Younger adults in Queensland
status, trends and disparities

Young adulthood is a time of significant life events including establishing and maintaining a committed relationship, growing a family, building a career, securing employment and earning a living. For some young adults it involves cycles of unemployment, under-employment, unstable jobs, and escalating work and housing demands.

Avoiding weight gain with easily accessible, affordable, unhealthy foods and food environments is difficult. Retail and food environments can be modified to support healthier choices.

Maintaining well-planned communities through pedestrian-friendly neighbourhoods, breastfeeding facilities, smoke-free and accessible open spaces for active recreation, leisure and sport, engaging streetscapes and adequate shade and lighting, will support healthier lives.

Data in this factsheet refers to Queenslanders aged 30–44 years, unless otherwise noted.
Younger adults in Queensland

Health service utilisation

- 340,000 hospitalisations (2015–16)
- 19% of younger adults were admitted in the previous year
- 18% of all admissions for tests, procedures and investigations
- 25% of female admissions for pregnancy and childbirth

Contributors to lifetime health and wellbeing

- 1800 new cases of cancer diagnosed in 2014
- 1 in 4 with melanoma
- 27% of female cases with breast cancer
- Health service utilisation
- Average GP visits per year: 4.2 visits 35–44 years
- 25% had high blood pressure

Healthy diets
- 57% never smoked
- Reduce consumption of sugary drinks, unhealthy foods and alcohol
- 30% were healthy weight/underweight by measurement (35–44 years)
- 61% active on most days in the past week
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- Community-level management of chronic conditions of ageing and disability such as coronary heart disease, stroke, mental illness, musculoskeletal and neurological
- 707,000 employed
- 76,700 living with disability
- 1 in 9 younger adults (35–44 years)

Employment, active transport, active recreation, leisure and sport.

More information, access to interactive data visualisations and detail on definitions and methods is available from the main report and the website: www.health.qld.gov.au/cho_report
For further information: Population_Epidemiology@health.qld.gov.au