

4. Monash: Disease, Health Conditions & Health Risks

DISEASE

Cancer

The five leading cancers in Victoria are prostate, bowel, breast, lung and melanoma.¹ Refer to Table 1: Cancer Statistics for the City of Monash 2007-2011.

Table 1: Cancer Statistics for the City of Monash 2007-2011²

Total malignant cancers diagnosed each year in Monash

	# Monash Cases	% of Victorian cases in Monash
Total for Monash	913	3.23 %
Males	533	3.35 %
Females	379	3.07 %

Diagnoses per year in Monash of the leading cancers in Victoria

	# Monash Cases	% of Victorian cases in Monash
Bowel	112	3.08 %
Prostate	176	3.47 %
Breast	114	3.29 %
Lung	75	3.04 %
Melanoma	64	2.88 %

Monash Cancer Incidence per 100,000 population in 2014

In 2014, the Monash cancer incidence per 100,000 population was 544.1 comparable to the Victorian measure which was 522.³ The percentage of avoidable deaths per 100,000 population in Monash was 48.9% comparable to the Victorian measure of 61.4%.⁴

Cardiovascular

Cardiovascular disease (CVD) is the leading cause of death in Australia, with 43,603 deaths attributed to CVD in Australia in 2013. Cardiovascular disease kills one Australian every 12 minutes.⁵

In 2014, the percentage of avoidable deaths per 100,000 population within Monash due to cardiovascular diseases was 24.4%, comparable to the Victorian measure which was 39.8%.⁶

Sexual Health – Sexually Transmitted Infections (STI's)

Sexually transmitted infections (STI's) are a significant issue in Australia, Victoria and the Eastern Metropolitan Region. Women have higher notification rates than men for some STI's, including Chlamydia. STI's of particular concern include Chlamydia, gonorrhoea, syphilis, human papilloma virus/genital warts (HPV), genital herpes, HIV and hepatitis B. Chlamydia is the most common STI in Australia and notification rates have risen significantly over the past couple of decades. Rates of gonorrhoea have also risen in recent years, while that of HIV and syphilis have remained relatively stable.⁷

Alarming and increasing rates of common sexually transmitted infection data have been recognised within the City of Monash population, which is worthwhile capturing.

Chlamydia

Chlamydia is the most commonly diagnosed bacterial STI in Australia.⁸ In 2014, 90% of the 12,607 STI notifications among Victorian 15-24 year olds were for Chlamydia. Chlamydia is diagnosed in significantly more women than men, with notifications increasing over recent years: National notification rates increased between 2002 and 2011 from 24,400 to approximately 80,800; a more than threefold increase.⁹ Notification rates for women in Victoria approximately doubled between 2006 and 2010.¹⁰ Refer to Table 2: Chlamydia Number of Notifications by LGA – 2013/14.

Table 2: Chlamydia Number of Notifications by LGA – 2013/14¹¹

Monash Chlamydia cases	Metro East Average	State Average
F: 210	F: 213.3	F: 138.7
M: 208	M: 170.7	M: 101.5
All: 209	All: 192	All: 120.1

Gonorrhoea

The Australian population rate of Gonorrhoea notifications reached a rate of 59 per 100,000 population in 2012.¹² Refer to Table 3: Gonorrhoea Number of Notifications by LGA – 2013/14.

Table 3: Gonorrhoea Number of Notifications by LGA – 2013/14¹³

Monash Gonorrhoea cases	Metro East Average	State Average
F: 15	F: 15.1	F: 7.3
M: 56	M: 40.1	M: 28.5
All: 35.5	All: 27.6	All: 17.9

Hepatitis B

Approximately 207,000 Australians are living with chronic hepatitis B, and more than one third of them don't know it.¹⁴ Chronic hepatitis B is the second biggest cause of cancer worldwide (after tobacco) and has been estimated by the World Health Organisation to be the 10th leading cause of death worldwide. 380 Australians die each year from hepatitis B related disease.¹⁵ Refer to Table 4: Hepatitis B Number of Notifications by LGA – 2013/14.

Table 4: Hepatitis B Number of Notifications by LGA – 2013/14¹⁶

Monash Hepatitis B cases	Metro East Average	State Average
F: 52	F: 26.0	F: 11.8
M: 60	M: 27.0	M: 13.6
All: 56	All: 26.5	All: 12.7

Migrant Women and STI's

Migrant women tend to have lower overall rates of STI infections than women in general. Cultural, social, economic factors and age may all be contributing factors. However, women from a number of ethnic backgrounds, particularly China and Vietnam are significantly more likely to be infected with the Hepatitis B virus (HBV). The inner east area of Melbourne (Manningham, Whitehorse, Boroondara & Monash) is ranked seventh highest for HBV prevalence, out of 61 areas in Australia.¹⁷

HEALTH CONDITIONS

Dementia

Dementia is the single greatest cause of disability in older Australians (aged 65 years or older) and the third leading cause of disability burden overall.¹⁸ There are more than 353,800 Australians living with dementia.¹⁹ This number is expected to increase to 400,000 in less than five years.²⁰ Without a medical breakthrough, the number of people with dementia is expected to be almost 900,000 by 2050.²¹

Monash Dementia

In 2013, the City of Monash projected one of the highest growths in absolute dementia numbers, ranking 3 of 79 Local Government Areas in Victoria for dementia prevalence from 2013-2050.²²

The number of people in the City of Monash with Dementia in 2015 is estimated to be 3,084 and the number of Monash residents estimated to have Dementia in 2050 is 8,491, an increase of 175%.²³

Diabetes

Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).²⁴

Diabetes is the fastest growing chronic condition in Australia; increasing at a faster rate than other chronic diseases such as heart disease and cancer. All types of diabetes are increasing in prevalence:

- Type 1 diabetes accounts for 10% of all diabetes and is increasing;
- Type 2 diabetes accounts for 85% of all diabetes and is increasing; and
- Gestational diabetes in pregnancy is increasing.²⁵

More than 100,000 Australians have developed diabetes in the past year.²⁶

Monash Diabetes

Monash currently has 10,013 residents (5.2% of the population) registered as having diabetes, which is comparable to the Victorian average of 5.1%.²⁷

Mental Health

Mental Health represents a significant issue for our community. Mental illnesses are very common in Australia and about 1 in 4 people between the ages of 14-25 will experience mental illness at some point.²⁸ Some of the things that may contribute to mental health issues are:

- Biological factors: mental illnesses can be passed on genetically from parents to their children.
- Early life events: traumatic events that happened when we were younger, such as neglect or abuse, can have a strong influence on our mental health later in life.
- Recent life events: there are lots of events that can affect our mental health, such as persistent stress from study or work, or a traumatic event such as the loss of a loved one.
- Internal factors: mental illnesses can also be influenced by thoughts and feelings that one has from inside of us, as opposed to our surroundings. This can include things like our body image and self-esteem.
- Misuse of drugs: drugs, including alcohol, have all sorts of different effects on our brain and the results are very unpredictable. One of the common effects of consuming too many drugs is a negative impact on our mental health.²⁹

Mental Health Statistics

- One in four people are likely to develop a mental illness between the ages of 15 – 24 years.
- One in five employees are likely to be experiencing a mental health condition, including anxiety, brain diseases such as Alzheimer's and psychosis such as schizophrenia.
- Depression is the leading disease-burden in countries such as Australia.

- Many remain untreated.
- Depression typically first appears in people aged 20-25 years.
- Depression symptoms results in more than six million working days lost each year in Australia.
- Severe depression is rated in the same disability category as terminal stage cancer.
- Up to a third experience an anxiety disorder at least once.
- Mental health disorders cost Australian workplaces over \$11 billion every year in absenteeism, reduced productivity and compensation claims.
- The cost of mental illness substance abuse to the community is even greater.³⁰

Victoria's 10-year mental health plan

Victoria's 10-year mental health plan aims to ensure that all Victorians, particularly those who are disadvantaged or vulnerable, experience the best possible health, including mental health, throughout their lives.

Mental Health in Monash

The mental wellbeing indicators were level of resilience, indicators of neighbourhood connection and trust, and attitudes to gender equality in relationships. Monash residents reported an average resilience score of 6.2 out of 8. This is similar to Victorian residents, who reported an average resilience score of 6.4. The proportion of Monash residents who agreed that people in their neighbourhood are willing to help each other out was 69.0%, similar to the Victorian estimate (74.1%).³¹

The number of registered mental health clients within the City of Monash per 1000 population is 6.4 comparable to the Victorian measure of 11.3³²

HEALTH RISKS

Obesity & Overweight

Overweight and obesity is measured at the population level for adults using the Body Mass Index (BMI) which is calculated by dividing weight in kilograms by height in metres squared.³³ Overweight is measured at a BMI of 25 or more with obesity determined at a BMI of 30 or more. These cut-off points are based on associations between and chronic disease and mortality and have been adopted for use internationally by the World Health Organisation.³⁴

Two (2) in three (3) Australian adults are overweight or obese, and 1 in 4 Australian children are overweight or obese.³⁵

Obesity & Overweight in Monash

The LGA measure of people within the City of Monash who are obese is 14% comparable with the Vic measure of 17.3%.³⁶ The percentage of people within the City of Monash who are overweight is 26.6% comparable to the Vic measure of 32.5%.³⁷

Healthy Eating In Monash

Monash residents ate an average of 2.2 serves of vegetables per day, which is the same as the Victorian average.³⁸ Monash residents reported eating an average of 1.7 serves of fruit each day, which is similar to the Victorian average of 1.6.³⁹ On average, Monash residents drank 5.5 cups of water per day. This is similar to the Victorian average of 5.4%.⁴⁰

Monash Nutrition & Food Insecurity

Almost half of our population do not meet fruit and vegetable intake guidelines (43.9%),⁴¹ comparable with the Vic measure of 51.5%.⁴² However this is an improvement on previous results for Monash in 2013 (52.4%). The percentage of people consuming soft-drink everyday is 15.3% comparable with the Vic measure of 15.9%.⁴³

Compared to its neighbouring Councils, Monash rates the third highest for food insecurity (people who ran out of food in the last 12 months and could not afford to buy more). Food insecurity: Monash 2.7%⁴⁴, Whitehorse 3.4%⁴⁵, Boroondara 0%⁴⁶, Manningham 2.9%⁴⁷.

Compared to results of 2013, Monash is now ranked lower (3.4%) than the Victorian average (4.6%) for food insecurity.⁴⁸

Physical Activity

Compared to all Victorians, a similar proportion of Monash residents engaged in no physical activity during the week (17.4%, Victoria = 18.9%).⁴⁹ A similar proportion of Monash residents engaged in physical activity four or more days per week compared with the Victorian estimate (37.5%, Victoria = 41.3%).⁵⁰ The three most popular non-organised physical activities in Monash were walking (45.6%), jogging or running (17.6%), and cycling (8.2%).⁵¹

For more information on Physical Activity refer to Fact Sheet 11: Physical Activity,

Tobacco – Smoking rates

Tobacco smoking is one of the largest causes of preventable illness and death in Australia.⁵² Second hand smoke can cause disease in people who do not smoke. There is no level of exposure to second hand smoke that is free of risk.⁵³

The City of Monash has 9.3% of residents (18 years +) who smoke, which is lower than the State average of 15.7% (Monash ranks 77th amongst the 79 Councils in Victoria).⁵⁴

Alcohol

Alcohol is one of the top ten avoidable causes of disease and death in Victoria. Whilst the majority of Victorians drink responsibly, drinking has a collective cost borne by all of us. Through its links to injury, accidents, violence and physical & mental illnesses, it has been estimated to cost \$4.3 billion every year to the health and justice systems, workplaces, families and individual Victorians.⁵⁵

Thirteen point three percent (13.3%) of Monash residents were identified as being at risk of short-term harm from alcohol in a given month, significantly lower than the Victorian estimate (29.4%).⁵⁶ Compared to all Victorians, a significantly lower proportion of Monash residents identified as being at very high risk of short-term harm each month (Monash 3.6% compared with Victoria 9.2%).⁵⁷ Fifteen point five percent (15.5%) of residents living in Monash agreed that getting inebriated every now and then is okay. This is significantly lower than the proportion of Victorians who agreed (27.9%).⁵⁸

Monash Victorian Accident & Emergency Data – Alcohol-related diagnosis

Over the past 3 years, the annual amount of emergency department presentations from an alcohol related diagnosis decreased from 205 cases to 157 cases within the City of Monash.⁵⁹ Data shows that 4 out of 5 of Monash's neighbouring Council's also show an overall decrease in presentations.⁶⁰

Drugs

Drug crime has surged in Victoria during the past five years.⁶¹ Demand for illegal narcotics such as ice is growing at breakneck speed. Use and possession offences for all drugs have skyrocketed 68% in the five-year period, while cultivation, trafficking and manufacturing offences have jumped 25%.⁶² In a cluster of postcodes in the Monash region including Clayton, Oakleigh and Mount Waverley, drug trafficking offences tripled from 45 in 2012-13 to 148 last year.⁶³

Ice

Crystal methamphetamine ('ice') is a stimulant drug, which means it speeds up the messages travelling between the brain and the body. It's stronger, more addictive and therefore has more harmful side effects than the powder form of methamphetamine known as speed.⁶⁴ Ice usually comes as small chunky clear crystals that look like ice. It can also come as white or brownish crystal-like powder with a strong smell and bitter taste.⁶⁵

The National Drug Strategy Household Survey (NDSHS) 2013 identified that the use of ice (or crystal methamphetamine) more than doubled, from 22% in 2010 to 50% in 2013.⁶⁶

Ice and Family Violence

Crime statistics of family violence have been linked with the drug 'ice'.⁶⁷ Connections have been made with the use of ice and its impact on families, including disruption to relationships and aggressive, hostile, violent behaviour is a physiological effect of its use.⁶⁸

More information

For more information on hospital presentations and health services access information refer to Fact Sheet 3: Monash Health Service and Access Usage.

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