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NATIONAL HEALTH SURVEY: SUMMARY OF RESULTS

AUSTRALIA

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INQUIRIES

For further information about these and related statistics, contact the National Information and Referral Service on 1300 135 070 or Jane Griffin-Warwicke on Canberra (02) 6252 6535.

ABOUT THIS PUBLICATION

This publication presents summary results from the 2007–08 National Health Survey (NHS) conducted by the Australian Bureau of Statistics (ABS) from August 2007 to June 2008. Approximately 22,000 people from all States and Territories and across all age groups were included. One adult (aged 18 years or more) and one child (where applicable) for each sampled dwelling were included in the survey. The survey was designed to obtain national benchmarks on a wide range of health issues, and to enable changes in health to be monitored over time. Information was collected about:

- the health status of the population;
- health-related aspects of lifestyle and other health risk factors; and
- the use of health services and other actions people had recently taken for their health.

This publication contains a cross-section of results from the survey for the main topics covered. Explanatory Notes provide information about the survey design and methodology, the quality and interpretation of results, and information about the range of publications and other data services available or planned. More detailed information about the survey will be contained in the National Health Survey 2007–08 : Users' Guide (cat.no 4363.0.55.001), which will be released on the ABS Website <www.abs.gov.au> in June 2009.

EFFECTS OF ROUNDING

Where estimates have been rounded, discrepancies may occur between sums of the component items and totals.

ACKNOWLEDGEMENTS

ABS publications draw extensively on information provided freely by individuals, businesses, governments and other organisations. Their continued cooperation is very much appreciated; without it, the wide range of statistics published by the ABS would not be available. Information received by the ABS is treated in strict confidence as required by the *Census and Statistics Act 1905*.

Brian Pink
Australian Statistician

SUMMARY OF FINDINGS

HEALTH STATUS

SUMMARY HEALTH INDICATORS

Results of the 2007–08 National Health Survey (NHS) showed that the majority of Australians consider themselves to be in very good or excellent health. Over half of people aged 15 years and over (56%) considered their overall health to be very good or excellent, and 29% stated that their health was good. In contrast, 15% of people aged 15 years or more said their health was fair/poor. These rates are similar to 2004–05 at 56%, 28% and 16% respectively. The proportion of people reporting fair or poor health increased with age, from 7% of those aged 15–24 years to 32% of those aged 65 years and over.

LONG TERM MEDICAL CONDITIONS

Although most people reported they were in good health or better, 77% of the total population reported that they had one or more current long term medical conditions.

The most commonly reported long term conditions were problems with eyesight, 52% of the population, including long and short sightedness (26% and 23% respectively), arthritis (15%), asthma (10%), hayfever and allergic rhinitis (15%) and hypertensive disease (9%). Other commonly reported conditions were, back and disc disorders (14%) and deafness (10%).

Children and young adults

The most commonly reported conditions among children and young adults were respiratory conditions (17% of children under 15 years and 28% of persons aged 15–24 years), with asthma being the most prevalent for children aged under 15 (10%) and hayfever and allergic rhinitis for those aged 15–24 (17%).

Older people

While respiratory conditions were also common among people aged 65 years and over (29%), other conditions were more prevalent in this age group. Sight conditions, arthritis, hypertension and hearing loss were the most common long term conditions among those aged 65 years and over.

LONG TERM CONDITIONS

Although the 2007–08 NHS collected information on all long term conditions it had a particular focus on chronic diseases such as arthritis and osteoporosis, asthma, cancer, diabetes, heart and circulatory conditions, mental health and obesity. Survey findings for these conditions are discussed briefly below.

Arthritis/Osteoporosis

In the 2007–08 NHS 15% of persons reported that they currently had arthritis; 13% of males and 17% of females. Of those with arthritis, 14% had rheumatoid arthritis and 51% had osteoarthritis. The proportion of people with arthritis increased with age from less than 1% of people aged less than 25 years to 48% of people aged 65 years and over.

Overall, 3% of persons had osteoporosis: 1% of males and 5% of females. Like arthritis, the proportion of people with osteoporosis increased with age, from less than 1% of people aged less than 25 years to 16% of people aged 65 years and over.

Of those who reported currently having arthritis/osteoporosis, 36% took action for the condition in the last 12 months. Of those, the majority (94%) discussed self management of their arthritis/osteoporosis with a GP or specialist.

SUMMARY OF FINDINGS *continued*

Arthritis/Osteoporosis continued

Lifestyle changes were also common among people with arthritis/osteoporosis, with 19% reporting they exercised most days, 8% lost weight, 9% did weights/strength/resistance training and 8% used massage as a treatment in the last 2 weeks.

Asthma

In 2007–08, 10% of people in Australia reported asthma as a current and long term condition (9% of males and 11% of females). The prevalence of asthma in most age groups was 9%. The prevalence in the 15-24 and 75 and over age groups was higher at 11%.

The most common action taken for asthma was the use of pharmaceutical medications (54% of those with asthma). The use of medications differed markedly across age groups from 43% of those aged 0 to 14 years to 76% of those aged 65 years and over.

Of those with long term asthma, 47% reported taking some action for their asthma in the last 12 months. Thirty seven percent of those with asthma discussed self management of their asthma with their GP or specialist in the last 12 months, 21% have a written asthma action plan, 15% had a day away from work, school or study and 5% visited a hospital or emergency department.

Cancer

In interpreting data from the 2007–08 NHS about persons with cancer, it should be noted that the survey excluded persons in hospitals, nursing and convalescent homes and hospices. The exclusion of these groups is expected to have a greater effect on the data for cancer than for most other conditions.

In the 2007–08 NHS it is estimated that 2% of the population had a medically diagnosed neoplasm (cancer). Of these people, 89% reported a malignant neoplasm and 12% reported a benign neoplasm or neoplasm of uncertain nature. Skin cancer accounted for 37% of all malignant neoplasms.

Cancer was most prevalent in persons aged 65 years and over (6%) but just over two-thirds (66%) of those with skin cancer were aged less than 65 years.

Conditions of the circulatory system

In 2007–08, 16% of the population reported one or more long term conditions of the circulatory system. This is a broad group of conditions relating to the heart and vascular system, ranging from heart attack, to angina, stroke, varicose veins and high blood pressure. The most common of these conditions was hypertensive disease (high blood pressure), reported by 9% of the population, which increased in prevalence from 10% in the 45 to 54 age group to 39% of those aged 75 years and over.

Circulatory conditions were mostly experienced by people in middle and older age groups. Almost one in five (19%) of those aged 45 to 54 years had a current long term circulatory condition, rising progressively to 62% of those aged 75 years and over.

High cholesterol is considered a risk factor for some circulatory conditions. High cholesterol levels were reported by 6% of the population, with the prevalence highest at 19% and 16% respectively for those in the 65–74 and 75 years and over age groups.

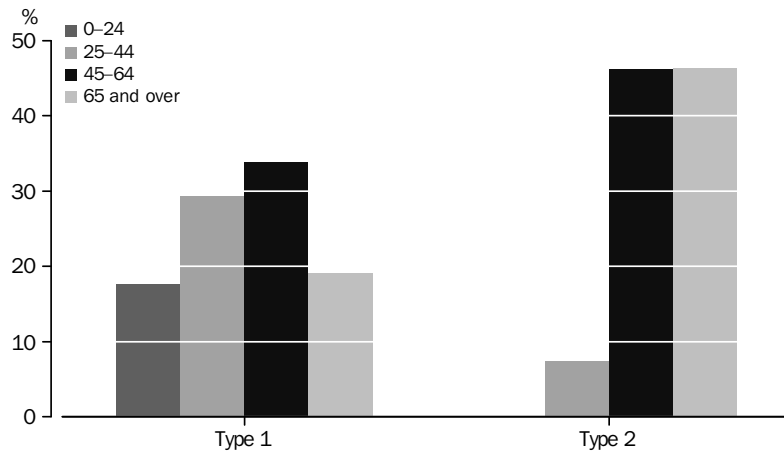
SUMMARY OF FINDINGS *continued*

Diabetes

An estimated 818,200 persons (4% of the population) in 2007–08 had diabetes mellitus that had been medically diagnosed (excluding those with gestational diabetes), an increase from the proportion reported in the 2004–05 NHS (3.5%). A further 35,500 people reported that they currently had high sugar levels in the blood or urine, but had not been diagnosed with diabetes. The estimates for diabetes and high sugar levels understate the true prevalence of these conditions in the community, as they exclude those cases which have remained undetected. The majority of people with diabetes reported that they had Type 2 (adult onset) diabetes (88%), 10% reported Type 1 (sometimes referred to as insulin dependent diabetes) while 2% reported diabetes, but did not know which type.

The proportions of males and females reporting diabetes mellitus were different at 5% and 3% respectively. As shown below the age profiles for persons with Type 1 and Type 2 diabetes differed markedly.

AGE DISTRIBUTION OF PEOPLE WITH DIABETES, 2007–08



Over 80% of persons with diabetes reported that they took some action for the condition in the last 12 months. Seventy seven percent of people with diabetes had discussed self management of their diabetes with a GP or specialist in the last 12 months.

Lifestyle changes were also common, with 75% of people with diabetes reporting that they were following changed eating patterns/diet due to their diabetes, 27% reporting that they had exercised most days in the last 2 weeks, and 17% reported they were losing weight. Males were more likely to exercise for diabetes (30%) than females (23%).

Of those with diabetes 46% tested their blood glucose levels at least once a day and 14% had their feet checked every two to three months. Twenty nine percent had not had a foot check in the last 12 months.

Mental health

In both 2007–08 and 2004–05 11% of respondents reported having a long term mental or behavioural problem that was identified by a medical professional. The most commonly reported problems were classified into two groups, anxiety related problems such as phobias (3% of males and 4% of females) and mood (affective) problems such as depression (6% of males and 9% of females).

SUMMARY OF FINDINGS *continued*

Mental health continued

To complement the data on long term conditions, additional information on mental health was collected from adult respondents using the Kessler 10 Scale (K10), a 10 item scale of current psychological distress. The K10 asks about negative emotional states in the four weeks prior to interview. The results from the K10 are grouped into four categories: low (indicating little or no psychological distress); moderate; high; and very high levels of psychological distress. Based on research from other population studies, a very high level of psychological distress, as shown by the K10, may indicate a need for professional help. For more information on the Kessler Psychological distress scale see Chapter 3 – Health Status Indicators in the National Health Survey: Users' Guide. cat no.4363.0.55.001.

A little over two-thirds (67%) of adults were classified to low levels of current psychological distress, 21% to moderate levels, 9% to high levels and 4% to very high levels. Since the 2004–05 NHS those classified in the high or very high levels has not changed. However those classified as having a low level of distress has increased from 63% in 2004–05. Proportionally fewer males than females, across most age groups shown in this publication, reported high to very high levels of distress. Of those who had very high levels of distress, 60% were female.

Thirty seven percent of adults reported that they had used some medication (pharmaceutical medication and/or vitamins, minerals or herbal treatments) for their mental wellbeing in the previous 2 weeks. Of those using medications for mental wellbeing, 72% reported using antidepressants, 27% used sleeping tablets and 23% used medications for anxiety or nerves. Use of medications for those who reported a mental wellbeing condition was higher overall in older age groups (55% of persons aged 65 years and over compared with 19% of those aged less than 35 years).

Disability

Just over one in six people reported a disability or long term restrictive condition. Of these 27% had a profound or severe core activity restriction.

Of those aged 18 years and over 5% reported a profound or severe activity restriction. Twenty six percent were employed, 60% had a pensioner concession card, 36% had private health insurance and 40% had a checkup with their GP at least once a month.

RISK FACTORS

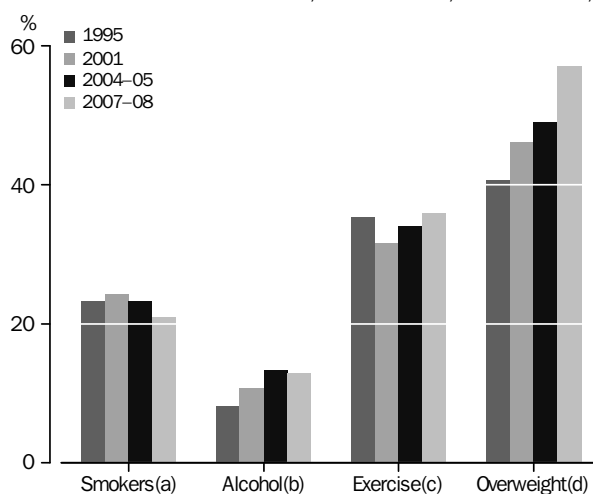
The 2007–08 National Health Survey collected information on a number of lifestyle behaviours and related characteristics which are recognised as risks to health. The risk factors covered were smoking, alcohol consumption, exercise, BMI and some dietary habits.

The data from the 2007–08 NHS shows that more adults are overweight or obese than in surveys for previous years. Differences in alcohol consumption at the risky level and lack of exercise between 2004–05 and 2007–08 were not significant. Smoking rates for the 2007–08 NHS are lower than those reported in the 2004–05 NHS. These differences are statistically significant.

SUMMARY OF FINDINGS *continued*

RISK FACTORS *continued*

RISK FACTORS: ADULTS, 2007-08, 2004-05, 2001 AND 1995



- (a) Includes daily smoker and other current smokers.
 (b) Risky and high alcohol risk.
 (c) Sedentary exercise level.
 (d) Overweight or obese body mass index (BMI).

Smoking

One in five adults (20%) were current smokers in 2007-08 down from 23% in 2004-05; 18% were regular daily smokers and 2% smoked less often than once a day, while 52% reported that they had never smoked regularly, and the remaining 29% reported they were ex-smokers. More males than females were current smokers (22% and 18% respectively), and for both males and females the prevalence of smoking was highest for those aged 25-34 years: 33% of males and 22% of females.

Alcohol consumption

Persons were classified to a health risk level (low risk, risky, or high risk) based on their estimated average daily consumption of alcohol during the previous week. Of those males and females who drank alcohol in the previous week (59% of the total population), 21% did so at a level which would pose a risk to their health.

Males aged 25-34 reported the highest proportion of drinking at the risky and high risk levels (17%). However for females the proportions drinking at risky and high risk levels were highest in the middle age groups, with 13% of females aged 45-64 years reporting consumption which would place them in the risky or high risk groups.

Exercise

In 2007-08, 65% of respondents aged 15 years or more had exercised for fitness, recreation or sport during the two weeks prior to interview. It should be noted that results from this survey relate only to exercise for fitness, recreation or sport, and therefore are not necessarily indicative of total physical activity; for example they could exclude physical activity at work.

Almost half (48%) of respondents aged 15 years or more reported they walked for exercise in the two weeks prior to interview, 36% did some form of moderate exercise and 15% did vigorous exercise. Females were more likely to walk for exercise than males (51% compared with 44%) while males were more likely than females to do moderate exercise (38% compared with 33%) and vigorous exercise (19% compared with 11%). Moderate and vigorous exercise were most common among younger age groups while the highest proportions walking for exercise were recorded in the 45-54, 55-64 and 65-74 year age groups (around 51%).

SUMMARY OF FINDINGS *continued*

Exercise continued

The National Physical Activity Guidelines for Australia recommend exercise of at least a moderate level (including brisk walking), most days of the week for a total of 30 minutes or more on each of those days, and with each exercise session lasting 10 minutes or more. Results of the NHS cannot be assessed directly in relation to these recommendations. However, the survey did find that 24% of those who exercised at a moderate level, and 21% of those who exercised at a vigorous level, exercised 7 times or more in the previous two weeks. For both moderate and vigorous exercise 97% of respondents reported the average duration of each session was 30 minutes or more. Of those who walked for exercise, 37% did so 7 times or more in the last 2 weeks, and 99% did so for periods of 30 minutes or more on average.

Body mass

For the first time since 1995 the 2007–08 NHS measured the height, weight, hip and waist circumference of respondents aged 5 years or more. This data was used to calculate measured BMI excluding those for whom measurements weren't available. Results from the survey classified 25% of adults as obese, 37% overweight, 37% normal weight and 2% as underweight. The highest rates of overweight/obese were in the 65–74 year old aged group at 79%. More males (68%) were overweight/obese compared to females (55%).

When compared to measured results from the 1995 NHS, the proportion of adults classified as overweight or obese has increased. Excluding those for whom BMI could not be derived, the proportion of males classified as overweight or obese based on actual measurements rose from 64% in 1995 to 68% in 2007–08; for females the increase over this time was 49% to 55%.

For children aged 5–17 years, 25% were classified as overweight/obese, comprised of 17% classified as overweight and 7.8% as obese. For both male and female children the proportion who were classified as overweight/obese were similar at 26% and 24%, however the numbers of males who were obese (9.7%) was higher than females (5.8%).

Self reported body mass index (BMI) was calculated from both self-reported height and weight information. Those men (10%) and women (16%) who either declined or were unable to provide their self reported height and/or weight are excluded from the calculations of percentages. Based on self reported data, 21% of adults were classified as obese, 35% overweight, 42% normal weight and 3% as underweight. The highest rates of overweight/obese were in the 55–74 year old aged group at 67%. More males (63%) were overweight/obese compared to females (48%).

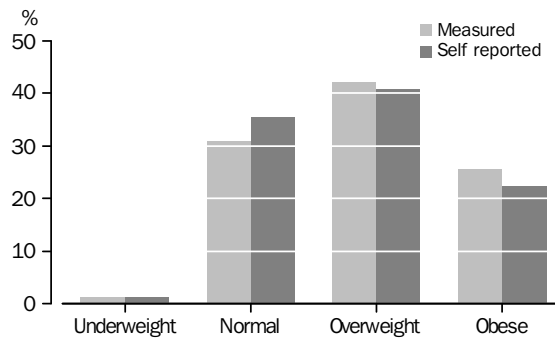
Based on self reported data the proportion who were classified as overweight/obese has been steadily increasing from 50% in 2001 to 54% in 2004–05 and 56% in 2007–08.

Both male and female adults generally underestimated their weight with 68% of males and 55% of females being classified as overweight or obese based on actual measurements compared to self reported data, 63% and 48%.

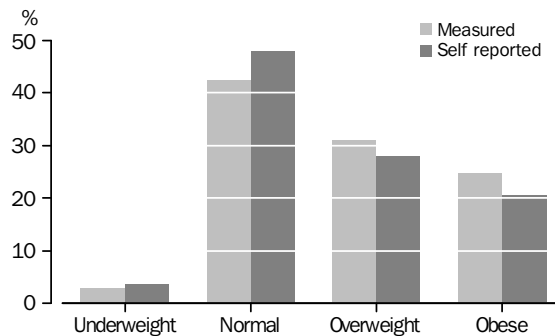
SUMMARY OF FINDINGS *continued*

Body mass *continued*

SELF REPORTED BMI VS MEASURED BMI, Males



SELF REPORTED VS MEASURED BMI, Females



Dietary indicators

Information was collected in the survey about the usual intake of fruit and vegetables by people aged 5 years or more, and about types of milk they consumed (as an indicator of fat intake). Some care should be taken in interpreting the data on fruit and vegetable intake due to the difficulties respondents had in estimating the quantities consumed.

Results of the survey indicated that in 2007–08 females were more likely to adopt healthier dietary behaviours than males. Females consumed higher levels of fruit and vegetables than males. The proportion of people aged 15 years and over who reported they usually consumed 5 or more serves of vegetables every day (the recommend daily intake) was 10% for females compared with 7% for males. The proportion of females who usually consumed two or more serves of fruit per day (the recommended daily intake) was 56% compared with 46% for males. The highest proportion of people usually having the recommended number of serves of fruit and vegetables per day were recorded in the 65–74 year and older age groups.

The proportion of children meeting the recommended intake of vegetables is even lower than adults with only 6% of children aged 5–17 consuming 5 or more serves of vegetables a day with those aged 5–7 years consuming the least (4%). However for fruit consumption 61% of children aged 5–17 years reported meeting the recommended intake of fruit with children aged 8–11 years having the highest proportion meeting the guidelines (71%).

PRIVATE HEALTH INSURANCE

Results of the survey showed that over half of the population aged 15 years and over had private health insurance (53%) in 2007–08. Of those persons with private health insurance, 77% had both hospital and ancillary cover, 15% had hospital cover only and 7% had ancillary cover only. The level and type of cover differed across age groups, with highest overall coverage in the 45–54 and 55–64 year age groups (59% and 62%) and the

SUMMARY OF FINDINGS *continued*

*PRIVATE HEALTH
INSURANCE continued*

lowest in the age groups 15–24 years and 75 years and over (46% and 45% with some form of private health insurance cover).

'Security, protection and peace of mind' was the most common group of reasons for having private health insurance (54% of those insured), while the category 'cannot afford it/too expensive' was the most commonly reported reason for not insuring (58% of those without private health insurance).

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SELECTED HEALTH CHARACTERISTICS—2007–08, 2004–05 and 2001

	2007–08		2004–05		2001	
	'000	%	'000	%	'000	%
Self-assessed health status(a)						
Excellent/very good	9 268.9	55.8	8 864.4	56.2	7 737.6	51.7
Good	4 822.8	29.1	4 384.0	27.8	4 526.2	30.2
Fair/poor	2 508.9	15.1	2 512.6	15.9	2 705.1	18.1
Total	16 600.6	100.0	15 760.9	100.0	14 968.9	100.0
Current long term conditions(b)						
Selected long term conditions						
Arthritis	3 135.1	15.2	3 020.1	15.3	2 576.9	13.6
Asthma	2 049.7	9.9	2 013.5	10.2	2 197.3	11.6
Back pain/problem, disc disorder	2 965.1	14.4	3 018.5	15.3	3 874.0	20.5
Deafness	2 109.7	10.2	2 014.3	10.2	2 012.8	10.6
Diabetes mellitus	818.2	4.0	699.6	3.6	554.2	2.9
Hayfever and allergic rhinitis	3 107.2	15.1	3 165.7	16.1	2 935.3	15.5
Heart, stroke and vascular disease	1 053.9	5.1	754.7	3.8	782.2	4.1
Hypertensive disease	1 945.8	9.4	2 100.7	10.7	1 909.1	10.1
Long sightedness	5 294.4	25.6	5 334.1	27.1	4 209.7	22.3
Malignant neoplasm	326.6	1.6	337.8	1.7	261.3	1.4
Mental and behavioural problems	2 309.8	11.2	2 109.5	10.7	1 812.6	9.6
Osteoporosis	692.3	3.4	585.8	3.0	299.8	1.6
Short sightedness	4 681.8	22.7	4 353.0	22.1	3 941.2	20.8
No long term condition	4 212.9	20.4	4 588.9	23.3	4 179.2	22.1
Number of current long term conditions						
Less than 3	7 425.5	36.0	7 169.0	36.4	7 104.6	37.6
3 or more	8 410.1	40.7	7 923.6	40.3	7 632.5	40.3
Current long term condition is a result of an injury						
	2 436.8	15.4	2 132.4	14.1	2 256.3	15.3
High/very high psychological distress(c)(d)						
	1 891.7	9.2	1 940.8	13.0	1 792.4	12.6
Lifestyle risk behaviours(c)						
Current smoker daily	2 980.3	18.9	3 180.1	21.3	3 177.1	22.4
Risky/high risk alcohol consumption	2 075.3	13.2	2 020.9	13.5	1 536.9	10.8
Inadequate physical exercise(e)	11 348.8	72.1	10 525.5	70.3	9 839.3	69.4
Inadequate fruit or vegetable consumption(f)						
	14 768.7	93.8	14 870.4	90.1	-	-
Total	15 751.0	100.0	14 963.1	100.0	14 184.7	100.0
Body mass index(g)						
Overweight/Obese BMI – self-reported adults	7 628.9	56.0	7 366.0	53.5	6 551.7	50.1
Total self-reported BMI	13 622.3	100.0	13 760.6	100.0	13 086.1	100.0
Overweight/Obese BMI – measured adults(h)						
	6 908.4	61.3	-	-	-	-
Total measured BMI(h)	11 261.0	100.0	-	-	-	-
Disability status(h)						
Has a profound or severe core activity limitation	941.4	4.6	-	-	-	-
Other disability or restrictive long term health condition	2 520.8	12.2	-	-	-	-
Has no disability or restrictive long term health condition	16 859.4	81.7	-	-	-	-
Total persons	20 643.1	100.0	19 681.5	100.0	18 916.3	100.0

(a) Aged 15 years and over.

(b) Persons who have a long term condition that has lasted, or is expected to last for 6 months or more.

(c) Aged 18 years and over.

(d) Kessler 10 score of 22 or more. See Psychological distress in Glossary.

(e) Low or sedentary exercise level.

(f) Includes those who did not eat fruit and vegetables.

(g) Percentages exclude those for whom BMI category was not known.

(h) Data not collected in 2004–05 and 2001.

SELECTED LONG TERM CONDITIONS (a)

	Arthritis	Asthma	Diabetes mellitus	Heart, stroke and vascular diseases (b)	Malignant neoplasms	Mental and behavioural problems (c)	Persons
	%	%	%	%	%	%	'000
Country of birth							
Australia	19.2	14.9	4.6	6.3	2.1	15.8	11 603.3
Other Oceania and Antarctica	10.6	12.4	*3.8	8.5	*2.0	9.3	428.0
United Kingdom	29.7	10.1	5.9	9.2	3.3	12.5	1 055.1
Other North-West Europe	30.2	6.1	7.0	12.0	*2.3	12.2	320.2
Southern and Eastern Europe	33.5	7.3	14.3	14.0	2.3	14.6	650.2
North Africa and the Middle East	20.6	**4.8	*10.0	*8.6	np	*11.0	237.9
South-East Asia	13.7	8.8	*6.4	*2.6	**1.2	6.4	467.6
All other countries	10.8	4.3	3.9	*2.8	*0.7	10.5	1 073.3
Born overseas							
Arrived before 1996	27.0	8.3	8.6	9.9	2.5	11.6	3 060.5
Arrived 1996–2008	6.5	6.1	*2.1	*2.0	**0.7	10.2	1 171.7
Main language spoken at home (d)							
English	22.2	11.9	5.3	7.4	2.3	15.2	12 948.0
Language other than English	9.1	17.6	4.6	3.2	*0.9	11.8	2 887.6
Labour force (d)							
Employed	13.6	10.8	2.9	3.1	1.6	12.8	9 256.5
Unemployed	11.2	14.7	*3.1	*2.7	np	31.9	311.8
Not in the labour force	38.4	12.3	11.2	15.7	3.7	17.1	4 780.7
Index of disadvantage (e)							
First quintile	23.0	15.9	7.0	9.3	2.5	18.9	2 805.0
Fifth quintile	16.4	9.6	3.3	4.5	1.8	13.1	3 449.2
Private health insurance (d)							
With private health insurance	20.2	10.2	4.6	5.6	2.1	11.3	7 761.1
Without private health insurance	23.9	12.7	6.9	9.3	2.5	18.6	6 549.0
Government health card							
With card	38.5	13.4	11.4	16.2	3.8	19.7	4 801.8
Without card	13.8	10.3	2.9	3.0	1.5	12.6	8 205.1
Location							
Major Cities of Australia	18.1	12.1	4.8	5.9	1.9	14.1	10 413.4
Inner Regional Australia	24.1	14.4	5.7	8.3	2.7	16.1	3 614.6
Outer regional Australia/other areas	20.9	14.9	6.2	7.7	*1.9	14.6	1 807.6
Household structure							
Person living alone	33.0	12.4	7.3	11.9	3.2	17.3	2 054.3
Couple only	31.0	10.2	8.2	11.8	3.5	10.9	4 160.6
Couple with children	10.3	13.4	2.6	2.1	1.1	13.1	6 351.9
All other households	15.6	16.0	5.0	5.7	1.5	20.4	3 268.8

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np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Percentages are calculated on the total persons of the selected characteristic (eg Australian born people).

(b) Includes ischaemic heart disease, cerebrovascular disease, oedema, and diseases of the arteries, arterioles and capillaries.

(c) Includes mood (affective) problems, anxiety related problems, and behavioural and emotional problems with usual onset in childhood/adolescence.

(d) Persons aged 15 years and over.

(e) See Index of disadvantage in Glossary.

	AGE GROUP (YEARS)								Males	Females	Persons
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over			
	'000	'000	'000	'000	'000	'000	'000	'000			
Certain infectious and parasitic diseases	*7.7	*10.4	*9.2	28.2	19.3	*13.0	*5.2	**5.9	55.0	43.9	98.9
Neoplasms											
Malignant neoplasms											
Skin	—	np	np	15.8	*25.2	*38.3	17.8	*22.6	68.4	52.1	120.5
Other and site unknown	np	np	np	*14.3	24.2	55.0	59.0	44.3	126.0	84.7	210.7
Total malignant neoplasms	np	np	*7.9	30.1	49.5	93.2	73.9	65.3	190.0	136.6	326.6
Benign neoplasms and neoplasms of uncertain nature	np	np	**4.4	*8.4	*7.6	*7.4	**4.4	**4.3	*12.5	30.6	43.1
Total neoplasms	**5.9	*7.4	*12.3	38.5	57.1	99.3	78.3	69.6	201.2	167.2	368.3
Diseases of the blood and blood forming organs											
Anaemias	np	np	69.2	83.9	57.9	37.7	*20.3	46.1	47.5	330.3	377.7
Other diseases of blood and blood forming organs	np	np	**2.4	**4.3	*5.1	*9.7	**6.8	**2.4	*6.7	26.3	33.0
Total diseases of blood and blood forming organs	25.1	39.8	71.6	88.3	63.0	47.2	*26.6	48.5	53.8	356.3	410.1
Endocrine, nutritional and metabolic diseases											
Disorders of thyroid gland	**3.0	**4.2	*35.1	82.7	71.0	131.3	85.5	73.6	64.7	421.7	486.4
Diabetes mellitus											
Type 1	*4.3	*10.1	*6.4	*17.6	*13.5	*14.1	*6.3	*9.4	41.2	40.7	81.8
Type 2	—	—	*7.7	46.2	115.2	218.0	195.1	139.1	416.5	304.8	721.3
Total diabetes mellitus(c)	*4.3	*10.1	*14.6	65.9	129.6	233.2	206.7	153.7	463.8	354.4	818.2
High sugar levels in blood/urine	np	np	np	**2.0	*11.9	*10.6	*5.6	**3.8	22.6	*12.9	35.5
High cholesterol	np	np	np	112.0	214.2	352.0	267.9	181.0	618.2	561.7	1 179.9
Other endocrine, nutritional and metabolic diseases	*1.9	*8.9	*12.6	37.8	*14.6	*8.4	*3.9	**3.5	23.4	68.2	91.6
Total endocrine, nutritional and metabolic diseases	*11.5	39.9	93.3	283.7	377.4	610.9	484.1	363.0	1 040.0	1 223.9	2 263.9
Mental and behavioural problems											
Alcohol and drug problems	np	*16.4	46.0	28.3	38.8	*19.9	*11.2	np	119.4	49.2	168.5
Mood (affective) problems	*36.0	222.5	282.6	291.8	278.5	250.8	91.9	77.2	632.0	899.3	1 531.3
Anxiety related problems	73.6	81.2	125.9	115.6	107.7	95.8	40.8	31.3	293.0	378.7	671.8
Problems of psychological development	70.0	69.5	*15.7	*15.2	*22.5	*7.5	**1.3	**11.0	111.0	101.7	212.6
Behavioural and emotional problems with usual onset in childhood/adolescence	87.6	*41.7	**2.9	**5.9	np	—	np	—	100.3	39.1	139.4
Other mental and behavioural problems	*15.9	*11.1	**14.7	*21.9	np	*14.7	np	*5.5	56.3	56.0	112.3
Symptoms and signs involving cognition perceptions emotional state and behaviour	np	*20.2	*24.0	*18.9	22.6	*12.8	*10.9	np	84.0	37.0	121.0
Total mental and behavioural problems	213.8	347.8	399.0	394.7	377.8	327.6	132.4	116.6	1 055.8	1 253.9	2 309.8

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(a) Conditions which are current and have lasted, or are expected to last, for 6 months or more.
 (b) For information on total populations with and without long term conditions, see Appendix 4.
 (c) Includes type of diabetes not known.

	AGE GROUP (YEARS)								Males	Females	Persons
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over			
	'000	'000	'000	'000	'000	'000	'000	'000			
Diseases of the nervous system											
Epilepsy	*18.1	*16.2	*15.8	23.3	22.6	17.9	*14.3	**10.6	75.5	63.3	138.8
Migraine	42.5	168.9	214.0	295.9	214.8	143.5	47.7	39.2	338.4	828.1	1 166.5
Other diseases of the nervous system	*11.0	*25.6	*27.5	29.1	29.4	25.7	18.1	*29.5	89.1	106.8	195.9
Total diseases of the nervous system	68.4	200.0	254.9	337.2	259.3	183.5	76.0	77.3	486.2	970.4	1 456.6
Diseases of the eye and adnexa											
Cataract	np	**5.5	np	np	*13.6	59.9	105.3	145.0	149.4	188.6	338.0
Glaucoma	—	—	np	np	*19.9	34.1	60.5	71.9	85.5	105.4	190.9
Astigmatism	44.8	121.3	198.4	181.8	202.0	170.2	90.8	57.1	469.0	597.3	1 066.3
Macular degeneration	—	np	np	*7.0	*13.4	*24.6	41.6	103.9	66.9	124.6	191.4
Presbyopia	—	np	np	25.9	186.3	212.3	181.9	168.2	402.2	376.7	778.9
Short sight/myopia	163.0	490.0	650.3	691.5	916.1	881.9	537.8	351.1	2 058.8	2 623.0	4 681.8
Long sight/ hyperopia	142.0	210.1	231.6	465.9	1 428.8	1 392.3	814.2	609.4	2 338.0	2 956.4	5 294.4
Other disorders of ocular muscles binocular	*24.4	np	*25.1	18.4	*17.6	*12.6	*6.0	np	60.6	60.7	121.3
Other disorders of choroid and retina	np	**6.4	*17.9	*23.2	*13.7	*19.2	*15.3	np	53.5	53.4	106.9
Disorders of ocular muscles binocular movement											
accommodation and refraction	331.3	707.3	969.6	1 195.3	2 319.9	2 141.3	1 305.2	970.5	4 508.9	5 431.4	9 940.3
Blindness	np	*7.1	np	*18.4	*16.9	18.6	18.3	33.6	64.0	56.4	120.4
Other visual disturbances or loss of vision	*35.3	*55.8	47.8	72.0	76.5	59.4	60.9	44.7	210.7	241.8	452.5
Other diseases of eye and adnexa	45.0	45.8	87.8	105.9	110.0	107.1	49.2	35.2	465.5	120.5	586.0
Total diseases of the eye and adnexa	406.4	804.2	1 089.9	1 351.1	2 394.3	2 200.6	1 373.2	1 075.5	4 950.0	5 745.3	10 695.3
Diseases of the ear and mastoid											
Deafness (complete and partial)	57.1	69.2	140.9	205.6	326.8	446.8	379.8	483.5	1 340.4	769.2	2 109.7
Otitis media	55.7	**5.2	**3.7	**1.9	**9.8	*8.0	**1.7	**6.3	39.9	52.4	92.3
Other diseases of the ear and mastoid	*21.2	36.6	56.0	89.5	147.0	180.4	82.4	80.0	442.8	250.2	693.0
Total diseases of the ear and mastoid	128.9	102.9	193.2	286.3	434.9	575.0	434.8	515.0	1 676.5	994.5	2 671.1
Diseases of the circulatory system											
Angina	—	np	np	*13.7	34.9	75.4	93.5	131.3	214.7	138.6	353.3
Heart, stroke and vascular diseases											
Other Ischaemic heart diseases	—	np	np	*13.1	53.0	102.3	109.3	143.7	308.0	119.3	427.3
Cerebrovascular diseases	np	np	*5.4	*13.5	*18.0	51.9	48.1	92.2	107.8	135.4	243.2
Oedema	np	np	*6.2	*11.3	*23.9	47.7	48.8	78.7	66.5	153.1	219.6
Diseases of arteries arterioles and capillaries	np	**2.9	np	**3.1	20.3	46.7	52.2	39.8	98.4	67.1	165.5
Total heart, stroke and vascular	**6.4	**14.1	*20.5	49.2	124.9	242.1	259.0	337.7	573.6	480.3	1 053.9

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	AGE GROUP (YEARS)								Males	Females	Persons
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	'000	'000	'000	'000	'000	'000	'000	'000			
Diseases of the circulatory system											
<i>cont.</i>											
Hypertensive disease	np	np	*35.5	135.1	298.3	552.8	462.7	447.8	906.4	1 039.4	1 945.8
Tachycardia	np	np	27.0	33.9	58.0	87.8	73.9	102.2	167.1	226.1	393.2
Haemorrhoids	—	—	*8.5	15.0	22.8	28.4	26.5	18.9	46.2	73.9	120.1
Varicose veins	np	np	19.2	53.4	70.2	84.1	55.3	65.5	82.4	278.3	360.7
Low blood pressure	—	33.4	30.7	*27.9	31.1	*17.9	27.2	17.4	34.3	151.3	185.5
Other diseases of the circulatory system	np	np	*15.8	*11.5	*25.2	54.6	44.6	55.8	99.1	116.2	215.3
Symptoms and signs involving circulatory system	43.1	*36.9	35.5	55.7	45.5	64.0	39.7	56.3	166.6	210.0	376.6
Total diseases of the circulatory system	58.2	100.9	158.4	316.0	534.1	803.6	694.3	717.7	1 557.4	1 825.9	3 383.3
Diseases of the respiratory system											
Bronchitis/Emphysema	41.1	*28.5	54.5	61.1	52.0	83.6	78.4	90.7	221.9	268.2	490.0
Asthma	415.2	318.8	274.3	310.3	256.1	214.0	136.4	124.6	909.9	1 139.8	2 049.7
Hayfever and allergic rhinitis	289.9	497.6	552.9	630.3	510.2	321.7	182.7	121.8	1 447.0	1 660.2	3 107.2
Chronic sinusitis	119.9	178.2	277.0	332.7	362.5	309.9	153.7	122.8	691.2	1 165.6	1 856.8
All other diseases of respiratory system	27.2	*10.5	*12.4	np	**5.4	*10.8	np	*14.4	31.5	62.0	93.5
Symptoms and signs involving respiratory system	*9.9	**4.7	**2.7	np	—	**3.5	np	**3.5	*8.0	*20.3	28.3
Total diseases of respiratory system	702.2	789.2	863.5	979.5	854.7	671.6	427.1	335.0	2 511.2	3 111.6	5 622.8
Diseases of the digestive system											
Stomach/duodenal/gastrointestinal ulcer	np	np	59.7	56.1	61.2	119.6	55.3	58.4	208.5	223.1	431.6
Other diseases of the oesophagus, stomach and duodenum	*7.7	*11.6	*23.4	29.0	25.3	14.0	22.4	*12.2	63.6	81.9	145.6
Hernia	*16.5	*10.5	*35.1	54.8	69.1	100.5	67.2	69.8	268.1	155.2	423.3
Other diseases of the digestive system	*23.1	*25.6	49.5	53.3	49.3	64.1	51.6	46.8	115.9	247.5	363.3
Symptoms and signs involving digestive system	np	np	*7.1	*12.3	*14.2	*8.4	**7.6	**4.7	46.9	31.6	78.4
Total diseases of the digestive system	52.2	80.7	159.9	179.1	207.9	269.1	184.4	173.0	649.6	656.8	1 306.4
Diseases of the skin and subcutaneous tissue											
Dermatitis and eczema	99.5	*16.1	22.0	*23.1	*12.1	*5.7	**5.4	**5.6	85.3	104.2	189.5
Psoriasis	*16.7	49.6	89.6	78.7	87.5	66.1	52.4	31.6	200.7	271.5	472.2
Other diseases of skin and subcutaneous tissue	np	np	*18.3	*12.3	*20.4	*16.2	*4.2	*11.6	79.8	44.1	124.0
Symptoms and signs involving skin and subcutaneous tissue	np	np	*4.3	*7.2	**11.5	*7.5	**2.3	*6.4	*19.4	*24.3	43.7
Total diseases of the skin and subcutaneous tissue	129.2	95.7	130.5	120.9	128.6	95.5	64.0	53.9	378.2	440.2	818.3
Diseases of the musculoskeletal system and connective tissue											
Arthritis											
Arthritis - Rheumatoid	—	*8.9	*18.0	48.5	71.8	128.3	91.2	61.7	159.2	269.2	428.5
Arthritis - Osteoarthritis	np	np	44.9	103.0	253.8	476.8	340.6	370.5	603.9	1 009.5	1 613.4
Arthritis - Other and type unknown	np	np	69.9	133.1	231.6	314.8	270.4	218.4	607.3	656.8	1 264.1
Total arthritis	**2.4	53.0	132.8	275.4	540.6	870.0	652.1	608.8	1 321.2	1 813.9	3 135.1

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	AGE GROUP (YEARS)								Males	Females	Persons
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over			
	'000	'000	'000	'000	'000	'000	'000	'000			
Diseases of the musculoskeletal system and connective tissue <i>cont.</i>											
Other arthropathies	*32.3	41.9	93.3	195.5	230.2	236.9	234.6	229.2	899.8	394.0	1 293.8
Rheumatism	—	**1.6	*15.2	43.0	64.4	120.6	94.6	136.5	186.8	289.0	475.8
Back pain/problems nec, disc disorders	28.3	279.8	414.5	568.3	615.9	549.8	290.9	217.5	1 482.7	1 482.4	2 965.1
Osteoporosis	np	np	*15.2	23.4	69.6	170.5	164.6	246.7	125.1	567.2	692.3
Other diseases of the musculoskeletal system and connective tissue	36.0	311.4	465.3	621.6	693.2	604.6	327.1	239.8	1 626.2	1 672.8	3 299.0
Symptoms signs involving the musculoskeletal system and connective tissue	np	np	*9.0	**7.4	*10.9	**4.1	*3.9	**7.9	*28.7	*18.6	47.3
Total diseases of the musculoskeletal system and connective tissue	72.4	394.5	635.1	935.9	1 218.3	1 328.1	934.3	827.8	3 034.8	3 311.7	6 346.4
Diseases of the genito-urinary system											
Incontinence: urine	*6.1	np	np	*12.8	36.2	39.2	40.2	72.0	49.5	166.6	216.1
Diseases of female pelvic organs and genital tract	—	np	*13.7	*21.0	*20.5	*11.1	*2.5	np	—	74.4	74.4
Other diseases of genito-urinary system	*12.6	*11.7	np	30.3	45.8	78.3	52.5	np	176.3	125.4	301.6
Total diseases of genito-urinary system	18.3	*19.1	54.0	63.4	98.5	123.9	91.3	105.4	218.1	355.8	573.9
Congenital malformations, deformations & chromosomal abnormalities											
	*33.4	*17.5	*15.4	*25.0	*13.1	*10.9	*6.9	*8.7	64.4	66.7	131.0
Symptoms, signs and conditions nec											
Fluid retention (non circulatory)	—	*5.5	*17.9	26.2	54.7	65.4	54.0	73.0	101.3	195.3	296.5
Allergy (undefined)	216.6	124.7	165.0	154.2	156.1	100.4	69.8	42.7	406.0	623.6	1 029.5
Other symptoms, signs and conditions	59.3	99.4	103.1	125.0	153.0	121.3	70.1	62.9	435.4	358.8	794.2
Total symptoms, signs and conditions	269.9	222.9	273.2	282.9	342.2	267.2	182.5	168.0	897.6	1 111.2	2 008.9

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AGE GROUP (YEARS)

	0-14	15-24	25-44	45-64	65 and over	Males	Females	Persons
Type of action taken(a)								
Discussed self management with GP or specialist (%)	47.7	24.7	30.3	41.3	41.2	36.3	37.3	36.9
Had days away from work, school or study (%)	33.6	15.9	12.0	8.1	**1.5	15.5	14.1	14.8
Consulted an other health professional (%)	22.6	13.1	11.8	12.0	*6.0	14.1	13.1	13.5
Visited hospital or emergency department (%)	10.7	*3.6	*2.8	*4.2	*1.8	4.7	4.7	4.7
Action taken (%)	69.7	38.3	38.4	47.8	42.8	48.1	46.9	47.4
No action taken (%)	30.3	61.7	61.6	52.2	57.2	51.9	53.1	52.6
Whether has written asthma plan								
Has written asthma action plan (%)	47.8	12.6	11.5	16.5	17.9	20.8	21.1	21.0
Doesn't have a written action plan (%)	52.2	87.4	88.5	83.5	82.1	79.2	78.9	79.0
Type of medication(b)(c)								
Reliever-bronchodilators (%)	35.9	38.8	46.8	40.7	51.2	45.1	40.5	42.5
Beclamethasone (inhaler) (%)	np	np	**0.5	*2.3	**2.3	*1.5	*0.9	1.2
Budesonide (inhaler) (%)	np	np	4.3	6.5	9.6	3.4	5.3	4.5
Fluticasone (%)	6.7	*3.8	*2.0	*3.0	*4.5	3.7	3.8	3.8
Tiotropium (%)	—	np	np	*3.2	*8.3	*2.5	1.4	1.9
Other preventers - inhaled steroids (%)	*2.6	np	np	*1.3	*5.2	*1.7	1.7	1.7
Other asthma medications (%)	14.0	14.4	19.4	28.7	39.8	22.0	22.5	22.2
Total pharmaceutical medicines (%)	43.3	45.5	54.6	55.1	75.5	55.5	52.3	53.7
Total vitamins, minerals and herbal treatments (%)	*8.3	*5.3	*4.2	*4.2	*5.1	6.0	4.8	5.3
Total(d) (%)	44.8	46.6	55.5	56.0	76.3	56.1	53.5	54.7
Total persons with asthma ('000)	415.2	318.8	584.5	470.1	261.0	909.9	1 139.8	2 049.7

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(a) Action taken for asthma in the 12 months prior to interview.

(b) Medication taken for asthma in the 2 weeks prior to interview.

(c) Persons who used pharmaceutical medications and/or vitamins/mineral supplements and/or natural/herbal treatments for asthma.

(d) Persons may have used more than one type of medication and therefore component may not add to the total shown.

CIRCULATORY CONDITIONS

	<i>Ischaemic heart diseases</i>	<i>Cerebrovascular diseases</i>	<i>Oedema</i>	<i>Diseases of arteries, arterioles and capillaries</i>	<i>Hypertensive disease</i>	<i>Other diseases of circulatory system</i>	<i>Total</i>	
Type of action taken(a)								
Discussed self management with GP or specialist	%	46.5	46.4	64.9	70.8	59.0	48.0	48.0
Had days away from work, school or study	%	5.3	**3.7	*2.9	*6.0	3.2	4.4	3.6
Consulted an other health professional	%	19.8	22.0	29.6	26.3	16.6	18.2	14.8
Checked own blood pressure in last 12 months	%	16.6	17.1	14.3	16.6	28.0	17.9	20.9
Blood pressure checked in last 12 months	%	71.8	67.3	95.3	93.1	97.5	85.3	83.8
Cholesterol checked in last 12 months	%	61.7	56.5	79.1	84.6	79.8	61.2	65.2
Action taken	%	72.0	69.0	96.5	93.2	98.2	87.0	85.5
No action taken	%	28.0	31.0	*3.5	*6.8	1.8	13.0	14.5
Aspirin use								
Aspirin used daily for heart or circulatory condition	%	47.4	36.2	38.7	57.7	29.7	22.3	24.9
Did not use aspirin daily	%	52.6	63.8	61.3	42.3	70.3	77.7	75.1
Type of medication used(b)								
Beta blocking agents	%	9.5	**2.5	**2.3	*5.2	17.5	8.3	14.8
Calcium channel blockers	%	6.2	*1.7	**0.3	*2.5	19.9	2.9	13.6
ACE inhibitors, plain	%	7.6	*2.6	*3.0	*4.4	28.6	3.4	18.8
Vasodilators used in cardiac disease	%	10.5	np	np	**3.5	np	*2.1	2.9
Low-ceiling diuretics	%	**0.3	np	*7.7	np	4.5	np	3.3
High-ceiling diuretics	%	*1.2	np	27.4	np	np	*1.2	2.7
Serum lipid reducing agents	%	5.2	*2.9	*2.1	11.5	4.7	*1.7	4.8
Angiotensin II antagonists	%	2.6	**1.1	np	np	30.7	np	18.7
Other medications for heart and circulatory	%	10.4	13.8	13.8	23.7	12.2	12.2	14.0
Aspirin	%	6.6	*6.5	**0.9	16.2	4.4	*2.2	5.6
Other medications	%	*4.1	**3.1	*12.3	*7.0	3.4	*3.0	3.9
Other vitamins, minerals or herbal treatments	%	7.2	*4.6	8.9	19.2	12.9	5.2	11.3
Total(c)	%	35.6	23.4	55.2	52.2	86.2	27.1	62.0
Total persons with circulatory conditions	'000	664.8	243.2	219.6	165.5	1 945.8	1 097.0	3 383.3

* estimate has a relative standard error of 25% to 50% and should be used with caution

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Action taken for circulatory conditions in the 12 months prior to interview.

(b) Medication used for circulatory conditions in the 2 weeks prior to interview.

(c) Persons may have reported more than one type of medication and therefore components may not add to the total shown.

ARTHRITIS/OSTEOPOROSIS: MEDICATION AND ACTION TAKEN (a)

		AGE GROUP (YEARS)						Males	Females	Persons
		0-34	35-44	45-54	55-64	65-74	75 and over			
Type of action(b)										
Discussed self management with a GP or specialist	%	32.9	31.6	35.3	36.0	32.7	33.4	28.8	37.7	34.1
Had days away from work, school or study	%	*9.3	10.5	6.4	np	np	—	4.7	2.9	3.7
Consulted an other health professional	%	**1.9	*3.8	*2.2	np	np	4.8	*0.8	4.6	3.1
No actions taken	%	66.9	61.3	62.6	62.1	66.2	65.3	69.2	60.3	63.9
Actions taken	%	33.1	38.7	37.4	37.9	33.8	34.7	30.8	39.7	36.1
Type of action(c)										
Did weights/strength/resistance training	%	*12.6	13.0	11.0	9.8	5.9	4.3	8.3	8.6	8.5
Obtained and/or used physical aids (used at home/work)	%	**1.6	*3.9	*4.3	*2.5	*3.1	4.8	3.2	3.7	3.5
Water therapy	%	**5.0	*4.5	*5.1	5.8	6.1	2.1	*2.9	6.1	4.8
Massage	%	11.8	14.0	9.3	9.0	3.8	3.9	5.0	9.2	7.5
Followed changed eating pattern/diet	%	*7.8	10.3	9.3	5.2	5.0	*2.6	5.9	5.9	5.9
Losing weight	%	*13.0	9.4	11.7	10.1	7.1	*2.5	8.0	8.5	8.3
Exercised most days	%	12.4	16.8	17.4	22.1	19.8	16.6	16.4	20.3	18.7
Used vitamin/mineral supplement or natural/herbal treatment	%	**0.7	*1.9	*1.9	*1.4	*1.1	*1.0	*0.5	1.9	1.3
Used pharmaceutical medication	%	24.8	38.8	45.6	53.1	51.6	45.3	39.9	51.8	47.0
Other action taken	%	15.7	19.0	25.8	32.1	39.6	47.8	27.5	37.8	33.7
No action taken	%	52.6	39.5	30.5	27.4	25.3	26.8	36.3	25.6	29.9
Type of medication used(d)										
Bisphosphonates	%	—	—	np	np	*2.8	5.2	*1.3	2.1	1.8
Anti-inflammatory and antirheumatic products, non steriods	%	*7.6	10.4	13.9	15.4	15.0	13.7	13.4	14.2	13.9
Immunosuppressants	%	**0.9	**0.4	np	np	*1.4	*0.8	*0.4	1.7	1.2
Other pharmaceutical medication for arthristis and osteoporosis	%	**0.2	*2.1	*1.4	*1.5	*2.4	*1.5	1.7	1.6	1.6
Other pharmaceutical medication	%	*8.1	9.4	11.8	17.3	19.0	28.0	12.2	21.3	17.6
Vitamin D substances	%	—	**1.0	*1.3	*0.8	*1.4	*2.5	*0.6	1.8	1.3
Calcium	%	**0.9	**0.6	*3.3	3.3	3.8	3.3	*1.2	4.3	3.0
Other vitamins or mineral supplement or herbal or natural remedies used for arthritis	%	23.8	38.0	42.2	49.8	47.7	40.6	39.9	46.2	43.7
Total(e)	%	33.5	45.7	55.8	64.4	65.3	60.9	53.6	62.7	59.0
Total persons with arthritis/osteoporosis	'000	204.1	287.2	584.5	945.6	710.0	688.0	1 380.2	2 041.7	3 421.9

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- (a) Osteoporosis - persons aged 15 years and over plus children with arthritis, gout or rheumatism.
 - (b) Action taken in the 12 months prior to interview.
 - (c) Action taken in the 2 weeks prior to interview.
 - (d) Medication used for arthritis/osteoporosis in the 2 weeks prior to interview.
 - (e) Persons may have reported more then one type of medication and therefore components may not add to the total shown.

AGE GROUP (YEARS)

		0-34	35-44	45-54	55-64	65-74	75 and over	Male	Female	Persons
Type of action(a)										
Discussed self management with GP or specialist	%	95.6	80.3	78.8	82.4	71.0	70.0	77.7	75.9	76.9
Had days away from work, school or study	%	*18.1	*15.0	*4.2	**1.8	np	np	*3.3	*3.0	3.2
Consulted an other health professional	%	82.1	64.4	45.7	41.4	np	np	41.8	45.4	43.3
Action taken	%	np	np	82.8	83.4	74.1	76.3	81.1	78.5	80.0
No action taken	%	np	np	17.2	16.6	25.9	23.7	18.9	21.5	20.0
Type of action(b)										
Used insulin	%	64.0	31.2	21.9	17.7	13.4	21.0	17.9	24.1	20.6
Used pharmaceutical medications	%	**10.2	57.1	68.8	63.6	68.3	65.3	65.2	61.2	63.5
Used vitamin/mineral supplement or natural or herbal treatment	%	np	**7.7	*15.9	*3.8	np	np	*4.6	*7.3	5.7
Followed changed eating pattern/diet	%	70.9	78.1	78.4	78.7	76.7	60.8	77.8	70.1	74.5
Losing weight	%	*17.6	35.5	19.0	21.6	*11.6	*6.2	16.5	17.0	16.8
Exercised most days	%	*37.1	*30.9	35.9	28.1	25.3	*15.2	29.6	23.0	26.8
Other action taken	%	np	np	**3.5	**3.9	np	np	*2.8	**1.7	*2.3
No action taken	%	np	np	**2.2	*2.2	*4.8	*7.8	3.9	4.9	4.3
Blood glucose checked										
At least once a day	%	66.5	53.5	47.0	44.4	40.9	44.5	44.7	46.5	45.5
At least once a week	%	**15.9	*21.4	21.6	22.7	26.0	18.5	24.5	19.2	22.2
At least once a month	%	**11.3	*8.1	*7.6	*13.5	*6.8	*11.4	8.7	11.5	10.0
Every 2 to less than 3 months	%	np	np	*8.6	*5.6	*9.1	*5.3	7.6	*4.8	6.4
Every 3 to less than 6 months	%	np	np	*6.4	*9.2	*6.9	*6.8	7.9	*6.5	7.3
Every 6 months	%	np	np	np	*1.7	**6.7	*5.6	*2.8	*5.9	4.2
Every 7 to 12 months	%	—	np	np	**1.1	*2.7	*2.4	*1.4	*3.2	*2.2
Not at all in the past 12 months	%	—	**5.2	**0.6	*1.8	**0.9	*3.7	*2.1	*1.8	2.0
Feet checked										
At least once a day	%	np	np	*15.0	10.7	*9.9	*7.9	9.1	12.3	10.5
At least once a week	%	*19.7	*9.0	*12.5	9.8	*11.0	*2.2	10.7	7.6	9.4
At least once a month	%	np	np	*12.6	12.3	*8.4	*9.0	9.7	10.8	10.2
Every 2 to less than 3 months	%	np	np	*8.7	*8.1	13.8	31.6	13.1	14.5	13.7
Every 3 to less than 6 months	%	np	np	**5.8	*5.6	*8.1	*7.1	6.5	*6.1	6.3
Every 6 months	%	—	*12.3	*7.3	*10.0	*4.8	*7.3	6.8	*8.5	7.5
Every 7 to 12 months	%	*25.0	*23.1	*9.9	7.7	16.3	*16.1	14.9	12.0	13.6
Not at all in the past 12 months	%	*22.8	33.1	28.3	35.9	27.8	18.9	29.2	28.2	28.8
Type of medication used(c)										
Insulins	%	*35.9	*9.1	*10.2	*7.8	**2.5	*6.7	7.1	8.5	7.7
Gliclazide	%	—	*8.1	*16.8	20.6	21.2	26.1	19.3	19.6	19.4
Metformin	%	np	np	65.3	59.0	56.9	48.4	54.9	54.0	54.5
Other oral blood glucose lowering drugs	%	np	np	*6.6	10.8	*11.2	*11.7	10.4	8.5	9.6
Other diabetes medication	%	39.8	33.4	23.0	13.6	18.9	19.4	19.5	20.8	20.1
Other medication	%	—	*11.1	*5.9	*6.6	*9.9	*5.7	10.0	*3.8	7.3
Total(d)	%	74.2	79.2	81.5	70.6	71.5	78.4	74.4	75.5	74.8
Total persons with diabetes	'000	29.0	65.9	129.6	233.2	206.7	153.7	463.8	354.4	818.2

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 (a) Action taken in the 12 months prior to interview.
 (b) Action taken in the 2 weeks prior to interview.
 (c) Medication used for diabetes in the 2 weeks prior to interview.
 (d) Persons may have reported more than one type of medication and therefore components may not add to the total shown.

LEVEL OF CURRENT PSYCHOLOGICAL DISTRESS (a)

	AGE GROUP (YEARS)							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES ('000)								
Low distress level	725.0	973.5	1 069.1	1 030.8	828.3	563.1	388.2	5 578.1
Moderate distress level	227.1	316.6	299.7	232.7	206.9	89.3	71.6	1 444.0
High distress level	54.2	118.3	91.1	101.3	96.4	32.6	32.7	526.7
Very high distress level	*12.0	38.6	41.1	57.3	39.9	20.0	*11.7	220.6
Total(b)	1 018.2	1 447.1	1 501.1	1 422.1	1 171.5	705.1	504.3	7 769.4
FEMALES ('000)								
Low distress level	515.1	845.4	974.1	945.7	763.7	544.8	430.8	5 019.7
Moderate distress level	296.2	385.2	350.3	289.9	234.7	112.2	138.1	1 806.7
High distress level	128.8	139.1	156.8	153.8	115.0	61.8	58.4	813.7
Very high distress level	*42.7	59.9	61.5	70.7	57.5	*16.5	22.1	330.8
Total(b)	982.8	1 429.5	1 542.7	1 460.1	1 170.8	735.3	649.5	7 970.8
PERSONS ('000)								
Low distress level	1 240.1	1 818.9	2 043.3	1 976.5	1 592.0	1 107.9	819.1	10 597.8
Moderate distress level	523.3	701.9	650.0	522.6	441.6	201.6	209.8	3 250.7
High distress level	183.0	257.4	247.9	255.2	211.4	94.3	91.1	1 340.3
Very high distress level	54.6	98.5	102.6	128.0	97.3	36.5	33.9	551.4
Total(b)	2 001.1	2 876.6	3 043.8	2 882.2	2 342.4	1 440.3	1 153.8	15 740.2
MALES (%)								
Low distress level	71.2	67.3	71.2	72.5	70.7	79.9	77.0	71.8
Moderate distress level	22.3	21.9	20.0	16.4	17.7	12.7	14.2	18.6
High distress level	5.3	8.2	6.1	7.1	8.2	4.6	6.5	6.8
Very high distress level	*1.2	2.7	2.7	4.0	3.4	2.8	*2.3	2.8
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES (%)								
Low distress level	52.4	59.1	63.1	64.8	65.2	74.1	66.3	63.0
Moderate distress level	30.1	26.9	22.7	19.9	20.0	15.3	21.3	22.7
High distress level	13.1	9.7	10.2	10.5	9.8	8.4	9.0	10.2
Very high distress level	*4.3	4.2	4.0	4.8	4.9	*2.2	3.4	4.1
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS (%)								
Low distress level	62.0	63.2	67.1	68.6	68.0	76.9	71.0	67.3
Moderate distress level	26.2	24.4	21.4	18.1	18.9	14.0	18.2	20.7
High distress level	9.1	8.9	8.1	8.9	9.0	6.5	7.9	8.5
Very high distress level	2.7	3.4	3.4	4.4	4.2	2.5	2.9	3.5
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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(a) As measured by the Kessler 10 score. See Psychological distress in the Glossary.

(b) Total includes not stated.

AGE GROUP (YEARS)

	AGE GROUP (YEARS)						75 and over	Males	Females	Persons
	0-34	35-44	45-54	55-64	65-74					
Type of action(a)										
Had days away from work, school or study	%	22.3	18.4	20.7	10.9	np	np	15.7	18.7	17.3
Consulted an other health professional	%	32.5	36.7	35.2	25.5	np	np	27.2	34.3	31.1
Action taken	%	47.2	45.9	42.4	32.3	19.8	14.7	37.3	43.8	40.9
No action taken	%	52.8	54.1	57.6	67.7	80.2	85.3	62.7	56.2	59.1
Taken medication for 6 months or more	%	13.8	32.6	33.8	41.0	39.0	33.1	22.6	29.9	26.6
Taken medication more than 3 days/nights a week	%	18.0	36.3	38.2	41.2	37.7	39.1	26.4	32.8	29.9
Type of medication used(b)										
Sleeping tablets or capsules	%	6.2	8.7	13.0	15.2	16.6	18.2	7.1	12.9	10.2
Tablets or capsules for anxiety or nerves	%	5.2	8.0	12.3	*10.0	20.5	*10.0	7.5	9.6	8.6
Tranquilliser's	%	*1.2	*1.4	*2.6	*3.3	**4.4	*3.8	1.5	2.6	2.1
Antidepressants	%	13.5	34.7	39.4	37.8	35.8	28.7	21.0	31.8	26.9
Mood stabilisers	%	3.4	*5.4	4.5	*6.4	np	np	3.3	5.3	4.4
Other medications for your mental health	%	*1.5	*4.0	*4.8	*2.2	np	np	3.2	2.3	2.7
Used medication for mental health(c)	%	18.9	44.5	51.2	53.1	56.7	52.8	31.1	42.5	37.3
Did not use medications for mental health	%	81.1	55.5	48.8	46.9	43.3	47.2	68.9	57.5	62.7
Generic type of medication used(d)										
Amitriptyline	%	np	np	**1.1	**3.5	**2.2	**2.2	*0.8	*1.7	1.3
Other tricyclic antidepressants and mianserin	%	np	np	**2.6	*2.5	*2.7	**6.0	*0.8	*2.1	1.5
Citalopram	%	*2.6	7.1	*4.5	*7.5	*5.6	*6.7	3.9	5.5	4.7
Paroxetine	%	*0.9	**0.8	*1.2	*1.7	np	np	*0.7	1.3	1.0
Sertraline	%	*2.2	6.3	5.6	*4.6	*10.8	*5.6	3.8	5.0	4.5
Other serotonin reuptake inhibitors	%	2.6	*5.1	*4.5	*3.1	**2.7	**1.3	3.3	3.4	3.4
Venlafaxine	%	*2.1	10.4	*6.9	8.6	**2.6	**1.5	4.3	6.1	5.2
Other antidepressants	%	*0.9	**0.9	*2.6	*2.7	*4.1	**4.1	1.9	1.7	1.8
Diazepam	%	*1.9	*2.3	*4.7	*2.5	*6.5	**2.0	2.3	3.2	2.8
Oxazepam	%	**0.2	*0.9	**0.6	**1.8	**2.0	*2.7	*0.7	*1.0	0.9
Temazepam	%	*1.5	*1.7	*3.6	*2.6	np	np	*1.2	2.9	2.2
Other benzodiazepines	%	**0.7	**1.5	*2.2	*1.8	**1.5	**1.6	*0.9	*1.7	1.3
Other medications for mental health	%	3.7	7.4	6.6	*6.2	*5.1	**2.4	4.8	5.4	5.2
Other medications	%	6.2	5.9	7.1	*8.7	*6.5	*6.5	6.8	6.7	6.7
Vitamins, minerals and herbal treatments	%	6.1	10.7	12.0	10.9	*3.8	*3.2	6.6	9.6	8.2
Total(c)	%	21.8	40.4	40.8	45.7	43.5	40.8	29.1	37.5	33.7
Total persons	'000	960.6	394.7	377.8	327.6	132.4	116.6	1 055.8	1 253.9	2 309.8

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(a) Action taken in the 12 months prior to interview.

(b) Medication used for mental health in the 2 weeks prior to interview.

(c) Persons may have reported more than one type of medication and therefore components may not add to the total shown.

(d) See Type of medication used for mental health in Glossary.

	<i>Profound or severe activity limitation</i>	<i>Other disability or restrictive long term health condition</i>	<i>Has no disability or restrictive long term health condition</i>	<i>Total</i>
	%	%	%	%
Sex of person				
Male	45.3	51.1	48.5	49.3
Female	54.7	48.9	51.5	50.7
Age group (years)				
18–34 years	16.3	20.3	39.1	31.0
35–54 years	28.0	34.8	40.3	37.6
55 years and over	55.7	44.9	20.6	31.4
Labour force status				
Employed, working full-time	11.9	33.1	52.2	47.5
Employed, working part-time	14.4	20.5	19.6	19.5
Unemployed, looking for full-time work	*1.4	2.6	1.4	1.5
Unemployed, looking for part-time work	**0.6	*0.7	0.7	0.7
Not in the labour force	71.8	43.0	26.1	30.8
Self assessed health status				
Excellent/very good	17.4	38.5	68.8	55.0
Good	22.6	36.0	25.8	29.4
Fair/poor	59.9	25.5	5.5	15.6
Selected long term conditions(c)(d)				
Arthritis	58.9	64.4	45.9	49.7
Asthma	23.8	20.0	25.4	24.5
Diabetes mellitus	19.3	14.6	11.7	12.9
Heart, stroke and vascular diseases	35.5	21.2	13.4	16.6
Malignant neoplasms	7.4	6.7	4.5	5.1
Mental & behavioural problems	47.0	31.0	30.4	32.1
Bodily pain experienced(e)				
None	11.5	16.9	43.4	31.9
Very mild or mild	21.0	38.3	41.2	39.1
Moderate	29.0	30.2	11.4	19.3
Severe or very severe	38.6	14.6	4.0	9.7
Level of psychological distress(f)				
Low distress level	35.6	57.9	76.0	67.3
Moderate distress level	26.1	24.5	17.7	20.6
High distress level	21.1	12.0	5.2	8.5
Very high distress level	16.4	5.6	1.0	3.5
Frequency of GP visits				
At least once a month	39.8	20.2	5.7	9.5
Every 3 months	24.6	23.9	13.0	15.1
Every 6 months	9.7	16.3	16.4	16.1
Private health insurance				
With private health insurance	35.9	42.1	55.6	52.7
Without private health insurance	64.1	57.8	44.0	47.0

* estimate has a relative standard error of 25% to 50% and should be used with caution

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

(a) See Disability status in Glossary.

(b) Persons aged 18 years and over.

(c) Conditions which have lasted, or are expected to last, for 6 months or more.

(d) There is no direct relationship between disability status and type of long-term condition. Therefore, disability status may not be associated with a particular long-term condition, but with another condition reported by the same respondent. For example, if a respondent has arthritis and diabetes and a limitation, there may be a direct association between arthritis and the limitation but no association between diabetes and the limitation.

(e) See Bodily pain in Glossary.

(f) Based on Kessler 10 score. See Psychological distress in Glossary.

	<i>Profound or severe activity limitation</i>	<i>Other disability or restrictive long term health condition</i>	<i>Has no disability or restrictive long term health condition</i>	<i>Total</i>
	%	%	%	%
Government health card				
With card				
Has a health care card	25.5	20.2	12.0	13.8
Has a pensioner concession card	60.8	32.5	14.4	19.3
Has a Commonwealth seniors health card	9.3	4.2	4.1	4.4
Has a DVA card	6.9	3.8	1.3	1.9
Without card				
Has none of these cards	23.3	43.9	63.2	58.5
Not known if has a government concession/entitlement card	—	—	**0.1	**0.1
Source of personal income				
Wage or salary	19.9	50.2	69.0	59.6
Disability support pension (Centrelink)	28.4	6.3	0.8	4.2
Disability pension (DVA)	*3.2	1.6	*0.2	0.8
Age pension	30.1	18.8	6.3	12.1
Index of disadvantage^(c)				
First quintile	25.2	19.9	15.6	17.7
Fifth quintile	12.5	19.5	23.6	21.6

* estimate has a relative standard error of 25% to 50% and should be used with caution

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

— nil or rounded to zero (including null cells)

(a) See Disability status in Glossary.

(b) Persons aged 18 years and over.

(c) See Index of disadvantage in Glossary.

AGE GROUP (YEARS)

15-17 18-24 25-34 35-44 45-54 55-64 65-74 75 and over Total

MALES

Smoker status

	%	15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
Current smoker										
Current smoker daily	%	8.0	19.8	29.5	26.2	22.5	15.3	np	np	20.2
Current smoker other	%	**1.3	*4.4	3.3	2.0	*1.7	*0.9	np	np	2.0
Total current smoker	%	9.3	24.2	32.8	28.2	24.3	16.2	10.5	5.3	22.2
Ex-smoker	%	*2.9	11.9	25.5	26.5	37.3	47.6	54.9	61.0	32.8
Never smoked	%	87.8	64.0	41.7	45.3	38.4	36.2	34.6	33.8	45.0
Total	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

Alcohol risk

	%	15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
Low risk	%	23.0	52.0	53.2	59.0	59.6	53.6	53.7	51.6	53.7
Risky	%	np	6.0	8.3	7.0	7.2	9.2	6.2	np	6.9
High risk	%	np	10.2	9.1	8.2	8.5	7.6	5.3	np	7.5
Last consumed alcohol 1 week to less than 12 months ago	%	26.7	22.2	19.2	15.3	13.9	14.1	16.9	17.1	17.3
Last consumed alcohol 12 months or more ago	%	*3.3	**1.2	2.6	4.2	6.2	7.5	6.6	10.6	4.9
Never consumed alcohol	%	44.2	7.7	7.0	5.5	3.9	5.9	8.3	12.1	8.4
Time since last consumed alcohol not known	%	*1.4	**0.6	**0.2	*0.8	*0.7	*1.9	*2.8	*3.3	1.2
Total(b)	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

Exercise level(c)

	%	15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
Sedentary										
Sedentary (no exercise)	%	np	np	30.0	32.6	38.4	35.0	37.1	51.5	33.6
Sedentary (very low)	%	np	np	**0.3	*1.2	**0.2	**0.2	**0.4	**2.4	*0.6
Total sedentary	%	19.8	27.2	30.2	33.8	38.6	35.2	37.5	53.9	34.2
Low	%	31.6	32.6	37.5	36.7	33.0	33.8	31.2	25.1	33.8
Moderate	%	30.6	26.4	20.7	21.4	20.6	26.3	np	np	23.4
High	%	17.7	13.8	11.4	8.1	7.6	*4.5	np	np	8.4
Total(d)	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

Body mass index(e)(f)(g)

	%	15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
Underweight	%	—	*3.5	*2.3	*1.0	**0.5	**0.1	np	np	1.3
Normal range (BMI 18.5-19.99)	%	—	8.3	*2.5	*1.9	*1.3	*0.5	np	np	2.3
Normal range (BMI 20.00-24.99)	%	—	47.7	33.3	26.6	21.4	24.5	20.3	23.9	28.7
Overweight	%	—	27.6	42.4	44.1	46.9	39.9	45.1	52.8	42.1
Obese	%	—	12.8	19.6	26.4	29.9	35.0	33.9	21.5	25.6
Total measured	'000	—	755.8	1 086.3	1 066.1	1 017.8	867.5	514.1	361.8	5 669.4

Usual daily intake of fruit

	%	15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
Don't eat fruit	%	9.6	8.5	9.9	9.0	8.6	5.4	4.1	*2.5	7.7
1 or less serves	%	48.1	48.3	51.9	51.0	48.1	41.1	33.4	33.9	46.2
2 serves	%	27.4	24.9	23.9	25.0	22.7	27.3	34.3	33.5	26.2
3 serves	%	8.2	12.7	9.3	9.6	13.1	15.8	18.1	19.4	12.7
4 serves	%	*3.9	3.7	2.8	3.2	5.7	7.5	6.6	6.2	4.8
5 serves	%	np	np	*1.4	*1.4	*1.1	*1.5	*2.4	*2.6	1.5
6 or more serves	%	np	np	*0.8	*0.8	*0.6	*1.3	*1.1	**1.9	0.9
Total	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

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** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) For information about Health risk factors see Glossary.

(b) Includes persons for whom the time since last drank was not stated.

(c) Exercise undertaken in the 2 weeks prior to interview.

(d) Includes persons for whom the level of exercise was not stated.

(e) See Body mass index in Glossary.

(f) Excludes those for whom measurements were not taken.

(g) Persons aged 18 years and over.

AGE GROUP (YEARS)

15-17 18-24 25-34 35-44 45-54 55-64 65-74 75 and over Total

MALES *cont.*

Usual daily intake of vegetables

Don't eat vegetables	%	*2.3	**1.6	*0.8	*0.9	*0.6	np	**0.3	np	0.8
1 or less serves	%	39.0	39.3	40.7	34.7	31.1	25.3	17.2	21.6	32.3
2 serves	%	25.3	31.6	29.3	29.0	27.8	30.3	23.3	26.5	28.5
3 serves	%	19.2	14.9	16.5	20.4	25.4	22.1	32.3	22.1	21.2
4 serves	%	8.5	6.9	7.8	9.0	9.3	12.2	12.9	17.2	9.9
5 serves	%	*3.1	4.8	3.3	4.3	4.1	6.7	9.5	10.0	5.2
6 or more serves	%	*2.8	*0.9	1.6	1.8	*1.7	np	4.5	np	2.1
Total	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

Dietary guidelines(b)

Adequate fruit or vegetable consumption	%	*2.8	3.7	2.9	3.4	3.8	7.1	9.3	9.4	4.8
Inadequate fruit or vegetable consumption	%	97.2	96.3	97.1	96.6	96.2	92.9	90.7	90.6	95.2
Total	'000	416.9	1 018.2	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	8 187.8

FEMALES

Smoker status

Current smoker										
Current smoker daily	%	4.3	18.2	19.3	20.3	20.7	16.4	np	np	16.4
Current smoker other	%	**0.2	3.7	3.1	1.9	*1.1	**0.9	np	np	1.6
Total current smoker	%	4.5	21.9	22.3	22.2	21.7	17.3	9.1	*4.7	18.0
Ex-smoker	%	*4.1	13.2	23.8	26.6	25.8	30.8	29.7	28.4	24.3
Never smoked	%	91.3	64.9	53.8	51.2	52.5	51.8	61.2	66.9	57.7
Total	'000	432.7	982.8	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	8 412.8

Alcohol risk

Low risk	%	15.1	38.3	43.0	41.3	46.9	43.8	35.9	31.0	39.9
Risky	%	np	8.8	6.3	8.5	9.3	9.3	9.2	np	7.8
High risk	%	np	4.3	2.9	2.9	3.7	3.3	*2.7	np	3.0
Last consumed alcohol 1 week to less than 12 months ago	%	34.3	31.3	29.3	27.7	20.7	19.2	17.2	18.8	24.7
Last consumed alcohol 12 months or more ago	%	*2.8	6.3	6.1	5.8	5.4	7.0	9.7	12.3	6.7
Never consumed alcohol	%	45.3	10.2	10.1	12.6	12.0	13.2	20.3	23.5	15.1
Time since last consumed alcohol not known	%	*1.2	**0.8	*2.0	*0.9	*1.8	3.8	5.0	8.3	2.6
Total(c)	'000	432.7	982.8	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	8 412.8

Exercise level(d)

Sedentary										
Sedentary (no exercise)	%	np	np	30.2	34.6	33.3	37.3	41.2	58.9	35.6
Sedentary (very low)	%	np	np	**0.4	*0.9	**1.0	**0.5	**0.3	*0.7	0.6
Total sedentary	%	25.2	31.1	30.6	35.5	34.3	37.8	41.4	59.7	36.1
Low	%	42.1	43.0	44.6	42.7	41.1	37.2	33.4	27.2	40.0
Moderate	%	25.1	18.8	19.3	17.7	21.3	21.9	np	np	19.9
High	%	7.5	7.1	5.5	3.9	3.3	2.9	np	np	4.0
Total(e)	'000	432.7	982.8	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	8 412.8

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 ** estimate has a relative standard error greater than 50% and is considered too unreliable for general use
 np not available for publication but included in totals where applicable, unless otherwise indicated

(a) For information about Health risk factors see Glossary.
 (b) Based on dietary guidelines for adults.
 (c) Includes persons for whom the time since last drank was not stated.
 (d) Exercise undertaken in the 2 weeks prior to interview.
 (e) Includes persons for whom the level of exercise was not stated.

AGE GROUP (YEARS)

15-17 18-24 25-34 35-44 45-54 55-64 65-74 75 and over Total

FEMALES *cont.*

Body mass index(b)(c)(d)

Underweight	%	—	7.2	3.4	*1.9	*2.0	*1.2	np	np	2.8
Normal range (BMI 18.5-19.99)	%	—	13.9	8.3	4.6	4.6	*2.1	np	np	5.9
Normal range (BMI 20.00-24.99)	%	—	43.3	43.7	38.1	34.4	28.8	25.4	36.2	36.4
Overweight	%	—	20.8	26.3	32.4	32.5	34.6	42.0	31.8	30.9
Obese	%	—	14.9	18.4	22.9	26.5	33.4	29.4	25.1	24.0
Total measured	'000	—	750.5	988.4	1 084.8	987.0	816.4	528.3	436.2	5 591.6

Usual daily intake of fruit

Don't eat fruit	%	*3.1	6.3	5.2	5.6	5.2	3.9	3.3	*1.2	4.6
1 or less serves	%	42.1	47.7	44.8	43.5	36.0	31.3	29.2	32.0	39.0
2 serves	%	33.1	27.1	29.9	33.9	35.7	34.6	36.2	39.7	33.4
3 serves	%	14.4	13.4	13.4	12.7	15.5	20.4	20.7	17.5	15.6
4 serves	%	5.2	3.9	4.4	3.1	5.3	6.7	6.1	6.9	5.0
5 serves	%	np	np	*1.4	*0.6	1.9	*1.9	2.8	*1.7	1.5
6 or more serves	%	np	np	*1.0	*0.6	*0.4	*1.2	*1.6	*1.0	0.8
Total	'000	432.7	982.8	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	8 412.8

Usual daily intake of vegetables

Don't eat vegetables	%	**1.6	*0.7	*0.5	*0.3	**0.6	np	*0.8	np	0.6
1 or less serves	%	29.9	36.9	26.1	23.8	21.0	16.4	15.0	15.4	23.1
2 serves	%	30.4	29.4	34.4	28.6	26.2	25.3	26.4	23.8	28.3
3 serves	%	20.1	20.2	23.2	25.5	26.3	28.7	26.6	31.5	25.4
4 serves	%	10.5	6.5	9.7	13.1	13.2	14.7	17.9	15.6	12.5
5 serves	%	6.0	*4.1	4.0	6.2	8.3	9.7	9.5	9.0	6.9
6 or more serves	%	*1.5	*2.2	2.3	2.4	4.4	np	3.8	np	3.2
Total	'000	432.7	982.8	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	8 412.8

Dietary guidelines(e)

Adequate fruit or vegetable consumption	%	*5.8	*3.9	4.1	5.7	10.0	10.4	10.3	11.4	7.5
Inadequate fruit or vegetable consumption	%	94.2	96.1	95.9	94.3	90.0	89.6	89.7	88.6	92.5

Total '000 432.7 982.8 1 429.5 1 542.9 1 462.3 1 170.8 738.5 653.3 8 412.8

PERSONS

Smoker status

Current smoker										
Current smoker daily	%	6.1	19.0	24.4	23.2	21.6	15.9	9.6	4.9	18.3
Current smoker other	%	*0.7	4.1	3.2	1.9	1.4	*0.9	**0.1	**—	1.8
Total current smoker	%	6.9	23.1	27.6	25.1	23.0	16.8	9.8	5.0	20.1
Ex-smoker	%	3.6	12.5	24.7	26.6	31.5	39.2	42.0	42.6	28.5
Never smoked	%	89.6	64.4	47.7	48.3	45.5	44.0	48.2	52.4	51.5
Total	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6

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 — nil or rounded to zero (including null cells)
 np not available for publication but included in totals where applicable, unless otherwise indicated

(a) For information about Health risk factors see Glossary.
 (b) See Body mass index in Glossary.
 (c) Excludes those for whom measurements were not taken.
 (d) Persons aged 18 years and over.
 (e) Based on dietary guidelines for adults.

AGE GROUP (YEARS)

		15-17	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
PERSONS <i>cont.</i>										
Alcohol risk										
Low risk	%	18.9	45.3	48.1	50.0	53.1	48.7	44.6	40.0	46.7
Risky	%	np	np	7.3	7.8	8.3	9.3	7.7	4.4	7.4
High risk	%	np	np	6.0	5.5	6.1	5.5	4.0	*1.2	5.2
Last consumed alcohol 1 week to less than 12 months ago										
	%	30.6	26.7	24.2	21.6	17.4	16.6	17.1	18.1	21.0
Last consumed alcohol 12 months or more ago										
	%	3.0	3.7	4.3	5.0	5.8	7.2	8.2	11.6	5.8
Never consumed alcohol										
	%	44.7	9.0	8.6	9.1	8.0	9.6	14.4	18.5	11.8
Time since last consumed alcohol not known										
	%	*1.3	*0.7	*1.1	0.8	1.3	2.9	4.0	6.1	1.9
Total(b)	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6
Exercise level(c)										
Sedentary										
Sedentary (no exercise)										
	%	np	np	30.1	33.6	35.8	36.2	39.2	55.7	34.6
Sedentary (very low)										
	%	np	np	*0.3	*1.0	*0.6	*0.4	*0.3	**1.5	0.6
Total sedentary										
	%	22.5	29.1	30.4	34.7	36.4	36.5	39.5	57.2	35.2
Low										
	%	37.0	37.7	41.0	39.8	37.1	35.5	32.3	26.3	36.9
Moderate										
	%	27.8	22.7	20.0	19.5	20.9	24.1	25.9	16.0	21.6
High										
	%	12.5	10.5	8.5	6.0	5.4	3.7	2.2	**0.4	6.2
Total(d)	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6
Body mass index(e)(f)(g)										
Underweight										
	%	—	5.4	2.8	*1.5	*1.2	*0.6	*0.8	*1.8	2.0
Normal range (BMI 18.5-19.99)										
	%	—	11.1	5.3	3.3	2.9	*1.3	*1.2	2.7	4.1
Normal range (BMI 20.00-24.99)										
	%	—	45.5	38.2	32.4	27.8	26.6	22.8	30.6	32.5
Overweight										
	%	—	24.2	34.7	38.2	39.8	37.3	43.5	41.4	36.6
Obese										
	%	—	13.9	19.0	24.6	28.2	34.2	31.6	23.5	24.8
Total measured	'000	—	1 506.2	2 074.7	2 150.8	2 004.9	1 683.9	1 042.4	798.1	11 261.0
Usual daily intake of fruit										
Don't eat fruit										
	%	6.3	7.4	7.6	7.3	6.9	4.6	3.7	*1.8	6.2
1 or less serves										
	%	45.0	48.0	48.3	47.2	42.0	36.2	31.2	32.8	42.5
2 serves										
	%	30.3	26.0	26.9	29.5	29.3	31.0	35.3	37.0	29.8
3 serves										
	%	11.4	13.0	11.3	11.2	14.3	18.1	19.5	18.4	14.2
4 serves										
	%	4.6	3.8	3.6	3.2	5.5	7.1	6.3	6.6	4.9
5 serves										
	%	*1.9	*1.1	1.4	1.0	1.5	1.7	2.6	2.1	1.5
6 or more serves										
	%	**0.6	*0.6	*0.9	*0.7	*0.5	1.3	*1.4	*1.4	0.9
Total	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6
Usual daily intake of vegetables										
Don't eat vegetables										
	%	*1.9	*1.2	*0.6	0.6	*0.6	**0.3	*0.5	*0.5	0.7
1 or less serves										
	%	34.4	38.1	33.4	29.2	26.0	20.9	16.1	18.1	27.6
2 serves										
	%	27.9	30.5	31.8	28.8	27.0	27.8	24.9	25.0	28.4
3 serves										
	%	19.6	17.5	19.8	23.0	25.8	25.4	29.4	27.4	23.3
4 serves										
	%	9.5	6.7	8.7	11.1	11.3	13.5	15.4	16.3	11.2
5 serves										
	%	4.6	4.4	3.7	5.3	6.2	8.2	9.5	9.4	6.1
6 or more serves										
	%	*2.1	*1.6	1.9	2.1	3.0	3.9	4.2	3.2	2.7
Total	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6

* estimate has a relative standard error of 25% to 50% and should be used with caution (b) Includes persons for whom the time since last drank was not stated.

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use (c) Exercise undertaken in the 2 weeks prior to interview.

— nil or rounded to zero (including null cells) (d) Includes persons for whom the level of exercise was not stated.

np not available for publication but included in totals where applicable, unless otherwise indicated (e) See Body mass index in Glossary.

(a) For information about Health risk factors see Glossary. (f) Excludes those for whom measurements were not taken.

(g) Persons aged 18 years and over.

AGE GROUP (YEARS)

15-17 18-24 25-34 35-44 45-54 55-64 65-74 75 and over Total

PERSONS *cont.*

Dietary guidelines(b)

Adequate fruit or vegetable consumption	%	4.3	3.8	3.5	4.6	6.9	8.7	9.8	10.5	6.1
Inadequate fruit or vegetable consumption	%	95.7	96.2	96.5	95.4	93.1	91.3	90.2	89.5	93.9
Total	'000	849.6	2 001.1	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	16 600.6

(a) For information about Health risk factors see Glossary.

(b) Based on dietary guidelines for adults.

		AGE GROUP (YEARS)				Total children
		5-7	8-11	12-15	16-17	
Body mass index(b)						
Underweight/normal	%	79.0	77.3	73.3	68.4	75.1
Overweight	%	13.7	15.9	20.0	19.1	17.1
Obese	%	*7.3	6.8	6.8	12.6	7.8
Total	'000	565.8	737.0	741.5	365.3	2 409.6
Waist measurement						
Waist circumference(c)(d)						
Less than 40	%	**1.9	*1.5	np	np	*1.3
40-49	%	*4.4	*1.1	np	np	1.4
50-59	%	67.6	28.4	*3.5	**1.0	25.6
60-69	%	23.3	43.6	31.5	16.1	31.0
70-79	%	np	np	37.0	33.9	22.2
80-89	%	np	np	16.5	27.7	11.4
90-99	%	—	*1.7	5.0	*10.4	3.6
100-109	%	—	**0.6	*4.5	*4.9	2.3
110 or more	%	—	np	np	*3.9	*1.1
Measured	%	67.9	69.1	64.8	63.5	66.6
Measurement refused	%	4.7	*2.5	*2.5	*2.5	3.0
Measurement not taken for other reason(e)	%	27.3	28.4	32.7	34.1	30.4
Total	'000	801.6	1 064.7	1 115.9	570.9	3 553.1
Fruit consumption						
Don't eat fruit	%	*2.4	*0.9	4.1	6.3	3.1
1 or less serves	%	27.6	28.2	41.1	45.3	34.9
2 serves	%	40.4	41.2	32.0	30.2	36.4
3 serves	%	18.2	19.1	14.5	11.9	16.3
4 serves	%	8.2	6.4	5.4	4.4	6.2
5 serves	%	*2.4	3.0	2.3	*1.1	2.3
6 or more serves	%	**0.8	*1.3	*0.5	**0.8	*0.9
Total	'000	801.6	1 064.7	1 115.9	570.9	3 553.1
Vegetable consumption						
Don't eat vegetables	%	*3.3	*0.5	*1.6	*1.7	1.6
1 or less serves	%	39.4	32.9	34.7	34.6	35.2
2 serves	%	30.8	33.9	27.0	29.1	30.3
3 serves	%	16.9	20.4	21.7	18.1	19.6
4 serves	%	6.1	6.1	8.9	9.7	7.6
5 serves	%	*2.7	5.3	4.8	*4.3	4.4
6 or more serves	%	*0.8	*0.9	*1.3	*2.3	1.2
Total	'000	801.6	1 064.7	1 115.9	570.9	3 553.1
Type of milk consumption						
Cow's milk	%	94.2	95.3	95.1	90.9	94.3
Soy milk	%	*2.5	*2.0	1.7	*3.0	2.2
Other type of milk	%	*1.8	*1.2	*0.8	*1.9	1.3
Does not drink milk	%	*1.5	*1.5	2.4	*4.2	2.2
Total(f)	'000	801.6	1 064.7	1 115.9	570.9	3 553.1

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— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) For information about Health risk factors see Glossary.

(b) Excludes those for whom measurements were not taken.

(c) Measurement in centimetres (cm).

(d) Percentage calculated from number of people measured.

(e) Other reasons include ill health etc.

(f) Includes type of milk not known.

	<i>Current smoker daily</i>	<i>Risky/high risk alcohol consumption</i>	<i>Sedentary</i>	<i>Overweight/obese(b) (c)</i>	<i>Inadequate fruit or vegetable consumption(d) (e)</i>
	%	%	%	%	%
Country of birth					
Australia (includes External Territories)	19.9	14.1	33.8	63.1	93.4
Other Oceania and Antarctica	22.2	16.0	32.3	67.4	93.0
United Kingdom	14.4	14.8	29.0	66.0	92.8
Other North-West Europe	16.9	14.3	35.2	62.9	91.4
Southern and Eastern Europe	14.6	*5.9	44.7	67.1	95.7
North Africa and the Middle East	23.2	**1.6	49.7	64.6	97.0
South-East Asia	6.6	*1.2	48.6	38.8	97.4
All other countries	11.4	5.3	40.5	45.0	96.4
Born overseas					
Arrived before 1996	14.6	9.7	39.6	62.7	95.0
Arrived 1996–2008	13.5	6.4	36.5	44.6	94.7
Main language spoken at home					
English	19.0	13.8	33.6	62.7	93.5
Language other than English	12.2	1.8	48.8	49.9	96.6
Labour force status					
Employed	19.3	14.7	32.1	60.1	94.6
Unemployed	32.0	12.6	30.9	44.8	94.2
Not in the labour force	15.1	8.2	42.0	65.5	92.2
Index of disadvantage					
First quintile	27.8	11.2	46.7	65.7	95.0
Fifth quintile	11.0	13.3	24.4	56.3	93.4
Private health insurance					
With private health insurance	11.1	12.5	29.2	62.2	93.2
Without private health insurance	26.2	12.6	41.9	60.6	94.6
Government health card					
Has Government health concession card (incl DVA)	20.2	9.2	44.9	66.9	92.6
Does not have Government health concession card	17.6	14.2	31.0	58.8	94.4
Household structure					
Person living alone	21.8	13.8	36.7	61.0	93.2
Couple only	13.7	14.8	35.2	67.5	91.1
Couple with children	16.3	10.3	33.2	60.8	95.5
All other households	25.4	13.0	37.9	54.0	94.8

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** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

(a) Persons aged 15 and over.

(b) Based on measured BMI.

(c) Children aged 15–17 years are excluded.

(d) Includes those that did not eat fruit or vegetables.

(e) See Usual daily intake of fruit/vegetables in the Glossary.

AGE GROUP (YEARS)

	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	Males	Females	Persons
	%	%	%	%	%	%	%	%	%	%

WALKING

Walked for exercise	41.2	49.2	48.7	51.3	50.6	50.9	35.7	44.3	50.6	47.5
Did not walk for exercise	58.8	50.8	51.3	48.7	49.4	49.1	64.3	55.7	49.4	52.5
Number of times walked										
One or two	11.6	13.0	12.2	10.7	8.8	5.9	4.7	10.3	10.6	10.4
Three to six	16.7	21.6	22.6	21.3	18.4	16.5	11.7	17.4	21.1	19.3
Seven to fourteen	12.3	14.2	12.9	18.4	21.6	27.3	16.9	15.4	18.0	16.7
Fifteen or more	*0.6	*0.4	*1.1	0.9	1.9	1.3	*2.3	1.2	0.9	1.1
Total population	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Average duration of walking										
Less than 30 minutes	*0.6	*0.5	*1.1	*0.6	*0.3	*0.4	**1.1	0.7	*0.6	0.6
30 to less than 60 minutes	3.1	4.4	3.1	2.4	1.7	1.6	*1.3	2.5	3.0	2.7
60 to less than 90 minutes	7.7	9.7	8.4	7.7	6.7	4.2	4.2	6.6	8.4	7.5
90 minutes or more	29.8	34.5	36.0	40.7	41.8	44.7	28.9	34.6	38.5	36.6
Total population(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

MODERATE EXERCISE

Did moderate exercise	50.2	41.7	36.5	32.4	29.5	24.7	17.1	38.1	33.3	35.7
Did not do moderate exercise	49.8	58.3	63.5	67.6	70.5	75.3	82.9	61.9	66.7	64.3
Number of times did moderate exercise										
One or two	16.0	15.3	13.8	11.0	8.6	6.7	5.4	11.8	12.2	12.0
Three to six	22.4	17.8	15.8	13.0	12.2	10.2	6.1	16.4	13.9	15.1
Seven to fourteen	11.3	7.8	6.5	7.8	8.1	7.2	5.3	9.2	6.9	8.0
Fifteen or more	*0.4	*0.7	*0.4	*0.6	*0.6	*0.6	**0.2	0.8	0.3	0.5
Total population	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Average duration of moderate exercise										
Less than 30 minutes	*1.2	*0.9	1.0	*1.0	*0.4	*0.9	*1.3	0.9	1.0	1.0
30 to less than 60 minutes	3.4	3.0	2.6	1.7	1.5	*1.0	*0.8	2.2	2.2	2.2
60 to less than 90 minutes	6.6	8.8	6.7	5.4	5.2	3.6	3.3	5.8	6.4	6.1
90 minutes or more	39.0	29.0	26.2	24.2	22.4	19.1	11.7	29.1	23.6	26.4
Total population	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

VIGOROUS EXERCISE

Did vigorous exercise	27.8	20.9	16.1	11.4	7.6	4.3	*1.1	18.7	11.1	14.9
Did not do vigorous exercise	72.2	79.1	83.9	88.6	92.4	95.7	98.9	81.3	88.9	85.1
Number of times did vigorous exercise										
One or two	10.8	8.2	6.2	3.6	2.8	*1.9	*0.4	6.7	4.6	5.6
Three to six	11.2	9.1	6.9	4.4	3.1	1.5	**0.4	7.8	4.5	6.1
Seven to fourteen	5.6	3.5	2.9	3.1	np	np	**0.3	4.0	1.9	3.0
Fifteen or more	**0.1	**0.2	**0.1	**0.3	np	np	—	*0.2	**0.1	*0.1
Total population	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Average duration of vigorous exercise										
Less than 30 minutes	*0.9	*0.6	*0.6	*0.2	*0.4	**0.2	**0.1	0.7	0.3	0.5
30 to less than 60 minutes	2.2	2.2	1.0	*1.0	*0.5	np	np	1.5	1.0	1.2
60 to less than 90 minutes	4.2	3.1	3.1	1.6	*1.2	np	np	2.5	2.2	2.4
90 minutes or more	20.4	15.1	11.4	8.6	5.6	2.8	*0.7	14.0	7.7	10.8
Total population	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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(a) Exercise undertaken in the last 2 weeks.

(b) Includes persons for whom duration of exercise was not stated.

AGE GROUP (YEARS)

	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	Total persons
	%	%	%	%	%	%	%	%

MALES

2007–08								
Underweight	5.1	1.6*	1.0*	0.4*	0.3*	0.7**	0.6**	1.3
Normal range	56.2	41.1	31.8	27.7	27.6	26.0	44.2	35.4
Overweight	28.8	40.0	41.6	43.5	43.8	47.0	41.9	40.9
Obese	9.8	17.2	25.6	28.4	28.3	26.3	13.3	22.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2004–05								
Underweight	3.0	0.6**	0.7*	0.3**	0.3*	0.5**	3.7*	1.0
Normal range	61.0	39.6	29.6	29.2	28.2	39.1	45.3	37.1
Overweight	28.7	42.2	47.1	45.8	48.0	42.9	40.1	42.9
Obese	7.2	17.6	22.6	24.7	23.6	17.5	10.9	19.0
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2001								
Underweight	2.7*	0.6*	1.0*	0.6*	0.9*	0.6*	1.8*	1.1
Normal range	60.9	47.2	37.0	32.8	31.1	36.5	49.2	41.2
Overweight	28.0	39.5	43.2	46.4	49.3	47.4	39.1	42.0
Obese	8.4	12.7	18.8	20.1	18.8	15.4	9.9	15.7
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

FEMALES

2007–08								
Underweight	11.0	4.5	2.0	2.7*	0.8*	1.9*	5.3	3.7
Normal range	59.6	54.1	51.2	43.5	38.7	38.6	48.0	47.9
Overweight	21.1	25.7	25.3	30.2	32.5	34.6	28.5	28.0
Obese	8.3	15.7	21.5	23.7	28.1	24.9	18.2	20.4
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2004–05								
Underweight	10.0	5.0	3.5	2.0	1.6*	2.7	6.8	4.2
Normal range	62.3	56.3	53.6	47.3	40.3	40.8	50.7	50.8
Overweight	19.5	24.4	26.4	30.3	34.0	34.9	29.9	28.0
Obese	8.1	14.4	16.5	20.3	24.1	21.5	12.6	17.0
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2001								
Underweight	12.7	5.2	4.3	1.9	1.8	2.1*	6.9	4.7
Normal range	64.9	60.4	56.4	48.8	39.4	40.7	51.8	52.9
Overweight	14.4	19.7	23.4	28.3	34.7	35.2	28.6	25.4
Obese	8.0	14.7	15.9	21.1	24.0	22.0	12.6	17.0
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Based on self reported height and weight. See BMI in Glossary.
 (b) Excludes those for whom height and weight were not stated or not known.

	AGE GROUP (YEARS)							Total persons
	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	
	%	%	%	%	%	%	%	
PERSONS								
2007–08								
Underweight	7.9	3.0	1.5	1.5	0.5*	1.3*	3.1	2.5
Normal range	57.8	47.3	41.2	35.6	32.8	32.2	46.2	41.5
Overweight	25.1	33.2	33.7	36.8	38.5	40.9	34.7	34.6
Obese	9.1	16.5	23.6	26.1	28.2	25.6	15.9	21.4
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2004–05								
Underweight	6.4	2.7	2.1	1.2	0.9	1.6*	5.4	2.6
Normal range	61.6	47.8	41.5	38.1	34.0	40.0	48.3	43.9
Overweight	24.3	33.5	36.9	38.2	41.2	39.0	34.5	35.5
Obese	7.7	16.0	19.6	22.5	23.8	19.5	11.8	18.0
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2001								
Underweight	7.5	2.9	2.6	1.2	1.3	1.4	4.7	2.9
Normal range	62.8	53.8	46.6	40.7	35.2	38.6	50.7	47.0
Overweight	21.5	29.6	33.3	37.5	42.2	41.2	33.1	33.7
Obese	8.3	13.7	17.4	20.6	21.3	18.8	11.4	16.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Based on self reported height and weight. See BMI in Glossary.
 (b) Excludes those for whom height and weight were not stated or not known.

MEASURED BMI

	Underweight	Normal range (BMI 18.5-19.99)	Normal range (BMI 20.00-24.99)	Overweight	Obese	Total measured
	'000	'000	'000	'000	'000	'000
MALES						
Self reported BMI(b)						
Underweight	*47.2	*18.2	*9.6	np	np	76.4
Normal range (BMI 18.5-19.99)	*11.9	55.5	37.5	np	np	104.9
Normal range (BMI 20.00-24.99)	np	29.3	1 270.6	384.1	np	1 699.0
Overweight	np	—	np	1 747.8	1 238.9	3 129.1
Obese	—	—	np	np	62.8	63.5
Total	65.8	103.0	1 453.8	2 133.8	1 316.3	5 072.7
Self assessed BMI compared to one year ago						
Increased body mass	*19.6	*24.4	279.1	531.3	386.6	1 241.0
Decreased body mass	**8.1	*12.8	273.4	440.9	295.7	1 030.9
Stayed the same	45.7	95.5	1 074.1	1 414.0	768.2	3 397.5
Total	73.4	132.7	1 626.5	2 386.2	1 450.5	5 669.4
Waist circumference(c)						
Not at risk	68.8	127.9	1 413.8	821.2	62.0	2 493.7
Increased risk	**3.1	—	188.4	1 519.2	1 354.8	3 065.5
Total	73.4	132.7	1 626.5	2 386.2	1 450.5	5 669.4
FEMALES						
Self reported BMI(b)						
Underweight	93.5	63.0	*22.0	np	np	182.7
Normal range (BMI 18.5-19.99)	*24.1	164.9	127.8	np	np	327.3
Normal range (BMI 20.00-24.99)	np	57.2	1 519.6	380.4	np	1 990.3
Overweight	np	—	np	1 058.7	945.3	2 099.1
Obese	—	—	np	np	95.8	98.3
Total	129.2	285.1	1 766.8	1 444.2	1 072.2	4 697.6
Self assessed BMI compared to one year ago						
Increased body mass	*19.8	63.9	529.1	560.7	437.9	1 611.4
Decreased body mass	39.1	62.0	394.5	331.8	314.6	1 142.0
Stayed the same	95.9	198.8	1 111.0	831.4	584.1	2 821.1
Total	154.8	324.6	2 034.6	1 723.9	1 336.6	5 574.6
Waist circumference(c)						
Not at risk	143.2	316.6	1 279.1	227.8	*19.6	1 986.2
Increased risk	*5.4	*5.9	700.9	1 439.1	1 269.6	3 420.8
Total	154.8	327.9	2 037.2	1 730.5	1 341.2	5 591.6

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(a) Based on measured height and weight. See Body mass index in Glossary.

(b) Based on self reported height and weight. See Body mass index in Glossary.

(c) See Waist circumference in Glossary.

MEASURED BMI

	Underweight	Normal range (BMI 18.5-19.99)	Normal range (BMI 20.00-24.99)	Overweight	Obese	Total measured
	'000	'000	'000	'000	'000	'000
PERSONS						
Self reported BMI(b)						
Underweight	140.7	81.2	*31.6	np	np	259.0
Normal range (BMI 18.5-19.99)	36.0	220.4	165.3	np	np	432.2
Normal range (BMI 20.00-24.99)	*12.0	86.5	2 790.2	764.5	*36.1	3 689.2
Overweight	**6.3	—	np	np	2 184.1	5 228.1
Obese	—	—	np	np	158.6	161.8
Total	195.0	388.1	3 220.6	3 578.0	2 388.5	9 770.3
Self assessed BMI compared to one year ago						
Increased body mass	*39.5	88.3	808.2	1 092.0	824.5	2 852.5
Decreased body mass	47.1	74.8	667.9	772.7	610.3	2 172.9
Stayed the same	141.7	294.3	2 185.0	2 245.4	1 352.3	6 218.6
Total	228.2	457.4	3 661.2	4 110.1	2 787.1	11 244.0
Waist circumference(c)						
Not at risk	212.0	444.4	2 692.9	1 048.9	81.6	4 479.9
Increased risk	*8.5	*5.9	889.3	2 958.3	2 624.3	6 486.4
Total	228.2	460.6	3 663.8	4 116.7	2 791.7	11 261.0

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(a) Based on measured height and weight. See Body mass index in Glossary.

(b) Based on self reported height and weight. See Body mass index in Glossary.

(c) See Waist circumference in Glossary.

MEASURED BODY MASS INDEX(a)—2007–08 and 1995

	5–12	13–17	Total 5–17	18–24	25–34	35–44	45–54	55–64	65–74	75 years and over	18 years and over
	%	%	%	%	%	%	%	%	%	%	%
MALES											
2007–08											
Underweight	-	-	-	3.5*	2.3*	1.0*	0.5**	0.1**	np	np	1.3
Normal weight(b)	77.6	68.5	74.3	56.0	35.7	28.5	22.7	25.0	np	np	31.0
Overweight	14.6	18.5	16.1	27.6	42.4	44.1	46.9	39.9	45.1	52.8	42.1
Obese	7.8	13.0	9.7	12.8	19.6	26.4	29.9	35.0	33.9	21.5	25.6
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995											
Underweight	-	-	-	2.3*	0.2**	0.7*	np	np	0.7**	np	0.7
Normal weight(b)	82.0	75.4	79.5	61.0	41.0	33.0	np	np	26.2	np	35.5
Overweight	14.4	18.6	16.0	26.5	44.3	48.1	51.2	50.6	51.7	48.7	45.2
Obese	3.6	6.1	4.5	10.2	14.5	18.3	25.7	25.6	21.4	17.3	18.6
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES											
2007–08											
Underweight	-	-	-	7.2	3.4	1.9*	2.0*	1.2*	np	np	2.8
Normal weight(b)	77.0	74.3	76.0	57.1	52.0	42.7	39.1	30.9	np	np	42.3
Overweight	17.1	20.0	18.2	20.8	26.3	32.4	32.5	34.6	42.0	31.8	30.9
Obese	5.9	5.7	5.8	14.9	18.4	22.9	26.5	33.4	29.4	25.1	24.0
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995											
Underweight	-	-	-	7.2	2.5	1.5*	np	np	1.4*	np	2.4
Normal weight(b)	76.4	84.4	78.9	66.5	59.4	53.1	np	np	34.9	np	48.8
Overweight	17.1	11.6	15.3	17.7	23.1	29.4	32.6	41.8	36.1	40.9	29.9
Obese	6.5	4.0	5.8	8.6	15.0	16.1	24.7	26.6	27.7	18.9	18.9
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS											
2007–08											
Underweight	-	-	-	5.4	2.8	1.5*	1.2*	0.6*	0.8*	1.8*	2.0
Normal weight(b)	77.3	71.4	75.1	56.6	43.5	35.7	30.8	27.8	24.0	33.3	36.6
Overweight	15.8	19.2	17.1	24.2	34.7	38.2	39.8	37.3	43.5	41.4	36.6
Obese	6.9	9.4*	7.8	13.9	19.0	24.6	28.2	34.2	31.6	23.5	24.8
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995											
Underweight	-	-	-	4.7	1.3	1.1	0.6*	0.6*	1.1*	1.5*	1.5
Normal weight(b)	79.2	79.1	79.2	63.7	49.7	42.9	32.1	27.0	30.9	36.3	42.2
Overweight	15.7	15.5	15.7	22.2	34.2	38.8	42.1	46.3	43.3	43.9	37.6
Obese	5.0	5.4	5.2	9.4	14.7	17.2	25.2	26.1	24.8	18.3	18.7
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Based on measured height and weight. See Body mass index in Glossary.

(b) Combined underweight/normal weight percentages. Cut-off points for underweight and normal categories not available for children. See Glossary.

(c) Excludes those for whom height and weight were not stated or not known.

	AGE GROUP (YEARS)							Total
	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
	%	%	%	%	%	%	%	
2007-08								
With private health insurance								
Hospital cover only	4.4	4.3	7.2	7.9	9.6	13.6	14.5	7.8
Ancillary cover only	3.1	4.3	4.3	3.7	2.9	2.4	1.7	3.5
Both hospital and ancillary cover	36.0	35.6	41.8	46.9	49.1	39.4	27.6	40.4
Total(b)	46.3	45.2	53.6	59.0	62.0	55.4	44.5	52.5
Without private health insurance	51.5	54.5	46.2	41.0	38.0	44.5	55.5	47.0
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2004-05								
With private health insurance								
Hospital cover only	5.4	5.3	7.8	9.6	11.7	12.1	16.4	8.7
Ancillary cover only	4.0	3.7	4.0	4.2	2.9	2.7	0.9*	3.5
Both hospital and ancillary cover	33.0	31.5	40.9	46.5	45.8	36.1	23.4	37.9
Total(b)	43.8	40.8	53.0	60.7	61.0	51.0	41.4	50.7
Without private health insurance	54.9	58.8	46.8	39.2	38.8	48.7	58.4	48.9
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2001								
With private health insurance								
Hospital cover only	6.0	7.2	10.8	11.6	14.0	16.0	13.9	10.5
Ancillary cover only	3.0	3.4	3.6	2.7	2.9	1.5	1.1	2.9
Both hospital and ancillary cover	31.1	32.5	41.7	50.3	41.3	29.6	22.8	37.4
Total(b)	41.5	43.4	56.6	64.8	58.3	47.4	37.9	51.2
Without private health insurance	57.2	56.5	43.4	35.1	41.7	52.6	61.9	48.6
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Persons aged 15 years and over.

(b) Includes persons for whom type of cover was not known.

(c) Includes persons for whom insurance status was not known.

	2007–08	2004–05	2001
	%	%	%
With private health insurance			
Security or protection or peace of mind	53.5	42.5	41.3
Shorter wait for treatment or concerned over public hospital waiting lists	27.5	22.7	18.9
Always had it or parents pay it or condition of job	22.1	22.5	21.4
Provides benefits for ancillary services or extras	26.2	22.1	18.4
Allow treatment as private patient in hospital	29.9	21.1	21.6
Choice of doctor	29.2	21.1	21.9
To gain government benefits or avoid extra Medicare levy	11.8	9.6	9.6
Has condition that requires treatment	7.5	7.8	5.8
Elderly or getting older or likely to need treatment	7.7	7.1	6.4
Lifetime cover or avoid age surcharge	10.0	5.5	9.6
Other financial reasons	4.5	3.8	6.1
Other reason	6.2	6.0	8.7
Total(b)	100.0	100.0	100.0
Without private health insurance			
Cannot afford it/too expensive	58.3	63.9	59.3
High risk category	0.7	0.5	0.5
Lack of value for money/not worth it	12.7	10.5	11.4
Medicare cover sufficient	18.1	13.8	16.1
Do not need medical care/in good health/have no dependents	10.4	11.8	13.7
Will not pay Medicare levy and private health insurance premium	2.8	2.4	2.7
Disillusionment about having to pay out of pocket costs/gap fees	4.0	3.9	4.3
Prepared to pay cost of private treatment from own resources	2.7	1.4	1.6
Pensioner/Veteran's Affairs/health concession card	6.7	5.9	9.7
Not high priority/previously included in parents cover	9.4	8.2	7.0
Other	7.1	6.7	8.8
Total(b)	100.0	100.0	100.0

(a) Persons aged 15 years and over.

(b) Each person may have reported more than one reason and therefore components may not add to the total shown.

EXPLANATORY NOTES

INTRODUCTION

1 This publication presents results from the National Health Survey (NHS) which was conducted throughout Australia from August 2007 to June 2008. This is the seventh in the series of Australia-wide health surveys conducted by the ABS; previous surveys were conducted in 1977–78, 1983, 1989–90, 1995, 2001 and 2004–05.

2 The 2007–08 survey collected information about:

- the health status of the population, including long-term medical conditions experienced
- health related aspects of people's lifestyles, such as smoking, diet, exercise and alcohol consumption;
- use of health services such as consultations with health practitioners and actions people have recently taken for their health; and
- demographic and socioeconomic characteristics.

3 The statistics presented in this publication are a selection of the information available. Some emphasis has been given in this publication to providing information on the National Health Priority Areas; asthma, diabetes, cardiovascular conditions, cancer, selected musculoskeletal conditions and mental health.

SCOPE OF THE SURVEY

4 The NHS was conducted in a sample of approximately 15,800 private dwellings across Australia. Both urban and rural areas in all states and territories were included, but very remote areas of Australia were excluded. Non-private dwellings such as hotels, motels, hospitals, nursing homes and short-stay caravan parks were not included in the survey.

5 Within each selected dwelling, one adult (aged 18 years and over) and one child were randomly selected for inclusion in the survey. Sub-sampling within households enabled more information to be collected from each respondent than would have been possible had all usual residents of selected dwellings been included in the survey.

6 The following groups were excluded from the survey:

- certain diplomatic personnel of overseas governments, customarily excluded from the Census and estimated population figures;
- persons whose usual place of residence was outside Australia;
- members of non-Australian Defence forces (and their dependents) stationed in Australia; and
- visitors to private dwellings.

DATA COLLECTION

7 Trained ABS interviewers conducted personal interviews with selected residents in sampled dwellings. One person aged 18 years and over in each dwelling was selected and interviewed about their own health characteristics. An adult, nominated by the household, was interviewed about one child in the household. Selected children aged 15–17 years may have been personally interviewed with parental consent. An adult, nominated by the household, was also asked to provide some information about the household, such as the income of other household members.

SURVEY DESIGN

8 Dwellings were selected at random using a multistage area sample of private dwellings. The initial sample selected for the survey consisted of approximately 20,000 dwellings. This was reduced to a sample of approximately 15,800 after sample loss (e.g. households selected in the survey which had no residents in scope of the survey, vacant or derelict buildings, buildings under construction). Of those remaining dwellings 91% were fully or adequately responding, yielding a total sample for the survey of 20,789 persons.

9 To take account of possible seasonal effects on health characteristics, the sample was spread evenly and randomly across an 11 month enumeration period.

EXPLANATORY NOTES *continued*

SURVEY DESIGN *continued*

10 The NHS was conducted in both urban and rural areas in all states and territories, but excluded persons living in very remote areas of Australia. The exclusion of these persons would have only a minor impact on any aggregate estimates that are produced for individual states and territories, with the exception of the Northern Territory (NT). The NT records contribute appropriately to national estimates but are insufficient to support reliable estimates for the NT, and as a result, are not shown in this publication.

WEIGHTING, BENCHMARKING AND ESTIMATION

11 Weighting is a process of adjusting results from a sample survey to infer results for the total population. To do this, a weight is allocated to each sample unit. The weight is a value which indicates how many population units are represented by the sample unit.

12 The first step in calculating weights for each person was to assign an initial weight, which was equal to the inverse of the probability of being selected in the survey. For example, if the probability of a person being selected in the survey was 1 in 600, then the person would have an initial weight of 600 (that is, they represent 600 others). An adjustment was then made to these initial weights to account for the time period in which a person was assigned to be enumerated.

13 The weights are calibrated to align with independent estimates of the population of interest, referred to as 'benchmarks', in designated categories of sex by age by area of usual residence. Weights calibrated against population benchmarks compensate for over or under-enumeration of particular categories of persons and ensure that the survey estimates conform to the independently estimated distribution of the population by age, sex and area of usual residence, rather than to the distribution within the sample itself.

14 The survey was benchmarked to the estimated population living in private dwellings in non-very remote areas at 31 December 2007. The benchmarks, and hence the estimates from the survey, do not (and are not intended to) match estimates of the total Australian resident population (which include persons living in very remote areas or in non-private dwellings, such as hotels) obtained from other sources.

15 Survey estimates of counts of persons are obtained by summing the weights of persons with the characteristic of interest. Estimates of non-person counts (e.g. number of medications) are obtained by multiplying the characteristic of interest with the weight of the reporting person and aggregating.

RELIABILITY OF ESTIMATES

16 The estimates provided in this publication are subject to sampling and non-sampling error.

17 Sampling error is the difference between published estimates, derived from a sample of persons, and the value that would have been produced if all persons in scope of the survey had been included. For more information refer to the Technical Notes. In this publication, estimates with a relative standard error of 25% to 50% are preceded by an asterisk (e.g. * 3.4) to indicate the estimate should be used with caution. Estimates with a relative standard error over 50% are indicated by a double asterisk (e.g. ** 0.6) and are considered too unreliable for most purposes.

18 Non-sampling error may occur in any data collection, whether it is based on a sample or a full count such as a Census. Sources of non-sampling error include non-response, errors in reporting by respondents or in recording of answers by interviewers, and errors in coding and processing data.

19 Non-response occurs when people cannot or will not cooperate, or cannot be contacted. Non-response can affect the reliability of results and can introduce a bias. The magnitude of any bias depends on the rate of non-response and the extent of the difference between the characteristics of those people who responded to the survey and those who did not.

EXPLANATORY NOTES *continued*

RELIABILITY OF ESTIMATES *continued*

20 The following methods were adopted to reduce the level and impact of non-response:

- face to face interviews with respondents;
- the use of interviewers who could speak languages other than English where necessary;
- follow-up of respondents if there was initially no response; and
- weighting to population benchmarks to reduce non-response bias.

21 By careful design and testing of the questionnaire, training of interviewers, and extensive editing and quality control procedures at all stages of data collection and processing, other non-sampling error has been minimised. However, the information recorded in the survey is essentially 'as reported' by respondents, and hence may differ from information available from other sources, or collected using different methodology. In particular, it should be noted that:

- information about medical conditions was not medically verified and was not necessarily based on diagnosis by a medical practitioner. Conditions which have a greater effect on people's wellbeing or lifestyle, or those which were specifically mentioned in survey questions, are expected in general to have been better reported than others;
- results of previous surveys have shown a tendency for respondents to under report alcohol consumption levels, and understate their weight, but overstate their height; and
- respondents were asked to refer to medication packets/bottles/etc when answering related questions. However, this did not occur in all cases which may have reduced the reliability of some information reported.

CLASSIFICATIONS

22 Long-term medical conditions described in this publication are classified to a classification developed for use in the NHS (or variants of that classification), based on the INTERNATIONAL CLASSIFICATION OF DISEASES (ICD). The classification of data from the 2001, 2004–05 and 2007–08 surveys is based on the 10th revision of the ICD, while the classification of conditions data from the 1995 NHS is based on the 9th revision of the ICD. Although the classification has changed, conditions selected for inclusion in the publication are generally those where classification differences would have less impact on comparability.

23 Pharmaceutical medications reported by respondents as used for asthma, diabetes mellitus, cardiovascular conditions, arthritis, osteoporosis or mental health were classified by generic type. The classification used was developed by the ABS for this survey, based on the WHO ANATOMICAL THERAPEUTIC CHEMICAL CLASSIFICATION and the framework (based on organ system and therapeutic drug class) underlying the listing of medications in the AUSTRALIAN MEDICINES HANDBOOK.

24 Country of birth was classified to the STANDARD AUSTRALIAN CLASSIFICATION OF COUNTRIES; languages spoken at home were classified according to the AUSTRALIAN STANDARD CLASSIFICATION OF LANGUAGES.

25 Descriptions for key data items such as BMI, and the Kessler Score, can be found in the Glossary section.

RESULTS OF THE SURVEY

26 Summary results of previous NHS's were published separately in National Health Survey: Summary of Results, Australia, 1989–90, 1995, 2001 and 2004–05 (cat.no.4364.0). Numerous other publications were released from each of these surveys: see paragraph 34 in these explanatory notes.

EXPLANATORY NOTES *continued*

RESULTS OF THE SURVEY

continued

27 While some movements between the 2004–05 and 2007–08 estimates can be attributed at least in part to conceptual, methodological and/or classification differences, there are some instances where the degree or nature of the change suggests other factors are contributing to the movements, including changes in community awareness or attitudes to certain conditions, changes in common terminology affecting how characteristics are reported/described by respondents, improvements in diagnosis or management of conditions, etc. The degree of change attributable to all these factors relative to the actual change in prevalence cannot be determined from information collected in this survey.

28 Further information about the comparability of data between surveys will be contained in National Health Survey: Users' Guide, Australia 2007–08 (cat. no. 4363.0.55.001) available through the ABS web site <www.abs.gov.au>.

PRODUCTS AND SERVICES

29 Summary results from this survey, compiled separately for each state and the ACT, will be made available in spreadsheet form from the ABS web site <www.abs.gov.au> or on request to the ABS.

30 For users who wish to undertake more detailed analysis of the survey data, two confidentialised unit record data files (CURFs) are proposed to be available in mid 2009. A Basic CURF will be available on CD-ROM and through the ABS web site <www.abs.gov.au>, while an Expanded CURF (containing more detailed information than on the Basic CURF) will be accessible through the ABS Remote Access Data Laboratory (RADL) system only. Further information about these files, including details of how they can be obtained, and conditions of use, is available on the ABS web site <www.abs.gov.au>.

31 Special tabulations are available on request. Subject to confidentiality and sampling variability constraints, tabulations can be produced from the survey incorporating data items, populations and geographic areas selected to meet individual requirements. These can be provided in printed or electronic form. A list of data items is available from the National Health Survey: Users' Guide, Australia 2007–08 (cat. no. 4363.0.55.001) available through the ABS web site <www.abs.gov.au>. Further information about the survey and associated products can be obtained from the contact officer listed on the front of this publication.

RELATED PUBLICATIONS

32 Other ABS publications which may be of interest are shown below. These are available via the ABS Health Theme page or at <www.abs.gov.au>.

33 Current publications and other products released by the ABS are listed in the Catalogue of Publications and Products (cat.no.1101.0). The Catalogue is available from any ABS office or the ABS web site <www.abs.gov.au>. The ABS also issues a daily Release Advice on the web site which details products to be released in the week ahead.

- National Health Survey
 - National Health Survey, Summary of Results, Australia, 2004-05, 2001 and 1995 (cat.no.4364.0)
 - National Health Survey: Summary of Results, State Tables, 2004-05 (cat.no.4362.0)
 - National Health Survey, Users' Guide, 2004-05 and 2001 (cat.no.4363.0.55.001) and 1995 (cat.no. 4363.0)
 - National Health Survey and National Aboriginal and Torres Strait Islander Health Survey 2004/5: Data Reference Package, 2004-05 (cat.no.4363.0.55.002)
 - National Health Survey: Confidentialised Unit Record Files, 2004-05, Basic and Expanded (back to 1977-78) (cat.no.4324.0.55.001)
 - Information Paper: National Health Survey - Confidentialised Unit Record Files, 2001 and 2004-05 (cat.no.4324.0).

EXPLANATORY NOTES *continued*

RELATED PUBLICATIONS

continued

- Other releases from the 2004-05 National Health Survey
 - Asthma in Australia: A Snapshot, 2004-05 (cat.no.4819.0.55.001)
 - Cancer in Australia: A Snapshot, 2004-05 (cat.no.4822.0.55.001)
 - Cardiovascular Disease in Australia: A Snapshot, 2004-05 (cat.no.4821.0.55.001)
 - Diabetes in Australia: A Snapshot, 2004-05 (cat.no.4820.0.55.001)
 - Injury in Australia: A Snapshot, 2004-05 (cat.no.4825.0.55.001)
 - Musculoskeletal Conditions in Australia: A Snapshot, 2004-05 (cat.no.4823.0.55.001)
 - Overweight and Obesity in Adults, Australia, 2004-05 (cat.no.4719.0)
 - Alcohol Consumption in Australia: A Snapshot, 2004-05 (cat.no.4832.0.55.001)
 - Tobacco Smoking in Australia: A Snapshot, 2004-05 (cat.no.4831.0.55.001)
 - Physical Activity in Australia: A Snapshot, 2004-05 (cat.no.4835.0.55.001)
 - Health of Children in Australia: A Snapshot, 2004-05 (cat.no.4829.0.55.001)
 - Health of Older People in Australia: A Snapshot, 2004-05 (cat.no.4833.0.55.001)
 - Health of Mature Age Workers in Australia: A Snapshot, 2004-05 (cat.no.4837.0.55.001)
 - Self-assessed Health in Australia: A Snapshot, 2004-05 (cat.no.4828.0.55.001)
 - Mental Health in Australia: A Snapshot, 2004-05 (cat.no.4824.0.55.001)
 - Changes in health: A Snapshot, 2004-05 (cat.no.4834.0.55.001)
 - Selected Health Occupations: Australia, 2006 (cat.no.4819.0)
 - Household Expenditure on Health: A Snapshot, 2004-05 (cat.no.4836.0.55.001)
 - Private Health Insurance: A Snapshot, 2004-05 (cat.no.4815.0.55.001).
- Other releases from the 2001 National Health Survey
 - Occasional Paper: Vaccination Coverage in Australian Children, 2001 (cat.no.4813.0.55.001)
 - Occasional Paper: Measuring Dietary Habits in the 2001 NHS (cat.no.4814.0.55.001)
 - Breastfeeding in Australia, 2001 (cat.no.4810.0.55.001).
- Aboriginal and Torres Strait Islander Health
 - National Aboriginal and Torres Strait Islander Health Survey, 2004-05 (cat.no.4715.0)
 - National Aboriginal and Torres Strait Islander Health Survey, 2004-05, Expanded CURF (cat.no. 4715.0.55.001)
 - The Health and Welfare of Australia's Aboriginal and Torres Strait Islander Peoples, 2008 (cat.no. 4704.0).
- Other publications and sites of interest
 - Occasional Paper: Long-term Health Conditions - a Guide to Time Series Comparability from the NHS 2001 (cat.no.4816.0.55.001)
 - Occasional Paper: Health Risk Factors - a Guide to Time Series Comparability from the NHS 2004 (cat.no.4826.0.55.001)
 - National Survey of Mental Health and Wellbeing: Summary of Results, 2007 (cat.no.4326.0)
 - Disability, Ageing and Carers, Australia: Summary of Findings, 2003 (cat.no.4430.0)
 - Sports and Physical Recreation: A Statistical Overview, Australia, 2008 (Edition 2) (cat.no.4156.0)
 - Private Hospitals, Australia, 2006-07 (cat.no.4390.0)
 - Information Paper: External Causes of Death, Data Quality, 2005 (cat.no.3317.0.55.001)
 - How Australians Measure Up, 1995 (cat.no.4359.0)
 - Information Paper: Use of the Kessler Psychological Distress Scale in ABS Health Surveys, 2001 (cat.no.4817.0.55.001)
 - National Health Survey: SF36 Population Norms, Australia, 1995 (cat.no.4399.0).

EXPLANATORY NOTES *continued*

ABBREVIATIONS

ABS	Australian Bureau of Statistics
ASGC	Australian Standard Geographical Classification
BMI	body mass index
cm	centimetre
GP	General Medical Practitioner
HSL	high sugar level in blood and/or urine
ICD	International Classification of Diseases
kg	kilogram
K10	Kessler Psychological Distress Scale
mL	millilitre
nec	not elsewhere classified
NHMRC	National Health and Medical Research Council
NHS	National Health Survey
OHP	Other health professional
RSE	relative standard error
SE	standard error
SEIFA	Socio-Economic Indexes for Areas
WHO	World Health Organization

APPENDIX 1 POPULATION BENCHMARKS

POPULATION BENCHMARKS (a), 31 December 2007

	AGE GROUP (YEARS)									Total	18 and over
	0-4	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over		
	'000	'000	'000	'000	'000	'000	'000	'000	'000	'000	'000
New South Wales											
Males	226.8	454.3	454.2	488.9	488.7	467.6	381.0	236.2	173.0	3 370.8	2 545.7
Females	214.7	433.9	454.6	482.3	501.0	479.9	385.4	250.4	229.7	3 431.9	2 622.8
Persons	441.5	888.2	908.8	971.2	989.7	947.5	766.4	486.6	402.7	6 802.6	5 168.5
Victoria											
Males	169.1	337.4	366.2	367.4	381.4	352.3	281.8	175.9	128.6	2 560.3	1 967.2
Females	161.3	319.8	368.4	352.4	392.9	362.1	290.8	187.6	169.1	2 604.4	2 017.5
Persons	330.4	657.2	734.5	719.9	774.4	714.4	572.7	363.5	297.8	5 164.7	3 984.7
Queensland											
Males	141.5	288.2	290.7	282.6	297.8	280.7	235.3	137.9	90.8	2 045.6	1 523.7
Females	133.9	273.7	283.5	283.3	306.8	289.2	232.9	138.5	113.9	2 055.7	1 576.6
Persons	275.5	561.9	574.2	566.0	604.6	569.8	468.2	276.4	204.7	4 101.3	3 100.4
South Australia											
Males	46.9	98.8	105.0	101.9	110.6	109.6	91.5	57.0	44.6	765.9	588.9
Females	44.6	94.6	103.3	97.4	111.5	113.1	95.9	62.2	59.7	782.1	611.8
Persons	91.5	193.4	208.3	199.3	222.1	222.7	187.4	119.1	104.2	1 548.0	1 200.8
Western Australia											
Males	68.5	141.3	149.2	141.7	155.0	146.1	116.9	67.2	44.4	1 030.2	776.8
Females	64.8	132.0	141.4	138.6	153.5	146.9	113.6	68.6	56.2	1 015.6	774.9
Persons	133.3	273.3	290.6	280.3	308.5	292.9	230.5	135.8	100.6	2 045.7	1 551.8
Tasmania											
Males	16.2	33.4	32.5	27.4	32.6	35.2	30.7	18.9	12.8	239.7	177.7
Females	15.0	31.6	31.3	28.7	34.3	36.5	31.0	19.7	17.0	245.1	187.7
Persons	31.2	65.0	63.8	56.0	66.9	71.7	61.8	38.6	29.9	484.8	365.4
Northern Territory(b)											
Males	*8.7	*10.3	**11.8	*10.4	*11.5	*7.8	*16.4	**3.0	**4.2	84.2	65.2
Female	*5.1	12.8	*8.8	19.9	17.3	*10.5	**2.5	**1.9	—	78.7	57.8
Persons	*13.8	23.1	*20.6	30.2	28.8	*18.3	*18.9	*4.9	**4.2	162.9	123.0
Australian Capital Territory											
Males	11.2	21.0	25.4	26.8	25.0	22.8	17.9	9.0	5.8	164.8	125.6
Females	10.6	20.5	24.4	27.0	25.6	24.3	18.6	9.7	7.6	168.3	130.9
Persons	21.8	41.5	49.8	53.8	50.6	47.1	36.5	18.6	13.4	333.1	256.5
Australia											
Males	688.9	1 384.7	1 435.1	1 447.1	1 502.6	1 422.1	1 171.5	705.1	504.3	10 261.4	7 770.9
Females	650.1	1 318.8	1 415.6	1 429.5	1 542.9	1 462.3	1 170.8	738.5	653.3	10 381.8	7 980.1
Persons	1 339.0	2 703.5	2 850.7	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	20 643.1	15 751.0

* estimate has a relative standard error of 25% to 50% and should be used with caution

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

— nil or rounded to zero (including null cells)

(a) Person level benchmarks are based on Estimated Resident Population (ERP) as at 31 December 2007, adjusted for the scope of the survey. Excludes persons not resident in private dwellings.

(b) Separate estimates for the NT are not available for the survey, but the NT sample contributes to national estimates. See paragraph 10 in the Explanatory Notes.

APPENDIX 2 SELECTED POPULATION CHARACTERISTICS

SELECTED POPULATION CHARACTERISTICS (a)

	AGE GROUP (YEARS)							Total
	0-14	15-17	18-24	25-44	45-64	65-74	75 and over	
	'000	'000	'000	'000	'000	'000	'000	'000
MALES								
Country of birth								
Australia (includes External Territories)	1 962.3	369.6	803.9	2 145.8	1 768.7	442.5	319.7	7 812.5
Other Oceania and Antarctica	16.8	11.1	27.5	98.4	108.7	12.0	8.8	283.2
United Kingdom	18.7	5.1	9.9	161.5	249.1	99.8	43.5	587.6
Other North-West Europe	np	np	4.9	52.3	60.4	31.2	15.4	172.2
Southern and Eastern Europe	np	np	13.2	43.5	134.5	47.5	69.1	316.3
North Africa and the Middle East	12.6	np	4.1	53.5	42.0	14.5	np	135.7
South-East Asia	12.5	np	21.8	103.4	69.8	16.7	np	233.9
All other countries	37.2	19.7	133.0	291.3	160.4	40.8	37.6	719.9
Born overseas								
Arrived before 1996	2.7	14.7	54.7	393.3	735.5	250.1	179.1	1 630.1
Arrived 1996-2008	108.6	32.6	159.6	410.6	89.4	12.5	5.4	818.8
Main language spoken at home								
English	—	394.5	887.3	2 635.5	2 385.3	636.8	436.4	7 375.9
Language other than English	—	22.3	130.9	314.1	208.4	68.3	67.8	2 885.5
Labour force status								
Employed	—	174.6	832.1	2 655.4	2 058.7	168.9	20.2	5 909.8
Unemployed	—	np	46.0	85.5	39.2	np	—	204.8
Not in the labour force	—	np	140.1	208.8	495.7	np	484.1	2 073.2
Index of disadvantage (b)								
First quintile	395.6	75.0	186.8	514.4	391.0	115.9	104.7	1 783.4
Fifth quintile	408.9	98.0	181.9	620.1	649.2	138.8	93.8	2 190.7
Private health insurance								
With private health insurance	—	209.0	445.1	1 453.0	1 529.0	391.8	211.0	4 238.9
Without private health insurance	—	192.9	555.9	1 487.1	1 063.3	313.3	293.2	3 905.6
Government health card								
With card	—	98.9	191.9	399.0	508.8	580.7	473.0	2 252.4
Without card	—	239.2	706.6	2 157.4	1 812.0	115.2	31.2	5 061.7
Household structure								
Person living alone	—	np	np	351.3	384.2	106.6	123.4	1 016.7
Couple only	—	np	np	493.2	855.2	475.2	312.5	2 211.7
Couple with children	1 539.5	309.7	443.8	1 544.2	1 003.3	61.4	21.1	4 923.2
All other households	534.1	106.2	448.4	560.9	350.9	61.9	47.3	2 109.8

— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Survey estimates for the 2007-08 National Health Survey data file, from which results shown in this publication have been derived.

(b) For more information see Index of disadvantage in the Glossary.

APPENDIX 2 SELECTED POPULATION CHARACTERISTICS *continued*

SELECTED POPULATION CHARACTERISTICS(a) *continued*

	AGE GROUP (YEARS)							Total
	0-14	15-17	18-24	25-44	45-64	65-74	75 and over	
	'000	'000	'000	'000	'000	'000	'000	
MALES <i>cont.</i>								
Total	2 073.6	416.9	1 018.2	2 949.7	2 593.7	705.1	504.3	10 261.4
FEMALES								
Country of birth								
Australia (includes External Territories)	1 831.9	394.2	772.8	2 109.0	1 776.4	463.5	446.5	7 794.3
Other Oceania and Antarctica	30.9	2.4	14.0	130.3	62.9	12.3	10.1	262.9
United Kingdom	31.0	7.0	10.5	107.8	242.6	96.2	77.9	572.9
Other North-West Europe	np	np	4.2	36.8	67.4	40.7	36.4	190.8
Southern and Eastern Europe	np	np	11.2	80.3	165.3	73.0	54.6	386.9
North Africa and the Middle East	12.9	np	26.7	83.6	36.4	8.5	np	174.4
South-East Asia	15.8	np	35.7	125.0	118.7	11.8	np	324.0
All other countries	39.2	14.9	107.7	299.7	163.4	32.5	18.0	675.5
Born overseas								
Arrived before 1996	7.1	11.2	49.2	419.5	733.8	255.5	196.9	1 673.0
Arrived 1996-2008	130.0	27.4	160.9	443.9	123.0	19.5	9.9	914.5
Main language spoken at home								
English	—	409.9	844.4	2 635.3	2 366.8	631.5	593.4	7 481.2
Language other than English	—	22.9	138.5	337.0	266.4	107.0	59.9	2 900.5
Labour force status								
Employed	—	212.3	713.7	2 243.8	1 752.5	89.4	13.4	5 025.1
Unemployed	—	np	67.4	72.0	42.5	np	—	205.4
Not in the labour force	—	np	201.8	656.5	838.2	np	639.9	3 182.3
Index of disadvantage(b)								
First quintile	395.5	72.9	202.5	516.9	475.3	138.0	141.8	1 942.8
Fifth quintile	365.4	95.6	202.8	610.0	602.0	159.2	139.4	2 174.5
Private health insurance								
With private health insurance	—	216.2	450.8	1 478.6	1 624.2	408.5	303.5	4 481.8
Without private health insurance	—	205.3	514.3	1 488.9	1 008.9	328.6	349.4	3 895.4
Government health card								
With card	—	86.2	250.4	628.8	705.3	656.5	598.8	2 925.9
Without card	—	274.6	618.2	1 970.7	1 674.3	70.9	50.1	4 658.9
Household structure								
Person living alone	—	np	np	227.4	383.8	219.9	319.5	1 189.1
Couple only	—	np	np	507.9	957.4	398.0	224.8	2 229.7
Couple with children	1 485.6	284.4	369.4	1 529.9	800.6	37.0	16.0	4 522.9
All other households	483.4	145.7	436.0	707.1	491.4	83.5	93.0	2 440.0

— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Survey estimates for the 2007-08 National Health Survey data file, from which results shown in this publication have been derived.

(b) For more information see Index of disadvantage in the Glossary.

APPENDIX 2 SELECTED POPULATION CHARACTERISTICS *continued*

SELECTED POPULATION CHARACTERISTICS(a) *continued*

	AGE GROUP (YEARS)							Total
	0-14	15-17	18-24	25-44	45-64	65-74	75 and over	
	'000	'000	'000	'000	'000	'000	'000	
FEMALES <i>cont.</i>								
Total	1 968.9	432.7	982.8	2 972.3	2 633.1	738.5	653.3	10 381.8
PERSONS								
Country of birth								
Australia (includes External Territories)	3 794.1	763.8	1 576.6	4 254.8	3 545.2	906.0	766.2	15 606.8
Other Oceania and Antarctica	47.7	13.6	41.5	228.6	171.6	24.2	18.9	546.1
United Kingdom	49.7	12.1	20.3	269.3	491.8	196.0	121.3	1 160.5
Other North-West Europe	np	np	9.1	89.1	127.8	72.0	51.8	363.1
Southern and Eastern Europe	np	np	24.4	123.8	299.8	120.5	123.7	703.2
North Africa and the Middle East	25.6	5.4	30.8	137.0	78.4	23.0	9.8	310.1
South-East Asia	28.3	16.6	57.5	228.4	188.5	28.5	10.1	557.9
All other countries	76.4	34.6	240.7	591.0	323.9	73.3	55.6	1 395.4
Born overseas								
Arrived before 1996	9.8	25.8	103.9	812.7	1 469.3	505.5	376.0	3 303.1
Arrived 1996-2008	238.6	60.0	320.5	854.5	212.4	32.0	15.3	1 733.3
Main language spoken at home								
English	—	804.4	1 731.7	5 270.9	4 752.0	1 268.3	1 029.8	14 857.1
Language other than English	—	45.2	269.4	651.2	474.8	175.3	127.7	5 786.0
Labour force status								
Employed	—	386.9	1 545.7	4 899.2	3 811.2	258.3	33.6	10 934.9
Unemployed	—	np	113.4	157.6	81.7	np	—	410.2
Not in the labour force	—	np	341.9	865.3	1 333.9	np	1 124.0	5 255.5
Index of disadvantage(b)								
First quintile	791.1	147.9	389.3	1 031.2	866.3	254.0	246.5	3 726.3
Fifth quintile	774.2	193.7	384.7	1 230.1	1 251.2	298.1	233.2	4 365.2
Private health insurance								
With private health insurance	—	425.2	895.9	2 931.6	3 153.2	800.3	514.5	8 720.7
Without private health insurance	—	398.2	1 070.2	2 976.0	2 072.1	641.8	642.7	7 801.0
Government health card								
With card	—	185.1	442.3	1 027.8	1 214.0	1 237.3	1 071.8	5 178.3
Without card	—	513.7	1 324.9	4 128.1	3 486.3	186.2	81.4	9 720.5
Household structure								
Person living alone	—	1.8	88.0	578.7	767.9	326.5	442.8	2 205.8
Couple only	—	1.8	215.5	1 001.1	1 812.6	873.2	537.3	4 441.4
Couple with children	3 025.1	594.1	813.2	3 074.1	1 803.9	98.5	37.1	9 446.0
All other households	1 017.5	251.9	884.4	1 268.0	842.3	145.5	140.3	4 549.9
Total	4 042.5	849.6	2 001.1	5 922.0	5 226.8	1 443.6	1 157.5	20 643.1

— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Survey estimates for the 2007-08 National Health Survey data file, from which results shown in this publication have been derived.

(b) For more information see Index of disadvantage in the Glossary.

APPENDIX 3 SURVEY BASED POPULATIONS

SURVEY BASED POPULATIONS, 2007-08, 2004-05, 2001 AND 1995

	AGE GROUP (YEARS)				
	0-14	18-64	18 and over	15 and over	All ages
2007-08					
Males	2 073.6	6 561.6	7 770.9	2 202.8	10 261.4
Females	1 968.9	6 588.3	7 980.1	2 118.4	10 381.8
Persons	4 042.5	13 149.9	15 751.0	4 321.2	20 643.1
2004-05(a)					
Males	2 010.9	3 239.1	7 353.4	7 777.6	9 788.4
Females	1 909.1	6 283.9	7 603.7	7 983.4	9 893.1
Persons	3 920.6	12 523.0	14 963.1	15 760.9	19 681.5
2001(a)					
Males	2 024.1	5 925.7	7 340.8	6 946.4	9 364.9
Females	1 923.3	5 987.7	7 628.1	7 283.3	9 551.4
Persons	3 947.4	11 924.4	14 968.9	14 184.7	18 916.3
1995(a)					
Males	1 986.5	5 653.9	6 590.7	7 007.4	8 993.9
Females	1 886.2	5 581.0	6 799.2	7 181.0	9 067.2
Persons	3 872.7	11 234.9	13 389.9	14 188.4	18 061.1

(a) Survey estimates from 1995, 2001 and 2004-05 National Health Surveys

APPENDIX 4 STATE POPULATIONS, BY LONG TERM CONDITIONS

STATE POPULATIONS, BY LONG TERM CONDITIONS

	AGE GROUP (YEARS)								Males	Females	Persons
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over			
	'000	'000	'000	'000	'000	'000	'000	'000			
Has a long term current condition(a)											
New South Wales	515.3	643.6	774.2	853.1	915.7	757.5	483.1	398.5	2 570.5	2 770.5	5 341.0
Victoria	390.9	513.4	611.0	673.4	684.7	568.1	363.5	297.8	1 979.4	2 123.4	4 102.8
Queensland	386.2	402.4	474.3	548.5	548.9	459.0	275.8	204.7	1 627.8	1 672.0	3 299.8
South Australia	129.4	155.9	158.9	183.2	213.0	185.6	119.1	104.2	611.6	637.8	1 249.4
Western Australia	161.7	222.9	237.7	280.5	283.6	230.5	135.5	100.6	803.4	849.5	1 653.0
Tasmania	43.4	49.7	45.2	62.3	69.9	61.0	38.4	29.9	195.3	204.4	399.7
Australian Capital Territory	27.1	37.3	46.4	45.1	45.7	36.3	18.6	13.3	130.0	139.8	269.8
Australia(b)	1 666.8	2 031.9	2 372.6	2 669.9	2 779.9	2 317.0	1 438.9	1 153.2	7 975.1	8 455.1	16 430.2
Does not have a long term current condition											
New South Wales	814.5	265.1	196.9	136.6	*31.8	**8.9	np	np	800.3	661.4	1 461.7
Victoria	596.7	221.1	108.8	101.0	29.7	**4.5	—	—	580.9	481.0	1 061.9
Queensland	451.2	171.8	91.7	56.1	*20.9	*9.2	np	np	417.8	383.7	801.5
South Australia	155.5	52.4	40.3	38.8	*9.7	*1.8	—	—	154.3	144.3	298.6
Western Australia	244.9	67.7	42.6	28.0	*9.3	—	np	np	226.7	166.0	392.8
Tasmania	52.7	14.1	10.8	4.6	*1.8	**0.7	np	np	44.5	40.7	85.1
Australian Capital Territory	36.2	12.5	7.4	5.5	*1.4	np	—	np	34.7	28.5	63.3
Australia(b)	2 375.7	818.7	504.0	375.5	104.6	*25.4	**4.7	**4.4	2 286.2	1 926.7	4 212.9
Total											
New South Wales	1 329.8	908.8	971.2	989.7	947.5	766.4	486.6	402.7	3 370.8	3 431.9	6 802.6
Victoria	987.6	734.5	719.9	774.4	714.4	572.7	363.5	297.8	2 560.3	2 604.4	5 164.7
Queensland	837.3	574.2	566.0	604.6	569.8	468.2	276.4	204.7	2 045.6	2 055.7	4 101.3
South Australia	284.9	208.3	199.3	222.1	222.7	187.4	119.1	104.2	765.9	782.1	1 548.0
Western Australia	406.6	290.6	280.3	308.5	292.9	230.5	135.8	100.6	1 030.2	1 015.6	2 045.7
Tasmania	96.1	63.8	56.0	66.9	71.7	61.8	38.6	29.9	239.7	245.1	484.8
Australian Capital Territory	63.3	49.8	53.8	50.6	47.1	36.5	18.6	13.4	164.8	168.3	333.1
Australia(b)	4 042.5	2 850.7	2 876.6	3 045.4	2 884.4	2 342.4	1 443.6	1 157.5	10 261.4	10 381.8	20 643.1

* estimate has a relative standard error of 25% to 50% and should be used with caution

** estimate has a relative standard error greater than 50% and is considered too unreliable for general use

— nil or rounded to zero (including null cells)

np not available for publication but included in totals where applicable, unless otherwise indicated

(a) Conditions which have lasted, or are expected to last for 6 months or more.

(b) Separate estimates for the Northern Territory are not available for this survey, but contribute to the national estimates. See paragraph 10 in the Explanatory notes.

TECHNICAL NOTE

ESTIMATION PROCEDURES

1 Estimates from the survey were derived using a complex estimation procedure which ensures that survey estimates conform to independent population estimates by state, part of state, age and sex.

RELIABILITY OF THE ESTIMATES

2 Two types of error are possible in an estimate based on a sample survey: sampling error and non-sampling error. The sampling error is a measure of the variability that occurs by chance because a sample, rather than the entire population, is surveyed. Since the estimates in this publication are based on information obtained from occupants of a sample of dwellings they are subject to sampling variability; that is they may differ from the figures that would have been produced if all dwellings had been included in the survey. One measure of the likely difference is given by the standard error (SE). There are about two chances in three that a sample estimate will differ by less than one SE from the figure that would have been obtained if all dwellings had been included, and about 19 chances in 20 that the difference will be less than two SEs.

3 Another measure of the likely difference is the relative standard error (RSE), which is obtained by expressing the SE as a percentage of the estimate. The RSE is a useful measure in that it provides an immediate indication of the percentage errors likely to have occurred due to sampling, and thus avoids the need to refer also to the size of the estimate.

$$RSE\% = \left(\frac{SE}{estimate} \right) \times 100$$

4 Space does not allow for the separate presentation of the SEs and/or RSEs of all the estimates in this publication. However, RSEs for all estimates are available free-of-charge on the ABS website <www.abs.gov.au>, released in spreadsheet format as an attachment to this publication, National Health Survey: Summary of Results (cat. no. 4364.0).

5 The smaller the estimate the higher is the RSE. Very small estimates are subject to such high SEs (relative to the size of the estimate) as to detract seriously from their value for most reasonable uses. In the tables in this publication, only estimates with RSEs less than 25% are considered sufficiently reliable for most purposes. However, estimates with larger RSEs, between 25% and less than 50% have been included and are preceded by an asterisk (eg *3.4) to indicate they are subject to high SEs and should be used with caution. Estimates with RSEs of 50% or more are preceded with a double asterisk (eg**0.6). Such estimates are considered unreliable for most purposes.

6 The imprecision due to sampling variability, which is measured by the SE, should not be confused with inaccuracies that may occur because of imperfections in reporting by interviewers and respondents and errors made in coding and processing of data. Inaccuracies of this kind are referred to as the non-sampling error, and they may occur in any enumeration, whether it be in a full count or only a sample. In practice, the potential for non-sampling error adds to the uncertainty of the estimates caused by sampling variability. However, it is not possible to quantify the non-sampling error.

STANDARD ERRORS OF PROPORTIONS AND PERCENTAGES

7 Proportions and percentages formed from the ratio of two estimates are also subject to sampling errors. The size of the error depends on the accuracy of both the numerator and the denominator. For proportions where the denominator is an estimate of the number of persons in a group and the numerator is the number of persons in a sub-group of the denominator group, the formula to approximate the RSE is given by:

$$RSE(x - y) = \sqrt{([RSE(x)]^2 - [RSE(y)]^2)}$$

STANDARD ERRORS OF PROPORTIONS AND PERCENTAGES *continued*

8 From the above formula, the RSE of the estimated proportion or percentage will be lower than the RSE of the estimate of the numerator. Thus an approximation for SEs of proportions or percentages may be derived by neglecting the RSE of the denominator, ie by obtaining the RSE of the number of persons corresponding to the numerator of the proportion or percentage and then applying this figure to the estimated proportion or percentage.

COMPARISON OF ESTIMATES

9 Published estimates may also be used to calculate the difference between two survey estimates. Such an estimate is subject to sampling error. The sampling error of the difference between two estimates depends on their SEs and the relationship (correlation) between them. An approximate SE of the difference between two estimates (x-y) may be calculated by the following formula:

$$SE(x-y) = \sqrt{[SE(x)]^2 + [SE(y)]^2}$$

10 While the above formula will be exact only for differences between separate and uncorrelated (unrelated) characteristics of sub-populations, it is expected that it will provide a reasonable approximation for all differences likely to be of interest in this publication.

SIGNIFICANCE TESTING

11 For comparing estimates between surveys or between populations within a survey it is useful to determine whether apparent differences are 'real' differences between the corresponding population characteristics or simply the product of differences between the survey samples. One way to examine this is to determine whether the difference between the estimates is statistically significant. This is done by calculating the standard error of the difference between two estimates (x and y) and using that to calculate the test statistic using the formula below:

$$\frac{|x-y|}{SE(x-y)}$$

12 If the value of the statistic is greater than 1.96 then we may say there is good evidence of a statistically significant difference between the two populations with respect to that characteristic. Otherwise, it cannot be stated with confidence that there is a real difference between the populations.

GLOSSARY

The definitions used in this survey are not necessarily identical to those used for similar items in other collections. Additional information about the items is contained in the 2007–08 National Health Survey (NHS); Users' Guide, which will be available on the ABS web site <<http://www.abs.gov.au>> from June 2009.

Alcohol consumption risk level

Alcohol risk levels were derived from the average daily consumption of alcohol by persons aged 15 years and over for 3 days of the week prior to interview and are grouped into relative risk levels as defined by the National Health and Medical Research Council (NHMRC) in 2001 as follows:

ALCOHOL RISK LEVEL (a)

	CONSUMPTION PER DAY	
<i>Risk level</i>	<i>Males</i>	<i>Females</i>
Low risk	50 mLs or less	25 mLs or less
Risky	More than 50 mLs, up to 75 mLs	More than 25 mLs, up to 50 mLs
High risk	More than 75 mLs	More than 50 mLs

(a) One standard drink contains 12.5 mLs of alcohol.

Drinking status information was also collected for those who did not consume any alcohol in the 7 days prior to interview. Categorised as:

- Last consumed more than one week to less than 12 months ago;
- Last consumed 12 months or more ago; and
- Never consumed.

Ancillary cover

Any cover provided by private insurance organisations for health-related services other than medical or hospital cover (e.g. physiotherapy, dental, optical, chiropractic and ambulance).

Arthritis

Arthritis is characterised by an inflammation of the joints often resulting in pain, stiffness, disability and deformity.

Asthma

A chronic disease marked by episodes of wheezing, chest tightness and shortness of breath associated with widespread narrowing of the airways within the lungs and obstruction of airflow. To be current, symptoms of asthma or treatment for asthma must have occurred in the last 12 months.

Bodily pain

Indication of the severity of any bodily pain that the respondent had experienced (from any and all causes) during the last 4 weeks. This is a self-assessment question, from the SF36 international instrument.

Body Mass Index (BMI)

Calculated from height and weight information, using the formula weight (kg) divided by the square of height (m). To produce a measure of the prevalence of overweight or obesity in adults, BMI values are grouped according to the table below which allows categories to be reported against both the World Health Organization (WHO) and National Health and Medical Research Council (NHMRC) guidelines.

Separate BMI classifications were produced for children. BMI scores were created in the same manner described above but also took into account the age and sex of the child. There are different cutoffs for BMI categories (underweight/normal, overweight or obese) for male and female children. These categories differ to the categories used in the adult BMI classification and follow the scale provided in Cole TJ, Bellizzi MC, Flegal KM and Dietz WH, *Establishing a standard definition for child overweight and obesity worldwide: international survey, BMJ 2000; 320*. For a detailed list of the cutoffs used to calculate BMI for children see National Health Survey Users' Guide cat. no. 4363.0.55.001.

GLOSSARY *continued*

Body Mass Index (BMI)
continued

BODY MASS INDEX, ADULT

Underweight	Less than 18.5
Normal range	18.5 to less than 20.0 20.0 to less than 25.0
Overweight	25.0 to less than 30.0
Obese	30.0 and greater

Cause of condition

Asked in respect of all the current long-term conditions which the respondent had previously reported. This refers to the respondent's perception of whether the condition was the result of an injury, and/or whether the condition was work-related (including injury at work).

Co-morbid conditions

In this survey, co-morbid conditions refers to two or more medical conditions which the same respondent has reported as long-term conditions which they currently have.

Conditions

See long-term medical condition.

Current daily smoker

A current daily smoker is an adult who reported that they regularly smoked one or more cigarettes, cigars or pipes per day. See also Smoker status.

Days away from work or study

Refers to days on which the respondent was away from work, school or other educational institution for at least half the day. Absences included days away due to a respondent's own illness or injury.

Diabetes mellitus

A chronic condition in which blood glucose levels become too high due to the body producing little or no insulin, or not using insulin properly.

Disability or restrictive long-term health condition

A disability or restrictive long-term health condition exists if a limitation, restriction, impairment, disease or disorder, has lasted, or is expected to last for six months or more, and which restricts everyday activities.

It is classified by whether or not a person has a specific limitation or restriction. Specific limitation or restriction is further classified by whether the limitation or restriction is a limitation in core activities or a schooling/employment restriction only.

There are four levels of core activity limitation (profound, severe, moderate and mild) which are based on whether a person needs help, has difficulty, or uses aids or equipment with any of the core activities (self care, mobility or communication). A person's overall level of core activity limitation is determined by their highest level of limitation in these activities.

Employed

Persons aged 15 years and over who had a job or business, or who undertook work without pay in a family business for a minimum of one hour per week. Includes persons who were absent from a job or business. See also Unemployed and Not in the labour force.

Exercise level

Based on frequency, intensity (i.e. walking, moderate exercise and vigorous exercise) and duration of exercise (for fitness, recreation or sport) in the two weeks prior to the interview. Exercise level is also available for the week prior to the interview. From these components, an exercise score was derived using factors to represent the intensity of the exercise. Scores were grouped into the following four categories:

GLOSSARY *continued*

Exercise level *continued*

LEVEL OF EXERCISE

Category

Very low(a)	Score less than 100
Low	Scores of 100 to less than 1,600
Moderate	1,600 to 3,200 or more than 3,200 but less than 2 hours of vigorous exercise
High	More than 3,200 and 2 hours or more of vigorous exercise

(a) Includes no exercise.

For exercise levels in the last week, scores and time periods are halved.

Inadequate exercise levels are sedentary and low exercise levels. Sedentary refers to sitting in one place for extended periods of time.

Government health card

Refers to coverage by the following government-issued cards which entitle the card holder, and in some cases their dependents, to a variety of health benefits or concessions (e.g. medical care, hospital treatment/accommodation, supply of pharmaceuticals, free of charge or at reduced rates).

- any cards from the Department of Veterans' Affairs (DVA);
- Health Care Card (including the low income health care card);
- Pensioner Concession Card; and
- Commonwealth Seniors Health Card.

Heart, stroke and vascular conditions

A subset of reported long-term conditions comprising the following:

- Angina and other ischaemic heart disease;
- Cerebrovascular disease;
- Oedema; and
- Diseases of arteries, arterioles and capillaries.

Health risk factors

Specific lifestyle and related factors impacting on health, including

- tobacco smoking;
- alcohol consumption;
- exercise;
- body mass; and
- dietary behaviours - fruit, vegetable and milk consumption.

Hospital cover

Health insurance provided by a private insurance organisation to cover all or part of the costs of private accommodation in a public hospital, charges for private hospital treatment and care in a public hospital by a doctor of the patient's choice.

Household

A household is defined as one or more persons, at least one of whom is at least 15 years of age, usually resident in the same private dwelling. In this survey, only households with at least one adult (aged 18 years and over) were included.

Household structure

Refers to the composition of the household to which the respondent belonged. In this publication households are categorised as persons living alone, couple only, couple with child(ren), and other households.

HSL

High sugar levels in blood or urine.

Index of disadvantage

This is one of four Socio Economic Indexes for Areas (SEIFAs) compiled by ABS following each Census of Population and Housing. The indexes are compiled from various characteristics of persons resident in particular areas; the index of disadvantage summarises attributes such as low income, low educational attainment, high unemployment and jobs in relatively unskilled occupations. As shown in this publication 1st quintile refers to the most disadvantaged group, while 5th quintile refers to the least disadvantaged group. For further information about SEIFAs see Chapter 6 of the *2007-08 National Health Survey: Users' Guide*.

Ischaemic heart disease

A disease of the blood vessels supplying the heart muscle.

GLOSSARY *continued*

Long term medical condition	A medical condition (illness, injury or disability) which has lasted at least six months, or which the respondent expects to last for six months or more. Some reported conditions were assumed to be long term, including asthma, arthritis, cancer, osteoporosis, diabetes, rheumatic heart disease, heart attack, angina, heart failure and stroke. Rheumatic heart disease, heart attack, angina, heart failure and stroke are also assumed to be current.
Moderate exercise	Exercise for recreation, sport or fitness which caused a moderate increase in heart rate or breathing.
Neoplasm	A neoplasm is a new growth of abnormal tissue (a tumour). Tumours can be either benign (non-cancerous) or malignant (cancerous). Cancer refers to several diseases and can affect most types of cells in various parts of the body.
Not in the labour force	Persons who are not employed or unemployed as defined, including persons who: <ul style="list-style-type: none">■ are retired■ no longer work■ do not intend to work in the future■ are permanently unable to work■ have never worked and never intend to work.
Oedema	A swelling of any organ or tissue due to accumulation of excess fluid.
Osteoporosis	A condition that thins and weakens bone mineral density, generally caused by loss of calcium, which leads to increased risk of fracture. Data was collected from persons aged 15 years and over plus those with gout, rheumatism or arthritis.
Other health professionals	Includes consultation, for own health reasons, in the two weeks prior to interview with one or more of the following: <ul style="list-style-type: none">■ Accredited counsellor;■ Acupuncturist;■ Chemist (advice only);■ Chiropodist/podiatrist;■ Chiropractor;■ Diabetes educator;■ Dietitian/nutritionist;■ Naturopath;■ Nurse;■ Occupational therapist;■ Optician/optometrist;■ Osteopath;■ Physiotherapist/hydrotherapist;■ Psychologist;■ Social worker/welfare officer;
Pharmaceutical medication	Any medication used in the two weeks prior to interview for the treatment of asthma, arthritis, osteoporosis, heart and circulatory conditions, diabetes/HSL or used for mental wellbeing. Does not include medication identified by respondents as vitamins or minerals, or natural or herbal medication.
Private health insurance and cover	Refers to the private health insurance status at the time of the survey of persons aged 15 years or more. The category 'With cover' includes those with hospital and/or ancillary cover, and those with cover but the type of cover was unknown.
Psychological distress	Derived from the Kessler Psychological Distress Scale -10 items (K10). This is a scale of non-specific psychological distress based on 10 questions about negative emotional states in the 4 weeks prior to interview. The K10 is scored from 10 to 50, with higher scores indicating a higher level of distress; low scores indicate a low level of distress. In this publication, scores are grouped as follows: <ul style="list-style-type: none">■ Low 10–15;

GLOSSARY *continued*

Psychological distress <i>continued</i>	<ul style="list-style-type: none">■ Moderate 16–21;■ High 22–29; and■ Very high 30–50.
Self-assessed body mass	Respondents reported assessment of himself/herself as being underweight, of acceptable weight or overweight.
Self-assessed health status	A person's general assessment of their own health against a five point scale from excellent through to poor.
Smoker status	<p>The extent to which a respondent was smoking at the time of interview, and refers to regular smoking of tobacco, including manufactured (packet) cigarettes, roll-your-own cigarettes, cigars and pipes, but excludes chewing tobacco and smoking of non-tobacco products. Categorised as:</p> <ul style="list-style-type: none">■ Current daily smoker – a respondent who reported at the time of interview that they regularly smoked one or more cigarettes, cigars or pipes per day;■ Current smoker– other – a respondent who reported at the time of interview that they smoked cigarettes, cigars or pipes;■ Ex-smoker – a respondent who reported they did not currently smoke, but had regularly smoked daily, or had smoked at least 100 cigarettes, or smoked pipes, cigars, etc at least 20 times in their lifetime; and■ Never smoked – a respondent who reported they had never regularly smoked daily, and had smoked less than 100 cigarettes in their lifetime and had smoked pipes, cigars, etc less than 20 times.
Type of conditions	All reported long-term medical conditions were coded to a classification developed by the ABS for use in the National Health Survey, which is based on THE TENTH REVISION OF THE INTERNATIONAL CLASSIFICATION OF DISEASES AND HEALTH RELATED PROBLEMS (ICD-10). Further information can be found in the 2007–08 National Health Survey: Users' Guide.
Type of medication	<p>Obtained for medication reported as used in the two weeks prior to interview for asthma, diabetes, circulatory conditions, arthritis/osteoporosis. Included are vitamins and minerals, natural and herbal medication and pharmaceutical medication. Pharmaceutical medications are classified by generic type, based on reported medication name. For further information see 2007–08 National Health Survey: Users' Guide.</p>
Type of medication used for mental health and wellbeing	<p>Refers to the type of medication reported by adult respondents as used for their mental health condition and mental wellbeing in the 2 weeks prior to interview. May include medications used for preventive health purposes as well as medications used for mental disorders, and includes vitamins and minerals, natural and herbal medications and pharmaceutical medications. Two items relating to type of medication are available:</p> <ul style="list-style-type: none">■ type of medication as reported by respondents; and■ generic type of medication. The generic drug name is the non–proprietary name for the active chemicals in a medicine, in contrast to the proprietary name (trade or brand name) for a medicine. <p>For further information see 2007–08 National Health Survey: Users' Guide.</p>
Unemployed	Persons aged 15 years and over who were not employed and actively looking for work in the four weeks prior to the survey, and were available to start work in the week prior to the survey.
Usual daily intake of fruit	Refers to the number of serves of fruit (excluding drinks and beverages) usually consumed each day, as reported by the respondent. A serve is approximately 150 grams of fresh fruit or 50 grams of dried fruit. The National Health and Medical Research Council (NHMRC) has recommended a minimum of two serves of fruit per day for adults.

GLOSSARY *continued*

Usual daily intake of vegetables	Refers to the number of serves of vegetables (excluding drinks and beverages) usually consumed each day, as reported by the respondent. A serve is approximately half a cup of cooked vegetables or one cup of salad vegetables—equivalent to approximately 75 grams. The National Health and Medical Research Council (NHMRC) has recommended a minimum of five serves of vegetables per day for adults.
Vigorous exercise	Exercise for fitness, recreation or sport which caused a large increase in heart rate or breathing.
Year of arrival	The year in which a person, reporting a country of birth other than Australia, first arrived in Australia to live for a period of one year or more.

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