

## Mental health and wellbeing

In 2007, mental and behavioural disorders accounted for approximately 2.4% of underlying cause of death for Greater Bendigo residents (compared to 3.3% in 2006) and accounted for no deaths in Loddon Shire (2006 data not available). Mental and behavioural disorders accounted for some 4.5% of underlying cause of death for all Victorian residents.

### Hospital separations

Hospital separation data from the Victorian Admitted Episodes Dataset (VAED) for 2008/09 indicates the number of admissions diagnosed as “mental diseases and disorders” Bendigo-Loddon PCP residents increased from 818 in 2006/07 to 976 in 2008/09. However, as a proportion of all admission, mental diseases and disorders did not increase.

#### Hospital admissions with Mental Diseases & Disorders as MDC

	Greater Bendigo		Loddon		Victoria
	No.	% of all admissions	No.	% of all admissions	% of all admissions
2006/07	763	2.2%	55	1.7%	3.4%
2008/09	916	2.2%	60	1.5%	3.2%

Source: VAED 2006/07 and 2008/ - commissioned data from DHS

### Emergency department presentations - intentional self harm

The Victorian Episode Minimum Dataset (VEMD) for 2006/07 and 2008/09 indicated the number and proportion of presentations, from Greater Bendigo and Loddon residents, classified as intentional self harm decreased in 2008/09. Greater Bendigo had a higher proportion of emergency department presentations that were classified as intentional self harm, compared to Victoria.

#### Emergency department presentations classified as intentional self harm 2006/07 and 2008/09

Location		Number	% of all ED presentations
Greater Bendigo	2006/07	187	0.55%
	2008/09	184	0.50%
Loddon	2006/07	10	0.60%
	2008/09	5	0.31%
Victoria	2006/07	-	0.50%
	2008/09	-	0.48%

Source: VEMD 2006/07 and 2008/09 (Public hospitals only) commissioned data from DHS

## Deaths from intentional self harm

The number of deaths attributed to intentional self harm for Greater Bendigo residents decreased in the 2007 & 2008, compared to 2005 & 2006. In Loddon Shire, the number increased, however the numbers were very small and this may affect the reliability of figures. Compared to the Victorian total, Greater Bendigo had a higher proportion of all deaths reported to the coroner's office that were attributed to death from intentional self harm and Loddon had a lower proportion.

### **Intentional Self Harm Deaths by Residence and Year\*.**

Year (Calendar)	Greater Bendigo			Loddon Shire			Victoria
	Number	All deaths	%	Number	All deaths	%	%
<b>2005 &amp; 2006</b>	22	204	10.8%	1	35	2.9%	11.1%
<b>2007 &amp; 2008</b>	18	226	<b>8.0%</b>	2	27	7.4%	7.5%
<b>Total</b>	40	430	<b>9.3%</b>	3	62	4.8%	7.5%

Victorian Institute of Forensic Medicine - commissioned data December 2009 \* Based on Residential Address and the year the case was notified to the Coroner. # Includes deaths occurring within Victoria of interstate residents. ^ A number of cases reported to the Coroners Court of Victoria in these years may still be under investigation by the Coroner. Only closed cases have been included in this table.

## Self assessed mental, behavioural and mood problems

Estimates of mental and behavioural problems and mood problems were undertaken in 2008 by the Public Health Information Development Unit using self-reported data from the 2004-05 National Health Survey. Eight of the region's nine SLAs had a higher rate of self reported mental and behavioural problems in males than the Victorian average. Greater Bendigo – Eaglehawk and Central SLAs as well as Loddon – South SLA had rates much higher than the Victorian average. Within the region, Greater Bendigo-Eaglehawk SLA had the highest rate for males and females.

### **Estimated number of people with mental and behavioural problems (self-assessed) 2004-05**

Statistical Local Area (SLA)	Males		Females	
	Number	Rate in 1000	Number	Rate in 1000
Gr. Bendigo (C) - Central	1,083	<b>124.5</b>	1,414	<b>148.9</b>
Gr. Bendigo (C) - Eaglehawk	527	<b>128.4</b>	669	<b>152.6</b>
Gr. Bendigo (C) - Inner East	1,127	<b>100.3</b>	1,160	92.2
Gr. Bendigo (C) - Inner North	487	<b>103.7</b>	390	85.5
Gr. Bendigo (C) - Inner West	785	<b>100.8</b>	919	<b>114.3</b>
Gr. Bendigo (C) - Pt B	635	<b>107.3</b>	656	<b>117.0</b>
Gr. Bendigo (C) - S'saye	259	79.6	323	106.2
Loddon (S) - North	183	<b>107.2</b>	152	96.5
Loddon (S) - South	322	<b>126.4</b>	334	<b>145.2</b>
<b>Country Victoria</b>	<b>70,918</b>	<b>104.9</b>	<b>77,558</b>	<b>114.1</b>
<b>Victoria</b>	<b>223,864</b>	<b>90.4</b>	<b>271,774</b>	<b>106.8</b>

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The estimates of self-reported mood problems data indicates that the SLAs of Greater Bendigo - Central, Greater Bendigo - Eaglehawk, Greater Bendigo - Inner East, and Loddon - South all had higher rates of mood problems for males and females, compared to Victoria. Within the region, Greater Bendigo-Eaglehawk had the highest rate for males and females.

**Figure 1 Estimated number of people with mood problems (self-assessed) 2004-05**

Statistical Local Area	Males		Females	
	Number	Rate in 1000	Number	Rate in 1000
Gr. Bendigo (C) - Central	503	<b>57.8</b>	765	<b>80.5</b>
Gr. Bendigo (C) - Eaglehawk	231	<b>58.4</b>	357	<b>82.7</b>
Gr. Bendigo (C) - Inner East	518	<b>46.4</b>	879	<b>69.5</b>
Gr. Bendigo (C) - Inner North	207	45.2	293	65.1
Gr. Bendigo (C) - Inner West	341	45.0	538	67.7
Gr. Bendigo (C) - Pt B	280	<b>47.9</b>	378	68.5
Gr. Bendigo (C) - S'saye	74	24.0	150	<b>50.5</b>
Loddon (S) - North	71	41.8	100	65.5
Loddon (S) - South	143	<b>56.2</b>	177	<b>77.9</b>
<b>Victoria</b>	<b>30,467</b>	<b>45.9</b>	<b>46,582</b>	<b>69.3</b>
<b>Country Vic</b>	<b>100,098</b>	<b>40.3</b>	<b>169,008</b>	<b>66.3</b>

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### **Psychological distress levels**

Compared to Victoria, Greater Bendigo and Loddon had a higher proportion of population aged 18 years and over that reported high or very high psychological distress levels\*.

#### **Psychological distress levels and seeking professional help, persons aged 18 years and over (2008)**

	Gr. Bendigo	Loddon	Victoria
High and very high levels	<b>12.2</b>	<b>15.6</b>	11.4
Sought professional help for mental health problem in last 12 mnths	11.7	12.0	11.4

Victorian Population Health Survey 2008 \*based on the Kessler 10 Psychological Distress Scale (K10)

### Mental health client figures

In 2008/09, there were 1,814 mental health clients who were Greater Bendigo residents, representing 1.8% of the 2008 estimated resident population. Loddon Shire had a total of 113 mental health clients who were residents and this represented 1.4% of the total population. Greater Bendigo had a total increase of 53 clients between 2007/08 and 2008/09. However, as a proportion of the estimated population, the proportion of clients did not increase.

#### Mental health clients in Loddon Mallee region by LGA and type of service - 2008-09

LGA Name		2008 est. population*	ADULT		AGED		CAMHS*		FORENSIC		SPECIALIST		TOTAL	
			No. Clients	% of 2008 est. pop.	No. Clients	% of 2008 est. pop.	No. Clients	% of 2008 est. pop.	No. Clients	% of 2008 est. pop.	No. Clients	% of 2008 est. pop.	No. Clients	% of 2008 est. pop.
<b>Greater Bendigo</b>	<b>2007/08</b>	98,456	1,239	1.3%	241	0.2%	259	0.3%	9	0.0%	13	0.0%	1,761	1.8%
	<b>2008/09</b>	100,054	1317	1.3%	217	0.2%	257	0.3%	9	0.0%	14	0.0%	1,814	1.8%
<b>Loddon</b>	<b>2007/08</b>	8,050	92	1.1%	16	0.2%	19	0.2%	<5		-		128	1.6%
	<b>2008/09</b>	8,073	91	1.1%	7	0.1%	14	0.2%	-		<5		113	1.4%

Source: Case Files 2007-08 and 2008 - 09, MH&DD, DoH

\* CAMHS = Child and adolescent area mental health services

## Substance abuse & alcohol consumption

### Alcohol consumption

Compared to Victoria, Greater Bendigo and Loddon population aged 18 years and over was more likely to drink at above short-term risk levels on a weekly basis but was more likely to have not consumed alcohol at above long-term risk levels.

### Short and long term risk alcohol consumption

	Greater Bendigo	Loddon	Victoria
Drinking alcohol at above short-term risk at least weekly	11.6	12.1	10.2
Did not consume alcohol at above long-term risk levels	96.2	96.2	95.5

*Victorian Population Health Survey 2008*

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Males and females aged 18-24 were most likely to be consuming alcohol monthly or more frequently at above short-term risk levels, and
- Males aged 45-54 years and females aged 25-34 years were most likely to be consuming alcohol at high risk levels for long term alcohol-related harm.

### Hospital admissions for drug or alcohol problems

Hospital admission data for 2008-09 indicates that, compared to the Victorian average, Greater Bendigo and Loddon Shire both had a lower proportion of admissions that were treated for an alcohol or drug problem during their episode of care. Loddon Shire had a higher proportion of admissions treated for alcohol problems, compared to Greater Bendigo. Note that figures can represent multiple admissions for the same individual.

### People treated for alcohol or drug problem during episode of care 2008/09

	Greater Bendigo		Loddon		Victoria	
	No.	% of all admissions	No.	% of all admissions	No.	% of all admissions
Alcohol problem	328	0.8%	47	1.2%	27,961	1.3%
Drug problem	231	0.6%	25	0.6%	19,442	0.9%
All admissions	41,050	100.0%	3,888	100.0%	2,231,780	100.0%

*Source: Victorian Admitted Episode Dataset (VAED) 2008/09 (Public and Private Hospital files)*

### Alcohol related harm

Greater Bendigo and Loddon Shire residents were more likely, compared to the Victorian figures, to have been involved in an alcohol-related assault or family inducement or to have died as a result of alcohol-related harm. Greater Bendigo residents were also more likely to have been involved in an alcohol-related serious road injury and were more likely to have been admitted into hospital as a result of alcohol-related harm.

### Alcohol-related assault and injuries 2002/03 – 2003/04

	Assault		Family incidents		Serious road injury		Hospital admissions <sup>#</sup>		Deaths	
	No.	Rate*	No.	Rate*	No.	Rate*	No.	Rate*	No.	Rate*
Loddon	20	11.6	33	19.3	<6	2.6	26	30.8	14	3.9
Gr.Bendigo	218	11.8	371	20.1	69	3.7	143	15.4	58	1.6
LM Region	665	11.2	1,318	22.1	198	3.3	597	20.0	210	1.3
Victoria	9,445	9.7	15,465	15.8	3,346	3.4	13,234	26.9	2,879	1.5

*The Victorian Alcohol Statistics Handbook Volume 7 (Turning Point Alcohol and Drug Centre - 2005) \* per 10,000 per year # Does not include emergency department presentations where patient is not admitted.*

## Social exclusion and support

### Disability

In 2006, almost 4,500 residents of Greater Bendigo required assistance in one or more of the following three core activity areas: self-care, mobility and communication, because of a disability, long term health condition (lasting six months or more) or old age. This figure represented 5% of the total population. In Loddon Shire, just under 500 residents required assistance with the same core activities. This figure represented 6% of the total population. The proportion of population that required assistance in one or more of the three core activities was higher in Greater Bendigo and in Loddon than the Victorian average.

### Core activity need for assistance 2006

	Greater Bendigo		Loddon Shire		Victoria	
	need for assistance	% of total population	need for assistance	% of population	need for assistance	% of population
<b>MALES</b>						
0-4 years	34	1%	0	0%	1,665	1%
5-14 years	187	3%	24	4%	8,545	3%
15-19 years	91	3%	8	3%	2,945	2%
20-24 years	71	2%	7	5%	2,187	1%
25-34 years	108	2%	8	2%	4,561	1%
35-44 years	169	3%	22	5%	6,753	2%
45-54 years	244	4%	32	5%	8,860	3%
55-64 years	314	6%	49	8%	13,638	5%
65-74 years	269	8%	29	6%	12,955	8%
75-84 years	365	17%	38	13%	18,777	18%
85 years and over	224	41%	40	51%	10,577	39%
<b>Total</b>	<b>2,076</b>	<b>5%</b>	<b>257</b>	<b>6%</b>	<b>91,463</b>	<b>4%</b>
<b>FEMALES</b>						
0-4 years	17	1%	4	2%	985	1%
5-14 years	100	2%	12	2%	4,252	1%
15-19 years	50	1%	0	0%	1,848	1%
20-24 years	42	1%	0	0%	1,747	1%
25-34 years	109	2%	6	2%	3,835	1%
35-44 years	145	2%	17	3%	6,402	2%
45-54 years	218	3%	25	4%	9,555	3%
55-64 years	271	5%	28	5%	12,401	5%
65-74 years	262	7%	34	8%	15,188	8%
75-84 years	565	20%	50	17%	31,596	23%
85 years and over	640	51%	61	49%	28,961	51%
<b>Total</b>	<b>2,419</b>	<b>5%</b>	<b>237</b>	<b>6%</b>	<b>116,770</b>	<b>5%</b>
<b>PERSONS</b>						
0-4 years	51	1%	4	1%	2,650	1%
5-14 years	287	2%	36	3%	12,797	2%
15-19 years	141	2%	8	2%	4,793	1%
20-24 years	113	2%	7	3%	3,934	1%
25-34 years	217	2%	14	2%	8,396	1%
35-44 years	314	2%	39	4%	13,155	2%
45-54 years	462	4%	57	5%	18,415	3%
55-64 years	585	6%	77	7%	26,039	5%
65-74 years	531	8%	63	7%	28,143	8%
75-84 years	930	19%	88	15%	50,373	21%
85 years and over	864	48%	101	50%	39,538	47%
<b>Total</b>	<b>4,495</b>	<b>5%</b>	<b>494</b>	<b>6%</b>	<b>208,233</b>	<b>4%</b>

www.abs.gov.au

### Language spoken at home

Reflecting the high proportion of the region's residents who were born in Australia, the region also has a high proportion of residents who only speak English at home. This figure is higher than Regional Victoria and Victoria.

#### Only speaks English at home (2006)

	Number	Percentage of population
City of Greater Bendigo	87,706	94%
Loddon Shire	7,480	95%
Bendigo-Loddon PCP region	95,186	94%
Regional Victoria	1,216,055	91%
<b>Victoria</b>	<b>3,668,282</b>	<b>74%</b>

ABS 2006 census [www.abs.gov.au](http://www.abs.gov.au)

### People living alone

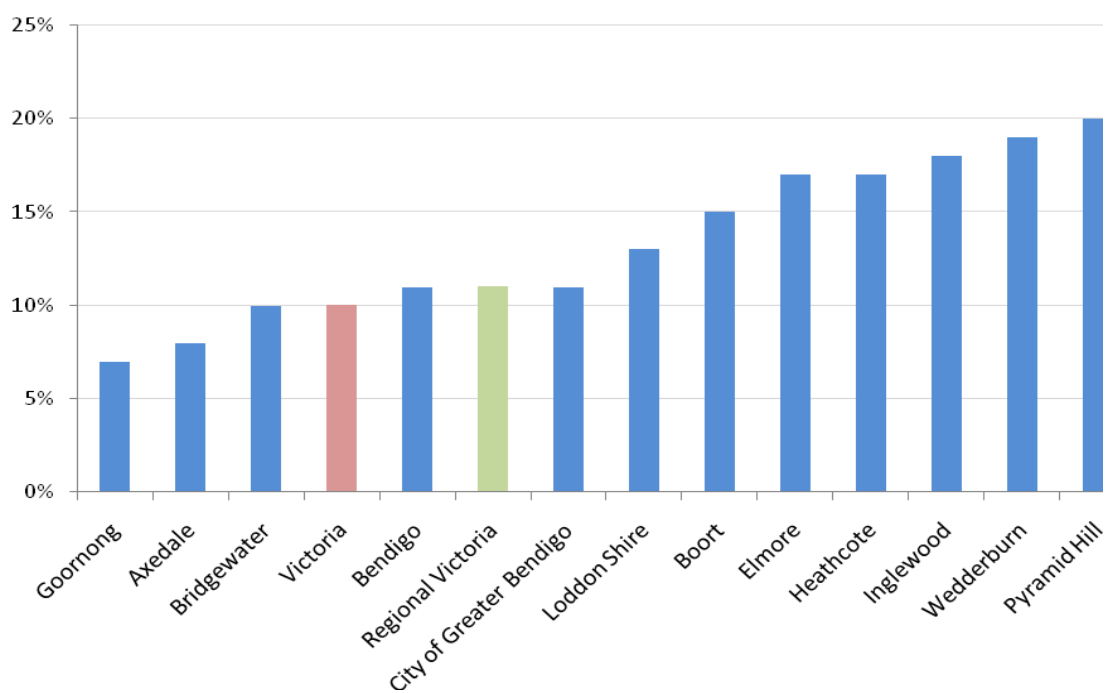
In 2006, there were 10,296 people living alone in the Bendigo-Loddon PCP region. Of these, 9,344 lived in Greater Bendigo and 952 lived in Loddon. The proportion of population living alone varied across the region, with Pyramid Hill recording 20% while Goornong recorded 7%. These patterns largely reflect the pattern of aging population.

#### Proportion of lone person households (2006)

Location	Number	% of total population
Goornong	22	7%
Axedale	18	8%
Bridgewater	36	10%
Victoria	443,639	10%
Bendigo	8,104	11%
Regional Victoria	132,737	11%
City of Greater Bendigo	9,344	11%
Loddon Shire	952	13%
Boort	99	15%
Elmore	107	17%
Heathcote	251	17%
Inglewood	110	18%
Wedderburn	125	19%
Pyramid Hill	85	20%

2006 census [www.abs.gov.au](http://www.abs.gov.au)

## Proportion of population living alone 2006



2006 census [www.abs.gov.au](http://www.abs.gov.au)

## **Gambling participation**

In 2003, the Centre for Gambling Research Australian National University prepared the Victorian Longitudinal Community Attitudes Survey. This survey includes participation rates for different forms of gambling by individual Local Government Areas. Thirty-two non-metropolitan local government areas, including Loddon Shire, were excluded from the survey analysis and table as the sample size was too small for the results to provide meaningful analysis.

Of the non-metropolitan LGAs that were included in the analysis, Greater Bendigo (45.8%) and Shepparton (44.1 %) have the highest rates of Electronic Gaming Machine participation. Also, Greater Bendigo (7.8 %) had the highest casino participation rate amongst the non-metropolitan LGAs, despite being located further away from Crown Casino than many of the other non-metropolitan LGAs.

Overall, among the Victorians surveyed, gambling participation levels were highest among:

- Separated or divorced people (84.3 per cent);
- Single parents (86.0 per cent);
- Full-time workers (80.1 per cent);
- Self-supporting retirees (79.2 per cent);
- People on medium incomes (83.4 per cent);
- Rural residents (78.9 per cent).

The survey also found that, compared to non gamblers or non-regular gamblers, regular gamblers were more likely to be: male, aged over 50, have lower levels of education, have lower incomes, be receiving aged and invalid pensions or self-supporting retirees.

## Gambling participation

The 2003 Victorian Longitudinal Community Attitudes Survey, prepared by The Centre for Gambling Research at Australian National University, measured participation rates in various kinds of gambling activities. The survey did not include figures for Loddon Shire, due to the small population sample size.

The survey results indicate that in 2003, compared to the Non-metropolitan Victorian figures, Greater Bendigo had a similar proportion of respondents who reported participation in any gambling activity, a higher proportion of participation in EGMs, race betting and casino game tables and a lower proportion of participation in scratch tickets and lotteries.

### Gambling participation 2003

	Any gambling	EGMs	Race betting	Scratch tickets	Lotteries	Casino game tables
Greater Bendigo	78.2	45.8	29.6	34.1	59.2	7.8
Non-Metropolitan Victoria	78.9	35.4	28.0	38.3	61.5	3.8
Metropolitan Victoria	76.8	32.8	28.3	32.4	60.1	8.6

2003 Victorian Longitudinal Community Attitudes Survey

## Gaming machine expenditure

Net electronic gaming machine (EGM) expenditure per adult (18yrs and over) population in Greater Bendigo venues increased from \$465 in 2008/09 to \$564 in 2010/11. This expenditure was lower than the Victorian state average, however expenditure across Victoria decreased in the same timeframes. In 2008/09, the number of EGMs per 1000 adult population in Greater Bendigo was 5.5 and this increased significantly to 6.8 in 2010/11. Greater Bendigo now has more EGMs per 1000 adult population than the Victorian state average.

### Gaming machine expenditure - 2010/11

City / Shire	Total net EGM expenditure		Net EGM expend. per population		EGMs p/1000 pop	
	2008/09	2008/09	2008/09	2010/11	2008/09	2010/11
Greater Bendigo	\$46,534,529	\$45,531,126.70	\$465	\$564	5.5	6.8
Loddon**	-		-		-	
<b>Total Victoria</b>	<b>\$2,707,278,436</b>	<b>\$2,651,368,385</b>	<b>\$649</b>	<b>\$613</b>	<b>6.4</b>	<b>6.2</b>

www. vcgr.vic.gov.au \*Expenditure after winnings deducted \*\* no data recorded #from Victorian in Future 2008 population projects

## **Community strength indicators**

The Victorian State Government surveyed community strength indicators as part of the 2008 Victorian Population Health Survey. Greater Bendigo surveyed lower on seven of the nineteen indicators and these were: access to recreational and leisure facilities, good facilities and services, membership of organised groups, volunteering, participation in decision making board or committees, multiculturalism makes life in the area better, and feeling valued by society. Loddon Shire also surveyed lower on seven of the nineteen indicators and these were: access to recreational and leisure facilities, good facilities and services, community & support groups, pleasant environment, nice streets, well planned, open spaces, can get help when needed, could raise \$2000 in two days in an emergency, and multiculturalism makes life in the area better. These results should be read in conjunction with the document *Indicators of community strength at the local government area level in Victoria 2008 (DPCP 2010)*.

### **Indicators of community strength LGA survey results 2008**

<b>Indicator</b>	<b>Gr. Bendigo</b>	<b>Loddon</b>	<b>Reg. Vic</b>	<b>Victoria</b>
Access to recreational & leisure facilities	<b>79</b>	<b>60</b>	79	82
Good facilities and services	<b>76</b>	<b>49</b>	78	85
Opportunities to volunteer	73	67	76	65
Community & support groups	64	<b>54</b>	68	60
An active community	64	66	70	59
Pleasant environment, nice streets, well	85	<b>78</b>	84	81
Can get help when needed	93	<b>90</b>	92	91
Could raise \$2000 in two days in an	85	<b>80</b>	86	85
Attendance at local community events	62	69	65	53
Participation in organised sport #	42	Not	43	41
Membership of organised groups	<b>57</b>	70	64	61
Membership of organised groups that	44	59	49	41
Volunteering	<b>32</b>	58	43	33
Parental participation in schools	57	54	47	49
Decision making board or committee	<b>17</b>	32	23	19
Safe on street after dark	62	73	65	59
Multiculturalism makes life in the area	<b>57</b>	<b>48</b>	65	76
Opportunities to have a say	50	48	47	42
Feels valued by society	<b>51</b>	52	54	52

*Source: Department for Victorian Communities (2010) Indicators of Community Strength at the Local Government Area Level in Victoria 2008. The report includes a description of the rationale and method for the creation of these data and can be found at [www.dvc.vic.gov.au](http://www.dvc.vic.gov.au)*