

# Health data from the ABS

## Rural and Remote Health Scientific Symposium

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**Australian Government**  
**Department of Health**



# Australian Health Survey

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



# Structure of the Australian Health Survey

General population design sample size = 25,000 households

## NATIONAL HEALTH SURVEY (NHS)

Response rate: 84.8%

15, 500 Households

1 Adult + 1 child = 20, 500 persons

Detailed conditions  
 Medications and supplements  
 Health related actions  
 Days of reduced activity  
 Social & emotional wellbeing (18+)  
 Physical activity (15+)  
 Private health insurance status (18+)  
 Breastfeeding (0-3)  
 Disability status  
 Alcohol consumption (15+)  
 Family stressors (15+)  
 Personal income (15+)  
 Financial stress

## CORE CONTENT

Response rate: 81.6%

25, 000 Households

1 Adult + 1 child (2 yrs +) = 32, 000 persons

Household information  
 Demographics  
 Self-assessed health status (15+)  
 Self-assessed body mass (15+)  
 Smoking (15+)  
 Physical measures (2+)  
 Fruit & veg consumption (2+)  
 Salt use (2+)  
 Blood pressure (5+)  
 Female life stage (10+)  
 Selected conditions

## NATIONAL NUTRITION AND PHYSICAL ACTIVITY SURVEY (NNPAS)

Response rate: 77.0%

9,500 Households

1 Adult + 1 child (2 yrs +) = 12,000 persons

Food security  
 Food avoidance  
 Dietary recall  
 Physical activity

## NNPAS

Telephone follow-up

2<sup>nd</sup> dietary recall

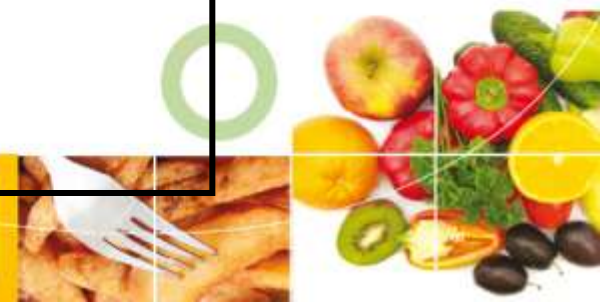
8-day pedometer (5+)

## NATIONAL HEALTH MEASURES SURVEY (NHMS)

Response rate: 37.1%

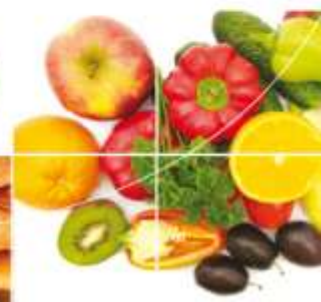
All survey participants (aged 5 yrs +)  
 from 25, 000 households invited to VOLUNTEER  
 = 11,000 persons

Key blood tests (12yrs +) and urine tests (5yrs +)  
 of nutritional status  
 and chronic disease markers



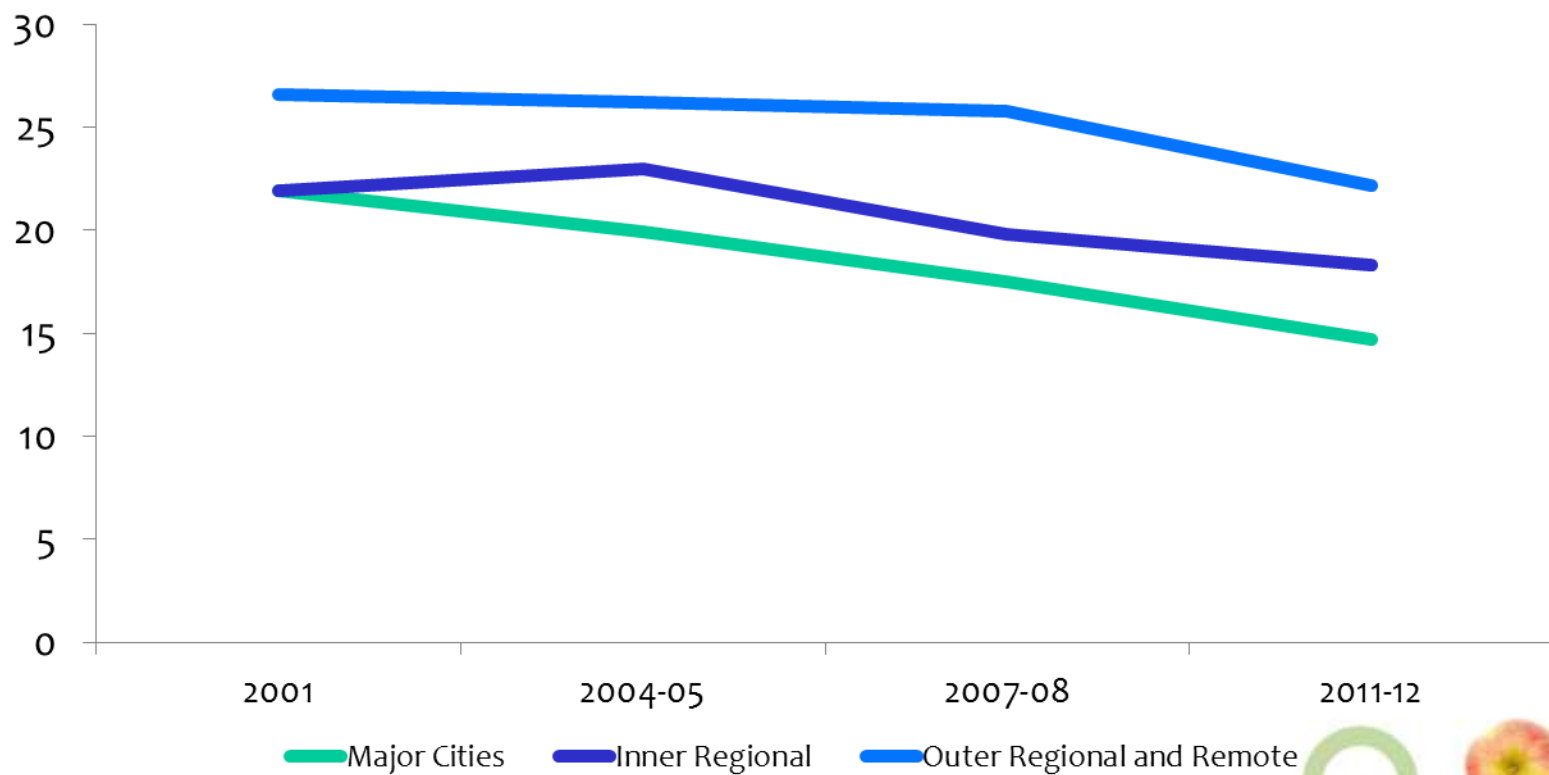
# Sample Design (Persons)

<b>Region</b>	<b>2-17</b>	<b>18-64</b>	<b>65+</b>	<b>TOTAL</b>
Major Cities	4,378	12,550	3,119	20,047
Inner Regional	1,377	3,744	1,266	6,387
Outer Regional and Remote	1,172	3,370	861	5,403
<b>Australia</b>	<b>6,927</b>	<b>19,664</b>	<b>5,246</b>	<b>31,837</b>

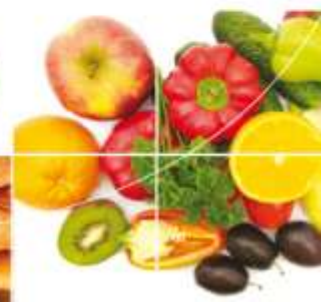
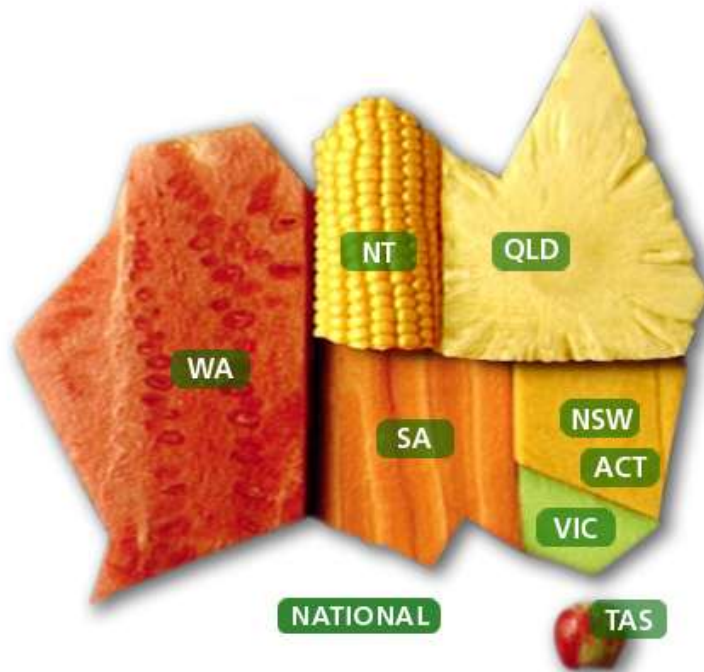


# Current daily smokers

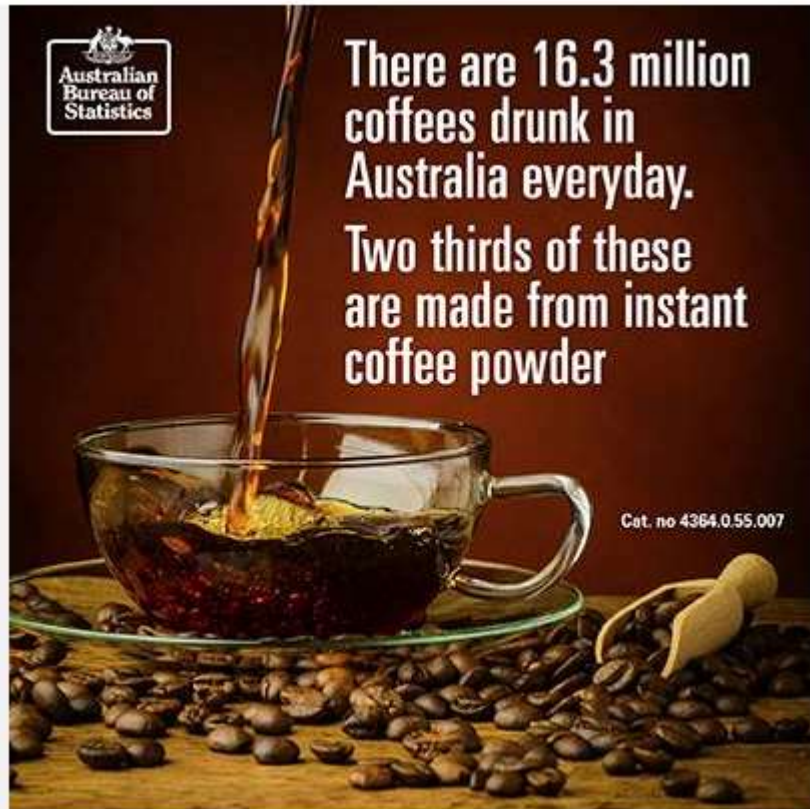
## Proportion of adults who smoked daily - remoteness (Australia)



# Nutrition

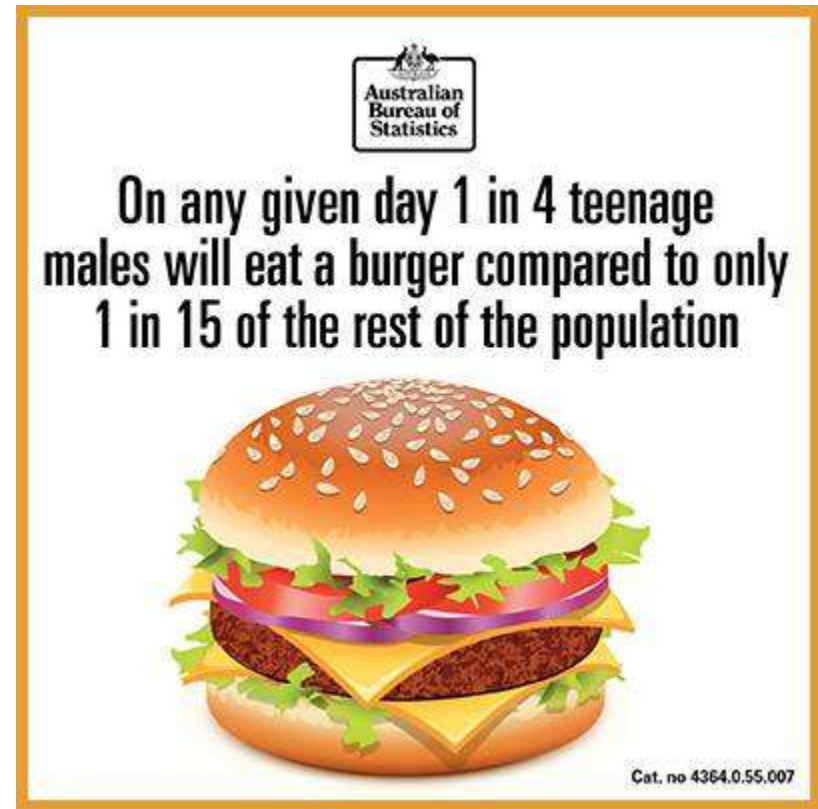


# Nutrition



**There are 16.3 million coffees drunk in Australia everyday.**  
**Two thirds of these are made from instant coffee powder**

Cat. no 4364.0.55.007



**On any given day 1 in 4 teenage males will eat a burger compared to only 1 in 15 of the rest of the population**

Cat. no 4364.0.55.007



# Physical Activity and Sedentary Behaviour





## Obesity in Australia

In 2011-12, men living in outer regional and remote areas of Australia were more likely to be overweight or obese than men living in major cities.





**68%** of men in major cities are overweight or obese


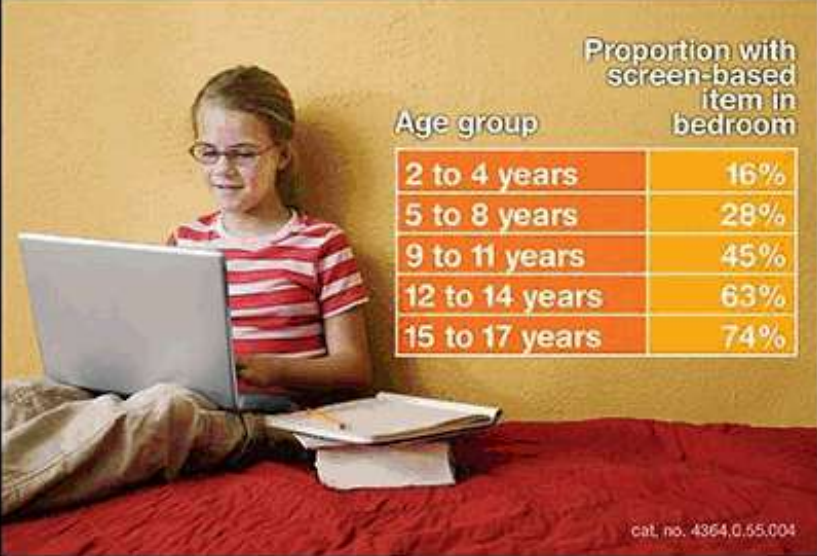
**74%** of men in outer regional and remote Australia are overweight or obese



Cat. No. 4364.0.55.003

## Screens in bedroom increases use

In 2011-12, 51% of Australian children aged 5 to 17 had screen items such as TVs and computers in their bedroom. The infographic below shows the proportion by age group.

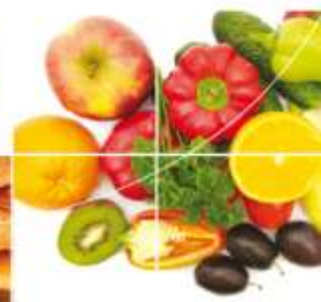
Proportion with screen-based item in bedroom

Age group	Proportion with screen-based item in bedroom
2 to 4 years	16%
5 to 8 years	28%
9 to 11 years	45%
12 to 14 years	63%
15 to 17 years	74%

cat. no. 4364.0.55.004



# Biomedical



# Biomedical results

## Health up in smoke

Obese daily smokers aged 18-44 are three times as likely as normal weight non-smokers to have high levels of total cholesterol.



*Australian Health Survey, Biomedical Results for Chronic Diseases (cat. no. 4364.0.55.005).*


# Smoking and obesity?




## Triple the likelihood of high cholesterol.

## Tried and tested

In 2011-12, about 5.6 million adult Australians had high measured total cholesterol levels...



...but only **1 in 10** of these people knew they did before our testing

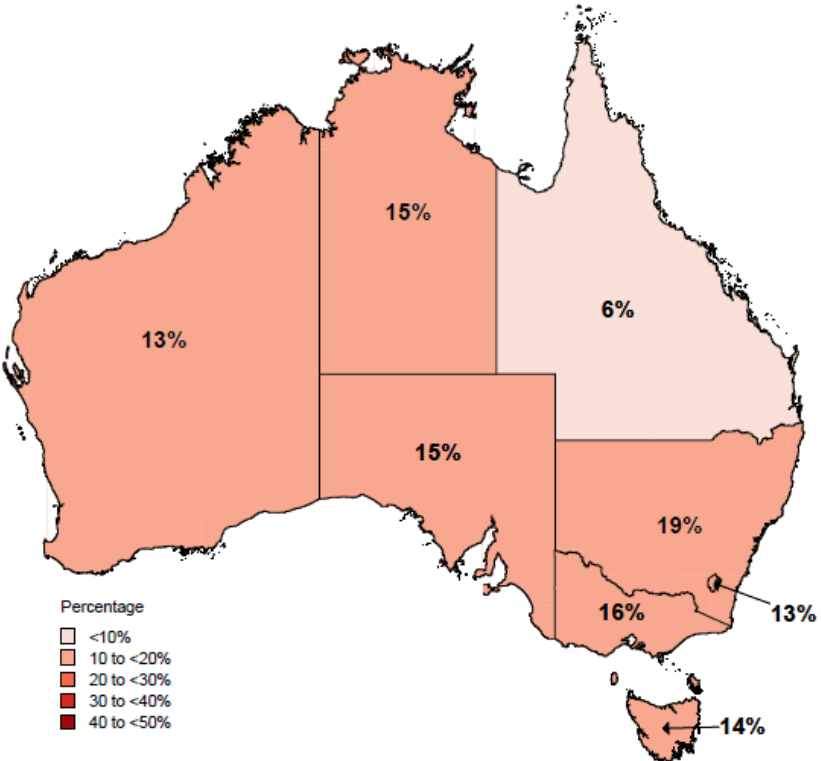


*Australian Health Survey, Biomedical Results for Chronic Diseases (cat. no. 4364.0.55.005)*



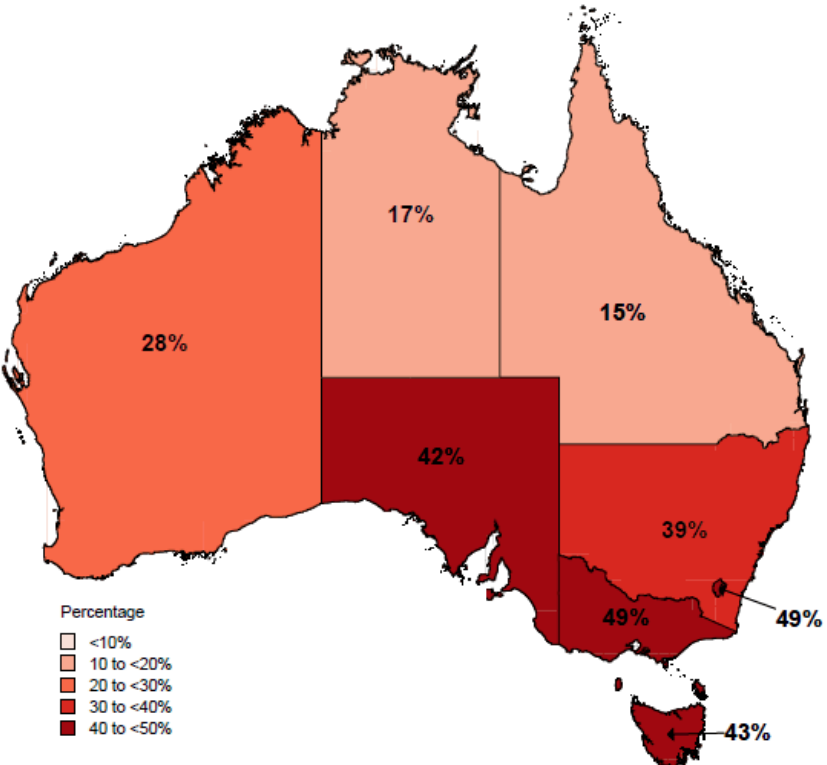
# AHS Biomedical Results for Nutrients: Vitamin D

Vitamin D deficiency in summer by state and territory, 2011–12



Source: Australian Health Survey: Biomedical Results for Nutrients

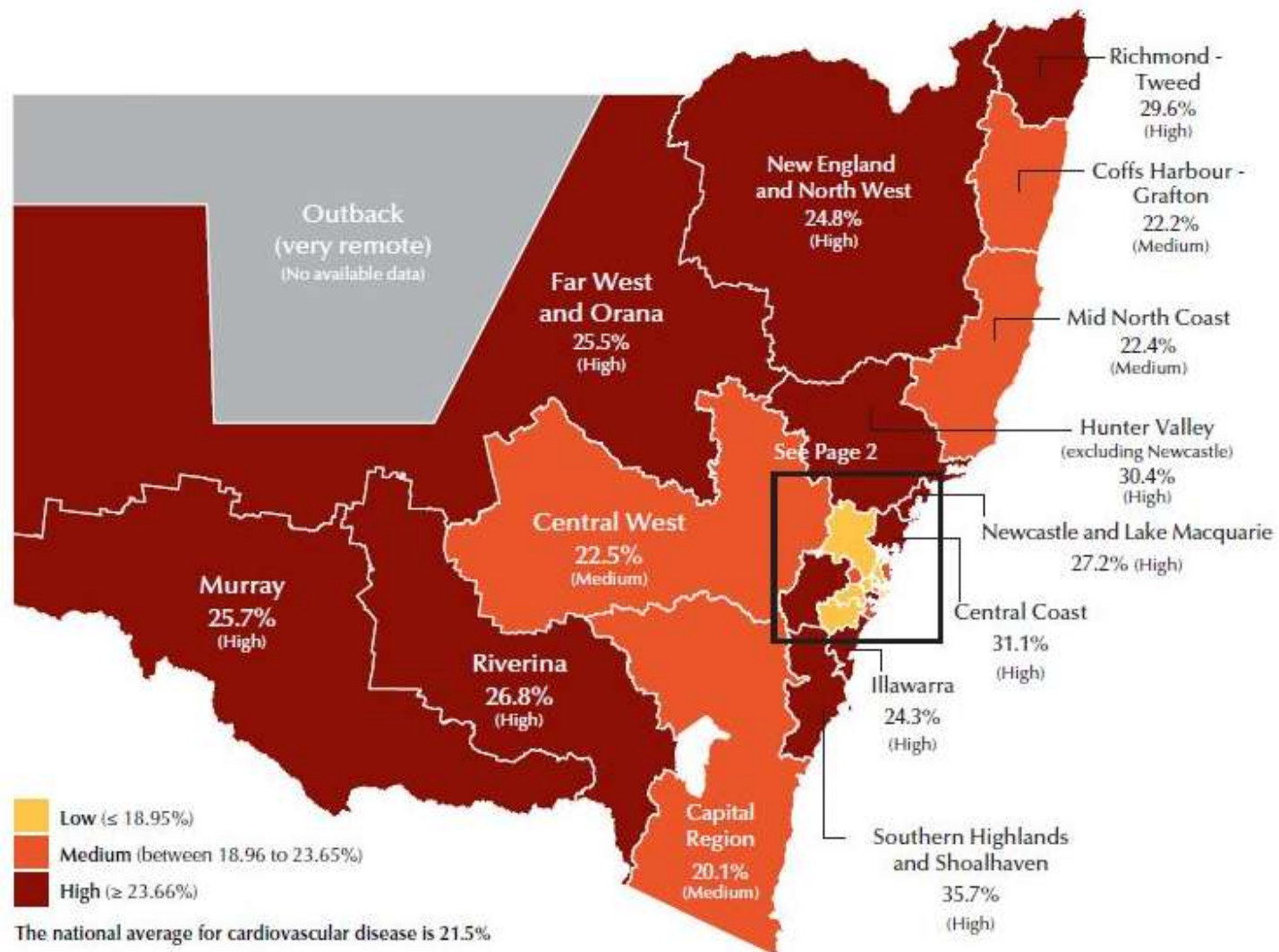
Vitamin D deficiency in winter by state and territory, 2011–12



Source: Australian Health Survey: Biomedical Results for Nutrients



# Prevalence of Cardiovascular Disease (CVD) in NSW



The national average for cardiovascular disease is 21.5%



# Structure of the Australian Aboriginal and Torres Strait Islander Health Survey

## NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH SURVEY (NATSIHS)

Response rate: 80.2%

5,400 Households

2 Adults + 2 children (non-remote) = 5,900 persons

1 Adult + 1 child (remote) = 3,400 persons

Detailed conditions

Health-related actions

Disability and recent injuries

Breastfeeding (0-3 yrs)

Days of reduced activity (5 yrs +)

Personal income (15 yrs +)

Family stressors (15 yrs +)

Immunisation (15 yrs +)

Alcohol & substance use (15 yrs +)

Private health insurance\* (15 yrs +)

Female contraception (18-49 yrs)

Social & emotional wellbeing (18+)

Cultural identification (18 yrs +)

Discrimination (18 yrs +)

Male contraception (18 yrs +)

Financial stress

Women's health (e.g. pap smears) (18 yrs +)

## CORE CONTENT

Response rate: 79.5%

8,300 Households

Adult + Child (2 yrs +) = 12,900 persons

Household information

Demographics

Dietary behaviours

Physical measurements

Blood pressure (5 yrs +)

Self-assessed body mass (15+)

Smoking (15+)

Self-assessed health status (15 yrs +)

Selected conditions

Physical activity (5-17 yrs, 18 yrs +)

Food Security

## NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER NUTRITION AND PHYSICAL ACTIVITY SURVEY (NATSINPAS)

Response rate: 79.2%

2,900 Households

1 Adult + 1 child (2 yrs +)

Non-remote = 1,800 persons

Remote = 2,300 persons

Dietary recall

Physical activity\* (2-4 yrs)

## NATSINPAS

Telephone follow-up\*  
(Non-remote)

2<sup>nd</sup> dietary recall  
8-day pedometer (5 yrs +)

## NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH MEASURES SURVEY (NATSIHMS)

Response rate: 40.4%

All adult survey participants

From 8,300 households invited to VOLUNTEER  
= 3,300 persons

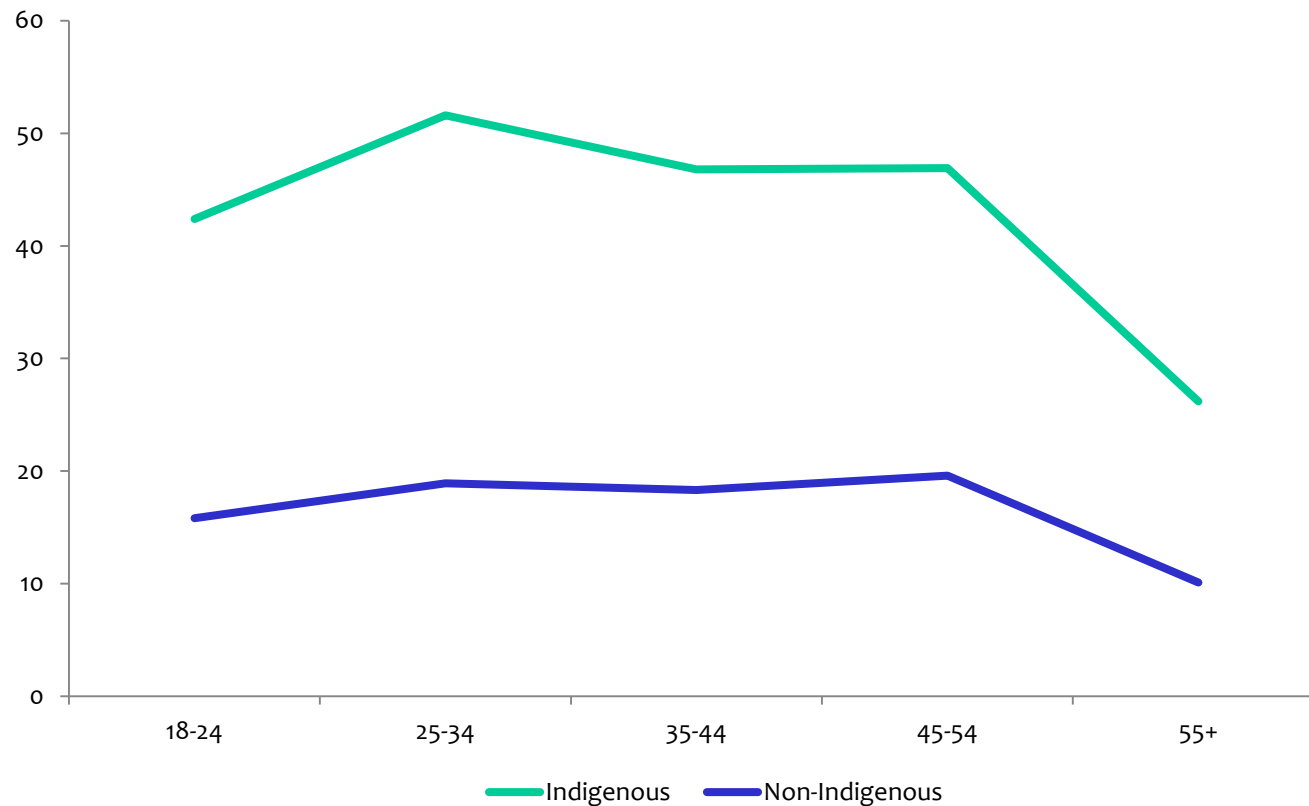
Key blood tests and urine tests of nutritional  
status and chronic disease markers

\*Excludes remote areas

NOTE: Population is all persons  
unless otherwise indicated

# Indigenous daily smoking

## Proportion of persons who are current daily smokers



Source: Australian Health Survey 2011-13, ABS

# Patient Experience Survey (PEx)

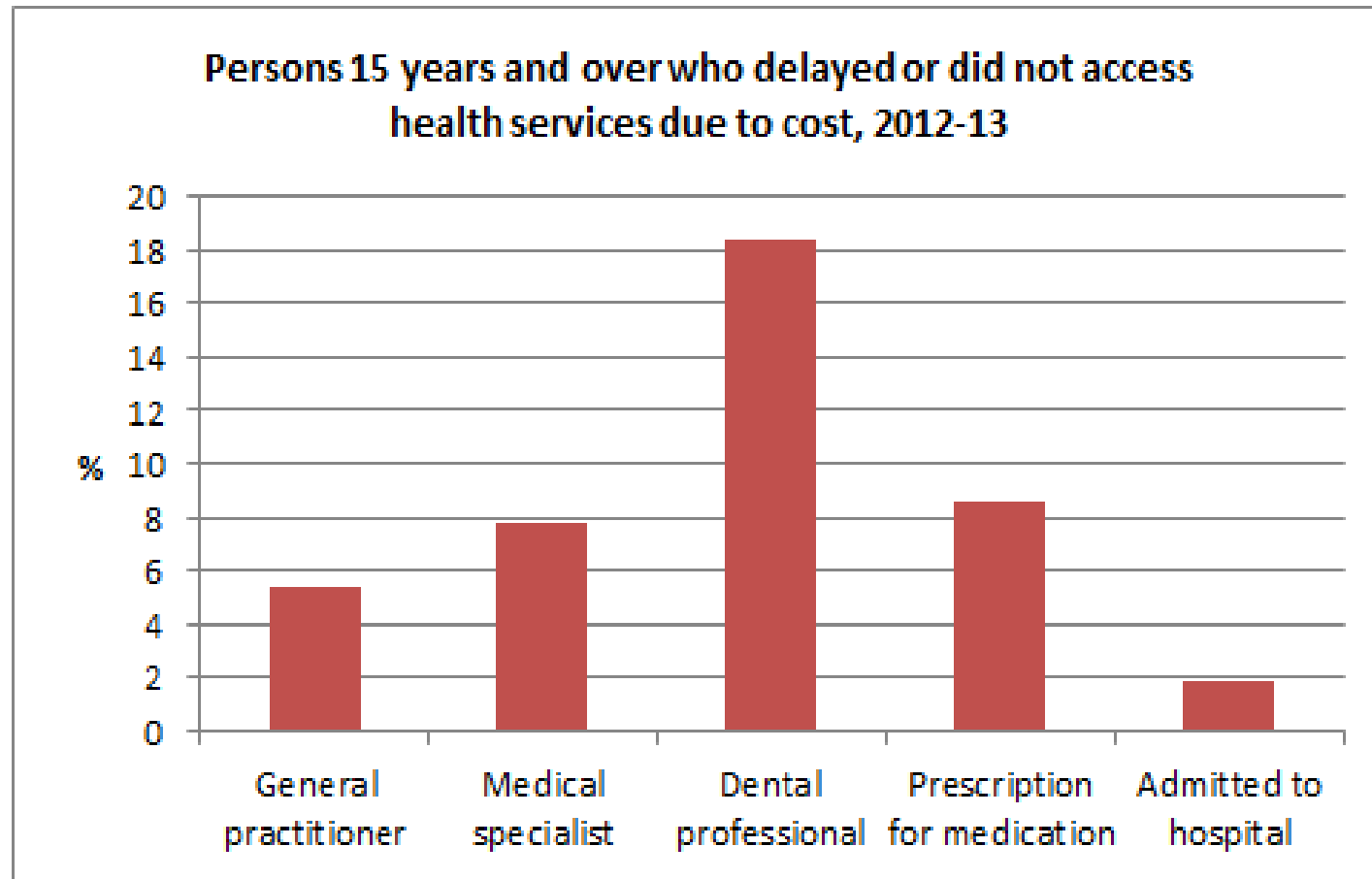
2012-13: (annual data since 2009)

- general practitioners
- medical specialists
- dental professionals
- imaging and pathology
- after hours care
- hospital/emergency departments
- care experience
- information provision
- Waiting times
- Barriers to access

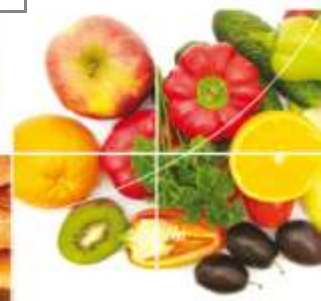




# Patient Experience Survey (PEX)



Source: Patient Experience Survey, ABS



# Other Health Data Sources

- National Survey of Mental Health and Wellbeing
- Census
- Causes of Death
- Life Expectancy
- Survey of Disability, Ageing and Carers
- Apparent Consumption of Alcohol



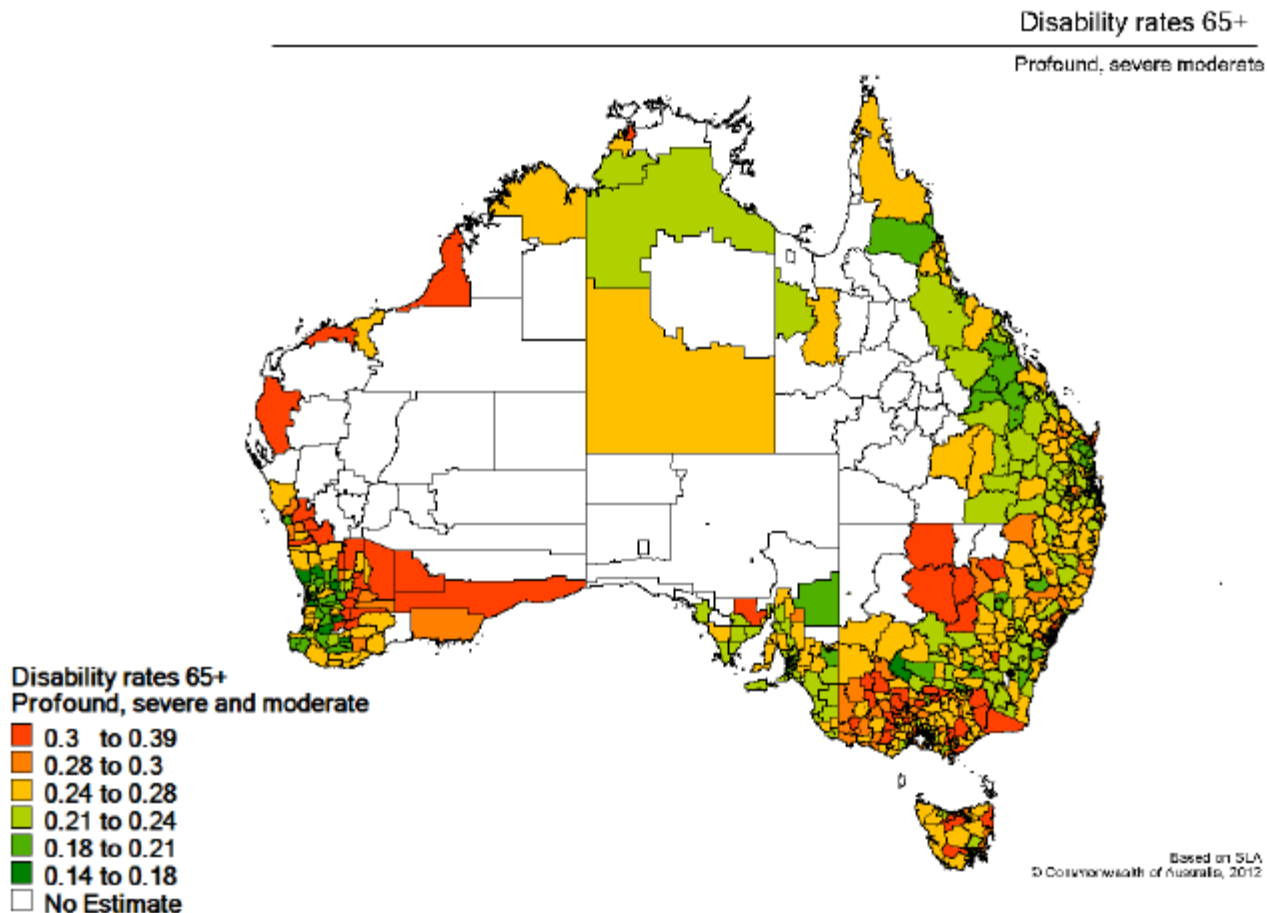
# Census For a brighter future

The Census provides a snapshot of Australia's people and their housing – information is used to determine services and facilities you and your community need



- Long-term health conditions question

# Small area data



Source: Survey of Disability, Ageing and Carers, ABS

# Further information

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



# Where to Find Data?

## Australian Health Survey

- Australian Health Survey
- Profiles of Health
- Updated Results
- Biomedical Results for Chronic Diseases
- Future Releases
- Other Resources
- Users' Guide
- Microdata



The Australian Health Survey 2011-13 (AHS) will provide a better understanding of the health of people living in Australia. With your assistance we will be able to provide governments, health researchers and the community with important clues about health problems and emerging issues in Australia today.

### Australian Health Survey Publications



-  [Australian Aboriginal and Torres Strait Islander Health Survey: Updated Results -- NEW...](#)
-  [Australian Health Survey: Nutrition First Results - Food and Nutrients](#)
-  [Australian Health Survey: Biomedical Results for Nutrients](#)
-  [Australian Aboriginal and Torres Strait Islander Health Survey: First Results](#)
-  [Australian Health Survey: Biomedical Results for Chronic Disease](#)
-  [Australian Health Survey: Physical Activity](#)
-  [Australian Health Survey: Updated Results](#)
-  [Australian Health Survey: Health Service Usage and Health Related Actions](#)
-  [Australian Health Survey: First Results](#)

Are you one of the 1 in 3 Australians aged 15 years and over who rate their health as being very good or excellent?

...or one of the 1 in 3 Australians who have quit smoking?

...or one of the 1 in 10 Australians who have asthma?



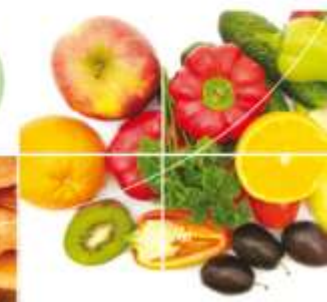
# Microdata releases

Table Builder files	Expected release date	Geographic info
NHS and NNPAS (physical activity component) files	Available now	State, remoteness, SEIFA, Medicare local
Core content, risk factors, biomed	Available now	State, remoteness, SEIFA, Medicare local
CURFs	Expected release date	
Nutrition basic CURF	Available now	Remoteness, SEIFA
Expanded CURFs for NHS, NNPAS and core included biomed	September/October 2014	State, remoteness, SEIFA



# Forthcoming publications

Publication	Expected release date
Australian Aboriginal and Torres Strait Islander Health Survey: Biomedical results	10 September 2014
Australian Aboriginal and Torres Strait Islander Health Survey: Physical activity results	Late 2014
Australian Aboriginal and Torres Strait Islander Health Survey: Nutrition results	2015





# Questions

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