



THE HEALTH AND WELLBEING OF GENQ

QUANTITATIVE SOCIAL RESEARCH

REPORT EXTRACT

JUNE 2024



Queensland Government

THE RESEARCH

OBJECTIVE:

Overall, the purpose of this research is to understand behaviours, attitudes and influences of children and young Queenslanders in relation to their health and wellbeing. It aims to identify factors that matter the most to them and assess reactions to health issues impacting young Queenslanders.

OVERVIEW OF RESEARCH COMPONENTS:

The full program of research includes two core phases comprising of qualitative and quantitative research. Each of the components are shown below.

This report is underpinned by quantitative research involving **1,424 Queenslanders** aged 14+ years. This includes various age groups, as well as parents of young Queenslanders. Conclusions are drawn from all phases of the research, integrating insights from both qualitative and quantitative components.

METHOD:

Queensland residents from an online research panel were invited to participate in an online survey between 21 March and 19 April, 2024. Parents with children aged 14-17 years were invited to provide a link of the survey to their child.

Additional telephone surveys were conducted with residents living in remote and very remote areas of Queensland between 2 and 9 April, 2024. The same questions were asked as per the online survey with some adjustments to format to allow for the change in methodology. Some questions were not asked to reduce the length of the telephone survey.

QUALITATIVE CONSULTATION	QUANTITATIVE MEASUREMENT	
PART 1	PART 2	PART 3
Focus groups with adolescents, young adults and parents in Queensland (OCT 2023)	Online survey with residents Queensland wide (MAR-APR 2024)	Telephone survey with residents in remote and very remote areas of Queensland (APR 2024)



DEFINING GENQ

DEFINITIONS:

Results are shown for young Queenslanders – also known as Generation Queensland or GenQ – as well as parents of this generation. These groups are defined as follows:



GENQ:

Generation Queensland (GenQ) broadly refers to Queenslanders aged 25 years and under. For the purposes of this research, GenQ specifically includes Queenslanders aged 14-25 years. Children under 14 are represented through their parents.

This group is further categorised into:



Adolescents (aged 14-17 years)



Young adults (aged 18-25 years) – including parents.



PARENTS OF GENQ:

Queensland parents with children aged 5-17 years living at home. This group is reported without statistical comparison to other groups given overlap with the adult population.



OLDER ADULTS:

Queenslanders aged 26 and above (including parents). This group is included to provide a point of comparison with the younger GenQ population.

SAMPLE ACHIEVED:

Quotas for GenQ and older adults were set by region, age and gender to ensure a representative capture of the Queensland population. To further ensure the sample is representative, results have been post-weighted to reflect the actual demographic spread of the Queensland population (based on 2021 ABS Census statistics for region, gender and age). Parents of GenQ quotas were set by region.

The following sample sizes were achieved:

		n=
 GenQ	Adolescents aged 14-17 years	193
	Young adults aged 18-25	453
	Total GenQ	646
 Older Adults	Adults aged 26+ years	436
 Parents of GenQ	Parents with children aged 5-17 years	500



CHANGES IN PERSONAL HEALTH AND WELLBEING OVER THE PAST YEAR

The majority of young adults report some form of negative change in their personal health and wellbeing over the past year. This is notably higher compared to older adults.

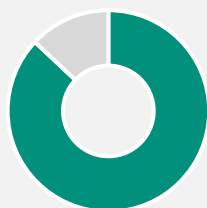
Almost 9 in 10 young adults report seeing some form of negative change in their personal health and wellbeing over the past year. This commonly takes the form of feeling stressed or anxious (53%) or having lower energy (45%).



Increased stress or anxiety together with a decline in eating habits is significantly higher among young adults compared to older adults. Notably, young adults experiencing mental health challenges are more likely to report negative changes in their health and wellbeing over the last year.

It's possible that current lifestyle choices, could be contributing to some of these changes in personal health.

Of concern, similar levels of parents of GenQ children have experienced some form of negative change as well.

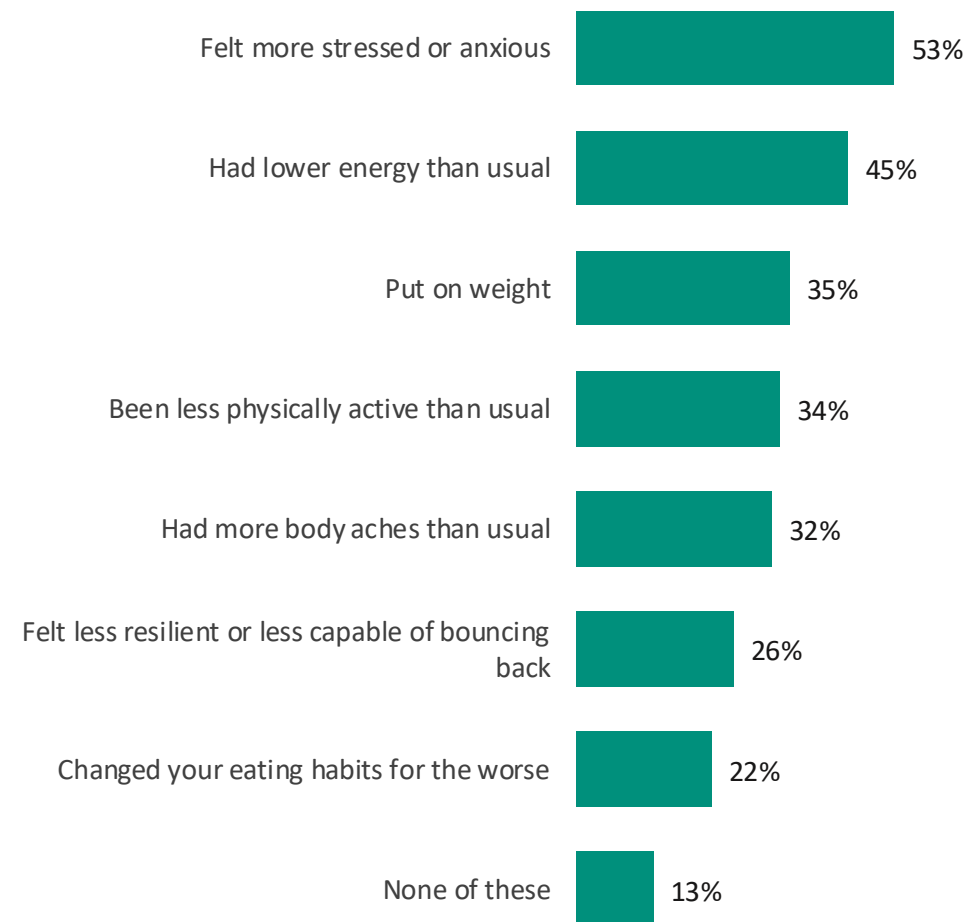


87%

of young adults have experienced some form of negative change in their personal health and wellbeing over the past year

CHANGES IN PERSONAL HEALTH AND WELLBEING OVER THE PAST YEAR

[YOUNG ADULTS]



MENTAL HEALTH IMPACTS

Lifestyle choices may also be negatively impacting mental health.

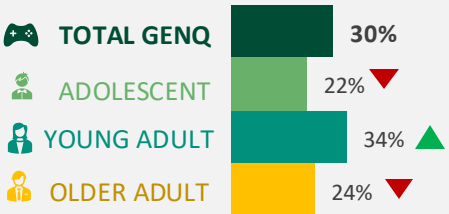
Over half of GenQ have to some degree felt tired for no reason or that everything was an effort in the past 4 weeks. Just over 1 in 10 of GenQ have felt depressed all or most of the time.

Young adults in particular are struggling with *feeling tired* all or most of the time and that *everything is an effort* compared to other groups.

Those experiencing mental health challenges are more likely to rate their health significantly lower.

The above suggests that increased stress, along with poorer diets, may be negatively impacting the mental health of GenQ – particularly young adults. GenQ women and girls, along with GenQ mothers, are also more likely to experience negative impacts, which may in part be due to their lower activity levels.

TIRED FOR NO REASON BY AGE [ALL/MOST OF THE TIME]

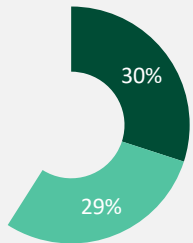


▲ significantly higher than ▼

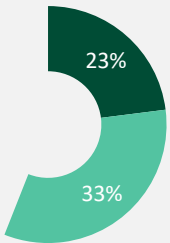
RECENT IMPACT ON MENTAL HEALTH

IN THE PAST 4 WEEKS...

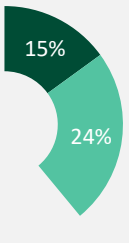
■ All/most of the time
■ Some of the time



59%
Felt tired for no reason



56%
Felt everything was an effort



39%
Felt depressed



48%
of those experiencing stress and a lack of sleep rate their health as poor (0-4)

n=70

Base: Total GenQ (n=646); adolescents aged 14-17 (n=193), young adults aged 18-25 (n=453). Older adults aged 26+ (n=436). GenQ who rate stress management and quality of sleep 0-4 (n=70). B8b. In the past four weeks how often did you feel...? B3. In general, how would you rate the overall health of... Yourself



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