



National Aboriginal and
Torres Strait Islander
Health Survey results
2018-19

Our numbers, our health stories

Australia, States and Territories





Our numbers,
our health stories



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The ABS says thanks...

The Australian Bureau of Statistics would like to thank those people from the Aboriginal and Torres Strait Islander community who took part in the 2018-19 National Aboriginal and Torres Strait Islander Health Survey and shared their health stories.

What is the Survey about?



The 2018–19 National Aboriginal and Torres Strait Islander Health Survey gives a snapshot of the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

Between July 2018 and April 2019, we asked you about your physical, social and mental health, your lifestyle, and how you used health services. Now we're giving back the information so you can better understand your health story.

Who took part in the survey?



We interviewed about 10,500 Aboriginal and Torres Strait Islander people from around 6,500 households. People of all ages took part in the survey from across all states and territories, including in remote communities and outstations.

How will the survey help me?



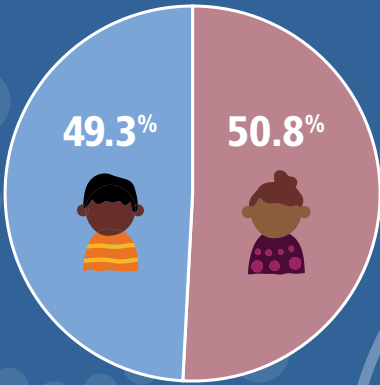
Communities, health professionals, governments and researchers use the survey results to help improve services and health programs for Aboriginal and Torres Strait Islander peoples and the wider community. The information is used to find ways to help people live healthier and happier lives.

Population

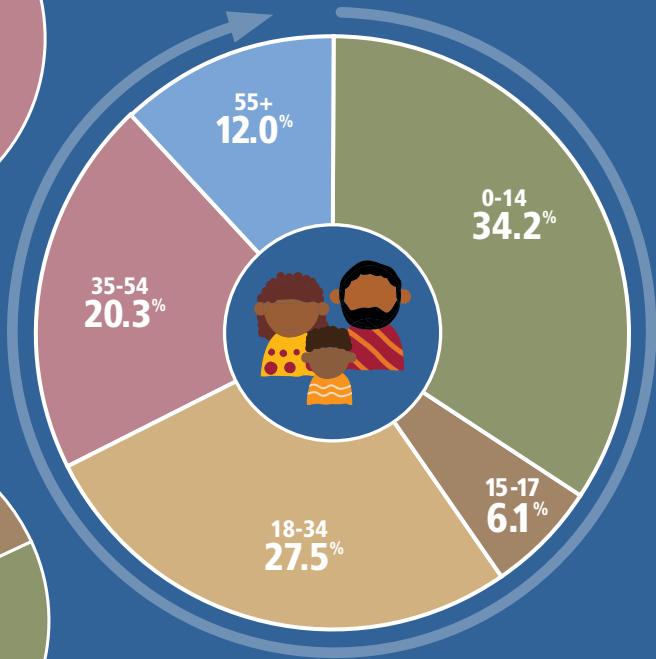
National demographics



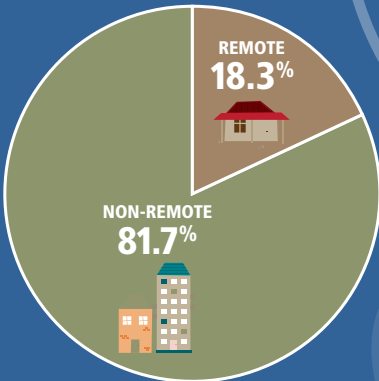
Males/females



Age of people (years)



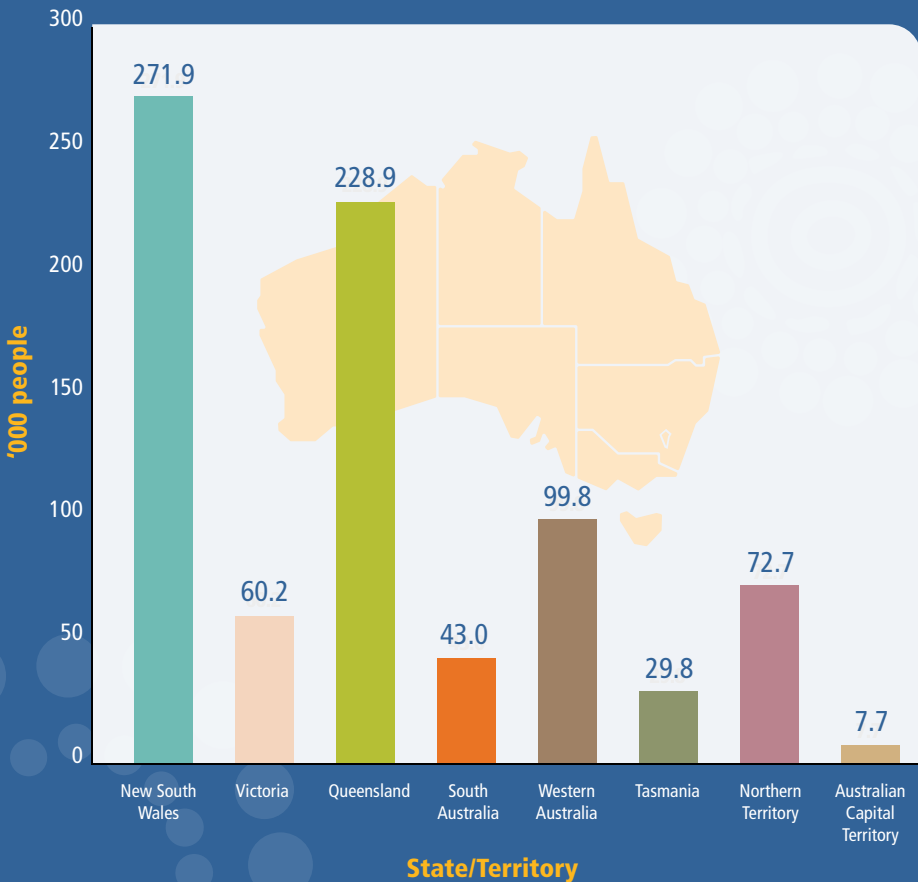
Where people live



Population

Population by state/territory

The graph below shows the total estimated population of Aboriginal and Torres Strait Islander peoples by state and territory.



Source: 2018–19 National Aboriginal and Torres Strait Islander Health Survey



Self-assessed health status



45% of people aged 15+ rated their own health as excellent or very good, up from 39% in 2012-13.

45%
Of people



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females

Similar proportions of people aged 15+ in non-remote and remote areas rated their own health as excellent or very good.



Non-remote



Remote



Alcohol consumption



Single occasion risk

54% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months), down from 57% in 2012-13.

More adult males (65%) than **adult females (43%)** exceeded the single occasion risk guideline at least once in the last 12 months.

Similar proportions of adults in non-remote and remote areas exceeded the single occasion risk guideline at least once in the last 12 months.

54% Of adults



Lifetime risk

20% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This remained unchanged since 2012-13.

More adult males (30%) than **adult females (10%)** exceeded the lifetime risk guideline for drinking.

Similar proportions of adults in non-remote and remote areas exceeded the lifetime risk guideline for drinking.

20% Of adults





Smoking



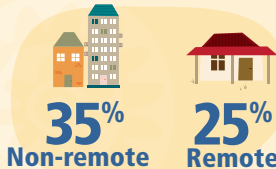
Never smoked

1 in 3 (33%) adults had never smoked. This remained unchanged since 2012-13.

1 in 3 Adults



More adults had never smoked in **non-remote areas (35%)** than in **remote areas (25%)**.



50% of people aged 18-24 had never smoked, up from 43% in 2012-13.

50% Of people



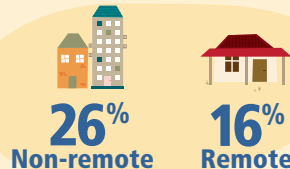
Ex-smokers

24% of adults were ex-smokers. This remained unchanged since 2012-13.

24% Of adults



More adults were ex-smokers in **non-remote areas (26%)** than in **remote areas (16%)**.



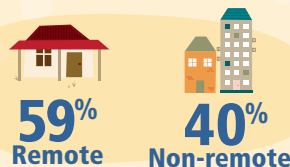
Current smokers

43% of adults were current smokers. This remained unchanged since 2012-13.

43% Of adults



More adults were current smokers in **remote areas (59%)** than in **non-remote areas (40%)**.





Diet



Fruit consumption

39% of people aged 15+ ate enough fruit each day, down from 43% in 2012-13.

More females (44%) than **males (35%)** aged 15+ ate enough fruit each day.

39%
Of people



44%
Females



35%
Males



Vegetable consumption

4% of people aged 15+ ate enough vegetables each day. This remained unchanged since 2012-13.

More females (6%) than **males (2%)** aged 15+ ate enough vegetables each day.

4%
Of people



6%
Females



2%
Males



Weight



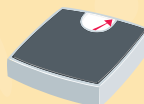
71% of people aged 15+ were overweight or obese, up from 66% in 2012-13.

Similar proportions of males and females aged 15+ were overweight or obese.

71%
Of people



Males



Females



Diabetes



8% of people had diabetes. This remained unchanged since 2012-13*.

8%
Of people



*2012-13 data based on persons aged 2+

The likelihood of having diabetes increased with age, from 3% of people aged 25-34 to around **1 in 3 (35%)** people aged 55+.

1 in 3
55+



Similar proportions of males and females had diabetes.



Males



Females

More people had diabetes in **remote areas (12%)** than in **non-remote areas (7%)**.

12%
Remote



7%
Non-remote





Heart disease



5% of people had heart disease, up from 4% in 2012-13*.

5%
Of people



*2012-13 data based on persons aged 2+

The rate of heart disease generally increased with age, from 1% of people aged 25-34 to around **1 in 4 (26%)** people aged 55+.

1 in 4
55+



Similar proportions of males and females had heart disease.



Males



Females

Similar proportions of people in non-remote and remote areas had heart disease.



Non-remote



Remote

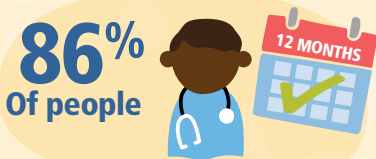


Visits to a doctor



Saw a doctor (GP) or specialist

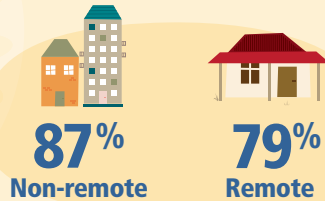
86% of people saw a GP (general practitioner) or specialist in the last 12 months.



Similar proportions of people aged 0-17 and adults saw a GP or specialist in the last 12 months.

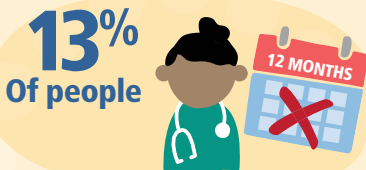


More people saw a GP or specialist in the last 12 months in **non-remote areas (87%)** than in **remote areas (79%)**.

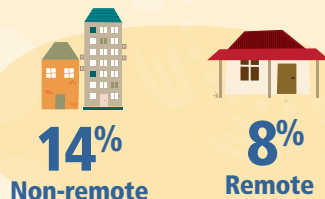


Needed to see a doctor (GP), but didn't

13% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.



More people in **non-remote areas (14%)** than in **remote areas (8%)** needed to see a GP at least once in the last 12 months, but didn't.





Visits to a dentist



44% of people aged 2+ saw a dentist or dental professional in the last 12 months.

44%
Of people



Similar proportions of people aged 2+ in non-remote and remote areas saw a dentist or dental professional in the last 12 months.



Non-remote



Remote

More people aged 2-17 (57%) than **adults (36%)** saw a dentist or dental professional in the last 12 months.

57%
Aged 2-17



36%
Adults





Self-assessed health status



47% of people aged 15+ rated their own health as excellent or very good. This was up from 40% in 2012-13, but was in line with the national average.

47%
Of people



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females



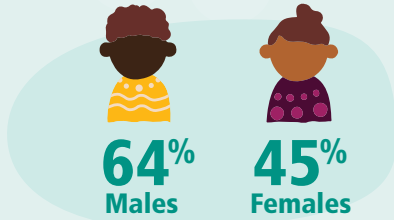
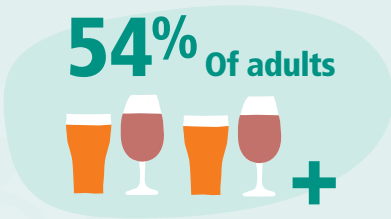
Alcohol consumption



Single occasion risk

54% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.

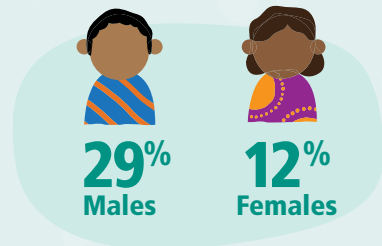
More adult males (64%) than **adult females (45%)** exceeded the single occasion risk guideline at least once in the last 12 months.



Lifetime risk

2 in 10 (20%) adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.

More adult males (29%) than **adult females (12%)** exceeded the lifetime risk guideline for drinking.





Smoking



Never smoked

34% of adults had never smoked. This was in line with the national average.

34%
Of adults



Similar proportions of adult males and adult females had never smoked.



Males



Females

Ex-smokers

1 in 4 (25%) adults were ex-smokers. This was in line with the national average.



Similar proportions of adult males and adult females were ex-smokers.



Males



Females

Current smokers

40% of adults were current smokers. This was in line with the national average.

40%
Of adults



Similar proportions of adult males and adult females were current smokers.



Males



Females



Diet



Fruit consumption

43% of people aged 15+ ate enough fruit each day. This was in line with the national average.



68% of people aged 2-17 ate enough fruit each day.



Vegetable consumption

5% of people aged 15+ ate enough vegetables each day. This was in line with the national average.



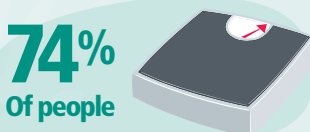
6% of people aged 2-17 ate enough vegetables each day.



Weight



74% of people aged 15+ were overweight or obese. This remained unchanged since 2012-13 and was in line with the national average.



42% of people aged 2-17 were overweight or obese.





Diabetes



6% of people had diabetes. This remained unchanged since 2012-13* and was in line with the national average.



*2012-13 data based on persons aged 2+

Heart disease



5% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.



*2012-13 data based on persons aged 2+



Visits to a doctor



Saw a doctor (GP) or specialist

Most people (84%) saw a GP (general practitioner) or specialist in the last 12 months. This was in line with the national average.

Most people
84%



Similar proportions of people aged 0-17 and adults saw a GP or specialist in the last 12 months.



Aged 0-17



Adults

Needed to see a doctor (GP), but didn't

13% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

13%
Of people



More adults (19%) than **people aged 0-17 (3%)** needed to see a GP at least once in the last 12 months, but didn't.



19%
Adults



3%
Aged 0-17



Visits to a dentist



41% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

41%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

More people aged 2-17 (54%) than **adults (34%)** saw a dentist or dental professional in the last 12 months.

54%
Aged 2-17



34%
Adults





Self-assessed health status



Around 4 in 10 (44%) people aged 15+ rated their own health as excellent or very good. This remained unchanged since 2012-13 and was in line with the national average.

4 in 10



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females



Alcohol consumption



Single occasion risk

53% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.

53% Of adults



More adult males (63%) than **adult females (45%)** exceeded the single occasion risk guideline at least once in the last 12 months.



63%
Males



45%
Females

Lifetime risk

19% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.

19%
Of adults



More adult males (29%) than **adult females (7%)** exceeded the lifetime risk guideline for drinking.



29%
Males



7%
Females



Smoking



Never smoked

35% of adults had never smoked. This was in line with the national average.

Similar proportions of adult males and adult females had never smoked.

35%
Of adults



Males



Females

Ex-smokers

28% of adults were ex-smokers. This was in line with the national average.

Similar proportions of adult males and adult females were ex-smokers.

28%
Of adults



Males



Females

Current smokers

37% of adults were current smokers. This was in line with the national average.

Similar proportions of adult males and adult females were current smokers.

37%
Of adults



Males



Females



Diet



Fruit consumption

33% of people aged 15+ ate enough fruit each day. This was lower than the national average (39%).

33%
Of people



58% of people aged 2-17 ate enough fruit each day.

58%
Of people



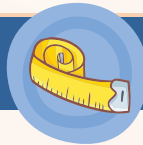
Vegetable consumption

3% of people aged 15+ ate enough vegetables each day. This was in line with the national average.

3%
Of people

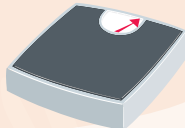


Weight



73% of people aged 15+ were overweight or obese. This remained unchanged since 2012-13 and was in line with the national average.

73%
Of people



36% of people aged 2-17 were overweight or obese.

36%
Of people





Diabetes



6% of people had diabetes. This remained unchanged since 2012-13*, but was lower than the national average (8%).

6%
Of people



*2012-13 data based on persons aged 2+

Heart disease



5% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

5%
Of people



*2012-13 data based on persons aged 2+



Visits to a doctor



Saw a doctor (GP) or specialist

90% of people saw a GP (general practitioner) or specialist in the last 12 months. This was higher than the national average (86%).

90%
Of people



More adults (93%) than **people aged 0-17 (85%)** saw a GP or specialist in the last 12 months.



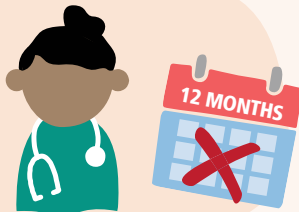
93%
Adults

85%
Aged 0-17

Needed to see a doctor (GP), but didn't

19% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

19%
Of people



More adults (29%) than **people aged 0-17 (5%)** needed to see a GP at least once in the last 12 months, but didn't.



29%
Adults

5%
Aged 0-17



Visits to a dentist



51% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was higher than the national average (44%).

51%
Of people



More females (61%) than **males (41%)** aged 2+ saw a dentist or dental professional in the last 12 months.

61%
Females



41%
Males

More people aged 2-17 (65%) than **adults (44%)** saw a dentist or dental professional in the last 12 months.

65%
Aged 2-17



44%
Adults



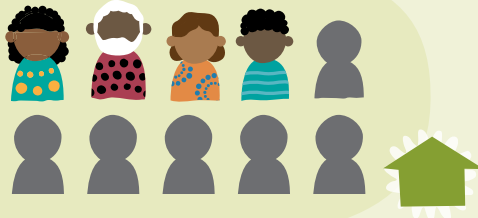


Self-assessed health status



Around 4 in 10 (43%) people aged 15+ rated their own health as excellent or very good. This was up from 36% in 2012-13, but was in line with the national average.

4 in 10



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Similar proportions of people aged 15+ in non-remote and remote areas rated their own health as excellent or very good.



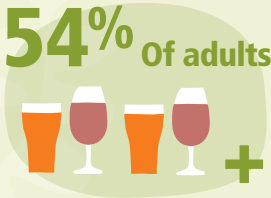


Alcohol consumption

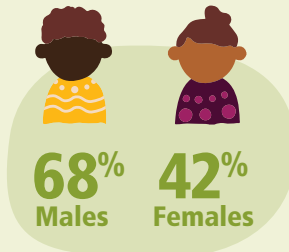


Single occasion risk

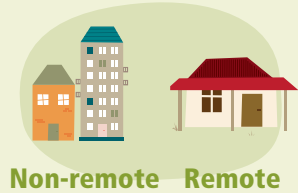
54% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.



More adult males (68%) than **adult females (42%)** exceeded the single occasion risk guideline at least once in the last 12 months.

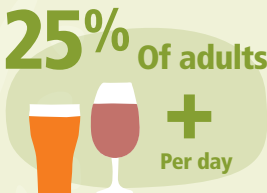


Similar proportions of adults in non-remote and remote areas exceeded the single occasion risk guideline at least once in the last 12 months.

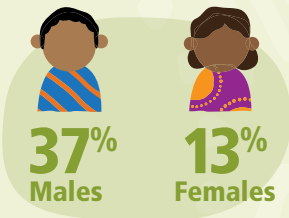


Lifetime risk

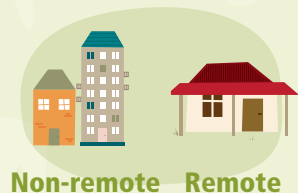
25% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.



More adult males (37%) than **adult females (13%)** exceeded the lifetime risk guideline for drinking.



Similar proportions of adults in non-remote and remote areas exceeded the lifetime risk guideline for drinking.





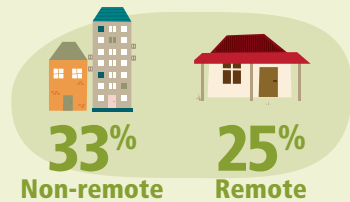
Smoking



Never smoked

Around 3 in 10 (31%) adults had never smoked. This was in line with the national average.

More adults had never smoked in **non-remote areas (33%)** than in **remote areas (25%)**.



Ex-smokers

Around 1 in 4 (23%) adults were ex-smokers. This was in line with the national average.

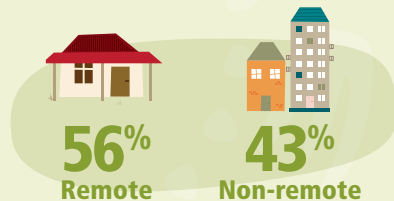
Similar proportions of adults in non-remote and remote areas were ex-smokers.



Current smokers

45% of adults were current smokers. This was in line with the national average.

More adults were current smokers in **remote areas (56%)** than in **non-remote areas (43%)**.





Diet



Fruit consumption

40% of people aged 15+ ate enough fruit each day. This was in line with the national average.

40%
Of people



65% of people aged 2-17 ate enough fruit each day.

65%
Of people



Vegetable consumption

3% of people aged 15+ ate enough vegetables each day. This was in line with the national average.

3%
Of people



Weight



70% of people aged 15+ were overweight or obese. This remained unchanged since 2012-13 and was in line with the national average.

70%
Of people



36% of people aged 2-17 were overweight or obese.

36%
Of people



Similar proportions of people aged 2-17 in non-remote and remote areas were overweight or obese.



Non-remote Remote



Diabetes



9% of people had diabetes. This remained unchanged since 2012-13* and was in line with the national average.

9%
Of people



*2012-13 data based on persons aged 2+

Heart disease



5% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

5%
Of people



*2012-13 data based on persons aged 2+



Visits to a doctor



Saw a doctor (GP) or specialist

Most people (89%) saw a GP (general practitioner) or specialist in the last 12 months. This was higher than the national average (86%).

More people saw a GP or specialist in the last 12 months in **non-remote areas (91%)** than in **remote areas (78%)**.

Most people

89%



91%
Non-remote



78%
Remote

Needed to see a doctor (GP), but didn't

11% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

More people in **non-remote areas (11%)** than in **remote areas (7%)** needed to see a GP at least once in the last 12 months, but didn't.

11%
Of people



11%
Non-remote



7%
Remote



Visits to a dentist



46% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

46%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

Similar proportions of people aged 2+ in non-remote and remote areas saw a dentist or dental professional in the last 12 months.



Non-remote



Remote

More people aged 2-17 (57%) than **adults (39%)** saw a dentist or dental professional in the last 12 months.



57%
Aged 2-17



39%
Adults



Self-assessed health status



39% of people aged 15+ rated their own health as excellent or very good. This remained unchanged since 2012-13 and was in line with the national average.

39%
Of people



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females

Similar proportions of people aged 15+ in non-remote and remote areas rated their own health as excellent or very good.



Non-remote



Remote



Alcohol consumption



Single occasion risk

51% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.

More adult males (60%) than **adult females (41%)** exceeded the single occasion risk guideline at least once in the last 12 months.

Similar proportions of adults in non-remote and remote areas exceeded the single occasion risk guideline at least once in the last 12 months.

51%
Of adults



60%
Males



41%
Females



Non-remote

Remote

Lifetime risk

16% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.

Similar proportions of adult males and adult females exceeded the lifetime risk guideline for drinking.

Similar proportions of adults in non-remote and remote areas exceeded the lifetime risk guideline for drinking.

16% Of adults



Males



Females



Non-remote

Remote



Smoking



Never smoked

36% of adults had never smoked. This was in line with the national average.

36%
Of adults



Ex-smokers

24% of adults were ex-smokers.

Similar proportions of adults in non-remote and remote areas were ex-smokers.

24%
Of adults



Non-remote Remote

Current smokers

40% of adults were current smokers. This was in line with the national average.

More adult males (48%) than **adult females (33%)** were current smokers.

Similar proportions of adults in non-remote and remote areas were current smokers.

40%
Of adults



48%
Males



33%
Females



Non-remote Remote



Diet



Fruit consumption

32% of people aged 15+ ate enough fruit each day. This was lower than the national average (39%).

65% of people aged 2-17 ate enough fruit each day.

32%
Of people



65%
Of people



Vegetable consumption

4% of people aged 15+ ate enough vegetables each day. This was in line with the national average.

4%
Of people



Weight



71% of people aged 15+ were overweight or obese. This remained unchanged since 2012-13 and was in line with the national average.

44% of people aged 2-17 were overweight or obese.

Similar proportions of people aged 2-17 in non-remote and remote areas were overweight or obese.

71%
Of people



44%
Of people



Non-remote Remote



Diabetes



9% of people had diabetes. This remained unchanged since 2012-13* and was in line with the national average.

9%
Of people



*2012-13 data based on persons aged 2+

Heart disease



5% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

5%
Of people



*2012-13 data based on persons aged 2+



Visits to a doctor



Saw a doctor (GP) or specialist

Most people (86%) saw a GP (general practitioner) or specialist in the last 12 months. This was in line with the national average.

Most people

86%



91%

Females



81%

Males

More females (91%) than **males (81%)** saw a GP or specialist in the last 12 months.

Similar proportions of people in non-remote and remote areas saw a GP or specialist in the last 12 months.



Non-remote



Remote

Needed to see a doctor (GP), but didn't

15% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

15%
Of people



Similar proportions of people in non-remote and remote areas needed to see a GP at least once in the last 12 months, but didn't.



Non-remote



Remote



Visits to a dentist



43% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

43%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

Similar proportions of people aged 2+ in non-remote and remote areas saw a dentist or dental professional in the last 12 months.



Non-remote



Remote

More people aged 2-17 (60%) than **adults (34%)** saw a dentist or dental professional in the last 12 months.



60%
Aged 2-17



34%
Adults



Self-assessed health status



Around 4 in 10 (44%) people aged 15+ rated their own health as excellent or very good. This remained unchanged since 2012-13 and was in line with the national average.

4 in 10



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females

Similar proportions of people aged 15+ in non-remote and remote areas rated their own health as excellent or very good.



Non-remote



Remote

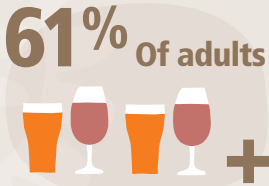


Alcohol consumption



Single occasion risk

61% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was higher than the national average (54%).



More adult males (73%) than **adult females (50%)** exceeded the single occasion risk guideline at least once in the last 12 months.



73% Males
50% Females

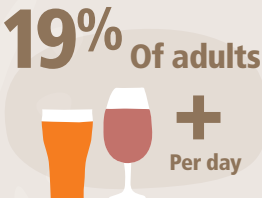
Similar proportions of adults in non-remote and remote areas exceeded the single occasion risk guideline at least once in the last 12 months.



Non-remote Remote

Lifetime risk

19% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.



More adult males (32%) than **adult females (9%)** exceeded the lifetime risk guideline for drinking.



32% Males
9% Females

Similar proportions of adults in non-remote and remote areas exceeded the lifetime risk guideline for drinking.



Non-remote Remote



Smoking



Never smoked

30% of adults had never smoked. This was in line with the national average.

More adults had never smoked in **non-remote areas (35%)** than in **remote areas (20%)**.

30%
Of adults



35%
Non-remote



20%
Remote

Ex-smokers

25% of adults were ex-smokers. This was in line with the national average.

Similar proportions of adults in non-remote and remote areas were ex-smokers.

25%
Of adults



Non-remote Remote



Current smokers

45% of adults were current smokers. This was in line with the national average.

More adults were current smokers in **remote areas (57%)** than in **non-remote areas (37%)**.

45%
Of adults



57%
Remote



37%
Non-remote



Diet



Fruit consumption

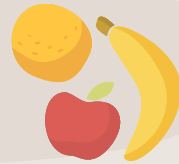
38% of people aged 15+ ate enough fruit each day. This was in line with the national average.

66% of people aged 2-17 ate enough fruit each day.

38%
Of people



66%
Of people



Vegetable consumption

3% of people aged 15+ ate enough vegetables each day. This was in line with the national average.

3%
Of people



Weight



73% of people aged 15+ were overweight or obese. This was up from 67% in 2012-13, but in line with the national average.

36% of people aged 2-17 were overweight or obese.

Similar proportions of people aged 2-17 in non-remote and remote areas were overweight or obese.

73%
Of people



36%
Of people



Non-remote Remote

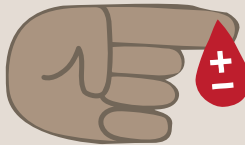


Diabetes



11% of people had diabetes. This remained unchanged since 2012-13*, but was higher than the national average (8%).

11%
Of people



*2012-13 data based on persons aged 2+

Heart disease



6% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

6%
Of people



*2012-13 data based on persons aged 2+



Visits to a doctor



Saw a doctor (GP) or specialist

Most people (83%) saw a GP (general practitioner) or specialist in the last 12 months. This was in line with the national average.

More females (87%) than **males (78%)** saw a GP or specialist in the last 12 months.

Similar proportions of people in non-remote and remote areas saw a GP or specialist in the last 12 months.

Most people **83%**



87%
Females



78%
Males



Non-remote Remote

Needed to see a doctor (GP), but didn't

11% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

More females (15%) than **males (7%)** needed to see a GP at least once in the last 12 months, but didn't.

Similar proportions of people in non-remote and remote areas needed to see a GP at least once in the last 12 months, but didn't.

11% Of people



15%
Females



7%
Males



Non-remote Remote



Visits to a dentist



40% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

40%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

Similar proportions of people aged 2+ in non-remote and remote areas saw a dentist or dental professional in the last 12 months.



Non-remote



Remote

More people aged 2-17 (56%) than **adults (31%)** saw a dentist or dental professional in the last 12 months.



56%

Aged 2-17



31%

Adults



Self-assessed health status



4 in 10 (40%) people aged 15+ rated their own health as excellent or very good. This remained unchanged since 2012-13 and was in line with the national average.

4 in 10



Similar proportions of males and females aged 15+ rated their own health as excellent or very good.



Males



Females



Alcohol consumption



Single occasion risk

53% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.

More adult males (62%) than **adult females (44%)** exceeded the single occasion risk guideline at least once in the last 12 months.

53% Of adults



62%
Males



44%
Females

Lifetime risk

16% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.

More adult males (25%) than **adult females (7%)** exceeded the lifetime risk guideline for drinking.

16%
Of adults



Per day



25%
Males



7%
Females



Smoking



Never smoked

33% of adults had never smoked. This was in line with the national average.

Similar proportions of adult males and adult females had never smoked.

33%
Of adults



Males



Females

Ex-smokers

27% of adults were ex-smokers. This was in line with the national average.

Similar proportions of adult males and adult females were ex-smokers.

27%
Of adults



Males



Females

Current smokers

40% of adults were current smokers. This was in line with the national average.

Similar proportions of adult males and adult females were current smokers.

40%
Of adults



Males



Females



Diet



Fruit consumption

32% of people aged 15+ ate enough fruit each day. This was lower than the national average (39%).

32%
Of people



Around 6 in 10 (59%) people aged 2-17 ate enough fruit each day.

6 in 10



Vegetable consumption

14% of people aged 15+ ate enough vegetables each day. This was higher than the national average (4%).

14%
Of people



Weight



76% of people aged 15+ were overweight or obese. This was up from 63% in 2012-13, but was in line with the national average.

76%
Of people

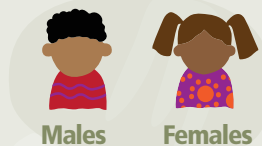


39% of people aged 2-17 were overweight or obese.

39%
Of people



Similar proportions of males and females aged 2-17 were overweight or obese.



Males

Females

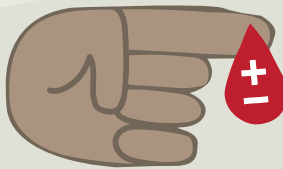


Diabetes



5% of people had diabetes. This remained unchanged since 2012-13*, but was lower than the national average (8%).

5%
Of people



*2012-13 data based on persons aged 2+

Heart disease



7% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

7%
Of people



*2012-13 data based on persons aged 2+



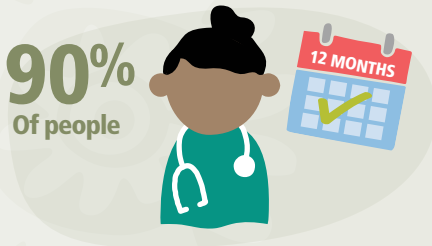
Visits to a doctor



Saw a doctor (GP) or specialist

Most people (90%) saw a GP (general practitioner) or specialist in the last 12 months. This was higher than the national average (86%).

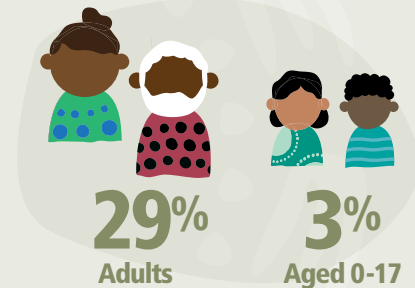
Similar proportions of people aged 0-17 and adults saw a GP or specialist in the last 12 months.



Needed to see a doctor (GP), but didn't

19% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

More adults (29%) than **people aged 0-17 (3%)** needed to see a GP at least once in the last 12 months, but didn't.





Visits to a dentist



48% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

48%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

More people aged 2-17 (69%) than **adults (35%)** saw a dentist or dental professional in the last 12 months.

69%
Aged 2-17



35%
Adults





Self-assessed health status



Around 5 in 10 (48%) people aged 15+ rated their own health as excellent or very good. This was up from 41% in 2012-13, but was in line with the national average.

5 in 10



More males (54%) than **females (43%)** aged 15+ rated their own health as excellent or very good.



54%
Males



43%
Females

Similar proportions of people aged 15+ in non-remote and remote areas rated their own health as excellent or very good.



Non-remote



Remote

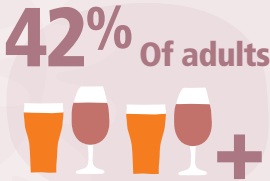


Alcohol consumption



Single occasion risk

42% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was lower than the national average (54%).



More adult males (54%) than **adult females (32%)** exceeded the single occasion risk guideline at least once in the last 12 months.



54%
Males



32%
Females

Similar proportions of adults in non-remote and remote areas exceeded the single occasion risk guideline at least once in the last 12 months.



Non-remote



Remote

Lifetime risk

13% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was lower than the national average (20%).



More adult males (18%) than **adult females (7%)** exceeded the lifetime risk guideline for drinking.



18%
Males



7%
Females

Similar proportions of adults in non-remote and remote areas exceeded the lifetime risk guideline for drinking.



Non-remote



Remote



Smoking



Never smoked

Around 3 in 10 (28%) adults had never smoked.
This was lower than the national average (33%).

3 in 10



Ex-smokers

14% of adults were ex-smokers.
This was lower than the national average (24%).

More adults were ex-smokers in **non-remote areas (31%)** than in **remote areas (10%)**.

14%
Of adults



31%

Non-remote



10%

Remote

Current smokers

58% of adults were current smokers.
This was higher than the national average (43%).

More adult males (66%) than **adult females (50%)** were current smokers.

More adults were current smokers in **remote areas (63%)** than in **non-remote areas (41%)**.

58%
Of adults



66%
Males



50%
Females



63%
Remote



41%
Non-remote



Diet



Fruit consumption

40% of people aged 15+ ate enough fruit each day. This was in line with the national average.



58% of people aged 2-17 ate enough fruit each day.

58% Of people



More people aged 2-17 ate enough fruit each day in **non-remote areas (69%)** than in **remote areas (54%)**.



69%
Non-remote



54%
Remote

Vegetable consumption

3% of people aged 15+ ate enough vegetables each day. This was lower than the national average (4%).

3%
Of people

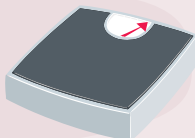


Weight



59% of people aged 15+ were overweight or obese. This remained unchanged since 2012-13, but was lower than the national average (71%).

59%
Of people



29% of people aged 2-17 were overweight or obese.

29%
Of people



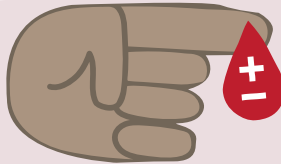


Diabetes



11% of people had diabetes. This remained unchanged since 2012-13*, but was higher than the national average (8%).

11%
Of people



*2012-13 data based on persons aged 2+

Heart disease



5% of people had heart disease. This remained unchanged since 2012-13* and was in line with the national average.

5%
Of people



*2012-13 data based on persons aged 2+



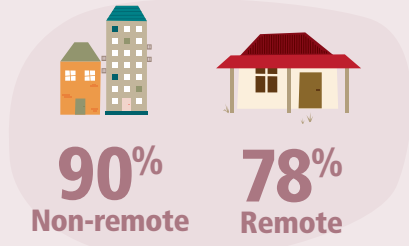
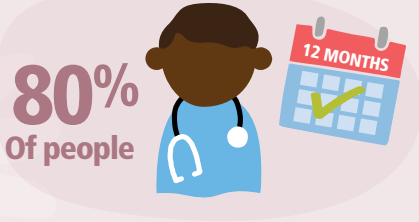
Visits to a doctor



Saw a doctor (GP) or specialist

Most people (80%) saw a GP (general practitioner) or specialist in the last 12 months. This was lower than the national average (86%).

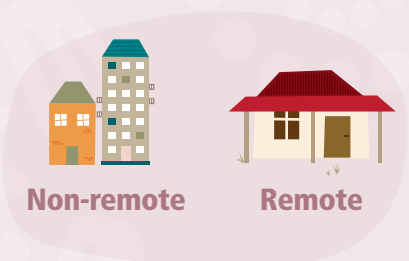
More people saw a GP or specialist in the last 12 months in **non-remote areas (90%)** than in **remote areas (78%)**.



Needed to see a doctor (GP), but didn't

7% of people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

Similar proportions of people in non-remote and remote areas needed to see a GP at least once in the last 12 months, but didn't.





Visits to a dentist



42% of people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

42%
Of people



Similar proportions of males and females aged 2+ saw a dentist or dental professional in the last 12 months.



Males



Females

Similar proportions of people aged 2+ in non-remote and remote areas saw a dentist or dental professional in the last 12 months.



Non-remote



Remote

More people aged 2-17 (53%) than **adults (37%)** saw a dentist or dental professional in the last 12 months.



53%
Aged 2-17



37%
Of adults



Self-assessed health status



4 in 10 (40%) people aged 15+ rated their own health as excellent or very good.

This remained unchanged since 2012-13 and was in line with the national average.

4 in 10





Alcohol consumption



Single occasion risk

57% of adults exceeded the single occasion risk guideline for drinking (consumed more than 4 standard drinks at least once in the last 12 months). This was in line with the national average.

57%
Of adults



Lifetime risk

22% of adults exceeded the lifetime risk guideline for drinking (consumed more than 2 standard drinks per day on average). This was in line with the national average.

22%
Of adults





Smoking



Never smoked

43% of adults had never smoked.
This was higher than the national average (33%).

43%
Of adults



Ex-smokers

Around 3 in 10 (29%) adults were ex-smokers.
This was in line with the national average.

3 in 10



Current smokers

1 in 4 (25%) adults were current smokers.
This was lower than the national average (43%).

1 in 4





Diet



Fruit consumption

44% of people aged 15+ ate enough fruit each day. This was in line with the national average.

Around 2 in 3 (64%) people aged 2-17 ate enough fruit each day.

44%
Of people



2 in 3



Vegetable consumption

6% of people aged 15+ ate enough vegetables each day. This was in line with the national average.

6%
Of people



Weight



Around 2 in 3 (67%) people aged 15+ were overweight or obese. This remained unchanged since 2012-13 and was in line with the national average.

44% of people aged 2-17 were overweight or obese.

2 in 3



44%
Of people





Diabetes



5% of people had diabetes. This remained unchanged since 2012-13* and was in line with the national average.

5%
Of people



*2012-13 data based on persons aged 2+

Heart disease



7% of people had heart disease. This was up from 3% since 2012-13*, but was in line with the national average.

7%
Of people



*2012-13 data based on persons aged 2+



Visits to a doctor

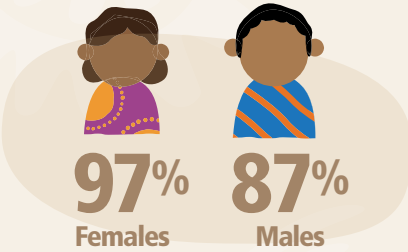


Saw a doctor (GP) or specialist

Most people (94%) saw a GP (general practitioner) or specialist in the last 12 months. This was higher than the national average (86%).

Most people

94%



More females (97%) than **males (87%)** saw a GP or specialist in the last 12 months.

Similar proportions of people aged 0-17 and adults saw a GP or specialist in the last 12 months.



Needed to see a doctor (GP), but didn't

1 in 4 (25%) people needed to see a GP (general practitioner) at least once in the last 12 months, but didn't.

1 in 4





Visits to a dentist



Around 5 in 10 (49%) people aged 2+ saw a dentist or dental professional in the last 12 months. This was in line with the national average.

5 in 10





Glossary



Glossary



Aboriginal and Torres Strait Islander people

People who identified themselves, or were identified by another household member, as being of Aboriginal origin, Torres Strait Islander origin, or both Aboriginal and Torres Strait Islander origin.

Adult

A person aged 18 years or over.

Alcohol consumption

Alcohol consumption risk levels were assessed using the single occasion and lifetime risk guidelines from the National Health and Medical Research Council (NHMRC) [2009 Australian Guidelines to Reduce Health Risks from Drinking Alcohol](#).

These two guidelines are for people aged 18 years and over and recommend a maximum number of standard drinks per day. A standard drink contains 12.5 millilitres (mLs) of alcohol.

Alcohol consumption is likely to be under-reported. Some people who drank alcohol may not have reported it, and some may have reported it but understated the quantity consumed. The extent to which under-reporting has occurred is not able to be quantified.

Single occasion risk guideline

The single occasion risk guideline advises healthy males and females to drink no more than four standard drinks on a single occasion to reduce the risk of alcohol-related injury arising from that occasion.

In this survey, a person was considered to have exceeded the single occasion risk guideline if they had consumed more than four standard drinks on at least one day in the last 12 months.

- This was assessed using a person's response to questions about the number of times in the last 12 months they had consumed five or more standard drinks in one day.

- The number of standard drinks was as reported by the person. This is different to the lifetime risk guideline, where the number of standard drinks was derived from information about the number, type, brand, and serving size of drinks consumed.

Lifetime risk guideline

The lifetime risk guideline advises healthy males and females to drink no more than two standard drinks per day to reduce the risk of harm from alcohol-related disease or injury over their lifetime.

In this survey, a person was considered to have exceeded the lifetime risk guideline if they had consumed more than two standard drinks per day on average in the last week. It was assumed the level of alcohol consumption in the last week was typical.

The average number of standard drinks per day was derived from information provided by the person about:

- the number, type, brand, and serving sizes of alcoholic drinks consumed on (up to a maximum of) the three most recent days alcohol was consumed in the week prior to interview, and
- the total number of days alcohol was consumed that week.

For more information see: [2018-19 National Aboriginal and Torres Strait Islander Health Survey \(NATSIHS\), Appendix – Assessing health risk factors – Alcohol consumption.](#)

Child

A person aged 0–17 years.

Current smoker

See Smoking (Smoker status).

Diabetes (Diabetes mellitus)

A long-term health condition in which blood glucose levels become too high due to the body producing little or no insulin, or not responding to insulin properly. Excludes gestational diabetes.

Diet and Weight

Fruit and vegetable consumption was assessed using the National Health and Medical Research Council (NHMRC) [2013 Australian Dietary Guidelines](#).

- The guidelines recommend a minimum number of serves of fruit and vegetables each day, depending on a person's age and sex.
- Several age recommendations include half servings. In this survey, only whole serves were collected, so half serves in the guidelines were rounded up to the nearest whole serve for the purpose of assessing whether a person met the relevant guideline.

Fruit consumption (Usual daily intake of fruit)

Both males and females were considered to have met the guideline for fruit consumption if they usually consumed at least the following number of serves per day:

- one serve for those aged 2–3 years
- two serves for those aged four years and over.

One serve is approximately 150 grams of fresh fruit or 30 grams of dried fruit.

Vegetable consumption (Usual daily intake of vegetables)

Children were considered to have met the guideline for vegetable consumption if they consumed at least the following number of serves per day:

- three serves for those aged 2–3 years
- five serves for those aged 4–8 years
- five serves for those aged 9–11 years
- six serves for boys aged 12–17 years
- five serves for girls aged 12–17 years.

People aged 18 years and over were considered to have met the guideline if they usually consumed at least the following number of serves per day:

- six serves for males aged 18–70 years
- five serves for males aged 71 years and over
- five serves for females aged 18 years and over.

One serve is approximately half a cup of cooked vegetables or one cup of salad vegetables — equivalent to approximately 75 grams.

Weight (Overweight or obese)

A person classified as overweight or obese based on their Body Mass Index score, which is calculated using the formula weight (in kilograms) divided by the square of height (in metres). Adults were classified as overweight or obese if they had a score of 25.00 or more. The scores for children aged 2–17 years classified as overweight or obese take into account the age and sex of the child.

Ex-smoker

See Smoking (Smoker status).

Heart disease (Heart, stroke and vascular disease)

A group of long-term health conditions which includes:

- ischaemic heart disease (including heart attack and angina)
- cerebrovascular disease (including stroke)
- heart failure
- oedema (fluid retention)
- diseases of arteries, arterioles and capillaries.



Overweight or obese

See Diet and Weight.

Never smoked

See Smoking (Smoker status).

Remoteness areas

A measure of relative access to services which is used to divide Australia into five classes of remoteness: Major Cities; Inner Regional; Outer Regional; Remote; and Very Remote.

Non-remote areas

Refers to the Major Cities, Inner Regional and Outer Regional Remoteness areas combined. This grouping is generally used for comparing non-remote areas with remote areas.

Remote areas

Refers to the Remote and Very Remote Remoteness areas combined. This grouping is generally used for comparing non-remote areas with remote areas.

Self-assessed health status

A person's general assessment of their health as excellent, very good, good, fair or poor.

Smoking (Smoker status)

Refer to the extent to which a person was regularly smoking tobacco products at the time of interview.

Current smoker

A person who reported at the time of interview that they regularly smoked one or more cigarettes, pipes, cigars or other tobacco products per day.

Ex-smoker

A person who reported at the time of interview that they did not currently smoke but had either:



- regularly smoked daily
- smoked at least 100 cigarettes in their lifetime, or
- smoked pipes, cigars or other tobacco products at least 20 times in their lifetime.

Never smoked

A person who at the time of interview reported they had:

- never regularly smoked daily
- smoked less than 100 cigarettes in their lifetime, and
- smoked pipes, cigars or other tobacco products less than 20 times in their lifetime.

Standard drink

A drink of alcohol containing 12.5 millilitres (mLs) of alcohol.

Visits to a doctor/ dentist

Health action

An action taken by a person in the two weeks prior to interview or, for admission to hospital, in the 12 months prior to interview, related to their health, including:

- admitted to hospital
- visit to outpatient clinic or casualty/emergency or day clinic
- consultation with general practitioner (GP) and/ or specialist
- consultation with dental professional
- consultation with other health professional (OHP)

Weight

See Diet and Weight.

More information

Information about Aboriginal and Torres Strait Islander people in this story book is from the 2018–19 National Aboriginal and Torres Strait Islander Health Survey.

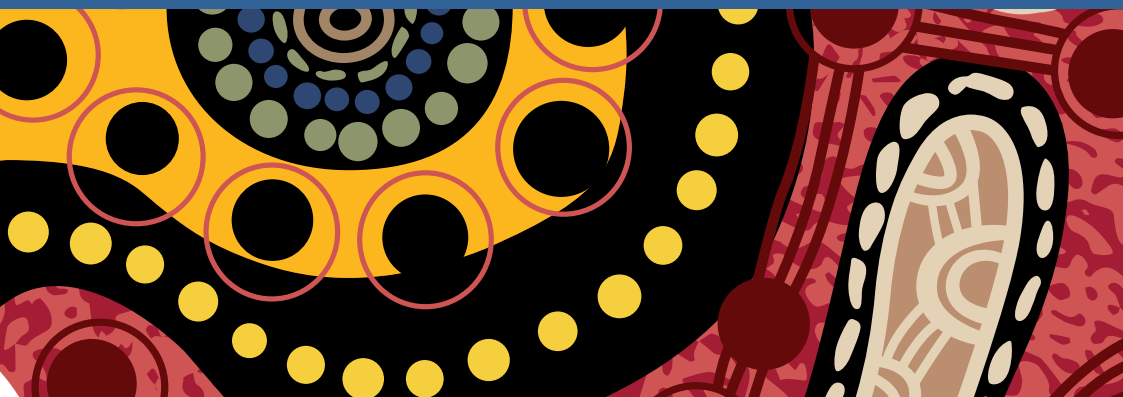
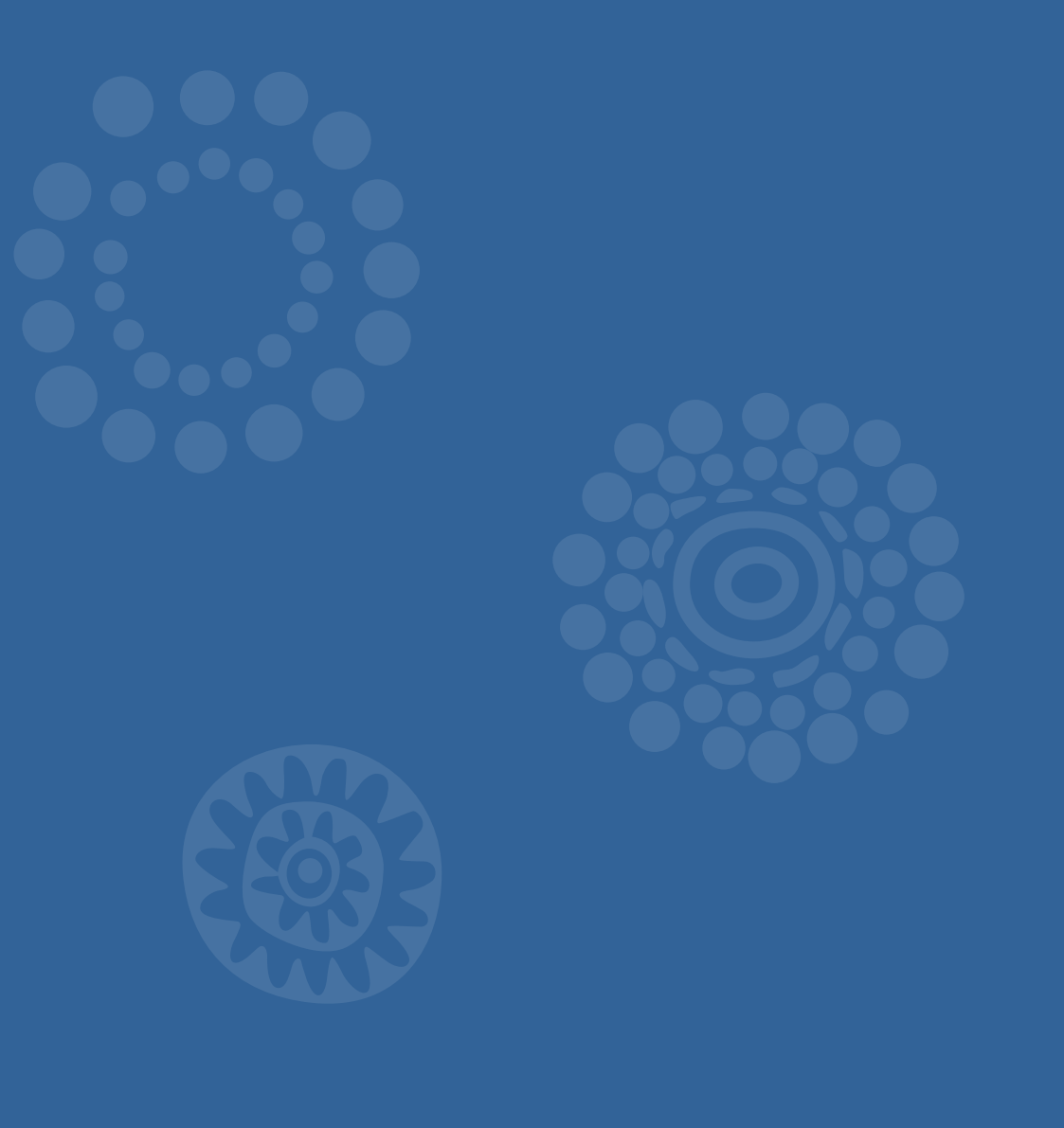
More detailed information is available free of charge through the ABS website www.abs.gov.au.

For more information about ABS statistics on the Aboriginal and Torres Strait Islander population, you can:

Email: coatsis@abs.gov.au

Phone: 1300 135 070.





Our numbers, our health stories



'Our Story. Our Future.' was created by proud Wiradjuri, Wotjobaluk, Yuin and Gumbaynggirr artist Luke Penrith and Maluililgal people, Badu Island artist Naseli Tamway.

