



Health Snapshot Pilbara

This snapshot aims to start the conversation on health in your region.

- Do you think this is a fair representation of the region?
- What surprises you about the information presented?
- What is helping to support people to stay well in the region?
- What could be improved to keep people healthy in the region?
- Every community is unique. This Health Snapshot is just an overview of the region and does not show the detail of each community. What contribution can you make to completing the story behind these headline facts and figures?

Country WA Primary Health Network invites you to answer these questions and more online through Primary Health Exchange or call **1300 855 702** to speak to your regional team.

Detailed data can be found in WA Country Health Service Regional Health Profiles: <http://www.wacountry.health.wa.gov.au/index.php?id=445>

And on the Australian Government Department of Health
Primary Health Network website: [http://www.health.gov.au
/internet/main/publishing.nsf/Content/PHN-Home](http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Home)



Acknowledgement

Country WA PHN acknowledges the Traditional Owners of the country on which we work and live and recognises their continuing connection to land, waters and community.

We pay our respect to them and their cultures and to Elders both past and present.

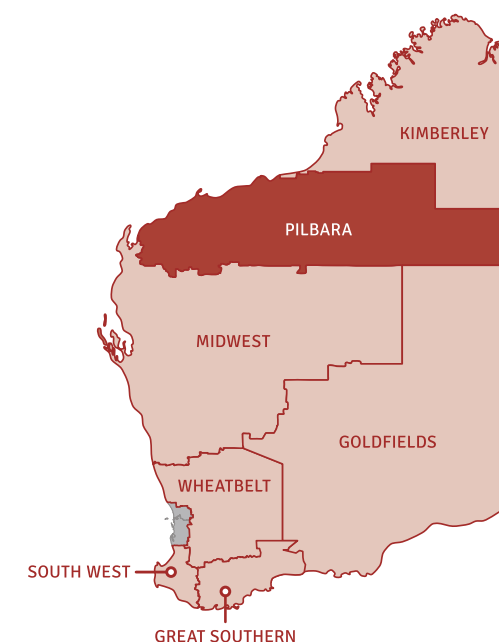
www.wapha.org.au

Data sources: Public Health Information Development Unit, Australian Bureau of Statistics, Curtin University, Drug and Alcohol Office, National Health Performance Agency and National Diabetes Services, WA Country Health Service (2015).

Information correct at time of publishing (August 2016)

Note: The term Aboriginal refers to both Aboriginal and Torres Strait Islander people

The Country WA Primary Health Network exists to bridge the gap of health inequity and access by building a collaborative and responsive health care system.



1. What does the Pilbara look like?

area
507,896 km² 20% of the country region

67,503 residents (2014), 2.6% of the State population and 12.3% of Country WA population

Population set to increase to 85,000 by 2025

16.1% of the population are Aboriginal, expected to reach 12,000 people by 2025

age	0-9	10-19	20-39	40-54	55-74	75+
	8,530	5,916	28,841	16,917	6,923	376
%	12.6%	8.8%	42.7%	25.1%	10.3%	0.6%

3. Why are residents going to hospital?

Rates of potentially preventable hospitalisations
1.5 times higher than the national rate

High rate of potentially preventable hospitalisation for chronic conditions, with diabetes complications as the leading cause for both Aboriginal and non-Aboriginal people

2.1 times the State rate

High rates of potentially preventable hospitalisations
for cellulitis

Significant numbers of emergency department presentation in Port Hedland/East Pilbara

8.2%
of adults consuming alcohol at levels considered to be a high risk to health

2. What are the health risks?

MORE THAN 1 IN 3
MALES OVERWEIGHT

ALMOST 1 IN 3
FEMALES OVERWEIGHT

ALMOST 1 IN 3
MALES OBESE

1 IN 4
FEMALES OBESE

93.1%
Fully immunised at 1 year old
State rate: 92.6%

95.6%
Fully immunised at 2 years old
above State rate: 89.6%

95.4%
Fully immunised at 3 years old
above State rate: 91.3%

1 in 4
Adult males smoke

1 in 5
Adult females smoke

Large amount of mothers smoking while pregnant: more than 1 in 2 Aboriginal mothers and 1 in 10 of non-Aboriginal mothers

6X HIGHER

Aboriginal people in the region had avoidable death rates that were significantly higher than non-Aboriginal people

- One of the highest rates of avoidable deaths from diabetes at 3.8 times higher than the State rate
- The estimated costs of type 2 diabetes and respiratory disease are consistently higher than expected in East Pilbara

4. What health services are residents using?

+ About 1 in 3 people report having used a hospital based health care service, significantly higher than the State rate

9 in 10 people report having used a primary health care service

Increasing use of telehealth services suggested by a 21 fold increase in services claimed through medicare benefits scheme

74%

of Emergency Department attendances in 2013/14 were classified as **semi or non-urgent**

5. What gaps in health services have been identified?

People living in the region suggest there is a need for more:

Aboriginal Health Workers

Sobering up and medical detox facilities to support people with alcohol and other drug use issues

Mental health services and sustainable workforce, with a focus on mild to moderate mental ill health, suicide prevention, youth services and domestic violence support

Various reports, and the experience of residents, suggest a high rate of staff transition, **reducing the consistency of service provision**. Reasons for this turnover include, community isolation, high cost of living, contracted positions, lack of cultural activities and education for school aged children

6. What is being prescribed?

Lowest rate in WA for dispensing of mental health related-medication

7. What are the priorities for PHNs?

Keeping people well in the community

Coordinating care for people with multiple long term conditions, especially co-occurring mental and physical health conditions

Services designed to meet the health needs of the most vulnerable and disadvantaged people, including those of Aboriginal heritage

Systems improved to provide more coordinated and integrated healthcare, helping people get the right care at the right time in the right place

Enhancing workforce capacity to achieve desired improvements

Country WA Primary Health Network wants you to be involved

Share your experience, knowledge and opinion online at phexchange.wapha.org.au
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