



## The benefit of local data

Whitehorse Community Health Service



## The benefit of local data: the Whitehorse experience

Whitehorse Community Health Service context:

- medium sized CHS providing range of health & welfare services
- Inner east, 15kms from CBD
- 145,000 residents, ageing & older population, 2.5% from Chinese background
- Overall more affluent LGA
- Pockets of low SES & disadvantage subsequent health inequalities – but who & what?



## What did we know?

- Demographic data: age, ethnicity & culture, employment, housing .....
- CVD was leading cause of death and disability
- SEIFA data: lower SES neighbourhoods
- Data sources: ABS, BoD, MPHP, PCP, DGP, VPHS ....



## What didn't we know?

- about the overall health & wellbeing of the local community
- risk factors for CVD and levels of social isolation
- health inequalities existing between population groups & neighbourhoods
- the health issues experienced by different population groups



Population health in Whitehorse

Cardiovascular disease risk factors (including select social determinants) and related health inequalities in the City of Whitehorse

Summary results from the Whitehorse Population Health Survey, 2004



What did it tell us that we didn't know?

	State average (VPHS)	Whitehorse average	Low income	Chinese	Other risk group <sup>a</sup>
<b>Overall health status</b>					
Poor self-rated health	15%	13%	26% <sup>a</sup>	8%	57% unable to work 25% retired 22% unemployed
<b>Cardiovascular risk factors</b>					
Overweight/obese	46%	61% <sup>a</sup>	60% <sup>a</sup>	31%	75% retired
Diagnosis of diabetes	4%	5%	14% <sup>a</sup>	2%	11% retired
Daily smokers	16%	16%	14%	25% <sup>a</sup>	40% unemployed 39% unable to work 33% young people (18-24)
Low physical activity: vigorous exercise	n/a	49% <sup>a</sup>	60% <sup>a</sup>	60% <sup>a</sup>	70% unable to work 70% unemployed 61% older, retired
Low physical activity: did not walk continuously for ten minutes in the last week	n/a	17% <sup>a</sup>	21% <sup>a</sup>	0%	38% unable to work 33% self-employed
Low fruit and vegetable intake	92%	88% <sup>a</sup>	94% <sup>a</sup>	100% <sup>a</sup>	100% self-employed 100% unable to work 100% young people (18-24)
No blood pressure screening	23%	20%	13%	34% <sup>a</sup>	65% students 44% single parents
No cholesterol screening	52%	47%	10% <sup>a</sup>	70% <sup>a</sup>	65% students 67% single parents
<b>Community connectedness</b>					
Feel unsafe on the street at night	41%	45%	70% <sup>a</sup>	51% <sup>a</sup>	73% home duties 73% single parents 73% public housing tenants 72% unable to work 65% retired
Could not raise \$2000 in an emergency	20%	15%	24% <sup>a</sup>	16%	58% unable to work 47% public housing tenants
Are socially isolated	8%	14%	31% <sup>a</sup>	0%	29% unable to work 29% public housing tenants 17% non-English-speaking at home 20% unemployed 26% unable to work

## What else did the data tell us?

- Health inequality in Whitehorse
  - Clear relationship between health status and income
  - Socio-economic gradient in 6 of 10 CVD risk factors (highest risk factors found in public housing residents, unemployed & those unable to work)
  - High risk factors for Chinese residents: 30% undiagnosed depression, low screening rates
  - Population groups with high rates of psychological distress
  - High levels of asthma and other respiratory diseases experienced by some groups
  - Population groups less likely to be able to get help when needed

## What are we doing as a result?

- Service planning based on a better understanding of the health risks experienced by population groups in local community
- More integrated work with priority populations groups:
  - health promotion work in 3 public housing estates focusing on broader determinants of health
  - establishment of Men's Shed Program to reduce older men's social isolation
  - priority access to services: dental, chronic disease program, diabetes prevention program
  - increased focus on community participation in the organisation
- Working with partners & others to reduce health inequalities