

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 Lithgow LGA, encompassing more than 20,000 residents over 4,000 square kilometres – two thirds of which is covered by National Park and State Forest.

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

JUNE 2025

Population Facts



20,740 residents
(5% of the NBM population)



1,614 Aboriginal and Torres Strait
Islander residents
(7.7% of Lithgow residents)



Median age is 47 years
(NBM: 38, NSW: 39)



Life expectancy for males is
81.6 years and females 85.9 years
(NBM: males: 84.6, females: 86.4,
NSW: males 84.8, females: 87.3)



10% of residents were born
overseas (NBM: 20%, NSW: 29%)



4% 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%)



5.5% unemployment rate
(NBM: 4.2%, NSW: 4.9%)



32% live by themselves
(NBM: 23%, NSW: 24%)



Moderate level of socio-economic
disadvantage (SEIFA score: 935)
(NBM: 1,006)



Aboriginal Health

- High rates of psychological distress (2.3 times more likely than non-Aboriginal people)
- Low participation in breast screening (35.2%) (NBM: 47%)
- Shortage of Aboriginal health workers
- No Aboriginal Community Controlled Health Organisations



Alcohol and Other Drugs

- Highest rates of alcohol-attributable deaths in the region (0.21 people in 1,000) (NSW: 0.18 in 1,000 people)
- No opioid treatment program providers
- Long travel time to access public detoxification services
- Shortage of outpatient detoxification and non-residential rehabilitation services



Disaster and Emergency Management

- Significant bushfires in 2019/2020 – 52% of the LGA suffered damage
- Lower socio-economic communities are disproportionately impacted by climate-related stressors



Healthy Ageing

- 5,108 residents aged 65+
- Estimated 24% increase in residents aged 65+ by 2041
- 2.2% of people are living with dementia (NSW: 0.8%)
- 3 Residential Aged Care Homes



Health Workforce

- 8 general practices
- 43 general practitioners
- 18 general practice nurses
- 101 allied health professionals
- Reliance on overseas trained GPs
- Challenges recruiting health workforce
- Classified as a Distribution Priority Area due to shortages of general practitioners



Mental Health and Suicide Prevention

- 19% of residents will experience a mental illness in 2024-25, increasing to 20% in 2034-35 (NSW: 19 % in 2024-25)
- Highest rates of youth psychological distress in the region (22%)
- Limited mental health and crisis support services available
- High suicide rates in the Lithgow-Mudgee Statistical Area Level 3 (SA3) region
- 0.6 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)



Population Health

- Top 5 long term health conditions
 - Arthritis (13.9%) (NSW: 8.4%)
 - Asthma (10.7%) (NSW: 7.8%)
 - Diabetes (6.7%) (NSW: 4.8%)
 - Heart disease (5.4%) (NSW: 3.9%)
 - Lung condition (3.0%) (NSW: 1.7%)
- 37.4% of eligible residents screened for bowel cancer (NBM: 37%, NSW: 38%)
- Lowest breast screening rates in the region (45.6%) (NBM: 47.2%, NSW: 52%)
- Highest rate of endometrial ablation (2 in 1,000 people) (NSW: 1.2 per 1,000)
- Highest childhood immunisation rates in the region (96.19%) (Exceeds 95% target)
- High teenage pregnancy rate (4% of births to mothers aged 19 years and under) (NSW: 1.4%)



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 options for after hours services – high rates of emergency department usage for low urgency care
- Limited public transport options and long travel time to services outside Lithgow LGA
- High rates of social isolation

