

The health of Queenslanders 2020

Report of the Chief Health Officer Queensland



Queensland Health pays its respects to the Traditional Owners of the land on which this report was produced, the Turrbal and Yuggera people, and acknowledges their Elders past, present and emerging.

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Main photo: Ben Blanche Photography ©.

The location is Laidley Creek Falls in the Main Range National Park approximately 2.5 hours drive from Brisbane. The subject is Damien Muller, a Senior Scientist with Pathology Queensland for the past nine years. Both Ben and Damien are avid bushwalkers.

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All photos in this report that do not reflect social distancing were taken before COVID-19 restrictions were implemented.

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From the Chief Health Officer

Queensland, and many other parts of Australia and the world, faced consecutive challenges in 2019 and 2020 with widespread effects on many levels. Notably, the COVID-19 pandemic preceded by the impact of drought, fire and flood challenged our resilience and capacity to respond. Our people and places underwent significant, rapid change that will have long lasting effects on the way in which Queenslanders live, learn, work and play. Queenslanders should be proud of their response to these events.

This report provides a broad overview of the health of Queenslanders and our health services. Before COVID-19, the health of Queenslanders and the environments that determine our health were following a consistent trend—an ageing population, declines in key mortality indicators given improvements in our health status, increasing use of health services and notable successes as well as persisting challenges with respect to key risk and protective factors for health. The health and wellbeing of Queenslanders ranks high on world standards and most of us are happy with a good quality of life.

The impact of COVID-19, however, has made future predictions less clear given the social and economic effects of the pandemic are not fully known and likely to persist for many years. Further, we will continue to experience challenges in both our built and natural surroundings.

The strength, resilience and capability of Queenslanders have been clearly demonstrated during and after our recent natural disasters and throughout the COVID-19 pandemic. Queensland, and Australia, has one of the best healthcare systems in the world. Rather than exposing system weaknesses, during COVID-19 the flexibility and adaptability of our services came to the forefront.

I wish to express my deepest appreciation for the outstanding effort that has been made by all Queenslanders during COVID-19. This includes the myriad of Queensland Health staff on the front line and in the backrooms, our hospitals, residential care facilities, public health units, emergency services, schools, higher education facilities, childcare services, businesses, non-government organisations, police force, places of worship and, of course, families and communities.

As we start the new decade, Queensland has a lot to be proud of. The new era is evolving, and it will likely present many new challenges for our people, our lifestyles and our environments and by consequence, our health. However, there is a lot to look forward to in Queensland and much to be positive about.

Dr Jeannette Young PSM
Chief Health Officer, Queensland

About this report

The health of Queenslanders 2020 is the eighth in the biennial series from Queensland's Chief Health Officer. It has three objectives:

- to provide a public assessment of the health status of the population
- to be a reference document for health practitioners in Queensland
- to inform strategic policy and planning within Queensland Health.

All reports in the series, including resources, are available at www.health.qld.gov.au/CHO_report. Amendments or errata are posted on the website.

Data download and visualisations

- Data and dynamic data [visualisations](#) for Queensland, HHSs and PHNs
- Statistical data tables for Queensland, HHSs and [PHNs](#)
- Preventive health risk factors: detailed information and [trends](#)
- Additional reports and statistical methods and descriptions in Methods for reporting population health [status](#)¹
- Supplementary tables and graphs referred to throughout the report are available on the main CHO_report page.

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- Chief Medical Officer and Healthcare Regulation Branch
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Data custodians for key data sources

Direct requests for customised data were provided by the Data Custodians at: Queensland survey analytic system (QSAS), Statistical Services Branch, Queensland Government Statistician's Office, Queensland Cancer Registry, Australian Bureau of Statistics and Australian Institute of Health and Welfare. The investment and expertise associated with maintaining data collections and quality outputs is acknowledged.

A complete list of data custodians is available [here](#).

Accessing online resources

Throughout this Report appear a number of interactive links to various websites. To access these references from a printed copy of this document, please refer to the following list of links and their associated URLs:

- *Preventive health risk factors, detailed information and trends*
<https://www.health.qld.gov.au/phsurvey>
- *Methods for reporting population health status*
<https://www.health.qld.gov.au/research-reports/population-health>
- *See QSAS for more information*
<https://www.health.qld.gov.au/research-reports/population-health/preventive-health-surveys/detailed-data>
- *See QSAS trends for more information*
<https://www.health.qld.gov.au/research-reports/population-health/preventive-health-surveys/data-trends>
- *See the online visualisation for more information*
<https://www.health.qld.gov.au/research-reports/population-health/data-discovery>
- Data custodians
https://www.health.qld.gov.au/_data/assets/pdf_file/0034/843199/data_custodian_list.pdf

List of abbreviations

ABDS	Australian Burden of Disease Study	NAER	National Asbestos Exposure Register
ABS	Australian Bureau of Statistics	NATSIHS	National Aboriginal and Torres Strait Islander Health Survey
ACT	Australian Capital Territory	NAUSP	National Antimicrobial Usage Surveillance Program
AIDS	Acquired immunodeficiency syndrome	NEC	Not elsewhere classified
AIHW	Australian Institute of Health and Welfare	NBCSP	National bowel cancer screening program
AIR	Australian Immunisation Register	NCD	Non-communicable disease
AMR	Antimicrobial resistance	NCSP	National cervical cancer screening program
ARDMB	Aeromedical Retrieval and Disaster Management Branch	NDSHS	National Drug Strategy Household Survey
ASR	Age-standardised rate	NGO	Non-government organisation
ASSAD	Australian Secondary School Alcohol and Drug Survey	NHMRC	National Health and Medical Research Council
AURA	Antimicrobial Use and Resistance in Australia surveillance system	NHS	National Health Survey
BCC	Basal cell carcinoma	NIP	National Immunisation Program
BE	Bronchiectasis	NMSC	Non-melanoma skin cancer
BP	Blood pressure	NSW	New South Wales
BMI	Body mass index	NT	Northern Territory
BoD	Burden of Disease	OECD	Organisation for Economic Co-operation and Development
BSQ	BreastScreen Queensland	OSA	Obstructive sleep apnoea
CA	Congenital anomaly	PALY	Productivity-adjusted life year
CALD	Culturally and linguistically diverse	PHN	Primary Health Networks
CHD	Coronary heart disease	PIC	Poisons Information Centre
CHO	Chief Health Officer	POCT	Point of care blood lead testing
CHQ	Children's Health Queensland	PPH	Potentially preventable hospitalisations
CI	Confidence interval	PTSD	Post-traumatic stress disorder
COAG	Council of Australian Governments	QALY	Quality adjusted life years
COPD	Chronic obstructive pulmonary disease	QCH	Queensland Children's Hospital
CVD	Cardiovascular disease	Qld	Queensland
DALY	Disability-adjusted life year	QoL	Quality of life
DMFT	Decayed, missing and filled teeth	QSAMPS	Queensland Statewide Antimicrobial Stewardship Program
DMFS	Decayed, missing and filled surfaces	QSAS	Queensland survey analytic system
DS	Decayed surfaces	RA	Rheumatoid arthritis
dTpa	Diphtheria-tetanus-pertussis acellular vaccine	RHD	Rheumatic heart disease
ED	Emergency department	RFDS	Royal Flying Doctor Service
eHQ	eHealth Queensland	RSV	Respiratory syncytial virus
FASD	Fetal alcohol spectrum disorder	RTDs	Ready to drink beverages
FOBT	Faecal occult blood test	SA	South Australia
FS	Filled surfaces	SCC	Squamous cell carcinoma
GBD	Global burden of disease	SEIFA	Socio-Economic Indexes For Areas – Index of Relative
GDP	Gross Domestic Product	(IRSAD)	Socio-economic Advantage and Disadvantage
GP	General Practitioner	SEIFA	Socio-Economic Indexes For Areas – Index of Relative
HALE	Health adjusted life expectancy	(IRSD)	Socio-economic Disadvantage
HCC	Health Contact Centre	SIP	School Immunisation Program
HHS	Hospital and Health Services	SPF	Sun protection factor
Hib	<i>Haemophilus influenzae</i> type b	STI	Sexually transmitted infection
HIU	Healthcare Improvement Unit	Tas	Tasmania
HIV	Human immunodeficiency virus	TB	Tuberculosis
HPV	Human papillomavirus	TBI	Traumatic brain injury
HRQoL	Health-related quality of life	TSCI	Traumatic spinal cord injury
HWQId	Health and Wellbeing Queensland	UN	United Nations
ICD	International classification of diseases	UVR	Ultraviolet radiation
ICU	Intensive care unit	VET	Vocation Educational Training
LGA	Local Government Area	Vic	Victoria
LGBTIQ+	Lesbian, gay, bisexual, transgender, intersexed and queer	WA	Western Australia
LOTE	Language other than English	WHO	World Health Organization
MDR-TB	Multi-drug resistant tuberculosis	YLD	Years lived with disability
MSM	Men who have sex with men	YLL	Years of life lost

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Key facts at a glance

Our people

- The estimated resident population in 2018 was 5,011,216 persons.
- The 2026 population is projected to be approximately 5,720,000 persons.
- 231,000 Queenslanders identify as Aboriginal and Torres Strait Islander.
- The population is declining in the northern, central and southern western regions of the state.
- Males are expected to live to approximately 80 years of age and females to 85 years.
- The life expectancy of Aboriginal and Torres Strait Islander people has improved by 4.4 years for males and 2.7 years for females in the 10 years to 2015–17.
- In 2018, Australia ranked sixth globally for the quality of life of its people.

Our health

- Queenslanders across the state rose to the challenge and flattened the COVID-19 curve.
- In 2015, there were almost 950,000 years of healthy life lost to death or disability in Queensland.
- The burden of disease due to cardiovascular diseases has declined by 15%.
- Burden of disease is highest in the most socioeconomically disadvantaged groups and in rural and remote areas.
- There were 60,503 babies born to 59,644 Queensland mothers in 2018.
- There have been consistent declines in the proportion of pregnant women who are smoking.
- There has been a 23% decline in chronic obstructive pulmonary disease experienced by Aboriginal and Torres Strait Islander people since 2001.
- New HIV diagnoses in Queensland have fallen by 24%.
- Mental health and wellbeing dominate health status across the lifespan.
- The median age at death in 2018 was 80.4 years; 77.7 years for males and 80.5 years for females.

Our health services

- Almost \$39 billion was spent on health in Queensland in 2017–18.
- The hospitalisation rate in Queensland has increased from 39,000 per 100,000 population in 2008–09 to 55,400 per 100,000 in 2018–19.
- People requiring resuscitation accounted for 15,133 emergency department presentations in 2018–19.
- The most common outpatient services were for midwifery (20%), orthopaedics (15%) and physiotherapy (13%).

- There were more than 25 million general practice presentations in Queensland in 2018–19.
- There was rapid growth in telehealth and 13 HEALTH (13 43 25 84) services in Queensland.
- In 2018–19, there were 47,831 drug and alcohol services provided to 35,123 clients.

Our lifestyles

- 10% of Queensland adults are smoking daily in 2020.
- 13% of Queensland adults had ever tried an e-cigarette in 2018–19.
- 25% of children and 66% of adults in Queensland are overweight or obese.
- 68% of children and 53% of adults are meeting daily recommendations for servings of fruit.
- 46% of children and 59% of adults are meeting physical activity recommendations.
- 94.2% of 1-year-old children are age-appropriately immunised.
- Up to 45% of adults are experiencing inadequate sleep or poor sleep health.
- 49% of adults and 45% of children were sunburnt in the previous 12 months.

Our future

- Our ageing population will continue to challenge the health of individuals, their communities and health services.
- Mental health is a growing concern and affects health and wellbeing across the lifespan.
- Out-of-hospital care is expanding and is safe and effective.
- There is rapid change in our social and physical environments presenting many opportunities for health and wellbeing.
- The resilience and capability of our people are critical to a healthy future for Queensland.
- The effects of COVID-19 on our future are yet to be fully understood.

Indicators of progress

Table 1 Population health indicators, persons, Queensland, 2011–2020

Population	Units	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019 Forecast	2020 Forecast
Total population – estimated resident Queensland – proportion of Australia	'000 %	0–85+ 0–85+	4,476.8 20.0	4,569.9 20.1	4,654.5 20.1	4,724.4 20.1	4,784.4 20.0	4,848.9 20.0	4,927.6 20.0	5,011.2 20.1	5,090.1 20.0	5,174.7 20.1
Major cities	'000	0–85+	2,769.9	2,847.3	2,908.1	2,961.9	3,013.8	3,072.1	3,143.4	3,213.6		
Inner regional	no.	0–85+	910,332	928,510	943,731	955,346	962,822	969,324	969,597	979,950		
Outer regional	no.	0–85+	659,995	675,701	685,030	691,084	693,841	696,038	687,585	690,909		
Remote	no.	0–85+	78,135	70,414	70,002	68,621	67,175	65,407	72,775	72,303		
Very remote	no.	0–85+	58,369	47,964	47,678	47,418	46,723	45,996	54,268	54,443		
Aboriginal and Torres Strait Islander people												
Estimated resident population	no.	0–85+	188,954	193,506	198,206	212,436	216,969	221,276	226,055	230,954		
Proportion of Queensland population	%	0–85+	4.2	4.2	4.3	4.3	4.3	4.6	4.6	4.6		
Proportion of Australian Indigenous population	%	0–85+	28.2	28.3	28.4	29.8	29.8	29.7	29.7	29.7		
Births (includes stillbirths)	no.	births	62,181	63,723	63,173	63,823	61,903	62,779	60,326	60,503		
Infants	no.	<1	60,155	63,091	63,555	62,998	62,082	62,460	61,150	61,864	64,512	65,225
Young children	no.	1–4	244,175	249,403	253,698	255,691	255,686	255,030	256,172	255,899	259,898	263,159
Children	no.	5–17	768,241	778,659	788,794	798,664	809,132	820,691	834,945	848,691	858,984	871,729
Young adults	no.	18–29	770,841	786,542	799,125	807,745	810,971	814,228	823,297	832,862	830,600	834,236
Adults	'000	30–44	938.6	955.7	970.8	978.7	983.9	986.5	994.6	1,006.2	1,019.5	1,038.9
	'000	45–64	1,115.0	1,128.9	1,145.0	1,161.1	1,176.8	1,196.4	1,216.2	1,235.5	1,258.7	1,274.7
Older people	no.	65–74	330,620	351,418	369,959	386,825	403,746	421,038	436,381	452,904	467,039	479,459
Elderly	no.	75+	249,138	256,149	263,601	272,652	282,031	292,615	304,875	317,244	330,861	347,320
Headline indicators	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Life expectancy – males	years	at birth	79.5	79.5	79.6	79.9	80.0		80.2			
Life expectancy – females	years	at birth	84.1	84.0	84.1	84.2	84.3		84.7			
Aboriginal and Torres Strait Islander males	years	at birth	68.7					72.0				
Aboriginal and Torres Strait Islander females	years	at birth	74.4					76.4				
Median age at death	years	0–85+	80	80	80	80	80	80	80	80		
Perinatal mortality rate – per 1000 live births	rate	live births	9.8	10.3	9.8	9.9	9.6	9.4	10.0	8.8		
Infant mortality rate – per 1000 live births	rate	live births	5.1	4.8	4.5	4.5	4.4	4.2	4.2	3.9		
Aboriginal and Torres Strait Islander infants	rate	live births	8.4	6.9	6.6	6.2	7.2	6.3	6.6	5.6		
Other infants	rate	live births	4.7	4.4	4.2	4.1	4.0	3.9	3.9	3.7		
Deaths	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
All causes	no.	0–85+	27,798	27,798	27,882	28,658	28,208	29,826	29,693	29,019		
	rate	0–85+	590	571	555	552	527	540	520	493		
Premature deaths – all causes	no.	0–74	10,592	10,228	10,624	10,635	10,379	11,078	10,830	10,746		
	%	0–74	38.1	36.8	38.1	37.1	36.8	37.1	36.5	37.0		
	rate	0–74	236	220	222	216	206	214	203	196		
Avoidable deaths	no.	0–74	5,692	5,316	5,503	5,380	5,315	5,652	5,496	5,347		
	rate	0–74	128	115	116	111	107	112	105	100		
Coronary heart disease	rate	15+	115	103	97	93	89	85	81	71		
Stroke	rate	15+	56	55	50	48	47	46	42	37		
Heart failure	rate	15+	11	12	11	11	11	10	10	9		
All cancers – malignant neoplasms	rate	0–85+	173	174	172	169	157	166	154	152		
Female breast cancer	rate	15+	29	29	30	26	29	28	27	23		
Target group for breast screening	rate	50–69	39	48	45	32	38	41	35	32		
Target group for breast screening (from 2015)	rate	50–74	44	55	49	40	45	45	40	38		
Cervical cancer – females	rate	15+	2.4	2.4	2.5	2.9	3.2	2.6	2.8	1.7		
Target group for cervical screening	rate	20–69	2.2	1.6	2.0	2.5	2.4	2.3	2.3	1.6		
Target group for cervical screening (from 2017)	rate	25–74	2.6	2.1	2.2	3.1	2.9	2.5	2.7	1.9		
Prostate cancer – males	rate	15+	40	37	37	34	37	36	34	32		
Colorectal cancer	rate	15+	20	21	22	21	20	21	20	18		
Target group for bowel screening (from 2015)	rate	50–74	28	29	31	26	30	29	28	27		
Lung cancer	rate	15+	42	43	42	42	41	39	36	37		
Melanoma	rate	0–85+	7.4	7.4	8.2	6.9	5.8	5.6	5.3	5.3		
Diabetes	rate	0–85+	16	17	15	16	15	15	15	14		
Suicide (year of death)	rate	0–85+	15	12	15	14	14	14	15	14		
Suicide (year of registration)	rate	0–85+	13	14	15	14	16	14	16	16		
Asthma	rate	0–85+	1.5	1.5	1.7	1.1	1.4	1.4	1.3	1.3		
COPD	rate	15+	32	32	31	33	33	31	31	30		
Road transport deaths	rate	0–85+	6.6	6.3	5.9	4.7	4.3	5.3	4.7	4.4		
Falls	rate	0–85+	9.6	9.3	9.2	9.7	9.2	9.4	10.1	9.6		
Falls in older people	rate	65+	68	67	64	69	68	70	73	70		

Table 1 Population health indicators, persons, Queensland, 2011–2020

Hospitalisations	Unit	Age group	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21
All causes	'000	0–85+	1,844	1,919	2,008	2,168	2,292	2,418	2,541	2,648		
	rate	0–85+	40,257	40,841	41,765	44,081	45,681	47,172	48,354	49,244		
	crude rate	0–85+	41,189	41,994	43,164	45,932	47,966	49,910	51,568	52,838		
Potentially preventable hospitalisations (National Healthcare Agreement definition)	no.	0–85+	118,229	128,192	132,210	144,719	155,990	163,607	177,146	175,370		
	%	0–85+	6.4	6.7	6.6	6.7	6.8	6.8	7.0	6.6		
	rate	0–85+	2,589	2,735	2,751	2,947	3,114	3,194	3,372	3,267		
Coronary heart disease	rate	15+	879	848	832	783	825	813	821	785		
Stroke	rate	15+	309	315	306	312	312	313	308	299		
Chronic obstructive pulmonary disease (COPD)	rate	15+	351	360	333	356	378	405	413	389		
Asthma	rate	0–85+	161	170	157	175	176	173	178	169		
Road transport injury	rate	0–85+	239	266	279	278	301	307	304	315		
Falls	rate	0–85+	1,210	1,303	1,353	1,426	1,515	1,586	1,629	1,657		
Falls in older people	rate	65+	5,568	5,975	6,082	6,544	7,021	7,459	7,652	7,704		
Cancer incidence	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
All cancers	no.	0–85+	24,968	26,077	26,725	27,463		29,168				
	rate	0–85+	532	539	538	536		600				
Female breast cancer	rate	0–85+	122	127	131	129		141				
Target group for breast screening	crude rate	50–69	300	311	320	323						
Target group for breast screening (from 2015)	crude rate	50–74	313	325	331	345						
Cervical cancer – female	rate	0–85+	7.6	9.0	8.1	8.7		8.1				
Target group for cervical screening	crude rate	20–69	10.8	11.6	11.3	11.9						
Target group for cervical screening (from 2017)	crude rate	25–74	11.8	12.5	12.1	13.1						
Prostate cancer – male	rate	0–85+	175	172	165	154		149				
Colorectal cancer	rate	0–85+	63	61	59	60		60				
Target group for bowel screening (from 2015)	crude rate	50–74	139	135	123	130						
Lung cancer	rate	0–85+	46	46	46	46		48				
Melanoma	rate	0–85+	70	72	75	73		76				
Communicable disease notifications	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
HIV	no.	0–85+	194	206	181	245	201	195	187	180	158	
Influenza (laboratory confirmed)	no.	0–85+	10,383	16,908	5,509	17,898	28,061	23,284	56,109	15,705	68,152	
Measles	no.	0–85+	18	4	52	72	21	15	8	14	74	
Meningococcal	no.	0–85+	61	64	33	40	31	45	69	58	46	
Syphilis (infectious)	no.	0–85+	339	389	333	396	572	681	1,083	1,127	1,131	
Tuberculosis	no.	0–85+	221	171	153	166	182	188	201	199	194	
Immunisation	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Childhood immunisation coverage	%	1 year	91.6	91.9	91.6	91.5	92.4	93.9	94.1	94.0	94.2	
	%	2 years	92.8	92.8	92.7	92.4	90.2	92.3	91.7	91.5	91.9	
	%	5 years	89.9	91.1	91.9	92.4	92.4	93.1	94.2	94.5	94.4	
Protective factor prevalence	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Breastfed at discharge – all babies	%	newborn	92.0	92.0	92.6	92.4	92.8	92.8	92.9	93.0		
Aboriginal and Torres Strait Islander babies	%	newborn	85.1	85.7	85.5	85.4	85.0	85.0	85.6	84.6		
Other babies	%	newborn	92.4	92.4	93.0	92.9	93.4	93.4	93.4	93.6		
Five or more antenatal visits – all women	%	mothers	94.6	94.6	94.2	94.4	95.1	95.1	95.2	95.3		
Aboriginal and Torres Strait Islander women	%	mothers	83.4	84.4	83.9	84.4	85.9	86.8	87.9	89.5		
Other women	%	mothers	95.4	95.3	94.8	95.1	95.7	95.7	95.8	95.7		
Excellent, very good or good health in adults – self-rated	%	18+	84.0	83.0			83.6	83.7	84.4	85.2	84.1	84.9
Very good or good quality of life – adults	%	18+	89.5	90.9			90.2	89.5				
Very satisfied or satisfied with health – adults	%	18+	77.5	79.8			79.8	78.5				
Never smoked – adults	%	18+	53.0	54.8	52.9	55.2	55.7	55.3	56.2	55.9	57.0	57.3
Healthy weight in adults – measured	%	18+				35.3			32.3			
Healthy weight in adults – self report	%	18+	39.8	39.8	37.9	39.6	39.9	38.5	38.6	37.1	37.8	37.1
Healthy weight in children – measured	%	5–17				65.7			65.5			
Healthy and underweight in children – proxy report ^(a)	%	5–17	75.2		72.3	75.9	76.8	74.2	73.8	74.4	76.5	73.0
Sufficient physical activity (≥150mins & 5+ sessions)	%	18–75	56.1	55.1	58.0	58.8	57.5	61.3	60.6	59.7	57.8	58.7
Active every day of previous week – children	%	5–17	44.0		40.6	39.2	39.3	44.5	45.5	40.6	48.7	45.7
Any 3 of 5 sun safe behaviours in adults – summer	%	18+	52.0	52.6			56.2	58.4				54.8
Mean daily fruit intake – adults	servings	18+	1.6	1.8	1.8	1.9	1.8	1.8	1.8	1.7	1.7	
Mean daily vegetable intake – adults	servings	18+	2.4	2.4	2.4	2.5	2.4	2.4	2.4	2.4	2.4	
Mean daily fruit intake – children	servings	5–17	1.9		2.0	2.0	2.0	2.2	2.2		2.1	2.1
Mean daily vegetable intake – children	servings	5–17	2.1		2.2	2.2	2.0	2.0	2.2		1.9	1.9
2013 Dietary Guidelines												
Adequate fruit intake – adults	%	18+			55.7	58.3	56.8	57.3	54.8	52.1	52.5	
Adequate vegetable intake – adults	%	18+			7.1	9.1	7.6	6.8	8.7	8.6	8.0	

Table 1 Population health indicators, persons, Queensland, 2011–2020

Adequate fruit intake – children	%	5–17			65.0	66.7	67.7	70.0	71.4		70.0	68.4
Adequate vegetable intake – children	%	5–17			6.3	6.2	3.7	3.7	5.3		3.9	4.6
BreastScreen Queensland participation	%	50–69	57.8		57.6							
Target group for breast screening (from 2015)	%	50–74						56.5		55.1		
Cervical screening participation	%	20–69	55.5		56.0			53.2				
Target group for cervical screening (from 2017)	%	25–74										
Bowel screening participation – target group (from 2015)	%	50–74						40.4		40.8		
Risk factor prevalence	Unit	Age group	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Low maternal age	%	<20 years	5.1	5.1	4.7	4.3	3.9	3.4	3.4	3.0		
Low birthweight – total (includes stillbirths)	%	births	6.9	7.1	7.0	7.0	7.1	7.3	7.5	7.2		
Aboriginal and Torres Strait Islander babies	%	births	12.0	11.7	12.0	11.0	11.4	11.2	13.1	12.2		
Other babies	%	births	6.6	6.8	6.6	6.7	6.8	7.0	7.1	6.8		
Smoking at anytime during pregnancy	%	mothers	16.0	15.2	14.2	13.1	12.4	12.0	11.9	11.3		
Aboriginal and Torres Strait Islander women	%	mothers	49.7	48.5	47.5	45.0	43.3	42.9	42.7	42.5		
Other women	%	mothers	13.9	13.0	12.0	11.0	10.3	9.8	9.6	8.9		
Self rated fair or poor health – adults	%	18+	16.0	17.0			16.4	16.3	15.6	14.8	15.9	15.1
Smoke daily – adults	%	18+	14.8	14.3	15.8	14.0	12.3	11.9	11.6	11.1	11.4	10.3
Alcohol consumption (2009 Guidelines)												
Lifetime risk – adults	%	18+	22.7	21.1	20.5	18.9	22.4	21.1		22.3	21.1	22.5
Single occasion risk – weekly	%	18+	15.9	15.3	15.1	13.9	15.0	14.4		15.3	14.6	15.5
Single occasion risk – at least monthly	%	18+	34.8	29.6	30.7	29.1	31.9	30.9		31.3	29.7	30.6
Illicit drugs – used in previous 12 months	%	14+			15.5			16.8			16.9	
Underweight in adults – self report	%	18+	2.8	2.5	3.3	2.6	2.3	2.4	2.9	2.4	2.5	2.7
Overweight in adults – self report	%	18+	34.5	35.0	35.3	34.7	34.3	34.6	32.8	36.3	34.7	35.3
Obese in adults – self report	%	18+	22.9	22.7	23.4	23.2	23.4	24.4	25.7	24.2	25.0	24.8
Overweight and obese in adults – self report	%	18+	57.4	57.7	58.8	57.8	57.7	59.0	58.5	60.4	59.7	60.2
Underweight in adults – measured	%	18+				1.2				1.8		
Overweight in adults – measured	%	18+	34.5			33.4				33.5		
Obese in adults – measured	%	18+	30.4			30.2				32.4		
Overweight and obese in adults – measured	%	18+	64.9			63.6				65.9		
Overweight in children – proxy report	%	5–17	16.7		17.4	16.4	16.7	17.8	17.0	17.7	15.8	18.4
Obese in children – proxy report	%	5–17	8.1		10.2	7.7	6.5	8.0	9.2	7.9	7.8	8.6
Overweight and obese in children – proxy report	%	5–17	24.8		27.7	24.1	23.2	25.8	26.2	25.6	23.5	27.0
Underweight in children – measured	%	5–17				8.0			9.9			
Overweight in children – measured	%	5–17	18.2			19.2			15.9			
Obese in children – measured	%	5–17	9.3			7.2			8.3			
Overweight or obese in children – measured	%	5–17	27.5			26.2			24.6			
2013 Dietary Guidelines												
Inadequate fruit intake – adults	%	18+			44.3	41.7	43.2	42.7	45.2	47.9	47.5	
Inadequate vegetable intake – adults	%	18+			92.9	90.9	92.4	93.2	91.3	91.4	92.0	
Inadequate fruit intake – children	%	5–17			35.0	33.3	32.3	30	28.6		30.0	31.6
Inadequate vegetable intake – children	%	5–17			93.7	93.8	96.3	96.3	94.7		96.1	95.4
Inactive in previous week – adults	%	18–75	9.7	10.7	9.7	9.4	10.0	9.3	9.3	9.5	11.1	11.5
Insufficient physical activity – adults	%	18–75	34.2	34.2	32.4	31.8	32.5	29.4	30.0	30.7	31.2	29.7
Sunburnt in previous 12 months – adults	%	18+	52.4	51.6	52.3	54.3	51.6	55.8	51.4	54.3	55.8	49.3
Sunburnt in previous 12 months – children	%	5–17			54.4	64.0				46.4	52.8	

Note 1: All rates are age-standardised per 100,000 persons unless otherwise noted.

Note 2: Data and/or indicator updates may have occurred since previous reports.

Note 3: Refer to previous Queensland Chief Health Officer reports for cancer screening participation by varying target age groups in earlier years.

(a) Proxy-reported weight status for children does not provide reliable distinctions between healthy weight and underweight, therefore the combined category was reported.

Data sources and methods

For data prior to 2011, see previous reports of the Queensland Chief Health Officer.

Data and indicators are subject to revision and updates.

Alternate definitions

- Potentially preventable hospitalisations (PPHs): Data for two definitions of PPHs are included from 2011. They differ by the inclusion of diabetes complications.
- The Australian Institute of Health and Welfare's (AIHW) National Healthcare Agreement definition only includes diabetes as a principal cause while the Queensland Health definition also includes diabetes as an 'other' diagnosis under certain circumstances.

Perinatal deaths: There are two definitions used to report perinatal deaths and they differ by how stillbirths are recorded.² The preferred definition for use in Queensland is the National Perinatal Data Collection.

Rates are age-standardised per 100,000 persons unless otherwise noted.

Data are consistent with reporting in other sections including: hospitalisations from the Queensland Hospital Admitted Patient Data Collection, cancer incidence from Queensland Cancer Registry, deaths from the Queensland Registrar of Births, Deaths and Marriages, diabetes prevalence is from the National Health Survey.

Proxy reported weight status for children does not provide reliable distinctions between healthy weight and underweight, therefore the combined category was reported.

Throughout this report, adults are aged 18 years and older and children are from one to 17 years unless otherwise stated.

Prevalence ratios may be calculated from higher precision numbers than available in text or tables.