

# Your Health – Your Hills Community

## Community Forum Questionnaire Results

### **Introduction**

With a rapidly increasing population in the Adelaide Hills, there are many changes required to ensure that health and wellbeing services keep pace with an expanding and diversifying population. In order to achieve this community feedback was sought via a written feedback questionnaire that was distributed at key locations, including general practices, community health services and at a local community forum. Participants were asked to complete the questionnaire and return in a reply-paid envelope also provided.

In total, 145 questionnaires were returned. The following provides a summary of the results.

### **Results**

#### Respondents

There was a good range of age groups who responded to the questionnaire, although there were fewer respondents under the age of 35, and an over-representation of people from the 75+ age group, who make up only about 6% of the local population.

*Table 1. Age categories of respondents*

Age category	Percentage
<18	1%
18-24	8%
25-34	7%
35-44	15%
45-54	19%
55-64	14%
65-74	19%
75+	16%

\*note that 1% of respondents did not provide their age

The majority of respondents were from Mount Barker (postcode 5251: 28%) and nearby surrounding areas, including Stirling (5152), Crafers West (5152) and Milang (5256). Other respondents were from surrounding areas such as Nairne (5252), Dawesley (5252), Echunga (5153), Macclesfield (5153), Bridgewater (5155), Woodside (5244) and Strathalbyn (5255). See table 2 for complete listing.

Table 2. Postcodes of respondents

Postcode	Number	Postcode	Number
5251	40	5050	2
5152	18	5144	2
5256	17	5042	1
5252	8	5062	1
5153	7	5066	1
5155	6	5070	1
5244	6	5142	1
5255	5	5156	1
5154	4	5162	1
5234	4	5201	1
5141	3	5231	1
5241	3	5243	1
5250	3	5245	1
5233	2	5254	1
5242	2	5351	1

In terms of travel to locations, the majority of respondents traveled by car (88%), which included being a passenger in a car. A further 8% walked or used a gopher, while only 1% used a bus or another means of transport such as driving in a taxi.

There were a range of living arrangements identified for respondents, see table 3.

Table 3. Living arrangements of respondents

Living arrangement	Percentage
Live alone	24%
With dependent children	26%
Partner only (no children)	36%
Share accommodation	3%
Other*	11%

\*Other categories were primarily; living with parents and living with independent children

### Respondent attendance at health and wellbeing services

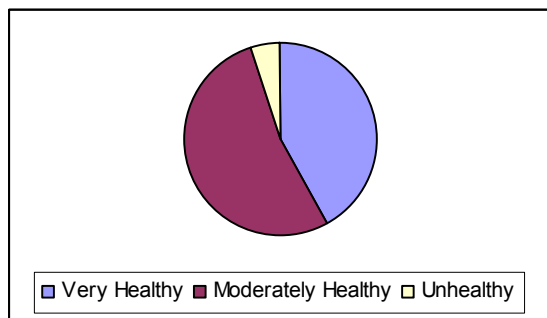
Approximately a third of respondents attended a General Practitioner monthly and a further third 6-monthly. The remaining third varied in their attendance to a GP. Attendance to allied health appointments was somewhat less, with 17% never attending these professionals. There were also more people who saw them yearly or only on an as required/other basis. See table 4.

**Table 4.** Average time frames that respondents attend a GP or allied health professional

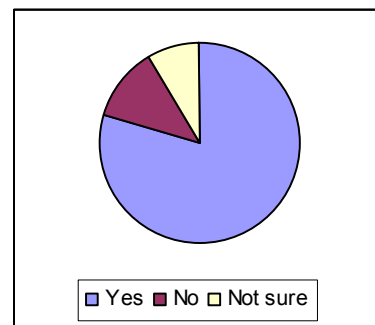
	GP	Allied Health
Weekly	1%	3%
Fortnightly	6%	2%
Monthly	30%	17%
Quarterly	6%	4%
6-monthly	32%	19%
Yearly	10%	17%
> yearly	1%	1%
As required/ Other	12%	16%
Never	-	17%

Overall respondents were very positive about their health with over half (52%) describing themselves as moderately healthy and 41% describing themselves as very healthy. However, there was still 77% of people who would like to improve their current health status. See figure 1.

*In general, how do you rate your health?*



*Would you like to improve your current health status?*



**Figure 1.** Health ratings and desire to improve health status

Accessing health information

Approximately two thirds of respondents do not use a computer to access health information. For those who do access this information by computer, the main computer used is the computer at home (30%).

Again approximately two thirds (61%) of respondents are aware of services and activities provided by the Adelaide Hills Community Health Service and the Division of General Practice. However, only a third of respondents have actually used any of these services.

Twenty-one per cent of respondents had used the GPCare (after hours medical service). Of those people who had not used this service little over half (58%) were aware that this after hours medical service was available.

### Barriers to achieving health and wellbeing

There were three major factors mentioned as the main barriers to achieving health and wellbeing for respondents and their families, these were:

- Cost
- Time
- Transport/travel

Other factors also mentioned were:

- Age
- Current health status providing restrictions
- Motivation
- Children and lack of crèche facilities
- Lack of local services
- Lack of specialist male health professionals

Interestingly however, when asked directly half (50%) of all respondents stated that cost was *not* a factor in how many times they access these services.

Only 18% (n=26) of respondents stated that accessing a health and wellbeing service/activity was difficult for them. For these people the major difficulties were in line with those listed above: time, cost and transport. For some there was also the issue of children, limited mobility and difficulty in finding the right activity for them.

The vast majority of respondents (77%) travel to their health and wellbeing activities/services by car, very few people used any other means of transport. There were 14% of respondents who stated that they do not attend health and wellbeing activities/services. See table 5.

Table 5. Means of travel to health and wellbeing activities/services

Means of travel	Percentage*
Car	77%
Walk	7%
Bus	4%
Bicycle	0
Other	1%
Do not attend	14%

\*Note that 9 respondents gave two methods of transport.

For three quarters of respondents, the main place that they access information about health services is from their General Practitioner. Other access points are word-of-mouth, referral from another health specialist or the phone book. See table 6.

Table 6. Places that respondents access information about health services

GP	72%	Internet	10%
Word-of-mouth	38%	Referral from other health specialist	21%
Phone book	22%	Radio/TV advertising	1%
Local council	14%	Newspaper	14%
Other	13%		

In relation to where people would prefer to have their health services provided/located, everyone stated that they would like to have them locally, be that in their particular township (eg. Mount Barker, Nairne, Stirling, Aldgate, Strathalbyn) or just generally local. Many people suggested that having them located at a generic health organisation such as the doctor's surgery, hospital or community health services would be ideal.

Local council impact on health and wellbeing

Overall there seemed to be some understanding of how the local council can impact the health and wellness of the community, however this knowledge for most seemed to be limited. There were a number of ways that respondents mentioned local councils do have an impact, and this was through the provision of the following community services:

- Basic sanitation
- Recreational facilities, including parks and walking tracks
- Good footpaths (though many mentioned that these are not that good)
- Swimming pool
- Immunization services
- Home help care
- Promote healthy activities
- Support for sporting clubs
- Community programs on nutrition, HACC, library, education
- Parking facilities
- Exercise programs

There was some suggestion from approximately 10% of respondents that perhaps the local councils could and should do more to help the community in health and wellness strategies.

Health topics for further information

The following list identifies all health topics or services that respondents would like information about.

- Antenatal care, home births
- Childhood illness
- Colostomy information
- Mental health services/ support counselling
- Cancer
- Dietician
- Affordable dental services
- Elderly care for planning financial future
- Availability of heart care – angiograms, etc
- Healthy ageing
- Dementia care
- Diabetes
- Healthy eating/ nutrition/ Glycho nutrition
- Drug and Alcohol Services (other than phone)
- Exercise for the disabled
- Family support, training, counseling

- Help in the home for aged and disabled
- Drug and alcohol counseling and support
- Children's health
- Carer support service
- Men's health
- Invalid aids, walkers, gophers
- Pap smears
- Side effects of oxycontin, valium, Zoloft
- Domestic violence support
- Support for travel
- Road trauma victim support
- Fitness programs
- After hours first aid courses
- Immunization services
- Podiatry
- Blood donation
- Obesity and weight control
- Chronic fatigue
- Stroke (CVA)
- Teenage health information
- Women's health
- Youth needs and forums