

Health

SWSLHD & NSW
2016



OUR PEOPLE

		SWSLHD	NSW
Total population		922,000	7,520,000
Life expectancy at birth	Female	85 years	85 years
	Male	81 years	81 years
Born overseas		41%	31%
Individual weekly income	< \$600	53%	48%
	> \$2,000	3%	7%
Food insecurity		9%	7%

OUR HEALTH BEHAVIOUR

	SWSLHD	NSW
Current smoker	14%	14%
Smoke free households	89%	93%
Drink alcohol at levels harmful to health	20%	27%
Eat recommended amount of fruit	48%	48%
Eat recommended amount of vegetables	4%	6%
Have adequate physical activity	35%	43%
Had a breast cancer screen in last 2 years (women aged 50-69 years)	48%	53%
Had a cervical cancer screen in last 2 years (women aged 20-69 years)	52%	56%

OUR HEALTH STATUS

	SWSLHD	NSW
Overweight (BMI 25 to <30)	32%	33%
Obese (BMI ≥30)	23%	19%
High or very high psychological distress	14%	12%
Good to excellent self-rated health	78%	81%
Diabetes or high blood sugar	13%	9%
High blood pressure	26%	28%



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OUR NEIGHBOURHOOD

	SWSLHD	NSW
Feel safe walking after dark	65%	75%

PREGNANCY AND EARLY YEARS

	SWSLHD	NSW
Crude birth rate per 1,000	14	13
Low birth weight babies	7%	6%
Smoking during pregnancy	9%	9%

IMMUNISATION

	SWSLHD	NSW
Children fully immunised at 12 months	92%	92%
Children fully immunised at 5 years	94%	93%

DEATHS (RATE PER 100,000)

	SWSLHD	NSW
All causes	543	529
Cancer	170	161
Circulatory disease	159	155
Respiratory disease	46	44
Potentially avoidable deaths	108	106

VIOLENCE AGAINST WOMEN AND CHILDREN (RATE PER 1,000)

	SWSLHD	NSW
Domestic violence (assault) against females	7	6
Domestic violence (assault) against children	2	2
Children at risk of serious harm (reports per 100)	3	4

Notes

1. SWSLHD = South Western Sydney Local Health District; NSW = New South Wales.
2. Crude birth rate for NSW excludes SWSLHD data.
3. All numbers presented in this report have been rounded.
4. The most recent years for when the data were available range from 2009-2015.
5. Further information on the source of data and the most recent year for when the data were available is at http://www.swslhd.nsw.gov.au/populationhealth/PH_epidemiology/monitoring_report.html.



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