



# Australian Population Association

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12th Biennial Conference

population and society: issues, research, policy

15-17 September 2004 - Canberra, Australia

## Past, present and future health of Australian adults

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### Abstract

Time trends reveal continuing improvements in the health of Australians, in terms of life expectancy, mortality associated with both infectious and non-infectious diseases, and exposure to a variety of health risk factors, over the last several decades. The passage through various stages of epidemiological transition has changed the health profile of Australian adults considerably. The nature of disease and its ensuing impact in terms of illness and disability has also changed. However with the ageing of the Australian population and continuing upward trends in obesity, the projection of this trajectory may not be straightforward. Data on various aspects of the health of Australian adults, in the past and now, will be presented.

Paper prepared for the 12<sup>th</sup> Biennial Conference of the Australian Population Association, 15-17 September 2004, Canberra.

