# Regional health: trends in inequalities in health and wellbeing by remoteness, for Western Australia

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#### 1. Introduction

Urban and rural differences in service distribution, access, and health outcomes are challenges in many countries, with outcome indicators generally worse in rural and remote regions.<sup>1,2</sup> In Australia, such differences or inequalities between 'the city and the bush' have been evident for many decades.<sup>34</sup>,<sup>5</sup>,<sup>2</sup>. As health services have been centralised in regional and metropolitan centres, the need to fund and deliver specific rural services to combat locational disadvantage has increased, resulting in a number of inventive rural outreach and mobile services, multipurpose centres with pooled funding, transport arrangements, training and incentives for rural health practitioners, and e-health services such as telemedicine.<sup>1</sup> However, despite the introduction of these initiatives, the health needs of many Australian communities are still not fully met, and substantial differences in health outcomes for rural and remote populations remain.<sup>6,5</sup>

The paper was prepared from data supplied by State, Territory and Commonwealth Government agencies and published by PHIDU over a number of years in the Social Health Atlases. It will be updated from time to time, as new data become available.

#### 2. Purpose

This paper examines some of these inequalities in health and wellbeing, by identifying trends over time in a number of indicators over the life course for Western Australia, by remoteness. The Remoteness Structure of the Australian Statistical Geography Standard (ASGS) identifies five Remoteness Area categories for Australia, ranging from Major Cities to Very Remote areas (see Section 3 for details of this remoteness classification). As at June 2015, 70.9% of the Australian population resided in Major Cities. By comparison, just 2.2% lived in Remote or Very Remote Australia. Geographically distant areas of Australia are disproportionately populated by Indigenous Australians, with 2015 estimates showing that almost half (44.8%) of all people in Very Remote areas and 17% in Remote areas were Indigenous compared with just 3% Indigenous representation in the total population. The higher proportion of Indigenous Australians in remote area populations contributes substantially to, but does not completely account for, the generally poorer health of people living in remote areas.

At June 2015, the estimated resident population of Western Australia was 2.6 million people, just over one tenth (10.9%) of Australia's population. The population of Greater Perth was 2.0 million people, which represented over three quarters (78.7%) of the total Western Australian population, making it the most highly urbanised state.

People in rural and remote (also referred to as Regional) Western Australia have worse health outcomes than those living in cities, across a range of indicators. They are more likely to die prematurely, report greater difficulties accessing health care, have higher potentially avoidable hospitalisations, and have a higher burden of chronic disease than other residents. These health inequalities are largely preventable, as they are primarily the result of geographic isolation, greater socioeconomic disadvantage, lack of health care providers, lower levels of access to health services, fewer long-term employment opportunities, and greater exposure to injury risks.<sup>6</sup>

#### 3. Methods

#### 3.1 Remoteness

The Australian Bureau of Statistics' (ABS) Australian Statistical Geography Standard-Remoteness Area (ASGS-RA) is a framework for statistical geography, which defines locations in terms of remoteness.<sup>8, 7</sup> Geographic remoteness is essentially a measure of a physical location's level of access to goods and services.<sup>9</sup> Large population centres tend to have a greater range of goods and services available than small centres. Typically, a population centre is not likely to provide a full range of goods and services until its population reaches around 250,000 people.<sup>8,9</sup>

The measures of remoteness used by the ABS are based on population estimates obtained from the Census of Population and Housing, conducted every five years. Remoteness measures are calculated using Accessibility/Remoteness Index of Australia (ARIA+) scores, which are based on the distance of geographic locations from the nearest population centre in various size ranges.<sup>8</sup> The lower the ARIA+ score for a location, the better its level of access to goods and services.<sup>9</sup>

# Box 1: Classification of Remoteness Areas in Australia<sup>7</sup>

The ABS Australian Statistical Geography Standard (ASGS) Remoteness Structure allocates areas to one of six Remoteness Areas depending on their distance from urban centres, where the population size of the urban centre is considered to govern the range and types of services available. Remoteness Areas used in this report cover the following five categories: Major Cities of Australia, Inner Regional Australia, Outer Regional Australia, Remote Australia and Very Remote Australia; the sixth Remoteness Area covers populations in areas recorded as off-shore, migratory and shipping and is not of relevance to the data in this report.

The category Major Cities includes Australia's capital cities, with the exceptions of Hobart and Darwin, which are classified as Inner Regional and Outer Regional, respectively.

In this report, older data which precede the use of the ASGS have been re-compiled to match the current (2011) Remoteness Areas published by the ABS.

Readers should note that the presentation of data by Remoteness Area is dependent on the recording of addresses in the various administrative data collections from which data in this report are drawn.

#### **Indicators**

Describing geographic variations in indicators of outcomes, and of inequalities in those outcomes, provides information which can be used to develop approaches and to support progress towards reducing such differences. The indicators selected for analysis in this paper are:

- women smoking during pregnancy;
- low birth weight babies;
- children aged less than 15 years living in jobless families;
- premature mortality; and
- bowel cancer screening participation.

They represent indicators for infant, child and adult health, avoidable health outcomes (premature mortality) and cancer screening. They are also indicators for which data are available that allow a comparison over time. A range of other indicators with similar characteristics are available online in the section, *Remoteness in Australia*, at <a href="http://www.phidu.torrens.edu.au/social-health-atlases/graphs/remoteness-in-australia">http://www.phidu.torrens.edu.au/social-health-atlases/graphs/remoteness-in-australia</a>.

Data are aggregated over a number of years for the majority of indicators to address the relatively small number of events for, e.g. low birth weight babies.

In this report, data are presented as percentages or age-standardised rates. Rate ratios show the ratio of the rate (i.e., the percentage or the standardised rate) in one area to that in another: in this report, it is the ratio of the Very Remote areas figure to the Major Cities figure which is used. More detailed data definitions, data sources and relevant notes are contained in Section 7.

The data are presented in charts; tables supporting the charts of smoking in pregnancy (Table 1) and low birthweight babies (Table 2) are in Section 9, rather than being interspersed throughout the document, as they are best presented in landscape mode.

# Statistical significance

Statistical significance between rates over time was determined using two-tailed two-proportion z-tests. Statistical significance for rate ratios over time was determined by examining for overlapping confidence intervals of the rate ratios at the 95% and 99% confidence levels.

There may be large differences in rate ratios over time that are not statistically significant. In some cases this occurs because the small numbers of people in the Remote and Very Remote areas reduces the power of the statistical test.

#### Discussion of variations

In discussing the extent to which percentages or rates vary across the remoteness categories, the following terms are used:

- 'Notable', referring to a rate ratio from 1.10 to <1.20 (a difference of from 10% to <20%), or from 0.90 to <0.80 (a difference of from -10% to <-20%);
- 'Marked', referring to a rate ratio from 1.20 to <1.50 (a difference of from 20% to <50%), or from 0.80 to <0.50 (a difference of from -20% to <-50%);
- 'Substantial', referring to a rate ratio of 1.50 or above (a difference of 50% or more), or of 0.50 and below (a difference of greater than 50%).

#### Referencing

Data and commentary are referenced to the author(s) using Endnote; cross-references to previously referenced articles are also provided. Unreferenced statements are based on data published by PHIDU.

# 4. Findings

# 4.1 Women smoking during pregnancy

Maternal smoking during pregnancy is a major risk factor that can adversely affect infant health, increasing the likelihood of low birth weight, pre-term birth, fetal and neonatal death, and Sudden Infant Death Syndrome (SIDS).<sup>10</sup>

In 2004–06, in Western Australia, 17.2% of women smoked during pregnancy, varying from 14.3% in Perth, to 25.2% in Regional Western Australia. By 2012–14 the rate of smoking among pregnant women in Western Australia had almost halved, to 8.9%, with a similar decline in Perth to 7.8%; in Regional Western Australia the rate was also around half the earlier level, at 13.3%.

Rates among Aboriginal and Torres Strait Islander women reporting that they smoked during pregnancy in 2004–06, at 49.1% were, however, over three times those of non-Indigenous women (whose rate was 15.1%, a rate ratio of 3.3). By 2012–14 this rate had declined marginally, to 48.2%, and the gap compared with non-Indigenous women had increased to over seven times (a rate ratio of 7.2).

Compared to the period 2004–06, the change in the proportion of women in Western Australia who smoked during pregnancy in 2012–14 is also evident across the Remoteness Areas, with a reduction of 62% in the Very Remote areas between 2008–10 and 2012–14 (Figure 1 and Table 1). Of note is the increase in the Outer Regional areas between 2008–10 and 2012–14; other than in this instance, smoking rates have decreased between each period. All of these changes were statistically significant.

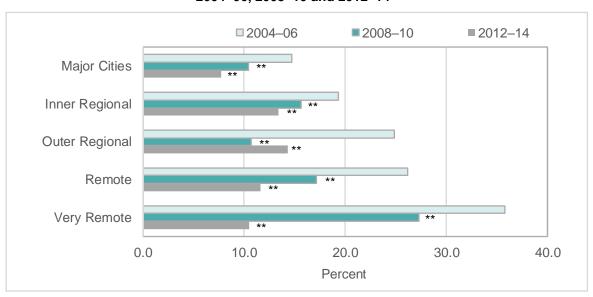


Figure 1: Women smoking during pregnancy in Western Australia, by remoteness, 2004–06, 2008–10 and 2012–14

Source: Compiled by PHIDU based on data from the Western Australian Department of Health and Ageing

The ratio between the proportion of women in Western Australia smoking during pregnancy in the Very Remote areas when compared with the Major Cities areas was relatively stable over the first two periods, at over 50% higher in the Very Remote areas (Table 1); it then changed substantially to be 24% lower in the Very Remote areas in 2012–14 (Table 1). In each of the three periods the ratio between the smoking rates in the Very Remote areas when compared with the Major Cities areas were statistically significant.

The reduction of the smoking rate among pregnant women in all Remoteness Areas, and the narrowing of the gap between Very Remote and other areas would suggest that public health campaigns and other preventive interventions to improve maternal health area are having an ongoing

<sup>\*\*</sup>Change to 2008–10 and to 2012–14 (both c.f. 2004–06) is statistically significant at the 99% confidence level

impact. However, the stubbornly high rates among Aboriginal and Torres Strait Islander women remains a major concern.

#### 4.2 Low birth weight babies

Low birth weight is recognised to be associated with immediate and longer term consequences of ill-health. Immediate consequences include increased risk of hospitalisation and neonatal death. Over the longer term, low birthweight is considered a marker for chronic disease in adulthood, such as high blood pressure, coronary heart disease and type 2 diabetes.<sup>11</sup>

In Australia, over the period 2001–03, approximately 13% of babies born to Aboriginal and Torres Strait Islander women were of low birthweight, compared to 6% of babies born to non-Indigenous women. PHIDU does not yet have these data for Australia for 2012–14; however, over those years in Western Australia, the proportion for Aboriginal and Torres Strait Islander women was 14.9%, while that for non-Indigenous women was 6.0%.

Compared to the period 2004–06, the proportion of babies who had a low birth weight in 2012–14 fell in the Very Remote areas by over one half (53.1%), with declines of 20.5% in the Remote and 4.8% in the Outer Regional areas; there were small increases in proportions in the Inner Regional (4.8%) and Major Cities (2.3%) areas (Figure 2 and Table 2). All of these changes were of statistical significance (Figure 2 and Table 2).

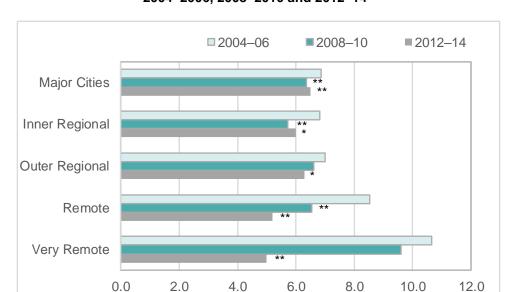


Figure 2: Low birth weight babies in Western Australia, by remoteness, 2004–2006, 2008–2010 and 2012–14

Source: Compiled by PHIDU based on data from the Western Australian Department of Health and Ageing

Percent

The ratio between the proportion of low birth weight babies in Very Remote and Major Cities areas in Western Australia was stable over the two earlier periods, with rates around 50% higher in the Very Remote area (rate ratios of 1.55 in 2004–06 and 1.51 in 2008–10, both of which were of statistical significance) (Table 2). However, in the latest period, the substantial decline in the rate of low birth weight babies in the Very Remote areas has seen the rate ratio drop to 0.76, indicating a 24% lower rate in these areas than in Major Cities; again, this rate ratio was statistically significant.

<sup>\*</sup>Change to 2008–10 and to 2012–14 (both c.f. 2004–06) is statistically significant at the 95% confidence level

<sup>\*\*</sup>Change to 2008–10 and to 2012–14 (both c.f. 2004–06) is statistically significant at the 99% confidence level

These data suggest that public health campaigns and other preventive interventions to improve this aspect of maternal health are working relatively well in areas outside of the Major Cities, although the higher overall proportions for babies of Aboriginal and Torres Strait Islander women are of concern.

#### 4.3 Children living in jobless families

Families where no parent is employed ('jobless families') not only experience substantial economic disadvantage but may also have reduced social opportunities that affect their wellbeing and health.

Children who live without an employed parent may be at higher risk of experiencing financial hardship and other disadvantage in the short to medium term. They may not have a role model of employment to follow, and the joblessness of the parent(s) can mean that such children are more likely to have outcomes such as welfare dependency in the longer term. In some families, the reason the parent is without a job may be to care for children or to undertake study to try to improve the future economic prospects of the household. However, most of the children living without an employed parent live in lone-parent households with limited resources.

Opportunities for secure employment in areas outside of the Major cities are generally fewer as people living in rural areas do not have the range of employment and career options that are available in the larger urban centres and cities, levels of job security and future employment prospects are lower, and there are often poorer employment conditions than in urban areas. <sup>14</sup> The need for agricultural workers has also decreased as farms have become larger and more mechanised. <sup>14</sup> Poverty in rural and regional Australia is characterised by generally lower incomes of those living in these regions; reduced access to services such as health, education and transport; declining employment opportunities; and distance and isolation. <sup>19</sup> For the significant proportion of Aboriginal and Torres Strait Islander people who live outside the Major Cities and for those living on income support, this is often exacerbated by cultural and language issues and the intergenerational impacts of colonisation, such as trauma, racism, discrimination and dislocation from country and culture. <sup>15</sup>, <sup>16</sup>, <sup>1719-21</sup>

Compared to the period 2006, the proportion of Western Australia children aged less than 15 years living in families where no adult was employed in 2011 fell in the Major Cities and Inner Regional remoteness categories (with both reductions being of statistical significance), and increased in the other areas; the largest change was in the Very Remote areas, up from 16.3 % to 22.9%, a statistically significant increase of 40.3% (Table 3 and Figure 3).

Table 3: Children aged less than 15 years living in jobless families in Western Australia, by remoteness, 2006 and 2011

Remoteness		Time	period		Statistical
category	2	006	2011	<ul><li>significance</li><li>of change</li></ul>	
	number	per cent	number	per cent	_ or onlinge
Major Cities	33,178	12.3	33,727	11.0	**
Inner Regional	4,478	12.6	4,851	12.1	*
Outer Regional	4,680	13.9	4,910	14.1	
Remote	2,232	12.8	2,445	13.8	**
Very Remote	1,536	16.3	2,341	22.9	**
Rate Ratio#	••	1.33	**	2.08	
Statistical significance		**		**	

<sup>\*</sup>Change from previous period is statistically significant at the 95% confidence level

<sup>\*\*</sup>Change from previous period/ difference between Very Remote and Major Cities areas is statistically significant at the 99% confidence level

<sup>#</sup>The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas Source: 2006 and 2011 data compiled by PHIDU based on data from the ABS Census, 2006 and 2011

As a result of the decrease in the Major Cities areas and the marked increase in the Very Remote areas, the gap between the proportion of these children in the Very Remote and the Major Cities areas increased from just 33% to more than twice the level. This change indicates a widening of the gap, and worsening inequality (Table 3); both rate ratios were statistically significant.

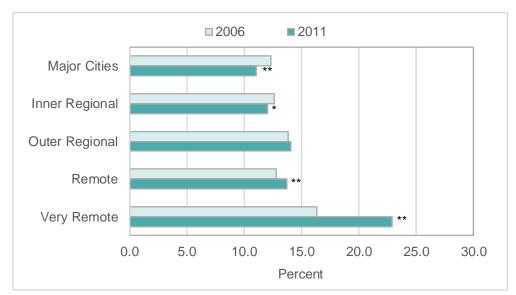


Figure 3: Children living in jobless families in Western Australia, by remoteness, 2006 and 2011

Source: 2006 and 2011 data compiled by PHIDU based on data from the ABS Census, 2006 and 2011

# 4.4 Premature mortality

Deaths before 75 years of age are described as 'premature'. The upper age limit reflects current life expectancy of around 80 years in developed countries such as Australia. Malignant neoplasms (cancer), diseases of the circulatory system and the combined external causes of accidents, poisonings and violence are the main causes of premature death for Australians. Persons most likely to die prematurely include Aboriginal and Torres Strait Islander people, those earning low incomes, those who are unemployed, and residents of rural and remote areas. <sup>19</sup>

Premature mortality has economic and social costs. These include a decline in the size of the labour force, leading to lost productivity and economic output, as well as the loss of skills and experience.<sup>20</sup> Social implications involve the emotional trauma experienced by family and friends due to the death of their family member, as well as the loss of social support and potential financial insecurity.

In Western Australia, the overall premature mortality rate fell by 17.5%, from an age-standardised rate of 279.6 deaths per 100,000 population in 1997–2001, to 30.8 deaths per 100,000 population in 2010–2014; this is a notable fall over a 13-year period.

In addition, the premature mortality rate in 2010–2014 was lower across all remoteness categories than in the period 1997–2001; the reductions were largest in the Very Remote (down by 31.0%) and Major Cities (down by 20.2%) areas (Table 4 and Figure 4). All but the reduction in the Remote areas was of statistical significance.

As a result of these differential reductions, the ratio of the premature mortality rate in the Very Remote compared to the Major Cities areas decreased, from over twice as high in 1997–2001 to 85% higher in 2010–2014 (rate ratios of 2.14 and 1.85, respectively), indicating a narrowing of the inequality gap, which nevertheless remains substantial; both of these differentials in rates were statistically significant (Table 4).

<sup>\*</sup>Change (either increase or decrease) from previous period is statistically significant at the 95% confidence level

<sup>\*\*</sup>Change (either increase or decrease) from previous period is statistically significant at the 99% confidence level

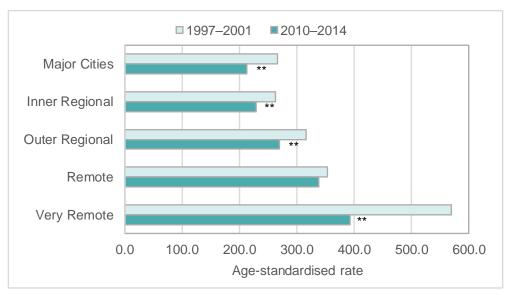
Table 4: Premature mortality in Western Australia, by remoteness, 1997-2001 and 2010-14

Remoteness		Statistical			
category	1997	-2001	2010-	<ul><li>significance</li><li>of change</li></ul>	
	number	rate	number	rate	
Major Cities	16,962	266.5	17,514	212.6	**
Inner Regional	1,938	262.9	2,488	229.0	**
Outer Regional	2,367	316.0	2,418	270.1	**
Remote	1,139	353.4	1,352	339.1	
Very Remote	859	569.8	854	393.4	**
Rate Ratio#		2.14		1.85	
Statistical significance		**		**	**

<sup>\*\*</sup>Change from previous period/ difference between Very Remote and Major Cities areas is statistically significant at the 99% confidence level

Figure 4: Premature mortality in Western Australia, by remoteness, 1997-2001 and 2010-14

National Coronial Information System; and the ABS Estimated Resident Population, 30 June 2010 to 30 June 2014



<sup>\*\*</sup>Change from previous period is statistically significant at the 99% confidence level

Source: 1997 to 2001 data compiled by PHIDU from deaths data supplied by the ABS on behalf of the State and Territory Registrars of Births, Deaths and Marriages for 1997 to 2001; and the ABS Estimated Resident Population, 30 June 1997 to 2001; 2010 to 2014 data compiled by PHIDU from deaths data based on the 2010 to 2014 Cause of Death Unit Record Files supplied by the Australian Coordinating Registry, on behalf of the Registries of Births, Deaths and Marriages and the National Coronial Information System; and the ABS Estimated Resident Population, 30 June 2010 to 30 June 2014

#### 4.5 Participation in the National Bowel Cancer Screening Program

Colorectal cancer (CRC), also known as bowel cancer, is one of the commonest forms of cancer in Australia, with around 80 Australians dying each week from the disease. Bowel cancer can be treated successfully if detected in its early stages, but currently fewer than 40 per cent of bowel cancers are detected early. Screening has been shown in randomised trials to reduce the incidence of and mortality from CRC.<sup>21</sup>,<sup>22</sup>

<sup>#</sup>The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas Source: 1997 to 2001 data compiled by PHIDU from deaths data supplied by the ABS on behalf of the State and Territory Registrars of Births, Deaths and Marriages for 1997 to 2001; and the ABS Estimated Resident Population, 30 June 1997 to 2001; 2010 to 2014 data compiled by PHIDU from deaths data based on the 2010 to 2014 Cause of Death Unit Record Files supplied by the Australian Coordinating Registry, on behalf of the Registries of Births, Deaths and Marriages and the

The National Bowel Cancer Screening Program (NBCSP) has operated since 2006, and aims to reduce the morbidity and mortality from bowel cancer by actively recruiting and screening the target population for early detection or prevention of the disease.<sup>23</sup> The NBCSP uses a one-time immunochemical faecal occult blood test (FOBT) for people aged 50, 55 and 65 years. The second phase of the National Bowel Cancer Screening Program (NBCSP) commenced on 1 July 2008 and offered testing to people turning 50 years of age between January 2008 and December 2010, and those turning 55 or 65 between July 2008 and December 2010. Ongoing funding has meant the program has continued to operate, expanding to include those turning 60 years of age from 2013 and those turning 70 years of age from 2015. In 2017–18, the program will introduce biennial screening, which, once fully implemented, will be offered to all Australians aged between 50 and 74 years, as per the recommendations by the National Health and Medical Research Council for two-yearly screening.<sup>23</sup> The NBCSP has been phased in gradually to help ensure that health services, such as colonoscopy and treatment options, are able to meet any increased demand.<sup>24</sup>

In addition to the NBCSP, a variety of FOBT kits are available in Australia to screen for bowel cancer either available over the counter from pharmacies, through medical practitioners, or through other programs such as BowelScreen Australia, an education and screening initiative run by The Pharmacy Guild of Australia, and BowelCare, a community service project of various Rotary clubs and districts. The data contained within this report only represent participation within the NBCSP implemented by the Australian Government in partnership with the state and territory governments, not the programs operating within the community and described above. Aboriginal and Torres Strait Islander participants, participants who live in regional and remote locations, and participants who live in areas of lower socioeconomic status, continue to have higher rates of positive screening results, yet lower rates of follow-up colonoscopies than other participants.<sup>24</sup>

In 2010, 40.5% of Perth residents invited to participate in the NBCSP did so, with a lower proportion (38.7%) in Regional Western Australia. Participation in 2012/13 was lower, at 35.1% and 34.5%, respectively. The lower rate of participation may be a consequence of the pause in the program between January and June 2011 leading to uncertainty over program continuation and reduced participant confidence.<sup>25</sup> The NBCSP recommenced gradually from 1 July 2011 following the Australian Government's decision in the 2011–12 Budget to make the program ongoing.<sup>25</sup>

Participation in 2012/13 was also lower in all remoteness categories, with all of the reductions being between 8% and 15%, and being of statistical significance (Table 5).

Table 5: NBCSP participation in Western Australia, by remoteness, 2010 and 2012/13

Remoteness		Statistical			
category	2	010	20012	<ul><li>significance</li><li>of change</li></ul>	
	number	per cent	number	per cent	_ Or orlange
Major Cities	31,797	40.5	28,351	35.0	**
Inner Regional	5,601	42.4	3,996	39.0	**
Outer Regional	3,856	40.6	3,064	35.1	**
Remote	1,480	32.1	1,088	27.3	**
Very Remote	463	23.9	305	20.9	*
Rate Ratio#	••	0.59		0.60	**
Statistical signific	cance	**		**	

<sup>\*</sup>Difference between Very Remote and Major Cities areas is statistically significant at the 95% confidence level

<sup>\*\*</sup>Difference between Very Remote and Major Cities areas / change from previous period is statistically significant at the 99% confidence level

<sup>#</sup>The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas Source: Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2010 and 2012/13

Participation in the Very Remote areas was 40% lower than in the Major Cities areas in both periods, and in both instances the difference statistically significant (Table 5). The large gap in participation between people living in the Very Remote and the other Remoteness Areas presents a challenge to the delivery of this program, a challenge faced by many preventive health and service delivery programs in Australia.

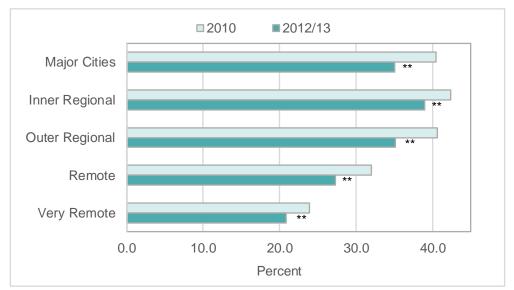


Figure 5: NBCSP participation in Western Australia, by remoteness, 2010 and 2012/13

Source: Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2010 and 2012/13

There is no discernible pattern in the proportion by remoteness of participants with a positive FOBT in 2012/13, other than the higher rates being found for those responding who lived in the Outer Regional and Remote areas (Figure 6). PHIDU does not have these data for 2010.

Table 6: Inequalities in FOBT results under the NBCSP in Western Australia, by remoteness, 2010 and 2012/13

Remoteness		Statistical			
category	2	010	20012	<ul><li>significance</li><li>of change</li></ul>	
	number	per cent	number	per cent	
Major Cities	n.a.		1,895	6.7	
Inner Regional	n.a.		256	6.4	
Outer Regional	n.a.		233	7.6	
Remote	n.a.		81	7.5	
Very Remote	n.a.		20	6.5	
Rate Ratio#		**	**	0.97	
Statistical signific	cance				

<sup>#</sup>The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas Source: Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2010 and 2012/13

<sup>\*\*</sup>Change from previous period is statistically significant at the 99% confidence level

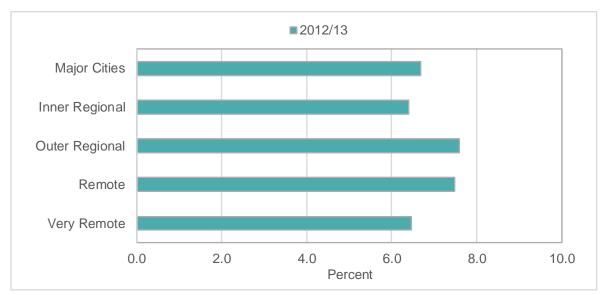


Figure 6: FOBT results under the NBCSP in Western Australia, by remoteness, 2012/13

Source: Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2012/13

#### 5. Conclusion

For a number of health-related outcomes there is a gradient evident across remoteness categories, with populations living in the most remote areas of Western Australia having the poorest health and wellbeing compared to those living in Major Cities. While there have been some improvements in absolute differences over time, there has also ben improvement in relative inequality for some indicators, as evidenced by the gap between those who are the best off and those who are the worst off.

It has been argued that relative measures are better for assessing progress in reducing inequalities because, in the context of overall health improvement, narrowing relative measures necessarily imply narrowing absolute measures when health is improving relatively faster among the people who are worse off.<sup>2630</sup> The need to continue to improve health and wellbeing outcomes for those Australians who live in the nation's most remote areas remains an imperative if such inequalities are to be reduced.

# 6. Data notes, sources and definitions

#### Symbols used

n.a. not available

.. not applicable.

# Smoking in pregnancy

The data comprise the women who reported that they smoked during a pregnancy, expressed as a proportion of the number of pregnancies. Note that the data may include women who were pregnant more than once during each time period (3 years).

Data compiled by PHIDU based on data from the Western Australian Department of Health.

#### Low birth weight babies

The data comprise the babies (live born) weighing less than 2500 grams at birth (data over 3 years), expressed as a proportion of the number of all live births.

Data compiled by PHIDU based on data from the Western Australian Department of Health.

#### Children aged less than 15 years living in jobless families

The data presented are the number of children aged less than 15 years living in families in which no parent is employed, expressed as a proportion of all children aged less than 15 years of age.

Data compiled by PHIDU based on the ABS Census 2006 and 2011 (unpublished) data.

# Premature mortality

The data presented are the average annual indirectly age-standardised rates per 100,000 population (aged 0 to 74 years), based on the Australian standard.

1997 to 2001 data compiled by PHIDU from deaths data supplied by the ABS on behalf of the State and Territory Registrars of Births, Deaths and Marriages for 1997 to 2001; and the ABS Estimated Resident Population, 30 June 1997 to 2001.

2010 to 2014 data compiled by PHIDU from deaths data based on the 2010 to 2014 Cause of Death Unit Record Files supplied by the Australian Coordinating Registry, on behalf of the Registries of Births, Deaths and Marriages and the National Coronial Information System; and the ABS Estimated Resident Population, 30 June 2010 to 30 June 2014.

# Participation in the NBCSP

The term participation is used to refer to participation in the screening test. Hence, the participation rate is the proportion of the eligible population invited who returned a completed Faecal Occult Blood Test (FOBT) kit for analysis.<sup>29</sup>

Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2010 and 2012/13.

#### **FOBT** results

The outcome indicator presented is referred to as a 'positive test result'; a positive FOBT result indicates that blood has been found in the sample provided.

Data compiled by PHIDU based on data provided by the Department of Health from the National Bowel Cancer Screening Program, 2010 and 2012/13.

# 7. Data quality statements (as available at 14 July 2016)

Smoking in pregnancy and low birth weight babies

http://meteor.aihw.gov.au/content/index.phtml/itemId/624809

Mortality data

 $\frac{http://www.abs.gov.au/ausstats/abs@.nsf/Previous products/3303.0 Quality \% 20 Declaration 0201}{3?opendocument \& tabname=Notes \& prodno=3303.0 \& issue=2013 \& num=\& view$ 

National Bowel Cancer Screening Program

http://www.aihw.gov.au/publication-detail/?id=60129549725: see page 40

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#### 8. Data tables

Table 1: Women smoking during pregnancy in Western Australia, by remoteness, 2004-06, 2008-10 and 2012-14

Remoteness Area	Time period							Statistical significance of		
	2004–06		2008–10		2012–14		change from 2004-06 to			
	Number	Per cent	Number	Per cent	Number	Per cent	2008–10	2012–14		
Major Cities	8,568	14.7	7,289	10.4	5,877	7.8	**	**		
Inner Regional	1,310	19.3	1,242	15.6	1,115	13.4	**	**		
Outer Regional	1,811	24.9	831	10.7	962	14.3	**	**		
Remote	1,140	26.2	801	17.2	430	11.6	**	**		
Very Remote	877	35.8	680	27.3	125	10.5	**	**		
Rate Ratio#		2.43		2.61	**		**			
Statistical significance		**		**		**				

<sup>\*\*</sup>Change from previous period/ difference between Very Remote and Major Cities areas is statistically significant at the 99% confidence level #The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas

Source: Data compiled by PHIDU based on data from the Western Australian Department of Health and Ageing

Table 2: Low birth weight babies in Western Australia, by remoteness, 2004-06, 2008-10 and 2012-14

Remoteness Area	Time period						Statistical significance of	
	2004–06		2008–10		2012–14		change from 2004-06 to	
	Number	Per cent	Number	Per cent	Number	Per cent	2008–10	2012–14
Major Cities	4,091	6.9	4,501	6.4	4,982	6.5	**	**
Inner Regional	464	6.8	461	5.7	508	6.0	**	*
Outer Regional	475	7.0	522	6.6	430	6.3		*
Remote	336	8.5	309	6.5	196	5.2	**	**
Very Remote	248	10.7	242	9.6	60	5.0		**
Rate Ratio#		1.55		1.51		0.76		
Statistical significance		**		**		*		

<sup>\*</sup>Change from previous period is statistically significant at the 95% confidence level

Fine rate ratio shows the ratio of the percentage in the very Remote areas to the percentage in the Major Cities areas

Source: Data compiled by PHIDU based on data from the Western Australian Department of Health and Ageing

<sup>\*\*</sup>Change from previous period/ difference between Very Remote and Major Cities areas is statistically significant at the 99% confidence level #The rate ratio shows the ratio of the percentage in the Very Remote areas to the percentage in the Major Cities areas

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#### 9. Sources of information

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http://www.Perth.edu.au/apmrc/research/projects/category/about\_aria.html

http://meteor.aihw.gov.au/content/index.phtml/itemId/531713/meteorItemView/long

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