COOTAMUNDRA-GUNDAGAI REGIONAL LGA

DATABOOK

MPHN HEALTH NEEDS ASSESSMENT
2022-2025

hna community feedback

hna yarns on the couch

CONVERSATIONS ON THE COUCH
TAKING THE PULSE ON PRIMARY HEALTH

phn MURRUMBIDGEE
An Australian Government Initiative

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HEALTH NEEDS ASSESSMENT PROCESS

The Murrumbidgee Health Needs Assessment, in line with the firstHealth Board endorsed framework, with governance provided by Clinical Councils, the Community Advisory Committee and the Planning and Integration sub-committee, uses a population approach to needs assessment using person centred planning with a strong commitment to community input.

Murrumbidgee Primary Health Network (MPHN) analyses data from robust gold standard comparable sources such as the Australian Bureau of Statistics and Australian Institute of Health and Welfare in the first instance supplemented by other sources. A decision-making tool is used at MPHN which identifies and prioritises needs based on variables that score local impact relative to national data, where MPHN is in the lowest third of the nation. Further, a Data Prioritisation Tool (refer page 24 for details) is used at a Local Government Area (LGA) level to identify areas where issues/needs are higher in comparison to the New South Wales (NSW) and Murrumbidgee averages. This highlights the LGAs in the lower half of the Murrumbidgee region and is summarised separately in the region profiles on MPHN's website. The matrix scoring is described at the end of this document in more detail. Throughout this document variables scoring three or greater using the matrix are denoted by their respective colour coding, these variables are likely to have higher impact within this LGA.

The use of an LGA approach ensures we are working in alignment with the Murrumbidgee Local Health District (MLHD) health clusters. This allows a more considered co-ordinated approach to services and reduces on duplication of service delivery.

Inequity in healthcare remains a significant issue for many areas in the Murrumbidgee region. Comprehensive socio-economic profiling allows identification of areas where this may affect uptake of healthcare services and consequent poorer health outcomes for those living in these areas. MPHN emphasises in identification of priorities for the region the particular local government areas where efforts should be concentrated in order to address the inequity.

Monitoring of emerging health conditions remains a priority for MPHN with ongoing consultations aimed at identification of emerging issues and subsequent interventions.

MPHN undertakes consultation with key partners, health professionals and community members. Multiple formats are used to undertake these consultations including:

CONVERSATIONS ON THE COUCH

A community consultation approach to capture the needs of people who would not normally engage through a formal process. Community members are invited to meet in a neutral location with high thoroughfare to allow people to chat MPHN staff in a face-to-face environment to discuss health matters important to them. There is no set agenda or questions and is simply an opportunity for people to let MPHN know about health matters important to them and their community. Information gathered during these conversations is collected and used to help MPHN better understand the health needs of our communities.

YARNS ON THE COUCH

Yarns on the Couch is an extension of our Conversations on the Couch with a focus on Aboriginal health. Data collected at both activities is used to help guide the Health Needs Assessment.

HNA COMMUNITY FEEDBACK

There are two options for survey feedback, one short form survey called HNA Mini, and one longer form survey of 17 questions called HNA Community Feedback. Both these survey mechanisms have also been modified to target Aboriginal and Torres Strait Islander people, or those who care for this population group. All these surveys are available year-round and aim to gather information about emerging health needs.

OTHER FEEDBACK MECHANISMS

There are several other opportunities for MPHN to capture feedback from our stakeholders. This includes, but not limited to:

- Incidental feedback from community and health care practitioners to MPHN staff during the normal course of business operations.
- An audit annually of general practice and health care providers to inform workforce capacity.
- MPHN co-design and formal consultation with specific population groups as part of commissioned project work.
- Engagement with MPHN's partners in our various consortium, alliance and steering committee groups. These groups cover various issues relating to Aboriginal health; older people and aged care; mental health, alcohol and other drug, and suicide prevention and aftercare; chronic disease; and emergency response.
- Engagement and feedback with Local Health Advisory Committees (LHACS) which are situated in 33 locations throughout the Murrumbidgee region.
- Feedback from MPHN's governance members, including Board Directors, and members the Community Advisory Committee and four Clinical Councils.
- Review of data collected by its commissioned services throughout the year and other internal data sources to confirm service provision and identify service gaps that may exist.
- Media and social media monitoring for local emerging health needs and issues.

Once all information is gathered and analysed by MPHN, data is provided back to communities and health providers for validation of the developed priorities from the data.

DATA DISCLAIMER

This report is presented for the purpose of disseminating information for the benefit of people living in Murrumbidgee communities. The report includes data freely available on public websites such as the Australian Institute of Health and Welfare and the Australian Bureau of Statistics.

Data in this report remain confidential and primarily for MPHN's internal use. This report may be shared externally with express permission at the discretion of MPHN's CEO. If the latter is the case data may be used by an external organisation for planning purposes but should not be shared outside that organisation.

Data from Commonwealth secure confidential websites have not been included in this report. Data have not been interpreted.

MPHN has taken all steps to ensure the information in this report is as accurate as possible and correct at time of report. Data may vary to other publically available sources due to differing sources accessed.

MPHN does not guarantee, and accepts no legal liability whatsoever arising from, or connected to, the use of any material contained in this report. MPHN recommends users exercise their own skill and care with respect to use of this report.

Contact for data queries: hna@mphn.org.au

COOTAMUNDRA-GUNDAGAI REGIONAL LGA

COOTAMUNDRA 58KM

GUNDAGAI

WAGGA WAGGA 80KM
Nearest Regional
Referral Hospital

SOUTH GUNDAGAI 2KM

POSTCODE	TOWNS
2727	Adjungbilly, Coolac, Gobarralong
2590	Cootamundra
2720	Couragago
2588	Cullinga, Wallendbeen
2722	Darbalara, Gundagai, Jones Creek, Muttama, Nangus, South Gundagai, Wagragobilly, Willie Ploma
2729	Mundarlo, Tumblong
2582	Nanangroe
2725	Stockinbingal
2594	Yannawah

EXECUTIVE SUMMARY

Cootamundra-Gundagai Regional Local Government Area (LGA) is ranked eighth out of 21 LGAs in population size within the Murrumbidgee Primary Health Network (MPHN) (population = 11,403). The Cootamundra-Gundagai Regional LGA has a land area of 3,981 square kilometres (14th largest in MPHN) with a population density of 2.9 people per square kilometre (sixth highest density in MPHN). Between 2021 to 2041 the population of Cootamundra-Gundagai Regional LGA is expected to decrease slightly (–1.8 percent).

The proportion of the population aged 65 years and over in Cootamundra-Gundagai Regional LGA is above that of other MPHN LGAs and NSW. Compared to the MPHN average, Cootamundra-Gundagai Regional LGA has a significantly lower socioeconomic index. The proportion of the Cootamundra-Gundagai Regional LGA's population who identify as Aboriginal and Torres Strait Islander (5.7 per cent) is similar the MPHN average (5.8 per cent).

When contrasted with the NSW and MPHN LGA, Cootamundra-Gundagai Regional LGA has a higher prevalence of households in the lowest income bracket (less than $650 per week). In addition, the LGA has a higher than MPHN average disability support pensioners, aged pensioners, and those receiving an unemployment benefit. The Cootamundra-Gundagai Regional LGA has a higher MPHN average for children in families where the mother has low educational attainment and jobless families with children aged less than 15 years. The proportion of the population born in Australia in the Cootamundra-Gundagai Regional LGA is higher than the MPHN average.

The median age of death for males and females in the Cootamundra-Gundagai Regional LGA is equivalent to that across the whole MPHN. However, this LGA has a higher than NSW and MPHN rate of premature death among females and males aged zero to 74 years. Causes of premature death in this LGA that are above the NSW and MPHN average include deaths from all cancers, lung cancer, and breast cancer. In addition, the Cootamundra-Gundagai Regional LGA has a higher than NSW and MPHN average for avoidable death rates from transport accidents, circulatory system diseases, and cerebrovascular diseases. Incidence rates for lung cancer and bowel cancer are above the MPHN average.

Prevalent risk factors in Cootamundra-Gundagai Regional LGA include a higher than the NSW and MPHN average number of adults reporting low, very low, or no exercise, number of people aged 18 years and over with adequate fruit intake, and males who are current smokers. Rates of domestic assault and liquor offenses are higher than the MPHN average. The rate of use and possession of amphetamines and cannabis is higher than the NSW and MPHN average.

POPULATION AND GEOGRAPHY

ESTIMATED RESIDENT POPULATION	POPULATION CHANGE BETWEEN 2021-2041	LGA AREA KM²	POPULATION DENSITY PERSONS/KM²
2021 — ABS			
N=246,073 11,403	–45 (–1.8%)	3,981	2.9

ESTIMATED POPULATION CHANGE 2021-2041			
2021 — NSW PLANNING & ENVIRONMENT			
UNDER 19 YEARS	20-64 YEARS	65+ YEARS	TOTAL YEARS
2021 N=2,705 2041 N=2,383 –322 (–11.9%)	2021 N=5,436 2041 N=5,622 186 (3.4%)	2021 N=3,000 2041 N=3,091 91 (3.0%)	2021 N=11,141 2041 N=11,095 –45 (–1.8%)

TOWN BASED POPULATIONS AND DEMOGRAPHY

	POPULATION	MEDIAN AGE	NUMBER PRIVATE DWELLINGS	AVERAGE PEOPLE PER HOUSEHOLD	NUMBER OF FAMILIES	AVERAGE CHILDREN PER FAMILY
2021 — ABS						
Cootamundra	6,885	51	3,360	2.2	1,870	1.9
Gundagai	1,699	45	811	2.3	406	1.9
South Gundagai	781	45	360	2.5	201	1.9

	MEDIAN WEEKLY HOUSEHOLD INCOME	MEDIAN MONTHLY MORTGAGE REPAYMENT	MEDIAN WEEKLY RENT
2021 — ABS			
Cootamundra	$1,037	$1,149	$220
Gundagai	$1,225	$1,211	$230
South Gundagai	$1,279	$1,300	$225

POPULATION OTHER TOWNS	
2021 — ABS	
Adjungbilly	101
Coolac	244
Darbalara	62
Gobarralong	63
Mundarlo	51
Muttama	140
Nangus	240
Stockinbingal	347
Tumblong	225
Wallendbeen	299

DEMOGRAPHY

SEIFA			
2016 — ABS			
	INDEX SCORE (BASED ON AUSTRALIAN SCORE OF 1000)	MINIMUM SCORE FOR SA1S IN AREA	MAXIMUM SCORE FOR SA1S IN AREA
NSW	*1,001.7*	*323*	*1184*
MPHN	*969.9*	*478*	*1144*
Gundagai LGA	**952**	**832**	**1067**
Cootamundra	933		
Gundagai	946		
South Gundagai	906		

AGE GROUPS								
2020 — ERP								
	PERSONS 0-14 YEARS	PERSONS 15-24 YEARS	PERSONS 25-44 YEARS	PERSONS 45-64 YEARS	PERSONS 65+ YEARS	PERSONS 70+ YEARS	PERSONS 75+ YEARS	PERSONS 85+ YEARS
NSW	*18.5%*	*12.8%*	*28.0%*	*24.6%*	*15.7%*	*10.7%*	*7.0%*	*2.2%*
MPHN	*19.6%*	*12.0%*	*22.6%*	*25.7%*	*18.9%*	*13.3%*	*8.7%*	*2.7%*
Cootamundra-Gundagai Regional	2023 (18.0%)	1,230 (11.0%)	2,056 (18.3%)	2,917 (26.0%)	2,999 (26.7%)	1,805 (19.5%)	1,446 (12.9%)	389 (3.5%)

GENDER				
2021 — ABS				
	MALES		FEMALES	
	N	%	N	%
NSW	*3,984,166*	*49.4*	*4,087,995*	*50.6*
MPHN	*125,500*	*50.3*	*126,798*	*49.7*
Cootamundra-Gundagai Regional	**5,672**	**49.7**	**5,732**	**50.3**

EDUCATION

2020 — ABS

	PEOPLE WHO LEFT SCHOOL AT YEAR 10 OR BELOW, OR DID NOT GO TO SCHOOL	FULL-TIME PARTICIPATION IN SECONDARY SCHOOL EDUCATION AT AGE 16	PARTICIPATION IN VOCATIONAL EDUCATION AND TRAINING - NON-INDIGENOUS POPULATION	SCHOOL LEAVER PARTICIPATION IN HIGHER EDUCATION
NSW	37.6 per 100	80.1%	12.9 per 100	33.3%
MPHN	47.5 per 100	77.9%	19.1 per 100	14.4%
Cootamundra-Gundagai Regional	44.2 per 100	84.3%	24.5 per 100	9.9%

WEEKLY INCOME

2021 — ABS

	LESS THAN $650 TOTAL HOUSEHOLD WEEKLY INCOME	MORE THAN $3,000 TOTAL HOUSEHOLD WEEKLY INCOME
NSW	16.3%	26.9%
MPHN	22.3%	13.9%
Cootamundra-Gundagai Regional	25.9%	12.2%

INCOME SUPPORT

2020 — ABS

	AGE PENSIONERS	DISABILITY SUPPORT PENSIONERS	FEMALE SOLE PARENT PENSIONERS
NSW	59.0%	4.6%	3.1%
MPHN	60.3%	6.3%	5.4%
Cootamundra-Gundagai Regional	2,059 (68.7%)	550 (9.1%)	118 (5.1%)

	PEOPLE RECEIVING AN UNEMPLOYMENT BENEFIT	PEOPLE RECEIVING AN UNEMPLOYMENT BENEFIT LONG-TERM	YOUNG PEOPLE AGED 16 TO 24 RECEIVING AN UNEMPLOYMENT BENEFIT
NSW	6.2%	5.6%	5.0%
MPHN	7.1%	6.4%	6.1%
Cootamundra-Gundagai Regional	492 (8.1%)	449 (7.4%)	46 (5.9%)

	LOW INCOME, WELFARE-DEPENDENT FAMILIES (WITH CHILDREN)	HEALTH CARE CARD HOLDERS	PENSIONER CONCESSION CARD HOLDERS	SENIORS HEALTH CARD HOLDERS
NSW	4.6%	6.7%	21.1%	10.9%
MPHN	5.4%	7.3%	27.3%	10.3%
Cootamundra-Gundagai Regional	165 (5.6%)	586 (7.1)	3,236 (35.2%)	311 (10.4%)

HOUSEHOLDS	
2020 – ABS	
	HOUSEHOLDS IN DWELLINGS RECEIVING RENT ASSISTANCE FROM THE AUSTRALIAN GOVERNMENT	DWELLINGS RENTED FROM THE GOVERNMENT HOUSING AUTHORITY
NSW	18.3%	4.7%
MPHN	17.9%	3.4%
Cootamundra-Gundagai Regional	604 (14.8%)	186 (4.3%)

HOUSEHOLDS		
2020 – ABS		
	*MORTGAGE STRESS	*RENTAL STRESS
NSW	9.6%	27.9%
MPHN	8.2%	25.7%
Cootamundra-Gundagai Regional	93 (7.9%)	948 (26.8%)

*Low income households (households in bottom 40% of income distribution)

FAMILIES		
2018 – ABS		
	SINGLE PARENT FAMILIES WITH CHILDREN AGED LESS THAN 15 YEARS	JOBLESS FAMILIES WITH CHILDREN AGED LESS THAN 15 YEARS	*CHILDREN IN FAMILIES WHERE THE MOTHER HAS LOW EDUCATIONAL ATTAINMENT
NSW	19.9%	12.0%	19.6%
MPHN	23.5%	13.2 %	25.0%
Cootamundra-Gundagai Regional	191 (25.2%)	163 (16.7%)	594 (29.4%)

*Children aged less than 15 years living in families where the female parent's highest level of schooling was year 10 or below/ female parent did not attend school

ETHNICITY		
2018 – ABS		
	AUSTRALIAN-BORN POPULATION	PEOPLE BORN (OVERSEAS) IN PREDOMINANTLY ENGLISH SPEAKING COUNTRIES	PEOPLE BORN IN PREDOMINANTLY NON-ENGLISH SPEAKING COUNTRIES
NSW	65.5%	6.7%	21.1%
MPHN	82.2%	3.2%	5.4%
Cootamundra-Gundagai Regional	9,536 (85.6%)	342 (3.1%)	279 (2.5%)

ETHNICITY		
2018 — ABS		
	PEOPLE BORN IN A PREDOMINANTLY NON-ENGLISH SPEAKING (NES) COUNTRY RESIDENT IN AUSTRALIA FOR FIVE YEARS OR MORE	PEOPLE BORN IN A PREDOMINANTLY NON-ENGLISH SPEAKING (NES) COUNTRY RESIDENT IN AUSTRALIA FOR LESS THAN FIVE YEARS	PEOPLE BORN OVERSEAS REPORTING POOR PROFICIENCY IN ENGLISH
NSW	16.1%	4.1%	3.4%
MPHN	3.6%	1.4%	0.9%
Cootamundra-Gundagai Regional	202 (1.8%)	57 (0.5%)	24 (0.2%)

ETHNICITY			
2020 — ABS			
COUNTRY	COOTAMUNDRA-GUNDAGAI REGIONAL	NSW	MPHN
China	15 (>0.1%)	(3.1%)	(0.2%)
India	31 (0.3%)	(1.9%)	(0.9%)
Italy	4 (>0.1%)	(0.7%)	(0.6%)
Vietnam	11 (0.1%)	(1.1%)	(0.1%)
Philippines	39 (0.4%)	(1.2%)	(0.5%)
Malaysia	7 (>0.1%)	(0.4%)	(0.1%)
Germany	28 (0.3%)	(0.4%)	(0.2%)
Greece	3 (>0.1%)	(0.4%)	(0.0%)
Sri Lanka	5 (>0.1%)	(0.4%)	(0.1%)

DWELLINGS WITH NO MOTOR VEHICLE	
2016 — ABS	
NSW	9.2%
MPHN	5.4%
Cootamundra-Gundagai Regional	283 (6.5%)

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

INDIGENOUS STATUS		
2020 — ERP		
ABORIGINAL POPULATION AS PROPORTION OF TOTAL POPULATION		
	NUMBER	%
NSW	288,565	3.5
MPHN	15,408	5.8
Cootamundra-Gundagai Regional	682	5.7

INDIGENOUS STATUS

2020 — ERP (NON-ABS)

	0-4 YEARS		5-9 YEARS		10-14 YEARS		15-19 YEARS	
	NUMBER	%	NUMBER	%	NUMBER	%	NUMBER	%
NSW	35,878	12.4	32,475	11.3	30,562	10.6	27,034	9.4
MPHN	2,036	13.2	1,809	11.7	1,754	11.4	1,421	9.2
Cootamundra-Gundagai Regional	67	9.8	64	9.3	79	11.6	58	8.5

	20-24 YEARS		25-29 YEARS		30-34 YEARS		35-39 YEARS	
	NUMBER	%	NUMBER	%	NUMBER	%	NUMBER	%
NSW	25,822	8.9	23,468	8.1	18,297	6.3	15,880	5.5
MPHN	1,330	8.6	1,127	7.3	981	6.4	852	5.5
Cootamundra-Gundagai Regional	58	8.5	42	6.2	50	7.4	44	6.4

	40-44 YEARS		45-49 YEARS		50-54 YEARS		55-59 YEARS	
	NUMBER	%	NUMBER	%	NUMBER	%	NUMBER	%
NSW	13,315	4.6	14,480	5.0	13,599	4.7	11,881	4.1
MPHN	679	4.4	678	4.4	708	4.6	662	4.3
Cootamundra-Gundagai Regional	30	4.3	28	4.1	36	5.2	36	5.3

	60-64 YEARS		65+ YEARS	
	NUMBER	%	NUMBER	%
NSW	9,585	3.3	16,290	5.6
MPHN	486	3.2	885	5.7
Cootamundra-Gundagai Regional	24	3.6	67	9.8

VOCATIONAL EDUCATION

2020 — ABS

PARTICIPATION IN VOCATIONAL EDUCATION AND TRAINING - ABORIGINAL POPULATION

	NUMBER	ASR PER 1,000
NSW	50,250	17.8
MPHN	2,715	18.6
Cootamundra-Gundagai Regional	42	25.7

MOTHERS, BABIES AND CHILDREN

TOTAL FERTILITY RATE		
2020 — ABS		
	BIRTHS	TOTAL FERTILITY RATE
NSW	*95,459*	*1.73*
MPHN	*2,949*	*2.26*
Cootamundra-Gundagai Regional	**118**	**2.27**

MOTHERS AND BABIES		
2017 TO 2019 — ABS		
	SMOKING DURING PREGNANCY	
	SMOKING DURING PREGNANCY	% SMOKING DURING PREGNANCY
NSW	*25,876*	*9.0*
MPHN	*1,488*	*17.1*
Cootamundra-Gundagai Regional	**71**	**21.3**

IMMUNISATION						
2018 — ABS						
	CHILDREN FULLY IMMUNISED AT 1 YEAR OF AGE		CHILDREN FULLY IMMUNISED AT 2 YEARS OF AGE		CHILDREN FULLY IMMUNISED AT 5 YEARS OF AGE	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	*90,965*	*94.0*	*90,512*	*90.2*	*97,477*	*94.6*
MPHN	*2,770*	*95.2*	*2,777*	*93.2*	*2,696*	*96.0*
Cootamundra-Gundagai Regional	**105**	**95.5**	**114**	**95.0**	**107**	**98.2**

CHILD CARE				
2016 — ABS				
	UNPAID CHILD CARE TO OWN CHILD/ CHILDREN		UNPAID CHILD CARE TO OTHER CHILD/ CHILDREN	
	NUMBER	%	NUMBER	%
NSW	*1,194,612*	*19.6*	*423,262*	*6.9*
MPHN	*34,939*	*18.3*	*14,389*	*7.5*
Cootamundra-Gundagai Regional	**1,471**	**16.1**	**689**	**7.5**

RISK FACTORS CHILDREN

2020 – ABS

	ESTIMATED NUMBER OF MALES AGED 2-17 YEARS WHO WERE OVERWEIGHT (BUT NOT OBESE) (MODELLED ESTIMATES)*		ESTIMATED NUMBER OF MALES AGED 2-17 YEARS WHO WERE OBESE (MODELLED ESTIMATES)*		ESTIMATED NUMBER OF FEMALES AGED 2-17 YEARS WHO WERE OVERWEIGHT (BUT NOT OBESE) (MODELLED ESTIMATES)*		ESTIMATED NUMBER OF FEMALES AGED 2-17 YEARS WHO WERE OBESE (MODELLED ESTIMATES)*	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	137,863	17.4	59,650	7.5	125,141	16.6	54,849	7.3
MPHN	4,889	18.8	2,866	11.1	4,423	17.7	2,668	10.7
Cootamundra-Gundagai Regional	241	19.7	131	10.9	195	18.4	114	10.9

VULNERABLE CHILDREN

2021 – AEDC

	DEVELOPMENTALLY VULNERABLE ON ONE OR MORE DOMAINS		DEVELOPMENTALLY VULNERABLE ON TWO OR MORE DOMAINS	
	NUMBER	%	NUMBER	%
NSW	19,067	21.2	9,510	10.5
MPHN	647	23.5	336	12.2
Cootamundra-Gundagai Regional	19	20.2	11	11.7

	PHYSICAL HEALTH AND WELLBEING - DEVELOPMENTALLY VULNERABLE		PHYSICAL HEALTH AND WELLBEING - DEVELOPMENTALLY AT RISK		PHYSICAL HEALTH AND WELLBEING - DEVELOPMENTALLY ON TRACK	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	8,513	9.4	11,246	12.4	70,671	78.1
MPHN	278	10.1	314	11.4	2,168	78.5
Cootamundra-Gundagai Regional	11	11.7	13	13.8	70	74.5

	SOCIAL COMPETENCE - DEVELOPMENTALLY VULNERABLE		SOCIAL COMPETENCE - DEVELOPMENTALLY AT RISK		SOCIAL COMPETENCE - DEVELOPMENTALLY ON TRACK	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	8,458	9.4	13,175	14.6	68,789	76.1
MPHN	293	10.6	396	14.4	2,070	75.0
Cootamundra-Gundagai Regional	8	8.5	14	14.9	72	76.6

	EMOTIONAL MATURITY - DEVELOPMENTALLY VULNERABLE		EMOTIONAL MATURITY - DEVELOPMENTALLY AT RISK		EMOTIONAL MATURITY - DEVELOPMENTALLY ON TRACK	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	6,550	7.3	12,300	13.7	71,203	79.1
MPHN	235	8.5	424	15.4	2,093	76.1
Cootamundra-Gundagai Regional	8	8.5	11	11.7	75	79.8

	VULNERABLE CHILDREN			
	2021 – AEDC			
	LANGUAGE AND COGNITIVE SKILLS (SCHOOLS-BASED) - DEVELOPMENTALLY AT RISK		LANGUAGE AND COGNITIVE SKILLS (SCHOOLS-BASED) - DEVELOPMENTALLY ON TRACK	
	NUMBER	%	NUMBER	%
NSW	*8,092*	*9.0*	*76,676*	*84.9*
MPHN	*271*	*9.8*	*2,256*	*81.8*
Cootamundra-Gundagai Regional	**4**	**4.3**	**85**	**90.4**

	COMMUNICATION SKILLS AND GENERAL KNOWLEDGE - DEVELOPMENTALLY AT RISK		CHILDREN DEVELOPMENTALLY ON TRACK IN COMMUNICATION DOMAIN	
	NUMBER	%	NUMBER	%
NSW	*14,068*	*15.6*	*68,741*	*76.0*
MPHN	*377*	*13.6*	*2,148*	*77.8*
Cootamundra-Gundagai Regional	**14**	**14.9**	**76**	**80.9**

	HPV			
	2021			
	HPV VACCINE COVERAGE: FEMALES AGED 12-13 YEARS IN MID-2013, WHO RECEIVED DOSE 3 BY 2016		HPV VACCINE COVERAGE: MALES AGED 12-13 YEARS IN MID-2013, WHO RECEIVED DOSE 3 BY 2016	
	NUMBER	%	NUMBER	%
NSW	*36127*	*83.0*	*35834*	*78.2*
MPHN	*1342*	*87.4*	*1313*	*86.2*
Cootamundra-Gundagai Regional	**72**	**92.6**	**66**	**89.0**

OLDER PEOPLE

OLDER PERSONS				
2016 – ABS				
	LIVING ALONE, 65+ YEARS		LIVING ALONE; WITH DISABILITY; LOW INCOME, 65+ YEARS	
	NUMBER	%	NUMBER	%
NSW	*275,196*	*24.4*	*29,883*	*2.6*
MPHN	*11,625*	*25.0*	*1,088*	*2.3*
Cootamundra-Gundagai Regional	**723**	**28.0**	**70**	**2.7**
	LIVING ALONE, 85+ YEARS		LIVING ALONE; WITH DISABILITY; LOW INCOME, 85+ YEARS	
	NUMBER	%	NUMBER	%
NSW	*52,065*	*41.8*	*3,677*	*2.9*
MPHN	*11,625*	*33.2*	*85*	*1.3*
Cootamundra-Gundagai Regional	**723**	**46.8**	**9**	**3.2**

OLDER PERSONS				
2016 – ABS				
	PEOPLE WITH A PROFOUND OR SEVERE DISABILITY AND LIVING IN THE COMMUNITY, 65+ YEARS		MODELLED ESTIMATES OF PERSONS WITH ONE OR MORE ACTIVITIES FOR WHICH ASSISTANCE IS NEEDED, 65+ YEARS	
	NUMBER	%	NUMBER	ASR PER 100
NSW	*170,636*	*14.9*	*414,338*	*36.7*
MPHN	*5,293*	*12.3*	*15,435*	*35.4*
Cootamundra-Gundagai Regional	**338**	**13.0**	**1,064**	**36.6**

OLDER PERSONS				
2018 – ABS				
	PEOPLE WITH MODERATE OR MILD CORE ACTIVITY LIMITATION, 65+ YEARS - MODELLED ESTIMATES		PEOPLE WITH SEVERE CORE ACTIVITY LIMITATION, 65+ YEARS – MODELLED ESTIMATES	
	NUMBER	%	NUMBER	ASR PER 100
NSW	*234,212*	*29.5*	*98,912*	*11.8*
MPHN	*15,650*	*33.6*	*6,101*	*13.0*
Cootamundra-Gundagai Regional	**1,017**	**37.1**	**376**	**13.7**

POPULATION HEALTH
MORTALITY

MEDIAN AGE OF DEATH				
2016 TO 2020 — ABS				
	MALES		FEMALES	
	NUMBER OF DEATHS	MEDIAN AGE (YEARS)	NUMBER OF DEATHS	MEDIAN AGE (YEARS)
NSW	138,921	79.0	129,720	85.0
MPHN	5,976	78.0	5,161	84.0
Cootamundra-Gundagai Regional	327	77.0	330	84.0

'Premature mortality' refers to deaths that occur at an age earlier than a selected cut-off. For this analysis, deaths among people aged under 75 are considered premature.

PREMATURE DEATHS				
2016 TO 2020 — ABS				
	MALES		FEMALES	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	54,579	292.0	33,272	178.1
MPHN	2,426	370.3	1,291	205.8
Cootamundra-Gundagai Regional	133	489.9	77	294.5

PREMATURE DEATHS BY CAUSE					
2016 TO 2020 — ABS					
	DEATHS FROM CANCER, 0 TO 74 YEARS		DEATHS FROM LUNG CANCER, 0 TO 74 YEARS		DEATHS FROM BREAST CANCER (FEMALES), 0 TO 74 YEARS
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	36,591	97.7	7,425	19.8	2,757	14.8
MPHN	1,451	110.1	265	19.8	104	16.7
Cootamundra-Gundagai Regional	80	142.9	16	27.7	7	27.3

	DEATHS FROM CIRCULATORY SYSTEM DISEASES, 0 TO 74 YEARS		DEATHS FROM ISCHAEMIC HEART DISEASE, 0 TO 74 YEARS		DEATHS FROM RESPIRATORY SYSTEM DISEASES, 0 TO 74 YEARS		DEATHS FROM EXTERNAL CAUSES, 0 TO 74 YEARS	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	15,586	41.7	7,338	19.6	6,259	16.7	10,092	27.2
MPHN	680	52.0	340	26.1	305	22.7	451	41.1
Cootamundra-Gundagai Regional	38	68.7	18	32.4	20	34.5	29	72.3

AVOIDABLE DEATHS BY CAUSE

2016 TO 2020 – ABS

	DEATHS FROM SELECTED EXTERNAL CAUSES OF MORTALITY (FALLS; FIRES, BURNS; SUICIDE AND SELF-INFLICTED INJURIES; ETC.) AGED 0 TO 74 YEARS		DEATHS FROM SUICIDE AND SELF-INFLICTED INJURIES AGED 0 TO 74 YEARS		DEATHS FROM OTHER EXTERNAL CAUSES OF MORTALITY (TRANSPORT ACCIDENTS; ACCIDENTAL DROWNING AND SUBMERSION; ETC.) AGED 0 TO 74 YEARS		DEATHS FROM TRANSPORT ACCIDENTS AGED 0 TO 74 YEARS	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	4,738	12.8	4,115	11.1	5,354	14.5	1,678	4.5
MPHN	215	19.4	192	17.9	236	21.7	115	10.5
Cootamundra-Gundagai Regional	NW*	31.9	NW*	33.8	NW*	40.6	NW*	25.6

NW = number withheld due to small sample size causing issues with identification/anonymity.

	DEATHS FROM CANCER, 0 TO 74 YEARS		DEATHS FROM COLORECTAL CANCER, 0 TO 74 YEARS		DEATHS FROM BREAST CANCER (FEMALES), 0 TO 74 YEARS	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	10,601	28.3	3,878	10.4	2,757	14.8
MPHN	458	35.1	163	12.5	104	16.7
Cootamundra-Gundagai Regional	29	52.8	10	18.1	7	27.3

	DEATHS FROM DIABETES, 0 TO 74 YEARS		DEATHS FROM CIRCULATORY SYSTEM DISEASES, 0 TO 74 YEARS		DEATHS FROM ISCHAEMIC HEART DISEASE, 0 TO 74 YEARS		DEATHS FROM CEREBROVASCULAR DISEASES, 0 TO 74 YEARS	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	2,638	7.0	12,557	33.6	7,338	19.6	3,044	8.1
MPHN	118	9.0	557	42.4	340	26.1	110	8.3
Cootamundra-Gundagai Regional	0	0	31	55.7	18	32.4	7	12.5

Potentially avoidable deaths, a subset of all premature mortality (deaths under 75 years), and include deaths considered to be potentially preventable (those amenable to screening and primary prevention) and potentially treatable (those amenable to therapeutic interventions).

AVOIDABLE DEATHS BY CAUSE

2016 TO 2020 – ABS

	DEATHS FROM RESPIRATORY SYSTEM DISEASES, 0 TO 74 YEARS		DEATHS FROM CHRONIC OBSTRUCTIVE PULMONARY DISEASE, 0 TO 74 YEARS	
	NUMBER OF DEATHS	ASR PER 100,000	NUMBER OF DEATHS	ASR PER 100,000
NSW	4,128	11.0	3,833	10.2
MPHN	217	16.0	195	14.2
Cootamundra-Gundagai Regional	14	23.9	11	18.5

HEALTH CONDITIONS

	ESTIMATED NUMBER OF PEOPLE WITH RESPIRATORY SYSTEM DISEASES		ESTIMATED NUMBER OF PEOPLE WITH ASTHMA		ESTIMATED NUMBER OF PEOPLE WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE		ESTIMATED NUMBER OF PEOPLE WITH MENTAL AND BEHAVIOURAL PROBLEMS	
HEALTH CONDITIONS								
2017 TO 2018 — ABS								
	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	*1,465,620*	*18.8*	*827,910*	*10.6*	*175,425*	*2.2*	*813,094*	*20.9*
MPHN	*47,533*	*20.0*	*31,355*	*13.0*	*6,690*	*2.5*	*25,718*	*21.8*
Cootamundra-Gundagai Regional	**2,310**	**20.6**	**1,422**	**12.4**	**305**	**2.2**	**1,229**	**22.1**

	ESTIMATED NUMBER OF PEOPLE WITH HEART, STROKE AND VASCULAR DISEASE		ESTIMATED NUMBER OF PEOPLE WITH ARTHRITIS		ESTIMATED NUMBER OF PEOPLE WITH OSTEOPOROSIS	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	*385,093*	*4.9*	*1,216,498*	*15.5*	*334,562*	*4.2*
MPHN	*15,044*	*5.3*	*52,723*	*19.2*	*10,262*	*3.6*
Cootamundra-Gundagai Regional	**744**	**4.7**	**2,733**	**18.3**	**542**	**3.4**

	PROSTATE CANCER DSER PER 100,000	BREAST CANCER DSER PER 100,000	BOWEL CANCER DSER PER 100,000	LUNG CANCER DSER PER 100,000	MELANOMA DSER PER 100,000
CANCER INCIDENCE					
2014 TO 2018 — NSW CANCER REGISTRY					
NSW	*70.8*	*63.3*	*37.6*	*43.1*	*52.9*
MPHN	*79.4*	*65.9*	*38.8*	*46.0*	*56.0*
Cootamundra-Gundagai Regional	**75.3**	**60.9**	**39.7**	**60.0**	**51.5**

MENTAL HEALTH PREVALENCE

2021 — ABS

	PEOPLE AGED 15 YEARS AND OVER WHO REPORTED THEY HAD A MENTAL HEALTH CONDITION (INCLUDING DEPRESSION OR ANXIETY)		PEOPLE AGED 0-14 YEARS WHO REPORTED THEY HAD A MENTAL HEALTH CONDITION (INCLUDING DEPRESSION OR ANXIETY)	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	*617,947*	*9.4*	*28,463*	*1.9*
MPHN	*21,873*	*11.0*	*1,140*	*2.4*
Cootamundra-Gundagai Regional	**1,086**	**12.0**	**55**	**2.8**

2017 TO 2018 — AIHW

	ESTIMATED NUMBER OF MALES AGED 18 YEARS AND OVER WITH HIGH OR VERY HIGH PSYCHOLOGICAL DISTRESS, BASED ON THE KESSLER 10 SCALE (K10) (MODELLED ESTIMATES)		ESTIMATED NUMBER OF FEMALES AGED 18 YEARS AND OVER WITH HIGH OR VERY HIGH PSYCHOLOGICAL DISTRESS, BASED ON THE KESSLER 10 SCALE (K10) (MODELLED ESTIMATES)	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	*321,815*	*10.8*	*427,731*	*14.0*
MPHN	*9,217*	*10.3*	*11,852*	*13.1*
Cootamundra-Gundagai Regional	**399**	**9.5**	**526**	**12.3**

	EMERGENCY DEPARTMENT PRESENTATIONS: TOTAL PRESENTATIONS FOR MENTAL AND BEHAVIOURAL DISORDERS		ADMISSIONS FOR MENTAL HEALTH RELATED CONDITIONS, PERSONS - ALL HOSPITALS	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	*103,101*	*1,283.8*	*2,601*	*1,077.9*
MPHN	*12,626*	*5,428.7*	*89*	*1,002.2*
Cootamundra-Gundagai Regional	**1,055**	**10,171.0**	**113**	**1,250.0**

DISABILITY

2016 — ABS

	UNPAID ASSISTANCE TO PERSONS WITH A DISABILITY		PEOPLE WITH A PROFOUND OR SEVERE DISABILITY (INCLUDES PEOPLE IN LONG-TERM ACCOMMODATION), ALL AGES		PEOPLE WITH A PROFOUND OR SEVERE DISABILITY AND LIVING IN THE COMMUNITY, ALL AGES	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	*709,415*	*11.6*	*398,746*	*5.6*	*346,451*	*4.9*
MPHN	*22,985*	*12.0*	*12,717*	*5.7*	*10,906*	*4.9*
Cootamundra-Gundagai Regional	**1,224**	**13.4**	**749**	**7.3**	**629**	**6.1**

SELF ASSESSED HEALTH

2017 TO 2018 — ABS

ESTIMATED NUMBER OF PEOPLE AGED 15 YEARS AND OVER WITH FAIR OR POOR SELF-ASSESSED HEALTH

	NUMBER	ASR PER 100
NSW	897,768	14.1
MPHN	31,578	15.3
Cootamundra-Gundagai Regional	1,557	14.8

CANCER SCREENING

2015 TO 2016 — NSW CANCER COUNCIL

	BREAST SCREENING RATE WOMEN 50 - 69 YEARS		CERVICAL SCREENING WOMEN 20 - 69 YEARS		BOWEL SCREENING PEOPLE 50 - 74 YEARS	
	NUMBER	%	NUMBER	%	NUMBER	%
NSW	491,605	42.9	2,153,768	44.1	512,013	38.3
MPHN	18,913	53.8	63,082	52.3	28,837	40.7
Cootamundra-Gundagai Regional	1,041	57.3	2,847	50.8	1,467	44.0

HEALTH BEHAVIOURS

RISK FACTORS						
2017 TO 2018 — ABS						
	ESTIMATED POPULATION, AGED 18 YEARS AND OVER, WHO UNDERTOOK LOW, VERY LOW OR NO EXERCISE IN THE PREVIOUS WEEK (MODELLED ESTIMATES)		ESTIMATED NUMBER OF PEOPLE AGED 18 YEARS AND OVER WITH ADEQUATE FRUIT INTAKE (MODELLED ESTIMATES)		ESTIMATED NUMBER OF PEOPLE AGED 18 YEARS AND OVER WHO HAD HIGH BLOOD PRESSURE	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	900,743	65.3	2,204,749	55.3	512,013	38.3
MPHN	30,300	70.2	63,082	52.3	18,684	40.7
Cootamundra-Gundagai Regional	6,344	71.2	4,496	49.6	2,302	22.2

	ESTIMATED NUMBER OF MALES AGED 18 YEARS AND OVER WHO WERE OVERWEIGHT (BUT NOT OBESE)		ESTIMATED NUMBER OF MALES AGED 18 YEARS AND OVER WHO WERE OBESE		ESTIMATED NUMBER OF FEMALES AGED 18 YEARS AND OVER WHO WERE OVERWEIGHT (BUT NOT OBESE)		ESTIMATED NUMBER OF FEMALES AGED 18 YEARS AND OVER WHO WERE OBESE	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	1,226,016	41.1	952,093	32.1	890,104	29.0	917,643	29.9
MPHN	38,354	42.5	34,877	37.4	27,538	29.6	33,267	34.9
Cootamundra-Gundagai Regional	1,738	40.5	1,678	37.0	1,256	27.7	1,610	34.1

	ESTIMATED NUMBER OF MALES AGED 18 YEARS AND OVER WHO WERE CURRENT SMOKERS (MODELLED ESTIMATES)		ESTIMATED NUMBER OF FEMALES AGED 18 YEARS AND OVER WHO WERE CURRENT SMOKERS (MODELLED ESTIMATES)	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	511,157	17.2	355,337	11.7
MPHN	18,807	21.9	12,499	14.1
Cootamundra-Gundagai Regional	854	22.1	573	13.9

	ESTIMATED NUMBER OF MALES AGED 18 YEARS AND OVER WHO CONSUMED MORE THAN TWO STANDARD ALCOHOLIC DRINKS PER DAY ON AVERAGE (MODELLED ESTIMATES)		ESTIMATED NUMBER OF FEMALES AGED 18 YEARS AND OVER WHO CONSUMED MORE THAN TWO STANDARD ALCOHOLIC DRINKS PER DAY ON AVERAGE (MODELLED ESTIMATES)	
	NUMBER	ASR PER 100	NUMBER	ASR PER 100
NSW	676,575	22.7	258,306	8.5
MPHN	27,133	29.7	10,222	11.1
Cootamundra-Gundagai Regional	1,292	29.6	492	11.1

CRIME STATISTICS		
2021 — BOSCAR		
	SEXUAL ASSAULT ASR PER 100,000	DOMESTIC ASSAULT ASR PER 100,000	LIQUOR OFFENCES ASR PER 100,000
NSW	*81.1*	*382.1*	*106.9*
MPHN	*100.8*	*429.2*	*197.1*
Cootamundra-Gundagai Regional	**97.9**	**509.4**	**217.1**

CRIME STATISTICS				
2021 — BOSCAR				
USE/POSSESS				
	COCAINE ASR PER 100,000	AMPHETAMINES ASR PER 100,000	ECSTASY ASR PER 100,000	CANNABIS ASR PER 100,000	NARCOTICS ASR PER 100,000
NSW	*270.9*	*92.2*	*25.2*	*217.7*	*14.2*
MPHN	*16.0*	*96.7*	*17.2*	*257.5*	*2.3*
Cootamundra-Gundagai Regional	**15.6**	**142.4**	**5.3**	**336.5**	**12.5**

TECHNICAL NOTES
MPHN LGA DATA PRIORITISATION TOOL

MPHN's Data Prioritisation Tool applies a score based on the LGA result in relation to the state average and Murrumbidgee average results.

A score of zero to four is applied based on the difference between the LGA proportion or Age Standardised Rate (ASR) (see page 25 for explanation) result compared to the NSW average score.

Within the list of LGA scores, a score of one is given to the LGAs with either a higher or lower score than the average for the Murrumbidgee region.

The two scores are summed to give a total score.

To highlight the impacts, colour coding is applied to the range of 0 – 5 totals of both the NSW and Murrumbidgee averages combined.

MPHN's LGA Data Prioritisation Tool is also applied to socio-demographic variables such as age, gender etc.

MATRIX SCORING SYSTEM COMPARED TO THE NSW AVERAGE			
PROPORTION	ASR (TWO DIGIT RESPONSE)	ASR (THREE DIGIT RESPONSE)	SCORE
Less than 0 or negative score	Less than 0 or negative score	Less than 0 or negative score	0
0 and 10%	0 -10	0 - 100	1
10.1% - 29.9%	11 – 30	101–300	2
30% - 49.9%	31 – 50	301 – 500	3
>50%	51 +	501 +	4
Higher or lower than Murrumbidgee average dependent on orientation of response (positive or negative)			
all values above/below average			1

IMPACT SCORE	
0	LOW impact
1	
2	
3	
4	
5	HIGH impact

The following notes provide a definition for terms used in this report that may not be familiar to readers.

SOCIO-ECONOMIC INDEXES FOR AREAS (SEIFA)

The SEIFA score in this report is an index score that allows geographical ranking in Australia. The score measures socio-economic advantage and disadvantage, information is obtained from the five-yearly Australian Census.

SEIFA is a group of four indexes, which are used to rank areas broadly by their level of advantage or disadvantage. It consists of four measures:

• Index of Relative Socio-Economic Advantage-Disadvantage

• Index of Relative Socio-Economic Disadvantage

• Index of Education and Occupation

• Index of Economic Resources

Some examples of variables that are measured and form the indexes are (this is limited, there are more variables that are considered):

• Percentage of low-income households

• Unemployment rate

• Percentage of low-skilled occupations and people without qualifications

• Percentage of households without a car

• Percentage of people living overcrowded dwellings

• Percentage of people under 70 with a disability

• Percentage of children with jobless parents

• Percentage of people with poor English proficiency

SEIFA scores are expressed on a scale where lower numbers always mean more disadvantage and less advantage, while higher numbers mean less disadvantage and more advantage. They are standardised so that the average for Australia is always close to 1,000.

AGE STANDARDISED RATE (ASR)

A method of adjusting the crude rate to eliminate the effect of differences in population age structures when comparing crude rates for different periods of time, different geographic areas and/or different population sub-groups (e.g. between one year and the next and/or States and Territories, Indigenous and non-Indigenous populations).

Adjustments are usually undertaken for each of the comparison populations against a standard population (rather than adjusting one comparison population to resemble another). Sometimes a comparison population is referred to as a study population.

ASRs are usually used for valid comparisons of rates in different populations, such as incidence rates, prevalence rates, mortality rates and health service utilisation rates.

An example of why they are used is because the numbers of deaths per 100,000 population are influenced by the age distribution of the population. Two populations with the same age-specific mortality rates for a cause of death will have different overall death rates if the age distributions of their populations are different. Age standardized mortality rates adjust for differences in population age distribution by applying the observed age-specific mortality rates for each population to a standard population. The age-standardised mortality rate is a weighted average of the age-specific mortality rates per 100,000 persons, where the weights are the proportions of persons in the corresponding age groups of the standard population.