Terminology and definitions

Aboriginal and Torres Strait Islander people: Referred to as ‘Indigenous Queenslanders’ or ‘Indigenous Australians’.

Accessibility/Remoteness Index of Australia (ARIA): Remoteness was determined using the six categories of Remoteness areas classification: major cities, inner regional, outer regional, remote, very remote, and migratory. ARIA scores are based on how far the population must travel to access services.

Adults: Usually defined as those aged 18 years and older.

Age standardisation: To facilitate comparisons between various populations with different age structures, rates may be adjusted for the age structures by relating them to a reference population (in this report the 2001 Australian population). Age standardised prevalence rates are used to compare Queensland with other jurisdictions and nationally, where they are available. Crude prevalence is more often also used to compare hospitalisation rates within Queensland.

Amphetamines: refers to both amphetamine and methamphetamine (most commonly known as ‘ice’ or ‘crystal’). The broad category of amphetamines in the Australian Standard Classification of Drugs of Concern includes methamphetamine as a sub-category. Illicit drug use includes the pharmaceutical misuse of amphetamine for non-medical purposes. It is noted that the vast majority of amphetamine used in Australia is methamphetamine.


Australian Dietary Guidelines: The Australian dietary guidelines recommend the consumption of five food groups: 1) fruit 2) vegetables and legumes/beans 3) milk, yoghurt, cheese and/or alternatives 4) lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes and beans and 5) grains (includes cereal foods, mostly wholegrain and/or high cereal fibre varieties). Consumption is recommended in quantities that are appropriate to life stage, sex, and energy needs.


Body mass index (BMI): Refers to a simple index of weight-for-height, calculated as BMI = [weight (kg)/height (m) squared], that is commonly used to classify underweight, healthy weight, overweight and obese (refer to separate entries for each BMI category). BMI for children takes into account the age and sex of the child and has different cut-offs for BMI categories than those used for adults.

Children: Usually defined as those aged 5–17 years.

Chronic conditions of ageing and disability: Includes the ICD chapters for musculoskeletal conditions, nervous system diseases, mental disorders (including dementia and substance use disorders), endocrine, nutritional and metabolic disorders including diabetes, and diseases of eyes and ears.

Chronic obstructive pulmonary disease (COPD): Term to describe chronic lung diseases that limit lung airflow, and includes emphysema and chronic bronchitis.

Clandestine laboratories: Refers to an illicit operation that has occurred in properties and areas identified as being subject to drug manufacture, chemicals use, waste storage or any other activity carried out either completely or in part, to manufacture illicit drugs or substances.

Condition (health condition): A broad term that can be applied to any health problem, including symptoms, diseases and certain risk factors, such as high blood cholesterol and obesity. Often used synonymously with disorder or problem.

Confidence interval (CI): In general, a range of values expected to contain the true value 95% of the time (95% CI).

Crude rates: The number of cases in a given time period in a geographic area divided by the total number of persons in the population. Crude rates more accurately reflect the health burden in the community.

Dietary factors combined: Estimated burden of disease due to joint effects of all diet-related risk factors included in the analysis. More detailed information on page 70.

Disability: Temporary or long-term reduction of a person’s capacity or function, including illness.

Disability adjusted life year (DALY): Measure of overall burden of disease and injury, where the DALY for a disease or condition is the sum of the YLL and YLD.

Discretionary or unhealthy foods: The Australian dietary guidelines describe discretionary foods as those that are not essential or a necessary part of a healthy dietary pattern. These foods are high in kilojoules, saturated fat, added sugars and/or salt or alcohol. The ABS has identified a group of foods consistent with the guidelines based on the national food recall survey in 2011–12.

e-cigarettes: Refers to electronic cigarettes, otherwise known as electronic nicotine delivery systems or personal vaporisers containing nicotine, and are used in a manner than simulates smoking.


Food security: Refers to the constant access to sufficient, safe, nutritious food to maintain a healthy and active life, including the financial resources to purchase food.
The health of Queenslanders 2018

Gross domestic product (GDP): Equivalent to total national expenditure plus exports of goods and services minus imports of goods and services.206

Health adjusted life year (HALE): Refers to the average number of years at birth that a person can expect to live in full health if the current patterns of mortality and disability continue throughout their life.199

Health gap: The health gap between Indigenous and non-Indigenous Australians is illustrated by relative rate differences in DALYs between the two populations, for individual risk factors that contribute to disease burden.24

Healthy weight: Refers to the category classified as a body mass index in the range of 18.50–24.99.

Homeless: A person is considered to be homeless if they do not have suitable accommodation and their current living arrangement is in a dwelling that is inadequate or has no tenure (or initial tenure is short and not extendable) or does not allow them to have control of, and access to, space for social relations.21

Hospital and Health Services (HHSs): Queensland has 16 HHSs, of these 15 HHSs are geographically based. Children’s Health Queensland HHS is related to services provided to children and is not geographically based.

Hospitalisations: The term used for the total number of separations in all hospitals (public and private) that provide acute care services. A separation is an admitted episode of care which can be a total hospital stay or a portion of a hospital stay ending in a change of status.

Hypertension: Prolonged elevation of the blood pressure also referred to as high blood pressure.

Illicit drug use: Includes the use of illegal drugs, non-medical use of pharmaceutical drugs and misuse of substances.52

Incidence: Number of new health-related events (for example, illness or disease) in a defined population in a defined period of time.199

Indigenous Queenslanders: Refers to Aboriginal and Torres Strait Islander people who are usual residents of Queensland.

Infant mortality rate: Number of deaths of children under one year of age in one calendar year per 1000 live births in the same calendar year.68

International Classification of Diseases (ICD): Standard classification of specific conditions and groups of conditions determined by an internationally representative group of experts and used for health records.

Joint effects (burden of disease): The impact of multiple risk factors on disease burden that takes into account the complex interaction and overlap of risk factors on disease outcome.24

LGBTQI: Refers to people and families who identify as lesbian, gay, bisexual, transgender, queer and intersex.18

Life expectancy: Average number of additional years a person of a given age and sex might expect to live if the age-specific death rates of the given period continued throughout their lifetime.199

Lifestyle related chronic conditions: Defined in this report as a group of seven chronic conditions that are major causes of disease burden and have the highest attributable risk factor burden (excluding alcohol related effects). They include coronary heart disease, stroke, lung cancer, colorectal cancer, breast cancer, COPD and diabetes. Diabetes is excluded from hospitalisations.

Low birth weight: In this report low birth weight includes all births (still born and live births of at least 20 weeks gestation or greater than 400g) with a birthweight less than 2500g, excluding only those for whom no weight was recorded. This is consistent with Queensland Government priorities reporting.203 Nationally, low birthweight is defined as less than 2,500 grams and excludes multiple births, stillbirths and births of less than 20 weeks gestation.208 The National Core Maternity Indicator definition differs again.209

Maternal smoking: Refers to women who smoke tobacco during pregnancy.18

National Health and Medical Research Council (NHMRC): Australia’s leading body promoting development and maintenance of public and individual health standards.210

Neonatal death: Refers to the death of a live-born baby up to 28 days of age.25 Perinatal deaths include neonatal deaths and stillbirths (that is, fetal deaths).

Non-discretionary or healthy foods: The Australian dietary guidelines describe non-discretionary foods as those that are an essential part of a healthy dietary pattern.29

Non-melanoma skin cancer (NMSC): Includes basal cell carcinoma and squamous cell carcinoma.

Notifications: Reports of specified health conditions to government by medical practitioners, pathology laboratories and hospitals.67 In Queensland, this is legislated by the Public Health Act 2005.

Obese: Refers to the weight category classified as a body mass index (BMI) in the range of 30.00 or more.69 The obese category is classified as: class I where BMI is 30.00–34.99, class II where BMI is 35.00–39.99, and class III where BMI is 40.00 or more.69 Severely obese is the combined prevalence of class II and class III obesity.

Organisation for Economic Co-operation and Development (OECD): Group of 34 member countries using information to help governments foster prosperity and fight poverty through economic growth and stability.71 Australia became a member in 1971.
**Overweight**: Refers to the category classified as a body mass index in the range of 25.00–29.99.

**Patient days**: Refers to occupied bed days for patients in hospitals and day surgery units.75

**Perinatal deaths**: Includes all stillbirths (fetal deaths) of at least 400g birth weight or at least 20 weeks gestation, and neonatal deaths of live-born babies up to 28 days of age.38 The recording of stillbirths varies by jurisdiction.7 In Queensland, stillbirths are registered as a birth and a death, whereas in most other jurisdictions they are only entered as a stillbirth as part of the birth registration process. These differences result in different reporting outcomes, where the National Perinatal Data Collection is the preferred source for Queensland Health (Table 1, page viii).

**Potentially preventable hospitalisations (PPHs)**: Admissions to hospital that potentially could have been prevented through the provision of appropriate non-hospital health services.211 These are defined nationally, while Queensland Health reports a modified suite of conditions.7 The national indicator only includes diabetes where it was coded as the primary or principal diagnosis. The Queensland Health definition also includes admissions for diabetes as an ‘other’ diagnosis where the primary diagnosis was defined (including selected cardiovascular, renal and eye conditions).

**Premature death**: Generally refers to a death that occurs before the age of 75 years.1

**Prevalence**: Measure of disease occurrence or frequency, often used to refer to the proportion of individuals in a population who have a disease or condition at a particular point of time.199

**Primary Health Networks (PHNs)**: Queensland has seven PHNs that work directly with all levels of the health care system to facilitate efficient and effective outcomes for patients.

**Proxy-report**: Method of collecting information about health status, usually during a survey where a parent or guardian reports a status measure on behalf of a child or dependent, such as their height, weight or physical activity.34

**Psychological distress**: Assessed using the Kessler Psychological Distress Scale (K10) which is a scale of non-specific psychological distress based on 10 questions about the frequency of negative emotional states in the four weeks prior to interview.212

**Rates**: A measure of the frequency of the occurrence of an event or phenomenon in a defined population in a specified period of time.199

**Self-report**: Method of collecting information about health status, usually during a survey where a person self-reports a status measure such as their height, weight or physical activity.34

**Significant**: Term used in this report to reflect a level of importance as well as statistical difference. Statistical significance is based on non-overlap of 95% CIs and where these criteria are not met, non-significant results are described with terms such as ‘similar’, ‘stable’ or ‘no difference’.1

**Stillbirth (fetal death)**: A stillbirth or fetal death is the death of a fetus prior to the complete expulsion or extraction from its mother as a product of conception of at least 20 completed weeks of gestation or with a birth weight of at least 400g.38 The death is indicated by the fact that after such separation the fetus does not breathe or show any other evidence of life, such as beating of the heart, pulsation of the umbilical cord, or definite movement of voluntary muscles. Perinatal deaths include stillbirths (that is, fetal deaths) and neonatal deaths.

**Sufficient physical activity for health benefit**: Defined as 150 minutes of moderate activity over five or more sessions in a week, for adults and is usually limited to those aged 18–75 years.146

**Sugar sweetened drinks**: ABS definition for drinks that have added sugar (cordials, soft drinks, flavoured mineral waters, energy and electrolyte drinks, fortified waters, and fruit and vegetable drinks) where data was collected from the 2011–12 national food recall survey.104

**Suicide and self-inflicted injuries**: The intentional taking of one’s own life or deliberately causing one’s own death, with intent verified by coronial assessment.68 Also referred to as intentional self-harm.

**Underweight**: Refers to the category classified as a body mass index in the range of less than 18.50.

**World Health Organization**: Directing and coordinating authority for health in the United Nations.213

**Years of life lost due to disability (YLD)**: Measure of burden of disease and injury, capturing health loss due to any short-term or long-term condition.24

**Years of life lost due to premature death (YLL)**: Measure of burden of disease and injury, capturing health loss due to premature death.24
Index

ageing
chronic conditions 2, 24, 26
disability 7, 15, 26
hospitalisations 42
physical activity 91, 94
population change 6

alcohol
burden of disease 85
consumption by age 20, 22, 24, 26, 84
deaths 85
hospitalisations 44
pregnancy 86
treatment services 87
trends 85
violence and harm 85, 110

all-cause
deaths and trends 2, 33
hospitalisations 43
Indigenous deaths 35

allergies 18, 20, 22, 24, 65
Alzheimer disease 34

anxiety disorders
Indigenous Queenslanders 11, 28
prevalence 10, 18, 20, 22, 24

arthritis 15, 24, 26, 79

asthma
impaired health 15, 16, 94
Indigenous Queenslanders 28
prevalence 18, 20, 22, 24

back pain and back problems 10, 22, 24, 28

bipolar disorder 28, 110

births
antenatal 16, 51
birthweight 17, 18
immunisation, vaccination 16, 108
maternal and infant deaths 17
maternal risks 10, 16
population change 6
premature and preterm 16, 18

blood pressure
hospitalisations 44
Indigenous Queenslanders 28
obesity 79
prevalence 20, 22, 24, 26, 100

breast cancer (colorectal) 24, 34, 79, 104
breast cancer 22, 24, 26, 36, 104
breastfeeding 17, 18, 22, 57, 70, 87

burden of disease and injury
death and disability burden 10, 59
modifiable risk factors 10, 11, 53
international comparisons 12
premature death 34, 37, 59, 79, 111

cancer
burden of disease 10, 11
deaths and trends 2, 34, 36
diagnosis 20, 22, 24, 26, 28
incidence 104
screening programs 105

cardiovascular disease
burden of disease 10, 24, 26
causes 95, 100
deaths and trends 34, 36, 37
expenditure 49, 50, 51
Indigenous Queenslanders 11, 28, 51
risk factors 59, 70, 79, 93
treatment 79, 101

cellulitis 44

cerebral palsy 7, 15, 94

cholesterol 10, 24, 28, 79, 100

chronic condition or disease
burden of disease 10, 11
deaths and trends 36, 51
disability 15
expenditure 49, 51
hospitalisations 44
lifestyle-related 22, 24, 26, 28
prevalence 24, 26, 28
risk factors 6, 44, 60, 80

chronic obstructive pulmonary disease, COPD
burden of disease 10, 26
deaths and trends 34
hospitalisations 44
Indigenous Queenslanders 35
lifestyle-related 36
prevalence 26
smoking 59

circulatory disease 22, 24, 26, 28

communicable disease 18, 20, 22, 24, 26, 28
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>coronary heart disease</td>
<td>10, 22, 24, 26</td>
</tr>
<tr>
<td>deaths and trends</td>
<td>34, 36, 59</td>
</tr>
<tr>
<td>hospitalisations</td>
<td>22, 24, 26</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>11, 28, 35</td>
</tr>
<tr>
<td>lifestyle-related risk factors</td>
<td>22, 24, 26, 51</td>
</tr>
<tr>
<td>risk factors</td>
<td>59, 71, 79, 86, 93</td>
</tr>
<tr>
<td>deafness and ear problems</td>
<td>18, 22, 24, 26, 28</td>
</tr>
<tr>
<td>deaths</td>
<td></td>
</tr>
<tr>
<td>burden of disease</td>
<td>10</td>
</tr>
<tr>
<td>causes</td>
<td>34</td>
</tr>
<tr>
<td>HHSs (selected causes)</td>
<td>37</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>11, 35</td>
</tr>
<tr>
<td>maternal and infant</td>
<td>17</td>
</tr>
<tr>
<td>national comparisons</td>
<td>40</td>
</tr>
<tr>
<td>premature</td>
<td>2, 10, 11, 34</td>
</tr>
<tr>
<td>population change</td>
<td>6</td>
</tr>
<tr>
<td>risk factors</td>
<td>36, 59, 71, 79, 85, 93, 101, 103, 104, 107</td>
</tr>
<tr>
<td>trends</td>
<td>36</td>
</tr>
<tr>
<td>violence, homicide</td>
<td>111</td>
</tr>
<tr>
<td>dementia</td>
<td>15, 26, 34, 50</td>
</tr>
<tr>
<td>dental and oral health</td>
<td>18, 32, 43, 44, 48, 97</td>
</tr>
<tr>
<td>diabetes</td>
<td></td>
</tr>
<tr>
<td>burden of disease</td>
<td>9, 59, 93</td>
</tr>
<tr>
<td>death and trends</td>
<td>36</td>
</tr>
<tr>
<td>expenditure</td>
<td>50, 51</td>
</tr>
<tr>
<td>hospitalisations</td>
<td>44, 59, 93</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>11, 35</td>
</tr>
<tr>
<td>prevalence</td>
<td>16, 22, 24, 26</td>
</tr>
<tr>
<td>risk factors</td>
<td>55, 73, 89, 100</td>
</tr>
<tr>
<td>dietary factors</td>
<td>see food and nutrition</td>
</tr>
<tr>
<td>disability</td>
<td></td>
</tr>
<tr>
<td>burden of disease</td>
<td>10, 12, 51</td>
</tr>
<tr>
<td>cerebral palsy</td>
<td>94</td>
</tr>
<tr>
<td>hospitalisations</td>
<td>20, 22, 24, 26</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>11, 28</td>
</tr>
<tr>
<td>life expectancy</td>
<td>14, 51</td>
</tr>
<tr>
<td>prevalence</td>
<td>7, 15</td>
</tr>
<tr>
<td>risk factors</td>
<td>59, 71, 79, 85, 93, 101, 107, 111</td>
</tr>
<tr>
<td>emergency presentations</td>
<td>107, 111</td>
</tr>
<tr>
<td>employment</td>
<td></td>
</tr>
<tr>
<td>opportunities</td>
<td>6, 7, 20, 22</td>
</tr>
<tr>
<td>physical activity</td>
<td>89, 95</td>
</tr>
<tr>
<td>environments</td>
<td>18, 20, 22, 24, 26, 28</td>
</tr>
<tr>
<td>environmental risks</td>
<td>61, 80, 93, 95, 112</td>
</tr>
<tr>
<td>expenditure</td>
<td></td>
</tr>
<tr>
<td>disease groups</td>
<td>49</td>
</tr>
<tr>
<td>health system</td>
<td>48</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>51</td>
</tr>
<tr>
<td>projections</td>
<td>50</td>
</tr>
<tr>
<td>trends</td>
<td>50</td>
</tr>
<tr>
<td>weekly spend on food</td>
<td>71</td>
</tr>
<tr>
<td>falls</td>
<td>26, 40, 85</td>
</tr>
<tr>
<td>families</td>
<td>6, 7, 16, 61, 86, 110</td>
</tr>
<tr>
<td>food and nutrition</td>
<td></td>
</tr>
<tr>
<td>5 food groups</td>
<td>66</td>
</tr>
<tr>
<td>burden of disease</td>
<td>10, 70</td>
</tr>
<tr>
<td>fruit and vegetables</td>
<td>68, 69</td>
</tr>
<tr>
<td>healthy, non-discretionary</td>
<td>66</td>
</tr>
<tr>
<td>infant feeding</td>
<td>70</td>
</tr>
<tr>
<td>unhealthy, discretionary</td>
<td>66</td>
</tr>
<tr>
<td>hay fever and allergic rhinitis</td>
<td>15, 18, 20, 22, 24</td>
</tr>
<tr>
<td>healthy start</td>
<td>16, 18</td>
</tr>
<tr>
<td>HHS hospital and health service</td>
<td>7, 32, 37, 45, 50</td>
</tr>
<tr>
<td>immunisation and vaccination</td>
<td>16, 48, 105, 108</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td></td>
</tr>
<tr>
<td>alcohol consumption</td>
<td>84</td>
</tr>
<tr>
<td>births</td>
<td>6, 16</td>
</tr>
<tr>
<td>burden of disease</td>
<td>11</td>
</tr>
<tr>
<td>deaths and trends</td>
<td>35</td>
</tr>
<tr>
<td>dental and oral health</td>
<td>97</td>
</tr>
<tr>
<td>fruit and vegetables</td>
<td>68</td>
</tr>
<tr>
<td>health expenditure</td>
<td>51</td>
</tr>
<tr>
<td>hospitalisations</td>
<td>44</td>
</tr>
<tr>
<td>methamphetamine</td>
<td>107</td>
</tr>
<tr>
<td>obesity</td>
<td>76</td>
</tr>
<tr>
<td>physical activity</td>
<td>92</td>
</tr>
<tr>
<td>population</td>
<td>6</td>
</tr>
<tr>
<td>risk factors</td>
<td>11</td>
</tr>
<tr>
<td>smoking, maternal smoking</td>
<td>57</td>
</tr>
<tr>
<td>influenza and pneumonia</td>
<td>18, 20, 22, 26, 28</td>
</tr>
<tr>
<td>injury</td>
<td></td>
</tr>
<tr>
<td>burden of disease</td>
<td>10</td>
</tr>
<tr>
<td>deaths</td>
<td>34</td>
</tr>
<tr>
<td>hospitalisations</td>
<td>43</td>
</tr>
<tr>
<td>Indigenous Queenslanders</td>
<td>44</td>
</tr>
<tr>
<td>risk factors</td>
<td>59, 79, 85, 93, 107</td>
</tr>
<tr>
<td>violence</td>
<td>85, 107, 111</td>
</tr>
<tr>
<td>kidney disease and dialysis</td>
<td>6, 11, 36, 44, 51, 79</td>
</tr>
</tbody>
</table>
lesbian, gay, bisexual, transgender, queer, intersex (LGBTQI) 5, 7
life expectancy 2, 11, 14
lifestyle related conditions 36, 38, 42
lifetime health 18, 20, 22, 24, 26, 28
lung cancer
burden of disease 10, 24
deaths and trends 34, 36
Indigenous Queenslanders 28
smoking 59
maternal
breastfeeding 16, 70
pregnancy and childbirth 16
melanoma 20, 22, 24, 36, 102
mental health
age stages 10, 18, 20, 22, 24, 26
disability 7, 15
hospitalisations 45, 50
smoking 55
migraine 20, 22, 24
musculoskeletal conditions 10, 11, 15
neurological conditions 11, 22, 24, 26
obesity and overweight see weight status
physical activity and disease 24, 36
population 6, 7
pregnancy 16, 57, 86, 108, 110
respiratory conditions 28, 35
sexually transmitted infections 20, 22, 24, 28
sight problems 18, 20, 22, 24, 26, 28
smoking
burden of disease 10, 59, 61
deaths 34, 36
expenditure 51, 60
hospitalisations 44, 59
Indigenous Queenslanders 11, 28, 35, 57
life expectancy 59
maternal smoking 16, 32, 57
national and international 58
prevalence 20, 22, 24, 26, 56, 61
trends 2, 58
stroke
deaths 34, 36
expenditure 49, 51
hospitalisations 42, 44
Indigenous Queenslanders 11, 28, 35, 44
lifestyle 36, 44
metabolic risks 101
obesity 79
prevalence 22, 24, 26
suicide and self-harm 20, 22, 24, 34, 111
sun safety 102
urinary tract infection 44
violence
alcohol related 44, 87
deaths, homicide, suicide 34, 111
domestic, intimate partner 110
weight status
body mass index 75, 81
burden of disease 10, 79
expenditure 51, 80
HHSs 76
hospitalisations 44, 79
Indigenous Queenslanders 11, 28, 35, 44, 76
obesity 80
prevalence 18, 20, 22, 24, 26, 81
trends 78
References


64. Australian Bureau of Statistics. *Australian Aboriginal and Torres Strait Islander health survey: first results 2012–13 – Australia*. Cat. no. 4727.0.55.001. ABS: Canberra; 2014.


