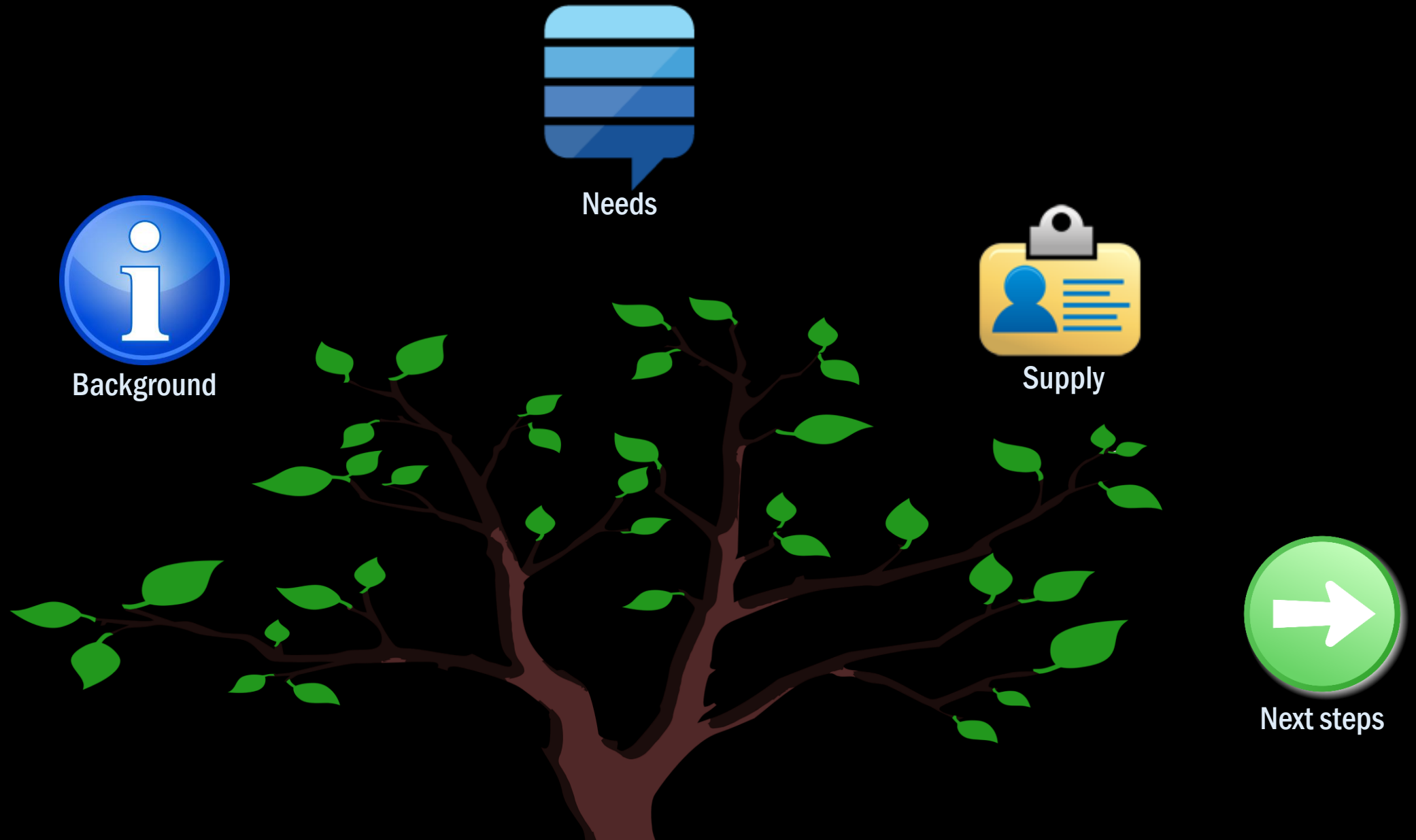


A wide-angle photograph of a rural landscape. In the foreground, a large, leafy green tree stands on the right side. To its left, a group of cows is grazing in a field. The background shows a line of trees under a cloudy sky. A semi-transparent blue banner is overlaid across the middle of the image, containing the title text.

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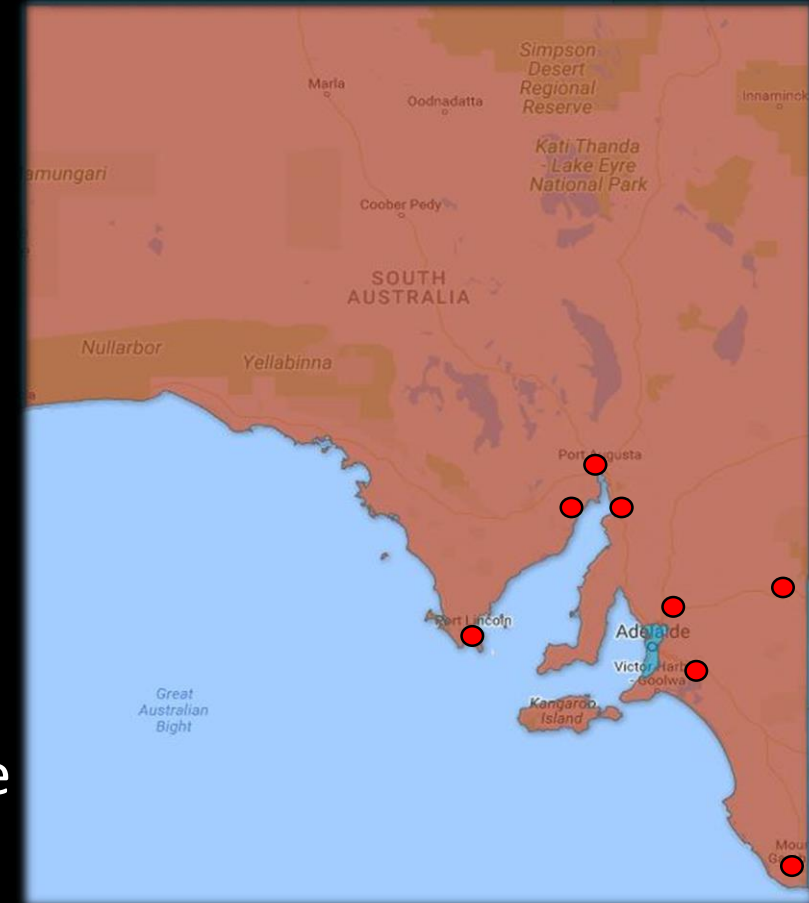


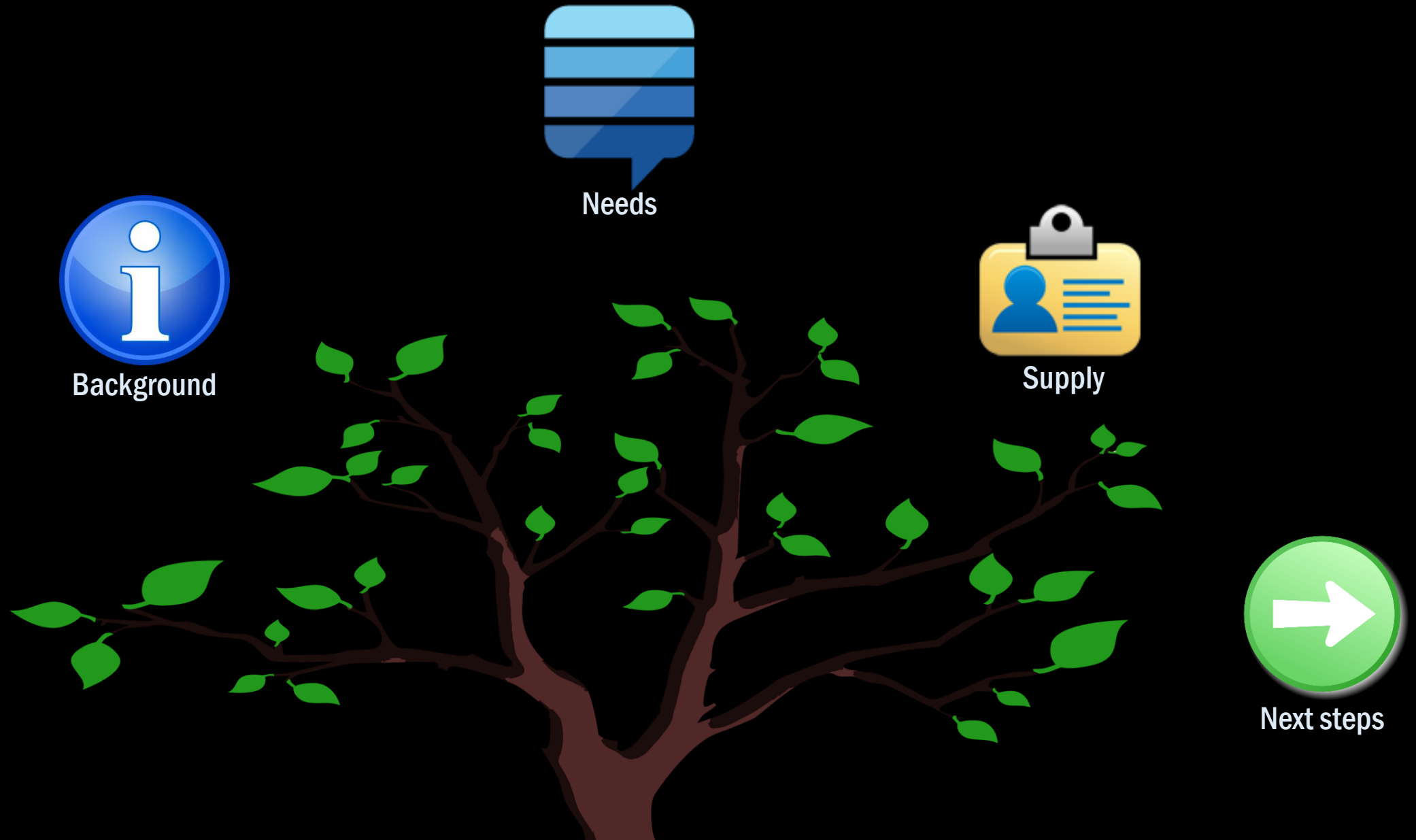
The Department of Rural Health



The UniSA Department of Rural Health...

- Is **1 of 12** Commonwealth funded units in Australia
- Has a catchment area of **99%** of the state
- Has **8** major training sites across SA
- Has **2** primary goals:
 - To improve **health service delivery** across regional, rural and remote SA
 - To improve the **health and wellbeing** of people living in regional, rural and remote SA

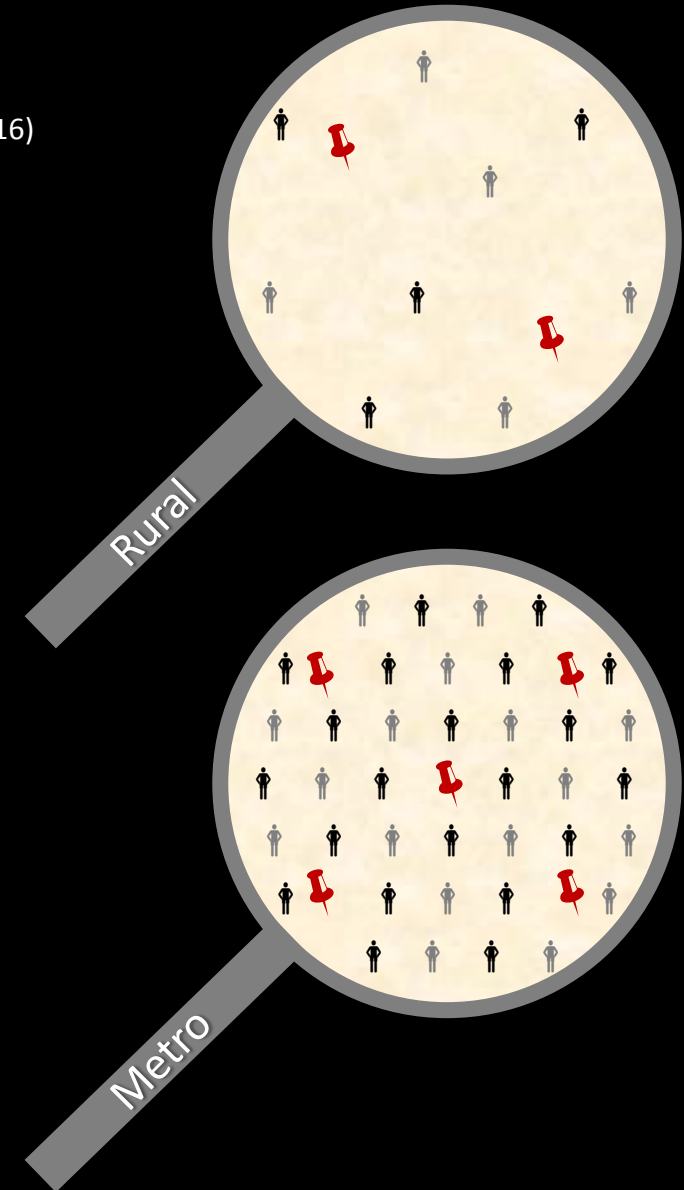


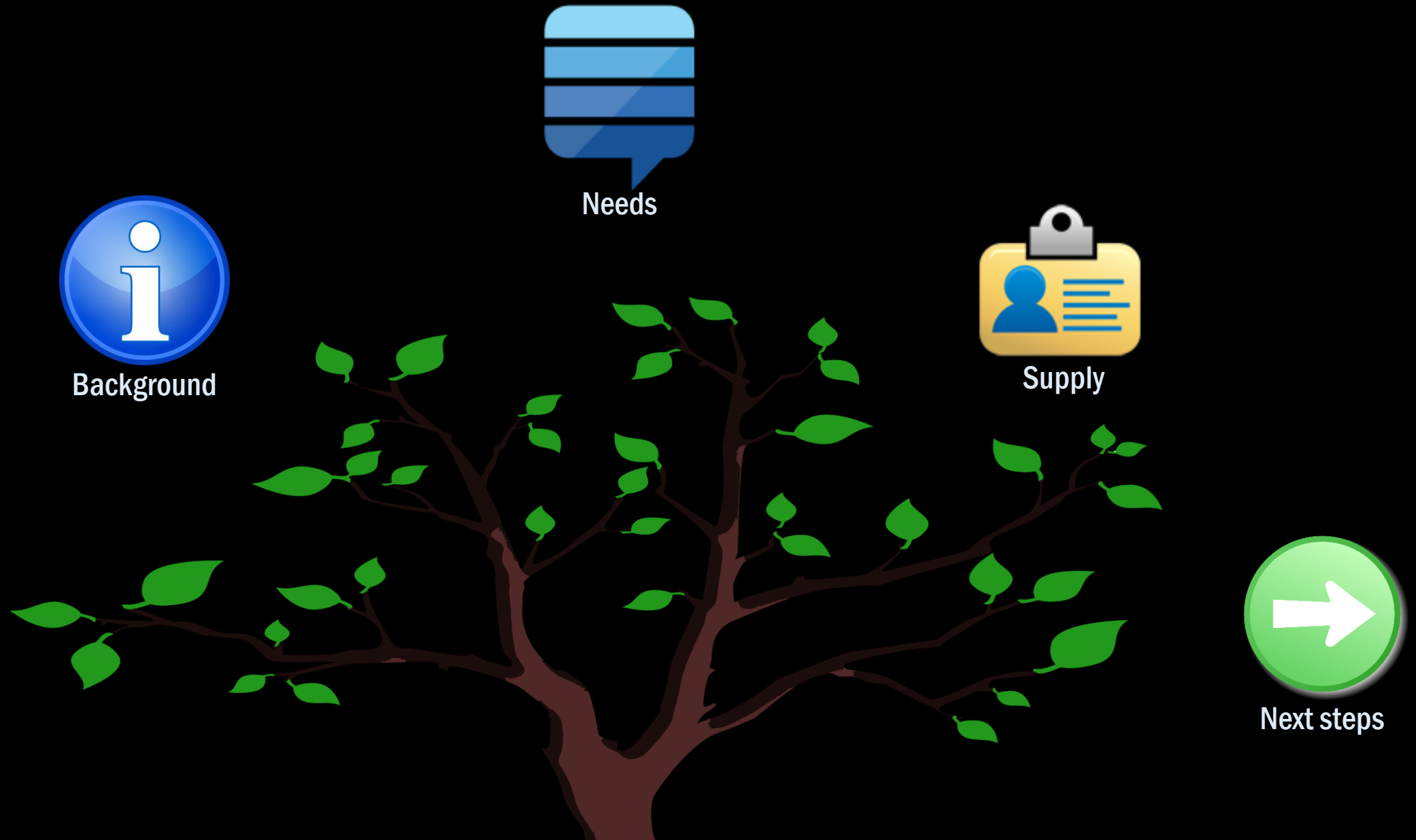


Rural Communities



- More than **381,881 people** live in regional, rural and remote SA (or 23% of the SA population) (ABS 2016)
- Regional, rural and remote SA covers 98 million hectares (or **99.7% of the state**) (ABS 2016)
- People living in rural communities are more likely to report problems **accessing** health, welfare, financial and social services (Baxter 2011)
- Rates of **chronic disease, transport accidents, death and suicide** are higher for people living in rural communities (AIHW 2016)
- People living in rural communities have a greater **sense of community** (Anton 2014; NCLS 2003)





Regional SA Health Survey



- Survey research helps us to understand health care **need**
- What is the Regional SA Health Survey?
- What does the Health Survey hope to find out?
 - *Demographic profile*
 - *Health profile*
 - *Lifestyle*
 - *Health care use*
 - *Satisfaction with care*
 - *Health care experience*
 - *Health care attitude*
 - *Information sources*
 - *Barriers to health care*

Regional SA Health Survey



Demographic profile

	Regional SA Health Survey	2016 Aust. Population Census (Regional SA data)
Age (<i>median</i>)	58 years	45 years
Sex (<i>% female</i>)	67%	50%
Marital status (<i>married</i>)	63%	50%
Country of birth (<i>Australia</i>)	84%	81%
Religion (<i>no religion</i>)	45%	35%
Weekly household income (<i>median</i>)	\$1,058	\$1,027

Regional SA Health Survey



Overall health rating

All of SA

Excellent / Very Good

55%

Poor / Fair

16%



Regional SA

Excellent / Very Good

42%

Poor / Fair

23%

Limestone Coast

Excellent / Very Good

43%

Poor / Fair

21%

Regional SA Health Survey



Health care utilisation (health providers only)

All of SA

Conventional healthcare

93%

Complementary healthcare

27%

Regional SA

Conventional healthcare

90%

Complementary healthcare

43%

Limestone Coast

Conventional healthcare

89%

Complementary healthcare

47%

Regional SA Health Survey

Most frequently consulted health providers (past 12 months)

	All of SA	Regional SA	Limestone Coast
CONVENTIONAL HEALTH PROVIDERS			
General practitioner	86%	87%	85%
Pharmacist	-	65%	66%
Medical specialist	36%	47%	45%
Optometrist / Optician	-	54%	57%
Dentist	50%	57%	61%
COMPLEMENTARY HEALTH PROVIDERS			
Massage therapist	-	28%	32%
Chiropractor	4% [#]	18%	21%

[#] National data

Regional SA Health Survey

Main reasons for not seeking health care (conventional & complementary services)



Regional SA

Cost

31% & 25%

Distance

32% & 25%

Self-manage

33% & 26%

Limestone Coast

Cost

28% & 24%

Distance

28% & 22%

Self-manage

29% & 31%

Regional SA Health Survey



Most prevalent health conditions - Depression -

All of SA

10%

Regional SA

24%



Limestone Coast

23%

Regional SA Health Survey



Most prevalent health conditions - Anxiety -

All of SA

11%

Regional SA

22%

Limestone Coast

21%



Regional SA Health Survey



Most prevalent health conditions - High blood pressure -

All of SA

13%

Regional SA

32%

Limestone Coast

35%



Regional SA Health Survey



Most prevalent health conditions - High cholesterol -

All of SA

8%

Regional SA

23%

Limestone Coast

25%



Regional SA Health Survey



Most prevalent health conditions - Diabetes -

All of SA

6%

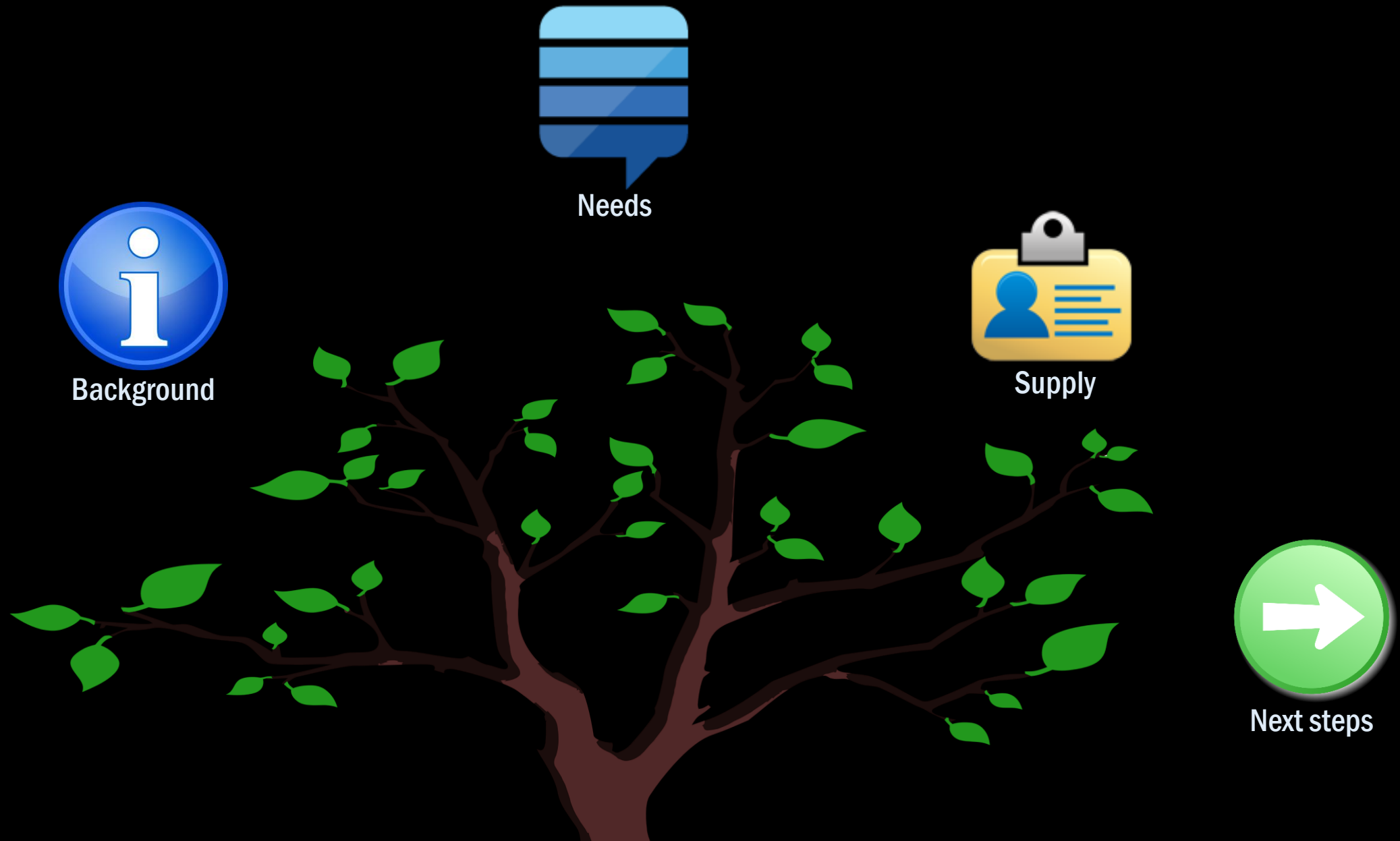
Regional SA

11%

Limestone Coast

11%





Regional SA Health Workforce Project



- Workforce research helps us to understand health workforce **supply**
- What is the Regional SA Health workforce project?
- What does the workforce project hope to find out?
 - *Age of workforce*
 - *Gender mix*
 - *Level of qualifications*
 - *Industry of employment*
 - *Hours worked*
 - *Distribution of workforce*



Proportion of the workforce aged over 50 years

Metro SA

33.7%



Regional SA

40.7%

Limestone Coast

40.7%



Proportion of the workforce with a degree qualification or higher

Metro SA

52.7%



Regional SA

39.9%

Limestone Coast

37.2%

Regional SA Health Workforce Project



Number of Registered Nurses per 10,000 population

Metro SA

115.6



Regional SA

63.8

Limestone Coast

75.0



Number of General Practitioners per 10,000 population

Metro SA

24.1



Regional SA

11.2

Limestone Coast

11.6

Regional SA Health Workforce Project



Number of Occupational Therapists per 10,000 population

Metro SA

5.3



Regional SA

2.1

Limestone Coast

2.4

Regional SA Health Workforce Project



Number of Social Workers per 10,000 population

Metro SA

12.8



Regional SA

8.2

Limestone Coast

8.4



Number of Dieticians per 10,000 population

Metro SA

1.6



Regional SA

0.8

Limestone Coast

0.7



Number of Physiotherapists per 10,000 population

Metro SA

9.8



Regional SA

4.8

Limestone Coast

3.9

Regional SA Health Workforce Project



Number of Psychologists per 10,000 population

Metro SA

7.3



Regional SA

2.0

Limestone Coast

1.1



Number of Dentists per 10,000 population

Metro SA

6.1

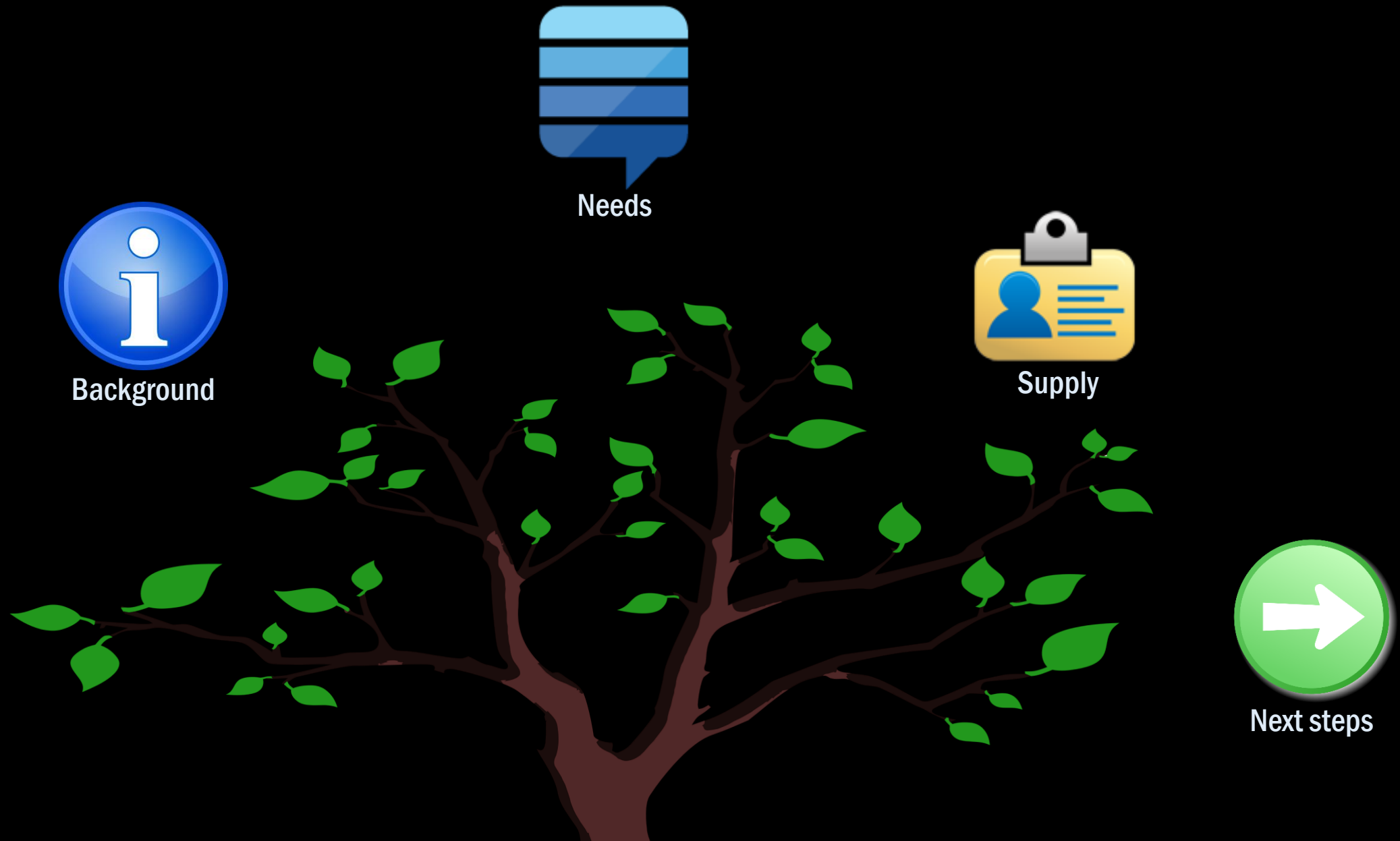


Regional SA

2.9

Limestone Coast

2.8



Next Steps



PROBLEMS: Major areas of health need

- Overall health rating
- Mental health
- Cardiovascular disease
- Diabetes

SOLUTIONS: Addressing health needs

- Supporting self-management
- Reducing out-of-pocket health care costs
- Overcoming distance as a barrier
- Addressing health workforce supply
- Re-designing the health workforce

Next Steps



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