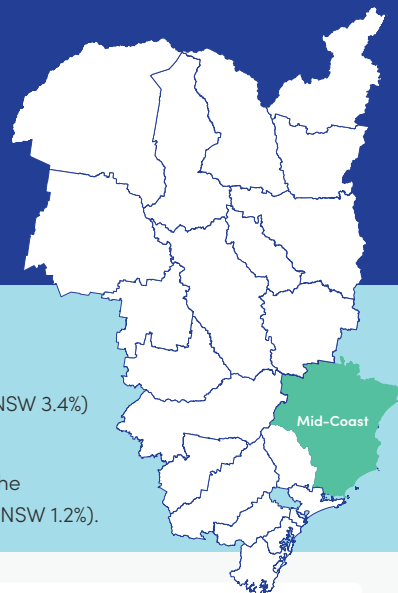


# Mid-Coast LGA

## POPULATION HEALTH SNAPSHOT 2021



### OUR PEOPLE

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

**6,834** people identify as Aboriginal and/or Torres Strait Islander. This is **7.4%** of the population (NSW 3.4%)

**7,308** people have a profound or severe disability this is **8.7%** 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 **0.3%** of the population born in the Philippines (NSW 1.2%).

### 2020 ESTIMATED RESIDENT POPULATION

Mid-Coast LGA Population **94,395**

Based on the 2016 population of 91,958, the population is predicted to increase to 96,274 by 2036, at an annual rate of **0.23%**

In 2019, **15.6%** of the population were aged between 0-14 years (NSW 18.5%) and **9.3%** aged between 15-24 years (NSW 12.8%)

In 2019, **27.2%** of the population were aged 65+ years (NSW 14.2%); and **3.8%** of the population were 85+ years (NSW 2.2%).



### CHILDREN & YOUTH

For every 100 children aged 2-17 years in 2017-18, **16.9** were overweight (NSW 17.0) and **10.9** were obese (NSW 7.4)

In 2018, **23.7%** of children were developmentally vulnerable on one or more domains (NSW 19.9%).



### MUMS & BUBS

In 2019, the total fertility rate was **2.19** per female (NSW 1.76)

**21.1%** of mothers smoked in pregnancy in 2017-19 (NSW 8.9%)

In 2016-18 **7.6%** of babies born were low birth-weight babies (NSW 6.3%)

A first trimester antenatal visit occurred in **81.5%** 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, **9.5%** of the population aged 65+ years had a seniors health card (NSW 10.4%)

Life expectancy in 2018: Females **84.5** (NSW 85.7) Males **79.9** (NSW 81.5).



### SOCIAL & ECONOMIC FACTORS IMPACTING HEALTH

In 2021, the unemployment rate was **8.4%** (Australia 6.0%)

In 2020, the proportion of the population receiving an unemployment benefit was **16.3%** (NSW 9.0%)

In 2020, **19.5%** of young people 16-21 were receiving an unemployment benefit (NSW 8.1%)

In 2020, **15.9%** of people aged between 22-64 were receiving Jobseeker payment (NSW 9.1%)

In 2016, **0.2%** of people born overseas reported poor proficiency in English (NSW 3.8%)

In 2016, the SEIFA Index of Relative Socioeconomic Disadvantage score was **928**, Mid-Coast LGA was more disadvantaged than Australia (1000).



### IMMUNISATION

Who was fully immunised in 2020-21?  
(Gloucester; Great Lakes; Greater Taree, respectively)  
**100.0%, 93.6%, 94.0%** of 1 year old's (NSW 94.9%)  
**100.0%, 90.6%, 91.7%** of 2-year old's (NSW 92.3%)  
**97.7%, 95.4%, 96.1%** of 5-year old's (NSW 95.0%).

### HPV VACCINATION

By mid-2017 HPV coverage for females aged 15 years was **83.5%** and for males was **75.9%**.  
(NSW 83.0%; 78.2%, respectively)

### MENTAL HEALTH

High or very high psychological distress was experienced by **14.0 of every 100 adults** in 2017-18 (NSW 12.4; Australia 12.9)

Mental and behavioural problems were experienced by **23.5 of every 100 people** in 2017-18 (NSW 18.8)

There were **149 hospitalisations for intentional self-harm** in 2017-19 at a rate of **160.9** per 100,000 people (NSW 93.0).

Between 2014-18, **64** people died by suicide at an average annual rate of **16.2** per 100,000 population (NSW 11.0).



### HEALTH RISKS

For every 100 adults in 2017-18:  
**20.3** smoked **tobacco** (NSW 14.4)  
**18.8** consumed **alcohol** at high risk (NSW 15.5)  
**34.9** were **overweight** (NSW 35.0)  
**35.3** were **obese** (NSW 30.9)  
**23.6** had **high blood pressure** (NSW 23.1)  
**47.5** ate adequate **fruit** (NSW 52.5)  
**67.8** undertook low or no **exercise** (NSW 65.3)



## CHRONIC DISEASE RATES

For every 100 adults in 2017-18:

Diabetes mellitus **5.1 per 100** (NSW 5.2)

Circulatory system disease **5.1 per 100** (NSW 4.1)

Asthma **13.7 per 100** (NSW 10.6)

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

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

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



## POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH)

In 2018/19, there were **3,622** potentially preventable hospitalisations at a rate of **2,778.7 per 100,000** population (NSW 2,626.9)



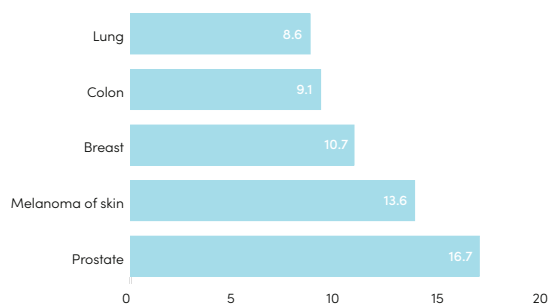
COPD was the leading PPH condition at a rate of **392.3 per 100,000** population (NSW 260.6) followed by Cellulitis (**293.7**) (NSW 231.9) and Iron deficiency anaemia (**293.2**) (NSW 190.3).

## CANCER INCIDENCE

Cancer incidence in 2010-2014 for all cancers was **580.8 per 100,000** population (NSW 552.5)

The age-standardised incidence rate for all cancers in 2017 for males was **604.0 per 100,000 population** (NSW 549.7) and for females was **419.4 per 100,000 population** (NSW 424.0).

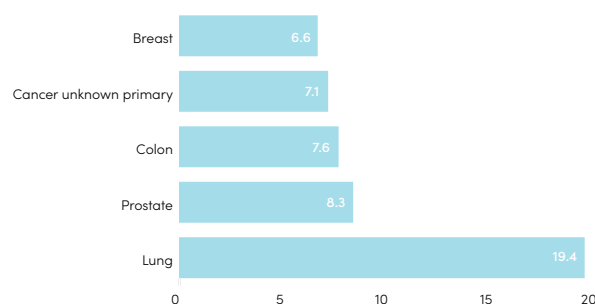
TOP FIVE MOST COMMON CANCER TYPES (PROPORTION OF CASES %, 2013-2017) INCLUDED:



## CANCER MORTALITY

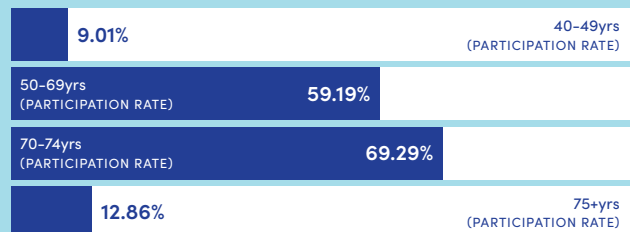
The age-standardised mortality rate for all cancers in 2017 for males was **198.8 per 100,000** population and for females was **110.0 per 100,000** population (NSW 182.5; and 118.1, respectively).

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



## SCREENING PARTICIPATION

### Breast Screening 2019-20



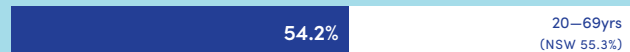
### Breast Screening for Culturally & Linguistically Diverse Women 2019-20



### Breast Screening for Aboriginal Women 2019-20



### Cervical Screening 2015-16

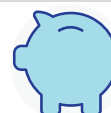


### Bowel Screening 2016-17



## ACCESS TO SERVICES

In 2014 **1,910 people** experienced a barrier to health care access with **cost** being the main reason at a rate of **3.4 per 100 people** (NSW 2.5).



In 2014 **3,316 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 **74%** of houses were able to access the **internet** (NSW 82.5%).



**42,794 patients** presented to Emergency departments in 2017-18, **13,994 were semi-urgent** presentations and **11,913 were non-urgent** presentations. Some of these could have potentially been managed in general practice.

There are **31 x General Practices** in the area and for every full-time GP there are 812 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