

NHILL TOWN PROFILE 2024



Photo credit: Hindmarsh Shire Council

Nhill was first visited by Europeans in 1845, and was later built around a flourmill. Located in the Hindmarsh Shire it is 74.4kms from Horsham and 73.9kms from Warracknabeal. Its name means either “early morning mist overwater” or “white mist rising from water”.

A wide, impressive main street and many impressive brick buildings speak to Nhill’s central place in Wimmera life over many generations. Home to the administrative centre for the Hindmarsh Shire Council, the main campus and acute hospital for West Wimmera Health Service and many other business including the highly influential Luv-A-Duck, this is a culturally diverse community, with many international people, most notably a large Karen population, attracted to the robust employment market. Situated on the Western Highway at the midpoint between Melbourne and Adelaide, Nhill is also influenced by heavy commercial traffic and people travelling for work or pleasure.

WHO IS NHILL?



Country of Birth (Other than Aus)
Myanmar, Thailand, India, England and The Philippines

The median age is 47



Households
31.5% Single Person
64.9% Family



Families

- Couple without children **48.5%**
- Couple with children **38.8%**
- One Parent **12.1%**



12.8% of Households speak a language other than English

WWHS IN NHILL

Facilities: Hospital

Services:

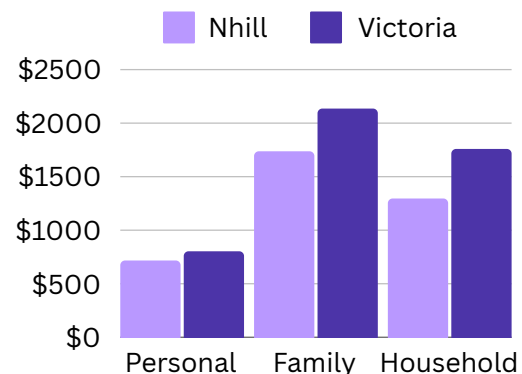
- Community Nursing
- Diabetes Education
- Dietetics
- Exercise Groups
- Health Education & Promotion
- Occupational Therapy
- Packaged Care
- Physiotherapy
- Podiatry
- Social Work
- Speech Therapy
- Social Support group

Top Employment Industries

- Hospitals / Health Services
- Grain-Sheep or Grain-Beef Cattle Farming
- Other Grain Growing
- Poultry Processing
- Local Government Administration

0.9% are Aboriginal or Torres Strait Islander

Median Weekly Income



NHILL IS KNOWN FOR:

Being halfway between Melbourne and Adelaide, RAAF training base, Karen community, first town outside Melbourne to get electricity, Dick-a-Dick Australian Aboriginal tracker and cricketer and Luv-a-Duck.



We acknowledge that Nhill 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 NHILL'S LGA (HINDMARSH 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

96.4%



88  **Median age at death**  **80**

CANCER

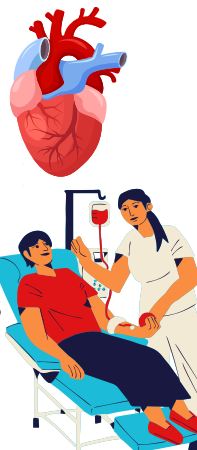
- 4.1%** of adults have cancer (inc. remission)*
- 43.3%** participate in bowel screening
- 49.8%** participate in breast screening
- 38.1%** participate in cervical screening

Adults with anxiety or depression

Females - **38.8%**

Males - **21.6%**

5.3% of adults have been diagnosed with heart disease*



Potentially preventable hospitalisations is **76%** above the national average

5.0% of adults have three or more selected (see page 4) **chronic diseases***

96 police-recorded family violence incidents in 2023




Potential years of life lost due to premature deaths is **25%** above the national average


8.7% have a profound or severe disability



7% of people have Diabetes (Type 1 and Type 2)*



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



29% - 0-5 years
57% - 6 years
68% - 12 years

In the Hindmarsh Shire:

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

This comparison highlights the area's most in need of improvement for Hindmarsh Shire. Some things that could be done to help in these areas are:

- Increased education on oral hygiene
- More mental health services
- Increased support for preventable conditions

*Data at town level not LGA

WELLBEING IN NHILL'S LGA (HINDMARSH 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 Nhill.



Highest level of Educational Attainment*

Bachelor Degree and above	11.9%
Advanced Diploma and Diploma	6.6%
Certificate III or IV	19.2%
Year 10,11 or 12	30.4%
Certificate I or II	0.2%
Year 9 or below	15.8%

10.2% of people 65 and over have a Senior Health Card

7.2% Receive long-term unemployment benefit

4.9% Low income, welfare-dependent families (with children)

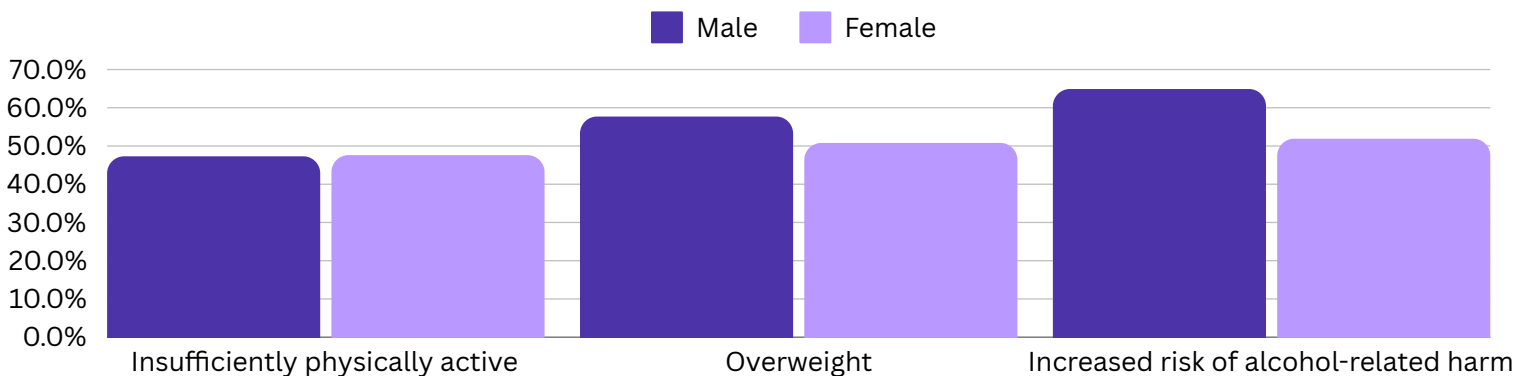
21.3% current smokers (daily and occasional)



15.2% consume sugar-sweetened soft drinks daily



57.5% do not meet dietary guidelines for either fruit or vegetable consumption



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

- Higher proportion of sugar sweetened daily soft drink consumption
- Higher proportion of females who are overweight
- The rates of insufficient activity were closest between males and females in Hindmarsh Shire compared to the other four Local Government Areas (LGA)
- Higher proportion of current smokers

While this data is collected at the LGA level, when considered in the context of Nhill'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
- Slightly higher proportion of people live alone
- 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

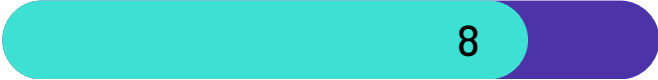
This is the second edition of Nhill's Health and Wellbeing Profile. For this, and future versions we are providing some key outcomes of our 5 Top Things survey. This specific local survey will be Nhill's opportunity to identify what matters most about health and wellbeing to the people who live here.

WHAT DOES NHILL THINK?

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



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



People in Nhill told us when they need help with their health, they go places like the doctor and the Nhill hospital.

BUT... they also go to the gym, Neighbourhood house or talk to friends and family.

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

Mental health including depression	Drug use
Suicide	Domestic violence
Alcohol use	Diabetes

WHEN PEOPLE THINK NHILL, THEY THINK:



PRIORITIES FOR NHILL

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:

- Cafe Health
- 3in1 Towards a Healthy Town
- WWHS Community Health & Wellbeing grants projects:
 - Between Seasons Tune Up
 - Nhill Gallery Art Workshops

People in Nhill 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 doctor availability, by employing more and having separate times for them to be in the hospital vs in the practice.
- Increase mental health supports available.
- Provide information on stress, anxiety, suicide and mental health generally.
- Provide information on drugs and alcohol, particularly to youth.
- Raise awareness of rehab facilities and services available.
- Increase police presence and use of safety cameras.
- Provide information sessions and materials on health topics at the Neighbourhood House and schools.
- Increase support available in the community through mentoring, support groups and Neighbourhood House services.
- Increase specialists available and the ease of accessing them.
- Increase access to transport, particularly to and from appointments.
- Create more social events and opportunities for youth.
- Provide safe housing for those experiencing family and domestic violence.

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