

SOUTH EASTERN NSW PHN REGION - 2019/20



Population

Total population
616,800+



More than
25,800 (4.2%)
people identify
as Aboriginal
and Torres
Strait Islander



High socio-economic
disadvantage:

43%
Illawarra
Shoalhaven

40%
Southern
NSW

Projected population growth:
9.5% between 2016-2026



19.7% aged over 65 years

13 million
tourists

spend a total of
18 million
nights

51.9% 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



Health and older persons' services

More than
740
GPs

203
general
practices



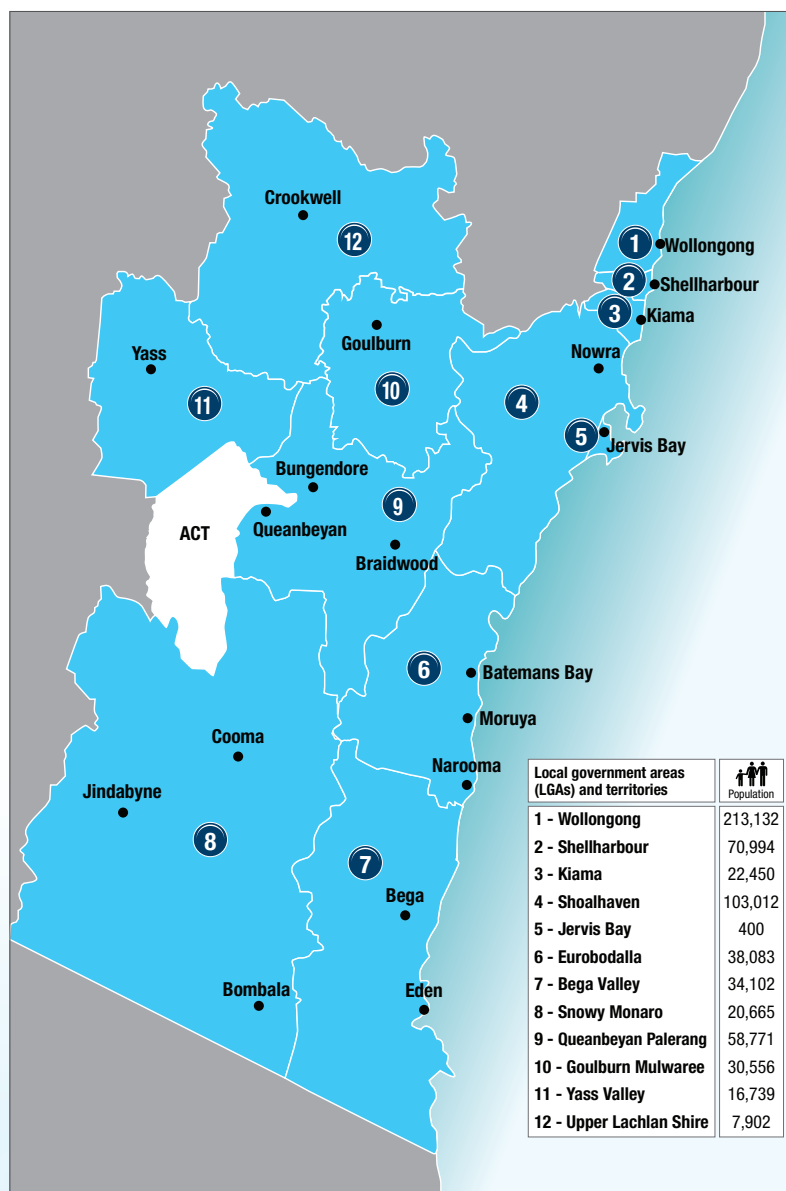
160
residential aged care
and home care
services



22
public
hospitals

16
emergency
departments

34
community
health centres



Our health priorities

Chronic conditions

Higher than NSW and Australian average prevalence figures for chronic conditions including:

- mental and behavioural disorders
- respiratory conditions
- circulatory system diseases
- musculoskeletal conditions



Several pockets of relatively high rates of potentially preventable hospitalisations with top 5 conditions in the region being:

1. chronic obstructive pulmonary disease
2. pneumonia and influenza (vaccine preventable)
3. cellulitis
4. congestive heart failure
5. diabetes complications

Preventative health

Higher than NSW and Australian average prevalence figures for lifestyle risk factors amongst the adult population including:

- obesity
- high risk alcohol consumption
- insufficient physical activity

Annual childhood immunisation coverage

1 year	2 years	5 years
95.1%	92.3%	95%
Australia 93.8%	Australia 90.9%	Australia 93.5%

Annual cancer screening coverage

(national screening programs only)

Cervical	Bowel	Breast
56.3%	42%	57.9%
NSW 55.7%	NSW 38.2%	NSW 53.7%



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

High rates of:

- alcohol attributable hospitalisations
- methamphetamine-related hospitalisations



Higher than NSW and Australian average prevalence figures for:

- high risk alcohol consumption
- smoking



Aboriginal health

Poorer status on all social determinants of health:

- unemployment
- overcrowded households
- 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**



End of life care

Highest projected growth in the population is estimated for people aged **65+**

Higher than state and national average rates for **premature mortality** (death before 75 years of age)

High burden of long term debilitating conditions:

- all types of cancer
- cardiovascular diseases
- chronic pain
- musculoskeletal diseases especially arthritis

