

Aboriginal Health Snapshot for South Eastern NSW PHN

Population (South Eastern NSW/Australia)



33,180
people are identified as
Aboriginal and Torres
Strait Islander
= 5.2%
of total population
for the region
(higher than NSW and Australian
average proportions)



6.8%
of Aboriginal people are
aged 65 years and over,
whereas for non-Aboriginal
people, 22.4% are aged 65 years
and over.

Social determinants (South Eastern NSW/Australia)

2.3 x higher*
unemployment
rate



1.3 x more likely*
to have a low
education



**1.6 x more
likely***
to be in a very
low-income
household



Significantly more likely*
to be residing in overcrowded
households



*than non-Aboriginal people

Health status (Australia / NSW / South Eastern NSW)

Aboriginal adults in NSW:



80.1%
were either obese
or overweight



28.3%
had high or very
high levels of
psychological distress



24.1%
were daily or
occasional smokers



28%
of First Nations
peoples had
used an illicit
drug in the last
12 months

(Aboriginal persons aged
14 and over)

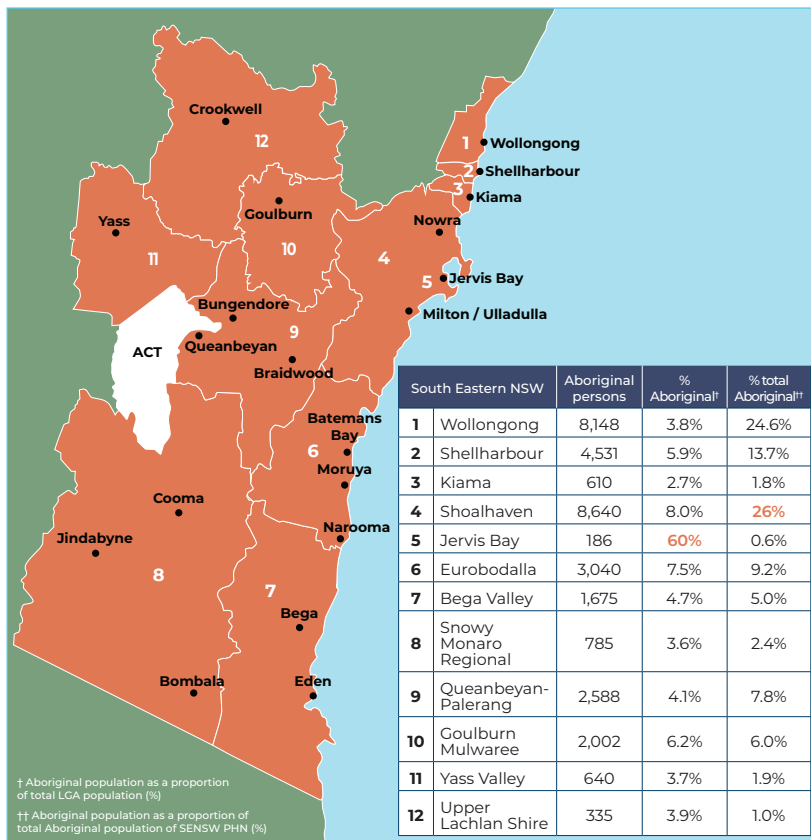
Maternal health (South Eastern NSW)



Significantly higher*
proportions of low birth weight babies
and preterm births



Very significantly higher*
proportion of Aboriginal mothers were
found to be smoking during pregnancy
compared to non-Aboriginal mothers



Health service utilisation (NSW)



1.4 x higher*
fall-related hospitalisation rates
2.5 x higher*
total potentially preventable
hospitalisation rates
3 x higher*
for chronic conditions category
of potentially preventable
hospitalisation rates

2 x higher*
rates of alcohol attributable
hospitalisation

*than non-Aboriginal people

First Nations Health Checks (South Eastern NSW)

24.5%
of First Nations
peoples in the SENSW
catchment had received
a First Nations health check
compared to the National figure of 27.9%



Preventative health (South Eastern NSW)

Immunisation (June 2025 figures)

1 year = 89.1%

(higher than Australian national
rate but lower than South Eastern
NSW PHN non-Aboriginal rates for
same age)

2 year = 89.4%

(higher than Australian national
rate and NSW state rate, but lower than South
Eastern NSW PHN non-Aboriginal rate)

5 year = 94.9%

(higher than Australian and South Eastern NSW
PHN non-Aboriginal rates, but lower than NSW
state rate)



Lifestyle factors (NSW)

Higher rates* of
insufficient physical activity

Less likely* to be
consuming recommended
daily intake of fruits and
vegetables

*than non-Aboriginal people



Note: In this report the term Aboriginal respectfully refers to persons identified as Aboriginal and/or Torres Strait Islander. Additionally different time periods are applicable for different indicators illustrated in this snapshot.