Infographic

COORDINARE

phn SOUTH EASTERN NSW
An Australian Government Initiative

Health Snapshot for South Eastern NSW PHN

Population

671,427 total population

22% aged over 65 years

33,180 (5.2%) people identify as Aboriginal and Torres Strait Islander

Region is home to **3.4%** of Australia's Aboriginal population, and **9.8%** of the total Aboriginal population in NSW

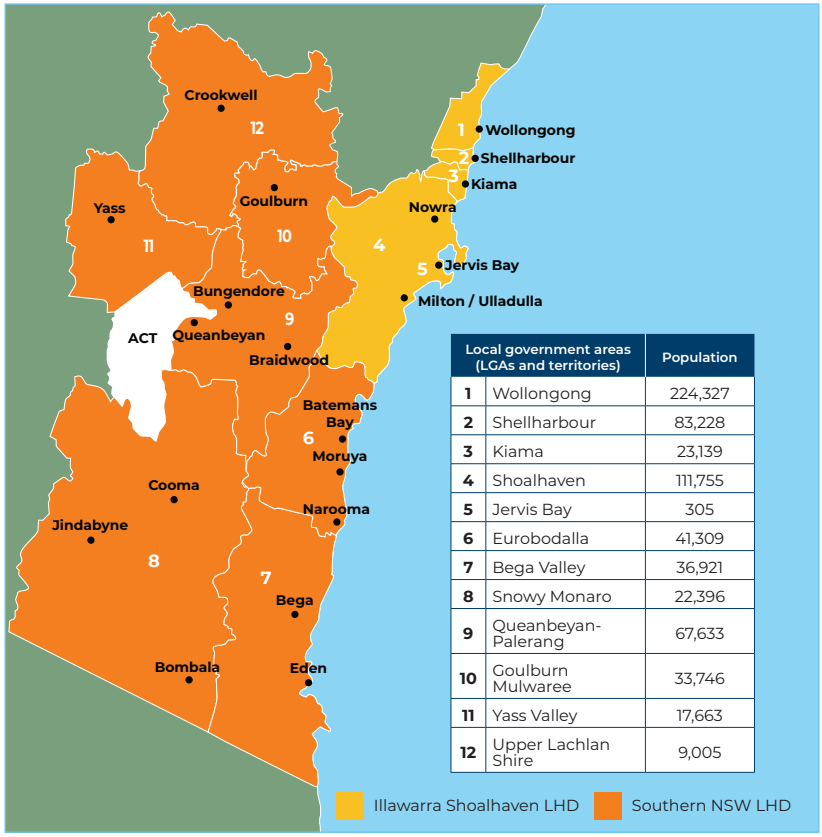
62,349 (9.7%) culturally and linguistically diverse people

Top 3 non-English speaking countries of birth
1. India
2. North Macedonia
3. Italy

10.4% non-English speaking at home

Top 3 non-English languages spoken at home
1. Macedonian
2. Italian
3. Arabic

15.6% projected population growth between 2021-2031



Local government areas (LGAs and territories)		Population
1	Wollongong	224,327
2	Shellharbour	83,228
3	Kiama	23,139
4	Shoalhaven	111,755
5	Jervis Bay	305
6	Eurobodalla	41,309
7	Bega Valley	36,921
8	Snowy Monaro	22,396
9	Queanbeyan-Palerang	67,633
10	Goulburn Mulwaree	33,746
11	Yass Valley	17,663
12	Upper Lachlan Shire	9,005

Health and related services

808 GPs
375 practice nurses

199 general practices

2 Local Health Districts (LHDs)

69 residential aged care facilities

22 public hospitals
16 emergency departments
30 community health centres

68 home care providers
134 home support outlets

Social determinants

29% of the population experience high socio-economic disadvantage

Lower than NSW and Australian average for median weekly income for household, families and individuals in several areas of the region.

4.6% average unemployment rate

Social isolation - 10.9% of the resident population live alone

11.5% experiencing financial stress from rent or mortgage*

'health care and social assistance'

industry being the highest category for the employed population.

6.3% have no motor vehicle*

**of occupied private dwellings*

Chronic conditions

Top 5 causes of death in the region:

1. coronary heart disease
2. dementia (including alzheimer's)
3. cerebrovascular disease
4. lung cancer
5. chronic obstructive pulmonary disease

Aboriginal health

Poorer status on all social determinants of health:

- unemployment
- inadequate housing
- lower educational attainment
- vulnerability to childhood development risks
- poverty

Higher prevalence of most health and lifestyle risk factors and consequently a higher prevalence of most major long-term conditions.

Mental health and suicide prevention

Higher than NSW and Australian average estimates for:

- prevalence of long term mental or behavioural problems
- high or very high psychological distress

Higher than NSW and Australian rates for:

- suicide deaths
- intentional self-harm related hospitalisations

Alcohol and other drugs

Higher than NSW and Australian average prevalence figures for:

- high risk alcohol consumption
- smoking

South Eastern NSW PHN had the 4th highest age-standardised rates of alcohol attributable hospitalisation among all 10 PHNs in NSW, with rates among males being almost two times higher than females.

Source and citation: Ghosh, A. 2019, Population Health Profile: South Eastern NSW. COORDINARE - South Eastern NSW PHN. [Last updated: October 2026]