

# Cowra — Aboriginal & Torres Strait Islander community

1,126 Aboriginal and Torres Strait Islander people · 8.8% of the Cowra LGA population

**1 in 11**  
people in Cowra are Aboriginal and/or Torres Strait Islander (8.8%) compared with 3.4% across NSW

**22**  
median age  
**A young community**  
Half are younger than 22 (the wider Cowra median is 47). Follow the journey below, across the life course.

IDENTITY & CULTURE — WOVEN THROUGH EVERY STAGE

**98%**  
identify as Aboriginal (0.9% as both Aboriginal & Torres Strait Islander)

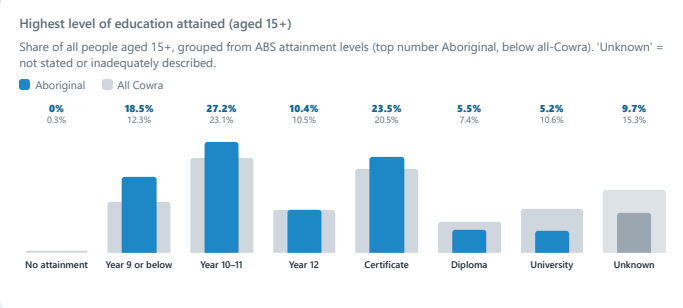
**Wiradjuri**  
most-spoken Aboriginal language — 35 speakers at home  
*As reported on the ABS 2021 Census*

**3.2%**  
speak an Aboriginal or Torres Strait Islander language at home

**Early years** · ages 0-4

**About 1 in 5**  
Cowra preschoolers are Aboriginal or Torres Strait Islander  
48 children in preschool (as at the 2021 Census) — about 19% of all Cowra preschoolers, around 2.2x their 8.8% population share. The early years are a key point for investment.

**School & study** · ages 5-24



**22** Median age 22 — about half of Cowra's Aboriginal community is younger than this (the wider Cowra median age is 47).

**Working life** · ages 25-54

**15%**  
Unemployment  
Aboriginal: 15%  
All Cowra: 5.1%  
All NSW: 4.9%  
*2.9x the LGA rate*

**\$489**  
Median weekly personal income  
Aboriginal: \$489  
All Cowra: \$606  
Household income \$1,218/wk shared across 3.1 people

Top 5 occupations · Aboriginal community

Community & personal service	20.9%
Labourers	20.3%
Technicians & trades	15.7%
Professionals	10.5%
Sales workers	8%

**Family & home**

**412**  
Aboriginal & Torres Strait Islander families

**24.7%**  
One-parent families  
Aboriginal: 24.7%  
All Cowra: 17.3%

**48.4%**  
Households renting  
29.5% mortgage · 20.9% owned outright

**\$235**  
Median weekly rent  
All Cowra: \$230  
3.1 people per household (All Cowra 2.3)

**Caring & community**

**31%**  
Provide unpaid child care  
All Cowra: 22.5%

**15.5%**  
Provide unpaid assistance to a person with a disability, health condition or due to old age  
All Cowra: 13.5%

**63%**  
Do unpaid domestic work  
All Cowra: 64.7%

**10.5%**  
Volunteer through an organisation  
All Cowra: 18%

**Health & wellbeing** · all ages

**54.8%**  
report no long-term health condition  
Aboriginal: 54.8%  
All Cowra: 50.6%

Despite being a far younger population (median age 22 vs 47), about the same share report no long-term condition as the wider LGA (54.8% vs 50.6%) — a sign conditions are emerging earlier in life. Figures cover all ages.

Most common conditions — prevalence  
Share reporting each condition. Categories overlap — a person may report more than one.

Condition	Aboriginal	All Cowra
Mental health	15.6%	10.8%
Asthma	13.9%	9.9%
Arthritis	7.4%	13.3%
Diabetes	5.2%	6.4%
Heart disease	2.9%	5.2%

**Read with care:** These figures count only people who identified as Aboriginal and/or Torres Strait Islander in the Census. Undercounting is common — the true population is likely larger. Small-area counts are also randomly adjusted by the ABS to protect privacy, so components may not sum exactly.

Aboriginal and Torres Strait Islander — Cowra    All Cowra LGA (whole population)    All NSW

**Have your say — and explore more**  
Scan the code for a short survey about this data resource, then head to the Just Reinvest Data Hub for the full picture and more community resources.  
[tinyurl.com/cowra-poster](https://tinyurl.com/cowra-poster)