

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), has compiled key information from our Health Needs Assessment for communities across our region. This fact sheet focuses on the Blue Mountains LGA, encompassing more than 78,000 residents over 1,400 square kilometres – of which 74% is World Heritage National Park.

The Traditional Custodians of the land in this area are the Darug and Gundungurra people.

JUNE 2025

Population Facts



78,891 residents
(20% of the NBM population)



2,107 Aboriginal and Torres Strait Islander residents
(2.7% of Blue Mountain residents)



Median age is 45 years
(NBM: 38, NSW: 39)



Life expectancy for males is 86.4 years and females 87.2 years
(NBM: males: 84.6, females: 86.4, NSW: males 84.8, females: 87.3)



17% of residents were born overseas (NBM: 20%, NSW: 29%)



6% speak a language other than English at home (NBM: 14%, NSW: 27%)



0.1% are estimated to be homeless
(NBM: 0.2%, NSW: 0.4%)



3.9% unemployment rate
(NBM: 4.2%, NSW: 4.9%)



26% live by themselves
(NBM: 23%, NSW: 24%)



Moderate level of socio-economic advantage (SEIFA score: 1048)
(NBM: 1006)



Aboriginal Health

- Highest rates of breast screening in the region for Aboriginal women (37.7%)
(NBM: 36%)
- High rates of psychological distress (2.3 times more likely than non-Aboriginal people)
- Limited culturally appropriate services



Alcohol and Other Drugs

- Second highest rates of alcohol and drug related hospitalisations in the region (12 in 1,000 people)
(NSW: 12.1 in 1,000 people)
- Declining rates of alcohol attributable deaths
- Declining rates of cannabis related offences
- Declining rates of amphetamines related offences
- 1 opioid treatment program provider
- Long travel time to access public detoxification services



Disaster and Emergency Management

- Significant bushfires in 2019/2020 – 48% of the LGA suffered damage
- 22 homes destroyed
- Loss of 2,600 jobs due to 2019/20 bushfires
- Estimated \$65 million damage to local economy



Healthy Ageing

- 17,540 residents aged 65+
- Estimated 46.2% increase in residents aged 65+ by 2041
- 2% of people are living with dementia (NSW: 0.8%)
- 7 Residential Aged Care Homes
- Low level of death literacy



Health Workforce

- 24 general practices
- 138 general practitioners
- 55 general practice nurses
- 437 allied health professionals
- Challenges recruiting health workforce in Upper Blue Mountains
- Classified as a Distribution Priority Area due to shortages of general practitioners
- No Medical Deputising Service in Upper Blue Mountains



Mental Health and Suicide Prevention

- 17% of residents will experience a mental illness in 2024-25, increasing to 19% in 2034-35. (NSW: 19 % in 2024-25)
- 0.7 in 1,000 people were hospitalised for intentional self-harm in 2022/23 (NBM: 0.7 in 1,000 people, NSW: 0.7 in 1,000 people)
- Increased risk of mental health exacerbation due to natural disasters



Population Health

- Top 5 long term health conditions
 - Arthritis (10.6%) (NSW: 8.4%)
 - Asthma (9.5%) (NSW: 7.8%)
 - Heart disease (5.0%) (NSW: 3.9%)
 - Diabetes (4.6%) (NSW: 4.8%)
 - Lung condition (2.2%) (NSW: 1.7%)
- 43% of eligible residents screened for bowel cancer (NBM: 37%, NSW: 38%)
- Highest breast screening rates in the region (49%) (NBM: 47.2%, NSW: 52%)
- Lowest childhood immunisation rates in the region (93.3%) (95% target)



Vulnerable Populations

- 5.8% of residents have a profound or severe disability (NBM: 5.5%)
- High rates of social isolation
- Limited bilingual or culturally accessible services available

What our community told us

(Community Health and Wellbeing Survey 2024)

- Limited public transport makes it difficult for residents to access healthcare services
- Digital literacy challenges among older residents impact their ability to use telehealth services
- Residents rely on emergency departments for after-hours care

