UNDERSTANDING THE HEALTH OF THE ADELAIDE REGION

SOUTHERN ADELAIDE REGION

DEMOGRAPHIC & SOCIAL PROFILE

OVER 355,500 PEOPLE LIVE IN THE SOUTH - that's 29.8% of the total Adelaide population. By 2030 the southern population should increase to over 433,000.

- The AVERAGE AGE of a person living in the south is 41 YEARS
  - 14% aged <11 years
  - 15.8% aged 12-24 years
  - 51.8% aged 25-64 years
  - 18.4% aged 65+ years

LIFE EXPECTANCY in the south:
- 85.2 years (female)
- 81.2 years (male)
- 1.2% of people in the south identify as ABORIGINAL &/OR TORRES STRAIT ISLANDER. That's around 4200 people.

MEDIAN WEEKLY INCOME IN THE SOUTH IS $1281, that's higher than the metro region average of $1246.

- Suburbs +/- highest & lowest weekly household income:
  - Springfield $3250
  - Coromandel East $2024
  - Hackham West $792
  - Christies Downs $770

5.8% of people in the south report needing help in their day to day lives due to DISABILITY. That's over 20,600 people.

11.4% 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 south has:

- 82 of 319 GENERAL PRACTICES
- 2 of 9 PUBLIC HOSPITALS
- 102 of 382 PHARMACIES

HEALTH WORKFORCE

- GPs | 444 of 1623
- Practice nurses | 184 of 604
- Psychiatrists | 51 of 252
- Psychologists | 230 of 1086
- Community pharmacists | 224 of 797
The following risk factors are associated with poorer health outcomes and are high in prevalence in southern Adelaide.

**Risk Factors**
- **Report high alcohol consumption (>3 drinks a day)**: 15.7% (13% ▲ than Adelaide rate but 2% ▼ than Aust.)
- **Report psychological distress (K10 score >6)**: 13.8% (2% ▼ than Adelaide rate but 6% ▲ than Aust.)
- **Report high blood pressure**: 21.7% (1% ▼ than Adelaide rate & 9% ▼ than Aust.)
- **Report being a current smoker**: 13.8% (4% ▼ than Adelaide rate & 9% ▼ than Aust.)
- **Report no or low exercise in last week**: 66.2% (3% ▼ than Adelaide rate but same as Aust.)

**Health Conditions Impacting Southern Adelaide**
- **Mental Health & Behavioural**: 21.6% report mental health & behavioural conditions (6% ▲ than Adelaide 7% ▼ than Aust. rate)
- **Arthritis**: 15.3% report arthritis equal to Adelaide 2% ▲ than Aust. rate
- **Asthma**: 13.3% report asthma 8% ▲ than Adelaide 15% ▼ than Aust. rate
- **Heart, Stroke & Vascular**: 4.6% report diabetes equal to Adelaide 3% ▼ than Aust. rate

**Potentially Preventable Hospital Admissions**
Of the 11,173 potentially preventable hospitalisations (PPH) in the south across 2017-18, the most prevalent presenting conditions were:

1. **12% Dental Conditions**: 362 PPH per 100,000
2. **11% Kidney & Urinary Tract Infections**: 278 PPH per 100,000
3. **11% Chronic Obstructive Pulmonary Disease**: 239 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

adelaidephn.com.au | enquiry@adelaidephn.com.au | 8219 5900