

FACTSHEET

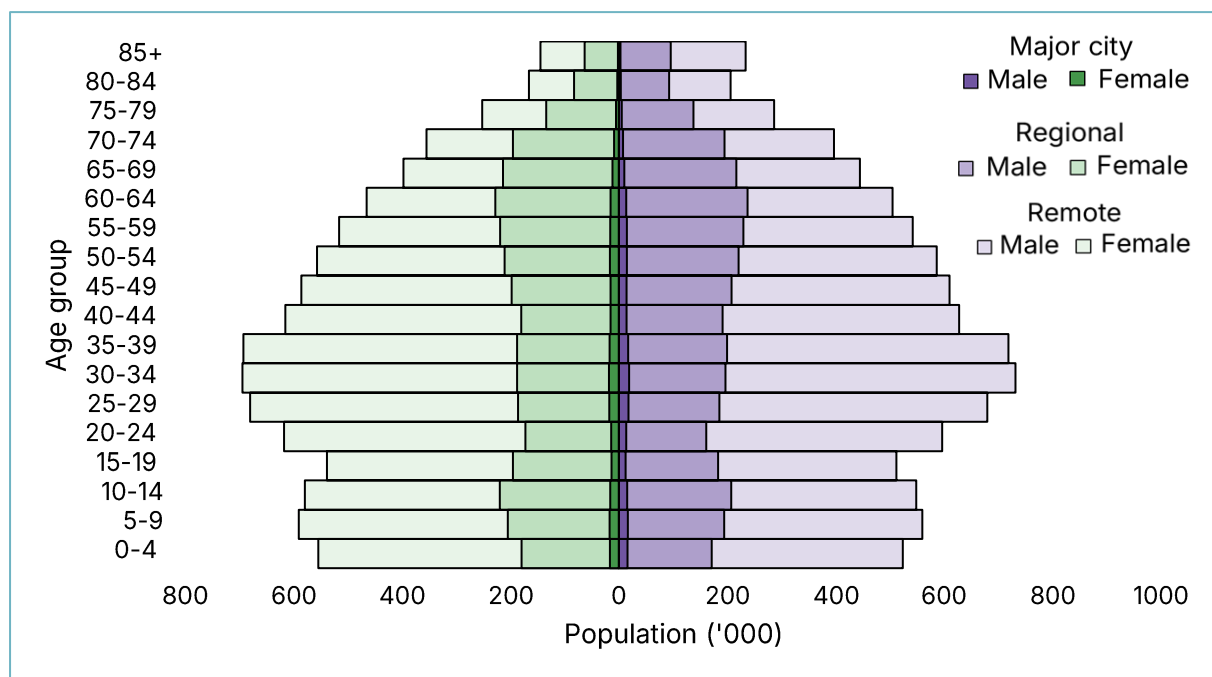
MAJOR CITY, REGIONAL AND REMOTE POPULATIONS

Australia's population is shaped by where people live. Major cities, regional towns and remote communities each have distinct demographic patterns that influence everything from service delivery to workforce needs and community wellbeing. Comparing these areas helps us understand how population change plays out differently across the country, and why place-based planning is essential for meeting the needs of all Australians.

- One quarter of the Australian population live in regional areas.
- Only 1.9% of Australians live in remote areas.
- Populations in capital cities are younger than the rest of Australia, with a median age of 36.9 years compared to 42.0.

**73% of
Australians
live in major
cities**

POPULATION PYRAMID



REFERENCES

- Australian Bureau of Statistics. (2023, August 15). *Microdata and TableBuilder: Census of Population and Housing*. ABS. <https://www.abs.gov.au/statistics/microdata-tablebuilder/available-microdata-tablebuilder/census-population-and-housing>.
- Australian Bureau of Statistics. (2024). *Regional population by age and sex*. ABS. <https://www.abs.gov.au/statistics/people/population/regional-population-age-and-sex/2024>.
- Australian Institute of Health and Welfare (2025) *Profile of Australia's population*, AIHW, Australian Government, accessed 09 December 2025.