



Biggest Loser

Ararat LGA - Cancer Snapshot

2015-16 Year



Our Stats:

11,600



Our Population

108 births in 2015
107 deaths in 2015 (all cause)



1.5%

Indigenous
Australians

87% - 2011

↓ 83% - 2016

Australian-born

4.3% Born in Non-English Speaking Countries

Australian Bureau of Statistics, Census 2016 & 2011

We Are At Risk!

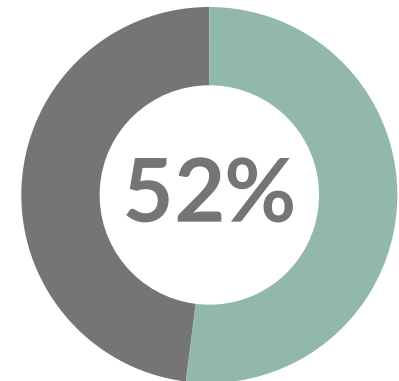
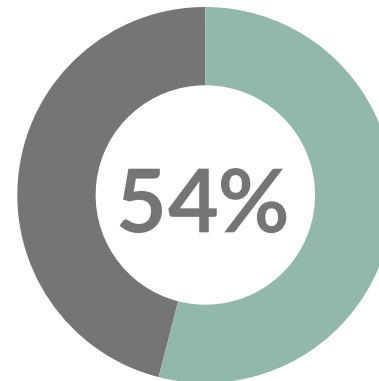
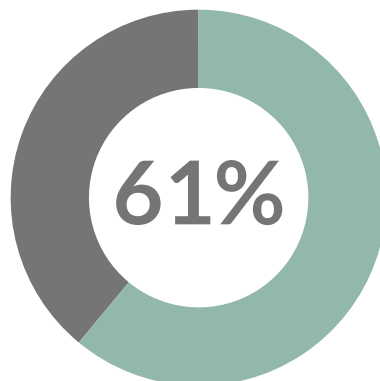
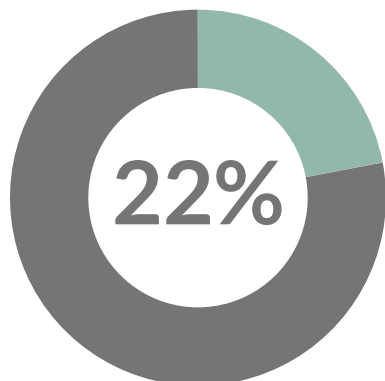
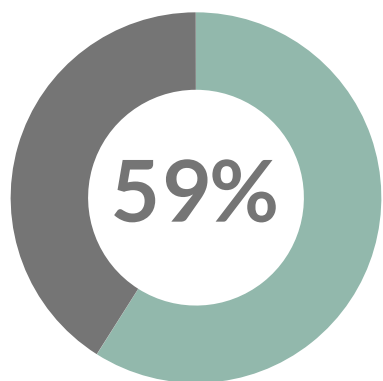
Overweight/Obese

Current Smokers
18 Years or older

Alcohol Intake per day (Average)
More than 2 Standard drinks

Inadequate Fruit &
Veg Intake

No or Low Exercise



State averages:
50%

13%

59%

49%

52%

Overweight

Being overweight or obese increases risk of developing cancer

Smoking

Smoking is a leading cause of cancer and death from cancer.

Alcohol Intake

Drinking alcohol can increase your risk of cancer of the mouth, throat, esophagus, larynx (voice box), liver, and breast. The more you drink, the higher your risk.

Inadequate Fruit & Veg Intake

Lack of adequate fruit consumption increases cancer risk

Inadequate Exercise

Lack of adequate exercise increases cancer risk

Screening Participation & Positive Results



Pap screening - 52.4%

5.2% (low / high grade abnormality)



BreastScreen - 57.4%

11 women diagnosed with breast cancer in 2015



BowelScreen - 35.9%

(State Average - 33.5%, Aust 36%)

8.3% positive faecal occult blood

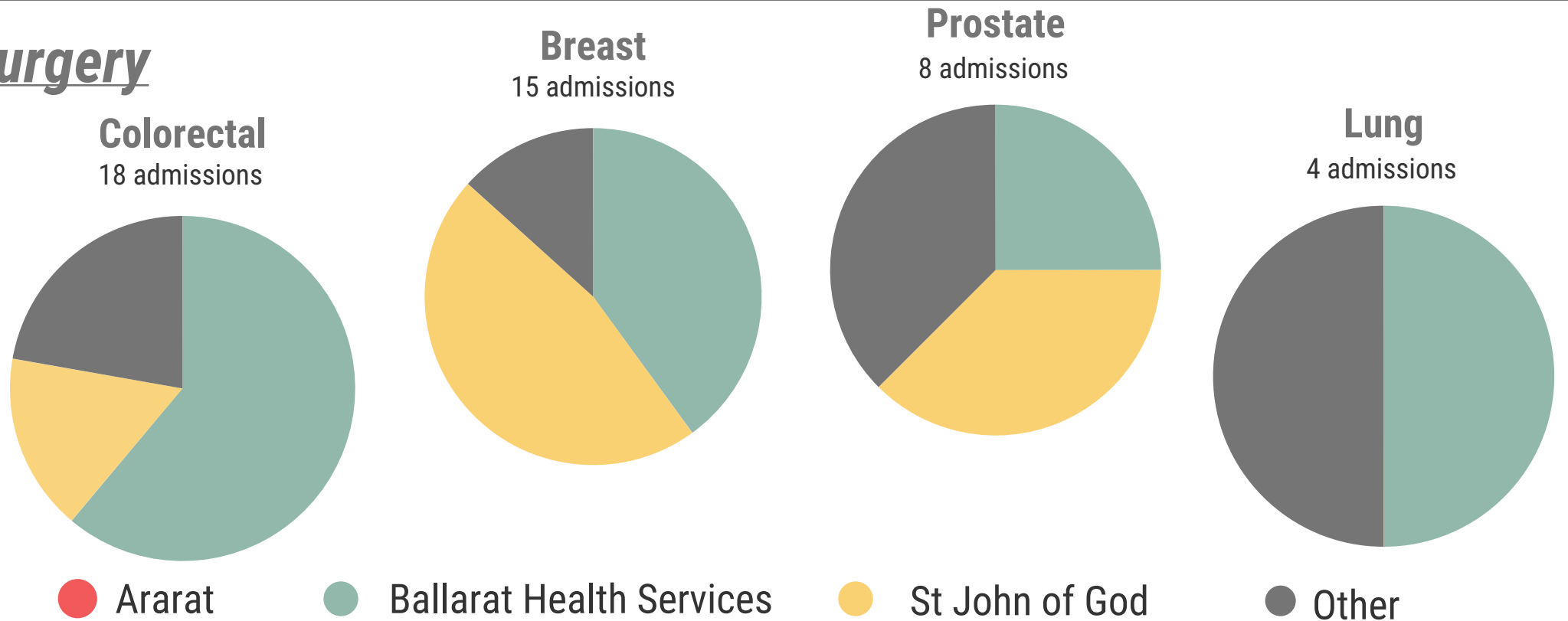
58 New cases of cancer in Ararat LGA in 2015

629 People in Ararat living with cancer

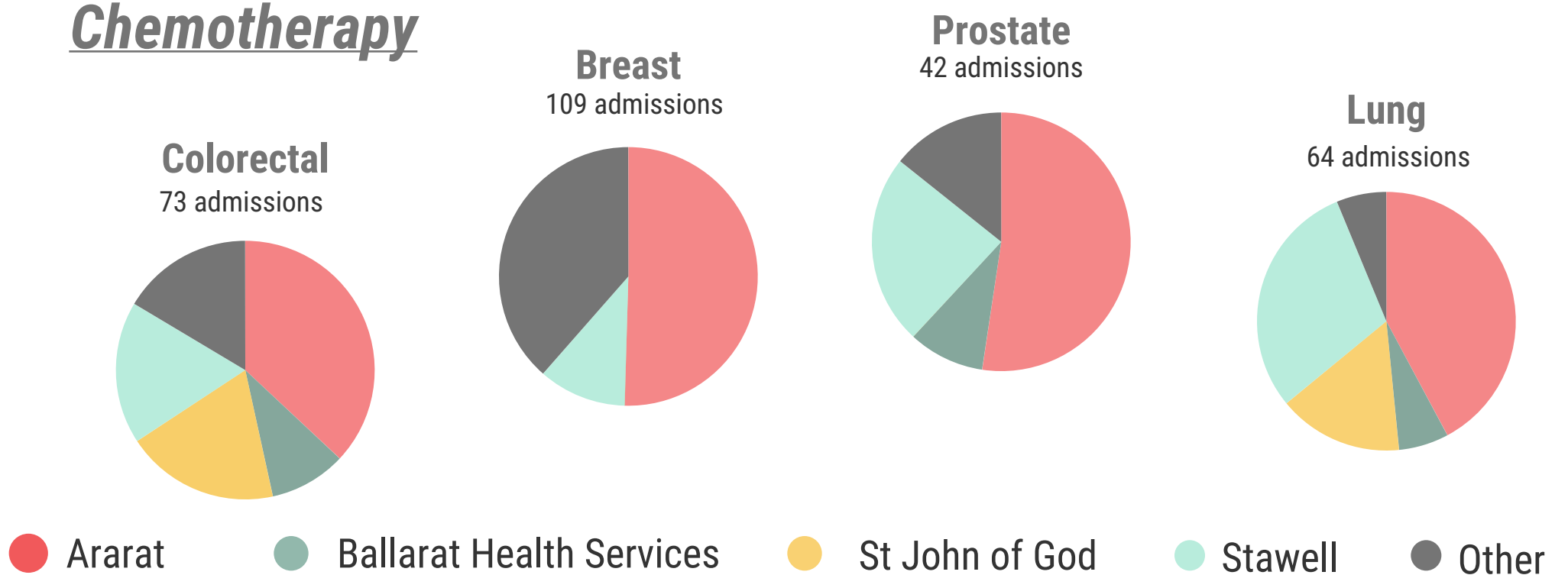
68% have survived 5 or more years after their cancer diagnosis

Where do Ararat residents receive treatment?

Surgery



Chemotherapy



90%

of people living in **Ararat** who have **radiotherapy**, have it in Ballarat at Ballarat Austin Radiation Oncology Centre (BAROC) in the BRICC

28

Deaths from cancer in 2015
Our biggest cancer killers (All ages)

Genito-urinary 6 Lung 6
(All other tumours <5 deaths in 2015)