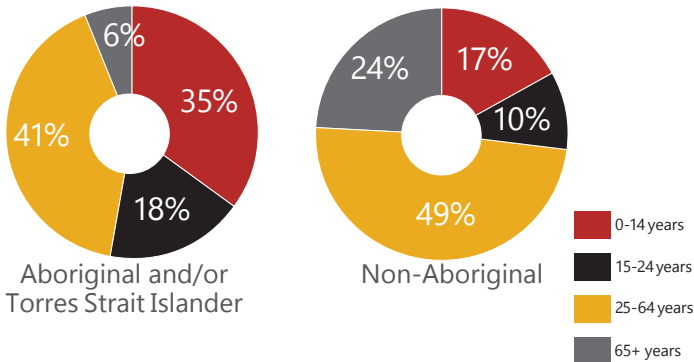


# ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE FACT SHEET

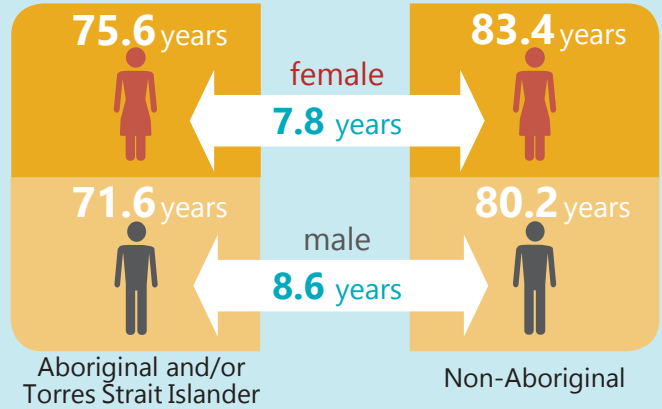


A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

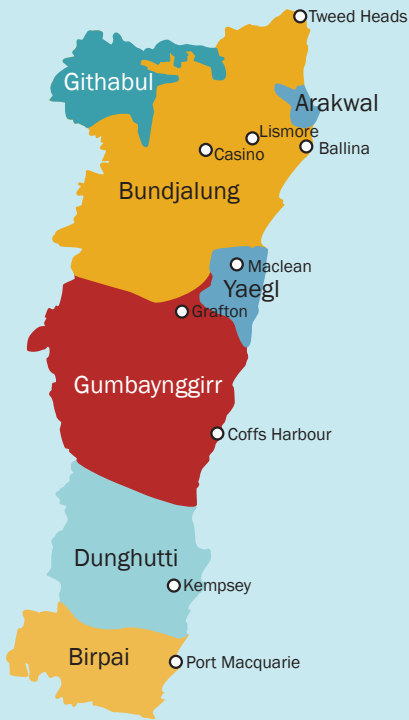
## Age profile in the North Coast<sup>1</sup>



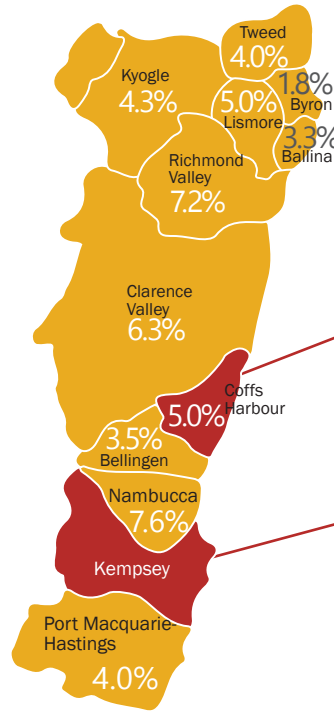
## Life expectancy gap in Australia<sup>2</sup>



## Aboriginal Nations\*



## 12 Local Government Areas (LGAs)<sup>1</sup>

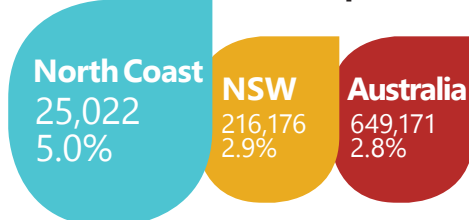


Proportion of LGA population identifying as Aboriginal and/or Torres Strait Islander

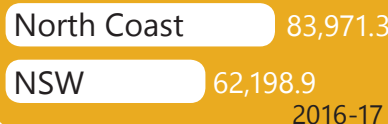
**3,648**  
Coffs Harbour LGA has the highest number of Aboriginal and/or Torres Strait Islander people in the North Coast

**11.6%**  
Kempsey LGA has the highest proportion of population who identify as Aboriginal and/or Torres Strait Islander in the North Coast

## Aboriginal and/or Torres Strait Islander Population<sup>1</sup>



The North Coast has the highest rate of hospitalisations for all causes by Aboriginality in NSW per 100,000 population<sup>3</sup>



\*These boundaries are not 100% accurate, they are to be used as a guide only.

## General Practice

Data submitted in September 2018 from 106 General Practices in the North Coast region<sup>5</sup>:

## Other sources

### Mental Health

#### Diagnosis among Aboriginal and/or Torres Strait Islander clients:

- 12.3% Anxiety
- 14.8% Depression
- 1.6% Schizophrenia
- 1.6% Bipolar



Intentional self-harm hospitalisations for Aboriginal people aged 15-24 years in NSW 2016-17 per 100,000 Population<sup>6</sup>

Aboriginal 637.2

Non-Aboriginal 240.0



Aboriginal and/or Torres Strait Islander deaths due to suicide<sup>7</sup>, SA4\* per 100,000 population for combined reference years 2008-16, crude rate

Coffs Harbour-Grafton 18.4

Mid North Coast 12.0

Richmond-Tweed 10.8

NSW 12.0

### Alcohol and Other Drugs

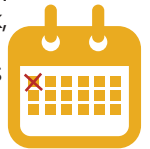
33.5% of female Aboriginal and/or Torres Strait Islander patients were identified to be at medium to high risk of being hazardous drinkers or have active alcohol use disorders



31% of Aboriginal and/or Torres Strait Islander people in Australia are more likely to abstain from drinking alcohol compared to 23% for non-Aboriginal people<sup>8</sup>

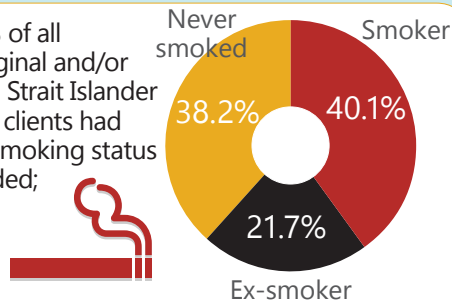


35% of Aboriginal and/or Torres Strait Islander people in Australia who did drink, drank at risky levels and placed themselves at harm on a single drinking occasion at least monthly<sup>8</sup>



### Smoking

85.8% of all Aboriginal and/or Torres Strait Islander active clients had their smoking status recorded;



22.7% of Aboriginal and/or Torres Strait Islander people in NSW smoked<sup>9</sup>

10.3% All NSW

Hospitalisations attributed to smoking in NSW 2016-17 per 100,000 people<sup>10</sup>

Aboriginal and/or Torres Strait Islander 1,752.5

Non-Aboriginal 621.2

### Diabetes

#### Diagnosis among Aboriginal and/or Torres Strait Islander clients:

- 5.3% Type II diabetes
- 0.7% Type I diabetes
- 1.1% "undefined diabetes"



Hospitalisations rates for diabetes in NSW, 2016-17 per 100,000 population<sup>11</sup>

Aboriginal and/or Torres Strait Islander 500.3

Non-Aboriginal 131.1

Diabetes-related deaths in NSW 2015-16 per 100,000 population<sup>12</sup>

Aboriginal and/or Torres Strait Islander 62.3

Non-Aboriginal 29.0

### Weight

31.1% of all Aboriginal and/or Torres Strait Islander clients had a Body Mass Index measurement recorded.

28.5% overweight 46.5% obese

42% of Aboriginal and Torres Strait Islander people in NSW have an insufficient level of physical activity<sup>13</sup>

High body mass attributable hospitalisations in NSW 2016-17 per 100,000 population<sup>14</sup>

Aboriginal and/or Torres Strait Islander 1,450.1

Non-Aboriginal 736.9

**SpeakUp**, the 2018 local health needs assessment community survey was held in June 2018 and completed by 3,372 North Coast locals from Port Macquarie to Tweed Heads.

**220**



Aboriginal and/or Torres Strait Islander survey participants

**NORTH COAST**  
3,372

**7.8%**

identified as LESBIAN, GAY, BISEXUAL, QUEER, TRANSGENDER, NON-BINARY OR WITH A DIFFERENT GENDER OR SEXUAL IDENTITY

**56.9%**

said they wouldn't be able to get \$2,000 for something important within a WEEK

**14.1%**

had PRIVATE HEALTH INSURANCE

**30.2%**

were AGED between 15-24 YEARS

**10.7%**

were AGED 65 YEARS or over

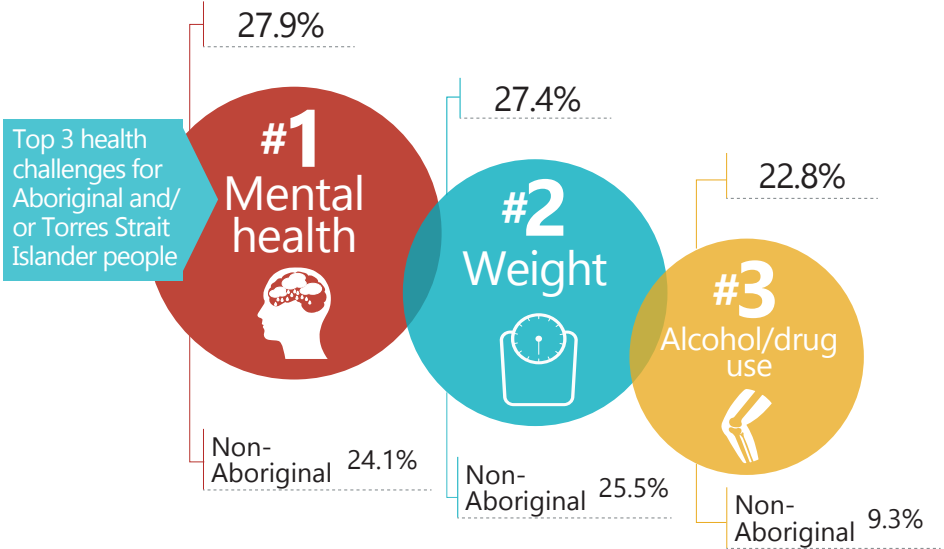
**20.1%**

needed help with SELF CARE activities

**34.8%**

WORKED 35 or more HOURS a week

Participants were asked which health challenges they face...



Participants were asked what they think are the three most serious health concerns in their community...

**Aboriginal and/or Torres Strait Islander**

1	Drug and alcohol misuse	59.6%
2	Mental health issues	48.0%
3	Family violence	24.9%

**Non-Aboriginal**

1	Ageing issues	49.4%
2	Mental health issues	47.6%
3	Drug and alcohol misuse	46.8%

Survey respondents told us which additional services are needed to meet health challenges in their community...

and why...

Alternative Health Support Group

**GP** Allied Health

AMS Specialists

Paediatrician Nurses Detox Rehab Care Package

Neurologist **Dental** Counselling

Hospital Psychologist

Information Travel

**Access** Facility Continuity

Wait **Cost** Respect Support

Education Bureaucracy Understaffed

Coordination Quality

% of Aboriginal and/or Torres Strait Islander respondents reporting access is difficult

3 health services most commonly reported as hard to access

3 most commonly reported barriers to access services

**Specialists**

**55.5%**  
46.0%  
Non-aboriginal



Psychiatrist  
General surgeon  
Paediatrician

**Long wait** (57.0%)  
**Lack of specialists** (55.3%)  
**Cost** (54.6%)

**Allied health**

**33.5%**  
25.8%  
Non-aboriginal



Dentist  
Aboriginal health worker  
Counselling

**Cost** (54.9%)  
**Lack of professionals** (50.6%)  
**Long wait** (47.0%)

**Mental health services**

**56.5%**  
54.7%  
Non-aboriginal



NSW Health  
community mental health  
Counselling  
GP with knowledge in mental health

**Lack of services** (30.7%)  
**Poor experience** (22.8%)  
**Quality of services** (21.7%)

**Alcohol & other drug services**

**60.9%**  
57.4%  
Non-aboriginal



Rehab  
Detox  
Counselling

**Lack of services** (75.6%)  
**Confidentiality** (47.8%)  
**Stigma/shame** (47.6%)

**Age specific services**

**61.4%**  
49.2%  
Non-aboriginal



Care packages/funding  
In home domestic support  
Support/social groups

**Cost** (38.6%)  
**Lack of services** (37.2%)  
**Difficult to organise** (35.0%)

**General Practice (Doctor)**

**36.7%**  
27.7%  
Non-aboriginal



**36.0%**  
of Aboriginal and/or Torres Strait Islander people didn't have a regular GP in the past 12 months

**Can't get appointment** (53.5%)  
**Long wait** (39.3%)  
**Public transport limited** (29.4%)

**References**

- 1 Australian Bureau of Statistics, 2016. Census of population and housing. [Online] Available at: <http://www.abs.gov.au/> [Accessed September 2018].
- 2 Australian Bureau of Statistics, 2019. 3302.0.55.003 - Life Tables for Aboriginal and Torres Strait Islander Australians, 2015-2017. [Online] Available at: [https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3302.0.55.003~2015-2017~Media%20Release~Life%20expectancy%20lowest%20in%20remote%20and%20very%20remote%20areas%20\(Media%20Release\)~15](https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3302.0.55.003~2015-2017~Media%20Release~Life%20expectancy%20lowest%20in%20remote%20and%20very%20remote%20areas%20(Media%20Release)~15) [Accessed June 2019].
- 3 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Hospitalisation for all causes, by Aboriginality and Primary Health Network. [Online] Available at: [http://www.healthstats.nsw.gov.au/indicator/bod\\_projhos/atsi\\_phn\\_hos](http://www.healthstats.nsw.gov.au/indicator/bod_projhos/atsi_phn_hos) [Accessed June 2019].
- 4 North Coast Primary Health Network (NCPHN), 2018. 2018 Speak Up Community Survey. [Online] Available at: <https://ncphn.org.au/speakup> [Accessed February 2019].
- 5 North Coast Primary Health Network, 2018. North Coast general practice aggregation tool for the clinical audit tool (PAT CAT). Unpublished.
- 6 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Intentional self-harm hospitalisations by Aboriginality, 15-24 years, NSW 2016-17. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/men\\_suihos/men\\_suihos\\_atsi?&topic=Mental%20health&topic1=topic\\_men&code=men\\_1\\_bod\\_dementhos](http://www.healthstats.nsw.gov.au/Indicator/men_suihos/men_suihos_atsi?&topic=Mental%20health&topic1=topic_men&code=men_1_bod_dementhos) [Accessed July 2019].
- 7 Mental Health Commission of New South Wales, 2018. Number of deaths due to suicide by Aboriginal and Torres Strait Islander status by Statistical Area 4 (SA4) NSW for combined reference years 2008 to 2016, Crude Rates, ABS 2016, Customised report.
- 8 Australian Institute of Health and Welfare 2014. National drug strategy household survey detailed report, 2013. Drug statistics series no. 28. Cat. No. PHE 183. Canberra: AIHW.
- 9 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Daily smoking in adults by Aboriginality, NSW 2017-18. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/beh\\_smo\\_age/beh\\_smo\\_atsi](http://www.healthstats.nsw.gov.au/Indicator/beh_smo_age/beh_smo_atsi) [Accessed July 2019].
- 10 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Smoking attributable hospitalisations by Aboriginality, NSW 2016-17. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/beh\\_smoafhos/beh\\_smoafhos\\_atsi\\_trend?&topic=Smoking&topic1=topic\\_smoking&code=smo](http://www.healthstats.nsw.gov.au/Indicator/beh_smoafhos/beh_smoafhos_atsi_trend?&topic=Smoking&topic1=topic_smoking&code=smo) [Accessed July 2019].
- 11 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Diabetes hospitalisations: principal diagnosis or comorbidity, 2016-17. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/dia\\_pcohos/dia\\_pcohos\\_atsi?&topic=Diabetes&topic1=topic\\_dia&code=dia\\_1](http://www.healthstats.nsw.gov.au/Indicator/dia_pcohos/dia_pcohos_atsi?&topic=Diabetes&topic1=topic_dia&code=dia_1) [Accessed June 2019].
- 12 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Diabetes-related deaths, 2015-16. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/dia\\_dth/dia\\_dth\\_atsi\\_snap?&topic=Diabetes&topic1=topic\\_dia&code=dia\\_1](http://www.healthstats.nsw.gov.au/Indicator/dia_dth/dia_dth_atsi_snap?&topic=Diabetes&topic1=topic_dia&code=dia_1) [Accessed June 2019].
- 13 Centre for Epidemiology and Evidence, 2018. Health Statistics New South Wales: Insufficient physical activity by Aboriginality, persons aged 16 years and over, NSW 2017. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/beh\\_phys\\_age/beh\\_phys\\_atsi?&topic=Physical%20activity&topic1=topic\\_phys&code=beh\\_phys\\_physstud](http://www.healthstats.nsw.gov.au/Indicator/beh_phys_age/beh_phys_atsi?&topic=Physical%20activity&topic1=topic_phys&code=beh_phys_physstud) [Accessed July 2019].
- 14 Centre for Epidemiology and Evidence, 2018. Health Statistics New South Wales: High body mass attributable hospitalisations by Aboriginality, NSW 2016-17. [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/beh\\_bmiafhos/beh\\_bmiafhos\\_atsi\\_trend](http://www.healthstats.nsw.gov.au/Indicator/beh_bmiafhos/beh_bmiafhos_atsi_trend) [Accessed July 2019].