



Physical health

Moreland City Council Health Profile

October 2020

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Key insights

General health

- Female life expectancy in Moreland is 84.4 years, and male life expectancy is 79.1 years.
- 77.6% of adults in Moreland report their health to be good, very good, or excellent. This is consistent with the North Division (77.9%) and Victoria (77.2%).
- Over half (55.5%) of adults in Moreland have one or more chronic disease, and one quarter (25.3%) have two or more chronic diseases.
- Over one quarter (27.4%) of adults are diagnosed with anxiety or depression in Moreland.
- The proportion of adults with heart disease is higher (8.0%) in Moreland than the Victorian average (6.7%) including the North Division (6.9%).
- Osteoporosis is at a higher proportion in Moreland (8.3%) than both North Division (6.8%) and Victoria (5.7%).
- Over a third (36.1%) of LGBTQIA+ adults were diagnosed with two or more chronic diseases compared to non-LGBTQIA+ adults (25.1%) in Victoria.
- Half (50.2%) of adults in Moreland report being overweight (pre-obese and obese). This is slightly lower than in the North Division (52.6%) and consistent with the whole of Victoria (50.8%).
- 6.2% of the Moreland population required assistance with their core activities in 2016.
- 6.8% have a 'moderate or mild core activity limitation', and 4.9% have a 'profound or severe core activity limitation' in Moreland.
- 58 Aboriginal and Torres Strait Island people require assistance with core activities in Moreland.

Screening and health checks

- 81.3% of adults had their blood pressure checked, 73.1% tested for a mammogram (female adults) (in the past 2 years from the time of the survey), 37.2% tested for bowel cancer (in the past 5 years from the time of the survey).

Dental health

- 70% of adults in Moreland self-report having good, very good, or excellent dental health.
- Over one third (38%) of adults have avoided or delayed visiting a dental professional because of the cost. The proportion of adults who have avoided or delayed visiting a dental professional because of the cost is higher in Moreland than in the North Division (35%) and Victoria (34%).

Early years & maternal health

- In 2016 there were 2,615 births in Moreland.
- The proportion of children that breastfed at 3 months was 59.4% and 47.3% at 6 months of age, however both measures were higher than the Victorian rates (51.4% for 3 months and 34.0% for 6 months).

Sexual & reproductive health

- Participation in cervical screening in Moreland (58.6%) was lower than the North Metro Region (60.3%).
- Oral contraception was the highest primary method of contraception in Moreland (33.10%).
- Chlamydia (372) was the highest reported Sexually Transmissible Infection in Moreland.

General health

Measure: Life expectancy

Female life expectancy in Moreland was the same as the Victorian state measure (84.4). While male life expectancy in Moreland (79.1) was slightly below the Victorian measure (80.3).

Table. Life expectancy in years, by gender 2015

Gender	Moreland	LGA Rank	Victoria
Female	84.4	22	84.4
Male	79.1	39	80.3

Source: Department of Health, 2015.



PRIORITY GROUPS

The life expectancy gap between Aboriginal and non-Aboriginal Australians is 9.5 years for women and 10.6 years for men (Korin Korin Balit Djak, 2017).

Measure: Self-reported level of health

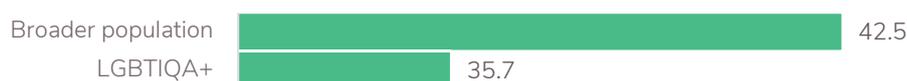
77.6% of adults in Moreland report their health to be good, very good, or excellent. This is consistent with the North Division (77.9%) and Victoria (77.2%). Self-reported health for Aboriginal individuals reporting excellent health has declined in Victoria from 39.7% in 2004/5 to 36.9% in 2014/15. While reporting in poor health has increased from 29.9% (2004/5) to 33.5% (2014/15). There is also a difference between LGBTIQ+ (35.7%) adults and non- LGBTIQ+ (42.5%) adults in reporting excellent health in Victoria.

Table. Self-reported health status among adults

Self-reported health status	Moreland	North Division ¹	Victoria
Excellent / Very good	38.3%	40.3%	41.6%
Good	39.3%	37.6%	37.6%
Fair / Poor	22.0%	21.5%	20.3%

Source: Victorian Population Health Survey 2017

Adults that rated self reported health as excellent or very good in Victoria



Source: VPHS, 2017



PRIORITY GROUPS

A lower proportion of Aboriginal Victorians self-rate their health as good compared to non-Aboriginal Victorians (Korin Korin Balit Djak, 2017)

¹ Moreland, Hume, Darebin, Whittlesea, Banyule and Nillumbik

A lower proportion of LGBTIQ adults rated self-reported health as excellent or very good compared with the broader adult population (Victorian Population Health Survey 2017). 42% of people with disability rate their health as poor or fair as compared to 7.0% without disability (Australian Institute of Health and Welfare, 2020).

Measure: Disability

6.2% of the Moreland population required assistance with their core activities in 2016. This is higher than the Australian figure of 5.1%.

In 2018, 15.3% of males in the Moreland population (13,738) was estimated to have a disability. This percentage is similar to the percentage of females (16.5%) estimated to have a disability in Moreland (15,025). There are 12,331 people (6.8% proportion of the population) that have ‘moderate or mild core activity limitation’, and 8,868 people (4.9% proportion of the population) that have a ‘profound or severe core activity limitation’.

Table. Percentage of persons who have need for assistance with core activities

Area	% Population
Moreland	6.2%
Australia	5.1%

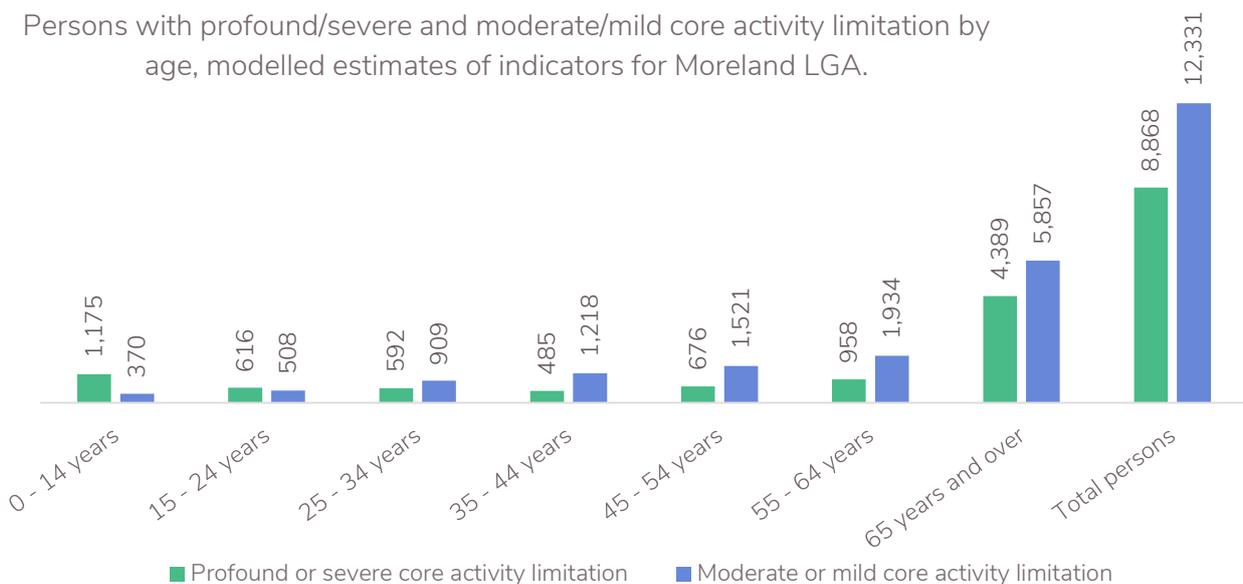
Source: ABS Census, 2016.

Table. Males and females with disability in Moreland modelled estimates of indicators.

Area	Number	% Population
Male	13,738	15.3%
Female	15,025	16.5%

Source: Disability Aging and Carers Australia, 2018

Persons with profound/severe and moderate/mild core activity limitation by age, modelled estimates of indicators for Moreland LGA.



Source: Disability Aging and Carers Australia, 2018

Table. Moreland LGA by Indigenous Status by Core Activity Need for Assistance.

	Has need for assistance with core activities	Does not have need for assistance with core activities	Total
Torres Strait Islander	3	39	45
Aboriginal	55	642	699
Both Aboriginal and Torres Strait Islander	0	26	28
Total	58	711	765

Source: ABS Census, 2016



PRIORITY GROUPS

Aboriginal people are 2.4 times more likely to have a disability than non-Aboriginal people (Korin Korin Balit Djak, 2017).

Over 35% of households in Moreland include a person with disability (Disability, Ageing and Carers Australia, 2018).

50% of people over the age of 65 have a disability (Disability, Ageing and Carers Australia, 2018).

The average resident can expect to live with a disability for 20% of their lives. (Australian Institute of Health and Welfare, 2020).

Measure: Bodyweight

Half (50.2%) of adults in Moreland report being overweight (pre-obese and obese). This is slightly lower than in the North Division (52.6%) and consistent with the whole of Victoria (50.8%).

Table. Proportion of adult population by BMI category

BMI category	Moreland	North Division	Victoria
Underweight	2.8%	2.2%	2.2%
Normal	37.5%	35.7%	38.0%
Pre-obese	34.2%	32.9%	31.5%
Obese	16.0%	19.7%	19.3%

Source: Victorian Population Health Survey 2017



PRIORITY GROUPS

Obesity rates are increasing for all Victorians, but are higher for Aboriginal Victorians (Korin Korin Balit Djak, 2017).

Measure: Chronic disease

Over half (55.5%) of adults in Moreland have one or more chronic disease, and one quarter (25.3%) have two or more chronic diseases. Over one quarter (27.4%) of adults are diagnosed with anxiety or depression in Moreland. In Moreland, heart disease is higher (8.0%) than the Victorian average (6.7%) including the North Division (6.9%). Osteoporosis is also at a higher proportion in Moreland (8.3%) than both North Division (6.8%) and Victoria (5.7%). The percentage of LGBTQIA+ adults diagnosed with two or more chronic diseases is 36.1% compared to non-LGBTQIA+ adults 25.1% in Victoria.

Table. Proportion of adults diagnosed with a chronic disease

Chronic Diseases	Moreland	North Division	Victoria
No chronic disease	44.5%	40.0%	42.2%
One chronic disease	30.2%	32.7%	32.3%
Two or more chronic diseases	25.3%	27.3%	25.5%

Source: Victorian Population Health Survey 2017

Table. Proportion of adults diagnosed with selected chronic diseases

Chronic Diseases	Moreland	North Division	Victoria
Asthma	14.6%	20.6%	20.0%
Type 1 diabetes	2.3%	0.9%	0.8%
Type 2 diabetes	5.6%	5.6%	5.5%
Heart disease	8.0%	6.9%	6.7%
Stroke	3.1%	2.4%	2.4%
Cancer	5.1%	7.3%	8.1%
Osteoporosis	8.3%	6.8%	5.7%
Anxiety or depression	27.4%	30.3%	27.4%
Arthritis	22.3%	22.0%	20.6%

Source: Victorian Population Health Survey 2017

Table. Separations per 1,000 population for chronic potentially preventable hospitalisations, by Aboriginal status in Victoria

Year	Aboriginal (rate per 1,000)	Non-Aboriginal (rate per 1,000)	Gap (rate per 1,000)	Rate ratio
2014–15	24.8	11.6	13.2	2.1
2015–16	28.7	12.3	16.4	2.3
2016–17	33.4	13.0	20.4	2.6
2017–18	39.4	13.0	26.4	3.0

Source: Victorian Aboriginal Affairs Report, 2019.

Percentage of adults diagnosed with two or more chronic diseases in Victoria



Source: VPHS, 2017



PANDEMIC

Aboriginal and Torres Strait Islander people over the age of 50-years, or who have a pre-existing health condition, such as diabetes, asthma, heart and lung conditions, or immune problems are at higher risk of developing a severe illness associated with COVID-19. Younger Aboriginal and Torres Strait Islander people can also get COVID-19 and infect family, friends and Elders (Department of Health and Human Services, 2020).



CLIMATE CHANGE

People who live with chronic conditions are more vulnerable to the impacts of climate change. Heat stress, bacterial infections, asthma attacks and respiratory complications are all set to increase in frequency with current climate projections.



PRIORITY GROUPS

Chronic disease is responsible for 64 per cent of the disease burden of Aboriginal Australians, with presentations to Victorian hospital emergency departments double the rate for non-Aboriginal people (Korin Korin Balit Djak, 2017).

Aboriginal people are three times more likely than non-Aboriginal people to have diabetes (Korin Korin Balit Djak, 2017).

A higher percentage of LGBTIQ Victorians were diagnosed with two or more chronic diseases compared with the broader adult population (Victorian Population Health Survey, 2017).

Screening and health checks

Measure: Hospital admissions



PRIORITY GROUPS

Potentially preventable hospitalisations of Aboriginal people in Victoria are more than three times higher than for non-Aboriginal people (Korin Korin Balit Djak, 2017).

Measure: Health check-ups

There are a lower number of testing for bowel cancer (37.2%) and mammograms (73.1%) than the Victorian percentage of adults for test for bowel cancer (46.8%) and mammograms (79.2%).

Table. Proportion of adults who have had health-rated check-ups in the past two years

Health-related check	Moreland	North Division	Victoria
Blood pressure check	81.3%	81.0%	79.6%
Testing for cholesterol (Blood lipids check)	59.5%	58.3%	56.8%
Testing for diabetes (Blood glucose)	52.8%	52.5%	50.7%
Testing for bowel cancer (In the last 5 years)	37.2%	45.7%	46.8%
Mammogram (female adults)	73.1%	79.0%	79.2%

Source: Victorian Population Health Survey 2017



PRIORITY GROUPS

The proportion of Aboriginal children in Victoria aged 0-14 receiving health checks has increased tenfold, from 1.5% in 2007 to 16.9% in 2017 (Victorian Aboriginal Affairs Report, 2019).

The proportion of Aboriginal Victorians in Victoria aged 55 and over receiving annual health assessments has more than tripled, from 7.5% in 2007 to 25.7% in 2017 (Victorian Aboriginal Affairs Report, 2019).

Dental health

Measure: Self-reported dental health status

70% of adults in Moreland self-report having good, very good, or excellent dental health.

Table. Proportion of adults by self-reported dental health status

Dental health status	Moreland	Northern Division	Victoria
Excellent / Very good	35.8%	36.3%	37.1%
Good	33.8%	34.1%	34.0%
Fair / Poor	28.1%	24.9%	24.4%

Not applicable	2%	4.3%	4.0%
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Source: Victorian Population Health Survey 2017

Measure: Dental check-ups

Over one third (38%) of adults have avoided or delayed visiting a dental professional because of the cost. The proportion of adults who have avoided or delayed visiting a dental professional because of the cost is higher in Moreland than in the North Division (35%) and Victoria (34%).

Table. Proportion of adults who avoided or delayed visiting a dental professional because of the cost

Yes/No	Moreland	North Division	Victoria
Yes	38.0%	35.0%	33.9%
No	61.6%	64.3%	65.5%

Source: Victorian Population Health Survey 2017



PRIORITY GROUPS

Aboriginal children have 1.6 times more decayed tooth surfaces than non-Aboriginal children, and Aboriginal children aged 10 years and under have almost 1.5 times the rate of potentially preventable dental hospitalisations (Korin Korin Balit Djak, 2017).

The highest level of poor dental health for LGBTIQ individuals was the 55-64 year old age group with 33.7%, compared to 30% of heterosexual individuals, being the highest age bracket for poor health for both groups in Victoria (Victorian Population Health Survey 2017).

Early years & maternal health

Measure: Breastfeeding rates

In 2016 there were 2,615 births in Moreland.

The proportion of children that breastfed at 3 months was 59.4% and 47.3% at 6 months of age, however both measures were higher than the Victorian rates (51.4% for 3 months and 34.0% for 6 months).

Table. Births in Moreland

	Births
2016	2,615
2015	2,353

Source: Women's Health in the North, 2019

Table. Proportion of children who are breastfed at 3 months old and 6 months old

Age of child	Moreland	Victoria
3 months	59.4%	51.4%
6 months	47.3%	34.0%

Source: Victorian Child and Adolescent Monitoring System 2015

Sexual and reproductive health

Measure: Contraception and STIs

The percentage of participation in cervical screening in Moreland (58.6%) was lower than the North Metro Region (60.3%). Oral contraception was the highest primary method of contraception in Moreland (33.10%). The highest number of reported Sexually Transmissible Infections in Moreland was Chlamydia.

Table. Participation in Cervical Screening 2014-2015.

	Moreland	NMR*
2014-2015	58.6%	60.3%
*North Metro Region (NMR) includes the Local Government Areas of Banyule, Darebin, Hume, Moreland, Nillumbik, Whittlesea and Yarra.		

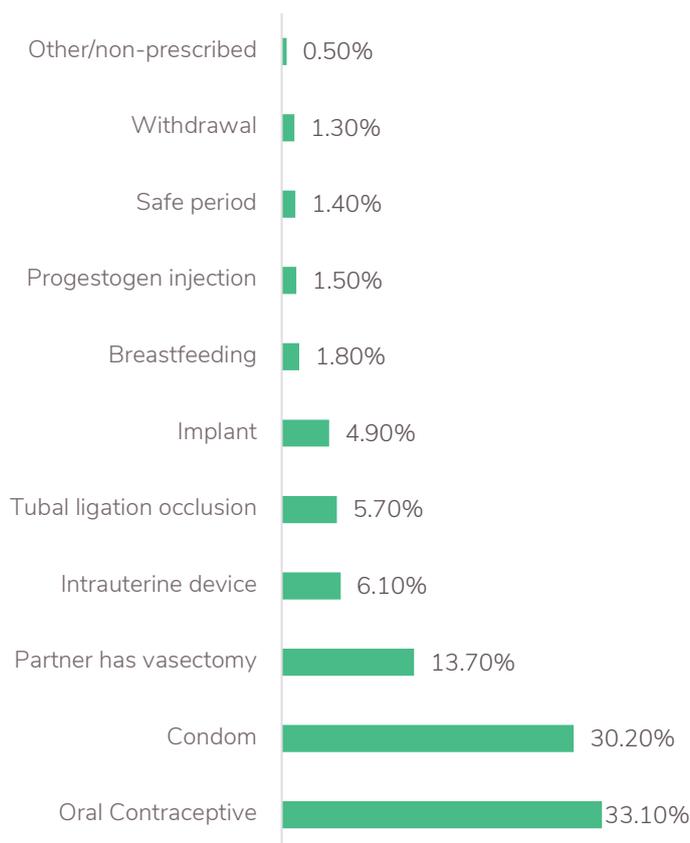
Source: Women's Health in the North, 2019

Table. Moreland Sexually Transmissible Infections (STI) Notifications (Women)

STI type	Moreland
Chlamydia	372
Gonorrhoea	62
Hepatitis B	15
Syphilis	4
HIV	0

Source: Women's Health in the North, 2019

Percentage of primary contraceptive methods in Moreland



Source: WHIN, 2019



PRIORITY GROUPS

Significantly higher rates of blood-borne viruses and sexually transmissible infections are among Aboriginal Victorians than non-Aboriginal Victorians (Korin Korin Balit Djak, 2017).

Data sources

Australian Bureau of Statistics Census, 2016.

The ABS is Australia's national statistical agency, providing trusted official statistics on a wide range of economic, social, population and environmental matters of importance to Australia.

QuickStats makes high level, at a glance Census data available for most areas, from small areas to state, territory and Australia level.

Australian Institute of Health and Welfare 2020

The report 'People with disability in Australia' brings together information from a range of national data sources to contribute to a greater understanding about disability in Australia

Department of Health and Human Services 2015

The Department of Health and Human Services is committed to achieving the best health and wellbeing for all Victorians. Health.vic provides information for the Victorian healthcare sector and businesses about planning, policy development, funding and regulation.

Summary of data on the Hume Moreland Area 2015.

Department of Health and Human Services 2020

Information and resources for Aboriginal and Torres Strait Islander Victorians and Aboriginal Community Controlled Organisations on COVID-19.

Disability Aging and Carers Australia, 2018

Survey of Disability, Ageing and Carers is available on the Australian Bureau of Statistics website.

Detailed information is collected from: People with disability, Older people (those aged 65 years and over), carers of people with disability or a long-term health condition or older people.

The data is available at the national level and at the state level for New South Wales, Victoria, Queensland and Western Australia. Some data is available for other states and territories, but this may be limited due to standard error and confidentiality constraints.

Korn Korin Balit-Djak: Aboriginal health, wellbeing and safety strategic plan 2017-2027

The purpose of Korin Korin Balit-Djak is to realise the Victorian Government's vision for 'Self-determining, healthy and safe Aboriginal people and communities' in Victoria. The Department of Health and Human Services commissioned work that has informed both Korin Korin Balit-Djak and the discussion about Aboriginal self-determination across all areas of the Victorian Government and community.

Victorian Aboriginal Affairs Report, 2019

Victorian Government Aboriginal Affairs Report outlines progress towards achieving the vision that all Aboriginal Victorian people, families and communities are safe, resilient, thriving and living culturally rich lives.

Victorian Population Health Survey 2017

The Victorian Population Health survey is conducted by the Department of Health. While it is usually conducted annually, data at the LGA level is not released in every year. Data relates to health behaviours, health screening, health conditions, lifestyle factors, exercise and nutrition.

The most recent data is 2017.

Victorian Child and Adolescent Monitoring System (VCAMS) 2015

The VCAMS tracks and measures children and young people's wellbeing, safety, learning and development outcomes as identified in the VCAMS Outcomes Framework.

The most recent data is from 2015.

Victorian Government Aboriginal Affairs Report

Victorian Government Aboriginal Affairs Report outlines progress towards achieving the vision that all Aboriginal Victorian people, families and communities are safe, resilient, thriving and living culturally rich lives.

Women's Health in the North 2019

Produced in 2019, these sex positive fact sheets provide a snapshot of the sexual and reproductive health status of women in Melbourne's northern metropolitan region (NMR). The fact sheets present data and information about fertility, contraception, unintended pregnancy, sexually transmissible infections, cervical screening, HPV immunisation, negotiating consent, and sexual assault. These fact sheets also explore the influences of gender norms, roles, expectations and power dynamics on sexual and reproductive health.