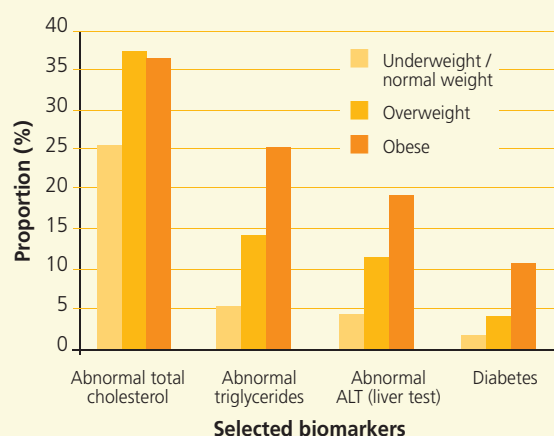


## Overweight and Obesity

In 2011–12, around 63% of Australian adults were overweight or obese.

Excess body weight was a common risk factor for most major biomarkers of chronic disease. For nearly every test, people who were overweight or obese were more likely than those who were normal weight or underweight to have abnormal results.

**Persons aged 18 years and over:  
Measured Body Mass Index by selected biomarkers  
of chronic disease, 2011–12**



One such example was diabetes. In 2011–12, people who were overweight (4%) or obese (11%) were more likely to have diabetes than people who were normal weight or underweight (2%).

For general enquiries about the ABS or ABS surveys, visit the ABS website [www.abs.gov.au](http://www.abs.gov.au) or telephone the ABS National Information Referral Service on **1300 135 070**.

## Chronic disease biomarkers collected in NHMS

Chronic disease	Biomarkers
Cardiovascular disease	Total cholesterol HDL (high density lipoprotein) 'good' cholesterol LDL (low density lipoprotein) 'bad' cholesterol Triglycerides
Liver disease	ALT (alanine aminotransferase) GGT (gamma glutamyl transferase)
Diabetes	Fasting plasma glucose HbA1c
Kidney disease	ACR (albumin creatinine ratio) eGFR (estimated glomerular filtration rate)
Anaemia	Haemoglobin

## Past Releases

*Australian Health Survey: First results, 2011–12*

*Australian Health Survey: Health Service Usage and Health Related Actions, 2011–12*

*Australian Health Survey: Updated Results, 2011–12*

*Australian Health Survey: Physical Activity, 2011–12*

## Future Releases

*Australian Health Survey: Aboriginal and Torres Strait Islander First Results (27 November 2013)*

*Australian Health Survey: Biomedical Results for Nutrients (December 2013)*

*Australian Health Survey: Nutrition First Results (First quarter 2014)*

[www.abs.gov.au/australianhealthsurvey](http://www.abs.gov.au/australianhealthsurvey)



Biomedical  
Results

# Australian Health Survey



Australian Government  
Department of Health and Ageing



Some components have been made possible through additional funding from the Australian Government Department of Health and Ageing and the National Heart Foundation of Australia.

## Australian Health Survey

The 2011–13 Australian Health Survey (AHS) is the largest and most comprehensive health survey ever conducted in Australia. The survey collected a range of information about health related issues, including health status, risk factors, service usage and medications. In 2011–13, the AHS incorporated the first voluntary biomedical collection, the National Health Measures Survey (NHMS).

### Who conducted the Australian Health Survey?

The Australian Bureau of Statistics (ABS) has conducted the Australian Health Survey. It was funded by the ABS, the Australian Government Department of Health and Ageing and the National Heart Foundation of Australia.

### What sort of information was collected?

Voluntary blood and urine samples were collected from respondents aged 5 years and over. The first NHMS release focuses on test results from these samples for chronic diseases, including:

- Diabetes
- Cardiovascular disease
- Chronic kidney disease
- Liver function

Results in this publication also include measures of exposure to tobacco smoke and risk of anaemia.

For more detailed information, see *Australian Health Survey: Biomedical Results for Chronic Diseases, 2011–12* (cat. no. 4364.0.55.005) on the ABS website [www.abs.gov.au](http://www.abs.gov.au).

Future releases of the Australian Health Survey will include information on: biomedical nutrients, nutrition and Aboriginal and Torres Strait Islander health. See the back of this brochure for a broad release schedule.

### Who was surveyed?

Around 11,000 adults and children surveyed in the AHS voluntarily participated in the NHMS across Australia in urban, rural and remote locations.



### Diabetes

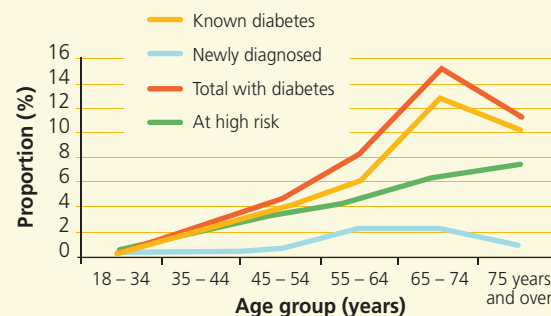
In 2011–12, one in twenty Australian adults (5%) had diabetes.

This comprised:

- 4% with known diabetes
- 1% with diabetes newly diagnosed from the test results

A further 3% of adults had impaired fasting plasma glucose (were at high risk of diabetes).

**Persons aged 18 years and over:  
Proportion with diabetes by age, 2011–12**



Diabetes prevalence was derived using a combination of:

- fasting plasma glucose blood test result
- self-reported information on diabetes diagnosis
- medication use

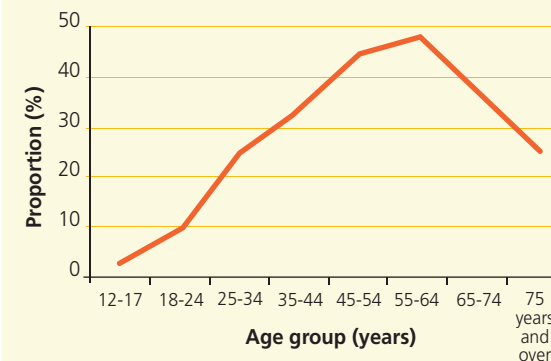
### Cholesterol

In 2011–12, one in three Australians aged 18 years and over (33%) had high total cholesterol.

Yet only one in ten (10%) of this group self-reported having high cholesterol as a current long-term health condition.

The proportion of people with high total cholesterol peaked at age 55–64 years (48%), before decreasing in late adulthood.

**Persons aged 12 years and over:  
Proportion with abnormal total cholesterol  
levels by age, 2011–12**



Total cholesterol level was defined as greater than or equal to 5.5 mmol/L.