

Primary Care:

Managing the main health issues

Mortality



Males

Life Expectancy¹

78.9 years (Aus **80.5**)

Total average annual deaths²

1,326



Females

Life Expectancy¹

83.0 years (Aus **84.6**)

Total average annual deaths²

1,209

Avoidable deaths

Avoidable deaths are deaths of people under 75 years from conditions that are potentially preventable through individualised care and / or treatable through existing primary or hospital care.¹

National data reveals that groups more likely to die from avoidable causes include:



Males had almost twice the death rate compared to females.



Indigenous people had more than 3 times the rate for non-indigenous people.

The top five causes of death in Gippsland (2014-2018) included: **coronary heart disease, lung cancer, chronic obstructive pulmonary disease, cerebrovascular disease and prostate cancer in men, and dementia in women.**

Average annual avoidable deaths in Gippsland local government areas, age-standardised rate per 100,000 people¹.



Burden of disease

Burden of disease analysis combines living with poor health (non-fatal burden of disease) with dying prematurely (fatal burden). Fatal and non-fatal burden combined is referred to as total burden.

Burden of disease is recognised as the best method to measure the impact of different diseases or injuries in a population. Estimates here are for the Australian population in 2015, using the Disability-Adjusted Life Years measure.³ Recent analyses for Gippsland are not available.

Groups of people who experience higher burden of disease:



Males—**1.6** times the rate of fatal burden for females



Remote and very remote areas — **1.4** time higher



Lowest socioeconomic group—**1.5** times the rate compared to the highest group



38% of the total disease burden in 2015 was preventable and due to modifiable risk factors.

The risk factors that contributed the most to burden of disease were:



Tobacco use (**9.3%**)



Overweight & obesity (**8.4%**)



Dietary risks (**7.3%**)



High blood pressure (**5.8%**)





















High blood plasma glucose (including diabetes) (**4.7%**)

Primary Care: Managing the main health issues



Leading causes of burden of disease vary by age group³

Age (years)

Under 5	 Preterm and low birth weight	 Birth trauma and asphyxia	 Sudden infant death syndrome
5-14	 Asthma	 Anxiety	 Depression
15-24	 Suicide and self harm	 Anxiety	 Depression
25-44	 Suicide and self harm	 Back pain	 Anxiety
45-64	 Coronary heart disease	 Back pain	 Lung cancer
65+	 Coronary heart disease	 Dementia	 Chronic obstructive pulmonary disease

It is important to remember that each of these numbers represents an individual life lost, a life which was valued and will be missed.

Gippsland PHN acknowledges the individuals, families, carers, colleagues and communities impacted by suicide each year in Australia.



Mindframe

<https://mindframe.org.au/suicide/data-statistics>

Gippsland PHN investments and activities

General practice support

Place Based Flexible Funding Program

Integrated Team Care for Aboriginal and Torres Strait Islander people

Primary Mental Health Care for people experiencing mental illness

Suicide prevention

Latrobe Health Innovation Zone project: Early Detection and Screening including Tobacco Program

Digital health – including remote patient monitoring, social prescribing, Gippsland HealthPathways and My Health Record to support connections between acute and primary care.

After-hours Program

Immunisation program

Indigenous Dual Diagnosis Services

Alcohol and Other Drug Service and supports

Workforce support and development

Emergency and Disaster preparedness, response and recovery

Doctors in Secondary Schools initiative

Child and Youth mental health

Mental Health in Aged Care initiative



References

1 Australian Institute of Health and Welfare, Life Expectancy and Potentially Avoidable Deaths 2015-2017; <https://www.aihw.gov.au/reports/hpf/45/life-expectancy-avoidable-deaths-2015-2017/contents/summary>

2 Australian Institute of Health and Welfare, Mortality Over Regions and Time (MORT) books, 2014-2018; <https://www.aihw.gov.au/reports/life-expectancy-death/mort-books/contents/mort-books>

3 Australian Institute of Health and Welfare, Australian Burden of Disease Study: impact and causes of illness and death in Australia 2015; <https://www.aihw.gov.au/reports/australias-health/burden-of-disease>