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New Health Insights paper highlights multicultural health needs in Gippsland

Gippsland PHN has released a new Health Insights paper on Multicultural Health and Wellbeing, highlighting the experiences, challenges, and health needs of multicultural communities across the region.

The paper draws on both data and lived experience, pointing to issues such as racism and discrimination, difficulties accessing mental health care, limited culturally appropriate family violence services, and a lack of community spaces. It also stresses the value of person-centred care and better support to help new migrants understand and navigate the health system.

Key findings include:

- 12.4% of Gippsland residents were born overseas (Victoria 30%).
- 138 languages, other than English, are spoken at home in Gippsland.
- In 2024, 77% of new arrivals were in the skilled stream, 20% family, and just 3% refugee and humanitarian entrants.
- 53% of Gippsland's multicultural residents are aged 60+ (Victoria 28%).
- Common long-term conditions include arthritis (11%), diabetes (9%), heart disease (6%) and mental health conditions (6%).
- People experiencing racism are 5× more likely to have poor mental health and 2.5× more likely to have poor physical health.
- Migrants can face major barriers with service navigation and interpreter access.

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the findings underline the region's diversity and the need for services that respond effectively.

"Multicultural communities are a vital part of Gippsland. The data shows they face real barriers in accessing care. By identifying these challenges, we can see where improvements are needed to help people access health services and culturally appropriate care," Ms Proposch said.

The paper outlines opportunities to strengthen the health system, including improved interpreter access, more culturally responsive mental health care, and greater community education to reduce stigma.

New Multicultural Care Connector (Health Connector) Program

Gippsland PHN has commissioned the [Multicultural Care Connector \(Health Connector\) Program](#), delivered by [Latrobe Community Health Service](#), to support multicultural and migrant communities in accessing and navigating the Australian healthcare system.

Based in Morwell with outreach across Gippsland, the program provides free, culturally inclusive support to help people navigate the health system, connect with local doctors and allied health professionals, attend appointments, and access health information in their own language.

Gippsland PHN continues to work with local providers, community leaders and partner organisations to strengthen outcomes for multicultural communities across the region.

The full Health Insights Paper can be accessed on our website [here](#).

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