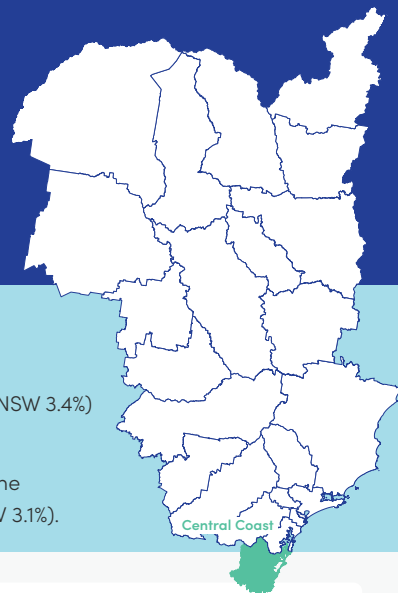


Central Coast LGA

POPULATION HEALTH SNAPSHOT 2021



OUR PEOPLE

78.8% of the population were born in Australia (NSW 65.5%)

15,371 people identify as Aboriginal and/or Torres Strait Islander. This is **4.6%** of the population (NSW 3.4%)

20,818 people have a profound or severe disability this is **6.7%** of the population (NSW 5.6%)

The top two nationalities from people born in non-English speaking countries were **0.5%** of the population born in the Philippines (NSW 1.2%) and **0.5%** of the population born in China (NSW 3.1%).

2020 ESTIMATED RESIDENT POPULATION

Central Coast LGA Population **345,809**

Based on the 2016 population of 335,309, the population is predicted to increase to 415,042 by 2036, at an annual rate of **1.07%**

In 2019, **18.8%** of the population were aged between 0-14 years (NSW 18.5%) and **11.9%** aged between 15-24 years (NSW 12.8%)

In 2019, **17.7%** of the population were aged 65+ years (NSW 14.2%); and **3.0%** of the population were 85+ years (NSW 2.2%).



CHILDREN & YOUTH

For every 100 children aged 2-17 years in 2017-18, **17.7** were overweight (NSW 17.0) and **7.9** were obese (NSW 7.4)

In 2018, **20.6%** of children were developmentally vulnerable on one or more domains (NSW 19.9%).



MUMS & BUBS

In 2019, the total fertility rate was **2.01** per female (NSW 1.76)

13.2% of mothers smoked in pregnancy in 2017-19 (NSW 8.9%)

In 2016-18, **6.1%** of babies born were low birth-weight babies (NSW 6.3%)

A first trimester antenatal visit occurred in **80.4%** of pregnancies in 2017-2019 (NSW 76.8%).



OLDER PERSONS

There were **68.9%** of people aged 65+ years receiving aged pensioner in June 2020 (NSW 59.0%)

In June 2020, **8.6%** of the population aged 65+ years had a seniors health card (NSW 10.4%)

Life expectancy in 2018: Females **84.4** (NSW 85.7) Males **80.0** (NSW 81.5).



SOCIAL & ECONOMIC FACTORS IMPACTING HEALTH

In 2021, the unemployment rate was **6.1%** (Australia 6.0%)

In 2020, the proportion of the population receiving an unemployment benefit was **11.8%** (NSW 9.0%)

In 2020, **12.0%** of young people 16-21 were receiving an unemployment benefit (NSW 8.1%)

In 2020, **11.7%** of people aged between 22-64 were receiving Jobseeker payment (NSW 9.1%)

In 2016, **0.5%** of people born overseas reported poor proficiency in English (NSW 3.8%)

In 2016, the SEIFA Index of Relative Socioeconomic Disadvantage score was **988**, Central Coast LGA was more disadvantaged than Australia (1000).



IMMUNISATION

Who was fully immunised in 2020-21? (Gosford & Wyong)

95.1% & **96.7%** of 1-year old's (NSW 94.9%)

93.9% & **94.3%** of 2-year old's (NSW 92.3%)

96.1% & **97.4%** of 5-year old's (NSW 95.0%)

HPV VACCINATION

By mid-2017 HPV coverage for females aged 15 years was **86.3%** and for males was **83.3%** (NSW 83.0%; 78.2%, respectively).



MENTAL HEALTH

High or very high psychological distress was experienced by **13.7 of every 100 adults** in 2017-18 (NSW 12.4; Australia 12.9)

Mental and behavioural problems were experienced by **22.5 of every 100 people** in 2017-18 (NSW 18.8)

There were **418 hospitalisations for intentional self-harm** in 2017-19 at a rate of **121.5** per 100,000 people (NSW 93.0)

Between 2014-18, **198** people died by suicide at an average annual rate of **13.2** per 100,000 population (NSW 11.0).



HEALTH RISKS

For every 100 adults in 2017-18:

17.0 smoked **tobacco** (NSW 14.4)

18.8 consumed **alcohol** at high risk (NSW 15.5)

33.9 were **overweight** (NSW 35.0)

35.3 were **obese** (NSW 30.9)

22.0 had **high blood pressure** (NSW 23.1)

49.6 ate adequate **fruit** (NSW 52.5)

65.6 undertook low or no **exercise** (NSW 65.3)



CHRONIC DISEASE RATES

For every 100 adults in 2017-18:

Diabetes mellitus **5.0 per 100** (NSW 5.2)

Circulatory system disease **4.9 per 100** (NSW 4.1)

Asthma **13.0 per 100** (NSW 10.6)

COPD **2.7 per 100** (NSW 2.2)

Arthritis **16.3 per 100** (NSW 15.5)

Osteoporosis **4.3 per 100** (NSW 4.2)



POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH)

In 2018/19, there were **10,291** potentially preventable hospitalisations at a rate of **2,628.8 per 100,000** population (NSW 2,626.9)



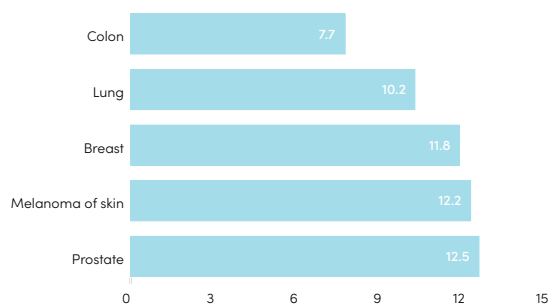
COPD was the leading PPH condition at a rate of **370.5 per 100,000** population (NSW 293.6) followed by Urinary tract infections (**281.9**) (NSW 283.1) and Dental conditions (**255.7**) (NSW 241.5).

CANCER INCIDENCE

Cancer incidence in 2010-2014 for all cancers was **588.2 per 100,000** population (NSW 552.5)

The age-standardised incidence rate for all cancers in 2017 for males was **616.3 per 100,000 population** (NSW 549.7) and for females was **478.8 per 100,000 population** (NSW 424.0).

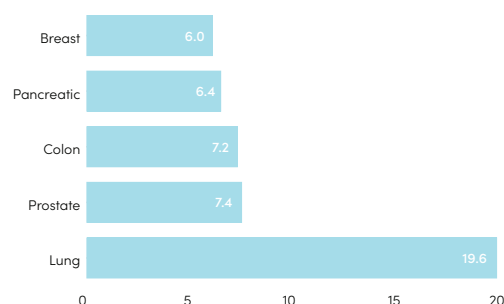
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION OF CASES %, 2013-2017) INCLUDED:



CANCER MORTALITY

The age-standardised mortality rate for all cancers in 2017 for males was **201.1 per 100,000** population and for females was **137.7 per 100,000** population (NSW 182.5; and 118.1, respectively).

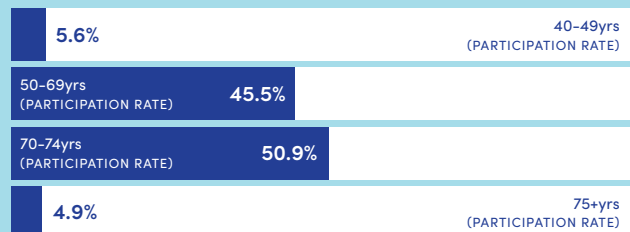
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION OF DEATHS %, 2013-17) INCLUDED:



SCREENING PARTICIPATION



Breast Screening 2019-20



Breast Screening for Culturally & Linguistically Diverse Women 2019-20



Breast Screening for Aboriginal Women 2019-20



Cervical Screening 2015-16

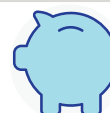


Bowel Screening 2016-17



ACCESS TO SERVICES

In 2014 **6,936 people** experienced a barrier to health care access with **cost** being the main reason at a rate of **2.9 per 100 people** (NSW 2.5).



In 2014 **11,396 people** experienced difficulty or couldn't get to places with **transport** at a rate of **4.3 per 100 people** (NSW 4.3).

In 2016 **80.6%** of houses were able to access the **internet** (NSW 82.5%).



130,343 patients presented to Emergency departments in 2017-18, **61,299 were semi-urgent** presentations and **7,578 were non-urgent presentations**. Some of these could have potentially been managed in general practice.

There are **92 x General Practices** in the area and for every full-time GP there are 776 patients.



There are **4 x Public Hospitals**.



DATA SOURCES

- Australian Bureau of Statistics (2021). [2016 Census Quickstats](#)
- Cancer Institute NSW (2021). [Cancer Statistics NSW](#)
- Centre for Epidemiology and Evidence (2021) [NSW HealthStats NSW](#)

- NSW Government Health (2021) [Local Health District Maps](#)
- Public Health Information Development Unit (PHIDU) (2021) [Social Health Atlas of Australia: Data by Local Government Area](#)
- HNECC PHN, Chilli Data, 2021

**PRIMARY
HEALTH
NETWORK**

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative