

Central Highlands

LOCAL GOVERNMENT AREA



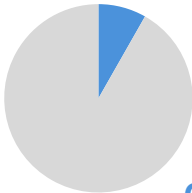
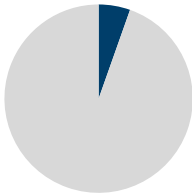
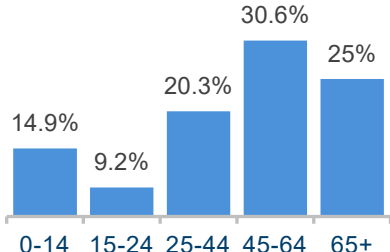
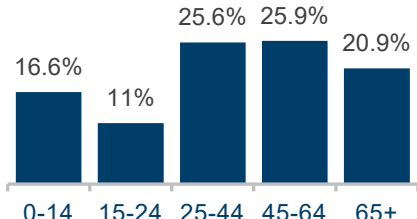
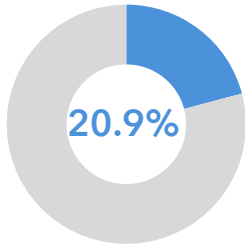
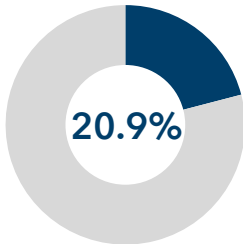
Health is closely tied to our daily environment. This Community Health Check presents information about the environmental, social and economic state of the Central Highlands local government area.

Community Health Check 2023



About us



	Central Highlands	Tasmania																								
Our population	2,520	557,571																								
Aboriginal population	 6.1%	 5.4%																								
Population by age	 <table><thead><tr><th>Age Group</th><th>Percentage</th></tr></thead><tbody><tr><td>0-14</td><td>14.9%</td></tr><tr><td>15-24</td><td>9.2%</td></tr><tr><td>25-44</td><td>20.3%</td></tr><tr><td>45-64</td><td>30.6%</td></tr><tr><td>65+</td><td>25%</td></tr></tbody></table>	Age Group	Percentage	0-14	14.9%	15-24	9.2%	25-44	20.3%	45-64	30.6%	65+	25%	 <table><thead><tr><th>Age Group</th><th>Percentage</th></tr></thead><tbody><tr><td>0-14</td><td>16.6%</td></tr><tr><td>15-24</td><td>11%</td></tr><tr><td>25-44</td><td>25.6%</td></tr><tr><td>45-64</td><td>25.9%</td></tr><tr><td>65+</td><td>20.9%</td></tr></tbody></table>	Age Group	Percentage	0-14	16.6%	15-24	11%	25-44	25.6%	45-64	25.9%	65+	20.9%
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Born outside Australia	 20.9%	 20.9%																								
Median age in years	50	42																								

Source: 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, Central Highlands

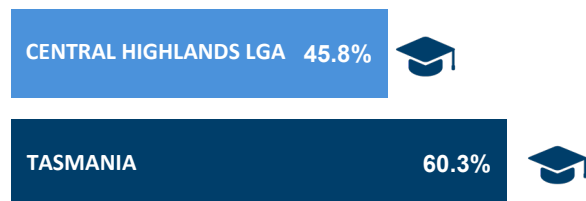
Social and economic conditions



Education

The proportion of people in the Central Highlands LGA who have completed Year 12 and above is less than the proportion for Tasmania overall.

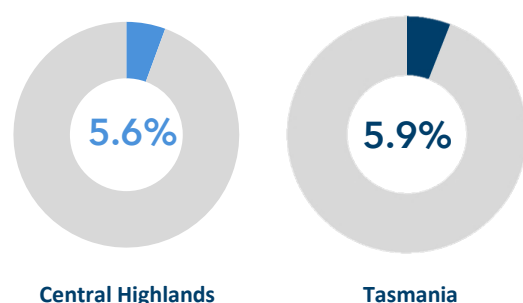
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

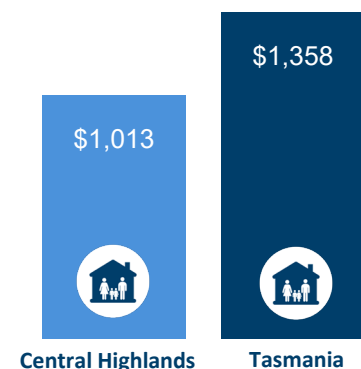
Unemployment rates

The rate of people in the Central Highlands LGA who are unemployed is less than the rate in Tasmania overall.



Median weekly income

Weekly income per household is less in the Central Highlands LGA than in the rest of Tasmania.



Motor vehicles

Ninety-four (93.9%) percent of households in the Central Highlands LGA have one or more motor vehicles.



Home ownership

More people living in the Central Highlands LGA own their own homes compared to the rest of Tasmania.

	Central Highlands	Tasmania
Owned outright	48.4%	37.1%
Owned with mortgage	26%	33%
Rented	16.3%	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, Central Highlands

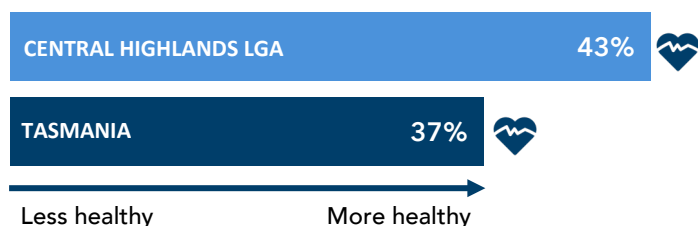
Healthy living



Self-reported health

The proportion of people in the Central Highlands LGA who rated their health as “excellent” or “very good” is greater than the proportion 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. Some data are not available for Central Highlands LGA.

	Central Highlands LGA	Tasmania
 Overweight/obese body mass index (BMI)	77%	58%
 Current smoker	--	12%
 Consumes 2 or more drinks per day*	--	19%
 Insufficient moderate/vigorous activity+	--	11%
 Less than two serves of vegetables per day^	81%	91%
 Less than two serves of fruit per day^	45%^^	53%

In Tasmania, around 12% of people aged 18 years and over are daily and current smokers.



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

^^Use data with caution

Healthy living



Psychological distress

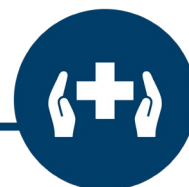
In Tasmania, 11% of people are likely to experience high or very high levels of psychological distress. Data are not available for the Central Highlands LGA.

PEOPLE WITH HIGH OR VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS



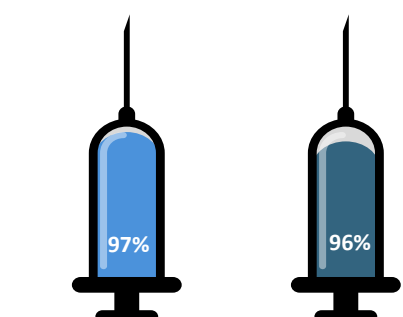
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

Health care



Immunisations

97% of children in the Central Highlands LGA are fully immunised by the age of five, which is higher than the rate for Tasmania.



CHILDREN FULLY IMMUNISED AT 5 YEARS OF AGE

GP and emergency department encounters



During 2019-2021, 1,986 people from the Central Highlands LGA had an encounter with a general practitioner*



On average each year during 2020-2022, 288 individuals from the Central Highlands LGA visited an emergency department (111 people per 1,000 population[^]), with an average of 496 ED presentations per year (192 ED presentations per 1,000 population[^])

[^]Estimated average population for 2019-21 =2,586

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 2022 *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 2,631 admissions to Tasmanian public hospitals from the Central Highlands LGA area, with 1,551 overnight stays.

TOP FIVE CAUSES FOR OVERNIGHT ADMISSIONS



Factors influencing health status and contact with health services*



Women giving birth



Pneumonia



Throat and chest pain

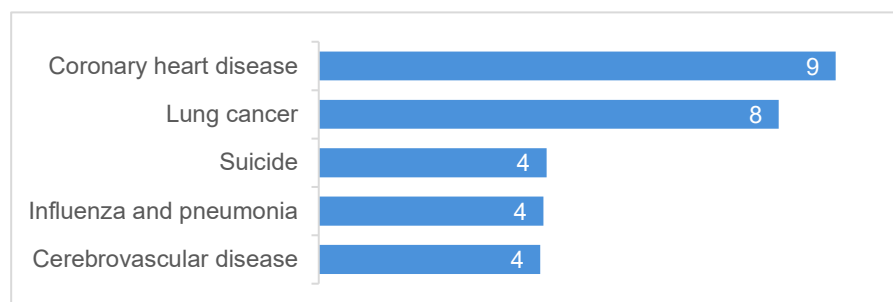


Cholelithiasis

Causes of death

During 2017-2021 coronary heart disease (10.8%), lung cancer (9.6%), suicide (4.1%), influenza and pneumonia (4.1%) cerebrovascular disease (4.8%), were the leading causes of the 83 deaths in the Central Highlands LGA area.

TOP CAUSES OF DEATH 2017-2021, BY NUMBER



ALL CAUSES

83

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.