


Health Issue Fact Sheet

Diabetes

In Gippsland it's estimated that:

	Gippsland	Victoria
 Risk factor - current smokers ¹	20.0%	13.1%
 Risk factor - adults who drink soft drink daily ¹	16.4%	11.2%
 Risk factor - adults who consume alcohol at levels likely to cause long term harm (> 2 drinks per day) ¹	63.0%	59.2%
 Protective factor - people who meet physical activity guidelines for exercise ¹	41.8%	41.4%
 Risk factor - overweight or obese ¹	54.6%	50.0%
 Risk factor - persons reporting high blood pressure ¹	29.7%	25.9%
 Persons reporting diabetes ¹	5.7%	5.3%
 Blood sugar or diabetes check in past two years ¹	50.2%	53.1%
 Potentially preventable hospitalisations - diabetes complications ²	241	183
	per 100,000 people	
 Avoidable deaths due to diabetes ³	7.3	4.8
	per 100,000 people	

■ Among highest or lowest 25% of regions in Victoria

Strengths

- "I have diabetes and it is being well managed." [community member]⁴
- Smoking cessation project to help people Quit⁵
- Work to better manage and prevent diabetes⁵
- My Health Record can help consumers and providers access the right information⁵
- Health Pathways to assist clinicians navigate patients through the health care system⁵

Needs

- Aboriginal people are seven times more likely to be hospitalised with diabetes compared to non-Aboriginal people⁶
- People experiencing social and economic disadvantage have a significantly higher risk of diabetes⁷
- Clinicians rated diabetes the top health issue in Gippsland⁴
- A need for additional diabetes services was identified (education, care coordination and endocrinologists)⁴
- A Diabetes Cycle of Care [MBS item] is accessed by 1 in 5 GP patients with a diabetes diagnosis⁸

References

1. Victorian Population Health Survey, 2014, DHHS
2. Analysis of the National Hospital Morbidity Database, AIHW 2017
3. Social Health Atlas of Australia, PHIDU 2018
4. Gippsland PHN, Community and Stakeholder engagement 2016
5. Gippsland PHN; <https://www.gphn.org.au/>

6. Gippsland Health Online, DHHS, 2014-15
7. AIHW; www.aihw.gov.au/reports-statistics/behaviours-risk-factors/social-determinants
8. GP practice data, Gippsland PHN 2018