

Community report

Port Macquarie-Hastings (A)

Prepared from Community Explorer topic selections for briefing, planning and reporting use.

AREA

Port Macquarie-Hastings (A)

COMPARISON

Regional NSW

POPULATION

Persons

GENERATED

2 April 2026

Included sections

1 selected topic will be included in this report.

01 Five year age groups

Sources and method

- Source: Australian Bureau of Statistics, Census of Population and Housing, 2021 and, where available, 2016 comparison data.
- Percentages are calculated from the denominator supplied for each topic. Change (pp) is the 2021 percentage minus the 2016 percentage when the topic is comparable across years.
- Usual residence topics describe where people usually live, rather than where they were counted on Census night.

Five year age groups

Port Macquarie–Hastings (A) | Regional NSW comparison | Persons

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Key takeaway

In 2021, 70 to 74 year olds was the largest age group among residents in Port Macquarie–Hastings (A), accounting for 7.8% (6,739 people). This share was higher than Regional NSW (5.9%). Since 2016, the biggest change was in 70 to 74 year olds, which increased by 1,223 people and 0.8 percentage points.

About this topic

Five year age groups show the population in standard five-year cohorts from early childhood through older age. Because each band covers the same span of years, the topic gives a clear and comparable view of an area's age structure.

This topic is useful for identifying growth or decline in specific cohorts and for comparing age patterns across places and over time. For service planning, it is often read together with service age groups, household types, and dwelling types.

Interpretation notes

- Age is reported as at Census night, so the counts are a snapshot of the resident age structure at that point in time.
- Because each band covers the same five-year span, this topic is best for exact cohort comparison rather than service-planning life stages.

Age structure - Five year age groups

Port Macquarie-Hastings (A) - Total persons (Usual residence)

Category	2021			2016			Change	
	Count	%	Regional NSW %	Count	%	Regional NSW %	Count	pp
0 to 4	3,847	4.4%	5.5%	3,824	4.9%	5.8%	+23	-0.5
5 to 9	4,690	5.4%	6.1%	4,589	5.8%	6.4%	+101	-0.4
10 to 14	5,325	6.1%	6.3%	4,689	6.0%	6.1%	+636	+0.1
15 to 19	4,939	5.7%	5.7%	4,436	5.6%	6.0%	+503	+0.1
20 to 24	3,855	4.4%	5.4%	3,089	3.9%	5.6%	+766	+0.5
25 to 29	3,733	4.3%	5.7%	3,257	4.1%	5.5%	+476	+0.2
30 to 34	3,898	4.5%	5.9%	3,368	4.3%	5.5%	+530	+0.2
35 to 39	4,262	4.9%	5.9%	3,613	4.6%	5.4%	+649	+0.3
40 to 44	4,395	5.1%	5.6%	4,485	5.7%	6.1%	-90	-0.6
45 to 49	5,063	5.8%	6.1%	4,916	6.3%	6.4%	+147	-0.5
50 to 54	5,379	6.2%	6.2%	5,235	6.7%	6.8%	+144	-0.5
55 to 59	5,716	6.6%	6.6%	5,666	7.2%	7.1%	+50	-0.6

Category	2021			2016		
	Count	%	Regional NSW %	Count	%	Regional
60 to 64	6,357	7.3%	6.9%	5,596	7.1%	
65 to 69	6,440	7.4%	6.4%	6,258	8.0%	
70 to 74	6,739	7.8%	5.9%	5,516	7.0%	
75 to 79	5,287	6.1%	4.3%	4,068	5.2%	
80 to 84	3,388	3.9%	2.9%	2,925	3.7%	
85 and over	3,408	3.9%	2.8%	2,979	3.8%	
Total	86,762	100.0%	100.0%	78,539	100.0%	100.0%

Data basis: usual residence.