



Australian Government  
Department of Social Services

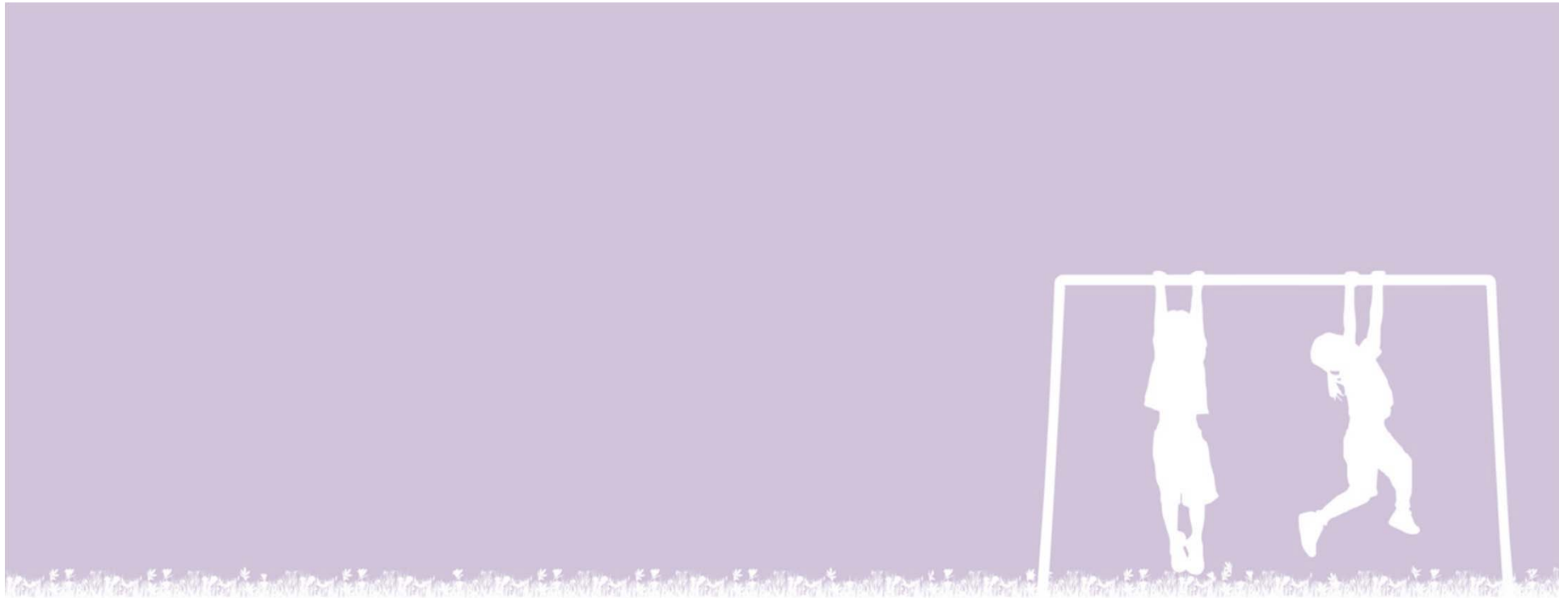
National Centre for Longitudinal Data



# The geography of wellbeing across four longitudinal surveys

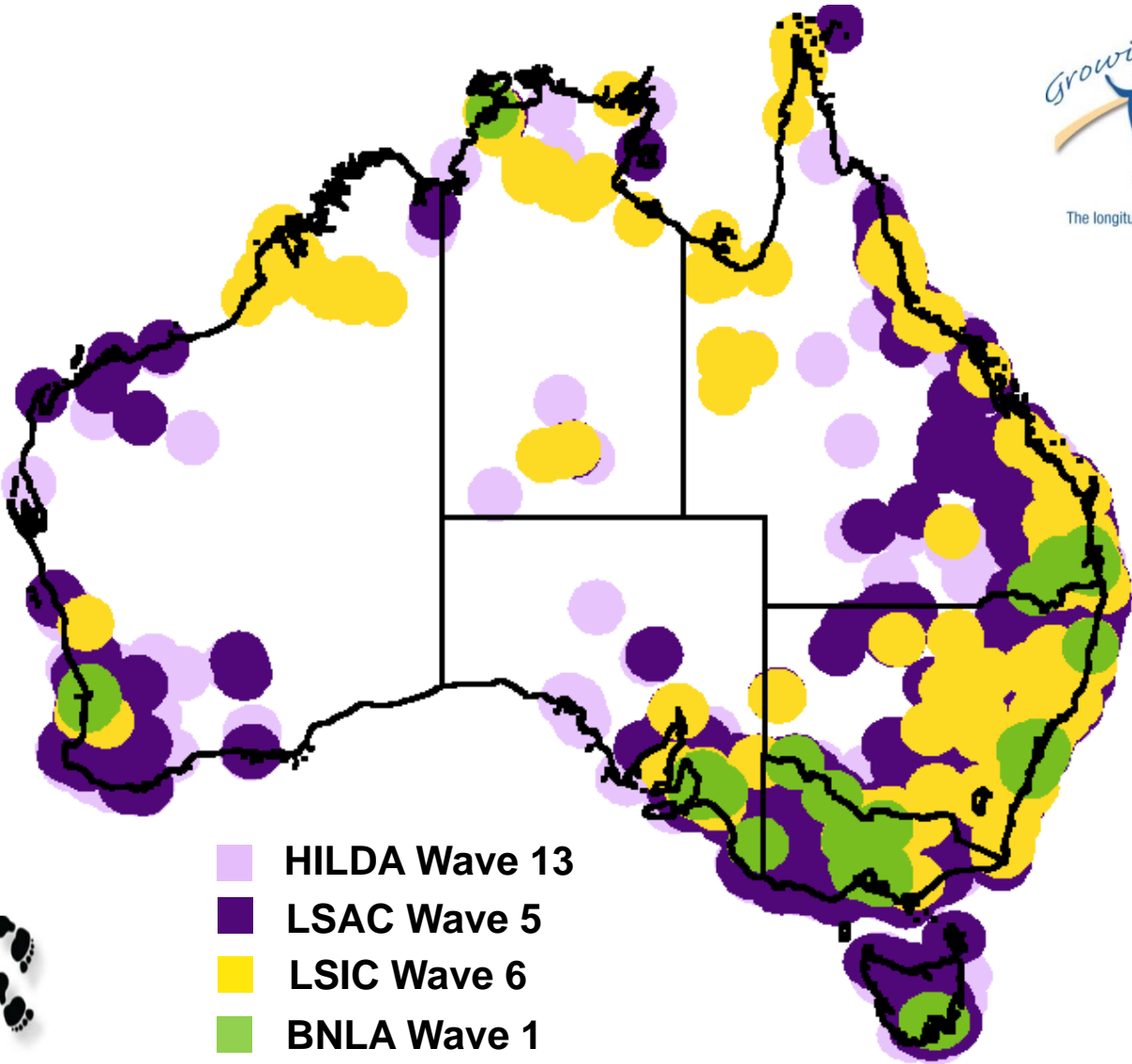
**David Dennis, Department of Social Services**

13<sup>th</sup> National Rural Health Conference  
Darwin, May 2015



# National Centre for Longitudinal Data (NCLD)

# Four Longitudinal Studies



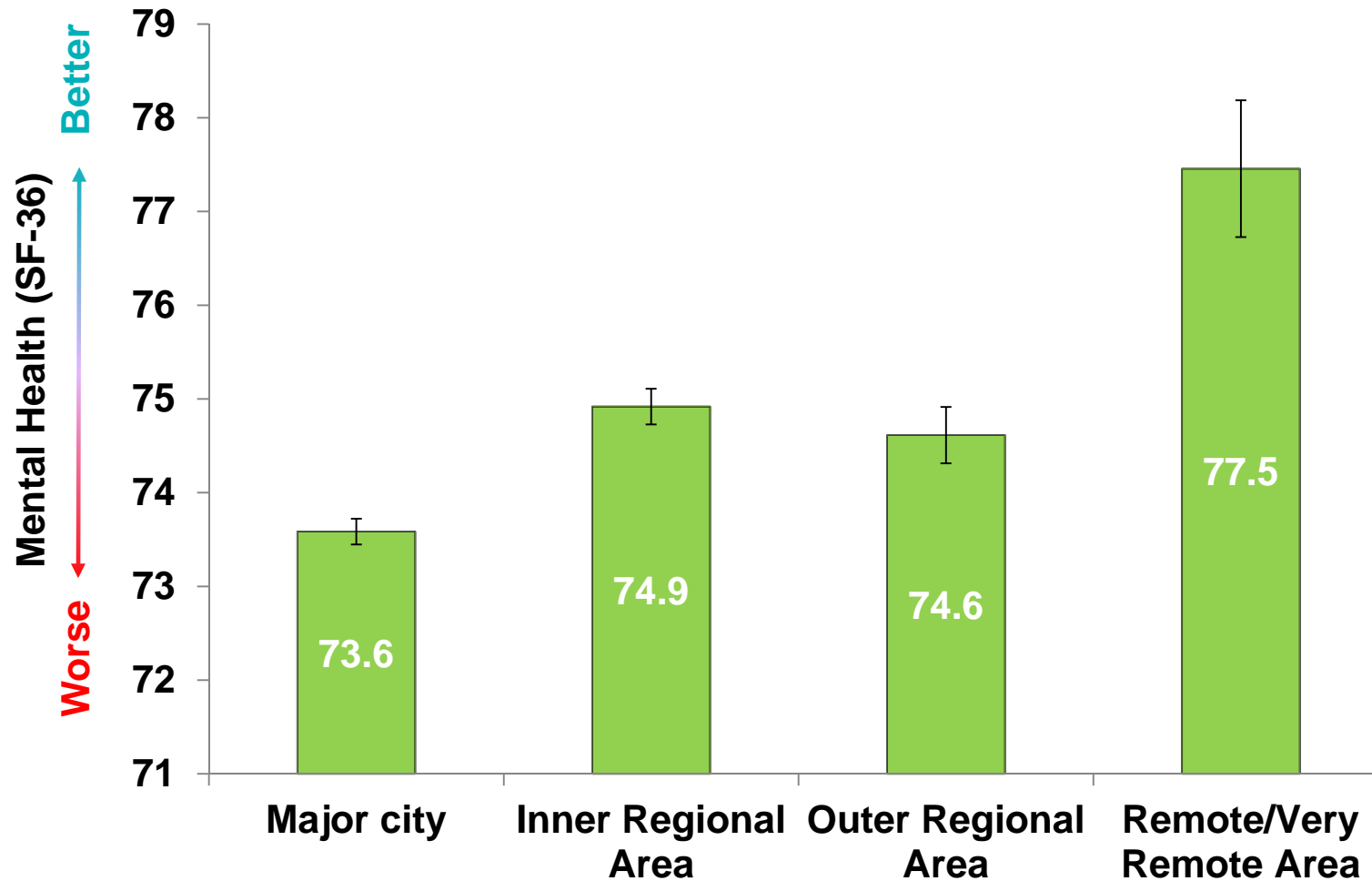
- HILDA Wave 13
- LSAC Wave 5
- LSIC Wave 6
- BNLA Wave 1



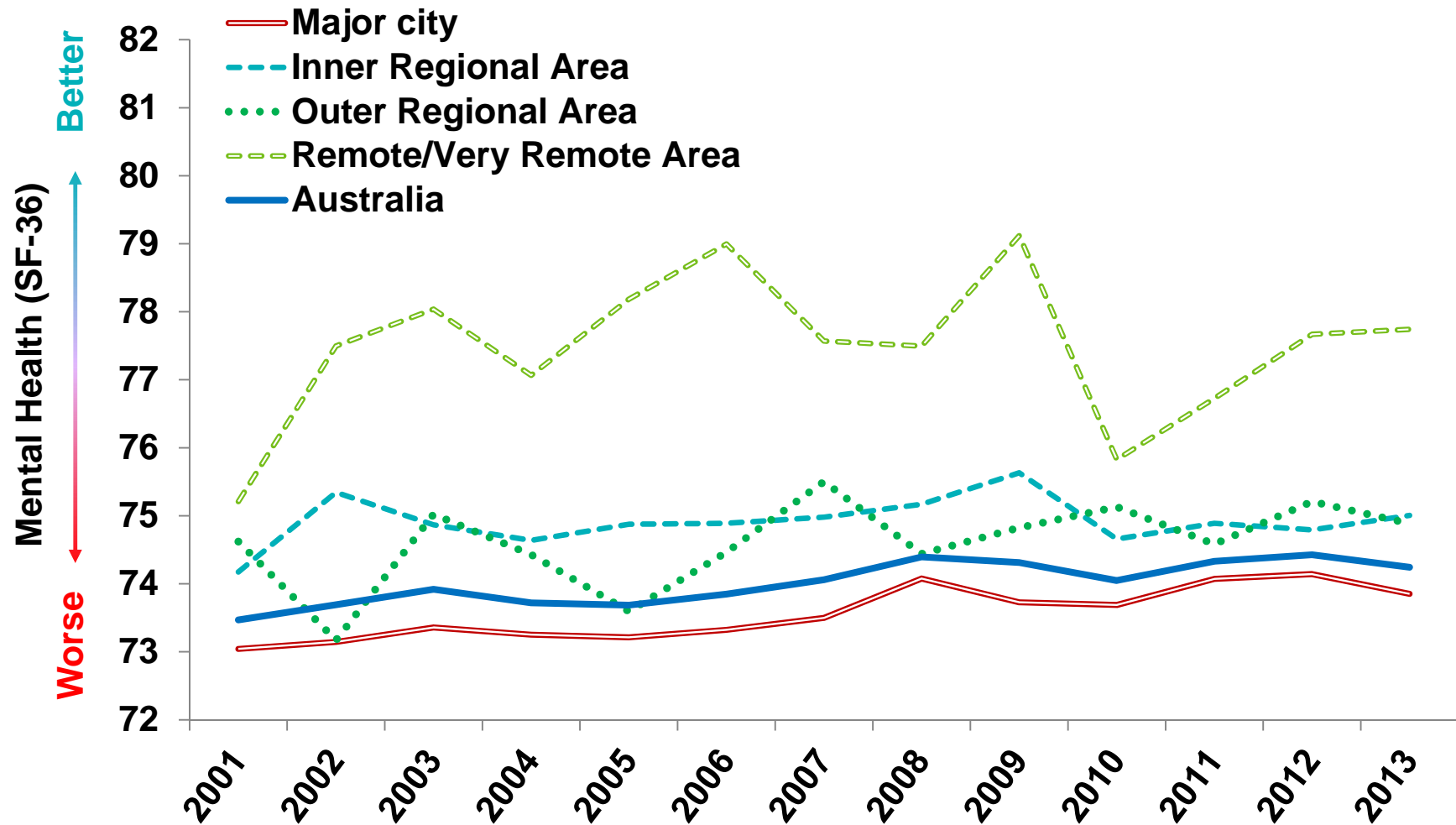
**HILDA**  
**Waves 1-13**  
**2001-13**



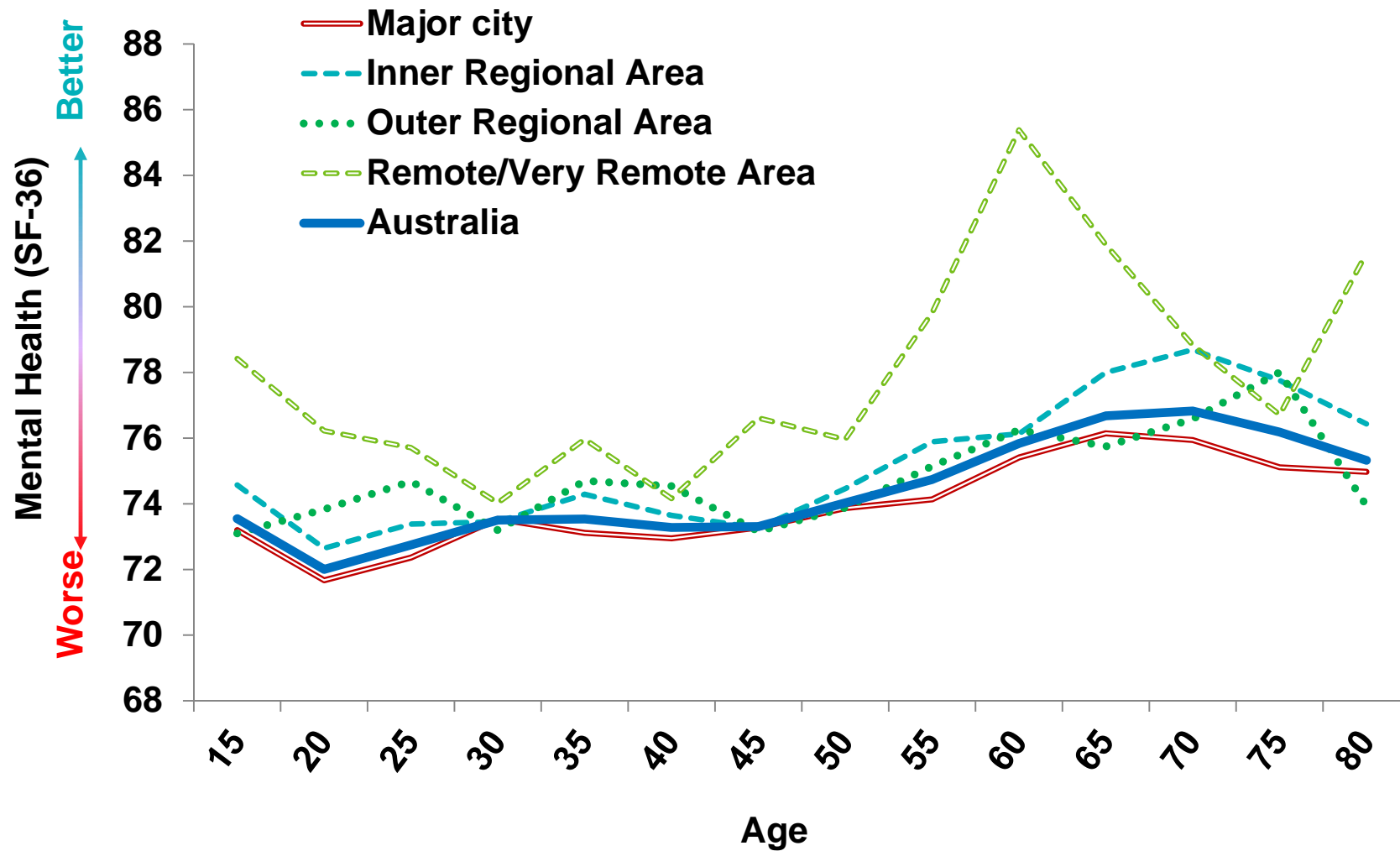
# Better Mental Health in More Remote Areas



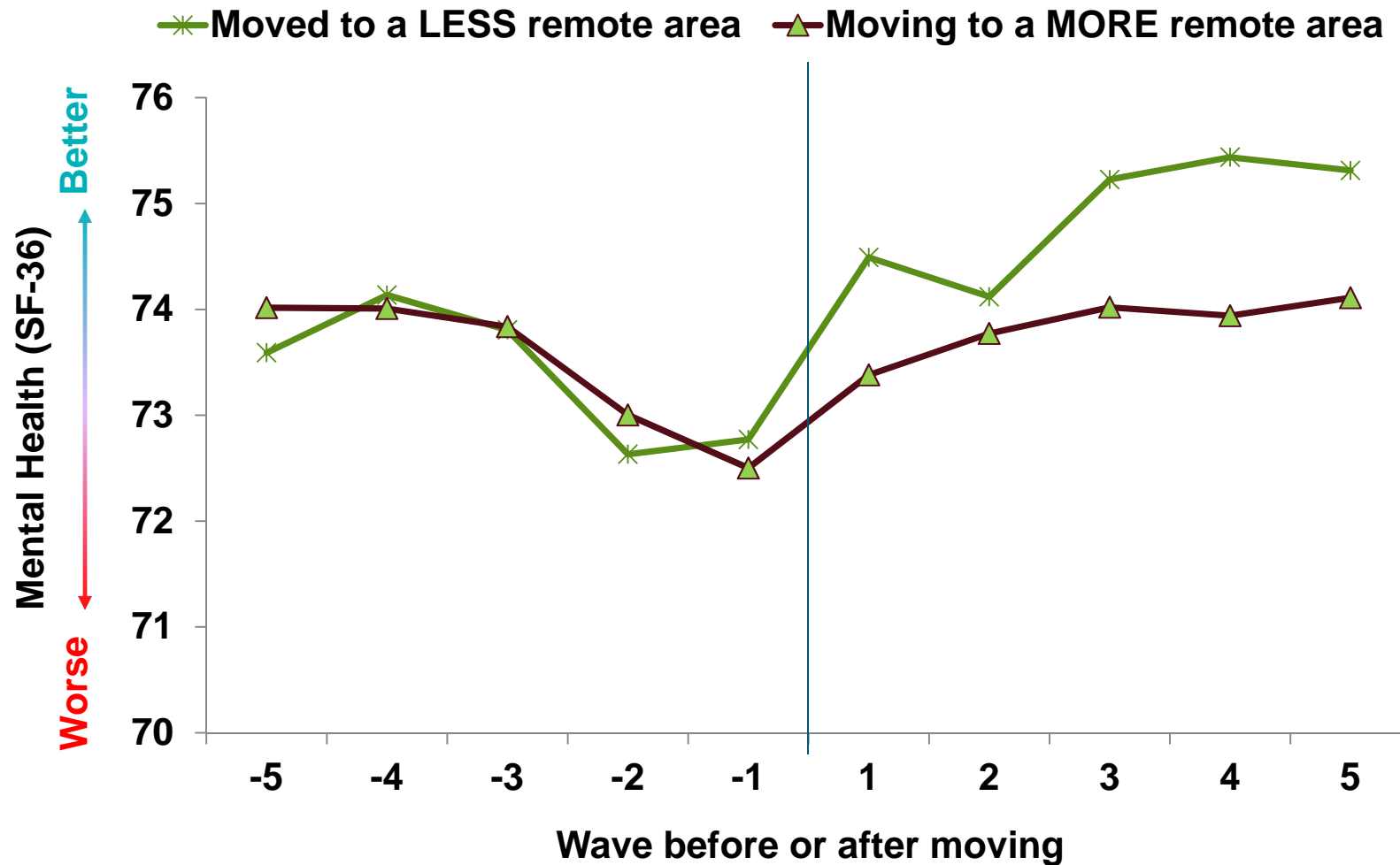
# Mental Health of Australians has Improved



# Mental Health Improves With Age

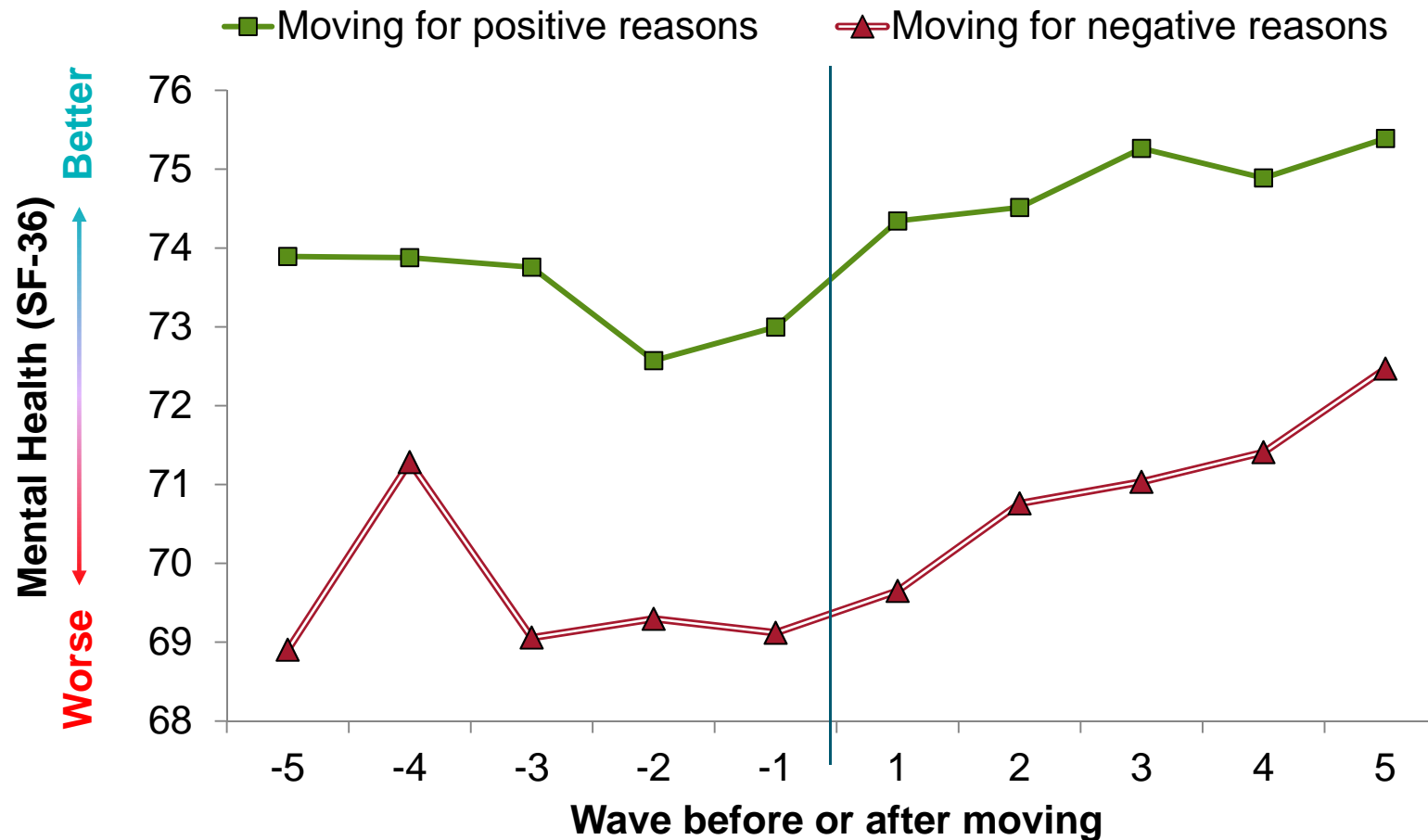


# Moving Location Improves Mental Health (Regardless of Remoteness)





# Moving Location Improves Mental Health (Regardless of Reasons for Moving)



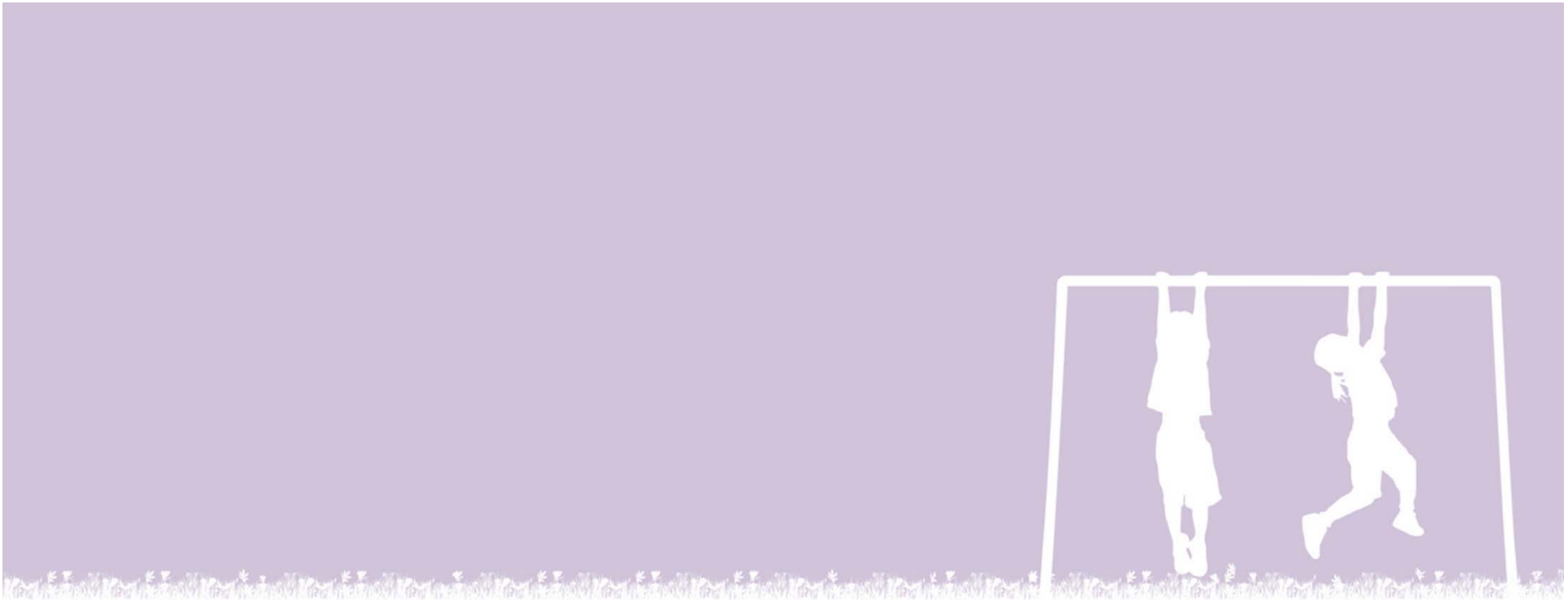
# Other Health and Wellbeing data in HILDA

## Every Wave

- General health (SF-36, 0-100)
- Self assessed health
- Long-term health conditions and disability

## Selected Waves

- Psychological Distress (Waves 7, 9, 11 and 13)
- Diagnosed serious illness (e.g. depression) (Waves 9 and 13)
- Diet (Waves 7, 9 and 13) and life style
- Doctor and hospital visits (Waves 9 and 13)
  
- A wide range of socio-economic and demographic data



**LSAC**

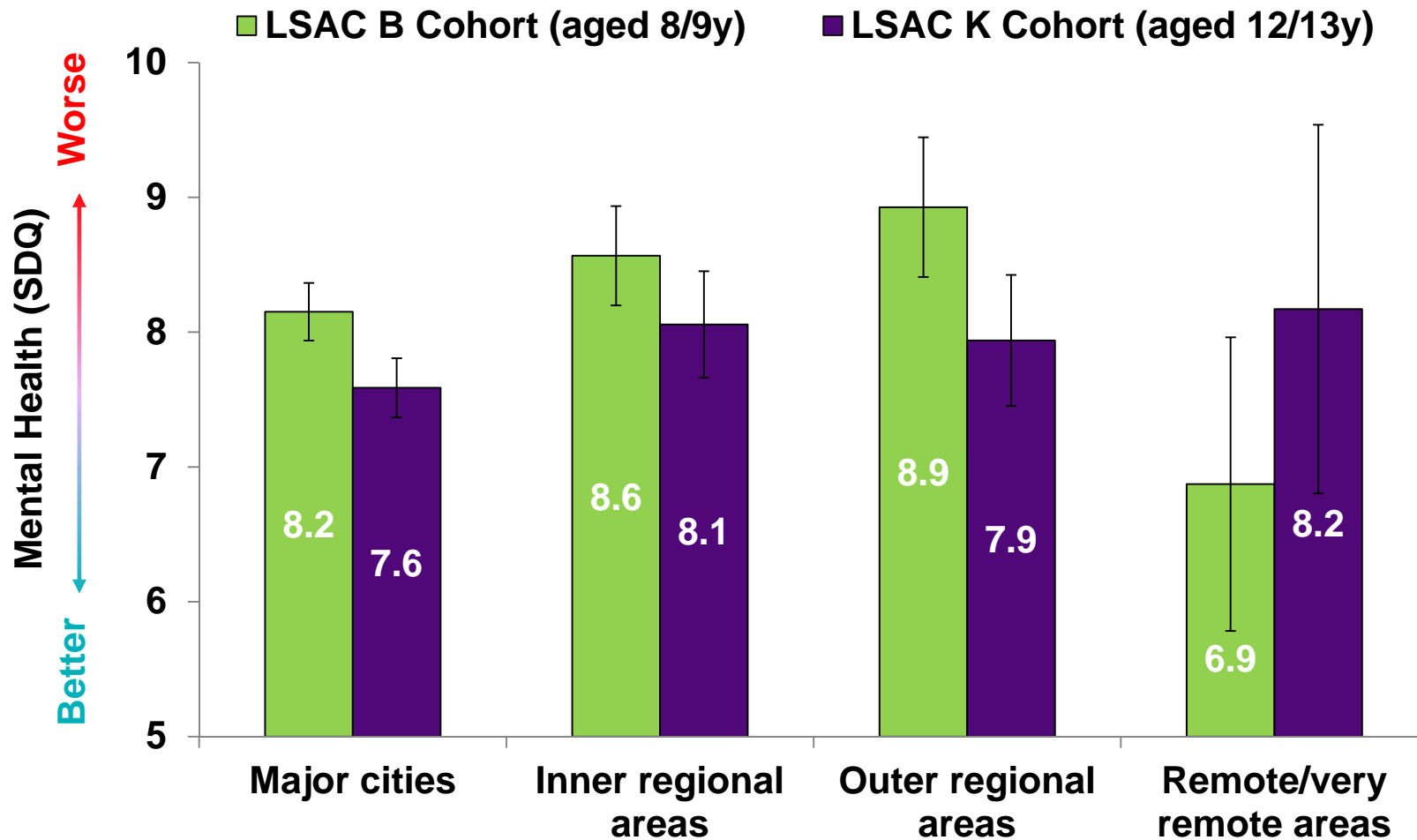
**Waves 1-5**

**2004-12**

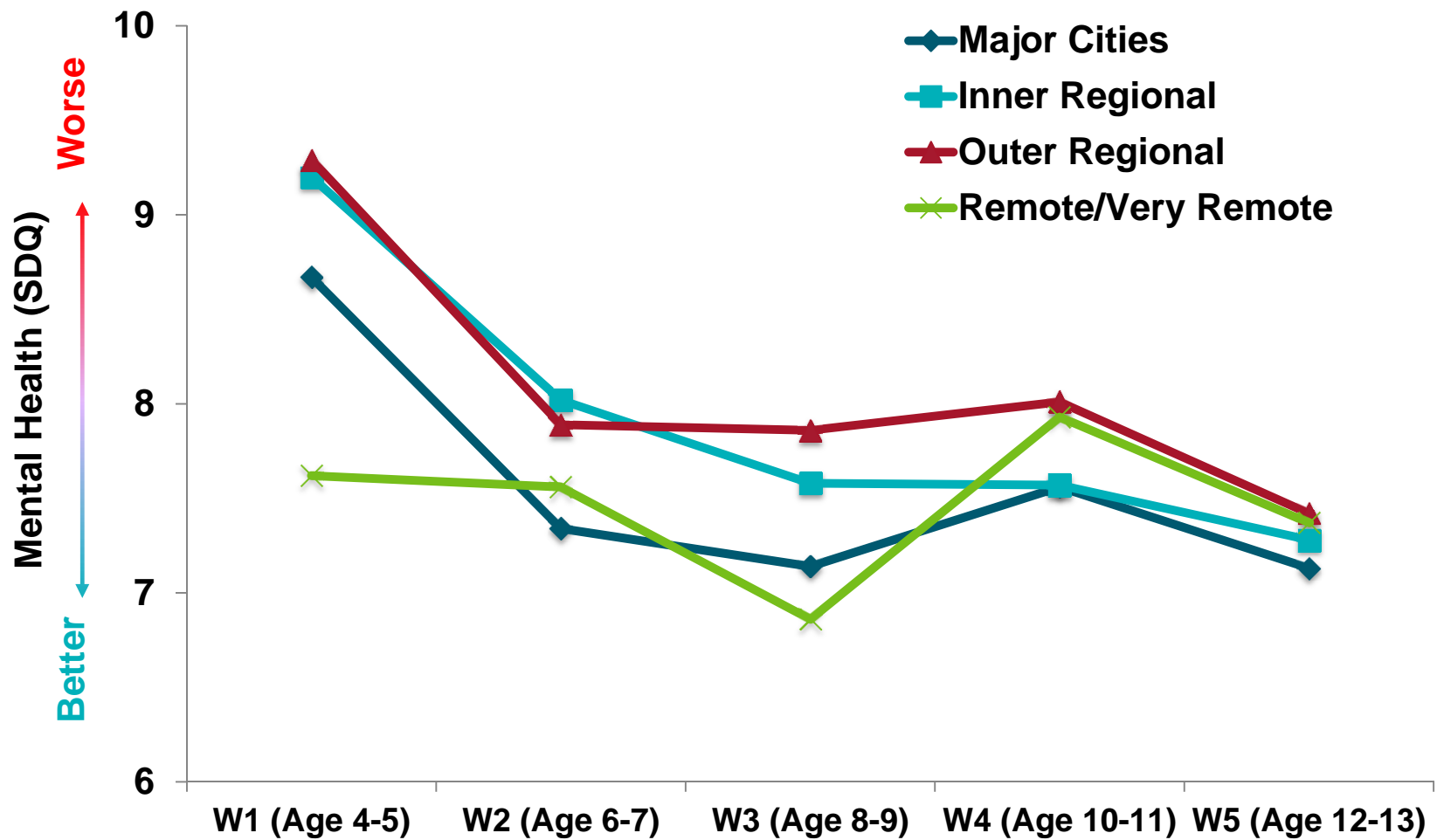


The longitudinal study of Australian children

# B Cohort Children in Remote Areas Have Better Mental Health



# Remoteness Variation in Mental Health of Children Decreases With Age



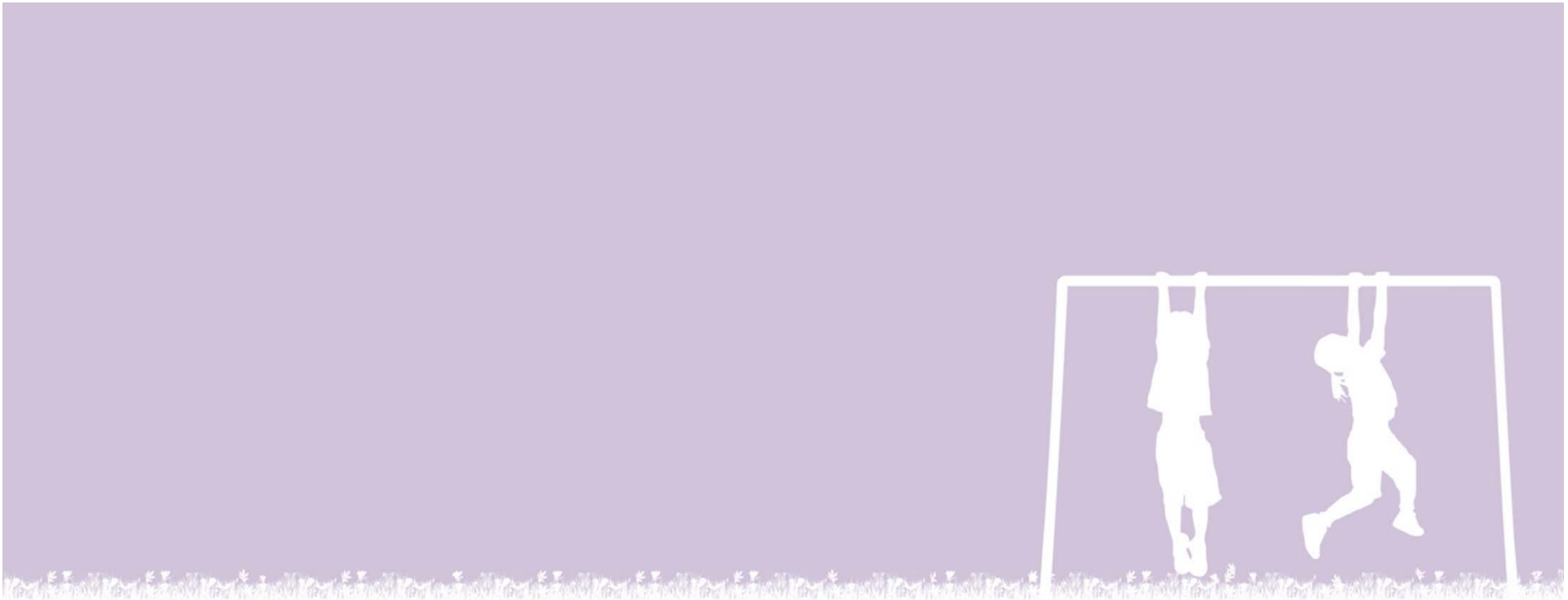
# Other Health and Wellbeing data in LSAC

## Children

- Health at birth (e.g. weight & length)
- General health, BMI
- Long-term medical conditions or disability

## Parents

- BMI
- Health conditions: both current and past (as a child or adult), such as arthritis and sight problems
- Disability and medical conditions (e.g. chronic pain, head injury)
- Mental health (e.g. K-6 Depression Scale)
- Services used (e.g. mental health services)



**LSIC**  
**Waves 1-6**  
**2008-2013**



# Health and wellbeing data in LSIC

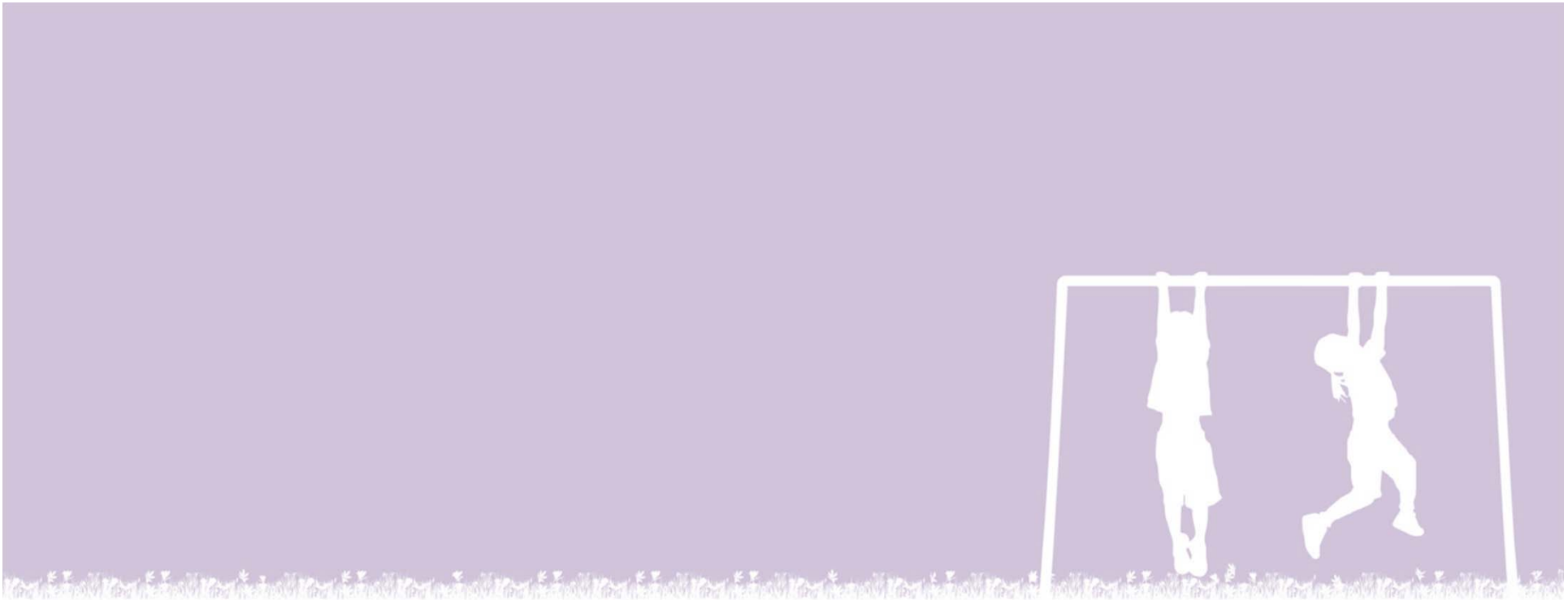
## Children

- Dental health and general health
- Health conditions (e.g. runny ears and asthma)
- Disability (e.g. intellectual and physical)
- Injury, sleeping problems and hospitalisation
- Australian Early Development Census

## Parents

- Health and health care during pregnancy
- General health
- Health conditions and disability
  
- Consumption of bush tucker





**BNLA**  
**Wave 1**  
**2012-13**



# Health and wellbeing data in BNLA

## Pre- and Post Migration Individual Health

- Physical Health
- Disability and long-term conditions
- Experiences of Trauma and PTSD
- Stress and Coping
- Immigration Experiences including Detention

## Family Settlement Issues

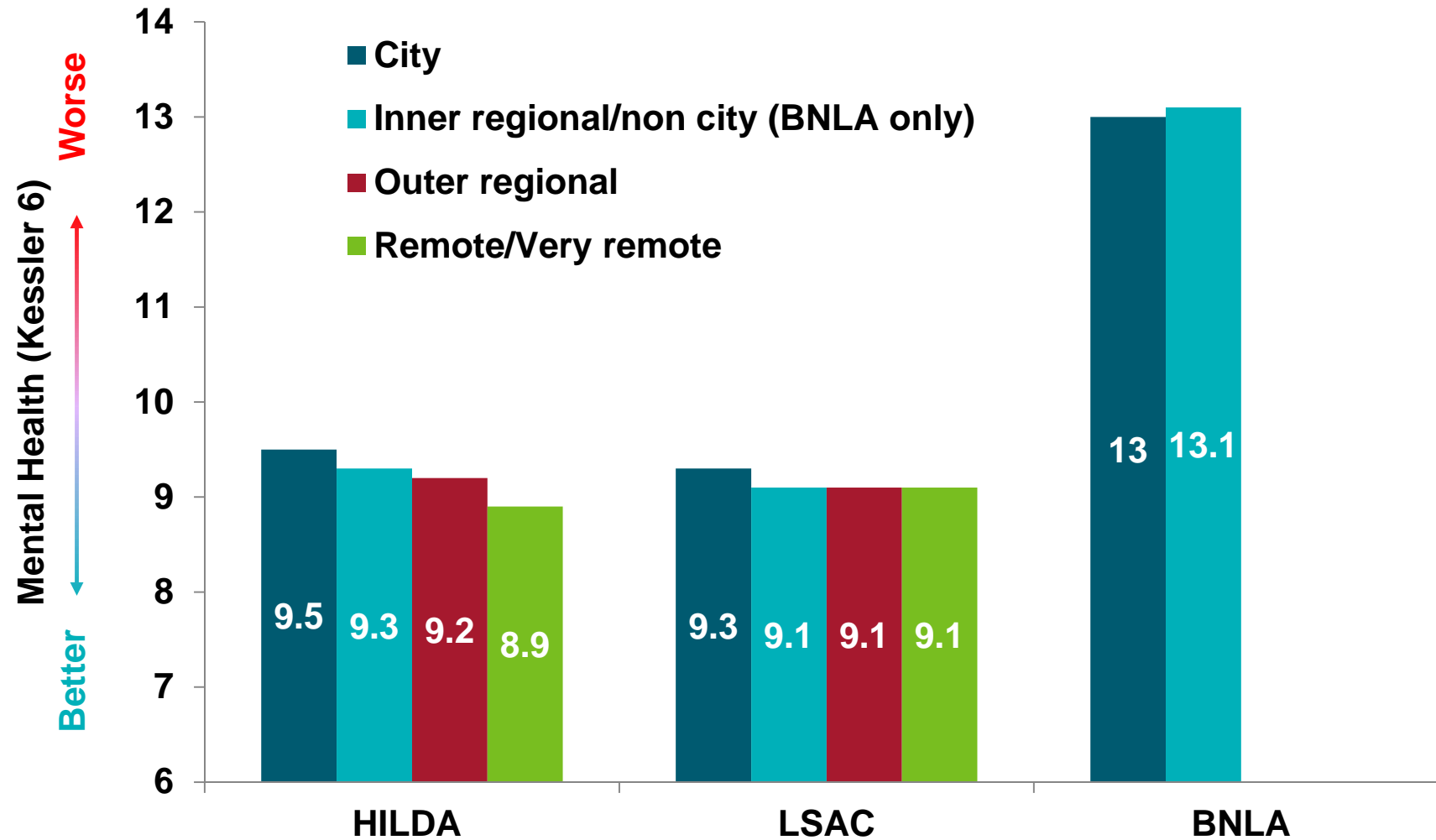
- Community Engagement and Community Support
- Life satisfaction
  
- A wide range of socio-economic information



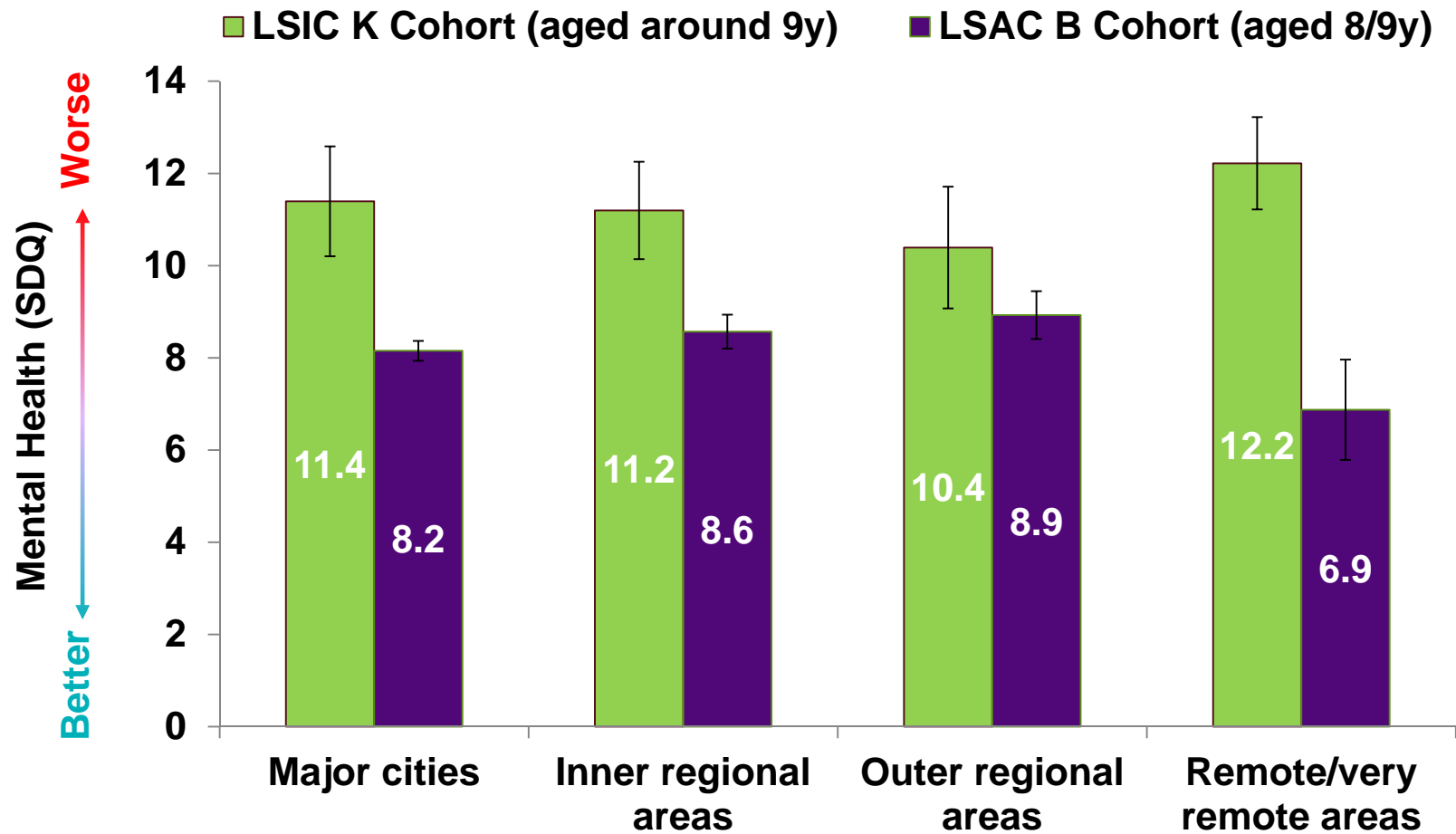
# Cross-study Comparisons



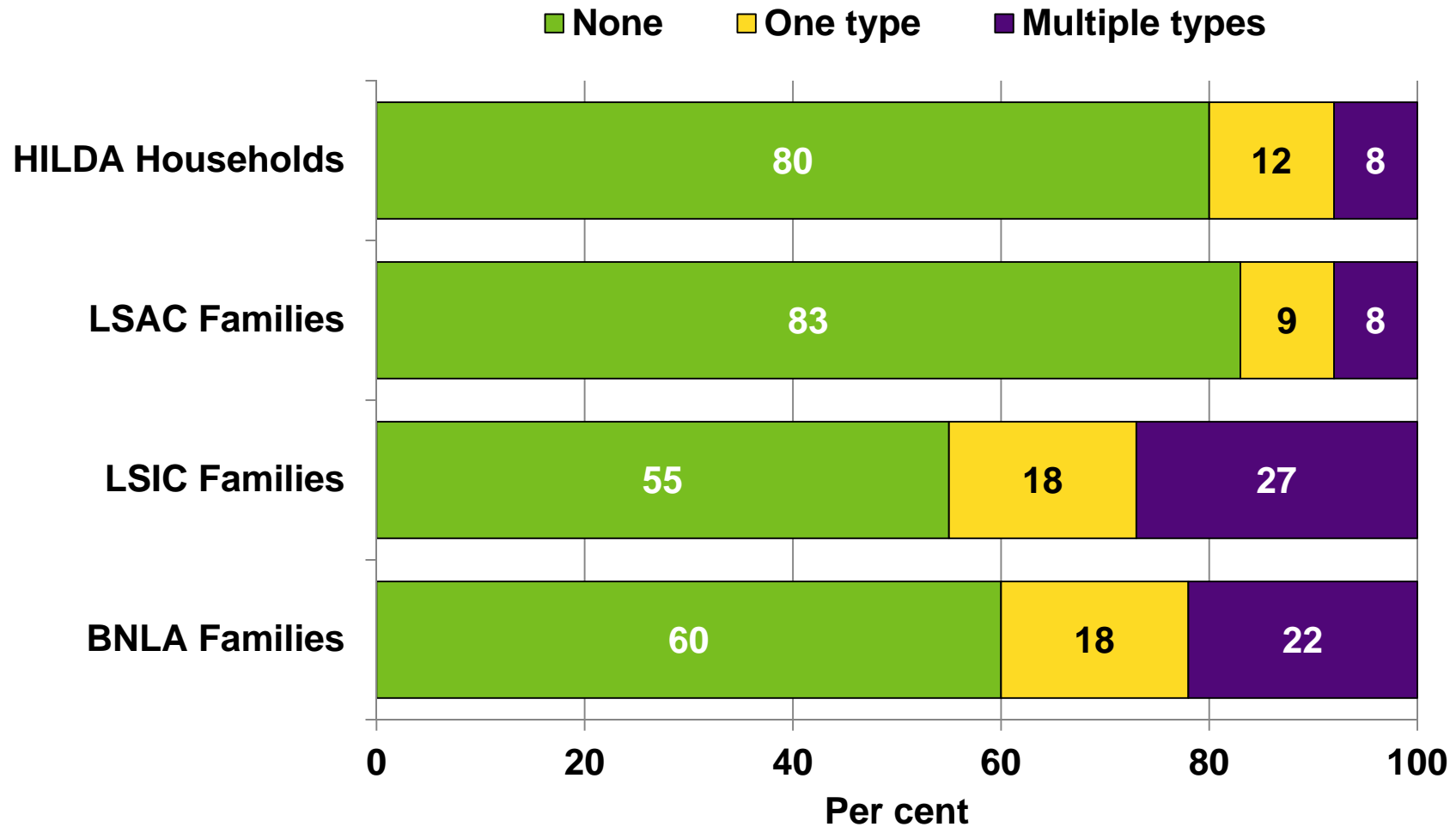
# Mental Health Problems are Higher Amongst Humanitarian Migrants

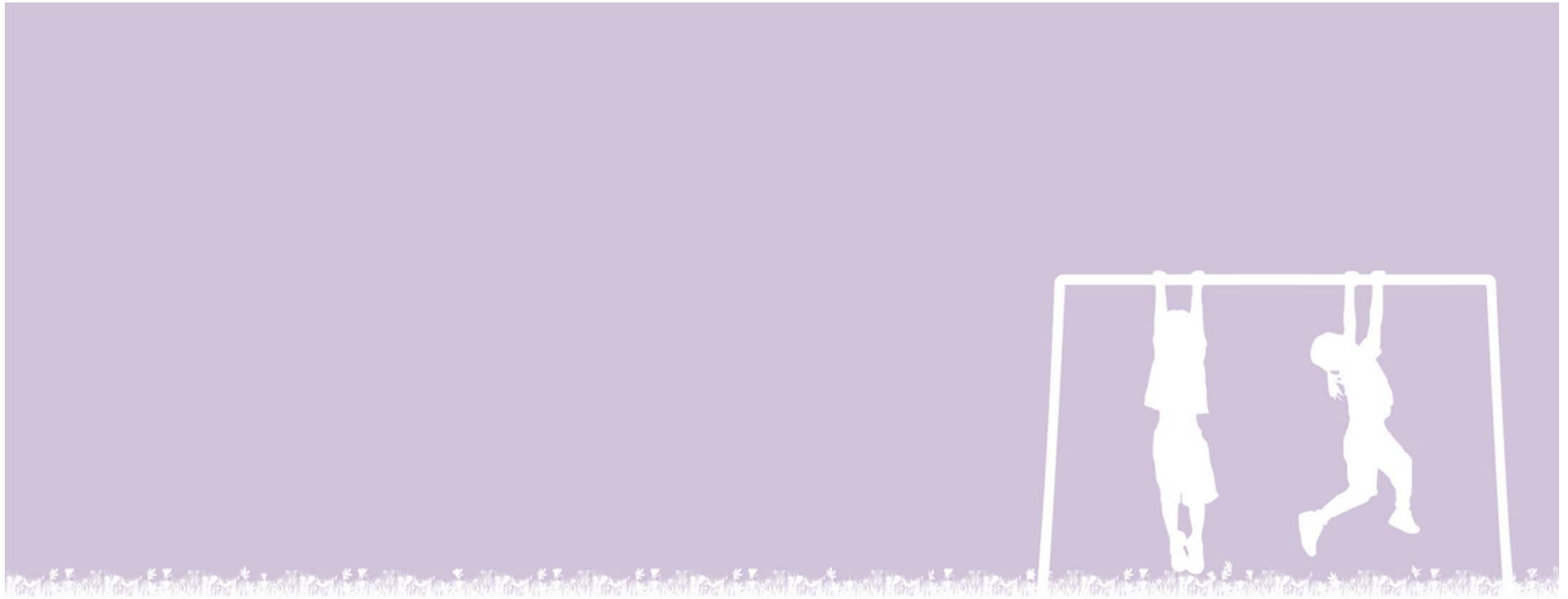


# Indigenous Children Have Poorer Mental Health In Most Remoteness Areas



# Indigenous and Humanitarian Families Experience More Financial Hardship





# Future Potential and Conclusion

# Future Potential and Conclusion

- Great potential for the application of the four datasets in research and policy development
- Need to take into account both people and places when developing health policies
- Comparison with other Australian and international data sources can enhance their value
  - Longitudinal Survey of Australian Youth
  - British Household Panel Survey
  - Growing up in New Zealand
- More data linkages with administrative datasets



# Contribute to improving the lifetime wellbeing of Australians through research



The longitudinal study of Australian children



Website(s): [www.dss.gov.au/nclد](http://www.dss.gov.au/nclد)

Research: <http://flosse.dss.gov.au>

Email: [nclد@dss.gov.au](mailto:nclد@dss.gov.au)



# Thank you

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