



NEW SOUTH WALES 2018–19



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



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



People who have never smoked



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



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



Females less likely to binge drink



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



Diabetes



People eating enough fruit

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



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



Use of health services



Asthma

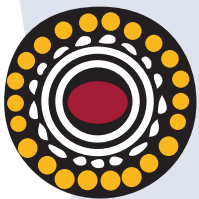


In 2018–19, 2 in 10 people had asthma

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

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

*** Based on NHMRC 2013 Australian Dietary Guidelines, the minimum recommended amount of fruit ranges from 1 serve a day for 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.



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.

