Results from the 2018-19 National Aboriginal and Torres Strait Islander Health Survey (NATSIHS)

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Thank you
A big THANK YOU to those who took part in the survey and shared their stories – your support and help are so important.

What is the NATSIHS?
The National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) 2018-19 was conducted by the Australian Bureau of Statistics (ABS) from July 2018 until April 2019.
The survey collected information about the health status of Aboriginal and Torres Strait Islander peoples. It focused on health conditions, lifestyle factors, health service use, social and emotional wellbeing, and physical measurements. For the first time, in 2018-19 the NATSIHS also included a voluntary, self-administered hearing test for people aged 7 years and over who did not have a cochlear implant.

Who took part in the survey
Nationally, the sample included about 10,500 people from around 6,500 households. People of all ages took part in the survey from across all Australian States and Territories, including remote communities.

How will the survey help me?
Communities, health professionals, governments and researchers use the survey results to help improve services and health programs for Aboriginal and Torres Strait Islander peoples and the wider community. The information is used to find ways to help people live healthier and happier lives.

Find out more at www.abs.gov.au. Catalogue Number 4715.0
More people reported excellent or very good health
5 in 10 people aged 15+, up from 4 in 10 people in 2012-13
54% now, down from 57% in 2012-13

More young people have never smoked
5 in 10 people aged 18-24 years, up from 4 in 10 people in 2012-13

Fewer people are binge drinking
8% of people had diabetes, same as in 2012-13

People are not eating enough fruit and veg
5 in 10 people aged 15+, 39% eat enough fruit and 4% eat enough veg

Diabetes remains steady

Heart disease
1 in 4 people aged 55+

Mental health
1 in 10 people aged 2+ had reported depression

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In 2018-19, more people reported excellent or very good health

People eating enough fruit

In 2018-19, 68% of young people aged 2-17 ate enough fruit***

Females less likely to binge drink

In 2018-19, 45% of adult females aged 18+ were likely to binge drink* compared to 64% of adult males

People who have never smoked

In 2018-19, 1 in 3 adults aged 18+ had never smoked

Diabetes

In 2018-19, 6% of people had diabetes, same as in 2012-13**

Asthma

In 2018-19, 2 in 10 people had asthma

Use of health services

In 2018-19, 54% of young people aged 2-17 saw a dentist or dental professional in the last 12 months

* ‘Binge drinking’ is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

** 2018-2019 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for young people aged 2–3 to 1 ½ serves a day for young people aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

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In 2018-19, 58% of young people aged 2-17 ate enough fruit.

In 2018-19, 65% of young people aged 2-17 saw a dentist or dental professional in the last 12 months.

People eating enough fruit

In 2018-19, 58% of young people aged 2-17 ate enough fruit.

In 2018-19, 45% of adult females aged 18+ were likely to binge drink compared to 63% of adult males.

Females less likely to binge drink

In 2018-19, 6% of people had diabetes, same as in 2012-13.

Diabetes

In 2018-19, 6% of people had diabetes, same as in 2012-13.

People who have never smoked

In 2018-19, 1 in 3 adults aged 18+ had never smoked.

Use of health services

In 2018-19, around 2 in 10 people had asthma.

Asthma

In 2018-19, 1 in 3 adults aged 18+ had never smoked.

People reporting excellent or very good health in 2018-19

4 in 10 people aged 15+, same as in 2012-13.

**2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2–3 to 1½ serves a day for children aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

‘Binge drinking’ is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.
In 2018-19, more people reported excellent or very good health.

In 2018-19, 3 in 10 adults aged 18+ had never smoked.

In 2018-19, 42% of adult females aged 18+ were less likely to binge drink* compared to 68% of adult males.

In 2018-19, 65% of young people aged 2-17 ate enough fruit***

In 2018-19, 57% of young people aged 2-17 saw a dentist or dental professional in the last 12 months.

In 2018-19, 9% of people had diabetes, same as in 2012-13**

In 2018-19, 14% of people had asthma.

People who have never smoked

Females less likely to binge drink

Diabetes

Asthma

Use of health services

* ‘Binge drinking’ is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

** 2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2–3 to 1½ serves a day for children aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

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In 2018-19, 65% of young people aged 2-17 ate enough fruit.

People who have never smoked

In 2018-19, 9% of people had diabetes, same as in 2012-13.

People eating enough fruit

In 2018-19, 65% of young people aged 2-17 ate enough fruit.

Females less likely to binge drink

In 2018-19, 41% of adult females aged 18+ were likely to binge drink compared to 60% of adult males.

People reporting excellent or very good health in 2018-19

4 in 10 people aged 15+, same as in 2012-13.

Use of health services

In 2018-19, 60% of young people aged 2-17 saw a dentist or dental professional in the last 12 months.

Diabetes

In 2018-19, 60% of young people aged 2-17 saw a dentist or dental professional in the last 12 months.

Asthma

In 2018-19, around 2 in 10 people had asthma.

“Binge drinking” is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2-3 to 1½ serves a day for children aged 4-8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

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In 2018-19, 66% of young people aged 2-17 ate enough fruit.

Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2–3 to 1½ serves a day for children aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

* ‘Binge drinking’ is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

** 2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2–3 to 1½ serves a day for children aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.
In 2018-19, 59% of young people aged 2-17 ate enough fruit***

**Binge drinking** is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

**2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2–3 to 1½ serves a day for children aged 4–8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

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In 2018-19, more people reported excellent or very good health.

People who have never smoked.

In 2018-19, 3 in 10 adults aged 18+ had never smoked.

In 2018-19, 32% of adult females aged 18+ were likely to binge drink* compared to 54% of adult males.

Females less likely to binge drink.

In 2018-19, 58% of young people aged 2-17 ate enough fruit***.

People eating enough fruit.

In 2018-19, 53% of young people aged 2-17 saw a dentist or dental professional in the last 12 months.

Use of health services.

In 2018-19, 6% of people had asthma.

Asthma.

In 2018-19, 11% of people had diabetes, same as in 2012-13**.

Diabetes.

In 2018-19, 32% of adult females aged 18+ were likely to binge drink* compared to 54% of adult males.

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**People reporting excellent or very good health in 2018-19**

- In 2018-19, 57% of adults aged 18+ were likely to binge drink*.  
- In 2018-19, 64% of young people aged 2-17 ate enough fruit***
- In 2018-19, 49% of young people aged 2+ saw a dentist or dental professional in the last 12 months

**People who have never smoked**

- In 2018-19, 4 in 10 adults aged 18+ had never smoked

**Binge drinking**

- In 2018-19, 5% of people had diabetes, same as in 2012-13**

**People eating enough fruit**

- In 2018-19, 4 in 10 people aged 15+, same as in 2012-13

**Diabetes**

- In 2018-19, 5% of people had diabetes, same as in 2012-13**

**Use of health services**

- In 2018-19, 4 in 10 adults aged 18+ had never smoked

**Asthma**

- In 2018-19, 1 in 4 people had asthma

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* ‘Binge drinking’ is based on the 2009 single occasion risk guideline from the National Health and Medical Research Council (NHMRC). A person is considered to have exceeded the guideline if they consumed more than four standard drinks on at least one day in the last 12 months.

** 2018-19 data based on persons aged 0+.

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2-3 to 1½ serves a day for children aged 4-8, and 2 serves a day for all older children, adolescents and adults, including pregnant and lactating women.

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