In crisis now? Lifeline 13 11 14 Unsure if it's serious? Healthdirect symptom checker

TASMANIA · STATE HEALTH SNAPSHOT

Tasmania has some of Australia's highest rates of chronic disease and health disadvantage.

This dashboard turns the state's health, population and housing data into plain-English tabs, so every Tasmanian can see the risks, know who's most affected by region, and book the right check at the right age.

Aligned with the health pillar of The Health Revolution — Tasmania's 20-Year Preventive Health Strategy. This app provides general health information and educational self-check tools only, see the Sources & Methodology tab for how it's built and what it isn't.

POPULATION

579,100

OFFICIAL FIGURE — SEE REFERENCE DATE BELOW

ABS estimated resident population, Dec 2025

HEALTH INDEX SCORE

74

Wesfarmers Health Index, 2025 (private-sector, not a government measure) — vs. national average of 107

ADULT OBESITY

29%

Tasmania, 2022 (TPHS)

SOCIAL HOUSING REGISTER

5,507

OFFICIAL ADMINISTRATIVE COUNT — SEE REFERENCE DATE BELOW

Homes Tasmania dashboard, applications, end of April 2026

WHY THIS APP EXISTS

The metrics driving Tasmania's outcomes

Obesity ›

29% of Tasmanian adults were in the obese BMI category in 2022, self-reported.

Type 2 diabetes ›

Regional Tasmania has some of the fastest-growing diagnosis rates in the country.

Cardiovascular disease ›

A leading cause of death; men face consistently higher mortality across every region.

Smoking & vaping

First rise in adult smoking since 2009, alongside a sharp rise in teen vaping.

Regional inequality

Health outcomes and access to services vary substantially across Tasmania's regions.

Homelessness & housing stress

Record social-housing waitlist and above-average rates of homelessness-service use.

⚠ Across many of the conditions covered here, **Tasmanian men experience higher risk or poorer outcomes**, and men can be less likely to seek help early. Try the Health Checks tab to see exactly what's due for you.

BEYOND INDIVIDUAL BEHAVIOUR

What shapes health?

Health is shaped by more than personal choices and healthcare — the social, economic and physical conditions people live in matter too.

Income & financial security
Financial stress affects diet, housing and access to care.

Housing
Stable, secure housing underpins physical and mental health.

Education & health literacy
Understanding health information shapes the choices available to you — part of why this app exists.

Employment & working conditions
Job security and safe conditions affect stress, injury risk and income.

Food security & healthy food access
Reliable access to affordable, healthy food varies across Tasmania.

Transport & access to services
Distance and transport shape who can reach a GP or screening service.

Social connection & community
Isolation is itself a recognised health risk, connection is protective.

Environment & neighbourhood
Air quality, safety and green space all influence health outcomes.

STRAIGHT FROM GOVERNMENT

Tasmania's health policy & prevention priorities

Compassion and Connection — Suicide Prevention Strategy 2023–2027

Tasmania's current whole-of-government plan to prevent suicide, built around five priorities including early support, compassionate services, and a skilled workforce.

The Health Revolution — Tasmania's 20-Year Preventive Health Strategy

The Department of Health's long-term plan (launched 2025) to reduce chronic disease and lift preventive health across the state, delivered via four-yearly Action Plans — the strategic backbone this app is designed to support.

2026–27 Budget health funding increase

Health spending increased by $264.8 million this budget, part of over $15 billion committed over four years (~35% of the state Budget).

View all 7 policy updates

LATEST PUBLISHED ESTIMATE

Population & vital statistics

ESTIMATED POPULATION

579,100

OFFICIAL FIGURE — SEE REFERENCE DATE BELOW

ABS estimated resident population, 31 Dec 2025

MEDIAN AGE

43.1

Oldest population profile in Australia

BIRTHS THIS YEAR (EST.)

5,500

MODELLED ESTIMATE, NOT A LIVE GOVERNMENT COUNT

≈5,500/yr, indicative estimate

DEATHS THIS YEAR (EST.)

5,100

MODELLED ESTIMATE, NOT A LIVE GOVERNMENT COUNT

≈5,100/yr, indicative estimate

A demographic first for Australia

Federal population projections indicate Tasmania is on track to be the first Australian state where annual deaths outnumber births, with almost all future population growth coming from migration rather than natural increase. Hobart is also projected to have the slowest capital-city growth and highest median age in the country.

Aboriginal and Torres Strait Islander health

Nationally, Aboriginal and Torres Strait Islander people have a life expectancy around **8.8 years lower for men and 8.1 years lower for women** than non-Indigenous Australians (ABS, 2020–2022), a gap that is wider again in remote areas. This reflects structural and historical disadvantage and unequal access to culturally safe healthcare, not individual behaviour, and closing it is a stated priority of Tasmania's own preventive health strategy.

Community-controlled Aboriginal health services, self-determination in how care is designed and delivered, and culturally safe practice within mainstream services are recognised as central to closing this gap, alongside the strengths and knowledge Aboriginal communities themselves bring to their own health and wellbeing.

Several health checks in this app already start earlier for Aboriginal and Torres Strait Islander people to reflect higher and earlier-onset risk, see the **Health Checks** tab for exact ages.

Tasmanian Aboriginal Centre — health services
tacinc.com.au

Aboriginal & Torres Strait Islander life expectancy

Australian Bureau of Statistics

Closing the Gap — health outcomes dashboard
Productivity Commission

National Aboriginal Community Controlled Health Organisation
naccho.org.au

WHERE THIS COMES FROM

Official data sources

Tasmanian Demographic Snapshot
Dept. of Treasury & Finance (Tas.)

National, state & territory population
Australian Bureau of Statistics

Births, Australia
Australian Bureau of Statistics

Deaths, Australia
Australian Bureau of Statistics

TAP A CONDITION

Chronic disease, by the numbers

Obesity | Diabetes | Heart & Cardiovascular Disease | Smoking & Vaping
Mental Health | Bowel (Colorectal) Cancer | Lung Cancer | Prostate Cancer
Dementia | Oral & Dental Health | Alcohol & Other Drugs

UNDERSTAND

29% of Tasmanian adults were in the obese BMI category in 2022

29% Tasmanian adults self-reporting a BMI in the obese range, Tasmanian Population Health Survey 2022 (up from 28% in 2019). This is self-reported height/weight, not clinically measured — it should not be directly compared with measured-BMI samples (e.g. ABS Health Survey physical measures), which typically produce different results.

Higher observed prevalence: Men, and adults in lower-income regional areas

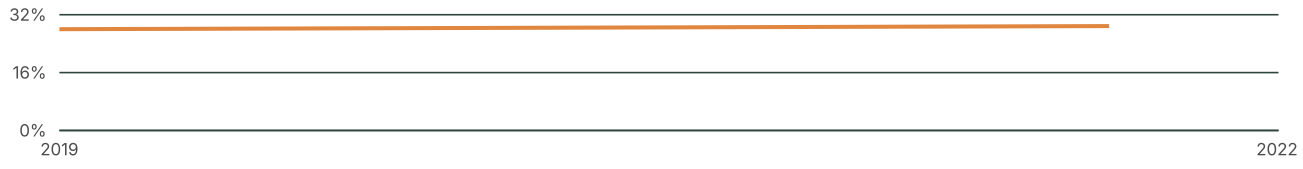
WHERE THIS RANKS NATIONALLY

Comparison unavailable: no sufficiently recent, directly comparable interstate dataset was identified for this update. The 29% figure itself is a solid, official, single-state figure — the caution here is only about ranking it against other states without a verified like-for-like comparison.



Healthy weight (35%) Overweight (34%) Obese (29%) Underweight (2%)

TREND OVER TIME



Obesity prevalence, Tasmanian Population Health Survey (self-reported BMI). Only two comparable survey rounds are published.

Adults overweight or obese (a different, earlier survey — see note): Tasmania vs. national



Source: ABS National Health Survey, 2017–18 — not directly comparable to the TPHS figures above due to different survey methods and years

Source: Tasmanian Population Health Survey 2022, Tasmanian Dept. of Health, released 2023

OFFICIAL STATISTIC

Last updated: TPHS 2022, released 2023
Update cadence: ≈ every 3 years
Watching for: Next Tasmanian Population Health Survey round (periodic, not yet scheduled)

CHECK & ACT

Tips that actually help

A GP, practice nurse or other health professional can check BMI and waist circumference. Availability and cost vary by service.

The Tasmanian 'Move Well Eat Well' program supports schools and families with practical, no-cost changes.

Small, repeatable swaps (walking meetings, water instead of soft drink) are more sustainable than short-term diets for most people.

Ask your GP about a Chronic Disease Management Plan — it unlocks subsidised dietitian and exercise-physiologist visits.

Go further

Healthy Tasmania — weight & nutrition
Tasmanian Dept. of Health

Move Well Eat Well
Tasmanian Dept. of Health

2022 Tasmanian Population Health Survey results
Tasmanian Dept. of Health

FIND YOUR POSTCODE

Health, by region

Tasmania's health outcomes vary by region, across three dimensions: health burden, access to services, and social determinants. Tap yours to see what's known about each — this isn't a ranking of regions, each faces a different mix of these three factors, not an overall "better or worse" score.

Greater Hobart & the South | Launceston & the North | North-West & West Coast | East Coast & Midlands (rural)

Greater Hobart & the South

Postcodes 7000–7183 · ~260,000 (largest region)

LGAs: Hobart, Glenorchy, Clarence, Kingborough, Sorell, Brighton, Huon Valley, Derwent Valley, Tasman

The state's largest population centre and main hospital/specialist base, alongside pockets of significant socio-economic disadvantage within the same region.

What the data shows here

HEALTH BURDEN

Disadvantaged suburbs (parts of Glenorchy, Bridgewater) show elevated chronic disease rates despite proximity to care.

ACCESS

Home to the state's largest hospital and broadest specialist base (Royal Hobart Hospital) and its densest public transport network.

Highest population density of any Tasmanian region, generally associated with shorter average travel time to a GP.

SOCIAL DETERMINANTS

Socio-economic disadvantage is concentrated in specific suburbs rather than spread evenly across the region.

Want cancer rates for your exact area?

Cancer registries (including Tasmania's) don't publish figures at individual postcode level, small local numbers make that unreliable and potentially identifying. The finest public detail available is via the **Australian Cancer Atlas**, mapped to statistical areas roughly the size of a suburb, for bowel, lung, prostate and other cancers.

Australian Cancer Atlas — explore by local area
Cancer Council / Cancer Australia

Sources: Primary Health Tasmania Health Needs Assessment 2025–28; spatial-access study of physical activity & food environments, North-West Tasmania (single peer-reviewed study, treated as indicative, not an official state figure); Tasmanian Population Health Survey; PCOR-Tas prostate cancer registry study. Regional boundaries are approximate, see Primary Health Tasmania for exact LGA data.

In crisis now? Lifeline 13 11 14 Unsure if it's serious? Healthdirect symptom checker

EVERY CHECK, NONE OF THE CONFUSION

Your health check reminders

Answer two questions and see which routine checks and screening programs commonly apply to people like you, at what age, and how often, based on current Australian guidance. Vaccination schedules aren't covered here.

These are population-level starting points. Your GP may recommend earlier, later or additional testing depending on your personal history, symptoms, family history, previous results and risk factors. This is general population information, not individual medical advice.

Which health pathways may apply to you?

Screening programs like cervical, breast and prostate checks depend on anatomy, not gender identity. Select any that apply — you can pick more than one, or say "not sure."

I have a cervix | I have breast tissue | I have a prostate | Pregnancy may be relevant to me | None of these apply | Not sure / prefer not to say

My age

e.g. 52

Select what applies to you and enter your age to see checks that commonly apply.

Book or learn more

National Bowel Cancer Screening Program
Australian Government

National Cervical Screening Program
Australian Government

BreastScreen Tasmania
Tasmanian Dept. of Health

National Lung Cancer Screening Program
Australian Government

Prostate cancer — know your risk

Prostate Cancer Foundation of Australia

Healthdirect symptom checker — worried something's not right?
Healthdirect Australia

Find a GP or health service near you
Healthdirect Australia

Lifeline — 13 11 14, crisis support
Lifeline Australia

Head to Health Tasmania — non-crisis mental health support
Australian Govt.

CHECK IN WITH YOURSELF

Tools & calculators

Quick, general screening and self-assessment tools, none of these are a diagnosis or a substitute for your GP. They're here to help you decide whether a conversation with a health professional is worth having sooner rather than later.

Screening checks people without symptoms for early signs of a condition. A **risk assessment or self-check** (like these tools) estimates whether you're in a higher- or lower-risk group. Neither is a **diagnosis**, only a qualified health professional can diagnose a condition, using examination, history and often further tests. See the Sources & Methodology tab for how each tool below was built.

BMI Calculator

Height

e.g. 170 cm

Weight

e.g. 75 kg

Waist circumference (optional)

measured at the belly button cm

Standard adult BMI categories, World Health Organization.

Type 2 diabetes risk

Australia has an official, validated Type 2 Diabetes Risk Assessment Tool — **AUSDRISK**. This app does not calculate its own risk score. Instead, here are the well-established risk factors, and a direct path to the real tool.

Factors known to raise type 2 diabetes risk

- Being over 45 (or over 35 for Aboriginal and Torres Strait Islander people)
- A larger waist circumference
- A parent, brother or sister with diabetes
- High blood pressure, or taking medication for it
- Lower levels of physical activity
- A history of gestational diabetes or a baby over 4.5kg at birth

Your next step

If any of the factors above apply to you, or you're simply unsure, the free AUSDRISK tool takes about 5 minutes and gives a real, evidence-based 5-year risk estimate.

Take the official AUSDRISK assessment
Diabetes Australia

Standard Drinks Calculator

An educational tally, not medical advice. In Australia, 1 standard drink contains 10g of pure alcohol. Tap +/- to add up what you're having on one occasion, and compare it against the Australian guideline: no more than 10 standard drinks a week, and no more than 4 on any one day. This tally is approximate, check the label for packaged drinks, and remember homemade or bar-poured drinks often exceed a standard serve.

Beer, full strength (375ml can/stubby, ~4.8%)	− 0 +
Beer, mid strength (375ml can/stubby)	− 0 +
Wine (150ml glass, ~13%)	− 0 +
Wine (bottle, 750ml, ~13%)	− 0 +
Spirits (30ml nip, ~40%)	− 0 +
Pre-mix / RTD (375ml can, ~5%)	− 0 +

Reset tally

Alcohol Check-in (AUDIT-C)

A short, validated 3-question screen used in general practice. It is a screening tool, not a diagnosis, a higher score means further assessment by a health professional may be worthwhile, not that you have a diagnosed condition.

Which threshold should we use?

The AUDIT-C instrument uses two different score thresholds, based on sex, not gender identity — choose whichever applies to your own biology.

Male threshold | Female threshold

How often do you have a drink containing alcohol?

Never | Monthly or less | 2–4×/month | 2–3×/week | 4+×/week

How many standard drinks on a typical drinking day?

1–2 | 3–4 | 5–6 | 7–9 | 10 or more

How often do you have 6+ drinks on one occasion?

Never | Less than monthly | Monthly | Weekly | Daily or almost daily

Alcohol and Drug Information Service — 1800 811 994
Free, confidential, 24/7

Lung Screening Navigator

Checks your profile against the National Lung Cancer Screening Program's published criteria for entering the program. This is an educational estimate of program access, not a diagnosis, referral or guarantee.

Age — 58

Smoking history

Currently smoke | Former smoker | Never smoked

Cigarettes/day (avg) — 15

Years smoked — 25

≈ 18.8 pack-years

- [ ] Currently or previously vaped
- [ ] Persistent cough, coughing blood, unexplained breathlessness, or weight loss

Does not appear to meet the published entry criteria

Based on the information entered, this profile is below the program's 30 pack-year threshold (currently ~19). These are the program's current published criteria, not a fixed judgement about your smoking history, and eligibility can change if your circumstances or the program's criteria change. This is about program entry, not a clinical assessment — anyone with symptoms should still see a GP regardless of this result.

National Lung Cancer Screening Program
Australian Government

Skin & UV Risk Awareness

This is an educational prompt, not a validated skin-cancer risk calculator — it does not score, count or rank the factors you select. It simply reflects them back so you can decide whether to raise them with a GP.

Skin type

Fair, burns easily | Medium | Olive/darker

Other factors associated with skin-cancer risk (select any that apply)

Previous skin cancer | Family history | Many/atypical moles

Significant sun exposure or sunburn history | Outdoor work

General skin awareness

Regular self-checks for new or changing spots are a sensible habit for everyone in Tasmania's UV environment.

Your next step: see a GP promptly about any new or changing spot, regardless of what's selected above.

Separately: when did you last have a professional skin check?

This is a prompt to consider booking a check, not a biological risk factor in itself, it isn't counted above.

Within 6 mo | 6–12 mo ago | Over a year | Never

This tool does not assess individual spots or moles. Any new or changing lesion needs a GP or dermatologist regardless of this result.

Wellbeing Check-in (K10)

The Kessler Psychological Distress Scale (K10) is a validated 10-question measure of psychological distress over the past 4 weeks, widely used in Australian population surveys. This tool is a screening measure only — it does not diagnose a mental health condition, and it does not assess every mental-health concern or rule out suicidal thoughts or immediate safety concerns. Scores are grouped using the severity bands the ABS applies in Australian population-health surveys; other K10 banding systems exist in the wider clinical literature and may group scores slightly differently.

If you're in crisis or feeling unsafe right now, you don't need to finish this check first — call Lifeline on **13 11 14** or, in an emergency, **000**.

1. Felt tired out for no good reason

None | A little | Some | Most | All of the time

2. Felt nervous

None | A little | Some | Most | All of the time

3. Felt so nervous nothing could calm you down

None | A little | Some | Most | All of the time

4. Felt hopeless

None | A little | Some | Most | All of the time

5. Felt restless or fidgety

None | A little | Some | Most | All of the time

6. Felt so restless you could not sit still

None | A little | Some | Most | All of the time

7. Felt depressed

None | A little | Some | Most | All of the time

8. Felt that everything was an effort

None | A little | Some | Most | All of the time

9. Felt so sad nothing could cheer you up

None | A little | Some | Most | All of the time

10. Felt worthless

None | A little | Some | Most | All of the time

See my result

Air Quality Advisory

An educational reference tool. It does not fetch live data, check today's actual PM2.5 reading on EPA Tasmania's real-time network (linked below), then select the matching category here for general guidance.

Today's air quality category

Good (0–12.5 µg/m³) | Fair (12.5–25 µg/m³) | Poor (25–50 µg/m³) | Very poor (50–150 µg/m³) | Extremely poor (>150 µg/m³)

Any of these apply to you?

Asthma/COPD | Heart condition | Pregnant | Young child | Over 65

Fair air quality

Air quality is fair. Most people can continue normal outdoor activity.

Real-time air quality data for Tasmania

EPA Tasmania (BLANkET network)

AirRater — air quality app for Tasmania
airrater.org

Weekly Activity & Movement Check

An educational self-check against selected components of Australia's 24-Hour Movement Guidelines for Adults (Dept. of Health and Aged Care, updated 2026). This tool checks aerobic activity, strength, sedentary time and sleep — it does **not** assess two other components the full guidelines cover: several hours of light-intensity activity daily, and functional activity for mobility, balance and coordination (recommended 3+ days/week, particularly for older adults). This applies to adults aged 18–64 — guidance differs for older adults, children, pregnant people and people managing specific health conditions; check with a GP or exercise physiologist if you're unsure what's appropriate for you. This is a self-check, not individual exercise advice.

Moderate activity/week — 60 min

Vigorous activity/week — 0 min

Strength sessions/week — 1

Hours sitting/typical day — 6

Typical sleep/night — 7 hrs

You could benefit from doing more activity

Core guideline: 150-300 minutes of moderate activity, or 75-150 minutes of vigorous activity, or an equivalent combination (vigorous minutes count double), most weeks, plus muscle-strengthening activity on 2 or more days. Your equivalent: **60 min**. Any activity is better than none — small increases still help. Adding strength sessions toward 2 or more a week would help too.

LATEST PUBLISHED FIGURE

Homelessness & housing register

SOCIAL HOUSING REGISTER

5,507

OFFICIAL ADMINISTRATIVE COUNT — SEE REFERENCE DATE BELOW

Homes Tasmania dashboard, applications, end of April 2026

AVG. PRIORITY WAIT

80.8 wks

More than 18 months for urgent cases

WAITING 5+ YEARS

138

Priority applicants stuck in the system

HOMELESS AT CENSUS

2,350

2021 Census — up 45% from 2016

The figure above is Homes Tasmania's own reported number of **applications** on the Social Housing Register (5,507 at the end of April 2026, up from 5,277 in August 2025 and 4,792 in August 2024) — an official administrative count, not a modelled estimate. This counts applications, not individual people; each application can represent more than one person (e.g. a family). It also isn't the same as the number of people who are homeless — it measures demand for social housing, not homelessness itself. Tap below for Homes Tasmania's own current figures. Separately, 1 in 86 Tasmanians accessed homelessness services in 2023-24 (a measure of service use, not a headcount of homelessness), a higher rate than the national average of 1 in 95.

TAKE ACTION OR CHECK THE CURRENT FIGURES

Housing & homelessness resources

Homes Tasmania — housing register dashboard
Homes Tasmania

Housing Connect — 1 phone number, all housing help
Delivered by Anglicare Tasmania

Shelter Tasmania — data & advocacy
Shelter Tasmania

TasCOSS State of Housing dashboard
TasCOSS

Facing homelessness tonight? Call Housing Connect on **1800 800 588**, free, 24/7.

EVERYTHING IN ONE PLACE

Get help

Contact details and links below verified: September 2026

In a crisis right now

Emergency
Ambulance / Police / Fire

Lifeline — 13 11 14
24/7 crisis support

Tasmanian Mental Health Helpline — 1800 332 388
24/7, free, statewide

Housing Connect — 1800 800 588
24/7 homelessness line

Healthdirect symptom checker — not sure if it's serious?
Healthdirect Australia, 1800 022 222

Government health data & policy

Healthy Tasmania
Tasmanian Dept. of Health

Tasmanian Dept. of Health — news & reports
health.tas.gov.au

Premier of Tasmania — media releases
premier.tas.gov.au

Australian Bureau of Statistics — Tasmania
abs.gov.au

Australian Institute of Health & Welfare
aihw.gov.au

Primary Health Tasmania — health needs data
primaryhealthtas.com.au

Aboriginal & Torres Strait Islander health

Tasmanian Aboriginal Centre — health services
tacinc.com.au

Closing the Gap — health outcomes dashboard
Productivity Commission

Aboriginal & Torres Strait Islander life expectancy data
Australian Bureau of Statistics

National Aboriginal Community Controlled Health Organisation
naccho.org.au

Community & housing support

Anglicare Tasmania
anglicare-tas.org.au

Homes Tasmania
homestasmania.com.au

Shelter Tasmania
sheltertas.org.au

TasCOSS
tascoss.org.au

Mental health & wellbeing support

MensLine Australia — 1300 78 99 78
Free, 24/7, for men

Kids Helpline — 1800 55 1800
Free, 24/7, ages 5-25

headspace — Hobart, Launceston, Devonport
Youth mental health centres

1800RESPECT — 1800 737 732
Family & domestic violence support

Tasmanian Men's Sheds

Men's Shed Association Tas.

Head to Health Tasmania
headtohealth.gov.au

Compassion and Connection: Suicide Prevention Strategy 2023-2027
Tas. Dept. of Health

Environmental & seasonal health

Real-time air quality data for Tasmania
EPA Tasmania (BLANkET)

AirRater — smoke & pollen tracking app
airrater.org

TasALERT — official emergency information
alert.tas.gov.au

Tasmania Fire Service
fire.tas.gov.au

Alcohol, drugs & smoking support

Quitline Tasmania — 13 7848
Free coaching to quit smoking or vaping

Alcohol and Drug Information Service — 1800 811 994
Free, confidential, 24/7

Alcohol, Tobacco & other Drugs Council of Tasmania
atdc.org.au

HOW THIS APP IS BUILT

Sources & methodology

This app was last reviewed for epidemiological accuracy, statistical consistency, evidence provenance and health literacy on 2 September 2026. Figures throughout carry their own 'Last updated' and 'Update cadence' notes where available — check those for the specific vintage of any statistic you rely on.

Key terms used in this app

Health information
General facts about a condition or the health system — not tailored to you, and not advice.

Screening
A test offered to people without symptoms, from a whole population or risk group, to catch a condition early. A screening result is not a diagnosis.

Risk assessment / self-check
A questionnaire (like the AUSDRISK-style prompt, AUDIT-C, or K10 in this app) that estimates the chance you fall into a higher- or lower-risk group. It is educational, not diagnostic, and does not replace a validated clinical tool used by a health professional.

Diagnosis
A formal identification of a specific condition, made by a qualified health professional using clinical examination, history and often further tests.

Evidence-strength labels

Where shown next to a statistic in the Chronic Disease tab, this small convention indicates how directly traceable the figure is:

OFFICIAL STATISTIC — a named official survey, registry or census figure, directly reported by a government or statutory source.

EVIDENCE-BASED — a robust modelled or projected estimate from a recognised body (e.g. AIHW dementia projections), or a claim supported by authoritative clinical/public-health guidelines.

INDICATIVE ESTIMATE — a modelled, calculated or extrapolated estimate, or drawn from a single study, flagged so it isn't mistaken for an official live statistic.

EDUCATIONAL INFORMATION — general health-literacy information rather than a quantitative claim.

TRACEABLE TO THE SOURCE

Major statistics

Adult obesity — 29%
Tasmanian Dept. of Health — Tasmanian Population Health Survey 2022 (results released 2023)
View source

Adult daily/current smoking — 15%

Tasmanian Dept. of Health — Tasmanian Population Health Survey 2022 (results released 2023)

View source

Bowel, lung and prostate cancer mortality

Menzies Institute for Medical Research, UTAS — Tasmanian Cancer Registry — most recently published mortality figures (2019)

View source

Diabetes prevalence (national estimate)

Australian Institute of Health and Welfare — AIHW diabetes data, 2022–24

View source

Dementia prevalence & projections

Dementia Australia / AIHW — Dementia Prevalence Data, 2024–2054

View source

Alcohol consumption & risky drinking

Australian Institute of Health and Welfare — National Drug Strategy Household Survey, state and territory data, 2024

View source

Lifetime & 12-month mental disorder prevalence

Australian Bureau of Statistics — National Study of Mental Health and Wellbeing, 2020–22

View source

Population (579,100) — ABS estimated resident population, Dec 2025

Australian Bureau of Statistics — National, state and territory population; Births, Australia; Deaths, Australia (births/deaths shown as indicative annual estimates)

View source

Social housing register (5,507 applications) — Homes Tasmania dashboard, end of April 2026

Homes Tasmania — Social Housing Register dashboard — an official administrative count of applications, not individual people

View source

Aboriginal & Torres Strait Islander life expectancy gap

Australian Bureau of Statistics — Aboriginal and Torres Strait Islander Life Expectancy, 2020–2022

View source

Dental workforce & waitlist figures

Tasmanian Audit Office — Report No. 5, 2023–24 (dental services)

View source

WHERE THE STATISTICS COME FROM

Source organisations

Sources are grouped into a four-tier hierarchy of preferred authority for a given type of claim — this describes which source this app prefers when more than one is available covering the same claim, it does not mean a lower-tier source is inaccurate.

Tier 1 — Australian Government & national statutory authorities

Australian Bureau of Statistics (ABS) — population, births, deaths, National Health Survey, causes of death, National Study of Mental Health and Wellbeing
Australian Institute of Health and Welfare (AIHW) — diabetes, dementia, alcohol/tobacco/other drugs, National Drug Strategy Household Survey
Australian Government Department of Health, Disability and Ageing — National Bowel Cancer Screening Program, National Cervical Screening Program, National Lung Cancer Screening Program
Medicare Benefits Schedule (MBS) — Heart Health Check, eye examination and bone densitometry billing items

Tier 2 — Tasmanian Government & Tasmanian statutory authorities

Tasmanian Department of Health — Healthy Tasmania Strategic Plan, The Health Revolution 20-Year Preventive Health Strategy, Tasmanian Cardiac Strategy, Tasmanian Population Health Survey
Homes Tasmania — social housing register and homelessness service-use data
Tasmanian Audit Office — dental services report
EPA Tasmania — air quality monitoring

Tier 3 — Universities, research institutions & registries

Menzies Institute for Medical Research, University of Tasmania — Tasmanian Cancer Registry, PCOR-Tas (Prostate Cancer Outcomes Registry Tasmania)
Peer-reviewed journal articles cited individually where used (e.g. spatial-access studies, dental workforce research) — flagged in-app as single-study findings where relevant

Tier 4 — Professional bodies & established community organisations

Cancer Council Australia (national Cancer Council), Bowel Cancer Australia, Lung Foundation Australia, Prostate Cancer Foundation of Australia, Heart Foundation, Dementia Australia, Diabetes Australia / Diabetes Tasmania
Primary Health Tasmania — regional health needs assessments and mental health data profiles
Anglicare Tasmania, Shelter Tasmania, TasCOSS — housing and social-policy data
Tasmanian Aboriginal Centre, National Aboriginal Community Controlled Health Organisation — Aboriginal and Torres Strait Islander health services
Wesfarmers Health — Australia's Health Index (a private-sector index, used only for the cross-state Health Index score, and labelled as such rather than presented as equivalent to ABS/AIHW population surveillance)

HOW EACH TOOL WORKS

Calculator methodology

BMI Calculator

Standard WHO adult BMI formula and category thresholds (18.5 / 25 / 30 kg/m2).

Type 2 diabetes risk

This app does not calculate or display its own diabetes risk score. It lists established AUSDRISK-aligned risk factors as information only, then links directly to the Australian Government's official, validated AUSDRISK tool for an actual risk estimate.

Standard Drinks Calculator

1 Australian standard drink = 10g of alcohol. Preset serve values are calculated as: standard drinks = volume (mL) x %ABV (as a whole number, e.g. 4.8) x 0.000789, matching the formula and preset figures published in the Australian Government's Standard Drinks Guide, then compared against the NHMRC Australian adult alcohol guideline.

Alcohol Check-in (AUDIT-C)

The validated 3-item AUDIT-C screening tool, using the commonly applied Australian primary-care threshold (4 or more for men, 3 or more for women) to flag possible risky drinking for further assessment.

Lung Screening Navigator

Encodes the published eligibility criteria of the National Lung Cancer Screening Program (age 50-70, roughly 30+ pack-years, current smoker or quit within 10 years, no symptoms). Vaping is tracked separately as it is not part of the program's criteria.

Skin & UV Risk Awareness

A decision-support prompt, not a scored or validated clinical risk-calculation instrument. It highlights commonly cited melanoma risk factors (skin type, personal/family history, mole count, significant sun exposure, outdoor work) without computing a numeric score, percentage or probability. Time since last professional check is shown as a separate booking prompt, not counted as a risk factor.

Wellbeing Check-in (K10)

The validated Kessler Psychological Distress Scale (K10). Scores are grouped using the ABS's published severity bands for Australian population surveys (10-15 low, 16-21 moderate, 22-29 high, 30-50 very high) rather than the alternative banding sometimes used in clinical literature, since the app's other mental health statistics are drawn from ABS and Tasmanian population survey data. It is a screening measure, not a diagnostic instrument.

Air Quality Advisory

Tasmanian Department of Health air-quality health categories, based on EPA Tasmania hour-averaged PM2.5 data, applied to a category the user selects after checking EPA Tasmania's live monitoring data (this app does not fetch live air quality data itself).

Weekly Activity & Movement Check

Australia's 24-Hour Movement Guidelines for Adults (Dept. of Health and Aged Care, updated 2026), which superseded the earlier standalone Physical Activity and Sedentary Behaviour Guidelines. Core targets checked here: 150-300 minutes of moderate activity or equivalent per week, muscle-strengthening on 2+ days, breaking up sedentary time, and 7-9 hours of sleep. Applies to adults 18-64; other age groups have separate guidelines not covered by this tool.

⚠ **Limitations, honestly stated**

Several regional or local figures (for example, the North-West obesity/inactivity finding, and the dental workforce ratio) are drawn from a single published study or report rather than an official state-wide series. These are flagged in-app as indicative, not confirmed government statistics.

Population is the ABS's latest published estimated resident population (Dec 2025), and the social-housing register figure is Homes Tasmania's own administrative count (end of April 2026) — both official, dated figures. Births and deaths are indicative annual estimates, not official counts. None of these are a live government feed — each has a stated reference date and a link to the source.

None of the self-check tools in Tools & Calculators are validated clinical instruments used by a health service, except the AUDIT-C and K10, which are validated but still screening tools, not diagnostic tests.

This app does not provide individual medical advice. It cannot account for your personal medical history, medications, pregnancy status, or specific circumstances, always confirm with your own GP or health professional.

Back to Get Help

TRUST AND SAFETY

Governance & safety

Purpose

Tas Health Pulse is a Tasmanian public-health education and health-navigation resource. It exists to help people understand their health, recognise opportunities for prevention, understand what services are available, and know when and where to seek professional care.

Not clinical decision support

This app does not diagnose disease, prescribe treatment, or replace professional medical assessment. Its calculators and self-checks are screening and educational tools, not clinical instruments used by a health service.

Screening vs. diagnosis

Screening tools and risk-awareness prompts in this app identify people who may benefit from further assessment. They do not establish a diagnosis, and a result outside a screening program's target range does not mean medical care isn't needed.

Emergency situations

If you are seriously unwell or in immediate danger, contact emergency services (000) rather than relying on this application. This app cannot assess acute risk in real time.

Evidence

Statistics and recommendations are drawn from recognised government, statutory, clinical and research organisations, prioritised in that order. Where a claim couldn't be traced to an authoritative source, it was corrected or removed rather than left unverified — see Sources & Methodology for the full list and evidence labels.

Data & privacy

This application's code does not ask for your name, Medicare number, date of birth or other identifying information, and calculator/self-check inputs are used only to compute an on-screen result within the code as written. This describes what this codebase does — it does not describe what any particular hosting provider, CDN, analytics tool or server logging might separately collect once deployed (e.g. IP addresses in web server logs, or third-party font/script requests). That deployment-level behaviour depends on the actual hosting setup and should be reviewed and disclosed separately before public release; it is not something this codebase can guarantee on its own.

Content review

Statistics are reviewed when a newer authoritative dataset is released. Service information and links are intended to be reviewed at least every 3–6 months. Clinical/screening criteria are intended to be reviewed at least every 6–12 months or whenever official guidance changes. Immediate review is triggered by any known change to national screening criteria, MBS/Medicare rules, or emergency service contact details. A review having occurred is not itself a guarantee of ongoing accuracy — always confirm time-sensitive details (like screening eligibility) with your GP or the official program.

First Nations content governance

The Aboriginal and Torres Strait Islander health content in this app is AI-drafted, written with care to reflect structural determinants, cultural safety and community control, but this drafting process does not constitute cultural consultation or co-design. It has not been formally reviewed by Tasmanian Aboriginal health professionals or Aboriginal Community Controlled Health Organisations. That review is required, not optional, before any formal public-sector release.

Governance status

Content owner	Assigned — the app's developer, this current build
Evidence owner	Assigned — the app's developer, this current build
Clinical review	PENDING
First Nations cultural review	PENDING
Accessibility review	Features implemented; not independently tested — see below
Privacy / security review	PENDING (deployment-level review required — see Data & privacy above)

Accessibility: implemented vs. tested

This is an important distinction this app is explicit about: accessibility *features* being present in the code is not the same as accessibility having been *tested*. Before any public release, the following should be independently tested, not just implemented:

- Keyboard-only navigation through every tab and tool
- Visible keyboard focus on every interactive element
- Screen-reader announcements for dynamic calculator results
- Colour contrast, measured, not eyeballed
- That no information relies on colour alone
- Real mobile-device interaction, not just responsive layout in a desktop browser

In an emergency, call 000. For a mental health crisis, Lifeline (13 11 14) and the Tasmanian Mental Health Helpline (1800 332 388) are free and available 24/7. See the Get Help tab for the full list.

Versioning

Content reviewed: **September 2026**
Application version: **v6.1**

Change log

`September 2026 (v6.1)`

Resolved a direct conflict with the previous release: the Heart Health Check is billable via Medicare from age 30 for anyone, but current Australian clinical guidelines specifically recommend it from 45 (general population), 35 (diabetes) or 30 (Aboriginal and Torres Strait Islander people) — both facts are now stated, rather than the single '30 for everyone' framing used in v6.0, which was accurate for billing but incomplete on clinical recommendation.
Corrected the Tasmanian obesity BMI breakdown to the exact published Tasmanian Population Health Survey 2022 figures (35% healthy weight, 34% overweight, 29% obese, 2% underweight — previously an incorrect 37% healthy-weight figure was shown with no underweight category), verified directly against the primary PDF report.
Added an explicit note that the Tasmanian Population Health Survey 2022 (8%) and ABS National Health Survey 2022 (6.1%) report different diabetes prevalence for Tasmania in the same year, with both cited and the discrepancy explained rather than silently picking one.
Softened the obesity headline from an unverified 'highest in Australia' ranking to the precise, sourced figure itself, with a note explaining why no interstate ranking is shown.
Added risk-stratified prostate/PSA discussion ages (50 average risk, 45 increased risk, 40 higher risk) replacing a single age-50 threshold.
Made the Weekly Activity & Movement Check explicit about which 24-Hour Movement Guideline components it does and doesn't assess (light-intensity and functional activity are not assessed).
Added a skip-to-content link and aria-live announcements on all calculator result panels.
Sharpened the privacy statement to distinguish what this codebase does from what a deployed hosting environment might separately collect, and named (rather than filled) the content-owner/evidence-owner/clinical-reviewer governance roles.
Removed an unverified implied claim about continued Lung Screening Program participation rules, since this app could not independently verify that specific mechanic this round.

`September 2026 (v6.0)`

Added Tasmanian Cancer Registry 2022 Annual Report (published by Menzies Institute, March 2025) as a new, more current overall Tasmania cancer-burden reference (4,094 new cancers, 1,357 cancer deaths, 2022) — added alongside, not replacing, the 2019 site-specific figures already in the app, because 2022 site-specific (bowel/lung/prostate) mortality rates and interstate comparisons were not able to be located in this update and were not fabricated.
Updated the Weekly Activity Check and its methodology to reflect Australia's new integrated 24-Hour Movement Guidelines for Adults (Dept of Health and Aged Care, published March 2026), which supersede the previous standalone Physical Activity and Sedentary Behaviour Guidelines and add light-activity, functional-activity, step-count and sleep guidance alongside the existing moderate/vigorous targets.

Strengthened the diabetes risk information to name the distinct, earlier Aboriginal and Torres Strait Islander screening pathway rather than presenting a single universal age threshold.

September 2026

Corrected Tasmania's population to the latest ABS estimated resident population (579,100, Dec 2025); previous figure was stale.

Corrected the social-housing register figure to Homes Tasmania's latest dashboard count (5,507 applications, end of April 2026) and reclassified it as an official administrative count rather than a modelled estimate.

Corrected diabetes prevalence to the ABS National Health Survey 2022 Tasmanian figure (6.1%, ~34,400 people); previous figure conflated different surveys.

Corrected the Heart Health Check age threshold to 30+ for everyone, reflecting a genuine change to the Medicare-supported assessment.

Removed the diabetes-type pie chart and the skin-tool numeric risk score; replaced both with plain factual/educational content rather than proprietary scoring.

Rebuilt Health Checks around anatomy (cervix / breast tissue / prostate / pregnancy-relevant) rather than a male/female toggle.

Added this Governance & Safety section, including a change log and versioning.

Removed the animated 'live counter' effect on population/births/deaths/housing figures.