



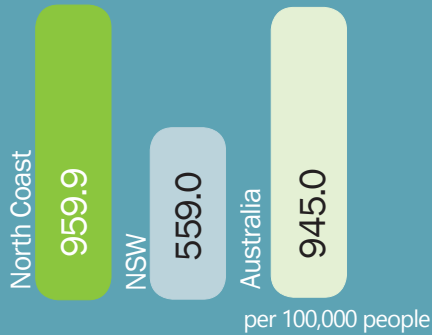
ALCOHOL AND OTHER DRUGS FACT SHEET



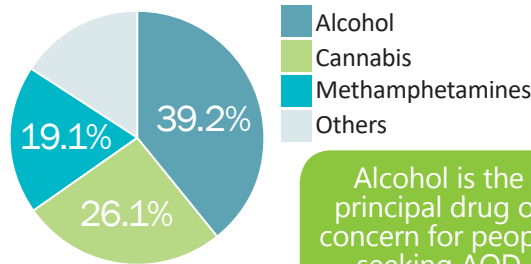
A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

Alcohol and other drug (AOD) treatment services¹

Closed treatment episodes



Principle drug of concern



Alcohol is the principal drug of concern for people seeking AOD treatment in the North Coast region



Alcohol



28.4% of people in North Coast over 16 years consumed alcohol levels that pose a lifetime risk to health³
NSW 26.1%

In Australia, a standard drink is any drink containing 10 grams of alcohol, regardless of container size or alcohol type (e.g. beer, wine, spirit).⁴

People 14 years and over who drink more than 2 standard drinks per day⁵

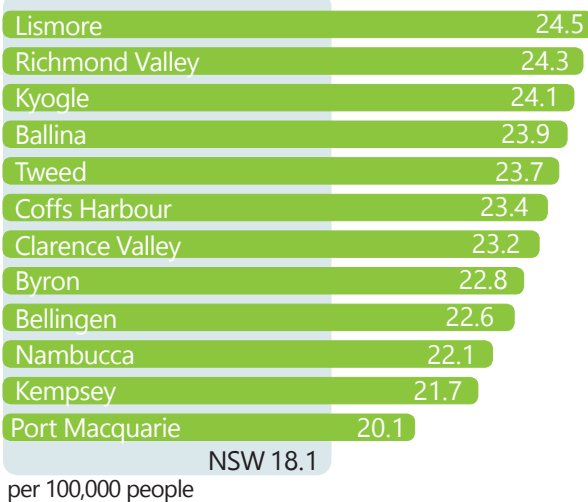


NSW 16.7%

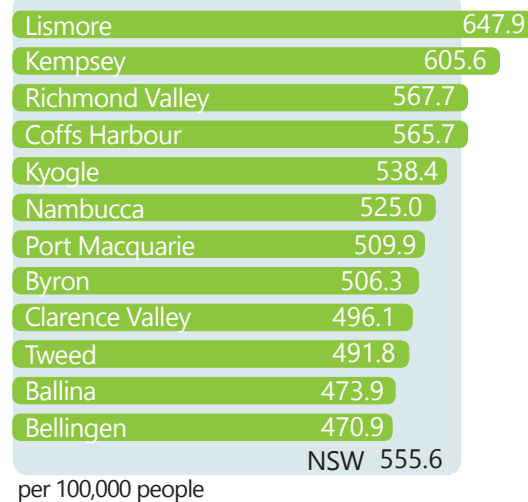
North Coast 24.0%

highest in NSW

Alcohol attributable hospitalisations by LGA, NSW 2016-18⁶



Alcohol attributable deaths by LGA, NSW 2015-16⁷



Long-term adverse effects of high consumption of alcohol on health include contribution to cardiovascular disease, some cancers, nutrition-related conditions, risks to unborn babies, cirrhosis of the liver, mental health conditions, tolerance and dependence, long-term cognitive impairment, and self-harm.⁸

Drug Use

People over 14 years who used at least one of 16 illegal drugs in the previous 12 months⁹

North Coast

22.8%

NSW

14.0%

Australia

15.6%

2nd highest region

2001-2016

Cannabis

10.9%

Cocaine

2.7%

Ecstasy

2.3%

Methamphetamines

1.5%

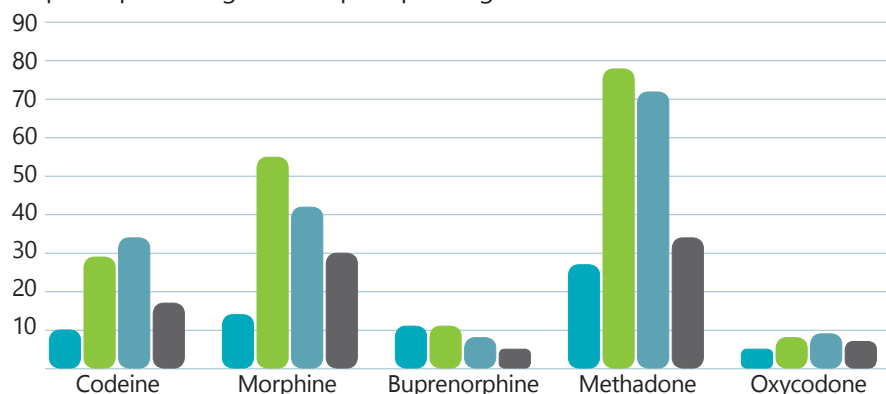
The most common illegal drugs used by people aged 14 years or older in the North Coast region, at least once in the previous 12 months¹⁰

"The stigma around alcohol culture is so bad that no one wants to seek help"²



Prescription Opioid Misuse, North Coast¹¹

Number of closed treatment episodes for people seeking treatment for prescription drugs as their principle drug of concern

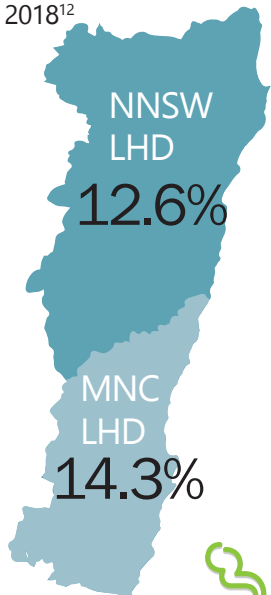


"We need more support for people with drug and alcohol issues including more residential rehabilitation programs and intensive support/counselling services"²



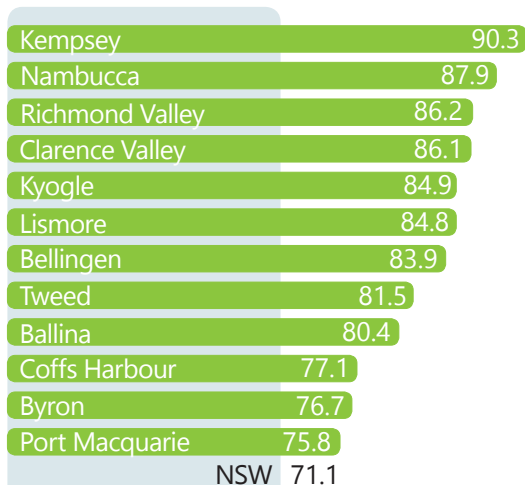
Smoking

Adults who smoke, by Local Health District (LHD) 2018¹²



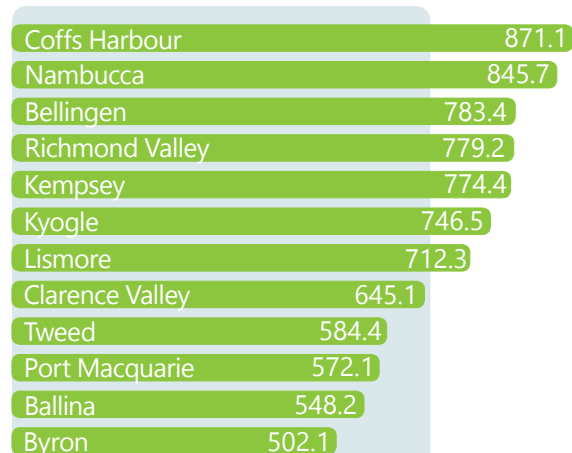
10.3% NSW

Smoking attributable deaths, by LGA 2016¹³



per 100,000 people

Smoking attributable hospitalisations, by LGA 2016-18¹⁴



per 100,000 people

If you smoke, you:

- reduce your life expectancy and your quality of life
- increase your risk to many conditions and diseases as well as of dying prematurely

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.

247



Survey participants who told us they have an alcohol and other drug challenge

NORTH COAST
3,372

23.5%

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

11.3%

identified as ABORIGINAL or TORRES STRAIT ISLANDER

41.1%

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

26.3%

had PRIVATE HEALTH INSURANCE

13.0%

were AGED between 15-24 YEARS

8.1%

were AGED 65 YEARS or over

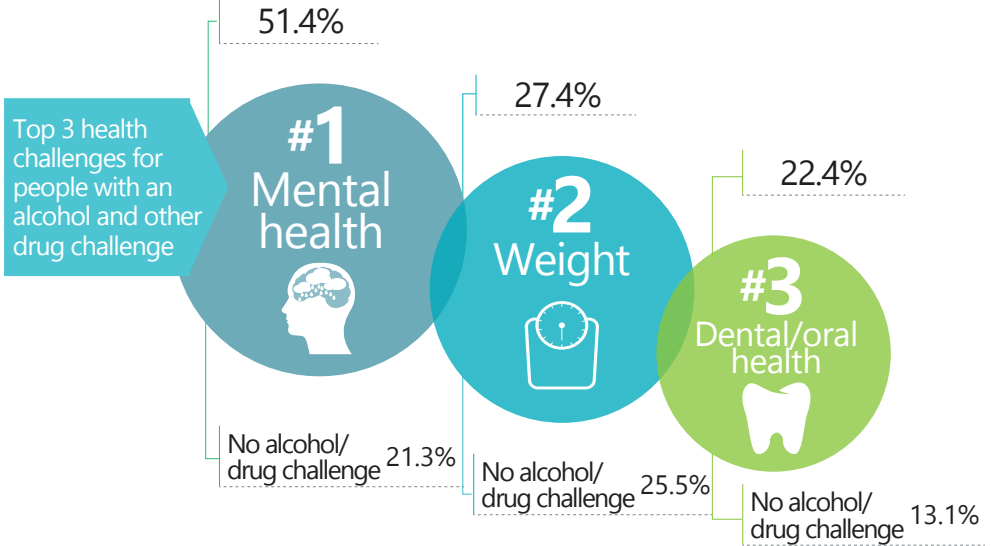
16.4%

needed help with SELF CARE activities

31.1%

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...

People with an alcohol & other drug challenge

1	Drug and alcohol misuse	61.8%
2	Mental health issues	52.0%
3	Ageing issues	30.3%

People without an alcohol & other drug challenge

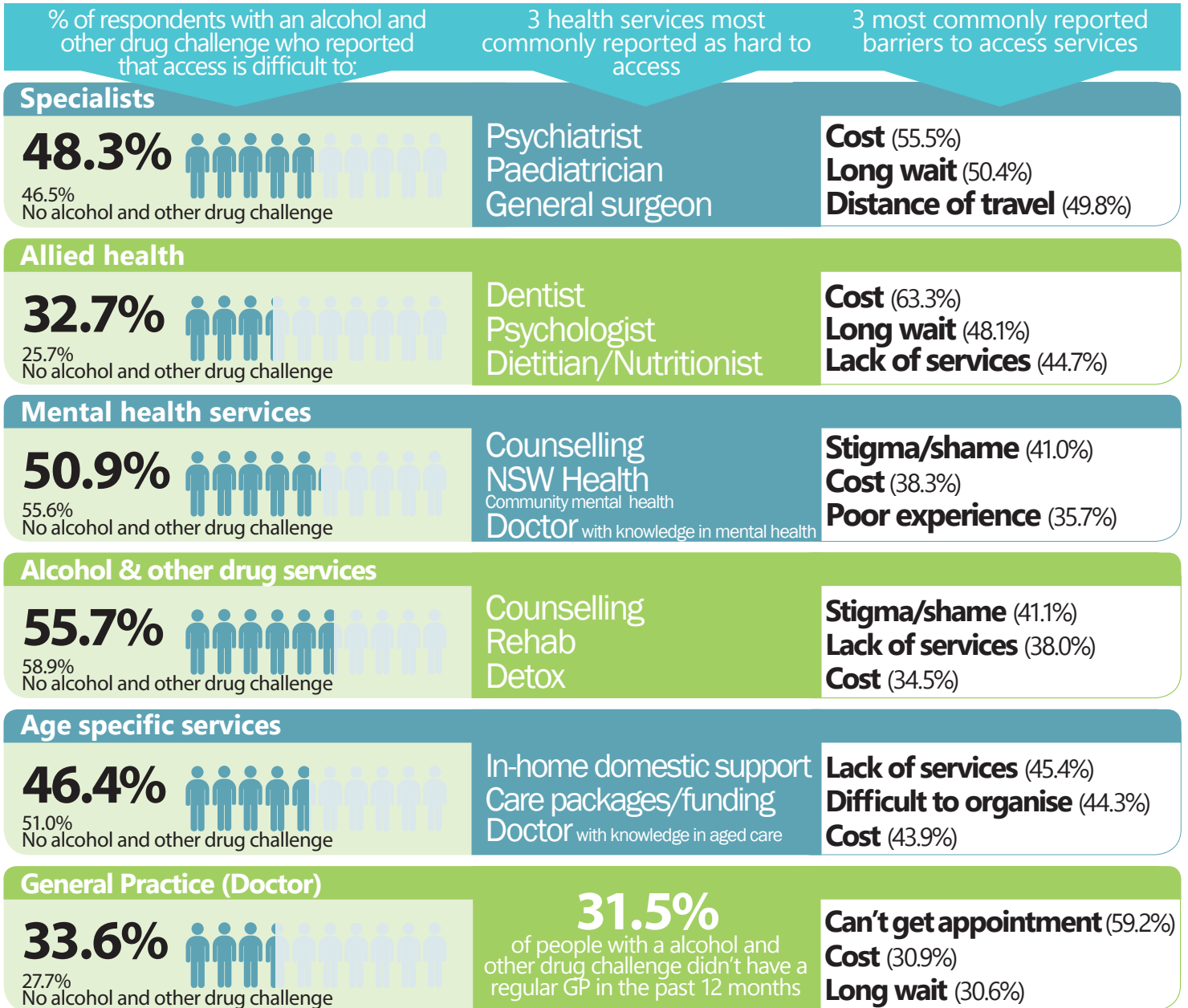
1	Ageing issues	48.9%
2	Mental health issues	47.1%
3	Drug and alcohol misuse	46.1%

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

and why...

Prevention
GP Specialists
Ambulance
Allied Health
Counselling
Hospital
Psychologist
Community Health
Support Group
Dental

Information
Cost
Education
Stigma
Travel
Support
Bureaucracy
Parking
Access
Wait
Quality
Continuity
Planning



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