

West Tamar

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 West Tamar local government area.

Community Health
Check 2024



About us



	West Tamar LGA	Tasmania
Our population	25,145	557,571
Aboriginal population	<p>2.8%</p>	<p>5.4%</p>
Population by age	<p>0-14 15-24 25-44 45-64 65+</p>	<p>0-14 15-24 25-44 45-64 65+</p>
Population by gender	<p>49% Male 51% Female</p>	<p>51% Male 49% Female</p>
Median age in years	45	42
Born outside Australia	<p>20%</p>	<p>21%</p>

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, West Tamar

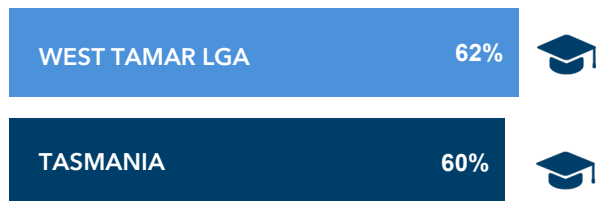
Social and economic conditions



Education

The proportion of people in the West Tamar LGA who have completed Year 12 and above is higher than the proportion for Tasmania overall.

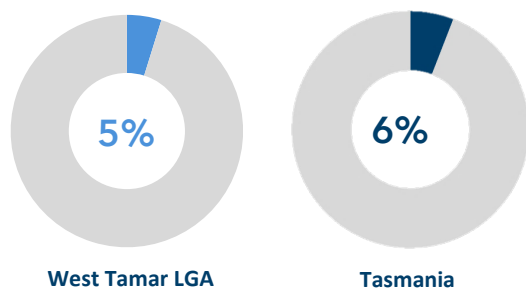
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

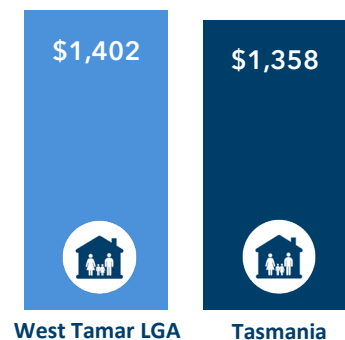
Unemployment rates

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



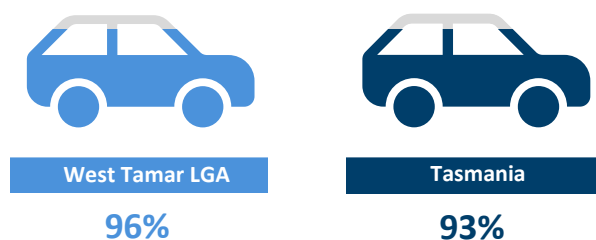
Median weekly income

Weekly income per household is more in the West Tamar LGA than in the rest of Tasmania.



Motor vehicles

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



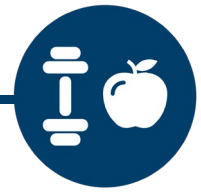
Home ownership

More people in the West Tamar LGA own their homes outright compared to the rest of Tasmania.

	West Tamar	Tasmania
Owned outright	42%	37%
Owned with mortgage	37%	33%
Rented	18%	26%

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

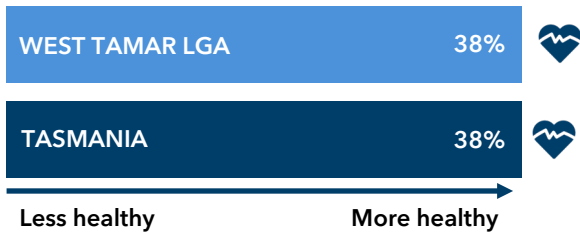
Healthy living



Self-reported health

Thirty-eight per cent (38%) of West Tamar residents rated their health as “excellent” or “very good”. This is similar to the rate for Tasmania overall.

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



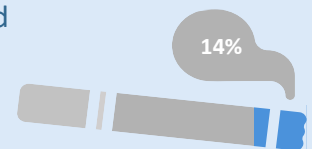
How people feel about their own health, their state of mind and their life in general is a common measure of health. (Australia’s Health 2018. AIHW)

Risk factors

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

	West Tamar	Tasmania
Overweight/obese body mass index (BMI)	58%	62%
Current smoker	14%	15%
Daily/occasional vaping	3%	3%
Single occasion risky drinking (>4 alcoholic standard drinks)*	43%	37%
Insufficient moderate/vigorous activity⁺	27%	24%
Did not meet recommended daily vegetable intake[^]	91%	91%
Did not meet recommended daily fruit intake[^]	63%	61%

In the West Tamar LGA, around 14% 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: 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

Fewer adults in the West Tamar 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



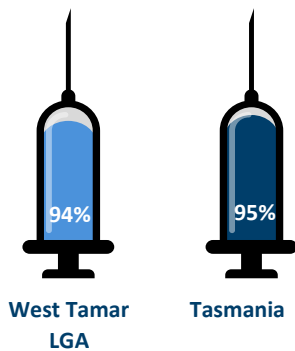
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

Health care



Immunisations

Ninety-four per cent (94%) of children in the West Tamar 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



In 2022, eighty-four percent (84%) of people from the West Tamar LGA saw a general practitioner for their own health in the past twelve months*.



On average each year during 2020-2022, 3,768 individuals from the West Tamar LGA visited an ED (145 people per 1,000 population[^]), with an average of 6,967 presentations per year (269 ED presentations per 1,000 population[^]).

[^]Estimated population for June 2022 =25,932

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, 2021

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.

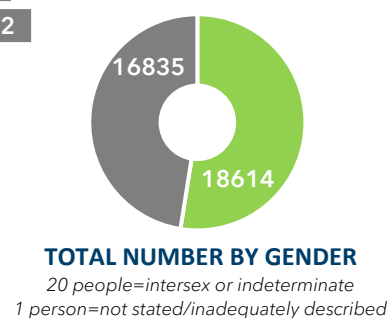
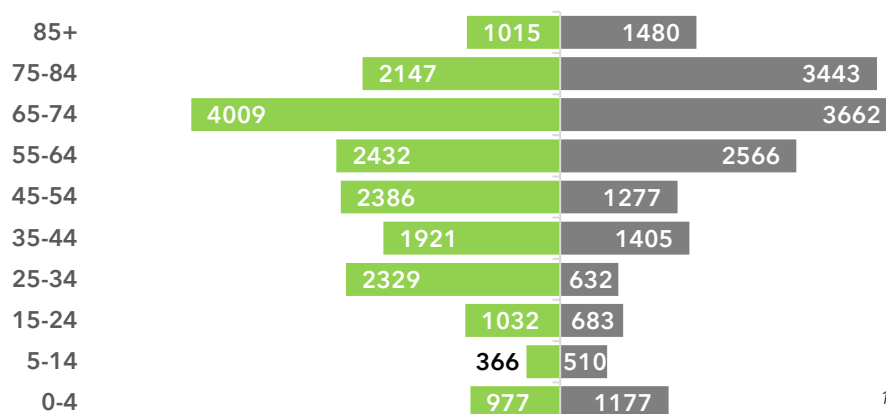
Health outcomes



Public hospital admissions

During the five years from 2018-2019 to 2022-23 there were 35,470 admissions to Tasmanian public hospitals from the West Tamar LGA area, with 15,882 overnight stays.

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



■ Female ■ Male

TOP 10 PRIMARY HOSPITAL DIAGNOSIS ^{*^}	TOP 10 CHARLSON COMORBIDITIES ^{^^}	TOP 10 POTENTIALLY PREVENTABLE HOSPITALISATIONS
Care involving dialysis	Renal disease	Chronic obstructive pulmonary disease
Liveborn infants according to place of birth	Any malignancy, including lymphoma and leukaemia, except malignant neoplasm of skin	Asthma
Single spontaneous delivery	Chronic pulmonary disease	Congestive heart failure
Other cataract	Cerebrovascular disease	Cellulitis
Crohn's disease (regional enteritis)	Myocardial infarction	Urinary tract infections
Multiple sclerosis	Congestive heart failure	Angina
Single delivery by caesarean section	Metastatic tumour	Diabetes complications
Pain in throat and chest	Diabetes with chronic complication	Iron deficiency anaemia
Abdominal and pelvic pain	Dementia	Convulsions epilepsy
Ulcerative colitis	Diabetes without chronic complication	Type 2 diabetes

*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



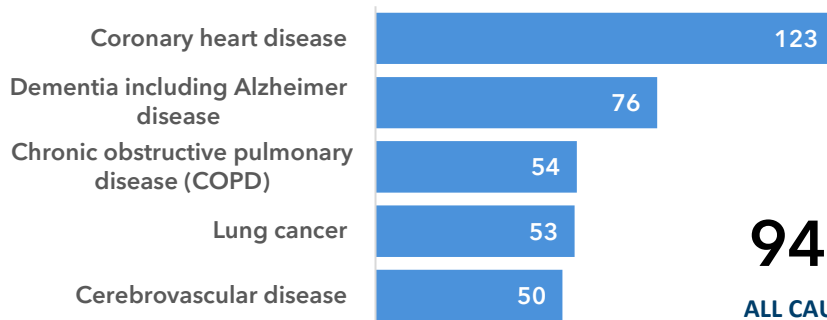
^The *primary hospital diagnosis* is the diagnosis established after study (for example, at the completion of the episode of care) to be chiefly responsible for causing the episode of admitted patient care. It is essentially the main reason someone needed to be admitted to hospital.

^^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.

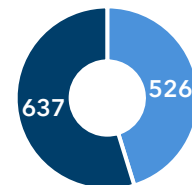
Causes of death

During 2017-2021 coronary heart disease (13%), dementia including Alzheimer disease (8%), chronic obstructive pulmonary disease (6%), lung cancer (6%), and cerebrovascular disease (5%) were the leading causes of the 942 deaths in the West Tamar LGA area. The age standardised death rate in 2021 was 525.8 per 100,000 compared with the overall age standardised rate of 636.7 for Tasmania.

TOP CAUSES OF DEATH 2017-2021, BY NUMBER



942
ALL CAUSES



■ West Tamar ■ Tasmania
**AGE STANDARDISED
DEATH RATE PER 100,000**

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.