

Older Persons

HEALTH PROFILE 2022

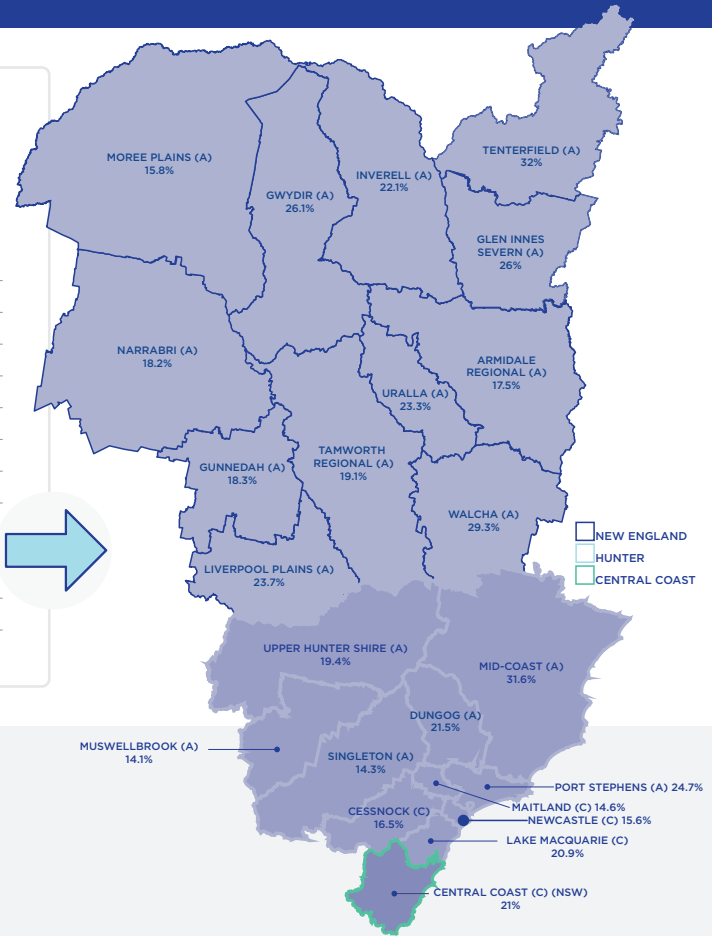
Older Australians are generally classified as those aged 65 years and older (65+ years).

OLDER PERSON POPULATION

In 2020, there was a higher proportion of people aged 65+ years in the HNECC PHN region (20.3%) than NSW (16.7%) and Australia (16.3%).

65+ years Population by Local Government Area (LGA) (Estimated resident population, 2020)

LGA	%	LGA	%
Armidale Region	17.5	Moree Plains	15.8
Central Coast	21.0	Muswellbrook	14.1
Cessnock	16.5	Narrabri	18.2
Dungog	21.5	Newcastle	15.6
Glen Innes Severn	26.0	Port Stephens	24.7
Gunnedah	18.3	Singleton	14.3
Gwydir	26.1	Tamworth Regional	19.1
Inverell	22.1	Tenterfield	32.0
Lake Macquarie	20.9	Upper Hunter Shire	19.4
Liverpool Plains	23.7	Uralla	23.3
Maitland	14.6	Walcha	29.3
Mid-Coast	31.6	HNECCPHN	20.3



POPULATION PREDICTIONS

The 2020 population of people aged 65+ years in the HNECC PHN region is 262,946, which is predicted to increase to 330,781 by 2030, at an average annual rate of **2.3%**.

LGAs with the lowest predicted proportion of older people in 2030			LGAs with highest predicted proportion of older people in 2030		
	2030 (%)	2030 (number)		2030 (%)	2030 (number)
Maitland	18.4	18,876	Glen Innes Severn	34.8	3,016
Newcastle	18.4	34,594	Mid-Coast	38.0	38,282
Singleton	18.4	4,504	Tenterfield	41.6	2,533

IMMUNISATION

In 2019-2020, **82.2%** of older people aged 65+ years were fully vaccinated against influenza (NSW **79.2%**).



SELF-RATED HEALTH STATUS

In NSW in 2020, **79.3%** of people aged 65-74 years and **69.7%** of people aged 75+ years rated their health as 'Excellent, Very Good or Good' (All ages 84.6%).

MENTAL HEALTH

In 2018-2019, there were **2,318** hospitalisations related to mental health conditions for older persons at a rate of **908.7 per 100,000 population** (NSW 1,331.0).

In 2018-2019, 2,158 people aged 65+ years presented to the emergency department for mental and behavioural disorders at a rate of **849.2 per 100,000 population** (NSW 921.6).

In 2019-2020, 40,242 people aged 65-74 years, 27,145 people aged 75-84 years and 13,784 people aged 85+ years were receiving a dispensed mental health-related prescription in the HNECC PHN region.



LIFE EXPECTANCY

at birth in 2018 (years)

	HNECC PHN	NSW
Persons	81.5	83.6
Males	79.3	81.5
Females	83.3	85.7



Indigenous life expectancy, NSW, 2015-17

Males	70.9
Females	75.9



DISABILITY IN OLDER PEOPLE

In 2016, there were **17.2%** of people aged 65+ years with a profound or severe disability (NSW 19.1%; HNECC 0-64 yrs 4.0%)

In 2016, there were **13.7%** of people aged 65+ years with a profound or severe disability living in the community (NSW 14.9%; HNECC 0-64 yrs 3.9%)

FIRST NATIONS OLDER POPULATION 2020

4,852 of people aged 65+ years in our region identify as Aboriginal and/or Torres Strait Islander. This is **5.5%** of the total Aboriginal and/or Torres Strait Islander population in the region (NSW 5.6%).



LIFESTYLE BEHAVIOURS OF OLDER AUSTRALIANS IN 2019



45.1% of people aged 65–74 years old and **66.2%** of people aged 75+ years in NSW were insufficient in physical activity (All ages 38.5%).

6.9% of people aged 65–74 years old and **3.7%** of those aged 75+ years were smoking daily in NSW (All ages 11.2%).

66.5% of people aged 65–74 years old and **56.1%** of people aged 75+ years were overweight or obese in NSW (All ages 55.2%).

92.8% of people aged 65–74 years old and **92.8%** of people aged 75+ years had inadequate daily consumption of vegetables in NSW (All ages 93.7%).

54.1% of people aged 65–74 years old and **50.0%** of those aged 75+ years had inadequate daily consumption of fruit in NSW (All ages 59.4%).

13.1% of people aged 65–74 years old and **16.4%** of people 75+ years report consuming alcohol 'daily' (all ages 7.4%). A further

40.6% of people aged 65–74 years old and **27.6%** of those aged 75+ years report consuming alcohol 'weekly' (All ages 39.0%).

CANCER INCIDENCE 2017

Age Group	Cancer incidence rate (Age-standardised rate per 100,000 population)
80+ years	2,687.0
70–79 years	2,381.2
60–69 years	1,580.1
50–59 years	748.2
0–49 years	113.2

CANCER MORTALITY 2017

Age Group	Cancer mortality rate (Age-standardised rate per 100,000 population)
80+ years	1,797.9
70–79 years	842.5
60–69 years	389.3
50–59 years	155.4
0–49 years	16.9

CANCER SCREENING PARTICIPATION

Breast Screening 2019–2020

9.90%	40–49yrs (PARTICIPATION RATE)
54.16%	50–69yrs (PARTICIPATION RATE)
59.87%	70–74yrs (PARTICIPATION RATE)
9.08%	75+yrs (PARTICIPATION RATE)

Breast screening for CALD Women, 2019–20

42.6%	CALD WOMEN aged 50–74yrs (ALL WOMEN 55.1%)
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Breast Screening for Aboriginal Women 2019–2020

50.4%	ABORIGINAL WOMEN aged 50–74yrs (ALL WOMEN 55.1%)
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Bowel screening 2016–17, people aged 50–74 years

40.9%	(NSW 38.3%)
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FALLS

In 2015, **24.8%** of people aged 65+ years experienced a fall within the previous year in the HNECC PHN region (NSW 22.7%).

In 2018–19, older people aged 65+ years were hospitalised due to fall-related injuries at a rate of **2729.4 per 100,000 population**, over 3 times the rate for all ages at 854.0 (NSW 2,996.7)

FACTORS WHICH IMPACT ON THE HEALTH OF OLDER AUSTRALIANS

In 2021, **67.7%** of older people were aged pensioners and **9.6%** were senior health card holders (NSW 59.0%; and 10.9%, respectively)

In 2016, **72.5%** of older people aged 65+ years owned their home (NSW 76.8%).

In 2016, **9.6%** of older people 65+ years were participating in the workforce (NSW 12.0%).

In 2016, **48.1%** of older people aged 65+ years were low-income earners (NSW 44.9%).

DEMENTIA

In 2019–20, there were **3,818** hospitalisations related to dementia either as a principal diagnosis or co-morbidity at a rate of **1,407.9 per 100,000 population** (NSW 1703.0).



In 2018, dementia prevalence was estimated to be 2–5 times higher among Aboriginal and Torres Strait Islander people than among non-Indigenous people. During 2017–19, **314** Indigenous Australians died due to dementia (196 women and 118 men), with dementia reported as the fifth leading cause of death among Indigenous Australians aged 65+ years.

In June 2020, **52.3%** of people in permanent residential care in the HNECC PHN region had a diagnosis of dementia.

CHRONIC DISEASE



In Australia in 2017–18, 29% (1.1 million) of older people aged 65+ years reported having one chronic condition, 23% (831,000) had two and 28% (1.0 million) had three or more.

CARDIOVASCULAR DISEASE

In 2018–19, people aged 75+ years in the HNECC PHN region were hospitalised due to stroke at a rate of **1157.6 per 100,000 population** (NSW 1207.1), 10 times the rate of those aged 0–74 years (112.1).

In 2018–19 people aged 75+ years in the HNECC PHN region were hospitalised due to coronary heart disease at a rate **more than five times the rate for persons aged 25–74 years** (3190.0; and 589.1 per 100,000 population, respectively) (NSW 2947.8; and 540.0)



RESPIRATORY CONDITIONS



In 2018–19, the rate of COPD hospitalisations for people aged 65+ years in the HNECC PHN region was **1472.8 per 100,000 population** (NSW 1351.9; HNECC All ages 257.0 per 100,000 population)

In 2017–18, the rate of COPD deaths for people aged 65+ years was **220.0 per 100,000 population** within the HNECC PHN region (NSW 175.4; HNECC PHN all ages 31.2)

DIABETES

In 2018, **18.7%** of older people aged 75+ years within the HNECC PHN region had Type 2 Diabetes (NSW 19.1%; HNECC PHN 18–54yrs 1.8%; 55–74yrs 11.8%).

In 2017–18, older people aged 75+ years were hospitalised due to Type 2 Diabetes at a rate of **24,024.1 per 100,000 hospitalisations** (NSW 23,716.2; HNECC PHN 0–54yrs 747.6; 55–75yrs 11,025.6).

Between 2013–17, there were **391.0 deaths per 100,000 population** from Type 2 Diabetes as an underlying and/or associated cause for older people aged 75+ years within the HNECC PHN region (NSW 377.3; HNECC PHN 0–54yrs 1.8; 55–75yrs 54.0).



POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH) IN THE HNECC PHN REGION

2018/19

Age group	Admissions for PPH conditions	Rate per 100,000 population
0-14 years	4,377	1,842.5
15-24 years	2,009	1,296.0
25-44 years	3,717	1,229.5
45-64 years	7,997	2,430.8
65+ years	20,422	8,052.6

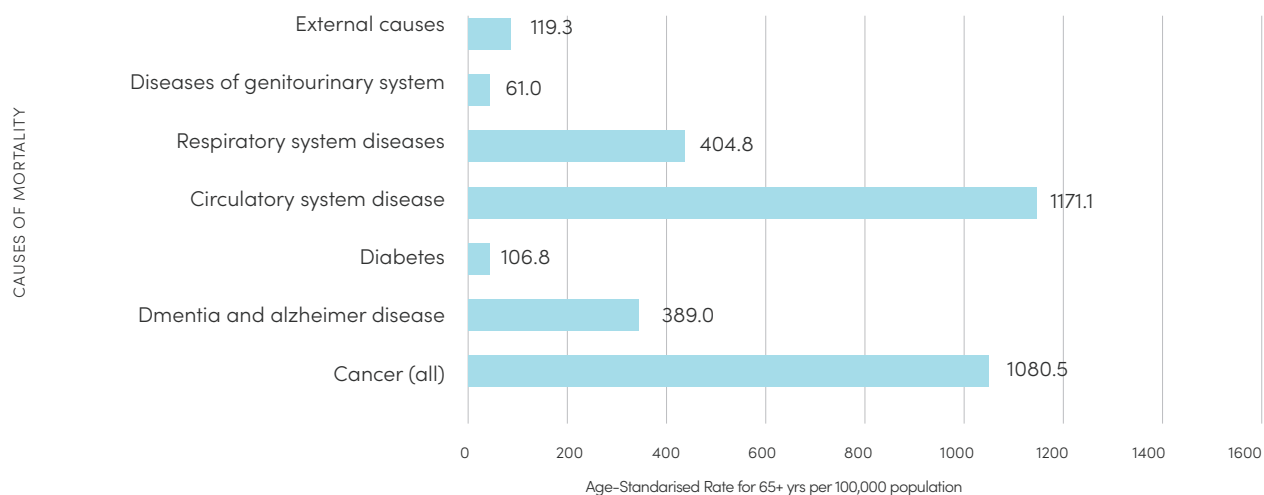
AGED CARE SERVICES IN OUR REGION



In 2020, there were **74.4** residential care places per 1,000 people aged 70 years+ in the HNECC PHN region (NSW 75.5) (Australia 74.8).

The availability of residential care varied throughout the HNECC PHN region as follows (by aged care planning region), Central Coast (70.3), New England (62.7), Mid-North Coast (70.3) and Hunter (81.0).

OLDER PERSON MORTALITY RATES IN THE HNECC PHN REGION, 2015-19



WHAT HAVE OLDER PEOPLE IN OUR REGION SAID?

WE NEED ...

Innovative mental health services within the community and in aged care



Workforce support in RACFs



Services to be inclusive of LGBTQIA+, CALD communities and cultural difference and awareness in aged care

Reduced barriers to health care such as cost, transport, health literacy, stigma around joining help programs and waiting times



Promoting independence, improved assistance in maintaining independence of the elderly community and healthy lifestyle choices



DATA SOURCES

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