

New South Wales Population Health Survey

2002–2005 Report on
Adult Aboriginal Health



The painting on the cover is by Wiradjuri artist Kylie Cassidy.

The circular areas linked together represent different health services connecting and linking with one another to provide the best possible service and care. The repetition of rings within the circles signify the strengthening of health services and health delivery through networking and partnerships. The blue areas moving in toward the centre circles symbolise the status of our health: by utilising the available services our health status will improve. The dotted area of green, white and yellow throughout the background display the many risk factors of our health and wellbeing and the larger blue dots with the grey dot inside are dreaming symbols used to represent the people within the community utilising the health system.

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Introduction

This is the first report on the health of Aboriginal adults from the New South Wales Population Health Survey. The report uses data collected between 2002 and 2005. It will assist the monitoring of health, and policy development and service planning, at the statewide and area health service level.

The only other sources of information on the health of Aboriginal people in New South Wales are the National Aboriginal and Torres Strait Islander Health Survey, and the National Aboriginal and Torres Strait Islander Social Survey, conducted by the Australian Bureau of Statistics.[1,2]

In 2001, Aboriginal and Torres Strait Islanders comprised just over 2 per cent of the New South Wales population, of which 6.4 per cent were Torres Strait Islanders. In this report, the term Aboriginal means either Aboriginal or Torres Strait Islander, to recognise Aboriginal people as the original inhabitants of New South Wales.

New South Wales Population Health Survey

The New South Wales Population Health Survey is a continuous survey using computer assisted telephone interviewing (CATI) that began in 2002. It is conducted between February and December each year. The target population is all state residents living in households with private telephones. The target sample is approximately 1,500 people in each area health service each year (a total annual sample of 12,000).

Households are contacted using list assisted random digit dialling. Up to 7 calls are made to establish initial contact with a household and up to 5 calls are made to contact a selected respondent. One person from the household is randomly selected for inclusion in the survey. Carers or parents of children aged 0–15 years are interviewed on their behalf.

The sample is weighted to adjust for differences in the probabilities of selection among subjects and to adjust for differences between the age and sex structure of the sample and Australian Bureau of Statistics mid-year population estimates for New South Wales. This enables the calculation of prevalence estimates for the state population rather than for the respondents selected.

Sample size

Between 2002 and 2005, 56,677 respondents participated in the survey, of whom 1,034 were Aboriginal (approximately 1.8 per cent). Of these, 930 were adults aged 16 years and over and 104 were children aged 0 to 15 years.

Based on an Aboriginal population of about 150,000 in New South Wales,[3], using simple random sampling it is estimated a sample of 400 Aboriginal people are required to detect differences of + or - 5 per cent in prevalence estimates. Because the survey has a complex design, it needs twice this number to detect differences of + or - 5 per cent in prevalence estimates (that is, an Aboriginal sample of at least 800).

Representativeness of the sample

Telephone surveys are a well accepted survey method in the general population because of a high telephone ownership currently estimated to be over 95 per cent.[4] Approximately 82 per cent of Aboriginal households in non-remote areas, and 43 per cent of Aboriginal households in remote areas, have a working telephone at home.[2]

The median age of Aboriginal people is 20.5 years compared with 36.1 years for the overall population.[2] As recommended by the Australian Bureau of Statistics,[1] when producing estimates for sub-populations that have different age structures than the overall population, the sample was re-weighted to adjust for differences between the age and sex structure of the sample and the Australian Bureau of Statistics mid-year estimates for the Aboriginal population of New South Wales. [3] Once the sample was re-weighted by age and sex, the survey population represented the Aboriginal population of New South Wales.[5]

The Aboriginal respondents of the survey were more likely to be female, come from a rural area—in particular the Greater Western Area Health Service—and have an income less than \$20,000 per annum, compared to the overall Aboriginal population of New South Wales.[5]

	Demographic	Sample	Weighted sample	NSW Aboriginal and TSI Population *2001 Census
Sex	Male	38.7%	48.6%	48.6%
	Female	61.3%	51.4%	51.4%
Age	16-24	15.6%	16.2%	16.2%
	25-34	18.7%	28.6%	28.6%
	35-44	19.5%	24.9%	24.9%
	45-54	19.5%	16.9%	16.9%
	55-64	15.0%	9.3%	9.3%
	65-74	8.6%	3.3%	3.3%
	75+	3.2%	0.7%	0.7%
Income	Income less than \$20,000	44.4%	31.9%	30.9%
	\$20,000-\$40,000	24.9%	25.6%	32.3%
	\$40,000-\$60,000	13.7%	16.4%	17.5%
	\$60,000 - \$80,000	8.5%	9.5%	9.1%
	Over \$80,000	11.5%	16.5%	10.1%
Housing arrangement	Paying rent	48.0%	51.7%	60.2%
	Paying off dwelling	19.7%	25.2%	20.5%
	Fully owned	24.7%	18.9%	16.5%
	Rent free tenure	7.6%	4.2%	2.9%
Area	Sydney South West	6.0%	10.7%	12.8%
	South Eastern Sydney & Illawarra	6.9%	8.8%	10.2%
	Sydney West	9.7%	12.7%	12.3%
	Northern Sydney & Central Coast	6.9%	6.2%	5.0%
	Hunter & New England	15.4%	20.8%	20.9%
	North Coast	11.1%	12.7%	11.1%
	Greater Southern	9.9%	9.8%	9.1%
	Greater Western	34.1%	18.4%	18.6%
Location	Rural	65.6%	53.9%	51.9%
	Urban	34.4%	46.1%	48.1%

Health indicators

The report describes 23 health indicators, which are:

Health behaviours

Alcohol risk drinking, fruit intake, vegetable intake, food security, physical activity, smoking status, smoke-free households, influenza immunisation, and pneumococcal immunisation.

Health status

Self-rated health, current asthma, diabetes or high blood glucose, oral health (all natural teeth missing), overweight and obesity, and psychological distress.

Health services

Difficulties getting health care, emergency department attendance, hospital admissions, community health service attendance, and public dental service attendance.

Social capital

Attended a community event, trust most people, and visit neighbours.

These indicators are presented in graphical and tabular form. For each indicator the report includes 2 bar charts of the indicator, one by age group and sex and the other by health area and sex.

The tables below the charts present the indicator estimates for males, females and persons and includes the 95 per cent confidence intervals (CI). The 95 per cent confidence interval provides a range of values that should contain the actual value 95 per cent of the time. In general, a wider confidence interval reflects less certainty in the indicator estimate. If confidence intervals do not overlap then the observed estimates are significantly different.

Further information

For further information about the New South Wales Population Health Survey, or any of the reports produced from the survey data, visit the website at www.health.nsw.gov.au/public-health/survey/hsurvey.html.

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Health behaviours

Risk behaviours in adulthood affect health and wellbeing and contribute to premature mortality. This chapter reports: risk alcohol drinking, nutrition, physical activity, smoking status, exposure to environmental tobacco smoke (passive smoking), and immunisation against vaccine preventable diseases (influenza and pneumococcal disease).

Risk alcohol drinking

Alcohol affects health in a number of ways, including: acute physical effects, such as intoxication and alcohol overdose; chronic physical effects, such as cirrhosis of the liver, heart disease, brain damage, and memory loss; and the effects of alcohol consumption on the health of others, such as road trauma caused by drink-driving and alcohol-related violence.[1] Alcohol abuse is also associated with crime, social problems, and lost productivity. Alcohol consumption is second only to tobacco consumption as a preventable cause of drug-related morbidity and mortality in Australia.

In the New South Wales Population Health Survey the following questions are asked: How often do you usually drink alcohol?; On a day when you drink alcohol, how many standard drinks do you usually have?; In the past 4 weeks how often have you had more than 4 [if male] or 2 [if female] drinks in a day?; In the past 4 weeks, how often have you had 11 or more [if male] or 7 or more [if female] drinks in a day?; In the past 4 weeks how often have you had 7–10 [if male] or 5–6 [if female] drinks in a day?

Just under one-half (45.9 per cent) of Aboriginal adults engage in risk alcohol drinking, defined by Guideline 1 of the NHMRC Australian Alcohol Guidelines as: consuming alcohol every day, consuming on average more than [4 if male or 2 if female] standard drinks, consuming more than [6 if male or 4 if female] on any one occasion or day.[2] A significantly higher proportion of males (54.2 per cent) than females (37.8 per cent) engage in risk alcohol drinking. Risk alcohol drinking generally decreased with age. There was some geographical variation, with a higher proportion of urban residents (47.2 per cent) than rural residents (45.1 per cent) engaging in risk alcohol drinking.

Just under one in 5 (19.5 per cent) of Aboriginal adults engage in high risk alcohol drinking (binge drinking), defined by the NHMRC Australian Alcohol Guidelines as consuming 11 or more standard drinks in any one day if male, and 7 or more standard drinks in any one day if female.[2] The proportion of males (28.2 per cent) reporting high risk alcohol drinking was significantly higher than females (11.1 per cent), with young males aged 16–24 years having the highest level (53.5 per cent).

Nutrition: fruit and vegetable consumption and food security

Nutrition is an important determinant of health and disease at all stages of life, either as protective influences or as risk factors. Some common diseases and conditions, to which diet contributes substantially to health risk or health protection, include: coronary heart disease, stroke, some cancers, type 2 diabetes, osteoporosis, dental caries, gall bladder disease, and diverticular disease.[4,5,6,7]

An adequate intake of fruit and vegetables decreases the risk of major chronic diseases.[4,6] However, most groups in the New South Wales population eat less than the recommended amounts of these foods.[1] Despite the good quality of the food supply, there are some groups who lack food security: that is, who do not have sufficient access at all times to sufficient food for an active and healthy life. Food insecurity is a likely contributor to ill health associated with socioeconomic disadvantage.

In the New South Wales Population Health Survey respondents are asked the following questions, as part of a validated short dietary questionnaire: How many serves of fruit do you usually eat each day?; and, How many serves of vegetables do you usually eat each day?[8] The national 'Go for 2 Fruits and 5 Vegetables Campaign' is used as the source of recommended numbers of serves of fruits and vegetables.[9] The following question was also asked: In the last 12 months, were there any times you ran out of food and couldn't afford to buy more?

Just over one-third (37.2 per cent) of Aboriginal adults consumed the recommended daily intake of fruit (2 serves or more). More females (40.6 per cent) than males (33.6 per cent) consumed the recommended daily intake of fruit. Consumption of fruit generally increased with age. There was no significant difference between urban and rural areas.

Just over one in 10 (10.2 per cent) Aboriginal adults consumed the recommended daily intake of vegetables (5 serves or more). A significantly higher proportion of females (14.6 per cent) than males (5.4 per cent) consumed the recommended daily intake of vegetables. Consumption of vegetables was highest in females aged 35–44 years of age (23.6 per cent). There was some geographical variation, with a higher proportion of urban residents (12.7 per cent) than rural residents (8.6 per cent) consuming the recommended daily intake of vegetables. The highest proportion was in the Northern Sydney & Central Coast Health Area (21.7 per cent).

Overall, 15.1 per cent of Aboriginal adults had run out of food in the last 12 months and could not afford to buy more. Males and females were similar as were the different age groups. There was no significant difference between urban and rural areas. The lowest proportions were in the North Coast (8.2 per cent) and Greater Southern (10.1 per cent) Health Areas.

Adequate physical activity

Physical activity is an important factor in maintaining good health. It is a preventative factor for cardiovascular disease, some cancers, mental illness, diabetes mellitus, obesity, and injury. [10] The National Physical Activity Guidelines for Adults state the minimum amount of physical activity recommended to maintain good health is at least 30 minutes of moderate activity on most, and preferably all, days of the week.

In the New South Wales Population Health Survey the following Active Australia Survey questions were asked: [11] In the last week, how many times have you walked continuously for at least 10 minutes for recreation or exercise or to get to or from places?; What do you estimate was the total time you spent walking in this way in the last week?; In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant?; What do you estimate was the total time you spent doing this vigorous physical activity in the last week?; In the last week, how many times did you do any other more moderate physical activity that you haven't already mentioned?; What do you estimate was the total time that you spent doing these activities in the last week?

According to the Active Australia Survey, adequate physical activity is defined as undertaking physical activity for a total of 150 minutes per week over 5 separate occasions. The total minutes are calculated by adding minutes in the last week spent walking (continuously for at least 10 minutes), minutes doing moderate physical activity, plus minutes doing vigorous physical activity multiplied by 2.

Overall, 51.6 per cent of Aboriginal adults undertook adequate levels of physical activity. A significantly higher proportion of males (58.0 per cent) than females (45.6 per cent) undertook adequate levels of physical activity. Overall, among both males and females, the proportion decreased with age. There was some geographical variation, with a higher proportion of urban residents (55.5 per cent) than rural residents (49.3 per cent) undertaking adequate levels of physical activity.

Smoking status

Smoking is the leading preventable cause of mortality and morbidity in New South Wales. It is the main cause, or a significant cause, of many diseases including cancer and cardiovascular disease. Of all preventable risk factors, tobacco use is responsible for the greatest burden of premature death and disability. [12]

In the New South Wales Population Health Survey the following question was asked: Which of the following best describes your smoking status? I smoke daily, I smoke occasionally, I don't smoke now but I used to, I've tried it a few times but never smoked regularly, I've never smoked.

Current smoking status includes daily or occasional smoking. Overall, 43.2 per cent of Aboriginal adults were current smokers. There was no significant difference in the proportion of males and females who currently smoked. For both males and females, rates of current smoking were highest in young adults, particularly young men aged 16–24 years (58.9 per cent). There was some geographical variation, with a higher proportion of rural residents (44.4 per cent) than urban residents (41.2 per cent) currently smoking.

Smoke-free households

The adverse effects of exposure to environmental tobacco smoke (passive smoking) are well documented. In adults, passive smoking has been linked to asthma, lung cancer, cardiovascular diseases, eye irritations, and headaches.[13]

In the New South Wales Population Health Survey the following question was asked: Which of the following best describes your home situation? My home is smoke-free, People occasionally smoke in the house, People frequently smoke in the house.

Overall, 69.4 per cent of Aboriginal adults live in a smoke-free home. There was some geographic variation, with a higher proportion of urban residents (75.3 per cent) than rural residents (65.7 per cent) living in smoke-free homes. The highest proportion of smoke-free homes were in South Eastern Sydney & Illawarra (83.0 per cent) and Northern Sydney & Central Coast (80.9 per cent) Health Areas.

Immunisation: influenza and pneumococcal

In New South Wales, despite substantial progress in reducing the incidence of vaccine preventable diseases, increases in immunisation levels are needed to further reduce and eliminate these causes of illness and death.[14]

Influenza (flu) is caused by the influenza virus and is characterised by abrupt onset of fever, myalgia, headache, sore throat, and acute cough. Influenza can cause extreme malaise lasting several days. Although usually not life-threatening, influenza can be complicated by secondary bacterial pneumonia in individuals whose medical condition makes them vulnerable. Under the National Immunisation Program, influenza vaccine is provided free to all people aged 65 years and over and is recommended annually.[14] Under the National Indigenous Pneumococcal and Influenza Immunisation Program, the vaccine is provided free to Aboriginal people aged 50 years and over and to those aged 15–49 years who have chronic conditions or illness, or are heavy drinkers, or smoke tobacco.[14]

Streptococcus pneumoniae (pneumococcus), a bacterial inhabitant of the upper-respiratory tract, is a major cause of pneumonia, meningitis, and middle-ear infection, particularly in the elderly, Aboriginal people, and young children. The National Health and Medical Research Council recommends immunisation against pneumococcal disease for: all people aged 65 years and over; Aboriginal people aged 50 years and over; people over 5 years who are immunocompromised, suffer from chronic conditions or illness, or smoke tobacco; and people with asplenia, either functional or anatomical.[14]

The New South Wales Population Health Survey asked respondents aged 50 years and over: Has a health professional ever advised you to be vaccinated against the flu?; Were you vaccinated against flu in the past 12 months?; Has a health professional ever advised you to be vaccinated against pneumonia?; When were you last vaccinated against pneumonia?

Overall, 44.9 per cent of Aboriginal adults aged 50 years and over had an influenza vaccination in the last 12 months. There was no significant difference in the proportion of males and females who had an influenza vaccination. The proportion generally increased with age and was higher in rural areas (48.1 per cent) than urban areas (45.4 per cent).

Just over one in 5 (20.6 per cent) Aboriginal adults aged 50 years and over had a pneumococcal vaccination in the last 5 years. There was no significant difference in the proportion of males and females. The proportion generally increased with age, and there was no significant difference between rural areas and urban areas.

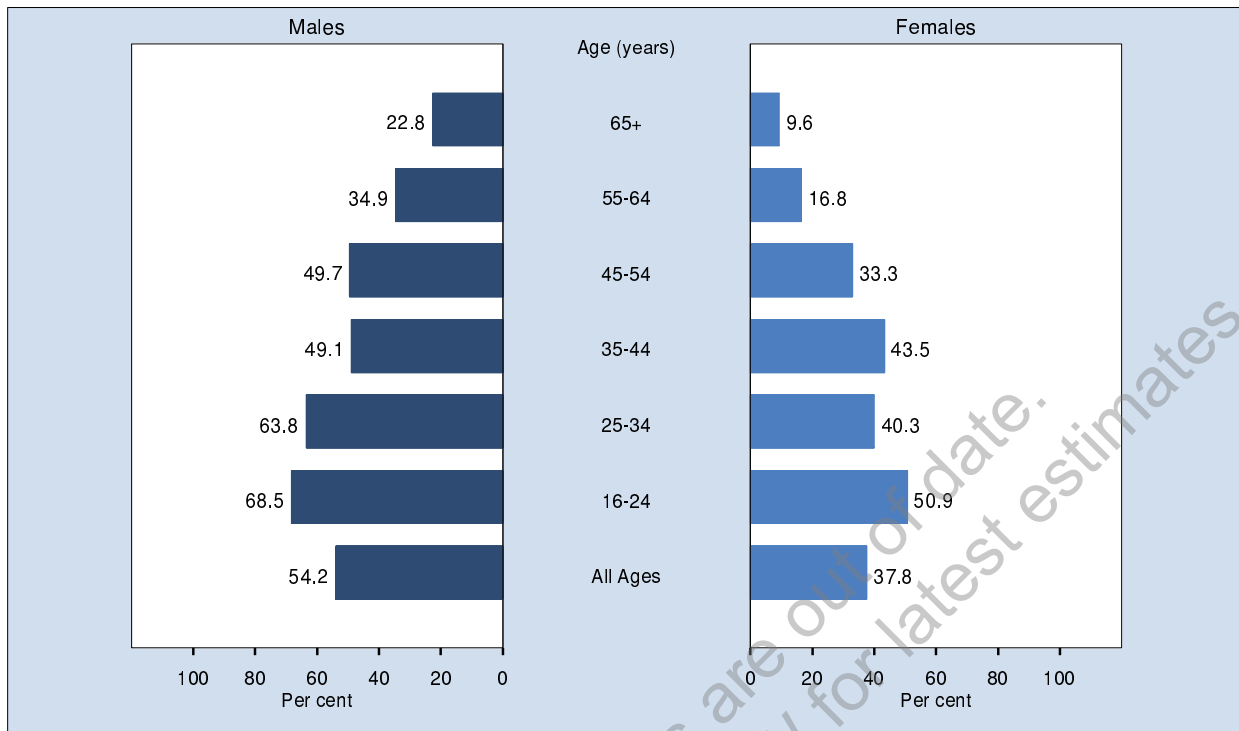
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WARNING: Estimates are for data estimates
Please check HealthStats for latest estimates

Risk alcohol drinking by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

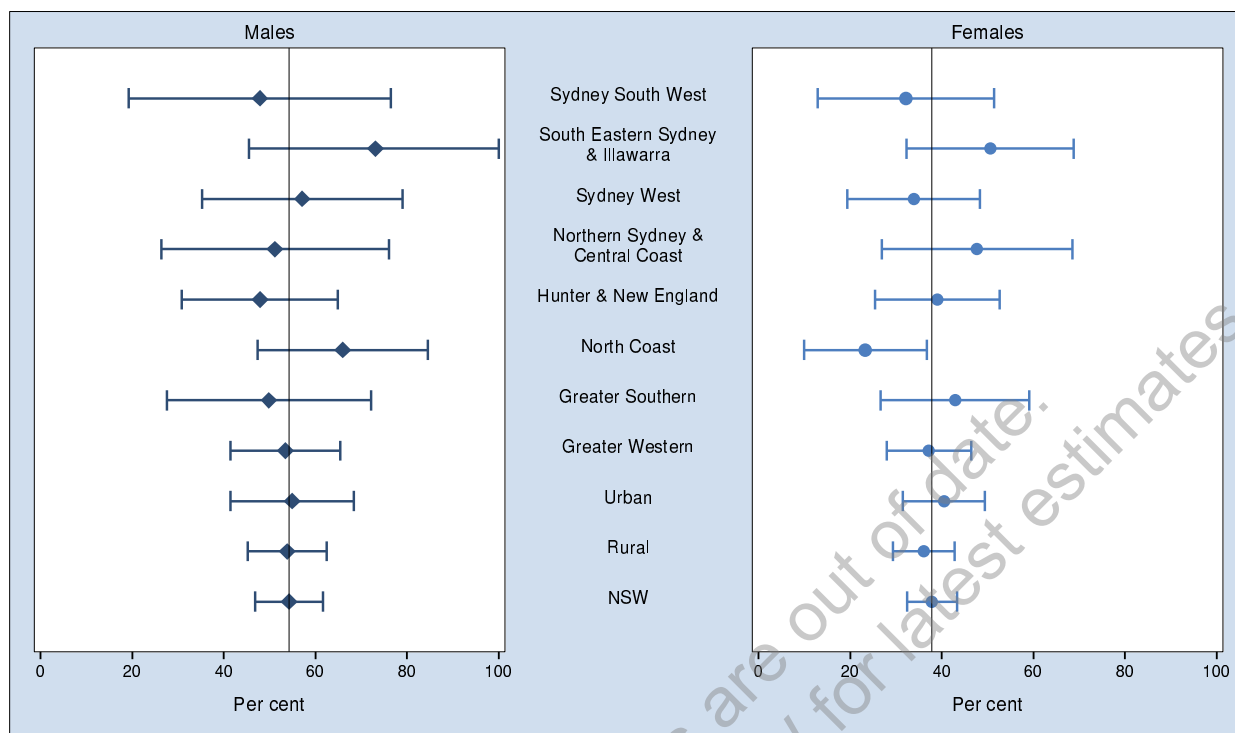


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	68.5 (49.9-87.1)	50.9 (33.5-68.4)	60.3 (47.1-73.5)
25-34	63.8 (47.8-79.7)	40.3 (30.2-50.4)	51.7 (42.0-61.3)
35-44	49.1 (34.7-63.5)	43.5 (31.5-55.6)	46.2 (37.0-55.5)
45-54	49.7 (35.2-64.3)	33.3 (22.1-44.5)	41.2 (31.7-50.7)
55-64	34.9 (19.8-50.0)	16.8 (7.9-25.7)	25.7 (16.8-34.5)
65+	22.8 (7.1-38.5)	9.6 (2.5-16.6)	15.8 (7.6-23.9)
All Ages	54.2 (46.9-61.6)	37.8 (32.4-43.3)	45.9 (41.3-50.5)

Note: Estimates are based on 894 respondents in NSW. For this indicator 24 (2.61%) were not stated (Don't know or Refused) in NSW. The indicator includes those who exceed Guideline 1 of the NHMRC Australian Alcohol Guidelines, as 1 or more of the following: consuming alcohol every day, consuming on average more than [4 if male/2 if female] standard drinks, consuming more than [6 if male/4 if female] on any 1 occasion or day. The questions used to define the indicator were: How often do you usually drink alcohol?, On a day when you drink alcohol, how many standard drinks do you usually have?, In the past 4 weeks have you had more than [7-10 if male/5-6 if female] drinks in a day?, and In the past 4 weeks how often have you had [11+ if male/7+ if female] drinks in a day? The questions used to define the 1997 and 1998 indicator were: How often do you have an alcoholic drink of any kind?, On a day when you have alcoholic drinks, how many standard drinks do you usually have?, and On the last occasion you had more than [4 if male/2 if female] drinks in a day, how many drinks did you actually have?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Risk alcohol drinking by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005



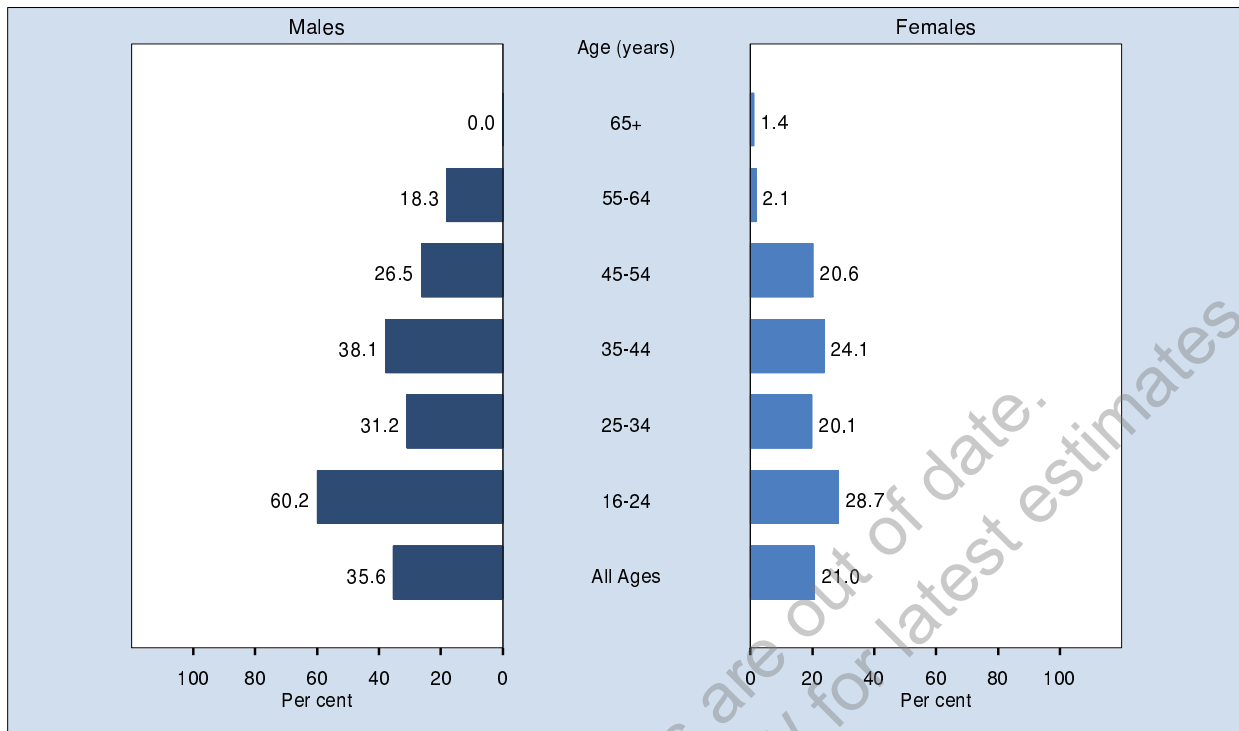
Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	47.9 (19.2-76.5)	32.2 (12.9-51.4)	40.7 (22.8-58.6)
South Eastern Sydney & Illawarra	73.1 (45.6-100)	50.6 (32.3-68.8)	56.4 (40.4-72.5)
Sydney West	57.1 (35.2-79.0)	33.9 (19.4-48.4)	45.2 (31.8-58.7)
Northern Sydney & Central Coast	51.2 (26.3-76.1)	47.7 (26.9-68.5)	49.8 (32.7-66.8)
Hunter & New England	47.9 (30.8-64.9)	39.0 (25.4-52.6)	43.2 (32.4-53.9)
North Coast	66.0 (47.4-84.6)	23.3 (9.9-36.8)	46.1 (31.8-60.4)
Greater Southern	49.9 (27.5-72.2)	42.9 (26.6-59.1)	46.4 (32.5-60.3)
Greater Western	53.4 (41.4-65.4)	37.2 (27.9-46.4)	45.8 (38.0-53.6)
Urban	54.9 (41.5-68.4)	40.4 (31.5-49.4)	47.2 (39.3-55.2)
Rural	53.8 (45.2-62.4)	36.1 (29.3-42.8)	45.1 (39.5-50.7)
NSW	54.2 (46.9-61.6)	37.8 (32.4-43.3)	45.9 (41.3-50.5)

Note: Estimates are based on 894 respondents in NSW. For this indicator 24 (2.61%) were not stated (Don't know or Refused) in NSW

The indicator includes those who exceed Guideline 1 of the NHMRC Australian Alcohol Guidelines, as 1 or more of the following: consuming alcohol every day, consuming on average more than [4 if male/2 if female] standard drinks, consuming more than [6 if male/4 if female] on any 1 occasion or day. The questions used to define the indicator were: How often do you usually drink alcohol?, On a day when you drink alcohol, how many standard drinks do you usually have?, In the past 4 weeks have you had more than [7-10 if male/5-6 if female] drinks in a day?, and In the past 4 weeks how often have you had [11+ if male/7+ if female] drinks in a day? The questions used to define the 1997 and 1998 indicator were: How often do you have an alcoholic drink of any kind?, On a day when you have alcoholic drinks, how many standard drinks do you usually have?, and On the last occasion you had more than [4 if male/2 if female] drinks in a day, how many drinks did you actually have?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

High risk alcohol drinking by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

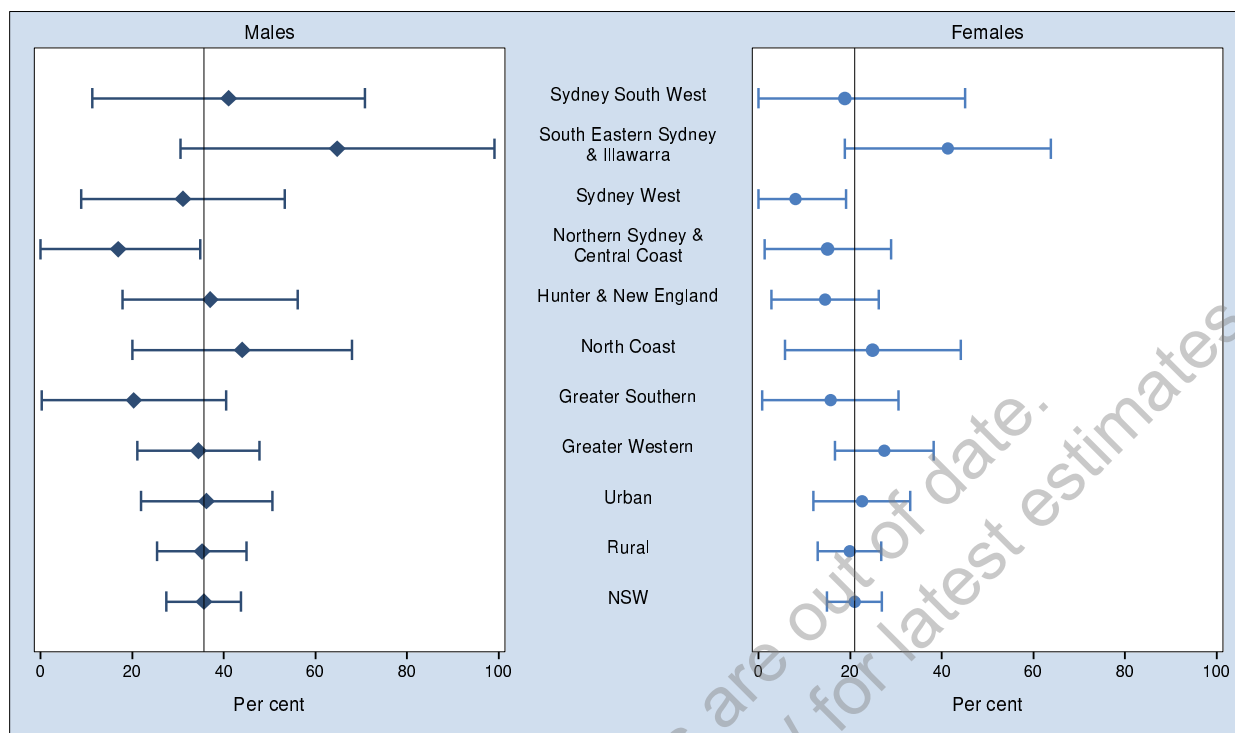


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	60.2 (40.4-79.9)	28.7 (8.5-48.8)	47.5 (32.7-62.4)
25-34	31.2 (14.2-48.1)	20.1 (10.3-29.9)	26.3 (15.8-36.8)
35-44	38.1 (23.1-53.1)	24.1 (12.3-35.9)	31.0 (21.4-40.7)
45-54	26.5 (10.7-42.4)	20.6 (7.8-33.3)	24.1 (13.3-34.9)
55-64	18.3 (2.9-33.8)	2.1 (0.0-5.2)	12.0 (2.2-21.8)
65+	0.0 (0.0-0.0)	1.4 (0.0-3.3)	0.6 (0.0-1.5)
All Ages	35.6 (27.5-43.8)	21.0 (15.0-27.0)	29.2 (23.8-34.5)

Note: Estimates are based on 604 respondents in NSW. For this indicator 3 (0.49%) were not stated (Don't know or Refused) in NSW
The indicator includes those who consume alcohol and have had [11 or more if male/7 or more if female] drinks in a day. The questions used to define the indicator were: How often do you usually drink alcohol? and In the past 4 weeks how often have you had [11 or more if male/7 or more if female] drinks in a day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

High risk alcohol drinking by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

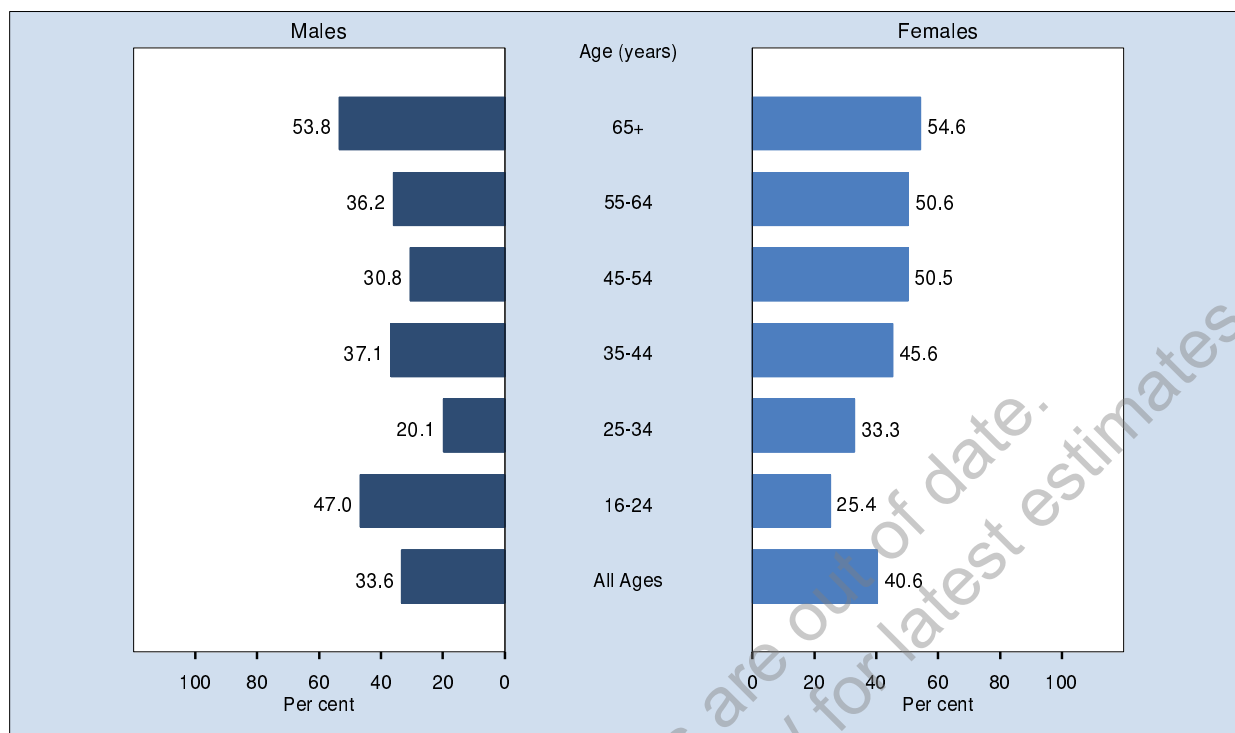


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	41.1 (11.3-70.8)	18.9 (0.0-45.1)	32.3 (11.6-53.0)
South Eastern Sydney & Illawarra	64.8 (30.5-99.0)	41.3 (18.8-63.8)	48.9 (28.8-69.0)
Sydney West	31.1 (8.9-53.3)	8.0 (0.0-19.2)	22.2 (7.6-36.7)
Northern Sydney & Central Coast	17.0 (0.0-34.9)	15.1 (1.3-28.9)	16.2 (4.1-28.3)
Hunter & New England	37.1 (18.0-56.2)	14.5 (2.8-26.2)	25.4 (13.8-37.1)
North Coast	44.0 (20.1-68.0)	24.9 (5.8-44.1)	36.8 (19.6-54.0)
Greater Southern	20.4 (0.2-40.5)	15.7 (0.8-30.6)	18.4 (5.1-31.8)
Greater Western	34.5 (21.1-47.8)	27.5 (16.7-38.3)	31.8 (22.5-41.1)
Urban	36.2 (21.9-50.5)	22.5 (12.0-33.1)	30.0 (20.8-39.2)
Rural	35.2 (25.5-45.0)	19.8 (12.9-26.8)	28.6 (22.1-35.0)
NSW	35.6 (27.5-43.8)	21.0 (15.0-27.0)	29.2 (23.8-34.5)

Note: Estimates are based on 604 respondents in NSW. For this indicator 3 (0.49%) were not stated (Don't know or Refused) in NSW
The indicator includes those who consume alcohol and have had [11 or more if male/7 or more if female] drinks in a day. The questions used to define the indicator were: How often do you usually drink alcohol? and In the past 4 weeks how often have you had [11 or more if male/7 or more if female] drinks in a day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Recommended fruit consumption by age, Aboriginal persons aged 16 years and over, NSW 2002-2005



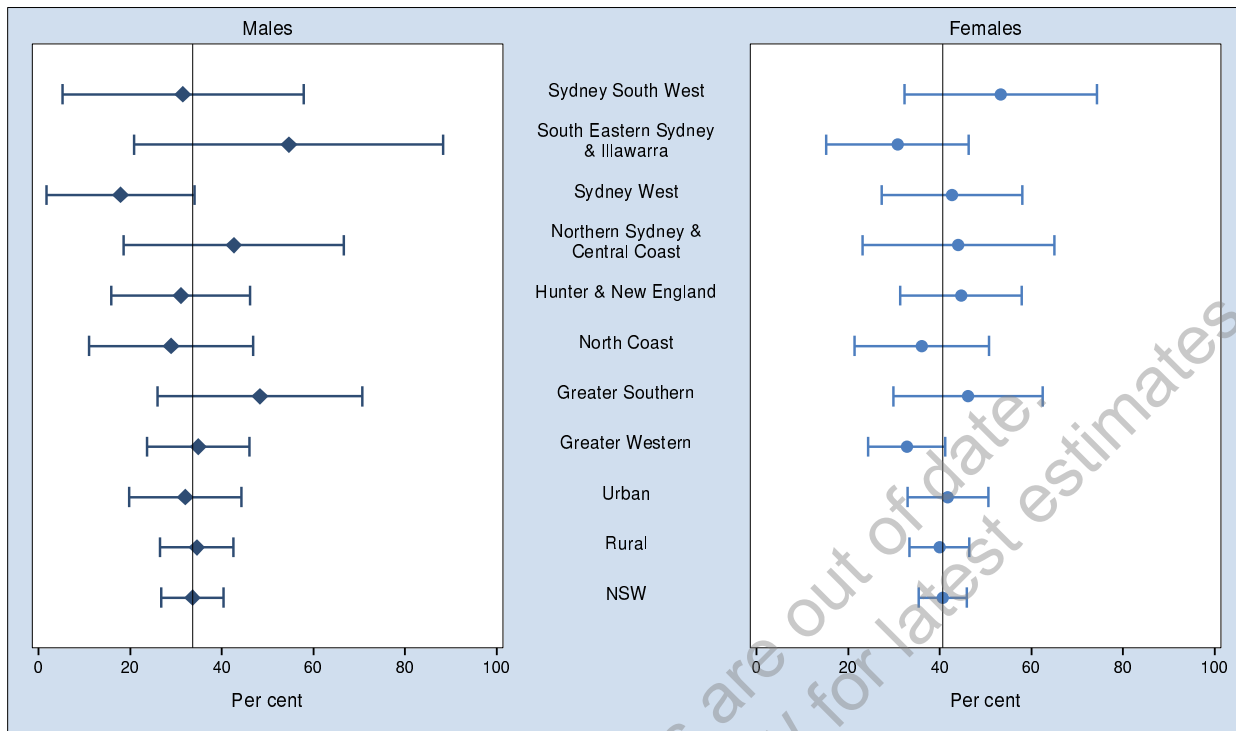
Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	47.0 (27.3-66.6)	25.4 (12.0-38.8)	36.8 (23.8-49.7)
25-34	20.1 (7.2-33.0)	33.3 (23.8-42.8)	27.1 (19.1-35.0)
35-44	37.1 (23.8-50.4)	45.6 (34.0-57.1)	41.5 (32.7-50.4)
45-54	30.8 (18.4-43.2)	50.5 (38.5-62.6)	40.9 (32.0-49.8)
55-64	36.2 (21.2-51.2)	50.6 (37.3-63.9)	43.4 (33.2-53.6)
65+	53.8 (31.9-75.6)	54.6 (40.7-68.6)	54.2 (41.5-67.0)
All Ages	33.6 (26.8-40.4)	40.6 (35.4-45.9)	37.2 (32.9-41.5)

Note: Estimates are based on 919 respondents in NSW. For this indicator 11 (1.18%) were not stated (Don't know or Refused) in NSW

The indicator includes those who met the recommended fruit consumption of 2 serves a day for people aged 16 years and over. One serve is equivalent to one medium piece or 2 small pieces of fruit. The question used to define the indicator was: How many serves of fruit do you usually eat each day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Recommended fruit consumption by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005



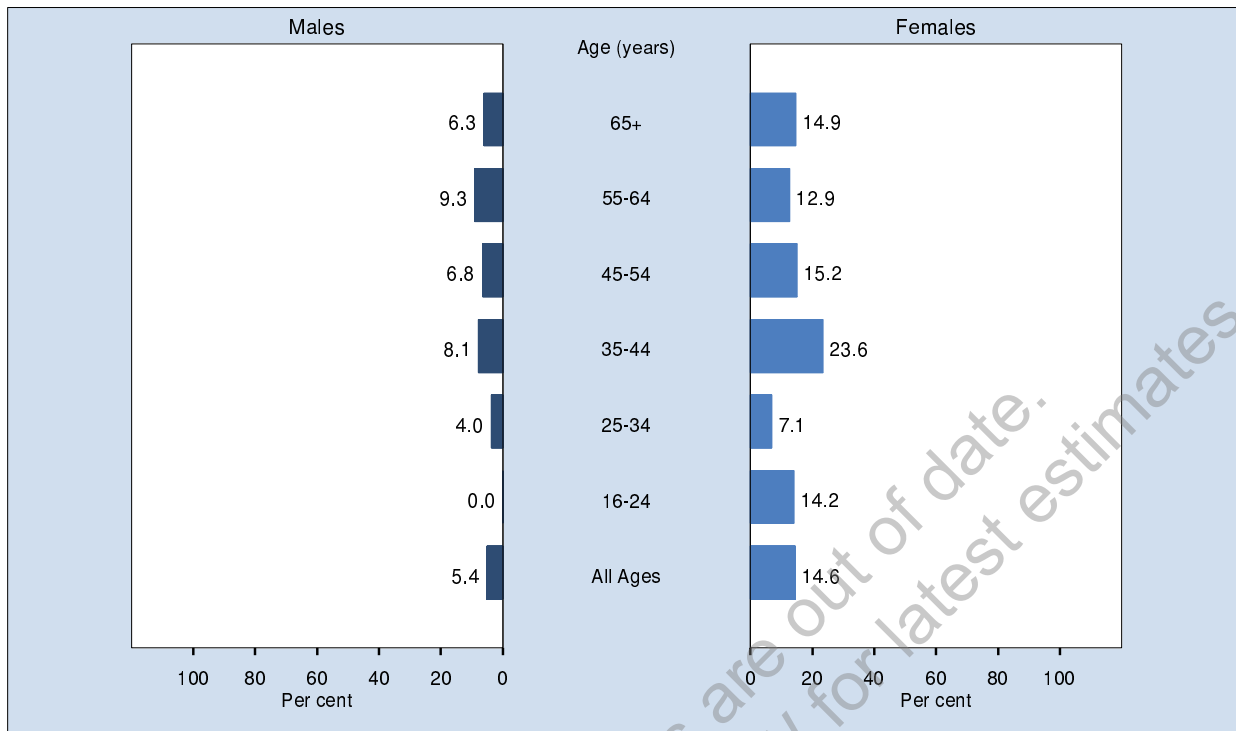
Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	31.5 (5.2-57.9)	53.3 (32.2-74.3)	42.0 (24.9-59.2)
South Eastern Sydney & Illawarra	54.6 (20.9-88.3)	30.8 (15.2-46.3)	37.0 (21.5-52.4)
Sydney West	17.9 (1.7-34.1)	42.7 (27.4-58.0)	30.4 (18.6-42.1)
Northern Sydney & Central Coast	42.6 (18.5-66.7)	44.0 (23.1-65.0)	43.2 (26.5-59.8)
Hunter & New England	31.0 (15.9-46.2)	44.6 (31.4-57.9)	38.3 (28.3-48.4)
North Coast	28.9 (11.0-46.8)	36.1 (21.4-50.8)	32.2 (20.4-44.0)
Greater Southern	48.3 (26.0-70.6)	46.2 (29.9-62.5)	47.2 (33.4-61.1)
Greater Western	34.9 (23.6-46.1)	32.8 (24.4-41.2)	33.9 (26.7-41.0)
Urban	32.0 (19.8-44.2)	41.7 (32.9-50.6)	37.2 (29.8-44.7)
Rural	34.5 (26.5-42.5)	39.9 (33.3-46.4)	37.2 (32.0-42.4)
NSW	33.6 (26.8-40.4)	40.6 (35.4-45.9)	37.2 (32.9-41.5)

Note: Estimates are based on 919 respondents in NSW. For this indicator 11 (1.18%) were not stated (Don't know or Refused) in NSW

The indicator includes those who met the recommended fruit consumption of 2 serves a day for people aged 16 years and over. One serve is equivalent to one medium piece or 2 small pieces of fruit. The question used to define the indicator was: How many serves of fruit do you usually eat each day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Recommended vegetable consumption by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

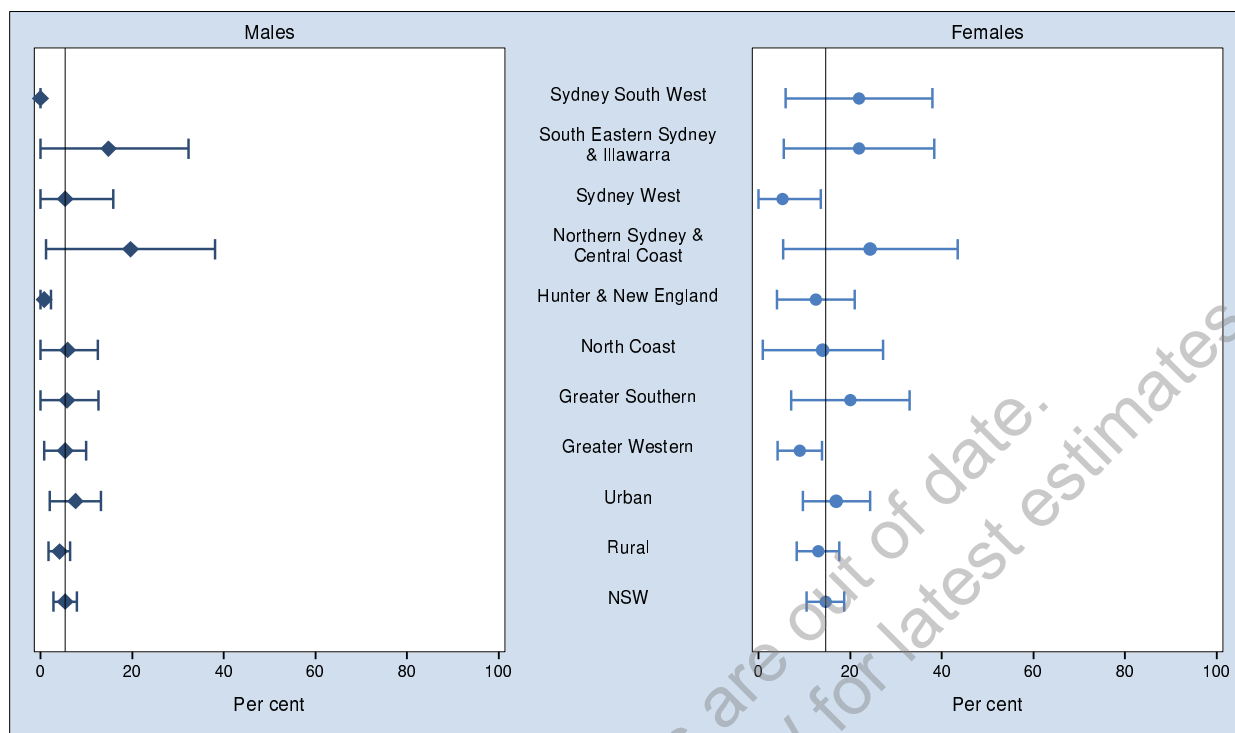


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	0.0 (0.0-0.0)	14.2 (2.4-26.1)	7.1 (0.9-13.2)
25-34	4.0 (0.0-9.3)	7.1 (2.3-11.8)	5.6 (2.0-9.2)
35-44	8.1 (1.7-14.5)	23.6 (12.9-34.4)	16.3 (9.5-23.1)
45-54	6.8 (1.4-12.3)	15.2 (6.6-23.8)	11.1 (5.9-16.4)
55-64	9.3 (0.8-17.8)	12.9 (4.4-21.4)	11.1 (5.1-17.1)
65+	6.3 (0.0-12.9)	14.9 (4.6-25.2)	10.8 (4.3-17.4)
All Ages	5.4 (2.9-7.9)	14.6 (10.5-18.7)	10.2 (7.7-12.7)

Note: Estimates are based on 924 respondents in NSW. For this indicator 6 (0.65%) were not stated (Don't know or Refused) in NSW
The indicator includes those who met the recommended consumption of vegetables. The recommended vegetable intake is 5 serves per day for persons aged 16 years and over. One serve is equivalent to 1/2 cup of cooked vegetables or one cup of salad vegetables. The question used to define the indicator was: How many serves of vegetables do you usually eat each day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Recommended vegetable consumption by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

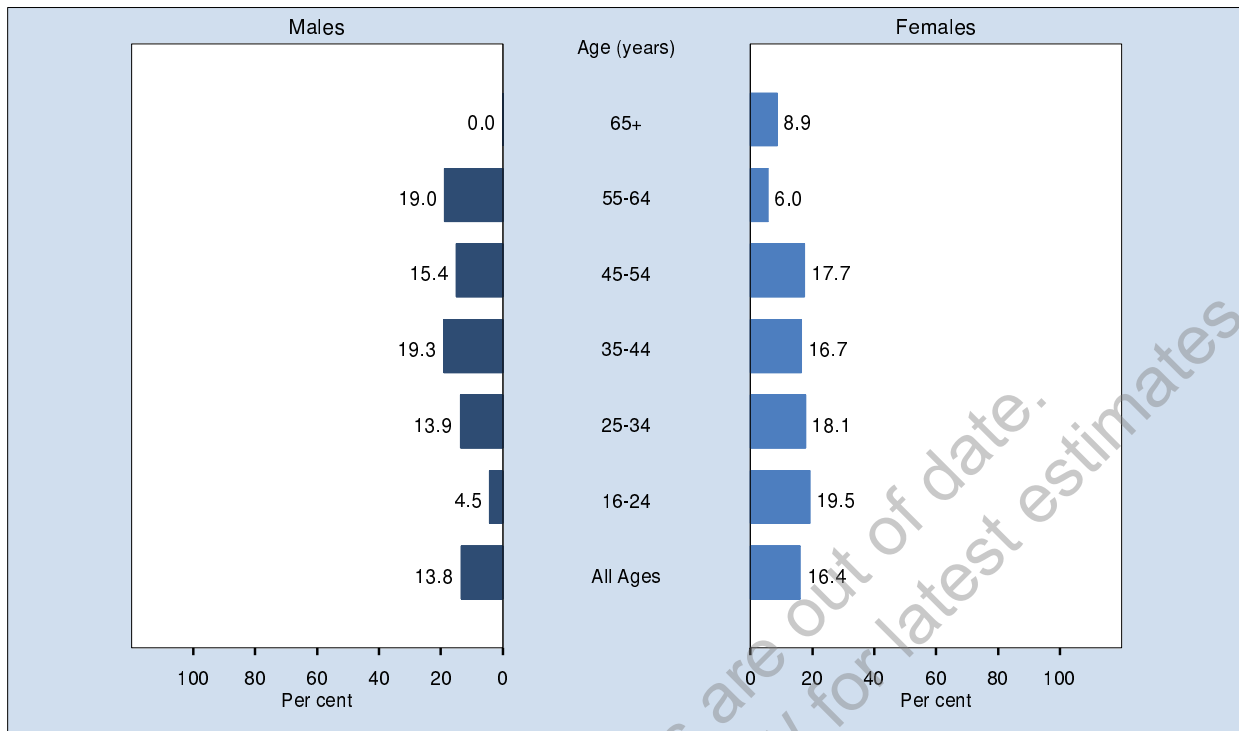


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	0.0 (0.0-0.0)	21.9 (5.9-37.9)	10.6 (2.2-19.0)
South Eastern Sydney & Illawarra	14.8 (0.0-32.3)	21.9 (5.5-38.3)	20.1 (6.9-33.3)
Sydney West	5.4 (0.0-15.8)	5.2 (0.0-13.6)	5.3 (0.0-12.0)
Northern Sydney & Central Coast	19.6 (1.1-38.1)	24.4 (5.3-43.4)	21.7 (8.3-35.1)
Hunter & New England	0.8 (0.0-2.3)	12.5 (4.1-20.9)	7.2 (2.4-12.0)
North Coast	5.9 (0.0-12.5)	14.0 (1.0-27.1)	9.7 (2.4-16.9)
Greater Southern	5.7 (0.0-12.6)	20.1 (7.2-33.0)	13.0 (5.2-20.7)
Greater Western	5.4 (0.7-10.0)	9.0 (4.1-13.8)	7.1 (3.7-10.4)
Urban	7.6 (2.0-13.2)	17.0 (9.6-24.3)	12.7 (7.8-17.6)
Rural	4.1 (1.8-6.5)	13.0 (8.4-17.7)	8.6 (5.9-11.3)
NSW	5.4 (2.9-7.9)	14.6 (10.5-18.7)	10.2 (7.7-12.7)

Note: Estimates are based on 924 respondents in NSW. For this indicator 6 (0.65%) were not stated (Don't know or Refused) in NSW
 The indicator includes those who met the recommended consumption of vegetables. The recommended vegetable intake is 5 serves per day for persons aged 16 years and over. One serve is equivalent to 1/2 cup of cooked vegetables or one cup of salad vegetables. The question used to define the indicator was: How many serves of vegetables do you usually eat each day?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Food insecurity in the last 12 months by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**



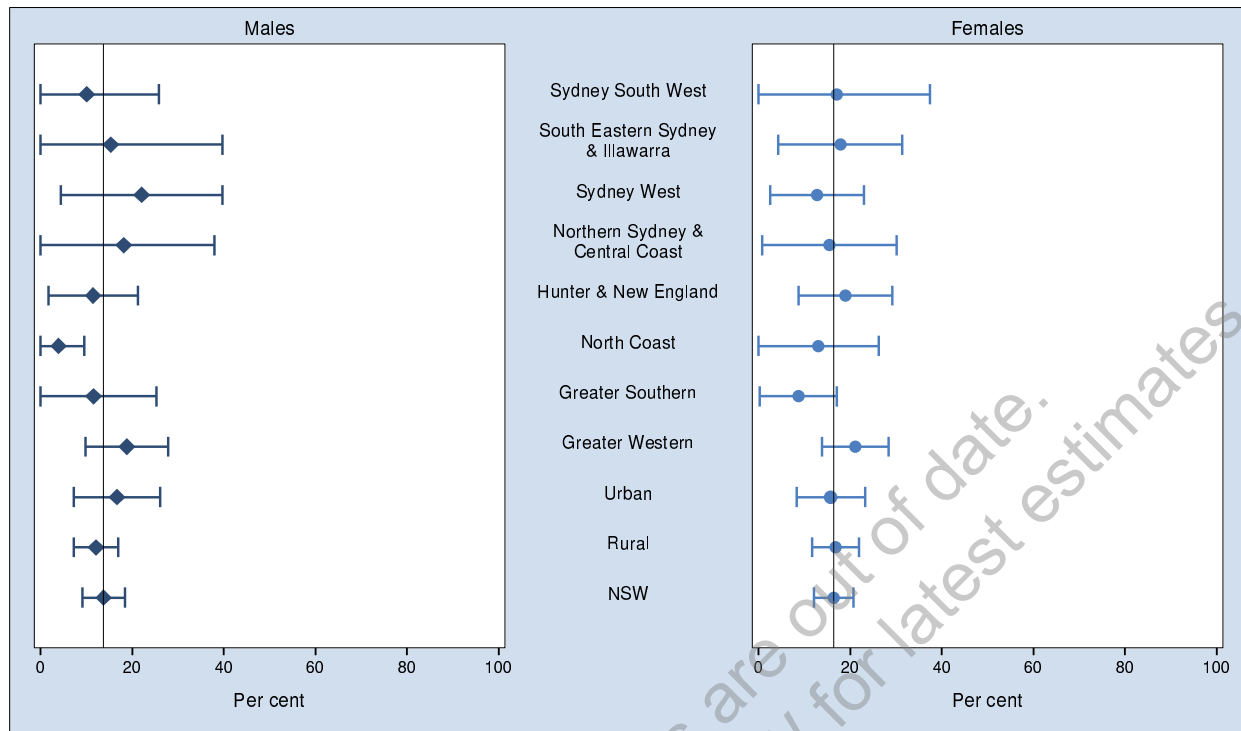
Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	4.5 (0.0-11.5)	19.5 (4.6-34.4)	11.7 (3.3-20.2)
25-34	13.9 (3.8-24.0)	18.1 (10.3-25.9)	16.1 (9.7-22.4)
35-44	19.3 (8.9-29.6)	16.7 (8.1-25.3)	17.9 (11.2-24.6)
45-54	15.4 (4.4-26.4)	17.7 (8.6-26.9)	16.6 (9.5-23.7)
55-64	19.0 (6.2-31.8)	6.0 (0.0-12.0)	12.4 (5.2-19.7)
65+	0.0 (0.0-0.0)	8.9 (1.0-16.7)	4.7 (0.4-9.0)
All Ages	13.8 (9.1-18.4)	16.4 (12.1-20.7)	15.1 (12.0-18.3)

Note: Estimates are based on 929 respondents in NSW. For this indicator 1 (0.11%) were not stated (Don't know or Refused) in NSW

The indicator includes those who had suffered some food insecurity in the last 12 months. The question used to define the indicator was: In the last 12 months, were there any times you ran out of food and could not afford to buy more?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Food insecurity in the last 12 months by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

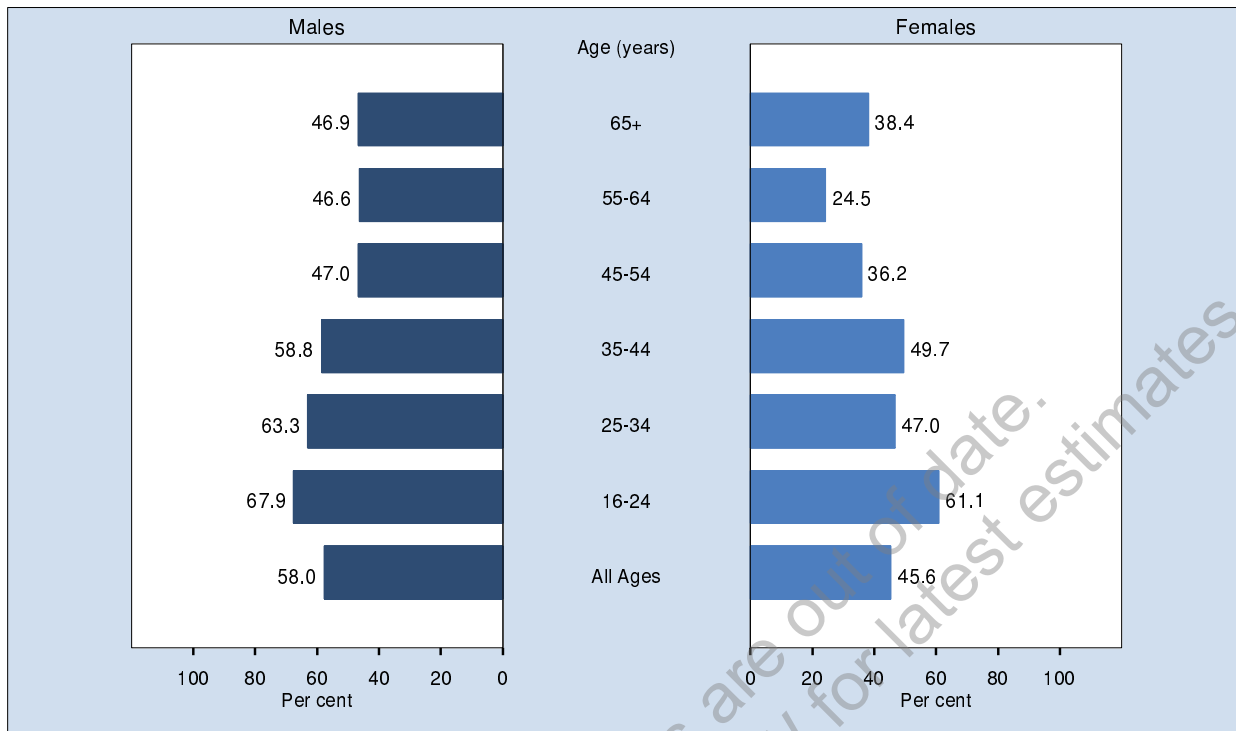


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	10.1 (0.0-25.9)	17.1 (0.0-37.3)	13.5 (0.5-26.5)
South Eastern Sydney & Illawarra	15.3 (0.0-39.7)	17.9 (4.3-31.4)	17.2 (5.4-29.1)
Sydney West	22.0 (4.4-39.7)	12.8 (2.5-23.0)	17.3 (7.2-27.5)
Northern Sydney & Central Coast	18.2 (0.0-37.9)	15.4 (0.7-30.2)	17.1 (3.9-30.2)
Hunter & New England	11.5 (1.8-21.2)	19.0 (8.7-29.2)	15.5 (8.3-22.7)
North Coast	3.9 (0.0-9.5)	13.1 (0.0-26.2)	8.2 (1.1-15.2)
Greater Southern	11.6 (0.0-25.2)	8.7 (0.3-17.1)	10.1 (2.1-18.1)
Greater Western	18.8 (9.8-27.8)	21.1 (13.9-28.4)	19.9 (14.1-25.8)
Urban	16.6 (7.3-26.0)	15.8 (8.3-23.2)	16.2 (10.3-22.1)
Rural	12.1 (7.2-17.0)	16.8 (11.7-21.9)	14.5 (10.9-18.0)
NSW	13.8 (9.1-18.4)	16.4 (12.1-20.7)	15.1 (12.0-18.3)

Note: Estimates are based on 929 respondents in NSW. For this indicator 1 (0.11%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had suffered some food insecurity in the last 12 months. The question used to define the indicator was: In the last 12 months, were there any times you ran out of food and could not afford to buy more?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Adequate physical activity by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

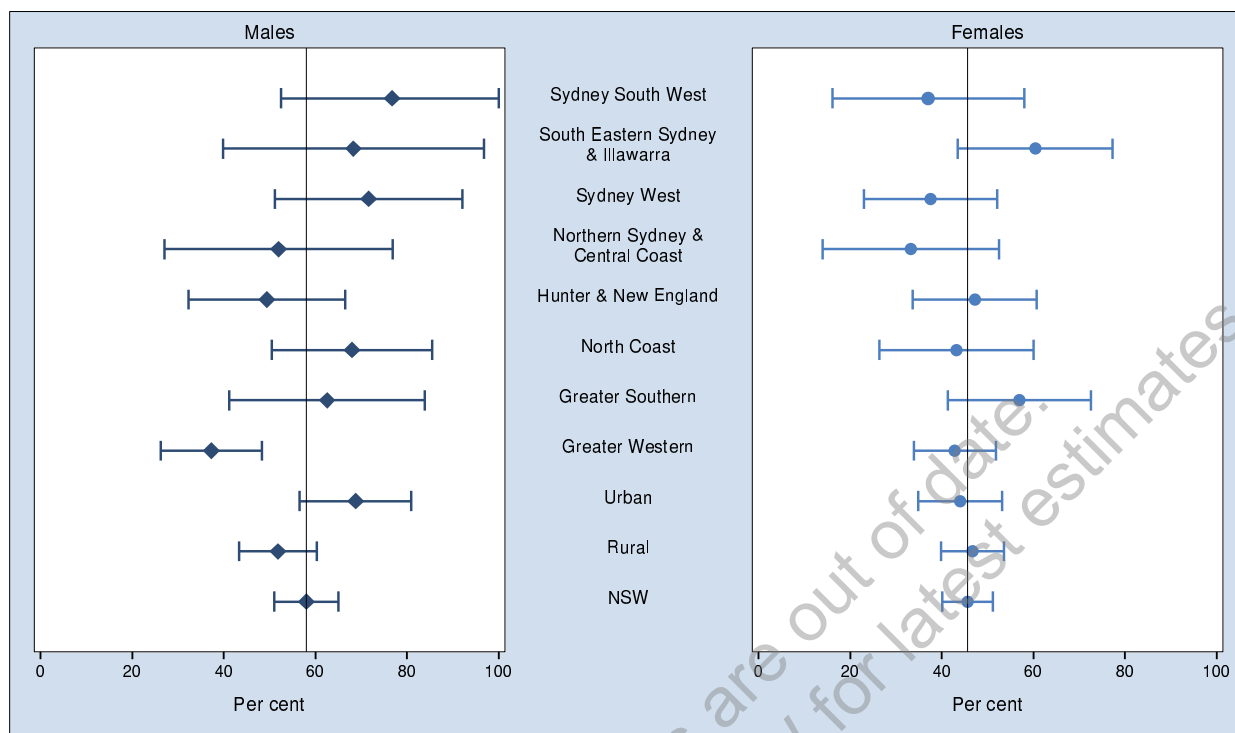


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	67.9 (50.5-85.2)	61.1 (45.0-77.3)	64.6 (52.8-76.5)
25-34	63.3 (47.8-78.8)	47.0 (36.8-57.2)	54.8 (45.4-64.1)
35-44	58.8 (45.2-72.5)	49.7 (38.3-61.2)	54.0 (45.1-63.0)
45-54	47.0 (32.8-61.2)	36.2 (25.2-47.2)	41.5 (32.4-50.6)
55-64	46.6 (30.5-62.6)	24.5 (13.9-35.1)	35.4 (25.4-45.4)
65+	46.9 (24.8-69.1)	38.4 (25.1-51.7)	42.4 (29.8-54.9)
All Ages	58.0 (51.0-65.0)	45.6 (40.1-51.1)	51.6 (47.1-56.2)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW. The indicator includes those who did adequate physical activity. Adequate physical activity is a total of 150 minutes per week on 5 separate occasions. The total minutes were calculated by adding minutes in the last week spent walking continuously for at least 10 minutes, minutes doing moderate physical activity, plus 2 x minutes doing vigorous physical activity. The questions used to define the indicator were: In the last week, how many times have you walked continuously for at least 10 minutes for recreation or exercise or to get to or from places?, What do you estimate was the total time you spent walking in this way in the last week?, In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant?, What do you estimate was the total time you spent doing this vigorous physical activity in the last week?, In the last week, how many times did you do any other more moderate physical activity that you have not already mentioned?, and What do you estimate was the total time you spent doing these activities in the last week?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Adequate physical activity by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

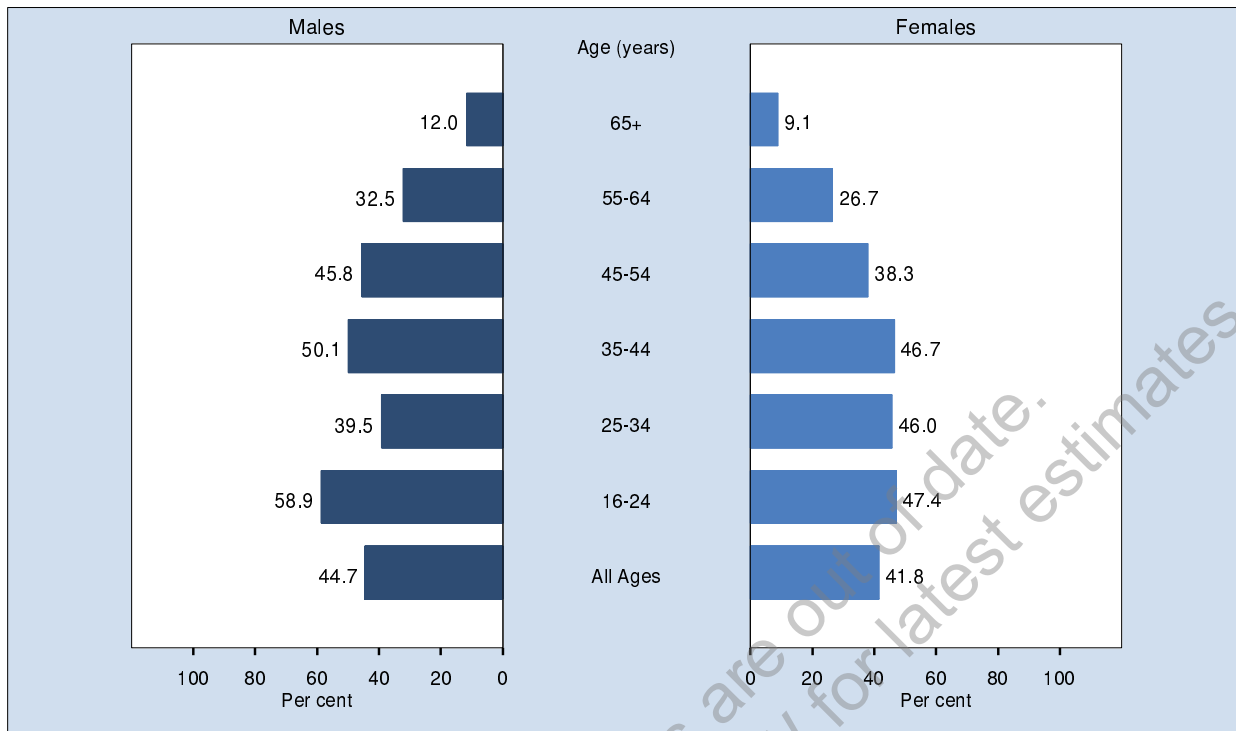


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	76.8 (52.4-100)	37.1 (16.1-58.0)	57.6 (40.4-74.8)
South Eastern Sydney & Illawarra	68.3 (39.8-96.8)	60.4 (43.4-77.3)	62.5 (47.8-77.2)
Sydney West	71.6 (51.1-92.1)	37.6 (23.0-52.1)	54.3 (41.1-67.5)
Northern Sydney & Central Coast	52.0 (27.1-76.9)	33.2 (13.9-52.4)	44.3 (27.4-61.2)
Hunter & New England	49.4 (32.4-66.4)	47.2 (33.7-60.7)	48.2 (37.5-58.9)
North Coast	68.0 (50.5-85.5)	43.2 (26.4-60.0)	56.5 (43.2-69.7)
Greater Southern	62.5 (41.1-83.9)	56.9 (41.3-72.5)	59.7 (46.5-72.9)
Greater Western	37.2 (26.2-48.3)	42.8 (33.8-51.8)	39.9 (32.7-47.1)
Urban	68.7 (56.6-80.9)	44.0 (34.9-53.2)	55.5 (47.7-63.2)
Rural	51.8 (43.3-60.3)	46.7 (39.9-53.6)	49.3 (43.8-54.7)
NSW	58.0 (51.0-65.0)	45.6 (40.1-51.1)	51.6 (47.1-56.2)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
 The indicator includes those who did adequate physical activity. Adequate physical activity is a total of 150 minutes per week on 5 separate occasions. The total minutes were calculated by adding minutes in the last week spent walking continuously for at least 10 minutes, minutes doing moderate physical activity, plus 2 x minutes doing vigorous physical activity. The questions used to define the indicator were: In the last week, how many times have you walked continuously for at least 10 minutes for recreation or exercise or to get to or from places?, What do you estimate was the total time you spent walking in this way in the last week?, In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant?, What do you estimate was the total time you spent doing this vigorous physical activity in the last week?, In the last week, how many times did you do any other more moderate physical activity that you have not already mentioned?, and What do you estimate was the total time you spent doing these activities in the last week?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Current daily or occasional smoking by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

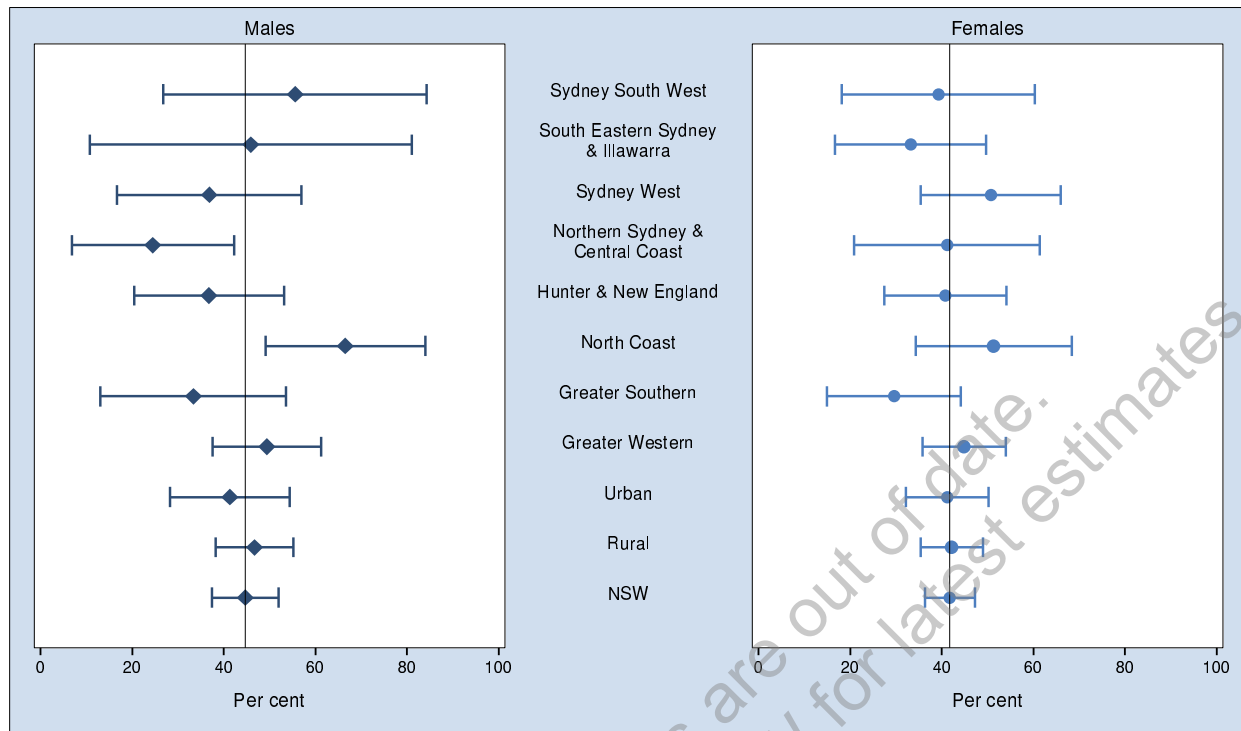


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	58.9 (39.6-78.2)	47.4 (30.0-64.7)	53.3 (40.3-66.3)
25-34	39.5 (23.7-55.3)	46.0 (35.7-56.2)	42.9 (33.6-52.1)
35-44	50.1 (35.8-64.5)	46.7 (35.3-58.2)	48.3 (39.2-57.4)
45-54	45.8 (31.5-60.1)	38.3 (26.7-49.8)	41.9 (32.7-51.2)
55-64	32.5 (17.8-47.2)	26.7 (14.9-38.5)	29.6 (20.2-39.0)
65+	12.0 (0.0-24.6)	9.1 (2.0-16.2)	10.5 (3.5-17.5)
All Ages	44.7 (37.5-52.0)	41.8 (36.3-47.2)	43.2 (38.7-47.7)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who smoked daily or occasionally. The question used to define the indicator was: Which of the following best describes your smoking status: Smoke daily, Smoke occasionally, Do not smoke now, but I used to, I have tried it a few times but never smoked regularly, or I have never smoked?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Current daily or occasional smoking by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

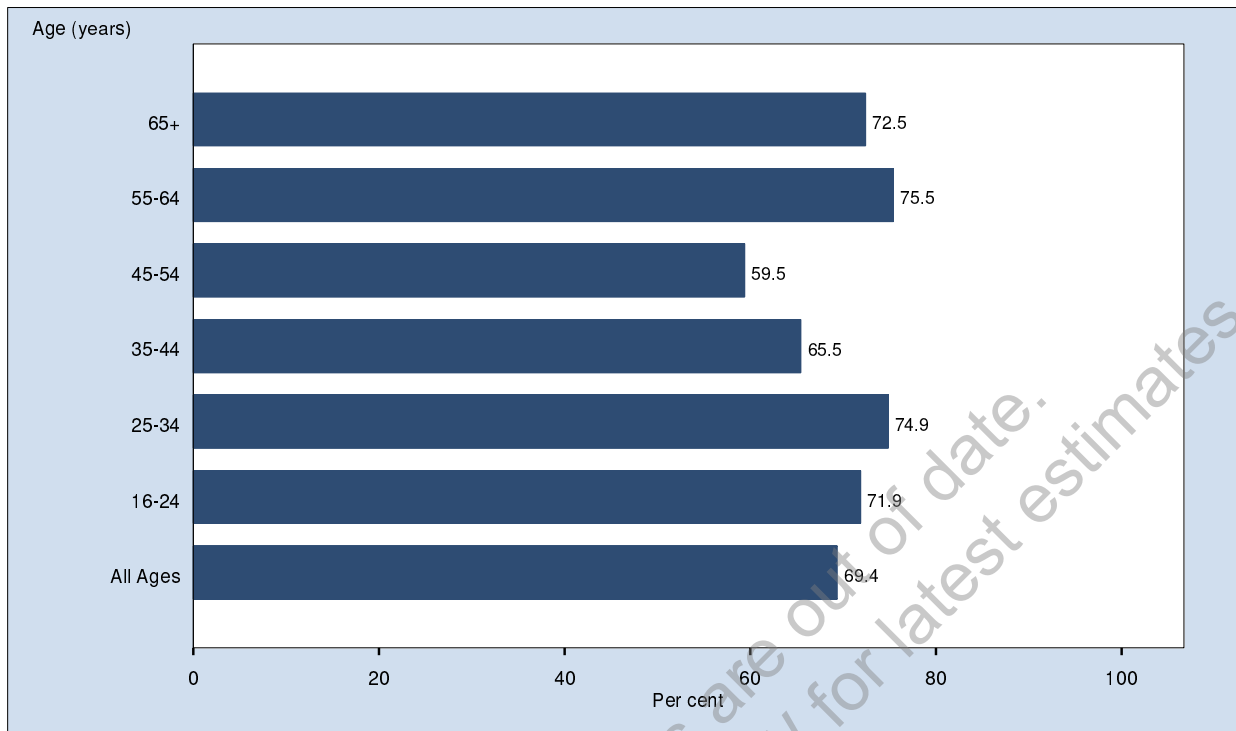


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	55.6 (26.8-84.3)	39.3 (18.2-60.3)	47.7 (29.7-65.6)
South Eastern Sydney & Illawarra	45.9 (10.7-81.0)	33.2 (16.6-49.7)	36.5 (20.8-52.1)
Sydney West	36.8 (16.6-57.0)	50.7 (35.4-66.0)	43.9 (30.9-56.9)
Northern Sydney & Central Coast	24.5 (6.8-42.2)	41.1 (20.8-61.4)	31.3 (17.3-45.3)
Hunter & New England	36.8 (20.4-53.1)	40.8 (27.4-54.1)	38.9 (28.5-49.3)
North Coast	66.5 (49.1-84.0)	51.3 (34.3-68.4)	59.5 (46.8-72.2)
Greater Southern	33.3 (13.1-53.6)	29.5 (14.9-44.2)	31.4 (19.0-43.9)
Greater Western	49.4 (37.6-61.2)	44.9 (35.8-53.9)	47.2 (39.6-54.8)
Urban	41.3 (28.3-54.3)	41.1 (32.1-50.2)	41.2 (33.5-49.0)
Rural	46.7 (38.2-55.2)	42.2 (35.3-49.0)	44.4 (39.0-49.9)
NSW	44.7 (37.5-52.0)	41.8 (36.3-47.2)	43.2 (38.7-47.7)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who smoked daily or occasionally. The question used to define the indicator was: Which of the following best describes your smoking status: Smoke daily, Smoke occasionally, Do not smoke now, but I used to, I have tried it a few times but never smoked regularly, or I have never smoked?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Smoke-free households by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

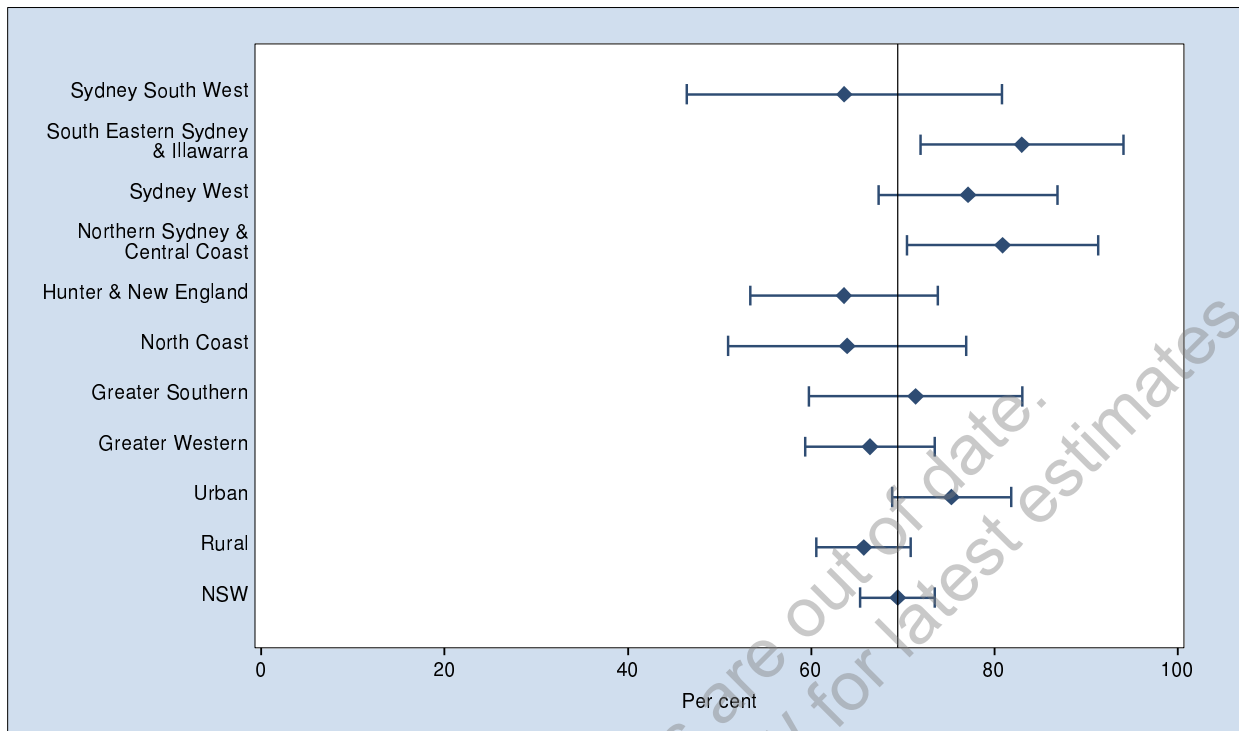


Age (years)	Persons (95% CI)
16-24	71.9 (60.8-83.1)
25-34	74.9 (67.1-82.7)
35-44	65.5 (56.9-74.1)
45-54	59.5 (50.3-68.6)
55-64	75.5 (67.1-83.9)
65+	72.5 (59.6-85.4)
All Ages	69.4 (65.4-73.5)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who indicated their home was smoke-free. The question used to define the indicator was: Which of the following best describes your home situation: My home is smoke-free, People occasionally smoke in the house, or People frequently smoke in the house?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Smoke-free households by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

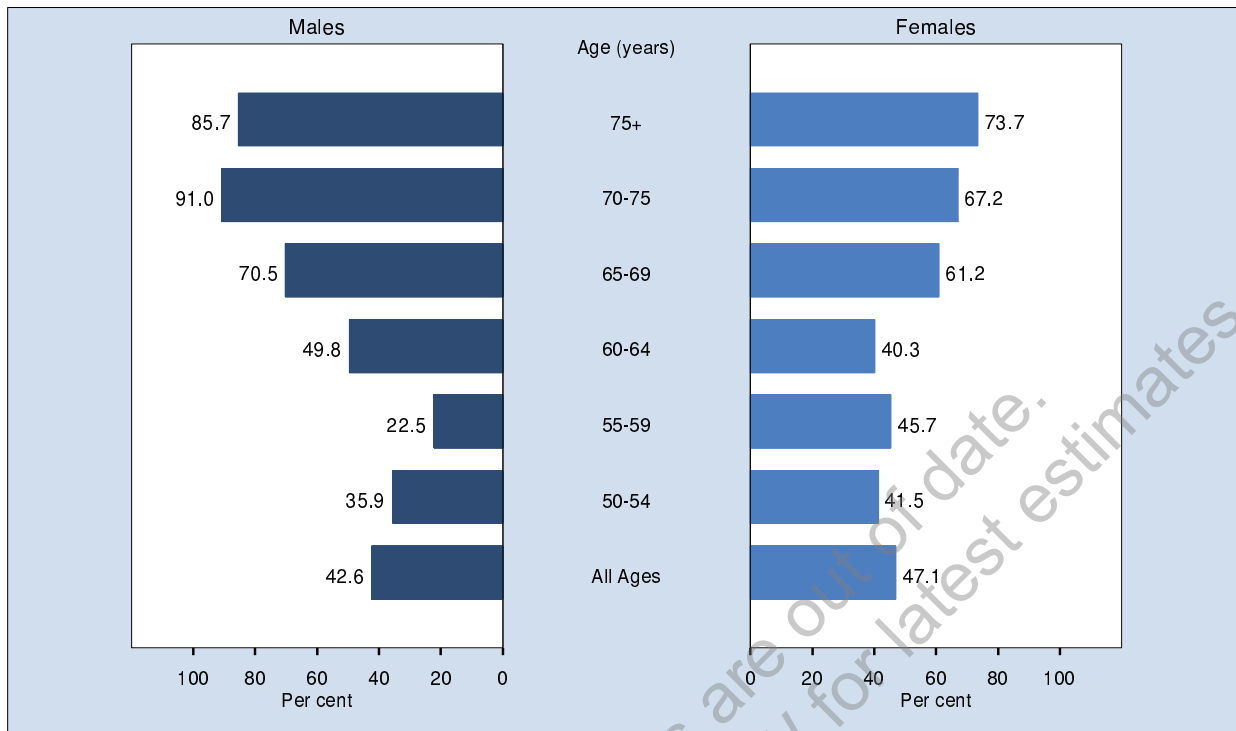


Area	Persons (95% CI)
Sydney South West	63.6 (46.4-80.8)
South Eastern Sydney & Illawarra	83.0 (72.0-94.1)
Sydney West	77.1 (67.4-86.9)
Northern Sydney & Central Coast	80.9 (70.5-91.3)
Hunter & New England	63.6 (53.3-73.8)
North Coast	64.0 (51.0-76.9)
Greater Southern	71.4 (59.7-83.1)
Greater Western	66.4 (59.4-73.5)
Urban	75.3 (68.8-81.8)
Rural	65.7 (60.6-70.9)
NSW	69.4 (65.4-73.5)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who indicated their home was smoke-free. The question used to define the indicator was: Which of the following best describes your home situation: My home is smoke-free, People occasionally smoke in the house, or People frequently smoke in the house?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Vaccinated against influenza in the last 12 months by age,
Aboriginal persons aged 50 years and over, NSW 2002-2005**

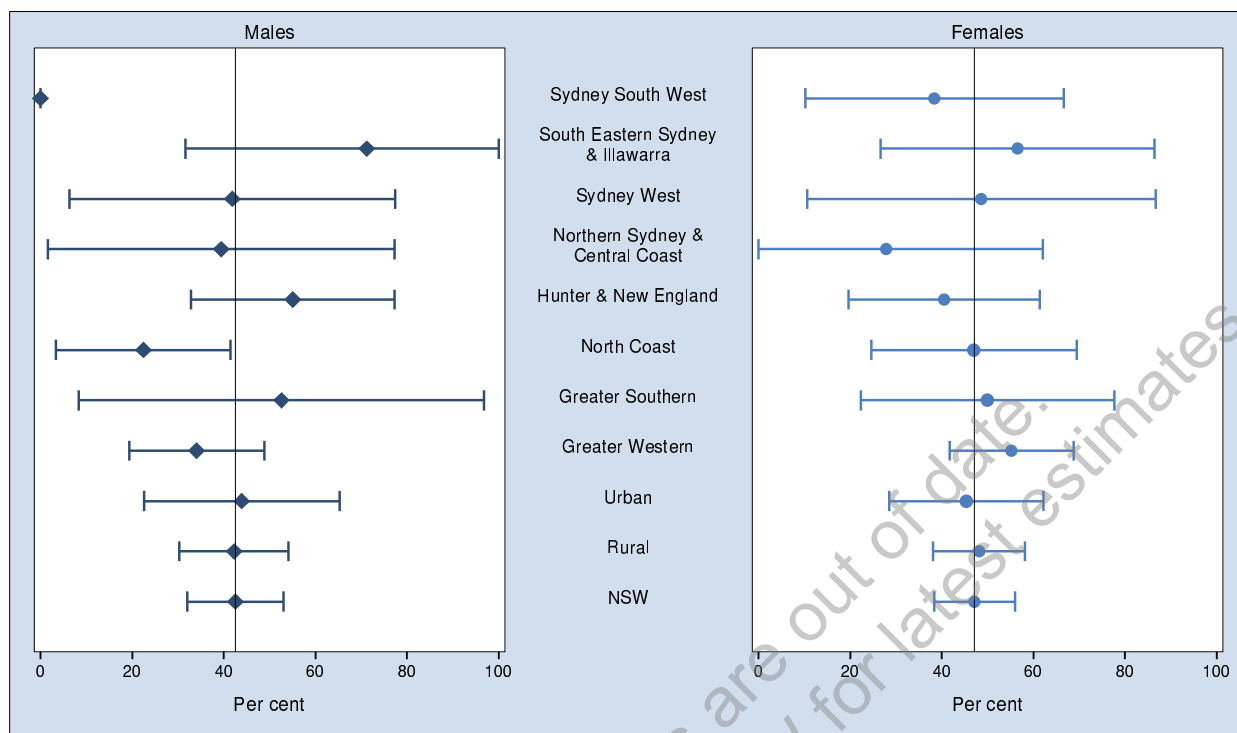


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
50-54	35.9 (18.2-53.6)	41.5 (25.0-58.1)	38.8 (26.7-50.9)
55-59	22.5 (1.2-43.8)	45.7 (27.9-63.5)	34.4 (20.6-48.1)
60-64	49.8 (27.9-71.7)	40.3 (22.0-58.7)	45.1 (30.8-59.5)
65-69	70.5 (43.2-97.8)	61.2 (41.6-80.8)	65.7 (48.7-82.7)
70-75	91.0 (73.0-100)	67.2 (42.9-91.5)	75.6 (57.1-94.2)
75+	85.7 (66.1-100)	73.7 (49.8-97.6)	80.1 (64.5-95.7)
All Ages	42.6 (32.1-53.0)	47.1 (38.3-56.0)	44.9 (38.1-51.7)

Note: Estimates are based on 344 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those aged 50 years and over who were vaccinated or immunised against influenza in the last 12 months. The question used to define the indicator was: Were you vaccinated or immunised against flu in the last 12 months?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Vaccinated against influenza in the last 12 months by health area, Aboriginal persons aged 50 years and over, NSW 2002-2005

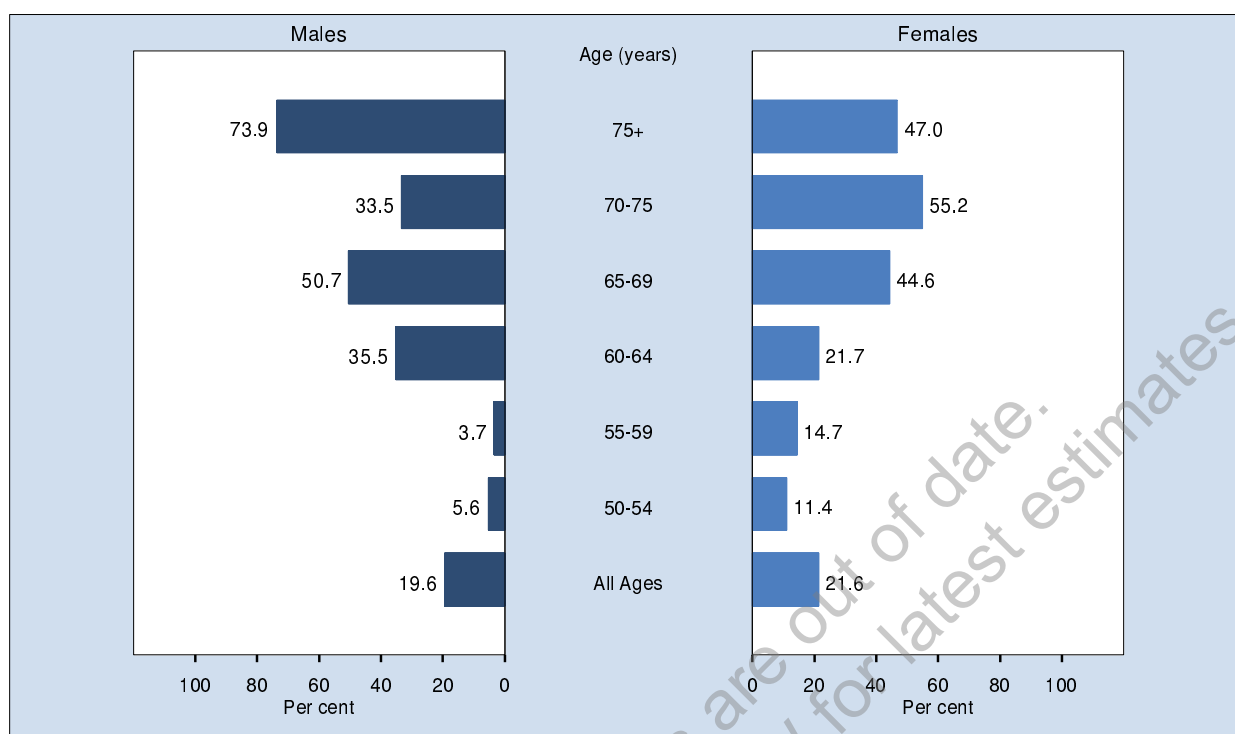


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	0.0 (0.0-0.0)	38.4 (10.2-66.6)	34.0 (8.5-59.6)
South Eastern Sydney & Illawarra	71.2 (31.6-100)	56.6 (26.6-86.5)	60.5 (36.2-84.8)
Sydney West	41.9 (6.3-77.5)	48.6 (10.6-86.7)	44.7 (18.3-71.0)
Northern Sydney & Central Coast	39.4 (1.6-77.2)	27.8 (0.0-62.1)	34.7 (7.6-61.8)
Hunter & New England	55.0 (32.8-77.3)	40.5 (19.6-61.4)	49.3 (33.3-65.4)
North Coast	22.4 (3.4-41.5)	47.0 (24.6-69.4)	34.2 (18.6-49.8)
Greater Southern	52.6 (8.4-96.8)	50.0 (22.4-77.6)	51.2 (25.7-76.7)
Greater Western	34.1 (19.3-48.8)	55.2 (41.7-68.8)	44.2 (33.5-54.9)
Urban	43.9 (22.6-65.2)	45.4 (28.6-62.2)	44.9 (31.7-58.1)
Rural	42.2 (30.3-54.2)	48.1 (38.1-58.2)	44.9 (36.9-52.9)
NSW	42.6 (32.1-53.0)	47.1 (38.3-56.0)	44.9 (38.1-51.7)

Note: Estimates are based on 344 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those aged 50 years and over who were vaccinated or immunised against influenza in the last 12 months. The question used to define the indicator was: Were you vaccinated or immunised against flu in the last 12 months?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Vaccinated against pneumococcal disease in the last 5 years by age, Aboriginal persons aged 50 years and over, NSW 2002-2005

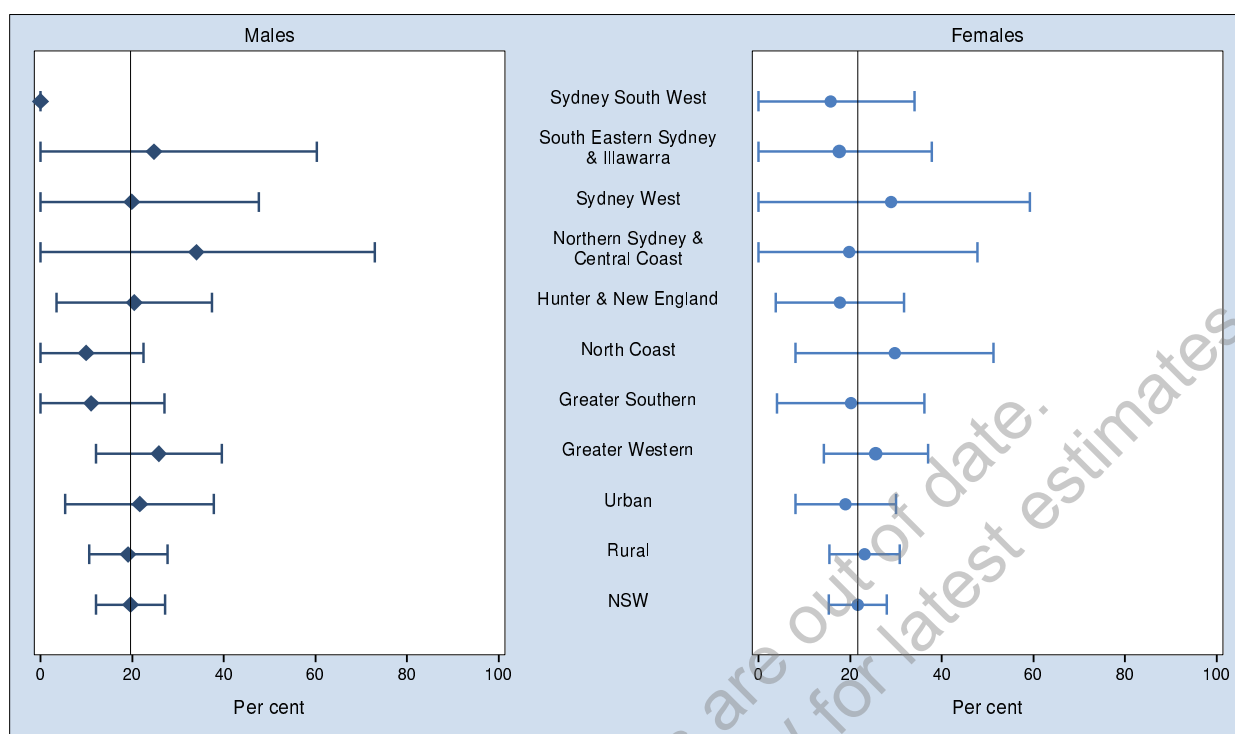


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
50-54	5.6 (0.0-12.0)	11.4 (2.0-20.7)	8.5 (2.8-14.2)
55-59	3.7 (0.0-8.3)	14.7 (3.5-25.8)	9.3 (3.0-15.6)
60-64	35.5 (15.5-55.4)	21.7 (7.2-36.1)	28.6 (16.3-40.9)
65-69	50.7 (19.3-82.2)	44.6 (25.3-64.0)	47.6 (29.3-65.9)
70-75	33.5 (0.0-70.7)	55.2 (30.7-79.6)	47.5 (25.6-69.5)
75+	73.9 (49.9-97.9)	47.0 (21.2-72.9)	61.2 (42.7-79.7)
All Ages	19.6 (12.0-27.2)	21.6 (15.3-28.0)	20.6 (15.7-25.6)

Note: Estimates are based on 340 respondents in NSW. For this indicator 3 (0.87%) were not stated (Don't know or Refused) in NSW
The indicator includes those aged 50 years and over who have been immunised against pneumococcal disease in the last 5 years. The question used was: When were you last vaccinated or immunised against pneumonia?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Vaccinated against pneumococcal disease in the last 5 years by health area, Aboriginal persons aged 50 years and over, NSW 2002-2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	0.0 (0.0-0.0)	15.7 (0.0-34.0)	13.7 (0.0-29.8)
South Eastern Sydney & Illawarra	24.8 (0.0-60.3)	17.7 (0.0-37.9)	19.6 (1.9-37.2)
Sydney West	19.9 (0.0-47.6)	28.9 (0.0-59.2)	23.6 (3.2-44.1)
Northern Sydney & Central Coast	34.0 (0.0-73.0)	19.7 (0.0-47.8)	27.9 (1.7-54.1)
Hunter & New England	20.5 (3.4-37.5)	17.7 (3.7-31.7)	19.4 (7.7-31.1)
North Coast	9.9 (0.0-22.4)	29.7 (8.0-51.3)	19.1 (6.2-32.1)
Greater Southern	11.1 (0.0-27.1)	20.1 (4.0-36.2)	16.0 (4.1-28.0)
Greater Western	25.8 (12.0-39.5)	25.6 (14.3-37.0)	25.7 (16.7-34.7)
Urban	21.6 (5.4-37.9)	19.0 (8.0-29.9)	19.9 (10.8-29.0)
Rural	19.1 (10.6-27.7)	23.1 (15.4-30.8)	20.9 (15.1-26.8)
NSW	19.6 (12.0-27.2)	21.6 (15.3-28.0)	20.6 (15.7-25.6)

Note: Estimates are based on 340 respondents in NSW. For this indicator 3 (0.87%) were not stated (Don't know or Refused) in NSW
The indicator includes those aged 50 years and over who have been immunised against pneumococcal disease in the last 5 years. The question used was: When were you last vaccinated or immunised against pneumonia?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Health status

Monitoring the health status of a population helps to detect emerging patterns of illness and disease and provides information to inform health policy and planning health services. This chapter reports: self-rated health status, current asthma, diabetes or high blood glucose, oral health (all natural teeth missing), overweight and obesity, and psychological distress.

Self-rated health status

Self-rated health is a fundamental measure of health status and health outcomes, which is believed to principally reflect physical health problems (acute and chronic conditions and physical functioning); and, to a lesser extent, health behaviours and mental health problems.[1,2] Longitudinal studies have shown self-rated health is a strong and independent predictor of subsequent illness and premature death.[3]

The New South Wales Population Health Survey asks the following question on health status: Overall, how would you rate your health during the past 4 weeks? Was it excellent, very good, good, fair, poor or very poor? Responses of 'excellent', 'very good' and 'good' were combined into a 'positive' rating of health.

Just over three-quarters (76.3 per cent) of Aboriginal adults rated their health positively. There was no significant difference between males (75.4 per cent) and females (77.2 per cent). Generally, younger and older Aboriginal adults rated their health positively, compared to those aged 45–64 years of age. There was little geographical variation, except in the Greater Southern Health Area where a significantly higher proportion of women rated their health positively (89.7 per cent) and in South Eastern Sydney & Illawarra Health Area where a significantly higher proportion of men rated their health positively (94.3 per cent).

Current asthma

Asthma is a chronic inflammatory disorder of the airways in which the airways narrow too much and too easily, in response to a wide range of triggers, resulting in episodes of wheeze, chest tightness, and shortness of breath. The prevalence of asthma is relatively high in Australia by international standards.[4,5]

In the New South Wales Population Health Survey the following questions were asked: Have you ever been told by a doctor or at a hospital that you have asthma?; Have you had symptoms of asthma or taken treatment for asthma in the last 12 months?

Approximately 16.2 per cent of Aboriginal adults currently have asthma. Asthma is twice as high in females (20.4 per cent) as males (11.8 per cent). Young Aboriginal women (31.7 per cent) and older Aboriginal women (22.6 to 31.0 per cent) are most likely to currently have asthma, compared to the overall Aboriginal adult population. Levels of current asthma are higher in urban areas (17.1 per cent) than rural areas (15.7 per cent).

Diabetes or high blood glucose

Diabetes mellitus is a common disease characterised by disordered glucose and lipid metabolism. Diabetes affects a person's health in 2 ways: by direct metabolic complications, which can be immediately life threatening if not treated promptly; and by long-term complications involving the eyes, kidneys, nerves, and major blood vessels including those of the heart. There are 3 main forms of diabetes: type 1, or insulin-dependent diabetes mellitus (IDDM); type 2, or non-insulin-dependent diabetes mellitus (NIDDM); and gestational diabetes, which occurs during pregnancy.[6] The management of diabetes depends on careful control of glucose levels, blood lipid levels (especially cholesterol levels), blood pressure, and regular screening for complications.[7]

In the New South Wales Population Health Survey the following questions were asked: Have you ever been told by a doctor or hospital you have diabetes?; Have you ever been told by a doctor or hospital you have high glucose levels in your blood?; If female, respondents were also asked: Were you pregnant when you were first told you had diabetes or high blood glucose?; and, Have you ever had diabetes or high blood glucose apart from when you were pregnant?

Just over one in 10 (10.6 per cent) of Aboriginal adults have diabetes or high blood glucose. Levels of diabetes or high blood glucose were similar in males (11.6 per cent) and females (9.7 per cent). Diabetes or high blood glucose increased with age from 4.5 per cent in the 16–24 year age group to 26.2 per cent in the 65 year and over age group. There was some geographical variation, with a significantly higher proportion of rural residents (13.9 per cent) than urban residents (5.5 per cent) having diabetes or high blood glucose.

Oral health

Dental disorders are common in Australia, with dental caries estimated to be the most prevalent health problem, edentulism the third most prevalent, and periodontal diseases the fifth most prevalent health problem in Australia.[8] As the majority of all tooth loss can be attributed to dental caries and periodontal disease, and because these conditions are preventable, most of this tooth loss can be avoided.[9]

In the New South Wales Population Health Survey the following question was asked: Are any of your natural teeth missing?

Overall, 4.2 per cent of Aboriginal adults reported having all of their natural teeth missing. Levels were similar in males (4.0 per cent) and females (4.3 per cent). All natural teeth missing increased with age from 0 per cent in the 16–24 year age group to 28.5 per cent in the 65 year and over age group. There was no difference in the proportion of rural residents and urban residents who had all natural teeth missing.

Overweight and obesity

The prevalence of obesity is rising worldwide and New South Wales is no exception. Being overweight or obese increases the risk of a wide range of health problems, including cardiovascular disease, type 2 diabetes, breast cancer, gallstones, degenerative joint disease, obstructive sleep apnoea, and impaired psychosocial functioning.[10] Weight gain and obesity develop when the energy intake from food and drink exceeds energy expenditure from physical activity and other metabolic processes.

In the New South Wales Population Health Survey the following questions were asked: How tall are you without shoes?; and, How much do you weigh without clothes or shoes? These answers were used to estimate body mass index (BMI).

BMI provides the most useful and practical method for classifying overweight or obesity in adults. BMI is calculated by dividing a person's weight (in kilograms) by their height (in metres squared). The resulting BMI is then classified into 4 categories: underweight, when BMI is less than 18.5; acceptable or ideal weight, when BMI is greater than or equal to 18.5 and less than 25; overweight, when BMI is greater than or equal to 25 and less than 30; and obese, when BMI is greater than or equal to 30.[11]

Just over half (55.3 per cent) of Aboriginal adults were overweight or obese. There was no significant difference in the proportion of males and females who were overweight or obese. Overweight and obesity increased with age from 30.0 per cent in the 16–24 year age group to 69.5 per cent in the 55–64 year age group. There was some geographical variation, with a higher proportion of rural residents (58.0 per cent) than urban residents (51.1 per cent) being overweight or obese.

High and very high psychological distress

Psychological distress has a major effect on the ability of people to work, study, and manage their day-to-day activities.

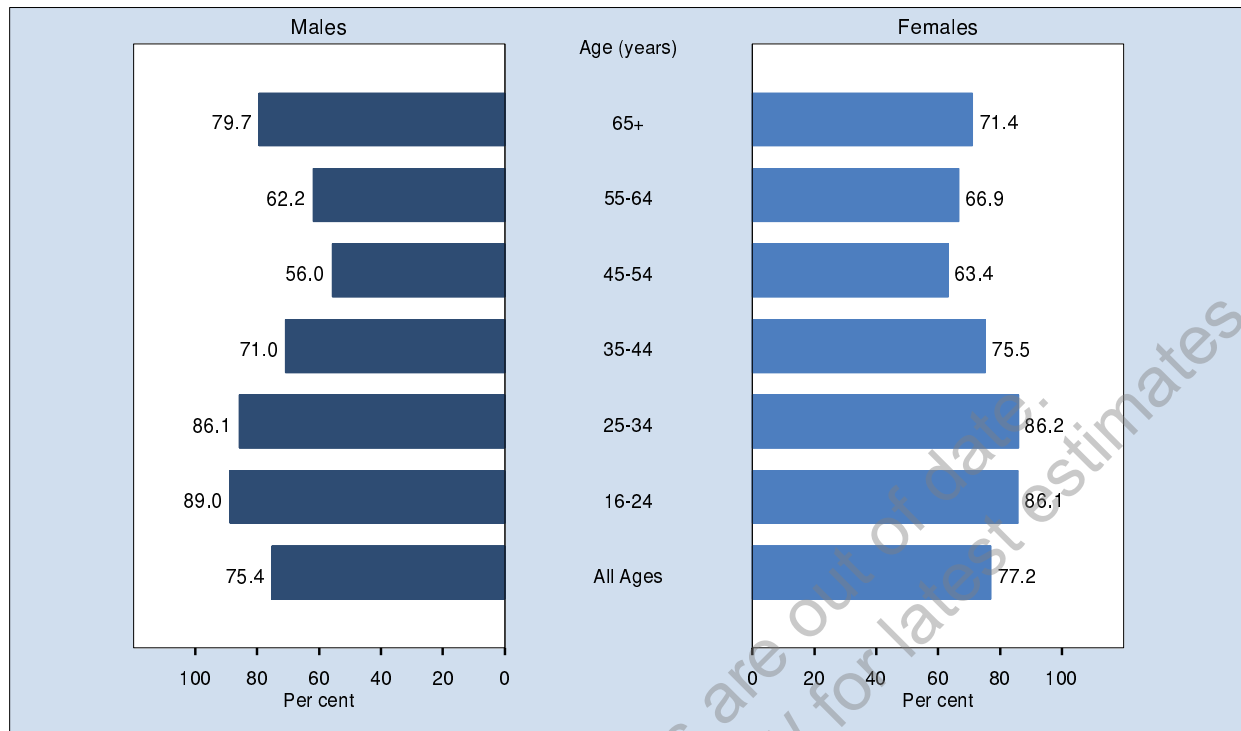
The New South Wales Population Health Survey uses the Kessler 10 questionnaire to measure psychological distress. The questionnaire contains 10 items and is intended to yield a global measure of 'non-specific psychological distress' based on questions about the level of nervousness, agitation, psychological fatigue and depression in the most recent 4-week period.[12] The measure was developed to measure those levels of distress associated with impairment in the 90th to 99th percentile of the general population. The resulting K10 score is then classified into 4 categories: low psychological distress, when the K10 score is 10–15; moderate psychological distress, when the K10 score is 16–21; high psychological distress, when the K10 score is 22–29; and very high psychological distress, when the K10 score is 30 or higher.

Overall, 23.8 per cent of Aboriginal adults reported high or very high levels of psychological distress. More females (26.8 per cent) than males (20.5 per cent) reported high or very high levels of psychological distress. High and very high psychological distress increases with age, peaking in the 35–44 year age group (34.9 per cent) before declining in older age groups. There was some geographic variation, with a higher proportion of rural residents (24.4 per cent) than urban residents (22.6 per cent) reporting high or very high levels of psychological distress.

References

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Excellent, very good, or good self-rated health status by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

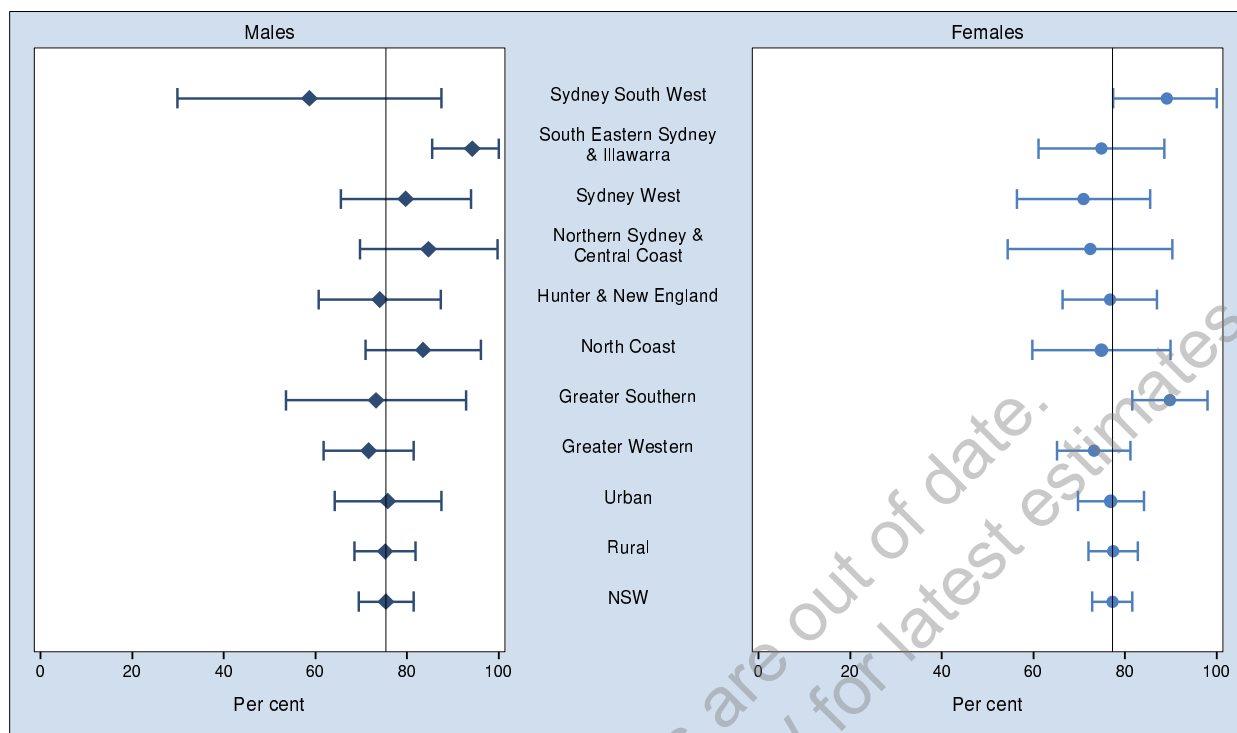


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	89.0 (77.8-100)	86.1 (74.4-97.9)	87.6 (79.5-95.7)
25-34	86.1 (73.5-98.7)	86.2 (79.3-93.1)	86.1 (79.1-93.2)
35-44	71.0 (58.8-83.2)	75.5 (65.9-85.1)	73.4 (65.7-81.0)
45-54	56.0 (41.8-70.2)	63.4 (52.4-74.5)	59.9 (50.8-68.9)
55-64	62.2 (46.7-77.6)	66.9 (54.5-79.2)	64.5 (54.7-74.4)
65+	79.7 (63.4-96.1)	71.4 (59.0-83.8)	75.3 (65.1-85.5)
All Ages	75.4 (69.4-81.4)	77.2 (72.9-81.6)	76.3 (72.7-80.0)

Note: Estimates are based on 925 respondents in NSW. For this indicator 5 (0.54%) were not stated (Don't know or Refused) in NSW. The indicator includes those responding excellent, very good, or good to a global self-rated health status question. The question used to define the indicator was: Overall, how would you rate your health during the past 4 weeks? Was it excellent, very good, good, fair, poor, or very poor?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Excellent, very good, or good self-rated health status by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

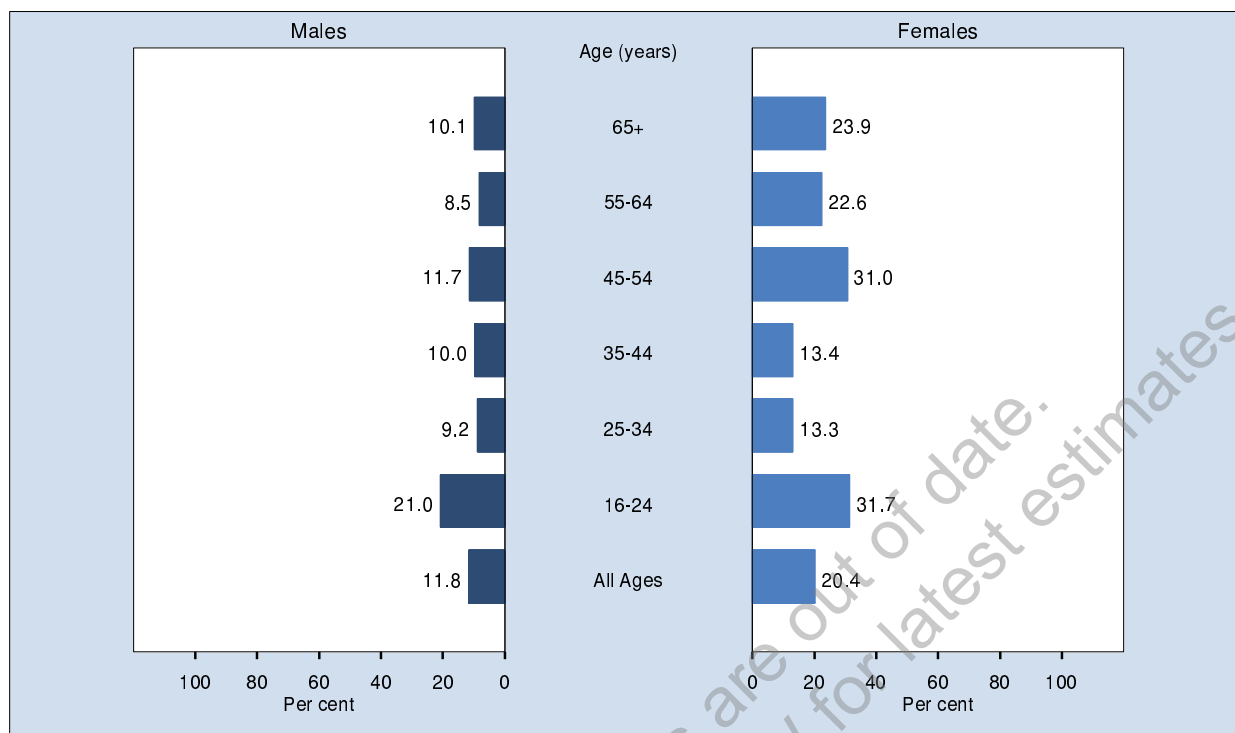


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	58.7 (29.8-87.6)	89.1 (77.5-100)	73.4 (56.1-90.8)
South Eastern Sydney & Illawarra	94.3 (85.5-100)	74.8 (61.1-88.6)	79.5 (68.5-90.5)
Sydney West	79.7 (65.5-94.0)	70.9 (56.3-85.5)	75.3 (64.8-85.8)
Northern Sydney & Central Coast	84.7 (69.7-99.7)	72.4 (54.4-90.4)	79.7 (67.8-91.5)
Hunter & New England	74.0 (60.7-87.3)	76.7 (66.4-86.9)	75.4 (67.2-83.7)
North Coast	83.5 (70.9-96.1)	74.9 (59.8-90.0)	79.5 (69.5-89.5)
Greater Southern	73.2 (53.6-92.8)	89.7 (81.5-97.9)	81.5 (70.6-92.4)
Greater Western	71.6 (61.8-81.4)	73.2 (65.1-81.2)	72.4 (66.0-78.7)
Urban	75.8 (64.2-87.5)	76.9 (69.7-84.2)	76.4 (69.7-83.1)
Rural	75.2 (68.5-81.8)	77.4 (72.0-82.8)	76.3 (72.0-80.6)
NSW	75.4 (69.4-81.4)	77.2 (72.9-81.6)	76.3 (72.7-80.0)

Note: Estimates are based on 925 respondents in NSW. For this indicator 5 (0.54%) were not stated (Don't know or Refused) in NSW
The indicator includes those responding excellent, very good, or good to a global self-rated health status question. The question used to define the indicator was: Overall, how would you rate your health during the past 4 weeks? Was it excellent, very good, good, fair, poor, or very poor?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Current asthma by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

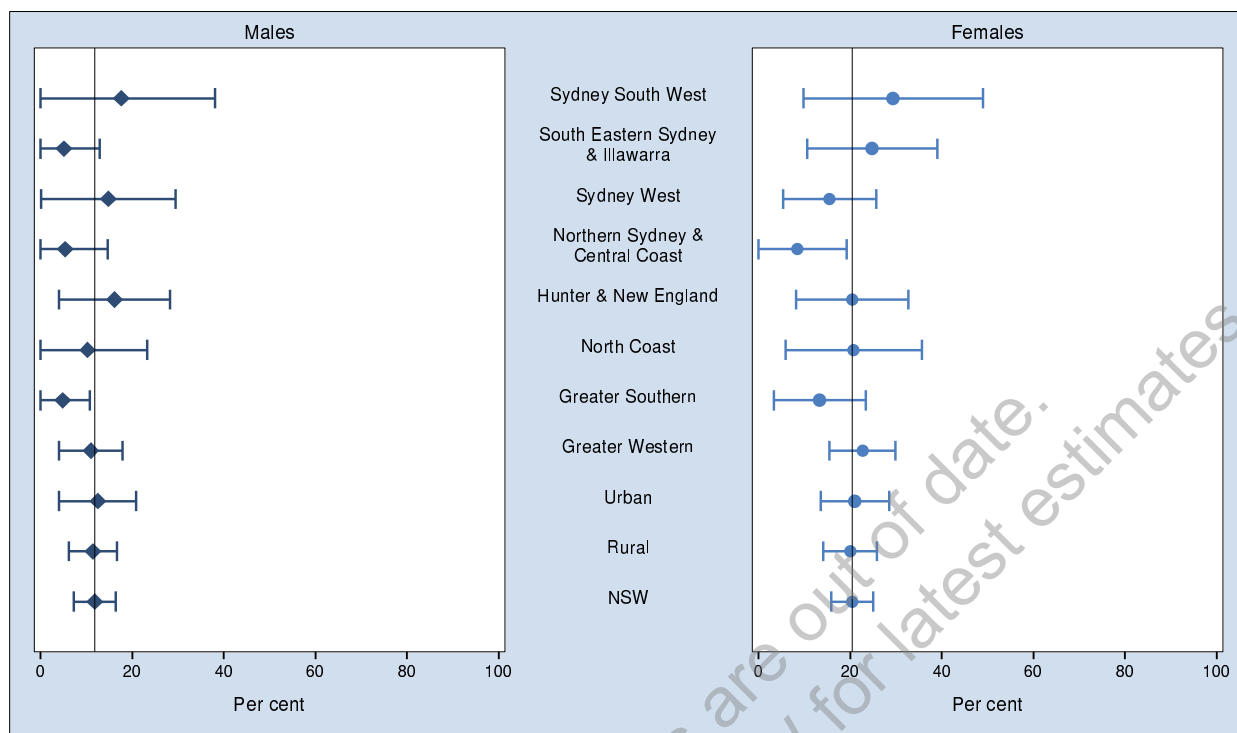


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	21.0 (3.7-38.3)	31.7 (14.6-48.7)	26.2 (13.9-38.4)
25-34	9.2 (1.4-17.1)	13.3 (6.7-20.0)	11.4 (6.2-16.5)
35-44	10.0 (3.3-16.7)	13.4 (6.0-20.8)	11.8 (6.7-16.8)
45-54	11.7 (2.5-21.0)	31.0 (19.3-42.7)	21.6 (13.8-29.4)
55-64	8.5 (1.2-15.7)	22.6 (11.2-34.1)	15.6 (8.5-22.7)
65+	10.1 (0.0-20.5)	23.9 (12.8-35.0)	17.5 (9.5-25.4)
All Ages	11.8 (7.3-16.4)	20.4 (15.8-25.0)	16.2 (13.0-19.5)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who had symptoms of asthma or treatment for asthma in the last 12 months. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have asthma? and Have you had symptoms of asthma or treatment for asthma in the last 12 months?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Current asthma by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

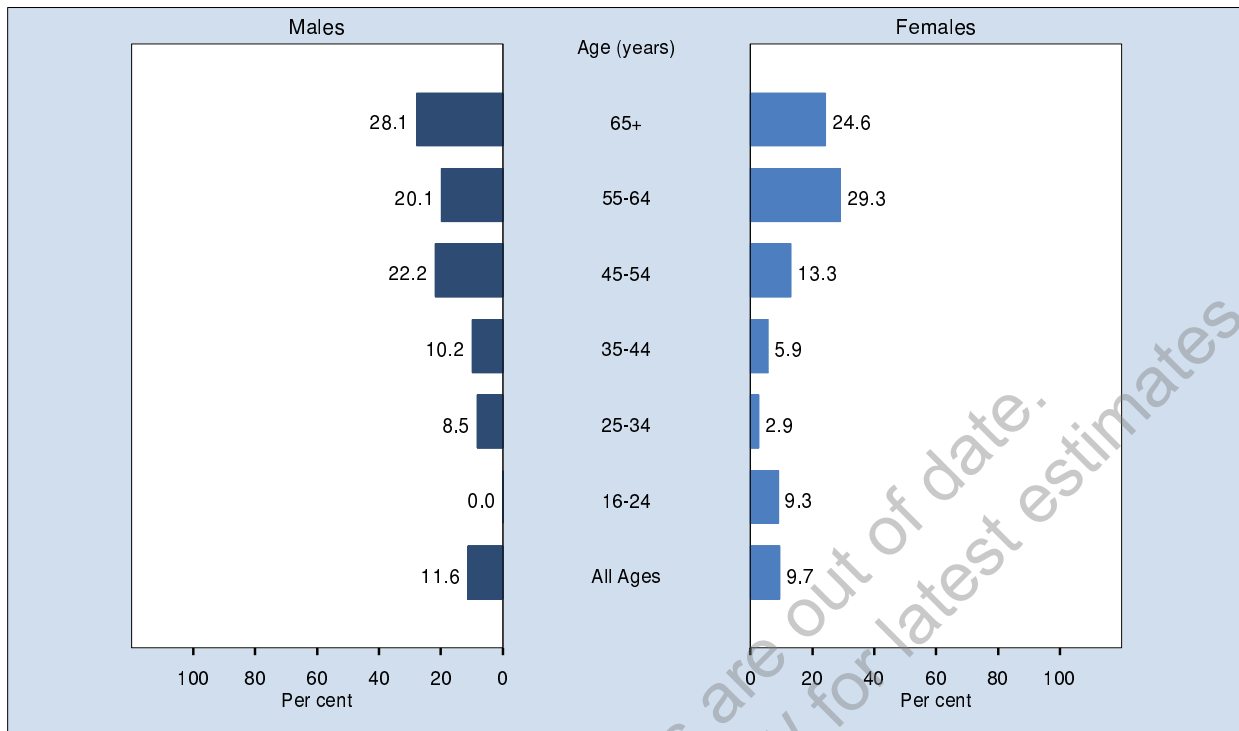


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	17.6 (0.0-38.1)	29.4 (9.8-49.0)	23.3 (8.8-37.8)
South Eastern Sydney & Illawarra	5.1 (0.0-12.9)	24.8 (10.6-39.0)	19.7 (8.6-30.8)
Sydney West	14.8 (0.2-29.4)	15.5 (5.3-25.7)	15.1 (6.3-24.0)
Northern Sydney & Central Coast	5.4 (0.0-14.6)	8.4 (0.0-19.3)	6.6 (0.0-13.7)
Hunter & New England	16.1 (4.0-28.3)	20.5 (8.2-32.7)	18.4 (9.7-27.2)
North Coast	10.3 (0.0-23.2)	20.7 (5.9-35.6)	15.1 (5.2-25.1)
Greater Southern	4.9 (0.0-10.7)	13.4 (3.4-23.4)	9.1 (3.1-15.1)
Greater Western	11.0 (4.1-17.9)	22.7 (15.5-29.8)	16.6 (11.5-21.6)
Urban	12.5 (4.1-20.9)	21.0 (13.6-28.5)	17.1 (11.5-22.7)
Rural	11.5 (6.2-16.7)	20.0 (14.2-25.9)	15.7 (11.7-19.7)
NSW	11.8 (7.3-16.4)	20.4 (15.8-25.0)	16.2 (13.0-19.5)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who had symptoms of asthma or treatment for asthma in the last 12 months. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have asthma? and Have you had symptoms of asthma or treatment for asthma in the last 12 months?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Diabetes or high blood glucose by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

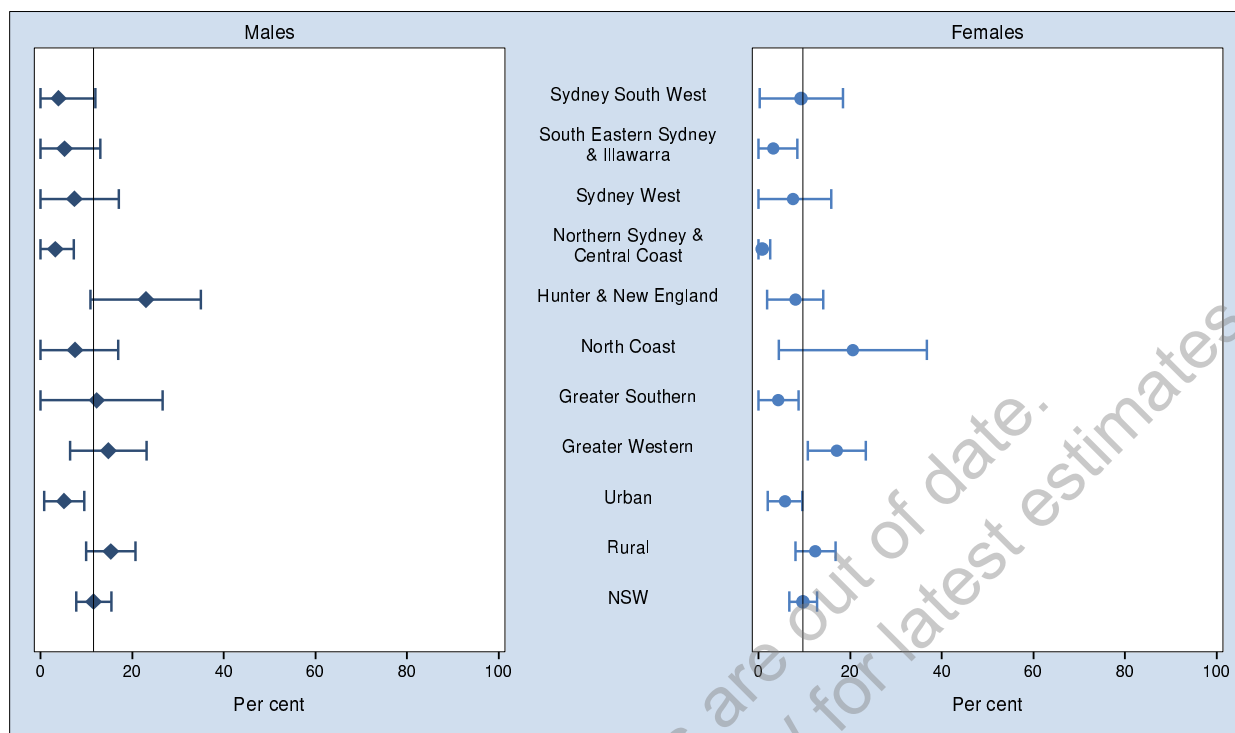


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	0.0 (0.0-0.0)	9.3 (0.0-21.3)	4.5 (0.0-10.5)
25-34	8.5 (1.7-15.3)	2.9 (0.1-5.7)	5.6 (2.0-9.1)
35-44	10.2 (2.0-18.3)	5.9 (1.2-10.5)	7.9 (3.3-12.5)
45-54	22.2 (10.4-33.9)	13.3 (6.5-20.1)	17.6 (10.9-24.4)
55-64	20.1 (8.8-31.3)	29.3 (16.1-42.5)	24.8 (15.9-33.7)
65+	28.1 (5.7-50.5)	24.6 (12.3-36.8)	26.2 (13.8-38.7)
All Ages	11.6 (7.8-15.4)	9.7 (6.7-12.8)	10.6 (8.2-13.1)

Note: Estimates are based on 925 respondents in NSW. For this indicator 1 (0.11%) were not stated (Don't know or Refused) in NSW. The indicator includes those who either had diabetes or high blood glucose but did not have gestational diabetes. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have diabetes?, Have you ever been told by a doctor or hospital you have high blood glucose?, and, if female, Were you pregnant when you were first told you had diabetes or high blood glucose?, and Have you ever had diabetes or high blood glucose apart from when you were pregnant?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Diabetes or high blood glucose by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

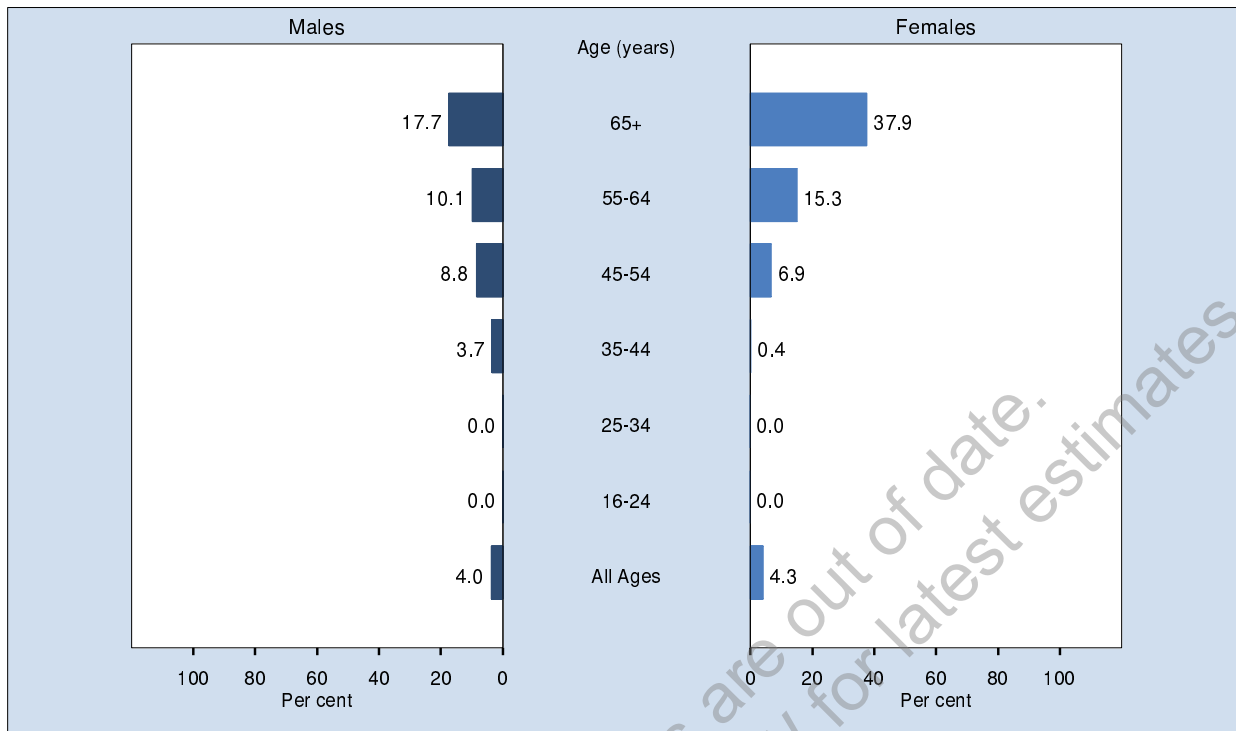


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	3.9 (0.0-12.0)	9.3 (0.2-18.4)	6.5 (0.4-12.7)
South Eastern Sydney & Illawarra	5.2 (0.0-13.1)	3.2 (0.0-8.4)	3.7 (0.0-8.1)
Sydney West	7.3 (0.0-17.1)	7.5 (0.0-15.8)	7.4 (1.0-13.8)
Northern Sydney & Central Coast	3.2 (0.0-7.2)	0.8 (0.0-2.5)	2.2 (0.0-4.7)
Hunter & New England	23.0 (10.9-35.1)	8.0 (1.9-14.1)	15.0 (8.5-21.5)
North Coast	7.5 (0.0-16.9)	20.6 (4.4-36.7)	13.6 (4.1-23.0)
Greater Southern	12.3 (0.0-26.6)	4.2 (0.0-8.7)	8.2 (0.7-15.8)
Greater Western	14.8 (6.5-23.1)	17.0 (10.7-23.4)	15.9 (10.6-21.1)
Urban	5.1 (0.8-9.5)	5.8 (2.0-9.5)	5.5 (2.6-8.4)
Rural	15.3 (9.9-20.8)	12.4 (8.0-16.8)	13.9 (10.4-17.4)
NSW	11.6 (7.8-15.4)	9.7 (6.7-12.8)	10.6 (8.2-13.1)

Note: Estimates are based on 925 respondents in NSW. For this indicator 1 (0.11%) were not stated (Don't know or Refused) in NSW
 The indicator includes those who either had diabetes or high blood glucose but did not have gestational diabetes. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have diabetes?, Have you ever been told by a doctor or hospital you have high blood glucose?, and, if female, Were you pregnant when you were first told you had diabetes or high blood glucose?, and Have you ever had diabetes or high blood glucose apart from when you were pregnant?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**All natural teeth missing by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

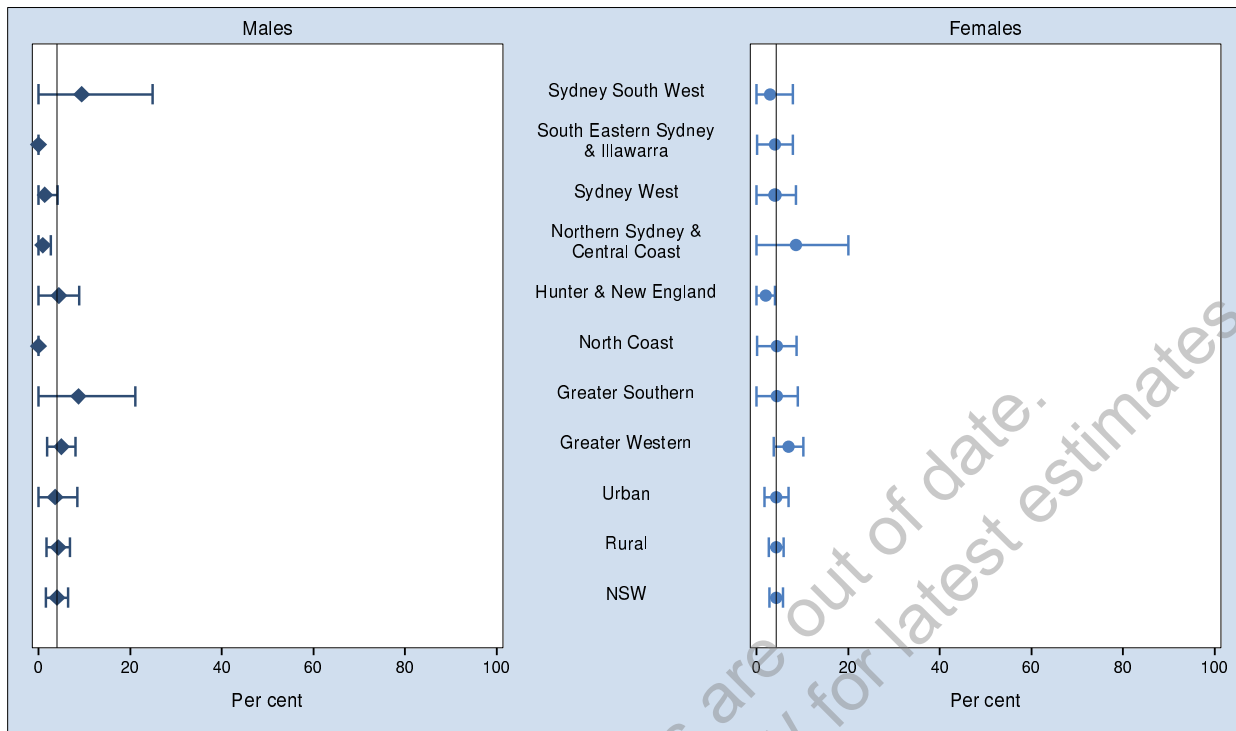


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
25-34	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
35-44	3.7 (0.0-9.0)	0.4 (0.0-1.2)	2.0 (0.0-4.5)
45-54	8.8 (0.0-18.9)	6.9 (2.2-11.7)	7.8 (2.3-13.4)
55-64	10.1 (2.0-18.2)	15.3 (5.9-24.7)	12.7 (6.4-19.0)
65+	17.7 (3.2-32.3)	37.9 (24.9-50.8)	28.5 (18.3-38.7)
All Ages	4.0 (1.6-6.5)	4.3 (2.8-5.7)	4.2 (2.8-5.6)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who had all their natural teeth missing. Natural teeth does not include dentures but includes wisdom teeth. The question used to define the indicator was: Are any of your natural teeth missing?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**All natural teeth missing by health area,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

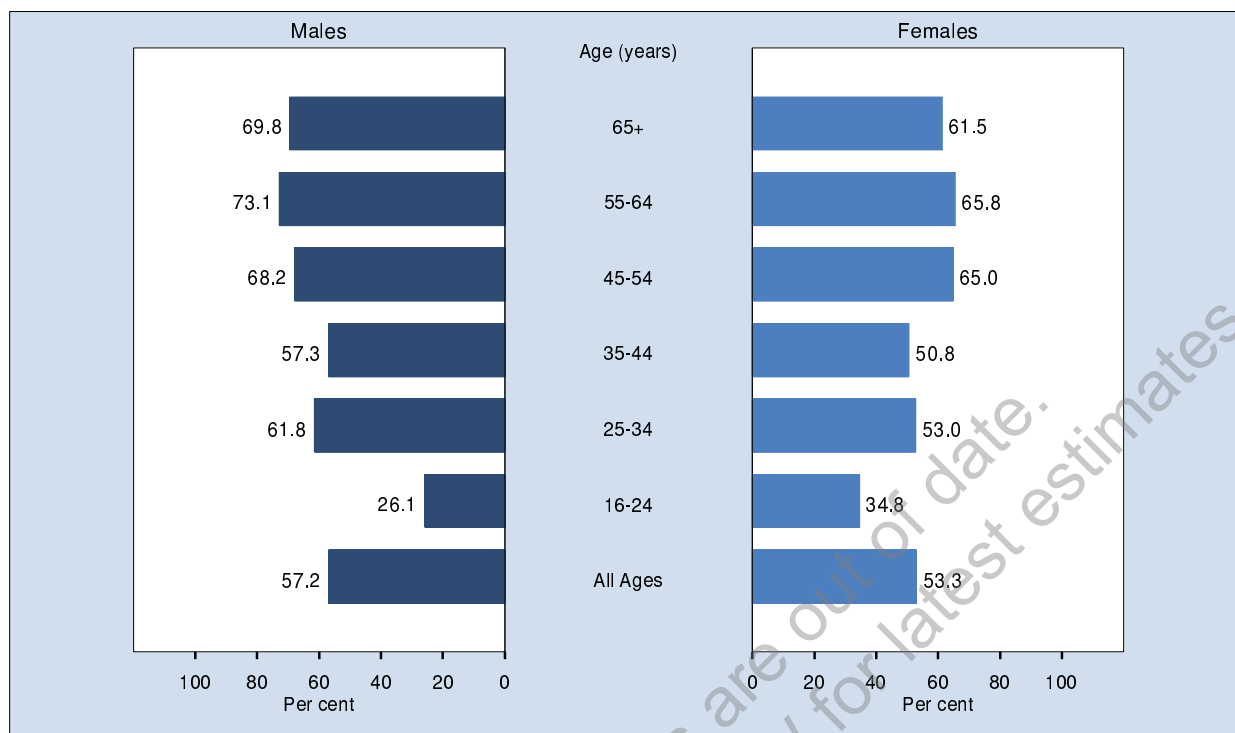


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	9.4 (0.0-24.9)	2.9 (0.0-7.9)	6.2 (0.0-14.7)
South Eastern Sydney & Illawarra	0.0 (0.0-0.0)	4.0 (0.0-7.9)	2.9 (0.0-5.9)
Sydney West	1.4 (0.0-4.2)	4.1 (0.0-8.6)	2.7 (0.0-5.4)
Northern Sydney & Central Coast	0.9 (0.0-2.7)	8.6 (0.0-20.0)	4.0 (0.0-9.0)
Hunter & New England	4.4 (0.0-8.9)	2.0 (0.0-4.0)	3.1 (0.8-5.5)
North Coast	0.0 (0.0-0.0)	4.4 (0.0-8.7)	2.0 (0.0-4.0)
Greater Southern	8.7 (0.0-21.1)	4.4 (0.0-9.0)	6.5 (0.0-13.1)
Greater Western	5.0 (1.9-8.1)	7.0 (3.7-10.2)	5.9 (3.7-8.2)
Urban	3.6 (0.0-8.5)	4.3 (1.7-6.9)	4.0 (1.3-6.6)
Rural	4.3 (1.7-6.9)	4.3 (2.6-5.9)	4.3 (2.7-5.8)
NSW	4.0 (1.6-6.5)	4.3 (2.8-5.7)	4.2 (2.8-5.6)

Note: Estimates are based on 930 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who had all their natural teeth missing. Natural teeth does not include dentures but includes wisdom teeth. The question used to define the indicator was: Are any of your natural teeth missing?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Overweight and obesity by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

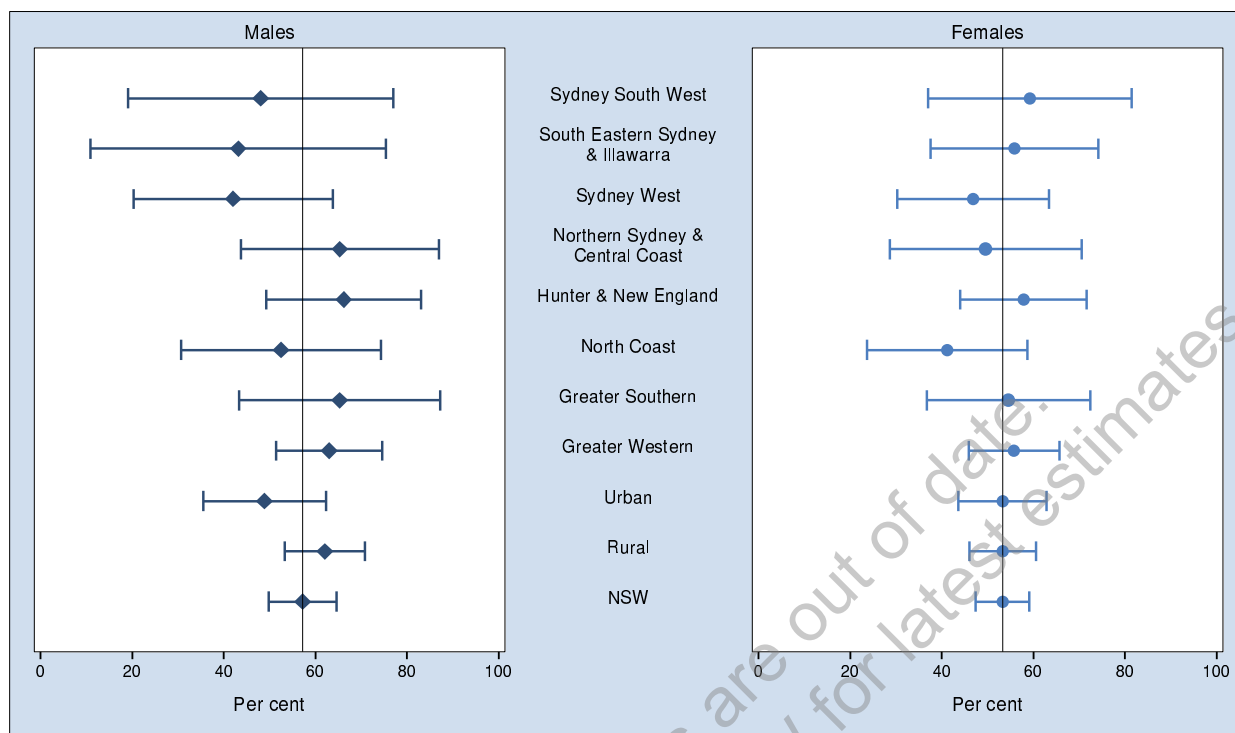


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	26.1 (9.0-43.3)	34.8 (18.3-51.2)	30.0 (18.1-42.0)
25-34	61.8 (45.8-77.7)	53.0 (41.9-64.1)	57.5 (47.7-67.3)
35-44	57.3 (42.6-71.9)	50.8 (38.5-63.2)	54.0 (44.5-63.6)
45-54	68.2 (54.4-82.0)	65.0 (53.4-76.7)	66.7 (57.5-75.9)
55-64	73.1 (59.4-86.8)	65.8 (53.0-78.6)	69.5 (60.1-79.0)
65+	69.8 (48.7-90.9)	61.5 (47.6-75.4)	65.4 (53.0-77.9)
All Ages	57.2 (49.8-64.6)	53.3 (47.4-59.1)	55.3 (50.5-60.0)

Note: Estimates are based on 856 respondents in NSW. For this indicator 74 (7.96%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Body Mass Index (BMI) of 25 or higher. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height²(m). Categories for this indicator include overweight (BMI between 25 and 29.9) and obese (BMI of 30 and over).

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Overweight and obesity by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

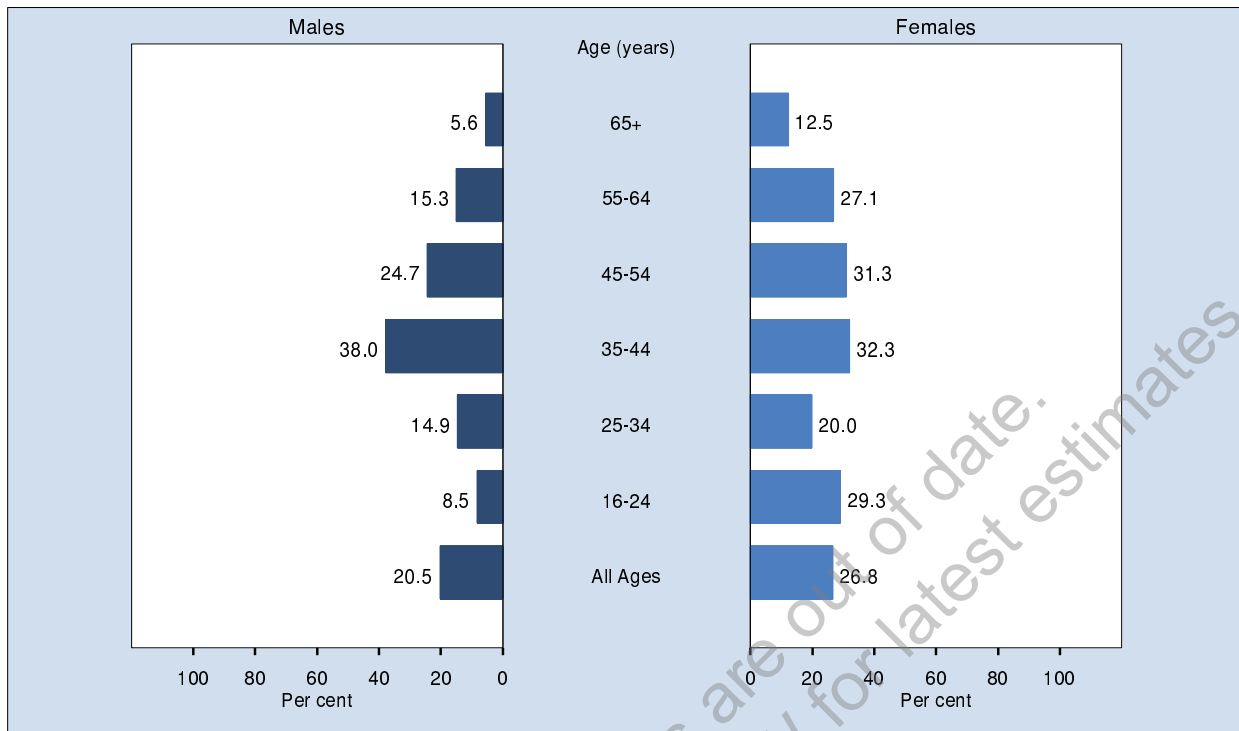


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	48.0 (19.1-76.9)	59.2 (36.9-81.5)	53.0 (34.4-71.7)
South Eastern Sydney & Illawarra	43.1 (10.9-75.4)	55.8 (37.6-74.1)	52.5 (36.1-68.8)
Sydney West	42.0 (20.3-63.8)	46.8 (30.2-63.4)	44.3 (30.2-58.3)
Northern Sydney & Central Coast	65.4 (43.7-87.0)	49.6 (28.6-70.6)	58.9 (43.0-74.8)
Hunter & New England	66.2 (49.3-83.1)	57.8 (44.0-71.6)	61.9 (51.1-72.8)
North Coast	52.5 (30.7-74.3)	41.2 (23.7-58.7)	47.4 (33.4-61.5)
Greater Southern	65.3 (43.3-87.2)	54.6 (36.8-72.4)	60.5 (46.0-74.9)
Greater Western	63.0 (51.4-74.6)	55.7 (45.8-65.6)	59.9 (52.0-67.8)
Urban	48.9 (35.5-62.3)	53.2 (43.6-62.8)	51.1 (43.0-59.3)
Rural	62.1 (53.3-70.8)	53.3 (46.0-60.6)	58.0 (52.2-63.8)
NSW	57.2 (49.8-64.6)	53.3 (47.4-59.1)	55.3 (50.5-60.0)

Note: Estimates are based on 856 respondents in NSW. For this indicator 74 (7.96%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Body Mass Index (BMI) of 25 or higher. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height²(m). Categories for this indicator include overweight (BMI between 25 and 29.9) and obese (BMI of 30 and over).

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

High and very high psychological distress by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

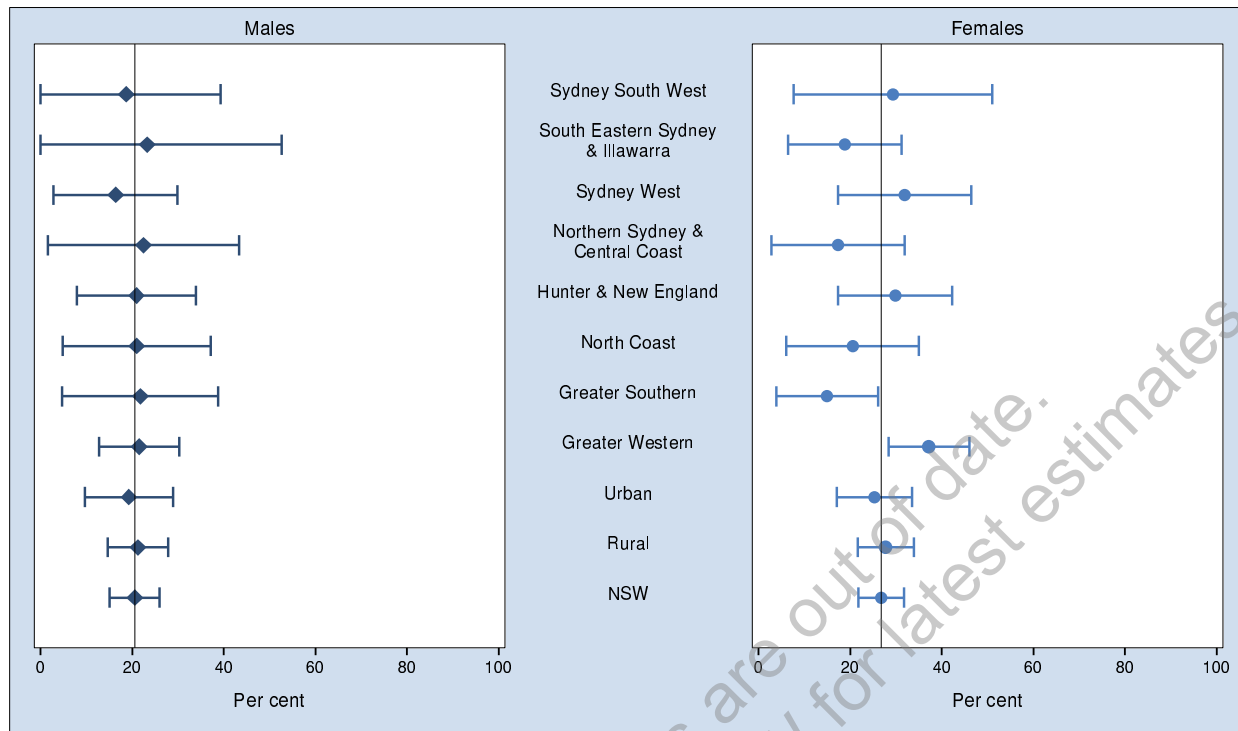


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	8.5 (0.0-17.1)	29.3 (13.3-45.3)	18.6 (9.0-28.2)
25-34	14.9 (5.0-24.7)	20.0 (12.5-27.6)	17.6 (11.3-23.8)
35-44	38.0 (24.3-51.7)	32.3 (21.3-43.3)	34.9 (26.3-43.6)
45-54	24.7 (11.9-37.6)	31.3 (20.3-42.2)	28.0 (19.6-36.5)
55-64	15.3 (5.8-24.7)	27.1 (14.2-39.9)	21.3 (13.0-29.7)
65+	5.6 (0.0-12.5)	12.5 (4.0-21.0)	9.3 (3.6-14.9)
All Ages	20.5 (15.1-26.0)	26.8 (21.8-31.7)	23.8 (20.1-27.5)

Note: Estimates are based on 923 respondents in NSW. For this indicator 7 (0.75%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Kessler 10 (K10) score of 22 or above. The K10 is a 10-item questionnaire that measures the level of psychological distress in the most recent 4-week period.

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

High and very high psychological distress by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	18.7 (0.0-39.3)	29.3 (7.6-51.1)	24.0 (8.6-39.5)
South Eastern Sydney & Illawarra	23.3 (0.0-52.6)	18.8 (6.4-31.2)	20.0 (8.0-32.0)
Sydney West	16.4 (2.9-29.9)	31.8 (17.3-46.4)	24.2 (13.8-34.7)
Northern Sydney & Central Coast	22.5 (1.6-43.3)	17.3 (2.9-31.8)	20.4 (6.6-34.1)
Hunter & New England	20.9 (7.9-34.0)	29.8 (17.3-42.3)	25.7 (16.6-34.8)
North Coast	21.0 (4.8-37.1)	20.5 (6.0-35.0)	20.8 (9.8-31.7)
Greater Southern	21.8 (4.7-38.8)	14.9 (3.8-26.1)	18.3 (8.2-28.5)
Greater Western	21.5 (12.8-30.3)	37.2 (28.4-46.0)	29.0 (22.6-35.5)
Urban	19.3 (9.7-28.9)	25.3 (17.1-33.6)	22.6 (16.2-28.9)
Rural	21.3 (14.7-27.8)	27.8 (21.6-33.9)	24.5 (20.0-29.0)
NSW	20.5 (15.1-26.0)	26.8 (21.8-31.7)	23.8 (20.1-27.5)

Note: Estimates are based on 923 respondents in NSW. For this indicator 7 (0.75%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Kessler 10 (K10) score of 22 or above. The K10 is a 10-item questionnaire that measures the level of psychological distress in the most recent 4-week period.

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Health services

NSW Health provides a range of health care services to New South Wales residents delivered across a variety of settings. The New South Wales Population Health Survey includes a range of questions that monitor access to health services. Questions focus on difficulties getting health care when needed, presentation to emergency departments, admissions to hospital, and use of community health centres and public dental services.

Difficulties getting health care

In order to identify issues with accessing health services, the New South Wales Population Health Survey includes the following question: Do you have any difficulties getting health care when you need it? A health service includes any service provided by general practitioners and specialists, public and private hospitals and dental clinics, pharmacists, allied health services (for example, physiotherapy), and community health services.

Just over one in 5 (20.1 per cent) Aboriginal adults had difficulty accessing health care when they needed it. A higher proportion of females (22.5 per cent) than males (17.5 per cent) had difficulty accessing health services when they needed it, with young females having the most difficulty (34.8 per cent). There was some geographical variation, with a higher proportion of rural residents (24.8 per cent) than urban residents (12.7 per cent) having difficulty accessing health services.

Emergency departments

The New South Wales Population Health Survey included the following question on presentations to an emergency department: In the last 12 months, have you visited a hospital emergency department (or casualty) for your own medical care?

Just under one-quarter (23.8 per cent) of Aboriginal adults presented to an emergency department in the last 12 months. A higher proportion of females (27.6 per cent) than males (19.8 per cent) presented to an emergency department, with young females aged 16–24 having the most presentations (35.6 per cent).

Hospital admissions

The New South Wales Population Health Survey included the following question on admission to hospital: In the last 12 months, have you stayed for at least one night in hospital?

Overall, 16.2 per cent of Aboriginal adults were admitted to a hospital for at least one night in the previous 12 months. A higher proportion of females (21.0 per cent) than males (11.3 per cent) had been admitted to hospital in the previous 12 months.

Community health centres

Community health centres have a particularly important role to play in providing information and support to people of all ages within the community. Services provided by community health centres include primary and community health nursing, sexual health services, counselling, selected allied health services, outreach clinics, child and family health services, day and respite care, health promotion and health education, community support, and group programs. The New South Wales Population Health Survey asked respondents the following question: In the last 12 months, have you been to a government-run community health centre?

Overall, 13.9 per cent of Aboriginal adults had attended a community health centre in the previous 12 months. A higher proportion of females (16.4 per cent) than males (11.2 per cent) attended a community health centre. There was no significant variation between the proportion of rural residents and urban residents attending a community health centre in the previous 12 months.

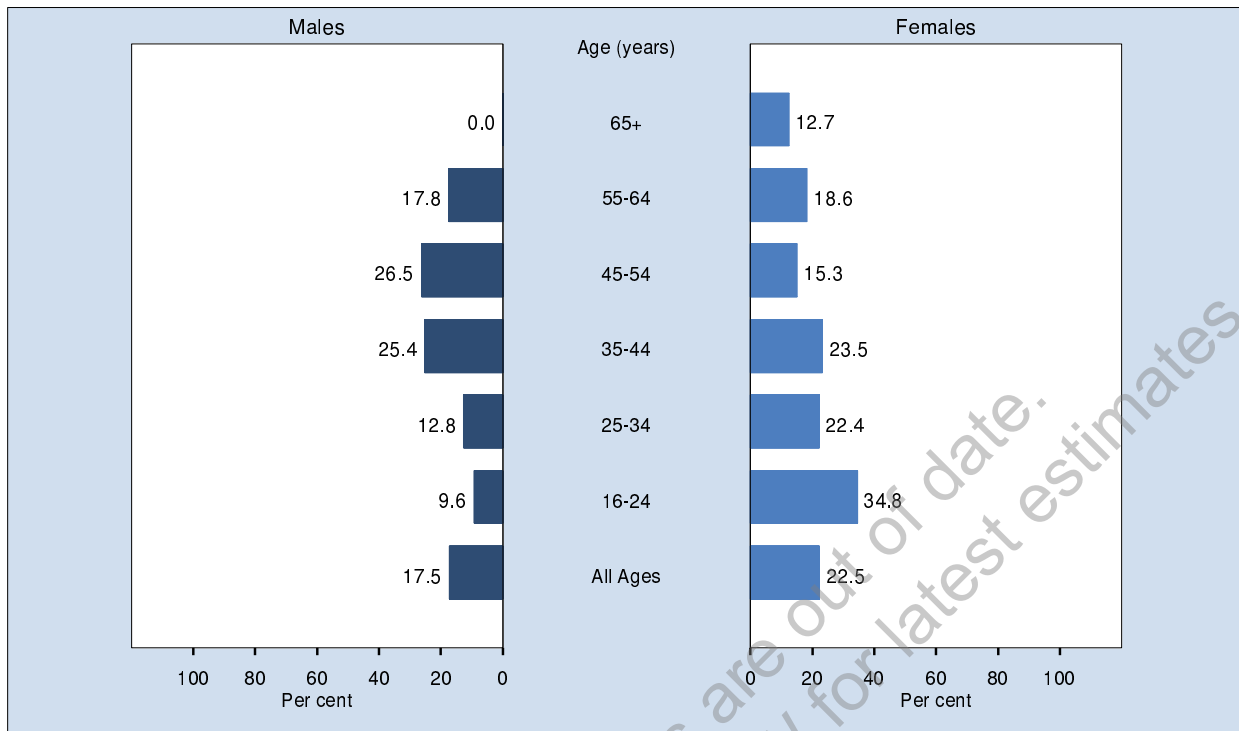
Public dental services

People in New South Wales with a Health Care Concession Card or a Pensioner Concession Card are eligible for public dental care. The New South Wales Population Health Survey asked respondents the following question: In the last 12 months, have you been to a government-run public dental service or dental hospital?

Overall, 10.0 per cent of Aboriginal adults attended a public dental service in the previous 12 months. There was little difference between males and females or between age groups. There was no difference between urban areas and rural areas: however the proportion who attended in Greater Southern Health Area (2.9 per cent) was significantly lower.

WARNING: Estimates are out of date.
Please check HealthStats NSW for latest estimates.

Difficulties getting health care when needing it by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

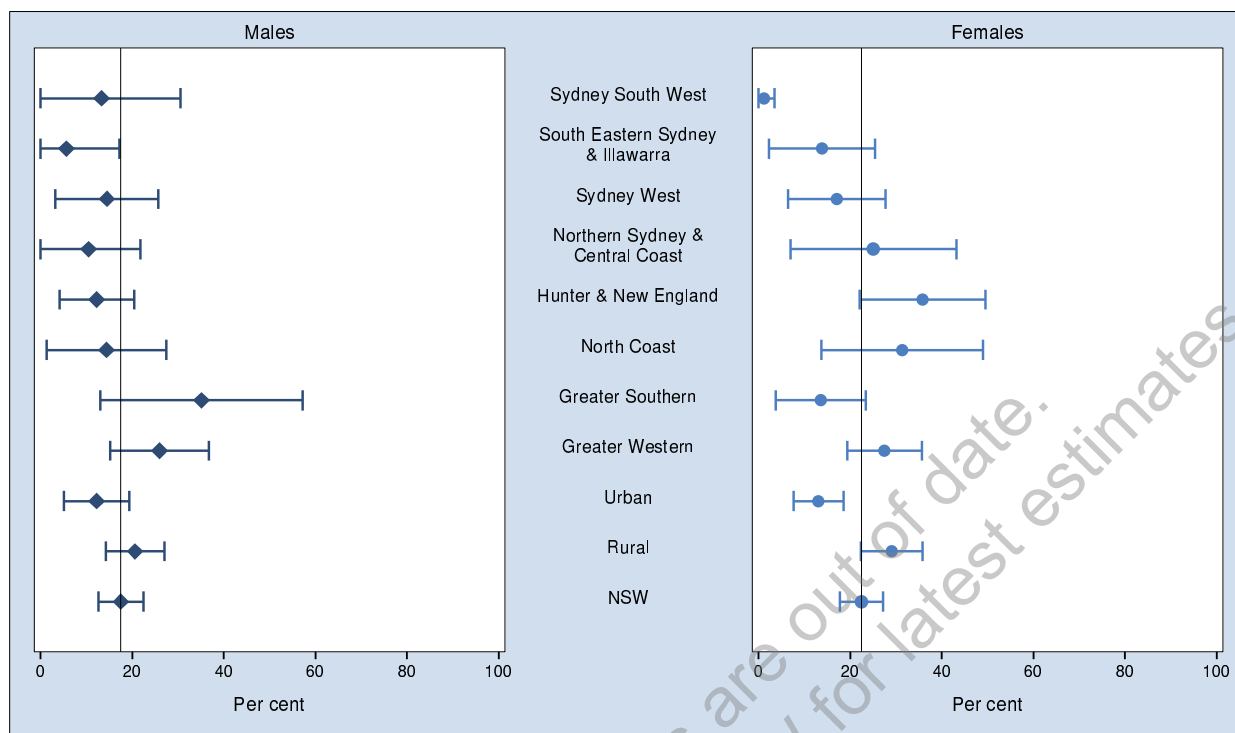


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	9.6 (0.0-20.7)	34.8 (16.7-52.9)	21.2 (10.1-32.4)
25-34	12.8 (4.6-21.1)	22.4 (13.5-31.3)	17.8 (11.5-24.1)
35-44	25.4 (13.8-36.9)	23.5 (14.5-32.6)	24.4 (17.1-31.7)
45-54	26.5 (13.6-39.5)	15.3 (7.9-22.8)	20.7 (13.2-28.1)
55-64	17.8 (5.8-29.8)	18.6 (9.2-27.9)	18.2 (10.6-25.7)
65+	0.0 (0.0-0.0)	12.7 (4.0-21.3)	6.6 (1.8-11.4)
All Ages	17.5 (12.6-22.4)	22.5 (17.8-27.2)	20.1 (16.6-23.5)

Note: Estimates are based on 910 respondents in NSW. For this indicator 20 (2.15%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had difficulties getting health care when they needed it. It excludes those who said they do not need health care. The question used to define the indicator was: Do you have any difficulties getting health care when you need it?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Difficulties getting health care when needing it by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

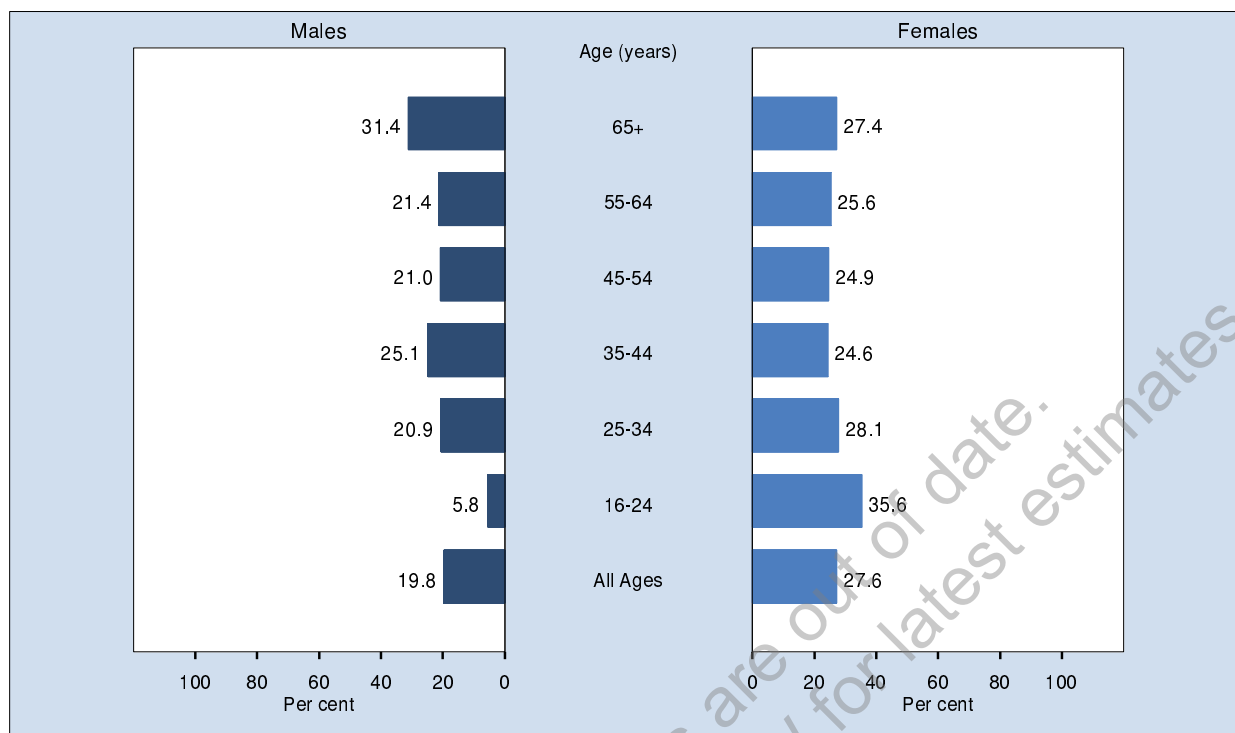


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	13.3 (0.0-30.5)	1.1 (0.0-3.5)	7.5 (0.0-16.6)
South Eastern Sydney & Illawarra	5.7 (0.0-17.2)	13.8 (2.3-25.4)	11.8 (2.5-21.1)
Sydney West	14.5 (3.3-25.7)	17.1 (6.4-27.8)	15.8 (8.0-23.6)
Northern Sydney & Central Coast	10.5 (0.0-21.7)	25.1 (6.9-43.2)	16.4 (5.9-26.9)
Hunter & New England	12.3 (4.2-20.4)	35.8 (22.1-49.5)	24.9 (15.8-34.0)
North Coast	14.4 (1.4-27.4)	31.3 (13.7-49.0)	22.0 (10.7-33.4)
Greater Southern	35.1 (13.0-57.2)	13.5 (3.7-23.3)	24.5 (11.6-37.5)
Greater Western	26.0 (15.2-36.7)	27.5 (19.4-35.6)	26.7 (19.9-33.5)
Urban	12.2 (5.1-19.3)	13.1 (7.6-18.5)	12.7 (8.3-17.1)
Rural	20.6 (14.2-27.1)	29.1 (22.3-35.8)	24.8 (20.0-29.6)
NSW	17.5 (12.6-22.4)	22.5 (17.8-27.2)	20.1 (16.6-23.5)

Note: Estimates are based on 910 respondents in NSW. For this indicator 20 (2.15%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had difficulties getting health care when they needed it. It excludes those who said they do not need health care. The question used to define the indicator was: Do you have any difficulties getting health care when you need it?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Emergency department presentation in the previous 12 months by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

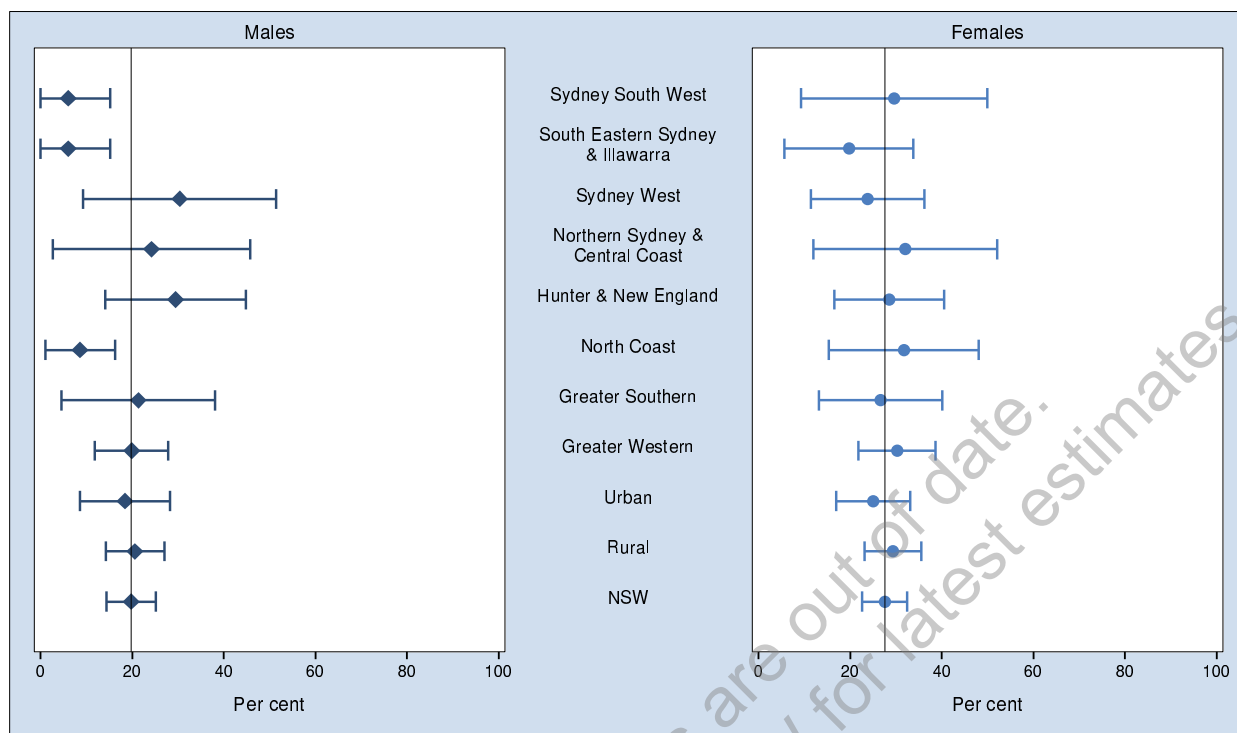


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	5.8 (0.0-12.7)	35.6 (18.7-52.5)	20.2 (10.2-30.3)
25-34	20.9 (7.3-34.5)	28.1 (19.1-37.0)	24.7 (16.6-32.7)
35-44	25.1 (14.4-35.9)	24.6 (14.9-34.3)	24.9 (17.7-32.1)
45-54	21.0 (9.8-32.3)	24.9 (14.8-35.0)	23.0 (15.5-30.5)
55-64	21.4 (10.3-32.6)	25.6 (14.0-37.1)	23.5 (15.4-31.6)
65+	31.4 (8.1-54.8)	27.4 (14.7-40.1)	29.2 (16.4-42.0)
All Ages	19.8 (14.4-25.2)	27.6 (22.6-32.5)	23.8 (20.1-27.5)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW. The indicator includes those who attended an emergency department in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a hospital emergency department or casualty for your own medical care?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Emergency department presentation in the previous 12 months by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

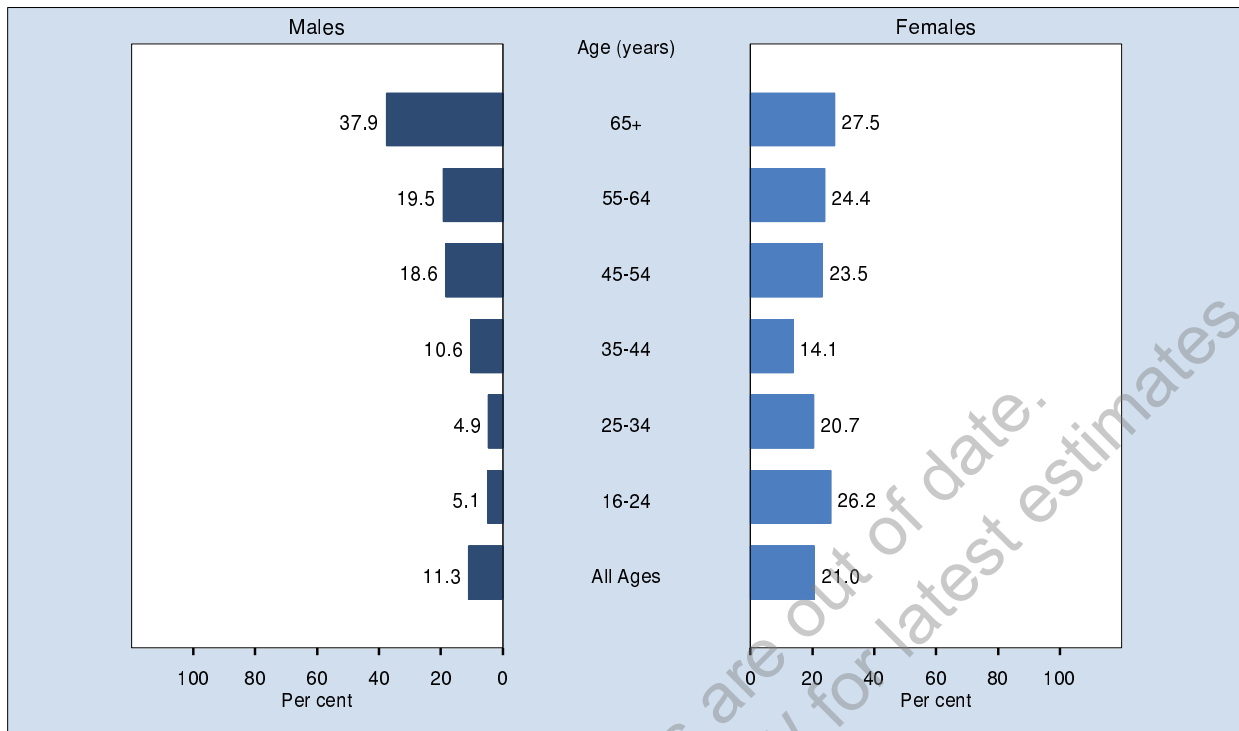


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	6.0 (0.0-15.3)	29.6 (9.3-50.0)	17.5 (5.1-29.9)
South Eastern Sydney & Illawarra	6.0 (0.0-15.2)	19.7 (5.7-33.8)	16.2 (5.2-27.2)
Sydney West	30.3 (9.3-51.4)	23.8 (11.4-36.3)	27.0 (14.8-39.3)
Northern Sydney & Central Coast	24.2 (2.7-45.8)	32.0 (11.9-52.0)	27.4 (12.2-42.6)
Hunter & New England	29.5 (14.1-44.9)	28.5 (16.5-40.5)	28.9 (19.3-38.5)
North Coast	8.6 (1.0-16.2)	31.7 (15.3-48.1)	19.2 (9.7-28.7)
Greater Southern	21.3 (4.6-38.0)	26.6 (13.1-40.1)	24.0 (13.2-34.8)
Greater Western	19.9 (11.8-27.9)	30.2 (21.8-38.7)	24.8 (18.9-30.8)
Urban	18.4 (8.6-28.2)	25.0 (16.9-33.1)	22.0 (15.6-28.3)
Rural	20.6 (14.2-27.0)	29.3 (23.1-35.5)	24.9 (20.4-29.4)
NSW	19.8 (14.4-25.2)	27.6 (22.6-32.5)	23.8 (20.1-27.5)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended an emergency department in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a hospital emergency department or casualty for your own medical care?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Hospital admission in the previous 12 months by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

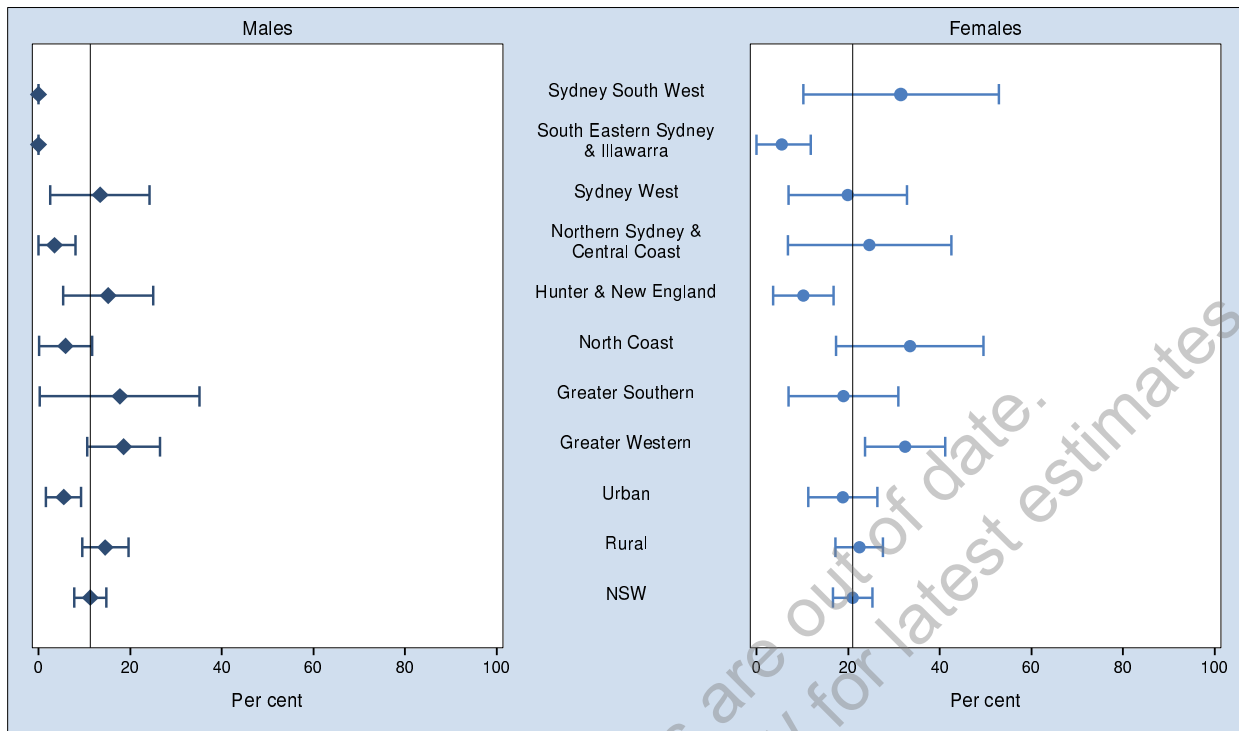


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	5.1 (0.0-13.7)	26.2 (11.0-41.4)	15.3 (6.3-24.3)
25-34	4.9 (0.3-9.4)	20.7 (12.9-28.5)	13.1 (8.2-18.0)
35-44	10.6 (3.8-17.4)	14.1 (6.5-21.7)	12.4 (7.2-17.6)
45-54	18.6 (8.1-29.2)	23.5 (12.8-34.2)	21.1 (13.6-28.7)
55-64	19.5 (8.7-30.3)	24.4 (13.5-35.2)	22.0 (14.2-29.7)
65+	37.9 (16.6-59.2)	27.5 (15.1-39.9)	32.2 (20.5-43.9)
All Ages	11.3 (7.7-14.8)	21.0 (16.6-25.3)	16.2 (13.3-19.1)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those admitted to hospital in the last 12 months. The question used to define the indicator was: In the last 12 months, have you stayed for at least one night in hospital?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Hospital admission in the previous 12 months by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

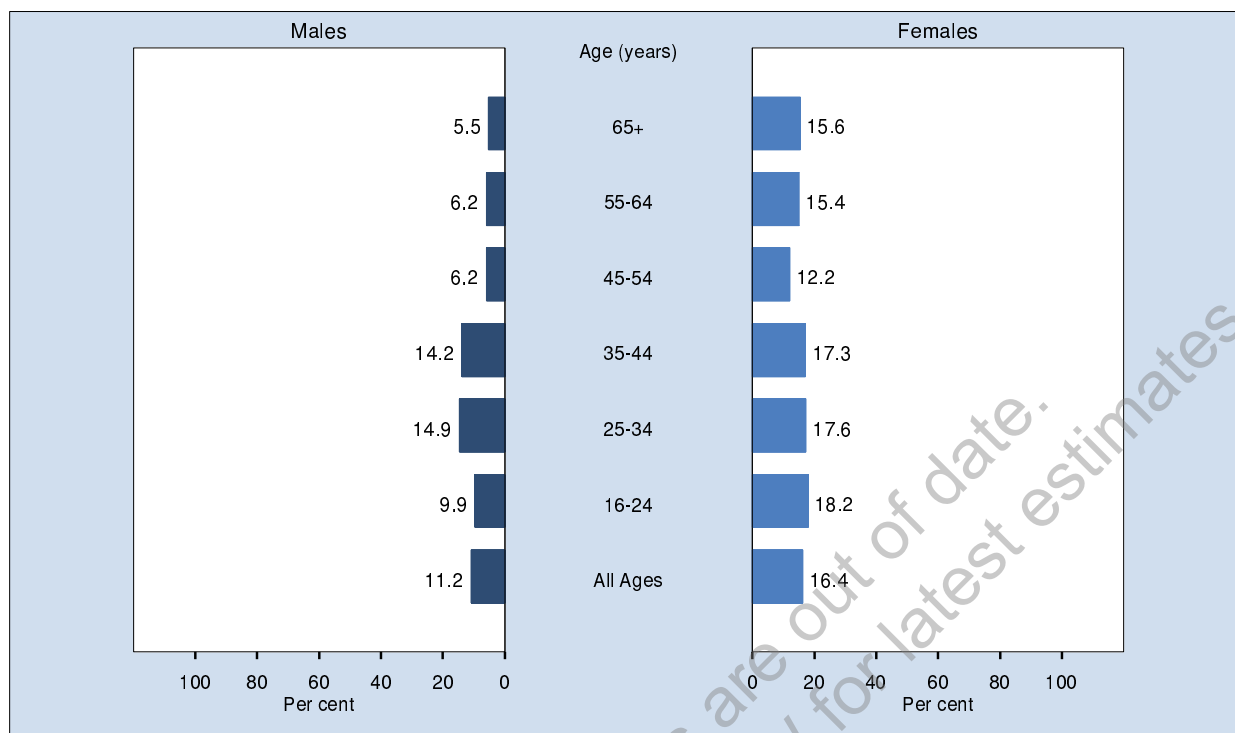


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	0.0 (0.0-0.0)	31.5 (10.2-52.8)	15.4 (2.8-27.9)
South Eastern Sydney & Illawarra	0.0 (0.0-0.0)	5.5 (0.0-11.8)	4.0 (0.0-8.8)
Sydney West	13.4 (2.6-24.3)	19.9 (6.9-32.9)	16.7 (8.0-25.4)
Northern Sydney & Central Coast	3.5 (0.0-8.0)	24.6 (6.8-42.5)	12.1 (3.5-20.8)
Hunter & New England	15.2 (5.4-25.0)	10.2 (3.6-16.9)	12.5 (6.8-18.3)
North Coast	5.8 (0.1-11.6)	33.5 (17.4-49.5)	18.5 (9.5-27.6)
Greater Southern	17.7 (0.3-35.1)	19.0 (7.0-30.9)	18.3 (7.8-28.9)
Greater Western	18.6 (10.7-26.5)	32.4 (23.7-41.1)	25.2 (19.1-31.3)
Urban	5.5 (1.7-9.3)	18.8 (11.2-26.4)	12.7 (7.9-17.4)
Rural	14.6 (9.6-19.6)	22.4 (17.2-27.6)	18.5 (14.8-22.1)
NSW	11.3 (7.7-14.8)	21.0 (16.6-25.3)	16.2 (13.3-19.1)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those admitted to hospital in the last 12 months. The question used to define the indicator was: In the last 12 months, have you stayed for at least one night in hospital?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Community health centre attendance in the previous 12 months by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

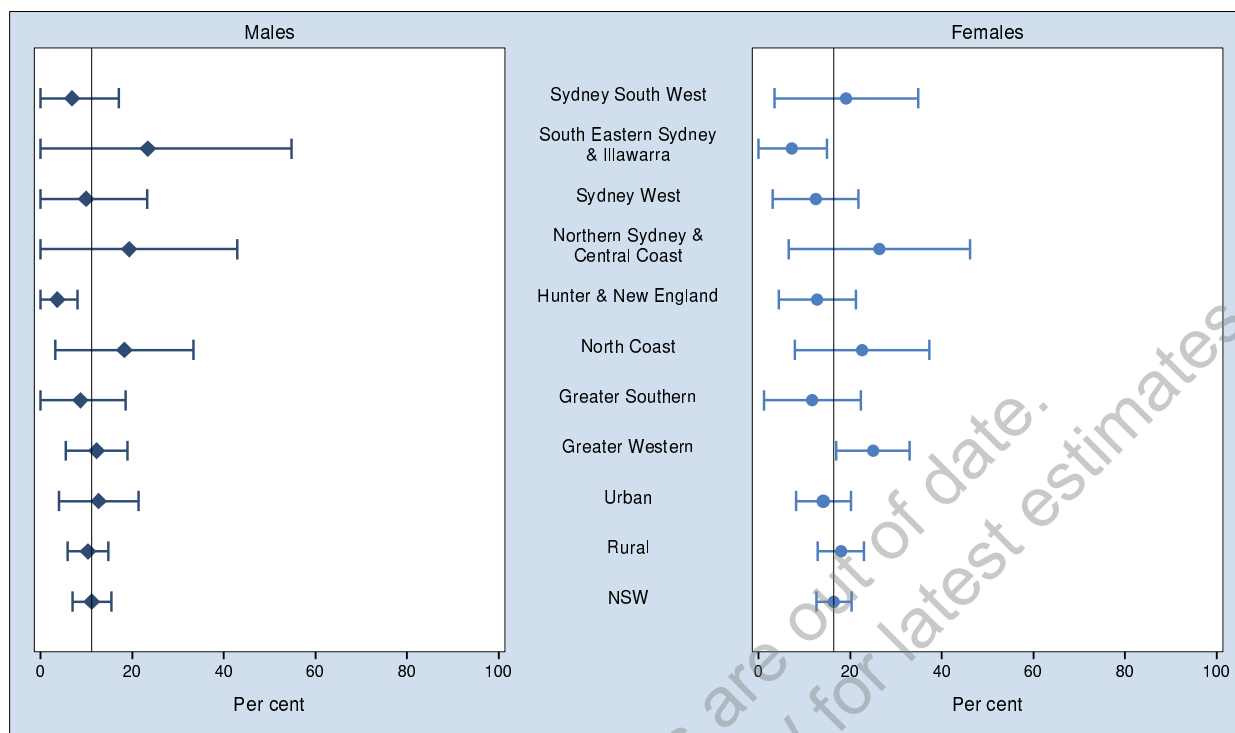


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	9.9 (0.0-20.4)	18.2 (6.0-30.4)	13.9 (5.8-22.0)
25-34	14.9 (4.5-25.3)	17.6 (10.3-24.9)	16.3 (10.0-22.6)
35-44	14.2 (5.1-23.3)	17.3 (9.2-25.4)	15.8 (9.7-21.9)
45-54	6.2 (0.7-11.6)	12.2 (4.9-19.5)	9.3 (4.7-13.9)
55-64	6.2 (0.0-12.7)	15.4 (5.0-25.8)	10.8 (4.6-17.1)
65+	5.5 (0.0-12.3)	15.6 (4.5-26.8)	11.0 (3.9-18.1)
All Ages	11.2 (6.9-15.5)	16.4 (12.6-20.3)	13.9 (11.0-16.8)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended a community health centre in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a government-run community health centre?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Community health centre attendance in the previous 12 months by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

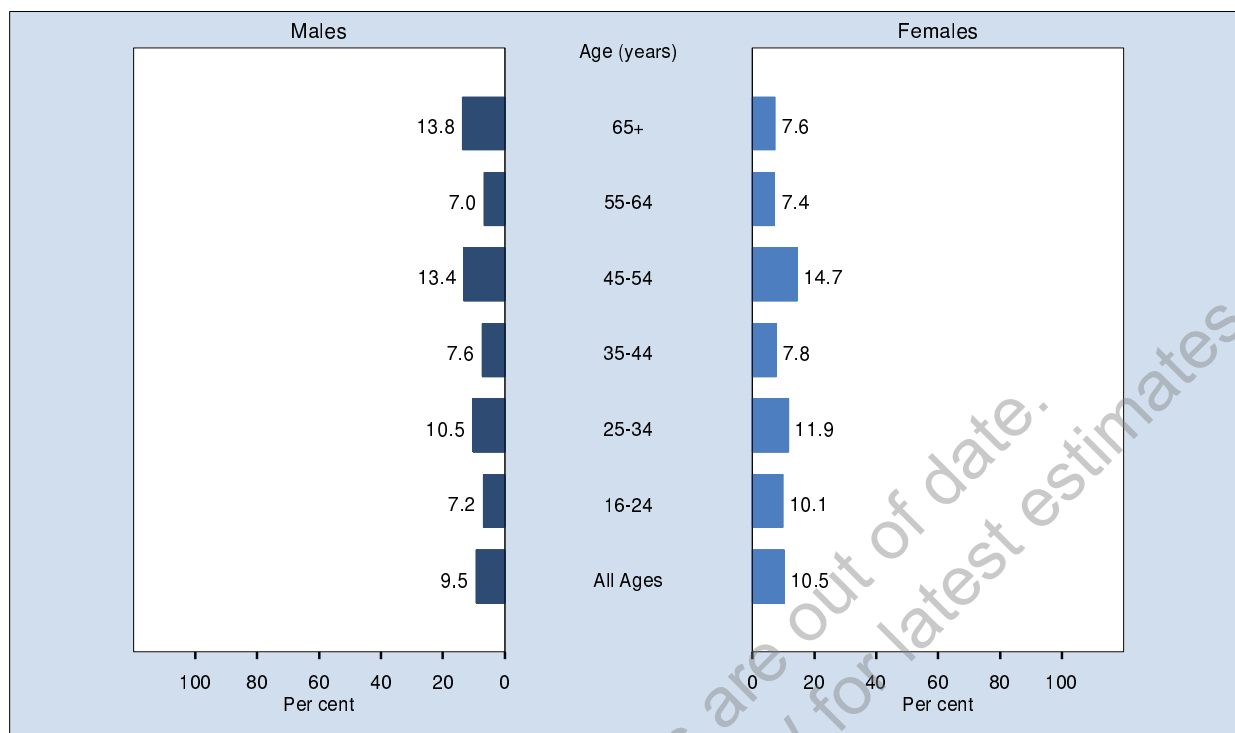


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	6.9 (0.0-17.0)	19.1 (3.4-34.8)	12.9 (3.2-22.5)
South Eastern Sydney & Illawarra	23.4 (0.0-54.8)	7.2 (0.0-14.9)	11.4 (0.9-21.9)
Sydney West	9.9 (0.0-23.3)	12.4 (3.0-21.8)	11.2 (3.1-19.3)
Northern Sydney & Central Coast	19.3 (0.0-43.0)	26.3 (6.5-46.2)	22.2 (6.1-38.3)
Hunter & New England	3.7 (0.0-8.0)	12.8 (4.4-21.2)	8.6 (3.5-13.6)
North Coast	18.3 (3.3-33.3)	22.6 (7.9-37.3)	20.3 (9.6-30.9)
Greater Southern	8.7 (0.0-18.5)	11.7 (1.1-22.3)	10.2 (2.9-17.5)
Greater Western	12.2 (5.4-19.0)	25.0 (17.0-33.0)	18.3 (13.0-23.7)
Urban	12.7 (4.0-21.4)	14.2 (8.2-20.1)	13.5 (8.3-18.6)
Rural	10.3 (5.9-14.8)	18.0 (12.9-23.0)	14.1 (10.7-17.5)
NSW	11.2 (6.9-15.5)	16.4 (12.6-20.3)	13.9 (11.0-16.8)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended a community health centre in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a government-run community health centre?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Public dental service attendance in the previous 12 months by age, Aboriginal persons aged 16 years and over, NSW 2002-2005

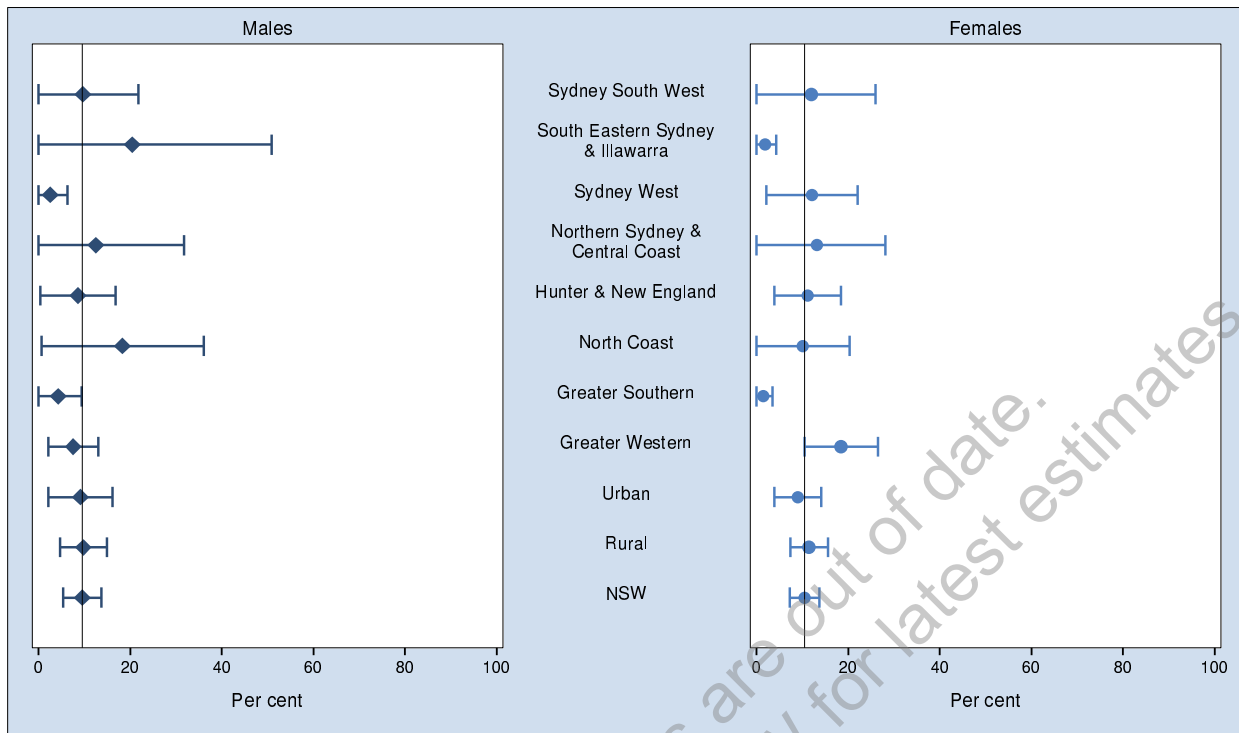


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	7.2 (0.0-16.8)	10.1 (1.3-18.8)	8.6 (2.0-15.1)
25-34	10.5 (0.9-20.2)	11.9 (5.8-18.0)	11.2 (5.6-16.8)
35-44	7.6 (0.3-14.9)	7.8 (2.1-13.6)	7.7 (3.1-12.3)
45-54	13.4 (3.4-23.4)	14.7 (5.4-24.0)	14.1 (7.3-20.9)
55-64	7.0 (0.7-13.3)	7.4 (1.6-13.3)	7.2 (2.9-11.5)
65+	13.8 (0.0-29.5)	7.6 (0.8-14.5)	10.5 (2.4-18.6)
All Ages	9.5 (5.4-13.7)	10.5 (7.3-13.6)	10.0 (7.4-12.6)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended a public dental service or dental hospital in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a public (government-run) dental service or dental hospital?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Public dental service attendance in the previous 12 months by health area,
Aboriginal persons aged 16 years and over, NSW 2002-2005**



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	9.6 (0.0-21.8)	12.0 (0.0-25.9)	10.8 (1.5-20.1)
South Eastern Sydney & Illawarra	20.4 (0.0-50.9)	1.9 (0.0-4.3)	6.7 (0.0-15.6)
Sydney West	2.6 (0.0-6.3)	12.1 (2.1-22.1)	7.4 (1.8-13.0)
Northern Sydney & Central Coast	12.5 (0.0-31.8)	13.2 (0.0-28.2)	12.8 (0.0-25.7)
Hunter & New England	8.6 (0.4-16.7)	11.2 (3.8-18.5)	10.0 (4.5-15.4)
North Coast	18.3 (0.6-36.1)	10.0 (0.0-20.2)	14.5 (3.7-25.3)
Greater Southern	4.3 (0.0-9.4)	1.4 (0.0-3.4)	2.9 (0.2-5.5)
Greater Western	7.6 (2.1-13.0)	18.5 (10.5-26.4)	12.8 (7.9-17.7)
Urban	9.1 (2.1-16.1)	9.0 (3.9-14.0)	9.1 (4.8-13.3)
Rural	9.7 (4.6-14.9)	11.5 (7.4-15.5)	10.6 (7.3-13.9)
NSW	9.5 (5.4-13.7)	10.5 (7.3-13.6)	10.0 (7.4-12.6)

Note: Estimates are based on 928 respondents in NSW. For this indicator 2 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended a public dental service or dental hospital in the last 12 months. The question used to define the indicator was: In the last 12 months, have you attended a public (government-run) dental service or dental hospital?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Social capital

Social capital is the raw material of civil society created from the everyday interactions between people. It is not located within the person but within the space between people. It is not the property of the organisation, the market, or the state, although all these can engage in its production for mutual benefit. It originates with people forming social connections and networks based on principles of trust, mutual reciprocity, and norms of action. It is referred to as capital because that term invests the concept with the same status as other forms of capital: financial, physical, and human. The term capital is also appropriate because it can be measured and quantified in a way that can distribute its benefits and avoid its losses.[1]

Participation in the local community

In the New South Wales Population Health Survey the following question was asked: In the last 6 months, how often have you attended a local community event such as a church or school fete, school concert, or a street fair?

Just over one-half (56.4 per cent) of Aboriginal adults had attended a local community event in the last 6 months. More females (61.9 per cent) than males (50.5 per cent) had attended a local community event. There was no significant variation in the proportion of urban residents (50.1 per cent) and rural residents (60.2 per cent); however, Aboriginal adults in the Greater Southern Health Area were most likely (74.0 per cent) to have attended a local community event.

Feelings of trust

In the New South Wales Population Health Survey the following question was asked: Do you agree or disagree with the statement 'Most people can be trusted'?

More than half (60.6 per cent) of Aboriginal adults agree that most people can be trusted, with similar rates for males (61.2 per cent) and females (60.1 per cent). Aboriginal adults aged 65–74 years were the most likely to agree that most people can be trusted. There was little difference between urban areas (59.6 per cent) and rural areas (61.3 per cent).

Social reciprocity and neighbourhood connection

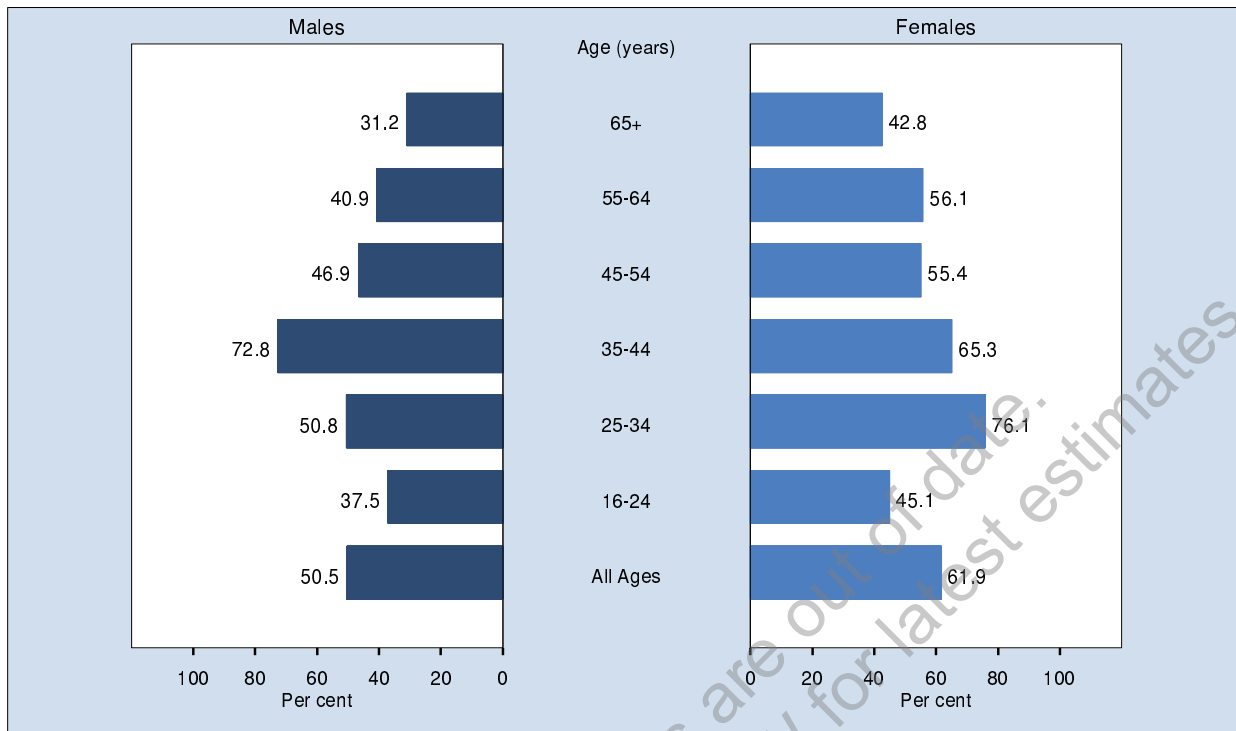
In the New South Wales Population Health Survey the following question was asked: How often have you visited someone in your neighbourhood in the past week?

Just over two-thirds (69.7 per cent) of Aboriginal adults had visited someone in their neighbourhood in the last week. More males (72.5 per cent) than females (67.1 per cent) had visited someone in their neighbourhood in the last week. There was some geographical variation, with a higher proportion of rural residents (72.0 per cent) than urban residents (65.9 per cent) having visited someone in their neighbourhood in the last week.

Reference

1. Onyx J, Bullen P. *Measuring Social Capital in Five Communities in New South Wales*. Sydney: Centre for Australasian Community Organisations and Management, 1998. Online at www.mapl.com.au/A2.htm, accessed 6 March 2006.

**Attended a community event at least once in the last 6 months by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

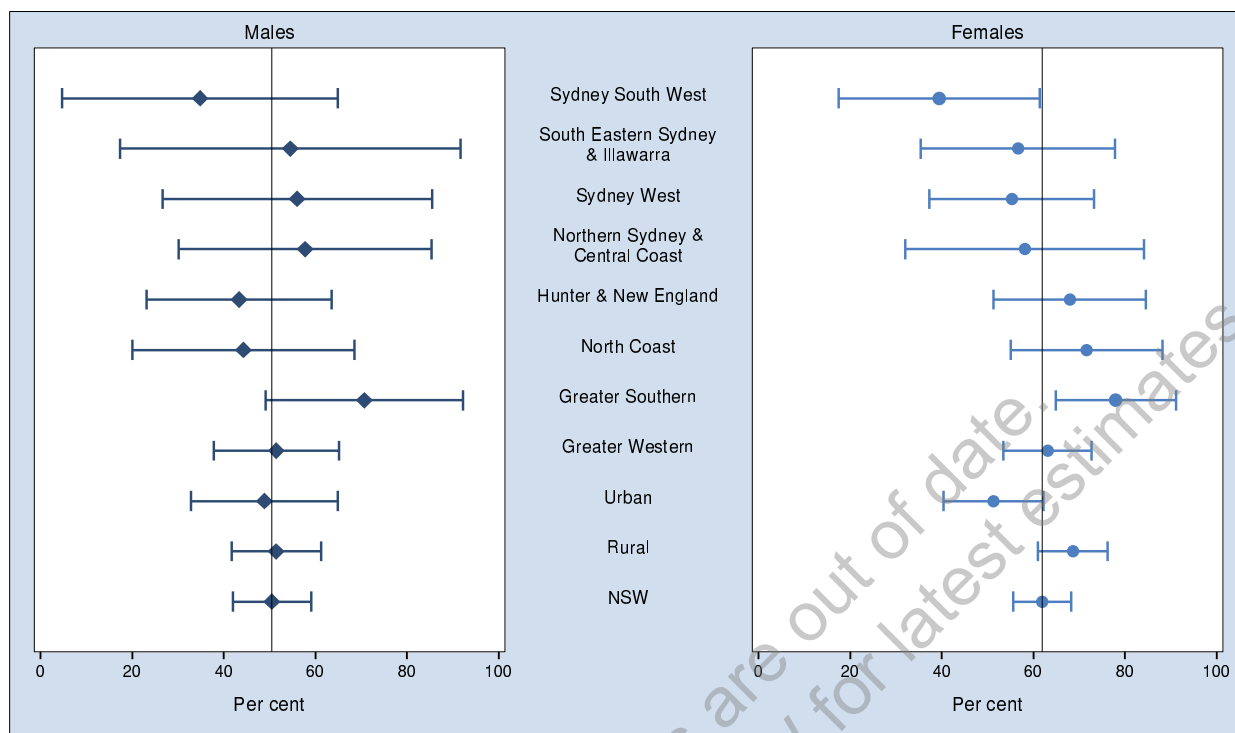


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	37.5 (17.3-57.6)	45.1 (23.9-66.3)	40.7 (26.2-55.2)
25-34	50.8 (31.4-70.2)	76.1 (66.4-85.8)	64.4 (53.2-75.6)
35-44	72.8 (58.4-87.3)	65.3 (51.9-78.8)	68.8 (58.8-78.8)
45-54	46.9 (29.9-63.9)	55.4 (41.8-69.0)	51.4 (40.7-62.1)
55-64	40.9 (22.8-59.0)	56.1 (41.6-70.5)	48.6 (37.1-60.2)
65+	31.2 (5.6-56.8)	42.8 (26.5-59.1)	37.4 (22.4-52.3)
All Ages	50.5 (42.0-59.1)	61.9 (55.6-68.2)	56.4 (51.1-61.6)

Note: Estimates are based on 691 respondents in NSW. For this indicator 2 (0.29%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have attended at least one community event in the last 6 months. The question used was: In the past 6 months, how often have you attended a local community event such as a church or school fete, school concert, or a street fair?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Attended a community event at least once in the last 6 months by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005

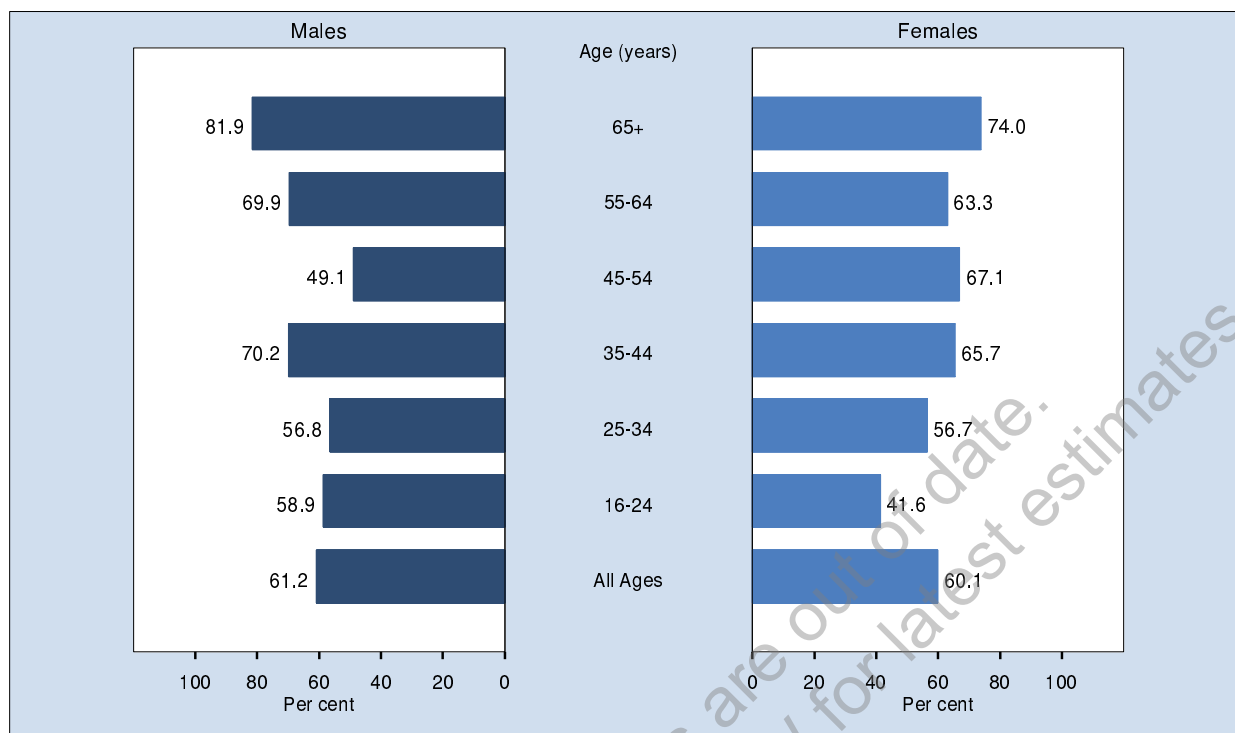


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	34.8 (4.7-64.9)	39.5 (17.5-61.4)	37.1 (18.3-55.9)
South Eastern Sydney & Illawarra	54.5 (17.4-91.6)	56.6 (35.4-77.9)	55.9 (36.7-75.0)
Sydney West	56.0 (26.6-85.5)	55.3 (37.3-73.3)	55.6 (39.3-71.9)
Northern Sydney & Central Coast	57.7 (30.1-85.3)	58.1 (32.0-84.1)	57.8 (37.9-77.8)
Hunter & New England	43.3 (23.1-63.6)	67.9 (51.3-84.6)	56.7 (43.7-69.8)
North Coast	44.3 (20.0-68.6)	71.6 (55.0-88.1)	59.2 (44.5-73.8)
Greater Southern	70.7 (49.1-92.2)	78.0 (64.9-91.1)	74.0 (60.7-87.2)
Greater Western	51.5 (37.8-65.2)	63.1 (53.4-72.7)	57.0 (48.4-65.6)
Urban	48.9 (32.8-64.9)	51.3 (40.4-62.2)	50.1 (40.7-59.6)
Rural	51.5 (41.7-61.2)	68.6 (61.0-76.2)	60.2 (54.0-66.4)
NSW	50.5 (42.0-59.1)	61.9 (55.6-68.2)	56.4 (51.1-61.6)

Note: Estimates are based on 691 respondents in NSW. For this indicator 2 (0.29%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have attended at least one community event in the last 6 months. The question used was: In the past 6 months, how often have you attended a local community event such as a church or school fete, school concert, or a street fair?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Most people can be trusted by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

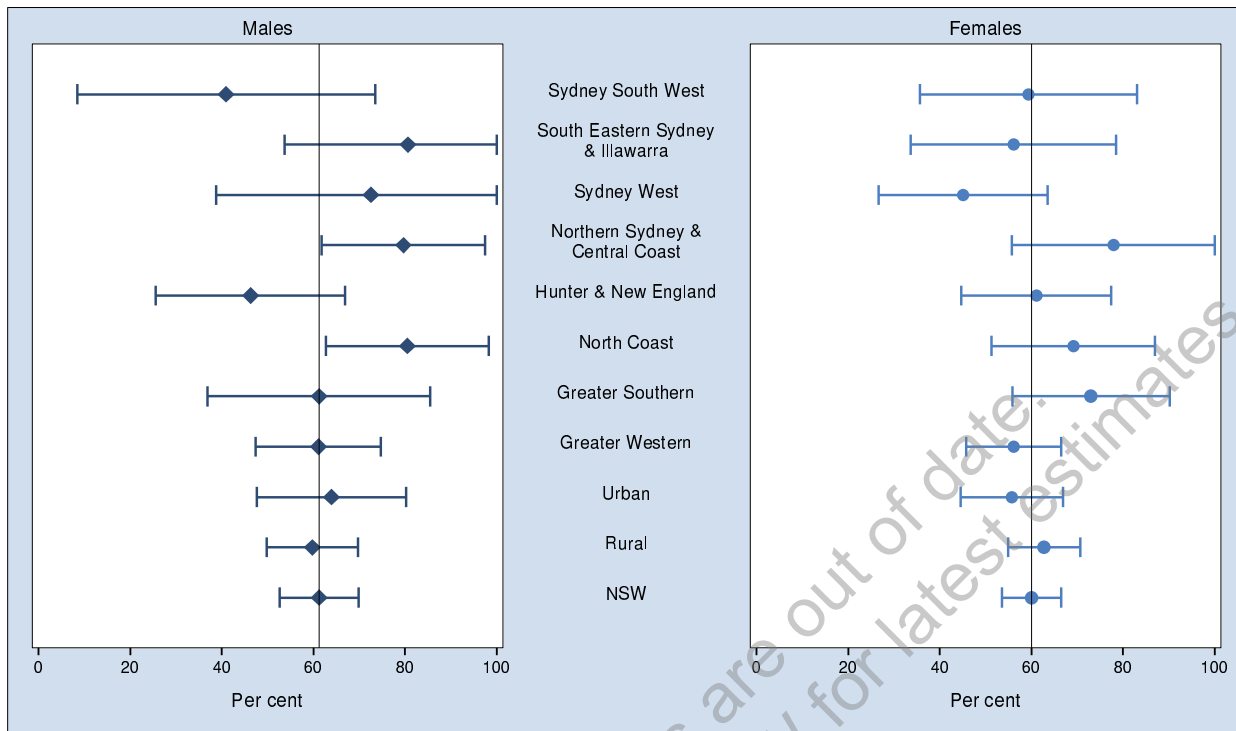


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	58.9 (37.7-80.0)	41.6 (20.4-62.8)	51.5 (36.0-67.0)
25-34	56.8 (36.7-77.0)	56.7 (44.6-68.7)	56.7 (45.5-68.0)
35-44	70.2 (51.9-88.5)	65.7 (52.6-78.8)	67.8 (56.8-78.8)
45-54	49.1 (32.4-65.9)	67.1 (54.5-79.8)	58.5 (47.7-69.4)
55-64	69.9 (51.9-88.0)	63.3 (48.9-77.7)	66.4 (55.1-77.8)
65+	81.9 (61.6-100)	74.0 (60.7-87.4)	77.9 (65.8-89.9)
All Ages	61.2 (52.6-69.9)	60.1 (53.6-66.5)	60.6 (55.3-66.0)

Note: Estimates are based on 668 respondents in NSW. For this indicator 24 (3.47%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that most people can be trusted.

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Most people can be trusted by health area,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

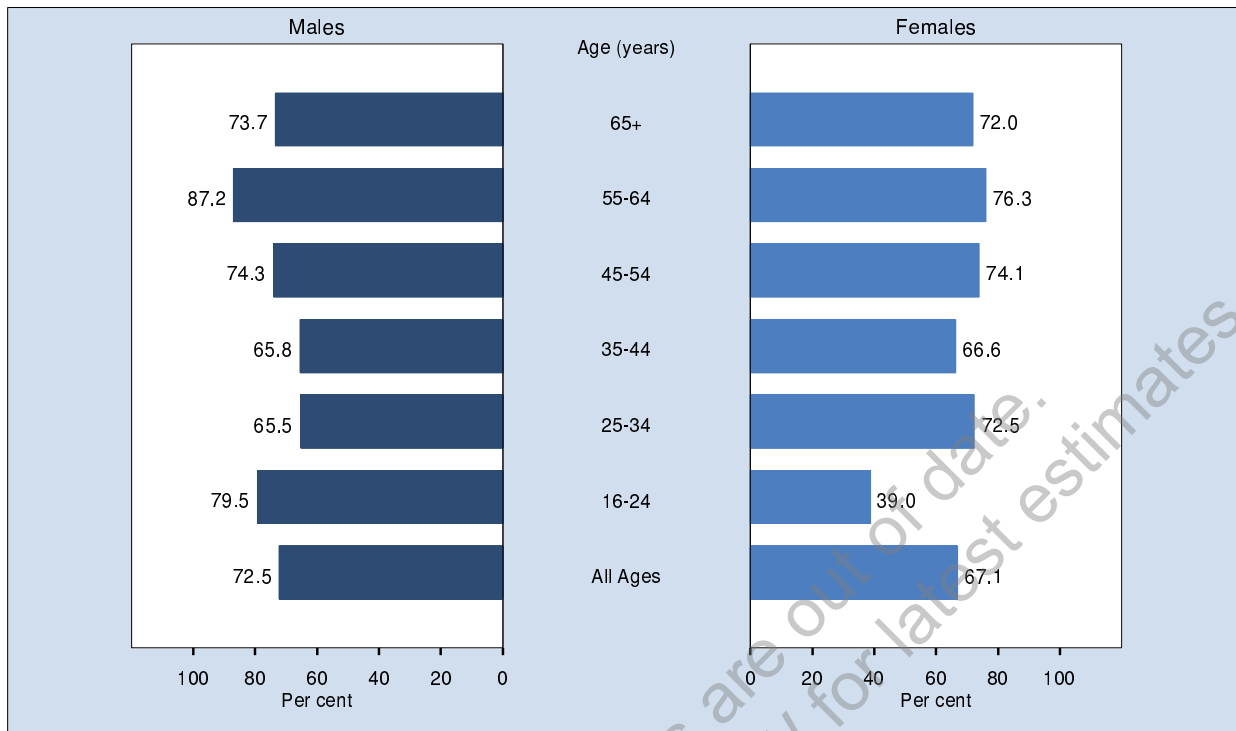


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	40.9 (8.4-73.5)	59.3 (35.6-83.0)	49.9 (29.4-70.4)
South Eastern Sydney & Illawarra	80.6 (53.7-100)	56.1 (33.7-78.4)	64.5 (45.9-83.1)
Sydney West	72.5 (38.8-100)	45.1 (26.6-63.6)	56.2 (38.7-73.6)
Northern Sydney & Central Coast	79.6 (61.8-97.4)	77.9 (55.8-100)	79.1 (65.0-93.1)
Hunter & New England	46.3 (25.6-66.9)	61.0 (44.6-77.5)	54.4 (41.1-67.6)
North Coast	80.5 (62.8-98.2)	69.2 (51.3-87.0)	74.3 (61.5-87.2)
Greater Southern	61.2 (36.9-85.6)	73.0 (55.8-90.2)	66.4 (50.6-82.1)
Greater Western	61.1 (47.4-74.7)	56.1 (45.7-66.5)	58.7 (50.0-67.4)
Urban	63.9 (47.6-80.2)	55.7 (44.6-66.9)	59.6 (49.9-69.3)
Rural	59.7 (49.8-69.7)	62.8 (54.9-70.6)	61.3 (54.9-67.6)
NSW	61.2 (52.6-69.9)	60.1 (53.6-66.5)	60.6 (55.3-66.0)

Note: Estimates are based on 668 respondents in NSW. For this indicator 24 (3.47%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that most people can be trusted.

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Visit neighbours by age,
Aboriginal persons aged 16 years and over, NSW 2002-2005**

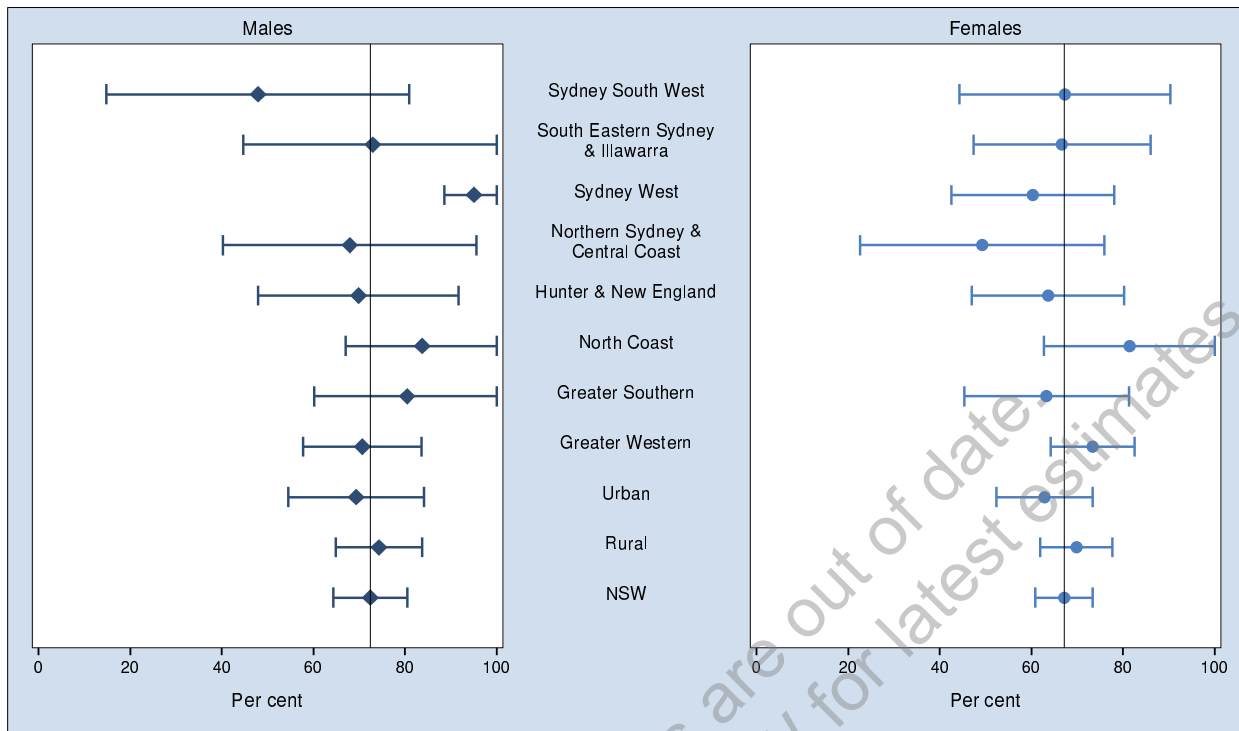


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	79.5 (63.7-95.3)	39.0 (19.1-58.9)	62.3 (47.5-77.2)
25-34	65.5 (46.1-85.0)	72.5 (62.3-82.8)	69.3 (58.6-80.0)
35-44	65.8 (47.4-84.2)	66.6 (53.2-79.9)	66.2 (55.1-77.3)
45-54	74.3 (60.0-88.6)	74.1 (63.0-85.3)	74.2 (65.3-83.2)
55-64	87.2 (77.4-97.0)	76.3 (63.2-89.4)	81.6 (73.0-90.1)
65+	73.7 (48.0-99.5)	72.0 (59.2-84.9)	72.8 (59.1-86.5)
All Ages	72.5 (64.4-80.5)	67.1 (60.8-73.4)	69.7 (64.6-74.8)

Note: Estimates are based on 694 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who visited someone in their neighbourhood at least once in the past week. The question used was: How often have you visited someone in your neighbourhood in the past week?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Visit neighbours by health area, Aboriginal persons aged 16 years and over, NSW 2002-2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	47.9 (14.8-80.9)	67.3 (44.2-90.4)	57.3 (36.7-78.0)
South Eastern Sydney & Illawarra	72.9 (44.7-100)	66.7 (47.3-86.0)	68.9 (52.7-85.1)
Sydney West	95.1 (88.5-100)	60.3 (42.5-78.0)	75.1 (62.5-87.8)
Northern Sydney & Central Coast	67.9 (40.3-95.6)	49.2 (22.5-75.9)	61.2 (40.9-81.5)
Hunter & New England	69.8 (47.9-91.7)	63.6 (47.0-80.3)	66.4 (53.0-79.8)
North Coast	83.7 (67.1-100)	81.4 (62.7-100)	82.5 (69.7-95.2)
Greater Southern	80.4 (60.1-100)	63.3 (45.3-81.3)	72.7 (58.7-86.6)
Greater Western	70.6 (57.7-83.6)	73.4 (64.3-82.5)	71.9 (63.9-80.0)
Urban	69.3 (54.5-84.1)	62.8 (52.3-73.3)	65.9 (56.9-74.9)
Rural	74.3 (64.9-83.7)	69.8 (61.9-77.7)	72.0 (65.9-78.2)
NSW	72.5 (64.4-80.5)	67.1 (60.8-73.4)	69.7 (64.6-74.8)

Note: Estimates are based on 694 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW. The indicator includes those who visited someone in their neighbourhood at least once in the past week. The question used was: How often have you visited someone in your neighbourhood in the past week?

Source: New South Wales Population Health Survey 2002-2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.