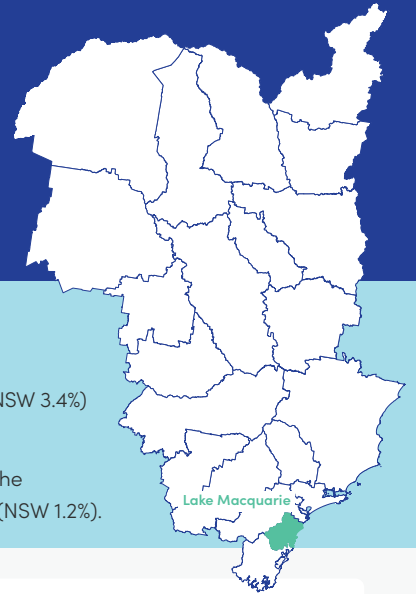


Lake Macquarie LGA

POPULATION HEALTH SNAPSHOT 2021



OUR PEOPLE

85.2% of the population were born in Australia (NSW 65.5%)

9,515 people identify as Aboriginal and/or Torres Strait Islander. This is **4.7%** of the population (NSW 3.4%)

12,905 people have a profound or severe disability this is **6.8%** of the population (NSW 5.6%)

The top two nationalities from people born in non-English speaking countries were **0.4%** of the population born in Germany (NSW 0.4%) and **0.4%** of the population born in the Philippines (NSW 1.2%).

2020 ESTIMATED RESIDENT POPULATION

Lake Macquarie LGA Population **207,775**

Based on the 2016 population of 202,847, the population is predicted to increase to 226,789 by 2036, at an annual rate of **0.56%**

In 2019, **18.9%** 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, **17.8%** of the population were aged 65+ years (NSW 14.2%); and **2.8%** of the population were 85+ years (NSW 2.2%).



CHILDREN & YOUTH

For every 100 children aged 2-17 years in 2017-18, **16.6** were overweight (NSW 17.0) and **8.7** were obese (NSW 7.4)

In 2018, **17.6%** of children were developmentally vulnerable on one or more domains (NSW 19.9%).



MUMS & BUBS

In 2019, the total fertility rate was **1.97** per female (NSW 1.76)

11.3% of mothers smoked in pregnancy in 2017-19 (NSW 8.9%)

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

A first trimester antenatal visit occurred in **87.6%** of pregnancies in 2017-2019 (NSW 76.8%).



OLDER PERSONS

There were **69.5%** of people aged 65+ years receiving aged pensioner in June 2020 (NSW 59.0%)

In June 2020, **10.3%** of the population aged 65+ years had a seniors health card (NSW 10.4%)

Life expectancy in 2018: Females **83.8** (NSW 85.7) Males **79.9** (NSW 81.5).



SOCIAL & ECONOMIC FACTORS IMPACTING HEALTH

In 2021, the unemployment rate was **7.7%** (Australia 6.0%)

In 2020, the proportion of the population receiving an unemployment benefit was **9.9%** (NSW 9.0%)

In 2020, **11.5%** of young people 16-21 were receiving an unemployment benefit (NSW 8.1%)

In 2020, **9.7%** of people aged between 22-64 were receiving Jobseeker payment (NSW 9.1%)

In 2016, **0.3%** of people born overseas reported poor proficiency in English (NSW 3.8%)

In 2016, the SEIFA Index of Relative Socioeconomic Disadvantage score was **995**, Lake Macquarie LGA was more disadvantaged than Australia (1000).



IMMUNISATION

Who was fully immunised in 2020-21?

95.8% of 1-year old's (NSW 94.9%)

94.7% of 2-year old's (NSW 92.3%)

96.8% of 5-year old's (NSW 95.0%)

HPV VACCINATION

By mid-2017 HPV coverage for females aged 15 years was **82.8%** and for males was **77.4%**. (NSW 83.0%; 78.2%, respectively)

MENTAL HEALTH

High or very high psychological distress was experienced by **13.5 of every 100 adults** in 2017-18 (NSW 12.4; Australia 12.9)

Mental and behavioural problems were experienced by **22.8 of every 100 people** in 2017-18 (NSW 18.8)

There were **307 hospitalisations for intentional self-harm** in 2017-19 at a rate of **149.6** per 100,000 people (NSW 93.0)

Between 2014-18, **117** people died by suicide at an average annual rate of **12.9** per 100,000 population (NSW 11.0).



HEALTH RISKS

For every 100 adults in 2017-18:

16.4 smoked **tobacco** (NSW 14.4)

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

34.9 were **overweight** (NSW 35.0)

34.8 were **obese** (NSW 30.9)

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

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

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



CHRONIC DISEASE RATES

For every 100 adults in 2017-18:

Diabetes mellitus **4.5 per 100** (NSW 5.2)

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

Asthma **13.4 per 100** (NSW 10.6)

COPD **2.5 per 100** (NSW 2.2)

Arthritis **18.8 per 100** (NSW 15.5)

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



POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH)

In 2018/19, there were **5,817** potentially preventable hospitalisations at a rate of **2,504.4 per 100,000** population (NSW 2,626.9)

Congestive cardiac failure was the leading PPH condition at a rate of **299.2 per 100,000** population (NSW 242.8) followed by COPD (**276.4**) (NSW 260.6) and Dental conditions (**266.5**) (NSW 241.5).

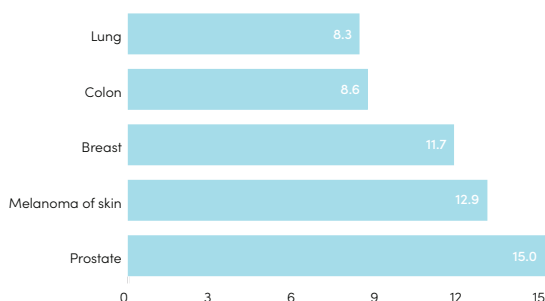


CANCER INCIDENCE

Cancer incidence in 2010-2014 for all cancers was **576.5 per 100,000** population (NSW 552.5)

The age-standardised incidence rate for all cancers in 2017 for males was **600.0 per 100,000 population** (NSW 549.7) and for females was **463.0 per 100,000 population** (NSW 424.0).

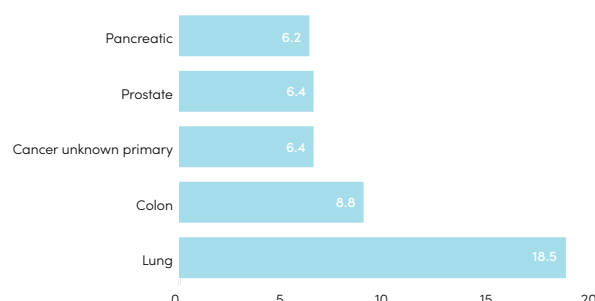
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION OF CASES %, 2013-2017) INCLUDED:



CANCER MORTALITY

The age-standardised mortality rate for all cancers in 2017 for males was **231.0 per 100,000** population and for females was **148.1 per 100,000** population (NSW 182.5; and 118.1, respectively).

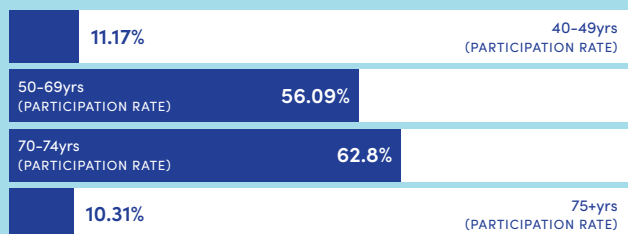
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION OF DEATHS %, 2013-17) INCLUDED:



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 **2,514 people** experienced a barrier to health care access with **cost** being the main reason at a rate of **1.7 per 100 people** (NSW 2.5).



In 2014 **6,460 people** experienced difficulty or couldn't get to places with **transport** at a rate of **3.9 per 100 people** (NSW 4.3).

In 2016 **81.3%** of houses were able to access the **internet** (NSW 82.5%).



70,176 patients presented to Emergency departments in 2017-18, **34,840 were semi-urgent** presentations and **10,352 were non-urgent** presentations. Some of these could have potentially been managed in general practice.

There are **50 x General Practices** in the area and for every full-time GP there are 847 patients.



There is **1 x Public Hospital**.



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