UNDERSTANDING THE HEALTH OF THE ADELAIDE REGION

CENTRAL ADELAIDE REGION

DEMOGRAPHIC & SOCIAL PROFILE

OVER 444,900 PEOPLE LIVE IN CENTRAL ADELAIDE - that’s 37.4% of Adelaide’s total population by 2030 the central population should decrease to near 431,900.

The AVERAGE AGE of a person living in the centre is... 40 YEARS

12.2% aged <11 years
16.5% aged 12-24 years
52.5% aged 25-64 years
18.6% aged >65 years

LIFE EXPECTANCY in central Adelaide
86.0 years
83.1 years

1.1% of people in central Adelaide identify as ABORIGINAL & TORRES STRAIT ISLANDER
that’s almost 5000 people

MEDIAN WEEKLY INCOME in the CENTRE IS $1299
that’s higher than the metro region average of $1246

5.9% of people in the centre report needing help in their day to day lives due to DISABILITY
that’s over 26,300 people

27.7% speak a language other than english at home
compared to 21% across the whole Adelaide metro region

Suburbs */ highest & lowest weekly household income:
Medindie $3237
Stonyfell $2537
Taperoo $835
Woodville Gardens $782

HEALTH SERVICE LANDSCAPE

When compared to the Adelaide metro region as a whole, the centre has approximately...

HEALTH WORKFORCE
GPs | 728 of 1623
practice nurses | 246 of 604
psychiatrists | 166 of 252
psychologists | 683 of 1086
community pharmacists | 371 of 797

142 of 319 GENERAL PRACTICES
179 of 382 PHARMACIES
5 of 9 PUBLIC HOSPITALS
The following risk factors are associated with poorer health outcomes and are high in prevalence in central Adelaide.

**RISK FACTORS**

- **Report high alcohol consumption (>3 st. drinks daily)**: 13.9%
  - 1% ▲ than Adelaide rate but 16% ▼ than Aust.
- **Report psychological distress (K10 score >6)**: 12.5%
  - 13% ▼ than Adelaide rate & 4% ▼ than Aust.
- **Report high blood pressure**: 21.3%
  - 3% ▼ than Adelaide rate & 7% ▼ than Aust.
- **Report being a current smoker**: 12.9%
  - 12% ▼ than Adelaide rate & 17% ▼ than Aust.
- **Report no or low exercise in last week**: 64.6%
  - 5% ▼ than Adelaide rate & 2% ▼ than Aust.
- **Asthma**: 10.4%
  - 13% ▼ than Adelaide rate & 17% ▼ than Aust.
- **Asthma**: 13.9%
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- **Asthma**: 12.9%
  - 12% ▼ than Adelaide rate & 17% ▼ than Aust.
- **Asthma**: 64.6%
  - 5% ▼ than Adelaide rate & 2% ▼ than Aust.
- **Asthma**: 21.3%
  - 3% ▼ than Adelaide rate & 7% ▼ than Aust.

**HEALTH CONDITIONS IMPACTING CENTRAL ADELAIDE**

- **Mental Health & Behavioural**
  - 18.6% report mental health & behavioural conditions
  - 9% ▼ than Adelaide
  - 8% ▼ than Aust. rate
- **Arthritis**
  - 14.1% report arthritis
  - 9% ▼ than Adelaide
  - 7% ▼ than Aust. rate
- **Asthma**
  - 10.4% report asthma
  - 17% ▼ than Adelaide
  - 8% ▼ than Aust. rate
- **Diabetes**
  - 4.7% report diabetes
  - 8% ▼ than Adelaide
  - 4% ▼ than Aust. rate

**POTENTIALLY PREVENTABLE HOSPITAL ADMISSIONS**

Of the 13,222 potentially preventable hospitalisations (PPH) in the central Adelaide region across 2017-18, the most prevalent presenting conditions were:

1. **15% Dental Conditions**
   - 441 PPH per 100,000
2. **9% Anaemia (Iron Deficiency)**
   - 216 PPH per 100,000
3. **9% Kidney & Urinary Tract Infections**
   - 206 PPH per 100,000

This resource draws on data from a range of reliable population health sources. Last updated July 2020. For references & other similar resources about the health of the Adelaide region visit: adelaidephn.com.au/healthdata

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