



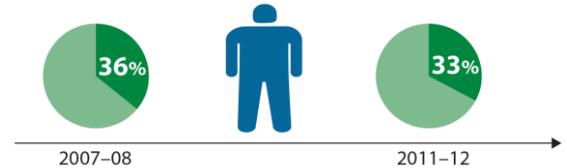
# Young people 15–24 years

Extracted from *Australia's health 2014: in brief report*  
Released June 2014

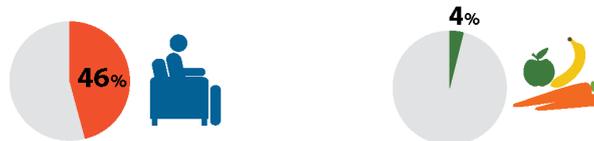
## Weight, exercise and nutrition

In 2011–12,

- around 33% of Australians aged 15–24 were overweight or obese; similar to 2007–08 (36%).



- almost half (46%) were either sedentary (9%) or reported low levels of exercise (37%). And only 4% met the recommended daily intake levels of fruit and vegetables.



## Smoking and alcohol

- While the number of young people beginning smoking halved between 1998 and 2010, 24% reported that they were involved in drinking sessions that risked alcohol-related injury at least once a week. This proportion has not changed significantly since 2001 (27%).



- Cannabis use (ever used) increased slightly among younger Australians (15–19 years), from 15% in 2007 to 18% in 2010, though this was still less than in 2001 (27%).
- Ecstasy use among this age group halved between 2007 and 2010 (from 6% to 3%).
- More than 23% reported that they had used a non-pharmaceutical illicit drug at some point in their lives.



## Mental health

- 26% of young people aged 16–24 were suffering from a mental disorder (from 2007 National Survey of Mental Health and Wellbeing).

## Sexually transmitted infections (STIs)

- More than half (around 57%) of all sexually transmissible infections notified in Australia are among 15–24 year olds, with chlamydia accounting for about 90% of these notifications.
- From 1991 to 2012, chlamydia notification rates increased more than tenfold. Gonorrhoea notification rates also increased.

## Death

- In 2011, suicide was the most common cause of death among young people. Young men committed suicide 2.5 times as often as young women.
- Between 2001 and 2010, the rates for Indigenous females aged 15–19 were 5.9 times those of non-Indigenous females, while for males it was 4.4 times the non-Indigenous rate.
- Death rates from road transport accidents has fallen for the 15–24 year age group since 1989.

