



Sustainable Health Review October 2017

The City of Mandurah is Western Australia's largest regional city, and its 10th largest local government area by population. Mandurah has experienced relentless rapid population growth for the past half-century, growing from just over 2,000 people in 1964 to more than 83,000 today.

Mandurah's current five-year average annual growth rate (2011-2015) is 3.7%, compared with the WA five-year average of 2.5%. Whilst Mandurah's population growth has recently slowed, it is nonetheless forecast to continue growing strongly into the future, with independent forecasts projecting the city's population to exceed 123,000 by 2036.

Recent forecasts by the Western Australian Government envisage even greater population growth in Mandurah and the broader Peel Region. The draft *South Metropolitan Peel Sub-regional Planning Framework*, released by the Department of Planning and the Western Australian Planning Commission in May 2015, forecasts that by 2050, Mandurah's population will reach 148,000, the neighbouring Shire of Murray's population will exceed that of Mandurah's, reaching 164,000, and the Peel Region's population will more than quadruple to 443,0003.

As well as being a rapidly growing city, Mandurah is also over-represented by older residents and under-represented by young adults. Mandurah also has comparatively low numbers of nuclear families, and comparatively low income levels and high unemployment compared with Western Australian averages. Mandurah's current unemployment rate is 9.4% (March 2016), which compares unfavourably with the WA average of 5.9%⁴. Its SEIFA score is 978 which illustrates its social disadvantage and corresponding health issues.

According to the Population Health Needs Assessment Perth for South Primary Health Network (PHNA) completed in November 2016, Mandurah has significant health issues which many services are struggling to deliver on.

Some of the statistics from the above report show that:

- 28% of adults are living with cardiovascular disease
- 13.3% of people are living with high psychological stress
- 7.7% are consuming alcohol at high risk levels
- Mandurah has a high rate of emergency department presentations for non-urgent or semi-urgent admission.

The City of Mandurah priorities for the health review with recommendations follow:

Peel Health Campus

The population of the region which the hospital services has grown in the past 20 years with a Mandurah population sitting at 83,000 with other growth in the regions surrounding Mandurah putting pressure on all health facilities.

The population will continue to grow over the next 20 years increasing pressure on services. New housing subdivisions are being developed throughout the City with a growth in young families living in the City, putting further pressure on services.



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Over the past few years there has been a growth in the number of young people attempting and committing suicide which impacts on the hospital and other servicers.

Other pressures on the hospital and other services is the rise of mental health issues and the changing drug and alcohol use in the community.

The Emergency Department was built to accommodate 15,000 attendances, it was expanded to accommodate 30,000 about 10 years ago but last year saw 44,000 attendances. There is no separation spaces in the waiting room so children and frail elderly patients may witness violent aggressive behaviours as a result of drug intoxication, severe mental health episodes or other causes.

The only increase in beds has been the development of the Sarich Ward for children, which was built about six years ago through a public fund raising program and the community efforts.

The private hospital capacity is limited and full most of the time.

Community feedback is strongly in support of an extended hospital including more beds and an extended emergency department.

This report recommends that the health campus be extended and developed over the next few years as it is struggling to meet demand from a growing community.

The new development to include an emergency department which is fit for purpose, with more space and the ability to section part off from each other.

The new development to also include specific mental health beds.

Public Health

Information from the Department of Health's South Metropolitan Health Service regarding the health and wellbeing profile of the City of Mandurah would suggest that Mandurah has some significant health issues into the future that are lifestyle related and will ultimately impact on health services across the city.

	Behaviour and Risk Factor
28%	Adults are obese
50%	Adults eat less than 2 serves of fruit a day
89%	Adults eat less than five serves of vegetables a day
74%	Adults are overweight or obese
29%	Adults eat from fast food outlets at least weekly
13%	Adults currently smoke
29%	Adults drink alcohol at levels that put them at high risk of long term harm
41%	Adults are not active enough for health benefits

Most of the above percentages are above South Metropolitan area numbers and show a worrying trend in an ageing population. These are issues than need to be addressed with public health programs that educate people in the consequences of their lifestyle choices.



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With the changes announced by the State Government, which means that local governments will be taking more responsibility in this space and the development of a local public health plan, there will need to be ongoing support from State Government to continue to fund initiatives that address the above ongoing issues and concerns and ultimately reduce the number of people with chronic diseases.

This report recommends that State Government support is given to local governments to run initiatives which assist them to improve health outcomes for their communities.

Mental Health

In Mandurah in 2017, mental health is a growing issue which is a reflection of both the steady and ongoing population growth over a number of years, however according to the Western Australian Community Mental Health Service, also as a reflection of a changing economy, downturn in employment and locally with more recent difficulties with Fly in Fly Out rosters and changes.

The Peel Health Campus does not have any dedicated mental health beds with people having to travel to either Rockingham or Bunbury if they require hospitalisation. These would be a very valuable addition to the suite of services offered at the health campus.

The City has had a number of youth suicides over the past few years which suggests an element of stress on young people which may be linked to mental health issues. It is apparent that Mandurah has a need for extra resources in the area of youth (ages 11-25 years) mental health support and a well-documented need for youth suicide prevention and support. The building of the new Peel Youth Medical Service hub will give some assistance but not if there are no programs to operate from the centre and these need to be funded. The addition of specific beds for young people with mental health issues would also assist.

The Community Mental Health Service operates across Peel including Mandurah, Rockingham and Kwinana providing a comprehensive range of services and programs for individuals, families and groups. This includes mental health assessments, treatment and ongoing care planning; education about mental health disorders and treatment, including medication and side effects; support and education for families and carers; support, consultation and education to general practitioners, community agencies and general hospitals; mental health rehabilitation programs and intensive day therapy.

However the City has recently engaged with the service and it does not appear to have maintained staffing levels that have positively correlated with Mandurah's significant growth rate over the least ten years (since 2006) and staffing in mental health locally has remained stagnant.

What Mandurah is lacking are mental health resources that are provided locally and also there is a need for a greater joining up of approaches and thus reducing fragmentation at a State and Federal level.



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It is a recommendation of this report that the State's Minister for Health review the mental health capacity of Mandurah, with a focus on acute mental health and consideration of increasing available mental health resources, both community based services and the provision of specific mental health beds within Peel Health Campus.

High Rate of Chronic Disease

The Western Australian Health and Wellbeing Surveillance System results from the Department of Health on Mandurah show that Mandurah has a high prevalence of chronic conditions, significantly higher than Perth, WA and Australian averages in 2009-13 including circulatory (17.8%), respiratory (31.8%) and musculoskeletal diseases (30.7%) conditions. (PHIDU, 2016)

Many people have a delayed or undiagnosed chronic condition and therefore only seek assistance when the condition is considerably worse. This leads to preventable admissions to hospital so education about conditions to prevent the chronic conditions developing would prevent this occurring.

Early detection and timely management (health pathways) of:

- COPD and its exacerbations
- Diabetes complications and iron deficiency anaemia
- Acute infections

Would aid in this and prevent chronic conditions worsening.

It is a recommendation of this report that the community is educated about the consequences of chronic disease to prevent people from presenting at hospitals in a chronic condition.

Drug and Alcohol Services

The Mental Health Commission completed the Western Australian Mental Health, Alcohol and other Drug Services Plan 2015-2025 (the Plan) which provided information on the current need for services and what the projected need for services would be over the 10 year period of the plan.

There is a significant gap between the need for services from people in the community in Mandurah with the services plateauing in their ability to provide services given their current resources. The aim is to work towards a fully integrated service which requires more building space as well as professional expertise in more alcohol and drug specialists and nursing staff.

Fremantle and Rockingham are both working towards the integrated model and the Mandurah services also want to have this model in operation so be able to provide a holistic response for those who present with alcohol and drug issues as described in the Plan.

It is a recommendation of this report that the Mandurah drug and alcohol services are funded to provide an integrated model of care for people living in Mandurah.



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Joined Up Health and Community Services

Local services from across many different sectors including corrections, probation, mental health and education report difficulties in joining up services. Sometime a young person will be released from prison and the school will not know that they are returning and will not have strategies in place to manage the child and so the child does not succeed in school.

Equally adults will leave prison having experienced a healthy lifestyle in prison, had medical issues resolved and be on a good medication regime but the services are unaware of what has occurred, and are therefore not well placed to maximise the work that has already been done and the person fails in the community. The implementation of more structured communications and memorandum of understandings that enable services to share information would lead to better outcomes for people and should be a priority of government.

It is a recommendation of this report that work is put into joining up services so that there are better outcomes for people who are moving from institutions to the community.

Despite these challenges, Mandurah has significant potential to become a dynamic and vibrant city within a diverse and thriving region. The City of Mandurah is excited about the opportunities before it, and is working with its regional partners to help achieve a sustainable future for the Peel Region.