

# Health status

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## Self-rated health

Between 1997 and 2007, there has been a significant decrease in the proportion of persons aged 16-24 years who rated their health positively as excellent, very good or good (91.6 per cent to 86.4 per cent). The decrease was significant among females (91.6 per cent to 83.6 per cent), among persons in the third quintile of disadvantage (92.6 per cent to 81.9 per cent), and among persons in the urban (91.7 per cent to 86.9 per cent) and rural (91.5 per cent to 85.3 per cent) health areas.

## Asthma

Between 1997 and 2007, there has been no significant variation in the proportion of persons aged 16-24 years who had ever been told by a doctor or hospital they had asthma.

Between 1997 and 2007, there has been a significant decrease in the proportion of persons aged 16-24 years who have current asthma (15.9 per cent to 11.5 per cent). The decrease was significant among females (19.5 per cent to 12.4 per cent), among persons in the third quintile of disadvantage (17.2 per cent to 9.6 per cent), and among persons in the urban health areas (15.7 per cent to 10.5 per cent).

## Cardiovascular disease precursors

Between 1997 and 2005, there has been a significant increase in the proportion of persons aged 16-24 years who had their blood pressure measured in the last 2 years (71.3 per cent to 78.4 per cent). The increase was significant among males (63.4 per cent to 74.3 per cent), among persons in the third quintile of disadvantage (68.4 per cent to 82.2 per cent), and among persons in the rural health areas (68.2 per cent to 81.2 per cent).

Between 1997 and 2005, there has been a significant increase in the proportion of persons aged 16-24 years who had ever been told by a doctor or hospital they had high blood pressure (1.6 per cent to 6.9 per cent). The increase was significant among males (2.0 per cent to 5.1 per cent) and females (1.2 per cent to 8.7 per cent), among persons the second quintile (2.4 per cent to 8.3 per cent) and fifth or most disadvantaged quintile (1.1 per cent to 10.0 per cent), and among persons in the urban and rural health areas.

Between 1997 and 2005, there has been a significant increase in the proportion of persons aged 16-24 years who had their cholesterol measured in the last 2 years (18.7 per cent to 23.0 per cent). The increase was significant among persons in the fifth or most disadvantaged quintile (16.9 per cent to 32.4 per cent).

Between 1997 and 2005, there has been no significant variation in the proportion of persons aged 16-24 years who had ever been told by a doctor or hospital they had high cholesterol. However, there has been a significant decrease among persons in the second quintile of disadvantage (11.5 per cent to 1.5 per cent) and the fifth or most disadvantaged quintile (10.2 per cent to 2.4 per cent).

## Diabetes or high blood glucose

Between 1997 and 2007, there has been no significant variation in the proportion of persons aged 16-24 years who had ever been told by a doctor or hospital they had diabetes or high blood glucose.

## Mental health

Between 1997 and 2007, there has been no significant variation in the proportion of persons aged 16-24 years with high or very high psychological distress according to the K10 measure.

## Oral health

Between 2002 and 2007, there has been no significant variation in the proportion of persons aged 16-24 years who visited a dental professional in the last 12 months. However, there was a significant decrease among males (56.5 per cent to 43.9 per cent), among persons in the fourth quintile of disadvantage (58.9 per cent to 45.3 per cent), and among persons in the rural health areas (60.5 per cent to 48.4 per cent).

## **Overweight or obese**

Between 1997 and 2007, there has been no significant variation in the proportion of persons aged 16-24 years who were either overweight or obese, with a BMI of 25 or above calculated from self-reported height and weight. However, there was a significant increase among persons in the fifth or most disadvantaged quintile (25.4 per cent to 37.9 per cent), and among persons in the rural health areas (25.0 per cent to 35.6 per cent).

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 16-24 years who were obese, with a BMI of 30 or above calculated from self-reported height and weight (4.0 per cent to 8.7 per cent). The increase was significant among females (2.7 per cent to 9.9 per cent), among persons in the fifth or most disadvantaged quintile (6.3 per cent to 14.3 per cent), and among persons in the urban (3.2 per cent to 7.4 per cent) and rural (6.1 per cent to 11.8 per cent) health areas.