

# North Brisbane and Moreton Bay region

## snapshot

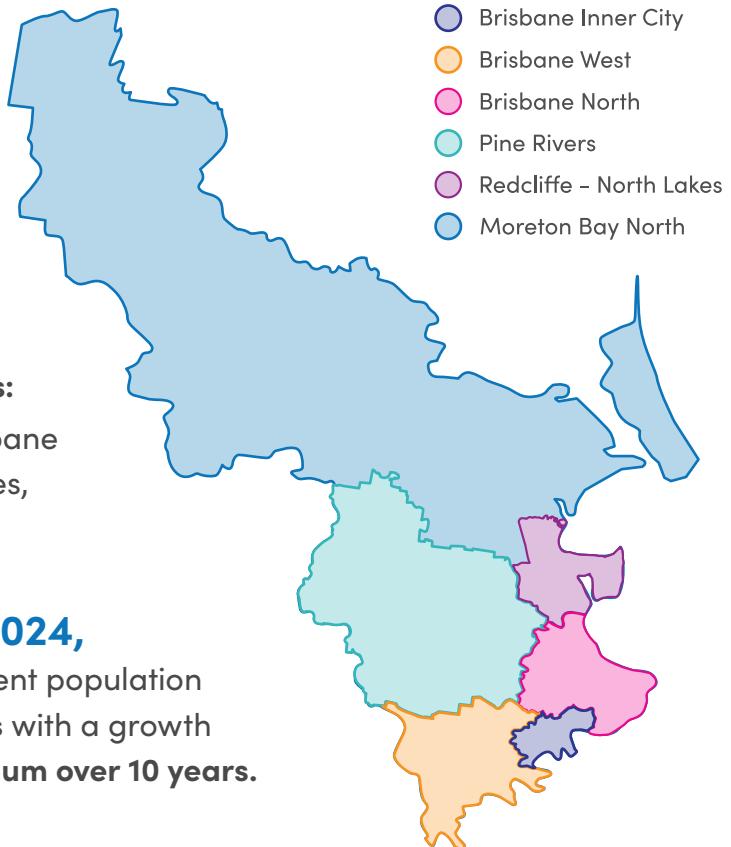


### Our region

Our region stretches north of the Brisbane River and includes parts of the Brisbane City Local Government Area (LGA), Moreton Bay LGA, and parts of the Somerset LGA (Kilcoy).

#### The region is divided into six subregions:

Brisbane Inner City, Brisbane West, Brisbane North, Pine Rivers, Redcliffe – North Lakes, Moreton Bay North.



**As of 30 June 2024,**  
the estimated resident population  
is **1,145,394 persons** with a growth  
rate of **1.9% per annum over 10 years.**

Since 2022, the PHN's work also extends to cover Norfolk Island (NI). Detailed information on NI can be accessed [here](#), with a brief snapshot of the region provided separately below.



## Resident population



**Median age:**  
36.9 years

**51%**  
females   
**49%**  
males  
with males having a life expectancy of **~78 years** and females having a life expectancy of **~84 years**.



**32%**  
represent  
children  
(0-24 years).



**15.5%**  
represent  
older persons  
(65 years+).



**3.1%**  
identify as  
Aboriginal and/or  
Torres Strait Islander.



**24.6%**  
are born  
overseas.

**14.3%** are from non-English speaking backgrounds.

 **14.4%**

speak a language other than English at home.



## Social determinants of health

Social determinants of health (SDOH) are non-medical factors that are not directly associated with condition prevalence but are fundamental aspects to health & wellbeing outcomes and effective service delivery. Drawing on [definitions](#) by the World Health Organisation and Centers for Disease Control and Prevention, key regional SDOH factors for North Brisbane and Moreton Bay have been included below.

**37.1%**  
of persons in the region are in the **least disadvantaged** quintile.

**12.1%**  
of persons in the region are in the **most disadvantaged** quintile.



Within the region, **Caboolture** had the highest percentage of persons in the **most disadvantaged quintile** at **54.3%**.

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**4.2%** unemployment rate mirroring the national rate of **3.5%**,

**4.4%** receiving an unemployment benefit; particularly a **challenge for people living with disability**.



**5.5%** of low-income families in the region earn less than \$33,800 per year,

with **28%** residing in the Moreton Bay region; 1/3 experience financial stress.



**9%** of families with children under the age of 15 years have **no parents employed**; highest prevalence in Caboolture South (25.0%).

**7,535** experience homelessness with **highest concentrations in Brisbane Inner, Caboolture and Redcliffe**.



## Health insights

Births in 2023

**11,284**

Deaths in 2023

**7,108**

**5.6%** have a **profound or severe disability**; highest prevalence in Bribie-Beachmere SA3.

**67.8%** of adults are classified as **overweight or obese**.



**29.3%** of adults suffer from **one or more long-term health condition**, with 3.2% of the total population having **3+ long-term health conditions**.

- **Common chronic conditions include** mental and behaviour disorders, diabetes mellitus and asthma, with leading causes for GP visits over the past 5 years including these in addition to sleep and gastrointestinal related conditions.
- **Key areas of avoidable mortality** are cancers, suicide and self-inflicted injuries, circulatory system diseases, respiratory system diseases, cerebrovascular diseases, diabetes, transport and other accidents such as drowning.



## Health behaviours



**74.6%** do not meet physical activity guidelines.



**8%** of adults smoke daily (20% lower than the Qld rate).



**35%** of adults consume alcohol at risky levels (2% lower than the Qld rate).



**44.2%** eat adequate amounts of fruit.



**Immunisation rates remain higher** than the national rate for children who are **1 years (96.3%)**, **2 years (94.2%)** and **5 years (95.4%)**.



## Our focus areas | Key focus areas for our region:

### MENTAL HEALTH, ALCOHOL AND OTHER DRUGS

- **24.5%** (3% > Qld) present with a **mental health disorder**, with **prevalence of anxiety** in this region being **highest nationally** (18.6% vs. 17.4% in Qld and 15.9% nationally).
- **3.3%** engage in **substance use** relative to 3% nationally
- **~50%** of people **living with disability have mental health conditions**; risk of suicide is 5x higher for LGBTIQA+ youth living with a disability
- **~80%** of **homeless individuals have substance use issues**, with around 67.5% experiencing mental health issues.



### OLDER PERSONS

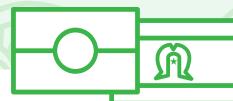
- **74.9%** of **older persons** in the region live with **at least one long term health condition**, with the leading causes of death including coronary heart disease (11.2%), dementia (9.5%), and cerebrovascular disease (6.7%)
- **Mental health-related ED presentations** for this cohort has increased by 52.2% in recent years; **27.5%** of mental health related prescriptions are dispensed for older persons
- **18.6%** live with a profound or severe disability
- Bribie Island shows the **highest projected frailty in 2032** indicated by a **66% rise**, followed by Beachmere, Caboolture and Deception Bay
- Older persons are increasingly seeking **Specialist Homelessness Services (SHS) services** (+46.7% since 2022).



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## ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

- Queensland has the **highest projected growth rate** for First Nations people in Australia to 2031 (**2.4% per year**)
- **35.8%** have one or more long-term **health condition**, ~5% higher compared to the region's overall population
- **Obesity rates are 50% higher than the Qld average** (20%); this is particularly a challenge amongst pregnant women (31.3%)
- **9.2% of births occur prematurely**, with 8.9% of babies being born under 2.5kg
- At birth, there is a **projected ~7 year gap in life expectancy** between Aboriginal and Torres Strait Islander people and the total Queensland population
- **High mortality rates** particularly in the Moreton Bay, Caboolture, Bribie-Beachmere, Narangba, and Deception Bay
- Overall **poorer smoking behaviours** compared to the general population; 30.4% also engage in smoking during pregnancy
- Between 2015 and 2019, the **leading causes of death** among First Nations peoples in South East Queensland (SEQ)
- were cancers (27%), circulatory diseases (21%), respiratory diseases (8%), suicide and self-inflicted injuries (7%), and external causes such as injuries and poisonings (24%)
- Between 2018 and 2021, the **leading causes of hospitalisations** among First Nations peoples in SEQ were renal dialysis (17%), obstetrics (9%), general surgery (5%), respiratory medicine (5%), and cardiology (5%)
- In SEQ, approximately 23% of the **total First Nations disease burden for mental disorders** is for young people aged 15-19 year of age.



## CHILDREN AND YOUNG PEOPLE'S HEALTH

- **22.4% are developmentally vulnerable**; highest prevalence in the Somerset (28.9%) and Moreton Bay (25.6%) council areas
- **Infant mortality rate is 3.5 deaths for every 1,000 live births** compared to the Qld rate of 3.9 deaths
- **8.9% are typically born pre-term**, whilst around 7.2% have a lower birthweight
- In the majority of SA2s, **25-50% of the homeless cohort are children and youth** under 25 years of age
- **14.5% have at least one long term health condition**
- ~ 7.5% have been diagnosed with a **mental health condition**, including depression or anxiety.



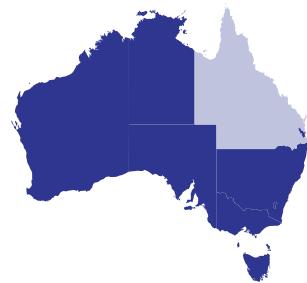


## Service system needs

- **Comprehensive care models and community support** to enhance service navigation, reduce fragmentation, **reduce burden on acute healthcare services**, and strengthen community support systems
- **Limit barriers** to access and **enhance affordable healthcare**, specialised support services, comorbidity support, and **improved transport and physical accessibility**
- **Uplift health literacy** to help individuals navigate the system better and make informed decisions
- **Focus on preventative care** and convey health messages in simple language
- Ensuring **culturally responsive services** that reduce stigma, offer holistic care and are **free from discrimination**.

## Norfolk Island

This section presents demographic, health, and service-related data for Norfolk Island, which is addressed separately due to differences in data availability and population size.



## Resident Population



**As of 30 June 2024,**

the estimated  
resident population is 2523.



**11.5%**

of the population identify as  
**Indigenous** (not specified)

**51.6%** females  **48.4%** males



Children aged 0–14  
years represent

**16.9%**

of the population, while  
more than 50% are aged  
50 years or older.



## Social determinants of health



**~48.7%** of residents speak a language other than English at home.

**17.3%** have a **Certificate Level III**, higher than the national rate of 12.6%.



Around **24%** of families earn less than \$650 per week, with weekly median personal income being \$736, median family income being \$1,630, and median household income being \$1,184.



**2.8%** of people on Norfolk Island are **unemployed**.

**15.7%** of people aged 15+ on Norfolk Island have a bachelor's degree or higher, compared to 26.3% nationally.



In **13.7%** of couple families where partners were aged 15 years and over, **both partners were not working**.



## Health insights



**27%** of residents report having a **general mobility issue**.

The prevalence of **chronic kidney disease** in Norfolk Island is 1.1%, which is higher than the national rate of 0.9%, as is cardiovascular disease (4.8% vs 3.9%).



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**17%** of people suffer from **one long-term health condition**; 5.2% from 2 long-term health conditions, and 2.5% from 3+ long-term health conditions.

The most **common long-term health conditions** are Arthritis (8.1%), asthma (6.4%, and cancer (3.4%). Other common conditions include diabetes (3.5%), heart disease (4.8%), and dementia (1.1%).



**5.2%** have a **mental health condition**.



**0.9%** have **had a stroke**.



## Health Behaviours



**5.2%** of adults are classified as **overweight or obese**.

**~35%** of adults **consume alcohol at risky levels** (10 or more standard drinks per week).





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