

RUPANYUP TOWN PROFILE 2024



Photo credit: Yarriambiack Shire Council

Rupanyup was originally Karkaroc, renamed Rupanyup in 1876. Its name is an Traditional Language word meaning 'branch hanging over water'. It is located in the Yarriambiack Shire, 46.6kms from Horsham and 50.7kms from Warracknabeal.

Driving through Rupanyup, it would be easy to see only the almost entirely empty main street shops. The streetscape belies a town with pride and an innovative spirit. The recently opened a new grocery store (product of a community enterprise action), a unique private farming museum, the annual Dirt Music festival, extensive walking tracks and public art installations are a truer representation of this community. Rupanyup sits in close proximity to Murtoa and Minyip. Looking much to Stawell as it does to Warracknabeal or Horsham for larger shops and services, Rupanyup remains more than the sum of its parts.

WHO IS RUPANYUP?



48%

Population
545



52%



Country of Birth
(Other than Aus)
England, India, Columbia, China and Thailand

The median age is
51



Households
30% Single Person
70% Family



5.2% of Households speak a language other than English



Families

- Couple without children **55.7%**
- Couple with children **32.2%**
- One Parent **12.8%**

WWHS IN RUPANYUP

Facilities: Residential Aged Care

Services:

- Community Nursing
- Diabetes Education
- Dietetics
- Exercise Groups
- Health Education & Promotion
- Occupational Therapy
- Packaged Care
- Physiotherapy
- Podiatry
- Social Work
- Speech Therapy
- Social Support Group

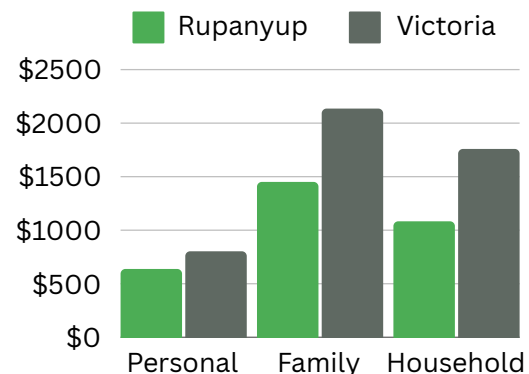
Top Employment Industries

- Other Grain Growing
- Hospitals / Health Services
- Grain-Sheep or Grain-Beef Cattle Farming
- Sheep Farming (Specialised)
- Primary Education

1.5%

are Aboriginal or Torres Strait Islander

Median Weekly Income



RUPANYUP IS KNOWN FOR:

Street art, Jack's Track, start of the Silo Art Trail, Rupanyup Memorial Park and Wood Farming and Heritage Museum.



We acknowledge that Rupanyup is located on the Traditional Lands of the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk people, and pay our respects to their elders past, present and emerging.



WEST WIMMERA HEALTH SERVICE

HOW HEALTHY IS RUPANYUP'S LGA (YARRIAMBICK SHIRE)?

Traditionally, health has been measured in rates of illness and disease. When people experience these it can have a larger impact on other aspects of their lives and on society. This is known as the burden of disease. There are systems of reporting that can give high-level information about the burden of disease to **local government or post-code areas**. These include the following sources: ABS Census, PHIDU Social Health Atlas of Australia, VAHI Victorian Population Health Survey, Dental Health Services Victoria Oral Health Profiles and data from the Crime Statistics Agency.

5 year olds with full immunisation

100%



8.1% of adults have been diagnosed with heart disease*



105 police-recorded family incidents in 2023



Potential years of life lost due to premature deaths is 55% above the national average

Potentially preventable hospitalisations is **73%** above the national average



10% have a profound or severe disability



86  **Median age at death**  **80.5**

CANCER

4.8% of adults have cancer (inc. remission)*

44.9% participate in bowel screening

5.7% of people have Diabetes (Type 1 and Type 2)*



52.3% participate in breast screening

42.4% participate in cervical screening

Children with at least one decayed, missing or filled baby or adult tooth

Adults with anxiety or depression

Females - **41.1%**

Males - **32%**

7.7% of adults have three or more selected (see page 4) **chronic diseases***



33% - 0-5 years
59% - 6 years

In the Yarriambiack Shire:

- People have similar rates as the state in cancer screening participation
- The rate of females having anxiety or depression is higher than males, which is the same as the state
- The proportion of males and females having anxiety or depression is higher in Yarriambiack compared to the state
- Hospital admissions for preventable conditions is similar to the Australian average
- Police-recorded family incidents is similar to the state rate
- Children with tooth decay at public services is slightly higher than the state

This comparison highlights the areas most in need of improvement for Yarriambiack. Some things that could be done to help in these areas are:

- More mental health services
- Increased education on oral hygiene

WELLBEING IN RUPANYUP'S LGA (YARRIAMBIACK SHIRE)

Wellbeing is derived from far more than physical health. Other factors – the social determinants of health – also impact on both physical and mental wellbeing. Once again, national and state-wide data can give us a high level picture of wellbeing in Rupanyup.



Highest level of Educational Attainment*

Bachelor Degree and above	12.9%
Advanced Diploma and Diploma	11.1%
Certificate III or IV	19.4%
Year 10,11 or 12	29.9%
Certificate I or II	0%
Year 9 or below	8.5%

10.1% of people 65 and over have a Senior Health Card

7.9% Receive long-term unemployment benefit

6.4% Low income, welfare-dependent families (with children)

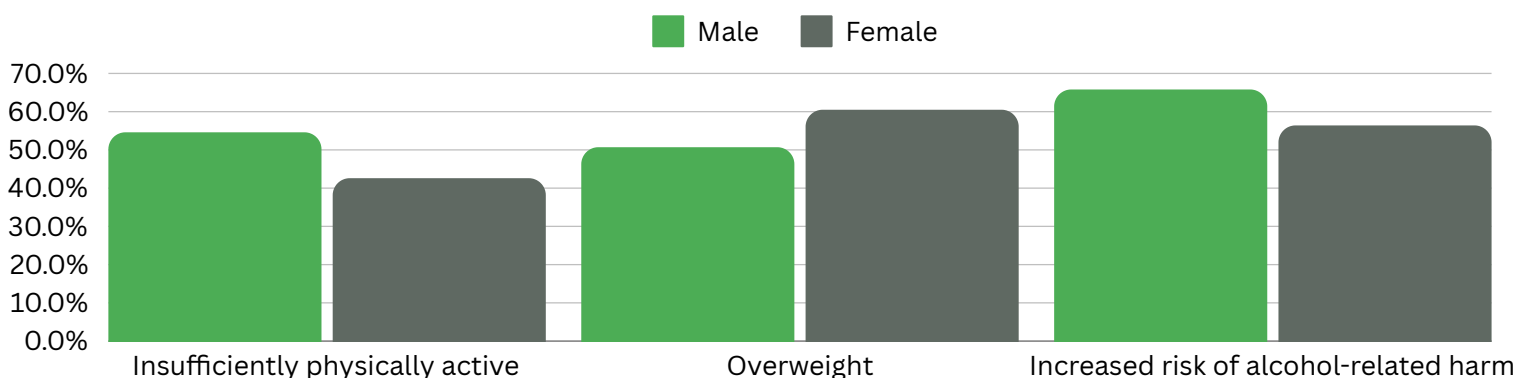
29.5% current smokers (daily and occasional)



13.3% consume sugar-sweetened soft drinks daily



55.8% do not meet dietary guidelines for either fruit or vegetable consumption



Key differences in the Yarriambiack Shire Local Government Area compared to state averages are:

- The proportion of current smokers is almost double the Victorian average
- Higher proportion of males who are insufficiently active
- Higher proportion of females who are overweight

While this data is collected at the Local Government Area level, when considered in the context of Rupanyup's demographics, some key influencing factors are:

- There is a significant proportion of older adults who may have mobility issues or limited ability to participate in physical activity
- Most people work in the farming industry (especially grain farming) which due to the increase of machinery use has led to farmers being less active in their daily work
- Lower median income which can affect people's ability to access resources to support health and wellbeing, and can contribute to higher rates of unhealthy behaviours such as smoking

*Data at town level not LGA

This is the second edition of Rupanyup’s Health and Wellbeing Profile. For this, and future versions we are providing some key outcomes of our 5 Top Things survey. This specific local survey will be Rupanyup’s opportunity to identify what matters most about health and wellbeing to the people who live here.

WHAT DOES RUPANYUP THINK?

This page shows some, but not all, the findings of the 5 Top Things Survey in Rupanyup.

RUPANYUP RATES THE IMPORTANCE OF ORAL HEALTH OUT OF 10 AS:

7.67

People in Rupanyup told us when they need help with their health, they go places like the Doctor or the Minyip Community Health Centre. **BUT...** surprisingly they do not talk to family or friends.

People in Rupanyup were most concerned about the following their community:

Mental health including depression and suicide	Lack of transport
Ageing population	Lack of social activities
Drug/substance use	Housing
Distance from services and lack of facilities	



WHEN PEOPLE THINK RUPANYUP, THEY THINK:

PRIORITIES FOR RUPANYUP

The regional health promotion priorities for the Wimmera and Southern Mallee are:

- Healthy Eating
- Active Living
- Social Connection
- Reduction of Harm from Tobacco and Alcohol

Foundational activities for the WWHS Health Promotion team include:

- Café Health
- WWHS Community Health & Wellbeing grants projects:
 - Rupanyup Mosaic Track
 - Rupanyup Community Garden

People in Rupanyup have come up with some ideas to tackle their main concerns. These ideas could be addressed by the community, service providers, or advocated for:

- Increase physical activity through improved walking tracks, groups, and other opportunities.
- Increase the availability of medical professionals in the community, as well as medical facilities and affordability.
- Increase rentals and supported housing available, and use of Stonehaven.
- Improve the availability of transport options.
- Increase opportunities for social connection, particularly among older adults.
- Provide information and clinicians to support mental health.
- Increase of WWHS Nhill staff at events.
- Provide clarification of payment processes since Home Care Packages takeover from Shire.
- Greater punishment for scammers.
- Increased control of social media.

The things people in Rupanyup told us in the 5 Top Things Survey about their town help us to plan how best to support Rupanyup.