

Health Snapshot for South Eastern NSW PHN

Population

664,256
total population

22%
aged over 65 years



> 33,180 (5.2%)
people identify as Aboriginal and Torres Strait Islander



Region is home to **3.4%** of Australia's Aboriginal population, and **9.8%** of the total Aboriginal population in NSW



62,349 (9.7%)
culturally and linguistically diverse people

Top 3 non-English speaking countries of birth

1. India
2. North Macedonia
3. Italy



10.4%
non-English speaking at home

Top 3 non-English languages spoken at home

1. Macedonian
2. Italian
3. Arabic



15.6% projected population growth between 2021-2031

Health and related services



808 GPs
375 practice nurses



199
general practices



2 Local Health Districts (LHDs)



75 residential aged care facilities

63 home care services



22 public hospitals

16 emergency departments

30 community health centres

134 home support outlets

Social determinants



29% of the population experience high socio-economic disadvantage

Lower than NSW and Australian average for median weekly income for household, families and individuals in several areas of the region.



4.4% average unemployment rate



Social isolation - 10.9% of the resident population live alone

11.5% experiencing financial stress from rent or mortgage*



'health care and social assistance'

industry being the highest category for the employed population.

6.3% have no motor vehicle*

**of occupied private dwellings*



Chronic conditions

Top 5 causes of death in the region:

1. coronary heart disease
2. dementia (including alzheimer's)
3. cerebrovascular disease
4. lung cancer
5. chronic obstructive pulmonary disease



Aboriginal health

Poorer status

on all social determinants of health:

- unemployment
- inadequate housing
- lower educational attainment
- vulnerability to childhood development risks
- poverty



Higher prevalence of most health and lifestyle risk factors and consequently a higher prevalence of most major long-term conditions.

Mental health and suicide prevention

Higher than NSW and Australian average estimates for:

- prevalence of long term mental or behavioural problems
- high or very high psychological distress



Higher than NSW and Australian rates for:

- suicide deaths
- intentional self-harm related hospitalisations



Alcohol and other drugs

Higher than NSW and Australian average prevalence figures for:

- high risk alcohol consumption
- smoking



South Eastern NSW PHN had the 4th highest age-standardised rates of alcohol attributable hospitalisation among all 10 PHNs in NSW, with rates among males being almost two times higher than females.

