

**Prevalence of eating disorders by
Primary Health Network**

National Eating Disorders Collaboration

May 2019

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Glossary

AN	anorexia nervosa
BED	binge eating disorder
BN	bulimia nervosa
ED	eating disorder
EDNOS	eating disorder not otherwise specified
NEDC	National Eating Disorders Collaboration
OSFED	other specified feeding and eating disorder
PHN	Primary Health Network

1 Background

Eating disorders (EDs) are serious mental illnesses with high levels of psychological distress, risks of long-term medical complications and an increased risk of premature death due to medical complications and to an increased rate of suicide. EDs have been shown to have one of the highest impacts on health related quality of life of all psychiatric disorders.¹

The secretive and complex nature of eating disorders often mean they go undetected and unaddressed within communities, primary care and tertiary care settings. In addition, even when presenting to health care practitioners standard general practitioner and Primary Health Network (PHN) data sets typically do not appear to identify eating disorders with discrete data fields. Hence EDs are commonly not visible in PHN data.

As PHNs are responsible for coordinating some health services in their catchment areas that impact people with EDs and their families, there is a compelling need to provide evidence of the impact of EDs across the PHNs. Further, it is anticipated that PHNs will deliver more extensive services to people with EDs in coming years, requiring an estimate of the number of people with EDs in each PHN to support service provision planning.

Deloitte Access Economics was commissioned by the National Eating Disorders Collaboration (NEDC) to determine prevalence rates of eating disorders within the boundaries of the 31 PHNs across Australia to address this evidence gap.

The NEDC is an initiative of the Australian Government representing over 3,000 members, including leading experts in eating disorders treatment, frontline clinicians working with people with EDs and their families. NEDC reports aim to reflect the best available evidence of EDs in the Australian context.

The methods used in this report apply national prevalence rates to local population cohorts, since there are no region-specific data available. Using this method, approximately 4% of the population in each PHN will be directly affected by EDs, and each person would be best served through a multidisciplinary treatment approach for the highest chance of recovery. The estimates in this report could be compared with the number of people covered under existing treatment regimes to assess unmet care needs.

¹ Deloitte Access Economics. (2012). *Paying the price. The economic and social impact of eating disorders in Australia*. Report for the Butterfly Foundation. Canberra.

2 Prevalence by Primary Health Network

This chapter provides an overview of the methods used to estimate the prevalence of EDs in each PHN. This chapter also includes summary statistics which enables prevalence rates to be compared across Australia. The results for each individual PHN are summarised Chapter 3.

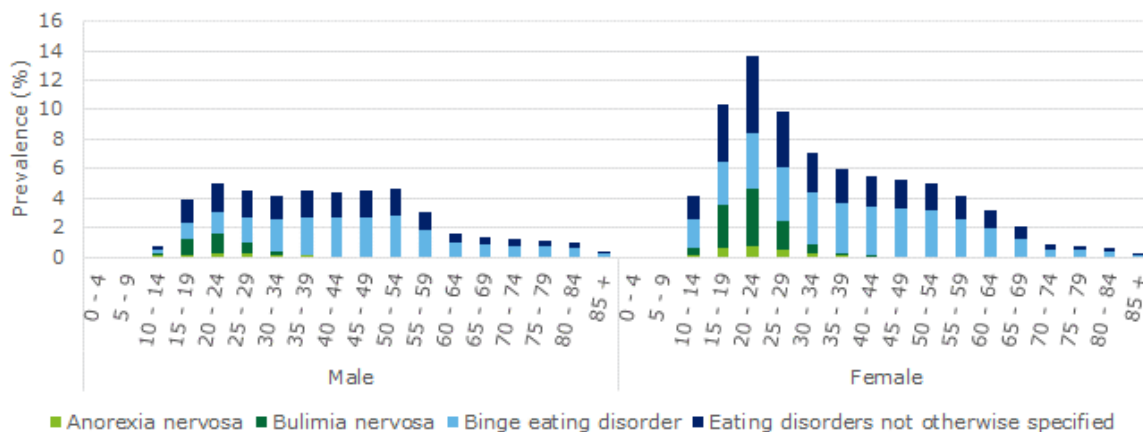
2.1 Methodology

Prevalence rates for each type of ED were taken from Deloitte Access Economics' 2012 *Paying the Price* report. In that report, the major types of EDs considered comprised anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED) and eating disorder not otherwise specified (EDNOS).²

There are other EDs, which have been referred to by different classifications in recent years – for example, other specified feeding and eating disorders (OSFED) and disordered eating. In Deloitte Access Economics' 2012 report, **other EDs** were grouped under **EDNOS**. EDNOS includes disorders of eating that do not meet the criteria for AN, BN or BED. The EDNOS definition from the Diagnostic and Statistical Manual of Mental Disorders (4th edition) was maintained in this report for consistency with the reported prevalence rates in Deloitte Access Economics' 2012 work.

The national prevalence rates of EDs in Australia are shown in Chart 2.1, by age and gender. The highest prevalence rates occur in females aged 15 to 29 years, with a prevalence rate of 13.6% in the 20-24 age group.

Chart 2.1 National prevalence rates of EDs in Australia



Source: Deloitte Access Economics (2012).

It was assumed that there have been no significant changes to ED prevalence since the 2012 study. Prevalence rates by age and gender for each ED were applied to the population estimates for each PHN.

Population estimates for 30 June 2019 for each PHN were taken from Deloitte Access Economics proprietary demographics model. Deloitte Access Economics produces population forecasts on a quarterly basis, using a cohort component method for modelling population at the national and

² Deloitte Access Economics. (2012). *Paying the price. The economic and social impact of eating disorders in Australia*. Report for the Butterfly Foundation. Canberra.

state level. Using the cohort component method, assumptions about fertility, mortality and migration are applied to a base year population, which is also aged by the relevant time period.

A combination of demographic component data and iterative proportion fitting techniques are used to forecast the population. The small area forecasts, which are used to estimate demographic data within each PHN, are supplemented by information on past demographic trends (such as fertility, mortality and inter-regional migration), as well as expected future changes – for example, the small area forecasts capture expected large scale residential developments, state and local planning instruments, as well as the availability of land for residential use. All historical population and demographic component data are obtained from the Australian Bureau of Statistics.

The small area forecasts were then aggregated to PHN boundaries (from the Department of Health) using the geospatial component of Deloitte Access Economics’ model to estimate the population living in each PHN by five-year age and gender groups.³ The population forecasts at 30 June 2019 are shown in Table A.1.

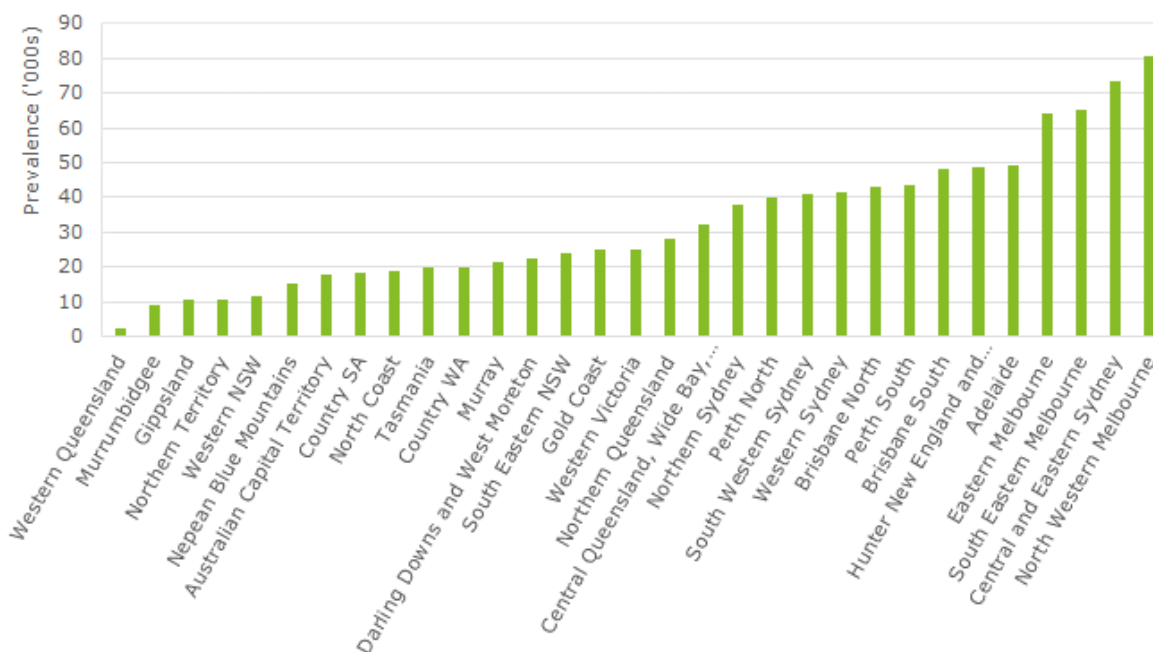
Similarly, prevalence rates were also disaggregated by five-year age and gender groups and applied to the 2019 population data to estimate the prevalence of EDs in each PHN, by type of ED.

2.2 Overall findings

In total, there are more than 1 million Australians living with EDs in 2019. The PHNs with the most people living with EDs include North Western Melbourne (80,507), Central and Eastern Sydney (73,199), and South Eastern Melbourne (65,118).

Chart 2.2 shows the number of Australians living with EDs in each PHN. The variation across PHNs reflects differences in the underlying size of the population in each PHN. The demographics of each PHN also explains some of the difference – for example, PHNs with a higher number of females aged between 10 and 25 years old were estimated to have higher prevalence of EDs.

Chart 2.2 Prevalence of EDs in 2019 by PHN, thousands of people

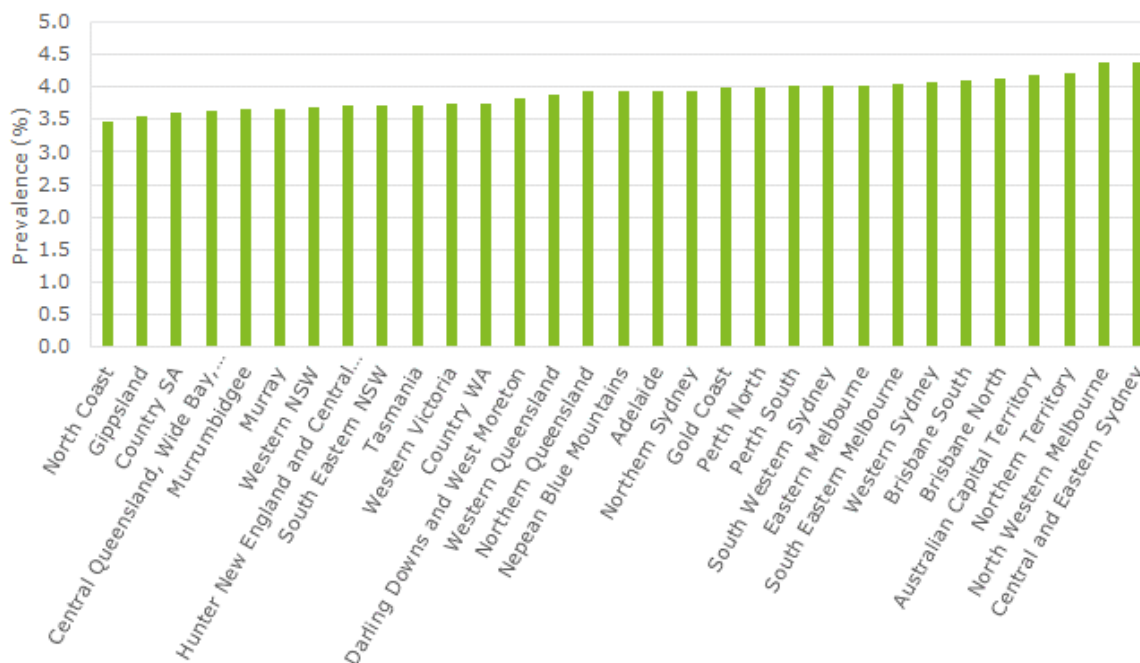


Source: Deloitte Access Economics modelling. 'Central Queensland, Wide Bay, Sunshine Coast, and Hunter New England and Central Coast' is Central Queensland, Wide Bay, Sunshine Coast, and Hunter New England and Central Coast.

³ Department of Health. (2017). *PHN Digital Files*. Available from: <http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Boundaries>. Accessed January 2019.

Adjusting for the size of the population (Chart 2.3) removes most of the variation in the prevalence of EDs across PHNs – the prevalence varies from 3.47% in North Coast to 4.38% in Central and Eastern Sydney. The PHNs with the highest prevalence rates of EDs include Central and Eastern Sydney, North Western Melbourne, and the Northern Territory.

Chart 2.3 Estimated prevalence (%) of EDs in 2019 by PHN



Source: Deloitte Access Economics modelling. 'Central Queensland, Wide Bay, ...' is Central Queensland, Wide Bay, Sunshine Coast, and 'Hunter New England and ...' is Hunter New England and Central Coast.

Finally, prevalence of EDs in terms of numbers of people and as a percentage of the population in each PHN, disaggregated by type of ED, are provided in Table 2.1 and Table 2.2. Despite the small variation in overall rates, the most affected PHNs are a little different when comparing types of EDs.

- The prevalence of AN is typically low – ranging between an estimated 70 people in Western Queensland to 2,484 in North Western Melbourne, with an average prevalence rate of 0.11% across Australia. Adjusting for population size, the 3 PHNs with the highest rates of AN are North Western Melbourne, Central and Eastern Sydney, and the Australian Capital Territory.
- The prevalence of BN ranges between an estimated 286 people in Western Queensland to 10,236 in North Western Melbourne, with an average prevalence rate of 0.47% across Australia. Adjusting for population size, the 3 PHNs with the highest rates of BN are North Western Melbourne, Central and Eastern Sydney and Brisbane North.
- The prevalence of BED ranges between an estimated 1,179 people in Western Queensland to 36,839 in North Western Melbourne, with an average prevalence rate of 1.87% across Australia. Adjusting for population size, the 3 PHNs with the highest rates of BED are Central and Eastern Sydney, North Western Melbourne and the Northern Territory.
- The prevalence of other EDs ranges between an estimated 960 people in Western Queensland to 30,949 in North Western Melbourne, with an average prevalence rate of 1.53% population across Australia. Adjusting for population size, the 3 PHNs with the highest rates are Central and Eastern Sydney, North Western Melbourne and the Northern Territory.

Table 2.1 Estimated prevalence by type of ED at 30 June 2019, by PHN (thousands of people)

State	PHN code	PHN name	AN	BN	BED	EDNOS	Total
NSW	PHN101	Central and Eastern Sydney	2.2	9.1	33.7	28.1	73.2
NSW	PHN102	Northern Sydney	1.0	4.2	18.1	14.6	37.9
NSW	PHN103	Western Sydney	1.2	4.9	19.4	15.9	41.5
NSW	PHN104	Nepean Blue Mountains	0.4	1.8	7.1	5.8	15.2
NSW	PHN105	South Western Sydney	1.2	5.0	19.0	15.7	40.9
NSW	PHN106	South Eastern NSW	0.6	2.7	11.4	9.2	23.8
NSW	PHN107	Western NSW	0.3	1.3	5.6	4.6	11.8
NSW	PHN108	Hunter New England and Central Coast	1.3	5.5	23.1	18.7	48.6
NSW	PHN109	North Coast	0.5	1.9	9.2	7.2	18.7
NSW	PHN110	Murrumbidgee	0.2	1.0	4.4	3.5	9.2
VIC	PHN201	North Western Melbourne	2.5	10.2	36.8	30.9	80.5
VIC	PHN202	Eastern Melbourne	1.8	7.7	30.0	24.7	64.3
VIC	PHN203	South Eastern Melbourne	1.8	7.6	30.7	25.0	65.1
VIC	PHN204	Gippsland	0.3	1.1	5.0	4.0	10.4
VIC	PHN205	Murray	0.6	2.4	10.2	8.2	21.3
VIC	PHN206	Western Victoria	0.7	2.8	11.9	9.6	25.0
QLD	PHN301	Brisbane North	1.3	5.3	19.8	16.5	42.9
QLD	PHN302	Brisbane South	1.4	5.9	22.5	18.6	48.4
QLD	PHN303	Gold Coast	0.7	2.9	11.7	9.6	24.9
QLD	PHN304	Darling Downs and West Moreton	0.6	2.7	10.5	8.6	22.4
QLD	PHN305	Western Queensland	0.1	0.3	1.2	1.0	2.5
QLD	PHN306	Central Queensland, Wide Bay, Sunshine Coast	0.8	3.4	15.5	12.4	32.1
QLD	PHN307	Northern Queensland	0.8	3.3	13.3	10.9	28.3
SA	PHN401	Adelaide	1.4	5.8	23.1	18.9	49.2
SA	PHN402	Country SA	0.5	1.9	8.8	7.0	18.2
WA	PHN501	Perth North	1.1	4.7	18.8	15.4	40.1
WA	PHN502	Perth South	1.2	5.0	20.5	16.7	43.4
WA	PHN503	Country WA	0.5	2.1	9.7	7.7	20.1
TAS	PHN601	Tasmania	0.5	2.2	9.5	7.6	19.8
NT	PHN701	Northern Territory	0.3	1.2	4.9	4.1	10.6
ACT	PHN801	Australian Capital Territory	0.5	2.2	8.3	6.9	17.9
Australia			28.5	118.2	473.8	387.7	1,008.2

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 2.2 Estimated prevalence (%) at 30 June 2019, by type of ED and PHN

State	PHN code	PHN name	AN	BN	BED	EDNOS	Total
NSW	PHN101	Central and Eastern Sydney	0.13	0.55	2.02	1.69	4.38
NSW	PHN102	Northern Sydney	0.11	0.44	1.89	1.52	3.95
NSW	PHN103	Western Sydney	0.12	0.49	1.91	1.57	4.08
NSW	PHN104	Nepean Blue Mountains	0.11	0.46	1.85	1.52	3.95
NSW	PHN105	South Western Sydney	0.12	0.49	1.86	1.54	4.02
NSW	PHN106	South Eastern NSW	0.10	0.42	1.78	1.43	3.72
NSW	PHN107	Western NSW	0.10	0.42	1.74	1.41	3.68
NSW	PHN108	Hunter New England and Central Coast	0.10	0.42	1.77	1.43	3.72
NSW	PHN109	North Coast	0.08	0.35	1.70	1.33	3.47
NSW	PHN110	Murrumbidgee	0.10	0.41	1.73	1.40	3.65
VIC	PHN201	North Western Melbourne	0.13	0.56	2.00	1.68	4.37
VIC	PHN202	Eastern Melbourne	0.12	0.48	1.88	1.55	4.03
VIC	PHN203	South Eastern Melbourne	0.11	0.47	1.90	1.55	4.03
VIC	PHN204	Gippsland	0.09	0.38	1.72	1.37	3.56
VIC	PHN205	Murray	0.10	0.40	1.75	1.41	3.66
VIC	PHN206	Western Victoria	0.10	0.42	1.78	1.44	3.74
QLD	PHN301	Brisbane North	0.12	0.51	1.91	1.59	4.14
QLD	PHN302	Brisbane South	0.12	0.50	1.91	1.58	4.11
QLD	PHN303	Gold Coast	0.11	0.46	1.87	1.53	3.98
QLD	PHN304	Darling Downs and West Moreton	0.11	0.45	1.80	1.47	3.83
QLD	PHN305	Western Queensland	0.11	0.45	1.84	1.50	3.89
QLD	PHN306	Central Queensland, Wide Bay, Sunshine Coast	0.09	0.39	1.76	1.40	3.65
QLD	PHN307	Northern Queensland	0.11	0.46	1.86	1.52	3.94
SA	PHN401	Adelaide	0.11	0.46	1.86	1.52	3.95
SA	PHN402	Country SA	0.09	0.38	1.74	1.39	3.60
WA	PHN501	Perth North	0.11	0.47	1.87	1.53	3.99
WA	PHN502	Perth South	0.11	0.46	1.90	1.54	4.02
WA	PHN503	Country WA	0.10	0.39	1.82	1.44	3.75
TAS	PHN601	Tasmania	0.10	0.41	1.78	1.43	3.73
NT	PHN701	Northern Territory	0.12	0.50	1.97	1.62	4.22
ACT	PHN801	Australian Capital Territory	0.12	0.51	1.94	1.60	4.18
Australia			0.11	0.47	1.87	1.53	3.97

Source: Deloitte Access Economics.

3 Prevalence in each PHN

In this chapter, a table is provided for each PHN, which shows summary statistics, including the number of people affected in the PHN, and the prevalence rates relative to the national average. Each table shows the estimated prevalence of EDs at 30 June 2019.

Prevalence rates vary across the PHNs due to the underlying demographic structure. The methodology used to estimate the prevalence of EDs in each PHN has been outlined in section 2.1.

Table 3.1 Estimated prevalence of EDs in Central and Eastern Sydney (PHN101, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	73.2	4.38	4.38	3.97
Male	26.5	1.58	3.18	2.90
Female	46.7	2.80	5.58	5.03
AN	2.2	0.13	0.13	0.11
BN	9.1	0.55	0.55	0.47
BED	33.7	2.02	2.02	1.87
EDNOS	28.1	1.69	1.69	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.2 Estimated prevalence of EDs in Northern Sydney (PHN102, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	37.9	3.95	3.95	3.97
Male	13.6	1.42	2.91	2.90
Female	24.3	2.53	4.95	5.03
AN	1.0	0.11	0.11	0.11
BN	4.2	0.44	0.44	0.47
BED	18.1	1.89	1.89	1.87
EDNOS	14.6	1.52	1.52	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.3 Estimated prevalence of EDs in Western Sydney (PHN103, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	41.5	4.08	4.08	3.97
Male	15.4	1.51	3.00	2.90
Female	26.1	2.57	5.19	5.03
AN	1.2	0.12	0.12	0.11
BN	4.9	0.49	0.49	0.47
BED	19.4	1.91	1.91	1.87
EDNOS	15.9	1.57	1.57	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.4 Estimated prevalence of EDs in Nepean Blue Mountains (PHN104, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	15.2	3.95	3.95	3.97
Male	5.5	1.43	2.88	2.90
Female	9.7	2.52	5.00	5.03
AN	0.4	0.11	0.11	0.11
BN	1.8	0.46	0.46	0.47
BED	7.1	1.85	1.85	1.87
EDNOS	5.8	1.52	1.52	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.5 Estimated prevalence of EDs in South Western Sydney (PHN105, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	40.9	4.02	4.02	3.97
Male	14.6	1.43	2.88	2.90
Female	26.3	2.59	5.14	5.03
AN	1.2	0.12	0.12	0.11
BN	5.0	0.49	0.49	0.47
BED	19.0	1.86	1.86	1.87
EDNOS	15.7	1.54	1.54	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.6 Estimated prevalence of EDs in South Eastern NSW (PHN106, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	23.8	3.72	3.72	3.97
Male	8.8	1.37	2.76	2.90
Female	15.1	2.35	4.67	5.03
AN	0.6	0.10	0.10	0.11
BN	2.7	0.42	0.42	0.47
BED	11.4	1.78	1.78	1.87
EDNOS	9.2	1.43	1.43	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.7 Estimated prevalence of EDs in Western NSW (PHN107, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	11.8	3.68	3.68	3.97
Male	4.3	1.35	2.70	2.90
Female	7.5	2.33	4.66	5.03
AN	0.3	0.10	0.10	0.11
BN	1.3	0.42	0.42	0.47
BED	5.6	1.74	1.74	1.87
EDNOS	4.6	1.41	1.41	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.8 Estimated prevalence of EDs in Hunter New England and Central Coast (PHN108, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	48.6	3.72	3.72	3.97
Male	17.6	1.35	2.74	2.90
Female	31.0	2.37	4.67	5.03
AN	1.3	0.10	0.10	0.11
BN	5.5	0.42	0.42	0.47
BED	23.1	1.77	1.77	1.87
EDNOS	18.7	1.43	1.43	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.9 Estimated prevalence of EDs in North Coast (PHN109, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	18.7	3.47	3.47	3.97
Male	6.8	1.26	2.59	2.90
Female	11.9	2.21	4.32	5.03
AN	0.5	0.08	0.08	0.11
BN	1.9	0.35	0.35	0.47
BED	9.2	1.70	1.70	1.87
EDNOS	7.2	1.33	1.33	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.10 Estimated prevalence of EDs in Murrumbidgee (PHN110, NSW)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	9.2	3.65	3.65	3.97
Male	3.4	1.34	2.68	2.90
Female	5.8	2.31	4.61	5.03
AN	0.2	0.10	0.10	0.11
BN	1.0	0.41	0.41	0.47
BED	4.4	1.73	1.73	1.87
EDNOS	3.5	1.40	1.40	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.11 Estimated prevalence of EDs in North Western Melbourne (PHN201, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	80.5	4.37	4.37	3.97
Male	28.7	1.56	3.13	2.90
Female	51.8	2.81	5.59	5.03
AN	2.5	0.13	0.13	0.11
BN	10.2	0.56	0.56	0.47
BED	36.8	2.00	2.00	1.87
EDNOS	30.9	1.68	1.68	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.12 Estimated prevalence of EDs in Eastern Melbourne (PHN202, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	64.3	4.03	4.03	3.97
Male	23.1	1.45	2.94	2.90
Female	41.2	2.58	5.08	5.03
AN	1.8	0.12	0.12	0.11
BN	7.7	0.48	0.48	0.47
BED	30.0	1.88	1.88	1.87
EDNOS	24.7	1.55	1.55	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.13 Estimated prevalence of EDs in South Eastern Melbourne (PHN203, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	65.1	4.03	4.03	3.97
Male	23.5	1.46	2.95	2.90
Female	41.6	2.58	5.09	5.03
AN	1.8	0.11	0.11	0.11
BN	7.6	0.47	0.47	0.47
BED	30.7	1.90	1.90	1.87
EDNOS	25.0	1.55	1.55	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.14 Estimated prevalence of EDs in Gippsland (PHN204, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	10.4	3.56	3.56	3.97
Male	3.8	1.31	2.64	2.90
Female	6.6	2.25	4.46	5.03
AN	0.3	0.09	0.09	0.11
BN	1.1	0.38	0.38	0.47
BED	5.0	1.72	1.72	1.87
EDNOS	4.0	1.37	1.37	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.15 Estimated prevalence of EDs in Murray (PHN205, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	21.3	3.66	3.66	3.97
Male	7.8	1.34	2.70	2.90
Female	13.5	2.31	4.60	5.03
AN	0.6	0.10	0.10	0.11
BN	2.4	0.40	0.40	0.47
BED	10.2	1.75	1.75	1.87
EDNOS	8.2	1.41	1.41	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.16 Estimated prevalence of EDs in Western Victoria (PHN206, VIC)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	25.0	3.74	3.74	3.97
Male	9.1	1.36	2.76	2.90
Female	15.8	2.37	4.69	5.03
AN	0.7	0.10	0.10	0.11
BN	2.8	0.42	0.42	0.47
BED	11.9	1.78	1.78	1.87
EDNOS	9.6	1.44	1.44	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.17 Estimated prevalence of EDs in Brisbane North (PHN301, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	42.9	4.14	4.14	3.97
Male	15.2	1.47	2.98	2.90
Female	27.7	2.67	5.27	5.03
AN	1.3	0.12	0.12	0.11
BN	5.3	0.51	0.51	0.47
BED	19.8	1.91	1.91	1.87
EDNOS	16.5	1.59	1.59	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.18 Estimated prevalence of EDs in Brisbane South (PHN302, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	48.4	4.11	4.11	3.97
Male	17.3	1.47	2.97	2.90
Female	31.1	2.64	5.23	5.03
AN	1.4	0.12	0.12	0.11
BN	5.9	0.50	0.50	0.47
BED	22.5	1.91	1.91	1.87
EDNOS	18.6	1.58	1.58	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.19 Estimated prevalence of EDs in Gold Coast (PHN303, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	24.9	3.98	3.98	3.97
Male	8.8	1.40	2.88	2.90
Female	16.1	2.58	5.03	5.03
AN	0.7	0.11	0.11	0.11
BN	2.9	0.46	0.46	0.47
BED	11.7	1.87	1.87	1.87
EDNOS	9.6	1.53	1.53	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.20 Estimated prevalence of EDs in Darling Downs and West Moreton (PHN304, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	22.4	3.83	3.83	3.97
Male	8.0	1.37	2.76	2.90
Female	14.4	2.46	4.88	5.03
AN	0.6	0.11	0.11	0.11
BN	2.7	0.45	0.45	0.47
BED	10.5	1.80	1.80	1.87
EDNOS	8.6	1.47	1.47	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.21 Estimated prevalence of EDs in Western Queensland (PHN305, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	2.5	3.89	3.89	3.97
Male	0.9	1.45	2.81	2.90
Female	1.6	2.44	5.04	5.03
AN	0.1	0.11	0.11	0.11
BN	0.3	0.45	0.45	0.47
BED	1.2	1.84	1.84	1.87
EDNOS	1.0	1.50	1.50	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.22 Estimated prevalence of EDs in Central Queensland, Wide Bay, Sunshine Coast (PHN306, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	32.1	3.65	3.65	3.97
Male	11.7	1.33	2.69	2.90
Female	20.4	2.32	4.58	5.03
AN	0.8	0.09	0.09	0.11
BN	3.4	0.39	0.39	0.47
BED	15.5	1.76	1.76	1.87
EDNOS	12.4	1.40	1.40	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.23 Estimated prevalence of EDs in Northern Queensland (PHN307, QLD)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	28.3	3.94	3.94	3.97
Male	10.3	1.44	2.86	2.90
Female	17.9	2.50	5.04	5.03
AN	0.8	0.11	0.11	0.11
BN	3.3	0.46	0.46	0.47
BED	13.3	1.86	1.86	1.87
EDNOS	10.9	1.52	1.52	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.24 Estimated prevalence of EDs in Adelaide (PHN401, SA)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	49.2	3.95	3.95	3.97
Male	17.7	1.42	2.90	2.90
Female	31.4	2.53	4.96	5.03
AN	1.4	0.11	0.11	0.11
BN	5.8	0.46	0.46	0.47
BED	23.1	1.86	1.86	1.87
EDNOS	18.9	1.52	1.52	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.25 Estimated prevalence of EDs in Country SA (PHN402, SA)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	18.2	3.60	3.60	3.97
Male	6.8	1.35	2.69	2.90
Female	11.4	2.25	4.51	5.03
AN	0.5	0.09	0.09	0.11
BN	1.9	0.38	0.38	0.47
BED	8.8	1.74	1.74	1.87
EDNOS	7.0	1.39	1.39	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.26 Estimated prevalence of EDs in Perth North (PHN501, WA)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	40.1	3.99	3.99	3.97
Male	14.6	1.46	2.92	2.90
Female	25.4	2.53	5.05	5.03
AN	1.1	0.11	0.11	0.11
BN	4.7	0.47	0.47	0.47
BED	18.8	1.87	1.87	1.87
EDNOS	15.4	1.53	1.53	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.27 Estimated prevalence of EDs in Perth South (PHN502, WA)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	43.4	4.02	4.02	3.97
Male	15.8	1.46	2.94	2.90
Female	27.6	2.56	5.08	5.03
AN	1.2	0.11	0.11	0.11
BN	5.0	0.46	0.46	0.47
BED	20.5	1.90	1.90	1.87
EDNOS	16.7	1.54	1.54	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.28 Estimated prevalence of EDs in Country WA (PHN503, WA)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	20.1	3.75	3.75	3.97
Male	7.7	1.43	2.82	2.90
Female	12.4	2.32	4.71	5.03
AN	0.5	0.10	0.10	0.11
BN	2.1	0.39	0.39	0.47
BED	9.7	1.82	1.82	1.87
EDNOS	7.7	1.44	1.44	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.29 Estimated prevalence of EDs in Tasmania (PHN601, TAS)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	19.8	3.73	3.73	3.97
Male	7.3	1.36	2.76	2.90
Female	12.6	2.36	4.68	5.03
AN	0.5	0.10	0.10	0.11
BN	2.2	0.41	0.41	0.47
BED	9.5	1.78	1.78	1.87
EDNOS	7.6	1.43	1.43	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.30 Estimated prevalence of EDs in Northern Territory (PHN701, NT)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	10.6	4.22	4.22	3.97
Male	4.0	1.61	3.09	2.90
Female	6.5	2.61	5.44	5.03
AN	0.3	0.12	0.12	0.11
BN	1.2	0.50	0.50	0.47
BED	4.9	1.97	1.97	1.87
EDNOS	4.1	1.62	1.62	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Table 3.31 Estimated prevalence of EDs in Australian Capital Territory (PHN801, ACT)

	Number of people affected ('000s)	Percent of PHN population	Prevalence rate	National prevalence rate
Person	17.9	4.18	4.18	3.97
Male	6.4	1.49	3.01	2.90
Female	11.5	2.69	5.32	5.03
AN	0.5	0.12	0.12	0.11
BN	2.2	0.51	0.51	0.47
BED	8.3	1.94	1.94	1.87
EDNOS	6.9	1.60	1.60	1.53

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

Appendix A: PHN population

Table A.1 Estimated population at 30 June 2019, by PHN (thousands of people)

State	PHN code	PHN name	Male	Female	Person
NSW	PHN101	Central and Eastern Sydney	832.0	837.6	1,669.6
NSW	PHN102	Northern Sydney	468.6	490.7	959.3
NSW	PHN103	Western Sydney	512.9	502.3	1,015.3
NSW	PHN104	Nepean Blue Mountains	190.9	194.2	385.2
NSW	PHN105	South Western Sydney	504.9	512.7	1,017.6
NSW	PHN106	South Eastern NSW	318.7	322.1	640.8
NSW	PHN107	Western NSW	160.7	161.4	322.0
NSW	PHN108	Hunter New England and Central Coast	643.2	662.6	1,305.8
NSW	PHN109	North Coast	263.6	276.1	539.7
NSW	PHN110	Murrumbidgee	125.4	125.8	251.2
VIC	PHN201	North Western Melbourne	916.7	926.3	1,842.9
VIC	PHN202	Eastern Melbourne	786.1	811.6	1,597.7
VIC	PHN203	South Eastern Melbourne	796.6	817.7	1,614.3
VIC	PHN204	Gippsland	144.5	147.2	291.7
VIC	PHN205	Murray	289.9	292.5	582.4
VIC	PHN206	Western Victoria	330.3	338.0	668.3
QLD	PHN301	Brisbane North	510.6	525.6	1,036.2
QLD	PHN302	Brisbane South	582.8	595.2	1,178.0
QLD	PHN303	Gold Coast	305.1	321.1	626.2
QLD	PHN304	Darling Downs and West Moreton	289.8	294.8	584.6
QLD	PHN305	Western Queensland	33.0	31.1	64.1
QLD	PHN306	Central Queensland, Wide Bay, Sunshine Coast	435.0	446.7	881.6
QLD	PHN307	Northern Queensland	361.3	355.8	717.2
SA	PHN401	Adelaide	611.0	633.8	1,244.7
SA	PHN402	Country SA	252.7	252.3	505.0
WA	PHN501	Perth North	501.1	504.2	1,005.3
WA	PHN502	Perth South	536.8	544.2	1,081.0
WA	PHN503	Country WA	272.2	262.9	535.1
TAS	PHN601	Tasmania	263.4	268.9	532.4
NT	PHN701	Northern Territory	130.3	120.3	250.6
ACT	PHN801	Australian Capital Territory	212.3	217.1	429.4
Australia			12,582.8	12,792.5	25,375.3

Source: Deloitte Access Economics. Note: components may not sum to totals due to rounding.

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