



# Mildura Community Profile

2026

This document has been prepared to provide a data profile on the health and wellbeing of the local government area of Loddon Mallee. It contains publicly available data that has been collated and summarised to inform local government, health services, advocacy and community groups.

All effort has been made to report data accurately and represent data available at time of publishing. These estimates may differ from those seen elsewhere due to differences in calculation methodologies and/or source data used.







We acknowledge the First Peoples of Australia who are the Traditional Custodians of the land and water where we live, work and play. We celebrate that this is the oldest living and continuous culture in the world. We are proud to be sharing the land that we work on and recognise that sovereignty was never ceded.



We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.



-  100 Barnard Street. Bendigo VIC 3550
-  [lmphu@bendigohealth.org.au](mailto:lmphu@bendigohealth.org.au)
-  1800 959 400
-  [www.bendigohealth.org.au/LMPHU/](http://www.bendigohealth.org.au/LMPHU/)

Produced by Bendigo Health, Loddon Mallee Public Health Unit.  
February 2026

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# Data snapshot

The Mildura local government area (LGA) is situated in the far north-west corner of Victoria, within the Mallee sub-region of the Loddon Mallee. It has a culturally diverse population with the state's largest proportion of Aboriginal and Torres Strait Islander people in Victoria.

The median incomes for individuals, families and households are all below that of the state and Mildura has high homelessness rates.

Mildura experiences a range of complex social challenges, including comparatively lower levels of tolerance towards diversity despite being a diverse community. The area also records elevated rates of family violence, alongside higher levels of police-reported incidents of stalking, harassment and threatening behaviour. Collectively, these issues point to underlying social and structural factors that impact community safety, social cohesion and wellbeing.

Mildura, like much of regional Victoria, has an aging population with a higher burden of chronic disease and disability than the state average. There are also high rates of health risk factors such as smoking and sugar sweetened beverage consumption.

Mildura experiences high levels of long-term health conditions, avoidable and premature deaths. These conditions include: heart and circulatory disease, mental health, respiratory and kidney disease, arthritis, cancer, diabetes and avoidable deaths by transport accidents.

Mildura is also highly exposed to climate risk, with 98.3% of its land area classified as bushfire prone. Combined with high and rising average temperatures, the region is likely to continue experiencing substantial impacts from climate change.

This snapshot highlights the indicators where the Mildura LGA is statistically different to expected levels\* or in the absence of statistical analysis, ranks in the top ten of Victoria's 79 LGAs.

- Areas of strength compared to Australian or Victorian measures
- Areas of concern compared to Australian or Victorian measures

<b>Social determinants of health</b>	
Homelessness	
Level of disadvantage	
NDIS participants	
<b>Health risk factors</b>	
Smoking tobacco	
Sugar sweetened beverage	
Tolerance of diversity	
Family Violence	
Stalking, harassment & threatening behaviour	
<b>Health screening</b>	
Bowel screening	
<b>Health conditions</b>	
Multiple long term health conditions	
Asthma	
Mental health	
Diabetes	
Arthritis	
Heart disease	
Lung conditions	
Kidney disease	
<b>Avoidable deaths</b>	
Transport accidents	
Ischaemic heart disease	
Circulatory disease	
Cancer	
Respiratory system disease	
Obstructive pulmonary disease	
<b>Premature mortality</b>	

\*Comparison may be with Victorian or Australian data based on primary data source

# Local government area summary: Mildura

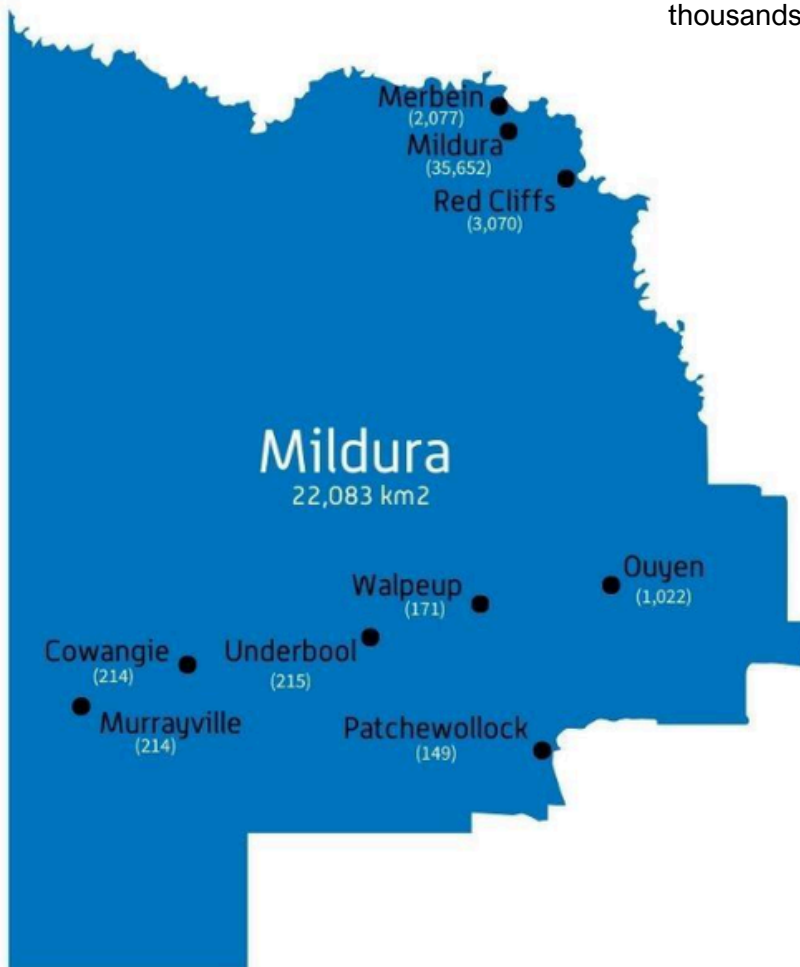
The local government area of Mildura Rural City is located in the north west of the Loddon Mallee region, bordering Victoria, New South Wales and South Australia. Known locally as Sunraysia and on the banks of the Murray River, the region occupies almost 10% of Victoria and in 2021 was home to 56,972 people. <sup>[1]</sup>

The economic drivers for the region are predominately broad acre farming, medium and small scale horticultural farming and associated industries. State and wilderness areas together with national parks also occupy vast areas of the region.

The top two industries of employment in Mildura are Hospital (3.8%) and supermarket and grocery stores (3.2%). <sup>[1]</sup> Land use is a mix of nature conservation (57.7%), agricultural (39.2%) and residential (0.29%), balancing rural production with nature preservation. <sup>[2]</sup>

According to geographical remoteness classifications within the Modified Monash Model (MMM) 2019, the region comprises of three MMM categories (3, 5 and 6) which reflects large rural towns (Mildura), small rural towns and remote communities. <sup>[3]</sup>

It is acknowledged that Mildura Rural City is situated on the traditional lands of the Latji Latji and Barkndji people, who have been custodians of their land and water ways for thousands of years.



[1] Australian Bureau of Statistics, 2021

[2] Land use and management, Department of Agriculture, Fisheries and Forestry, 2023

[3] Modified Monash Model | Australian Government Department of Health and Aged Care;

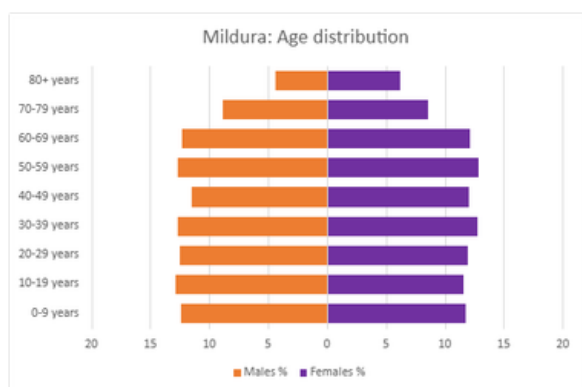
# 1. Population

Mildura's population profile, based on ABS data obtained from the 2021 census reveals an older demographic. The median age of 40 years is slightly higher than the state median of 38 years. The percentage of people aged 70 years and above is also higher in Mildura (14%) compared with Victoria (11.9%).

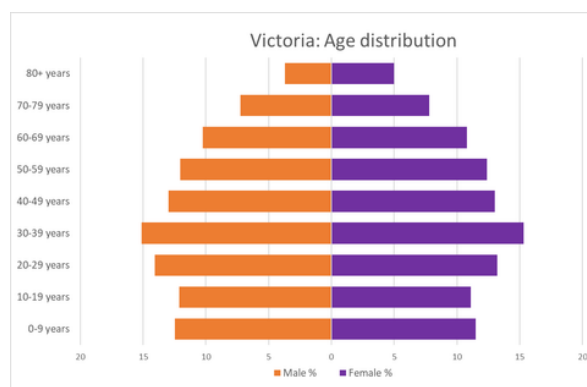


56,972 people reside in Mildura, in 2021

40yrs is the median age in Mildura (Victoria 38yrs), in 2021



Source: [Australian Bureau of Statistics, 2021](#)



Source: [Australian Bureau of Statistics, 2021](#)

Age groups	Mildura (n)		Mildura (%)		Victoria (%)	
	Male	Female	Male	Female	Male	Female
0-9 years	3,462	3,402	12.4	11.8	12.5	11.5
10-19 years	3,594	3,363	12.8	11.6	12.1	11.1
20-29 years	3,511	3,468	12.5	12.0	14.1	13.2
30-39 years	3,559	3,682	12.7	12.7	15.1	15.3
40-49 years	3,213	3,491	11.5	12.1	13.0	13.0
50-59 years	3,539	3,712	12.6	12.8	12.0	12.4
60-69 years	3,449	3,509	12.3	12.1	10.2	10.8
70-79 years	2,473	2,488	8.8	8.6	7.2	7.8
80+ years	1,228	1,808	4.4	6.3	3.7	5.0
Total	28,040	28,932	100	100	100	100

Source: [Australian Bureau of Statistics, 2021](#)

## 2. Priority groups

### 2.1 Indigenous status

Mildura has a significant Indigenous population which makes up 4.6% of the total population. This is considerably higher than the state average of 1% and the highest LGA in Victoria.

The median age of Mildura's Indigenous population is slightly younger at 20 years of age, compared to the state median of 24 years. The median age of the Indigenous population is also significantly younger than the median of the total Mildura population (40years).

Indigenous status	Mildura (n)	Mildura (%)	Victoria (n)	Victoria (%)
Aboriginal and/or Torres Strait Islander	2,621	4.6	65,646	1
Non-Indigenous	50,208	88.1	6,148,188	94.5
Indigenous status not stated	4,140	7.3	289,665	4.5
Median age of Indigenous Population (years)	20		24	

Source: [Australian Bureau of Statistics, 2021](#)

Murray Primary Health Network's First Nations Health and Healing report provides an overview of the current state of First Nations health drawing on data and consultation with First Nations Peoples.



### 2.2 Multicultural communities

A substantial majority of Mildura's residents, accounting for 78% of the total population, were born in Australia. Language use patterns reveal that the vast majority (79.9%) of Mildura's residents speak English only. However, a small percentage (3.3%) speak other languages and do not speak English well or not at all. Overall, Mildura's population profile reflects a blend of cultural and linguistic diversity, contributing to the multicultural fabric of the region.



Malaysia is the top country of birth outside of Australia

Country of birth, top responses	Mildura (n)	Mildura (%)	Victoria (%)
Australia	44,464	78	66.9
Malaysia	1,097	1.9	0.7
England	701	1.2	3.6
India	627	1.1	2.6
Italy	520	0.9	0.6
New Zealand	453	0.8	2.1

Source: [Australian Bureau of Statistics, 2021](#)



Language used at home other than English, top responses	Mildura (n)	Mildura (%)	Victoria (%)
Mandarin	953	1.7	2.7
Italian	831	1.5	0.9
Turkish	431	0.8	0.3
Vietnamese	408	0.7	1.3
Punjabi	407	0.7	0.9
English only used at home	45,513	79.9	72
Households where a non-English language is used	2,919	13.7	24.8
Uses other languages and speaks English not well/not at all	1,901	3.3	4.4

Of those who do not speak English well/not at all, the top native languages are (number):

- Mandarin (517)
- Vietnamese (199)
- Turkish (154)
- Italian (100)
- Thai (92)

Source: [Australian Bureau of Statistics, 2021](#)

## 2.3 LGBTIQ+ population

Unfortunately, there is a lack of local data on LGBTIQ+ (lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people) population including population size and health and wellbeing data. There is data at a state and national level that can be used as an indicator. The Victorian Population Health Survey 2017 estimates 5.7% of Victorian adults identify as LGBTIQ+, however some rural areas have attracted significantly higher proportion of LGBTIQ+ people to their communities.

State and national data indicate poorer mental and physical health for LGBTIQ+ community members. There are also significantly higher rates of drug use, alcohol, smoking, chronic disease, homelessness, and disability along with higher rates of anxiety and depression, psychological stress and low satisfaction with life.

Sources and for more information: [Pride in our future: Victoria's LGBTIQ+ strategy 2022–32 | vic.gov.au \(www.vic.gov.au\)](#)  
[The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population in Victoria - Findings from the Victorian Population Health Survey 2017 | Victorian Agency for Health Information \(vahi.vic.gov.au\)](#)

## 2.4 People with disabilities

Data on disability show that 8% of people in Mildura have a profound or severe disability, higher than the Victorian proportion (6.1%). Data indicate that most people with a profound or severe disability aged 0-64 years are living and being cared for in households (4.5%) rather than long term accommodation (0.1%).

In Mildura, there were 1,551 people participating in the National Disability Insurance Scheme (2.7/100 population) in 2022, a higher rate than Victoria (2.2/100 population).

Disability indicators	Mildura (n)	Mildura	Victoria
People with a profound or severe disability, includes people in long-term accommodation (all ages), 2021	4,245	8%	6.1%
People with a profound or severe disability and living in households (all ages), 2021	3,691	7%	5.4%
People with a profound or severe disability, includes people in long-term accommodation (0 to 64 years), 2021	1,951	4.6%	3.3%
People with a profound or severe disability and living in households (0 to 64 years), 2021	1,932	4.5%	3.2%
Estimated number of total persons, living in households, with moderate or mild core activity limitation (modelled estimates, 2018)	5,901	9.9 ASR <sup>^</sup>	na
National Disability Insurance Scheme participants, 2023	1,851	3.2 ASR <sup>^</sup> ●	2.2 ASR <sup>^</sup>

Source: PHIDU Torrens University Australia

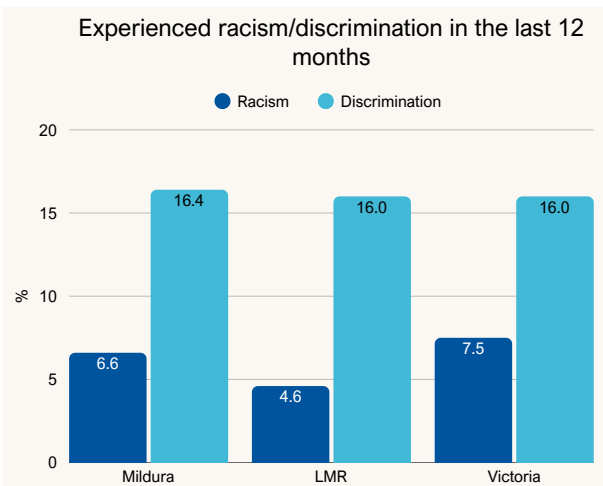
<sup>^</sup>Average annual ASR/100 population. Age Standardise Rate (ASR) is used to remove the effect of the differing age distributions that we can make conclusions about the relative decreases or increases in mortality over time.

● Statistically significantly higher than expected (based on Australian data)

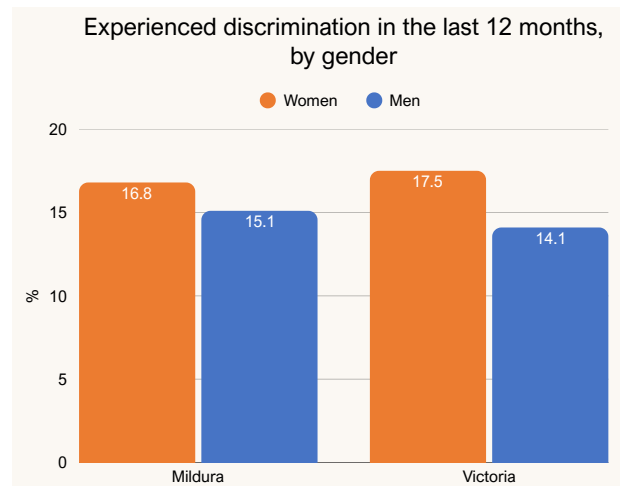
## 2.5 Racism and discrimination

On an individual level, racism refers to the beliefs and attitudes members of certain groups have of their superiority in relation to other groups who are regarded as inferior based on race, ethnicity or cultural background (Sanson et al, 1998).

Racism was defined as experiences of discrimination due to First People’s status, skin colour, nationality, race, ethnic group or language spoken at home. Discrimination was defined as experiences of discrimination due to gender identity, sexual orientation or intersex status.



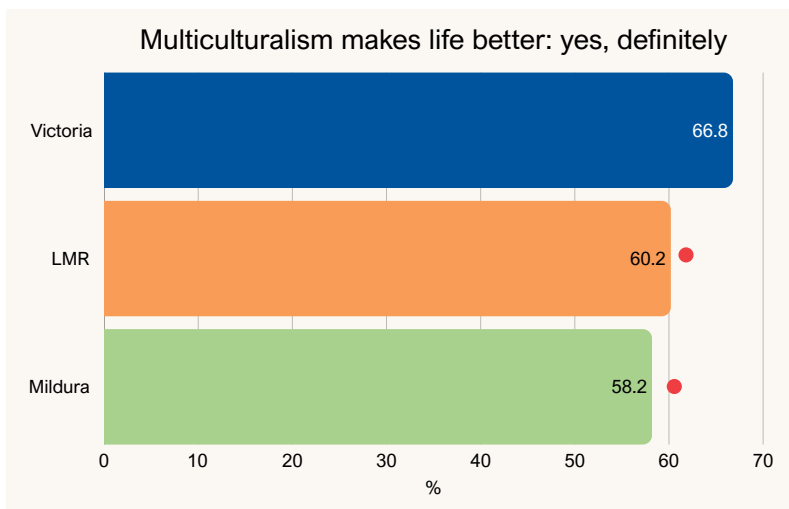
Source: Victorian Population Health Survey 2023, age adjusted  
\*high relative standard error so interpret with caution



Source: Victorian Population Health Survey 2023, age adjusted

Mildura has a lower proportion of racism, but a higher proportion of people experiencing discrimination in the last 12 months, compared with Victoria. In Mildura, a higher proportion of women (16.8%) report discrimination in the last 12 months, compared with men (15.1%).

To measure tolerance of diversity, adults were asked if multiculturalism makes life better. In Mildura there was statistically significantly fewer people who felt that multiculturalism definitely makes life better (58.2%), compared with Victoria (66.8%).



Source: Victorian Population Health Survey 2023, age adjusted.

● Statistically significantly lower compared to Victoria

# 3. Determinants of health

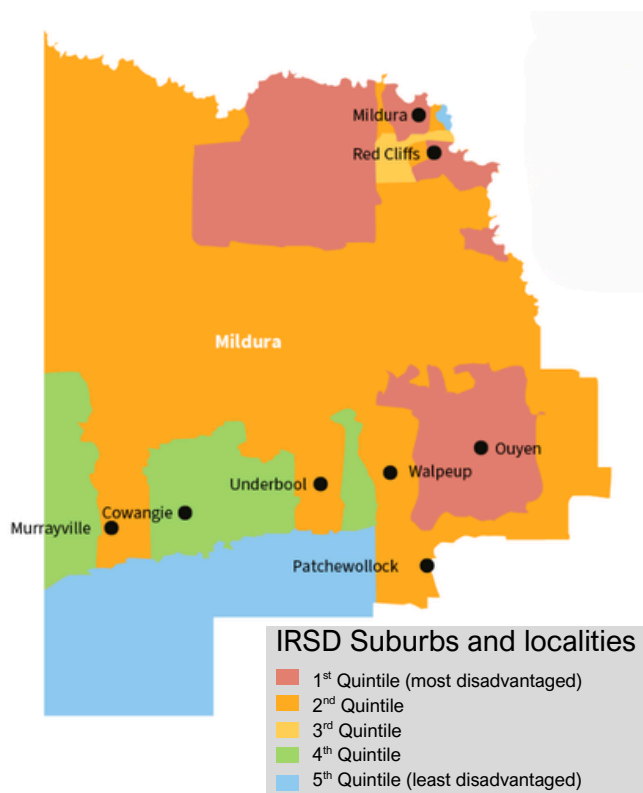
## 3.1 Areas of disadvantage

The Index of Relative Socio-economic Disadvantage (IRSD) is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area.

A low score indicates relatively greater disadvantage. For example, an area could have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations.

A high score indicates a relative lack of disadvantage. For example, an area may have a high score if there are: few households with low incomes, few people without qualifications, few people in low skilled occupations.

Within the Mildura LGA there are five Australian quintile areas of disadvantage (see map below). The areas of the most disadvantage cluster around the most populated areas of Mildura, Red Cliffs and Ouyen. The average IRSD score for Mildura is 940 (2021), which ranks Mildura LGA 5<sup>th</sup> in Victoria of most disadvantage.



LGA, 2021	IRSD Score	Victorian LGA ranking <sup>^</sup>
<b>Mildura</b>	<b>940</b>	<b>5</b> ●
Swan Hill	941	7
Loddon	948	11
Gannawarra	952	14
Campaspe	965	19
Buloke	972	24
Greater Bendigo	985	27
Mount Alexander	1007	47
Macedon Ranges	1063	73

Source: [ABS: Census of population and Housing: Socio-Economic Indexes from areas \(SEIFA\), 2021](#)  
<sup>^</sup>Rank 1 = most disadvantage, rank 79 = least disadvantage  
 ● Ranked in the top ten of Victorian LGAs of most disadvantage

Source: [Socio-Economic Index for Areas](#), ABS, 2021

## 3.2 Educational attainment

### Type of educational institution attending

Mildura has a comparable percentage of the population attending early and secondary education to the state average. However, Mildura has a significantly lower percentage of people attending university or other higher education compared to the state-wide average, with Mildura at 13.8% and Victoria at 24.5%. This could potentially reflect accessibility to higher education institutions compared to metropolitan areas.



In Mildura, 12.7% completed bachelor degree and above (Vic. 29.2%)

People attending an educational institution	Mildura (n)	Mildura (%)	Victoria (%)
Preschool total	1,182	7.1	7.1
Primary total	4,564	27.3	26.5
Secondary total	3,466	20.7	21
Tertiary: Vocational education (including TAFE and private training providers)	1,341	8	7.9
Tertiary - University or other higher education	969	5.8	16.6
Tertiary total	2,308	13.8	24.5

Source: [Australian Bureau of Statistics](#), 2021

### Level of highest education attainment

The data on the highest educational attainment in Mildura for people aged 15 years and over reveals a diverse educational landscape. Mildura shows lower percentages of individuals with higher education qualifications (bachelor's degree and above) and advanced diplomas/diplomas, while having higher percentages in certificate III qualifications and Year 11 and below, indicating a diverse educational profile. This could potentially reflect accessibility to different forms of higher education compared to metropolitan areas. The percentage of individuals in Mildura with a bachelor's degree or higher is notably lower than the state proportion, accounting for 12.7% in Mildura compared to 29.2% in Victoria. Meanwhile, Mildura has 15% of individuals with certificate III qualifications compared to the 10.9% state proportion. The combined percentage of individuals with Year 11 or below education in Mildura and Victoria is 39% and 20.2% respectively.

Level of highest educational attainment	Mildura (n)	Mildura (%)	Victoria (%)
Bachelor degree level and above	5,904	12.7	29.2
Advanced diploma and diploma level	3,630	7.8	9.8
Certificate level IV	1,774	3.8	3.4
Certificate level III	6,978	15	10.9
Year 12	6,058	13	14.9
Year 11	3,634	7.8	5.7
Year 10	5,485	11.8	7.3
Certificate level 11	53	0.1	0.1
Certificate level 1	6	-	-
Year 9 or below	5,946	12.8	7.9
Inadequately described	819	1.8	2.1
No educational attainment	588	1.3	1.1
Not stated	5,540	11.9	7.6

Source: [Australian Bureau of Statistics](#), 2021, people aged 15yrs and over

### 3.3 Household income

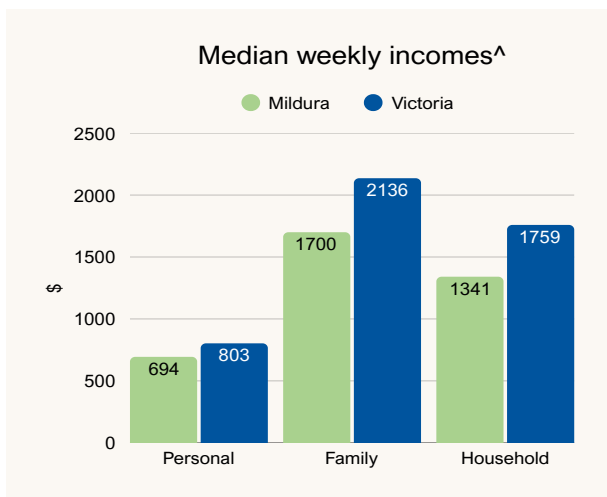
The provided data on household income for the Mildura region, compared to the state of Victoria, gives insights into the income distribution within the community. The median weekly incomes for people aged over 15 years, families and households are all below the state medians. The percentage of occupied private dwellings in Mildura with a weekly income of less than \$650 is 21.2% and above \$3000 is 13.4% compared with a state proportion of 16.4% and 24.2% respectively. This indicates that Mildura has a greater number of households with low income when compared to Victoria.

From 2006 to 2021, the median weekly household income for Mildura is continuously lower than the Victorian median and the pay gap has widened from 2006.

In Mildura, 50.3% of households have low income (households in bottom 40% of income distribution). This compares to 39.5% of households in Victoria. <sup>[1]</sup>

Occupied private dwellings (excl. visitor only and other non-classified households)	Mildura (%)	Victoria (%)
Less than \$650 total household weekly income	21.2	16.4
More than \$3,000 total household weekly income	13.4	24.2

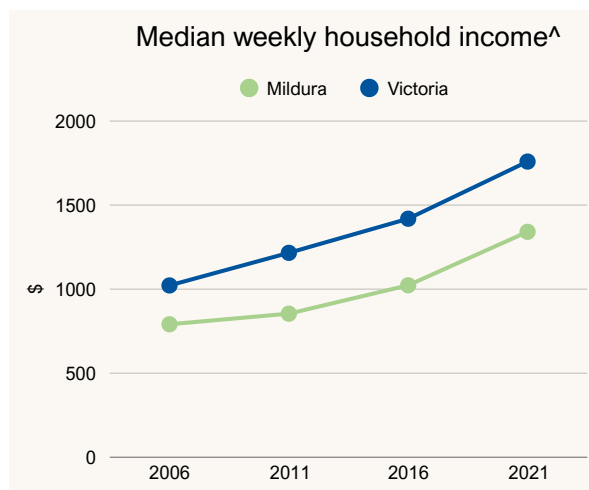
Source: [Australian Bureau of Statistics, 2021](#), Percentages exclude dwellings with 'Partial income stated' and 'All incomes not stated.'



Source: [Australian Bureau of Statistics, 2021](#)

Source: [Australian Bureau of Statistics, 2021](#)

^ Incomes are collected in ranges and exclude people, families and households where at least one member aged 15 years and over did not state their income.



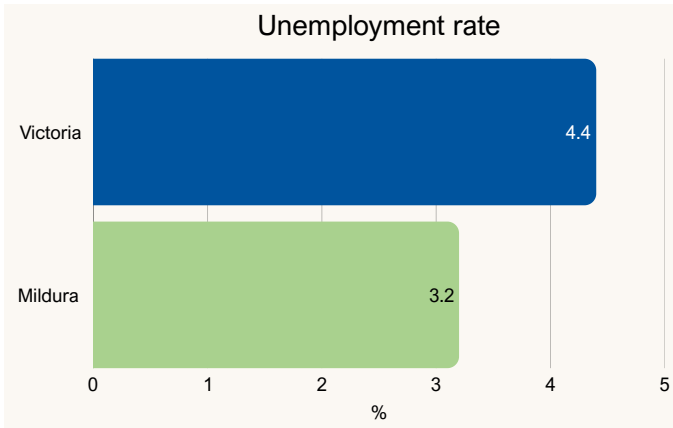
Source: [Australian Bureau of Statistics, 2021](#)

^ Incomes are collected in ranges and exclude people, families and households where at least one member aged 15 years and over did not state their income.

[1] Source: [Social Health Atlas, 2021](#)

### 3.4 Unemployment

The psychosocial stress caused by unemployment has a strong impact on physical and mental health and wellbeing. Participation in quality work helps to protect health, instilling self-esteem and a positive sense of identity, while providing the opportunity for social interaction and personal development.



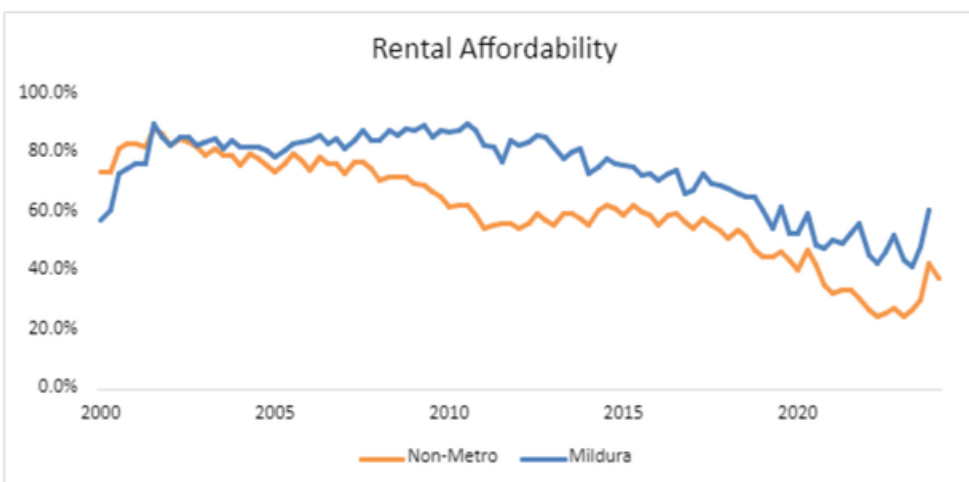
The data represent people aged 18 years and over who are seeking employment and yet to find it.

Mildura’s unemployment rate is 3.2%, which is lower than Victoria (4.4%).

Source: [Social Health Atlas of Australia](#), June 2025

### 3.5 Rental affordability

Median rent prices are continuing to increase and becoming less affordable. The graph below represents affordability of rental homes for lower income households. The affordability benchmark used is that no more than 30% of gross income is spent on rent. Rental affordability is higher in Mildura than the non-metro average but has fallen from 90% in 2001 to 44% in 2023. In Mildura, the proportion of low income households under financial stress from mortgage or rent is lower (22.9%), compared to Victoria (27.8%).<sup>[1]</sup>



Source: [Rental Report - Quarterly: Affordable Lettings by LGA - Dataset - Victorian Government Data Directory](#). The affordability benchmark used is that no more than 30% of gross income is spent on rent. Lower income households are defined as those receiving Centrelink incomes

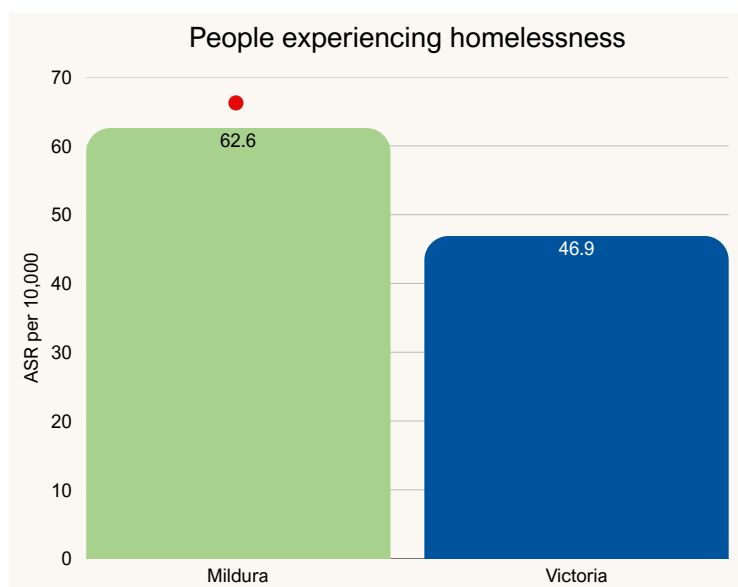
[1] [Social Health Atlas of Australia](#): Victoria, 2021

### 3.6 Homelessness

Access to safe, adequate housing is central to the health and wellbeing of individuals and families. Secure and affordable housing is the basis for social connectedness and a contributor to the social determinants of health and wellbeing. These data include:

- living in improvised dwellings, tents or sleeping out
- living in supported accommodation for the homeless
- staying temporarily with other households
- living in boarding houses
- living in 'severely' crowded dwellings.

The age standardised rate of homelessness in Mildura is 62.6 per 10,000 people (n=348), which is statistically significantly higher than expected (based on Australian data) and higher compared to Victoria (46.9/10,000 population). While the overall rate is different between Mildura and Victoria, the specific challenges and characteristics of homelessness may vary between regions.



Source: [Social Health Atlas](#), 2021

- Statistically significantly higher than expected (based on Australian data)

### 3.7 Family composition

A couple families without children constitute the largest proportion in Mildura, accounting for 41.6% of all families, which is slightly higher than the state average of 37.6%. Couple/families with children make up 38.5% of all families in Mildura, which is lower than the state average of 45.5%. This indicates a smaller proportion of families in Mildura have children compared with the broader state.

One-parent families represent 18.4% of all families in Mildura, which is higher than the state average of 15.2%. This suggests that single-parent households are more prevalent in Mildura compared to the state as a whole.

Other families, which may include non-traditional family structures, account for a small percentage (1.6%) in Mildura, similar to the state proportion of 1.7%.

All families	Mildura (n)	Mildura (%)	Victoria (%)
Couple family without children	6,124	41.6	37.6
Couple family with children	5,667	38.5	45.5
One parent family	2,703	18.4	15.2
Other family	239	1.6	1.7

Source: [Australian Bureau of Statistics](#), 2021

#### Single (or lone parents)

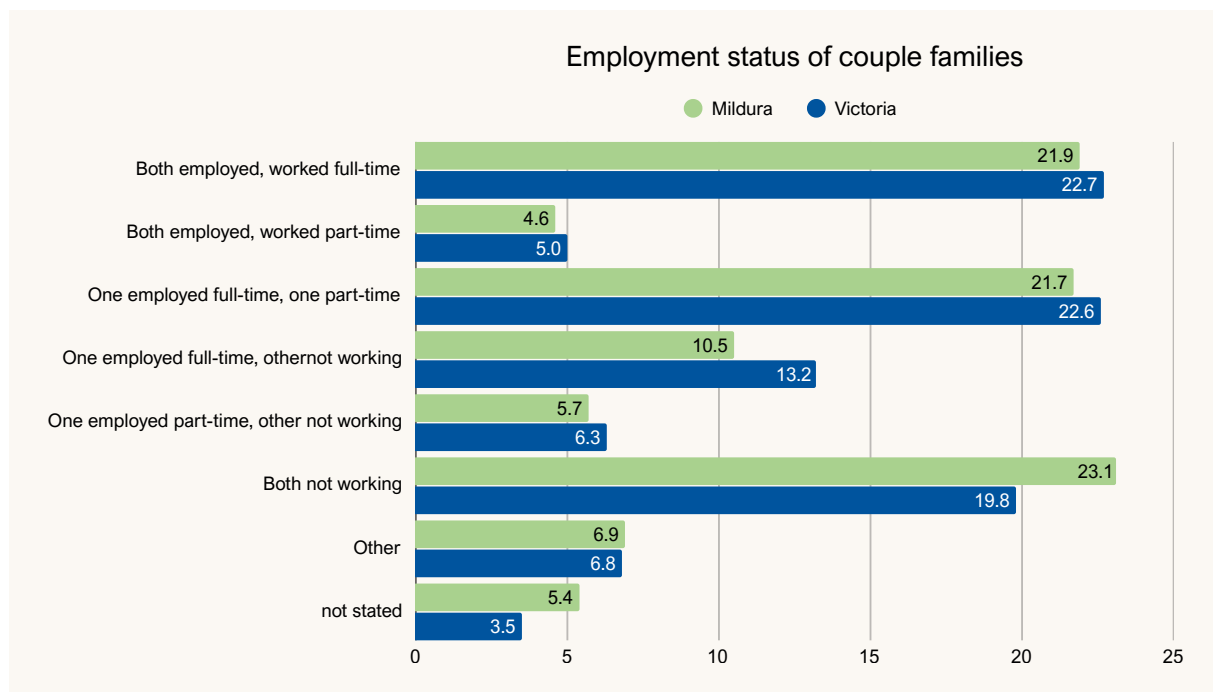
The data indicates the majority of single (or lone) parents in Mildura are female, constituting a substantial 81.4% of the total single parent population. This percentage is slightly higher than the female proportion in Victoria, which is 80.9%.

Proportion of the total single (or lone) parents	Mildura (%)	Victoria (%)
Male	18.7	19.1
Female	81.4	80.9

Source: [Australian Bureau of Statistics](#), 2021

## Employment status of couple families

In Mildura, the three most common employment statuses for couple families are both not working (23.1%), both partners or parents working (21.9%) and one adult employed full-time, one part-time (21.7%). The proportion of both adults not working is higher in Mildura than the state average (19.8%). This could indicate a lack of employment opportunities but may also be due to caregiving responsibilities, study, retired or other reasons.



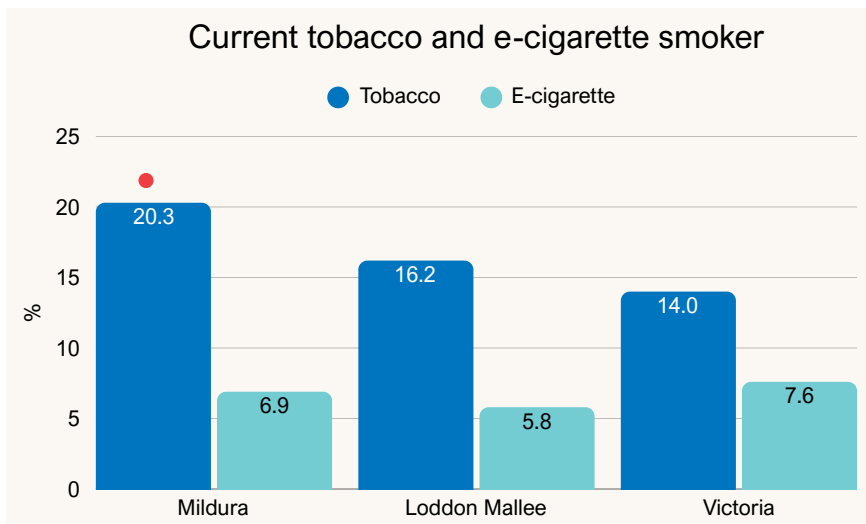
Source: [Australian Bureau of Statistics](#), 2021

# 4. Health risk factors

## 4.1 Smoking and vaping

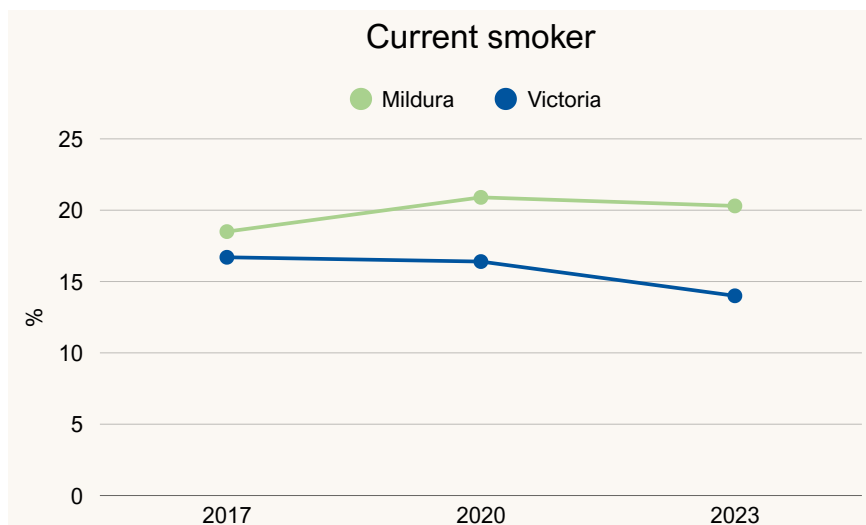
Smoking increases the risk of chronic diseases such as heart disease, diabetes, kidney disease, eye disease, stroke, dementia, certain cancers (for example, oral cancer), gum disease and respiratory diseases such as asthma, emphysema and bronchitis. Vapes are relatively new compared to cigarettes, so we are yet to see all the long-term effects they may have on the body. What we know now is vaping can damage many parts of the body, including the cardiovascular system, lungs and airways, and the brain and nervous system.<sup>[1]</sup>

The proportion of adults who smoke tobacco in Mildura is statistically higher, with 20.3% of adults currently smoking compared with 14% across Victoria. While the proportion of current smokers is declining in Victoria, Mildura proportions are rising and remaining relatively static from 2020 to 2023.



Source: [Victorian Population Health Survey 2023](#), age adjusted.

● Statistically significantly higher compared to Victoria



Source: [Victorian Population Health Survey, 2023](#), age adjusted.  
[Victorian Population Health Survey, 2020](#), age adjusted  
[Victorian Population Health Survey, 2017](#), age adjusted

[1] Quit , [effects of vaping on the body](#).

## 4.2 Alcohol and other drugs

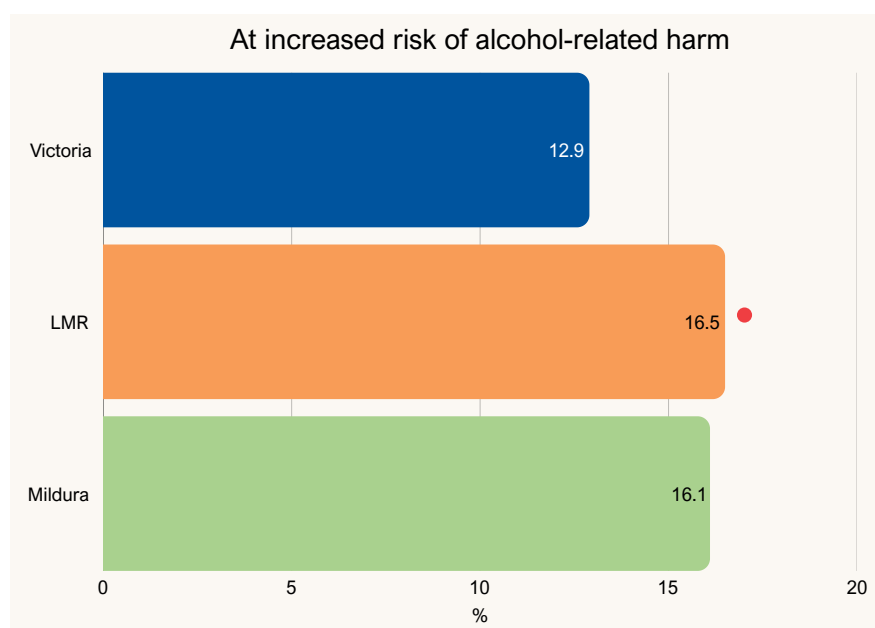
While the impacts of drug use on health and wellbeing can vary, related harms can impact physical health through increased risk of chronic disease, exposure to infectious diseases, and mental health and wellbeing impacts. Adults in Loddon Mallee drink alcohol at higher rates than the Victorian average, with 16.5% drinking at levels that increase their risk of alcohol-related harm.

In Mildura, the risk of alcohol-related harm is higher at 16.1%, compared with the Victoria (12.9%). Increased risk of alcohol-related harm is defined as greater than 10 standard drinks a week and more than four standard drinks in one day.

Deaths and ambulance attendance rates for alcohol related events are higher compared with Victoria. Ambulance attendances for illicit drugs are also higher than Victoria.

Indicators per 100,000 population	Mildura	Victoria
Deaths for alcohol-related events, 2021	147.4	141.9
Deaths for illicit drug (any)-related events in, 2021	0.00	0.6
Ambulance attendances for Alcohol Intoxication (w/wo Other Substance), 2022/23	548.8	393.5
Ambulance attendances for Alcohol Only (Intoxication), 2023	470.2	319.7
Ambulance attendances for Illicit Drugs (Any), FY-2022/23	244.7	204.6
Hospital admissions for Alcohol, 2021	494.9	577.9
Hospital admissions for Illicit Drugs (Any), 2022/23	240.4	242.9

Source: [Alcohol and other drug statistics in Victoria](#) - AODstats

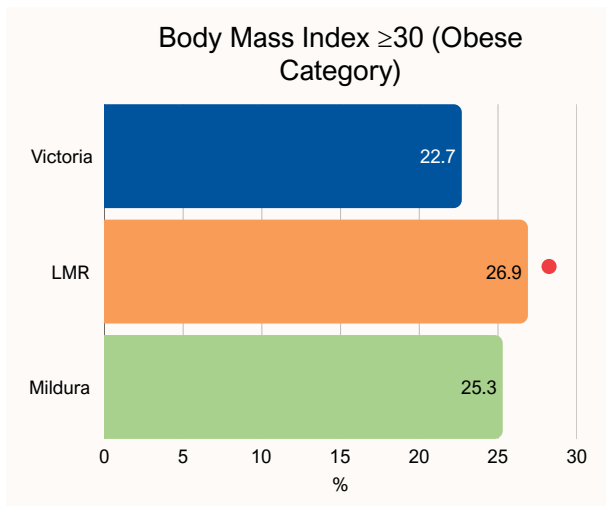


Source: [Victorian Population Health Survey 2023](#), age adjusted.

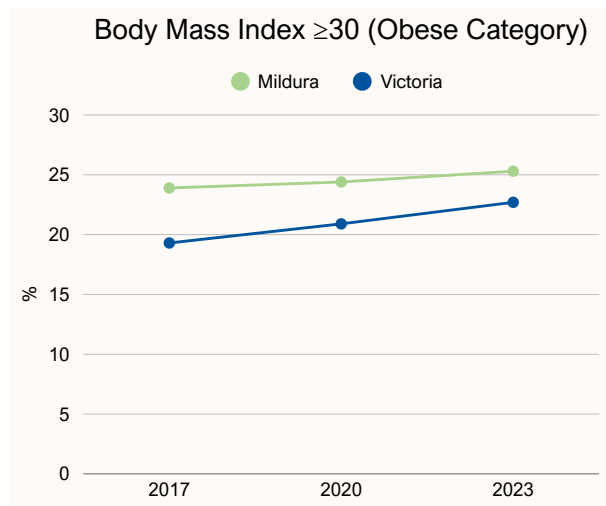
● Statistically significantly higher, compared to Victoria

### 4.3 Obesity

Obesity contributes to cardiovascular disease, type 2 diabetes, musculoskeletal disorders and some cancers. Recent evidence shows the prevalence of obesity spiked in 2022, when compared to previous five-year trends.[1] In Mildura, 25.3% of adults have a BMI  $\geq 30$ , higher than the Victorian proportion of 22.7%. Obesity is rising in Mildura, similar to the Victorian trend.



Source: Victorian Population Health Survey, 2023, age adjusted  
 ● Statistically significant higher compared to Victoria



Source: Victorian Population Health Survey, 2023, age adjusted  
 Victorian Population Health Survey, 2020, age adjusted  
 Victorian Population Health Survey, 2017, age adjusted

### 4.4 Healthy eating and active living

Poor diet and lack of exercise contribute to being overweight and obese, which are leading contributors to chronic disease and premature death in Victoria.[1] Mildura (30.2%) is lower for compliance with fruit consumption guidelines compared to Victoria (34.9%). Mildura also has a significantly higher proportion of people consuming sugar-sweetened beverages daily (27.4%) compared to Victoria (19.3%).



Recommended daily intake of fruit 2 serves: a serve is one medium piece or two small pieces of fruit or one cup of diced fruit.



Recommended daily intake of vegetables is 5-6 serves for adults: a serve is half a cup of cooked vegetables or one cup of salad leaves.

LGA	Compliance with fruit consumption guidelines (%)	Compliance with vegetable consumption guidelines (%)	Daily consumption of sugar sweetened beverage (%)	Moderate to vigorous physical exercise greater than 150mins/day (%)
Victoria	34.9	5.5	19.3	34.9
LMR	31.3	5.3	24.6	34.2
Mildura	30.2	3.7*	27.4 ●	31.2

Source: Victorian Population Health Survey, 2023, age adjusted  
 \*high relative standard error so interpret with caution  
 ● Statistically significantly lower compared to Victoria

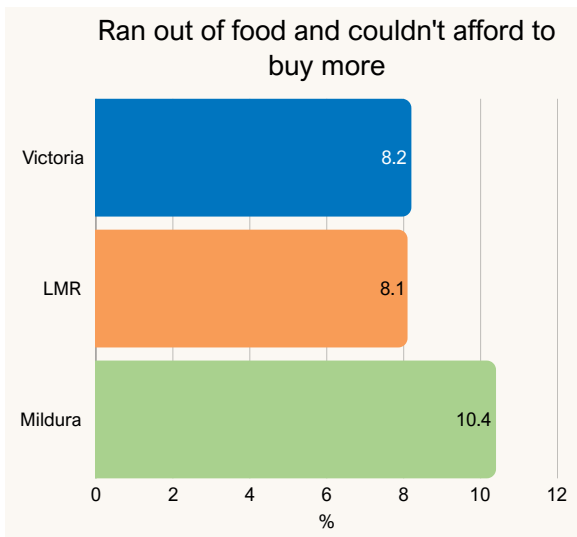
[1] Victorian Population Health and Wellbeing Plan 2023-27

## 4.5 Food insecurity

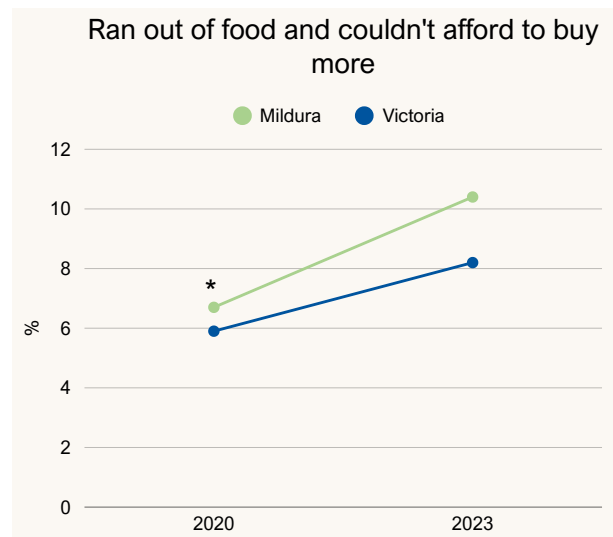
Food security is defined as access by all people at all times to enough food for an active, healthy life and includes at a minimum:

- the ready availability of nutritionally adequate and safe foods
- the assured ability to acquire food in socially acceptable ways.<sup>[1]</sup>

Mildura's food insecurity (10.4%) is higher than Victoria (8.2%) and has risen from 2020 (6.7%).



Source: [Victorian Population Health Survey, 2023](#), age standardised

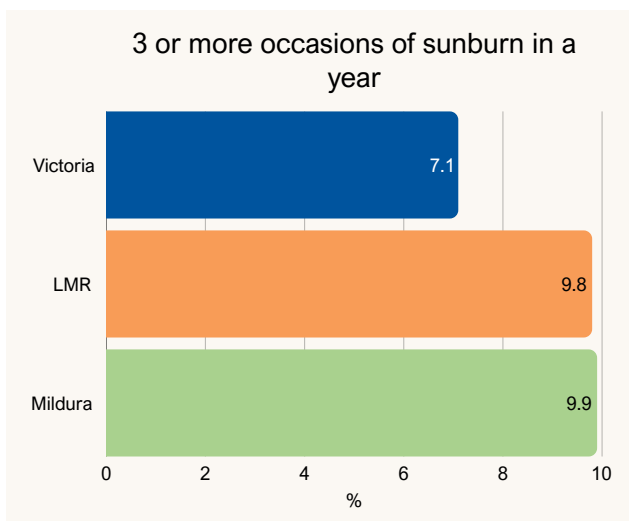


Source: [Victorian Population Health Survey, 2023](#), age standardised

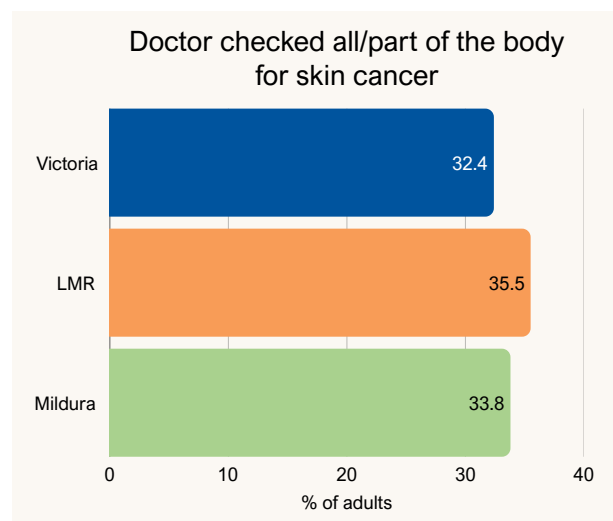
[Victorian Population Health Survey, 2020](#), age standardised  
\*high relative standard error so interpret with caution

## 4.6 Sun exposure

Australia has one of the highest rates of skin cancer in the world. Skin cancer occurs when skin cells are damaged, for example by overexposure to ultraviolet radiation from the sun.<sup>[2]</sup> Mildura has a higher proportion of people reporting three or more occasions of sunburn in a year (9.9%), compared with Victoria (7.1%). It is therefore important that people in Mildura are seeking skin checks by a doctor for skin cancer.



Source: [Victorian Population Health Survey, 2023](#), age adjusted



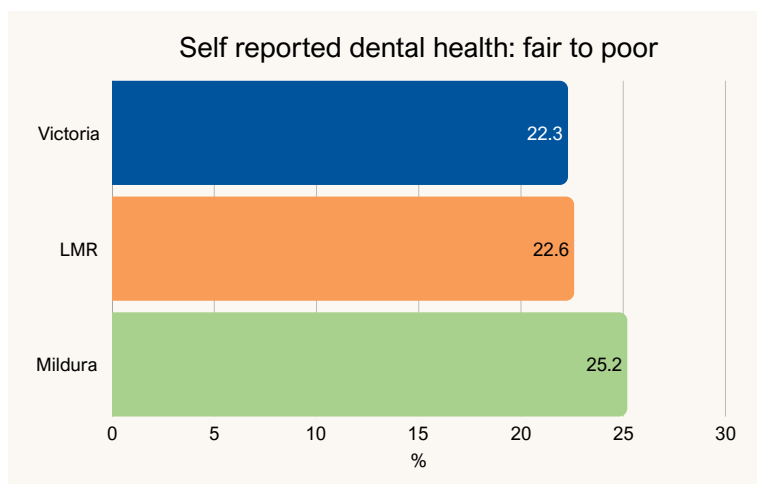
Source: [Victorian Population Health Survey, 2023](#), age adjusted

[1] [Australian Institute of Health and Welfare](#)

[2] [Cancer Council](#)

## 4.7 Dental health

Oral disease can destroy the tissues in the mouth, leading to lasting physical and psychological disability. Tooth loss can make chewing and swallowing more challenging, which can then compromise nutrition. Poor oral health is also associated with a number of chronic diseases including stroke and cardiovascular disease. Dental disease can also impair a person's appearance and speech, impacting their self-esteem, which can lead to restricted participation at school, the workplace and other social settings.



The proportion of adults in the Loddon Mallee region (22.6%) reporting fair to poor dental health is comparable to the whole of Victoria (22.3%). However, Mildura (25.2%) is higher compared with Victoria.

Source: [Victorian Population Health Survey, 2023](#), age adjusted

## 4.8 Childhood development

The Australian Early Development Census (AEDC) is a nationwide census of early childhood development that shows how young children have developed as they start their first year of full-time school. There are five domains, which are physical, social, emotional, language and communication. In 2024, 457 children in Mildura underwent developmental assessment. The Mildura figures indicate a higher proportion of vulnerable children in all domains compared with the Victorian proportions. Overall, 27.9% of children in Mildura are vulnerable on one or more domains, compared with 22.3% across Victoria.

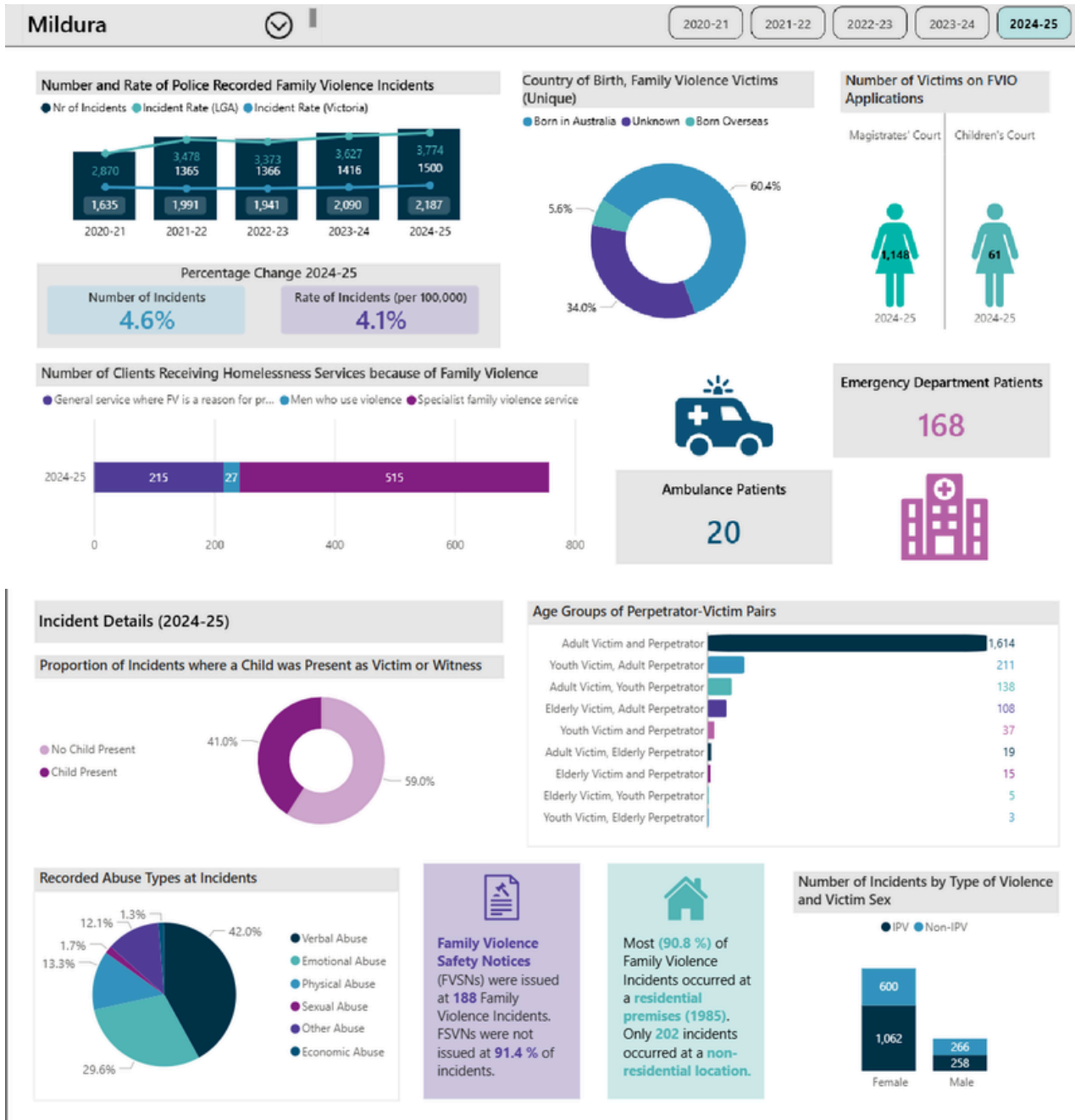
		Vulnerable (457 children assessed)		
Indicator	Indicator description	Mildura (n)	Mildura (%)	Victoria (%)
Physical	Child is healthy; independent; excellent gross and fine motor skills	41	9.8	8.5
Social	Gets along with others; shares; self-confident	52	12.4	10.6
Emotional	Able to concentrate; help others; patient, not angry or aggressive	57	13.6	9.9
Language	Interested in reading or writing; can count; recognises numbers and shapes	55	13.1	7.3
Communication	Can tell a story; communicate with adults and children; articulate themselves	43	10.3	8.2
Vulnerability 1	Developmentally vulnerable in one or more domains	117	27.9	22.3
Vulnerability 2	Developmentally vulnerable in two or more domains	69	16.5	11.8

Source: [Australian Early Development Census, 2024](#)

## 4.9 Family violence

A family violence incident is an incident attended by Victoria Police and a police report has been completed.

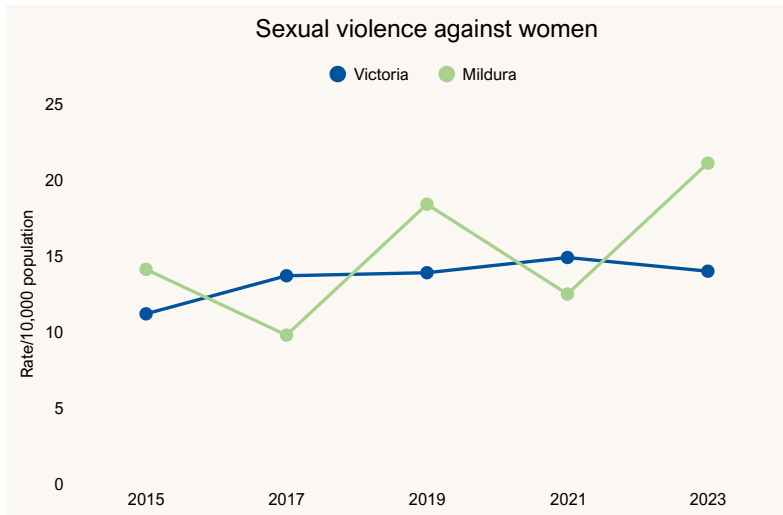
Mildura recorded a family violence incident rate of 3,774/100,000 population, higher than the Victorian rate of 1,500 and the third highest rate in Victoria. In 41% of reported family violence incidents in Mildura, a child was present either as a victim or a witness. Of the recorded abuse types in Mildura, verbal abuse was most common (42%), followed by emotional abuse (29.6%). There were 168 presentations to emergency departments related to family violence in Mildura.



Source: [Latest crime data by area](#) | Crime Statistics Agency Victoria, 2024-25

## 4.10 Sexual assault

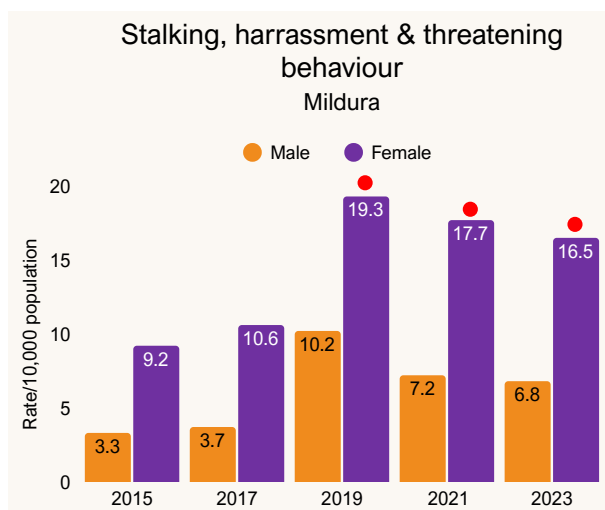
According to Victoria Police, **sexual offences** occur when someone does not or cannot consent to a sexual behaviour, act or acts. These sexual behaviours can include: rape, sexual or inappropriate touching, sexual assault, child sexual abuse, elder sexual abuse, sexual exposure of genitalia, image-based sexual offending, stealthing (non-consensual condom removal), stalking and grooming. Mildura's rates had a sharp increase from 2021 to 2023, 14.9/10,000 population to 21.1/10,000 population respectively and higher than the Victorian rate (14/10,000 population).



Source: [Womens Health Atlas](#), victim reports received where the woman is the victim

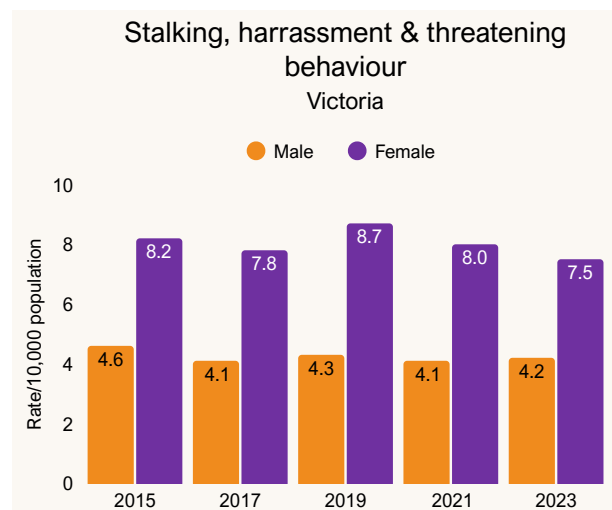
The Victorian Crime Statistics Agency reports on stalking, harassment, and threatening behaviours as a group. This category includes repeated acts of unreasonable conduct intended to: cause physical or mental harm; arouse apprehension or fear; threaten or invade privacy; create nuisance or offend someone based on personal characteristics.

In Mildura, the rate of male and female victims of stalking, harassment and threatening behaviour indicates that female victim reports are considerable higher than males. This aligns with Victoria, where female victim reports of stalking, harassment and threatening behaviour outnumber male victim reports by a ratio of almost 2 to 1. Mildura is ranked in the top ten of Victorian LGAs of the highest rates of stalking, harassment and threatening behaviour in 2019 and 2021 to 2023.



Source: [Womens Health Atlas](#), victim reports received by police

● Ranked top ten highest in Victorian LGAs

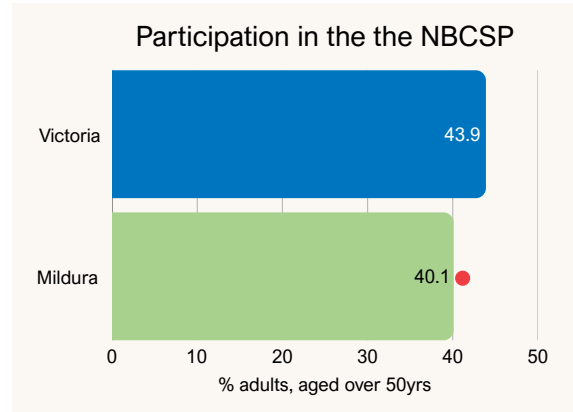


Source: [Womens Health Atlas](#), victim reports received by police

# 5. Health screening

## 5.1 Bowel screening

Bowel cancer, is the third most common type of newly diagnosed cancer in Australia. The National Bowel Cancer Screening Program (NBCSP) aims to reduce deaths from bowel cancer by detecting early signs of the disease. If found early, more than 90% of cases can be successfully treated. Mildura has lower proportion of NBCSP participants (40.1%), compared with Victoria (43.9%).

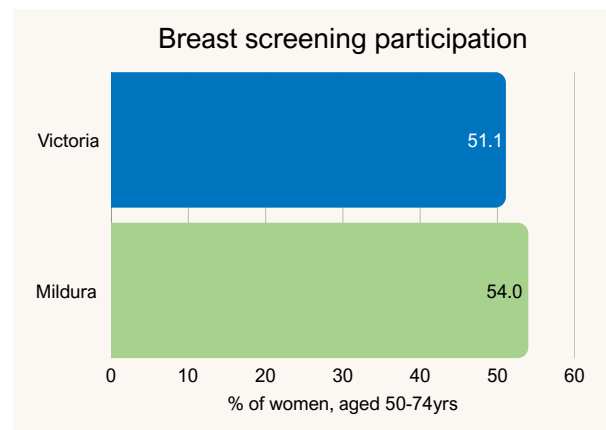


Source: [Social Health Atlas](#), 2020-21

● Ranked 8<sup>th</sup> lowest LGA in Victoria

## 5.2 Breast screening

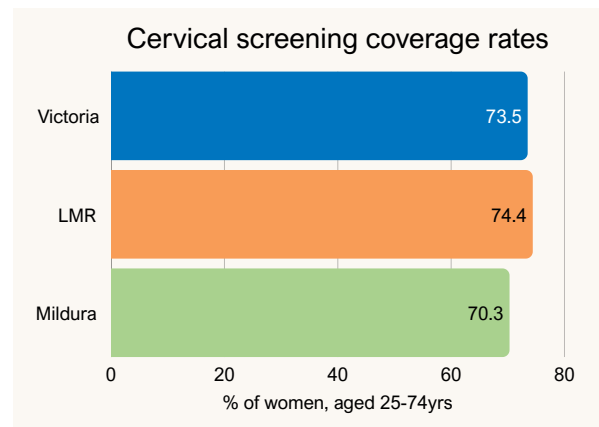
Research has shown that screening mammography is currently the most effective tool for the early detection of breast cancer in asymptomatic women in the target age group of women aged 50 to 74 years; and, that having a screening mammogram every two years, reduces the chance of dying from breast cancer by up to 40%. Mildura (54%) has higher participation in breast screening, compared to Victoria (51.1%)



Source: [Social Health Atlas](#), 2021-22

## 5.3 Cervical screening

The National Cervical Screening Program reduces illness and death from cervical cancer. Women and people with a cervix aged 25 to 74 years are invited to have a cervical screening test every 5 years through their healthcare provider. Mildura has a lower coverage of cervical screening (70.3%) compared to LMR (74.4%) and Victoria (73.5%).



Source: [National Cervical Screening Program](#), 2020 -2024

## 6. Health conditions

### 6.1 Life expectancy

The median age at death for both males and females in Mildura remained stable from 2016 to 2022, showing no difference. This suggests that, on average, individuals in Mildura are experiencing a similar life expectancy as their counterparts in the broader state.

Examining premature mortality (deaths occurring before the age of 75 years), Mildura demonstrated positive trends. For males, there was a substantial reduction from an average annual aged standardised rate (ASR) of 460.8/100,000 population to a rate of 394.6, indicating a percentage decrease of 14.4%. Similarly, for females, the average annual ASR decreased from 291.7/100,000 population to a rate of 247, reflecting a percentage decrease of 15.3%. These figures signify progress in reducing premature deaths in Mildura, outperforming the state average progress.

Avoidable mortality (deaths that could have been prevented) also showed improvement in Mildura. For males, there was a decline from an average annual ASR of 242.2/100,000 population to 201.7, representing a percentage reduction of 16.7%. For females, the average annual ASR decreased from 157.4 to 114.8, indicating a percentage reduction of 27.1%. However, premature and avoidable mortality for males and females were both statistically higher than expected (based on Australian data) and higher compared with Victoria.

	2016 - 2020				2018-2022				% Difference between reports			
	Mildura		Victoria		Mildura		Victoria		Mildura		Victoria	
	M	F	M	F	M	F	M	F	M	F	M	F
Median age at death (yrs)	78	84	79	85	78	84	79	85	0	0	0.0	0.0
Premature mortality, 0-74yrs of age <sup>^</sup>	460.8	291.7	269.5	171.2	394.6	247	281.8	176.8	-14.4	-15.3	4.6	3.3
Avoidable mortality, 0 to 74yrs of age <sup>^</sup>	242.2	157.4	138	80.5	201.7	114.8	142.1	80.8	-16.7	-27.1	3.0	0.4

Source: [Social Health Atlas of Australia: Victoria, 2018-2022](#)

<sup>^</sup>Average annual ASR per 100,000. Age Standardise Rate (ASR) is used to remove the effect of the differing age distributions that we can make conclusions about the relative decreases or increases in mortality over time.

● Statistically significantly higher than expected (based on Australian data)

## 6.2 Avoidable deaths

Avoidable deaths are deaths from conditions that are potentially preventable through individualised care and/or treatable through existing primary or hospital care. The highest rates of avoidable deaths (0-74years) for 2018-2022 in Mildura are for circulatory system disease (44.5/100,000 population) and cancer (36.6/100,000 population). Mildura has statistically significantly higher than expected (based on Australian data) avoidable deaths for circulatory system disease, ischaemic heart disease, cancer, transport accidents, respiratory system disease and obstructive pulmonary disease.

The highest percentage increases from 2017 to 2022 for Mildura were respiratory system disease (23.2%) and obstructive pulmonary disease (25.2%).

Avoidable deaths by cause	2018-2022		2017-2021		%Difference between the reports	
	Mildura	Victoria	Mildura	Victoria	Mildura	Victoria
Circulatory system	44.5 ●	33.3	43.6	32.7	2	1.8
Ischaemic heart disease	27.3 ●	21	26	20.6	5	1.9
Cancer	36.6 ●	27.5	38.1	27.8	-3.9	-1.8
Transport accidents	10 ●	4.1	8.9	4	12.4	2.5
Respiratory system disease	17.5 ●	9.1	14.2	9	23.2	1.1
Obstructive pulmonary disease	16.4 ●	8.5	13.1	8.3	25.2	2.4
Cerebrovascular disease	8.7	7.7	9.1	7.6	-4.4	1.3
Breast cancer	18.8	15.2	21.2	15.6	-11.3	-2.5
Diabetes	9.1	5.5	8.8	5.2	3.4	5.8
Colorectal cancer	12.7	10	14.8	10.1	-14.2	5.9
External causes (falls, burns, suicide, self-inflicted injuries etc)	18.4	14	20.1	13.5	-8.5	3.7
Suicide and self-inflicted injuries	15.6	10.9	16.5	10.6	-5.5	2.8

Source: [Social Health Atlas](#), 0-74 years, ASR/100,000 population

● Statistically significantly higher than expected (based on Australian data)

### 6.3 Physical health conditions

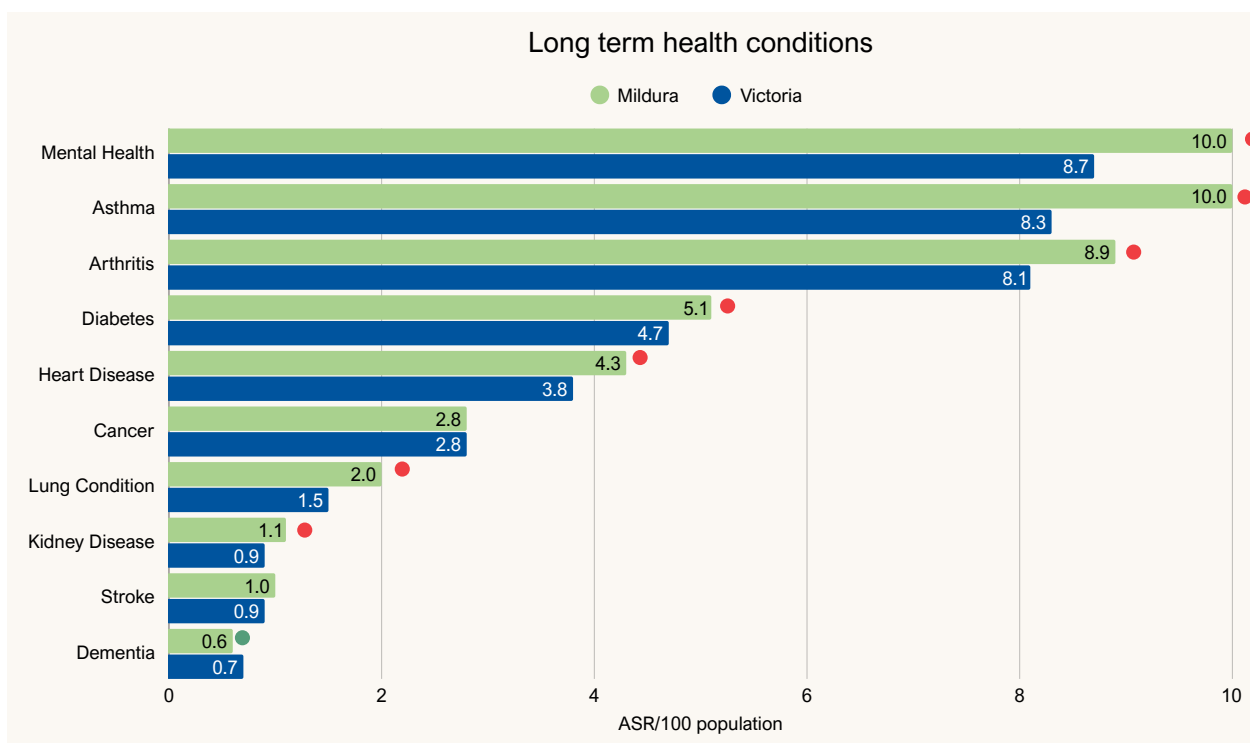
In the census, people were asked to indicate long-term conditions (six months or more) diagnosed by a doctor or nurse. Selected long-term health conditions include arthritis, asthma, cancer (including remission), dementia (including Alzheimer's), diabetes (excluding gestational diabetes), heart disease (including heart attack or angina), kidney disease, lung condition (including COPD or emphysema), mental health condition (including depression or anxiety) and stroke. Other long-term health conditions are not included in this count.

In Mildura, 4.1% reported having three or more long-term conditions, higher compared with Victoria (2.9%). High levels of multiple long-term health conditions place significant strain on individuals, communities and health systems, reducing quality of life, increasing service demand, and widening health inequities.

Long-term health conditions	Mildura (n)	Mildura (%)	Victoria (%)
None of the selected long term conditions	33,132	58.2	65
One condition	11,508	20.2	18.8
Three or more conditions	2,343	4.1	2.9

Source: [Australian Bureau of Statistics](#), 2021, all people

In Mildura, 10/100 population reported asthma, compared with 8.3/100 population across Victoria. Mental health was also reported at a rate of 10/100 population of Mildura residents, higher than the state (8.7/100 population). Mildura had higher proportion of all long-term health conditions listed below, with the exception of Dementia which was lower than expected based on Australian data.



Source: [Social Health Atlas](#), 2021, all people

- Statistically significantly higher than expected (based on Australian data)
- Statistically significantly lower than expected (based on Australian data)

More recent data, using a different collection methodology and smaller cohort show the proportion of adults reporting heart disease in Mildura (9.5%) is statically significantly higher than the Victorian proportion (8.3%). COPD, asthma, diabetes and cancer proportions are also higher compared with Victoria.

LGA	COPD*	Asthma	Osteoarthritis	Diabetes (type 2)	Heart disease	Cancer
Victoria (%)	3.6	20.1	13.8	6.2	8.3	8.3
LMR (%)	4.6	23.5	15.5	6.2	8.6	11.3
Mildura (%)	5.0	22.4	13.2	7.3	9.5 ●	11.9

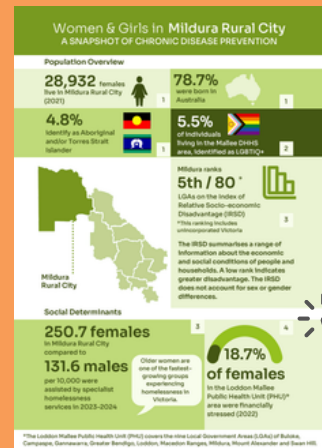
Source: [Victorian Population Health Survey](#), 2023, age adjusted

\*COPD: Chronic Obstructive Pulmonary Disease

● Statistically significantly higher than Victoria

Women’s Health Loddon Mallee has developed a series of chronic disease infographic data snapshots for each LGA in the Loddon Mallee region using local sex-disaggregated data, where available.

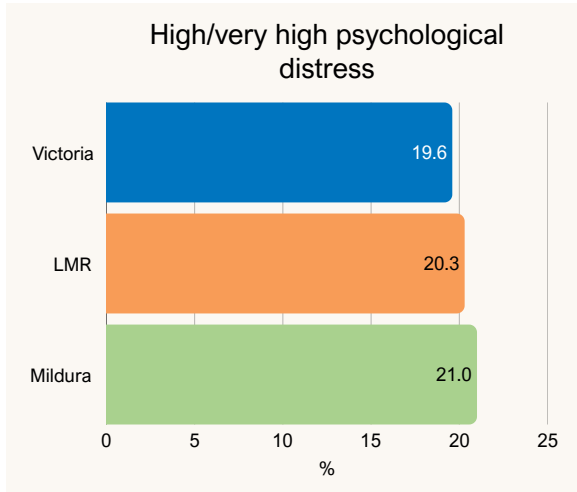
These infographics highlight conditions more common among women and girls in the Loddon Mallee, such as osteoporosis and dementia, and snapshots of the individual, economic, social and structural factors which interact to influence the development and management of chronic conditions.



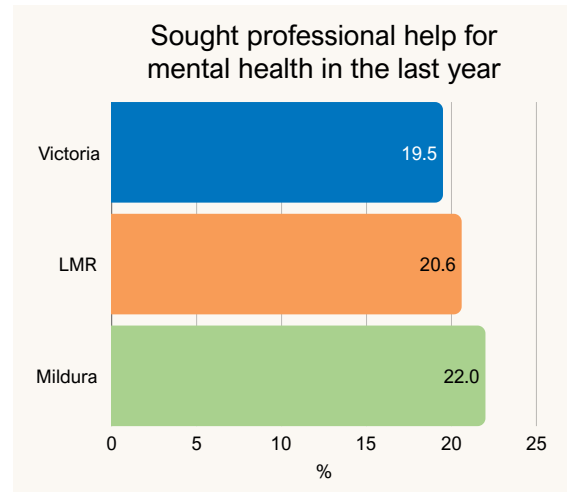
Source: [Women’s Health Loddon Mallee](#), 2025

## 6.4 Mental wellbeing

By prioritising good mental health and wellbeing, we reduce stigma, increase social connection, improve physical health, promote productivity and create safer environments. Our mental health and our physical health are linked. Mildura has a higher proportion of people experiencing high/very high psychological distress (21%), compared with Victoria (19.6%). Mildura also had a higher proportion of people seeking professional help for mental health.

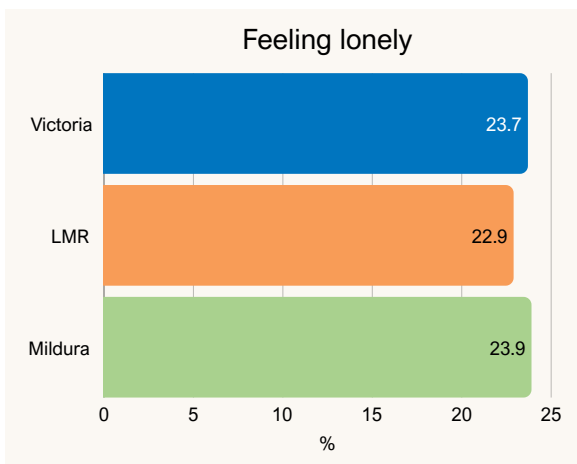


Source: Victorian Population Health Survey, 2023, age adjusted

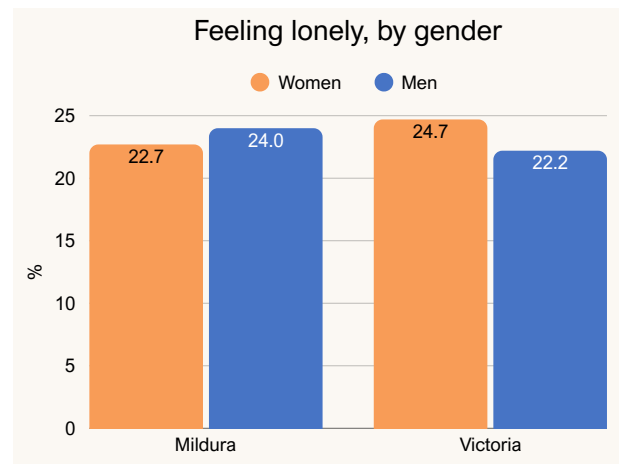


Source: Victorian Population Health Survey, 2023, age adjusted

Social connection is essential for our health and wellbeing. **Loneliness** is a subjective measure of low social connection and is defined as an ‘unpleasant or distressing feeling of a lack of connection to other people, along with a desire for more, or satisfying, social relationships’ (Badcock et al, 2022). Loneliness was measured in the Victorian Population Health Survey using the 3-item UCLA Loneliness Scale. Mildura has a slightly higher proportion of people feeling lonely (23.9%), compared with Victoria (23.7%), with more men reporting loneliness.



Source: Victorian Population Health Survey, 2023, age adjusted

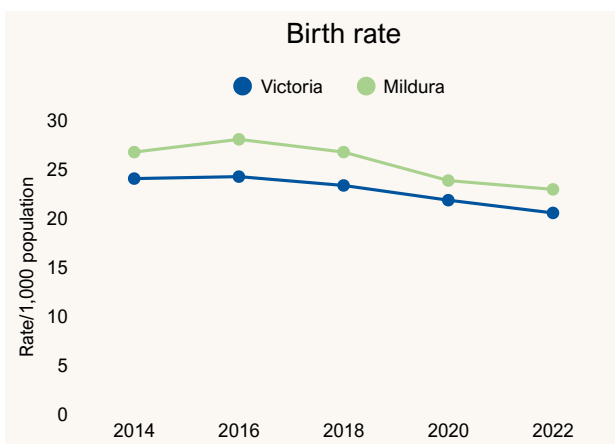


Source: Victorian Population Health Survey, 2023, age adjusted

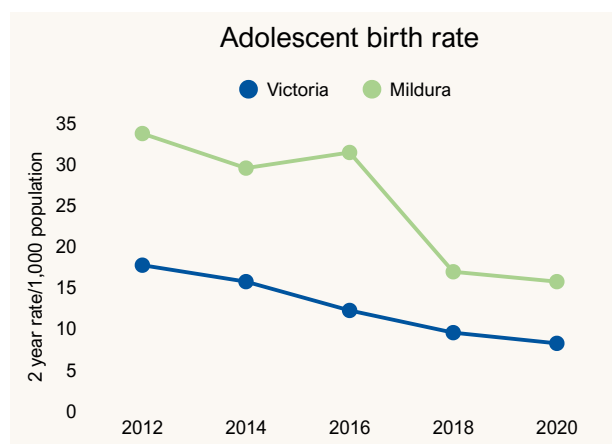
## 6.5 Sexual and reproductive health

Mildura's birth rate has been consistently higher than the Victorian rate. In 2022, total fertility rate (average number of babies born to a women in her lifetime) was higher in Mildura (1.81) compared to the Victoria rate (1.7).

However in 2020, the adolescent birth rate (younger than 20 years of age) in Mildura (15.7 per 1,000 population) is notably higher than the Victorian rate (8.2 per 1,000 population).



Source: [Womens Health Atlas](#)



Source: [Womens Health Atlas](#)

In 2024, chlamydia rates in females (446.9/100,000 population) are higher compared with Victoria (324.5/100,000 population) and infectious syphilis is higher in females residing in Mildura.

Newly acquired	Chlamydia <sup>^</sup>		Gonorrhoea <sup>^</sup>		Hepatitis B <sup>^</sup>		Infectious Syphilis <sup>^</sup>	
	Female	Male	Female	Male	Female	Male	Female	Male
<b>Victoria</b>	324.5	412.3	60.5	281.1	^^	0.24	7.4	36.7
<b>Mildura</b>	446.9	282.2	38.1	116.4	^^	^^	17.3	^^

Source: Victorian sexual and reproductive health and viral hepatitis strategy 2022-30: Monitoring indicators [dashboard](#).

<sup>^</sup>Rate/100,000 population, 2024

^^ less than five cases

**Women & Girls in the Mildura Region**  
A SNAPSHOT OF SEXUAL & REPRODUCTIVE HEALTH IN THE REGION

**WHLM's Vision**  
All women and gender diverse people across the Loddon Mallee Region have access to evidence-based, respectful, and culturally responsive sexual and reproductive health services, provided free of judgement and discrimination. Communities support and promote positive approaches to sexuality and its expression, enabling and empowering women to enjoy safe, respectful and pleasurable relationships and to have their voices heard.

For more information about how WHLM enhances the sexual and reproductive health of women and gender diverse people in the Loddon Mallee region and explore their voices, experiences and stories, view our [Life Matters Sexual and Reproductive Health Strategy 2022-2025](#).

- 3,413 women spoke a language other than English at home in 2021. Hindi, Italian, and Turkish were the most common.
- Mildura Region ranks 71st out of 79 LGAs on the Mother's Index Rank. This index composes scores from five indicators relating to maternal wellbeing. A lower score indicates a better place for a mother to live.
- 909 women in the Mildura LGA reported low English proficiency.
- Mildura Region ranks 5th out of 79 LGAs on the Index of Relative Socio-economic Disadvantage (IRSD). The Index of Relative Socio-economic Disadvantage (IRSD) is a composite range of information about the economic and social conditions of people and households. A low rank indicates greater disadvantage.

Woman's Health

Womens Health Loddon Mallee (WHLM) have developed a snapshot of sexual and reproductive health in Mildura - click on image to view the snapshot.

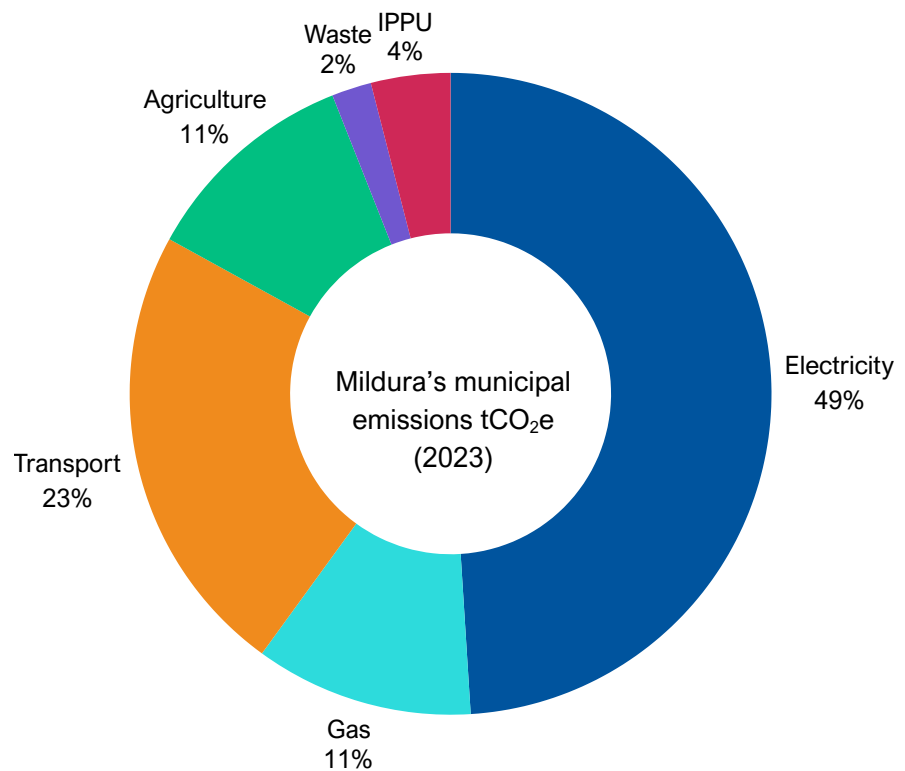
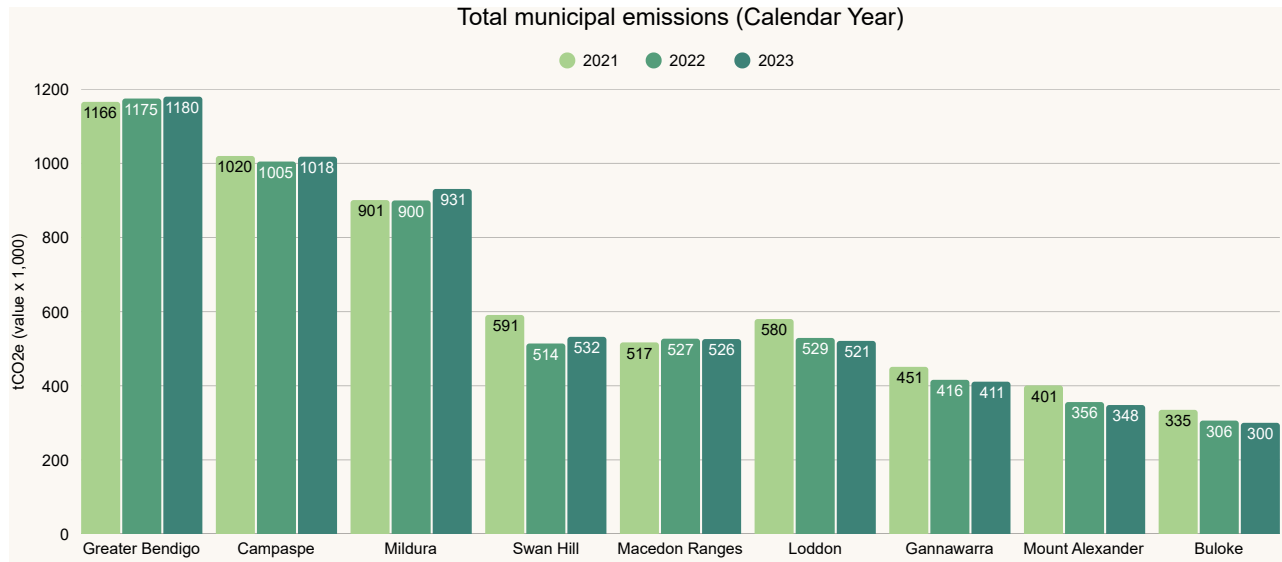
WHLM have also compiled a comprehensive list of [sexual and reproductive health services](#) in the Loddon Mallee region

Source: [Womens Health Loddon Mallee](#), 2025

# 7. Environment

## 7.1 Municipal emissions

The LMPHU’s climate change and health work is guided by the Loddon Mallee Climate Change and Health Framework. Greater Bendigo has the highest total municipal emissions, which aligns with its higher population number. Mildura has the third highest carbon emissions in the Loddon Mallee region but the 2<sup>nd</sup> highest population. The top causes of emissions in Mildura is electricity (49%) and transport (23%).



Source: Snapshot Climate - Australian Emissions Profiles

tCO<sub>2</sub>e: Tonnes of Carbon Dioxide Equivalent

^Industrial Processes and product use

## 7.2 Average temperature

Temperatures in the Loddon Mallee region differ significantly from north to south. The northern part of the region sees hotter summers with the Mildura area experiencing an average maximum temperature of 31°C in summer. Winters are mild, with the maximum temperature around 15.9°C on average. Conversely, the more southern part of the region experiences cool and rainy winters and warm and arid summers. In the elevated southern regions, the average maximum summer temperature is below 25°C. Frosty weather is frequent in the whole region.

LGA (1961-1990)	Summer (Ave °C)		Winter (Ave °C)	
	Maximum	Minimum	Maximum	Minimum
LMR	28.9	13.5	13.7	4.1
Swan Hill	31.2	15	15.6	4.6
Mildura	<b>31</b>	<b>14.8</b>	<b>15.9</b>	<b>5.2</b>
Gannawarra	30.5	14.7	14.8	4.5
Buloke	30	14	14.6	4.4
Loddon	29.4	13.9	13.9	4.2
Campaspe	29.3	14.1	13.9	3.9
Greater Bendigo	28.2	13.4	13.1	3.9
Mount Alexander	27	12	12	3.1
Macedon Ranges	24.1	11.2	10.3	3.2

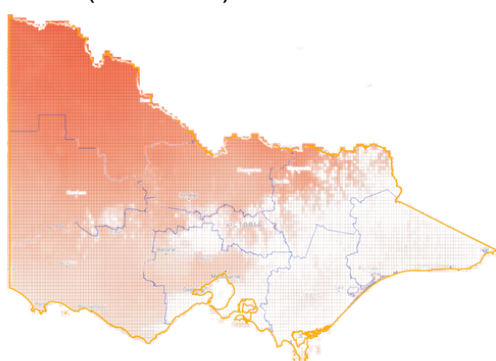
Source: Loddon Mallee Environmental Scan | Emergency Management Victoria (emv.vic.gov.au), 1961-1990

### Projected number of days above 35°C in 2030s and 2090s by Bureau of Meteorology Forecast Districts.

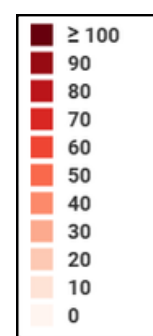
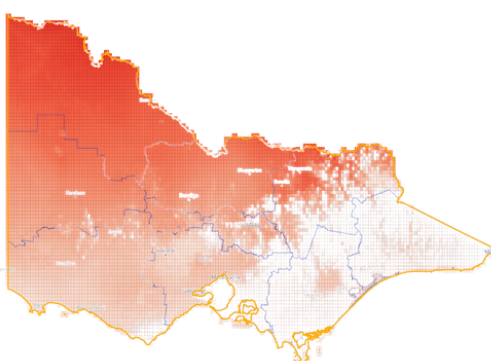
This data demonstrates that the Mallee and Murray areas are projected to experience increasing days above 35°C, which will impact health and wellbeing. Heat kills more Australians than any other natural disaster.

Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease. <sup>[1]</sup>

2030s (2015-2044)



2090s (2075-2104)



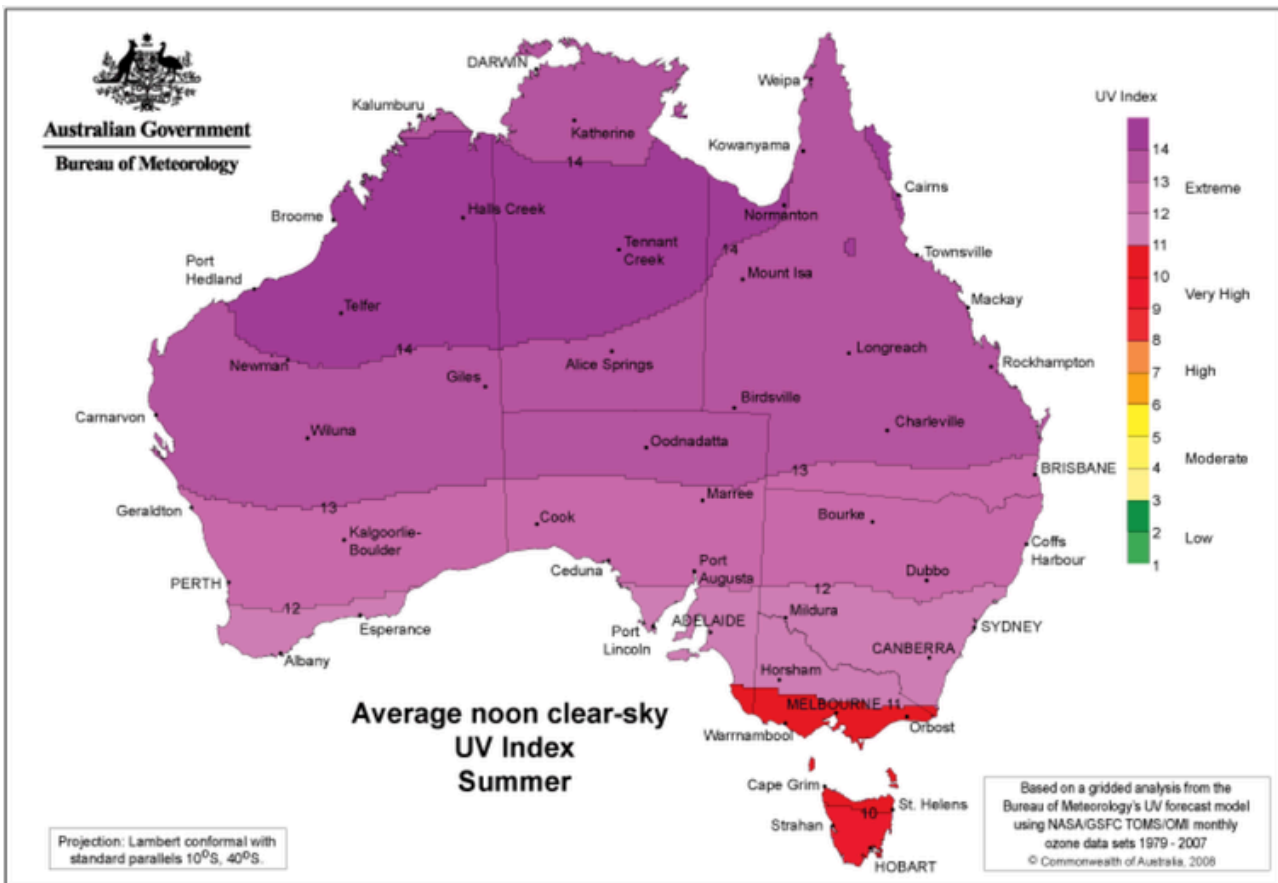
Source: Victorian Government, Energy, Environment and Climate Action

[1] [Better Health Channel](#), Extreme Heat, Victorian Department of Health

### 7.3 Ultraviolet radiation

Exposure to UV radiation from the sun and other sources, such as solariums, is the major cause of skin cancer. Australia has some of the highest levels of UV radiation in the world. Sun exposure has been estimated to cause around 95% of melanoma cases in areas of high exposure, such as Australia and around 99% of non-melanoma skin cancers in Australia. [1]

The map below show the average summer (noon clear sky) solar ultraviolet values over Australia. The LMR experiences extreme Ultraviolet index



Source: [Australian Bureau of Meteorology](http://www.bom.gov.au)

[1] [Australian Government, Cancer Australia](http://www.cancer.gov.au)

## 7.4 Bushfire prone areas

Most of the Loddon Mallee region is classified as a bushfire prone area (97.8%). This means high bushfire hazards in the Loddon Mallee region, many of which intersect with settlements and areas that are experiencing growth in rural residential areas and tourism. Mildura has 98.6% of its area classified as bushfire prone.

The Fire Danger Period in Victoria has become lengthier, indicating a trend towards extended fire seasons. The seasonal fire restriction dates are determined by the municipality and are dependent on factors such as amounts of rain, grassland curing, and other local conditions.

Smoke from fires, including planned burns, can also pose a hazard to people's health. The individuals most at risk from smoke exposure include young children, adults over 65 years of age, people with asthma or existing heart or lung conditions, pregnant women, outdoor workers, and smokers. Bushfire-prone areas are either subject to or likely to be subject to bushfires, and are subject to specific bushfire construction standards.

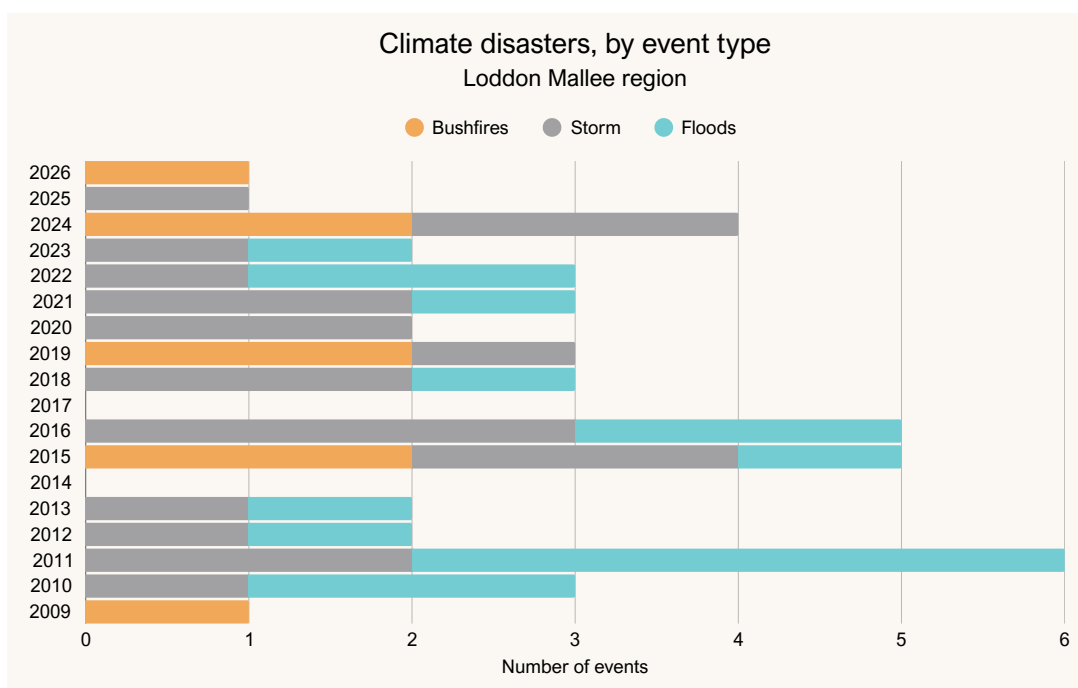
	Bushfire prone area (%)	Bushfire prone area (km <sup>2</sup> )	Total area (km <sup>2</sup> )
<b>Campaspe</b>	97.7	4,415	4,519
<b>Buloke</b>	97.6	7,807	8,000
<b>Gannawarra</b>	98.7	3,701	3,750
<b>Greater Bendigo</b>	97.6	2,930	3,000
<b>Loddon</b>	100	6,694	6,696
<b>Macedon Ranges</b>	98.6	1,723	1,748
<b>Mildura</b>	<b>98.3</b>	<b>21,710</b>	<b>22,083</b>
<b>Mount Alexander</b>	99.8	1,527	1,530
<b>Swan Hill</b>	92.0	5,625	6,115
<b>Victoria</b>	97.8	5,625	6,115

Source: Loddon Mallee Environmental Scan | Emergency Management Victoria ([emv.vic.gov.au](http://emv.vic.gov.au))

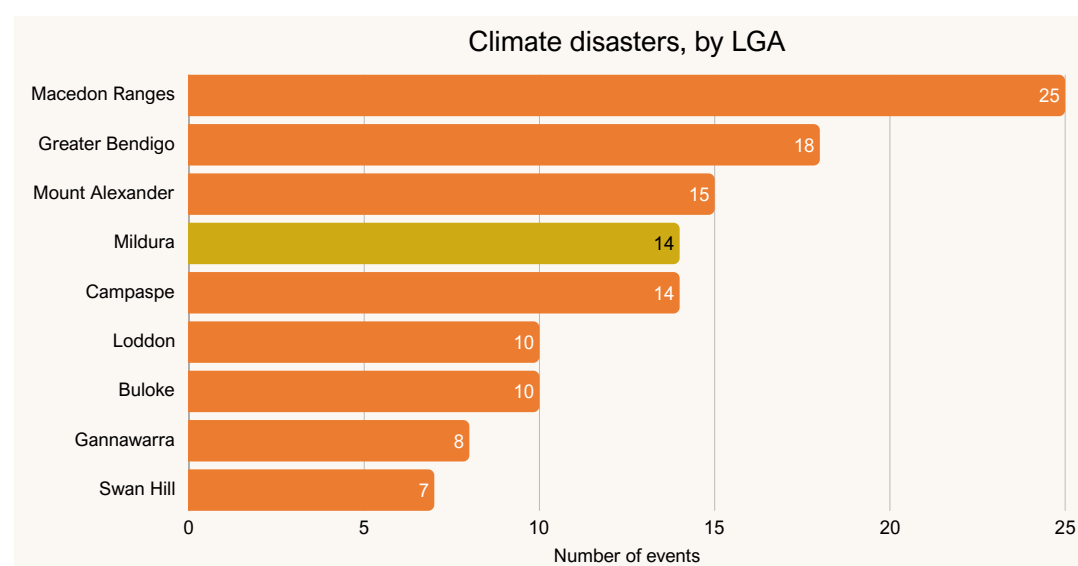
## 7.5 Climate emergencies

Climate change is increasingly affecting the frequency, intensity, and duration of extreme weather events in our region. Rising temperatures, shifting rainfall patterns, and more severe storm systems are contributing to a greater incidence of natural hazards such as bushfires, floods, and heatwaves. Acting as a risk multiplier, climate change not only amplifies the severity of these disasters, threatening lives, livelihoods, health and property, but also places significant pressure on disaster management systems.

The Disaster Recovery Funding Arrangements (DRFA) provide a framework for joint federal and state cost-sharing of disaster relief and recovery measures. These arrangements are triggered by state government when a natural disaster requires a coordinated multi-agency response and exceeds the small disaster financial threshold. Between 2019 and February 2026, 35 climate-related disaster events (storms, floods, bushfires) in the Loddon Mallee region have activated the DRFA, with multiple climate disaster events most years. From 2009, Mildura LGA has been impacted by 14 climate disasters, requiring DRFA support.



Source: [Australian Government Department of Home Affairs, Disaster assist, 2009 -2026](#)



Source: [Australian Government Department of Home Affairs, Disaster assist, 2009 -2026](#)

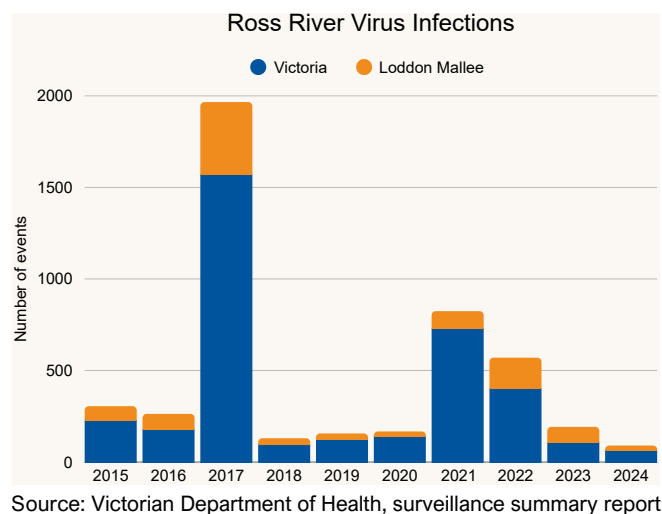
## 7.6 Mosquito borne disease

In 2024, there were five mosquito-borne viruses identified across Victoria with the potential for local transmission. These were Japanese encephalitis virus, Murray Valley encephalitis virus, Ross River virus, Barmah Forest virus and West Nile virus Kunjin strain (otherwise known as Kunjin virus).<sup>[1]</sup>

Mosquito surveillance is conducted throughout the Victorian mosquito breeding season by the Department of Health each year. In inland areas, the mosquito season typically starts from early November through to late April the following year, while in coastal areas it typically starts earlier and ends later. The mosquito trapping sites within the Loddon Mallee are in Campaspe, Gannawarra, Mildura and Swan Hill.

### Ross River virus

Ross River virus is a mosquito transmitted disease that occurs throughout most regions of Australia including regional Victoria, particularly around inland waterways and coastal regions. All nine LGAs within the Loddon Mallee are considered endemic. Epidemics occur from time to time and are related to environmental conditions that encourage mosquito breeding such as heavy rainfall, floods, high tides and temperature. The number of notifications of Ross River Virus from Loddon Mallee ranges from 25 to 397 in a year. In 2023, 43.2% of all Victorian notifications were from the Loddon Mallee.



[1] Victorian Department of Health, [Mosquito surveillance report](#)

## 8. Data resources

<b>LMPHU</b>	<a href="https://www.bendigohealth.org.au/LMPHU/">https://www.bendigohealth.org.au/LMPHU/</a>
<b>ABS Quick Stats</b>	<a href="https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523">https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523</a>
<b>AECD</b>	<a href="https://www.aedc.gov.au/data-explorer/">https://www.aedc.gov.au/data-explorer/</a>
<b>AIHW</b>	<a href="https://www.aihw.gov.au/about-our-data/aihw-data-by-geography">https://www.aihw.gov.au/about-our-data/aihw-data-by-geography</a>
<b>Crimes Statistics Agency</b>	<a href="https://www.crimestatistics.vic.gov.au/">https://www.crimestatistics.vic.gov.au/</a>
<b>PHN Exchange</b>	<a href="https://www.phnexchange.com.au/">https://www.phnexchange.com.au/</a>
<b>Social Health Atlas</b>	<a href="https://phidu.torrens.edu.au/social-health-atlases">https://phidu.torrens.edu.au/social-health-atlases</a>
<b>Victorian Population Health Survey</b>	<a href="https://vahi.vic.gov.au/reports/victorian-population-health-survey-2023">https://vahi.vic.gov.au/reports/victorian-population-health-survey-2023</a>
<b>Womens Health Atlas</b>	<a href="https://victorianwomenshealthatlas.net.au/#/">https://victorianwomenshealthatlas.net.au/#/</a>

## 9. Notes on statistical significance

### **Public Health Information Development Unit/Social Atlas**

Statistical significance was assessed using indirect age standardisation and standardised ratios (SRs). Expected numbers were calculated by applying age-specific Australian standard rates to the local population age structure. Observed numbers were compared with expected numbers and statistical significance was evaluated using a Z-score calculation, with 95% confidence intervals around the SR to indicate reliability. More information on this calculation is available at the [Public Health Information Development Unit](#).

### **Victorian Population Health Survey**

Statistical significance differences between estimates were deemed to exist where the 95% confidence intervals for percentages did not overlap. More information is available in the Methodology section of the [Victorian Population Health Survey](#).

## 10. Abbreviations

<b>Abbreviation table</b>	
AEDC	Australian Early Development Census
AIHW	Australian Institute of Health and Welbeing
ARI	Average recurrence interval
COPD	Chronic Obstructive Pulmonary Disease
Greater Bendigo	City of Greater Bendigo
IRSD	Index of Relative Socio-economic Disadvantage
LGA	Local government area
LMPHU	Loddon Mallee Public Health Unit
LMR	Loddon Mallee region
LGBTIQA+	Lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people
NBCSP	National Bowel Cancer Screening Program
NDIS	National Disability Insurance Scheme
PHN	Primary Health Network
STI	Sexually Transmitted Infection



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