

Break O'Day

LOCAL GOVERNMENT AREA



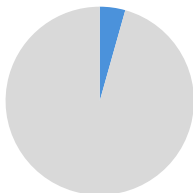
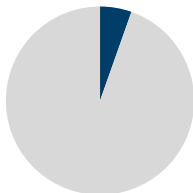
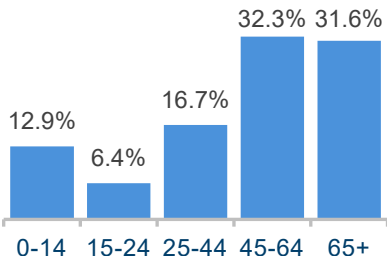
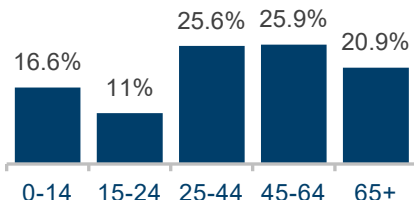
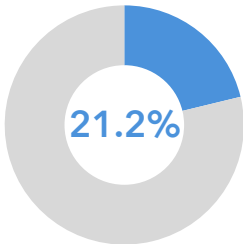
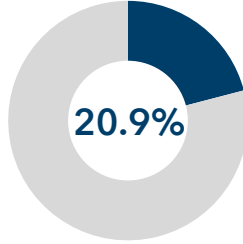
Health is closely tied to our daily environment. This Community Health Check presents information about the environmental, social and economic state of the Break O'Day local government area.

Community Health Check 2023



About us



	Break O'Day LGA	Tasmania
Our population	6,765	557,571
Aboriginal population	 4.4%	 5.4%
Population by age		
Born outside Australia	 21.2%	 20.9%
Median age in years	56	42

Sources: Our population, Aboriginal population, Population by age, Born outside Australia, and Median age in years: Australian Bureau of Statistics, 2021 Census All persons QuickStats, Local Government Areas, Break O'Day

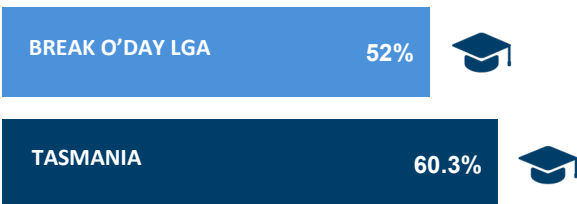
Social and economic conditions



Education

The proportion of people in the Break O'Day LGA who have completed Year 12 and above is less than the proportion for Tasmania overall.

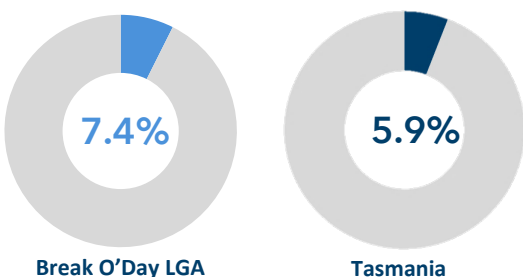
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

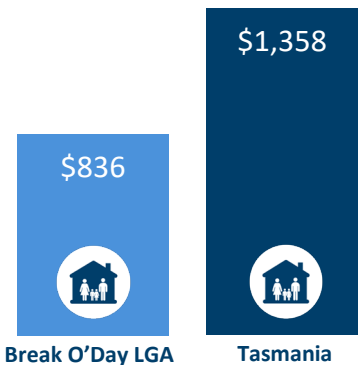
Unemployment rates

The rate of people in the Break O'Day LGA who are unemployed is greater than the rate in Tasmania.



Median weekly income

Weekly income per household is less in the Break O'Day LGA than in the rest of Tasmania.



Motor vehicles

Ninety-four percent (93.9%) of households in the Break O'Day LGA have one or more motor vehicles.



Home ownership

More people in the Break O'Day LGA own their homes outright compared to the rest of Tasmania.

	Break O'Day	Tasmania
Owned outright	54.1%	37.1%
Owned with mortgage	22.2%	33%
Rented	19.5%	26.4%

Source: Education, Unemployment rates, Median weekly income, Motor vehicles, Home ownership: Australian Bureau of Statistics 2021, Census All persons QuickStats, Local Government Areas, Break O'Day

Healthy living



Self-reported health

In 2019, thirty-one per cent (31%) of Break O'Day residents rated their health as "excellent" or "very good". This is lower than the rate for Tasmania.





ADULTS REPORTING THEIR OWN HEALTH AS 'EXCELLENT' OR 'VERY GOOD'



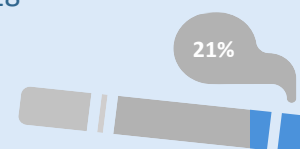
How people feel about their own health, their state of mind and their life in general is a common measure of health. (Australia's Health 2018. AIHW)

Risk factors

Risk factors are conditions or behaviours that make it more likely people will get a chronic condition or health problem.

	Break O'Day	Tasmania
 Overweight/obese body mass index (BMI)	60%	58%
 Current smoker	21%	12%
 Consumes 2 or more drinks per day*	20%	19%
 Insufficient moderate/vigorous activity+	--	11%
 Less than two serves of vegetables per day^	80%	91%
 Less than two serves of fruit per day^	38%	53%

In the Break O'Day LGA, around 21% of people aged 18 years and over, are daily and current smokers, which is higher than the rate for Tasmania.



Source: Self-reported health and Risk factors: Department of Health and Human Services Report on the Tasmania Population Health Survey 2019

*2009 National Health and Medical Research Council alcohol guidelines

+2014 National Health and Medical Research Council physical activity guidelines

^2013 National Health and Medical Research Council dietary guidelines

Healthy living



Psychological distress

A similar number of adults in the Break O'Day LGA are likely to experience high or very high levels of psychological distress as for Tasmania.

PEOPLE WITH HIGH OR VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS



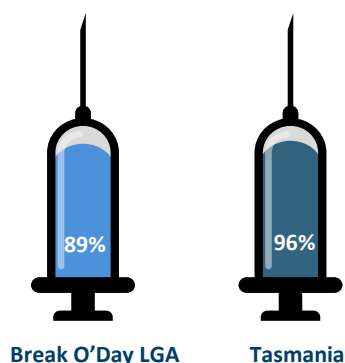
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

Health care



Immunisations

Eighty-nine percent (89%) of children in the Break O'Day LGA are fully immunised by the age of five.



CHILDREN FULLY IMMUNISED AT 5 YEARS OF AGE

GP and emergency department encounters



During 2019-2021, 7,457 people from the Break O'Day LGA had an encounter with a general practitioner*



On average each year during 2020-2022, 471 individuals from the Break O'Day LGA visited an ED (67 people per 1,000 population[^]), with an average of 691 presentations per year (99 ED presentations per 1,000 population[^])

[^]Estimated average population for 2021-22=7009

Sources: Psychological distress: Department of Health and Human Services Report on the Tasmanian Population Health Survey 2013
Immunisations: Primary Health Information Development Unit, Social Health Atlas of Australia: Local Government Areas; Compiled based on data provided by Australian Childhood Immunisation Register, Medicare Australia, 2021. GP encounters: Primary Health Information Network (PHIN) dataset (General Practice dataset), Analysed by Primary Health Tasmania; accessed October 2022
Emergency department encounters: Department of Health and Human Services, Health Central Data Warehouse, Tasmania. Analysed by Primary Health Tasmania; accessed November 2023 *Individual totals may be higher due to patients potentially visiting more than one practice outside an LGA area or possible de-identification linkage errors from patient administration extraction software.

Health outcomes



Public hospital admissions

During the five years from 2018-19 to 2022-23 there were 12,186 admissions to Tasmanian public hospitals from the Break O'Day LGA area, with 5,796 overnight stays.

TOP FIVE CAUSES FOR OVERNIGHT ADMISSIONS



Factors influencing health status and contact with health services*



Other chronic obstructive pulmonary disease



Pneumonia



Heart failure



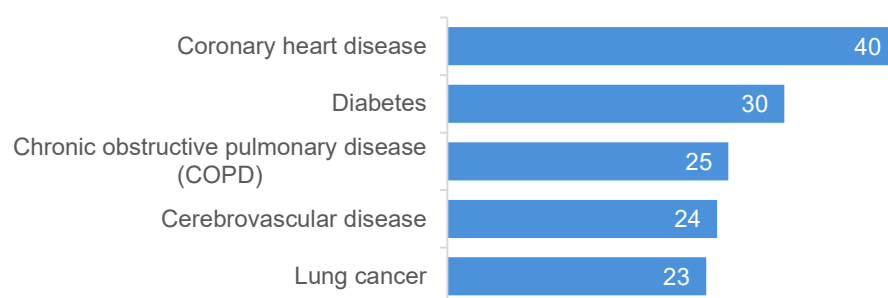
Women giving birth

Causes of death

During 2017-2021 coronary heart disease (10.6%), diabetes (7.9%), chronic obstructive pulmonary disease (6.6%), cerebrovascular disease (6.3%), and lung cancer (6%) were the leading causes of the 380 deaths in the Break O'Day LGA area.

TOP CAUSES OF DEATH 2017-2021, BY NUMBER

ALL CAUSES



380

Sources: Public hospital admissions: Department of Health and Human Services, Health Central Data Warehouse, Tasmania. Analysed by Primary Health Tasmania; Accessed November 2023; *Includes i) examination and investigation, ii) communicable diseases, iii) related to socioeconomic and psychosocial circumstances, iv) health services in other circumstances and v) related to family and personal history and certain conditions influencing health status
Causes of death: Mortality over Regions and Time (MORT) book, LGA, 2017-2021, accessed November 2023.

The Tasmanian Community Health Checks feature information about the 29 Local Government Areas (LGAs) in Tasmania. For reports on the other 28 LGAs, please visit primaryhealthtas.com.au and search for [Community Health Checks](#) or email info@primaryhealthtas.com.au.

This data is sourced as part of Primary Health Tasmania's ongoing provider support activity. While extensive efforts have been made to ensure this information is as accurate as possible, the data is gleaned from multiple public and private organisations via visits and web searches, and Primary Health Tasmania cannot attest to the continued veracity of this dataset as practice and practitioner details change continually. The information presented is accurate as of November 2023. For the most current information, please go to www.phnexchange.com.au.