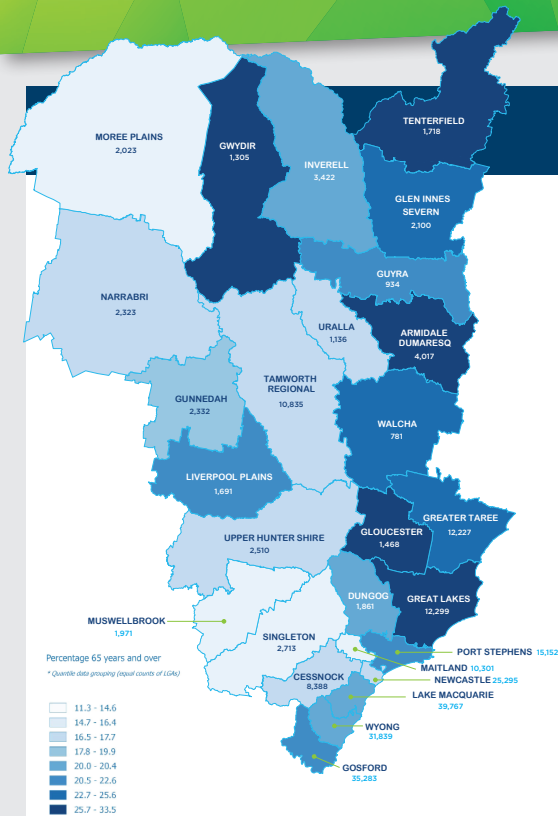


HUNTER NEW ENGLAND AND CENTRAL COAST PHN Older Persons Health Profile 2017



OLDER PERSON POPULATION BY LGA

| LGA | % | LGA | % |
|-------------------|------|--------------------|------|
| Armidale Dumaresq | 15.9 | Tamworth Regional | 17.7 |
| Cessnock | 15 | Tenterfield | 26.3 |
| Dungog | 20.2 | Upper Hunter Shire | 17.3 |
| Glen Innes Severn | 23.3 | Uralla | 17.7 |
| Gloucester | 28.4 | Walcha | 25.5 |
| Gosford | 20.4 | Wyong | 19.9 |
| Great Lakes | 33.5 | | |
| Greater Taree | 24.9 | | |
| Gunnedah | 18.2 | | |
| Guyra | 20.5 | | |
| Gwydir | 25.7 | | |
| Inverell | 20.2 | | |
| Lake Macquarie | 19.5 | | |
| Liverpool Plains | 21.8 | | |
| Maitland | 13.4 | | |
| Moree Plains | 14.4 | | |
| Muswellbrook | 11.5 | | |
| Narrabri | 16.8 | | |
| Newcastle | 15.7 | | |
| Port Stephens | 21.5 | | |
| Singleton | 11.3 | | |



Over 1.2 Million people live in our region,

18.9%
(235,692)

ARE AGED 65+ YEARS
(NSW: 15.7%
AUSTRALIA: 15%)

Older Australians are generally classified as those aged 65 years or older

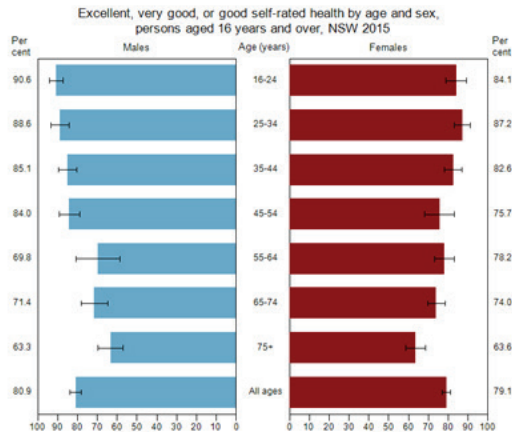
Australia's **OLDEST** population is located in our **Tea Gardens-Hawks Nest region** (where half of residents were at least 61 years of age).

CAUSES OF MORTALITY

Leading causes of mortality among older Australians (2011-13):

- Coronary Heart Disease (**53,900 deaths**)
- Dementia/Alzheimer's Disease (**30,900 deaths**)
- Cerebrovascular Disease (**30,300 deaths**)
- Lung Cancer (**18,400 deaths**)
- Chronic Obstructive Pulmonary Disease (**16,700 deaths**)

POSITIVE SELF-RELATED HEALTH



In 2015, in NSW, **72.7%** of people aged 65-74 years and **63.5%** of people aged 75+ years rated their health as excellent, very good or good, which was lower than other age groups and the average for all ages (80%). Males in the older age groups rated their health slightly lower than the females.

POPULATION PROJECTIONS IN OUR REGION

The population aged 65+ years in our region is projected to increase from **210,050** in 2011 to **346,650** in 2031. This will see a **QUARTER (25%)** of our population aged 65+ years by 2031.

LGAs with the **highest** predicted proportion of older people in 2031:

| LGA | 2031 (%) | 2031 (number) |
|-------------|----------|---------------|
| Great Lakes | 40.8% | 15,700 |
| Gloucester | 40.2% | 1,950 |
| Gwydir | 34.5% | 1,450 |

LGAs with the **lowest** predicted proportion of older people in 2031:

| LGA | 2031 (%) | 2031 (number) |
|--------------|----------|---------------|
| Muswellbrook | 15.5% | 3,000 |
| Singleton | 16.8% | 4,600 |
| Maitland | 18.8% | 18,900 |

LIFE EXPECTANCY IN AUSTRALIA



IN OUR REGION BETWEEN 2009-11:

78.4 YRS

MALES

83.2 YRS

FEMALES

IN AUSTRALIA IN 2016:

80.3 YRS

MALES

84.4 YRS

FEMALES

Life expectancy of older Australians is increasing, with people expected to live longer. Women tend to live longer than men.

CHRONIC DISEASE IN OUR REGION

TOP THREE CHRONIC DISEASE COMBINATIONS FOR OLDER AUSTRALIANS, 2014-15

32%



Arthritis



CVD

In Australia in 2014-15:

- **87%** of older Australians had at least **one** of the eight selected chronic diseases, compared with **35%** of people aged 0-44 years;

- **60%** of older Australians had **two** or more of the eight selected chronic diseases, compared with **9.7%** of people aged 0-44 years.

17%



Arthritis



Back pain & problems

In 2014-15, in our region, the rate of **COPD** hospitalisations was over **5x** higher for older people (1,569.5 per 100,000) than for the total population (266.2 per 100,000).

The **eight selected chronic diseases** are: arthritis, asthma, back pain & problems, cancer, cardiovascular disease (CVD), chronic obstructive pulmonary disease (COPD), diabetes, and mental health conditions.

16%



Back pain & problems



CVD

HUNTER NEW ENGLAND AND CENTRAL COAST PHN Older Persons Health Profile 2017

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST

An Australian Government Initiative

AGED CARE SERVICES IN OUR REGION

In our region, in 2011, the LGAs with the **LOWEST** number of AGED CARE PLACES per 1,000 older people were **MAITLAND, DUNGOG AND LIVERPOOL PLAINS.**

AGED CARE PLACES IN OUR REGION (PER 1,000)

| | |
|--------------|------|
| Home Care | 19.2 |
| Residential | 53.8 |
| Transitional | 1.2 |

DEMENTIA IN OUR REGION

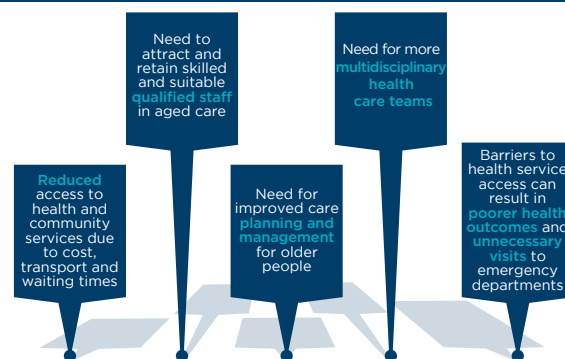
State Electoral Divisions with the **HIGHEST** estimated dementia prevalence and in the NSW Top 10:

| | 2016 (number) | 2050 (number) |
|--------------|------------------|------------------|
| Gosford | 1,603 | 3,381 |
| Terrigal | 1,582 | 3,319 |
| The Entrance | 1,544 | 3,555 |

State Electoral Divisions with the **LOWEST** estimated dementia prevalence:

| | 2016 (number) | 2050 (number) |
|--------------|------------------|------------------|
| Maitland | 1,026 | 3,119 |
| Cessnock | 1,150 | 2,785 |
| Upper Hunter | 1,151 | 2,625 |

DIFFICULTIES IN ACCESSING HEALTH SERVICES IDENTIFIED FOR OLDER PEOPLE IN OUR REGION



FALLS IN OUR REGION

In 2014-15, a quarter (**24.8%**) of older people experienced falls within our PHN, which was the **3rd highest** percentage among all PHNs. A greater proportion of older people in the **Hunter New England region (28%)** experienced falls than in the **Central Coast region (16.8%)**.

In 2014-15, the rate of fall-related injury hospitalisations within our region was more than **4 times higher** for older people (**2,274.8 per 100,000**) compared to all ages (**558.4 per 100,000**) and was higher for older females (**2,600.7 per 100,000**) than for older males (**1,852.6 per 100,000**).

LIFESTYLE BEHAVIOURS OF OLDER AUSTRALIANS



IN 2014-15, 8% of older Australians **CONSUMED** the **RECOMMENDED AMOUNT OF FRUIT AND VEGETABLES**



IN 2014-15, 29% of older Australians reported that they **DID NOT CONSUME ALCOHOL** in the previous 12 months



IN 2014-15, 93% of older Australians were **NOT CURRENT SMOKERS**



IN 2014-15, 41% of older Australians reported being **SUFFICIENTLY ACTIVE** in the last week



IN 2014-15, 51% of older Australians **WERE FULLY VACCINATED** against influenza & pneumonia. In our region **75.3%** were vaccinated against influenza & **52.3%** against pneumococcal disease



IN 2014-15, 72% of older Australians **WERE OVERWEIGHT OR OBESE**

FACTORS WHICH IMPACT ON THE HEALTH OF OLDER AUSTRALIANS



In **2013-14, 76%** of older Australians **OWNED THEIR OWN HOME.**



IN 2014, 74.9% of older people in our region were **AGED PENSIONERS (AUSTRALIA: 69.5%)** and **6.7%** were **SENIORS HEALTH CARD HOLDERS**



IN 2012, 5% of older Australians **PARTICIPATED IN AN EDUCATION OR TRAINING** group



IN 2014-15, 52% of older Australians reported high levels of **PSYCHOLOGICAL DISTRESS**



IN 2014, 19% of older Australians **HAD DAILY CONTACT** with people outside their household and **63% HAD CONTACT AT LEAST ONCE A WEEK**



In 2012, **51%** of **OLDER MEN** AND **54%** of **OLDER WOMEN** had some form of **DISABILITY**

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