

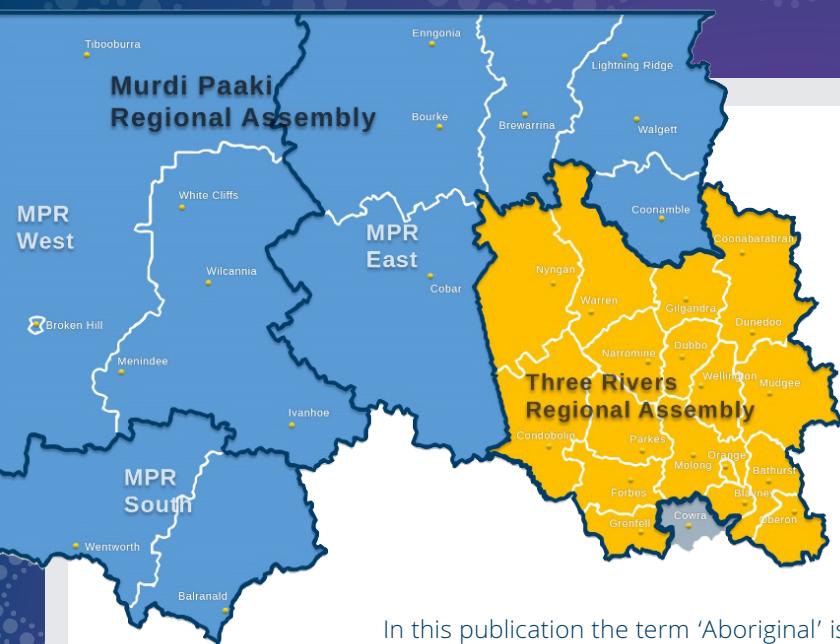
# Aboriginal Health Profile 2019

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.

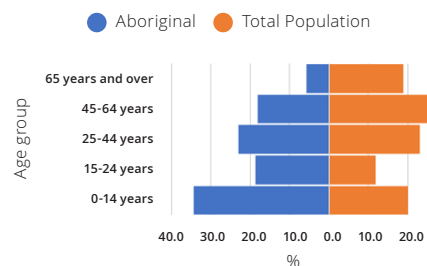
Local Government Areas with the highest total proportion of Aboriginal people include **Brewarrina, Central Darling, Bourke, Coonamble and Walgett.**

### 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
- Chronic
- 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

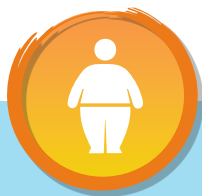
**2.7x** 

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



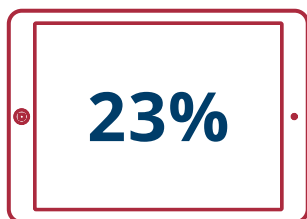
The number of  
**Aboriginal Health Practitioners**  
has increased from  
16 (2013) to 65 (2015)



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

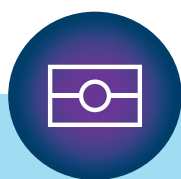
Aboriginal people living in our region listed their top  
top health concerns as:



**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](http://wnswphn.org.au)

Dubbo

(Head Office)

Broken Hill

Bathurst

Orange

Bourke

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