

**Appendix One:  
2017 vs 2013**

**HEALTHY  
LIFESTYLES**



**Encourage healthy eating**

Not meeting fruit or vegetable guidelines:  
**46%** (down from 53.1%)<sup>1</sup>  
Drinks soft drink daily: **13.1%** (up from 10.3%)<sup>2</sup>



**Encourage sufficient physical activity**

Getting enough physical activity: **65.7%** (up from 58.3%)<sup>1</sup>  
Sedentary behavior: **3.9%** (down from 5.3%)<sup>1</sup>



**Prevent harm from alcohol**

High-risk drinkers at risk of short term harm:  
**47.2%** (down from 53.6%)<sup>1</sup>



**Reduce tobacco use**

Current smokers:  
**9.7%\*** (down from 11.4% 2011 & 21.4% 2008)<sup>1</sup>  
\*note small sample

**ACCESS, EQUITY,  
SAFETY AND  
INCLUSION  
FOR ALL**



**Promote mental wellbeing**

Mental health clients:  
**31.5** per 1000 people (up from 29.5)<sup>2</sup>



**Prevent violence against women and children**

Family violence incidents reported to police:  
**18.9** per 1000 people (up from 12.2)<sup>3</sup>



**Improve the accessibility and equity of programs and services**

People reporting excellent or very good health: **52.6%** (up from 48.7%)<sup>4</sup>  
Access to General Practitioners:  
**1.6 GPs** per 1000 people (up from 1.04)<sup>2</sup>  
Emergency Department visits:  
**514.6** per 1000 people (up from 510)<sup>2</sup>

**ACCESS TO  
ECONOMIC  
RESOURCES**



**Promote economic participation**

Referrals to VolunteerConnect by CentreLink: n= **51** (up from 41)<sup>5</sup>  
Labour force participation rate:  
–No new data available (61%)<sup>6</sup>



**Improve educational attainment**

Prep children vulnerable on two or more domains:  
**8%** (up from 7.5%)  
20-24 year olds completed Year 12 or equivalent:  
No new data available (60.6%)<sup>6</sup>

**Data Sources:**  
1. Victorian Population Health Survey    2. Department of Health    3. Victoria Police    4. Community Indicators Victoria    5. Warrnambool City Council    6. Australian Bureau Statistics, Census 2011



# Southwest PCP

YOUR PRIMARY CARE PARTNERSHIP

## Health and Wellbeing Trends for the SWPCP area

Cameron Price. May 2017.

This document provides an overview of some trends for the purpose of health and wellbeing planning in Warrnambool, Moyne and Corangamite.

### Executive summary

#### Obesity

Adult obesity is a significant problem in Corangamite and getting worse. The proportion of adults who are overweight or obese in Warrnambool is high. The number of children in Moyne who are on a trajectory to being overweight or obese as adults is concerning.

#### Physical activity

Adults in Warrnambool are less likely than the State average to walk for 10 minutes or more. Employed people in Corangamite and Moyne are more likely to have work that involves heavy labour and less likely to be predominantly sitting than the State average. In a class of 25 students in Moyne, only four are meeting the guidelines for physical activity. Three in five children are meeting the screen time guidelines. More children in Warrnambool are walking or cycling for transport than in Moyne or Corangamite.

#### Diet

Fruit consumption by Warrnambool adults is better than the State average. Too few people have sufficient serves of vegetables. About three in four children have enough fruit. Only about one in five children are getting enough vegetables. Nine in ten children have take-away food once or less per week.

#### Alcohol use

People in Warrnambool and Moyne are more likely than the State average to have lifetime harm from alcohol or to have an alcohol-related injury. The risk of alcohol-related injury is much higher for males than females, particularly in Moyne where one in five males are at very high risk of short-term harm each month. Males Corangamite and Moyne are more likely to this intoxication is acceptable.

#### Mental wellbeing

People in Moyne are less likely than the State average to have high or very high psychological distress. Also, the percentage of people in Moyne who sought help for a mental health problem is lower than the State average. Warrnambool has a higher rate of depression and anxiety than the State average, and it is getting worse.

#### Early childhood development

There has been a significant increase in the proportion of children in Warrnambool who experience challenges that interfere with their ability to physically cope with the school day. In Corangamite, there has been a significant increase in the proportion who are on track and a decrease in the proportion of children who are vulnerable in this domain.

The proportion of children who are on track with social competence and emotional maturity in this area is not worse than the State average. One in ten children in Corangamite have challenges related to emotional regulation.

The proportion of children in the SWPCP area on track with language and cognitive skills is not statistically different from the Victorian average. One in ten children in Corangamite have significant challenges in reading/writing and with numbers.

In both Corangamite and Moyne, there has been a significant increase in the proportion of children who have excellent communication skills, can tell a story and communicate easily with both children and adults, and have no problems with articulation. However, still one in fifteen children in Corangamite have poor communication skills and articulation; have limited command of English, have difficulties talking to others, understanding, and being understood; and have poor general knowledge.

In a class of 23 Corangamite children, on average five will be vulnerable on at least one domain and two or three are vulnerable on two or more domains. There has been a significant increase in the proportion of children in Warrnambool who are vulnerable on at least one domain.

#### Risk and protective factors

Risk factors in the community domain for year 8 Warrnambool children are low, particularly “community disorganisation” and “personal transitions & mobility”. This is an important community strength. Risk factors in the family domain are not improving. Parental attitudes favourable to alcohol and other drug use is concerning. There is a significantly higher proportion of year 8 students in Warrnambool with the risk factor “low commitment to school” than the national average, driving low attainment rates.

Individual/peer risk factors for Warrnambool year 8s are low and/or getting lower. This is a credit to those young people and the adults who guide them.

Community and school protective factors are trending in the wrong direction. Opportunities and rewards for prosocial involvement have declined and recognition for prosocial involvement in schools is now lower than the national average. There has been a significant decrease in the proportion of year 8 students in Warrnambool with the protective factor “family attachment”.

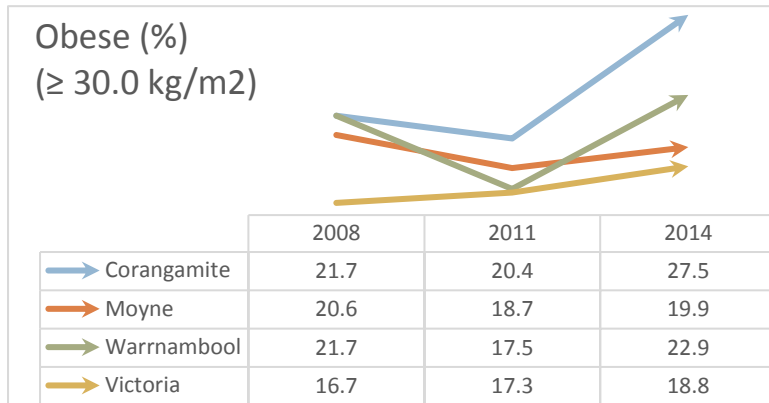
Individual protective factors are also trending in the wrong direction. There has been a significant decrease in the proportion of year 8 students in Warrnambool with the protective factors “religiosity”, “emotional control” and/or “coping with stress”. More young people are struggling. The proportion of year 8 students in Warrnambool with the protective factor “belief in the moral order” is significantly less than the national average. This lack of trust in the social contract is predictive of anti-social behaviour.

#### Children’s health-related quality of life

Half of the children in Corangamite fall below the clinical screening threshold flagging them for probably having at least a moderate physical health condition.

The quality of life of a significant proportion of children in Corangamite, and to a lesser extent in Moyne, are impacted by social/emotional problems and/or are not coping at school.

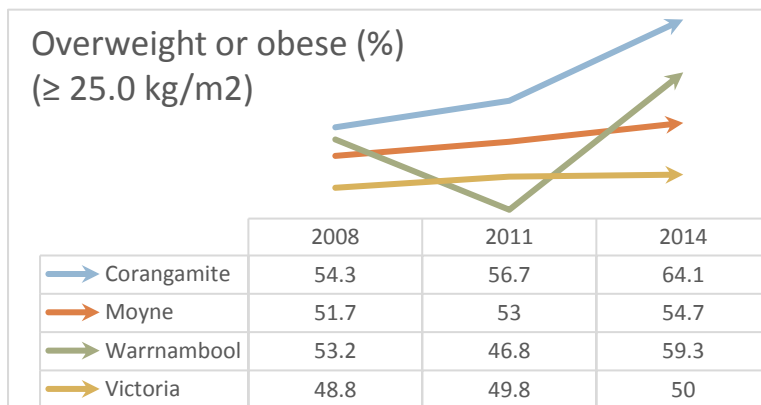
## Adult obesity



Corangamite has a significantly higher rate of adult obesity compared to the State average.

Also of concern is the high rate of adult obesity in Warrnambool.

VPHS<sup>1</sup>

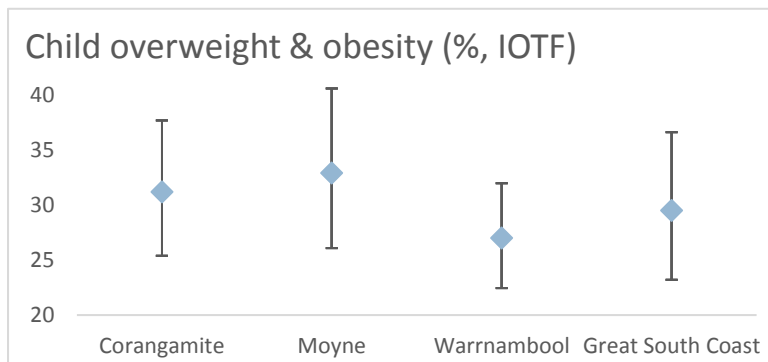


Corangamite has a significantly higher rate of adults who are overweight or obese compared to the State average. In a room of 28 people, on average 18 are either overweight or obese.

Half of Victorian adults are overweight or obese. In three years, the proportion in Warrnambool has jumped from under that to three in five.

VPHS

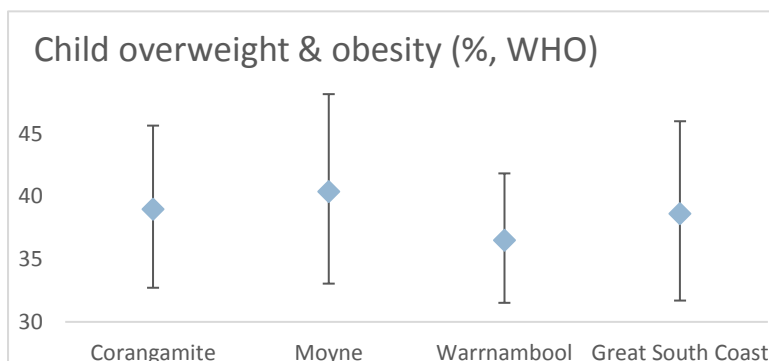
## Childhood obesity



The number of children in Moyne who are overweight or obese is concerning.

Unfortunately, there is no Victorian data against which to compare.

GLOBE<sup>2</sup>



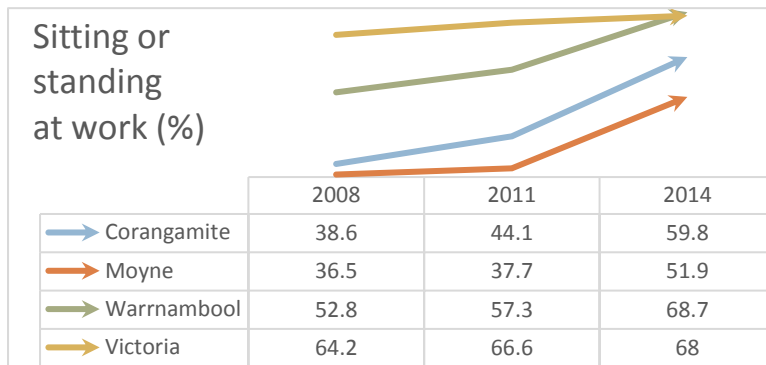
There is not yet an international standard for assessing the rates of overweight and obesity in children, so both the proportions for both World Health Organisation and the International Obesity Task Force.

GLOBE

<sup>1</sup> VPHS indicates the data came from the Victorian Population Health Survey 2015.

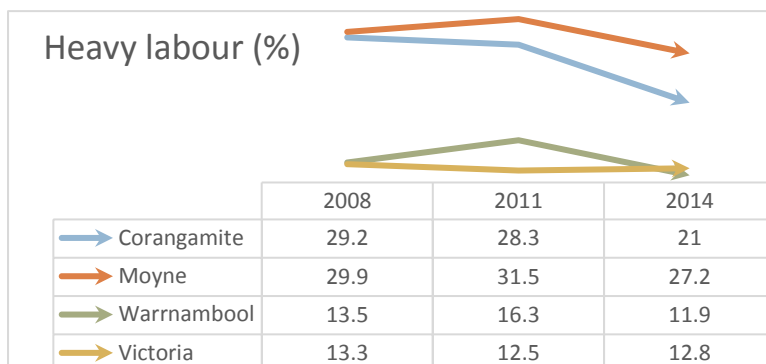
<sup>2</sup> GLOBE indicates the data was provided courtesy of the Global Obesity Centre at Deakin University.

## Adult physical activity



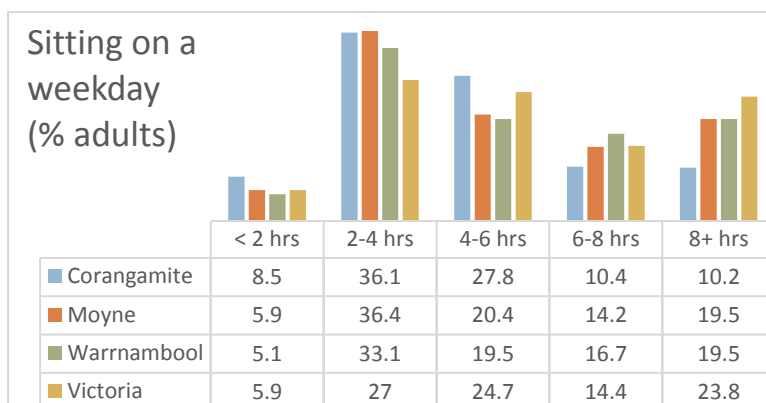
For employed people in Corangamite and Moyne it is less likely than the State average that sitting is the predominant type of physical activity undertaken at work.

VPHS



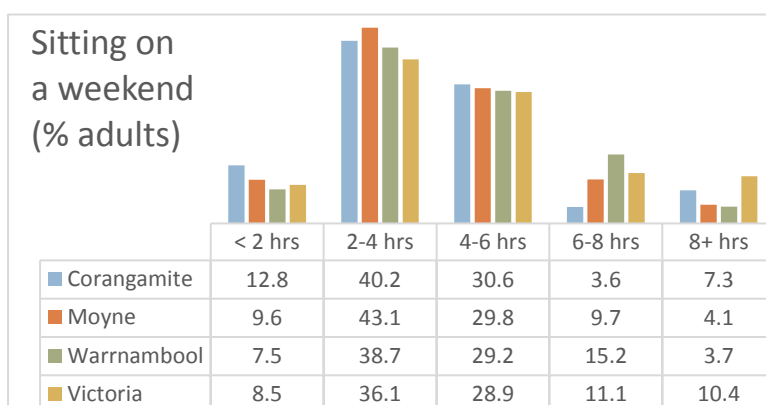
Employed people in Moyne and Corangamite are more likely to have heavy labour or physically demanding work than the State average.

VPHS



People in Corangamite are less likely than the State average to sit eight or more hours on a weekday.

VPHS

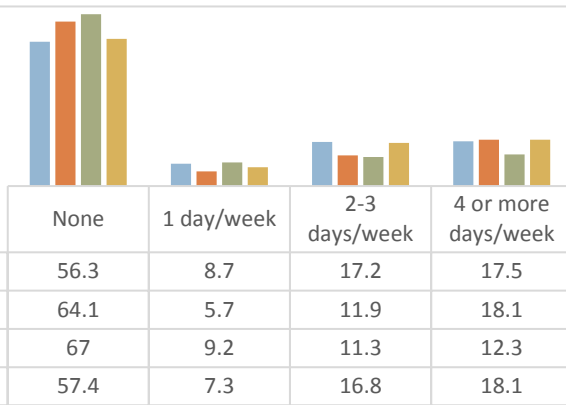


People in Corangamite are less likely than the State average to sit between six and eight hours on a weekend day.

People in Moyne and Warrnambool are less likely than the State average to sit for eight hours or more on a weekend day.

VPHS

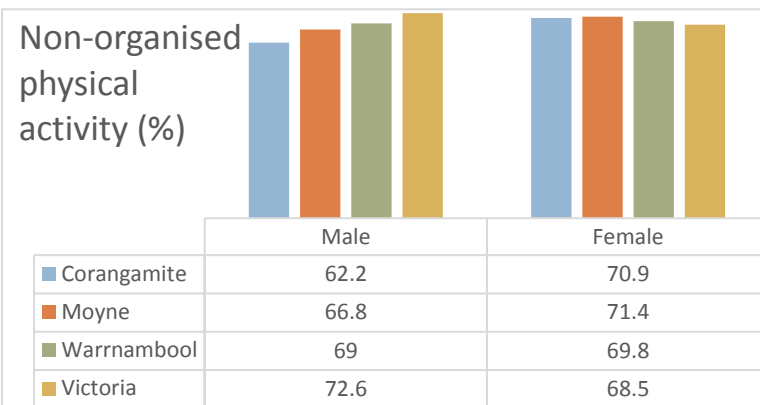
Went for 10+ minute walk (%)



People in Warrnambool are less likely than the State average to walk for transport for trips longer than 10 minutes.

VPHS

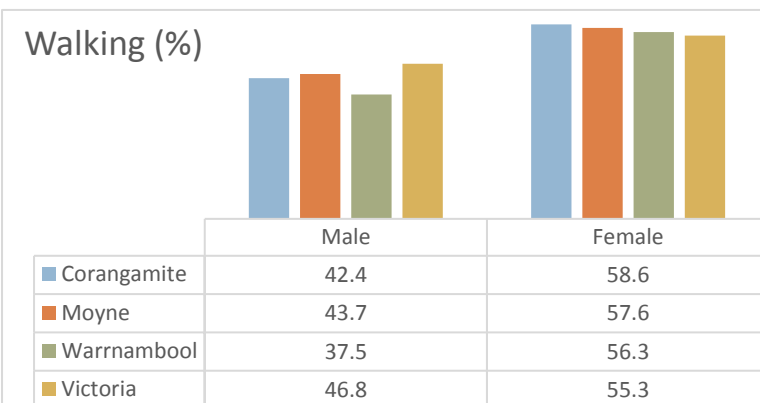
Non-organised physical activity (%)



Non-organised physical activity includes walking, swimming and going for a bike ride.

VicHealth<sup>3</sup>

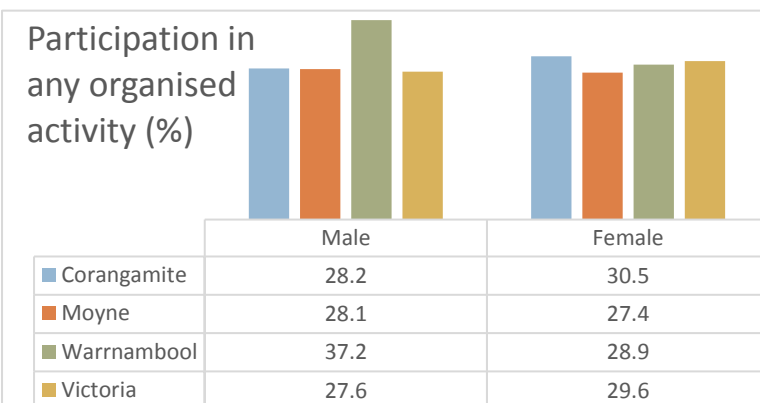
Walking (%)



Males are less likely to walk for exercise, particularly in Warrnambool.

VicHealth

Participation in any organised activity (%)



Males in Warrnambool are more likely to be involved in organised activity.

VicHealth

<sup>3</sup> VicHealth indicates the data came from the VicHealth Indicators Survey 2015.

Organised by a sports club or association (%)

Sport is an important feature of exercise for males, particularly in Warrnambool.

	Male	Female
Corangamite	18.2	8.9
Moyne	20.4	7.8
Warrnambool	28	7.1
Victoria	12.8	7

VicHealth

30 minutes of physical activity 0 days per week

	Male	Female
Corangamite	23.7	17.8
Moyne	24.6	19.6
Warrnambool	14.2	18
Victoria	16.9	20.9

VicHealth

30 minutes of physical activity 1-3 days / week

	Male	Female
Corangamite	36.3	37.2
Moyne	33.4	38.3
Warrnambool	46.7	37.6
Victoria	38.8	39.1

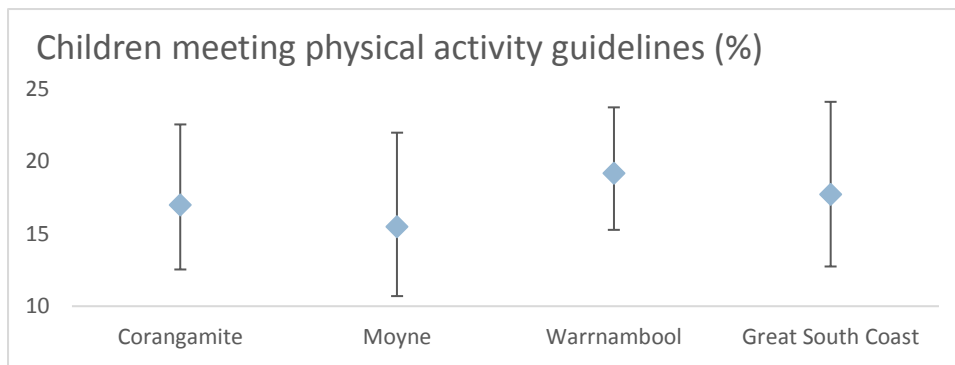
VicHealth

30 minutes of physical activity 4+ days / week

	Male	Female
Corangamite	39.7	43
Moyne	41.6	39.8
Warrnambool	38.5	42.7
Victoria	43.5	39.1

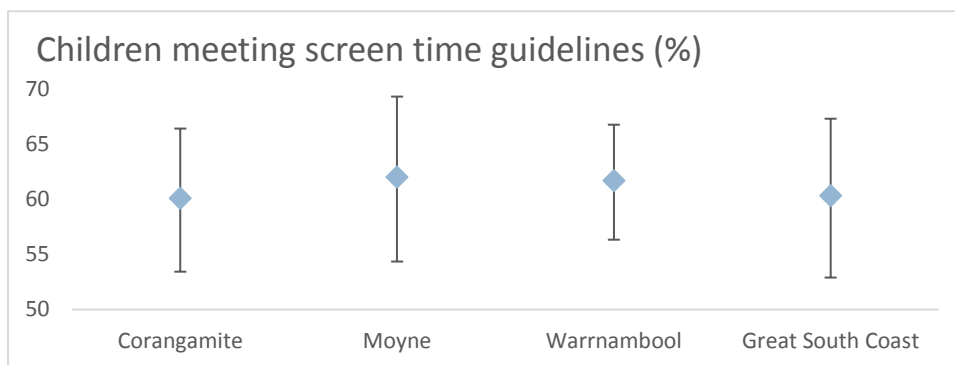
VicHealth

## Children's physical activity



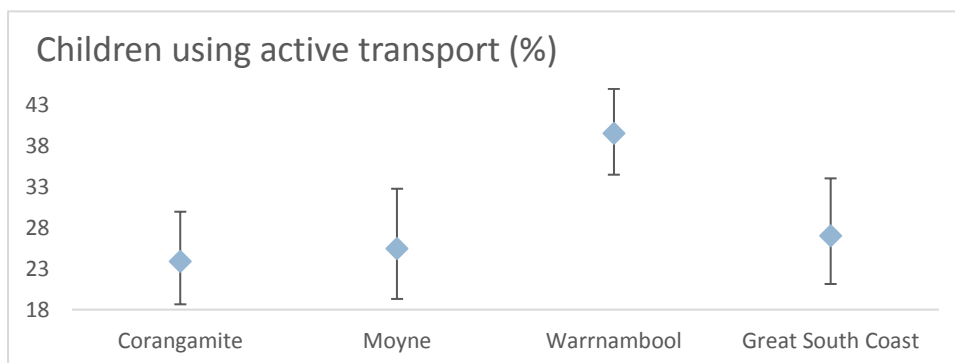
In a class of 25 students in Moyne, only four are meeting the guidelines for physical activity.

GLOBE



Three in five children are meeting the screen time guidelines.

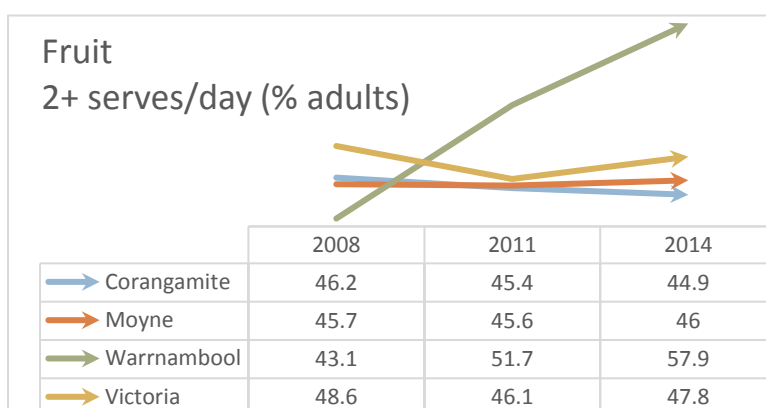
GLOBE



More children in Warrnambool are walking or cycling for transport than in Moyne or Corangamite.

GLOBE

## Adult diet

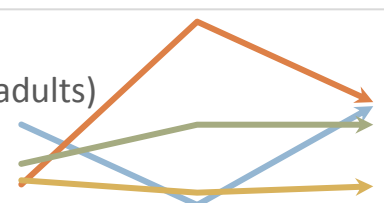


Adults in Warrnambool are more likely to meet the guidelines for fruit consumption.

VPHS



### Vegetables 5+ serves/day (% adults)

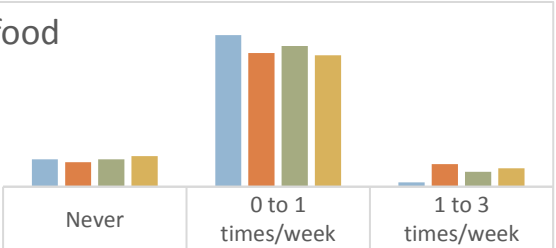


	2008	2011	2014
Corangamite	10.4	6.5	11.3
Moyne	7.5	15.4	11.5
Warrnambool	8.5	10.4	10.4
Victoria	7.7	7.1	7.4

Too few adults have sufficient serves of vegetables.

VPHS

### Take-away food (% adults)

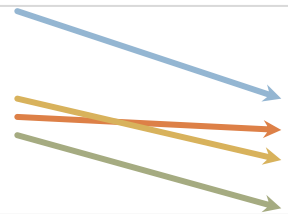


	Never	0 to 1 times/week	1 to 3 times/week
Corangamite	14.8	82.1	2.4
Moyne	13.3	72.3	12.2
Warrnambool	14.9	76.2	8.1
Victoria	16.6	71.2	9.9

Adults in Corangamite are more likely to have take-away food once each week than the State average. However, they are much less likely to have take-away food more than once a week.

VPHS

### Sugar-sweetened soft drinks daily (% adults)



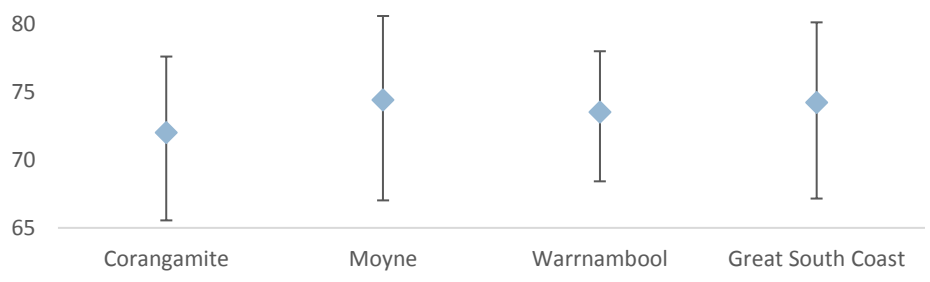
	2011	2014
Corangamite	22.6	15.9
Moyne	14.5	13.5
Warrnambool	13.1	7.5
Victoria	15.9	11.2

The number of adults who have sugar-sweetened drinks daily is generally trending down.

VPHS

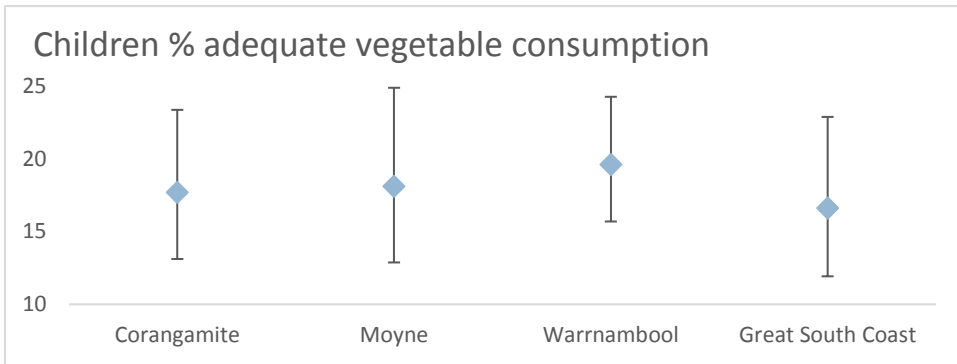
## Children's diet

### Children % adequate fruit consumption



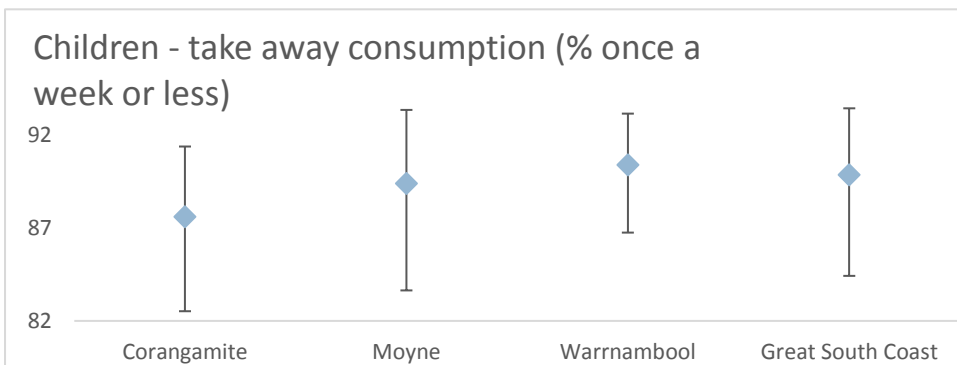
About three in four children have enough fruit.

GLOBE



Only about one in five children are getting enough vegetables.

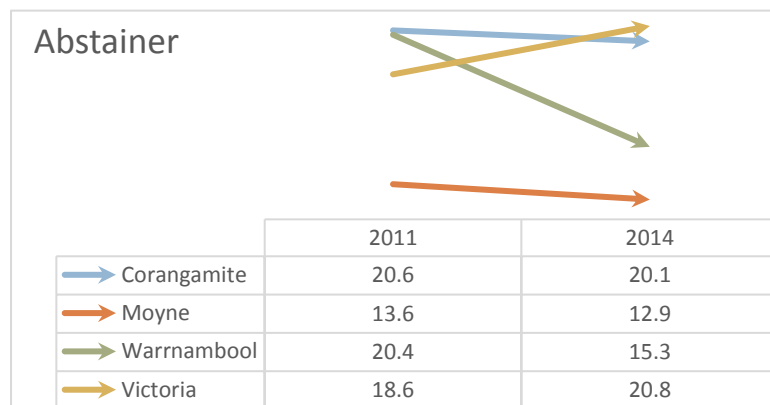
GLOBE



Nine in ten children have take-away food once or less per week.

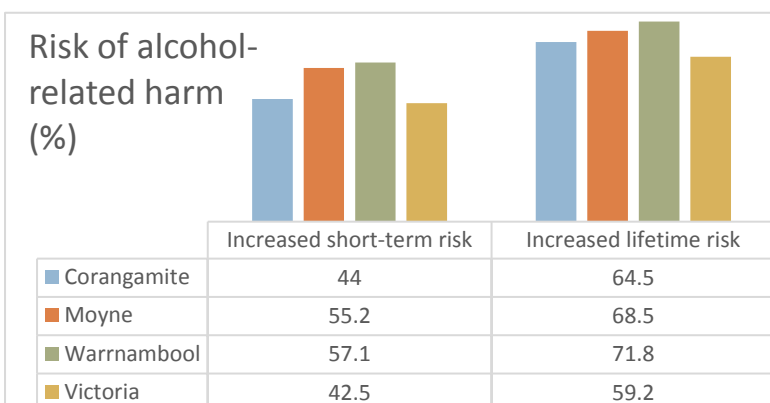
GLOBE

## Alcohol use



People in Warrnambool and Moyne are less likely than the State average to abstain from alcohol or no longer drink.

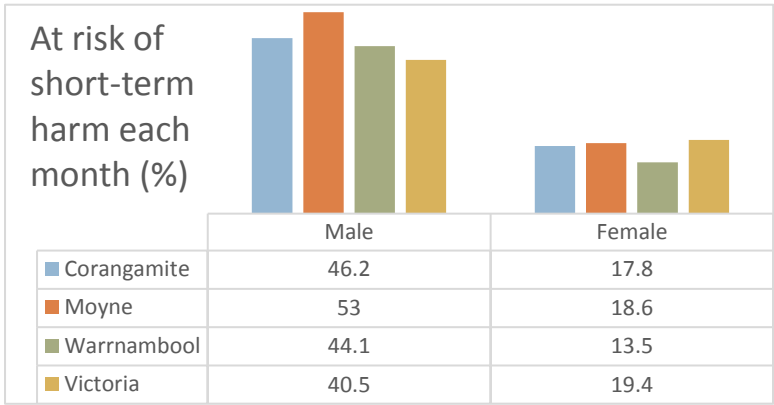
VPHS



People in Warrnambool and Moyne are more likely than the State average to have an increased lifetime risk of alcohol-related harm.

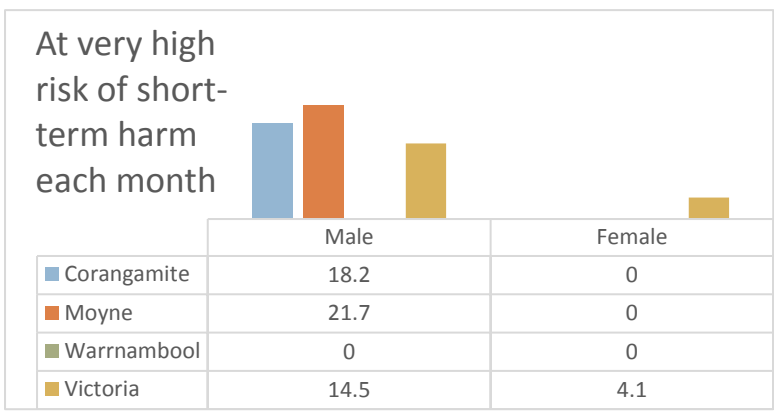
People in Warrnambool and Moyne are more likely than the State average to be at increased risk of an alcohol-related injury.

VPHS



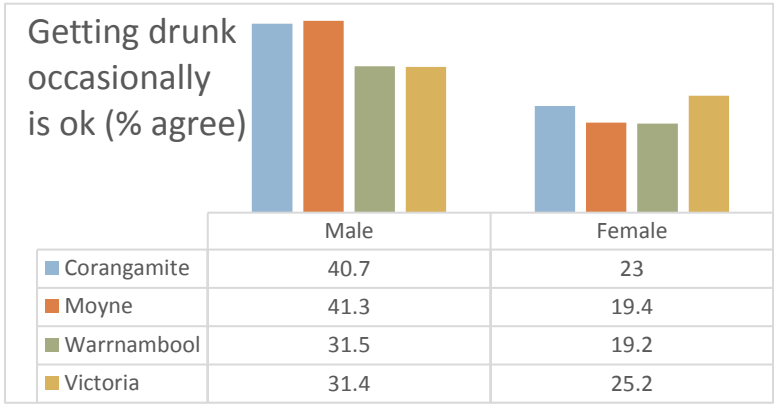
The risk of alcohol-related injury is much higher for males than females, particularly in Moyne.

VPHS



One in five males in Moyne are at very high risk of short-term harm each month. [Zero values indicate that the sample size was too small to report, not necessarily that there are no people at risk]

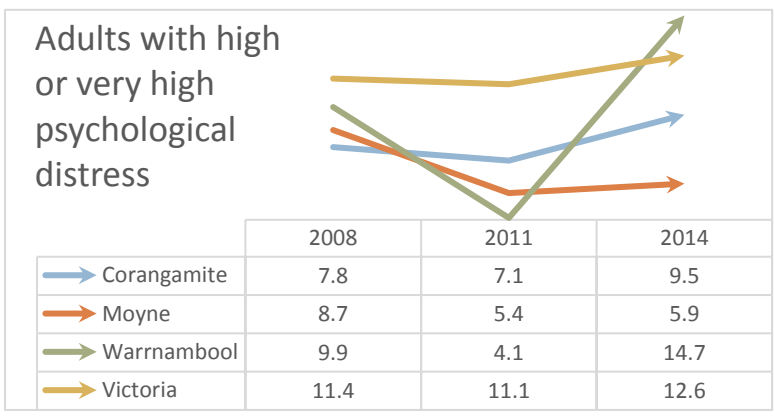
VicHealth



Males are more likely to have a positive view towards intoxication, particularly in Corangamite and Moyne.

VicHealth

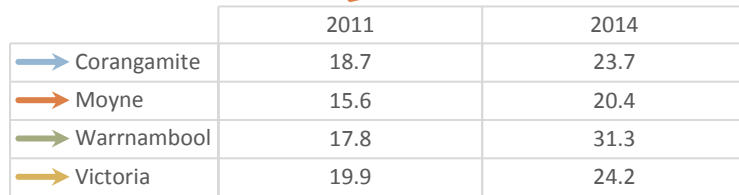
## Mental wellbeing



People in Moyne are less likely than the State average to have high or very high psychological distress.

VPHS

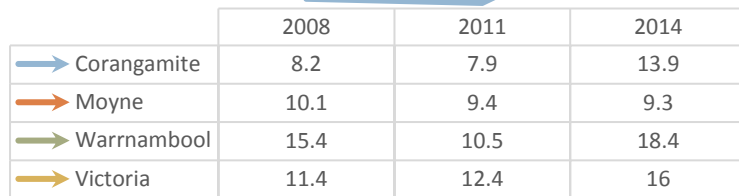
### Lifetime prevalence of depression and anxiety



Warrnambool has a higher rate of depression and anxiety than the State average.

VPHS

### Sought professional help for mental health (%)

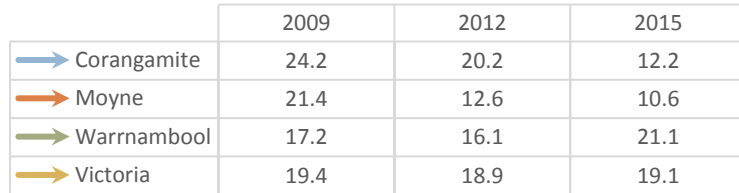


The percentage of people in Moyne who sought help for a mental health problem is lower than the State average.

VPHS

## Early childhood development

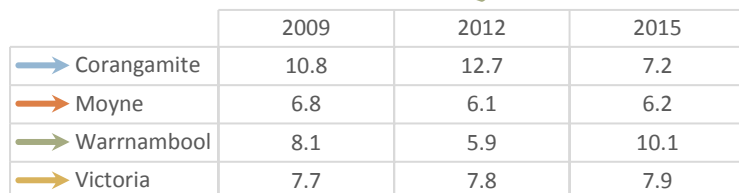
### Physical health and wellbeing: at risk or vulnerable (%)



There has been a significant increase in the proportion of children in Warrnambool who experience challenges that interfere with their ability to physically cope with the school day. In Corangamite, there has been a significant increase in the proportion who are on track in this domain. These children are generally independent, have excellent motor skills and have energy levels that can get them through the school day.

AEDC<sup>4</sup>

### Physical health and wellbeing: vulnerable (%)

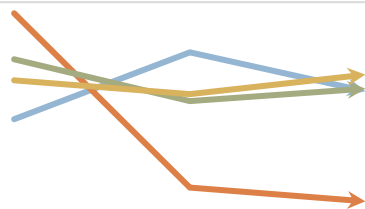


There has been a significant increase in the proportion of children in Warrnambool who are vulnerable in the physical health and wellbeing domain. This may include being dressed inappropriately, frequently late, hungry or tired. These children are usually clumsy and may have fading energy levels. In Corangamite, there has been a significant decrease in the proportion of children who are vulnerable in this domain.

AEDC

<sup>4</sup> AEDC indicates the data came from the Australian Early Development Census 2015.

Social competence:  
at risk or  
vulnerable (%)

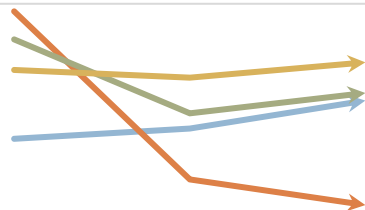


	2009	2012	2015
Corangamite	19.6	24.4	21.6
Moyne	27.2	14.7	13.7
Warrnambool	23.9	20.9	21.8
Victoria	22.4	21.4	22.8

The proportion of children who on track with social competence in this area is not worse than the State average.

AEDC

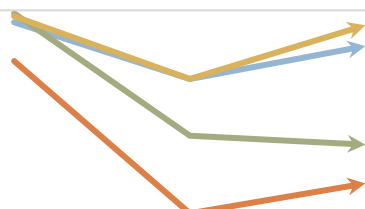
Social competence:  
vulnerable (%)



	2009	2012	2015
Corangamite	5.7	6.1	7.2
Moyne	10.7	4.1	3.1
Warrnambool	9.6	6.7	7.5
Victoria	8.4	8.1	8.7

AEDC

Emotional maturity:  
at risk or  
vulnerable (%)

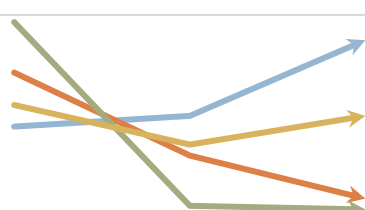


	2009	2012	2015
Corangamite	22.6	20.7	21.8
Moyne	21.3	16.2	17.2
Warrnambool	22.9	18.8	18.5
Victoria	22.8	20.7	22.5

The proportion of children who on track with social competence in this area is not worse than the State average.

AEDC

Emotional maturity:  
vulnerable (%)

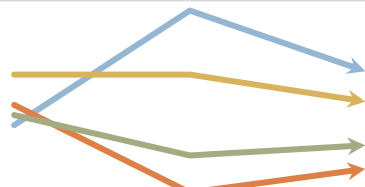


	2009	2012	2015
Corangamite	7.7	8	10.1
Moyne	9.2	6.9	5.7
Warrnambool	10.6	5.5	5.4
Victoria	8.3	7.2	8

One in ten children in Corangamite have challenges related to emotional regulation.

AEDC

Language and cognitive skills: at risk or vulnerable (%)

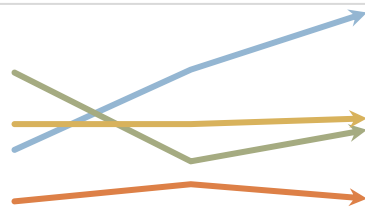


	2009	2012	2015
Corangamite	14.5	17.9	16.1
Moyne	15.1	12.5	13.2
Warrnambool	14.8	13.6	13.9
Victoria	16	16	15.2

The proportion of children on track with language and cognitive skills is not statistically significantly different from the Victorian average.

AEDC

Language and cognitive skills: vulnerable (%)

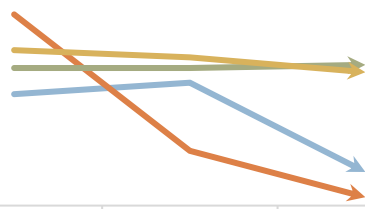


	2009	2012	2015
Corangamite	5.2	8	10
Moyne	3.4	4	3.5
Warrnambool	7.9	4.8	5.9
Victoria	6.1	6.1	6.3

One in ten children in Corangamite have significant challenges in reading/writing and with numbers.

ADEI

Communication skills and general knowledge: at risk or vulnerable (%)

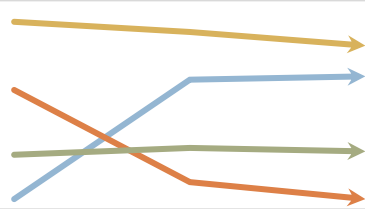


	2009	2012	2015
Corangamite	19.1	20.2	11.7
Moyne	26.7	13.7	9.3
Warrnambool	21.6	21.6	21.9
Victoria	23.3	22.6	21.2

In both Corangamite and Moyne, there has been a significant increase in the proportion of children who are on track in the communication skills and general knowledge domain. These children have excellent communication skills and communicate easily with both children and adults and have no problem with articulation. In Corangamite, there has been a decrease in the proportion of children at risk, so fewer children have problems with listening, understanding and speaking in English.

AEDC

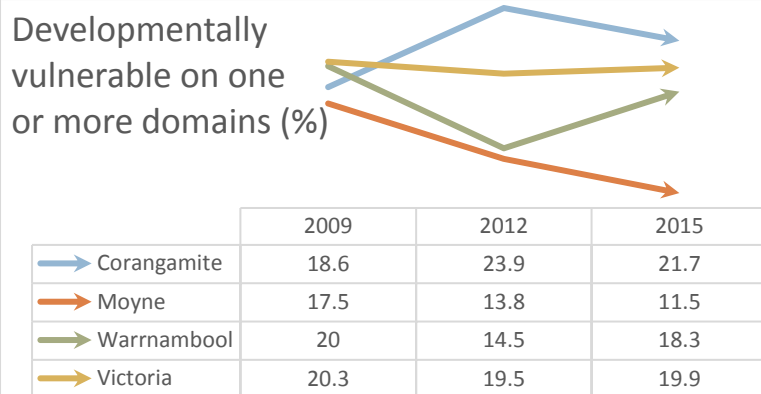
Communication skills and general knowledge: vulnerable (%)



	2009	2012	2015
Corangamite	3.1	6.6	6.7
Moyne	6.3	3.6	3.1
Warrnambool	4.4	4.6	4.5
Victoria	8.3	8	7.6

One in fifteen children in Corangamite have poor communication skills and articulation; have limited command of English, have difficulties talking to others, understanding, and being understood; and have poor general knowledge.

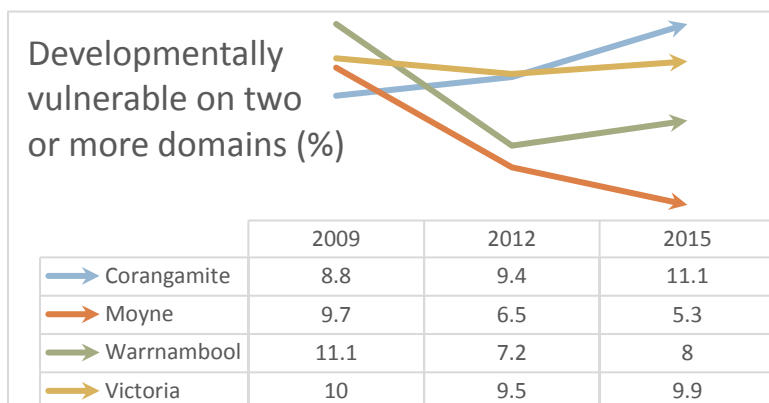
AEDC



In a class of 23 Corangamite children, on average five will be vulnerable on at least one domain.

There has been a significant increase in the proportion of children in Warrnambool who are vulnerable on at least one domain.

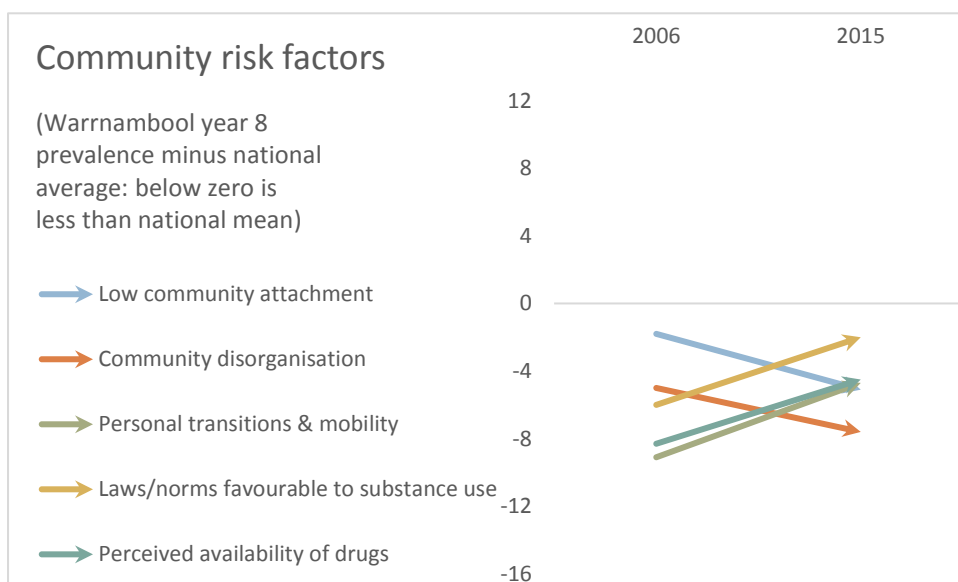
AEDC



One in nine Corangamite children are vulnerable on two or more domains.

AEDC

## Risk and protective factors



There is a significantly lower proportion of year 8 students in Warrnambool with the risk factor “community disorganisation” than the national average.

There is a significantly lower proportion of year 8 students in Warrnambool with the risk factor “personal transitions & mobility” than the national average.

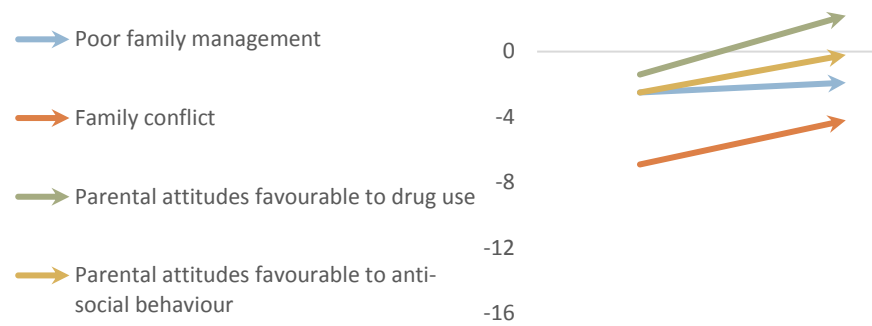
This is an important community strength.

CTC<sup>5</sup>

<sup>5</sup> CTC indicates data are from Communities That Care Warrnambool.

### Family risk factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)

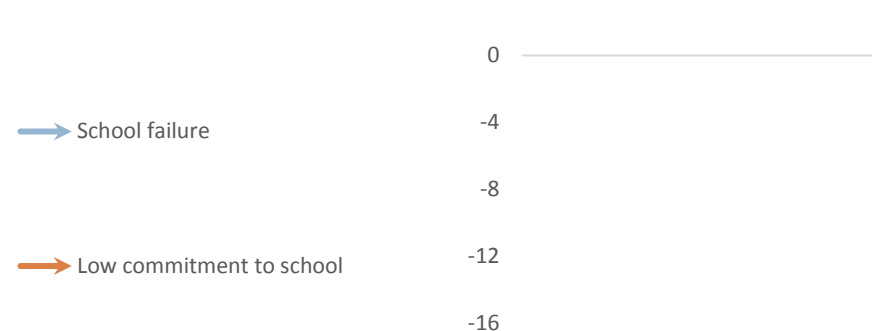


Risk factors in the family domain are not improving. Parental attitudes favourable to alcohol and other drug use is concerning.

CTC

### School risk factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)

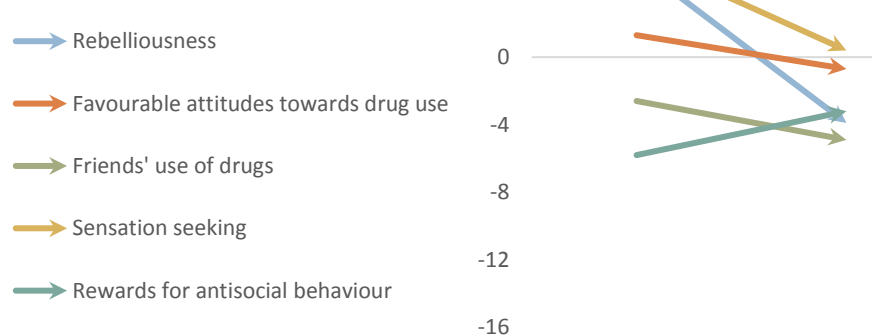


There is a significantly higher proportion of year 8 students in Warrnambool with the risk factor “low commitment to school” than the national average. This is an important driver of low education attainment rates.

CTC

### Individual / peer risk factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)



The proportion of year 8 students in Warrnambool with the risk factor “rebelliousness” has significantly decreased.

The proportion of year 8 students in Warrnambool with the risk factor “friends’ use of drugs” is significantly lower than the national average.

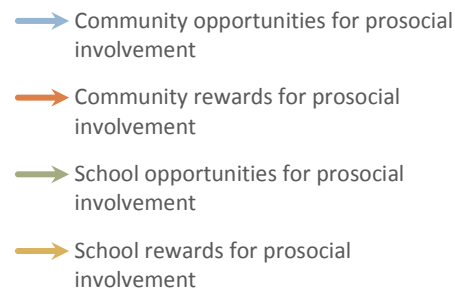
The proportion of year 8s in Warrnambool with the risk factor “rewards for antisocial behaviour” has significantly decreased and is less than the national average.

CTC



## Community and school protective factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)



The proportion of year 8s in Warrnambool with “community opportunities for prosocial involvement” has decreased.

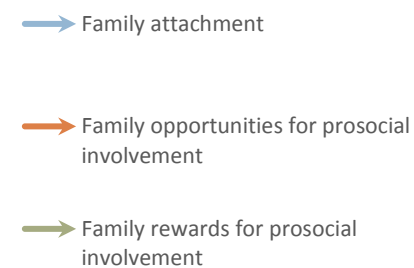
The proportion of year 8s in Warrnambool with the factor “community rewards for prosocial involvement” has decreased.

The proportion of year 8 students in Warrnambool with the factor “school rewards for prosocial involvement” is less than the national average.

CTC

## Family protective factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)



There has been a significant decrease in the proportion of year 8 students in Warrnambool with the protective factor “family attachment”. Family attachment during childhood is important for life-long social and emotional functioning.

CTC

## Individual protective factors

(Warrnambool year 8 prevalence minus national average: below zero is less than national mean)

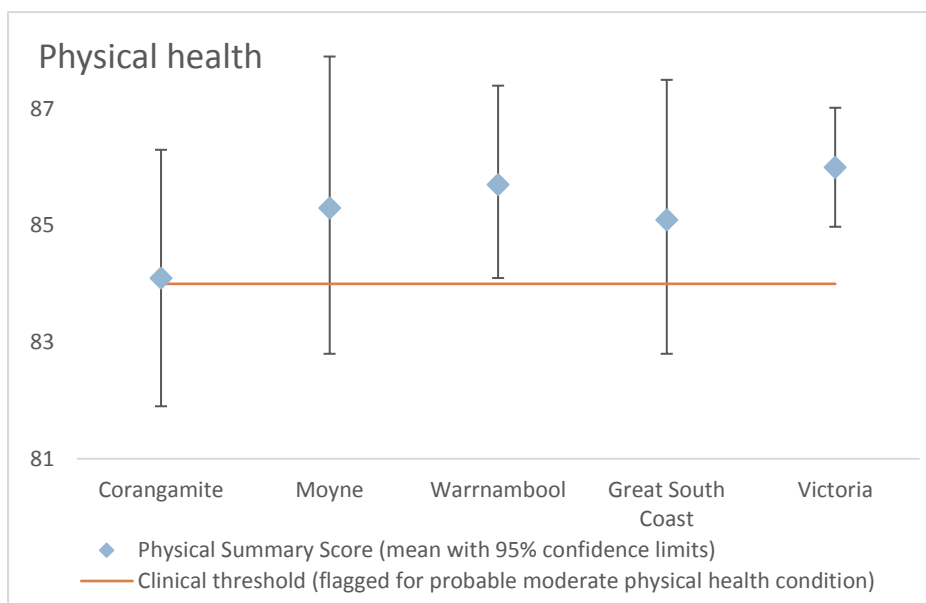


There has been a significant decrease in the proportion of year 8 students in Warrnambool with the protective factors “religiosity”, “emotional control” and/or “coping with stress”. More young people are struggling.

The proportion of year 8 students in Warrnambool with the protective factor “belief in the moral order” is significantly less than the national average. This lack of trust in the social contract is predictive of anti-social behaviour.

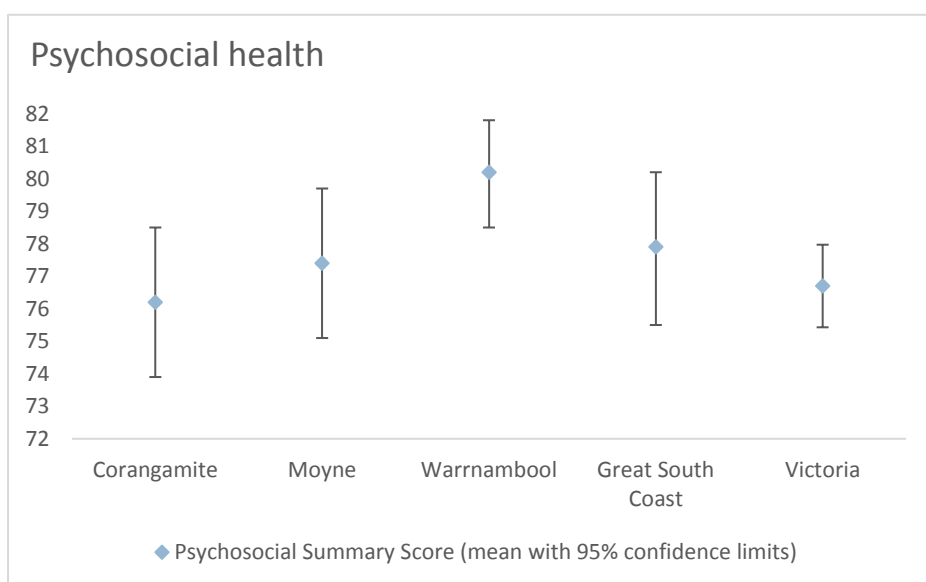
CTC

## Children's health-related quality of life



PedQL is an international standard for assessing health-related quality of life of children. There are several scales. This first one measures the quality of life related to physical health. The score is lowered by the impact of physical ailments, disease and disability. These graphs show the mean and 95% confidence limits. To assist in interpreting these levels, I have added the clinical threshold used in primary health screening to flag children for probably having at least a moderate physical health condition. Half of the children in Corangamite fall below this level.

GLOBE



Psychosocial health is a composite indicator of social competence, emotional regulation and functioning at school. The quality of life of a significant proportion of children in Corangamite, and to a lesser extent in Moyne, are impacted by social/emotional problems and/or are not coping at school.

GLOBE

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