



Our Story.
Our Future.



National Aboriginal and Torres Strait Islander Health Survey 2022–23 results

TASMANIA





One or more selected chronic conditions remains steady

59% of people had one or more selected chronic conditions, the same as in 2018–19



People who had never smoked remains the same

41% of people aged 18+ had never smoked, similar to 2018–19 (33%)



People eating about the same amount of fruit

41% of people aged 2+ ate enough fruit each day, about the same as in 2018–19 (42%)



Alcohol consumption



3 in 10 people aged 18+ (30%) had exceeded the 2020 Australian Adult Alcohol Guideline



Mental and behavioural conditions

42% of people aged 2+ had mental and behavioural conditions, similar to 2018–19 (34%)



Heart, stroke and vascular disease

5% of people had heart, stroke and vascular disease, about the same as in 2018–19 (7%)



Diabetes remains steady

5% of people had diabetes, the same as in 2018–19



Personal use of the internet



Around 9 in 10 people aged 15+ (93%) had personally used the internet in the 3 months before the survey

Health



Around **3 in 10 people aged 15+ (34%)** rated their own health excellent or very good, similar to 2018–19 (40%)

Around **4 in 10 people (44%)** had disability, about the same as in 2018–19 (47%)

Around **3 in 10 people aged 18+ (32%)** experienced high or very high psychological distress, about the same as in 2018–19 (31%)

Almost **2 in 10 people (17%)** had ear or hearing problems, the same as in 2018–19

Around **2 in 10 people (21%)** had asthma, about the same as in 2018–19 (22%)

Around **2 in 10 people (18%)** had arthritis, about the same as in 2018–19 (19%)

Almost **5 in 10 people (47%)** had eye or sight problems, the same as in 2018–19

Health risk factors



It was more common for **males aged 18+ (40%*)** to have exceeded the 2020 Australian Adult Alcohol Guideline, than **females aged 18+ (20%)**

Around **2 in 10 people aged 18+ (21%)** has used an e-cigarette or vaping device

Around **2 in 10 people aged 18+ (24%)** who agreed to being asked the substance use questions had used substances for non-medical purposes, about the same as in 2018–19 (27%)

It was more common for **children aged 2–17 (58%*)** to eat enough fruit each day, than **adults aged 18+ (30%)**

Around **2 in 10 adults (21%*)** ate enough vegetables each day, similar to 2018–19 (16%)

Almost **7 in 10 people aged 2+ (67%)** usually consumed sugar sweetened or diet drinks, about the same as in 2018–19 (66%)

Use of health services



Almost **1 in 10 people (7%)** would usually visit an Aboriginal Medical Service or community clinic, about the same as in 2018–19 (10%)

Around **1 in 10 people (6%)** saw a GP who was part of a Aboriginal Medical Service or community clinic, down from 2018–19 (12%)

Around **8 in 10 people (82%)** saw a GP or specialist in the last 12 months, down from 2018–19 (90%)

Around **1 in 10 people (15%)** had been admitted to hospital, about the same as in 2018–19 (16%)

Around **4 in 10 people aged 2+ (44%)** saw a dentist or dental professional, about the same as in 2018–19 (48%)

Around **3 in 10 people aged 15+ (35%)** accessed health services for mental health in the last 12 months

Personal use of the internet



Almost **4 in 10 people aged 15+ (36%)** personally used the internet in the 3 months before survey to access health services

Almost **1 in 10 people aged 15+ (7%)** had never personally used the internet before the survey

Further explanation of results

E-cigarettes or vaping devices: Devices that contain nicotine, cannabis, cannabis/tobacco combinations or non-nicotine products (e.g. menthol and other flavoured products). Excludes devices that contain other illicit substances.

National Health and Medical Research Council (NHMRC) 2020 Australian Adult Alcohol Guideline (Exceeded guideline):

A person who consumed more than 10 standard drinks in the last week (component A) or consumed 5 or more standard drinks on a single day at least 12 times in the last 12 months (component B), or both.

NHMRC 2013 Australian Dietary Guidelines: Total includes 'Unable to determine'.

Personal use of the internet: Includes access through all device types including mobile phones, smart watches, laptops, computers, tablets, game consoles, and internet enabled TVs.

Psychological distress: Based on scores from the modified Kessler Psychological Distress Scale (K5). Includes K5 scores that were unable to be determined. Excludes people who were not present at interview.

Selected chronic conditions: Includes persons with the following conditions which are current and have lasted or are expected to last 6 months or more: arthritis, asthma, back problems (dorsopathies), cancer, chronic obstructive pulmonary disease (COPD), diabetes mellitus, heart, stroke and vascular disease, kidney disease, mental and behavioural conditions and osteoporosis. Some of these conditions are assumed to be current and/or long-term.

Sugar sweetened or diet drinks: Include soft drinks, cordials, flavoured mineral waters, caffeinated energy drinks and sports or electrolyte drinks. Diet or sugar free versions of these drinks and have artificial sweeteners added. Both exclude fruit and vegetable juices, flavoured milks and tea or coffee. Sugar sweetened drinks also exclude alcoholic drinks.

* Proportion has a high margin of error and should be used with caution.



Thank you

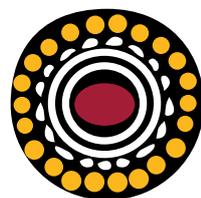
The Australian Bureau of Statistics would like to thank all Aboriginal and Torres Strait Islander peoples and communities who took part in the National Aboriginal and Torres Strait Islander Health Survey 2022–23 and shared their health stories.



What is the survey about?

The National Aboriginal and Torres Strait Islander Health Survey 2022–23 is an important national survey that collected information about the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

It collected stories about health conditions, disability, use of health services, health risk factors and social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples.



Who took part in the survey?

We interviewed about 7,700 Aboriginal and Torres Strait Islander people from around 4,900 households across non-remote and remote areas, including discrete Indigenous communities.



How will the survey help me?

This information supports communities, governments, health professionals and researchers plan funding, services and programs to improve health outcomes for Aboriginal and Torres Strait Islander peoples.

For more information visit abs.gov.au/NATSIHS



‘Our Story. Our Future.’ was created by proud Wiradjuri, Wotjobaluk, Yuin and Gumbaynggirr artist **Luke Penrith** and Maluililgal people, Badu Island artist **Naseli Tamwoy**.