Moonee Valley Health Profile 2020

# Executive summary

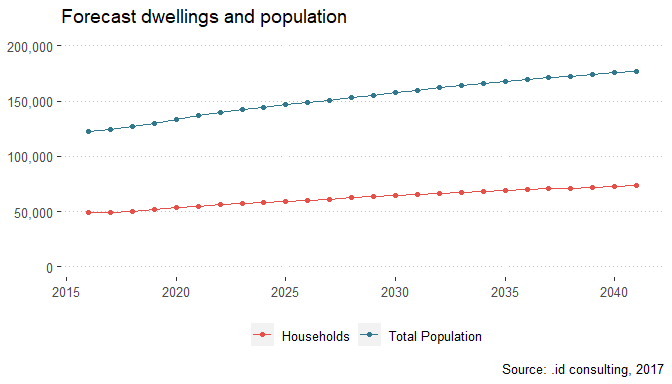
Some sort of infographic like the previous health tracker

# Introduction

# Population

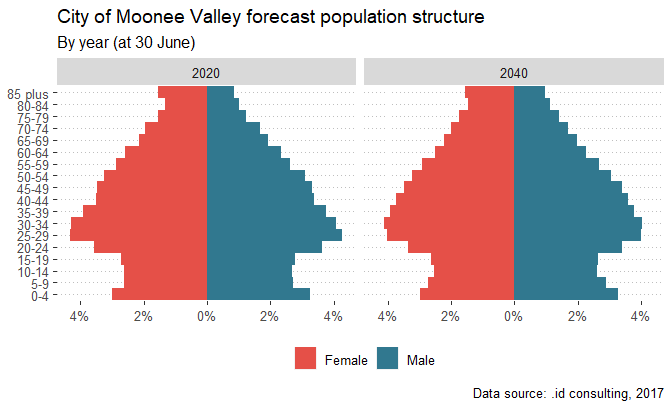
## Current and projected

The population of the City of Moonee Valley is forecast to increase from about 130,000 in 2019[[1]](#footnote-24), to around 170,000 in 2040[[2]](#footnote-26).



## Age breakdown

The population structure of the City of Moonee Valley is not forecast to change greatly between 2020 and 2040. There will be an increase in all age groups, though there will be a slight increase in the median age and a greater proportion of older residents.

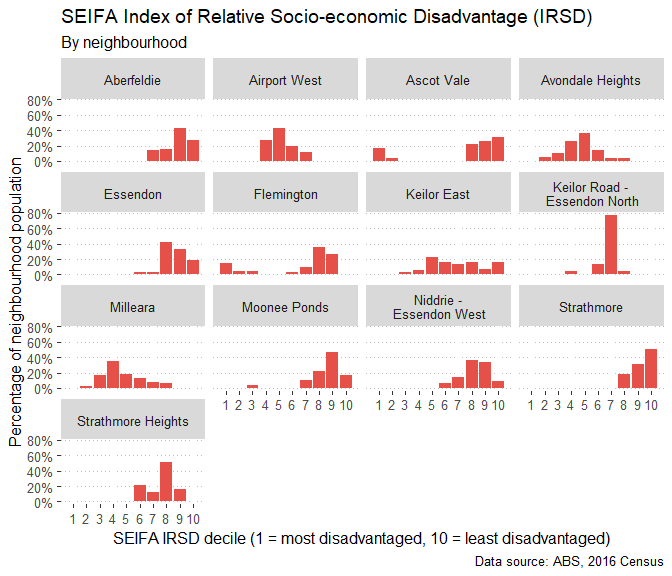


* Location of young/old

# Environmental factors

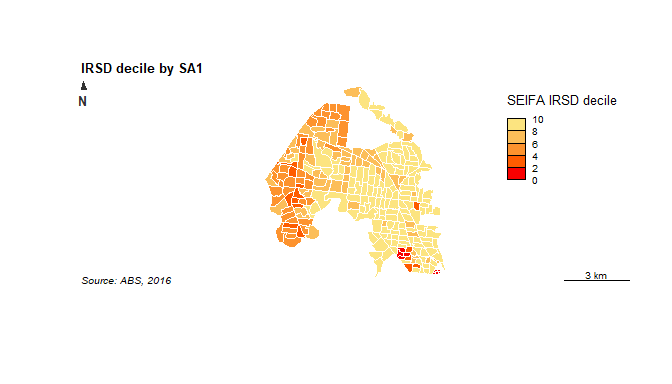
## Socio-economic disadvantage

Data from the Socio-Economic Indexes for Areas (SEIFA) Index of Relative Socio-economic Disadvantage (IRSD) shows that there is great economic diversity in Moonee Valley households. There are pockets of disadvantage in neighbourhoods like Flemington, Ascot Vale, Avondale Heights and Milleara. In contrast, Strathmore and Strathmore Heights are the least disadvantaged neighbourhoods.



This disparity is shown on the map below. The greatest concentrations of disadvantage are one the public housing estates in Flemington and Ascot Vale.

!! perhaps make the maps in ArcGIS instead to match the EGM and alcohol ones

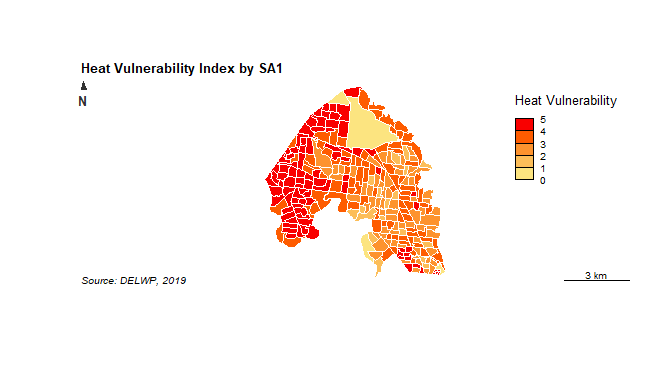


## Heat Vulnerability Index

* define then show map

<https://www.planning.vic.gov.au/policy-and-strategy/planning-for-melbourne/plan-melbourne/cooling-greening-melbourne/mapping-and-analysis-of-vegetation,-heat-and-land-use>

!! perhaps make the maps in ArcGIS instead to match the EGM and alcohol ones - see if Evie has already made one



## Walkability

* See what Evie has done

# Gender inequality

* some differences between genders from the Census and VPHS

# Employment

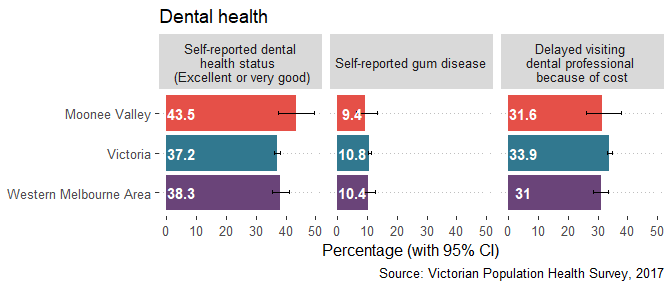
# Affordable housing

# Community Safety

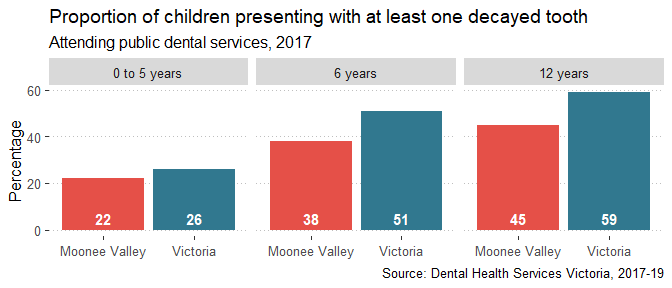
# Health Status

## Oral health

Data from the Victorian Population Health Survey shows that Moonee Valley residents have better self-reported dental health, lower incidence of gum disease when compared to the Western Melbourne Area and Victoria. Moonee Valley residents are also less likely to delay visiting a dental professional because of cost when compared to Victoria.



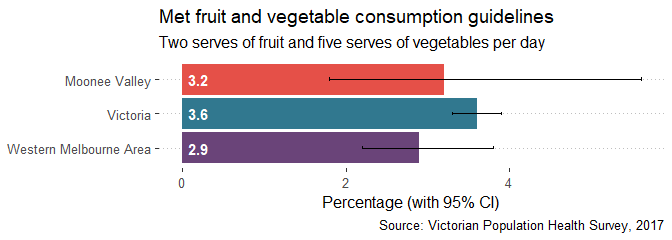
Data from Dental Health Services Victoria shows that children in Moonee Valley are also less likely to present at public health dental services with a decayed tooth when compared to Victoria at all age groups.



## Healthy eating and food security

* map of fast food/supermarkets?

Data from the Victorian Population Health Survey shows that about 3.2 per cent of Moonee Valley residents met the fruit and vegetable consumption guidelines, though the margin of error for this indicator is large.

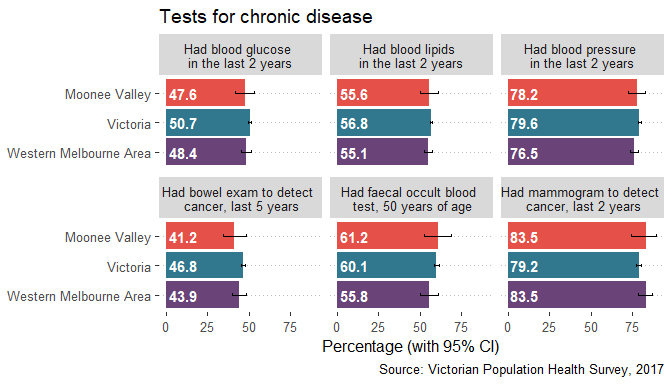


## Chronic disease

* add more here

### Tests for chronic disease

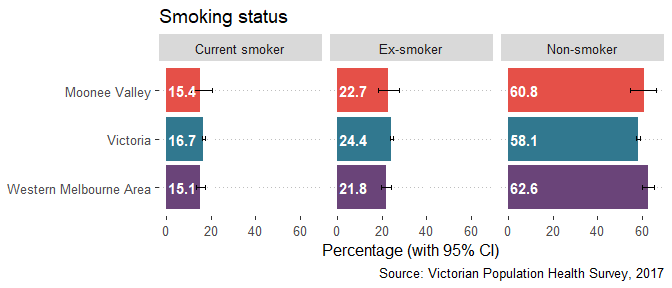
Data from the Victorian Population Health Survey 2017 shows that testing for chronic disease in Moonee Valley is similar to levels in Western Melbourne. Bowel examinations are lower, and faecal blood occult tests are higher than for Western Melbourne, but these differences are not statistically significant.



## Modifiable risk factors

### Smoking

Data from the Victorian Population Health Survey 2017 shows that smoking levels in Moonee Valley are similar to those in Western Melbourne and Victoria. About 15 per cent of the population are current smokers.



Smoking levels are higher for men, than for women, though again the confidence interval is quite large.

| **Current smokers (daily and occasional) by gender, City of Moonee Valley** | | | |
| --- | --- | --- | --- |
| **Gender** | **Percentage** | **Lower limit** | **Upper limit** |
| Women | 14.2 | 8.8 | 22.1 |
| Men | 17.0 | 11.2 | 24.9 |
| Source: Victorian Population Health Survey, 2017 | | | |

### Alcohol

* AOD stats
* map of venues - use the ones from fair

### Drugs

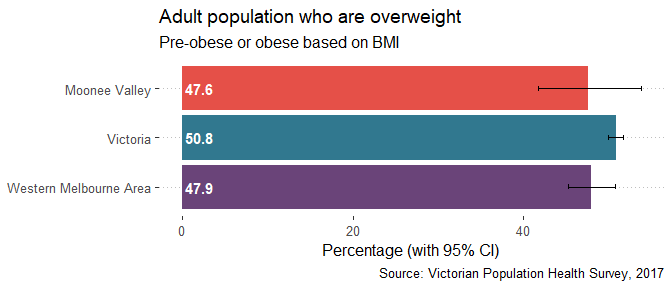
* AOD stats

### Gambling

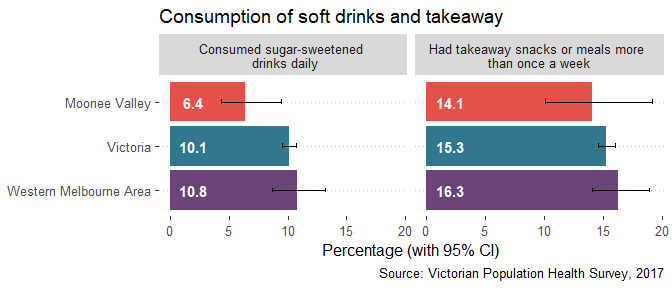
* VCGLR
* map of venues - use the ones from fair

### Obesity

Data from the Victorian Population Health Survey 2017 shows that the proportion of residents who are overweight is similar to the proportion in the Western Melbourne Area.

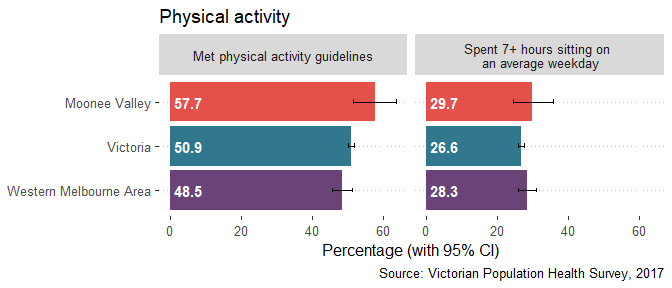


Residents in Moonee Valley have lower consumption of sugar-sweetened beverages though; 6.4 per cent of residents consume these drinks daily.



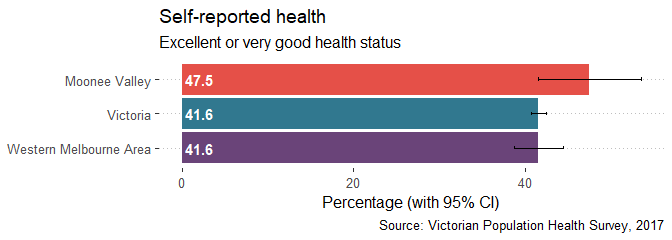
### Physical activity

Data from the Victorian Population Health Survey 2017 shows that about 58 per cent of Moonee Valley residents complied with the physical activity, compared to 48.5 per cent in the Western Melbourne Area. About 30 per cent of residents spent 7 or more hours sitting on an average weekday.

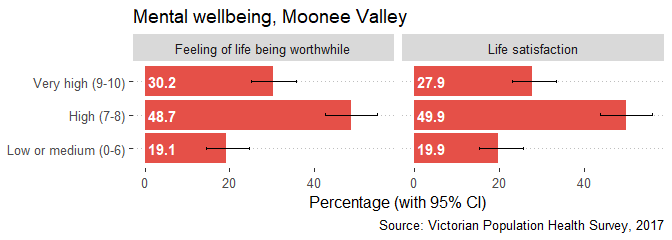


### Mental health

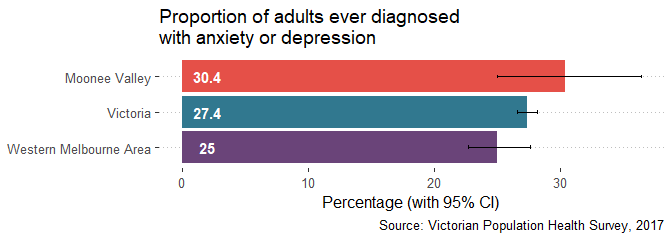
Data from the Victorian Population Health Survey 2017 shows that about 47.5 per cent of Moonee Valley residents reported either ‘excellent’ or ‘very good’ health. Thic compares to about 42 per cent for Victoria and the Western Melbourne Area.



About three in ten residents rated their life satisfaction and their feeling of life being worthwhile as ‘very high’.



Data from the Victorian Population Health Survey 2017 shows that about 30 per cent of Moonee Valley residents had ever been diagnosed with anxiety of depression. This compares with 25 per cent for Western Melbourne.

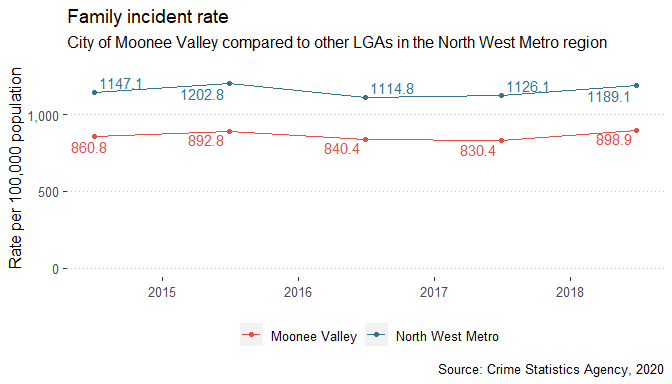


Females in Moonee Valley were more likely to seek professional help for mental health problems than males.

| **Adults who sought rofessional help for a mental health problem within the last year by gender, City of Moonee Valley** | | | |
| --- | --- | --- | --- |
| **Gender** | **Percentage** | **Lower limit** | **Upper limit** |
| Males | 18.0 | 12.1 | 26.0 |
| Females | 21.1 | 14.5 | 29.7 |
| Source: Victorian Population Health Survey, 2017 | | | |

## Sexual and reporductive health

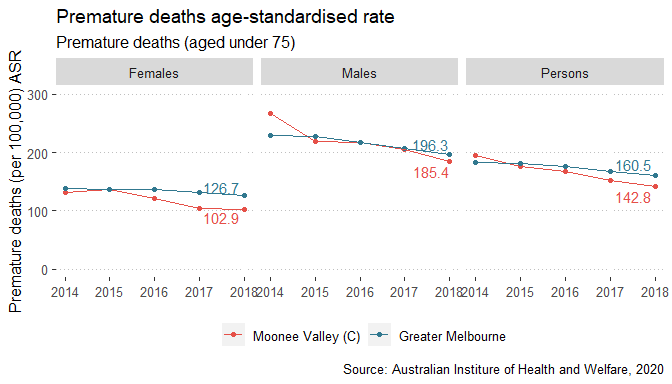
## Family violence



## Death

### Premature deaths

Premature deaths in Moonee Valley declined between 2014 and 2018[[3]](#footnote-71). There were 142.8 premature deaths per 100,000 in Moonee Valley in 2018, compared to 160.5 for Greater Melbourne.



### Top causes of death

The most common causes of death in 2018 were Coronary heart disease, responsible for 289 deaths.

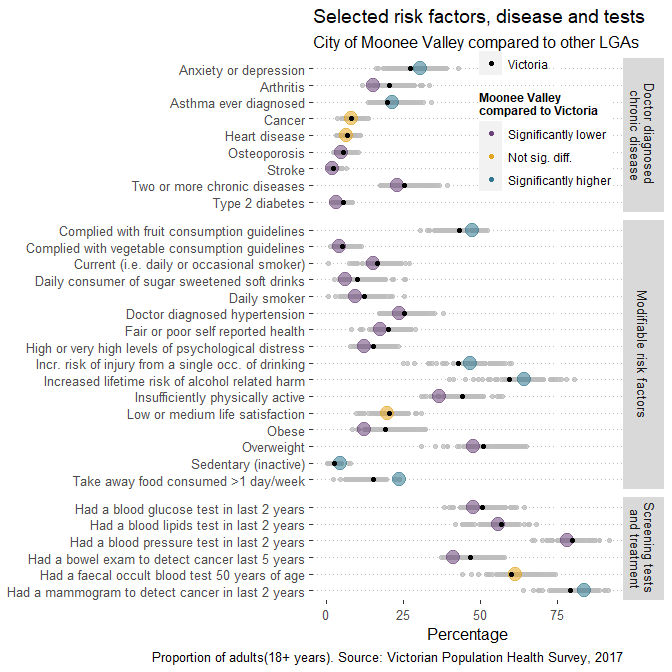
| **Top ten causes of death in Moonee Valley, 2018** | | |
| --- | --- | --- |
| **Cause** | **Deaths** | **Per cent of all causes** |
| Coronary heart disease | 489 | 12.8 |
| Dementia including Alzheimer disease | 295 | 7.7 |
| Cerebrovascular disease | 241 | 6.3 |
| Lung cancer | 173 | 4.5 |
| Chronic obstructive pulmonary disease | 146 | 3.8 |
| Colorectal cancer | 145 | 3.8 |
| Diabetes | 122 | 3.2 |
| Accidental falls | 118 | 3.1 |
| Influenza and pneumonia | 83 | 2.2 |
| Prostate cancer | 76 | 2.0 |
| Source: Australian Institure of Health and Welfare, 2020 | | |

# To add

* aged care <https://gen-agedcaredata.gov.au/Topics/Services-and-places-in-aged-care/Explore-services-and-places-in-aged-care>
* ahpc
* vichealth indicators
* vcams
* family violence
* community survey

# Appendices

## Victorian Population Health Survey 2017 data, comparison against other local government areas



| **Modifiable risk factors, City of Moonee Valley** | | | |
| --- | --- | --- | --- |
| **Indicator** | **Percentage** | **Lower limit** | **Upper limit** |
| Obese | 12.5 | 9.3 | 16.8 |
| Overweight | 47.6 | 41.7 | 53.7 |
| Daily consumer of sugar sweetened soft drinks | 6.4 | 4.3 | 9.4 |
| Take away food consumed >1 day/week | 23.7 | 17.9 | 30.7 |
| Sedentary (inactive) | 4.7 | 2.3 | 9.3 |
| Insufficiently physically active | 36.7 | 31.0 | 42.7 |
| Complied with vegetable consumption guidelines | 4.4 | 2.8 | 6.9 |
| Complied with fruit consumption guidelines | 47.5 | 41.6 | 53.4 |
| Daily smoker | 9.3 | 6.3 | 13.6 |
| Current (i.e. daily or occasional smoker) | 15.3 | 11.2 | 20.7 |
| Increased lifetime risk of alcohol related harm | 64.2 | 58.5 | 69.5 |
| Incr. risk of injury from a single occ. of drinking | 46.6 | 40.7 | 52.7 |
| Fair or poor self reported health | 17.7 | 13.7 | 22.5 |
| Low or medium life satisfaction | 19.9 | 15.3 | 25.6 |
| High or very high levels of psychological distress | 12.4 | 8.9 | 17.1 |
| Doctor diagnosed hypertension | 23.8 | 19.9 | 28.3 |
| Source: Victorian Population Health Survey, 2017 | | | |

| **Doctor diagnosed chronic disease, City of Moonee Valley** | | | |
| --- | --- | --- | --- |
| **Indicator** | **Percentage** | **Lower limit** | **Upper limit** |
| Anxiety or depression | 30.4 | 25.0 | 36.4 |
| Arthritis | 15.2 | 12.5 | 18.5 |
| Asthma ever diagnosed | 21.5 | 17.0 | 26.7 |
| Cancer | 8.0 | 6.0 | 10.7 |
| Type 2 diabetes | 3.3 | 2.0 | 5.2 |
| Heart disease | 6.6 | 4.8 | 9.0 |
| Osteoporosis | 4.8 | 3.5 | 6.5 |
| Stroke | 2.1 | 1.2 | 3.7 |
| Two or more chronic diseases | 23.0 | 19.0 | 27.6 |
| Source: Victorian Population Health Survey, 2017 | | | |

| **Screening tests and treatment, City of Moonee Valley** | | | |
| --- | --- | --- | --- |
| **Indicator** | **Percentage** | **Lower limit** | **Upper limit** |
| Had a blood lipids test in last 2 years | 55.6 | 50.0 | 61.2 |
| Had a blood pressure test in last 2 years | 78.2 | 72.6 | 82.9 |
| Had a blood glucose test in last 2 years | 47.6 | 41.8 | 53.5 |
| Had a faecal occult blood test 50 years of age | 61.2 | 52.6 | 69.1 |
| Had a bowel exam to detect cancer last 5 years | 41.2 | 34.6 | 48.1 |
| Had a mammogram to detect cancer in last 2 years | 83.5 | 74.5 | 89.7 |
| Source: Victorian Population Health Survey, 2017 | | | |

1. Australian Bureau of Statistics, 2020, *Regional Population Growth, 2018-19*, cat. No. 3218.0, <https://www.abs.gov.au/ausstats/abs@.nsf/mf/3218.0> [↑](#footnote-ref-24)
2. .id consulting, 2017, *Moonee Valley Population Forecasts* [↑](#footnote-ref-26)
3. Australian Institute of Health and Welfare, 2020, *Mortality Over Regions and Time (MORT) books*, 7 August 2020, Australian Government, Canberra. [↑](#footnote-ref-71)