



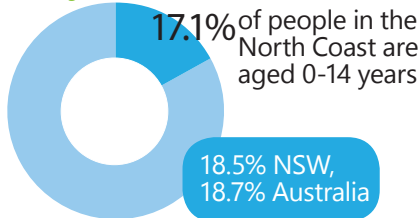
# YOUNGER PEOPLE FACT SHEET



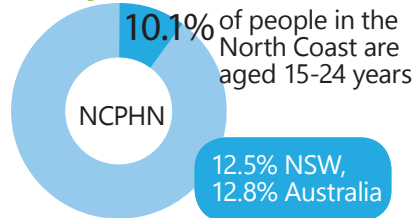
A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

## North Coast young people<sup>1</sup>

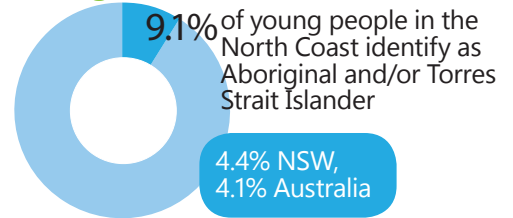
### 0-14yrs



### 15-24yrs



### Aboriginal and/or Torres Strait Islander



## General practice patients 15-24 years in the North Coast region<sup>2</sup>

Anxiety 11.4%  
Asthma 11.0%  
Depression 9.2%

were the most commonly recorded diseases

Respiratory 14.5%  
Antidepressants 11.4%  
Pain relief 8.4%

were the most commonly prescribed medications in the North Coast

Youth were asked to write down the three issues they considered were most important in Australia today<sup>3</sup>



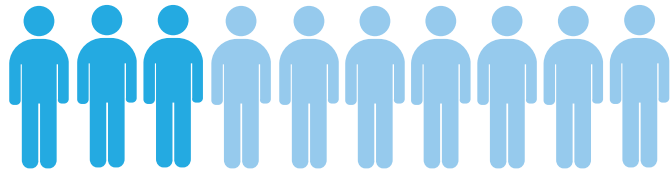
alcohol and drugs



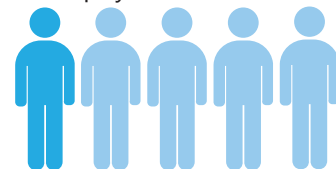
equity and discrimination



mental health



Close to 3 in 10 young people (NSW) identified alcohol and drugs (28.2%) and equity and discrimination (27.9%) as important issues in Australia today.



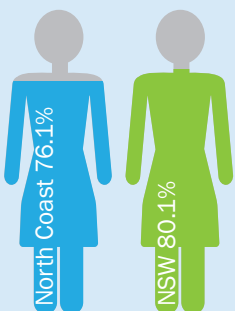
Around 1 in 5 young people identified mental health (22.6%) and international relations (18.9%) as major issues.

Compared to the past two years, alcohol and drugs, equity and discrimination and mental health have all risen as issues of national concern among NSW respondents

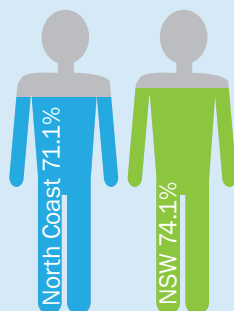
## Immunisation

### Human Papilloma Virus<sup>4</sup>

bottom 50% of all PHN regions



Girls turning 15 who are fully immunised



Boys turning 15 who are fully immunised

### Children who are fully immunised %<sup>5</sup>

Lowest in Australia

SA3* Region	1yr olds	2yr olds	5yr olds
Clarence Valley	95.0	91.9	95.6
Coffs Harbour	90.9	88.5	90.9
Kempsey-Nambucca	91.6	89.5	92.8
Port Macquarie	94.9	92.9	94.7
Richmond Valley-Coastal	81.1	81.0	82.5
Richmond Valley-Hinterland	89.9	86.7	90.6
Tweed Valley	90.0	87.4	89.8
NSW	93.8	90.9	93.5

! The North Coast region has the lowest rates of immunisation for 1, 2 and 5 year olds in Australia

\*SA3 describes a geographic boundary developed by the Australian Bureau of Statistics. SA3 regions generally have a population of between 30,000 and 130,000 people and often cluster around major regional towns and areas.

## Mental Health

### Social determinants of health<sup>6</sup>

- Children living in disadvantaged families are 3 times more likely than those in more advantaged families to suffer from mental health disorders.
- In NSW, 1 in 10 preschool children (aged 3 to 5) show mental health problems.
- 10% of children under five have emotional or behavioural problems.

### Socio-economic risk factors<sup>7</sup>

- Children and adolescents with no parents or carers in employment had higher rates of mental disorders
- The highest rates of mental disorder were in families in which the sole parent or carer was not in employment, where 29.6% of children and adolescents had mental disorders in the previous 12 months. The rate was markedly less when the sole parent or carer was employed (17.0%).

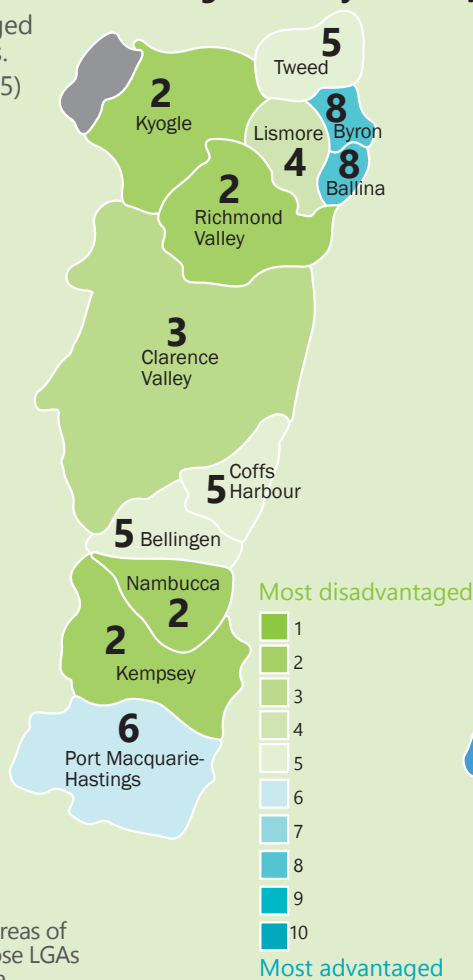
### Child neglect and harm<sup>8</sup>

- Children and young people being involved in risk of significant harm reports in 2016-17.

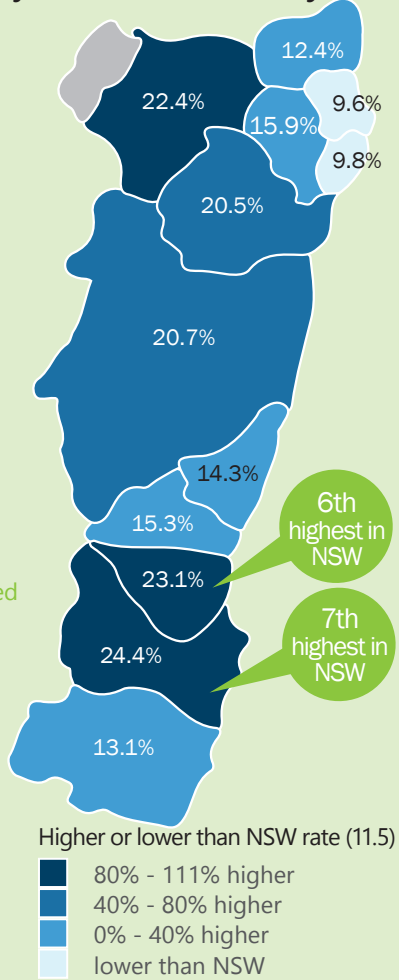
### Rate per 1,000 children (0-17 years).



### Socio-economic disadvantage, 2016 by LGA<sup>1^A</sup>



### Children under 15 years old in jobless families, 2016 by LGA<sup>9</sup>

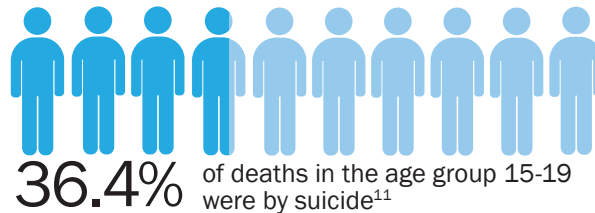
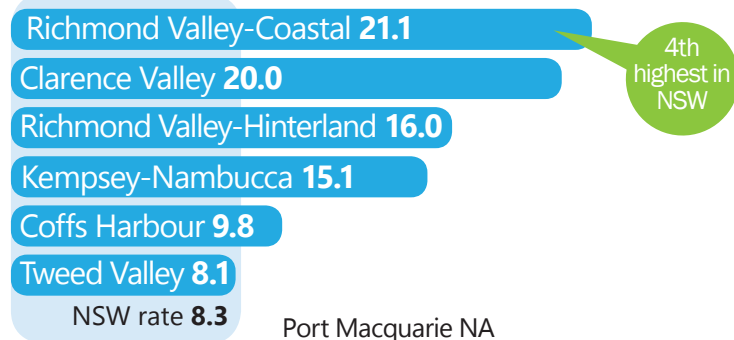


<sup>A</sup> Although some North Coast LGAs are not identified as areas of socio-economic disadvantage, there are areas within those LGAs that are in the most disadvantaged 10%-20% in Australia.

## Suicide

### Deaths by suicide, 15-24 year olds<sup>10</sup>

per 100,000 population, SA3 region (age specific death rate for combined reference years 2008-16)



### LGBTI young people are:

**5x** more likely to attempt suicide and nearly twice as likely to engage in self-injury, than their peers.<sup>12</sup>

If you are thinking about suicide or experiencing a personal crisis, help is available. **No one needs to face their problems alone.**

To get help call Lifeline: **13 11 14**  
If life is in danger call **000** (Emergency Services)

## Self-harm



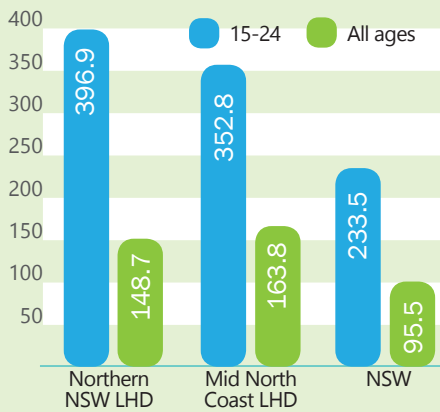
In 2017, intentional self-harm was the leading cause of death of people aged 15-44 year olds in NSW.<sup>11</sup>



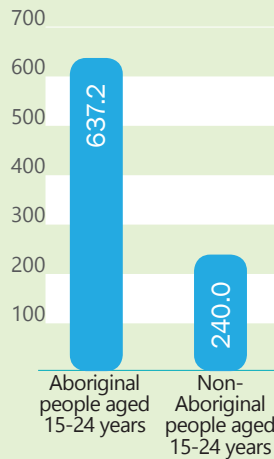
Around one in ten adolescents in Australia (10.9%) reported having ever self-harmed. This is equivalent to 186,000 young people aged 12-17 years who had deliberately injured themselves.<sup>7</sup>

### Self-harm hospitalisations per 100,000 population<sup>13</sup>

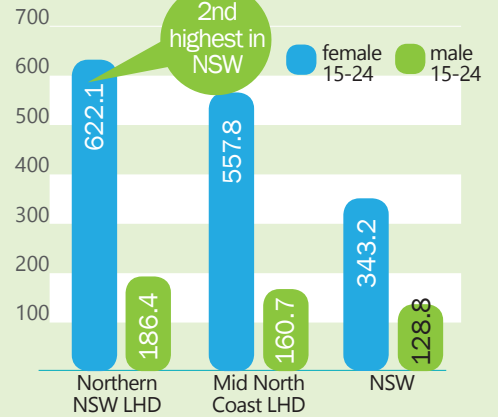
#### Age category, 2017-18



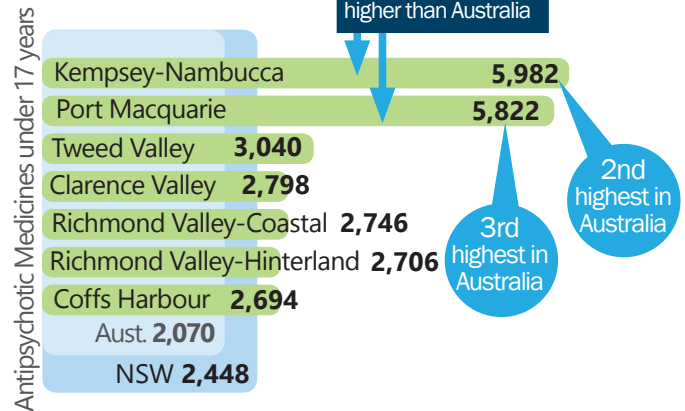
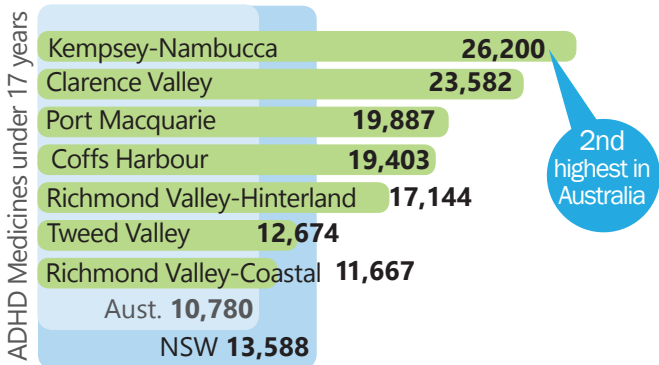
#### Aboriginality, NSW 2016-17



#### Gender, 2017-18



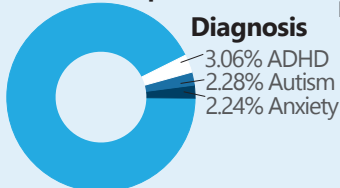
## Prescribing medication per 100,000 population, by SA3 region<sup>14</sup>



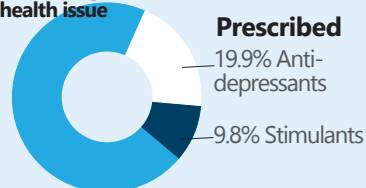
## General Practice data submitted in September 2018 from 106 General Practices in the North Coast<sup>2</sup>:

### 0-14yrs

55,709 active patients

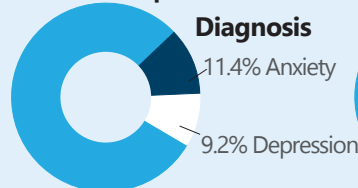


1,317 active patients with a diagnosis for a mental health issue

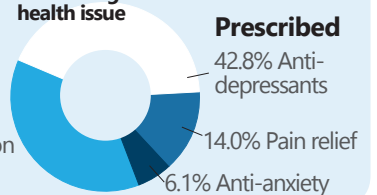


### 15-24yrs

38,106 active patients



6,073 active patients with a diagnosis for a mental health issue



**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.

268

Younger survey participants 15-24 years old



NORTH COAST  
3,372

16.6%

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

50.6%

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

13.1%

identified as ABORIGINAL or TORRES STRAIT ISLANDER

20.5%

had PRIVATE HEALTH INSURANCE

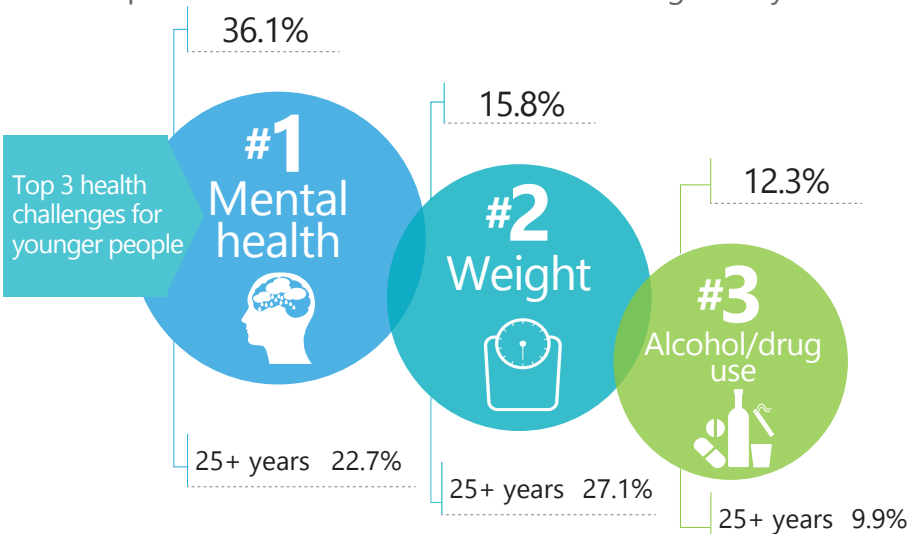
15.5%

said their health was FAIR or POOR

10.6%

needed help with SELF CARE activities

Participants were asked which health challenges they face...



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

**Younger people 15-24 years**

1	Drug and alcohol misuse	65.3%
2	Mental health issues	64.9%
3	Suicide	39.5%

**People aged 25 years and over**

1	Ageing issues	52.1%
2	Mental health issues	45.1%
3	Drug and alcohol misuse	45.1%

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



% of young respondents reporting access is difficult to:

3 health services most commonly reported as hard to access

3 most commonly reported barriers to access services

**Specialists**

**43.5%**

47.0%  
25+ years



Psychiatrist  
General surgeon  
Endocrinologist

**Cost** (59.8%)

**Lack of specialists** (53.9%)

**Long wait** (53.0%)

**Allied health**

**19.3%**

27.2%  
25+ years



Dentist  
Psychologist  
Dietitian/Nutritionist

**Cost** (66.9%)

**Long wait** (43.3%)

**Lack of professionals** (31.5%)

**Mental health services**

**47.2%**

56.3%  
25+ years



Counselling  
Doctor  
Youth specific services

**Stigma/shame** (46.4%)

**Cost** (43.5%)

**Lack of services** (38.6%)

**Alcohol & other drug services**

**41.4%**

61.7%  
25+ years



Rehab  
Counselling  
Youth specific services

**Lack of services** (48.1%)

**Stigma/shame** (47.4%)

**Cost** (41.5%)

**General Practice (Doctor)**

**21.8%**

29.2%  
25+ years



**55.4%**  
of young people didn't have a regular GP in the past 12 months

**Can't get appointment** (45.3%)

**Cost** (36.6%)

**Long wait** (30.4%)

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