



The Oberon Local Government Area sits in the Central West of NSW. Covering 3,625km² almost half of which is National Parks and Forest, it is essentially a timber town with a thriving innovative agricultural industry and an emerging, vibrant tourism sector. The township is surrounded by historical villages each with their own unique identity.

Demographics



Median age is **45 YEARS** (NSW: 38 yrs.)
The median age of 45 years is 18% above the NSW average (38 years)



The estimated resident population from the 2016 Census was

5,399

an increase of 4% from the 2011 Census.



52% males | 48% females
There are more males (52%) than females (48%) living in the region



3.4%

3.4% of the population identified as **Aboriginal** and/or **Torres Strait Islander** compared to 2.9% for NSW.

Population trends



0-14 yrs.
18% of total population (NSW:19%)



65 yrs.+
21% of total population (NSW: 16%)

15-44 years and 45-64 years age groups make up the largest proportion of the population, 33% and 28% respectively. The younger age group 0-14 years make up 18% while those aged 65 years and older make up 21% of the population.



1,345 families



with 1.9 children per family on average (NSW: 1.9)

Drivers of health

Based on a range of social and economic characteristics, the ABS Index of Relative Socio-economic Disadvantage (IRSD) score of 969 for the Oberon LGA indicates greater disadvantage when compared to the NSW average IRSD of 1002. However, Oberon is ranked in the top 25% most socio-economically advantaged LGAs in the Western NSW PHN region.



5.2% of the population have a **profound** or **severe disability** (5.6%, NSW)



78.8% of the population is **Australian-born** (65.5%, NSW)



0.1% of people born overseas report **poor proficiency in English** (3.8%, NSW)



In 2016, levels of **unemployment** were lower than State averages, 5.7% compared to 6.3%



Lower levels of home **internet access** compared to national average: 72.2% (LGA); 82.5% (NSW)



Lower crime rates compared to the state average

Health status



77%

77% of people surveyed in the WNSW Telephone Community Health Survey 2018 rated their health and wellbeing as good or excellent. (PHN average: 73%)

Health priority



38%

38% of people surveyed in the WNSW Telephone Community Health Survey 2018 reported alcohol and drug use and 29% reported dementia as the most serious health concerns facing their community.

Health service gaps



26%

26% of people surveyed in the WNSW Telephone Community Health Survey 2018 reported dental services and 25% medical specialist services as the most important gaps in health services

Vulnerable groups



Mothers & Babies

190 babies born to Oberon resident mothers between 2015 and 2017.

High rates of smoking during pregnancy (20% compared to NSW (9%).



Older people

Ageing population Predictions: 32% of residents in 2036 aged 65 yrs. and over.

Chronic disease and risk-factors

Snap shot of chronic disease and risk-factor prevalence in Oberon Medical Practice Patients.



15% of patients have high BMIs



7% of patients diagnosed with asthma and 9% with Chronic Obstructive Pulmonary



5.4% of patients diagnosed with type 2 diabetes



14% of patients diagnosed with hypertension



3% of patients have high cholesterol

Primary and Community Health Services



Oberon Medical Centre

- ✓ Local GPs
- ✓ Visiting diabetes educator, dietician, psychiatrist (once a month)
- ✓ Visiting audiologist (once every 3 weeks)
- ✓ Pathology service



Local pharmacy service

- ✓ Dose administration aids
- ✓ Home medication review
- ✓ Walking group



Visiting dental services

- ✓ Weekly or fortnightly depending on demand



Mental health services

- ✓ Visiting psychology services once every fortnight and telehealth
- ✓ Mental Health Emergency Care Rural Access Program 24 hours a day, 7 days a week (1800 011 511)



Community transport

- ✓ Aged care services



Maternity, child and family health

- ✓ Immunisation, parenting and family support/education



Western NSW Medical Imaging Services

- ✓ 3 days/week



Western NSW Pathology Service

- ✓ Weekdays



Ambulance service available

Oberon Council

Oberon Council supports preventative and health services:



Walking and cycling trails



Sporting and exercise facilities



Stationary exercise equipment



Support aged and disabled care services



Fresh water stations



Provide community transport

Future proofing

Advocating for:

- Improved aged care support services
- Palliative care services
- Recruitment and retention of medical professionals
- Connectivity

Source: www.wnswphn.org.au/sources

WNsw PHN would like to acknowledge the assistance of the NSW Rural Doctors Network in the creation of this document