



Southern Adelaide Health Service

Healthy Ageing for All Framework
2008-2016

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Foreword

“Australia has an ageing population, and South Australia has the highest proportion of older people in the nation, with one in six people over the age of 65. In the next 15 years, that population will nearly double and as the “baby boomer” generation ages, the over 65’s will increase further. As we age, we are more likely to need health care. People aged between 65 and 75 years are twice as likely to be admitted to hospitals as the rest of the population and those aged over 85 years are more than five times likely to be admitted to hospitals. Older people also have particular health care needs. Those over 65 years currently make up 15.3% of the South Australian population, but make up 65.5% of those hospitalised for injuries caused by falls.”
South Australia’s Health Care Plan 2007-2016

In the Southern Adelaide Health Service area the predicted aged population (14%) by 2010 as a proportion of the total demographic has already been reached and our health service business is now recognised as largely for the older Australian group. The development of a **Healthy Ageing for All Framework** for the South is an imperative in light of these needs. A framework should give strength to the excellent work already being done in our hospitals, primary health care services and in partnership with our local community services by creating a visible, comprehensive and coordinated range of services across the life-course continuum that supports older Australians to access services as and when they need for the *right care, in the right place, first time*. The continuum spans building wellness capacity and self efficacy, risk prevention and early intervention, management of disease and injury and long term maintenance in the community through to end of life care. In this way PHC and hospital avoidance (PHC networks, GP Plus, chronic disease community programs and Ageing focus) balances the rapid response by our acute care sector and functional restoration and rehabilitation services. The end result is that our consumers are empowered to access services across this coordinated continuum and improvement in our population’s health.

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SAHS Chief Executive

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Vision

Older People will realise their potential for physical, social and mental wellbeing, continue to participate in society according to their needs, desires and capabilities, whilst receiving safe, quality, health and community care and support when they require assistance. (WHO Active Ageing A Policy Framework, 2002)

Healthy Lives at Home.
Wellness, Function & Enhanced Resilience.
Access to Right Service, Right Time, Right Place, Right Team.
Dignified End of Life.

Source: The unendorsed South Australia's Health Services Framework for Older People 2008-16

Objectives - Older Person Health Outcomes

- 🚦 Healthy Lives at Home
- 🚦 Retain Autonomy
- 🚦 Optimal health, wellness and function consistent with ageing process
- 🚦 Social inclusion
- 🚦 Risk reduction
- 🚦 Accessible and relevant health services
 - Access reliable consistent health promotion information- health literacy
 - Access PHC services as appropriate- eg. Vaccination, GP, Health care plans, Allied Health
 - Maximise planned health care, minimise unplanned health care
 - Health services that manage acuity, complexity, function and diversity
 - That are culturally appropriate and in a language which is comprehended by the person
 - Workforce that is skilled, responsive and resourced to meet older people's needs
 - Aged friendly environments
- 🚦 Choice and options appropriate to need
- 🚦 Supporting self health management
- 🚦 Supporting coordinated health management as required
- 🚦 Coordinated care in all settings inclusive of Family/Carer
- 🚦 Death with dignity in preferred setting
- 🚦 Quality palliative care

Foundation Principles

Citizenship, Self Determination and Dignity

Central to the framework is a commitment to the regional implementation of the National age friendly principles and practices (2004-08). These are:

1. Older people have access to an appropriate level of health and aged care services that match their changing needs
2. Services are shaped around the needs of older people
3. Avoidable admissions to hospitals or premature admissions to long-term residential aged care are prevented where possible
4. Older people have access to transition care services to smooth their way across the acute-aged care continuum
5. The health and aged care system to operate to deliver an integrated suite of services for older people
6. The workforce involved in caring for older people is skilled, responsive and in sufficient numbers to meet older people's needs
7. Informal carers and family members are supported and their contribution acknowledged.

Older Person Perspective

During the South Australia's Health Services Framework for Older People consultation, older people and carers identified that they:

- Valued a health system that listens, responds to their health needs in a timely, safe and respectful manner, and provides restorative focussed services as close as possible to home.
- Placed great value on receiving care within their homes or at least within their local community. It was clear that their main preference is to manage disease, illness or frailty outside of the hospital system.
- Value timely access to a flexible range of services that meet their individual needs. There was great importance placed on coordinated care and reducing the complexity of our current system.
- Value a health system that adopted a balanced use of high technology with human approaches delivered in safe "age friendly" physical environments
- Valued their General Practitioners (those fortunate enough to have one) and the integrated way primary health & aged care services are delivered in many country areas
- Disliked the repetitive nature of clinical assessments and the long waiting periods for services within health & the aged care sectors
- Frequently found the acute health system hard to access. However once access was achieved they generally received quality, safe services from caring health professionals in spite of often challenging physical environments.

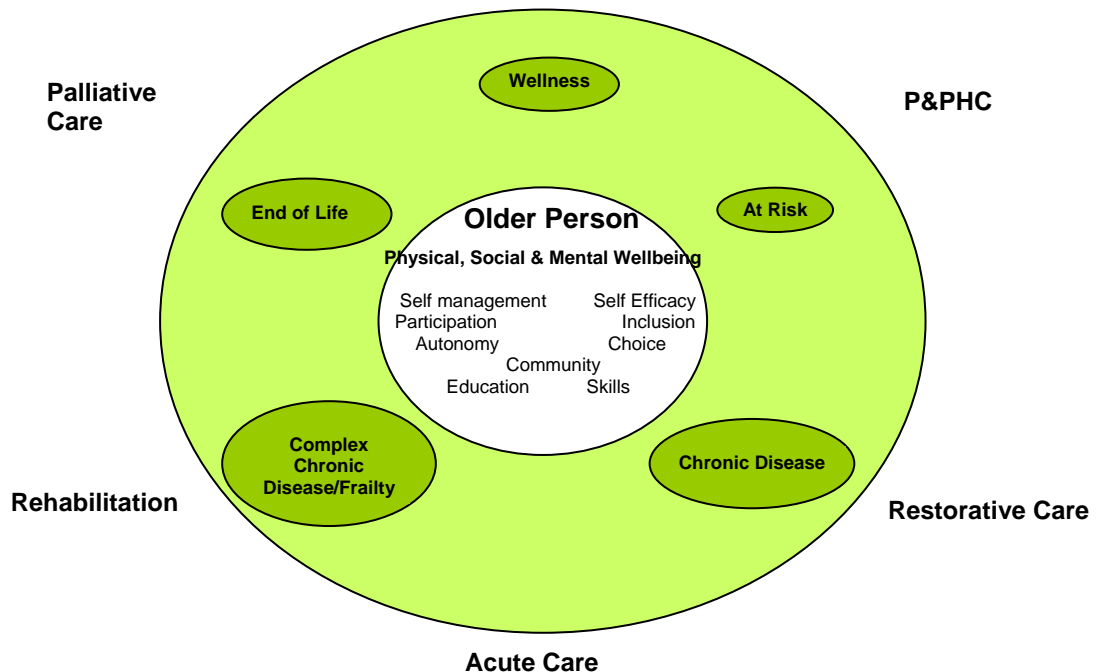
- Wanted another way to access acute services for emergency care

Mostly, older people and carers wanted the health and aged care system to treat them with respect and dignity and better understand their various needs as individuals.

Source: The unendorsed South Australia's Health Services Framework for Older People 2008-16

Older Person Wellness Continuum

While an ageing population is associated with increased demand on the health system, we recognise there is great diversity in the health and functional capacity of older people, with many older people remaining healthy and experiencing only the primary effects of ageing well into their seventies and beyond. Figure 1



P&PHC Population and Primary Health Care

Figure 1

Health Streams of Care

Streams of “health care”, flow across the health service settings eg. Hospitals and Community Health Centres. These streams include: Acute, Primary Health Care, Rehabilitation, Restorative and Palliative approaches that attend to function, complexity and diversity in the older person no matter what health setting they are experiencing.

Developing flexible health service streams of care, across our health sectors structures ensures older people receive the right care in the right place by the right people. This means that each stream of care may be provided, at different levels, across all sectors. Figure 2

Quick Guide		Health Service Sectors		
		Community	Sub-Acute	Acute Hospital
Older person: Well, at risk, chronic, complex chronic, end of life/palliative Diversity	Streams of Care	Primary Health Care		
		Acute Care		
		Rehabilitation		
		Restorative Care		
		End of Life/Palliative		

Figure 2

Primary Health Care

The population approach provides a diverse range of health care services along a continuum. The continuum runs from promoting a healthy lifestyle and preventing illness; to treatment services; to supporting people (with their GP’s) to remain healthy in the community and out of hospital.

- Health promotion and primary prevention
- Secondary prevention and early intervention
- Assessment and investigation
- Disease management
- Continuing management and continuing care

Source: Southern Adelaide health Service Population & Primary Health Care Directorate

Acute Care

Acute care is a level of health care in which a patient is treated for a brief but severe episode of illness, for conditions that are the result of disease or trauma and recovery from surgery. Acute care is generally provided in a hospital by a variety of clinical personnel using technical equipment, pharmaceuticals and medical supplies.

The Health of Connecticut's hospitals Hartford January 2001.
www.ct.gov/ohca/lib/ohca/hospitalstudy/HospToday.pdf

Acute care is one in which the principal intent is one or more of the following:

- to manage labour (obstetrics)
- to cure illness or to provide definitive treatment of injury
- to perform surgery
- to relieve symptoms of illness or injury
- to protect against exacerbation and/or complication of an illness and/or injury which could threaten life or normal function
- to perform diagnostic or therapeutic procedures

OECD Health Data 2001: A Comparative Analysis of 30 Countries, OECD, Paris, 2001, data sources, definitions and methods

Rehabilitation

The process that brings about the highest level of recovery following developmental delay or loss of function and ability from any cause. This is usually achieved through physical and psychological methods, using medical, social, educational and vocational services, evidenced by a multi-disciplinary rehabilitation plan comprising negotiated goals and indicative timeframes that are periodically evaluated using outcome measures.

Extract from Rehabilitation Service Plan, 2008-2017 (draft)

Restorative Care

The care is characterised as goal-oriented, time limited, therapy focused and necessary to complete the care recipient's restorative process, optimise their functional capacity, and assist them and their families to make long term arrangements for care. It includes:

- Case coordination
- Low intensity therapy
- Nursing support
- Personal care

Examples of Restorative Care Services include:

- Transition Care Program
- Day Therapy Services

Source: Commonwealth Aged Care Act 1997

Palliative care

"a concept of care which provides coordinated medical, nursing and allied services for people who are terminally ill, delivered where possible in the environment of the person's choice, and which provides physical, psychological, emotional and spiritual support for patients, and support for patients' families and friends. The provision of hospice and palliative care services includes grief and bereavement support for the family and other carers during the life of the patient and continuing after death."

Source: Palliative Care Australia

Overarching Frameworks

International

- ✚ WHO International Classification of Functioning 2001
- ✚ WHO Active Ageing a Policy Framework, 2002

National

- ✚ AHMAC National Action Plan Principles 2004-08 & Guides 2004-07*
- ✚ Moving Forward, Department of Health & Ageing

State

- ✚ Improving with Age
 - Dementia Plan 2008
- ✚ Generational Health Review 2004
- ✚ Health SA Business Plan 10/4/07
- ✚ Carers Policy 2005
- ✚ Cultural Respect Framework
- ✚ Social Inclusion Report
- ✚ Healthy for Life
- ✚ Paxton Report
- ✚ Primary Health Care Policy Statement
- ✚ South Australia's Health Care Plan 2007-2016
 - Clinical Networks*
 - State Plans- Health Services Framework for Older People, Chronic Disease, Palliative, Country Health
 - Health Improvement Plans*
 - GP Plus Strategy
 - Out of Hospital Service Plan

Regional

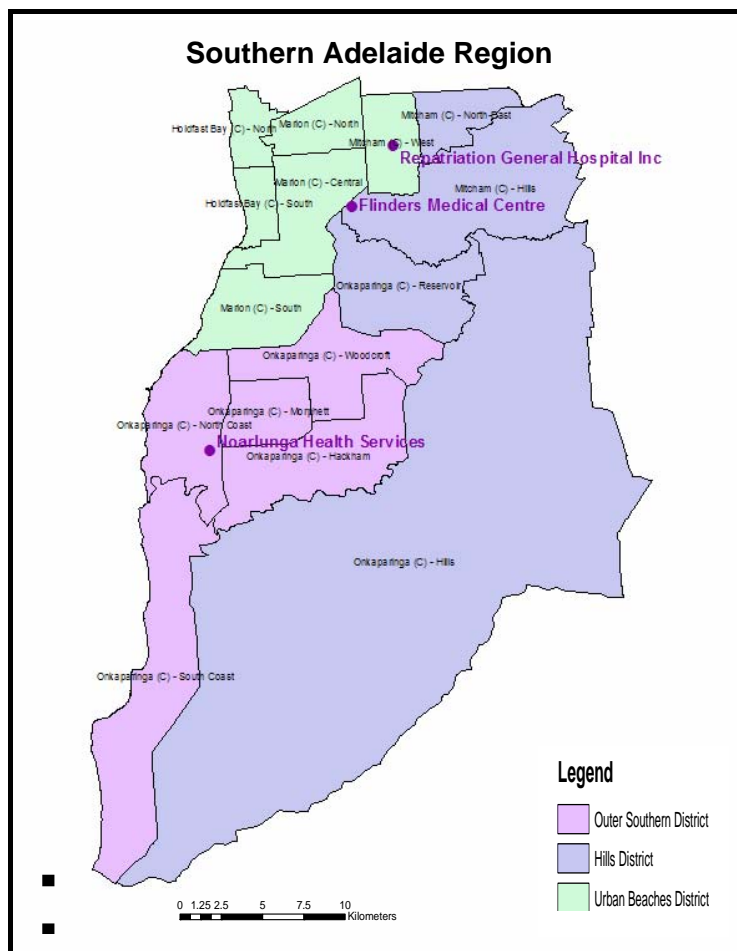
- ✚ SAHS Regional Strategic Objectives 2005-06 (new ones in development)*

* under development or review

Population and Demographics

Understanding our population - in order to seek out our key drivers for service plan development.

Fig 3: Southern Adelaide Region showing Districts and Statistical Local Areas (SLA's)



Older Persons Population and Demographics¹

Around **50,000 older people**² live in Southern Adelaide, 46% being 65-74yrs old. About half of the Regions older people live in the Urban Beaches District where older women outnumber older men three to two (a slightly greater ratio than for the Region as a whole).

Between the 1996 and 2006 Census, in the Southern Region, the number of older people grew by 11%. However, people 65-74 yrs old declined 10%, the number of people 75-84yrs old increased 30% and the number of people 85yrs & older increased 67%.

From **2006 to 2016**, anticipated growth in the population of older people in Southern Adelaide is as follows³:

- **Overall - a 33% growth in all older people** will be almost wholly accounted for by a 60% growth in people 65-74 yrs and a 44% growth in people 85yrs & older

¹ All data from 2006 Census ABS Cat. 2068

² Defined here as persons 65yrs & older

³ Source: Planning SA Medium Series accessed Dec 2007

- *In the Urban Beaches District:* - a 30% rise in people 65-74yrs old (3207) and in people 85yrs & older (1274 persons) will be partly offset by a 24% drop in the number of people 75-84yrs old (-2590 persons)
- *In the Hills District:* - people 65-74yrs old will contribute most (4564 persons) to an overall 54% increase in older people (5830 persons)
- *In the Outer Southern District:* - people 65-74yrs old will contribute most (6502 persons) to an overall 62% increase in older people (8917 persons)

In 2006, the population of **Aboriginal and Torres Strait Islander (ATSI)** peoples in Southern Adelaide was 2677 of which 85 (3.2%) were 65yrs and over and **427 (16%) were 45yrs and older**. Compared to residents of Southern Region overall, ATSI persons were much more likely to live in the 6 most disadvantaged SLAs (58.8% of ATSI vs 45.4% of all persons 65yrs & older; 60.9% of ATSI vs 42.3% of all persons 45yrs & older). However, since 1996, in Southern Region overall, the greatest growth in the ATSI population has been in persons 45yrs and older (119% vs 60.1% ATSI persons overall)⁴.

There are very few overseas born older residents of Southern Region who are not proficient in English. Of those that are, 779 (64%) live in the Urban Beaches District, mostly in the SLAs of Marion Central, Marion North and Mitcham West.

There are **13647 lone person households** with a resident **65yrs and older** in the Southern Region. In all age groups of older persons, more than 50% of lone person households are in the Urban Beaches District including 1251 (63% of all such households in the Region) containing single women 85yrs and older.

Between 2006 to 2016, in Southern Region, the number of older persons as a proportion of persons 20-64 yrs will remain relatively stable in the Urban Beaches District but rise in the Hills District and Outer Southern Districts. This growth will be largely driven by a small increase in relative dependency for persons over 85yrs and a much larger such increase in persons 65 to 74yrs.

In 2004 there were **39083 aged pensioners in the Southern Region**⁵, a slightly lower proportion of eligible persons than for South Australia overall (68.1% vs 70.1%). The number of aged pensioners in the Region has risen by 2517 persons since 1996 but the proportion of all eligible persons receiving an aged pension has dropped (74.5% to 68.1%). Within the Region, the proportion of eligible persons receiving an aged pension is greatest in the Outer Southern District (77.5%) and lowest in the Hills District (59.8%) but more than half of all aged pensioners in the Region (19939) live in the Urban Beaches District.

In 2004 there were 12945 persons in the Region receiving a disability pension, a growth of 29% since 1996. A large proportion of these residents (69%) live in the most disadvantaged SLAs in the Region (Marion North and Central; Onkaparinga Hackham, Morphett, North Coast and South Coast). It is of note that higher rates of people receiving a disability pension are apparent in the Fleurieu Peninsula compared to the surrounding Hills Mallee Southern Region overall.

In surveys carried out from 2002-2006^{5 6}, in the Southern Region, **39.4% of older persons indicated their overall health was very good or excellent**. Rates were relatively stable across Districts. 74.8% of older persons indicated they had a low

⁴ It is likely that some of the observed growth over this period is due to more accurate identification of ATSI persons over time

⁵ Source: A Social Health Atlas of South Australia (3rd Edition) Glover et al 2006 PHIDU April 2008

⁶ Data for 2002-2006 combined, persons 65yrs & older from the SA Health SAMSS database analysed by Southern Adelaide Health Service

level of psychological distress, 74% experienced one or more chronic diseases (10.1% had 3 or more; 26% had none), 12.7% had been diagnosed with diabetes; 15% were obese, 11.6% had asthma and 6.9% were smokers.

5.8% of older persons in the Region considered their neighbourhood to be not safe but 92.3% considered they were generally in control of decisions that affected their life. In surveys carried out from 2003 to 2006, **50.8%** of older Southern Region residents said currently they had **high blood pressure** and **34.3%** said currently they had **high cholesterol**.

Compared to residents of other Districts, residents of the Hills District were more likely to have lower rates of poor health and higher rates of good health on most of the above health status indicators and risk factors with the exception of asthma, cholesterol and feeling in control of life decisions. **Older residents of the SLA Onkaparinga Hackham generally reported much worse health than residents of the rest of the Region.**

In the period April 2005 to March 2006, more than **50% (1043 separations) of all Southern Region older person hospitalisations as a result of a fall were for residents of the Urban Beaches District**. Older residents of the Urban Beaches District were most likely to be hospitalised as a result of a fall (66.4 per '000popn vs 63.3 per '000 popn for Southern Region overall) with particularly high rates for residents of Holdfast Bay North (85.9 per '000popn) and Marion North (79.7 per '000popn) and also high rates for residents of Onkaparinga Hackham (77.1 per '000popn). Generally, older residents of the Outer Southern District were much less likely to be hospitalised as a result of a fall (55.1 per '000popn).

Synthetic estimates of the use of community mental health services by older persons have been estimated by the Public Health Information Development Unit⁷. Generally, the rate of use of such services by Southern Region residents was higher than for SA overall (18914 per 100,000 popn vs 17205 per 100,000 popn) but lower than for the Central Northern Adelaide Region (23995 per 100,000 popn). Rates of use in 2004/05 were higher than the Regional average in the SLAs Marion North, Mitcham North East and Mitcham West, Onkaparinga Hackham and North Coast.

For Southern Region residents 75yrs and older, in the period 1999-2001, the **largest contributions to the burden of disease measured by years of life lost to disability (YLD) were from “dementia and alzheimers disease” and “aged related vision disorders”**⁸. The contribution to the burden of disease of the 12 leading conditions does not vary much across Districts with the exception of higher contribution from colorectal and prostate cancer in the Hills District, possibly due to higher rates of screening and diagnosis in that District.

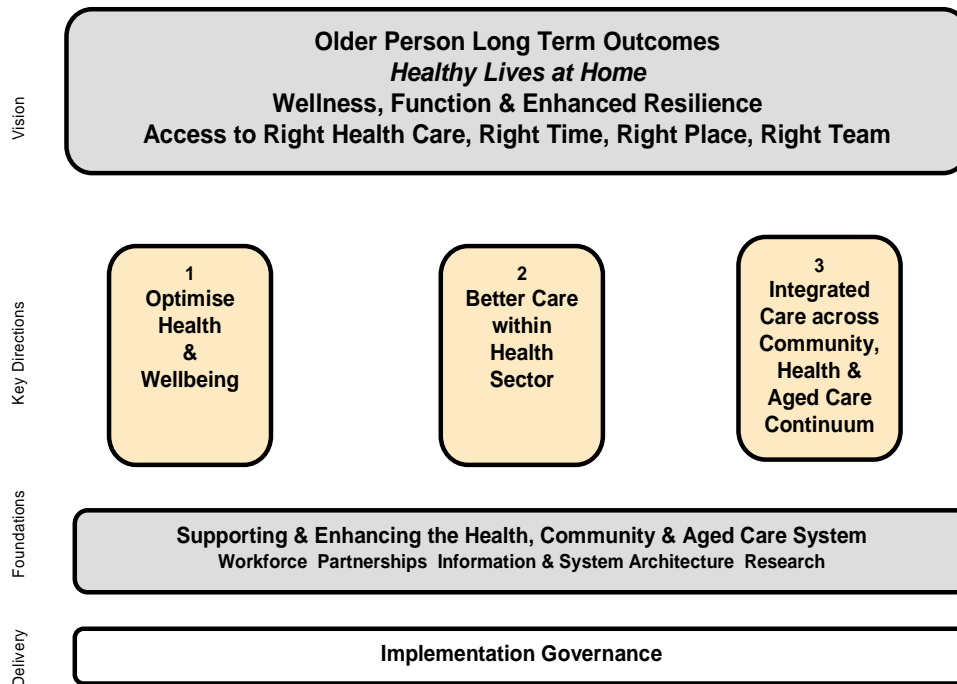
7 See *Atlas of Mental Health*. SA Govt 2006

http://www.publichealth.gov.au/pdf/atlas/mental_health_atlas_full.pdf

8. “This information has been obtained from the Department of Health “South Australian Burden of Disease” WWW Site” www.health.sa.gov.au/burdenof_disease

Regional Framework

The development of the regional service plan will follow these State Key Directions.



Source: Taken from the unendorsed South Australia's Health Services Framework for Older People 2008-16

State Key Directions and Priority Areas

1. Optimising Health & Wellbeing

Integral to healthy ageing is the concept of citizenship, the notion that a person's health and wellbeing is defined by their participation within and contribution to their local communities. To achieve this goal we need to strengthen our focus on health:

- Promotion
- Prevention
- Early intervention

In adopting healthy behaviours and reducing risks, older people are more likely to optimise their physical and mental health and live active lives as a part of their communities.

2. Better Care within the Health Sector

The streams of care across the health continuum include acute, primary health care, rehabilitation, restorative & palliative approaches. The aim is:

- To develop flexible health service streams ensuring older people do not encounter services as a series of fixed entities.
- For health services to provide services that are:
 - evidence based
 - aged friendly
 - safe
 - high quality
 - cost effective
- To develop a service continuum that addresses the older person requirements in:
 - function
 - complexity
 - diversity.
- To develop a service continuum that seeks to:
 - Maximise planned care and minimise unplanned care at all levels of the health continuum.
- Strengthen our focus and investment in primary health care in keeping with the preference of older people.
- That our hospital services will provide health treatment and care to older people based on strong evidence and have a focus on maintaining, improving and preventing deterioration in their health and quality of life. Their service to include:
 - Appropriate clinical services in keeping with the older persons needs and preferences
 - Screening for risk factors eg. risk of functional decline
 - Comprehensive assessment as required
 - Interdisciplinary Intervention
 - Older person family and carer involvement in care planning
 - Respectful of the older persons choices regarding their future care needs including advanced directives.

To support the achievement of this key direction, the region has commenced the development of Geriatric Evaluation and Management, GEM, Units within our General Hospitals (Repatriation General Hospital and Noarlunga Health Service) and an Aged Care for Elderly, ACE, Unit in our Major Hospital (Flinders Medical Centre).

Implementation is supported by the Australian Health Ministers Advisory Council, Care of the Older Australian Work Group (now Health Care of Older Australian Standing Committee) National Action Plan (2004-2008) and Evidenced Guides:

- a. *Age-friendly principles and practices*
- b. *A guide for assessing older people in hospitals*
- c. *Best practice approaches to minimise functional decline in the older person across the acute, subacute and residential aged care settings*
- d. *Stroke Care Pathway- A resource for health professionals*
- e. *Clinical Practice Guidelines for the Management of delirium in Older People*

3. Integrated Care across Community, Health & Aged Care continuum

Integrated services means that the older person experiences linked and coordinated care across key transition points in the health and aged care system. Our health and aged care system is complex and fragmented. We urgently need to address the reality that older people experience significant obstacles in navigating their way through various layers of programs with different funding streams. **Partnership approaches** across sectors are required to develop models of care that are seamless for the older person crossing these sectors.

Regional Partners inclusive of:

- Dept. of Families & Community Services
- General Practitioners
- Southern Division of General Practices
- Aged and Community Services
- Local Government Community Services
- Private Providers

Source: Taken from the unendorsed South Australia's Health Services Framework for Older People 2008-16

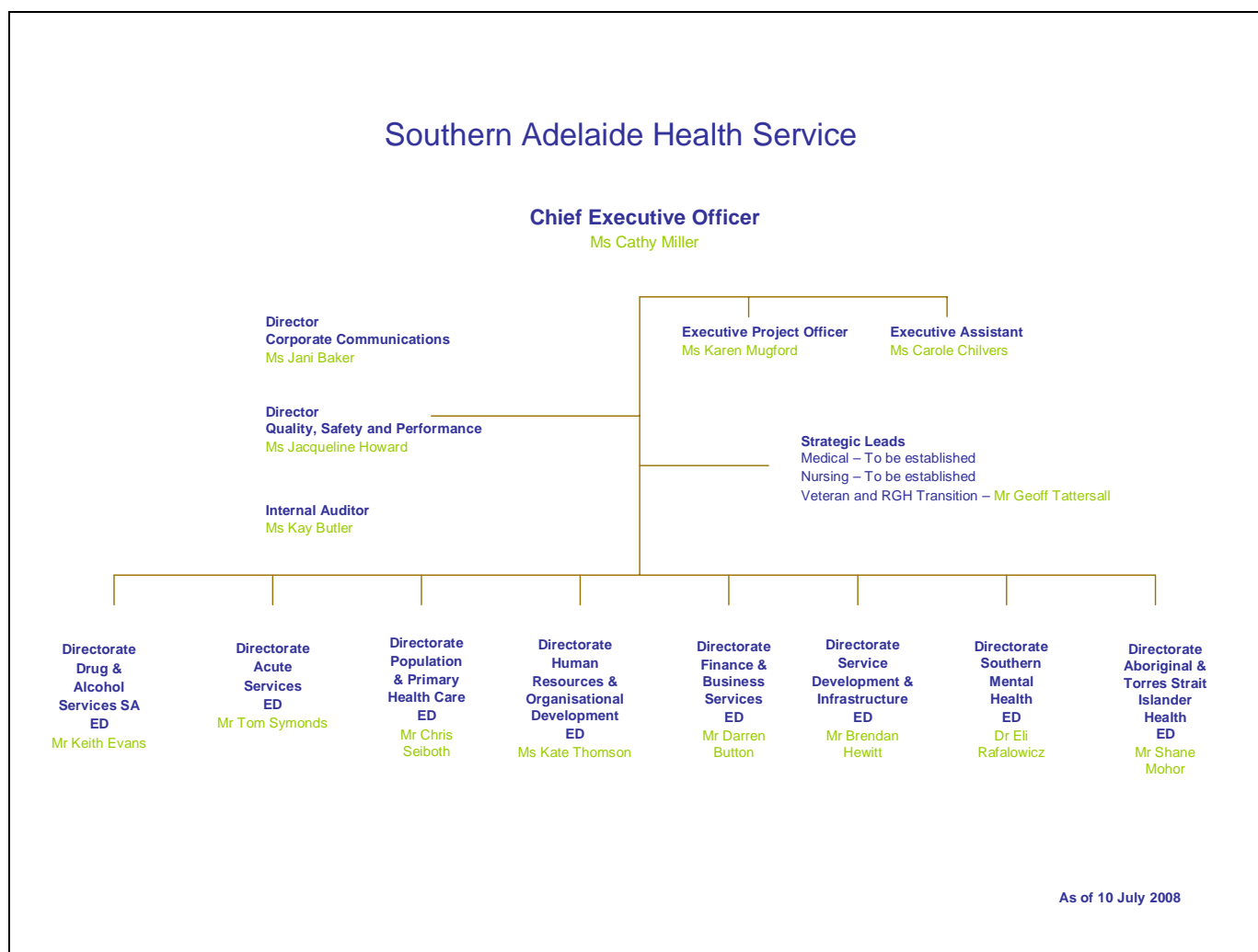
Regional Service Plan Development

Populate the State Framework with local responses.
Do this by:

1. Reviewing the population and demographic data in relation to they key drivers for the Service Development Plan
2. Gap analysis
3. Building on what's available
4. New services required
5. Aligned and synergised with State and Regional context
 - a. Clinical Networks
 - b. State Plans- Health Services Framework for Older People, Chronic Disease, Palliative, Country Health
 - c. Health Improvement Plans
 - i. GP Plus Strategy
 - ii. Out of Hospital Service Plan
6. Connectivity- processes to support partnership approaches across sectors
7. Enablers
 - o Workforce
 - o Partnerships
 - o Information & System Infrastructure
 - o Research
8. Evaluation
9. Governance and implementation

Appendix 1

Southern Adelaide Health Service



Acute and Subacute Services

- Flinders Medical Centre
- Noarlunga Hospital
- Repatriation General Hospital

Drug and Alcohol Services

Southern Mental Health Services

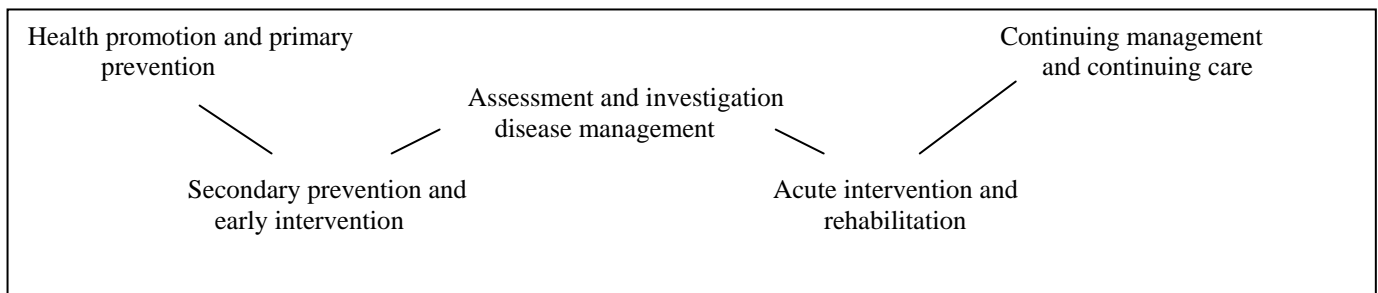
Aboriginal and Torres Strait Islander Health

Population and Primary Health Care

- Southern Primary Health
- GP Plus Strategies
- GP Plus Centres
- Health Service Integration Team

Health Care Continuum

The continuum runs from promoting a healthy lifestyle and preventing illness; to treatment services including acute intervention and rehabilitation; to supporting people (with their GP's) to remain healthy in the community and out of hospital.



Appendix 2

Definitions and acronyms

AACAT	Adelaide Aged Care Assessment Team
AHMAC	Australian Health Ministers Advisory Council (now HCOASC Health Care Older Australian Standing Committee)
ANCER	Acute Neurological Care & Elderly Rehabilitation
ATSI	Aboriginal & Torres Strait Islander
CALD	Culturally and Linguistically Diverse
CSC	Clinical Services Consultant
COTE	Care of The Elderly Unit
DH	Department of Health - now SA Health
DVA	Department of Veteran Affairs
FMC	Flinders Medical Centre
GP	General Practitioner
HSI	Health Service Integration
NAP	National Action Plan
NHS	Noarlunga Health Service
Older Person	> 65 and >45 ATSI
P&PHC/PHC	Population & Primary Health Care/Primary Health Care
RAC&AH	Rehabilitation Aged Care & Allied Health
RGH	Repatriation General Hospital
SA	South Australia
SAHS	Southern Adelaide Health Service
SDGP	Southern Division of General Practice (now General Practice Network South)
SLA's	Statistical Local Area's
WHO	World Health Organisation

Appendix 3

Healthy Ageing Plan Demographic and Survey Data

POPULATION

The Population of older people in Southern Adelaide at the 2006 Census was 49766 persons. Approximately half of all older people live in the Urban Beaches District and in this District older women outnumber older men about 3 to 2. In the Region as a whole, women represent about 57% and men 43% of older people.

Census 2006 ³ : Older Persons Population Southern Region by Sex, Age Group & SLA												
	65-74yrs			75-84yrs			85yrs & older			65yrs & older		
	Male	Female	Persons	Male	Female	Persons	Male	Female	Persons	Male	Female	Persons
Urban Beaches District	4697	5837	10534	4300	6563	10863	1227	2677	3904	10224	15077	25301
Hills District	2512	2514	5026	1607	2088	3695	473	1039	1512	4592	5641	10233
Outer Southern District	3574	3870	7444	2236	2919	5155	583	1050	1633	6393	7839	14232
Southern Region	10783	12221	23004	8143	11570	19713	2283	4766	7049	21209	28557	49766

³ All Census 2006 data reported in this document is © Commonwealth of Australia 2007

PROJECTIONS

As is well documented, the population of older people in the Region is predicted to grow substantially (about 32%) between 2006 and 2016. However, within the Region, the current concentration of persons 65yrs and older in the Urban Beaches District (in 2006 50.6% of all older people) will be less pronounced by 2016 with, by then, a greater share of older people predicted to be living in the Outer Southern District (up from 28.2% share to 34.5%) and the Hills District (up from 23.0% share to 28.2%).

The number of 55 to 64 year olds is predicted to remain relatively stable in the Hills District and increase substantially in the other two Districts. As a share of all persons of that age, the population is predicted to decline in the Hills District and slightly increase elsewhere.

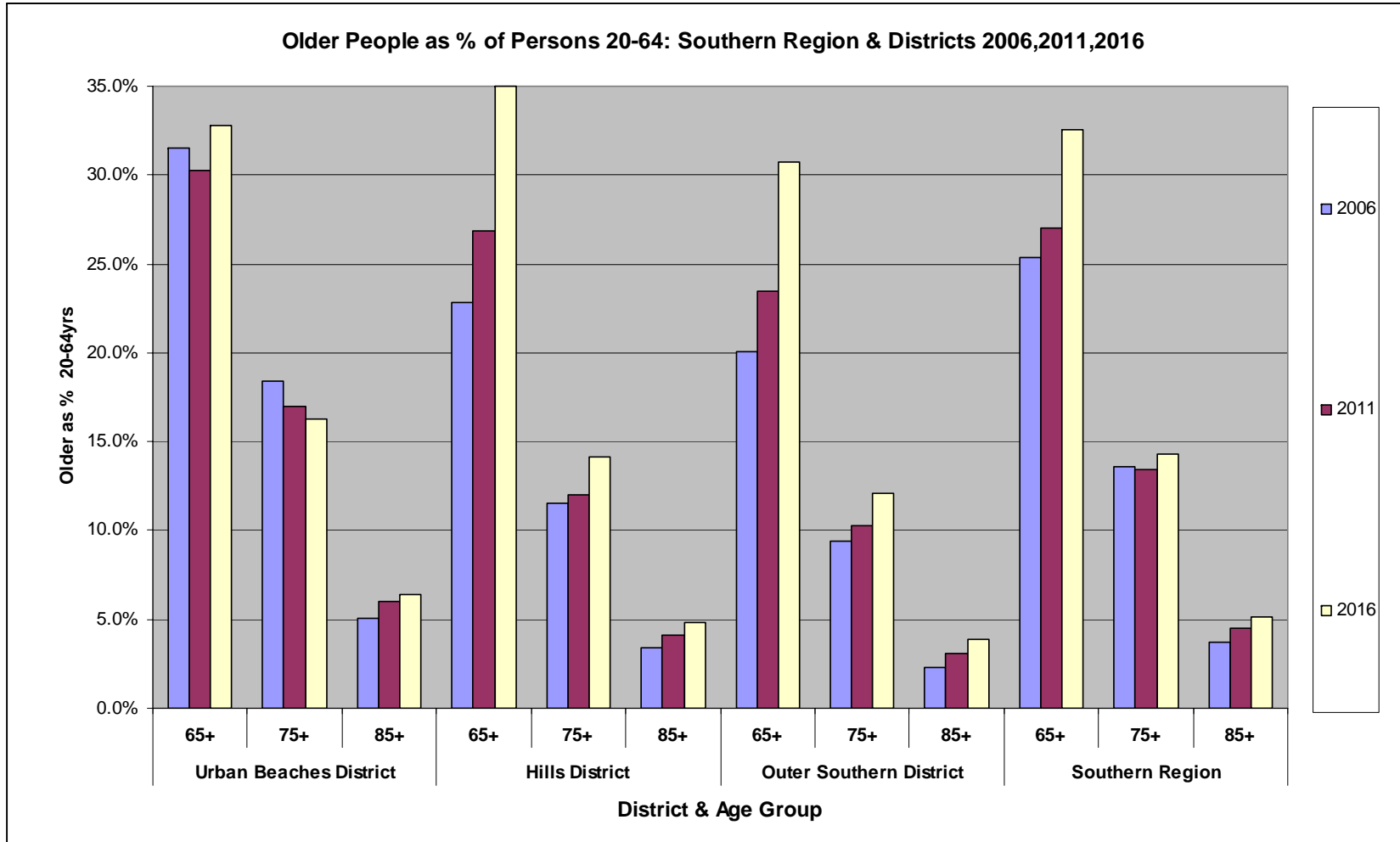
Population Projections 2006 to 2016: Older Persons Southern Region & Districts*								
		55-64yrs	% Region 55-64yrs	65-74yrs	75-84yrs	85+yrs	65yrs & older	% Region 65yrs & older
Urban Beaches District	2006	15579	38.5%	10729	10950	4151	25830	50.6%
	2011	18128	38.4%	11276	9312	5091	25679	45.5%
	2016	19016	39.4%	13936	8360	5425	27721	41.0%
Hills District	2006	10628	26.2%	5349	3840	1591	10780	21.1%
	2011	11823	25.1%	7191	3799	2004	12994	23.0%
	2016	11672	24.2%	9913	4395	2302	16610	24.6%
Outer Southern District	2006	14299	35.3%	7634	5108	1652	14394	28.2%
	2011	17218	36.5%	9953	5454	2341	17748	31.5%
	2016	17562	36.4%	14136	6238	2937	23311	34.5%
Southern Region	2006	40506		23712	19898	7394	51004	
	2011	47169		28420	18565	9436	56421	
	2016	48250		37985	18993	10664	67642	
Persons % increase by age group 2006 to 2016								
Urban Beaches District		22.1%		29.9%	-23.7%	30.7%	7.3%	
Hills District		9.8%		85.3%	14.5%	44.7%	54.1%	
Outer Southern District		22.8%		85.2%	22.1%	77.8%	61.9%	
Southern Region		19.1%		60.2%	-4.5%	44.2%	32.6%	

*Source: Planning SA Medium Series Dec 2007

RELATIVE DEPENDENCY

As a share of all persons 20-64yrs, the proportion of older people in Southern Adelaide will remain relatively stable in Urban Beaches District but rise in the Hills District and Outer Southern District. As can be seen from Chart 1, this is largely driven by a small growth in persons older than 85 years in all Districts and a much larger rise in the proportion of persons 65 to 74 years of age over the period.

Chart 1



Source Census 2006 Cat. No. 2068.0 Age by sex for time series

GROWTH

Recent growth in the number of older people in the Region has been in those 75 years and older and particularly amongst those 85 years and older. The number of people 65 to 74 years old has declined. Overall the population has grown 4.8% in the 10 years 1996 to 2006.

Age Group	Census Year			% growth
	1996	2001	2006	
65-69 yrs	12,974	11,340	12,355	-4.8%
70-74 yrs	12,518	12,131	10,650	-14.9%
75-79 yrs	9,228	11,043	10,734	16.3%
80-84 yrs	5,968	7,235	8,979	50.5%
85 yrs & over	4,225	5,832	7,057	67.0%
65 & over	44,913	47,581	49,775	10.8%
<i>All persons</i>	<i>308,394</i>	<i>316,358</i>	<i>323,593</i>	<i>4.9%</i>

Cat. No. 2068.0 - 2006 Census Tables 2006 Census of Population and Housing
Southern Adelaide (Statistical Subdivision) – SA AGE BY SEX FOR TIME SERIES

ATSI Population

The Aboriginal and Torres Strait Islander (ATSI) population has grown substantially since 1996, probably in part due to more accurate identification of ATSI persons over time. The greatest growth in the number of persons has been in those under 20 years.

ATSI population 2006 and growth since 1996: Southern Adelaide									
	1996	1996	1996	2001	2001	2001	2006	2006	2006
	Males	Females	Persons	Males	Females	Persons	Males	Females	Persons
0-4 years	122	126	248	154	139	293	174	167	341
5-9 years	129	99	228	171	167	338	182	162	344
10-14 years	112	75	187	139	146	285	183	183	366
15-19 years	83	93	176	107	101	208	145	161	306
20-24 years	63	80	143	70	98	168	114	112	226
25-29 years	72	87	159	89	80	169	77	91	168
30-34 years	63	70	133	60	92	152	90	87	177
35-39 years	49	60	109	63	87	150	82	92	174
40-44 years	48	46	94	58	68	126	69	79	148
45-49 years	32	28	60	54	54	108	53	71	124
50-54 years	24	21	45	24	30	54	65	52	117
55-59 years	7	15	22	14	28	42	24	29	53
60-64 years	10	14	24	9	15	24	17	31	48
65 yrs & over	20	24	44	21	38	59	33	52	85
Total	834	838	1,672	1,033	1,143	2,176	1,308	1,369	2,677

Source: Cat. No. 2068.0 - 2006 Census Tables

INDIGENOUS STATUS BY AGE BY SEX FOR TIME SERIES Count of persons (excludes overseas visitors)

However, as a proportion of the ATSI population, the greatest growth has been in persons 45 years and older.

ATSI Older persons S Region 1996,2001,2006				
	1996	2001	2006	% growth 96-06
45-49 years	60	108	124	106.7%
50-54 years	45	54	117	160.0%
55-59 years	22	42	53	140.9%
60-64 years	24	24	48	100.0%
65 years and over	44	59	85	93.2%
45yrs & over	195	287	427	119.0%
All persons	1,672	2,176	2,677	60.1%

Source: Cat. No. 2068.0 - 2006 Census Tables

INDIGENOUS STATUS BY AGE BY SEX FOR TIME SERIES Count of persons (excludes overseas visitors)

Compared to residents of Southern Region overall, ATSI persons 45 years and over and those 65 years and over are much more likely to live in the 6 most disadvantaged areas of the Region.

Persons by ATSI status 2006: 6 Disadvantaged SLAs vs Southern Region Overall			
6 most disadvantaged SLAs	Indigenous	All persons	% ATSI
65 years & over	50	22,578	0.22%
45yrs & over	260	57,821	0.45%
Southern Region			
	Indigenous	All persons	% ATSI
65 years & over	85	49,772	0.17%
45yrs & over	427	136,825	0.31%
% Disadv 65+	58.8%	45.4%	
% Disadv 45+	60.9%	42.3%	

Source: Cat. No. 2068.0 - 2006 Census Tables

INDIGENOUS STATUS BY AGE BY SEX FOR TIME SERIES Count of persons (excludes overseas visitors)

Lone Person Households

More than 50% of all lone person households in the Region are in the Urban Beaches District including more than 60% of those containing a person over 75 years.

29.5% of persons over 55 years in the Urban Beaches District live alone compared to only 24.4% of such persons in the Region overall. In the Urban Beaches District, 5482 (comprising 1571 (56.9%) of persons 85 years and older and 3911 (40.5%) persons 75 to 84 years in that District) live alone compared to only 3542 persons 75 years and older in the rest of the Region combined.

	Lone Person Households						Lone persons as % share of all persons that age					
	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups
Urban Beaches District	2713	2403	3911	1571	10598	18172	19.5%	25.0%	40.5%	56.9%	29.5%	14.5%
Hills District	1012	752	1006	466	3236	5547	10.8%	16.4%	31.1%	49.3%	17.8%	7.8%
Outer Southern District	1958	1468	1561	509	5496	10808	15.3%	21.5%	34.5%	47.3%	21.8%	10.1%
Southern Region	5683	4623	6478	2546	19330	34527	15.8%	22.0%	37.2%	53.2%	24.4%	11.4%

	MALE											
	Lone Male Households						Lone persons as % share of all men that age					
	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups
Urban Beaches District	1077	690	829	320	2916	7219	16.2%	16.3%	21.7%	33.5%	18.6%	12.1%
Hills District	417	222	213	118	970	2316	9.0%	9.7%	14.8%	32.0%	11.1%	6.7%
Outer Southern District	741	464	394	133	1732	5074	12.1%	14.2%	19.7%	30.7%	14.7%	9.7%
Southern Region	2235	1376	1436	571	5618	14609	12.8%	14.1%	19.8%	32.5%	15.5%	9.9%

	FEMALE											
	Lone Female Households						Lone persons as % share of all women that age					
	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups	55-64 years	65-74 years	75-84 years	85yrs & older	55yrs & older	All Age Groups
Urban Beaches District	1636	1713	3082	1251	7682	10953	22.6%	31.8%	52.9%	69.2%	37.9%	16.7%
Hills District	595	530	793	348	2266	3231	12.5%	23.0%	44.3%	60.4%	24.1%	8.9%
Outer Southern District	1217	1004	1167	376	3764	5734	18.3%	28.1%	46.3%	58.4%	28.1%	10.5%
Southern Region	3448	3247	5042	1975	13712	19918	18.5%	28.8%	49.7%	65.2%	31.8%	12.7%

Source: Cat. No. 2068.0 - 2006 Census Table

English Proficiency

Generally, very few Southern Region residents who were born overseas are not proficient in English.

Proficiency Insufficient or not specified*					
	PERSONS BORN OVERSEAS Southern Adelaide				
	55-64	65-74	75-84	85 & older	65 & older
Holdfast Bay North	27	27	13	6	46
Holdfast Bay South	12	5	19	11	35
Marion Central	86	89	80	42	211
Marion North	73	99	98	34	231
Marion South	22	18	17	4	39
Mitcham West	48	110	87	20	217
URBAN BEACHES DISTRICT	268	348	314	117	779
Mitcham Hills	16	9	19	5	33
Mitcham North-East	7	19	23	18	60
Onkaparinga Hills	6	13	12	9	34
Onkaparinga Reservoir	21	16	21	4	41
HILLS DISTRICT	50	57	75	36	168
Onkaparinga Hackham	11	16	13	0	29
Onkaparinga Morphett	26	29	25	12	66
Onkaparinga North Coast	27	24	23	15	62
Onkaparinga South Coast	18	18	8	6	32
Onkaparinga Woodcroft	21	43	36	6	85
OUTER SOUTHERN DISTRICT	103	130	105	39	274
Southern Region	421	535	494	192	1221

*includes speaks English not well, not at all or English proficiency not stated

Source: Cat. No. 2068.0 - 2006 Census Tables

Areas where numbers and relative rates of insufficient proficiency are higher than for the Region overall include the SLAs of Marion Central, Marion North and Mitcham West.

English Proficiency Insufficient or not specified*								
	% All Persons in Region in Age Group				% All Overseas Born Persons in Region in Age Grp			
	55-64	65-74	75-84	85 & older	55-64	65-74	75-84	85 & older
Holdfast Bay North	1.1%	1.8%	0.7%	0.7%	4.1%	6.0%	3.6%	3.6%
Holdfast Bay South	0.6%	0.4%	1.3%	2.0%	2.4%	1.3%	5.2%	8.1%
Marion Central	2.1%	2.8%	2.8%	5.6%	7.0%	8.8%	8.9%	17.2%
<i>Marion North</i>	2.9%	5.0%	4.0%	3.8%	10.0%	16.3%	16.8%	17.7%
Marion South	1.1%	2.0%	3.3%	5.6%	2.7%	3.7%	7.1%	15.4%
<i>Mitcham West</i>	2.2%	6.6%	5.0%	2.6%	6.5%	17.7%	17.2%	13.0%
URBAN BEACHES DISTRICT	1.8%	3.3%	2.9%	3.0%	5.7%	9.8%	10.6%	12.7%
Mitcham Hills	0.4%	0.5%	1.5%	1.0%	1.5%	1.4%	4.6%	3.4%
Mitcham North-East	0.4%	1.8%	2.0%	3.4%	1.4%	6.2%	8.8%	17.0%
Onkaparinga Hills	0.4%	1.5%	2.1%	4.8%	1.3%	3.7%	7.6%	19.1%
Onkaparinga Reservoir	0.7%	1.3%	2.8%	1.5%	2.3%	3.4%	7.3%	5.1%
HILLS DISTRICT	0.5%	1.1%	2.0%	2.4%	1.7%	3.2%	6.7%	9.5%
Onkaparinga Hackham	0.7%	2.1%	2.8%	0.0%	1.9%	4.0%	5.6%	0.0%
Onkaparinga Morphett	0.8%	1.9%	2.4%	3.3%	2.5%	3.9%	5.7%	9.6%
Onkaparinga North Coast	1.2%	1.6%	2.0%	3.6%	2.9%	2.8%	3.9%	8.4%
Onkaparinga South Coast	0.6%	1.1%	0.7%	2.3%	1.7%	2.3%	1.6%	5.5%
Onkaparinga Woodcroft	0.5%	2.2%	2.6%	1.3%	1.8%	5.4%	8.1%	4.9%
OUTER SOUTHERN DISTRICT	0.8%	1.7%	2.0%	2.4%	2.1%	3.6%	4.7%	6.6%
Southern Region	1.1%	2.3%	2.5%	2.7%	3.4%	6.0%	7.8%	10.2%

Source: Cat. No. 2068.0 - 2006 Census Tables

*includes speaks English not well, not at all or English proficiency not stated

PENSIONERS

Aged Care Pensioners

Generally, the proportion of eligible older people receiving an aged pension has reduced over time throughout the state. The proportion of eligible older people receiving an aged pension in Southern Region is a little less than for South Australia overall and varies within the Region with, in 2004, the highest rates in the most disadvantaged parts of the Region, particularly throughout the Outer Southern District.

Aged Pensioners* South Australia 1992, 1996 & 2004						
Area	1992		1996		2004	
	Count	% age pensioners	Count	% age pensioners	Count	% age pensioners
Holdfast Bay North	4,105	73.3	3,276	67.5	2,787	55.2
Holdfast Bay South	2,623	79.3	2,502	66.0	2,339	60.2
Marion Central	6,185	88.8	4,866	80.3	5,904	73.2
Marion North	5,503	84.9	3,767	80.3	4,563	71.2
Marion South	654	93.5	2,991	80.3	1,286	70.2
Mitcham West	3,909	81.4	2,732	65.3	3,058	65.1
Urban Beaches District	22,979	82.5	20,134	73.7	19,939	66.6
Mitcham Hills	2,108	74.0	2,889	65.3	2,575	61.5
Mitcham North-East	2,227	65.2	1,892	65.3	1,680	50.8
Onkaparinga Hills	883	81.5	866	73.6	1,044	57.7
Onkaparinga Reservoir	1,236	91.8	1,270	75.6	1,775	70.1
Hills District	6,454	74.2	6,917	67.9	7,073	59.8
Onkaparinga Hackham	983	104.7	1,229	84.1	1,154	79.4
Onkaparinga Morphett	1,628	103.1	2,113	84.1	2,531	77.0
Onkaparinga North Coast	2,561	98.8	1,541	84.1	2,670	76.2
Onkaparinga South Coast	1,879	95.2	2,027	78.4	2,680	74.5
Onkaparinga Woodcroft	2,035	100.7	2,605	82.1	3,036	81.0
Outer Southern District	9,086	99.8	9,515	82.3	12,071	77.5
All Southern Region	38,519	84.4	36,566	74.5	39,083	68.1
South Australia	178,062	83.9	171,692	76.0	184,744	70.1

*(males 65+ & females 60+)

Data source: Centrelink & DVA combined

Source: *A Social Health Atlas of South Australia (3rd Edition)* Glover et al 2006 PHIDU

Disability Pensioners

Persons receiving a disability pension may need greater support should they require use of health services. The number and proportion of such persons is growing generally and disability pensioners are over represented in the Outer Southern District overall (compared to SA overall):

and in the Southern Region SLAs of:

- Holdfast Bay (C) - South
- Marion (C) - Central
- Marion (C) – North
- Onkaparinga (C) - Hackham
- Onkaparinga (C) - North Coast
- Onkaparinga (C) - South Coast;

as well as in the Country (Hills Mallee) SLAs of:

- Alexandrina (DC) - Coastal
- Mid Murray (DC)
- Murray Bridge (RC)
- Victor Harbor (DC)
- Yankalilla (DC)

Disability Pensioners South Australia 1992, 1996 & 2004						
Area	1992		1996		2004	
	count*	% persons*	count*	% persons*	count*	% persons*
Central Northern Region	22,597	4.9	30,666	6.6	35,328	7.0
Southern Region						
Holdfast Bay North	442	4.4	536	5.0	502	4.1
Holdfast Bay South	667	8.0	552	7.4	690	7.9
Marion Central	1,177	5.6	1,205	6.3	1,708	8.4
Marion North	948	6.5	933	6.3	1,339	8.8
Marion South	167	1.5	741	6.3	477	3.2
Mitcham West	614	4.5	513	3.8	799	5.7
Urban Beaches District	4,016	5.1	4,479	5.8	5,515	6.4
Mitcham Hills	317	2.0	542	3.8	433	2.7
Mitcham North-East	231	2.7	355	3.8	332	3.4
Onkaparinga Hills	127	2.2	292	4.8	263	3.6
Onkaparinga Reservoir	247	1.7	355	2.3	506	2.9
Hills District	922	2.1	1,544	3.4	1,534	3.0
Onkaparinga Hackham	370	4.5	542	6.3	937	10.0
Onkaparinga Morphett	460	3.5	931	6.3	1,258	7.9
Onkaparinga North Coast	726	6.3	679	6.3	1,354	12.0
Onkaparinga South Coast	495	5.3	802	6.0	1,211	7.7
Onkaparinga Woodcroft	501	2.5	1,053	4.9	1,136	4.7
Outer Southern District	2,551	4.1	4,008	5.8	5,897	7.7
All Southern Region	7,490	4.0	10,032	5.2	12,945	6.1
Selected Hills Mallee SLAs						
Alexandrina (DC) - Coastal	n.a.	n.a.	420	9.6	609	9.9
Mid Murray (DC)	n.a.	n.a.	459	9.2	522	9.9
Murray Bridge (RC)	n.a.	n.a.	781	8.0	1,031	9.7
Victor Harbor (DC)	n.a.	n.a.	393	9.1	591	9.5
Yankalilla (DC)	n.a.	n.a.	160	7.5	229	9.4
All Hills Mallee Southern	n.a.	n.a.	3,643	6.1	4,780	6.7
South Australia	40,989	4.6	56,105	6.2	66,172	6.7

*males 15-64 and females 15-59

Data source: Centrelink & DVA combined

Source: A Social Health Atlas of South Australia (3rd Edition) Glover et al 2006 PHIDU

Falls

The rate of hospital admissions as a result of a fall vary between SLAs and Districts with the Outer Southern District showing substantially lower rate than the other Districts and wide variations between SLAs. The lower rate in Outer Southern District may reflect a “younger” population of older people in that District.

Hospital separations as a result of a fall (code WOO-W019) by patient SLA 01/04/05 to 31/03/06				
SLA Name	Seps	2005_Total Falls Population*	Rate	Per 1,000
Holdfast Bay North	255	2968	0.085916	85.9
Holdfast Bay South	147	2134	0.068885	68.9
Marion Central	197	3925	0.050191	50.2
Marion North	281	3525	0.079716	79.7
Marion South	13	661	0.019667	19.7
Mitcham West	150	2494	0.060144	60.1
Urban Beaches District	1043	15707	0.066404	66.4
Mitcham Hills	96	1759	0.054576	54.6
Mitcham North-East	140	1766	0.079275	79.3
Onkaparinga Hills	38	729	0.052126	52.1
Onkaparinga Reservoir	66	1008	0.065476	65.5
Hills District	340	5262	0.064614	64.6
Onkaparinga Hackham	46	597	0.077052	77.1
Onkaparinga Morphett	86	1487	0.057835	57.8
Onkaparinga North Coast	85	1543	0.055087	55.1
Onkaparinga South Coast	50	1486	0.033647	33.6
Onkaparinga Woodcroft	101	1564	0.064578	64.6
Outer Southern District	368	6677	0.055115	55.1
Southern Region	1751	27646	0.063336	63.3

Source: DH Information Management Unit (unpub)

*ie ERP for Aboriginal persons 55yrs+ (in 2001) and all other persons 75yrs+ (in 2005)

Burden of Disease

For the age group 75 years and older, in SA and in Southern Region overall, the 12 leading conditions contribute about 75% of the burden of disease due to years lost to disability. The contribution from these 12 conditions is highest in the Outer Southern District (80.2%) and lowest in the Hills District (72.2%). The contribution from colorectal and prostate cancer is substantially higher in the Hills District, possibly due to higher rates of diagnosis in that District.

Leading 12 Contributing Conditions to Burden of Disease (persons 75yrs & older)*: Southern Region Districts, Rest of State and SA 1999-2001						
BOD condition	Urban Beaches District	Hills District	Outer South District	Southern Region	Outside Southern Region	SA
All Conditions	197.6	236.8	180.2	201.4	189.4	192.1
dementia & alzheimer's disease	40.6	46.3	44.5	42.5	39.0	39.8
age-related vision disorders	19.8	19.5	19.1	19.6	19.4	19.5
other nervous system disorders	16.4	18.8	15.0	16.6	14.5	15.0
stroke	14.6	15.6	14.5	14.8	15.4	15.3
parkinson's disease	13.2	13.1	12.9	13.1	13.0	13.1
adult-onset hearing loss	11.9	12.1	12.4	12.0	12.1	12.1
ischaemic heart disease	11.5	12.1	10.9	11.5	9.1	9.6
osteoarthritis	5.9	5.9	5.9	5.9	5.3	5.4
colorectal cancer	4.0	10.3	0.6	4.5	4.1	4.2
peripheral arterial disease	5.1	3.7	3.1	4.4	3.2	3.5
chronic obstructive pulmonary disease	4.1	4.3	4.7	4.3	3.7	3.8
prostate cancer	3.6	9.3	1.0	4.1	3.9	4.0
Leading 12 conditions	150.6	171.0	144.7	153.3	142.8	145.2

Source SA Dept of Health online <http://www.health.sa.gov.au/burdenofdisease/DesktopDefault.aspx>

*rate = YLD per '000 popn

Mental Health

Rates of use of community mental health services vary substantially amongst Southern Region older persons. Compared to the SA average, the rates of use are higher than expected for clients with *Neurotic, stress-related & somatoform disorders* and lower than expected for clients with *Mood (affective) disorders* and with *Schizophrenia, schizotypal & delusional disorders*.

Compared to the rate for SA overall, use of community mental health services for any reason amongst older persons is greater than expected in the SLAs of:

- Marion (C) - North
- Mitcham (C) - North-East
- Mitcham (C) - West
- Onkaparinga (C) – Hackham

Some of this geographic variation may reflect the location of residential care facilities catering for people with mental health conditions.

Synthetic estimated rate of use of community mental health services 2004/05										
Area	All Persons		Aged 65 yrs & older							
	clients		clients		Neurotic, stress-related & somatoform disorders		Mood (affective) disorders		Schizophrenia, schizotypal & delusional disorders	
	Rate*	Sig.	Rate*	Sig.	Rate*	Sig.	Rate*	Sig.	Rate*	Sig.
Central Northern	20,586.8	**	23,994.6	**	1,317.2	**	9,983.1	**	6,217.7	**
Southern Region										
Holdfast Bay North	29,845.2	**	18,879.8	**	1,010.7		6,660.8		6,742.2	**
Holdfast Bay South	25,044.2	**	17,147.5		1,093.2		7,491.6		6,731.9	**
Marion Central	31,423.9	**	17,328.8		613.1	**	10,002.5	**	3,023.3	**
Marion North	41,708.2	**	28,584.4	**	2,708.4	**	11,520.4	**	7,990.9	**
Marion South	5,579.6	**	3,653.9	**	315.7	**	2,253.8	**	811.4	**
Mitcham Hills	9,272.5	**	7,324.4	**	1,431.7	*	2,790.3	**	813.5	**
Mitcham North-East	22,146.8	**	39,889.7	**	11,233.5	**	9,241.2	**	16,940.3	**
Mitcham West	28,192.9	**	30,780.2	**	1,647.9	**	11,354.0	**	11,276.1	**
Onkaparinga Hackham	41,344.7	**	25,483.5	**	17,773.8	**	4,892.6	
Onkaparinga Hills	4,880.1	**	3,291.6	**	1,968.4	**
Onkaparinga Morphett	23,914.7	**	18,465.2	**	1,500.8	*	7,826.4		3,350.6	**
Onkaparinga N Coast	42,281.2	**	22,422.3	**	1,030.3		14,501.3	**	3,212.1	**
Onkaparinga Reservoir	5,060.8	**	3,199.9	**	2,897.6	**
Onkaparinga S Coast	15,118.0	**	8,410.3	**	410.4	**	2,998.7	**	3,444.0	**
Onkaparinga Woodcroft	10,874.9	**	14,646.8	**	9,978.1	**	1,123.6	**
All Southern Region	21,963.8	**	18,914.9	**	1,625.6	**	8,386.4	**	5,144.3	**
Adelaide (incl. Gawler)	20,935.5	**	22,231.1	**	1,388.5	**	9,446.0	**	5,802.3	**
South Australia	18,634.7		17,205.5		1,072.2		7,197.4		4,479.9	

Rate = age-standardised rate per 100,000 persons

– = fewer than five cases .. = not applicable

* = statistically at the 5% confidence level

** = statistically at the 1% confidence level

Source: *Geographic distribution of admissions to hospital with a mental health diagnosis and use of community mental health services, 2004-05*
PHIDU for SA Dept of Health

Population Survey Data Analysis Healthy Aging for All Service Plan

The following analysis is based on survey results from about 1900 responses over 5 years which resulted in a total of 1187 population weighted counts. Note for some variables there were a high number of blank responses and these data tables should be treated with extreme caution.

General Health Status

Overall, nearly 40% of older people in the Southern Region believe they have excellent or very good health. Generally, older residents of the Outer Southern District consider their health to be poorer than do other older residents of the Region. Equally, in general, residents in the oldest age group report poorer health overall than do older residents in the younger age group.

OVERALL HEALTH (July 02 to Dec 06 comb)						
% Persons 65-74yrs, 75yrs & older & 65yrs & older						
Data: DH supplied survey data for Southern Adelaide Region with District level weights						
	65-74yrs		75yrs & older		65yrs & older	
	% Ex or V good	% Fair or Poor	% Ex or V good	% Fair or Poor	% Ex or V good	% Fair or Poor
Holdfast Bay North	46.1%	25.4%	37.9%	26.5%	41.0%	26.1%
Holdfast Bay South	57.9%	17.9%	40.9%	31.3%	47.2%	26.3%
Marion Central	46.7%	26.1%	34.5%	32.7%	40.5%	29.5%
Marion North	43.7%	22.0%	38.5%	39.9%	40.2%	34.2%
Marion South	43.7%	21.1%	38.6%	34.9%	42.2%	25.2%
Mitcham West	49.0%	24.3%	30.7%	38.6%	37.5%	33.3%
Urban Beaches District	47.6%	23.9%	35.9%	33.5%	40.9%	29.4%
Mitcham Hills	39.9%	22.3%	31.8%	39.4%	35.9%	30.8%
Mitcham North-East	44.0%	28.4%	40.4%	20.0%	41.8%	23.2%
Onkaparinga Hills	63.0%	17.1%	36.9%	32.1%	52.0%	23.5%
Onkaparinga Reservoir	35.5%	25.1%	42.7%	31.3%	38.6%	27.8%
Hills District	43.2%	23.5%	37.4%	30.5%	40.2%	27.1%
Onkaparinga Hackham	36.2%	42.5%	37.5%	14.1%	36.6%	33.5%
Onkaparinga Morphett	44.6%	19.4%	25.5%	43.0%	36.6%	29.4%
Onkaparinga North Coast	39.7%	26.2%	31.4%	39.9%	35.5%	33.1%
Onkaparinga South Coast	26.2%	33.9%	37.9%	23.0%	32.3%	28.2%
Onkaparinga Woodcroft	45.6%	16.3%	39.5%	48.6%	42.6%	32.5%
Outer Southern District	37.8%	27.3%	33.4%	34.1%	35.8%	30.5%
Southern Region	43.6%	24.9%	35.6%	33.1%	39.4%	29.2%

Psychological Distress

Generally older residents of Southern Region report experiencing low levels of psychological distress. Residents of the Hills District experience the lowest levels of psychological distress compared to other older residents in the Region, The oldest residents in the Hills District and Urban Beaches District experience lower levels of psychological distress compared to residents in the younger age group but in the Outer Southern District, this relationship is reversed.

PSYCHOLOGICAL DISTRESS Prevalence (July 02 to Dec 06)						
% Persons 65-74, 75 & older & 65 & older						
Data: DH supplied survey data for Southern Adelaide Region with District level weights*						
	65-74yrs		75yrs & older		65yrs & older	
	% Low	% High / V high	% Low	% High / V high	% Low	% High / V high
Holdfast Bay North	67.6%	10.5%	76.9%	2.8%	73.4%	5.7%
Holdfast Bay South	81.3%	7.6%	71.7%	8.9%	75.3%	8.4%
Marion Central	79.1%	8.6%	71.4%	6.4%	75.1%	7.5%
Marion North	72.3%	14.3%	70.7%	7.1%	71.2%	9.4%
Marion South	58.4%	7.9%	89.0%	0.0%	67.5%	5.5%
Mitcham West	69.5%	11.1%	67.0%	8.0%	67.9%	9.1%
Urban Beaches District	72.8%	9.6%	72.2%	6.2%	72.4%	7.7%
Mitcham Hills	85.3%	5.4%	76.5%	4.1%	80.9%	4.7%
Mitcham North-East	84.5%	3.5%	82.2%	0.9%	83.1%	1.9%
Onkaparinga Hills	81.5%	12.6%	77.6%	0.0%	79.8%	7.2%
Onkaparinga Reservoir	78.5%	7.6%	70.4%	10.7%	75.0%	8.9%
Hills District	82.8%	6.7%	77.3%	3.9%	80.0%	5.3%
Onkaparinga Hackham	54.9%	15.3%	87.0%	0.0%	65.0%	10.4%
Onkaparinga Morphett	81.5%	2.8%	77.9%	10.1%	80.0%	5.9%
Onkaparinga North Coast	76.8%	5.7%	76.0%	10.9%	76.4%	8.3%
Onkaparinga South Coast	71.9%	7.8%	79.0%	4.8%	75.6%	6.2%
Onkaparinga Woodcroft	72.3%	0.0%	69.6%	9.2%	70.9%	4.6%
Outer Southern District	73.6%	6.0%	77.5%	7.6%	75.4%	6.8%
Southern Region	75.2%	7.9%	74.4%	6.1%	74.8%	6.9%

*2.14 blanks omitted

Chronic Disease

Overall, in Southern Region, 26% of older residents experience no chronic diseases and 74% experience one or more chronic disease (10.1% experience three or more). For the oldest residents in the Region and for older people overall, residents of the Hills District experience the lowest level of chronic disease (one or more or three or more). For the younger age group of older persons, residents of the Urban Beaches District experience the lowest level of chronic disease (one or more or three or more).

CHRONIC DISEASE Prevalence (July 02 to Dec 06)									
% Persons 65-74, 75 & older & 65 & older									
Data: DH supplied survey data for Southern Adelaide Region with District level weights									
	65-74			75 & older			65 & older		
	% None	% One or more	% Three or more	% None	% One or more	% Three or more	% None	% One or more	% Three or more
Holdfast Bay North	39.5%	60.5%	8.0%	18.2%	81.8%	15.8%	26.2%	73.8%	12.9%
Holdfast Bay South	31.5%	68.5%	9.2%	34.9%	65.1%	6.7%	33.6%	66.4%	7.6%
Marion Central	27.9%	72.1%	7.7%	23.9%	76.1%	14.5%	25.9%	74.1%	11.2%
Marion North	40.7%	59.3%	5.6%	11.5%	88.5%	4.0%	20.9%	79.1%	4.5%
Marion South	28.2%	71.8%	11.6%	11.4%	88.6%	4.1%	23.2%	76.8%	9.4%
Mitcham West	26.4%	73.6%	8.2%	19.8%	80.2%	12.9%	22.3%	77.7%	11.1%
Urban Beaches District	31.1%	68.9%	8.3%	21.3%	78.7%	11.7%	25.5%	74.5%	10.3%
Mitcham Hills	31.6%	68.4%	9.2%	39.9%	60.1%	9.6%	35.8%	64.2%	9.4%
Mitcham North-East	37.5%	62.5%	14.4%	31.7%	68.3%	8.1%	33.9%	66.1%	10.6%
Onkaparinga Hills	34.8%	65.2%	2.0%	18.4%	81.6%	6.0%	27.9%	72.1%	3.7%
Onkaparinga Reservoir	22.7%	77.3%	7.0%	7.9%	92.1%	11.7%	16.3%	83.7%	9.0%
Hills District	31.0%	69.0%	8.6%	28.4%	71.6%	9.1%	29.7%	70.3%	8.9%
Onkaparinga Hackham	15.0%	85.0%	20.6%	22.0%	78.0%	15.1%	17.2%	82.8%	18.8%
Onkaparinga Morphett	25.8%	74.2%	10.5%	12.6%	87.4%	10.9%	20.3%	79.7%	10.6%
Onkaparinga North Coast	34.3%	65.7%	7.7%	29.9%	70.1%	15.1%	32.1%	67.9%	11.4%
Onkaparinga South Coast	19.8%	80.2%	10.1%	22.5%	77.5%	10.6%	21.2%	78.8%	10.4%
Onkaparinga Woodcroft	28.5%	71.5%	0.0%	47.5%	52.5%	5.4%	38.0%	62.0%	2.7%
Outer Southern District	24.4%	75.6%	10.2%	24.3%	75.7%	11.2%	24.3%	75.7%	10.7%
Southern Region	29.0%	71.0%	9.0%	23.4%	76.6%	11.1%	26.0%	74.0%	10.1%

Diabetes

Rates of diagnosed diabetes are similar for both age groups of older people in the Region. Overall, the rate of diabetes is greatest in residents of the Outer Southern District and in the younger age group is greatest amongst Outer Southern District residents and in the older age group amongst residents of the Urban Beaches District.

DIABETES Prevalence (July 02 to Dec 06 comb)			
% Persons 65-74yrs, 75yrs & older & 65yrs & older			
Data: DH supplied survey data for Southern Adelaide Region with District level weights			
	65-74yrs	75yrs & older	65yrs & older
Holdfast Bay North	5.0%	16.2%	12.0%
Holdfast Bay South	13.0%	5.6%	8.4%
Marion Central	8.9%	14.5%	11.8%
Marion North	5.6%	12.9%	10.6%
Marion South	12.1%	14.3%	12.8%
Mitcham West	17.3%	13.0%	14.6%
Urban Beaches District	10.2%	13.1%	11.9%
Mitcham Hills	14.5%	8.7%	11.6%
Mitcham North-East	19.1%	12.3%	15.0%
Onkaparinga Hills	4.9%	6.0%	5.4%
Onkaparinga Reservoir	10.0%	12.5%	11.1%
Hills District	12.8%	10.3%	11.6%
Onkaparinga Hackham	26.0%	38.9%	30.1%
Onkaparinga Morphett	22.1%	12.7%	18.1%
Onkaparinga North			
Coast	13.0%	12.9%	13.0%
Onkaparinga South			
Coast	15.8%	8.2%	11.8%
Onkaparinga Woodcroft	10.7%	0.0%	5.4%
Outer Southern District	18.2%	11.6%	15.1%
Southern Region	13.2%	12.2%	12.7%

Obesity

The rate of obesity in older residents of Southern Region is greatest in the Outer Southern District in both older and younger age groups. Rates of obesity in Southern Region residents in all Districts are substantially greater in the younger age group compared to the older age group suggesting the overall rate of obesity in older people may increase over time.

OBESITY Prevalence (July 02 to Dec 06)			
% Obese Persons 65-74, 75 & older & 65 & older			
Data: DH supplied survey data for Southern Adelaide Region with District level weights*			
	65-74	75 & older	65 & older
Holdfast Bay North	18.9%	8.3%	12.5%
Holdfast Bay South	7.3%	4.3%	5.5%
Marion Central	23.0%	10.6%	16.8%
Marion North	3.1%	17.9%	13.4%
Marion South	10.3%	26.3%	15.0%
Mitcham West	23.0%	10.0%	14.6%
Urban Beaches District	17.7%	10.6%	13.7%
Mitcham Hills	15.9%	14.7%	15.3%
Mitcham North-East	13.0%	10.2%	11.3%
Onkaparinga Hills	14.6%	4.6%	10.5%
Onkaparinga Reservoir	23.9%	11.4%	18.5%
Hills District	17.3%	11.4%	14.4%
Onkaparinga Hackham	32.9%	15.2%	26.5%
Onkaparinga Morphett	22.0%	19.4%	20.9%
Onkaparinga North Coast	13.5%	14.8%	14.2%
Onkaparinga South Coast	24.7%	8.3%	15.8%
Onkaparinga Woodcroft	15.7%	15.6%	15.7%
Outer Southern District	22.0%	13.9%	18.2%
Southern Region	18.9%	11.6%	15.0%

*108.6 blanks omitted

Neighbourhood Safety

Generally, few older residents of Southern Region think their neighbourhood is not a safe place. However, the rate of people with this belief is much greater amongst both groups of older people in the Outer Southern District compared to corresponding residents in the rest of the Region. This appears to be particularly true in the SLA of Onkaparinga Hackham.

NEIGHBOURHOOD SAFETY (July 02 to Dec 06)			
% who think neighbourhood is not a safe place: Persons 65-74, 75 & older & 65 & older			
Data: DH supplied survey data for Southern Adelaide Region with District level weights*			
	65- 74yrs	75yrs & older	65yrs & older
Holdfast Bay North	10.5%	4.0%	7.1%
Holdfast Bay South	4.3%	0.0%	1.9%
Marion Central	4.4%	7.8%	6.3%
Marion North	0.0%	13.6%	10.0%
Marion South	0.0%	0.0%	0.0%
Mitcham West	0.0%	3.1%	2.1%
Urban Beaches District	4.4%	5.3%	4.9%
Mitcham Hills	5.8%	1.9%	3.8%
Mitcham North-East	7.2%	0.0%	2.9%
Onkaparinga Hills	0.0%	0.0%	0.0%
Onkaparinga Reservoir	0.0%	0.0%	0.0%
Hills District	3.8%	0.8%	2.3%
Onkaparinga Hackham	27.3%	24.9%	26.6%
Onkaparinga Morphett	8.9%	17.0%	12.0%
Onkaparinga North Coast	2.6%	6.4%	3.9%
Onkaparinga South Coast	4.7%	10.9%	8.3%
Onkaparinga Woodcroft	6.4%	0.0%	2.9%
Outer Southern District	8.9%	11.4%	10.0%
Southern Region	5.8%	5.8%	5.8%

*734 blanks omitted

Life Control

Older Southern Region residents generally feel in control of decisions that affect their life. Older residents generally have this belief compared to younger residents and residents of the Outer Southern District compared to residents in other Districts. Caution should be used in interpreting these data as this dataset contains a very high proportion of blank responses (60% plus).

LIFE CONTROL (July 02 to Dec 06)						
% Have Control Over Life Decisions: Persons 65-74, 75 & older & 65 & older						
Data: DH supplied survey data for Southern Adelaide Region with District level weights*						
	65-74yrs		75yrs & older		65yrs & older	
	Agree	Disagree	Agree	Disagree	Agree	Disagree
Holdfast Bay North	94.0%	6.0%	93.9%	4.2%	94.0%	5.1%
Holdfast Bay South	91.2%	4.3%	100.0%	0.0%	96.0%	1.9%
Marion Central	87.6%	10.0%	91.5%	8.5%	89.8%	9.2%
Marion North	100.0%	0.0%	100.0%	0.0%	100.0%	0.0%
Marion South	82.5%	7.5%	90.9%	9.1%	85.7%	8.1%
Mitcham West	84.0%	16.0%	87.4%	2.6%	86.3%	6.8%
Urban Beaches District	89.2%	8.5%	92.9%	4.3%	91.4%	6.0%
Mitcham Hills	78.1%	17.4%	88.0%	12.0%	83.2%	14.6%
Mitcham North-East	94.3%	5.7%	100.0%	0.0%	97.7%	2.3%
Onkaparinga Hills	89.3%	10.7%	100.0%	0.0%	94.6%	5.4%
Onkaparinga Reservoir	100.0%	0.0%	100.0%	0.0%	100.0%	0.0%
Hills District	88.8%	9.4%	94.9%	5.1%	91.9%	7.2%
Onkaparinga Hackham	89.1%	10.9%	100.0%	0.0%	92.1%	7.9%
Onkaparinga Morphett	87.7%	7.4%	96.7%	0.0%	91.1%	4.6%
Onkaparinga North Coast	91.9%	4.0%	92.3%	0.0%	92.1%	2.6%
Onkaparinga South Coast	97.5%	2.5%	100.0%	0.0%	99.0%	1.0%
Onkaparinga Woodcroft	100.0%	0.0%	90.9%	0.0%	95.0%	0.0%
Outer Southern District	92.1%	5.4%	96.8%	0.0%	94.2%	3.0%
Southern Region	90.1%	7.6%	94.2%	3.4%	92.3%	5.4%

Note neutral responses were allowed
*734 blanks omitted

The following analysis is based on survey results from about 1550 responses over 4 years which resulted in a total of 949 population weighted counts.

High Blood Pressure

Overall rates of current high blood pressure in older people in 2006 were similar to previous years.

CURRENT HIGH BLOOD PRESSURE (July 03 to Dec 06)					
(High BP or Receiving Treatment)					
% Persons 65 & older					
	2003	2004	2005	2006	2003-06
Urban Beaches District	40.6%	59.9%	47.4%	49.1%	50.5%
Hills District	62.7%	55.0%	50.9%	38.6%	49.7%
Outer Southern District	45.1%	55.6%	49.5%	53.8%	52.1%
Southern Region	45.4%	57.7%	48.7%	48.3%	50.8%

Rates of high blood pressure amongst people 75 years and older in 2006 and in recent years overall were higher than for people 65 to 74 years.

CURRENT HIGH BLOOD PRESSURE (July 03 to Dec 06)		
% Persons Aged 65yrs & older (High BP or Receiving Treatment)		
Southern Region	2006	2003-06
Aged 65-74yrs	45.2%	48.4%
Aged 75yrs & older	50.9%	52.9%

Rates of high blood pressure across the Region in recent years were in a range of about 40 to 55% with generally higher rates in the more disadvantaged SLAs but with an inconsistent trend.

CURRENT HIGH BLOOD PRESSURE (July 03 to Dec 06)	
(High BP or Receiving Treatment)	
% Aged 65yrs & older	
2003-06	
Holdfast Bay North	46.1%
Holdfast Bay South	51.7%
Marion Central	51.1%
Marion North	55.6%
Marion South	39.1%
Mitcham West	54.7%
Urban Beaches District	50.5%
Mitcham Hills	53.8%
Mitcham North East	41.3%
Onkaparinga Hills	52.0%
Onkaparinga Reservoir	52.9%
Hills District	49.7%
Onkaparinga Hack	50.9%
Onkaparinga Morphett	56.3%
Onkaparinga N Coast	48.0%
Onkaparinga S Coast	55.1%
Onkaparinga Woodcroft	41.5%
Outer Southern District	52.1%
Southern Region	50.8%

High Cholesterol

About a third of all Southern Region older residents have high cholesterol, although this figure may be falling in recent years. Rates of high cholesterol are higher in the Hills District than the Region overall although this has not been a consistent finding over the last four years.

CURRENT HIGH CHOLESTEROL (July 03 to Dec 06)					
% Persons Aged 65yrs & older (High Cholesterol or on medication)					
	2003	2004	2005	2006	2003-2006
Urban Beaches District	30.6%	39.1%	35.6%	27.7%	33.6%
Hills District	38.8%	38.5%	31.0%	40.2%	36.8%
Outer Southern District	27.2%	36.4%	37.3%	30.5%	33.9%
Southern Region	31.2%	38.2%	35.1%	31.0%	34.3%

In the Region overall, a greater proportion of the younger age group of old people have high cholesterol compared to residents in the older age group

CURRENT HIGH CHOLESTEROL (July 03 to Dec 06)		
% Persons Aged 65yrs & older (High Cholesterol or on medication)		
Southern Region	2006	2003-2006
Aged 65-74yrs	33.4%	36.7%
Aged 75yrs & older	28.9%	32.2%

Estimated rates of high cholesterol vary across SLAs within the Region between 27.8% (Onk North Coast) and 44.6% (Onk Woodcroft) however rates between Districts overall are similar.

CURRENT HIGH CHOLESTEROL (July 03 to Dec 06)	
(High Cholesterol or on medication)	
% Persons Aged 65yrs & older	
	2003-2006
Holdfast Bay North	35.2%
Holdfast Bay South	29.5%
Marion Central	36.9%
Marion North	30.9%
Marion South	36.5%
Mitcham West	30.0%
Urban Beaches District	33.6%
Mitcham Hills	37.3%
Mitcham North-East	30.9%
Onkaparinga Hills	40.7%
Onkaparinga Reservoir	41.9%
Hills District	36.8%
Onkaparinga Hackham	35.4%
Onkaparinga Morphett	30.7%
Onkaparinga North Coast	27.8%
Onkaparinga South Coast	36.3%
Onkaparinga Woodcroft	44.6%
Outer Southern District	33.9%
Southern Region	34.3%

The following analysis is based on survey results from about 1900 responses over 5 years which resulted in a total of 1187 population weighted counts.

Current Asthma

An estimated 11.6% of older residents of Southern Region overall currently have asthma. Rates have remained stable over four of the last five years.

% Persons CURRENT ASTHMA (July 02 to Dec 06)						
(ACAM definition)						
Persons 65 & older						
	2002	2003	2004	2005	2006	2002-2006
Urban Beaches District	10.7%	12.8%	8.4%	8.4%	12.8%	10.5%
Hills District	16.0%	13.4%	16.0%	10.1%	10.5%	12.8%
Outer Southern District	17.5%	6.1%	15.2%	17.1%	10.9%	12.9%
Southern Region	13.6%	11.1%	11.8%	11.1%	11.8%	11.6%

Asthma is generally more prevalent amongst the younger age group of older residents in the Region compared to the older group

% Persons CURRENT ASTHMA (July 02 to Dec 06)		
(ACAM definition)		
Southern Region	2006	2002-2006
Aged 65-74yrs	14.4%	12.9%
Aged 75yrs & older	9.6%	10.5%

Overall, rates of asthma are lowest in the Urban Beaches District with the lowest rates about 4% in the SLAs of Marion North and Onkaparinga Woodcroft and highest rates of 14% or more in Holdfast Bay North (14.6%), Onkaparinga Reservoir (15.7%), Onkaparinga Hackham (17.0%) and Onkaparinga South Coast (14.7%).

% Persons CURRENT ASTHMA (July 02 to Dec 06)	
(ACAM definition)	
Aged 65yrs & older	
	2002-2006
Holdfast Bay North	14.6%
Holdfast Bay South	10.4%
Marion Central	11.2%
Marion North	4.2%
Marion South	10.1%
Mitcham West	9.2%
Urban Beaches District	10.5%
Mitcham Hills	12.0%
Mitcham North-East	12.4%
Onkaparinga Hills	10.7%
Onkaparinga Reservoir	15.7%
Hills District	12.8%
Onkaparinga Hackham	17.0%
Onkaparinga Morphett	13.0%
Onkaparinga North Coast	13.3%
Onkaparinga South Coast	14.7%
Onkaparinga Woodcroft	3.8%
Outer Southern District	12.9%
Southern Region	11.6%

Current Smoker

A significantly greater proportion of older people in the Outer Southern District smoke compared to the Region overall and this has been generally true over the last 5 years.

% Persons CURRENT SMOKER (July 02 to Dec 06)						
Persons 65 & older						
	2002	2003	2004	2005	2006	2002-2006
Urban Beaches District	9.6%	6.3%	8.3%	6.6%	2.4%	6.2%
Hills District	13.7%	2.0%	3.0%	9.6%	4.7%	5.7%
Outer Southern District	5.6%	12.2%	6.7%	12.9%	5.6%	8.9%
Southern Region	9.4%	7.0%	6.8%	8.9%	3.7%	6.9%

Older residents in the younger age group are more likely to smoke than those in the older age group.

% Persons CURRENT SMOKER (July 02 to Dec 06)		
Southern Region	2006	2002-2006
Aged 65-74yrs	4.7%	9.3%
Aged 75yrs & older	2.9%	4.7%

Across the Region, smoking rates in older people vary considerably with the lowest rates (less than 4%) in the SLAs of Mitcham North East and Onkaparinga Hills and the highest rates (more than 10%) in the SLAs of Onkaparinga Hackham, Onkaparinga Morphett and Onkaparinga Woodcroft.

CURRENT SMOKER (July 02 to Dec 06)	
% Persons Aged 65yrs & older	
	2002-2006
Holdfast Bay North	4.2%
Holdfast Bay South	7.6%
Marion Central	8.0%
Marion North	4.5%
Marion South	4.7%
Mitcham West	6.1%
Urban Beaches District	6.2%
Mitcham Hills	7.8%
Mitcham North-East	3.5%
Onkaparinga Hills	3.0%
Onkaparinga Reservoir	6.7%
Hills District	5.7%
Onkaparinga Hackham	20.0%
Onkaparinga Morphett	10.0%
Onkaparinga North Coast	6.6%
Onkaparinga South Coast	4.9%
Onkaparinga Woodcroft	10.2%
Outer Southern District	8.9%
Southern Region	6.9%