



CLOSING THE GAP



Central Coast Local Health District

Aboriginal Health Report Card

2013 - 2016



Central Coast Health District is committed to Closing The Gap and improving the health and wellbeing of Aboriginal and Torres Strait Islander peoples. This Report Card outlines the District's progress in reducing the health disparity between Aboriginal and non-Aboriginal people.

Published November 2016



Health
Central Coast
Local Health District

Acknowledgment to Country

Central Coast Local Health District and Nunyara Aboriginal Health would like to acknowledge the Aboriginal People, the Traditional Custodians of this land, and pay our respect to our Aboriginal Elders – both past and present”

Closing the Gap

Central Coast Local Health District is committed to Closing the Gap and improving the health and wellbeing outcomes of the Central Coast Aboriginal and Torres Strait Islander community.

Snapshot of Aboriginal Health Data- Central Coast of NSW

Note: *This data snapshot summarises selected health indicators (pregnancy and births,, hospitalisations, immunisations, and other health risk factors) for the Aboriginal population of the Central Coast of NSW Local Health District (LHD).*

The NSW Central Coast is a large urban settlement of roughly 335,000 people situated upon the traditional lands of the Guringai/Kuring-Gai and Darkinjung people⁽¹⁾. Population estimates for 2016 show that about 12,151 Aboriginal people live on the Central Coast of NSW constituting 3.63% of the total population. This proportion of Aboriginal people is higher than the NSW average of 2.96%. Within the Central Coast, the previous Gosford and Wyong local council areas (now Central Coast LGA) have significantly increased their Aboriginal population since 2006 with annual growth rates tripling the NSW average^(2,3). In fact, both the previous Gosford and Wyong LGA’s have increased their proportions of Aboriginal people by greater than 35% since 2006. Given the geographical size of the Hunter New England LHD area compared to the Central Coast LHD area (131,785 km² vs. 1,680 km²), the Central Coast presents a region of high Aboriginal population density and therefore a good target for intervention. The nature of this demographic data further emphasises anecdotal reports that the importance and demand for culturally appropriate care is at an all-time high for the Central Coast region.^(2,3)



The Central Coast has a predominantly young Aboriginal population with a median age of 20 years. This is significantly younger than the Australian and NSW average ages of ~40 years old. With 56.34% of

the Central Coasts Aboriginal populace being younger than 25 and only 2.62% older than 70 the population is definitely skewed. The non-Aboriginal population of the Central Coast has 30.05% of its population younger than 25 years and 14.66% over 70. This disparity indicates the necessity of targeting youth for health promotion 'now' to ensure better Aboriginal health outcomes 'now' and in the region's future.



Acknowledgment: We would like to acknowledge Mr Thomas Henry - Bachelor of Medicine Student University of Newcastle for his assistance in compiling this information

1. Australian Bureau of Statistics. Regional Population Growth, Australia, 2014-15 [updated 2016 July; cited 2016 July 2]. Available from: <http://www.abs.gov.au/>.
2. Campbell D, Burgess CP, Garnett ST, Wakeman J. Potential primary health care savings for chronic disease care associated with Australian Aboriginal involvement in land management. Health Policy. 2011;99(1):83-9.
3. Profile.id. Central Coast Population, Dwellings and Ethnicity [Internet] [cited 2016 July 1]. Available from: <http://profile.id.com.au/wyong/population?WebID=350>.

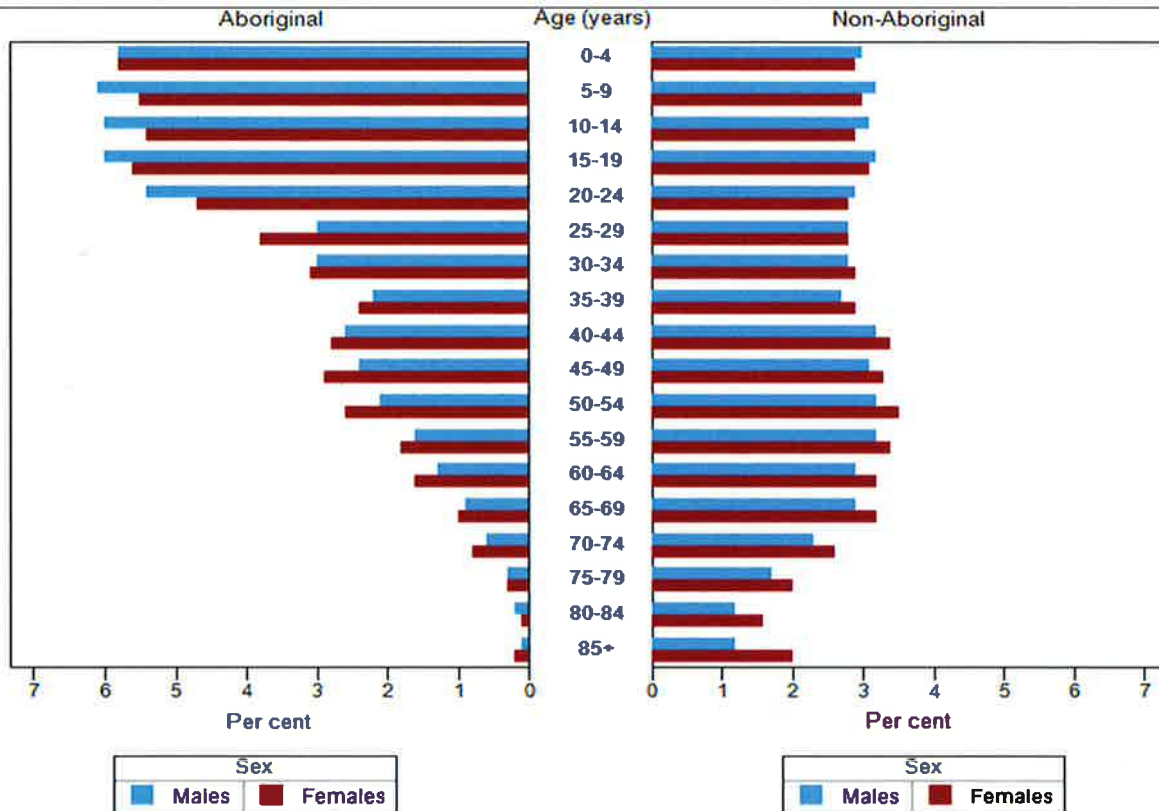
Population Profile:

There is a significant gap in median age at death between Aboriginal and Non-Aboriginal populations. This causes a large skew in population breakdown by age.

		Aboriginal	Non-Aboriginal
Total population ¹		12,151 (3.6%)	322,320 (96.4%)
Population aged under 25 years ¹		6,846 (56.3%)	96,869 (30.05%)
Population aged 65 years or more ¹		543 (4.5%)	66,871 (20.75%)
Median age at death (NSW data) ²	Male	57.7	79.0
	Female	64.1	85.3

Central Coast Aboriginal population breakdown by age: ¹

The Central Coast Aboriginal population is significantly younger on average than the Non-Aboriginal population.
Population by Aboriginality, age and sex, Central Coast LHD, NSW 2015*



Pregnancy and Births:

There are significant differences between Aboriginal and Non-Aboriginal populations in Antenatal care, low birth weight babies, and mothers smoking during pregnancy.

	Central Coast		NSW Total	
	Aboriginal	Non-Aboriginal	Aboriginal	Non-Aboriginal
Births ¹	223	3,644	3,872	92,519
Birth rate	1.8%	1.1%	1.7%	1.3%
Infant mortality rate ²	N/A	N/A	4.4	3.4
Antenatal care ^{1 3}	28.8%	50.3%	55.6%	64.7%
Pre-term births ⁴	8.8%	8.3%	12.9%	7.5%
Low birth weight ¹	9.0%	6.3%	11.3%	6.4%
Smoking during pregnancy ¹	36.5%	11.3%	45.0%	8.9%

¹ 2015 data: Centre for Epidemiology and Evidence. Health Statistics New South Wales. Sydney: NSW Ministry of Health. Available at: www.healthstats.nsw.gov.au. Accessed 9/10/16.

² 2014 data: Australian Bureau of Statistics – Deaths, Australia, 2014.

³ Antenatal care accessed by 14 weeks in target population.

⁴ 2014 data: Centre for Epidemiology and Evidence. Health Statistics New South Wales. Sydney: NSW Ministry of Health. Available at: www.healthstats.nsw.gov.au. Accessed 9/10/16.

Hospital Services Performance Emergency Department (ED)

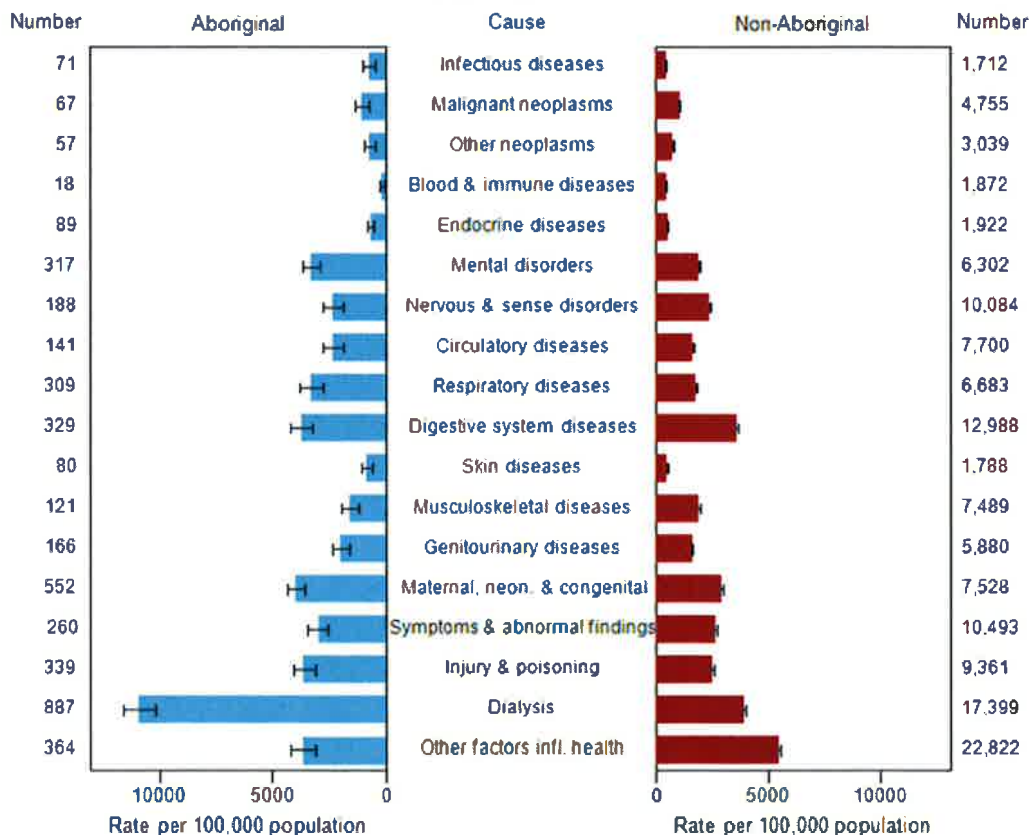
Presentations and(% of total)	Aboriginal		Non-Aboriginal	
	2015/16	Change from 2013/14	2015/16	Change from 2013/14
ED Presentations	7,535 (5.9%)	1,376 (22.3%)	119,894	10,271 (9.4%)
Aboriginal Status Unknown	738 (0.6%)	-176 (-19.3%)		
Departed Treatment complete	5,396 (71.6%)	919 (20.5%)	75,724 (63.2%)	2,412 (3.3%)
Admitted to Hospital	1,469 (19.5%)	483 (49%)	36,209 (30.2%)	8,890 (32.5%)
Left ED against medical advice	125 (1.7%)	-18 (-12.6%)	1,067 (0.9%)	-209 (-16.4%)
Did not wait to be seen by Dr.	240 (3.2%)	-87 (-26.6%)	2,487 (2.1%)	-1,445 (-36.7%)
Representation to ED within 48 hours	5.8%	0.7%	4.8%	0.3%

Source: CCLHD ED Utilisation Application downloaded 15/08/2016

Hospitalisations: 7

Disease Rates/100,000 & (% of total hospitalisations)	Central Coast - LHD		NSW Total	
	Aboriginal	Non-Aboriginal	Aboriginal	Non-Aboriginal
Dialysis	10,911 (27.27%)	3,925 (14.93%)	20,338 (40.81%)	4,081 (15.74%)
Maternal, neonatal & congenital	3,991 (9.98%)	2,940 (11.18%)	3,491 (7.00%)	2,634(10.16%)
Digestive system diseases	3,742 (9.35%)	3,591 (13.66%)	3,763 (7.55%)	3,621 (13.97%)
Injury & poisoning	3,632 (9.08%)	2,521(9.59%)	3,871 (7.77%)	2,415(9.31%)
Respiratory disorders	3,326 (8.31%)	1,778 (6.76%)	3,511 (7.04%)	1,676 (6.46%)
Mental disorders	3,314 (8.28%)	1,928 (7.33%)	2,909 (5.84%)	1,680 (6.48%)
Nervous & sense disorders	2,369 (5.92%)	2,410 (9.17%)	2,230 (4.47%)	2,370 (9.14%)
Circulatory disorders	2,349 (5.87%)	1,652 (6.28%)	2,829 (5.68%)	1,677 (6.47%)

Hospitalisations by Aboriginality, category of cause and Local Health District, Central Coast LHD, NSW 2014-15



Inpatient Activity

- The following data pertains to Central Coast residents treated within Central Coast facilities which includes: Gosford Hospital, Wyong Hospital, Woy Woy Hospital and Long Jetty Healthcare Facility
- Includes: Acute, Sub-Acute and Mental Health inpatient activity
- Excludes: Unqualified Neonates (well babies), Renal Dialysis and Chemotherapy
- Data is for 2014/15 – the most recent data available in CaSPA

	Aboriginal		Non-Aboriginal	
	2014/15	Change from 2013/14	2014/15	Change from 2013/14
Inpatient Episodes	2,529 (4.3%)	722 (40%)	56,198 (95.4%)	7,099 (14.5%)
Aboriginal Status Unknown	173 (0.3%)	-174 (-50.1%)		
Discharged against medical advice	68 (2.7%)	-0.6%	466 (0.8%)	-0.2%
Unplanned Hospital readmission	303 (8.2%)	1.9%	5,596 (7.6%)	1.1%

Source: FlowInfo v15 via the Clinical Services Planning Application Portal (CaSPA) downloaded June 2016

Discharged Against Medical Advice 2012/13 to 2014/15

	2012/13	2013/14	2014/15
% Aboriginal	3.3%	3.1%	2.7%
% Non-Aboriginal	1.0%	0.9%	0.8%
% gap	2.3%	2.2%	1.9%

Source: FlowInfo v15 via the Clinical Services Planning Application Portal (CaSPA) downloaded June 2016

Substance Abuse and Mental Health: Drug & Alcohol ⁵:

Aboriginal populations show increased presentations for alcohol, amphetamines and being part of an opioid treatment program, compared to the Non-Aboriginal population.

Presentations per 100,000 population	Aboriginal	Non-Aboriginal
Alcohol	766	978
Cannabis	576	442
Amphetamines	831	459
Benzodiazepines	107	120
On Opioid treatment program	1,202	220

Mental Health ⁶:

CC has high rates (at least 20% higher rates than NSW & PHN) of hospitalisation for mental health issues for Aboriginal people.

Aboriginal populations show increased presentation rates in both acute and community mental health treatment.

Presentations per 100,000 population	Aboriginal	Non-Aboriginal
Acute setting	749	240
Community setting	2,906	857
Total	3,655	1,097

Preventative Health: Immunisations: ¹

Immunisations rates are better for Aboriginal people on the Central Coast.

Fully immunised by:	Central Coast LHD		NSW total	
	Aboriginal	Non-Aboriginal	Aboriginal	Non-Aboriginal
1 year	97%	94%	91%	92%
2 years	89%	92%	89%	89%

⁵ 2015/16 data from Central Coast Drug & Alcohol service. Population based on 2014/15 data from Centre for Epidemiology and Evidence. Health Statistics New South Wales.

⁶ 2014/15 data from CCLHD. Population based on 2014/15 data from Centre for Epidemiology and Evidence. Health Statistics New South Wales.

5 years	97%	95%	95%	93%
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Preventable hospitalisations: ⁷

There are particularly large discrepancies in preventable hospitalisations between Aboriginal and Non-Aboriginal populations in vaccine-preventable conditions and chronic conditions.

Rate per 100,000	Central Coast LHD		NSW total	
	Aboriginal	Non-Aboriginal	Aboriginal	Non-Aboriginal
Vaccine-preventable	272	67	311	131
Chronic conditions	2,142	958	2,600	904
Acute conditions	1,682	1,159	2,113	1,021
Total	4,020	2,179	4,972	2,042

Risk factors (NSW data):

Aboriginal populations show an increased rate of harmful alcohol consumption, smoking, diabetes prevalence and psychological distress.

	Aboriginal	Non-Aboriginal
Harmful long term alcohol consumption ¹	40.1%	25.5%
Immediate risk Alcohol drinking ¹	28.7%	24.2%
Smoking ¹	34.9%	12.9%
Diabetes prevalence ¹	17.2%	8.5%
High blood pressure ⁸	31.1%	28.4%
High cholesterol ⁸	16.7%	21.1%
Psychological distress ¹	21.7%	11.6%
Inadequate physical activity ¹	60.9%	56.8%

BreastScreen participation ⁹:

BreastScreen participation is lower in Aboriginal populations compared to Non-Aboriginal.

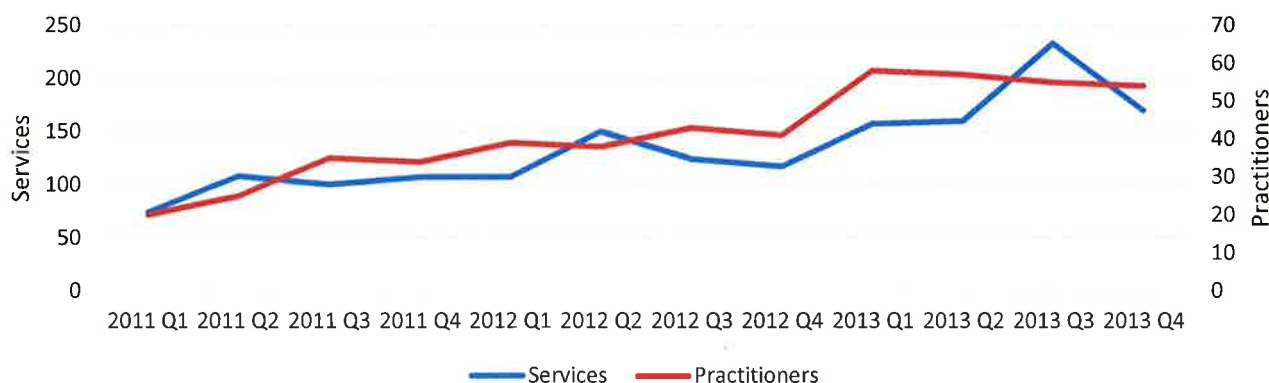
	Central Coast LHD	
	Aboriginal	Non-Aboriginal
Participation rate (50-69 years old)	35.3%	49.8%

Only 26.5% of Aboriginal women over 40 in Gosford and 33.5% in are participating in screening activities.

Aboriginal Health Assessments¹⁰:

Health assessments and the number of practitioners offering them have been increasing.

MBS Item 715 - Aboriginal Health Assessments



⁷ 2014/15 data: Centre for Epidemiology and Evidence. Health Statistics New South Wales. Sydney: NSW Ministry of Health. Available at: www.healthstats.nsw.gov.au. Accessed 9/10/16.

⁸ 2013 data: Centre for Epidemiology and Evidence. Health Statistics New South Wales. Sydney: NSW Ministry of Health. Available at: www.healthstats.nsw.gov.au. Accessed 9/10/16.

⁹ BreastScreen estimated participation rate as at 31/12/2015. Obtained from BreastScreen NSCC.

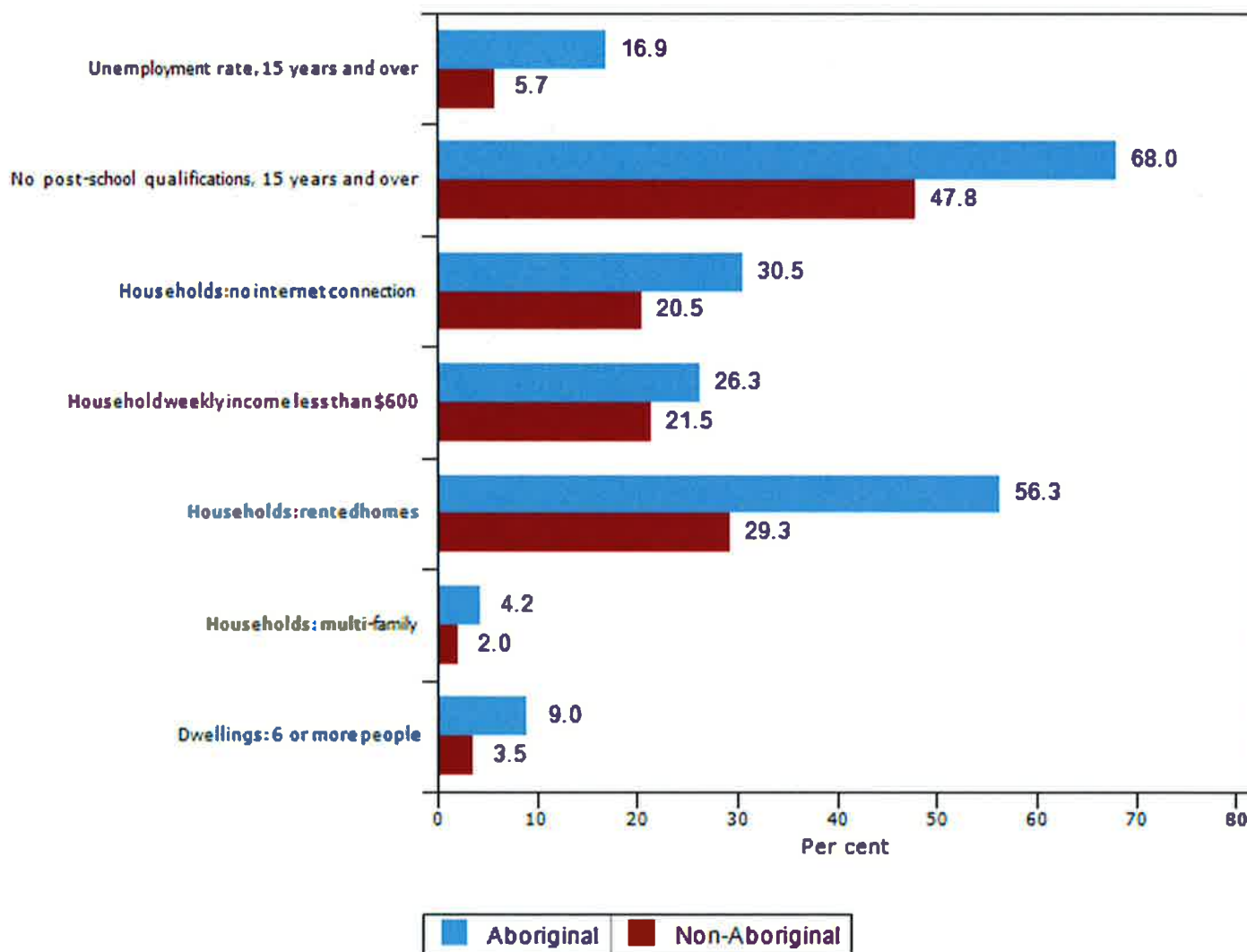
¹⁰ Medicare Australia. <https://www.humanservices.gov.au/customer/dhs/medicare>

Socioeconomic factors (NSW data): ¹¹

Aboriginal populations are significantly disadvantaged in most socioeconomic factors.

	Aboriginal	Non-Aboriginal
Unemployment rate	16.9%	5.7%
No post-school qualifications	68.0%	47.8%
Households with no internet connection	30.5%	20.5%
Households with weekly income less than \$500	26.3%	21.5%
Households living in a rented home	56.3%	29.3%
Multi-family households	4.2%	2.0%
Dwellings with 6 or more people	9.0%	3.5%

Socioeconomic factors by Aboriginality, NSW, 2011



¹¹ Australian Bureau of Statistics. 2011 Census of Population and Housing, Aboriginal and Torres Strait Islander Peoples (Indigenous) Profile, New South Wales, Catalogue number 2002.0. Canberra: ABS, 2012.