



NATIONAL HEALTH SURVEY 2017-18

PROMPT CARDS

SSS14

HF1.

1. Never Married
2. Widowed
3. Divorced
4. Separated
5. Married (in a registered marriage)
6. Other – De facto
7. Other – Single/not married

B1.

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time

SAMPLE ONLY

B2.

1. None
2. Very mild
3. Mild
4. Moderate
5. Severe
6. Very severe

SAMPLE ONLY

C1.

1. Shortness of breath
2. Chronic or recurring pain
3. A nervous or emotional condition
4. Long term effects as a result of a head injury, stroke or other brain damage
5. Any other long term condition that requires treatment or medication
6. Any other long term condition such as arthritis, asthma, heart disease, Alzheimer's disease, dementia, etc.

C2.

10. Sight problems not corrected by glasses or contact lenses
11. Hearing problems
12. Speech problems
13. Blackouts, fits or loss of consciousness
14. Difficulty learning or understanding things
15. Limited use of arms or fingers
16. Difficulty gripping things
17. Limited use of legs or feet
18. Any condition that restricts physical activity or physical work (e.g. back problems, migraines)
19. Any disfigurement or deformity
20. Any mental illness for which help or supervision is required

Self-care

For example:

- Bathing / showering
- Dressing / undressing
- Eating / feeding
- Going to the toilet
- Bladder / bowel control

Mobility

For example:

- Moving around away from home
- Moving around at home
- Getting in or out of a bed or chair

Communication in own language

For example:

- Understanding / being understood by strangers, friends or family, including use of sign language / lip reading

C4.

1. Not attending school / further study due to condition
2. Need time off school / study
3. Attend special classes / school
4. Other related difficulties

SAMPLE ONLY

C5.

1. Type of job could do
2. Number of hours that can be worked
3. Finding suitable work
4. Needing time off work
5. Permanently unable to work

SAMPLE ONLY

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Thank you for your help with this survey

SAMPLE ONLY

D1.

Some other examples of Moderate Activities at work:

- Restaurant or hotel work e.g., cleaning, serving
- Operating heavy power tools (e.g., drills and jackhammers) and work associated with building, plumbing, carpentry and painting
- Farming activities such as feeding and grooming animals, milking cows, shovelling grain; picking fruit from trees, or picking vegetables
- Assembly-line, factory work or packing boxes for shipping or moving – e.g., tasks requiring movement of the entire body, arms or legs with moderate effort (including while sitting)
- Mail and parcel deliveries – e.g. walking while carrying a mailbag or parcels
- Patient care - bathing, dressing, and moving patients or physical therapy
- Driving or manoeuvring heavy vehicles that are not fully automated and require extensive use of your arms and legs (e.g., trucks, passenger buses, tractors, or other farm equipment)

D2.

Some other examples of Vigorous Activities at work:

- Personal training, aerobics or physical education - where you are the instructor - and professional athletes
- Firefighting
- Masonry and heavy construction work
- Coal mining
- Manually shovelling or digging ditches or using heavy non-powered tools (e.g. sledgehammers, pick axes)
- Most forestry work can be included here
- Farming activities requiring extensive manual work such as shearing, baling hay and cleaning sheds
- Moving items professionally and loading and unloading trucks

E1.

For example:

- Infant formula products
- Soft or semi-soft foods (baby food)
- Biscuits
- Water
- Cow's milk
- Goat's milk
- Soy milk
- Other cereal based milks – Oat, rice, almond etc.
- Yoghurt based food or drink
- Cordial (water based drinks) or soft drink
- Fruit juice
- Tea or coffee

Vegetables - Examples of serving sizes

NOT ACTUAL SIZE

1 Cup

Green leafy or raw salad vegetables (for example: Lettuce, cabbage (kale), raw spinach, rocket or "rocket")

1 Cup
of leafy or raw salad

1/2 Cup

Cooked green, yellow or orange vegetables for example: broccoli, spinach, corn, carrots or pumpkin.

Half (1/2) Cup
cooked green, yellow or orange vegetables

1/2 a
medium potato

AND/OR

1/2 Cup of cooked dried or canned beans, peas or lentils



Fruit - Examples of serving sizes



One orange or a pear

4 dried apricots

Two apricots, kiwi fruits or plums

1 1/2 table-spoons of sultanas

One medium-sized apple

1 Cup of diced or canned fruit

Canned Diced Fruit

NOT ACTUAL SIZE

Please include:

- Coke, Pepsi, RC Cola
- Fanta, Sunkist, Sprite
- Orange, pink lemonade, pineapple etc.
- 'Homebrand' or generic cola, lemonade, orange etc.
- Flavoured sparkling mineral or spring water
- Cordials e.g. non-alcoholic syrups that water is added to before drinking
- Sports drinks
- Caffeinated energy drinks
- 'Soft drink' in cups (e.g. from McDonalds)

Do not include:

Fruit juice, flavoured milk, diet drinks, 'sugar free' drinks, or coffee/ hot tea

Number of metric Cups in different sized containers:

- Cans or bottles or a large glass = 1.5 Cups
- Large takeaway cup or Gatorade bottle = 2 Cups
- Small takeaway cup or a small glass = 1 Cup
- 1.25 Litre bottle (share size) = 5 Cups
- 2 Litre bottle (share size) = 8 Cups



Please include 'diet' varieties of:

- Coke, Pepsi, RC Cola
- Fanta, Sunkist, Sprite
- Orange, pink lemonade, pineapple etc.
- 'Homebrand' or generic cola, lemonade, orange etc.
- Flavoured sparkling mineral or spring water
- Cordials e.g. non-alcoholic syrups that water is added to before drinking
- Sports drinks
- Caffeinated energy drinks
- 'Soft drink' in cups (e.g. from McDonalds)

Do not include:

Non-diet drinks, fruit juice, flavoured milk, water or flavoured water, or coffee/tea flavoured with sugar replacements like 'Equal'

G1.

10. Light beer
11. Medium strength beer
12. Full strength beer
13. White wine
14. Red wine
15. Low alcohol wine
16. Champagne / sparkling wine
17. Pre-mixed / Ready to drink
18. Liqueurs
19. Spirits
20. Fortified wine
21. Cider
22. Cocktail
23. Other - specify

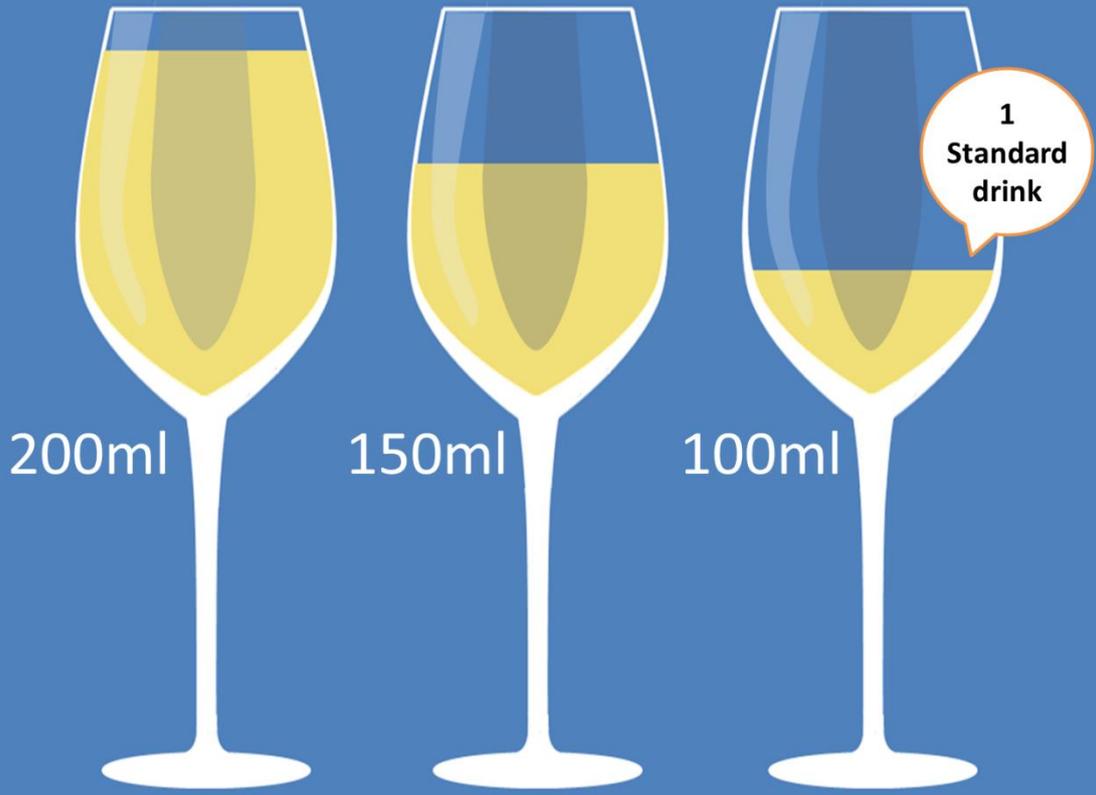
Beer / Cider

1. 5oz/140ml glass
2. 7oz/200ml glass/Pony/Butcher
3. 10oz/285ml glass/Pot/Middy/
Handle/Schooner(SA)
4. 330ml glass/bottle/can
5. 375ml glass/bottle/can (average serve)
6. 15oz/425ml glass/Schooner/ Pint(SA)
7. 20oz/575ml glass/Pint
8. 750ml Bottle/Longneck
17. Other - specify

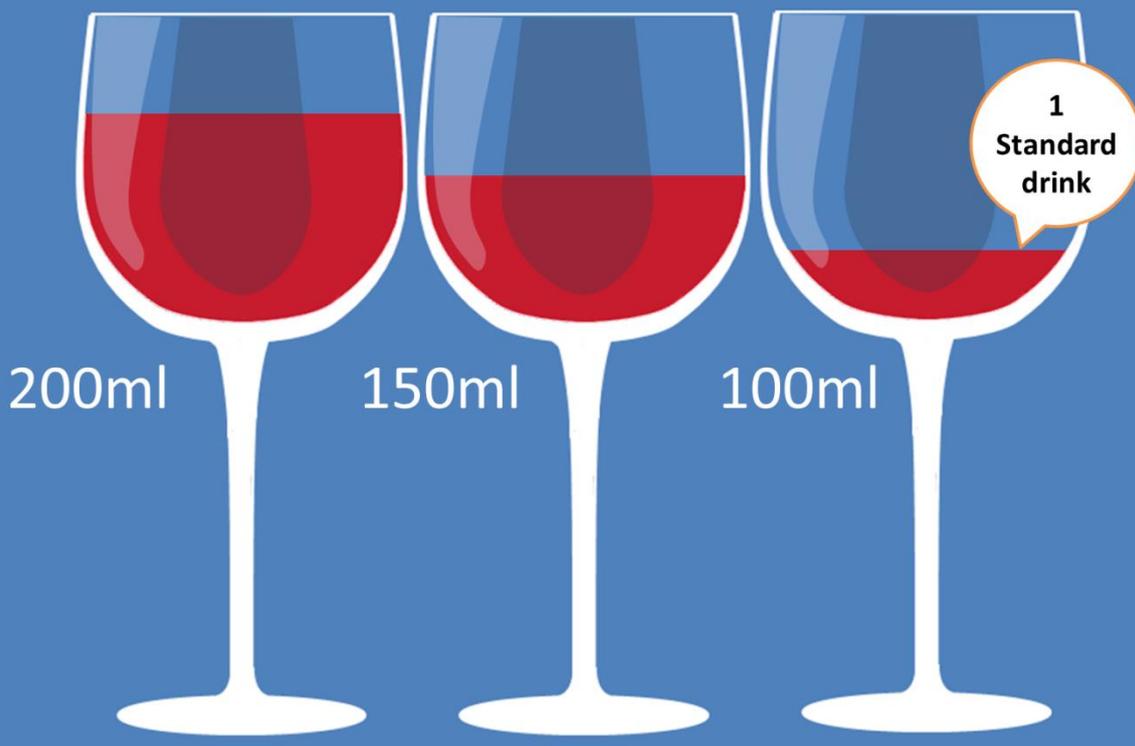
Wine:

1. 100ml serve (1 standard serve)
2. 120ml serve
3. 140ml serve
4. 150ml serve (restaurant serve)
5. 200ml serve
17. Other - specify

Example: Serving sizes in standard glass sizes
NOT ACTUAL SIZE



"restaurant serve"



"restaurant serve"

G4.

Champagne / Sparkling wine:

1. 120ml serve
2. 140ml serve
3. 170ml serve
4. 200ml serve
17. Other - specify

SAMPLE ONLY

G5.

Ready to Drink:

1. 200ml bottle / can
2. 275ml bottle / can
3. 300ml bottle / can
4. 330ml bottle / can
5. 375ml bottle / can
6. 400ml bottle / can
17. Other - specify

G6.

Liqueurs / Spirits

1. Half nip (15ml)
2. Nip (30ml)
3. Double nip (60ml)
17. Other – specify

SAMPLE ONLY

G7.

Fortified Wine

1. 1oz / 30ml / Nip
2. 2oz / 60ml Port / Sherry glass
3. 3oz / 90ml Port glass
4. 140ml glass
17. Other – specify

Cocktail

1. 120ml glass (small)
2. 140ml glass (medium)
3. 200ml glass (large)
17. Other – specify

SAMPLE ONLY

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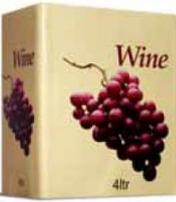
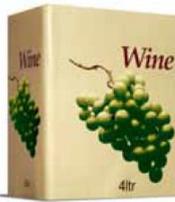
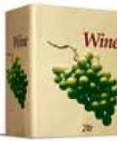
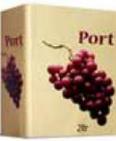
Thank you for your help with this survey

SAMPLE ONLY

NUMBER OF STANDARD DRINKS – BEER

								
1.1 285ml Full Strength 4.8% Alc. Vol	0.8 285ml Mid Strength 3.5% Alc. Vol	0.6 285ml Low Strength 2.7% Alc. Vol	1.6 425ml Full Strength 4.8% Alc. Vol	1.2 425ml Mid Strength 3.5% Alc. Vol	0.9 425ml Low Strength 2.7% Alc. Vol	1.4 375ml Full Strength 4.8% Alc. Vol	1 375ml Mid Strength 3.5% Alc. Vol	0.8 375ml Low Strength 2.7% Alc. Vol
								
1.4 375ml Full Strength 4.8% Alc. Vol	1 375ml Mid Strength 3.5% Alc. Vol	0.8 375ml Low Strength 2.7% Alc. Vol	34 24 x 375ml Full Strength 4.8% Alc. Vol			24 24 x 375ml Mid Strength 3.5% Alc. Vol		19 24 x 375ml Low Strength 2.7% Alc. Vol

NUMBER OF STANDARD DRINKS – WINE

						
1.5 150ml Average Restaurant Serving of Red Wine 13% Alc. Vol	1 100ml Standard Serve of Red Wine 13% Alc. Vol	0.8 60ml Standard Serve of Port 17.5% Alc. Vol	1.4 150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol	0.9 100ml Standard Serve of White Wine 11.5% Alc. Vol	1.4 150ml Average Restaurant Serve of Champagne 12% Alc. Vol	7.1 750ml Bottle of Champagne 12% Alc. Vol
						
7.7 750ml Bottle of Red Wine 13% Alc. Vol	41 4 Litres Cask Red Wine 13% Alc. Vol	21 2 Litres Cask Red Wine 13% Alc. Vol	6.8 750ml Bottle of White Wine 11.5% Alc. Vol	36 4 Litres Cask White Wine 11.5% Alc. Vol	18 2 Litres Cask White Wine 11.5% Alc. Vol	28 2 Litres Cask of Port 17.5% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

G9 cont.

NUMBER OF STANDARD DRINKS – SPIRITS

							
1	22	1.1	1.2	2.6	1.5	1.8	3.6
30ml	700ml	275ml	330ml	660ml	275ml	330ml	660ml
High Strength Spirit Nip	High Strength Bottle of Spirits	Full Strength RTD*	Full Strength RTD*	Full Strength RTD*	High Strength RTD*	High Strength RTD*	High Strength RTD*
40% Alc. Vol	40% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol
							
1	1.2	1.5	1.7	1.4 – 1.9	1.6	2.1	2.4
250ml	300ml	375ml	440ml	250ml	300ml	375ml	440ml
Full Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits			
5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% – 10% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

* Ready-to-Drink

SAM

J1.

10. Rheumatic heart disease
11. Heart attack
12. Heart failure
13. Stroke (including after effects of stroke)
14. Transient ischaemic attack (TIA, 'mini stroke')
15. Angina
16. High blood pressure / hypertension
17. Low blood pressure / hypotension
18. Hardening of the arteries / atherosclerosis / arteriosclerosis
19. Fluid problems / fluid retention / oedema
20. High cholesterol
21. Rapid or irregular heartbeats / tachycardia / palpitations
22. Heart murmur / heart valve disorder
23. Haemorrhoids
24. Varicose veins
25. Other

For example

Medications that help with:

- Cholesterol
- Hypertension (high blood pressure)
- Heart failure
- Recovery from heart attack
- Abnormal heart rhythms (cardiac arrhythmia)
- Ischemic heart disease and Angina
- Fluid (water) retention in circulatory conditions
- Thinning the blood (after blood clot or stroke)

M1.

1. Losing weight
2. Exercised most days
3. Taken vitamin / mineral supplements
4. Taken natural / herbal treatments
5. Other

N1.

1. Astigmatism
2. Short-sightedness / Myopia / difficulty seeing objects in the distance
3. Macular degeneration
4. Other age related sight problems / Presbyopia
5. Long-sightedness / Hyperopia / difficulty seeing objects close up
6. Other – please specify

N2.

1. Cataracts
2. Myopia – Short sightedness, difficulty seeing things that are far away
3. Presbyopia – Age related sight problems such as difficulty seeing things up close
4. Hyperopia – Long sightedness, difficulty seeing things up close
5. Other

N3.

1. Total deafness
2. Deaf in 1 ear
3. Hearing loss / partially deaf
4. Tinnitus
5. Meniere's Disease
6. Otitis Media
7. Other - please specify

Affective (mood) conditions, such as:

10. Depression, including Persistent depressive disorder
11. Feeling depressed
12. Bipolar disorder
13. Mania

Anxiety conditions, such as:

14. Anxiety disorder
15. Feeling anxious, nervous or tense
16. Panic disorder
17. Panic attacks
18. Post-Traumatic Stress Disorder (PTSD)
19. Agoraphobia
20. Obsessive-Compulsive Disorder (OCD)
21. Social phobia

Other Affective or Anxiety conditions:

22. Other – please specify

Substance use disorders, such as:

25. Harmful use or dependence on alcohol
26. Harmful use or dependence on drugs
27. Harmful use or dependence on medicinal / prescription drugs

Developmental and learning conditions, such as:

28. Autism spectrum disorders, such as Rett's syndrome and Asperger syndrome
29. Intellectual impairment / mental retardation

Behavioural conditions, such as:

30. Attention Deficit Hyperactivity Disorder (ADHD)
31. Conduct disorder
32. Learning difficulties, including dyslexia

Other mental and behavioural conditions, such as:

33. Dementia, including Alzheimer's disease
34. Schizophrenia
35. Any other mental or behavioural condition – please specify

P1.

10. Hayfever
11. Sinusitis or sinus allergy
12. Food allergy
13. Drug allergy
14. Other allergy
15. Anaemia
16. Bronchitis
17. Emphysema
18. Epilepsy
19. Fluid problems / fluid retention /
oedema (exclude those due to heart or
circulatory condition)
20. Hernias
21. Kidney stones
22. Migraine
23. Psoriasis
24. Stomach ulcers or other gastrointestinal
ulcers
25. Thyroid trouble / goitre
26. Back – slipped disc or other disc
problems
27. Back pain or back problems

P2.

1. Conditions that recur from time to time
2. Conditions that have lasted for a long time and that may have been adjusted to
3. Conditions which are under control because of long term treatment or taking medication

SAMPLE ONLY

For example:

- Amputation or loss of limbs
 - e.g. arm, foot, finger
- Behavioural or emotional disorders
- Deformity or disfigurement from birth
 - e.g. club foot, cleft palate
- Other deformity or disfigurement
 - e.g. effects of burns
- Gallstones
- Incontinence
- Paraplegia or other paralysis
- Speech impediment

R1.

1. Wages or salary
2. Profit or loss from own unincorporated business or share in a partnership
3. Profit or loss from rental investment property
4. Any Government pension, benefit or allowance
5. Superannuation, an annuity or private pension
6. Any other regular source

R2.

Income from any of these sources:

- Wages or salary
- Profit or loss from own unincorporated business or share in a partnership
- Profit or loss from rental investment property
- Any Government pension, benefit or allowance
- Superannuation, an annuity or private pension
- Any other regular source

S1.

11. Real estate agent

12. State or Territory housing authority

Person not in the same household

13. Parent / other relative

14. Other person

15. Owner / Manager of caravan park

Employer

16. Defence Housing Authority

17. Government

18. Other employer

Other

19. Housing co-operative, Community or Church group

20. Other