

3. Wellbeing

Physical, mental and social wellbeing is affected by an individual's perceptions, emotions and behaviour as well as their ease of movement and levels of any discomfort. Mental health is fundamental to the wellbeing of individuals, their families and the community as a whole. Wellbeing can be measured by self-assessed health status and the prevalence of psychological distress in the population.

Indicators in this framework

- [Australian Health Performance Framework: PI 3.3.2–Self-assessed health status, 2019](#)
[Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 3.3.1–Proportion of adults with very high levels of psychological distress, 2019](#)
[Health](#), Standard 09/04/2020
- [Australian Health Performance Framework: PI 3.3.2–Self-assessed health status, 2020](#)
[Health](#), Standard 13/10/2021
- [Australian Health Performance Framework: PI 3.3.1–Proportion of adults with very high levels of psychological distress, 2020](#)
[Health](#), Standard 13/10/2021