



### Heart Related Health

In Gippsland it's estimated that:

	Gippsland	Victoria
Protective factor - meeting physical activity guidelines for exercise <sup>1</sup>	41.8%	41.4%
Risk factor - obesity <sup>1</sup>	20.1%	18.8%
Risk factor - smoking <sup>1</sup>	20.0%	13.1%
Blood pressure check in the past two years <sup>1</sup>	80.1%	79.9%
Cholesterol check in the past two years <sup>1</sup>	57.0%	59.5%
Adults who report high blood pressure <sup>1</sup>	29.7%	25.9%
Adults who report heart disease <sup>1</sup>	7.8%	7.2%
Potentially preventable hospitalisations for angina <sup>2</sup>	144 per 100,000 people	130 per 100,000 people
Avoidable death rate due to circulatory system diseases <sup>3</sup>	39.9 per 100,000 people	33.7 per 100,000 people

■ Among highest or lowest 25% of regions in Victoria

### Strengths

- Heart health is identified as a top health issue in the Gippsland community<sup>4</sup>
- Strong community awareness of the importance of a healthy lifestyle, including diet and exercise<sup>4</sup>
- Health promotion activities to help people live healthier lives<sup>5</sup>
- Health Pathways development to help clinicians provide relevant referrals and care<sup>6</sup>
- My Health Record can help consumers and providers access the right information<sup>6</sup>

### Needs

- Aboriginal and Torres Strait Islander people have four times higher hospitalisation rate for cardiovascular diseases<sup>7</sup>
- People experiencing social and economic disadvantage have a significantly higher risk of heart disease<sup>8</sup>
- High blood pressure is the most common diagnosis for patients visiting their GP in Gippsland, especially for people aged 40 years or older<sup>9</sup>
- Affordable, local access to cardiologists is a service gap<sup>4</sup>
- "[Specialists] visit monthly or fortnightly and then they are too busy to get in so you have to go to Melbourne"<sup>4</sup>

### 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. See Local Government Area Municipal Public Health and Wellbeing Plans

6. Gippsland PHN; <https://www.gphn.org.au/>
7. Gippsland Health Online, DHHS, 2014-15
8. AIHW: [www.aihw.gov.au/reports-statistics/behaviours-risk-factors/social-determinants](http://www.aihw.gov.au/reports-statistics/behaviours-risk-factors/social-determinants)
9. GP practice data, Gippsland PHN 2018