Wentworth Healthcare is a not for profit organisation dedicated to improving health for the Blue Mountains, Hawkesbury, Lithgow and Penrith communities.

Wentworth Healthcare runs the Nepean Blue Mountains PHN as part of the Primary Health Networks (PHNs) program.
Our region is 9,100km², covering three different categories of remoteness: Major Cities (RA1), Inner Regional (RA2) and Outer Regional (RA3).

**LIFE EXPECTANCY**

- *83.2 YRS* for females
- *78.7 YRS* for males

Life expectancy is about the same as the State average, which is 82.5 years for females in NSW and 78.7 for males.

Life expectancy in NSW for the Aboriginal population lowers to 74.6 years for females and 70.5 for males.

People with a severe and persistent mental illness have a life expectancy of 25 to 30 years less than the general population.

**SCREENING**

- *29%* women 50-69 never screened for breast cancer (NSW, 22%)
- *55%* screened every two years for cervical cancer (NSW, 57.7%). But this drops to less than 54% in Lithgow and Penrith.
- Bowel screening participation is close to State average, 31.2% to 32.8%.

Leading causes of death in the NBM region:
1. Circulatory diseases
2. Cancers
3. Respiratory diseases

There are 4 correctional centres in our region.

In NSW, 76% of prisoners and 21% of young people in custody smoke.

**AGE OF OUR REGION**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 9</td>
<td>13.4%</td>
</tr>
<tr>
<td>10 - 19</td>
<td>13.9%</td>
</tr>
<tr>
<td>20 - 39</td>
<td>24.3%</td>
</tr>
<tr>
<td>40 - 54</td>
<td>21.7%</td>
</tr>
<tr>
<td>55 - 74</td>
<td>21%</td>
</tr>
<tr>
<td>75+</td>
<td>5.8%</td>
</tr>
</tbody>
</table>

1 in 10 adults report high or very high psychological distress.

**HEALTH BEHAVIOURS**

- **59%** obese or overweight in adults compared to the State average (53%)
- **93%** don’t eat enough fruit & veg
- **over 50%** don’t get enough exercise
- **15.7%** smoking rates on par with the state average. (NSW, 15.6%)
- **15.4%** smoking rates for those with severe and persistent mental health are 3 to 4 times higher than the general population.

**DIFFICULT OR UNABLE TO ACCESS TRANSPORTATION TO HEALTH SERVICES**

- **10,000** people
- **over 1 MILLION** catchment population by 2025

Our region is over 360,000 people live in our region over 1 MILLION catchment population by 2025

9,212 identify as being Aboriginal or Torres Strait Islander (2.7% of the population)
30.9% of mothers smoke during pregnancy. More than double the regional rate.

24.3% of 15 - 19 yo are neither learning nor earning (NSW, 18.6%).

Unhealthy levels of alcohol consumption are higher than the State average.

30.9% of mothers smoke during pregnancy, more than double the regional rate.

24.3% of 15 - 19 yo are neither learning nor earning (NSW, 18.6%).

40.2% breast screening is more than 10% below State average (NSW, 50.9%).

Aboriginal population 4.45%, higher than State average (NSW, 2.5%).

85% of adults visit a GP each year.

16.5% see their GP 11+ times each year, the highest visitation rate of all similar regions.

92.9% of GP consults are bulk-billed, the highest of all similar regions.

88.24% fully immunised up to age 5 (State target: 92%).

Rates of suicide and self-inflicted death are higher than the State average.

Unhealthy levels of alcohol consumption are higher than the State average.

Road traffic injury is the highest cause of avoidable deaths.

Unhealthy levels of alcohol consumption are higher than the State average.

60.3% cervical screening, above State average (NSW, 57.7%).

Aboriginal population 3%, higher than State average (NSW, 2.5%).

Domestic violence occurs at a rate of 588.4 per 100,000 (NSW, 396.4 per 100,000).

Nationally, exclusive breastfeeding reduces to 33% within the first 4 months.

2.7 MILLION CONSULTATIONS EACH YEAR with GPs and specialists at a cost of $142 MILLION

Over 1,200 ALLIED HEALTH PROFESSIONALS

Over 800 GP & ALLIED HEALTH PRACTICES

36,748 POTENTIALLY PREVENTABLE HOSPITALISATIONS

1. Urinary tract infections
2. COPD
3. Cellulitis
4. Dental conditions

Over 114,000 ANNUAL VISITS TO EMERGENCY

88.24% fully immunised up to age 5 (State target: 92%).

Rates of suicide and self-inflicted death are higher than the State average.

50.4% cervical screening, below State average (NSW, 57.7%).

Aboriginal population 3%, higher than State average (NSW, 2.5%).

Domestic violence occurs at a rate of 588.4 per 100,000 (NSW, 396.4 per 100,000).

Babies fully breastfed on discharge from hospital.
Our achievements in the last year

- **8,628** Aboriginal Health occasions of service to our Aboriginal & Torres Strait Islander community
- **133,000** after hours GP consultations across the region
- **#1** region in Australia for GP antenatal shared care to Aboriginal & Torres Strait Islanders
- **93.5%** fully immunised under 5 year-old (non-Aboriginal children)
- **93.9%** fully immunised under 5 year-old (Aboriginal children)
- **19,386** mental health consultations for local community members
- **1,967** practice support occasions of service to healthcare professionals
- **400+** workforce consultations to increase the number of GPs and practice staff in our region
- **1,500** attendances by primary healthcare professionals at educational events

References:
- NSW - Nepean - Blue Mountains – Medicare Local Profile Report 2013
- [2011 ABS census data](http://profile.id.com.au/hawkesbury)
- [Reporting for better cancer outcomes performance report 2015](http://profile.id.com.au/hawkesbury)
- [HealthStats NSW](http://profile.id.com.au/hawkesbury)
- [NBMPHN](http://profile.id.com.au/hawkesbury)
- [Chilli database](http://profile.id.com.au/hawkesbury)
- [NHPA healthy communities: Australians’ experience with access to healthcare 2011-2012](http://profile.id.com.au/hawkesbury)
- [The 2010 Australian National Infant Feeding Survey Indicator Results](http://profile.id.com.au/hawkesbury)

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