



COMMUNITY PROFILE SUMMARY



Introduction

The following presents a summary of the Golden Plains Shire (GPS) Community Profile to inform the development of the Municipal Public Health and Wellbeing Plan 2025-2029.

Indicators are compared to the Victorian averages and described in terms of 'higher', 'lower', 'increasing' and 'decreasing' for GPS.

Population

- *Higher* population growth rate
- *Higher* proportion of Males
- *Lower* proportion of Females
- *Higher* proportion of couples with children
- *Higher* proportion of children <18 years
- *Lower* proportion of persons aged 60+ years
- *Lower* proportion of people born overseas
- *Lower* proportion of one parent families
- *Lower* proportion of lone person households
- *Lower* proportion of LGBTQIA+ persons
- *Higher* proportion of Aboriginal and/or Torres Strait Islander people
- *Lower* proportion of people born overseas

6.9% of GPS people openly identify as being LGBTQIA+ (lesbian, gay, bisexual, trans and gender diverse, intersex, queer and asexual) which is a much lower proportion compared to Victoria (11.0).

In 2021, 376 members of the Golden Plains Shire community identified as Aboriginal and Torres Strait Islander.

The most common overseas places of birth for the GPS population includes the United Kingdom, New Zealand, Netherlands and Germany. Of those languages other than English spoken at home; Italian, German, Croatian, Maltese and Dutch were the most common.

How do we live?

- *Lower* medium and high-density housing
- *Lower* proportion of households renting
- *Higher* proportion of households with a mortgage
- *Higher* proportion of people who are satisfied with their rental accommodation

What do we do?

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none">• <i>Higher</i> trade qualifications• <i>Lower</i> unemployment and jobseeker rates• <i>Higher</i> median weekly household income	<ul style="list-style-type: none">• <i>Lower</i> secondary school completion• <i>Lower</i> University qualifications• <i>Higher</i> car ownership (2 motor vehicles/3 or more motor vehicles)

Health Indicators

The top 3 health conditions impacting GPS residents were Asthma, Arthritis and Mental Health conditions. The percentage of residents with Asthma is higher than both regional Victoria and Victoria.

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>Higher</i> proportion of adults reporting to be in very good or excellent health • <i>Higher</i> rates of cancer screening • <i>Higher</i> rates of children fully immunised at 5 years of age • <i>Lower</i> proportion of people needing assistance due to disability 	<ul style="list-style-type: none"> • <i>Lower</i> median age of death (75 years) • <i>Higher</i> premature mortality rate • <i>Higher</i> percentage of potentially preventable hospitalisations • <i>Higher</i> percentage of self-reported fair or poor dental health • <i>Higher</i> percentage of self-reported fair or poor health • <i>Higher</i> rates of sunburn

Improving Wellbeing

Over half of Australians say rising cost of living is having a big impact on their mental health, and one in five have found cost to be a barrier to accessing mental health support over the past year.

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>Higher</i> proportion of the Population living in a neighbourhood for > 10 years • <i>Lower</i> proportion of the population experiencing homelessness • <i>Higher</i> proportion of people felt valued by society • <i>Lower</i> proportion of people experiencing loneliness • <i>Lower</i> proportion of high or very high psychological distress • <i>Higher</i> proportion of low psychological distress • <i>Lower</i> proportion of low life satisfaction • <i>Higher</i> proportion of very high life satisfaction 	<ul style="list-style-type: none"> • <i>Lower</i> proportion of people talk regularly to family and close friends • <i>Higher</i> proportion of adults reporting to have a mental health condition • <i>Higher</i> proportion of people aged 0-14 years reporting to have a mental health condition • <i>Higher</i> proportion of moderate psychological distress • <i>Higher</i> proportion of adults who sought professional help for a mental health related problem

Improving Family Violence and Enhancing Gender Equity

GPS has shown a significant increase in family violence with incidents rising by almost one third since 2021.

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>Lower</i> stalking, harassment and threatening behaviours • <i>Lower</i> rates of family violence • <i>Lower</i> rates of Intimate partner violence 	<ul style="list-style-type: none"> • <i>Increasing</i> rates of family violence incidents • <i>Lower</i> proportion of women working full time

<ul style="list-style-type: none"> • <i>Lower</i> rates of family violence with a child present • <i>Higher</i> proportion of women in the labour force 	<ul style="list-style-type: none"> • <i>Higher</i> proportion of women working part time
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Tackling Climate Change and its Impact on Health

The impacts of climate change on health spans areas such as air pollution, allergens and pollens, diseases carried by vectors, foods and waterborne diseases, food security, mental health and stress related disorders, floods and severe weather events, temperature extremes and fires.

Victoria is already experiencing the impacts of climate change as evidenced by an average annual temperature increase, cool seasonal rainfall decline and an increase in the number of days of dangerous weather conditions for bushfires.

Since 2021, GPS has experienced disasters in the form of Bushfires, floods and storms. There are a number of settlements on the Victorian Bushfire Risk Register and a number of rivers, creeks and waterways within the shire which pose a flood risk.

Healthy Eating and Active Living

Poor diet, overweight and obesity are leading contributors to chronic disease and premature death in Victoria. Regular physical activity is a known protective factor in the prevention of and management of chronic conditions.

Obesity is significantly higher among adults who reside in rural Victoria, compared with those who live in metropolitan Victoria.

Only half of Victorian adults meet the physical activity guidelines for sufficient physical activity.

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>Lower and decreasing</i> proportion of people who ran out of food and could not afford to buy more 	<ul style="list-style-type: none"> • <i>Higher</i> percentage of people who are overweight but not obese • <i>Higher</i> proportion of people who are obese • <i>Lower</i> proportion of people who actively commute (walk or bike ride) to work • <i>Higher</i> proportion of people who did not do any moderate to vigorous physical activity in the last week • <i>Higher</i> proportion of people who consume sugar-sweetened beverages daily or several times per week

Reducing Harm caused by Tobacco and E-cigarettes

People living in outer regional and remote areas were almost twice as likely to smoke than those in Major Cities.

Vaping is on the increase in Australia with young people aged 18 to 24 years being the most likely to use e-cigarettes.

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>No areas identified</i> 	<ul style="list-style-type: none"> • <i>Increasing</i> proportion of mothers who smoke in the first 20 weeks of pregnancy • <i>Higher</i> proportion of people who smoke tobacco or vape • <i>Higher</i> proportion of people who vaped daily

Other Shire Indicators

Performing better than Victorian averages	Performing worse than Victorian averages
<ul style="list-style-type: none"> • <i>Lower</i> crime rates • <i>Lower</i> rates of alcohol and drug use • <i>Lower and Decreasing</i> rates of disengagement in young people • <i>Higher</i> Relative Socio-economic Disadvantage (SEIFA) 	<ul style="list-style-type: none"> • <i>Lower</i> proportion of the population felt that most people could be trusted • <i>Higher</i> proportion of the population felt that multiculturalism does NOT make an area better • <i>Decreasing</i> volunteering rates • <i>Lower</i> health service provision – GPs, Allied Health and Dental • <i>Lower</i> secondary education completion • <i>Higher</i> % who did not see a GP when needed • <i>Higher</i> % who do NOT have private health insurance • <i>Higher</i> proportion of people who are at an increased risk of harm from alcohol related disease or injury • <i>Lower</i> residential aged care places

A large proportion of GPS resident workers (70.9%) travel out of the Shire for work to large regional areas such as Ballarat and Geelong.

Across many areas, GPS lacks services and infrastructure including public transport, schools and health services. The shire consists of:

- One Secondary school
- 15 Primary schools
- No hospital
- 4 medical clinics
- 1 ambulance station
- 3 pharmacies
- 2 community houses
- 4 community centres
- 1 aged care facility



GOLDEN PLAINS SHIRE

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CUSTOMER HUB HOURS

Bannockburn (Civic Centre) 8.30am to 5pm, Monday to Friday

Smythesdale (The Well) 8.30am to 5pm, Monday to Friday

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