

HEALTH PROFILE

NEPEAN BLUE MOUNTAINS REGION

Blue Mountains

Hawkesbury

Lithgow

Penrith

Wentworth Healthcare is a not for profit organisation dedicated to improving health for the Blue Mountains, Hawkesbury, Lithgow and Penrith communities.

Wentworth Healthcare runs the Nepean Blue Mountains PHN as part of the Primary Health Networks (PHNs) program.

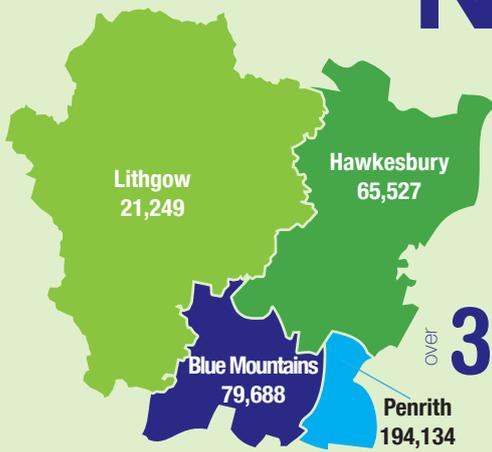
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NEPEAN
BLUE MOUNTAINS

An Australian Government Initiative

 **Wentworth
Healthcare**

Blue Mountains | Hawkesbury | Lithgow | Penrith

Nepean Blue Mount



OUR REGION OUR PEOPLE

360,000 people live in our region **over** **1 MILLION** catchment population by 2025

Our region is 9,100km², covering three different categories of remoteness: Major Cities (RA1), Inner Regional (RA2) and Outer Regional (RA3)

9,212 IDENTIFY AS BEING **ABORIGINAL OR TORRES STRAIT ISLANDER** (2.7% of the population)

LIFE EXPECTANCY

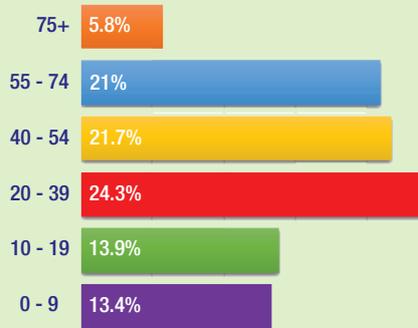


Life expectancy is about the same as the State average, which is 82.5 years for females in NSW and 78.7 for males.

Life expectancy in NSW for the Aboriginal population lowers to 74.6 years for females and 70.5 for males.

People with a severe and persistent mental illness have a life expectancy of 25 to 30 years less than the general population.

AGE OF OUR REGION



1 in 10 adults report high or very high psychological distress



There are 4 correctional centres in our region

In NSW, 76% of prisoners and 21% of young people in custody smoke



15.4%

Aged 12-17 report high psychological distress (NSW, 14%)

HEALTH BEHAVIOURS



59% **OBESE OR OVERWEIGHT** in adults compared to the State average (53%)



93% **DON'T EAT ENOUGH FRUIT & VEG**



50% **DON'T GET ENOUGH EXERCISE**



15.7%

Smoking rates on par with the state average. (NSW, 15.6%)

In NSW, 37% of Aboriginal adults aged 16 years and over smoke

Smoking rates for those with severe and persistent mental health are 3 to 4 times higher than the general population

SCREENING

29% women 50-69 never screened for breast cancer (NSW, 22%)

55% screened every two years for cervical cancer (NSW, 57.7%). But this drops to less than 54% in Lithgow and Penrith.

Bowel screening participation is close to State average, 31.2% to 32.8%.



Leading causes of death in the NBM region:

1. Circulatory diseases
2. Cancers
3. Respiratory diseases

10,000 PEOPLE **DIFFICULT OR UNABLE TO ACCESS TRANSPORTATION TO HEALTH SERVICES**



ains Health Profile

HEALTHCARE WORKFORCE

2.7 MILLION
CONSULTATIONS EACH YEAR
with GPs and specialists at a cost of
\$142 MILLION



448

GPs & training registrars

This means in our region we have **1 fulltime GP per 1,196 people**

85% of adults visit a GP each year

16.5% see their GP 11+ times each year, the highest visitation rate of all similar regions

92.9% of GP consults are bulk-billed the highest of all similar regions



over **1,200**
ALLIED HEALTH PROFESSIONALS



145
PRACTICE NURSES



75.9%

BABIES FULLY BREASTFED ON DISCHARGE FROM HOSPITAL

Nationally, exclusive breast-feeding reduces to 39% within the first 4 months.



over **800**
GP & Allied Health PRACTICES

36,748

POTENTIALLY PREVENTABLE
HOSPITALISATIONS

1. Urinary tract infections
2. COPD
3. Cellulitis
4. Dental conditions

Unhealthy levels of alcohol consumption are higher than the State average

30.9% of mothers smoke during pregnancy, more than double the regional rate

24.3% of 15 - 19 yo are neither learning nor earning (NSW, 18.6%)

40.2% breast screening is more than 10% below State average (NSW, 50.9%)

Aboriginal population 4.45%, higher than State average (NSW, 2.5%)



over **114,000**
ANNUAL VISITS TO EMERGENCY

Road traffic injury is the highest cause of avoidable deaths

Unhealthy levels of alcohol consumption are higher than the State average

60.3% cervical screening, above State average (NSW, 57.7%)

Aboriginal population 3%, higher than State average (NSW, 2.5%)

Domestic violence occurs at a rate of 588.4 per 100,000 (NSW, 396.4 per 100,000)

88.24% fully immunised up to age 5 (State target: 92%)

Rates of suicide and self-inflicted death are higher than the State average

Penrith
78 GP practices

50.4% cervical screening, below State average (NSW, 57.7%)

★ SUBURBS WITH A HIGH LEVEL OF DISADVANTAGE

- Bowenfels
- Kingswood
- Lithgow
- St Marys
- Katoomba
- Cranebrook

Our achievements in the last year

8,628

Aboriginal Health

occasions of service to our Aboriginal & Torres Strait Islander community



133,000

after hours GP consultations across the region



#1

region in Australia for GP antenatal shared care to Aboriginal & Torres Strait Islanders



93.5% fully immunised under 5 year-old (non-Aboriginal children)



19,386

mental health consultations for local community members



93.9% fully immunised under 5 year-old (Aboriginal children)

1,967 practice support occasions of service to healthcare professionals



400+

workforce consultations to increase the number of GPs and practice staff in our region

1,500 attendances

by primary healthcare professionals at educational events



References: <http://profile.id.com.au/hawkesbury> | <http://profile.id.com.au/penrith> | <http://profile.id.com.au/lithgow> | <http://profile.id.com.au/blue-mountains> | NSW - Nepean - Blue Mountains - Medicare Local Profile Report 2013 | 2011 ABS census data | Reporting for better cancer outcomes performance report 2015 | HealthStats NSW | NBMPHN Chilli database | NHPA healthy communities: Australians' experience with access to healthcare 2011-2012 (and 2013-2014 update) | NHPA healthy communities: Frequent GP attenders 2012-2013 | Australian Institute of Health: The 2010 Australian National Infant Feeding Survey Indicator Results | http://medicarestatistics.humanservices.gov.au/statistics/mbs_item.jsp | NBMLHD 2013-2014 Year in Review | "A report on the Health Needs of the Nepean-Blue Mountains Medicare Local area", undertaken by JustHealth Consulting in partnership with The Menzies Centre for Health Policy (August 2012) | PHIDU Social Atlas of Australia Health Risk Factors (modelled estimates, 2011-2013) | PHIDU Social Atlas of Australia Premature mortality, by selected cause (2009-2012) | PHIDU Social Atlas of Australia Earning and Learning rate 15-19 year olds (2011) | PHIDU Social Atlas of Australia Mothers and Babies (2008-2010) | NSW Bureau of Crime Statistics domestic assault rate per 100000 (July 2014-June 2015) | NSW Health Snapshot 2014 Tobacco Strategy 2012-2017 | Figures cited under "Our achievements in the last year" from 1 July 2014 to 30 June 2015 | Wentworth Healthcare Limited Application for funding Primary Health Networks Programme, Nepean Blue Mountains | Are the cardiometabolic complications of schizophrenia still neglected? Barriers to care. MJA 190(4) S39-42 | Smoking and mental illness: results from population surveys in Australia and the United States |

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Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN.