

NATIMUK TOWN PROFILE 2024



Photo credit: Horsham Rural City Council

Natimuk was originally Natimuk Creek, renamed Natimuk in 1884. Its name comes from the Traditional Language word for "little lake" or "little creek". Located in the Horsham Rural City Shire 24.7kms from Horsham and 70.3kms from Edenhope.

The completely unique community of Natimuk is heavily influenced by the presence of Mt Arapiles, visible across the rich arable plains that surround the town. An international rock climbing destination, Mt Arapiles has drawn many climbers, mountaineers and international guides to base themselves in what has always been a prosperous and significant settlement. A mixed community of farming families, retirees, climbers and Horsham-based professionals contribute to a diverse community with a rich cultural life, culminating in the biennial Nati Frinj Festival. Community and sporting facilities are well used. The Nati Pub is a significant hub for community life.

WHO IS NATIMUK?



53.1%

Population
548



46.9%



Country of Birth
(Other than Aus)
England, India, Ireland, The Philippines and China

The median age is
54



Households
36.4% Single Person
62.2% Family



6.2% of Households speak a language other than English



Families

- Couple without children **61%**
- Couple with children **33.8%**
- One Parent **10.3%**

WWHS IN NATIMUK

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

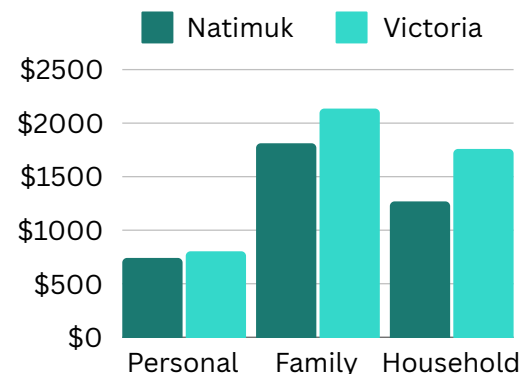
Top Employment Industries

- Hospitals / Health Services
- Other Grain Growing
- Local Government Administration
- Pubs, Taverns and Bars
- Secondary Education

1.3%

are Aboriginal or Torres Strait Islander

Median Weekly Income



NATIMUK IS KNOWN FOR:

Nearby Mount Arapiles, Nati Frinj, sheep, Goatfest climbing film festival, nearby Lake Charlegark's country music festival, grain, Triple J's One Night Stand in 2004



We acknowledge that Natimuk 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 NATIMUK'S LGA (HORSHAM RURAL CITY COUNCIL)?

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

98.4%



9.1% of adults have been diagnosed with heart disease*



654 police-recorded family incidents in 2023



Potential years of life lost due to premature deaths is 7% above the national average

Potentially preventable hospitalisations is **71%** above the national average



6.6% have a profound or severe disability



86  **Median age at death**  **79**

CANCER

5.7%

of adults have cancer (inc. remission) *

47.6%

participate in bowel screening

4.2% of people have Diabetes (Type 1 and Type 2)



56.6%

participate in breast screening

43.2%

participate in cervical screening

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

Adults with anxiety or depression

Females - **36.1%**

Males - **30.6%**

9.3%

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



28% - 0-5 years
60% - 6 years
59% - 12 years

In the Horsham Rural City Council:

- People have similar rates as the state for bowel and cervical cancer screening participation, however higher rates for breast screening participation
- The rate of females having anxiety or depression is higher than males, which is the same as the state. The proportion of females is similar in Horsham Rural City Council to the states
- The proportion of males having anxiety or depression is higher in Horsham Rural City Council compared to the state
- Hospital admissions for preventable conditions is similar to the Australian average
- Police-reported family incidents is close to double the state rate
- Children with tooth decay at public services is similar to the state, except 12 year old's which is the same as the state

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

- Increased education on gender equality
- Greater prevention of family violence
- More mental health services

*Data at town level not LGA

WELLBEING IN NATIMUK'S LGA (HORSHAM RURAL CITY COUNCIL)

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 Natimuk.



Highest level of Educational Attainment*

Bachelor Degree and above	22.8%
Advanced Diploma and Diploma	7.5%
Certificate III or IV	17.4%
Year 10,11 or 12	26.3%
Certificate I or II	0%
Year 9 or below	9.7%

12.8% of people 65 and over have a Senior Health Card

5.0% Receive long-term unemployment benefit

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

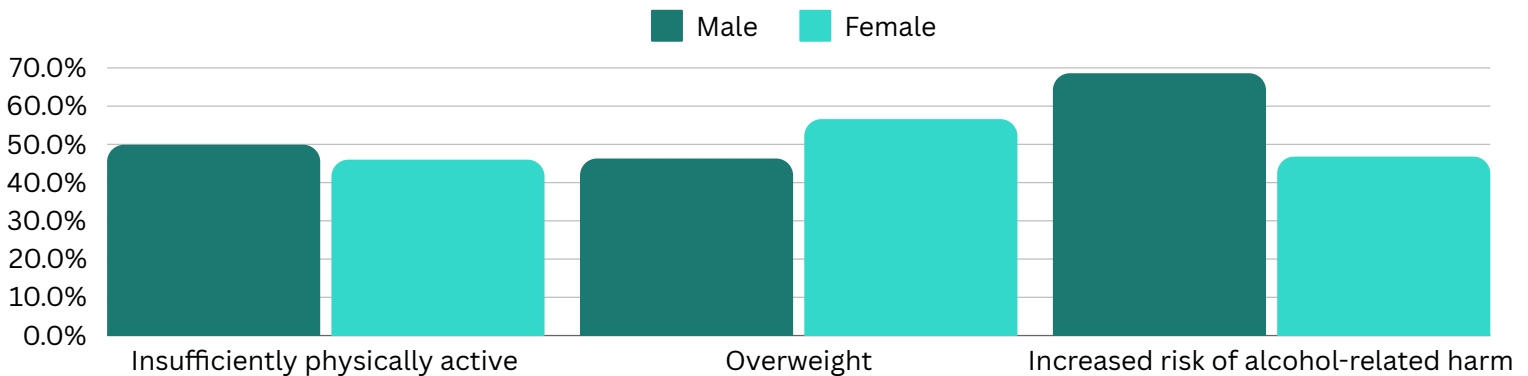
15.2% current smokers (daily and occasional)



16.5% consume sugar-sweetened soft drinks daily



53.4% do not meet dietary guidelines for either fruit or vegetable consumption



Key differences in the Horsham Rural City Council Local Government Area compared to state averages are:

- Higher proportion of males who are insufficiently active
- Higher proportion of females and a lower proportion of males who are overweight
- Higher proportion of sugar sweetened daily soft drink consumption

While this data is collected at the Local Government Area level, when considered in the context of Natimuk'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
- Access to fast food due to the close proximity to Horsham which has a larger number of fast food outlets could impact on dietary and sugar sweetened drink consumption
- Higher proportion of people who live alone

There is almost double the amount of couple family's without children compared to the Victoria average.

*Data at town level not LGA

This is the second edition of Natimuk'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 Natimuk's opportunity to identify what matters most about health and wellbeing to the people who live here.

WHAT DOES NATIMUK THINK?

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



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

7.06

People in Natimuk told us when they need help with their health they go places like the Horsham hospital or medical centre. **BUT...** they also talk to fellow locals and go to the café or the post office.

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

Social isolation and loneliness

Healthcare and specialist access

Mental health – including depression

WHEN PEOPLE THINK NATIMUK, THEY THINK:

PRIORITIES FOR NATIMUK

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:
 - Natimuk Unites for Health
 - Natimuk Welcome Dinners
 - Natimuk Community Garden
 - Women's Outdoor Wellness weekend

People in Natimuk 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 social connection opportunities, through involvement of existing groups and establishment of new ones.
- Increase specialists available and ease of accessing them.
- Increase awareness of available services.
- Encourage people to speak up if they are struggling.
- Encourage community members to check on each other.
- Increase access to transport, particularly to and from appointments.
- Provide funding to run general activities.
- Increase awareness of how best to check in on others through education sessions.

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