



# Young Australians: their health and wellbeing

## Key national indicators

### Tier 1: Health status and outcomes

INDICATOR	MEASURE
<b>1.1 LIFE EXPECTANCY AND WELLBEING</b>	
<b>Physical, mental and social wellbeing</b>	Proportion of young people aged 15–24 years rating their health as 'excellent', 'very good' or 'good'
<b>1.2 HUMAN FUNCTION</b>	
<b>Disability and activity limitation</b>	Proportion of young people aged 15–24 years with severe or profound core activity restriction Proportion of young people aged 15–24 years with specific disabling conditions (e.g. Down syndrome, brain injury, cerebral palsy)
<b>1.3 HEALTH CONDITIONS</b>	
<b>Mental health</b>	Proportion of young people aged 18–24 years having the highest levels of psychological distress as measured by the K10 scale Rate of suicide for young people aged 12–24 years Prevalence rate for mental health disorders (ADHD and conduct disorders) among young people aged 12–17 years Prevalence rate for mental health disorders (depressive and anxiety disorders) among young people aged 12–24 years
<b>Injury</b>	Injury and poisoning hospitalisation rate for young people aged 12–24 years Injury and poisoning death rate for young people aged 12–24 years Hospitalisation rate for assault among young people aged 12–24 years Assault death rate for young people aged 12–24 years Transport accident death rate for young people aged 12–24 years
<b>Chronic diseases (selected: diabetes, asthma, cancer)</b>	The prevalence of chronic diseases among young people aged 12–24 years
<b>Communicable diseases</b>	Incidence of non-vaccine-preventable notifiable diseases (e.g. chlamydia, gonorrhoea and syphilis) among young people aged 12–24 years Incidence of vaccine-preventable notifiable diseases among young people aged 12–24 years
<b>Oral health</b>	Proportion of young people whose teeth are decay-free at 12 and 15 years Mean number of decayed, missing and filled teeth (DMFT) for permanent teeth at 12 and 15 years
<b>1.4 DEATHS</b>	
<b>Mortality</b>	Death rates for young people aged 12–24 years Disease burden among young people (DALY, YLL, YLD) relative to adults

### Tier 2: Factors influencing health

INDICATOR	MEASURE
<b>2.1 ENVIRONMENTAL FACTORS</b>	
<b>Housing environment</b>	Proportion of young people aged 12–24 years who live in overcrowded housing
<b>Environmental smoking</b>	Proportion of young people aged 12–17 years where adults smoke inside
<b>2.2 SOCIOECONOMIC FACTORS</b>	
<b>Education</b>	Proportion of young people aged 12–24 years whose parents (i.e. neither parent) were not educated beyond secondary level Apparent school retention rates for young people to Year 12 Proportion of young people aged 20–24 years who have completed Year 12 or equivalent qualifications Proportion of young people aged 15–24 years undertaking or with post-school qualifications Percentages of young people in Years 7 and 9 meeting national literacy (reading and writing) and numeracy benchmarks
<b>Employment</b>	Proportion of one-family households with young people aged 12–24 years where no parent was employed Unemployment rate for young people aged 15–24 years Proportion of young people aged 15–24 years who are long-term (more than 52 weeks) unemployed Proportion of young people aged 15–24 years who are not in labour force and not in education Full-time participation rate of young people aged 15–24 years (full- or part-time education, employment; and/or both) Rate of underemployment
<b>Income</b>	Proportion of young people aged 15–24 who are financially dependent on their families Proportion of young people aged 12–24 who are receiving a regular allowance/income from parents Mean/median income earned by young people Proportion of young people aged 15–24 years receiving government income support Proportion of young people aged 12–24 years who carry various types of debt (and overall debt) Proportion of young people aged 15–24 years who are living independently and receiving rent assistance Proportion of young people aged 15–24 years who experienced hardship because of a shortage of money
<b>2.3 COMMUNITY CAPACITY</b>	
<b>Family capacity</b>	Proportion of young people aged 12–17 years living in families where family cohesion is low Health status of parents of young people aged 12–24 years (general health, disability and mental health status) Rate of young people aged 12–17 years who are the subject of child protection substantiation Rate of young people aged 12–17 years who are the subject of care and protection orders and in out-of-home care Proportion of young people who are carers of their family members (e.g. parents, siblings and partners)

### Tier 2: (continued) Factors influencing health

INDICATOR	MEASURE
<b>2.3 COMMUNITY CAPACITY</b>	
<b>Community support and safety</b>	Proportion of young people aged 15–24 years who score well on a social support scale <sup>1</sup> Rate of young people aged 12–24 years who have been the victim of physical and/or sexual assault Alcohol and other drug-related violence victimisation rate for young people aged 14–24 years Proportion of young people witnessing family violence Proportion of young people aged 12–24 years who are currently homeless Volunteering rate for young people aged 18–24 years
<b>Legal and justice issues</b>	Proportion of people aged 12–17 years in the juvenile justice system Rate of imprisonment among young people aged 18–24 years
<b>2.4 HEALTH BEHAVIOURS</b>	
<b>Physical activity/inactivity</b>	Proportion of young people participating in moderate to vigorous physical activity, one hour per day Median hours per week spent in sedentary activities
<b>Food habits and eating behaviour</b>	Proportion of young people aged 12–24 years eating breakfast Proportion of young people aged 12–24 years consuming the recommended serves of key food groups
<b>Sun protection</b>	Proportion of young people aged 18–24 years always using sun protection Proportion of young people aged 18–24 years whose skin is regularly checked for changes in freckles and moles
<b>Substance use</b>	Mean age of initiation: tobacco, alcohol and illicit drugs
<b>Smoking</b>	Proportion of young people aged 12–14 who are current smokers Proportion of young people aged 12–24 years who are 'recent' smokers
<b>Alcohol</b>	Proportion of young people aged 12–14 who have engaged in high-risk (5 or more drinks in a row) drinking at least once in the last 2 weeks Proportion of young people aged 14–24 years who drink at risky or high-risk levels in the short term Proportion of young people aged 14–24 years who drink at risky or high-risk levels in the long term
<b>Other substance use</b>	Prevalence rate for substance use disorders for young people aged 18–24 years Proportion of young people aged 12–24 years who had used an illicit drug (cannabis, injected drugs, ecstasy, amphetamines and steroid) within the previous 12 months
<b>Sexual and reproductive health</b>	Proportion of young people in Year 10 and Year 12 who have had sexual intercourse Proportion of sexually active young people aged 16–24 who are currently using any contraception to avoid pregnancy Proportion of young people aged 16–24 years who have non-regular sexual partners and who sometimes or never use condoms Proportion of young people in Year 10 and Year 12 who are attracted to the same sex, both sexes or unsure of their sexual attraction Participation rate for cervical screening among young women aged 20–24 years Substance use during pregnancy Antenatal care in pregnancy
<b>2.4 PERSON-RELATED FACTORS</b>	
<b>Overweight and obesity</b>	Proportion of young people aged 12–24 years who are overweight or obese according to their body mass index

### Tier 3: Health system performance

INDICATOR	MEASURE
<b>3.1 EFFECTIVE</b>	
	Hospitalisation rate for potentially preventable conditions Proportion of teenage smokers aged 12–17 who personally purchased their most recent cigarette Cervical screening rate for women aged 18–24 years
<b>3.2 APPROPRIATE</b>	
	Number of prescriptions for oral antibiotics ordered by GPs for the treatment of upper respiratory tract infections Proportion of young people with diabetes who have received an annual cycle of care within general practice Caesarean sections as a proportion of all confinements of young women aged 15–24 years
<b>3.3 EFFICIENT</b>	
	Relative stay index (RSI) for those aged 12–24 years by medical, surgical and other DRGs (length of stay in hospital)
<b>3.4 RESPONSIVE</b>	
	Percentage of patients aged 12–24 years who are treated within national benchmarks for waiting in public hospital emergency departments for each triage category Median waiting time for access to elective surgery for those aged 12–24 years
<b>3.5 ACCESSIBLE</b>	
	Proportion of young women aged 15–24 years attending antenatal services during pregnancy Mental health services (indicator not well defined) Proportion of non-referred attendances at GPs that are bulk-billed under the Medicare program Availability of general practitioner services
<b>3.6 SAFE</b>	
	Proportion of hospital separations for young people aged 12–24 years where an adverse event was treated and/or occurred

<sup>1</sup> Social support index in HILDA is based on responses to ten survey questions regarding the personal support and friendship available to respondents. The Index of Social Support reflects people's experiences of social and emotional loneliness or connection.