



2004-05

4364.0

# **NATIONAL HEALTH SURVEY: SUMMARY OF RESULTS** AUSTRALIA

EMBARGO: 11.30AM (CANBERRA TIME) MON 27 FEB 2006

## **C O N T E N T S**

	<i>page</i>
Notes .....	2
Summary of findings .....	3

### **TABLES**

List of tables .....	14
----------------------	----

### **ADDITIONAL INFORMATION**

Explanatory Notes .....	69
Appendixes .....	75
Technical Note .....	80
Glossary .....	84

## **I N Q U I R I E S**

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 2004–05 National Health Survey (NHS) conducted by the Australian Bureau of Statistics (ABS) from August 2004 to June 2005. Approximately 25,900 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) from 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 2004–05 : Users' Guide* (cat.no 4363.0.55.001), which will be released on the ABS Website <[www.abs.gov.au](http://www.abs.gov.au)> in March 2006.

A National Aboriginal and Torres Strait Islander Health Survey was conducted at the same time as the 2004–05 NHS. Information about that survey, and summary results will be separately published in *National Aboriginal and Torres Strait Islander Health Survey 2004–05 : Summary of Results, Australia* (cat. no. 4715.0) to be released in April 2006.

## 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*.

Dennis Trewin  
Australian Statistician

## SUMMARY OF FINDINGS

### HEALTH STATUS

#### SUMMARY HEALTH INDICATORS

The majority of Australians consider themselves to be in very good or excellent health. Results of the 2004–05 National Health Survey (NHS) showed that 56% of people aged 15 years and over considered their overall health to be very good or excellent. This compares to 52% of people who reported very good or excellent health in 2001 (aged standardised). The proportion of people reporting fair or poor health increased with age, from 7% of those aged 15–24 years to 35% of those aged 75 years and over (table 3).

#### LONG TERM MEDICAL CONDITIONS

The following section summarises results of the survey relating to reported long term medical conditions, i.e. current conditions which have lasted or were expected to last for 6 months or more. The data are based on conditions reported by respondents. Data relating to arthritis, asthma, cancer, conditions of the circulatory system, diabetes and osteoporosis in most cases relate to conditions which have been medically diagnosed, while data relating to other conditions are not necessarily based on medical diagnosis. It should also be noted that the survey results exclude persons in hospitals, nursing homes and other non-private dwellings.

Although most people reported they were in good health or better, 77% of the total population reported that they had one or more long term medical conditions, similar to 2001 (78%) (aged standardised). The most commonly reported long term conditions were problems with eyesight (52% of the population), including long and short sightedness (27% and 22% respectively), hayfever and allergic rhinitis (16%), arthritis (15%), and back and disc disorders (15%). Other commonly reported conditions were hypertensive disease (11%), asthma (10%) and complete or partial hearing loss (10%) (table 4).

The prevalence of most conditions increased with age, to the extent that nearly all people aged 65 years and over had at least one long term condition, compared with around 40% of children aged less than 15 years.

#### Children and young adults

Among children and young adults, respiratory conditions were the most commonly reported conditions (19% of children under 15 years and 30% of persons aged 15–24 years), with asthma being the most prevalent among children under 15 years (12%), while hayfever and allergic rhinitis was the most prevalent condition for young people aged 15–24 years (19%).

0–14 years		15–24 years	
Asthma	12	Hayfever and allergic rhinitis	19
Hayfever and allergic rhinitis	8	Short sightedness	18
Allergy nec	6	Asthma	12
Long sightedness	4	Long sightedness	9
Short sightedness	4	Back pain/problems nec, disc disorders	9

## SUMMARY OF FINDINGS *continued*

### Older people

While respiratory conditions were also common among people aged 65 years and over (30%), 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.

65–74 years	%	75 years and over	%
Long sightedness	64	Long sightedness	59
Arthritis	49	Arthritis	50
Hypertension	38	Deafness (complete/partial)	42
Short sightedness	36	Hypertension	41
Deafness (complete/partial)	26	Short sightedness	34

Although the 2004–05 NHS collected information on all long term conditions it had a particular focus on the national health priority area (NHPA) conditions of arthritis and osteoporosis, asthma, cancer, diabetes, heart and circulatory conditions, injury and mental health. Survey findings for these conditions are discussed briefly below.

### Arthritis/osteoporosis

In the 2004–05 NHS 15% of persons reported that they currently had arthritis; 13% of males and 18% of females. Of those with arthritis, 16% had rheumatoid arthritis, 51% had osteoarthritis and 39% reported they had another type of arthritis or didn't know the type of arthritis they had (table 4). Of those who currently had arthritis, 78% reported their condition had been diagnosed by a doctor or nurse. The proportion of people with arthritis increased with age from less than 1% of people aged less than 25 years to 49% of people aged 65 years and over.

The proportion of people reporting arthritis increased from 14% in 2001 to 15% in 2004–05 (age standardised). However, part of this increase is likely to be the result of changes in survey methodologies; see paragraph 28 of the Explanatory Notes.

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 14% of people aged 65 years and over.

More than half (59%) of persons with arthritis and/or osteoporosis reported that they took some action for the condition in the previous 2 weeks (table 10). Pharmaceutical medications were used by 37% of people reporting these conditions, and 40% used vitamins, minerals or herbal treatments. Lifestyle changes were also common among people with arthritis or osteoporosis, with 18% reporting they exercised most days, 6% did weights/strength/resistance training and 6% used massage as a treatment. Also, 10% consulted a general practitioner or specialist and 4% visited another health professional. Females (48%) were more likely than males (29%) to use vitamins, minerals or herbal treatments for arthritis or osteoporosis.

### Asthma

In 2004–05, there were approximately 2 million (10%) people in Australia with asthma as a current and long term condition (9% of males and 11% of females) (table 4), down from 12% in 2001 (table 2) (aged standardised). Asthma was most prevalent in younger age groups affecting 12% of those in the 0–14 and 15–24 years age groups combined, and

## SUMMARY OF FINDINGS *continued*

### *Asthma continued*

11% in the 25–34 age group. The prevalence of asthma in most other age groups was around 9 to 10 percent. Nearly one quarter (24%) of adults with asthma were also current smokers.

Of those with long term asthma, 56% reported taking some action for their asthma in the previous two weeks (table 11). The most common action was the use of pharmaceutical medications (55% of those with asthma). The use of medications differed markedly across age groups from a low of 44% of those aged 0 to 14 years to 74% of those aged 65 years and over. Among those who reported using pharmaceutical medications for their asthma, 84% reported using bronchodilator relievers, and 37% used inhaled-steroid preventers.

Just under 1% of persons with asthma visited a hospital for their condition in the previous 2 weeks, and 6% consulted a doctor.

### *Cancer*

In interpreting survey data about persons with cancer, it should be noted that the 2004–05 NHS excluded persons in hospital, nursing and convalescent homes and hospices. The exclusion of these groups is expected to have a greater effect on the survey data for cancer than for most other conditions.

In the 2004–05 NHS it is estimated that 388,500 persons (2% of the population) currently had a medically diagnosed neoplasm in 2004–05 (table 4). Of these people, 87% reported a malignant neoplasm (cancer) and 14% reported a benign neoplasm or neoplasm of uncertain nature.

Cancer was most prevalent in the 65 to 74 and 75 years and over age groups (6% and 8% respectively) but just over half (59%) of those with skin cancer were aged less than 65 years.

### *Conditions of the circulatory system*

In 2004–05, 18% of the population reported one or more long term conditions of the circulatory system (table 4). 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 11% of the population, which increased in prevalence from 14% in the 45 to 54 age group to 41% of those aged 75 years and over. Other circulatory conditions commonly reported in 2004–05 were angina and other ischaemic heart diseases (2%), tachycardia (2%) and varicose veins (3%) (table 4).

Overall, circulatory conditions were mostly experienced by people in middle and older age groups. Almost one in four (23%) of those aged 45 to 54 years had a long term circulatory condition, rising progressively to 63% of those aged 75 years and over.

High cholesterol is considered a risk factor for some circulatory conditions. High cholesterol levels were reported by 7% of the population, with the prevalence increasing with age to a high of over 22% of those in the 65–74 and 75 years and over age groups.

While circulatory conditions overall were more common among females (20%) than males (16%), more males than females reported conditions in the heart, stroke and vascular diseases group (comprising ischaemic heart disease, cerebrovascular disease, oedema and heart failure, and diseases of the arteries - see Glossary).

## SUMMARY OF FINDINGS *continued*

### *Conditions of the circulatory system continued*

Within the heart, stroke and vascular disease group males were more likely to have angina and other ischaemic heart diseases and diseases of the arteries, arterioles and capillaries than females, but females were more likely to report oedema and heart failure. This pattern varied across age groups, as summarised below.

#### PREVALENCE OF SELECTED CIRCULATORY CONDITIONS, Male to female ratio

	AGE GROUP (YEARS)			
	0-44	45-64	65 and over	Total
Ischaemic heart disease	3.1 : 1.0	1.9 : 1.0	1.3 : 1.0	1.7 : 1.0
Cerebrovascular disease	3.3 : 1.0	1.0 : 1.3	1.2 : 1.0	1.1 : 1.0
Oedema and heart failure	1.0 : 6.1	1.0 : 2.5	1.0 : 1.5	1.0 : 2.0
Diseases of arteries, arterioles and capillaries	1.0 : 1.9	2.0 : 1.0	2.0 : 1.0	1.8 : 1.0

Of adults with conditions in the heart, stroke and vascular disease group, the proportions classified as overweight/obese (60%) or reporting sedentary or low levels of exercise (77%) were higher than the adult population overall (49% and 70% respectively) (table 7).

### *Diabetes*

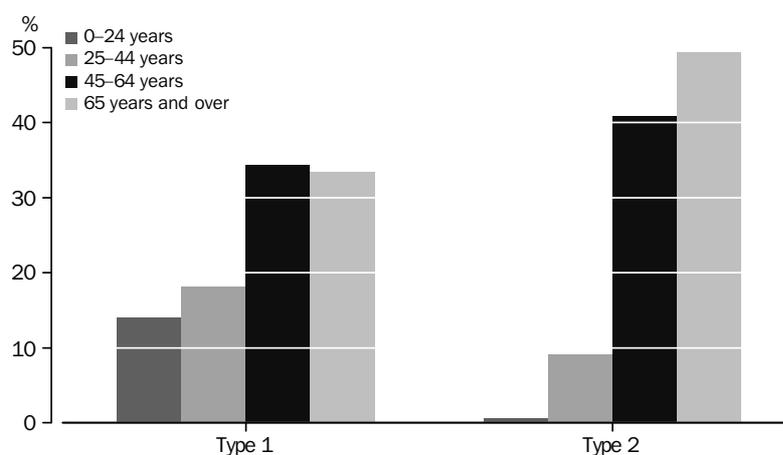
An estimated 699,600 persons (3.5% of the population) in 2004-05 currently had diabetes mellitus which had been medically diagnosed (excluding those with gestational diabetes) (table 4), similar to the proportion recorded in the 2001 NHS (3.0%) (age standardised). A further 56,300 people reported they 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 (83%), 13% reported Type 1 (sometimes referred to as insulin dependent diabetes) while 4% reported diabetes, but did not know which type.

The proportions of males and females with diabetes mellitus were similar at 4% and 3% respectively. As shown below the age profiles of Type 1 and Type 2 diabetes differed markedly.

## SUMMARY OF FINDINGS *continued*

### Diabetes *continued*

AGE DISTRIBUTION OF PEOPLE WITH DIABETES—2004–05



Overall, 20% of people with diabetes mellitus also reported having a long term heart, stroke or vascular disease. Among those aged 65 years and over with diabetes, 27% had one or more of these circulatory conditions (table 5).

The proportions of those with diabetes reporting overweight/obese body mass index (69%) or no/low exercise level 78% were above the figures for all adults (49% and 70% respectively) (table 7). Only 12% of adults with diabetes were current daily smokers, and 8% consumed alcohol at risky/high levels, compared with 21% and 14% respectively for all adults.

Over 90% of persons with diabetes or high sugar levels reported that they took some action for the condition in the previous 2 weeks (table 13). Almost two thirds (64%) of those with diabetes or high sugar level used pharmaceutical medications for their diabetes. Lifestyle changes were also common, with 79% of people with diabetes or high sugar levels reporting that they were following changed eating patterns/diet due to their diabetes, 29% reporting that they had exercised most days in the last 2 weeks, and 18% reported they were losing weight. Males were more likely to exercise for diabetes (31%) than females (26%).

### Injuries

Respondents to the 2004–05 NHS were asked about events in the previous 4 weeks which resulted in injury for which they had medical treatment or had taken some other action (see Glossary). Detailed information was collected about the most recent injury event in that period.

Having sustained an injury in the previous 4 weeks was reported by 18% of persons (19% of males and 18% of females) (table 16). Among those reporting an injury event, the most common events were cuts (31% of males, 25% of females), low falls of less than 1 metre (19% of males, 24% of females); hitting or being hit by something (16% of males, 13% of females) and bites/stings requiring some treatment (7% of males, 12% of females).

Overall the proportion of people who had at least one recent injury event in the previous 4 weeks decreased with age from a peak of 25% of children 0–14 years to 10% of people aged 65 years and over. Based on the type of the most recent injury event in the last 4 weeks, low falls were the most common type of injury event among children (11% of those aged 0–14 years) and older people (4% of those aged 75 years and over). Cuts with

## SUMMARY OF FINDINGS *continued*

### *Injuries continued*

a knife, tool or other implement were the most common type of injury event among young adults and middle age groups; for example 8% of persons aged 25–34 years.

In addition to recent injuries, the survey collected information about long term conditions which respondents considered were due to injuries. Overall 16% of persons reported a long term condition due to an injury (table 9). Conditions most commonly reported as due to injury were musculoskeletal conditions: 31% of those with back pain/problems, or disc disorders; 16% of those with rheumatism and other soft tissue disorders; and 12% of those with arthritis reported the condition was due to an injury.

### *Mental wellbeing*

Around one in ten people reported in the 2004–05 NHS that they had a long term mental or behavioural problem (table 4). The most commonly reported problems were classified to two groups, anxiety related problems and mood (affective) problems (each reported by approximately 4% of males and 6% of females). However respondents in the survey were not specifically asked whether they had been diagnosed with any mental disorder so that the information provided by the respondents could be based on self-diagnosis rather than diagnosis by a health professional. Hence, self-reported survey data on mental and behavioural problems are considered to be less reliable than condition data in the other NHPA's where the respondent is asked to report whether a diagnosis had been made by a health professional.

Among adults who reported a mental or behavioural problem, 32% were daily smokers, and 15% consumed alcohol at risky/high levels, compared with 21% and 14% of all adults (table 7).

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.

A little under two-thirds (63%) of adults were classified to low levels of current psychological distress, 24% to moderate levels, 9% to high levels and 4% to very high levels (table 14). Similar proportions across the levels were recorded in the 2001 NHS (age standardised). 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, 59% were female.

As shown in the following table, adults reporting a long term mental or behavioural problem were more likely to record higher levels of current psychological distress: 48% reported high or very high levels compared with 13% of the total adult population.

## SUMMARY OF FINDINGS *continued*

### LEVEL OF CURRENT PSYCHOLOGICAL DISTRESS

Type of long-term condition	Low	Moderate	High	Very high	Total
	%	%	%	%	%
Feeling depressed and other mood affective disorders	13	29	31	26	100
Anxiety related disorders	15	31	32	23	100
All mental and behavioural disorders	20	32	28	20	100
All adults	63	24	9	4	100

#### *Mental wellbeing continued*

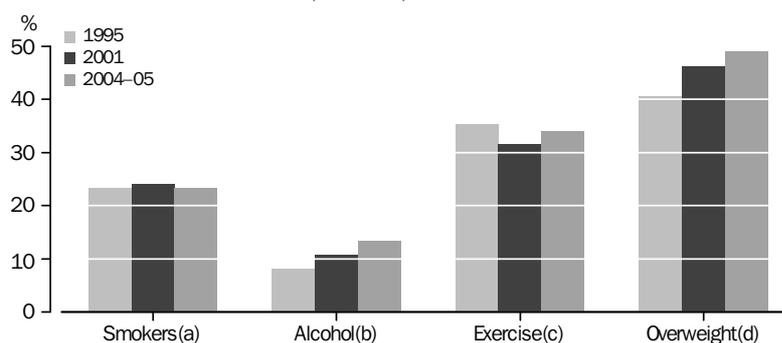
Nearly one fifth (19%) of adults reported that they had used some medication (pharmaceutical medication and/or vitamins, minerals or herbal treatments) for their mental wellbeing (table 15) in the previous 2 weeks. Of those using medications for mental well being, 27% reported using anti depressants, 23% used sleeping tablets and 10% used medications for anxiety or nerves. Use of medications was higher among females than males overall (24% and 14% respectively). Use of medications was higher overall in older age groups but this was largely due to the higher use of sleeping medications (11% of persons aged 65 years and over compared with 5% for the whole adult population).

#### *RISK BEHAVIOURS*

The 2004–05 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, lack of exercise, being overweight and some dietary habits.

Compared with results from the 2001 survey, the 2004–05 survey found that more adults are drinking alcohol at risky or high risk levels and more adults are overweight or obese. Differences in smoking rates and level of exercise were not statistically significant.

#### RISK FACTORS: ADULTS, 1995, 2001 AND 2004–05



- (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).

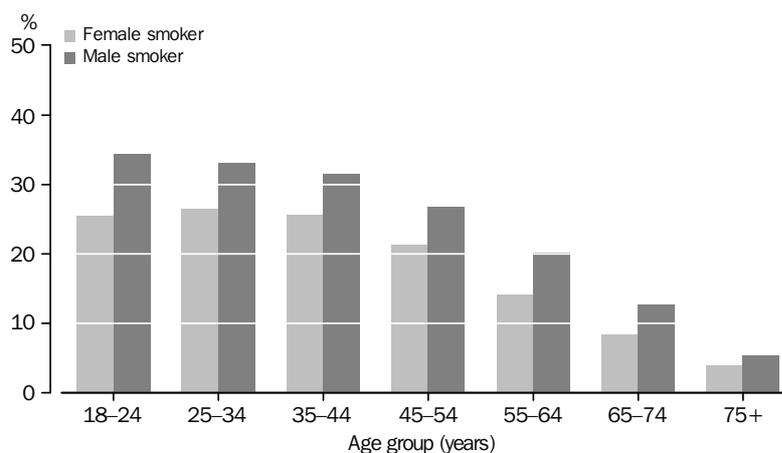
#### *Smoking*

Almost one in four adults (23%) currently smoked in 2004–05; 21% were regular daily smokers and 2% smoked less often than once a day, while 47% reported that they had never smoked regularly, and the remaining 30% reported they were ex-smokers (table 17). More males than females were current smokers (26% and 20% respectively), and for both males and females the prevalence of smoking was highest in younger age groups: 34% of males and 26% of females aged 18–34 years smoked.

## SUMMARY OF FINDINGS *continued*

### Smoking *continued*

SMOKER STATUS—2004–05



### Alcohol consumption

The majority of adults (62%) had consumed alcohol in the week prior to interview (71% of males and 54% of females) (table 17). Far fewer people reported they had either never consumed alcohol, or had last consumed alcohol 12 months or more ago (11% of males and 20% of females).

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. Nearly 80% of both males and females who drank alcohol in the previous week did so at a level which would pose a low risk to their health. On an age standardised basis, in 2004–05 13% of adults consumed alcohol at levels which, if continued, would be risky or a high risk to their health, compared to 11% in 2001 (table 22) (age standardised).

For both males and females the proportions drinking at risky and high risk levels were highest in the middle age groups; for example 18% of males and 13% of females aged 55–64 years reported consumption which would place them in the risky or high risk groups.

### Exercise

In 2004–05, 66% of adults had exercised for recreation, sport or fitness during the two weeks prior to interview. It should be noted that results from this survey relate only to exercise for sport, recreation or fitness, and therefore are not necessarily indicative of total physical activity; for example they could exclude physical activity at work.

Almost half (49%) of adults reported they walked for exercise in the two weeks prior to interview, 36% did some form of moderate exercise and 15% did vigorous exercise (table 24). Females were more likely to walk for exercise than males (54% compared with 45%) while males were more likely than females to do moderate exercise (39% compared with 32%) and vigorous exercise (18% 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 55–64 and 65–74 year age groups (around 54%).

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 terms of these recommendations. The survey did find that 23% of those adults who exercised at a moderate level, and 21% of those who exercised at a vigorous level, exercised 7 times or

## SUMMARY OF FINDINGS *continued*

### *Exercise continued*

more in the previous two weeks. For over 80% of these, the average duration of each session was 30 minutes or more. Of those who walked for exercise, 40% did so 7 times or more in the last 2 weeks. Also for those who walked, 85% did so for periods of 30 minutes or more on average.

### *Body mass*

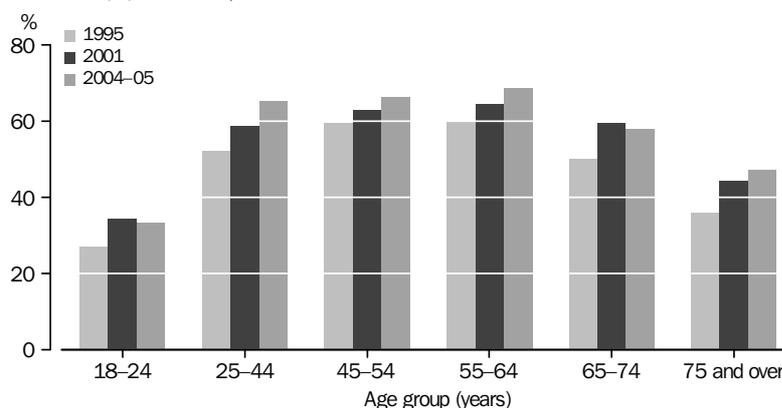
In the 2004–05 NHS, adults were asked whether they considered themselves to be overweight, of acceptable weight or underweight. Body mass index (BMI) was also calculated from self-reported height and weight information (see Glossary). Those men (5%) and women (11%) who either declined or were unable to provide their height and/or weight (table 17) are excluded from the calculations of percentages in BMI categories discussed below.

In 2004–05, the majority of adults considered themselves to be of acceptable weight (63% of males and 59% of females), while 32% of males and 37% of females considered themselves to be overweight (table 28). However, this was significantly below the proportions classified as overweight or obese based on their BMI; 62% of males and 45% of females. Only half of adult males who considered themselves to be of acceptable weight were classified to the normal BMI category, compared with 76% of females.

For both males and females the proportion classified as overweight or obese based on BMI was highest in older age groups (e.g. for people aged 55–64 years 72% of males and 58% of females were classified as overweight or obese) (table 25). Among females aged 18–24 years 10% were classified as being underweight.

When compared to results from previous surveys the proportion of adults classified as overweight or obese has increased (table 25). Excluding those for whom BMI could not be derived, the proportion of males classified as overweight or obese rose from 52% in 1995 to 62% in 2004–05; for females the increase was 37% to 45% (age standardised). For both males and females, increases were recorded in both the overweight and obese groups and were recorded across all age groups.

MALES (a): 1995, 2001 AND 2004–05

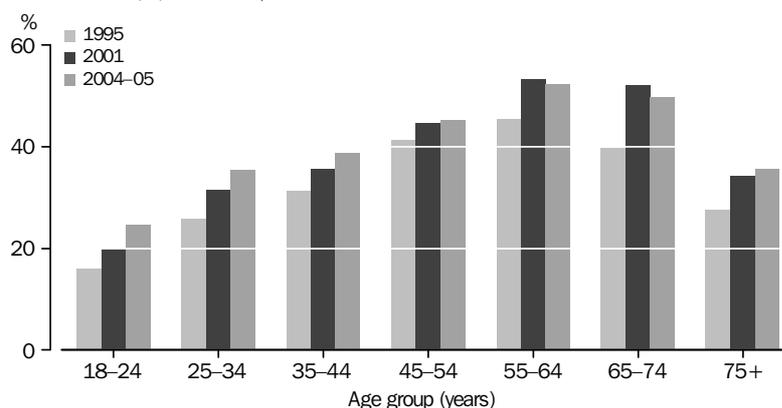


(a) Overweight or obese BMI based on self reported height and weight.

## SUMMARY OF FINDINGS *continued*

### Body mass *continued*

FEMALES (a): 1995, 2004 AND 2004-05



(a) Overweight and obese BMI based on self reported height and weight.

### Dietary indicators

Information was collected in the survey about the usual intake of fruit and vegetables by people aged 12 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 2004-05 females were more likely to adopt healthier dietary behaviours than males (table 29). Females consumed higher levels of fruit and vegetables than males. The proportions of people aged 12 years and over who reported they usually consumed 5 or more serves of vegetables every day (the recommend daily intake) were 16% for females compared with 11% for males. The proportion of females who usually consumed two or more serves of fruit per day (the recommended daily intake) was 60% compared with 48% for males. Compared to other types of milk females were more likely to consume low fat or skim milk (50%) while males were more like to consume whole milk (53%).

The highest proportions of people usually having the recommended number of serves of fruit and vegetables per day were recorded in the 55-64 year and older age groups.

### HYSTERECTOMY AND HORMONE REPLACEMENT THERAPY (HRT)

More than one in ten (14%) women aged 18 years or more reported they had a hysterectomy. Among those women, 41% reported they had a hysterectomy at age 35-44 years, and 28% at age 45-54 years.

Information was obtained in the 2004-05 NHS about women currently using HRT which had been prescribed by a doctor, and the length of time they had been using HRT (table 30). Among women aged 45 years and over 11% reported currently using HRT: almost two thirds (65%) of these women had been using HRT for 5 years or more.

### HEALTH RELATED ACTIONS

Information was collected in the survey about actions people had recently taken for their health. Nearly one quarter (23%) of Australians living in private dwellings consulted a general practitioner (GP) or specialist in the previous two weeks (table 31). This compares with 25% in 2001 (table 33). As well, 6% had a dental consultation and 14% had consulted a health professional other than a doctor or dentist. Of those consulting other health professionals, 29% consulted a chemist, 16% consulted a physiotherapist and 16% consulted a chiropractor (table 35).

## SUMMARY OF FINDINGS *continued*

### HEALTH RELATED ACTIONS *continued*

Females were more likely to consult health professionals than males. For example, 20% of males had consulted a doctor in the previous two weeks, compared with 26% of females. Proportions consulting other health professionals were 11% of males and 16% of females.

Consultations with doctors were strongly age-related. Almost one in four (22%) children aged less than 5 years had consulted a doctor in the previous 2 weeks. The proportion consulting a doctor was lowest for children aged 5–14 years (11%) then rose across older age groups to 47% for persons aged 75 years and over (table 31). The overall patterns of use of health professionals across age groups were similar for males and females.

Consultations with doctors increased in older age groups whereas consultations with other health professionals showed little change.

### Days away from work

Of employed persons aged 15–64 years 13% reported that they had one or more days away from work in the previous 2 weeks due to their own illness or injury (10%) or to care for another who was ill (3%). This was similar to the proportion of persons who reported days away from work in 2001 (age standardised). Absences from work accounted for around 3.6 million days lost from work (table 36). Although the proportion of females taking days away from work was higher than that for males (15% and 12% respectively), more male days were lost (2.0 million) than female days (1.6 million).

### PRIVATE HEALTH INSURANCE

Results of the survey showed that half of the population aged 15 years and over had private health insurance (table 37) in 2004–05. Of those persons with private health insurance, 75% had both hospital and ancillary cover, 17% 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 (61%) and the lowest in the age groups 25–34 years and 75 years and over (both around 41% with some form of private health insurance cover).

In all age groups, having both hospital and ancillary cover was more common than having only hospital or ancillary cover. However among those aged 75 years and over with private health insurance, 40% had hospital cover only, compared with 17% for all age groups combined. The proportion of privately insured people with ancillary cover only was highest in the 15–24 and 25–34 years of age groups (both 9%).

'Security, protection and peace of mind' was the most common group of reasons for having private health insurance (43% of those insured), while the category 'cannot afford it/too expensive' was the most commonly reported reason for not insuring (64% of those without private health insurance) (table 39). Consistent with this, only 29% of people in the lowest quintile of household income had private health insurance, compared with 76% of those in the highest household income quintile (table 38).

## LIST OF TABLES

*page*

### SUMMARY

<b>1</b>	Selected health characteristics by age, persons, Australia 2004–05 . . . . .	16
<b>2</b>	Selected health characteristics, persons, Australia, 2004–05, 2001 and 1995, Age standardised . . . . .	17

### HEALTH STATUS INDICATORS

<b>3</b>	Self assessed health status by age and sex, persons aged 15 years and over, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	18
<b>4</b>	Long term conditions by age and sex, persons, Australia, 2004–05 . . . . .	20
<b>5</b>	Co-morbidity of selected long term conditions by age, persons, Australia, 2004–05 . . . . .	24
<b>6</b>	Selected long term conditions by selected population characteristics, persons, Australia, 2004–05 . . . . .	25
<b>7</b>	Long term conditions by risk behaviours, persons aged 18 years and over, Australia, 2004–05 . . . . .	26
<b>8</b>	Long term conditions, persons, States and ACT, 2004–05 . . . . .	28
<b>9</b>	Reported cause of long term condition reported as work-related or caused by injury, persons aged 15 years and over, Australia, 2004–05 . . . . .	30
<b>10</b>	Action taken for arthritis or osteoporosis by age and sex, persons with arthritis or osteoporosis, Australia, 2004–05 . . . . .	31
<b>11</b>	Action taken for asthma by age and sex, persons with asthma, Australia, 2004–05 . . . . .	32
<b>12</b>	Medication used for circulatory conditions, persons with circulatory conditions, Australia, 2004–05 . . . . .	33
<b>13</b>	Action taken for diabetes or high sugar levels by age and sex, persons with diabetes or high sugar levels, Australia, 2004–05 . . . . .	34
<b>14</b>	Level of current psychological distress by age and sex, persons aged 18 years and over, Australia, 2004–05 and 2001, Age standardised totals . . . . .	35
<b>15</b>	Medication used for mental wellbeing by age and sex, persons aged 18 years and over, Australia, 2004–05 . . . . .	36
<b>16</b>	Recent injury events by age and sex, persons, Australia, 2004–05 . . . . .	37

### HEALTH RISK FACTORS

<b>17</b>	Health risk behaviours by age and sex, persons aged 18 years and over, Australia, 2004–05 . . . . .	38
<b>18</b>	Selected health risk behaviours by selected population characteristics, persons aged 18 years and over, Australia, 2004–05 . . . . .	42
<b>19</b>	Health risk behaviour combinations, persons aged 18 years and over, Australia, 2004–05 . . . . .	43
<b>20</b>	Health risk behaviours, persons aged 18 years and over, States and ACT, 2004–05 . . . . .	44
<b>21</b>	Smoker status by age and sex, persons aged 18 years and over, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	45
<b>22</b>	Alcohol risk level by age and sex, persons aged 18 years and over, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	46

## LIST OF TABLES *continued*

*page*

### HEALTH RISK FACTORS *continued*

<b>23</b>	Exercise level by age and sex, persons aged 18 years and over, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	47
<b>24</b>	Type of exercise by age and sex, persons aged 18 years and over, Australia, 2004–05 . . . . .	49
<b>25</b>	Body mass index groups by age and sex, persons aged 18 years and over, Australia, 2004–5, 2001 and 1995, Age standardised totals . . . . .	50
<b>26</b>	Self-reported height by age and sex, persons aged 18 years and over, Australia, 2004–05 . . . . .	53
<b>27</b>	Self-reported weight by age and sex, persons aged 18 years and over, Australia, 2004–05 . . . . .	54
<b>28</b>	Self-assessed weight by body mass index by age and sex, persons aged 18 years and over, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	55
<b>29</b>	Selected dietary indicators by age and sex, persons aged 12 years and over, Australia, 2004–05 . . . . .	56

### HEALTH - RELATED ACTIONS

<b>30</b>	Hysterectomy and Hormone Replacement Therapy, Women aged 18 years and over, Australia 2004–05 . . . . .	58
<b>31</b>	Action taken for health, by age and sex, persons, Australia, 2004–05 . . . . .	59
<b>32</b>	Selected actions, by selected population characteristics, persons, Australia, 2004–05 . . . . .	60
<b>33</b>	Action taken by age and sex, persons, Australia, 2004–05, 2001 and 1995, Age standardised totals . . . . .	61
<b>34</b>	Action taken for health, persons, States and ACT, 2004–05 . . . . .	62
<b>35</b>	Consultations with health professionals, by age and sex, persons who consulted a health professional, Australia, 2004–05 . . . . .	63
<b>36</b>	Days away from work by age and sex, employed persons aged 15 to 64 years, Australia, 2004–05 . . . . .	65
<b>37</b>	Private health insurance by type of cover, age and sex, persons aged 15 years and over Australia, 2004–05 . . . . .	66
<b>38</b>	Private health insurance cover by selected population characteristics, persons aged 15 years and over, Australia, 2004–05 . . . . .	67
<b>39</b>	Reasons for insuring or not insuring with private health insurance, persons aged 15 years and over, Australia, 2004–05 . . . . .	68

SELECTED HEALTH CHARACTERISTICS

	Children 0-14 years	Children 15-17 years	18-64 years	65 years and over	All persons
	%	%	%	%	000
Self assessed health status					
Excellent/very good	..	82.4	58.6	35.5	8 864.4
Good	..	13.4	28.0	31.8	4 384.0
Fair/poor	..	4.3	13.4	32.7	2 512.6
Selected long term conditions(a)					
Arthritis	**0.1	*0.6	14.4	49.4	3 020.1
Asthma	11.5	11.1	9.9	9.4	2 013.5
Back pain/problems nec, disc disorders	0.5	3.4	19.6	21.2	3 018.5
Deafness (complete/partial)	1.4	*1.6	9.0	33.5	2 014.3
Diabetes mellitus	*0.1	**0.4	2.9	13.7	699.6
Hayfever & allergic rhinitis	7.7	13.6	19.8	11.3	3 165.7
Heart, stroke & vascular diseases(b)	np	np	2.4	18.4	754.7
Hypertensive disease	np	np	9.1	39.4	2 100.7
Long sightedness	3.7	8.5	28.8	61.8	5 334.1
Malignant neoplasms	np	np	1.5	6.1	338.3
Mental and behavioural problems	6.7	9.4	12.3	9.5	2 108.3
Osteoporosis	np	np	1.9	14.1	585.8
Short sightedness	3.5	10.9	26.1	35.1	4 353.0
High/very high psychological distress(c)	..	..	13.4	11.0	1 940.8
Risk behaviours					
Current daily smoker	..	..	24.0	7.2	3 180.1
Risky/high alcohol risk	..	..	14.6	8.1	2 020.9
Sedentary/low exercise level	..	55.3	69.4	75.2	10 966.4
Overweight/obese BMI	..	13.1	49.5	47.8	7 470.8
1 or less serves of fruit	..	48.3	48.3	34.6	(d) 7 606.5
4 or less serves of vegetables	..	90.7	86.3	82.0	(e) 14 214.9
Actions taken in previous 2 weeks					
Hospital inpatient(f)	0.6	0.2	0.7	1.4	151.0
Visited casualty/outpatients/day clinic	2.9	3.5	4.7	8.3	932.4
Consulted GP/Specialist	14.9	13.7	22.1	42.2	4 487.6
Consulted dentist	6.4	9.2	5.6	5.6	1 158.9
Consulted OHP(g)	8.8	8.8	14.5	17.1	2 648.5
Days away from work/study	10.4	12.3	8.2	..	1 531.8
Other days of reduced activity	5.1	7.8	10.9	15.5	2 009.9
<b>All persons ('000)</b>	<b>3 920.6</b>	<b>797.9</b>	<b>12 523.0</b>	<b>2 440.1</b>	<b>19 681.5</b>

\* 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  
 .. not applicable  
 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) Includes ischaemic heart disease, cerebrovascular disease, oedema and heart failure, and diseases of the arteries, arterioles and capillaries.  
 (c) Kessler 10 scores of 22 or more. See Psychological distress in Glossary.  
 (d) Aged 12 years and over. Includes those who did not eat fruit.  
 (e) Aged 12 years and over. Includes those who did not eat vegetables.  
 (f) Discharged from a stay in hospital.  
 (g) Other health professional. See Glossary.

## SELECTED HEALTH CHARACTERISTICS(a)(b), 2004–05, 2001 and 1995

	2004–05	2001	1995
	%	%	%
Self assessed health status(c)			
Excellent/very good	56.4	51.5	54.3
Good	(d) 27.8	30.2	(d) 28.5
Fair/poor	15.8	18.2	17.2
Selected long term conditions(e)(f)			
Arthritis	14.9	13.9	15.7
Asthma	10.2	11.6	11.1
Back pain/problems nec, disc disorders	15.1	20.5	6.4
Deafness (complete/partial)	(d) 10.1	10.8	(d) 10.1
Diabetes mellitus	3.5	3.0	2.4
Hayfever & allergic rhinitis	(g) 16.1	(g) 15.5	13.9
Heart, stroke & vascular diseases(h)	3.8	4.3	na
Hypertensive disease	(g) 10.4	(g) 10.3	11.5
Long sightedness	26.3	(i) 22.4	(i) 22.0
Malignant neoplasms	(g) 1.7	(g) 1.7	2.2
Mental & behavioural problems	10.7	9.6	5.9
Osteoporosis	2.9	(i) 1.6	(i) 1.5
Short sightedness	21.8	(i) 20.9	(i) 20.9
High/very high psychological distress(j)(k)	(g) 13.0	(g) 12.6	na
Selected risk behaviours			
Current smoker(k)(l)	(d)(g) 23.3	(g) 24.2	(d) 23.3
Risky/high alcohol risk(k)	13.4	10.8	8.2
Sedentary/low exercise level(c)	(g)(d) 69.6	(g)(i) 68.6	(d)(i) 69.3
Overweight/obese BMI(c)	47.1	44.3	39.0
Actions taken in the previous 2 weeks(f)			
Hospital inpatient(m)	(g)(d) 0.8	(g)(i) 0.9	(d)(i) 0.8
Visited casualty/outpatients/day clinic	(g) 4.7	(g) 4.7	4.0
Consulted GP/specialist	22.7	24.6	23.6
Consulted dentist	(g)(d) 5.9	(g) 6.1	(d) 5.6
Consulted OHP(n)	(g) 13.4	(g) 13.2	10.0
Days away from work/study	(g) 7.8	(g) 8.2	7.4
Other days of reduced activity	10.1	10.9	5.8

na not available

(a) Age standardised percentages. See paragraph 31 of Explanatory Notes.

(b) Percentages are of age groups specified. For the population estimate used in calculating these percentages see Appendix C.

(c) Aged 15 years and over.

(d) Difference between 2004–05 and 1995 is not statistically significant. See Technical Notes and paragraph 33 of Explanatory Notes.

(e) Changes to survey methodology and classifications may reduce direct comparability between surveys. See Explanatory Notes.

(f) All persons.

(g) Difference between 2004–05 and 2001 is not statistically significant. See Technical Notes and paragraph 33 of Explanatory Notes.

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

(i) Difference between 2001 and 1995 is not statistically significant. See Technical Notes and paragraph 33 of Explanatory Notes.

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

(k) Aged 18 years and over.

(l) Includes daily and other current smokers.

(m) Discharged from a stay in hospital.

(n) Other health professional. See Glossary.

## SELF ASSESSED HEALTH STATUS, 2004-05, 2001 and 1995

Self assessed health status	AGE GROUP (YEARS)							Total(a)
	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES (%)								
<b>2004-05</b>								
Excellent	34.5	22.5	18.8	18.2	15.0	14.3	6.8	20.4
Very good	36.4	39.4	38.7	35.0	31.8	21.9	21.9	34.3
Good	22.9	29.0	29.5	30.5	27.8	31.0	34.7	28.8
Fair	5.1	7.1	10.7	11.3	17.4	22.6	22.7	11.8
Poor	*1.1	2.1	2.3	5.0	8.0	10.2	13.8	4.7
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Excellent	28.6	23.8	17.2	15.9	12.3	11.0	8.3	18.4
Very good	38.3	36.2	34.9	31.8	25.2	21.4	18.3	31.7
Good	24.9	29.4	34.0	33.8	30.8	36.3	35.5	31.4
Fair	6.9	8.6	10.8	13.0	22.5	19.7	28.3	13.5
Poor	1.3	2.1	3.1	5.5	9.3	11.7	9.6	5.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Excellent	28.1	20.9	19.3	20.6	14.3	11.1	9.7	19.3
Very good	39.9	41.7	40.7	32.9	27.2	22.1	18.1	34.6
Good	23.7	27.8	28.5	30.5	31.5	32.2	28.4	28.6
Fair	7.6	8.3	9.1	12.1	19.5	23.3	28.3	13.0
Poor	0.7	1.3	2.5	3.9	7.6	11.3	15.5	4.5
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES (%)								
<b>2004-05</b>								
Excellent	27.2	25.9	25.3	20.1	17.1	12.9	7.9	21.6
Very good	41.3	39.9	40.8	36.0	30.6	28.3	25.4	36.5
Good	24.4	26.3	24.4	27.9	28.8	30.0	32.4	26.9
Fair	6.5	6.5	6.8	11.3	16.3	19.7	22.6	10.9
Poor	*0.6	1.5	2.7	4.6	7.3	9.0	11.7	4.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Excellent	22.1	24.3	21.5	17.8	16.4	13.4	7.4	19.2
Very good	39.8	37.4	38.3	32.9	28.0	22.6	22.3	33.7
Good	27.8	27.2	27.8	29.1	30.8	35.6	31.0	29.2
Fair	8.4	8.7	10.1	15.1	17.5	20.7	26.1	13.3
Poor	2.0	2.5	2.4	5.1	7.2	7.7	13.2	4.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Excellent	21.4	21.9	23.0	22.0	14.2	9.5	10.6	19.2
Very good	40.0	41.5	39.3	34.4	29.4	26.3	21.7	35.4
Good	29.1	26.5	27.1	28.2	30.7	32.5	28.2	28.5
Fair	8.3	8.6	8.6	12.0	19.9	21.8	27.1	12.9
Poor	1.2	1.6	2.0	3.4	5.8	9.9	12.4	3.9
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS (%)								
<b>2004-05</b>								
Excellent	30.9	24.2	22.1	19.2	16.0	13.6	7.4	21.0
Very good	38.8	39.7	39.7	35.5	31.2	25.2	23.9	35.4
Good	23.6	27.6	26.9	29.2	28.3	30.5	33.4	27.8
Fair	5.8	6.8	8.8	11.3	16.9	21.1	22.6	11.3
Poor	0.9	1.8	2.5	4.8	7.6	9.6	12.6	4.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

(a) Age standardised percentages. See paragraph 31 of Explanatory Notes.

SELF ASSESSED HEALTH STATUS, 2004-05, 2001 and 1995 *continued*

Self assessed health status	AGE GROUP (YEARS)							Total(a)
	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
PERSONS (%) <i>cont.</i>								
<b>2001</b>								
Excellent	25.4	24.0	19.4	16.9	14.3	12.2	7.8	18.8
Very good	39.1	36.8	36.6	32.3	26.6	22.0	20.6	32.7
Good	26.3	28.2	30.8	31.4	30.8	35.9	32.9	30.2
Fair	7.6	8.6	10.4	14.1	20.0	20.2	27.0	13.4
Poor	1.6	2.3	2.7	5.3	8.2	9.6	11.7	4.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Excellent	24.8	21.4	21.2	21.3	14.2	10.2	10.2	19.3
Very good	40.0	41.6	40.0	33.6	28.3	24.4	20.3	35.0
Good	26.3	27.2	27.8	29.3	31.1	32.4	28.3	28.5
Fair	7.9	8.4	8.8	12.1	19.7	22.5	27.6	13.0
Poor	0.9	1.5	2.3	3.7	6.7	10.5	13.6	4.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Age standardised percentages. See paragraph 31 of Explanatory Notes.

	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 & parasitic diseases	*8.7	24.4	31.6	29.9	25.0	24.3	*16.2	*10.3	89.5	80.9	170.4
Neoplasms											
Malignant neoplasms											
Skin	np	np	*7.4	*11.8	36.8	31.2	26.7	33.7	90.4	57.5	147.9
Other & site unknown	np	np	*5.2	18.0	28.1	45.5	45.6	45.0	107.9	86.2	194.1
Total	np	np	*12.7	29.7	63.3	76.7	71.7	77.2	194.9	143.4	338.3
Benign neoplasms & neoplasms of uncertain nature	*4.9	*3.9	*5.6	*6.5	*11.0	*7.7	*10.5	*4.4	*15.1	39.4	54.5
Total	*7.9	*8.0	18.3	36.2	73.8	83.2	80.1	81.0	206.5	182.0	388.5
Diseases of the blood & blood forming organs											
Anaemias	*11.3	39.0	45.2	64.8	40.6	26.6	28.9	26.7	46.1	236.9	283.1
Other diseases of the blood & blood forming organs	**1.9	*5.1	**2.7	*10.6	*9.2	*7.2	*6.0	*6.4	20.1	28.9	49.0
Total	*13.2	41.9	47.3	75.4	48.4	33.8	34.8	31.8	65.0	261.6	326.6
Endocrine, nutritional & metabolic diseases											
Disorders of the thyroid gland	**2.7	*9.4	32.3	76.2	93.4	105.8	76.0	72.8	61.6	406.9	468.5
Diabetes mellitus											
Type 1	np	np	*8.0	*8.6	*11.9	19.8	20.7	*10.0	50.9	41.0	91.9
Type 2	np	np	*7.6	45.6	93.1	145.0	164.3	123.7	329.5	253.3	582.8
Total(b)	*5.4	*11.0	16.6	55.9	106.1	171.5	188.8	144.4	387.8	311.8	699.6
High sugar levels in blood/urine	np	np	**1.7	*6.2	*10.1	*11.6	*14.3	*8.6	27.9	28.4	56.3
High cholesterol	np	np	33.5	108.1	251.7	372.2	321.0	242.4	686.7	653.0	1 339.7
Other endocrine, nutritional & metabolic diseases	*11.1	*9.4	31.1	19.8	18.4	22.2	*11.1	*6.2	44.9	84.4	129.3
Total	20.4	41.3	111.7	254.4	421.5	573.8	498.9	396.2	1 057.0	1 261.1	2 318.1
Mental & behavioural problems											
Alcohol & drug problems	np	19.0	38.1	36.6	43.1	*15.4	*6.7	np	115.9	45.4	161.4
Mood (affective) problems	30.3	144.6	184.6	230.1	210.0	139.7	61.7	51.7	415.3	637.3	1 052.6
Anxiety related problems	89.7	123.6	142.3	197.9	174.2	143.5	56.4	40.2	384.1	583.8	967.9
Problems of psychological development	100.6	60.8	28.3	27.1	25.9	16.7	*6.7	*9.2	181.8	93.5	275.3
Behavioural & emotional problems with usual onset in childhood/adolescence	116.3	34.7	np	np	np	**2.8	np	np	124.6	52.5	177.0
Organic mental problems	np	—	np	np	np	*3.8	np	20.3	*13.3	18.6	31.9
Other mental & behavioural problems	19.4	21.0	31.0	36.3	28.4	23.0	*4.9	*4.2	109.7	58.6	168.3
Symptoms & signs involving cognition, perceptions, emotional state & behaviour	*8.3	*7.6	18.0	40.5	34.4	29.1	*6.0	*11.9	94.4	61.3	155.6
Total	263.0	267.8	322.7	403.3	358.2	262.4	118.8	112.0	982.9	1 125.4	2 108.3
Diseases of the nervous system											
Epilepsy	18.8	16.8	*13.9	21.3	27.3	24.1	*7.8	*3.7	61.2	72.4	133.7
Migraine	43.3	158.3	293.1	307.5	282.5	133.2	56.8	20.1	375.4	919.4	1 294.8
Other diseases of the nervous system	24.1	*9.2	20.9	36.9	31.7	37.3	31.2	*10.8	98.0	104.1	202.2
Total	80.7	183.0	321.9	354.4	328.7	189.9	89.5	33.4	516.4	1 064.9	1 581.4

\* 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) Includes persons from whom type of diabetes was 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			
<b>Diseases of the eye &amp; adnexa</b>											
Cataract	*3.6	np	np	*5.6	*16.2	41.8	107.9	179.3	141.4	215.3	356.7
Glaucoma	np	np	**2.0	*5.0	24.4	36.0	51.6	84.8	88.5	117.7	206.2
Astigmatism	43.0	86.0	158.4	177.3	167.2	127.2	64.3	42.4	382.6	483.2	865.8
Macular degeneration	np	np	np	**1.8	*8.1	22.4	23.2	50.8	39.1	72.4	111.6
Presbyopia	*3.8	—	**2.7	45.6	236.6	226.0	173.1	160.6	386.1	462.3	848.4
Short sightedness	137.8	482.4	628.2	639.1	833.9	774.7	482.7	374.1	1 876.7	2 476.2	4 353.0
Long sightedness	146.6	236.0	243.7	435.1	1 428.8	1 336.0	863.9	644.0	2 380.6	2 953.4	5 334.1
Other disorders of the ocular muscles, accommodation & refraction	48.4	34.9	35.4	33.8	33.6	29.4	20.5	*11.6	123.4	124.2	247.6
Blindness (complete/partial)	*5.7	*5.8	*12.4	21.4	*15.7	21.3	22.7	43.4	79.8	68.6	148.3
Other visual disturbances or loss of vision	32.5	38.2	61.6	59.9	60.6	55.0	57.3	54.1	196.3	223.1	419.4
Other diseases of the eye & adnexa	38.8	51.2	73.7	100.5	85.4	86.6	62.8	50.5	407.6	141.8	549.5
Total	410.7	801.8	1 018.0	1 249.5	2 338.4	2 038.6	1 300.0	1 048.8	4 666.9	5 538.8	10 205.8
<b>Diseases of the ear &amp; mastoid</b>											
Deafness (complete/partial)	54.8	70.3	148.3	250.8	295.0	378.5	358.6	458.2	1 303.9	710.4	2 014.3
Otitis media	59.3	*8.7	*8.3	*15.7	*5.1	**2.3	**2.4	**2.3	49.2	54.9	104.1
Other diseases of the ear & mastoid	*14.2	27.9	56.1	64.9	89.1	111.0	74.0	53.2	277.4	213.1	490.5
Total	123.6	104.9	204.4	320.6	371.2	456.9	411.0	493.9	1 548.6	937.7	2 486.3
<b>Diseases of the circulatory system</b>											
Heart, stroke & vascular diseases											
Angina	—	np	np	*4.6	*10.2	46.5	67.9	85.1	126.4	88.0	214.4
Other ischaemic heart diseases	np	np	**2.1	*8.9	*14.5	36.3	40.2	49.3	102.7	49.6	152.2
Cerebrovascular diseases	np	np	np	*4.2	*5.4	19.4	22.0	37.6	48.2	42.6	90.8
Oedema & heart failure	**0.7	**0.9	*7.7	18.9	41.4	52.4	52.0	89.0	86.7	176.3	263.0
Diseases of the arteries, arterioles & capillaries	**1.7	**2.1	*3.6	*5.3	22.7	48.3	54.8	65.2	131.3	72.3	203.6
Total	**3.0	*4.8	*13.7	37.0	81.4	166.0	191.3	257.5	388.2	366.5	754.7
Hypertensive disease	**2.7	*11.4	55.4	137.0	371.8	559.8	513.8	448.8	999.6	1 101.1	2 100.7
Tachycardia	**2.6	18.9	23.0	34.5	62.5	63.9	91.8	120.2	166.0	251.4	417.4
Haemorrhoids	—	*4.0	30.3	34.6	45.0	49.9	32.6	30.4	76.8	150.1	226.9
Varicose veins	np	np	52.9	84.1	102.1	103.3	90.9	69.7	134.9	374.5	509.4
Low blood pressure	**2.3	17.7	39.0	59.2	39.9	29.5	20.7	29.4	55.9	181.9	237.8
Other diseases of the circulatory system	np	np	41.7	69.6	46.1	42.2	37.8	40.2	89.5	214.5	304.0
Symptoms & signs involving the circulatory system	39.5	20.7	32.8	51.5	49.6	55.8	58.5	60.3	159.4	209.4	368.8
Total	51.1	83.8	224.0	375.6	615.5	786.3	713.8	686.4	1 568.5	1 968.1	3 536.6
<b>Diseases of the respiratory system</b>											
Bronchitis/emphysema	48.4	46.7	48.6	77.5	76.5	100.7	95.6	95.8	273.3	316.6	589.9
Asthma	451.5	333.1	301.5	260.4	251.8	185.8	143.9	85.5	879.2	1 134.3	2 013.5
Hayfever & allergic rhinitis	303.4	521.8	618.6	601.7	528.6	315.1	158.2	118.3	1 463.5	1 702.2	3 165.7
Chronic sinusitis	122.9	182.1	317.5	341.9	335.6	260.9	149.7	104.9	738.0	1 077.6	1 815.5
Other diseases of the respiratory system	33.0	*8.6	*6.6	*7.1	*11.3	*8.5	*11.1	*8.5	58.4	36.2	94.6
Symptoms & signs involving the respiratory system	*14.3	*5.7	*8.3	**2.4	*6.6	*5.4	*6.8	*4.9	26.1	28.2	54.3
Total	752.3	813.9	920.8	971.4	873.9	640.5	415.0	320.4	2 629.2	3 079.0	5 708.2

\* 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.

	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			
<b>Diseases of the digestive system</b>											
Stomach/duodenal/gastrointestinal ulcer	*7.1	23.3	53.5	61.1	87.0	98.8	78.9	71.6	258.0	223.4	481.4
Other diseases of the oesophagus, stomach & duodenum	*4.4	*5.8	*11.8	*12.9	27.7	36.7	20.4	19.1	72.3	66.5	138.8
Hernia	*12.1	*14.1	34.2	40.8	75.0	87.5	78.5	71.0	273.2	139.9	413.1
Other diseases of the digestive system	21.9	22.2	54.0	57.2	59.4	74.2	45.7	44.1	134.1	244.6	378.7
Symptoms & signs involving the digestive system	*10.1	*9.5	*11.0	18.7	*10.4	*12.5	*10.0	*6.0	39.6	48.5	88.0
Total	55.4	68.3	152.1	181.8	236.2	275.6	210.6	186.8	717.6	649.1	1 366.7
<b>Diseases of the skin &amp; subcutaneous tissue</b>											
Dermatitis & eczema	99.7	np	32.6	27.5	16.8	*8.4	np	np	96.2	125.0	221.2
Psoriasis	*13.3	39.9	53.3	78.1	65.8	72.0	45.1	28.6	176.3	219.9	396.2
Other diseases of the skin & subcutaneous tissue	*5.1	27.0	*16.2	19.7	25.7	*11.8	*8.9	*12.4	57.0	69.8	126.8
Symptoms & signs involving the skin & subcutaneous tissue	*3.6	np	*5.6	*3.6	**3.2	*7.4	np	np	*15.6	*11.2	26.8
Total	121.4	88.6	106.0	126.5	108.8	95.6	57.1	49.8	340.6	413.2	753.8
<b>Diseases of the musculoskeletal system &amp; connective tissue</b>											
<b>Arthritis</b>											
Rheumatoid	np	np	*15.8	63.9	92.4	128.1	115.2	66.6	209.8	281.2	491.0
Osteoarthritis	np	np	39.7	114.1	259.7	439.8	355.5	331.8	597.4	950.2	1 547.6
Other & type unknown	**1.5	17.9	65.5	137.7	225.3	313.6	237.5	187.4	524.6	661.8	1 186.4
Total	**2.8	31.6	118.9	296.2	547.3	817.5	663.8	542.1	1 263.4	1 756.7	3 020.1
Other arthropathies	17.0	42.9	79.8	106.0	111.3	124.2	104.4	78.8	423.5	241.0	664.5
Rheumatism	np	np	*8.7	25.6	35.1	51.4	87.8	76.6	134.8	152.5	287.3
Back pain/problems nec, disc disorders	20.5	245.5	429.9	638.1	614.4	553.0	319.8	197.4	1 569.0	1 449.5	3 018.5
Osteoporosis	np	np	*13.8	25.3	59.6	139.7	159.0	185.3	89.4	496.4	585.8
Other diseases of the musculoskeletal system & connective tissue	27.7	85.4	114.6	151.9	172.6	128.0	63.2	45.0	327.1	461.3	788.4
Symptoms & signs involving the musculoskeletal system & connective tissue	*6.8	*8.4	*4.3	*5.2	*8.9	*7.3	*7.1	*4.3	32.5	19.7	52.2
Total	71.5	377.1	662.7	984.1	1 129.3	1 246.8	897.0	723.6	2 867.9	3 224.2	6 092.2
<b>Diseases of the genito-urinary system</b>											
Incontinence: urine	np	np	*4.6	24.4	31.9	50.5	40.5	77.6	52.4	189.3	241.7
Diseases of female pelvic organs & genital tract	np	np	21.5	20.3	*9.3	*6.3	**1.6	**0.9	—	74.8	74.8
Other diseases of the genito-urinary system	31.0	*11.8	*13.8	45.8	62.4	67.0	59.3	45.5	190.5	146.1	336.5
Total	40.6	26.6	39.9	88.4	103.1	123.7	97.7	122.3	239.8	402.4	642.2
<b>Congenital malformations, deformations &amp; chromosomal abnormalities</b>											
	41.1	39.3	26.6	23.7	26.9	20.6	*9.4	*10.2	93.9	104.0	197.9
<b>Symptoms, signs &amp; conditions nec</b>											
Fluid retention (non circulatory)	**0.9	*6.8	*12.6	33.9	50.9	47.0	43.3	48.0	71.5	171.9	243.3
Allergy (undefined)	241.2	124.4	163.8	152.2	141.9	101.5	74.4	45.0	421.6	623.0	1 044.5
Other symptoms, signs & conditions nec	95.4	86.3	142.4	168.1	152.4	141.7	83.6	73.6	529.3	414.1	943.4
Total	324.6	205.9	306.2	327.7	321.8	269.9	187.8	151.6	969.9	1 125.6	2 095.5

\* 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.

LONG TERM CONDITIONS(a) *continued*

	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	'000	'000	'000
With a long term condition	1 608.3	1 772.1	2 168.8	2 408.4	2 599.0	2 102.5	1 347.7	1 085.8	7 338.9	7 753.7	15 092.6
Without a long term condition	2 312.3	920.9	644.9	550.8	135.9	17.7	*5.9	**0.6	2 449.6	2 139.4	4 588.9
<b>Total</b>	<b>3 920.6</b>	<b>2 693.0</b>	<b>2 813.6</b>	<b>2 959.2</b>	<b>2 734.8</b>	<b>2 120.2</b>	<b>1 353.7</b>	<b>1 086.4</b>	<b>9 788.4</b>	<b>9 893.1</b>	<b>19 681.5</b>

\* 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) Conditions which have lasted or are expected to last for 6 months or more.

## CO-MORBIDITY OF SELECTED LONG TERM CONDITIONS (a)(b)

Condition and age group (years)	Arthritis	Asthma	Diabetes mellitus	Heart, stroke & vascular disease(c)	Malignant neoplasms	Mental & behavioural problems(d)	All persons reporting the condition(e)
	'000	'000	'000	'000	'000	'000	'000
<b>Arthritis</b>							
0-24	..	*9.3	np	np	—	*5.9	34.4
25-44	..	72.7	np	np	*10.6	92.5	415.1
45-64	..	174.6	107.3	119.0	54.6	197.9	1 364.8
65 and over	..	146.2	170.0	259.8	82.9	105.8	1 205.9
Total	..	402.8	285.3	392.8	148.0	402.0	3 020.1
<b>Asthma</b>							
0-24	*9.3	..	np	—	np	90.2	784.6
25-44	72.7	..	np	*12.0	np	94.0	561.9
45-64	174.6	..	38.3	35.8	26.2	71.9	437.6
65 and over	146.2	..	36.6	46.2	*13.1	18.6	229.4
Total	402.8	..	86.5	94.0	51.1	274.7	2 013.5
<b>Diabetes mellitus</b>							
0-24	np	np	..	—	np	**1.4	*16.4
25-44	np	np	..	*4.1	np	*8.0	72.5
45-64	107.3	38.3	..	50.1	*11.2	29.4	277.6
65 and over	170.0	36.6	..	88.9	18.0	24.1	333.2
Total	285.3	86.5	..	143.0	30.6	63.0	699.6
<b>Heart, stroke &amp; vascular disease(c)</b>							
0-24	np	—	—	..	np	np	*7.8
25-44	np	*12.0	*4.1	..	np	np	50.7
45-64	119.0	35.8	50.1	..	*11.3	50.5	247.4
65 and over	259.8	46.2	88.9	..	37.5	47.0	448.8
Total	392.8	94.0	143.0	..	49.5	107.8	754.7
<b>Malignant neoplasms</b>							
0-24	—	np	np	np	..	np	*7.1
25-44	*10.6	np	np	np	..	np	42.4
45-64	54.6	26.2	*11.2	*11.3	..	29.3	139.9
65 and over	82.9	*13.1	18.0	37.5	..	*14.5	148.9
Total	148.0	51.1	30.6	49.5	..	54.3	338.3
<b>Mental &amp; behavioural problems(d)</b>							
0-24	*5.9	90.2	**1.4	np	np	..	410.0
25-44	92.5	94.0	*8.0	np	np	..	610.0
45-64	197.9	71.9	29.4	50.5	29.3	..	522.5
65 and over	105.8	18.6	24.1	47.0	*14.5	..	176.1
Total	402.0	274.7	63.0	107.8	54.3	..	1 718.6

\* 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

.. not applicable

— 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) This table shows the number of persons with the long term conditions described at left, who also have the conditions described in the columns; for example, 402.8 thousand of the 3020.0 thousand people with arthritis also have asthma.

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

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

(e) Only selected co-morbid conditions are shown and therefore components do not add to totals.

## SELECTED LONG TERM CONDITIONS (a)

<i>Population characteristics</i>	<i>Arthritis</i>	<i>Asthma</i>	<i>Diabetes mellitus</i>	<i>Heart, stroke &amp; vascular disease (b)</i>	<i>Malignant neoplasms</i>	<i>Mental &amp; behavioural problems (c)</i>
	%	%	%	%	%	%
<b>Country of birth</b>						
Australia	14.2	11.2	3.0	3.4	1.8	8.8
Other Oceania	13.5	9.8	4.6	3.2	*0.7	6.9
United Kingdom	28.2	9.2	5.5	7.6	2.4	9.5
Other North–West Europe	24.0	7.7	*4.6	8.6	*1.9	7.6
Southern & Eastern Europe	28.8	5.2	10.1	6.4	*1.2	10.4
North Africa & the Middle East	13.6	*4.7	6.4	*3.6	np	11.1
South–East Asia	9.4	7.3	4.3	*2.9	*1.0	7.8
All other countries	10.1	4.6	3.6	2.9	*1.0	7.0
<b>Born overseas</b>						
Arrived before 1996	23.6	7.5	6.7	6.5	1.6	9.8
Arrived 1996–2005	5.3	5.4	1.6	*0.8	*0.6	4.6
<b>Main language spoken at home (d)</b>						
English	20.4	10.4	4.4	5.0	2.4	10.0
Language other than English	17.4	4.3	7.1	4.6	*0.9	7.9
<b>Highest non–school qualification</b>						
Degree/diploma or higher qualification	12.9	9.1	2.8	2.9	2.0	8.6
Other qualification	19.0	10.0	4.7	5.0	2.3	9.9
No non–school qualification	24.6	10.2	5.6	6.1	2.3	10.4
<b>Labour force (e)</b>						
Employed	11.0	9.3	2.1	1.4	1.2	8.2
Unemployed	12.1	11.4	*1.4	*1.7	*0.9	17.3
Not in labour force	22.4	12.0	5.0	5.1	2.2	15.6
<b>Location</b>						
Major cities of Australia	14.0	9.7	3.4	3.7	1.6	8.5
Inner regional Australia	18.5	11.8	3.8	4.5	2.1	9.6
Outer regional Australia/other areas	17.7	10.4	3.8	3.5	1.5	8.6
<b>Household structure</b>						
Person living alone	32.5	9.6	6.9	9.7	3.3	13.0
Couple only	30.0	9.8	7.1	7.9	3.5	8.2
Couple with children	7.2	10.0	1.5	1.3	0.8	6.8
All other households	11.0	11.4	3.0	2.7	1.2	11.7
<b>Household income (f)</b>						
1st quintile	32.3	11.6	8.7	10.7	3.7	12.4
5th quintile	8.7	9.8	1.7	1.1	1.2	5.8
<b>Index of disadvantage (g)</b>						
1st quintile	17.8	10.8	5.6	5.2	1.5	11.6
5th quintile	12.9	8.6	2.4	2.6	1.6	6.8
<b>Private health insurance</b>						
With private cover	18.3	9.4	4.0	3.9	2.4	7.9
Without private cover	20.1	10.5	4.9	5.7	1.9	11.6
<b>Government health card</b>						
With card	35.1	12.0	8.9	11.4	3.8	14.2
Without card	11.6	9.0	2.2	1.7	1.2	7.5

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

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

(a) This table shows the percentage of persons with the selected characteristic described (e.g. Australian born people) who have the type of long term condition shown. The age distribution of the population should be considered in interpreting these estimates. See Appendix B.

(b) Includes ischaemic heart disease, cerebrovascular disease, oedema and heart failure, 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 18 years and over.

(e) Persons aged 15 to 64 years.

(f) See Household income in Glossary.

(g) See Index of disadvantage in Glossary.

<i>Long term conditions(c)</i>	<i>Current daily smoker</i>	<i>Risky/high alcohol risk</i>	<i>Sedentary/low exercise level</i>	<i>Overweight/obese BMI</i>	<i>1 or less serves of fruit(d)</i>	<i>4 or less serves of vegetables(e)</i>
	%	%	%	%	%	%
Certain infectious & parasitic diseases	28.7	13.5	72.4	58.1	52.7	88.4
Neoplasms						
Malignant neoplasms	18.3	14.7	75.8	53.4	42.6	82.1
Benign neoplasms & neoplasms of uncertain nature	*21.1	*20.1	73.4	53.0	40.4	89.2
Total	18.9	14.8	75.8	53.0	42.4	83.0
Diseases of the blood & blood forming organs	19.5	10.7	78.6	45.3	42.5	86.5
Endocrine, nutritional & metabolic diseases						
Diabetes mellitus	12.2	7.7	77.6	68.5	37.3	82.2
High sugar levels in blood/urine	*17.8	*7.2	65.7	72.9	53.1	80.1
High cholesterol	13.9	13.4	74.7	64.6	41.2	83.0
Other endocrine, nutritional & metabolic diseases	17.4	9.4	77.1	51.9	39.2	78.2
Total	14.5	11.4	75.6	63.1	40.5	82.0
Mental & behavioural problems						
Mood (affective) problems	30.9	13.9	76.8	49.0	51.8	87.6
Anxiety related problems	33.0	13.8	76.8	45.2	52.9	88.0
Other mental & behavioural problems	40.7	23.0	73.9	52.1	59.6	87.4
Total	31.8	15.2	76.2	48.7	52.6	87.3
Diseases of the nervous system						
Epilepsy	22.4	*11.3	74.2	45.7	53.5	88.3
Migraine	24.5	10.5	76.2	46.0	48.8	87.3
Other diseases of the nervous system	17.4	*8.8	80.2	46.7	43.9	87.8
Total	23.6	10.5	76.4	46.1	48.8	87.3
Diseases of the eye & adnexa						
Blindness (complete/partial)	18.9	12.6	73.2	45.9	44.6	87.4
Short sightedness	16.2	11.3	71.4	48.6	42.4	85.2
Long sightedness	17.6	13.8	72.6	53.5	41.1	82.7
Other diseases of the eye & adnexa	15.8	12.4	71.7	51.1	41.7	84.1
Total	17.5	12.9	71.8	51.1	42.2	84.1
Diseases of the ear & mastoid						
Deafness (complete/partial)	18.2	12.2	73.3	55.3	46.6	83.6
Other diseases of the ear & mastoid	18.7	12.0	70.8	50.8	37.2	84.3
Total	18.6	12.2	72.8	54.0	45.2	83.7
Diseases of the circulatory system						
Heart, stroke & vascular diseases						
Ischaemic heart diseases	12.4	7.5	79.9	56.6	46.4	83.6
Cerebrovascular diseases	*18.1	*8.3	78.1	55.2	37.5	74.7
Oedema & heart failure	16.1	8.8	80.3	63.8	39.4	84.6
Diseases of the arteries, arterioles & capillaries	14.3	10.4	74.0	62.4	40.7	83.9
Total	14.5	8.8	77.2	59.6	41.4	82.2
Hypertensive disease	12.2	12.2	74.7	65.7	38.1	82.5
Other diseases of the circulatory system	16.9	11.0	74.4	50.5	39.6	82.9
Total	14.9	11.8	73.8	58.7	39.2	82.9
Diseases of the respiratory system						
Bronchitis/emphysema	29.7	15.3	79.1	47.7	53.2	84.5
Asthma	23.6	12.6	71.9	51.9	50.7	84.9
Hayfever & allergic rhinitis	20.2	14.1	69.9	49.3	48.4	84.5
Chronic sinusitis	21.1	13.5	71.6	51.1	44.9	83.3
Other diseases of the respiratory system	*13.7	*9.4	73.5	59.8	43.2	86.1
Total	21.4	13.6	71.3	50.1	48.1	84.5

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

(a) See smoker status, alcohol consumption risk level, exercise level, body mass index, and usual daily intake of fruit and vegetables in Glossary.

(b) This table shows the proportion of persons with the condition shown (e.g. diabetes mellitus) who have reported the risk behaviour described. The age distribution of those with particular conditions should be considered in interpreting this table.

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

(d) Includes those who did not eat fruit.

(e) Includes those who did not eat vegetables.

*continued*

	Current daily smoker	Risky/high alcohol risk	Sedentary/low exercise level	Overweight/obese BMI	1 or less serves of fruit(d)	4 or less serves of vegetables(e)
<i>Long term conditions(c)</i>	%	%	%	%	%	%
<i>Diseases of the digestive system</i>						
Stomach/duodenal/gastrointestinal ulcer	21.7	14.2	79.1	53.6	49.2	82.6
Hernia	15.9	10.9	76.8	60.4	50.3	84.7
Other diseases of the digestive system	16.3	12.2	72.7	53.3	45.1	85.5
Total	18.5	12.7	75.5	55.3	48.0	84.7
<i>Diseases of the skin &amp; subcutaneous tissue</i>						
	22.2	14.9	69.8	54.3	47.1	80.4
<i>Diseases of the musculoskeletal system &amp; connective tissue</i>						
Arthritis	17.9	13.1	75.1	57.1	40.6	82.0
Rheumatism & other soft tissue disorders	21.4	12.7	75.2	56.2	47.3	86.3
Back pain/problems nec, disc disorders	24.9	16.5	73.1	55.1	49.4	85.3
Osteoporosis	11.0	10.0	78.3	41.7	29.9	82.6
Other diseases of the musculoskeletal system & connective tissue	21.6	16.3	74.0	55.3	48.5	82.9
Total	21.2	14.5	73.4	54.7	45.0	83.7
<i>Diseases of the genito-urinary system</i>						
	17.4	9.3	79.7	56.4	43.8	81.5
<i>Congenital malformations, deformations &amp; chromosomal abnormalities</i>						
	27.5	13.5	71.2	49.3	41.9	83.9
<i>Symptoms, signs &amp; conditions nec</i>						
	20.2	12.6	71.5	53.3	44.4	84.5
<i>Total with a long term condition</i>						
	20.7	13.6	70.9	50.2	45.3	85.0
<i>Without long term condition</i>						
	25.2	12.9	66.4	42.3	50.9	89.7
<i>Total</i>						
	21.3	13.5	70.3	49.2	46.0	85.6

(a) See smoker status, alcohol consumption risk level, exercise level, body mass index, and usual daily intake of fruit and vegetables in Glossary.

(b) This table shows the proportion of persons with the condition shown (e.g. diabetes mellitus) who have reported the risk behaviour described. The age distribution of those with particular conditions should be considered in interpreting this table.

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

(d) Includes those who did not eat fruit.

(e) Includes those who did not eat vegetables.

	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust. (b)
	%	%	%	%	%	%	%	%
Certain infectious & parasitic diseases	0.7	0.7	1.5	0.9	0.6	1.1	*0.8	0.9
Neoplasms								
Malignant neoplasms	1.4	1.8	2.2	1.5	1.9	1.5	1.7	1.7
Benign neoplasms & neoplasms of uncertain nature	*0.3	*0.1	0.5	*0.2	*0.2	*0.3	**0.2	0.3
Total	1.7	2.0	2.7	1.7	2.1	1.8	1.9	2.0
Diseases of the blood & blood forming organs	1.9	1.5	1.5	1.3	1.9	1.2	1.4	1.7
Endocrine, nutritional & metabolic diseases								
Diabetes mellitus	3.8	3.1	3.3	4.1	4.2	3.1	3.2	3.6
High sugar levels in blood/urine	*0.2	*0.3	*0.3	*0.3	*0.6	*0.3	*0.3	0.3
High cholesterol	6.8	6.9	6.2	8.1	7.1	6.6	6.9	6.8
Other endocrine, nutritional & metabolic diseases	2.4	2.7	4.2	2.8	3.3	3.3	3.0	3.0
Total	11.5	11.3	12.1	13.1	12.7	11.5	11.9	11.8
Mental & behavioural problems								
Mood (affective) problems	4.6	5.4	6.2	5.0	6.2	5.2	7.4	5.3
Anxiety related problems	4.3	4.4	6.5	5.0	5.1	4.9	5.6	4.9
Other mental & behavioural problems	3.7	3.4	5.0	4.3	4.3	5.2	5.0	4.0
Total	9.6	10.0	12.7	10.7	11.7	11.7	13.8	10.7
Diseases of the nervous system								
Epilepsy	0.7	0.5	0.8	0.6	0.9	0.9	*0.8	0.7
Migraine	6.2	6.7	6.9	5.6	7.6	6.8	6.1	6.6
Other diseases of the nervous system	1.0	0.9	1.1	1.0	1.1	1.7	1.3	1.0
Total	7.7	8.0	8.6	7.1	9.1	9.1	7.9	8.0
Diseases of the eye & adnexa								
Blindness (complete/partial)	0.7	0.6	1.1	0.8	*0.5	1.2	1.0	0.8
Short sightedness	21.6	24.2	20.4	20.6	23.5	19.1	26.7	22.1
Long sightedness	28.7	24.4	27.3	30.0	25.9	29.1	25.0	27.1
Other diseases of the eye & adnexa	14.4	17.1	17.2	16.2	17.7	16.9	19.5	16.1
Total	50.8	52.7	51.7	53.0	52.9	52.2	54.8	51.9
Diseases of the ear & mastoid								
Deafness (complete/partial)	10.0	10.0	10.5	11.7	10.3	11.2	8.7	10.2
Other diseases of the ear & mastoid	2.7	3.0	3.3	3.5	2.9	3.5	2.4	3.0
Total	12.2	12.5	12.9	14.2	12.8	13.7	10.8	12.6
Diseases of the circulatory system								
Heart, stroke & vascular diseases								
Ischaemic heart diseases	1.7	1.6	1.8	1.7	1.8	2.3	1.1	1.7
Cerebrovascular diseases	0.4	0.6	*0.4	0.5	*0.5	0.7	*0.3	0.5
Oedema & heart failure	1.4	1.3	1.3	1.5	1.1	2.0	2.1	1.3
Diseases of the arteries, arterioles & capillaries	1.0	0.9	1.2	1.4	1.0	1.3	*0.7	1.0
Total	3.9	3.5	4.1	4.3	3.5	5.5	3.7	3.8
Hypertensive disease	10.5	10.8	10.0	11.7	11.2	13.1	10.2	10.7
Other diseases of the circulatory system	7.2	8.2	8.7	9.2	6.2	10.0	9.8	7.9
Total	17.2	17.9	18.8	19.8	17.1	22.3	18.9	18.0
Diseases of the respiratory system								
Bronchitis/emphysema	2.9	3.0	3.7	3.0	2.5	2.8	2.1	3.0
Asthma	9.2	10.2	10.8	11.5	11.2	13.2	10.2	10.2
Hayfever & allergic rhinitis	13.8	18.2	14.1	20.9	18.8	14.7	21.6	16.1
Chronic sinusitis	9.5	8.2	10.5	9.4	8.7	8.4	9.0	9.2
Other diseases of the respiratory system	0.7	0.5	1.1	0.8	0.8	0.9	1.2	0.7
Total	26.9	29.3	29.4	33.3	31.2	30.0	33.1	29.0
Diseases of the digestive system								
Stomach/duodenal/gastrointestinal ulcer	2.3	2.7	2.3	1.9	2.8	2.9	1.5	2.4
Hernia	2.1	2.2	2.3	1.8	1.7	2.5	*0.8	2.1
Other diseases of the digestive system	2.8	2.6	3.8	3.1	2.9	4.8	3.1	3.0
Total	6.7	6.9	7.7	6.4	6.8	9.1	5.1	6.9
Diseases of the skin & subcutaneous tissue	3.5	3.7	4.1	4.2	3.9	5.3	5.1	3.8

\* 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) Conditions which have lasted or are expected to last for 6 months or more.

(b) Separate estimates for the NT are not available for this survey, but the NT contributes to national estimates. See paragraph 11 of Explanatory Notes.

	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust. (b)
	%	%	%	%	%	%	%	%
Diseases of the musculoskeletal system & connective tissue								
Arthritis	15.1	14.6	16.2	18.1	13.6	20.4	13.0	15.3
Rheumatism & other soft tissue disorders	3.1	3.2	3.0	2.2	2.5	3.6	2.5	3.0
Back pain/problems nec, disc disorders	14.0	14.7	16.7	18.0	17.2	15.9	14.2	15.3
Osteoporosis	3.2	2.7	2.9	3.4	3.1	2.7	2.9	3.0
Other diseases of the musculoskeletal system & connective tissue	5.9	5.0	6.9	6.4	5.9	7.6	6.0	5.9
Total	29.4	30.0	32.9	34.4	31.7	36.1	28.3	31.0
Diseases of the genito-urinary system	3.0	3.4	3.7	2.8	3.1	4.2	3.9	3.3
Congenital malformations, deformations & chromosomal abnormalities	0.7	1.3	1.0	1.1	1.2	1.6	1.4	1.0
Symptoms, signs & conditions nec	10.1	10.0	11.9	10.8	11.1	12.7	12.6	10.6
Total with a long term condition	74.8	77.6	77.5	78.6	77.8	79.0	79.3	76.7
Without a long term condition	25.2	22.4	22.5	21.4	22.2	21.0	20.7	23.3
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

(b) Separate estimates for the NT are not available for this survey, but the NT contributes to national estimates. See paragraph 11 of Explanatory Notes.

REPORTED CAUSE OF LONG TERM CONDITIONS(a), Persons aged 15 years and over
 

---

	WORK RELATED CONDITION(b)		RESULTED FROM INJURY		TOTAL CONDITIONS
	'000	%	'000	%	'000
Certain infectious & parasitic diseases	*15.6	*9.6	*3.5	*2.2	161.7
Neoplasms	20.3	5.3	np	np	380.6
Diseases of the blood & blood forming organs	*3.8	*1.2	np	np	313.3
Endocrine, nutritional & metabolic diseases	30.8	1.3	*3.9	*0.2	2 297.7
Mental & behavioural problems					
Mood (affective) problems	159.7	15.6	33.4	3.3	1 022.3
Anxiety related problems	170.1	19.4	34.0	3.9	878.1
Other mental & behavioural problems	43.4	7.3	24.0	4.0	598.6
Total	285.8	15.5	66.7	3.6	1 845.3
Diseases of the nervous system	138.8	9.2	55.6	3.7	1 500.7
Diseases of the eye & adnexa	281.9	2.9	83.6	0.9	9 795.1
Diseases of the ear & mastoid					
Deafness (complete/partial)	537.5	27.4	74.7	3.8	1 959.5
Other diseases of the ear & mastoid	66.9	12.9	24.7	4.8	517.8
Total	588.3	24.9	94.9	4.0	2 362.7
Diseases of the circulatory system					
Hypertensive disease	103.4	4.9	*5.9	*0.3	2 098.0
Other diseases of the circulatory system	79.1	4.0	*16.4	*0.8	1 996.2
Total	174.5	5.0	20.6	0.6	3 485.5
Diseases of the respiratory system	184.1	3.7	34.1	0.7	4 955.9
Diseases of the digestive system	113.3	8.6	35.1	2.7	1 311.4
Diseases of the skin & subcutaneous tissue					
Dermatitis & eczema	16.6	13.6	np	np	121.5
Other diseases of the skin & subcutaneous tissue	27.4	5.2	np	np	522.9
Total	43.9	6.9	23.3	3.7	632.4
Diseases of the musculoskeletal system & connective tissue					
Arthritis	273.7	9.1	369.2	12.2	3 017.3
Rheumatism & soft tissue disorders	119.2	20.6	92.3	15.9	580.0
Back pain/problems nec, disc disorders	1 169.5	39.0	936.2	31.2	2 998.0
Other diseases of the musculoskeletal system & connective tissue	212.4	13.0	234.6	14.4	1 632.2
Total	1 622.9	27.0	1 532.1	25.4	6 020.7
Diseases of the genito-urinary system	*7.3	*1.2	*9.6	*1.6	601.6
Congenital malformations, deformations & chromosomal abnormalities	*3.8	*2.4	*8.8	*5.6	156.7
Symptoms, signs & conditions nec	216.6	12.2	375.2	21.2	1 770.9
<b>Total with a long term condition(c)</b>	<b>2 943.4</b>	<b>21.8</b>	<b>2 094.2</b>	<b>15.5</b>	<b>13 484.3</b>

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

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) Conditions reported by respondent as work related. May include work injuries. See cause of condition in Glossary.

(c) Persons may have reported more than one type of condition and therefore components may not add to totals.

## AGE GROUP (YEARS)

		AGE GROUP (YEARS)						75 and over	Males	Females	Persons
		0-34	35-44	45-54	55-64	65-74					
<b>Total persons with arthritis/osteoporosis</b>	'000	<b>166.4</b>	<b>311.5</b>	<b>578.1</b>	<b>881.0</b>	<b>719.1</b>	<b>611.3</b>	<b>1 298.6</b>	<b>1 968.7</b>	<b>3 267.3</b>	
Type of action taken											
Used pharmaceutical medication	%	*9.8	21.3	30.2	35.1	42.9	52.9	30.1	41.0	36.7	
Used vitamins, minerals & herbal treatments	%	19.1	26.0	40.1	44.8	43.7	43.1	28.7	48.0	40.3	
Consulted GP/specialist	%	*6.4	8.6	10.9	8.6	10.6	11.0	8.8	10.5	9.8	
Consulted OHP(b)	%	*3.9	*2.1	5.5	4.7	3.0	4.3	3.1	4.8	4.1	
Exercised most days	%	13.5	17.4	20.9	19.0	18.2	15.8	16.0	19.5	18.1	
Did weights/strength/resistance training	%	*5.3	9.1	7.5	6.9	3.6	*1.9	5.1	5.7	5.5	
Obtained and/or used physical aids	%	np	np	*2.7	*1.3	*1.2	3.4	1.7	2.2	2.0	
Followed changed eating pattern/diet	%	*5.8	*3.8	3.5	4.2	3.4	*1.3	2.4	4.0	3.4	
Losing weight	%	*4.0	7.7	5.6	5.9	4.5	*1.4	3.4	5.7	4.8	
Water therapy	%	*2.7	*2.9	4.0	3.2	2.9	3.9	2.0	4.3	3.4	
Massage	%	11.6	10.7	10.5	5.2	4.4	*2.2	4.9	7.1	6.2	
Other action taken	%	np	np	*2.4	2.3	*1.3	*1.7	*1.0	2.4	1.8	
No action taken/not known if action taken	%	60.2	45.6	38.1	35.9	36.3	37.0	45.3	34.4	38.7	
Total(c)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
<b>Total persons using medication for arthritis/osteoporosis</b>	'000	<b>41.5</b>	<b>123.3</b>	<b>310.6</b>	<b>520.5</b>	<b>439.3</b>	<b>412.0</b>	<b>614.9</b>	<b>1 232.3</b>	<b>1 847.2</b>	
Type of medication used(d)											
Bisphosphonates	%	np	np	*2.4	6.3	15.1	19.1	4.6	12.9	10.2	
Anti-inflammatory and antirheumatic products, non-steroids	%	*19.4	35.5	37.0	35.1	32.3	32.1	39.8	30.7	33.7	
Immunosuppressants	%	np	np	*2.2	*3.1	*1.9	**0.5	*1.9	2.3	2.2	
Other medications commonly used for arthritis & osteoporosis	%	*13.0	*8.5	10.9	11.6	11.7	11.3	10.1	11.8	11.3	
Other pharmaceutical medication	%	*19.0	23.0	16.5	16.6	22.5	29.5	21.0	21.5	21.3	
Vitamins, minerals & herbal treatments	%	72.1	63.5	70.3	69.3	62.0	54.4	57.0	67.6	64.1	
Total(e)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	

\* 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

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

(a) Actions taken for arthritis/osteoporosis in the 2 weeks prior to interview.

(b) Other health professional. See Glossary.

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

(d) Persons who used pharmaceutical medications and/or vitamins/mineral supplements or natural/herbal treatment for arthritis/osteoporosis.

(e) Persons may have taken more than one type of medication and therefore components may not add to total.

AGE GROUP (YEARS)

		0-14	15-24	25-44	45-64	65 and over	Males	Females	Persons
<b>Total persons with asthma</b>	'000	<b>451.5</b>	<b>333.1</b>	<b>561.9</b>	<b>437.6</b>	<b>229.4</b>	<b>879.2</b>	<b>1 134.3</b>	<b>2 013.5</b>
Type of action taken									
Used pharmaceutical medication	%	44.2	48.2	57.4	58.7	74.3	54.9	55.3	55.1
Used vitamins, minerals & herbal treatments	%	*1.6	np	*2.6	*2.1	np	*1.3	2.2	1.8
Admitted to hospital or visited outpatients/emergency/day clinic	%	*1.0	np	*0.7	**0.7	np	*0.5	*1.2	0.9
Consulted GP/specialist	%	5.7	6.2	4.8	5.3	12.5	6.1	6.3	6.2
Consulted OHP(b)	%	*1.7	np	*1.4	**0.8	np	*0.5	1.8	1.2
Days away from work/study or other days of reduced activity	%	6.7	*1.9	*1.7	*2.4	*2.4	3.3	2.9	3.1
Total taking actions	%	45.9	49.0	58.1	60.0	74.9	55.7	56.5	56.2
No action taken/not known if action taken	%	54.1	51.0	41.9	40.0	25.1	44.3	43.5	43.8
Total(c)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Total persons using medication for asthma</b>	'000	<b>200.7</b>	<b>160.8</b>	<b>323.9</b>	<b>259.2</b>	<b>170.4</b>	<b>484.7</b>	<b>630.2</b>	<b>1 114.9</b>
Type of medication used(d)									
Salmeterol	%	—	np	**1.0	*4.3	np	*1.0	*1.9	1.5
Terbutaline	%	*4.2	14.1	6.4	*4.8	11.8	5.4	9.2	7.6
Other reliever-bronchodilators	%	80.8	83.6	81.0	74.9	60.9	77.7	76.1	76.8
Beclomethasone	%	*2.1	*4.3	*2.2	*5.0	*5.6	*3.2	4.0	3.7
Budesonide	%	*4.6	*9.2	11.4	13.7	17.2	9.8	12.4	11.3
Fluticasone	%	20.0	16.2	14.9	18.9	14.8	16.1	17.6	16.9
Tiotropium	%	np	—	np	*5.3	11.2	*2.7	3.4	3.1
Other preventer-inhaled steroids	%	*7.5	np	np	*2.5	11.5	5.5	3.9	4.6
Preventers non-steroid and other asthma medication	%	24.0	16.3	16.1	28.0	29.4	23.8	21.3	22.4
Other pharmaceutical medication	%	np	np	*2.3	*3.3	np	3.7	*2.6	3.1
Vitamins, minerals & herbal treatments	%	*3.6	*3.4	*4.9	*3.5	**1.8	*2.8	4.3	3.7
Total(e)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\* 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)  
 np not available for publication but included in totals where applicable, unless otherwise indicated  
 (a) Actions taken for asthma in the 2 weeks prior to interview.

(b) Other health professional. See Glossary.  
 (c) Persons may have reported more than one type of action and therefore components may not add to total.  
 (d) Persons who used pharmaceutical medications and/or vitamins/mineral supplements or natural/herbal treatment for asthma.  
 (e) Persons may have taken more than one type of medication and therefore components may not add to total.

MEDICATIONS USED FOR CIRCULATORY CONDITIONS(a), Persons with circulatory conditions

12

CIRCULATORY CONDITIONS

		<i>Ischaemic heart diseases</i>	<i>Cerebrovascular diseases</i>	<i>Oedema(b)</i>	<i>Diseases of arteries arterioles and capillaries</i>	<i>Hypertensive disease</i>	<i>Other circulatory conditions</i>	<i>Total</i>
<b>Total persons with a circulatory condition</b>	'000	<b>337.0</b>	<b>90.8</b>	<b>258.2</b>	<b>203.6</b>	<b>2 100.7</b>	<b>1 552.4</b>	<b>3 536.6</b>
Medication used		67.0	59.3	60.3	47.6	88.2	19.6	65.2
No medication used(c)		33.0	40.7	39.7	52.3	11.6	80.4	34.8
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Total persons using medication for circulatory conditions</b>	'000	<b>225.9</b>	<b>53.8</b>	<b>155.7</b>	<b>96.9</b>	<b>1 853.3</b>	<b>304.8</b>	<b>2 306.9</b>
Type of medication used								
Beta blocking agents	%	25.6	*12.2	**0.7	18.9	19.2	33.1	23.0
Calcium channel blockers	%	13.3	**5.3	*2.4	*6.5	23.0	10.2	21.4
ACE inhibitors, plain	%	15.3	*14.3	*2.9	*9.4	37.3	11.0	33.6
Vasodilators used in cardiac disease	%	37.6	np	np	*4.8	0.9	*3.9	5.1
Low-ceiling diuretics	%	**0.8	np	19.1	np	8.6	**0.6	8.2
High-ceiling diuretics	%	*2.2	np	55.6	np	*0.5	*2.1	4.6
Serum lipid reducing agents	%	12.7	**6.1	—	23.3	2.8	*2.9	5.0
Angiotensin II antagonists	%	*3.9	**5.5	*3.1	*5.1	31.8	6.8	27.1
Other medications for heart & vascular conditions	%	20.8	49.4	13.9	35.7	7.2	34.2	15.0
Analgesics medication	%	26.4	45.3	np	37.3	5.8	17.6	12.0
All other pharmaceutical medication	%	9.0	*12.3	12.8	**2.6	2.4	11.6	5.4
Vitamins, minerals & herbal treatments	%	16.7	*7.7	13.9	*14.2	9.8	17.4	12.9
Total(d)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\* 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)

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

(a) Medications used for circulatory conditions in the 2 weeks prior to interview.

(b) Excludes heart failure.

(c) Includes persons for whom use of medication for circulatory conditions was not stated.

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

## AGE GROUP (YEARS)

		0-34	35-44	45-54	55-64	65-74	75 and over	Males	Females	Persons
<b>Total persons with diabetes/HSL</b>	'000	<b>38.5</b>	<b>62.1</b>	<b>116.2</b>	<b>183.1</b>	<b>203.1</b>	<b>153.0</b>	<b>415.7</b>	<b>340.3</b>	<b>755.9</b>
Type of action taken										
Used pharmaceutical medication	%	61.6	59.4	61.9	64.1	65.7	64.9	64.1	63.6	63.8
Used vitamins, minerals & herbal treatments	%	np	*6.9	np	*7.0	**1.1	np	4.6	*3.5	4.1
Followed changed eating pattern/diet	%	77.6	75.2	85.2	80.9	78.2	74.9	80.1	77.6	79.0
Losing weight	%	*28.5	*22.4	22.6	19.1	17.2	*7.6	17.7	17.4	17.6
Exercised most days	%	*41.4	26.8	39.7	32.3	29.5	12.6	30.6	26.4	28.7
Other action taken	%	np	**4.3	np	*3.7	*2.9	np	4.1	*2.1	3.2
Total taking action(c)	%	88.1	91.8	94.3	93.9	95.4	92.8	96.1	90.7	93.7
No action taken	%	*11.9	*8.2	*5.7	*6.1	*4.6	*7.2	*3.9	9.3	6.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Total persons using medication for diabetes/HSL</b>	'000	<b>26.8</b>	<b>37.3</b>	<b>73.3</b>	<b>120.7</b>	<b>133.3</b>	<b>99.4</b>	<b>269.3</b>	<b>221.5</b>	<b>490.8</b>
Type of medication used(d)										
Insulins	%	*54.7	*15.9	*14.9	21.1	16.5	*12.1	17.5	19.8	18.5
Gliclazide	%	—	*32.6	33.3	29.6	25.0	32.3	30.1	25.5	28.1
Metformin	%	np	np	62.4	58.0	69.9	55.2	57.4	59.3	58.3
Oral blood glucose lowering drugs	%	np	np	*12.4	*10.7	20.3	20.8	16.8	13.1	15.1
Other diabetic medication	%	*34.6	*23.2	*9.7	*12.1	*11.0	*6.8	12.3	12.7	12.5
Other medication	%	*30.0	*12.2	*8.5	18.7	*5.9	*6.5	11.9	10.7	11.4
Total(e)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

- \* 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)
- np not available for publication but included in totals where applicable, unless otherwise indicated
- (a) Actions taken for diabetes or high sugar level in the 2 weeks prior to interview.

- (b) High sugar level. See Glossary.
- (c) Persons may have reported more than one type of action and therefore components may not add to total.
- (d) Persons who used pharmaceutical medications and/or vitamin/mineral supplements and natural/herbal treatment for diabetes or high sugar levels.
- (e) Persons may have taken more than one type of medication and therefore components may not add to total.

Level of psychological distress	2004–05(b)							Total	2001(c)
	18–24 years	25–34 years	35–44 years	45–54 years	55–64 years	65–74 years	75 years and over		
MALES ('000)									
Low (10–15)	578.9	898.1	949.6	916.3	749.3	490.9	319.6	4 900.7	4 789.2
Moderate (16–21)	260.2	368.2	349.9	284.3	191.9	102.3	90.9	1 652.0	1 475.1
High (22–29)	87.4	98.1	116.4	94.2	71.3	48.2	33.8	549.9	494.5
Very high (30–50)	31.2	31.7	50.4	53.7	49.0	16.2	16.1	246.0	187.5
Total(d)	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4	6 946.4
FEMALES ('000)									
Low (10–15)	463.0	784.4	852.5	821.4	729.1	461.8	401.8	4 494.6	4 338.4
Moderate (16–21)	298.2	428.6	388.5	332.9	188.4	145.4	155.5	1 951.5	1 791.1
High (22–29)	142.5	154.1	171.8	148.6	93.2	61.2	45.9	822.6	788.5
Very high (30–50)	32.7	49.1	76.1	76.6	45.0	25.4	20.8	325.8	320.3
Total(d)	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7	7 238.3
PERSONS ('000)									
Low (10–15)	1 041.9	1 682.5	1 802.1	1 737.7	1 478.4	952.7	721.4	9 396.7	9 131.5
Moderate (16–21)	558.5	796.8	738.4	617.2	380.3	247.7	246.4	3 605.6	3 263.6
High (22–29)	229.9	252.2	288.3	242.8	164.6	109.4	79.7	1 369.3	1 282.3
Very high (30–50)	64.0	80.8	126.5	130.4	94.0	41.5	36.8	571.3	507.4
Total(d)	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1	14 184.7

(a) As measured by the Kessler 10 scale, from which a score of 10 to 50 is produced. See Psychological distress in Glossary.

(b) Total is age standardised and therefore age groups will not add to the total shown. See paragraph 31 of Explanatory Notes.

(c) Age standardised estimates. See paragraph 31 of Explanatory Notes.

(d) Total includes not stated.

## AGE GROUP (YEARS)

		18-34	35-44	45-54	55-64	65 and over	Males	Females	Persons
<b>Total persons</b>	'000	<b>4 708.8</b>	<b>2 959.2</b>	<b>2 734.8</b>	<b>2 120.2</b>	<b>2 440.1</b>	<b>7 359.4</b>	<b>7 603.7</b>	<b>14 963.1</b>
Reported types of medication used									
Sleeping tablets or capsules	%	1.8	2.8	4.0	5.3	11.4	3.1	5.8	4.5
Tablets or capsules for anxiety or nerves	%	1.1	1.7	2.4	2.9	3.1	1.6	2.4	2.0
Tranquillisers	%	*0.2	*0.4	1.0	1.0	1.1	0.6	0.7	0.7
Antidepressants	%	3.6	5.8	6.1	7.0	4.9	3.7	6.6	5.2
Mood stabilisers	%	0.4	0.9	*0.6	*0.7	*0.3	0.6	0.6	0.6
Other medications for mental wellbeing(b)	%	10.6	12.2	13.0	11.4	8.8	8.2	14.1	11.2
Total(c)	%	15.0	18.5	20.9	21.6	24.1	14.3	23.9	19.2
Did not use medication	%	85.0	81.5	79.1	78.4	75.9	85.7	76.1	80.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Total persons using medication for mental wellbeing</b>	'000	<b>704.2</b>	<b>547.8</b>	<b>571.2</b>	<b>458.7</b>	<b>587.7</b>	<b>1 051.4</b>	<b>1 818.1</b>	<b>2 869.6</b>
Generic types of medication used(d)									
Amitriptyline	%	*0.6	*2.6	*2.2	*2.9	4.5	1.9	2.7	2.5
Other tricyclic antidepressants and mianserin	%	*1.2	*2.0	*2.6	*2.7	4.7	2.5	2.7	2.6
Citalopram	%	5.9	4.9	4.2	5.3	*2.6	4.4	4.7	4.6
Paroxetine	%	3.6	*2.9	*2.9	6.1	4.1	3.3	4.1	3.8
Sertraline	%	7.3	7.8	7.0	7.7	5.0	6.2	7.3	6.9
Other selective serotonin reuptake inhibitors	%	*1.7	3.5	4.8	5.3	*1.7	2.9	3.4	3.2
Venlafaxine	%	2.9	6.4	4.6	4.3	2.9	4.1	4.2	4.1
Other antidepressants	%	*1.8	*2.6	*1.9	*2.0	*2.4	2.3	2.0	2.1
Diazepam	%	2.8	5.6	6.9	7.2	6.5	6.5	5.1	5.6
Oxazepam	%	*0.8	*1.2	*1.7	*2.8	6.8	2.2	2.8	2.6
Temazepam	%	3.5	4.7	7.2	10.7	24.0	8.4	10.6	9.8
Other benzodiazepines	%	3.0	*2.7	5.3	4.8	8.9	4.6	5.1	4.9
Other medication for mental wellbeing	%	7.5	8.1	8.6	6.0	6.7	9.2	6.4	7.4
Other pharmaceutical medication taken	%	6.8	7.2	9.8	8.9	8.8	9.9	7.2	8.2
Vitamins, minerals & herbal treatments	%	69.2	64.0	59.3	50.7	35.4	54.8	57.3	56.4
Total(c)	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

(a) Used medication for mental wellbeing in the 2 weeks prior to interview.

(b) Includes the use of vitamins, minerals and herbal treatments.

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

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

RECENT INJURY EVENTS (a)

Type of event	AGE GROUP (YEARS)								Males	Females	Persons	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	'000	'000	'000	%
Vehicle accident	np	*10.8	*13.8	*5.2	np	np	np	np	30.9	*10.2	41.1	0.2
Low fall	420.5	102.3	61.4	45.6	40.7	37.2	22.5	40.0	349.4	420.9	770.3	3.9
High fall	18.9	*4.2	*3.9	**2.9	**3.4	**1.1	np	np	*14.1	23.0	37.1	0.2
Hitting something or being hit by something	135.0	103.8	79.5	78.1	49.6	40.6	23.0	18.9	297.0	231.5	528.5	2.7
Attacked by another person	35.3	*14.8	*9.4	*5.2	**3.4	np	np	—	40.6	28.9	69.5	0.4
Exposure to fire or heat	21.0	41.6	38.8	29.0	31.0	*11.7	*6.8	**2.6	73.2	109.4	182.5	0.9
Exposure to chemicals	np	*5.6	**2.6	*3.6	np	**2.6	np	—	*10.7	*6.7	17.4	0.1
Bite or sting	128.7	41.6	46.8	44.8	30.7	25.4	*15.7	*11.8	129.7	215.7	345.4	1.8
Cut with knife, tool or other implement	97.9	211.4	216.3	189.9	129.8	111.0	41.9	18.8	565.6	451.4	1 017.0	5.2
Other event resulting in action	105.9	102.9	113.9	104.8	85.7	46.4	26.8	19.2	310.3	295.3	605.6	3.1
<b>Total with injury event(b)</b>	<b>969.0</b>	<b>638.9</b>	<b>586.2</b>	<b>509.1</b>	<b>379.1</b>	<b>279.0</b>	<b>141.0</b>	<b>112.1</b>	<b>1 821.4</b>	<b>1 793.1</b>	<b>3 614.4</b>	<b>18.4</b>
Without injury event	2 951.6	2 054.1	2 227.4	2 450.1	2 355.7	1 841.3	1 212.7	974.2	7 967.1	8 100.0	16 067.1	81.6
<b>Total</b>	<b>3 920.6</b>	<b>2 693.0</b>	<b>2 813.6</b>	<b>2 959.2</b>	<b>2 734.8</b>	<b>2 120.2</b>	<b>1 353.7</b>	<b>1 086.4</b>	<b>9 788.4</b>	<b>9 893.1</b>	<b>19 681.5</b>	<b>100.0</b>

\* 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) Most recent event in the 4 weeks prior to interview which resulted in injury and consequential treatment or other action. See Glossary.

(b) Persons may have reported more than one type of event and therefore components may not add to total.

	AGE GROUP (YEARS)							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES ('000)								
<b>Smoker status</b>								
Current smoker								
Daily	290.4	416.0	432.5	334.4	210.2	np	np	1 782.5
Other	39.2	45.3	30.5	26.5	*4.4	np	np	155.9
Ex-smoker	122.1	333.6	411.5	503.9	503.2	389.3	314.2	2 577.9
Never smoked	507.0	601.6	593.8	486.5	346.6	186.5	121.2	2 843.1
Total	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4
<b>Alcohol risk</b>								
Low risk	475.2	789.7	860.2	744.8	588.4	368.4	250.3	4 077.0
Risky	65.8	105.6	98.7	127.4	89.5	41.5	*14.6	543.0
High risk	82.2	113.2	135.8	119.5	98.2	34.4	*8.2	591.6
Last consumed alcohol								
1 week to less than 12 months ago	226.4	268.3	253.2	215.5	159.3	111.5	75.8	1 310.0
12 months or more ago	31.7	49.6	53.2	73.4	60.0	62.8	72.5	403.4
Never consumed alcohol	69.9	64.7	58.3	61.6	56.3	38.4	30.0	379.3
Total (b)	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4
<b>Exercise level</b>								
Sedentary								
Did not exercise	238.8	364.7	497.9	486.3	404.5	209.2	233.8	2 435.3
Other	np	**2.6	*6.9	*7.2	*5.1	np	np	25.7
Low	309.6	493.8	524.2	463.3	336.9	217.2	112.0	2 457.0
Moderate	232.4	359.1	324.9	327.1	279.3	200.0	106.1	1 828.9
High	np	175.1	114.3	66.9	38.7	np	np	609.6
Total (c)	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4
<b>Body mass index</b>								
Underweight	26.9	*7.6	*9.0	*4.4	np	np	*15.8	69.7
Normal range								
18.5 to less than 20.0	68.0	34.4	21.7	22.4	np	np	*15.4	187.8
20.0 to less than 25.0	475.1	499.3	385.7	349.0	274.8	234.0	178.1	2 395.9
Overweight	255.9	568.5	648.2	583.4	488.9	271.4	171.1	2 987.3
Obese	64.3	237.7	310.9	313.8	240.1	110.3	46.5	1 323.5
Not known	68.5	48.8	92.7	78.3	45.3	27.5	33.8	395.0
Total	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4
<b>Usual daily intake of fruit</b>								
Does not eat fruit	129.0	158.0	146.9	106.0	64.0	29.4	*6.7	639.9
1 or less serves	459.6	689.6	695.2	568.4	403.2	229.8	169.3	3 215.1
2 serves	228.1	316.9	347.9	358.6	263.8	203.0	146.3	1 864.5
3 serves	89.7	130.6	173.9	193.4	178.9	110.6	89.2	966.3
4 serves	31.2	61.8	57.5	79.9	71.9	51.8	31.1	385.3
5 serves	*11.1	*14.7	30.2	22.6	52.8	*14.7	*11.5	157.6
6 or more serves	*10.1	24.9	16.8	22.3	29.9	20.0	*6.7	130.7
Total	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4

\* 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) For information about the risk behaviours shown see Glossary.

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

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

	AGE GROUP (YEARS)							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES ('000) <i>cont.</i>								
<b>Usual daily intake of vegetables</b>								
Does not eat vegetables	19.0	*13.5	*12.9	*5.3	*4.0	**2.6	*4.6	61.8
1 or less serves	294.1	382.3	368.2	300.6	183.6	91.0	67.1	1 687.0
2 serves	245.9	349.1	300.4	250.8	176.3	114.5	60.9	1 497.7
3 serves	204.0	334.3	396.4	373.9	297.2	158.2	127.9	1 891.9
4 serves	119.6	210.0	221.2	240.0	228.7	169.5	121.0	1 310.0
5 serves	48.2	61.8	107.1	100.5	103.8	83.4	58.2	563.1
6 or more serves	28.0	45.5	62.1	80.2	70.7	40.2	21.2	348.0
Total	958.7	1 396.5	1 468.3	1 351.3	1 064.4	659.4	460.8	7 359.4
FEMALES ('000)								
<b>Smoker status</b>								
Current smoker								
Daily	219.4	329.5	348.3	279.7	143.2	np	np	1 397.6
Other	19.3	46.3	32.7	*15.4	*6.9	np	np	126.7
Ex-smoker	129.6	339.9	377.9	400.6	316.9	203.4	166.2	1 934.6
Never smoked	568.1	701.4	732.0	687.8	588.7	432.3	434.5	4 144.8
Total	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7
<b>Alcohol risk</b>								
Low risk	411.9	641.7	660.7	614.6	459.5	266.3	190.5	3 245.2
Risky	81.6	105.1	149.4	133.3	101.4	48.3	24.9	644.0
High risk	35.0	47.4	47.2	46.9	39.7	*16.0	*10.0	242.2
<b>Last consumed alcohol</b>								
1 week to less than 12 months ago	280.7	394.2	383.1	291.7	193.1	135.6	137.0	1 815.3
12 months or more ago	45.0	91.6	92.8	98.1	98.8	67.7	89.7	583.6
Never consumed alcohol	71.5	125.8	140.5	170.2	147.1	142.6	153.2	951.0
Total(b)	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7
<b>Exercise level</b>								
Sedentary								
Did not exercise	297.0	408.0	469.5	447.4	320.7	274.9	363.0	2 580.5
Other	np	*8.1	*9.5	*7.5	*11.9	np	np	53.0
Low	364.9	590.4	630.4	577.4	399.8	229.9	181.2	2 974.0
Moderate	201.4	320.2	323.0	302.1	285.3	171.9	72.3	1 676.2
High	np	90.2	57.8	49.1	38.0	np	np	318.9
Total(c)	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7
<b>Body mass index</b>								
Underweight	84.0	64.3	47.5	24.8	np	np	35.7	288.0
<b>Normal range</b>								
18.5 to less than 20.0	122.6	130.6	103.1	66.0	np	np	28.7	510.5
20.0 to less than 25.0	399.0	598.5	617.1	518.0	347.1	225.9	237.2	2 942.8
Overweight	163.6	316.0	354.2	374.1	322.5	213.6	156.7	1 900.7
Obese	68.1	186.2	222.2	250.8	229.3	131.8	66.0	1 154.4
Not known	99.2	121.6	146.8	149.9	106.4	82.4	101.2	807.4
Total	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7

\* 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) For information about the risk behaviours shown see Glossary.

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

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

## AGE GROUP (YEARS)

	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
FEMALES ('000) <i>cont.</i>								
<b>Usual daily intake of fruit</b>								
Does not eat fruit	68.4	81.4	84.0	63.2	30.6	*15.9	*9.0	352.5
1 or less serves	399.1	575.9	571.8	469.4	282.6	204.6	179.0	2 682.3
2 serves	222.0	407.0	435.1	426.9	326.8	221.5	225.0	2 264.3
3 serves	157.4	221.4	252.2	271.5	237.0	154.2	133.5	1 427.1
4 serves	39.5	85.5	88.4	82.8	116.1	49.7	52.9	515.0
5 serves	28.0	32.3	30.8	46.9	41.8	26.9	18.5	225.1
6 or more serves	22.1	*13.8	28.7	22.7	21.0	21.5	*7.6	137.4
Total	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7
<b>Usual daily intake of vegetables</b>								
Does not eat vegetables	*12.8	*11.1	*8.8	*8.3	**1.9	**1.7	*3.6	48.3
1 or less serves	243.4	279.0	228.6	195.5	118.0	73.3	77.2	1 215.0
2 serves	233.6	306.0	306.9	239.7	167.4	80.1	90.8	1 424.6
3 serves	221.8	377.9	423.9	390.4	297.8	220.8	209.9	2 142.5
4 serves	138.1	252.5	305.1	282.0	230.2	173.1	153.7	1 534.9
5 serves	63.7	136.0	135.0	172.3	145.4	109.9	69.8	832.2
6 or more serves	22.9	54.6	82.7	95.3	95.1	35.2	20.5	406.2
Total	936.4	1 417.2	1 491.0	1 383.5	1 055.8	694.3	625.5	7 603.7
PERSONS ('000)								
<b>Smoker status</b>								
Current smoker								
Daily	509.9	745.5	780.8	614.1	353.4	np	np	3 180.1
Other	58.4	91.7	63.2	42.0	*11.3	np	np	282.6
Ex-smoker	251.7	673.5	789.5	904.5	820.2	592.7	480.4	4 512.4
Never smoked	1 075.1	1 302.9	1 325.8	1 174.3	935.3	618.7	555.7	6 987.9
Total	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1
<b>Alcohol risk</b>								
Low risk	887.2	1 431.4	1 520.9	1 359.3	1 047.9	634.7	440.8	7 322.2
Risky	147.4	210.8	248.0	260.6	190.8	89.9	39.5	1 187.0
High risk	117.2	160.6	183.1	166.4	137.9	50.4	18.2	833.8
Last consumed alcohol								
1 week to less than 12 months ago	507.0	662.5	636.3	507.2	352.4	247.1	212.8	3 125.3
12 months or more ago	76.7	141.3	146.0	171.6	158.8	130.5	162.2	987.1
Never consumed alcohol	141.4	190.5	198.8	231.8	203.5	181.0	183.2	1 330.3
Total(b)	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1
<b>Exercise level</b>								
Sedentary								
Did not exercise	535.7	772.8	967.4	933.7	725.2	484.1	596.8	5 015.8
Other	*6.1	*10.7	*16.4	*14.7	17.0	*7.4	*6.3	78.7
Low	674.5	1 084.1	1 154.7	1 040.7	736.7	447.0	293.2	5 431.0
Moderate	433.8	679.3	647.9	629.2	564.6	371.9	178.4	3 505.1
High	244.9	265.4	172.1	116.1	76.7	43.0	*10.3	928.4
Total(c)	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1
<b>Body mass index</b>								
Underweight	110.9	71.9	56.6	29.2	18.0	19.5	51.6	357.7
Normal range								
18.5 to less than 20.0	190.6	165.0	124.8	88.4	48.0	37.3	44.1	698.3
20.0 to less than 25.0	874.1	1 097.8	1 002.8	867.0	621.9	459.8	415.3	5 338.7

\* 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) For information about the risk behaviours shown see Glossary.

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

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

	AGE GROUP (YEARS)							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	
PERSONS ('000) <i>cont.</i>								
<b>Body mass index <i>cont.</i></b>								
Overweight	419.4	884.6	1 002.4	957.5	811.3	485.0	327.8	4 888.0
Obese	132.4	423.9	533.1	564.6	469.3	242.1	112.5	2 478.0
Not known	167.7	170.4	239.6	228.1	151.7	109.9	135.0	1 202.5
Total	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1
<b>Usual daily intake of fruit</b>								
Does not eat fruit	197.3	239.4	230.9	169.2	94.5	45.4	*15.7	992.3
1 or less serves	858.7	1 265.5	1 267.0	1 037.8	685.8	434.4	348.4	5 897.4
2 serves	450.0	723.9	782.9	785.5	590.6	424.5	371.3	4 128.8
3 serves	247.1	352.0	426.0	464.9	415.9	264.8	222.7	2 393.5
4 serves	70.7	147.3	145.9	162.8	188.0	101.5	84.0	900.2
5 serves	39.0	46.9	61.1	69.5	94.5	41.7	29.9	382.7
6 or more serves	32.3	38.7	45.5	45.1	50.8	41.5	*14.3	268.1
Total	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1
<b>Usual daily intake of vegetables</b>								
Does not eat vegetables	31.8	24.6	21.6	*13.6	*5.9	*4.3	*8.2	110.1
1 or less serves	537.5	661.4	596.8	496.1	301.7	164.3	144.3	2 902.1
2 serves	479.4	655.1	607.2	490.6	343.7	194.6	151.6	2 922.3
3 serves	425.9	712.2	820.3	764.3	595.0	379.0	337.8	4 034.4
4 serves	257.7	462.5	526.3	522.0	458.8	342.7	274.7	2 844.8
5 serves	111.9	197.9	242.1	272.8	249.3	193.3	128.0	1 395.3
6 or more serves	50.9	100.1	144.8	175.5	165.8	75.4	41.7	754.2
Total	1 895.1	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	14 963.1

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

(a) For information about the risk behaviours shown see Glossary.

<i>Population characteristics</i>	<i>Current daily smoker</i>	<i>Risky/high alcohol risk</i>	<i>Sedentary/low exercise level</i>	<i>Overweight/obese BMI</i>	<i>1 or less serves of fruit(b)</i>	<i>4 or less serves of vegetables(c)</i>
	%	%	%	%	%	%
<b>Country of birth</b>						
Australia	22.3	15.3	69.2	50.1	47.8	84.4
Other Oceania	26.1	12.5	66.8	58.3	44.4	89.2
United Kingdom	18.6	15.5	68.6	51.1	45.6	86.7
Other North–West Europe	18.0	11.8	67.3	50.9	42.0	87.0
Southern & Eastern Europe	18.4	6.0	81.8	59.5	29.4	88.8
North Africa & the Middle East	22.8	*2.2	79.5	47.5	40.1	92.2
South–East Asia	15.6	4.4	76.7	29.4	43.5	92.6
All other countries	14.8	4.7	74.4	34.2	44.5	89.6
<b>Born overseas</b>						
Arrived before 1996	19.1	9.7	73.8	49.2	41.2	88.2
Arrived 1996–2005	16.9	6.5	70.9	38.7	43.9	91.5
<b>Main language spoken at home</b>						
English	21.7	14.7	69.3	50.0	46.7	85.1
Language other than English	17.3	2.5	80.4	42.3	39.5	90.8
<b>Highest non–school qualification</b>						
Degree/diploma or higher qualification	12.2	13.0	61.5	45.1	39.3	85.4
Other qualification	24.4	16.4	71.6	53.5	49.9	86.1
No non–school qualification	24.8	12.3	74.8	49.6	47.8	85.5
<b>Labour force(d)</b>						
Employed	22.6	15.7	68.4	50.4	48.9	86.7
Unemployed	41.9	12.7	67.9	46.4	55.7	89.6
Not in labour force	26.2	10.8	73.4	46.9	44.8	84.6
<b>Location</b>						
Major cities of Australia	19.9	12.6	69.9	47.9	45.5	88.0
Inner regional Australia	23.0	14.8	70.6	51.1	45.4	81.1
Outer regional Australia/other areas	26.2	16.3	72.2	53.5	50.1	79.9
<b>Household structure</b>						
Person living alone	23.4	14.2	69.9	45.5	43.8	87.3
Couple only	14.4	14.2	67.8	52.3	39.8	81.3
Couple with children	20.7	12.7	72.5	50.6	48.1	86.3
All other households	30.7	13.7	69.9	44.6	52.4	89.5
<b>Household income(e)</b>						
1st quintile	21.5	9.6	75.7	50.1	42.7	84.4
5th quintile	16.3	18.2	61.2	49.6	46.3	86.5
<b>Index of disadvantage(f)</b>						
1st quintile	29.9	10.7	76.8	51.1	51.1	87.0
5th quintile	13.5	16.2	63.0	45.1	40.8	85.9
<b>Private health insurance</b>						
With private cover	13.3	13.8	66.2	50.0	41.4	83.8
Without private cover	29.5	13.2	74.7	48.5	50.9	87.5
<b>Government health card</b>						
With card	22.5	10.0	76.0	48.4	44.1	84.5
Without card	20.5	15.2	67.4	50.0	46.6	86.3

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

(a) This table shows the percentage of persons with the selected characteristic described (e.g. Australian born people) who have reported the health risk behaviours shown. The age distribution of the population should be considered in interpreting these estimates. See Appendix B.

(b) Includes those that did not eat fruit.

(c) Includes those that did not eat vegetables.

(d) Persons aged 18 to 64 years.

(e) See Household income in Glossary.

(f) See Index of disadvantage in Glossary.

	<i>Current daily smoker</i>	<i>Risky/high alcohol risk</i>	<i>Sedentary/low exercise level</i>	<i>Overweight/obese BMI</i>	<i>1 or less serves of fruit(b)</i>	<i>4 or less serves of vegetables(c)</i>
18-24 YEARS ('000)						
Current daily smoker	509.9	126.3	355.5	167.0	360.4	472.2
Risky/high alcohol risk	126.3	264.6	155.6	101.3	161.9	236.4
Sedentary/low exercise level	355.5	155.6	1 216.3	314.1	751.1	1 117.8
Overweight/obese BMI	167.0	101.3	314.1	551.8	294.2	508.7
1 or less serves of fruit(b)	360.4	161.9	751.1	294.2	1 056.0	997.7
4 or less serves of vegetables(c)	472.2	236.4	1 117.8	508.7	997.7	1 732.3
25-44 YEARS ('000)						
Current daily smoker	1 526.3	317.6	1 163.2	771.8	1 001.0	1 341.8
Risky/high alcohol risk	317.6	802.5	511.5	407.6	514.8	691.9
Sedentary/low exercise level	1 163.2	511.5	4 006.2	1 995.9	2 212.4	3 557.4
Overweight/obese BMI	771.8	407.6	1 995.9	2 844.0	1 531.4	2 502.0
1 or less serves of fruit(b)	1 001.0	514.8	2 212.4	1 531.4	3 002.6	2 762.0
4 or less serves of vegetables(c)	1 341.8	691.9	3 557.4	2 502.0	2 762.0	5 088.1
45-64 YEARS ('000)						
Current daily smoker	967.5	216.7	784.8	473.6	605.4	841.8
Risky/high alcohol risk	216.7	755.8	518.8	430.5	414.0	623.8
Sedentary/low exercise level	784.8	518.8	3 468.1	2 032.4	1 565.1	2 911.0
Overweight/obese BMI	473.6	430.5	2 032.4	2 802.8	1 141.1	2 307.5
1 or less serves of fruit(b)	605.4	414.0	1 565.1	1 141.1	1 987.3	1 772.0
4 or less serves of vegetables(c)	841.8	623.8	2 911.0	2 307.5	1 772.0	3 991.6
65 YEARS AND OVER ('000)						
Current daily smoker	176.4	27.7	143.4	75.9	105.1	158.7
Risky/high alcohol risk	27.7	198.0	141.3	93.4	90.1	162.4
Sedentary/low exercise level	143.4	141.3	1 834.9	863.7	671.1	1 542.2
Overweight/obese BMI	75.9	93.4	863.7	1 167.4	413.5	957.1
1 or less serves of fruit(b)	105.1	90.1	671.1	413.5	843.9	739.4
4 or less serves of vegetables(c)	158.7	162.4	1 542.2	957.1	739.4	2 001.6
TOTAL ('000)						
Current daily smoker	3 180.1	688.3	2 446.9	1 488.4	2 071.9	2 814.5
Risky/high alcohol risk	688.3	2 020.9	1 327.3	1 032.8	1 180.8	1 714.5
Sedentary/low exercise level	2 446.9	1 327.3	10 525.5	5 206.1	5 199.7	9 128.4
Overweight/obese BMI	1 488.4	1 032.8	5 206.1	7 366.0	3 380.2	6 275.3
1 or less serves of fruit(b)	2 071.9	1 180.8	5 199.7	3 380.2	6 889.8	6 271.0
4 or less serves of vegetables(c)	2 814.5	1 714.5	9 128.4	6 275.3	6 271.0	12 813.6

(a) Combinations of the following risk behaviours only: current daily smoker, risky/high risk alcohol consumption, sedentary/low exercise level, overweight/obese BMI, and less than the recommended daily consumption of fruit and vegetables.

(b) Includes persons who did not eat fruit.

(c) Includes persons who did not eat vegetables.

	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust. (a)
Risk status	%	%	%	%	%	%	%	%
<b>Smoker status</b>								
Current smoker								
Daily	20.8	21.0	22.7	20.4	19.9	24.1	15.4	21.3
Other	1.6	2.3	1.9	2.1	1.7	1.3	2.2	1.9
Ex-smoker	29.7	28.7	31.7	30.2	32.3	32.3	32.8	30.2
Never smoked	47.9	48.0	43.6	47.2	46.1	42.2	49.6	46.7
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Alcohol risk</b>								
Low risk	47.7	48.8	49.2	50.2	50.7	51.1	53.4	48.9
Risky	7.2	7.7	8.7	7.7	9.6	7.0	9.0	7.9
High risk	5.8	4.4	5.6	6.8	6.8	4.4	5.3	5.6
Last consumed alcohol								
1 week to less than 12 months ago	20.9	20.9	22.2	19.3	19.0	24.7	20.4	20.9
12 months or more ago	6.5	6.4	6.8	7.2	6.9	6.3	4.9	6.6
Never consumed alcohol	10.9	10.1	6.5	7.1	6.2	5.1	5.9	8.9
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Exercise level</b>								
Sedentary								
Did not exercise	35.1	31.4	35.9	34.3	30.0	33.7	22.8	33.5
Other	0.5	*0.4	*0.5	*0.4	*0.8	*0.4	*0.8	0.5
Low	35.8	37.7	34.1	38.0	36.8	36.3	40.4	36.3
Moderate	22.7	24.1	22.9	22.0	25.9	24.2	26.9	23.4
High	5.9	6.4	6.5	5.1	6.5	5.4	9.1	6.2
Total(c)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Body mass index</b>								
Underweight	2.1	2.4	3.2	2.1	2.2	1.1	2.0	2.4
Normal range								
18.5 to less than 20.0	4.6	4.7	5.2	3.5	4.9	3.1	5.1	4.7
20.0 to less than 25.0	35.8	35.7	35.9	34.3	36.2	34.8	36.5	35.7
Overweight	32.9	33.3	32.1	32.1	32.5	31.8	31.9	32.7
Obese	16.6	15.6	17.6	17.6	15.9	17.1	16.8	16.6
Not stated	8.0	8.3	6.1	10.3	8.3	12.2	7.7	8.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual daily intake of fruit</b>								
Does not eat fruit	6.7	6.3	7.2	6.8	6.0	7.8	6.6	6.6
1 or less serves	39.3	37.7	40.1	43.2	38.6	38.5	39.9	39.4
2 serves	27.9	28.2	26.3	27.8	27.5	28.6	27.1	27.6
3 serves	15.8	16.9	16.2	14.3	15.7	15.1	16.8	16.0
4 serves	6.0	6.0	6.1	4.7	7.3	5.9	5.5	6.0
5 serves	2.2	3.2	2.4	1.8	3.1	2.1	2.4	2.6
6 or more serves	2.0	1.7	1.7	1.5	1.8	2.0	1.6	1.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual daily intake of vegetables</b>								
Does not eat vegetables	1.1	*0.5	*0.5	0.9	*0.5	1.3	**0.2	0.7
1 or less serves	21.4	20.3	18.0	18.6	14.6	10.4	22.8	19.4
2 serves	20.3	18.8	19.7	19.3	19.4	13.8	22.4	19.5
3 serves	27.5	26.1	26.5	28.6	27.2	25.5	29.7	27.0
4 serves	17.8	19.0	20.0	20.5	18.6	28.4	14.6	19.0
5 serves	7.6	9.7	9.8	8.2	14.4	12.3	7.1	9.3
6 or more serves	4.4	5.7	5.5	3.9	5.4	8.3	3.1	5.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\* 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) Separate estimates for the NT are not available for this survey, but NT contributes to national estimates. See paragraph 11 of Explanatory Notes.

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

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

## SMOKER STATUS(a), 2004–05, 2001 and 1995

AGE GROUP (YEARS)								
Smoker status	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	Total(b)
MALES (%)								
<b>2004–05</b>								
Smoker	34.4	33.0	31.5	26.7	20.2	12.7	5.5	26.2
Ex-smoker	8.0	17.3	23.0	32.9	42.0	55.0	66.1	30.4
Never smoked	57.6	49.6	45.5	40.4	37.9	32.3	28.4	43.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Smoker	35.3	36.5	32.6	25.0	21.7	12.4	7.4	27.2
Ex-smoker	8.7	15.9	26.7	33.0	44.2	57.0	61.7	31.0
Never smoked	56.0	47.6	40.7	42.1	34.1	30.6	30.9	41.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Smoker	35.4	36.9	32.0	27.0	22.7	17.5	10.3	27.3
Ex-smoker	8.9	20.0	28.3	35.8	46.0	56.6	59.4	32.4
Never smoked	55.7	43.0	39.7	37.1	31.3	25.9	30.3	40.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES (%)								
<b>2004–05</b>								
Smoker	25.5	26.5	25.6	21.3	14.2	8.4	4.0	20.4
Ex-smoker	10.7	20.4	22.8	25.4	27.2	27.6	25.3	22.4
Never smoked	63.8	53.1	51.7	53.2	58.6	64.0	70.8	57.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Smoker	27.2	28.4	26.5	20.0	15.8	9.4	4.8	21.2
Ex-smoker	14.1	19.5	25.2	24.4	25.3	23.4	25.3	22.4
Never smoked	58.7	52.2	48.3	55.7	58.9	67.2	69.9	56.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Smoker	31.4	30.6	22.8	19.3	16.7	11.3	6.9	20.1
Ex-smoker	11.8	21.6	25.4	23.2	21.9	24.9	19.2	22.6
Never smoked	56.8	47.8	51.8	57.6	61.4	63.7	73.8	57.3
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS (%)								
<b>2004–05</b>								
Smoker	30.0	29.8	28.5	24.0	17.2	10.5	4.6	23.3
Ex-smoker	9.3	18.9	22.9	29.1	34.6	41.0	42.6	26.1
Never smoked	60.7	51.4	48.6	46.9	48.2	48.5	52.8	50.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Smoker	31.3	32.4	29.5	22.4	18.8	10.9	5.9	24.2
Ex-smoker	11.3	17.7	25.9	28.6	34.7	39.6	40.2	26.4
Never smoked	57.3	49.9	44.6	48.9	46.5	49.5	53.9	49.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Smoker	33.4	33.8	27.4	23.2	19.7	14.2	8.2	23.3
Ex-smoker	10.3	20.8	26.8	29.6	34.0	39.5	35.0	27.8
Never smoked	56.2	45.4	45.8	47.2	46.3	46.3	56.8	48.9
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Smoker includes current daily smoker and other current smoker.

(b) Age standardised percentages. See paragraph 31 of Explanatory Notes.

Alcohol risk level	AGE GROUP (YEARS)							Total(b)
	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	
MALES (%)								
<b>2004–05</b>								
Did not consume/low risk	84.6	84.3	84.0	81.7	82.4	88.5	95.1	84.8
Risky/high risk	15.4	15.7	16.0	18.3	17.6	11.5	4.9	15.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Did not consume/low risk	86.1	86.0	85.9	85.4	84.9	90.9	95.4	86.9
Risky/high risk	13.9	14.0	14.1	14.6	15.1	9.1	4.6	13.1
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Did not consume/low risk	89.4	87.3	89.4	87.8	91.4	92.5	95.4	89.7
Risky/high risk	10.6	12.7	10.6	12.2	8.6	7.5	4.6	10.3
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES (%)								
<b>2004–05</b>								
Did not consume/low risk	87.5	89.2	86.8	87.0	86.6	90.7	94.4	88.3
Risky/high risk	12.5	10.8	13.2	13.0	13.4	9.3	5.6	11.7
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Did not consume/low risk	91.4	92.5	90.0	89.9	91.5	93.0	95.3	91.5
Risky/high risk	8.6	7.5	10.0	10.1	8.5	7.0	4.7	8.5
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Did not consume/low risk	92.0	94.4	94.1	93.3	94.2	93.0	97.5	93.8
Risky/high risk	8.0	5.6	5.9	6.7	5.8	7.0	2.5	6.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS (%)								
<b>2004–05</b>								
Did not consume/low risk	86.0	86.8	85.4	84.4	84.5	89.6	94.7	86.6
Risky/high risk	14.0	13.2	14.6	15.6	15.5	10.4	5.3	13.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Did not consume/low risk	88.7	89.3	88.0	87.6	88.2	92.0	95.4	89.2
Risky/high risk	11.3	10.7	12.0	12.4	11.8	8.0	4.6	10.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Did not consume/low risk	90.7	90.9	91.8	90.5	92.8	92.8	96.7	91.8
Risky/high risk	9.3	9.1	8.2	9.5	7.2	7.2	3.3	8.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Based on Australian Alcohol Guidelines, October 2001. See Glossary.

(b) Age standardised percentages. See paragraph 31 of Explanatory Notes.

**EXERCISE LEVEL, 2004–05, 2001 and 1995**

AGE GROUP (YEARS)								
<i>Exercise level</i>	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	Total(a)
MALES (%)								
<b>2004–05</b>								
Sedentary	24.9	26.3	34.4	36.5	38.5	31.9	51.5	33.6
Low	32.3	35.4	35.7	34.3	31.7	32.9	24.4	33.3
Moderate	24.2	25.7	22.1	24.2	26.2	30.3	23.1	24.8
High	18.5	12.5	7.8	5.0	3.6	4.9	1.1	8.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Sedentary	19.9	26.9	33.5	31.9	34.9	30.9	44.0	30.9
Low	31.7	35.4	34.4	36.7	33.9	31.9	30.4	34.1
Moderate	27.1	24.2	24.8	24.6	27.2	35.2	25.1	26.2
High	21.3	13.5	7.3	6.7	4.0	2.0	0.5	8.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Sedentary	24.4	30.8	35.8	38.7	38.6	35.6	44.9	35.0
Low	29.4	31.1	33.2	31.5	28.8	28.6	28.6	30.7
Moderate	26.2	25.0	22.7	24.0	27.9	34.1	24.4	25.6
High	20.0	13.1	8.3	5.8	4.6	1.7	2.0	8.7
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FEMALES (%)								
<b>2004–05</b>								
Sedentary	32.3	29.4	32.1	32.9	31.5	40.5	58.6	34.4
Low	39.0	41.7	42.3	41.7	37.9	33.1	29.0	39.2
Moderate	21.5	22.6	21.7	21.8	27.0	24.8	11.6	22.0
High	7.2	6.4	3.9	3.6	3.6	1.6	0.9	4.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Sedentary	25.5	26.0	31.8	31.4	31.2	38.8	55.9	32.2
Low	44.7	44.7	43.9	41.8	39.8	36.9	29.1	41.5
Moderate	22.1	22.7	20.9	24.1	26.5	23.1	14.6	22.4
High	7.6	6.6	3.5	2.7	2.6	1.2	0.4	3.9
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Sedentary	28.1	30.1	34.1	34.7	36.8	43.7	54.0	35.4
Low	40.6	41.7	40.8	39.8	35.7	31.9	28.3	38.4
Moderate	21.8	22.2	19.8	21.8	25.7	22.9	17.0	21.7
High	9.5	6.0	5.3	3.7	1.9	1.4	0.6	4.5
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Age standardised percentages. See paragraph 31 of Explanatory Notes.

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

Exercise level	AGE GROUP (YEARS)							Total(a)
	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	
PERSONS (%)								
<b>2004–05</b>								
Sedentary	28.6	27.9	33.3	34.7	35.0	36.3	55.6	34.1
Low	35.6	38.5	39.0	38.1	34.7	33.0	27.0	36.3
Moderate	22.9	24.2	21.9	23.0	26.6	27.5	16.4	23.3
High	12.9	9.4	5.8	4.2	3.6	3.2	0.9	6.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Sedentary	22.6	26.4	32.6	31.7	33.1	35.0	51.0	31.6
Low	38.1	40.1	39.2	39.3	36.8	34.5	29.6	37.8
Moderate	24.7	23.5	22.8	24.4	26.8	29.0	18.9	24.2
High	14.6	10.0	5.4	4.7	3.3	1.6	0.4	6.3
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Sedentary	26.2	30.5	35.0	36.7	37.7	40.0	50.5	35.3
Low	34.9	36.4	37.0	35.6	32.2	30.4	28.4	34.5
Moderate	24.0	23.6	21.3	22.9	26.8	28.1	19.9	23.6
High	14.8	9.6	6.8	4.8	3.2	1.6	1.2	6.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

- (a) Age standardised percentages. See paragraph 31 of Explanatory Notes.
- (b) Includes persons for whom level of exercise was not stated.

	AGE GROUP (YEARS)							Males	Females	Persons
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over			
WALKING (%)										
Walked for exercise	39.9	51.0	50.2	52.5	54.3	53.4	35.7	44.7	53.7	49.3
Did not walk for exercise	60.1	49.0	49.8	47.5	45.7	46.6	64.3	55.3	46.3	50.7
Number of times walked										
One or two	27.8	26.6	24.4	19.7	15.1	13.3	13.1	23.3	19.3	21.1
Three to six	44.0	42.4	43.2	40.0	34.0	26.8	26.0	38.0	38.9	38.5
Seven to fourteen	27.3	29.5	30.9	37.7	47.5	55.8	56.1	36.3	39.3	37.9
Fifteen or more	*0.8	1.5	1.6	2.7	3.4	3.9	4.8	2.3	2.4	2.4
Total	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	19.5	15.0	13.4	13.0	15.3	15.5	24.4	15.6	15.1	15.3
30 to less than 60 minutes	46.1	48.9	49.1	48.3	49.1	49.2	45.3	45.2	51.0	48.4
60 to less than 90 minutes	24.9	27.8	27.3	28.4	24.6	23.3	21.5	25.2	27.0	26.2
90 minutes or more	9.6	8.3	10.2	10.3	11.0	11.8	8.4	13.9	6.8	10.0
Total(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	48.5	44.6	36.2	31.2	29.9	28.3	18.1	38.9	32.2	35.5
Did not do moderate exercise	51.5	55.4	63.8	68.8	70.1	71.7	81.9	61.1	67.8	64.5
Number of times did moderate exercise										
One or two	32.7	37.9	38.3	35.2	32.0	28.5	32.6	33.8	36.6	35.1
Three to six	45.1	43.6	40.1	42.5	39.0	37.6	36.4	40.7	42.9	41.7
Seven to fourteen	20.4	17.4	20.1	21.2	27.1	32.1	27.5	23.8	19.2	21.7
Fifteen or more	1.9	*1.2	*1.5	*1.1	*1.9	*1.7	*3.5	1.8	1.3	1.6
Total	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 occasions										
Less than 30 minutes	13.4	14.7	17.9	18.6	21.2	22.0	25.8	15.9	19.2	17.5
30 to less than 60 minutes	28.9	30.5	29.4	28.1	23.4	23.3	20.8	26.9	29.1	27.9
60 to less than 90 minutes	30.0	32.4	30.9	28.2	27.7	17.3	22.6	26.3	32.1	29.0
90 minutes or more	27.7	22.3	21.8	25.2	27.7	37.4	30.8	30.9	19.5	25.6
Total(b)	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	28.3	23.0	15.8	11.0	7.2	5.4	1.7	18.0	11.4	14.7
Did not do vigorous exercise	71.7	77.0	84.2	89.0	92.8	94.6	98.3	82.0	88.6	85.3
Number of times did vigorous exercise										
One or two	41.0	38.3	42.6	43.5	41.8	44.0	*24.8	39.9	42.5	40.9
Three to six	38.4	40.6	36.0	39.7	36.0	26.1	*23.4	36.8	39.9	38.0
Seven to fourteen	19.4	19.9	20.6	15.2	np	np	np	21.8	16.9	19.9
Fifteen or more	*1.3	*1.2	*0.8	*1.5	np	np	np	1.6	*0.7	1.2
Total	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 occasions										
Less than 30 minutes	10.8	11.6	15.4	13.6	14.8	26.2	*35.3	12.0	15.5	13.4
30 to less than 60 minutes	28.3	31.4	31.8	29.3	36.6	*20.9	*22.3	29.2	32.1	30.4
60 to less than 90 minutes	31.7	37.9	32.4	33.0	24.8	*15.8	**13.9	30.1	36.6	32.7
90 minutes or more	29.3	19.1	20.4	24.1	23.8	37.1	*28.4	28.6	15.8	23.5
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\* 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

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

(a) Exercise type as reported in the 2 weeks prior to interview. See Exercise level in Glossary.

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

**BODY MASS INDEX GROUPS (a), 2004–05, 2001 and 1995**

	AGE GROUP (YEARS)							Total(b)
	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	
Body mass index	%	%	%	%	%	%	%	%
<b>MALES</b>								
<b>2004–05</b>								
Underweight	2.8	*0.5	*0.6	*0.3	**0.3	**0.4	*3.4	1.0
Normal range								
18.5 to less than 20.0	7.1	2.5	1.5	1.7	*1.2	*2.0	*3.3	2.6
20.0 to less than 25.0	49.6	35.8	26.3	25.8	25.8	35.5	38.6	32.7
Overweight	26.7	40.7	44.1	43.2	45.9	41.2	37.1	40.5
Obese	6.7	17.0	21.2	23.2	22.6	16.7	10.1	17.8
Not stated	7.1	3.5	6.3	5.8	4.3	4.2	7.3	5.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Underweight	2.6	*0.6	*1.0	*0.8	*0.8	*0.6	*1.6	1.0
Normal range								
18.5 to less than 20.0	7.4	2.1	2.1	*1.1	*0.9	*1.4	*2.6	2.4
20.0 to less than 25.0	50.0	42.5	33.1	30.2	28.6	33.1	42.0	36.6
Overweight	26.4	37.4	41.0	44.2	46.6	44.8	35.3	39.6
Obese	8.0	12.0	17.9	18.9	17.8	14.6	8.9	14.7
Not stated	5.8	5.5	5.1	4.8	5.4	5.6	9.5	5.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Underweight	3.9	1.1	0.8	0.7	0.8	1.1	3.0	1.4
Normal range								
18.5 to less than 20.0	5.4	3.5	2.0	1.3	1.2	2.2	5.6	2.8
20.0 to less than 25.0	52.6	41.8	39.8	33.3	32.4	40.9	47.6	40.4
Overweight	22.0	35.6	40.9	44.1	44.8	39.7	31.4	37.7
Obese	5.2	10.7	11.4	15.4	15.3	10.5	4.7	11.1
Not stated	10.7	7.3	5.1	5.2	5.5	5.6	7.7	6.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>FEMALES</b>								
<b>2004–05</b>								
Underweight	9.0	4.5	3.2	1.8	*1.4	2.4	5.7	3.8
Normal range								
18.5 to less than 20.0	13.1	9.2	6.9	4.8	3.4	3.5	4.6	6.8
20.0 to less than 25.0	42.6	42.2	41.4	37.4	32.9	32.5	37.9	38.9
Overweight	17.5	22.3	23.8	27.0	30.5	30.8	25.1	24.9
Obese	7.3	13.1	14.9	18.1	21.7	19.0	10.6	15.1
Not stated	10.6	8.6	9.8	10.8	10.1	11.9	16.2	10.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\* 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) Based on self reported height and weight. See BMI in Glossary.  
 (b) Age standardised percentages. See paragraph 31 of Explanatory Notes.

Body mass index	AGE GROUP (YEARS)							Total(b)
	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	
	%	%	%	%	%	%	%	%
<b>FEMALES cont.</b>								
<b>2001</b>								
Underweight	11.3	4.8	3.9	1.7	*1.7	*2.1	5.8	4.3
Normal range								
18.5 to less than 20.0	14.2	10.4	8.3	5.8	3.0	5.2	8.0	8.0
20.0 to less than 25.0	43.4	45.0	42.9	38.4	32.8	32.0	35.3	39.7
Overweight	12.8	18.1	21.2	25.6	31.5	32.2	23.9	22.8
Obese	7.1	13.5	14.4	19.0	21.8	20.1	10.5	15.3
Not stated	11.2	8.2	9.3	9.6	9.4	8.7	16.4	9.9
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Underweight	11.1	4.8	3.5	2.1	2.2	3.2	7.0	4.5
Normal range								
18.5 to less than 20.0	15.2	12.2	8.1	5.0	4.5	5.2	6.7	8.4
20.0 to less than 25.0	43.2	46.4	47.7	41.5	36.6	40.5	37.7	42.9
Overweight	11.6	16.8	20.5	26.8	29.4	26.4	20.6	21.4
Obese	4.5	8.9	10.9	14.6	16.1	13.5	6.9	11.0
Not stated	14.4	10.9	9.3	10.0	11.2	11.2	21.3	11.7
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>PERSONS</b>								
<b>2004–05</b>								
Underweight	5.8	2.6	1.9	1.1	0.8	1.4	4.7	2.4
Normal range								
18.5 to less than 20.0	10.1	5.9	4.2	3.2	2.3	2.8	4.1	4.7
20.0 to less than 25.0	46.1	39.0	33.9	31.7	29.3	34.0	38.2	35.8
Overweight	22.1	31.4	33.9	35.0	38.3	35.8	30.2	32.6
Obese	7.0	15.1	18.0	20.6	22.1	17.9	10.4	16.4
Not stated	8.8	6.1	8.1	8.3	7.2	8.1	12.4	8.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>2001</b>								
Underweight	6.8	2.7	2.4	1.3	1.2	1.4	4.1	2.7
Normal range								
18.5 to less than 20.0	10.7	6.4	5.2	3.5	1.9	3.3	5.8	5.3
20.0 to less than 25.0	46.7	43.7	38.1	34.3	30.7	32.5	38.0	38.2
Overweight	19.7	27.6	30.9	34.8	39.1	38.3	28.6	31.1
Obese	7.6	12.8	16.1	19.0	19.7	17.4	9.9	15.0
Not stated	8.4	6.8	7.2	7.2	7.4	7.2	13.6	7.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>1995</b>								
Underweight	7.5	3.0	2.2	1.4	1.5	2.2	5.4	3.0
Normal range								
18.5 to less than 20.0	10.2	7.8	5.1	3.1	2.8	3.8	6.2	5.6
20.0 to less than 25.0	48.0	44.1	43.7	37.4	34.5	40.7	41.5	41.6

(a) Based on self reported height and weight. See BMI in Glossary.  
 (b) Age standardised percentages. See paragraph 31 of Explanatory Notes.

AGE GROUP (YEARS)

---

	18–24	25–34	35–44	45–54	55–64	65–74	75 and over	Total(b)
<i>Body mass index</i>	%	%	%	%	%	%	%	%

PERSONS *cont.*

**1995 *cont.***

Overweight	16.9	26.2	30.6	35.6	37.1	32.5	24.8	29.5
Obese	4.9	9.8	11.2	15.0	15.7	12.1	6.0	11.1
Not stated	12.5	9.1	7.2	7.5	8.3	8.6	16.0	9.3
Total	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) Age standardised percentages. See paragraph 31 of Explanatory Notes.

SELF REPORTED HEIGHT

Height (cm)	AGE GROUP (YEARS)							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES (%)								
Less than 160	*0.6	1.3	1.2	1.4	1.6	*2.0	4.5	1.5
160-164	*1.2	2.5	2.4	4.0	3.8	5.6	5.4	3.2
165-169	7.0	7.4	8.2	10.3	14.1	16.2	14.4	10.2
170-174	15.3	14.8	17.7	19.3	22.5	22.7	25.6	18.8
175-179	19.4	22.9	24.7	27.2	25.9	24.9	24.6	24.3
180-184	26.5	25.7	25.1	23.9	22.2	20.9	18.7	24.0
185-189	16.6	16.3	12.4	9.8	7.1	5.1	*3.3	11.2
190 or more	9.6	7.4	6.1	3.0	2.0	*1.5	*0.9	4.9
Not stated	3.8	1.6	2.2	1.3	*0.8	*1.1	*2.7	1.9
<i>Total</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>
Mean (cm)	180.0	179.2	178.4	177.0	175.8	174.9	173.9	177.5
Median (cm)	180.4	180.0	178.7	178.2	175.8	175.3	173.9	178.3
FEMALES (%)								
Less than 155	8.0	9.6	8.3	9.4	10.4	13.4	21.9	10.6
155-159	12.5	12.7	17.6	19.3	21.5	23.3	23.4	17.9
160-164	22.6	21.4	24.6	29.3	27.2	29.3	25.6	25.5
165-169	26.2	25.3	25.6	21.9	23.3	19.1	17.0	23.3
170-174	16.5	15.2	14.1	12.4	12.3	9.4	4.9	12.9
175-179	6.3	9.6	6.8	6.0	2.8	np	np	5.7
180 or more	3.2	2.8	1.3	*0.8	*0.7	np	np	1.5
Not stated	4.7	3.3	1.7	*0.9	1.8	3.2	5.6	2.7
<i>Total</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>	<i>100.0</i>
Mean (cm)	165.5	165.4	164.3	163.4	162.7	161.6	159.8	163.7
Median (cm)	165.4	165.5	164.4	163.5	163.3	160.9	160.1	163.7

\* estimate has a relative standard error of 25% to 50% and should be used with caution  
 np not available for publication but included in totals where applicable, unless otherwise indicated

SELF REPORTED WEIGHT

AGE GROUP (YEARS)

Weight (kg)	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
-------------	-------	-------	-------	-------	-------	-------	-------------	-------

MALES (%)

Less than 55	*1.6	*1.1	*0.8	*1.1	*0.7	*0.9	*3.3	1.2
55-59	2.2	*1.1	*1.0	1.6	*0.9	*1.4	*3.5	1.5
60-64	9.4	4.0	2.7	3.4	3.7	6.7	9.4	4.9
65-69	12.4	6.6	4.8	5.9	6.3	6.2	11.1	7.1
70-74	13.9	11.2	10.9	9.3	10.8	16.8	14.9	11.8
75-79	15.8	13.7	11.9	11.2	14.5	15.8	18.7	13.8
80-84	12.1	15.8	10.6	13.7	14.5	13.9	11.6	13.3
85-89	10.8	12.5	13.3	14.1	12.5	12.6	8.3	12.5
90-94	5.8	8.9	12.6	11.2	9.9	9.2	*3.3	9.5
95-99	4.6	6.9	9.0	7.3	7.8	5.6	*2.7	6.9
100-104	2.9	4.7	5.6	5.3	4.9	2.6	*2.4	4.5
105-109	*1.4	3.5	4.2	3.6	2.7	*1.3	*2.1	3.0
110 or more	3.0	7.6	7.6	7.4	6.9	3.4	*2.2	6.1
Not stated	4.1	2.5	5.0	4.8	3.6	3.6	6.7	4.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Mean (kg)	78.4	85.2	87.2	86.3	85.2	81.2	76.7	84.0
Median (kg)	76.0	82.9	85.9	85.2	83.6	80.1	75.9	82.6

FEMALES (%)

Less than 50	9.7	5.4	4.0	2.8	3.4	3.9	8.6	5.1
50-54	14.2	11.1	9.9	8.7	6.1	8.0	14.5	10.1
55-59	17.4	14.3	13.8	12.2	9.5	10.3	12.2	13.0
60-64	16.9	15.9	15.7	14.4	14.4	15.1	16.0	15.4
65-69	11.3	12.3	12.7	12.6	11.6	13.0	9.8	12.1
70-74	7.5	11.8	9.4	11.3	13.8	13.0	10.4	11.0
75-79	3.9	6.1	7.1	6.7	8.9	8.0	6.4	6.7
80-84	4.6	4.1	5.7	6.4	7.9	7.0	3.8	5.7
85-89	2.2	4.1	4.1	4.4	4.6	4.7	*1.8	3.8
90-94	2.1	2.5	2.6	4.1	4.4	2.5	*1.7	3.0
95-99	*1.4	2.2	2.0	2.4	2.6	*1.6	**0.5	2.0
100-104	np	1.5	1.5	*1.2	*1.4	*1.2	np	1.1
105-109	np	*0.7	*0.6	*0.7	*0.7	*1.1	np	0.6
110 or more	np	1.8	1.9	1.8	*1.4	*1.0	np	1.4
Not stated	7.1	6.4	8.9	10.4	9.3	9.6	14.0	9.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Mean (kg)	63.7	67.8	68.5	70.0	71.3	69.5	63.2	68.1
Median (kg)	60.8	65.0	65.4	67.3	70.1	67.7	62.4	65.4

\* 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

		2004–05					1995(b)	2001(b)
<i>Self assessed weight</i>		18–44	45–64	65 and over	Total(b)			
MALES								
<b>Considered themselves of acceptable weight</b>								
In underweight BMI category	%	0.7	*0.3	**0.3	0.5	0.9	0.6	
In normal BMI category	%	50.5	40.9	50.9	47.8	56.9	51.6	
In overweight/obese BMI category	%	43.9	53.8	43.6	46.7	35.2	42.1	
Not stated	%	4.9	4.9	5.1	5.0	7.0	5.6	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	2 526.3	1 391.1	729.3	4 654.6	4 149.0	4 462.8	
<b>Considered themselves underweight</b>								
In underweight BMI category	%	10.7	**3.3	*18.8	11.3	13.9	11.1	
In normal/overweight/obese BMI category	%	81.2	89.3	68.6	79.9	79.5	82.4	
Not stated	%	8.1	*7.3	*12.6	8.9	6.6	6.5	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	230.8	76.1	73.2	386.6	381.0	389.7	
<b>Considered themselves overweight</b>								
In underweight/normal BMI category	%	3.6	4.2	8.7	4.6	9.6	6.1	
In overweight/obese BMI category	%	90.0	90.6	86.7	89.7	84.7	88.7	
Not stated	%	6.4	5.2	*4.6	5.7	5.7	5.2	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	1 066.3	948.5	317.8	2 318.2	2 060.7	2 093.9	
FEMALES								
<b>Considered themselves of acceptable weight</b>								
In underweight BMI category	%	5.7	1.6	2.2	4.0	5.3	4.8	
In normal BMI category	%	71.3	65.1	54.9	66.8	72.9	69.7	
In overweight/obese BMI category	%	15.9	25.3	29.2	20.7	12.1	17.5	
Not stated	%	*7.2	*7.9	*13.6	8.5	9.7	8.0	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	2 413.8	1 237.9	834.4	4 495.6	3 764.1	4 190.5	
<b>Considered themselves underweight</b>								
In underweight BMI category	%	43.0	27.2	47.4	40.3	43.9	37.8	
In normal/overweight/obese BMI category	%	50.8	59.2	42.3	50.8	45.6	52.8	
Not stated	%	6.2	13.5	10.3	8.9	10.5	9.4	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	130.0	65.3	71.1	264.8	234.9	271.5	
<b>Considered themselves overweight</b>								
In underweight/normal BMI category	%	14.9	11.7	7.7	12.7	23.3	14.8	
In overweight/obese BMI category	%	70.7	75.1	77.2	73.3	62.2	72.4	
Not stated	%	14.4	13.2	15.1	14.0	14.5	12.8	
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	
Total(c)	'000	1 300.8	1 136.1	414.2	2 843.4	2 800.2	2 776.3	

\* 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

(a) Based on self reported height and weight. See BMI in Glossary.

(b) Age standardised percentages. See paragraph 31 of Explanatory Notes.

(c) Age groups do not add to the age standardised total shown.

AGE GROUP (YEARS)

	12-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	Total
<b>MALES (%)</b>									
<b>Usual daily intake of fruit</b>									
Does not eat fruit	5.8	12.4	11.3	10.0	7.8	6.0	4.5	*1.4	8.6
1 or less serves	40.3	46.3	49.4	47.3	42.1	37.9	34.9	36.7	43.5
2 serves	31.1	22.9	22.7	23.7	26.5	24.8	30.8	31.7	25.4
3 serves	14.4	10.6	9.4	11.8	14.3	16.8	16.8	19.4	13.2
4 serves	4.6	4.6	4.4	3.9	5.9	6.8	7.9	6.8	5.3
5 serves	*1.9	1.8	*1.1	2.1	1.7	5.0	*2.2	*2.5	2.2
6 or more serves	*1.9	1.5	1.8	1.1	1.7	2.8	3.0	*1.5	1.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual daily intake of vegetables</b>									
Does not eat vegetables	np	1.8	*1.0	*0.9	*0.4	*0.4	np	*1.0	0.9
1 or less serves	24.2	29.3	27.4	25.1	22.2	17.3	13.8	14.6	23.1
2 serves	20.0	23.5	25.0	20.5	18.6	16.6	17.4	13.2	20.3
3 serves	27.2	22.9	23.9	27.0	27.7	27.9	24.0	27.8	25.8
4 serves	19.2	14.1	15.0	15.1	17.8	21.5	25.7	26.3	17.9
5 serves	7.3	5.4	4.4	7.3	7.4	9.8	12.7	12.6	7.6
6 or more serves	np	3.0	3.3	4.2	5.9	6.6	np	4.6	4.5
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual type of milk</b>									
Whole	71.5	66.1	57.6	55.1	44.6	37.5	38.0	46.6	52.2
Low/reduced fat	21.0	21.1	24.3	27.0	33.8	35.6	33.0	31.0	28.2
Skim	*2.0	6.1	9.4	8.9	9.4	12.7	15.4	12.4	9.5
Other type of milk(a)	*3.9	2.7	3.8	4.2	4.1	4.5	5.5	3.8	4.0
Does not drink milk	*1.5	3.5	3.8	4.5	7.1	9.0	6.8	5.0	5.3
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

FEMALES (%)

<b>Usual daily intake of fruit</b>									
Does not eat fruit	*3.1	6.8	5.7	5.6	4.6	2.9	*2.3	*1.4	4.6
1 or less serves	38.9	41.3	40.6	38.4	33.9	26.8	29.5	28.6	35.6
2 serves	28.9	25.6	28.7	29.2	30.9	31.0	31.9	36.0	29.8
3 serves	16.1	17.1	15.6	16.9	19.6	22.4	22.2	21.3	18.6
4 serves	7.3	4.5	6.0	5.9	6.0	11.0	7.2	8.5	6.7
5 serves	*3.3	2.6	2.3	2.1	3.4	4.0	3.9	3.0	2.9
6 or more serves	*2.4	2.1	*1.0	1.9	1.6	2.0	3.1	*1.2	1.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual daily intake of vegetables</b>									
Does not eat vegetables	*np	*1.2	*0.8	*0.6	*0.6	**0.2	**np	*0.6	0.7
1 or less serves	20.3	24.8	19.7	15.3	14.1	11.2	10.6	12.3	16.4
2 serves	22.4	23.7	21.6	20.6	17.3	15.9	11.5	14.5	19.0
3 serves	27.9	26.2	26.7	28.4	28.2	28.2	31.8	33.6	28.4
4 serves	16.9	15.0	17.8	20.5	20.4	21.8	24.9	24.6	19.8
5 serves	8.1	6.5	9.6	9.1	12.5	13.8	15.8	11.2	10.6
6 or more serves	*np	2.7	3.9	5.5	6.9	9.0	np	3.3	5.2
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

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

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

(a) Includes evaporated or sweetened condensed or soy milk.  
(b) Includes type of milk undetermined or type unknown.

	AGE GROUP (YEARS)								Total
	12-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
FEMALES (%) <i>cont.</i>									
<b>Usual type of milk</b>									
Whole	67.9	44.8	42.8	42.2	29.8	25.2	31.8	39.9	38.7
Low/reduced fat	21.9	29.3	31.3	31.0	40.8	38.0	35.1	33.3	33.4
Skim	6.1	15.1	15.2	16.2	16.4	22.4	21.4	17.0	16.7
Other type of milk(a)	**0.7	3.6	5.0	4.8	7.3	7.2	5.5	3.9	5.2
Does not drink milk	*3.0	6.2	3.9	5.0	4.3	5.3	5.5	5.3	4.9
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
PERSONS (%)									
<b>Usual daily intake of fruit</b>									
Does not eat fruit	4.4	9.7	8.5	7.8	6.2	4.5	3.4	*1.4	6.6
1 or less serves	39.6	43.9	45.0	42.8	37.9	32.3	32.1	32.1	39.5
2 serves	30.0	24.2	25.7	26.5	28.7	27.9	31.4	34.2	27.6
3 serves	15.3	13.8	12.5	14.4	17.0	19.6	19.6	20.5	15.9
4 serves	6.0	4.6	5.2	4.9	6.0	8.9	7.5	7.7	6.0
5 serves	2.6	2.1	1.7	2.1	2.5	4.5	3.1	2.8	2.6
6 or more serves	*2.1	1.8	1.4	1.5	1.6	2.4	3.1	*1.3	1.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual daily intake of vegetables</b>									
Does not eat vegetables	*1.1	1.5	0.9	0.7	*0.5	*0.3	*0.3	*0.8	0.8
1 or less serves	22.2	27.1	23.5	20.2	18.1	14.2	12.1	13.3	19.7
2 serves	21.2	23.6	23.3	20.5	17.9	16.2	14.4	14.0	19.6
3 serves	27.6	24.5	25.3	27.7	27.9	28.1	28.0	31.1	27.1
4 serves	18.0	14.5	16.4	17.8	19.1	21.6	25.3	25.3	18.9
5 serves	7.7	5.9	7.0	8.2	10.0	11.8	14.3	11.8	9.1
6 or more serves	2.2	2.9	3.6	4.9	6.4	7.8	5.6	3.8	4.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
<b>Usual type of milk</b>									
Whole	69.6	55.7	50.2	48.6	37.1	31.4	34.8	42.7	45.4
Low/reduced fat	21.5	25.1	27.9	29.0	37.4	36.8	34.1	32.3	30.8
Skim	4.1	10.5	12.3	12.5	13.0	17.5	18.5	15.0	13.2
Other type of milk(a)	2.2	3.1	4.4	4.5	5.7	5.8	5.5	3.9	4.6
Does not drink milk	2.3	4.8	3.8	4.7	5.7	7.1	6.1	5.1	5.1
Total(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

(a) Includes evaporated or sweetened condensed or soy milk.

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

(b) Includes type of milk undetermined or type unknown.

	AGE GROUP (YEARS)			Total '000	Total %
	18-44 '000	45-64 '000	65 and over '000		
Had hysterectomy at age					
Less than 35 years	44.7	121.6	40.9	207.2	2.7
35 to 44 years	45.8	251.8	156.1	453.7	6.0
45 to 54 years	—	185.7	120.3	305.9	4.0
55 years and over	—	19.4	108.7	128.1	1.7
Total	90.6	578.4	425.9	1 094.9	14.4
Has not had a hysterectomy	3 752.9	1 857.9	891.1	6 501.9	85.5
<i>Total(a)</i>	<i>3 844.6</i>	<i>2 439.3</i>	<i>1 319.8</i>	<i>7 603.7</i>	<i>100.0</i>
Time used hormone replacement therapy					
Less than 5 years	26.4	132.2	16.9	175.5	2.3
5 years or more	*9.4	192.0	83.2	284.7	3.7
Total	35.8	324.2	100.1	460.1	6.1
Does not currently use hormone replacement therapy	3 807.7	2 113.3	1 217.1	7 138.1	93.9
<i>Total(b)</i>	<i>3 844.6</i>	<i>2 439.3</i>	<i>1 319.8</i>	<i>7 603.7</i>	<i>100.0</i>

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

— nil or rounded to zero (including null cells)

(a) Includes not stated if had hysterectomy.

(b) Includes not stated whether currently using hormone replacement therapy.

### AGE GROUP (YEARS)

Type of action	0-4	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	Males	Females	Persons
PERSONS ('000)												
Hospital inpatient(b) Visited	*8.5	*14.3	*14.7	26.2	17.9	19.3	17.1	*14.5	18.5	77.8	73.2	151.0
Casualty/emergency	18.5	27.0	37.7	24.5	19.5	*13.4	*13.2	*9.7	*13.9	90.2	87.4	177.6
Outpatients	18.5	36.2	44.0	44.2	43.0	47.3	44.9	46.6	39.9	165.0	199.4	364.4
Day clinic	*5.8	18.0	43.3	62.0	83.2	78.3	91.2	63.1	43.7	212.3	276.2	488.5
Consulted												
GP/specialist	278.6	306.6	453.9	554.0	591.6	633.4	641.0	515.0	513.5	1 945.2	2 542.5	4 487.6
Dentist	*14.2	237.5	171.6	121.5	158.4	167.5	151.0	80.3	56.8	524.0	634.9	1 158.9
OHP(c)	156.8	189.2	290.3	430.6	420.7	396.2	347.8	197.0	220.0	1 098.5	1 550.0	2 648.5
Days away from work/study	..	406.0	310.2	278.6	250.7	201.1	85.2	..	..	766.9	764.9	1 531.8
Other days of reduced activity	..	201.9	230.1	283.5	317.2	310.8	288.8	198.4	179.1	854.4	1 155.5	2 009.9
Total persons taking action(d)	394.0	931.3	990.8	1 110.8	1 161.6	1 153.8	1 047.2	713.4	676.2	3 643.7	4 535.4	8 179.1
No action taken(e)	853.2	1 742.1	1 702.2	1 702.9	1 797.6	1 581.0	1 073.1	640.3	410.2	6 144.7	5 357.7	11 502.4
<b>Total</b>	<b>1 247.2</b>	<b>2 673.4</b>	<b>2 693.0</b>	<b>2 813.6</b>	<b>2 959.2</b>	<b>2 734.8</b>	<b>2 120.2</b>	<b>1 353.7</b>	<b>1 086.4</b>	<b>9 788.4</b>	<b>9 893.1</b>	<b>19 681.5</b>
PERCENT (%)												
Hospital inpatient(b) Visited	*0.7	*0.5	*0.5	0.9	0.6	0.7	0.8	*1.1	1.7	0.8	0.7	0.8
Casualty/emergency	1.5	1.0	1.4	0.9	0.7	*0.5	*0.6	*0.7	*1.3	0.9	0.9	0.9
Outpatients	1.5	1.4	1.6	1.6	1.5	1.7	2.1	3.4	3.7	1.7	2.0	1.9
Day clinic	*0.5	0.7	1.6	2.2	2.8	2.9	4.3	4.7	4.0	2.2	2.8	2.5
Consulted												
GP/specialist	22.3	11.5	16.9	19.7	20.0	23.2	30.2	38.0	47.3	19.9	25.7	22.8
Dentist	*1.1	8.9	6.4	4.3	5.4	6.1	7.1	5.9	5.2	5.4	6.4	5.9
OHP(c)	12.6	7.1	10.8	15.3	14.2	14.5	16.4	14.5	20.3	11.2	15.7	13.5
Days away from work/study	..	15.2	11.5	9.9	8.5	7.4	4.0	..	..	7.8	7.7	7.8
Other days of reduced activity	..	7.6	8.5	10.1	10.7	11.4	13.6	14.7	16.5	8.7	11.7	10.2
Total persons taking action(d)	31.6	34.8	36.8	39.5	39.3	42.2	49.4	52.7	62.2	37.2	45.8	41.6
No action taken(e)	68.4	65.2	63.2	60.5	60.7	57.8	50.6	47.3	37.8	62.8	54.2	58.4
<b>Total</b>	<b>100.0</b>											

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

.. not applicable

(a) Actions taken in the 2 weeks prior to interview.

(b) Discharged from a stay in hospital in the 2 weeks prior to interview.

(c) Other health professional. See Glossary.

(d) Persons may have reported more than one type of action and therefore components may not add to totals.

(e) Took none of the actions covered in this survey.

<i>Population characteristics</i>	Hospital inpatient (c)	Casualty, outpatients, day clinic visits	CONSULTED			Days away from work/study	Other days of reduced activity
			GP/specialist	Dentist	OHP(d)		
	%	%	%	%	%	%	%
<b>Country of birth</b>							
Australia	0.8	4.6	21.6	5.9	13.9	8.4	10.4
Other Oceania	**0.2	3.5	20.9	6.2	11.1	7.7	9.0
United Kingdom	*0.9	6.2	27.4	5.8	15.8	5.5	12.5
Other North-West Europe	**0.7	5.5	27.4	7.6	13.4	5.5	10.7
Southern & Eastern Europe	*0.7	6.0	31.8	5.4	11.7	3.0	10.9
North Africa & the Middle East	—	*3.7	35.7	*6.3	6.8	*4.5	8.3
South-East Asia	**0.5	5.3	24.0	6.5	5.9	4.7	5.6
All other countries	**0.3	5.0	24.0	4.7	12.9	7.8	8.4
<b>Born overseas</b>							
Arrived before 1996	0.6	5.4	29.4	6.4	13.0	5.1	10.8
Arrived 1996–2005	**0.3	4.8	17.9	4.4	8.9	7.8	6.2
<b>Main language spoken at home (e)</b>							
English	0.9	5.2	24.9	5.5	15.5	7.0	11.9
Language other than English	*0.5	6.2	29.8	5.9	9.6	5.5	9.1
<b>Highest non-school qualification</b>							
Degree/diploma or higher qualification	0.9	4.9	22.5	6.6	16.4	7.8	11.4
Other qualification	0.9	5.3	24.8	4.9	15.8	8.0	11.7
No non-school qualification	0.8	5.5	27.1	5.3	13.5	5.7	11.8
<b>Labour force (f)</b>							
Employed	0.6	4.1	19.1	5.5	13.7	10.6	8.3
Unemployed	*1.0	4.6	23.1	5.9	14.8	4.0	12.2
Not in labour force	1.1	6.5	29.4	6.6	15.6	2.1	18.5
<b>Location</b>							
Major cities of Australia	0.7	4.7	24.0	6.0	13.0	8.0	10.1
Inner regional Australia	0.9	4.4	20.3	6.0	14.2	7.6	10.6
Outer regional Australia/other areas	1.0	5.8	20.5	5.1	14.5	6.8	10.3
<b>Household structure</b>							
Person living alone	1.3	7.1	31.6	5.2	17.9	6.6	15.6
Couple only	1.0	6.2	29.6	6.3	16.2	5.3	12.1
Couple with children	0.6	3.6	18.9	6.2	12.0	8.3	7.9
All other households	0.6	4.9	20.5	5.2	11.9	9.7	11.0
<b>Household income (g)</b>							
1st quintile	1.3	7.2	33.5	4.9	15.3	4.0	15.2
5th quintile	0.7	3.8	17.5	7.0	13.7	8.5	8.6
<b>Index of disadvantage (h)</b>							
1st quintile	0.8	5.1	26.6	4.4	11.9	7.9	11.3
5th quintile	0.7	4.3	21.3	7.6	15.6	7.1	9.8
<b>Private health insurance</b>							
With private cover	0.7	4.9	23.9	7.4	16.5	6.7	10.5
Without private cover	0.9	5.6	25.7	4.1	12.7	7.5	12.5
<b>Government health card</b>							
With card	1.1	7.7	37.0	5.3	16.8	3.7	17.4
Without card	0.7	4.1	19.0	6.0	13.5	9.0	8.6

\* 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) Actions taken in the 2 weeks prior to interview.

(b) This table shows the percentage of persons with the selected characteristic described (e.g. Australian born people) who have taken the type of action shown. The age distribution of the population should be considered in interpreting these estimates. See Appendix B.

(c) Discharged from a stay in hospital in the 2 weeks prior to interview.

(d) Other health professional. See Glossary.

(e) Persons aged 18 years and over.

(f) Persons aged 15 to 64 years.

(g) See Household income in Glossary.

(h) See Index of disadvantage in Glossary.

Types of action	AGE GROUP (YEARS)									Males(c)	Females(c)	Persons(c)
	0-4	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over			
	%	%	%	%	%	%	%	%	%	%	%	%
.....												
Hospital inpatient(d)												
2004-05	*0.7	*0.5	*0.5	0.9	0.6	0.7	0.8	*1.1	1.7	0.8	0.7	0.8
2001	*1.0	*0.5	*0.5	0.9	0.8	0.8	0.9	1.5	1.7	0.8	0.9	0.9
1995	0.8	0.4	0.5	0.9	0.6	0.5	1.0	1.5	2.3	0.8	0.8	0.8
Visited												
casualty/emergency												
2004-05	1.5	1.0	1.4	0.9	0.7	*0.5	*0.6	*0.7	*1.3	0.9	0.9	0.9
2001	2.1	1.1	1.3	0.8	0.8	0.7	1.2	*0.8	*0.3	1.0	1.0	1.0
1995	1.4	0.8	1.0	0.8	0.7	0.4	0.4	0.6	0.8	0.9	0.6	0.8
Visited outpatients												
2004-05	1.5	1.4	1.6	1.6	1.5	1.7	2.1	3.4	3.7	1.7	2.0	1.8
2001	1.5	1.2	1.6	2.0	1.6	1.7	2.2	3.7	3.9	2.0	2.0	2.0
1995	1.5	1.2	2.0	2.4	1.7	1.9	2.7	3.7	3.9	2.2	2.2	2.1
Visited day clinic												
2004-05	*0.5	0.7	1.6	2.2	2.8	2.9	4.3	4.7	4.0	2.2	2.7	2.4
2001	*0.9	*0.5	2.1	2.0	2.7	2.8	3.6	3.8	4.1	2.2	2.5	2.3
1995	0.6	0.4	1.3	1.3	1.4	1.4	2.6	2.1	1.8	1.2	1.6	1.4
Consulted												
Gp/specialist												
2004-05	22.3	11.5	16.9	19.7	20.0	23.2	30.2	38.0	47.3	20.0	25.3	22.7
2001	24.9	14.7	18.7	21.7	21.7	25.4	31.9	40.1	45.7	21.9	27.9	24.6
1995	29.0	13.8	18.7	22.5	20.1	22.8	29.1	36.3	42.1	21.1	26.1	23.6
Consulted dentist												
2004-05	*1.1	8.9	6.4	4.3	5.4	6.1	7.1	5.9	5.2	5.3	6.4	5.9
2001	1.5	9.6	6.8	4.2	5.5	7.1	6.6	6.1	4.9	5.6	10.0	6.1
1995	1.2	9.2	5.1	4.5	5.0	6.7	5.7	5.8	4.8	5.3	5.9	5.6
Consulted OHP(e)												
2004-05	12.6	7.1	10.8	15.3	14.2	14.5	16.4	14.5	20.3	11.3	15.5	13.4
2001	13.5	7.9	12.0	15.4	14.1	14.6	12.6	13.3	17.2	10.9	15.5	13.2
1995	12.6	6.0	9.3	11.1	10.7	9.7	10.1	10.6	12.9	8.4	11.5	10.0
Days away from work/study												
2004-05	..	15.2	11.5	9.9	8.5	7.4	4.0	..	..	7.8	7.9	7.8
2001	..	16.8	13.0	9.6	8.2	7.3	4.6	..	..	8.2	8.0	8.2
1995	..	15.8	10.7	8.3	7.1	5.8	4.1	..	..	7.3	7.4	7.4
Other days of reduced activity												
2004-05	..	7.6	8.5	10.1	10.7	11.4	13.6	14.7	16.5	8.7	11.5	10.1
2001	..	10.1	10.9	11.9	11.2	11.9	12.8	11.7	15.3	9.6	12.2	10.9
1995	..	4.2	4.7	5.1	5.3	5.3	8.1	10.1	11.5	5.0	6.7	5.8
None of the above actions												
2004-05	68.4	65.2	63.2	60.5	60.7	57.8	50.6	47.3	37.8	62.7	54.5	58.6
2001	64.7	62.8	60.1	58.9	59.8	56.7	52.7	45.4	40.5	61.5	52.7	57.3
1995	60.5	66.3	65.8	63.2	65.5	62.8	56.3	49.5	45.4	65.0	58.0	61.5
Total(f)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

.. not applicable

(a) Actions taken in the 2 weeks prior to interview.

(b) Changes in survey methodology and classifications may reduce direct comparability between surveys.

(c) Age standardised estimates. See paragraph 31 of Explanatory Notes.

(d) Discharged from a stay in hospital in the 2 weeks prior to interview.

(e) Other health professional. See Glossary.

(f) Persons may have reported more than one type of action and therefore components may not add to total.

	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust.(b)
PERSONS ('000)								
Hospital inpatient(c)	41.2	28.9	32.4	17.7	19.8	7.1	*2.2	151.0
Visited								
Casualty/emergency	41.7	59.0	31.1	12.2	23.4	5.4	3.3	177.6
Outpatients	107.4	86.1	71.1	40.9	41.3	10.6	4.6	364.4
Day clinic	112.0	182.6	85.7	29.0	49.6	13.1	7.3	488.5
Consulted								
GP/specialist	1 526.3	1 126.9	842.7	350.7	434.5	114.0	62.4	4 487.6
Dentist	361.7	282.6	226.5	100.9	131.8	25.8	19.5	1 158.9
OHP(d)	794.7	706.5	539.8	214.5	272.0	57.6	43.3	2 648.5
Days away from work/study	488.1	371.3	315.2	134.0	150.2	32.5	28.5	1 531.8
Other days of reduced activity	632.4	498.7	411.3	160.7	195.7	57.8	37.9	2 009.9
Total persons taking action(e)	2 650.4	2 036.9	1 610.9	671.4	820.4	196.9	124.5	8 179.1
No action taken	3 975.0	2 877.3	2 187.7	823.6	1 091.1	277.0	192.0	11 502.4
<b>Total</b>	<b>6 625.5</b>	<b>4 914.2</b>	<b>3 798.5</b>	<b>1 495.0</b>	<b>1 911.5</b>	<b>473.9</b>	<b>316.5</b>	<b>19 681.5</b>
PERCENT (%)								
Hospital inpatient(c)	0.6	0.6	0.9	1.2	1.0	1.5	*0.7	0.8
Visited								
Casualty/emergency	0.6	1.2	0.8	0.8	1.2	1.1	1.1	0.9
Outpatients	1.6	1.8	1.9	2.7	2.2	2.2	1.5	1.9
Day clinic	1.7	3.7	2.3	1.9	2.6	2.8	2.3	2.5
Consulted								
GP/specialist	23.0	22.9	22.2	23.5	22.7	24.1	19.7	22.8
Dentist	5.5	5.8	6.0	6.7	6.9	5.4	6.2	5.9
OHP(d)	12.0	14.4	14.2	14.3	14.2	12.1	13.7	13.5
Days away from work/study	7.4	7.6	8.3	9.0	7.9	6.9	9.0	7.8
Other days of reduced activity	9.5	10.1	10.8	10.8	10.2	12.2	12.0	10.2
Total persons taking action(e)	40.0	41.4	42.4	44.9	42.9	41.6	39.3	41.6
No action taken	60.0	58.6	57.6	55.1	57.1	58.4	60.7	58.4
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

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

(a) Actions taken in the 2 weeks prior to interview.

(b) Separate estimates for the NT are not available for this survey, but the NT sample contributes to the national estimates. See paragraph 11 of Explanatory Notes.

(c) Discharged from a stay in hospital in the 2 weeks prior to interview.

(d) Other health professional. See Glossary.

(e) Persons may have reported more than one type of action and therefore components may not add to totals.

## CONSULTATIONS WITH HEALTH PROFESSIONALS (a)

Type of practitioner	AGE GROUP (YEARS)								Total
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
MALES ('000)									
Doctor consultation									
General practitioner	255.8	143.6	178.7	209.1	231.5	258.2	208.8	199.3	1 685.0
Specialist	56.3	35.9	37.1	61.6	76.2	83.5	49.0	58.7	458.4
Total	296.8	175.3	200.3	242.0	270.9	303.6	235.3	221.1	1 945.2
Dental consultation(b)	129.1	75.2	49.2	68.2	62.7	80.2	34.8	24.6	524.0
Consultation with OHP(c)									
Chemist	58.2	24.5	39.4	45.5	34.1	32.7	20.6	17.6	272.7
Chiropodist/podiatrist	**2.6	np	np	**3.5	*8.8	*9.4	*9.3	22.9	62.8
Chiropractor	*12.3	18.5	33.8	36.9	34.5	33.0	np	np	180.2
Naturopath	*6.3	*3.6	*7.5	*4.4	*5.4	*7.1	np	np	35.6
Nurse	36.8	np	np	*9.1	*10.3	*10.3	*13.4	*11.7	98.2
Optician/optometrist	*7.0	*7.7	*7.0	*5.8	*13.3	*15.2	*11.3	*12.1	79.5
Physiotherapist/hydrotherapist	*6.6	26.2	48.4	34.7	34.2	32.8	*14.0	18.0	214.8
Psychologist	*8.5	*16.0	*8.9	*9.7	*9.7	**1.4	np	np	57.7
Other(d)	54.5	19.8	36.9	36.9	36.6	20.1	21.4	18.4	244.7
Total	172.4	112.9	159.3	163.1	160.4	149.7	88.9	91.8	1 098.5
FEMALES ('000)									
Doctor consultation									
General practitioner	251.5	254.1	293.2	310.3	306.2	282.1	247.9	266.4	2 211.8
Specialist	60.6	49.7	99.4	78.1	98.0	81.5	71.3	58.9	597.7
Total	288.4	278.7	353.7	349.6	362.5	337.4	279.7	292.4	2 542.5
Dental consultation(b)	122.6	96.3	72.3	90.2	104.8	70.9	45.5	32.3	634.9
Consultation with OHP(c)									
Chemist	57.4	68.5	103.5	88.1	70.0	51.6	29.0	24.7	492.8
Chiropodist/podiatrist	**2.3	np	np	*7.7	*8.9	26.1	22.7	41.0	115.2
Chiropractor	17.4	27.9	55.7	51.4	44.3	36.3	np	np	252.4
Naturopath	*6.7	*7.4	25.8	17.3	18.0	*16.2	np	np	97.9
Nurse	46.8	np	np	*10.6	*9.4	*11.1	*9.4	*15.0	145.6
Optician/optometrist	*8.6	*13.9	*11.2	*14.2	17.8	*14.9	*12.1	*16.4	109.1
Physiotherapist/hydrotherapist	*14.3	23.5	28.2	36.0	41.9	33.6	21.1	22.8	221.3
Psychologist	*5.3	*8.9	*11.9	*10.4	*13.1	*3.8	np	np	55.7
Other(d)	35.1	37.5	60.3	66.0	50.7	43.9	22.5	18.9	334.9
Total	173.7	177.4	271.2	257.6	235.8	198.1	108.0	128.2	1 550.0
* estimate has a relative standard error of 25% to 50% and should be used with caution	(b) Persons aged 2 years and over.								
** estimate has a relative standard error greater than 50% and is considered too unreliable for general use	(c) Other health professional. See Glossary.								
np not available for publication but included in totals where applicable, unless otherwise indicated	(d) Includes Aboriginal health worker, accredited counsellor, acupuncturist, alcohol/drug worker nec, audiologist, dietician, herbalist, hypnotherapist, osteopath, occupational therapist, social worker, speech therapist, and traditional healer.								
(a) Consultations in the 2 weeks prior to interview. Excludes consultations in/at hospitals or day clinics.									

Type of practitioner	AGE GROUP (YEARS)								Total
	0-14	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
PERSONS ('000)									
Doctor consultation									
General practitioner	507.4	397.7	472.0	519.4	537.6	540.4	456.7	465.7	3 896.8
Specialist	116.9	85.7	136.5	139.7	174.2	165.0	120.4	117.6	1 056.0
Total	585.2	453.9	554.0	591.6	633.4	641.0	515.0	513.5	4 487.6
Dental consultation(b)	251.7	171.6	121.5	158.4	167.5	151.0	80.3	56.8	1 158.9
Consultation with OHP(c)									
Chemist	115.6	93.1	142.9	133.6	104.1	84.4	49.7	42.3	765.5
Chiropracist/podiatrist	*4.9	*10.9	**2.1	*11.2	17.6	35.5	32.0	63.8	178.0
Chiropractor	29.6	46.4	89.5	88.2	78.8	69.2	19.9	*10.9	432.6
Naturopath	*13.0	*11.1	33.4	21.6	23.4	23.3	np	np	133.6
Nurse	83.6	*13.4	36.5	19.7	19.7	21.4	22.8	26.7	243.8
Optician/optometrist	*15.6	21.6	18.3	20.0	31.1	30.1	23.4	28.5	188.6
Physiotherapist/hydrotherapist	20.9	49.7	76.6	70.6	76.1	66.3	35.1	40.8	436.1
Psychologist	*13.8	24.8	20.8	20.1	22.7	*5.3	np	np	113.5
Other(d)	89.6	57.3	97.2	102.9	87.3	64.0	43.9	37.2	579.5
Total	346.1	290.3	430.6	420.7	396.2	347.8	197.0	220.0	2 648.5

\* 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) Consultations in the 2 weeks prior to interview. Excludes consultations in/at hospitals or day clinics.

(b) Persons aged 2 years and over.

(c) Other health professional. See Glossary.

(d) Includes Aboriginal health worker, accredited counsellor, acupuncturist, alcohol/drug worker nec, audiologist, dietician, herbalist, hypnotherapist, osteopath, occupational therapist, social worker, speech therapist, and traditional healer.

	AGE GROUP (YEARS)					Total
	15-24	25-34	35-44	45-54	55-64	
MALES ('000)						
<b>Persons</b>						
Had days away from work because of own illness	94.6	144.1	125.5	91.8	46.2	502.3
Had days away from work as a carer	*12.1	56.3	59.1	27.0	21.6	176.0
Total who had days away(b)	103.5	193.9	181.0	118.3	64.8	661.5
% of employed persons	11.0	15.3	13.6	10.0	9.4	12.2
Total employed persons	938.0	1 266.4	1 334.6	1 188.5	687.6	5 415.2
<b>Number of days away</b>						
Days away for own illness	187.1	471.1	472.1	305.4	224.1	1 659.9
Days away as a carer	19.4	106.0	111.7	46.1	33.9	317.2
Total	206.5	577.2	583.8	351.6	258.0	1 977.0
FEMALES ('000)						
<b>Persons</b>						
Had days away from work because of own illness	115.5	127.9	115.3	105.0	36.9	500.6
Had days away from work as a carer	17.0	56.1	67.3	30.8	*6.0	177.2
Total who had days away(b)	127.5	177.2	176.6	133.8	42.1	657.2
% of employed persons	14.5	17.5	16.6	13.3	9.0	14.8
Total employed persons	881.0	1 010.7	1 067.1	1 005.9	466.7	4 431.4
<b>Number of days away</b>						
Days away for own illness	226.4	270.8	308.1	365.7	117.5	1 288.6
Days away as a carer	24.3	72.3	136.7	53.4	9.1	295.8
Total	250.7	343.2	444.8	419.1	126.6	1 584.4
PERSONS ('000)						
<b>Persons</b>						
Had days away from work because of own illness	210.1	272.0	240.9	196.9	83.1	1 002.9
Had days away from work as a carer	29.1	112.4	126.3	57.8	27.6	353.2
Total who had days away(b)	230.9	371.1	357.6	252.1	106.9	1 318.7
% of employed persons	12.7	16.3	14.9	11.5	9.3	13.4
Total employed persons	1 819.0	2 277.1	2 401.7	2 194.4	1 154.4	9 846.7
<b>Number of days away</b>						
Days away for own illness	413.5	742.0	780.2	671.1	341.6	2 948.4
Days away as a carer	43.6	178.3	248.4	99.6	43.0	613.0
Total	457.2	920.3	1 028.6	770.7	384.6	3 561.4

\* estimate has a relative standard error of 25% to 50% and should be used with caution  
 (a) Days away from work in the 2 weeks prior to interview.

(b) Persons may have reported both days away due to own illness and as a carer, and therefore components may not add to totals.

PRIVATE HEALTH INSURANCE BY TYPE OF COVER

	AGE GROUP (YEARS)							Total
	15-24	25-34	35-44	45-54	55-64	65-74	75 and over	
PERSONS ('000)								
With private health insurance								
Hospital cover only	146.2	148.6	229.6	263.9	247.2	163.3	177.9	1 376.6
Ancillary cover only	106.9	104.7	118.9	115.8	60.7	36.2	*9.6	552.7
Both hospital & ancillary cover	887.4	885.5	1 210.6	1 272.6	972.0	488.9	254.6	5 971.5
Total(a)	1 179.0	1 148.3	1 569.1	1 659.0	1 293.3	690.0	449.7	7 988.3
Without private health insurance	1 478.3	1 654.0	1 386.2	1 072.5	822.7	659.2	634.7	7 707.6
Total(b)	2 693.0	2 813.6	2 959.2	2 734.8	2 120.2	1 353.7	1 086.4	15 760.9
PERCENT (%)								
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 & ancillary cover	33.0	31.5	40.9	46.5	45.8	36.1	23.4	37.9
Total(a)	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(b)	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

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

(a) Includes an estimated 87,400 insured persons for whom type of cover was not known.

(b) Includes an estimated 65,100 persons for whom insurance status was not known.

<i>Population characteristics</i>	<i>Hospital cover only</i>	<i>Ancillary cover only</i>	<i>Both hospital &amp; ancillary cover</i>	<i>Total with private health insurance(b)</i>	<i>Without private health insurance(c)</i>
	%	%	%	%	%
<b>Country of birth</b>					
Australia	8.9	3.1	39.8	52.4	47.6
Other Oceania	6.5	*2.7	28.8	38.7	61.3
United Kingdom	9.1	4.9	39.8	54.2	45.8
Other North–West Europe	9.6	*3.1	39.4	53.0	47.0
Southern & Eastern Europe	11.6	5.1	25.4	42.0	58.0
North Africa & the Middle East	*2.8	7.4	22.2	32.4	67.6
South–East Asia	6.2	5.9	30.4	43.3	56.7
All other countries	8.0	4.1	34.6	48.1	51.9
<b>Born overseas</b>					
Arrived before 1996	8.4	5.1	35.1	49.0	51.0
Arrived 1996–2005	8.2	2.5	24.0	36.1	63.9
<b>Main language spoken at home(d)</b>					
English	9.0	3.4	39.4	52.3	47.7
Language other than English	7.5	4.4	22.5	35.5	64.5
<b>Highest non–school qualification</b>					
Degree/diploma or higher qualification	9.8	3.8	52.4	66.5	33.5
Other qualification	8.1	3.5	35.9	48.0	52.0
No non–school qualification	8.6	3.3	30.4	42.9	57.1
<b>Labour force(e)</b>					
Employed	8.0	3.9	43.5	56.0	44.0
Unemployed	*2.6	4.1	16.6	23.4	76.6
Not in labour force	7.8	3.3	28.9	40.7	59.3
<b>Location</b>					
Major cities of Australia	9.0	3.7	40.4	53.7	46.3
Inner regional Australia	8.6	2.6	34.0	45.6	54.4
Outer regional Australia/other areas	7.5	3.7	30.6	42.4	57.6
<b>Household structure</b>					
Person living alone	8.8	2.4	30.5	42.3	57.7
Couple only	11.5	2.7	43.5	58.0	42.0
Couple with children	8.0	4.5	43.7	56.7	43.3
All other households	6.5	3.4	23.1	34.0	66.0
<b>Household income(f)</b>					
1st quintile	8.4	2.4	17.7	28.8	71.2
5th quintile	9.9	3.3	61.9	75.7	24.3
<b>Index of disadvantage(g)</b>					
1st quintile	4.5	3.3	19.4	27.5	72.5
5th quintile	11.9	2.5	57.8	72.8	27.2
<b>Government health card</b>					
With card	8.2	2.8	19.7	31.0	69.0
Without card	8.9	3.9	46.8	60.2	39.8

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

(a) This table shows the percentage of persons with the selected characteristic described (e.g. Australian born people) who have the insurance status shown. The age distributions of the population should be considered in interpreting these estimates. See Appendix B.

(b) Includes an estimated 87,400 insured persons for whom type of cover was not known.

(c) Includes an estimated 65,100 persons for whom insurance status was not known.

(d) Persons aged 18 years and over.

(e) Persons aged 15 to 64 years.

(f) See Household income in Glossary.

(g) See Index of disadvantage in Glossary.

	2004–05	2001
	%	%
<b>With private health insurance</b>		
Security/protection/peace of mind	42.5	41.3
Shorter wait for treatment/concerned over public hospital waiting lists	22.5	18.9
Always had it/parents pay it/condition of job	22.5	21.5
Provides benefits for ancillary services or extras	22.1	18.4
Allow treatment as private patient in hospital	21.1	21.6
Choice of doctor	20.9	21.9
To gain government benefits/avoid extra Medicare levy	9.7	9.6
Has condition that requires treatment	7.7	5.8
Elderly/getting older/likely to need treatment	7.0	6.4
Lifetime cover/avoid age surcharge	5.5	9.6
Other financial reasons	3.8	6.1
Other reasons	6.1	8.6
Total(b)	100.0	100.0
<b>Without private health insurance</b>		
Cannot afford it/too expensive	63.7	59.1
Medicare cover sufficient	13.8	16.1
Do not need medical care/in good health/have no dependents	11.9	13.6
Lack of value for money/not worth it	10.5	11.3
Not high priority/previously included in parents cover	8.3	7.0
Pensioner/Veteran's Affairs/health concession card	5.9	10.0
Disillusionment about having to pay out of pocket costs/gap fees	3.9	10.0
Will not pay Medicare levy and private health insurance premium	2.4	2.7
Prepared to pay cost of private treatment from own resources	1.4	1.6
Other reasons	7.2	9.2
Total(b)	100.0	100.0

(a) Age standardised percentages. See paragraph 31 of Explanatory Notes.

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

## EXPLANATORY NOTES

### INTRODUCTION

**1** This publication presents results from the National Health Survey (NHS) which was conducted throughout Australia from August 2004 to June 2005. This is the sixth in the series of Australia-wide health surveys conducted by the ABS; previous surveys were conducted in 1977–78, 1983, 1989–90, 1995 and 2001.

**2** The survey collected information about:

- the health status of the population, including long-term medical conditions experienced and recent injuries;
- 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, visits to hospital, days away from work and other 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, injuries and mental health.

**4** A National Aboriginal and Torres Strait Islander Health Survey was conducted at the same time as the 2004–05 NHS. Information about that survey, together with summary results will be published in *National Aboriginal and Torres Strait Islander Health Survey 2004–05: Summary of Results, Australia* (cat. no. 4715.0).

### SCOPE OF THE SURVEY

**5** The NHS was conducted in a sample of 19,501 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.

**6** Within each selected dwelling, one adult (aged 18 years and over) and one child were randomly selected for inclusion in the survey. Subsampling 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.

**7** 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

**8** 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

**9** Dwellings were selected at random using a multistage area sample of private dwellings. The initial sample selected for the survey consisted of approximately 25,200 dwellings. This was reduced to a sample of approximately 21,800 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 90% were fully or adequately responding, yielding a total sample for the survey of 25,906 persons.

## EXPLANATORY NOTES *continued*

### SURVEY DESIGN *continued*

**10** To take account of possible seasonal effects on health characteristics, the sample was spread evenly and randomly across a 10 month enumeration period.

**11** At the request of relevant health authorities:

- the sample in the Northern Territory (NT) was reduced to a level such that NT records contribute appropriately to national estimates but are insufficient to support reliable estimates for the NT. This was requested to enable a larger NT sample to be used in the General Social Survey conducted periodically by the ABS. As a result, estimates for NT are not shown in this publication; and
- the sample in South Australia, Tasmania and the Australian Capital Territory was increased to improve the reliability of estimates. The sample increases were funded by the relevant state/territory health authority.

### WEIGHTING, BENCHMARKING AND ESTIMATION

**12** 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.

**13** 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.

**14** 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.

**15** The survey was benchmarked to the estimated population living in private dwellings in non-very remote areas at 31 December 2004. 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.

**16** 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. days away from work) are obtained by multiplying the characteristic of interest with the weight of the reporting person and aggregating.

### RELIABILITY OF ESTIMATES

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

**18** 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.

**19** 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.

## EXPLANATORY NOTES *continued*

### RELIABILITY OF ESTIMATES

*continued*

**20** 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.

**21** 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.

**22** 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

**23** 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 and 2004–05 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.

**24** Pharmaceutical medications reported by respondents as used for asthma, diabetes mellitus/high sugar levels, cardiovascular conditions, arthritis, osteoporosis or mental wellbeing 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.

**25** 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.

**26** In this publication, survey results are shown compiled for Australia, individual States and the ACT, and broad categories from the AUSTRALIAN STANDARD GEOGRAPHICAL CLASSIFICATION (ASGC) REMOTENESS AREA classification. Results for other levels of the ASGC can be compiled on request.

## EXPLANATORY NOTES *continued*

### RESULTS OF THE SURVEY

**27** Summary results of previous NHSs were published separately in *National Health Survey: Summary of Results, Australia, 1989–90, 1995 and 2001* (cat no 4364.0). Numerous other publications were released from each of these surveys: see paragraph 37.

**28** Several tables in this publication show results from the 1995 and 2001 NHS, together with those from the 2004–05 survey. Overall, results from these surveys are broadly comparable. However, there are some differences in survey design, methodology, classifications, etc between the surveys which may affect the interpretation of apparent changes in health characteristics over time. The main differences which may affect comparability of data presented in this publication are summarised below.

- The sample for the 2004–05 NHS was increased in South Australia, Tasmania and Australian Capital Territory (ACT) at the request of health authorities in those areas. In the 2001 NHS, the sample was increased in ACT only. The increased sample in South Australia and Tasmania will have the effect of improving the reliability of estimates in those States in 2004–05 compared with 2001;
- In the 2004–05 NHS one child aged 0–17 years was included. In contrast in 2001, to support the focus on child health topics, all children aged 0–6 years in sampled households and one child aged 7–17 years were included in the survey. As a result, the sample of children in 2004–05 was almost 30% lower than in 2001 which has reduced the reliability of estimates for children from the 2004–05 survey compared with 2001; and
- The methodology used in the 2004–05 NHS for the collection of data about arthritis, rheumatism, gout, osteoporosis and disc and other back problems differed from that used in the 2001 NHS, with more specific questions used to determine if people had the conditions, and the actions they had taken. As a result of these differences, data for these conditions are not directly comparable between surveys. The differences in the reported prevalence of these conditions between 2001 and 2004–05 are, at least in part, attributable to changes in survey methodology.

**29** While some movements between the 2001 and 2004–05 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.

**30** Further information about the comparability of data between surveys will be contained in *National Health Survey: Users' Guide, Australia 2004–05* to be available through the ABS website <[www.abs.gov.au](http://www.abs.gov.au)> in April 2006. In addition, the ABS can offer advice if required on comparing results of the 2004–05 survey with those from previous national health surveys.

### AGE STANDARDISATION

**31** Many results presented in this publication have been adjusted to account for differences in the age structure between the 2004–05, 2001 and 1995 Australian populations. This adjustment, using a technique known as age standardisation, is necessary because health characteristics are often strongly influenced by age. Age standardisation has been undertaken using the 'direct' method (see Technical Notes).

**32** The standard population used is the estimated resident population at 30 June 2001. As a result of the standardisation process, discrepancies will occur between the standardised data for 2004–05 shown in these tables, and the non-standardised data shown in other tables. The age standardised estimates are to be used for comparison

## EXPLANATORY NOTES *continued*

### AGE STANDARDISATION

*continued*

purposes only. The estimates themselves do not represent any real population parameters.

### SIGNIFICANCE TESTING

**33** In table 2 of this publication, apparent changes in results between the 2004–05, 2001 and 1995 surveys have been subject to testing to determine whether the changes are statistically significant. That is, to determine whether the differences we observe in sample estimates over time indicate real differences in the population. In this table, cells which have not changed significantly over time are indicated. See Technical note for further details.

### PRODUCTS AND SERVICES

**34** Summary results from this survey, compiled separately for each state and the ACT, are available in spreadsheet form from the ABS website <[www.abs.gov.au](http://www.abs.gov.au)> or on request to the ABS.

**35** 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 2006. A Basic CURF will be available on CD-ROM, 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. Further information about these files, including details of how they can be obtained, and conditions of use, will be available on the ABS website <[www.abs.gov.au](http://www.abs.gov.au)>.

**36** 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 available from the survey is contained in *National Health Survey and National Aboriginal and Torres Strait Islander Health Survey 2004–05: Data Reference Package* (cat no 4363.0.55.002). Further information about the survey and associated products can be obtained from the contact officer listed at the front of this publication.

### RELATED PUBLICATIONS

**37** Other ABS publications which may be of interest are shown below. Most of these are available at <[www.abs.gov.au](http://www.abs.gov.au)>

- *National Health Survey, Summary of Results, Australia*, 1995 and 2001 (cat no 4364.0);
- *National Health Survey, Users' Guide*, 1995 (cat no 4363.0) and 2001 (cat no 4363.0.55.001);
- *Information Paper: National Health Survey - Confidentialised Unit Record Files* (cat no 4324.0);
- Other releases from the 2001 National Health Survey -
  - *Injuries* (cat no 4384.0.80.001);
  - *Aboriginal and Torres Strait Islander Results* (cat no 4715.0);
  - *Mental Health* (cat no 4811.0);
  - *Health Risk Factors* (cat no 4812.0);
  - *Occasional Paper: Vaccination Coverage in Australian Children* (cat no 4813.0.55.001);
  - *Occasional Paper: Measuring Dietary Habits* (cat no 4814.0.55.001);
  - *Private Health Insurance* (cat no 4815.0.55.001);
  - *Long-term Health Conditions -- A Guide To Time Series Comparability* (cat no 4816.0.55.001);
  - *Occasional Paper: Health Risk Factors - a Guide to Time Series Comparability* (cat no 4826.0.55.001);
  - *The Health of Older People* (cat no 4827.0.55.001);
  - *Characteristics of People Reporting Good or Better Health* (cat no 4828.0.55.001); and

## EXPLANATORY NOTES *continued*

### RELATED PUBLICATIONS

*continued*

- A series of brief articles relating to seven national health priority areas are available on the ABS website.
- *Disability, Ageing and Carers, Australia: Summary of Findings* (cat no 4430.0); and
- *Information Paper: Use of the Kessler Psychological Distress Scale in ABS Health Surveys* (cat no 4817.0.55.001).

**38** 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 website <[www.abs.gov.au](http://www.abs.gov.au)>. The ABS also issues a daily Release Advice on the website which details products to be released in the week ahead.

### ABBREVIATIONS

ABS	Australian Bureau of Statistics
ASGC	Australian Standard Geographical Classification
BMI	body mass index
cm	centimetre
GP	General Medical Practitioner
HRT	hormone replacement therapy
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 (a), 31 December 2004

State/territory	AGE GROUPS (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
<b>New South Wales</b>											
Males	218.3	458.0	453.9	477.1	492.2	452.0	356.7	227.0	162.7	3 297.9	2 486.0
Females	205.9	435.0	435.7	481.8	495.3	457.6	352.8	241.2	222.3	3 327.6	2 556.7
Persons	424.2	893.0	889.6	958.8	987.5	909.6	709.5	468.2	385.1	6 625.5	5 042.7
<b>Victoria</b>											
Males	156.9	334.3	340.1	357.2	368.3	332.6	257.7	165.0	118.2	2 430.3	1 839.2
Females	150.0	317.4	328.9	364.2	379.0	342.8	261.0	178.2	162.4	2 484.0	1 920.8
Persons	306.9	651.7	669.0	721.4	747.3	675.4	518.7	343.2	280.6	4 914.3	3 760.0
<b>Queensland</b>											
Males	126.9	276.2	270.7	268.0	279.2	260.2	209.5	123.8	81.4	1 895.8	1 412.3
Females	120.5	262.2	260.1	271.7	289.2	264.7	204.4	125.0	105.0	1 902.7	1 443.1
Persons	247.4	538.4	530.7	539.7	568.3	524.9	414.0	248.7	186.4	3 798.5	2 855.3
<b>South Australia</b>											
Males	44.5	99.3	102.5	98.9	110.5	105.5	84.4	54.5	41.9	742.1	567.6
Females	42.4	94.5	97.2	96.0	110.8	108.6	86.2	59.3	58.0	752.9	587.2
Persons	86.9	193.8	199.8	194.8	221.2	214.0	170.6	113.8	99.9	1 495.0	1 154.8
<b>Western Australia</b>											
Males	61.3	135.8	138.2	134.6	145.1	136.5	103.4	60.9	39.5	955.4	716.6
Females	58.4	129.1	132.7	134.2	147.2	138.5	100.0	63.4	52.6	956.2	728.9
Persons	119.7	264.8	271.0	268.8	292.3	275.1	203.4	124.3	92.2	1 911.5	1 445.6
<b>Tasmania</b>											
Males	15.4	33.9	32.3	27.7	33.2	34.1	27.9	17.9	11.9	234.3	174.7
Females	14.5	32.3	30.8	29.3	35.0	34.9	27.9	18.6	16.4	239.6	182.9
Persons	29.9	66.2	63.1	57.0	68.2	69.0	55.8	36.4	28.4	473.9	357.6
<b>Northern Territory<sup>(b)</sup></b>											
Males	6.1	12.0	10.4	12.7	13.2	11.0	7.2	2.6	1.1	76.2	54.9
Females	5.9	11.1	9.7	12.5	12.2	10.1	5.7	1.9	1.1	70.2	50.2
Persons	12.0	23.1	20.1	25.2	25.4	21.1	12.8	4.6	2.1	146.3	105.1
<b>Australian Capital Territory</b>											
Males	10.2	21.6	24.2	25.0	23.8	22.2	16.3	8.0	5.1	156.5	118.0
Females	9.8	20.8	23.4	25.1	24.7	24.0	16.6	8.6	6.9	160.0	122.9
Persons	20.1	42.4	47.6	50.2	48.5	46.2	32.8	16.6	12.0	316.5	240.8
<b>Australia</b>											
Males	639.7	1 371.2	1 372.2	1 401.1	1 465.4	1 354.2	1 063.1	659.7	461.9	9 788.4	7 369.1
Females	607.5	1 302.2	1 318.5	1 414.7	1 493.3	1 381.2	1 054.5	696.2	624.9	9 893.1	7 592.7
<b>Persons</b>	<b>1 247.2</b>	<b>2 673.4</b>	<b>2 690.7</b>	<b>2 815.9</b>	<b>2 958.7</b>	<b>2 735.4</b>	<b>2 117.6</b>	<b>1 355.9</b>	<b>1 086.8</b>	<b>19 681.5</b>	<b>14 961.8</b>

(a) Person level benchmarks are based on Estimated Resident Population (ERP) as at 31 December 2004, adjusted for the scope of the survey. Excludes persons not resident in private dwellings.

(b) Separate estimates for the NT are not available for this survey, but the NT sample contributes to national estimates. See paragraph 11 of Explanatory Notes.

## APPENDIX 2

### SELECTED POPULATION CHARACTERISTICS (a)

	AGE GROUP (YEARS)							Total
	0-14	15-17	18-24	25-44	45-64	65-74	75 and over	
MALES ('000)								
<b>Country of birth(b)</b>								
Australia	1 893.9	372.9	773.1	2 107.0	1 615.5	387.0	308.1	7 457.4
Other Oceania	30.9	**2.3	21.1	139.5	78.1	19.5	*6.1	297.4
United Kingdom	17.9	*7.5	*16.0	154.1	259.2	88.3	59.6	602.5
Other North-West Europe	*5.0	**1.9	*3.7	33.4	80.4	24.3	14.3	163.0
Southern & Eastern Europe	*5.9	*5.5	*12.2	63.4	156.6	89.0	47.7	380.4
North Africa & the Middle East	*9.5	*6.0	*6.9	44.8	48.1	*10.8	*7.0	133.1
South-East Asia	*6.1	*9.4	39.6	97.2	55.9	*7.7	*6.9	222.7
All other countries	41.4	*12.2	83.2	223.0	114.0	26.2	*9.2	509.3
<b>Born overseas</b>								
Arrived before 1996	17.0	22.7	91.2	477.1	749.8	260.4	148.0	1 766.2
Arrived 1996-2005	100.0	22.6	95.0	280.6	50.4	*12.0	*4.8	565.3
<b>Main language spoken at home</b>								
English	..	..	855.0	2 594.9	2 211.9	570.7	409.8	6 642.2
Language other than English	..	..	103.7	269.8	203.8	88.7	51.0	717.1
<b>Highest non-school qualification</b>								
Degree/diploma or higher qualification	..	..	143.7	897.6	644.9	109.5	61.2	1 856.9
Other qualification	..	*9.7	206.7	967.2	803.8	217.9	129.0	2 334.4
No non-school qualification	..	81.9	583.0	999.9	966.9	332.0	270.7	3 234.5
<b>Labour force</b>								
Employed	..	188.3	749.7	2 601.1	1 876.1	..	..	5 415.2
Unemployed	..	30.9	66.5	92.3	50.8	..	..	240.5
Not in labour force	..	199.0	142.6	171.4	488.8	..	..	1 001.7
<b>Location</b>								
Major cities of Australia	1 301.6	264.3	695.8	2 008.9	1 572.4	403.6	305.0	6 551.5
Inner regional Australia	441.9	102.7	145.9	518.7	539.1	153.3	94.4	1 995.9
Outer regional Australia/other areas	267.4	51.2	117.0	337.1	304.2	102.6	61.5	1 241.0
<b>Household structure</b>								
Person living alone	..	..	45.7	311.9	306.1	100.2	104.9	868.8
Couple only	..	..	82.3	496.6	788.0	443.3	300.1	2 110.3
Couple with children	1 516.8	295.0	436.5	1 506.0	1 021.5	64.8	27.7	4 868.3
All other households	494.1	123.2	394.2	550.3	300.1	51.1	28.1	1 941.0
<b>Household income(c)</b>								
1st quintile	241.5	29.9	72.6	187.2	326.2	305.7	271.8	1 435.1
5th quintile	303.0	99.5	220.9	646.5	552.0	34.3	*12.1	1 868.2
<b>Index of disadvantage(d)</b>								
1st quintile	386.9	75.3	166.9	527.7	382.9	133.2	112.4	1 785.3
5th quintile	375.6	88.5	198.3	665.8	585.5	123.6	92.3	2 129.5
<b>Private health insurance</b>								
With private cover	..	219.1	381.5	1 313.6	1 466.0	343.4	178.9	3 902.5
Without private cover	..	191.4	562.2	1 545.7	945.1	315.6	281.6	3 841.6
<b>Government health card</b>								
With card	..	100.4	197.4	386.5	503.8	551.0	442.3	2 181.5
Without card	..	291.5	707.0	2 250.2	1 735.6	99.0	*16.3	5 099.6

\* 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

.. not applicable

(a) Survey estimates from the 2004-05 National Health Survey data file, from which results shown in this publication have been derived.

(b) Excludes persons for whom country of birth could not be determined.

(c) See Household income in Glossary.

(d) See Index of disadvantage in Glossary.

## APPENDIX 2 *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	
FEMALES ('000)								
<b>Country of birth(b)</b>								
Australia	1 809.9	333.4	769.1	2 179.5	1 631.4	458.9	450.2	7 632.5
Other Oceania	24.2	*12.4	18.9	105.4	74.6	*8.1	*8.7	252.3
United Kingdom	17.5	*3.8	17.5	148.1	229.6	85.3	59.6	561.5
Other North-West Europe	**3.4	**1.0	*5.8	46.1	78.2	17.6	28.1	180.2
Southern & Eastern Europe	*5.6	**2.8	18.4	56.7	138.1	68.8	42.7	333.1
North Africa & the Middle East	*5.6	*3.9	*15.9	54.2	36.6	*5.7	*5.6	127.4
South-East Asia	*16.0	*4.2	36.9	116.5	81.6	16.5	*6.1	277.8
All other countries	27.1	*15.7	50.6	192.2	157.3	30.5	20.7	494.1
<b>Born overseas</b>								
Arrived before 1996	21.0	21.8	97.1	480.6	734.9	226.8	164.3	1 746.4
Arrived 1996-2005	78.8	24.5	70.2	248.1	73.0	*8.6	11.0	514.2
<b>Main language spoken at home</b>								
English	..	..	868.1	2 661.5	2 189.8	599.7	573.7	6 892.8
Language other than English	..	..	68.3	246.6	249.5	94.5	51.9	710.9
<b>Highest non-school qualification</b>								
Degree/diploma or higher qualification	..	**2.7	192.7	1 127.0	710.1	85.6	62.2	2 180.2
Other qualification	..	*4.2	196.2	678.4	496.7	101.0	76.0	1 552.5
No non-school qualification	..	50.8	519.0	1 102.7	1 232.5	507.7	487.4	3 900.0
<b>Labour force</b>								
Employed	..	169.5	711.5	2 077.8	1 472.6	..	..	4 431.4
Unemployed	..	37.9	56.6	84.0	39.1	..	..	217.6
Not in labour force	..	172.2	168.3	746.3	927.6	..	..	2 014.5
<b>Location</b>								
Major cities of Australia	1 234.5	235.0	688.8	2 037.0	1 590.9	462.7	422.0	6 670.9
Inner regional Australia	402.0	99.1	168.9	527.3	516.0	148.6	138.4	2 000.3
Outer regional Australia/other areas	273.2	45.6	78.7	343.9	332.5	83.0	65.1	1 221.9
<b>Household structure</b>								
Person living alone	..	..	40.1	193.7	339.2	198.7	307.7	1 079.4
Couple only	..	**1.2	129.0	468.7	916.8	378.3	195.9	2 089.9
Couple with children	1 467.5	269.4	423.5	1 601.8	736.4	29.5	19.4	4 547.5
All other households	442.2	109.1	343.8	643.9	446.9	87.8	102.5	2 176.3
<b>Household income(c)</b>								
1st quintile	236.7	30.7	94.8	304.0	458.9	377.8	362.7	1 865.7
5th quintile	334.9	86.0	191.5	524.8	392.0	18.0	*11.8	1 559.0
<b>Index of disadvantage(d)</b>								
1st quintile	376.6	73.2	193.0	512.3	402.7	150.4	128.3	1 836.6
5th quintile	400.7	83.8	169.2	610.1	533.7	123.2	100.8	2 021.5
<b>Private health insurance</b>								
With private cover	..	189.8	388.6	1 403.8	1 486.2	346.6	270.8	4 085.8
Without private cover	..	184.8	539.9	1 494.6	950.1	343.6	353.0	3 866.0
<b>Government health card</b>								
With card	..	93.5	259.5	658.8	735.1	635.8	578.5	2 961.2
Without card	..	255.3	613.3	2 055.8	1 542.4	49.8	42.0	4 558.6

\* 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

.. not applicable

(a) Survey estimates from the 2004-05 National Health Survey data file, from which results shown in this publication have been derived.

(b) Excludes persons for whom country of birth could not be determined.

(c) See Household income in Glossary.

(d) See Index of disadvantage in Glossary.

## APPENDIX 2 *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	
PERSONS ('000)								
<b>Country of birth(b)</b>								
Australia	3 703.8	706.2	1 542.2	4 286.5	3 246.9	845.9	758.3	15 089.9
Other Oceania	55.1	*14.7	39.9	244.9	152.7	27.6	*14.7	549.7
United Kingdom	35.5	*11.3	33.5	302.2	488.8	173.6	119.2	1 164.0
Other North-West Europe	*8.3	**2.9	*9.5	79.5	158.7	41.9	42.4	343.2
Southern & Eastern Europe	*11.5	*8.3	30.6	120.2	294.8	157.8	90.4	713.5
North Africa & the Middle East	*15.1	*9.9	22.7	99.0	84.7	16.5	*12.6	260.5
South-East Asia	22.1	*13.5	76.5	213.7	137.5	24.2	*13.0	500.5
All other countries	68.5	27.9	133.9	415.1	271.4	56.7	29.9	1 003.4
<b>Born overseas</b>								
Arrived before 1996	37.9	44.5	188.3	957.7	1 484.7	487.2	312.3	3 512.6
Arrived 1996-2005	178.8	47.1	165.2	528.6	123.4	20.5	*15.8	1 079.5
<b>Main language spoken at home</b>								
English	..	..	1 723.0	5 256.4	4 401.7	1 170.4	983.5	13 535.0
Language other than English	..	..	172.1	516.4	453.4	183.2	102.9	1 428.0
<b>Highest non-school qualification</b>								
Degree/diploma or higher qualification	..	**2.7	336.4	2 024.6	1 355.1	195.1	123.3	4 037.1
Other qualification	..	*13.9	402.9	1 645.7	1 300.5	318.9	205.0	3 886.9
No non-school qualification	..	132.7	1 102.0	2 102.7	2 199.4	839.6	758.0	7 134.5
<b>Labour force</b>								
Employed	..	357.9	1 461.1	4 678.9	3 348.8	..	..	9 846.7
Unemployed	..	68.8	123.1	176.3	89.9	..	..	458.1
Not in labour force	..	371.2	310.9	917.7	1 416.4	..	..	3 016.1
<b>Location</b>								
Major cities of Australia	2 536.1	499.3	1 384.6	4 045.9	3 163.3	866.2	727.0	13 222.5
Inner regional Australia	843.8	201.8	314.8	1 046.0	1 055.0	301.8	232.8	3 996.1
Outer regional Australia/other areas	540.7	96.8	195.7	680.9	636.7	185.6	126.6	2 462.9
<b>Household structure</b>								
Person living alone	..	..	85.8	505.6	645.3	298.9	412.6	1 948.2
Couple only	..	**1.2	211.3	965.3	1 704.8	821.6	496.0	4 200.2
Couple with children	2 984.3	564.4	860.0	3 107.7	1 758.0	94.3	47.1	9 415.8
All other households	936.3	232.2	738.1	1 194.2	747.0	138.9	130.6	4 117.3
<b>Household income(c)</b>								
1st quintile	478.3	60.6	167.5	491.1	785.1	683.6	634.6	3 300.8
5th quintile	637.9	185.5	412.3	1 171.3	944.0	52.2	23.9	3 427.2
<b>Index of disadvantage(d)</b>								
1st quintile	763.5	148.5	359.9	1 040.0	785.6	283.7	240.8	3 621.9
5th quintile	776.3	172.2	367.4	1 275.8	1 119.2	246.8	193.1	4 150.9
<b>Private health insurance</b>								
With private cover	..	408.9	770.1	2 717.3	2 952.2	690.0	449.7	7 988.3
Without private cover	..	376.2	1 102.1	3 040.2	1 895.2	659.2	634.7	7 707.6
<b>Government health card</b>								
With card	..	193.9	456.9	1 045.4	1 238.9	1 186.8	1 020.8	5 142.7
Without card	..	546.8	1 320.3	4 306.0	3 278.0	148.8	58.3	9 658.2

\* 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

.. not applicable

(a) Survey estimates from the 2004-05 National Health Survey data file, from which results shown in this publication have been derived.

(b) Excludes persons for whom country of birth could not be determined.

(c) See Household income in Glossary.

(d) See Index of disadvantage in Glossary.

## APPENDIX 3

### SURVEY BASED POPULATIONS, 2004-05, 2001 and 1995

	AGE GROUPS (YEARS)				
	0-14	18-64	18 and over	15 and over	All ages
	'000	'000	'000	'000	'000
<b>2004-05</b>					
Males	2 010.9	6 239.1	7 359.4	7 777.6	9 788.4
Females	1 909.7	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
<b>2001(a)</b>					
Males	2 024.1	5 925.7	7 340.8	6 946.4	9 364.9
Females	1 923.3	5 998.7	7 628.1	7 238.3	9 551.4
Persons	3 947.4	11 924.4	14 968.9	14 184.7	18 916.3
<b>1995(a)</b>					
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 and 2001 National Health Surveys.

## TECHNICAL NOTE

### RELIABILITY OF ESTIMATES

**1** Since the estimates in this publication are based on information obtained from a sample of persons, they are subject to sampling variability, that is, they may differ from those that would have been produced if all persons had been included in the survey. One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of persons was included. There are about two chances in three that a sample estimate will differ by less than one SE from the number that would have been obtained if all persons had been included, and about 19 chances in 20 that the difference will be less than two SEs. 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.

**2** Space does not allow for the separate indication of the SEs of all estimates in this publication. A table of SEs and RSEs for estimates of numbers of persons appears at the end of these Technical Notes. These figures will not give a precise measure of the SE for a particular estimate but will provide an indication of its magnitude.

**3** The size of the SE increases with the level of the estimate, so that the larger the estimate the larger is the SE. However, the larger the sample estimate the smaller the SE will be in percentage terms (that is the RSE). This means larger estimates will be relatively more reliable than smaller estimates. In the tables in this publication, only estimates with RSEs of 25% or less, and percentages based on these estimates, are considered sufficiently reliable for most purposes. Estimates with RSEs of 25% to 50% are preceded by an asterisk (e.g. \* 2.4) to indicate they are subject to high SEs and should be used with caution. Estimates with RSEs greater than 50% are preceded with a double asterisk (e.g. \*\*0.1); these estimates are considered too unreliable for general use.

**4** 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 respondents and recording by interviewers, and errors made in coding and processing data. Inaccuracies of this kind are referred to as non-sampling error, and they may occur in any enumeration, whether it be a full count or a sample. Every effort is made to reduce non-sampling error to a minimum by careful design of questionnaires, intensive training and supervision of interviewers, and efficient operating procedures.

### CALCULATION OF STANDARD ERRORS

*Standard errors of an estimate*

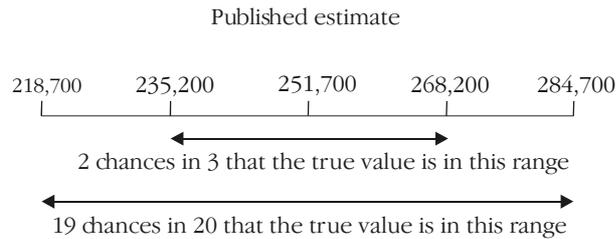
**5** An example of the calculation and the use of SEs in relation to estimates of persons is as follows. Consider the estimate for Australia of persons aged 45 to 54 years who reported high cholesterol as a long-term condition (251,700). Since this estimate is between 200,000 and 300,000 in the SE table, the SE will be between 14,850 and 18,100 and can be approximated by interpolation as 16,500 (rounded to the nearest 100) using the following formula:

$$\begin{aligned} & SE \text{ of estimate} \\ &= \text{lower SE} + \left( \left( \frac{\text{size of estimate} - \text{lower estimate}}{\text{upper estimate} - \text{lower estimate}} \right) \times (\text{upper SE} - \text{lower SE}) \right) \\ &= 14,850 + \left( \left( \frac{251,700 - 200,000}{300,000 - 200,000} \right) \times (18,100 - 14,850) \right) \\ &= 16,530 \\ &= 16,500 \text{ (rounded to the nearest 100)} \end{aligned}$$

**6** Therefore, there are about two chances in three that the value that would have been produced if all dwellings had been included in the survey will fall in the range 235,200 to 268,200 and about 19 chances in 20 that the value will fall within the range 218,700 to 284,700.

## TECHNICAL NOTE

Standard errors of an estimate continued



Standard error of a proportion

**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 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:

$$RSE\left(\frac{x}{y}\right) = \sqrt{[RSE(x)]^2 + [RSE(y)]^2}$$

Standard error of a difference

**8** The difference between two survey estimates is itself an estimate and is therefore subject to sampling variability. The sampling error of the difference between the 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:

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

**9** While this formula will only be exact for differences between separate and uncorrelated characteristics of subpopulations, it is expected to provide a good approximation for all differences likely to be of interest in this publication.

SIGNIFICANCE TESTING

**10** Statistical significance testing has been undertaken for the comparison of estimates between 2004-05, 2001 and 1995 estimates in table 2. The statistical significance test for these comparisons was performed to determine whether it is likely that there is a difference between the corresponding population characteristics. The standard error of the difference between two corresponding estimates (x and y) can be calculated using the formula in the paragraph above. This standard error is used to calculate the following test statistic:

$$\frac{[x-y]}{SE(x-y)}$$

**11** If the value of the test statistic is greater than 1.96 then we may say there is good evidence of a real difference in the two populations with respect to that characteristic. Otherwise, it cannot be stated with confidence that there is a real difference between the populations. Table 2 is annotated to indicate whether the estimates which have been compared are statistically significantly different from each other with respect to the test statistic. In other tables which do not show the results of significance testing, users should take account of RSEs when comparing estimates for different populations.

## TECHNICAL NOTE *continued*

### AGE STANDARDISATION

**12** For this publication the direct age standardisation method was used. The age standardised estimates of prevalence are those rates that 'would have occurred' should the 2004–05, 2001 and 1995 populations all have had the standard age composition. The standard population used was the estimated resident population at 30 June 2001. Estimates of age-standardised percentages were calculated using the following formula:

$$C_{direct} = \sum_a (C_a \times P_{sa})$$

where:

$C_{direct}$  = the age standardised rate for the population of interest,

$a$  = the age categories that have been used in the age standardisation,

$C_a$  = the estimated rate for the population being standardised in age category  $a$ , and

$P_{sa}$  = the proportion of the standard population in age category  $a$ .

The age categories used in the standardisation for this publication are 0 to 4 years and then 10 year age groups to 75 years or over.

### STANDARD ERRORS ON PERSON ESTIMATES

Size of estimate	STANDARD ERROR							AUSTRALIA	
	NSW	Vic.	Qld.	SA	WA	Tas.	ACT	Standard error	Relative standard error
	no.	no.	no.	no.	no.	no.	no.	no.	%
100	280	250	260	160	210	120	120	200	200.0
200	420	390	390	240	320	180	180	320	160.0
300	530	490	490	300	410	220	220	410	136.7
500	710	660	650	400	550	290	290	560	112.0
700	870	810	780	480	660	340	350	680	97.1
1,000	1 060	990	950	580	810	410	420	850	85.0
1,500	1 330	1 240	1 180	720	1 010	500	520	1 070	71.3
2,000	1 550	1 460	1 370	840	1 190	580	600	1 270	63.5
2,500	1 750	1 650	1 550	950	1 350	650	650	1 450	58.0
3,000	1 950	1 800	1 700	1 050	1 450	700	750	1 600	53.3
3,500	2 100	2 000	1 850	1 100	1 600	750	800	1 750	50.0
4,000	2 250	2 100	1 950	1 200	1 700	800	850	1 900	47.5
5,000	2 550	2 400	2 200	1 350	1 900	900	900	2 150	43.0
7,000	3 050	2 850	2 600	1 600	2 300	1 050	1 050	2 600	37.1
10,000	3 650	3 450	3 100	1 900	2 700	1 250	1 250	3 150	31.5
15,000	4 500	4 200	3 800	2 300	3 300	1 500	1 500	3 900	26.0
20,000	5 200	4 900	4 350	2 600	3 800	1 700	1 700	4 550	22.8
30,000	6 350	5 950	5 300	3 150	4 600	2 000	2 000	5 650	18.8
40,000	7 350	6 850	6 100	3 600	5 250	2 250	2 200	6 600	16.5
50,000	8 200	7 600	6 750	3 950	5 800	2 450	2 400	7 400	14.8
100,000	11 400	10 550	9 300	5 350	7 900	3 250	3 100	10 550	10.6
150,000	13 800	12 700	11 100	6 300	9 350	3 800	3 600	12 900	8.6
200,000	15 750	14 400	12 650	7 100	10 550	4 200	3 950	14 850	7.4
300,000	18 950	17 250	15 050	8 350	12 450	4 900	4 500	18 100	6.0
500,000	23 800	21 450	18 700	10 150	15 200	5 850	..	23 050	4.6
1,000,000	32 150	28 600	24 950	13 100	19 750	..	..	31 800	3.2
2,000,000	43 000	37 700	32 950	16 750	25 250	..	..	43 450	2.2
5,000,000	62 350	53 400	46 900	..	..	..	..	64 700	1.3
10,000,000	..	..	..	..	..	..	..	86 450	0.9
15,000,000	..	..	..	..	..	..	..	101 999	0.7
20,000,000	..	..	..	..	..	..	..	114 450	0.6

.. not applicable

## TECHNICAL NOTE

### ESTIMATES WITH RELATIVE STANDARD ERRORS OF 25% AND 50%

	<i>NSW</i>	<i>Vic.</i>	<i>Qld.</i>	<i>SA</i>	<i>WA</i>	<i>Tas.</i>	<i>ACT</i>	<i>Aust.</i>
<i>Size of estimate</i>	no.	no.	no.	no.	no.	no.	no.	no.
Estimate with 25% RSE	21 696	19 036	15 424	5 790	11 833	2 685	2 836	16 504
Estimate with 50% RSE	5 193	4 554	3 847	1 390	2 882	672	710	3 499

## 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 are contained in the 2004–05 National Health Survey (NHS); User's Guide, which will be available on the ABS web site <<http://www.abs.gov.au>> from April 2006.

**Age standardisation** A method of removing the influence of age when comparing populations with different age structures. Where appropriate, estimates in this publication are age standardised to the age composition of the total estimated resident population of Australia as at 30 June 2001. The age standardised rate is that which would have prevailed if the studied population had the standard age composition.

**Alcohol consumption risk level** Alcohol risk levels were derived from the average daily consumption of alcohol in the seven days prior to interview and are grouped into relative risk levels as defined by the National Health and Medical Research Council (NHMRC) 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. Categorized 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.

**Body Mass Index (BMI)** Calculated from reported 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.

### BODY MASS INDEX

<i>2004–05</i>	
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

## GLOSSARY *continued*

<b>Cause of condition</b>	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).								
<b>Co-morbid conditions</b>	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. Table 5 in this publication shows two-way combinations of selected national health priority area conditions.								
<b>Conditions</b>	See long-term medical condition.								
<b>Current daily smoker</b>	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.								
<b>Days away from work or study</b>	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, or to care for another person with illness or injury.								
<b>Diabetes mellitus</b>	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.								
<b>Employed</b>	Persons aged 15–64 years 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 and Community Development Employment Projects (CDEP) participants. See also Unemployed and Not in the labour force.								
<b>Exercise level</b>	Based on frequency, intensity (i.e. walking, moderate exercise and vigorous exercise) and duration of exercise (for recreation, sport or fitness) in the two weeks 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:  <b>EXERCISE LEVEL</b> .....  <table border="0" style="margin-left: 20px;"> <tr> <td style="padding-right: 10px;">Sedentary</td> <td>Less than 100 mins (includes no exercise)</td> </tr> <tr> <td>Low</td> <td>100 mins to less than 1600 mins</td> </tr> <tr> <td>Moderate</td> <td>1600–3200 mins, or more than 3200 mins but less than 2 hours of vigorous exercise</td> </tr> <tr> <td>High</td> <td>More than 3200 mins and 2 hours or more of vigorous exercise</td> </tr> </table> ..... Sedentary refers to sitting in one place for extended periods of time.	Sedentary	Less than 100 mins (includes no exercise)	Low	100 mins to less than 1600 mins	Moderate	1600–3200 mins, or more than 3200 mins but less than 2 hours of vigorous exercise	High	More than 3200 mins and 2 hours or more of vigorous exercise
Sedentary	Less than 100 mins (includes no exercise)								
Low	100 mins to less than 1600 mins								
Moderate	1600–3200 mins, or more than 3200 mins but less than 2 hours of vigorous exercise								
High	More than 3200 mins and 2 hours or more of vigorous exercise								
<b>Government health card</b>	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). <ul style="list-style-type: none"> <li>■ any cards from the Department of Veterans' Affairs (DVA);</li> <li>■ Health Care Card (including the low income health care card);</li> <li>■ Pensioner Concession Card; and</li> <li>■ Commonwealth Seniors Health Card.</li> </ul>								
<b>Heart, stroke and vascular conditions</b>	A subset of reported long-term conditions comprising the following: <ul style="list-style-type: none"> <li>■ Angina and other ischaemic heart disease;</li> <li>■ Cerebrovascular disease;</li> <li>■ Oedema and heart failure; and</li> <li>■ Diseases of arteries, arterioles and capillaries.</li> </ul>								
<b>Health-related actions</b>	Refers to the following health-related action(s) respondents reported they had taken in the two weeks prior to interview:								

## GLOSSARY *continued*

<b>Health-related actions</b> <i>continued</i>	<ul style="list-style-type: none"><li>■ Discharged from a stay in hospital (as an admitted patient);</li><li>■ Visit to casualty/emergency units at hospitals;</li><li>■ Visit to outpatients department at hospital;</li><li>■ Visit to day clinics;</li><li>■ Consultation with general practitioner (GP) and/or specialist;</li><li>■ Dental consultation;</li><li>■ Consultation with other health professionals (OHP): see separate entry in this Glossary;</li><li>■ Days away from work or school (due to own illness or injury); and</li><li>■ Other days of reduced activity (days other than days away from work or school/study) due to own illness or injury.</li></ul>
<b>Hospital cover</b>	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 patients choice.
<b>Household</b>	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 a least one adult (aged 18 years and over) were included.
<b>Household income</b>	Derived as the sum of the reported personal cash incomes of all household members aged 15 years and over. Household incomes were then divided into quintiles; 1st quintile lowest income, 5th quintile highest income. Cases where household income could not be derived are excluded before quintiles are created.
<b>Household structure</b>	Refers to the composition of the household to which the respondent belonged. In this publication households are categorised as single person, couple only, couple and child(ren), and other households.
<b>HSL</b>	High sugar levels in blood or urine.
<b>Index of disadvantage</b>	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 <i>2004–05 National Health Survey: Users' Guide</i> .
<b>Injury event</b>	An accident, harmful incident, exposure to harmful factors or other incident which resulted in an injury. The injury must have occurred in the four weeks prior to the survey and have resulted in one or more of the following actions being taken: <ul style="list-style-type: none"><li>■ consulting a health professional;</li><li>■ seeking medical advice;</li><li>■ receiving medical treatment;</li><li>■ reduced usual activities; and</li><li>■ other treatment of injury (i.e. taking medications, using a bandage/bandaid, or heat or ice pack).</li></ul>
<b>Ischaemic heart disease</b>	A disease of the blood vessels supplying the heart muscle.
<b>Location</b>	In this publication, location refers to the location of the dwelling in which the respondent was enumerated in the survey (their usual residence in most cases) classified according to the Remoteness classification within the Australian Standard Geographical Classification. See Chapter 6 of the <i>2004–05 National Health Survey: Users' Guide</i> for further information.

## GLOSSARY *continued*

<b>Long term medical condition</b>	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 and stroke.
<b>Moderate exercise</b>	Exercise for recreation, sport or fitness which caused a moderate increase in heart rate or breathing.
<b>Neoplasm</b>	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.
<b>Not in the labour force</b>	Persons who are not employed or unemployed as defined, including persons who: <ul style="list-style-type: none"><li>■ are retired;</li><li>■ no longer work;</li><li>■ do not intend to work in the future;</li><li>■ are permanently unable to work; and</li><li>■ have never worked and never intend to work.</li></ul>
<b>Oedema</b>	A swelling of any organ or tissue due to accumulation of excess fluid.
<b>Osteoporosis</b>	A condition that thins and weakens bone mineral density, generally caused by loss of calcium, which leads to increased risk of fracture.
<b>Other health professionals</b>	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"><li>■ Aboriginal health worker;</li><li>■ Accredited counsellor;</li><li>■ Acupuncturist;</li><li>■ Alcohol and drug worker nec;</li><li>■ Audiologist/audiometrist;</li><li>■ Chemist (advice only);</li><li>■ Chiropodist/podiatrist;</li><li>■ Chiropractor;</li><li>■ Dietitian/nutritionist;</li><li>■ Herbalist;</li><li>■ Hypnotherapist;</li><li>■ Naturopath;</li><li>■ Nurse;</li><li>■ Occupational therapist;</li><li>■ Optician/optometrist;</li><li>■ Osteopath;</li><li>■ Physiotherapist/hydrotherapist;</li><li>■ Psychologist;</li><li>■ Social worker/welfare officer;</li><li>■ Speech therapist/pathologist; and</li><li>■ Traditional healer.</li></ul>
<b>Pharmaceutical medications</b>	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 medications identified by respondents as vitamins or minerals, or natural or herbal medications.
<b>Private health insurance</b>	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.

## GLOSSARY *continued*

<b>Psychological distress</b>	<p>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:</p> <ul style="list-style-type: none"><li>■ Low 10–15;</li><li>■ Moderate 16–21;</li><li>■ High 22–29; and</li><li>■ Very high 30–50.</li></ul>
<b>Self-assessed body mass</b>	<p>Respondents reported assessment of himself/herself as being of acceptable weight, underweight or overweight.</p>
<b>Self-assessed health status</b>	<p>A person's general assessment of their own health against a five point scale from excellent through to poor.</p>
<b>Smoker status</b>	<p>The extent to which an adult 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"><li>■ Current daily smoker – an adult who reported at the time of interview that they regularly smoked one or more cigarettes, cigars or pipes per day;</li><li>■ Current smoker– other – an adult who reported at the time of interview that they smoked cigarettes, cigars or pipes at least once a week, but not daily;</li><li>■ Ex-smoker – an adult 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</li><li>■ Never smoked – an adult 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.</li></ul>
<b>Type of conditions</b>	<p>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 <i>2004–5 National Health Survey: Users' Guide</i>.</p>
<b>Type of injury event</b>	<p>The type of event resulting in injury as reported by respondents against the following categories:</p> <ul style="list-style-type: none"><li>■ Vehicle accident;</li><li>■ Low fall (one metre or less);</li><li>■ High fall;</li><li>■ Hitting something or being hit by something;</li><li>■ Attack by another person;</li><li>■ Near drowning;</li><li>■ Exposure to fire/heat;</li><li>■ Exposure to chemicals;</li><li>■ Bite or sting;</li><li>■ Cut with knife/tool; and</li><li>■ Other event.</li></ul>
<b>Type of medication</b>	<p>Obtained for medications reported as used in the two weeks prior to interview for asthma, diabetes, circulatory conditions, arthritis and osteoporosis. Included are vitamins and minerals, natural and herbal medications and pharmaceutical medications. Pharmaceutical medications are classified by generic type, based on reported medication name. For further information see <i>2004–05 National Health Survey: Users' Guide</i>.</p>

## GLOSSARY *continued*

<b>Type of medication used for mental wellbeing</b>	<p>Refers to the type of medication reported by adult respondents as used for their 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"><li>■ type of medication as reported by respondents; and</li><li>■ 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.</li></ul> <p>For further information see <i>2004–05 National Health Survey: Users' Guide</i>.</p>
<b>Unemployed</b>	<p>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.</p>
<b>Usual daily intake of fruit</b>	<p>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.</p>
<b>Usual daily intake of vegetables</b>	<p>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.</p>
<b>Vigorous exercise</b>	<p>Exercise for recreation, sport or fitness which caused a large increase in heart rate or breathing.</p>
<b>Year of arrival</b>	<p>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.</p>





## FOR MORE INFORMATION . . .

- INTERNET*      **www.abs.gov.au** the ABS web site is the best place for data from our publications and information about the ABS.
- LIBRARY*      A range of ABS publications are available from public and tertiary libraries Australia wide. Contact your nearest library to determine whether it has the ABS statistics you require, or visit our web site for a list of libraries.

## INFORMATION AND REFERRAL SERVICE

Our consultants can help you access the full range of information published by the ABS that is available free of charge from our web site, or purchase a hard copy publication. Information tailored to your needs can also be requested as a 'user pays' service. Specialists are on hand to help you with analytical or methodological advice.

- PHONE*                      1300 135 070
- EMAIL*                      client.services@abs.gov.au
- FAX*                              1300 135 211
- POST*                            Client Services, ABS, GPO Box 796, Sydney NSW 2001

## FREE ACCESS TO STATISTICS

All ABS statistics can be downloaded free of charge from the ABS web site.

- WEB ADDRESS*      [www.abs.gov.au](http://www.abs.gov.au)



2436400007048

ISBN 0 642 23141 9

RRP \$34.00