

# Health Snapshot for South Eastern NSW PHN

## Population

**639,758**  
total population

**20.6%**  
aged over 65 years



**> 25,800 (4.2%)**  
people identify as Aboriginal and Torres Strait Islander



Region is home to **3.2%** of Australia's Aboriginal population, and **9.7%** of the total Aboriginal population in NSW



**5 million tourists**  
spent a total of **16 million nights**  
pre-pandemic



**51.8%** people live in major cities  
**38.5%** in inner regional areas  
**9.6%** in outer regional areas



**55,200+ (9.3%)**  
culturally and linguistically diverse people



**8.4%** projected population growth  
between 2016-2026

## Health and older persons' services



**790** GPs  
**371** practice nurses



**200**  
general practices



**2** Local Health Districts (LHDs)



**82**  
residential aged care facilities



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

## Social determinants



**42%** 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.*



**5.8%** average unemployment rate



**'health care and social assistance'**  
*industry being the highest category for the employed population.*



**Social isolation - 9.7%** of the resident population live alone

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



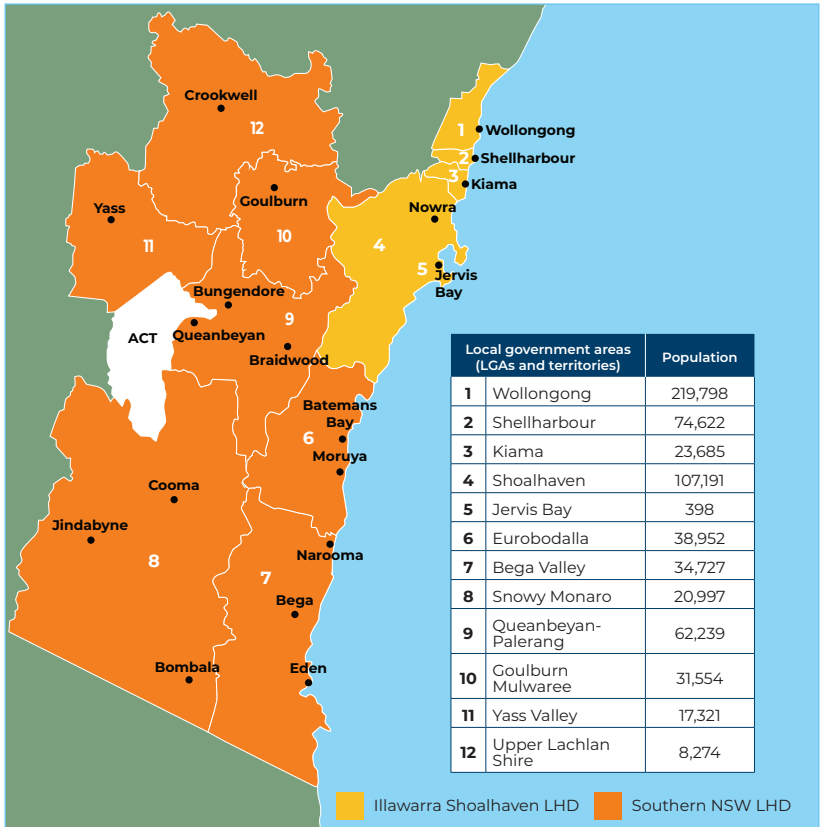
**6.3%** have no motor vehicle\*



**17.6%** have no Internet access from their home\*



\*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 and colorectal 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 7th 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.*