

# Health Snapshot for South Eastern NSW PHN

## Population

**648,806** total population **21.6%** 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

**12.3%** projected population growth between 2020-2030

## Health and related services

**771 GPs** **373** practice nurses **199** general practices

**2** Local Health Districts (LHDs) **78** residential aged care facilities

**22** public hospitals **16** emergency departments **30** community health centres

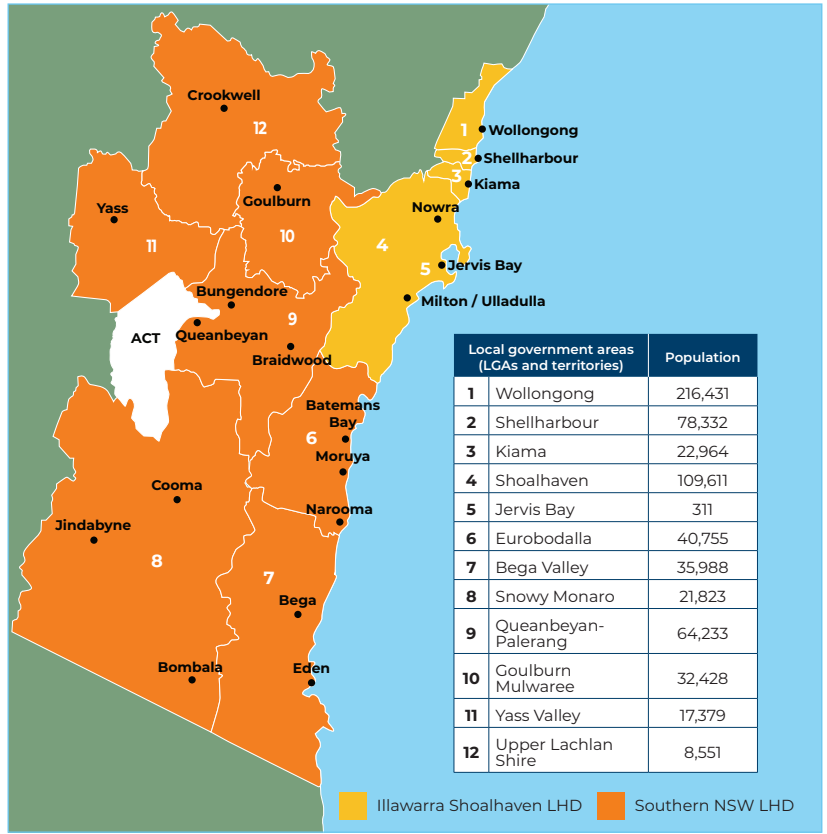
## Social determinants

**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.

**3.1%** average unemployment rate **'health care and social assistance'**

**Social isolation - 10.9%** of the resident population live alone

**11.5%** experiencing financial stress from rent or mortgage\* **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.