

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 Hawkesbury LGA, encompassing more than 68,000 residents over 2,800 square kilometres – the largest local government area in metropolitan NSW.

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

JUNE 2025

Population Facts



68,704 residents
(17% of the NBM population)



3,257 Aboriginal and Torres Strait
Islander residents
(4.8% of Hawkesbury residents)



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



Life expectancy for males is
84.9 years and females 86.7 years
(NBM: males: 84.6, females: 86.4,
NSW: males: 84.8, females: 87.3)



13% of residents were born
overseas (NBM: 20%, NSW: 29%)



7% speak a language other than
English at home (NBM: 14%, NSW: 27%)



0.3% are estimated
to be homeless
(NBM: 0.2%, NSW: 0.4%)



3.2% unemployment rate
(NBM: 4.2%, NSW: 4.9%)



20.8% live by themselves
(NBM: 23%, NSW: 24%)



Moderate level of
socio-economic advantage
(SEIFA score: 1026) (NBM: 1006)



Highest rates of serving Australian
Defence Force members in the
region



Aboriginal Health

- High rates of psychological distress (2.3 times more likely than non-Aboriginal people)
- Young Aboriginal people report challenges related to cultural connection
- Low participation in breast screening (31.8%) (NBM: 47%)
- Shortage of Aboriginal health workers
- No Aboriginal Community Controlled Health Organisation



Disaster and Emergency Management

- Approximately 1,500 homes damaged by flood waters between 2019 and 2022
- Significant bushfires in 2019/2020
- 6 flood events between 2020-2022
- Increased health concerns related to mould growth as a result of flooding



Alcohol and Other Drugs

- Decreasing rates of cannabis related offences
- Increasing rates of amphetamine related offences
- Limited outpatient drug and alcohol detoxification services available
- 1 women's residential rehabilitation facility
- Decreasing rates of alcohol attributable deaths
- Unmet demand for adult and youth services
- 3 opioid treatment program providers



Healthy Ageing

- 11,137 residents aged 65+
- Estimated 73% increase in residents aged 65+ by 2041
- 1.5% of people are living with dementia
- 5 Residential Aged Care Homes



Health Workforce

- 27 general practices
- 127 general practitioners
- 42 general practice nurses
- 234 allied health professionals
- 1 Urgent Care Service
- Limited medical deputising services available



Mental Health and Suicide Prevention

- 16% of residents will experience a mental illness in 2024-25 increasing to 19% in 2034-35 (NSW: 19% in 2024-25)
- 13% of residents suffer psychological distress (NSW: 18%)
- 1 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)
- Inconsistent psychosocial services
- Inadequate access to mental health services
- High out of pocket costs for private psychology services



Population Health

- Top 5 long term health conditions
 - Arthritis (9.1%) (NSW: 8.4%)
 - Asthma (8.6%) (NSW: 7.8%)
 - Diabetes (4.1%) (NSW: 4.8%)
 - Heart disease (4.1%) (NSW: 3.9%)
 - Lung condition (1.9%) (NSW: 1.7%)
- Second highest rates of bowel cancer screening in the region (38.7%) (NBM: 37%, NSW: 37.5%)
- Second highest rates of breast screening in the region (47.0%) (NBM: 47.2%, NSW: 52%)
- High rates of endometrial ablation (1.6 in 1,000 people) (NSW: 1.2 per 1,000)
- 95.10% of 5-year-olds are fully immunised (National target 95%)



Vulnerable Populations

- Moderate rate of reported domestic and family violence incidents (5 in 1,000 people) (NSW: 4.5 in 1,000 people)
- 5.1% of residents have a profound or severe disability (NBM: 5.5%)
- 11.6% of residents provide unpaid care to individuals with disabilities (NBM: 5.9%)
- Few bilingual or culturally accessible mental health professionals

What our community told us (Community Health and Wellbeing Survey 2024)

- Limited public transport options
- Moderate wait times to see a health professional
- High cost of health services limits access