



CENSUS RESULTS: Linkin Health Census community engagement officer Julie Low with some of the results released so far from the census.

Research into youth health

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A PILOT research project into Aboriginal youth health begins this week.

A team from the University of Adelaide's Yaitya Purrana Indigenous Health Unit in the School of Population Health and Clinical Practice are visiting Port Lincoln to start a research project that will focus on Aboriginal youth health and future work planning.

This project is seen as a pilot for a larger project on youth health that will draw on data from the LINKIN 10.10.10 health census.

The first census newsletter has been posted to Port Lincoln residents, post office boxes and businesses.

More than 20 per cent of locals rated their health as fair or poor in the census, with almost half of the

respondents rating their health as excellent or very good.

Compared to Australians overall more people in Port Lincoln are likely to report fair or poor health.

Census chief investigator, head of the Spencer Gulf Rural Health School Jonathan Newbury, said in part this reflected Port Lincoln's older population, with almost 40 per cent of people aged over 60 reporting fair or poor health.

When asked about their state of health 44 per cent had at least moderate pain, 28 per cent had at least moderate anxiety and/or depression, 25 per cent had issues undertaking usual activities and 22 per cent smoke daily or occasionally.

The most commonly reported health condition is bone and joint problems, experienced by 41 per cent or 3100 respondents.

However Dr Newbury

said not all people with bone and joint problems experienced pain, which could provide useful information for muscular/skeletal joint research.

Accessing doctors and nurses in GP and specialist clinics is a problem for 45 per cent of people, particularly for users aged between 31-59, while accessing mental health services is a problem for almost 32 per cent.

Over 80 per cent of respondents have visited a GP or the Port Lincoln Aboriginal Health Service (PLAHS) in the past year, a figure similar to the Australian average.

Dr Newbury said almost 8000 locals had responded to the census.

This high response rate ensured the results were a true reflection of people's opinion.