



**Our Story.
Our Future.**



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

SOUTH AUSTRALIA





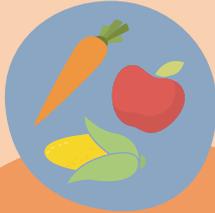
One or more selected chronic conditions remains steady

57% of people had one or more selected chronic conditions, similar to 2018–19 (51%)



Physical activity (non-remote areas)

15% of people aged 18+ met the physical activity guidelines for their age group in non-remote areas



Fruit and vegetables

40% of people aged 2+ ate enough fruit each day, about the same as in 2018–19 (44%)

6% of people aged 2+ ate enough vegetables each day, about the same as in 2018–19 (7%)



Alcohol consumption



Around 3 in 10 people aged 18+ (31%) exceeded the 2020 Australian Adult Alcohol Guideline



Mental and behavioural conditions



Almost 4 in 10 people aged 2+ (37%) had mental and behavioural conditions, similar to 2018–19 (30%)



Heart, stroke and vascular disease

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



Diabetes remains steady

10% of people had diabetes, about the same as in 2018–19 (9%)



Food security in households

42% of households experienced food insecurity at some time during the last 12 months due to a lack of money

Health



Almost **4 in 10 people (39%*)** aged 15+ rated their own health as excellent or very good, the same as in 2018–19

Around **3 in 10 people aged 18+ (33%)** experienced high or very high psychological distress, about the same as in 2018–19 (36%)

Around **4 in 10 people (42%*)** had disability, about the same as in 2018–19 (46%)

Around **1 in 10 people (13%)** had arthritis, about the same as in 2018–19 (11%)

Almost **2 in 10 people (18%)** had asthma, similar to 2018–19 (23%)

Around **1 in 10 people (14%)** had ear or hearing problems, about the same as in 2018–19 (15%)

Around **4 in 10 people (44%)** had eye or sight problems, similar to 2018–19 (49%)

Health risk factors



Around **3 in 10 people aged 18+ (34%)** had ever used an e-cigarette or vaping device

Around **3 in 10 people aged 18+ (32%*)** 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 (36%)

3 in 10 people aged 18+ (30%) had a high blood pressure reading, the same as in 2018–19

Around **7 in 10 people aged 18+ (75%)** were at higher risk of developing chronic disease based on their measured waist circumference, similar to 2018–19 (67%)

Around **8 in 10 people aged 18+ (82%)** were overweight or obese, similar to 2018–19 (74%)

Use of health services



Around **2 in 10 people (23%)** would usually visit an Aboriginal Medical Service or community clinic, about the same as in 2018–19 (22%)

Around **2 in 10 people (25%)** saw a GP who was part of an Aboriginal Medical Service or community clinic, about the same as in 2018–19 (23%)

Around **8 in 10 people (85%)** saw a GP or specialist in the last 12 months, about the same as in 2018–19 (86%)

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

5 in 10 people 2+ (50%) visited a dentist or dental professional in the last 12 months, similar to 2018–19 (43%)

Almost **4 in 10 people 15+ (37%)** accessed health services for mental health in the last 12 months

Food security in households



Almost **5 in 10 households with children (48%*)** experienced food insecurity at some time during the last 12 months due to a lack of money

Almost **4 in 10 households without children (37%*)** experienced food insecurity at some time during the last 12 months due to a lack of money

Further explanation of results

Body Mass Index (BMI): Body Mass Index is derived from measured height and weight. Excludes persons who self-reported being pregnant at time of interview.

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.

High blood pressure: Excludes persons who self-reported being pregnant at time of interview.

Measured waist circumference: Risk of developing chronic disease based on measured waist circumference. Increased risk is a waist circumference of between 94cm and 101cm for males or between 80cm and 87cm for females. Substantially increased risk is a waist

circumference of 102cm or more for males and 88cm or more for females. Excludes persons who self-reported being pregnant at time of interview.

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.

Physical Activity: Includes walking for exercise, recreation or sport, walking to get to places, moderate and vigorous physical activity (including moderate and vigorous physical activity undertaken in the workplace) and/or strength and toning activities undertaken in the last week.

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.

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



Thank you

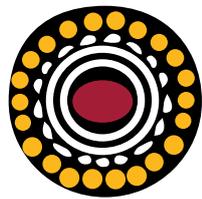
The Australian Bureau of Statistics would like to thank all Aboriginal and Torres Strait Islander peoples and communities who took part in the National Aboriginal and Torres Strait Islander Health Survey 2022–23 and shared their health stories.



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**.