

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 Penrith LGA, encompassing more than 228,000 residents over 404 square kilometres – the most densely populated LGA in our region.

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

JUNE 2025

Population Facts



228,661 residents
(58% of the NBM population)



10,928 Aboriginal and Torres Strait Islander residents
(5% of Penrith residents)



Median age is 35 years
(NBM: 38, NSW: 39)



Life expectancy for males is 83.9 years and females 86 years
(NBM: males: 84.6, females: 86.4, NSW: males 84.8, females: 87.3)



23% of residents were born overseas (NBM: 20%, NSW: 29%)



20% speak a language other than English at home (NBM: 4%, NSW: 27%)



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



4.6% unemployment rate
(NBM: 4.2%, NSW: 4.9%)



21% live by themselves
(NBM: 23%, NSW: 24%)



Moderate level of socio-economic disadvantage (SEIFA score: 991)
(NBM: 1006)



Aboriginal Health

- Home to 61% of the Aboriginal and Torres Strait Islander population in the NBM region
- Second highest rates of breast screening in the region (37%) (NBM: 47%)
- High rates of psychological distress (2.3 times more likely than non-Aboriginal people)
- Limited culturally appropriate services



Alcohol and Other Drugs

- Fluctuating rates of alcohol related hospitalisations
- Decreasing rates of alcohol related deaths
- Decrease in cannabis related offences
- Decrease in amphetamine related offences
- 3 opioid treatment program providers
- Inpatient and outpatient detoxification services available



Disaster and Emergency Management

- Impacted by flooding along the Nepean River
- Increasing extreme heat days – reaching 50 degrees in central Penrith and St Marys in summer
- Increasing heat related emergency department presentations



Healthy Ageing

- 28,295 residents aged 65+
- Estimated 70.8% increase in residents aged 65+ by 2041
- 1.1% of people are living with dementia (NSW: 0.8%)
- 14 Residential Aged Care Homes



Health Workforce

- 72 general practices
- 281 general practitioners
- 107 general practice nurses
- 921 allied health professionals
- Highest rate of bulk billing practices in the region
- 1 Medicare Urgent Care Clinic
- Increasing population, driven by urban development and migration, is expected to increase demand for health services



Mental Health and Suicide Prevention

- 6.2% of residents will experience a mental illness in 2024-25, increasing to 18% in 2034-35 (NSW: 19% in 2024-25)
- Limited coordination between mental health services and Housing and Support Initiatives packages
- 0.9 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
 - Asthma (9.0%) (NSW: 7.8%)
 - Arthritis (7.9%) (NSW: 8.4%)
 - Diabetes (5.5%) (NSW: 4.8%)
 - Heart disease (3.6%) (NSW: 3.9%)
 - Lung condition (1.6%) (NSW: 1.7%)
- 6.35% of the population registered with National Diabetes Services Scheme
- High rates of preventable hospitalisations
- High teenage pregnancy rate (2.1% of births to mothers aged 19 years and under) (NSW: 1.4%).
- 34% of eligible residents screened for bowel cancer (NBM: 37%, NSW: 38%)
- Low breast screening rates (46.5%) (NBM: 47.2%, NSW: 52%)
- High rates of childhood immunisation (96.02%; exceeds 95% target)



Vulnerable Populations

- Home to the largest overseas born population in the region
- Limited access to cervical screening for newly arrived refugee women
- High rates of reported domestic-violence incidents (9.2 in 1,000 people) (NSW: 4.5 in 1,000 people)

What our community told us

(Community Health and Wellbeing Survey 2024)

- Heavy reliance on Nepean Hospital for specialist and emergency care
- Access to services is limited due to increasing demand and capacity issues