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:

1. Newcastle 15.9
2. Port Stephens 22.9
3. Singleton 12.7
4. Tamworth Regional 16.7
5. Upper Hunter Shire 18.5

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

1. Muswellbrook 12.9
2. Narrabri 17.6
3. Tenterfield 27.5
4. Upper Hunter Shire 18.5
5. Walcha 26.0

Over 1.2 Million people live in our region. 19.9% (242,043) are aged 65+ years (NSW: 16.3% Australia: 15.7%).

LIFE EXPECTANCY IN AUSTRALIA

<table>
<thead>
<tr>
<th>Region</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>IN OUR REGION</td>
<td>78.9 YRS</td>
<td>83.5 YRS</td>
</tr>
<tr>
<td>IN AUSTRALIA IN 2015-16</td>
<td>80.4 YRS</td>
<td>84.5 YRS</td>
</tr>
</tbody>
</table>

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

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

1. Arthritis & Cardiovascular Disease
2. Arthritis & Back pain/problems
3. Back pain/problems & Cardiovascular 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.

OLDER PERSON POPULATION BY LGA

<table>
<thead>
<tr>
<th>LGA</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armidale Regional</td>
<td>16.9</td>
</tr>
<tr>
<td>Central Coast</td>
<td>20.9</td>
</tr>
<tr>
<td>Cessnock</td>
<td>16.4</td>
</tr>
<tr>
<td>Dungog</td>
<td>19.9</td>
</tr>
<tr>
<td>Glen Innes Severn</td>
<td>25.0</td>
</tr>
<tr>
<td>Gunnedah</td>
<td>19.1</td>
</tr>
<tr>
<td>Guyra</td>
<td>26.0</td>
</tr>
<tr>
<td>Inverell</td>
<td>23.2</td>
</tr>
<tr>
<td>Lake Macquarie</td>
<td>20.6</td>
</tr>
<tr>
<td>Liverpool Plains</td>
<td>22.8</td>
</tr>
<tr>
<td>Maitland</td>
<td>14.3</td>
</tr>
<tr>
<td>Mid-Coast</td>
<td>30.1</td>
</tr>
<tr>
<td>Moree Plains</td>
<td>15.5</td>
</tr>
<tr>
<td>Muswellbrook</td>
<td>12.9</td>
</tr>
<tr>
<td>Narrabri</td>
<td>17.6</td>
</tr>
<tr>
<td>Newcastle</td>
<td>15.9</td>
</tr>
<tr>
<td>Port Stephens</td>
<td>22.9</td>
</tr>
<tr>
<td>Singleton</td>
<td>12.7</td>
</tr>
<tr>
<td>Tamworth Regional</td>
<td>16.7</td>
</tr>
<tr>
<td>Upper Hunter Shire</td>
<td>18.5</td>
</tr>
<tr>
<td>Walcha</td>
<td>26.0</td>
</tr>
</tbody>
</table>

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

- Mid-Coast 38.5 (37,100)
- Guyra 37.5 (4,989)
- Tenterfield 37.5 (2,510)

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

- Muswellbrook 16.3 (3,300)
- Singleton 17.7 (5,050)
- Maitland 20.1 (21,050)

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

OLDER PERSONS HEALTH PROFILE 2018

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).
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

<table>
<thead>
<tr>
<th>Community</th>
<th>2016</th>
<th>2050</th>
<th>2016</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gosford</td>
<td>1,603</td>
<td>3,381</td>
<td>1,026</td>
<td>3,119</td>
</tr>
<tr>
<td>Terrigal</td>
<td>1,582</td>
<td>3,319</td>
<td>1,150</td>
<td>2,785</td>
</tr>
<tr>
<td>The Entrance</td>
<td>1,544</td>
<td>3,555</td>
<td>1,151</td>
<td>2,625</td>
</tr>
</tbody>
</table>

In 2014-15, the rate of dementia hospitalisations in our region was 327.1 per 100,000. In 2015, 1 in 10 older Australians (10%) had dementia. In 2015, 343,800 older Australians were estimated to have dementia. In 2050, there will be an estimated 900,000 older Australians with dementia.

### 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, 19% of older Australians owned their own home.
- In 2013-14, 76% 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.

### 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).

### 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, 17% 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.

### Sources


HUNTER NEW ENGLAND AND CENTRAL COAST PHN

Older Persons Health Profile 2018

For more information please visit

www.hneccphn.com.au

An Australian Government Initiative