



NATIONAL
Aboriginal and Torres Strait Islander
HEALTH SURVEY

OUR NUMBERS, OUR HEALTH STORIES



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

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ABOUT THE NATSIHS, 2018-19

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?

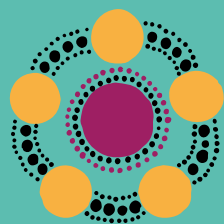
The National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) 2018-19 was conducted by the Australian Bureau of Statistics (ABS) from July 2018 until April 2019.

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.



OUR NUMBERS, OUR HEALTH STORIES



NATIONAL
Aboriginal and Torres Strait Islander
HEALTH SURVEY

Australia wide 2018-19



**More people
reported
excellent or very
good health**



5 in 10 people aged
15+, up from 4 in 10
people 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



54% now, down
from 57% in
2012-13



**Fewer
people are
binge drinking**



8% of people
had diabetes,
same as in
2012-13



**Diabetes
remains
steady**



**People are not
eating enough
fruit and veg**

Of people aged 15+,
39% eat enough
fruit and 4% eat
enough veg



Heart disease



1 in 10 people
aged 2+ had reported
depression



Mental health



1 in 4 people
aged 55+

OUR NUMBERS, OUR HEALTH STORIES

New South Wales 2018-19



NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY



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



5 in 10 people aged 15+, up from 4 in 10 people in 2012-13



People who have **never smoked**



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



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



Females less likely to **binge drink**



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



Diabetes



People eating enough **fruit**

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



Asthma



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



Use of **health services**



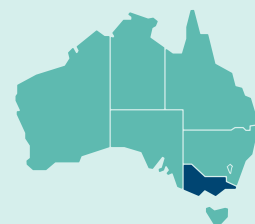
In 2018-19, 2 in 10 people had asthma

* '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.

** 2018-2019 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 1½ 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.

OUR NUMBERS, OUR HEALTH STORIES



NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY

Victoria 2018-19



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



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



People who
have **never
smoked**



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



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



People eating
enough **fruit**

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



Use of
health services



Asthma



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

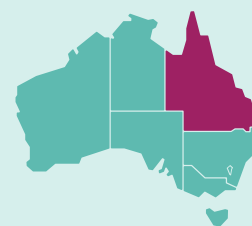
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** 2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** 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.

OUR NUMBERS, OUR HEALTH STORIES

Queensland 2018-19



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



More than 4 in 10 people aged 15+, up from just over 3 in 10 people in 2012-13



People who have **never smoked**



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



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



Females less likely to binge drink



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



Diabetes



People eating enough fruit

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



Asthma



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



Use of health services



In 2018-19, 14% of 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.

OUR NUMBERS, OUR HEALTH STORIES

South Australia 2018-19



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



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



People who
have **never
smoked**



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



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



Females less
likely to
binge drink



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



Diabetes



People eating
enough **fruit**

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



Asthma



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



Use of
health services



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

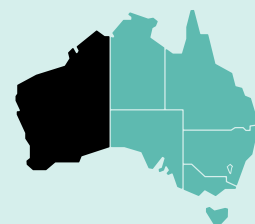
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*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for children aged 2-3 to 1½ serves a day for children aged 4-8, and 2 serves a day for all older children, adolescents and adults,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

OUR NUMBERS, OUR HEALTH STORIES

Western Australia 2018-19



NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY



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



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



People who
have **never
smoked**



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



In 2018-19, 50% of adult
females aged 18+ were
likely to binge drink*
compared to 73% of
adult males



Females less
likely to
binge drink



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



Diabetes



People eating
enough **fruit**

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



Asthma



In 2018-19, 56% of young
people aged 2-17 saw a
dentist or dental professional
in the last 12 months



**Use of
health services**



In 2018-19, around 1 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.

OUR NUMBERS, OUR HEALTH STORIES

Tasmania 2018-19



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



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



People who
have **never
smoked**



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



In 2018-19, 44% of adult
females aged 18+ were
likely to binge drink*
compared to 62% of
adult males



Females less
likely to
binge drink



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



Diabetes



People eating
enough **fruit**

In 2018-19, 59% of
young people aged 2-17
ate enough fruit***



Asthma



In 2018-19, 69% of young
people aged 2-17 saw a
dentist or dental professional
in the last 12 months



Use of
health services



In 2018-19, 2 in 10 people
had asthma

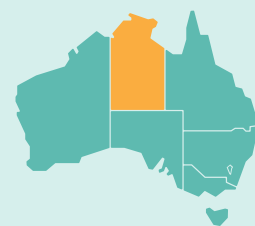
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** 2018-19 data based on persons aged 0+. 2012-13 data based on persons aged 2+.

*** 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.

OUR NUMBERS, OUR HEALTH STORIES

Northern Territory 2018-19



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



5 in 10 people aged
15+, up from 4 in 10
people in 2012-13



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, 11%
of people had
diabetes, same as
in 2012-13**



Diabetes



People eating
enough **fruit**

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



Asthma



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

* '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.

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OUR NUMBERS, OUR HEALTH STORIES

Australian Capital Territory 2018-19



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



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



People who
have **never
smoked**



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



In 2018-19, 57% of
adults aged 18+ were
likely to binge drink*



**Binge
drinking**



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



Diabetes



People eating
enough **fruit**

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



**Use of
health services**



Asthma



In 2018-19, 1 in 4 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+.

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