

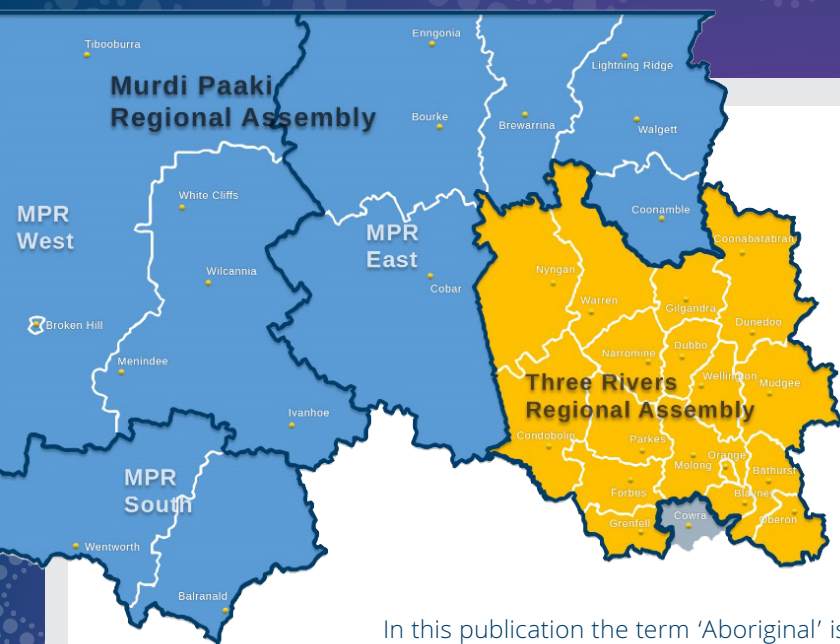
Aboriginal Health Profile 2019

WESTERN NSW PRIMARY HEALTH NETWORK

phn
WESTERN NSW

An Australian Government Initiative

Health Intelligence Unit
Western New South Wales



We acknowledge that we work on the traditional lands of many Aboriginal clan groups and nations. We commit to working in collaboration with our region's Aboriginal communities and peoples to improve their health, emotional and social wellbeing in the spirit of partnership.

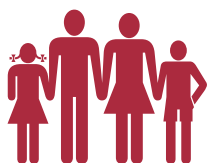
Aboriginal nations within our region include:

- Barindji
- Barkandji/ Paakantji
- Barranbinya
- Barundji
- Gunu
- Kamilaroi
- Muruwari
- Muthi Muthi
- Ngemba
- Ngiyampaa
- Nyampa
- Wailwan
- Wilyakali
- Wiradjuri
- Wongaibon

In this publication the term 'Aboriginal' is used to describe the nations, clan and language groups across NSW including all Aboriginal and Torres Strait Islander people within this area.

OUR POPULATION

10.5%
identify as
Aboriginal people,
with 31,455 people
living in the region
identifying as
Aboriginal people
in the last census.



Our PHN has the third highest national proportion who identify as Aboriginal people, behind the Northern Territory and Western Queensland PHNs.

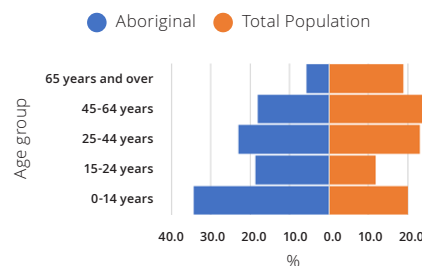
Local Government Areas with the highest total proportion of Aboriginal people include **Brewarrina, Central Darling, Bourke, Coonamble and Walgett.**

AGE PROFILE

The Aboriginal population of our region is younger than the non-Aboriginal population.

53% of Aboriginal people are aged under 25 years compared to 33% of all people in the region.

WNSW PHN Population Pyramid
Aboriginal and total population,
2016 Census



OUR POPULATION

LIFE EXPECTANCY OF PEOPLE BORN IN NSW, 2010-2012



ABORIGINAL
MALES 70.5yrs
FEMALES 74.6yrs

NON-ABORIGINAL
MALES 79.8yrs
FEMALES 83.1yrs

EARLY YEARS



Child and Maternal Health

Low birth weight babies, 2017

Western NSW PHN		NSW	
Aboriginal mothers	Non-Aboriginal mothers	Aboriginal mothers	Non-Aboriginal mothers
11%	6%	11%	7%

There were 80% more low birth weight babies born to Aboriginal mothers in the region than the same for non-Aboriginal mothers.



Fully immunised children in WNSW PHN, 2016-2017

Age	Aboriginal Children	All Children
1 year	92.9%	95.3%
2 years	88.8%	93%
5 years	97%	96%

WNSW PHN has the 6th highest fully immunised coverage for Aboriginal children aged 5 years.

Mortality in children aged 0-4 years in WNSW PHN, 2009 to 2013



45% higher mortality rate

in Aboriginal children aged 0-4 than non-Aboriginal children (5-year average mortality rate).

Nationally,
3 leading chronic
diseases in Aboriginal
People are:

CHRONIC DISEASE

- Cardiovascular Disease
- Diabetes
- Kidney Disease



Cardiovascular disease hospitalisations for Aboriginal people in Western NSW PHN were double the rate of non-Aboriginal people. (5-year average)



Dialysis hospitalisations for Aboriginal people in Western NSW PHN were more than **7 times the rate** for non-Indigenous people. (5-year average)

56%

of Aboriginal People living in the region reported having **two or more long-term health conditions**. Almost 10% higher than the same for the total Australian Aboriginal population.

MENTAL HEALTH



Aboriginal people in NSW had almost **twice the rate of high or very high psychological distress**, including anxiety, depression, agitation and psychological fatigue compared with non-Aboriginal people.



The NSW rate of **suicide** among Aboriginal people aged 15 to 24 years was **double** that for non-Aboriginal people from 2012 to 2016.

19% Aboriginal people

11% Non-Aboriginal people

The 5-year average rate of Aboriginal hospitalisations for mental disorders in WNSW PHN is **double that for non-Aboriginal people**.

CANCER

Lung cancer



was the most common form of cancer and caused the most cancer deaths of Aboriginal people between 2008 and 2012, nationally.

HOSPITALISATIONS

The rate of all hospitalisations for Aboriginal people living in our region is **double** that for non-Aboriginal people.



Top 2 causes of hospitalisations for Aboriginal people are:

7x

Dialysis

Seven times higher than that for non-Aboriginal People.



2x

Respiratory disease

Twice the rate of non-Aboriginal people.



Potentially preventable hospitalisations

for Aboriginal people in our region are

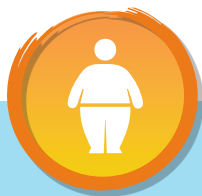
2.7x 

that of non-Aboriginal people.



Almost half of potentially preventable hospitalisations in Australia are due to causes relating to chronic conditions (COPD, heart failure, cellulitis, kidney & urinary tract infections and diabetes complications).

HEALTH RISK FACTORS



61%

61% of Aboriginal people aged 16 years and older were **overweight or obese** compared with **52%** for non-Aboriginal in NSW.



42%

42% of Aboriginal people aged 16 years and older were **insufficiently physically active**, equal to that of non-Aboriginal people in NSW.



29%

29% of Aboriginal people aged 16 years and older were **current smokers** compared with **15%** for non-Aboriginal people in NSW.

CARE SERVICES



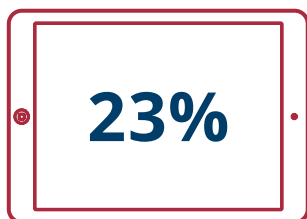
The number of
Aboriginal Health Practitioners
has increased from
16 (2013) to 65 (2015)



The number of
GP Health Assessments
for Aboriginal people
has increased by 15%



18% increase
in Aboriginal recipients of
aged care services.



of the region's
telehealth users
identified as
Aboriginal.



The majority of telehealth services
were for Aboriginal people living
in **Bourke, Dubbo, Wellington,
Brewarrina and Walgett.**

SOCIOECONOMIC HEALTH DETERMINANTS

Factors which impact health



Social and economic disadvantage –
in 2016 **more than half** of
Aboriginal people in our
region lived in areas ranked
amongst the most disadvantaged in
NSW.



Household weekly income was 19% lower
for Aboriginal
people than non-
Aboriginal people
living in NSW, 2016.



48% fewer
Aboriginal people
completed Year 12 or equivalent level of schooling
compared to non-
Aboriginal people
in NSW, 2016.



There were twice as
many Aboriginal
households in NSW with 6 or more residents
compared with
non-Aboriginal
households in 2016.



On school entry
in NSW, **35% of Aboriginal children were developmentally vulnerable**
compared with
19% of non-
Aboriginal children
in 2015.

TOP FIVE HEALTH CONCERNS

Aboriginal people living in our region listed their top
top health concerns as:



Alcohol and drug use



Mental health



Aboriginal health



Cancer



Diabetes

SERVICE GAPS

Aboriginal people living in our region listed their top service needs as:



Medical specialists



Access to GPs



Hospital access



Transport and travel distance to medical services



Mental health services

MOST HIGHLY RATED SERVICE IMPROVEMENTS NEEDED

Aboriginal people living in our region listed their most important service improvements needs as:

1

More GPs

2

Drug and alcohol services

3

More specialist services

4

Access to hospitals

5

Reduced waiting times

TRAUMA

Trauma, including intergenerational, as a result of domestic violence, and the historical and current disconnection from family, country and cultural practice were seen as significant contributors to those with drug and alcohol issues and mental illness, especially for people who have been in prison.



JUSTICE HEALTH

25%

Aboriginal people are overrepresented in the justice system making up 25% of people in custody

65%

of patients in custody have experienced or witnessed traumatic events

2/3

had a daily substance abuse problem and 69% reported consuming alcohol in a quantity and pattern that was deemed hazardous (likely to result in harm)

ALMOST
2/3

have received a diagnosis for a mental illness at some stage in their life

TOP 5

reported chronic conditions for patients in custody was: Allergies, Asthma, Back problems, Hepatitis C and High blood pressure

WNSW PHN would like to thank the Aboriginal Health Council for their assistance in the creation of this document.

phn
WESTERN NSW
An Australian Government Initiative

Call 1300 699 167
wnswphn.org.au

Dubbo

(Head Office)

Broken Hill

Bathurst

Orange

Bourke

SECTION 1: INTRODUCTION AND ABORIGINAL POPULATION

Our Population, 2016

1. Public Health Information Development Unit, 2016 'Social Health Atlas of Australia: Data by Primary Health Network.' Published November 2018. Available at: <http://www.phidu.torrens.edu.au>. Accessed: 4/12/2018.

SECTION 2: GENDER, AGE STRUCTURE, POPULATION PYRAMID AND LIFE EXPECTANCY

Age profile of our region, 2016

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Life expectancy of people born in NSW, 2010-2012

3. HealthStats NSW:
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SECTION 3: EARLY YEARS

Low birth weight babies, 2017

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Fully immunised children in WNSW PHN, 2016-2017

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Mortality in children aged 0-4 years, 2009 to 2013

6. SAPHaRI, NSW Ministry of Health and Health Intelligence Unit Western NSW Health Needs Assessment 2017.

SECTION 4: CHRONIC DISEASE

Chronic disease

7. Australian Institute of Health and Welfare 2015. Cardiovascular disease, diabetes and chronic kidney disease— Australian facts: Aboriginal and Torres Strait Islander people. Cardiovascular, diabetes and chronic kidney disease series no. 5. Cat. no. CDK 5. Canberra: AIHW.
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14. AIHW analysis of Australian Cancer Database.
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Hospitalisations

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Health risk factors

16. HealthStats NSW:
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Care services

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Telehealth, 2016-2017

18. Health Intelligence Unit Western NSW Market and Services Analysis June 2017.

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19. ABS 2016 Census of Population and Housing Aboriginal and Torres Strait Islander Peoples Profile Catalogue number 2002.0.
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Trauma

22. WNSW Needs Assessment Consultation Workshops Final Report, 2018"

Justice health

23. Justice Health and Forensic Mental Health Network Patient Health Survey, 2015.
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