UNDERSTANDING THE HEALTH OF THE ADELAIDE REGION

Northern Adelaide Region

Demographic & Social Profile

Over 388,390 people live in the North - that’s 32.7% of the total Adelaide population. By 2030 the northern population should increase to 457,663.

The average age of a person living in the north is 36 years:
- 16.1% aged <11 years
- 16.6% aged 12-24 years
- 52.4% aged 25-64 years
- 14.8% aged >65 years

Life Expectancy in the North:
- Women: 83.3 years
- Men: 79.4 years

2.1% of people in the north identify as Aboriginal &/or Torres Strait Islander - that’s around 8000 people.

Median weekly income in the north is $1171, that’s lower than the metro region average of $1246.

6.4% of people in the north report needing help in their day to day lives due to disability - that’s over 24,800 people.

22% speak a language other than English at home - compared to 21% across the whole Adelaide metro region.

Health Service Landscape

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

Health Workforce
- GPs: 451 of 1623
- Practice nurses: 174 of 604
- Psychiatrists: 35 of 252
- Psychologists: 173 of 1086
- Community pharmacists: 202 of 797

General Practices: 95 of 319
Public Hospitals: 2 of 9
Pharmacies: 101 of 382
The following risk factors are associated with poorer health outcomes and are high in prevalence in northern Adelaide.

- **11.8%** report high alcohol consumption (>3 std. drinks daily) which is 17% lower than Adelaide rate and 37% lower than Aust.
- **16.2%** report psychological distress (K10 score >6) which is 13% lower than Adelaide rate and 20% lower than Aust.
- **22.7%** report high blood pressure which is 4% lower than Adelaide rate but same as Aust.
- **16.8%** report being a current smoker which is 14% lower than Adelaide rate and 10% lower than Aust.
- **73.8%** report no or low exercise in last week which is 8% lower than Adelaide rate and 11% lower than Aust.

### Health Conditions Impacting Northern Adelaide

- **Mental Health & Behavioural**
  - 21.2% report mental health & behavioural problems which is 4% lower than Adelaide rate and 5% lower than Aust. rate
- **Arthritis**
  - 17% report arthritis which is 10% lower than Adelaide rate and 11% lower than Aust. rate
- **Asthma**
  - 13.2% report asthma which is 8% lower than Adelaide rate and 15% lower than Aust. rate
- **Diabetes**
  - 6.3% report diabetes which is 19% lower than Adelaide rate and 22% lower than Aust. rate

### Potentially Preventable Hospital Admissions

Of the **12,748** potentially preventable hospitalisations (PPH) in the north across 2017-18, the most prevalent presenting conditions were:

1. **13% Dental Conditions**
   - 404 PPH per 100,000
2. **12% Chronic Obstructive Pulmonary Disease**
   - 338 PPH per 100,000
3. **9% Kidney & Urinary Tract Infections**
   - 267 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](http://adelaidephn.com.au/healthdata)