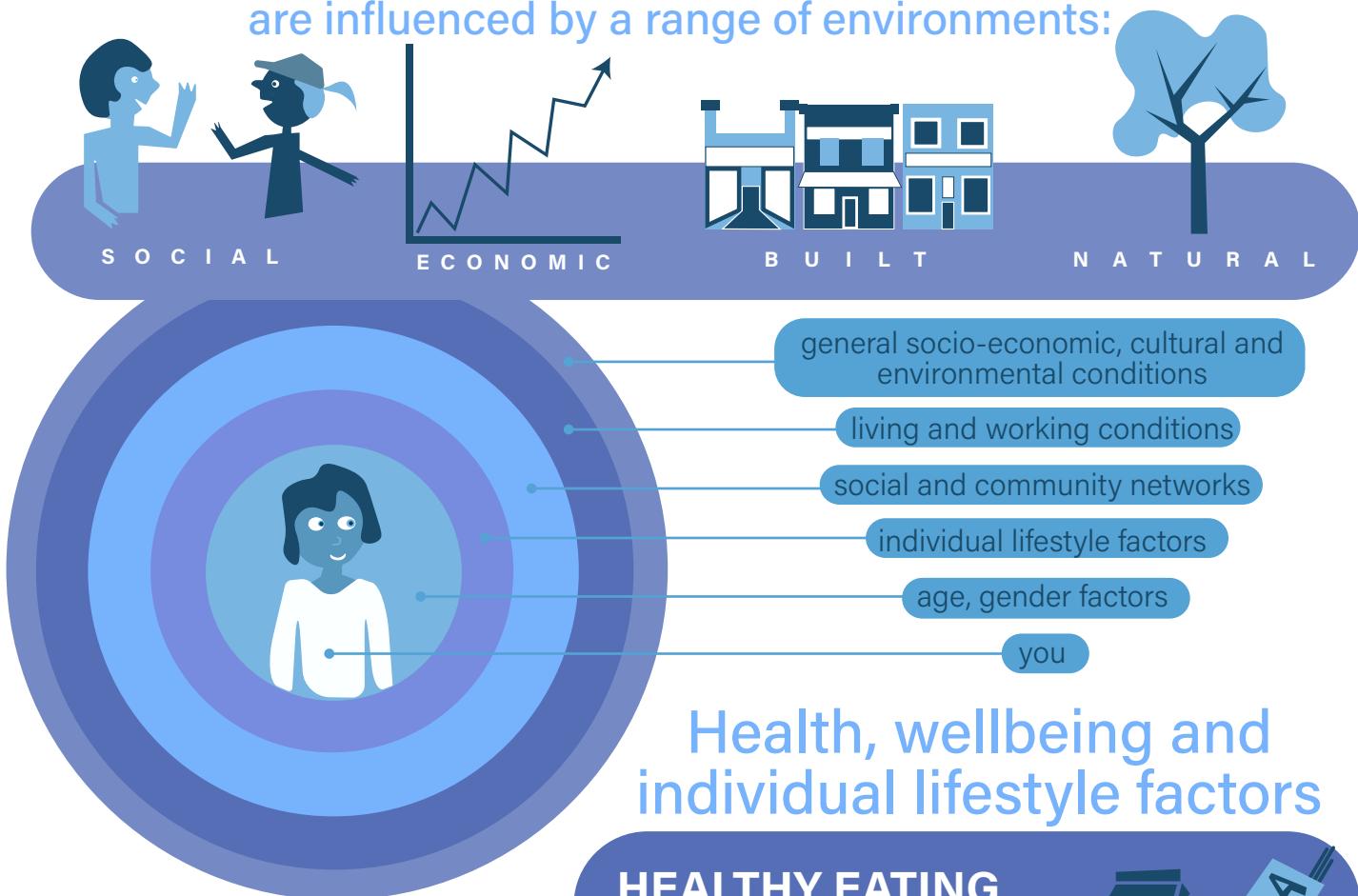


Health and wellbeing data snapshot 2021

The following provides an overview of the health and wellbeing data for the Horsham Rural City municipality and has been used as part of the health and wellbeing planning process for the Council Plan.

Health and wellbeing outcomes of the community are influenced by a range of environments:



Health, wellbeing and individual lifestyle factors



HEALTHY EATING

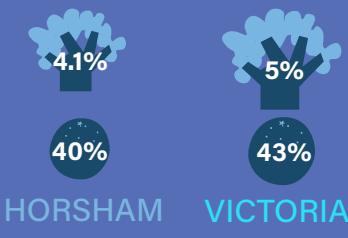
Lack of affordable food/groceries at local shops

50.5% residents say "not a problem"



(Ararat, Horsham, Northern Grampians & Pyrenees LGAs)¹

Adult population (%) that met vegetable and fruit consumption guidelines (2017)²



Females consume more fruit than males over the years²



PHYSICAL ACTIVITY

Adult population who are **insufficiently physically active**²

47%

HORSHAM

44%

VICTORIA

In Horsham, females are more likely to be sedentary than males¹

Covid impact
1 in 2 school-aged kids were **less active** during the second wave of the pandemic⁴

SMOKING

Adult population(%) that is a daily smoker²

9.2%
2014

16%
2017

The Victorian Average was **17%** for 2017²

Females are more likely to be a daily or occasional smoker than males.

(Approximately twice the state average)¹

PEOPLE WHO FEEL SAFE WHEN WALKING AT NIGHT

In the four years since the previous 2011 survey, Victorian women and men were

less likely

to report feeling safe walking at night⁵



37.9% of females in Horsham feel safe walking alone at night versus 71.6% of males⁵

DRUGS AND ALCOHOL

" % of population that consumes alcohol at high risk levels to health (2017) : Increased lifetime risk of alcohol-related harm"



Males from all PCP LGAs were also significantly more likely than females to drink alcohol weekly at levels that increase the life-time risk of alcohol-related harm. Females more likely to drink alcohol yearly at levels that increase this risk.¹

Pharmaceutical drug-related ambulance attendance rates* (2018/19)¹

432.7 **186.9**
HORSHAM **VICTORIA**

Nearly 4 times more females than males

Illicit drug-related ambulance attendance rates* (2018/19) per 10,000 population,¹

100.6 **208.3**
HORSHAM **VICTORIA**

2.4 times more males than females
Most prevalent in 25-39 year olds

The ambulance attendance rate for Horsham RC females was more than triple the state average.¹

Social and community support factors

The 2019 sexual offences population rate is **14 per 10,000 persons** for **female victims**

compared with **3 per 10,000 persons** for **male victims**

(average of Victorian local government areas)⁵

SOCIAL CONNECTION

Less than a third of Victorians (**31%**) **felt connected** to others during the second pandemic wave, significantly lower than the first wave⁴ (**37%**)



Family violence incident rate per 10,000 population (females)⁵



This number will be impacted by the COVID-19 pandemic with a study showing a rise in the frequency and severity of violence against women in the home⁹

ANXIETY OR DEPRESSION

Population with anxiety or depression 2017⁵

34%

HORSHAM

27%

VICTORIA

COVID-19: Women are experiencing higher levels of depression, anxiety and stress than men. 27% of females have moderate to severe levels of stress, compared to 10% of males⁹

2 in 5 Victorians found it hard (or very hard) to **stay connected** with **friends and family** during the second wave of the pandemic⁴

SEXUAL AND REPRODUCTIVE HEALTH

The number of females and males who were diagnosed with Chlamydia per 10,000 persons⁵



Teenage fertility - aggregate 2 year rate (per 1,000)⁵



Birth Rate (count)⁵



EARLY YEARS



Immunisation participation

Children fully immunised at 1 year, 2 years and 5 years – Each above 96%

This continues to be a good news story with participation rates well over the Victorian average for 1, 2 and 5 years old.¹

Kinder Participation (2018)
(Wimmera PCP Profile p128)



Note: Actual counts and rates are low so figures should be interpreted with caution. However there is an upwards trend from the 2016 and 2017 figure.³

General socio-economic and environmental conditions

EDUCATION

Students who met or exceeded the benchmarks for literacy (2017)¹



Students who met or exceeded the benchmarks for numeracy (2017)¹



Whilst lower than the Victorian average the trend of Horsham statistics (incline followed by a decline) signifies an opportunity for intervention.

RENTED DWELLINGS THAT ARE SOCIAL HOUSING (2016)

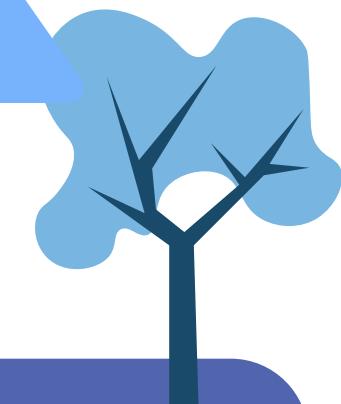
4.1%

HORSHAM

2.9%

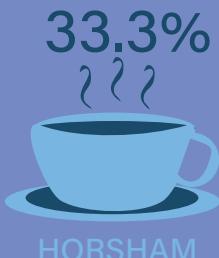
VICTORIA

"There is inadequate low-cost housing and social housing, including emergency/crisis accommodation but more frequently housing for seasonal and itinerant workers"⁷

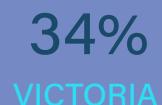


SOCIAL CONNECTION

Proportion of adult population by life satisfaction – very high (9-10)² (2017)



Proportion of adult population by feeling of life being worthwhile – very high (9-10)²

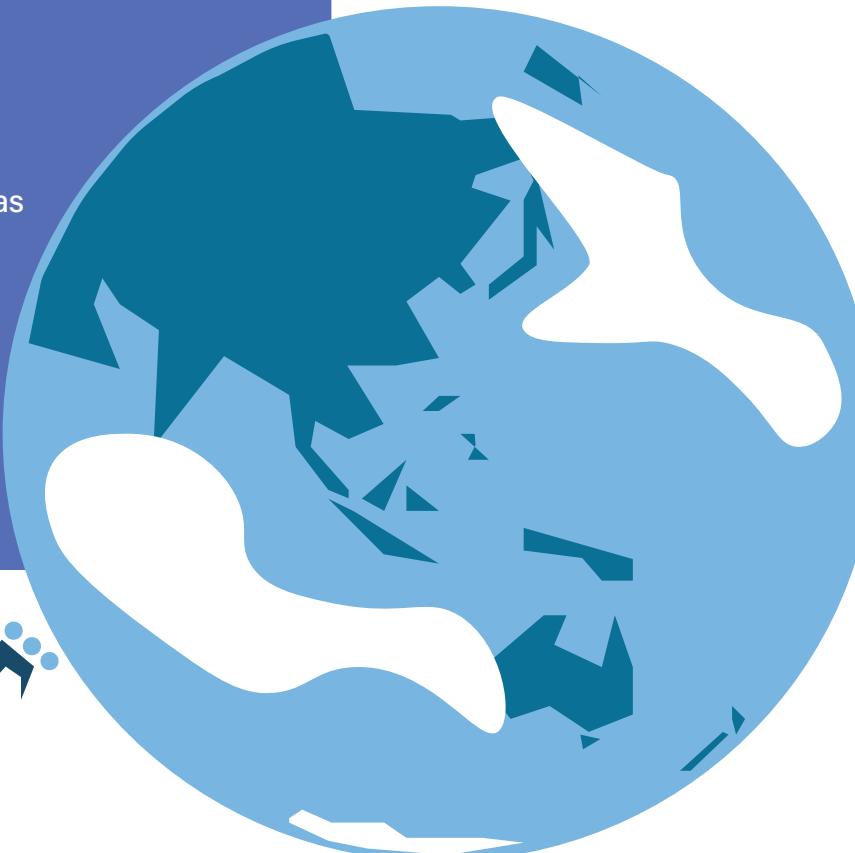


CLIMATE CHANGE

Sustainability Australia outlines the groups most vulnerable to climate change health impacts include:

- people with mental illness
- young people under age five
- poor or disadvantaged people
- people living in regional and remote areas
- Indigenous people
- older people, over age 65
- people with existing long-term health conditions

(Sustainability Australia)



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