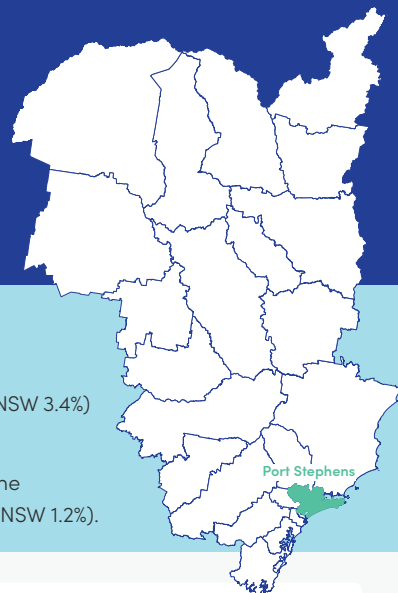


# Port Stephens LGA

## POPULATION HEALTH SNAPSHOT 2021



### OUR PEOPLE

**80.9%** of the population were born in Australia (NSW 65.5%)

**4,068** people identify as Aboriginal and/or Torres Strait Islander. This is **5.7%** of the population (NSW 3.4%)

**4,398** 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 **0.5%** 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

Port Stephens LGA Population **74,506**

Based on the 2016 population of 71,118, the population is predicted to increase to 92,667 by 2036, at an annual rate of **1.33%**

In 2019, **17.9%** of the population were aged between 0-14 years (NSW 18.5%) and **10.9%** aged between 15-24 years (NSW 12.8%)

In 2019, **21.4%** of the population were aged 65+ years (NSW 14.2%); and **2.6%** of the population were 85+ years (NSW 2.2%).



### CHILDREN & YOUTH

For every 100 children aged 2-17 years in 2017-18, **16.5** were overweight (NSW 17.0) and **10.3** were obese (NSW 7.4)

In 2018, **18.4%** 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)

**15.0%** of mothers smoked in pregnancy in 2017-19 (NSW 8.9%)

In 2016-18, **6.9%** of babies born were low birth-weight babies (NSW 6.3%)

A first trimester antenatal visit occurred in **88.2%** of pregnancies in 2017-2019 (NSW 76.8%).



### OLDER PERSONS

There were **64.9%** of people aged 65+ years receiving aged pensioner in June 2020 (NSW 59.0%)

In June 2020, **9.4%** of the population aged 65+ years had a seniors health card (NSW 10.4%)

Life expectancy in 2018: Females **84.6** (NSW 85.7) Males **80.7** (NSW 81.5).



### SOCIAL & ECONOMIC FACTORS IMPACTING HEALTH

In 2021, the unemployment rate was **6.7%** (Australia 6.0%)

In 2020, the proportion of the population receiving an unemployment benefit was **12.6%** (NSW 9.0%)

In 2020, **15.3%** of young people 16-21 were receiving an unemployment benefit (NSW 8.1%)

In 2020, **12.2%** 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 **979**, Port Stephens LGA was more disadvantaged than Australia (1000).



### IMMUNISATION

Who was fully immunised in 2020-21?

**96.9%** of 1-year old's (NSW 94.9%)

**94.5%** of 2-year old's (NSW 92.3%)

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

### HPV VACCINATION

By mid-2017 HPV coverage for females aged 15 years was **82.7%** and for males was **71.8%** (NSW 83.0%; 78.2%, respectively).

### MENTAL HEALTH

High or very high psychological distress was experienced by **13.4 of every 100 adults** in 2017-18 (NSW 12.4; Australia 12.9)

Mental and behavioural problems were experienced by **21.5 of every 100 people** in 2017-18 (NSW 18.8)

There were **108 hospitalisations for intentional self-harm** in 2017-19 at a rate of **144.3** per 100,000 people (NSW 93.0)

Between 2014-18, **52** people died by suicide at an average annual rate of **16.4** per 100,000 population (NSW 11.0).



### HEALTH RISKS

For every 100 adults in 2017-18:

**17.4** smoked **tobacco** (NSW 14.4)

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

**35.3** were **overweight** (NSW 35.0)

**35.7** were **obese** (NSW 30.9)

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

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

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



## CHRONIC DISEASE RATES

For every 100 adults in 2017-18:

Diabetes mellitus **4.3 per 100** (NSW 5.2)

Circulatory system disease **5.6 per 100** (NSW 4.1)

Asthma **12.7 per 100** (NSW 10.6)

COPD **2.4 per 100** (NSW 2.2)

Arthritis **17.7 per 100** (NSW 15.5)

Osteoporosis **4.1 per 100** (NSW 4.2)



## POTENTIALLY PREVENTABLE HOSPITALISATIONS (PPH)

In 2018/19, there were **1,820** potentially preventable hospitalisations at a rate of **2,076.5 per 100,000** population (NSW 2,626.9)



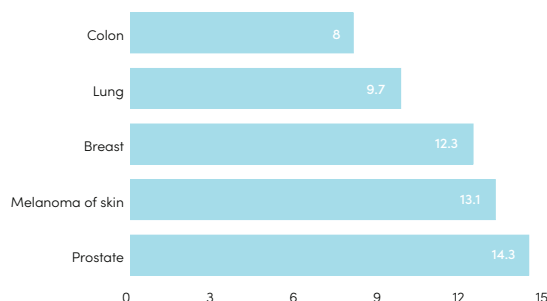
Gestative cardiac failure was the leading PPH condition at a rate of **229.1 per 100,000** population (NSW 242.8) followed by COPD (**208.5**) (NSW 260.6) and Cellulitis (**196.5**) (NSW 231.9).

## CANCER INCIDENCE

Cancer incidence in 2010-2014 for all cancers was **580.9 per 100,000** population (NSW 552.5)

The age-standardised incidence rate for all cancers in 2017 for males was **550.9 per 100,000** population (NSW 549.7) and for females was **468.3 per 100,000** population (NSW 424.0).

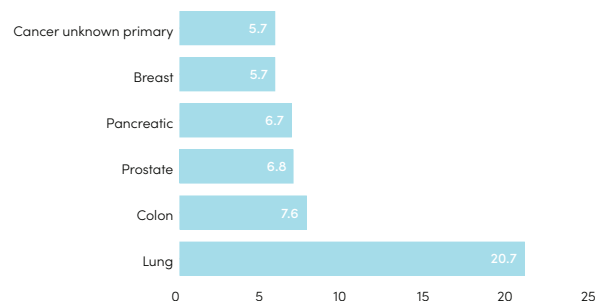
TOP FIVE MOST COMMON CANCER TYPES  
(PROPORTION OF CASES %, 2013-2017) INCLUDED:



## CANCER MORTALITY

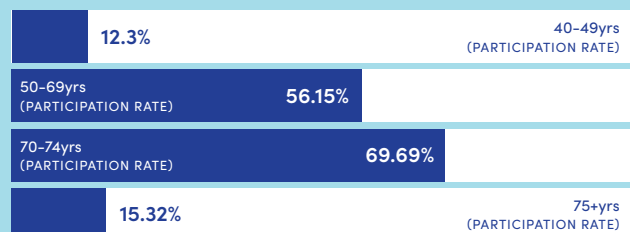
The age-standardised mortality rate for all cancers in 2017 for males was **201.9 per 100,000** population and for females was **125.9 per 100,000** population (NSW 182.5; and 118.1, respectively).

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

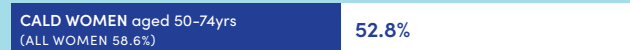


## SCREENING PARTICIPATION

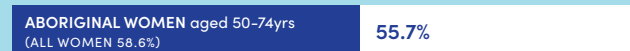
### Breast Screening 2019-20



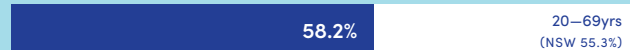
### Breast Screening for Culturally & Linguistically Diverse Women 2019-20



### Breast Screening for Aboriginal Women 2019-20



### Cervical Screening 2015-16

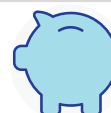


### Bowel Screening 2016-17



## ACCESS TO SERVICES

In 2014 **1,168 people** experienced a barrier to health care access with **cost** being the main reason at a rate of **2.4 per 100 people** (NSW 2.5).



In 2014 **2,199 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 **80.2%** of houses were able to access the **internet** (NSW 82.5%).



**26,336 patients** presented to Emergency departments in 2017-18, **13,495 were semi-urgent** presentations and **2,922 were non-urgent** presentations. Some of these could have potentially been managed in general practice.

There are **23 x General Practices** in the area and for every full-time GP there are 827 patients.



There is **1 x Public Hospital**.



## DATA SOURCES

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

- NSW Government Health (2021) [Immunisation Programs](#)  
- 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