

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 2024**



About us



	Central Coast LGA	Tasmania
Our population	22,760	557,571
Aboriginal population	<p>8.2%</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>48% Male 52% Female</p>	<p>51% Male 49% Female</p>
Median age in years	48	42
Born outside Australia	<p>16%</p>	<p>21%</p>

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

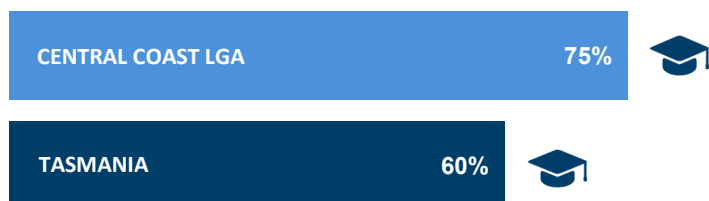
Social and economic conditions



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.

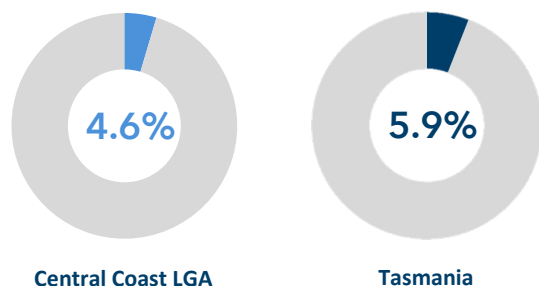
PER CENT OF ELIGIBLE POPULATION WHO HAVE COMPLETED YEAR 12 AND ABOVE



Higher education levels are associated with better health outcomes.

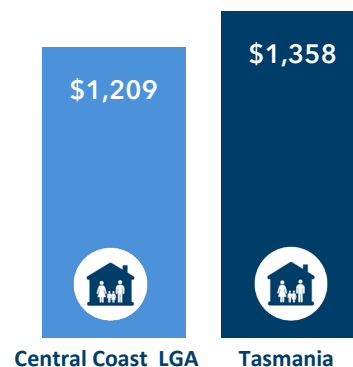
Unemployment rates

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 for the rest of Tasmania.



Motor vehicles

Ninety-four per cent (94%) of households in the Central Coast LGA have one or more motor vehicles.



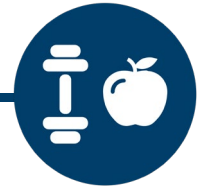
Home ownership

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

	Central Coast	Tasmania
Owned outright	43%	37%
Owned with mortgage	33%	33%
Rented	21%	26%

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

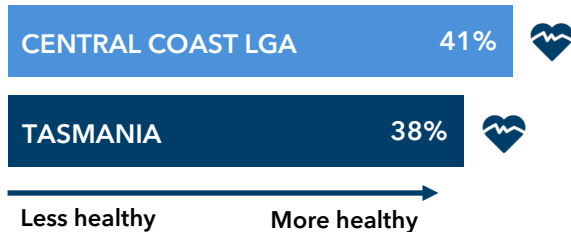
Healthy living



Self-reported health

Forty-one per cent (41%) of Central Coast LGA residents rated their health as “excellent” or “very good”. This is higher than the rate for Tasmania.

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



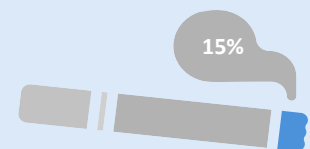
How people feel about their own health, their state of mind and their life in general is a common measure of health. (Australia’s Health 2018. AIHW)

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
Obese body mass index (BMI)	64%	62%
Current smoker	15%	15%
Daily/occasional vaping	2%	3%
Single occasion risky drinking (>4 alcoholic standard drinks)*	33%	37%
Insufficient moderate/vigorous activity⁺	27%	24%
Did not meet recommended daily vegetable intake[^]	95%	91%
Did not meet recommended daily fruit intake[^]	56%	61%

In the Central Coast LGA, around 15% of people aged 18 years and over, are daily and current smokers, similar to the rate for Tasmania.



Source: Self-reported health and Risk factors: Tasmania 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

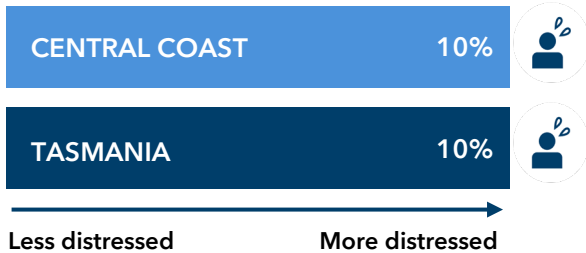
Healthy living



Psychological distress

Adults in the Central Coast LGA are likely to experience similar levels of psychological distress compared with Tasmania overall.

PEOPLE WITH HIGH OR VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS



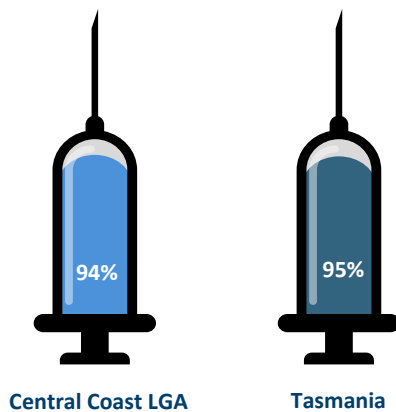
Psychological distress is a term used to describe unpleasant feelings or emotions that can influence how we function in daily life.

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



In 2022, 84% of people from the Central Coast LGA saw a general practitioner for their own health in the previous twelve months*.



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

[^]Estimated population for June 2022=23,345

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

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

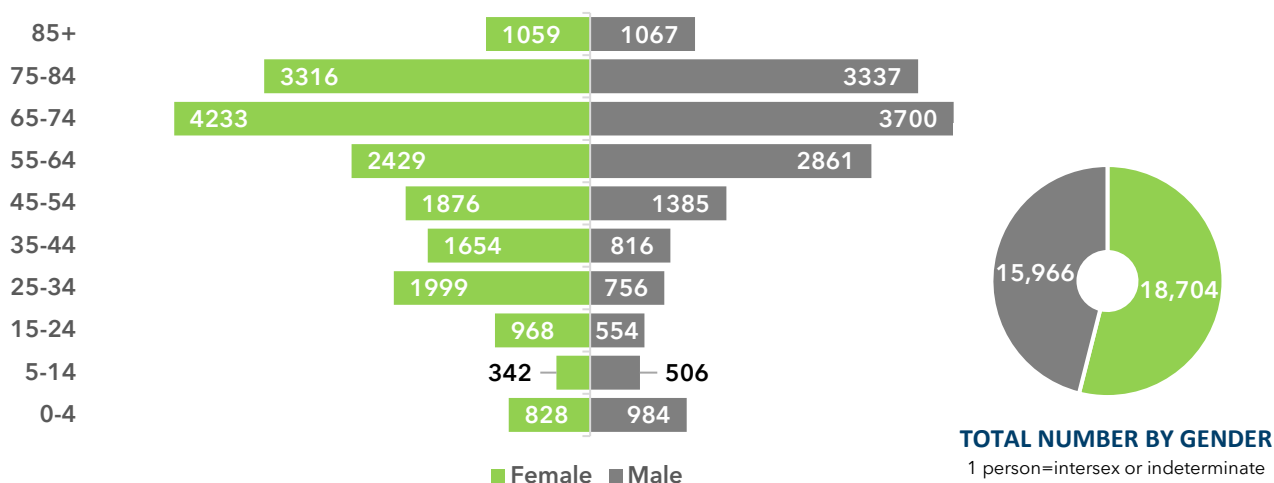
*Individual totals may be higher due to patients potentially visiting more than one practice outside an LGA area or possible de-identification linkage errors from patient administration extraction software.



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.

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



TOP 10 PRIMARY HOSPITAL DIAGNOSIS ^{*A}	TOP 10 CHARLSON COMORBIDITIES ^{AA}	TOP 10 POTENTIALLY PREVENTABLE HOSPITALISATIONS
Care involving dialysis	Renal disease	Chronic obstructive pulmonary disease (COPD)
Other cataract	Any malignancy, including lymphoma and leukaemia except malignant neoplasm of skin	Cellulitis
Live born infants according to place of birth	Chronic pulmonary disease	Congestive heart failure Asthma
Acute myocardial infarction	Myocardial infarction	Iron deficiency anaemia
Other signs and symptoms involving the digestive system and abdomen	Cerebrovascular disease	Urinary tract infections
Abdominal and pelvic pain	Congestive heart failure	Diabetes complications
Single spontaneous delivery	Metastatic tumour	Dental conditions
Pain in throat and chest	Diabetes with chronic complication	Type 2 diabetes
Other diseases of digestive system	Diabetes without chronic complication	Convulsions epilepsy
Other chronic obstructive pulmonary disease (COPD)	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



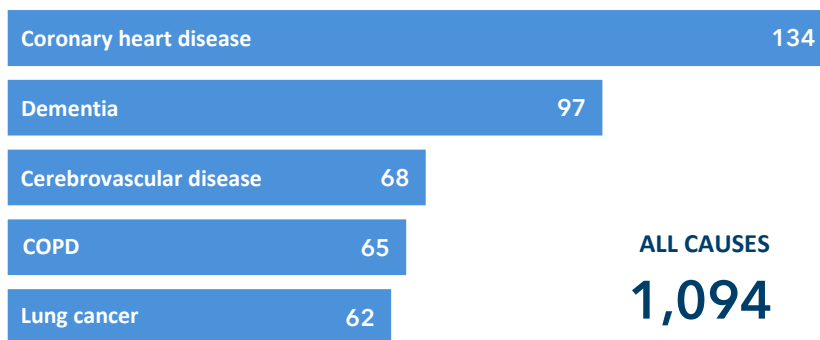
^The *primary hospital diagnosis* is the diagnosis established after study (for example, at the completion of the episode of care) to be chiefly responsible for causing the episode of admitted patient care. It is essentially the main reason someone needed to be admitted to hospital.

^^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.

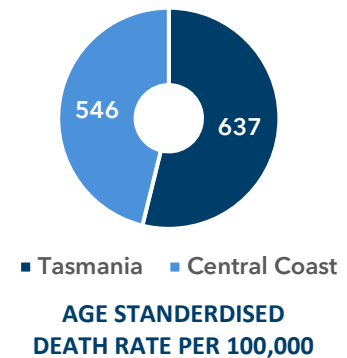
Causes of death

During 2017-2021 coronary heart disease (12%), dementia including Alzheimer disease (9%), cerebrovascular disease (6%), chronic obstructive pulmonary disease (COPD) (6%) and lung cancer (6%) were the leading causes of the 1,094 deaths in the Central Coast LGA area. The age standardised death rate in 2021 was 545.7 per 100,000 people, compared with the overall age standardised rate of 636.7 for Tasmania.

TOP CAUSES OF DEATH 2017-2021, BY NUMBER



ALL CAUSES
1,094



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.