

# Nillumbik

## North Melbourne



**Area (2011):** 432km<sup>2</sup>

**Population density (2011):** 145.1 persons/ km<sup>2</sup>

**Major centres:** Eltham, Diamond Creek, Hurstbridge

Nillumbik is 25km north east of Melbourne, with lower than average population growth and a skewed age-distribution (residents aged 0-24 years and 45-65 years are over represented, while there's a dip below average in the 25-44year olds).

Cultural diversity is very low, household incomes are well above average, mortgage stress, rental stress and social housing are lower than average. The health data indicates this area fares much better than most, with the lowest diabetes incidence in the state, cancer, smoking and obesity are low, participation in screening is high, breastfeeding rates are high and there are far fewer than average people living with a disability. Public transport is limited across the LGA with only half the population close to transport routes.

The rates of AOD clients and registered mental health clients are much lower than average. There are a few stand-out blips in the local data for pharmaceutical drug use; with ambulance callouts and ED presentations relating to pharmaceuticals among the top 3 highest rates across entire North & West catchments. Alcohol use in young people is double the state average. A higher proportion (19.4%) of males in Nillumbik also experience a lifetime prevalence of anxiety and depression compared to the State average of 14.6%.

## Population

	NILLUMBIK	VICTORIA
<b>TOTAL POPULATION</b>	62,651	
<b>ABORIGINAL &amp; TORRES STRAIT ISLANDER PEOPLES</b>	0.4%	0.8%
<b>DIVERSITY</b>		
<b>PERCENT BORN OVERSEAS</b>	15.4%	27.7%
<b>PERCENT BORN IN NON ENGLISH SPEAKING COUNTRY</b>	7.7%	20.9%
<b>PERCENT SPEAKING LANGUAGE OTHER THAN ENGLISH AT HOME</b>	8.3%	24.2%
<b>PERCENT WITH LOW ENGLISH PROFICIENCY</b>	0.6%	4.0%
<b>NEW SETTLER ARRIVALS PER 100,000</b>	304.9	1,415.1
<b>SOCIO-ECONOMIC INDICATORS</b>		
<b>UNEMPLOYMENT RATE</b>	2.4%	5.8%
<b>INDEX RELATIVE SOCIO ECONOMIC DISADVANTAGE</b>	1098	1000
<b>MEDIAN HOUSEHOLD INCOME</b>	\$1872	\$1,216
<b>MORTGAGE STRESS / RENTAL STRESS</b>	7.4% / 21.2%	11.4% / 25.1%
<b>GAMING MACHINE LOSSES PER HEAD OF ADULT POPULATION</b>	\$157.9	\$549.50
<b>PERCENT OF POPULATION WITH FOOD INSECURITY</b>	2.1%	4.6%
<b>FAMILY INCIDENTS (RATE PER 1000 POPULATION)</b>	5.9	10.8
<b>TOTAL OFFENCES (RATE PER 1000 POPULATION)</b>	34.5	72.2
<b>SUBSTANTIATED CHILD ABUSE (RATE PER 1000 POPULATION)</b>	1.6	6.7
<b>CHILD PROTECTION ORDERS (RATE PER 1000 POPULATION)</b>	0.5	5.2
<b>CHILDREN IN OUT OF HOME CARE (RATE PER 1000 POPULATION)</b>	2.2	4.6
<b>COMMUNITY</b>		
<b>PEOPLE WHO FEEL SAFE WALKING ALONE AFTER DARK</b>	82.5%	70.3%
<b>PERCENT OF POPULATION NEAR TO PUBLIC TRANSPORT</b>	50.2%	74.2%
<b>PEOPLE WHO BELIEVE THERE ARE GOOD FACILITIES AND SERVICES IN THE LGA</b>	84.2%	85.2%
<b>HEALTH &amp; WELLBEING</b>		
<b>PERSONS REPORTING FAIR OR POOR HEALTH</b>	9.4%	15.9%
<b>GENERAL PRACTICES PER 1000</b>	1.1	1.2
<b>PHARMACIES PER 1000</b>	0.1	0.2

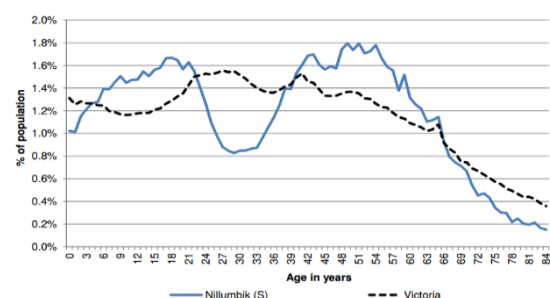
### Top 5 overseas countries of birth:

- UK (5.6%)
- Italy (1.2%)
- NZ (1.0%)
- Germany (0.6%)
- S.Africa (0.4%)

### Top 5 languages other than English:

- Italian (2.1%)
- Greek (1.0%)
- Macedon. (0.6%)
- German (0.5%)
- Mandarin (0.4%)

## Age distribution (2012)



## Alcohol, tobacco & other drugs in Nillumbik

	NILLUMBIK	VICTORIA
PERCENTAGE PERSONS WHO ARE CURRENT SMOKERS (18+)	8.6%	15.7%
18+ FEMALES CURRENT SMOKERS	6.7%	12.9%
18+ MALES CURRENT SMOKERS	9.7%	18.5%
<b>ALCOHOL</b>		
PERCENTAGE PERSONS AT RISK OF SHORT TERM HARM FROM ALCOHOL CONSUMPTION	11.8%	10.2%
PURCHASED ALCOHOL IN THE LAST 7 DAYS	49.6%	36.3%
7 DAY \$ SPEND ON PACKAGED LIQUOR (OF THOSE PURCHASING)	\$46.0	\$45.00
7 DAY \$ SPEND AT A LICENSED PREMISES (OF THOSE PURCHASING)	\$45.0	\$45.00
ALCOHOL AMBULANCE RATE: TOTAL (ATTENDENCES PER 10,000)	16.4	
ALCOHOL AMBULANCE RATE: 15-24 YRS (ATTS./10,000)	26.6	
ALCOHOL AMBULANCE RATE: MALE (ATTS./10,000)	18.9	
ALCOHOL AMBULANCE RATE: FEMALE (ATTS./10,000)	13.8	
ALCOHOL ADIS RATE: TOTAL (TX EOCS PER 10,000)	13.0	
ALCOHOL ADIS RATE: 15-24 YRS (TX EOCS PER 10,000)	20.4	
ALCOHOL ADIS RATE: MALE (TX EOCS PER 10,000)	15.7	
ALCOHOL ADIS RATE: FEMALE (TX EOCS PER 10,000)	10.3	
ALCOHOL ED RATE: TOTAL (PRESENTATIONS PER 10,000)	6.2	
ALCOHOL ED RATE: 15-24 YRS (PRSTNS/10,000)	14.4	
ALCOHOL ED RATE: MALE (PRSTNS/10,000)	8.0	
ALCOHOL ED RATE: FEMALE (PRSTNS/10,000)	4.5	
SERIOUS ROAD INJURIES DURING HIGH ALCOHOL HOURS: TOTAL (PER 10,000)	2.6	
SERIOUS ROAD INJURIES DURING HAH: 15-24 YRS (PER 10,000)	7.2	
SERIOUS ROAD INJURIES DURING HAH: MALE (PER 10,000)	2.9	
SERIOUS ROAD INJURIES DURING HAH: FEMALE (PER 10,000)	2.2	
ALCOHOL ASSAULT HAH: TOTAL (PER 10,000)	4.6	
ALCOHOL ASSAULT HAH: 18-24 YRS (PER 10,000)	18	
ALCOHOL ASSAULT HAH: MALE (PER 10,000)	6.3	
ALCOHOL ASSAULT HAH: FEMALE (PER 10,000)	2.9	
ALCOHOL FAMILY VIOLENCE RATE: TOTAL (DEFINITE INCIDENTS PER 10,000)	10.8	
ALCOHOL FAMILY VIOLENCE RATE: 18-24 YRS (DEFINITE INCIDENTS PER 10,000)	9.7	
ALCOHOL FAMILY VIOLENCE RATE: MALE (DEFINITE INCIDENTS PER 10,000)	7.1	
ALCOHOL FAMILY VIOLENCE RATE: FEMALE (DEFINITE INCIDENTS PER 10,000)	14.5	
<b>YOUNG PEOPLE</b>		
PERCENT 15-17 YEAR OLDS WHO DRANK ALCOHOL IN THE PAST 30 DAYS	51.9%	24.7%
PERCENT 15-17 YEAR OLDS WHO SMOKED IN THE PAST 30 DAYS	17.5%	12.9%
PERCENT 15-17 YEAR OLDS WHO EVER - USED MARIJUANA	14.4%	10.9%
PERCENT 15-17 YEAR OLDS WHO EVER - SNIFFED GLUE OR CHROMED	3.2%	7.8%
PERCENT 15-17 YEAR OLDS WHO EVER - USED OTHER ILLEGAL DRUGS	3.1%	3.0%
<b>PHARMACEUTICALS</b>		
PHARMACEUTICAL AMBULANCE RATE: TOTAL (ATTENDANCES PER 10,000)	14.1	
PHARMACEUTICAL AMBULANCE RATE: 15-24 YRS (ATTS./10,000)	22.6	
PHARMACEUTICAL AMBULANCE RATE: MALE (ATTS./10,000)	9.2	
PHARMACEUTICAL AMBULANCE RATE: FEMALE (ATTS./10,000)	19.1	
PHARMACEUTICAL ADIS RATE: TOTAL (TX EOCS PER 10,000)	1.2	
PHARMACEUTICAL ADIS RATE: 15-24 YRS (TX EOCS PER 10,000)	n/a	
PHARMACEUTICAL ADIS RATE: MALE (TX EOCS PER 10,000)	n/a	
PHARMACEUTICAL ADIS RATE: FEMALE (TX EOCS PER 10,000)	1.5	
PHARMACEUTICAL ED PRESENTATION RATE: TOTAL (PRESENTATIONS PER 10,000)	8.9	
PHARMACEUTICAL ED RATE: 15-24YRS (PRSTNS/10,000)	27.7	
PHARMACEUTICAL ED RATE: MALE (PRSTNS/10,000)	3.2	
PHARMACEUTICAL ED RATE: FEMALE (PRSTNS/10,000)	14.6	
<b>ILLCIT DRUGS</b>		
ILLCIT AMBULANCE RATE: TOTAL (ATTS./10,000)	4.8	
ILLCIT AMBULANCE RATE: 15-24YRS (ATTS./10,000)	14.9	
ILLCIT AMBULANCE RATE: MALE (ATTS./10,000)	6.1	
ILLCIT AMBULANCE RATE: FEMALE (ATTS./10,000)	3.4	
ILLCIT ADIS RATE: TOTAL (TX EOCS PER 10,000)	15.4	
ILLCIT ADIS RATE: 15-24 YRS (TX EOCS PER 10,000)	48.2	
ILLCIT ADIS RATE: MALE (TX EOCS PER 10,000)	24.2	
ILLCIT ADIS RATE: FEMALE (TX EOCS PER 10,000)	6.6	
ILLCIT ED RATE: TOTAL (PRSTNS/10,000)	1.9	
ILLCIT ED RATE: 15-24 YRS (PRSTNS/10,000)	n/a	
ILLCIT ED RATE: MALE (PRSTNS/10,000)	1.9	
ILLCIT ED RATE: FEMALE (PRSTNS/10,000)	1.9	
<b>SERVICE USE &amp; ACCESS</b>		
DRUG USE & POSSESSION OFFENCES PER 1000 POPULATION	1.7	3.8
DRUG AND ALCOHOL CLIENTS PER 1000	3.0	5.8

### Comparisons & context:

\*Red text – shows where the figure is in the top 3 highest rates for all 14 LGAs in the North & West catchments.

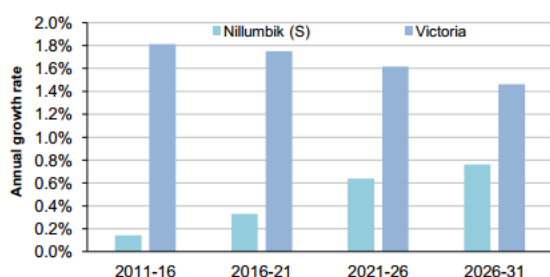
\* Orange text – shows that the rate is higher than the state average

## Mental Health in Nillumbik

	NILLUMBIK	VICTORIA
PEOPLE REPORTING HIGH/VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS (RANK)	7.7% (61)	11.1%
LIFETIME PREVALENCE OF ANXIETY AND DEPRESSION M/ F	19.4/ 21.4	14.6/25.0
<b>SERVICE USE &amp; ACCESS</b>		
NUMBER OF REGISTERED MENTAL HEALTH CLIENTS	382	
REGISTERED MENTAL HEALTH CLIENTS PER 1000 POP (RANK)	6.1 (78)	11.1
MHCSS CLIENTS 2014	30	
MHCSS CLIENTS 2014 PER 1000 POPULATION	0.69	
PROPORTION OF PEOPLE WHO SOUGHT PROFESSIONAL HELP FOR A MENTAL HEALTH PROBLEM	11.7%	12%
<b>YOUNG PEOPLE</b>		
CHILDREN WITH EMOTIONAL/BEHAVIOURAL PROBLEMS AT SCHOOL AGE (RANK)	3.4% (48)	4.3%
ADOLESCENTS WHO REPORT BEING RECENTLY BULLIED (RANK)	16% (56)	17.9%

## Population projections

Average annual population growth rate 2011 to 2031



Projected growth rates for Nillumbik are well below the state average, but projected to steadily increase over the next few decades in keeping with the trend of residents moving further out of the city.

## Aligned planning priorities



The **Shire of Nillumbik** identifies three strategic directions: health planning, health protection and health promotion. It includes promoting mental health access to services for young people and older adults, such as advocating for counselling support and treatment services and working towards a headspace in Greensborough. It also promotes alcohol and drug safety to young people, parents and families in partnership with schools, health providers and local agencies and will research and report on the issues associated with risky drinking behaviours in the community.



The **Northern Melbourne Medicare Local** has a focus on systems reform, supporting planning, integrations and coordination of primary health care services across four key areas – including mental health and service access and quality. Under mental health NMML will lead planning; integration and coordination of primary health care services for people with a mental illness, involving workshops and preparation of paper. Under service access and quality, NMML will support the active integration of after-hours pilot of ReGen AoD service and NPACER program and funding to extend a joint police and mental health clinical project to provide a dual secondary response.



The **North East Primary Care Partnership (NEPCP) Strategic Plan** identifies people with a mental illness as one of its four target groups. Its focus is on collaboration, integration and innovation. The NEPCP auspiced the Physical Health Matters Too project to improve physical health screening for people with a mental illness.

The **North East Mental Health Alliance** has identified improving dual diagnosis capability and service pathways for people with a mental illness and an AOD issue as key priorities.