

OUR HEALTH

A snapshot of eastern and north-eastern Melbourne

OUR COMMUNITY

EMPHN is home to about **1.45** million people
24% of Victoria's total population

32% of our community were born overseas in one of 200 countries

1.4 million now
1.85 by 2031

Need assistance on daily basis
68,000

ALCOHOL & OTHER DRUGS

Adults that drink more than 2 standard drinks per day
15%
 *17% nationally

Alcohol main cause of substance-related harm

7 deaths per **10,000** population each year from drug overdose

1 in 7 people drink to levels that increase lifetime risk of alcohol-related harm

13% people aged 14 years or older had recently used an illicit drug
 *15% in Victoria

1 in 20 people aged 14+ or older misuse pharmaceuticals annually

CHRONIC DISEASE

80% adults have at least 1 chronic condition

44% adults have at least 3 or more long-term health conditions

Chronic disease rates in Aboriginal people
 76% 60% 67% 46% 2012 - 13
 Long term health condition 2+ chronic conditions

OLDER PEOPLE

203,000 now
370,000 by 2031
 aged 65+

4 in 5 of our older people don't have daily contact with people outside their home

80% people aged 65+ have 3 or more chronic conditions

ABORIGINAL HEALTH

31% smoke compared to 18% non-Aboriginal people
 *14.7% nationally

Aboriginal Australians all-cause mortality rate
1.7x non-Aboriginal Australians

Hospitalisation for circulatory diseases
1.3x rate of non-Aboriginal people in Victoria

Hospitalisation for diabetes
3x rate of non-Aboriginal people in Victoria
 2013 - 15

Community mental health services accessed by Aboriginal people
3.1x rate of non-Aboriginal people in Victoria

Death by intentional self-harm for Aboriginal Australians
2.1x rate of non-Aboriginal Australians

40% Aboriginal people in Victoria report using substances in the last 12 months

MENTAL HEALTH

1 in 5 people have a mental health problem each year
 *in Victoria

almost **HALF** will have a mental health problem in their lifetime
 *in Victoria

depression & anxiety diagnoses are increasing
 *in Victoria

31% have an anxiety disorder each year
 *in Victoria

10% adults in EMPHN catchment report high levels of psychological distress
 *12.5% in Victoria

Psychological distress is more common in disadvantaged socio-economic groups
 12% in Whittlesea-Wallan

Young people aged 18-24 years have the highest prevalence of mental illness of any other age group

1,280 hospital admissions for intentional self-harm, including attempted suicide
 91 - 5102

GENERAL HEALTH

87% of adults report excellent, very good or good health
 *85% nationally

Participation rate
 BreastScreen **59.9%**
 Cervical Screening **58.6%**
 Bowel Cancer Screening **59.9%**

Adults that are physically inactive
52%

46% of adults do not consume recommended intake of fruit & vegetables

Overweight & obese adults [2014-15]
64.7%
 *62.8% nationally

In the next 25 years the number of Australians who die each year will double
60% would prefer to die at home

82% adults see a GP once every 12 months

10% of people see a GP after-hours each year



* Stats represent EMPHN catchment unless otherwise stated