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New report explores the conditions that shape health in Gippsland

Gippsland Primary Health Network (Gippsland PHN) has released a new Health Insights paper highlighting how the conditions people live, work, learn and connect in can have a major influence on health and wellbeing.

Health Insights: Social Determinants of Health brings together local and national data to explore how factors such as housing, education, employment, income, food security, social inclusion, digital inclusion, the environment and rurality influence health and wellbeing in Gippsland.

The paper explains that social determinants can have a bigger impact on health than genetics or healthcare access, and that improving health means improving the conditions that make good health possible.

Key insights include:

- People living in areas with the most disadvantage are twice as likely to die prematurely as people living in the least disadvantaged areas
- 40% of people in Gippsland live in towns and settlements of fewer than 1,000 people
- 22% of people in Gippsland experienced loneliness (compared to 23% in Victoria)
- 57% of people in Gippsland reported they could get help from neighbours if needed, compared to 49% in Victoria
- 12% of people in Gippsland ran out of food and could not afford to buy more in 2023, compared to 8% in Victoria
- 25 people per 1,000 population in Gippsland accessed homelessness services, compared to 11 nationally
- Affordable rentals in Gippsland dropped from 94% to 39% between 2000 and 2025

Gippsland PHN Chief Executive Officer Amanda Proposch said the paper highlighted the importance of looking beyond individual choices when considering health outcomes.

“The conditions people live in have a major influence on their health and wellbeing,”
Ms Proposch said.

“That includes whether people can access safe and stable housing, nutritious food, education, transport, social connection, digital tools and affordable healthcare.”

“Gippsland has strong local communities and high levels of neighbour support, but many people also experience barriers that make it harder to stay well or access care when they need it.

“Improving health outcomes means working with communities and partners to improve the conditions that make good health possible.”

Health Insights: Social Determinants of Health also highlights opportunities to strengthen equity, prevention, access and community-informed action across Gippsland.

Read *Health Insights: Social Determinants of Health* on the [Gippsland PHN website](#).

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