



**Our Story.
Our Future.**



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

AUSTRALIA





More people have one or more selected chronic conditions



49% of people had one or more selected chronic conditions, up from 2018–19 (46%)



Fruit and Vegetables

44% of people aged 2+ ate enough fruit each day, down from 2018–19 (48%)

5% of people aged 2+ ate enough vegetables each day, the same as in 2018–19



Fewer people are current smokers



34% of people aged 18+ were current smokers, down from 2018–19 (43%)



Alcohol consumption



Almost 4 in 10 people aged 18+ (36%) exceeded the 2020 Australian Adult Alcohol Guideline



More people have mental and behavioural conditions



Almost 3 in 10 people aged 2+ (29%) had mental and behavioural conditions, up from 2018–19 (24%)



Less people have heart, stroke and vascular disease



4% of people had heart, stroke and vascular disease, down from 2018–19 (5%)



Diabetes remains steady

7% of people had diabetes, about the same as in 2018–19 (8%)



Food security in households

41% of households experienced food insecurity at some time in the last 12 months due to a lack of money

Health



Around **4 in 10 people aged 15+ (41%)** rated their own health as excellent or very good, similar to 2018–19 (45%)

3 in 10 people aged 18+ (30%) experienced high or very high psychological distress, about the same as in 2018–19 (31%)

Almost **4 in 10 people (37%)** had disability, about the same as in 2018–19 (38%)

Less than **1 in 10 people (1%)** had kidney disease, about the same as in 2018–19 (2%)

Almost **2 in 10 people (17%)** had asthma, about the same as in 2018–19 (16%)

Around **1 in 10 people (11%)** had arthritis, the same as in 2018–19

Around **4 in 10 people (41%)** had eye or sight problems, up from 2018–19 (38%)

Health risk factors



It was more common for **males aged 18+ (48%)** to have exceeded the 2020 Australian Adult Alcohol Guideline, than **females aged 18+ (25%)**

Around **2 in 10 people 18+ (25%)** had ever used an e-cigarette or vaping device

Almost **3 in 10 people aged 18+ (26%)** who agreed to being asked the substance use questions had used substances for non-medical purposes in the last 12 months, about the same as in 2018–19 (28%)

It was more common for **children aged 2–17 years (62%)** to eat enough fruit each day, than **adults aged 18+ (34%)**

Similar proportions of **adults aged 18+ (6%)** and **children aged 2–17 (5%)** ate enough vegetables each day

It was more common for **adults aged 18+ (76%)** to have usually consumed sugar sweetened or diet drinks weekly, than **children aged 2–17 (69%)**

Use of health services



Almost **3 in 10 people (28%)** would usually visit an Aboriginal Medical Service or community clinic, down from 2018–19 (34%)

Almost **3 in 10 people (29%)** saw a GP who was part of an Aboriginal Medical Service or community clinic, down from 2018–19 (36%)

Around **8 in 10 people (83%)** saw a GP or specialist in the last 12 months, down from 2018–19 (86%)

Almost **2 in 10 people (16%)** had been admitted to hospital in the last 12 months, about the same as in 2018–19 (17%)

Around **5 in 10 people aged 2+ (45%)** visited a dentist or dental professional in the last 12 months, about the same as in 2018–19 (44%)

Almost **3 in 10 people aged 15+ (27%)** accessed health services for mental health in the last 12 months

Food security in households



Almost **5 in 10 households with children (47%)** experienced food insecurity at some time in the last 12 months due to a lack of money

Almost **4 in 10 households without children (36%)** experienced food insecurity at some time in the last 12 months due to a lack of money

Further explanation of results

Child or children: A person under the age of 18 years.

Current smoker: Smokers who smoke daily, weekly and less than weekly.

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.

Food security in households: A classification based on whether one or more members of the household had enough food, or money to buy the food, needed for an active, healthy life at all times in the last 12 months. The food security status assigned to a household may not reflect the experience of each individual within the household. The specific experiences of children in the household do not form part of this measure.

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'.

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.



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.