

# Central Coast

LOCAL GOVERNMENT AREA




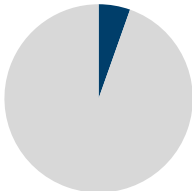
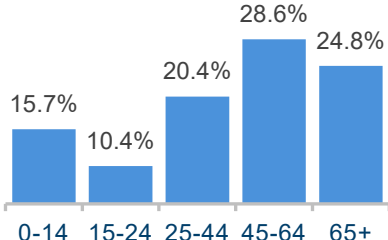
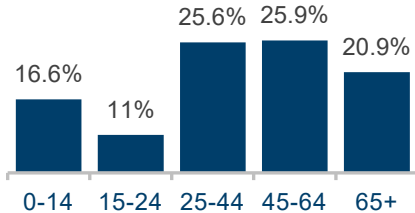
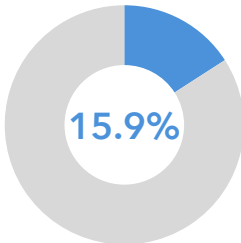
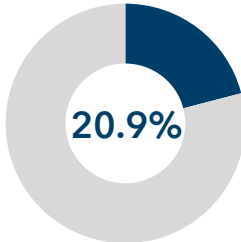
Health is closely tied to our daily environment. This Community Health Check presents information about the environmental, social and economic state of the Central Coast local government area.

## Community Health Check 2023



# About us



	Central Coast LGA	Tasmania																								
Our population	22,760	557,571																								
Aboriginal population	 8.2%	 5.4%																								
Population by age	 <table><thead><tr><th>Age Group</th><th>Percentage</th></tr></thead><tbody><tr><td>0-14</td><td>15.7%</td></tr><tr><td>15-24</td><td>10.4%</td></tr><tr><td>25-44</td><td>20.4%</td></tr><tr><td>45-64</td><td>28.6%</td></tr><tr><td>65+</td><td>24.8%</td></tr></tbody></table>	Age Group	Percentage	0-14	15.7%	15-24	10.4%	25-44	20.4%	45-64	28.6%	65+	24.8%	 <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	 15.9%	 20.9%																								
Median age in years	48	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, Central Coast

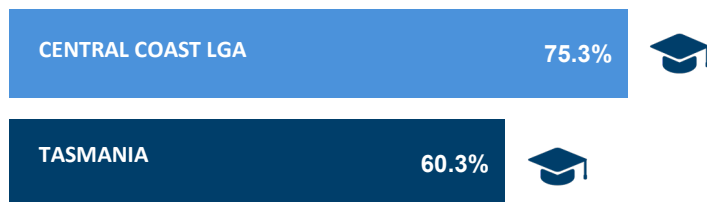
# Social and economic conditions



## Education

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

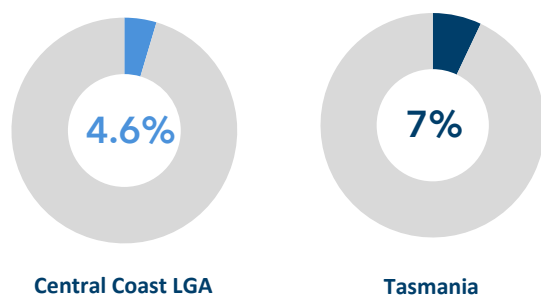
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

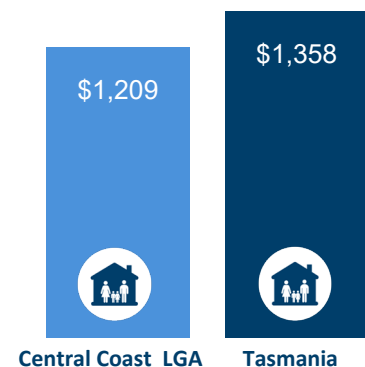
## Unemployment rates

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



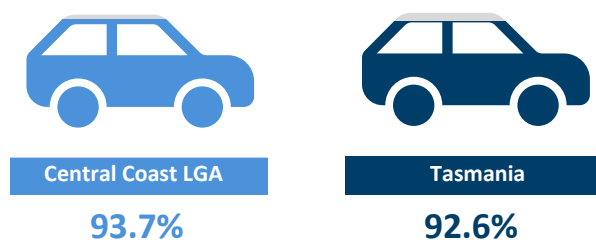
## Median weekly income

Weekly income per household is lower in the Central Coast LGA than in the rest of Tasmania.



## Motor vehicles

Ninety-four per cent (93.7%) of households in the Central Coast LGA have one or more motor vehicles.



## Home ownership

More people in the Central Coast LGA own their homes outright, compared to the rest of Tasmania.

	Central Coast	Tasmania
Owned outright	43%	37.1%
Owned with mortgage	32.8%	33%
Rented	20.7%	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 Coast

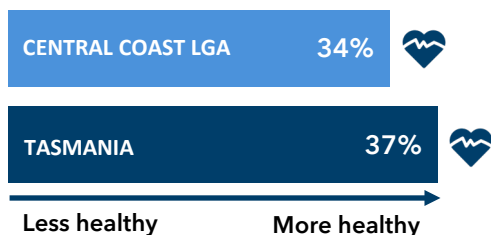
# Healthy living



## Self-reported health

Thirty-four per cent (34%) of Central Coast LGA residents rated their health as “excellent” or “very good”. This is less than the rate for Tasmania.


### ADULTS REPORTING THEIR OWN HEALTH AS ‘EXCELLENT’ OR ‘VERY GOOD’



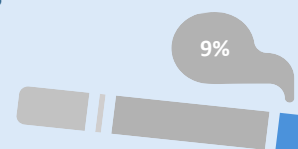
How people feel about their own health, their state of mind and their life in general is a common measure of health. (Australia's Health 2018. AIHW)

## Risk factors

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

	Central Coast	Tasmania
 <b>Overweight/obese body mass index (BMI)</b>	<b>70%</b>	<b>58%</b>
 <b>Current smoker</b>	<b>9%</b>	<b>12%</b>
 <b>Consumes 2 or more drinks per day*</b>	<b>12%</b>	<b>19%</b>
 <b>Insufficient moderate/vigorous activity+</b>	<b>13%</b>	<b>11%</b>
 <b>Less than two serves of vegetables per day^</b>	<b>91%</b>	<b>91%</b>
 <b>Less than two serves of fruit per day^</b>	<b>50%</b>	<b>53%</b>

In the Central Coast LGA, around 9% of people aged 18 years and over, are daily and current smokers, which is lower than the rate for Tasmania.



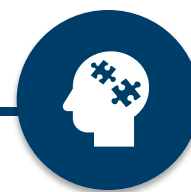
Source: Self-reported health and Risk factors: Department of Health and Human Services Report on the Tasmania Population Health Survey 2019

\*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

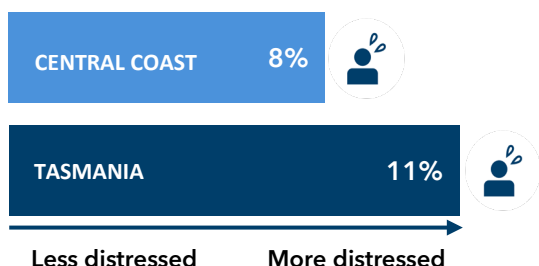
# Healthy living



## Psychological distress

Fewer adults in the Central Coast LGA are likely to experience high or very high levels of psychological distress, compared with Tasmania overall.

### PEOPLE WITH HIGH OR VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS



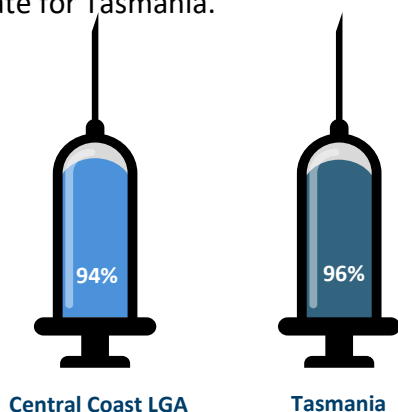
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

## Health care



### Immunisations

Ninety-four per cent (94%) of children in the Central Coast LGA are fully immunised by the age of five, which is lower than the rate for Tasmania.



#### CHILDREN FULLY IMMUNISED AT 5 YEARS OF AGE

### GP and emergency department encounters



During 2019-2021, 25,029 people from the Central Coast LGA had an encounter with a general practitioner\*



On average each year during 2020-2022, 3,949 individuals from the Central Coast LGA visited an ED (169 people per 1,000 population<sup>^</sup>), with an average of 9,042 presentations each year (387 ED presentations per 1,000 population<sup>^</sup>)

<sup>^</sup>Estimated average population for 2021-22=23,345

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, 2018. 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 34,671 admissions to Tasmanian public hospitals from the Central Coast LGA area, with 16,892 overnight stays.

### TOP FIVE CAUSES FOR OVERNIGHT ADMISSIONS



**Factors influencing health status and contact with health services\***



**Women giving birth**



**Acute myocardial infarction (heart attack)**



**Pneumonia**

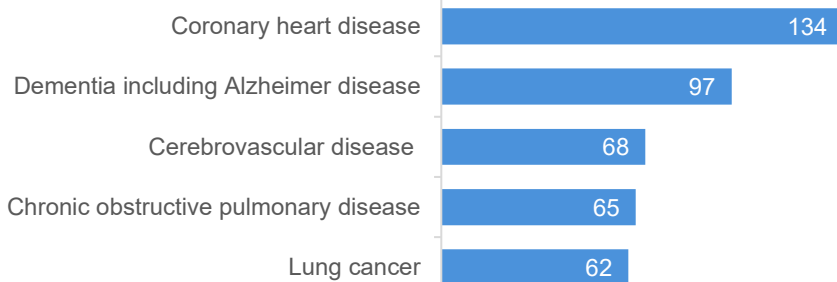


**Other chronic obstructive pulmonary disease**

## Causes of death

During 2016-2020 coronary heart disease (12.2%), dementia including Alzheimer disease (8.9%), cerebrovascular disease (6.2%), chronic obstructive pulmonary disease (5.9%), and lung cancer (5.7%) were the leading causes of the 1,094 deaths in the Central Coast LGA area.

### TOP CAUSES OF DEATH 2016-2020, BY NUMBER



### ALL CAUSES

**1094**

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](https://primaryhealthtas.com.au) and search for **Community Health Checks** or email [info@primaryhealthtas.com.au](mailto: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](https://www.phnexchange.com.au).*