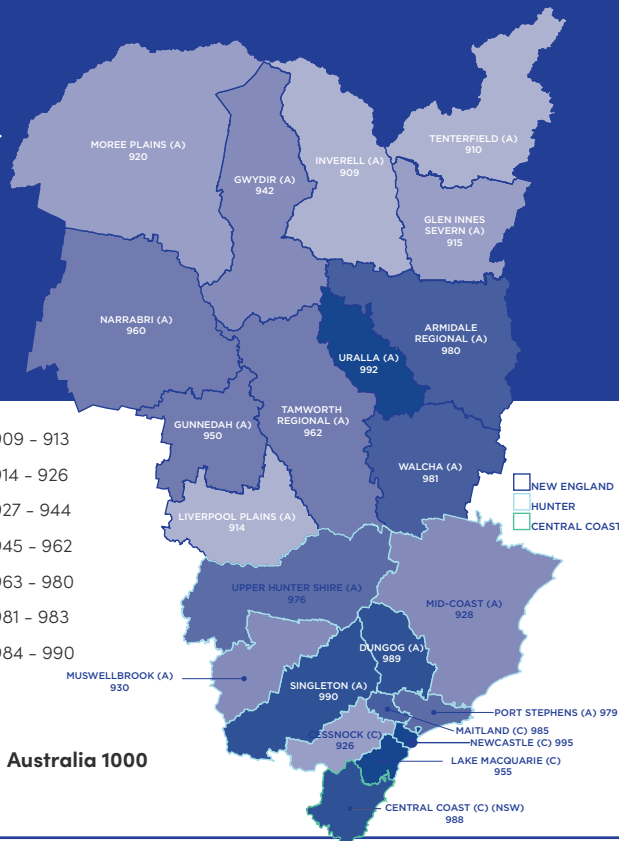


# Hunter New England and Central Coast PHN

## POPULATION HEALTH SNAPSHOT 2021



### OUR REGION

**82.3%** of the population were born in Australia (NSW 65.5%).

**79,405** of people in our region identify as Aboriginal and/or Torres Strait Islander. This is **6.4%** of the population (NSW 3.4%).

**75,884** people have a profound or severe disability this is **6.6%** of the population (NSW 5.6%)

Our region has a lower proportion of people from non-English Speaking backgrounds (**5.2%**) than the nation (17.9%).

The top two nationalities from people born in non-English speaking countries were **0.5%** born in the Philippines (Australia 1.0%) and **0.4%** of the population born in China (Australia 2.2%).

Our region spans across **133,812km<sup>2</sup>** we are the second largest PHN in New South Wales, with **23** Local Government Areas having mix of metropolitan, regional and rural areas. It reaches from just north of Sydney, across to the North West of NSW to the QLD border.

### 2020 ESTIMATED RESIDENT POPULATION

HNECC PHN population is over **1.2 million**

Based on the 2016 population of 1,247,661, the population is predicted to increase by **18.5%** by 2036 to **1,478,930** (NSW 28.2%).

In 2019, **18.9%** of the population were aged between 0-14 years (NSW 14.2%); and **12.1%** aged between 15-24 years (NSW 12.8%).

In 2019, **19.9%** of the population were aged 65+ years (NSW 14.2%); and **2.6%** of the population were 85+ years (NSW 2.2%).

### SOCIAL & ECONOMIC FACTORS IMPACTING HEALTH

In 2019, the unemployment rate was **5.5%** (Australia 5.2%)

In 2020, **11.4%** the population were receiving an unemployment benefit (NSW 9.0%).

In 2020, **13.0%** of young people aged 16-21 were receiving an unemployment benefit (NSW 8.1%).

In 2020, **11.2%** of people aged between 22-64 were receiving Jobseeker payment (Australia 9.9%).

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

In 2016, there were **25.4%** of low-income households in our region (Australia 20.9%).

In 2020, **67.4%** of the population aged 65+ years were receiving an age pension (Australia 61.1%)



### MENTAL HEALTH

In 2017-18, chronic mental and behavioral problems were experienced by **22.7 per 100 population** (Australia 20.1)

In 2017-18, high or very high psychological distress was experienced by **13.5 per 100 population** (Australia 12.9).

In 2018-19, there were **1,608** hospitalisations for intentional self-harm at a rate of **138.5 per 100,000 population** (NSW 90.7).

In 2018-19, **9.93%** of the population used GP mental health services through the MBS (Australia 8.77%).



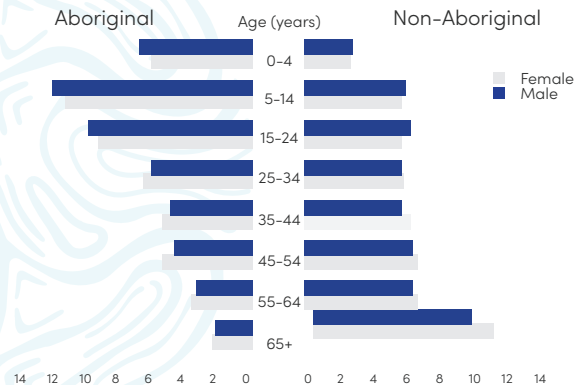
### SOCIO-ECONOMIC DISADVANTAGE

The socio-economic indexes for Areas (SEIFA) Index of Relative Disadvantage scores indicate the level of relative disadvantage in an area based on a range of economic and social measures.

The lower the score (lighter blue) the greater the relative disadvantage experienced in that community, higher scores (darker blue) indicate less disadvantage in general.

### AGE PROFILE BY ABORIGINALITY

Population by Aboriginality and age, Hunter New England and Central Coast PHN, NSW 2016



### SELF-ASSESSED HEALTH

In 2017-18:

**15.1** in every 100 people aged 15+ years in the HNECC PHN region rated their health as 'fair' or 'poor' (Australia 14.7).

### LIFE EXPECTANCY

In 2018

HNECC PHN	NSW
Males <b>79.3</b>	<b>81.5</b>
Females <b>83.3</b>	<b>85.7</b>



### MUMS AND BUBS



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

In 2019, **14.7%** of mothers smoked in pregnancy (NSW 8.9%)

In 2016-18, **6.7%** of babies born were low birth-weight babies (NSW 6.3%)

In 2019, a first trimester antenatal visit occurred in **87.0%** of pregnancies (NSW 79.6%).

## CHRONIC DISEASE RATES

In 2017-18:

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

Circulatory system disease **5.2 per 100** (NSW 4.1)

Asthma **13.5 per 100** (NSW 10.6)

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

Arthritis **17.5 per 100** (NSW 15.5)

Osteoporosis **3.9 per 100** (NSW 4.2)



## POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH)

In 2018/19, there were **38,524** potentially preventable hospitalisations at a rate of **2,724.8 per 100,000** population (NSW 2626.9).

COPD was the leading PPH condition at a rate of **340.2 per 100,000** population (NSW 293.6) followed by Cellulitis (**271.4**) (NSW 254.9) and Dental conditions (**269.7**) (NSW 241.5)



## IMMUNISATION

Who was fully immunised in mid-2021?

**95.90%** of 1-year old's (NSW 94.79%)

**94.46%** of 2-year old's (NSW 92.52%)

**96.75%** of 5-year-old's (NSW 95.00%)



## HPV

By mid-2017 HPV coverage for females ages 15 years was **85.5%** and for males was **81.6%** (NSW 83.0%; 78.2%, respectively)

## HEALTH RISKS

For every 100 adults in 2017-18:

**18.1** smoked tobacco (NSW 14.4)

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

**34.3** were overweight (NSW 35.0) and another **37.5** were obese (NSW 30.9)

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

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

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

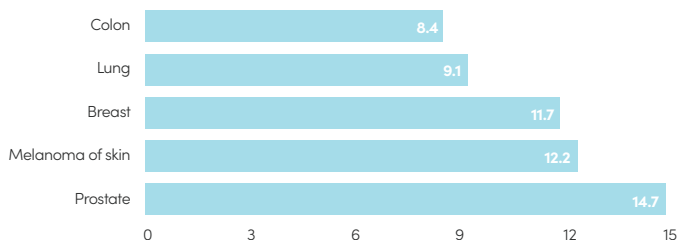


## CANCER INCIDENCE

Cancer incidence in 2010-2014 for all cancers was **578.6 per 100,000 population** (NSW 552.5).

The incidence rate for all cancers in 2017 for males was **601.2 per 100,000 population** (NSW 549.7) and for females was **444.3 per 100,000 population** (NSW 424.0).

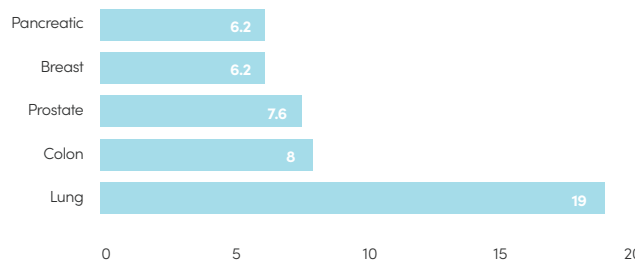
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION (%) OF CASES, 2013-2017) INCLUDED:



## CANCER MORTALITY

The mortality rate for all cancers in 2017 for males was **208.3 per 100,000 population** and for females was **132.8 per 100,000 population** (NSW 182.5; and 118.1, respectively)

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



## 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 2019-2020

**42.6%**

CALD WOMEN aged 50-74yrs (ALL WOMEN 55.1%)

Breast Screening for Aboriginal Women 2019-2020

**50.4%**

ABORIGINAL WOMEN aged 50-74yrs (ALL WOMEN 55.1%)

Cervical screening 2015-16

**57.6%**

20-69yrs (NSW 55.3%)

Bowel screening 2016-17

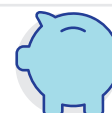
**40.9%**

(NSW 38.3%)



## ACCESS TO SERVICES

In 2014 **22,562** people experienced a barrier to health care access with cost being the main reason at a rate of **2.5 per 100 people** (NSW 2.5)



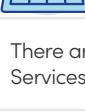
In 2014, **40,857** people experienced difficulty or couldn't get to places with transport at a rate of **4.1 per 100 people** (NSW 4.3)



In 2016, **6.4%** of the dwellings in our region do not have a motor vehicle (Australia 7.5%)



In 2016, **18.4%** of dwellings in our region were without an internet connection (Australia 14.1%)



There are **387** GENERAL PRACTICES, **9** Aboriginal Medical Services, **318** pharmacies and **44** Public Hospitals.



**547,103** patients presented to Emergency departments in 2017-18, **256,850** were semi-urgent presentations and **80,133** were non-urgent presentations. Some of these could have potentially been managed in general practice.

## DATA SOURCES

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- Australian Bureau of Statistics (2021). 2016 Census. www.censusdata.gov.au
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- HNECC PHN, Chilli data, 2021