

Southern Midlands

LOCAL GOVERNMENT AREA

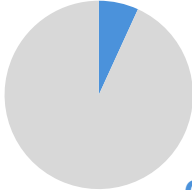
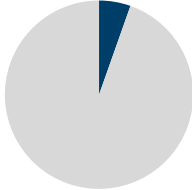
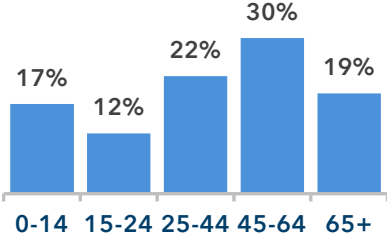
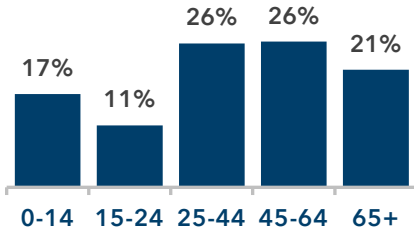
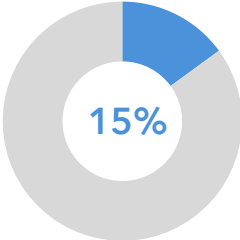
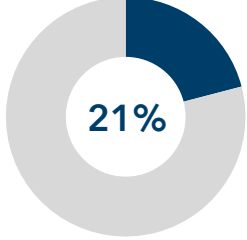


Health is closely tied to our daily environment. This Community Health Check presents information about the environmental, social and economic state of the Southern Midlands local government area.

Community Health Check 2024

About us



	Southern Midlands	Tasmania																								
Our population	6,662	557,571																								
Aboriginal population	 6.8%	 5.4%																								
Population by age	 <table border="1"> <tr><th>Age Group</th><th>Percentage</th></tr> <tr><td>0-14</td><td>17%</td></tr> <tr><td>15-24</td><td>12%</td></tr> <tr><td>25-44</td><td>22%</td></tr> <tr><td>45-64</td><td>30%</td></tr> <tr><td>65+</td><td>19%</td></tr> </table>	Age Group	Percentage	0-14	17%	15-24	12%	25-44	22%	45-64	30%	65+	19%	 <table border="1"> <tr><th>Age Group</th><th>Percentage</th></tr> <tr><td>0-14</td><td>17%</td></tr> <tr><td>15-24</td><td>11%</td></tr> <tr><td>25-44</td><td>26%</td></tr> <tr><td>45-64</td><td>26%</td></tr> <tr><td>65+</td><td>21%</td></tr> </table>	Age Group	Percentage	0-14	17%	15-24	11%	25-44	26%	45-64	26%	65+	21%
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Population by gender	52% Male 48% Female	51% Male 49% Female																								
Median age in years	44	42																								
Born outside Australia	 15%	 21%																								

Sources: Our population, Aboriginal population, Population by age, Population by gender, Born outside Australia, Median age in years: Australian Bureau of Statistics, 2021 Census All persons QuickStats, Local Government Areas, Southern Midlands

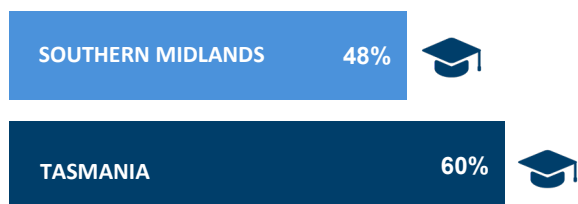
Social and economic conditions



Education

The proportion of people in the Southern Midlands LGA who have completed Year 12 and above is lower than the proportion for Tasmania overall.

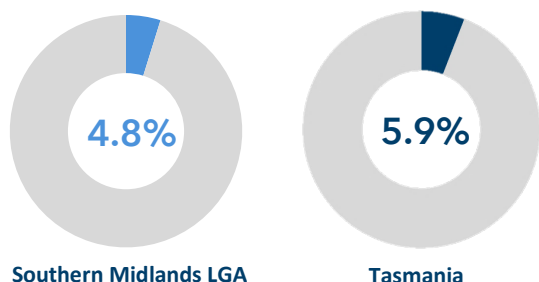
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

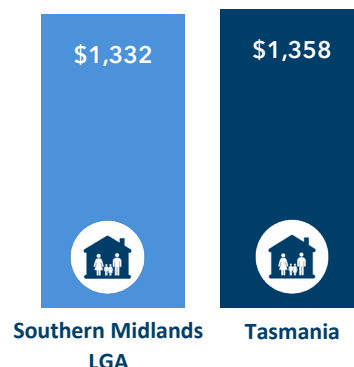
Unemployment rates

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



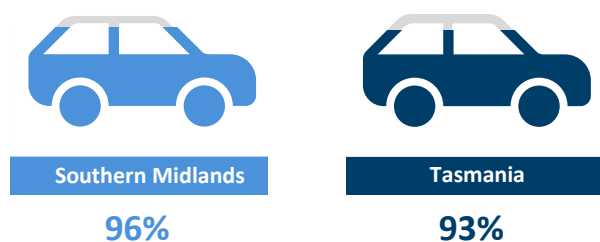
Median weekly income

Weekly income per household is less in the Southern Midlands LGA than in the rest of Tasmania.



Motor vehicles

Ninety-six per cent (96%) of households in the Southern Midlands LGA have one or more motor vehicles.



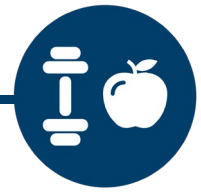
Home ownership

More people in the Southern Midlands LGA own their homes outright compared to the rest of Tasmania.

	Southern Midlands	Tasmania
Owned outright	39%	37%
Owned with mortgage	43%	33%
Rented	13%	26%

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

Healthy living



Self-reported health

Thirty-seven per cent (37%) of Southern Midlands residents rated their health as “excellent” or “very good”, lower than the rate for Tasmania.

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



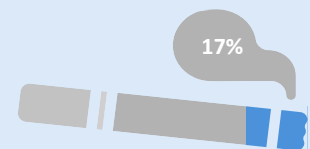
How people feel about their own health, their state of mind and their life in general is a common measure of health. (Australia’s Health 2018. AIHW)

Risk factors

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

	Southern Midlands	Tasmania
Overweight/obese body mass index (BMI)	70%	62%
Current smoker	17%	15%
Daily/occasional vaping	3%	3%
Single occasion risky drinking (>4 alcoholic standard drinks)*	33%	37%
Insufficient moderate/vigorous activity[†]	35%	24%
Did not meet recommended daily vegetable intake[‡]	88%	91%
Did not meet recommended daily fruit intake[^]	74%	61%

In the Southern Midlands LGA, around 17% 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: Tasmanian Population Health Survey 2022 Local Government Areas (LGA) Supplementary Data Tables

*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

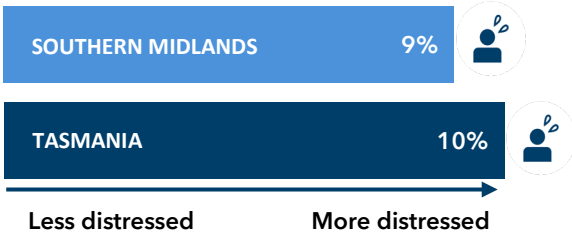
Healthy living



Psychological distress

Adults in the Southern Midlands LGA are less 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



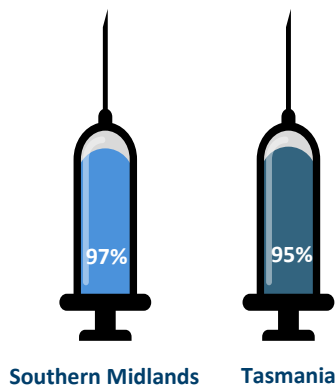
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

Health care



Immunisations

Ninety-seven per cent (97%) of children in the Southern Midlands 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



Eighty-four per cent (84%) of people from the Southern Midlands LGA saw a general practitioner for their own health in the past twelve months*.



On average each year during 2020-2022, 1,890 individuals from the Southern Midlands LGA visited an ED (274 people per 1,000 population[^]), with an average of 3,586 presentations per year (521 ED presentations per 1,000 population[^]).

[^]Estimated population for June 2022=6,888

Sources: Psychological distress and GP encounters: Tasmanian Population Health Survey 2022 Local Government Areas (LGA) Supplementary Data Tables

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.

Emergency department encounters: Department of Health and Human Services, Health Central Data Warehouse, Tasmania. Analysed by Primary Health Tasmania; accessed November 2023

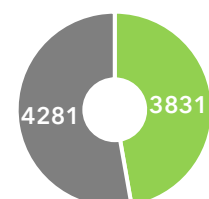
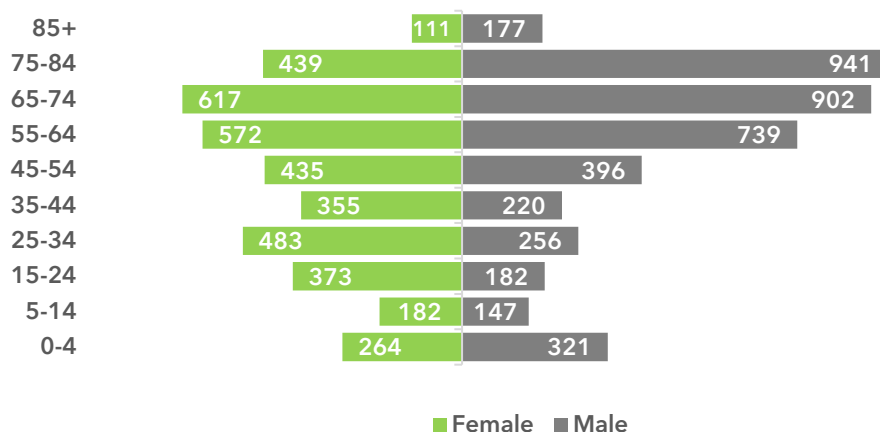
Health outcomes



Public hospital admissions

During the five years from 2018-19 to 2022-23 there were 8,112 admissions to Tasmanian public hospitals from the Southern Midlands LGA area, with 4,328 overnight stays.

NUMBER OF PUBLIC HOSPITAL ADMISSIONS BY AGE GROUP AND GENDER 2018-19 TO 2022-23



TOTAL NUMBER BY GENDER

TOP 10 PRIMARY HOSPITAL DIAGNOSIS ^{*^}	TOP 10 CHARLSON COMORBIDITIES ^{**}	TOP 10 POTENTIALLY PREVENTABLE HOSPITALISATIONS
Care involving dialysis	Renal disease	Chronic obstructive pulmonary disease
Pain in throat and chest	Any malignancy, including lymphoma and leukaemia, except malignant neoplasm of skin	Diabetes complications
Liveborn infants according to place of birth	Chronic pulmonary disease	Congestive heart failure
Single spontaneous delivery	Cerebrovascular disease	Cellulitis
Abdominal and pelvic pain	Myocardial infarction	Type 2 diabetes
Other cataract	Congestive heart failure	Ear, nose and throat infections
Pneumonia, organism unspecified	Diabetes with chronic complication	Iron deficiency anaemia
Acute myocardial infarction	Peripheral vascular disease	Urinary tract infections
Adjustment and management of drug delivery or implanted device	Rheumatic disease	Convulsions epilepsy
Other diseases of jaws	Dementia	Angina

*Excludes diagnoses coded as “persons encountering health services in other circumstances” and “other medical care” which cover a wide range of diverse categories and are as such less useful in understanding reasons for hospitalisations.

Health outcomes



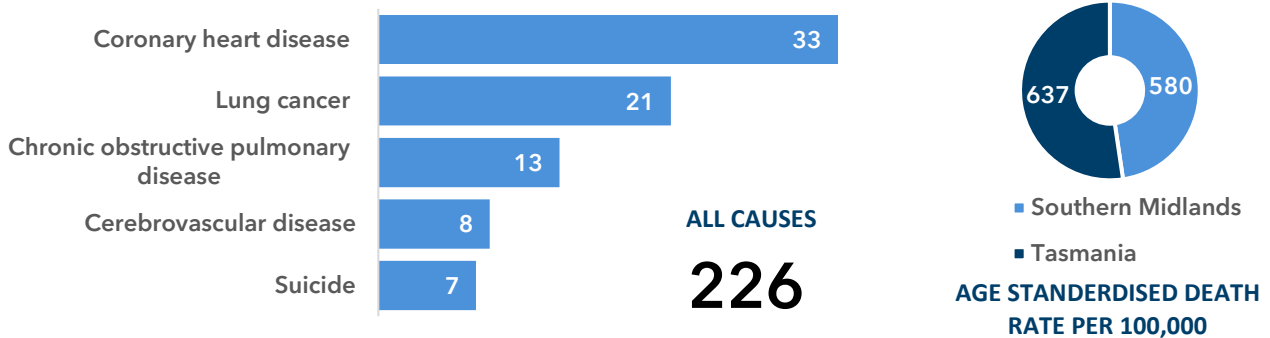
^The *primary hospital diagnosis* is the diagnosis established after study (for example, at the completion of the episode of care) to be chiefly responsible for causing the episode of admitted patient care. It is essentially the main reason someone needed to be admitted to hospital.

^^Patients admitted to hospital often have other comorbid conditions, which may or may not be related to their diagnosis. *The Charlson Comorbidities Index* classifies 17 comorbid conditions which may influence mortality risk.

Causes of death

During 2017-2021 coronary heart disease (15%), lung cancer (9%), chronic obstructive pulmonary disease (6%), cerebrovascular disease (4%) and suicide (3%) were the leading causes of the 226 deaths in the Southern Midlands LGA area. The age standardised death rate in 2021 was 645.8 per 100,000 compared with the overall age standardised rate of 636.7 for Tasmania.

TOP CAUSES OF DEATH 2017-2021, BY NUMBER



Sources: Public hospital admissions: Department of Health and Human Services, Health Central Data Warehouse, Tasmania. Analysed by Primary Health Tasmania; Accessed March 2024; Charlson Comorbidities: Charlson, Mary E., et al. "A new method of classifying prognostic comorbidity in longitudinal studies: development and validation." *Journal of chronic diseases* 40.5 (1987): 373-383
 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 March 2024. For the most current information, please go to www.phnexchange.com.au.