

## Central Coast Health Profile 2025

This profile gives an overview of the health of residents of the Central Coast Local Health District. It is intended to be used by local service providers to better understand the health of the Central Coast community and to begin conversations about how we can work together to improve health and reduce health inequalities.

### Health in summary

Overall, the Central Coast population is less healthy than the population of NSW as a whole. Life expectancy for men is around 1.1 years lower than the NSW average and for women it is 0.4 years lower.

### Health inequalities

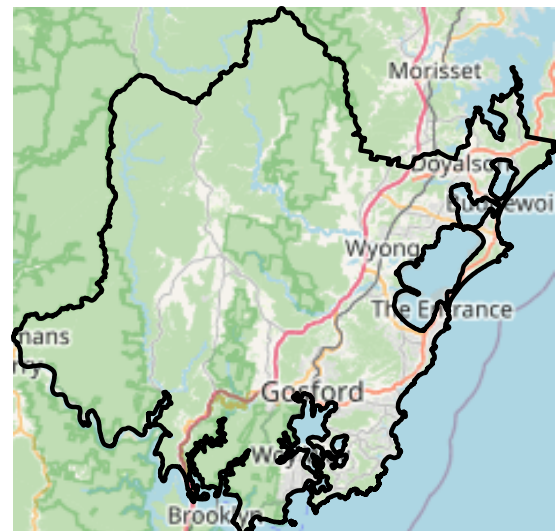
There are large differences in health across the socioeconomic spectrum. Men living in the most disadvantaged areas of the Central Coast can expect to live 9.2 years less long than those living in the least disadvantaged areas. For women the difference in life expectancy is 7.1 years.

### Child health

Indicators of child health show a mixed picture. Children are less likely to be living in low-income households than children in NSW generally. Mothers living on the Central Coast are more likely than average to smoke during pregnancy, but are also more likely to obtain timely antenatal care and to be breastfeeding at the time of discharge from hospital. The prevalence of overweight and obesity in children is lower than the NSW average.

### Adult health

Central Coast residents have higher rates of premature death, are more likely to develop cancer and are more likely to be admitted to hospital with a range of conditions. Rates of hospital admission with alcohol- and falls-related conditions are particularly high compared to the NSW average. The prevalence of smoking and excessive alcohol consumption are also higher than average. A higher than average proportion of people age 65 and over live alone.

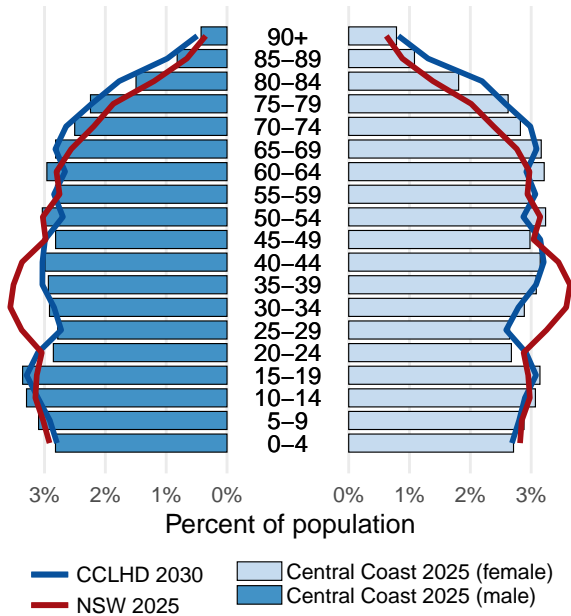


Contains OpenStreetMap data

## Population

In 2025, the Central Coast population is around 357,300 people. This population is older than the NSW population as a whole and is expected to age further in the coming years.

About 6% of the total population are Aboriginal, which means the Aboriginal population of the Central Coast is relatively large. The Aboriginal population is younger than the non-Aboriginal population with 45% aged less than 20 compared to 24% of the total population.



### Total population (2025)

|                   | Central Coast LHD | NSW  |
|-------------------|-------------------|------|
| Percent aged < 20 | 24.4              | 22.6 |
| Percent aged 65+  | 23.8              | 18.9 |

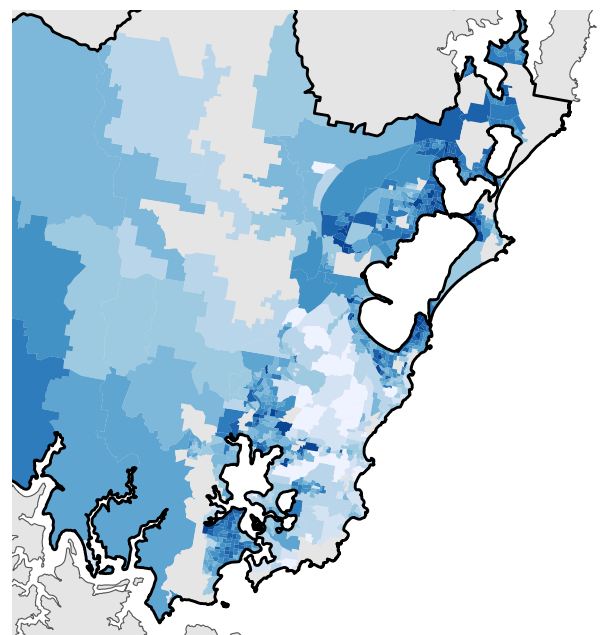
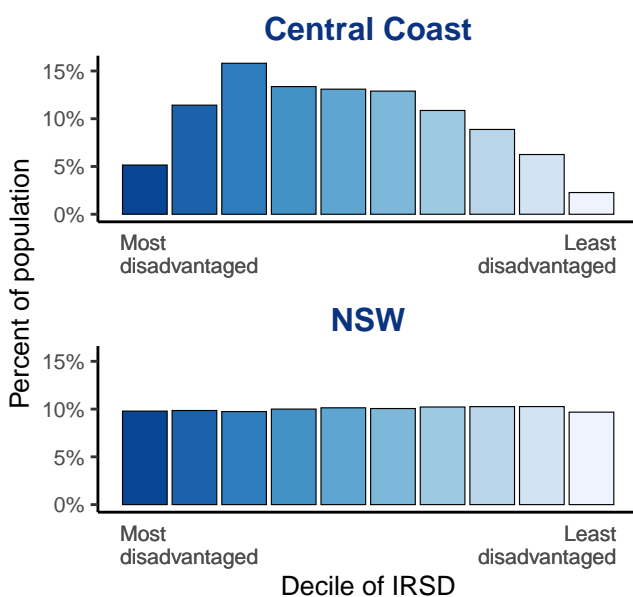
### Aboriginal population (2021)

|  | Central Coast LHD | NSW  |
|--|-------------------|------|
| Percent who are Aboriginal             | 6.0               | 4.2  |
| Percent of Aboriginal people aged < 20 | 45.1              | 43.8 |
| Percent of Aboriginal people aged 65+  | 5.8               | 5.9  |

Data source: Total population estimates are population projections published by NSW Health Centre for Epidemiology and evidence. Aboriginal populations are estimated resident populations for 2021 published by NSW Health Centre for Epidemiology and Evidence.

## Socioeconomic disadvantage

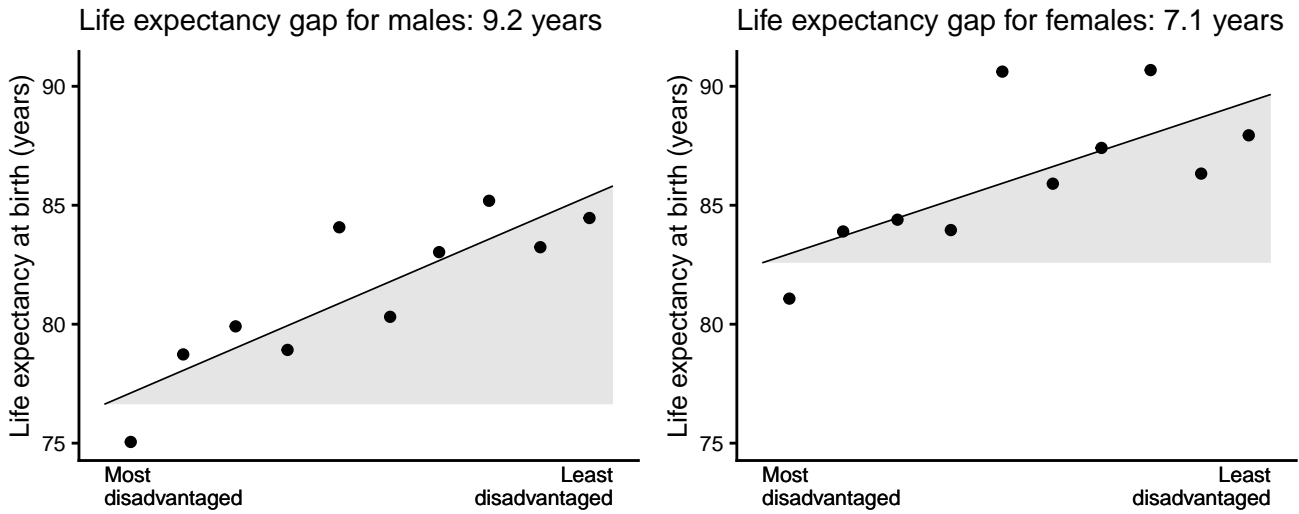
The charts below show the distribution of the population by deciles of the Index of Relative Socioeconomic Disadvantage (IRSD). A higher proportion of the Central Coast population live in relatively disadvantaged circumstances compared to NSW as a whole. However, relatively small proportions of the population live in the most and least disadvantaged areas.



Data source: Australian Bureau of Statistics Socio-economic Indexes for Areas (SEIFA), 2021.

## Health inequalities: Life expectancy

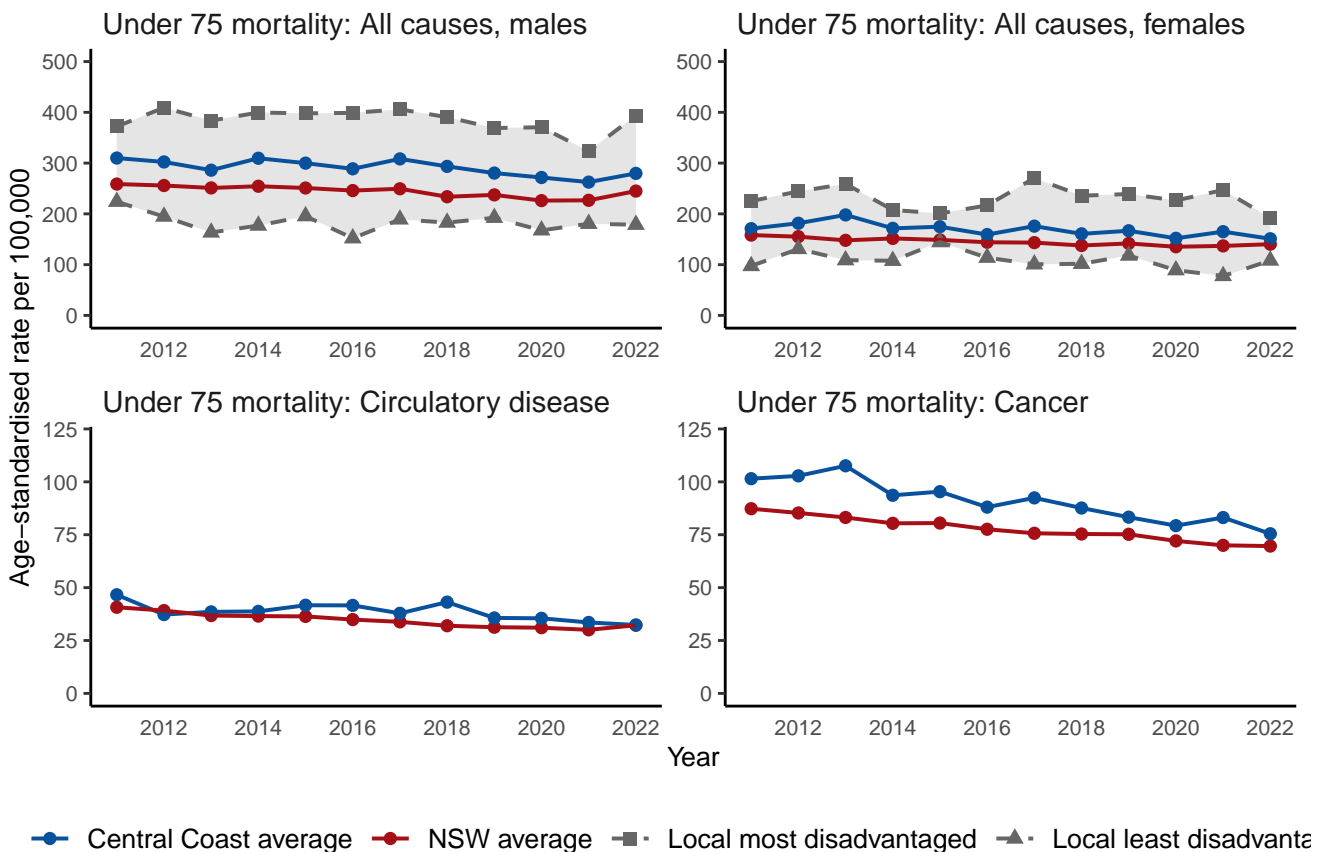
These charts show how life expectancy varies by socioeconomic status. Residents of Central Coast were divided into ten groups of approximately equal population size, ordered by their level of socioeconomic disadvantage (IRSD). Life expectancy was calculated for each group. The gap in life expectancy is the difference between the top and the bottom of the inequality slope.



IRSD scores allocated by Statistical Area 1 of residence. Deaths were aggregated for the years 2021 to 2023. Data source: Deaths Registration Unit Record File, Centre for Epidemiology and Evidence, NSW Ministry of Health.

## Time trends

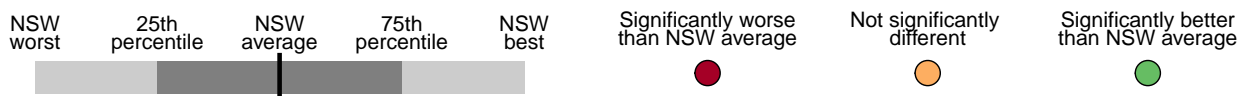
These charts show how premature mortality rates are changing over time and how the Central Coast compares to NSW. For mortality from all causes, they also show the difference in premature mortality rates between the people living in the most disadvantaged and least disadvantaged areas.



Data source: Cause of Death Unit Record File, Australian Coordinating Registry.

# Health summary

This chart uses a small number of indicators to give a summary of the health of the Central Coast population and shows how this compares to the health of the populations of other local health districts and to NSW as a whole. Indicators are categorised into major domains of population health.



|  | Indicator   | Year    | Local count | Local value | NSW value | Worst  |     | Best  |
|--|---|---------|-------------|-------------|-----------|--------|-----|-------|
| Life expectancy and causes of death                | 1 Life expectancy at birth (Males)                    | 2022    | –           | 79.8        | 80.9      | 77.2   |     | 84.2  |
|  | 2 Life expectancy at birth (Females)                  | 2022    | –           | 84.5        | 84.9      | 80.2   |     | 87.2  |
|  | 3 Under 75 mortality rate from all causes             | 2022    | 993         | 223.5       | 203.6     | 334    |     | 130   |
|  | 4 Under 75 mortality rate from circulatory diseases   | 2022    | 163         | 35          | 33.9      | 72.1   |     | 19.6  |
|  | 5 Under 75 mortality rate from cancer                 | 2022    | 373         | 78.2        | 74.3      | 103.3  |     | 52.3  |
|  | 6 Deaths from suicide                                 | 2020–22 | 148         | 14          | 10.6      | 24.1   |     | 7     |
| Illness and injury                                 | 7 Incidence of all cancers                            | 2017–21 | 12998       | 531.6       | 494.6     | 547.4  |     | 444.1 |
|  | 8 Incidence of lung cancer                            | 2017–21 | 1297        | 48.9        | 42.4      | 50.5   |     | 31.2  |
|  | 9 Hospital admission with coronary heart disease      | 2022–23 | 2822        | 527.5       | 425.8     | 545.3  |     | 287.4 |
|  | 10 Hospital admission with COPD                       | 2022–23 | 1265        | 223.9       | 156.2     | 325.4  |     | 64    |
|  | 11 Alcohol-related hospital admissions                | 2022–23 | 3578        | 977.6       | 612.7     | 1019.2 |     | 371.9 |
|  | 12 Fall-related hospital admissions                   | 2022–23 | 5948        | 1140.3      | 913.5     | 1140.3 |     | 803.7 |
|  | 13 Hospital admission following intentional self harm | 2022–23 | 352         | 109.5       | 77.9      | 152.9  |     | 52.7  |
| Child and maternal health                          | 14 Infant mortality                                   | 2020–22 | 42          | 3.5         | 2.9       | 3.7    |     | 1.9   |
|  | 15 Smoking during pregnancy                           | 2022    | 369         | 9.6         | 7.9       | 22.1   |     | 1     |
|  | 16 Mother's age < 20                                  | 2022    | 70          | 1.8         | 1.4       | 4.4    |     | 0.1   |
|  | 17 Antenatal care before 14 weeks                     | 2022    | 3412        | 89          | 79.9      | 47.6   |     | 92    |
|  | 18 Low birth weight                                   | 2022    | 259         | 6.8         | 6.6       | 7.9    |     | 2.6   |
|  | 19 Full breastfeeding at discharge                    | 2022    | 2949        | 77.4        | 66.1      | 52.7   |     | 79.9  |
| 20 Developmentally vulnerable in 2 or more domains | 2021  | 384     | 9.9         | 10.5        | 16.2      |        | 6.4 |       |
| Health-related behaviours                          | 21 Current smoking in adults                          | 2023    | –           | 15.1        | 11.7      | 17.3   |     | 7.9   |
|  | 22 Excessive alcohol consumption                      | 2023    | –           | 32.7        | 27.1      | 34.3   |     | 16.8  |
|  | 23 Insufficient physical activity in adults           | 2023    | –           | 35.3        | 35.5      | 44     |     | 26    |
|  | 24 Overweight or obese adults                         | 2023    | –           | 63.5        | 59.4      | 82.1   |     | 47.9  |
|  | 25 Overweight or obese children                       | 2020–23 | –           | 18.7        | 22.3      | 34.7   |     | 14.7  |
|  | 26 Adequate consumption of vegetables                 | 2023    | –           | 5.4         | 5.3       | 2      |     | 9.7   |
| Socioeconomic determinants                         | 27 Households with children that are low income       | 2021    | 5106        | 9.3         | 9.6       | 13.9   |     | 4.7   |
|  | 28 Proportion achieving Y12 or equivalent education   | 2021    | 124684      | 32.1        | 37.1      | 27.8   |     | 44.1  |
|  | 29 Proportion unemployed                              | 2021    | 9894        | 5           | 4.5       | 5.4    |     | 3.5   |
|  | 30 Proportion with limited spoken English             | 2021    | 2956        | 0.9         | 4.5       | 9.9    |     | 0.5   |
|  | 31 Proportion of those 65 and over who live alone     | 2021    | 19533       | 25.4        | 22.1      | 25.4   |     | 17.6  |
|  | 32 Domestic violence related assaults                 | 2022    | 1688        | 483.4       | 412.4     | 1411.1 |     | 130.8 |

1-2. Value: Life expectancy in years. Source: Cause of Death Unit Record File, Australian Coordinating Registry. 3-6. Value: Age-standardised rate per 100,000. Source: Cause of Death Unit Record File, Australian Coordinating Registry. 7-8. Value: Age-standardised rate per 100,000. Source: NSW Cancer Institute. 9-13. Value: Age-standardised rate per 100,000. Source: NSW Combined Admitted Patient Epidemiology Dataset. 14. Value: Deaths of children aged less than 1 year per 1,000 live births, Source: Cause of Death Unit Record File, Australian Coordinating Registry, and Births Australia 2023, Australian Bureau of Statistics. 15-19. Value: Percent. Source: NSW Perinatal Data Collection. 20. Value: Percent of children in first year of school. Source: Australian Early Development Census. 21-26. Value: Percent. Source: NSW Population Health Survey. 27-31. Value: Percent. Source: 2021 Census, Australian Bureau of Statistics. 32. Value: Rate per 100,000. Source: NSW Bureau of Crime Statistics.