Location of diabetes ‘hotspots’ in Melbourne: prevalence in multicultural groups

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Background

• Victoria is one of the most multicultural states in Australia, with 44% of the population born overseas.
• The risk of developing type 2 diabetes is suggested to be two to three times higher for certain culturally and linguistically diverse (CALD) groups.

Methods

To collate demographic data and type 2 diabetes prevalence data for CALD groups in Melbourne.

Results

• Demographic data from the Australian Bureau of Statistics 2006 Census identified the LGAs that contained a high percentage of overseas-born people.
• Specific data on prevalence rates for type 2 diabetes by country of birth has not been recorded to date.

Discussion

• This study highlighted the lack of data directly linking diabetes prevalence with location of specific CALD groups in Melbourne.
• To better quantify this data, geographical information system (GIS) spatial mapping tools could be used to link areas of high prevalence for diabetes, also known as diabetes ‘hotspots’, and high CALD population densities.

Conclusion

To better target diabetes prevention and management resources for CALD groups in Melbourne, data collection regarding their location and prevalence needs to be improved and utilised more efficiently. This could assist with efforts to reduce health disparities for these high risk communities.