

Paper delivered at the 10th Biennial Conference of the
Australian Population Association
POPULATION AND GLOBALISATION:
AUSTRALIA IN THE 21ST CENTURY
Melbourne 28th November to 1st December 2000
Melbourne Australia

The Health of Australia's Young People

Paul Meyer

Australian Institute of Health and Welfare

Abstract

The majority of young people (ages 0-24 years) in Australia are healthy, with low rates of death, hospitalization and illness compared with other age groups. However, many young Australians face important health issues, in particular injury, mental health problems, and asthma. In addition, behavioural risk factors such as poor diet, physical inactivity and drug use affect the health of young people.

This overview of the health status of Australia's young people will present indicators such as death rates, prevalence of important diseases and conditions, and the use of health services (including hospitals and GPs). The information available on recognized health protective factors will also be discussed.