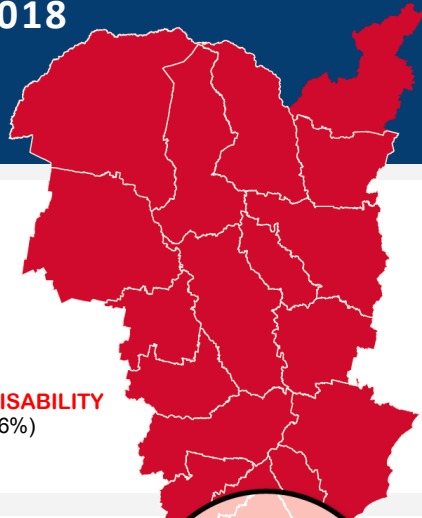


# POPULATION HEALTH SNAPSHOT 2018

## Central Coast LGA



### OUR PEOPLE



**12,485 PEOPLE IDENTIFY AS ABORIGINAL AND TORRES STRAIT ISLANDER** this is **3.8%** of the population (NSW 2.9%)

**78.8%** of the population was **BORN IN AUSTRALIA** (NSW 65.5%)

**20,818 PEOPLE** have a **PROFOUND OR SEVERE DISABILITY** this is **6.7%** of the population (NSW 5.6%)

### SOCIAL AND ECONOMIC FACTORS IMPACTING HEALTH

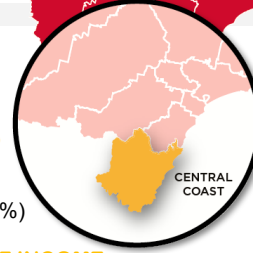
The SEIFA Index of Relative Socioeconomic Disadvantage score is **989**, the **CENTRAL COAST** is **MORE DISADVANTAGED** than **AUSTRALIA** (1000)

The **UNEMPLOYMENT RATE** in 2017 was **6.5%** (NSW 4.8%)

**24.7 in 100** people had **GOVERNMENT SUPPORT AS THEIR MAIN SOURCE OF INCOME** for 13 months or more in 2013 and 2014 (NSW 20.4)



**83.7%** of **15 - 24 YEAR OLDS** were **EARNING OR LEARNING** in 2016 (NSW 85%)



**POPULATION**  
**327,736**

The population will grow to approximately **415,050** in **2036**

**18.4%** of the population are aged **0-14 years** (NSW 18.5%)

**20.9%** of the population are aged **65 years +** (NSW 16.3%)

### HEALTH RISKS

FOR EVERY 100 ADULTS IN 2014-15:



**20.1 SMOKED** (NSW 16)

**19.5** consumed **ALCOHOL** at **HIGH RISK** (NSW 16.7)



**36.4** were **OVERWEIGHT** (NSW 37.4) and another **31.7** were **OBESE** (NSW 28.2)

**48.1** **ATE ENOUGH FRUIT** (NSW 49.2)



**68.1** had **LOW OR NO EXERCISE** (NSW 67.1)

### MUMS AND BUBS

The **TOTAL FERTILITY RATE** in 2013-15 was **2.0 BIRTHS PER WOMAN** (NSW 1.9)

**12.3%** of mothers **SMOKED IN PREGNANCY** in 2014-16 which was **SIGNIFICANTLY HIGHER** than the **NSW AVERAGE**



**5%** of babies born in 2012-14 were **LOW BIRTH-WEIGHT** (NSW 5.2%)

A **FIRST TRIMESTER ANTENATAL VISIT** occurred in **49.1%** of pregnancies in 2014-16 which was **SIGNIFICANTLY LOWER** than the **NSW AVERAGE**

### IMMUNISATION

WHO WAS FULLY IMMUNISED IN 2016-17?

**1 YEAR OLDS - 94.5%** (Gosford), **96.6%** (Wyong), (Aust. 93.8%)

**2 YEAR OLDS - 92.1%** (Gosford), **93.8%** (Wyong), (Aust. 90.9%)

**5 YEAR OLDS - 94.2%** (Gosford), **96.3%** (Wyong) (Aust. 93.5%)



### MENTAL HEALTH

**HIGH OR VERY HIGH PSYCHOLOGICAL DISTRESS** was experienced by **12.4** of every 100 adults in 2014-15 (NSW 11)

**CHRONIC MENTAL AND BEHAVIOURAL PROBLEMS** were experienced by **14.9** of every 100 people in 2011-12 (NSW 13.1)

There were **507 HOSPITALISATIONS** for **INTENTIONAL SELF-HARM** in 2014-16 at a rate of **151.7** per 100,000 people which was **SIGNIFICANTLY HIGHER** than the **NSW RATE**



**451 PEOPLE DIED BY SUICIDE** between 2000 and 2013

### RATES OF CHRONIC DISEASE

**DIABETES MELLITUS**  
**4.8** per 100 (NSW 5.8)

**HIGH CHOLESTEROL**  
**32.9** per 100 (NSW 32.4)

**CIRCULATORY SYSTEM DISEASE**  
**18.6** per 100 (NSW 17.8)

**ASTHMA**  
**10.8** per 100 (NSW 9.6)

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE**  
**3.1** per 100 (NSW 2.6)

**ARTHRITIS**  
**16.6** per 100 (NSW 15.3)  
(2011-12)

For every 100 people of working age there are **65** who aren't

There are **201 people per km<sup>2</sup>** (NSW 10)

# POPULATION HEALTH SNAPSHOT 2018

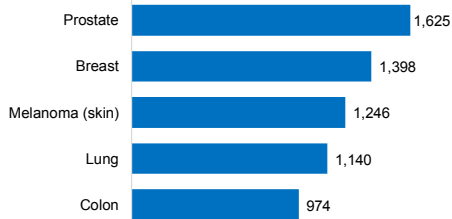
## Central Coast LGA

### CANCER INCIDENCE

Most COMMON CANCER TYPES  
(number of cases, 2009-13)

**2,312 NEW CASES**  
of cancer were  
diagnosed in 2013

**CANCER INCIDENCE**  
in 2013  
(Gosford 523.5, Wyong  
546.4 per 100,000)  
was **HIGHER THAN**  
**THE NSW RATE (500.5)**



The Central Coast is a **MELANOMA HOTSPOT**

### CANCER MORTALITY

**911 PEOPLE DIED FROM**  
**CANCER** in 2013

The mortality rate (Gosford 174,  
Wyong 194.6 per 100,000) was  
**HIGHER THAN THE NSW**  
**RATE (170)**



### HPV VACCINATION

**88.4%** of teenaged **GIRLS** and **77.2%** of  
**BOYS** in 2016 were fully **VACCINATED**  
**AGAINST HPV** (NSW 82.5%, 69.9%)

### SERVICES WE COMMISSION ON THE CENTRAL COAST

Cancer  
Screening &  
Immunisation  
Clinics

Mental Health  
& Suicide  
Prevention  
Services

Drug &  
Alcohol  
Treatment  
Services

Indigenous  
Health &  
Mental Health  
Services

Headspace  
centres

GP After  
Hours  
Services

### CANCER SCREENING PARTICIPATION 2015-16

There are **LOWER BREAST SCREENING** rates amongst  
**ABORIGINAL AND TORRES STRAIT ISLANDER (33.2%)**,  
and **CULTURALLY AND LINGUISTICALLY DIVERSE (43.5%)** women

Breast Screening  
(NSW 53%)

**49.7%**

**22,046 WOMEN UNSCREENED**

Cervical Screening  
(NSW 56.3%)

**57.7%**

**37,806 WOMEN UNSCREENED**

Bowel Screening  
(NSW 37.8%)

**37.7%**

**17,859 PEOPLE UNSCREENED**

### POTENTIALLY PREVENTABLE HOSPITALISATIONS

Between 2014 and 2016 there were **7,590.6 POTENTIALLY  
PREVENTABLE HOSPITALISATIONS EACH YEAR**  
at a rate of 2,272.2 per 100,000  
This was **SIGNIFICANTLY HIGHER THAN**  
**THE NSW RATE (2,104.2)**



### ACCESS TO SERVICES

In 2014 **6,936 PEOPLE** experienced a **BARRIER TO HEALTH CARE ACCESS**  
with **COST BEING THE MAIN REASON** at a rate of 3.0 per 100 people (NSW 2.5)

In 2014 **11,396 PEOPLE** experienced difficulty or  
**COULDN'T GET TO PLACES WITH TRANSPORT**  
at a rate of 4.3 per 100 people (NSW 4.3)



In 2016 **80.6% OF HOUSES** were able to **ACCESS THE INTERNET** (NSW 82.5%)

There are **104 GENERAL PRACTICES** in the area  
and **FOR EVERY FULL-TIME GP THERE ARE 1,043 PEOPLE**



There are **2 ABORIGINAL MEDICAL SERVICES** and **2 PUBLIC HOSPITALS**



**130,998** patients presented to the Gosford and Wyong **EMERGENCY DEPARTMENTS** in 2016-17,  
**69,229** were **SEMI OR NON-URGENT PRESENTATIONS**  
and could have been managed in general practice

### DATA SOURCES

> Australian Government Department of Jobs and Small Business (2018). *Small Area Labour Markets*. [www.jobs.gov.au](http://www.jobs.gov.au) > Australian Bureau of Statistics (2017). *2016 Census Quickstats*. [www.censusdata.gov.au](http://www.censusdata.gov.au) > Australian Institute of Health and Welfare (2018). *MyHealthy Communities*. [www.myhealthycommunities.gov.au](http://www.myhealthycommunities.gov.au) > Australian Institute of Health and Welfare (2018). *MyHospitals*. [www.myhospitals.gov.au](http://www.myhospitals.gov.au) > Cancer Institute NSW (2017). *Cancer Statistics NSW*. [www.cancerinstitute.org.au](http://www.cancerinstitute.org.au) > Cancer Institute NSW (2017). *Reporting for Better Cancer Outcomes Performance Report 2017: Hunter New England and Central Coast PHN*. Cancer Institute NSW. > Centre for Epidemiology and Evidence (2018). *HealthStats NSW*. [www.healthstats.nsw.gov.au](http://www.healthstats.nsw.gov.au) > NSW Department of Planning and Environment (2017). *2016 NSW Projection Data by LGA*. [www.planning.nsw.gov.au](http://www.planning.nsw.gov.au) > Public Health Information Development Unit (2017). *Social Health Atlas of Australia: Data by Local Government Area*. [www.phidu.torrens.edu.au](http://www.phidu.torrens.edu.au)