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

More young people have never smoked

Fewer people are binge drinking

People are not eating enough fruit and veg

Diabetes remains steady

Heart disease

Mental health

Find out more at www.abs.gov.au. Catalogue Number 4715.0
In 2018-19, more people reported excellent or very good health

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.

Females less likely to binge drink

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

People eating enough fruit

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

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.

In 2018-19, 5 in 10 people aged 15+, up from 4 in 10 people in 2012-13.

Diabetes

In 2018-19, 2 in 10 people had asthma

In 2018-19, 2 in 10 people aged 18+ were likely to binge drink* compared to 64% of adult males.

* ‘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.

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

Kangaroo Tracks Pattern Brush

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

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

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

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

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

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

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

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

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

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

Females less likely to binge drink
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***

Use of health services
In 2018-19, 14% of people had asthma

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**

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

Use of health services
In 2018-19, 14% of people had asthma

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

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

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

* ‘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, 65% 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.
In 2018-19, 66% of young people aged 2-17 ate enough fruit***

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

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

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

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.

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

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

In 2018-19, 4 in 10 people aged 15+, same as in 2012-13, had never smoked

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

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

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

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.

** 2018-19 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.

In 2018-19, 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.

Females less likely to binge drink.

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

People eating enough fruit.

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

Diabetes.

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

Asthma.

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

Use of health services.

In 2018-19, 53% 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.

** 2018-19 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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**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, 1 in 3 adults aged 18+ had never smoked
- **Binge drinking**: In 2018-19, 57% of adults aged 18+ were likely to binge drink*
- **People eating enough fruit**: In 2018-19, 64% of young people aged 2-17 ate enough fruit***
- **Use of health services**: In 2018-19, 49% of young people aged 2+ saw a dentist or dental professional in the last 12 months
- **Diabetes**: In 2018-19, 5% of people had diabetes, same as in 2012-13**
- **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+. 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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