

# Health Snapshot Great Southern

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## This snapshot aims to start the conversation on health in your region.

- Do you think this is a fair representation of the region?
- What surprises you about the information presented?
- What is helping to support people to stay well in the region?
- What could be improved to keep people healthy in the region?
- Every community is unique. This Health Snapshot is just an overview of the region and does not show the detail of each community. What contribution can you make to completing the story behind these headline facts and figures?

Country WA Primary Health Network invites you to answer these questions and more online through Primary Health Exchange or call **1300 855 702** to speak to your regional team.

Detailed data can be found in WA Country Health Service Regional Health Profiles: <http://www.wacountry.health.wa.gov.au/index.php?id=445>

And on the Australian Government Department of Health Primary Health Network website: <http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Home>



### Acknowledgement

Country WA PHN acknowledges the Traditional Owners of the country on which we work and live and recognises their continuing connection to land, waters and community.

We pay our respect to them and their cultures and to Elders both past and present.

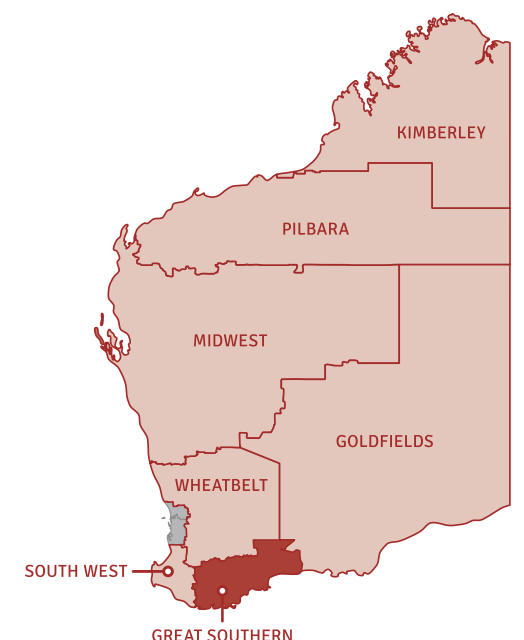
[www.wapha.org.au](http://www.wapha.org.au)

**Data sources:** Public Health Information Development Unit, Australian Bureau of Statistics, Curtin University, Drug and Alcohol Office, National Health Performance Agency and National Diabetes Services, WA Country Health Service (2015).

**Information correct at time of publishing (August 2016)**

**Note:** The term Aboriginal refers to both Aboriginal and Torres Strait Islander people

The Country WA Primary Health Network exists to bridge the gap of health inequity and access by building a collaborative and responsive health care system.



## 1. What does the Great Southern look like?

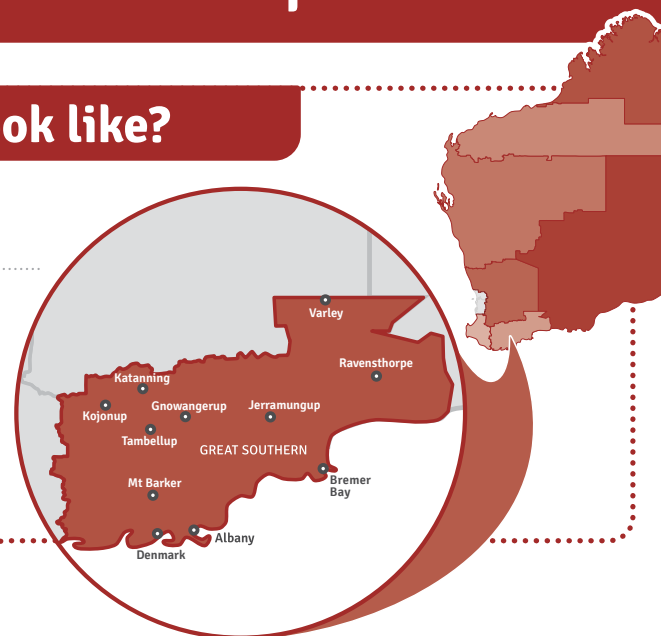
area  
**38,000 km<sup>2</sup>** 1.5% of the country region

The most densely populated region within Country WA, 59,935 residents (2014), 2.5% of the State population and 12% of Country WA population

Population set to increase to 72,000 by 2025

4.5% of the population are Aboriginal, expected to reach almost 3,500 people by 2025

age	0-9	10-19	20-39	40-54	55-74	75+
	7,917	7,869	12,985	12,350	14,119	4,695
%	13.2%	13.1%	21.7%	20.6%	23.6%	7.8%



## 3. Why are residents going to hospital?

Leading causes of potentially preventable hospitalisations are diabetes complications and then dental conditions

Dialysis accounted for the highest number of hospitalisations of Aboriginal people

High number of hospitalisation for renal dialysis and chemotherapy

Lower than average State rate of potentially preventable hospitalisations.

**Consistently higher than expected costs** for hospitalisations related to mental health and musculoskeletal conditions

**7.5%** of adults consuming alcohol at levels considered to be a high risk to health

- Above state average for mental and behavioural disorders
- Anxiety disorders in residents aged 15-64 are 1.3 times higher than the State rate

## 2. What are the health risks?

ALMOST 1 IN 2  
MALES OVERWEIGHT

ALMOST 1 IN 3  
FEMALES OVERWEIGHT

ALMOST 1 IN 3  
MALES OBESE

1 IN 3  
FEMALES OBESE

Obesity rates are higher than the State average

**93.3%** Fully immunised at 1 year old  
State rate: 92.6%

**91.2%** Fully immunised at 2 years old  
above State rate: 89.6%

**92.4%** Fully immunised at 3 years old  
above State rate: 91.3%

**1 in 4** Adult males smoke

**1 in 5** Adult females smoke

Large amount of mothers smoking while pregnant: more than 1 in 2 Aboriginal mothers and more than 1 in 7 non-Aboriginal mothers

YOUTH  
SUICIDE

in males aged 15 to 24 is

**1.5x** higher than the state rate

## 4. What health services are residents using?

**+** Almost 1 in 3 people report having used a hospital based health care service

**+** Just over half people report having used an allied health care service

Significantly higher than State rate of people accessing community mental health services for serious psychiatric disorders

**59%**



of Emergency Department attendances in 2013/14 were classified as **semi or non-urgent**

## 5. What gaps in health services have been identified?

People living in the region suggest there is a need for more:



**Child development** services, including medical, child health nurses, speech pathology, physiotherapy and occupational therapy

**Psychologist and suicide prevention programs**



**Public health programs with emphasis on reducing the stigma of mental illness**

After hours aged care



**Population and primary health services to prevent chronic conditions**

## 6. What is being prescribed?

Highest rate of opioid use for persistent pain



## 7. What are the priorities for PHNs?



Keeping people well in the community



Coordinating care for people with multiple long term conditions, especially co-occurring mental and physical health conditions



Services designed to meet the health needs of the most vulnerable and disadvantaged people, including those of Aboriginal heritage



Systems improved to provide more coordinated and integrated healthcare, helping people get the right care at the right time in the right place



Enhancing workforce capacity to achieve desired improvements

## Country WA Primary Health Network wants you to be involved

Share your experience, knowledge and opinion online at [phexchange.wapha.org.au](http://phexchange.wapha.org.au)  
Follow us on Twitter @WAPHA\_PHNs and Facebook [facebook.com/waphaphns](https://facebook.com/waphaphns)



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