoria.** The Disability Adjusted Life Years (DALY) rate for male suicide for Greater Shepparton (5.0%), Moira (5.6%) and Strathbogie (5.6%) were higher than Victoria overall (3.9).
- **Depression contributes to lost healthy years for women at higher rates than Victoria.** The DALY rate for depression for females residing in Greater Shepparton (8.6%), Moira (8.9%) & Strathbogie (8.9%) was higher than the Victorian rate (7.1%).
- **Diabetes complications were the most common avoidable hospital admission in the Goulburn Valley.** This was higher compared to the Victoria and Hume region rate for the 2007-2008 period.

Visit www.gvpcp.org.au for a copy of the GVPCP Community Profile 2009