



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

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 was included

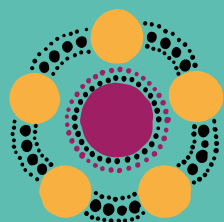
A random selection of Aboriginal and Torres Strait Islander peoples of all ages were interviewed. The survey took place across all States and Territories, including remote communities.

Nationally, the sample included about 10,500 people from around 6,500 households.



How the NATSIHS supports our communities

Information from the survey is used to better understand the health and wellbeing of Aboriginal and Torres Strait Islander peoples to assist in improving services and health programs to help them live healthier and happier lives.



Thank you

The ABS thanks everyone who contributed to the survey, especially the Aboriginal and Torres Strait Islander people who shared their stories – your support and help are so important.






OUR NUMBERS, OUR HEALTH STORIES



NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY

Australia wide 2018-19

Subject	Key finding
Health conditions 	<i>In 2018–19, compared with 2012–13</i>
	More people aged 15+ rated their own health as excellent or very good (45% compared to 39%).
	Overweight and obesity rates have increased for children aged 2-14 years (37% compared to 30%) and for people aged 15+ (71% compared to 66%).
	More people had at least one chronic condition that posed a significant health problem (46% compared to 40%).
	More people had hypertension (8% compared to 5%).
	<i>Also in 2018–19</i>
	Depression was reported by 13% of people aged 2+.
	Anxiety was reported by 17% of people aged 2+.
	People living with profound or severe disability made up 9% of the population in non-remote areas and 6% in remote areas.
	Asthma affects 17% of people living in non-remote areas and 9% of people living in remote areas.
	The rate of mental or behavioural conditions for people 2+ was higher in non-remote areas than remote areas (28% compared to 10%).
Risk factors 	<i>In 2018–19, compared with 2012–13</i>
	More people had never smoked, 85% compared to 77% for people aged 15-17 years, and 50% compared to 43% for people aged 18-24 years.
	Less people aged 15+ smoke every day (37% compared to 41%).
	Less people 18+ drank more than four standard drinks on one occasion in the last 12 months (54% compared to 57%).
	More people aged 15+ had used substances for non-medical purposes in the last year (28% up from 22%).
	<i>Also in 2018–19</i>
	Sugar sweetened* drinks were usually drunk every day by 20% of children aged 2-14 years and 24% of people aged 15+.
	Recommended daily amounts of fruit** and vegetables*** were consumed by 6% of children aged 2-14 years, and 3% of people aged 15+.
	11% of people aged 15+ were getting enough exercise.
	Physical or threatened physical harm was experienced at least once in the last 12 months by 16% of people aged 15+.
Use of health services 	<i>Also in 2018–19</i>
	The proportion of people who needed to go to the doctor but didn't (at least once) in the last 12 months was 14% in non-remote areas and 8% in remote areas.
	57% of young people aged 2-17 years of age saw a dentist or dental professional in the last 12 months.

Note: Where age is not specified, data refers to people 0 years and over.

* Sugar sweetened drinks include soft drinks and non-carbonated drinks.





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

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of vegetables ranges from 2½ serves a day for 2–3 year olds to 4½ serves a day for 4–8yr olds, 5 serves a day for older children and adolescents, 5–6 serves for adults including pregnant women and 7½ serves for lactating women.

OUR NUMBERS, OUR HEALTH STORIES

New South Wales 2018-19



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, more Aboriginal and Torres Strait Islander people aged 15+ rated their own health as excellent or very good (47% compared to 40%).					
	Around 4 in 10 (42%) young people aged 2-17 were overweight or obese, with similar rates for males and females.					
	Hypertension affects 9% of people, in line with the national average.					
	Diabetes affects 6% of people, in line with the national average.					
	Around 3 in 10 (29%) people aged 2+ reported experiencing mental or behavioural conditions. This was higher than the national average (24%).					
	Asthma affects around 2 in 10 (19%) people, in line with the national average.					
Around 4 in 10 (38%) people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	34% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 25% were ex-smokers and 40% current smokers**. Of the current smokers** there was no difference in the proportion between males and females.					
	Around 5 in 10 (54%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months, in line with the national average.					
	Adult females aged 18+ (45%) were less likely than adult males (64%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	27% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with the proportion lower for females (22%) than males (33%).					
	Around 2 in 10 (22%) young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females.					
	Around 7 in 10 (68%) young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females.					
13% of people aged 15+ were getting enough exercise, in line with the national average.						
<div>Use of health services</div> <div></div>	In 2018–19					
	Around 1 in 8 (13%) Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn’t.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn’t, was 19% of adults aged 18+, and 3% of young people aged 0-17.					
The proportion of people who saw a dentist or dental professional in the last 12 months was 34% of adults aged 18+ and 54% of young people aged 2-17.						
<div>Population</div> <div></div>	New South Wales population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	271.9	0-17yrs	109.6	15+yrs	180.5
	2+yrs	260.9	2-17yrs	97.5	18+yrs	163.4

Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, around 4 in 10 (44%) Aboriginal and Torres Strait Islander people aged 15+ continued to rate their own health as excellent or very good.					
	Around 1 in 3 (36%) young people aged 2-17 were overweight or obese, with similar rates for males and females.					
	Hypertension affects 6% of people. This was lower than the national average (8%).					
	Diabetes affects 6% of people. This was lower than the national average (8%).					
	33% of people aged 2+ reported experiencing mental or behavioural conditions. This was higher than the national average (24%).					
	Asthma affects around 2 in 10 (18%) people, in line with the national average.					
Around 3 in 10 (33%) people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	35% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 28% were ex-smokers and 37% current smokers**. There was no difference in the proportion of adult males aged 18+ and adult females who were current smokers**.					
	Around 5 in 10 (53%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was in line with the national average.					
	Adult females aged 18+ (45%) were less likely than adult males (63%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	33% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with similar rates for males and females.					
	25% of young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females.					
	Around 6 in 10 (58%) young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females.					
11% of people aged 15+ were getting enough exercise, in line with the national average.						
<div>Use of health services</div> <div></div>	In 2018–19					
	Around 2 in 10 (19%) Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn't.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn't, was 29% of adults aged 18+ and 5% of young people aged 0-17.					
The proportion of people who saw a dentist or dental professional in the last 12 months was 44% of adults aged 18+ and 65% of young people aged 2-17.						
Population	Victoria population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	60.2	0-17yrs	24.6	15+yrs	39.1
	2+yrs	56.8	2-17yrs	21.1	18+yrs	35.6

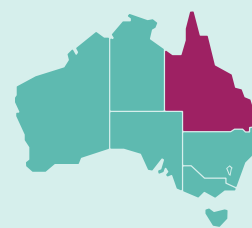
Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, more Aboriginal and Torres Strait Islander people aged 15+ rated their own health as excellent or very good (43% compared to 36%).					
	Around 1 in 3 (36%) young people aged 2-17 were overweight or obese, with similar rates for males and females.					
	Hypertension affects 9% of people, in line with the national average.					
	Diabetes affects 9% of people, in line with the national average.					
	20% of people aged 2+ reported experiencing mental or behavioural conditions. This was lower than the national average (24%).					
	Asthma affects 14% of people, in line with the national average.					
46% of people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	31% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 23% were ex-smokers and 45% current smokers**. There was no difference in the proportion of adult males aged 18+ and adult females who were current smokers**.					
	Around 5 in 10 (54%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was in line with the national average.					
	Adult females aged 18+ (42%) were less likely than adult males (68%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	27% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with the proportion lower for females (17%) than males (40%).					
	Around 2 in 10 (18%) young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females, and for non-remote and remote areas.					
	Around 2 in 3 (65%) young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females, and for non-remote and remote areas.					
10% of people aged 15+ were getting enough exercise, in line with the national average.						
<div>Use of health services</div> <div></div>	In 2018–19					
	Around 1 in 10 (11%) Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn’t.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn’t, was 11% for non-remote areas and 7% for remote areas.					
The proportion of people who saw a dentist or dental professional in the last 12 months was 39% of adults aged 18+ and 57% of young people aged 2-17.						
<div>Population</div> <div></div>	Queensland population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	228.9	0-17yrs	95.9	15+yrs	146.8
	2+yrs	216.4	2-17yrs	83.6	18+yrs	132.9

Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, 4 in 10 (39%) Aboriginal and Torres Strait Islander people aged 15+ continued to rate their own health as excellent or very good.					
	Around 4 in 10 (44%) young people aged 2-17 were overweight or obese.					
	Hypertension affects 7% of people, in line with the national average.					
	Diabetes affects 9% of people, in line with the national average.					
	30% of people aged 2+ reported experiencing mental or behavioural conditions, in line with the national average.					
	Asthma affects around 2 in 10 (23%) people. This was higher than the national average (16%).					
Around 4 in 10 (38%) people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	36% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 24% were ex-smokers and 40% current smokers**. Adult females aged 18+ (33%) were less likely than adult males (48%) to be current smokers**.					
	Around 5 in 10 (51%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was in line with the national average.					
	Adult females aged 18+ (41%) were less likely than adult males (60%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	36% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with similar rates for males and females.					
	25% of young people aged 2-17 usually consumed sugar sweetened*** drinks daily.					
	Around 2 in 3 (65%) young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females.					
Around 1 in 10 (9%) people aged 15+ were getting enough exercise, in line with the national average.						
<div>Use of health services</div> <div></div>	In 2018–19					
	15% of Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn’t.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn’t, was 24% of adults aged 18+ and 3% of young people aged 0-17.					
The proportion of people who saw a dentist or dental professional in the last 12 months was 34% of adults aged 18+ and 60% of young people aged 2-17.						
Population	South Australia population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	43.0	0-17yrs	17.4	15+yrs	28.2
	2+yrs	41.0	2-17yrs	15.1	18+yrs	25.7

Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, around 4 in 10 (44%) Aboriginal and Torres Strait Islander people aged 15+ continued to rate their own health as excellent or very good.					
	Around 1 in 3 (36%) young people aged 2-17 were overweight or obese, with similar rates for males and females.					
	Hypertension affects 8% of people, in line with the national average.					
	Diabetes affects 11% of people. This was higher than the national average (8%).					
	Around 2 in 10 (19%) people aged 2+ reported experiencing mental or behavioural conditions. This was lower than the national average (24%).					
	Asthma affects 13% of people, in line with the national average.					
47% of people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	30% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 25% were ex-smokers and 45% current smokers**. There was no difference in the proportion of adult males aged 18+ and adult females who were current smokers**.					
	Around 6 in 10 (61%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was higher than the national average (54%).					
	Adult females aged 18+ (50%) were less likely than adult males (73%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	30% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with the proportion lower for females (22%) than males (39%).					
	Around 2 in 10 (19%) young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females.					
	66% of young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females.					
Around 1 in 10 (9%) people aged 15+ were getting enough exercise, in line with the national average.						
<div>Use of health services</div> <div></div>	In 2018–19					
	11% of Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn't.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn't, was 17% of adults aged 18+ and 4% of young people aged 0-17.					
The proportion of people who saw a dentist or dental professional in the last 12 months was 31% of adults aged 18+ and 56% of young people aged 2-17.						
Population	Western Australia population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	99.8	0-17yrs	40.3	15+yrs	65.6
	2+yrs	94.4	2-17yrs	34.8	18+yrs	59.5

Note: Where age is not specified, data refers to people 0 years and over.

* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.





*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

**** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for 2-3 olds to 1½ serves a day for 4-8 olds, 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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, 4 in 10 (40%) Aboriginal and Torres Strait Islander people aged 15+ continued to rate their own health as excellent or very good.					
	Around 4 in 10 (39%) young people aged 2-17 were overweight or obese, with rates similar for males and females.					
	Hypertension affects 9% of people, in line with the national average.					
	Diabetes affects 5% of people, in line with the national average.					
	34% of people aged 2+ reported experiencing mental or behavioural conditions. This was higher than the national average (24%).					
<div>Risk factors</div> <div></div>	In 2018–19					
	33% of Aboriginal and Torres Strait Islander adults aged 18+ had never smoked, 27% were ex-smokers and 40% current smokers**. There was no difference in the proportion of adult males aged 18+ and adult females who were current smokers**.					
	Around 5 in 10 (53%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was in line with the national average.					
	Adult females aged 18+ (44%) were less likely than adult males (62%) to have consumed more than four standard drinks on at least one day in the last 12 months.					
	27% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with similar rates for males and females.					
	25% of young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females.					
<div>Use of health services</div> <div></div>	In 2018–19					
	Around 2 in 10 (19%) Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn’t.					
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn’t, was 29% of adults aged 18+ and 3% of young people aged 0-17.					
<div>Population</div> <div></div>	Tasmania population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	29.8	0-17yrs	11.6	15+yrs	20.0
	2+yrs	28.4	2-17yrs	10.4	18+yrs	18.1

Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding				
Health conditions 	In 2018-19				
	Compared to 2012-13, more Aboriginal and Torres Strait Islander people aged 15+ rated their own health as excellent or very good (48% compared to 41%).				
	Around 3 in 10 (29%) young people aged 2-17 were overweight or obese, with similar rates for males and females.				
	Hypertension affects 9% of people, in line with the national average.				
	Diabetes affects 11% of people. This was higher than the national average (8%).				
	10% of people aged 2+ reported experiencing mental or behavioural conditions. This was lower than the national average (24%).				
	Asthma affects around 1 in 20 (6%) people. This was lower than the national average (16%).				
	60% of people aged 7+ had a hearing impairment* in one or both ears.				
Risk factors 	In 2018-19				
	28% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 14% were ex-smokers and 58% current smokers**. Adult females aged 18+ (50%) were less likely than adult males (66%) to be current smokers**.				
	Around 4 in 10 (42%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months. This was lower than the national average (54%).				
	Adults females aged 18+ (32%) were less likely than adult males (54%) to have consumed more than four standard drinks on at least one day in the last 12 months.				
	Around 3 in 10 (29%) adults aged 18+ used substance(s) for non-medical purposes in the last 12 months, with the proportion lower for females (16%) than males (42%).				
	21% of young people aged 2-17 usually consumed sugar sweetened*** drinks daily, with similar rates for males and females.				
	Around 6 in 10 (58%) young people aged 2-17 consumed the recommended daily amount of fruit****, with similar rates for males and females.				
	7% of people aged 15+ were getting enough exercise, in line with the national average.				
Use of health services 	In 2018-19				
	7% of Aboriginal and Torres Strait Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn't.				
	The proportion of people who said they needed to go to a doctor (at least once) in the last 12 months but didn't, was 10% of adults aged 18+ and 2% of young people aged 0-17.				
Population 	Northern Territory population (NATSIHS, 2018-19) ('000)				
	Total population (0+yrs)	72.7	0-17yrs	25.5	15+yrs 51.2
	2+yrs	70.1	2-17yrs	22.9	18+yrs 47.1

Note: Where age is not specified, data refers to people 0 years and over.





* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

*** Sugar sweetened drinks include soft drinks and non-carbonated drinks.

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



Subject	Key finding					
<div>Health conditions</div> <div></div>	In 2018–19					
	Compared to 2012-13, 4 in 10 (40%) Aboriginal and Torres Strait Islander people aged 15+ continued to rate their own health as excellent or very good.					
	Around 4 in 10 (44%) young people aged 2-17 were overweight or obese.					
	Hypertension affects 8% of people, in line with the national average.					
	Diabetes affects 5% of people, in line with the national average.					
	40% of people aged 2+ reported experiencing mental or behavioural conditions. This was higher than the national average (24%) and the national average across major cities (29%).					
	Asthma affects around 1 in 4 (26%) people. This was higher than the national average (16%).					
Around 4 in 10 (39%) people aged 7+ had a hearing impairment* in one or both ears.						
<div>Risk factors</div> <div></div>	In 2018–19					
	43% of Aboriginal and Torres Strait Islander adults aged 18+ have never smoked, 29% were ex-smokers and 25% current smokers**.					
	Around 6 in 10 (57%) adults aged 18+ drank more than four standard drinks on at least one day in the last 12 months.					
	27% of adults aged 18+ used substance(s) for non-medical purposes in the last 12 months.					
	Around 6 in 10 (64%) young people aged 2-17 consumed the recommended daily amount of fruit***.					
Around 2 in 10 (21%) people aged 15+ were getting enough exercise. This was higher than the national average (11%).						
<div>Use of health services</div> <div></div>	In 2018–19					
	25% of Aboriginal and Torres Islander people said they needed to go to a doctor (at least once) in the last 12 months, but didn't.					
Around 5 in 10 (49%) people aged 2+ saw a dentist or dental professional in the last 12 months.						
<div>Population</div> <div></div>	Australian Capital Territory population (NATSIHS, 2018-19) ('000)					
	Total population (0+yrs)	7.7	0-17yrs	3.0	15+yrs	5.2
	2+yrs	7.3	2-17yrs	2.5	18+yrs	4.9

Note: Where age is not specified, data refers to people 0 years and over.

* Based on a voluntary, self-administered hearing test.

** A current smoker comprises smokers who smoke daily, weekly and less than weekly.

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