



Loddon Shire

Municipal Public Health and Wellbeing Planning 2021-25

Briefing Document

The briefing document has been put together by Bendigo Loddon Primary Care Partnership on behalf of the Loddon Shire Council.



Introduction

Every four years, Councils are required to develop a Municipal Public Health and Wellbeing Plan (MPHWP) with the aim of improving the health and wellbeing of their local community. Loddon Shire's Plan for 2017-21, Living Well in Loddon, identified four key strategic priority focus areas;

- Good Physical Health
- Good Mental Health
- Protect and Promote Health
- Feel Safe and Secure

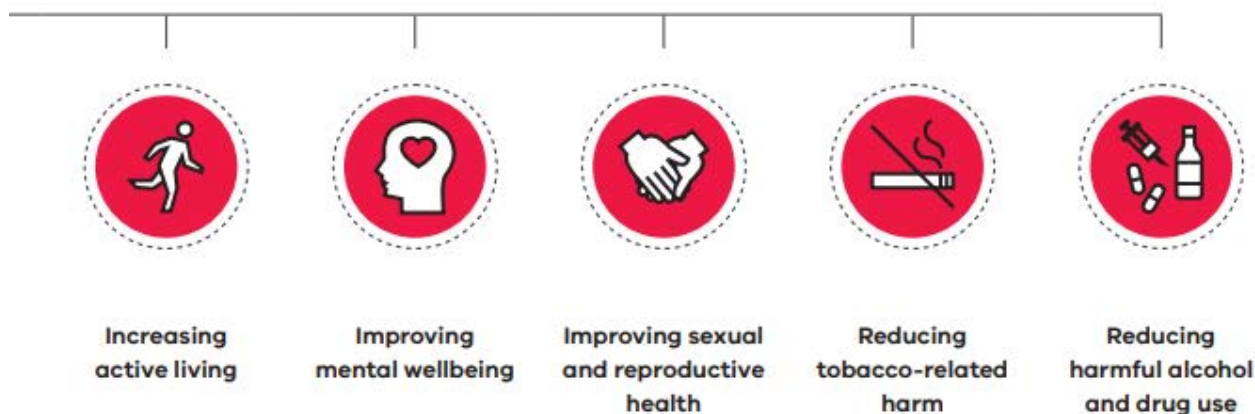
The plan is implemented based on four pillars as illustrated in the diagram below;



A copy of the plan is attached for your reference.

As we review and develop the new plan for 2021-2025, we are required to ensure that the plan is consistent with the Council Plan currently under development. The plan must include measures to prevent Family Violence and respond to victims of Family Violence. It must also consider the impacts on health of climate change. In addition, it must align with the Victorian public health and wellbeing plan 2019-23 which identifies 10 priorities and 4 focus areas;





This document explores some of the health and wellbeing data against these priorities in relation to Loddon Shire, to assist in determining the priorities for the 2021-2025 plan.

Impacts of COVID-19 on health and wellbeing

While detailed data outlining the impacts of COVID-19 at the Local Government Area level is not yet available, industry health professionals point to the “other” wave of Coronavirus that involves, not the virus itself, but the impact of restrictions including increases in mental health issues and suicide, and general health problems from people not undertaking routine preventative screening, testing or accessing regular check-ups of specialist appointments. As data in relation to rates of preventative screening in the Loddon Shire area for some conditions already indicated lower than average participation rates, a possible reduction in screening rates is of particular concern.

Cervical screening participation amongst 20-69 year old females, 2015-16

Loddon-Elmore SA3	Victoria
51.7%	57%

National cancer screening programs participation data, AIHW December 2019

Loddon Shire Demographic Data – a snapshot

Population (2016 census)	7516	
	Male 51.8%	Female 48.2%
Indigenous population	102	

	Loddon Shire	Murray PHN Region	Victoria
Median Age	52	45	42
Total Fertility rate (ABS 2020)	2.48	2.08	1.63

Loddon Shire has a significantly lower proportion of 20-39 year olds and a significantly higher proportion of 55-79 year olds compared with the Murray PHN region and Victoria.

2016 data indicates that 8% of Loddon Shire residents were born overseas with dominant countries of origin including the UK, Philippines and New Zealand.

Socio-Economic Determinants of Health

When examining data relating to the underlying conditions that can affect health outcomes, data indicates that compared with Victoria as a whole, Loddon Shire has:

- Lower rates of internet access from dwellings
- Lower median weekly household incomes
- A higher proportion of population
- receiving disability support pension or unemployment benefit
- Lower rates of Year 12 completion

Loddon Shire Health and Wellbeing Data

Introduction

Statistics indicate that Loddon Shire has many strengths relevant to health and wellbeing when compared to the rest of Victoria. The results of the 2015 VicHealth indicators survey for example showed that a greater proportion of people in Loddon compared with the rest of Victoria;

- felt safe walking alone during the day and also at night
- agreed that people help each other out in their neighbourhood
- agreed that people in their neighbourhood can be trusted (*Note 2019 data will be released shortly*)

ABS 2016 data indicates that a higher rate of people undertake voluntary work in Loddon compared with the Murray PHN region and with Victoria as a whole. The results of the 2019 Active Living Census indicated that Loddon Shire children aged 3 to 17 are more physically active than those in other Shires in the region.

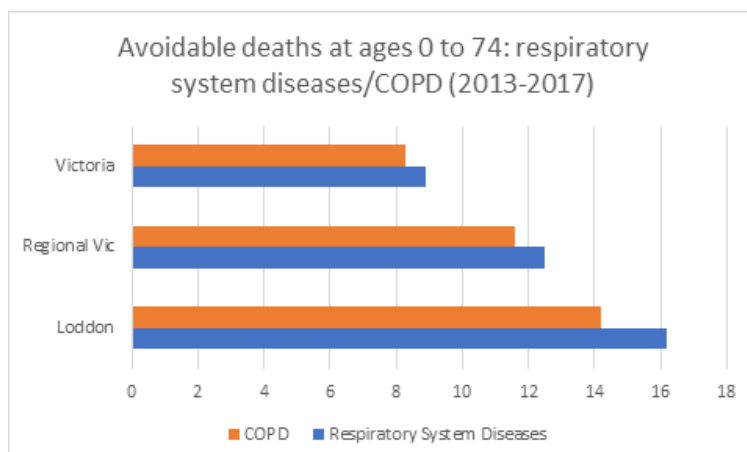
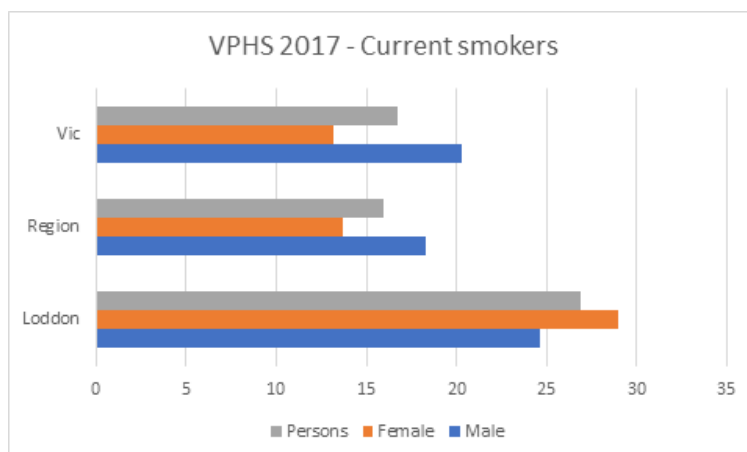
However, there are some areas where the statistics indicate a level of disadvantage in Loddon compared with other areas of Victoria.



Smoking

The 2017 VPHS data shows very high rates of smoking in Loddon Shire compared with both the Loddon region (6 Loddon LGAs) and Victoria as a whole. In particular, recorded rates of smoking amongst females in Loddon Shire was more than double the rate of that found in the Loddon Region or Victoria as a whole. The Loddon Shire smoking data is unique in that it indicates that more females than males were current smokers.

Data in relation to smoking is reflected in higher rates of some preventable health conditions.

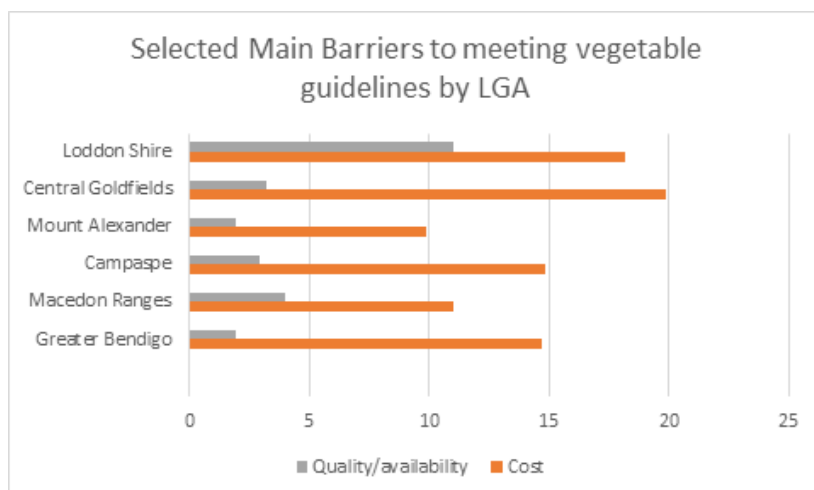


Social Health Atlas of Australia, 2020



Healthy Eating

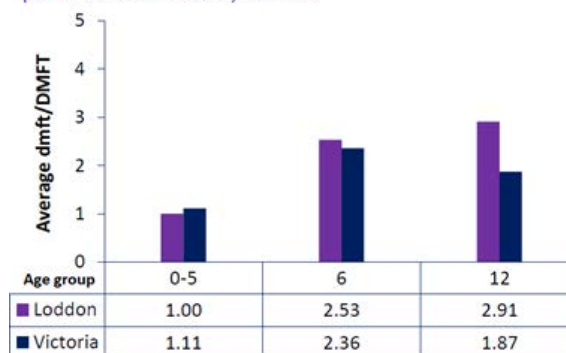
Data at the LGA, Regional and state levels show that a substantial population eats less than the daily recommended servings of fruit and vegetables. This is particularly true of vegetables. The Active Living Census in 2019 asked about barriers to meeting vegetable guidelines. In all surveyed LGAs, a major barrier was preference/habit. In Loddon LGA, the proportion of respondents identifying cost and quality/availability as the main barriers was high in comparison with other LGAs in the region.



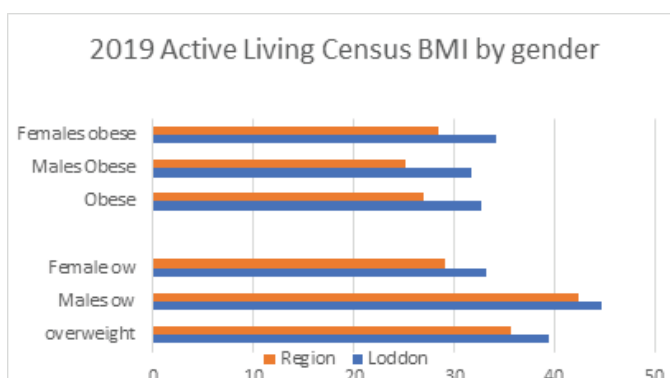
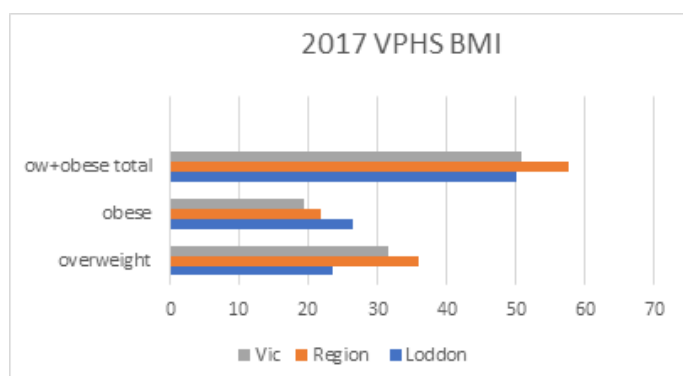
VPHS 2017 data indicated that Loddon Shire had the highest proportion of population that consumed sugar sweetened drinks daily compared with other LGAs in the state identifying cost and quality/availability as the main barriers was high in comparison with other LGAs in the region.

Recent DHHS oral health data indicates that children's dental health in Loddon was comparable to the Victorian average in the 0-5 and 6 year old age groups, but by age 12, it was worse than the state average.

Average number of decayed, missing or filled primary (baby) and permanent teeth for children attending public dental services³, 2017-19



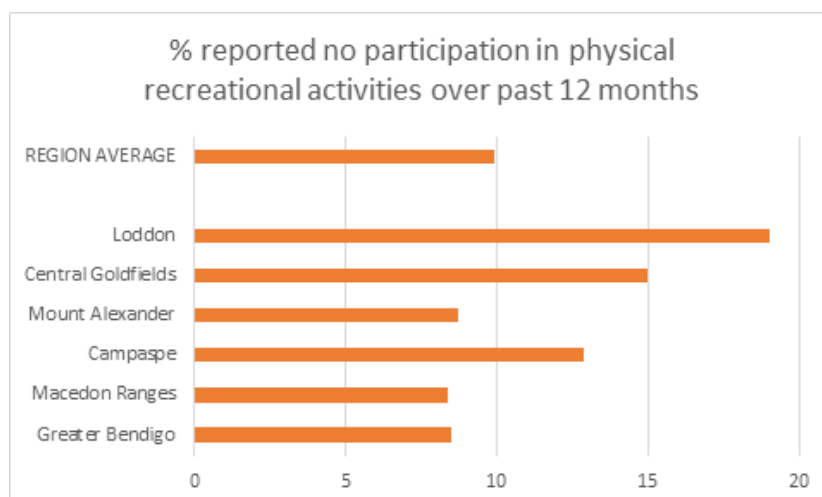
Data in relation to Body Mass Index show higher rates of obesity within Loddon LGA.





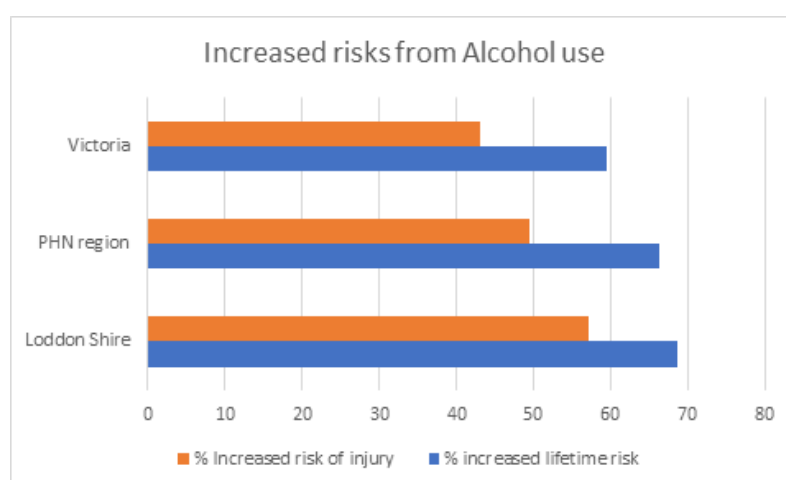
Active Living

Data from the 2019 Active Living Census indicated that a higher proportion of Loddon Shire residents reported no participation in physical recreational activities over the previous 12 months compared to any other Shire in the Loddon Campaspe region.



Alcohol and Other Drugs

VPHS 2017 data indicated some increased risks relating to lifetime alcohol related harm and injury from a single occasion of drinking in Loddon Shire compared to regional and Victoria figures.

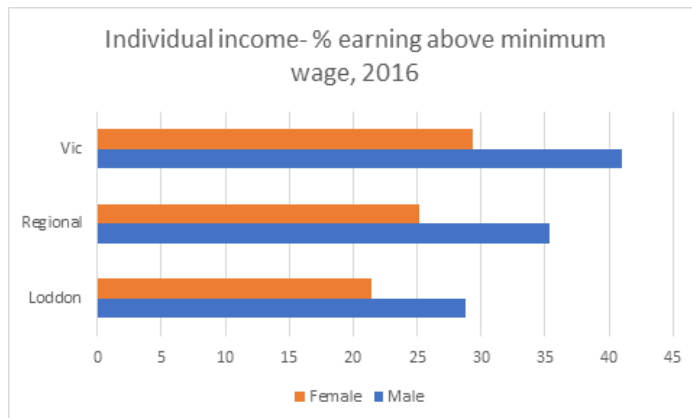




Preventing all forms of Violence

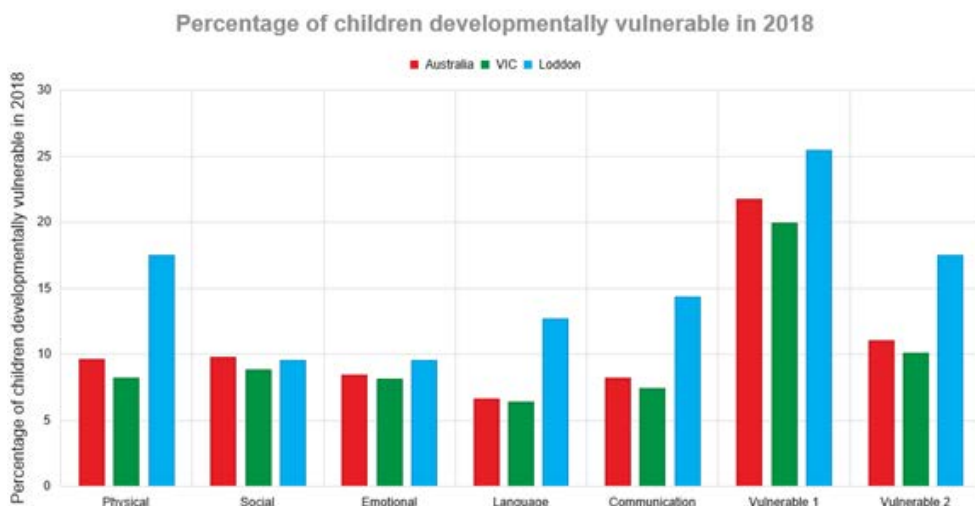
Data in relation to family violence incidents is collected through police reports. However, service providers indicate that rates of reporting within the Shire are low. The Loddon Family Violence Network is seeking other ways to record the prevalence of family violence in the region.

Given that gender inequality is one of the drivers of family violence, data in relation to this has been considered such as differing levels of income between males and females.



The percentage of females earning above the minimum wage lagged well behind males at the Loddon, regional and Victorian levels, with Loddon Shire showing greater levels of disadvantage relating to income across both males and females.

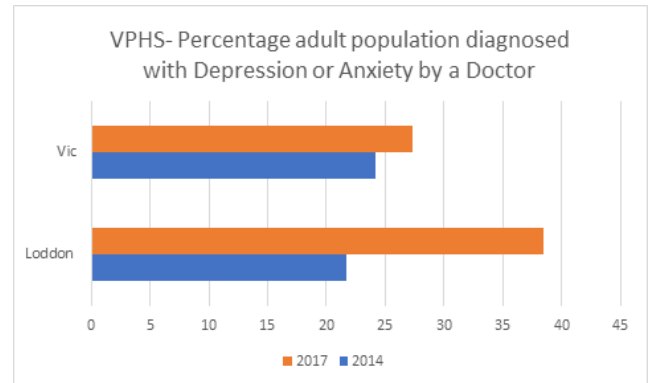
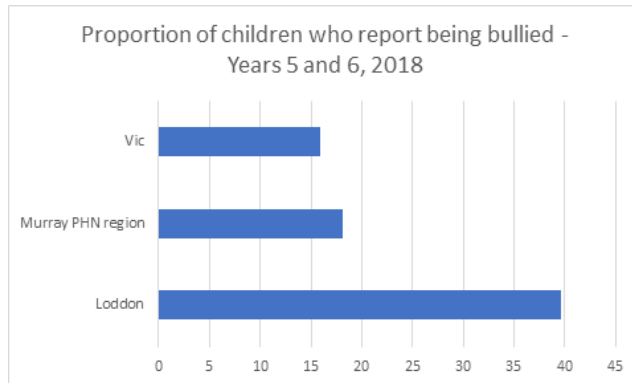
Reports accessed indicate that children are often present during family violence. This is one of the factors that can affect child development. Data from the 2018 Australian Early Development Census (AEDC) indicates that a much higher percentage of children are developmentally vulnerable in Loddon Shire across the Physical, Language and Communication domains compared with Victorian and Australian averages. It also indicates that a far higher proportion are developmentally vulnerable across one and/or two domains.





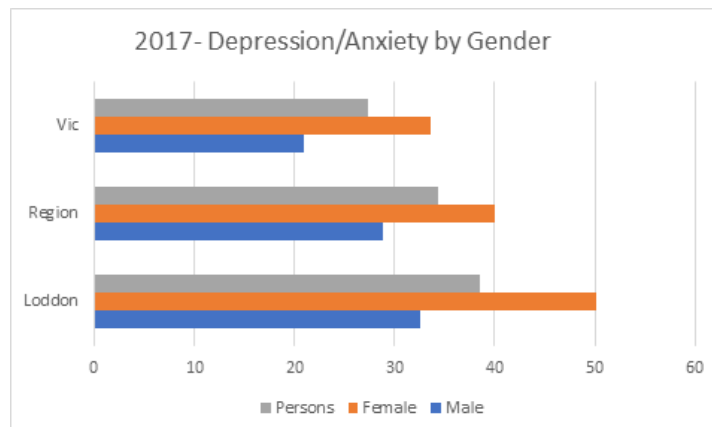
Mental Health

The most recent Victorian Child and Adolescent Monitoring System (VCAMS) data indicating proportion of children in years 5 and 6 who report being bullied, placed Loddon Shire at the highest level in the state for both 2017 and 2018.



VPHS data indicates a big increase for Loddon Shire in comparison with Victoria, in percentage of adults diagnosed with depression or anxiety by a doctor, between 2014 and 2017.

Analysis of the 2017 VPHS data indicates a very high proportion of females diagnosed in Loddon Shire. Additionally, analysis of the 2017 VPHS data indicates a very high proportion of females diagnosed in Loddon Shire.

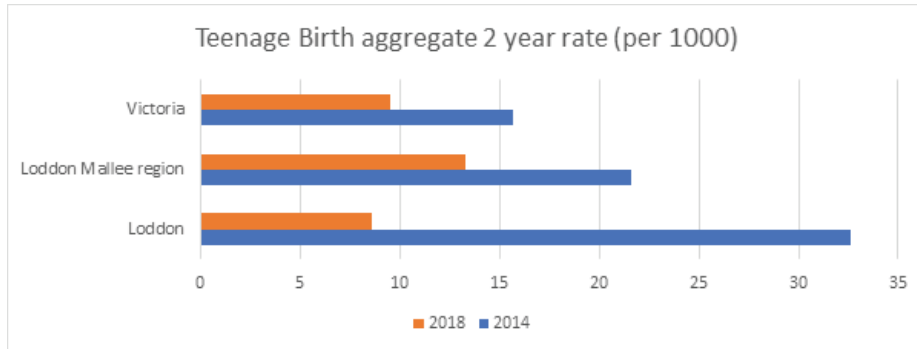


Notably, the research undertaken for Murray PHN by Women's Health Loddon Mallee and Bendigo Loddon PCP in 2019, which explored the health needs of women living in the Loddon Shire, found that mental health was identified as the most important health issue amongst women surveyed.

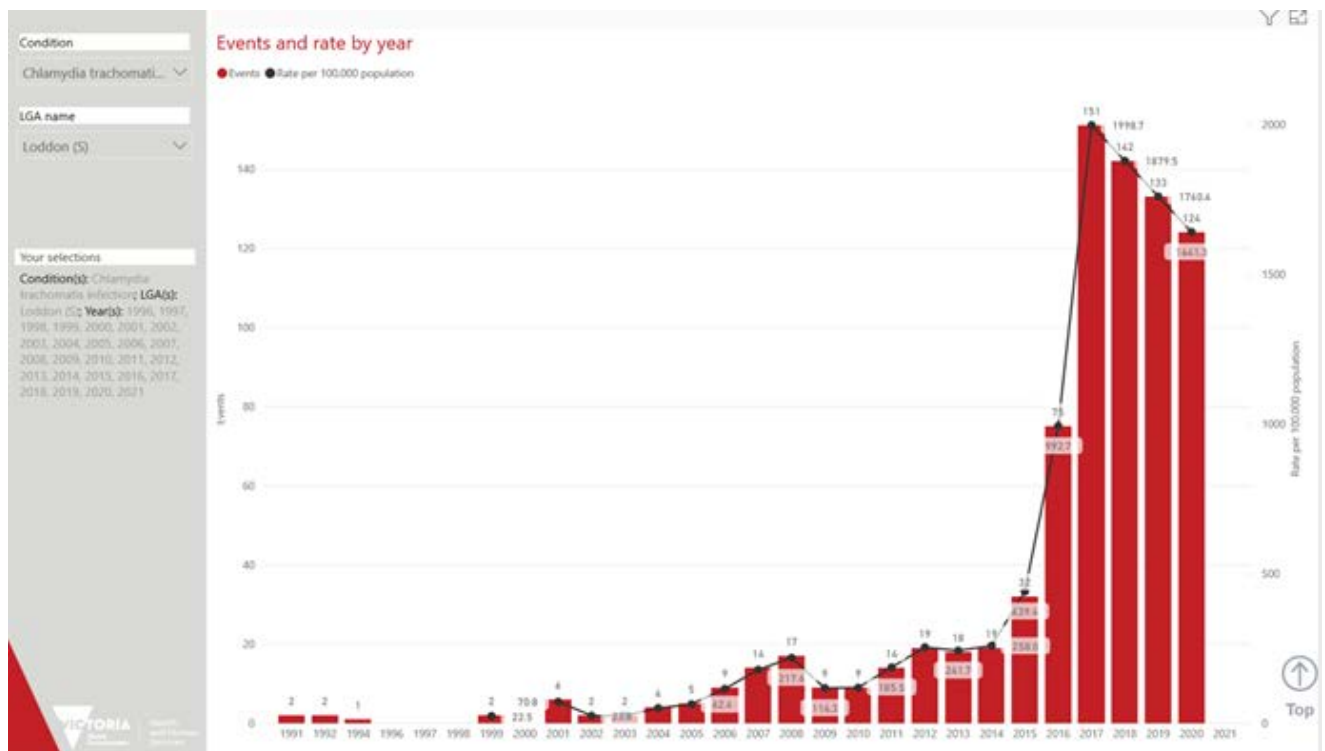


Sexual and Reproductive Health

DHHS figures indicate that rates of teenage pregnancy in the Loddon Shire dropped markedly between 2014 and 2018.



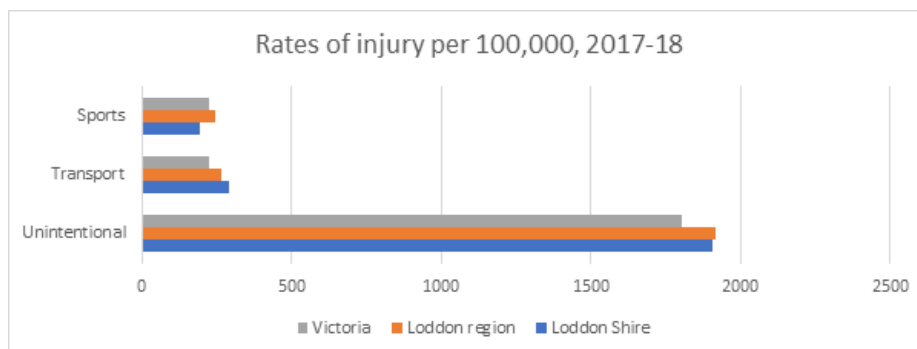
Chlamydia rates in Loddon are very high compared with the state average, with the 2020 rate per 100,000 at 1641 compared with Victoria's 317. However, the rate has been declining since its peak in 2017. The graph below shows Loddon's recorded Chlamydia rate from 1991 to 2020.





Reducing Injury

Data from the Injury Atlas of Victoria indicates that rates of injury within Loddon Shire are similar to that in the region and within Victoria.



Decreasing Drug Resistance

The emergence and spread of resistant microorganisms is driven by human and non-human antimicrobial drug usage in Australia and overseas. No LGA-based statistics are presented in relation to this priority, but one of the aims of this priority is to increase awareness and understanding of antimicrobial resistance across the community, health, environmental and agricultural sectors.



Tackling Climate Change and its Impact on Health

The Victorian Health and Wellbeing plan highlights the ways that climate change affects health;

Directly

- increased intensity and frequency of extreme weather events such as prolonged heatwaves, floods and bushfires

Indirectly

- worsening air quality, changes in the spread of infectious diseases, risks to food safety and drinking water quality, and effects on mental health.

As such, this priority is considered across all the Health and Wellbeing priorities.