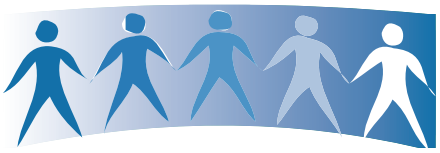
New South Wales Population Health Survey

2005 Report on Adult Health



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2005 Report on Adult Health from the New South Wales Population Health Survey

Foreword 6

Acknowledgements 7

Executive summary 8

Snapshot 11

Methods 12

Outcomes of telephone calls 15
Completed interviews and response rates by health area 15
Completed interviews by language 15

Representativeness of sample 16

Survey sample size and NSW population: by age and sex 16
Age distribution of unweighted survey sample versus NSW population 17
Secioeconomic Index (SEIFA) quintile 18
Accessibility - Remoteness Index of Australia Plus (ARIA+) 19
Aboriginal or Torres Strait Islander origin 20
Country of birth 21
Languages other than English spoken at home 22
Current employment status 23
Highest level of school completed 24
Household income 25

Health behaviours 26

Alcohol 26

Risk alcohol drinking by age 28
Risk alcohol drinking by socioeconomic disadvantage 29
Risk alcohol drinking by health area 30
Alcohol drinking by risk 31
High risk alcohol drinking by age 32

Environmental health 33

Usual source of drinking water 34
Type of water treatment 35
Use public water as usual source of water by age 36
Use public water as usual source of water by socioeconomic disadvantage 37
Use public water as usual source of water by health area 38

Immunisation 39

Vaccinated against influenza in the last 12 months by age 41
Last pneumococcal disease vaccination 42
Vaccinated against pneumococcal disease in the last 5 years by age 43
Vaccinated against meningococcal C disease in the last year by age 44
Vaccinated against meningococcal C disease in the last year by socioeconomic disadvantage 45
Vaccinated against meningococcal C disease in the last year by health area 46
Place where vaccinated against meningococcal C disease 47

Injury prevention 48

Fire safety measures in the home 50
Homes with a smoke alarm or detector by age 51
Homes with a smoke alarm or detector by socioeconomic disadvantage 52
Homes with a smoke alarm or detector by health area 53
Swimming, fishing or rock fishing in last 4 weeks by age 54
Swimming, fishing or rock fishing in last 4 weeks by socioeconomic disadvantage 55
Swimming, fishing or rock fishing in last 4 weeks by health area 56

Nutrition 57

Number of serves of fruit per day 60
Recommended fruit consumption by age 61
Number of serves of vegetables per day 62
Recommended vegetable consumption by age 63
Recommended vegetable consumption by socioeconomic disadvantage 64
Recommended vegetable consumption by health area 65
Type of milk usually consumed 66
Usual use of lower fat milks by age 67
Usual use of lower fat milks by socioeconomic disadvantage 68
Food insecurity in the last 12 months by age 69
Frequency of eating hot fried potato products per week 70
Frequency of eating breakfast cereal, breads, pasta, rice and noodles per day 71
Frequency of eating processed meat products per week 72
Frequency of eating potato crisps or salty snacks per week 73

Physical activity 74

Adequate physical activity by age 76
Adequate physical activity by socioeconomic disadvantage 77
Usual transport to work 78

Smoking 79

Smoking status 81
Intention to quit smoking 82
Current daily or occasional smoking by age 83
Current daily or occasional smoking by socioeconomic disadvantage 84
Doctor advised to quit smoking by age 85
Exposure to tobacco smoke in household 86
Smoke-free households by age 87
Smoke-free households by socioeconomic disadvantage 88
Smoke-free households by health area 89
Smoke-free cars by age 90
Smoke-free cars by socioeconomic disadvantage 91
Smoke-free cars by health area 92
Impact of total smoking ban on attendance in bars and hotels 93
Less likely to attend hotels and licensed bars if smoking banned by age 94
Less likely to attend hotels and licensed bars if smoking banned by health area 95
More likely to attend hotels and licensed bars if smoking banned in hotels and licensed bars by age 96
More likely to attend hotels and licensed bars if smoking banned in hotels and licensed bars by health area 97

Sun protection 98

Solarium use in last 12 months by age 99
Solarium use in last 12 months by health area 100
Times solarium used in the past 12 months 101

Health status 102

Asthma 102

Ever diagnosed with asthma by age 104
Ever diagnosed with asthma by socioeconomic disadvantage 105
Ever diagnosed with asthma by health area 106
Current asthma by age 107
Current asthma by health area 108
Visited doctor or emergency department for asthma attack in last 4 weeks 109
Written asthma management plan by age 110
Level of interference with daily activities in the last 4 weeks 111
Moderate to extreme interference with daily activities by age 112

Cardiovascular disease precursors 113

When blood pressure last measured 115
Blood pressure measured within the last 2 years by age 116
Ever told had high blood pressure 117
High blood pressure by age 118
High blood pressure by socioeconomic disadvantage 119
High blood pressure by health area 120
Actions taken to manage high blood pressure 121
When cholesterol last measured 122
Cholesterol measured within last 2 years by age 123
Cholesterol measured within last 2 years by health area 124
High cholesterol by age 125
High cholesterol by health area 126
Actions taken to manage high cholesterol 127

Diabetes or high blood glucose 128

Diabetes or high blood glucose by age 129
Action taken to manage diabetes or high blood glucose 130

Injury 131

Participated in organised sport in the last 12 months by age 133
Participated in organised sport in the last 12 months by socioeconomic disadvantage 134
Injured playing organised sport in the last 12 months by age 135
Times injured playing organised sport in the last 12 months 136
Treatment for most recent organised sport injury 137

Mental health 138

Psychological distress by Kessler 10 categories 140
High and very high psychological distress by age 141
High and very high psychological distress by socioeconomic disadvantage 142
Times that physical problems have been the cause of psychological distress in past 4 weeks 143
Effect of psychological stress on daily activities 143

Oral health 144

Frequency of oral health problem in the last 12 months 146
Time since last dental visit 147
Dental provider used 148
Treatment for most recent oral health problem 149
Visited a dental professional in the last 12 months by age 150
Visited a dental professional in the last 12 months by socioeconomic disadvantage 151
Visited a dental professional in the last 12 months by health area 152

Reason for not visiting a dental professional in the last 12 months 153
All natural teeth missing by age 154
All natural teeth missing by socioeconomic disadvantage 155
All natural teeth missing by health area 156
Agree with adding fluoride to water supply by age 157
Agree with adding fluoride to water supply by health area 158
Places received information on water fluoridation 159
Responsible body for decisions on fluoridation of water supply 160

Overweight and obesity 161

Body Mass Index categories 163
Overweight and obesity by age 164
Overweight and obesity by socioeconomic disadvantage 165
Overweight and obesity by health area 166
Obesity by age 167
Obesity by socioeconomic disadvantage 168
Obesity by health area 169

Self-rated health status 170

Self-rated health status 172
Excellent, very good, or good self-rated health status by age 173
Excellent, very good, or good self-rated health status by socioeconomic disadvantage 174
Difficulty doing work or activity in the last 4 weeks 175
Difficulty with activities in the last 4 weeks by age 176
Difficulty with activities in the last 4 weeks by socioeconomic disadvantage 177
Bodily pain in the last 4 weeks 178
Moderate or severe bodily pain by age 179
Moderate or severe bodily pain by socioeconomic disadvantage 180
Moderate or severe bodily pain by health area 181
Chronic disease risk factors 182

Health services 183

Health services attended in last 12 months 184
Private health insurance by age 185
Private health insurance by socioeconomic disadvantage 186
Private health insurance by health area 187

Difficulties getting health care 188

Difficulties getting health care when needing it by age 189
Difficulties getting health care when needing it by socioeconomic disadvantage 190
Difficulties getting health care when needing it by health area 191
Types of difficulties getting health care when needing it 192

Emergency department presentations 193

Emergency department attendance in the previous 12 months by age 194
Emergency department attendance in the previous 12 months by health area 195
Emergency department care ratings 196
Emergency department care rated as excellent, very good or good by age 197
Emergency department care rated as excellent, very good or good by health area 198
Reason for rating most recent emergency visit as fair or poor 199

Hospital admissions 200

Hospital admission in the previous 12 months by age 201
Hospital admission in the previous 12 months by health area 202
Hospital care ratings 203

Hospital care rated as excellent, very good or good by age 204
Reason for rating most recent overnight hospital stay as fair or poor 205

Community health centres and public dental services 206

Community health centre attendance in the previous 12 months by age 207
Community health centre attendance in the previous 12 months by health area 208
Public dental service attendance in the previous 12 months by age 209
Public dental service attendance in the previous 12 months by health area 210

Social capital 211

Attended a community event at least once in the last 6 months by age 213
Attended a community event at least once in the last 6 months by socioeconomic disadvantage 214
Attended a community event at least once in the last 6 months by health area 215
Helped out any local group or organisation at least once in the past 3 months by age 216
Helped out any local group or organisation at least once in the past 3 months by socioeconomic disadvantage 217
Helped out any local group or organisation at least once in the past 3 months by health area 218
Active member of a local organisation, church or club by age 219
Active member of a local organisation, church or club by socioeconomic disadvantage 220
Active member of a local organisation, church or club by health area 221
Most people can be trusted by age 222
Most people can be trusted by socioeconomic disadvantage 223
Feel safe walking down their street after dark by age 224
Feel safe walking down their street after dark by socioeconomic disadvantage 225
Area has a reputation for being a safe place by age 226
Area has a reputation for being a safe place by socioeconomic disadvantage 227
Area has a reputation for being a safe place by health area 228
Visit neighbours by age 229
Visit neighbours by socioeconomic disadvantage 230
Visit neighbours by health area 231
Able to ask for neighbourhood help to care for a child by age 232
Able to ask for neighbourhood help to care for a child by socioeconomic disadvantage 233
Able to ask for neighbourhood help to care for a child by health area 234
Run into friends and acquaintances when shopping in local area by age 235
Run into friends and acquaintances when shopping in local area by socioeconomic disadvantage 236
Run into friends and acquaintances when shopping in local area by health area 237
Sad to leave neighbourhood by age 238
Sad to leave neighbourhood by socioeconomic disadvantage 239
Sad to leave neighbourhood by health area 240

Conclusion 241

Health behaviours 243
Health status 246
Health services 249
Social capital 251

Question modules 252

Foreword

I am pleased to present the 2005 Report on Adult Health from the New South Wales Population Health Survey, which provides information on health behaviours, health status, access to health services, and social capital, for adults aged 16 years and over.

In 2005, data for the New South Wales Population Health Survey were collected from February to December.

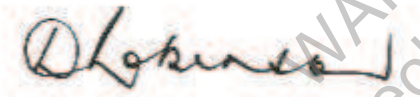
After describing the survey methods, this report presents information on health behaviours including: alcohol, environmental health, immunisation, injury prevention, nutrition, physical activity, smoking, and sun protection. This is followed by a chapter on health status including: asthma, cardiovascular disease precursors, diabetes or high blood glucose, mental health (psychological distress), injury, oral health, overweight and obesity, and self-rated health. Next there is a chapter on health services including: health services used, private health insurance, difficulties getting health care, emergency department presentations, hospital admissions, community health centres, and public dental services. Finally, there is a chapter on social capital.

In the PDF version of the report, indicators are presented for males and females by age, socioeconomic disadvantage and geographic location. Further information is presented in the HTML version. In the PDF version, indicators are compared to previous years wherever possible in the conclusion table. In the HTML version these trends are reported as separate graphs within each indicator. Both the PDF and HTML versions can be obtained from the New South Wales Population Health Survey website at www.health.nsw.gov.au/public-health/survey/hsurvey.html.

This is a descriptive report and there is a wealth of other information in the survey dataset that may be of specific interest. For these reasons we encourage as many people as possible to analyse the data further. For further analysis within a health area, data can be accessed through the Health Outcomes Information Statistical Toolkit (HOIST). For further analysis among health areas or at a statewide level, a data request needs to be lodged with the NSW Department of Health.

Comments on the New South Wales Population Health Survey are welcome.

I thank all the individuals and organisations who contributed their time and expertise to assist in the development and conduct of the Survey in 2005.



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Executive summary

Introduction

In 2005, the NSW Department of Health, in conjunction with the 8 area health services, completed the fourth year of the New South Wales Population Health Survey, an ongoing survey of the health of people of New South Wales using computer assisted telephone interviewing (CATI). The main aims of the survey are: to provide detailed information on the health of the people of New South Wales; and to support the planning, implementation, and evaluation of health services and programs in New South Wales.

Prior to the introduction of the continuous survey in 2002, the Centre for Epidemiology and Research conducted adult health surveys in 1997 and 1998, an older people's health survey in 1999, and a child health survey in 2001. The reporting plan for the continuous survey includes an annual report on adult health for the whole state and annual reports on adult health for selected indicators by area health service.

This 2005 Report on Adult Health from the New South Wales Population Health Survey reports the health of residents aged 16 years and over.

The content of the survey was developed by the NSW Health Survey Program in consultation with key stakeholders, area health services, other government departments, and a range of experts. The survey included: questions used in previous surveys, new questions developed specifically for 2005, and questions developed specifically for some of the area health services. All new questions not previously used were submitted to the NSW Department of Health Ethics Committee for approval prior to use. New questions were also field-tested prior to inclusion in the survey. The instrument was translated into 5 languages: Arabic, Chinese, Greek, Italian and Vietnamese.

Interviews were carried out continuously between February and December. The target population for the adult report was all New South Wales residents aged 16 years and over living in households with private telephones. Households were sampled using list-assisted random digit dialling. When a household was contacted, one person was randomly selected for interview. Information for the adult report was collected on 11,500 adults.

Health behaviours

Health behaviours contribute to premature mortality and morbidity. Adult health behaviours measured in 2005 include alcohol consumption, environmental health (drinking water), injury prevention (smoke alarms in the home, swimming and fishing), immunisation (influenza and pneumococcal pneumonia), nutrition (consumption of fruit, vegetables, breads and cereals, milk, fried potatoes, potato crisps and salty snacks, processed meat products, and food insecurity), physical activity, smoking (including passive smoking in homes, cars, and licensed premises), and sun protection (use of solariums and sunbeds).

Approximately one-third of adults aged 16 years and over undertook 'any alcohol risk-drinking behaviour'. Males, young adults and rural residents had higher alcohol risk-drinking behaviour.

Nearly 8 in 10 adults used a public water supply as their usual source of drinking water. More older adults and urban residents used public water as their usual source of drinking water. Only one-third of adults who used a public water supply treated their drinking water.

Approximately three-quarters of adults aged 65 years and over had been immunised against influenza in the last 12 months. Just over one-half of adults aged 65 years and over had been immunised against pneumococcal pneumonia in the last 5 years.

Approximately three-quarters of adults had a smoke alarm or detector in their home. More rural residents than urban residents had a smoke alarm.

Just over one-half of adults met the recommended daily fruit intake of 2 serves, while around one in 13 adults met the recommended daily vegetable intake of 5 serves. Approximately 4 in 10 adults used low fat, reduced fat or skim milk. Nearly two-thirds of adults did not eat fried potato products (hot chips, french fries, wedges, or fried potatoes), and approximately 4 in 10 adults did not eat potato crisps or salty snacks. Just

over 2 in 10 adults did not eat processed meat products (sausages, frankfurts, devon, salami, meat pies, bacon, or ham). Just over one in 20 respondents ran out of food and could not afford to buy more on at least one occasion in the previous 12 months.

Just over one-half of adults undertook adequate levels of physical activity (a total of 150 minutes per week on five separate occasions). More males than females undertook adequate physical activity.

Just over 2 in 10 adults were current smokers (that is, daily or occasional smokers). A higher proportion of males than females were current smokers. Current smoking increased with socioeconomic disadvantage. Overall, just under 9 in 10 adults reported their home was smoke-free; however, the proportion of smoke-free homes decreased as socioeconomic disadvantage increased. Overall, just over 8 in 10 adults reported their cars were smoke-free; however, the proportion of smoke-free cars decreased as socioeconomic disadvantage increased. Just over one-third of adults would be more likely, and around one in 13 adults would be less likely, to frequent hotels or licensed premises if there was a total ban on smoking.

Around one in 40 adults used a solarium or sunbed in the last 12 months, with a higher proportion among young adults. A lower proportion of rural residents than urban residents used a solarium or sunbed.

Health status

In 2005, the New South Wales Population Health Survey collected information from adults on a range of health indicators including: asthma, cardiovascular disease precursors, diabetes, mental health (psychological distress), oral health, overweight and obesity, injury (in organised sport), and self-rated health status.

Over one in 10 adults had current asthma. More females than males had current asthma.

Nearly 9 in 10 adults had their blood pressure checked within the last 2 years. More females than males had their blood pressure checked, and the proportion increased with age. Over one in 4 adults had high blood pressure, with similar proportions of males and females.

Just under 6 in 10 adults had their cholesterol measured within the last 2 years, with the proportion increasing with age. Approximately one in 4 adults had high cholesterol, with similar proportions of males and females.

Nearly 8 per cent of adults had diabetes or high blood glucose. The prevalence of diabetes or high blood glucose increased with age.

Approximately one-quarter of adults participated in an organised sport in the last 12 months. More males than females participated in an organised sport. Of those who participated in an organised sport, just over 3 in 10 had received a sports injury in the last 12 months. A higher proportion of males than females received a sports injury.

Just over 8 in 10 adults had either no oral health problems or hardly ever had oral health problems in the last 12 months. Just over 7 in 10 adults visited an oral health professional, and 9 in 10 of these used a private dental provider in that period. Over 8 in 10 adults said their public water supply had been flouridated, and nearly 9 in 10 adults agreed with the flouridation of public water supplies. Around one in 20 adults reported all their natural teeth missing.

Using height and weight to classify Body Mass Index (BMI), just under one-half of adults were either overweight or obese. More males than females were classified as overweight or obese.

Over 8 in 10 adults rated their health as excellent, very good, or good.

Health services

In 2005, the New South Wales Population Health Survey collected information on health services used, private health insurance, difficulties getting health care, emergency department presentations, hospital admissions, community health centres, and public dental services.

Over 7 in 10 adults did not attend any health service. Of those who attended a health service, 13.4 per cent were admitted to hospital for at least one night, 13.6 per cent presented to an emergency department, 7.4 per cent attended a community health centre, and 5.1 per cent attended a public dental service or hospital.

Around one in 7 adults experienced difficulties getting health care. Rural residents were more likely to experience difficulties getting health care than urban residents. Difficulty getting health care increased with socioeconomic disadvantage. The most frequently reported difficulties were waiting time for a general practitioner appointment (36.8 per cent), difficulty in accessing specialists (12.9 per cent), and transport issues (10.3 per cent).

Over one-half of adults were covered by private health insurance. Coverage decreased with socioeconomic disadvantage. More urban residents (58.4 per cent) than rural residents (45.8 per cent) were covered by private health insurance.

Over one in 7 adults had been admitted to hospital in the last 12 months. Of these, over 9 in 10 rated the care received as excellent, very good, or good.

Over one in 7 adults reported presenting to an emergency department in the last 12 months. Of these, over 8 in 10 rated the care received as excellent, very good, or good.

Around one in 13 adults attended a community health centre on one or more occasions in the last 12 months.

Around one in 20 adults attended a public dental service on one or more occasions in the last 12 months. A higher proportion of young adults attended a public dental service.

Social capital

The term social capital refers to the relationships and conventions that shape social networks, foster trust, and facilitate cooperation for mutual benefit. In 2005, the New South Wales Population Health Survey included questions on social reciprocity and neighbourhood connection, feelings of trust and safety, and participation in the local community.

Just over one-third of adults helped out at a local group or organisation in the last 3 months, more than 6 in 10 adults attended a local community event in the last 6 months, and more than 4 in 10 adults were active members of a local organisation or social club.

Nearly three-quarters of adults felt most people could be trusted. Just over 7 in 10 adults felt safe walking down their street after dark, with more males than females feeling safe. Over three-quarters of adults felt their area had a reputation for being safe.

Nearly two-thirds of adults visited neighbours in the last week. Just under 6 in 10 adults felt they could ask someone in their neighbourhood for help with caring for a child if they needed to. Over 8 in 10 adults ran into friends and acquaintances when shopping in their local area. Just over 7 in 10 adults said they would feel sad if they had to leave their neighbourhood.

Snapshot of Adult Health, NSW, 2005

S(Smoking) N(Nutrition and Obesity) A(Alcohol) P(Physical Activity) S(Psychological distress) H(Health Status and Health Services) O(Oral Health, Asthma and Diabetes) T(Trust and Social Capital)

Topic	Indicator	Male	Female	Result (%)
Health behaviours	Private health insurance	37.2	27.3	32.1
	Recommended fruit consumption	44.6	57.5	51.2
	Recommended vegetable consumption	4.7	10.1	7.4
	Adequate physical activity	56.6	47.3	51.9
	Current daily or occasional smoking	22.6	17.6	20.1
	Smoke-free households	.	.	86.1
Health services	Difficulties getting health care when needing it	11.1	15.0	13.1
	Emergency department care rated as excellent, very good or good	85.7	75.6	80.7
	Hospital care rated as excellent, very good or good	93.6	90.5	91.8
Health status	Current asthma	8.8	12.0	10.4
	Diabetes or high blood glucose	8.4	6.9	7.6
	High and very high psychological distress	9.7	14.1	11.9
	All natural teeth missing	4.2	6.8	5.6
	Overweight and obesity	57.5	42.3	49.9
	Excellent, very good, or good self-rated health status	83.3	78.7	80.9
Social determinants of health	Attended a community event at least once in the last 6 months	56.4	63.7	60.1
	Most people can be trusted	74.2	72.5	73.3
	Visit neighbours	66.4	60.6	63.4

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

Methods

Introduction

In 2005, the NSW Department of Health, in conjunction with the 8 area health services, completed the fourth year of the New South Wales Population Health Survey, an ongoing survey of the health of people of New South Wales using computer assisted telephone interviewing (CATI). The main aims of the survey are to provide detailed information on the health of the people of New South Wales, and to support the planning, implementation, and evaluation of health services and programs in New South Wales.

Prior to the introduction of the continuous survey in 2002, the Centre for Epidemiology and Research conducted adult health surveys in 1997 and 1998, an older people's health survey in 1999, and a child health survey in 2001. The reporting plan for the continuous survey includes an annual report on adult health for the whole state and annual reports on adult health for selected indicators by area health service.

This section describes the methods used for the 2005 Report on Adult Health from the New South Wales Population Health Survey, which reports the health of residents aged 16 years and over.

New South Wales Population Health Survey

Survey instrument

The survey instrument for the New South Wales Population Health Survey was developed by the Health Survey Program in consultation with key stakeholders, area health services, other government departments, and a range of experts.

The survey instrument included: questions used in previous surveys, new questions developed specifically for 2005, and questions developed specifically for some of the area health services. All questions not previously used were submitted to the Ethics Committee of the NSW Department of Health for approval prior to use. New questions were also field tested prior to inclusion in the survey. The survey instrument was translated into 5 languages: Arabic, Chinese, Greek, Italian and Vietnamese.

Survey sample

In 2005, the target population for the New South Wales Population Health Survey was all residents living in households with private telephones. The target sample comprised approximately 1,500 people in each of the 8 area health services (total sample of 12,000).

The sampling frame was developed as follows. Records from the Australia on Disk electronic white pages (phone book) were geo-coded using MapInfo mapping software.[1,2] The geo-coded telephone numbers were assigned to statistical local areas and area health services. The proportion of numbers for each telephone prefix by area health service was calculated. All prefixes were expanded with suffixes ranging from 0000 to 9999. The resulting list was then matched back to the electronic phone book. All numbers that matched numbers in the electronic phone book were flagged and the number was assigned to the relevant geo-coded area health service. Unlisted numbers were assigned to the area health service containing the greatest proportion of numbers with that prefix. Numbers were then filtered to eliminate contiguous unused blocks of greater than 10 numbers. The remaining numbers were then checked against the business numbers in the electronic phone book to eliminate business numbers. Finally, numbers were randomly sorted.

Households were contacted using random digit dialling. One person from the household was randomly selected for inclusion in the survey.

Interviews

In 2005, interviews were carried out continuously between February and December. Selected households that had addresses in the electronic phone book were sent a letter describing the aims and methods of the survey 2 weeks prior to initial attempts at telephone contact. An 1800 freecall contact number was provided for potential respondents to verify the authenticity of the survey and to ask any questions regarding the survey. Trained interviewers at the Health Survey Program CATI facility carried out interviews. Up to 7 calls were made to establish initial contact with a household, and 5 calls were made in order to contact a selected respondent.

Call outcomes and response rates

In total, 13,701 interviews were conducted, with at least 1,400 interviews in each area health service and 11,500 with adults aged 16 years or over. The overall response rate was 57.7 per cent (completed interviews divided by completed interviews and refusals).

Data analysis

For analysis, the survey sample was weighted to adjust for differences in the probabilities of selection among subjects. These differences were due to the varying number of people living in each household, the number of residential telephone connections for the household, and the varying sampling fraction in each health area.

Post-stratification weights were used to reduce the effect of differing non-response rates among males and females and different age groups on the survey estimates. These weights were adjusted for differences between the age and sex structure of the survey sample and the Australian Bureau of Statistics 2004 mid-year population estimates (excluding residents of institutions) for each area health service. Further information on the weighting process is provided elsewhere. [3]

Call and interview data were manipulated and analysed using SAS version 8.02.[4] The SURVEYMEANS procedure in SAS was used to analyse the data and calculate point estimates and 95 per cent confidence intervals for the estimates. A 95 per cent confidence interval contains the actual value 95 per cent of the time. The narrower the 95 per cent confidence interval, the higher the precision of the estimate; the wider the 95 per cent confidence interval, the lower the precision of the estimate. The SURVEYMEANS procedure calculates standard errors adjusted for the design effect factor or DEFF (the variance for a non-random sample divided by the variance for a simple random sample). It uses the Taylor expansion method to estimate sampling errors of estimators based on the stratified random sample.[4]

The K10 measure of psychological distress

In 2005, the K10 scale was included in the New South Wales Population Health Survey as a measure of psychological distress.[5,6] The K10 is a 10-item questionnaire intended to yield a global measure of psychological distress. It includes questions about the level of anxiety and depressive symptoms in the most recent 4-week period. For each question, there is a 5-level response scale based on the amount of time (from none of the time through to all the time) during a 4-week period that the person experienced the particular problem.

When scoring responses to the questionnaire, between one and 5 points were assigned to each symptom with a value of one indicating that the person experiences the problem none of the time and 5 indicating all of the time. It follows that the total K10 score for each person ranges from 10 points (that is, all responses are none of the time) through to 50 (all responses are all of the time.[7]

The K10 scores calculated for the New South Wales Population Health Survey are a combination of actual and imputed scores. Where a respondent answered all 10 questions, the K10 score was simply the sum of the individual scores for each question. Where the respondent answered 9 questions, the score for the missing question was imputed as the mean score of the 9 answered questions.

Indices of geographic remoteness and socioeconomic disadvantage: ARIA and SEIFA

The Accessibility–Remoteness Index of Australia Plus (ARIA+) is the standard Australian Bureau of Statistics (ABS) endorsed measure of remoteness. [8] It is derived using the road distances from populated localities to the nearest service centres across Australia. For each locality, the accessibility to services is expressed as a continuous measure from 0 (high accessibility) to 15 (high remoteness) and grouped into 5 categories: major cities, inner regional, outer regional, remote, and very remote.

The Socio-Economic Indexes for Areas (SEIFA) describe the socioeconomic aspects of geographical areas in Australia, using a number of underlying variables such as family and household characteristics, personal educational qualifications, and occupation.[9] The SEIFA index used to provide breakdowns of the New South Wales Population Health Survey data in 2005 is the Index of Relative Socio-Economic Disadvantage. This index is calculated on attributes such as low income and educational attainment, high unemployment, and people working in unskilled occupations. The SEIFA index values are grouped into 5 quintiles, with quintile one being the least disadvantaged and quintile 5 being the most disadvantaged.

Both the ARIA+ and SEIFA indexes were assigned to the results of the New South Wales Population Health Survey in 2005 based on respondents' postcode of residence. Rates for each SEIFA quintile were calculated for several health indicators included in this report to enable socioeconomic comparisons.

Definition of urban and rural

In this report, the term urban means the respondent lived in one of the 4 area health services designated as metropolitan: Northern Sydney & Central Coast, South Eastern Sydney and Illawarra, Sydney South West, and Sydney West. The term rural means the respondent lived in one of the 4 area health services designated as rural: Greater Southern, Greater Western, Hunter & New England, and North Coast.

References

1. Australia on Disk [software]. Sydney: Australia on Disk, 2000.
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3. Williamson M, Baker D, Jorm L. The NSW Health Survey Program: Overview and methods 1996–2000. *N S W Public Health Bull* 2001; 12(S-2).
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5. Kessler R, Mroczec D. *An update of the development of mental health screening scales for the US National Health Interview Survey*. Ann Arbor MI: Survey Research Centre of the Institute for Social Research, University of Michigan, Memo dated December 22, 1992.
6. Kessler R, Mroczec D. *Final versions of our Non-Specific Psychological Distress Scale*. Ann Arbor MI: Survey Research Centre of the Institute for Social Research, University of Michigan, Memo dated March 10, 1994.
7. Australian Bureau of Statistics. *Information paper: Use of the Kessler Psychological Distress Scale in ABS Health Surveys.* Catalogue no. 4187.0.55.001. Canberra: ABS, 2003.
8. Australian Bureau of Statistics. *ASGC Remoteness Classification: Purpose and Use.* Census Paper No. 03/01. Commonwealth of Australia, 2003.
9. Australian Bureau of Statistics. *1996 Census of Population and Housing: Socio-Economic Indexes for Areas*, Information Paper, Catalogue no. 2039.0. Canberra: ABS, 1998.

Outcomes of telephone calls

Outcome	Number of telephone numbers
Unable to contact	17645
Not connected	27744
Business/institution telephone	6130
Fax number	5652
HH not in NSW or holiday House	809
Respondent away for duration of	1127
Respondents confused or deaf	1116
Non-translated language	909
Refusal	10037
Complete	13701
Adults	11500
Children	2201
Total	84807

Completed interviews and response rates by health area

Health area	Total respondents	Response rate (%)
Sydney South West AHS	1574	50.4
South Eastern Sydney & Illawarra	1488	51.4
Sydney West AHS	1756	55.2
Northern Sydney & Central Coast	1582	57.4
Hunter & New England AHS	1861	60.2
North Coast AHS	1909	62.0
Greater Southern AHS	1748	61.7
Greater Western AHS	1783	63.8
NSW	13701	57.7

Completed interviews by language

Language	Number of respondents
English	13440
Arabic	59
Chinese	90
Greek	29
Italian	54
Vietnamese	29
All	13701

Representativeness of sample

In 2005, males were under-represented in the New South Wales Population Health Survey, making up 41.6 per cent of the survey sample, compared with 49.8 per cent of the overall residential population of New South Wales. Conversely, females were over-represented, making up 58.4 per cent of the survey sample, compared with 50.2 per cent of the overall residential population of New South Wales. Males aged 45 years or younger and females aged 35 years and under were under-represented in the sample, while males aged 55 years or over and females aged 45 years and over were over-represented in the sample. Comparisons of the distribution of the survey sample and that of the overall residential population are shown the table 'Survey sample size and New South Wales population by age group and sex'. After weighting, the age- and sex-distribution of the survey sample reflected that of the overall residential population.

Aboriginal people comprised 1.6 per cent of the survey sample, which is slightly less than their representation in the overall residential population (1.8 per cent), and people born in Australia comprised 73.6 per cent of the survey sample, which is higher than their representation in the overall residential population of New South Wales (70.5 per cent) according to the 2001 Census.[1]

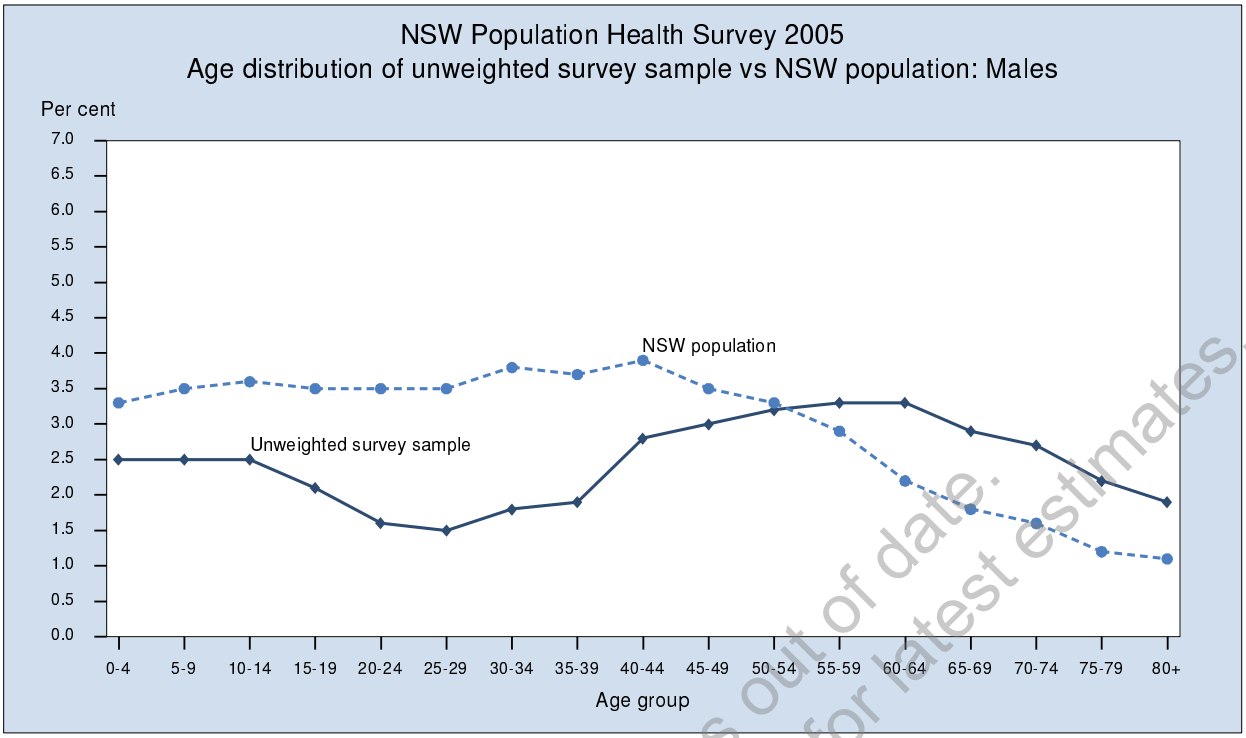
References

1. Australian Bureau of Statistics. *Selected social and housing characteristics for statistical local areas, NSW and Jervis Bay Territory*. 2001 Census of Population and Housing, Catalogue no. 2015.1. Canberra: ABS, 2002.

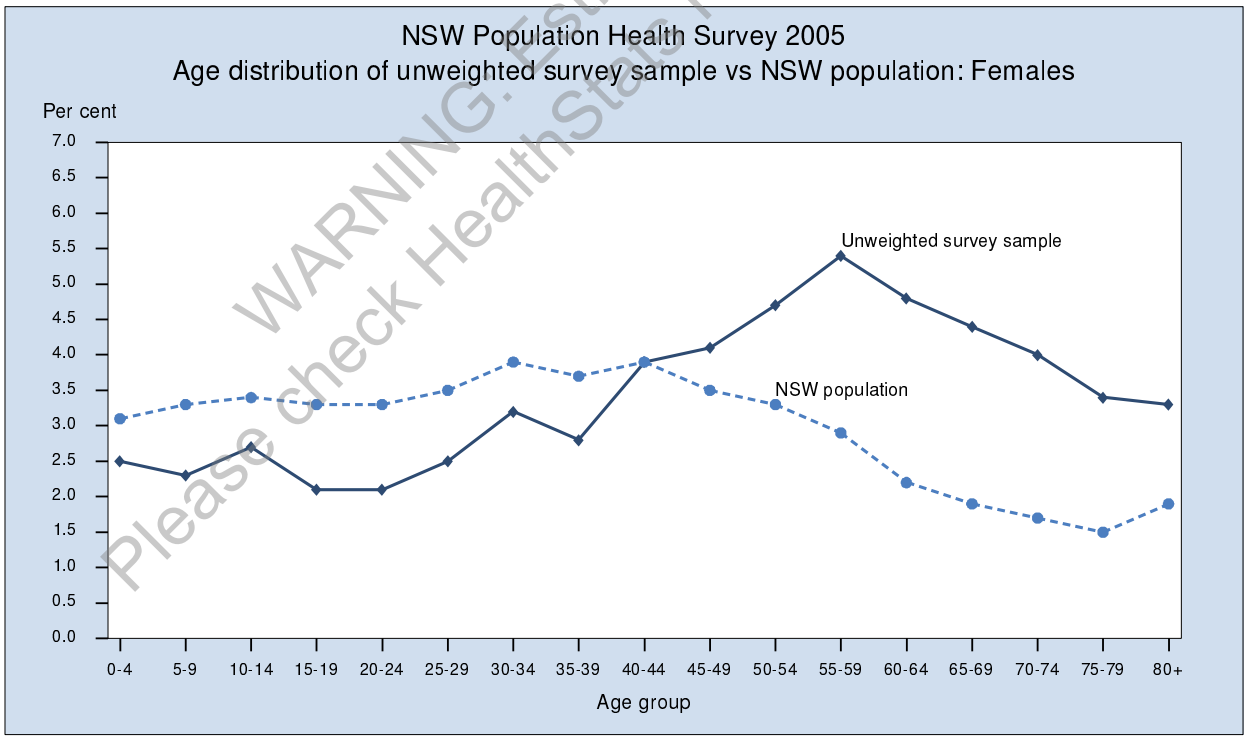
Survey sample size and NSW population by age group and sex

Age group	Survey sample (unweighted)						NSW population June 2004					
	Males		Females		Persons		Males		Females		Persons	
	n	%	n	%	n	%	n	%	n	%	n	%
0-4 yrs	342	2.5	346	2.5	688	5	220097	3.3	207977	3.1	428074	6.5
5-9 yrs	343	2.5	321	2.3	664	4.8	228288	3.5	217067	3.3	445356	6.7
10-14 yrs	339	2.5	366	2.7	705	5.1	234980	3.6	222871	3.4	457851	6.9
15-19 yrs	285	2.1	288	2.1	573	4.2	231024	3.5	220381	3.3	451405	6.8
20-24 yrs	221	1.6	287	2.1	508	3.7	228399	3.5	220986	3.3	449385	6.8
25-29 yrs	204	1.5	346	2.5	550	4	229050	3.5	230100	3.5	459150	6.9
30-34 yrs	244	1.8	441	3.2	685	5	252674	3.8	257211	3.9	509885	7.7
35-39 yrs	255	1.9	388	2.8	643	4.7	242448	3.7	243240	3.7	485688	7.3
40-44 yrs	377	2.8	541	3.9	918	6.7	256059	3.9	256065	3.9	512124	7.7
45-49 yrs	412	3	561	4.1	973	7.1	231662	3.5	233527	3.5	465189	7
50-54 yrs	440	3.2	649	4.7	1089	7.9	215855	3.3	215771	3.3	431626	6.5
55-59 yrs	457	3.3	745	5.4	1202	8.8	194402	2.9	189548	2.9	383950	5.8
60-64 yrs	456	3.3	656	4.8	1112	8.1	146686	2.2	144579	2.2	291265	4.4
65-69 yrs	399	2.9	603	4.4	1002	7.3	120263	1.8	124742	1.9	245006	3.7
70-74 yrs	376	2.7	543	4	919	6.7	102515	1.6	113099	1.7	215614	3.3
75-79 yrs	296	2.2	466	3.4	762	5.6	80577	1.2	100414	1.5	180991	2.7
80+ yrs	260	1.9	448	3.3	708	5.2	74967	1.1	124803	1.9	199770	3
TOTAL	5706	41.6	7995	58.4	13701	100	3289946	49.8	3322381	50.2	6612328	100

Age distribution of unweighted survey sample vs NSW population: Males

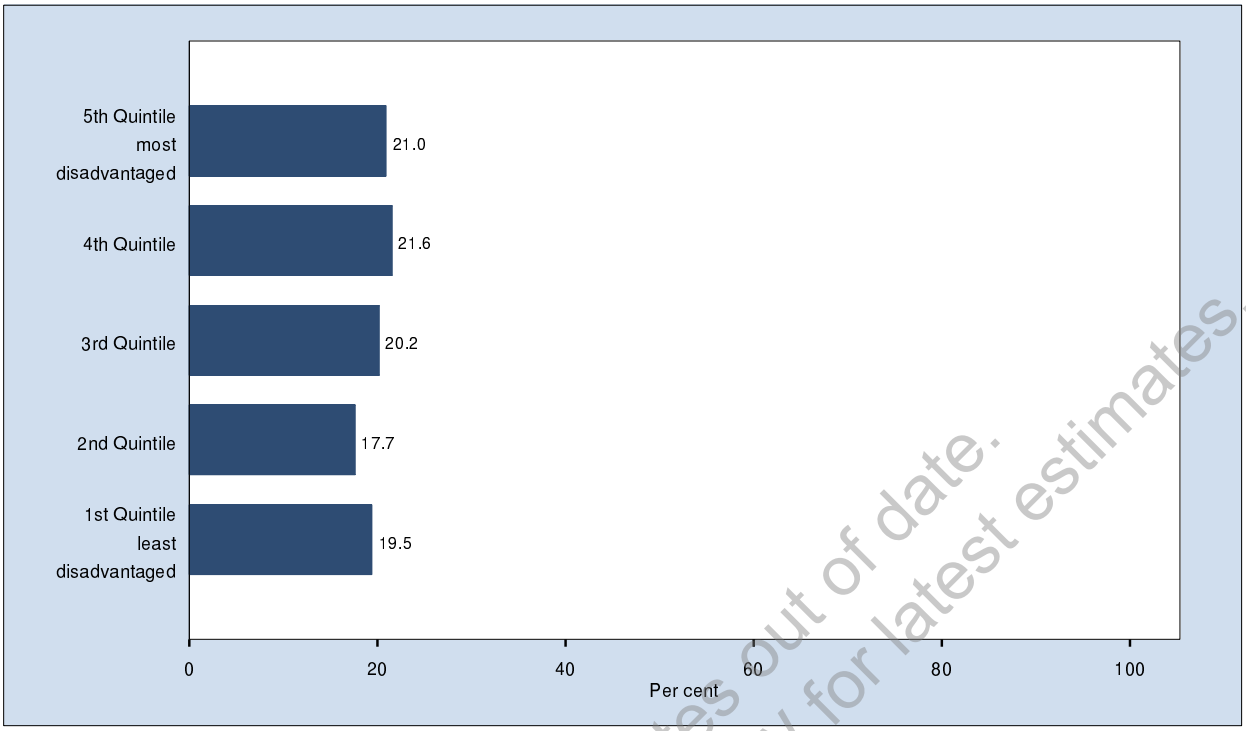


Age distribution of unweighted survey sample vs NSW population: Females



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

Socioeconomic Index (SEIFA) quintile, persons aged 16 years and over, NSW 2005

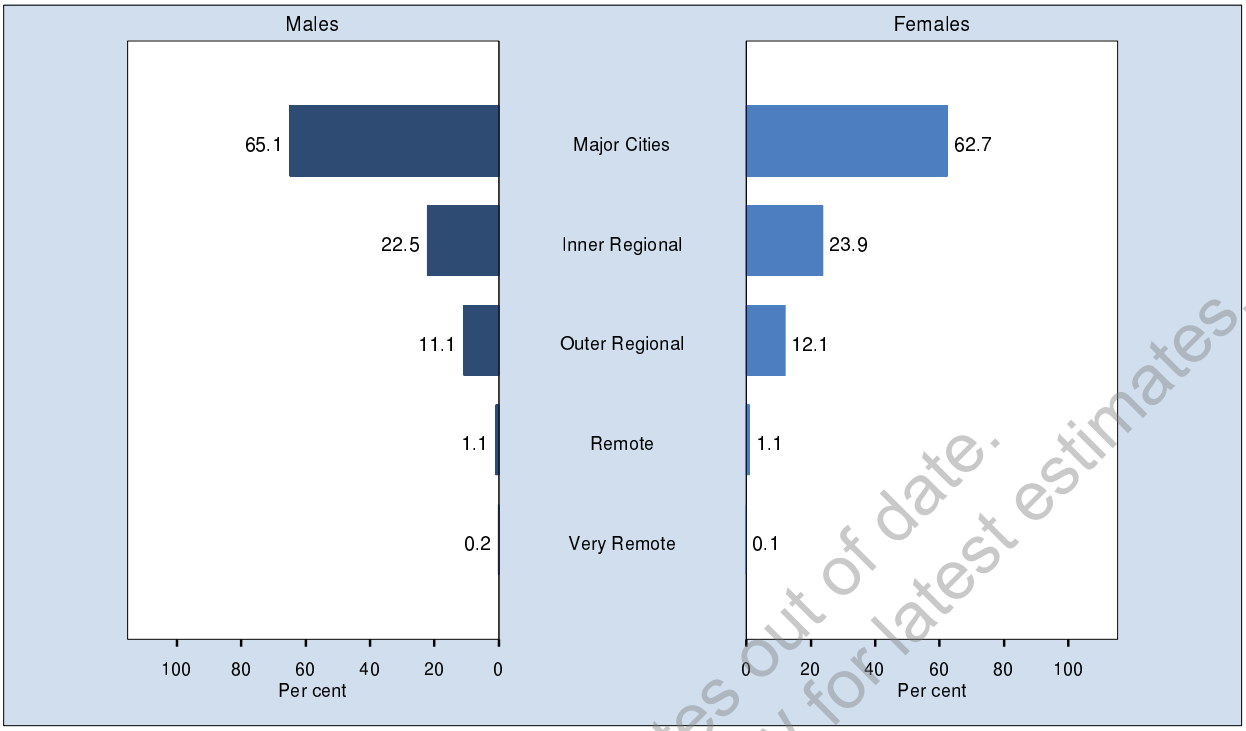


Responses	Person (95% CI)
5th Quintile	21.0 (19.9-22.1)
4th Quintile	21.6 (20.5-22.7)
3rd Quintile	20.2 (19.2-21.2)
2nd Quintile	17.7 (16.8-18.6)
1st Quintile	19.5 (18.5-20.5)

Note: Estimates are based on 10,969 respondents in NSW. For this indicator 531 (4.62%) were not stated (Don't know or Refused) in NSW

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

Accessibility - Remoteness Index of Australia Plus (ARIA+), persons aged 16 years and over, NSW 2005

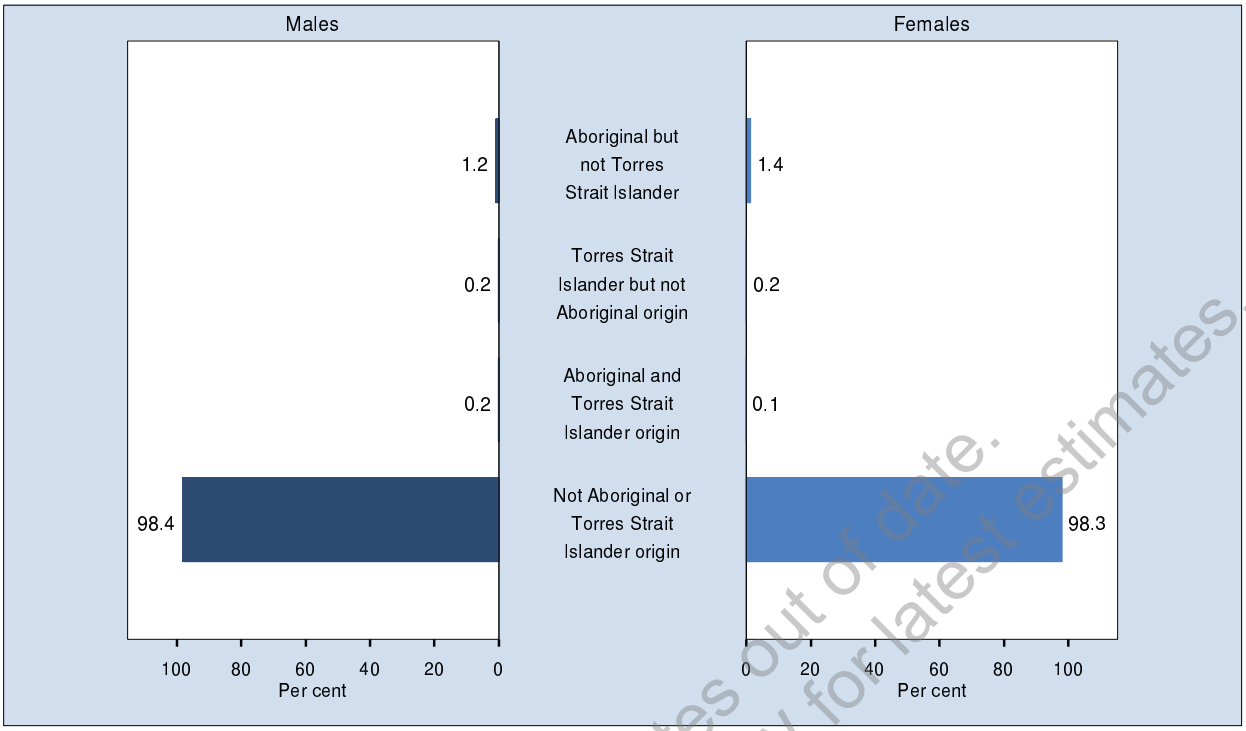


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Major Cities	65.1 (63.4-66.8)	62.7 (61.3-64.1)	63.9 (62.8-64.9)
Inner Regional	22.5 (20.9-24.0)	23.9 (22.6-25.2)	23.2 (22.2-24.2)
Outer Regional	11.1 (10.2-12.0)	12.1 (11.4-12.9)	11.6 (11.1-12.2)
Remote	1.1 (0.8-1.4)	1.1 (0.9-1.3)	1.1 (0.9-1.3)
Very Remote	0.2 (0.1-0.3)	0.1 (0.0-0.2)	0.2 (0.1-0.2)

Note: Estimates are based on 10,975 respondents in NSW. For this indicator 525 (4.57%) were not stated (Don't know or Refused) in NSW
The Accessibility - Remoteness Index of Australia Plus (ARIA+) is the standard Australian Bureau of Statistics endorsed measure of remoteness. It is derived using the road distances from populated localities to the nearest service centres across Australia. ARIA+ is grouped into 5 categories: major cities, inner regional, outer regional, remote, and very remote, using postcodes from survey respondents. Based on the NHMRC Australian Alcohol Guidelines.

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

Aboriginal or Torres Strait Islander origin, persons aged 16 years and over, NSW 2005

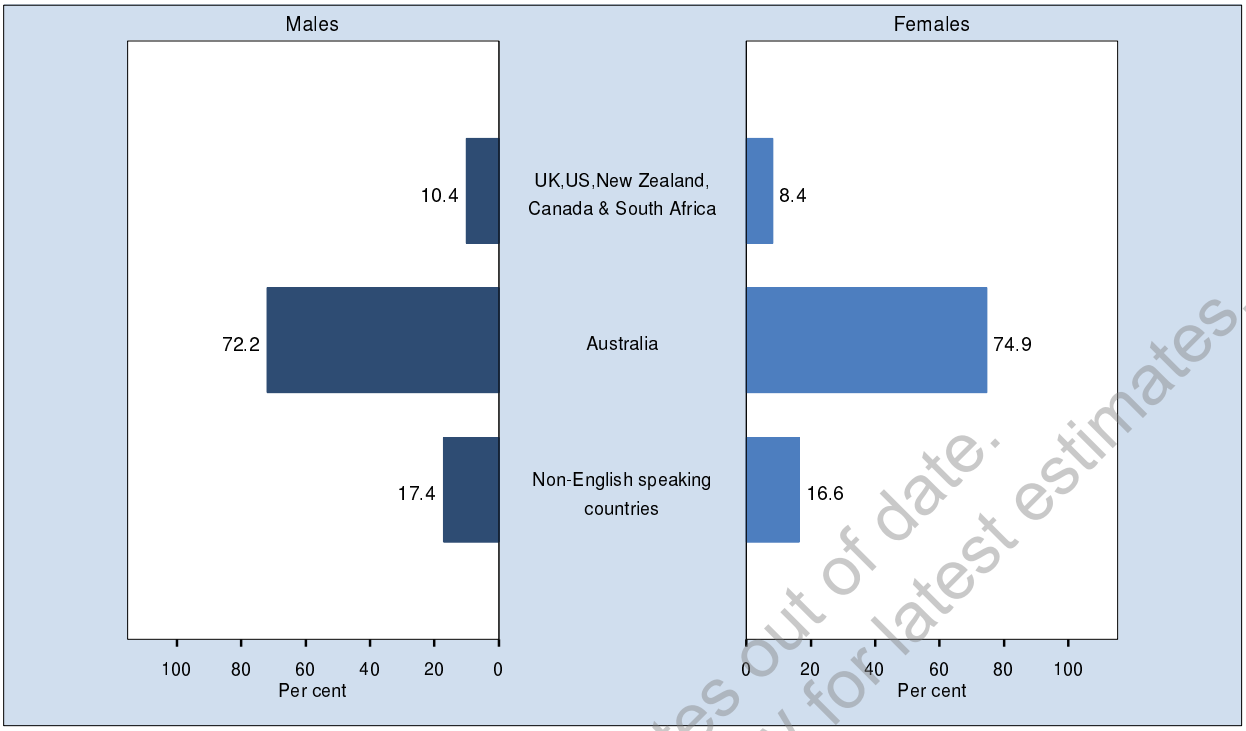


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Aboriginal but not Torres Strait Islander	1.2 (0.7-1.7)	1.4 (1.0-1.8)	1.3 (1.0-1.6)
Torres Strait Islander but not Aboriginal origin	0.2 (0.0-0.4)	0.2 (0.0-0.4)	0.2 (0.1-0.3)
Aboriginal and Torres Strait Islander origin	0.2 (0.0-0.3)	0.1 (0.0-0.2)	0.1 (0.0-0.2)
Not Aboriginal or Torres Strait Islander origin	98.4 (97.9-99.0)	98.3 (97.8-98.7)	98.4 (98.0-98.7)

Note: Estimates are based on 11,468 respondents in NSW. For this indicator 32 (0.28%) were not stated (Don't know or Refused) in NSW
The question used was: Are you of Aboriginal and/or Torres Strait Islander origin?

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

Country of birth,
persons aged 16 years and over, NSW 2005

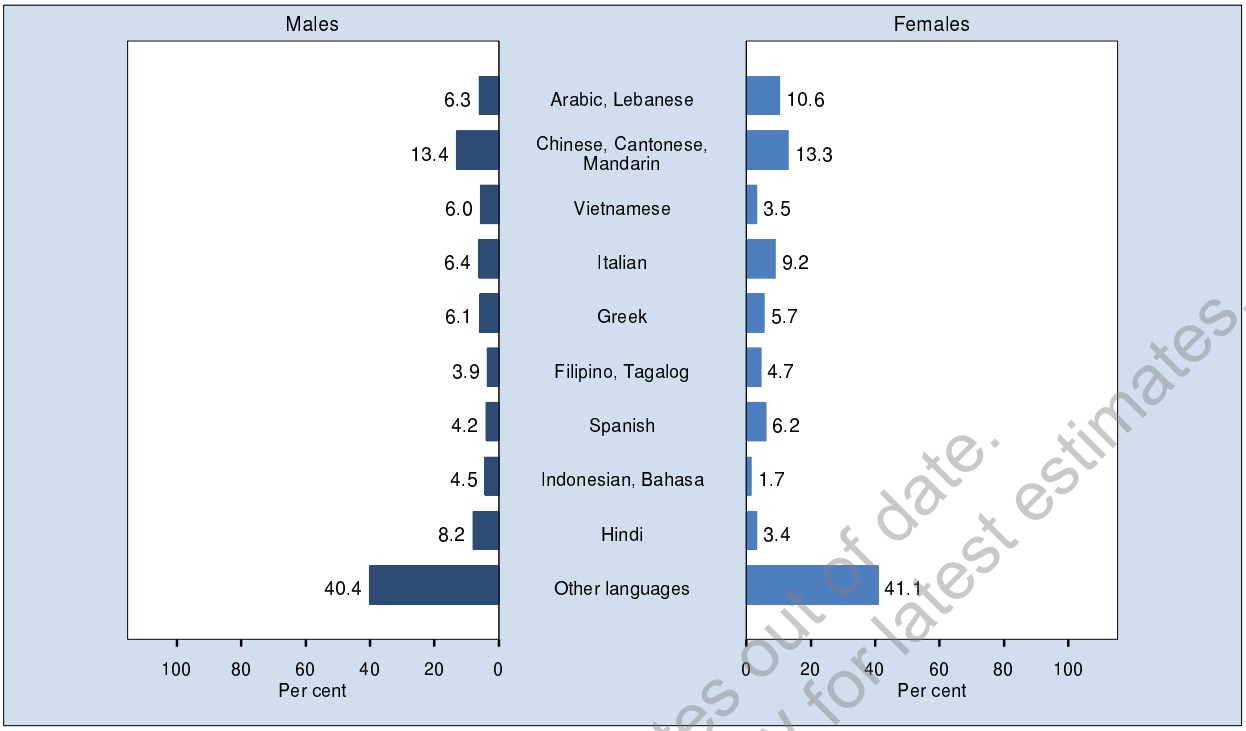


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
UK,US,New Zealand,Canada & South Africa	10.4 (9.2-11.6)	8.4 (7.5-9.3)	9.4 (8.6-10.1)
Australia	72.2 (70.3-74.1)	74.9 (73.4-76.4)	73.6 (72.4-74.8)
Non-English speaking countries	17.4 (15.7-19.1)	16.6 (15.3-18.0)	17.0 (15.9-18.1)

Note: Estimates are based on 11,475 respondents in NSW. For this indicator 25 (0.22%) were not stated (Don't know or Refused) in NSW
The question used was: In which country were you born? Respondents could mention more than one response. Percentages will total more than 100%.

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

Languages other than English spoken at home, persons aged 16 years and over, NSW 2005

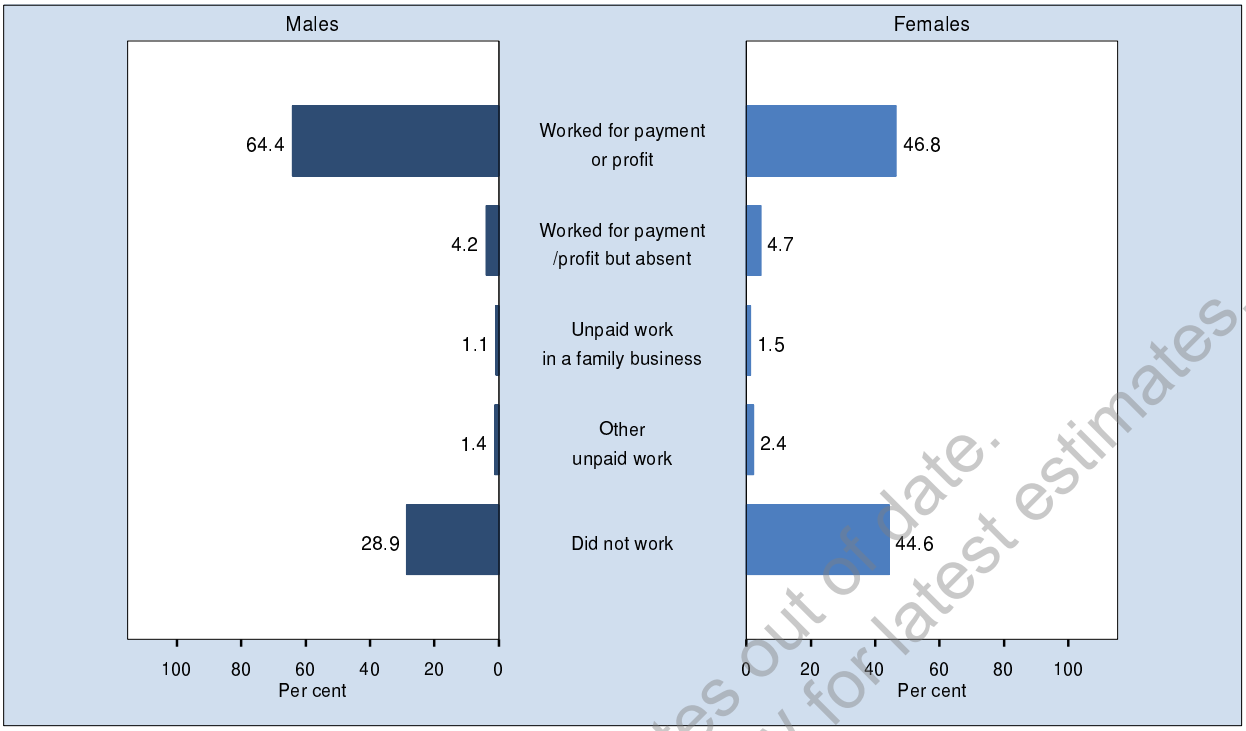


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Arabic, Lebanese	6.3 (3.3-9.3)	10.6 (7.1-14.1)	8.5 (6.2-10.8)
Chinese, Cantonese, Mandarin	13.4 (9.0-17.8)	13.3 (9.6-16.9)	13.3 (10.5-16.2)
Vietnamese	6.0 (2.5-9.5)	3.5 (1.0-6.0)	4.7 (2.6-6.8)
Italian	6.4 (3.5-9.4)	9.2 (6.4-12.0)	7.9 (5.8-9.9)
Greek	6.1 (3.1-9.1)	5.7 (3.1-8.4)	5.9 (3.9-7.9)
Filipino, Tagalog	3.9 (1.6-6.2)	4.7 (2.6-6.7)	4.3 (2.8-5.8)
Spanish	4.2 (1.8-6.7)	6.2 (3.9-8.6)	5.2 (3.6-6.9)
Indonesian, Bahasa	4.5 (1.1-7.8)	1.7 (0.0-3.4)	3.1 (1.2-4.9)
Hindi	8.2 (4.5-12.0)	3.4 (1.6-5.3)	5.8 (3.7-7.8)
Other languages	40.4 (34.1-46.6)	41.1 (35.9-46.3)	40.8 (36.7-44.8)

Note: Estimates are based on 936 respondents in NSW. For this indicator 6 (0.64%) were not stated (Don't know or Refused) in NSW
The question used was: Do you usually speak a language other than English at home?

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

Current employment status, persons aged 16 years and over, NSW 2005

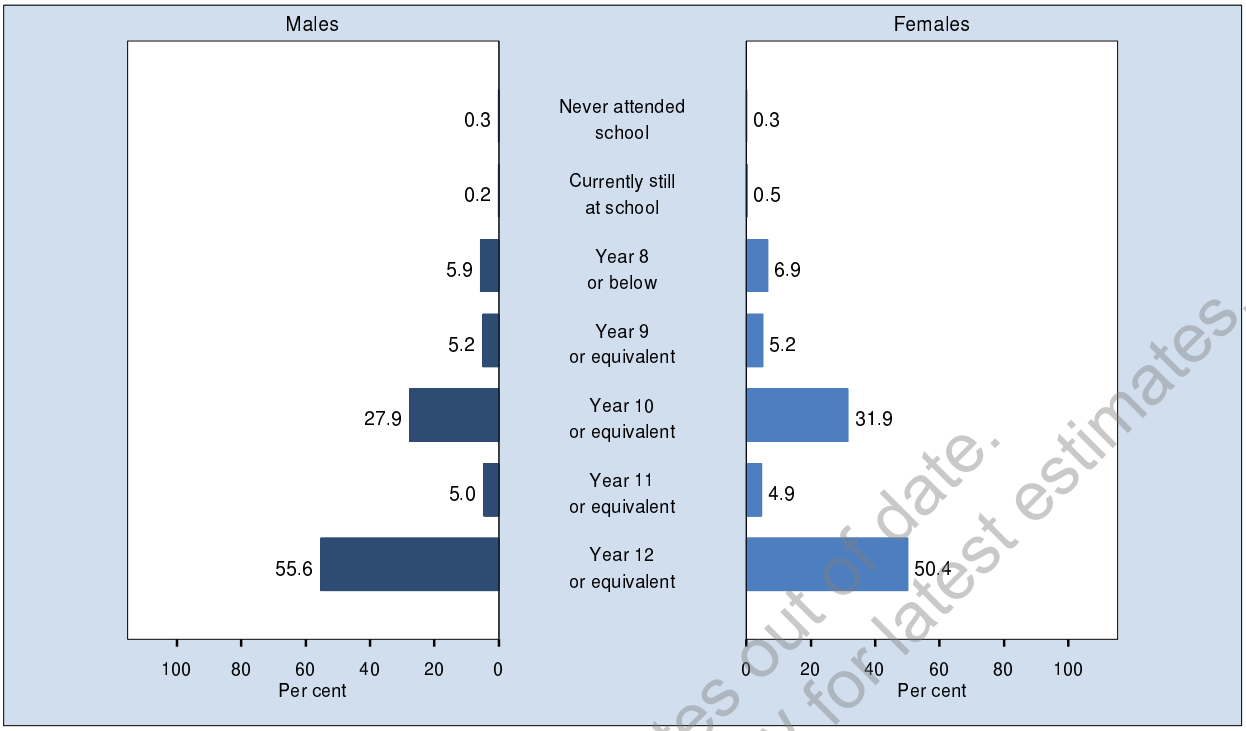


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Worked for payment or profit	64.4 (62.6-66.2)	46.8 (45.1-48.4)	55.4 (54.1-56.6)
Worked for payment/profit but absent on paid leave, holidays, on strike/stood down	4.2 (3.4-5.1)	4.7 (4.0-5.5)	4.5 (3.9-5.1)
Unpaid work in a family business	1.1 (0.7-1.5)	1.5 (1.2-1.9)	1.3 (1.0-1.6)
Other unpaid work	1.4 (1.0-1.8)	2.4 (1.9-2.9)	1.9 (1.6-2.2)
Did not work	28.9 (27.2-30.5)	44.6 (43.0-46.2)	36.9 (35.7-38.1)

Note: Estimates are based on 11,479 respondents in NSW. For this indicator 21 (0.18%) were not stated (Don't know or Refused) in NSW
The question used was: In the last week, which of the following best describes your employment status? Worked for payment or profit, worked for payment/profit but absent on paid leave, holidays, on strike/stood down, unpaid work in a family business, other unpaid work, did not work, or did not have a job?

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

Highest level of school completed, persons aged 16 years and over, NSW 2005

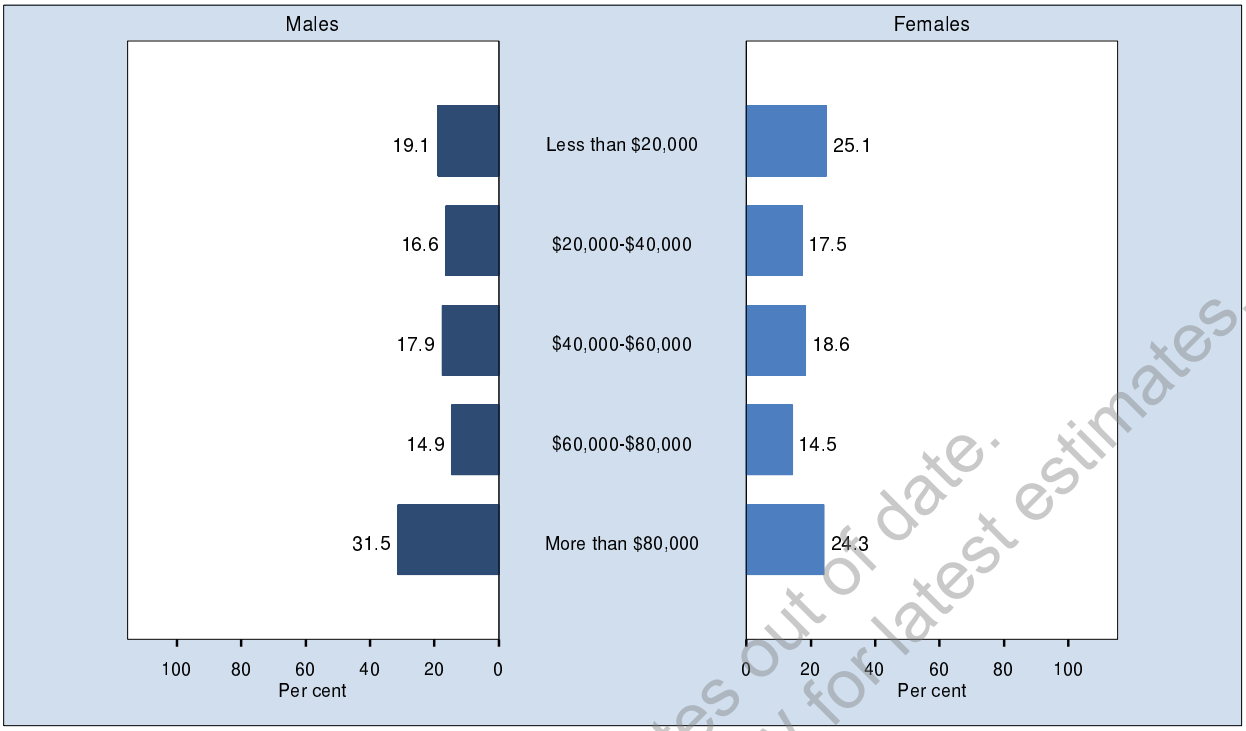


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Never attended school	0.3 (0.1-0.5)	0.3 (0.1-0.5)	0.3 (0.2-0.4)
Currently still at school	0.2 (0.1-0.3)	0.5 (0.2-0.8)	0.4 (0.2-0.5)
Year 8 or below	5.9 (5.1-6.6)	6.9 (6.1-7.6)	6.4 (5.9-6.9)
Year 9 or equivalent	5.2 (4.4-5.9)	5.2 (4.6-5.9)	5.2 (4.7-5.7)
Year 10 or equivalent (Intermediate)	27.9 (26.2-29.6)	31.9 (30.4-33.3)	29.9 (28.8-31.1)
Year 11 or equivalent	5.0 (4.1-5.9)	4.9 (4.1-5.6)	4.9 (4.3-5.5)
Year 12 or equivalent (Matriculation/Leaving)	55.6 (53.6-57.6)	50.4 (48.7-52.0)	52.9 (51.6-54.2)

Note: Estimates are based on 11,388 respondents in NSW. For this indicator 112 (0.97%) were not stated (Don't know or Refused) in NSW
The question used was: What is the highest level of primary or secondary school you have completed?

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

Household income,
persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Less than $20,000	19.1 (17.6-20.6)	25.1 (23.7-26.5)	22.0 (21.0-23.1)
$20,000-$40,000	16.6 (15.0-18.2)	17.5 (16.2-18.9)	17.1 (16.0-18.1)
$40,000-$60,000	17.9 (16.2-19.6)	18.6 (17.1-20.1)	18.2 (17.1-19.4)
$60,000-$80,000	14.9 (13.3-16.5)	14.5 (13.1-15.8)	14.7 (13.6-15.8)
More than $80,000	31.5 (29.3-33.7)	24.3 (22.6-26.0)	28.0 (26.6-29.4)

Note: Estimates are based on 8,844 respondents in NSW. For this indicator 2125 (19.37%) were not stated (Don't know or Refused) in NSW
The question used was: Before tax is taken out, which of the following ranges best describes your household's approximate income from all sources over the last 12 months?

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

Health behaviours

Health behaviours directly influence preventable morbidity and mortality throughout adulthood. This chapter reports on alcohol, environmental health (drinking water), immunisation, injury prevention (fire safety measures in the home, and swimming or fishing), nutrition, physical activity, smoking (including smoke-fee homes and cars), and sun protection (use of solariums or sunbeds).

Alcohol

Introduction

Excessive alcohol consumption is associated with a variety of adverse health consequences including cirrhosis of the liver, mental illness, several types of cancer, pancreatitis, and fetal growth retardation. Adverse social effects include aggressive behaviour, family disruption, and reduced productivity. In general, higher levels of consumption are associated with higher levels of harm; however, high rates of harm have been found among low-to-moderate drinkers on the occasions they drink to intoxication.[1] In Australia, alcohol is second only to tobacco as a cause of preventable morbidity and mortality. [2]

In 2005, to monitor levels of alcohol use, the New South Wales Population Health Survey asked respondents: 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 7–10 [if male] or 5–6 [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?;

'Any risk-drinking behaviour' was defined as per Guideline 1 of the Australian Alcohol Guidelines,[3] as one or more of the following: consuming alcohol every day; consuming on average more than 4 if male or 2 if female standard drinks per day; or consuming more than 6 if male or 4 if female standard drinks on any occasion in the past 4 weeks.

'High risk alcohol drinking' was categorised into 'low risk' (having consumed up to 6 standard drinks on any one day if male, or up to 4 drinks if female); 'risky' (having consumed 7–10 standard drinks on any one day if male, and 5–6 if female), and 'high risk' (having consumed 11 or more standard drinks in any one day if male, and 7 or more if female), as per Guideline 1 of the Australian Alcohol Guidelines.[3]

Results

Any risk-drinking behaviour

In 2005, just under one-third of adults (32.2 per cent) reported that they undertook 'any risk drinking behaviour'. The proportion of males (37.3 per cent) engaging in any risk drinking behaviours was significantly higher than females (27.3 per cent).

Among males, a significantly higher proportion of those aged 16–24 years (47.5 per cent) and a significantly lower proportion of those aged 65– 74 years (30.9 per cent) and over 75 years (25.6 per cent) undertook any risk-drinking behaviour, compared with the overall adult male population. Among females, a significantly greater proportion of those aged 16–24 years (38.0 per cent) and a significantly lower proportion of those aged 65–74 years (17.2 per cent) and over 75 years (17.4 per cent) were likely to undertake any risk-drinking behaviour, compared with the overall adult female population.

There was significant geographic variation in 'any risk drinking behaviour', with a significantly higher proportion of rural residents (36.5 per cent) undertaking any risk drinking behaviour than urban residents (30.3 per cent). A higher proportion of males in the North Coast (45.3 per cent), Greater Southern (44.6 per cent) and Greater Western (42.1 per cent) Health Areas, and a higher proportion of females in the South Eastern Sydney & Illawarra (30.0 per cent), Hunter & New England (34.3 per cent), North Coast (29.0 per cent), and Greater Southern (29.3 per cent) Health Areas, were likely to undertake 'any risk drinking behaviour' compared with the overall adult male and female populations.

A lower proportion of adults (26.9 per cent) in the least socioeconomically disadvantaged quintile were likely to undertake risk-drinking behaviours than the overall adult male and female populations.

Encouragingly, there has been a significant decrease in the proportion of adults reporting any risk drinking behaviour between 1997 (42.3 per cent) and 2005 (32.2 per cent). This decrease was greater in males (50.6 per cent to 37.3 per cent) than females (34.3 per cent to 27.3 per cent).

High risk alcohol drinking: Binge drinking

Overall, in 2005, 31.9 per cent of adults were classified as not drinking alcohol, 50.1 per cent were categorised as low risk, 8.0 per cent were classified as risky, and 10.0 per cent were classified as high risk, as per Guideline 1 of the Australian Alcohol Guidelines. The proportion of males reporting high risk alcohol drinking (13.0 per cent) was significantly higher than the proportion of females (7.2 per cent).

Among males, a significantly higher proportion of those aged 16–24 years (25.7 per cent), and a significantly lower proportion of those aged 65 years and over (2.6 per cent) undertook high-risk alcohol drinking, compared with the overall adult male population. Among females, a significantly higher proportion aged 16–24 years (15.6 per cent) and a significantly lower proportion aged 45 years and over (45–54 = 4.3 per cent; 55–64 = 2.2 per cent; 65–74 = 0.9 per cent; 75+ = 0.9 per cent), were likely to undertake high-risk alcohol drinking, compared with the overall adult female population.

There was no significant difference in the level of high risk alcohol drinking between urban residents and rural residents or among any of the 5 quintiles of socioeconomic disadvantage, compared to the overall adult population.

Encouragingly, there has been a significant decrease in the proportion of adults reporting high-risk drinking behaviour between 2002 (14.7 per cent) and 2005 (10.1 per cent). This decrease was seen in males (16.8 per cent to 13.2 per cent) and females (12.1 per cent to 7.1 per cent).

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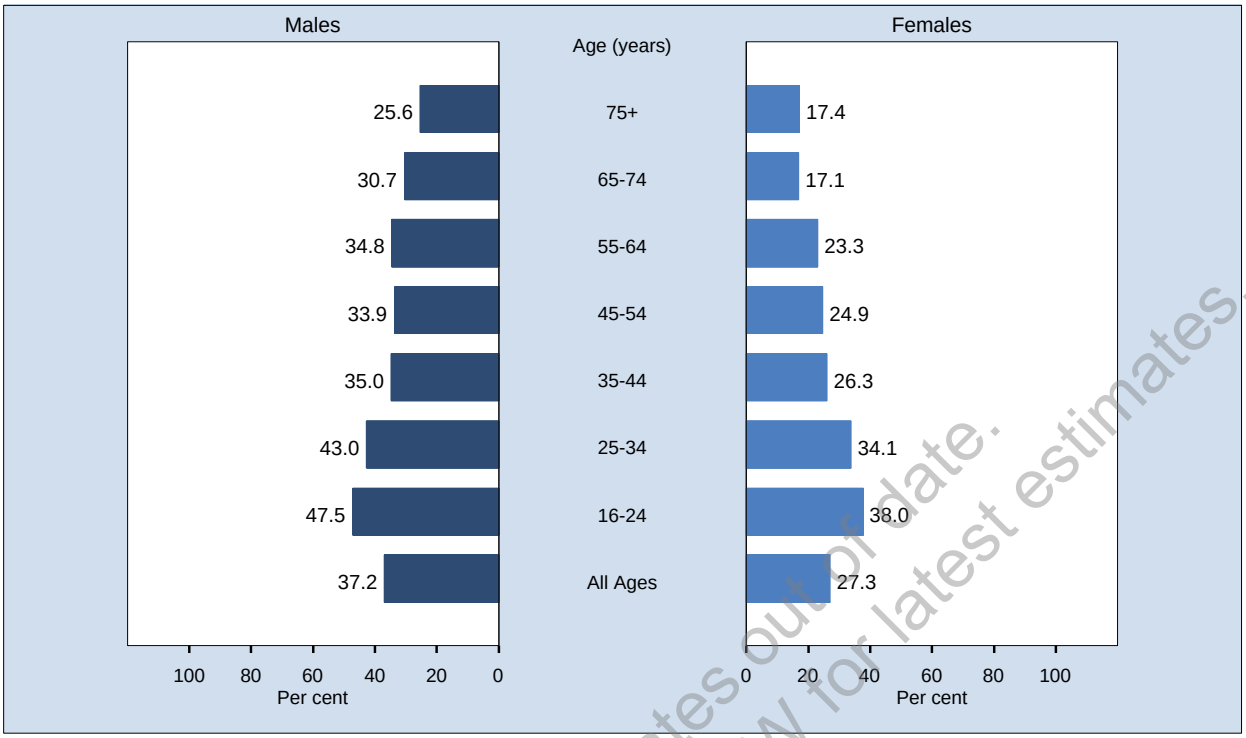
Risk alcohol drinking by age, persons aged 16 years and over, NSW 2005



Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	47.5 (41.8-53.2)	38.0 (33.0-43.0)	42.7 (38.8-46.5)
25-34	43.0 (37.4-48.6)	34.1 (30.1-38.0)	38.5 (35.1-41.9)
35-44	35.0 (30.3-39.6)	26.3 (22.9-29.7)	30.6 (27.8-33.5)
45-54	33.9 (29.9-37.9)	24.9 (21.8-28.0)	29.4 (26.8-31.9)
55-64	34.8 (30.7-38.8)	23.3 (20.5-26.1)	29.1 (26.6-31.5)
65-74	30.7 (26.8-34.5)	17.1 (14.6-19.7)	23.7 (21.4-26.0)
75+	25.6 (21.4-29.9)	17.4 (14.4-20.4)	20.8 (18.3-23.2)
All Ages	37.2 (35.3-39.2)	27.3 (25.8-28.7)	32.1 (30.9-33.3)

Note: Estimates are based on 11,364 respondents in NSW. For this indicator 136 (1.18%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

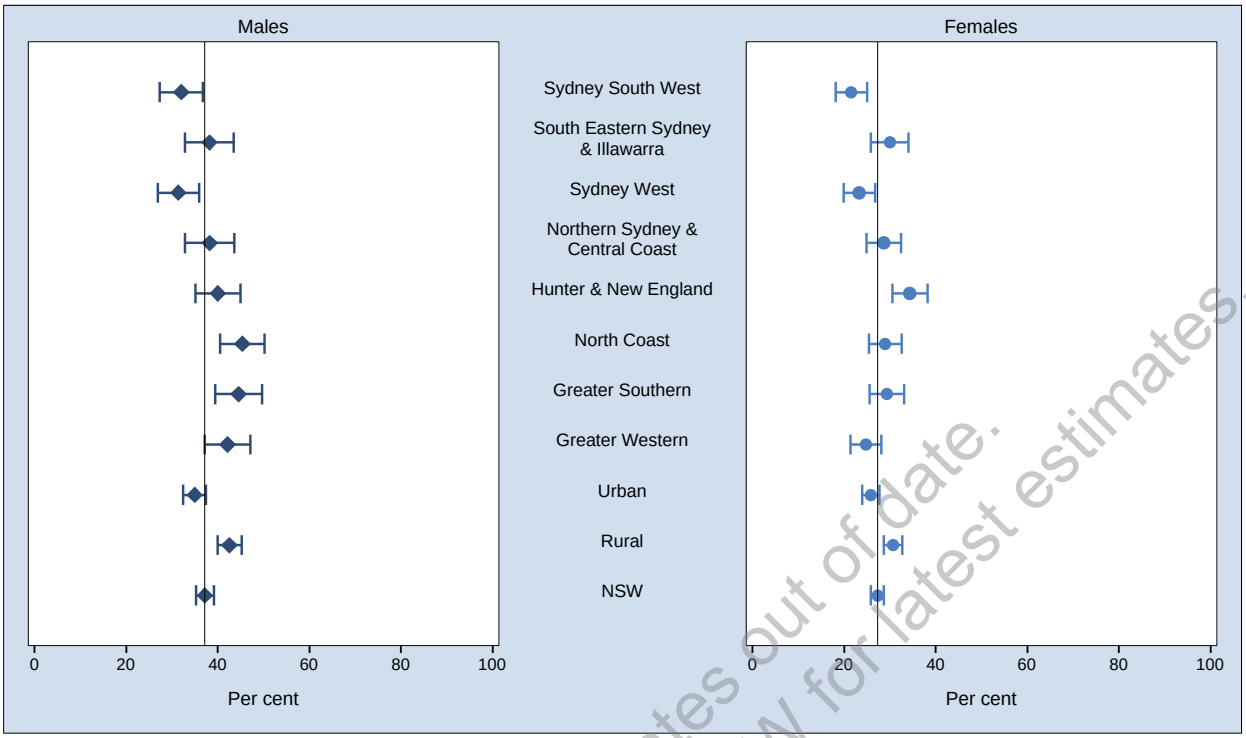
Risk alcohol drinking by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	31.7 (27.4-36.1)	22.2 (19.0-25.4)	26.9 (24.2-29.6)
4th Quintile	38.8 (34.7-43.0)	31.0 (27.8-34.2)	34.8 (32.2-37.4)
3rd Quintile	36.3 (32.1-40.5)	29.2 (26.0-32.5)	32.6 (30.0-35.3)
2nd Quintile	39.4 (34.9-43.9)	26.9 (23.6-30.1)	32.6 (29.9-35.4)
1st Quintile	40.2 (35.3-45.0)	27.7 (24.3-31.2)	34.1 (31.0-37.1)
NSW	37.2 (35.3-39.2)	27.3 (25.8-28.7)	32.1 (30.9-33.3)

Note: Estimates are based on 11,364 respondents in NSW. For this indicator 136 (1.18%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

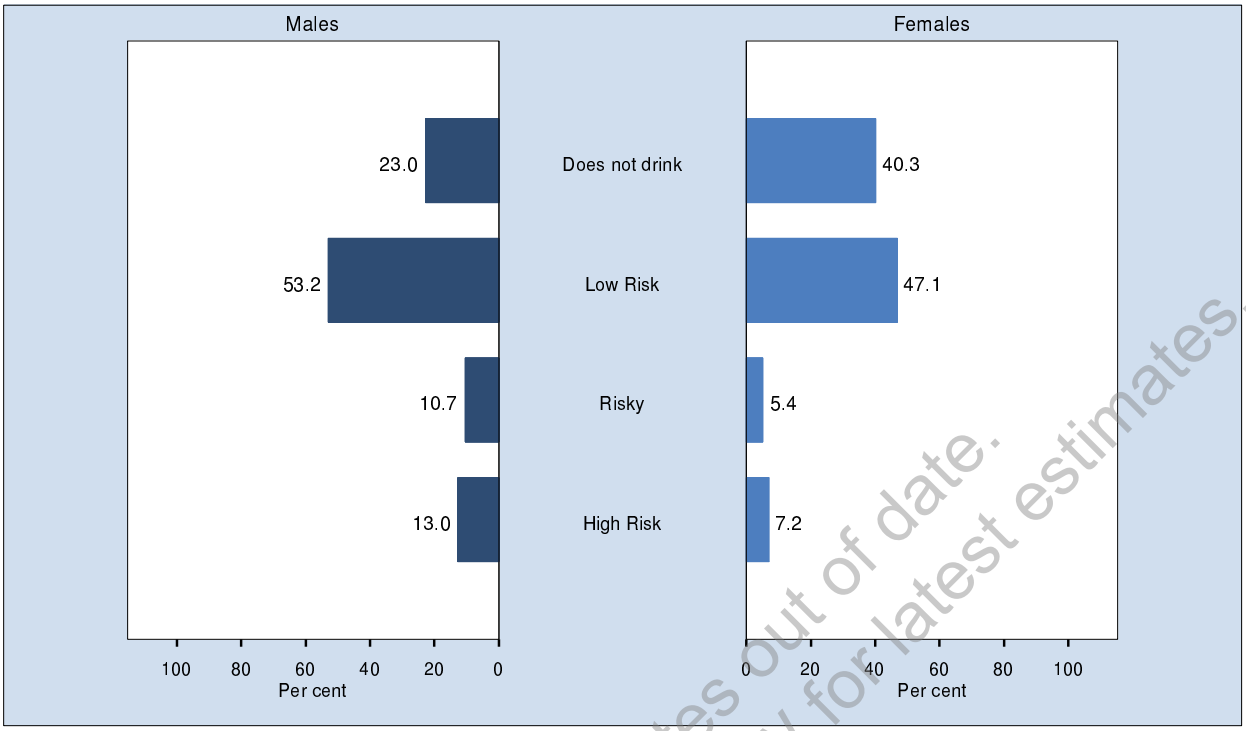


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	32.0 (27.3-36.7)	21.5 (18.1-25.0)	26.6 (23.7-29.6)
South Eastern Sydney & Illawarra	38.2 (32.8-43.5)	30.0 (25.9-34.1)	34.0 (30.6-37.4)
Sydney West	31.4 (26.9-36.0)	23.3 (19.9-26.7)	27.3 (24.5-30.2)
Northern Sydney & Central Coast	38.2 (32.8-43.6)	28.7 (24.9-32.5)	33.3 (30.0-36.6)
Hunter & New England	40.0 (35.1-45.0)	34.3 (30.5-38.2)	37.1 (34.0-40.2)
North Coast	45.3 (40.5-50.2)	29.0 (25.4-32.5)	36.9 (33.8-40.0)
Greater Southern	44.6 (39.5-49.7)	29.3 (25.5-33.1)	36.8 (33.6-40.0)
Greater Western	42.1 (37.2-47.0)	24.8 (21.4-28.1)	33.4 (30.3-36.4)
Urban	34.9 (32.4-37.5)	25.8 (24.0-27.7)	30.3 (28.7-31.9)
Rural	42.6 (39.9-45.2)	30.6 (28.6-32.6)	36.4 (34.8-38.1)
NSW	37.2 (35.3-39.2)	27.3 (25.8-28.7)	32.1 (30.9-33.3)

Note: Estimates are based on 11,364 respondents in NSW. For this indicator 136 (1.18%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Alcohol drinking by risk, persons aged 16 years and over, NSW 2005

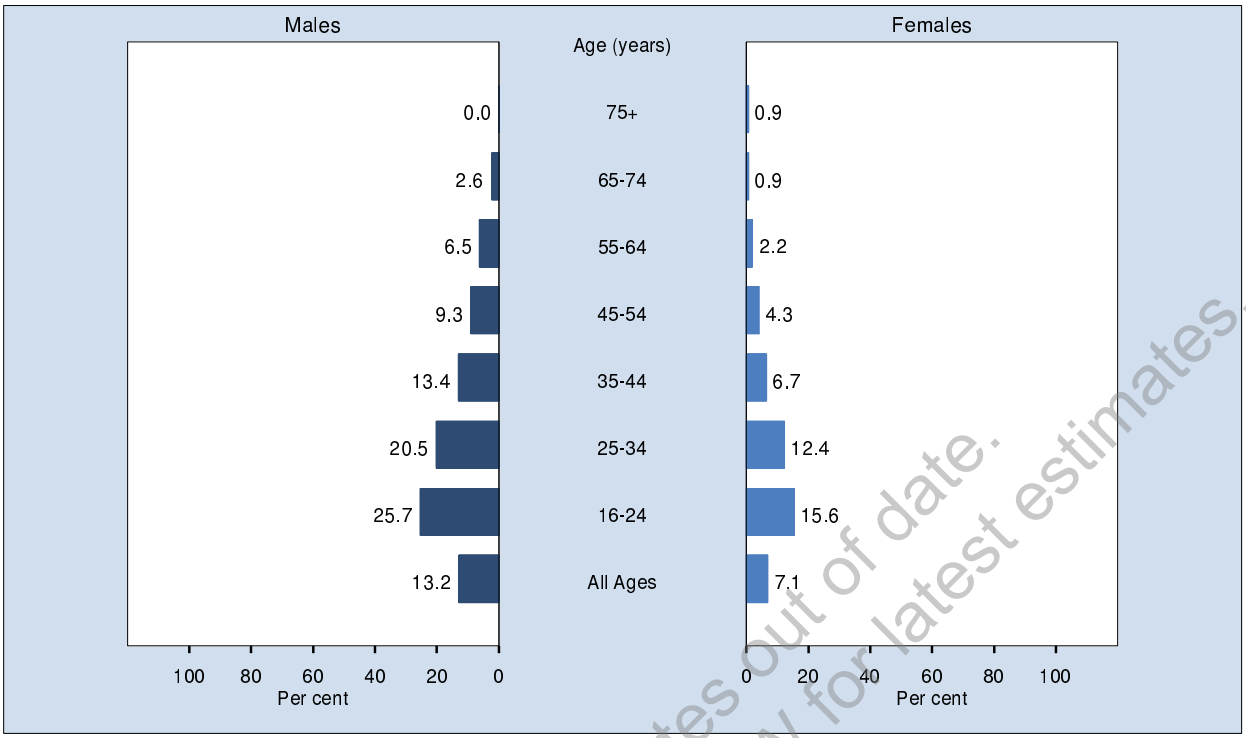


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Does not drink	23.0 (21.3-24.8)	40.3 (38.7-41.9)	31.9 (30.7-33.1)
Low Risk	53.2 (51.1-55.3)	47.1 (45.4-48.7)	50.1 (48.8-51.4)
Risky	10.7 (9.4-12.0)	5.4 (4.6-6.2)	8.0 (7.2-8.7)
High Risk	13.0 (11.5-14.4)	7.2 (6.3-8.1)	10.0 (9.1-10.9)

Note: Estimates are based on 7,499 respondents in NSW. For this indicator 68 (0.9%) were not stated (Don't know or Refused) in NSW
The questions used were: How often do you usually drink alcohol?, In the past 4 weeks have you had more than [2 if female/4 if male] drinks in a day?, In the past 4 weeks how often have you had [7-10 if male/5-6 if female] drinks in a day?, 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? Based on the NHMRC Australian Alcohol Guidelines.

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

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



Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	25.7 (20.7-30.7)	15.6 (12.0-19.3)	20.6 (17.5-23.7)
25-34	20.5 (15.9-25.1)	12.4 (9.7-15.1)	16.4 (13.7-19.1)
35-44	13.4 (10.2-16.6)	6.7 (4.8-8.6)	10.1 (8.2-11.9)
45-54	9.3 (7.0-11.6)	4.3 (3.0-5.6)	6.8 (5.5-8.1)
55-64	6.5 (4.4-8.6)	2.2 (1.3-3.2)	4.4 (3.2-5.5)
65-74	2.6 (1.1-4.0)	0.9 (0.3-1.5)	1.7 (1.0-2.5)
75+	0.0 (0.0-0.0)	0.9 (0.1-1.6)	0.5 (0.1-0.9)
All Ages	13.2 (11.7-14.7)	7.1 (6.2-8.0)	10.1 (9.2-10.9)

Note: Estimates are based on 11,457 respondents in NSW. For this indicator 43 (0.37%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Environmental health

Introduction

Human health and the environment are linked. In rural areas, issues as diverse as land use, agricultural practice, water quality, and biodiversity influence human health. Similarly, in the urban and built environment, air and water quality, transport choice, urban form, and environmental health infrastructure, influence human health.[1] Increasingly, the effect on human health of global phenomena, such as population growth and climate change, are recognised at a local level.[2]

Safe and good quality drinking water is essential to sustain life; also, drinking water should be aesthetically pleasing. Guidance on what constitutes safe and good quality drinking water is provided by the 2004 Australian Drinking Water Guidelines. These guidelines are intended for use by the Australian community, including all agencies with responsibilities associated with the supply of drinking water: catchment and water resource managers, drinking water suppliers, water regulators, and health authorities.[3]

In 2005, respondents in the New South Wales Population Health Survey were asked: What is your normal source of drinking water?; and, Do you treat your water before drinking? Those who obtained their drinking water from a public water supply were asked an additional question: How do you treat your water?

Results

Overall, in 2005, 78.6 per cent of adults aged 16 years and over used a public water supply as their usual source of drinking water. The next most prevalent sources of drinking water were bottled water (10.7 per cent) and rain water (7.7 per cent). Of those whose usual source of drinking water was a public water supply, 63.4 per cent did not treat their drinking water, while 35.0 per cent reported that they either filtered (22.8 per cent), or boiled (11.4 per cent), or filtered and boiled (0.8 per cent) their water before drinking.

A higher proportion of adults aged 65 years and over (83.9 per cent to 84.7 per cent), and a lower proportion of people aged 16–24 years (74.2 per cent) used public water as their usual source of drinking water. The proportion of adults in rural areas (65.9 per cent) using public water as their usual water supply was significantly lower than the proportion in urban areas (83.7 per cent). A higher proportion of adults in the Sydney South West (84.7 per cent), South Eastern Sydney & Illawarra (83.9 per cent), Northern Sydney & Central Coast (83.3 per cent), and Sydney West (82.4 per cent) Health Areas used public water as their usual water supply. A lower proportion of adults in the Hunter & New England (70.6 per cent), North Coast (69.0 per cent), Greater Southern (65.7 per cent), and Greater Western (48.2 per cent) Health Areas used public water as their usual water supply.

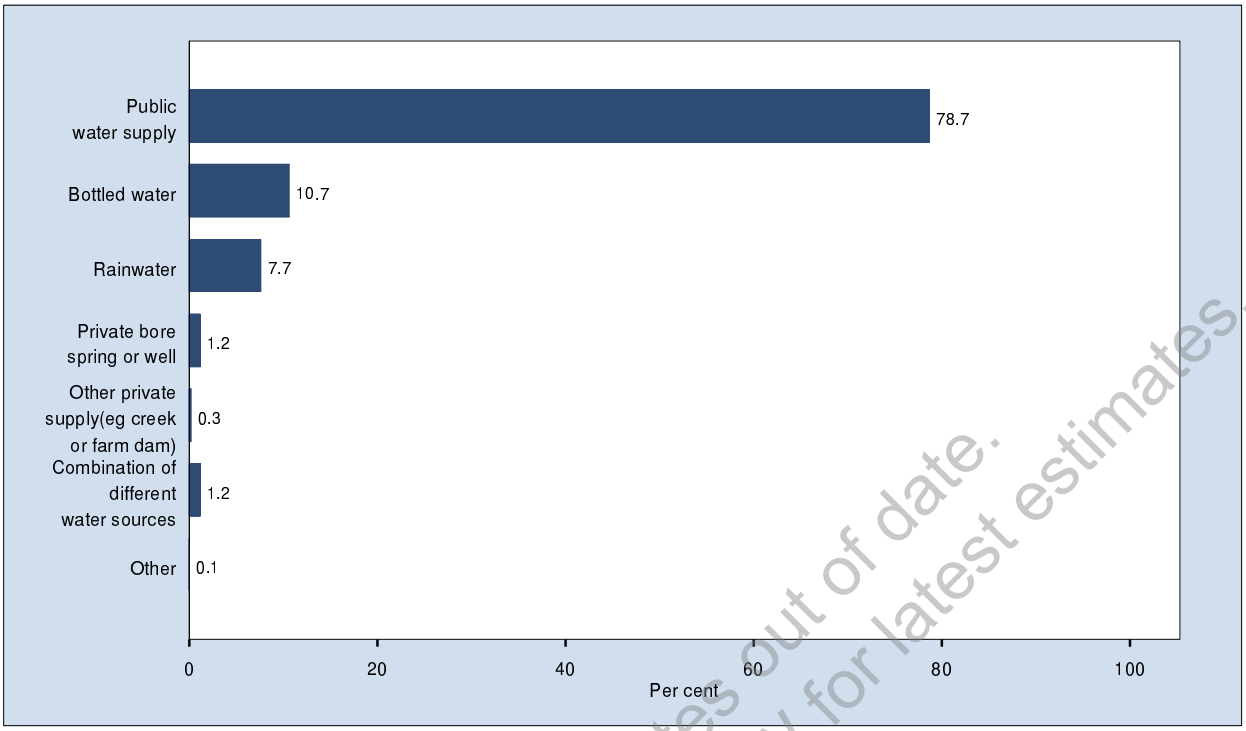
A higher proportion of adults in the least disadvantaged quintile (86.1 per cent), and a lower proportion of adults in the second most disadvantaged quintile (69.6 per cent), used public water as their usual water supply, compared with the overall adult population.

There has been no significant change in the proportion of adults obtaining their drinking water from a public water supply between 2002 and 2005.

References

1. Frumkin H. Urban Sprawl and Public Health. *Public Health Reports* 2002; 177.
2. Commonwealth Department of Health and Ageing. *Human Health and Climate Change in Oceania: A Risk Assessment 2002*. Canberra: Commonwealth Department of Health and Ageing, 2003.
3. National Health and Medical Research Council. *Australian Drinking Water Guidelines*. Canberra: National Health and Medical Research Council, 2004. Available online at www.nhmrc.gov.au/publications/synopses/eh19syn.htm (accessed 21 April 2006).

Usual source of drinking water, persons aged 16 years and over, NSW 2005

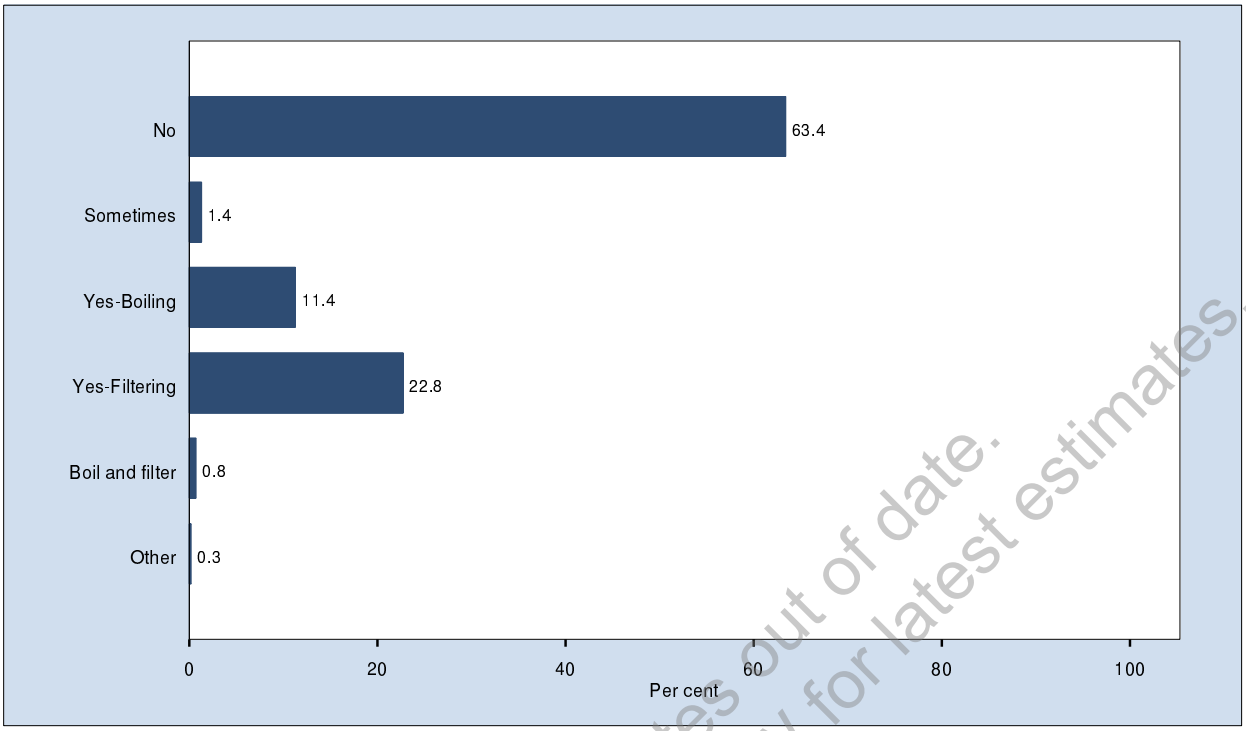


Responses	Person (95% CI)
Public water supply	78.7 (77.7-79.8)
Bottled water	10.7 (9.8-11.6)
Rainwater	7.7 (7.1-8.2)
Private bore spring or well	1.2 (1.0-1.5)
Other private supply (eg creek or farm dam)	0.3 (0.2-0.4)
Combination of different water sources	1.2 (0.9-1.5)
Other	0.1 (0.0-0.1)

Note: Estimates are based on 11,462 respondents in NSW. For this indicator 38 (0.33%) were not stated (Don't know or Refused) in NSW
The question used was: What is your normal source of drinking water?

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

Type of water treatment, persons who treat their public water aged 16 years and over, NSW 2005

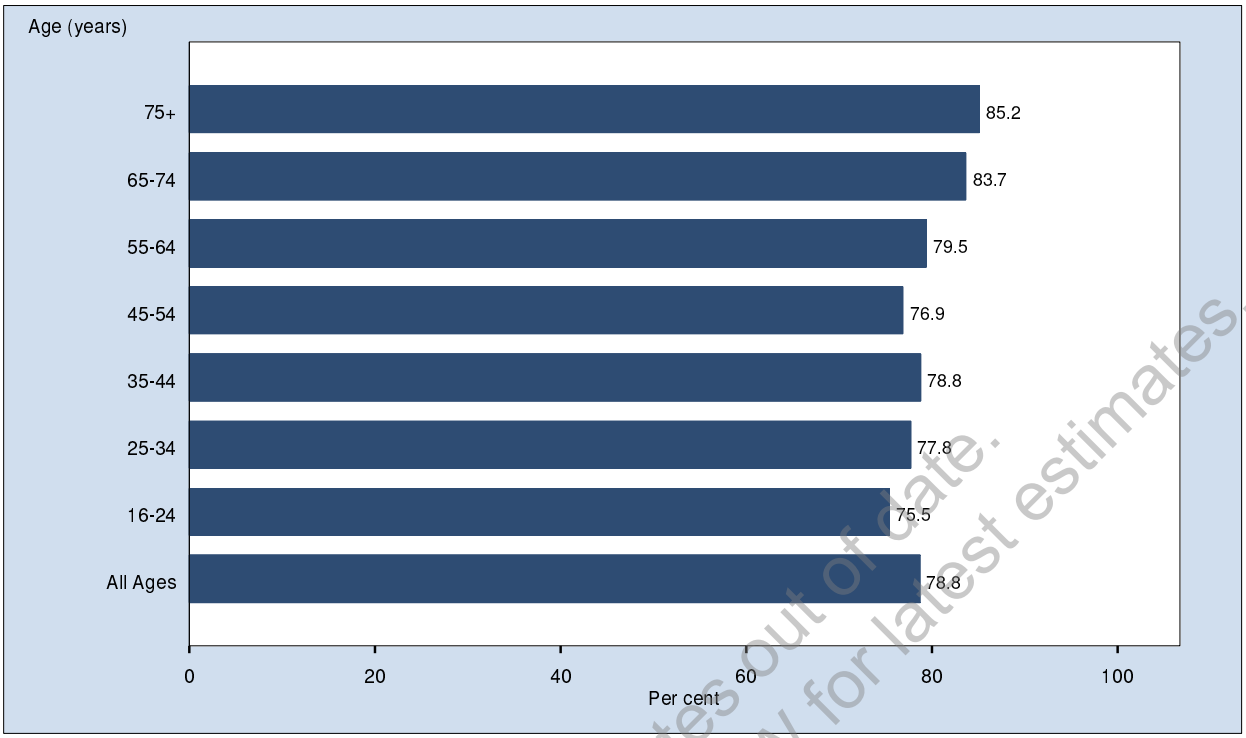


Responses	Person (95% CI)
No	63.4 (62.0-64.9)
Sometimes	1.4 (1.0-1.7)
Yes-Boiling	11.4 (10.4-12.3)
Yes-Filtering	22.8 (21.6-24.1)
Boil and filter	0.8 (0.5-1.0)
Other	0.3 (0.1-0.4)

Note: Estimates are based on 10,454 respondents in NSW. For this indicator 9 (0.09%) were not stated (Don't know or Refused) in NSW
The questions used were: What is your normal source of drinking water? and Do you treat your water before drinking? If Yes How do you treat your water? Only those answering public water supply were included.

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

Use public water as usual source of water by age, persons aged 16 years and over, NSW 2005

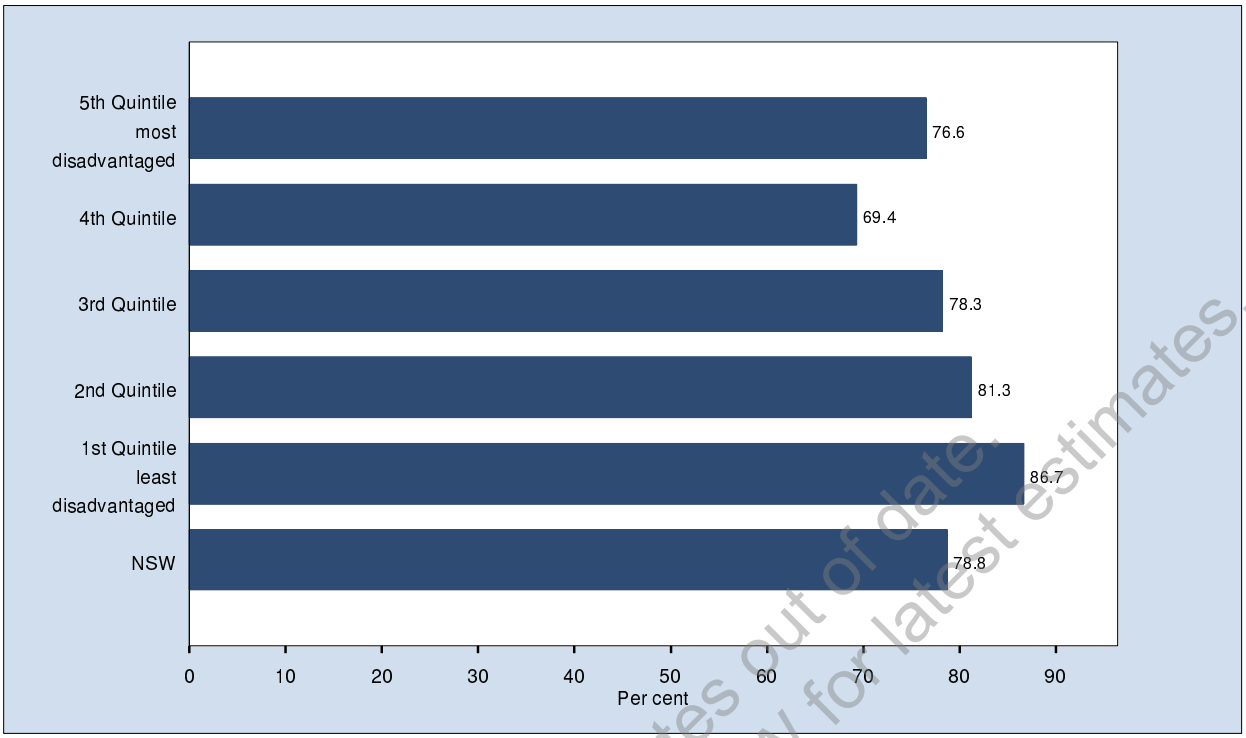


Age (years)	Persons (95% CI)
16-24	75.5 (72.2-78.7)
25-34	77.8 (74.9-80.7)
35-44	78.8 (76.4-81.2)
45-54	76.9 (74.7-79.2)
55-64	79.5 (77.5-81.4)
65-74	83.7 (82.0-85.5)
75+	85.2 (83.1-87.3)
All Ages	78.8 (77.8-79.8)

Note: Estimates are based on 11,462 respondents in NSW. For this indicator 38 (0.33%) were not stated (Don't know or Refused) in NSW
The indicator includes those who use public water as their usual source of drinking water. The question used was: What is your normal source of drinking water?

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

Use public water as usual source of water by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

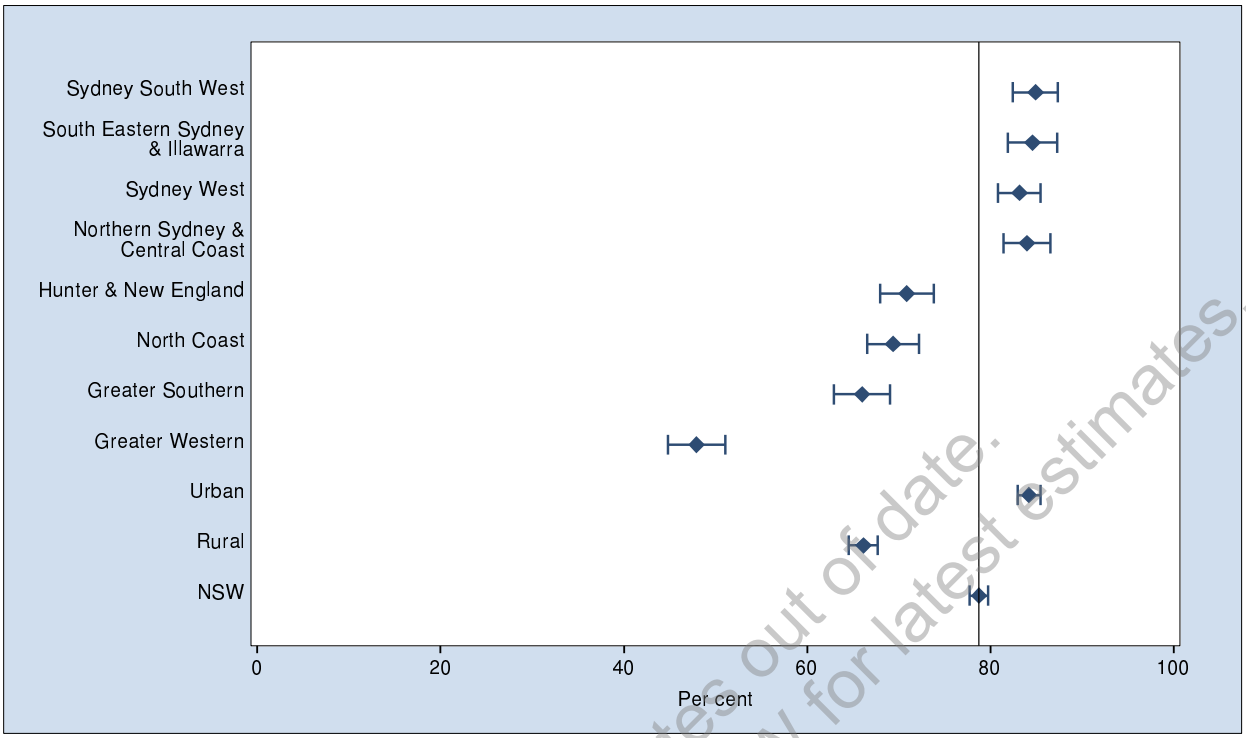


Age (years)	Persons (95% CI)
16-24	75.5 (72.2-78.7)
25-34	77.8 (74.9-80.7)
35-44	78.8 (76.4-81.2)
45-54	76.9 (74.7-79.2)
55-64	79.5 (77.5-81.4)
65-74	83.7 (82.0-85.5)
75+	85.2 (83.1-87.3)
All Ages	78.8 (77.8-79.8)

Note: Estimates are based on 11,462 respondents in NSW. For this indicator 38 (0.33%) were not stated (Don't know or Refused) in NSW
The indicator includes those who use public water as their usual source of drinking water. The question used was: What is your normal source of drinking water?

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

Use public water as usual source of water by health area, persons aged 16 years and over, NSW 2005



Area	Persons (95% CI)
Sydney South West	84.9 (82.5-87.4)
South Eastern Sydney & Illawarra	84.6 (81.9-87.3)
Sydney West	83.2 (80.9-85.5)
Northern Sydney & Central Coast	84.0 (81.4-86.6)
Hunter & New England	70.9 (68.0-73.8)
North Coast	69.4 (66.6-72.2)
Greater Southern	66.0 (62.9-69.1)
Greater Western	47.9 (44.8-51.1)
Urban	84.2 (83.0-85.5)
Rural	66.1 (64.6-67.7)
NSW	78.8 (77.8-79.8)

Note: Estimates are based on 11,462 respondents in NSW. For this indicator 38 (0.33%) were not stated (Don't know or Refused) in NSW
The indicator includes those who use public water as their usual source of drinking water. The question used was: What is your normal source of drinking water?

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

Immunisation

Introduction

In New South Wales, despite substantial progress, increases are needed in immunisation coverage to reduce the incidence of vaccine preventable diseases.[1]

Influenza (flu), caused by the influenza virus, is characterised by abrupt onset of fever, myalgia, headache, sore throat, and acute cough. Infuenza 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.[1] 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, who are heavy drinkers, or who smoke tobacco.[1]

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 and Torres Strait Islander 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 and Torres Strait Islander 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.[1]

The National Meningococcal C Vaccination Program commenced in January 2003, aimed at children and adolescents aged 1–18 years. Under this program, meningococcal C vaccine is available free of charge to 1–19 year olds over the following 4 years.[1]

In 2005 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 or immunised against flu in the past 12 months?; Has a health professional ever advised you to be vaccinated against pneumonia?; When were you last vaccinated or immunised against pneumonia? To evaluate the success of the National Meningococcal C Vaccination Program, respondents aged 16–19 years were asked: Since January 2004 have you been vaccinated against meningococcal C disease?; When were you vaccinated?; and, Where did you receive the vaccine?

Results

Influenza vaccination

In adults aged 50 years and over, the proportion vaccinated against influenza in the last 12 months was 48.7 per cent, with a higher proportion of females (50.6 per cent) than males (46.6 per cent) being vaccinated. There was no significant difference between urban areas and rural areas or by level of socioeconomic disadvantage. Overall, in this age group, vaccination has increased significantly between 1997 (34.6 per cent) and 2005 (48.7 per cent), although the coverage has remained relatively stable since 2003.

In adults aged 65 years and over, the proportion vaccinated against influenza in the last 12 months was 74.9 per cent. In this age group, there was no significant difference in the proportion of females and males being vaccinated. There was no significant difference in rural areas and urban areas or by level of socioeconomic disadvantage. Overall, in this age group, vaccination has increased significantly between 1997 (57.1 per cent) and 2005 (74.9 per cent), although the coverage has remained relatively stable since 2002.

Pneumococcal vaccination

In adults aged 50 years and over, just over one in 4 (27.7 per cent) had a pneumococcal vaccination in the past 5 years. In this age group, 14.1 per cent were vaccinated within the last 12 months, 13.9 per cent 12 months to 5 years ago, 2.2 per cent more than 5 years ago, and 69.8 per cent had never been vaccinated. A higher proportion of females (31.1 per cent) than males (24.6 per cent) had been vaccinated in the last 5

years. The proportion of adults being vaccinated increased significantly with age (from 5.2 per cent among those aged 50–54 years to 62.9 per cent among those aged 75 years and over). There was no significant variation between rural areas and urban areas or by level of socioeconomic disadvantage. Overall, in this age group, there has been a significant increase in the proportion of adults being vaccinated in the last 5 years, from 19.2 per cent in 2002 to 27.7 per cent in 2005.

In adults aged 65 years and over, the proportion vaccinated for pneumococcal pneumonia in the last 5 years was 54.0 per cent. In this age group, a greater proportion of females (56.5 per cent) than males (50.9 per cent) had been vaccinated in the last 5 years. A significantly lower proportion of adults aged 65–69 years (39.0 per cent), and a significantly higher proportion of adults aged 75 years and over (62.9 per cent), had been vaccinated in the last 5 years. There was no significant difference between rural areas and urban areas or by level of socioeconomic disadvantage. Overall, in this age group, there has been a significant increase in the proportion of adults being vaccinated in the last 5 years, from 38.6 per cent in 2002 to 54.0 per cent in 2005.

Meningococcal vaccination

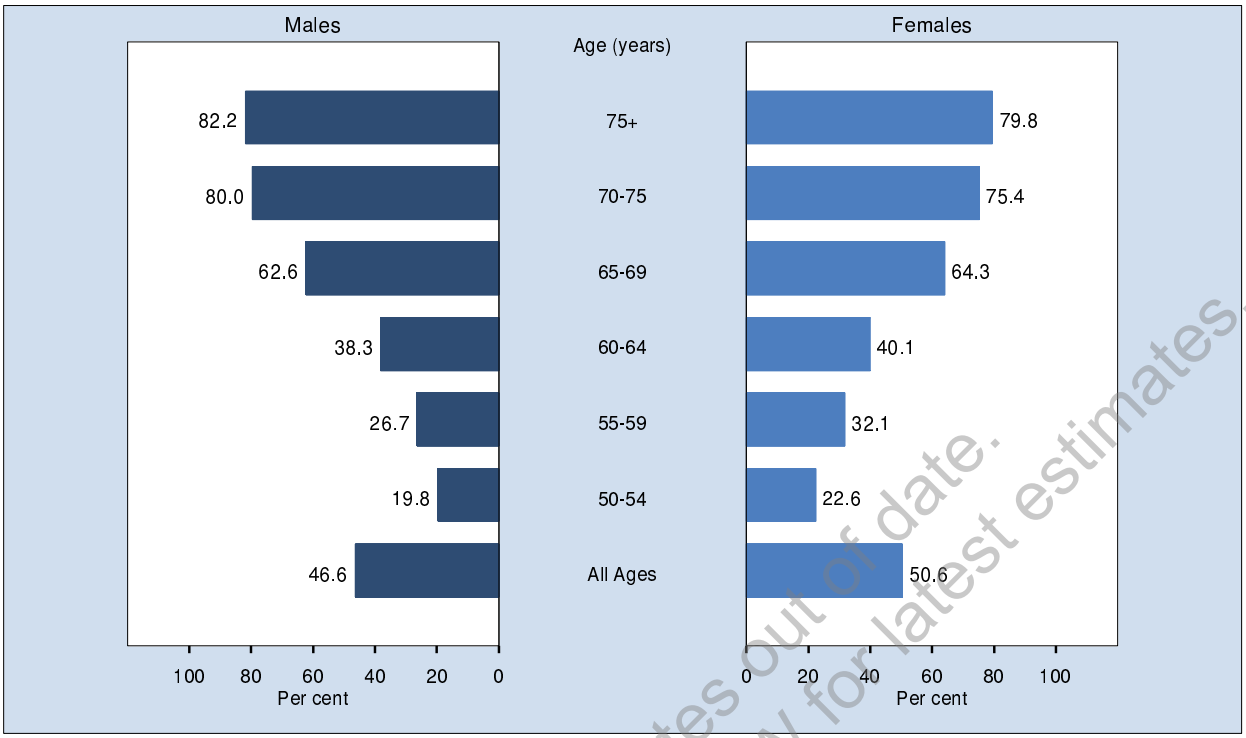
In 2005, among adults aged 16–19 years, 62.5 per cent reported being vaccinated against meningococcal C in the last year. The proportion did not vary significantly by socioeconomic status, between urban areas and rural areas, or among health areas.

Of those who had been vaccinated against meningococcal C in the last year, 57.8 per cent were vaccinated by a school clinic, 35.1 per cent by a general practitioner, 5.5 per cent by a community health centre, and 0.9 per cent by a local council.

References

1. National Health and Medical Research Council. *The Australian Immunisation Handbook, 8th Edition*, Canberra: National Health and Medical Research Council, 2003.

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

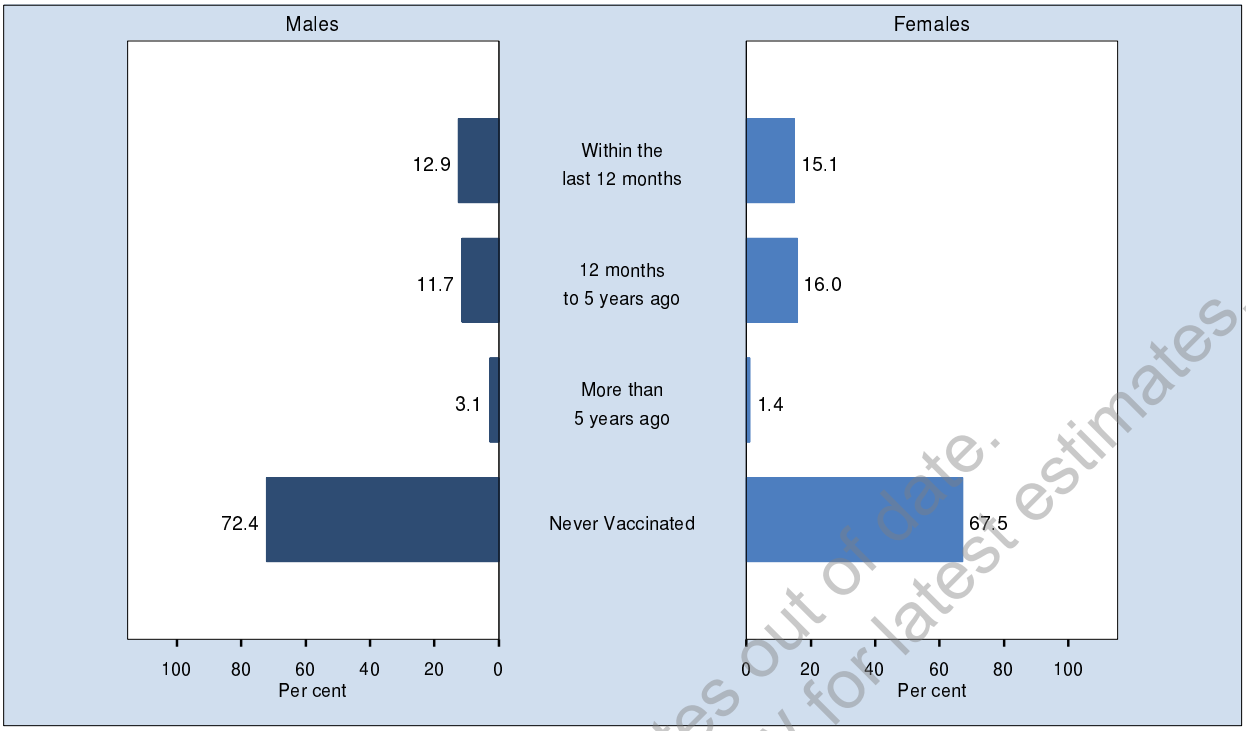


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
50-54	19.8 (14.9-24.7)	22.6 (18.4-26.9)	21.2 (18.0-24.5)
55-59	26.7 (21.4-32.1)	32.1 (28.0-36.2)	29.4 (26.0-32.8)
60-64	38.3 (32.8-43.9)	40.1 (35.6-44.7)	39.2 (35.6-42.9)
65-69	62.6 (57.0-68.2)	64.3 (59.7-68.8)	63.5 (59.9-67.0)
70-75	80.0 (75.1-84.8)	75.4 (71.0-79.8)	77.6 (74.3-80.9)
75+	82.2 (78.4-85.9)	79.8 (76.5-83.0)	80.7 (78.3-83.2)
All Ages	46.6 (44.2-49.1)	50.6 (48.6-52.5)	48.7 (47.1-50.2)

Note: Estimates are based on 6,777 respondents in NSW. For this indicator 17 (0.25%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Last pneumococcal disease vaccination, persons aged 50 years and over, NSW 2005

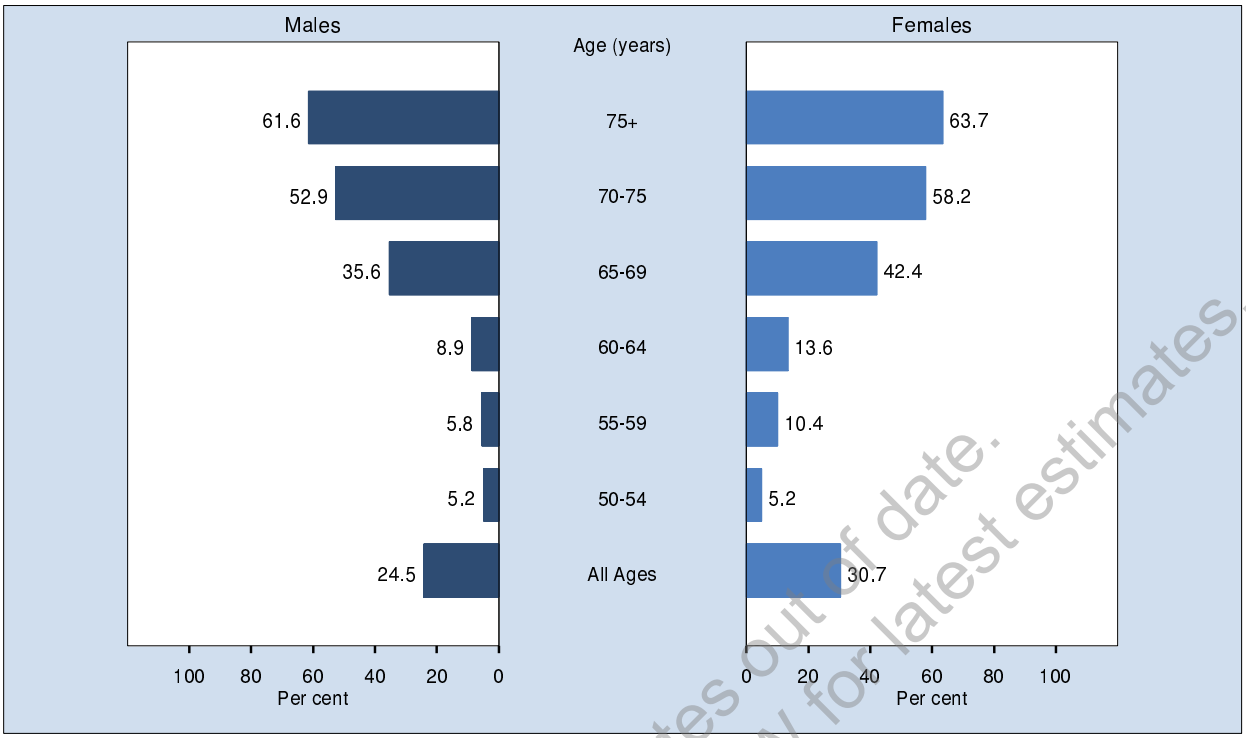


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Within the last 12 months	12.9 (11.4-14.4)	15.1 (13.8-16.4)	14.1 (13.1-15.0)
12 months to 5 years ago	11.7 (10.2-13.1)	16.0 (14.6-17.4)	13.9 (12.9-14.9)
More than 5 years ago	3.1 (2.1-4.1)	1.4 (1.0-1.8)	2.2 (1.7-2.7)
Never Vaccinated	72.4 (70.2-74.5)	67.5 (65.7-69.3)	69.8 (68.4-71.2)

Note: Estimates are based on 6,625 respondents in NSW. For this indicator 169 (2.49%) were not stated (Don't know or Refused) in NSW
The question used was: When were you last vaccinated or immunised against pneumonia?

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

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

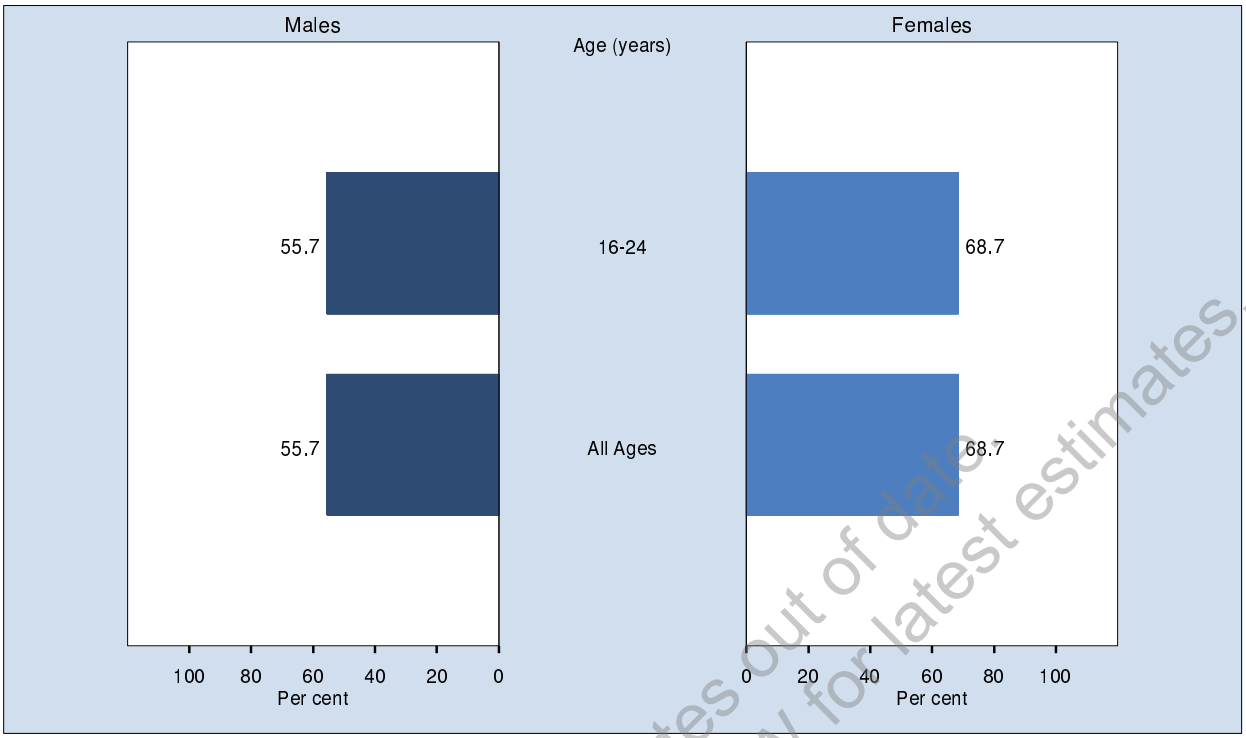


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
50-54	5.2 (2.7-7.8)	5.2 (3.0-7.5)	5.2 (3.5-6.9)
55-59	5.8 (3.3-8.3)	10.4 (7.7-13.1)	8.1 (6.2-9.9)
60-64	8.9 (6.0-11.8)	13.6 (10.6-16.7)	11.3 (9.1-13.4)
65-69	35.6 (29.9-41.4)	42.4 (37.6-47.1)	39.1 (35.4-42.8)
70-75	52.9 (46.8-59.0)	58.2 (53.1-63.4)	55.7 (51.8-59.7)
75+	61.6 (56.9-66.4)	63.7 (59.8-67.5)	62.8 (59.8-65.8)
All Ages	24.5 (22.5-26.4)	30.7 (29.0-32.5)	27.7 (26.4-29.0)

Note: Estimates are based on 6,625 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 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Vaccinated against meningococcal C disease in the last year by age, persons aged 16 to 19 years, NSW 2005

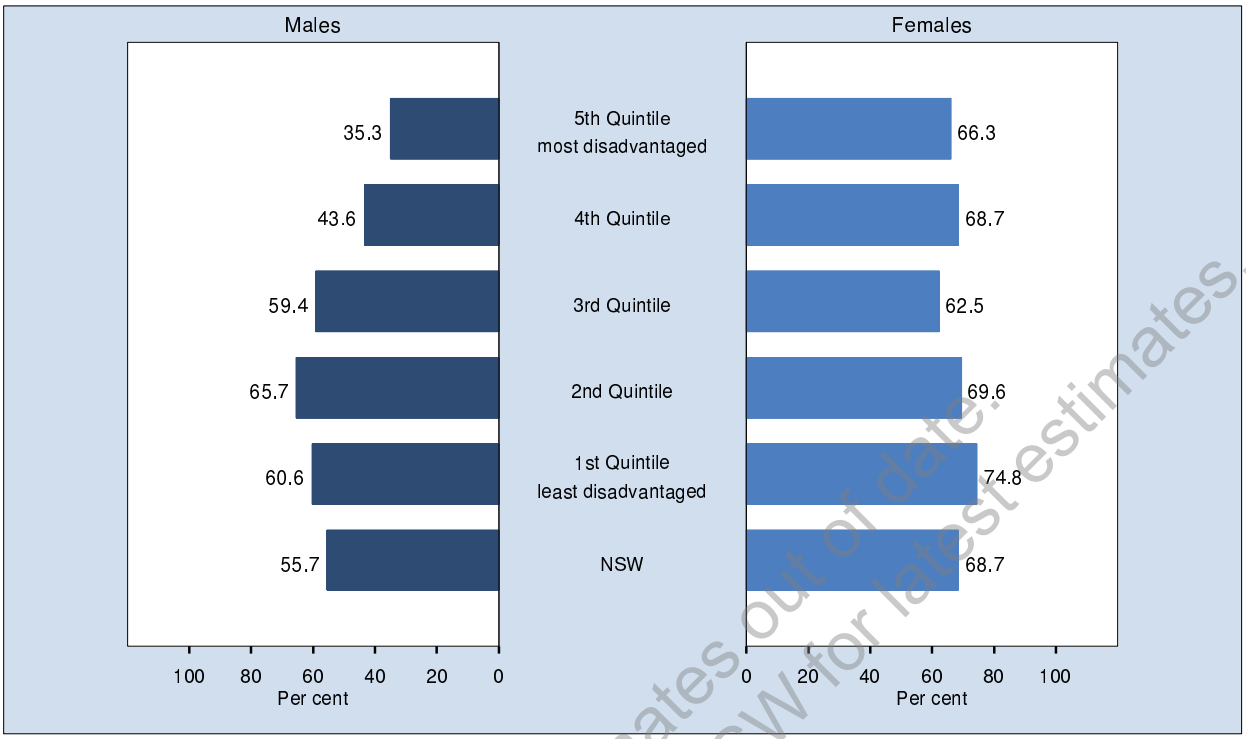


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	55.7 (47.4-64.0)	68.7 (61.4-76.1)	62.5 (56.9-68.2)
All Ages	55.7 (47.4-64.0)	68.7 (61.4-76.1)	62.5 (56.9-68.2)

Note: Estimates are based on 405 respondents in NSW. For this indicator 24 (5.59%) were not stated (Don't know or Refused) in NSW
The indicator includes those aged 16 to 19 years who were vaccinated agaist meningococcal C disease in the last year. The question used to define the indicator was: Since January 2004, have you been vaccinated against meningococcal C disease?

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

Vaccinated against meningococcal C disease in the last year by socioeconomic disadvantage, persons aged 16 to 19 years, NSW 2005

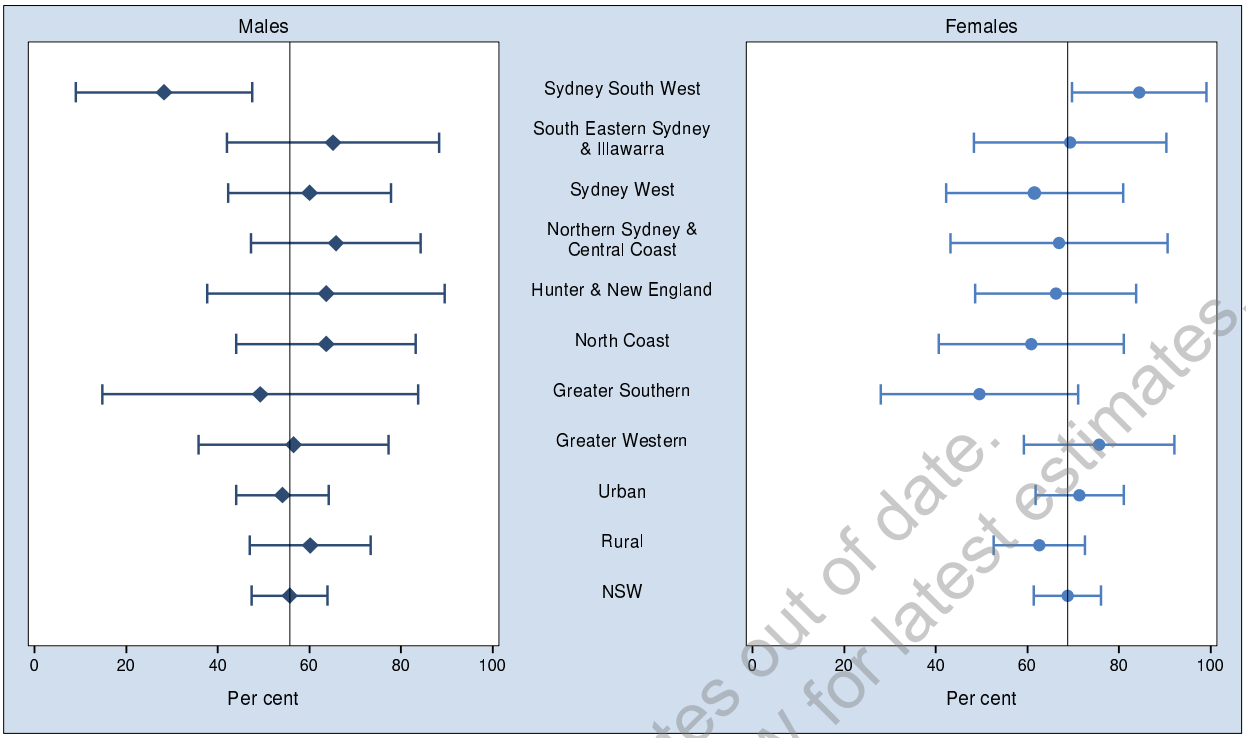


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	35.3 (18.1-52.5)	66.3 (51.0-81.6)	51.6 (38.9-64.4)
4th Quintile	43.6 (22.5-64.8)	68.7 (51.6-85.9)	57.5 (43.0-72.1)
3rd Quintile	59.4 (39.1-79.6)	62.5 (42.2-82.9)	60.9 (46.5-75.2)
2nd Quintile	65.7 (48.2-83.1)	69.6 (54.6-84.7)	67.7 (56.2-79.3)
1st Quintile	60.6 (44.3-76.8)	74.8 (58.6-90.9)	68.3 (56.9-79.7)
NSW	55.7 (47.4-64.0)	68.7 (61.4-76.1)	62.5 (56.9-68.2)

Note: Estimates are based on 405 respondents in NSW. For this indicator 24 (5.59%) were not stated (Don't know or Refused) in NSW
The indicator includes those aged 16 to 19 years who were vaccinated agaist meningococcal C disease in the last year. The question used to define the indicator was: Since January 2004, have you been vaccinated against meningococcal C disease?

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

Vaccinated against meningococcal C disease in the last year by health area, persons aged 16 to 19 years, NSW 2005

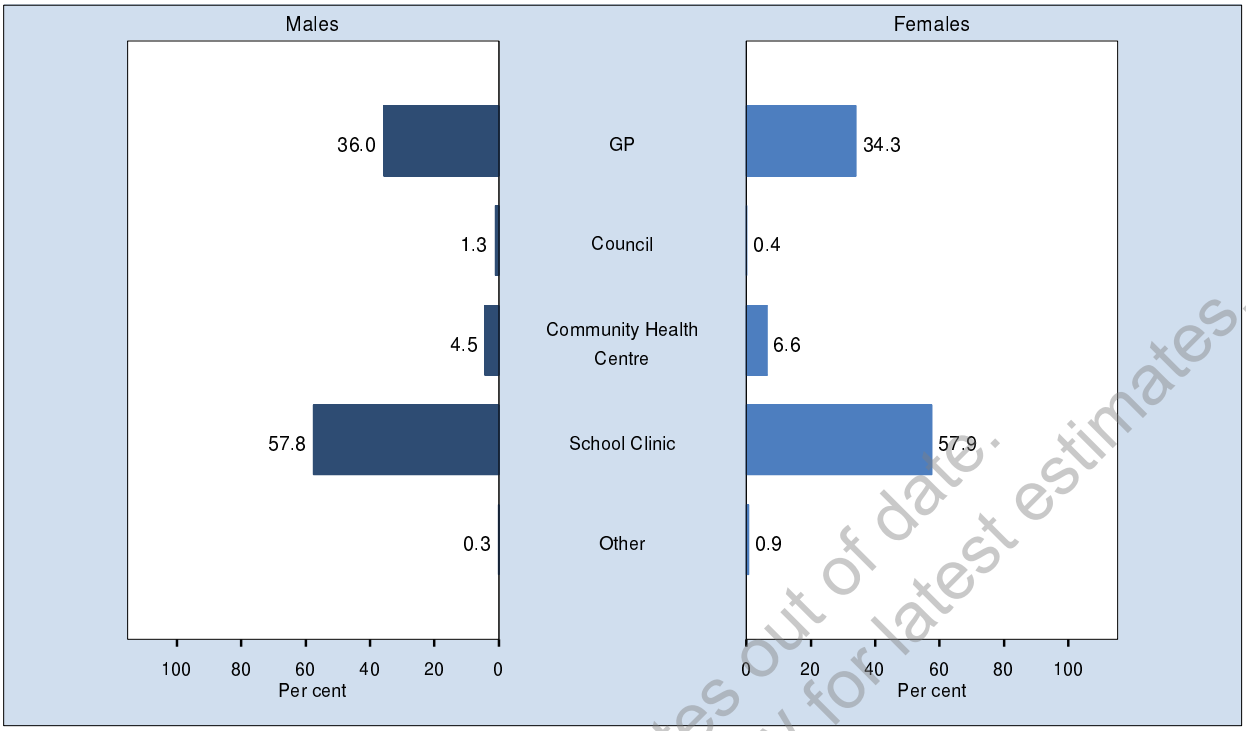


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	28.3 (8.9-47.6)	84.4 (69.7-99.0)	58.5 (43.7-73.3)
South Eastern Sydney & Illawarra	65.2 (42.0-88.3)	69.3 (48.4-90.3)	67.4 (51.9-83.0)
Sydney West	60.0 (42.2-77.8)	61.6 (42.2-80.9)	60.8 (47.6-73.9)
Northern Sydney & Central Coast	65.8 (47.3-84.2)	66.9 (43.1-90.6)	66.3 (51.5-81.0)
Hunter & New England	63.6 (37.7-89.6)	66.2 (48.6-83.7)	65.1 (50.2-80.0)
North Coast	63.6 (44.0-83.2)	60.9 (40.7-81.0)	62.2 (48.1-76.3)
Greater Southern	49.3 (14.8-83.8)	49.5 (27.9-71.1)	49.4 (30.9-67.9)
Greater Western	56.6 (35.9-77.3)	75.7 (59.2-92.1)	66.6 (53.0-80.3)
Urban	54.2 (44.1-64.2)	71.4 (61.8-81.0)	62.9 (55.8-70.1)
Rural	60.2 (47.0-73.4)	62.6 (52.6-72.6)	61.6 (53.5-69.6)
NSW	55.7 (47.4-64.0)	68.7 (61.4-76.1)	62.5 (56.9-68.2)

Note: Estimates are based on 405 respondents in NSW. For this indicator 24 (5.59%) were not stated (Don't know or Refused) in NSW
The indicator includes those aged 16 to 19 years who were vaccinated agaist meningococcal C disease in the last year. The question used to define the indicator was: Since January 2004, have you been vaccinated against meningococcal C disease?

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

Place where vaccinated against meningococcal C disease, persons aged 16 to 19 years, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
GP	36.0 (32.1-39.9)	34.3 (30.4-38.1)	35.1 (32.4-37.9)
Council	1.3 (0.4-2.2)	0.4 (0.0-0.8)	0.9 (0.4-1.4)
Community Health Centre	4.5 (3.1-5.9)	6.6 (4.7-8.4)	5.5 (4.4-6.7)
School Clinic	57.8 (53.8-61.8)	57.9 (53.9-61.9)	57.8 (55.0-60.7)
Other	0.3 (0.0-0.8)	0.9 (0.1-1.6)	0.6 (0.2-1.0)

Note: Estimates are based on 13,016 respondents in NSW. For this indicator 10 (0.08%) were not stated (Don't know or Refused) in NSW
The questions used were: Since January 2004 have you been vaccinated against meningococcal C disease? and Where did you receive the vaccine?

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

Injury prevention

Introduction

In New South Wales, on average, 20 deaths and 100 hospitalisations are attributed to house fires each year.[1,2] Most mortality and morbidity happens at night, while people are sleeping, and is due to smoke inhalation rather than burns. Functional and correctly-situated smoke alarms detect low levels of smoke and sound an alarm before the smoke becomes too dense for people to escape. They dramatically reduce fatalities, injuries and damage to property.[3] However, studies have also shown a significant proportion of smoke alarms are not functional.[3,4,5]

The *NSW Building Legislation Amendment (Smoke Alarms) Act 2005* commenced on 1 May 2006.[6] This legislation requires that: one or more smoke alarms are installed in residential buildings where people sleep; smoke alarms are maintained in functional order; and people do not remove these alarms or interfere with their operation.[6]

In Australia, among all age groups, drowning is the fourth largest cause of unintentional death.[7,8] The Department of Health and Aged Care has identified drowning and near drowning as one of the 4 priority areas within the National Injury Prevention Plan.[9] While there has been considerable success in reducing the death toll from drowning, most deaths are preventable. While data on death from drowning are available via the National Coroners Information System and the National Mortality Database,[10,11] information on events of near drowning is not readily available.

In 2005, the New South Wales Population Health Survey asked respondents: Do you have any of the following fire safety measures in your home [Fire Blanket, Fire alarm (hard wired), Fire alarm (battery operated only), Fire sprinkler system, Safety switch or circuit breaker, Fire extinguisher, Fire evacuation plan, External water supply, External sprinkler, Other (specify)]? Have you been in or on the water, at a swimming pool, beach, lake, river, creek, stream, or dam in the last 4 weeks?; and, In the last 4 weeks, did this include any of the following: swimming, fishing, or rock fishing?

Results

Fire safety measures in the home

In 2005, New South Wales adults had a range of fire safety measures in the home. Over three-quarters had an external water supply (76.8 per cent), 86.0 per cent had smoke alarms, 70.6 per cent had safety switches or circuit breakers, 34.2 per cent had fire extinguishers, 27.3 per cent had external sprinklers, 29.2 per cent had fire evacuation plans, 4.1 per cent had fire blankets, and 2.7 per cent had a fire sprinkler system.

Overall, in 2005, 76.9 per cent of New South Wales adults had a smoke alarm or detector installed in their home. The 35–44 year age group had a higher percentage of smoke alarms installed (81.0 per cent), compared with the overall adult population.

There was a significant difference in the proportion of residents in rural areas (81.7 per cent) and urban areas (74.8 per cent) who had a smoke alarm installed in their home. A higher proportion of residents in the Hunter and New England (83.4 per cent), Greater Southern (81.7 per cent), North Coast (80.7 per cent), and Sydney West (79.8 per cent) Health Areas, and a lower proportion of residents in the South Eastern Sydney & Illawarra (72.1 per cent) and Sydney South West ((72.4 per cent) Health Areas had a smoke alarm installed in their home, compared with the overall adult population.

The proportion of adults with smoke alarms installed in their home did not vary by socioeconomic status.

The proportion of adults who had smoke alarms installed in their home increased significantly from 1997 (58.2 per cent) to 2005 (76.9 per cent).

Swimming, fishing, or rock fishing in the last 4 weeks

In 2005, just over one-quarter of adults (26.6 per cent) swam, fished, or rock fished in the last 4 weeks. A significantly lower proportion of females (23.7 per cent) than males (29.6 per cent) swam, fished, or rock fished in the last 4 weeks. A significantly higher proportion of adults aged 16–24 years (39.1 per cent) and 35–44 years (32.3 per cent), and a significantly lower proportion of a dults aged 55 years and over (20.9 per cent to 8.2 per cent) swam, fished, or rock fished in the last 4 weeks, compared to the overall adult population.

There was no significant difference in the proportion of residents in rural areas and urban areas who swam, fished, or rock fished in the last 4 weeks. A higher proportion of residents in the North Coast (33.0 per cent), South Eastern Sydney & Illawarra (32.9 per cent), and Northern Sydney & Central Coast (32.2 per cent) Health Areas, and a lower proportion of residents in the Sydney West (20.7 per cent), Greater Western (19.5 per cent), and Greater Southern (18.9 per cent) Health Areas swam, fished, or rock fished in the last 4 weeks, compared to the overall adult population.

A higher proportion of adults in the least disadvantaged quintile (32.5 per cent) and a lower proportion of respondents in the most disadvantaged quintile (23.6 per cent) swam, fished, or rock fished in the last 4 weeks, compared to the overall adult population.

There is no comparable trend data from previous years.

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10. Monash University National Centre for Coronial Information. *The National Coroners Information System*. Available from www.vifp.monash.edu.au/ncis, accessed 16 February 2006.
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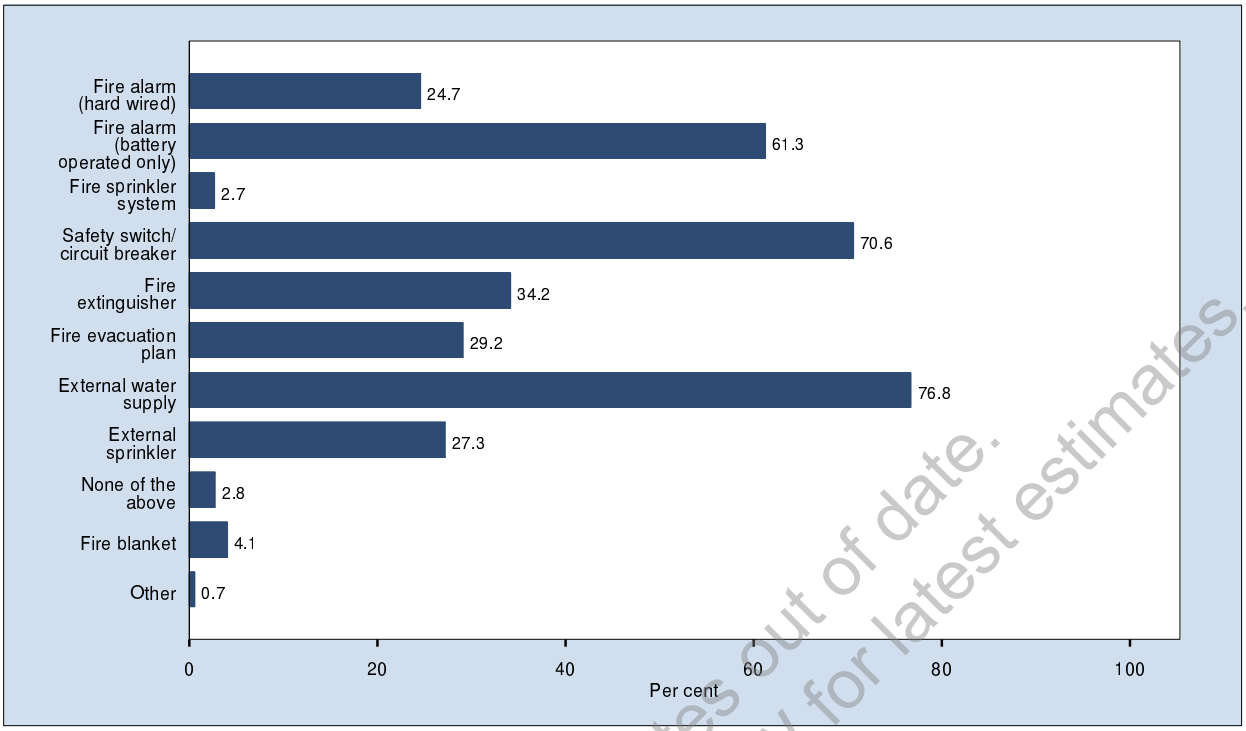
Fire safety measures in the home, persons aged 16 years and over, NSW 2005

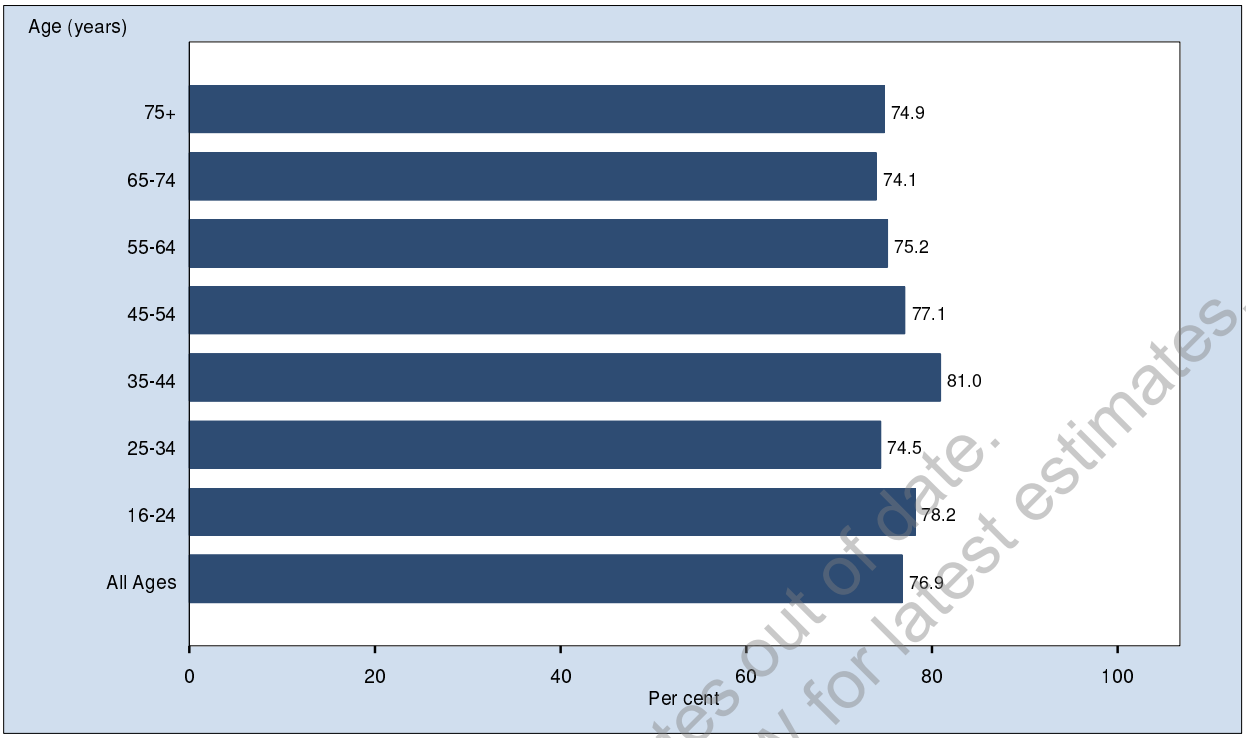


Responses	Person (95% CI)
Fire alarm (hard wired)	24.7 (23.6-25.8)
Fire alarm (battery operated only)	61.3 (60.0-62.5)
Fire sprinkler system	2.7 (2.3-3.2)
Safety switch/circuit breaker	70.6 (69.5-71.8)
Fire extinguisher	34.2 (33.0-35.4)
Fire evacuation plan	29.2 (28.1-30.3)
External water supply	76.8 (75.7-77.9)
External sprinkler	27.3 (26.2-28.4)
None of the above	2.8 (2.4-3.3)
Fire blanket	4.1 (3.6-4.6)
Other	0.7 (0.5-0.9)

Note: Estimates are based on 11,500 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW
The question used was: Do you have any of the following fire safety measures in your home: Fire alarm (hard wired), Fire alarm (battery operated only), Fire sprinkler system, Safety switch or circuit breaker, Fire extinguisher, Fire evacuation plan, External water supply, External sprinkler, or Other? Repondents could mention more than 1 response. Percentages may total more than 100%.

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

Homes with a smoke alarm or detector by age, persons aged 16 years and over, NSW 2005

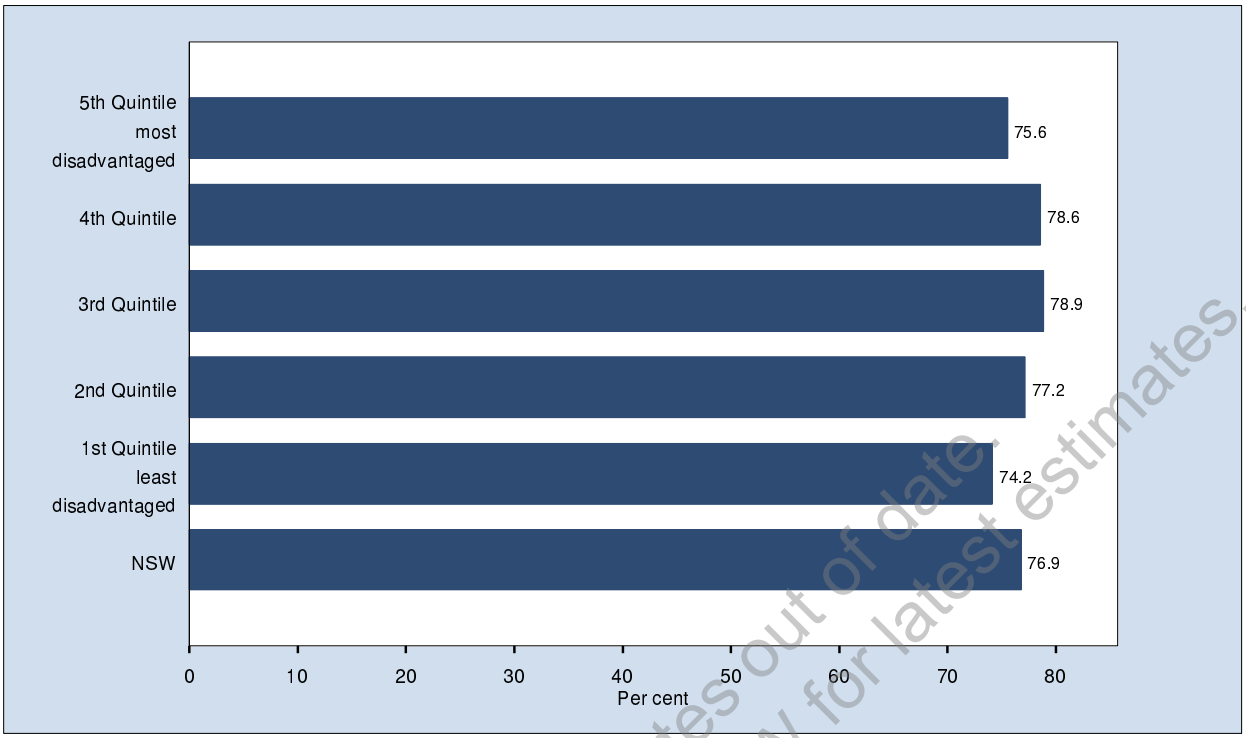


Age (years)	Persons (95% CI)
16-24	78.2 (74.9-81.5)
25-34	74.5 (71.4-77.7)
35-44	81.0 (78.5-83.5)
45-54	77.1 (74.7-79.6)
55-64	75.2 (72.8-77.7)
65-74	74.1 (71.6-76.6)
75+	74.9 (72.1-77.7)
All Ages	76.9 (75.8-78.0)

Note: Estimates are based on 10,687 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have a smoke alarm or detector in their home. The question used to define the indicator was: Do you have any of the following fire safety measures in your home: Fire alarm (hard wired), Fire alarm (battery operated only), Fire sprinkler system, Safety switch or circuit breaker, Fire extinguisher, Fire evacuation plan, External water supply, External sprinkler?

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

Homes with a smoke alarm or detector by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

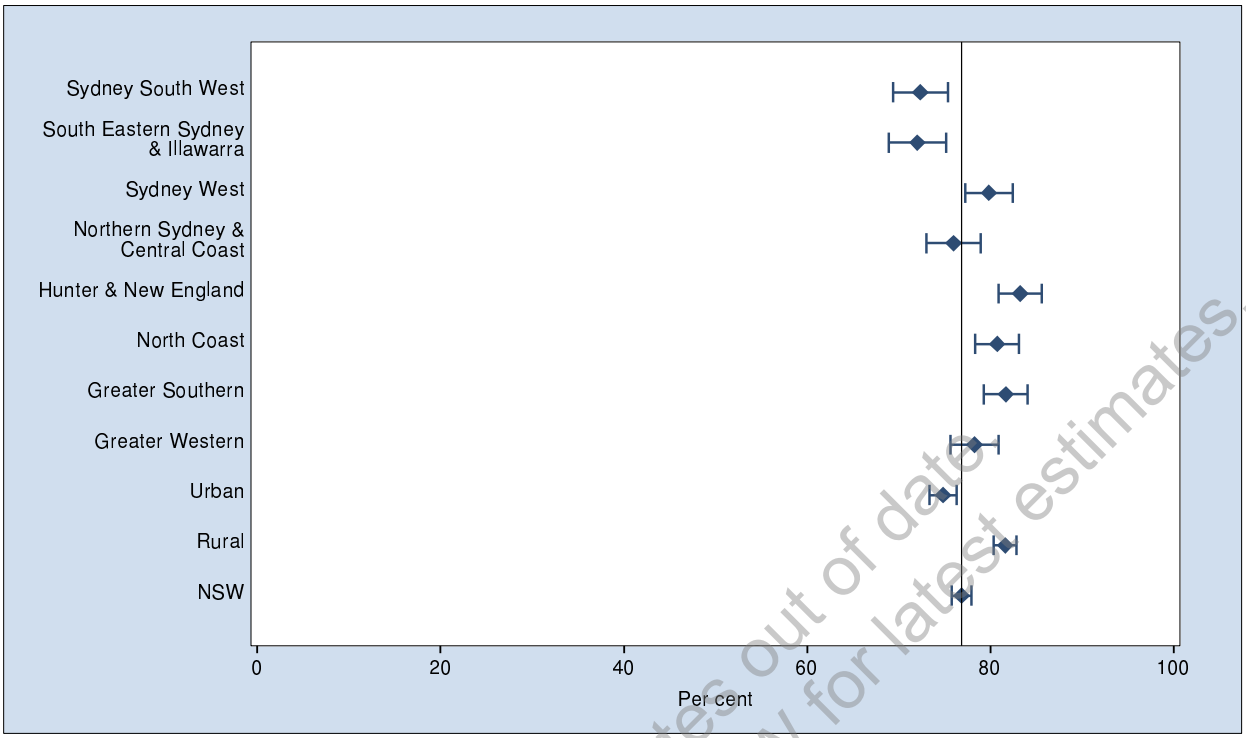


Age (years)	Persons (95% CI)
16-24	78.2 (74.9-81.5)
25-34	74.5 (71.4-77.7)
35-44	81.0 (78.5-83.5)
45-54	77.1 (74.7-79.6)
55-64	75.2 (72.8-77.7)
65-74	74.1 (71.6-76.6)
75+	74.9 (72.1-77.7)
All Ages	76.9 (75.8-78.0)

Note: Estimates are based on 10,687 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have a smoke alarm or detector in their home. The question used to define the indicator was: Do you have any of the following fire safety measures in your home: Fire alarm (hard wired), Fire alarm (battery operated only), Fire sprinkler system, Safety switch or circuit breaker, Fire extinguisher, Fire evacuation plan, External water supply, External sprinkler?

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

Homes with a smoke alarm or detector by health area, persons aged 16 years and over, NSW 2005

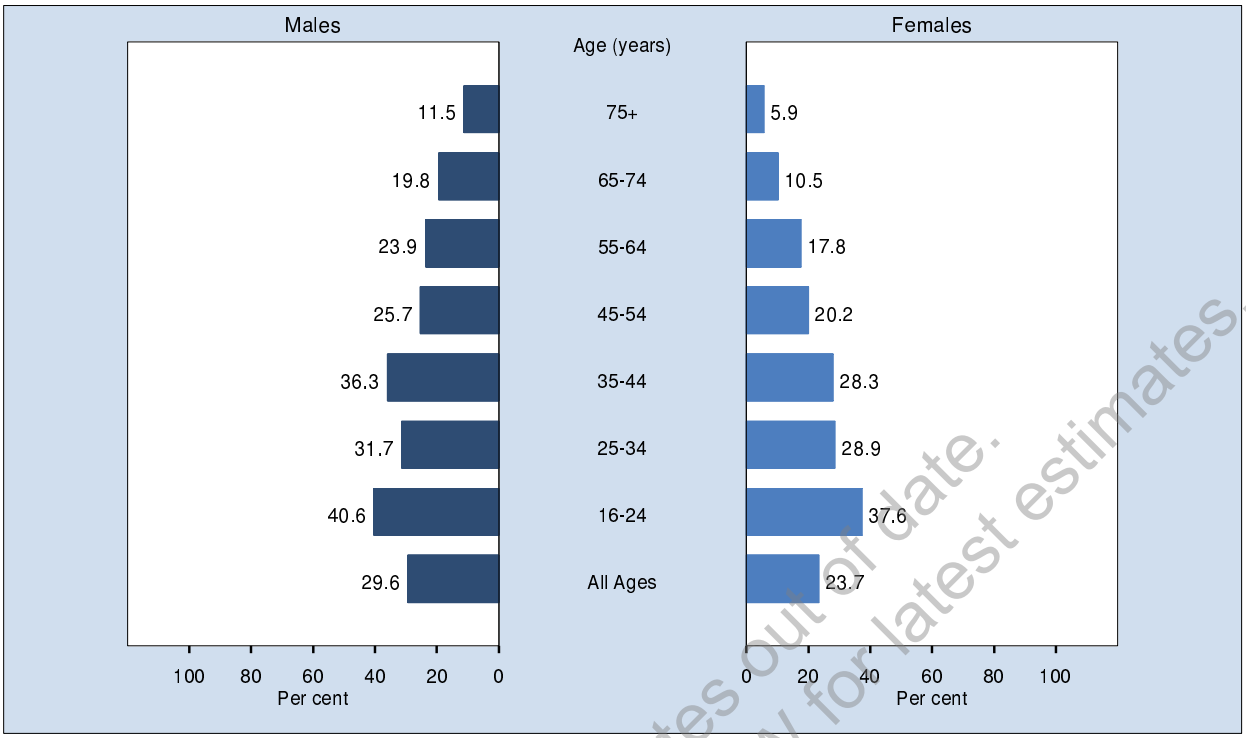


Area	Persons (95% CI)
Sydney South West	72.4 (69.4-75.4)
South Eastern Sydney & Illawarra	72.0 (68.9-75.2)
Sydney West	79.9 (77.3-82.4)
Northern Sydney & Central Coast	76.0 (73.0-79.0)
Hunter & New England	83.3 (80.9-85.6)
North Coast	80.7 (78.3-83.1)
Greater Southern	81.7 (79.3-84.0)
Greater Western	78.3 (75.6-80.9)
Urban	74.8 (73.3-76.3)
Rural	81.6 (80.3-82.9)
NSW	76.9 (75.8-78.0)

Note: Estimates are based on 10,687 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have a smoke alarm or detector in their home. The question used to define the indicator was: Do you have any of the following fire safety measures in your home: Fire alarm (hard wired), Fire alarm (battery operated only), Fire sprinkler system, Safety switch or circuit breaker, Fire extinguisher, Fire evacuation plan, External water supply, External sprinkler?

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

Swimming, fishing or rock fishing in last 4 weeks by age, persons aged 16 years and over, NSW 2005

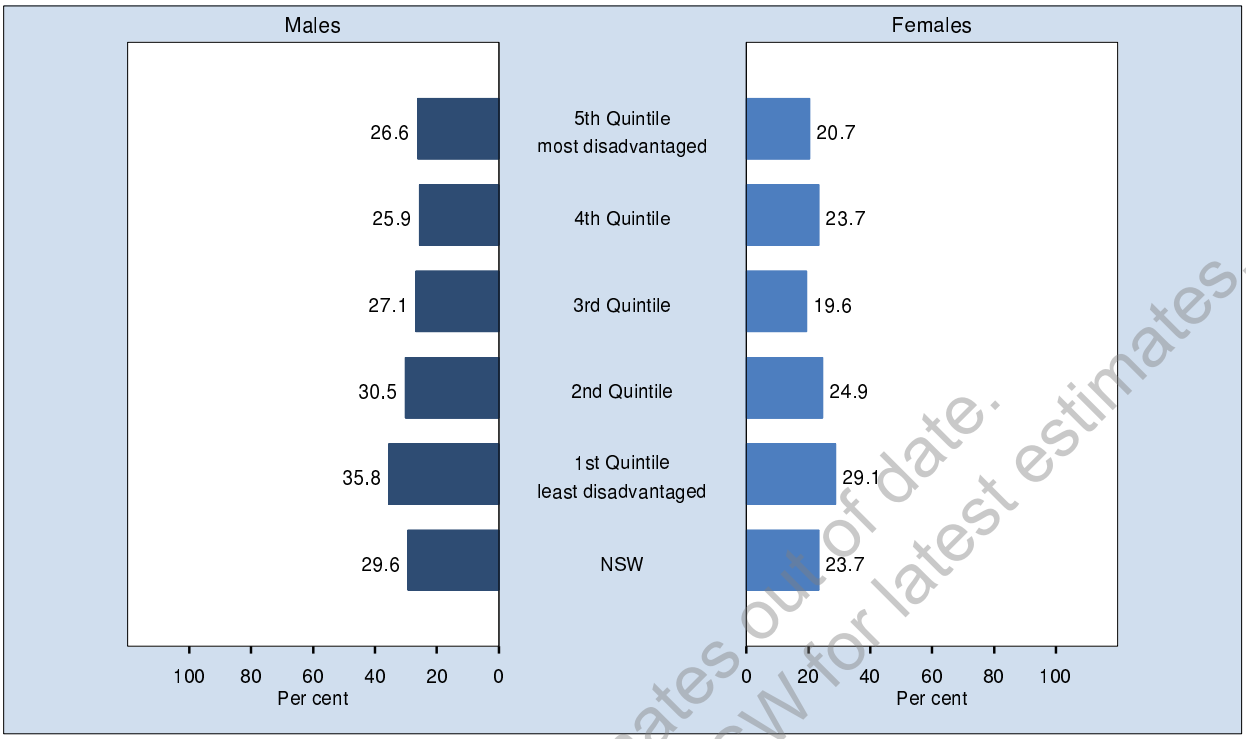


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	40.6 (35.0-46.2)	37.6 (32.5-42.7)	39.1 (35.3-42.9)
25-34	31.7 (26.4-36.9)	28.9 (25.1-32.7)	30.3 (27.0-33.5)
35-44	36.3 (31.5-41.1)	28.3 (24.7-32.0)	32.3 (29.3-35.4)
45-54	25.7 (22.0-29.4)	20.2 (17.2-23.2)	23.0 (20.6-25.4)
55-64	23.9 (20.2-27.6)	17.8 (15.3-20.3)	20.9 (18.6-23.1)
65-74	19.8 (16.4-23.2)	10.5 (8.3-12.7)	15.1 (13.1-17.1)
75+	11.5 (8.5-14.6)	5.9 (4.0-7.9)	8.2 (6.5-9.9)
All Ages	29.6 (27.7-31.5)	23.7 (22.2-25.1)	26.6 (25.4-27.8)

Note: Estimates are based on 11,271 respondents in NSW. For this indicator 9 (0.08%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been swimming, fishing or rock fishing in the last 4 weeks. The questions used to define this indicator were: Have you been in or on the water, at a swimming pool, beach, lake, river, creek, stream or dam in the last 4 weeks? and In the last 4 weeks, did this include any of the following: swimming, fishing, or rock fishing?

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

Swimming, fishing or rock fishing in last 4 weeks by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

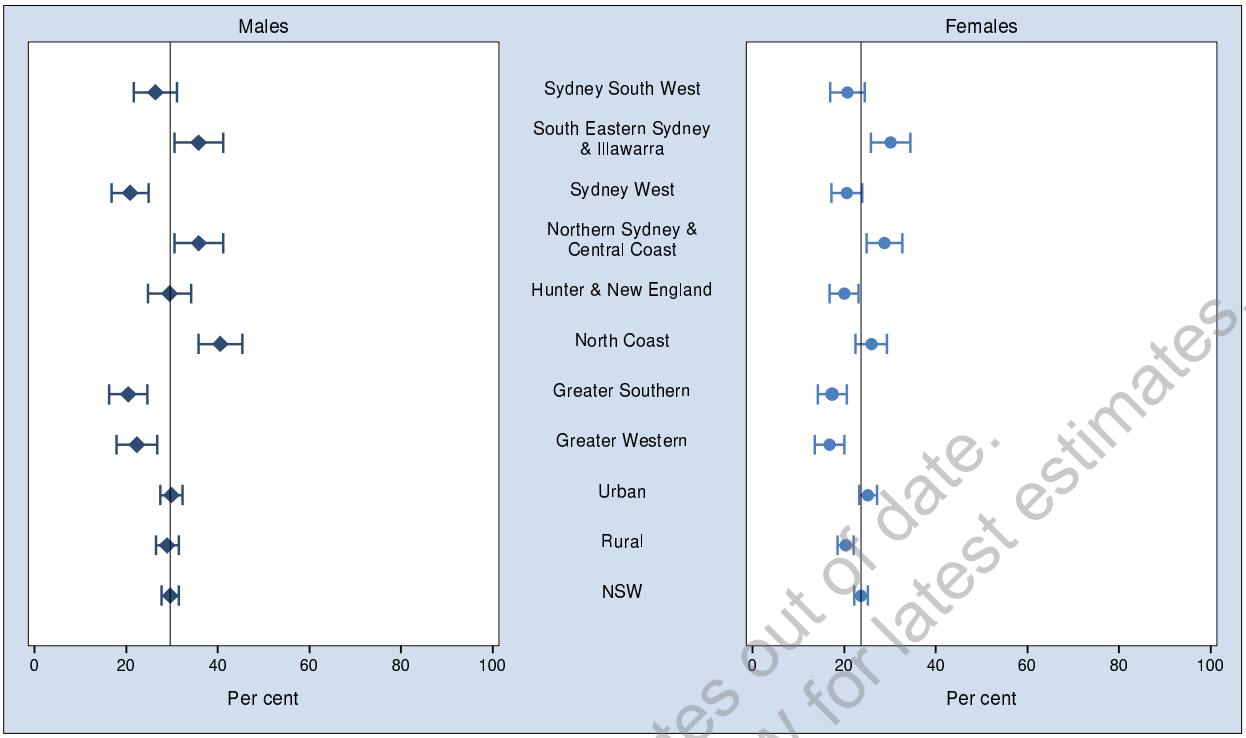


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	26.6 (22.2-30.9)	20.7 (17.3-24.1)	23.6 (20.8-26.3)
4th Quintile	25.9 (22.2-29.6)	23.7 (20.6-26.8)	24.8 (22.4-27.2)
3rd Quintile	27.1 (23.2-31.0)	19.6 (16.6-22.6)	23.3 (20.8-25.7)
2nd Quintile	30.5 (26.1-34.9)	24.9 (21.6-28.3)	27.5 (24.8-30.3)
1st Quintile	35.8 (31.0-40.5)	29.1 (25.5-32.8)	32.5 (29.5-35.5)
NSW	29.6 (27.7-31.5)	23.7 (22.2-25.1)	26.6 (25.4-27.8)

Note: Estimates are based on 11,271 respondents in NSW. For this indicator 9 (0.08%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been swimming, fishing or rock fishing in the last 4 weeks. The questions used to define this indicator were: Have you been in or on the water, at a swimming pool, beach, lake, river, creek, stream or dam in the last 4 weeks? and In the last 4 weeks, did this include any of the following: swimming, fishing, or rock fishing?

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

Swimming, fishing or rock fishing in last 4 weeks by health area, persons aged 16 years and over, NSW 2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	26.4 (21.7-31.0)	20.7 (16.9-24.5)	23.5 (20.5-26.5)
South Eastern Sydney & Illawarra	35.8 (30.5-41.1)	30.1 (25.8-34.4)	32.9 (29.5-36.3)
Sydney West	20.9 (16.8-24.9)	20.6 (17.2-24.0)	20.7 (18.1-23.4)
Northern Sydney & Central Coast	35.8 (30.5-41.2)	28.8 (24.8-32.7)	32.2 (28.9-35.5)
Hunter & New England	29.5 (24.8-34.2)	20.0 (16.8-23.2)	24.6 (21.8-27.5)
North Coast	40.6 (35.8-45.3)	25.9 (22.4-29.4)	33.0 (30.1-36.0)
Greater Southern	20.5 (16.3-24.7)	17.4 (14.2-20.6)	18.9 (16.3-21.5)
Greater Western	22.3 (17.8-26.7)	16.8 (13.5-20.0)	19.5 (16.8-22.3)
Urban	29.9 (27.4-32.3)	25.2 (23.2-27.1)	27.5 (25.9-29.1)
Rural	29.0 (26.5-31.4)	20.3 (18.6-22.1)	24.6 (23.0-26.1)
NSW	29.6 (27.7-31.5)	23.7 (22.2-25.1)	26.6 (25.4-27.8)

Note: Estimates are based on 11,271 respondents in NSW. For this indicator 9 (0.08%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been swimming, fishing or rock fishing in the last 4 weeks. The questions used to define this indicator were: Have you been in or on the water, at a swimming pool, beach, lake, river, creek, stream or dam in the last 4 weeks? and In the last 4 weeks, did this include any of the following: swimming, fishing, or rock fishing?

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

Nutrition

Introduction

Nutrition is important at all stages of life. Dietary factors are linked to health and disease, either as protective influences or as risk factors. Some of the diseases and conditions to which diet contributes substantially, either to protection or risk, include: coronary heart disease, some cancers, type-2 diabetes, overweight and obesity, osteoporosis, dental caries, gall bladder disease, and diverticular disease.[1–6]

The Australian Guide to Healthy Eating stresses the importance of eating plenty of plant foods (bread, cereal, rice, pasta, noodles, legumes, 5 serves of vegetables, and 2 serves of fruit); moderate amounts of animal foods (milk, yogurt, cheese, meat, fish, poultry, and eggs); and small amounts of fat, salt and sugars. It is also essential to drink plenty of water.[2]

An adequate intake of fruit and vegetables, and breads and cereals, has a protective influence on health.[1–6] However, most population groups eat less than the recommended amounts of these foods.[1] A diet high in fat consumption is associated with health risk, which is why it is important to monitor fat consumption in dairy foods, fried potatoes, potato crisps and salty snacks, and processed meats.

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 associated with socioeconomic disadvantage and is a likely contributor to ill health.

In 2005, the New South Wales Population Health Survey included a short dietary questionnaire on usual consumption of fruit and vegetables, breads and cereals (including pasta, rice and noodles), type of milk consumed (including low fat, reduced fat, and skim milk), selected foods high in fats (fried potatoes, potato crisps and salty snacks, and processed meats), and food insecurity.[7] This short dietary questionnaire was validated using the 1995 National Nutrition Survey and the Tasmanian Dietary Key Indicators Study. This short dietary questionnaire was found to be reliable for relative ranking of intake between respondents but not for measuring a respondent's number of serves; however, it is still useful for ongoing comparitive monitoring.[8]

Respondents were asked: How many serves of fruit do you usually eat each day?; How many serves of vegetables do you usually eat each day?; How often do you usually eat bread?; How often do you eat breakfast cereal?; How often do you eat pasta, rice, noodles, or other cooked cereals?; What type of milk do you usually have?; How often do you eat hot chips, french fries, wedges, or fried potatoes?; How often do you eat potato crisps or other salty snacks such as twisties or corn chips?; How often do you eat processed meat products such as sausages, frankfurts, devon, salami, meat pies, bacon, or ham?; and, In the last 12 months, were there any times that you ran out of food and couldn't afford to buy more?

Results

Consumption of fruit

Overall, in 2005, 6.0 per cent of adults ate no fruit, 13.1 per cent had less than one serve per day, 29.6 per cent had one serve per day, 29.1 per cent had 2 serves per day, 14.8 per cent had 3 serves a day, and 7.5 per cent had more than 3 serves a day. A significantly higher proportion of females than males consumed the recommended amount of fruit each day.

Therefore 51.1 per cent of adults ate the recommended daily intake of fruit (2 serves or more). Among males, a significantly higher proportion of those aged 75 years and over (63.7 cent) and a significantly lower proportion of those aged 25–34 years (33.2 per cent) ate the recommended daily intake of fruit, compared with the overall adult male population. Among females, a significantly lower proportion of those aged 25–44 years (51.3 per cent to 51.0 per cent) and a significantly higher proportion of those aged 55 years and over (66.4 per cent to 70.3 per cent) ate the recommended daily intake of fruit, compared with the overall adult female population.

Overall, the proportion of adults consuming the recommended daily intake of fruit did not vary significantly by geographic location or socioeconomic disadvantage.

Daily consumption of fruit has increased significantly, from 46.1 per cent in 1997 to 51.1 per cent in 2005.

Consumption of vegetables

Overall, in 2005, 0.9 per cent of adults ate no vegetables, 6.5 per cent ate less than one serve per day, 28.6 per cent ate one serve per day, 27.9 per cent ate 2 serves per day, 18.4 per cent ate 3 serves per day, 10.3 per cent ate 4 serves per day, 4.7 per cent ate 5 serves per day, and 2.7 per cent ate more than 5 serves per day. A significantly higher proportion of females than males ate the recommended amount of vegetables each day.

Approximately 7.4 per cent of adults ate the recommended daily intake of vegetables (5 serves or more). Among females, a significantly lower proportion of those aged 16–34 years (5.9 per cent to 6.3 per cent) ate the recommended daily intake of vegetables, compared with the overall adult female population. Among males, a significantly higher proportion of those aged 65–74 years (8.4 per cent) ate the recommended daily intake of vegetables, compared with the overall adult male population.

There was some geographical variation, with a significantly higher proportion of rural residents (9.6 per cent) than urban residents (6.5 per cent) ate the recommended daily intake of vegetables. Both the North Coast Health Area (11.0 per cent) and the second most disadvantaged quintile (9.8 per cent) reported a significantly higher consumption of vegetables, compared with the overall adult population.

The proportion of adults consuming the recommended serves of vegetables has decreased significantly, from 8.9 per cent in 1997 to 7.4 per cent in 2005. The decrease is most significant among males (8.0 per cent to 4.7 per cent).

Consumption of milk

Overall, in 2005, 44.2 per cent of adults usually had low fat, reduced fat or skim milk. A significantly higher proportion of females (50.7 per cent) than males (37.4 per cent) used low fat, reduced fat or skim milk. Use of low fat, reduced fat or skim milk increased with age but dropped off slightly among those aged 75 years and over. Among males, a significantly lower proportion of those aged 16–24 years (23.6 per cent) and a significantly higher proportion of those aged 55–74 years (43.4 per cent to 42.2 per cent) used low fat, reduced fat or skim milk, compared with the overall adult male population. Among females, a significantly lower proportion of those aged 16–24 years (37.0 per cent) and a significantly higher proportion of those aged 55–74 years (56.9 per cent to 54.0 per cent) used low fat, reduced fat or skim milk, compared with the overall adult female population.

There was no significant variation in the consumption of low fat, reduced fat or skim milk between rural residents and urban residents; however, the proportion of adults who reported using low fat, reduced fat or skim milk decreased with socioeconomic disadvantage. Those in the least disdavantaged quintile (48.3 per cent) had the highest and those in the most disdavantaged quintile (32.7 per cent) had the lowest consumption of low fat, reduced fat or skim milk, compared with the overall adult population.

The proportion of residents usually having low fat, reduced fat or skim milk has decreased significantly between 1997 (45.5 per cent) and 2005 (41.7 per cent).

Consumption of breads and cereals

Overall, in 2005, 0.4 per cent of adults did not eat breads and cereals (including pasta, rice and noodles), 5.6 per cent had breads and cereals less than once a day, 26.8 per cent had breads and cereals once a day, 37.4 per cent twice a day, 20.0 per cent 3 times a day, 6.5 per cent 4 times a day, 1.9 per cent 5 times a day, and 1.5 per cent more than 5 times a day.

Consumption of fried potatoes

Overall, in 2005, 65.5 per cent of adults did not eat fried potatoes (hot chips, french fries, wedges, or fried potatoes), 13.4 had fried potatoes less than once a week, 12.9 per cent once a week, 4.7 per cent twice a week, 2.0 per cent 3 times a week, 0.6 per cent 4 times a week, 0.2 per cent 5 times a week, and 0.7 per cent more than 5 times a week.

Consumption of potato crisps or other salty snacks

Overall, in 2005, 45.3 per cent of adults did not eat potato crisps or other salty snacks, 22.0 per cent had potato crisps or other salty snacks less than once a week, 15.5 per cent once a week, 7.3 per cent twice a week, 4.5 per cent 3 times a week, 1.3 per cent 4 times a week, 0.4 per cent 5 times a week, and 3.6 per cent more than 5 times a week.

Consumption of processed meat products

Overall, in 2005, 21.4 per cent of adults did not eat processed meat products (sausages, frankfurts, devon, salami, meat pies, bacon, or ham), 14.9 per cent had processed meat products less than once a week, 25.6 per cent had them once a week, 16.3 per cent had them twice a week, 9.6 per cent had them 3 times a week, 3.6 per cent had them 4 times a week, 1.7 per cent had them 5 times a week, and 6.9 per cent more than 5 times a week.

Food insecurity

Overall, in 2005, 5.3 per cent of adults experienced some food insecurity in the past 12 months. There was a significant difference in the proportion of males (4.0 per cent) and females (6.5 per cent) experiencing food insecurity. The proportion of adults who had experienced food insecurity was significantly lower among those aged 55 years and over (2.9 per cent among those 55–74 years to 1.0 per cent among those 75 years and over), and significantly higher among those aged 25–34 years (7.9 per cent), compared with the overall adult population.

There was no significant variation in the proportion of adults who experienced food insecurity by level of socioeconomic disadvantage or between rural residents and urban residents.

There was no significant change in the proportion of adults experiencing food insecurity between 2002 and 2005.

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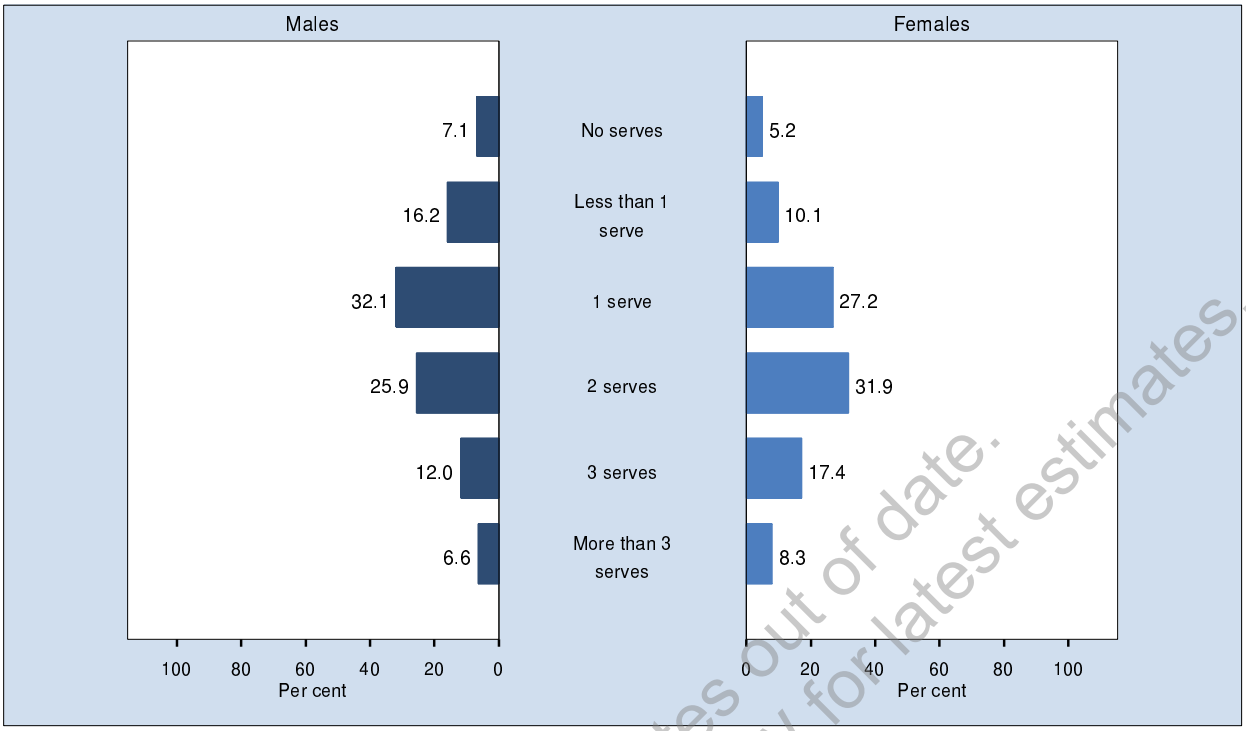
Number of serves of fruit per day, persons aged 16 years and over, NSW 2005

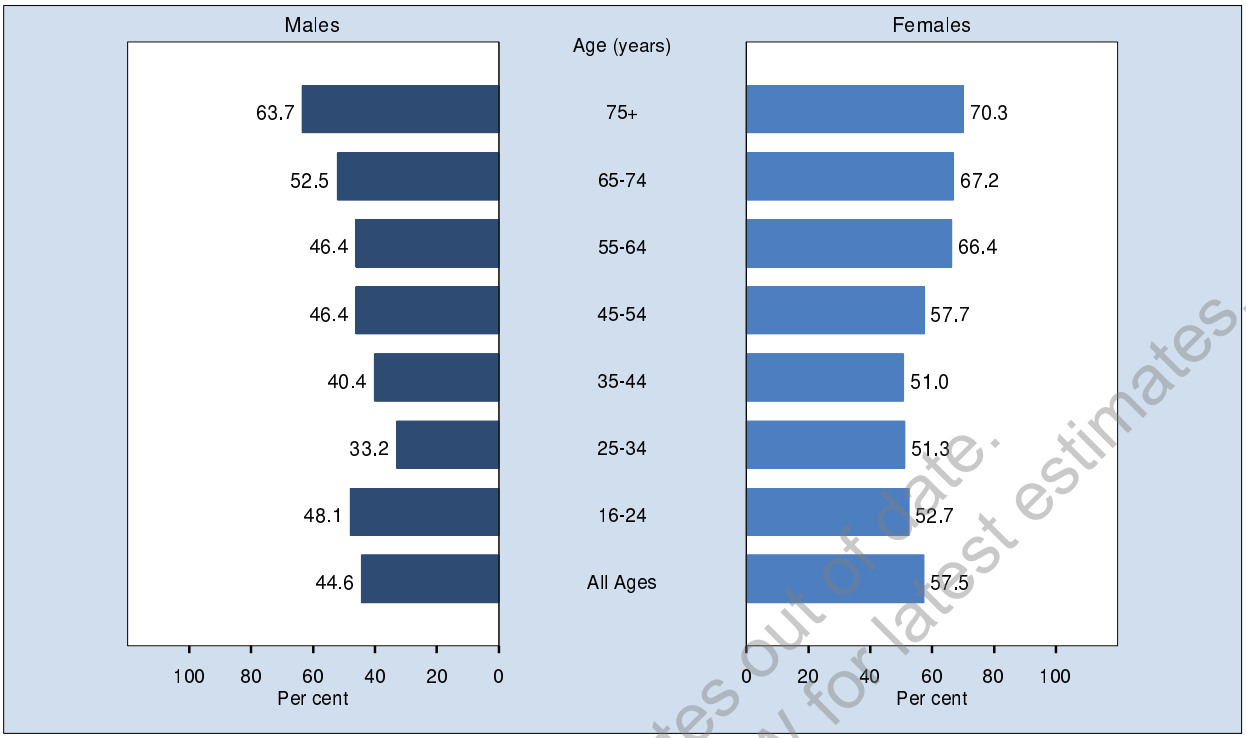


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
No serves	7.1 (6.1-8.1)	5.2 (4.5-5.9)	6.1 (5.5-6.7)
Less than 1 serve	16.2 (14.7-17.8)	10.1 (9.1-11.1)	13.1 (12.2-14.0)
1 serve	32.1 (30.2-34.0)	27.2 (25.7-28.6)	29.6 (28.4-30.8)
2 serves	25.9 (24.2-27.6)	31.9 (30.4-33.4)	29.0 (27.8-30.1)
3 serves	12.0 (10.8-13.3)	17.4 (16.2-18.6)	14.8 (13.9-15.6)
More than 3 serves	6.6 (5.7-7.5)	8.3 (7.4-9.1)	7.4 (6.8-8.1)

Note: Estimates are based on 11,426 respondents in NSW. For this indicator 74 (0.64%) were not stated (Don't know or Refused) in NSW
The question used was: How many serves of fruit do you usually eat each day? One serve is equivalent to one medium piece or 2 small pieces of fruit.

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

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

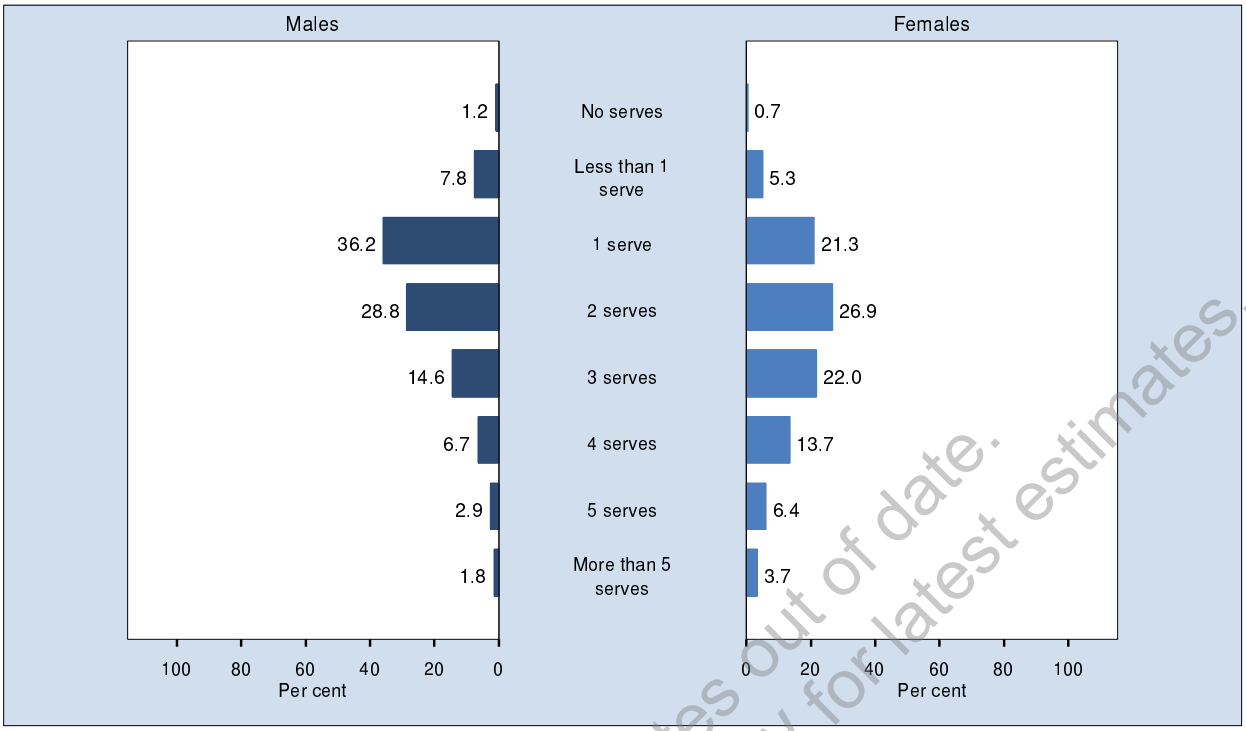


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	48.1 (42.5-53.7)	52.7 (47.5-58.0)	50.4 (46.6-54.3)
25-34	33.2 (28.0-38.5)	51.3 (47.2-55.5)	42.3 (38.9-45.8)
35-44	40.4 (35.6-45.2)	51.0 (47.0-55.0)	45.7 (42.6-48.9)
45-54	46.4 (42.1-50.7)	57.7 (54.0-61.3)	52.1 (49.2-54.9)
55-64	46.4 (42.2-50.7)	66.4 (63.4-69.5)	56.4 (53.7-59.1)
65-74	52.5 (48.3-56.6)	67.2 (63.9-70.4)	60.0 (57.3-62.7)
75+	63.7 (59.0-68.4)	70.3 (66.8-73.8)	67.6 (64.8-70.4)
All Ages	44.6 (42.6-46.5)	57.5 (55.9-59.1)	51.2 (49.9-52.4)

Note: Estimates are based on 11,426 respondents in NSW. For this indicator 74 (0.64%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Number of serves of vegetables per day, persons aged 16 years and over, NSW 2005

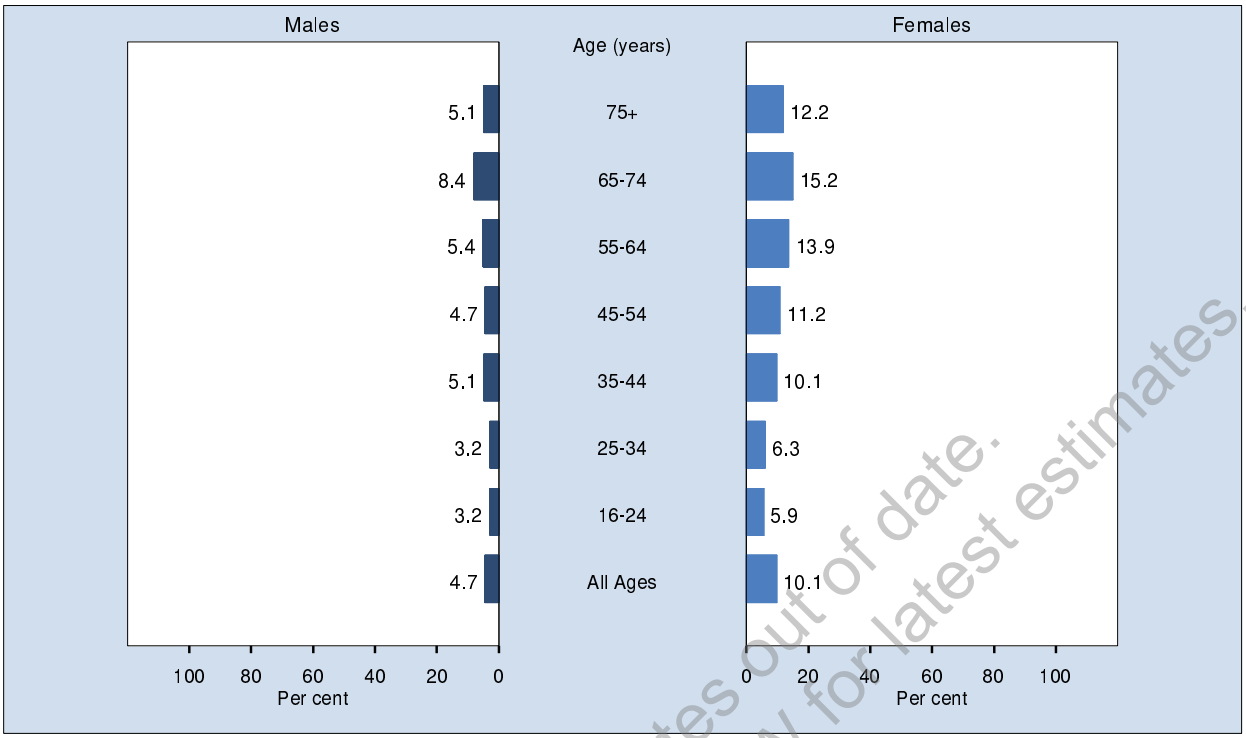


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
No serves	1.2 (0.7-1.7)	0.7 (0.4-0.9)	0.9 (0.7-1.2)
Less than 1 serve	7.8 (6.7-8.9)	5.3 (4.5-6.1)	6.5 (5.9-7.2)
1 serve	36.2 (34.2-38.1)	21.3 (19.9-22.6)	28.6 (27.4-29.8)
2 serves	28.8 (27.0-30.7)	26.9 (25.5-28.4)	27.9 (26.7-29.0)
3 serves	14.6 (13.3-16.0)	22.0 (20.7-23.3)	18.4 (17.4-19.3)
4 serves	6.7 (5.8-7.6)	13.7 (12.7-14.7)	10.3 (9.6-10.9)
5 serves	2.9 (2.3-3.5)	6.4 (5.7-7.0)	4.7 (4.2-5.1)
More than 5 serves	1.8 (1.3-2.2)	3.7 (3.1-4.3)	2.7 (2.4-3.1)

Note: Estimates are based on 11,416 respondents in NSW. For this indicator 84 (0.73%) were not stated (Don't know or Refused) in NSW
The question used was: How many serves of vegetables do you usually eat each day? One serve is equivalent to 1/2 cup of cooked vegetables or one cup of salad vegetables.

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

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

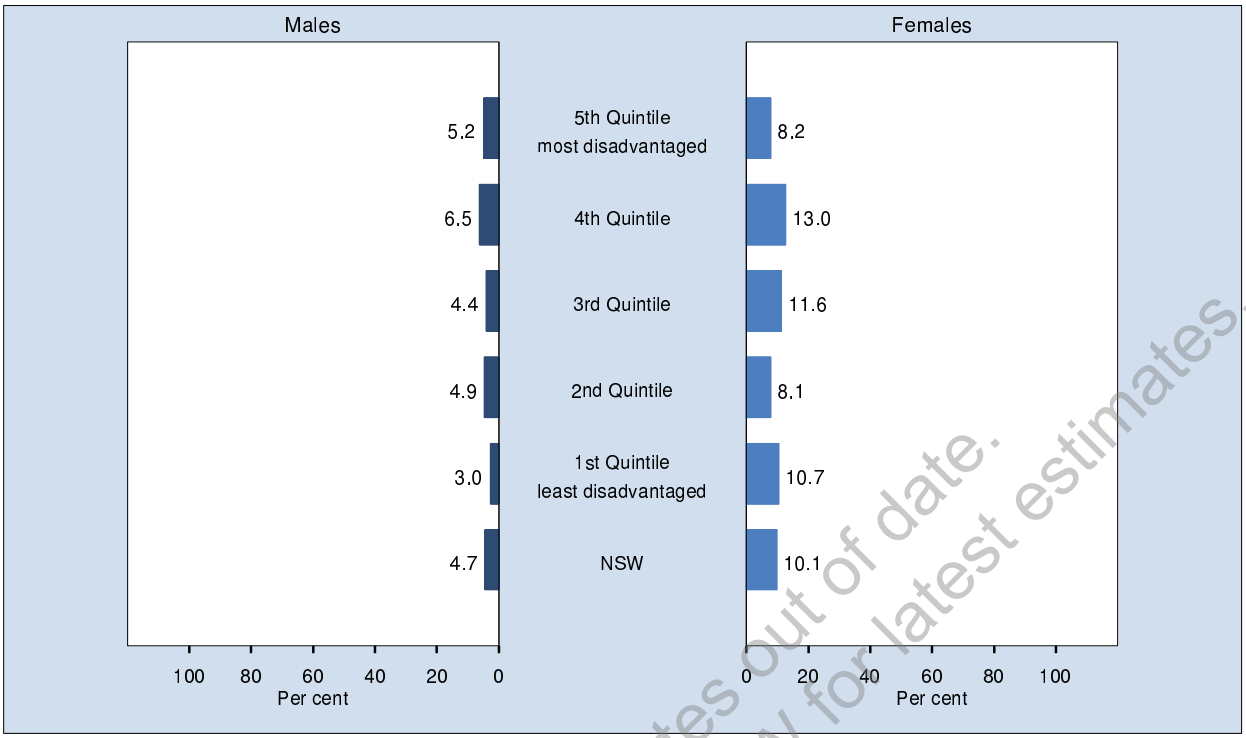


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	3.2 (1.0-5.3)	5.9 (3.4-8.3)	4.6 (2.9-6.2)
25-34	3.2 (1.6-4.8)	6.3 (4.6-8.1)	4.8 (3.6-6.0)
35-44	5.1 (2.9-7.2)	10.1 (7.8-12.4)	7.6 (6.0-9.2)
45-54	4.7 (3.0-6.3)	11.2 (9.1-13.3)	7.9 (6.6-9.3)
55-64	5.4 (3.7-7.0)	13.9 (11.7-16.1)	9.6 (8.2-11.0)
65-74	8.4 (5.9-10.8)	15.2 (12.8-17.6)	11.9 (10.2-13.6)
75+	5.1 (3.1-7.1)	12.2 (9.6-14.7)	9.3 (7.5-11.0)
All Ages	4.7 (3.9-5.4)	10.1 (9.2-10.9)	7.4 (6.8-8.0)

Note: Estimates are based on 11,416 respondents in NSW. For this indicator 84 (0.73%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Recommended vegetable consumption by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

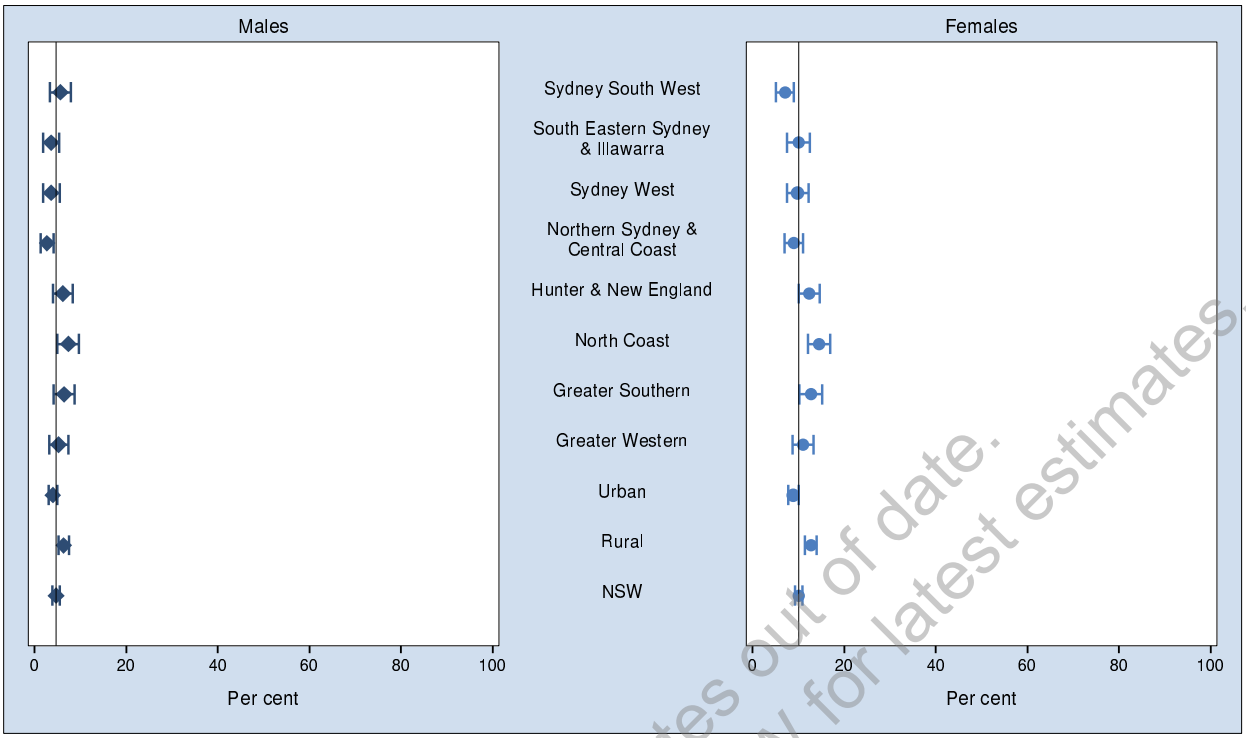


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	5.2 (3.4-7.1)	8.2 (6.3-10.0)	6.7 (5.4-8.0)
4th Quintile	6.5 (4.4-8.6)	13.0 (11.0-15.0)	9.8 (8.4-11.2)
3rd Quintile	4.4 (3.0-5.8)	11.6 (9.4-13.7)	8.1 (6.8-9.4)
2nd Quintile	4.9 (3.1-6.8)	8.1 (6.3-9.8)	6.6 (5.4-7.9)
1st Quintile	3.0 (1.4-4.7)	10.7 (8.5-12.9)	6.8 (5.4-8.2)
NSW	4.7 (3.9-5.4)	10.1 (9.2-10.9)	7.4 (6.8-8.0)

Note: Estimates are based on 11,416 respondents in NSW. For this indicator 84 (0.73%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

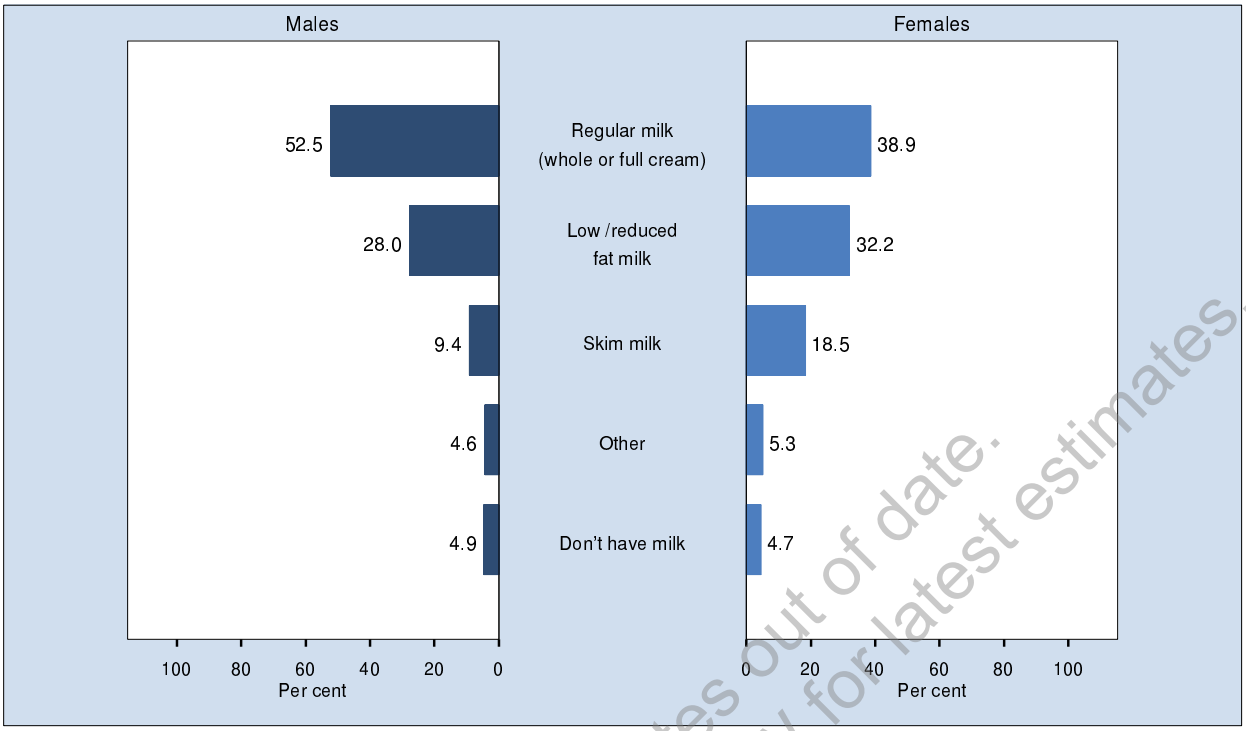


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	5.6 (3.3-7.9)	7.1 (5.1-9.0)	6.4 (4.8-7.9)
South Eastern Sydney & Illawarra	3.6 (1.8-5.3)	10.0 (7.6-12.5)	6.9 (5.3-8.4)
Sydney West	3.7 (1.8-5.5)	9.8 (7.5-12.2)	6.8 (5.3-8.3)
Northern Sydney & Central Coast	2.7 (1.3-4.2)	9.0 (7.0-11.0)	6.0 (4.7-7.2)
Hunter & New England	6.2 (4.0-8.4)	12.3 (10.1-14.6)	9.3 (7.7-10.9)
North Coast	7.3 (5.0-9.7)	14.5 (12.1-17.0)	11.0 (9.3-12.8)
Greater Southern	6.4 (4.1-8.7)	12.7 (10.2-15.2)	9.6 (7.9-11.3)
Greater Western	5.3 (3.2-7.3)	11.0 (8.7-13.2)	8.1 (6.6-9.7)
Urban	4.0 (3.0-4.9)	8.9 (7.8-10.0)	6.5 (5.7-7.2)
Rural	6.4 (5.2-7.6)	12.7 (11.5-14.0)	9.6 (8.7-10.5)
NSW	4.7 (3.9-5.4)	10.1 (9.2-10.9)	7.4 (6.8-8.0)

Note: Estimates are based on 11,416 respondents in NSW. For this indicator 84 (0.73%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Type of milk usually consumed, persons aged 16 years and over, NSW 2005

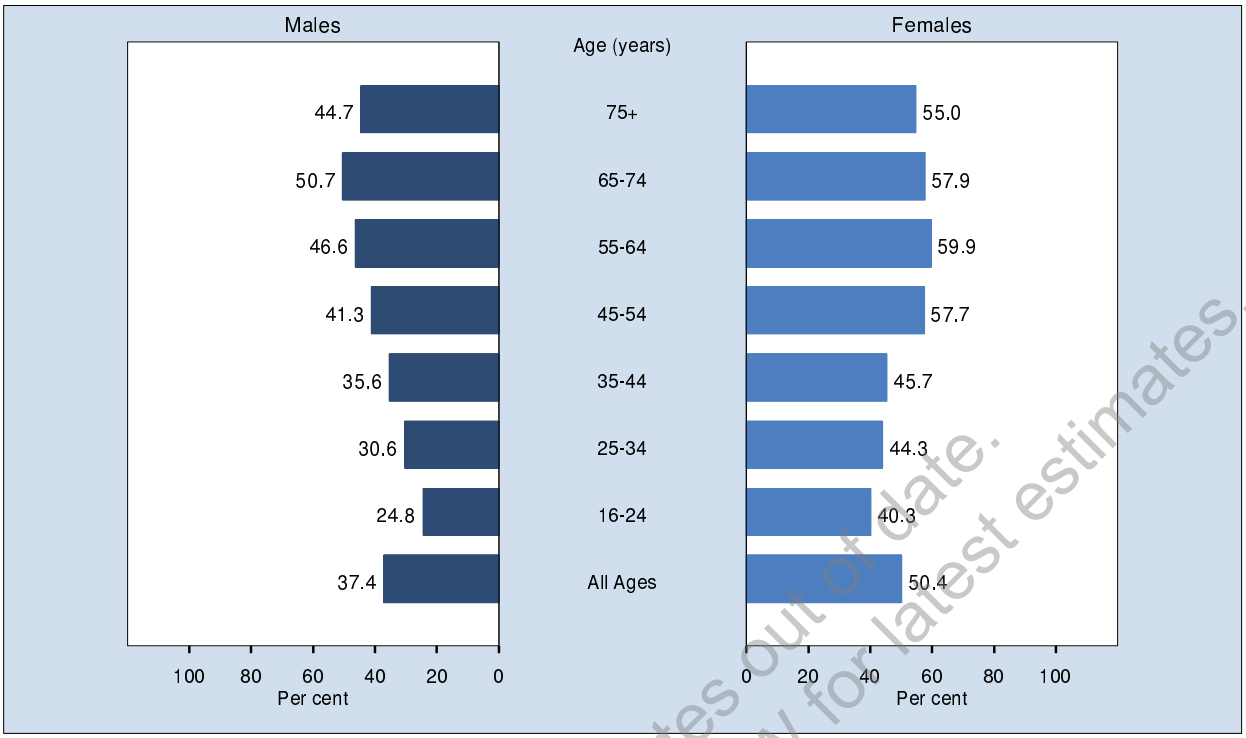


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Regular milk (whole or full cream)	52.5 (50.5-54.5)	38.9 (37.3-40.5)	45.5 (44.2-46.9)
Low /reduced fat milk	28.0 (26.2-29.7)	32.2 (30.7-33.7)	30.1 (29.0-31.3)
Skim milk	9.4 (8.3-10.6)	18.5 (17.3-19.7)	14.1 (13.2-14.9)
Other	4.6 (3.7-5.5)	5.3 (4.6-6.0)	5.0 (4.4-5.5)
Don't have milk	4.9 (4.0-5.8)	4.7 (4.0-5.5)	4.8 (4.2-5.4)

Note: Estimates are based on 11,486 respondents in NSW. For this indicator 14 (0.12%) were not stated (Don't know or Refused) in NSW
The question used was: What type of milk do you usually have?

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

Usual use of lower fat milks by age, persons aged 16 years and over, NSW 2005

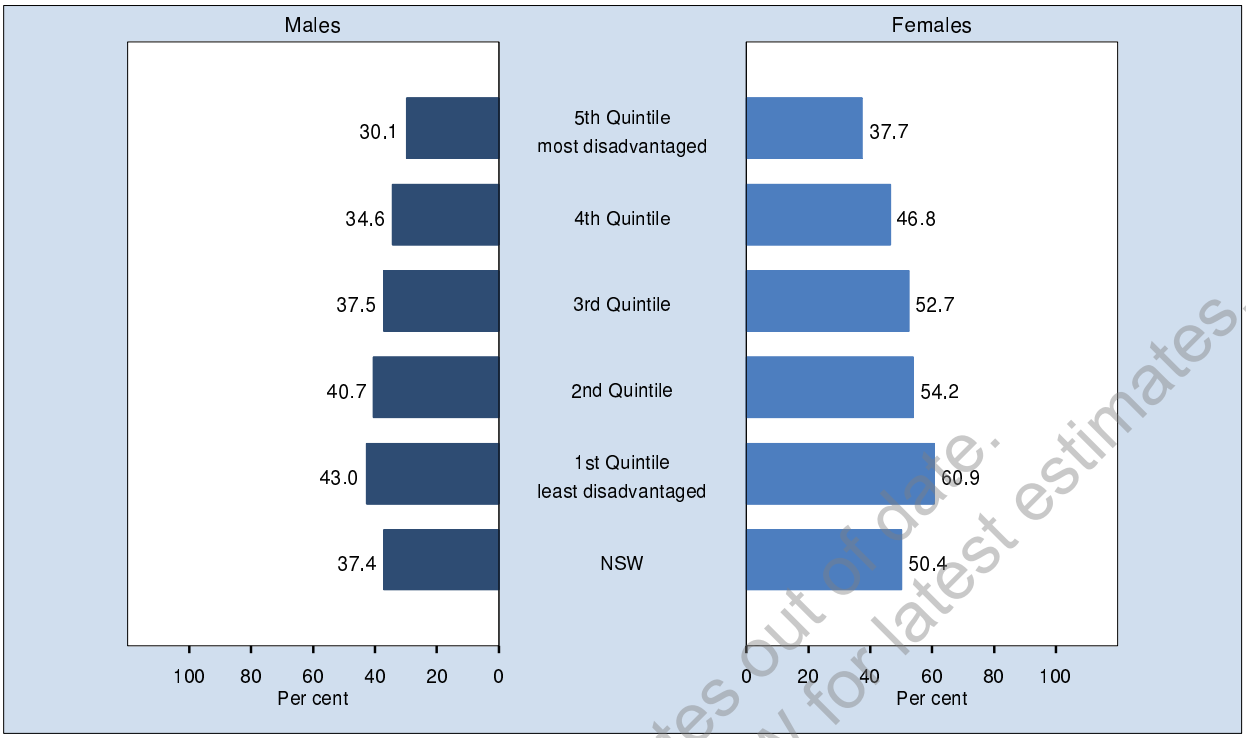


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	24.8 (19.8-29.7)	40.3 (35.2-45.4)	32.6 (29.1-36.2)
25-34	30.6 (25.6-35.5)	44.3 (40.2-48.4)	37.5 (34.2-40.7)
35-44	35.6 (30.8-40.4)	45.7 (41.8-49.6)	40.6 (37.5-43.8)
45-54	41.3 (37.1-45.6)	57.7 (54.1-61.3)	49.5 (46.7-52.3)
55-64	46.6 (42.3-50.8)	59.9 (56.7-63.1)	53.2 (50.5-55.9)
65-74	50.7 (46.6-54.9)	57.9 (54.4-61.4)	54.4 (51.7-57.2)
75+	44.7 (39.8-49.6)	55.0 (51.1-58.9)	50.8 (47.7-53.9)
All Ages	37.4 (35.5-39.2)	50.4 (48.8-52.0)	44.0 (42.7-45.2)

Note: Estimates are based on 11,486 respondents in NSW. For this indicator 14 (0.12%) were not stated (Don't know or Refused) in NSW
The indicator includes those who usually use low fat, reduced fat, or skim milk. The question used to define the indicator was: What type of milk do you usually have?

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

Usual use of lower fat milks by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

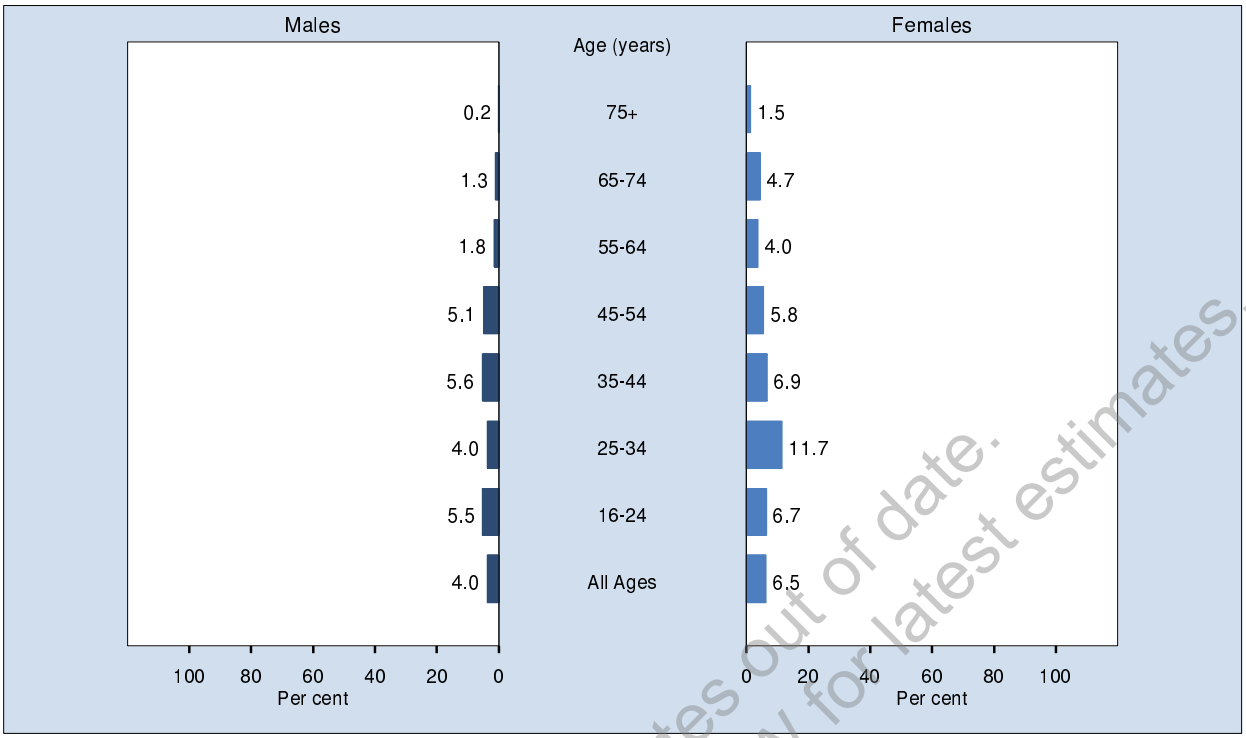


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	30.1 (26.0-34.2)	37.7 (34.1-41.3)	34.0 (31.2-36.7)
4th Quintile	34.6 (30.5-38.7)	46.8 (43.5-50.1)	40.8 (38.2-43.4)
3rd Quintile	37.5 (33.4-41.6)	52.7 (49.2-56.2)	45.3 (42.6-48.0)
2nd Quintile	40.7 (36.3-45.2)	54.2 (50.6-57.8)	48.0 (45.1-50.9)
1st Quintile	43.0 (38.3-47.7)	60.9 (57.1-64.7)	51.9 (48.8-54.9)
NSW	37.4 (35.5-39.2)	50.4 (48.8-52.0)	44.0 (42.7-45.2)

Note: Estimates are based on 11,486 respondents in NSW. For this indicator 14 (0.12%) were not stated (Don't know or Refused) in NSW
The indicator includes those who usually use low fat, reduced fat, or skim milk. The question used to define the indicator was: What type of milk do you usually have?

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

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

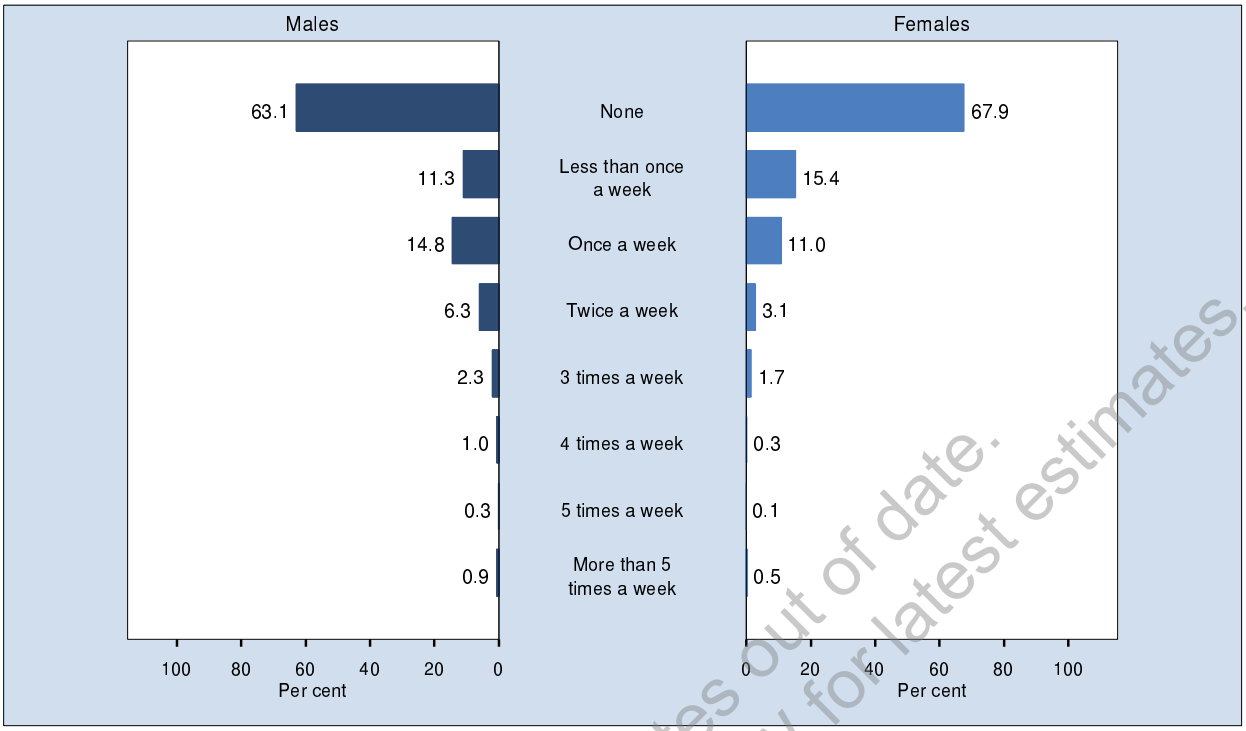


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	5.5 (2.9-8.1)	6.7 (4.3-9.0)	6.1 (4.4-7.9)
25-34	4.0 (2.0-6.0)	11.7 (8.9-14.5)	7.9 (6.1-9.6)
35-44	5.6 (3.2-7.9)	6.9 (5.0-8.8)	6.2 (4.7-7.7)
45-54	5.1 (3.2-7.1)	5.8 (4.2-7.4)	5.5 (4.2-6.7)
55-64	1.8 (0.8-2.9)	4.0 (2.8-5.1)	2.9 (2.1-3.7)
65-74	1.3 (0.4-2.2)	4.7 (2.8-6.6)	3.1 (2.0-4.1)
75+	0.2 (0.0-0.5)	1.5 (0.3-2.8)	1.0 (0.2-1.8)
All Ages	4.0 (3.2-4.8)	6.5 (5.7-7.4)	5.3 (4.7-5.9)

Note: Estimates are based on 11,489 respondents in NSW. For this indicator 11 (0.1%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Frequency of eating hot fried potato products per week, persons aged 16 years and over, NSW 2005

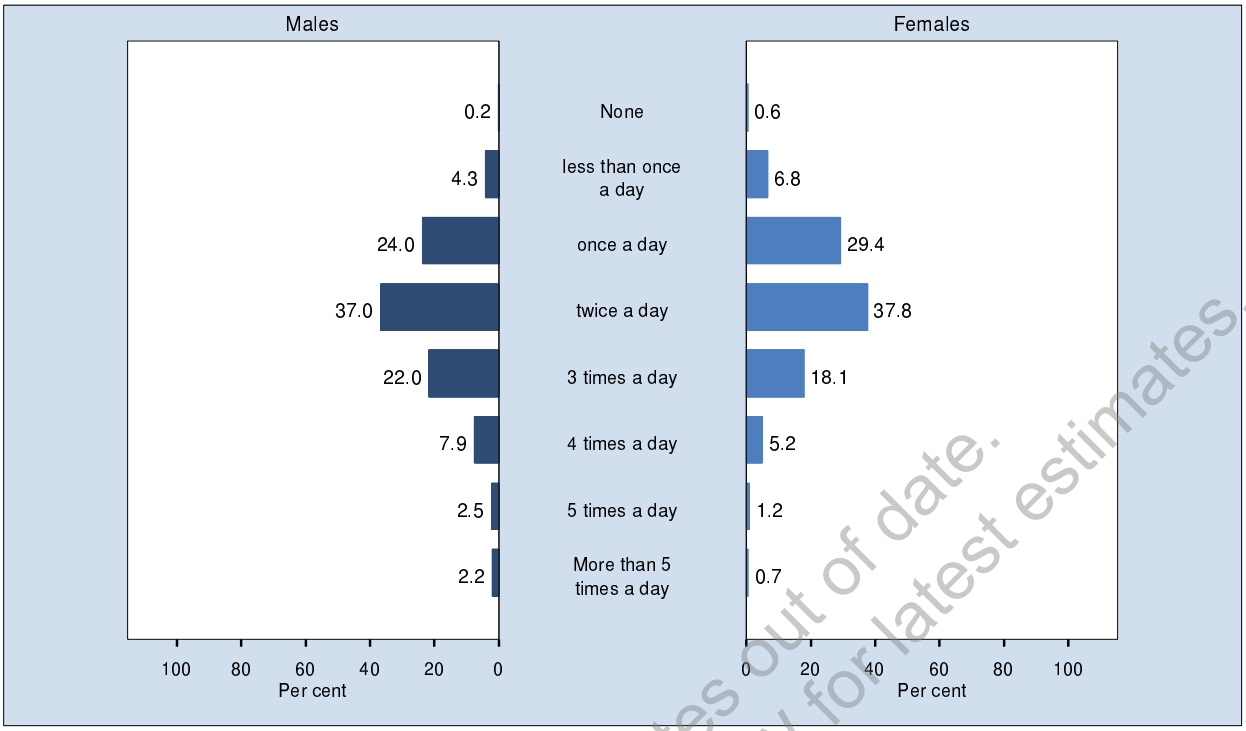


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	63.1 (61.1-65.1)	67.9 (66.3-69.4)	65.5 (64.3-66.8)
Less than once a week	11.3 (10.0-12.6)	15.4 (14.2-16.6)	13.4 (12.5-14.3)
Once a week	14.8 (13.3-16.3)	11.0 (10.0-12.1)	12.9 (11.9-13.8)
Twice a week	6.3 (5.3-7.3)	3.1 (2.5-3.7)	4.7 (4.1-5.3)
3 times a week	2.3 (1.7-3.0)	1.7 (1.2-2.2)	2.0 (1.6-2.4)
4 times a week	1.0 (0.5-1.4)	0.3 (0.1-0.6)	0.6 (0.4-0.9)
5 times a week	0.3 (0.1-0.5)	0.1 (0.0-0.2)	0.2 (0.1-0.3)
More than 5 times a week	0.9 (0.5-1.3)	0.5 (0.3-0.7)	0.7 (0.5-0.9)

Note: Estimates are based on 11,493 respondents in NSW. For this indicator 7 (0.06%) were not stated (Don't know or Refused) in NSW
The question used was: How often do you eat hot chips, french fries, wedges or fried potatoes?

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

Frequency of eating breakfast cereal, breads, pasta, rice and noodles per day, persons aged 16 years and over, NSW 2005

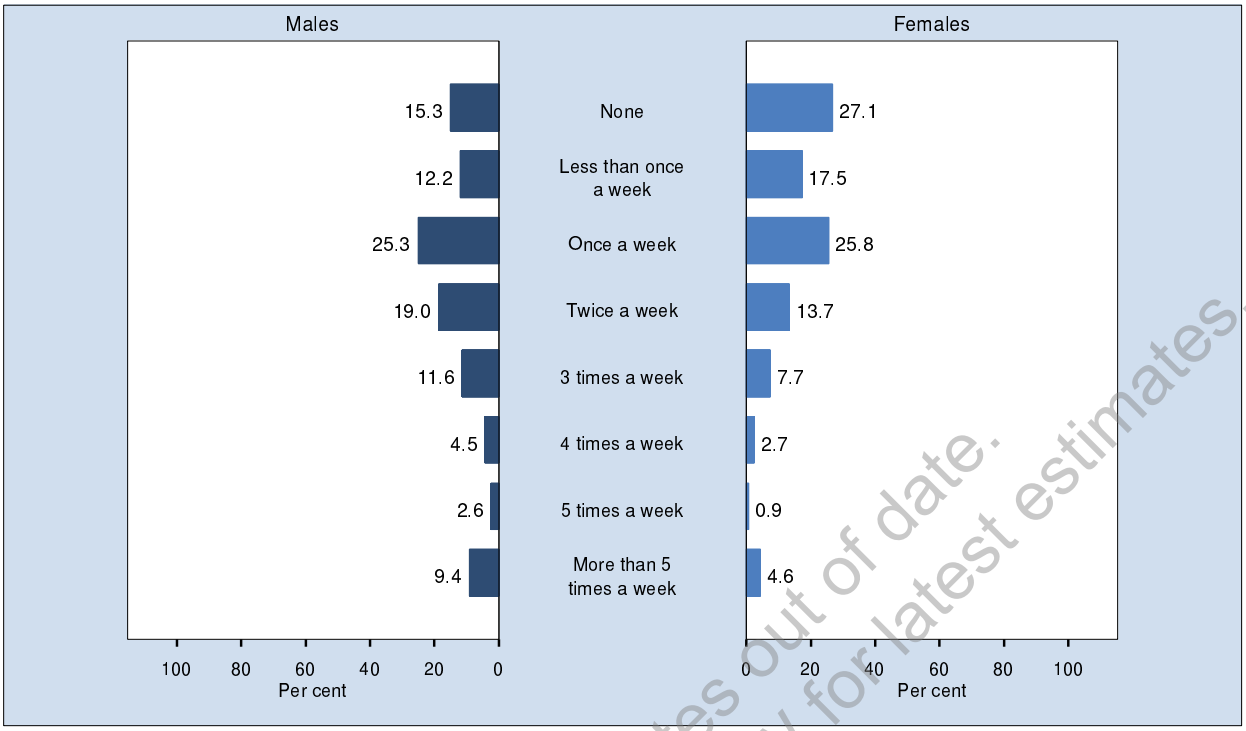


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	0.2 (0.0-0.3)	0.6 (0.4-0.9)	0.4 (0.3-0.5)
Less than once a day	4.3 (3.4-5.1)	6.8 (6.0-7.7)	5.6 (5.0-6.2)
Once a day	24.0 (22.2-25.8)	29.4 (27.9-30.9)	26.8 (25.6-27.9)
Twice a day	37.0 (35.0-38.9)	37.8 (36.3-39.4)	37.4 (36.2-38.7)
3 times a day	22.0 (20.3-23.7)	18.1 (16.9-19.4)	20.0 (19.0-21.1)
4 times a day	7.9 (6.8-9.0)	5.2 (4.4-5.9)	6.5 (5.8-7.2)
5 times a day	2.5 (1.9-3.2)	1.2 (0.8-1.6)	1.9 (1.5-2.2)
More than 5 times a day	2.2 (1.6-2.8)	0.7 (0.4-1.0)	1.5 (1.1-1.8)

Note: Estimates are based on 11,399 respondents in NSW. For this indicator 101 (0.88%) were not stated (Don't know or Refused) in NSW
The questions used were: How often do you usually eat bread?, How often do you eat breakfast cereal?, and How often do you eat pasta, rice, noodles or other cooked cereals?

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

Frequency of eating processed meat products per week, persons aged 16 years and over, NSW 2005

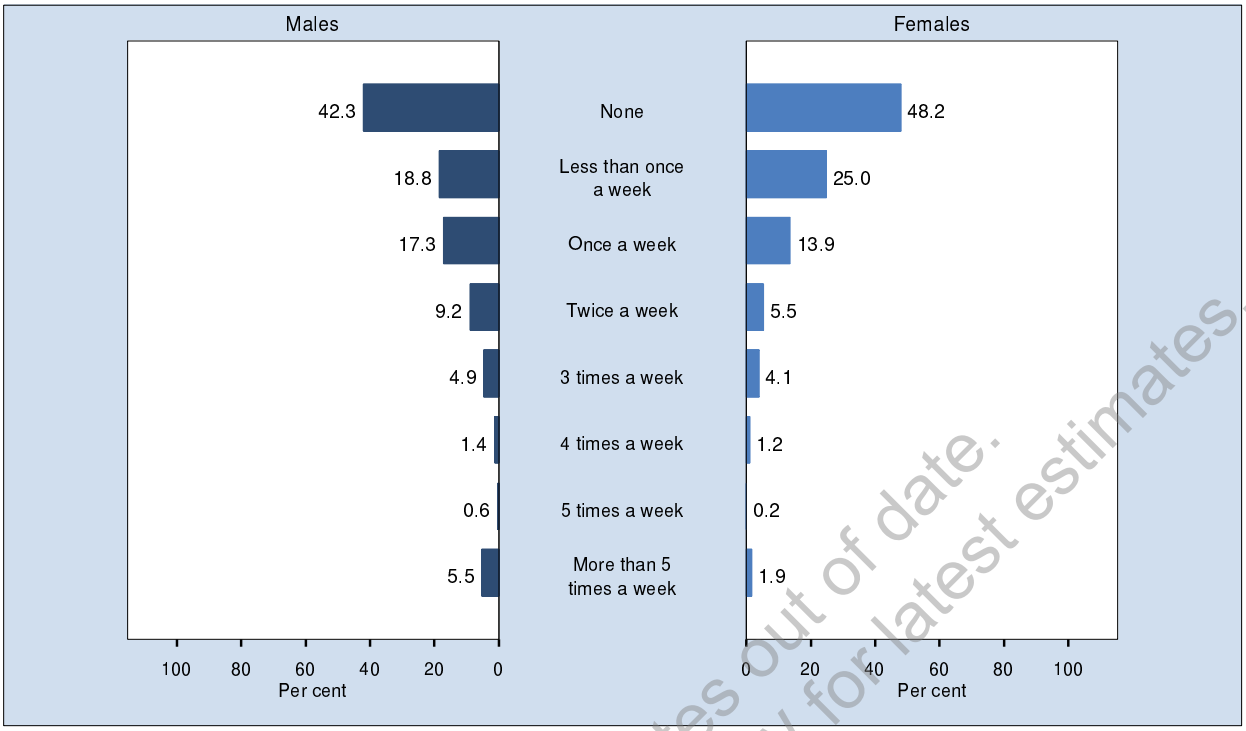


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	15.3 (13.9-16.8)	27.1 (25.7-28.5)	21.4 (20.3-22.4)
Less than once a week	12.2 (11.0-13.5)	17.5 (16.3-18.7)	14.9 (14.1-15.8)
Once a week	25.3 (23.5-27.0)	25.8 (24.4-27.3)	25.6 (24.4-26.7)
Twice a week	19.0 (17.3-20.7)	13.7 (12.5-14.8)	16.3 (15.3-17.3)
3 times a week	11.6 (10.2-12.9)	7.7 (6.8-8.7)	9.6 (8.8-10.4)
4 times a week	4.5 (3.7-5.4)	2.7 (2.1-3.3)	3.6 (3.1-4.1)
5 times a week	2.6 (1.9-3.3)	0.9 (0.6-1.2)	1.7 (1.4-2.1)
More than 5 times a week	9.4 (8.2-10.7)	4.6 (3.8-5.3)	6.9 (6.2-7.7)

Note: Estimates are based on 11,473 respondents in NSW. For this indicator 27 (0.23%) were not stated (Don't know or Refused) in NSW
The question used was: How often do you eat processed meat products such as sausages, frankfurts, devon, salami, meat pies, bacon or ham?

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

Frequency of eating potato crisps or salty snacks per week, persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	42.3 (39.4-45.2)	48.2 (45.9-50.5)	45.3 (43.5-47.1)
Less than once a week	18.8 (16.5-21.1)	25.0 (23.0-27.1)	22.0 (20.4-23.5)
Once a week	17.3 (14.9-19.7)	13.9 (12.1-15.6)	15.5 (14.1-17.0)
Twice a week	9.2 (7.4-11.0)	5.5 (4.3-6.6)	7.3 (6.2-8.4)
3 times a week	4.9 (3.4-6.4)	4.1 (3.1-5.2)	4.5 (3.6-5.4)
4 times a week	1.4 (0.7-2.2)	1.2 (0.7-1.8)	1.3 (0.9-1.8)
5 times a week	0.6 (0.2-1.0)	0.2 (0.0-0.4)	0.4 (0.2-0.6)
More than 5 times a week	5.5 (4.0-7.0)	1.9 (1.2-2.6)	3.6 (2.8-4.4)

Note: Estimates are based on 5,378 respondents in NSW. For this indicator 14 (0.26%) were not stated (Don't know or Refused) in NSW
The question used was: How often do you eat potato crisps or other salty snacks?

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

Physical activity

Introduction

Physical activity is an important factor in maintaining good health. People who participate in moderate-to-vigorous levels of physical activity have lower rates of preventable mortality than those who are physically inactive; also, physical activity decreases risk of cardiovascular disease, some cancers, some mental illness, type 2 diabetes, overweight and obesity, and preventable injury.[1]

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.[2]

This can be undertaken in shorter bursts of exercise, such as 3 lots of 10 minutes. Exercise of moderate intensity includes brisk walking, dancing, swimming, or cycling. The Guidelines also encourage people to think of movement as an opportunity rather than an inconvenience, and to be active every day in as many ways as possible.

In the New South Wales Population Health Survey, adequate physical activity is calculated from questions asked in the Active Australia Survey, [3] and 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.

Active transport—such as walking, cycling or using public transport to get to or from a destination, especially work—is an achievable way for most people to incorporate the recommended 30 minutes of physical activity into their lives. Monitoring the active transport habits of the population provides important information about physical activity.

In 2005, the New South Wales Population Health Survey asked respondents the following questions: 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 you haven't already mentioned? What do you estimate was the total time you spent doing these activities in the last week? and, How do you usually get to work?

Results

Adequate physical activity

In 2005, 51.9 per cent of adults aged 16 years and over reported adequate levels of physical activity. A significantly higher proportion of males (56.6 per cent) than females (47.3 per cent) undertook adequate physical activity. Among males, a significantly higher proportion aged 16–24 years (69.7 per cent) and a significantly lower proportion aged 75 years and over (40.2 per cent) undertook adequate physical activity, compared with the overall male population. Among females, a significantly higher proportion aged 16–24 years (59.6 per cent) and a significantly lower proportion aged 55 years and over (44.7 per cent to 27.7 per cent) undertook adequate physical activity, compared with the overall adult female population.

There was no significant difference in the proportion of adults undertaking adequate levels of physical activity between urban and rural areas. Adequate physical activity decreases with socioeconomic disadvantage. Adults in the most disadvantaged quintile had significantly lower levels of adequate physical activity (46.7 per cent), and adults in the least disadvantaged quintile had significantly higher levels of adequate physical activity (56.7 per cent), compared with the overall adult population.

There has been a significant increase in the proportion of adults undertaking adequate physical activity, from 1998 (47.9 per cent) to 2005 (51.9 per cent).

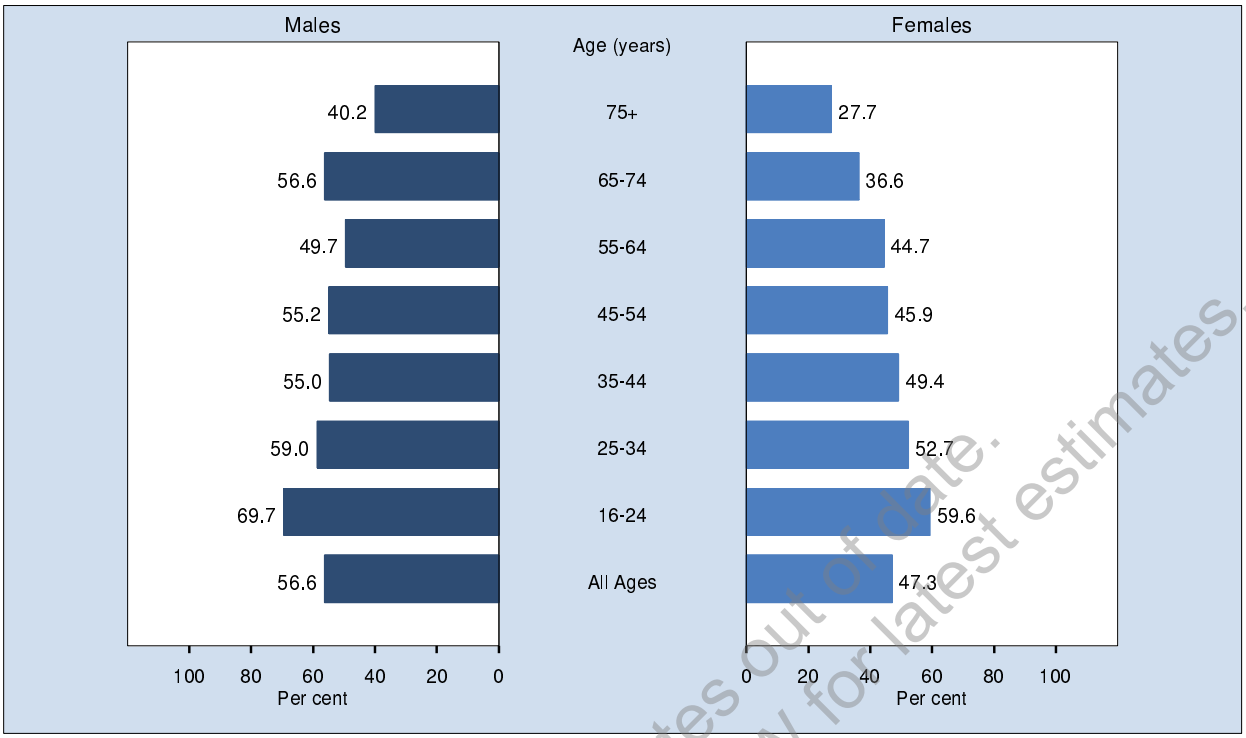
Active transport

In 2005, the majority of adults did not use active transport to travel to work, as 76.6 per cent commuted by car, motorbike, truck, or taxi. Of those who used a form of active transport to travel to work, 8.8 per cent caught a train, 6.1 per cent caught a bus, 7.4 per cent walked, 1.8 per cent rode a bicycle, and 0.5 per cent caught a ferry.

References

1. Bauman A, Bellew B, Vita P, Brown W, and Owen T. *Getting Australia Active: Towards better practice for the promotion of physical activity*. Melbourne: National Public Health Partnership, 2002.
2. Commonwealth Department of Health and Aged Care. *National Physical Activity Guidelines for Australians.* Canberra: Commonwealth Department of Health and Aged Care. Available online at www.health.gov.au/internet/wcms/Publishing.nsf/Content/phd-physical-activity-adults-pdf-cnt.htm/$FILE/adults_phys.pdf, accessed 14 June 2005.
3. Australian Institute of Health and Welfare. *The Active Australia Survey: A guide and manual for implementation, analysis and reporting*. Canberra: AIHW, 2003.

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

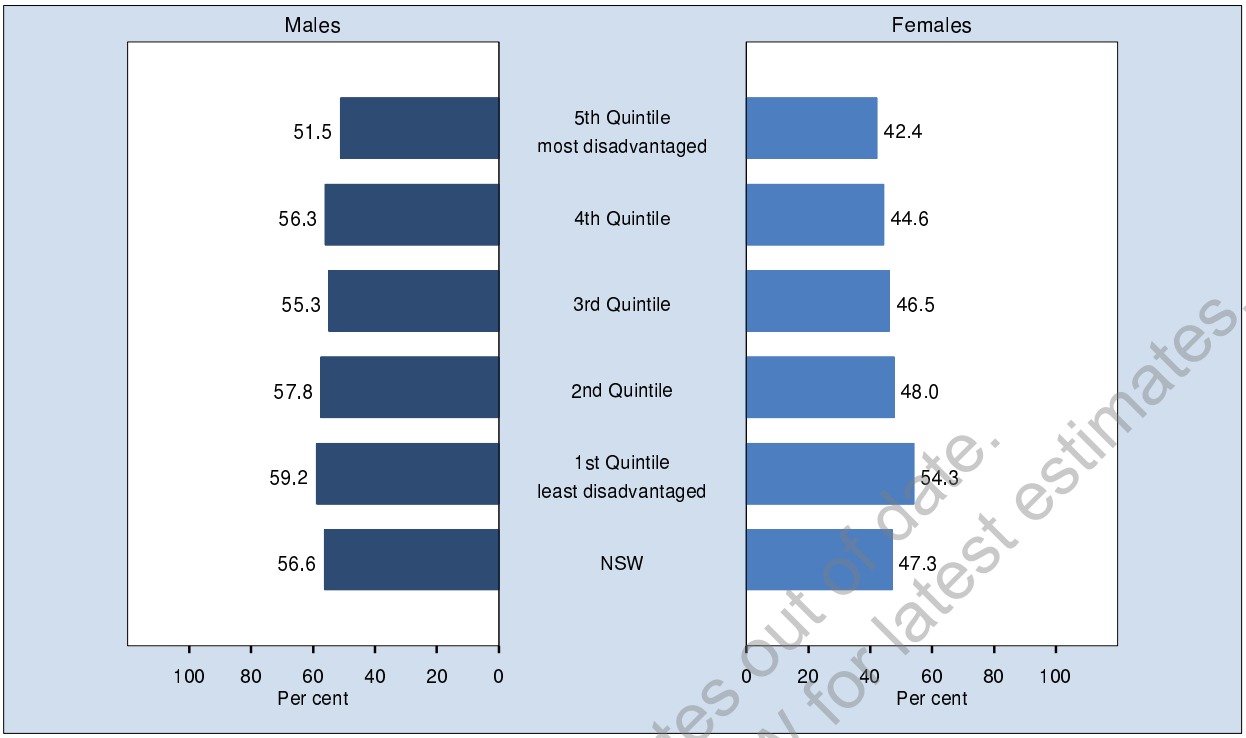


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	69.7 (64.5-75.0)	59.6 (54.4-64.7)	64.6 (60.9-68.3)
25-34	59.0 (53.3-64.7)	52.7 (48.5-56.8)	55.8 (52.3-59.3)
35-44	55.0 (50.0-59.9)	49.4 (45.4-53.4)	52.2 (49.0-55.3)
45-54	55.2 (50.9-59.5)	45.9 (42.2-49.5)	50.5 (47.7-53.3)
55-64	49.7 (45.4-54.0)	44.7 (41.5-47.9)	47.2 (44.5-49.9)
65-74	56.6 (52.5-60.7)	36.6 (33.2-39.9)	46.3 (43.6-49.0)
75+	40.2 (35.4-45.1)	27.7 (24.2-31.2)	32.8 (29.9-35.7)
All Ages	56.6 (54.6-58.5)	47.3 (45.7-49.0)	51.9 (50.6-53.1)

Note: Estimates are based on 11,402 respondents in NSW. For this indicator 98 (0.85%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Adequate physical activity by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

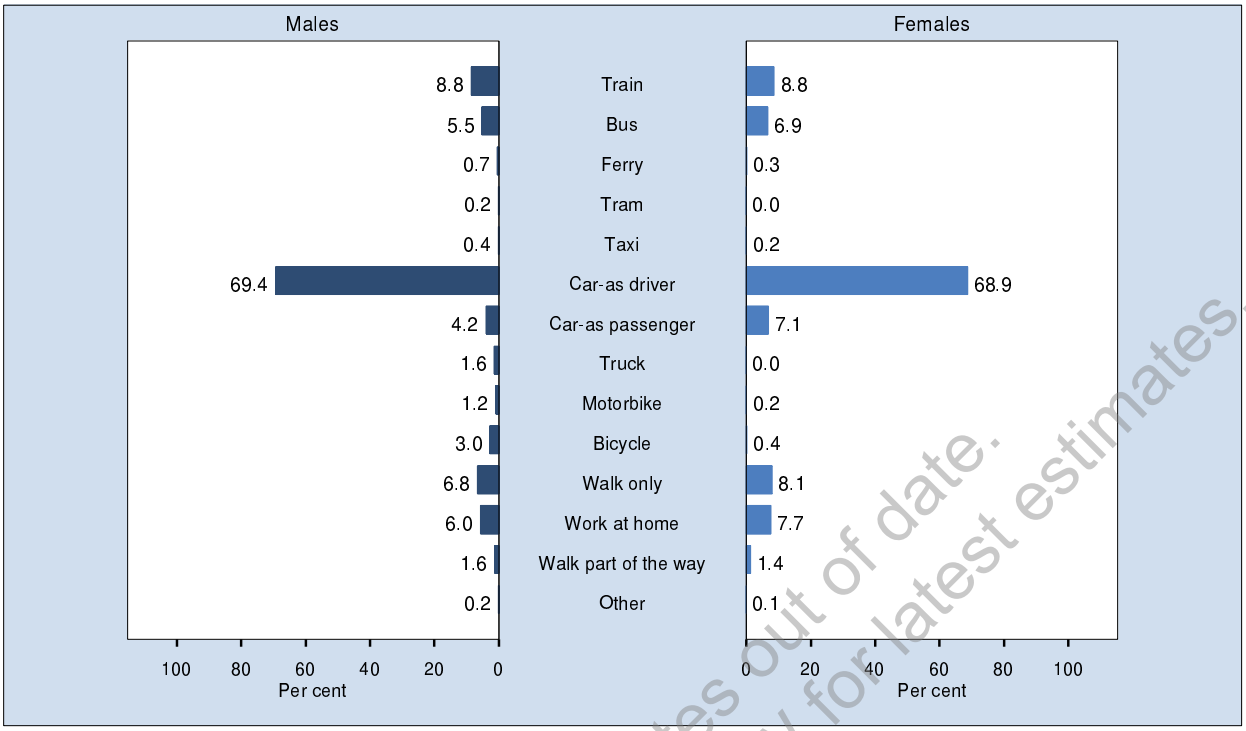


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	51.5 (46.7-56.2)	42.4 (38.6-46.3)	46.9 (43.8-49.9)
4th Quintile	56.3 (52.0-60.7)	44.6 (41.3-47.9)	50.3 (47.6-53.0)
3rd Quintile	55.3 (50.9-59.6)	46.5 (42.9-50.0)	50.7 (47.9-53.5)
2nd Quintile	57.8 (53.3-62.4)	48.0 (44.3-51.6)	52.5 (49.6-55.4)
1st Quintile	59.2 (54.5-64.0)	54.3 (50.5-58.1)	56.8 (53.7-59.9)
NSW	56.6 (54.6-58.5)	47.3 (45.7-49.0)	51.9 (50.6-53.1)

Note: Estimates are based on 11,402 respondents in NSW. For this indicator 98 (0.85%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Usual transport to work, employed persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Train	8.8 (7.1-10.5)	8.8 (7.4-10.3)	8.8 (7.7-9.9)
Bus	5.5 (4.2-6.8)	6.9 (5.6-8.1)	6.1 (5.2-7.0)
Ferry	0.7 (0.2-1.2)	0.3 (0.1-0.4)	0.5 (0.2-0.8)
Tram (including light rail)	0.2 (0.0-0.4)	0.0 (0.0-0.1)	0.1 (0.0-0.2)
Taxi	0.4 (0.0-0.8)	0.2 (0.0-0.5)	0.3 (0.1-0.6)
Car - as driver	69.4 (67.0-71.9)	68.9 (66.7-71.1)	69.2 (67.5-70.9)
Car- as passenger	4.2 (3.1-5.2)	7.1 (5.8-8.4)	5.5 (4.7-6.3)
Truck	1.6 (0.9-2.3)	0.0 (0.0-0.1)	0.9 (0.5-1.3)
Motorbike or motor scooter	1.2 (0.7-1.7)	0.2 (0.0-0.3)	0.7 (0.4-1.0)
Bicycle	3.0 (2.1-3.9)	0.4 (0.1-0.7)	1.8 (1.3-2.3)
Walk only	6.8 (5.5-8.2)	8.1 (6.9-9.4)	7.4 (6.5-8.3)
Work at home	6.0 (4.9-7.0)	7.7 (6.6-8.9)	6.8 (6.0-7.5)
Walk part of the way	1.6 (0.8-2.4)	1.4 (0.9-2.0)	1.5 (1.0-2.0)
Other	0.2 (0.0-0.4)	0.1 (0.0-0.2)	0.2 (0.0-0.3)

Note: Estimates are based on 5,648 respondents in NSW. For this indicator 6 (0.11%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last week, which of the following best describes your employment status? and How do you usually get to work? Respondents could mention more than one response. Percentages will total more than 100 per cent.

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

Smoking

Introduction

Tobacco smoking is the leading cause of preventable mortality and morbidity in New South Wales. While the relationship between smoking, lung cancer, and cardiovascular disease has long been evidenced, a substantial number of other diseases are now known to be associated with smoking, including: cancers of the stomach, bladder, cervix, uterus, oesophagus, mouth, larynx, pancreas, and kidney; leukemia; chronic obstructive pulmonary disease and pneumonia; respiratory effects in utero and infancy (including sudden infant death syndrome), childhood, adolescence and adulthood; fetal death and stillbirths; problems with fertility; low birthweight; complications in pregnancy; cataract; hip fractures; low bone density; peptic ulcers in persons who are *Heliobacter pylori* positive; and periodontitis.

Smoking diminishes the overall health of smokers and contributes to widespread organ damage. As smokers need to be aware that smoking carries far greater risks than the most widely known diseases, health care providers should use this new evidence to counsel their patients against smoking. Smokers who quit can lower their risk of a wide range of diseases and improve their health generally. Those who have never smoked can avoid the burden of disease and the years of lost life smoking causes.[1]

Exposure to environmental tobacco smoke (passive smoking) is a significant cause of preventable mortality and morbidity in New South Wales. Passive smoking causes lung, nasal and sinus cancer; stroke and ischemic heart disease in adults; lower respiratory infections (croup, bronchitis, bronchiolitis and pneumonia), onset of asthma and worsening of asthma, respiratory symptoms, reduced lung function, middle-ear disease, and eye and nasal irritation in children; reduced birthweight; and sudden infant death syndrome in infants. There is also a causal association between passive smoking and cervical cancer; decreased pulmonary function and exacerbation of cystic fibrosis in adults; and cardiovascular health and the development of neurodevelopmental and behavioural problems in children. The risk of breast cancer appears to increase with passive smoking during puberty but not with overall lifetime exposure. Most of the evidence of harm caused by passive smoking is based on studies in the home environment; however, passive smoking is harmful wherever it takes place.[2]

In 2005 the New South Wales Population Health Survey respondents were 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?; Which of the following best describes how you feel about your smoking: I am not planning on quitting within the next 6 months, I am planning on quitting within the next 6 months, I am planning on quitting within the next month, I have not smoked in the past 24 hours but was smoking 6 months ago, I have not been smoking in the past 6 months?; The last time you went to your general practitioner, was your smoking discussed and were you advised to quit smoking?; 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?; Are people allowed to smoke in your car? and, If there was a total ban on smoking in hotels and licensed bars would you go there: More often, Less often, It would make no difference?

Results

Current smoking status

Overall, in 2005, 20.1 per cent of adults currently smoked (that is, smoked daily or occasionally): 15.8 per cent smoked daily; 4.3 per cent smoked occasionally; 23.0 per cent did not smoke but used to smoke; 9.8 per cent tried smoking a few times but never regularly smoked, and 47.1 per cent never smoked. A significantly greater proportion of males (22.7 per cent) than females (17.6 per cent) currently smoked. A significantly greater proportion of those aged 25–44 years (28.4 per cent 24.1 per cent) and a significantly lower proportion of those aged 55 years and over (14.6 per cent to 3.8 per cent) were current smokers, compared to the overall adult population.

There was no significant difference between the proportion of rural and urban residents currently smoking. The proportion of adults currently smoking increased with socioeconomic disadvantage. A significantly higher proportion of adults in the most disadvantaged quintile (26.5 per cent) and a significantly lower

proportion of adults in the least disadvantaged quintile (15.6 per cent) currently smoked, compared with the overall adult population. There was a significant decline in the prevalence of current smoking, between 1997 (24.0 per cent) an d 2005 (20.1 per cent).

Of those who reported current smoking, 39.8 per cent were not planning to quit in the next 6 months, 39.4 per cent were planning to quit in the next 6 months, 16.2 per cent were planning to quit in the next month, 3.2 per cent had not smoked in the last 24 hours, and 1.5 per cent had not smoked in the last 6 months. Of those who reported current smoking, 44.2 per cent had been advised to quit smoking the last time they went to the doctor.

Smoking in the home

Overall, in 2005, 86.2 per cent of adults had smoke-free homes. The proportion of adults living in a smoke-free home was significantly lower among those aged 16–24 years (79.5 per cent), compared with the overall adult population. There was no significant difference between the proportion of rural residents and urban residents living in smoke-free homes. A significantly greater proportion of residents in the Northern Sydney and Central Coast Health Area (91.7 per cent) lived in smoke-free homes, compared to the overall adult population. The proportion of smoke-free homes increased as socioeconomic disadvantage decreased. Compared to the overall population, the least disadvantaged quintile (90.2 per cent) had a significantly higher proportion of smoke-free homes, and the most disadvantaged quintile (80.8 per cent) had a significantly lower proportion of smoke-free homes.

There has been a significant increase in the proportion of smoke-free homes, from 69.7 per cent in 1997 to 86.1 per cent in 2005.

Smoking in cars

Overall, in 2005, 84.8 per cent of adults had smoke-free cars. A significantly greater proportion of adults aged 55 years and over (88.2 per cent to 90.9 per cent) reported smoke-free cars. There was no significant difference between the proportion of rural and urban residents with smoke-free cars. The proportion of adults with smoke-free cars was signficantly higher (90.3 per cent) in the Northern Sydney & Central Coast Health Area, and significantly lower (81.3 per cent) in the Sydney South West Health Area. The proportion of smoke-free cars increased as socioeconomic disadvantage decreased. Compared to the overall adult population, the least disadvantaged quintile (89.3 per cent) had a significantly higher proportion of smoke-free cars, and the most disadvantaged quintile (79.7 per cent) had a significantly lower proportion of smoke-free cars.

There has been a significant increase in the proportion of smoke-free cars, from 81.2 per cent in 2003 to 84.8 per cent in 2005.

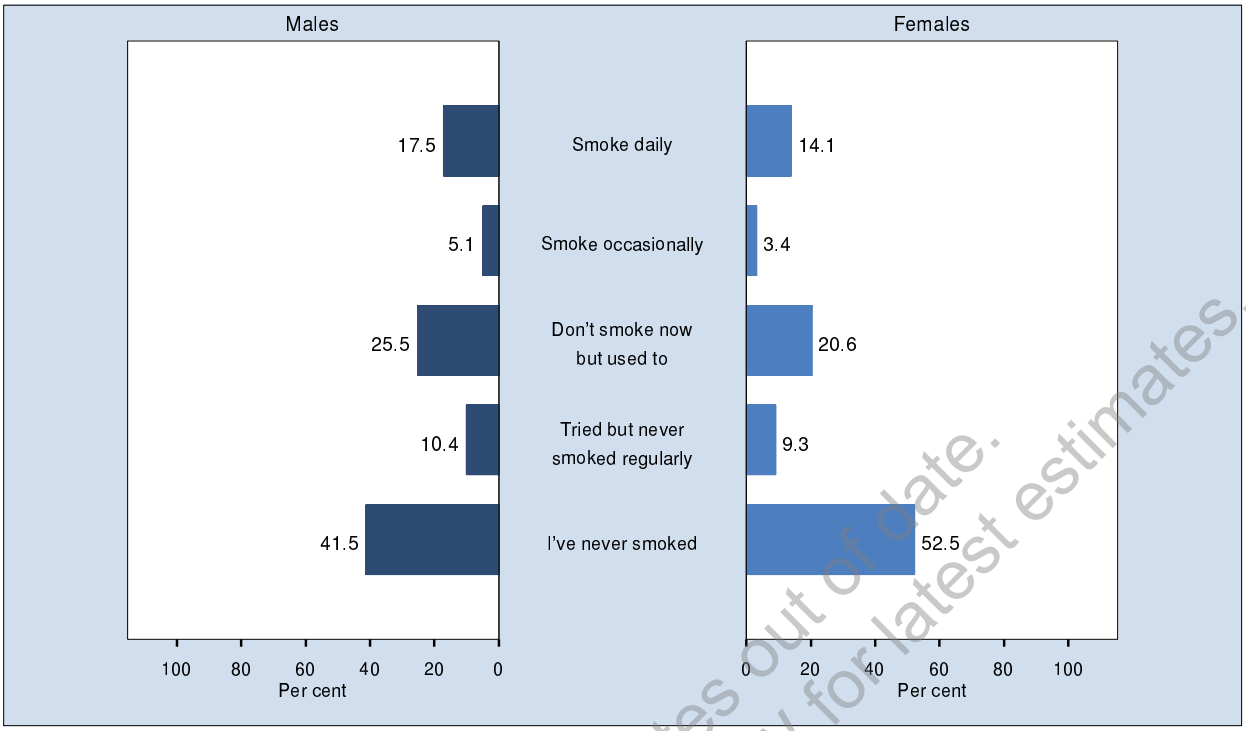
Smoking in hotels and licensed premises

Approximately 35.2 per cent of adults would be more likely to frequent hotels and licensed premises if there was a total ban on smoking. This proportion has increased significantly from 24.2 per cent in 2003 to 35.2 per cent in 2005. Approximately 7.5 per cent of adults would be less likely to frequent hotels and licensed premises if there was a total ban on smoking. This proportion has decreased significantly from 9.8 per cent in 2003 to 7.5 per cent in 2005.

References

1. United States Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon-General*. Atlanta: United States Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2004. Available online at www.cdc.gov/tobacco/sgr/sgr_2004/index.htm (accessed 2 May 2006).
2. Commonwealth Department of Health and Ageing and the National Drug Strategy. *Environmental Tobacco Smoke in Australia*. Canberra: Commonwealth Department of Health and Ageing, 2002. Available online at www.health.gov.au/ internet/wcms/Publishing.nsf/Content/health-pubhlth-publicat-document-env_ets.pdf (accessed 2 May 2006).

Smoking status,
persons aged 16 years and over, NSW 2005

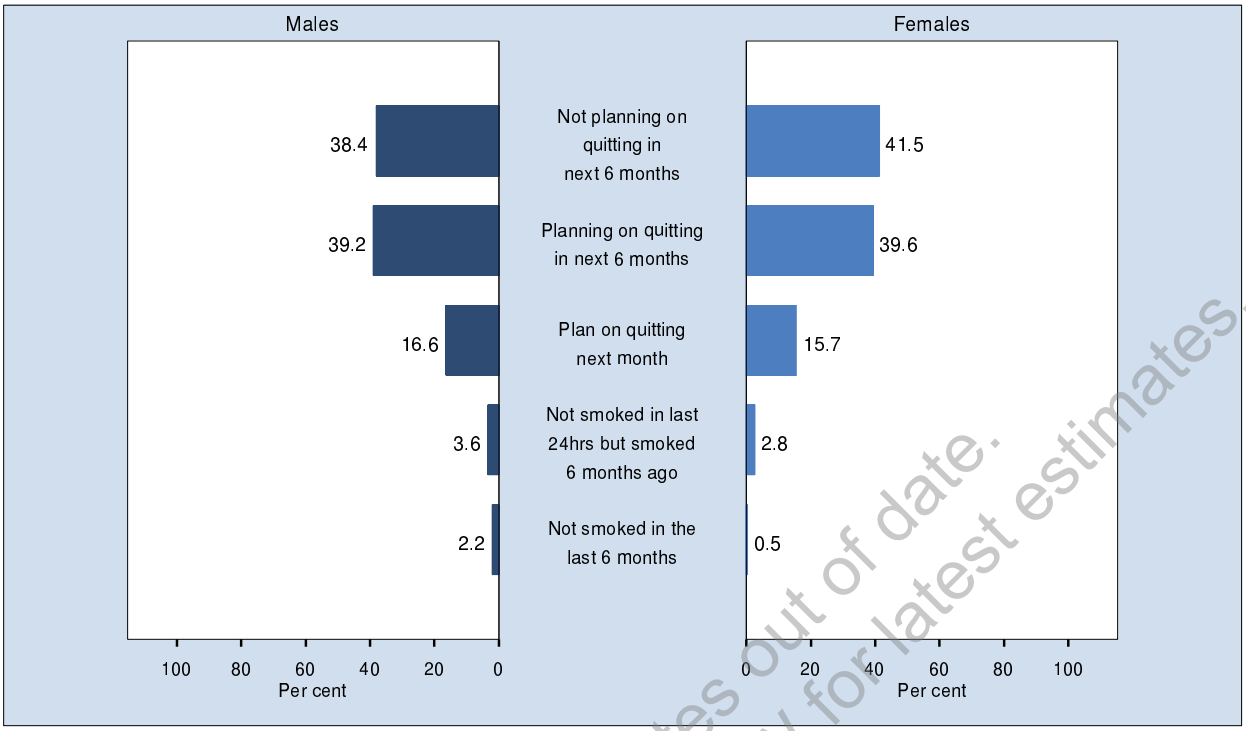


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Smoke daily	17.5 (16.0-19.0)	14.1 (13.0-15.3)	15.8 (14.8-16.7)
Smoke occasionally	5.1 (4.2-6.1)	3.4 (2.8-4.1)	4.3 (3.7-4.9)
Don't smoke now but used to	25.5 (23.9-27.1)	20.6 (19.4-21.8)	23.0 (22.0-24.0)
Tried but never smoked regularly	10.4 (9.1-11.6)	9.3 (8.4-10.3)	9.8 (9.1-10.6)
I've never smoked	41.5 (39.5-43.5)	52.5 (50.9-54.1)	47.1 (45.8-48.4)

Note: Estimates are based on 11,490 respondents in NSW. For this indicator 10 (0.09%) were not stated (Don't know or Refused) in NSW
The question used was: Which of the following best describes your smoking status? Smoke daily, Smoke occasionally, Don't smoke now but used to, Have tried it a few times but never smoked regularly, and Never smoked?

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

Intention to quit smoking, persons who smoke aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Not planning on quitting in next 6 months	38.4 (34.0-42.7)	41.5 (37.3-45.6)	39.8 (36.7-42.8)
Planning on quitting within next 6 months	39.2 (34.6-43.9)	39.6 (35.5-43.7)	39.4 (36.2-42.5)
Planning on quitting in next month	16.6 (13.1-20.1)	15.7 (12.5-18.9)	16.2 (13.8-18.6)
Not smoked in last 24 hrs but smoked 6 mths ago	3.6 (1.8-5.4)	2.8 (1.5-4.1)	3.2 (2.1-4.4)
Not been smoking in the last 6 months	2.2 (0.9-3.6)	0.5 (0.0-1.0)	1.5 (0.7-2.2)

Note: Estimates are based on 1,994 respondents in NSW. For this indicator 116 (5.5%) were not stated (Don't know or Refused) in NSW
The questions used were: Which of the following best describes your smoking status? Smoke daily, Smoke occasionally, Don't smoke now but used to, I have tried it a few times but never smoked regularly, and I have never smoked? and Which of the following best describes how you feel about your smoking? I am not planning on quitting within the next 6 months, I am planning on quitting within the next 6 months, I am planning on quitting within the next month, I have not smoked in the past 24 hours but was smoking 6 months ago, I have not been smoking in the past 6 months?

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

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

Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	25.4 (20.5-30.2)	21.3 (17.1-25.5)	23.3 (20.1-26.5)
25-34	31.8 (26.6-37.0)	25.0 (21.3-28.6)	28.4 (25.2-31.5)
35-44	27.1 (22.9-31.4)	21.0 (17.8-24.2)	24.1 (21.4-26.8)
45-54	22.9 (19.5-26.4)	18.4 (15.7-21.1)	20.7 (18.5-22.9)
55-64	16.1 (13.2-19.0)	13.0 (10.9-15.1)	14.5 (12.8-16.3)
65-74	10.4 (7.8-13.0)	7.1 (5.5-8.7)	8.7 (7.2-10.2)
75+	3.9 (2.1-5.8)	3.7 (2.3-5.0)	3.8 (2.7-4.9)
All Ages	22.6 (20.9-24.3)	17.6 (16.3-18.8)	20.1 (19.0-21.1)

Note: Estimates are based on 11,490 respondents in NSW. For this indicator 10 (0.09%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

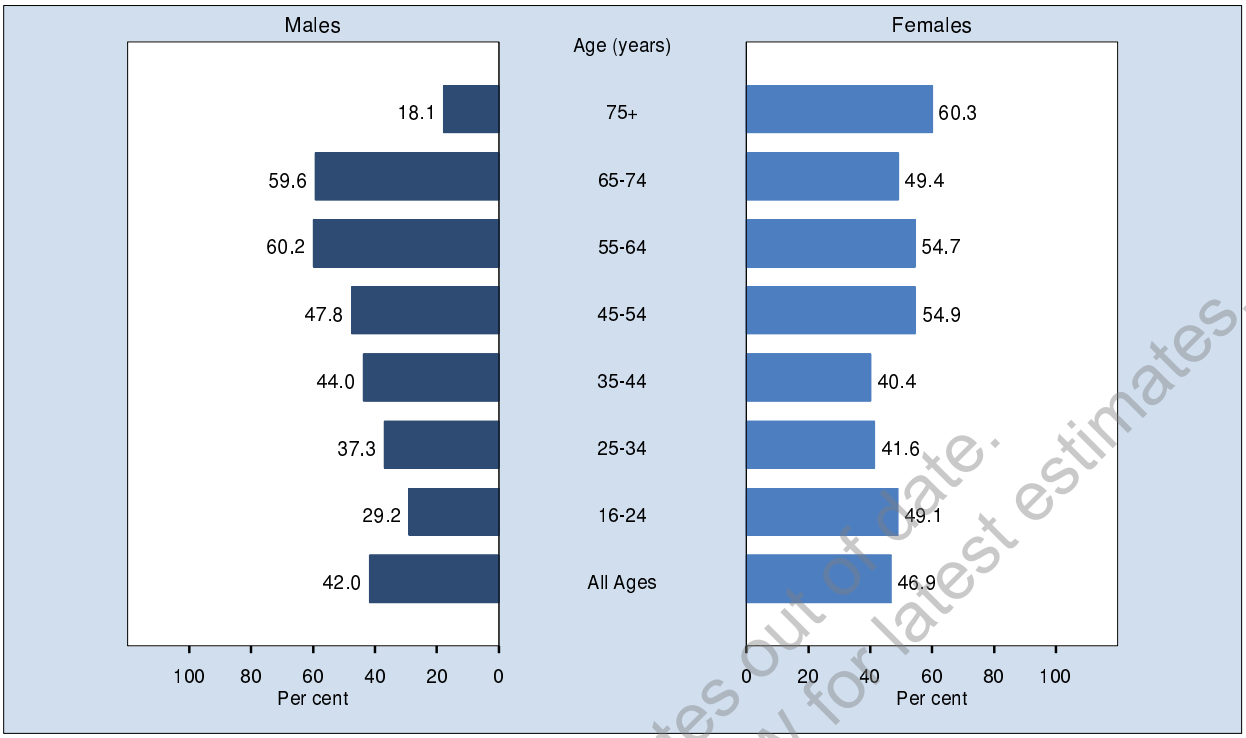
Current daily or occasional smoking by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	30.1 (25.7-34.5)	22.9 (19.7-26.2)	26.5 (23.7-29.2)
4th Quintile	22.2 (18.6-25.8)	19.6 (16.7-22.5)	20.9 (18.6-23.2)
3rd Quintile	21.1 (17.6-24.6)	19.5 (16.5-22.4)	20.3 (18.0-22.5)
2nd Quintile	19.0 (15.3-22.7)	12.6 (10.2-14.9)	15.5 (13.4-17.7)
1st Quintile	17.5 (13.6-21.4)	13.6 (10.8-16.4)	15.6 (13.1-18.0)
NSW	22.6 (20.9-24.3)	17.6 (16.3-18.8)	20.1 (19.0-21.1)

Note: Estimates are based on 11,490 respondents in NSW. For this indicator 10 (0.09%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Doctor advised to quit smoking by age, persons who smoke aged 16 years and over, NSW 2005

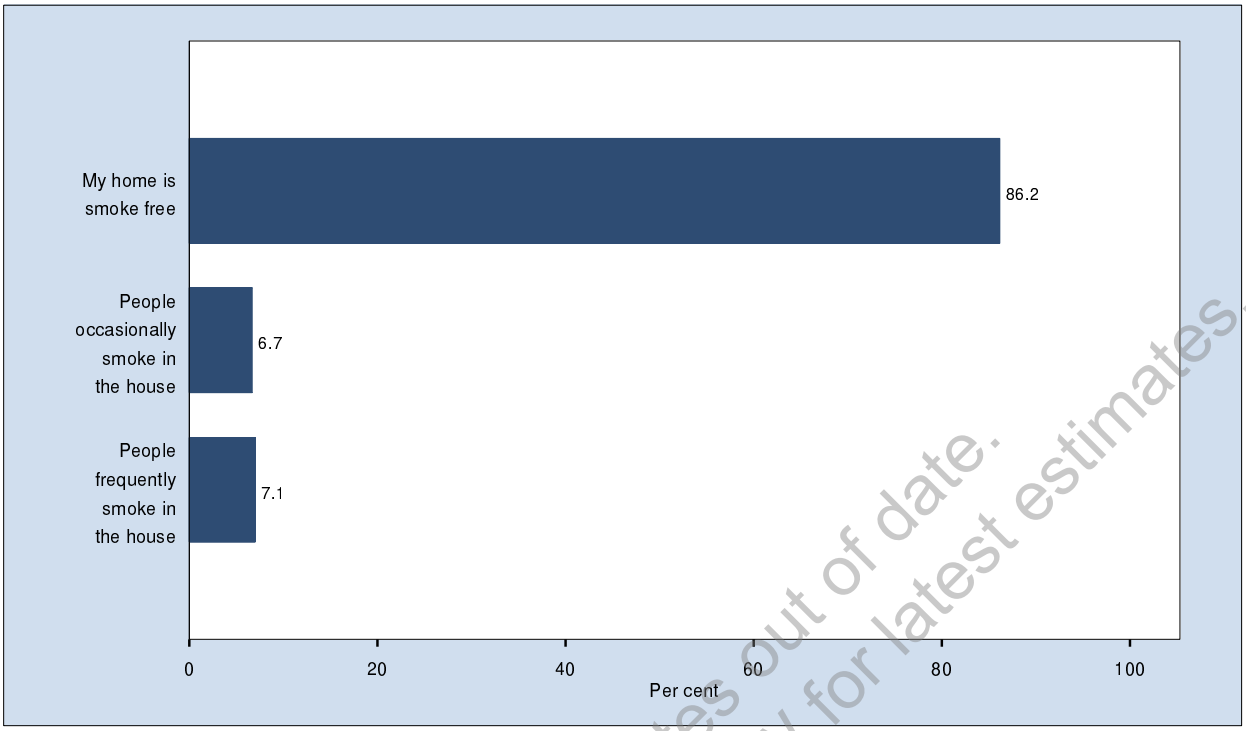


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	29.2 (18.4-40.1)	49.1 (36.9-61.4)	38.2 (29.8-46.6)
25-34	37.3 (26.9-47.6)	41.6 (32.5-50.7)	39.2 (32.1-46.2)
35-44	44.0 (34.6-53.4)	40.4 (31.0-49.7)	42.5 (35.8-49.2)
45-54	47.8 (38.4-57.2)	54.9 (46.5-63.2)	51.0 (44.5-57.4)
55-64	60.2 (50.3-70.1)	54.7 (45.6-63.9)	57.8 (50.9-64.6)
65-74	59.6 (43.6-75.6)	49.4 (35.9-62.8)	55.1 (44.4-65.8)
75+	18.1 (1.1-35.1)	60.3 (40.9-79.6)	40.8 (24.7-56.9)
All Ages	42.0 (37.4-46.6)	46.9 (42.6-51.3)	44.2 (41.0-47.4)

Note: Estimates are based on 1,736 respondents in NSW. For this indicator 12 (0.69%) were not stated (Don't know or Refused) in NSW
The indicator includes those who smoke and were advised to quit smoking the last time they visited their general practitioner. The questions used to define the indicator were: What is you current smoking status? and The last time you went to your general practitioner, did the doctor discuss your smoking and advise you to quit smoking?

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

Exposure to tobacco smoke in household, persons aged 16 years and over, NSW 2005

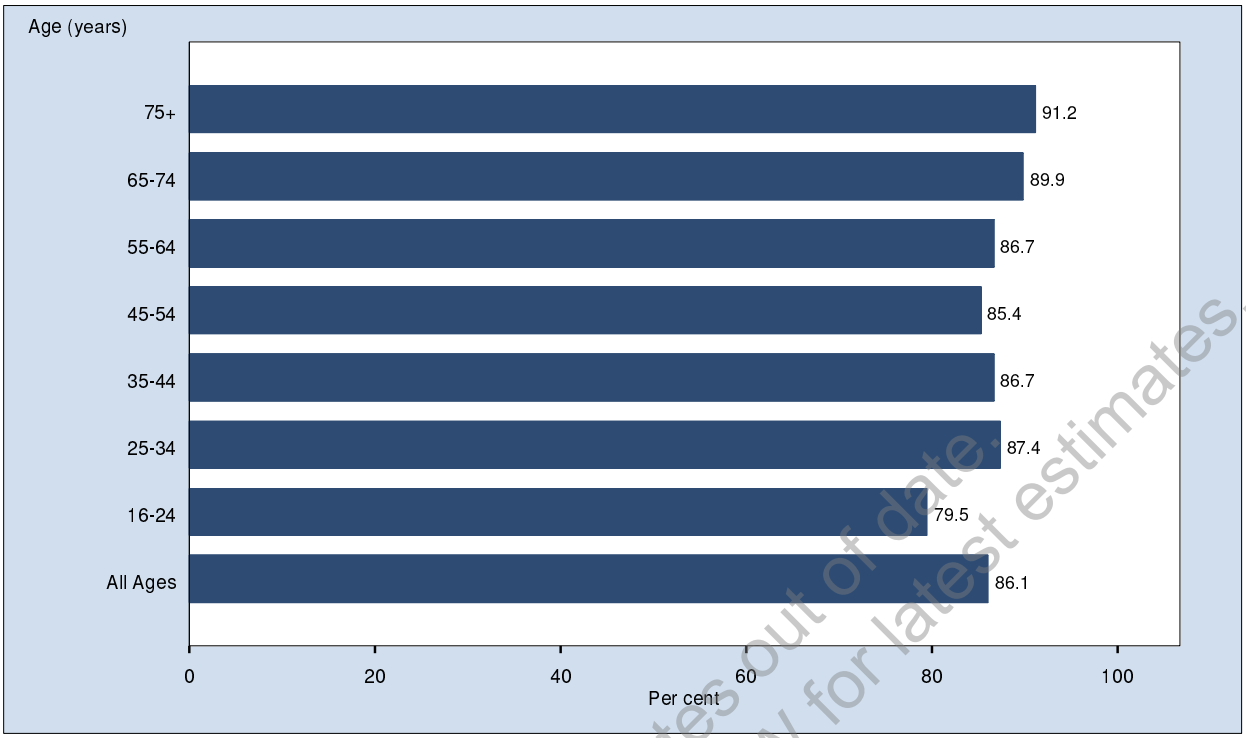


Responses	Person (95% CI)
My home is smoke free	86.2 (85.3-87.1)
People occasionally smoke in the house	6.7 (6.1-7.4)
People frequently smoke in the house	7.1 (6.4-7.7)

Note: Estimates are based on 11,282 respondents in NSW. For this indicator 14 (0.12%) were not stated (Don't know or Refused) in NSW
The question used was: Which of the following best describes your home situation? My home is smoke-free, People occasionally smoke in the house, and People frequently smoke in the house?

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

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

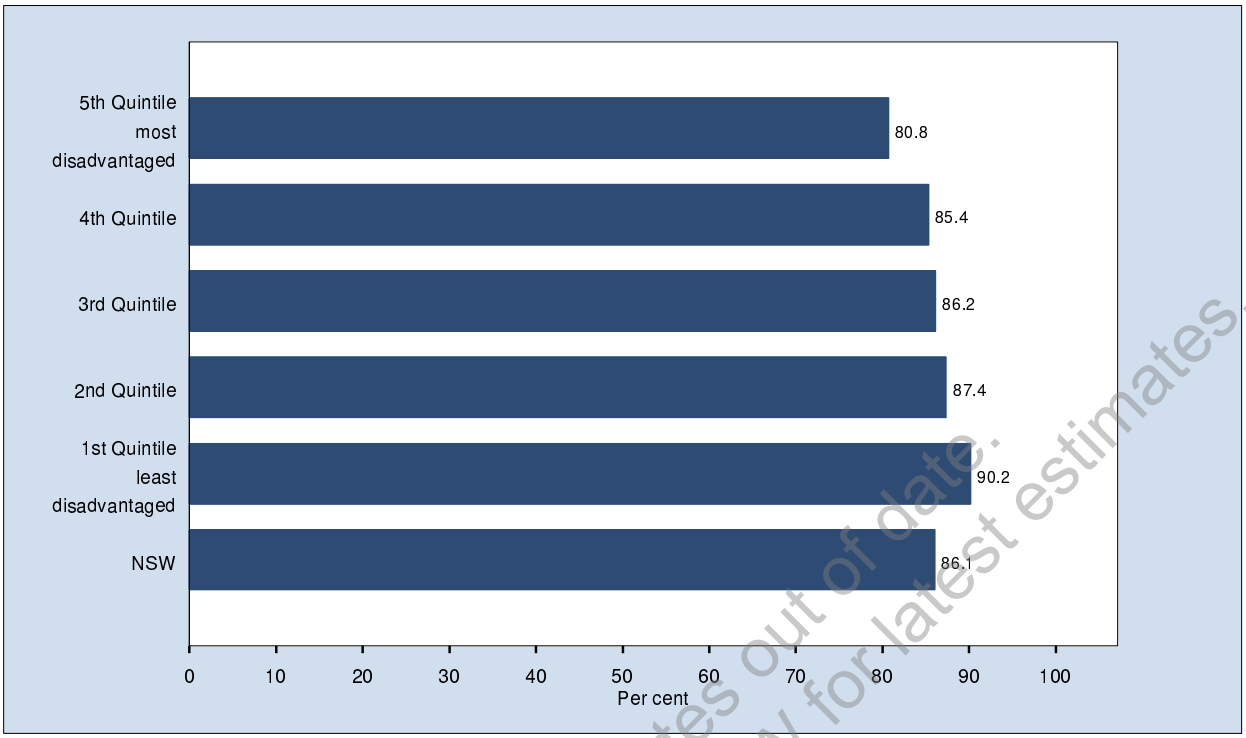


Age (years)	Persons (95% CI)
16-24	79.5 (76.4-82.7)
25-34	87.4 (85.1-89.7)
35-44	86.7 (84.8-88.7)
45-54	85.4 (83.5-87.2)
55-64	86.7 (85.0-88.4)
65-74	89.9 (88.2-91.6)
75+	91.2 (89.4-93.0)
All Ages	86.1 (85.2-87.0)

Note: Estimates are based on 11,282 respondents in NSW. For this indicator 14 (0.12%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Smoke-free households by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

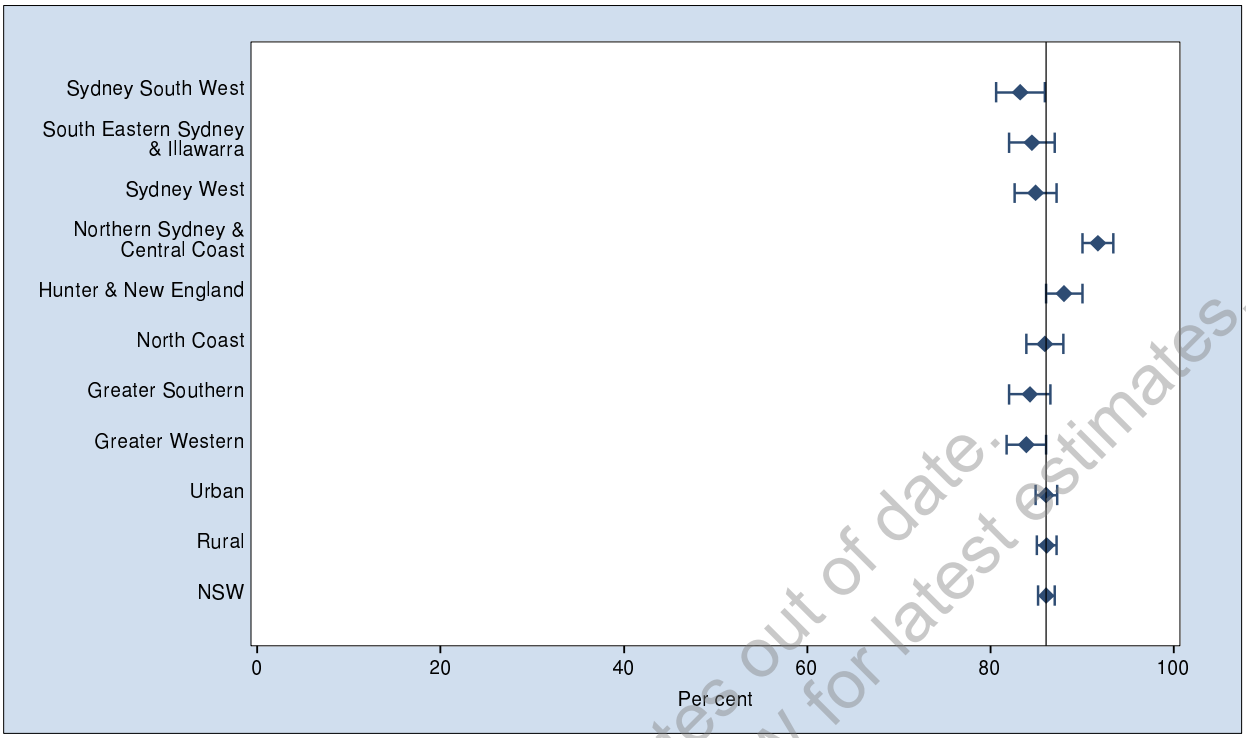


Age (years)	Persons (95% CI)
16-24	79.5 (76.4-82.7)
25-34	87.4 (85.1-89.7)
35-44	86.7 (84.8-88.7)
45-54	85.4 (83.5-87.2)
55-64	86.7 (85.0-88.4)
65-74	89.9 (88.2-91.6)
75+	91.2 (89.4-93.0)
All Ages	86.1 (85.2-87.0)

Note: Estimates are based on 11,282 respondents in NSW. For this indicator 14 (0.12%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

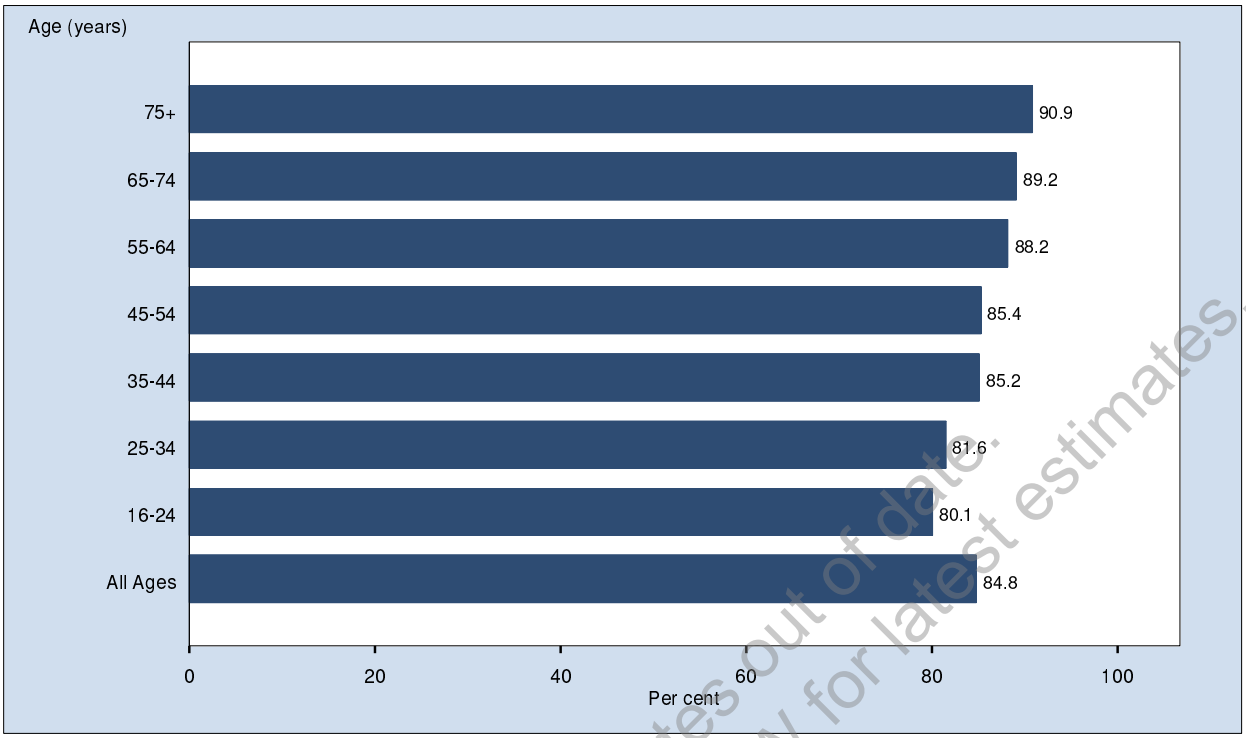


Area	Persons (95% CI)
Sydney South West	83.3 (80.6-86.0)
South Eastern Sydney & Illawarra	84.6 (82.1-87.0)
Sydney West	84.9 (82.6-87.2)
Northern Sydney & Central Coast	91.8 (90.1-93.4)
Hunter & New England	88.1 (86.1-90.0)
North Coast	86.0 (83.9-88.0)
Greater Southern	84.3 (82.0-86.6)
Greater Western	84.0 (81.8-86.1)
Urban	86.1 (84.9-87.3)
Rural	86.1 (85.0-87.2)
NSW	86.1 (85.2-87.0)

Note: Estimates are based on 11,282 respondents in NSW. For this indicator 14 (0.12%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Smoke-free cars by age, persons aged 16 years and over, NSW 2005

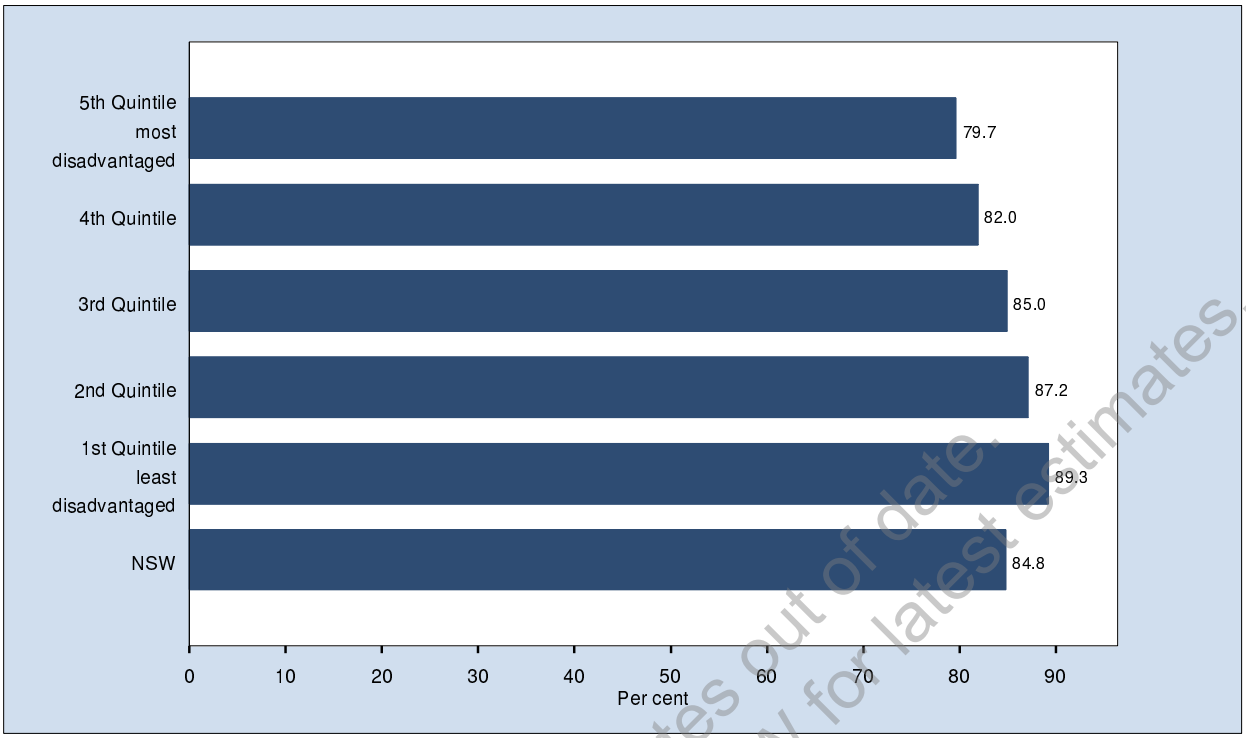


Age (years)	Persons (95% CI)
16-24	80.1 (76.9-83.3)
25-34	81.6 (78.6-84.5)
35-44	85.2 (82.9-87.4)
45-54	85.4 (83.4-87.4)
55-64	88.2 (86.5-89.9)
65-74	89.2 (87.4-90.9)
75+	90.9 (88.8-92.9)
All Ages	84.8 (83.9-85.8)

Note: Estimates are based on 10,349 respondents in NSW. For this indicator 50 (0.48%) were not stated (Don't know or Refused) in NSW
The indicator includes those who indicated their car was smoke-free. The question used to define the indicator was: Are people allowed to smoke in your car?

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

Smoke-free cars by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

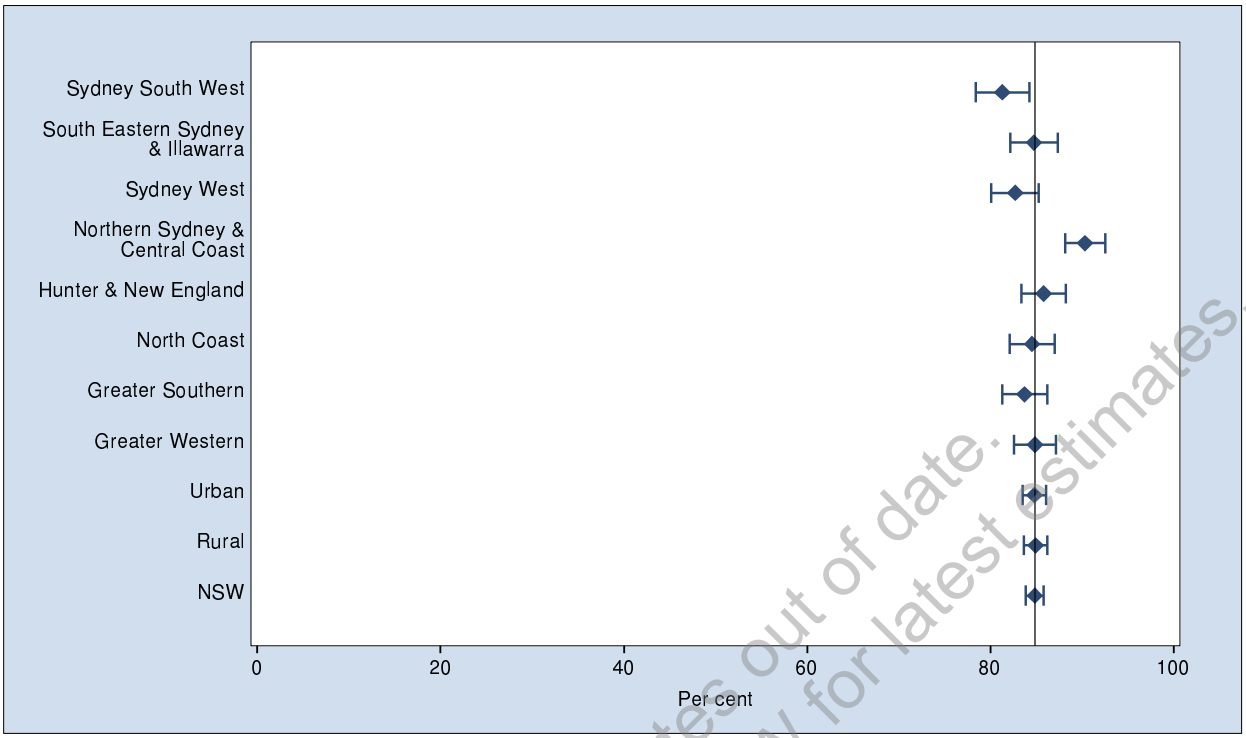


Age (years)	Persons (95% CI)
16-24	80.1 (76.9-83.3)
25-34	81.6 (78.6-84.5)
35-44	85.2 (82.9-87.4)
45-54	85.4 (83.4-87.4)
55-64	88.2 (86.5-89.9)
65-74	89.2 (87.4-90.9)
75+	90.9 (88.8-92.9)
All Ages	84.8 (83.9-85.8)

Note: Estimates are based on 10,349 respondents in NSW. For this indicator 50 (0.48%) were not stated (Don't know or Refused) in NSW
The indicator includes those who indicated their car was smoke-free. The question used to define the indicator was: Are people allowed to smoke in your car?

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

Smoke-free cars by health area, persons aged 16 years and over, NSW 2005

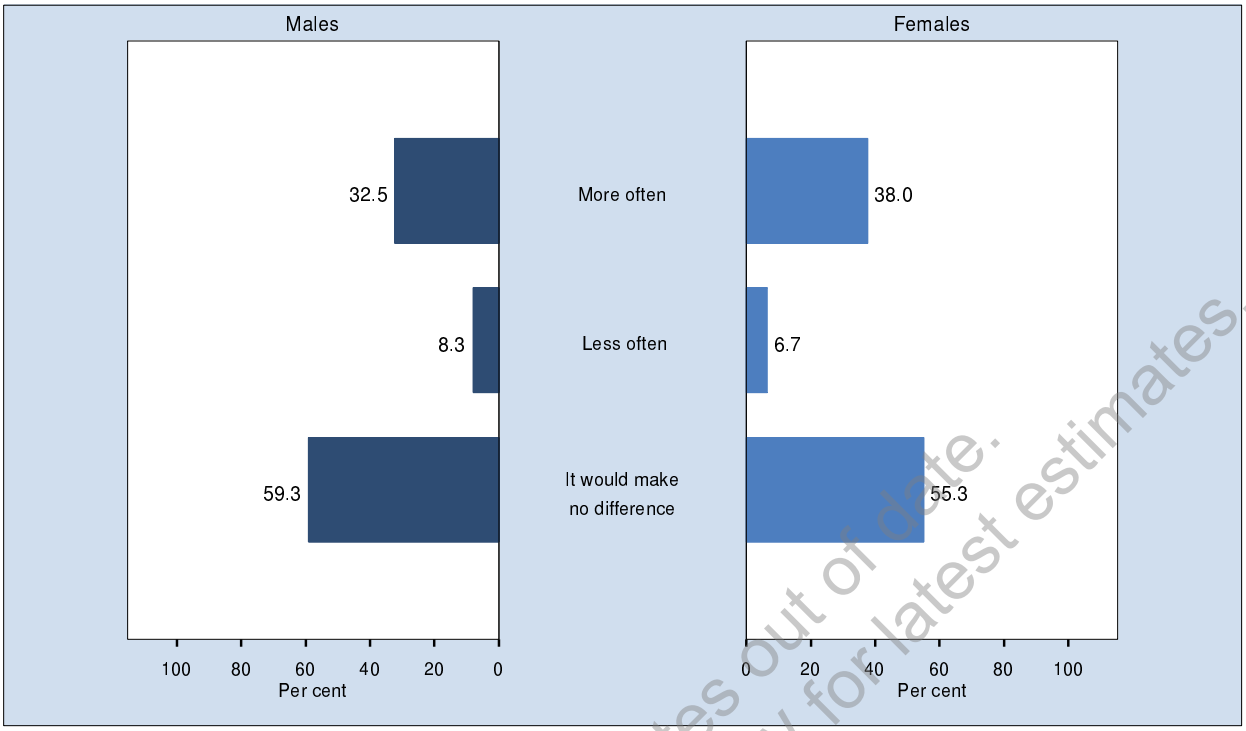


Area	Persons (95% CI)
Sydney South West	81.3 (78.4-84.3)
South Eastern Sydney & Illawarra	84.8 (82.2-87.4)
Sydney West	82.7 (80.1-85.3)
Northern Sydney & Central Coast	90.3 (88.1-92.5)
Hunter & New England	85.8 (83.4-88.2)
North Coast	84.6 (82.1-87.1)
Greater Southern	83.7 (81.3-86.2)
Greater Western	84.9 (82.6-87.1)
Urban	84.8 (83.5-86.1)
Rural	84.9 (83.6-86.2)
NSW	84.8 (83.9-85.8)

Note: Estimates are based on 10,349 respondents in NSW. For this indicator 50 (0.48%) were not stated (Don't know or Refused) in NSW
The indicator includes those who indicated their car was smoke-free. The question used to define the indicator was: Are people allowed to smoke in your car?

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

Impact of total smoking ban on attendance in bars and hotels, persons aged 16 years and over, NSW 2005

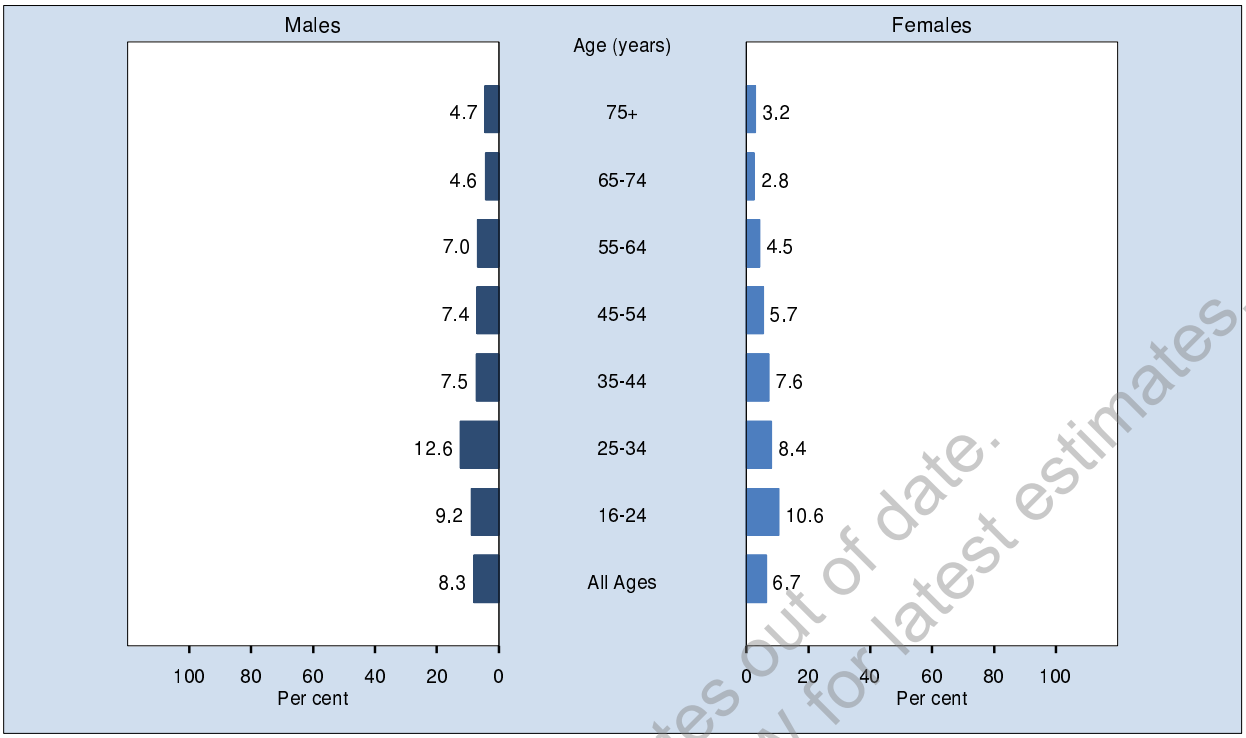


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
More often	32.5 (30.6-34.4)	38.0 (36.4-39.6)	35.3 (34.0-36.5)
Less often	8.3 (7.1-9.4)	6.7 (5.8-7.6)	7.5 (6.7-8.2)
It would make no difference	59.3 (57.3-61.3)	55.3 (53.7-57.0)	57.3 (56.0-58.6)

Note: Estimates are based on 11,190 respondents in NSW. For this indicator 90 (0.8%) were not stated (Don't know or Refused) in NSW
The question used was: If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there More often, Less often, It would make no difference?

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

Less likely to attend hotels and licensed bars if smoking banned by age, persons aged 16 years and over, NSW 2005

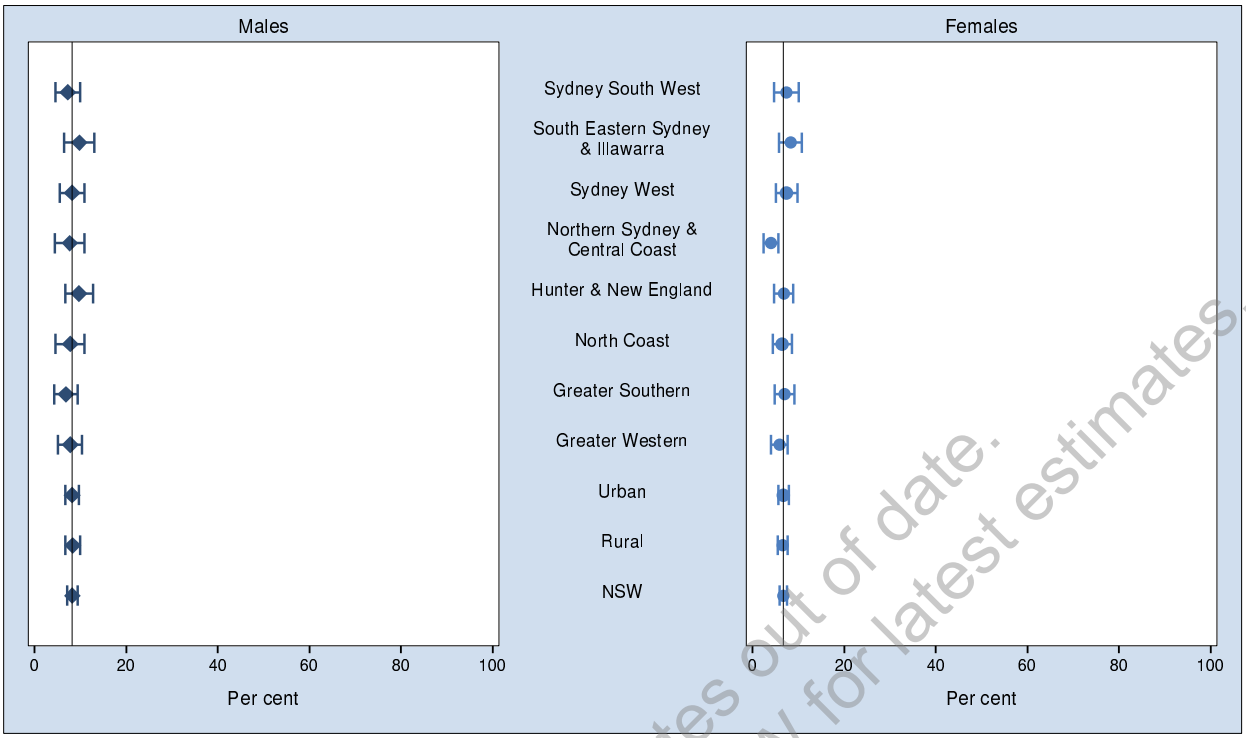


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	9.2 (5.7-12.7)	10.6 (7.3-13.9)	9.9 (7.5-12.3)
25-34	12.6 (9.0-16.3)	8.4 (5.9-10.8)	10.5 (8.3-12.7)
35-44	7.5 (5.1-10.0)	7.6 (5.5-9.7)	7.6 (5.9-9.2)
45-54	7.4 (5.1-9.7)	5.7 (4.1-7.2)	6.6 (5.2-7.9)
55-64	7.0 (4.9-9.1)	4.5 (3.3-5.8)	5.8 (4.6-7.0)
65-74	4.6 (2.9-6.4)	2.8 (1.7-3.9)	3.7 (2.7-4.7)
75+	4.7 (2.4-6.9)	3.2 (1.9-4.6)	3.8 (2.6-5.0)
All Ages	8.3 (7.1-9.4)	6.7 (5.8-7.6)	7.5 (6.7-8.2)

Note: Estimates are based on 11,190 respondents in NSW. For this indicator 90 (0.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be less likely to frequent licensed bars and hotels if there was a total ban on smoking. The question used was: If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there More often, Less often, It would make no difference?

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

Less likely to attend hotels and licensed bars if smoking banned by health area, persons aged 16 years and over, NSW 2005

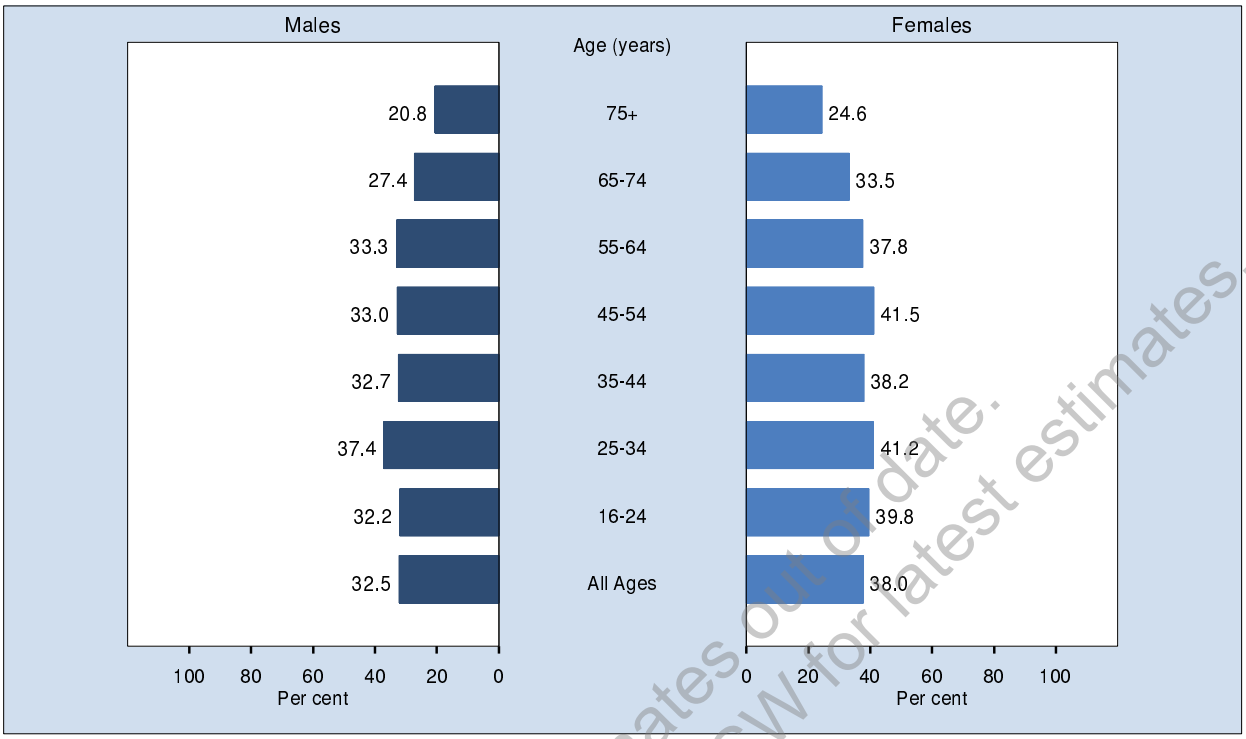


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	7.3 (4.5-10.0)	7.3 (4.6-10.0)	7.3 (5.4-9.2)
South Eastern Sydney & Illawarra	9.7 (6.5-13.0)	8.3 (5.8-10.8)	9.0 (7.0-11.0)
Sydney West	8.1 (5.4-10.8)	7.4 (5.1-9.8)	7.8 (6.0-9.6)
Northern Sydney & Central Coast	7.7 (4.5-10.9)	4.0 (2.4-5.6)	5.8 (4.0-7.6)
Hunter & New England	9.7 (6.7-12.7)	6.8 (4.7-8.8)	8.2 (6.4-10.0)
North Coast	7.8 (4.6-10.9)	6.5 (4.4-8.5)	7.1 (5.2-9.0)
Greater Southern	6.9 (4.3-9.4)	6.9 (4.8-9.1)	6.9 (5.2-8.6)
Greater Western	7.7 (5.1-10.4)	5.9 (4.0-7.7)	6.8 (5.2-8.4)
Urban	8.2 (6.7-9.7)	6.8 (5.6-7.9)	7.5 (6.5-8.4)
Rural	8.3 (6.8-9.9)	6.6 (5.5-7.7)	7.5 (6.5-8.4)
NSW	8.3 (7.1-9.4)	6.7 (5.8-7.6)	7.5 (6.7-8.2)

Note: Estimates are based on 11,190 respondents in NSW. For this indicator 90 (0.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be less likely to frequent licensed bars and hotels if there was a total ban on smoking. The question used was: If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there More often, Less often, It would make no difference?

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

More likely to attend hotels and licensed bars if smoking banned in hotels and licensed bars by age, persons aged 16 years and over, NSW 2005

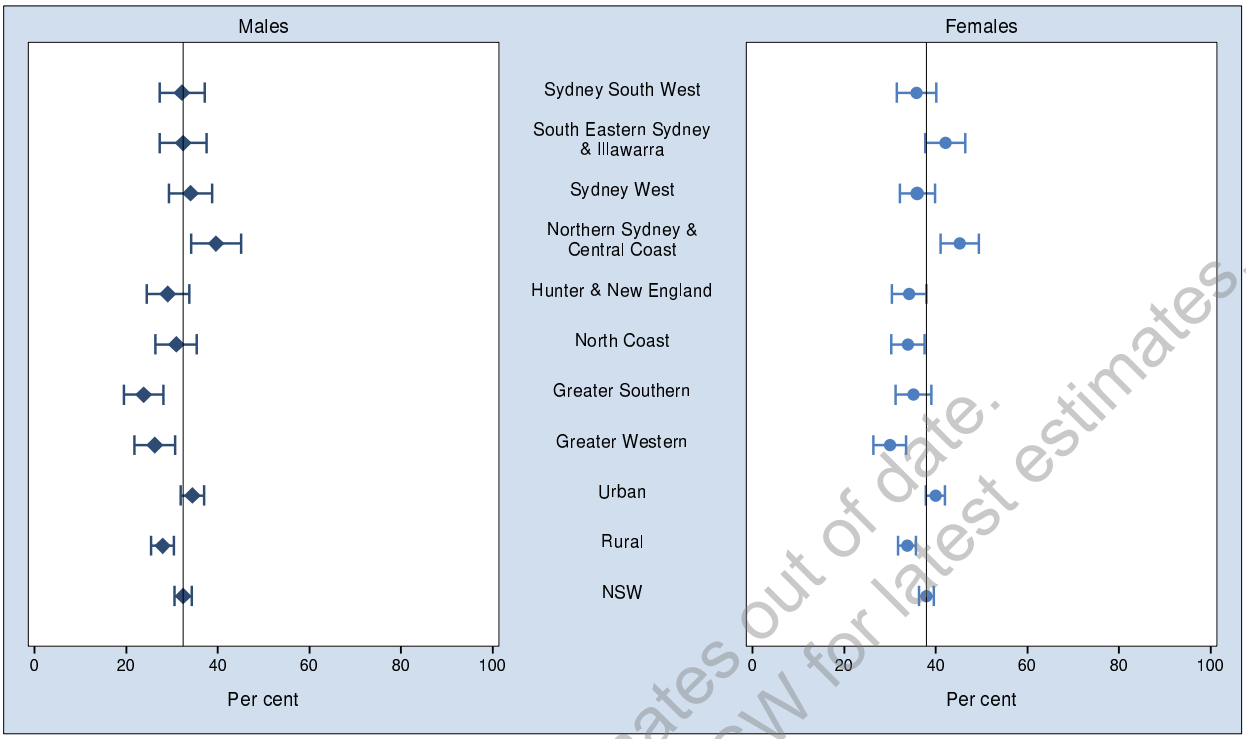


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	32.2 (26.8-37.5)	39.8 (34.7-45.0)	36.1 (32.3-39.8)
25-34	37.4 (31.9-42.9)	41.2 (37.1-45.3)	39.3 (35.9-42.7)
35-44	32.7 (28.0-37.3)	38.2 (34.3-42.1)	35.4 (32.4-38.5)
45-54	33.0 (28.9-37.2)	41.5 (37.8-45.1)	37.2 (34.5-40.0)
55-64	33.3 (29.2-37.4)	37.8 (34.6-41.0)	35.5 (32.9-38.1)
65-74	27.4 (23.6-31.2)	33.5 (30.2-36.9)	30.5 (28.0-33.0)
75+	20.8 (16.6-25.0)	24.6 (21.1-28.1)	23.1 (20.4-25.8)
All Ages	32.5 (30.6-34.4)	38.0 (36.4-39.6)	35.3 (34.0-36.5)

Note: Estimates are based on 11,190 respondents in NSW. For this indicator 90 (0.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be more likely to frequent licensed bars and hotels if there was a total ban on smoking. The question used was: If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there More often, Less often, It would make no difference?

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

More likely to attend hotels and licensed bars if smoking banned in hotels and licensed bars by health area, persons aged 16 years and over, NSW 2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	32.2 (27.3-37.1)	35.8 (31.5-40.1)	34.0 (30.7-37.2)
South Eastern Sydney & Illawarra	32.4 (27.3-37.6)	42.1 (37.7-46.4)	37.4 (34.0-40.7)
Sydney West	34.1 (29.4-38.8)	36.0 (32.1-39.8)	35.0 (32.0-38.1)
Northern Sydney & Central Coast	39.6 (34.2-45.1)	45.2 (41.1-49.4)	42.5 (39.1-45.9)
Hunter & New England	29.1 (24.4-33.8)	34.2 (30.5-37.9)	31.7 (28.7-34.7)
North Coast	30.9 (26.4-35.4)	33.9 (30.3-37.5)	32.5 (29.6-35.3)
Greater Southern	23.8 (19.5-28.1)	35.1 (31.1-39.0)	29.5 (26.6-32.5)
Greater Western	26.2 (21.8-30.6)	30.0 (26.4-33.5)	28.1 (25.3-30.9)
Urban	34.5 (32.0-37.0)	39.9 (37.8-42.0)	37.2 (35.6-38.9)
Rural	27.9 (25.5-30.4)	33.7 (31.7-35.7)	30.9 (29.3-32.5)
NSW	32.5 (30.6-34.4)	38.0 (36.4-39.6)	35.3 (34.0-36.5)

Note: Estimates are based on 11,190 respondents in NSW. For this indicator 90 (0.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be more likely to frequent licensed bars and hotels if there was a total ban on smoking. The question used was: If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there More often, Less often, It would make no difference?

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

Sun protection

Introduction

Sunlight contains ultraviolet radiation, and while some sun exposure is beneficial to health—for example, by helping the body to produce vitamin D, which is essential for healthy bones—excessive sun exposure can lead to several forms of skin cancer, eye disease, and premature ageing.[1–5] Most people can prevent skin cancer by avoiding exposure to the sun and other sources of ultraviolet light such as sunlamps, solariums and sunbeds. Precautions are especially important for children and teenagers, with children in general spending more time outdoors than adults. In addition, evidence suggests sun exposure in childhood and adolescence contributes more to lifetime risk of skin cancer than a similar level of sun exposure in later life.[5]

To reduce exposure to ultraviolet radiation, precautions are required. Between September and March, recommended precautions are to stay indoors between 10.00 a.m. and 2.00 p.m. (11.00 a.m. to 3.00 p.m. during daylight saving); or wear a hat, sunscreen, protective clothing and sunglasses and seek shady areas. Between April and May, and July and August, recommended precautions are to wear a hat, sunscreen, protective clothing and sunglasses and seek shady areas.[2]

Using a solarium or sunbed is not a safe way to tan and will not protect against skin cancer. National operating guidelines for solariums and sunbeds restrict operators from advertising their product as being safe or healthy, bans their use by young people under the age of 15, and requires written parental permission for under 18-year-olds. The guidelines also warn customers to avoid the use of unsupervised solariums and sunbeds. Operators are required to provide correct information about the risks and ask customers to sign a consent form before use.[6] In 2005 the New South Wales Population Health Survey monitored the proportion of the population 16 years and over using solariums or sunbeds. Respondents were asked: How many times have you used a solarium or sunbed in the past 12 months?

Results

In 2005, 2.3 per cent of adults had used a solarium or sunbed in the previous 12 months (2.0 per cent of males and 2.6 per cent of females). A significantly higher proportion of females aged 16–24 years (8.4 per cent) reported using a solarium, compared to the overall adult population. A significantly lower proportion of adults aged 35 years and over (1.8 per cent to 0.5 per cent) used a solarium, compared to the overall adult population. A significantly lower proportion of rural residents (1.3 per cent) than urban residents (2.7 per cen t) used a solarium or sunbed. There was no significant difference by level of socioeconomic disadvantage.

Among the males who used a solarium or sunbed: 59.5 per cent used them 1–5 times a year, 6.4 per cent used them 6–10 times a year, 6.5 per cent used them 11–15 times a year, 9.0 per cent used them 16–20 times a year, 7.0 per cent used then 21–25 times a year, and 11.5 per cent used them more than 25 times a year. Among the females who used a solarium or sunbed: 61.3 per cent used them 1–5 times a year, 19.8 per cent used them 6–10 times a year, 4.5 per cent used them 11–15 times a year, 5.7 per cent used them 16–20 times a year, 2.8 per cent used them 21–25 times a year, and 5.9 per cent used them more than 25 times a year.

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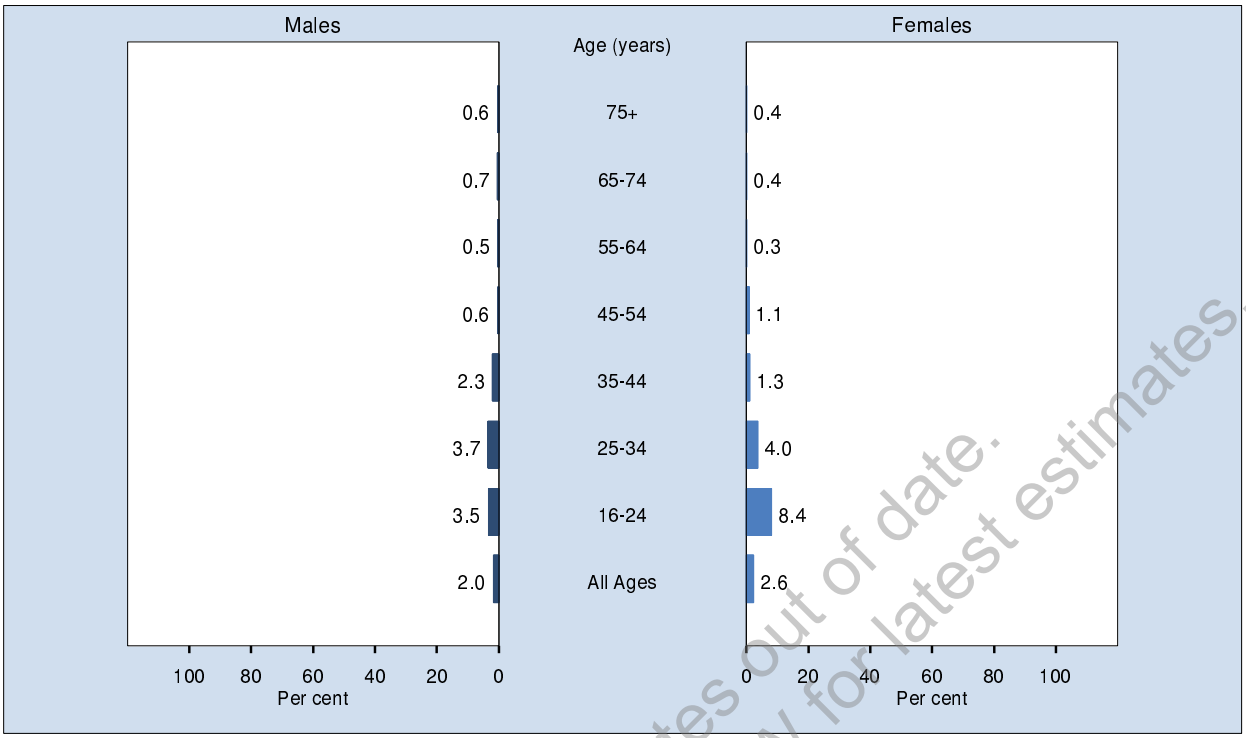
Solarium use in last 12 months by age, persons aged 16 years and over, NSW 2005

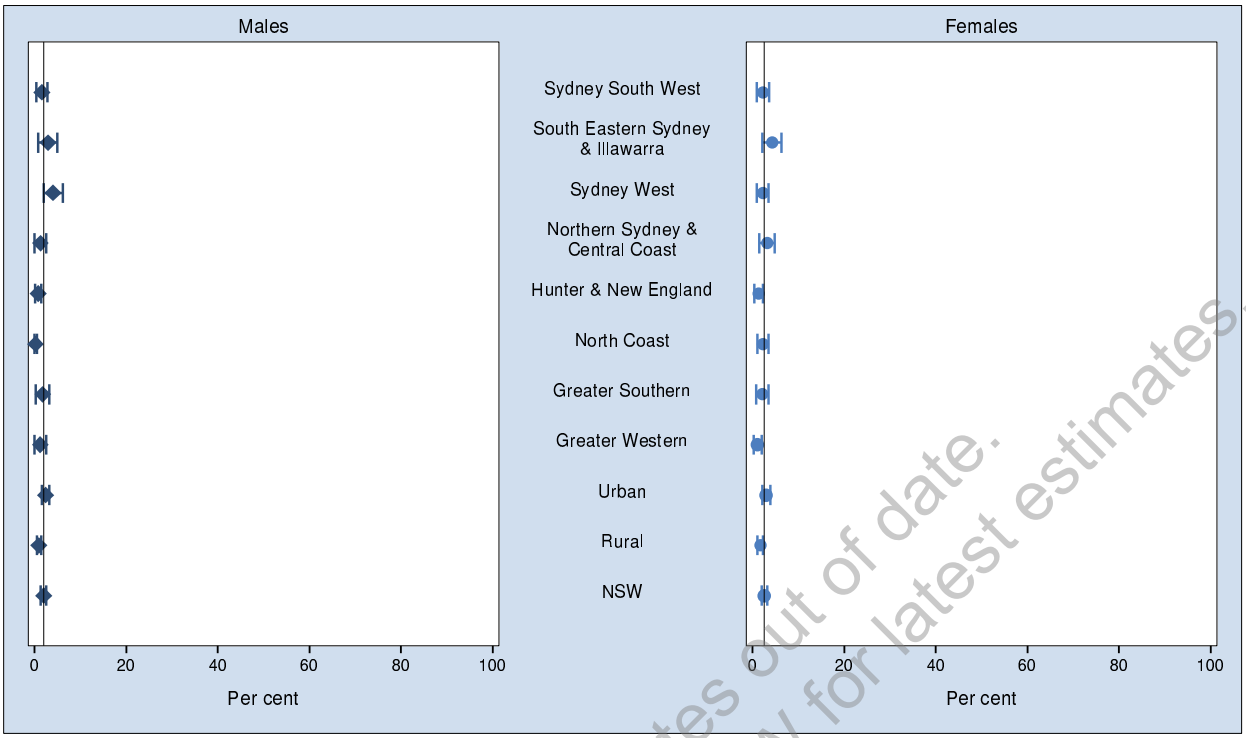


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	3.5 (1.6-5.5)	8.4 (5.4-11.4)	6.0 (4.2-7.8)
25-34	3.7 (1.5-6.0)	4.0 (2.4-5.6)	3.9 (2.5-5.2)
35-44	2.3 (0.9-3.7)	1.3 (0.5-2.1)	1.8 (1.0-2.6)
45-54	0.6 (0.1-1.0)	1.1 (0.4-1.9)	0.9 (0.4-1.3)
55-64	0.5 (0.0-1.1)	0.3 (0.0-0.7)	0.4 (0.1-0.8)
65-74	0.7 (0.0-1.4)	0.4 (0.0-0.8)	0.5 (0.1-0.9)
75+	0.6 (0.0-1.3)	0.4 (0.0-1.0)	0.5 (0.0-0.9)
All Ages	2.0 (1.3-2.6)	2.6 (2.0-3.2)	2.3 (1.8-2.7)

Note: Estimates are based on 11,241 respondents in NSW. For this indicator 39 (0.35%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have used a solarium or sunbed in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the past 12 months?

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

Solarium use in last 12 months by health area, persons aged 16 years and over, NSW 2005

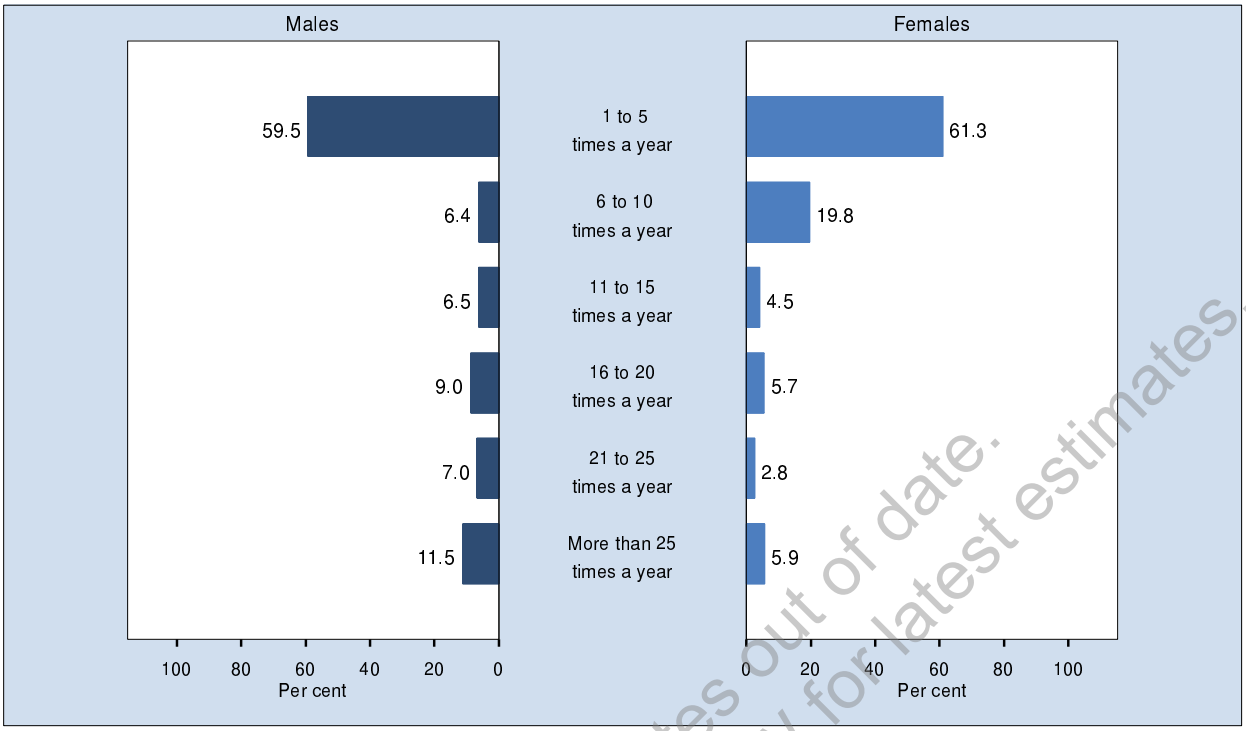


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	1.6 (0.3-2.8)	2.3 (0.9-3.7)	1.9 (1.0-2.9)
South Eastern Sydney & Illawarra	2.9 (0.8-5.0)	4.3 (2.2-6.3)	3.6 (2.1-5.1)
Sydney West	4.1 (2.0-6.1)	2.2 (0.9-3.5)	3.1 (1.9-4.3)
Northern Sydney & Central Coast	1.3 (0.0-2.5)	3.1 (1.5-4.8)	2.2 (1.2-3.3)
Hunter & New England	0.8 (0.1-1.5)	1.3 (0.3-2.3)	1.1 (0.4-1.7)
North Coast	0.2 (0.0-0.6)	2.3 (1.1-3.5)	1.3 (0.6-1.9)
Greater Southern	1.8 (0.3-3.3)	2.1 (0.7-3.5)	1.9 (0.9-3.0)
Greater Western	1.2 (0.0-2.5)	1.1 (0.3-1.9)	1.2 (0.4-1.9)
Urban	2.4 (1.6-3.3)	3.0 (2.2-3.8)	2.7 (2.1-3.3)
Rural	0.9 (0.5-1.4)	1.7 (1.1-2.3)	1.3 (0.9-1.7)
NSW	2.0 (1.3-2.6)	2.6 (2.0-3.2)	2.3 (1.8-2.7)

Note: Estimates are based on 11,241 respondents in NSW. For this indicator 39 (0.35%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have used a solarium or sunbed in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the past 12 months?

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

Times solarium used in the past 12 months, persons who use solariums aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
1 to 5 times a year	59.5 (42.4-76.7)	61.3 (49.2-73.3)	60.6 (50.6-70.6)
6 to 10 times a year	6.4 (0.6-12.3)	19.8 (10.2-29.5)	14.3 (7.9-20.7)
11 to 15 times a year	6.5 (0.4-12.6)	4.5 (0.2-8.7)	5.3 (1.8-8.8)
16 to 20 times a year	9.0 (0.0-24.7)	5.7 (0.0-11.7)	7.1 (0.0-14.4)
21 to 25 times a year	7.0 (0.0-15.3)	2.8 (0.0-6.3)	4.5 (0.6-8.5)
More than 25 times a year	11.5 (1.1-21.9)	5.9 (0.0-11.9)	8.2 (2.6-13.8)

Note: Estimates are based on 170 respondents in NSW. For this indicator 0 (0%) were not stated (Don't know or Refused) in NSW
The question used was: How many times have you used a solarium or sunbed in the past 12 months?

Source: New South Wales Population Health Survey 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 policy and planning of health services. This section reports on asthma, cardiovascular disease precusors, diabetes, injury (organised sport), mental health, oral health, overweight and obesity, and self-rated health status.

Asthma

Introduction

Asthma is a chronic inflammatory disorder of the airways in which—in response to a wide range of triggers—the airways narrow too much and too easily, resulting in episodes of wheeze, chest tightness, and shortness of breath. The prevalence of asthma is relatively high in Australia by international standards.[1–7]

The consequences of asthma can include: disturbed sleep; tiredness; and reduced participation in the workforce, organised sport, and other activities. Asthma ranks among the top 10 problems managed by general practitioners and is a major cause for hospital admission in children.[8]

While asthma is not curable it can be effectively managed. Current recommended management strategies include: increased use of preventer medications; reduced use of reliever medications where appropriate; use of a structured written asthma management plan; avoidance of triggers, where known; self management education; and regular review by a general practitioner.[9,10] Research has shown most patients with an asthma management plan found it useful for managing their asthma.[11]

In 2005, the New South Wales Population Health Survey asked respondents: Have you ever been told by a doctor or hospital you have asthma?; Have you had wheezing or whistling in your chest at any time in the last 12 months?; Have you had symptoms of or treatment for asthma in the last 12 months?; Have you visited a general practitioner or local doctor for an attack of asthma in the last 4 weeks?; Have you visited a hospital emergency department for an attack of asthma in the last 4 weeks?; Do you have a written asthma management plan from your doctor on how to treat your asthma?; During the last 4 weeks did your asthma interfere with your ability to manage your day-to-day activities?; and, Did it interfere with these activities: A little bit, Moderately, Quite a bit, Extremely?

Results

Ever had asthma

In 2005, approximately one in 5 adults (19.2 per cent) aged 16 years and over had ever being told by a doctor or hospital they had asthma. There was no significant difference between males and females. Adults in rural areas (21.5 per cent) were significantly more likely to have ever had asthma than respondents in urban areas (18.2 per cent). Adults in the Greater Western (25.2 per cent) and Greater Southern (23.2 per cent) Health Areas were significantly more likely to have ever had asthma. Adults in the most disadvantaged quintile (16.4 per cent) were significantly less likely to have ever had asthma, compared with the overall adult population.

The proportion of adults who had ever had asthma has increased significantly between 1997 (16.8 per cent) and 2005 (19.2 per cent).

Currently have asthma

Overall, 10.4 per cent of adults aged 16 years and over currently had doctor-diagnosed asthma. The proportion of females (12.0 per cent) with current asthma was significantly higher than males (8.8 per cent). Of the adults with current asthma, 1.6 per cent had visited an emergency department and 11.9 per cent had visited a general practitioner or local doctor for an attack of asthma in the previous 4 weeks. There was no significant difference between males and females.

A significantly higher proportion of adults had current asthma in rural areas (12.1 per cent) than urban areas (9.7 per cent). The proportion of adults who had current asthma was significantly higher in the Greater Western (14.6 per cent) and Greater Southern (13.6 per cent) Health Areas.The proportion of adults with current asthma did not vary significantly by level of socioeconomic disadvantage.

The proportion of adults with current asthma did not change significantly between 1997 and 2005.

Written asthma management plan

Among those with current asthma, 46.0 per cent had a written asthma management plan. Adults in the 55–64 year age group (63.6 per cent) had significantly higher rates of written asthma management plans. There was no significant difference by level of socioeconomic disadvantage, or between urban residents and rural residents, compared with the overall number of adults with current asthma.

The proportion of adults with current asthma reporting a written asthma management plan has increased significantly between 1997 (35.6 per cent) and 2005 (46.0 per cent).

Interference with daily activities

Among adults who reported current asthma, 10.1 per cent had moderate to extreme interference with their ability to undertake daily activities because of their asthma. Of these, the proportion was significantly higher among females (12.9 per cent) than males (6.0 per cent). There was no significant difference by level of socioeconomic disadvantage, or between urban residents and rural residents.

The proportion of adults with moderate to extreme interference with their ability to undertake daily activities because of their asthma has decresed significantly between 1997 (22.6 per cent) and 2005 (10.1 per cent).

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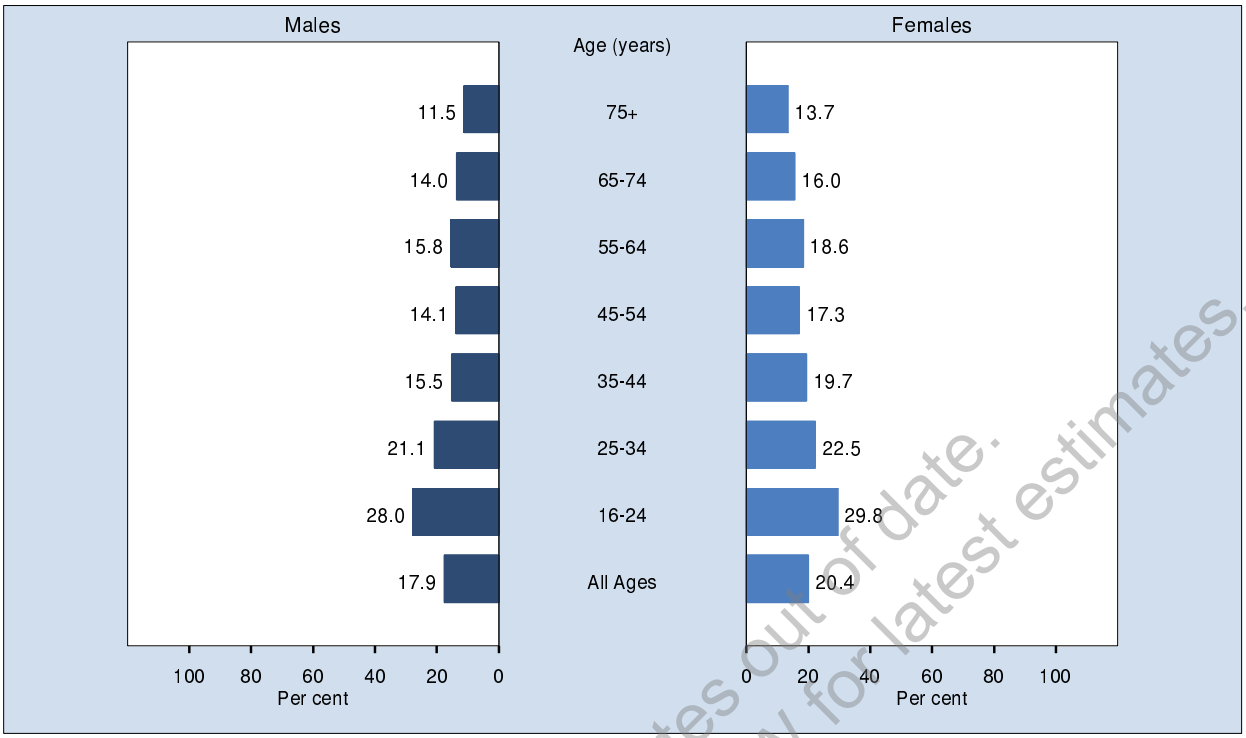
Ever diagnosed with asthma by age, persons aged 16 years and over, NSW 2005

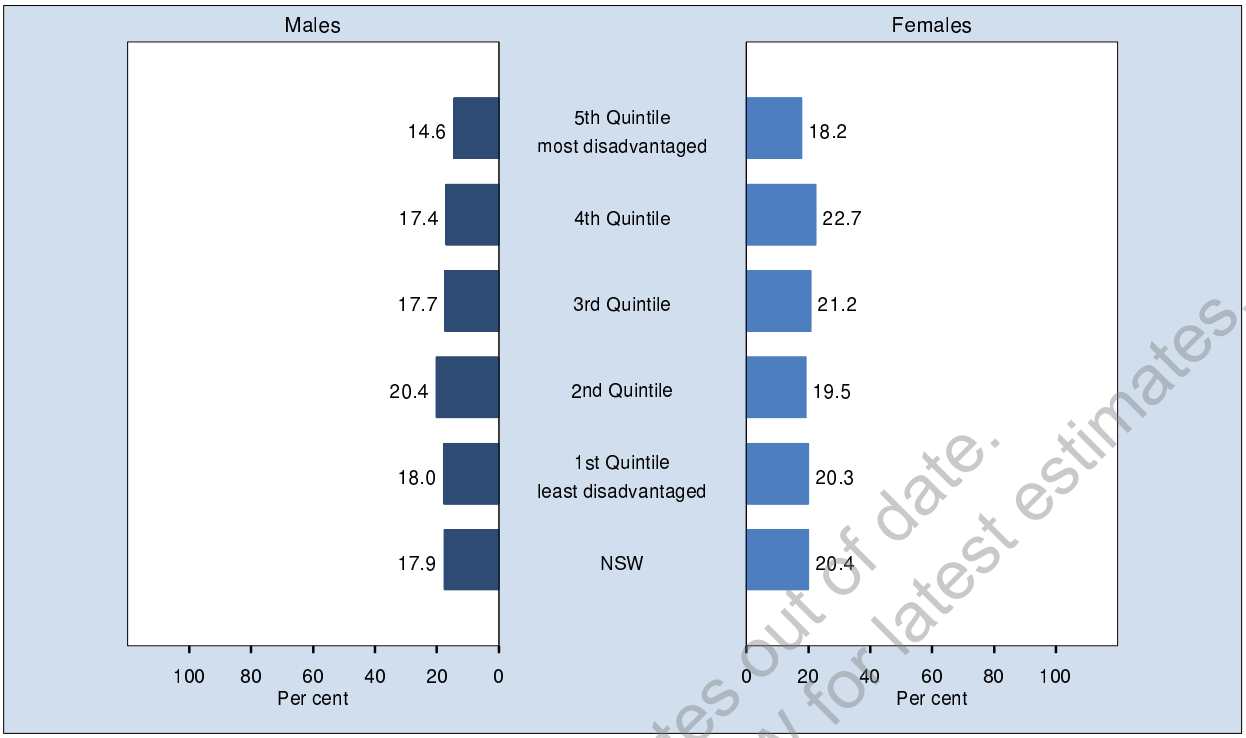


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	28.0 (22.9-33.1)	29.8 (25.0-34.5)	28.9 (25.4-32.4)
25-34	21.1 (16.7-25.5)	22.5 (19.1-25.9)	21.8 (19.0-24.6)
35-44	15.5 (12.1-19.0)	19.7 (16.8-22.7)	17.6 (15.4-19.9)
45-54	14.1 (11.2-17.0)	17.3 (14.7-20.0)	15.7 (13.7-17.7)
55-64	15.8 (12.7-18.8)	18.6 (16.1-21.1)	17.2 (15.2-19.2)
65-74	14.0 (11.1-16.9)	16.0 (13.6-18.3)	15.0 (13.1-16.9)
75+	11.5 (8.4-14.5)	13.7 (11.1-16.4)	12.8 (10.8-14.8)
All Ages	17.9 (16.4-19.4)	20.4 (19.1-21.7)	19.2 (18.2-20.2)

Note: Estimates are based on 11,480 respondents in NSW. For this indicator 20 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have ever been told by a doctor or hospital they have asthma. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have asthma?

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

Ever diagnosed with asthma by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

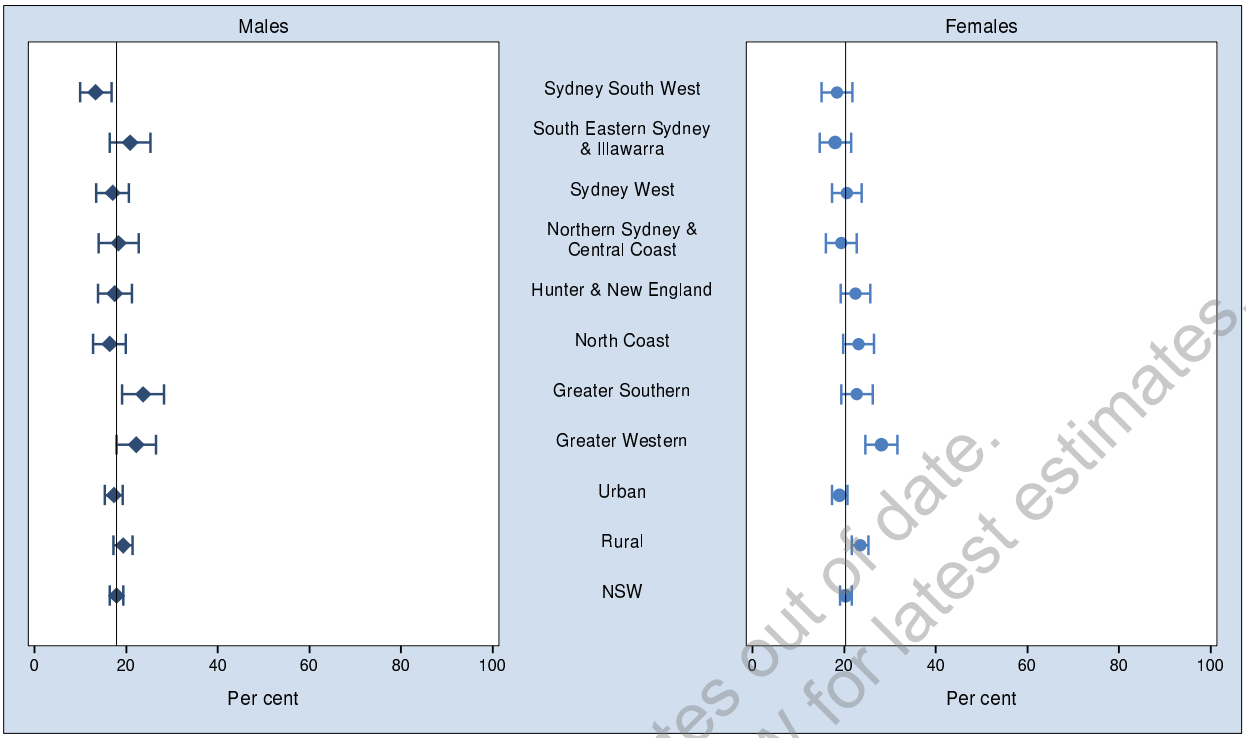


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	14.6 (11.4-17.8)	18.2 (15.1-21.3)	16.4 (14.2-18.7)
4th Quintile	17.4 (14.1-20.7)	22.7 (19.9-25.5)	20.1 (17.9-22.2)
3rd Quintile	17.7 (14.6-20.9)	21.2 (18.3-24.0)	19.5 (17.4-21.6)
2nd Quintile	20.4 (16.6-24.3)	19.5 (16.6-22.3)	19.9 (17.6-22.3)
1st Quintile	18.0 (14.2-21.8)	20.3 (17.2-23.4)	19.1 (16.7-21.6)
NSW	17.9 (16.4-19.4)	20.4 (19.1-21.7)	19.2 (18.2-20.2)

Note: Estimates are based on 11,480 respondents in NSW. For this indicator 20 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have ever been told by a doctor or hospital they have asthma. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have asthma?

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

Ever diagnosed with asthma by health area, persons aged 16 years and over, NSW 2005

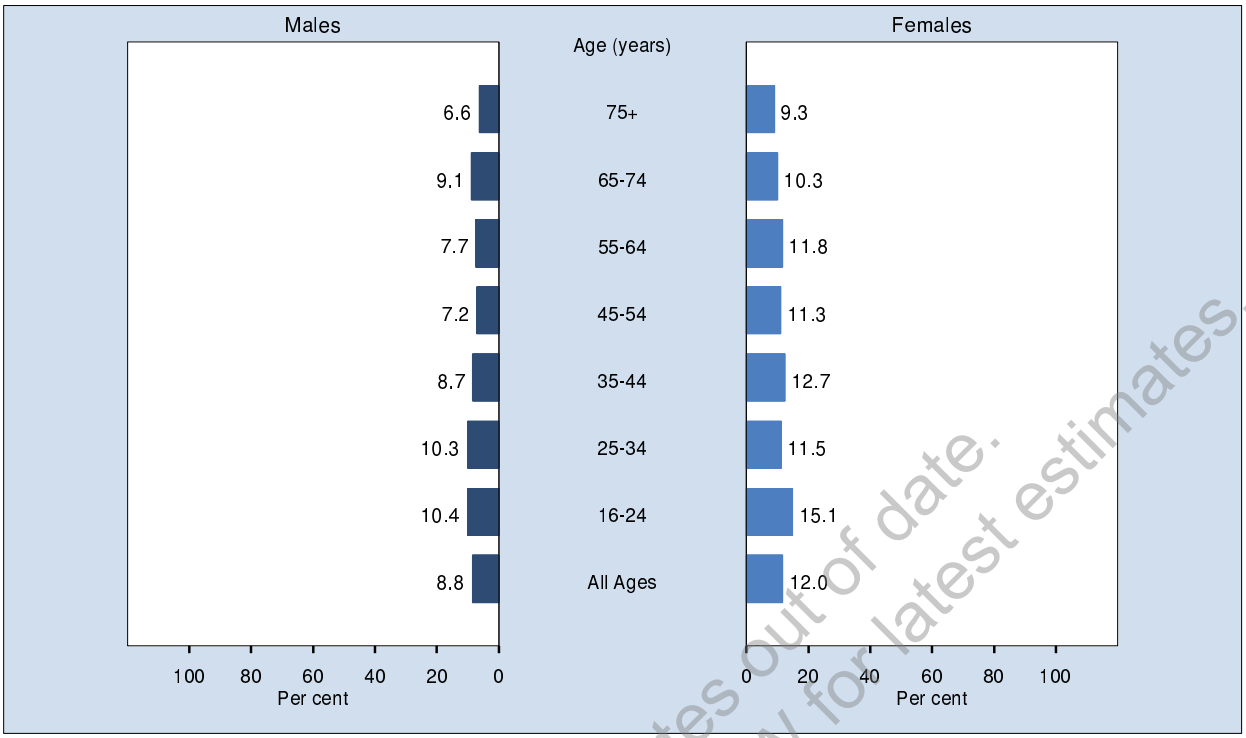


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	13.4 (9.9-16.8)	18.4 (15.0-21.8)	15.9 (13.5-18.3)
South Eastern Sydney & Illawarra	20.9 (16.4-25.3)	18.1 (14.7-21.5)	19.5 (16.7-22.2)
Sydney West	17.0 (13.5-20.6)	20.6 (17.3-23.8)	18.8 (16.4-21.2)
Northern Sydney & Central Coast	18.4 (14.0-22.7)	19.3 (16.0-22.7)	18.9 (16.1-21.6)
Hunter & New England	17.5 (13.8-21.2)	22.5 (19.2-25.7)	20.0 (17.6-22.5)
North Coast	16.4 (12.8-19.9)	23.1 (19.7-26.5)	19.8 (17.4-22.3)
Greater Southern	23.7 (19.2-28.3)	22.7 (19.3-26.2)	23.2 (20.4-26.1)
Greater Western	22.2 (17.8-26.5)	28.2 (24.6-31.7)	25.2 (22.4-28.0)
Urban	17.3 (15.3-19.3)	19.0 (17.3-20.7)	18.2 (16.9-19.5)
Rural	19.3 (17.2-21.4)	23.5 (21.7-25.3)	21.4 (20.1-22.8)
NSW	17.9 (16.4-19.4)	20.4 (19.1-21.7)	19.2 (18.2-20.2)

Note: Estimates are based on 11,480 respondents in NSW. For this indicator 20 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have ever been told by a doctor or hospital they have asthma. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have asthma?

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

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

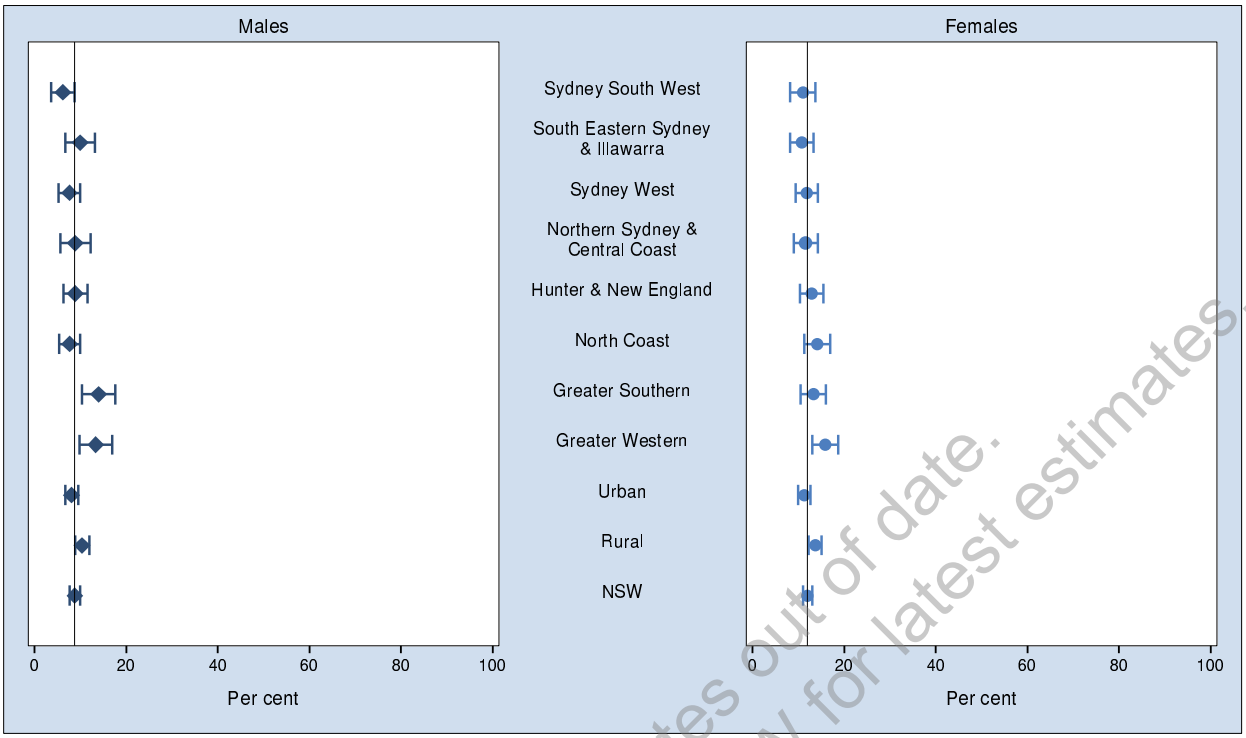


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	10.4 (7.0-13.7)	15.1 (11.5-18.7)	12.8 (10.3-15.3)
25-34	10.3 (7.0-13.7)	11.5 (8.9-14.1)	10.9 (8.8-13.0)
35-44	8.7 (6.1-11.4)	12.7 (10.2-15.1)	10.7 (8.9-12.5)
45-54	7.2 (5.1-9.3)	11.3 (9.1-13.6)	9.3 (7.7-10.8)
55-64	7.7 (5.5-9.9)	11.8 (9.7-13.9)	9.7 (8.2-11.2)
65-74	9.1 (6.7-11.4)	10.3 (8.3-12.3)	9.7 (8.2-11.2)
75+	6.6 (4.4-8.9)	9.3 (7.1-11.5)	8.2 (6.6-9.8)
All Ages	8.8 (7.7-9.9)	12.0 (11.0-13.0)	10.4 (9.7-11.2)

Note: Estimates are based on 11,474 respondents in NSW. For this indicator 26 (0.23%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

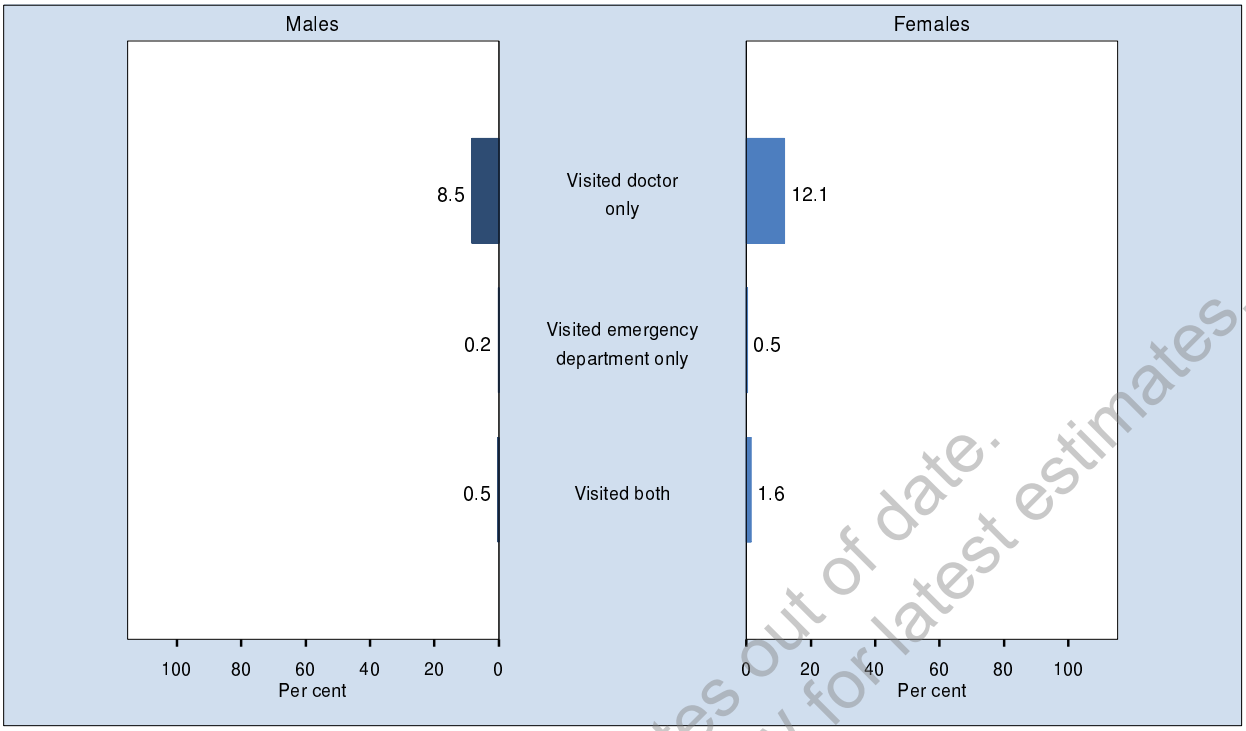


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	6.2 (3.7-8.7)	11.0 (8.2-13.7)	8.6 (6.7-10.5)
South Eastern Sydney & Illawarra	9.9 (6.7-13.2)	10.7 (8.1-13.4)	10.3 (8.3-12.4)
Sydney West	7.6 (5.3-9.9)	11.8 (9.4-14.3)	9.7 (8.0-11.4)
Northern Sydney & Central Coast	8.9 (5.6-12.2)	11.6 (8.9-14.3)	10.3 (8.2-12.4)
Hunter & New England	8.9 (6.2-11.5)	12.9 (10.4-15.4)	10.9 (9.1-12.8)
North Coast	7.7 (5.3-10.0)	14.1 (11.3-16.9)	11.0 (9.1-12.8)
Greater Southern	14.0 (10.4-17.6)	13.2 (10.5-16.0)	13.6 (11.3-15.9)
Greater Western	13.4 (9.8-16.9)	15.8 (13.0-18.7)	14.6 (12.4-16.9)
Urban	8.1 (6.6-9.5)	11.3 (9.9-12.6)	9.7 (8.7-10.7)
Rural	10.4 (8.9-11.9)	13.7 (12.3-15.1)	12.1 (11.0-13.1)
NSW	8.8 (7.7-9.9)	12.0 (11.0-13.0)	10.4 (9.7-11.2)

Note: Estimates are based on 11,474 respondents in NSW. For this indicator 26 (0.23%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Visited doctor or emergency department for asthma attack in last 4 weeks, persons who currently have asthma aged 16 years and over, NSW 2005

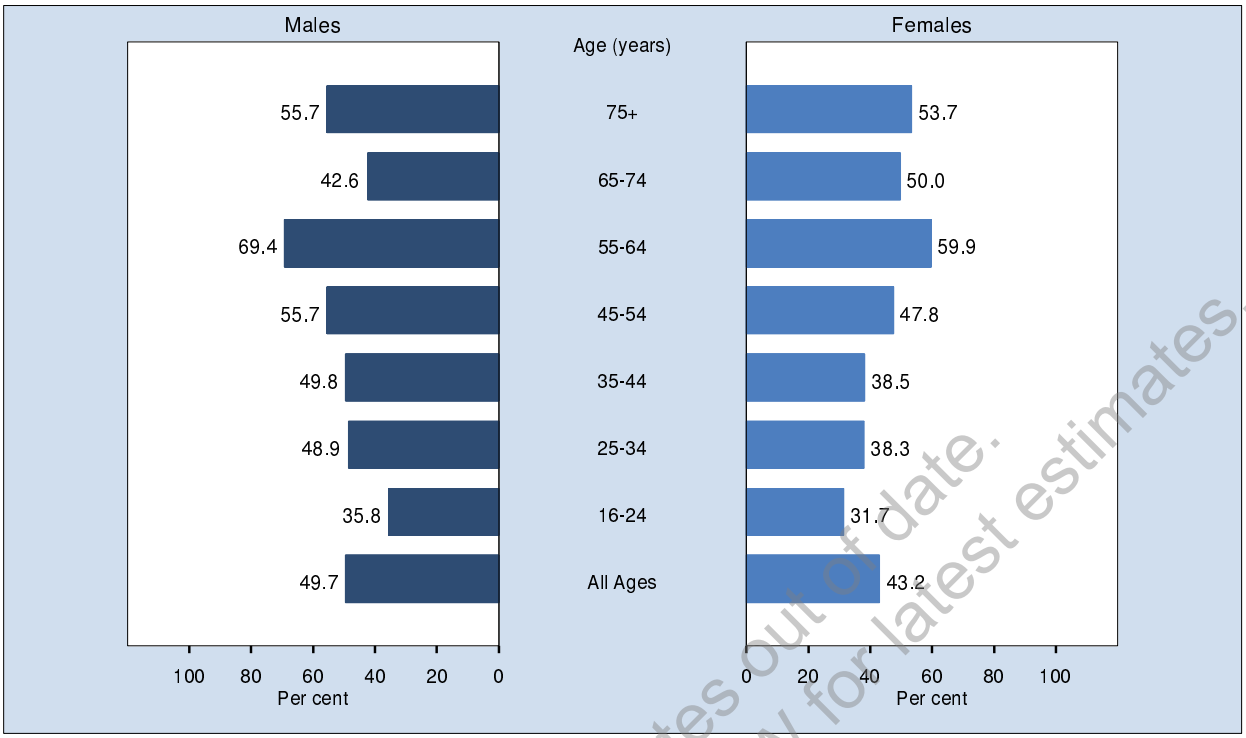


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Visited doctor only	8.5 (4.7-12.3)	12.1 (8.7-15.5)	10.7 (8.1-13.2)
Visited emergency department only	0.2 (0.0-0.5)	0.5 (0.0-1.1)	0.4 (0.0-0.7)
Visited both	0.5 (0.0-1.5)	1.6 (0.4-2.8)	1.2 (0.3-2.0)

Note: Estimates are based on 1,234 respondents in NSW. For this indicator 2 (0.16%) were not stated (Don't know or Refused) in NSW
The questions used were: Have you ever been told by a doctor or hospital you have asthma?, Have you had symptoms of asthma or taken treatment for asthma in the last 12 months?, Have you had symptoms of asthma or taken treatment for asthma in the last 4 weeks?, Have you visited your general practitioner or local doctor for an attack of asthma in the last 4 weeks?, and Have you visited a hospital emergency department for an attack of asthma in the last 4 weeks? Based on the NHMRC Australian Alcohol Guidelines.

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

Written asthma management plan by age, persons who currently have asthma aged 16 years and over, NSW 2005

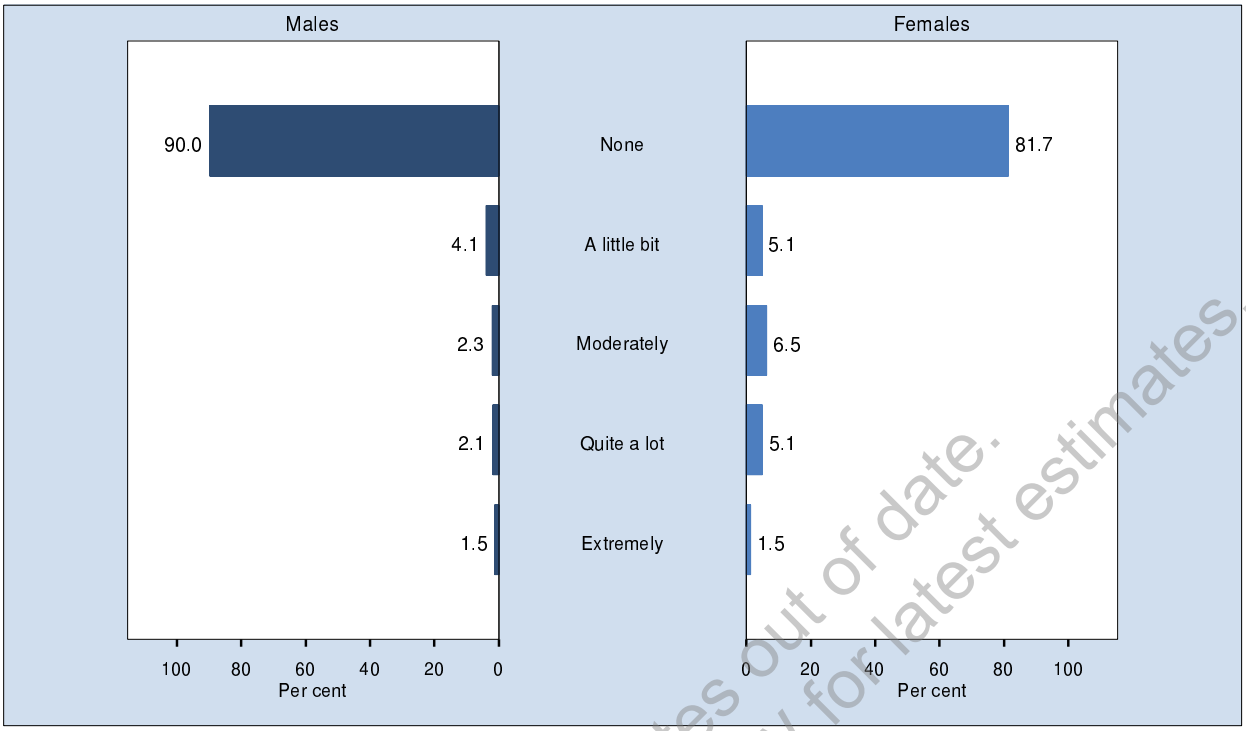


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	35.8 (19.7-51.9)	31.7 (19.9-43.6)	33.4 (23.8-43.0)
25-34	48.9 (31.7-66.1)	38.3 (26.9-49.7)	43.3 (33.0-53.6)
35-44	49.8 (34.0-65.5)	38.5 (28.4-48.5)	43.1 (34.2-52.0)
45-54	55.7 (41.1-70.4)	47.8 (37.3-58.3)	50.9 (42.3-59.6)
55-64	69.4 (56.6-82.3)	59.9 (50.6-69.2)	63.6 (56.0-71.3)
65-74	42.6 (29.3-55.9)	50.0 (39.7-60.2)	46.6 (38.4-54.9)
75+	55.7 (38.1-73.3)	53.7 (41.1-66.2)	54.3 (44.0-64.6)
All Ages	49.7 (43.1-56.4)	43.2 (38.8-47.7)	45.9 (42.1-49.7)

Note: Estimates are based on 1,282 respondents in NSW. For this indicator 6 (0.47%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have current asthma and who have a written asthma management plan. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have asthma?, Do you currently have asthma? and Do you have a written asthma management plan from your doctor on how to treat your asthma?

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

Level of interference with daily activities in the last 4 weeks, persons who currently have asthma aged 16 years and over, NSW 2005

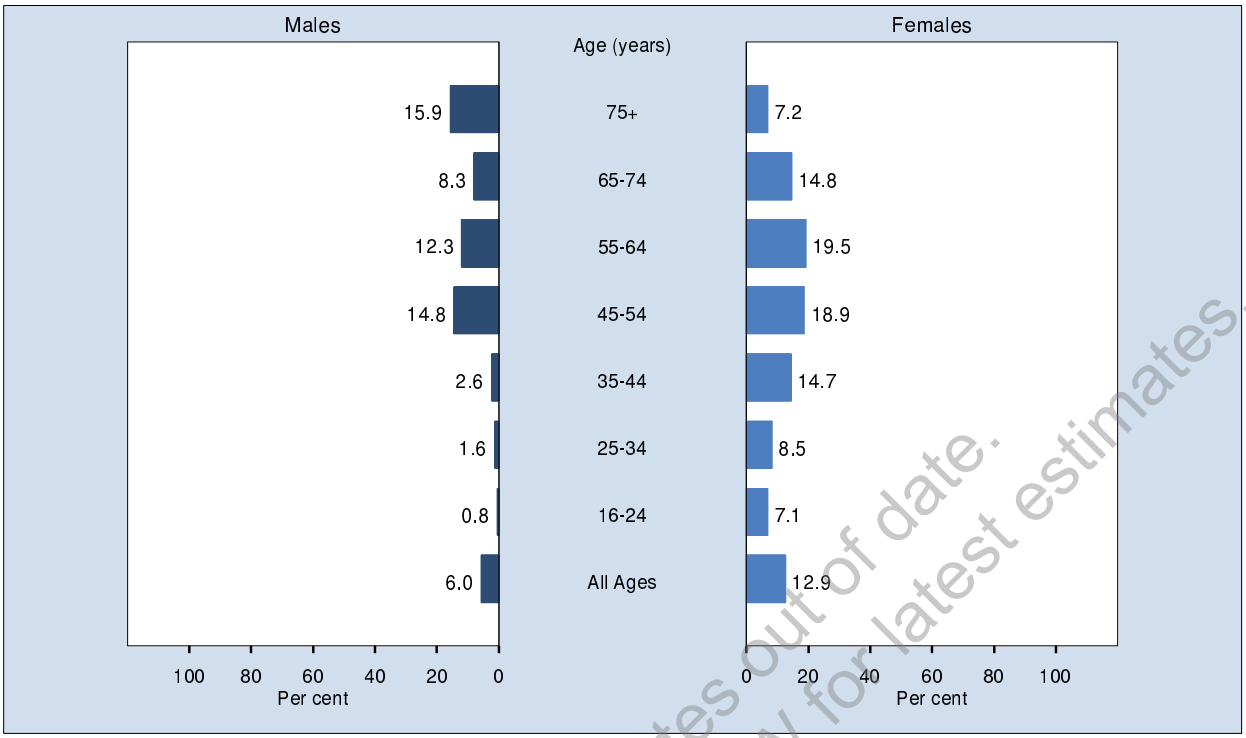


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	90.0 (86.8-93.3)	81.7 (78.3-85.1)	85.1 (82.6-87.5)
A little bit	4.1 (1.6-6.6)	5.1 (3.4-6.9)	4.7 (3.3-6.2)
Moderately	2.3 (1.1-3.5)	6.5 (4.3-8.7)	4.8 (3.4-6.2)
Quite a lot	2.1 (0.9-3.3)	5.1 (3.2-7.1)	3.9 (2.6-5.2)
Extremely	1.5 (0.3-2.7)	1.5 (0.4-2.6)	1.5 (0.7-2.3)

Note: Estimates are based on 1,301 respondents in NSW. For this indicator 4 (0.31%) were not stated (Don't know or Refused) in NSW
The indicator includes those respondents whose asthma had interfered with their ability to manage their day-to-day activities in the last 4 weeks. The questions used were: Have you ever been told by a doctor or hospital you have asthma?, Have you had symptoms of asthma or taken treatment for asthma in the last 12 months?, Have you had symptoms of asthma or taken treatment for asthma in the last 4 weeks?, During the past 4 weeks, did your asthma interfere with your ability to manage your day-to-day activities? and Did it interfere with these activities: A little bit, Moderately, Quite a lot or Extremely?

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

Moderate to extreme interference with daily activities by age, persons who currently have asthma aged 16 years and over, NSW 2005



Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	0.8 (0.0-2.4)	7.1 (1.6-12.5)	4.5 (1.2-7.9)
25-34	1.6 (0.0-4.6)	8.5 (1.5-15.6)	5.3 (1.2-9.3)
35-44	2.6 (0.0-5.9)	14.7 (7.1-22.2)	9.7 (4.9-14.6)
45-54	14.8 (6.4-23.2)	18.9 (10.1-27.7)	17.3 (10.9-23.6)
55-64	12.3 (3.6-21.0)	19.5 (12.0-26.9)	16.7 (10.9-22.4)
65-74	8.3 (1.6-15.0)	14.8 (7.8-21.9)	11.9 (6.9-16.9)
75+	15.9 (3.7-28.1)	7.2 (1.4-13.0)	9.9 (4.4-15.5)
All Ages	6.0 (3.9-8.1)	12.9 (10.0-15.8)	10.0 (8.1-12.0)

Note: Estimates are based on 1,284 respondents in NSW. For this indicator 4 (0.31%) were not stated (Don't know or Refused) in NSW
The indicator includes those whose asthma had interfered with their ability to manage day to day activities moderately, quite a lot or extremely in the last 4 weeks. The questions used to define the indicator were: Have you ever been told by a doctor or hospital you have asthma?, Have you had symptoms of asthma or taken treatment for asthma in the last 12 months?, During the past 4 weeks, did your asthma interfere with your ability to manage your day to day activities?, and Did it interfere with these activities: A little bit, Moderately, Quite a lot, or Extremely?

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

Cardiovascular disease precursors

Introduction

Cardiovascular diseases are diseases of the heart and blood vessels including ischaemic (coronary) heart disease, stroke, heart failure, and peripheral vascular disease. Of these, ischaemic heart disease and stroke are the major causes of mortality and morbidity in New South Wales. High blood pressure (hypertension) is a precursor for coronary heart disease, stroke, congestive heart failure, and renal insufficiency. The risk of coronary heart disease increases as the level of blood pressure increases. Similarly, high blood cholesterol is also a precursor for coronary heart disease and for some types of stroke. If levels of cholesterol in the blood are too high an artery clogging process known as atherosclerosis can cause heart attacks, angina, or stroke.

In 2005, the New South Wales Population Health Survey asked respondents: When did you last have your blood pressure measured?; Have you ever been told by a doctor or at a hospital you have high blood pressure (sometimes called hypertension)?; What are you doing now to manage your high blood pressure or hypertension?; When did you last have your cholesterol measured?; Have you ever been told by a doctor or hospital you have high cholesterol?; What are you doing now to manage your high cholesterol?

Results

Blood pressure measurement and management

Overall, 89.3 per cent of adults aged 16 years and over had their blood pressure measured within the last 2 years. A significantly higher porportion of females (91.8 per cent) had their blood pressure measured than males (86.7 per cent). Among males, a significantly lower proportion (74.3 per cent to 79.7 per cent) of those aged 16–34 years and a significantly higher proportion (95.5 per cent to 97.0 per cent) of those aged 55 years and over had their blood pressure measured, compared with the overall male population. Among females, a significantly lower proportion of those aged 16–24 years (82.4 per cent) and a significantly higher proportion of those aged 55 years and over (96.1 per cent to 99.0 per cent) had their blood pressure measured, compared with the overall female population.

The proportion of adults having their blood pressure measured did not vary significantly between rural residents and urban residents, or among health areas, or by level of socioeconomic disadvantage.

The proportion of adults having their blood pressure measured has increased significantly between 1997 (87.0 per cent) and 2005 (89.3 per cent).

Approximately one in 4 (27.2 per cent) adults had doctor-diagnosed high blood pressure. There was no significant difference between males and females. A significantly lower proportion of adults aged 16–44 years (6.9 per cent to 20.3 per cent) and a significantly higher proportion of adults aged 55 years and over (42.0 per cent to 53.8 per cent) had high blood pressure, compared with the overall adult population.

A significantly higher proportion of rural residents (29.9 cent) had high blood pressure than urban residents (26.0 per cent). A significantly higher proportion of residents in the Greater Southern Health Area (31.0 per cent), and the second most disadvantaged quintile (31.1 per cent), had high blood pressure.

There has been a significant increase in the proportion of adults with high blood pressure between 1997 (16.2 per cent) and 2005 (27.2 per cent). This increase occurred in both males (16.5 per cent to 25.7 per cent) and females (15.9 per cent to 28.6 per cent).

Of those with high blood pressure, 8.2 per cent were not doing anything to manage their high blood pressure. The remainder were taking medication to lower blood pressure (75.0 per cent), following a diet (26.6 per cent), exercising most days (26.6 per cent), and/or trying to lose weight (7.4 per cent).

Cholesterol measurement and management

Overall, 58.6 per cent of adults aged 16 years and over had their cholesterol measured within the last 2 years. There was no significant difference in the proportion of females and males. A significantly lower proportion of adults aged 16–34 years (23.0 per cent to 37.6 per cent), and a significantly higher proportion of respondents aged 45 years and over (70.8 per cent to 85.8 per cent) had their cholesterol measured, compared with the overall adult population.

A significantly lower proportion of rural residents (54.9 cent) had their cholesterol measured than urban residents (60.2 per cent). There was no significant difference among health areas or by level of socioeconomic disadvantage.

The proportion of adults having their cholesterol measured has significantly increased between 1997 (46.7 per cent) and 2005 (58.6 per cent).

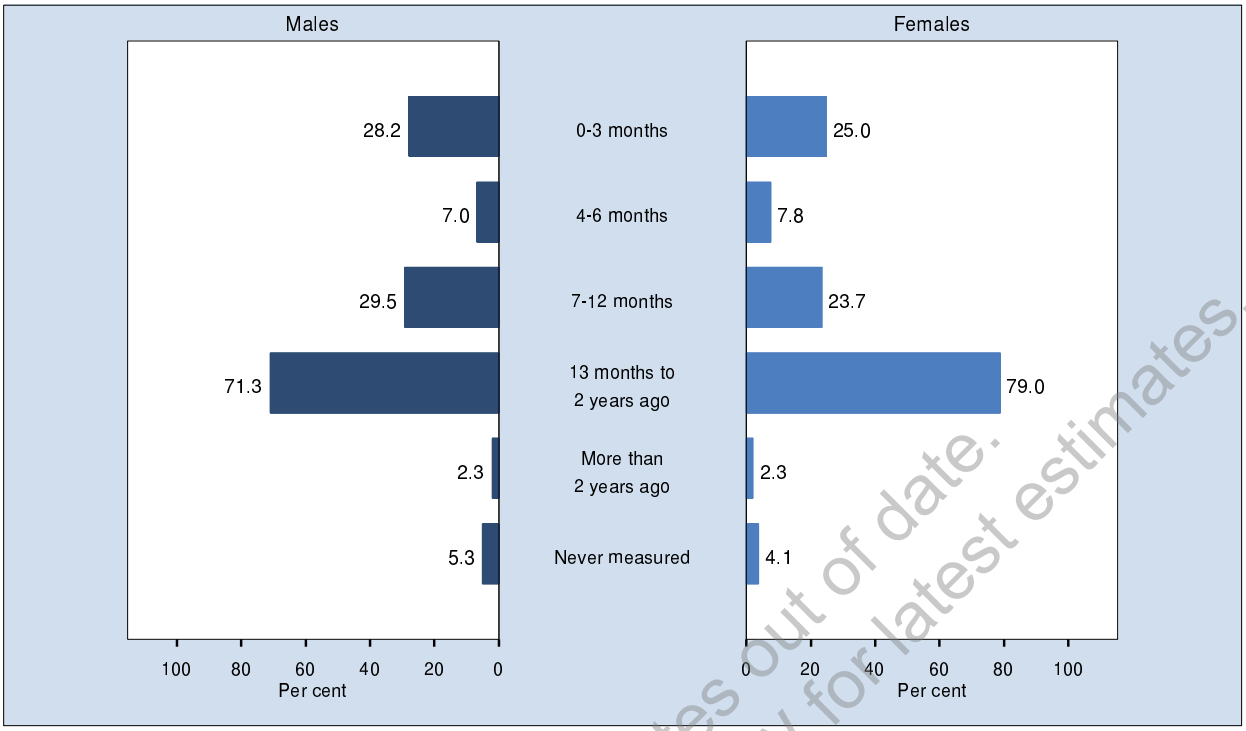
Almost a quarter (24.6 per cent) of adults had high cholesterol. There was no significant difference in the proportion of males and females. A significantly lower proportion of adults aged 16–44 years (5.4 per cent to 19.1 per cent) and a significantly higher proportion of adults aged 55 years and over (33.8 per cent to 33.2 per cent) had high cholesterol, compared with the overall adult population.

There was no significant difference between rural residents and urban residents, or among health areas, or by level of socioeconomic disadvantage.

There has not been a significant increase in the proportion of adults with high cholesterol between 1997 and 2005.

Of those with high cholesterol, 10.8 per cent were not doing anything to manage their high cholesterol, 49.7 per cent were following a diet, 35.9 per cent were taking medication to lower cholesterol, 21.6 per cent were exercising most days, and 6.2 per cent were trying to lose weight.

When blood pressure last measured, persons aged 16 years and over, NSW 2005

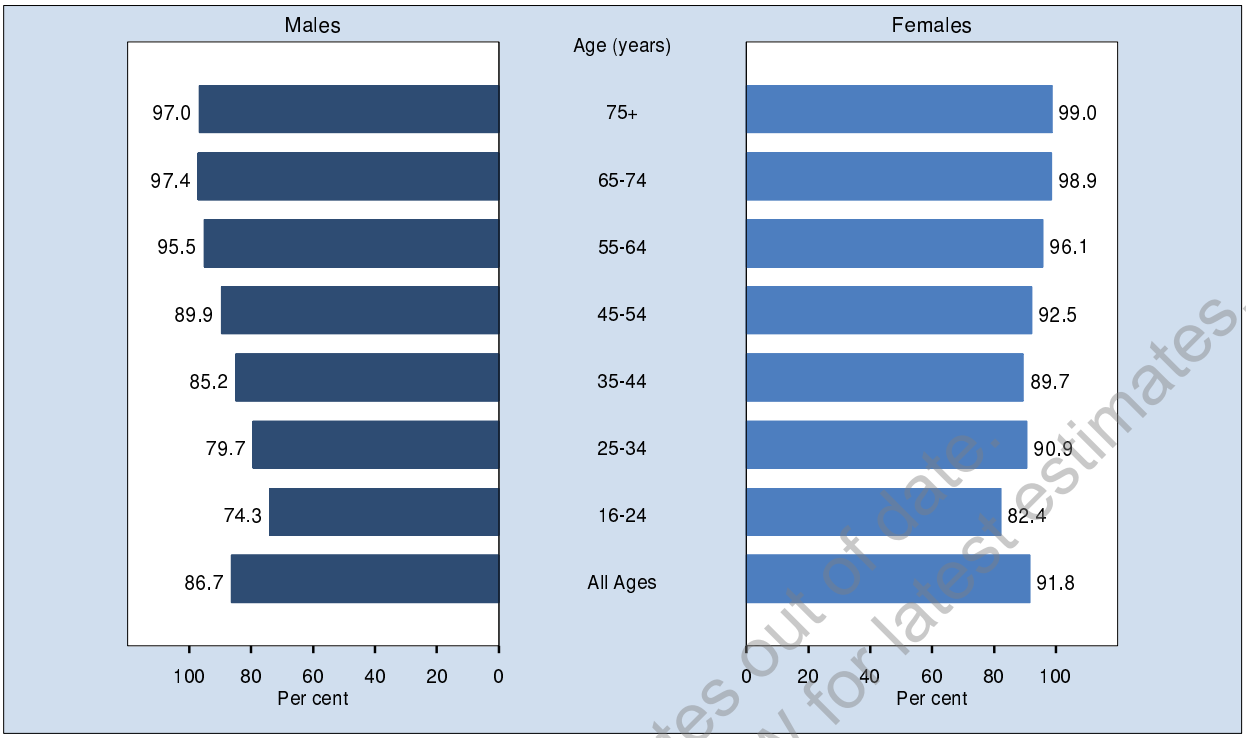


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
0-3 months	28.2 (24.8-31.6)	25.0 (22.4-27.6)	26.6 (24.4-28.8)
4-6 months	7.0 (5.2-8.9)	7.8 (6.3-9.4)	7.4 (6.2-8.6)
7-12 months	29.5 (26.0-33.0)	23.7 (21.1-26.2)	26.6 (24.4-28.8)
13 months to 2 years ago	71.3 (67.5-75.1)	79.0 (76.2-81.9)	75.1 (72.7-77.5)
More than 2 years ago	2.3 (1.0-3.5)	2.3 (0.8-3.8)	2.3 (1.3-3.3)
Never measured	5.3 (3.2-7.4)	4.1 (2.7-5.4)	4.7 (3.5-5.9)

Note: Estimates are based on 11,279 respondents in NSW. For this indicator 221 (1.92%) were not stated (Don't know or Refused) in NSW
The question used was: When did you last have your blood pressure measured?

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

Blood pressure measured within the last 2 years by age, persons aged 16 years and over, NSW 2005

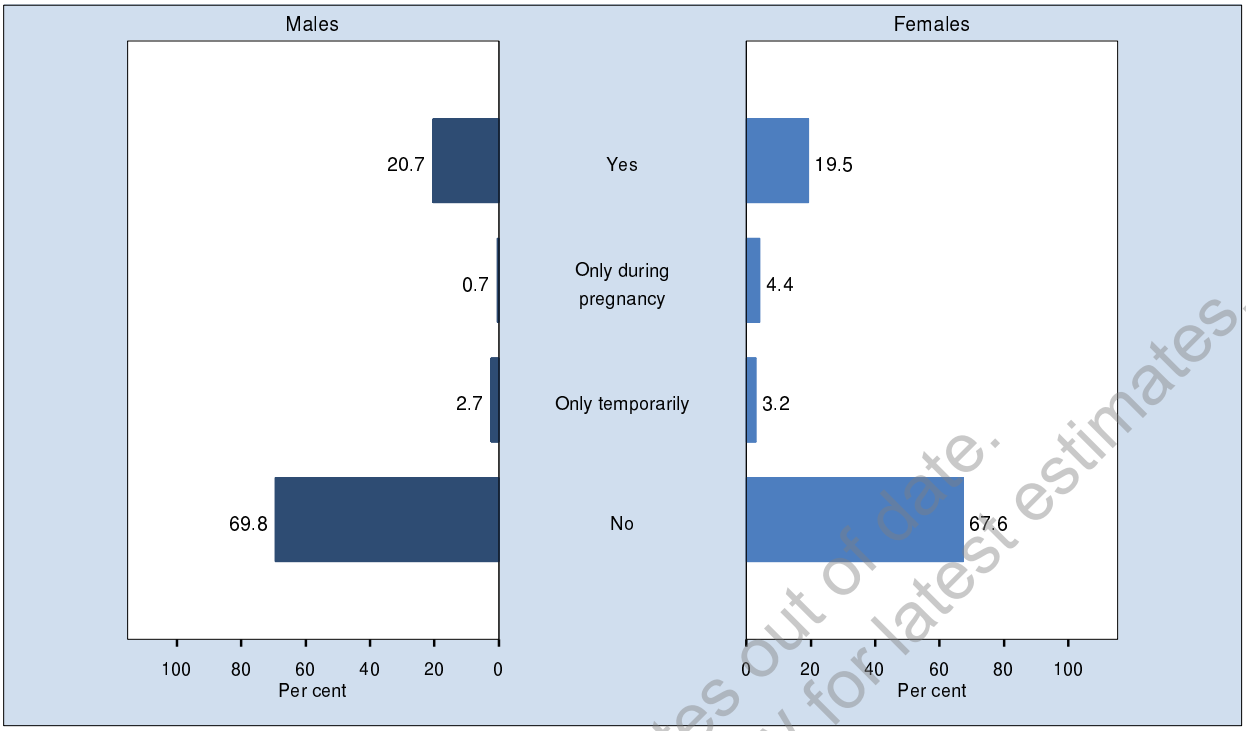


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	74.3 (68.9-79.6)	82.4 (78.1-86.6)	78.4 (75.0-81.9)
25-34	79.7 (75.1-84.4)	90.9 (88.5-93.3)	85.4 (82.8-88.0)
35-44	85.2 (81.7-88.6)	89.7 (87.1-92.2)	87.4 (85.3-89.5)
45-54	89.9 (87.4-92.4)	92.5 (90.5-94.6)	91.2 (89.6-92.8)
55-64	95.5 (93.7-97.3)	96.1 (94.8-97.4)	95.8 (94.7-96.9)
65-74	97.4 (96.3-98.6)	98.9 (98.2-99.5)	98.2 (97.5-98.8)
75+	97.0 (95.1-99.0)	99.0 (98.3-99.7)	98.2 (97.3-99.1)
All Ages	86.7 (85.2-88.2)	91.8 (90.8-92.8)	89.3 (88.4-90.2)

Note: Estimates are based on 11,059 respondents in NSW. For this indicator 221 (1.96%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had their blood pressure measured within the last 2 years. The question used to define the indicator was: When did you last have your blood pressure measured?

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

Ever told had high blood pressure, persons aged 16 years and over, NSW 2005

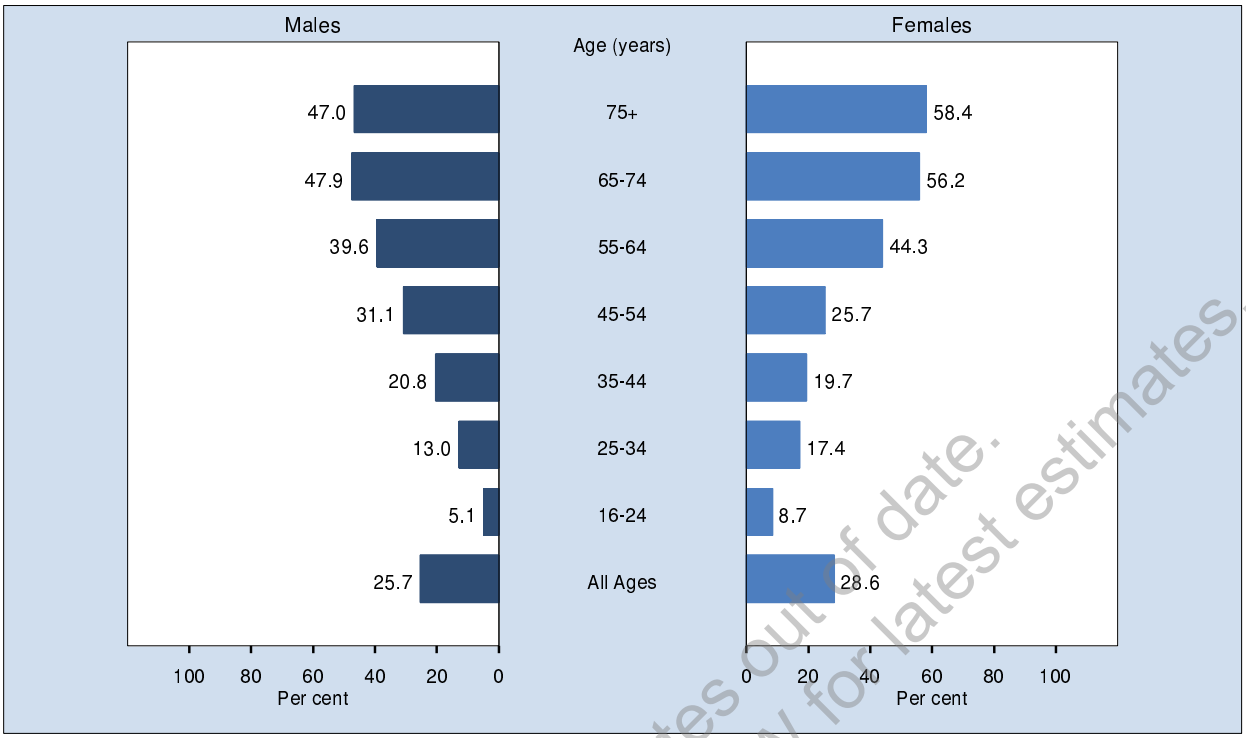


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Yes	20.7 (19.2-22.1)	19.5 (18.4-20.5)	20.1 (19.2-20.9)
Only during pregnancy	0.7 (0.4-1.1)	4.4 (3.7-5.2)	2.6 (2.2-3.0)
Only temporarily	2.7 (2.2-3.3)	3.2 (2.7-3.7)	3.0 (2.6-3.3)
No	69.8 (68.0-71.5)	67.6 (66.1-69.0)	68.6 (67.5-69.8)

Note: Estimates are based on 11,476 respondents in NSW. For this indicator 24 (0.21%) were not stated (Don't know or Refused) in NSW
The question used was: Have you ever been told by a doctor or hospital you have high blood pressure, sometimes called hypertension?

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

High blood pressure by age, persons aged 16 years and over, NSW 2005



Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	5.1 (2.5-7.7)	8.7 (5.4-11.9)	6.9 (4.8-9.0)
25-34	13.0 (9.1-17.0)	17.4 (14.3-20.5)	15.3 (12.8-17.8)
35-44	20.8 (16.9-24.6)	19.7 (16.5-22.9)	20.3 (17.8-22.8)
45-54	31.1 (27.2-35.1)	25.7 (22.5-28.9)	28.4 (25.9-31.0)
55-64	39.6 (35.5-43.7)	44.3 (41.1-47.5)	41.9 (39.3-44.6)
65-74	47.9 (43.6-52.1)	56.2 (52.6-59.7)	52.1 (49.3-54.8)
75+	47.0 (42.0-52.0)	58.4 (54.5-62.3)	53.8 (50.7-56.9)
All Ages	25.7 (24.1-27.3)	28.6 (27.3-30.0)	27.2 (26.1-28.2)

Note: Estimates are based on 11,107 respondents in NSW. For this indicator 24 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been told by a doctor or hospital they have high blood pressure or hypertension, except during pregnancy. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have high blood pressure, sometimes called hypertension?

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

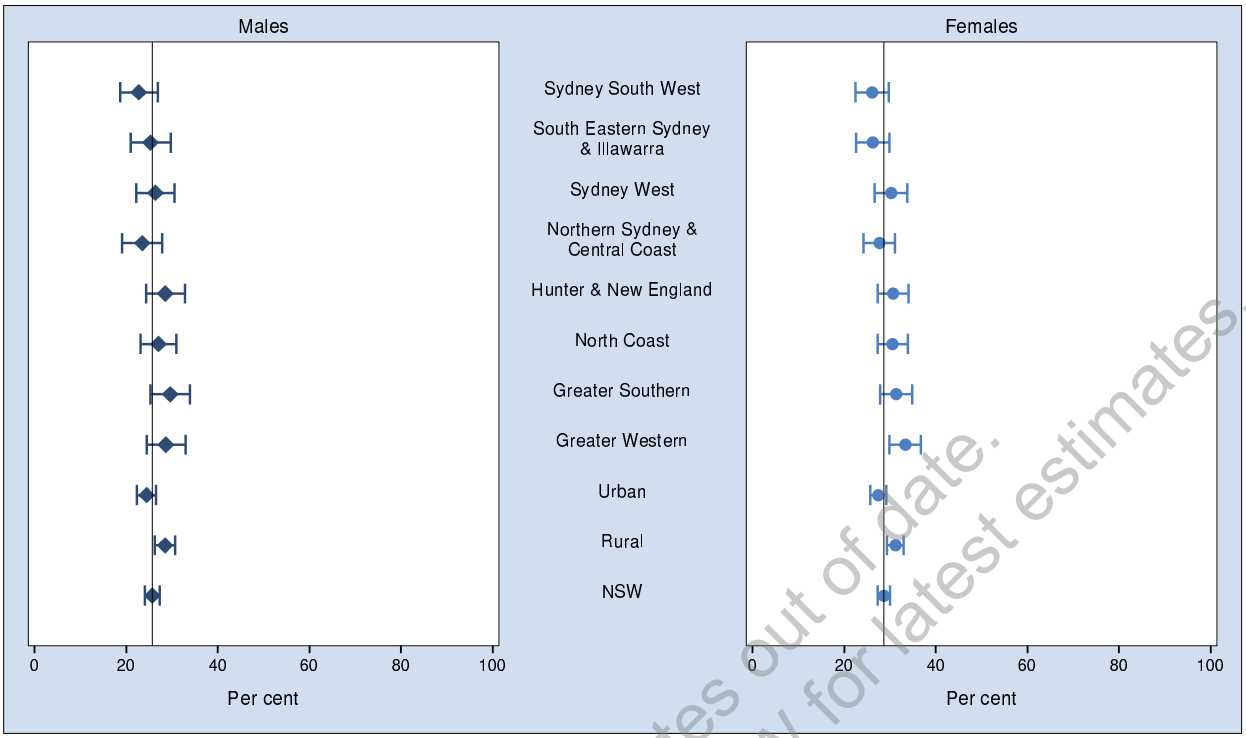
High blood pressure by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	25.4 (21.7-29.1)	30.8 (27.4-34.3)	28.2 (25.6-30.7)
4th Quintile	30.1 (26.2-34.1)	32.1 (29.2-35.0)	31.1 (28.7-33.6)
3rd Quintile	27.5 (24.0-31.1)	28.5 (25.5-31.5)	28.1 (25.7-30.4)
2nd Quintile	25.0 (21.2-28.8)	27.3 (24.3-30.3)	26.2 (23.8-28.6)
1st Quintile	21.7 (18.0-25.3)	25.7 (22.6-28.8)	23.7 (21.3-26.1)
NSW	25.7 (24.1-27.3)	28.6 (27.3-30.0)	27.2 (26.1-28.2)

Note: Estimates are based on 11,107 respondents in NSW. For this indicator 24 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been told by a doctor or hospital they have high blood pressure or hypertension, except during pregnancy. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have high blood pressure, sometimes called hypertension?

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

High blood pressure by health area, persons aged 16 years and over, NSW 2005

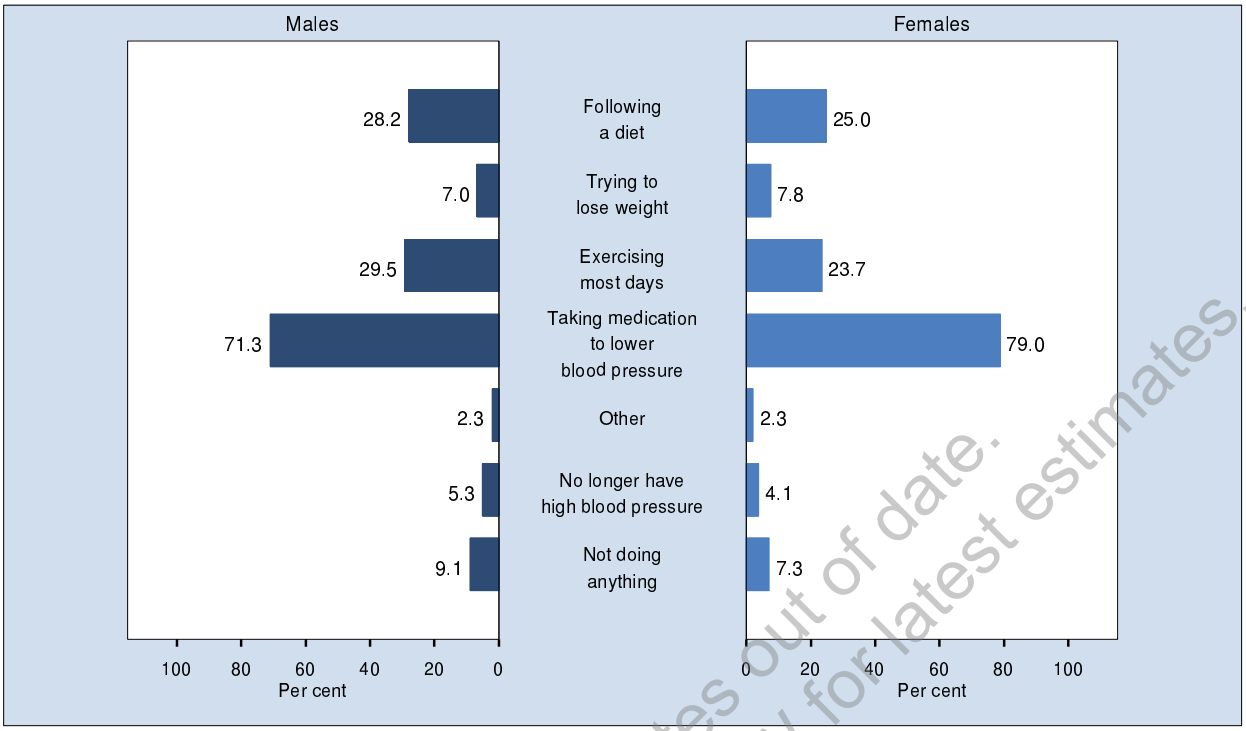


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	22.8 (18.7-26.9)	26.1 (22.4-29.8)	24.4 (21.7-27.2)
South Eastern Sydney & Illawarra	25.3 (20.9-29.7)	26.2 (22.5-29.8)	25.8 (22.9-28.6)
Sydney West	26.4 (22.2-30.5)	30.2 (26.7-33.8)	28.3 (25.6-31.1)
Northern Sydney & Central Coast	23.5 (19.1-27.8)	27.7 (24.2-31.1)	25.7 (22.9-28.4)
Hunter & New England	28.6 (24.3-32.9)	30.7 (27.3-34.0)	29.7 (27.0-32.4)
North Coast	27.0 (23.1-31.0)	30.6 (27.2-33.9)	28.9 (26.3-31.4)
Greater Southern	29.6 (25.3-33.9)	31.3 (27.8-34.8)	30.5 (27.7-33.2)
Greater Western	28.7 (24.4-32.9)	33.3 (29.9-36.8)	31.0 (28.3-33.8)
Urban	24.4 (22.3-26.6)	27.4 (25.7-29.2)	26.0 (24.6-27.4)
Rural	28.5 (26.2-30.7)	31.2 (29.4-33.0)	29.9 (28.4-31.3)
NSW	25.7 (24.1-27.3)	28.6 (27.3-30.0)	27.2 (26.1-28.2)

Note: Estimates are based on 11,107 respondents in NSW. For this indicator 24 (0.22%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have been told by a doctor or hospital they have high blood pressure or hypertension, except during pregnancy. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have high blood pressure, sometimes called hypertension?

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

Actions taken to manage high blood pressure, persons with high blood pressure aged 16 years and over, NSW 2005

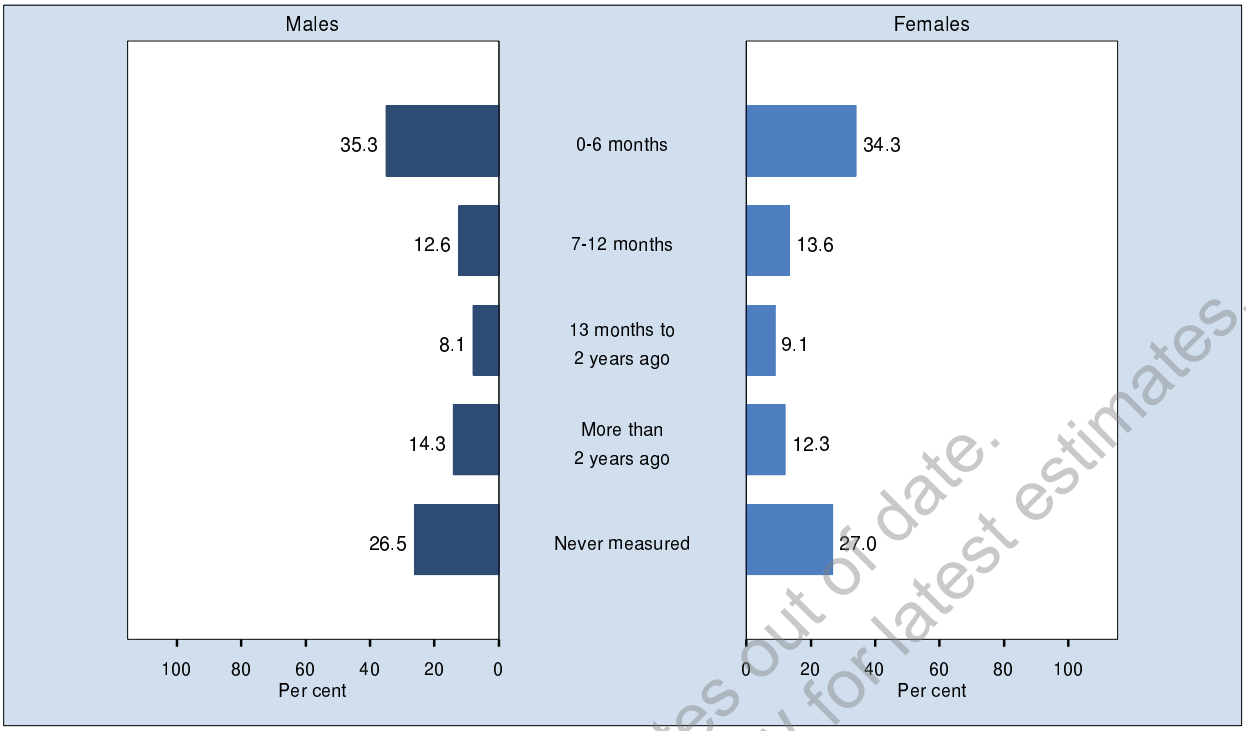


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Following a diet	28.2 (24.8-31.6)	25.0 (22.4-27.6)	26.6 (24.4-28.8)
Trying to lose weight	7.0 (5.2-8.9)	7.8 (6.3-9.4)	7.4 (6.2-8.6)
Exercising most days	29.5 (26.0-33.0)	23.7 (21.1-26.2)	26.6 (24.4-28.8)
Taking medication to lower blood pressure	71.3 (67.5-75.1)	79.0 (76.2-81.9)	75.1 (72.7-77.5)
Other	2.3 (1.0-3.5)	2.3 (0.8-3.8)	2.3 (1.3-3.3)
No longer have high blood pressure	5.3 (3.2-7.4)	4.1 (2.7-5.4)	4.7 (3.5-5.9)
Not doing anything	9.1 (6.4-11.7)	7.3 (5.6-9.0)	8.2 (6.6-9.8)

Note: Estimates are based on 3,131 respondents in NSW. For this indicator 7 (0.22%) were not stated (Don't know or Refused) in NSW
The questions used were: Have you ever been told by a doctor or hospital you have have high blood pressure sometimes called hypertension? and What are you doing now to manage your high blood pressure or hypertension? Respondents could mention more than one response. Percentages will total more than 100%.

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

When cholesterol last measured, persons aged 16 years and over, NSW 2005

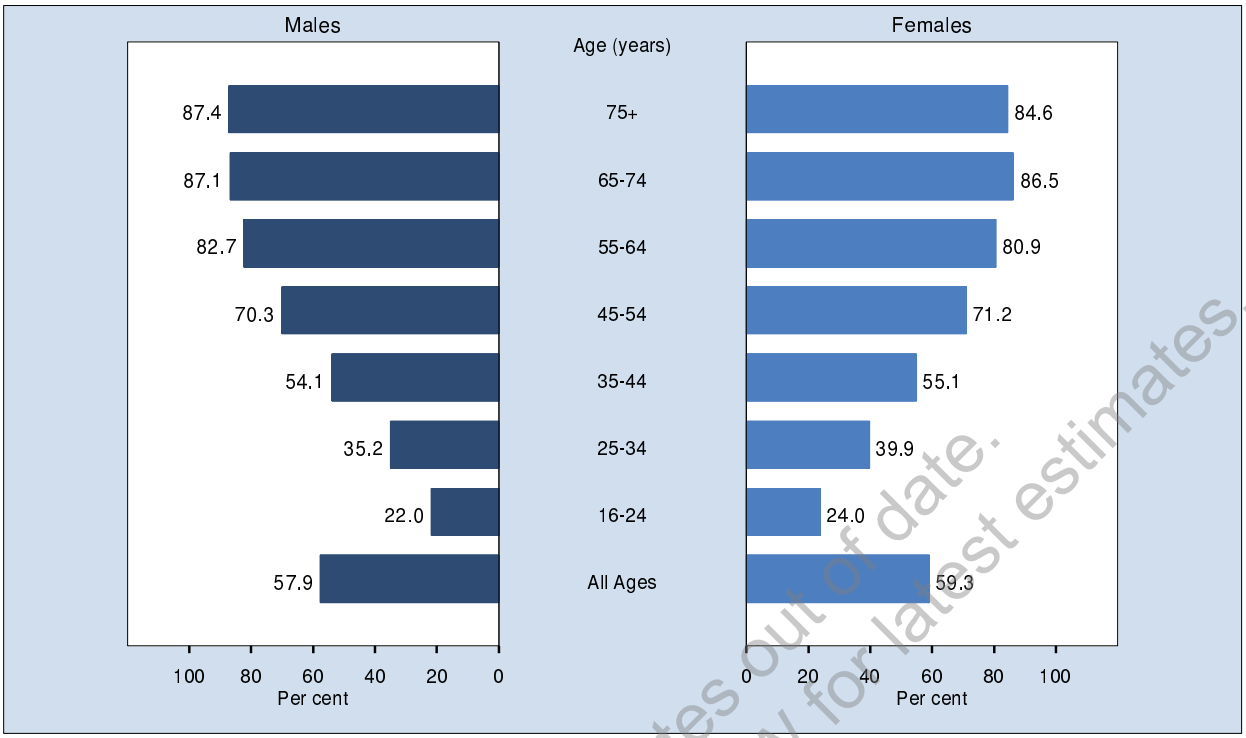


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
0-6 months	35.3 (33.4-37.1)	34.3 (32.9-35.8)	34.8 (33.6-36.0)
7-12 months	12.6 (11.3-13.9)	13.6 (12.5-14.6)	13.1 (12.3-13.9)
13 months to 2 years ago	8.1 (6.9-9.3)	9.1 (8.2-10.1)	8.6 (7.9-9.4)
More than 2 years ago	14.3 (12.8-15.7)	12.3 (11.2-13.3)	13.3 (12.4-14.1)
Never measured	26.5 (24.6-28.4)	27.0 (25.4-28.5)	26.7 (25.5-27.9)

Note: Estimates are based on 11,005 respondents in NSW. For this indicator 495 (4.3%) were not stated (Don't know or Refused) in NSW
The question used was: When did you last have your cholesterol measured?

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

Cholesterol measured within last 2 years by age, persons aged 16 years and over, NSW 2005

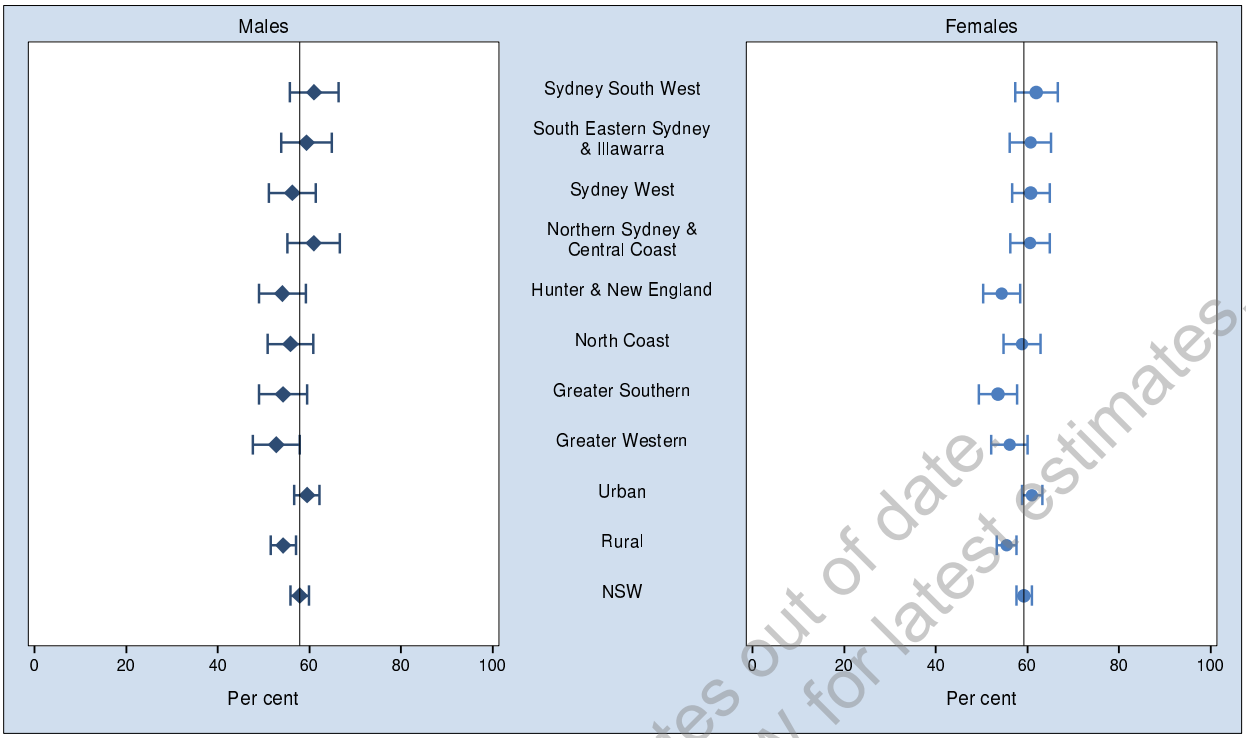


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	22.0 (16.8-27.2)	24.0 (19.1-28.8)	23.0 (19.5-26.6)
25-34	35.2 (29.6-40.8)	39.9 (35.7-44.2)	37.6 (34.1-41.1)
35-44	54.1 (49.1-59.1)	55.1 (51.1-59.2)	54.6 (51.4-57.8)
45-54	70.3 (66.4-74.2)	71.2 (67.9-74.6)	70.8 (68.2-73.3)
55-64	82.7 (79.4-86.0)	80.9 (78.2-83.5)	81.8 (79.6-83.9)
65-74	87.1 (84.3-89.8)	86.5 (83.9-89.2)	86.8 (84.9-88.7)
75+	87.4 (84.1-90.7)	84.6 (81.6-87.7)	85.8 (83.5-88.0)
All Ages	57.9 (55.8-59.9)	59.3 (57.6-60.9)	58.6 (57.3-59.9)

Note: Estimates are based on 10,785 respondents in NSW. For this indicator 495 (4.39%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had their cholesterol measured within the last 2 years. The question used to define the indicator was: When did you last have your cholesterol measured?

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

Cholesterol measured within last 2 years by health area, persons aged 16 years and over, NSW 2005

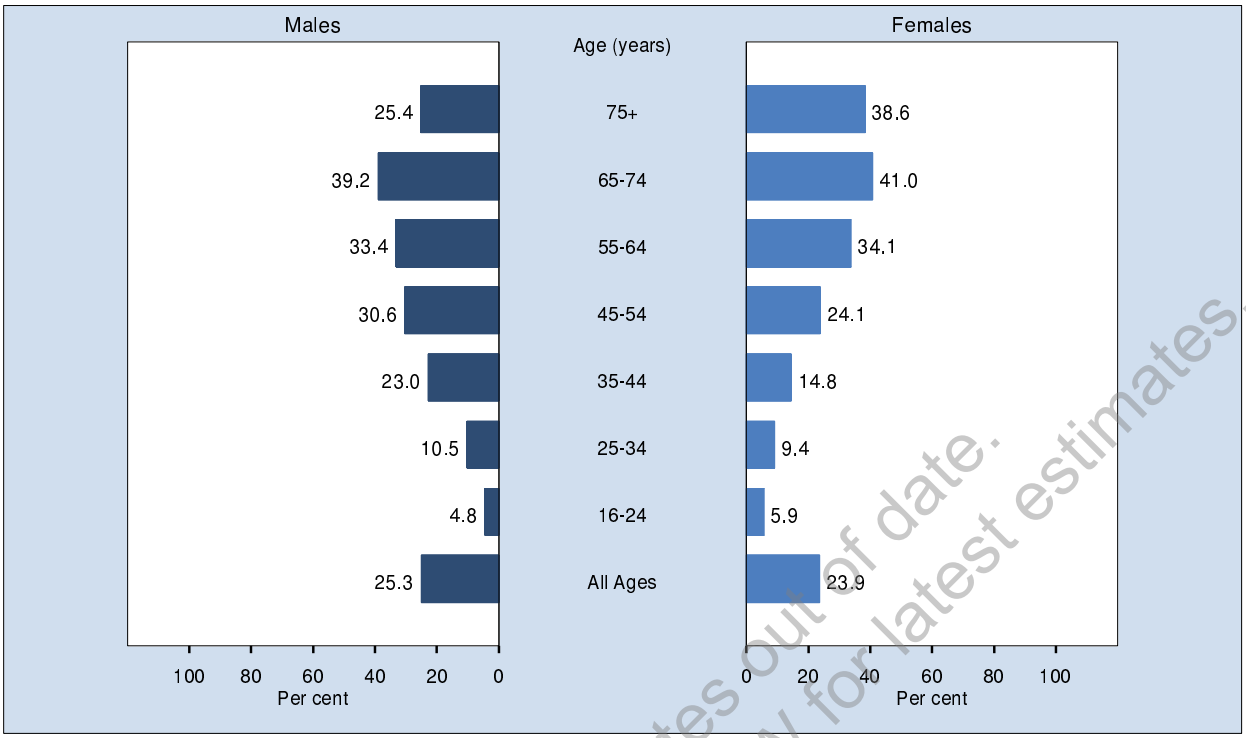


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	61.0 (55.7-66.4)	62.0 (57.3-66.6)	61.5 (58.0-65.0)
South Eastern Sydney & Illawarra	59.3 (53.8-64.9)	60.7 (56.2-65.2)	60.0 (56.4-63.6)
Sydney West	56.2 (51.2-61.3)	60.8 (56.6-64.9)	58.5 (55.2-61.8)
Northern Sydney & Central Coast	60.9 (55.2-66.6)	60.6 (56.3-64.9)	60.7 (57.2-64.3)
Hunter & New England	54.1 (48.9-59.2)	54.3 (50.3-58.4)	54.2 (51.0-57.4)
North Coast	55.9 (50.9-60.9)	58.8 (54.7-62.8)	57.4 (54.2-60.6)
Greater Southern	54.2 (48.9-59.5)	53.6 (49.4-57.8)	53.9 (50.6-57.2)
Greater Western	52.8 (47.7-57.9)	56.1 (52.1-60.1)	54.4 (51.2-57.7)
Urban	59.5 (56.7-62.2)	61.0 (58.8-63.2)	60.2 (58.5-62.0)
Rural	54.3 (51.6-57.0)	55.4 (53.3-57.6)	54.9 (53.1-56.6)
NSW	57.9 (55.8-59.9)	59.3 (57.6-60.9)	58.6 (57.3-59.9)

Note: Estimates are based on 10,785 respondents in NSW. For this indicator 495 (4.39%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had their cholesterol measured within the last 2 years. The question used to define the indicator was: When did you last have your cholesterol measured?

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

High cholesterol by age, persons aged 16 years and over, NSW 2005

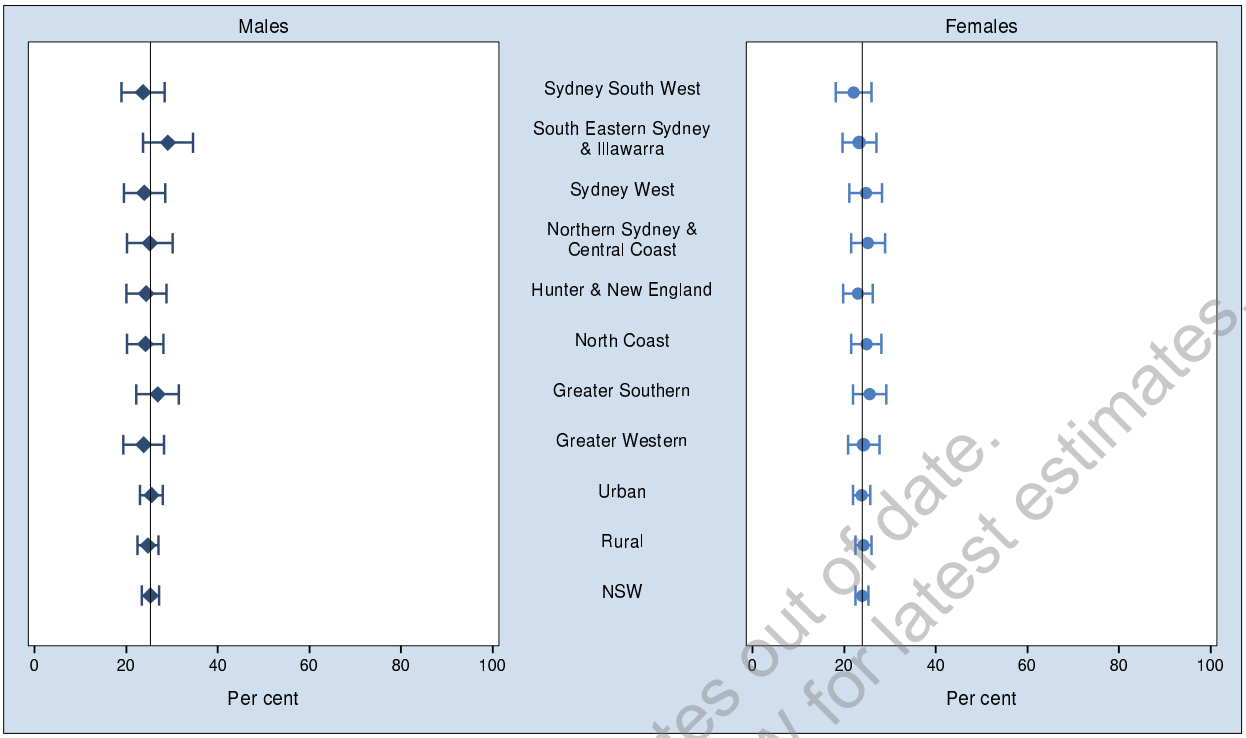


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	4.8 (0.4-9.2)	5.9 (1.1-10.7)	5.4 (2.1-8.6)
25-34	10.5 (5.5-15.5)	9.4 (6.0-12.7)	9.9 (7.0-12.9)
35-44	23.0 (18.1-27.9)	14.8 (11.6-18.0)	19.0 (16.1-22.0)
45-54	30.6 (26.3-34.9)	24.1 (20.7-27.5)	27.4 (24.6-30.1)
55-64	33.4 (29.3-37.6)	34.1 (30.9-37.3)	33.8 (31.2-36.4)
65-74	39.2 (34.9-43.5)	41.0 (37.5-44.6)	40.1 (37.4-42.9)
75+	25.4 (21.1-29.8)	38.6 (34.6-42.6)	33.2 (30.2-36.2)
All Ages	25.3 (23.4-27.2)	23.9 (22.5-25.3)	24.6 (23.4-25.8)

Note: Estimates are based on 9,065 respondents in NSW. For this indicator 76 (0.83%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have ever been told by a doctor or hospital they have high cholesterol. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have high cholesterol?

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

High cholesterol by health area, persons aged 16 years and over, NSW 2005

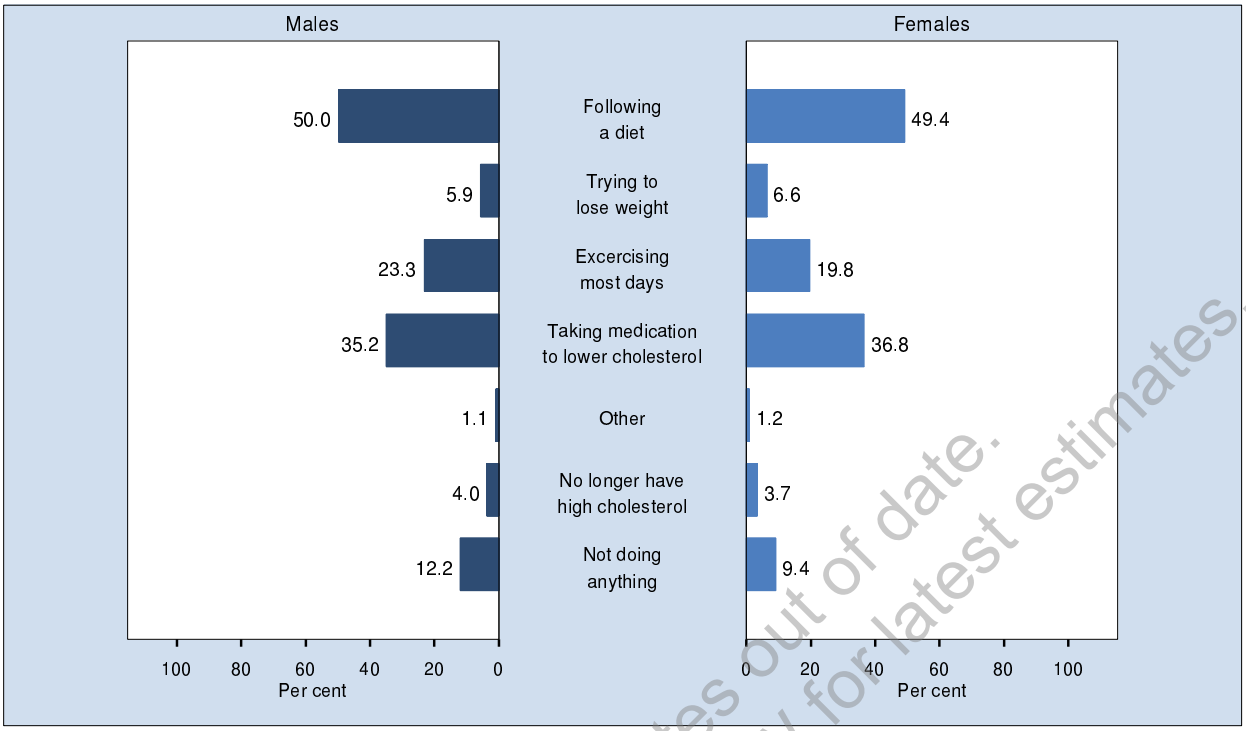


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	23.7 (18.9-28.4)	22.1 (18.1-26.0)	22.9 (19.8-26.0)
South Eastern Sydney & Illawarra	29.1 (23.7-34.6)	23.3 (19.6-27.1)	26.1 (22.9-29.4)
Sydney West	24.0 (19.5-28.5)	24.7 (21.1-28.3)	24.3 (21.5-27.2)
Northern Sydney & Central Coast	25.1 (20.2-30.1)	25.2 (21.5-28.9)	25.2 (22.1-28.2)
Hunter & New England	24.4 (20.0-28.8)	23.0 (19.8-26.2)	23.7 (21.0-26.4)
North Coast	24.2 (20.2-28.2)	24.8 (21.5-28.2)	24.5 (21.9-27.1)
Greater Southern	26.9 (22.2-31.5)	25.6 (21.9-29.2)	26.2 (23.3-29.1)
Greater Western	23.8 (19.3-28.3)	24.2 (20.8-27.7)	24.0 (21.2-26.8)
Urban	25.5 (23.0-28.0)	23.8 (21.9-25.7)	24.6 (23.1-26.2)
Rural	24.8 (22.5-27.1)	24.2 (22.4-26.0)	24.5 (23.0-25.9)
NSW	25.3 (23.4-27.2)	23.9 (22.5-25.3)	24.6 (23.4-25.8)

Note: Estimates are based on 9,065 respondents in NSW. For this indicator 76 (0.83%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have ever been told by a doctor or hospital they have high cholesterol. The question used to define the indicator was: Have you ever been told by a doctor or hospital you have high cholesterol?

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

Actions taken to manage high cholesterol, persons with high cholesterol aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Following a diet	50.0 (46.3-53.8)	49.4 (46.6-52.3)	49.7 (47.4-52.1)
Trying to lose weight	5.9 (4.2-7.6)	6.6 (5.3-7.8)	6.2 (5.2-7.3)
Excercising most days	23.3 (20.2-26.5)	19.8 (17.7-22.0)	21.6 (19.7-23.6)
Taking medication to lower cholesterol	35.2 (31.9-38.4)	36.8 (34.2-39.4)	35.9 (33.8-38.1)
Other	1.1 (0.3-2.0)	1.2 (0.6-1.8)	1.2 (0.6-1.7)
No longer have high cholesterol	4.0 (2.6-5.3)	3.7 (2.7-4.7)	3.8 (3.0-4.7)
Not doing anything	12.2 (9.6-14.8)	9.4 (7.7-11.2)	10.8 (9.2-12.4)

Note: Estimates are based on 3,471 respondents in NSW. For this indicator 4 (0.12%) were not stated (Don't know or Refused) in NSW
The questions used were: Have you ever been told by a doctor or hospital you have high cholesterol? and What are you doing now to manage your high cholesterol? Respondents could mention more than one response. Percentages will total more than 100%.

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

Diabetes

Introduction

Diabetes is a chronic disease characterised by high blood glucose levels resulting from the body not producing insulin or using it properly. Insulin is a hormone needed for glucose to enter the cells and be converted to energy.[1] 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 in the heart.

There are 3 main forms of diabetes: type 1, or insulin-dependent diabetes mellitus, which occurs when the pancreas no longer produces insulin; type 2, or non-insulin-dependent diabetes mellitus, which occurs when the pancreas is not producing enough insulin and the insulin it produces is not working effectively; and gestational diabetes, which occurs in pregnancy and should disappear after the birth.[1] The management of type 2, the most common form of diabetes, depends on careful control of glucose levels, blood lipid levels (especially cholesterol levels), blood pressure, and regular screening for complications.[2]

Australia-wide, there are over 600,000 people with diabetes and this prevalence is increasing. It is estimated there is an undiagnosed case of type 2 diabetes for every diagnosis, making the total estimate 1.2 million cases.[1] In New South Wales, diabetes is the main cause of around 2 per cent of deaths and a contributing cause in a further 6.6 per cent of deaths.[3]

In 2005, the New South Wales Population Health Survey asked respondents: Have you every 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?; How old were you when first told you had diabetes or high blood glucose? What are you doing now to manage your diabetes or high blood glucose? If female, respondents were also asked: Were you pregnant when 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?

Results

In 2005, 7.6 per cent of adults aged 16 years and over had diabetes or high blood glucose (8.3 per cent of males and 6.9 per cent of females). The prevalence of diabetes or high blood glucose increased with age, with a significantly lower proportion of adults aged 16–44 years (3.0 per cent to 4.9 per cent) and a significantly higher proportion of adults aged 55 years and over (13.3 per cent to 14.4 per cent) with diabetes or high blood glucose, compared with the overall adult population. There was no significant variation between rural areas and urban areas, or among health areas, or by level of socioeconomic disadvantage.

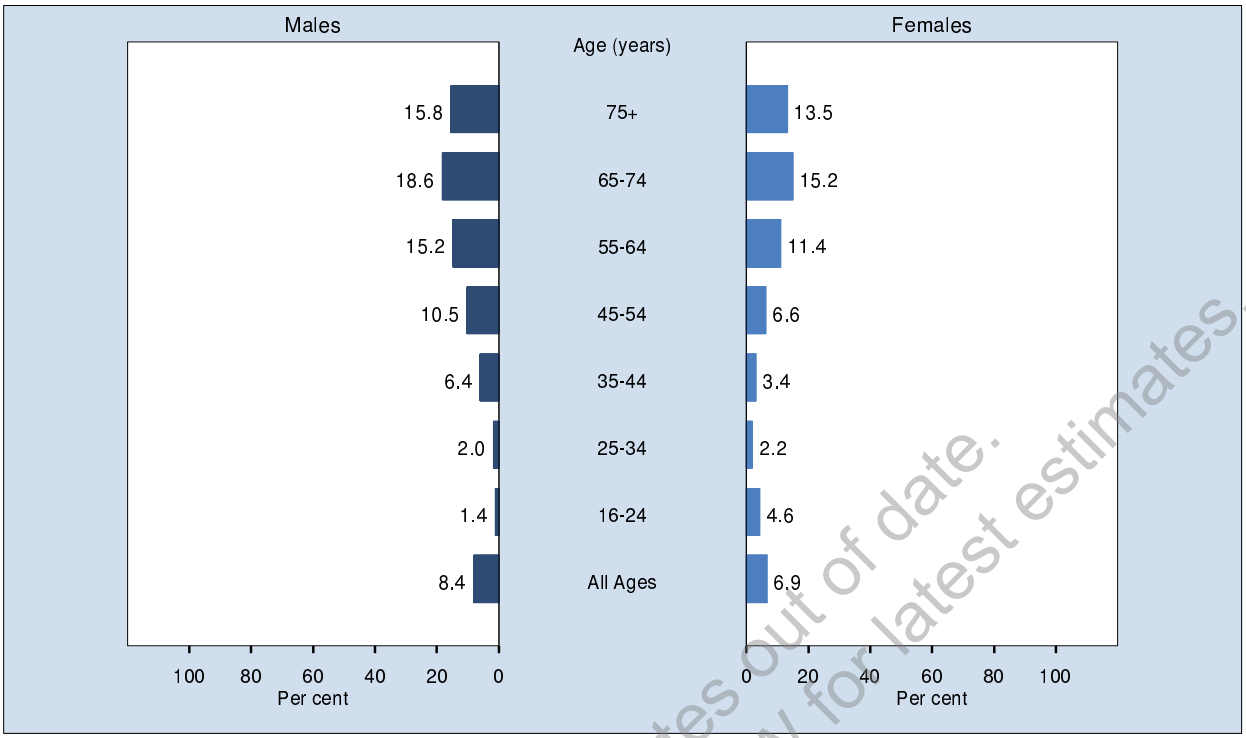
Overall, the prevalence of diabetes or high blood glucose increased significantly from 1997 (4.7 per cent) to 2005 (7.6 per cent).

Of those who reported diabetes or high blood glucose, 60.8 per cent reported following a special diet, 40.2 per cent reported taking medication (or tablets), 27.4 per cent reported exercising most days, 13.6 per cent reported having insulin injections, 7.4 per cent reported losing weight, and 11.1 per cent reported not doing anything.

References

1. Diabetes Australia. *Minimising the impact of diabetes: Fact sheets*. Available online at www.diabetesaustralia.com.au/_lib/doc_pdf/Diabetesfactsheet.pdf.
2. Australian Centre for Diabetes. *National evidence based guidelines for the management of type 2 diabetes mellitus*. Sydney: Prince of Wales Hospital, 2001.
3. Population Health Division. *The health of the people of New South Wales: Report of the Chief Health Officer, 2004*. Sydney: NSW Department of Health, 2004.

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

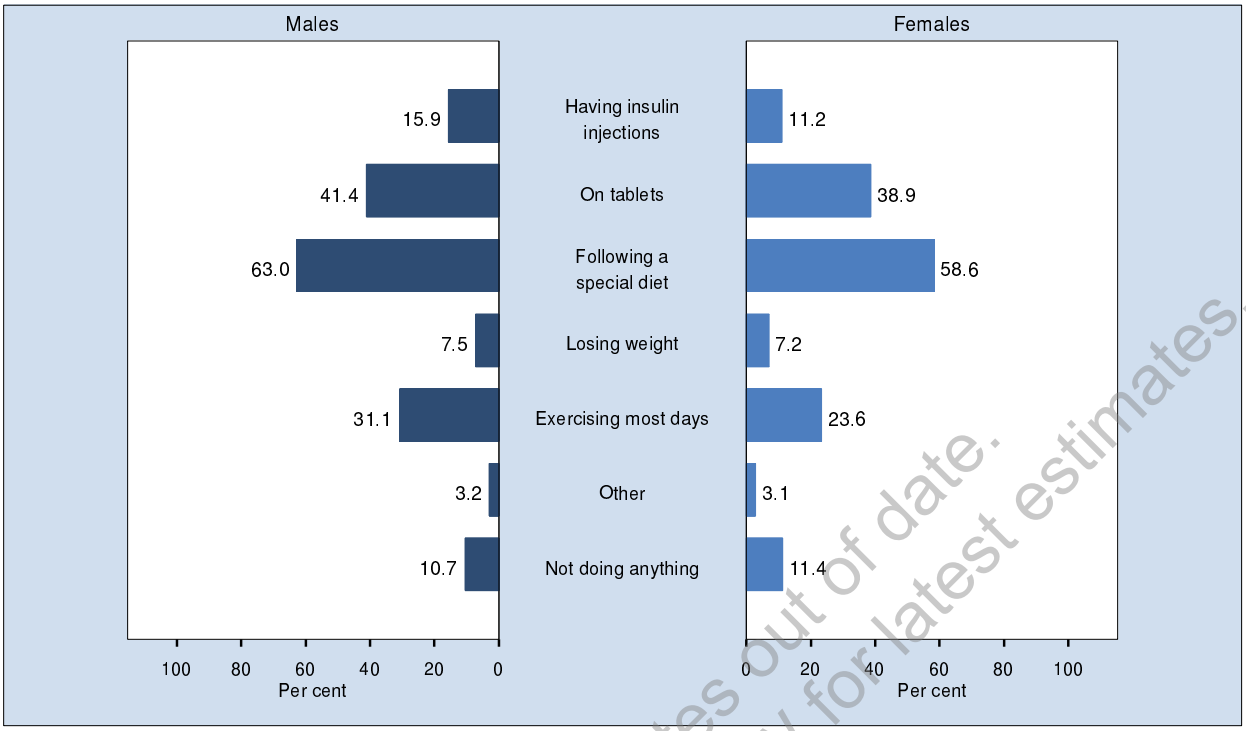


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	1.4 (0.2-2.5)	4.6 (2.4-6.9)	3.0 (1.7-4.3)
25-34	2.0 (0.4-3.6)	2.2 (1.1-3.4)	2.1 (1.1-3.1)
35-44	6.4 (4.0-8.8)	3.4 (2.1-4.7)	4.9 (3.5-6.3)
45-54	10.5 (7.9-13.1)	6.6 (4.7-8.4)	8.5 (6.9-10.1)
55-64	15.2 (12.2-18.1)	11.4 (9.3-13.5)	13.3 (11.5-15.1)
65-74	18.6 (15.1-22.0)	15.2 (12.5-17.9)	16.8 (14.7-19.0)
75+	15.8 (12.4-19.2)	13.5 (10.7-16.3)	14.4 (12.3-16.6)
All Ages	8.4 (7.4-9.3)	6.9 (6.1-7.6)	7.6 (7.0-8.2)

Note: Estimates are based on 11,457 respondents in NSW. For this indicator 5 (0.04%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Action taken to manage diabetes or high blood glucose, persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Having insulin injections	15.9 (11.6-20.3)	11.2 (8.3-14.0)	13.6 (11.0-16.2)
On tablets	41.4 (35.7-47.2)	38.9 (33.7-44.1)	40.2 (36.3-44.1)
Following a special diet	63.0 (57.0-68.9)	58.6 (53.1-64.0)	60.8 (56.7-64.8)
Losing weight	7.5 (4.5-10.5)	7.2 (4.7-9.7)	7.4 (5.4-9.3)
Exercising most days	31.1 (25.6-36.6)	23.6 (19.0-28.1)	27.4 (23.8-31.0)
Other	3.2 (1.1-5.2)	3.1 (1.4-4.9)	3.2 (1.8-4.5)
Not doing anything	10.7 (6.0-15.4)	11.4 (7.3-15.5)	11.1 (7.9-14.2)

Note: Estimates are based on 1,157 respondents in NSW. For this indicator 6 (0.52%) were not stated (Don't know or Refused) in NSW
The questions used 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 What are you doing now to manage your diabetes or high blood glucose? Repondents could mention more than one response. Percentages will total more than 100%.

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

Injury

Introduction

Injury is a major cause of preventable mortality and morbidity, first recognised as a national health priority in 1986. When compared with other health interventions, the lead-time between an intervention for injury prevention and a result from that intervention is shorter. Injury, therefore, is an important demonstration area for population health, and ongoing monitoring of injury among the population is needed to support intervention strategies. [1]

In recent years, increasing numbers of people have been heeding advice to exercise, to achieve the health benefits exercise provides. But, for some, these benefits come at a price: sports injuries. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warmup and stretching. The term 'sports injury' is usually reserved for injuries involving the musculoskeletal system. The most common sports injuries include: muscle sprains and strains; tears of the ligaments holding joints together; tears of the tendons supporting joints and allow them to move; dislocated joints; and fractured bones, including vertebrae.[2]

In 2005, the New South Wales Population Health Survey asked respondents: In the last 12 months, have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition (do not include recreational walking)?; In the last 12 months, on average, how many hours per week did you spend playing sport (including training)?; In the past 12 months, on average, how many times have you been injured playing sport? and, What treatment did you receive as a result of your most recent injury?

Results

In 2005, 25.4 per cent of adults aged 16 years and over participated in organised sport in the last 12 months. Of these, a significantly higher proportion of males (30.2 per cent) than females (20.7 per cent) participated in an organised sport. A significantly higher proportion of adults in the 16–24 age group (44.8 per cent) and a significantly lower proportion of adults aged 45 years and over (20.6 per cent to 11.7 per cent) participated in an organised sport, compared with the overall adult population.

There was no significant difference in adults participating in an organised sport by urban or rural area, or among health areas. A lower proportion of adults in the most disadvantaged quintile (19.8 per cent) participated in an organised sport, compared with the overall adult population.

In 2005, 30.9 per cent of adults aged 16 years and over who played organised sport also had a sports injury in the last 12 months. Of these, a significantly greater proportion of males (35.8 per cent) than females (24.1 per cent) had a sports injury. A significantly higher proportion of adults in the 16–24 age group (43.5 per cent) and a significantly lower proportion of adults aged 55 years and over (12.4 per cent to 2.7 per cent) had a sports injury, compared with the overall adult population.

There was no significant difference in the proportion of adults with sports injuries by urban or rural area, or among health areas, or by level of socioeconomic disadvantage, compared with the overall adult population.

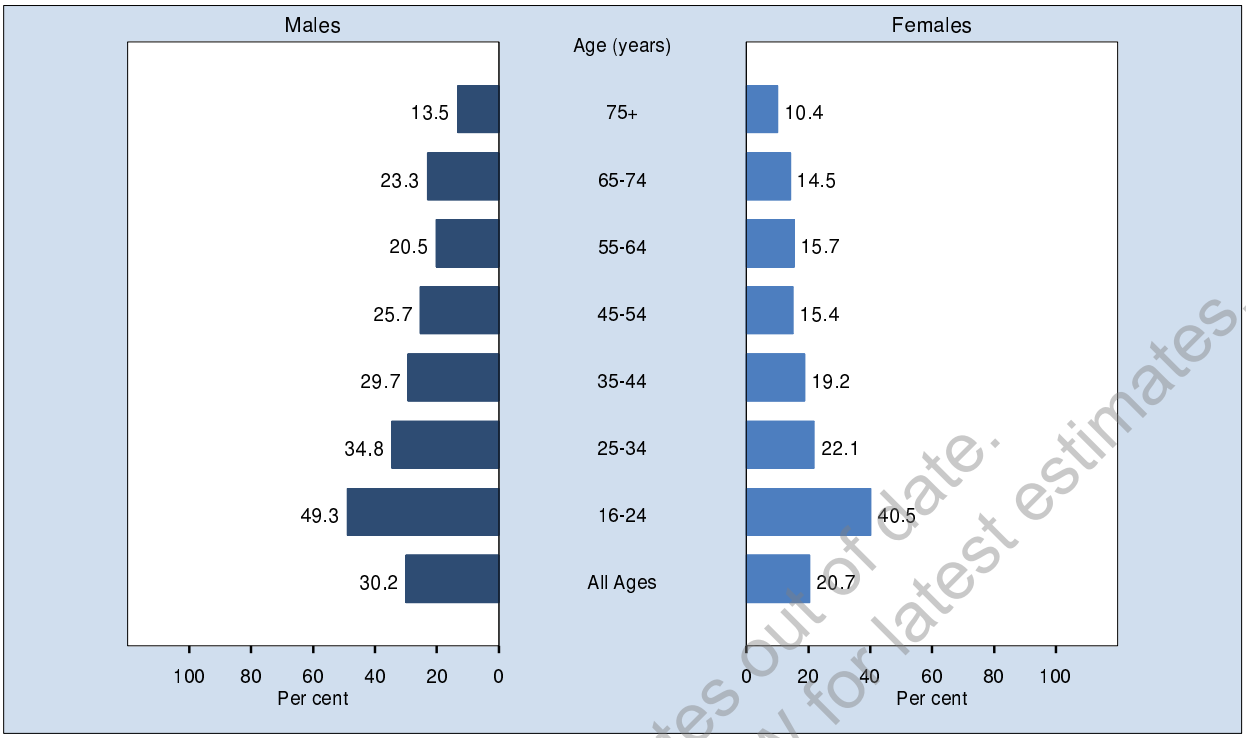
Of those who participated in organised sport in the last 12 months, 69.4 per cent had no sports injury, 13.6 per cent were injured on one occasion, 9.0 per cent were injured on 2 occasions, 3.2 per cent were injured on 3 occasions, 1.4 per cent were injured on 4 occasions, 1.0 per cent were injured on 5 occasions, and 2.4 per cent were injured on more than 5 occasions.

Of those who had sports injuries in the last 12 months, 15.7 per cent received no treatment, 34.8 per cent were treated by self, 6.3 per cent were treated by an emergency department, 2.8 per cent were treated by a hospital, 15.2 per cent were treated by a local general practitioner or sports doctor, 27.5 per cent were treated by a physiotherapist, and 5.7 per cent were treated by a chiropractor.

References

1. National Health and Medical Research Council. *Paradigm Shift, Injury, From problem to solution.* Canberra: Commonwealth of Australia, 1999. Available online at www.nhmrc.gov.au/publications/subjects/injury.htm (accessed 13 May 2006).
2. National Institute of Arthritis and Musculoskeletal and Skin Diseases. *Sports Injuries*. Bethesda: National Institutes of Health, US Department of Health and Human Services, 2004. Available online at www.niams.nih.gov/hi/topics/sports_injuries/SportsInjuries.htm (accessed 13 May 2006).

Participated in organised sport in the last 12 months by age, persons aged 16 years and over, NSW 2005

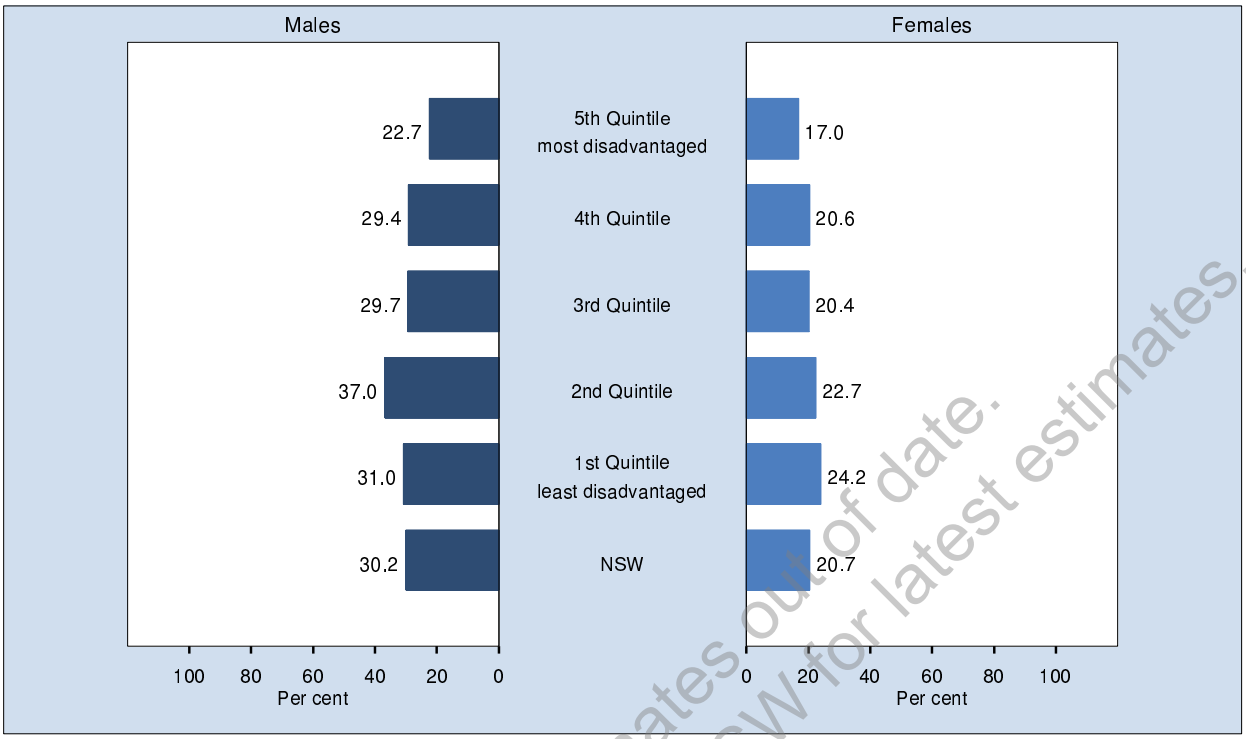


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	49.3 (43.6-54.9)	40.5 (35.4-45.6)	44.8 (41.0-48.7)
25-34	34.8 (29.5-40.2)	22.1 (18.7-25.5)	28.4 (25.2-31.6)
35-44	29.7 (25.1-34.2)	19.2 (16.0-22.3)	24.4 (21.6-27.2)
45-54	25.7 (21.8-29.5)	15.4 (12.8-18.0)	20.6 (18.2-22.9)
55-64	20.5 (17.2-23.9)	15.7 (13.4-18.0)	18.1 (16.1-20.1)
65-74	23.3 (19.7-27.0)	14.5 (12.0-16.9)	18.8 (16.6-21.0)
75+	13.5 (10.2-16.9)	10.4 (8.0-12.8)	11.7 (9.7-13.6)
All Ages	30.2 (28.3-32.1)	20.7 (19.4-22.1)	25.4 (24.2-26.6)

Note: Estimates are based on 11,273 respondents in NSW. For this indicator 7 (0.06%) were not stated (Don't know or Refused) in NSW
The indicator includes those who participated in organised sport in the last 12 months. The questions used to define the indicator were: In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition?

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

Participated in organised sport in the last 12 months by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

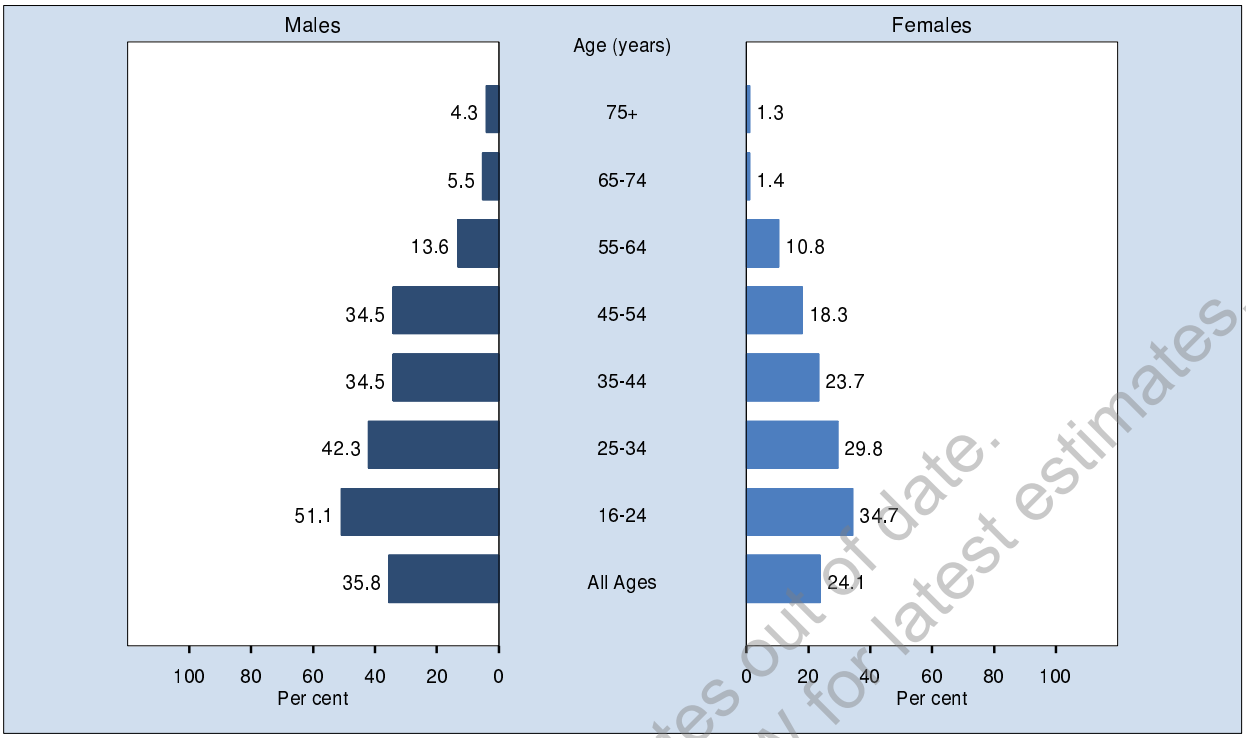


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	22.7 (18.7-26.7)	17.0 (14.0-20.1)	19.8 (17.3-22.3)
4th Quintile	29.4 (25.4-33.3)	20.6 (17.9-23.3)	24.9 (22.5-27.3)
3rd Quintile	29.7 (25.5-33.8)	20.4 (17.4-23.4)	24.9 (22.3-27.5)
2nd Quintile	37.0 (32.4-41.6)	22.7 (19.4-25.9)	29.4 (26.6-32.2)
1st Quintile	31.0 (26.4-35.5)	24.2 (20.8-27.6)	27.6 (24.8-30.5)
NSW	30.2 (28.3-32.1)	20.7 (19.4-22.1)	25.4 (24.2-26.6)

Note: Estimates are based on 11,273 respondents in NSW. For this indicator 7 (0.06%) were not stated (Don't know or Refused) in NSW
The indicator includes those who participated in organised sport in the last 12 months. The questions used to define the indicator were: In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition?

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

Injured playing organised sport in the last 12 months by age, persons who play organised sport aged 16 years and over, NSW 2005

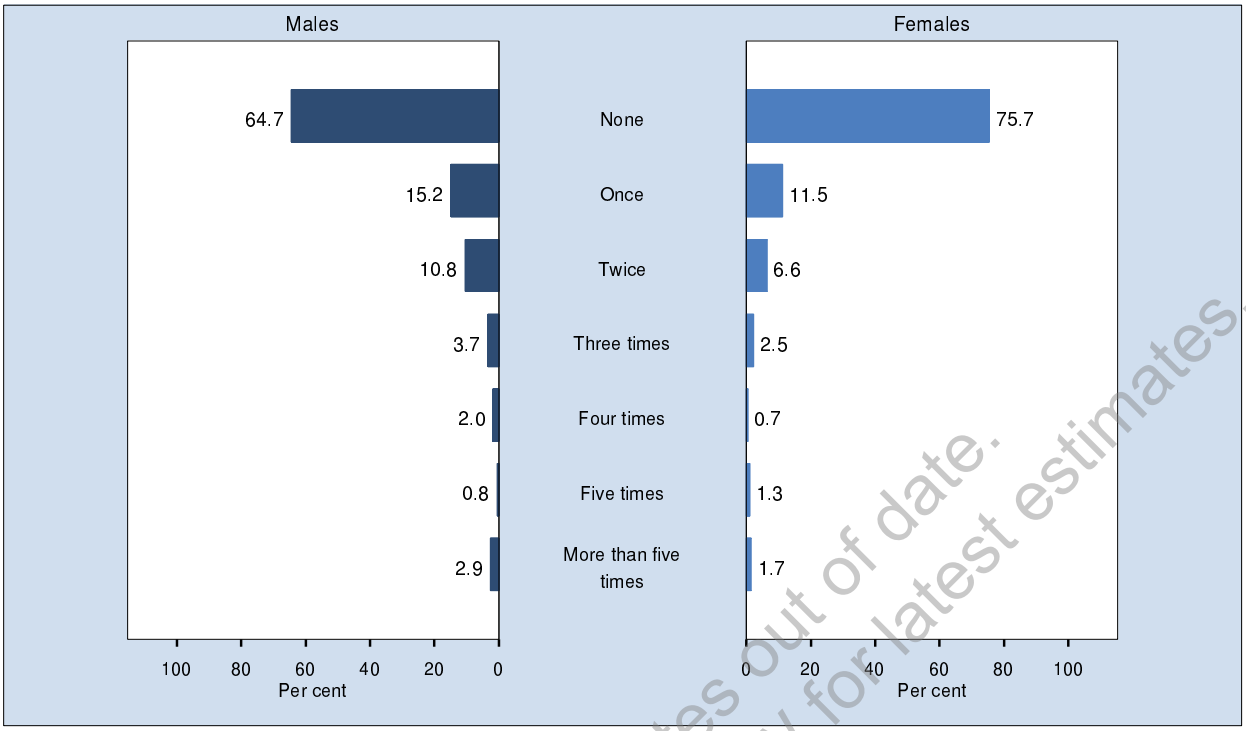


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	51.1 (42.9-59.3)	34.7 (26.9-42.4)	43.5 (37.7-49.2)
25-34	42.3 (32.9-51.8)	29.8 (21.9-37.8)	37.4 (30.8-44.0)
35-44	34.5 (25.7-43.3)	23.7 (15.8-31.5)	30.3 (24.1-36.6)
45-54	34.5 (25.6-43.3)	18.3 (10.6-26.0)	28.4 (22.0-34.8)
55-64	13.6 (7.3-19.8)	10.8 (5.4-16.2)	12.4 (8.1-16.6)
65-74	5.5 (1.5-9.5)	1.4 (0.0-3.1)	3.9 (1.3-6.4)
75+	4.3 (0.0-9.1)	1.3 (0.0-3.4)	2.7 (0.2-5.3)
All Ages	35.8 (32.0-39.6)	24.1 (20.7-27.5)	30.9 (28.2-33.6)

Note: Estimates are based on 2,374 respondents in NSW. For this indicator 40 (1.66%) were not stated (Don't know or Refused) in NSW
The indicator includes those who were injured while undertaking organised sport in the last 12 months. The questions used to define the indicator were: In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition? and In the past 12 months how many times have you been injured playing sport?

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

Times injured playing organised sport in the last 12 months, persons who play organised sport aged 16 years and over, NSW 2005

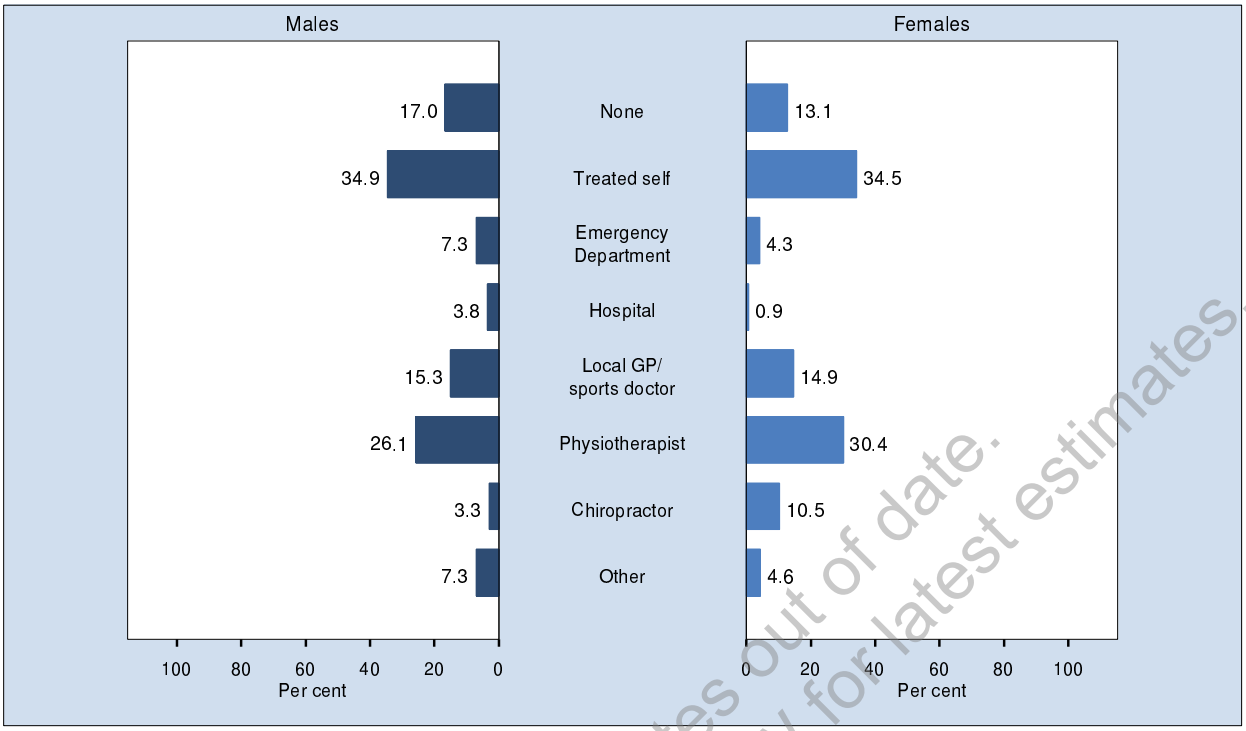


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	64.7 (60.8-68.6)	75.7 (72.2-79.2)	69.4 (66.7-72.1)
Once	15.2 (12.2-18.1)	11.5 (9.1-13.8)	13.6 (11.6-15.5)
Twice	10.8 (8.1-13.4)	6.6 (4.4-8.8)	9.0 (7.2-10.8)
Three times	3.7 (1.9-5.4)	2.5 (1.2-3.8)	3.2 (2.0-4.3)
Four times	2.0 (0.9-3.1)	0.7 (0.2-1.2)	1.4 (0.8-2.1)
Five times	0.8 (0.1-1.6)	1.3 (0.1-2.4)	1.0 (0.4-1.7)
More than five times	2.9 (1.4-4.4)	1.7 (0.5-3.0)	2.4 (1.4-3.4)

Note: Estimates are based on 2,374 respondents in NSW. For this indicator 40 (1.66%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition? and In the past 12 months how many times have you been injured playing sport?

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

Treatment for most recent organised sport injury, persons injured playing organised sport aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
None	17.0 (11.3-22.7)	13.1 (7.9-18.3)	15.7 (11.5-19.8)
Treated self	34.9 (28.1-41.7)	34.5 (26.4-42.6)	34.8 (29.5-40.0)
Emergency Department	7.3 (3.5-11.1)	4.3 (1.3-7.3)	6.3 (3.6-9.0)
Hospital	3.8 (1.3-6.2)	0.9 (0.0-1.8)	2.8 (1.1-4.5)
Local GP/sports doctor	15.3 (10.6-20.1)	14.9 (8.9-20.8)	15.2 (11.4-18.9)
Physiotherapist	26.1 (19.7-32.4)	30.4 (22.3-38.4)	27.5 (22.5-32.5)
Chiropractor	3.3 (0.6-5.9)	10.5 (5.3-15.8)	5.7 (3.2-8.2)
Other	7.3 (3.2-11.4)	4.6 (1.5-7.7)	6.4 (3.4-9.3)

Note: Estimates are based on 534 respondents in NSW. For this indicator 44 (7.61%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition?, In the past 12 months how many times have you been injured playing sport? and What treatment did you receive as a result of your most recent sports injury? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

Mental health

Introduction

Psychological distress has a major effect on the ability of people to work, study, and manage their day-to-day activities. Around one in 10 Australians report having a long-term anxiety-related problem or mood (affective) problem. Of these, 32 per cent report being daily smokers and 15 per cent report consuming alcohol at levels of high risk.[1]

The Kessler 10 (K10) measure of self-reported psychological distress is included in the New South Wales Population Health Survey to monitor the mental health of people aged 16 and over.[2] The K10 measure is a 10-item questionnaire that measures non-specific psychological distress based on questions about the level of nervousness, agitation, psychological fatigue and depression in the most recent 4-week period. Responses to the questionnaire are 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. The Kessler 10 Plus (K10+) measure contains additional questions to assess functioning and related factors. At both the population level and individual level the K10 measure is a barometer for psychological distress without identifying its cause.

In 2005, the New South Wales Population Health Survey asked respondents aged 16 years and over the following K10 questions: In the past 4 weeks, about how often did you feel tired out for no good reason?; In the past 4 weeks, about how often did you feel nervous?; In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?; In the past 4 weeks, about how often did you feel hopeless?; In the last 4 weeks, about how often did you feel restless or fidgety?; In the past 4 weeks, about how often were you so restless that you could not sit still?; In the past 4 weeks, about how often did you feel depressed?; In the past 4 weeks, about how often did you feel that everything was an effort?; In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?; In the past 4 weeks, about how often did you feel worthless?.

Respondents who scored 16 points and above were asked the K10+ questions: In the last 4 weeks, how many days were you totally unable to work, study, or manage your day-to-day activities because of these feelings? Aside from those days, in the last 4 weeks, how many days were you able to work, study, or manage you day-to-day activities, but had to cut down on what you did because of these feelings?; In the last 4 weeks, how many times have you seen a doctor or other health professional about these feelings?; In the last 4 weeks, how often have physical health problems been the main cause of these feelings?

Results

Overall, in 2005, 69.0 per cent of adults had low levels of psychological distress, 19.1 per cent had moderate levels, 8.6 per cent had high levels, and 3.4 per cent had very high levels.

Approximately 11.9 per cent of adults had high or very high levels of psychological distress. A significantly higher proportion of females (14.1 per cent) than males (9.6 per cent) had high or very high levels of psychological distress.

A significantly lower proportion of females aged 65 years and over (7.8 per cent to 8.9 per cent) had high or very high levels of psychological distress, compared with the overall adult female population. Among males, a significantly lower proportion aged 65 years and over (4.3 per cent to 2.8 per cent) had high or very high levels of psychological distress, compared to the overall adult male population.

The proportion of adults with high or very high levels of psychological distress did not vary significantly between urban areas and rural areas, or among health areas.

Psychological distress increases with socioeconomic disadvantage. A significantly higher proportion of adults in the most disadvantaged quintile (15.9 per cent) had high or very high levels of psychological distress, compared with the overall adult population. A significantly lower proportion of adults in the least socioeconomically disadvantaged quintile (7.5 per cent) reported high or very high levels of psychological distress, compared with the overall adult population.

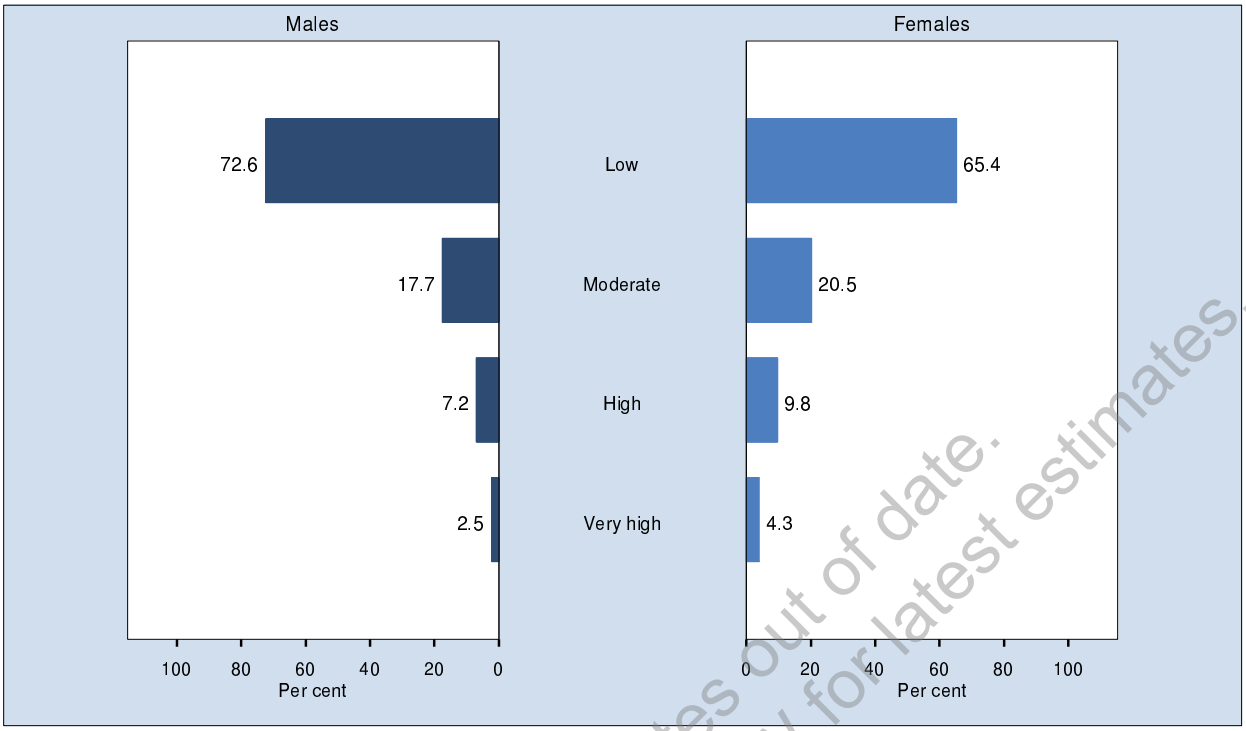
Rates of high and very high psychological distress have not risen significantly between 1997 and 2005, apart from a peak in 2004.

Among adults aged 16 years and over, the average number of days they were unable to work, study, or manage their day-to-day activities because of their psychological distress was 0.65 days in the last 4 weeks (0.62 days for males and 0.68 days for females). These adults had to cut down on what they did because of their psychological distress on an average of 0.82 days in the last 4 weeks (0.59 days for males and 1.04 days for females). On average, adults aged 16 years and over saw a doctor or other health professional about their psychological distress 0.15 times in the last 4 weeks (0.13 times for males and 0.18 times for females). Just over half (55.0 per cent) of the adults who had moderate, high, or very high psychological distress said the problems they had in the last 4 weeks were not due to physical problems.

References

1. Australian Bureau of Statistics. *National Health Survey 2004–05: Summary of Results, Australia*, Catalogue no. 4364.0. Canberra: Australian Bureau of Statistics, 2002. Available online at www.abs.gov.au (accessed 8 May 2006)
2. Kessler RC, Andrews G, Colpe LJ, Hiripi E, Mroczek DK, Normand S-LT, Walters EE, Zaslavsky A. Short screening scales to monitor population prevalences and trends in nonspecific psychological distress. *Psychological Medicine* 2002, 32(6): 959–976.

Psychological distress by Kessler 10 categories, persons aged 16 years and over, NSW 2005

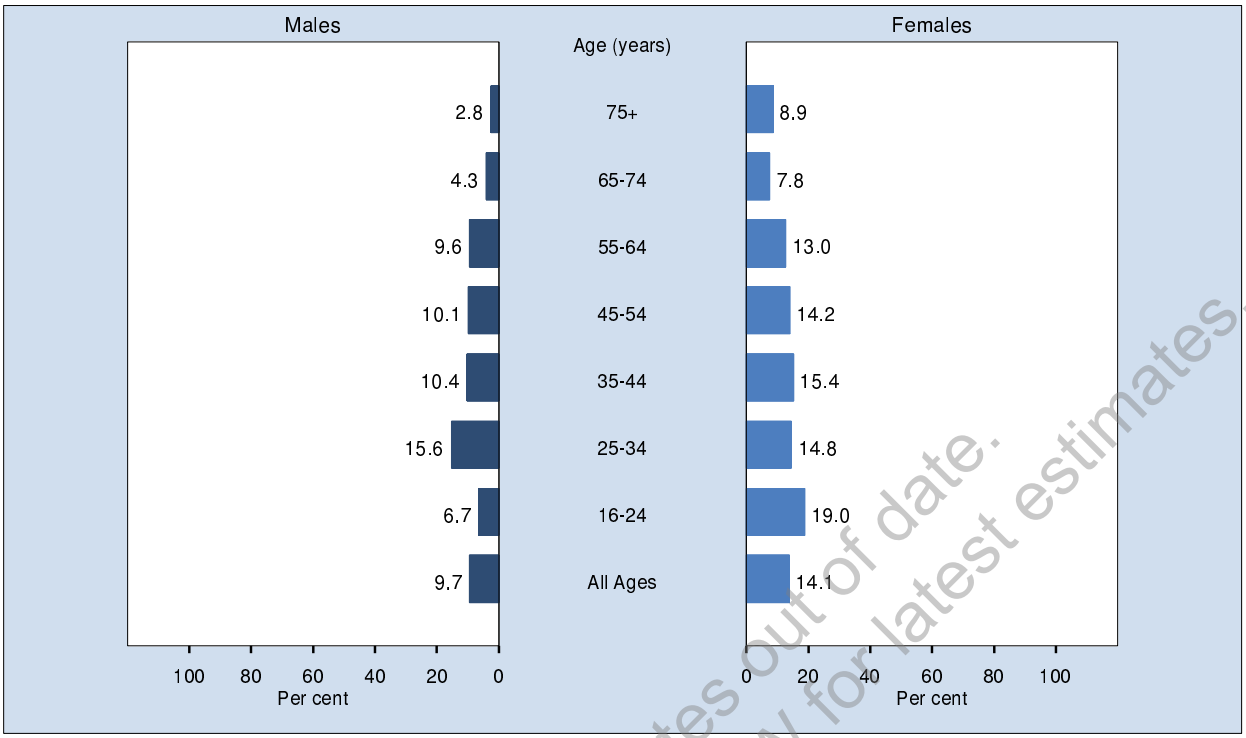


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Low	72.6 (70.8-74.4)	65.4 (63.9-67.0)	69.0 (67.8-70.2)
Moderate	17.7 (16.2-19.3)	20.5 (19.2-21.8)	19.1 (18.1-20.1)
High	7.2 (6.1-8.3)	9.8 (8.8-10.8)	8.5 (7.8-9.3)
Very high	2.5 (1.8-3.1)	4.3 (3.6-4.9)	3.4 (2.9-3.8)

Note: Estimates are based on 11,388 respondents in NSW. For this indicator 112 (0.97%) were not stated (Don't know or Refused) in NSW
The K10 is a 10-item questionnaire that measures the level of psychological distress in the most recent 4-week period. The categories shown for the K10 scores are low (K10 between 10 and 15.9), moderate (K10 between 16 and 21.9), high (K10 between 22 and 29.9), and very high (K10 of 30 and over).

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

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

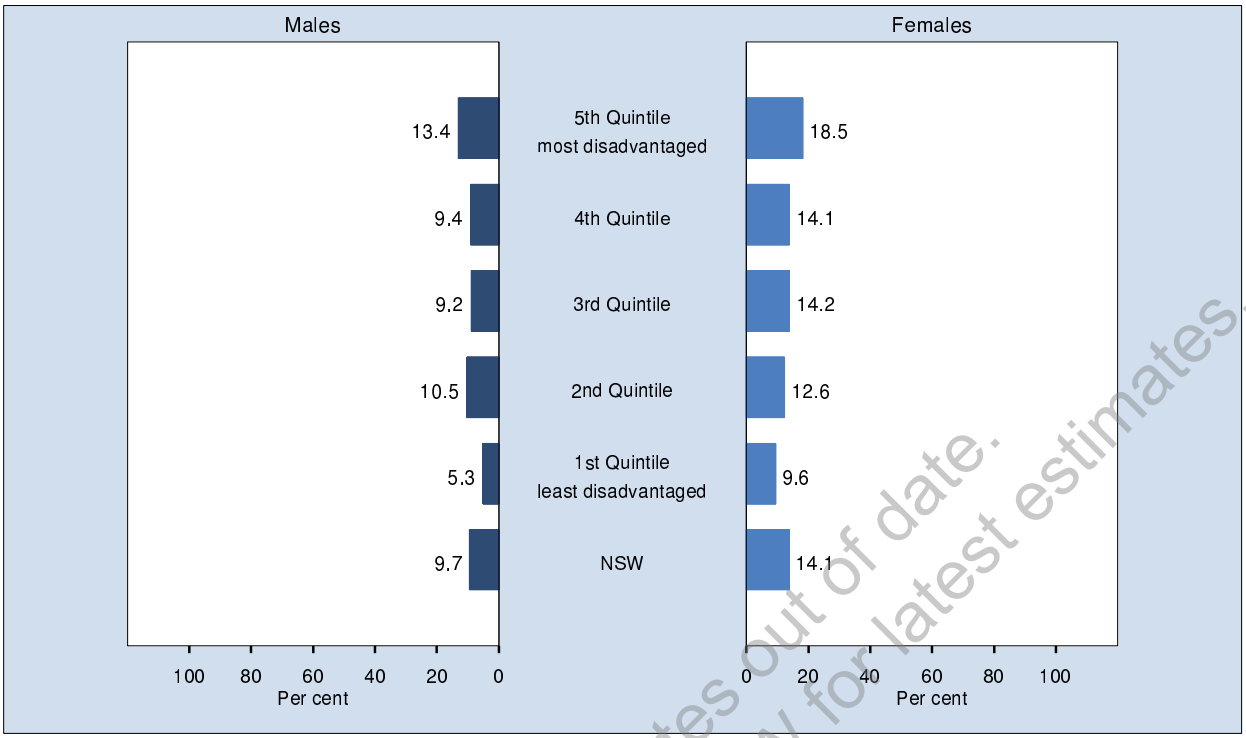


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	6.7 (3.7-9.6)	19.0 (14.9-23.2)	12.9 (10.3-15.5)
25-34	15.6 (11.3-19.8)	14.8 (11.8-17.8)	15.2 (12.6-17.8)
35-44	10.4 (7.5-13.4)	15.4 (12.5-18.4)	12.9 (10.8-15.0)
45-54	10.1 (7.5-12.6)	14.2 (11.7-16.8)	12.2 (10.4-14.0)
55-64	9.6 (7.2-12.1)	13.0 (10.6-15.4)	11.3 (9.6-13.0)
65-74	4.3 (2.5-6.0)	7.8 (5.9-9.6)	6.1 (4.8-7.3)
75+	2.8 (1.3-4.3)	8.9 (6.6-11.2)	6.4 (4.9-7.9)
All Ages	9.7 (8.4-10.9)	14.1 (12.9-15.3)	11.9 (11.1-12.8)

Note: Estimates are based on 11,388 respondents in NSW. For this indicator 112 (0.97%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

High and very high psychological distress by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

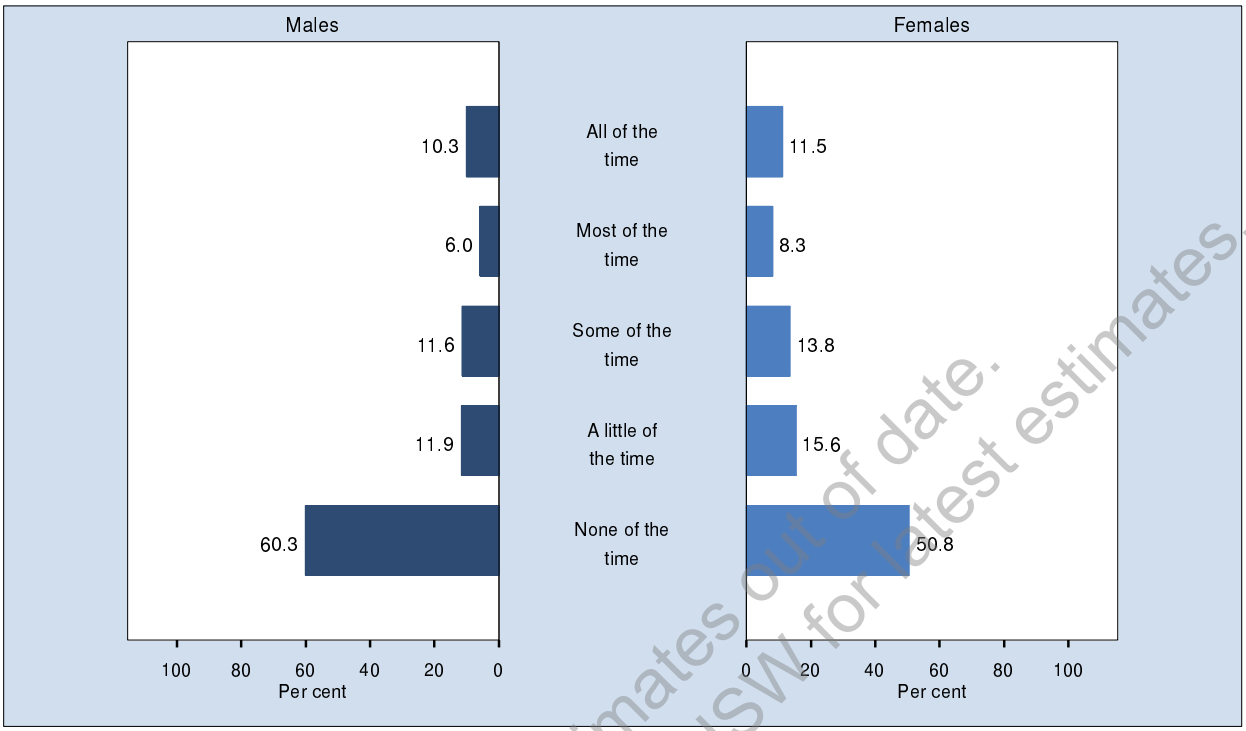


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	13.4 (10.0-16.8)	18.5 (15.4-21.6)	16.0 (13.7-18.2)
4th Quintile	9.4 (6.7-12.1)	14.1 (11.6-16.6)	11.8 (10.0-13.7)
3rd Quintile	9.2 (6.4-12.0)	14.2 (11.5-16.8)	11.7 (9.8-13.7)
2nd Quintile	10.5 (7.5-13.6)	12.6 (10.0-15.2)	11.6 (9.6-13.6)
1st Quintile	5.3 (3.1-7.5)	9.6 (7.4-11.9)	7.4 (5.9-9.0)
NSW	9.7 (8.4-10.9)	14.1 (12.9-15.3)	11.9 (11.1-12.8)

Note: Estimates are based on 11,388 respondents in NSW. For this indicator 112 (0.97%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Times that physical problems have been the cause of psychological distress in past 4 weeks, persons with moderate, high or very high psychological distress aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
All of the time	10.3 (8.0-12.6)	11.5 (9.6-13.3)	10.9 (9.5-12.4)
Most of the time	6.0 (4.4-7.6)	8.3 (6.7-10.0)	7.3 (6.1-8.5)
Some of the time	11.6 (9.0-14.1)	13.8 (11.9-15.8)	12.8 (11.3-14.4)
A little of the time	11.9 (9.4-14.4)	15.6 (13.5-17.7)	14.0 (12.4-15.6)
None of the time	60.3 (56.4-64.1)	50.8 (47.8-53.7)	55.0 (52.6-57.4)

Effect of psychological stress on daily activities, persons aged 16 years and over, NSW 2005

Effect	Males 95% CI	Females 95% CI	Person 95% CI
Days unable to manage daily activities	0.62 (0.50-0.74)	0.68 (0.58-0.78)	0.65 (0.58-0.73)
Days cut down on daily activities	0.59 (0.50-0.69)	1.04 (0.93-1.16)	0.82 (0.75-0.90)
Times saw a health professional	0.13 (0.09-0.16)	0.18 (0.16-0.21)	0.15 (0.13-0.18)

Note: Estimates are based on 3,155 respondents in NSW. For this indicator 45 (1.41%) were not stated (Don't know or Refused) in NSW
The question used was: In the last 4 weeks, how often have physical health problems been the main cause of these feelings?

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

Oral health

Introduction

Australians enjoy a high standard of oral health. However, there are inequalities in oral health, with higher rates of dental caries among: people with higher levels of socioeconomic disadvantage, people living in rural and remote areas, Aboriginal children, and people born overseas. There is also evidence of differential access to dental services according to: country of birth, indigenous status, language spoken at home, health insurance status, socioeconomic status, and educational status.[1,2]

Regular visits to a dental care professional (at least once every 2 years) have a significant and positive effect on dental health. Those who visit a dental care professional regularly have significantly less severity and prevalence—and suffer fewer social and psychological effects—of dental health problems.[3,4] There is variation in the frequency of dental visits across the Australian population, and people who have a longer period of time between visits are more likely to visit a dentist because they have an oral health problem rather than for a check-up.

Fluoridation of drinking water reduces dental caries. It is carried out under the provisions of the *New South Wales Fluoridation of Public Water Supplies Act 1957*. Under the Act, water supply authorities are responsible for fluoridating water, for daily testing of fluoride concentration, and for submitting results of testing to the NSW Department of Health. Optimal benefit is achieved with a dose of approximately 1.0 milligrams of flouride per litre of water.[5,6,7]

In 2005, the New South Wales Population Health Survey asked respondents: Are any of your natural teeth missing?; Do you have dentures or false teeth?; When did you last see a dental professional about your teeth, dentures or gums?; Where was your last dental visit made?; In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?; What was the most recent problem you had?; What treatment did you receive for that problem? When did you last visit a dental professional about your teeth, dentures or gums?; Respondents who had not seen a dental professional in the last 12 months were asked: What are the main reasons for you not visiting the dentist in the last 12 months? Respondents were also asked: Has flouride been added to your water supply?; Do you agree with adding flouride to your public water supply to try and prevent tooth decay? ; or, Would you be in favour of adding flouride to your water supply to try and prevent tooth decay: In children, In adults, In both children and adults? Where have you received information on water flouridation? and, Who should decide on the flouridation of water supplies?

Results

Oral health problems

Overall, in 2005, in the last 12 months, 52.7 per cent of adults had no oral health problems, 27.8 per cent hardly ever had oral health problems, 14.0 per cent sometimes had oral health problems, 3.2 per cent often had oral health problems, and 2.3 per cent very often had oral health problems.

Of those who had an oral health problem, 28.9 per cent did not see a dentist for the problem. Of those who did see a dentist, the most common treatments were dental fillings (27.9 per cent) and tooth extractions (15.4 per cent). Approximately 17.3 per cent saw a dentist for a checkup.

In 2005, 90.2 per cent of adults used a private dental provider, 8.6 per cent used a public dental clinic or hospital, 0.1 per cent used a school dental service, and 0.7 used a dental technician.

Frequency of visits to dental professionals

Overall, in 2005, 62.1 per cent of adults had seen a dental professional less than 12 months ago, 14.1 per cent one to less than 2 years ago, 12.4 per cent 2 to less than 5 years ago, 5.7 per cent 5 to less than 10 years ago, 5.0 per cent 10 years ago or more, and 0.7 per cent had never seen a dental professional.

Therefore 62.1 per cent of adults visited a dental professional in the last 12 months. A significantly higher proportion of females (63.9 per cent) than males (60.2 per cent) visited a dental professional. A significantly higher proportion of adults in the 45–54 year age group (66.2 per cent) and a significantly lower proportion of adults aged 75 years and over visited to a dental professionalin the last 12 months. A significantly higher proportion of adults in rural areas (56.7 per cent) than adults in urban areas (54.4 per cent) visited to a dental professionalin the last 12 months. Visits to a dental professional decreased in the last 12 months with socioeconomic disadvantage from 69.0 per cent in the least disadvantaged quntile to 57.9 per cent in the most disadvantaged quintile. The proportion of adults who had visited a dental professional in the last 12 months increased significantly from 2002 (55.8 per cent) to 2005 (62.1 per cent).

Retention of natural teeth

Overall, in 2005, 5.6 per cent of adults had all their natural teeth missing. A significantly greater proportion of females (6.8 per cent) and a significantly lower proportion of males (4.2 per cent) had all their natural teeth missing, and in both sexes the proportion increased significantly with age. The proportion of adults with all their natural teeth missing was significantly higher in rural areas (7.5 per cent) than urban areas (4.7 per cent). A higher proportion of adults in the North Coast (8.4 per cent), Greater Western (7.9 per cent), and Hunter & New England (7.4 per cent) Health Areas were likely to have all their natural teeth missing, compared with the overall adult population. The proportion of adults with all their natural teeth missing increases with socioeconomic disadvantage. A lower proportion of adults in the least disadvantaged quintile (3.4 per cent) and a higher proportion of adults in the most disadvantaged quintile (7.1 per cent) had all their natural teeth missing, compared with the overall adult population.

The proportion of adults who had all their natural teeth missing decreased significantly from 1998 (8.2 per cent) to 2005 (5.6 per cent).

Attitude towards flouridation of public water supplies

Overall 84.1 per cent of adults said their public water supply had been flouridated, and , 87.8 per cent of adults agreed with having their water supply flouridated. There was no significant variation by level of socioeconomic disadvantage. A significantly lower proportion of residents in rural areas (79.7 per cent) than urban areas (91.0 per cent) agreed with flouridation. A higher proportion of residents in the Sydney South West Health Area (95.1 per cent) agreed with the flouridation, compared with the overall adult population.

Information about water flouridation came from a wide variety of sources: newspapers (25.1 per cent), television (15.2 per cent), health authorities (15.0 per cent), magazines (7.0 per cent), radio (6.3 per cent), dentists (5.4 per cent), advertisements for dental products (1.9 per cent), and dental auxiliaries (1.2 per cent).

Adults felt that decisions on the flouridation of water supplies should be made by: health authorities (39.5 per cent), the community (37.1 per cent), the state government (24.3 per cent), dental associations (12.4 per cent), and water boards (11.1 per cent).

References

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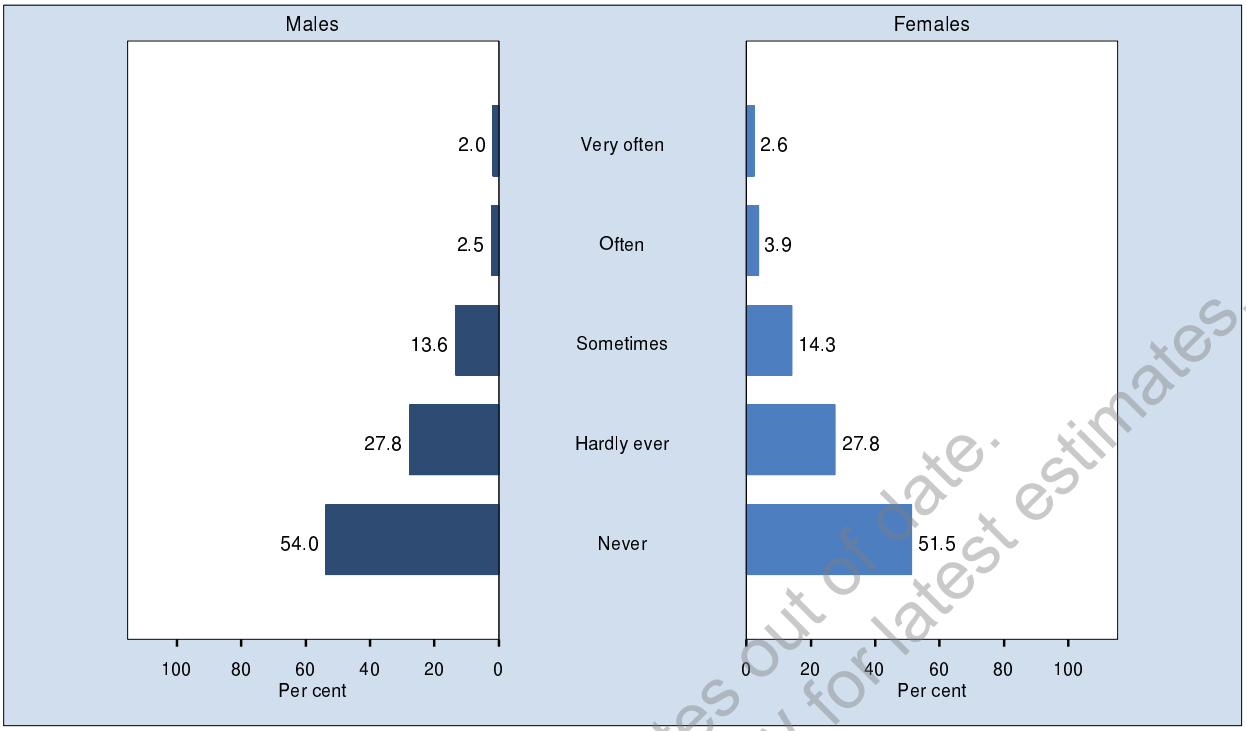
2. Australian Health Ministers' Advisory Council, Steering Committee for National Planning for Oral Health. *Oral health of Australians: National planning for oral health improvement: Final report*. Adelaide: South Australian Department of Human Services, 2001.
3. Kay EJ. Do regular attenders have better oral health? *Br Dent J* 2002; 193(12): 695.
4. Richards W and Ameen J. The impact of dental attendance on oral health in a general dental practice. *Br Dent J* 2002; 193(12): 697–702.
5. NSW Department of Environment and Conservation. *New South Wales State of the Environment 2003*. Sydney: NSW Department of Environment and Conservation, 2003.
6. National Health and Medical Research Council and Agricultural Resource Management Council of Australia and New Zealand. *Australian Drinking Water Guidelines 2001*. Canberra: NHMRC, 2001.
7. The Sydney Water Corporation website at www.sydneywater.com.au.

Frequency of oral health problem in the last 12 months, persons aged 16 years and over, NSW 2005

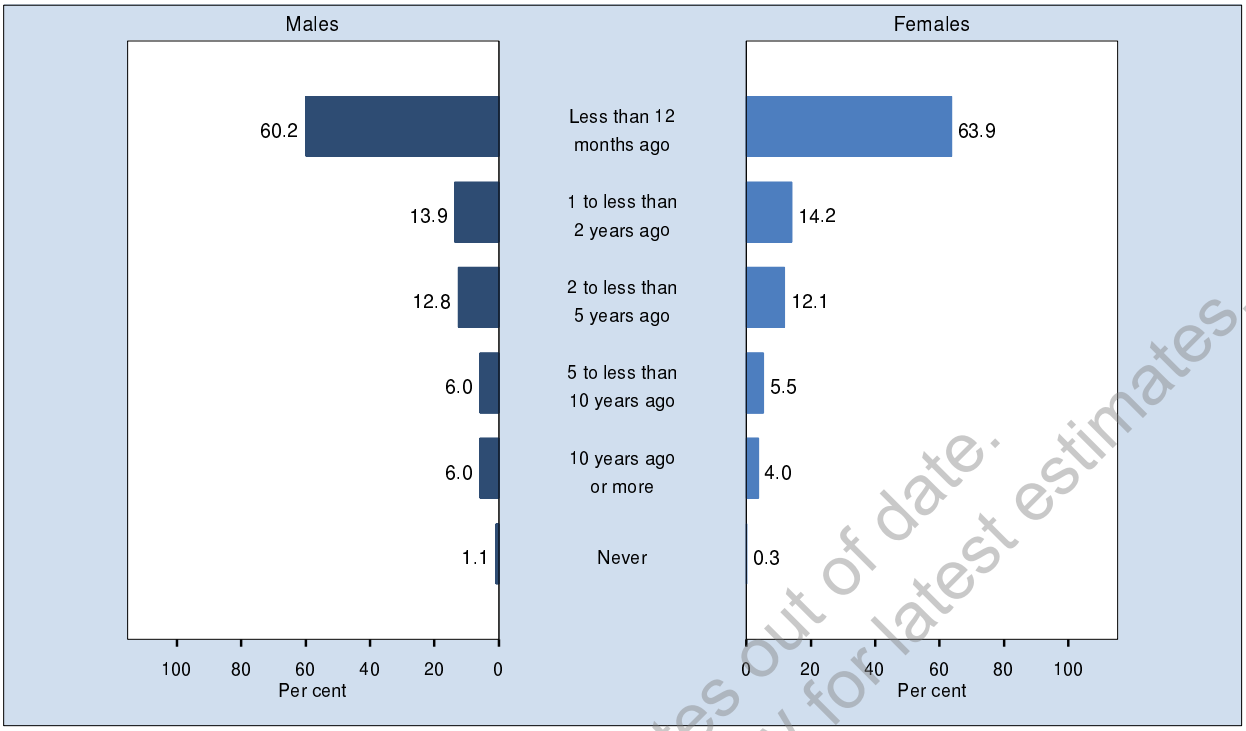


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Very often	2.0 (1.5-2.6)	2.6 (2.1-3.1)	2.3 (1.9-2.7)
Often	2.5 (1.9-3.2)	3.9 (3.3-4.5)	3.2 (2.8-3.7)
Sometimes	13.6 (12.2-15.1)	14.3 (13.1-15.4)	14.0 (13.0-14.9)
Hardly ever	27.8 (26.0-29.7)	27.8 (26.3-29.3)	27.8 (26.6-29.0)
Never	54.0 (51.9-56.0)	51.5 (49.8-53.1)	52.7 (51.4-54.0)

Note: Estimates are based on 11,484 respondents in NSW. For this indicator 16 (0.14%) were not stated (Don't know or Refused) in NSW
The question used was: In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?

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

Time since last dental visit, persons aged 16 years and over, NSW 2005

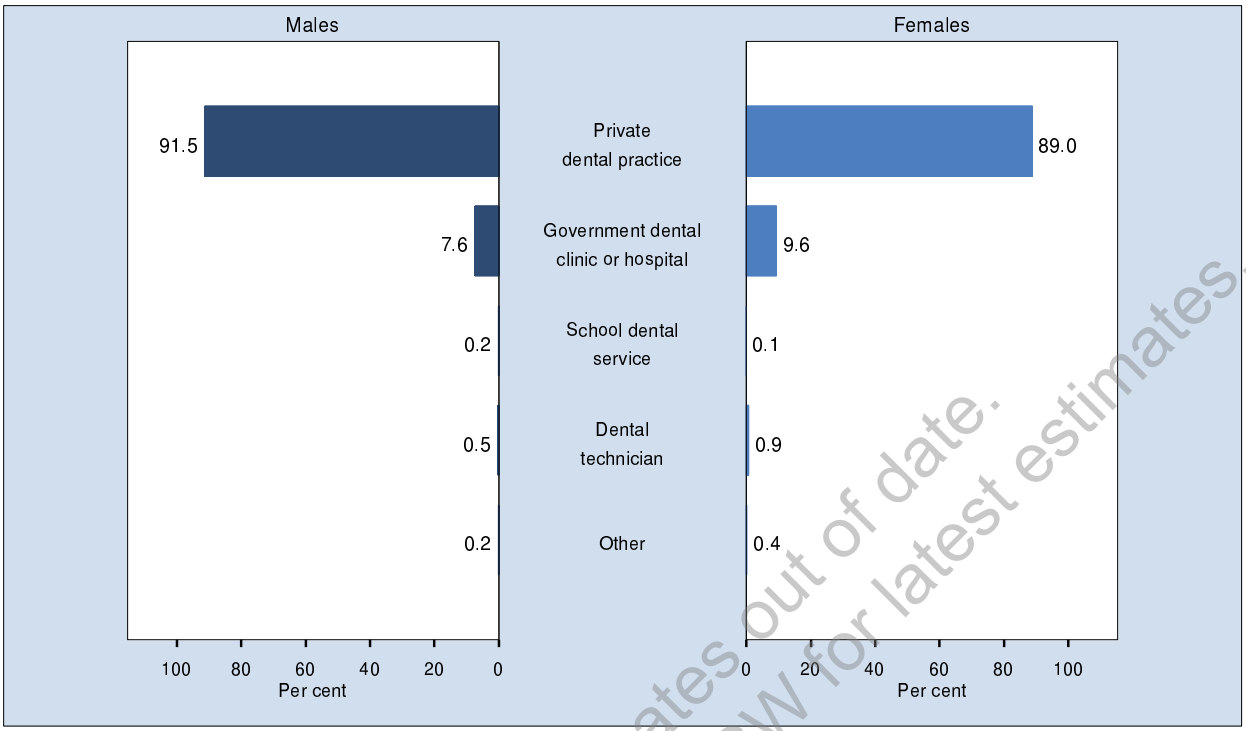


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Less than 12 months ago	60.2 (58.2-62.1)	63.9 (62.4-65.5)	62.1 (60.9-63.3)
1 to less than 2 years ago	13.9 (12.5-15.3)	14.2 (13.2-15.3)	14.1 (13.2-15.0)
2 to less than 5 years ago	12.8 (11.5-14.2)	12.1 (11.0-13.1)	12.4 (11.6-13.3)
5 to less than 10 years ago	6.0 (5.2-6.8)	5.5 (4.7-6.2)	5.7 (5.2-6.3)
10 years ago or more	6.0 (5.1-6.9)	4.0 (3.4-4.6)	5.0 (4.4-5.5)
Never	1.1 (0.6-1.6)	0.3 (0.1-0.5)	0.7 (0.4-1.0)

Note: Estimates are based on 11,351 respondents in NSW. For this indicator 107 (0.93%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?, What was the most recent problem you had?, and What treatment did you receive? If no problem or treatment then When did you last visit a dental professional about your teeth, dentures, or gums? A dental professional includes a dentist, dental specialist, dental hygienist, dental technician, dental mechanic, denturist, or dental therapist.

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

Dental provider used, persons who had visited the dentist in the previous 12 months aged 16 years and over, NSW 2005

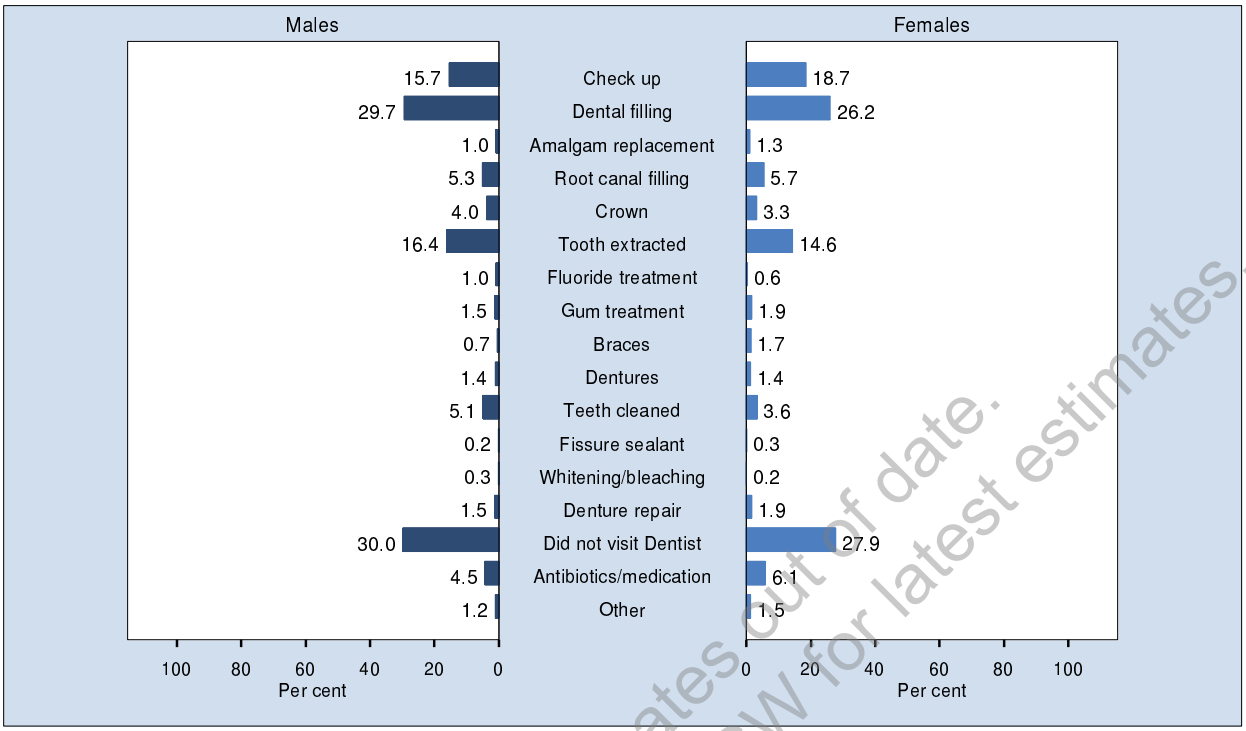


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Private dental practice	91.5 (90.1-92.9)	89.0 (87.7-90.4)	90.2 (89.3-91.2)
Government dental clinic or hospital	7.6 (6.2-8.9)	9.6 (8.4-10.8)	8.6 (7.7-9.5)
School dental service	0.2 (0.0-0.4)	0.1 (0.0-0.2)	0.1 (0.0-0.3)
Dental technician	0.5 (0.2-0.8)	0.9 (0.5-1.3)	0.7 (0.4-1.0)
Other	0.2 (0.0-0.5)	0.4 (0.0-0.9)	0.3 (0.0-0.6)

Note: Estimates are based on 6,789 respondents in NSW. For this indicator 37 (0.54%) were not stated (Don't know or Refused) in NSW
The questions used were: When did you last visit a dental professional about your teeth, dentures or gums? (A dental professional includes a dentist, dental specialist, dental hygienist, dental technician, dental mechanic, denturist, or dental therapist.) and Where was your last dental visit made?

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

Treatment for most recent oral health problem, persons who had a dental problem in the previous 12 months aged 16 years and over, NSW 2005

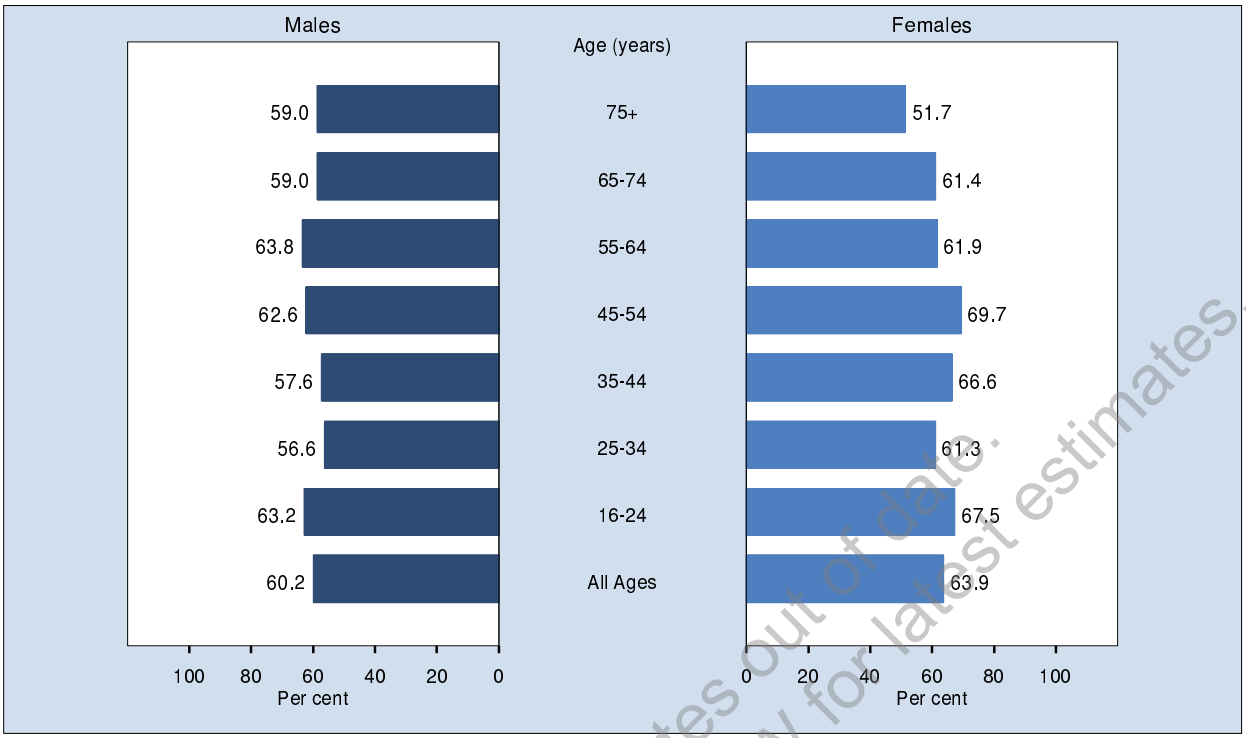


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Check up	15.7 (13.4-18.0)	18.7 (16.8-20.7)	17.3 (15.8-18.8)
Dental filling	29.7 (26.8-32.6)	26.2 (24.2-28.3)	27.9 (26.1-29.6)
Amalgam replacement	1.0 (0.4-1.7)	1.3 (0.7-1.8)	1.2 (0.7-1.6)
Root canal filling	5.3 (3.8-6.7)	5.7 (4.5-6.8)	5.5 (4.6-6.4)
Crown	4.0 (2.8-5.2)	3.3 (2.6-4.1)	3.7 (2.9-4.4)
Tooth extracted	16.4 (14.1-18.7)	14.6 (12.8-16.3)	15.4 (14.0-16.9)
Fluoride treatment	1.0 (0.2-1.9)	0.6 (0.2-0.9)	0.8 (0.3-1.2)
Gum treatment	1.5 (0.7-2.3)	1.9 (1.2-2.7)	1.7 (1.2-2.3)
Teeth straightened/braces	0.7 (0.2-1.1)	1.7 (0.9-2.4)	1.2 (0.7-1.6)
New or replacement dentures	1.4 (0.8-1.9)	1.4 (1.0-1.9)	1.4 (1.1-1.7)
Teeth cleaned	5.1 (3.6-6.6)	3.6 (2.7-4.4)	4.3 (3.4-5.2)
Fissure sealant	0.2 (0.0-0.4)	0.3 (0.1-0.4)	0.2 (0.1-0.4)
Whitening/bleaching	0.3 (0.0-0.6)	0.2 (0.0-0.5)	0.3 (0.0-0.5)
Denture repair	1.5 (1.0-2.0)	1.9 (1.4-2.5)	1.7 (1.4-2.1)
Did not visit Dentist	30.0 (27.2-32.9)	27.9 (25.6-30.1)	28.9 (27.1-30.7)
Antibiotics/medication	4.5 (3.2-5.8)	6.1 (4.9-7.3)	5.4 (4.5-6.2)
Other	1.2 (0.7-1.7)	1.5 (0.9-2.1)	1.4 (1.0-1.8)

Note: Estimates are based on 5,090 respondents in NSW. For this indicator 38 (0.74%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 4 weeks, how often have you had a toothache or other problem with your mouth or dentures?, What was the most recent problem you had? and What treatment did you receive for the most recent oral health problem you had? Repondents could mention more than one response. Percentages will total more than 100%.

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

Visited a dental professional in the last 12 months by age, persons aged 16 years and over, NSW 2005

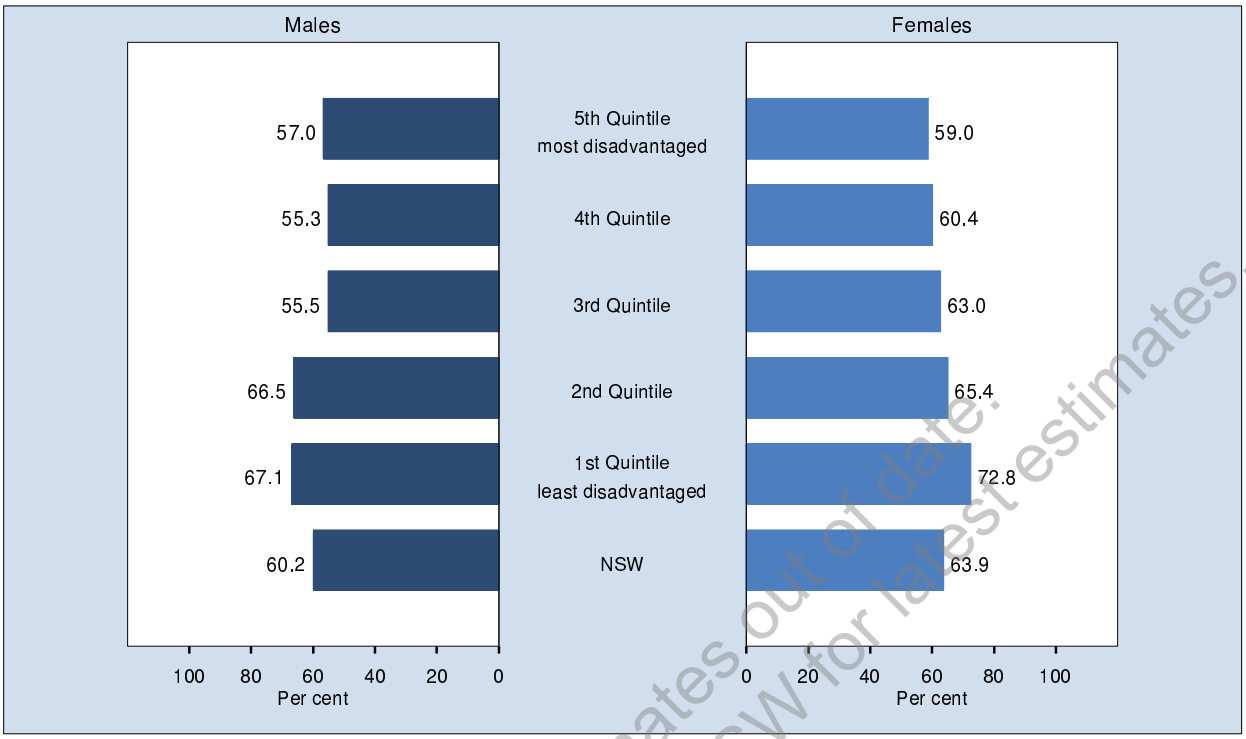


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	63.2 (57.7-68.7)	67.5 (62.5-72.4)	65.3 (61.6-69.0)
25-34	56.6 (51.1-62.2)	61.3 (57.3-65.3)	59.0 (55.6-62.4)
35-44	57.6 (52.7-62.5)	66.6 (62.9-70.3)	62.1 (59.0-65.2)
45-54	62.6 (58.4-66.7)	69.7 (66.4-72.9)	66.1 (63.5-68.8)
55-64	63.8 (59.9-67.8)	61.9 (58.7-65.0)	62.8 (60.3-65.4)
65-74	59.0 (54.8-63.1)	61.4 (57.9-64.8)	60.2 (57.5-62.9)
75+	59.0 (54.2-63.9)	51.7 (47.7-55.6)	54.7 (51.6-57.8)
All Ages	60.2 (58.2-62.1)	63.9 (62.4-65.5)	62.1 (60.9-63.3)

Note: Estimates are based on 11,351 respondents in NSW. For this indicator 107 (0.93%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have attended a dental professional in the last 12 months. The questions used to define the indicator were: In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?, What was the most recent problem you had?, and What treatment did you receive? If no problem or treatment: When did you last visit a dental professional about your teeth, dentures or gums?

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

Visited a dental professional in the last 12 months by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

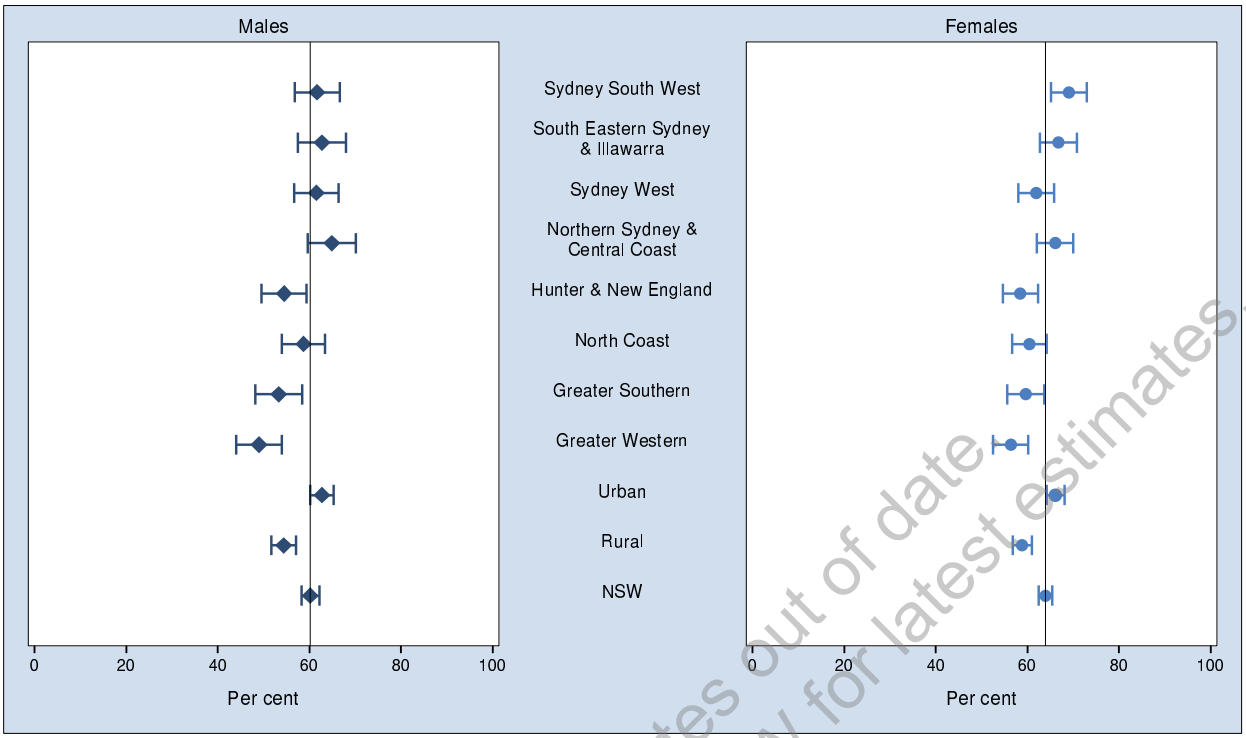


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	57.0 (52.3-61.6)	59.0 (55.2-62.7)	58.0 (55.0-61.0)
4th Quintile	55.3 (51.0-59.6)	60.4 (57.1-63.6)	57.9 (55.2-60.6)
3rd Quintile	55.5 (51.2-59.8)	63.0 (59.7-66.4)	59.3 (56.6-62.1)
2nd Quintile	66.5 (62.2-70.8)	65.4 (62.0-68.8)	65.9 (63.2-68.6)
1st Quintile	67.1 (62.5-71.8)	72.8 (69.2-76.3)	69.9 (67.0-72.8)
NSW	60.2 (58.2-62.1)	63.9 (62.4-65.5)	62.1 (60.9-63.3)

Note: Estimates are based on 11,351 respondents in NSW. For this indicator 107 (0.93%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have attended a dental professional in the last 12 months. The questions used to define the indicator were: In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?, What was the most recent problem you had?, and What treatment did you receive? If no problem or treatment: When did you last visit a dental professional about your teeth, dentures or gums?

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

Visited a dental professional in the last 12 months by health area, persons aged 16 years and over, NSW 2005

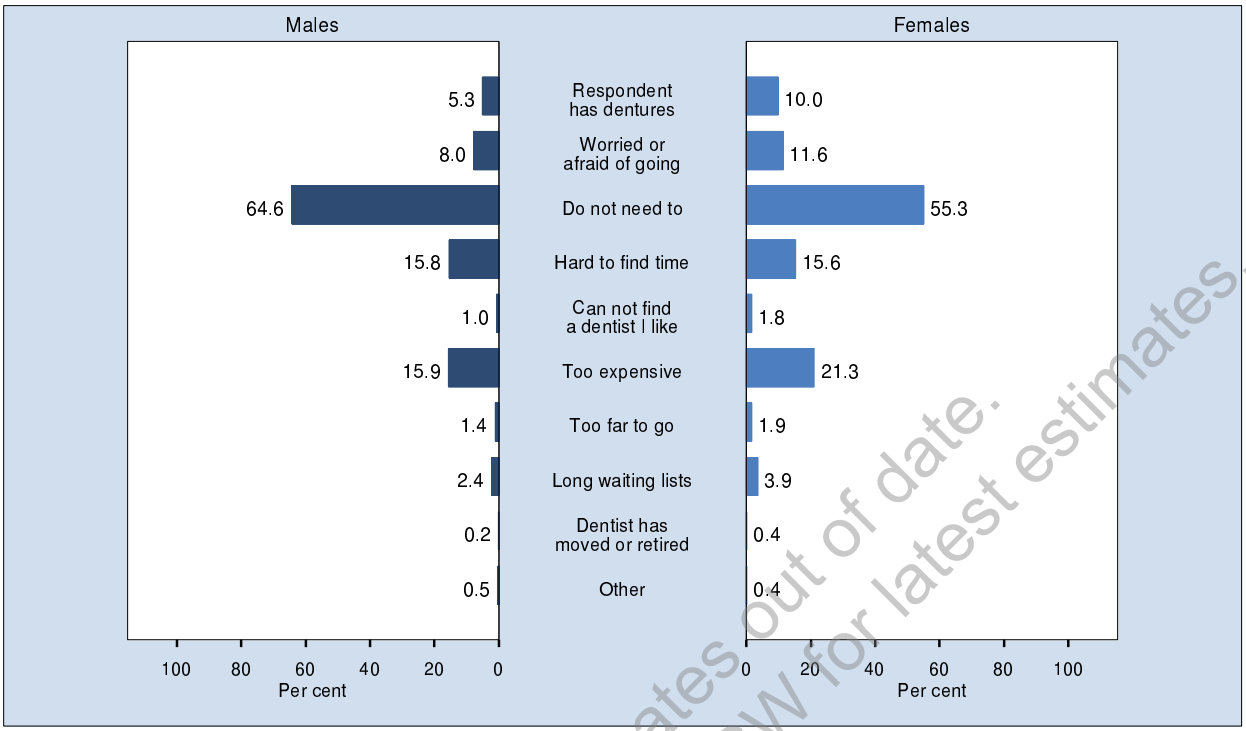


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	61.7 (56.8-66.6)	69.0 (65.1-72.9)	65.4 (62.3-68.5)
South Eastern Sydney & Illawarra	62.7 (57.4-68.0)	66.8 (62.7-70.8)	64.8 (61.5-68.1)
Sydney West	61.6 (56.7-66.4)	61.9 (58.0-65.8)	61.7 (58.6-64.8)
Northern Sydney & Central Coast	64.9 (59.6-70.1)	66.0 (62.1-70.0)	65.5 (62.2-68.7)
Hunter & New England	54.5 (49.5-59.4)	58.4 (54.6-62.3)	56.5 (53.4-59.6)
North Coast	58.8 (54.0-63.5)	60.4 (56.6-64.2)	59.6 (56.6-62.6)
Greater Southern	53.3 (48.2-58.4)	59.6 (55.6-63.7)	56.5 (53.3-59.8)
Greater Western	49.0 (44.0-54.0)	56.3 (52.5-60.2)	52.7 (49.6-55.9)
Urban	62.7 (60.1-65.2)	66.1 (64.2-68.1)	64.4 (62.8-66.0)
Rural	54.4 (51.7-57.0)	58.9 (56.8-60.9)	56.7 (55.0-58.3)
NSW	60.2 (58.2-62.1)	63.9 (62.4-65.5)	62.1 (60.9-63.3)

Note: Estimates are based on 11,351 respondents in NSW. For this indicator 107 (0.93%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have attended a dental professional in the last 12 months. The questions used to define the indicator were: In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures?, What was the most recent problem you had?, and What treatment did you receive? If no problem or treatment: When did you last visit a dental professional about your teeth, dentures or gums?

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

Reason for not visiting a dental professional in the last 12 months, persons who did not visit a dental professional in the last 12 months aged 16 years and over, NSW 2005

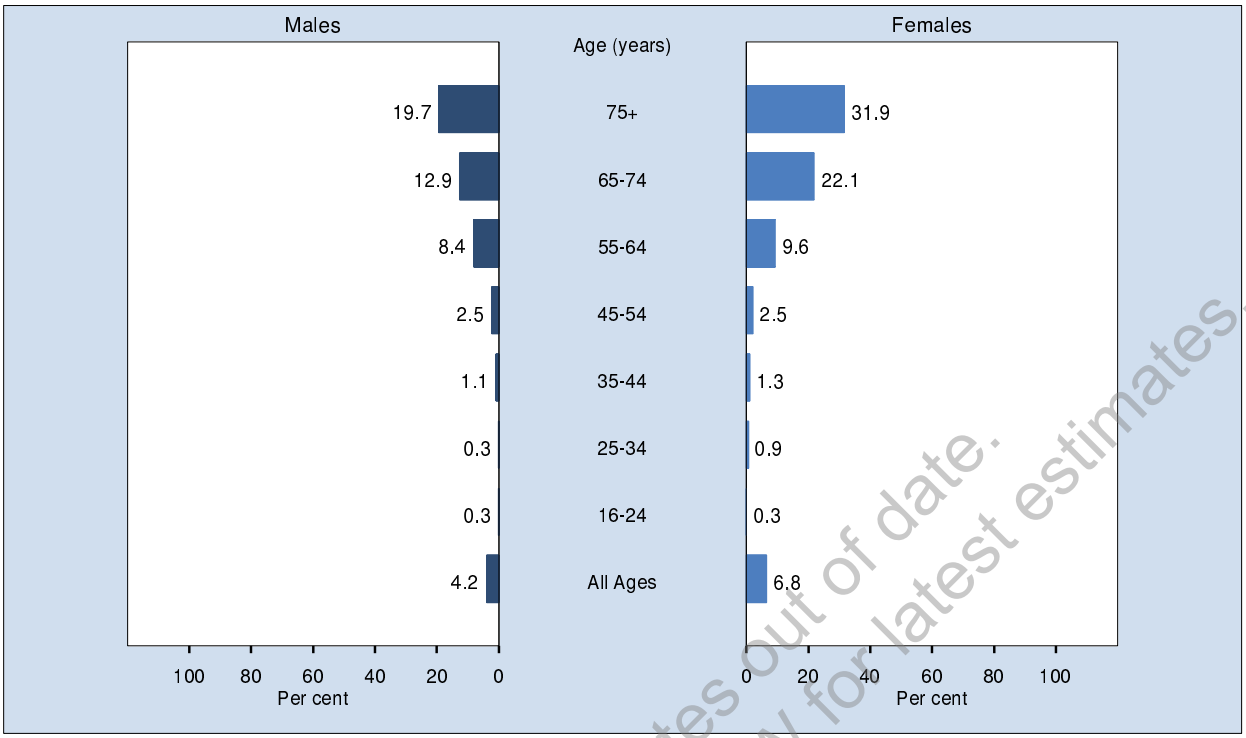


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Respondent has dentures	5.3 (4.3-6.2)	10.0 (8.8-11.3)	7.6 (6.8-8.4)
Worried or afraid of going	8.0 (6.4-9.7)	11.6 (9.9-13.4)	9.8 (8.6-11.0)
Do not need to	64.6 (61.5-67.7)	55.3 (52.6-58.0)	60.1 (58.0-62.1)
Hard to find time	15.8 (13.2-18.3)	15.6 (13.4-17.7)	15.7 (14.0-17.3)
Can not find a dentist I like	1.0 (0.3-1.7)	1.8 (1.1-2.6)	1.4 (0.9-1.9)
Too expensive	15.9 (13.5-18.3)	21.3 (19.0-23.6)	18.6 (16.9-20.2)
Too far to go	1.4 (0.6-2.1)	1.9 (1.2-2.6)	1.6 (1.1-2.1)
Long waiting lists	2.4 (1.6-3.3)	3.9 (3.0-4.8)	3.1 (2.5-3.7)
Dentist has moved or retired	0.2 (0.1-0.4)	0.4 (0.1-0.6)	0.3 (0.1-0.4)
Other	0.5 (0.1-1.0)	0.4 (0.1-0.6)	0.5 (0.2-0.7)

Note: Estimates are based on 4,551 respondents in NSW. For this indicator 32 (0.7%) were not stated (Don't know or Refused) in NSW
The question used was: What are the main reasons for you not visiting the dentist in the last 12 months? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

All natural teeth missing by age, persons aged 16 years and over, NSW 2005

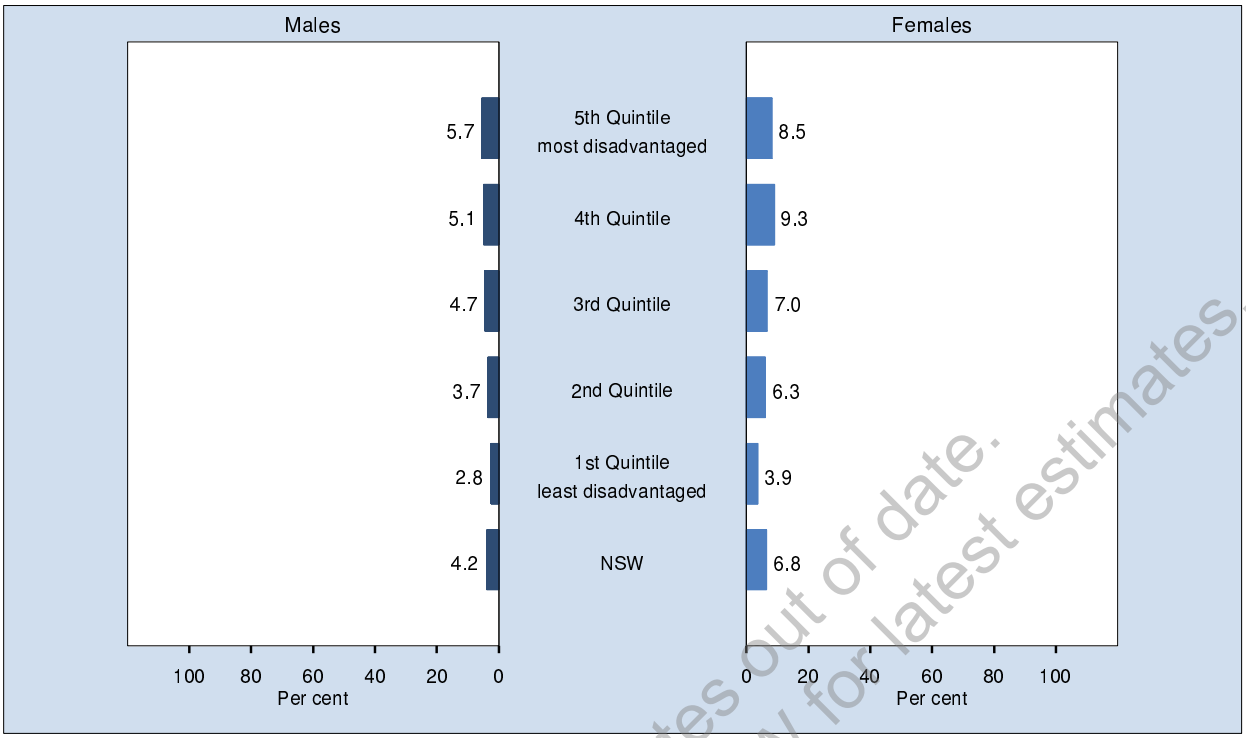


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	0.3 (0.0-0.8)	0.3 (0.0-0.7)	0.3 (0.0-0.6)
25-34	0.3 (0.0-0.9)	0.9 (0.0-1.8)	0.6 (0.1-1.2)
35-44	1.1 (0.2-2.0)	1.3 (0.5-2.1)	1.2 (0.6-1.8)
45-54	2.5 (1.4-3.6)	2.5 (1.5-3.4)	2.5 (1.7-3.2)
55-64	8.4 (5.8-11.0)	9.6 (7.8-11.3)	9.0 (7.4-10.5)
65-74	12.9 (10.2-15.6)	22.1 (19.0-25.2)	17.6 (15.6-19.7)
75+	19.7 (15.8-23.5)	31.9 (28.4-35.5)	26.9 (24.3-29.6)
All Ages	4.2 (3.6-4.8)	6.8 (6.2-7.4)	5.6 (5.1-6.0)

Note: Estimates are based on 11,489 respondents in NSW. For this indicator 11 (0.1%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

All natural teeth missing by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

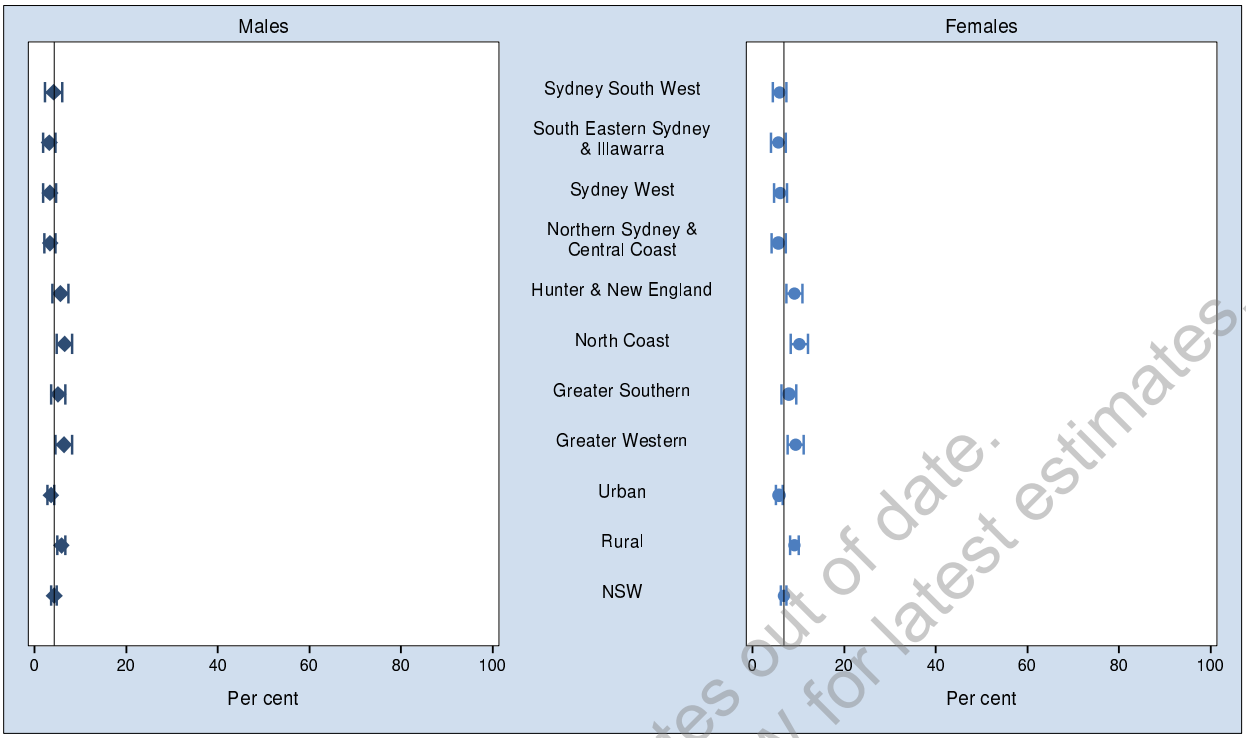


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	5.7 (3.8-7.6)	8.5 (7.0-10.1)	7.1 (5.9-8.3)
4th Quintile	5.1 (3.8-6.3)	9.3 (7.8-10.9)	7.2 (6.2-8.2)
3rd Quintile	4.7 (3.3-6.1)	7.0 (5.7-8.3)	5.9 (4.9-6.8)
2nd Quintile	3.7 (2.5-4.9)	6.3 (4.9-7.8)	5.1 (4.2-6.1)
1st Quintile	2.8 (1.7-4.0)	3.9 (2.6-5.1)	3.3 (2.5-4.2)
NSW	4.2 (3.6-4.8)	6.8 (6.2-7.4)	5.6 (5.1-6.0)

Note: Estimates are based on 11,489 respondents in NSW. For this indicator 11 (0.1%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

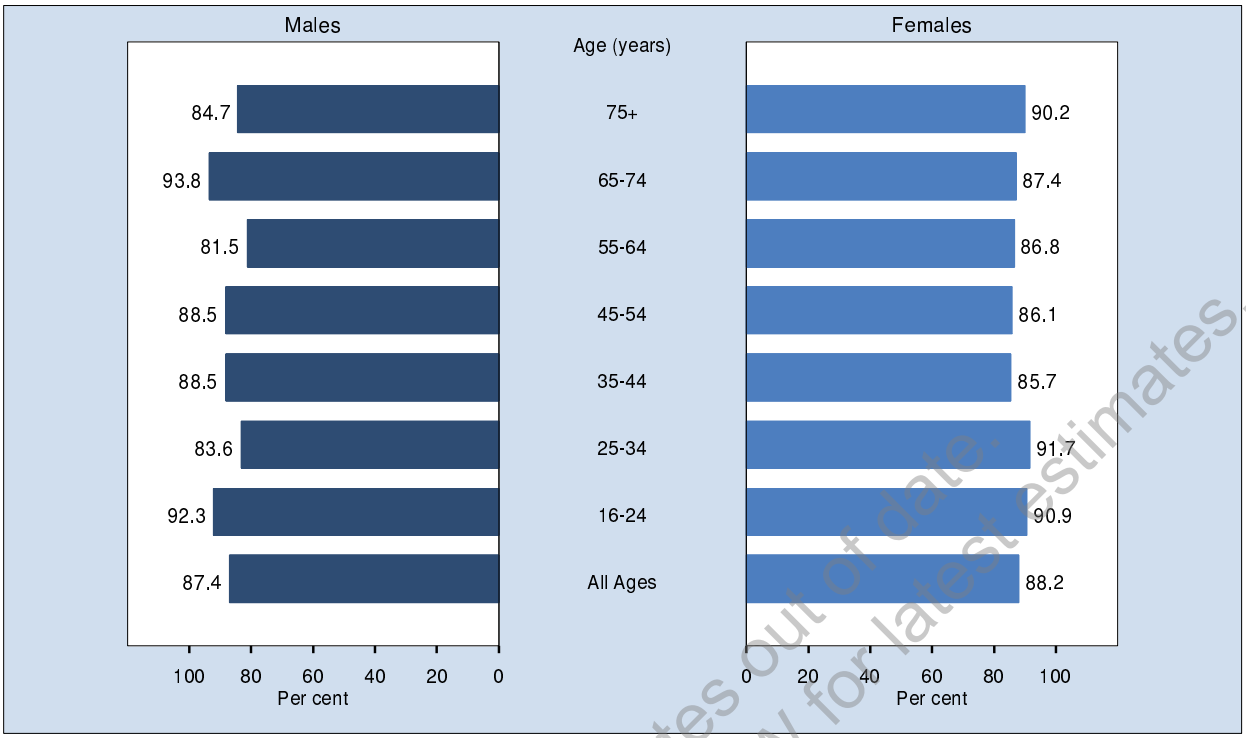


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	4.1 (2.3-6.0)	5.9 (4.4-7.4)	5.0 (3.8-6.2)
South Eastern Sydney & Illawarra	3.3 (1.9-4.6)	5.6 (4.0-7.3)	4.5 (3.4-5.5)
Sydney West	3.3 (1.9-4.7)	6.0 (4.6-7.5)	4.7 (3.7-5.7)
Northern Sydney & Central Coast	3.4 (2.2-4.6)	5.7 (4.2-7.2)	4.6 (3.6-5.6)
Hunter & New England	5.7 (3.9-7.4)	9.1 (7.4-10.9)	7.4 (6.2-8.6)
North Coast	6.5 (4.8-8.2)	10.2 (8.3-12.1)	8.4 (7.1-9.7)
Greater Southern	5.2 (3.6-6.7)	8.0 (6.4-9.6)	6.6 (5.5-7.7)
Greater Western	6.4 (4.5-8.2)	9.4 (7.7-11.2)	7.9 (6.6-9.2)
Urban	3.5 (2.8-4.3)	5.8 (5.0-6.6)	4.7 (4.2-5.2)
Rural	5.8 (4.9-6.7)	9.2 (8.2-10.1)	7.5 (6.9-8.2)
NSW	4.2 (3.6-4.8)	6.8 (6.2-7.4)	5.6 (5.1-6.0)

Note: Estimates are based on 11,489 respondents in NSW. For this indicator 11 (0.1%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Agree with adding fluoride to water supply by age, persons aged 16 years and over, NSW 2005

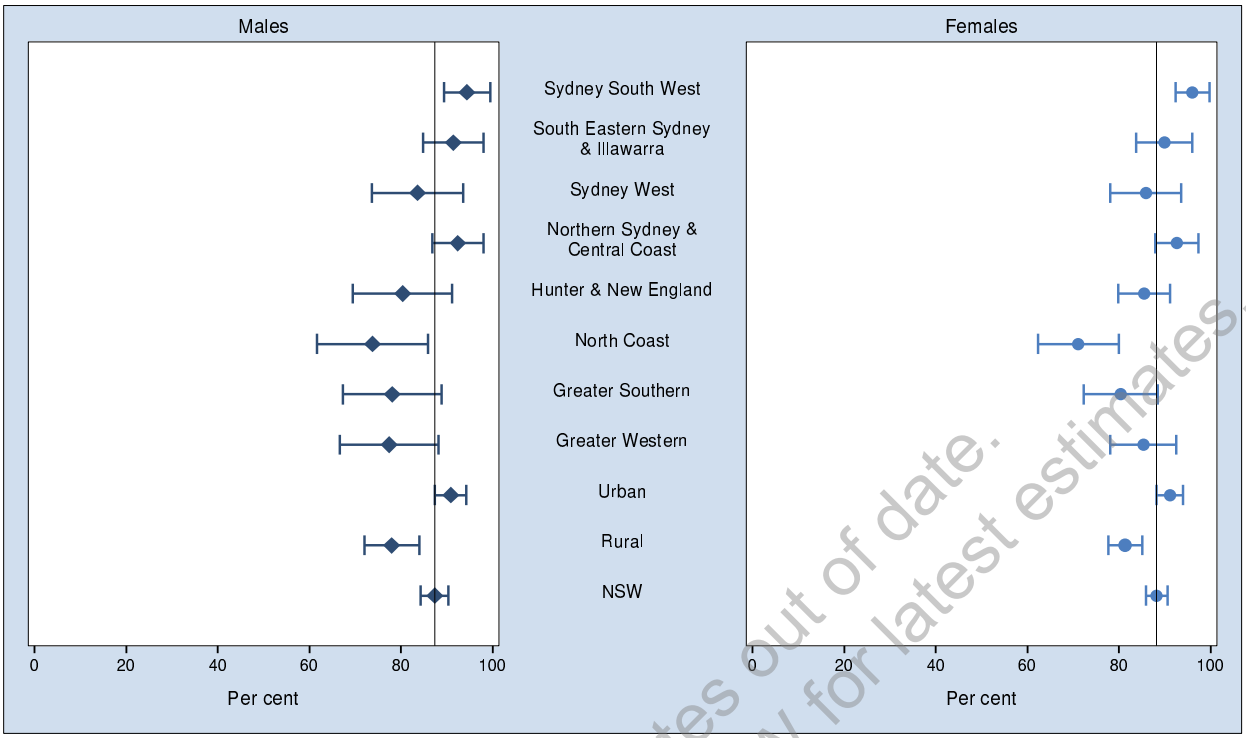


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	92.3 (84.5-100)	90.9 (83.0-98.8)	91.6 (86.0-97.2)
25-34	83.6 (73.9-93.2)	91.7 (86.9-96.6)	87.4 (81.8-93.0)
35-44	88.5 (82.1-94.9)	85.7 (79.4-92.1)	87.2 (82.7-91.8)
45-54	88.5 (82.0-95.1)	86.1 (80.6-91.6)	87.3 (83.0-91.5)
55-64	81.5 (74.0-88.9)	86.8 (81.8-91.8)	84.0 (79.4-88.6)
65-74	93.8 (89.8-97.8)	87.4 (81.7-93.0)	90.3 (86.7-93.9)
75+	84.7 (75.5-93.8)	90.2 (84.6-95.8)	88.0 (83.0-93.0)
All Ages	87.4 (84.3-90.4)	88.2 (85.9-90.5)	87.8 (85.9-89.7)

Note: Estimates are based on 1,773 respondents in NSW. For this indicator 311 (14.92%) were not stated (Don't know or Refused) in NSW
The indicator includes those who either agree with or would agree to having fluoride added to their water supply. The questions used to define the indicator were: Has fluoride been added to your public water supply?. If the respondent answered Yes: Do you agree with adding fluoride to your public water supply to prevent tooth decay? If the respondent answered No, Don't know, or Refused: Would you be in favour of adding fluoride to your water supply to prevent tooth decay?

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

Agree with adding fluoride to water supply by health area, persons aged 16 years and over, NSW 2005

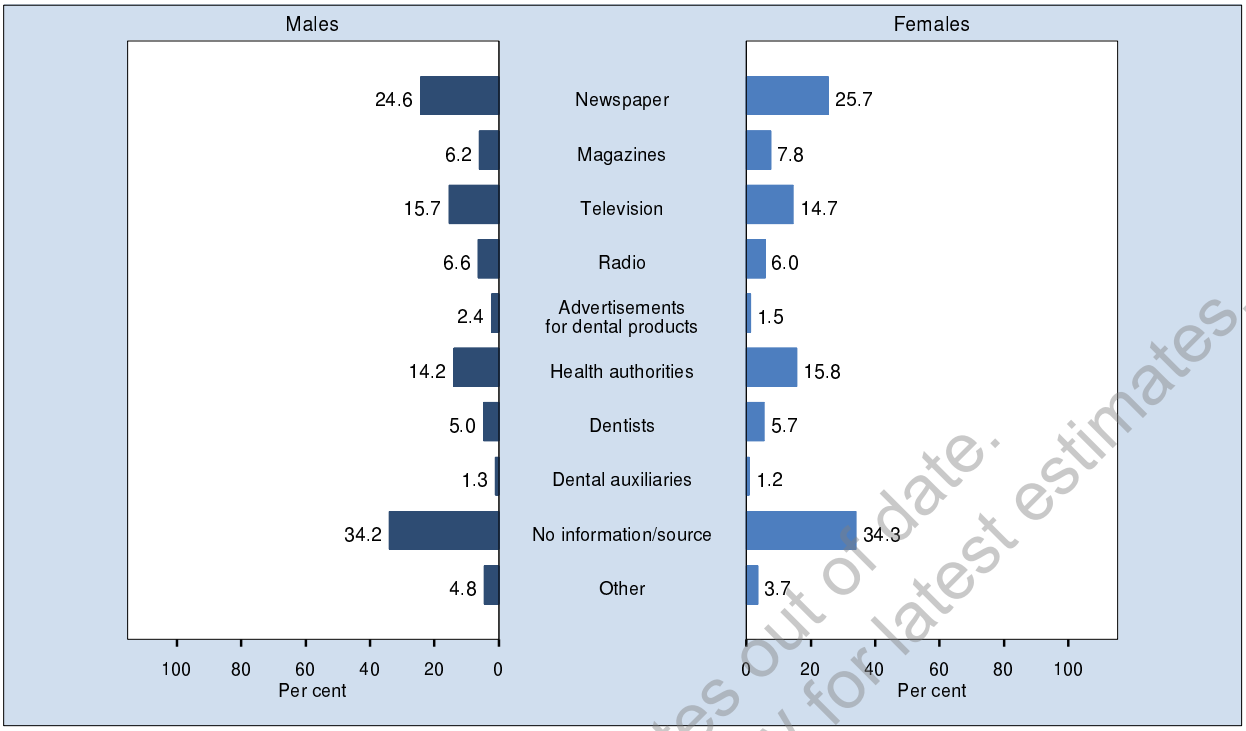


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	94.4 (89.4-99.4)	96.0 (92.3-99.7)	95.1 (91.9-98.4)
South Eastern Sydney & Illawarra	91.4 (84.8-98.1)	89.9 (83.7-96.0)	90.6 (86.1-95.2)
Sydney West	83.6 (73.7-93.6)	85.9 (78.1-93.6)	84.8 (78.5-91.1)
Northern Sydney & Central Coast	92.4 (86.8-98.0)	92.6 (87.9-97.3)	92.5 (88.8-96.2)
Hunter & New England	80.3 (69.5-91.2)	85.5 (79.8-91.2)	83.0 (77.0-89.0)
North Coast	73.8 (61.7-85.8)	71.1 (62.3-79.9)	72.5 (64.9-80.0)
Greater Southern	78.1 (67.3-88.9)	80.4 (72.3-88.5)	79.4 (72.8-86.0)
Greater Western	77.4 (66.7-88.2)	85.3 (78.1-92.5)	81.5 (75.1-87.9)
Urban	90.8 (87.4-94.3)	91.1 (88.2-94.0)	91.0 (88.7-93.2)
Rural	78.0 (72.0-84.0)	81.4 (77.7-85.1)	79.7 (76.3-83.2)
NSW	87.4 (84.3-90.4)	88.2 (85.9-90.5)	87.8 (85.9-89.7)

Note: Estimates are based on 1,773 respondents in NSW. For this indicator 311 (14.92%) were not stated (Don't know or Refused) in NSW
The indicator includes those who either agree with or would agree to having fluoride added to their water supply. The questions used to define the indicator were: Has fluoride been added to your public water supply?. If the respondent answered Yes: Do you agree with adding fluoride to your public water supply to prevent tooth decay? If the respondent answered No, Don't know, or Refused: Would you be in favour of adding fluoride to your water supply to prevent tooth decay?

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

Places received information on water fluoridation, persons aged 16 years and over, NSW 2005

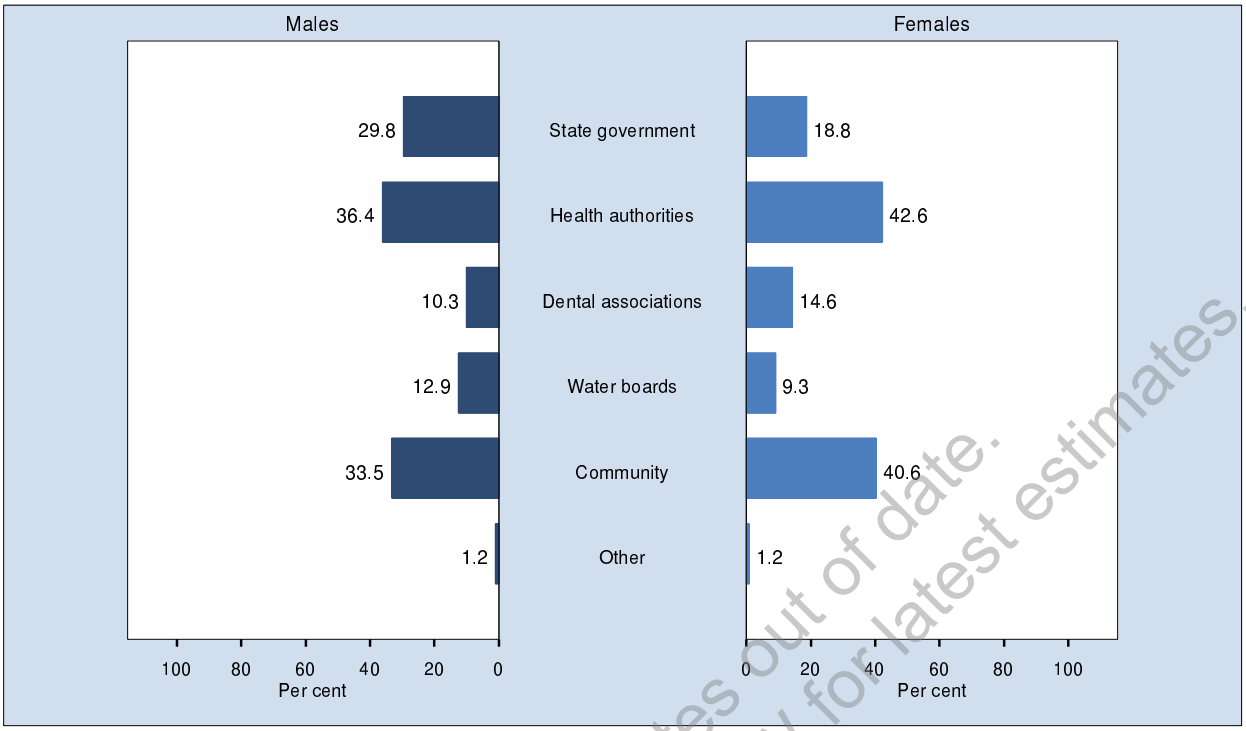


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Newspaper	24.6 (20.4-28.7)	25.7 (22.6-28.9)	25.1 (22.5-27.7)
Magazines	6.2 (3.8-8.7)	7.8 (6.1-9.5)	7.0 (5.5-8.5)
Television	15.7 (12.1-19.3)	14.7 (12.3-17.2)	15.2 (13.0-17.4)
Radio	6.6 (4.5-8.8)	6.0 (4.3-7.7)	6.3 (5.0-7.7)
Advertisements for dental products	2.4 (1.0-3.8)	1.5 (0.7-2.2)	1.9 (1.1-2.7)
Health authorities	14.2 (10.9-17.4)	15.8 (13.1-18.6)	15.0 (12.9-17.1)
Dentists	5.0 (2.8-7.2)	5.7 (4.0-7.5)	5.4 (4.0-6.7)
Dental auxiliaries	1.3 (0.3-2.3)	1.2 (0.5-1.8)	1.2 (0.6-1.8)
No information/source	34.2 (29.3-39.1)	34.3 (30.6-38.1)	34.3 (31.2-37.3)
Other	4.8 (2.6-7.0)	3.7 (2.4-5.1)	4.3 (3.0-5.5)

Note: Estimates are based on 1,830 respondents in NSW. For this indicator 163 (8.18%) were not stated (Don't know or Refused) in NSW
The questions was: Where have you received information on water fluoridation? Respondents could mention more than one response. Percentages will total more than 100 per cent.

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

Responsible body for decisions on fluoridation of water supply, persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
State government	29.8 (25.1-34.6)	18.8 (15.9-21.8)	24.3 (21.5-27.1)
Health authorities	36.4 (31.5-41.3)	42.6 (38.7-46.5)	39.5 (36.4-42.7)
Dental associations	10.3 (7.4-13.1)	14.6 (11.9-17.2)	12.4 (10.5-14.4)
Water boards	12.9 (9.5-16.2)	9.3 (7.1-11.5)	11.1 (9.1-13.1)
Community	33.5 (28.8-38.3)	40.6 (36.7-44.5)	37.1 (34.0-40.2)
Other	1.2 (0.0-2.8)	1.2 (0.3-2.1)	1.2 (0.3-2.1)

Note: Estimates are based on 1,749 respondents in NSW. For this indicator 244 (12.24%) were not stated (Don't know or Refused) in NSW
The questions was: Who should decide on the fluoridation of water supplies? Respondents could mention more than one response. Percentages will total more than 100 per cent.

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

Overweight and obesity

Introduction

Throughout Australia, the prevalence of overweight and obesity is increasing. 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.[1] Overweight and obesity develop when the energy intake from food and drink exceeds energy expenditure from physical activity and other metabolic processes.

The prevalence of overweight and obesity is calculated using the Body Mass Index (BMI). 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 the BMI is less than 18.5; acceptable or ideal weight, when the BMI is greater than or equal to 18.5 and less than 25; overweight, when the BMI is greater than or equal to 25 and less than 30; and obese, when the BMI is greater than or equal to 30.[2,3] Although studies have shown self-reported BMI results in an under-estimation of measured BMI, it is still useful for ongoing surveillance of population health.

In 2005, the New South Wales Population Health Survey asked respondents: 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).

Results

In 2005, according to estimates of self-reported BMI, 3.7 per cent of the adult population were categorised as underweight; 46.7 per cent were classified as healthy weight, 32.9 per cent were classified as overweight, and 16.8 per cent were classified as obese.

Overweight or obese

In 2005, 49.8 per cent of adults were overweight or obese. A significantly higher proportion of males (57.4 per cent) than females (42.3 per cent) were overweight or obese. Among males, a significantly lower proportion of those aged 16–24 years (31.4 per cent) and 75 years and over (49.0 per cent), and a significantly higher proportion aged 35–74 years (67.1 per cent to 62.2 per cent) were overweight or obese, compared with the overall adult male population. Among females, a significantly lower proportion of those aged 16–24 years (21.6 per cent) and a significantly higher proportion of those aged 45–74 years (49.7 per cent to 55.4 per cent) were overweight or obese, compared with the overall adult female population.

A significantly higher proportion of rural residents (55.5 per cent) than urban residents (47.4 per cent) were overweight or obese, compared with the overall adult population. A higher proportion of residents in the Greater Southern (57.6 per cent), Hunter & New England (56.6 per cent), and Greater Western (55.9 per cent) Health Areas were overweight or obese, compared to the overall adult population. A significantly lower proportion of residents in the Northern Sydney & Central Coast (43.3 per cent) and Sydney South West (44.4 per cent) Health Areas were overweight or obese, compared with the overall adult population.

A significantly higher proportion of adults in the second most disadvantaged quintile (55.6 per cent), and a significantly lower proportion of adults in the least disadvantaged quintile (42.2 per cent), were overweight or obese, compared with the overall adult population.

The proportion of adults who were overweight or obese has risen significantly from 1997 (41.8 per cent) to 2005 (49.8 per cent). This increase has occurred in both males (49.3 per cent to 57.4 per cent) and females (34.2 per cent to 42.3 per cent).

Obesity

In 2005, 16.7 per cent of adults were obese. There was no significant difference in the proportion of males and females who were obese. A significantly lower proportion of adults aged 16–24 years (7.3 per cent) and 75 years and over (10.7 per cent), and a significantly higher proportion of adults aged 45–74 years (21.2 per cent to 19.8 per cent), were obese.

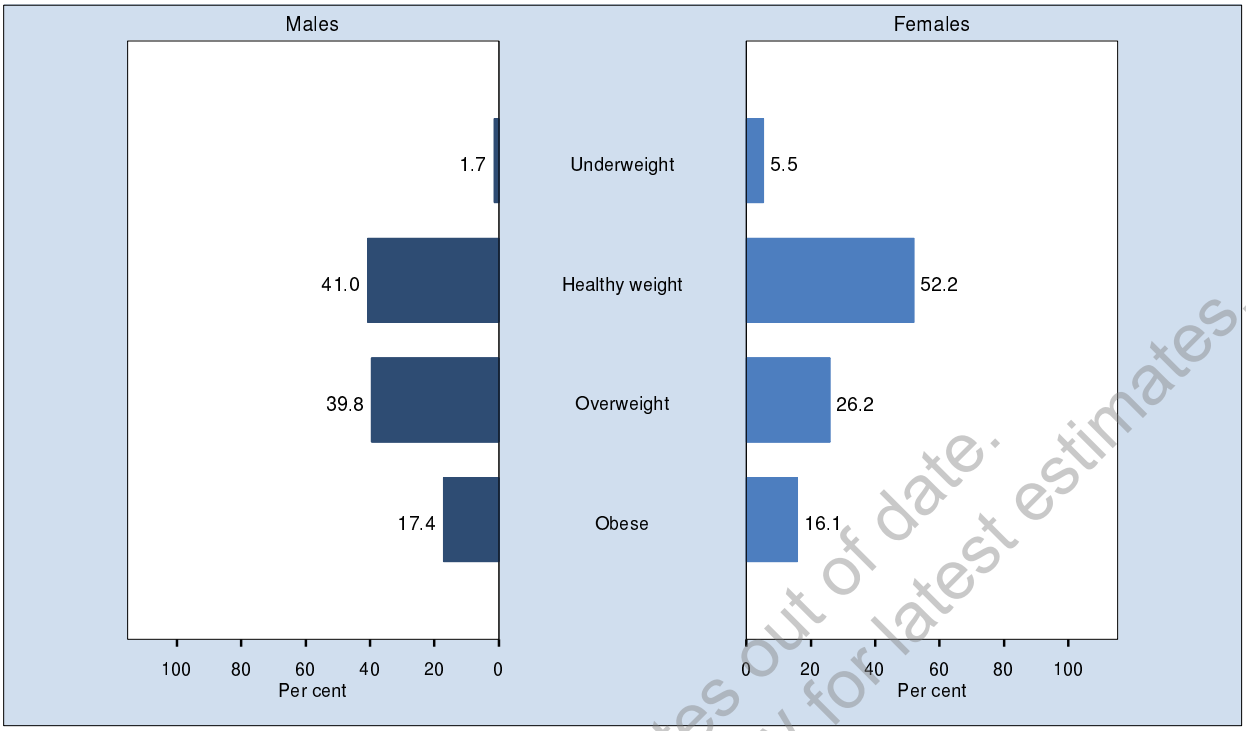
Obesity increased with socioeconomic disadvantage. A significantly lower proportion of adults in the least disadvantaged quintile (12.8 per cent), and a significantly higher proportion of adults in the 2 most disadvantaged quintiles (21.3 per cent and 19.8 per cent) were obese, compared with the overall adult population. A significantly higher proportion of adults in rural areas (20.8 per cent) than urban areas (15.0 per cent) were obese. A higher proportion of adults in the Greater Western (23.3 per cent), Greater Southern (22.1 per cent), and Hunter & New England (20.9 per cent) Health Areas, and a lower proportion of adults in the South Eastern Sydney & Illawarra Health Area (12.9 per cent) were obese.

Overall, the proportion of adults who were obese has increased significantly between 1997 (11.2 per cent) and 2005 (16.7 per cent).

References

1. NSW Centre for Public Health Nutrition. *Report on the weight status of New South Wales: 2003*. Sydney: NSW Centre for Public Health Nutrition, 2003.
2. Flood V, Webb K, Lazarus R, Pang G. Use of self-report to monitor overweight and obesity in populations: Some issues for consideration. *Aust N Z J Public Health* 2000; 24: 96–99.
3. World Health Organization. *Obesity: Preventing and managing the global epidemic: Report of a WHO consultation*. WHO Technical Report Series 894. Geneva: World Health Organization, 2000.

Body Mass Index categories, persons aged 16 years and over, NSW 2005

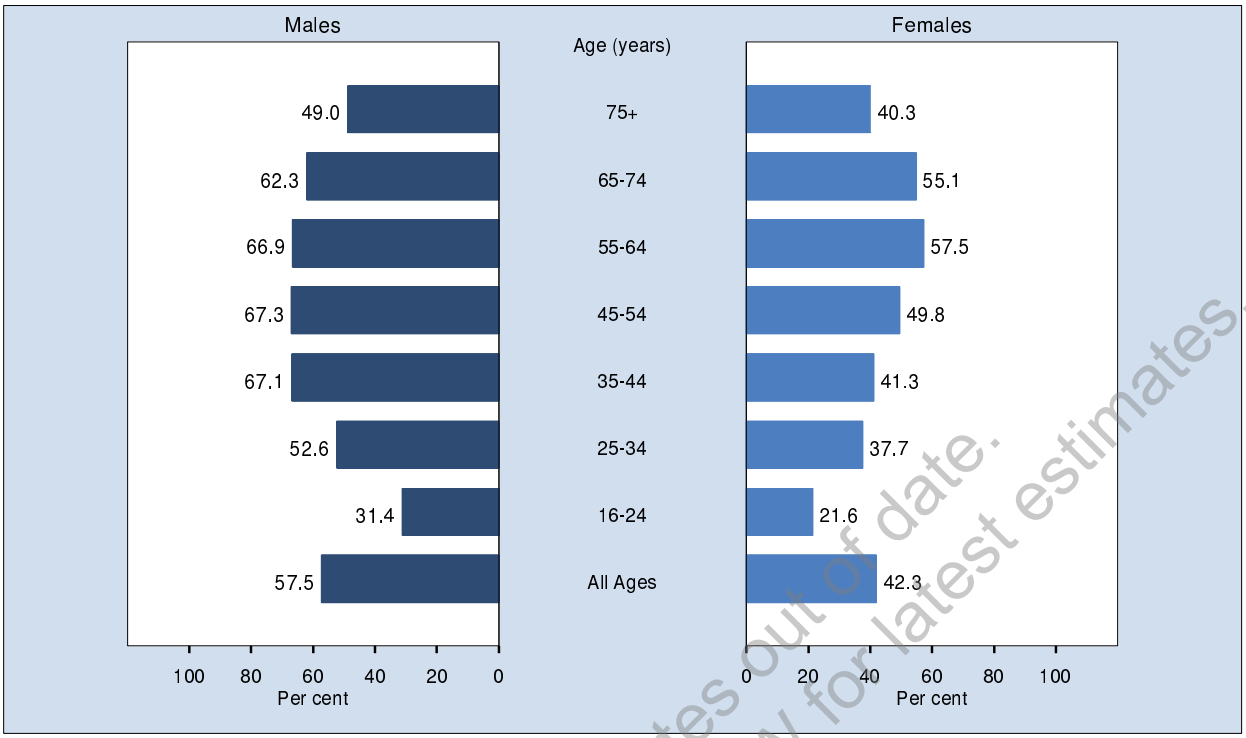


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Underweight	1.7 (1.2-2.3)	5.5 (4.7-6.4)	3.7 (3.1-4.2)
Healthy weight	41.0 (39.0-43.1)	52.2 (50.5-53.9)	46.7 (45.3-48.0)
Overweight	39.8 (37.8-41.8)	26.2 (24.7-27.6)	32.9 (31.7-34.2)
Obese	17.4 (15.9-19.0)	16.1 (15.0-17.2)	16.7 (15.8-17.7)

Note: Estimates are based on 10,577 respondents in NSW. For this indicator 392 (3.57%) were not stated (Don't know or Refused) in NSW
The questions used were: How tall are you without shoes? and How much do you weigh without clothes or shoes?. Body Mass Index (BMI) is calculated as follows: BMI = weight(kg)/height^2(m). The categories shown for BMI scores are underweight (BMI under 18.5), healthy weight (BMI between 18.5 and 24.9), overweight (BMI between 25 and 29.9), and obese (BMI of 30 and over).

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

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

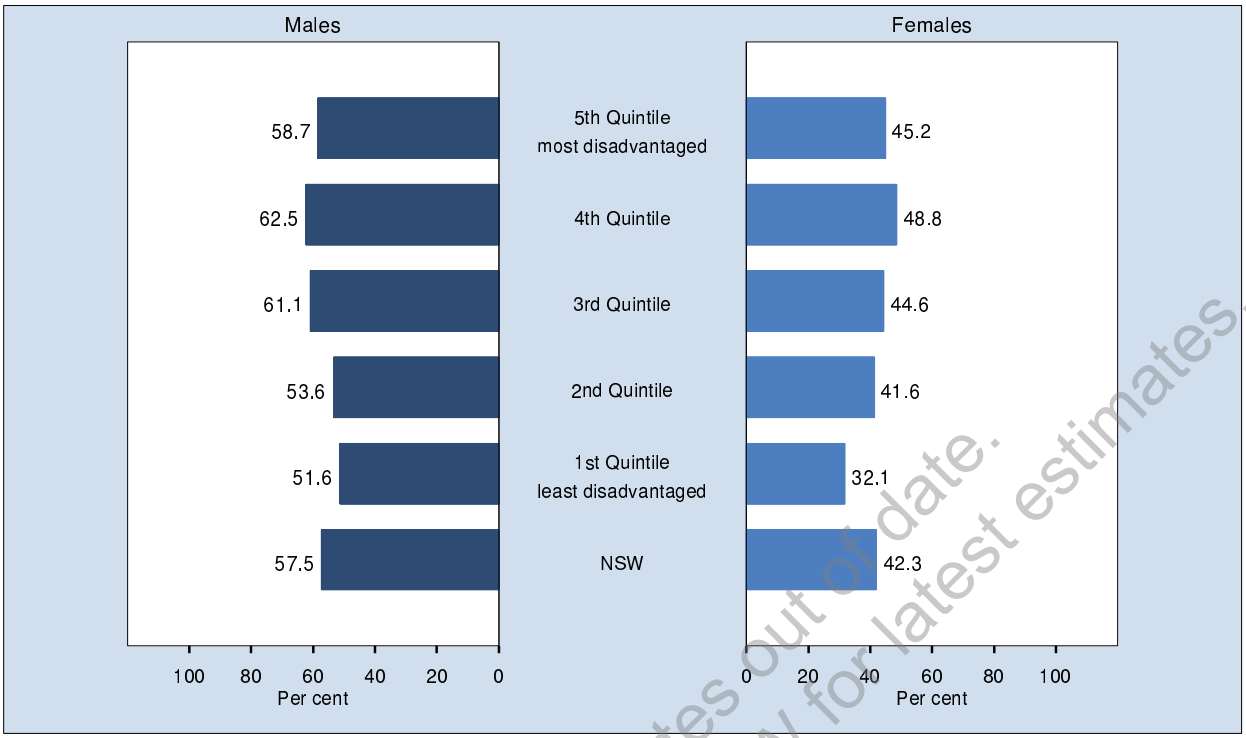


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	31.4 (26.1-36.7)	21.6 (17.2-26.0)	26.4 (23.0-29.9)
25-34	52.6 (46.9-58.2)	37.7 (33.7-41.8)	45.3 (41.7-48.8)
35-44	67.1 (62.5-71.8)	41.3 (37.4-45.3)	54.5 (51.3-57.7)
45-54	67.3 (63.3-71.3)	49.8 (46.1-53.5)	58.7 (55.9-61.5)
55-64	66.9 (62.7-71.1)	57.5 (54.2-60.8)	62.3 (59.6-65.0)
65-74	62.3 (58.2-66.4)	55.1 (51.5-58.7)	58.6 (55.9-61.4)
75+	49.0 (44.0-54.0)	40.3 (36.3-44.3)	43.9 (40.8-47.0)
All Ages	57.5 (55.5-59.5)	42.3 (40.7-43.9)	49.9 (48.6-51.1)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) 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)/height^2(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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Overweight and obesity by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

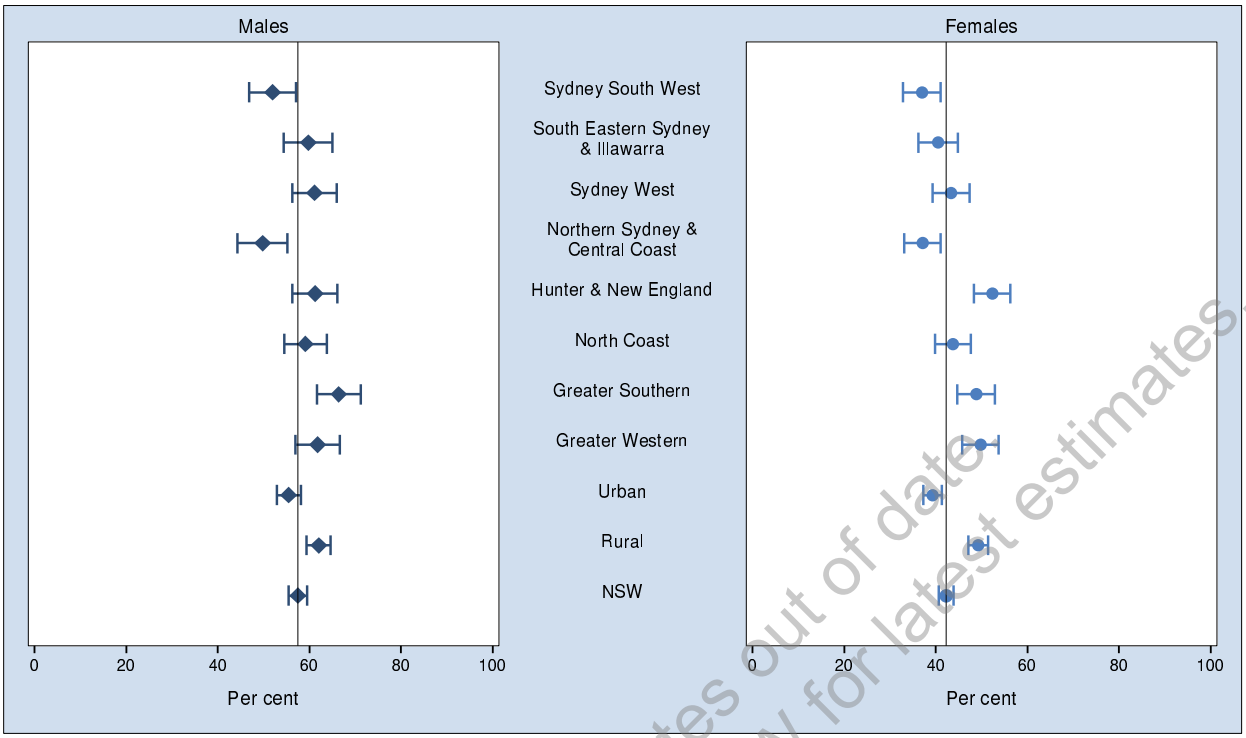


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	58.7 (53.9-63.4)	45.2 (41.3-49.1)	51.9 (48.8-55.1)
4th Quintile	62.5 (58.2-66.8)	48.8 (45.5-52.2)	55.6 (52.8-58.3)
3rd Quintile	61.1 (57.0-65.3)	44.6 (41.0-48.2)	52.8 (50.0-55.7)
2nd Quintile	53.6 (49.0-58.2)	41.6 (38.0-45.2)	47.2 (44.3-50.1)
1st Quintile	51.6 (46.8-56.4)	32.1 (28.5-35.7)	42.1 (39.0-45.2)
NSW	57.5 (55.5-59.5)	42.3 (40.7-43.9)	49.9 (48.6-51.1)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) 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)/height^2(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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

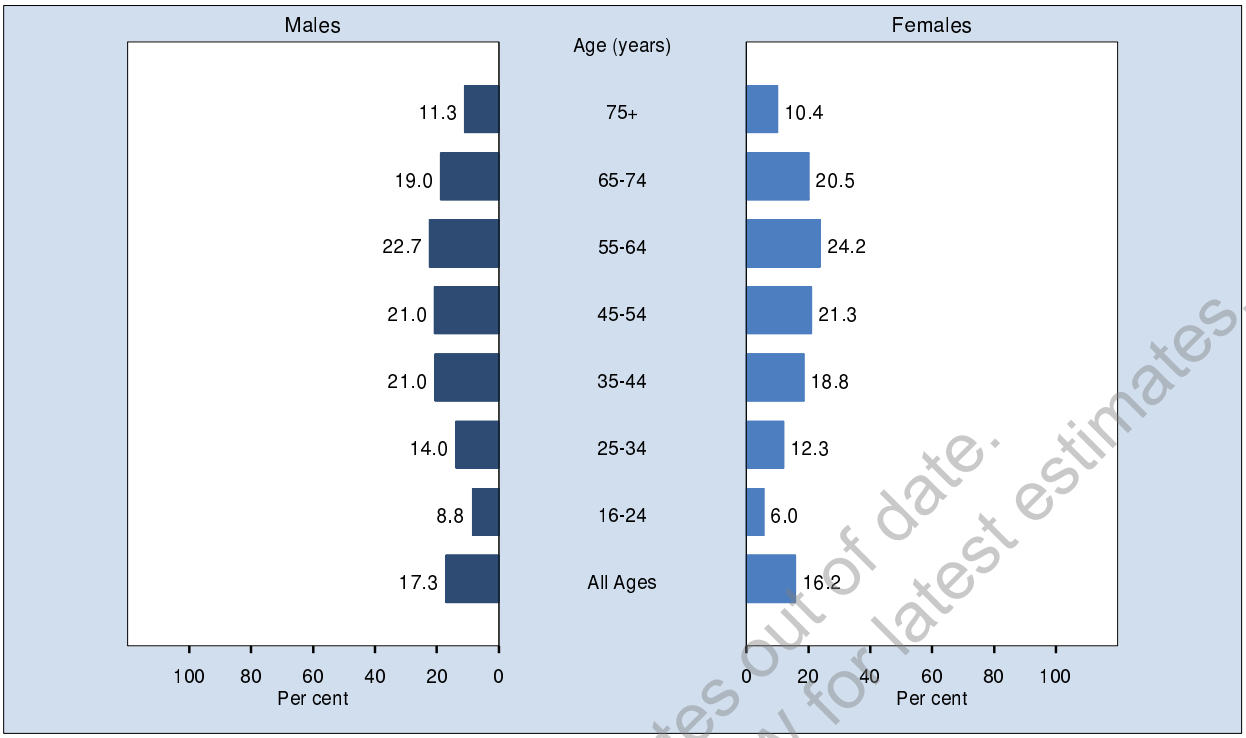


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	51.9 (46.8-57.1)	36.9 (32.8-41.1)	44.4 (41.1-47.8)
South Eastern Sydney & Illawarra	59.7 (54.4-65.0)	40.5 (36.2-44.8)	50.2 (46.7-53.7)
Sydney West	61.1 (56.3-66.0)	43.3 (39.3-47.3)	52.3 (49.1-55.6)
Northern Sydney & Central Coast	49.8 (44.3-55.3)	37.1 (33.1-41.1)	43.3 (39.9-46.7)
Hunter & New England	61.2 (56.3-66.1)	52.3 (48.4-56.3)	56.7 (53.6-59.9)
North Coast	59.1 (54.5-63.8)	43.8 (39.9-47.6)	51.4 (48.3-54.4)
Greater Southern	66.4 (61.7-71.2)	48.8 (44.7-52.9)	57.6 (54.4-60.8)
Greater Western	61.8 (57.0-66.7)	49.8 (45.8-53.7)	55.9 (52.7-59.1)
Urban	55.5 (52.9-58.1)	39.3 (37.2-41.4)	47.4 (45.7-49.1)
Rural	62.0 (59.4-64.6)	49.2 (47.1-51.3)	55.6 (53.9-57.3)
NSW	57.5 (55.5-59.5)	42.3 (40.7-43.9)	49.9 (48.6-51.1)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Obesity by age,
persons aged 16 years and over, NSW 2005

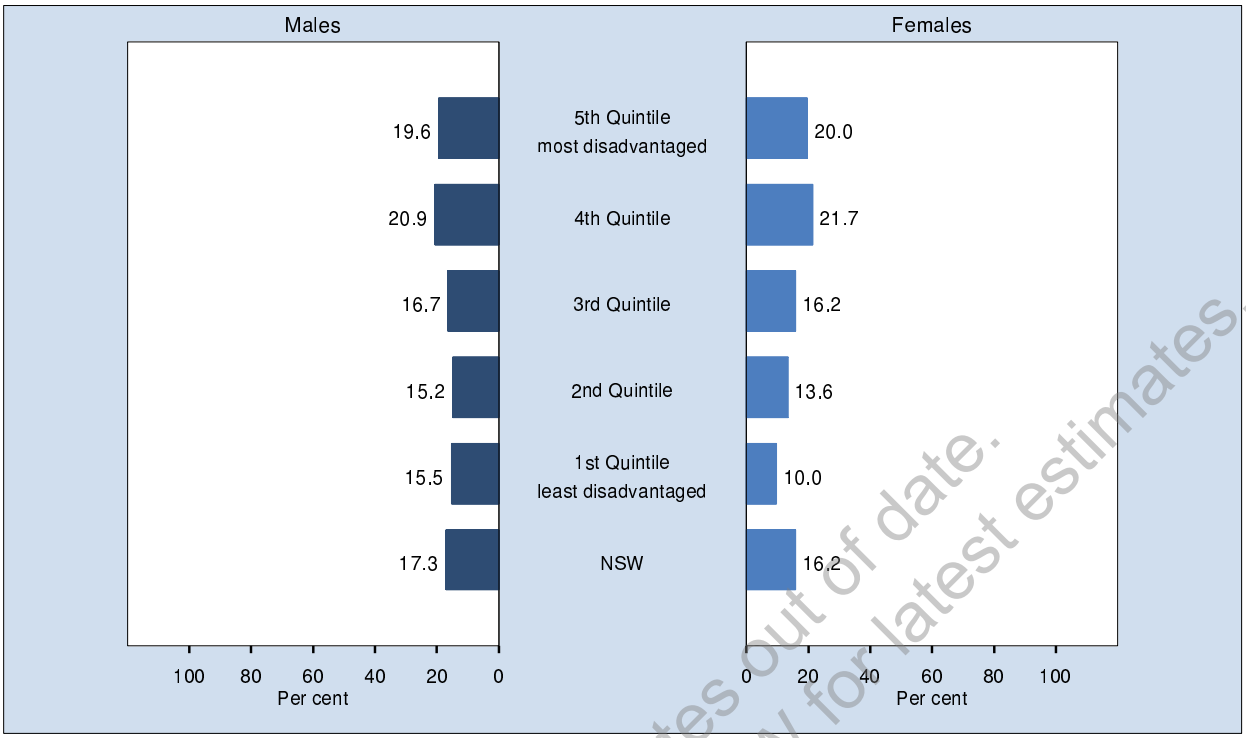


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	8.8 (5.7-11.8)	6.0 (3.5-8.4)	7.3 (5.4-9.3)
25-34	14.0 (10.2-17.9)	12.3 (9.8-14.8)	13.2 (10.9-15.5)
35-44	21.0 (17.1-24.8)	18.8 (15.8-21.8)	19.9 (17.5-22.3)
45-54	21.0 (17.4-24.6)	21.3 (18.4-24.2)	21.1 (18.8-23.5)
55-64	22.7 (19.1-26.3)	24.2 (21.3-27.0)	23.4 (21.1-25.7)
65-74	19.0 (15.7-22.2)	20.5 (17.7-23.3)	19.8 (17.6-21.9)
75+	11.3 (8.1-14.5)	10.4 (8.0-12.7)	10.7 (8.9-12.6)
All Ages	17.3 (15.8-18.8)	16.2 (15.1-17.3)	16.7 (15.8-17.6)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Body Mass Index (BMI) of 30 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). The category for this indicator was obese(BMI of 30 and over).

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

Obesity by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

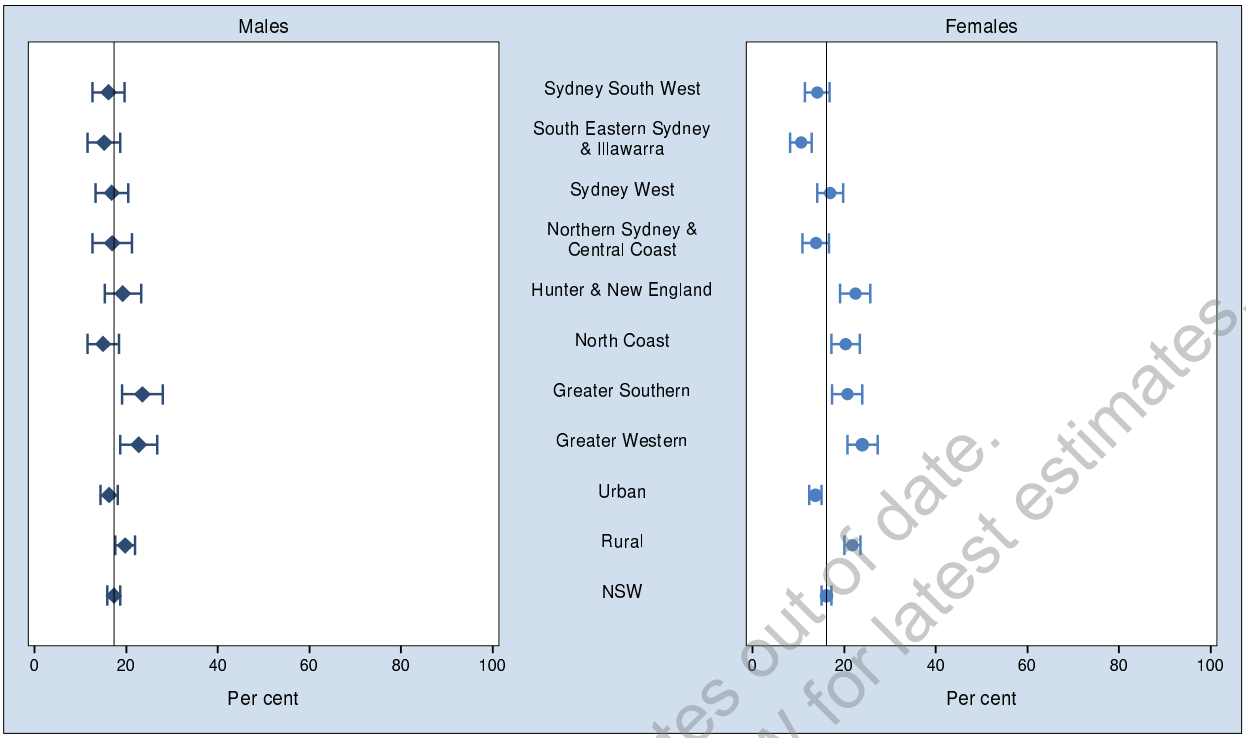


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	19.6 (16.1-23.1)	20.0 (17.2-22.8)	19.8 (17.6-22.0)
4th Quintile	20.9 (17.2-24.5)	21.7 (19.0-24.5)	21.3 (19.0-23.6)
3rd Quintile	16.7 (13.7-19.7)	16.2 (13.8-18.6)	16.4 (14.5-18.3)
2nd Quintile	15.2 (11.9-18.5)	13.6 (11.4-15.9)	14.4 (12.4-16.3)
1st Quintile	15.5 (12.2-18.9)	10.0 (7.7-12.4)	12.9 (10.8-14.9)
NSW	17.3 (15.8-18.8)	16.2 (15.1-17.3)	16.7 (15.8-17.6)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Body Mass Index (BMI) of 30 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)/height^2(m). The category for this indicator was obese(BMI of 30 and over).

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

Obesity by health area, persons aged 16 years and over, NSW 2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	16.1 (12.6-19.7)	14.1 (11.4-16.8)	15.1 (12.9-17.3)
South Eastern Sydney & Illawarra	15.2 (11.6-18.7)	10.5 (8.1-13.0)	12.9 (10.7-15.0)
Sydney West	16.9 (13.3-20.4)	16.9 (14.1-19.8)	16.9 (14.6-19.2)
Northern Sydney & Central Coast	16.9 (12.6-21.2)	13.8 (10.9-16.7)	15.3 (12.8-17.9)
Hunter & New England	19.2 (15.3-23.2)	22.4 (19.1-25.7)	20.8 (18.3-23.4)
North Coast	15.0 (11.5-18.5)	20.3 (17.1-23.4)	17.7 (15.3-20.0)
Greater Southern	23.6 (19.1-28.0)	20.7 (17.4-23.9)	22.1 (19.4-24.9)
Greater Western	22.7 (18.6-26.7)	24.0 (20.7-27.3)	23.3 (20.7-26.0)
Urban	16.2 (14.4-18.1)	13.8 (12.4-15.1)	15.0 (13.8-16.1)
Rural	19.7 (17.6-21.9)	21.7 (20.0-23.5)	20.8 (19.4-22.1)
NSW	17.3 (15.8-18.8)	16.2 (15.1-17.3)	16.7 (15.8-17.6)

Note: Estimates are based on 11,078 respondents in NSW. For this indicator 422 (3.67%) were not stated (Don't know or Refused) in NSW
The indicator includes those with a Body Mass Index (BMI) of 30 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)/height^2(m). The category for this indicator was obese(BMI of 30 and over).

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

Self-rated health status

Introduction

Self-rated health is among the most frequently assessed health perceptions in epidemiological research. A large number of empirical studies have demonstrated how a person's appraisal of his or her general health is a powerful predictor of future morbidity and mortality, even after controlling for a variety of physical, psychosocial, and socioeconomic factors.[1] Self-rated health 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.[2,3] Longitudinal studies show self-rated health is a strong and independent predictor of subsequent illness and premature death.[3,4]

In 2005, respondents aged 16 years and over were asked: Overall, how would you rate your health during the past 4 weeks: Was it Excellent, Very good, Good, Fair, Poor or Very poor?; During the past 4 weeks, how much difficulty did you have doing your daily work or activities: No difficulty at all, A little bit of difficulty, Some difficulty, Much difficulty, Could not do work or activities?; and, During the past 4 weeks, how much bodily pain have you generally had: No pain, Very mild pain, Mild pain, Moderate pain, Severe pain?

Results

Self-rated health status

Overall, in 2005, 80.9 per cent of adults rated their health positively, as excellent, very good, or good (in the past 4 weeks) (83.3 per cent among males and 78.7 er cent among females) with 21.3 per cent being excellent, 31.6 per cent being very good, 4.9 per cent being poor and 1.0 per cent being very poor. A significantly higher proportion of adults aged 25–34 years (86.7 per cent) and a significantly lower proportion of adults over 55 years (76.5 per cent 68.2 per cent) rated their health positively, compared with the overall adult population.

The proportion of adults rating their health positively did not differ significantly between urban areas and rural areas, or among health areas. A positive rating for self-rated health decreased with socioeconomic disadvantage. A significantly higher proportion of adults in the least disadvantaged quintile (84.9 per cent) and a significantly lower proportion of adults in the most disadvantaged quintile (77.2 per cent) reported their health positively, compared with the overall adult population.

The proportion of adults who rated their health positively decreased significantly from 1997 (85.0 per cent) to 2005 (80.9 per cent). There has been a decrease in both males (85.0 per cent to 83.3 per cent) and females (85.1 per cent to 78.7 per cent).

Difficulties with daily activities

Almost two-thirds of adults (65.8 cent) had no difficulty with undertaking daily work or activities in the past 4 weeks. 16.4 per cent had a little difficulty, 11.2 per cent had some difficulty, 4.4 had much difficulty, and 2.2 per cent had not undertaken daily work or activities.

A significantly lower proportion of males (16.0 per cent) than females (19.7 per cent) had difficulties with undertaking daily work or activities, compared with the overall adult population. A significantly lower proportion of adults in the least disadvantaged quintile (15.3 per cent) had difficulties with undertaking daily work or activities. There was no difference between urban residents and rural residents, or among health areas.

There has been no significant difference in the proportion of adults with difficulties undertaking daily work or activities between 2003 and 2005.

Bodily pain

Around one in 4 adults experienced no pain (40.3 per cent) or very mild pain (17.6 per cent) in the last 4 weeks. A further 22.3 per cent experienced mild pain, 14.6 per cent experienced moderate pain, and 5.1 per cent experienced severe pain in the last 4 weeks.

Approximately 19.8 per cent of adults had moderate or severe pain in the last 4 weeks. A significantly lower proportion of males (16.7 per cent) and a significantly higher proportion of females (22.8 per cent) had moderate or severe pain in the last 4 weeks. A significantly lower proportion of adults in the least disadvantaged quintile (15.5 per cent) had bodily pain in the last 4 weeks. Urban residents (18.7 per cent) had a lower proportion of moderate to severe bodily pain in the last 4 weeks than rural residents (22.4 per cent), and residents in the North Coast Health Area (23.5 per cent) had a higher proportion of moderate to severe bodily pain in the last 4 weeks, compared with the overall adult population.

There has been a significant decrease in the proportion of adults with bodily pain in the last 4 weeks between 2003 (21.8 per cent) and 2005 (19.8 per cent).

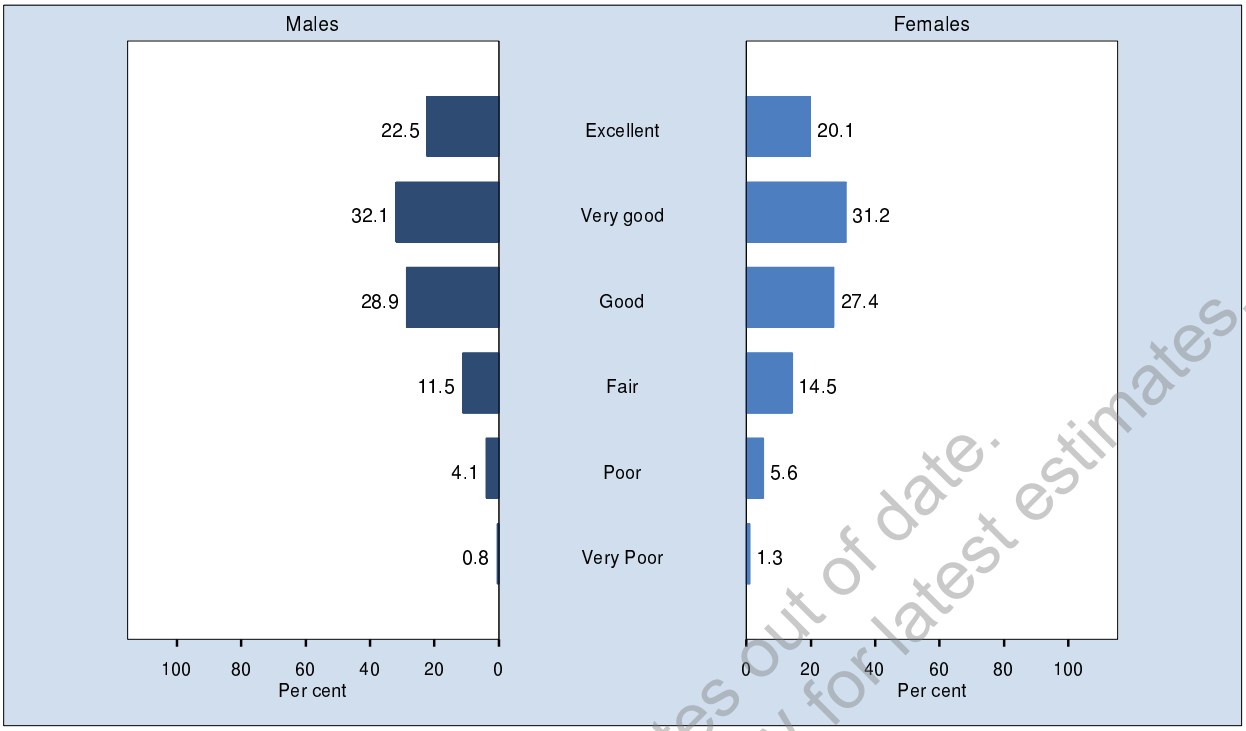
Chronic Disease Risk Factors

A chronic disease risk factor index was calculated using the following indicators: any alcohol risk drinking, recommended daily fruit and vegetable intake, current smoking and overweight and obesity. Using the index 46.1 per cent of adults had no risk factors, 28.6 percent had one risk factor, 17.1 percent had 2 risk factors, 4.5 percent had 3 risk factors and 3.8 percent had 4 risk factors.

References

1. Eriksson I, Unden A-L, and Elofsson S. Self-rated health. Comparisons between three different measures. Results from a population study. *Int J Epidemiol* 2001; 30: 326–333.
2. Krause NM and Jay GM. What do global self-rated health items measure? *J Med Care* 1994; 32: 930–942.
3. Cott CA, Gignac MA, Badley EM. Determinants of self rated health for Canadians with chronic disease and disability. *J Epidemiol Community Health* 1999; 53: 731–736.
4. McCallum J, Shadbolt B, Wang D. Self-rated health and survival: A 7-year follow up study of Australian elderly. *Am J Public Health* 1994; 84: 1100–1105.

Self-rated health status, persons aged 16 years and over, NSW 2005

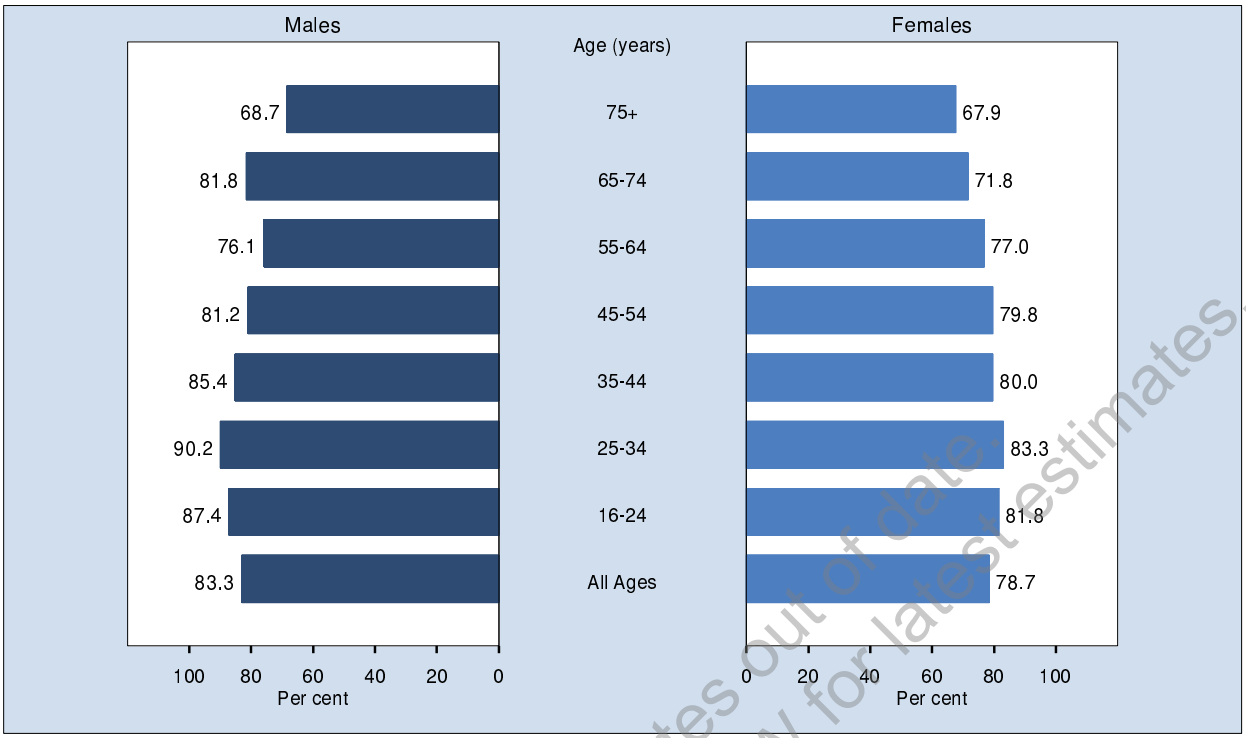


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Excellent	22.5 (20.7-24.4)	20.1 (18.8-21.4)	21.3 (20.2-22.4)
Very good	32.1 (30.2-34.0)	31.2 (29.6-32.7)	31.6 (30.4-32.8)
Good	28.9 (27.1-30.8)	27.4 (26.0-28.9)	28.2 (27.0-29.3)
Fair	11.5 (10.3-12.8)	14.5 (13.3-15.6)	13.0 (12.2-13.9)
Poor	4.1 (3.4-4.9)	5.6 (4.8-6.4)	4.9 (4.3-5.4)
Very Poor	0.8 (0.5-1.1)	1.3 (1.0-1.6)	1.0 (0.8-1.3)

Note: Estimates are based on 11,474 respondents in NSW. For this indicator 26 (0.23%) were not stated (Don't know or Refused) in NSW
The question used 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

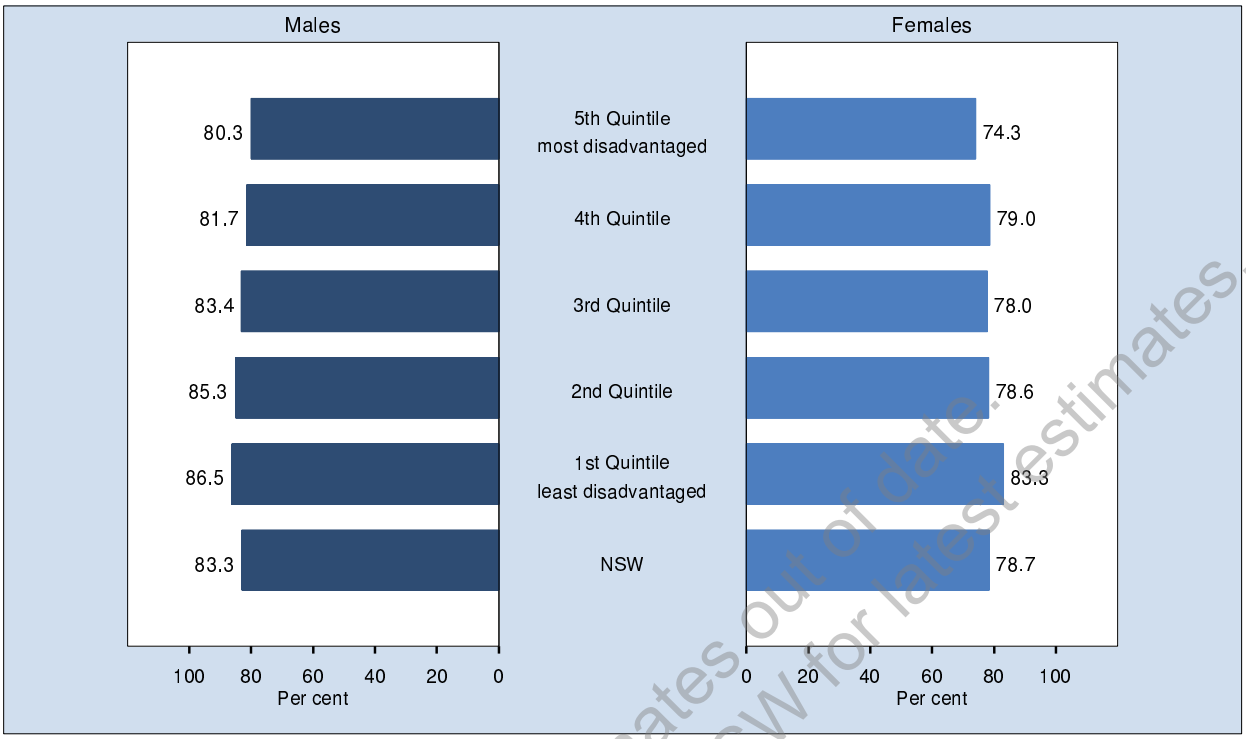


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	87.4 (83.6-91.1)	81.8 (77.8-85.8)	84.6 (81.8-87.3)
25-34	90.2 (86.8-93.5)	83.3 (80.2-86.5)	86.7 (84.4-89.0)
35-44	85.4 (82.2-88.6)	80.0 (76.6-83.3)	82.7 (80.3-85.0)
45-54	81.2 (77.8-84.6)	79.8 (76.9-82.7)	80.5 (78.3-82.7)
55-64	76.1 (72.5-79.6)	77.0 (74.3-79.8)	76.5 (74.3-78.8)
65-74	81.8 (78.6-85.1)	71.8 (68.5-75.2)	76.7 (74.3-79.0)
75+	68.7 (64.0-73.3)	67.9 (64.3-71.5)	68.2 (65.3-71.1)
All Ages	83.3 (81.9-84.7)	78.7 (77.4-80.0)	80.9 (80.0-81.9)

Note: Estimates are based on 11,474 respondents in NSW. For this indicator 26 (0.23%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Excellent, very good, or good self-rated health status by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

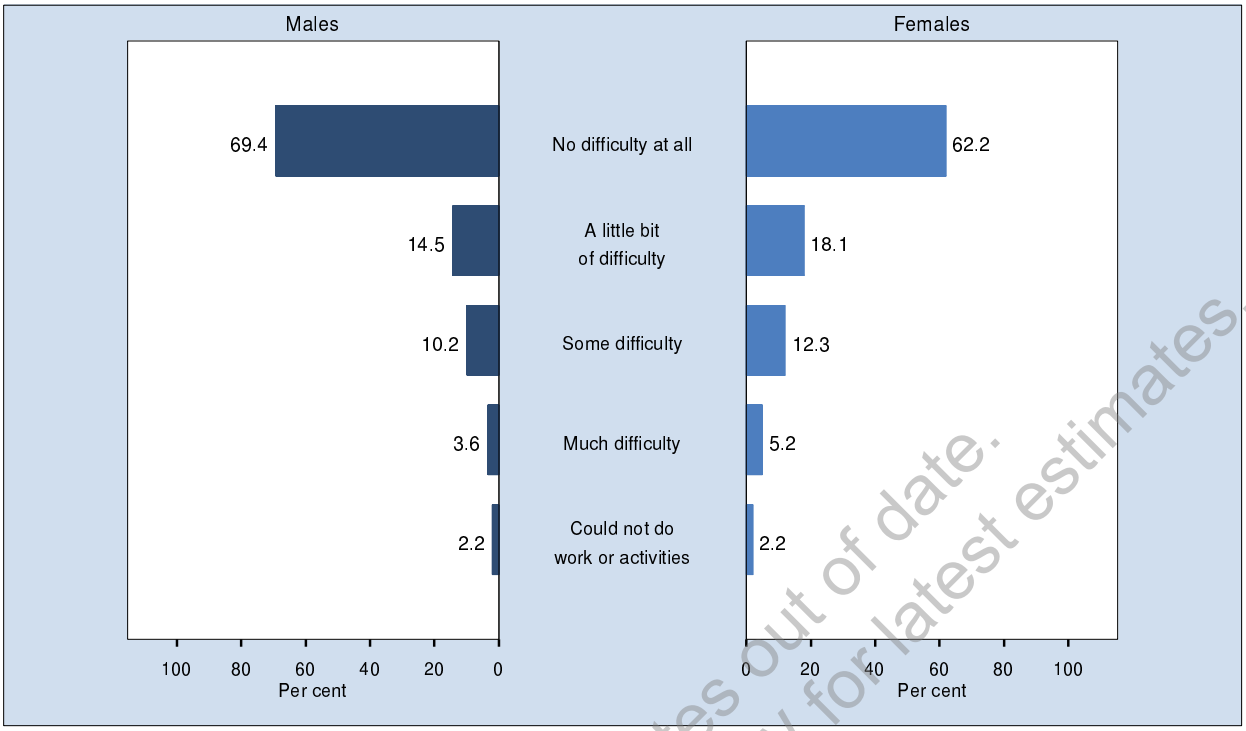


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	80.3 (76.7-83.8)	74.3 (71.0-77.7)	77.3 (74.8-79.7)
4th Quintile	81.7 (78.7-84.6)	79.0 (76.3-81.6)	80.3 (78.3-82.3)
3rd Quintile	83.4 (80.2-86.5)	78.0 (75.1-80.9)	80.6 (78.5-82.8)
2nd Quintile	85.3 (82.3-88.4)	78.6 (75.6-81.5)	81.7 (79.5-83.8)
1st Quintile	86.5 (83.4-89.6)	83.3 (80.5-86.2)	84.9 (82.8-87.1)
NSW	83.3 (81.9-84.7)	78.7 (77.4-80.0)	80.9 (80.0-81.9)

Note: Estimates are based on 11,474 respondents in NSW. For this indicator 26 (0.23%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Difficulty doing work or activity in the last 4 weeks, persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
No difficulty at all	69.4 (67.7-71.2)	62.2 (60.7-63.7)	65.8 (64.6-66.9)
A little bit of difficulty	14.5 (13.2-15.9)	18.1 (16.9-19.4)	16.4 (15.4-17.3)
Some difficulty	10.2 (9.1-11.3)	12.3 (11.3-13.3)	11.2 (10.5-12.0)
Much difficulty	3.6 (3.1-4.2)	5.2 (4.5-5.8)	4.4 (4.0-4.9)
Could not do work or activities	2.2 (1.7-2.7)	2.2 (1.8-2.6)	2.2 (1.9-2.5)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) were not stated (Don't know or Refused) in NSW
The questions used were: During the past 4 weeks how much difficulty did you have doing your daily work or activities? No difficulty at all, A little bit of difficulty, Some difficulty, Much difficulty, Could not do work or activities?

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

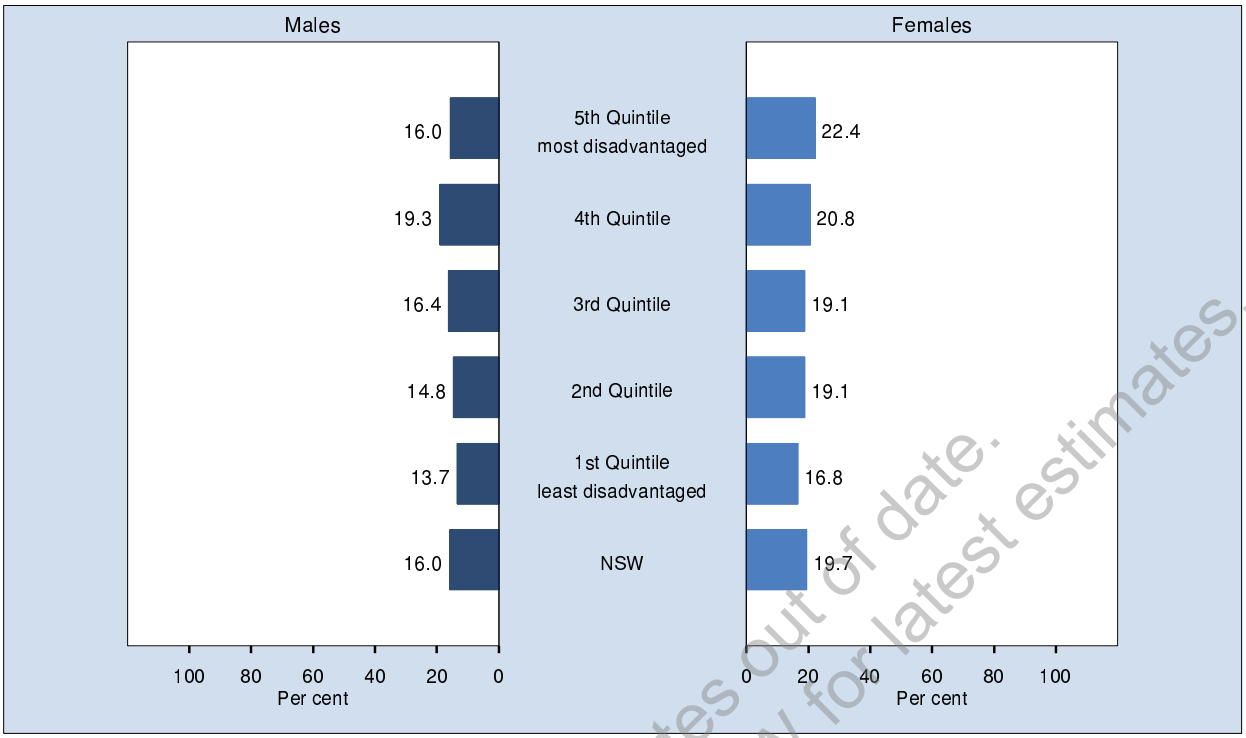
Difficulty with activities in the last 4 weeks by age, persons aged 16 years and over, NSW 2005

Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	9.9 (6.5-13.4)	13.3 (9.8-16.8)	11.6 (9.2-14.1)
25-34	7.1 (4.7-9.6)	15.6 (12.7-18.4)	11.4 (9.4-13.3)
35-44	14.5 (11.3-17.8)	17.6 (14.6-20.7)	16.1 (13.9-18.3)
45-54	18.1 (15.0-21.2)	22.0 (19.0-25.0)	20.1 (17.9-22.2)
55-64	24.0 (20.4-27.7)	22.6 (19.9-25.3)	23.3 (21.1-25.6)
65-74	22.2 (18.7-25.6)	24.8 (21.7-27.8)	23.5 (21.2-25.8)
75+	31.2 (26.7-35.7)	30.1 (26.5-33.6)	30.5 (27.7-33.3)
All Ages	16.0 (14.7-17.3)	19.7 (18.5-20.9)	17.9 (17.0-18.8)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had some difficulty with activities, much difficulty with activities, or could not do activities.
The question used was: During the past 4 weeks how much difficulty did you have doing your daily activities? No difficulty at all, a little bit of difficulty, some difficulty, much difficulty, could not do activities?

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

Difficulty with activities in the last 4 weeks by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

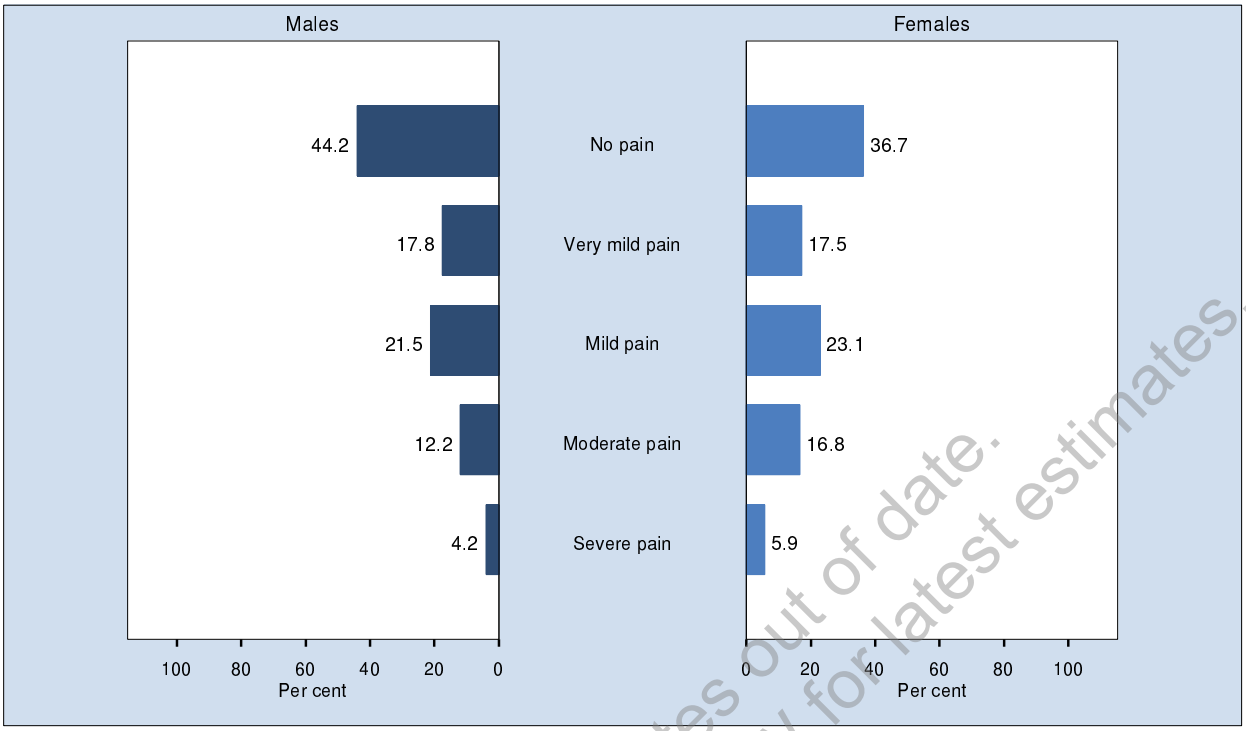


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	16.0 (13.0-19.0)	22.4 (19.4-25.5)	19.3 (17.1-21.4)
4th Quintile	19.3 (16.2-22.4)	20.8 (18.3-23.4)	20.1 (18.1-22.1)
3rd Quintile	16.4 (13.7-19.1)	19.1 (16.5-21.7)	17.8 (15.9-19.7)
2nd Quintile	14.8 (11.9-17.8)	19.1 (16.4-21.9)	17.1 (15.1-19.2)
1st Quintile	13.7 (10.7-16.8)	16.8 (14.0-19.6)	15.2 (13.2-17.3)
NSW	16.0 (14.7-17.3)	19.7 (18.5-20.9)	17.9 (17.0-18.8)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) were not stated (Don't know or Refused) in NSW
The indicator includes those who had some difficulty with activities, much difficulty with activities, or could not do activities. The question used was: During the past 4 weeks how much difficulty did you have doing your daily activities? No difficulty at all, a little bit of difficulty, some difficulty, much difficulty, could not do activities?

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

Bodily pain in the last 4 weeks, persons aged 16 years and over, NSW 2005

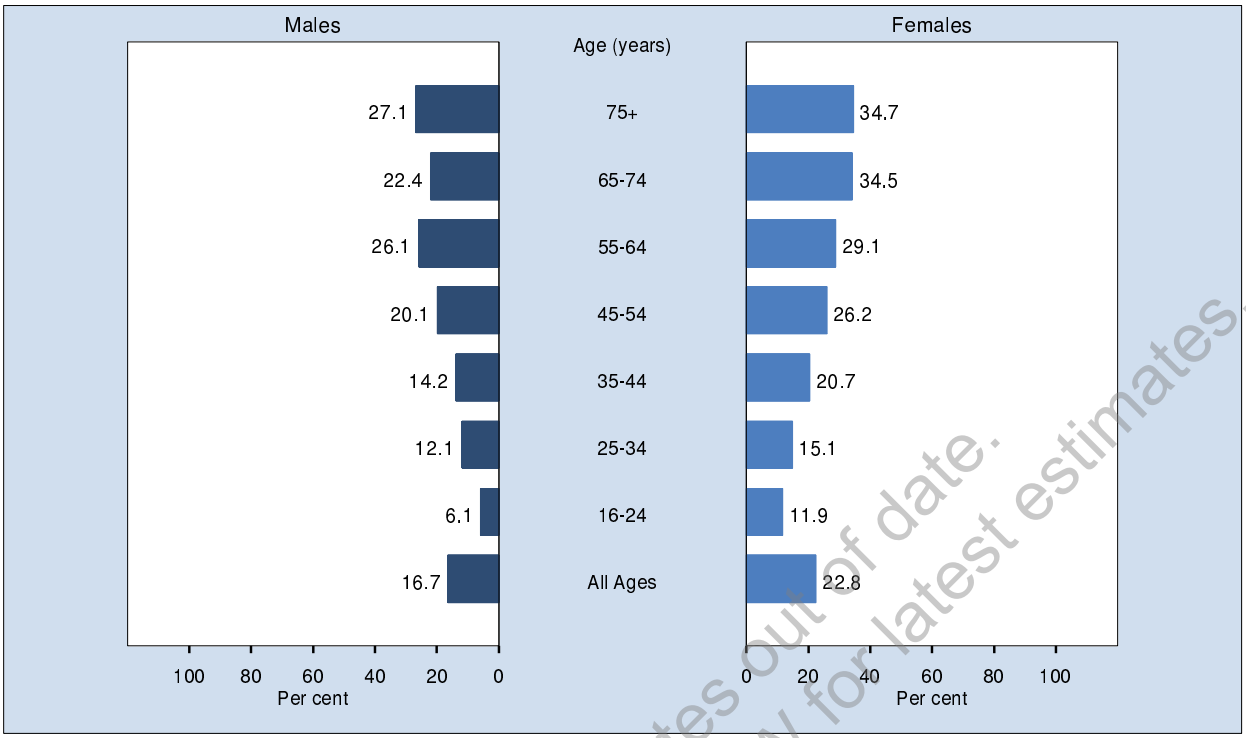


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
No pain	44.2 (42.2-46.3)	36.7 (35.0-38.3)	40.3 (39.0-41.6)
Very mild pain	17.8 (16.2-19.4)	17.5 (16.2-18.7)	17.6 (16.6-18.6)
Mild pain	21.5 (19.8-23.1)	23.1 (21.7-24.5)	22.3 (21.2-23.4)
Moderate pain	12.2 (11.0-13.5)	16.8 (15.7-18.0)	14.6 (13.8-15.4)
Severe pain	4.2 (3.5-5.0)	5.9 (5.2-6.6)	5.1 (4.6-5.6)

Note: Estimates are based on 11,466 respondents in NSW. For this indicator 34 (0.3%) were not stated (Don't know or Refused) in NSW
The question used was: During the past 4 weeks how much bodily pain have you generally had? No pain, Very mild pain, Mild pain, Moderate pain, Severe pain?

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

Moderate or severe bodily pain by age, persons aged 16 years and over, NSW 2005

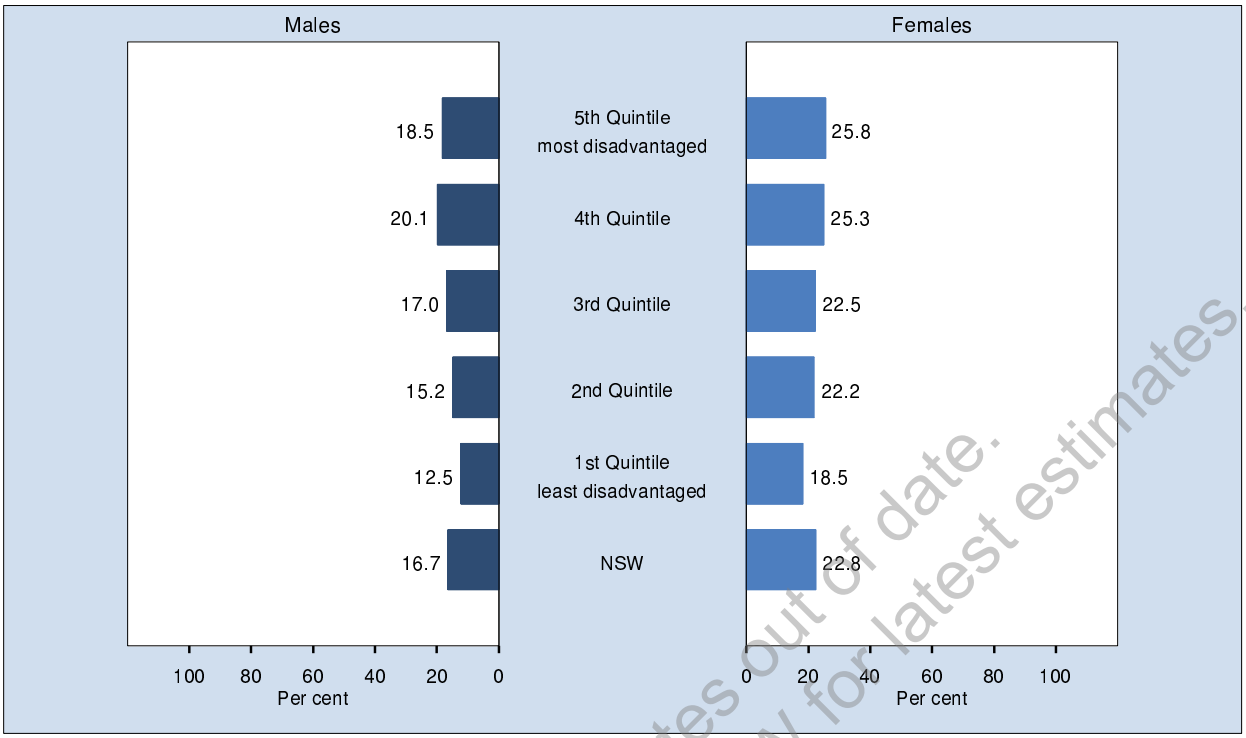


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	6.1 (3.3-8.8)	11.9 (8.6-15.2)	9.0 (6.9-11.2)
25-34	12.1 (8.4-15.8)	15.1 (12.2-18.0)	13.6 (11.3-16.0)
35-44	14.2 (11.1-17.2)	20.7 (17.5-24.0)	17.4 (15.2-19.7)
45-54	20.1 (16.8-23.4)	26.2 (23.0-29.4)	23.2 (20.9-25.5)
55-64	26.1 (22.4-29.8)	29.1 (26.2-32.0)	27.6 (25.2-29.9)
65-74	22.4 (18.9-25.8)	34.5 (31.1-37.9)	28.6 (26.2-31.1)
75+	27.1 (22.7-31.5)	34.7 (31.1-38.4)	31.6 (28.8-34.5)
All Ages	16.7 (15.3-18.0)	22.8 (21.5-24.0)	19.8 (18.9-20.7)

Note: Estimates are based on 11,465 respondents in NSW. For this indicator 34 (0.3%) were not stated (Don't know or Refused) in NSW
The indicator includes those who experienced moderate or severe pain in the last 4 weeks. The question used was: During the past 4 weeks how much bodily pain have you had? No pain, very mild pain, mild pain, moderate pain or severe pain?

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

Moderate or severe bodily pain by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

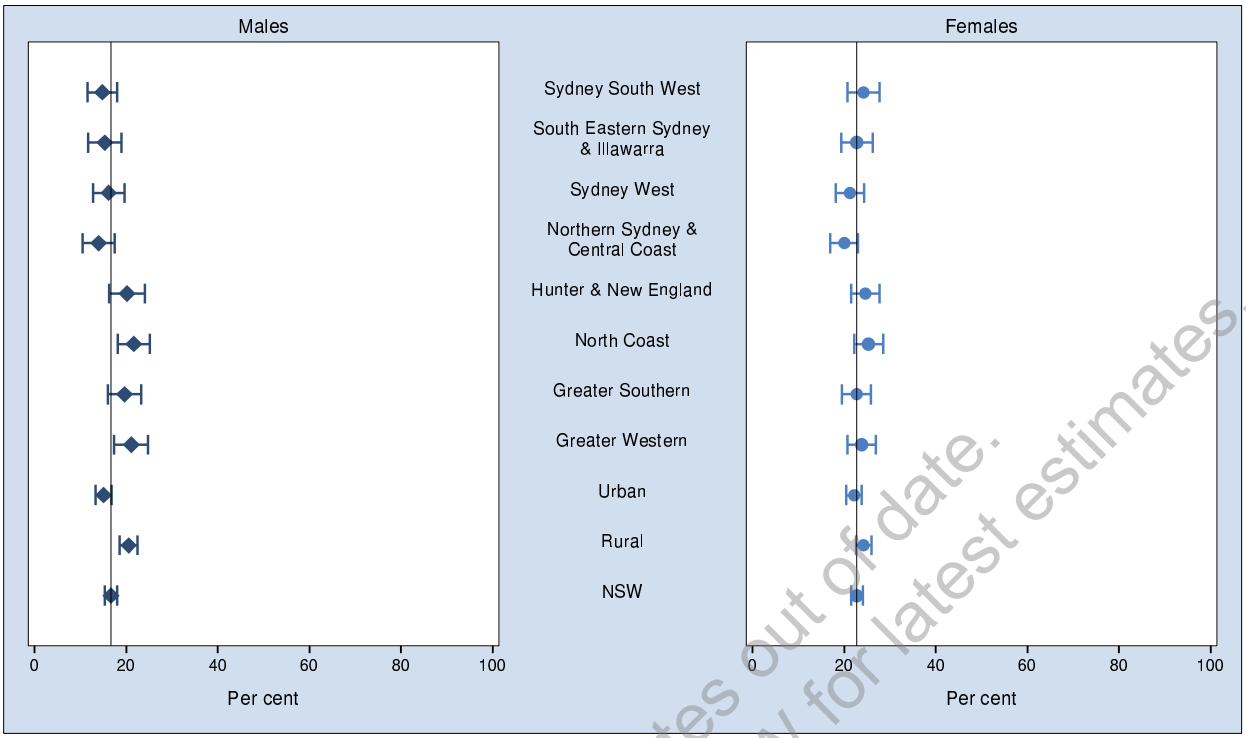


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	18.5 (15.1-21.9)	25.8 (22.5-29.0)	22.2 (19.8-24.6)
4th Quintile	20.1 (16.7-23.5)	25.3 (22.6-28.0)	22.8 (20.6-24.9)
3rd Quintile	17.0 (14.2-19.8)	22.5 (19.7-25.3)	19.8 (17.8-21.8)
2nd Quintile	15.2 (12.0-18.3)	22.2 (19.3-25.0)	18.9 (16.8-21.1)
1st Quintile	12.5 (9.8-15.3)	18.5 (15.7-21.2)	15.4 (13.5-17.4)
NSW	16.7 (15.3-18.0)	22.8 (21.5-24.0)	19.8 (18.9-20.7)

Note: Estimates are based on 11,465 respondents in NSW. For this indicator 34 (0.3%) were not stated (Don't know or Refused) in NSW
The indicator includes those who experienced moderate or severe pain in the last 4 weeks. The question used was: During the past 4 weeks how much bodily pain have you had? No pain, very mild pain, mild pain, moderate pain or severe pain?

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

Moderate or severe bodily pain by health area, persons aged 16 years and over, NSW 2005

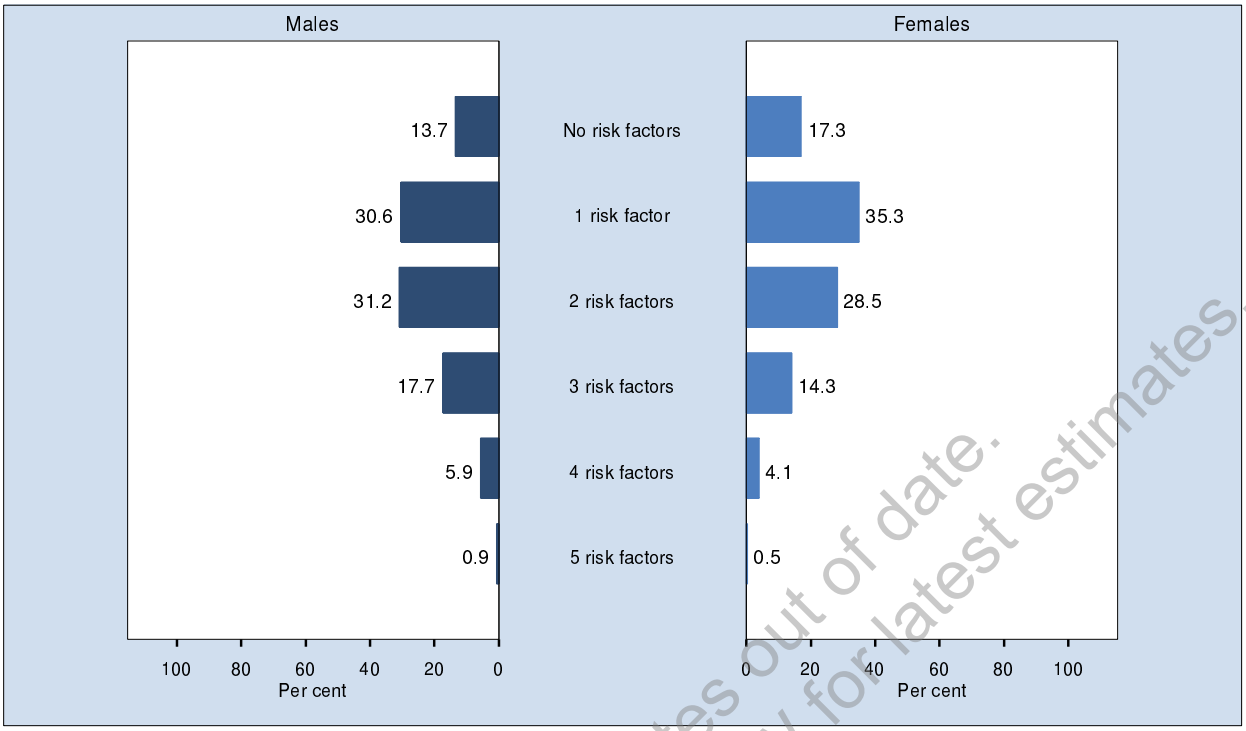


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	14.8 (11.5-18.1)	24.2 (20.7-27.7)	19.6 (17.1-22.0)
South Eastern Sydney & Illawarra	15.3 (11.6-18.9)	22.8 (19.4-26.2)	19.1 (16.6-21.6)
Sydney West	16.2 (12.8-19.6)	21.2 (18.1-24.3)	18.7 (16.4-21.0)
Northern Sydney & Central Coast	14.0 (10.5-17.5)	20.0 (16.9-23.0)	17.1 (14.7-19.4)
Hunter & New England	20.2 (16.3-24.1)	24.6 (21.5-27.7)	22.4 (20.0-24.9)
North Coast	21.6 (18.1-25.1)	25.3 (22.2-28.5)	23.5 (21.2-25.9)
Greater Southern	19.6 (16.0-23.3)	22.7 (19.6-25.9)	21.2 (18.8-23.6)
Greater Western	21.1 (17.3-24.8)	23.8 (20.7-27.0)	22.5 (20.0-24.9)
Urban	15.0 (13.3-16.8)	22.1 (20.5-23.8)	18.7 (17.5-19.9)
Rural	20.5 (18.5-22.5)	24.2 (22.6-25.9)	22.4 (21.1-23.7)
NSW	16.7 (15.3-18.0)	22.8 (21.5-24.0)	19.8 (18.9-20.7)

Note: Estimates are based on 11,465 respondents in NSW. For this indicator 34 (0.3%) were not stated (Don't know or Refused) in NSW
The indicator includes those who experienced moderate or severe pain in the last 4 weeks. The question used was: During the past 4 weeks how much bodily pain have you had? No pain, very mild pain, mild pain, moderate pain or severe pain?

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

Chronic disease risk factors, persons aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
No risk factors	13.7 (12.4-15.1)	17.3 (16.1-18.5)	15.5 (14.6-16.5)
1 risk factor	30.6 (28.8-32.5)	35.3 (33.7-36.9)	33.0 (31.7-34.2)
2 risk factors	31.2 (29.2-33.1)	28.5 (27.0-30.0)	29.8 (28.6-31.0)
3 risk factors	17.7 (16.1-19.2)	14.3 (13.2-15.5)	16.0 (15.0-16.9)
4 risk factors	5.9 (4.9-6.9)	4.1 (3.5-4.8)	5.0 (4.4-5.6)
5 risk factors	0.9 (0.5-1.3)	0.5 (0.3-0.7)	0.7 (0.5-0.9)

Note: Estimates are based on 10,760 respondents in NSW. For this indicator 740 (6.43%) were not stated (Don't know or Refused) in NSW
The risk factors used in the index were any alcohol risk drinking behaviour, not meeting the recommended daily fruit and vegetable intake, current smoking, not undertaking undertaking adequate physical activity and being obese.

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

Health services

NSW Health provides a range of health care services to state residents delivered across a variety of settings. In 2005, the New South Wales Population Health Survey included a range of questions that monitor access to and satisfaction with those services. Measuring consumer satisfaction is a way of monitoring strategies to improve service quality and community participation. Questions focused on health services attended, private health insurance, difficulties getting health care when needed, presentation at an emergency department, admission to hospital, and attendance at a community health centre and a public dental service.

Health services used

In order to monitor the use of health services, in 2005 the New South Wales Population Health Survey asked respondents: In the last 12 months, have you stayed at least one night in hospital, presented at an emergency department, or attended a community health centre or public dental service?

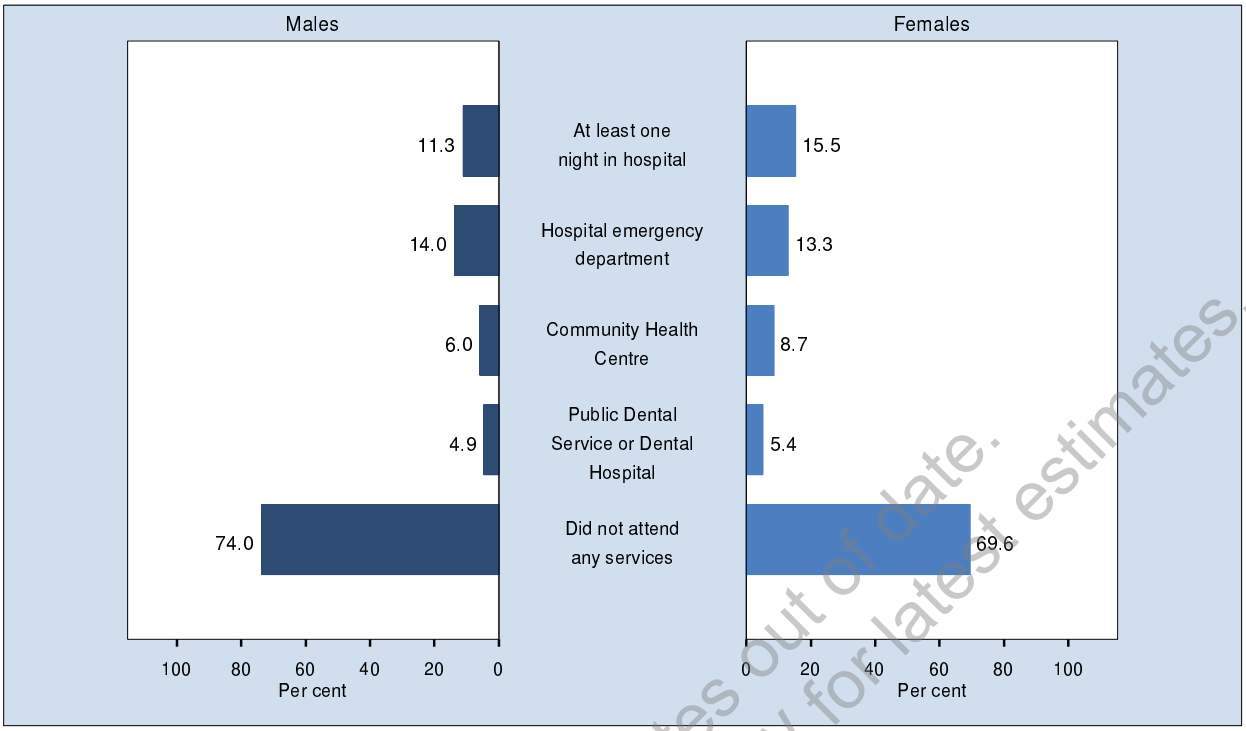
In 2005, 71.7 per cent of adults did not attend any health service, 13.4 per cent were admitted to hospital for at least one night, 13.6 per cent presented to an emergency department, 7.4 per cent attended a community health centre, and 5.1 per cent attended a public dental service or hospital.

Private health insurance

In order to monitor private health insurance, in 2005 the New South Wales Population Health Survey asked respondents: Apart from Medicare, are you covered by private health insurance?

In 2005, 54.6 per cent of adults were covered by private health insurance. A significantly lower proportion of adults aged 16–34 years (45.3 per cent to 47.1 per cent), and a significantly higher proportion of adults aged 35–64 years (59.4 per cent to 62.1 per cent), were covered by private health insurance. Coverage decreased significantly with socioeconomic disadvantage, from 73.2 per cent in the least disadvantaged quintile to 39.7 per cent in the most disadvantaged quintile. A significantly higher proportion of urban residents (58.4 per cent), and a significantly lower proportion of rural residents (45.8 per cent), were covered by private health insurance. Overall, there has been a significant increase in the proportion of adults covered by private health insurance between 1997 (42.0 per cent) and 2005 (54.6 per cent).

Health services attended in last 12 months, persons aged 16 years and over, NSW 2005

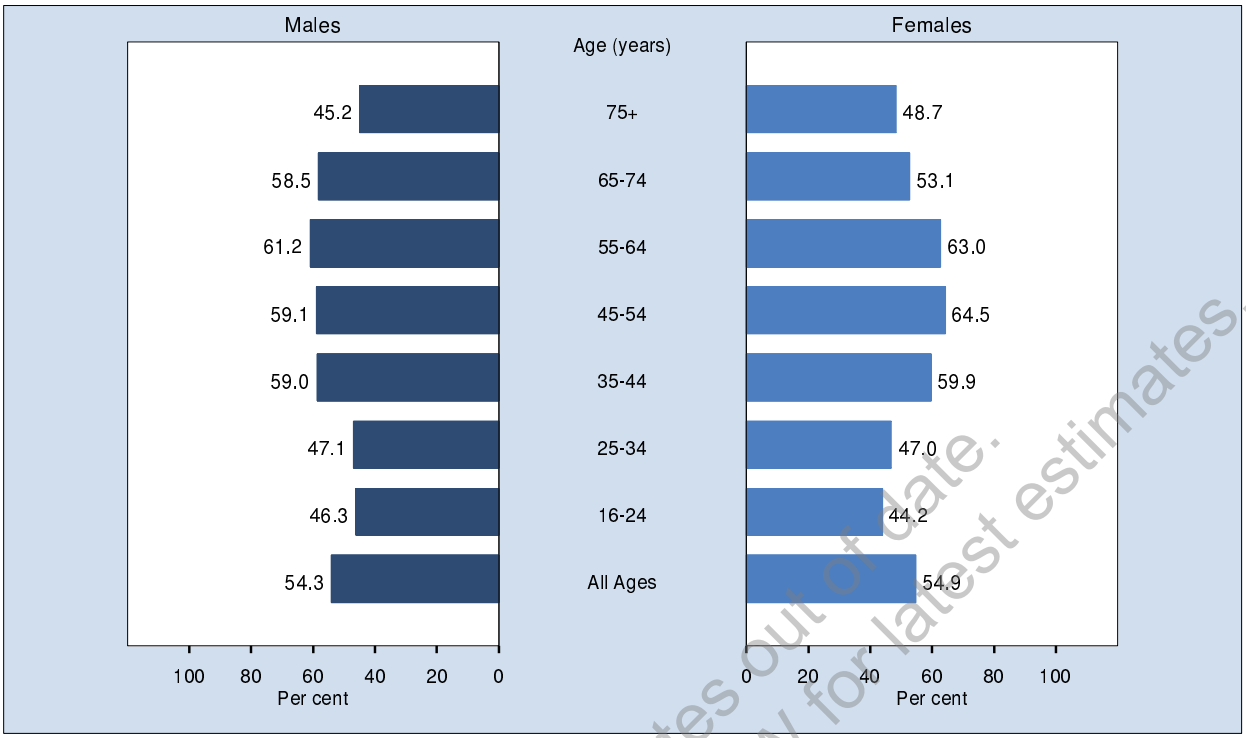


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
At least one night in hospital	11.3 (10.1-12.4)	15.5 (14.3-16.7)	13.4 (12.6-14.3)
Hospital emergency department	14.0 (12.6-15.3)	13.3 (12.2-14.4)	13.6 (12.7-14.5)
Community Health Centre	6.0 (5.1-7.0)	8.7 (7.8-9.6)	7.4 (6.7-8.1)
Public Dental Service or Dental Hospital	4.9 (4.0-5.8)	5.4 (4.6-6.1)	5.1 (4.6-5.7)
Did not attend any services	74.0 (72.2-75.7)	69.6 (68.1-71.1)	71.7 (70.6-72.9)

Note: Estimates are based on 10,917 respondents in NSW. For this indicator 30 (0.27%) were not stated (Don't know or Refused) in NSW
The question used was: In the last 12 months, have you stayed for at least one night in hospital, or attended any of the following services: a hospital emergency department, community health centre, public dental service or dental hospital? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

Private health insurance by age, persons aged 16 years and over, NSW 2005

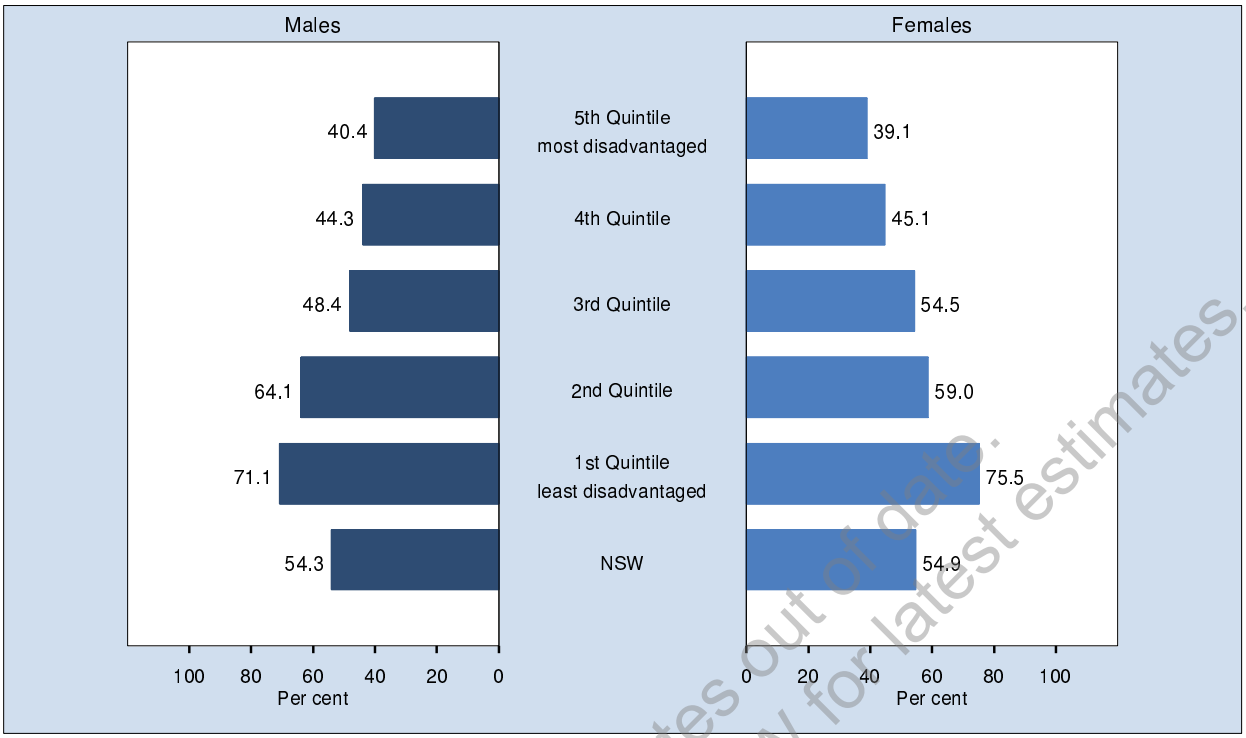


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	46.3 (40.5-52.2)	44.2 (38.8-49.6)	45.3 (41.3-49.3)
25-34	47.1 (41.5-52.8)	47.0 (42.9-51.1)	47.1 (43.6-50.5)
35-44	59.0 (54.3-63.7)	59.9 (56.0-63.8)	59.5 (56.4-62.5)
45-54	59.1 (55.0-63.3)	64.5 (61.1-67.9)	61.8 (59.1-64.5)
55-64	61.2 (57.0-65.3)	63.0 (59.9-66.1)	62.1 (59.5-64.7)
65-74	58.5 (54.4-62.6)	53.1 (49.5-56.6)	55.7 (53.0-58.4)
75+	45.2 (40.3-50.1)	48.7 (44.8-52.6)	47.2 (44.2-50.3)
All Ages	54.3 (52.3-56.3)	54.9 (53.3-56.5)	54.6 (53.3-55.9)

Note: Estimates are based on 11,413 respondents in NSW. For this indicator 87 (0.76%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have private health insurance. The question used to define the indicator was: Apart from medicare, are you covered by private health insurance?

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

Private health insurance by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

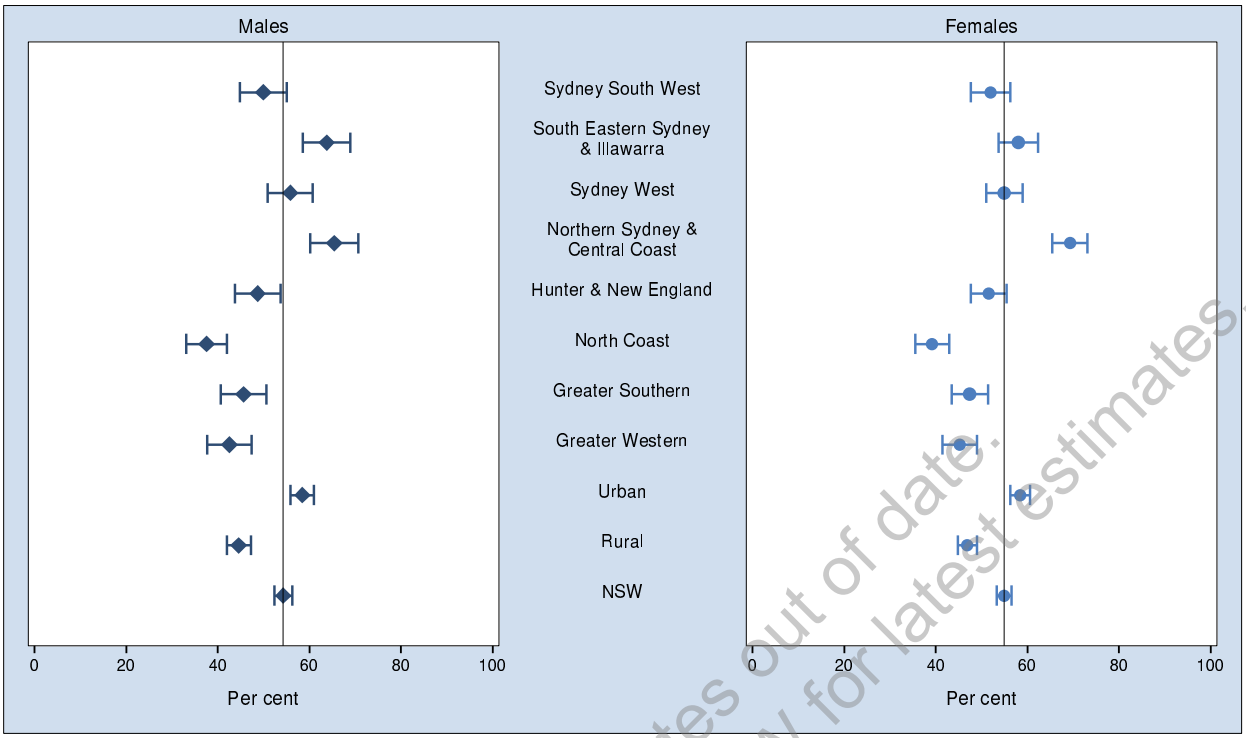


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	40.4 (35.7-45.1)	39.1 (35.4-42.9)	39.7 (36.8-42.7)
4th Quintile	44.3 (39.9-48.6)	45.1 (41.8-48.3)	44.7 (42.0-47.4)
3rd Quintile	48.4 (44.1-52.8)	54.5 (51.0-58.0)	51.5 (48.8-54.3)
2nd Quintile	64.1 (59.8-68.5)	59.0 (55.4-62.6)	61.3 (58.5-64.1)
1st Quintile	71.1 (66.7-75.4)	75.5 (72.1-78.9)	73.2 (70.5-76.0)
NSW	54.3 (52.3-56.3)	54.9 (53.3-56.5)	54.6 (53.3-55.9)

Note: Estimates are based on 11,413 respondents in NSW. For this indicator 87 (0.76%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have private health insurance. The question used to define the indicator was: Apart from medicare, are you covered by private health insurance?

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

Private health insurance by health area, persons aged 16 years and over, NSW 2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	49.9 (44.8-55.0)	52.0 (47.6-56.3)	51.0 (47.6-54.3)
South Eastern Sydney & Illawarra	63.7 (58.6-68.9)	58.1 (53.7-62.4)	60.9 (57.5-64.2)
Sydney West	55.8 (50.9-60.7)	55.0 (51.0-58.9)	55.4 (52.2-58.5)
Northern Sydney & Central Coast	65.4 (60.2-70.6)	69.3 (65.4-73.2)	67.4 (64.2-70.6)
Hunter & New England	48.7 (43.7-53.7)	51.5 (47.6-55.4)	50.1 (47.0-53.3)
North Coast	37.6 (33.1-42.1)	39.2 (35.5-42.9)	38.4 (35.5-41.3)
Greater Southern	45.7 (40.7-50.7)	47.4 (43.4-51.5)	46.6 (43.4-49.8)
Greater Western	42.5 (37.6-47.4)	45.2 (41.4-49.1)	43.9 (40.8-47.0)
Urban	58.5 (55.9-61.0)	58.4 (56.3-60.5)	58.4 (56.8-60.1)
Rural	44.6 (42.0-47.2)	46.9 (44.8-49.0)	45.8 (44.1-47.4)
NSW	54.3 (52.3-56.3)	54.9 (53.3-56.5)	54.6 (53.3-55.9)

Note: Estimates are based on 11,413 respondents in NSW. For this indicator 87 (0.76%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have private health insurance. The question used to define the indicator was: Apart from medicare, are you covered by private health insurance?

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

Difficulties getting health care

Introduction

In order to monitor difficulties that people experience in getting health care (that is, any health service provided by general practitioners and specialists, public and private hospitals and dental clinics, pharmacists, allied health services such as physiotherapy, and community health services), in 2005 respondents were asked: Do you have any difficulties getting health care when you need it? Those who responded Yes were then asked: Please describe the difficulties you have.

Results

In 2005, excluding those who did not need health care, 13.1 per cent of adults had difficulties getting health care. The main difficulties were waiting time for an appointment with a general practitioner (36.8 per cent), difficulty in accessing specialists (12.9 per cent), transport issues (10.3 per cent), waiting time for elective surgery (9.1 per cent), shortage of general practitioners in area (9.6 per cent), waiting time in emergency departments (9.3 per cent), waiting time for dental services (8.3 per cent), shortage of health services (6.8 per cent), difficulty getting an after-hours general practitioner appointment (4.5 per cent), cost of health services (4.5 per cent), and no bulk billing (4.2 per cent).

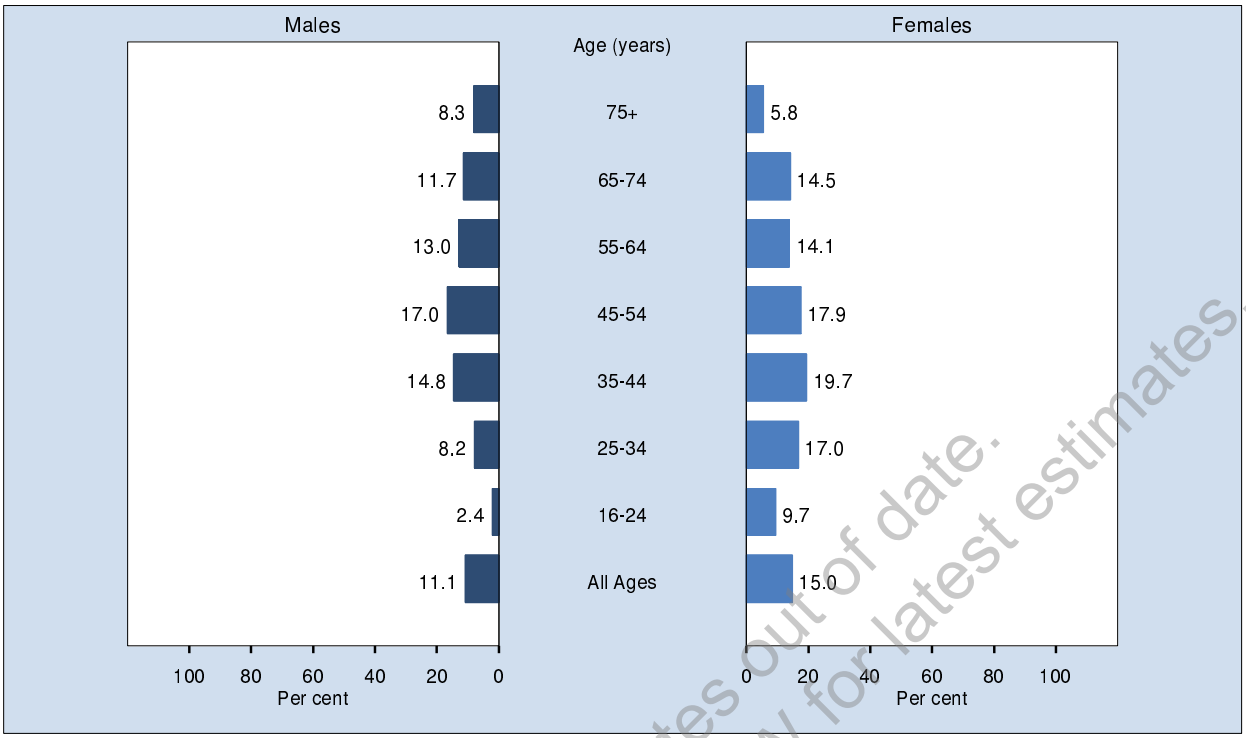
A significantly lower proportion of males (11.1 per cent) than females (15.0 per cent) had difficulties in getting health care. A significantly lower proportion of adults aged 16–24 years (6.1 per cent) and 75 years and over (6.8 per cent), and a significantly higher proportion of those aged 35–54 years (17.3 per cent to 17.3 per cent) had difficulties getting health care, compared with the overall adult population.

A significantly higher proportion of rural residents (20.4 per cent) than urban residents (9.9 per cent) had difficulties getting health care. A lower proportion of residents in the Sydney South West (10.1 per cent), Sydney West (9.0 per cent), and Northern Sydney & Central Coast (8.3 per cent) Health Areas, and a higher proportion of residents in the Greater Western (21.9 per cent), Greater Southern (21.7 per cent), North Coast (19.5 per cent) and Hunter & New England (19.7 per cent) Health Areas had difficulties getting health care.

Difficulties getting health care increased with socioeconomic disadvantage. A lower proportion of adults in the least disadvantaged quintile (6.5 per cent) and a higher proportion of adults in the second most disadvantaged quintile (17.8 per cent) had difficulties in getting health care, compared with the overall adult population.

There has been a significant increase in the proportion of adults having difficulties getting health care, from 9.9 per cent in 1997 to 13.1 per cent in 2005. This increase was observed in both females (11.0 per cent to 15.0 per cent) and males (8.8 per cent to 11.1 per cent).

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

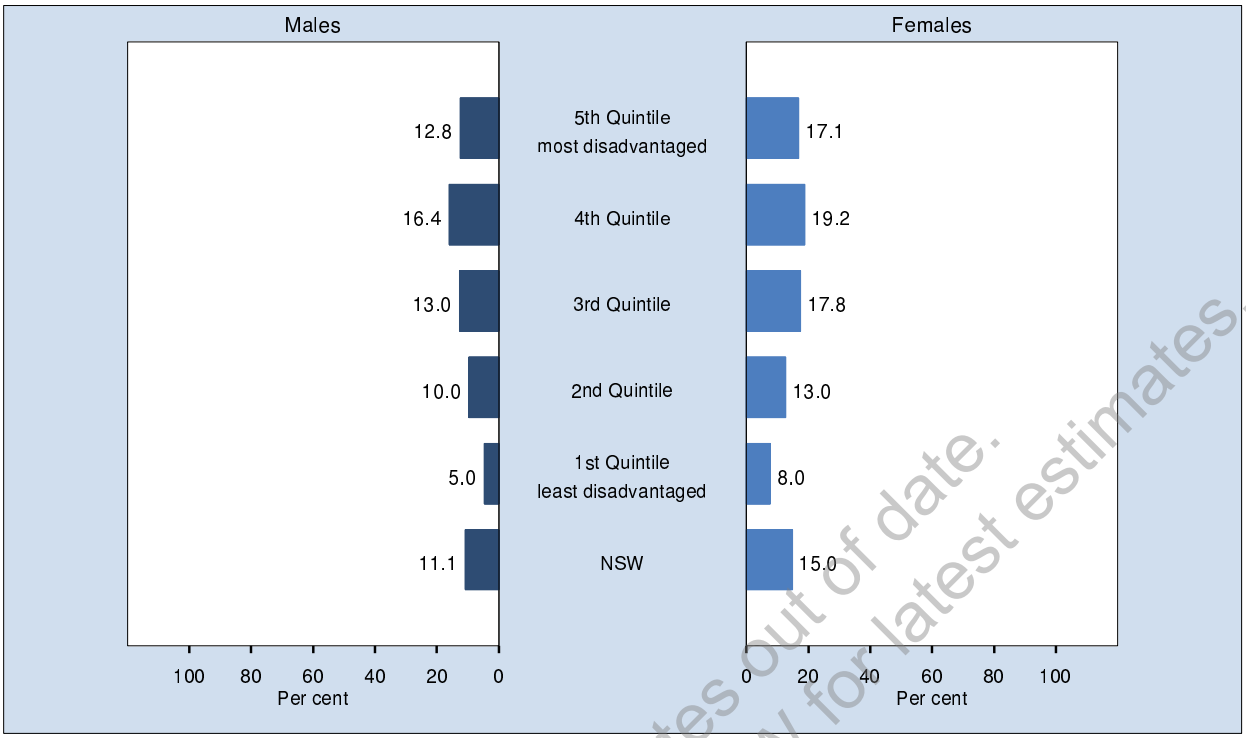


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	2.4 (1.0-3.8)	9.7 (6.6-12.8)	6.1 (4.4-7.9)
25-34	8.2 (5.5-11.0)	17.0 (14.0-20.0)	12.7 (10.6-14.8)
35-44	14.8 (11.5-18.2)	19.7 (16.6-22.7)	17.2 (15.0-19.5)
45-54	17.0 (13.8-20.1)	17.9 (15.2-20.5)	17.4 (15.4-19.5)
55-64	13.0 (10.2-15.9)	14.1 (12.0-16.2)	13.6 (11.8-15.3)
65-74	11.7 (9.1-14.3)	14.5 (11.8-17.1)	13.1 (11.3-15.0)
75+	8.3 (5.6-11.0)	5.8 (4.0-7.6)	6.8 (5.3-8.4)
All Ages	11.1 (10.0-12.3)	15.0 (13.9-16.1)	13.1 (12.3-13.9)

Note: Estimates are based on 11,201 respondents in NSW. For this indicator 34 (0.3%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Difficulties getting health care when needing it by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

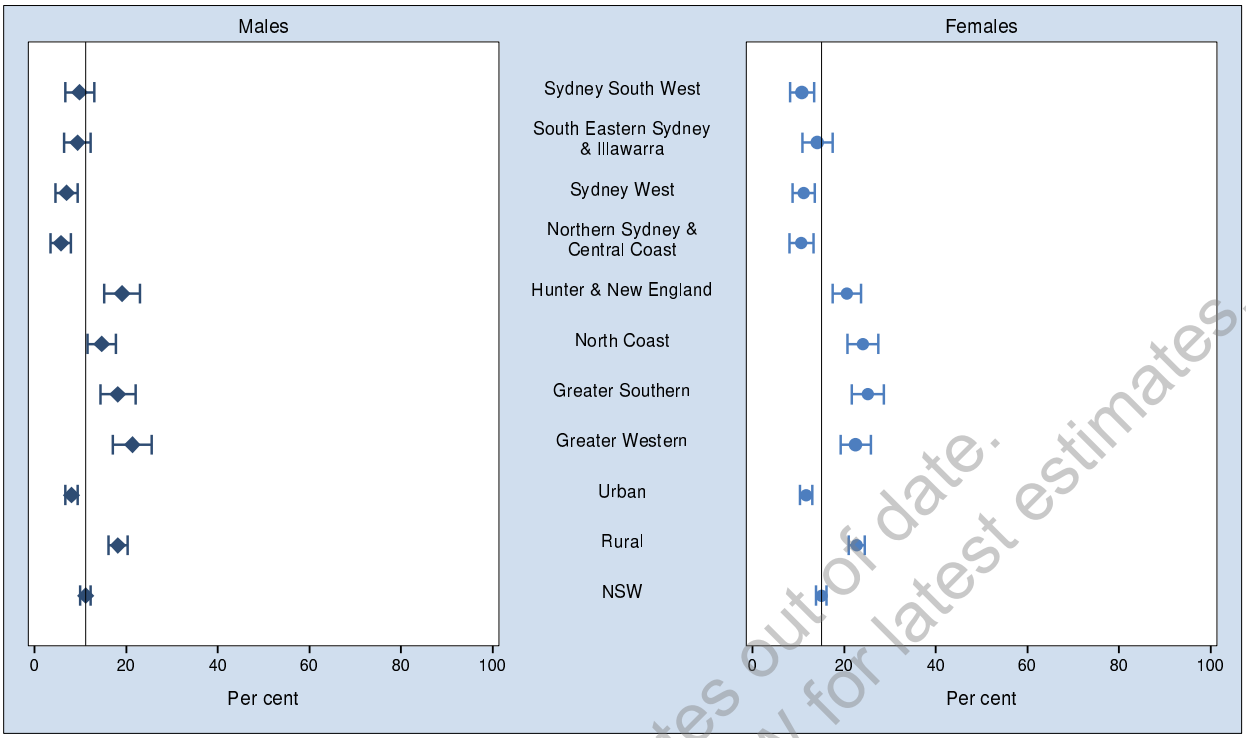


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	12.8 (9.8-15.8)	17.1 (14.4-19.8)	15.0 (13.0-17.0)
4th Quintile	16.4 (13.5-19.2)	19.2 (16.6-21.7)	17.8 (15.9-19.7)
3rd Quintile	13.0 (10.2-15.7)	17.8 (15.0-20.6)	15.4 (13.5-17.4)
2nd Quintile	10.0 (7.4-12.6)	13.0 (10.5-15.4)	11.6 (9.8-13.4)
1st Quintile	5.0 (3.1-7.0)	8.0 (5.9-10.0)	6.5 (5.1-7.9)
NSW	11.1 (10.0-12.3)	15.0 (13.9-16.1)	13.1 (12.3-13.9)

Note: Estimates are based on 11,201 respondents in NSW. For this indicator 34 (0.3%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

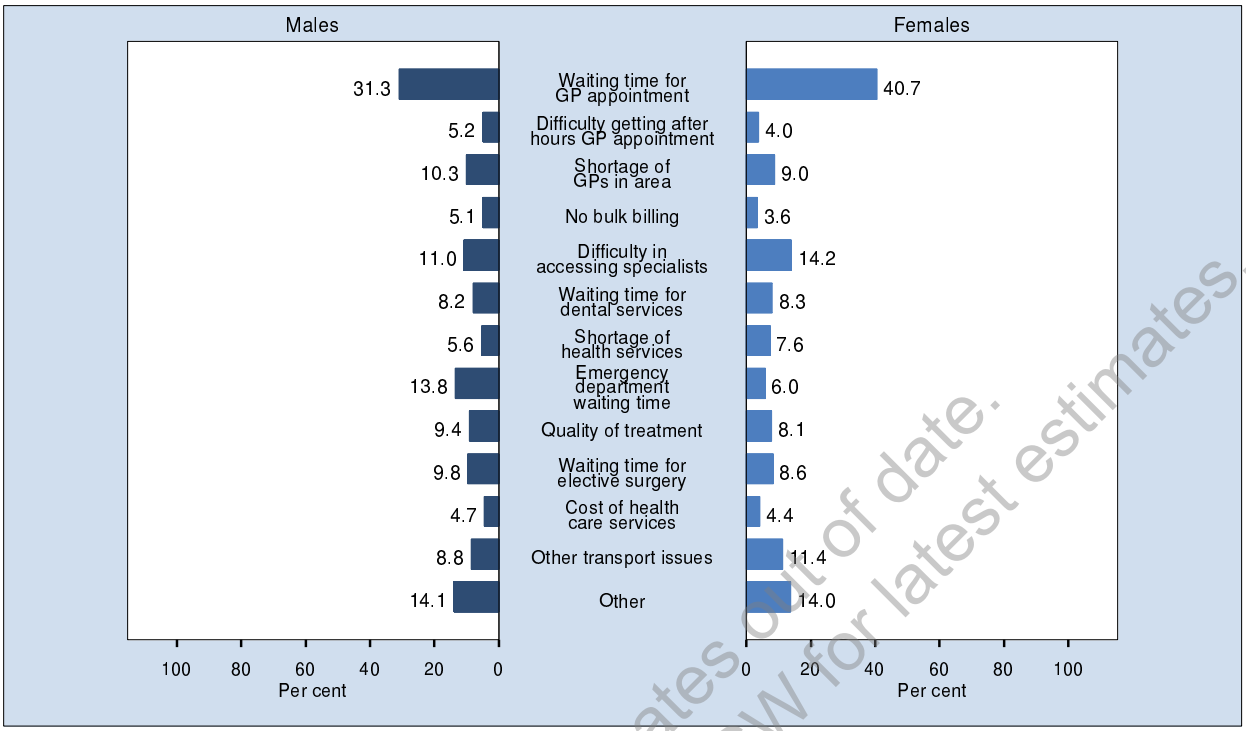


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	9.9 (6.7-13.0)	10.8 (8.2-13.4)	10.3 (8.3-12.4)
South Eastern Sydney & Illawarra	9.3 (6.5-12.2)	14.2 (10.9-17.5)	11.8 (9.6-14.0)
Sydney West	7.0 (4.6-9.4)	11.1 (8.7-13.6)	9.1 (7.3-10.8)
Northern Sydney & Central Coast	5.8 (3.5-8.0)	10.6 (8.0-13.2)	8.3 (6.6-10.0)
Hunter & New England	19.1 (15.1-23.0)	20.6 (17.4-23.7)	19.8 (17.3-22.3)
North Coast	14.6 (11.5-17.8)	24.1 (20.7-27.5)	19.5 (17.2-21.9)
Greater Southern	18.2 (14.3-22.0)	25.1 (21.6-28.6)	21.7 (19.1-24.3)
Greater Western	21.3 (17.1-25.6)	22.5 (19.2-25.8)	21.9 (19.2-24.6)
Urban	8.1 (6.7-9.5)	11.7 (10.3-13.1)	9.9 (9.0-10.9)
Rural	18.2 (16.2-20.3)	22.7 (20.9-24.4)	20.5 (19.1-21.8)
NSW	11.1 (10.0-12.3)	15.0 (13.9-16.1)	13.1 (12.3-13.9)

Note: Estimates are based on 11,201 respondents in NSW. For this indicator 34 (0.3%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Types of difficulties getting health care when needing it, persons who had difficulties getting health care aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Waiting time for GP appointment	31.3 (26.2-36.3)	40.7 (36.7-44.7)	36.8 (33.6-39.9)
Difficulty getting after hours GP appointment	5.2 (2.4-7.9)	4.0 (2.2-5.8)	4.5 (2.9-6.0)
Shortage of GPs in area	10.3 (7.4-13.3)	9.0 (6.9-11.1)	9.6 (7.8-11.3)
No bulk billing	5.1 (2.7-7.6)	3.6 (2.1-5.2)	4.2 (2.9-5.6)
Difficulty in accessing specialists	11.0 (7.5-14.6)	14.2 (11.7-16.7)	12.9 (10.8-15.0)
Waiting time for dental services	8.2 (5.5-10.9)	8.3 (6.3-10.2)	8.3 (6.7-9.8)
Shortage of health services	5.6 (3.2-8.0)	7.6 (5.6-9.6)	6.8 (5.2-8.3)
Emergency department waiting time	13.8 (9.3-18.3)	6.0 (4.2-7.9)	9.3 (7.1-11.5)
Quality of treatment	9.4 (5.8-12.9)	8.1 (5.8-10.3)	8.6 (6.6-10.6)
Waiting time for elective surgery	9.8 (6.7-12.9)	8.6 (6.0-11.1)	9.1 (7.1-11.1)
Cost of health care services	4.7 (2.7-6.8)	4.4 (2.7-6.1)	4.5 (3.2-5.9)
Other transport issues	8.8 (5.2-12.3)	11.4 (8.5-14.3)	10.3 (8.1-12.6)
Other	14.1 (10.5-17.7)	14.0 (11.5-16.6)	14.1 (12.0-16.2)

Note: Estimates are based on 11,466 respondents in NSW. For this indicator 34 (0.3%) were not stated (Don't know or Refused) in NSW
The questions used were: Do you have any difficulties getting health care when you need it? and Please describe the difficulties you have? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

Emergency departments

Introduction

In 2005, among adults aged 16 years and over, there were approximately one million presentations to emergency departments in New South Wales hospitals. [1] To monitor the quality of care received at emergency departments, the New South Wales Population Health Survey asked respondents: In the last 12 months, have you attended a hospital emergency department (or casualty) for your own medical care?; Overall, what do you think of the care you received at this emergency department? If care was rated as Fair or Poor, respondents were also asked: Could you briefly describe why you rated the care you received as Fair or Poor?

Results

Presentations to emergency departments

In 2005, the New South Wales Population Health Survey estimated that approximately 13.6 per cent of the adult population presented to an emergency department on one or more occasions in the previous 12 months. There was no significant difference between the proportion of males and females presenting. A significantly higher proportion of adults aged over 75 years (17.0 per cent) presented to an emergency department, compared with the overall adult population.

A significantly higher proportion of rural residents (16.6 per cent) than urban residents (12.4 per cent) presented to an emergency department. A higher proportion of residents in the Greater Western Health Area (19.9 per cent) presented to an emergency department, compared with the overall adult population. Presentation to an emergency department increased with socioeconomic disadvantage. A lower proportion of adults in the least disadvantaged quintile (10.7 per cent) and a higher proportion of adults in the most disadvantaged quintile (15.5 per cent) presented to an emergency department, compared with the overall adult population. Emergency department presentations did not differ significantly between 1997 and 2005.

Rating of emergency department care

Those who presented to an emergency department were asked to rate the care they received: 29.6 per cent rated their care as excellent; 28.7 per cent as very good; 22.3 per cent as good; 10.7 per cent as fair; and 8.6 per cent as poor. Responses of excellent, very good and good were combined into a positive rating of care. Overall, 80.6 per cent of adults gave a positive rating to the care they received. A higher proportion of males (85.6 per cent) than females (75.6 per cent) rated their care positively. A significantly higher proportion of adults aged 55 years and over (88.0 per cent to 94.7 per cent) rated their care positively, compared with the overall adult population.

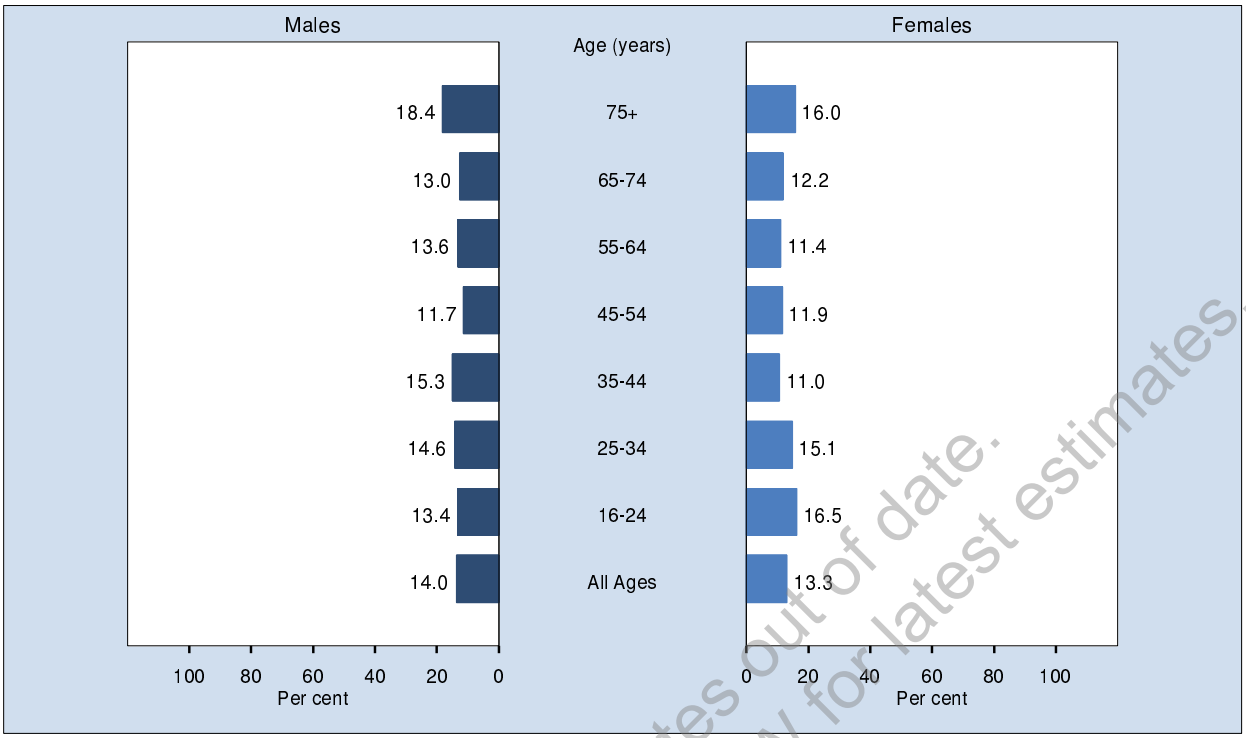
Overall, a significantly higher proportion of adults in rural areas (86.3 per cent) than urban areas (77.3 per cent) rated their care positively. A significantly higher proportion of adults in the North Coast Health Area (90.6 per cent) rated their care positively, compared with the overall adult population. There was no significant variation by level of socioeconomic disadvantage. Overall, the proportion of adults who rated their emergency department care positively did not differ significantly between 1997 and 2005 .

The main reason for rating care as fair or poor was waiting time (69.9 per cent). Other reasons included: poor attitude of clinical staff (16.2 per cent), not enough staff (10.3 per cent), sent home without treatment or follow-up (10.2 per cent), communication problems (8.4 per cent), poor technical skill of clinical staff (6.8 per cent), inadequate or wrong medication or management (4.5 per cent), misdiagnosis or contradictory diagnosis (2.9 per cent), poor accommodation quality (1.8 per cent) and poor service (0.2 per cent).

References

1. NSW Emergency Department Data 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Emergency department attendance in the previous 12 months by age, persons aged 16 years and over, NSW 2005

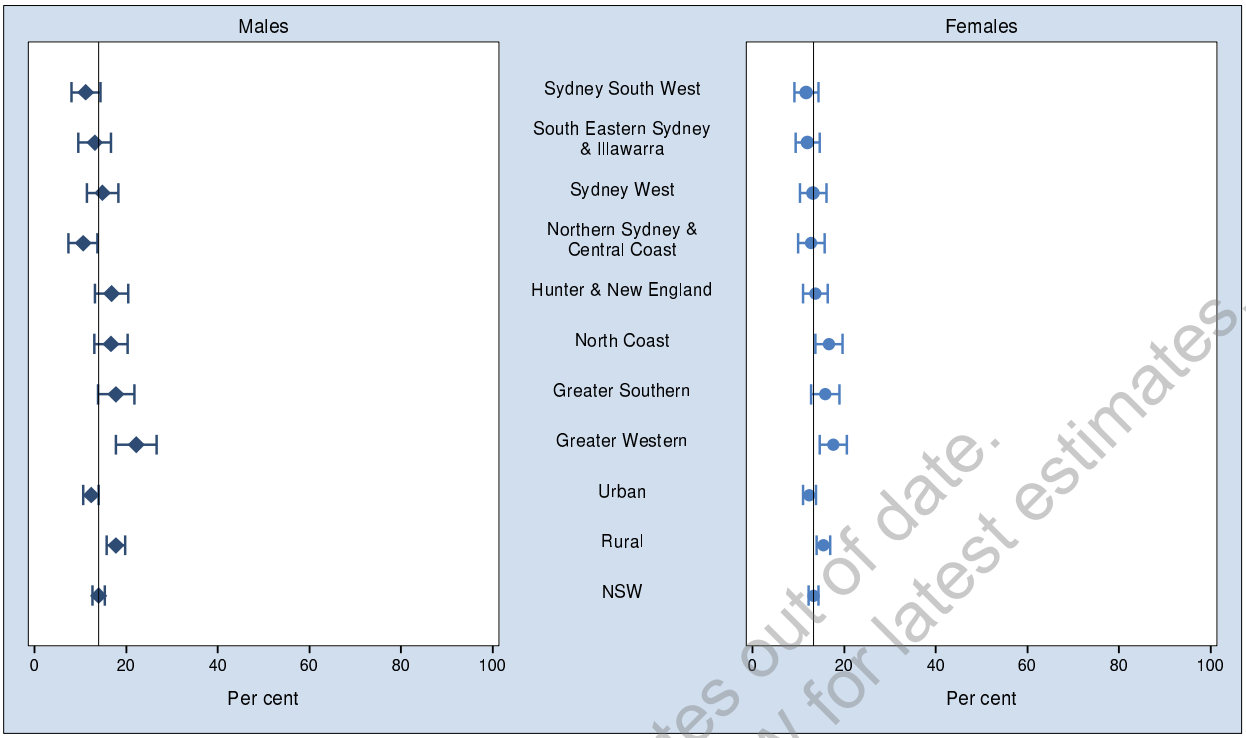


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	13.4 (9.8-17.1)	16.5 (12.6-20.3)	15.0 (12.3-17.6)
25-34	14.6 (10.6-18.5)	15.1 (12.1-18.0)	14.8 (12.4-17.3)
35-44	15.3 (12.0-18.6)	11.0 (8.7-13.2)	13.1 (11.1-15.1)
45-54	11.7 (9.1-14.2)	11.9 (9.6-14.2)	11.8 (10.0-13.5)
55-64	13.6 (10.9-16.3)	11.4 (9.4-13.4)	12.5 (10.8-14.2)
65-74	13.0 (10.3-15.6)	12.2 (10.0-14.4)	12.6 (10.8-14.3)
75+	18.4 (14.6-22.3)	16.0 (13.3-18.8)	17.0 (14.8-19.3)
All Ages	14.0 (12.7-15.3)	13.3 (12.2-14.4)	13.6 (12.8-14.5)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Emergency department attendance in the previous 12 months by health area, persons aged 16 years and over, NSW 2005

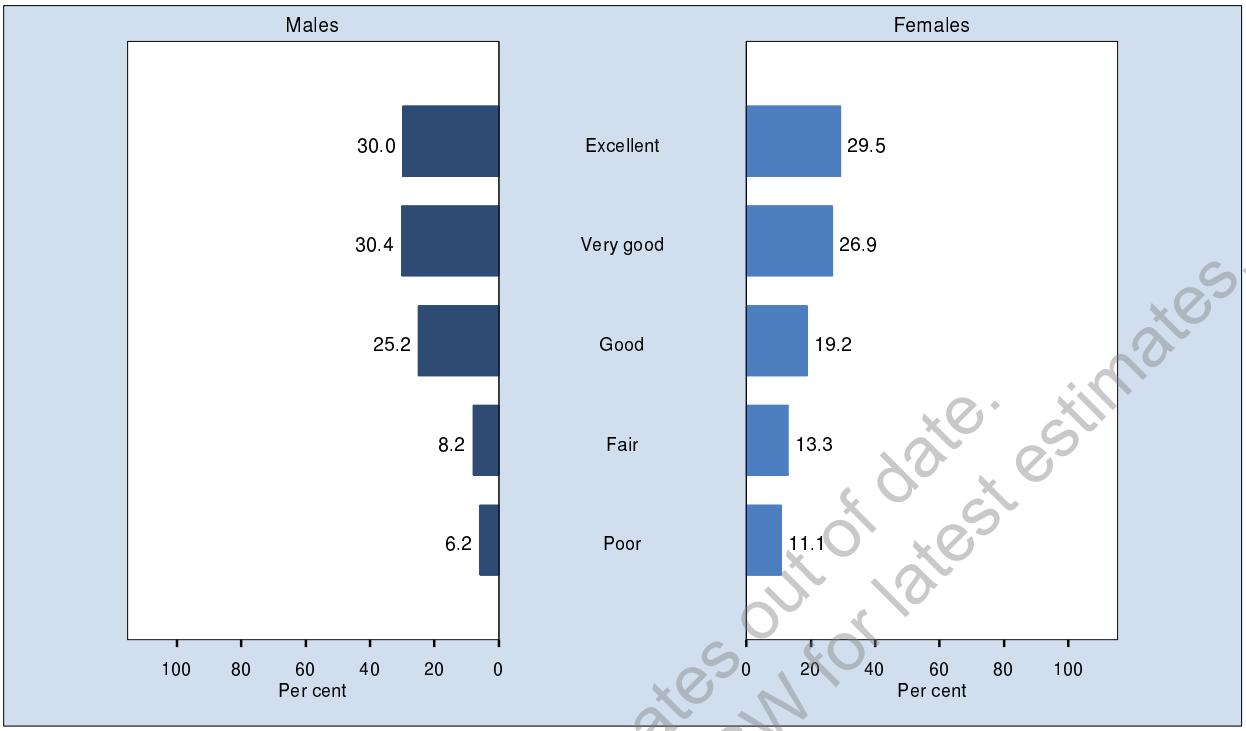


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	11.2 (8.0-14.3)	11.7 (9.1-14.4)	11.5 (9.4-13.5)
South Eastern Sydney & Illawarra	13.1 (9.5-16.7)	12.0 (9.3-14.6)	12.5 (10.3-14.8)
Sydney West	14.9 (11.4-18.3)	13.2 (10.4-16.1)	14.0 (11.8-16.3)
Northern Sydney & Central Coast	10.6 (7.4-13.8)	12.8 (9.9-15.7)	11.7 (9.6-13.9)
Hunter & New England	16.8 (13.2-20.5)	13.7 (11.1-16.4)	15.2 (13.0-17.5)
North Coast	16.7 (13.1-20.3)	16.7 (13.7-19.7)	16.7 (14.4-19.0)
Greater Southern	17.8 (13.8-21.7)	15.8 (12.7-18.9)	16.8 (14.3-19.3)
Greater Western	22.2 (17.7-26.7)	17.6 (14.7-20.6)	19.9 (17.2-22.6)
Urban	12.4 (10.7-14.0)	12.4 (11.0-13.8)	12.4 (11.3-13.5)
Rural	17.8 (15.8-19.8)	15.4 (13.9-16.9)	16.6 (15.3-17.8)
NSW	14.0 (12.7-15.3)	13.3 (12.2-14.4)	13.6 (12.8-14.5)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Emergency department care ratings, persons who attended an emergency department in the previous 12 months aged 16 years and over, NSW 2005

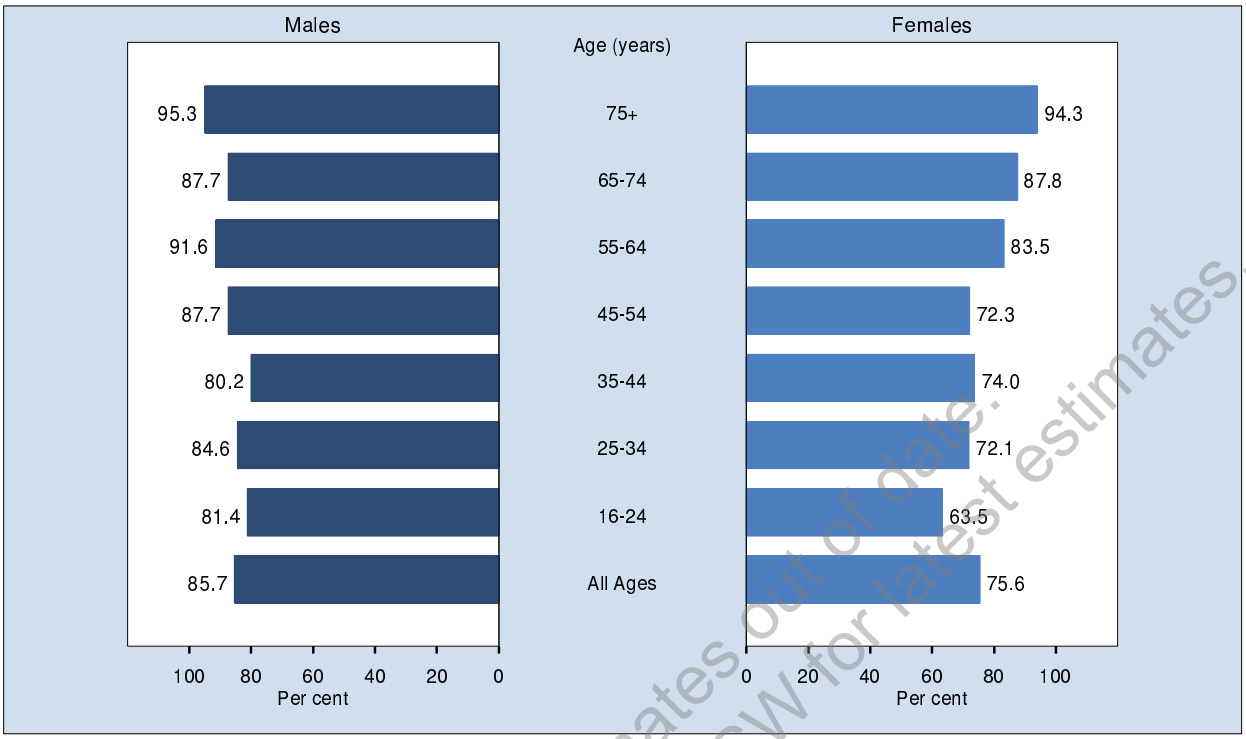


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Excellent	30.0 (25.7-34.3)	29.5 (25.9-33.2)	29.8 (26.9-32.6)
Very good	30.4 (25.6-35.3)	26.9 (23.2-30.6)	28.7 (25.6-31.7)
Good	25.2 (20.6-29.9)	19.2 (15.9-22.5)	22.2 (19.3-25.1)
Fair	8.2 (5.4-11.0)	13.3 (9.9-16.6)	10.7 (8.5-12.9)
Poor	6.2 (3.7-8.7)	11.1 (8.0-14.2)	8.6 (6.6-10.6)

Note: Estimates are based on 1,689 respondents in NSW. For this indicator 13 (0.76%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months, have you attended a hospital emergency department or casualty for your own medical care? and Overall, what do you think of the care you received at this emergency department? Was it excellent, very good, good, fair or poor?

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

Emergency department care rated as excellent, very good or good by age, persons who attended an emergency department in the previous 12 months aged 16 years and over, NSW 2005

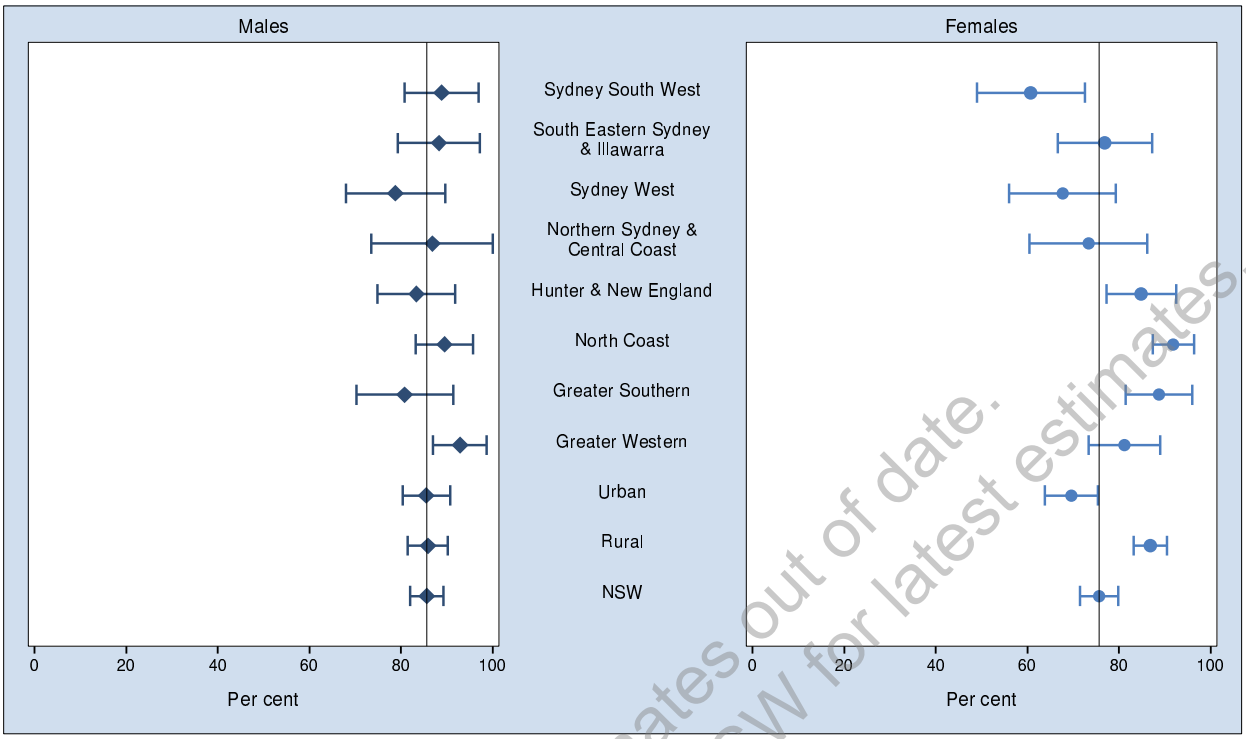


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	81.4 (70.2-92.6)	63.5 (50.7-76.4)	71.5 (62.5-80.5)
25-34	84.6 (74.1-95.1)	72.1 (62.3-82.0)	78.2 (70.9-85.5)
35-44	80.2 (71.2-89.3)	74.0 (64.1-83.9)	77.6 (70.9-84.3)
45-54	87.7 (80.3-95.1)	72.3 (62.4-82.3)	79.9 (73.4-86.3)
55-64	91.6 (86.4-96.8)	83.5 (76.3-90.7)	88.0 (83.6-92.3)
65-74	87.7 (80.0-95.4)	87.8 (80.9-94.7)	87.7 (82.6-92.9)
75+	95.3 (91.3-99.3)	94.3 (90.2-98.4)	94.7 (91.9-97.6)
All Ages	85.7 (82.0-89.3)	75.6 (71.5-79.8)	80.7 (77.9-83.5)

Note: Estimates are based on 1,689 respondents in NSW. For this indicator 13 (0.76%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended an emergency department in the last 12 months who rated their care as excellent, very good, or good for the most recent visit. 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? and Overall what do you think of the care you received at this emergency department? Was it excellent, very good, good, fair, or poor?

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

Emergency department care rated as excellent, very good or good by health area, persons who attended an emergency department in the previous 12 months aged 16 years and over, NSW 2005

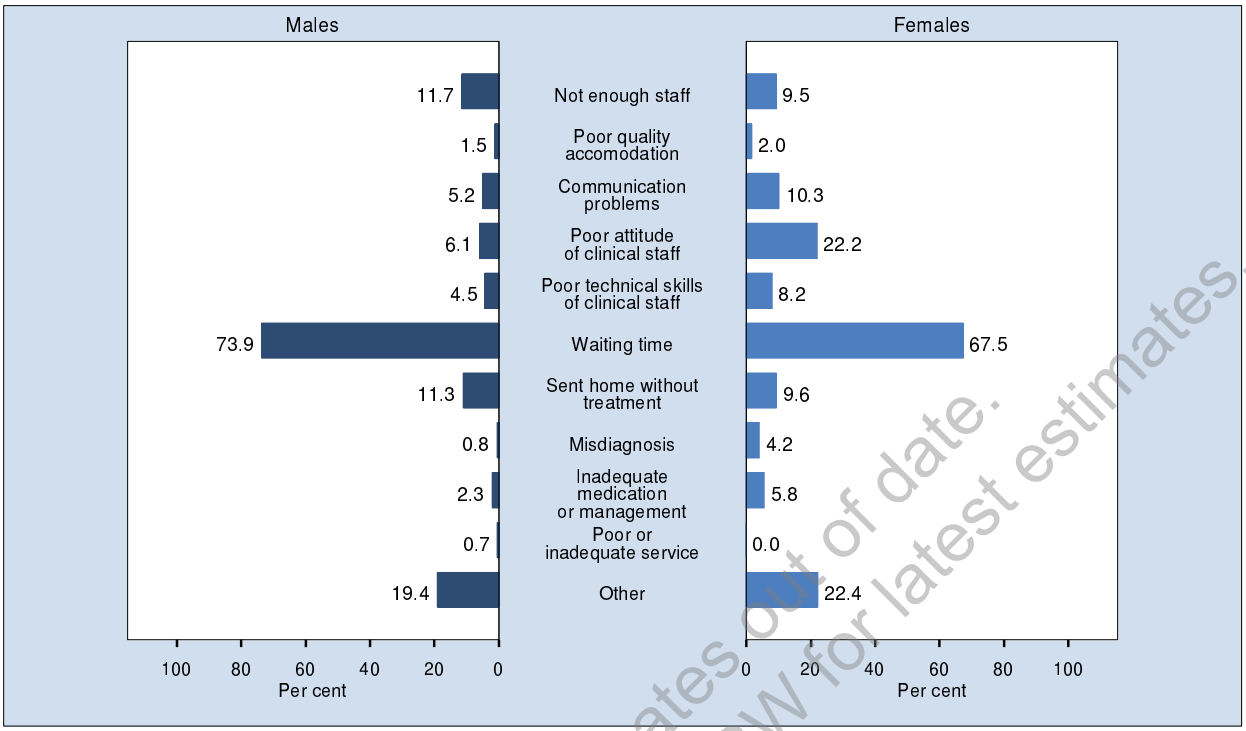


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	88.9 (80.7-97.0)	60.8 (49.0-72.5)	74.1 (66.2-82.0)
South Eastern Sydney & Illawarra	88.3 (79.3-97.2)	76.9 (66.6-87.2)	82.7 (75.8-89.7)
Sydney West	78.8 (68.0-89.6)	67.7 (56.0-79.3)	73.5 (65.5-81.5)
Northern Sydney & Central Coast	86.9 (73.5-100)	73.3 (60.4-86.2)	79.2 (69.7-88.7)
Hunter & New England	83.4 (74.9-91.9)	84.8 (77.3-92.4)	84.1 (78.3-89.8)
North Coast	89.5 (83.1-95.8)	91.8 (87.3-96.4)	90.7 (86.8-94.5)
Greater Southern	80.8 (70.2-91.4)	88.7 (81.5-96.0)	84.6 (78.1-91.2)
Greater Western	92.9 (87.0-98.7)	81.2 (73.3-89.0)	87.6 (82.7-92.5)
Urban	85.5 (80.3-90.7)	69.6 (63.7-75.4)	77.4 (73.3-81.4)
Rural	85.8 (81.4-90.2)	86.9 (83.2-90.5)	86.3 (83.5-89.2)
NSW	85.7 (82.0-89.3)	75.6 (71.5-79.8)	80.7 (77.9-83.5)

Note: Estimates are based on 1,689 respondents in NSW. For this indicator 13 (0.76%) were not stated (Don't know or Refused) in NSW
The indicator includes those who attended an emergency department in the last 12 months who rated their care as excellent, very good, or good for the most recent visit. 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? and Overall what do you think of the care you received at this emergency department? Was it excellent, very good, good, fair, or poor?

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

Reason for rating most recent emergency visit as fair or poor, persons who attended an emergency department in the previous 12 months aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Not enough staff	11.7 (2.3-21.1)	9.5 (3.1-15.8)	10.3 (5.0-15.6)
Poor accomodation quality	1.5 (0.0-3.8)	2.0 (0.0-4.1)	1.8 (0.2-3.4)
Communication problems	5.2 (0.4-9.9)	10.3 (4.4-16.3)	8.4 (4.3-12.5)
Poor attitude of clinical staff	6.1 (1.3-10.9)	22.2 (12.4-31.9)	16.2 (9.5-22.8)
Poor technical skill of clinical staff	4.5 (0.3-8.8)	8.2 (1.8-14.6)	6.8 (2.5-11.2)
Waiting time	73.9 (62.7-85.1)	67.5 (57.5-77.6)	69.9 (62.3-77.5)
Sent home without treatment or follow-up	11.3 (3.5-19.1)	9.6 (3.8-15.4)	10.2 (5.6-14.9)
Misdiagnosis or contradictory diagnoses	0.8 (0.0-1.8)	4.2 (1.5-7.0)	2.9 (1.2-4.7)
Inadequate medication or management	2.3 (0.0-4.9)	5.8 (0.0-13.6)	4.5 (0.0-9.5)
Poor or inadequate service	0.7 (0.0-1.6)	0.0 (0.0-0.0)	0.2 (0.0-0.6)
Other	19.4 (8.1-30.7)	22.4 (13.2-31.5)	21.2 (14.2-28.3)

Note: Estimates are based on 1,689 respondents in NSW. For this indicator 13 (0.76%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months, have you attended a hospital emergency department or casualty for your own medical care?, Overall, what do you think of the care you received at this emergency department? Was it excellent, very good, good, fair or poor? and Could you briefly describe why you rated the care you received as fair or poor? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

Hospital admissions

Introduction

In the 2004–05 financial year there were approximately 1.9 million admissions to New South Wales hospitals among adults aged 16 years and over. [1] In order to monitor the quality of care received in public hospitals, the New South Wales Population Health Survey asked respondents: In the last 12 months, have you stayed for at least one night in hospital?; Overall, what do you think of the care you received at this hospital? If care was rated as Fair or Poor, respondents were also asked: Could you briefly describe why you rated the care you received as Fair or Poor?

Results

Admissions to hospitals

In 2005, the New South Wales Population Health Survey estimated that about 13.7 per cent of the adult population were admitted to hospital on one or more occasions in the previous 12 months.

A significantly higher proportion of females (15.7 per cent) than males (11.5 per cent) were admitted to hospital. A significantly lower proportion of adults aged 16–24 years (8.6 per cent) and a significantly higher proportion of adults aged 65 years and over (18.6 per cent to 25.9 per cent) were admitted to hospital, compared with the overall adult population.

There was no significant variation in hospital admissions between rural residents or urban residents, or by level of socioeconomic disadvantage. A significantly lower proportion of adults in the Sydney South West Health Area (10.9 per cent) were admitted to hospital, compared with the overall adult population.

Rates of hospital admissions have not varied significantly between 1997 and 2005.

Rating of hospital care

Those who were admitted to hospital were asked to rate the care they received. Overall, 46.1 per cent rated their care as excellent, 28.6 per cent as very good, 17.1 per cent as good, 4.5 per cent as fair, and 3.8 per cent as poor.

Responses of excellent, very good, and good were combined into a positive rating of care. Overall, 91.8 per cent of adults rated their care positively. There was no significant difference between the proportion of males and females who rated their care positively.

There was no significant variation in ratings of positive care between rural residents and urban residents, or among health areas, or by level of socioeconomic disadvantage.

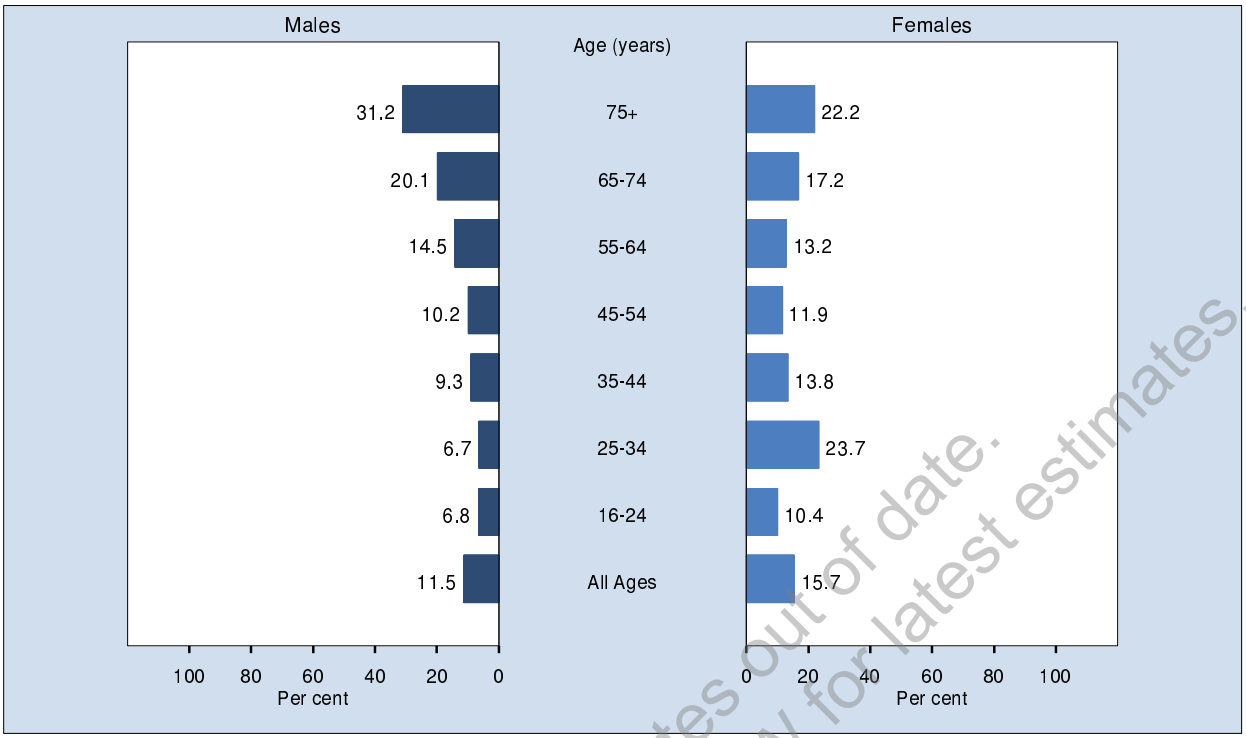
Overall, the proportion of adults who rated their hospital care positively did not differ between 1997 and 2005.

The main reasons for rating care as fair or poor were: hospital could not offer required care (32.9 per cent), inadequate medication or management (26.2 per cent), not enough staff (24.5 per cent), poor attitude of clinical staff (21.9 per cent), communication problems (18.8 per cent), poor technical skill of clinical staff (15.2 per cent), poor quality accommodati on (12.1 per cent), poor or inadequate food (7.7 per cent), and excessive waiting time for care (1.3 per cent).

References

1. Inpatient Statistics Collection 2004–05 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

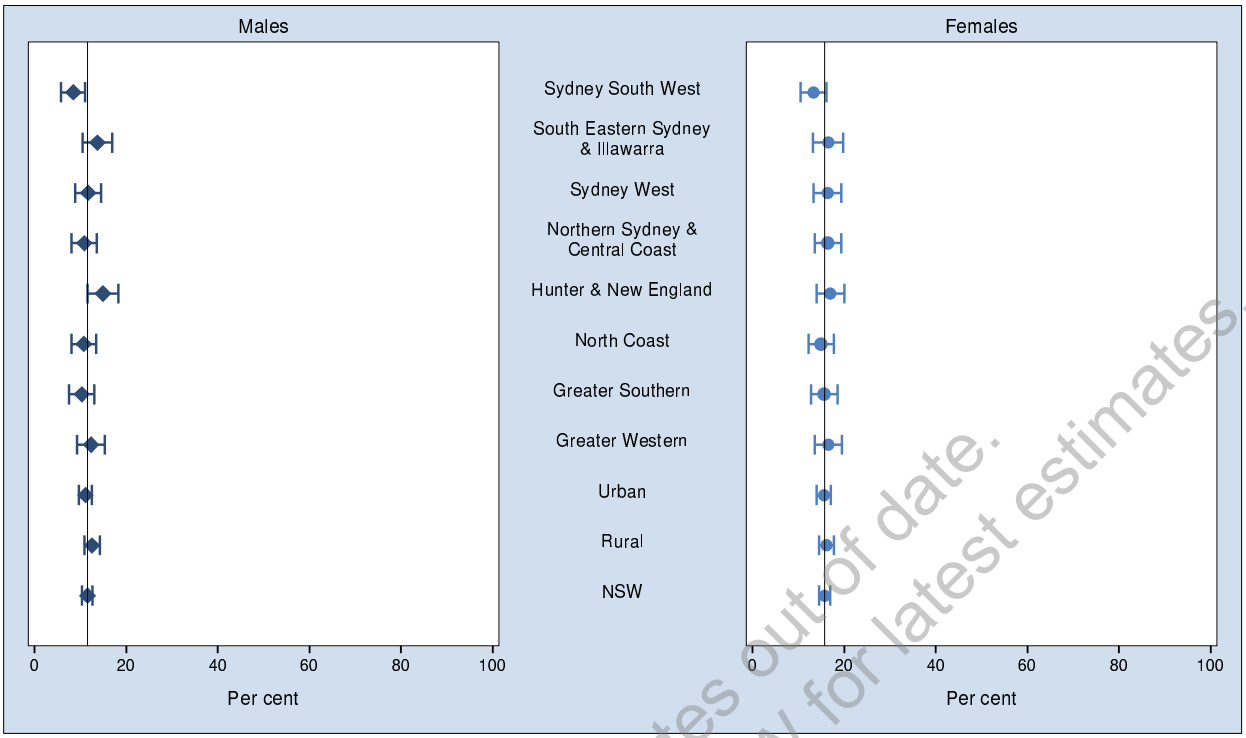


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	6.8 (3.8-9.7)	10.4 (7.5-13.4)	8.6 (6.5-10.7)
25-34	6.7 (4.0-9.3)	23.7 (20.0-27.3)	15.2 (12.9-17.6)
35-44	9.3 (6.7-11.9)	13.8 (10.9-16.6)	11.5 (9.6-13.5)
45-54	10.2 (7.6-12.8)	11.9 (9.5-14.2)	11.0 (9.3-12.8)
55-64	14.5 (11.7-17.2)	13.2 (11.0-15.3)	13.8 (12.1-15.6)
65-74	20.1 (16.7-23.4)	17.2 (14.6-19.7)	18.6 (16.5-20.7)
75+	31.2 (26.5-35.8)	22.2 (19.1-25.3)	25.9 (23.2-28.5)
All Ages	11.5 (10.4-12.7)	15.7 (14.6-16.9)	13.7 (12.9-14.5)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

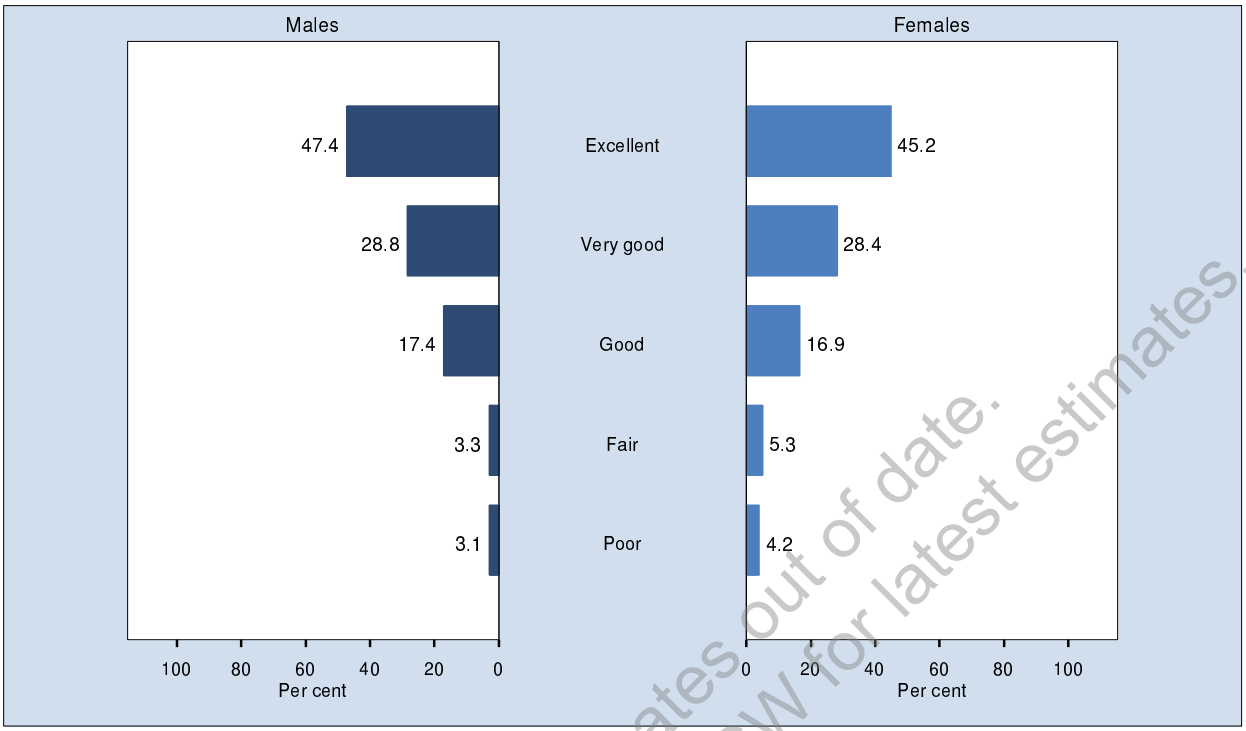


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	8.4 (5.8-11.1)	13.3 (10.5-16.1)	10.9 (9.0-12.8)
South Eastern Sydney & Illawarra	13.7 (10.4-16.9)	16.5 (13.2-19.8)	15.1 (12.8-17.4)
Sydney West	11.7 (8.9-14.5)	16.3 (13.3-19.4)	14.0 (11.9-16.1)
Northern Sydney & Central Coast	10.8 (8.0-13.6)	16.4 (13.5-19.4)	13.7 (11.7-15.8)
Hunter & New England	14.9 (11.6-18.3)	17.0 (14.0-20.0)	16.0 (13.7-18.2)
North Coast	10.8 (8.1-13.4)	15.0 (12.2-17.7)	12.9 (11.0-14.9)
Greater Southern	10.3 (7.5-13.1)	15.6 (12.7-18.6)	13.0 (11.0-15.1)
Greater Western	12.3 (9.3-15.3)	16.6 (13.6-19.5)	14.5 (12.4-16.6)
Urban	11.1 (9.6-12.5)	15.6 (14.0-17.1)	13.4 (12.3-14.4)
Rural	12.6 (10.9-14.2)	16.2 (14.6-17.7)	14.4 (13.2-15.5)
NSW	11.5 (10.4-12.7)	15.7 (14.6-16.9)	13.7 (12.9-14.5)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Hospital care ratings, persons who attended hospital in the previous 12 months aged 16 years and over, NSW 2005

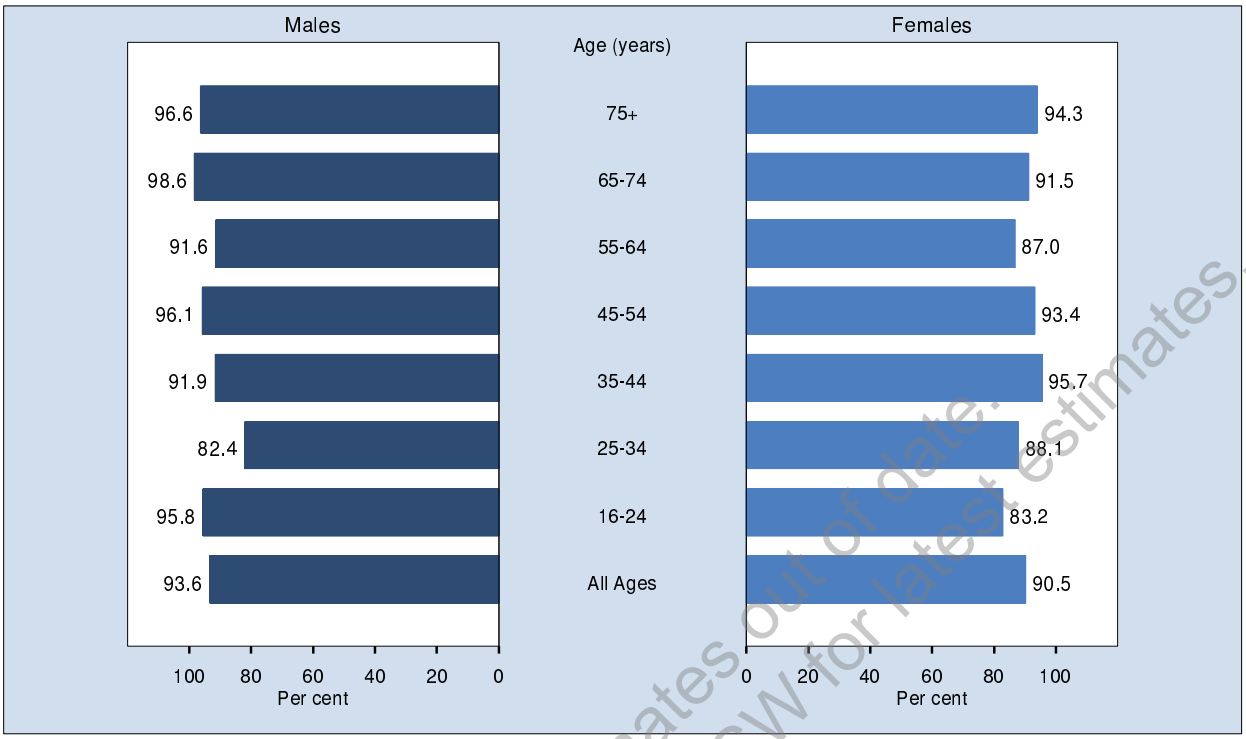


Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Excellent	47.4 (42.4-52.5)	45.2 (41.2-49.1)	46.1 (43.0-49.3)
Very good	28.8 (24.3-33.2)	28.4 (24.9-32.0)	28.6 (25.8-31.4)
Good	17.4 (13.0-21.8)	16.9 (13.7-20.1)	17.1 (14.5-19.7)
Fair	3.3 (1.3-5.2)	5.3 (3.7-6.9)	4.5 (3.2-5.7)
Poor	3.1 (1.4-4.9)	4.2 (2.2-6.2)	3.8 (2.4-5.1)

Note: Estimates are based on 1,772 respondents in NSW. For this indicator 6 (0.34%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months, have you stayed at least one night in hospital? and Overall, what do you think of the care you received at this hospital? Was it excellent, very good, good, fair or poor?

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

Hospital care rated as excellent, very good or good by age, persons who attended hospital in the previous 12 months aged 16 years and over, NSW 2005

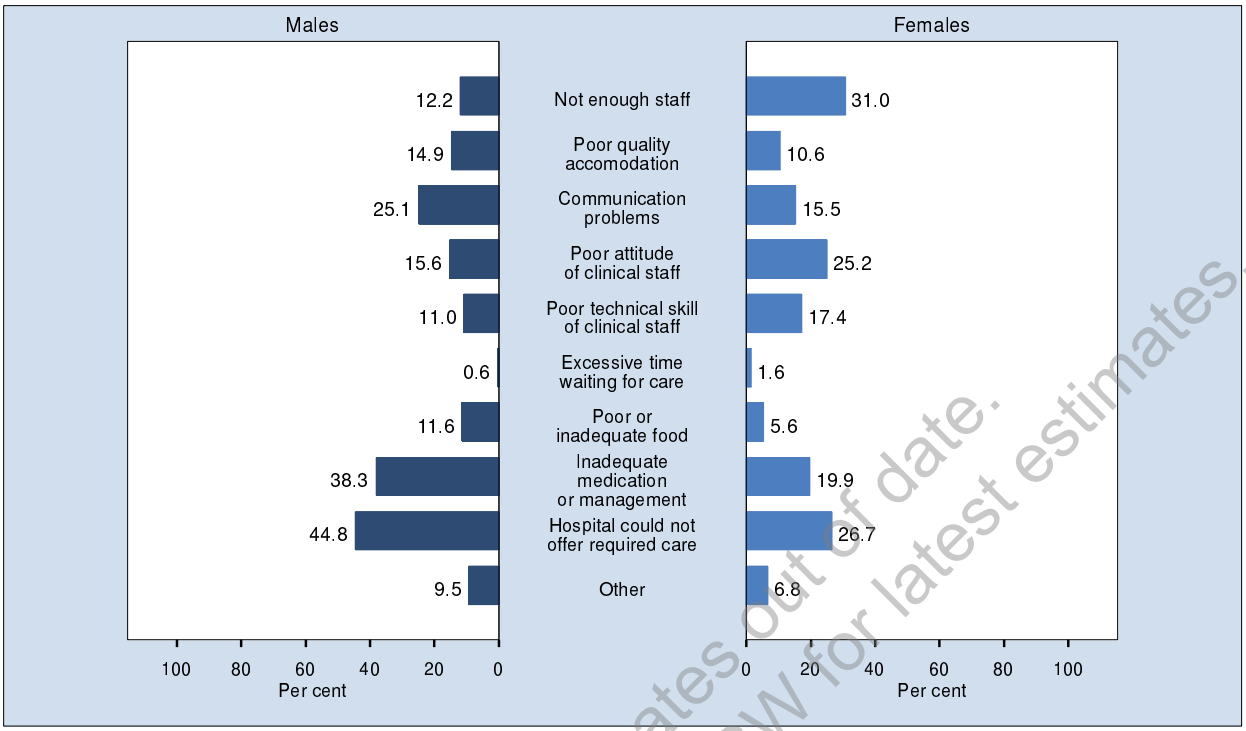


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	95.8 (89.8-100)	83.2 (71.2-95.1)	88.1 (80.1-96.1)
25-34	82.4 (67.0-97.7)	88.1 (81.9-94.2)	86.8 (81.0-92.7)
35-44	91.9 (84.1-99.6)	95.7 (91.6-99.9)	94.2 (90.2-98.2)
45-54	96.1 (91.9-100)	93.4 (89.2-97.5)	94.6 (91.6-97.6)
55-64	91.6 (86.6-96.6)	87.0 (81.3-92.7)	89.4 (85.6-93.2)
65-74	98.6 (97.4-99.8)	91.5 (86.9-96.1)	95.2 (92.9-97.6)
75+	96.6 (93.4-99.8)	94.3 (90.9-97.8)	95.4 (93.1-97.8)
All Ages	93.6 (91.1-96.1)	90.5 (88.0-93.0)	91.8 (90.0-93.6)

Note: Estimates are based on 1,772 respondents in NSW. For this indicator 6 (0.34%) were not stated (Don't know or Refused) in NSW
The indicator includes those admitted to hospital in the last 12 months who rated their care as excellent, very good, or good for the most recent overnight stay. The questions used to define the indicator were: In the last 12 months, have you stayed for at least one night in hospital?, and Overall what do you think of the care you received at this hospital? Was it excellent, very good, good, fair, or poor?

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

Reason for rating most recent overnight hospital stay as fair or poor, persons who attended hospital in the previous 12 months aged 16 years and over, NSW 2005



Responses	Males (95% CI)	Females (95% CI)	Person (95% CI)
Not enough staff	12.2 (1.5-22.9)	31.0 (16.8-45.2)	24.5 (13.9-35.2)
Poor quality accomodation	14.9 (0.0-30.2)	10.6 (3.0-18.3)	12.1 (4.8-19.5)
Communication problems	25.1 (5.1-45.0)	15.5 (5.9-25.1)	18.8 (9.1-28.4)
Poor attitude of clinical staff	15.6 (0.0-31.7)	25.2 (12.8-37.7)	21.9 (12.2-31.6)
Poor technical skill of clinical staff	11.0 (0.9-21.1)	17.4 (5.5-29.3)	15.2 (6.5-23.9)
Excessive time waiting for care	0.6 (0.0-1.9)	1.6 (0.0-4.2)	1.3 (0.0-3.0)
Poor or inadequate food	11.6 (0.4-22.7)	5.6 (0.9-10.3)	7.7 (2.7-12.6)
Inadequate medication or management	38.3 (15.9-60.7)	19.9 (8.6-31.1)	26.2 (15.0-37.3)
Hospital could not offer required care	44.8 (24.3-65.4)	26.7 (13.9-39.5)	32.9 (21.8-44.1)
Other	9.5 (1.0-18.0)	6.8 (1.8-11.8)	7.7 (3.4-12.1)

Note: Estimates are based on 1,772 respondents in NSW. For this indicator 6 (0.34%) were not stated (Don't know or Refused) in NSW
The questions used were: In the last 12 months, have you stayed for at least one night in hospital?, Overall, what do you think of the care you received at this hospital? Was it excellent, very good, good, fair, or poor? and Could you briefly describe why you rated the care you received as fair or poor? Repondents could mention more than 1 response. Percentages will total more than 100 per cent.

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

Community health centres

Introduction

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 care, community health nursing, sexual health services, counselling, selected allied health services, outreach clinics, child and family health services, day and respite care, health promotion, health education, community support, and group programs.

In 2005, the New South Wales Population Health Survey asked respondents: In the last 12 months, have you been to a government-run community health centre?

Results

In 2005, the New South Wales Population Health Survey estimated that 7.5 percent of adults aged 16 years and over attended a community health centre on one or more occasions in the previous 12 months.

A significantly higher proportion of females (8.8 per cent) than males (6.2 per cent) attended a community health centre. A significantly higher proportion of adults aged 25–34 years (10.4 per cent), and a significantly lower proportion of adults aged 45–64 years (4.6 per cent to 5.4 per cent), attended a community health centre. There was no significant difference by level of socioeconomic disadvantage, or between urban residents and rural residents. A significantly higher proportion of residents in the Greater Western Health Area (10.8 per cent) attended a community health centre.

Between 2002 and 2005, there has been no significant change in the proportion of adults who attended a community health centre.

Public dental services

Introduction

New South Wales residents with a Health Care Concession Card or a Pensioner Concession Card are eligible for public dental care. In order to monitor the use of public dental services, in 2005 the New South Wales Population Health asked respondents: In the last 12 months, have you been to a government-run public dental service or dental hospital?

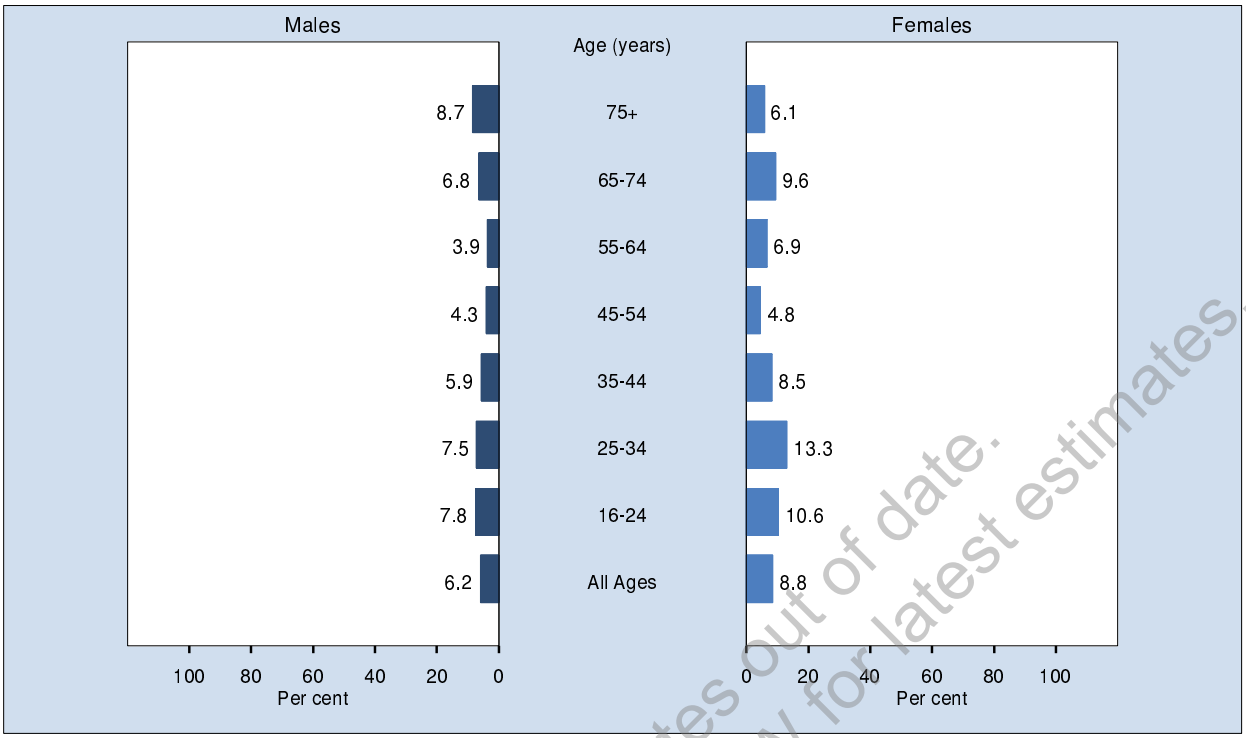
Results

In 2005, the New South Wales Population Health Survey estimated that 5.2 percent of adults aged 16 years and over attended a public dental service in the previous 12 months.

There was no significant difference in the proportion of females or males attending a public dental service. A significantly higher proportion of adults aged 16–24 years (9.0 per cent) attended a public dental service in the previous 12 months. A significantly lower proportion of adults in least disadvantaged quintile (3.2 per cent) attended a public dental service. There was no significant difference between urban residents and rural residents, or among health areas.

There has been no significant change in the proportion of adults attending a public dental service between 2002 and 2005.

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

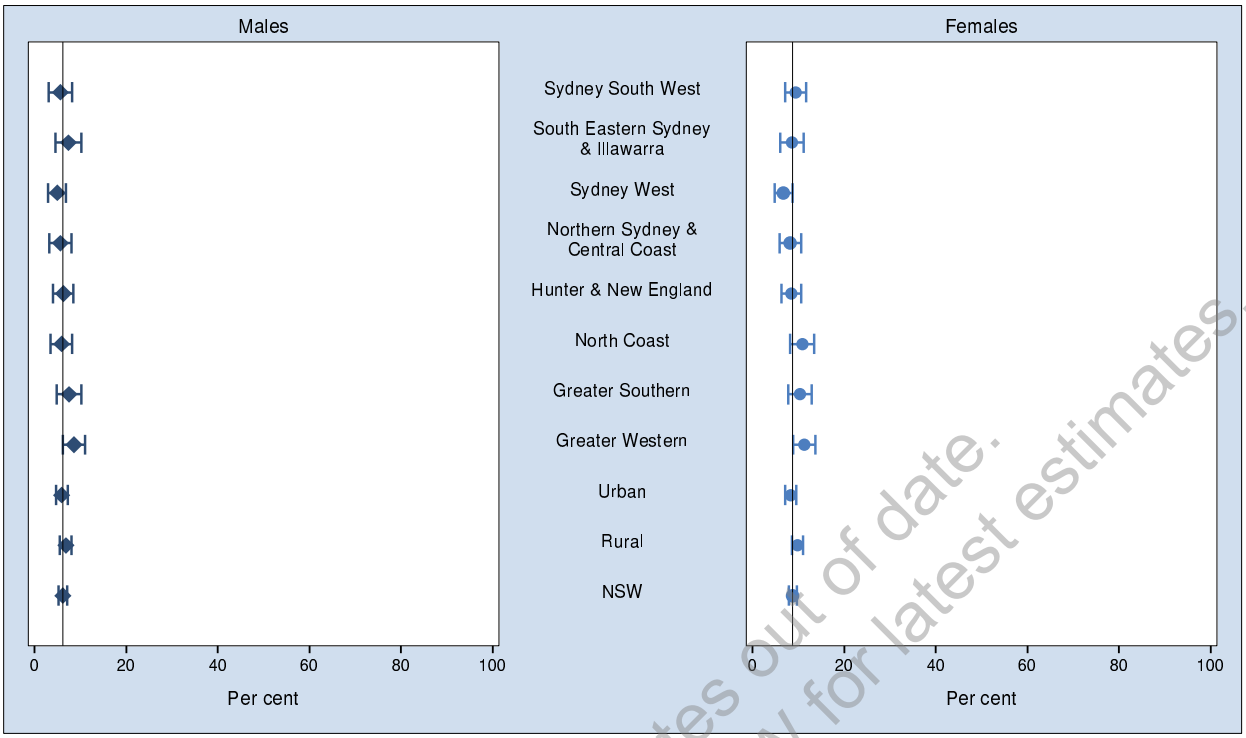


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	7.8 (4.9-10.7)	10.6 (7.4-13.7)	9.2 (7.0-11.4)
25-34	7.5 (4.3-10.6)	13.3 (10.6-16.1)	10.4 (8.3-12.5)
35-44	5.9 (4.0-7.9)	8.5 (6.4-10.6)	7.2 (5.8-8.7)
45-54	4.3 (2.7-5.9)	4.8 (3.5-6.1)	4.5 (3.5-5.6)
55-64	3.9 (2.6-5.2)	6.9 (5.2-8.5)	5.4 (4.3-6.4)
65-74	6.8 (4.6-9.0)	9.6 (7.1-12.2)	8.3 (6.6-10.0)
75+	8.7 (5.9-11.6)	6.1 (4.4-7.8)	7.2 (5.6-8.7)
All Ages	6.2 (5.3-7.2)	8.8 (7.9-9.7)	7.5 (6.9-8.2)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 28 (0.24%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

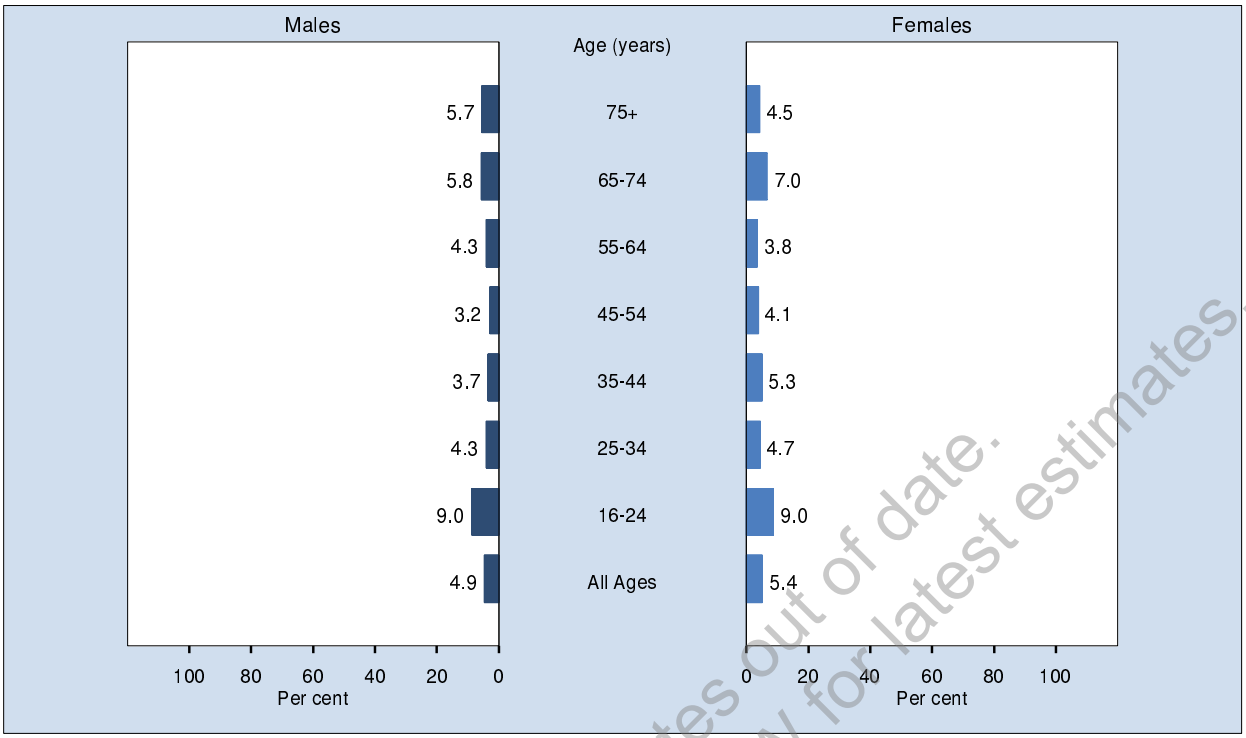


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	5.7 (3.1-8.2)	9.4 (7.1-11.7)	7.6 (5.8-9.3)
South Eastern Sydney & Illawarra	7.4 (4.6-10.2)	8.6 (6.0-11.1)	8.0 (6.1-9.9)
Sydney West	4.9 (3.0-6.9)	6.7 (4.8-8.7)	5.9 (4.5-7.2)
Northern Sydney & Central Coast	5.7 (3.2-8.1)	8.2 (5.8-10.7)	7.0 (5.3-8.7)
Hunter & New England	6.3 (4.1-8.5)	8.4 (6.3-10.6)	7.4 (5.9-8.9)
North Coast	5.9 (3.5-8.3)	10.8 (8.2-13.5)	8.4 (6.6-10.2)
Greater Southern	7.5 (4.8-10.2)	10.3 (7.8-12.9)	9.0 (7.1-10.8)
Greater Western	8.6 (6.2-11.1)	11.3 (8.9-13.7)	10.0 (8.3-11.7)
Urban	5.9 (4.7-7.2)	8.3 (7.1-9.5)	7.2 (6.3-8.0)
Rural	6.8 (5.6-8.1)	9.8 (8.6-11.1)	8.4 (7.5-9.2)
NSW	6.2 (5.3-7.2)	8.8 (7.9-9.7)	7.5 (6.9-8.2)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 28 (0.24%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

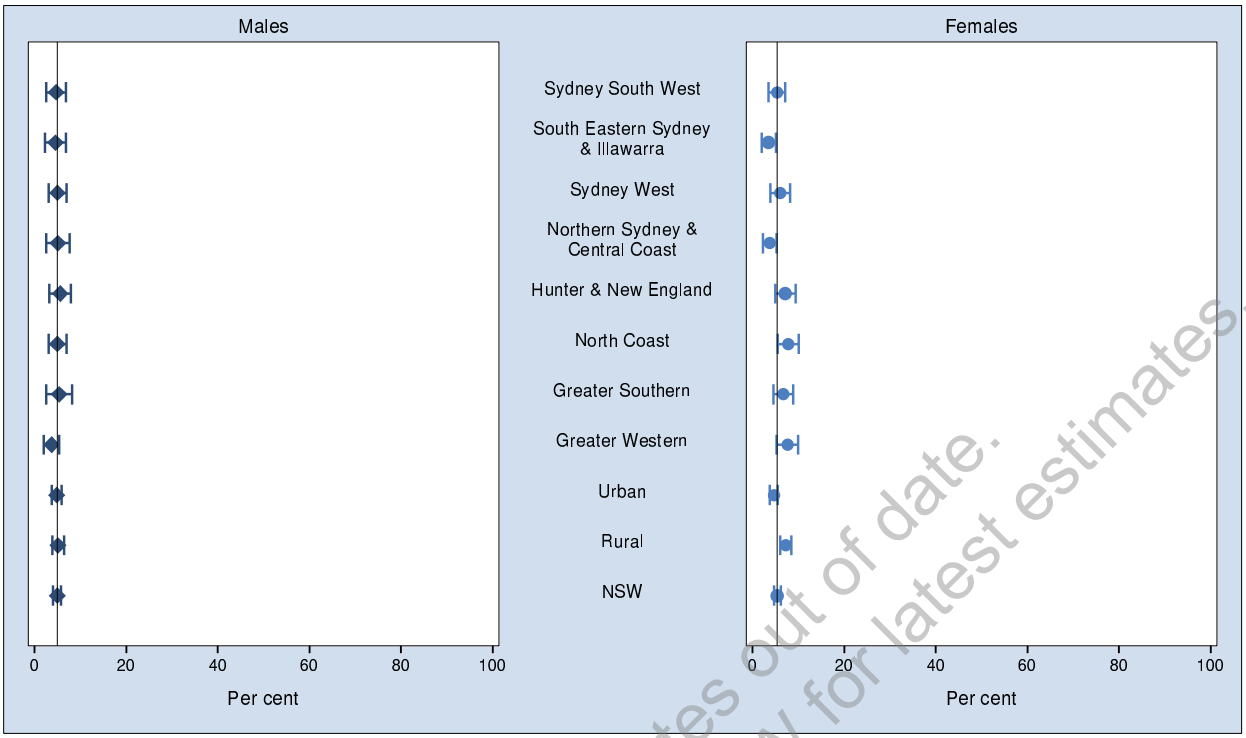


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	9.0 (5.6-12.4)	9.0 (6.2-11.8)	9.0 (6.8-11.2)
25-34	4.3 (1.9-6.7)	4.7 (3.0-6.4)	4.5 (3.0-5.9)
35-44	3.7 (2.0-5.4)	5.3 (3.7-6.9)	4.5 (3.3-5.6)
45-54	3.2 (1.7-4.6)	4.1 (2.7-5.5)	3.6 (2.6-4.6)
55-64	4.3 (2.7-5.9)	3.8 (2.6-4.9)	4.0 (3.0-5.0)
65-74	5.8 (3.8-7.9)	7.0 (5.3-8.8)	6.5 (5.1-7.8)
75+	5.7 (3.5-7.9)	4.5 (2.8-6.2)	5.0 (3.6-6.4)
All Ages	4.9 (4.1-5.8)	5.4 (4.7-6.1)	5.2 (4.6-5.7)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	4.7 (2.6-6.8)	5.3 (3.5-7.1)	5.0 (3.6-6.4)
South Eastern Sydney & Illawarra	4.6 (2.3-6.9)	3.5 (2.0-5.0)	4.1 (2.7-5.4)
Sydney West	5.0 (3.1-7.0)	6.1 (3.9-8.2)	5.5 (4.1-7.0)
Northern Sydney & Central Coast	5.1 (2.6-7.6)	3.7 (2.3-5.2)	4.4 (3.0-5.8)
Hunter & New England	5.6 (3.2-8.0)	7.1 (4.9-9.4)	6.4 (4.7-8.0)
North Coast	5.0 (3.0-7.0)	7.8 (5.5-10.1)	6.4 (4.9-8.0)
Greater Southern	5.4 (2.6-8.2)	6.7 (4.5-8.9)	6.0 (4.3-7.8)
Greater Western	3.7 (2.0-5.4)	7.6 (5.2-10.0)	5.7 (4.2-7.2)
Urban	4.8 (3.7-6.0)	4.6 (3.8-5.5)	4.7 (4.0-5.4)
Rural	5.1 (3.9-6.4)	7.3 (6.0-8.5)	6.2 (5.3-7.1)
NSW	4.9 (4.1-5.8)	5.4 (4.7-6.1)	5.2 (4.6-5.7)

Note: Estimates are based on 11,470 respondents in NSW. For this indicator 30 (0.26%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Social capital

Introduction

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]

In 2005, the New South Wales Population Health Survey asked respondents: In the past 6 months, how often have you attended a local community event such as a church or school fete, school concert, or street fair?; In the past 3 months, how often have you helped out any local group or organisation such as a school, scouts and brownies, a sporting club, or hospital as a volunteer?; Are you an active member of a local organisation, church or club such as a sport, craft or social club?; Do you agree or disagree with the statement: Most people can be trusted?; Do you agree or disagree with the statement: I feel safe walking down my street after dark?; Do you agree or disagree with the statement: My area has a reputation for being a safe place?; How often have you visited someone in your neighbourhood in the past week?; If you were caring for a child and needed to go out for a while, and could not take the child with you, would you ask someone in your neighbourhood for help?; When you go shopping in your local area how often are you likely to run into friends and acquaintances?; and, Would you be sad if you had to leave this neighbourhood? Responses were grouped into positive and negative responses for each question.

Results

Participation in the local community

Approximately 6 in 10 adults (60.1 per cent) attended a community event in the last 6 months. A significantly higher proportion of females (63.7 per cent) than males (56.4 per cent), and rural residents (64.8 per cent) than urban residents (58.1 per cent), attended a community event. A lower proportion of adults in the most disadvantaged quintile (54.4 per cent) attended a community event. The overall proportion has increased significantly between 2002 (57.1 per cent) and 2005 (60.1 per cent).

Approximately 35.5 per cent of adults helped out at a local group or organisation in the past 3 months. A significantly higher proportion of females (38.6 per cent) than males (32.2 per cent), and rural residents (43.5 per cent) than urban residents (32.0 per cent), helped out at a local group or organisation. A lower proportion of adults in the most disadvantaged quintile (32.1 per cent) helped out at a local group or organisation. The overall proportion has not increased significantly between 2002 and 2005.

Approximately 42.7 per cent of adults were an active member of a local organisation, church or club. There was no significant difference between females and males. A significantly higher proportion rural residents (46.6 per cent) than urban residents (40.9 per cent) were members of a local organisation, church or club. A lower proportion of adults in the most disadvantaged quintile (39.2 per cent) were active members of a local organisation, church or club. The overall proportion has not increased significantly between 2002 and 2005.

Trust and safety

Nearly three-quarters of adults (73.3 per cent) strongly agreed or agreed with the statement: Most people can be trusted. There was no significant difference between the proportion of males and females, or between rural residents and urban residents. Trust decreased with disadvantage. A higher proportion of adults in the least disadvantaged quintile (82.5 per cent) and a lower proportion of adults in the most disadvantaged quintile (63.1 per cent) strongly agreed or agreed that most people could be trusted. The overall proportion has increased significantly between 2002 (65.7 per cent) and 2005 (73.3 per cent).

Approximately 71.3 per cent of adults felt safe walking down their street after dark. A significantly higher proportion of males (82.9 per cent) than females (59.9 per cent) felt safe. There was no significant difference between rural residents and urban residents. Feelings of safety decreased with disadvantage. A higher proportion of adults in the least disadvantaged quintile (85.4 per cent) and a lower proportion of adults in the most disadvantaged quintile (60.2 per cent) felt safe walking down their street after dark. The overall proportion has increased significantly between 2002 (67.4 per cent) and 2005 (71.3 per cent).

Over three-quarters of adults (78.1 per cent) said their area had a reputation for being a safe place. There was no significant difference between the proportion of males and females. A significantly higher proportion of rural residents (81.9 per cent) than urban residents (76.4 per cent) said their area had a reputation for being safe. A reputation for safety decreased with disadvantage. A higher proportion of adults in the least disadvantaged quintile (90.5 per cent) and a lower proportion of adults in the most disadvantaged quintile (63.3 per cent) said their area had a reputation for being safe. The overall proportion has increased significantly between 2002 (73.3 per cent) and 2005 (78.1 per cent).

Reciprocity and neighbourhood connection

Nearly two-thirds of adults (63.5 per cent) visited neighbours in the past week. A significantly higher proportion of males (66.4 per cent) than females (60.6 per cent) visited neighbours. A significantly higher proportion of rural residents (68.9 per cent) than urban residents (61.1 per cent) visited neighbours. A higher proportion of adults in the second most disadvantaged quintile (68.3 per cent) visited neighbours. The overall proportion has decreased significantly between 2002 (66.3 per cent) and 2005 (63.5 per cent).

Approximately 57.4 per cent of adults felt able to ask a neighbour to care for a child if needed. The was no significant difference between males and females. A significantly higher proportion of rural residents (63.6 per cent) than urban residents (54.7 per cent) felt able to ask a neighbour to care for a child. Feeling able to ask a neighbour for assistance decreased with socioeconomic disadvantage. A significantly higher proportion of adults in the least disadvantaged quintile (63.1 per cent) and a significantly lower proportion of adults in the most disadvantaged quintile (51.2 per cent) felt able to ask a neighbour to care for a child. The overall proportion has decreased significantly between 2002 (70.7 per cent) and 2005 (57.4 per cent).

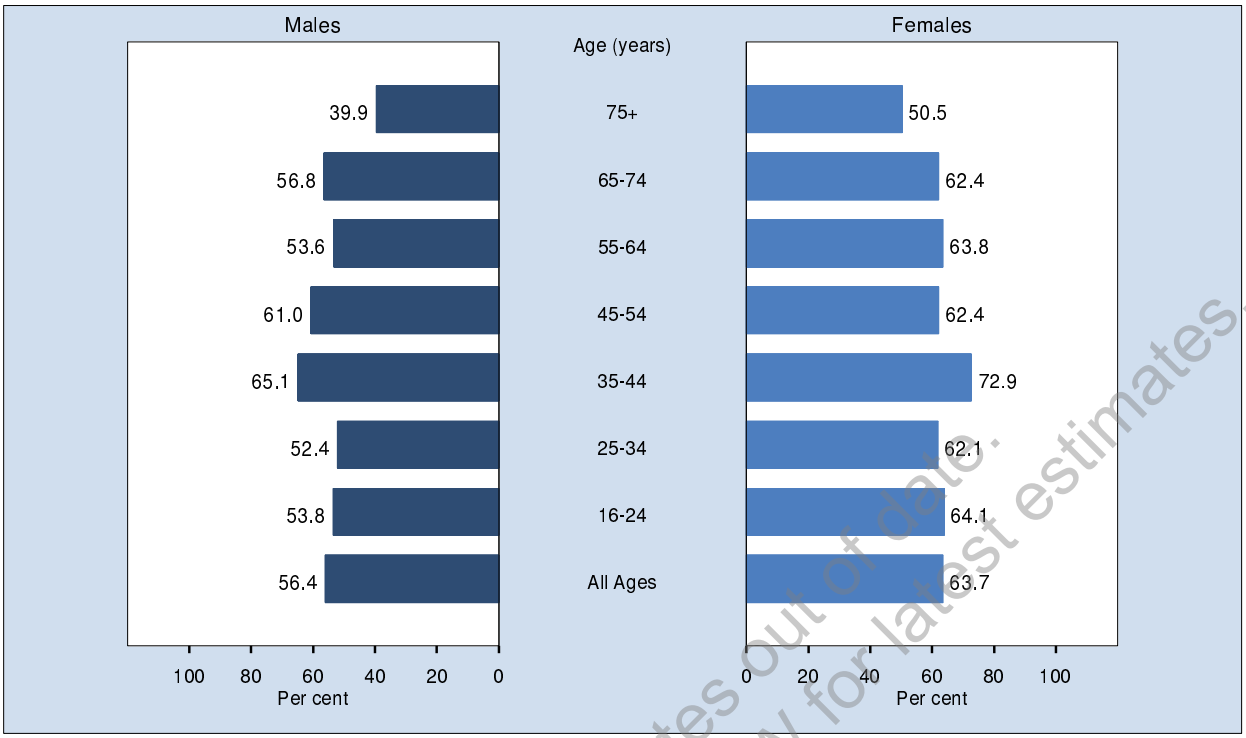
Over 8 in 10 adults (81.2 per cent) ran into friends and acquaintances when shopping in their local area. A significantly higher proportion of females (83.0 per cent) than males (79.4 per cent) ran into friends and acquaintances. A significantly higher proportion of rural residents (89.4 per cent) than urban residents (77.7 per cent) ran into friends and acquaintances. A higher proportion of adults in the second most disadvantaged quintile (84.5 per cent) ran into friends and acquaintances. The overall proportion has not increased significantly between 2002 and 2005.

Over 7 in 10 adults (71.7 per cent) would feel sad if they had to leave their neighbourhood. A significantly higher proportion of females (75.8 per cent) than males (67.4 per cent) would feel sad if they had to leave their neighbourhood. A significantly higher proportion of rural residents (75.5 per cent) than urban residents (70.0 per cent) would feel sad if they had to leave their neighbourhood. Feelings of sadness about leaving a neighbourhood decreased with disadvantage. A significantly higher proportion of adults in the least disadva ntaged quintile (78.2 per cent) and a significantly lower proportion of adults in the most disadvantaged quintile (65.9 per cent) would feel sad if they had to leave their neighbourhood. The overall proportion has not increased significantly between 2002 and 2005.

References

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, persons aged 16 years and over, NSW 2005

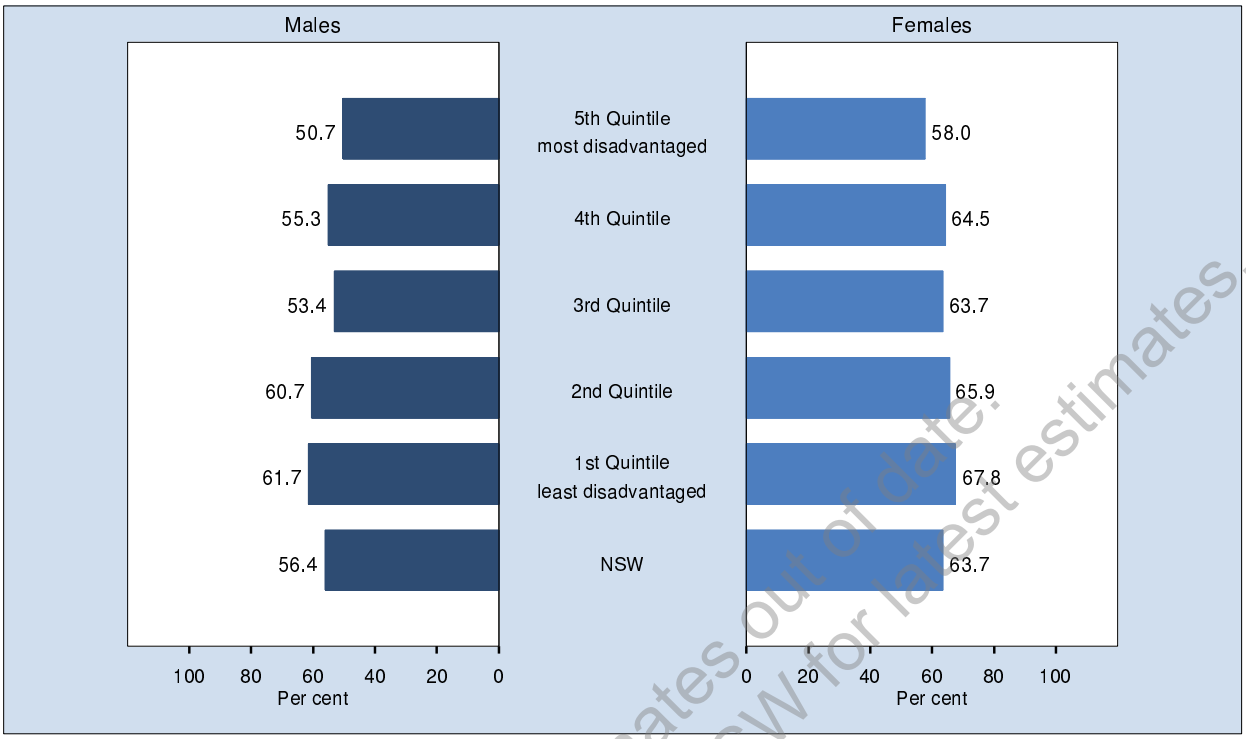


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	53.8 (48.2-59.4)	64.1 (59.0-69.1)	59.0 (55.2-62.8)
25-34	52.4 (46.8-58.0)	62.1 (58.1-66.1)	57.3 (53.8-60.8)
35-44	65.1 (60.3-69.8)	72.9 (69.4-76.4)	69.0 (66.0-71.9)
45-54	61.0 (56.8-65.1)	62.4 (58.8-65.9)	61.7 (58.9-64.4)
55-64	53.6 (49.3-57.8)	63.8 (60.6-66.9)	58.6 (55.9-61.3)
65-74	56.8 (52.6-60.9)	62.4 (59.1-65.8)	59.7 (57.0-62.4)
75+	39.9 (35.1-44.7)	50.5 (46.6-54.5)	46.2 (43.1-49.2)
All Ages	56.4 (54.4-58.4)	63.7 (62.2-65.3)	60.1 (58.9-61.4)

Note: Estimates are based on 11,469 respondents in NSW. For this indicator 31 (0.27%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Attended a community event at least once in the last 6 months by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

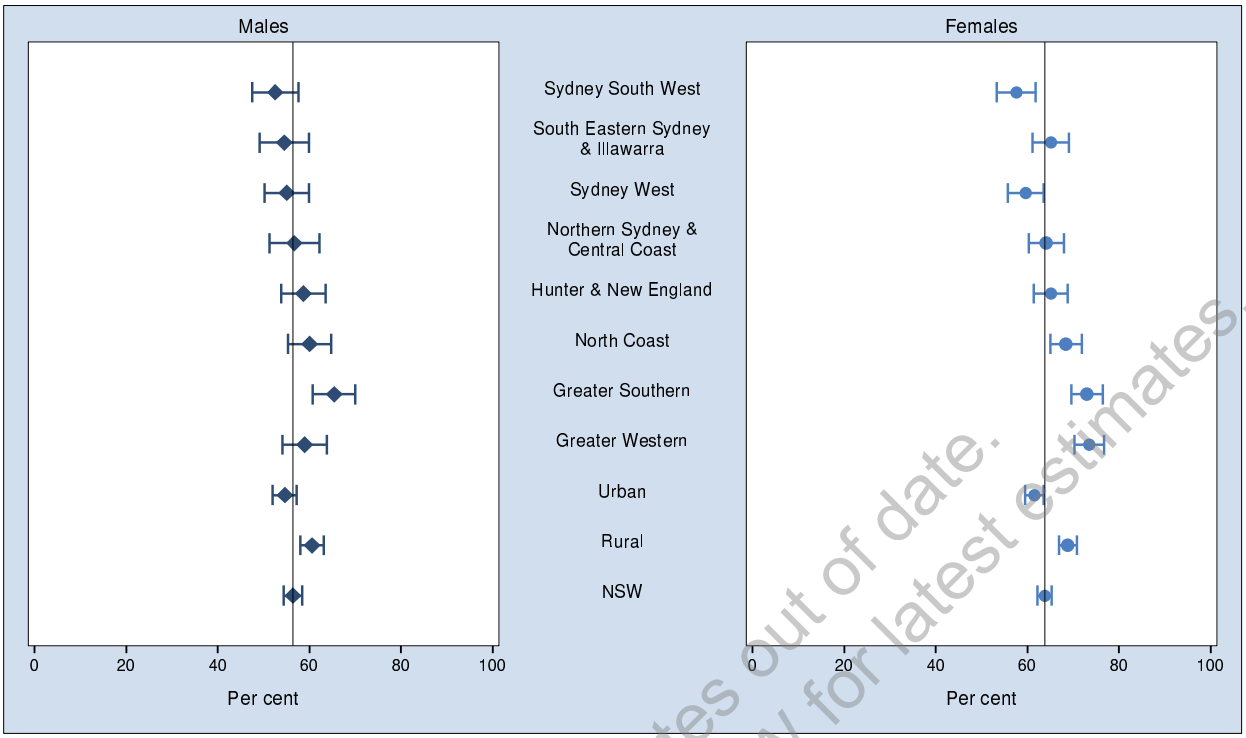


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	50.7 (45.9-55.4)	58.0 (54.1-61.9)	54.4 (51.3-57.4)
4th Quintile	55.3 (50.9-59.6)	64.5 (61.3-67.7)	60.0 (57.3-62.7)
3rd Quintile	53.4 (49.1-57.7)	63.7 (60.3-67.0)	58.7 (55.9-61.4)
2nd Quintile	60.7 (56.3-65.0)	65.9 (62.5-69.3)	63.5 (60.8-66.2)
1st Quintile	61.7 (57.1-66.4)	67.8 (64.2-71.3)	64.7 (61.8-67.6)
NSW	56.4 (54.4-58.4)	63.7 (62.2-65.3)	60.1 (58.9-61.4)

Note: Estimates are based on 11,469 respondents in NSW. For this indicator 31 (0.27%) 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 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, persons aged 16 years and over, NSW 2005

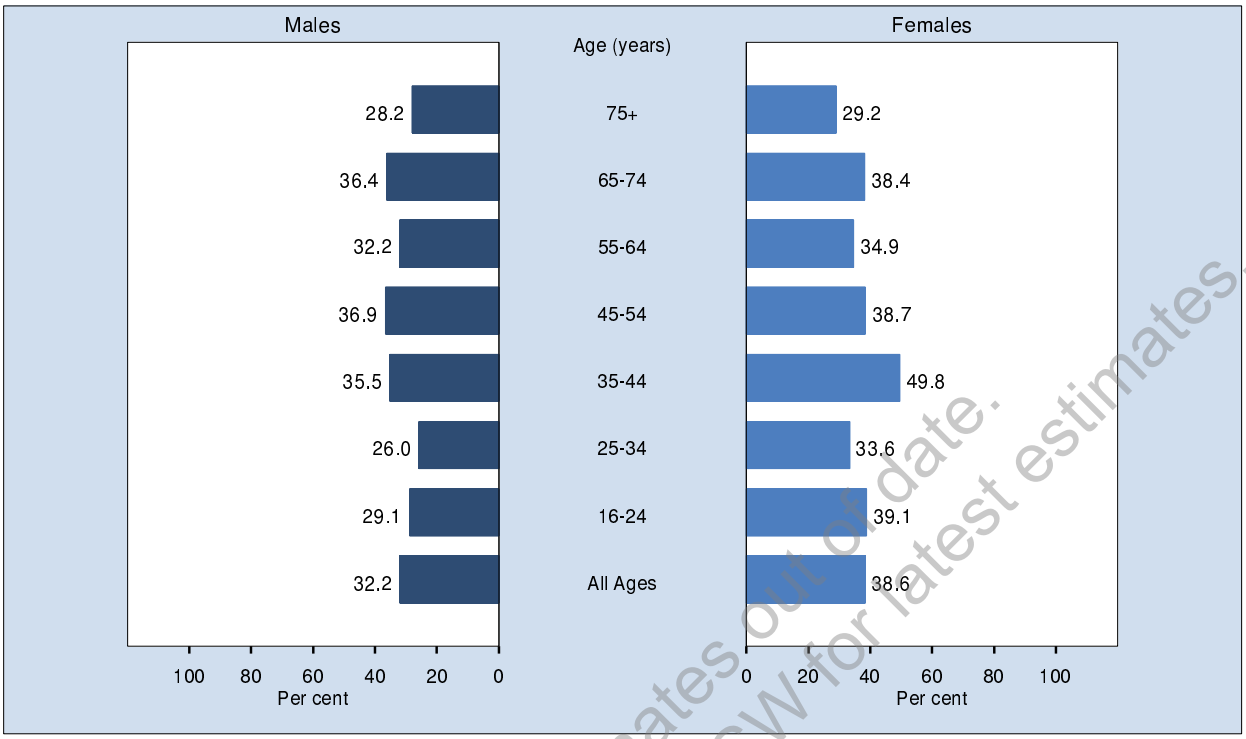


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	52.6 (47.5-57.6)	57.6 (53.3-61.8)	55.1 (51.8-58.4)
South Eastern Sydney & Illawarra	54.5 (49.1-59.9)	65.1 (61.1-69.1)	59.9 (56.5-63.2)
Sydney West	55.1 (50.2-59.9)	59.6 (55.7-63.5)	57.4 (54.2-60.5)
Northern Sydney & Central Coast	56.7 (51.3-62.1)	64.1 (60.2-68.0)	60.5 (57.2-63.9)
Hunter & New England	58.7 (53.9-63.5)	65.1 (61.4-68.8)	62.0 (59.0-65.0)
North Coast	60.0 (55.4-64.7)	68.4 (65.0-71.9)	64.3 (61.4-67.2)
Greater Southern	65.4 (60.7-70.1)	73.0 (69.6-76.4)	69.3 (66.4-72.1)
Greater Western	59.0 (54.1-63.8)	73.5 (70.3-76.7)	66.3 (63.3-69.3)
Urban	54.6 (52.0-57.2)	61.5 (59.5-63.6)	58.1 (56.5-59.8)
Rural	60.5 (58.0-63.1)	68.8 (66.9-70.8)	64.8 (63.2-66.4)
NSW	56.4 (54.4-58.4)	63.7 (62.2-65.3)	60.1 (58.9-61.4)

Note: Estimates are based on 11,469 respondents in NSW. For this indicator 31 (0.27%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Helped out any local group or organisation at least once in the past 3 months by age, persons aged 16 years and over, NSW 2005



Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	29.1 (24.1-34.2)	39.1 (34.0-44.2)	34.1 (30.5-37.8)
25-34	26.0 (21.2-30.9)	33.6 (29.7-37.4)	29.8 (26.7-32.9)
35-44	35.5 (30.8-40.2)	49.8 (45.9-53.8)	42.7 (39.6-45.8)
45-54	36.9 (32.8-41.0)	38.7 (35.1-42.3)	37.8 (35.1-40.5)
55-64	32.2 (28.2-36.2)	34.9 (31.8-37.9)	33.5 (31.0-36.0)
65-74	36.4 (32.4-40.4)	38.4 (35.1-41.8)	37.5 (34.9-40.1)
75+	28.2 (23.9-32.5)	29.2 (25.7-32.8)	28.8 (26.1-31.6)
All Ages	32.2 (30.3-34.0)	38.6 (37.0-40.2)	35.4 (34.2-36.6)

Note: Estimates are based on 11,481 respondents in NSW. For this indicator 19 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have helped out any local group or organisation at least once in the past 3 months. The question used was: In the past 3 months, have you helped out any local group or organisation such as a school, scouts and brownies, a sporting club, or hospital, as a volunteer, or other organisation?

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

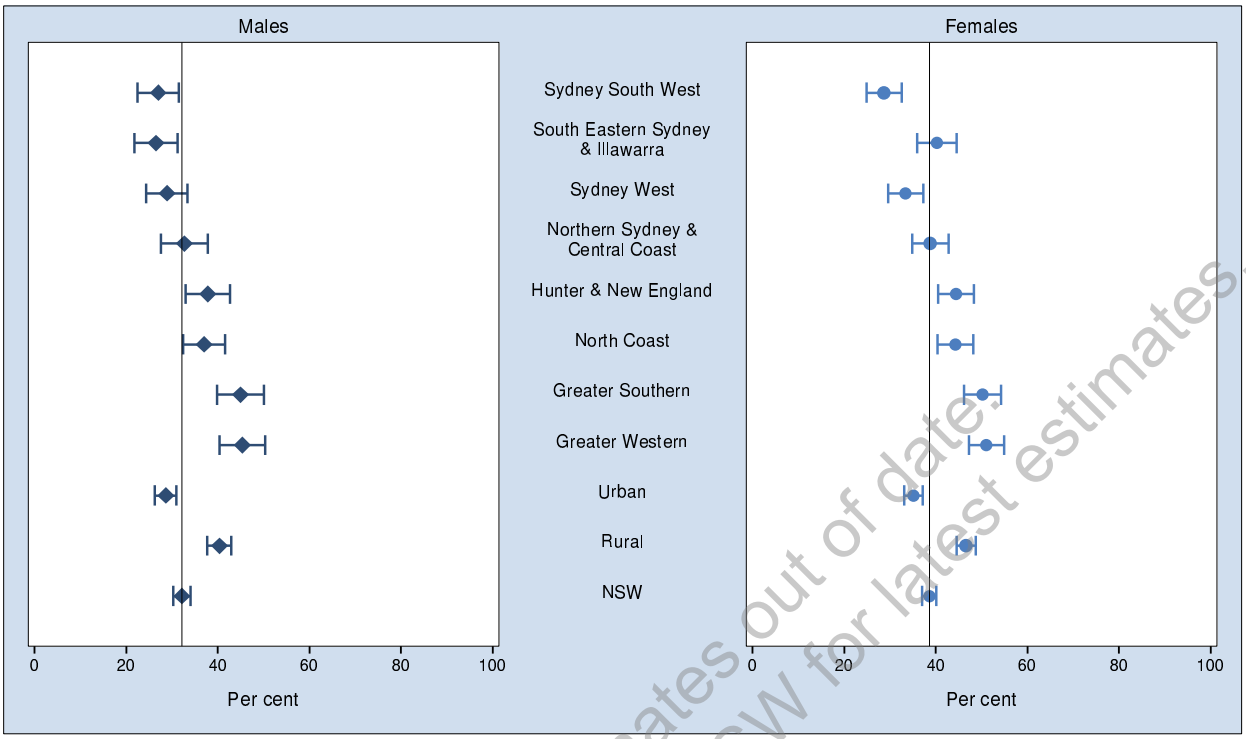
Helped out any local group or organisation at least once in the past 3 months by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	28.3 (24.1-32.4)	35.8 (32.1-39.5)	32.1 (29.3-34.9)
4th Quintile	34.2 (30.3-38.1)	42.0 (38.8-45.3)	38.2 (35.6-40.8)
3rd Quintile	32.5 (28.6-36.5)	38.7 (35.4-42.1)	35.7 (33.1-38.3)
2nd Quintile	34.5 (30.1-38.9)	40.2 (36.6-43.8)	37.6 (34.8-40.4)
1st Quintile	31.8 (27.4-36.2)	38.3 (34.6-42.1)	35.0 (32.1-37.9)
NSW	32.2 (30.3-34.0)	38.6 (37.0-40.2)	35.4 (34.2-36.6)

Note: Estimates are based on 11,481 respondents in NSW. For this indicator 19 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have helped out any local group or organisation at least once in the past 3 months. The question used was: In the past 3 months, have you helped out any local group or organisation such as a school, scouts and brownies, a sporting club, or hospital, as a volunteer, or other organisation?

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

Helped out any local group or organisation at least once in the past 3 months by health area, persons aged 16 years and over, NSW 2005

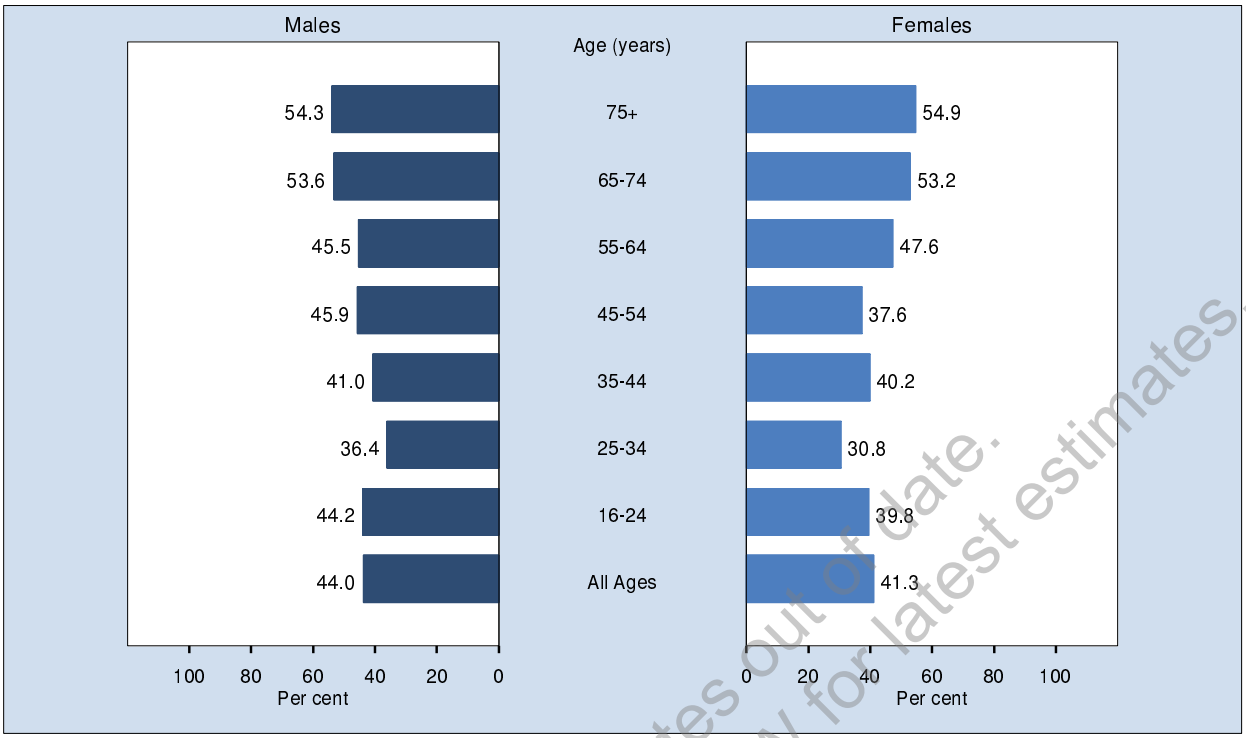


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	27.0 (22.5-31.5)	28.7 (24.8-32.6)	27.9 (24.9-30.8)
South Eastern Sydney & Illawarra	26.5 (21.9-31.2)	40.2 (35.9-44.5)	33.5 (30.2-36.7)
Sydney West	28.9 (24.4-33.4)	33.4 (29.6-37.2)	31.2 (28.2-34.1)
Northern Sydney & Central Coast	32.7 (27.6-37.8)	38.8 (34.8-42.8)	35.8 (32.6-39.1)
Hunter & New England	37.8 (33.0-42.7)	44.4 (40.5-48.3)	41.2 (38.1-44.3)
North Coast	37.0 (32.4-41.5)	44.3 (40.4-48.1)	40.7 (37.7-43.7)
Greater Southern	44.9 (39.9-50.0)	50.1 (46.1-54.2)	47.6 (44.4-50.8)
Greater Western	45.4 (40.4-50.3)	51.0 (47.2-54.9)	48.2 (45.1-51.4)
Urban	28.7 (26.3-31.0)	35.1 (33.1-37.2)	32.0 (30.4-33.5)
Rural	40.3 (37.7-42.9)	46.6 (44.5-48.7)	43.5 (41.9-45.2)
NSW	32.2 (30.3-34.0)	38.6 (37.0-40.2)	35.4 (34.2-36.6)

Note: Estimates are based on 11,481 respondents in NSW. For this indicator 19 (0.17%) were not stated (Don't know or Refused) in NSW
The indicator includes those who have helped out any local group or organisation at least once in the past 3 months. The question used was: In the past 3 months, have you helped out any local group or organisation such as a school, scouts and brownies, a sporting club, or hospital, as a volunteer, or other organisation?

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

Active member of a local organisation, church or club by age, persons aged 16 years and over, NSW 2005

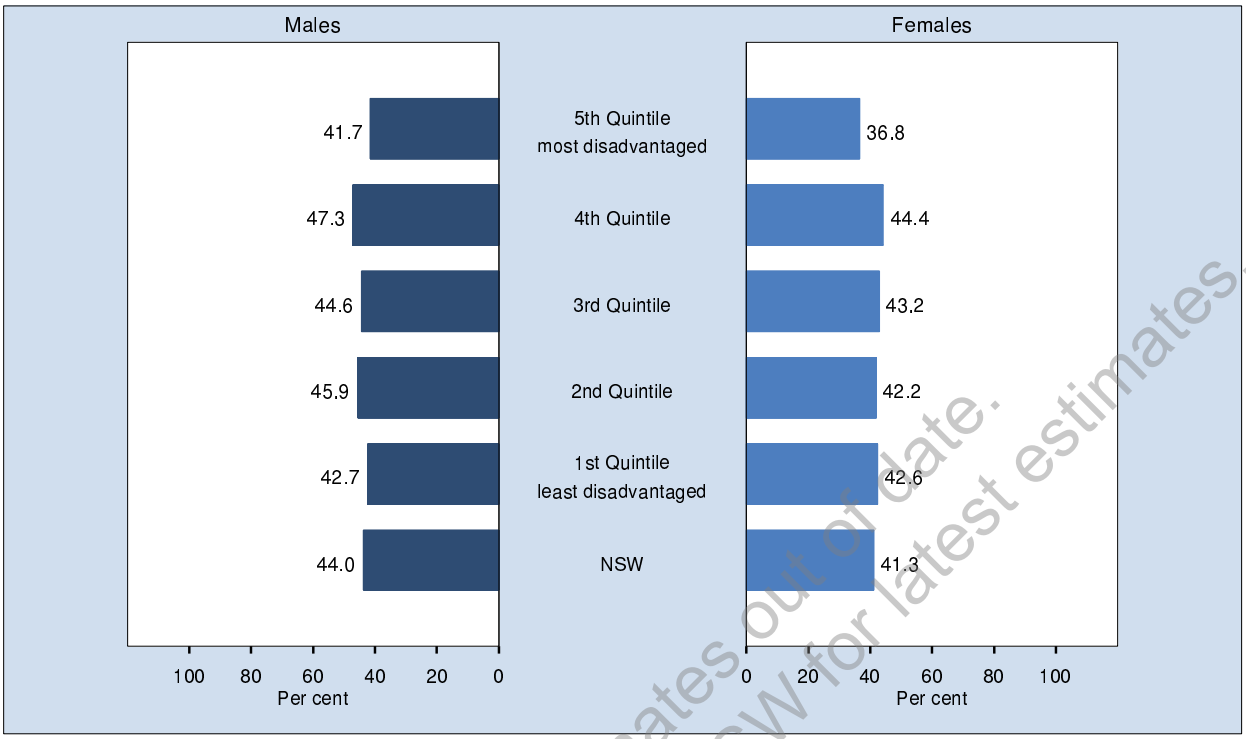


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	44.2 (38.6-49.7)	39.8 (34.6-45.0)	42.0 (38.2-45.8)
25-34	36.4 (30.9-41.8)	30.8 (27.0-34.7)	33.6 (30.3-36.9)
35-44	41.0 (36.1-45.8)	40.2 (36.3-44.1)	40.6 (37.5-43.7)
45-54	45.9 (41.7-50.2)	37.6 (34.1-41.1)	41.8 (39.0-44.5)
55-64	45.5 (41.3-49.8)	47.6 (44.4-50.9)	46.6 (43.9-49.2)
65-74	53.6 (49.5-57.8)	53.2 (49.7-56.8)	53.4 (50.7-56.2)
75+	54.3 (49.3-59.2)	54.9 (51.0-58.8)	54.6 (51.6-57.7)
All Ages	44.0 (42.0-46.0)	41.3 (39.8-42.9)	42.6 (41.4-43.9)

Note: Estimates are based on 11,484 respondents in NSW. For this indicator 16 (0.14%) were not stated (Don't know or Refused) in NSW
The indicator includes those who are an active member of a local organisation, church or club. The question used was: Are you an active member of a local organisation, church or club, such as a sport, craft, or social club?

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

Active member of a local organisation, church or club by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

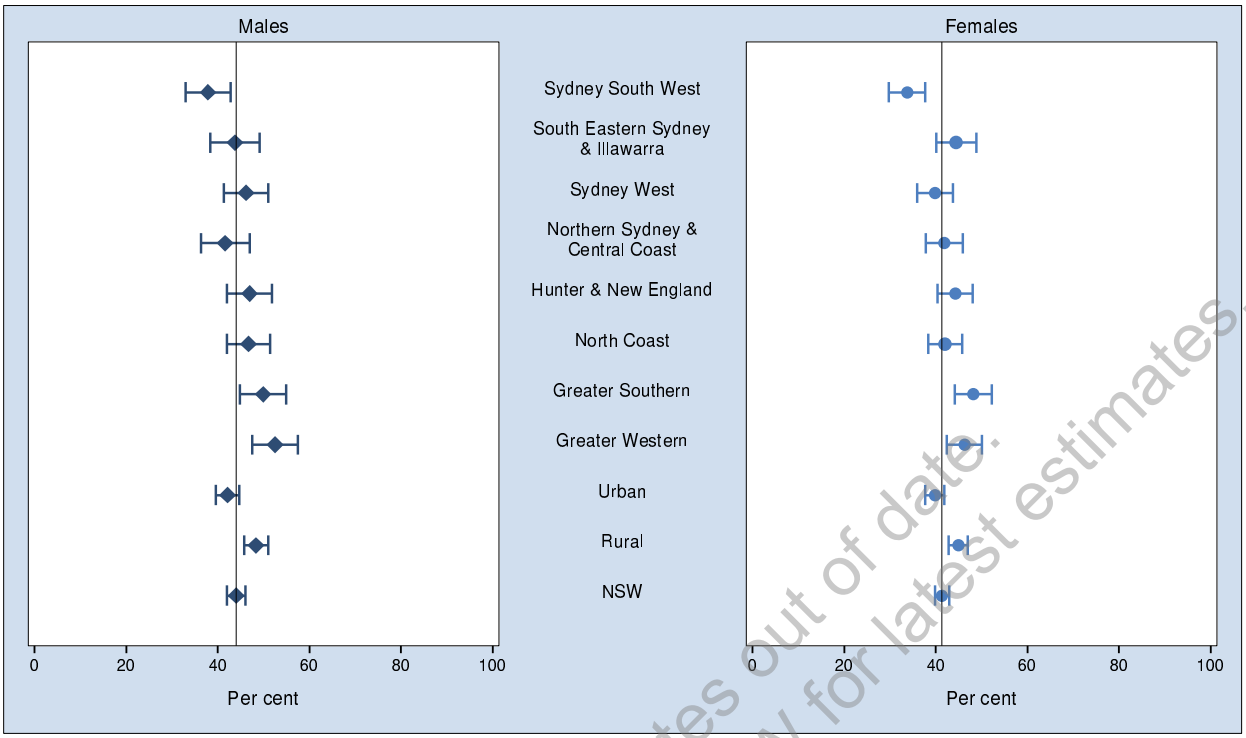


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	41.7 (37.1-46.3)	36.8 (33.2-40.5)	39.3 (36.3-42.2)
4th Quintile	47.3 (43.0-51.7)	44.4 (41.2-47.7)	45.8 (43.2-48.5)
3rd Quintile	44.6 (40.3-49.0)	43.2 (39.7-46.7)	43.9 (41.1-46.7)
2nd Quintile	45.9 (41.3-50.4)	42.2 (38.6-45.8)	43.9 (41.0-46.7)
1st Quintile	42.7 (38.0-47.4)	42.6 (38.8-46.4)	42.6 (39.6-45.7)
NSW	44.0 (42.0-46.0)	41.3 (39.8-42.9)	42.6 (41.4-43.9)

Note: Estimates are based on 11,484 respondents in NSW. For this indicator 16 (0.14%) were not stated (Don't know or Refused) in NSW
The indicator includes those who are an active member of a local organisation, church or club. The question used was: Are you an active member of a local organisation, church or club, such as a sport, craft, or social club?

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

Active member of a local organisation, church or club by health area, persons aged 16 years and over, NSW 2005

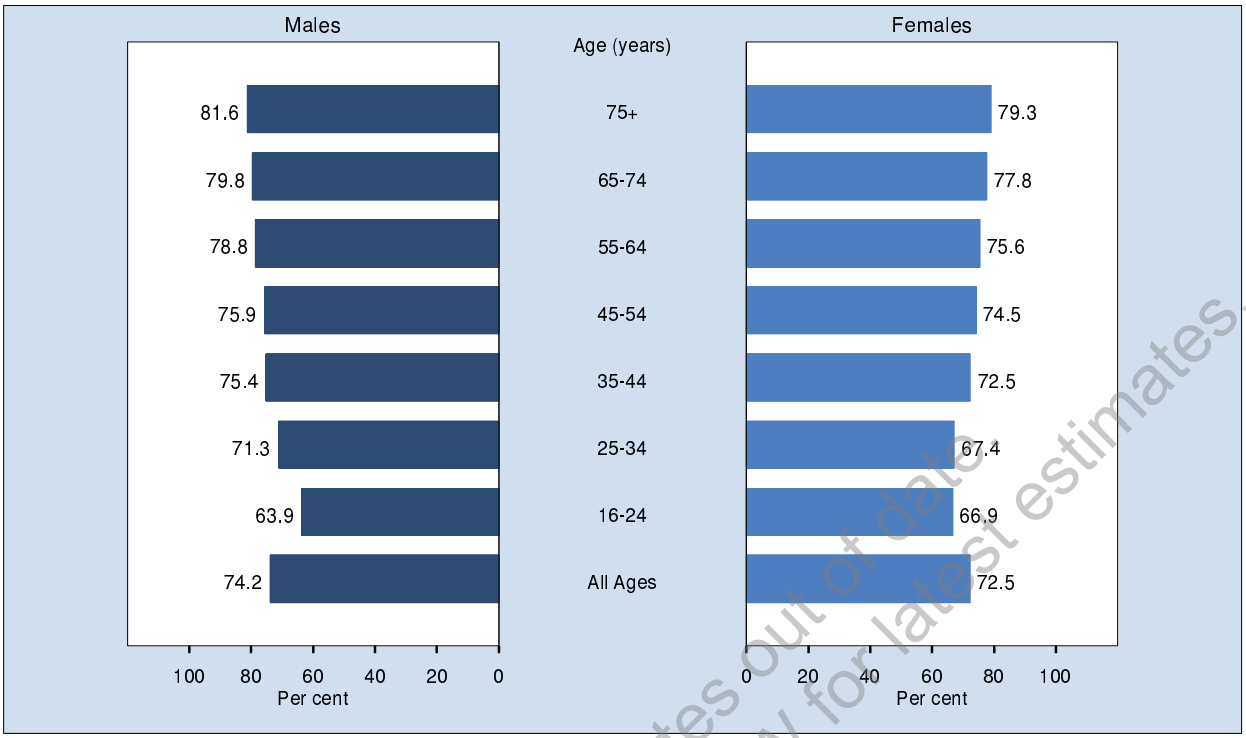


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	37.9 (33.0-42.7)	33.7 (29.7-37.7)	35.8 (32.6-38.9)
South Eastern Sydney & Illawarra	43.7 (38.3-49.1)	44.5 (40.1-48.8)	44.1 (40.7-47.6)
Sydney West	46.2 (41.3-51.1)	39.9 (35.9-43.8)	43.0 (39.8-46.1)
Northern Sydney & Central Coast	41.6 (36.3-46.9)	41.8 (37.8-45.8)	41.7 (38.4-45.0)
Hunter & New England	46.9 (42.0-51.8)	44.3 (40.4-48.1)	45.6 (42.5-48.7)
North Coast	46.7 (42.0-51.4)	42.0 (38.3-45.8)	44.3 (41.3-47.3)
Greater Southern	49.9 (44.8-54.9)	48.2 (44.2-52.2)	49.0 (45.8-52.2)
Greater Western	52.5 (47.5-57.5)	46.3 (42.5-50.1)	49.4 (46.2-52.5)
Urban	42.1 (39.6-44.7)	39.8 (37.7-41.9)	40.9 (39.3-42.6)
Rural	48.3 (45.7-51.0)	44.9 (42.9-47.0)	46.6 (44.9-48.3)
NSW	44.0 (42.0-46.0)	41.3 (39.8-42.9)	42.6 (41.4-43.9)

Note: Estimates are based on 11,484 respondents in NSW. For this indicator 16 (0.14%) were not stated (Don't know or Refused) in NSW
The indicator includes those who are an active member of a local organisation, church or club. The question used was: Are you an active member of a local organisation, church or club, such as a sport, craft, or social club?

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

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

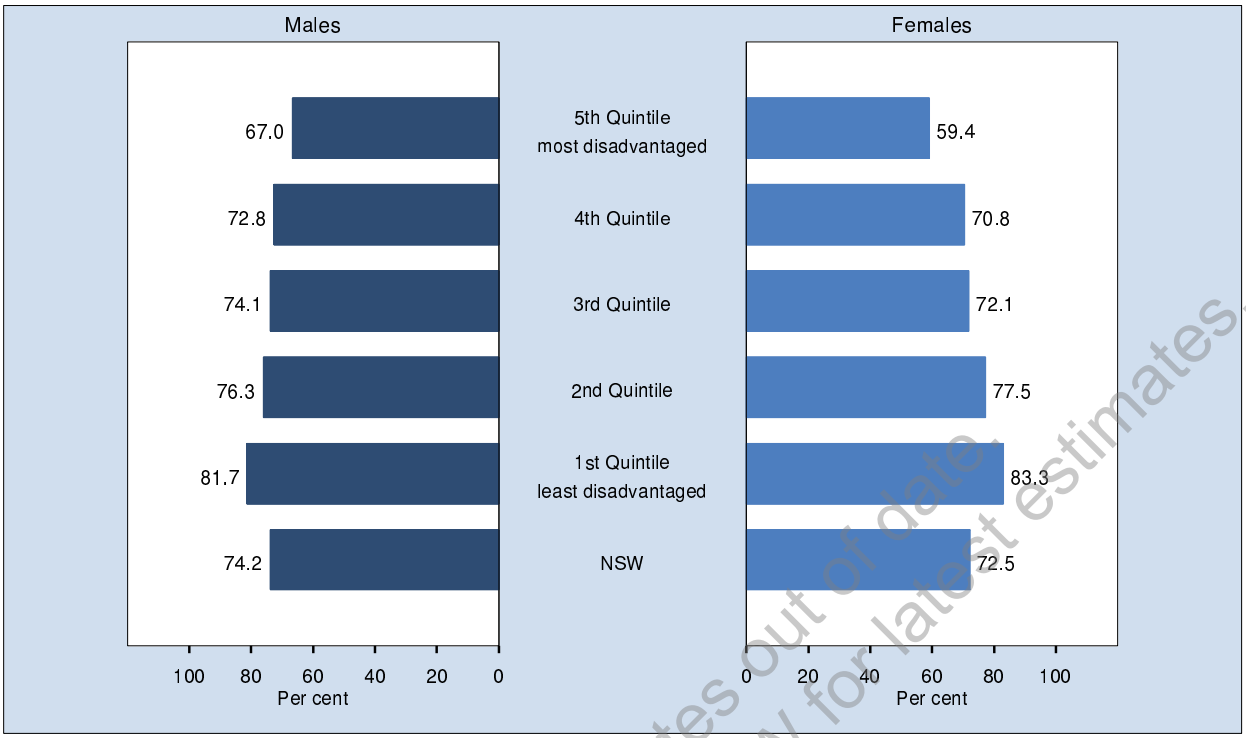


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	63.9 (58.4-69.4)	66.9 (61.9-71.9)	65.4 (61.7-69.1)
25-34	71.3 (66.2-76.5)	67.4 (63.3-71.4)	69.3 (66.1-72.6)
35-44	75.4 (71.3-79.6)	72.5 (68.9-76.2)	74.0 (71.2-76.8)
45-54	75.9 (72.1-79.6)	74.5 (71.2-77.7)	75.2 (72.7-77.7)
55-64	78.8 (75.5-82.2)	75.6 (72.8-78.5)	77.2 (75.0-79.5)
65-74	79.8 (76.3-83.2)	77.8 (74.9-80.8)	78.8 (76.5-81.0)
75+	81.6 (77.7-85.5)	79.3 (76.2-82.5)	80.2 (77.8-82.7)
All Ages	74.2 (72.4-76.0)	72.5 (71.0-74.0)	73.3 (72.2-74.5)

Note: Estimates are based on 11,203 respondents in NSW. For this indicator 297 (2.58%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Most people can be trusted by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

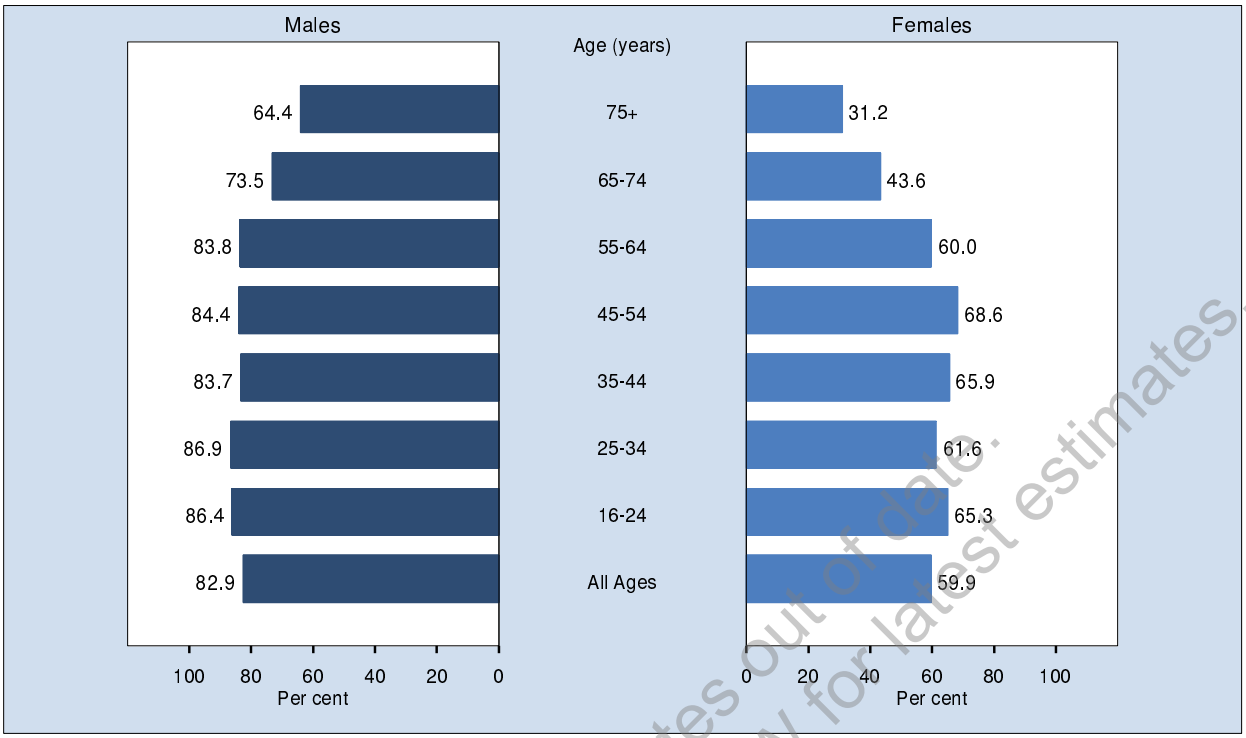


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	67.0 (62.4-71.6)	59.4 (55.4-63.3)	63.1 (60.1-66.2)
4th Quintile	72.8 (68.8-76.9)	70.8 (67.5-74.0)	71.8 (69.2-74.4)
3rd Quintile	74.1 (70.3-78.0)	72.1 (68.8-75.4)	73.1 (70.6-75.6)
2nd Quintile	76.3 (72.3-80.3)	77.5 (74.4-80.5)	76.9 (74.5-79.4)
1st Quintile	81.7 (77.9-85.4)	83.3 (80.5-86.1)	82.5 (80.1-84.8)
NSW	74.2 (72.4-76.0)	72.5 (71.0-74.0)	73.3 (72.2-74.5)

Note: Estimates are based on 11,203 respondents in NSW. For this indicator 297 (2.58%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Feel safe walking down their street after dark by age, persons aged 16 years and over, NSW 2005

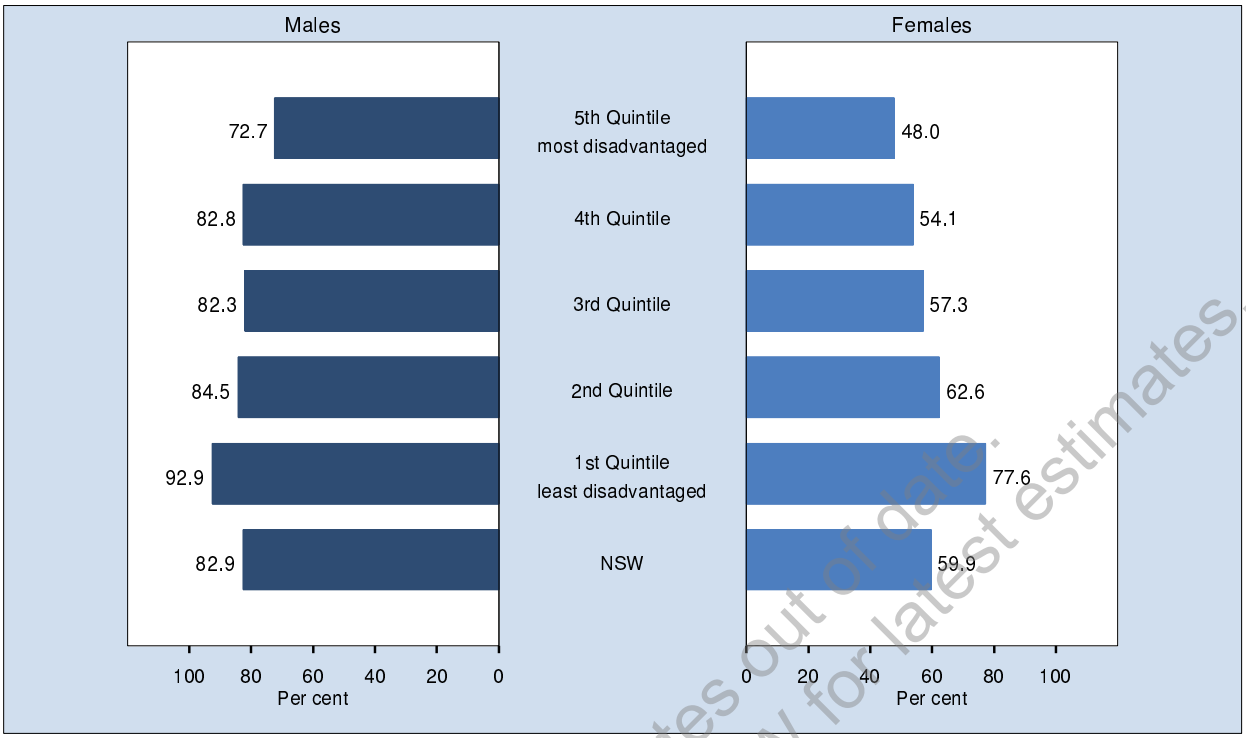


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	86.4 (82.5-90.4)	65.3 (60.2-70.3)	75.8 (72.4-79.1)
25-34	86.9 (83.2-90.7)	61.6 (57.5-65.7)	74.3 (71.3-77.2)
35-44	83.7 (80.0-87.4)	65.9 (62.1-69.7)	74.9 (72.1-77.6)
45-54	84.4 (81.2-87.5)	68.6 (65.2-72.0)	76.5 (74.1-78.8)
55-64	83.8 (80.8-86.9)	60.0 (56.8-63.2)	72.1 (69.8-74.4)
65-74	73.5 (69.7-77.4)	43.6 (40.0-47.2)	58.2 (55.5-61.0)
75+	64.4 (59.5-69.3)	31.2 (27.4-35.0)	45.0 (41.8-48.1)
All Ages	82.9 (81.4-84.3)	59.9 (58.4-61.5)	71.3 (70.2-72.4)

Note: Estimates are based on 11,160 respondents in NSW. For this indicator 340 (2.96%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that they feel safe walking down their street after dark. The question used was: Do you strongly agree, disagree or strongly disagree with the statement I feel safe walking down my street after dark?

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

Feel safe walking down their street after dark by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

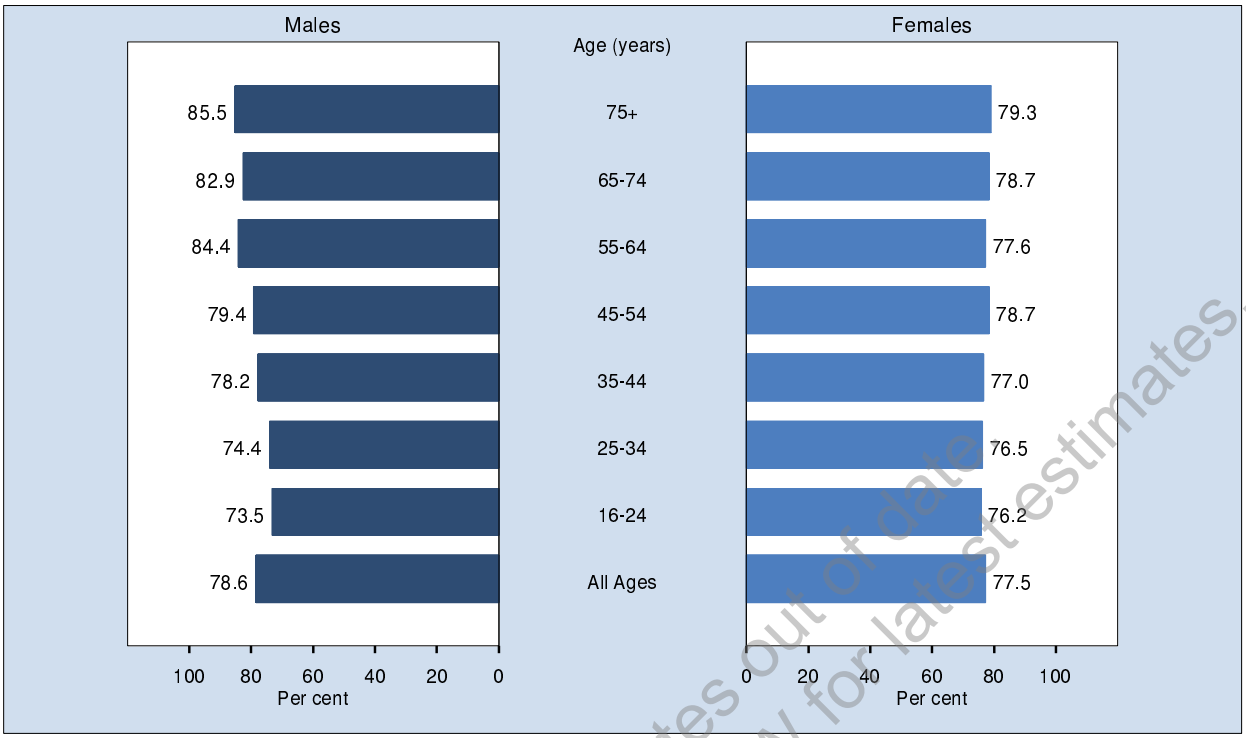


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	72.7 (68.5-76.9)	48.0 (44.1-52.0)	60.2 (57.3-63.2)
4th Quintile	82.8 (79.6-86.1)	54.1 (50.7-57.5)	68.3 (65.9-70.8)
3rd Quintile	82.3 (79.2-85.5)	57.3 (53.8-60.8)	69.5 (67.0-72.0)
2nd Quintile	84.5 (81.2-87.7)	62.6 (59.1-66.1)	72.7 (70.2-75.2)
1st Quintile	92.9 (90.5-95.3)	77.6 (74.5-80.6)	85.4 (83.5-87.4)
NSW	82.9 (81.4-84.3)	59.9 (58.4-61.5)	71.3 (70.2-72.4)

Note: Estimates are based on 11,160 respondents in NSW. For this indicator 340 (2.96%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that they feel safe walking down their street after dark. The question used was: Do you strongly agree, disagree or strongly disagree with the statement I feel safe walking down my street after dark?

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

Area has a reputation for being a safe place by age, persons aged 16 years and over, NSW 2005

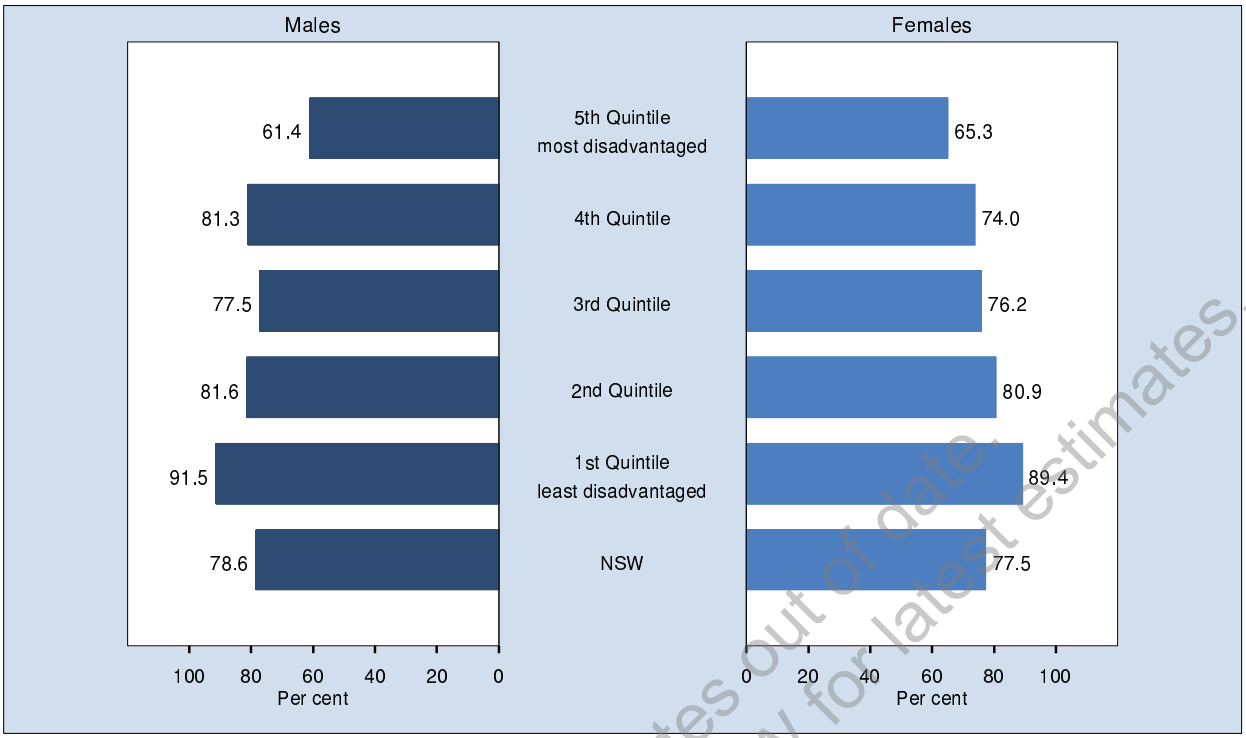


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	73.5 (68.4-78.5)	76.2 (71.9-80.5)	74.8 (71.5-78.1)
25-34	74.4 (69.4-79.3)	76.5 (72.9-80.2)	75.5 (72.4-78.5)
35-44	78.2 (74.1-82.2)	77.0 (73.6-80.3)	77.6 (74.9-80.2)
45-54	79.4 (75.7-83.1)	78.7 (75.6-81.8)	79.1 (76.7-81.5)
55-64	84.4 (81.3-87.5)	77.6 (74.8-80.3)	81.0 (79.0-83.1)
65-74	82.9 (79.5-86.4)	78.7 (75.6-81.8)	80.8 (78.5-83.1)
75+	85.5 (81.9-89.2)	79.3 (76.0-82.6)	81.8 (79.4-84.3)
All Ages	78.6 (77.0-80.3)	77.5 (76.1-78.8)	78.1 (77.0-79.1)

Note: Estimates are based on 11,038 respondents in NSW. For this indicator 462 (4.02%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that their area has a reputation for being a safe place. The question used was Do you strongly agree, agree, disagree or strongly disagree with the statement My area has a reputation for being a safe place?

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

Area has a reputation for being a safe place by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

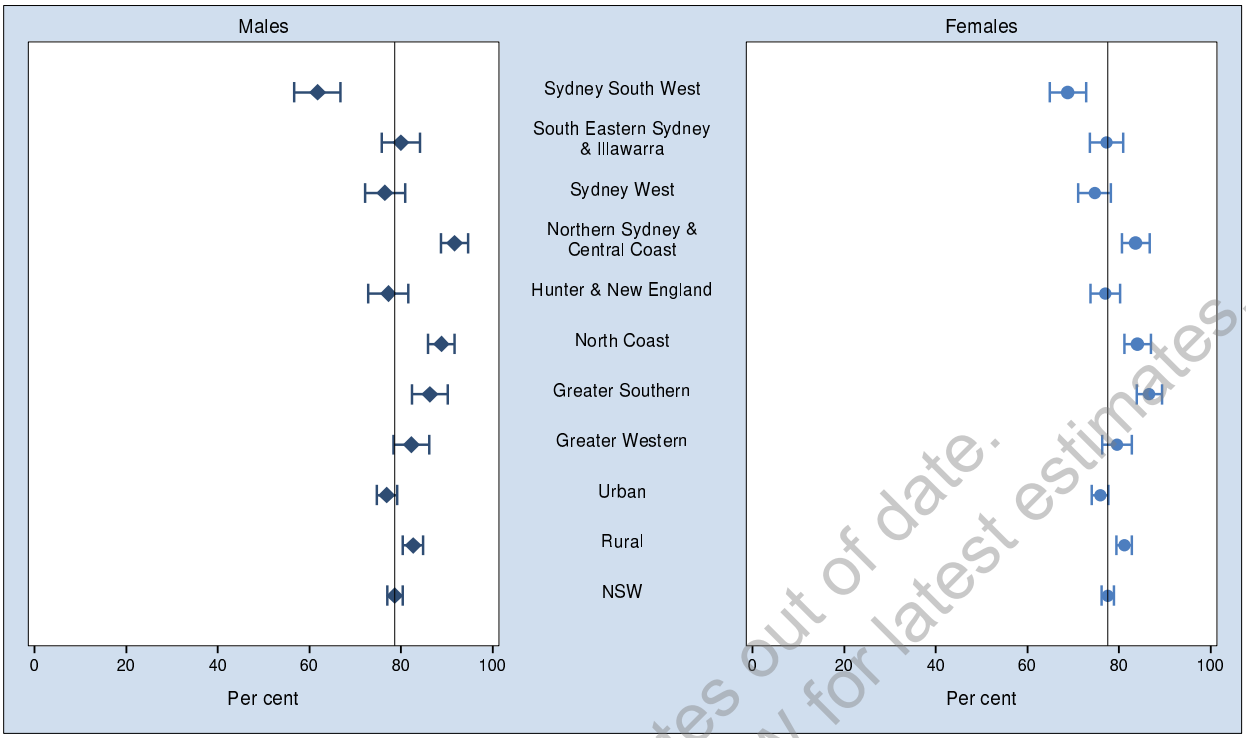


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	61.4 (56.7-66.2)	65.3 (61.5-69.0)	63.4 (60.3-66.4)
4th Quintile	81.3 (77.7-84.9)	74.0 (70.8-77.2)	77.6 (75.2-80.0)
3rd Quintile	77.5 (73.7-81.3)	76.2 (73.0-79.3)	76.8 (74.4-79.3)
2nd Quintile	81.6 (78.0-85.2)	80.9 (78.1-83.7)	81.2 (79.0-83.5)
1st Quintile	91.5 (88.9-94.2)	89.4 (87.1-91.8)	90.5 (88.7-92.3)
NSW	78.6 (77.0-80.3)	77.5 (76.1-78.8)	78.1 (77.0-79.1)

Note: Estimates are based on 11,038 respondents in NSW. For this indicator 462 (4.02%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that their area has a reputation for being a safe place. The question used was Do you strongly agree, agree, disagree or strongly disagree with the statement My area has a reputation for being a safe place?

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

Area has a reputation for being a safe place by health area, persons aged 16 years and over, NSW 2005

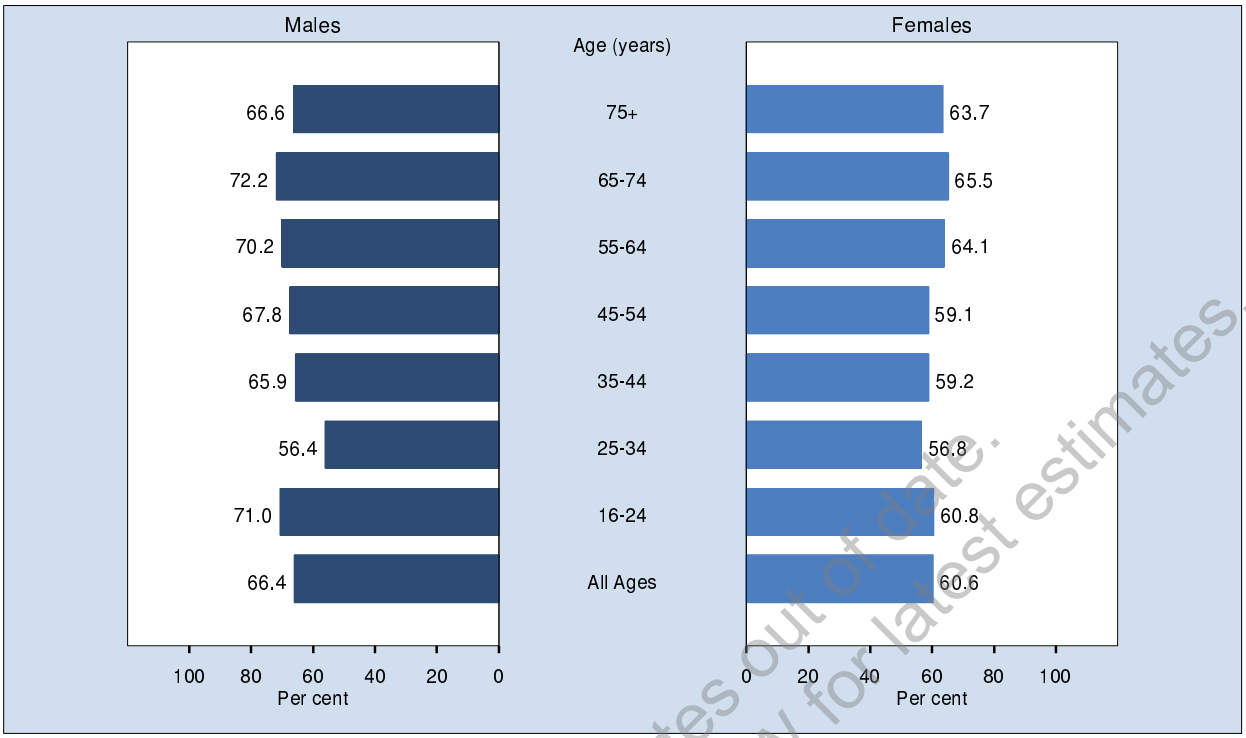


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	61.7 (56.7-66.8)	68.8 (64.9-72.8)	65.3 (62.1-68.5)
South Eastern Sydney & Illawarra	80.0 (75.8-84.2)	77.3 (73.7-80.9)	78.6 (75.8-81.4)
Sydney West	76.5 (72.1-80.8)	74.7 (71.1-78.2)	75.6 (72.8-78.4)
Northern Sydney & Central Coast	91.7 (88.7-94.6)	83.6 (80.6-86.7)	87.6 (85.5-89.7)
Hunter & New England	77.2 (72.8-81.6)	77.0 (73.7-80.2)	77.1 (74.4-79.8)
North Coast	88.8 (85.8-91.7)	84.1 (81.1-87.0)	86.4 (84.3-88.5)
Greater Southern	86.3 (82.4-90.1)	86.6 (83.9-89.3)	86.4 (84.1-88.8)
Greater Western	82.3 (78.3-86.2)	79.6 (76.4-82.8)	80.9 (78.4-83.4)
Urban	76.9 (74.7-79.1)	75.9 (74.1-77.7)	76.4 (75.0-77.8)
Rural	82.6 (80.4-84.8)	81.1 (79.5-82.8)	81.9 (80.5-83.2)
NSW	78.6 (77.0-80.3)	77.5 (76.1-78.8)	78.1 (77.0-79.1)

Note: Estimates are based on 11,038 respondents in NSW. For this indicator 462 (4.02%) were not stated (Don't know or Refused) in NSW
The indicator includes those who strongly agree or agree that their area has a reputation for being a safe place. The question used was Do you strongly agree, agree, disagree or strongly disagree with the statement My area has a reputation for being a safe place?

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

Visit neighbours by age, persons aged 16 years and over, NSW 2005

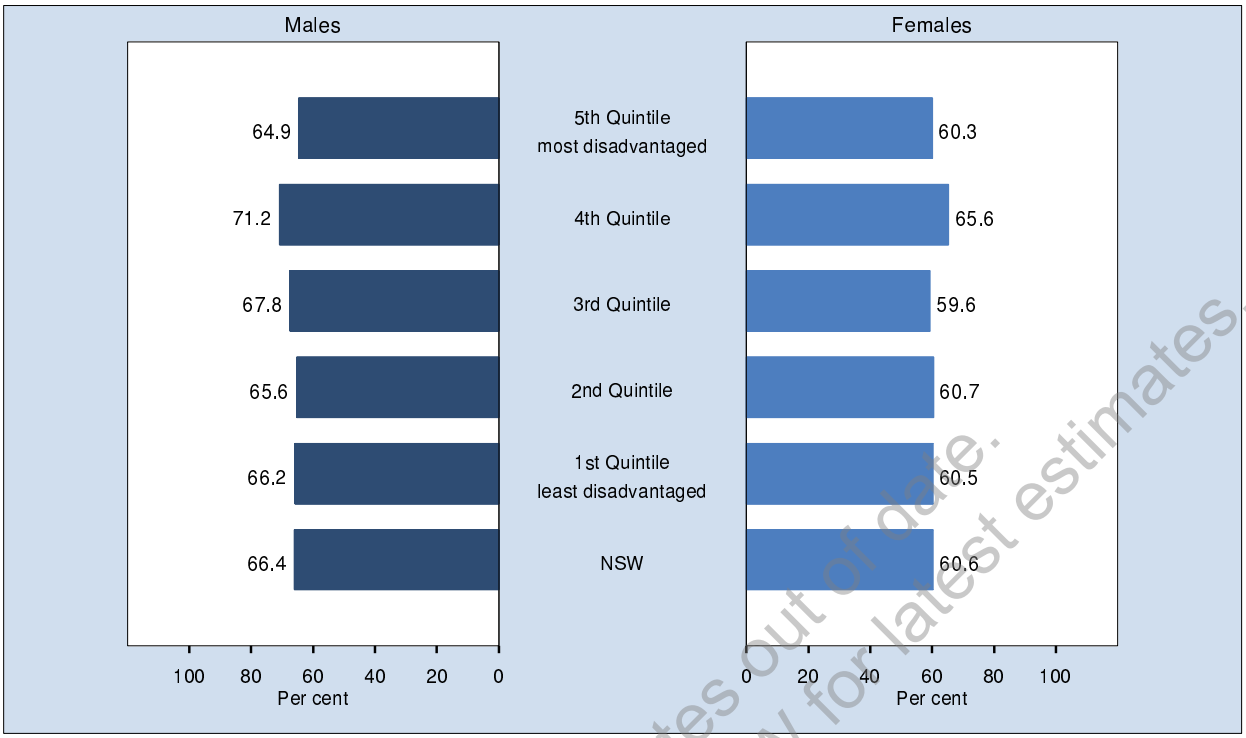


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	71.0 (65.9-76.1)	60.8 (55.6-66.0)	65.8 (62.2-69.5)
25-34	56.4 (50.8-62.0)	56.8 (52.7-60.9)	56.6 (53.1-60.1)
35-44	65.9 (61.2-70.6)	59.2 (55.2-63.2)	62.6 (59.5-65.7)
45-54	67.8 (63.8-71.9)	59.1 (55.5-62.7)	63.4 (60.7-66.1)
55-64	70.2 (66.2-74.3)	64.1 (61.0-67.3)	67.2 (64.6-69.8)
65-74	72.2 (68.4-76.0)	65.5 (62.1-68.9)	68.7 (66.2-71.3)
75+	66.6 (61.9-71.3)	63.7 (59.9-67.6)	64.9 (61.9-67.9)
All Ages	66.4 (64.5-68.3)	60.6 (59.0-62.2)	63.4 (62.2-64.7)

Note: Estimates are based on 11,476 respondents in NSW. For this indicator 24 (0.21%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Visit neighbours by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

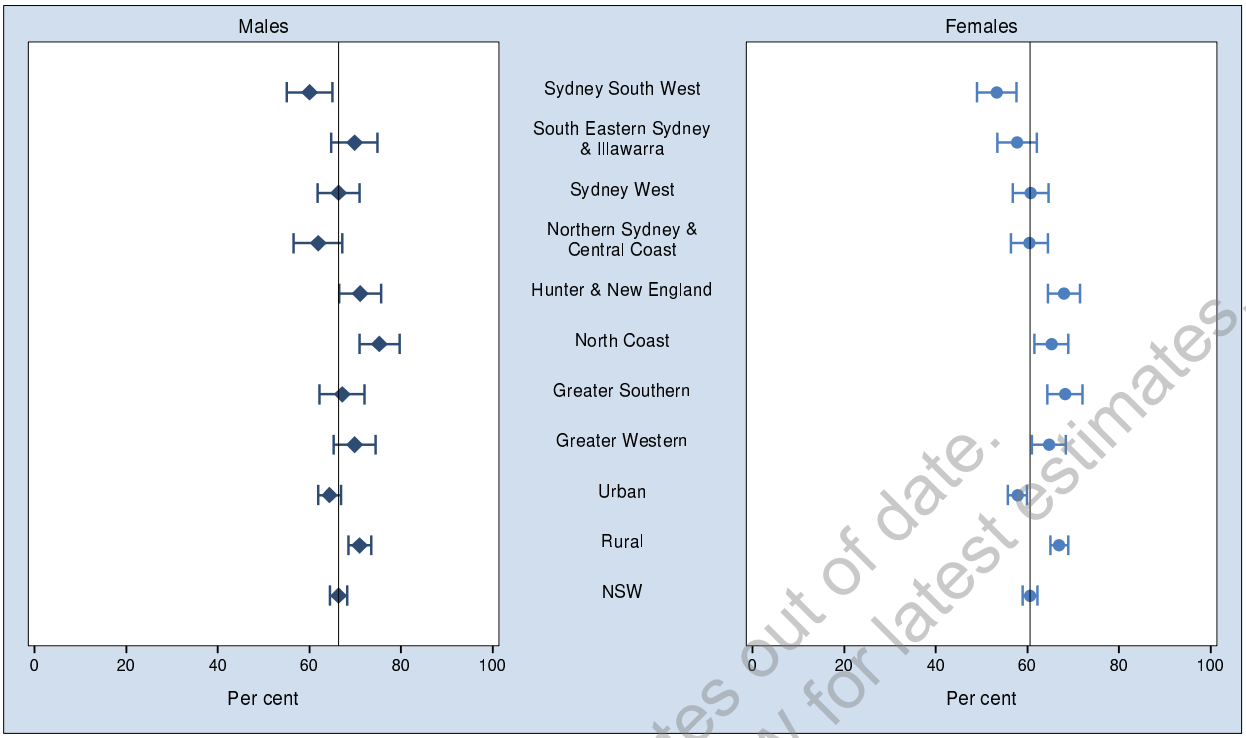


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	64.9 (60.3-69.5)	60.3 (56.5-64.2)	62.6 (59.6-65.6)
4th Quintile	71.2 (67.1-75.3)	65.6 (62.4-68.8)	68.3 (65.8-70.9)
3rd Quintile	67.8 (63.6-72.0)	59.6 (56.1-63.1)	63.6 (60.9-66.4)
2nd Quintile	65.6 (61.2-70.0)	60.7 (57.1-64.3)	63.0 (60.2-65.8)
1st Quintile	66.2 (61.6-70.7)	60.5 (56.7-64.3)	63.4 (60.4-66.3)
NSW	66.4 (64.5-68.3)	60.6 (59.0-62.2)	63.4 (62.2-64.7)

Note: Estimates are based on 11,476 respondents in NSW. For this indicator 24 (0.21%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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

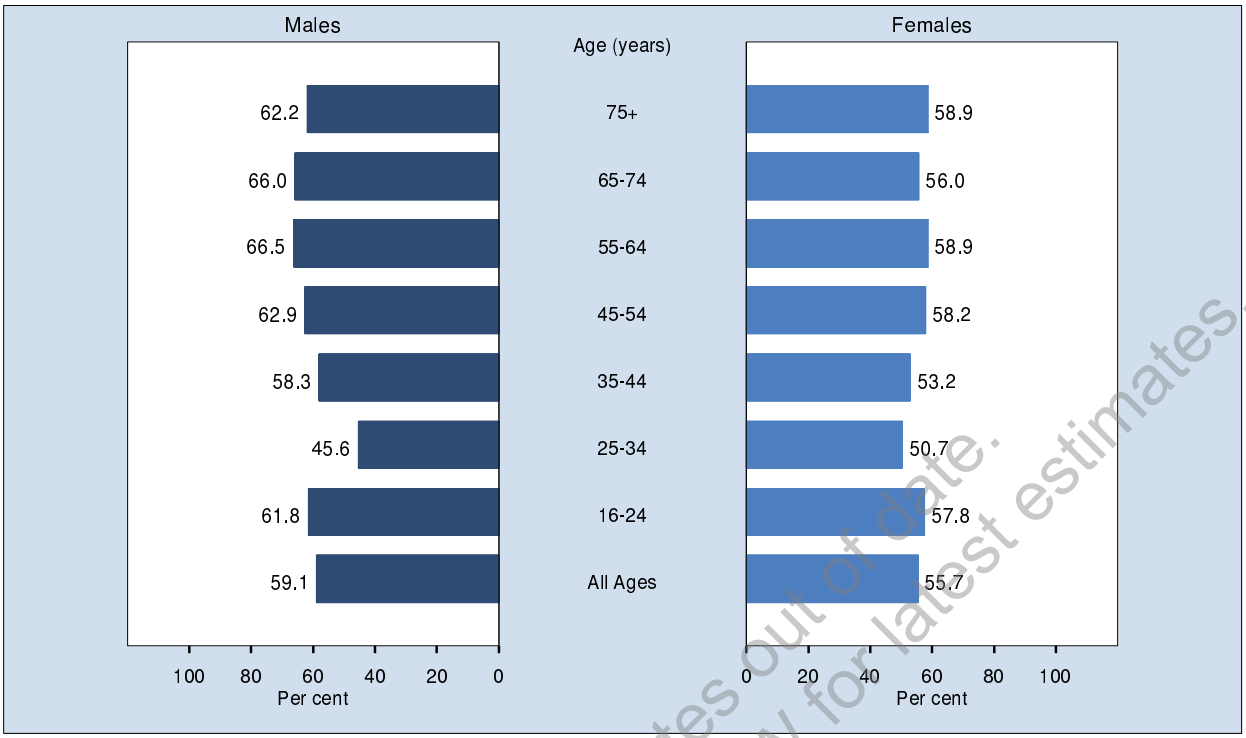


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	60.0 (55.0-65.0)	53.3 (49.0-57.6)	56.6 (53.3-59.9)
South Eastern Sydney & Illawarra	69.8 (64.8-74.9)	57.8 (53.5-62.1)	63.7 (60.4-67.1)
Sydney West	66.4 (61.7-71.0)	60.7 (56.8-64.6)	63.5 (60.5-66.5)
Northern Sydney & Central Coast	61.9 (56.6-67.2)	60.4 (56.4-64.4)	61.1 (57.8-64.4)
Hunter & New England	71.1 (66.5-75.6)	68.0 (64.4-71.5)	69.5 (66.6-72.4)
North Coast	75.3 (70.9-79.7)	65.2 (61.5-69.0)	70.1 (67.3-73.0)
Greater Southern	67.1 (62.2-72.1)	68.2 (64.4-72.0)	67.7 (64.6-70.8)
Greater Western	69.9 (65.3-74.5)	64.7 (61.0-68.4)	67.3 (64.3-70.2)
Urban	64.4 (61.9-66.9)	57.8 (55.7-59.9)	61.1 (59.4-62.7)
Rural	71.0 (68.5-73.4)	66.9 (65.0-68.9)	68.9 (67.3-70.5)
NSW	66.4 (64.5-68.3)	60.6 (59.0-62.2)	63.4 (62.2-64.7)

Note: Estimates are based on 11,476 respondents in NSW. For this indicator 24 (0.21%) 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 2005 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Able to ask for neighbourhood help to care for a child by age, persons aged 16 years and over, NSW 2005

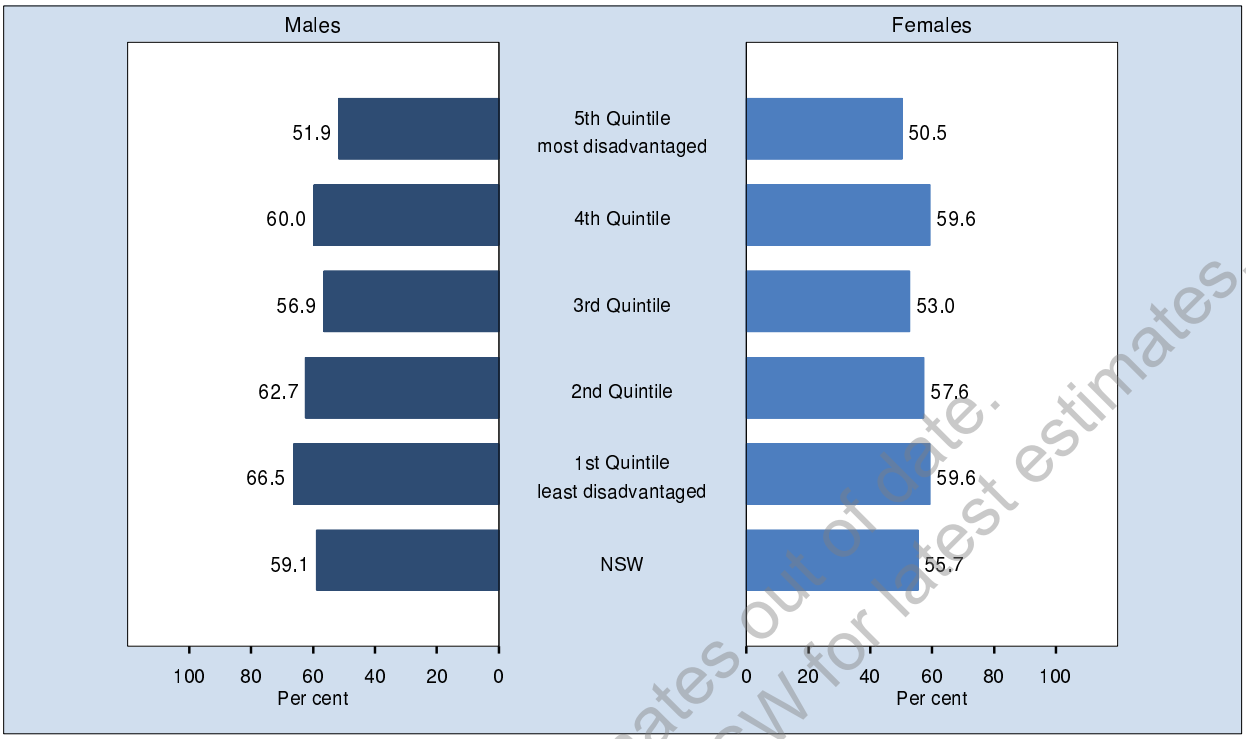


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	61.8 (56.2-67.3)	57.8 (52.5-63.0)	59.7 (55.9-63.5)
25-34	45.6 (40.0-51.2)	50.7 (46.5-54.8)	48.2 (44.6-51.7)
35-44	58.3 (53.4-63.3)	53.2 (49.2-57.3)	55.8 (52.6-59.0)
45-54	62.9 (58.6-67.3)	58.2 (54.6-61.9)	60.5 (57.7-63.4)
55-64	66.5 (62.3-70.8)	58.9 (55.6-62.2)	62.7 (60.0-65.4)
65-74	66.0 (61.9-70.2)	56.0 (52.3-59.6)	60.8 (58.0-63.6)
75+	62.2 (57.1-67.2)	58.9 (54.8-63.1)	60.3 (57.1-63.5)
All Ages	59.1 (57.1-61.2)	55.7 (54.1-57.3)	57.4 (56.1-58.7)

Note: Estimates are based on 10,918 respondents in NSW. For this indicator 582 (5.06%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would definitely or possibly be able to ask someone in their neighbourhood for help to care for a child. The question used was: If you were caring for a child and needed to go out for a while, and could not take the child with you, would you ask someone in your neighbourhood for help?

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

Able to ask for neighbourhood help to care for a child by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

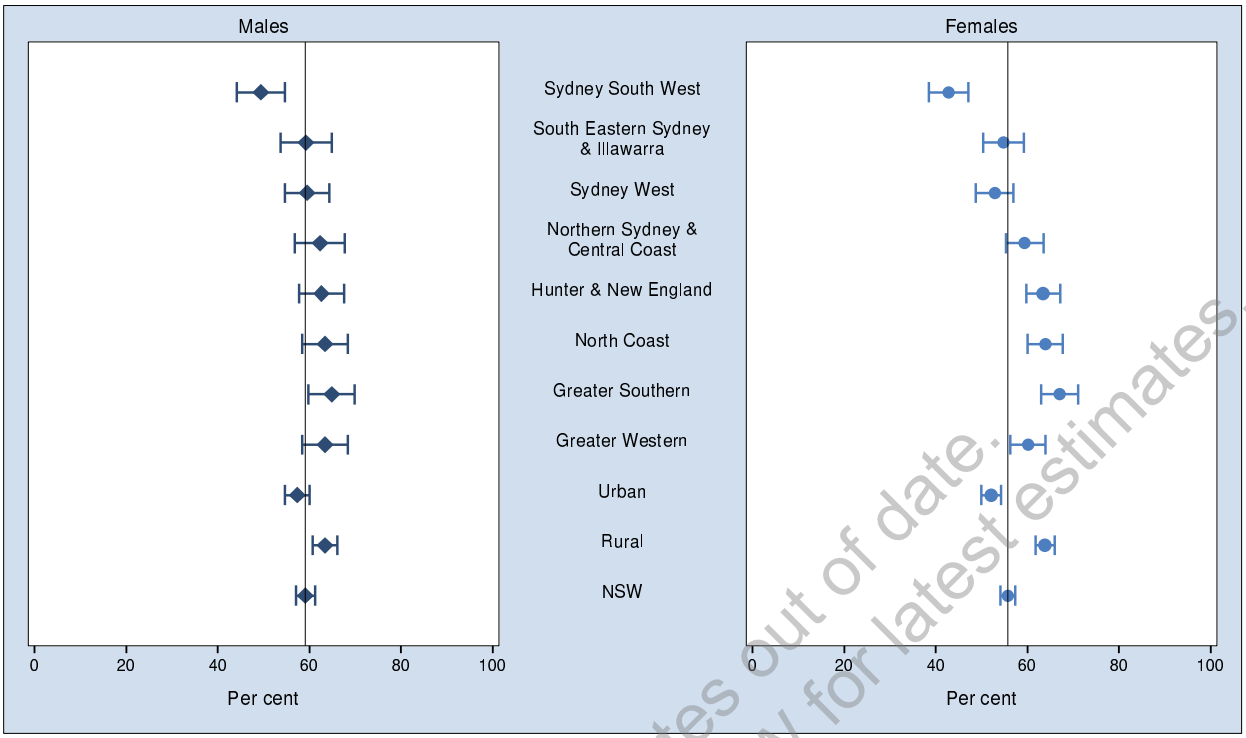


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	51.9 (47.0-56.8)	50.5 (46.6-54.5)	51.2 (48.1-54.4)
4th Quintile	60.0 (55.5-64.5)	59.6 (56.2-63.0)	59.8 (57.0-62.6)
3rd Quintile	56.9 (52.3-61.4)	53.0 (49.4-56.6)	54.9 (52.0-57.7)
2nd Quintile	62.7 (58.1-67.3)	57.6 (54.0-61.3)	60.0 (57.1-62.9)
1st Quintile	66.5 (61.8-71.2)	59.6 (55.8-63.5)	63.2 (60.1-66.2)
NSW	59.1 (57.1-61.2)	55.7 (54.1-57.3)	57.4 (56.1-58.7)

Note: Estimates are based on 10,918 respondents in NSW. For this indicator 582 (5.06%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would definitely or possibly be able to ask someone in their neighbourhood for help to care for a child. The question used was: If you were caring for a child and needed to go out for a while, and could not take the child with you, would you ask someone in your neighbourhood for help?

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

Able to ask for neighbourhood help to care for a child by health area, persons aged 16 years and over, NSW 2005

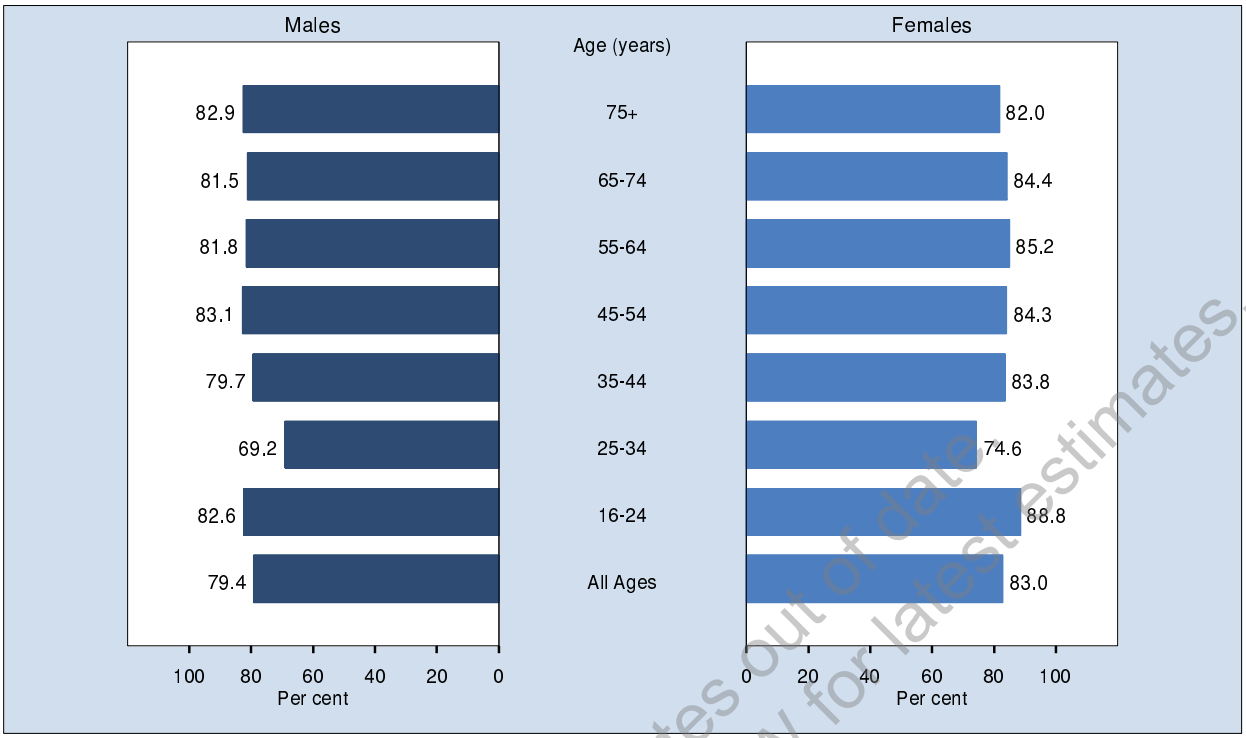


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	49.4 (44.2-54.6)	42.8 (38.4-47.1)	46.0 (42.6-49.4)
South Eastern Sydney & Illawarra	59.3 (53.7-64.8)	54.8 (50.4-59.2)	57.0 (53.4-60.5)
Sydney West	59.5 (54.6-64.4)	52.8 (48.8-56.9)	56.1 (53.0-59.3)
Northern Sydney & Central Coast	62.3 (56.9-67.8)	59.4 (55.3-63.5)	60.8 (57.4-64.2)
Hunter & New England	62.7 (57.7-67.6)	63.5 (59.7-67.2)	63.1 (60.0-66.2)
North Coast	63.4 (58.4-68.3)	63.9 (60.1-67.7)	63.6 (60.5-66.7)
Greater Southern	64.9 (59.8-69.9)	67.0 (63.0-71.0)	66.0 (62.8-69.2)
Greater Western	63.4 (58.4-68.4)	60.1 (56.3-63.9)	61.7 (58.6-64.9)
Urban	57.3 (54.6-60.0)	52.1 (50.0-54.3)	54.7 (53.0-56.4)
Rural	63.4 (60.8-66.1)	63.9 (61.8-65.9)	63.6 (62.0-65.3)
NSW	59.1 (57.1-61.2)	55.7 (54.1-57.3)	57.4 (56.1-58.7)

Note: Estimates are based on 10,918 respondents in NSW. For this indicator 582 (5.06%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would definitely or possibly be able to ask someone in their neighbourhood for help to care for a child. The question used was: If you were caring for a child and needed to go out for a while, and could not take the child with you, would you ask someone in your neighbourhood for help?

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

Run into friends and acquaintances when shopping in local area by age, persons aged 16 years and over, NSW 2005

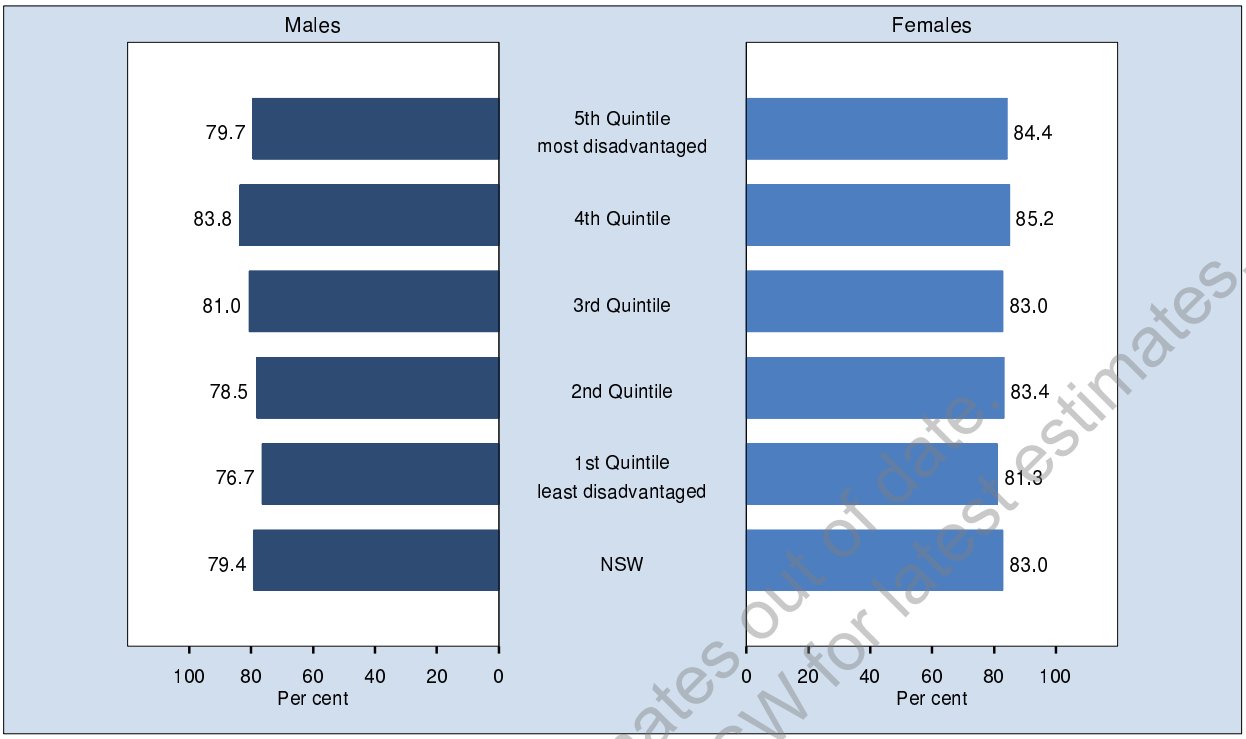


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	82.6 (78.3-86.9)	88.8 (85.5-92.0)	85.7 (83.0-88.4)
25-34	69.2 (63.9-74.6)	74.6 (70.9-78.3)	71.9 (68.7-75.2)
35-44	79.7 (75.8-83.7)	83.8 (80.9-86.7)	81.8 (79.3-84.2)
45-54	83.1 (79.9-86.4)	84.3 (81.6-87.0)	83.7 (81.6-85.8)
55-64	81.8 (78.5-85.1)	85.2 (82.9-87.5)	83.5 (81.4-85.5)
65-74	81.5 (78.2-84.9)	84.4 (81.7-87.1)	83.0 (80.8-85.1)
75+	82.9 (79.2-86.6)	82.0 (79.0-85.0)	82.4 (80.0-84.7)
All Ages	79.4 (77.7-81.1)	83.0 (81.8-84.2)	81.2 (80.2-82.3)

Note: Estimates are based on 11,447 respondents in NSW. For this indicator 53 (0.46%) were not stated (Don't know or Refused) in NSW
The indicator includes those who run into friends and acquaintances when shopping in their local area at least some of the time. The question used was: When you go shopping in your local area how often are you likely to run into friends and acquaintances?

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

Run into friends and acquaintances when shopping in local area by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

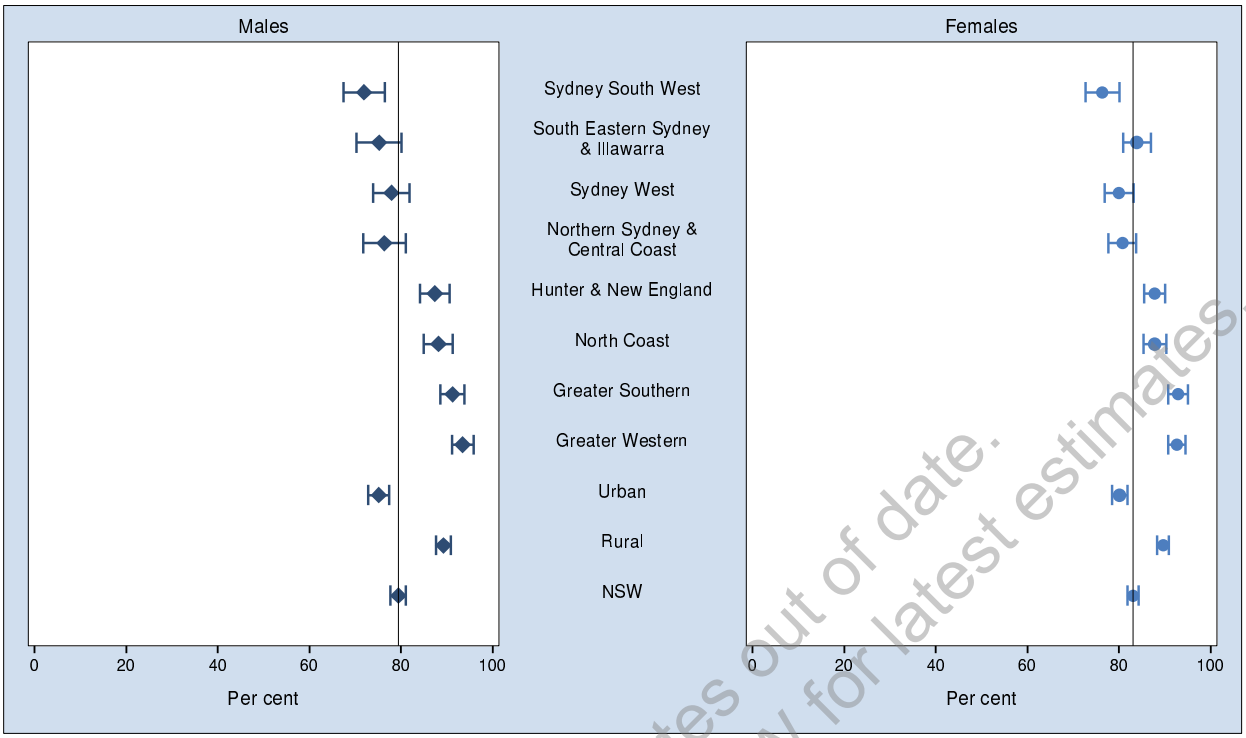


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	79.7 (75.9-83.6)	84.4 (81.5-87.3)	82.1 (79.7-84.5)
4th Quintile	83.8 (80.0-87.6)	85.2 (82.6-87.8)	84.5 (82.2-86.8)
3rd Quintile	81.0 (77.2-84.7)	83.0 (80.3-85.6)	82.0 (79.7-84.3)
2nd Quintile	78.5 (74.8-82.2)	83.4 (80.7-86.1)	81.2 (78.9-83.4)
1st Quintile	76.7 (72.7-80.7)	81.3 (78.4-84.2)	79.0 (76.5-81.5)
NSW	79.4 (77.7-81.1)	83.0 (81.8-84.2)	81.2 (80.2-82.3)

Note: Estimates are based on 11,447 respondents in NSW. For this indicator 53 (0.46%) were not stated (Don't know or Refused) in NSW
The indicator includes those who run into friends and acquaintances when shopping in their local area at least some of the time. The question used was: When you go shopping in your local area how often are you likely to run into friends and acquaintances?

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

Run into friends and acquaintances when shopping in local area by health area, persons aged 16 years and over, NSW 2005

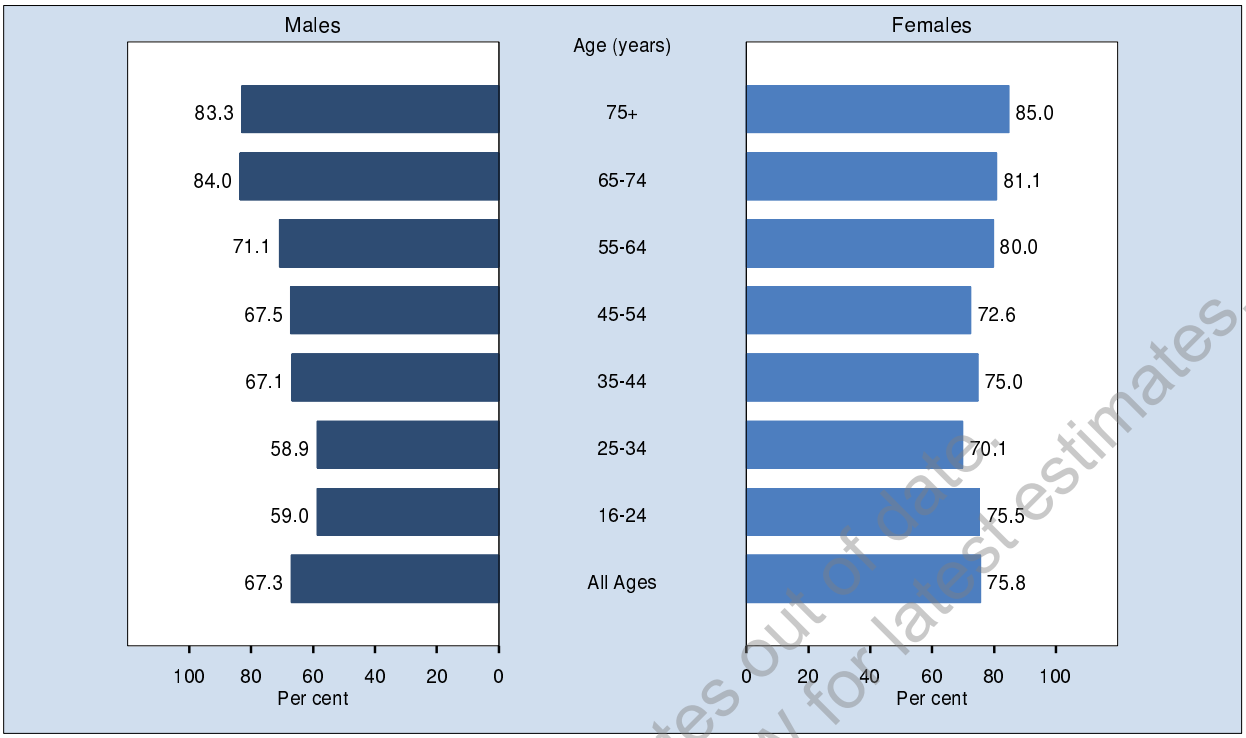


Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	71.9 (67.4-76.4)	76.4 (72.7-80.0)	74.2 (71.3-77.1)
South Eastern Sydney & Illawarra	75.2 (70.3-80.1)	83.9 (80.9-87.0)	79.6 (76.7-82.5)
Sydney West	77.9 (73.9-81.9)	80.0 (76.8-83.1)	78.9 (76.4-81.5)
Northern Sydney & Central Coast	76.4 (71.8-81.0)	80.7 (77.6-83.8)	78.6 (75.9-81.4)
Hunter & New England	87.3 (84.1-90.5)	87.7 (85.4-90.0)	87.5 (85.6-89.5)
North Coast	88.1 (85.0-91.3)	87.8 (85.3-90.4)	88.0 (86.0-90.0)
Greater Southern	91.2 (88.5-93.9)	92.8 (90.7-95.0)	92.0 (90.3-93.7)
Greater Western	93.5 (91.1-95.8)	92.6 (90.7-94.5)	93.0 (91.5-94.5)
Urban	75.2 (72.9-77.5)	80.1 (78.5-81.8)	77.7 (76.3-79.1)
Rural	89.3 (87.6-90.9)	89.6 (88.4-90.8)	89.4 (88.4-90.5)
NSW	79.4 (77.7-81.1)	83.0 (81.8-84.2)	81.2 (80.2-82.3)

Note: Estimates are based on 11,447 respondents in NSW. For this indicator 53 (0.46%) were not stated (Don't know or Refused) in NSW
The indicator includes those who run into friends and acquaintances when shopping in their local area at least some of the time. The question used was: When you go shopping in your local area how often are you likely to run into friends and acquaintances?

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

Sad to leave neighbourhood by age, persons aged 16 years and over, NSW 2005

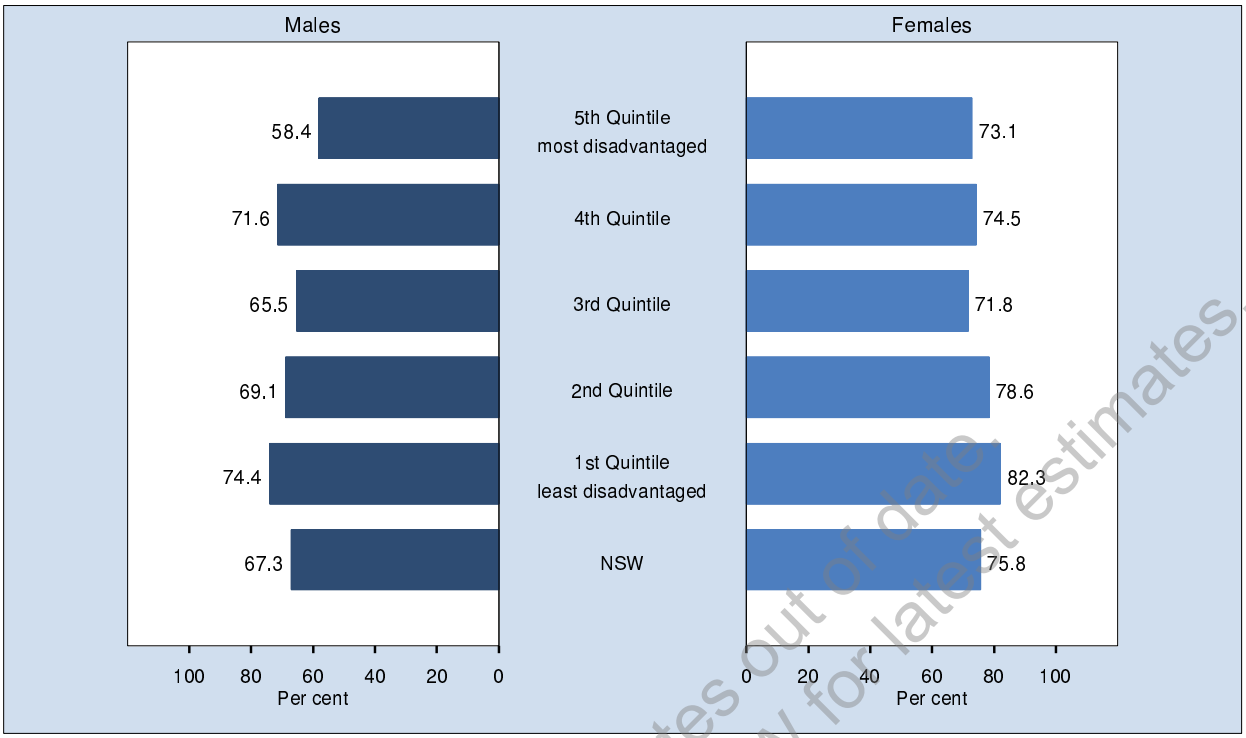


Age (years)	Males (95% CI)	Females (95% CI)	Persons (95% CI)
16-24	59.0 (53.4-64.7)	75.5 (71.0-80.0)	67.4 (63.7-71.1)
25-34	58.9 (53.3-64.5)	70.1 (66.3-74.0)	64.5 (61.1-67.9)
35-44	67.1 (62.3-71.8)	75.0 (71.6-78.5)	71.1 (68.1-74.0)
45-54	67.5 (63.4-71.7)	72.6 (69.4-75.9)	70.1 (67.4-72.7)
55-64	71.1 (67.0-75.3)	80.0 (77.5-82.6)	75.6 (73.1-78.0)
65-74	84.0 (80.9-87.1)	81.1 (78.2-84.0)	82.5 (80.4-84.6)
75+	83.3 (79.4-87.1)	85.0 (82.1-87.9)	84.3 (82.0-86.6)
All Ages	67.3 (65.4-69.3)	75.8 (74.4-77.2)	71.7 (70.5-72.9)

Note: Estimates are based on 11,178 respondents in NSW. For this indicator 322 (2.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be sad if they had to leave their neighbourhood. The question used was: Would you be sad if you had to leave this neighbourhood?

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

Sad to leave neighbourhood by socioeconomic disadvantage, persons aged 16 years and over, NSW 2005

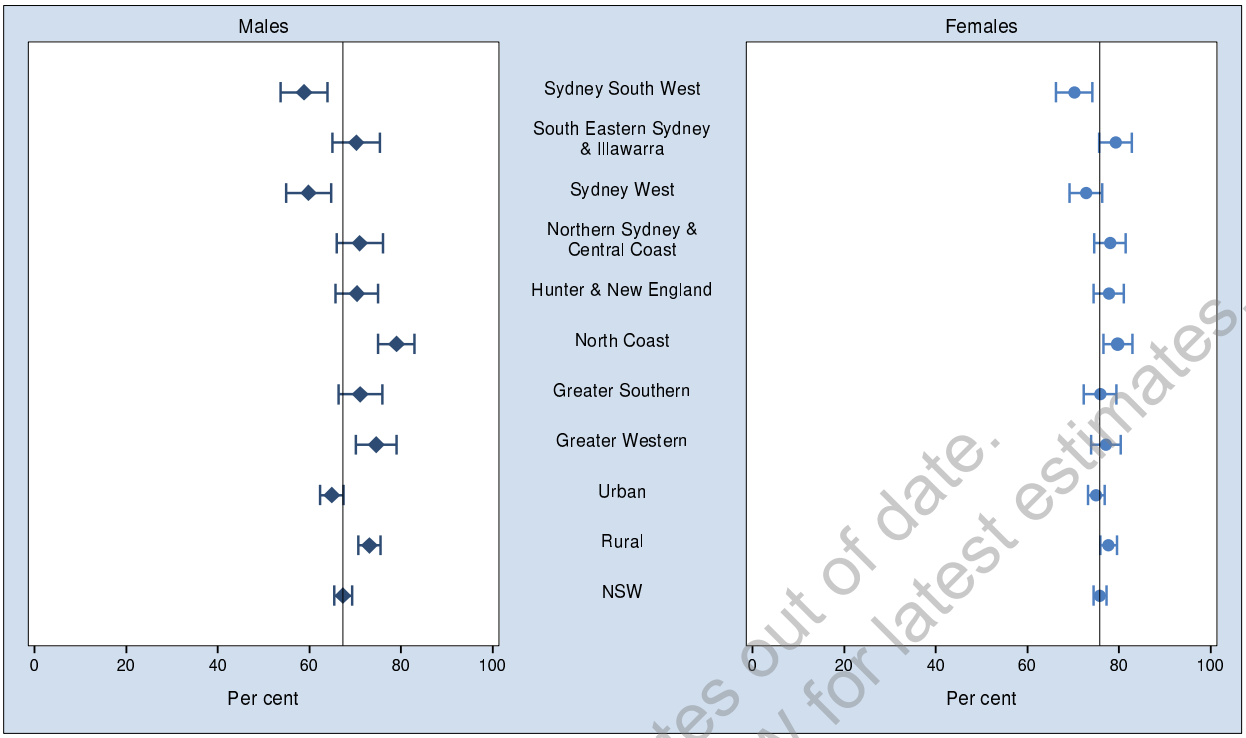


Quintile of socioeconomic disadvantage	Males (95% CI)	Females (95% CI)	Persons (95% CI)
5th Quintile	58.4 (53.6-63.2)	73.1 (69.7-76.6)	65.9 (62.9-68.9)
4th Quintile	71.6 (67.4-75.8)	74.5 (71.4-77.5)	73.1 (70.5-75.7)
3rd Quintile	65.5 (61.1-70.0)	71.8 (68.5-75.1)	68.8 (66.0-71.5)
2nd Quintile	69.1 (64.8-73.5)	78.6 (75.6-81.7)	74.3 (71.7-76.9)
1st Quintile	74.4 (70.0-78.7)	82.3 (79.4-85.2)	78.3 (75.6-80.9)
NSW	67.3 (65.4-69.3)	75.8 (74.4-77.2)	71.7 (70.5-72.9)

Note: Estimates are based on 11,178 respondents in NSW. For this indicator 322 (2.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be sad if they had to leave their neighbourhood. The question used was: Would you be sad if you had to leave this neighbourhood?

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

Sad to leave neighbourhood by health area, persons aged 16 years and over, NSW 2005



Area	Males (95% CI)	Females (95% CI)	Persons (95% CI)
Sydney South West	58.8 (53.7-64.0)	70.2 (66.2-74.2)	64.6 (61.4-67.9)
South Eastern Sydney & Illawarra	70.2 (65.0-75.4)	79.3 (75.7-82.8)	74.8 (71.7-78.0)
Sydney West	59.8 (54.9-64.8)	72.8 (69.2-76.4)	66.3 (63.2-69.4)
Northern Sydney & Central Coast	71.0 (65.9-76.1)	78.0 (74.6-81.4)	74.7 (71.6-77.7)
Hunter & New England	70.3 (65.7-75.0)	77.7 (74.4-81.1)	74.1 (71.3-77.0)
North Coast	79.0 (75.0-83.0)	79.8 (76.5-83.0)	79.4 (76.8-81.9)
Greater Southern	71.1 (66.4-75.9)	75.9 (72.3-79.4)	73.6 (70.6-76.5)
Greater Western	74.5 (70.1-79.0)	77.1 (73.8-80.3)	75.8 (73.1-78.6)
Urban	64.9 (62.3-67.4)	75.0 (73.2-76.9)	70.0 (68.5-71.6)
Rural	73.1 (70.7-75.6)	77.7 (75.9-79.5)	75.5 (74.0-77.0)
NSW	67.3 (65.4-69.3)	75.8 (74.4-77.2)	71.7 (70.5-72.9)

Note: Estimates are based on 11,178 respondents in NSW. For this indicator 322 (2.8%) were not stated (Don't know or Refused) in NSW
The indicator includes those who would be sad if they had to leave their neighbourhood. The question used was: Would you be sad if you had to leave this neighbourhood?

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

Conclusion

The New South Wales Population Health Survey began as a continuous survey in 2002, following adult health surveys in 1997 and 1998. Most indicators are collected and reported annually but some are collected and reported biennially and triennially. In 2005, data were collected on demographics, health behaviours, health status, use of and satisfaction with health services, and social capital. Some of these indicators are highlighted below.

Health behaviours

Health behaviours influence health and wellbeing. There have been significant changes in some indicators of health behaviour, while other indicators have not changed significantly.

Between 1997 and 2005, in both males and females, there have been increases in: vaccination against influenza, vaccination against pneumococcal pneumonia, recommended daily fruit intake, adequate physical activity, smoke alarms in the home, and smoke-free homes. Between 2003 and 2005 there have been increases in: smoke-free cars and the likelihood of people to attend pubs or clubs if smoking was banned.

Between 1997 and 2005, in both males and females, there have been decreases in: any alcohol risk drinking, current smoking, and use of low fat, reduced fat or skim milk, high risk alcohol drinking (binge drinking). Between 1997 and 2005 in males only there has been a decrease in daily vegetable intake. Between 2003 and 2005, in both males and females, there has been a decrease in the proportion of adults who would be less likely to attend pubs or clubs if smoking was banned.

The proportion of adults using a public water supply for their drinking water, and the proportion of adults experiencing food insecurity in the last 12 months, has not changed significantly between 2002 and 2005.

In 2005, 4 new indicators were collected for health behaviours: If current smokers, had been told to quit the last time they consulted their doctor; Water activites; solarium or sunbed use in the last 12 months; and among 16–19 year olds vaccination against meningococcal C in the last year.

Health status

Monitoring the health status of a population helps detect emerging patterns of illness and disease and provides information to inform health policy and planning of health services. There have been significant changes in some indicators of health status, while other indicators have not changed significantly.

Between 1997 and 2005, in both males and females, there have been increases in: the proportion of adults who have ever been diagnosed with asthma; who have a written asthma management plan; who have doctor-diagnosed high blood pressure; who have had their cholesterol measured in the last two years; who have diabetes or high blood glucose; who are overweight and obese; and who are obese. Between 2002 and 2005, in both males and females, there has been an increase in the proportion of adults visiting a dental professional in the last 12 months.

Between 1997 and 2005, in both males and females, there have been decreases in: excellent, very good, or good self-rated health status; and moderate to extreme interference with daily activities due to asthma. Between 1998 and 2005, in both males and females, there has been a decrease in the proportion of adults with all their natural teeth missing.

There has been no significant change in: the prevalence of current asthma; the proportion of adults having their blood pressure measured in the last 2 years; the prevalence of doctor-diagnosed high cholesterol; high and very high psychological distress in the last 4 weeks; difficulties with performing activities in the last 4 weeks; and moderate or serious bodily pain in the last 4 weeks.

In 2005, 3 new indicators were collected for health status: organised sport in the last 12 months; sports injury in the last 12 months; and agreement with adding flouride to the public water supply.

Health services

Information about the use of and satisfaction with health services assists in formulating health policy and health service planning. There have been significant changes in some health service indicators, while other indicators have not changed significantly.

Between 1997 and 2005, in both males and females, there have been increases in: the proportion of adults with private health insurance; and the proportion of adults with difficulties getting health care when needing it.

There has been no significant change in: emergency department presentations in the last 12 months or the overall rating of emergency department care as excellent, very good or good. There has been no significant change in hospital admissions in the last 12 months or in the overall rating of hospital care as excellent, very good or good. There has been no significant change in the proportion of visits to community health centres or public dental services.

Social capital

Social capital is created from the everyday interactions between people. It is called capital because it can be measured and quantified in a way that can distribute its benefits and avoid its losses. There have been significant changes in some indicators of social capital, while other indicators have not changed significantly.

Between 2002 and 2005, in both males and females, there have been increases in the proportion of adults who: attended a community event at least once in the last 6 months, said most people can be trusted, who felt safe walking down their street after dark, said their local area has a reputation for being a safe place.

Between 2002 and 2005, in both males and females, there have been decreases in the proportion of adults who: visited neighbours, and felt able to ask for neighbourhood help to care for a child.

There has been no significant change in the proportion of adults who: helped out at any local group or organisation at least once in the last 3 months; were active members of a local organisation or church or club; ran into friends and acquaintances when shopping in their local area; or would feel sad if they had to leave their neighbourhood.

The future

The collection and reporting plan for the New South Wales Population Health Survey to 2012 can be found at www.health.nsw.gov.au/public-health/survey/hsurvey.html. The continued monitoring of indicators via the Survey will provide information to assist health professionals, health service planners and those involved in development of health policy.

Conclusion : Health behaviours

Indicator	Year	Males	Females	Person (95% CI)
Private health insurance	1997	50.6 (49.1-52.0)	34.3 (33.1-35.6)	42.3 (41.3-43.3)
	1998	50.4 (48.8-52.0)	36.3 (35.0-37.6)	43.2 (42.2-44.2)
	2002	39.3 (37.3-41.2)	30.2 (28.6-31.8)	34.7 (33.4-35.9)
	2003	41.5 (39.5-43.4)	30.2 (28.8-31.7)	35.6 (34.4-36.8)
	2004	40.5 (38.1-42.8)	30.3 (28.5-32.1)	35.3 (33.8-36.8)
	2005	37.2 (35.3-39.2)	27.3 (25.8-28.7)	32.1 (30.9-33.3)
High risk alcohol drinking	2002	16.8 (15.1-18.5)	12.1 (10.7-13.6)	14.7 (13.5-15.8)
	2003	17.8 (16.1-19.5)	10.8 (9.6-12.0)	14.5 (13.5-15.6)
	2004	15.6 (13.7-17.5)	10.9 (9.3-12.4)	13.5 (12.2-14.7)
	2005	13.2 (11.7-14.7)	7.1 (6.2-8.0)	10.1 (9.2-10.9)
Use public water as usual source of water	2002			80.9 (79.3-82.5)
	2003			81.2 (80.3-82.1)
	2005			78.5 (77.3-79.6)
Vaccinated against influenza in the last 12 months, persons aged 65 years and over	1997	55.7 (52.3-59.2)	58.1 (55.3-61.0)	57.1 (54.9-59.3)
	1998	61.9 (58.4-65.3)	64.5 (61.9-67.2)	63.3 (61.2-65.5)
	2002	74.6 (71.6-77.6)	75.8 (73.3-78.2)	75.2 (73.3-77.1)
	2003	76.3 (73.2-79.3)	75.9 (73.5-78.3)	76.0 (74.1-77.9)
	2004	76.1 (72.6-79.5)	75.5 (72.7-78.4)	75.8 (73.6-78.0)
	2005	75.3 (72.6-78.1)	74.5 (72.2-76.8)	74.9 (73.1-76.7)
Vaccinated against pneumococcal disease in the last 5 years, persons aged 65 years and over	2002	36.0 (32.6-39.4)	40.9 (38.0-43.7)	38.6 (36.4-40.8)
	2003	45.5 (42.0-49.1)	48.6 (45.8-51.5)	47.1 (44.9-49.4)
	2004	43.4 (39.2-47.5)	50.3 (46.9-53.6)	47.2 (44.6-49.8)
	2005	51.0 (47.8-54.3)	56.5 (53.9-59.1)	54.1 (52.0-56.1)
Vaccinated against meningococcal C disease in the last year	2005	55.7 (47.4-64.0)	68.7 (61.4-76.1)	62.5 (56.9-68.2)
Homes with a smoke alarm or detector	1997			58.2 (57.3-59.2)
	1998			64.0 (63.0-65.0)
	2002			73.0 (71.9-74.1)
	2003			72.8 (71.7-73.9)
	2004			71.5 (70.1-72.9)
	2005			76.9 (75.8-78.0)
Swimming, fishing or rock fishing in last 4 weeks	2005	29.6 (27.7-31.5)	23.7 (22.2-25.1)	26.6 (25.4-27.8)
Recommended fruit consumption	1997	39.7 (38.3-41.1)	52.4 (51.1-53.7)	46.1 (45.2-47.1)
	1998	39.5 (38.0-41.0)	50.9 (49.5-52.2)	45.3 (44.3-46.3)
	2002	41.4 (39.4-43.3)	51.2 (49.5-52.9)	46.3 (45.0-47.6)
	2003	40.1 (38.2-42.0)	54.5 (53.0-56.1)	47.4 (46.2-48.6)
	2004	40.6 (38.3-43.0)	53.4 (51.5-55.4)	47.1 (45.6-48.6)
	2005	44.6 (42.6-46.5)	57.5 (55.9-59.1)	51.2 (49.9-52.4)

Indicator	Year	Males	Females	Person (95% CI)
Recommended vegetable consumption	1997	8.0 (7.3-8.8)	9.7 (8.9-10.5)	8.9 (8.3-9.4)
	1998	7.1 (6.4-7.9)	8.6 (7.8-9.3)	7.9 (7.3-8.4)
	2002	5.8 (4.9-6.6)	9.1 (8.3-10.0)	7.5 (6.9-8.1)
	2003	8.1 (7.1-9.1)	11.4 (10.4-12.4)	9.8 (9.1-10.5)
	2004	6.0 (5.0-7.0)	10.3 (9.1-11.4)	8.2 (7.4-8.9)
	2005	4.7 (3.9-5.4)	10.1 (9.2-10.9)	7.4 (6.8-8.0)
Usual use of lower fat milks	1997	37.2 (35.8-38.6)	53.6 (52.3-55.0)	45.5 (44.6-46.5)
	1998	38.6 (37.0-40.1)	52.3 (50.9-53.6)	45.5 (44.5-46.5)
	2002	35.6 (33.7-37.4)	50.6 (48.9-52.3)	43.2 (41.9-44.4)
	2003	37.2 (35.4-39.1)	50.9 (49.3-52.4)	44.2 (42.9-45.4)
	2004	38.8 (36.4-41.1)	53.2 (51.3-55.1)	46.1 (44.6-47.6)
	2005	37.4 (35.5-39.2)	50.4 (48.8-52.0)	44.0 (42.7-45.2)
Food insecurity in the last 12 months	2002	5.3 (4.4-6.1)	6.1 (5.3-6.9)	5.7 (5.1-6.3)
	2003	5.3 (4.4-6.1)	6.8 (6.0-7.5)	6.1 (5.5-6.6)
	2004	5.3 (4.3-6.3)	6.2 (5.2-7.2)	5.7 (5.0-6.4)
	2005	4.0 (3.2-4.8)	6.5 (5.7-7.4)	5.3 (4.7-5.9)
Adequate physical activity	1998	52.5 (51.0-54.0)	43.4 (42.1-44.7)	47.9 (46.9-48.9)
	2002	51.0 (49.1-53.0)	43.4 (41.8-45.1)	47.2 (45.9-48.5)
	2003	49.5 (47.6-51.5)	40.4 (38.9-42.0)	44.7 (43.5-46.0)
	2004	57.0 (54.7-59.3)	47.9 (46.0-49.8)	52.4 (50.9-53.9)
	2005	56.6 (54.6-58.5)	47.3 (45.7-49.0)	51.9 (50.6-53.1)
Current daily or occasional smoking	1997	27.1 (25.8-28.4)	21.1 (20.0-22.1)	24.0 (23.2-24.9)
	1998	26.2 (24.8-27.5)	21.3 (20.2-22.4)	23.7 (22.8-24.6)
	2002	23.9 (22.2-25.6)	19.2 (17.9-20.5)	21.5 (20.5-22.6)
	2003	24.7 (23.0-26.4)	19.7 (18.5-21.0)	22.3 (21.2-23.3)
	2004	22.5 (20.5-24.5)	19.3 (17.8-20.8)	20.9 (19.6-22.1)
	2005	22.6 (20.9-24.3)	17.6 (16.3-18.8)	20.1 (19.0-21.1)
Smoke-free households	1997			69.7 (68.8-70.6)
	1998			73.1 (72.3-74.0)
	2002			80.8 (79.8-81.8)
	2003			82.6 (81.7-83.5)
	2004			84.2 (83.2-85.3)
	2005			86.1 (85.2-87.0)
Smoke-free cars	2003			81.2 (80.2-82.2)
	2004			84.3 (83.1-85.5)
	2005			84.8 (83.9-85.8)
Doctor advised to quit smoking	2005	42.0 (37.4-46.6)	46.9 (42.6-51.3)	44.2 (41.0-47.4)
Less likely to attend hotels and licensed bars if smoking banned	2003	10.5 (9.4-11.7)	8.9 (8.0-9.9)	9.8 (9.0-10.5)
	2005	8.3 (7.1-9.4)	6.7 (5.8-7.6)	7.5 (6.7-8.2)
More likely to attend hotels and licensed bars if smoking banned in hotels and licensed bars	2003	23.1 (21.5-24.8)	25.5 (24.1-26.9)	24.2 (23.2-25.3)
	2005	32.5 (30.6-34.4)	38.0 (36.4-39.6)	35.3 (34.0-36.5)
Solarium use in last 12 months	2005	2.0 (1.3-2.6)	2.6 (2.0-3.2)	2.3 (1.8-2.7)

Indicator	Year	Males	Females	Person (95% CI)
Ever diagnosed with asthma	1997	15.2 (14.1-16.2)	18.4 (17.3-19.4)	16.8 (16.1-17.5)
	1998	15.5 (14.3-16.6)	18.1 (17.1-19.1)	16.8 (16.1-17.6)
	2002	18.6 (17.1-20.1)	21.1 (19.7-22.4)	19.8 (18.8-20.9)
	2003	19.3 (17.7-20.8)	22.6 (21.3-23.9)	21.0 (19.9-22.0)
	2005	17.9 (16.4-19.4)	20.4 (19.1-21.7)	19.2 (18.2-20.2)

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

Conclusion : Health status

Indicator	Year	Males	Females	Person (95% CI)
Current asthma	1997	8.8 (7.9-9.6)	12.1 (11.2-13.0)	10.5 (9.8-11.1)
	1998	8.9 (8.0-9.8)	11.0 (10.2-11.7)	9.9 (9.4-10.5)
	2002	9.2 (8.1-10.4)	12.1 (11.1-13.2)	10.7 (9.9-11.5)
	2003	9.1 (8.0-10.3)	12.6 (11.6-13.7)	10.9 (10.1-11.7)
	2004	8.9 (7.4-10.4)	11.9 (10.7-13.1)	10.4 (9.5-11.4)
	2005	8.8 (7.7-9.9)	12.0 (11.0-13.0)	10.4 (9.7-11.2)
Written asthma management plan	1997	34.2 (29.4-38.9)	36.6 (32.7-40.4)	35.6 (32.6-38.6)
	1998	33.4 (28.4-38.4)	35.6 (32.1-39.1)	34.6 (31.7-37.6)
	2003	34.7 (27.3-42.0)	45.0 (39.8-50.2)	41.2 (36.9-45.4)
	2005	49.7 (43.1-56.4)	43.2 (38.8-47.7)	45.9 (42.1-49.7)
Moderate to extreme interference with daily activities	1997	16.7 (13.3-20.1)	26.8 (23.3-30.4)	22.6 (20.1-25.2)
	1998	20.5 (16.4-24.6)	23.4 (20.5-26.4)	22.2 (19.7-24.6)
	2003	15.1 (10.6-19.7)	17.8 (13.9-21.8)	16.9 (13.9-19.9)
	2005	6.0 (3.9-8.1)	12.9 (10.0-15.8)	10.0 (8.1-12.0)
Blood pressure measured within the last 2 years	1997	82.5 (81.3-83.6)	91.3 (90.5-92.1)	87.0 (86.3-87.7)
	1998	82.8 (81.5-84.0)	91.5 (90.7-92.3)	87.2 (86.4-87.9)
	2002	81.8 (80.2-83.5)	90.4 (89.2-91.5)	86.2 (85.2-87.2)
	2005	86.7 (85.2-88.2)	91.8 (90.8-92.8)	89.3 (88.4-90.2)
High blood pressure	1997	16.5 (15.4-17.5)	15.9 (15.0-16.8)	16.2 (15.5-16.8)
	1998	17.1 (16.0-18.2)	17.0 (16.1-17.9)	17.1 (16.3-17.8)
	2002	20.4 (18.9-21.8)	18.3 (17.2-19.4)	19.3 (18.4-20.2)
	2005	25.7 (24.1-27.3)	28.6 (27.3-30.0)	27.2 (26.1-28.2)
Cholesterol measured within last 2 years	1997	47.3 (45.8-48.7)	46.1 (44.8-47.4)	46.7 (45.7-47.7)
	1998	50.3 (48.8-51.9)	47.1 (45.7-48.4)	48.7 (47.6-49.7)
	2002	53.6 (51.6-55.6)	51.5 (49.8-53.2)	52.6 (51.2-53.9)
	2005	57.9 (55.8-59.9)	59.3 (57.6-60.9)	58.6 (57.3-59.9)
High cholesterol	1997	24.9 (23.4-26.4)	23.5 (22.2-24.8)	24.2 (23.2-25.2)
	1998	21.5 (20.0-23.0)	21.3 (20.1-22.6)	21.4 (20.4-22.4)
	2002	25.2 (23.3-27.2)	24.1 (22.6-25.7)	24.7 (23.4-26.0)
	2005	25.3 (23.4-27.2)	23.9 (22.5-25.3)	24.6 (23.4-25.8)

Indicator	Year	Males	Females	Person (95% CI)
Diabetes or high blood glucose	1997	5.2 (4.6-5.7)	4.2 (3.7-4.8)	4.7 (4.3-5.1)
	1998	4.9 (4.2-5.5)	4.0 (3.5-4.5)	4.4 (4.0-4.8)
	2002	6.5 (5.7-7.3)	5.5 (4.9-6.2)	6.0 (5.5-6.5)
	2003	7.0 (6.1-7.8)	5.6 (4.9-6.2)	6.3 (5.8-6.8)
	2004	8.0 (6.9-9.1)	5.3 (4.6-6.0)	6.6 (6.0-7.3)
	2005	8.4 (7.4-9.3)	6.9 (6.1-7.6)	7.6 (7.0-8.2)
Participated in organised sport in the last 12 months	2005	30.2 (28.3-32.1)	20.7 (19.4-22.1)	25.4 (24.2-26.6)
Injured playing organised sport in the last 12 months	2005	35.8 (32.0-39.6)	24.1 (20.7-27.5)	30.9 (28.2-33.6)
High and very high psychological distress	1997	9.2 (8.4-10.0)	13.0 (12.1-13.9)	11.1 (10.5-11.8)
	1998	9.0 (8.1-9.9)	12.1 (11.2-12.9)	10.6 (10.0-11.2)
	2002	10.5 (9.3-11.6)	14.2 (13.0-15.4)	12.4 (11.5-13.2)
	2003	9.3 (8.2-10.4)	12.8 (11.8-13.9)	11.1 (10.3-11.8)
	2004	11.7 (10.2-13.3)	14.7 (13.3-16.1)	13.2 (12.2-14.3)
	2005	9.7 (8.4-10.9)	14.1 (12.9-15.3)	11.9 (11.1-12.8)
All natural teeth missing	1998	5.7 (5.1-6.4)	10.6 (9.9-11.3)	8.2 (7.7-8.7)
	2002	4.9 (4.3-5.6)	7.8 (7.1-8.6)	6.4 (5.9-6.9)
	2003	4.3 (3.7-4.9)	7.7 (7.1-8.3)	6.1 (5.7-6.6)
	2004	4.7 (4.0-5.5)	7.7 (6.9-8.6)	6.3 (5.7-6.8)
	2005	4.2 (3.6-4.8)	6.8 (6.2-7.4)	5.6 (5.1-6.0)
Visited a dental professional in the last 12 months	2002	53.8 (51.8-55.8)	57.7 (56.0-59.4)	55.8 (54.5-57.1)
	2003	56.2 (54.2-58.1)	60.5 (59.0-62.1)	58.3 (57.1-59.5)
	2004	58.1 (55.8-60.4)	63.1 (61.2-64.9)	60.6 (59.1-62.1)
	2005	60.2 (58.2-62.1)	63.9 (62.4-65.5)	62.1 (60.9-63.3)
Agree with adding fluoride to water supply	2005	87.4 (84.3-90.4)	88.2 (85.9-90.5)	87.8 (85.9-89.7)
Overweight and obesity	1997	49.3 (47.8-50.7)	34.2 (32.9-35.4)	41.8 (40.8-42.7)
	1998	49.8 (48.3-51.4)	34.1 (32.9-35.4)	42.0 (41.0-43.1)
	2002	53.4 (51.4-55.4)	38.2 (36.6-39.8)	45.9 (44.6-47.2)
	2003	55.7 (53.7-57.7)	41.0 (39.4-42.6)	48.4 (47.1-49.6)
	2004	56.2 (53.8-58.6)	40.5 (38.6-42.4)	48.4 (46.9-50.0)
	2005	57.5 (55.5-59.5)	42.3 (40.7-43.9)	49.9 (48.6-51.1)

Indicator	Year	Males	Females	Person (95% CI)
Obesity	1997	11.0 (10.1-11.8)	11.3 (10.6-12.1)	11.2 (10.6-11.7)
	1998	12.5 (11.5-13.4)	11.5 (10.7-12.3)	12.0 (11.4-12.6)
	2002	14.6 (13.3-16.0)	14.4 (13.3-15.5)	14.5 (13.6-15.4)
	2003	15.5 (14.1-16.8)	16.5 (15.3-17.6)	16.0 (15.1-16.9)
	2004	15.9 (14.3-17.6)	14.8 (13.5-16.1)	15.4 (14.3-16.4)
	2005	17.3 (15.8-18.8)	16.2 (15.1-17.3)	16.7 (15.8-17.6)
Excellent, very good, or good self-rated health status	1997	85.0 (84.0-85.9)	85.1 (84.2-86.0)	85.0 (84.4-85.7)
	1998	85.0 (84.0-86.0)	83.1 (82.2-84.0)	84.0 (83.3-84.7)
	2002	82.0 (80.5-83.5)	79.9 (78.6-81.2)	81.0 (80.0-81.9)
	2003	81.8 (80.4-83.2)	79.7 (78.5-80.9)	80.7 (79.8-81.6)
	2004	79.4 (77.6-81.3)	79.5 (78.0-81.0)	79.5 (78.3-80.7)
	2005	83.3 (81.9-84.7)	78.7 (77.4-80.0)	80.9 (80.0-81.9)
Difficulty with activities in the last 4 weeks	2003	17.4 (16.0-18.8)	20.1 (18.9-21.3)	18.8 (17.9-19.7)
	2004	19.7 (17.8-21.6)	20.6 (19.1-22.1)	20.2 (19.0-21.4)
	2005	16.0 (14.7-17.3)	19.7 (18.5-20.9)	17.9 (17.0-18.8)
Moderate or severe bodily pain	2003	19.5 (18.0-20.9)	24.3 (23.0-25.6)	21.8 (20.9-22.8)
	2004	18.8 (17.1-20.5)	23.4 (21.9-25.0)	21.2 (20.0-22.3)
	2005	16.7 (15.3-18.0)	22.8 (21.5-24.0)	19.8 (18.9-20.7)
Private health insurance	1997	42.7 (41.2-44.1)	41.4 (40.1-42.7)	42.0 (41.1-43.0)
	1998	40.5 (39.0-42.0)	41.3 (40.0-42.6)	40.9 (39.9-41.9)
	2002	52.1 (50.2-54.1)	54.1 (52.4-55.7)	53.1 (51.8-54.4)
	2003	53.4 (51.5-55.4)	54.4 (52.8-56.0)	53.7 (52.5-55.0)
	2004	54.4 (52.1-56.8)	54.1 (52.2-56.0)	54.3 (52.7-55.8)
	2005	54.3 (52.3-56.3)	54.9 (53.3-56.5)	54.6 (53.3-55.9)

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

Conclusion : Health services

Indicator	Year	Males	Females	Person (95% CI)
Difficulties getting health care when needing it	1997	8.8 (8.0-9.6)	11.0 (10.3-11.8)	9.9 (9.4-10.5)
	1998	8.5 (7.8-9.3)	11.8 (11.0-12.5)	10.2 (9.6-10.7)
	2002	10.8 (9.6-11.9)	14.3 (13.2-15.4)	12.6 (11.8-13.4)
	2003	11.4 (10.3-12.6)	15.1 (14.0-16.2)	13.3 (12.5-14.0)
	2004	12.7 (11.2-14.1)	15.0 (13.7-16.3)	13.9 (12.9-14.8)
	2005	11.1 (10.0-12.3)	15.0 (13.9-16.1)	13.1 (12.3-13.9)
Emergency department attendance in the previous 12 months	1997	15.8 (14.8-16.8)	12.0 (11.2-12.9)	13.9 (13.2-14.6)
	1998	13.9 (12.9-14.9)	12.0 (11.2-12.8)	13.0 (12.3-13.6)
	2002	14.7 (13.4-16.0)	13.8 (12.7-14.9)	14.3 (13.4-15.1)
	2003	14.0 (12.7-15.3)	13.1 (12.1-14.1)	13.6 (12.7-14.4)
	2004	15.4 (13.8-17.0)	13.6 (12.3-14.9)	14.5 (13.5-15.5)
	2005	14.0 (12.7-15.3)	13.3 (12.2-14.4)	13.6 (12.8-14.5)
Emergency department care rated as excellent, very good or good	1997	80.4 (77.5-83.3)	79.6 (76.6-82.7)	80.1 (78.0-82.2)
	1998	82.5 (79.5-85.5)	78.6 (75.7-81.5)	80.7 (78.6-82.8)
	2002	79.8 (75.8-83.7)	72.6 (68.7-76.6)	76.3 (73.5-79.1)
	2003	80.3 (76.1-84.4)	77.9 (74.3-81.6)	79.1 (76.3-81.8)
	2004	77.3 (72.3-82.2)	81.7 (77.9-85.6)	79.4 (76.2-82.6)
	2005	85.7 (82.0-89.3)	75.6 (71.5-79.8)	80.7 (77.9-83.5)
Hospital admission in the previous 12 months	1997	11.3 (10.4-12.1)	14.6 (13.7-15.5)	13.0 (12.3-13.6)
	1998	11.4 (10.5-12.4)	15.3 (14.4-16.2)	13.4 (12.7-14.0)
	2002	11.0 (9.9-12.2)	16.0 (14.8-17.3)	13.6 (12.7-14.4)
	2003	12.3 (11.1-13.5)	14.9 (13.8-16.0)	13.6 (12.8-14.4)
	2004	12.4 (10.9-13.8)	15.0 (13.6-16.4)	13.7 (12.7-14.7)
	2005	11.5 (10.4-12.7)	15.7 (14.6-16.9)	13.7 (12.9-14.5)
Hospital care rated as excellent, very good or good	1997	90.2 (87.8-92.7)	89.9 (87.9-91.9)	90.0 (88.5-91.6)
	1998	92.6 (90.4-94.7)	89.9 (88.0-91.8)	91.0 (89.6-92.5)
	2002	93.4 (90.6-96.2)	88.9 (85.9-91.9)	90.7 (88.6-92.9)
	2003	93.0 (90.3-95.8)	89.9 (87.5-92.2)	91.3 (89.5-93.0)
	2004	91.6 (88.3-94.9)	90.5 (87.4-93.7)	91.0 (88.7-93.3)
	2005	93.6 (91.1-96.1)	90.5 (88.0-93.0)	91.8 (90.0-93.6)

Indicator	Year	Males	Females	Person (95% CI)
Community health centre attendance in the previous 12 months	2002	4.8 (4.0-5.6)	8.9 (8.0-9.9)	6.9 (6.3-7.5)
	2003	3.6 (3.0-4.3)	6.5 (5.8-7.2)	5.1 (4.6-5.6)
	2004	6.1 (5.0-7.2)	8.1 (7.1-9.1)	7.1 (6.4-7.8)
	2005	6.2 (5.3-7.2)	8.8 (7.9-9.7)	7.5 (6.9-8.2)
Public dental service attendance in the previous 12 months	2002	3.9 (3.1-4.7)	5.3 (4.5-6.1)	4.6 (4.1-5.2)
	2003	3.8 (3.2-4.5)	4.7 (4.1-5.4)	4.3 (3.8-4.7)
	2004	5.2 (4.2-6.1)	5.6 (4.8-6.5)	5.4 (4.8-6.1)
	2005	4.9 (4.1-5.8)	5.4 (4.7-6.1)	5.2 (4.6-5.7)

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

Conclusion : Social determinants of health

Indicator	Year	Males	Females	Person (95% CI)
Attended a community event at least once in the last 6 months	2002	53.2 (51.3-55.2)	60.9 (59.3-62.5)	57.1 (55.8-58.4)
	2003	54.4 (52.5-56.4)	62.0 (60.5-63.6)	58.0 (56.8-59.2)
	2005	56.4 (54.4-58.4)	63.7 (62.2-65.3)	60.1 (58.9-61.4)
Helped out any local group or organisation at least once in the past 3 months	2002	30.7 (28.9-32.4)	36.0 (34.4-37.6)	33.4 (32.2-34.5)
	2003	31.4 (29.6-33.2)	33.1 (31.6-34.6)	32.1 (30.9-33.2)
	2005	32.2 (30.3-34.0)	38.6 (37.0-40.2)	35.4 (34.2-36.6)
Active member of a local organisation, church or club	2002	45.6 (43.6-47.5)	42.1 (40.4-43.7)	43.8 (42.5-45.1)
	2003	45.6 (43.7-47.6)	42.0 (40.4-43.5)	43.7 (42.4-44.9)
	2005	44.0 (42.0-46.0)	41.3 (39.8-42.9)	42.6 (41.4-43.9)
Most people can be trusted	2002	68.9 (67.1-70.7)	62.6 (60.9-64.3)	65.7 (64.5-67.0)
	2003	71.6 (69.9-73.4)	68.1 (66.6-69.6)	69.7 (68.6-70.9)
	2005	74.2 (72.4-76.0)	72.5 (71.0-74.0)	73.3 (72.2-74.5)
Feel safe walking down their street after dark	2002	78.4 (76.8-80.0)	56.5 (54.9-58.2)	67.4 (66.3-68.6)
	2003	80.2 (78.7-81.7)	56.4 (54.8-58.0)	68.0 (66.9-69.1)
	2005	82.9 (81.4-84.3)	59.9 (58.4-61.5)	71.3 (70.2-72.4)
Area has a reputation for being a safe place	2002	75.2 (73.5-76.9)	71.4 (69.9-73.0)	73.3 (72.2-74.4)
	2003	76.4 (74.8-78.1)	73.3 (71.9-74.7)	74.9 (73.8-75.9)
	2005	78.6 (77.0-80.3)	77.5 (76.1-78.8)	78.1 (77.0-79.1)
Visit neighbours	2002	69.1 (67.3-70.9)	63.6 (62.0-65.2)	66.3 (65.1-67.5)
	2003	67.0 (65.1-68.8)	64.0 (62.4-65.5)	65.4 (64.2-66.6)
	2005	66.4 (64.5-68.3)	60.6 (59.0-62.2)	63.4 (62.2-64.7)
Able to ask for neighbourhood help to care for a child	2002	73.4 (71.6-75.2)	68.0 (66.3-69.6)	70.7 (69.4-71.9)
	2003	74.4 (72.6-76.2)	72.1 (70.6-73.6)	73.1 (72.0-74.2)
	2005	59.1 (57.1-61.2)	55.7 (54.1-57.3)	57.4 (56.1-58.7)
Run into friends and acquaintances when shopping in local area	2002	80.7 (79.2-82.3)	84.0 (82.8-85.2)	82.4 (81.4-83.4)
	2003	80.5 (78.9-82.0)	82.9 (81.7-84.1)	81.6 (80.6-82.6)
	2005	79.4 (77.7-81.1)	83.0 (81.8-84.2)	81.2 (80.2-82.3)
Sad to leave neighbourhood	2002	71.1 (69.3-72.9)	75.5 (74.0-76.9)	73.3 (72.1-74.5)
	2003	69.4 (67.6-71.2)	77.0 (75.6-78.3)	73.3 (72.2-74.4)
	2005	67.3 (65.4-69.3)	75.8 (74.4-77.2)	71.7 (70.5-72.9)

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

Question modules

The survey questions used in the New South Wales Population Health Survey in 2005 are available as individual question modules, including: alcohol, asthma, cardiovascular disease precusors, community health centres, demographics, diabetes, difficulties getting health care, emergency departments, environmental health (drinking water), health services, hospital admissions, immunisation (influenza, pneumococcal, and meningococcal C), injury (sports), injury prevention (smoke alarms, swimming an d fishing), mental health (psychological distress), nutrition, oral health, overweight and obesity, physical activity, public dental services, self-rated health status, smoking, social capital, and sun protection (solariums and sunbeds).

Alcohol

Q1. How often do you usually drink alcohol? [PROMPT IF NECESSARY]
1. ___ Number of days
2. Less than once per week
3. I don't drink alcohol → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q2. Alcoholic drinks are measured in terms of a standard drink. A standard drink is equal to one middy of full-strength beer, one schooner of light beer, one small glass of wine, or one pub-sized nip of spirits. On a day when you drink alcohol, how many standard drinks do you usually have? [PROMPT IF NECESSARY]
1. ___ Number of drinks
X Don't know
R Refused

Q3. In the past 4 weeks have you had more than [4 if male/2 if female] drinks in a day? [PROMPT IF NECESSARY]
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q4. In the past 4 weeks how often have you had [11 or more if male/7 or more if female] drinks in a day?
1. ___ Number of times
2. Not at all
X Don't know
R Refused

Q5. In the past 4 weeks how often have you had [7–10 if male/5–6 if female] drinks in a day?
1. ___ Number of times
2. Not at all
X Don't know
R Refused

Asthma

Q1. Have you ever been told by a doctor or hospital you have asthma?
1. Yes → Q3
2. No
X Don't know
R Refused

Q2. Have you had wheezing or whistling in your chest at any time in the last 12 months?
1. Yes → END OF MODULE
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q3. Have you had symptoms of or treatment for asthma in the last 12 months?
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q4. Have you visited a general practitioner or local doctor for an attack of asthma in the last 4 weeks?
1. Yes
2. No
X Don't know
R Refused

Q5. Have you visited a hospital emergency department for an attack of asthma in the last 4 weeks?
1. Yes
2. No
X Don't know
R Refused

Q6. Do you have a written asthma management plan from your doctor on how to treat your asthma?
1. Yes
2. No
X Don't know
R Refused

Q7. During the past 4 weeks did your asthma interfere with your ability to manage your day-to-day activities?
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q8. Did it interfere with these activities (READ OUT):
1. A little bit
2. Moderately
3. Quite a bit
4. Extremely
X Don't know
R Refused

Cardiovascular disease precusors

Q1. When did you last have your blood pressure measured?
1. 0–3 months ago
2. 4–6 months ago
3. 7–12 months ago
4. 13 months to 2 years ago
5. More than 2 years ago
6. Never measured
X Don't know
R Refused

Q2. Have you ever been told by a doctor or hospital you have high blood pressure (also known as hypertension)?
1. Yes
2. Yes, but only during pregnancy → Q4
3. Yes, but only temporarily → Q4
2. No → Q4
X Don't know → Q4
R Refused → Q4

Q3. What are you doing now to manage your high blood pressure or hypertension?
1. Following a diet
2. Trying to lose weight
3. Exercising most days
4. Taking medication to help lower blood pressure
5. Other [SPECIFY] _____
6. No longer have high blood pressure
7. Not doing anything
X Don't know
R Refused

Q4. When did you last have your cholesterol measured?
1. 0–6 months ago
2. 7–12 months ago
3. 13 months to 2 years ago
4. More than 2 years ago
5. Never measured → END OF MODULE
X Don't know
R Refused

Q5. Have you ever been told by a doctor or hospital you have high cholesterol?
1. Yes
2. No → END OF MODULE
3. Borderline
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q6. What are you doing now to manage your high cholesterol?
1. Following a diet
2. Trying to lose weight
3. Exercising most days
4. Taking medication to help lower cholesterol
5. Other [SPECIFY] _____
6. No longer have high cholesterol
7. Not doing anything
X Don't know
R Refused

Community health services

Q1. In the last 12 months, have you attended a government-run community health centre?
1. Yes
2. No → END OF MODULE
X Dont know → END OF MODULE
R Refused → END OF MODULE

Demographics

Q1. [RECORD LANGUAGE SURVEY RECORDED IN]
1. English
2. Arabic
3. Chinese
4. Greek
5. Italian
6. Vietnamese

Q2. A letter was sent to your household recently about this study. Do you remember receiving this letter?
1. Yes
2. No
X Don't know

R Refused

Q3. How many people, including yourself, live in your household?
1. ___ Number of people
X Don't know
R Refused

Q4. How many children under 6 years of age live in this household?
1. ___ Number of people
X Don't know
R Refused

Q5. How many people aged 65 years old or over live in this household?
1. ___ Number of people
X Don't know
R Refused

Q6. Could you please tell me how old you are today?
1. ___ Age in years
X Don't know
R Refused

Q7. Are you male or female? [ONLY ASK IF UNSURE]
1. Male
2. Female

Q8. Besides yourself, who else lives in your household? [MULTIPLE RESPONSE]
1. No one else: lives alone
2. Mother
3. Father
4. Respondent's partner
5. Stepmother
6. Stepfather
7. Grandparents
8. Sons–daughters
9. Brothers–sisters
10. Stepbrothers–stepsisters
11. Other relatives
12. Non-family members
13. Other [SPECIFY] _____
X Don't know
R Refused

Q9. What is your current formal marital status?
1. Married
2. Widowed
3. Separated but not divorced
4. Divorced
5. Never married
X Don't know
R Refused

Q10. In which country were you born?
1. Australia
2. Other country [SPECIFY] _____
X Don't know
R Refused

Q11. When did you first arrive in Australia to live here for one year or more?
1. Year [SPECIFY] _____
X Don't know
R Refused

Q12. Do you usually speak a language other than English at home?
1. Yes
2. No
X Don't know
R Refused

Q13. What langauge do you usually speak at home?
1. Language [SPECIFY] _____
X Don't know
R Refused

Q14. What is the highest level of primary or secondary school you have completed? [PROMPT IF NECESSARY]
1. Never attended school
2. Currently still at school
3. Year 8 or below
4. Year 9 or equivalent
5. Year 10 or equivalent
6. Year 11 or equivalent
7. Year 12 or equivalent (Matriculation–Leaving)
X Don't know
R Refused

Q15. What is the level of the highest qualification you have completed?
1. Completed School Certificate–Intermediate–Year 10–4th Form
2. Completed Higher School Certificate–Leaving–Year 12–6th Form
3. TAFE certificate or diploma
4. University, College of Advanced Education, or some other tertiary institute degree or higher
5. Other [SPECIFY]_____
6. Completed primary school
7. Completed Years 7–9
X Don't know
R Refused

Q16. In the last week, which of the following best describes your employment status?[READ OUT]
1. Worked for payment or profit → Q18
2. Worked for payment or profit, but absent on paid leave, holidays, on strike–stood down → Q18
3. Unpaid work in a family business → Q18
4. Other unpaid work
5. Did not have a job
X Don't know → Q21
R Refused → Q21

Q17. Were you actively looking for work in the last week?
1. Yes: looked for full-time work → Q21
2. Yes: looked for part-time work → Q21
3. No: did not look for work → Q21
X Don't know → Q21
R Refused → Q21

Q18. In the main job held in the last week, were you:
1. A wage or salary earner
2. Conducting own business with employees
3. Conducting own business without employees
4. A helper not recieving wages
X Don't know
R Refused

Q19. In the last week, how many hours did you work in all jobs?
1. No. of hours [SPECIFY] _____
X Don't know

R Refused

Q20. How do you usually get to work? [MULTIPLE RESPONSE]
1. Train
2. Bus
3. Ferry
4. Tram (including light rail)
5. Taxi
6. Car: as driver
7. Car: as passenger
8. Truck
9. Motorbike or motor scooter
10. Bicycle
11. Walk only
12. Work at home
13. Other
14. Walk part of the way
X Don't know
R Refused

Q21. Do you currently receive a government pension, allowance or benefit? [ONLY ASKED OF 65 AND OVER]
1. Yes
2. No
X Don't know
R Refused

Q22. Apart from Medicare, are you currently covered by private health insurance?
1. Yes
2. No
X Don't know
R Refused

Q23. What type of accommodation do you live in? [PROMPT IF NECESSARY]
1. Separate house
2. Semi-detached–town house–terraced house–villa
3. Unit, flat or apartment–granny flat
4. Caravan, cabin, houseboat
5. Improvised home, tent, sleep out
6. House–flat attached to a shop–office
7. Other [SPECIFY]_____ (for example, hotel, retirement village)
X Don't know
R Refused

Q24. I would now like to ask you about your household's income. What is your annual household income before tax? Would it be:
1. Less than $20,000
2. $20,000–$40,000
3. $40,000–$60,000
4. $60,000–$80,000
5. More than $80,000
X Don't know
R Refused

Q25. How long have you lived in your local area?
1. ____ years
X Don't know
R Refused

Q26. What is the name of your local council or shire?
1. _____
X Don't know
R Refused

Q27. What is the name of the town or suburb where you live?
1. _____
X Don't know
R Refused

Q28. Could you tell me your postcode?
1. ____
X Don't know
R Refused

Q29. Do you have more than one telephone number in your household?
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q30. How many residential telephone numbers do you have? Do not include mobile phone numbers, dedicated fax numbers or modems.
1. _____ number of phone numbers
X Don't know
R Refused

Diabetes

Q1. Have you ever been told by a doctor or hospital you have diabetes?
1. Yes [IF FEMALE → Q3; IF MALE → Q5]
2. No
3. Only during pregnancy → END OF MODULE
X Don't know
R Refused

Q2. Have you ever been told by a doctor or hospital you have high blood glucose?
1. Yes [IF FEMALE → Q3; IF MALE → Q6]
2. No → END OF MODULE
3. Borderline → [IF FEMALE → Q3; IF MALE → Q6]
4. Only during pregnancy → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q3. Were you pregnant when you were told you had diabetes–high blood glucose?
1. Yes
2. No → Q5
X Don't know → Q5
R Refused → Q5

Q4. Have you ever had diabetes–high blood glucose apart from when you were pregnant?
1. Yes
2. No → END OF MODULE
X Don't know
R Refused

Q5. What type of diabetes were you told you had?
1. Type 1
2. Type 2
3. Gestational
X Don't know

R Refused

Q6. How old were you when you were first told you had diabetes–high blood glucose? [If ongoing diabetes since pregnancy, then age of diagnosis during pregnancy]
1. _____ years
X Don't know
R Refused

Q7. What are you doing now to manage your diabetes–high blood glucose? [MULTIPLE RESPONSE]
1. Having insulin injections
2. On tablets for diabetes or high blood glucose
3. Following a special diet
4. Losing weight
5. Exercising most days
6. Other [SPECIFY] _____
8. Not doing anything
X Don't know
R Refused

Difficulties getting health care

Q1. Do you have any difficulties getting health care when you need it? [MULTIPLE RESPONSE]
1. Yes
2. No → Q3
3. Don't need health care → Q3
X Don't know → Q3
R Refused → Q3

Q2. Please describe the difficulties you have.
1. Waiting time for general practitioner appointment
2. Difficulties getting after hours general practitioner appointment
3. Shortage of general practitioners in area
4. No or limited bulk billing
5. Shortage of specialists, or waiting time, or distance to travel for specialists
6. Waiting time for dental services or unavailability of dental services
7. Shortage of allied health services
8. Waiting time in emergency departments
9. Quality of treatment
10. Other
11. Waiting time for elective surgery or other hospital services
12. Cost of health care services
13. Other transport issues
14. Don't know
15. Refused

Q3. Do you have any comments on the health services in your local area?
1. Comments _____

Emergency department presentations

Q1. In the last 12 months, have you attended a hospital emergency department (or casualty) for your own medical care?
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q2. Overall, what do you think of the care you received at this emergency department?
1. Excellent → END OF MODULE
2. Very good → END OF MODULE

3. Good → END OF MODULE
4. Fair
5. Poor
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q3. Could you briefly describe why you rated the care you received as fair or poor?[MULTIPLE RESPONSE]
1. Not enough staff
2. Poor quality accommodation
3. Communication problems
4. Poor attitude of clinical staff
5. Poor technical skill of clinical staff
6. Waiting time in emergency department
7. Other [SPECIFY] _____
8. Sent home without treatment or follow-up even after diagnosis of injury or illness
9. Misdiagnosis or multiple or contradictory diagnoses
10. Inadequate medication or pain management or medication
11. Poor service or unhappy with level of service
12. Don't know
13. Refused

Environmental health

Q1. What is your normal source of drinking water?
1. Public water supply
2. Bottled water
3. Rainwater
4. Private bore, spring, or well
5. Other private supply [for example, creek or farm dam]
6. Combination of different water sources
7. Other [SPECIFY] _____
X Don't know
R Refused

Q2. Do you treat your water before drinking? [IF YES, HOW?]
1. No
2. Sometimes
3. Yes: boiling
4. Yes: filtering
5. Yes: boil and filter
6. Yes: other [SPECIFY] _____
X Don't know
R Refused

Health services used

Q1. In the last 12 months have you attended any of the following services? [MULTIPLE RESPONSE]
1. Stayed at least one night in hospital
2. A hospital emergency department
3. A government run community health centre
4. A government run public dental service or dental hospital
5. Did not attend any of these services
X Don't know
R Refused

Hospital admissions

Q1. In the last 12 months, have you stayed for at least one night in hospital?
1. Yes
2. No → END OF MODULE
X Dont know → END OF MODULE
R Refused → END OF MODULE

Q2. Can you tell me if that is a public or private hospital?
1. Public hospital
2. Private hospital
3. Private hospital attached to a public hospital
X Don't know
R Refused

Q3. During your overnight hospital admission were you admitted as a private or public patient?
1. Private patient [that is, private health insurance]
2. Public patient
X Don't know
R Refused

Q4. Overall, what do you think of the care you received at this hospital? [READ OUT]
1. Excellent → END OF MODULE
2. Very good → END OF MODULE
3. Good → END OF MODULE
4. Fair
5. Poor
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q5. Could you briefly describe why you rated the care you received as fair or poor? [MULTIPLE RESPONSE]
1. Not enough staff
2. Poor quality accommodation
3. Communication problems
4. Poor attitude of clinical staff
5. Poor technical skill of clinical staff
6. Excessive waiting time
7. Poor food, not fed, or wrong diet given
8. Insufficient or wrong medication or pain management
9. Other [SPECIFY] _____
10. Cancelled surgery or sent home without treatment
11. Staff too busy to offer care, infections due to care, lack of basic nursing care, iatrogenic events
13. Don't know
14. Refused

Immunisation

Q1. Has a health professional ever advised you to be vaccinated against flu? [ASK IF OVER 50 YEARS]
1. Yes
2. No
X Don't know
R Refused

Q2. Were you vaccinated against flu in the past 12 months? [ASK IF OVER 50 YEARS]
1. Yes
2. No
X Don't know
R Refused

Q3. Has a health professional ever advised you to be vaccinated against pneumonia? [ASK IF OVER 50 YEARS]
1. Yes
2. No
X Don't know
R Refused

Q4. When were you last vaccinated against pneumonia? [ASK IF OVER 50 YEARS]
1. Within the last 12 months
2. 12 months to 5 years ago
3. More than 5 years ago
4. Never vaccinated
X Don't know
R Refused

Q5. Since January 2004 have you been vaccinated against meningococcal C disease? [ASK IF 16–19 YEARS]
1. Yes
2. No
X Don't know
R Refused

Q6. Where did you receive the vaccination? [ASK IF 16–19 YEARS]
1. General practitioner
2. Local council
3. Community health centre
4. School clinic
5. Other [SPECIFY] _____
X Don't know
R Refused

Injury

Q1. In the last 12 months have you participated in organised sport or activity as part of a club or association or high school, whether for training, fitness or competition? Please do not include recreational walking.
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q2. In the last 12 months, on average, how many hours per week did you spend playing sport (including training)?
1. [SPECIFY HOURS] _____
X Don't know
R Refused

Q3. In the last 12 months, on average, how many times have you been injured playing sport (including training)?
1. [SPECIFY TIMES] _____
X Don't know
R Refused

Q4. What treatment did you receive as a result of your most recent injury?
1. None
2. Treated self (including treated by partner, parent, or friend)
3. Sports trainer
4. Emergency department presentation
5. Hospital admission
6. General practitioner, family doctor, or sports doctor
7. Physiotherapist
8. Chiropractor, osteopath, or acupuncturist

9. Naturopath or alternative health practitioner
10. Dentist or orthodontist
11. Masseur
12. Other [SPECIFY] _____
X Don't know
R Refused

Injury prevention

Q1. Do you have any of the following fire safety measures in your home?[READ OUT]. [External water supply refers to water tankers, swimming pools, dams, storm-water retention pits, garden hoses, and fixed sprinklers. Hard-wired smoke alarms are wired into your electricity supply and have battery back-up.]
1. Fire alarm (hard-wired)
2. Fire alarm (battery-operated only)
3. Fire sprinkler system
4. Safety switch–circuit breaker
5. Fire extinguisher
6. Fire evacuation plan
7. External water supply
8. External sprinkler
9. Other [SPECIFY] _____
10. None of the above
11. Fire blanket
X Don't know
R Refused

Q2. Have you been in or on the water, at a swimming pool, beach, lake, river, creek, stream or dam in the last 4 weeks? This includes fishing.
1. Yes
2. No → END OF MODULE
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q3. Did this include swimming, fishing or rock fishing?
1. Yes
2. No
X Don't know
R Refused

Mental health

Q1. In the past 4 weeks, about how often did you feel tired out for no good reason? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q2. In the past 4 weeks, about how often did you feel nervous? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time → Q4
X Don't know → Q4
R Refused → Q4

Q3. In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q4. In the past 4 weeks, about how often did you feel hopeless? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q5. In the past 4 weeks, about how often did you feel restless or fidgety? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time → Q7
X Don't know → Q7
R Refused → Q7

Q6. In the past 4 weeks, about how often did you feel so restless you could not sit still? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q7. In the past 4 weeks, about how often did you feel depressed? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q8. In the past 4 weeks, about how often did you feel that everything was an effort? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q9. In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time

X Don't know
R Refused

Q10. In the past 4 weeks, about how often did you feel worthless? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Q11. In the last 4 weeks, how many days were you totally unable to work, study or manage your day-to-day activities because of these feelings?
1. _____ Number of days
X Don't know
R Refused

Q12. Aside from [that day–those days], in the last 4 weeks, how many days were you able to work, study or manage your day-to-day activities, but had to cut down on what you did because of these feelings?
1. _____ Number of days
X Don't know
R Refused

Q13. In the last 4 weeks, how many times have you seen a doctor or other health professional about these feelings?
1. _____ Number of consultations
X Don't know
R Refused

Q14. In the last 4 weeks, how often have physical health problems been the main cause of these feelings? [READ OUT]
1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
X Don't know
R Refused

Nutrition

Q1. How many serves of vegetables do you usually eat each day? [one serve = 1/2 cup cooked or one cup of salad vegetables]
1. _____ serves per day
2. _____ serves per week
3. Don't eat vegetables
X Don't know
R Refused

Q2. How many serves of fruit do you usually eat each day? [one serve = one medium piece or 2 small pieces of fruit or one cup of diced pieces]
1. _____ serves per day
2. _____ serves per week
3. Don't eat fruit
X Don't know
R Refused

Q3. How often do you usually eat bread? (Include bread rolls, flat breads, crumpets, bagels, English or bread-type muffins).
1. _____ times per day

2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q4. How often do you usually eat breakfast cereal? [Ready made, home made or cooked]
1. _____ times per day
2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q5. How often do you eat pasta, rice, noodles or other cooked cereals (not including cooked breakfast cereals)?
1. _____ times per day
2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q6. How often do you eat processed meat products such as sausages, frankfurts, devon, salami, meat pies, bacon or ham?
1. _____ times per day
2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q7. How often do you eat hot chips, french fries, wedges, or fried potatoes?
1. _____ times per day
2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q8. How often do you eat potato crisps or other salty snacks (such as twisties or corn chips)?
1. _____ times per day
2. _____ times per week
3. _____ times per month
4. Rarely or never
X Don't know
R Refused

Q9. What type of milk do you usually have?
1. Regular milk (whole or full cream)
2. Low- or reduced-fat milk
3. Skim milk
4. Evaporated or sweetened milk
5. Other [SPECIFY] _____
6. Don't have milk
X Don't know
R Refused

Q10. In the last 12 months, were there any times that you ran out of food and couldn't afford to buy more?
1. Yes
2. No

X Don't know
R Refused

Oral health

Q1. Are any of your natural teeth missing?
1. Yes: have some natural teeth missing
2. Yes: have all natural teeth missing
3. No: have no natural teeth missing → Q3
X Don't know → Q3
R Refused → Q3

Q2. Do you have dentures or false teeth?
1. Yes
2. No
X Don't know
R Refused

Q3. In the last 12 months, how often have you had a toothache or other problem with your mouth or dentures? [READ OUT]
1. Very often
2. Often
3. Sometimes
4. Hardly ever
5. Never (during the last 12 months) → Q6
X Don't know
R Refused

Q4. What was the most recent problem you had?
1. Toothache
2. Bleeding gums
3. Loose or broken tooth or other problem as a result of an injury
4. Loose or broken tooth: not due to injury
5. Lost a filling
6. Problem with jaw or bite
7. Other [SPECIFY] _____
X Don't know → Q6
R Refused → Q6

Q5. What treatment did you receive for [problem in Q5]? [MULTIPLE RESPONSE]
1. Check up → Q7
2. Dental filling → Q7
3. Amalgam replacement → Q7
4. Root canal filling → Q7
5. Crown → Q7
6. Tooth extracted → Q7
7. Fluoride treatment → Q7
8. Gum treatment → Q7
9. Teeth straightened or braces → Q7
10. New or replacement dentures → Q7
11. Teeth cleaned → Q7
12. Fissure sealant → Q7
13. Whitening or bleaching → Q7
14. Denture repair → Q7
15. None: did not visit dentist
16. Other treatment [SPECIFY] _____ → Q7
X Don't know → Q7
R Refused → Q7

Q6. When did you last visit a dental professional about your teeth, dentures or gums? [A dental professional includes dentist, dental specialist, dental hygienist, dental technician, dental mechanic, denturist or dental therapist] [READ OUT]
1. Less than 12 months ago
2. One year to less than 2 years ago → Q8
3. Two to less than 5 years ago → Q8
4. Five to less than 10 years ago → Q8
5. Ten years ago or more → Q8
6. Never → Q8
X Don't know → Q8
R Refused → Q9

Q7. Where was your last dental visit made? [READ OUT]
1. Private dental practice → Q9
2. Government dental clinic or public hospital → Q9
3. School dental service → Q9
4. Dental technician (includes dental mechanic and denturist practising independently of a dentist) → END OF MODULE
5. Other [SPECIFY] _____ → Q9
X Don't know → Q9
R Refused → Q9

Q8. What are the main reasons for you not visiting the dentist in the last 12 months? [MULTIPLE RESPONSE]
1. Respondent has dentures
2. Worried or afraid of going; don't like going
3. Don't need to
4. Hard to find time
5. Can't find a dentist I like
6. Too expensive
7. Too far to go
8. Long waiting lists
9. Dentist has moved or retired
10. Other [SPECIFY] _____
X Don't know
R Refused

Q9. Has flouride been added to your public water supply? [READ OUT]
1. Yes
2. No → Q11
X Don't know → Q11
R Refused → Q11

Q10. Do you agree with adding flouride to your public water supply to prevent tooth decay? [READ OUT]
1. Yes → Q12
2. No → Q12
X Don't know → Q12
R Refused → Q12

Q11. Would you be in favour of adding flouride to your public water supply to prevent tooth decay? [READ OUT]
1. In children
2. In adults
3. Both adults and children
4. Neither
X Don't know
R Refused

Q12. Where have you received information about water flouridation? [READ OUT]
1. Newspapers
2. Magazines

3. Television
4. Radio
5. Advertisements for dental products
6. Health authorities
7. Dentists
8. Dental auxiliaries
9. Have not received information about water flouridation
10. Other [SPECIFY] _____
X Don't know
R Refused

Q13. Who should decide on the flouridation of water supplies? [READ OUT]
1. State government
2. Health authorities
3. Dental associations
4. Water boards
5. Community
6. Other [SPECIFY] _____
X Don't know
R Refused

Overweight and obesity

Q1. How tall are you without shoes?
1. _____ centimetres
X Don't know
R Refused
OR
1. _____ feet _____ inches
X Don't know
R Refused

Q2. How much do you weigh without clothes or shoes?
1. _____ kilograms
X Don't know
R Refused
OR
1. _____ stones _____ lbs
X Don't know
R Refused

Physical activity

Q1. 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?
1. _____ Number of times [If = 0 → Q3]
X Don't know → Q3
R Refused → Q3

Q2. What do you estimate was the total time you spent walking in this way in the last week? [In hours and minutes]
1. _____ hours _____ minutes
X Don't know
R Refused

Q3. The next question excludes household chores or gardening. In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant?
1. _____ Number of times [If = 0 → Q5]
X Don't know → Q5
R Refused → Q5

Q4. What do you estimate was the total time you spent doing this vigorous physical activity in the last week? [In hours and minutes]
1. _____ hours _____ minutes
X Don't know
R Refused

Q5. This next question does not include household chores or gardening. In the last week, how many times did you do any other more moderate physical activity that you haven't already mentioned?
1. _____ Number of times [If = 0 → END OF MODULE]
X Don't know → END OF MODULE
R Refused → END OF MODULE

Q6. What do you estimate was the total time that you spent doing these activities in the last week? [In hours and minutes]
1. _____ hours _____ minutes
X Don't know
R Refused

Public dental services

Q1. In the last 12 months have you attended a public (government-run) dental service or dental hospital?
1. Yes
2. No
X Dont know
R Refused

Self-rated health status

Q1. Overall, how would you rate your health during the past 4 weeks? [READ OUT]
1. Excellent
2. Very good
3. Good
4. Fair
5. Poor
6. Very poor
X Don't know
R Refused

Q2.During the past 4 weeks how much difficulty did you have doing your daily work or activities? [READ OUT]
1. No difficulty at all
2. A little bit of difficulty
3. Some difficulty
4. Much difficulty
5. Could not do work–activities
X Don't know
R Refused

Q3. During the past 4 weeks how much bodily pain have you generally had? [READ OUT]
1. No pain
2. Very mild pain
3. Mild pain
4. Moderate pain
5. Severe pain
X Don't know
R Refused

Smoking

Q1. Which of the following best describes your smoking status? This includes cigarettes, cigars and pipes. [READ OUT]
1. I smoke daily
2. I smoke occasionally
3. I don't smoke now, but I used to → Q4
4. I've tried it a few times but never smoked regularly → Q4
5. I've never smoked → Q4
X Don't know → Q4
R Refused → Q4

Q2. Which of the following best describes how you feel about your smoking? [READ OUT]
1. I am not planning on quitting within the next 6 months
2. I am planning on quitting within the next 6 months
3. I am planning on quitting within the next month
4. I have not smoked in the past 24 hours but was smoking 6 months ago
5. I have not been smoking in the past 6 months
X Don't know
R Refused

Q3. The last time you went to your general practitioner, did the doctor discuss your smoking and advise you to quit smoking?
1. Yes
2. No
X Don't know
R Refused

Q4. Which of the following best describes your home situation? [READ OUT]
1. My home is smoke-free (includes smoking is allowed outside only)
2. People occasionally smoke in the house
3. People frequently smoke in the house
X Don't know
R Refused

Q5. Are people allowed to smoke in your car?
1. Yes
2. No
3. Don't have a car
X Don't know
R Refused

Q6. If there was a total ban on smoking in hotels and licensed bars, would you be likely to go there: [READ OUT]
1. More often?
2. Less often?
3. It would make no difference
X Don't know
R Refused

Social capital

Q1. In the past 3 months, how often have you helped out any local group or organisation such as a school, scouts and brownies, a sporting club, or hospital as a volunteer, or other organisation? [READ OUT]
1. About once a week
2. Once every 2–3 weeks
3. Once a month
4. Not at all
X Don't know
R Refused

Q2. 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? [READ OUT]
1. Three times or more
2. Twice
3. Once
4. Never
X Don't know
R Refused

Q3. Are you an active member of a local organisation, church or club, such as a sport, craft, or social club? [READ OUT]
1. Yes: very active
2. Yes: somewhat active
3. Yes: a little active
4. No: not an active member
X Don't know
R Refused

Q4. If you were caring for a child and needed to go out for a while, and could not take the child with you, would you ask someone in your neighbourhood for help? [READ OUT]
1. Yes: definitely
2. Yes: possibly
3. No: probably not
4. No: definitely not
X Don't know
R Refused

Q5. How often have you visited someone in your neighbourhood in the past week? [READ OUT]
1. Frequently
2. A few times
3. At least once
4. Never (in the last week)
X Don't know
R Refused

Q6. When you go shopping in your local area how often are you likely to run into friends and acquaintances? [READ OUT]
1. Nearly always
2. Most of the time
3. Some of the time
4. Rarely or never
X Don't know
R Refused

Q7. Would you be sad if you had to leave this neighbourhood?
1. Yes
2. No
X Don't know
R Refused

Q8. Most people can be trusted. Do you agree or disagree?
1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree
X Don't know
R Refused

Q9. Can you please tell me if you agree or disagree with these statements. I feel safe walking down my street after dark. Do you agree or disagree?
1. Strongly agree

2. Agree
3. Disagree
4. Strongly disagree
X Don't know
R Refused

Q10. My area has a reputation for being a safe place. Do you agree or disagree?
1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree
X Don't know
R Refused

Sun protection

Q1. How many times have you used a solarium or sunbed in the last 12 months?
1. Number of times _____
2. Have not used a solarium or sunbed
X Don't know
R Refused