

Tasmanian Population Health Survey 2016

We asked **6 300 Tasmanians** about their health ...

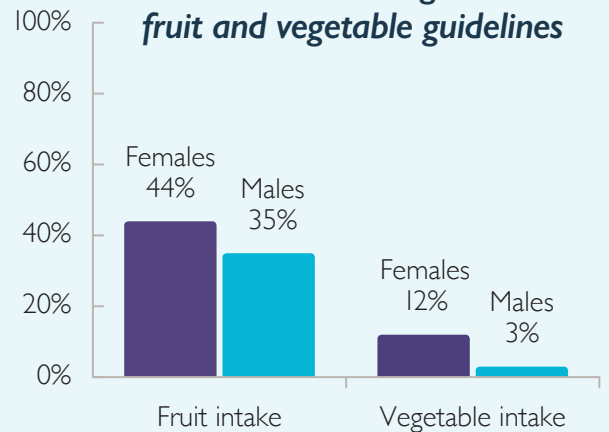
The general health of Tasmanians



60%
of Tasmanians
are overweight
or obese

55%
of Tasmanians
use services at
a public hospital

Tasmanians meeting national fruit and vegetable guidelines



1 in 7 Tasmanians are experiencing high or very high levels of psychological (mental) distress

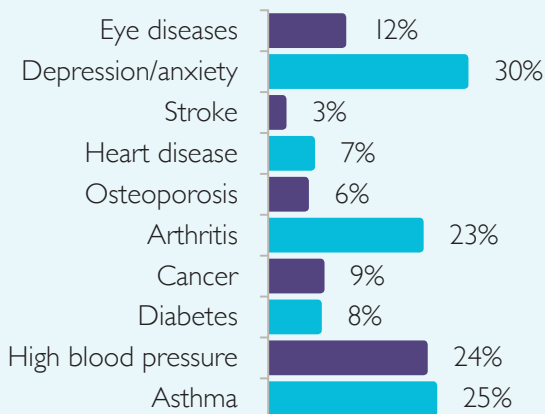


1 in 5 Tasmanians aged 18–24 years are experiencing high or very high levels of psychological distress



Around **1 in 6** Tasmanians are current smokers

Tasmanians reporting a past or current chronic condition diagnosis

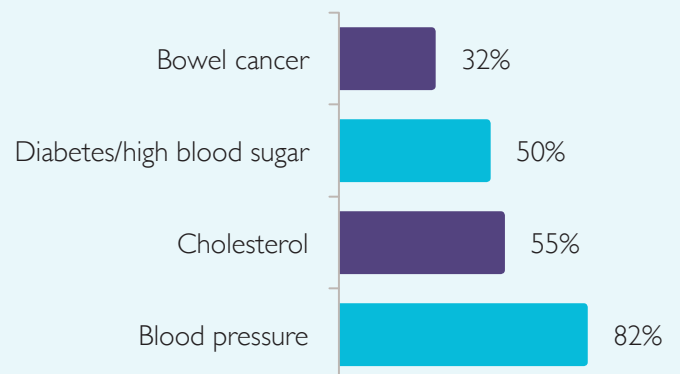


22% of Tasmanians reported having **3 or more** of these chronic conditions

22%
of Tasmanians
use services
at a
community
health centre

72%
of Tasmanians
with asthma
have an asthma
management plan

Tasmanians participating in screening



1 in 4 Tasmanians have fair or poor dental health



1 in 3 Tasmanian males have drinking habits that put them at risk of injury or violence



1 in 3 Tasmanians are not physically active enough