

# GOROKE TOWN PROFILE 2024



Photo credit: West Wimmera Shire Council

Goroke was first established in 1882 as a supply centre. Located in West Wimmera Shire it is 68km from Horsham and 48km from Edenhope. Its name comes from the Aboriginal term for the Australian Magpie.

Situated in what has traditionally been a rich pastoral or mixed farming area, Goroke's quiet main street has only a handful of shops.

There is a rural supplies store, a small grocery store, a newsagent, a small café and a pub. Services are limited, yet a strong community life exists. Much of this activity centres around the WWHS Community Health Centre, the P-12 School and community organisations such as the CFA.

Looking outward to Edenhope, Nhill and Horsham, and Naracoorte in South Australia, Goroke is a town with a strong self-identity but few services other than health.

## WHO IS GOROKE?



**Country of Birth**  
(Other than Aus)

**ENGLAND**

**The median age is 50**



**Households**  
39.8% Single Person  
60.2% Family



**Families**

- Couple without children **44.6%**
- Couple with children **32.5%**
- One Parent **18.1%**



**2.3%** of Households speak a language other than English

### WWHS IN GOROKE

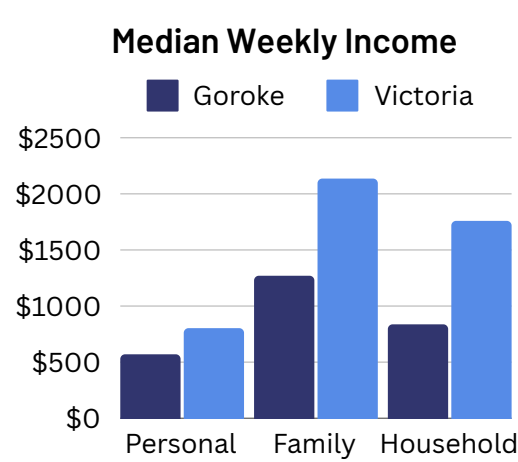
**Facilities:** Community Health Centre

**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

- Combined Primary and Secondary Education
- Hospitals / Health Services
- Other Grain Growing
- Grain-Sheep or Grain-Beef Cattle Farming
- Local Government Administration



**GOROKE IS KNOWN FOR:** Wool growing, lamb and mutton production, beef cattle, home of novelist Gerald Murnane, cropping, forestry, wine grape production and nearby Lake Charlegrak's country music festival.



We acknowledge that Goroke 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.



# HOW HEALTHY IS GOROKE'S LGA (WEST WIMMERA 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%**





**5.4% of adults have been diagnosed with heart disease\***



**39** police-recorded family incidents in 2023



**86**  **Median age at death**  **77.5**

Potentially preventable hospitalisations is **83%** above the national average



**Potential years of life lost due to premature deaths is 6% below the national average**

**7.4%** have a profound or severe disability



**CANCER** **4.4%** of adults have cancer (inc. remission)\*

**44.0%** participate in bowel screening

**56.6%** participate in breast screening

**40.1%** participate in cervical screening

**6.1%** of people have Diabetes (Type 1 and Type 2)\*



**Adults with anxiety or depression**

Females - **35.1%**  
Males - **21.1%**

**4.7%** of adults have three or more selected (see page 4) **chronic diseases\***

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



**31%** - 0-5 years

**In the West Wimmera Shire Council:**

- Cancer screening participation rates are similar to the state for bowel cancer, however cervical cancer is slightly lower and breast cancer is higher than the state rates
- 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 much higher than the Australian average
- Police-recorded family incidents is almost half the state rate
- Children with tooth decay at public services is slightly higher than the state

The comparison highlights the areas most in need of improvement for West Wimmera Shire Council. Some things that could be done to help in these areas are:

- More services aimed at females toward mental health
- Increased education on oral hygiene

\*Data at town level not LGA

# WELLBEING IN GOROKE'S LGA (WEST WIMMERA 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 Goroke.



## Highest level of Educational Attainment\*

Bachelor Degree and above	13.1%
Advanced Diploma and Diploma	4.2%
Certificate III or IV	19.4%
Year 10, 11 or 12	37.5%
Certificate I or II	0%
Year 9 or below	13.9%

9.7% of people 65 and over have a Senior Health Card

5.8% Receive long-term unemployment benefit

3.9% Low income, welfare-dependent families (with children)

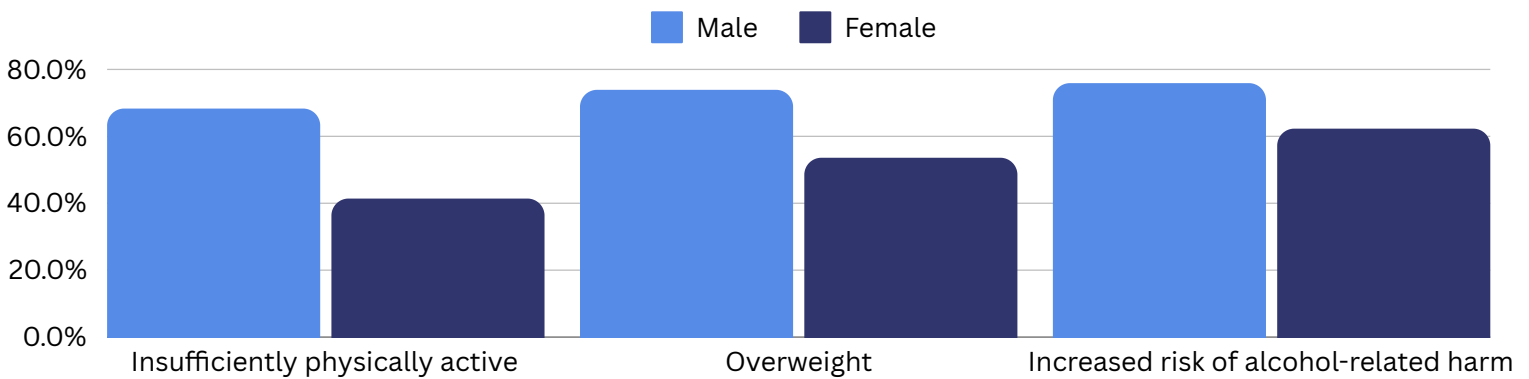
12.2% current smokers (daily and occasional)



8.7% consume sugar-sweetened soft drinks daily



52.9% do not meet dietary guidelines for either fruit or vegetable consumption



Key differences in the West Wimmera Local Government Area compared to state averages are:

- Higher proportion of Females and Males are overweight
- Higher proportion of females and males are at an increased risk of alcohol related harm
- Males significantly less active, however females are similar to the rest of the state

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

- A large portion of older adults that may affect their mobility and 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
- A higher Aboriginal and Torres Strait Islander population, than surrounding towns
- 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
- Higher proportion of people who live alone

\*Data at town level not LGA

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

## WHAT DOES GOROKE THINK?

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



### GOROKE RATES THE IMPORTANCE OF ORAL HEALTH OUT OF 10 AS:



People in Goroke told us when they need help with their health, they go to places like the Community Health Centre and the Edenhope Hospital. **BUT...** They also talk to other people in town and go to the Men's Shed and the IGA.

### WHEN PEOPLE THINK GOROKE, THEY THINK:

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

Drug use	Alcohol use
No doctor	Cost of living
Old age impacts / lack of support	

### PRIORITIES FOR GOROKE

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:
  - None to date

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

- Create a food pantry.
- Increase knowledge of how to cook budget-friendly meals and financial planning.
- Provide pamphlets with information at the health service.
- Increase to full-time doctor in town and ensure consistent coverage for them whilst on leave.
- Increase the hands-on services the local health service can provide.
- Provide mental health and addiction services.
- Establish a local nursing home in town.
- Create a mental health service in town and increase Rural Outreach visits to town.
- Encourage community members to check on each other to reduce loneliness.

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