

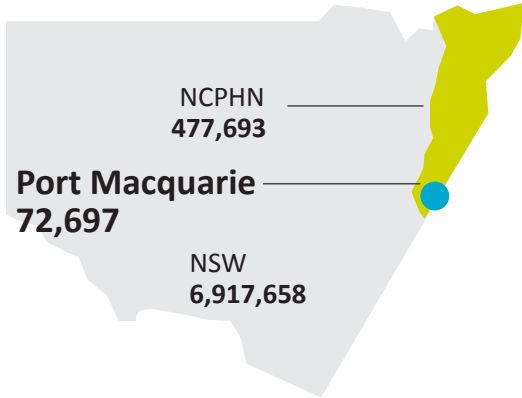


Port Macquarie Local Government Area Health Check



DEMOGRAPHICS¹

CURRENT POPULATION



MEDIAN AGE

NSW	NCPHN	PORT MACQ
38	44.5	47

ABORIGINAL POPULATION

NSW	NCPHN	PORT MACQ
172,621	21,468	2,418
2.5%	4.5%	3.3%

OLDER PERSONS (65 +)

NSW	NCPHN	PORT MACQ
1,018,180	97,482	17,943
14.7%	20.4%	24.7%

CHILDREN AND INFANTS (0-14)

NSW	NCPHN	PORT MACQ
1,332,512	88,865	12,942
19.3%	18.6%	17.8%

	NSW	NCPHN	PORT MACQ
SELF ASSESSED HEALTH²			
Self-assessed health proportion of adults with fair or poor self-assessed health, 2011-13	14.3%	16.1%	15.4%
CANCER SCREENING³			
Breast - biennial participation rate for women aged 50-69 years, 2013-14	50.9%	56.7%	58.8%
Cervical biennial participation rate for women aged 20-69 years, 2013-14	57.7%	61.0%	64.8%
Bowel Screening Participation Rate, 2014	32.8%	35.7%	36.8%
IMMUNISATION⁴			
Children aged 1 year who are fully immunised by postcode, 2014-15	AUST 91.3%	87.7%	78.7% - 92.2%
Children aged 2 years who are fully immunised by postcode, 2014-15	AUST 89.2%	86.7%	85.7% - 92.1%
Children aged 5 years who are fully immunised by postcode, 2014-15	AUST 92.2%	89.2%	91.1% - 100%
CRIME⁵			
Incidents of Assault - domestic violence Rate per 100,000, 2014	392.3	NA	377.5
Possession and/or use of cannabis Rate per 100,000, 2014	334.6	NA	306.9
Possession and/or use of amphetamines, 2014	95.2	NA	35.3
HOSPITALISATIONS			
Rate of Hospitalisation (All Causes) per 100,000 population, age-standardised, 2013-14 ⁶	36,725.5	38,043.1	36084.9
Potentially preventable hospitalisations per 100,000 population, 2012-14 ⁷	2,265.5	2,658.5	2248.9
Rate of Asthma hospitalisations per 100,000 population, 2012-14 ⁸	177.1	202.2	169.2
Rate of Smoking attributable hospitalisations per 100,000 population, 2012-14 ⁹	543.9	656	615.5
Rate of Alcohol attributable hospitalisations per 100,000 population, 2012-14 ¹⁰	687.9	698	497.0
Rate of High body mass attributable hospitalisations per 100,000 population, 2012-14 ¹¹	456.8	487.1	617.1
Rate of Chronic obstructive pulmonary disease hospitalisations per 100,000 population, 2012-14 ¹²	246.5	298.1	235.0
Rate of Diabetes hospitalisations Principal diagnosis, per 100,000 population, 2012-14 ¹³	151.1	158.2	128.1

THE RATE OF SELF HARM HOSPITALISATIONS IN BOTH THE PORT MACQUARIE LGA AND NCPHN IS HIGHER THAN THE STATE AVERAGE¹⁴

IN PORT MACQUARIE LGA
194.5 PER 100,000 POPULATION

ACROSS THE NCPHN REGION
234.2 PER 100,000 POPULATION

IN NSW
142.7 PER 100,000 POPULATION

What people in the Port Macquarie LGA think¹⁵ ...

Top 5 serious health concerns¹...

Port Macquarie

1	AGEING ISSUES	71.7%
2	DRUG AND ALCOHOL MISUSE	55.4%
3	MENTAL HEALTH ISSUES	51.6%
4	CANCER	36.4%
5	FAMILY VIOLENCE	35.9%

NCPHN Region

1	DRUG AND ALCOHOL MISUSE	56.2%
2	MENTAL HEALTH ISSUES	52.8%
3	AGING ISSUES	52.5%
4	FAMILY VIOLENCE	33.3%
5	CANCER	31.0%



Ageing issues are rated as one of the most serious local health concerns by more than 70% of the Port Macquarie respondents

184



PEOPLE FROM THE PORT MACQUARIE LGA completed the 2016 PRIMARY HEALTH NEEDS SURVEY

8.2%

of respondents identified as ABORIGINAL or TORRES STRAIT ISLANDER origin

3.3%

of respondents identified LESBIAN, GAY, BISEXUAL or QUEER

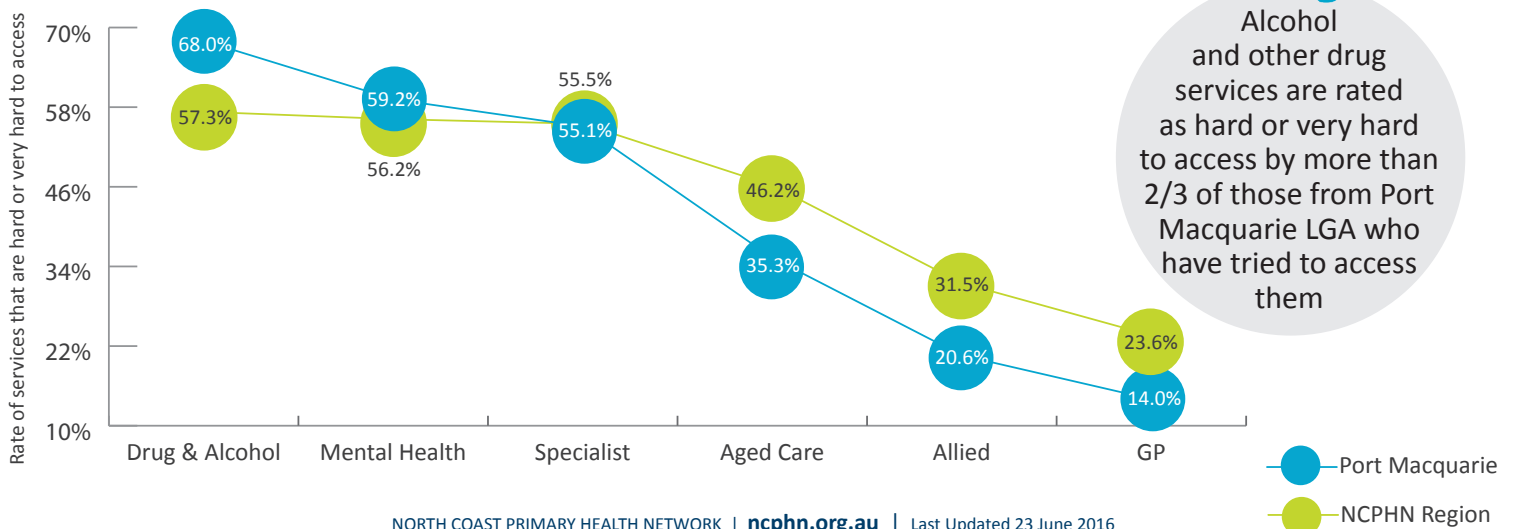
13.6%

of respondents were HEALTH CARE CARD HOLDERS

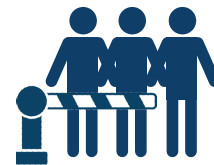
51.1%

of respondents had PRIVATE HEALTH INSURANCE

How easy are services to access¹⁵?



Barriers to accessing a health service¹⁵ . . .



SEEING A GP

37.4% CAN'T GET AN APPOINTMENT (41.6% NCPHN)	32.1% TOO LONG WAIT FOR APPOINTMENT (36.3% NCPHN)	12.2% COST (29.8% NCPHN)	8.4% IT'S NOT WHEN I CAN GO (12.7% NCPHN)	6.1% DON'T LIKE DOCTORS (7.8% NCPHN)	6.1% TRANSPORT (11.1% NCPHN)	4.6% SHAME/NERVOUS/WORRY (6.4% NCPHN)	3.1% TOO SICK/NOT WELL ENOUGH (3.7% NCPHN)
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OTHERS: Its too far away from home **2.3%** Not sure what services are available **2.3%**

SEEING A SPECIALIST

69.4% LONG WAIT (63.9% NCPHN)	47.9% COST (57.2% NCPHN)	31.3% LACK OF SPECIALISTS IN THE AREA (43.4% NCPHN)	21.5% DISTANCE OF TRAVEL (45.0% NCPHN)	8.3% NO ACCOMMODATION DURING TREATMENT (10.8% NCPHN)	5.6% CAN'T GET REFERRAL TO THE SPECIALIST (11.1% NCPHN)	5.6% POOR EXPERIENCE IN THE PAST (8.7% NCPHN)	5.6% TRANSPORT (14.8% NCPHN)
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OTHERS: Not treated with respect **3.5%** Opening times **3.5%** Not sure what is available **2.8%**

SEEING AN ALLIED HEALTH PROFESSIONAL

54.3% COST (53.0% NCPHN)	43.5% NOT ENOUGH SESSIONS COVERED BY MEDICARE (48.0% NCPHN)	34.8% LONG WAIT (38.5% NCPHN)	17.4% LACK OF ALLIED WORKERS IN THE AREA (28.4% NCPHN)	9.8% NOT SURE WHAT'S AVAILABLE (16.0% NCPHN)	8.7% CAN'T GET REFERRAL TO ALLIED (11.0% NCPHN)	8.7% DISTANCE TO TRAVEL (22.1% NCPHN)	8.7% TRANSPORT (11.5% NCPHN)
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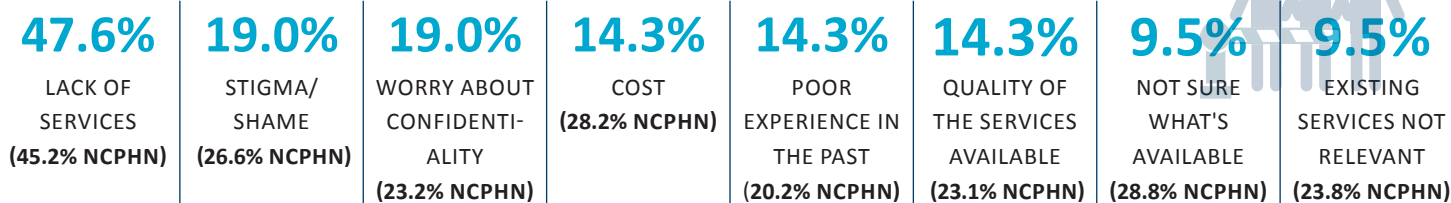
OTHERS: Opening times **7.6%** Poor experience in the past **4.3%** Not treated with respect **1.1%**

ACCESSING MENTAL HEALTH SERVICES

45.6% COST (44.0% NCPHN)	33.8% LACK OF SERVICES (42.7% NCPHN)	32.4% QUALITY OF THE SERVICES AVAILABLE (29.3% NCPHN)	26.5% POOR EXPERIENCE IN THE PAST (30.5% NCPHN)	22.1% STIGMA/SHAME (24.7% NCPHN)	16.2% NOT SURE WHAT'S AVAILABLE (25.0% NCPHN)	16.2% EXISTING SERVICES NOT RELEVANT (19.3% NCPHN)	14.7% CAN'T SEE GP (14.8% NCPHN)
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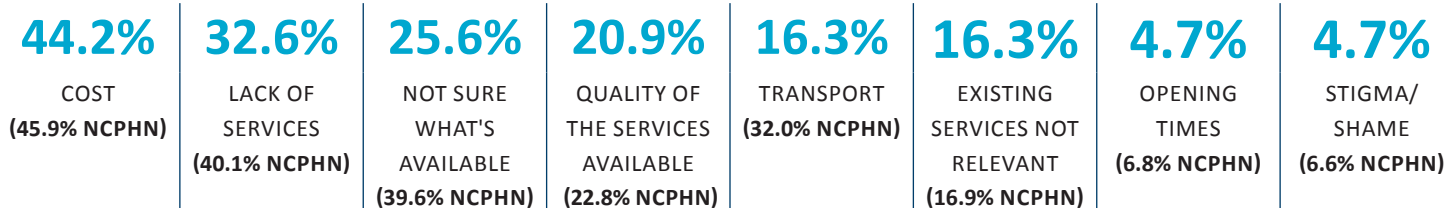
OTHERS: Worry about lack of confidentiality **13.2%** Opening times **10.3%** Transport **8.8%**

ACCESSING ALCOHOL AND/OR OTHER DRUG SERVICES



OTHERS: Lack of respect for my culture **4.8%** Opening times **4.8%** Transport **4.8%**

ACCESSING AGED CARE SERVICES

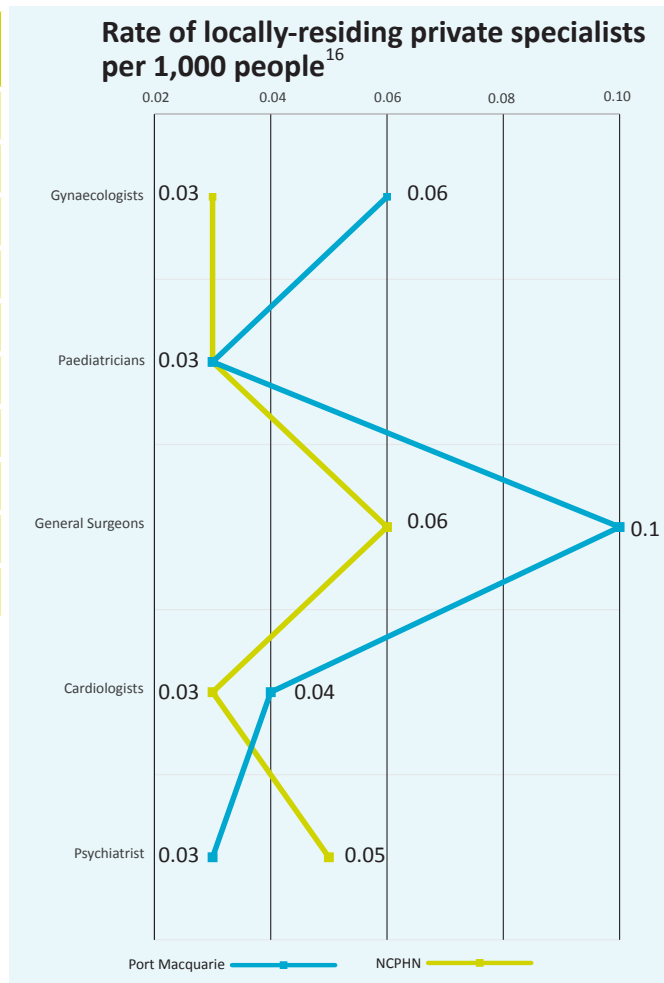


OTHERS: Poor experience in the past **4.7%**

Services that are hard to access¹⁵ . . .

Port Macquarie	Specialists	NCPHN
18.8%	1 Cardiologist	2 17.8%
13.2%	2 Endocrinologist	9 9.5%
13.2%	3 Psychiatrist	1 19.4%
11.8%	4 General Surgeon	3 15.1%
11.1%	5 Neurologist	6 11.6%
10.4%	6 Gynaecologist	4 14.9%
6.9%	7 Opthamologist	8 10.4%
6.9%	8 Orthopod	7 11.2%
6.9%	9 Paediatrician	5 12.3%
6.3%	10 ENT	13 4.2%

55.1%
of People (Port
Macquarie) who
have tried to access a
Specialist Doctor said
it was hard or very
hard



Please note: Specialist numbers were obtained through *Health Pathways, 2016* [Online] Available at: <https://manc.healthpathways.org.au/LoginFiles/Logon.aspx?ReturnUrl=%2f> and where possible, verified by phone or website checks [February 2016].

Services that are hard to access¹⁵ . . .



27.2%

PEOPLE (PORT MACQUARIE)
WHO HAVE TRIED TO ACCESS
A PSYCHOLOGIST FOUND IT
HARD TO ACCESS¹⁵

Port Macquarie		Health Professionals	NCPHN	
27.2%	1	Psychologist	1	32.1%
26.1%	2	Physiotherapist	3	24.0%
20.7%	3	Dentist	2	30.6%
10.9%	4	Social Worker	9	10.2%
9.8%	5	Occupational Therapist	6	12.5%
8.7%	6	Podiatrist	5	12.8%
7.6%	7	Speech Pathologist	8	11.7%
7.6%	8	Dietician/Nutritionist	4	15.1%
6.5%	9	Exercise Physiologist	7	12.0%
5.4%	10	Chiropractor	10	8.4%

Rate of locally-residing health professionals per 1,000 people (all sectors)¹⁷

	NSW	NCPHN	Port Macquarie
Chinese Medicine Practitioners	0.22	0.24	0.14
Chiropractors	0.21	0.20	0.21
Dentists	0.82	0.78	0.96
Medical Practitioners	3.84	3.38	4.18
Medical Radiation Practitioners	0.57	0.56	0.76
Nurses and Midwives	11.51	13.53	14.47
Occupational Therapists	0.56	0.56	0.59
Optometrists	0.21	0.18	0.22
Osteopaths	0.07	0.14	0.11
Pharmacists	2.33	1.78	0.52
Physiotherapists	0.92	0.88	1.02
Podiatrists	0.32	0.14	0.21
Psychologists	2.66	0.91	0.65

Services that are hard to access¹⁵. . .



44.1%

OF THE PEOPLE (PORT MACQUARIE) WHO HAVE TRIED TO ACCESS COUNSELLING FOR HELP WITH THEIR MENTAL HEALTH CHALLENGES FOUND IT HARD TO ACCESS¹⁵

Port Macquarie		Mental Health Services	NCPHN	
44.1%	1	Counselling	1	47.6%
30.9%	2	GP with knowledge in mental health	3	37.1%
29.4%	3	Community-based mental health programs	2	37.8%
25.0%	4	Psychiatry	4	28.7%
14.7%	5	Hospital	6	15.6%
11.8%	6	Respite for carers	8	12.7%
10.3%	7	Mental health nursing	7	13.1%
7.4%	8	Residential Support	11	11.3%
5.9%	9	Consumer support groups	10	11.6%
5.9%	10	Youth-specific services	5	17.1%



52.4%

PEOPLE (PORT MACQUARIE) WHO HAVE TRIED TO ACCESS DETOX SERVICES FOR HELP WITH THEIR DRUG AND ALCOHOL CHALLENGES FOUND IT HARD TO ACCESS¹⁵

Port Macquarie		Alcohol and Other Drug Services	NCPHN	
52.4%	1	Detox	1	48.0%
42.9%	2	Rehab	3	44.4%
28.6%	3	Community support groups	5	27.7%
28.6%	4	Counselling	2	46.9%
14.3%	5	GP with knowledge of alcohol and drugs	4	35.3%
14.3%	6	Hospital	7	21.8%
14.3%	7	Respite support for carers	9	16.4%
9.5%	8	Methadone Clinic	10	11.6%
9.5%	9	Psychiatrist	6	26.6%
9.5%	10	Youth-specific services	8	20.9%



32.6%

PEOPLE (PORT MACQUARIE) WHO HAVE TRIED TO ACCESS IN-HOME DOMESTIC SUPPORT FOUND IT HARD TO ACCESS¹⁵

Port Macquarie		Aged Care Services	NCPHN	
32.6%	1	In-home domestic support	1	38.5%
25.6%	2	General wellness support/social groups	5	26.3%
20.9%	3	In-home medical support	2	31.5%
18.6%	4	GP with knowledge and skills in aged care	4	28.0%
18.6%	5	Nursing home	6	18.2%
18.6%	6	Respite support for carers	3	30.4%
14.0%	7	myagedcare.gov.au	7	17.1%
9.3%	8	Family violence services	8	10.1%

Services in Port Macquarie LGA¹⁶

Category	Service and Access Data	NCPHN Region	Port MacQ
General Practice & Workforce*	Number of General Practices	182	31
	Number of General Practitioners	830	146
	Number of General Practice Nurses	428	72
GP Billing*	Practices who bulk-bill all patients	32.4%	41.9%
	Practices who bulk-bill some patients and charge gap fee to others	52.5%	54.8%
	Practices who don't bulk-bill	15.1%	3.2%
e-health registration status	% Not interested	13.6%	6.9%
	% Not registered	1.7%	0.0%
	% In progress	3.4%	0.0%
	% Registered	81.3%	93.1%
e-script type	% erX	59.4%	66.7%
	% Medisecure	29.4%	25.0%
	% Both erX and Medisecure	0.7%	0.0%
	% No e-script	10.5%	8.3%
Aboriginal Medical services (AMS)*	Number of Aboriginal Medical Services	11	1
Residential Aged Care Facilities	Number of Residential Aged Care Facilities (RACF)	94	15
	Number of RACF Beds	7,327	1336
	Beds per 1000 Older Persons (65 years+)	75.2	74.5

* Please interpret data with caution due to some missing data

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