

TO: Council

FROM: Manager Public Health & Safety

DATE: 8 February 2010

6.8* COMMUNITY HEALTH PROFILE

(B4116)

Brief

To provide information to Council regarding the recent development of the City of Charles Sturt Community Health Profile.

Recommendation

That the report be received and noted.

Status

This report relates to or impacts upon the following Community Plan Outcomes:

- A safe and healthy City that supports vibrant community life
 - Contribute to the quality of life of all individuals in the community
 - Encourage healthy lifestyle pursuits
- A local organisation providing progressive leadership, accountable governance and quality services to the community
 - Ensure the community is well informed and actively engaged
 - Recognition as a leading organisation delivering best practice in local government management
 - Deliver quality service to our customers

Relevant statutory provisions are:

- Local Government Act 1999
- Public and Environmental Health Act 1987

Background

The City of Charles Sturt's Environmental Health Team has developed a Community Health Report which details the health status of our community in comparison to the average for Metropolitan Adelaide and our neighbouring council's. It is intended that this document be utilised to improve the health of our people through the implementation of initiatives, partnering with key agencies and the delivery of services specific to the needs of our community.

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Council has traditionally provided a range of services such as food inspections, immunisation, responding to health complaints and delivering a range of health support programs and health information through Council's Community Centres and Libraries. Examples of these programs include Community Foodies in the West, Community centre initiatives such as Kids in the Kitchen at Henley, Kids in the Garden at Henley, Healthy Lifestyle/health checks and information-partnership with a range of Health Service Providers, exercise programs, walking groups, cooking programs, Fruit and Veg funded activities around healthy eating, Mental health Week initiatives- e.g. Postcards and support for community initiatives including community gardens, and fruit and veg markets.

Report

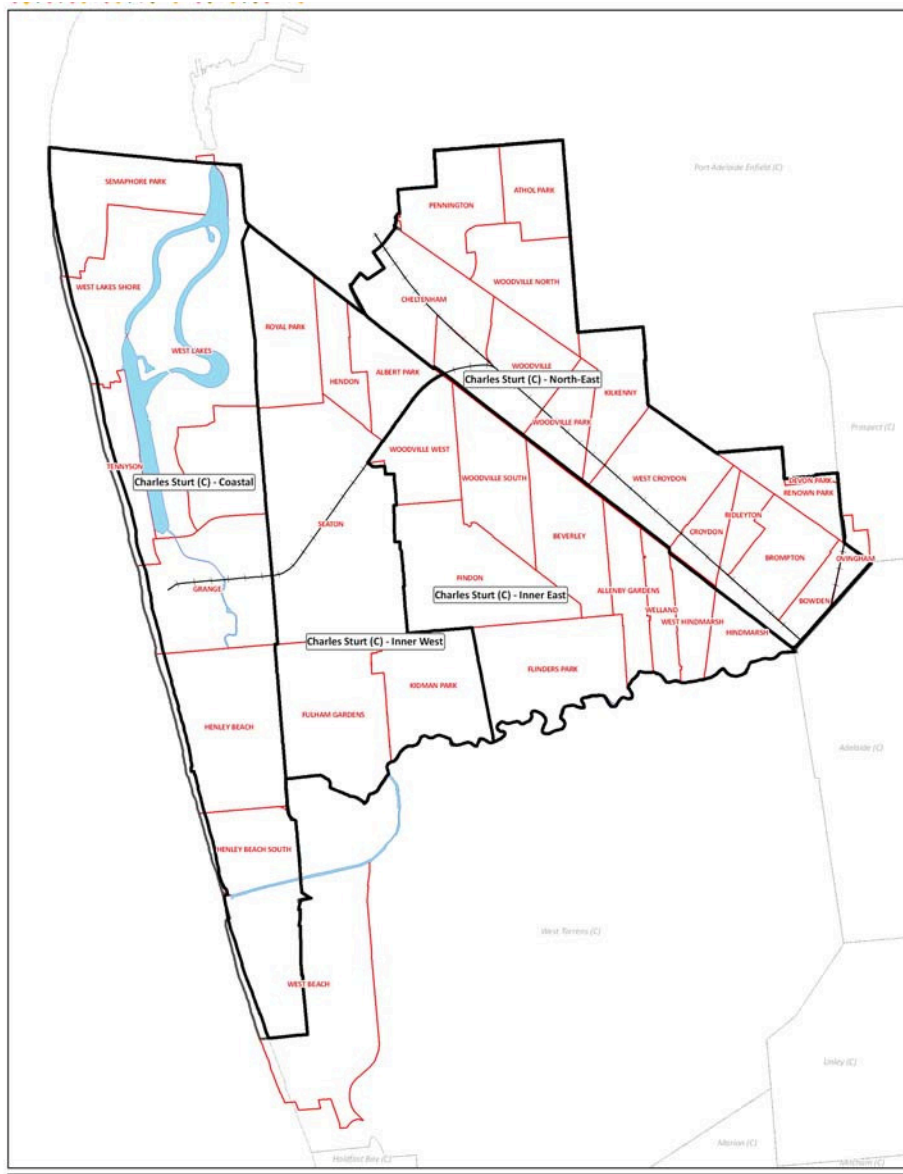
A primary function of Council, pursuant to section 7 of the Local Government Act 1999, is to provide services and facilities that benefit its area, its ratepayers, residents and visitors. In addition to the requirements of the Local Government Act, the Public and Environmental Health Act 1987 requires Council to promote proper standards of public and environmental health.

The delivery of health programs and services throughout Council has often been undertaken in an ad-hoc manner not specific to the health needs of the community, as the health status of our residents has not been well understood. In a proactive approach to better understand the health of our community, the Environmental Health Team recently engaged a consultant to investigate the health profile of the Charles Sturt community.

A comprehensive report titled the 'City of Charles Sturt Community Health Report' was prepared which details the predominant health factors amongst the residents of Charles Sturt. This information is presented specific to four statistical local areas within Charles Sturt and then compares the trends of disease and other health related factors within Charles Sturt to Metropolitan Adelaide and the 4 nearest Council's to Charles Sturt, namely Adelaide City Council, West Torrens, Port Adelaide Enfield and Salisbury.

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The report identifies a range of health factors that are higher within the population of the City of Charles Sturt in comparison to the South Australian average such as the four major health risk factors – see table below - (physical inactivity, overweight/obesity, tobacco smoking and alcohol consumption) and type 2 diabetes.

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	Estimated number of people with at least one of four major health risk factors, 18 years and over	Estimated number of people who are physically inactive, persons aged 15 years and over	Estimated total number of obese persons, 15 years and over	Estimated total number of overweight (not obese) persons, 15 years and over	Estimated total number of current smokers, 18 years and over	Estimated number of people consuming alcohol at levels considered to be a high risk to health, persons aged 18 years and over
Charles Sturt – Coastal	507.6	273.9	132.5	335.8	210.6	49.0
Charles Sturt – Inner East	648.2	387.3	180.4	330.6	265.1	53.7
Charles Sturt – Inner West	647.1	386.7	181.2	333.4	265.4	50.4
Charles Sturt – North East	644.8	426.6	180.0	312.3	278.4	52.4
Charles Sturt	611.9	368.6	168.5	328.0	254.9	51.4
West Torrens	589.1	333.2	169.0	321.1	237.1	42.9
Port Adelaide Enfield	656.9	413.8	181.7	309.9	285.2	56.5
Salisbury	611.3	380.5	175.5	295.3	263.6	47.6
Adelaide	540.2	303.1	122.5	334.4	187.0	63.2
South Australia	577.0	326.9	162.4	319.9	246.5	56.9

An executive summary of the City of Charles Sturt Community Health report has been provided in [Appendix A](#) for further information. A full copy of the report can be provided to Elected Members on request.

It is the intention that this report will now become the basis to assist Council with planning, developing, partnering and lobbying for specific health related activities and services within the City of Charles Sturt. It is proposed that an internal group with key staff from across the organisation be established to process the findings of the report and then working with Elected Members commence the implementation of specific programs and services relevant to the needs of our community.

Funding through the 2010/11 budget bid process is being sought (\$20,000) to assist with the implementation of key initiatives to respond to the most predominant health related factors within the report. In addition Council Officers have applied for funding grants (see City Services report "Obesity Prevention and Lifestyle funding") which will allow Officers to delivery programs to work at improving opportunities for community members to be active and to eat well.

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Conclusion

The development of the Community Health Report allows Council to deliver services inline with the health needs of our community and partner with key agencies (State/Federal/private sector) in order to improve the health profile of the residents of Charles Sturt. A presentation will be provided by Donna Dunbar to provide further information on the report and its intended implementation.

COMMUNITY HEALTH PROFILE Item 6.8**APPENDIX A****CITY OF CHARLES STURT COMMUNITY HEALTH PROFILE - EXECUTIVE SUMMARY**

A comprehensive health profile of the City of Charles Sturt's community has been developed to assist Council in the provision of services and facilities that benefit its ratepayers, residents and visitors, as well as to assist in the effective planning and implementation of valuable health promotion activities, projects and services within the area.

The four Statistical Local Areas (SLAs) of North East, Inner East, Inner West and Coastal have been used for data analysis within the City of Charles Sturt. For the purpose of this document these SLAs will be referred to as the Charles Sturt regions. A map of the City of Charles Sturt SLAs is included on page 14.

The key findings of the health analysis of the City of Charles Sturt population are summarised below.

Demographics

As at the 2006 Census, the total population of the City of Charles Sturt was 100,533 and had a median age of 41. Analysis of the population data revealed the life stage with the greatest population increase was the retiring age (55-69 years), while the largest decline was recorded in the birthing age population (25-39 years)

Population projections indicate the number of residents within the City of Charles Sturt will increase by 9% by 2021. During this same period, the number of residents aged 0 to 4 years is projected to decline by 4%, whilst the number of residents aged 65 years and over will increase by 27%. This significant rise in the ageing population is projected to be most prevalent in the North East and Coastal regions with a predicted increase of 58% and 57% respectively.

The City of Charles Sturt had a birth rate of 1.59 in 2006, which was lower than the rate for South Australia.

There were 1,217 Indigenous residents in the City of Charles Sturt which was 1.2% of the population, while 26% of the population was born overseas. Of this demographic, the main overseas birthplace was the United Kingdom (4.9%).

Households

In 2006, 40,873 households were situated within the City of Charles Sturt of which 66% were family households and the remainder included lone persons or shared households of unrelated people. The number of residents per family household averaged 2.99 and the remainder averaged 2.35.

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Education Level

Almost half (47%) of the City of Charles Sturt residents aged 15 and above had a tertiary qualification, while the average amount of time completed at school was 10 years and 4 months.

Household Income

The average weekly family income in Charles Sturt in July 2006 was \$1,257.00.

Workforce Participation and Welfare Dependency

The economic data for the City of Charles Sturt indicated that work force participation was at a lower level and welfare dependency at a higher level, in comparison to the South Australian average.

Voluntary Work

When assessing community capital, the Coastal region had the highest level of participation in voluntary work in the City of Charles Sturt. The participation rate was less than that for South Australia.

Socio-Economic Disadvantage

When reviewing levels of socio-economic disadvantage, the Coastal region of the City of Charles Sturt was the only region ranked, by the referred statistical sources, at a level that indicated relative advantage.

Mortgage Stress and Rental Stress

The Australian Bureau of Statistics (ABS) data indicates that three of the four Charles Sturt regions were experiencing some form of mortgage or rental stress at the time of the 2006 Census.

Of these, the North East and Inner West regions had higher levels of mortgage and rental stress in comparison to the City of Charles Sturt average and South Australia as a whole.

The Inner East region also had a percentage of rental stress that was greater than both the City of Charles Sturt and the South Australian averages. The North East region statistics were also prominent for rental assistance, rental of Government housing and dwellings with no motor vehicle.

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Health Perceptions

In 2004-2005, the residents of the City of Charles Sturt were asked to rate their perceived level of health. The North East, Inner East and Inner West regions all reported they were of fair or poor health, which was greater than the South Australian average. This perception was further supported by the ABS and Australian Institute of Health and Welfare data which indicated the Inner East, Inner West and North East regions have higher rates than the South Australian average for the major risk factors of physical inactivity, overweight/obesity and tobacco smoking.

Obesity/Overweight

The rate of obese/overweight people in City of Charles Sturt is greater than the South Australian average. The North East, Inner East and Inner West regions were above the South Australian rate for obesity whilst the Coastal region had the highest rate of overweight people in the City of Charles Sturt, a figure which was also greater than the South Australian average. Furthermore, when assessing gender and obese/overweight data, Inner West residents had the highest rate of male obesity with North East having the highest rate of female obesity. The Coastal region had the highest rate of overweight males while Inner East had the highest rate of overweight females.

Diabetes Type 2

North East and Inner East figured prominently in the data relating to potential complications from obesity. The North East region had the highest estimated rate of people diagnosed with Type 2 Diabetes that were also overweight/obese, whilst the Inner East had the highest rate of potentially avoidable hospitalisation admissions for diabetes complications.

Smoking

The City of Charles Sturt's rate for the estimated number of current smokers, people aged 18 years and over, was greater than the figure for South Australia. However, the rate of smokers with asthma and the percentage of women who smoked during pregnancy were less than for South Australia as a whole. Statistics indicated the North East region had the greatest number of male and female smokers as well as the greatest numbers of smokers with asthma.

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Respiratory System Diseases

When assessing the potential health related issues associated with smoking, the average rates for asthma, lung cancer and Chronic Obstructive Pulmonary Disease within the City of Charles Sturt were less than those for South Australia as a whole. However, the rates for deaths from lung cancer and Chronic Obstructive Pulmonary Disease were higher than those for South Australia. In addition, the North East region demonstrated a strong incidence and mortality for respiratory diseases within the City of Charles Sturt.

The Inner East and Inner West regions also ranked higher than the South Australian average for some incidences of lung cancer and Chronic Obstructive Pulmonary Disease. The Coastal region had the greatest rate of Asthma and respiratory systems diseases for the City of Charles Sturt, but was not the highest region when reviewing hospital admissions or deaths from these diseases.

Circulatory System Diseases

The City of Charles Sturt had a greater estimated number of people with circulatory system diseases than the rate for South Australia. The City of Charles Sturt also had a higher rate of potentially avoidable deaths from cerebrovascular diseases. The North East region had the highest levels, within the City of Charles Sturt, of incidence, hospitalisation and death from cardiovascular diseases, when compared to the referred statistical sources, also the highest incidence of potentially avoidable deaths from the disease.

Cancer

The rates of cancer within the City of Charles Sturt community were analysed and it is noted that the area had greater rates for the incidence, hospital admission and death from cancer than for South Australia as a whole. The Inner West and North East regions had the highest incidence of cancer and the North East region had the highest rate of lung cancer and colorectal cancer. However, the largest rates of admissions, deaths and potentially avoidable deaths from cancer were in the Inner East region.

The three most prevalent cancers in South Australia in 2006 were prostate, colorectal and breast cancer. The City of Charles Sturt had a higher incidence of, and death from, colorectal cancer in comparison to the South Australian average. However, the City of Charles Sturt rates for the incidence of Breast cancer and prostate cancer were less than the South Australian average.

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Injury

The City of Charles Sturt had a higher estimated rate of injury events than the South Australian Rate, and was second only to the report's reference region, West Torrens. Within this estimated rate of injury events, the Coastal region had the highest rate of injury, whilst North East experienced the highest rate of deaths and hospital admissions from external causes. However, it is noted the City of Charles Sturt rates for deaths and hospital admissions were lower than the South Australian rate.

Mental Health

When assessing data relating to mental health, the City of Charles Sturt rates of psychological distress, behavioural disorders and deaths from suicide were higher in comparison to the South Australian average. The North East region figured prominently in the City of Charles Sturt rate.

Communicable Diseases

There was a range of communicable diseases reported for the City of Charles Sturt in 2008 that exceeded the rates for the South Australia as a whole including:

- Cholera, (1 case)
- Haemophilias influenza, (2 cases)
- Hydatid Disease, (1 case)
- Legionella, (4 cases)
- Malaria, (1 case)
- Salmonella, (47 cases)

When reviewing hospital admissions for certain infections and parasitic diseases, the rate for the City of Charles Sturt in 2005-2006 was less than the South Australian rate. However, the hospital admissions for the North East region exceeded both the City of Charles Sturt and South Australian rates.

Disability

Disability and disability care data was analysed and in 2006 the City of Charles Sturt had a greater percentage of persons with a profound or severe disability living in either long-term accommodation or in the community in comparison to the South Australian average.

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Concurrently, the City of Charles Sturt also had a higher percentage of people providing assistance to a person with a disability in comparison to the South Australian average. This is particularly evident in the Coastal region, which had the lowest percentages of persons with a profound disability but it had the highest percentage of persons providing assistance to a person with a disability.

It was also found that the disability service providers, Domiciliary Care and RDNS home nursing, provided a greater rate of care in the City of Charles Sturt compared to the South Australian average.

Residential Aged Care

In respect to residential aged care, the City of Charles Sturt was found to have a lower offering of places in comparison to the South Australian average. However, the North East region had a higher rate of total residential places and low level care places, but also a lower level of high care places compared to the South Australian average.

GP and Emergency Department Attendance

The City of Charles Sturt had a greater rate of non-referred attendances for GP services in comparison to the South Australian average, with females presenting considerably more than males.

Furthermore, the City of Charles Sturt attendance rate at Emergency Departments was less than the South Australian average. The rates for the North East and Inner East regions however, were higher than both the City of Charles Sturt and South Australian average.

Hospital Admissions

When analysing hospital admissions, the City of Charles Sturt had a lower rate in comparison to the rate for South Australia. Three of the Charles Sturt regions had a rate of admission higher than both the City of Charles Sturt and South Australia rates.

When comparing admission to public and private hospitals, the Charles Sturt Coastal region had the lowest rate of admission to public acute hospitals than any of the comparison regions either internal or external to the City of Charles Sturt. Coastal also had the highest rate of admissions to private hospitals when comparing the City of Charles Sturt regions.

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Community Health Services and Community Mental Health Services

Community Health Services and Community Mental Health Services data was also reviewed. The City of Charles Sturt had a higher rate of Community Health Service and Community Mental Health Service attendance than the South Australian rates. The City of Charles Sturt had a lower rate of child and adolescent mental health services attendance than the South Australian rates. Three of the Charles Sturt regions had rates higher than both the City of Charles Sturt and South Australian rates for these services.

In response to the data collected, a broad level of strategies/recommendations will be provided to direct Council in targeting health promotion activities, services etc. in an attempt to prevent, reduce and educate the community on the health conditions identified.

Immunisation

The total immunisation covering rate for children ranging from 12 to 75 months fell from 2006-2007 to 2007-2008. The covering rates for the City of Charles Sturt were less than the rates for South Australia.

Current Schooling

There were 14,092 school students living in the City of Charles Sturt in 2006. When comparing attendance rates to 2001, the rates for 3–4 year-olds at preschools had increased; attendance rates for primary-aged children were stable; and the rate for high school aged students decreased.

In 2006, the City of Charles Sturt had 1,183 people aged 16 who were participating full-time in Secondary School education. This was a lower level of participation than South Australia as a whole. The Charles Sturt Coastal region had the highest level of participation whilst Inner East had the lowest level of participation.

The City of Charles Sturt had 6,633 tertiary students in 2006. This was lower than the 2001 figure. In 2006, a larger percentage of tertiary students attended university than in 2001.

The City of Charles Sturt had 7,447 people participating in vocational education and training. The rate of participation for the City of Charles Sturt was lower than the rate for South Australia. The City of Charles Sturt statistical region with the highest participation rate in vocational education and training was North East and the lowest was Coastal.

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Open Spaces Parks and Reserves

Open spaces provide opportunities for communities and visitors to participate in a range of social, recreational and sporting activities which are critical to a community's health. The *Charles Sturt Open Space Strategy Directions and Strategic Actions* noted that there needs to be quality, rather than just quantity, of open space to ensure the City of Charles Sturt can accommodate a broad range of uses for various demographics.

Sporting and Leisure Facilities

The City Of Charles Sturt has 110 playgrounds which it inspects and maintains monthly. Activities are also undertaken to improve the usability, amenity, safety and overall attractiveness of recreational facilities, reserves and streetscapes within the Council area.

Transport Networks And Industrial And Commercial Land Use

The City of Charles Sturt has an extensive road transport network through the Council area with multiple major roads, arterial roads and suburban streets. Most major and arterial roads are suitable for the high volume of heavy transport which services the industrial and commercial areas situated in the City of Charles Sturt. Living in close proximity to heavy traffic routes can expose the community to heavy metals, gases and noise pollutants which have a potential to exacerbate health issues.

There are significantly higher levels of industrial and commercial land in the North East and Inner East regions of the City of Charles Sturt than in Inner West and Coastal. The land closer to the coast has a very small amount of industrial use, and the land that isn't residential is primarily commercial rather than industrial.

Charles Sturt Health Initiatives

The City of Charles Sturt undertakes a range of strategies to facilitate improved health and lifestyle outcomes for the community which range from education and promotion activities to strategic plans and initiatives with longer term implications.