

Aboriginal Health Snapshot for South Eastern NSW PHN

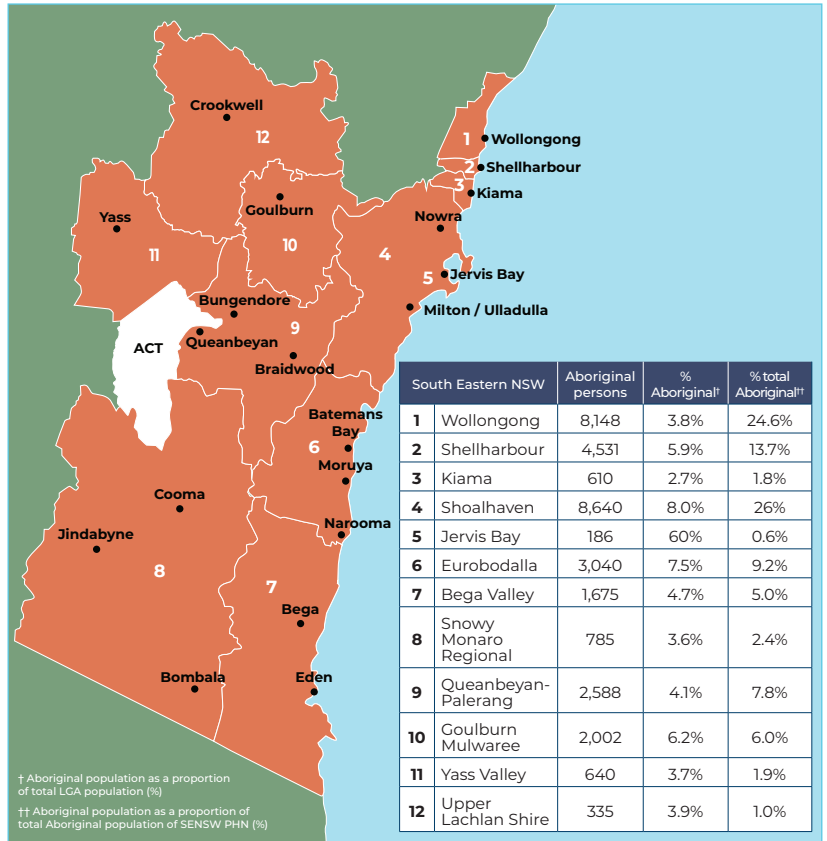
Population (South Eastern NSW/Australia)



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:

71.7% were either obese or overweight

28.3% had high or very high levels of psychological distress

21.9% were daily 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)

24.6% 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 (Dec 2023 figures)

1 year = 92.7%
(higher than Australian national rate but lower than South Eastern NSW PHN non-Aboriginal rates for same age)

2 year = 91.3%
(higher than Australian national rate and NSW state rate, but lower than South Eastern NSW PHN non-Aboriginal rate)

5 year = 95.7%
(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.