

Select findings from the 2011–2021 ACT General Health Survey Adult Trends Report



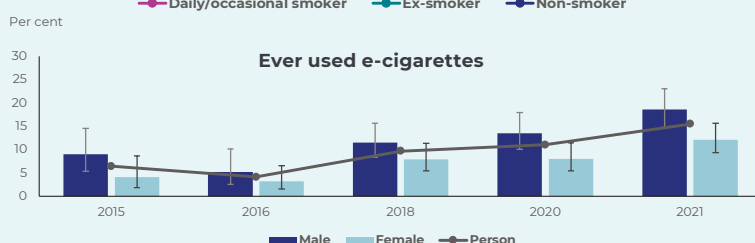
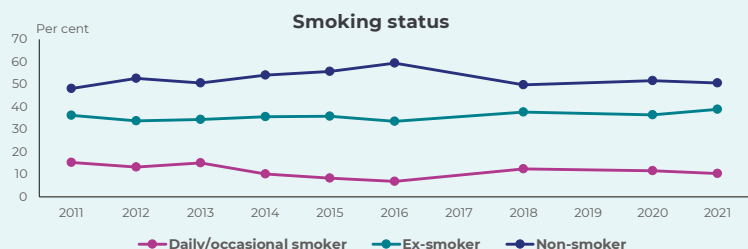
ACT
Government

ACT Health

The analyses are based on cross-sectional surveys of 13,252 participants aged 18 years and over who took part in the ACT General Health Survey between 2011 and 2021. Data are collected through Computer Assisted Telephone Interviewing. Error bars represent the uncertainty in the estimates.



Smoking and vaping



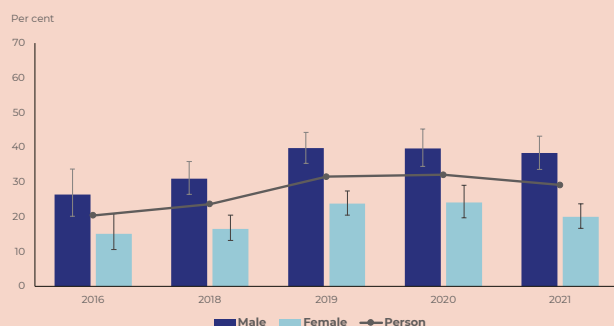
Daily/occasional smoking decreased.



The use of e-cigarettes increased.



Risky drinking



More than 4 drinks per occasion

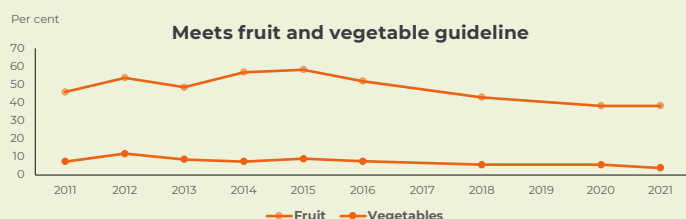
Risky drinking increased.



Since 2018, males have been more likely to be risky drinkers than females.



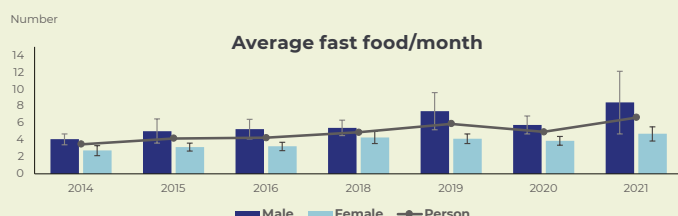
Nutrition



Meeting the fruit and vegetable guidelines decreased.

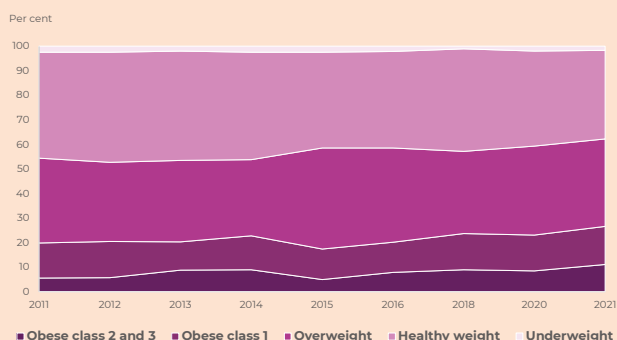


The number of fast-food meals/snacks eaten per month increased.





Weight



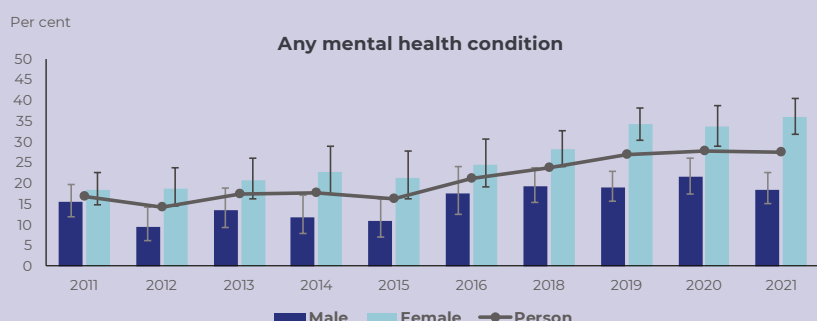
Overweight and obese class 2 and 3 increased.



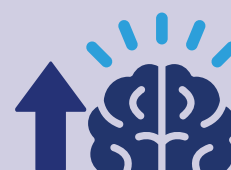
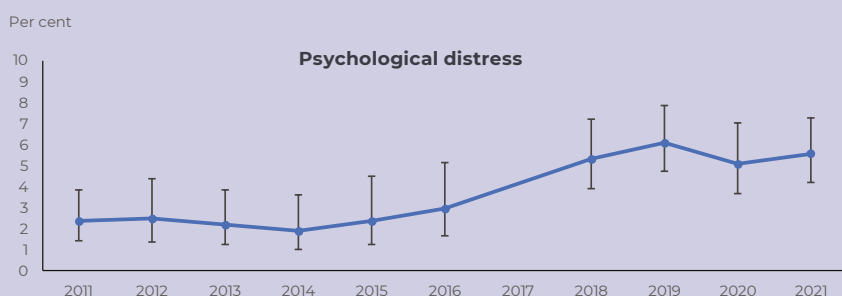
Males were more likely to be overweight than females in most years.



Mental Health

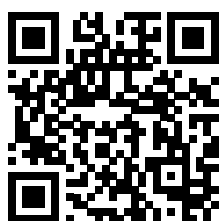


Any mental health condition increased.



Probable serious mental illness increased.

Any mental health condition including anxiety, depression, stress and other mental health conditions increased, with females more likely to have these conditions than males in most years.



To view the full report, [scan the QR code](https://cms.health.act.gov.au/media/9330) or visit <https://cms.health.act.gov.au/media/9330>

