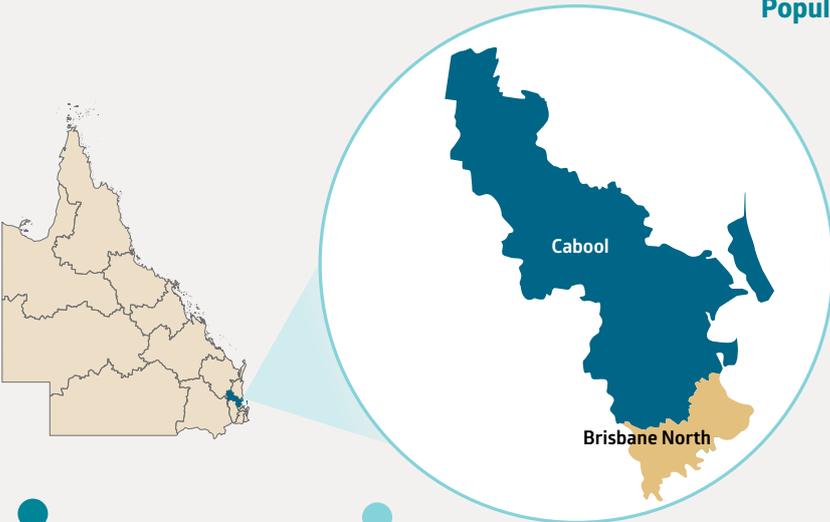


# Older Persons Health Profile 2019

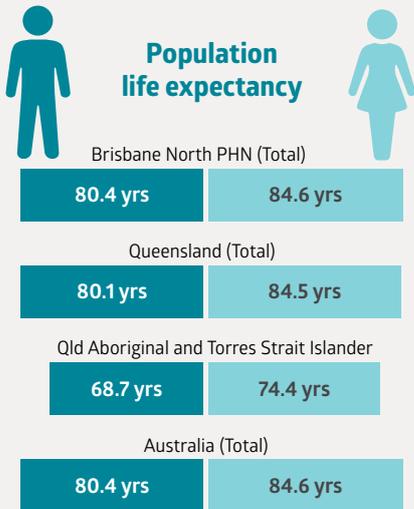
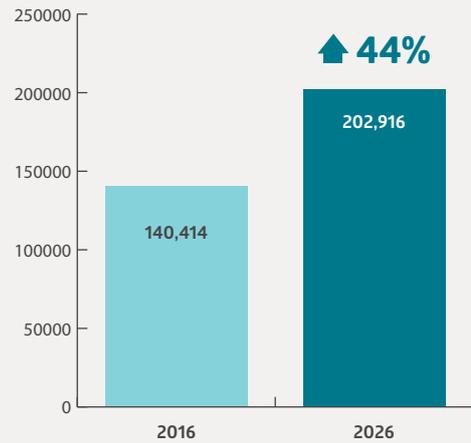
**Older person:** Older Australians are classified as those aged 65 years and over or 50 years and over for Aboriginal and Torres Strait Islander people.

**Brisbane North PHN region:** Includes the Brisbane North and Cabool aged care planning regions (see map), covering approximately 4,100 km<sup>2</sup> of urban, regional and rural areas, with a population of over one million people.

## Who is the population

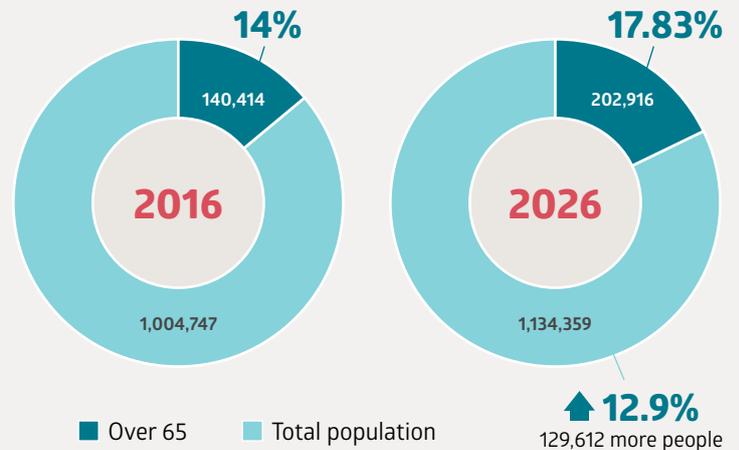


### Population growth – older persons aged 65 and over



The **Indigenous population** in the region aged 50 years and over increased by **62.8%**, while those aged 60-64 years increased by **78%**. This may indicate that the Indigenous population is beginning to age.

### Population proportion – older persons aged 65 and over



## What older people in our region say

The Five Year Health Care Plan for our region guides how healthcare services are delivered for our older population. In developing the plan older people told us:

I want to feel safe and be treated with kindness and respect.

I want my carers and family to be involved in my care and I want them to feel supported to provide care.

I want care to meet all of my needs, not just my health needs.

I want to have choices in decision-making and have my views respected.



I want information about my care options to understand how they will meet my health goals.

# Older Persons Health Profile 2019

## What is the population's health and wellbeing status

Causes of mortality	Australia %	Queensland %	Brisbane North PHN %
 Coronary Heart Disease	12.9	13.7	<b>13.1</b>
 Dementia	7.7	7.1	<b>8.8</b>
 Cerebrovascular Disease	7	7.1	<b>7.7</b>
 Lung Cancer	5.4	5.9	<b>5.4</b>
 Chronic Obstructive Pulmonary Disease	4.4	4.5	<b>4.3</b>

### Dementia in our region

Rate of increase is comparable to Queensland.

More than half (**52.7%**) of people in residential aged care have a diagnosis of dementia.



**12,407**  
people living with  
dementia in **2011**

**↑ 32.9%**

**37,635**  
people living with  
dementia by **2050**

### Proportion of older people hospitalised due to falls (%)

#### Brisbane North PHN

**2016-17**  
9,675 falls  
182,770 hospitalisations **5.3%**

**2017-18**  
10,103 falls  
232,599 hospitalisations **4.3%**

#### Queensland

**2016-17**  
49,013 falls  
991,122 hospitalisations **4.9%**

**2017-18**  
52,072 falls  
1,046,808 hospitalisations **5.0%**



## Lifestyle behaviours impacting health and wellbeing



**58.8%** of older people in the region were overweight or obese, compared to 62.1% in Queensland.



**14.7%** of older people in the region consumed more than 2 standard alcoholic drinks per day, compared to 15.9% in Queensland.



**34.8%** of older people in the region consumed less than the recommended amount of fruit per day, compared to 36.0% in Queensland.



**92.2%** of older people in the region consumed less than the recommended amount of vegetables per day, compared to 91.3% in Queensland.



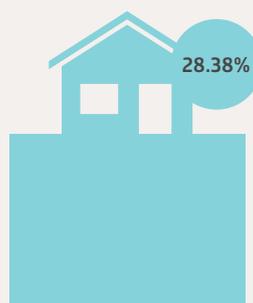
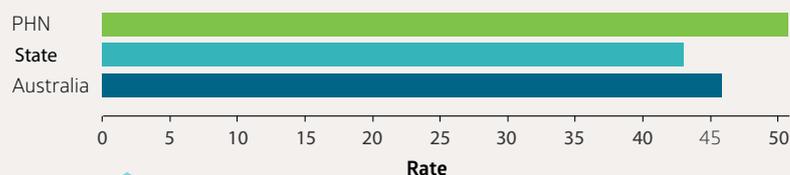
**52.8%** of older people in the region did not do enough physical activity, compared to 52.2% in Queensland.



**5.0%** of older people in the region were daily smokers, compared to 5.6% in Queensland.

## Aged care services in our region

### Rate of residential care recipients per 1,000 older persons, 30 June 2018



**In home  
low level support**  
**40,206**  
(283.8 per 1,000)



**In home  
higher level support**  
**4,201**  
(29.7 per 1,000)



**Residential  
aged care**  
**7,157**  
(50.5 per 1,000)

Brisbane North and Cabool have a higher proportion of older people in Home Care compared to Queensland and Australia as a whole for 2017.

For more information, contact the Aged and Community Care Team, Brisbane North PHN

Level 1, Market Central, 120 Chalk Street, Lutwyche Qld 4030

Phone: 07 3630 7300 Email: [Community.Care@brisbanenorthphn.org.au](mailto:Community.Care@brisbanenorthphn.org.au) Visit: [www.brisbanenorthphn.org.au](http://www.brisbanenorthphn.org.au)