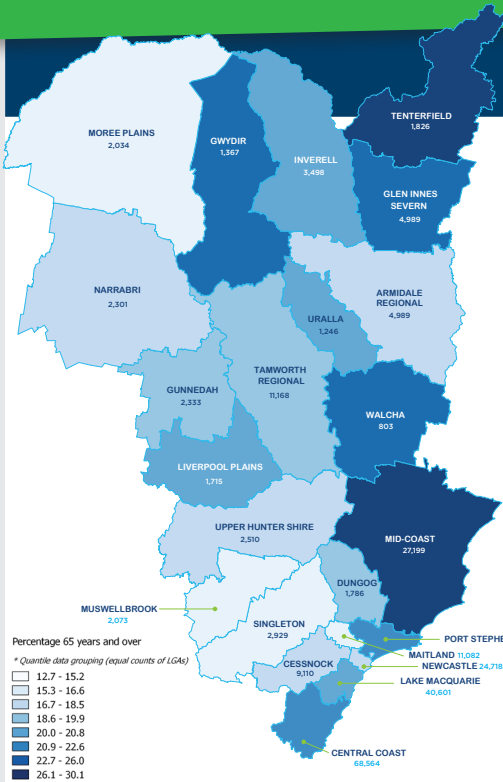


HUNTER NEW ENGLAND AND CENTRAL COAST PHN Older Persons Health Profile 2018

OLDER PERSON POPULATION BY LGA



LGA	%	LGA	%
Armidale Regional	16.9	Newcastle	15.9
Central Coast	20.9	Port Stephens	22.9
Cessnock	16.4	Singleton	12.7
Dungog	19.9	Tamworth Regional	18.7
Glen Innes Severn	25.9	Tenterfield	27.5
Gunnedah	19.1	Upper Hunter Shire	18.5
Gwydir	26.0	Uralla	20.6
Inverell	21.2	Walcha	26.0
Lake Macquarie	20.6		
Liverpool Plains	22.3		
Maitland	14.3		
Mid-Coast	30.1		
Moree Plains	15.5		
Muswellbrook	12.9		
Narrabri	17.6		



Over 1.2 Million people live in our region,

19.9%

(242,043)
ARE AGED 65+ YEARS
(NSW: 16.3%)
AUSTRALIA: 15.7%

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** (with half of residents 61 years or older).

CAUSES OF MORTALITY

Leading causes of mortality among older Australians (2012-14):



Coronary Heart Disease



Dementia/Alzheimer's Disease



Cerebrovascular Disease



Lung Cancer



Chronic Obstructive Pulmonary Disease

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE AGED 65+ YEARS IN OUR REGION

5.3% (3,452) of the Aboriginal and Torres Strait Islander population are aged 65+ years. This is less than the proportion of non-Indigenous people aged 65+ years and is due to **shorter life expectancy** (around 9-11 years less) and **higher birth rates**.

LIFE EXPECTANCY IN AUSTRALIA



IN OUR REGION BETWEEN 2013-15:

78.9 YRS
MALES

83.5 YRS
FEMALES

IN AUSTRALIA IN 2013-15:

80.4 YRS
MALES

84.5 YRS
FEMALES

The average life expectancy of Australians is increasing. Women tend to live longer than men. In our region, we have a lower life expectancy compared to Australia.

POPULATION PROJECTIONS IN OUR REGION

Our population aged 65+ years is projected to increase from **210,550** in 2011 to **378,300** in 2036, when more than a **quarter (26%)** of our population will be aged 65+ years.

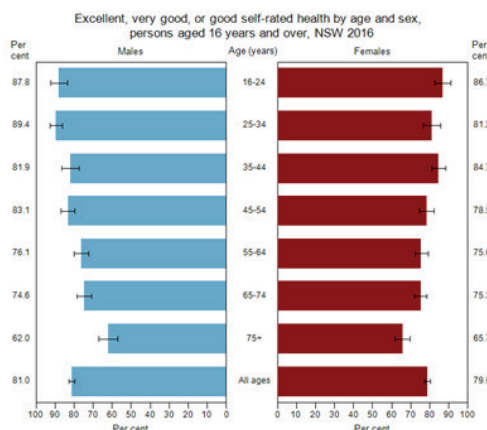
LGAs with the **highest** predicted proportion of older people in 2036:

	2036 (%)	2036 (number)
Mid-Coast	38.5	37,100
Gwydir	37.5	1,500
Tenterfield	35.7	2,550

LGAs with the **lowest** predicted proportion of older people in 2036:

	2036 (%)	2036 (number)
Muswellbrook	16.3	3,300
Singleton	17.7	5,050
Maitland	20.1	21,050

POSITIVE SELF-RATED HEALTH



In 2016, in NSW, 75% of people aged 65-74 years and 64.1% 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%). Older males rated their health slightly less than older females.

CHRONIC DISEASE

IN AUSTRALIA IN 2014-15:

87% of older Australians had at least one of the following chronic diseases: arthritis; asthma; back pain/problems; cancer; cardiovascular disease (CVD); chronic obstructive pulmonary disease (COPD); diabetes; and mental illness compared with 35% of younger Australians.

60% of older Australians had two or more of these chronic diseases, compared to 9.7% of younger Australians.

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).

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

32%



Arthritis

&



Cardiovascular Disease

17%



Arthritis

&



Back pain / problems

16%



Back pain / problems

&



Cardiovascular Disease

HUNTER NEW ENGLAND AND CENTRAL COAST PHN Older Persons Health Profile 2018

AGED CARE SERVICES IN OUR REGION

In 2016, in our region, there were 80.7 per 1,000 residential aged care places. The LGAs with the **LOWEST** number of **RESIDENTIAL AGED CARE PLACES** per 1,000 older people were Muswellbrook, Dungog and Maitland.

DEMENTIA IN OUR REGION

Communities 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

Communities 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

WHAT HAVE OLDER PEOPLE IN OUR REGION SAID?

We need...



FALLS IN OUR REGION

In 2014-15, in our region, a quarter (**24.8%**) of older people experienced falls. The rate of fall-related injury hospitalisations was more than **4 times higher** for older people (**2,274.8 per 100,000**) than all ages (**558.4 per 100,000**) and was higher for older females (**2,600.7 per 100,000**) than 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 2014-15, 93% of older Australians were **NOT** **CURRENT SMOKERS**



IN 2014-15, 41% of older Australians reported being **SUFFICIENTLY ACTIVE**



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



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

FACTORS WHICH IMPACT ON THE HEALTH OF OLDER AUSTRALIANS



IN 2016, 74.4% of older people in **OUR REGION** were **AGED PENSIONERS** AND **6.4%** were **SENIORS HEALTH CARD HOLDERS** (Australia 71.1% and 8.3%)



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



IN 2016, 13% of older Australians **PARTICIPATED** **IN THE WORKFORCE**



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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