



Physical health

Moreland City Council Health Profile

December 2020

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Overview

Physical health refers to the condition of an individual's body and the extent to which it is affected by disability, illness and disease. Many people live with chronic conditions, which are the leading cause of illness, disability and death in Australia. Common conditions include cancer, heart disease and diabetes, which may lower quality of life and affect independence over time (Australian Institute of Health and Welfare, 2020).

Health reflects the complex interactions of a person's genetics, lifestyle and environment and is fundamental to overall wellbeing. Health outcomes and experiences of health are not the same for everyone. Social determinants such as income, education, employment and social support are known contributors to health inequalities between population groups. Health is also influenced by actions taken to improve health and the resources required for those interventions. These determinants can affect the health of individuals and communities (Australian Institute of Health and Welfare, 2020).

Moreland context

Overall, the health of Moreland residents is good and consistent with the rest of Victoria. 77.6% of adults in Moreland report their health to be good, very good or excellent, while this is true for 77.2% of Victorians. Measures of health such as life expectancy, disability, bodyweight and chronic disease report similar results in Moreland compared to the North Division as well as the rest of Victoria. There are, however, particular groups within Moreland who experience poorer physical health than others.

64% of the disease burden of Aboriginal and Torres Strait Islander Australians is caused by chronic disease, with Aboriginal and Torres Strait Islander people twice as likely to present to Victorian hospital emergency departments as non-Aboriginal people. The Victorian Aboriginal Affairs reported that in 2017-2018, the Aboriginal rate per 1,000 for chronic potentially preventable hospitalisations was 39.4, compared to 13.0 for non-Aboriginals. Similar trends are observed in dental health, as Aboriginal and Torres Strait Islander children have 1.6 times more decayed tooth surfaces than non-Aboriginal children. However, it seems that some progress is being made to close the gap. The proportion of Aboriginal and Torres Strait Islander children in Victoria aged 0-14 receiving health checks has increased tenfold and the proportion of Aboriginal and Torres Strait Islander Victorians aged 55 and over receiving annual health assessments has almost tripled between 2007 and 2017.

Another priority group experiencing poorer physical health is the LGBTQIA+ community. 36.1% of people who identify as LGBTQIA+ are diagnosed with two or more chronic diseases in Victoria, compared to 25.1% of non-LGBTQIA+ people. A lower proportion of people who identify as LGBTQIA+ also rate their self-reported health as excellent or very good (35.7% compared to 42.5% of broader population).

In summary, key issues include:

- Poorer health outcomes for Aboriginal and Torres Strait Islander people, LGBTQIA+ adults and people with disability.
- Over half of adults in Moreland have one or more chronic disease.
- Half of adults in Moreland report being overweight.
- A higher proportion of adults with heart disease or osteoporosis than Victoria.
- A higher number of people needing assistance than Greater Melbourne.
- Delayed dental visits because of the cost.
- A high number of STI notifications for women.

Key insights

Areas where Moreland performs at or above the Victorian average:

- **Self-reported health status:** Over three quarters (77.6%) of adults in Moreland report their health to be good, very good, or excellent. This is consistent with the Victorian average (77.2%).
- **Chronic disease:** Over half (55.5%) of adults in Moreland have one or more chronic disease. This is comparable to the Victorian average (57.8%).
- **Body mass index:** Half (50.2%) of adults in Moreland report being overweight (pre-obese and obese). This is consistent with the whole of Victoria (50.8%).
- **Self-reported dental health:** 70% of adults in Moreland self-report having good, very good, or excellent dental health. This is consistent with the Victorian state average (71.1%).
- **Asthma & Cancer instances:** Instances of Asthma were lower in Moreland (14.6%) than Victoria (20.0%), and instances of Cancer were lower in Moreland (5.1%) than Victoria (8.1%).

Areas where Moreland performs below the Victorian average:

- **Heart disease & Osteoporosis:** The proportion of adults with heart disease is higher (8.0%) in Moreland than the Victorian average (6.7%), and instances of Osteoporosis is higher in Moreland (8.3%) than Victoria (5.7%).
- **Disability:** At least 9,900 people are living with a severe disability in Moreland and modelling indicates there could be more than double the number living with a broad range of disabilities (approximately 20,500 people). The total percent of people needing assistance in Moreland (6.2%) is higher than the average for Greater Melbourne (4.9%).
- **Affordability of dental care:** Over one third (38%) of adults have avoided or delayed visiting a dental professional because of the cost. This is slightly higher in Moreland than the Victorian average (34%).
- **Cervical screenings:** A slightly lower percentage of women in Moreland (58.6%) participated in cervical screening in 2014-15 than the North Metro Region¹ average (60.3%).
- **STI notifications:** In 2019, Moreland had the highest number of STI notifications for women in the North Metro Region². The most common infection was Chlamydia, followed by Gonorrhoea. Moreland did not report any HIV notifications for women.

¹ North Metro Region (NMR) includes the Local Government Areas of Banyule, Darebin, Hume, Moreland, Nillumbik, Whittlesea and Yarra.

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	Victoria
Female	84.4 years	84.4 years
Male	79.1 years	80.3 years

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 Victorian average (77.2%).

Table. Self-reported health status among adults

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

Source: Victorian Population Health Survey 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). 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).

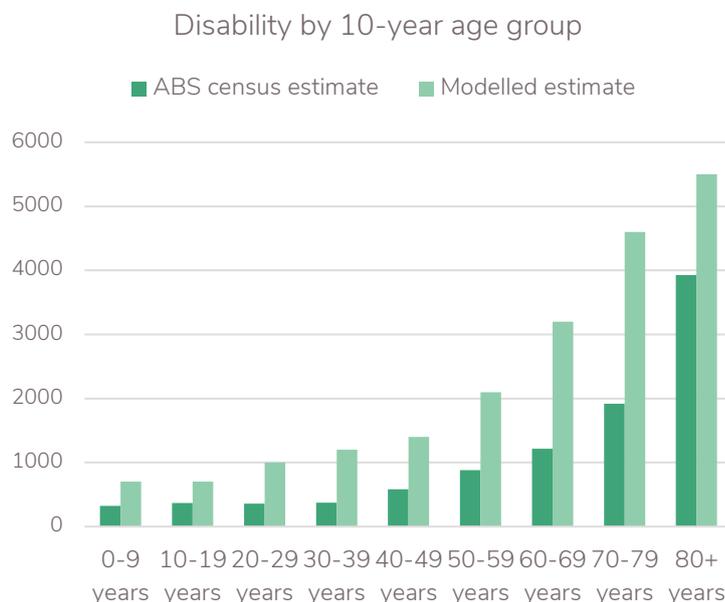
A lower proportion of LGBTIQ adults rated self-reported health as excellent or very good compared with the broader adult population (Victorian Population Health Survey 2017). 42% of people with disability rate their health as poor or fair as compared to 7.0% without disability (Australian Institute of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

Measure: Disability

At least 9,900 people are living with a severe disability in Moreland and modelling indicates there could be more than double the number living with a broad range of disabilities (approximately 20,500 people). The total percent of people needing assistance in Moreland (6.2%) is higher than the average for Greater Melbourne (4.9%).

For more information on disability in Moreland, see the [Moreland City Council Disability Brief](#).

Age (years)	Persons living with severe disability (ABS census estimate)*	Persons living with disability (modelled estimate)^
0-9	323	700
10-19	370	700
20-29	358	1,000
30-39	375	1,200
40-49	582	1,400
50-59	880	2,100
60-69	1,216	3,200
70-79	1,916	4,600
80+	3,925	5,500
Total	9,937	20,500



Source:

*Australian Bureau of Statistics population census 2016;

^Propensity for disability based on Census core activity need for assistance and Survey of Disability, Ageing and Carers (SDAC). Using the relationship between age and disability identified in the SDAC, modelling was conducted to estimate the total number of people living with a disability in Moreland by age group. The SDAC propensity modelling was undertaken by ID community on behalf of Moreland City Council in 2019.



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).

Measure: Bodyweight

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

Table. Proportion of adults by BMI category

BMI category	Moreland	Victoria
Underweight	2.8%	2.2%
Normal	37.5%	38.0%
Pre-obese	34.2%	31.5%
Obese	16.0%	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.

Instances of heart disease is higher in Moreland (8.0%) than the Victorian average (6.7%). Osteoporosis is also at a higher proportion in Moreland (8.3%) than Victoria (5.7%). Conversely, instances of Asthma were lower in Moreland (14.6%) than Victoria (20.0%), and instances of Cancer were lower in Moreland (5.1%) than Victoria (8.1%).

Table. Proportion of adults diagnosed with a chronic disease

Instance of chronic disease	Moreland	Victoria
No chronic disease	44.5%	42.2%
One chronic disease	30.2%	32.3%
2+ chronic diseases	25.3%	25.5%

Source: Victorian Population Health Survey 2017

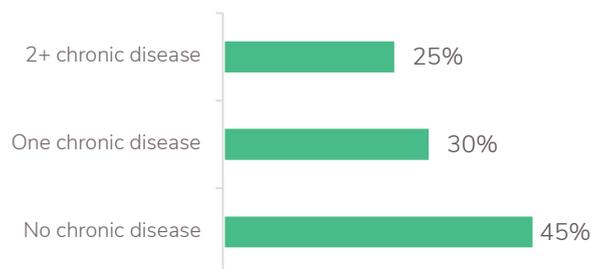
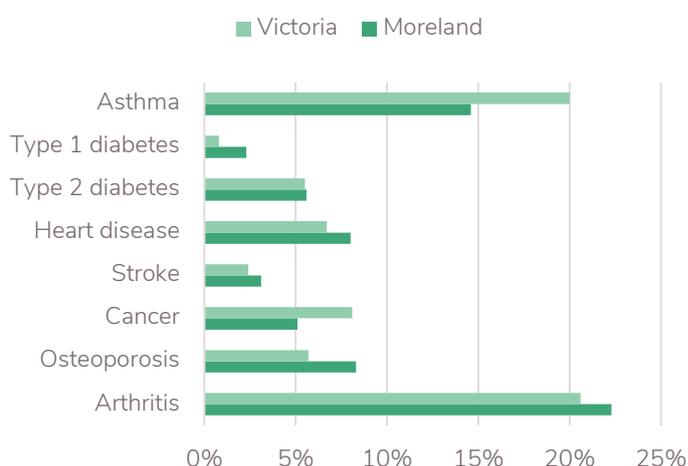


Table. Proportion of adults diagnosed with selected chronic diseases

Chronic Diseases	Moreland	Victoria
Asthma	14.6%	20.0%
Type 1 diabetes	2.3%	0.8%
Type 2 diabetes	5.6%	5.5%
Heart disease	8.0%	6.7%
Stroke	3.1%	2.4%
Cancer	5.1%	8.1%
Osteoporosis	8.3%	5.7%
Arthritis	22.3%	20.6%

Source: Victorian Population Health Survey 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: Health check-ups

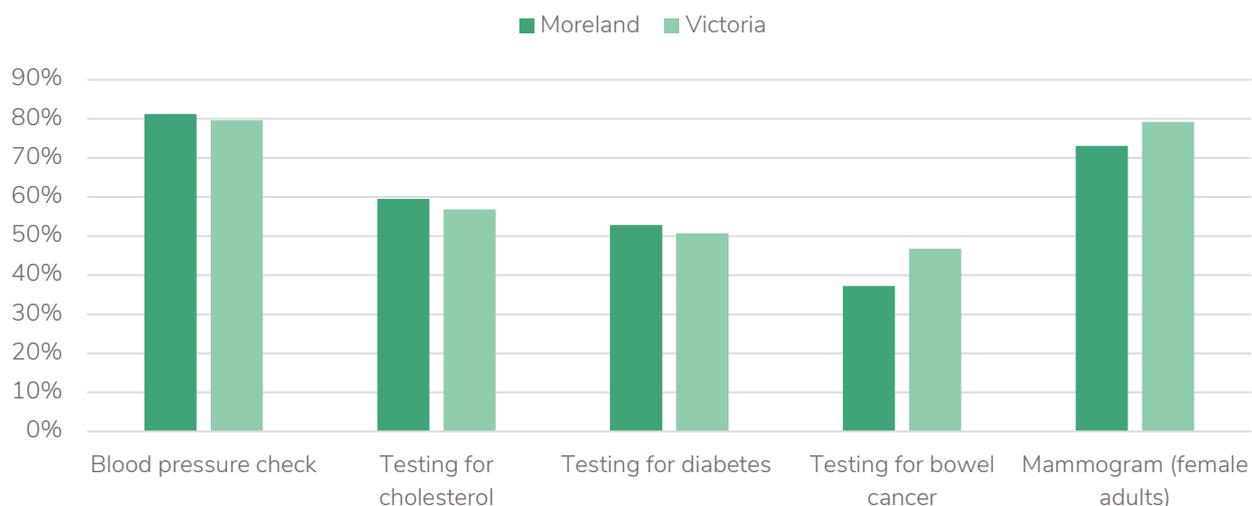
There are a lower number of testing for bowel cancer (37.2%) and mammograms (73.1%) than the Victorian percentage of adults for test for bowel cancer (46.8%) and mammograms (79.2%).

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

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

Source: Victorian Population Health Survey 2017

Health-related checks in Moreland and Victoria



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. This is consistent with the Victorian state average (71.1%).

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

Dental health status	Moreland	Victoria
Excellent / Very good	35.8%	37.1%
Good	33.8%	34.0%
Fair / Poor	28.1%	24.4%
Not applicable	2.0%	4.0%

Source: Victorian Population Health Survey 2017

Self-reported dental health status in Moreland and Victoria



Measure: Dental check-ups

Over one third (38%) of adults have avoided or delayed visiting a dental professional because of the cost. This is slightly higher in Moreland than the Victorian average (34%).

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

Dental check-ups	Moreland	Victoria
Have avoided or delayed dental check-ups due to cost	38.0%	33.9%
Have not avoided or delayed dental check-ups due to cost	61.6%	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: Births in Moreland

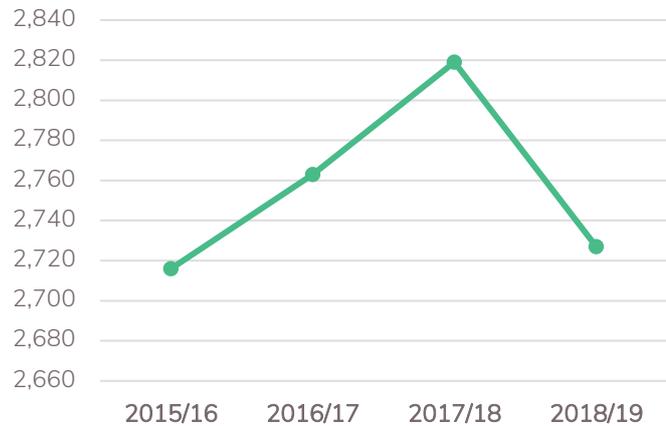
In 2018/19 there were 2,727 births in Moreland. This was a decrease of 92 births from the previous year.

Table. Birth notifications in Moreland

Year	Birth notifications
2018/19	2,727
2017/18	2,819
2016/17	2,763
2015/16	2,716

Source: MCC Maternal & Child Health 2019

Birth notifications in Moreland 2015-2019



Measure: Breastfeeding rates

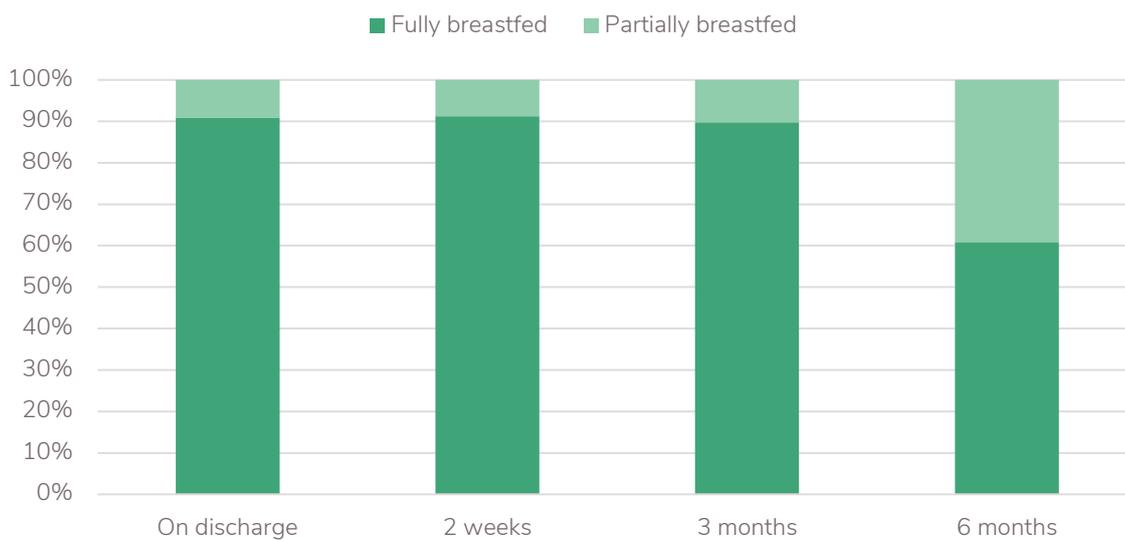
In 2018/19, there was a 90% breastfeeding rate at 3 months and a 60% breastfeeding rate at 60 months.

Table. Full and partial breastfeeding in Moreland in 2018/19

Age of child	Fully breastfed	Partially breastfed
On discharge	90.9%	9.1%
2 weeks	91.2%	8.8%
3 months	89.8%	10.2%
6 months	60.3%	38.7%

Source: MCC Maternal & Child Health 2019

Full and partial breastfeeding in Moreland in 2018/19



Measure: Vaccination rates

Immunisation data is available at the Statistical Area 3 level (SA3). For Moreland, this means data is divided into Brunswick-Coburg, and Moreland-North.

At 12-15 months, Brunswick-Coburg has a slightly higher percent of children who are fully vaccinated than the North Western Melbourne Region, and Moreland North has a slightly lower percentage. At 24-27 months, both Brunswick-Coburg and Moreland-North perform slightly higher than the North Western Melbourne Region average.

Table. Percent of children who are fully vaccinated at 12-15 months and 24-27 months.

Region (SA3)	12-15 months	24-27 months
Brunswick - Coburg	95.6%	93.4%
Moreland-North	94.1%	92.4%
North Western Melbourne Region*	95%	92%

*North Western Melbourne Region includes Moreland, Melbourne, Yarra, Darebin, Moonee Valley, Maribyrnong, Hobsons Bay, Wyndham, Brimbank, Melton, Hume, Macedon Ranges, and Moorabool.

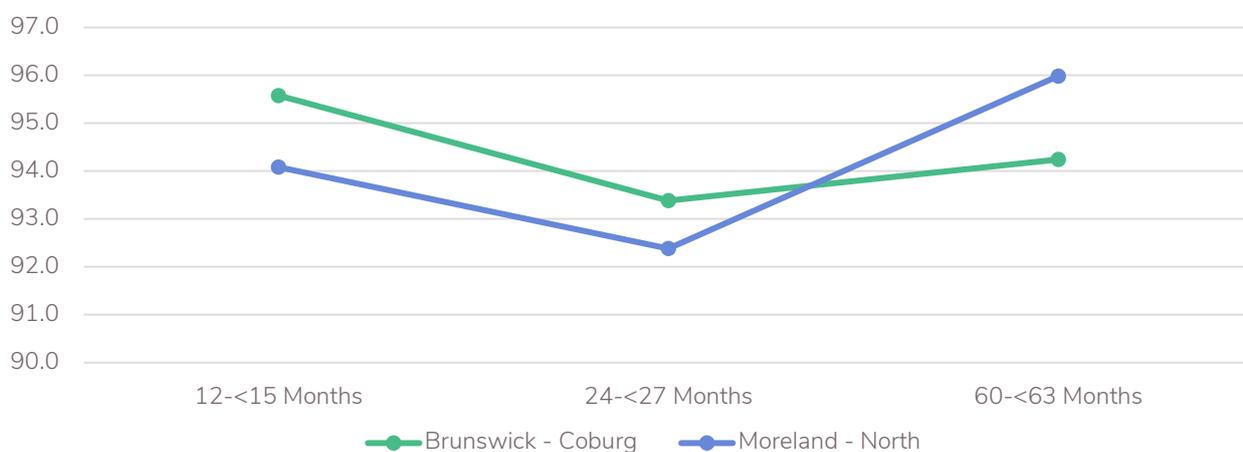
Source: Department of Health/Australian Immunisation Register 2020

Table. Breakdown of vaccination type

Region (SA3)	Age Group	% DTP	% Polio	% HIB	% HEP	% MMR	% Pneumo	% MenC	% Varicella	% Fully
Brunswick - Coburg	12-<15 Months	95.9	95.9	95.8	95.8	0.0	96.8	0.0	0.0	95.6
	24-<27 Months	94.0	97.4	95.3	97.3	94.9	96.6	96.2	95.2	93.4
Moreland - North	12-<15 Months	94.6	94.5	94.2	94.6	0.0	96.3	0.0	0.0	94.1
	24-<27 Months	94.2	96.6	94.8	96.8	94.2	96.4	96.2	94.5	92.4

Source: Department of Health/Australian Immunisation Register 2020

Immunisation rates by age group at the SA3 level and immunisation types (01 October 2019 - 30 September 2020).



Source: Department of Health/Australian Immunisation Register 2020

Sexual and reproductive health

Measure: Cervical screenings

A slightly lower percentage of women in Moreland (58.6%) participated in cervical screening in 2014-15 than the North Metro Region² average (60.3%).

Table. Participation in Cervical Screening 2014-2015.

Year	Moreland	North Metro Region ²
2014-2015	58.6%	60.3%

Source: Women's Health in the North, 2019

Measure: STI notifications

In 2019, Moreland had the highest number of STI notifications for women in the North Metro Region². The most common infection was Chlamydia, followed by Gonorrhoea. Moreland did not report any HIV notifications for women.

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

STI type	Moreland	Darebin	Yarra	Hume
Chlamydia	372	337	358	325
Gonorrhoea	62	38	49	61
Hepatitis B	15	35	15	23
Syphilis	4	5	4	7
HIV	0	1	0	2
Total	453	416	426	418

Source: Women's Health in the North 2019

Number of STI notifications by LGA (women)



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).

² North Metro Region (NMR) includes the Local Government Areas of Banyule, Darebin, Hume, Moreland, Nillumbik, Whittlesea and Yarra.

Data sources

For a full list of references, please refer to the [Moreland Health & Wellbeing Profile 2020](#)

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 Korn 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 Korn 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.