

# New South Wales Population Health Survey

2006–2009 Report on  
Adult Health by  
Country of Birth



**CENTRE FOR EPIDEMIOLOGY AND RESEARCH**

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# Foreword

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I am pleased to present this Report on Adult Health by Country of Birth, which presents results from the New South Wales Population Health Survey for 2006-2009 and compares those results with previous years.

The report presents information on health behaviours, including: alcohol risk drinking, screening mammogram in the last 2 years, Pap test in the last 2 years, hysterectomy, influenza immunisation in the last 12 months, pneumococcal immunisation in the last 5 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, consumes lower fat or skim milk, adequate physical activity, current smoking, lives in a smoke-free household, and bans smoking in car.

This is followed by a chapter on health status, including: self-rated health as excellent or very good or good, current asthma, blood pressure measured in the last 2 years, ever had high blood pressure, cholesterol measured in the last 2 years, ever had high cholesterol, diabetes or high blood glucose, mental health (psychological distress), visited a dental professional in the last 12 months, all natural teeth missing, overweight, obese, and overweight or obese.

Next there is a chapter on health services, including: private health insurance, difficulties getting health care, emergency department presentations, hospital admissions, and general practice attendances.

Finally, there is a chapter on social capital, including: most people can be trusted, feels safe walking down their street after dark, area has a reputation for being safe, visited neighbours in the last week, ran into friends and acquaintances when shopping, and would be sad to leave their neighbourhood.

These indicators are presented in graphical and tabular form. The body of the report includes a bar chart for each indicator for the period 2006-2009, which compares each country of birth with New South Wales. The summary of the report includes tables for each country of birth, which presents trend data from the base year: that is, from the first year data were collected for that indicator. The report is available in both PDF and HTML versions, which can be obtained from the New South Wales Population Health Survey website at [www.health.nsw.gov.au/publichealth/surveys/index.asp](http://www.health.nsw.gov.au/publichealth/surveys/index.asp).

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 for 2006-2009.



**Kerry Chant**

Chief Health Officer and Deputy Director-General, Population Health  
September 2010

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## Introduction

According to the 2006 Census, just under 7 in 10 New South Wales residents (69.0 per cent) said they were born in Australia, just under one-quarter (23.8 per cent) said they were born overseas, and just over one-quarter (26.0 per cent) said they spoke a language other than English at home.[1] Persons born in the United Kingdom continued to be the largest group of overseas-born residents, accounting for 3.3 per cent of the New South Wales population, followed by China (1.7 per cent), New Zealand (1.6 per cent), Vietnam (1.0 per cent), and the Philippines (0.9 per cent).[1]

For Australia overall, according to *Migration, Australia 2007-08*, which includes passenger manifest data, the proportion of immigrants born in North-West Europe and Southern and Eastern Europe is declining and the proportion of migrants from North-East Asia and Southern and Central Asia is increasing.[2] Also, between 1998 and 2008 the number of Australia-born residents increased at an average rate of 1.1 per cent per year, while the number of overseas-born residents increased 2.4 per cent per year. At June 2008, the highest proportion of overseas-born persons, as a percentage of Australia's population, was in the 40-44 and 45-49 years age groups for both males and females. The Australia-born median age was 33.2 years compared with 45.7 years for the overseas-born.[2]

This is the second report on the health of adults by country of birth from the New South Wales Population Health Survey. The report uses data collected between 1997 and 2009. At both the statewide and area health service levels, the report will assist in monitoring health, policy development, and service planning.

## New South Wales Population Health Survey

The New South Wales Population Health Survey is a continuous survey using computer assisted telephone interviewing (CATI) which began in 2002. Prior to the introduction of the continuous survey, 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 continuous survey is conducted between February and December each year. The target population is all state residents living in households with private telephones. The target sample is approximately 1,500 people in each area health service each year (a total annual sample of 12,000). The 2006-2009 Report on Adult Health by Country of Birth reports the health of overseas-born residents aged 16 years and over.

Households are contacted using list assisted random digit dialling. Up to 7 calls are made to establish initial contact with a household and up to 5 calls are made to contact a selected respondent. One person from the household is randomly-selected for inclusion in the survey. Parents or carers of children aged 0-15 years are interviewed on their behalf. Trained telephone interviewers carry out the interviews. Most interviews are conducted in English but the survey is also conducted in five other languages: Arabic, Chinese, Greek, Italian and Vietnamese.

The sample is weighted to adjust for differences in the probabilities of selection among subjects and to adjust for differences between the age and sex structure of the sample and Australian Bureau of Statistics mid-year population estimates for New South Wales. This enables the calculation of prevalence estimates for the state population rather than for the respondents selected. The weighted sample populations for each country of birth were compared with the mid-year population estimates for each country of birth. There was generally little difference between the two.

## Sample size

Between 1997 and 2009, 124,029 adults aged 16 years and over participated in the survey, of which 26,146 (21.1 per cent) were born overseas. When the sample was weighted to the New South Wales population, the proportion of adults aged 16 years and over who were born overseas was 26.7 per cent, which is close to their representation in the overall residential population of the state (23.8 per cent) according to the 2006 Census.[1]

Although the survey collected information from people from over 65 different countries, only countries from which there were at least 425 respondents were included in this report. Generally the countries of birth reported correspond with the main countries that people have come from, with populations in New South Wales of around 22,250 or greater. These include: the United Kingdom, China, New Zealand, Vietnam, the Philippines, India, Lebanon, Italy, Hong Kong, Greece, South Africa, Germany, Fiji, the United States of America, the Netherlands, and Australia.

There were different numbers of respondents from each of these countries: the United Kingdom (8,338), China (1,217), New Zealand (1,920), Vietnam (672), the Philippines (720), India (774), Lebanon (594), Italy (1,080), Hong Kong (451), Greece (585), South Africa (527), Germany (896), Fiji (425), the United States of America (440), the Netherlands (666), and Australia (97,719).

## Health indicators

The report contains 39 health indicators:

### Health behaviours

Alcohol risk drinking, screening mammogram in the last 2 years, Pap test in the last 2 years, hysterectomy, influenza immunisation in the last 12 months, pneumococcal immunisation in the last 5 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, consumes lower fat or skim milk, adequate physical activity, current smoking, lives in a smoke-free household, and bans smoking in car.

### Health status

Self-rated health as excellent or very good or good, current asthma, blood pressure measured in the last 2 years, ever had high blood pressure, cholesterol measured in the last 2 years, ever had high cholesterol, diabetes or high blood glucose, mental health (psychological distress), visited a dental professional in the last 12 months, all natural teeth missing, overweight, obese, and overweight or obese.

### Health services

Private health insurance, difficulties getting health care, emergency department presentations, hospital admissions, and general practice attendances.

### Social capital

Most people can be trusted, feels safe walking down their street after dark, area has a reputation for being safe, visits neighbours, runs into friends and acquaintances when shopping, and sad to leave neighbourhood.

These indicators are presented in graphical and tabular form. The body of the report includes a bar chart for each indicator for the period 2006-2009, which compares each country of birth with New South Wales. At the end of the report there is a table for each country of birth which presents trend data from the base year: that is, from the first year data were collected for that indicator.

## Further information

For further information about the New South Wales Population Health Survey, or any of the reports produced from the survey data, visit the website at [www.health.nsw.gov.au/publichealth/surveys/index.asp](http://www.health.nsw.gov.au/publichealth/surveys/index.asp).

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1. Australian Bureau of Statistics. *2006 Census QuickStats: New South Wales*. Canberra: ABS, 2007. For further information visit [www.abs.gov.au](http://www.abs.gov.au) (accessed 24 March 2010).
2. Australian Bureau of Statistics. *Migration, Australia 2007-08*. Catalogue No. 3412.0. Canberra: ABS, 2009. For further information visit [www.abs.gov.au](http://www.abs.gov.au).



# Methods

## ***Survey sample***

In 2006-2009, the target population for the New South Wales Population Health Survey was all residents living in households with private telephones. For each year, the target sample comprised approximately 1,500 people in each of the 8 area health services (a 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 continuous 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 selected.

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

## ***Interviews***

In each year, interviews were carried out continuously between February and December. Selected households with 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 NSW 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***

Over the period 2006-2009, 51,698 interviews were conducted, with at least 6,173 interviews in each area health service and 42,155 with adults aged 16 years or over. The overall response rate was 64.5 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 2007 mid-year population estimates (excluding residents of institutions) for each area health service. Further information on the weighting process is provided elsewhere.[3,4]

Call and interview data were manipulated and analysed using SAS version 9.1.[5] The SURVEYFREQ procedure in SAS was used to analyse the data and calculate point estimates and 95 per cent confidence intervals for the estimates. The SURVEYFREQ 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 estimates based on the stratified random sample.[5]

The 95 per cent confidence interval provides a range of values that should contain the actual value 95 per cent of the time. In general, a wider confidence interval reflects less certainty in the estimate for that indicator. The width of the confidence interval relates to the differing sample size for each indicator. A wider confidence interval reflects less certainty in the estimate. If confidence intervals do not overlap then the observed estimates are significantly different. If confidence intervals overlap slightly the observed estimates

may be significantly different but further testing needs to be done to establish that significance. For a pairwise comparison of subgroup estimates, the p value for a two-tailed test was calculated using the t-test for differences in means from independent samples and a modified form of t-test, which accounts for the dependence of the estimates, to test for differences between sub-group estimates and total estimates.[5]

## References

1. Australia on Disk [software]. Sydney: Australia on Disk, 2004.
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3. Barr M, Baker D, Gorringer M, and Fritsche L. *NSW Population Health Survey: Description of Methods*. Sydney: Centre for Epidemiology and Research, NSW Department of Health, 2008. Available online at [www.health.nsw.gov.au/resources/publichealth/surveys/health\\_survey\\_method.asp](http://www.health.nsw.gov.au/resources/publichealth/surveys/health_survey_method.asp) (accessed 21 July 2010).
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5. SAS Institute. *The SAS System for Windows version 9.1*. Cary, NC: SAS Institute Inc., 2009. Further information available from [www.sas.com](http://www.sas.com) (accessed 21 July 2010).

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# Health behaviours

Risk behaviours affect health and wellbeing and contribute to preventable morbidity and premature mortality. This chapter reports: alcohol risk drinking, screening mammogram in the last 2 years, Pap test in the last 2 years, hysterectomy, influenza immunisation in the last 12 months, pneumococcal immunisation in the last 5 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, consumes lower fat or skim milk, food insecurity in the last 12 months, adequate physical activity, current smoking, lives in a smoke-free household, and bans smoking in car.

## Risk alcohol drinking

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. The risk drinking indicator in this report includes those who exceeded Guideline 1 of the 2001 NHMRC Australian Alcohol Guidelines prior to 2009 and those who exceeded Guideline 1 of the 2009 NHMRC Australian Alcohol Guidelines from 2009 onwards.[1-4]

In 2006-2009, 32.2 per cent of NSW adults engaged in risk alcohol drinking. A significantly higher proportion of adults born in New Zealand (40.6 per cent) and Australia (36.8 per cent) engaged in risk alcohol drinking, compared with the overall NSW adult population who engaged in risk alcohol drinking. A significantly lower proportion of adults born in China (4.1 per cent), Vietnam (10.0 per cent), the Philippines (20.3 per cent), India (9.6 per cent), Lebanon (11.2 per cent), Italy (17.2 per cent), Hong Kong (11.5 per cent), Greece (8.9 per cent), and Germany (18.1 per cent), engaged in risk alcohol drinking, compared with the overall NSW adult population who engaged in risk alcohol drinking.

## Breast cancer screening

Breast cancer is the second most common cancer in the world and the most common cancer in females. The prevalence of breast cancer is higher in more developed countries, compared with less developed countries.[5] BreastScreen NSW provides free 2-yearly screening mammograms for females aged 50-69 years of age.[6]

A screening mammogram differs from a diagnostic mammogram in that screening is conducted on females who have no history of breast cancer and no breast problems or symptoms at the time the mammogram is taken. To establish the proportion of females who had a screening mammogram, those who had a breast problem, or had breast cancer in the past, were excluded from the analysis.

The NSW Population Health Survey collects self-reported data on breast cancer screening to complement the data collected through screening registries. The most complete source of data for breast cancer screening is the BreastScreen Register managed by the Cancer Institute NSW.[7] The NSW Cancer Plan 2007-2010 outlines the NSW Government's commitment to further reducing the effects of breast cancer through screening.[7]

In 2006-2009, 76.2 per cent of NSW adult females aged 50-69 years had a screening mammogram in the last 2 years. A significantly higher proportion of adult females born in Lebanon (89.7 per cent), Fiji (94.7 per cent), the United States of America (90.9 per cent), and Australia (78.6 per cent), had a screening mammogram in the last 2 years, compared with the overall NSW adult female population who had a screening mammogram in the last 2 years. A significantly lower proportion of adult females born in the United Kingdom (66.7 per cent) and Vietnam (36.9 per cent) had a screening mammogram in the last 2 years, compared with the overall NSW adult female population who had a screening mammogram in the last 2 years.

## Cervical cancer screening

Cervical cancer is the seventh most common cancer in the world and the second most common cancer in females after breast cancer. The prevalence of cervical cancer is lower in more developed countries, compared with less developed countries, largely due to population screening programs.[5] As cervical cancer is largely preventable if detected early and treated appropriately, females aged 20-69 who have ever had

sex, and who have not had a hysterectomy, are recommended to have a Pap test every 2 years.[5,8]

The NSW Population Health Survey collects self-reported data on cervical cancer screening to complement the data collected through screening registries. The most complete source of data for cervical cancer screening is the Pap Test Register managed by the Cancer Institute NSW.[7] The NSW Cancer Plan 2007-2010 outlines the NSW Government's commitment to further reducing the effects of cervical cancer through screening.[7]

In 2006-2009, 73.2 per cent of NSW adult females aged 20-69 years had a Pap test in the last 2 years. A significantly higher proportion of adult females born in Australia (75.5 per cent) had a Pap test in the last 2 years, compared with the overall NSW adult female population who had a Pap test in the last 2 years. A significantly lower proportion of adult females born in China (58.9 per cent), the Philippines (56.1 per cent), India (53.2 per cent), and Hong Kong (48.0 per cent), had a Pap test in the last 2 years, compared with the overall NSW adult female population who had a Pap test in the last 2 years.

## Hysterectomy

In 2006-2009, 12.3 per cent of NSW adult females aged 20-69 years ever had a hysterectomy. A significantly higher proportion of adult females born in the United Kingdom (18.1 per cent), Italy (28.0 per cent), Greece (50.0 per cent), the Netherlands (35.4 per cent), and Australia (12.7 per cent), ever had a hysterectomy, compared with the overall NSW adult female population who ever had a hysterectomy. A significantly lower proportion of adult females born in China (2.8 per cent), Vietnam (2.7 per cent), the Philippines (1.2 per cent), India (6.4 per cent), and the United States of America (1.8 per cent), ever had a hysterectomy, compared with the overall NSW adult female population who ever had a hysterectomy.

## Influenza vaccination

Influenza (flu) is characterised by abrupt onset of fever, myalgia, headache, sore throat, acute cough, and can cause extreme malaise lasting several days. Because immunisation against the influenza virus has been shown to significantly reduce morbidity and preventable mortality, it is strongly recommended for people aged 65 years and over, Aboriginal and Torres Strait Islander people aged 15 years and over, people aged 6 months or over with conditions predisposing to severe influenza, as well as for people: who may transmit influenza to those at high risk, who provide essential services, who work in particular industries, who travel, and who are involved in the poultry industry during periods of avian influenza activity.[9]

In 2006-2009, 47.2 per cent of NSW adults aged 50 years and over had been vaccinated against influenza in the last 12 months. A significantly higher proportion of adults born in Italy (54.6 per cent) and Australia (49.4 per cent) had been vaccinated against influenza in the last 12 months, compared with the overall NSW adult population over who had been vaccinated against influenza in the last 12 months. A significantly lower proportion of adults born in New Zealand (38.6 per cent), India (31.6 per cent), Lebanon (32.4 per cent), Germany (33.9 per cent), and the United States of America (34.1 per cent), had been vaccinated against influenza in the last 12 months, compared with the overall NSW adult population who had been vaccinated against influenza in the last 12 months.

## Pneumococcal vaccination

Invasive pneumococcal disease is an isolation of *Streptococcus pneumoniae* from a normally sterile site, most commonly the blood. It is a major cause of pneumonia, meningitis, and bacteraemia without focus. The 23-valent pneumococcal polysaccharide vaccine is recommended for all people aged 65 years and over, tobacco smokers, all people aged 10 years and over who have underlying chronic illnesses that place them at increased risk, and Aboriginal and Torres Strait Islander people aged 50 years and over and those 15-49 years who have underlying chronic illnesses that place them at increased risk.[9]

In 2006-2009, 30.9 per cent of NSW adults aged 50 years and over had been vaccinated against pneumococcal disease in the last 5 years. A significantly higher proportion of adults born in Australia (33.2 per cent) had been vaccinated against pneumococcal disease in the last 5 years, compared with the overall NSW adult population over who had been vaccinated against pneumococcal disease in the last 5 years. A significantly lower proportion of adults born in China (19.1 per cent), New Zealand (22.3 per cent), the Philippines (14.6 per cent), Hong Kong (14.9 per cent), Germany (21.3 per cent), and the United States of America (13.7 per cent), had been vaccinated against pneumococcal disease in the last 5 years, compared with the overall NSW adult population who had been vaccinated against pneumococcal disease in the last 5 years.

## Home smoke alarms

In New South Wales, a high proportion of the mortality and morbidity caused by house fires happens at night while people are sleeping. 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.[10] The *NSW Building Legislation Amendment (Smoke Alarms) Act 2005* commenced on 1 May 2006. This legislation requires that 1 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.[11]

In 2006-2009, 91.4 per cent of NSW adults had a smoke alarm in the home. A significantly higher proportion of adults born in the United Kingdom (93.0 per cent) and Australia (93.0 per cent) had a smoke alarm in the home, compared with the overall NSW adult population who had a smoke alarm in the home. A significantly lower proportion of adults born in China (82.1 per cent), Lebanon (79.2 per cent), Italy (79.5 per cent), and Greece (65.1 per cent), had a smoke alarm in the home, compared with the overall NSW adult population who had a smoke alarm in the home.

## Two or more serves of fruit a day

The *Dietary Guidelines for Australian Adults* and *Australian Guide to Healthy Eating* stress the importance of eating plenty of fruit.[12,13] The *Go for 2 & 5* fruit and vegetable campaign website provides information on why adults should eat at least 2 serves of fruit each day to maintain good health and a healthy weight.[14]

In 2006-2009, 55.4 per cent of NSW adults consumed 2 or more serves of fruit a day. A significantly higher proportion of adults born in New Zealand (62.3 per cent), Italy (74.7 per cent), and Greece (66.0 per cent), consumed 2 or more serves of fruit a day, compared with the overall NSW adult population who consumed 2 or more serves of fruit a day. A significantly lower proportion of adults born in Australia (54.6 per cent) consumed 2 or more serves of fruit a day, compared with the overall NSW adult population who consumed 2 or more serves of fruit a day.

## Five or more serves of vegetables a day

The *Dietary Guidelines for Australian Adults* and *Australian Guide to Healthy Eating* stress the importance of eating plenty of vegetables.[12,13] The *Go for 2 & 5* fruit and vegetable campaign website provides information on why adults should eat at least 5 serves of vegetables each day to maintain good health and a healthy weight.[14]

In 2006-2009, 10.1 per cent of NSW adults consumed 5 or more serves of vegetables a day. A significantly higher proportion of adults born in the United Kingdom (12.1 per cent) and Australia (11.0 per cent) consumed 5 or more serves of vegetables a day, compared with the overall NSW adult population who consumed 5 or more serves of vegetables a day. A significantly lower proportion of adults born in China (6.5 per cent), Vietnam (5.6 per cent), the Philippines (0.5 per cent), Lebanon (1.7 per cent), Italy (5.9 per cent), Greece (5.4 per cent), and Fiji (3.1 per cent), consumed 5 or more serves of vegetables a day, compared with the overall NSW adult population who consumed 5 or more serves of vegetables a day.

## Three or more serves of vegetables a day

To monitor trends in vegetable consumption below the recommended levels, the New South Population Health Survey reports adults who consume 3 or more serves of vegetables a day.

In 2006-2009, 42.0 per cent of NSW adults consumed 3 or more serves of vegetables a day. A significantly higher proportion of adults born in the United Kingdom (48.1 per cent), the United States of America (55.0 per cent), and Australia (45.0 per cent) consumed 3 or more serves of vegetables a day, compared with the overall NSW adult population who consumed 3 or more serves of vegetables a day. A significantly lower proportion of adults born in China (29.5 per cent), Vietnam (25.0 per cent), the Philippines (15.7 per cent), India (33.3 per cent), Lebanon (20.3 per cent), Italy (24.6 per cent), Greece (29.4 per cent), and Fiji (26.4 per cent), consumed 3 or more serves of vegetables a day, compared with the overall NSW adult population who consumed 3 or more serves of vegetables a day.

## Usually consumes lower fat or skim milk

The *Dietary Guidelines for Australian Adults* and *Australian Guide to Healthy Eating* stress the importance of including reduced fat varieties of milks and/or dairy alternatives in the diet, limiting saturated fat intake, and moderating total fat intake.[12,13]

In 2006-2009, 47.5 per cent of NSW adults consumed lower fat or skim milk. A significantly higher proportion of adults born in the United Kingdom (59.5 per cent), South Africa (58.1 per cent), the United States of America (62.2 per cent), and Australia (49.2 per cent) consumed lower fat or skim milk, compared with the overall NSW adult population who consumed lower fat or skim milk. A significantly lower proportion of adults born in China (30.5 per cent), Vietnam (25.9 per cent), the Philippines (32.4 per cent), India (31.9 per cent), Lebanon (31.7 per cent), and Greece (34.2 per cent), consumed lower fat or skim milk, compared with the overall NSW adult population who consumed lower fat or skim milk.

## Adequate physical activity

Adults who regularly participate in moderate-to-vigorous levels of physical activity have lower rates of preventable mortality than those who are physically inactive; also, regular physical activity decreases risk of cardiovascular disease, some cancers, some mental illness, type-2 diabetes, overweight and obesity, and preventable injury.[15] To maintain good health, the *National Physical Activity Guidelines for Adults, Choose Health, Be Active: A physical activity guide for older Australians*, and the *Recommendations on physical activity for health for older Australians* is at least 30 minutes of moderate activity on most, and preferably all, days of the week.[16-18]

In the New South Wales Population Health Survey, adequate physical activity is calculated from questions asked in the Active Australia Survey,[19] 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.

In 2006-2009, 55.1 per cent of NSW adults undertook adequate levels of physical activity. A significantly higher proportion of adults born in New Zealand (63.8 per cent) and Australia (56.3 per cent) undertook adequate levels of physical activity, compared with the overall NSW adult population who undertook adequate levels of physical activity. A significantly lower proportion of adults born in China (49.3 per cent), Vietnam (34.9 per cent), Lebanon (36.8 per cent), Italy (44.8 per cent), and Greece (40.5 per cent), undertook adequate levels of physical activity, compared with the overall NSW adult population who undertook adequate levels of physical activity.

## Current smoking

Tobacco smoking is the leading cause of preventable mortality and morbidity in New South Wales. While the relationship between tobacco smoking, lung cancer, and cardiovascular disease has long been evidenced, a number of other diseases are now known to be associated with smoking. According to the US Surgeon General's Report (2004), tobacco smoking is associated with: cancer, including cancer of the lung, mouth, throat, larynx, oesophagus, pancreas, kidney, bladder, stomach, and acute myeloid leukemia; cardiovascular disease, including atherosclerosis, strokes, abdominal aortic aneurysm, hardening and narrowing of the arteries, damage to the cells lining the blood vessels and heart, and blood clots; respiratory disease, including emphysema, chronic obstructive pulmonary disease, and upper and lower respiratory tract infections; reproductive problems, including difficulty becoming pregnant, a higher risk of never becoming pregnant, risk of complications during pregnancy, risk of premature birth, low birthweight infants, stillbirth, and infant mortality including increased risk of sudden infant death syndrome; other health effects, including increased risk of eye diseases, loss of bone mass, and peptic ulcers. Smokers are generally less healthy than nonsmokers. Smoking affects the immune system. Illnesses in smokers last longer and smokers are more likely to be absent from work. Smokers also use more medical services, both outpatient and inpatient services.[20]

In 2006-2009, 17.9 per cent of NSW adults were current (daily or occasional) smokers. A significantly higher proportion of adults born in Lebanon (34.4 per cent) and Australia (18.5 per cent) were current smokers, compared with the overall NSW adult population who were current smokers. A significantly lower proportion of adults born in the United Kingdom (15.3 per cent), China (13.4 per cent), India (8.8 per cent), Hong Kong (9.5 per cent), Fiji (12.1 per cent), and the Netherlands (9.0 per cent), were current smokers, compared with the overall NSW adult population who were current smokers.

## Smoke-free homes

Exposure to environmental tobacco smoke (passive smoking) is a significant cause of preventable mortality and morbidity in New South Wales. Passive smoking causes lung and 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 increased risk of 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.[21]

In 2006-2009, 89.4 per cent of NSW adults lived in smoke-free homes. A significantly higher proportion of adults born in the United Kingdom (90.9 per cent), New Zealand (93.6 per cent), India (94.5 per cent), and Hong Kong (94.5 per cent), lived in smoke-free homes, compared with the overall NSW adult population who lived in smoke-free homes. A significantly lower proportion of adults born in Lebanon (77.8 per cent) lived in smoke-free homes, compared with the overall NSW adult population who lived in smoke-free homes.

## Bans smoking in their car

In 2006-2009, 88.9 per cent of NSW adults with cars banned smoking in their car. A significantly higher proportion of adults born in the United Kingdom (90.7 per cent), Vietnam (93.4 per cent), the Philippines (96.0 per cent), and Fiji (94.5 per cent), banned smoking in their car, compared with the overall NSW adult population who banned smoking in their car. A significantly lower proportion of adults born in Australia (88.5 per cent) banned smoking in their car, compared with the overall NSW adult population who banned smoking in their car.

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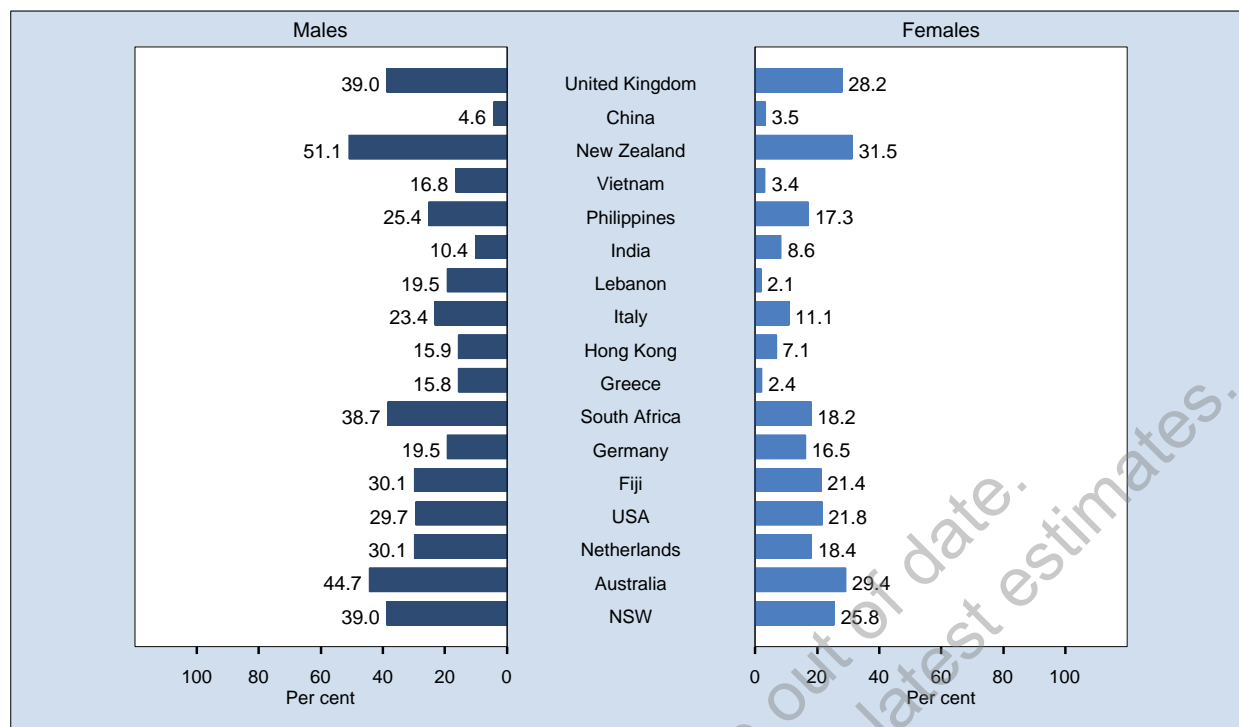
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WARNING: Estimates are out of date  
Please check HealthStats NSW for latest estimates



## Risk alcohol drinking by country of birth, adults aged 16 years and over, NSW, 2006-2009

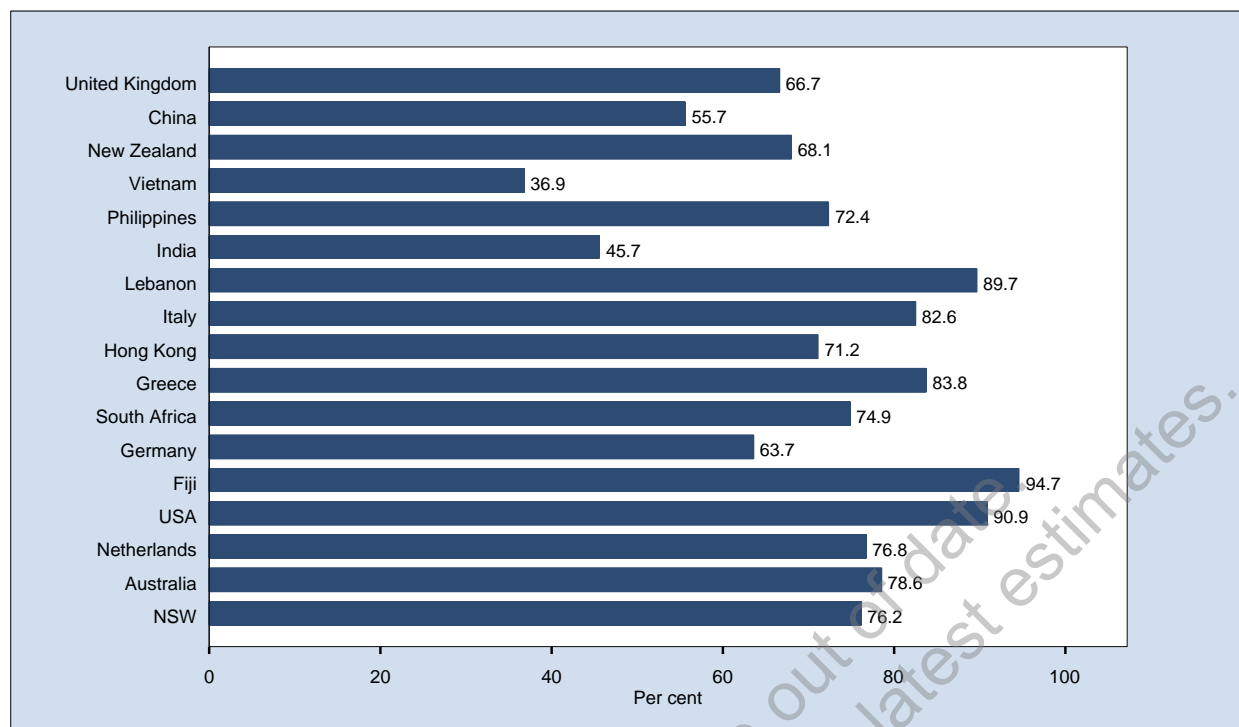


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	39.0 (34.8-43.1)	28.2 (24.9-31.5)	33.7 (31.0-36.4)
China	4.6 (1.2-8.0)	3.5 (1.3-5.7)	4.1 (2.0-6.2)
New Zealand	51.1 (42.0-60.2)	31.5 (25.2-37.8)	40.6 (35.1-46.2)
Vietnam	16.8 (8.1-25.5)	3.4 (0.4-6.4)	10.0 (5.3-14.7)
Philippines	25.4 (10.3-40.5)	17.3 (7.3-27.3)	20.3 (12.0-28.6)
India	10.4 (4.1-16.6)	8.6 (3.0-14.1)	9.6 (5.3-13.9)
Lebanon	19.5 (8.0-31.0)	2.1 (0.0-5.0)	11.2 (4.7-17.6)
Italy	23.4 (15.1-31.8)	11.1 (3.8-18.4)	17.2 (11.7-22.6)
Hong Kong	15.9 (4.5-27.3)	7.1 (0.0-14.4)	11.5 (4.7-18.4)
Greece	15.8 (6.5-25.1)	2.4 (0.2-4.5)	8.9 (4.1-13.7)
South Africa	38.7 (23.3-54.1)	18.2 (7.1-29.3)	26.8 (17.5-36.1)
Germany	19.5 (10.0-29.0)	16.5 (8.8-24.2)	18.1 (11.9-24.3)
Fiji	30.1 (15.5-44.7)	21.4 (10.9-32.0)	25.5 (16.7-34.3)
USA	29.7 (13.8-45.6)	21.8 (11.1-32.5)	25.5 (16.0-35.0)
Netherlands	30.1 (14.6-45.5)	18.4 (9.4-27.3)	24.8 (15.1-34.5)
Australia	44.7 (43.3-46.1)	29.4 (28.4-30.4)	36.8 (35.9-37.7)
NSW	39.0 (37.8-40.2)	25.8 (24.9-26.6)	32.2 (31.5-33.0)

**Note:** Estimates are based on 34,235 respondents in NSW. For this indicator 357 (1.03%) were not stated (Don't know or Refused) in NSW. The indicator includes those who exceeded Guideline 1 of the 2001 NHMRC Australian Alcohol Guidelines prior to 2009 and exceed Guideline 1 of the 2009 NHMRC Australian Alcohol Guidelines from 2009 onwards. Persons who exceeded the 2001 Guideline 1 did any 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. Persons who exceed the 2009 Guideline 1 drink more than 2 standard drinks on any day. The questions used to define the indicator in 2009 were: How often do you usually drink alcohol? On a day when you drink alcohol, how many standard drinks do you usually have? The questions used to define the indicator from 2002 to 2008 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 last 4 weeks have you had more than [7-10 if male/5-6 if female] drinks in a day? In the last 4 weeks how often have you had [1+ 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? 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Screening mammogram in the last 2 years by country of birth, females aged 50 to 69 years, NSW, 2006-2009

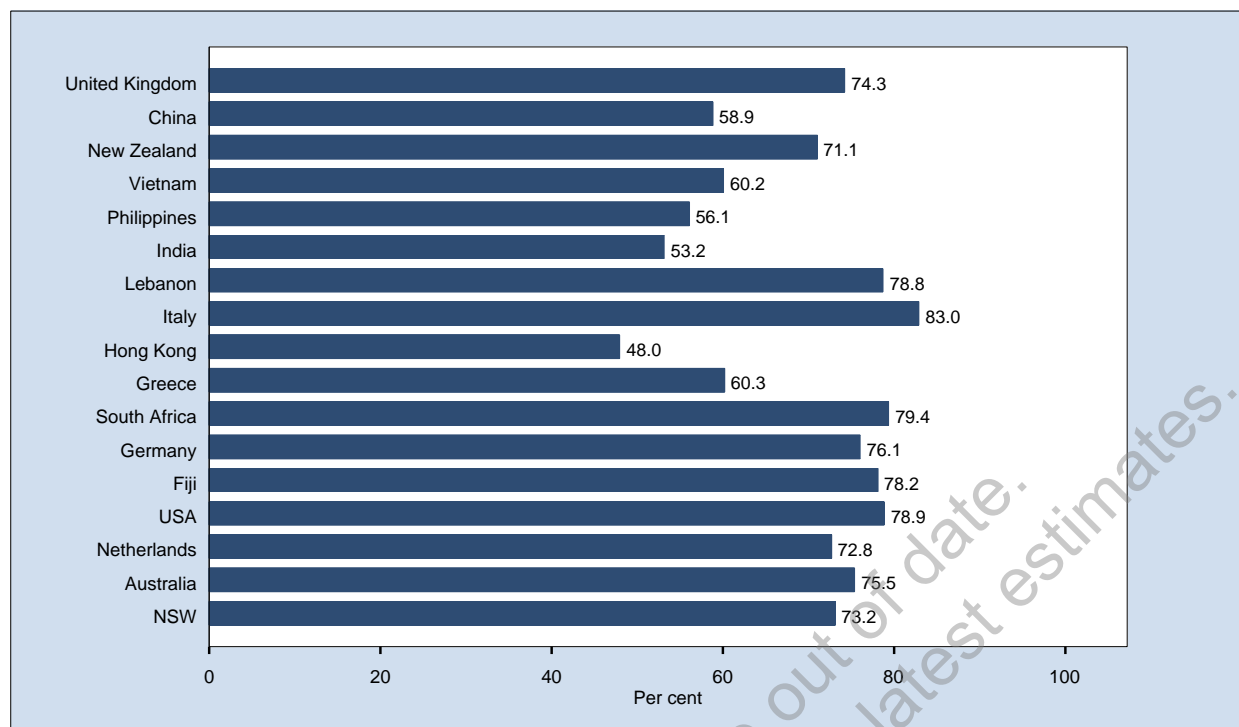


Country of Birth	Females % (95% CI)
United Kingdom	66.7 (59.2-74.2)
China	55.7 (27.9-83.4)
New Zealand	68.1 (49.0-87.1)
Vietnam	36.9 (11.0-62.7)
Philippines	72.4 (52.2-92.7)
India	45.7 (12.4-78.9)
Lebanon	89.7 (76.9-100)
Italy	82.6 (66.0-99.2)
Hong Kong	71.2 (37.4-100)
Greece	83.8 (71.3-96.4)
South Africa	74.9 (43.4-100)
Germany	63.7 (45.8-81.6)
Fiji	94.7 (83.9-100)
USA	90.9 (78.3-100)
Netherlands	76.8 (54.3-99.3)
Australia	78.6 (76.6-80.7)
NSW	76.2 (74.3-78.1)

**Note:** Estimates are based on 3,266 respondents in NSW. For this indicator 15 (0.46%) were not stated (Don't know or Refused) in NSW. The indicator includes those who had a screening mammogram in the last 2 years. This excludes women who had a mammogram for a breast problem or had breast cancer in the past. The questions used to define the indicator were: Have you ever had a mammogram? When did you last have a mammogram? Can you tell me all the reasons why you had your last mammogram?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Pap test in the last 2 years by country of birth, females aged 20 to 69 years, NSW, 2006-2009

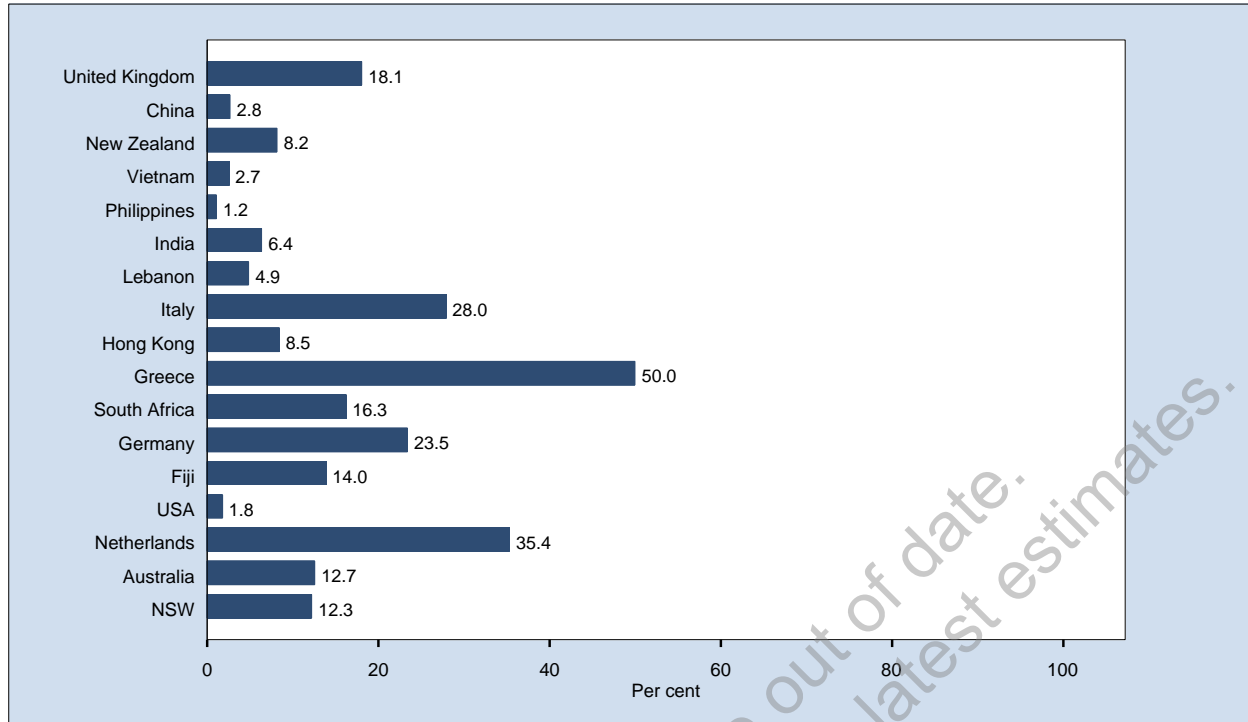


Country of Birth	Females % (95% CI)
United Kingdom	74.3 (68.5-80.1)
China	58.9 (45.2-72.6)
New Zealand	71.1 (60.9-81.3)
Vietnam	60.2 (43.3-77.0)
Philippines	56.1 (40.9-71.4)
India	53.2 (37.4-69.0)
Lebanon	78.8 (62.6-95.0)
Italy	83.0 (67.8-98.2)
Hong Kong	48.0 (28.1-68.0)
Greece	60.3 (35.0-85.6)
South Africa	79.4 (64.5-94.4)
Germany	76.1 (61.8-90.4)
Fiji	78.2 (60.3-96.1)
USA	78.9 (62.1-95.8)
Netherlands	72.8 (52.1-93.4)
Australia	75.5 (73.7-77.2)
NSW	73.2 (71.7-74.7)

**Note:** Estimates are based on 5,898 respondents in NSW. For this indicator 49 (0.82%) were not stated (Don't know or Refused) in NSW. The indicator includes those who have had a Pap test in the last 2 years and have not had a hysterectomy. The questions used to define the indicator were: A Pap test is a routine test carried out by a doctor. It is recommended for all women for early detection of cancer of the cervix. Have you ever had a Pap test? When did you last have a Pap test? Have you ever had a hysterectomy?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Hysterectomy by country of birth, females aged 20 to 69 years, NSW, 2006-2009

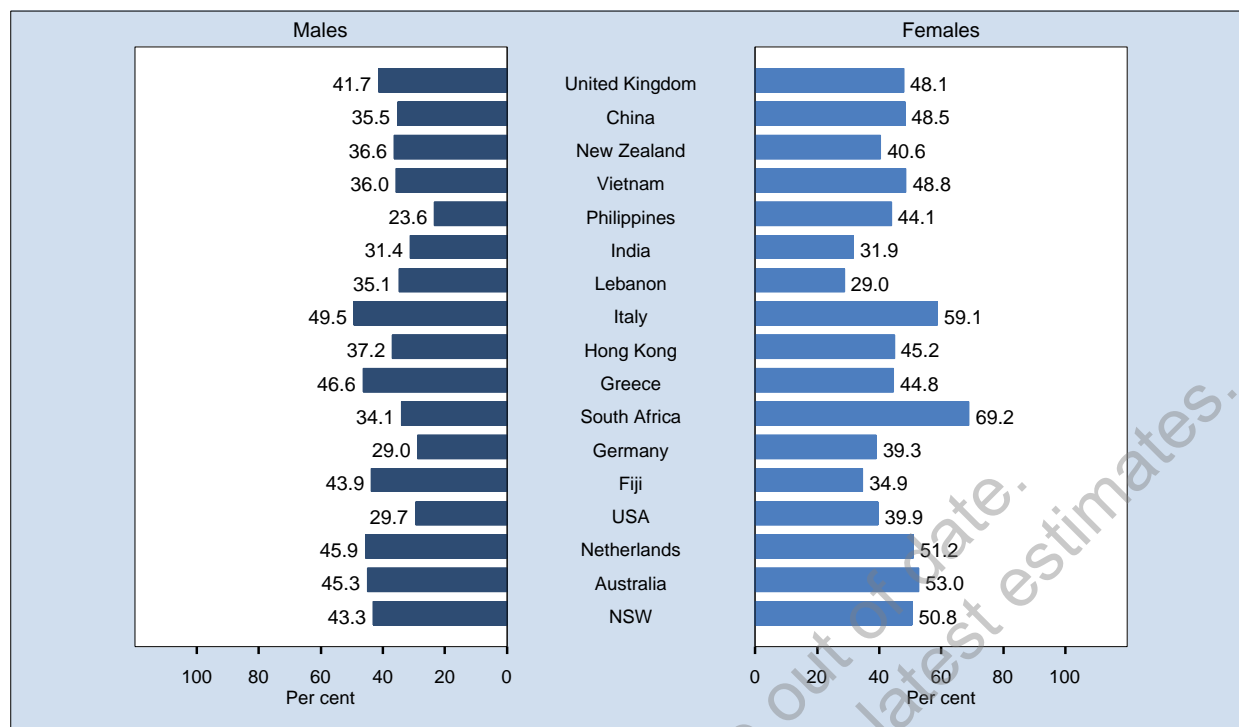


Country of Birth	Females % (95% CI)
United Kingdom	18.1 (13.9-22.4)
China	2.8 (0.0-5.7)
New Zealand	8.2 (2.8-13.6)
Vietnam	2.7 (0.0-7.8)
Philippines	1.2 (0.0-2.4)
India	6.4 (0.8-12.1)
Lebanon	4.9 (0.0-12.6)
Italy	28.0 (12.7-43.2)
Hong Kong	8.5 (0.0-18.9)
Greece	50.0 (32.7-67.4)
South Africa	16.3 (5.2-27.4)
Germany	23.5 (7.7-39.3)
Fiji	14.0 (1.3-26.7)
USA	1.8 (0.0-4.5)
Netherlands	35.4 (17.1-53.7)
Australia	12.7 (11.7-13.6)
NSW	12.3 (11.5-13.1)

**Note:** Estimates are based on 7,248 respondents in NSW. For this indicator 31 (0.43%) were not stated (Don't know or Refused) in NSW. The indicator includes those who have ever had a hysterectomy. The question used to define the indicator was: Have you ever had a hysterectomy?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Vaccinated against influenza in the last 12 months by country of birth, adults aged 50 years and over, NSW, 2006-2009

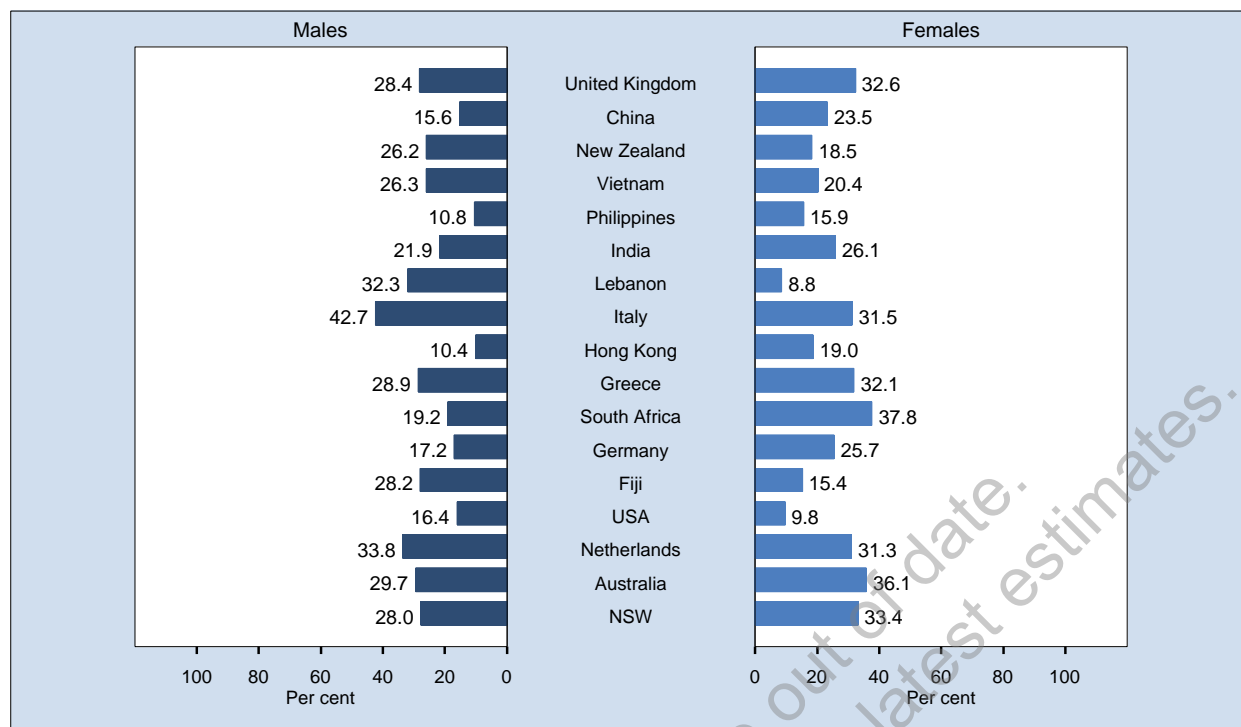


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	41.7 (37.5-45.9)	48.1 (44.5-51.7)	44.8 (42.1-47.6)
China	35.5 (23.0-47.9)	48.5 (35.6-61.4)	41.3 (32.2-50.4)
New Zealand	36.6 (26.6-46.6)	40.6 (31.2-50.1)	38.6 (31.7-45.5)
Vietnam	36.0 (17.1-54.8)	48.8 (32.9-64.7)	42.6 (30.2-55.0)
Philippines	23.6 (0.0-49.0)	44.1 (29.3-59.0)	38.8 (25.5-52.1)
India	31.4 (16.3-46.5)	31.9 (16.3-47.4)	31.6 (20.8-42.5)
Lebanon	35.1 (19.7-50.5)	29.0 (14.6-43.3)	32.4 (21.6-43.1)
Italy	49.5 (39.5-59.6)	59.1 (50.5-67.6)	54.6 (48.0-61.2)
Hong Kong	37.2 (17.9-56.5)	45.2 (26.8-63.5)	41.4 (27.9-54.9)
Greece	46.6 (34.4-58.8)	44.8 (34.7-55.0)	45.6 (37.8-53.5)
South Africa	34.1 (15.9-52.4)	69.2 (56.4-81.9)	57.1 (45.6-68.6)
Germany	29.0 (18.7-39.3)	39.3 (29.1-49.5)	33.9 (26.5-41.2)
Fiji	43.9 (22.0-65.8)	34.9 (16.4-53.4)	39.9 (25.3-54.6)
USA	29.7 (13.1-46.4)	39.9 (21.9-57.9)	34.1 (21.7-46.4)
Netherlands	45.9 (32.2-59.5)	51.2 (38.8-63.6)	48.2 (38.9-57.6)
Australia	45.3 (43.8-46.8)	53.0 (51.8-54.2)	49.4 (48.4-50.4)
NSW	43.3 (42.0-44.6)	50.8 (49.7-51.9)	47.2 (46.4-48.0)

**Note:** Estimates are based on 21,896 respondents in NSW. For this indicator 59 (0.27%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Vaccinated against pneumococcal disease in the last 5 years by country of birth, adults aged 50 years and over, NSW, 2006-2009

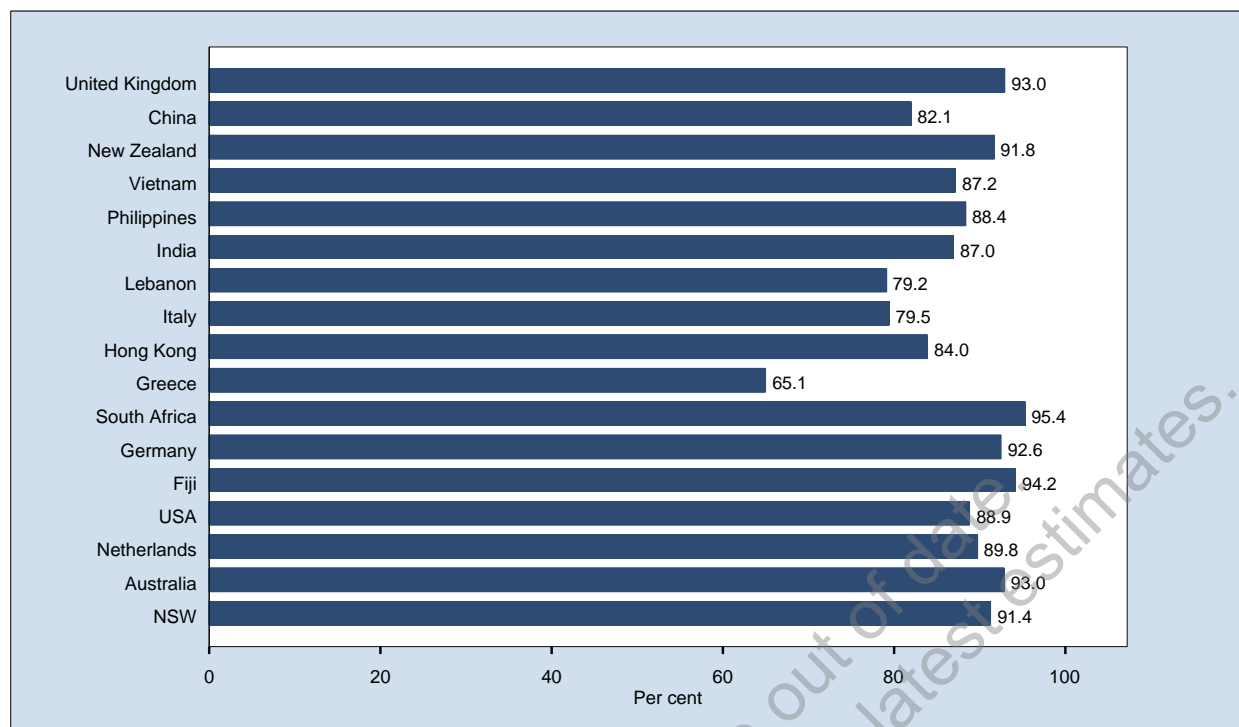


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	28.4 (24.6-32.2)	32.6 (29.2-36.1)	30.5 (27.9-33.1)
China	15.6 (7.1-24.0)	23.5 (12.4-34.7)	19.1 (12.2-26.0)
New Zealand	26.2 (17.0-35.4)	18.5 (11.5-25.5)	22.3 (16.5-28.1)
Vietnam	26.3 (8.4-44.2)	20.4 (6.3-34.5)	23.6 (12.0-35.2)
Philippines	10.8 (0.0-30.7)	15.9 (5.1-26.6)	14.6 (5.1-24.0)
India	21.9 (8.4-35.5)	26.1 (10.5-41.6)	24.1 (13.6-34.5)
Lebanon	32.3 (16.5-48.0)	8.8 (1.7-15.9)	21.7 (11.9-31.5)
Italy	42.7 (32.3-53.0)	31.5 (23.8-39.3)	36.7 (30.2-43.1)
Hong Kong	10.4 (0.0-21.5)	19.0 (3.7-34.2)	14.9 (5.1-24.6)
Greece	28.9 (18.2-39.5)	32.1 (22.6-41.7)	30.6 (23.5-37.7)
South Africa	19.2 (4.5-34.0)	37.8 (23.8-51.8)	31.2 (20.5-41.8)
Germany	17.2 (9.0-25.4)	25.7 (16.3-35.1)	21.3 (15.0-27.7)
Fiji	28.2 (7.0-49.4)	15.4 (3.9-26.9)	22.7 (9.5-35.9)
USA	16.4 (3.8-29.0)	9.8 (0.0-19.8)	13.7 (5.2-22.2)
Netherlands	33.8 (21.0-46.7)	31.3 (19.8-42.7)	32.7 (24.0-41.4)
Australia	29.7 (28.4-31.1)	36.1 (34.9-37.2)	33.2 (32.3-34.1)
NSW	28.0 (26.9-29.2)	33.4 (32.4-34.4)	30.9 (30.1-31.6)

**Note:** Estimates are based on 20,691 respondents in NSW. For this indicator 1,264 (5.76%) 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 to define the indicator was: When were you last vaccinated or immunised against pneumonia?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Live in homes with a smoke alarm or detector by country of birth, adults aged 16 years and over, NSW, 2006-2009

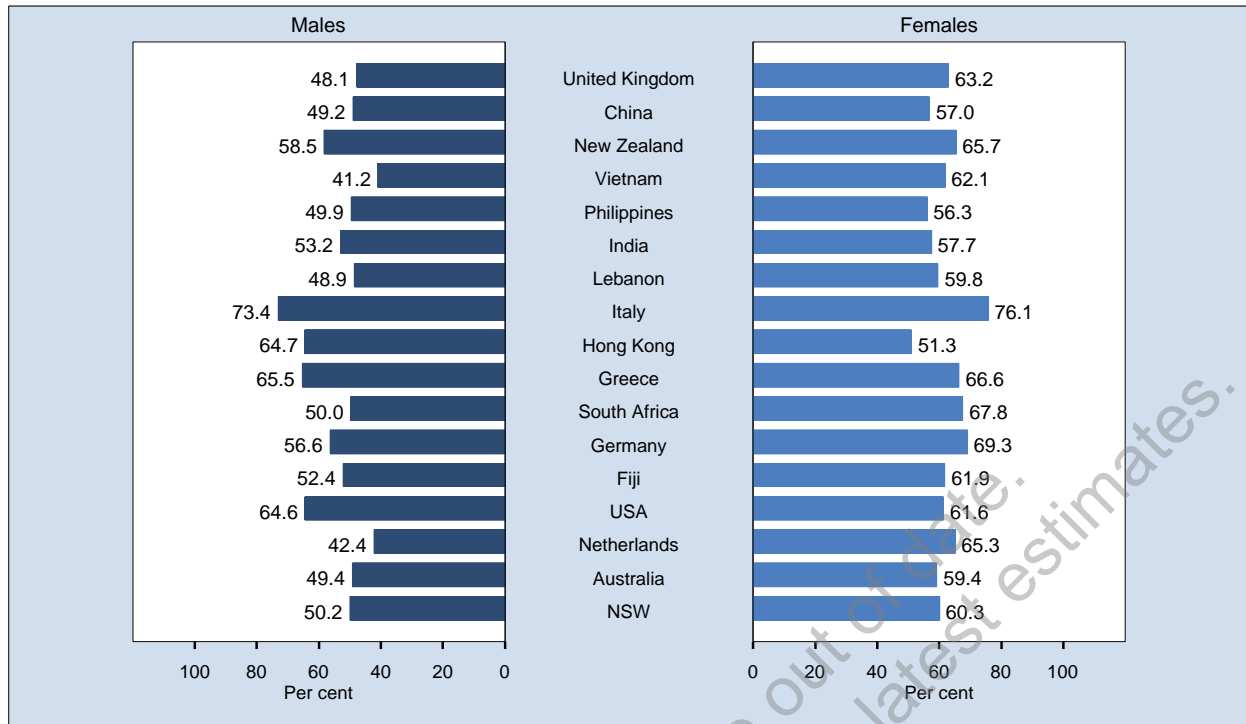


Country of Birth	Persons % (95% CI)
United Kingdom	93.0 (91.5-94.5)
China	82.1 (77.3-86.8)
New Zealand	91.8 (88.6-94.9)
Vietnam	87.2 (82.0-92.4)
Philippines	88.4 (82.3-94.6)
India	87.0 (81.4-92.7)
Lebanon	79.2 (70.7-87.6)
Italy	79.5 (74.2-84.8)
Hong Kong	84.0 (76.1-91.9)
Greece	65.1 (57.3-72.8)
South Africa	95.4 (91.4-99.4)
Germany	92.6 (88.8-96.3)
Fiji	94.2 (88.7-99.7)
USA	88.9 (81.1-96.7)
Netherlands	89.8 (81.0-98.7)
Australia	93.0 (92.5-93.4)
NSW	91.4 (90.9-91.8)

**Note:** Estimates are based on 31,310 respondents in NSW. For this indicator 713 (2.23%) 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 smoke alarms installed in your home?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Two or more serves of fruit a day by country of birth, adults aged 16 years and over, NSW, 2006-2009



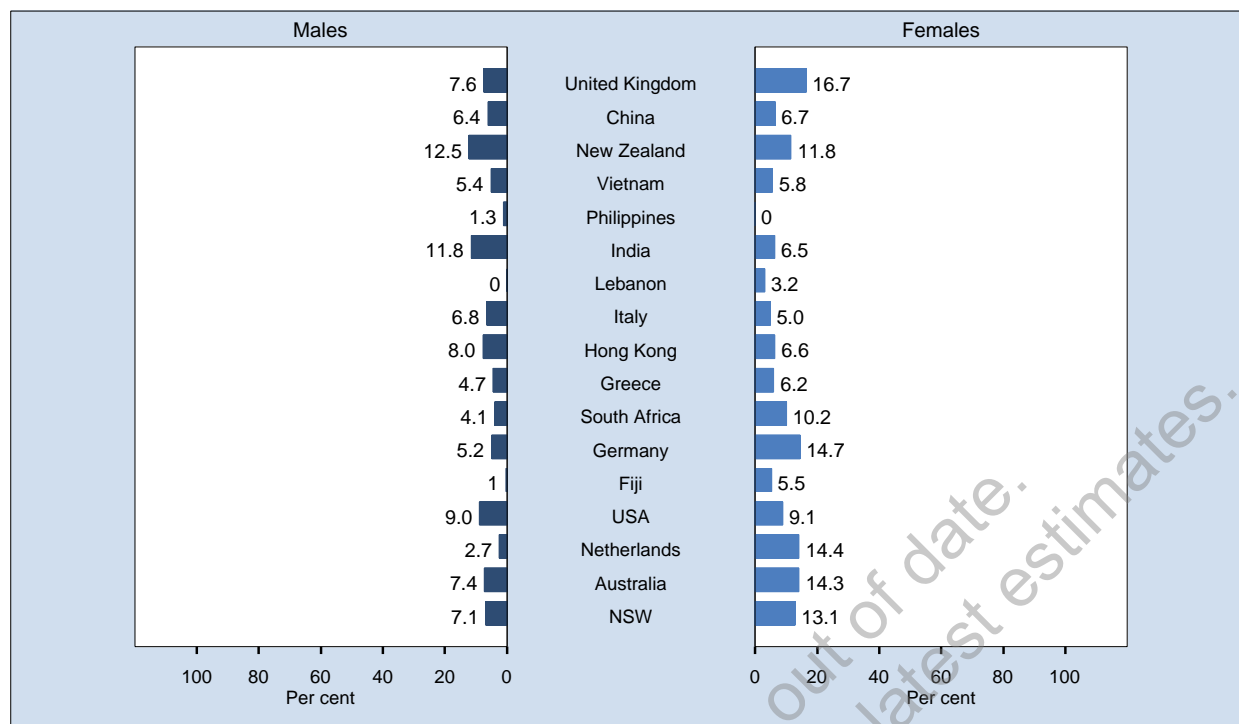
Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	48.1 (43.9-52.2)	63.2 (59.7-66.7)	55.5 (52.7-58.2)
China	49.2 (40.6-57.8)	57.0 (50.1-63.8)	52.9 (47.4-58.5)
New Zealand	58.5 (49.9-67.2)	65.7 (59.1-72.2)	62.3 (56.9-67.6)
Vietnam	41.2 (29.4-53.0)	62.1 (53.0-71.2)	51.8 (44.1-59.4)
Philippines	49.9 (32.5-67.2)	56.3 (45.6-67.0)	53.7 (44.3-63.2)
India	53.2 (42.9-63.6)	57.7 (48.9-66.6)	55.2 (48.1-62.2)
Lebanon	48.9 (35.0-62.8)	59.8 (48.6-71.0)	54.4 (45.4-63.4)
Italy	73.4 (64.8-81.9)	76.1 (68.9-83.2)	74.7 (69.1-80.3)
Hong Kong	64.7 (51.2-78.1)	51.3 (38.6-63.9)	58.0 (48.5-67.4)
Greece*	65.5 (53.2-77.9)	66.6 (55.9-77.2)	66.0 (57.9-74.2)
South Africa	50.0 (35.0-65.0)	67.8 (55.8-79.7)	60.6 (51.3-69.9)
Germany	56.6 (41.1-72.1)	69.3 (59.3-79.3)	62.5 (52.7-72.4)
Fiji	52.4 (34.8-70.0)	61.9 (48.9-75.0)	57.4 (46.5-68.2)
USA	64.6 (49.4-79.9)	61.6 (47.8-75.3)	63.1 (52.8-73.4)
Netherlands	42.4 (27.0-57.9)	65.3 (53.6-77.0)	53.2 (43.3-63.2)
Australia	49.4 (48.0-50.8)	59.4 (58.3-60.4)	54.6 (53.7-55.4)
NSW	50.2 (49.0-51.4)	60.3 (59.4-61.2)	55.4 (54.6-56.1)

**Note:** Estimates are based on 34,232 respondents in NSW. For this indicator 342 (0.99%) were not stated (Don't know or Refused) in NSW. The indicator includes those who consumed 2 or more serves of fruit a day. The recommended fruit intake is at least 2 serves per day for persons aged 19 years and over, depending on their overall diet. For simplification, this recommendation is applied to 16-18 year olds. One serve is equivalent to 1 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



## Five or more serves of vegetables a day by country of birth, adults aged 16 years and over, NSW, 2006-2009

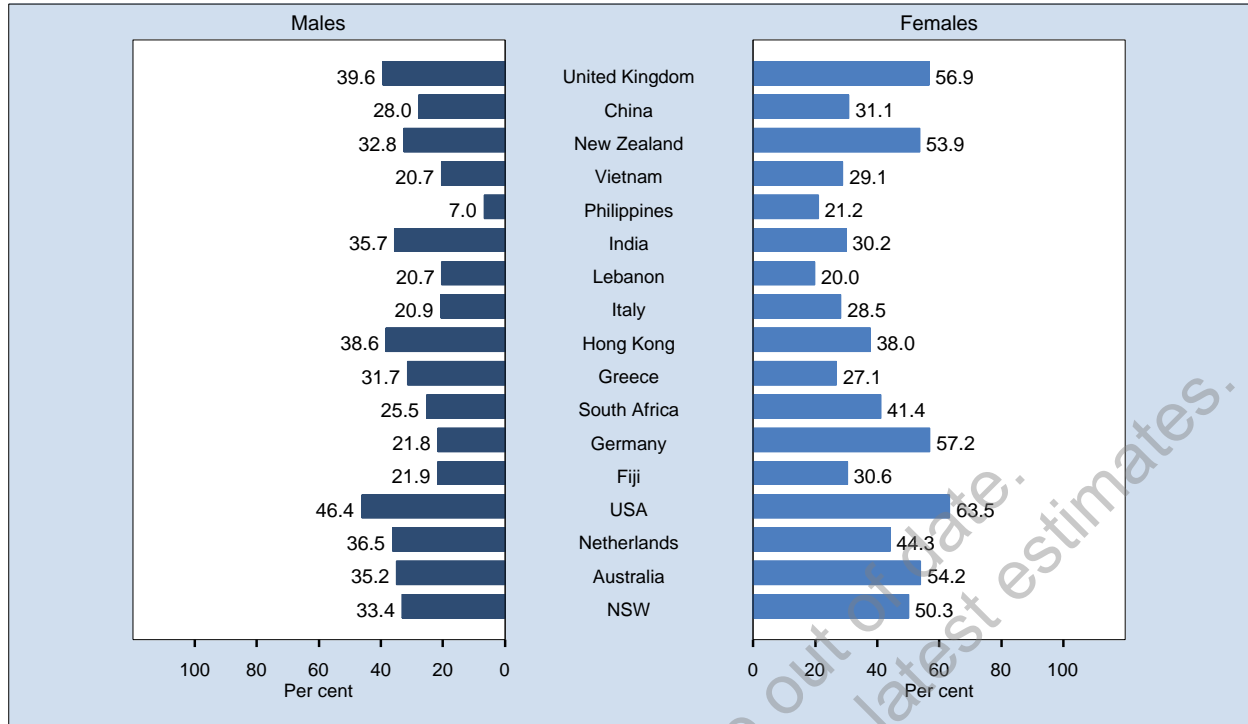


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	7.6 (5.5-9.7)	16.7 (14.1-19.2)	12.1 (10.4-13.7)
China	6.4 (2.6-10.2)	6.7 (3.0-10.3)	6.5 (3.9-9.2)
New Zealand	12.5 (6.3-18.7)	11.8 (7.7-15.9)	12.1 (8.5-15.8)
Vietnam	5.4 (0.0-11.9)	5.8 (1.7-9.9)	5.6 (1.8-9.4)
Philippines	1.3 (0.0-3.8)	0.0 (0.0-0.0)	0.5 (0.0-1.5)
India	11.8 (3.7-19.8)	6.5 (2.4-10.5)	9.4 (4.5-14.3)
Lebanon	0.0 (0.0-0.0)	3.2 (0.0-7.4)	1.7 (0.0-3.8)
Italy	6.8 (1.8-11.7)	5.0 (1.6-8.5)	5.9 (2.9-9.0)
Hong Kong	8.0 (0.0-16.0)	6.6 (0.9-12.4)	7.3 (2.4-12.3)
Greece	4.7 (0.1-9.3)	6.2 (1.1-11.3)	5.4 (2.0-8.9)
South Africa	4.1 (0.6-7.7)	10.2 (1.7-18.7)	7.8 (2.4-13.2)
Germany	5.2 (0.8-9.6)	14.7 (7.1-22.2)	9.7 (5.3-14.0)
Fiji	0.6 (0.0-1.7)	5.5 (1.6-9.4)	3.1 (1.0-5.2)
USA	9.0 (0.8-17.3)	9.1 (2.8-15.3)	9.1 (3.9-14.2)
Netherlands	2.7 (0.0-5.8)	14.4 (5.9-22.8)	8.1 (3.7-12.6)
Australia	7.4 (6.8-8.1)	14.3 (13.6-15.0)	11.0 (10.5-11.5)
NSW	7.1 (6.5-7.7)	13.1 (12.5-13.6)	10.1 (9.7-10.5)

**Note:** Estimates are based on 33,969 respondents in NSW. For this indicator 605 (1.75%) were not stated (Don't know or Refused) in NSW. The indicator includes those who consumed 5 or more serves of vegetables a day. The recommended vegetable intake is at least 5 serves per day for persons aged 16 years and over, depending on their overall diet. One serve is equivalent to 1/2 cup of cooked vegetables or 1 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Three or more serves of vegetables a day by country of birth, adults aged 16 years and over, NSW, 2006-2009

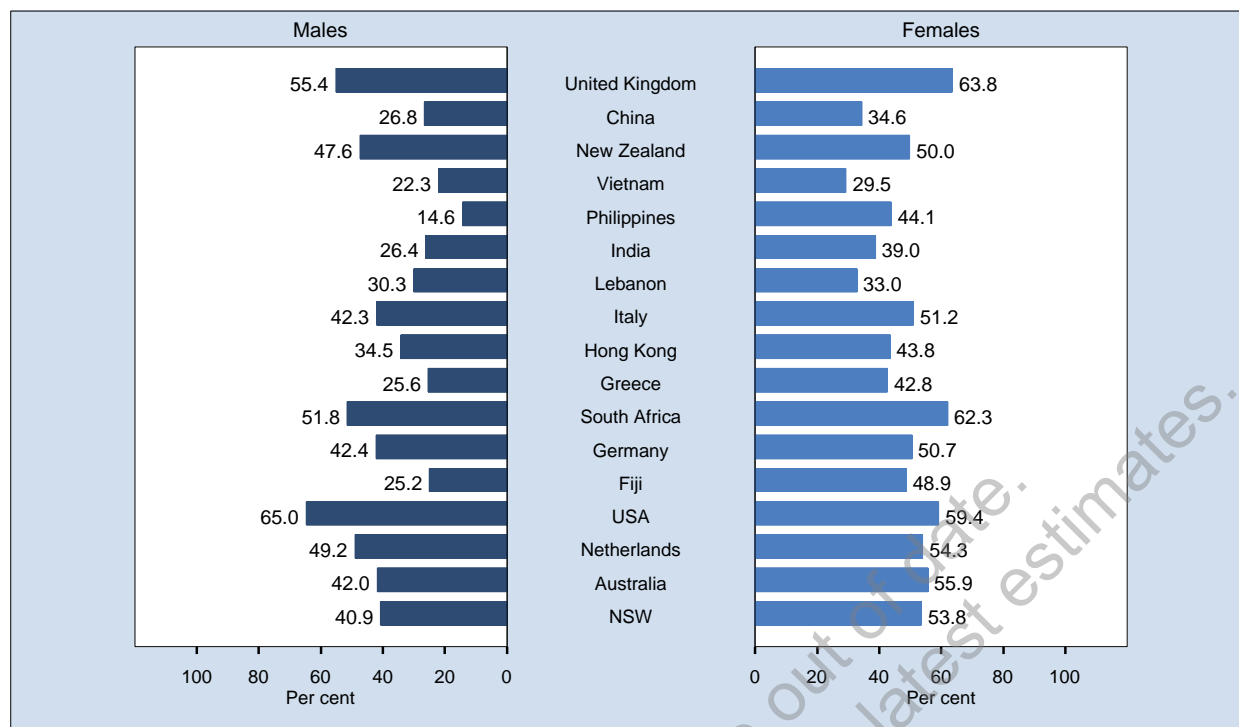


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	39.6 (35.6-43.7)	56.9 (53.4-60.4)	48.1 (45.3-50.8)
China	28.0 (20.3-35.7)	31.1 (24.5-37.7)	29.5 (24.4-34.6)
New Zealand	32.8 (24.5-41.1)	53.9 (47.1-60.7)	43.9 (38.5-49.4)
Vietnam	20.7 (10.2-31.2)	29.1 (20.7-37.6)	25.0 (18.3-31.7)
Philippines	7.0 (0.5-13.4)	21.2 (12.4-30.1)	15.7 (9.4-21.9)
India	35.7 (25.2-46.3)	30.2 (22.1-38.4)	33.3 (26.4-40.2)
Lebanon	20.7 (9.6-31.8)	20.0 (11.6-28.4)	20.3 (13.4-27.3)
Italy	20.9 (12.6-29.3)	28.5 (19.8-37.2)	24.6 (18.6-30.7)
Hong Kong	38.6 (24.3-52.8)	38.0 (26.2-49.7)	38.3 (29.0-47.5)
Greece	31.7 (20.6-42.8)	27.1 (18.4-35.8)	29.4 (22.3-36.5)
South Africa	25.5 (13.1-37.9)	41.4 (30.0-52.8)	35.0 (26.4-43.6)
Germany	21.8 (11.3-32.4)	57.2 (45.6-68.7)	38.5 (29.4-47.5)
Fiji	21.9 (5.9-37.9)	30.6 (18.8-42.4)	26.4 (16.6-36.1)
USA	46.4 (30.6-62.2)	63.5 (50.0-77.1)	55.0 (44.5-65.5)
Netherlands	36.5 (22.5-50.5)	44.3 (32.3-56.4)	40.2 (30.7-49.6)
Australia	35.2 (33.9-36.5)	54.2 (53.1-55.3)	45.0 (44.1-45.8)
NSW	33.4 (32.3-34.5)	50.3 (49.4-51.2)	42.0 (41.3-42.8)

**Note:** Estimates are based on 33,969 respondents in NSW. For this indicator 605 (1.75%) were not stated (Don't know or Refused) in NSW. The indicator includes those who consumed 3 or more serves of vegetables a day. One serve is equivalent to 1/2 cup of cooked vegetables or 1 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Usually consumes lower fat or skim milk by country of birth, adults aged 16 years and over, NSW, 2006-2009

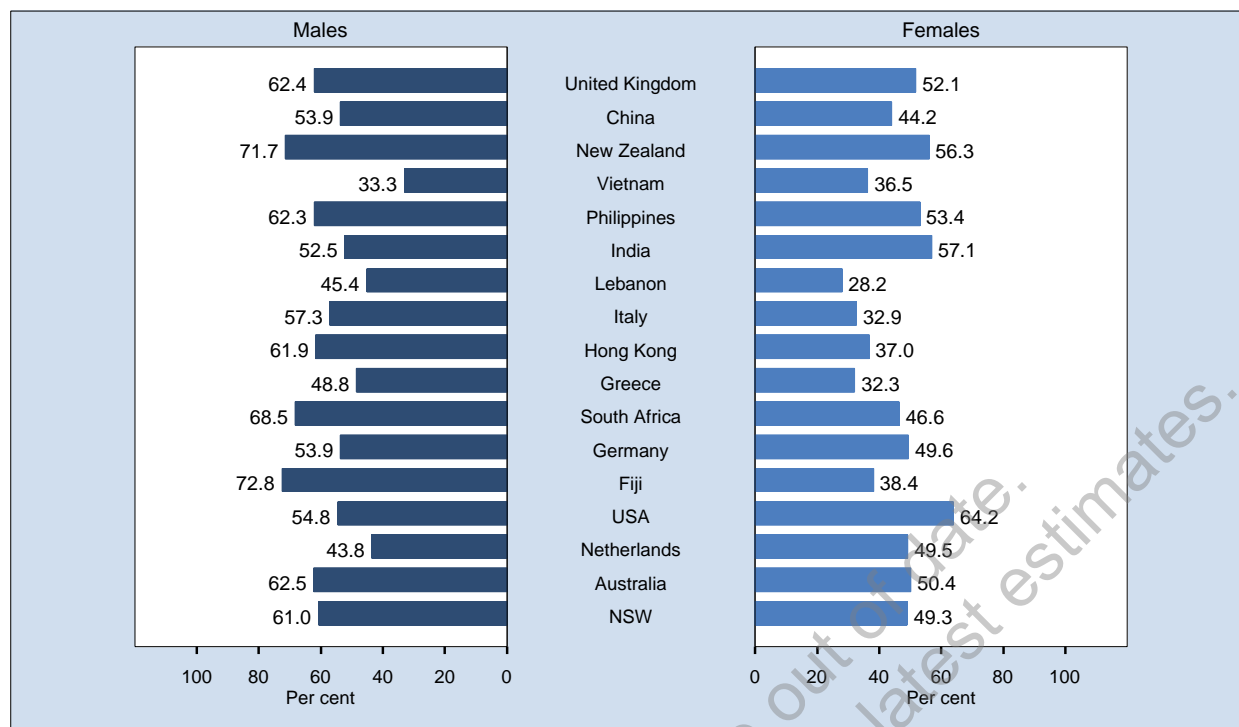


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	55.4 (51.3-59.5)	63.8 (60.4-67.3)	59.5 (56.8-62.2)
China	26.8 (19.2-34.3)	34.6 (27.9-41.3)	30.5 (25.4-35.6)
New Zealand	47.6 (38.7-56.5)	50.0 (43.3-56.8)	48.9 (43.4-54.4)
Vietnam	22.3 (12.2-32.5)	29.5 (21.3-37.7)	25.9 (19.4-32.4)
Philippines	14.6 (4.3-24.9)	44.1 (33.6-54.6)	32.4 (24.2-40.6)
India	26.4 (18.0-34.9)	39.0 (30.5-47.6)	31.9 (25.7-38.1)
Lebanon	30.3 (18.7-42.0)	33.0 (22.7-43.3)	31.7 (23.9-39.5)
Italy	42.3 (32.4-52.1)	51.2 (42.3-60.0)	46.6 (39.8-53.3)
Hong Kong	34.5 (21.0-47.9)	43.8 (31.4-56.1)	39.0 (29.9-48.2)
Greece*	25.6 (15.5-35.8)	42.8 (32.4-53.2)	34.2 (26.6-41.7)
South Africa	51.8 (36.7-66.8)	62.3 (50.7-73.9)	58.1 (48.9-67.3)
Germany	42.4 (28.0-56.8)	50.7 (39.0-62.4)	46.3 (36.8-55.8)
Fiji	25.2 (9.5-41.0)	48.9 (35.5-62.4)	37.4 (27.0-47.8)
USA	65.0 (51.0-79.0)	59.4 (46.0-72.9)	62.2 (52.4-72.0)
Netherlands	49.2 (34.0-64.5)	54.3 (42.4-66.1)	51.6 (41.7-61.5)
Australia	42.0 (40.6-43.4)	55.9 (54.9-57.0)	49.2 (48.3-50.1)
NSW	40.9 (39.8-42.1)	53.8 (52.9-54.7)	47.5 (46.7-48.2)

**Note:** Estimates are based on 34,463 respondents in NSW. For this indicator 106 (0.31%) were not stated (Don't know or Refused) in NSW. The indicator includes those who usually consume 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Adequate physical activity by country of birth, adults aged 16 years and over, NSW, 2006-2009

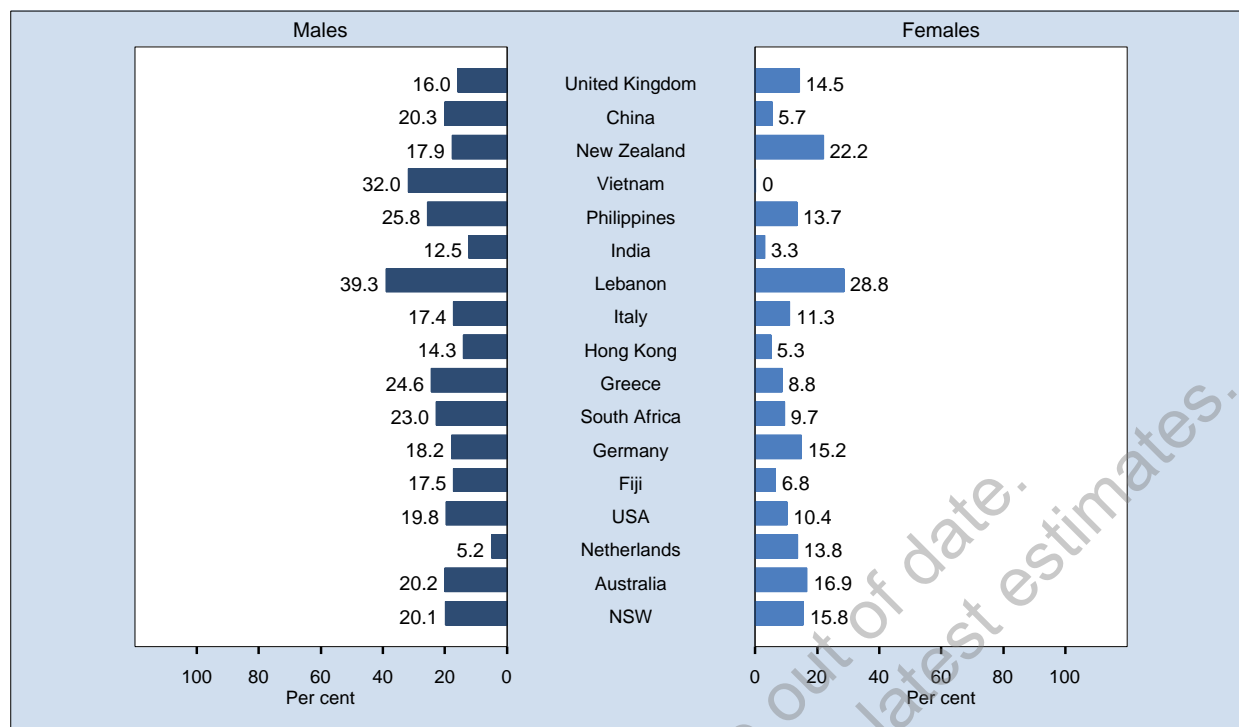


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	62.4 (58.2-66.6)	52.1 (48.4-55.7)	57.3 (54.5-60.1)
China	53.9 (45.3-62.6)	44.2 (37.1-51.3)	49.3 (43.6-55.0)
New Zealand	71.7 (63.7-79.7)	56.3 (49.2-63.3)	63.8 (58.3-69.2)
Vietnam	33.3 (21.8-44.8)	36.5 (27.1-46.0)	34.9 (27.4-42.3)
Philippines	62.3 (44.1-80.6)	53.4 (42.2-64.5)	56.7 (46.9-66.4)
India	52.5 (42.0-63.1)	57.1 (47.2-67.0)	54.2 (46.7-61.8)
Lebanon	45.4 (31.4-59.4)	28.2 (17.7-38.8)	36.8 (27.9-45.6)
Italy	57.3 (45.9-68.6)	32.9 (24.5-41.3)	44.8 (37.4-52.3)
Hong Kong	61.9 (47.6-76.2)	37.0 (24.7-49.3)	49.1 (39.3-58.8)
Greece*	48.8 (36.1-61.4)	32.3 (23.2-41.5)	40.5 (32.5-48.5)
South Africa	68.5 (53.5-83.5)	46.6 (34.7-58.6)	55.8 (46.0-65.6)
Germany	53.9 (37.8-69.9)	49.6 (37.4-61.8)	51.9 (41.7-62.1)
Fiji	72.8 (56.4-89.1)	38.4 (24.0-52.7)	55.6 (43.9-67.2)
USA	54.8 (37.1-72.4)	64.2 (50.2-78.2)	59.3 (47.7-70.8)
Netherlands	43.8 (28.3-59.3)	49.5 (36.7-62.2)	46.4 (36.1-56.7)
Australia	62.5 (61.1-63.9)	50.4 (49.3-51.5)	56.3 (55.4-57.2)
NSW	61.0 (59.8-62.2)	49.3 (48.3-50.3)	55.1 (54.3-55.9)

**Note:** Estimates are based on 30,627 respondents in NSW. For this indicator 1,205 (3.79%) 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?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Current smoking by country of birth, adults aged 16 years and over, NSW, 2006-2009

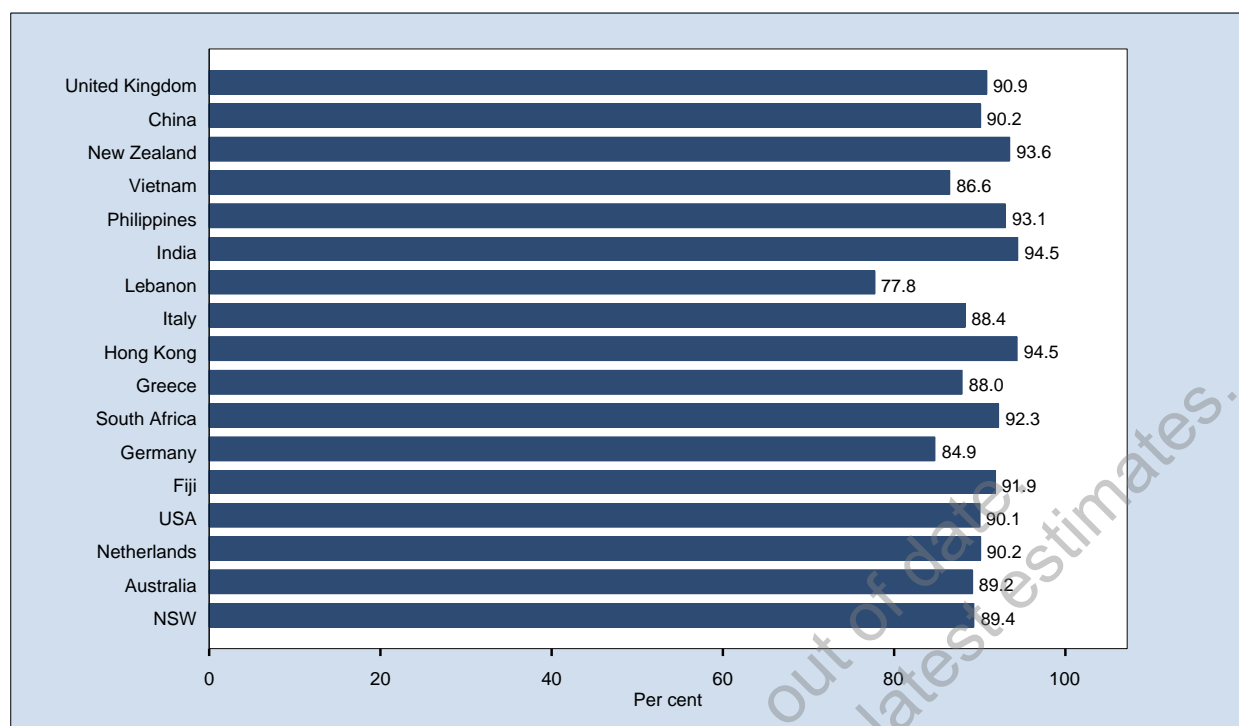


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	16.0 (13.0-19.0)	14.5 (12.1-16.9)	15.3 (13.3-17.2)
China	20.3 (12.9-27.8)	5.7 (2.1-9.2)	13.4 (9.0-17.8)
New Zealand	17.9 (11.6-24.3)	22.2 (16.5-27.9)	20.2 (15.9-24.5)
Vietnam	32.0 (21.0-43.1)	0.4 (0.0-1.0)	15.7 (10.0-21.4)
Philippines	25.8 (8.4-43.2)	13.7 (4.6-22.7)	18.1 (9.4-26.8)
India	12.5 (6.4-18.6)	3.3 (0.0-7.3)	8.8 (4.8-12.7)
Lebanon	39.3 (26.0-52.6)	28.8 (18.6-39.0)	34.4 (25.7-43.1)
Italy	17.4 (9.7-25.2)	11.3 (5.3-17.4)	14.4 (9.5-19.3)
Hong Kong	14.3 (3.3-25.3)	5.3 (0.0-11.3)	9.5 (3.4-15.7)
Greece*	24.6 (11.8-37.4)	8.8 (1.8-15.8)	16.4 (9.0-23.8)
South Africa	23.0 (10.2-35.9)	9.7 (3.5-15.8)	15.7 (8.8-22.6)
Germany	18.2 (8.4-27.9)	15.2 (7.8-22.5)	16.7 (10.6-22.9)
Fiji	17.5 (7.1-27.9)	6.8 (1.2-12.4)	12.1 (6.2-17.9)
USA	19.8 (4.2-35.5)	10.4 (1.7-19.2)	15.3 (6.0-24.5)
Netherlands	5.2 (0.4-10.0)	13.8 (5.0-22.6)	9.0 (4.1-13.9)
Australia	20.2 (19.0-21.3)	16.9 (16.1-17.8)	18.5 (17.8-19.2)
NSW	20.1 (19.1-21.1)	15.8 (15.1-16.5)	17.9 (17.3-18.5)

**Note:** Estimates are based on 34,866 respondents in NSW. For this indicator 23 (0.07%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Live in smoke-free households by country of birth, adults aged 16 years and over, NSW, 2006-2009

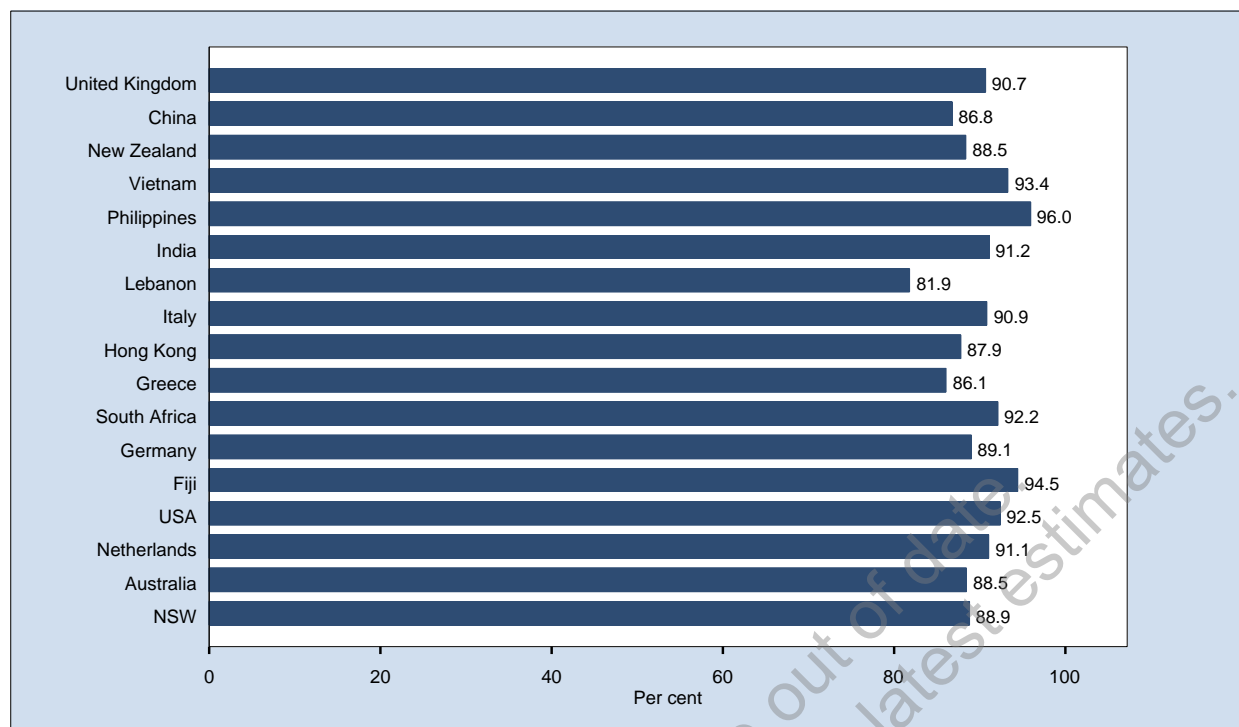


Country of Birth	Persons % (95% CI)
United Kingdom	90.9 (89.5-92.3)
China	90.2 (86.9-93.5)
New Zealand	93.6 (91.6-95.6)
Vietnam	86.6 (81.0-92.1)
Philippines	93.1 (87.6-98.6)
India	94.5 (91.1-98.0)
Lebanon	77.8 (70.3-85.3)
Italy	88.4 (83.6-93.1)
Hong Kong	94.5 (90.3-98.6)
Greece	88.0 (82.7-93.4)
South Africa	92.3 (86.8-97.8)
Germany	84.9 (75.3-94.4)
Fiji	91.9 (87.0-96.8)
USA	90.1 (83.9-96.3)
Netherlands	90.2 (84.7-95.6)
Australia	89.2 (88.7-89.8)
NSW	89.4 (89.0-89.9)

**Note:** Estimates are based on 34,365 respondents in NSW. For this indicator 43 (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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Bans smoking in car by country of birth, adults aged 16 years and over who own a car, NSW, 2006-2009



Country of Birth	Persons % (95% CI)
United Kingdom	90.7 (89.2-92.2)
China	86.8 (82.8-90.9)
New Zealand	88.5 (84.7-92.3)
Vietnam	93.4 (89.1-97.6)
Philippines	96.0 (93.1-98.9)
India	91.2 (86.8-95.6)
Lebanon	81.9 (74.5-89.3)
Italy	90.9 (86.8-95.0)
Hong Kong	87.9 (80.6-95.1)
Greece	86.1 (79.4-92.9)
South Africa	92.2 (86.6-97.8)
Germany	89.1 (83.8-94.4)
Fiji	94.5 (90.7-98.4)
USA	92.5 (86.8-98.2)
Netherlands	91.1 (86.0-96.3)
Australia	88.5 (87.9-89.1)
NSW	88.9 (88.4-89.4)

**Note:** Estimates are based on 31,507 respondents in NSW. For this indicator 121 (0.38%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Health status

Monitoring the health status of a population helps to detect emerging patterns of illness and disease and provides information to inform health policy and planning health services. This chapter reports: self-rated health as excellent or very good or good, current asthma, blood pressure measured in the last 2 years, ever had high blood pressure, cholesterol measured in the last 2 years, ever had high cholesterol, diabetes or high blood glucose, mental health (psychological distress), visited a dental professional in the last 12 months, all natural teeth missing, overweight, obese, and overweight or obese.

### Self-rated health status

Self-rated health is among the most frequently assessed health perceptions in epidemiological research. A large number of cross-sectional and longitudinal 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 factors such as age, sex, socioeconomic status, health behaviours, and health status.[1-8]

In 2006-2009, 80.3 per cent of NSW adults rated their health positively (as excellent, very good, or good). A significantly higher proportion of adults born in the Philippines (87.2 per cent), India (89.2 per cent), Fiji (87.2 per cent), and Australia (80.8 per cent), rated their health positively, compared with the overall NSW adult population who rated their health positively. A significantly lower proportion of adults born in China (69.2 per cent), Vietnam (69.2 per cent), Italy (65.3 per cent), and Greece (60.6 per cent), rated their health positively, compared with the overall NSW adult population who rated their health positively.

### Current asthma

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 effects of asthma can include disturbed sleep, tiredness, and reduced participation in the workforce or organised sport or other activities. Asthma remains a significant health problem in Australia, with prevalence rates high by international standards. Among Australian adults, there has been an overall decrease in the rate of asthma-related general practice consultations between 1998 and 2008, and an overall decrease in asthma-related hospitalisations between 1993-94 and 2006-07.[9-10]

In 2006-2009, 10.6 per cent of NSW adults had current doctor-diagnosed asthma. A significantly higher proportion of adults born in Australia (12.1 per cent) had current doctor-diagnosed asthma, compared with the overall NSW adult population who had current doctor-diagnosed asthma. A significantly lower proportion of adults born in China (1.1 per cent), India (5.2 per cent), Lebanon (5.6 per cent), Italy (5.8 per cent), and Germany (4.0 per cent), had current doctor-diagnosed asthma, compared with the overall NSW adult population who had current doctor-diagnosed asthma.

### Blood pressure measured in the last 2 years

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.

In 2006-2009, 88.9 per cent of NSW adults had their blood pressure measured by a medical practitioner or nurse in the last 2 years. A significantly higher proportion of adults born in Germany (98.0 per cent) had their blood pressure measured by a medical practitioner or nurse in the last 2 years, compared with the overall NSW adult population who had their blood pressure measured by a medical practitioner or nurse in the last 2 years.

### Ever had high blood pressure

In 2006-2009, 30.2 per cent of NSW adults had ever been told by a doctor or hospital they had high blood pressure. A significantly higher proportion of adults born in the United Kingdom (36.1 per cent) and Australia (31.5 per cent) had ever been told by a doctor or hospital they had high blood pressure, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had high blood pressure. A significantly lower proportion of adults born in China (9.3 per cent), India (14.3 per cent), and the United States of America (15.7 per cent), had ever been told by a doctor or hospital they had high blood pressure, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had high blood pressure.



## Cholesterol measured in the last 2 years

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 2006-2009, 63.0 per cent of NSW adults had their cholesterol measured in the last 2 years. A significantly higher proportion of adults born in the United Kingdom (75.0 per cent), Vietnam (85.7 per cent), Italy (88.0 per cent), and the United States of America (85.8 per cent), had their cholesterol measured in the last 2 years, compared with the overall NSW adult population who had their cholesterol measured in the last 2 years. A significantly lower proportion of adults born in China (40.7 per cent) and Australia (60.7 per cent) had their cholesterol measured in the last 2 years, compared with the overall NSW adult population who had their cholesterol measured in the last 2 years.

## Ever had high cholesterol

In 2006-2009, 26.7 per cent of NSW adults had ever been told by a doctor or hospital they had high cholesterol. A significantly higher proportion of adults born in the United Kingdom (33.9 per cent) had ever been told by a doctor or hospital they had high cholesterol, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had high cholesterol. A significantly lower proportion of adults born in China (7.4 per cent) and India (14.3 per cent) had ever been told by a doctor or hospital they had high cholesterol, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had high cholesterol.

## Diabetes or high blood glucose

Diabetes is a chronic disease characterised by high blood glucose levels, resulting from the body either not producing insulin or not using insulin properly. Insulin is a hormone needed for glucose to enter the cells and be converted to energy. Diabetes affects a person's health in 2 ways: by direct metabolic complications, which can be immediately life threatening if not treated promptly; by long term complications involving the eyes, kidneys, nerves, and major blood vessels including those in the heart.[11]

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. The management of type 2, which is 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.[11]

In 2006-2009, 7.6 per cent of NSW adults had ever been told by a doctor or hospital they had diabetes or high blood glucose. A significantly higher proportion of adults born in the United Kingdom (9.5 per cent), Lebanon (13.6 per cent), Italy (19.5 per cent), Greece (18.3 per cent), Germany (14.2 per cent), and the Netherlands (13.3 per cent), had ever been told by a doctor or hospital they had diabetes or high blood glucose, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had diabetes or high blood glucose. A significantly lower proportion of adults born in New Zealand (5.1 per cent), South Africa (4.2 per cent), and Australia (7.2 per cent), had ever been told by a doctor or hospital they had diabetes or high blood glucose, compared with the overall NSW adult population who had ever been told by a doctor or hospital they had diabetes or high blood glucose.

## Mental health: psychological distress

Psychological distress has a major effect on the ability of people to work, study, and manage their day-to-day activities. The Kessler 10 Plus (K10+) measure of non-specific psychological distress is included in the New South Wales Population Health Survey to monitor this in people aged 16 years and over.[12] K10+ contains a 10-item questionnaire that measures symptoms such as anxiety, depression, agitation, and psychological fatigue in the most recent 4-week period, plus additional questions to establish the effect of the distress. At both the population level and individual level the K10+ measure is brief and accurate screening scales for mental health.[13-19]

For each of the 10 items in the questionnaire, there is a 5-level response scale based on the amount of time (from none of the time to all the time) the person experienced the particular symptom. When scoring responses, between 1 and 5 points were assigned to each symptom, with a value of 1 indicating the person

experienced the symptom none of the time and 5 indicating all of the time. The total score for each person ranges from 10 points (all responses are none of the time) to 50 points (all responses are all of the time). Responses are classified into 4 categories: low psychological distress when the score is 10-15, moderate psychological distress when the score is 16-21, high psychological distress when the score is 22-29, and very high psychological distress when the score is 30 or higher.

The 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 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.

Respondents who scored 16 points and above in the 10 item questionnaire were asked the additional questions to assess functioning and related factors.

In 2006-2009, 11.1 per cent of NSW adults had high or very high levels of psychological distress. A significantly higher proportion of adults born in Lebanon (20.3 per cent) and Greece (26.6 per cent) had high or very high levels of psychological distress, compared with the overall NSW adult population who had high or very high levels of psychological distress. A significantly lower proportion of adults born in the United Kingdom (8.7 per cent), the Netherlands (4.3 per cent), and Australia (10.7 per cent), had high or very high levels of psychological distress, compared with the overall NSW adult population who had high or very high levels of psychological distress.

## Visited a dental professional in the last 12 months

Australians enjoy a high standard of oral health. However, there are inequalities, with higher rates of dental caries and edentulism among people with higher levels of socioeconomic disadvantage, people living in rural and remote areas, indigenous people, people born overseas, and people from older generations. There is also differential access to dental services according to country of birth, indigenous status, language spoken at home, health insurance status, socioeconomic status, and educational status.[20-22]

There have been improvements in oral health, particularly among the "fluoride generation" born since 1970.[20-22] In spite of this, there is a population divide between those who have regular visits to a dental professional and those who visit a dental professional infrequently or only when they have an oral health problem. The latter group is worse off on almost all measures of oral health.[20-22] Also, a higher percentage of patients who use public dental services have inadequate dentition or decayed teeth, compared with the Australian population.[23] Regular visits to a dental professional have a significant and positive effect on oral health.[24-25]

In 2006-2009, 58.3 per cent of NSW adults had visited a dental professional in the last 12 months. A significantly higher proportion of adults born in the United Kingdom (61.0 per cent), Hong Kong (76.5 per cent), Germany (68.5 per cent), and the United States of America (71.3 per cent), had visited a dental professional in the last 12 months, compared with the overall NSW adult population who had visited a dental professional in the last 12 months. A significantly lower proportion of adults born in China (47.2 per cent), New Zealand (47.4 per cent), and Australia (57.6 per cent), had visited a dental professional in the last 12 months, compared with the overall NSW adult population who had visited a dental professional in the last 12 months.

## All natural teeth missing

In 2006-2009, 5.0 per cent of NSW adults had all their natural teeth missing. A significantly higher proportion of adults born in the United Kingdom (7.2 per cent), Italy (10.4 per cent), Greece (15.0 per cent), and Australia (5.2 per cent), had all their natural teeth missing, compared with the overall NSW adult population who had all their natural teeth missing. A significantly lower proportion of adults born in China (2.0 per cent), Vietnam (1.7 per cent), India (0.3 per cent), Hong Kong (1.0 per cent), Fiji (1.3 per cent), and the United States of America (0.9 per cent), had all their natural teeth missing, compared with the overall NSW adult population who had all their natural teeth missing.

## Overweight

In its broadest sense, a healthy weight can be defined as a weight associated with a high level of physical, social and emotional health, linked with a low risk of future chronic illness and premature death.[26] There is no ideal weight that suits everyone. Each person is different and healthy weight is determined by different factors.[27] However, preventing weight gain in people with healthy weight, and avoiding further weight gain

among those already overweight, are important public health priorities.[28]

The two most useful measures for characterising excessive fat are Body Mass Index (BMI) and waist circumference. BMI is calculated from a person's weight and height and gives a reasonable estimate of total adiposity.[26] 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.

The New South Wales Population Health Survey calculates BMI from self-reported height and weight. The validity of self-reported height and weight have been investigated in adult, adolescent, and young adult populations. While many studies have observed a high correlation (96 per cent agreement) between BMI calculated from self-reported and measured height and weight, there is ample evidence that self-reported height and weight is not as exact as measured height and weight, but is adequate for conducting epidemiological research. Therefore, while caution should be used when interpreting BMI calculated from self-reported height and weight, it is still useful for ongoing surveillance of population health.[29-34]

In 2006-2009, 33.4 per cent of NSW adults were overweight: that is, had a BMI between 25 and 30. A significantly higher proportion of adults born in Lebanon (42.8 per cent), Italy (43.6 per cent), Greece (45.6 per cent), and Australia (34.3 per cent), were overweight, compared with the overall NSW adult population who were overweight. A significantly lower proportion of adults born in China (16.2 per cent), Vietnam (16.5 per cent), and Hong Kong (20.1 per cent), were overweight, compared with the overall NSW adult population who were overweight.

## Obese

In 2006-2009, 18.5 per cent of NSW adults were obese: that is, had a BMI of 30 or over. A significantly higher proportion of adults born in Lebanon (29.6 per cent), Italy (27.1 per cent), and Australia (19.9 per cent), were obese, compared with the overall NSW adult population who were obese. A significantly lower proportion of adults born in China (3.6 per cent), Vietnam (3.1 per cent), India (6.0 per cent), Hong Kong (2.4 per cent), and Germany (11.6 per cent), were obese, compared with the overall NSW adult population who were obese.

## Overweight or obese

In 2006-2009, 51.9 per cent of NSW adults were overweight or obese: that is, had a BMI of 25 or over. A significantly higher proportion of adults born in New Zealand (59.5 per cent), Lebanon (72.4 per cent), Italy (70.6 per cent), Greece (64.8 per cent), and Australia (54.2 per cent), were overweight or obese, compared with the overall NSW adult population who were overweight or obese. A significantly lower proportion of adults born in China (19.8 per cent), Vietnam (19.6 per cent), the Philippines (41.8 per cent), India (36.4 per cent), and Hong Kong (22.4 per cent), were overweight or obese, compared with the overall NSW adult population who were overweight or obese.

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

## Excellent, very good, or good self-rated health status by country of birth, adults aged 16 years and over, NSW, 2006-2009

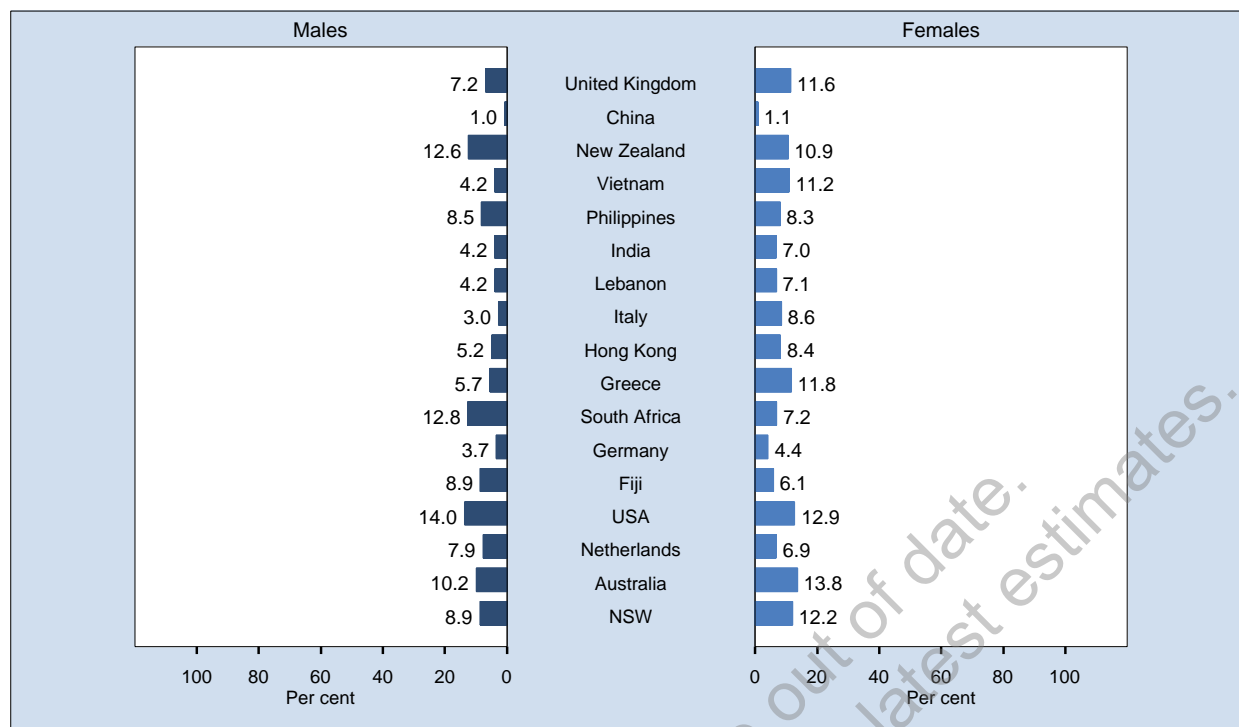


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	81.3 (78.4-84.1)	77.7 (75.1-80.2)	79.5 (77.6-81.4)
China	72.9 (65.8-80.0)	65.3 (58.7-71.8)	69.2 (64.3-74.1)
New Zealand	82.4 (76.4-88.5)	85.0 (80.2-89.7)	83.8 (79.9-87.6)
Vietnam	71.1 (60.7-81.6)	67.5 (59.2-75.7)	69.2 (62.6-75.8)
Philippines	90.6 (81.0-100)	85.2 (77.2-93.1)	87.2 (81.1-93.4)
India	91.8 (87.0-96.6)	86.4 (80.5-92.3)	89.6 (85.9-93.3)
Lebanon	76.4 (65.8-87.1)	70.4 (60.7-80.0)	73.4 (66.2-80.6)
Italy	73.1 (64.8-81.5)	57.7 (49.7-65.6)	65.3 (59.5-71.2)
Hong Kong	82.6 (72.5-92.7)	71.2 (60.8-81.6)	76.7 (69.3-84.1)
Greece*	64.2 (52.6-75.9)	57.4 (47.8-66.9)	60.6 (53.1-68.1)
South Africa	87.7 (77.9-97.4)	84.6 (77.5-91.7)	85.9 (80.1-91.7)
Germany	68.5 (54.3-82.8)	76.5 (68.3-84.8)	72.2 (63.4-81.0)
Fiji	93.2 (87.3-99.0)	81.3 (72.5-90.2)	87.2 (81.7-92.7)
USA	87.3 (78.6-96.0)	85.5 (76.0-95.0)	86.4 (80.0-92.9)
Netherlands	86.3 (77.9-94.7)	79.8 (70.6-89.1)	83.4 (77.1-89.7)
Australia	82.8 (81.9-83.7)	78.9 (78.1-79.7)	80.8 (80.2-81.4)
NSW	82.4 (81.6-83.2)	78.3 (77.6-79.0)	80.3 (79.8-80.9)

**Note:** Estimates are based on 40,303 respondents in NSW. For this indicator 135 (0.33%) 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 last 4 weeks: Was it excellent, very good, good, fair, poor, or very poor? The question used to define the indicator in 1997 and 1998 was: In general would you say your health is excellent, very good, good, fair, or poor?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Current asthma by country of birth, adults aged 16 years and over, NSW, 2006-2009

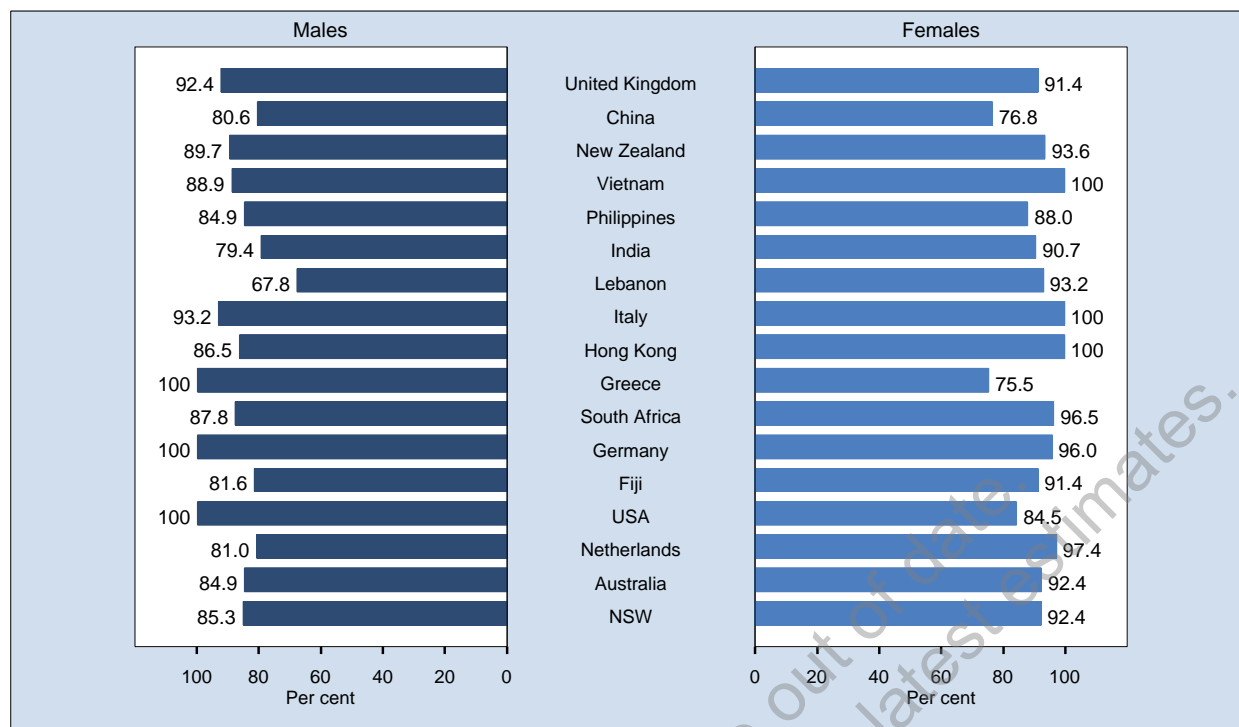


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	7.2 (5.0-9.4)	11.6 (9.6-13.7)	9.4 (7.9-10.9)
China	1.0 (0.0-2.6)	1.1 (0.0-2.2)	1.1 (0.1-2.1)
New Zealand	12.6 (7.0-18.3)	10.9 (6.6-15.2)	11.7 (8.2-15.2)
Vietnam	4.2 (0.2-8.3)	11.2 (5.5-16.9)	7.8 (4.2-11.3)
Philippines	8.5 (0.0-20.6)	8.3 (3.8-12.8)	8.4 (3.0-13.7)
India	4.2 (0.8-7.6)	7.0 (2.5-11.5)	5.2 (2.5-8.0)
Lebanon	4.2 (0.0-8.5)	7.1 (1.7-12.5)	5.6 (2.1-9.0)
Italy	3.0 (0.3-5.6)	8.6 (3.8-13.5)	5.8 (3.0-8.6)
Hong Kong	5.2 (0.0-11.7)	8.4 (0.2-16.6)	6.8 (1.5-12.1)
Greece	5.7 (1.0-10.5)	11.8 (5.1-18.5)	8.9 (4.7-13.2)
South Africa	12.8 (1.4-24.3)	7.2 (1.8-12.7)	9.6 (3.8-15.5)
Germany	3.7 (0.4-7.0)	4.4 (1.0-7.9)	4.0 (1.6-6.4)
Fiji	8.9 (0.4-17.4)	6.1 (1.0-11.2)	7.5 (2.5-12.6)
USA	14.0 (3.3-24.7)	12.9 (3.9-22.0)	13.5 (6.5-20.4)
Netherlands	7.9 (1.8-14.1)	6.9 (0.4-13.5)	7.5 (3.0-11.9)
Australia	10.2 (9.3-11.0)	13.8 (13.1-14.6)	12.1 (11.5-12.6)
NSW	8.9 (8.3-9.6)	12.2 (11.6-12.8)	10.6 (10.2-11.1)

**Note:** Estimates are based on 34,457 respondents in NSW. For this indicator 96 (0.28%) 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? Have you had symptoms of asthma or treatment for asthma in the last 12 months?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Blood pressure measured in last 2 years by country of birth, adults aged 16 years and over, NSW, 2006-2009



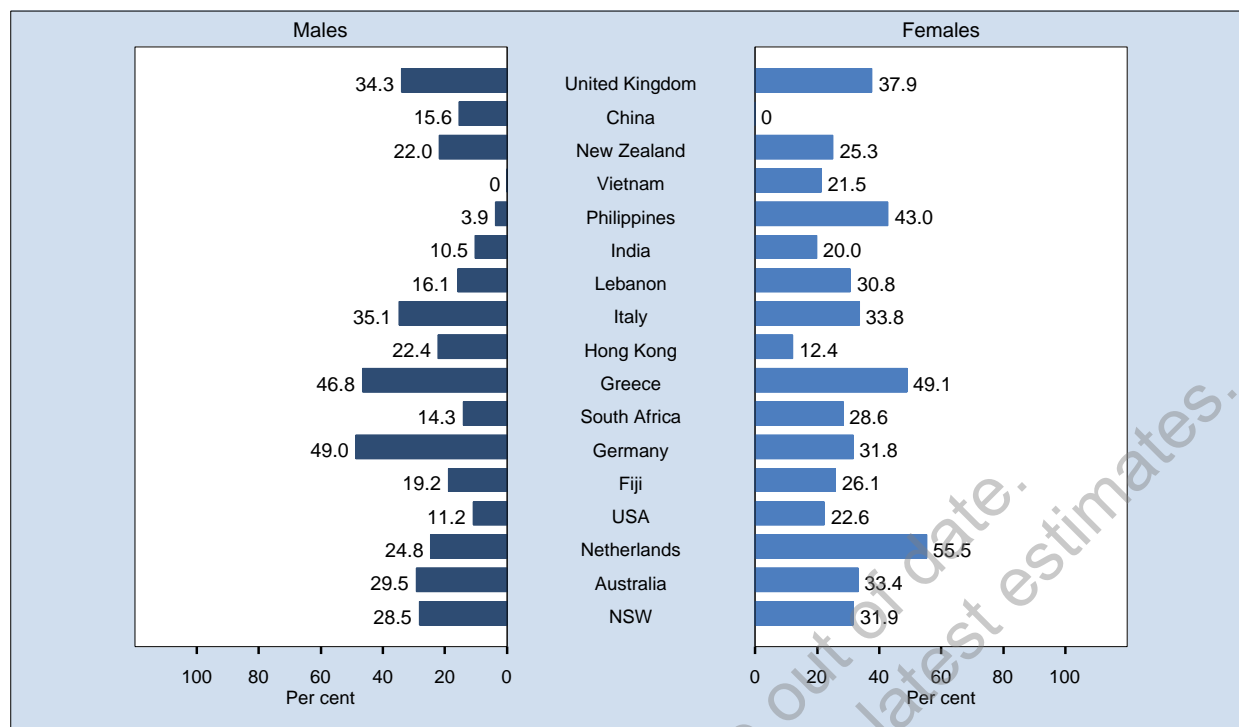
Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	92.4 (87.9-96.9)	91.4 (86.2-96.6)	91.9 (88.5-95.3)
China	80.6 (57.8-100)	76.8 (55.3-98.3)	78.9 (63.1-94.7)
New Zealand	89.7 (78.7-100)	93.6 (86.6-100)	91.9 (85.6-98.2)
Vietnam	88.9 (67.0-100)	100 (100-100)	96.3 (88.9-100)
Philippines	84.9 (65.5-100)	88.0 (73.6-100)	86.8 (75.2-98.4)
India	79.4 (62.2-96.6)	90.7 (80.4-100)	84.0 (72.8-95.2)
Lebanon	67.8 (34.0-100)	93.2 (80.2-100)	81.7 (63.0-100)
Italy	93.2 (80.3-100)	100 (100-100)	95.7 (87.6-100)
Hong Kong	86.5 (65.7-100)	100 (100-100)	92.7 (81.1-100)
Greece*	100 (100-100)	75.5 (35.2-100)	84.3 (56.7-100)
South Africa	87.8 (70.9-100)	96.5 (91.4-100)	93.3 (86.3-100)
Germany	100 (100-100)	96.0 (88.2-100)	98.0 (94.0-100)
Fiji	81.6 (59.1-100)	91.4 (75.4-100)	85.9 (71.2-100)
USA	100 (100-100)	84.5 (57.5-100)	93.7 (81.6-100)
Netherlands	81.0 (56.2-100)	97.4 (92.2-100)	88.2 (73.4-100)
Australia	84.9 (82.5-87.3)	92.4 (91.2-93.7)	88.8 (87.4-90.1)
NSW	85.3 (83.3-87.4)	92.4 (91.2-93.5)	88.9 (87.8-90.1)

**Note:** Estimates are based on 8,160 respondents in NSW. For this indicator 190 (2.28%) 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 by a medical practitioner or nurse?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



## Ever had high blood pressure by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	34.3 (27.3-41.4)	37.9 (31.2-44.5)	36.1 (31.2-40.9)
China	15.6 (0.0-38.8)	0.0 (0.0-0.0)	9.3 (0.0-23.8)
New Zealand	22.0 (8.4-35.7)	25.3 (14.8-35.8)	23.8 (15.3-32.2)
Vietnam	0.0 (0.0-0.0)	21.5 (0.0-48.5)	14.3 (0.0-32.8)
Philippines	3.9 (0.0-11.5)	43.0 (25.2-60.8)	30.2 (16.8-43.5)
India	10.5 (0.9-20.1)	20.0 (6.2-33.8)	14.3 (6.2-22.5)
Lebanon	16.1 (0.0-36.6)	30.8 (6.5-55.2)	25.1 (7.8-42.4)
Italy	35.1 (14.0-56.2)	33.8 (13.1-54.6)	34.6 (19.3-49.9)
Hong Kong	22.4 (0.3-44.6)	12.4 (0.0-34.5)	17.8 (2.2-33.4)
Greece	46.8 (0.5-93.2)	49.1 (5.8-92.4)	48.3 (15.7-80.8)
South Africa	14.3 (0.0-32.3)	28.6 (9.3-48.0)	23.3 (9.0-37.5)
Germany	49.0 (25.3-72.6)	31.8 (11.5-52.1)	40.4 (23.8-57.0)
Fiji	19.2 (3.6-34.8)	26.1 (7.1-45.1)	22.0 (9.9-34.2)
USA	11.2 (0.0-26.8)	22.6 (0.2-44.9)	15.7 (2.3-29.0)
Netherlands	24.8 (3.7-45.9)	55.5 (27.5-83.6)	38.4 (19.1-57.6)
Australia	29.5 (27.0-31.9)	33.4 (31.5-35.3)	31.5 (30.0-33.0)
NSW	28.5 (26.4-30.5)	31.9 (30.2-33.5)	30.2 (28.9-31.5)

**Note:** Estimates are based on 8,218 respondents in NSW. For this indicator 25 (0.30%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Cholesterol measured in last 2 years by country of birth, adults aged 16 years and over, NSW, 2006-2009

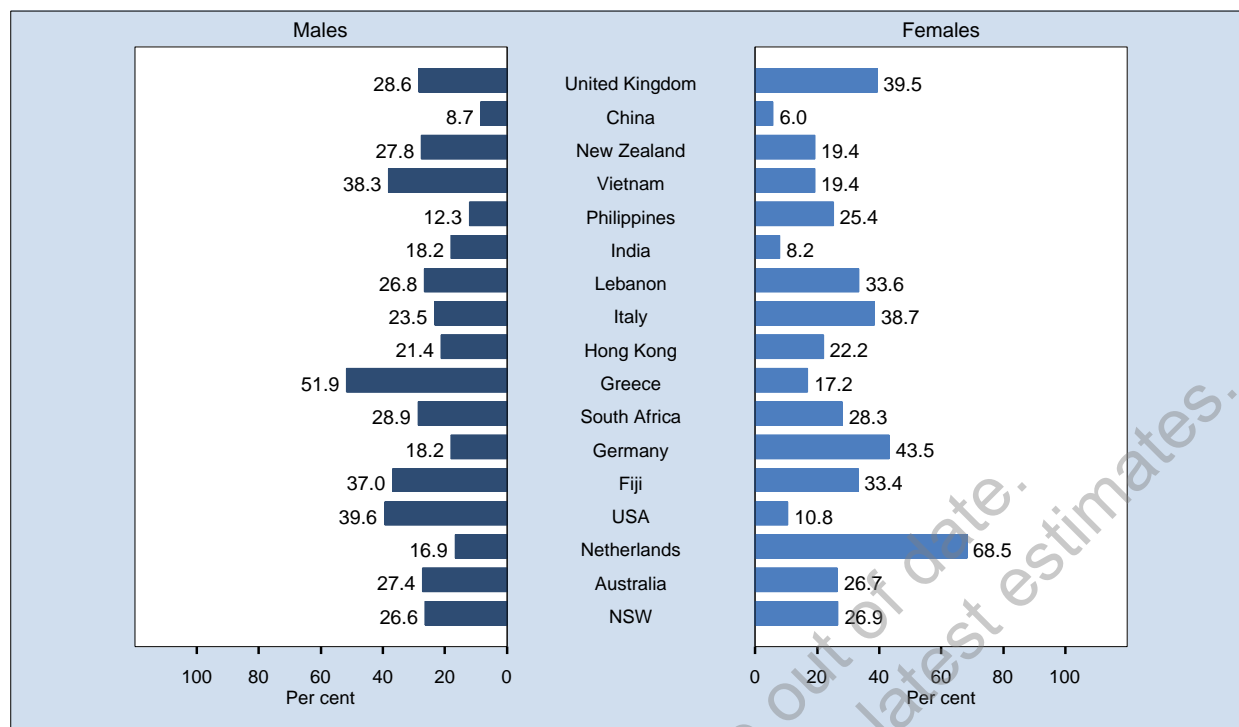


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	76.7 (69.5-83.9)	73.2 (65.9-80.5)	75.0 (69.8-80.1)
China	46.9 (18.7-75.1)	32.3 (4.0-60.7)	40.7 (20.2-61.3)
New Zealand	67.1 (50.6-83.7)	66.1 (53.1-79.0)	66.6 (56.2-77.0)
Vietnam	79.6 (50.3-100)	88.7 (67.7-100)	85.7 (68.8-100)
Philippines	62.8 (37.0-88.6)	60.0 (40.8-79.1)	61.0 (45.6-76.4)
India	69.5 (49.8-89.3)	63.6 (45.1-82.2)	67.2 (53.2-81.3)
Lebanon	64.8 (31.4-98.2)	87.9 (71.8-100)	77.7 (59.0-96.5)
Italy	80.8 (59.6-100)	100 (100-100)	88.0 (74.1-100)
Hong Kong	72.3 (46.6-98.1)	66.0 (37.8-94.2)	69.6 (50.5-88.7)
Greece*	56.7 (4.7-100)	75.5 (35.2-100)	68.8 (35.3-100)
South Africa	66.8 (38.7-95.0)	73.3 (54.4-92.2)	71.1 (55.4-86.8)
Germany	92.7 (83.7-100)	55.4 (28.5-82.3)	72.5 (53.6-91.4)
Fiji	65.7 (40.6-90.7)	71.9 (48.4-95.5)	68.4 (50.9-85.9)
USA	92.1 (80.6-100)	74.1 (40.8-100)	85.8 (70.6-100)
Netherlands	74.0 (48.8-99.2)	85.3 (63.4-100)	78.7 (61.2-96.3)
Australia	59.6 (56.7-62.6)	61.8 (59.5-64.0)	60.7 (58.9-62.6)
NSW	62.2 (59.7-64.7)	63.8 (61.8-65.8)	63.0 (61.4-64.6)

**Note:** Estimates are based on 7,862 respondents in NSW. For this indicator 488 (5.84%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Ever had high cholesterol by country of birth, adults aged 16 years and over, NSW, 2006-2009

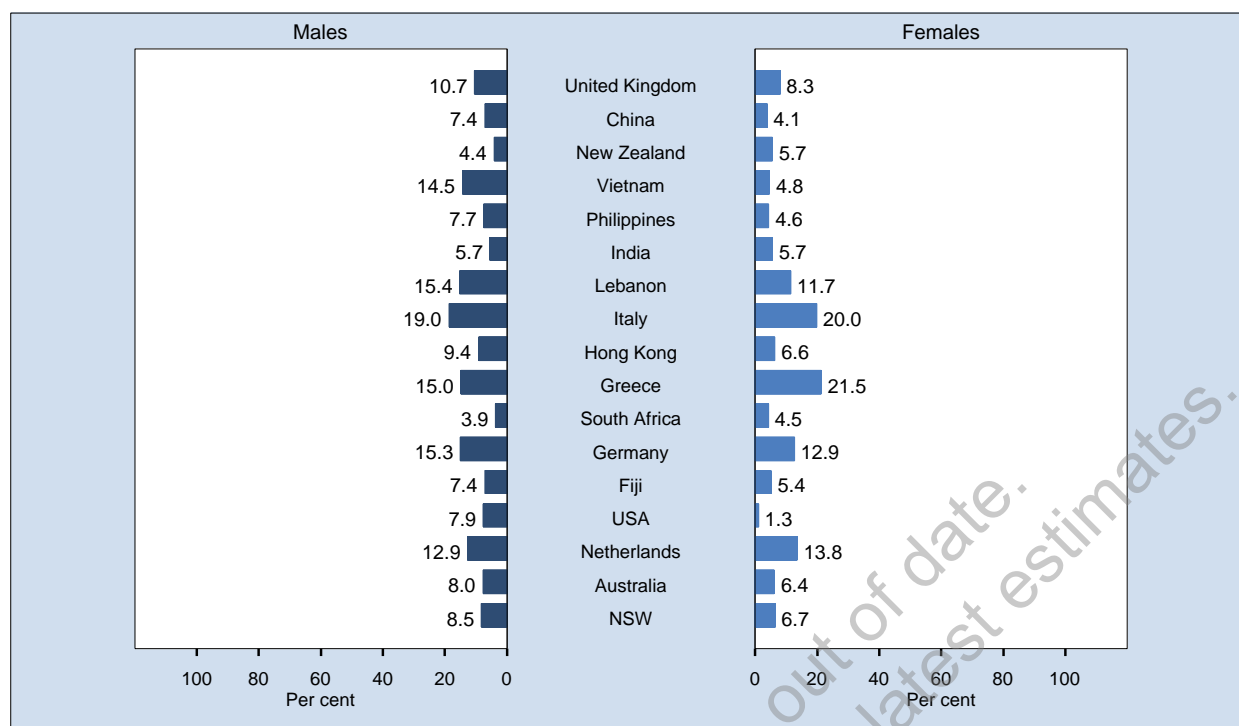


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	28.6 (21.7-35.4)	39.5 (32.7-46.4)	33.9 (28.9-38.8)
China	8.7 (0.0-21.2)	6.0 (0.0-17.8)	7.4 (0.0-16.0)
New Zealand	27.8 (12.5-43.1)	19.4 (9.5-29.3)	22.9 (14.3-31.5)
Vietnam	38.3 (0.0-95.5)	19.4 (0.0-52.7)	25.5 (0.0-55.2)
Philippines	12.3 (0.0-34.6)	25.4 (8.5-42.3)	20.7 (7.2-34.1)
India	18.2 (3.0-33.5)	8.2 (0.0-19.5)	14.3 (4.1-24.6)
Lebanon	26.8 (0.4-53.2)	33.6 (9.1-58.2)	30.9 (12.6-49.2)
Italy	23.5 (4.0-43.1)	38.7 (17.5-59.9)	29.5 (14.8-44.1)
Hong Kong	21.4 (0.0-42.9)	22.2 (0.0-51.6)	21.7 (4.3-39.2)
Greece*	51.9 (0.0-100)	17.2 (0.0-41.2)	31.0 (4.8-57.3)
South Africa	28.9 (0.0-60.7)	28.3 (9.2-47.4)	28.5 (11.9-45.1)
Germany	18.2 (2.6-33.8)	43.5 (21.9-65.0)	28.6 (14.8-42.4)
Fiji	37.0 (11.3-62.8)	33.4 (9.8-56.9)	35.5 (17.6-53.5)
USA	39.6 (6.5-72.8)	10.8 (0.0-24.2)	25.6 (6.5-44.6)
Netherlands	16.9 (0.0-36.5)	68.5 (44.8-92.2)	38.8 (18.4-59.1)
Australia	27.4 (25.0-29.9)	26.7 (24.8-28.5)	27.0 (25.5-28.6)
NSW	26.6 (24.5-28.7)	26.9 (25.2-28.6)	26.7 (25.4-28.1)

**Note:** Estimates are based on 7,040 respondents in NSW. For this indicator 62 (0.87%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Diabetes or high blood glucose by country of birth, adults aged 16 years and over, NSW, 2006-2009

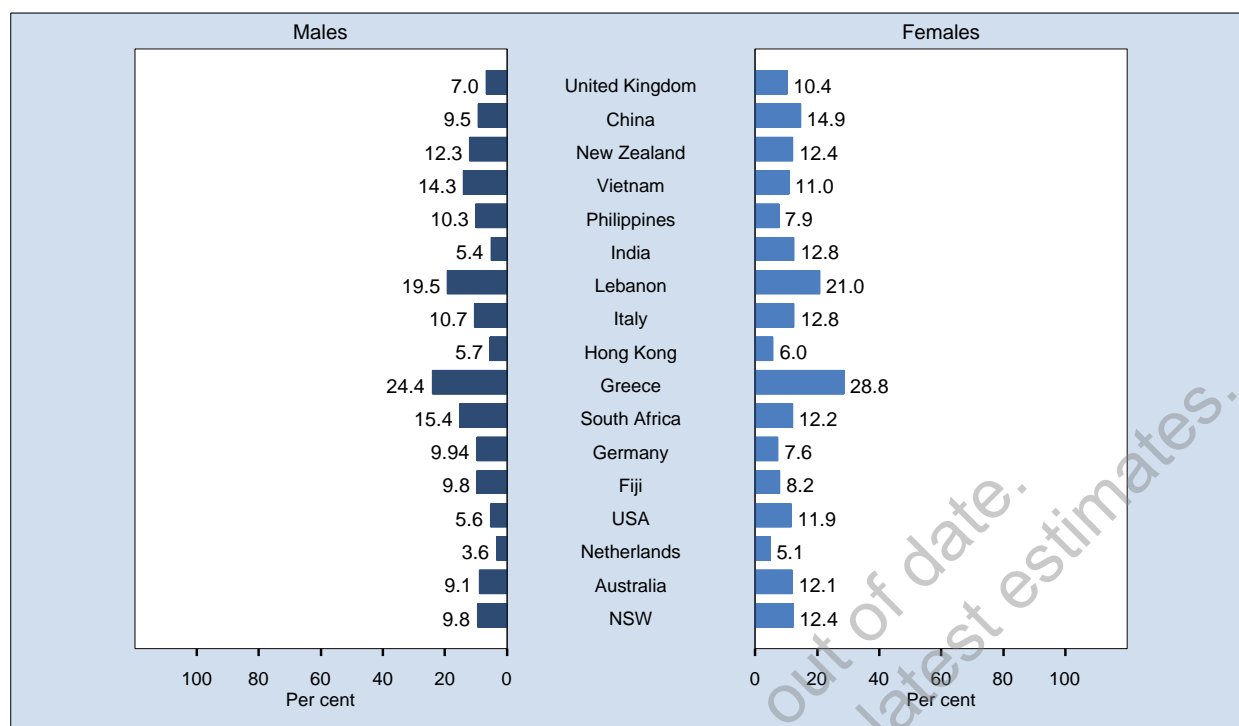


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	10.7 (8.3-13.1)	8.3 (6.6-9.9)	9.5 (8.0-10.9)
China	7.4 (3.7-11.1)	4.1 (1.8-6.4)	5.8 (3.6-8.1)
New Zealand	4.4 (2.1-6.7)	5.7 (2.8-8.6)	5.1 (3.2-7.0)
Vietnam	14.5 (5.8-23.3)	4.8 (1.0-8.6)	9.7 (4.8-14.6)
Philippines	7.7 (0.0-15.7)	4.6 (1.5-7.7)	5.7 (2.2-9.3)
India	5.7 (2.1-9.3)	5.7 (2.0-9.5)	5.7 (3.0-8.4)
Lebanon	15.4 (6.3-24.6)	11.7 (6.2-17.1)	13.6 (8.2-18.9)
Italy	19.0 (11.7-26.2)	20.0 (13.3-26.8)	19.5 (14.5-24.5)
Hong Kong	9.4 (2.3-16.5)	6.6 (0.0-13.3)	8.0 (3.1-12.8)
Greece*	15.0 (7.4-22.6)	21.5 (13.3-29.8)	18.3 (12.6-24.0)
South Africa	3.9 (0.0-9.0)	4.5 (0.8-8.2)	4.2 (1.2-7.3)
Germany	15.3 (6.4-24.2)	12.9 (6.1-19.6)	14.2 (8.5-20.0)
Fiji	7.4 (1.7-13.2)	5.4 (1.2-9.5)	6.4 (2.9-9.9)
USA	7.9 (0.0-16.1)	1.3 (0.0-2.9)	4.4 (0.5-8.4)
Netherlands	12.9 (5.0-20.8)	13.8 (5.8-21.8)	13.3 (7.7-18.9)
Australia	8.0 (7.4-8.6)	6.4 (6.0-6.8)	7.2 (6.8-7.6)
NSW	8.5 (8.0-9.0)	6.7 (6.3-7.1)	7.6 (7.3-7.9)

**Note:** Estimates are based on 34,422 respondents in NSW. For this indicator 222 (0.64%) 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? If female, Were you pregnant when you were first told you had diabetes or high blood glucose? Have you ever had diabetes or high blood glucose apart from when you were pregnant?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## High and very high psychological distress by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	7.0 (5.1-8.8)	10.4 (8.4-12.5)	8.7 (7.3-10.0)
China	9.5 (3.8-15.2)	14.9 (9.8-20.0)	12.1 (8.2-15.9)
New Zealand	12.3 (6.3-18.3)	12.4 (7.8-17.0)	12.3 (8.6-16.1)
Vietnam	14.3 (5.0-23.5)	11.0 (5.2-16.9)	12.6 (7.2-18.0)
Philippines	10.3 (0.0-21.7)	7.9 (2.5-13.3)	8.8 (3.3-14.4)
India	5.4 (1.4-9.5)	12.8 (5.9-19.6)	8.5 (4.7-12.3)
Lebanon	19.5 (9.1-29.8)	21.0 (12.3-29.8)	20.3 (13.5-27.0)
Italy	10.7 (4.9-16.5)	12.8 (7.8-17.8)	11.8 (7.9-15.6)
Hong Kong	5.7 (0.0-14.0)	6.0 (0.0-12.8)	5.8 (0.4-11.2)
Greece*	24.4 (14.4-34.3)	28.8 (19.4-38.1)	26.6 (19.7-33.4)
South Africa	15.4 (2.8-28.1)	12.2 (4.9-19.6)	13.5 (6.8-20.2)
Germany	9.9 (2.1-17.8)	7.6 (3.4-11.9)	8.9 (4.2-13.6)
Fiji	9.8 (0.0-19.7)	8.2 (1.2-15.2)	9.1 (2.9-15.3)
USA	5.6 (0.0-12.6)	11.9 (3.0-20.7)	8.6 (2.9-14.2)
Netherlands	3.6 (0.0-8.8)	5.1 (0.9-9.3)	4.3 (0.8-7.7)
Australia	9.1 (8.3-9.9)	12.1 (11.4-12.8)	10.7 (10.1-11.2)
NSW	9.8 (9.1-10.5)	12.4 (11.8-13.1)	11.1 (10.7-11.6)

**Note:** Estimates are based on 33,997 respondents in NSW. For this indicator 230 (0.67%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Visited a dental professional within the last 12 months by country of birth, adults aged 16 years and over, NSW, 2006-2009

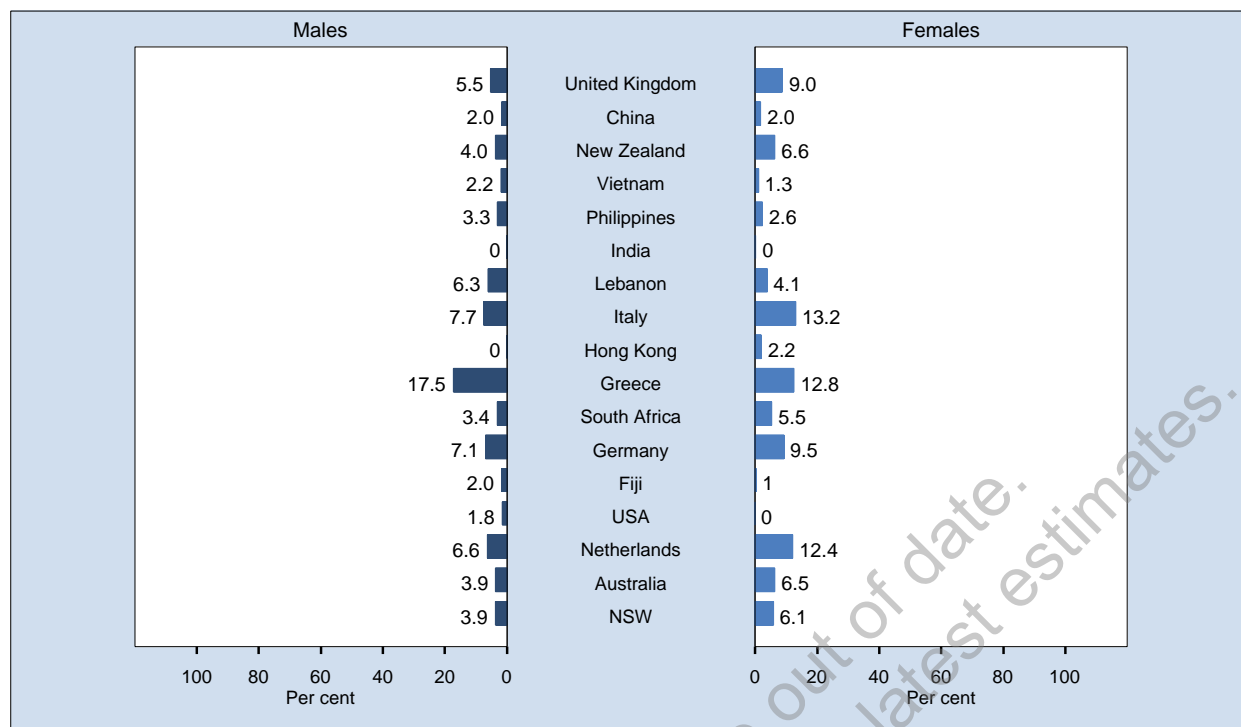


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	61.4 (57.2-65.6)	60.6 (57.0-64.3)	61.0 (58.2-63.8)
China	41.8 (32.7-50.9)	52.9 (45.7-60.2)	47.2 (41.3-53.1)
New Zealand	44.4 (35.2-53.7)	50.1 (42.7-57.5)	47.4 (41.5-53.3)
Vietnam	63.9 (52.1-75.6)	65.1 (55.8-74.3)	64.5 (57.1-71.9)
Philippines	57.5 (38.8-76.2)	59.6 (48.4-70.8)	58.8 (48.7-68.8)
India	47.6 (36.9-58.3)	56.5 (46.8-66.3)	51.2 (43.7-58.7)
Lebanon	62.7 (49.0-76.3)	69.1 (58.1-80.2)	65.9 (57.1-74.7)
Italy	66.0 (56.4-75.5)	61.4 (52.3-70.5)	63.7 (57.1-70.4)
Hong Kong	79.5 (67.2-91.8)	73.0 (60.8-85.2)	76.5 (67.8-85.2)
Greece*	56.1 (42.7-69.4)	61.7 (51.4-72.1)	59.1 (50.8-67.4)
South Africa	80.3 (67.6-93.0)	58.1 (45.8-70.3)	67.4 (58.1-76.6)
Germany	68.4 (56.3-80.6)	68.6 (58.1-79.0)	68.5 (60.4-76.6)
Fiji	43.8 (26.3-61.3)	62.3 (47.9-76.7)	52.6 (40.5-64.7)
USA	64.9 (46.6-83.1)	78.3 (65.4-91.3)	71.3 (59.7-83.0)
Netherlands	64.1 (47.7-80.5)	66.9 (54.1-79.7)	65.3 (54.6-76.1)
Australia	55.5 (54.1-57.0)	59.5 (58.4-60.6)	57.6 (56.6-58.5)
NSW	56.4 (55.1-57.6)	60.1 (59.1-61.1)	58.3 (57.5-59.1)

**Note:** Estimates are based on 29,716 respondents in NSW. For this indicator 229 (0.76%) were not stated (Don't know or Refused) in NSW. The indicator includes those who have attended a dental professional within the last 12 months. The question used to define the indicator was: When did you last visit a dental professional about your teeth, dentures, or gums?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## All natural teeth missing by country of birth, adults aged 16 years and over, NSW, 2006-2009

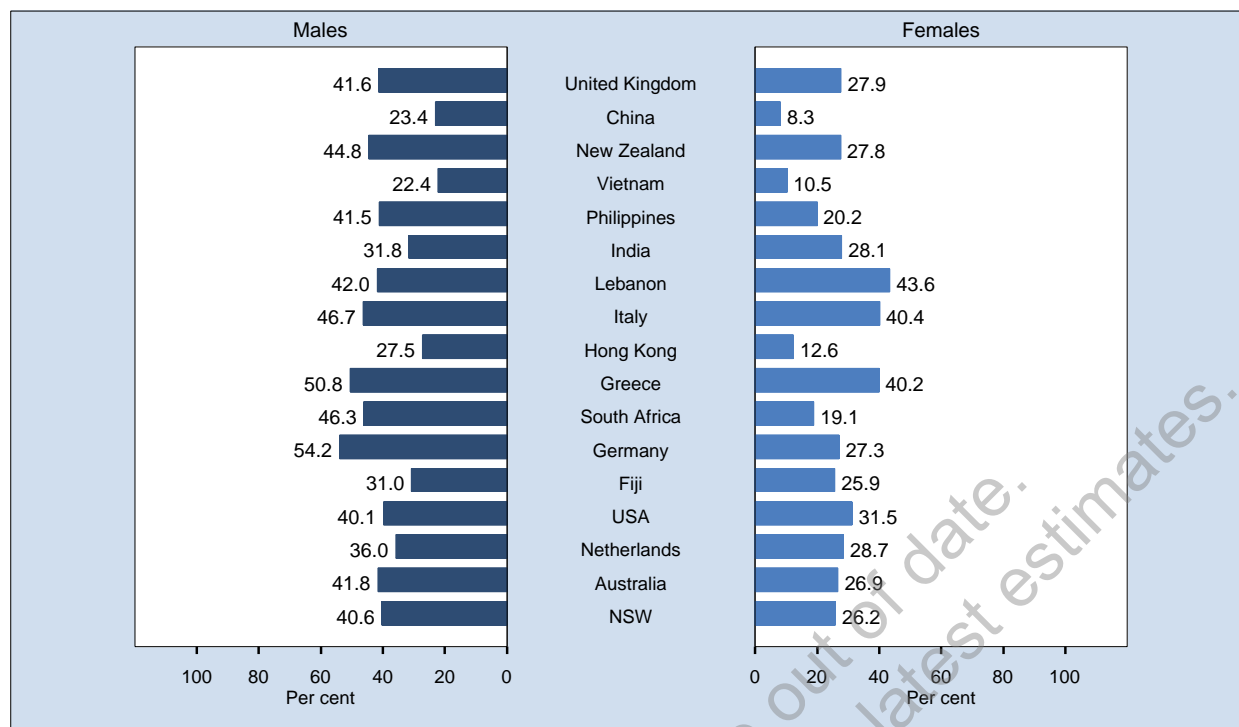


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	5.5 (4.1-6.9)	9.0 (7.2-10.8)	7.2 (6.1-8.3)
China	2.0 (0.2-3.7)	2.0 (0.4-3.6)	2.0 (0.8-3.2)
New Zealand	4.0 (1.2-6.8)	6.6 (3.7-9.5)	5.4 (3.3-7.4)
Vietnam	2.2 (0.0-5.0)	1.3 (0.0-2.6)	1.7 (0.2-3.3)
Philippines	3.3 (0.0-7.2)	2.6 (0.1-5.2)	2.9 (0.7-5.1)
India	0.2 (0.0-0.4)	0.4 (0.0-1.1)	0.3 (0.0-0.6)
Lebanon	6.3 (1.3-11.4)	4.1 (1.3-7.0)	5.2 (2.3-8.1)
Italy	7.7 (3.4-12.0)	13.2 (8.0-18.4)	10.4 (7.0-13.8)
Hong Kong	0.0 (0.0-0.0)	2.2 (0.0-6.5)	1.0 (0.0-3.0)
Greece	17.5 (8.7-26.4)	12.8 (6.1-19.5)	15.0 (9.5-20.4)
South Africa	3.4 (0.0-7.4)	5.5 (1.1-10.0)	4.6 (1.5-7.7)
Germany	7.1 (2.1-12.1)	9.5 (3.6-15.4)	8.2 (4.3-12.0)
Fiji	2.0 (0.0-4.6)	0.5 (0.0-1.6)	1.3 (0.0-2.7)
USA	1.8 (0.0-3.8)	0.0 (0.0-0.0)	0.9 (0.0-2.0)
Netherlands	6.6 (0.3-12.9)	12.4 (4.3-20.4)	9.2 (4.1-14.2)
Australia	3.9 (3.5-4.2)	6.5 (6.1-7.0)	5.2 (4.9-5.5)
NSW	3.9 (3.6-4.3)	6.1 (5.7-6.4)	5.0 (4.8-5.3)

**Note:** Estimates are based on 29,925 respondents in NSW. For this indicator 25 (0.08%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Overweight by country of birth, adults aged 16 years and over, NSW, 2006-2009



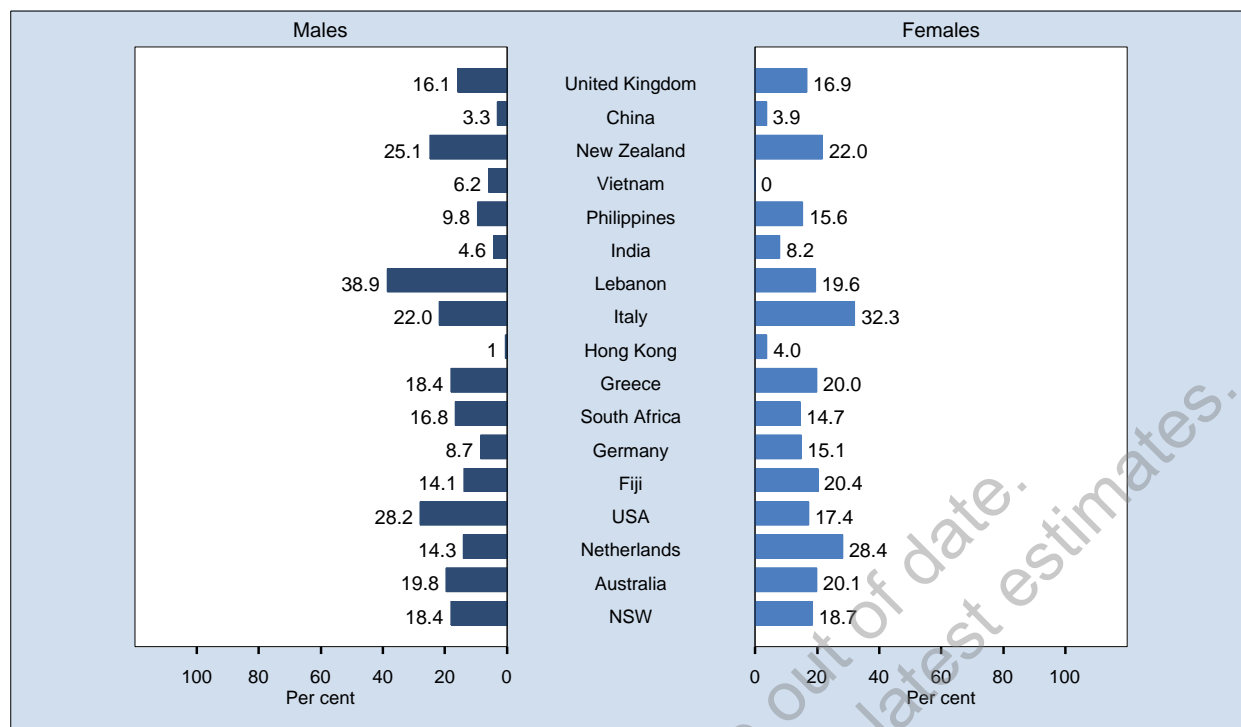
Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	41.6 (37.4-45.7)	27.9 (24.8-31.0)	35.0 (32.4-37.6)
China	23.4 (15.6-31.1)	8.3 (4.4-12.2)	16.2 (11.6-20.7)
New Zealand	44.8 (35.8-53.8)	27.8 (21.7-34.0)	36.0 (30.5-41.5)
Vietnam	22.4 (12.4-32.5)	10.5 (4.5-16.6)	16.5 (10.6-22.4)
Philippines	41.5 (24.2-58.7)	20.2 (12.4-28.0)	28.5 (19.8-37.3)
India	31.8 (22.4-41.2)	28.1 (20.1-36.2)	30.3 (23.8-36.9)
Lebanon	42.0 (28.8-55.3)	43.6 (31.9-55.4)	42.8 (33.9-51.7)
Italy	46.7 (36.0-57.3)	40.4 (31.6-49.2)	43.6 (36.7-50.4)
Hong Kong	27.5 (14.2-40.8)	12.6 (4.7-20.5)	20.1 (12.1-28.0)
Greece*	50.8 (37.7-64.0)	40.2 (29.7-50.7)	45.6 (37.0-54.3)
South Africa	46.3 (31.1-61.5)	19.1 (11.1-27.1)	30.4 (21.9-38.9)
Germany	54.2 (40.1-68.3)	27.3 (18.0-36.6)	42.1 (32.4-51.8)
Fiji	31.0 (14.6-47.5)	25.9 (14.0-37.7)	28.6 (18.2-39.0)
USA	40.1 (22.9-57.2)	31.5 (18.2-44.9)	35.9 (24.9-46.8)
Netherlands	36.0 (20.9-51.2)	28.7 (18.3-39.1)	32.7 (23.1-42.3)
Australia	41.8 (40.4-43.2)	26.9 (26.0-27.8)	34.3 (33.5-35.1)
NSW	40.6 (39.4-41.8)	26.2 (25.3-27.0)	33.4 (32.7-34.1)

**Note:** Estimates are based on 33,165 respondents in NSW. For this indicator 1,412 (4.08%) were not stated (Don't know or Refused) in NSW. The indicator includes those who are overweight: that is, with a Body Mass Index (BMI) from 25.0 to 29.9. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows BMI = weight(kg)/height<sup>2</sup>(m).

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



## Obese by country of birth, adults aged 16 years and over, NSW, 2006-2009

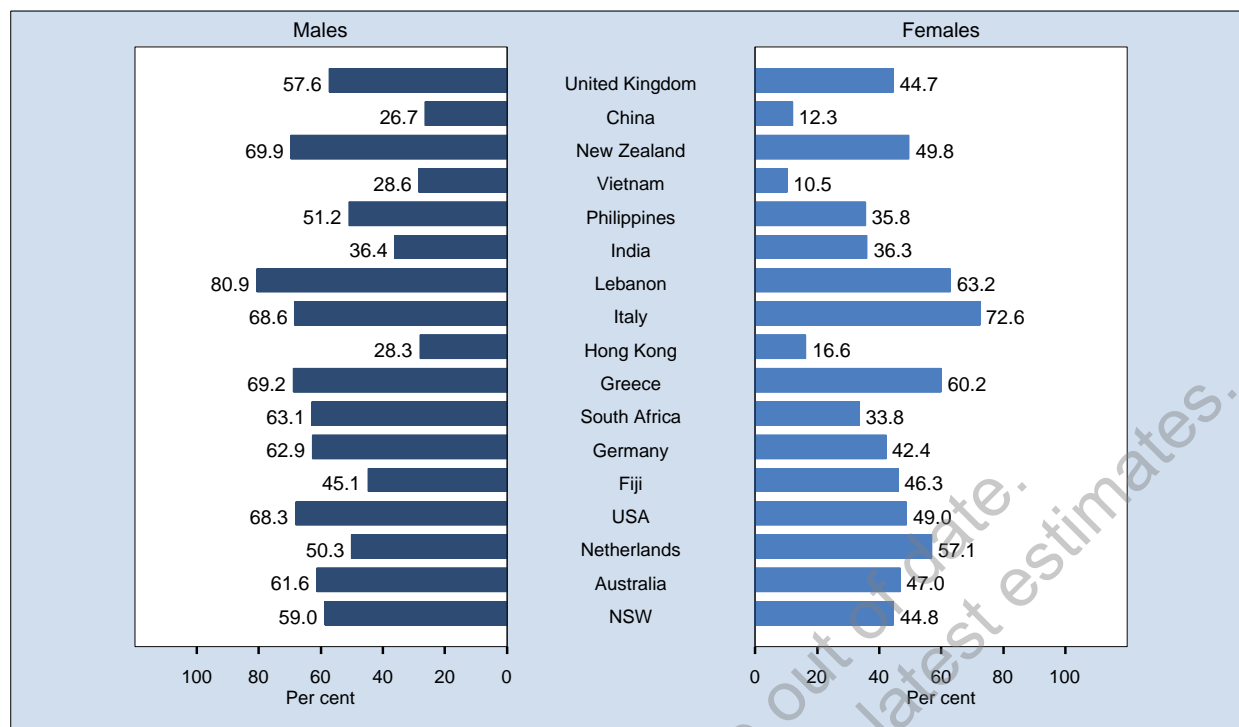


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	16.1 (13.0-19.1)	16.9 (14.4-19.3)	16.4 (14.5-18.4)
China	3.3 (0.0-6.7)	3.9 (0.9-6.9)	3.6 (1.3-5.9)
New Zealand	25.1 (16.2-34.1)	22.0 (15.9-28.0)	23.5 (18.1-28.8)
Vietnam	6.2 (0.0-12.6)	0.0 (0.0-0.0)	3.1 (0.0-6.4)
Philippines	9.8 (2.0-17.5)	15.6 (6.8-24.4)	13.3 (7.0-19.6)
India	4.6 (1.2-8.1)	8.2 (2.9-13.5)	6.0 (3.1-9.0)
Lebanon	38.9 (25.2-52.5)	19.6 (10.8-28.4)	29.6 (21.0-38.2)
Italy	22.0 (14.0-30.0)	32.3 (24.0-40.6)	27.1 (21.2-32.9)
Hong Kong	0.8 (0.0-2.0)	4.0 (0.0-8.2)	2.4 (0.2-4.6)
Greece*	18.4 (8.3-28.4)	20.0 (12.2-27.9)	19.2 (12.8-25.6)
South Africa	16.8 (4.9-28.7)	14.7 (7.3-22.0)	15.6 (9.0-22.1)
Germany	8.7 (4.0-13.5)	15.1 (8.1-22.0)	11.6 (7.4-15.8)
Fiji	14.1 (4.1-24.0)	20.4 (9.0-31.8)	17.1 (9.4-24.7)
USA	28.2 (10.6-45.9)	17.4 (6.9-28.0)	22.9 (12.3-33.5)
Netherlands	14.3 (6.2-22.4)	28.4 (17.3-39.5)	20.7 (13.6-27.7)
Australia	19.8 (18.7-20.9)	20.1 (19.2-20.9)	19.9 (19.3-20.6)
NSW	18.4 (17.5-19.3)	18.7 (17.9-19.4)	18.5 (17.9-19.1)

**Note:** Estimates are based on 33,165 respondents in NSW. For this indicator 8,721 (20.82%) were not stated (Don't know or Refused) in NSW. The indicator includes those who are obese: that is, with a Body Mass Index (BMI) of 30.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows BMI = weight(kg)/height<sup>2</sup>(m).

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Overweight or obese by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	57.6 (53.4-61.8)	44.7 (41.3-48.2)	51.4 (48.7-54.2)
China	26.7 (18.5-34.8)	12.3 (7.5-17.0)	19.8 (14.9-24.7)
New Zealand	69.9 (62.3-77.5)	49.8 (42.9-56.7)	59.5 (54.1-64.9)
Vietnam	28.6 (17.5-39.8)	10.5 (4.5-16.6)	19.6 (13.1-26.1)
Philippines	51.2 (34.2-68.3)	35.8 (25.5-46.1)	41.8 (32.5-51.1)
India	36.4 (26.7-46.1)	36.3 (27.5-45.1)	36.4 (29.6-43.2)
Lebanon	80.9 (70.5-91.3)	63.2 (51.4-75.1)	72.4 (64.3-80.5)
Italy	68.6 (57.1-80.2)	72.6 (64.1-81.2)	70.6 (63.3-77.9)
Hong Kong	28.3 (15.0-41.6)	16.6 (7.9-25.3)	22.4 (14.3-30.6)
Greece*	69.2 (58.0-80.4)	60.2 (48.7-71.7)	64.8 (56.6-73.1)
South Africa	63.1 (48.9-77.4)	33.8 (23.5-44.0)	46.0 (36.7-55.2)
Germany	62.9 (49.4-76.5)	42.4 (31.2-53.5)	53.7 (44.2-63.2)
Fiji	45.1 (27.9-62.3)	46.3 (32.2-60.4)	45.7 (34.4-56.9)
USA	68.3 (53.8-82.9)	49.0 (34.8-63.1)	58.8 (48.1-69.5)
Netherlands	50.3 (34.7-65.9)	57.1 (44.8-69.3)	53.4 (43.1-63.6)
Australia	61.6 (60.2-63.0)	47.0 (45.9-48.1)	54.2 (53.4-55.1)
NSW	59.0 (57.8-60.2)	44.8 (43.9-45.7)	51.9 (51.2-52.7)

**Note:** Estimates are based on 33,165 respondents in NSW. For this indicator 8,721 (20.82%) were not stated (Don't know or Refused) in NSW. The indicator includes those who are overweight or obese: that is with a Body Mass Index (BMI) of 25.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height<sup>2</sup>(m). Categories for this indicator include overweight (BMI from 25.0 to 29.9) and obese (BMI of 30.0 and over).

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Health services

NSW Health provides a range of health care services to New South Wales residents delivered across a variety of settings. The New South Wales Population Health Survey includes a range of questions that monitor access to health services. Questions focus on private health insurance, difficulties getting health care, emergency department presentations, hospital admissions, and general practice attendances.

### Private health insurance

In 2006-2009, 55.7 per cent of NSW adults had private health insurance. A significantly higher proportion of adults born in Hong Kong (74.2 per cent), the United States of America (67.4 per cent), and Australia (57.2 per cent), had private health insurance, compared with the overall NSW adult population who had private health insurance. A significantly lower proportion of adults born in New Zealand (49.4 per cent), Lebanon (33.0 per cent), Greece (31.9 per cent), and Fiji (42.8 per cent), had private health insurance, compared with the overall NSW adult population who had private health insurance.

### Difficulties getting health care

In 2006-2009, 16.4 per cent of NSW adults had difficulties getting health care when needing it. A significantly higher proportion of adults born in Australia (17.1 per cent) had difficulties getting health care when needing it, compared with the overall NSW adult population who had difficulties getting health care when needing it. A significantly lower proportion of adults born in Vietnam (8.0 per cent), Italy (10.4 per cent), Greece (11.6 per cent), and the Netherlands (11.5 per cent), had difficulties getting health care when needing it, compared with the overall NSW adult population who had difficulties getting health care when needing it.

### Emergency department presentations

In 2006-2009, 16.2 per cent of NSW adults presented to an emergency department on 1 or more occasions in the last 12 months. A significantly higher proportion of adults born in Australia (17.4 per cent) presented to an emergency department in the last 12 months, compared with the overall NSW adult population who presented to an emergency department in the last 12 months. A significantly lower proportion of adults born in China (7.4 per cent), Vietnam (8.3 per cent), India (9.7 per cent), Hong Kong (7.3 per cent), and Germany (9.5 per cent), presented to an emergency department in the last 12 months, compared with the overall NSW adult population who presented to an emergency department in the last 12 months.

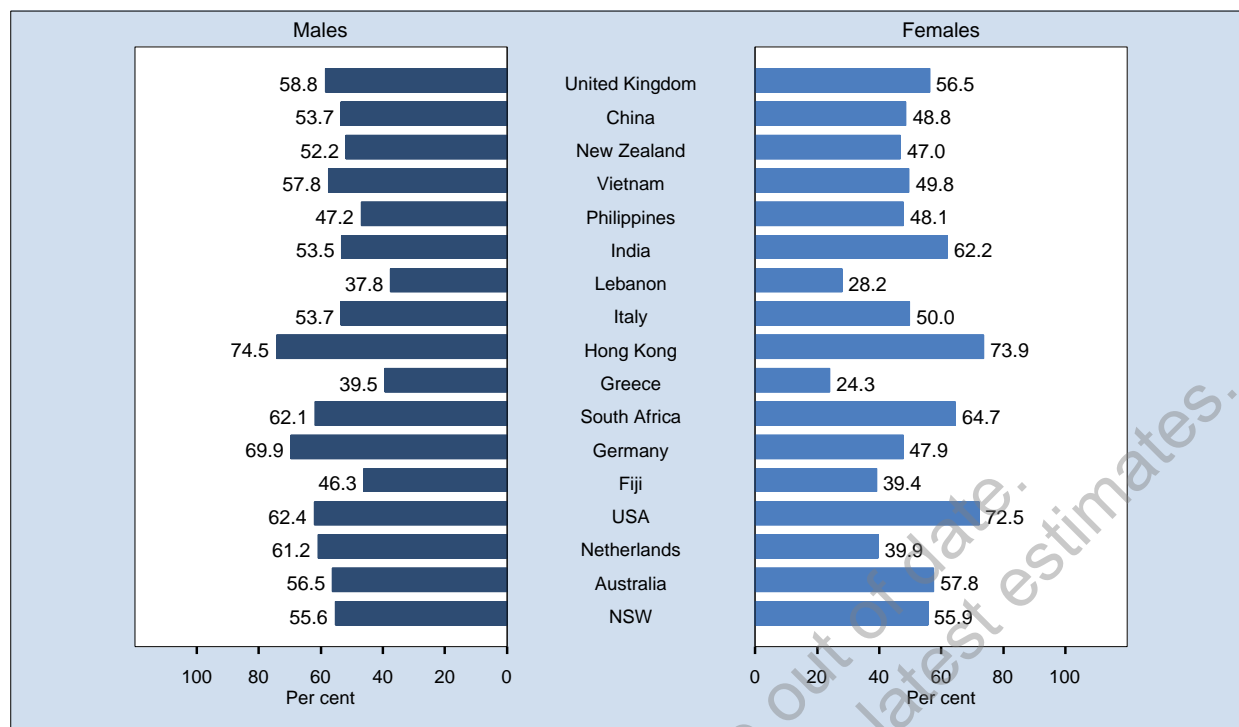
### Hospital admissions

In 2006-2009, 14.3 per cent of NSW adults were admitted to hospital on 1 or more occasions in the last 12 months. A significantly higher proportion of adults born in Italy (21.0 per cent) and Australia (14.9 per cent) were admitted to hospital in the last 12 months, compared with the overall NSW adult population who were admitted to hospital in the last 12 months. A significantly lower proportion of adults born in China (6.6 per cent), Vietnam (9.3 per cent), India (10.7 per cent), and Hong Kong (3.1 per cent), were admitted to hospital in the last 12 months, compared with the overall NSW adult population who were admitted to hospital in the last 12 months.

### General practices

In 2006-2009, 84.9 per cent of NSW adults visited a general practice in the last 12 months. A significantly higher proportion of adults born in the United Kingdom (88.2 per cent), Lebanon (91.3 per cent), Italy (89.4 per cent), Germany (92.2 per cent), the United States of America (92.3 per cent), and Australia (86.0 per cent), visited a general practice in the last 12 months, compared with the overall NSW adult population who visited a general practice in the last 12 months. A significantly lower proportion of adults born in China (65.3 per cent) and India (73.2 per cent) visited a general practice in the last 12 months, compared with the overall NSW adult population who visited a general practice in the last 12 months.

## Private health insurance by country of birth, adults aged 16 years and over, NSW, 2006-2009

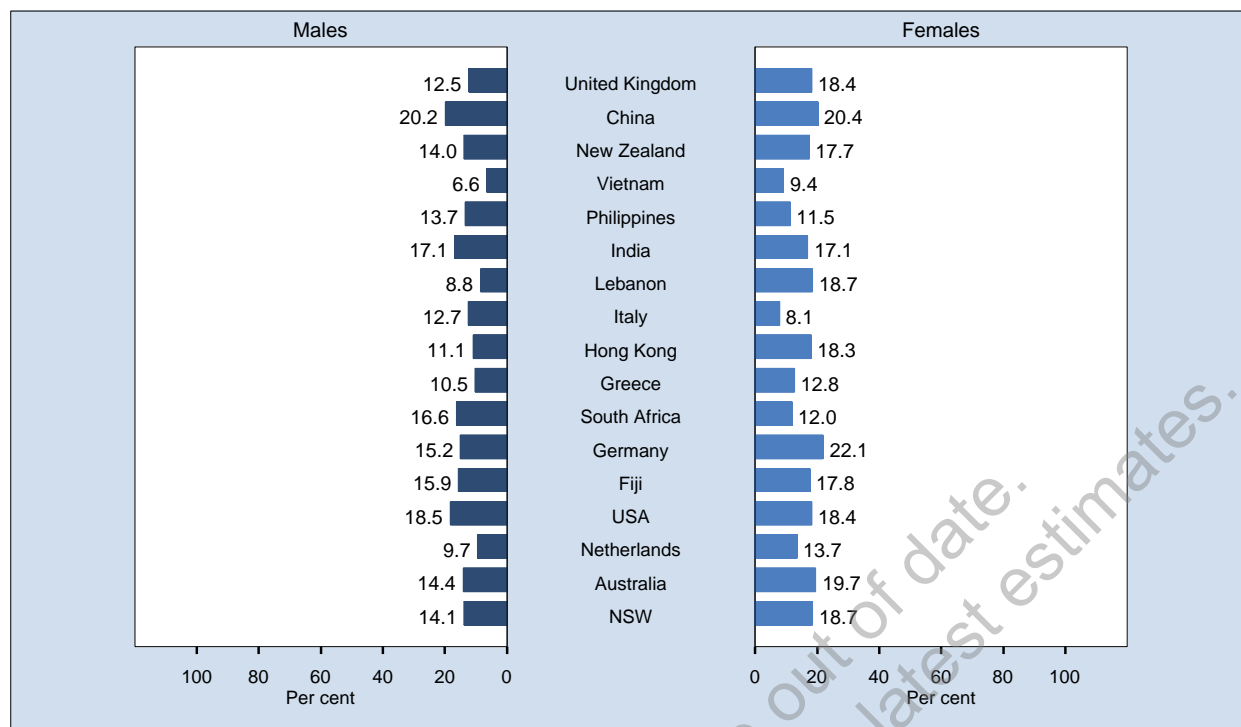


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	58.8 (55.2-62.4)	56.5 (53.4-59.6)	57.7 (55.3-60.1)
China	53.7 (45.7-61.7)	48.8 (42.4-55.3)	51.3 (46.2-56.5)
New Zealand	52.2 (44.0-60.3)	47.0 (40.8-53.2)	49.4 (44.4-54.5)
Vietnam	57.8 (46.9-68.7)	49.8 (41.2-58.4)	53.8 (46.8-60.8)
Philippines	47.2 (31.5-62.9)	48.1 (38.5-57.6)	47.7 (39.3-56.1)
India	53.5 (44.4-62.6)	62.2 (54.2-70.2)	57.0 (50.7-63.3)
Lebanon	37.8 (25.7-49.8)	28.2 (19.4-37.1)	33.0 (25.5-40.5)
Italy	53.7 (44.3-63.1)	50.0 (42.3-57.8)	51.8 (45.7-58.0)
Hong Kong	74.5 (62.0-87.0)	73.9 (63.3-84.5)	74.2 (66.0-82.4)
Greece*	39.5 (27.9-51.2)	24.3 (16.2-32.5)	31.9 (24.7-39.2)
South Africa	62.1 (47.9-76.4)	64.7 (54.2-75.3)	63.7 (55.2-72.2)
Germany	69.9 (59.9-79.9)	47.9 (37.3-58.5)	59.7 (51.9-67.5)
Fiji	46.3 (30.7-62.0)	39.4 (27.9-50.9)	42.8 (33.1-52.5)
USA	62.4 (46.7-78.2)	72.5 (61.3-83.6)	67.4 (57.5-77.2)
Netherlands	61.2 (48.8-73.7)	39.9 (29.1-50.7)	51.6 (42.7-60.4)
Australia	56.5 (55.3-57.8)	57.8 (56.8-58.7)	57.2 (56.4-57.9)
NSW	55.6 (54.5-56.7)	55.9 (55.1-56.7)	55.7 (55.1-56.4)

**Note:** Estimates are based on 41,705 respondents in NSW. For this indicator 368 (0.87%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Difficulties getting health care when needing it by country of birth, adults aged 16 years and over, NSW, 2006-2009

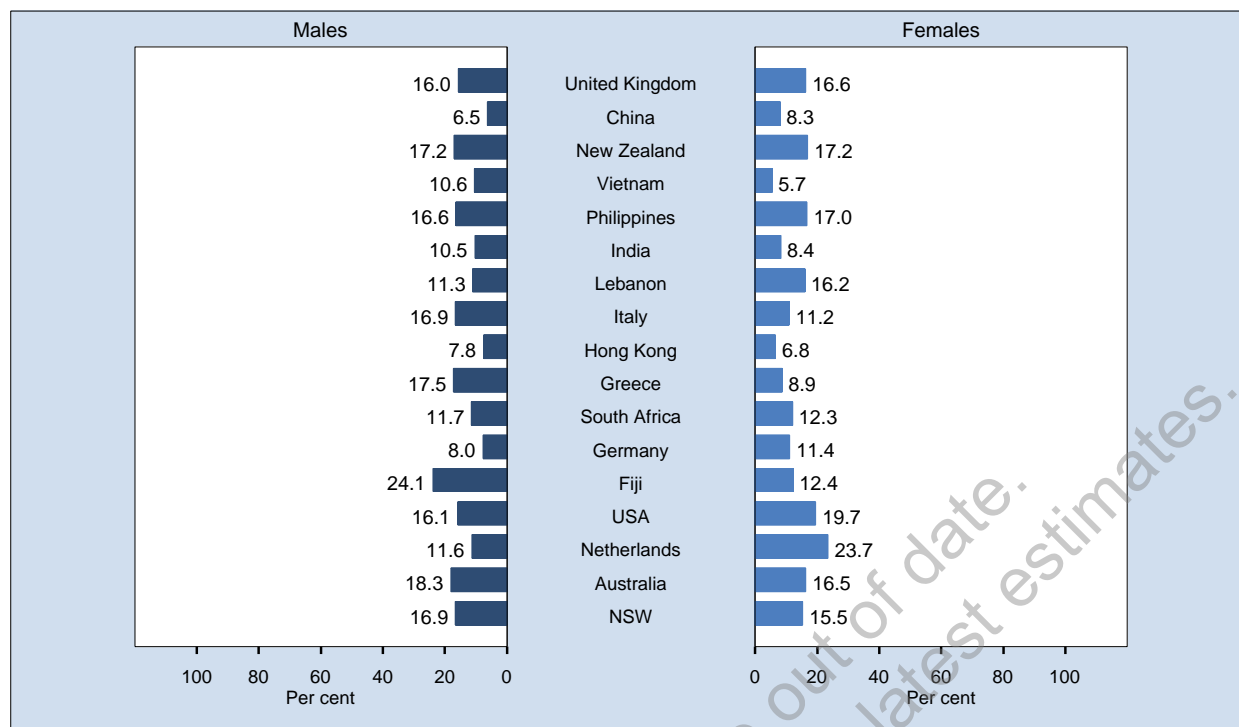


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	12.5 (10.3-14.7)	18.4 (15.9-20.9)	15.4 (13.7-17.1)
China	20.2 (13.9-26.4)	20.4 (15.3-25.6)	20.3 (16.2-24.4)
New Zealand	14.0 (8.7-19.4)	17.7 (13.2-22.2)	16.0 (12.5-19.4)
Vietnam	6.6 (0.9-12.4)	9.4 (4.4-14.4)	8.0 (4.2-11.8)
Philippines	13.7 (1.7-25.7)	11.5 (6.2-16.7)	12.3 (6.6-18.0)
India	17.1 (10.2-23.9)	17.1 (10.5-23.8)	17.1 (12.2-22.0)
Lebanon	8.8 (1.4-16.3)	18.7 (11.3-26.2)	13.8 (8.5-19.1)
Italy	12.7 (6.6-18.8)	8.1 (4.3-11.9)	10.4 (6.8-13.9)
Hong Kong	11.1 (2.8-19.4)	18.3 (8.7-27.8)	14.7 (8.3-21.0)
Greece*	10.5 (4.6-16.4)	12.8 (6.8-18.9)	11.6 (7.4-15.9)
South Africa	16.6 (4.9-28.3)	12.0 (5.8-18.3)	13.9 (7.8-20.0)
Germany	15.2 (6.8-23.6)	22.1 (12.9-31.4)	18.5 (12.1-24.8)
Fiji	15.9 (4.4-27.4)	17.8 (7.9-27.7)	16.9 (9.3-24.4)
USA	18.5 (6.1-30.9)	18.4 (8.6-28.3)	18.5 (10.5-26.4)
Netherlands	9.7 (3.2-16.1)	13.7 (6.6-20.8)	11.5 (6.7-16.3)
Australia	14.4 (13.6-15.2)	19.7 (19.0-20.5)	17.1 (16.6-17.7)
NSW	14.1 (13.4-14.8)	18.7 (18.1-19.3)	16.4 (16.0-16.9)

**Note:** Estimates are based on 40,953 respondents in NSW. For this indicator 126 (0.31%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Emergency department presentation in the last 12 months by country of birth, adults aged 16 years and over, NSW, 2006-2009

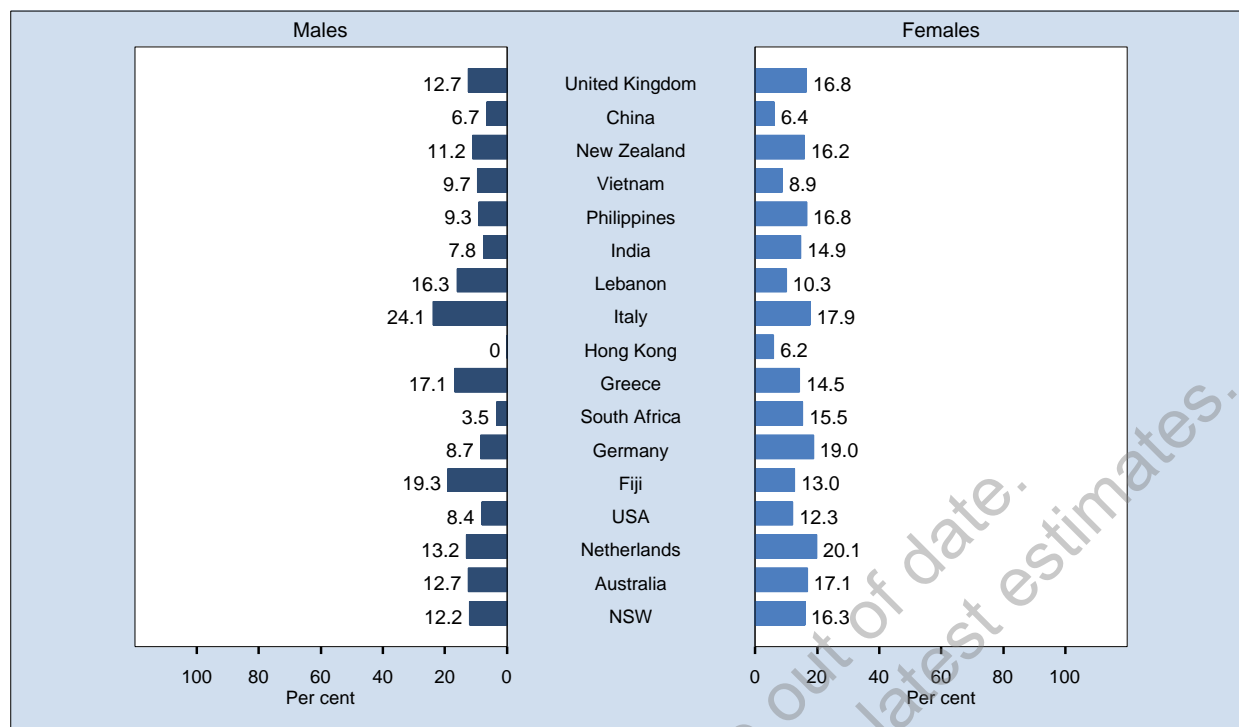


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	16.0 (13.4-18.6)	16.6 (14.2-19.0)	16.3 (14.5-18.1)
China	6.5 (3.1-9.9)	8.3 (4.8-11.8)	7.4 (4.9-9.8)
New Zealand	17.2 (11.6-22.9)	17.2 (12.1-22.2)	17.2 (13.4-21.0)
Vietnam	10.6 (2.6-18.6)	5.7 (1.3-10.1)	8.3 (3.6-13.0)
Philippines	16.6 (4.4-28.8)	17.0 (9.6-24.4)	16.8 (10.3-23.4)
India	10.5 (5.2-15.8)	8.4 (4.2-12.7)	9.7 (6.1-13.3)
Lebanon	11.3 (4.2-18.4)	16.2 (8.8-23.7)	13.8 (8.6-19.0)
Italy	16.9 (9.7-24.1)	11.2 (6.2-16.1)	14.0 (9.6-18.4)
Hong Kong	7.8 (0.6-14.9)	6.8 (1.4-12.2)	7.3 (2.8-11.8)
Greece	17.5 (9.4-25.6)	8.9 (3.8-14.0)	13.1 (8.4-17.9)
South Africa	11.7 (2.1-21.3)	12.3 (5.6-19.0)	12.0 (6.5-17.6)
Germany	8.0 (3.3-12.6)	11.4 (5.8-16.9)	9.5 (5.9-13.2)
Fiji	24.1 (10.6-37.6)	12.4 (5.3-19.6)	18.1 (10.5-25.8)
USA	16.1 (5.7-26.5)	19.7 (9.1-30.4)	17.9 (10.4-25.4)
Netherlands	11.6 (4.7-18.4)	23.7 (14.6-32.8)	17.1 (11.3-22.8)
Australia	18.3 (17.3-19.3)	16.5 (15.8-17.2)	17.4 (16.8-18.0)
NSW	16.9 (16.1-17.7)	15.5 (14.9-16.1)	16.2 (15.7-16.7)

**Note:** Estimates are based on 41,892 respondents in NSW. For this indicator 113 (0.27%) were not stated (Don't know or Refused) in NSW. The indicator includes those who presented to 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Hospital admission in the last 12 months by country of birth, adults aged 16 years and over, NSW, 2006-2009

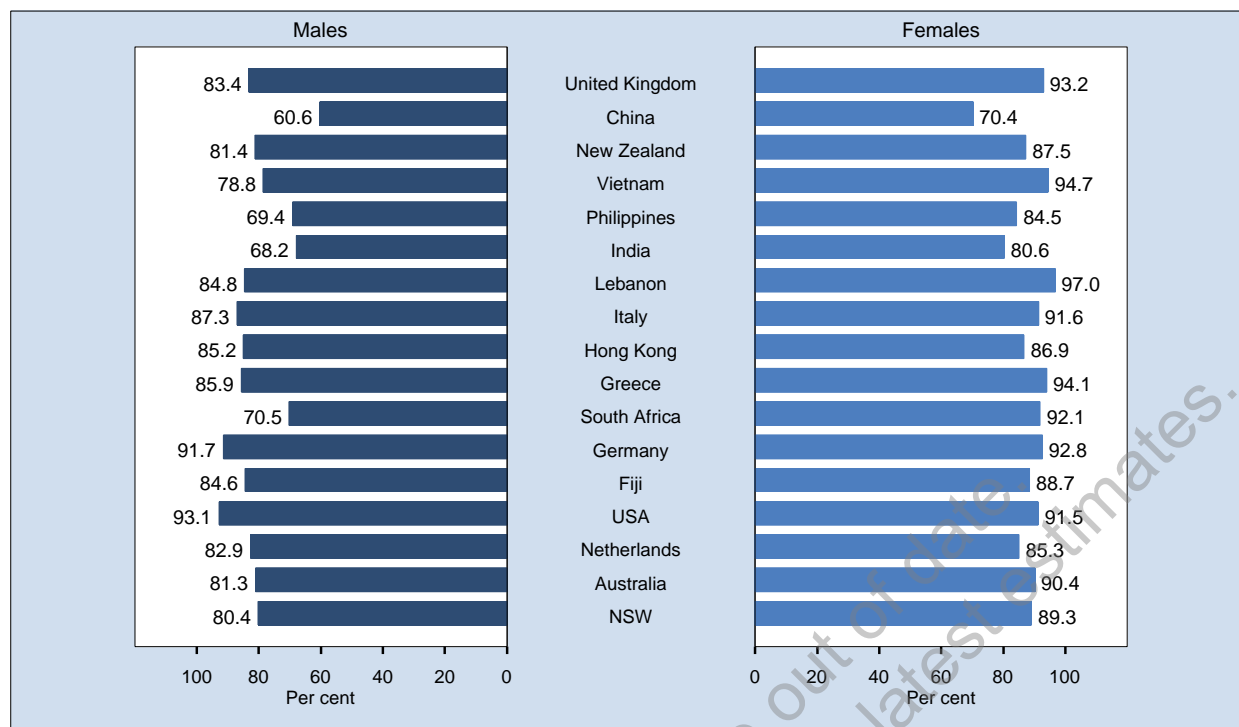


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	12.7 (10.4-15.0)	16.8 (14.4-19.2)	14.7 (13.0-16.4)
China	6.7 (3.1-10.4)	6.4 (3.2-9.7)	6.6 (4.1-9.0)
New Zealand	11.2 (6.7-15.8)	16.2 (11.1-21.2)	13.8 (10.4-17.3)
Vietnam	9.7 (2.9-16.4)	8.9 (3.4-14.5)	9.3 (4.9-13.7)
Philippines	9.3 (0.0-19.7)	16.8 (9.7-24.0)	13.9 (8.0-19.9)
India	7.8 (3.4-12.2)	14.9 (9.1-20.7)	10.7 (7.1-14.2)
Lebanon	16.3 (6.2-26.4)	10.3 (4.3-16.3)	13.3 (7.4-19.2)
Italy	24.1 (16.2-32.0)	17.9 (12.0-23.9)	21.0 (16.1-26.0)
Hong Kong	0.0 (0.0-0.0)	6.2 (1.6-10.9)	3.1 (0.8-5.4)
Greece*	17.1 (8.3-25.8)	14.5 (8.7-20.4)	15.8 (10.5-21.1)
South Africa	3.5 (0.3-6.8)	15.5 (7.4-23.6)	10.6 (5.5-15.7)
Germany	8.7 (4.0-13.4)	19.0 (9.0-29.1)	13.5 (7.9-19.1)
Fiji	19.3 (6.9-31.7)	13.0 (4.7-21.2)	16.1 (8.7-23.5)
USA	8.4 (2.2-14.6)	12.3 (2.9-21.8)	10.3 (4.7-15.9)
Netherlands	13.2 (6.5-19.9)	20.1 (11.5-28.6)	16.3 (10.9-21.7)
Australia	12.7 (11.9-13.4)	17.1 (16.3-17.8)	14.9 (14.4-15.5)
NSW	12.2 (11.6-12.9)	16.3 (15.6-16.9)	14.3 (13.8-14.7)

**Note:** Estimates are based on 41,892 respondents in NSW. For this indicator 113 (0.27%) 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 1 night in hospital?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Visited a general practice in the last 12 months by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	83.4 (80.1-86.6)	93.2 (91.4-94.9)	88.2 (86.3-90.1)
China	60.6 (52.4-68.9)	70.4 (64.0-76.9)	65.3 (59.9-70.6)
New Zealand	81.4 (74.8-87.9)	87.5 (82.7-92.2)	84.6 (80.6-88.6)
Vietnam	78.8 (67.3-90.3)	94.7 (89.6-99.8)	87.1 (80.8-93.3)
Philippines	69.4 (53.5-85.2)	84.5 (77.0-92.0)	78.2 (70.0-86.4)
India	68.2 (58.5-77.9)	80.6 (73.7-87.4)	73.2 (66.7-79.7)
Lebanon	84.8 (75.3-94.3)	97.0 (94.1-99.8)	91.3 (86.5-96.1)
Italy	87.3 (80.5-94.1)	91.6 (86.8-96.3)	89.4 (85.2-93.6)
Hong Kong	85.2 (75.7-94.7)	86.9 (79.0-94.8)	86.0 (79.8-92.2)
Greece*	85.9 (73.6-98.2)	94.1 (89.8-98.4)	89.8 (82.8-96.8)
South Africa	70.5 (56.1-84.9)	92.1 (86.9-97.3)	82.8 (75.6-90.1)
Germany	91.7 (85.6-97.8)	92.8 (87.4-98.2)	92.2 (88.1-96.3)
Fiji	84.6 (73.0-96.3)	88.7 (81.0-96.5)	86.8 (79.9-93.6)
USA	93.1 (86.8-99.4)	91.5 (81.1-100)	92.3 (86.4-98.3)
Netherlands	82.9 (70.3-95.6)	85.3 (76.9-93.6)	84.0 (76.0-92.0)
Australia	81.3 (80.2-82.5)	90.4 (89.7-91.0)	86.0 (85.3-86.6)
NSW	80.4 (79.4-81.4)	89.3 (88.7-89.9)	84.9 (84.4-85.5)

**Note:** Estimates are based on 33,963 respondents in NSW. For this indicator 92 (0.27%) were not stated (Don't know or Refused) in NSW. The indicator includes those that have seen a general practitioner in the last 12 months. The question used to define the indicator was: In the last 12 months did you see a general practitioner?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



## Social capital

Social capital is the raw material of civil society created from the interactions between people. It is not located within the person but the space between people. It is not the property of the organisation, market, or state, but all these can engage in its production. It originates with people forming social connections and networks based on trust, mutual reciprocity, and norms of action. It is referred to as capital because that term invests it 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 distributes its benefits and avoids its losses.[1-3]

### Most people can be trusted

In 2006-2009, 72.0 per cent of NSW adults felt most people can be trusted. A significantly higher proportion of adults born in the United Kingdom (79.5 per cent), China (80.0 per cent), South Africa (84.2 per cent), and Australia (73.2 per cent), felt most people can be trusted, compared with the overall NSW adult population who felt most people can be trusted. A significantly lower proportion of adults born in Vietnam (63.3 per cent), the Philippines (62.5 per cent), Lebanon (37.9 per cent), Italy (58.7 per cent), and Greece (49.8 per cent), felt most people can be trusted, compared with the overall NSW adult population who felt most people can be trusted.

### Felt safe walking down their street after dark

In 2006-2009, 71.7 per cent of NSW adults felt safe walking down their street after dark. A significantly higher proportion of adults born in the United Kingdom (74.2 per cent), South Africa (80.7 per cent), and Australia (73.1 per cent), felt safe walking down their street after dark, compared with the overall NSW adult population who felt safe walking down their street after dark. A significantly lower proportion of adults born in Vietnam (45.6 per cent), Lebanon (56.2 per cent), Italy (59.1 per cent), and Greece (42.8 per cent), felt safe walking down their street after dark, compared with the overall NSW adult population who felt safe walking down their street after dark.

### Area has a reputation for being safe

In 2006-2009, 75.6 per cent of NSW adults said their area has a reputation for being safe. A significantly higher proportion of adults born in the United Kingdom (79.0 per cent), Italy (82.4 per cent), South Africa (87.2 per cent), and Australia (76.9 per cent), said their area has a reputation for being safe, compared with the overall NSW adult population who said their area has a reputation for being safe. A significantly lower proportion of adults born in China (68.7 per cent), Vietnam (62.5 per cent), Lebanon (65.3 per cent), and Greece (65.5 per cent), said their area has a reputation for being safe, compared with the overall NSW adult population who said their area has a reputation for being safe.

### Visited neighbours in the last week

In 2006-2009, 63.4 per cent of NSW adults visited neighbours in the last week. A significantly higher proportion of adults born in Australia (65.5 per cent) visited neighbours in the last week, compared with the overall NSW adult population who visited neighbours in the last week. A significantly lower proportion of adults born in China (39.5 per cent), Vietnam (51.6 per cent), Lebanon (47.5 per cent), and Hong Kong (45.7 per cent), visited neighbours in the last week, compared with the overall NSW adult population who visited neighbours in the last week.

### Ran into friends and acquaintances when shopping in local area

In 2006-2009, 81.6 per cent of NSW adults ran into friends and acquaintances when shopping in their local area. A significantly higher proportion of adults born in Fiji (88.1 per cent) and Australia (83.9 per cent) ran into friends and acquaintances when shopping in their local area, compared with the overall NSW adult population who ran into friends and acquaintances when shopping in their local area. A significantly lower proportion of adults born in the United Kingdom (77.9 per cent), China (64.3 per cent), New Zealand (73.1 per cent), and Hong Kong (72.3 per cent), ran into friends and acquaintances when shopping in their local area, compared with the overall NSW adult population who ran into friends and acquaintances when shopping in their local area.

## Would feel sad to leave their neighbourhood

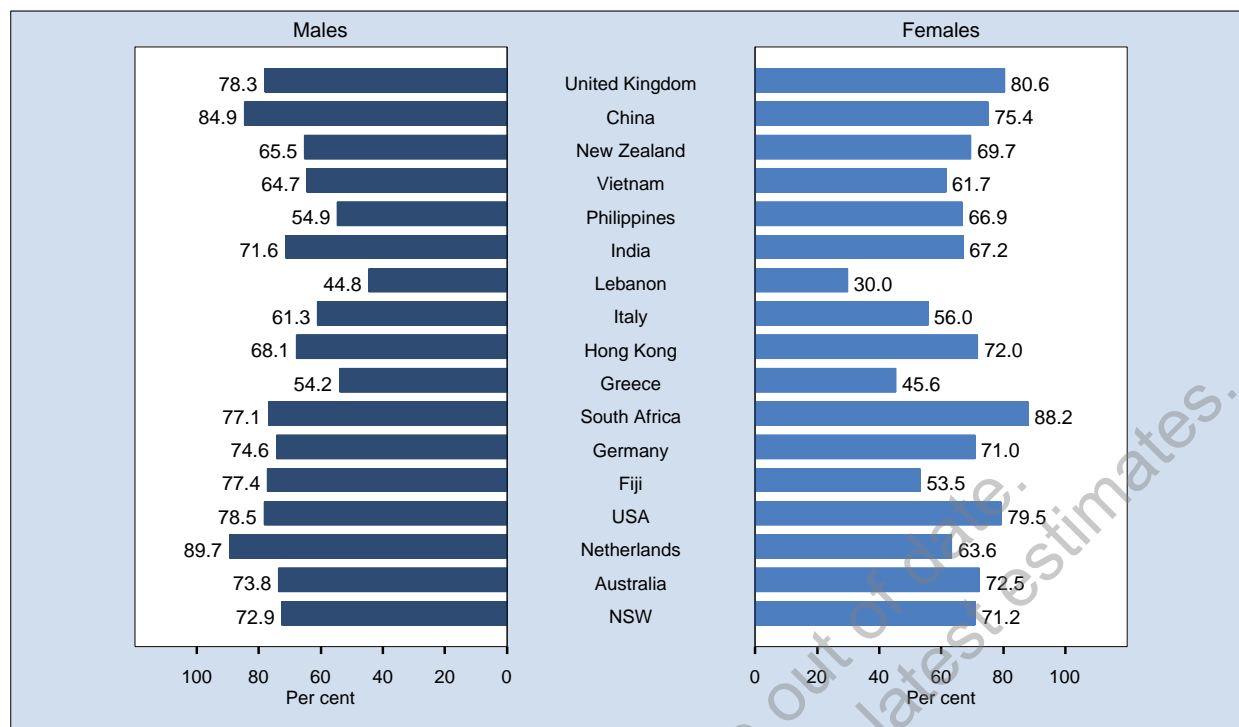
In 2006-2009, 73.2 per cent of NSW adults would feel sad to leave their neighbourhood. A significantly higher proportion of adults born in the United Kingdom (78.2 per cent), Italy (79.7 per cent), Greece (80.6 per cent), the Netherlands (81.2 per cent), and Australia (74.8 per cent), would feel sad to leave their neighbourhood, compared with the overall NSW adult population who would feel sad to leave their neighbourhood. A significantly lower proportion of adults born in China (42.2 per cent), New Zealand (66.6 per cent), Vietnam (61.0 per cent), India (65.5 per cent), and Hong Kong (57.0 per cent), would feel sad to leave their neighbourhood, compared with the overall NSW adult population who would feel sad to leave their neighbourhood.

## References

1. Management Alternatives Pty Ltd. What is social capital? Available online at [www.mapl.com.au/A2.htm](http://www.mapl.com.au/A2.htm) (accessed 20 July 2010).
2. World Bank Social Capital Website. Measuring Social capital. Available online at <http://web.worldbank.org> (accessed 20 July 2010).
3. Australian Bureau of Statistics. *Social Capital*. Canberra: Australian Bureau of Statistics, 2008. Available online at [www.abs.gov.au](http://www.abs.gov.au) (accessed 20 July 2010).

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

## Most people can be trusted by country of birth, adults aged 16 years and over, NSW, 2006-2009

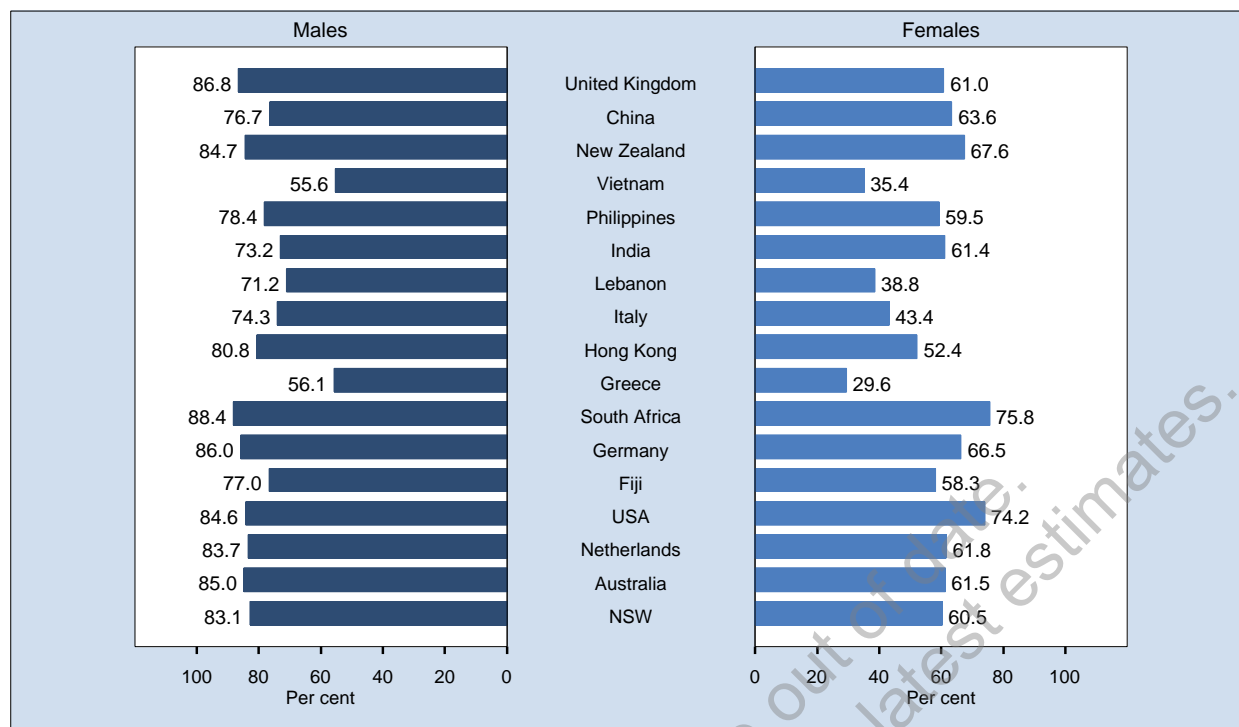


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	78.3 (74.7-82.0)	80.6 (77.9-83.3)	79.5 (77.2-81.8)
China	84.9 (77.8-92.0)	75.4 (68.7-82.0)	80.0 (75.1-84.9)
New Zealand	65.5 (56.0-75.0)	69.7 (63.4-76.1)	67.9 (62.3-73.4)
Vietnam	64.7 (52.0-77.4)	61.7 (51.5-72.0)	63.3 (55.0-71.5)
Philippines	54.9 (36.8-72.9)	66.9 (57.0-76.9)	62.5 (53.1-71.8)
India	71.6 (61.8-81.4)	67.2 (58.0-76.5)	69.8 (62.9-76.7)
Lebanon	44.8 (30.2-59.4)	30.0 (18.8-41.2)	37.9 (28.2-47.6)
Italy	61.3 (50.7-71.9)	56.0 (46.3-65.6)	58.7 (51.5-65.9)
Hong Kong	68.1 (53.6-82.6)	72.0 (60.7-83.3)	70.0 (60.8-79.3)
Greece	54.2 (40.5-67.9)	45.6 (34.3-56.8)	49.8 (41.0-58.7)
South Africa	77.1 (61.9-92.3)	88.2 (81.1-95.3)	84.2 (76.9-91.5)
Germany	74.6 (62.3-86.9)	71.0 (61.0-81.0)	73.0 (64.8-81.2)
Fiji	77.4 (62.0-92.9)	53.5 (39.2-67.7)	65.3 (54.3-76.3)
USA	78.5 (65.5-91.5)	79.5 (66.6-92.5)	79.0 (69.8-88.2)
Netherlands	89.7 (81.0-98.5)	63.6 (51.5-75.8)	75.9 (67.6-84.1)
Australia	73.8 (72.5-75.1)	72.5 (71.5-73.6)	73.2 (72.3-74.0)
NSW	72.9 (71.7-74.0)	71.2 (70.3-72.1)	72.0 (71.3-72.7)

**Note:** Estimates are based on 30,881 respondents in NSW. For this indicator 1,020 (3.20%) 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. The question used was: Do you strongly agree, agree, disagree or strongly disagree with the statement "Most people can be trusted"?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Feel safe walking down their street after dark by country of birth, adults aged 16 years and over, NSW, 2006-2009

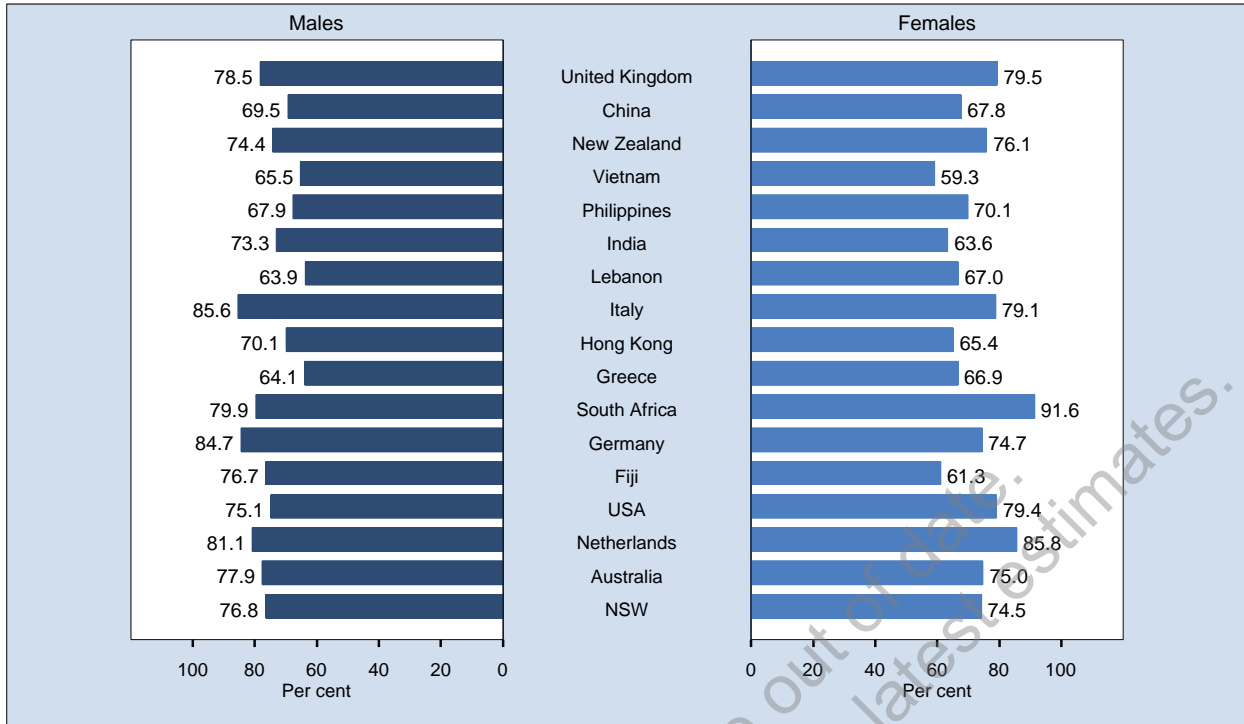


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	86.8 (84.3-89.3)	61.0 (57.4-64.5)	74.2 (72.0-76.5)
China	76.7 (68.8-84.7)	63.6 (56.0-71.2)	70.0 (64.4-75.6)
New Zealand	84.7 (76.6-92.7)	67.6 (61.0-74.2)	75.3 (70.1-80.4)
Vietnam	55.6 (42.1-69.0)	35.4 (25.5-45.3)	45.6 (37.2-54.0)
Philippines	78.4 (64.7-92.1)	59.5 (48.7-70.3)	66.5 (57.7-75.4)
India	73.2 (64.0-82.4)	61.4 (52.3-70.5)	68.3 (61.6-74.9)
Lebanon	71.2 (58.6-83.9)	38.8 (26.6-51.0)	56.2 (46.4-66.0)
Italy	74.3 (65.6-83.0)	43.4 (33.6-53.2)	59.1 (52.1-66.2)
Hong Kong	80.8 (68.8-92.8)	52.4 (39.2-65.7)	66.8 (57.5-76.2)
Greece*	56.1 (42.7-69.4)	29.6 (20.0-39.1)	42.8 (34.1-51.4)
South Africa	88.4 (76.0-100)	75.8 (65.9-85.7)	80.7 (73.0-88.4)
Germany	86.0 (77.2-94.8)	66.5 (54.8-78.3)	77.3 (69.7-84.8)
Fiji	77.0 (61.8-92.2)	58.3 (44.2-72.4)	67.6 (57.0-78.2)
USA	84.6 (72.7-96.4)	74.2 (60.1-88.3)	79.9 (70.7-89.2)
Netherlands	83.7 (73.9-93.6)	61.8 (50.0-73.6)	72.2 (64.1-80.4)
Australia	85.0 (84.1-85.9)	61.5 (60.4-62.6)	73.1 (72.3-73.8)
NSW	83.1 (82.3-84.0)	60.5 (59.6-61.5)	71.7 (71.1-72.4)

**Note:** Estimates are based on 30,690 respondents in NSW. For this indicator 1,211 (3.80%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Area has a reputation for being a safe place by country of birth, adults aged 16 years and over, NSW, 2006-2009**

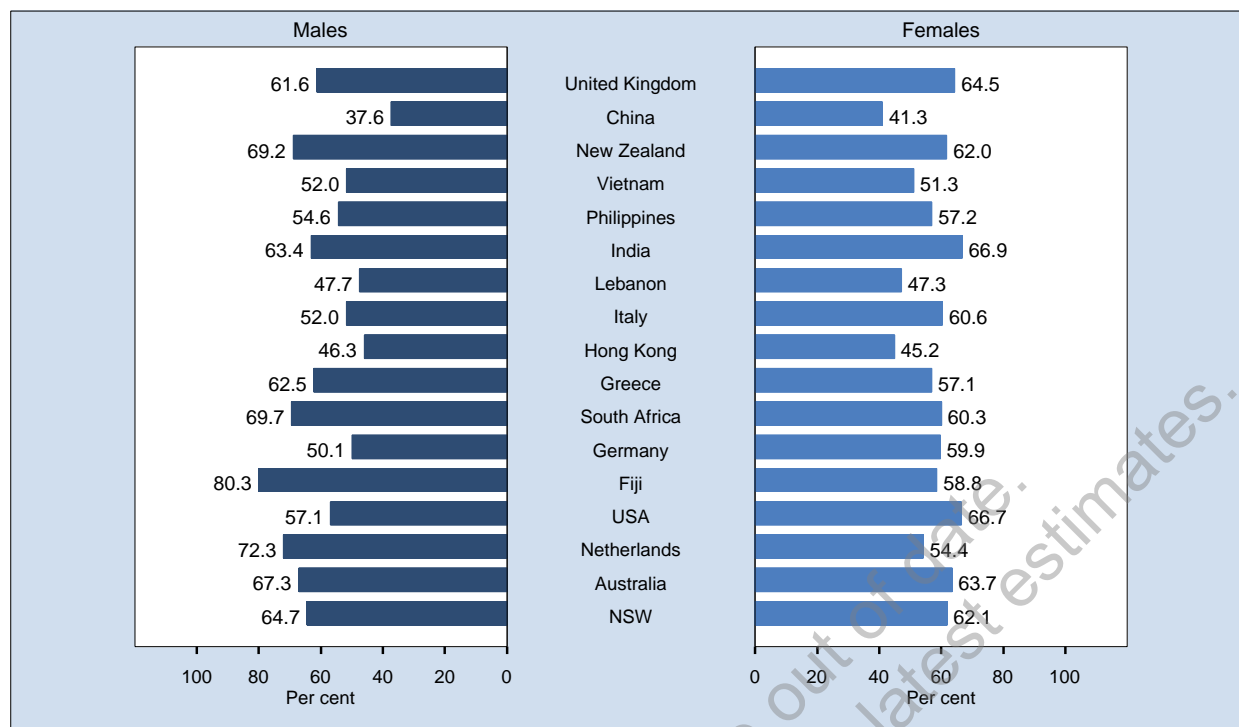


Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	78.5 (74.8-82.1)	79.5 (76.7-82.4)	79.0 (76.7-81.3)
China	69.5 (60.3-78.8)	67.8 (60.5-75.2)	68.7 (62.8-74.6)
New Zealand	74.4 (64.7-84.1)	76.1 (70.4-81.8)	75.3 (70.0-80.7)
Vietnam	65.5 (52.9-78.0)	59.3 (48.8-69.8)	62.5 (54.2-70.8)
Philippines	67.9 (49.6-86.1)	70.1 (59.6-80.6)	69.3 (59.8-78.7)
India	73.3 (63.3-83.2)	63.6 (54.1-73.1)	69.3 (62.2-76.3)
Lebanon	63.9 (49.3-78.5)	67.0 (53.8-80.1)	65.3 (55.3-75.3)
Italy	85.6 (78.4-92.7)	79.1 (70.1-88.0)	82.4 (76.6-88.2)
Hong Kong	70.1 (55.4-84.8)	65.4 (52.8-78.0)	67.7 (58.1-77.4)
Greece	64.1 (50.3-78.0)	66.9 (56.4-77.4)	65.5 (56.9-74.2)
South Africa	79.9 (65.0-94.9)	91.6 (85.9-97.3)	87.2 (80.2-94.1)
Germany	84.7 (75.5-93.9)	74.7 (63.1-86.3)	80.3 (72.8-87.7)
Fiji	76.7 (61.0-92.4)	61.3 (47.1-75.6)	68.9 (58.1-79.7)
USA	75.1 (60.6-89.5)	79.4 (65.5-93.2)	76.9 (66.8-87.0)
Netherlands	81.1 (65.9-96.2)	85.8 (77.5-94.1)	83.5 (74.9-92.1)
Australia	77.9 (76.7-79.1)	75.0 (74.0-76.0)	76.4 (75.6-77.2)
NSW	76.8 (75.7-77.9)	74.5 (73.6-75.4)	75.6 (74.9-76.3)

**Note:** Estimates are based on 30,523 respondents in NSW. For this indicator 1,378 (4.32%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Visited neighbours in the last week by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	61.6 (57.4-65.8)	64.5 (61.2-67.9)	63.1 (60.4-65.8)
China	37.6 (28.4-46.7)	41.3 (34.0-48.6)	39.5 (33.7-45.3)
New Zealand	69.2 (60.3-78.0)	62.0 (55.4-68.6)	65.2 (59.8-70.6)
Vietnam	52.0 (39.0-64.9)	51.3 (41.3-61.3)	51.6 (43.5-59.8)
Philippines	54.6 (36.9-72.2)	57.2 (46.5-67.9)	56.2 (46.9-65.6)
India	63.4 (53.1-73.8)	66.9 (58.3-75.5)	64.9 (57.9-71.9)
Lebanon	47.7 (33.5-61.9)	47.3 (34.5-60.2)	47.5 (37.9-57.2)
Italy	52.0 (40.8-63.1)	60.6 (51.4-69.9)	56.2 (48.9-63.6)
Hong Kong	46.3 (31.5-61.1)	45.2 (32.6-57.8)	45.7 (36.0-55.4)
Greece*	62.5 (49.4-75.6)	57.1 (46.1-68.0)	59.8 (51.3-68.3)
South Africa	69.7 (54.8-84.5)	60.3 (48.5-72.0)	63.9 (54.6-73.2)
Germany	50.1 (34.9-65.3)	59.9 (47.1-72.7)	54.5 (44.2-64.9)
Fiji	80.3 (64.4-96.2)	58.8 (45.1-72.4)	69.3 (58.8-79.8)
USA	57.1 (39.6-74.6)	66.7 (52.7-80.8)	61.4 (49.7-73.1)
Netherlands	72.3 (58.0-86.5)	54.4 (42.1-66.7)	62.9 (53.3-72.4)
Australia	67.3 (65.9-68.7)	63.7 (62.6-64.8)	65.5 (64.6-66.4)
NSW	64.7 (63.5-65.9)	62.1 (61.1-63.0)	63.4 (62.6-64.1)

**Note:** Estimates are based on 31,756 respondents in NSW. For this indicator 145 (0.45%) 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 last week. The question used was: How often have you visited someone in your neighbourhood in the last week?

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

**Ran into friends and acquaintances when shopping in local area by country of birth, adults aged 16 years and over, NSW, 2006-2009**



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	73.7 (69.9-77.6)	82.1 (79.4-84.8)	77.9 (75.5-80.3)
China	61.1 (51.7-70.6)	67.2 (60.1-74.3)	64.3 (58.4-70.1)
New Zealand	71.0 (61.6-80.4)	74.7 (68.9-80.5)	73.1 (67.8-78.4)
Vietnam	73.2 (61.6-84.7)	85.9 (79.4-92.4)	79.6 (72.9-86.3)
Philippines	76.4 (60.3-92.5)	77.4 (68.1-86.8)	77.0 (68.7-85.4)
India	80.6 (72.4-88.7)	79.9 (72.7-87.1)	80.3 (74.7-85.9)
Lebanon	81.3 (70.7-92.0)	76.3 (65.2-87.5)	79.0 (71.3-86.8)
Italy	74.9 (62.8-87.1)	87.7 (81.9-93.5)	81.4 (74.3-88.4)
Hong Kong	71.9 (57.7-86.1)	72.7 (61.5-83.8)	72.3 (63.2-81.3)
Greece	81.5 (71.1-91.8)	83.4 (75.6-91.2)	82.4 (76.0-88.9)
South Africa	82.9 (72.2-93.6)	83.5 (75.7-91.4)	83.3 (76.9-89.6)
Germany	73.1 (59.9-86.3)	74.5 (61.9-87.1)	73.7 (64.5-82.9)
Fiji	93.8 (86.9-100)	82.7 (72.3-93.0)	88.1 (81.6-94.6)
USA	86.2 (77.7-94.7)	85.7 (75.3-96.2)	86.0 (79.3-92.6)
Netherlands	70.7 (56.9-84.6)	87.9 (80.9-94.9)	79.8 (72.1-87.4)
Australia	81.6 (80.5-82.7)	86.0 (85.2-86.8)	83.9 (83.2-84.5)
NSW	79.2 (78.1-80.2)	83.9 (83.2-84.6)	81.6 (80.9-82.2)

**Note:** Estimates are based on 31,701 respondents in NSW. For this indicator 200 (0.63%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Would feel sad to leave their neighbourhood by country of birth, adults aged 16 years and over, NSW, 2006-2009



Country of Birth	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
United Kingdom	75.2 (71.4-78.9)	81.2 (78.5-83.9)	78.2 (75.9-80.5)
China	39.0 (29.2-48.8)	45.2 (37.7-52.7)	42.2 (36.0-48.3)
New Zealand	64.6 (54.5-74.6)	68.2 (61.7-74.7)	66.6 (60.8-72.3)
Vietnam	52.3 (38.6-66.0)	69.0 (59.5-78.5)	61.0 (52.7-69.4)
Philippines	56.8 (38.9-74.7)	76.8 (67.2-86.5)	69.5 (60.3-78.6)
India	63.4 (53.1-73.7)	68.5 (59.5-77.4)	65.5 (58.4-72.6)
Lebanon	69.4 (55.2-83.5)	83.6 (75.0-92.1)	75.9 (67.1-84.8)
Italy	80.5 (72.2-88.8)	78.9 (69.9-87.8)	79.7 (73.6-85.8)
Hong Kong	55.7 (40.7-70.7)	58.5 (45.5-71.4)	57.0 (47.1-67.0)
Greece*	75.0 (64.7-85.3)	86.1 (79.1-93.1)	80.6 (74.4-86.8)
South Africa	60.1 (44.2-76.0)	81.0 (71.1-90.8)	72.9 (64.1-81.6)
Germany	61.9 (45.2-78.6)	74.4 (63.3-85.4)	67.4 (56.4-78.4)
Fiji	69.5 (52.7-86.3)	79.1 (68.2-90.1)	74.4 (64.4-84.4)
USA	72.0 (55.0-89.1)	76.8 (62.4-91.2)	74.2 (62.8-85.6)
Netherlands	77.7 (64.9-90.4)	84.5 (75.0-94.0)	81.2 (73.4-89.1)
Australia	72.0 (70.7-73.3)	77.5 (76.5-78.5)	74.8 (74.0-75.6)
NSW	69.9 (68.7-71.1)	76.5 (75.6-77.3)	73.2 (72.5-74.0)

**Note:** Estimates are based on 30,898 respondents in NSW. For this indicator 1,003 (3.14%) 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 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



## Trends in adult health

The following summary tables include trend data by country of birth, for each indicator, from the base year: that is, from the first year data were collected for that indicator.

### United Kingdom

Among persons born in the United Kingdom, since the first year of data collected, there have been significant decreases in: risk alcohol drinking, screening mammogram in the last 2 years, current smoking, positive self-rated health status, and all natural teeth missing.

Among persons born in the United Kingdom, since the first year of data collected, there have been significant increases in: vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, usually consumes lower fat or skim milk, adequate physical activity, lives in smoke-free households, bans smoking in car, ever had high blood pressure, cholesterol measured in the last 2 years, ever had high cholesterol, diabetes and high blood glucose, obese, overweight or obese, private health insurance, difficulties getting health care when needing it, presented to an emergency department in the last 12 months, and most people can be trusted.

### China

Among persons born in China, since the first year of data collected, there have been significant decreases in: positive self-rated health status and ever had high cholesterol.

Among persons born in China, since the first year of data collected, there have been significant increases in: lives in home with a smoke alarm or detector, usually consumes lower fat or skim milk, lives in smoke-free households, private health insurance, and presented to an emergency department in the last 12 months.

### New Zealand

Among persons born in New Zealand, since the first year of data collected, there have been significant decreases in: risk alcohol drinking, current smoking, positive self-rated health status, and visited a dental professional in the last 12 months.

Among persons born in New Zealand, since the first year of data collected, there have been significant increases in: vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, lives in smoke-free households, blood pressure measured in the last 2 years, ever had high blood pressure, cholesterol measured in the last 2 years, overweight, obese, overweight or obese, private health insurance, and difficulties getting health care when needing it.

### Vietnam

Among persons born in Vietnam, since the first year of data collected, there have been significant decreases in: vaccinated against influenza in the last 12 months.

Among persons born in Vietnam, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, consumes 3 or more serves of vegetables a day, lives in a smoke-free household, bans smoking in car, current asthma, blood pressure measured in the last 2 years, cholesterol measured in the last 2 years, private health insurance, and visited a general practice in the last 12 months.

### Philippines

Among persons born in the Philippines, since the first year of data collected, there have been significant decreases in: Pap test in the last 2 years, hysterectomy, consumed 5 or more serves of vegetables a day, visited a general practice in the last 12 months.

Among persons born in the Philippines, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, adequate physical activity, lives in a smoke-free household, cholesterol measured in the last 2 years, obese, overweight or obese, private health insurance, and presented to an emergency department in the last 12 months.

## India

Among persons born in India, since the first year of data collected, there have been significant decreases in: visited a general practice in the last 12 months.

Among persons born in India, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, lives in a smoke-free household, cholesterol measured in the last 2 years, and private health insurance.

## Lebanon

Among persons born in Lebanon, since the first year of data collected, there have been significant increases in: screening mammogram in the last 2 years, vaccinated against pneumococcal disease in the last 5 years, lives in a home with a smoke alarm or detector, lives in a smoke-free household, overweight or obese, private health insurance, and presented to an emergency department in the last 12 months.

## Italy

Among persons born in Italy, since the first year of data collected, there have been significant decreases in: risk alcohol drinking and ran into friends and acquaintances when shopping.

Among persons born in Italy, since the first year of data collected, there have been significant increases in: vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, lives in a smoke-free household, diabetes or high blood glucose, obese, overweight or obese, private health insurance, and presented to an emergency department in the last 12 months.

## Hong Kong

Among persons born in Hong Kong, since the first year of data collected, there has been a significant decrease in: positive self-rated health status.

Among persons born in Hong Kong, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, consumes 3 or more serves of vegetables a day, blood pressure measured in the last 2 years, diabetes or high blood glucose, private health insurance, difficulties getting health care when needing it, and visited a general practice in the last 12 months.

## Greece

Among persons born in Greece, since the first year of data collected, there has been a significant decrease in: risk alcohol drinking.

Among persons born in Greece, since the first year of data collected, there have been significant increases in: hysterectomy, vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in a home with a smoke alarm or detector, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, lives in a smoke-free household, diabetes or high blood glucose, and visited a general practice in the last 12 months.

## South Africa

Among persons born in South Africa, since the first year of data collected, there have been significant increases in: vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in a home with a smoke alarm or detector, lives in a smoke-free household, diabetes or high blood glucose, overweight or obese, difficulties getting health care when needing it, and presented to an emergency department in the last 12 months.

## Germany

Among persons born in Germany, since the first year of data collected, there have been significant decreases in: risk alcohol drinking and current smoking.

Among persons born in Germany, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, lives in a smoke-free household, blood pressure measured in the last 2 years, ever had high blood pressure, diabetes or high blood glucose, overweight, private health insurance, and visited a general practice in the last 12 months.

## Fiji

Among persons born in Fiji, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, private health insurance, difficulties getting health care when needing it, most people can be trusted, and feels safe walking down their street after dark.

## United States of America

Among persons born in the United States of America, since the first year of data collected, there has been a significant decrease in: hysterectomy.

Among persons born in United States of America, since the first year of data collected, there have been significant increases in: screening mammogram in the last 2 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 3 or more serves of vegetables a day, cholesterol measured in the last 2 years, and obese.

## The Netherlands

Among persons born in the Netherlands, since the first year of data collected, there have been significant decreases in: risk alcohol drinking, current smoking, and all natural teeth missing.

Among persons born in the Netherlands, since the first year of data collected, there have been significant increases in: lives in a home with a smoke alarm or detector, lives in a smoke-free household, cholesterol measured in the last 2 years, presented to an emergency department in the last 12 months, and feels safe walking down their street after dark.

## Australia

Among persons born in Australia, since the first year of data collected, there have been significant decreases in: risk alcohol drinking, Pap test in the last 2 years, current smoking, positive self-rated health status, all natural teeth missing, visited a general practice in the last 12 months, and visited neighbours in the last week.

Among persons born in Australia, since the first year of data collected, there have been significant increases in: vaccinated against influenza in the last 12 months, vaccinated against pneumococcal disease in the last 5 years, lives in a home with a smoke alarm or detector, consumes 2 or more serves of fruit a day, consumes 5 or more serves of vegetables a day, consumes 3 or more serves of vegetables a day, consumes lower fat or skim milk, adequate physical activity, lives in a smoke-free household, bans smoking in car, blood pressure measured in the last 2 years, ever had high blood pressure, cholesterol measured in the last 2 years, ever had high cholesterol, diabetes or high blood glucose, overweight, obese, overweight or obese, private health insurance, difficulties getting health care when needing it, presented to an emergency department in the last 12 months, admitted to a hospital in the last 12 months, most people can be trusted, and feels safe walking down their street after dark.

## Trends in NSW residents born in the United Kingdom

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	53.3 (49.4-57.2)	40.8 (37.2-44.3)	47.1 (44.4-49.8)
	2002-2005	41.4 (37.8-45.1)	30.8 (27.8-33.8)	36.3 (33.9-38.7)
	2006-2009	38.9 (34.8-43.1)	28.0 (24.7-31.3)	33.6 (30.9-36.3)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		75.4 (70.0-80.8)	
	2002-2005		77.1 (71.5-82.6)	
	2006-2009		66.7 (59.2-74.2)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		80.8 (76.0-85.6)	
	2002-2005		76.7 (71.8-81.7)	
	2006-2009		74.3 (68.5-80.1)	
Hysterectomy (20 to 69 years)	1997-1998		19.2 (16.3-22.2)	
	2002-2005		20.8 (16.7-24.9)	
	2006-2009		18.1 (13.9-22.4)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	30.2 (25.5-35.0)	32.7 (28.3-37.2)	31.5 (28.2-34.7)
	2002-2005	43.5 (39.6-47.5)	48.7 (45.2-52.3)	46.1 (43.4-48.7)
	2006-2009	41.6 (37.5-45.8)	48.0 (44.4-51.6)	44.8 (42.0-47.5)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	21.5 (18.3-24.8)	22.0 (19.2-24.7)	21.7 (19.6-23.9)
	2006-2009	28.3 (24.5-32.1)	32.5 (29.1-35.9)	30.4 (27.8-33.0)
Live in homes with a smoke alarm or detector	1997-1998			65.1 (62.6-67.6)
	2002-2005			76.7 (74.5-79.0)
	2006-2009			93.0 (91.5-94.5)
Two or more serves of fruit a day	1997-1998	35.9 (32.2-39.5)	55.8 (52.3-59.4)	45.6 (43.0-48.3)
	2002-2005	40.9 (37.3-44.6)	55.7 (52.6-58.8)	48.1 (45.6-50.5)
	2006-2009	48.0 (43.8-52.2)	63.4 (59.9-66.9)	55.5 (52.8-58.3)
Five or more serves of vegetables a day	1997-1998	8.4 (6.2-10.5)	9.7 (7.6-11.8)	9.0 (7.5-10.5)
	2002-2005	6.5 (4.8-8.3)	11.0 (9.0-12.9)	8.7 (7.4-10.0)
	2006-2009	7.6 (5.5-9.7)	16.7 (14.2-19.3)	12.1 (10.4-13.7)
Three or more serves of vegetables a day	1997-1998	31.8 (28.1-35.4)	43.5 (39.9-47.0)	37.5 (34.9-40.0)
	2002-2005	34.4 (31.0-37.8)	51.4 (48.3-54.6)	42.6 (40.2-45.0)
	2006-2009	39.6 (35.6-43.7)	56.8 (53.3-60.3)	48.0 (45.3-50.8)
Usually consumes lower fat or skim milk	1997-1998	42.0 (38.1-45.9)	62.8 (59.3-66.3)	52.2 (49.5-54.8)
	2002-2005	47.2 (43.6-50.9)	57.3 (54.2-60.4)	52.1 (49.7-54.5)
	2006-2009	55.3 (51.2-59.4)	63.6 (60.2-67.1)	59.4 (56.7-62.1)
Adequate physical activity	1997-1998	57.1 (51.5-62.7)	45.0 (39.9-50.0)	51.3 (47.5-55.1)
	2002-2005	53.6 (49.7-57.6)	47.5 (44.0-51.0)	50.7 (48.0-53.4)
	2006-2009	62.5 (58.3-66.6)	52.3 (48.7-55.9)	57.5 (54.7-60.3)
Current smoking	1997-1998	26.4 (22.9-29.9)	20.1 (17.3-22.9)	23.3 (21.1-25.6)
	2002-2005	21.7 (18.7-24.7)	17.6 (15.2-20.0)	19.7 (17.8-21.7)
	2006-2009	16.0 (13.0-19.0)	14.6 (12.1-17.0)	15.3 (13.4-17.3)
Live in smoke-free households	1997-1998			72.3 (70.0-74.7)
	2002-2005			82.1 (80.3-83.9)
	2006-2009			90.9 (89.4-92.3)
Bans smoking in car	2002-2005			86.0 (84.0-87.9)
	2006-2009			90.8 (89.2-92.3)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	86.5 (84.0-89.0)	86.4 (84.0-88.8)	86.5 (84.7-88.2)
	2002-2005	80.3 (77.6-83.0)	78.8 (76.3-81.4)	79.6 (77.7-81.5)
	2006-2009	81.2 (78.4-84.1)	78.0 (75.4-80.5)	79.6 (77.7-81.6)
Current asthma	1997-1998	6.5 (4.8-8.3)	9.4 (7.4-11.5)	7.9 (6.6-9.3)
	2002-2005	10.0 (7.7-12.2)	13.2 (11.0-15.3)	11.5 (9.9-13.1)
	2006-2009	7.2 (5.0-9.4)	11.7 (9.6-13.8)	9.4 (7.9-10.9)
Blood pressure measured in last 2 years	1997-1998	86.6 (84.0-89.2)	94.4 (92.8-96.1)	90.4 (88.9-92.0)
	2002-2005	87.4 (83.7-91.0)	94.5 (92.2-96.9)	90.7 (88.4-92.9)
	2006-2009	92.4 (87.9-96.9)	91.4 (86.2-96.6)	91.9 (88.5-95.3)
Ever had high blood pressure	1997-1998	20.7 (17.7-23.8)	17.6 (14.9-20.2)	19.2 (17.2-21.2)
	2002-2005	31.6 (27.3-35.9)	27.3 (23.7-31.0)	29.6 (26.7-32.5)
	2006-2009	34.3 (27.3-41.4)	37.9 (31.2-44.5)	36.1 (31.2-40.9)
Cholesterol measured in last 2 years	1997-1998	50.8 (46.9-54.8)	49.0 (45.4-52.6)	49.9 (47.2-52.6)
	2002-2005	61.7 (56.7-66.7)	61.8 (57.2-66.4)	61.8 (58.3-65.2)
	2006-2009	76.7 (69.5-83.9)	73.2 (65.9-80.5)	75.0 (69.8-80.1)
Ever had high cholesterol	1997-1998	27.5 (23.4-31.5)	24.4 (20.8-27.9)	26.0 (23.3-28.7)
	2002-2005	27.0 (22.4-31.7)	28.9 (24.6-33.1)	27.9 (24.7-31.1)
	2006-2009	28.6 (21.7-35.4)	39.5 (32.7-46.4)	33.9 (28.9-38.8)
Diabetes or high blood glucose	1997-1998	3.8 (2.4-5.3)	4.5 (3.2-5.7)	4.1 (3.2-5.1)
	2002-2005	7.9 (6.2-9.6)	8.1 (6.7-9.6)	8.0 (6.9-9.1)
	2006-2009	10.7 (8.3-13.1)	8.2 (6.6-9.8)	9.5 (8.0-10.9)
High and very high psychological distress	1997-1998	6.9 (5.1-8.6)	9.4 (7.3-11.5)	8.1 (6.7-9.5)
	2002-2005	9.4 (7.2-11.7)	11.1 (8.8-13.4)	10.2 (8.6-11.8)
	2006-2009	7.0 (5.1-8.8)	10.5 (8.4-12.5)	8.7 (7.3-10.1)
Visited a dental professional within the last 12 months	2002-2005	55.4 (51.7-59.1)	57.8 (54.6-61.0)	56.5 (54.1-59.0)
	2006-2009	61.4 (57.2-65.6)	60.5 (56.8-64.2)	61.0 (58.2-63.8)
All natural teeth missing	1997-1998	10.9 (7.3-14.5)	12.7 (9.6-15.9)	11.8 (9.4-14.2)
	2002-2005	6.9 (5.4-8.3)	9.9 (8.3-11.5)	8.3 (7.2-9.4)
	2006-2009	5.5 (4.1-6.9)	9.0 (7.2-10.8)	7.2 (6.1-8.3)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	40.5 (36.6-44.3)	25.7 (22.6-28.8)	33.4 (30.9-36.0)
	2002-2005	43.2 (39.2-47.2)	23.4 (20.4-26.5)	33.9 (31.3-36.5)
	2006-2009	41.5 (37.4-45.7)	27.7 (24.6-30.7)	34.9 (32.3-37.5)
Obese	1997-1998	9.2 (6.9-11.5)	9.9 (8.0-11.9)	9.5 (8.0-11.1)
	2002-2005	13.9 (11.3-16.6)	16.3 (13.8-18.8)	15.1 (13.2-16.9)
	2006-2009	16.1 (13.0-19.1)	16.8 (14.4-19.3)	16.4 (14.5-18.4)
Overweight or obese	1997-1998	49.7 (45.8-53.6)	35.7 (32.2-39.1)	43.0 (40.3-45.6)
	2002-2005	57.1 (53.1-61.1)	39.7 (36.3-43.2)	48.9 (46.2-51.6)
	2006-2009	57.6 (53.4-61.8)	44.5 (41.0-48.0)	51.3 (48.6-54.1)
Trends in health services				
Private health insurance	1997-1998	42.2 (38.3-46.1)	40.6 (37.0-44.1)	41.4 (38.8-44.0)
	2002-2005	55.1 (51.5-58.6)	54.3 (51.2-57.4)	54.7 (52.3-57.1)
	2006-2009	58.9 (55.2-62.5)	56.6 (53.5-59.7)	57.8 (55.4-60.2)
Difficulties getting health care when needing it	1997-1998	7.2 (5.3-9.0)	8.9 (7.1-10.6)	8.0 (6.7-9.3)
	2002-2005	12.2 (10.0-14.3)	13.7 (11.5-15.8)	12.9 (11.4-14.4)
	2006-2009	12.5 (10.3-14.7)	18.5 (15.9-21.0)	15.4 (13.7-17.1)
Emergency department presentation in the last 12 months	1997-1998	13.6 (10.9-16.3)	11.0 (8.8-13.1)	12.3 (10.6-14.1)
	2002-2005	13.4 (11.1-15.7)	12.6 (10.6-14.6)	13.0 (11.5-14.5)
	2006-2009	16.0 (13.4-18.6)	16.6 (14.2-19.0)	16.3 (14.5-18.1)
Hospital admission in the last 12 months	1997-1998	14.2 (11.6-16.9)	14.7 (12.3-17.1)	14.5 (12.7-16.3)
	2002-2005	13.1 (10.9-15.2)	15.7 (13.4-18.0)	14.3 (12.8-15.9)
	2006-2009	12.7 (10.4-15.0)	16.9 (14.4-19.3)	14.7 (13.0-16.4)
Visited a general practice in the last 12 months	1997-1998	84.2 (81.3-87.0)	89.9 (87.7-92.1)	87.0 (85.1-88.8)
	2006-2009	83.4 (80.1-86.6)	93.1 (91.4-94.9)	88.1 (86.2-90.0)
	Trends in social capital			
Most people can be trusted	2002-2005	73.5 (69.8-77.1)	72.5 (69.3-75.6)	73.0 (70.6-75.4)
	2006-2009	78.3 (74.7-82.0)	80.6 (77.9-83.3)	79.5 (77.2-81.8)
	2002-2005	82.2 (79.3-85.0)	59.7 (56.2-63.1)	71.5 (69.2-73.9)
Feel safe walking down their street after dark	2006-2009	86.8 (84.3-89.3)	61.2 (57.6-64.7)	74.4 (72.1-76.6)
	2002-2005	81.1 (78.1-84.2)	75.2 (72.0-78.3)	78.3 (76.1-80.5)
	2006-2009	78.5 (74.8-82.1)	79.4 (76.6-82.3)	78.9 (76.6-81.3)
Area has a reputation for being a safe place	2002-2005	65.0 (61.3-68.8)	60.5 (57.0-64.0)	62.9 (60.3-65.4)
	2006-2009	61.6 (57.4-65.8)	64.4 (61.0-67.8)	63.0 (60.3-65.7)
	2002-2005	75.2 (71.7-78.7)	81.2 (78.5-83.9)	78.1 (75.8-80.3)
Ran into friends and acquaintances when shopping in local area	2006-2009	73.7 (69.9-77.6)	82.0 (79.3-84.7)	77.8 (75.5-80.2)
	2002-2005	73.4 (69.8-77.0)	79.5 (76.7-82.3)	76.3 (74.0-78.6)
	2006-2009	75.2 (71.4-78.9)	81.5 (78.8-84.1)	78.3 (76.0-80.6)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in China

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	11.4 (5.6-17.3)	1.6 (0.0-3.6)	6.1 (3.2-9.1)
	2002-2005	4.6 (0.7-8.5)	4.0 (0.9-7.1)	4.3 (1.8-6.8)
	2006-2009	4.6 (1.2-8.0)	3.5 (1.3-5.7)	4.1 (2.0-6.2)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		51.3 (29.5-73.1)	
	2002-2005		70.9 (41.7-100)	
	2006-2009		55.7 (27.9-83.4)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		51.1 (36.4-65.7)	
	2002-2005		52.9 (38.4-67.5)	
	2006-2009		58.9 (45.2-72.5)	
Hysterectomy (20 to 69 years)	1997-1998		2.3 (0.3-4.4)	
	2002-2005		1.7 (0.0-3.9)	
	2006-2009		2.8 (0.0-5.7)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	29.3 (8.8-49.8)	48.0 (30.6-65.4)	39.9 (26.6-53.2)
	2002-2005	45.3 (30.0-60.7)	39.8 (23.2-56.5)	43.4 (31.9-55.0)
	2006-2009	35.5 (23.0-47.9)	48.5 (35.6-61.4)	41.3 (32.2-50.4)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	15.5 (5.7-25.3)	9.2 (1.7-16.7)	13.3 (6.4-20.2)
	2006-2009	15.6 (7.1-24.0)	23.5 (12.4-34.7)	19.1 (12.2-26.0)
Live in homes with a smoke alarm or detector	1997-1998			27.3 (21.6-33.0)
	2002-2005			58.5 (51.6-65.3)
	2006-2009			82.1 (77.3-86.8)
Two or more serves of fruit a day	1997-1998	46.7 (36.9-56.6)	66.7 (58.6-74.7)	57.4 (50.9-63.9)
	2002-2005	46.0 (36.3-55.6)	53.5 (45.4-61.6)	49.7 (43.3-56.1)
	2006-2009	49.2 (40.6-57.8)	57.0 (50.1-63.8)	52.9 (47.4-58.5)
Five or more serves of vegetables a day	1997-1998	5.7 (1.5-9.8)	4.9 (1.7-8.1)	5.3 (2.7-7.8)
	2002-2005	4.6 (0.4-8.8)	4.4 (1.1-7.7)	4.5 (1.9-7.2)
	2006-2009	6.4 (2.6-10.2)	6.7 (3.0-10.3)	6.5 (3.9-9.2)
Three or more serves of vegetables a day	1997-1998	22.3 (14.1-30.4)	26.2 (19.0-33.3)	24.3 (19.0-29.7)
	2002-2005	16.7 (9.8-23.5)	19.5 (13.1-25.9)	18.1 (13.4-22.8)
	2006-2009	28.0 (20.3-35.7)	31.1 (24.5-37.7)	29.5 (24.4-34.6)
Usually consumes lower fat or skim milk	1997-1998	16.6 (8.7-24.4)	27.6 (19.8-35.4)	22.5 (16.9-28.1)
	2002-2005	15.3 (9.2-21.3)	22.2 (15.7-28.8)	18.7 (14.2-23.2)
	2006-2009	26.8 (19.2-34.3)	34.1 (27.4-40.8)	30.3 (25.2-35.4)
Adequate physical activity	1997-1998	39.9 (24.8-54.9)	41.1 (29.1-53.1)	40.5 (30.9-50.1)
	2002-2005	41.2 (30.6-51.7)	33.0 (25.1-40.9)	37.0 (30.4-43.7)
	2006-2009	53.9 (45.3-62.6)	44.2 (37.1-51.3)	49.3 (43.6-55.0)
Current smoking	1997-1998	25.6 (17.0-34.3)	0.7 (0.0-2.1)	12.3 (7.9-16.7)
	2002-2005	23.4 (14.9-31.9)	6.8 (2.7-10.9)	15.2 (10.3-20.1)
	2006-2009	20.3 (12.9-27.8)	5.7 (2.1-9.2)	13.4 (9.0-17.8)
Live in smoke-free households	1997-1998			67.8 (61.5-74.1)
	2002-2005			84.6 (79.8-89.3)
	2006-2009			90.2 (86.9-93.5)
Bans smoking in car	2002-2005			89.7 (84.6-94.7)
	2006-2009			86.8 (82.8-90.9)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	76.0 (66.4-85.5)	77.5 (71.0-84.1)	76.8 (71.2-82.5)
	2002-2005	78.9 (71.4-86.4)	74.4 (67.5-81.3)	76.7 (71.6-81.8)
	2006-2009	72.9 (65.8-80.0)	65.3 (58.7-71.8)	69.2 (64.3-74.1)
Current asthma	1997-1998	3.6 (0.7-6.5)	1.2 (0.0-2.5)	2.3 (0.8-3.8)
	2002-2005	0.9 (0.0-2.2)	3.7 (0.8-6.6)	2.3 (0.7-3.9)
	2006-2009	1.0 (0.0-2.6)	1.1 (0.0-2.2)	1.1 (0.1-2.1)
Blood pressure measured in last 2 years	1997-1998	73.3 (63.6-83.1)	81.3 (74.2-88.4)	77.6 (71.6-83.6)
	2002-2005	78.5 (65.8-91.3)	77.2 (66.6-87.7)	77.8 (69.6-85.9)
	2006-2009	80.6 (57.8-100)	76.8 (55.3-98.3)	78.9 (63.1-94.7)
Ever had high blood pressure	1997-1998	5.2 (1.3-9.1)	9.0 (4.4-13.6)	7.2 (4.2-10.3)
	2002-2005	9.1 (1.6-16.5)	4.6 (0.7-8.5)	6.5 (2.6-10.4)
	2006-2009	15.6 (0.0-38.8)	0.0 (0.0-0.0)	9.3 (0.0-23.8)
Cholesterol measured in last 2 years	1997-1998	42.5 (32.6-52.4)	42.7 (34.3-51.2)	42.6 (36.1-49.1)
	2002-2005	59.1 (44.7-73.5)	46.0 (34.1-57.9)	51.8 (42.6-61.1)
	2006-2009	46.9 (18.7-75.1)	32.3 (4.0-60.7)	40.7 (20.2-61.3)
Ever had high cholesterol	1997-1998	24.2 (12.4-35.9)	26.2 (16.4-36.0)	25.2 (17.6-32.8)
	2002-2005	35.8 (20.4-51.2)	10.0 (3.1-16.9)	22.3 (13.5-31.1)
	2006-2009	8.7 (0.0-21.2)	6.0 (0.0-17.8)	7.4 (0.0-16.0)
Diabetes or high blood glucose	1997-1998	4.2 (0.6-7.8)	3.2 (0.7-5.7)	3.7 (1.5-5.8)
	2002-2005	2.9 (0.4-5.4)	2.2 (0.0-4.6)	2.5 (0.8-4.3)
	2006-2009	7.4 (3.7-11.1)	4.1 (1.8-6.4)	5.8 (3.6-8.1)
High and very high psychological distress	1997-1998	8.9 (1.2-16.7)	5.3 (1.9-8.7)	7.0 (2.9-11.1)
	2002-2005	8.3 (2.0-14.6)	11.4 (6.1-16.6)	9.8 (5.7-13.9)
	2006-2009	9.5 (3.8-15.2)	14.9 (9.8-20.0)	12.1 (8.2-15.9)
Visited a dental professional within the last 12 months	2002-2005	53.1 (43.1-63.1)	53.9 (45.6-62.1)	53.5 (47.0-60.0)
	2006-2009	41.8 (32.7-50.9)	52.9 (45.7-60.2)	47.2 (41.3-53.1)
All natural teeth missing	1997-1998	3.3 (0.0-7.5)	3.5 (0.0-8.4)	3.4 (0.2-6.7)
	2002-2005	5.6 (0.6-10.6)	4.6 (1.4-7.8)	5.1 (2.1-8.1)
	2006-2009	2.0 (0.2-3.7)	2.0 (0.4-3.6)	2.0 (0.8-3.2)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	19.3 (11.5-27.1)	9.3 (4.7-14.0)	14.0 (9.6-18.4)
	2002-2005	27.5 (17.1-37.9)	10.4 (5.4-15.5)	18.9 (12.9-24.9)
	2006-2009	23.4 (15.6-31.1)	8.3 (4.4-12.2)	16.2 (11.6-20.7)
Obese	1997-1998	2.5 (0.0-5.1)	2.9 (0.7-5.0)	2.7 (1.0-4.3)
	2002-2005	8.2 (2.8-13.6)	4.0 (1.1-6.8)	6.0 (3.0-9.1)
	2006-2009	3.3 (0.0-6.7)	3.9 (0.9-6.9)	3.6 (1.3-5.9)
Overweight or obese	1997-1998	21.8 (13.7-29.8)	12.2 (7.2-17.3)	16.7 (12.0-21.3)
	2002-2005	35.6 (25.0-46.3)	14.4 (8.7-20.0)	24.9 (18.6-31.3)
	2006-2009	26.7 (18.5-34.8)	12.3 (7.5-17.0)	19.8 (14.9-24.7)
Trends in health services				
Private health insurance	1997-1998	28.2 (17.9-38.5)	23.4 (16.1-30.7)	25.6 (19.4-31.8)
	2002-2005	51.2 (41.4-61.0)	45.9 (37.8-54.0)	48.6 (42.2-54.9)
	2006-2009	53.7 (45.7-61.7)	48.8 (42.4-55.3)	51.3 (46.2-56.5)
Difficulties getting health care when needing it	1997-1998	17.1 (10.3-23.9)	20.3 (13.9-26.7)	18.9 (14.2-23.6)
	2002-2005	13.9 (7.2-20.5)	18.1 (11.7-24.6)	16.0 (11.3-20.6)
	2006-2009	20.2 (13.9-26.4)	20.4 (15.3-25.6)	20.3 (16.2-24.4)
Emergency department presentation in the last 12 months	1997-1998	1.7 (0.0-3.6)	6.2 (2.7-9.6)	4.1 (2.1-6.2)
	2002-2005	4.4 (0.7-8.2)	5.5 (1.8-9.3)	5.0 (2.3-7.6)
	2006-2009	6.5 (3.1-9.9)	8.3 (4.8-11.8)	7.4 (4.9-9.8)
Hospital admission in the last 12 months	1997-1998	4.6 (1.3-8.0)	8.6 (4.4-12.8)	6.8 (4.0-9.5)
	2002-2005	6.6 (2.1-11.1)	7.0 (2.9-11.1)	6.8 (3.8-9.8)
	2006-2009	6.7 (3.1-10.4)	6.4 (3.2-9.7)	6.6 (4.1-9.0)
Visited a general practice in the last 12 months	1997-1998	62.6 (53.3-71.9)	61.3 (53.4-69.2)	61.9 (55.8-68.0)
	2006-2009	60.6 (52.4-68.9)	70.4 (64.0-76.9)	65.3 (59.9-70.6)
	Trends in social capital			
Most people can be trusted	2002-2005	81.7 (73.8-89.6)	76.9 (69.3-84.5)	79.4 (73.9-84.9)
	2006-2009	84.9 (77.8-92.0)	75.4 (68.7-82.0)	80.0 (75.1-84.9)
	2002-2005	86.0 (79.0-93.0)	64.5 (56.3-72.7)	75.3 (69.6-80.9)
Feel safe walking down their street after dark	2006-2009	76.7 (68.8-84.7)	63.6 (56.0-71.2)	70.0 (64.4-75.6)
	2002-2005	78.3 (69.5-87.1)	74.9 (67.3-82.5)	76.6 (70.8-82.5)
	2006-2009	69.5 (60.3-78.8)	67.8 (60.5-75.2)	68.7 (62.8-74.6)
Area has a reputation for being a safe place	2002-2005	32.0 (22.0-42.1)	42.2 (33.9-50.6)	37.1 (30.6-43.7)
	2006-2009	37.6 (28.4-46.7)	41.3 (34.0-48.6)	39.5 (33.7-45.3)
	2002-2005	56.5 (45.9-67.2)	65.3 (57.3-73.4)	60.9 (54.2-67.6)
Ran into friends and acquaintances when shopping in local area	2006-2009	61.1 (51.7-70.6)	67.2 (60.1-74.3)	64.3 (58.4-70.1)
	2002-2005	37.8 (27.0-48.6)	52.6 (44.1-61.2)	45.5 (38.5-52.4)
	2006-2009	39.0 (29.2-48.8)	45.2 (37.7-52.7)	42.2 (36.0-48.3)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

WARNING: Estimates New South Wales  
Please check HealthStats NSW for more details.

## Trends in NSW residents born in New Zealand

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	60.6 (52.6-68.7)	46.7 (39.5-53.9)	53.5 (48.0-59.0)
	2002-2005	44.2 (36.6-51.8)	38.8 (32.3-45.3)	41.6 (36.6-46.7)
	2006-2009	51.1 (42.0-60.2)	31.5 (25.2-37.8)	40.6 (35.1-46.2)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		74.0 (60.0-88.1)	
	2002-2005		80.1 (63.5-96.7)	
	2006-2009		68.1 (49.0-87.1)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		81.9 (72.8-91.0)	
	2002-2005		81.4 (73.8-88.9)	
	2006-2009		71.1 (60.9-81.3)	
Hysterectomy (20 to 69 years)	1997-1998		10.0 (6.1-13.9)	
	2002-2005		7.9 (3.4-12.5)	
	2006-2009		8.2 (2.8-13.6)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	20.7 (9.8-31.6)	31.5 (19.6-43.4)	26.2 (17.9-34.5)
	2002-2005	33.3 (23.9-42.6)	39.3 (29.4-49.2)	36.1 (29.3-43.0)
	2006-2009	36.6 (26.6-46.6)	40.6 (31.2-50.1)	38.6 (31.7-45.5)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	9.1 (4.9-13.4)	15.6 (9.3-21.9)	12.2 (8.4-16.0)
	2006-2009	26.2 (17.0-35.4)	18.5 (11.5-25.5)	22.3 (16.5-28.1)
Live in homes with a smoke alarm or detector	1997-1998			56.0 (50.5-61.4)
	2002-2005			70.9 (65.6-76.1)
	2006-2009			91.8 (88.6-94.9)
Two or more serves of fruit a day	1997-1998	40.5 (32.5-48.5)	51.9 (44.7-59.1)	46.3 (40.9-51.7)
	2002-2005	42.2 (34.5-49.9)	53.4 (46.6-60.1)	47.6 (42.5-52.7)
	2006-2009	58.5 (49.9-67.2)	65.7 (59.1-72.2)	62.3 (56.9-67.6)
Five or more serves of vegetables a day	1997-1998	7.9 (3.3-12.5)	7.8 (4.0-11.6)	7.9 (4.9-10.8)
	2002-2005	3.7 (1.3-6.1)	11.0 (7.5-14.6)	7.3 (5.1-9.4)
	2006-2009	12.5 (6.3-18.7)	11.8 (7.7-15.9)	12.1 (8.5-15.8)
Three or more serves of vegetables a day	1997-1998	33.9 (26.0-41.8)	42.5 (35.4-49.5)	38.3 (33.0-43.6)
	2002-2005	28.9 (22.2-35.7)	46.2 (39.6-52.9)	37.2 (32.4-42.1)
	2006-2009	32.8 (24.5-41.1)	53.9 (47.1-60.7)	43.9 (38.5-49.4)
Usually consumes lower fat or skim milk	1997-1998	36.8 (28.6-45.0)	52.2 (44.9-59.5)	44.5 (39.0-50.1)
	2002-2005	41.0 (33.5-48.4)	48.3 (41.6-54.9)	44.5 (39.4-49.5)
	2006-2009	47.6 (38.7-56.5)	49.9 (43.2-56.7)	48.8 (43.3-54.3)
Adequate physical activity	1997-1998	59.1 (47.9-70.3)	53.1 (42.8-63.4)	56.0 (48.4-63.6)
	2002-2005	65.2 (57.4-73.0)	52.4 (45.2-59.6)	59.3 (53.9-64.7)
	2006-2009	71.7 (63.7-79.7)	56.3 (49.2-63.3)	63.8 (58.3-69.2)
Current smoking	1997-1998	37.3 (29.4-45.2)	35.7 (28.8-42.7)	36.5 (31.2-41.7)
	2002-2005	24.7 (18.0-31.5)	24.6 (18.8-30.4)	24.7 (20.2-29.2)
	2006-2009	17.9 (11.6-24.3)	22.2 (16.5-27.9)	20.2 (15.9-24.5)
Live in smoke-free households	1997-1998			65.5 (60.3-70.6)
	2002-2005			81.4 (77.4-85.5)
	2006-2009			93.6 (91.6-95.6)
Bans smoking in car	2002-2005			85.6 (81.7-89.4)
	2006-2009			88.5 (84.7-92.3)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	89.6 (84.6-94.6)	92.6 (89.3-96.0)	91.1 (88.2-94.1)
	2002-2005	86.3 (81.9-90.6)	77.7 (71.7-83.7)	82.2 (78.4-85.9)
	2006-2009	82.4 (76.4-88.5)	85.0 (80.2-89.7)	83.8 (79.9-87.6)
Current asthma	1997-1998	9.6 (4.7-14.5)	14.1 (9.1-19.1)	11.9 (8.4-15.4)
	2002-2005	11.3 (6.9-15.7)	13.7 (9.3-18.2)	12.5 (9.4-15.6)
	2006-2009	12.6 (7.0-18.3)	10.9 (6.6-15.2)	11.7 (8.2-15.2)
Blood pressure measured in last 2 years	1997-1998	80.1 (73.1-87.0)	87.7 (82.3-93.0)	83.9 (79.5-88.3)
	2002-2005	84.4 (76.3-92.5)	92.0 (87.0-97.0)	87.9 (83.0-92.9)
	2006-2009	89.7 (78.7-100)	93.6 (86.6-100)	91.9 (85.6-98.2)
Ever had high blood pressure	1997-1998	11.1 (6.6-15.6)	10.8 (6.5-15.2)	11.0 (7.9-14.1)
	2002-2005	25.1 (16.6-33.6)	17.3 (10.6-24.0)	21.4 (16.0-26.8)
	2006-2009	22.0 (8.4-35.7)	25.3 (14.8-35.8)	23.8 (15.3-32.2)
Cholesterol measured in last 2 years	1997-1998	44.5 (36.2-52.7)	41.6 (34.5-48.6)	43.0 (37.6-48.4)
	2002-2005	60.3 (49.7-70.9)	52.4 (43.5-61.3)	56.7 (49.6-63.8)
	2006-2009	67.1 (50.6-83.7)	66.1 (53.1-79.0)	66.6 (56.2-77.0)
Ever had high cholesterol	1997-1998	24.1 (15.8-32.4)	20.5 (12.9-28.1)	22.3 (16.7-28.0)
	2002-2005	21.1 (12.1-30.1)	16.4 (9.1-23.7)	19.0 (13.1-25.0)
	2006-2009	27.8 (12.5-43.1)	19.4 (9.5-29.3)	22.9 (14.3-31.5)
Diabetes or high blood glucose	1997-1998	3.8 (0.8-6.9)	2.3 (0.1-4.6)	3.1 (1.2-5.0)
	2002-2005	6.4 (3.4-9.4)	4.9 (2.3-7.4)	5.7 (3.7-7.7)
	2006-2009	4.4 (2.1-6.7)	5.7 (2.8-8.6)	5.1 (3.2-7.0)
High and very high psychological distress	1997-1998	10.2 (4.8-15.6)	10.8 (6.6-14.9)	10.5 (7.1-13.9)
	2002-2005	8.9 (4.4-13.4)	6.8 (3.6-9.9)	7.9 (5.1-10.7)
	2006-2009	12.3 (6.3-18.3)	12.4 (7.8-17.0)	12.3 (8.6-16.1)
Visited a dental professional within the last 12 months	2002-2005	52.2 (44.1-60.2)	54.3 (47.4-61.3)	53.2 (47.8-58.5)
	2006-2009	44.4 (35.2-53.7)	50.1 (42.7-57.5)	47.4 (41.5-53.3)
All natural teeth missing	1997-1998	3.3 (0.1-6.6)	6.9 (1.6-12.2)	5.2 (2.0-8.4)
	2002-2005	3.3 (1.6-5.0)	8.1 (4.7-11.5)	5.6 (3.7-7.5)
	2006-2009	4.0 (1.2-6.8)	6.6 (3.7-9.5)	5.4 (3.3-7.4)



Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	36.6 (28.8-44.4)	17.6 (12.6-22.7)	27.0 (22.3-31.7)
	2002-2005	33.6 (25.7-41.5)	26.7 (19.9-33.5)	30.4 (25.1-35.7)
	2006-2009	44.8 (35.8-53.8)	27.8 (21.7-34.0)	36.0 (30.5-41.5)
Obese	1997-1998	14.8 (9.1-20.5)	10.3 (5.6-14.9)	12.5 (8.8-16.2)
	2002-2005	23.7 (16.4-30.9)	14.1 (9.1-19.1)	19.3 (14.7-23.8)
	2006-2009	25.1 (16.2-34.1)	22.0 (15.9-28.0)	23.5 (18.1-28.8)
Overweight or obese	1997-1998	51.4 (43.1-59.7)	27.9 (21.5-34.2)	39.5 (34.2-44.8)
	2002-2005	57.3 (48.6-66.0)	40.8 (33.4-48.2)	49.7 (43.9-55.5)
	2006-2009	69.9 (62.3-77.5)	49.8 (42.9-56.7)	59.5 (54.1-64.9)
Trends in health services				
Private health insurance	1997-1998	38.4 (30.2-46.6)	32.2 (25.5-38.8)	35.2 (29.9-40.5)
	2002-2005	44.6 (37.0-52.2)	50.4 (43.7-57.1)	47.4 (42.3-52.5)
	2006-2009	52.2 (44.0-60.4)	47.0 (40.8-53.2)	49.4 (44.4-54.5)
Difficulties getting health care when needing it	1997-1998	11.2 (5.8-16.5)	10.1 (6.1-14.0)	10.6 (7.3-13.9)
	2002-2005	9.6 (5.2-13.9)	13.7 (9.5-17.8)	11.6 (8.6-14.6)
	2006-2009	14.0 (8.7-19.4)	17.7 (13.2-22.2)	16.0 (12.5-19.4)
Emergency department presentation in the last 12 months	1997-1998	16.8 (10.6-22.9)	13.1 (8.2-18.0)	14.9 (11.0-18.8)
	2002-2005	14.5 (9.7-19.3)	14.5 (9.5-19.5)	14.5 (11.0-17.9)
	2006-2009	17.2 (11.6-22.9)	17.2 (12.1-22.2)	17.2 (13.4-21.0)
Hospital admission in the last 12 months	1997-1998	5.6 (2.5-8.7)	17.3 (11.8-22.8)	11.6 (8.3-14.9)
	2002-2005	6.9 (4.0-9.8)	15.0 (10.4-19.5)	10.8 (8.1-13.5)
	2006-2009	11.2 (6.7-15.8)	16.2 (11.1-21.2)	13.8 (10.4-17.3)
Visited a general practice in the last 12 months	1997-1998	79.4 (72.9-86.0)	89.8 (85.4-94.2)	84.8 (80.8-88.7)
	2006-2009	81.4 (74.8-87.9)	87.5 (82.7-92.2)	84.6 (80.6-88.6)
	Trends in social capital			
Most people can be trusted	2002-2005	70.9 (63.4-78.3)	67.0 (60.2-73.7)	69.1 (63.9-74.2)
	2006-2009	65.5 (56.0-75.0)	69.7 (63.4-76.1)	67.9 (62.3-73.4)
	2002-2005	83.8 (78.1-89.5)	60.1 (53.1-67.1)	72.8 (68.2-77.4)
Feel safe walking down their street after dark	2006-2009	84.7 (76.6-92.7)	67.6 (61.0-74.2)	75.3 (70.1-80.4)
	2002-2005	77.6 (70.6-84.6)	66.9 (60.1-73.7)	72.7 (67.7-77.6)
	2006-2009	74.4 (64.7-84.1)	76.1 (70.4-81.8)	75.3 (70.0-80.7)
Area has a reputation for being a safe place	2002-2005	71.3 (63.8-78.7)	60.5 (53.5-67.6)	66.3 (61.0-71.5)
	2006-2009	69.2 (60.3-78.0)	62.0 (55.4-68.6)	65.2 (59.8-70.6)
	2002-2005	79.3 (73.1-85.6)	77.3 (71.6-83.0)	78.4 (74.1-82.7)
Ran into friends and acquaintances when shopping in local area	2006-2009	71.0 (61.6-80.4)	74.7 (68.9-80.5)	73.1 (67.8-78.4)
	2002-2005	65.3 (57.1-73.4)	69.9 (63.5-76.3)	67.4 (62.1-72.7)
	2006-2009	64.6 (54.5-74.6)	68.2 (61.7-74.7)	66.6 (60.8-72.3)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Vietnam

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	23.9 (15.2-32.7)	2.4 (0.0-5.8)	13.2 (8.4-18.1)
	2002-2005	9.8 (2.4-17.3)	1.7 (0.0-3.7)	5.0 (1.7-8.3)
	2006-2009	16.8 (8.1-25.5)	3.4 (0.4-6.4)	10.0 (5.4-14.7)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		61.7 (32.9-90.4)	
	2002-2005		18.3 (0.0-41.2)	
	2006-2009		36.9 (11.0-62.7)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		75.3 (58.7-91.9)	
	2002-2005		74.4 (58.2-90.6)	
	2006-2009		60.2 (43.3-77.0)	
Hysterectomy (20 to 69 years)	1997-1998		7.1 (1.6-12.6)	
	2002-2005		3.4 (0.0-8.2)	
	2006-2009		2.7 (0.0-7.8)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	66.9 (46.1-87.7)	60.5 (34.2-86.7)	64.0 (47.3-80.7)
	2002-2005	49.6 (19.1-80.1)	51.1 (23.5-78.7)	50.6 (29.7-71.5)
	2006-2009	36.0 (17.1-54.8)	49.3 (33.2-65.3)	42.8 (30.4-55.3)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	17.1 (0.0-40.5)	4.1 (0.0-12.2)	9.2 (0.0-20.1)
	2006-2009	26.3 (8.4-44.2)	20.7 (6.4-34.9)	23.7 (12.0-35.4)
Live in homes with a smoke alarm or detector	1997-1998			41.6 (34.2-49.0)
	2002-2005			58.4 (49.5-67.3)
	2006-2009			87.2 (82.0-92.4)
Two or more serves of fruit a day	1997-1998	43.1 (32.1-54.1)	39.9 (29.8-50.0)	41.4 (34.0-48.9)
	2002-2005	41.1 (27.9-54.3)	59.9 (49.4-70.4)	52.1 (43.6-60.6)
	2006-2009	41.2 (29.4-53.0)	62.2 (53.1-71.4)	51.9 (44.2-59.5)
Five or more serves of vegetables a day	1997-1998	3.9 (0.0-8.4)	5.6 (1.2-10.0)	4.8 (1.7-7.9)
	2002-2005	3.6 (0.0-8.4)	0.7 (0.0-1.8)	1.9 (0.0-4.0)
	2006-2009	5.4 (0.0-11.9)	5.8 (1.7-9.9)	5.6 (1.8-9.4)
Three or more serves of vegetables a day	1997-1998	14.1 (6.5-21.7)	17.0 (10.0-24.0)	15.6 (10.4-20.7)
	2002-2005	25.7 (13.5-37.8)	15.7 (8.1-23.2)	19.7 (13.0-26.4)
	2006-2009	20.7 (10.2-31.2)	29.2 (20.8-37.7)	25.1 (18.4-31.8)
Usually consumes lower fat or skim milk	1997-1998	13.5 (4.3-22.7)	26.6 (17.1-36.2)	20.5 (13.9-27.1)
	2002-2005	21.1 (9.8-32.5)	16.6 (9.4-23.9)	18.5 (12.1-24.8)
	2006-2009	22.3 (12.2-32.4)	29.6 (21.3-37.8)	26.0 (19.4-32.5)
Adequate physical activity	1997-1998	34.6 (21.1-48.2)	37.1 (22.6-51.7)	35.8 (25.8-45.8)
	2002-2005	37.1 (22.8-51.5)	36.4 (25.5-47.3)	36.7 (28.0-45.4)
	2006-2009	33.3 (21.8-44.8)	36.3 (26.8-45.8)	34.8 (27.3-42.3)
Current smoking	1997-1998	44.2 (33.5-55.0)	0.6 (0.0-1.8)	21.7 (15.6-27.7)
	2002-2005	30.1 (17.9-42.3)	2.5 (0.0-5.6)	13.6 (8.0-19.3)
	2006-2009	32.0 (21.0-43.1)	0.4 (0.0-1.0)	15.7 (10.0-21.4)
Live in smoke-free households	1997-1998			69.3 (62.4-76.1)
	2002-2005			78.6 (70.9-86.3)
	2006-2009			86.6 (81.0-92.1)
Bans smoking in car	2002-2005			82.4 (72.6-92.2)
	2006-2009			93.3 (89.1-97.6)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	73.0 (63.3-82.6)	78.8 (71.4-86.3)	76.0 (69.9-82.1)
	2002-2005	70.0 (57.8-82.1)	67.2 (57.1-77.3)	68.3 (60.5-76.1)
	2006-2009	71.1 (60.7-81.6)	67.4 (59.1-75.7)	69.2 (62.6-75.8)
Current asthma	1997-1998	1.7 (0.0-4.0)	3.0 (0.5-5.5)	2.4 (0.7-4.1)
	2002-2005	5.4 (0.1-10.8)	5.7 (0.5-10.9)	5.6 (1.8-9.4)
	2006-2009	4.2 (0.2-8.3)	11.2 (5.5-16.9)	7.8 (4.2-11.3)
Blood pressure measured in last 2 years	1997-1998	76.6 (67.6-85.6)	92.8 (86.6-99.0)	85.1 (79.7-90.5)
	2002-2005	65.0 (45.7-84.4)	77.7 (63.4-92.0)	72.1 (60.2-84.0)
	2006-2009	88.9 (67.0-100)	100 (100-100)	96.3 (88.9-100)
Ever had high blood pressure	1997-1998	5.7 (1.0-10.3)	6.8 (1.5-12.1)	6.3 (2.7-9.9)
	2002-2005	26.3 (7.7-44.9)	19.2 (1.5-36.9)	22.3 (9.6-35.1)
	2006-2009	0.0 (0.0-0.0)	21.5 (0.0-48.5)	14.3 (0.0-32.8)
Cholesterol measured in last 2 years	1997-1998	56.6 (45.5-67.7)	48.9 (38.5-59.3)	52.6 (45.0-60.3)
	2002-2005	57.8 (37.8-77.8)	64.2 (47.7-80.8)	61.3 (48.5-74.2)
	2006-2009	79.6 (50.4-100)	88.7 (67.7-100)	85.7 (68.8-100)
Ever had high cholesterol	1997-1998	28.6 (16.6-40.6)	18.1 (9.7-26.5)	23.4 (16.0-30.9)
	2002-2005	37.0 (14.6-59.5)	14.0 (3.3-24.6)	24.5 (12.2-36.8)
	2006-2009	38.3 (0.0-95.5)	19.4 (0.0-52.7)	25.5 (0.0-55.2)
Diabetes or high blood glucose	1997-1998	2.8 (0.0-5.9)	5.8 (0.7-10.9)	4.3 (1.3-7.4)
	2002-2005	7.0 (0.7-13.4)	2.4 (0.0-4.9)	4.3 (1.3-7.4)
	2006-2009	14.5 (5.8-23.3)	4.8 (1.0-8.7)	9.7 (4.8-14.6)
High and very high psychological distress	1997-1998	9.8 (3.0-16.6)	16.6 (9.1-24.1)	13.3 (8.2-18.4)
	2002-2005	3.3 (0.0-7.8)	11.0 (4.1-17.9)	7.9 (3.4-12.5)
	2006-2009	14.3 (5.0-23.5)	11.0 (5.2-16.9)	12.6 (7.2-18.0)
Visited a dental professional within the last 12 months	2002-2005	70.2 (57.7-82.6)	65.7 (55.4-75.9)	67.4 (59.5-75.4)
	2006-2009	63.9 (52.1-75.6)	65.2 (56.0-74.5)	64.6 (57.2-72.0)
All natural teeth missing	1997-1998	1.4 (0.0-4.0)	3.1 (0.0-7.9)	2.2 (0.0-4.8)
	2002-2005	1.7 (0.0-4.1)	9.1 (2.4-15.8)	6.1 (2.0-10.3)
	2006-2009	2.2 (0.0-5.0)	1.3 (0.0-2.7)	1.7 (0.2-3.3)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	14.4 (7.0-21.8)	11.2 (4.5-17.9)	12.8 (7.8-17.7)
	2002-2005	21.7 (9.5-33.8)	14.6 (6.4-22.7)	17.4 (10.5-24.4)
	2006-2009	22.4 (12.4-32.5)	10.5 (4.5-16.6)	16.5 (10.6-22.5)
Obese	1997-1998	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
	2002-2005	2.0 (0.0-5.8)	3.7 (0.0-9.9)	3.0 (0.0-7.0)
	2006-2009	6.2 (0.0-12.6)	0.0 (0.0-0.0)	3.1 (0.0-6.4)
Overweight or obese	1997-1998	14.4 (7.0-21.8)	11.2 (4.5-17.9)	12.8 (7.8-17.7)
	2002-2005	23.6 (11.2-36.1)	18.3 (8.6-27.9)	20.4 (12.8-28.1)
	2006-2009	28.6 (17.5-39.8)	10.5 (4.5-16.6)	19.6 (13.1-26.1)
Trends in health services				
Private health insurance	1997-1998	23.1 (13.2-33.1)	19.0 (11.7-26.3)	21.0 (14.8-27.2)
	2002-2005	26.6 (14.4-38.9)	37.5 (27.5-47.4)	33.1 (25.4-40.8)
	2006-2009	57.8 (46.9-68.7)	49.7 (41.1-58.3)	53.7 (46.7-60.7)
Difficulties getting health care when needing it	1997-1998	12.2 (4.1-20.3)	10.5 (5.2-15.8)	11.3 (6.6-16.0)
	2002-2005	10.7 (1.8-19.7)	4.5 (0.5-8.6)	7.0 (2.6-11.4)
	2006-2009	6.6 (0.9-12.4)	9.4 (4.4-14.4)	8.0 (4.2-11.8)
Emergency department presentation in the last 12 months	1997-1998	6.8 (0.8-12.8)	2.6 (0.1-5.2)	4.7 (1.4-7.9)
	2002-2005	8.0 (0.1-15.8)	4.7 (0.8-8.5)	6.0 (2.1-9.9)
	2006-2009	10.6 (2.6-18.6)	5.7 (1.3-10.2)	8.3 (3.6-13.0)
Hospital admission in the last 12 months	1997-1998	6.1 (1.3-10.9)	9.8 (4.6-14.9)	8.0 (4.5-11.5)
	2002-2005	8.9 (1.2-16.6)	13.6 (6.6-20.6)	11.7 (6.5-16.9)
	2006-2009	9.7 (2.9-16.4)	9.0 (3.4-14.6)	9.3 (4.9-13.7)
Visited a general practice in the last 12 months	1997-1998	68.3 (58.8-77.8)	65.9 (56.6-75.3)	67.1 (60.4-73.8)
	2006-2009	78.8 (67.3-90.3)	94.7 (89.6-99.8)	87.0 (80.8-93.3)
	Trends in social capital			
Most people can be trusted	2002-2005	58.8 (44.3-73.4)	51.2 (39.4-63.0)	54.4 (45.1-63.6)
	2006-2009	64.7 (52.0-77.4)	61.6 (51.3-71.9)	63.2 (54.9-71.4)
	2002-2005	63.3 (48.4-78.2)	45.6 (33.0-58.1)	53.1 (43.4-62.8)
Feel safe walking down their street after dark	2006-2009	55.6 (42.1-69.0)	35.5 (25.6-45.5)	45.7 (37.2-54.1)
	2002-2005	55.0 (40.4-69.6)	68.0 (56.8-79.2)	62.6 (53.7-71.6)
	2006-2009	65.5 (52.9-78.0)	59.6 (49.0-70.1)	62.6 (54.3-70.9)
Area has a reputation for being a safe place	2002-2005	44.6 (30.3-58.9)	38.0 (27.0-49.0)	40.6 (31.9-49.4)
	2006-2009	52.0 (39.0-64.9)	51.5 (41.5-61.5)	51.7 (43.6-59.9)
	2002-2005	68.0 (54.0-82.1)	70.9 (60.5-81.4)	69.8 (61.3-78.2)
Ran into friends and acquaintances when shopping in local area	2006-2009	73.2 (61.6-84.7)	85.9 (79.4-92.4)	79.6 (72.8-86.3)
	2002-2005	52.6 (37.8-67.4)	64.5 (53.5-75.6)	59.7 (50.6-68.7)
	2006-2009	52.3 (38.6-66.0)	69.2 (59.7-78.8)	61.1 (52.8-69.5)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in the Philippines

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	36.9 (22.9-51.0)	4.7 (0.4-9.0)	17.6 (10.5-24.7)
	2002-2005	19.2 (7.5-30.9)	8.2 (3.3-13.2)	13.0 (7.0-19.0)
	2006-2009	25.4 (10.3-40.5)	17.4 (7.4-27.4)	20.3 (12.0-28.6)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		52.5 (24.7-80.3)	
	2002-2005		59.0 (35.1-83.0)	
	2006-2009		72.4 (52.2-92.7)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		79.2 (68.7-89.6)	
	2002-2005		65.9 (52.6-79.1)	
	2006-2009		56.1 (40.9-71.4)	
Hysterectomy (20 to 69 years)	1997-1998		8.1 (3.1-13.1)	
	2002-2005		3.8 (0.0-8.7)	
	2006-2009		1.2 (0.0-2.4)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	100 (100-100)	32.7 (12.0-53.4)	39.7 (18.5-61.0)
	2002-2005	50.7 (23.5-77.9)	35.5 (21.9-49.1)	39.5 (27.0-52.0)
	2006-2009	23.6 (0.0-49.0)	43.7 (28.8-58.7)	38.5 (25.2-51.8)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	4.9 (0.0-13.4)	11.3 (0.2-22.4)	9.6 (1.0-18.3)
	2006-2009	10.8 (0.0-30.7)	15.2 (4.5-25.9)	14.1 (4.6-23.6)
Live in homes with a smoke alarm or detector	1997-1998			56.1 (48.2-64.0)
	2002-2005			71.6 (64.2-79.1)
	2006-2009			88.4 (82.2-94.6)
Two or more serves of fruit a day	1997-1998	44.0 (30.3-57.7)	58.9 (49.3-68.4)	53.0 (45.0-61.0)
	2002-2005	28.6 (17.6-39.6)	51.2 (42.3-60.2)	41.3 (34.0-48.6)
	2006-2009	49.9 (32.5-67.2)	56.2 (45.5-66.9)	53.7 (44.2-63.2)
Five or more serves of vegetables a day	1997-1998	5.0 (0.0-11.1)	6.4 (1.4-11.4)	5.8 (2.0-9.7)
	2002-2005	1.5 (0.0-4.3)	5.4 (1.1-9.7)	3.7 (0.9-6.4)
	2006-2009	1.3 (0.0-3.8)	0.0 (0.0-0.0)	0.5 (0.0-1.5)
Three or more serves of vegetables a day	1997-1998	16.9 (4.6-29.2)	14.8 (8.4-21.2)	15.6 (9.4-21.9)
	2002-2005	19.2 (9.5-28.8)	22.5 (14.2-30.9)	21.0 (14.7-27.4)
	2006-2009	7.0 (0.5-13.4)	21.2 (12.4-30.1)	15.7 (9.4-21.9)
Usually consumes lower fat or skim milk	1997-1998	34.8 (20.8-48.7)	34.6 (25.2-43.9)	34.6 (26.7-42.6)
	2002-2005	29.6 (18.5-40.7)	35.4 (26.8-44.0)	32.9 (26.0-39.8)
	2006-2009	14.6 (4.3-24.9)	44.2 (33.7-54.7)	32.5 (24.3-40.7)
Adequate physical activity	1997-1998	26.2 (8.2-44.1)	40.2 (27.4-53.0)	34.7 (24.0-45.5)
	2002-2005	39.0 (25.4-52.5)	42.9 (33.0-52.7)	41.2 (33.1-49.3)
	2006-2009	62.3 (44.1-80.6)	53.5 (42.3-64.7)	56.7 (47.0-66.5)
Current smoking	1997-1998	25.2 (13.5-36.8)	7.5 (2.9-12.2)	14.5 (8.9-20.0)
	2002-2005	24.5 (13.3-35.7)	9.6 (4.7-14.6)	16.1 (10.3-21.9)
	2006-2009	25.8 (8.4-43.2)	13.7 (4.6-22.8)	18.1 (9.4-26.8)
Live in smoke-free households	1997-1998			84.6 (78.7-90.4)
	2002-2005			91.8 (88.0-95.7)
	2006-2009			93.1 (87.6-98.6)
Bans smoking in car	2002-2005			90.9 (84.8-97.0)
	2006-2009			96.0 (93.0-98.9)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	92.7 (86.8-98.6)	76.9 (68.9-85.0)	83.1 (77.5-88.8)
	2002-2005	77.0 (65.7-88.2)	87.9 (82.3-93.4)	83.1 (77.2-89.0)
	2006-2009	90.6 (81.0-100)	85.3 (77.3-93.3)	87.3 (81.1-93.5)
Current asthma	1997-1998	0.0 (0.0-0.0)	4.9 (0.9-9.0)	3.0 (0.5-5.5)
	2002-2005	7.4 (1.4-13.4)	9.8 (3.1-16.5)	8.8 (4.1-13.4)
	2006-2009	8.5 (0.0-20.6)	8.3 (3.8-12.8)	8.4 (3.0-13.7)
Blood pressure measured in last 2 years	1997-1998	83.8 (72.2-95.4)	86.7 (79.3-94.0)	85.5 (79.1-91.9)
	2002-2005	79.9 (66.2-93.6)	87.7 (78.0-97.3)	84.4 (76.4-92.4)
	2006-2009	84.9 (65.5-100)	88.0 (73.6-100)	86.8 (75.2-98.4)
Ever had high blood pressure	1997-1998	16.7 (5.0-28.4)	16.3 (8.6-24.0)	16.4 (9.9-23.0)
	2002-2005	14.7 (3.2-26.3)	16.4 (8.5-24.2)	15.7 (9.1-22.3)
	2006-2009	3.9 (0.0-11.5)	43.0 (25.2-60.8)	30.2 (16.8-43.5)
Cholesterol measured in last 2 years	1997-1998	34.1 (21.4-46.8)	44.7 (35.1-54.4)	40.5 (32.7-48.3)
	2002-2005	65.0 (48.3-81.6)	59.1 (46.7-71.5)	61.4 (51.4-71.4)
	2006-2009	62.8 (37.0-88.6)	60.0 (40.8-79.1)	61.0 (45.6-76.4)
Ever had high cholesterol	1997-1998	30.1 (11.1-49.2)	24.4 (11.7-37.0)	26.8 (15.9-37.6)
	2002-2005	26.0 (9.3-42.6)	13.4 (4.5-22.2)	18.5 (9.9-27.0)
	2006-2009	12.3 (0.0-34.6)	25.4 (8.5-42.3)	20.7 (7.2-34.1)
Diabetes or high blood glucose	1997-1998	1.1 (0.0-3.3)	6.7 (1.1-12.4)	4.5 (0.9-8.1)
	2002-2005	8.5 (0.0-16.9)	6.1 (2.6-9.7)	7.1 (2.9-11.4)
	2006-2009	7.7 (0.0-15.7)	4.6 (1.5-7.7)	5.7 (2.2-9.3)
High and very high psychological distress	1997-1998	8.3 (1.5-15.2)	10.2 (5.5-14.9)	9.5 (5.5-13.4)
	2002-2005	16.7 (6.1-27.3)	14.8 (7.6-21.9)	15.6 (9.5-21.8)
	2006-2009	10.3 (0.0-21.7)	7.7 (2.3-13.1)	8.7 (3.2-14.3)
Visited a dental professional within the last 12 months	2002-2005	54.2 (41.3-67.2)	64.0 (55.3-72.7)	59.7 (52.1-67.3)
	2006-2009	57.5 (38.8-76.2)	59.5 (48.3-70.7)	58.7 (48.7-68.8)
All natural teeth missing	1997-1998	2.2 (0.0-6.6)	8.0 (0.3-15.7)	5.8 (0.7-10.8)
	2002-2005	5.2 (0.9-9.6)	4.8 (2.2-7.5)	5.0 (2.6-7.5)
	2006-2009	3.3 (0.0-7.2)	2.6 (0.1-5.2)	2.9 (0.7-5.1)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	40.2 (26.1-54.3)	14.1 (7.2-20.9)	24.4 (17.0-31.9)
	2002-2005	34.6 (21.1-48.2)	17.3 (10.7-23.8)	24.7 (17.5-31.8)
	2006-2009	41.5 (24.2-58.7)	20.2 (12.4-28.1)	28.5 (19.8-37.3)
Obese	1997-1998	2.2 (0.0-5.3)	6.0 (1.4-10.5)	4.5 (1.4-7.5)
	2002-2005	9.3 (1.4-17.2)	8.1 (3.1-13.0)	8.6 (4.2-13.0)
	2006-2009	9.8 (2.0-17.5)	15.6 (6.8-24.4)	13.3 (7.0-19.6)
Overweight or obese	1997-1998	42.4 (28.4-56.4)	20.0 (12.2-27.8)	28.9 (21.2-36.5)
	2002-2005	43.9 (29.9-57.9)	25.3 (17.5-33.2)	33.3 (25.5-41.0)
	2006-2009	51.2 (34.2-68.3)	35.9 (25.5-46.2)	41.9 (32.6-51.2)
Trends in health services				
Private health insurance	1997-1998	27.8 (15.8-39.8)	28.4 (20.1-36.6)	28.2 (21.3-35.0)
	2002-2005	50.8 (37.7-63.9)	46.5 (37.5-55.6)	48.4 (40.7-56.0)
	2006-2009	47.2 (31.5-62.9)	48.1 (38.5-57.7)	47.8 (39.3-56.2)
Difficulties getting health care when needing it	1997-1998	7.5 (0.3-14.7)	5.8 (1.8-9.8)	6.5 (2.7-10.2)
	2002-2005	13.0 (5.1-21.0)	6.9 (2.6-11.2)	9.6 (5.3-13.9)
	2006-2009	13.7 (1.7-25.7)	11.5 (6.2-16.8)	12.3 (6.6-18.1)
Emergency department presentation in the last 12 months	1997-1998	5.8 (0.0-11.8)	6.1 (1.9-10.2)	5.9 (2.5-9.4)
	2002-2005	6.6 (1.4-11.8)	11.6 (4.6-18.6)	9.4 (4.8-14.0)
	2006-2009	16.6 (4.4-28.8)	17.0 (9.6-24.5)	16.9 (10.3-23.4)
Hospital admission in the last 12 months	1997-1998	3.4 (0.0-7.4)	11.2 (5.9-16.5)	8.1 (4.5-11.8)
	2002-2005	7.1 (1.7-12.5)	11.0 (4.3-17.6)	9.3 (4.8-13.7)
	2006-2009	9.3 (0.0-19.7)	16.9 (9.7-24.0)	13.9 (8.0-19.9)
Visited a general practice in the last 12 months	1997-1998	78.9 (66.1-91.7)	95.5 (92.4-98.6)	89.0 (83.2-94.7)
	2006-2009	69.4 (53.5-85.2)	84.5 (77.0-92.0)	78.2 (70.0-86.4)
	Trends in social capital			
Most people can be trusted	2002-2005	59.6 (45.9-73.2)	67.9 (58.7-77.1)	64.2 (56.3-72.1)
	2006-2009	54.9 (36.8-72.9)	66.9 (56.9-76.8)	62.4 (53.0-71.8)
	2002-2005	58.4 (44.8-72.1)	57.0 (47.1-66.9)	57.7 (49.5-65.8)
Feel safe walking down their street after dark	2006-2009	78.4 (64.7-92.1)	59.6 (48.8-70.4)	66.6 (57.8-75.4)
	2002-2005	68.2 (55.6-80.7)	65.9 (56.6-75.1)	66.8 (59.3-74.4)
	2006-2009	67.9 (49.6-86.1)	70.0 (59.5-80.5)	69.2 (59.8-78.7)
Area has a reputation for being a safe place	2002-2005	67.7 (54.5-80.8)	54.7 (44.9-64.5)	60.3 (52.3-68.3)
	2006-2009	54.6 (36.9-72.2)	57.1 (46.4-67.8)	56.2 (46.8-65.5)
	2002-2005	78.4 (66.4-90.4)	74.8 (65.9-83.7)	76.4 (69.1-83.6)
Ran into friends and acquaintances when shopping in local area	2006-2009	76.4 (60.3-92.5)	77.4 (68.0-86.7)	77.0 (68.7-85.4)
	2002-2005	65.7 (52.3-79.2)	76.4 (67.5-85.2)	71.8 (64.1-79.5)
	2006-2009	56.8 (38.9-74.7)	76.8 (67.1-86.5)	69.4 (60.3-78.6)
Would feel sad to leave their neighbourhood	2002-2005	65.7 (52.3-79.2)	76.4 (67.5-85.2)	71.8 (64.1-79.5)
	2006-2009	56.8 (38.9-74.7)	76.8 (67.1-86.5)	69.4 (60.3-78.6)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in India

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	20.6 (9.2-32.0)	8.9 (0.0-18.9)	16.9 (8.4-25.4)
	2002-2005	9.0 (3.5-14.5)	19.4 (9.4-29.5)	12.6 (7.5-17.7)
	2006-2009	10.4 (4.1-16.6)	8.6 (3.0-14.2)	9.6 (5.3-13.9)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		69.8 (39.1-100)	
	2002-2005		53.3 (27.1-79.5)	
	2006-2009		45.7 (12.4-78.9)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		70.2 (49.4-91.0)	
	2002-2005		49.2 (30.9-67.4)	
	2006-2009		53.2 (37.4-69.0)	
Hysterectomy (20 to 69 years)	1997-1998		9.6 (1.3-17.8)	
	2002-2005		5.9 (0.8-11.0)	
	2006-2009		6.4 (0.8-12.1)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	13.0 (0.0-28.5)	35.2 (13.3-57.2)	21.6 (7.9-35.3)
	2002-2005	35.8 (20.8-50.8)	52.0 (36.0-68.1)	42.0 (30.4-53.6)
	2006-2009	31.4 (16.3-46.5)	30.6 (14.9-46.3)	31.0 (20.2-41.9)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	16.9 (6.6-27.2)	23.6 (9.3-38.0)	19.5 (11.0-28.1)
	2006-2009	21.9 (8.4-35.5)	25.0 (9.3-40.7)	23.5 (13.0-34.0)
Live in homes with a smoke alarm or detector	1997-1998			48.8 (36.6-59.0)
	2002-2005			71.1 (63.6-78.7)
	2006-2009			87.1 (81.5-92.8)
Two or more serves of fruit a day	1997-1998	39.8 (27.1-52.6)	42.5 (28.2-56.8)	40.6 (30.7-50.5)
	2002-2005	44.9 (34.5-55.2)	50.4 (39.3-61.6)	46.8 (38.9-54.6)
	2006-2009	53.2 (42.9-63.6)	57.7 (48.8-66.6)	55.2 (48.1-62.2)
Five or more serves of vegetables a day	1997-1998	11.1 (3.7-18.5)	10.1 (0.8-19.4)	10.8 (4.9-16.7)
	2002-2005	5.8 (1.1-10.4)	7.9 (2.1-13.7)	6.5 (2.8-10.2)
	2006-2009	11.8 (3.7-19.8)	6.5 (2.4-10.5)	9.4 (4.5-14.3)
Three or more serves of vegetables a day	1997-1998	24.7 (14.6-34.8)	26.9 (14.0-39.8)	25.4 (17.3-33.4)
	2002-2005	33.4 (23.1-43.6)	46.4 (35.3-57.5)	37.9 (30.1-45.6)
	2006-2009	35.7 (25.2-46.3)	30.3 (22.1-38.5)	33.4 (26.4-40.3)
Usually consumes lower fat or skim milk	1997-1998	27.9 (17.2-38.7)	47.7 (32.5-62.9)	33.8 (24.7-43.0)
	2002-2005	31.2 (21.3-41.2)	48.2 (37.2-59.3)	37.0 (29.4-44.7)
	2006-2009	26.4 (18.0-34.9)	38.8 (30.3-47.4)	31.8 (25.6-38.0)
Adequate physical activity	1997-1998	56.9 (37.4-76.4)	43.3 (23.4-63.3)	52.3 (37.7-66.9)
	2002-2005	52.0 (40.5-63.4)	44.1 (32.6-55.6)	49.2 (40.7-57.6)
	2006-2009	52.5 (42.0-63.1)	56.9 (47.0-66.9)	54.2 (46.6-61.8)
Current smoking	1997-1998	22.7 (11.9-33.4)	3.4 (0.2-6.6)	16.8 (9.1-24.5)
	2002-2005	19.3 (10.9-27.7)	2.6 (0.4-4.9)	13.6 (7.9-19.4)
	2006-2009	12.5 (6.4-18.6)	3.0 (0.0-7.0)	8.7 (4.7-12.6)
Live in smoke-free households	1997-1998			83.0 (75.1-91.0)
	2002-2005			91.3 (87.1-95.5)
	2006-2009			94.5 (91.1-98.0)
Bans smoking in car	2002-2005			92.2 (87.8-96.5)
	2006-2009			91.2 (86.8-95.6)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	90.3 (83.6-97.1)	89.0 (80.8-97.1)	89.9 (84.6-95.3)
	2002-2005	94.1 (89.2-99.1)	87.9 (81.7-94.2)	92.0 (88.1-95.9)
	2006-2009	91.8 (87.0-96.6)	86.3 (80.4-92.3)	89.6 (85.9-93.3)
Current asthma	1997-1998	9.6 (0.1-19.1)	4.4 (0.0-9.1)	8.0 (1.2-14.8)
	2002-2005	5.1 (1.1-9.0)	5.8 (1.9-9.8)	5.3 (2.4-8.3)
	2006-2009	4.2 (0.8-7.6)	6.9 (2.4-11.4)	5.2 (2.5-8.0)
Blood pressure measured in last 2 years	1997-1998	82.5 (72.8-92.3)	87.0 (77.4-96.5)	83.9 (76.5-91.3)
	2002-2005	94.2 (88.4-99.9)	99.7 (99.2-100)	96.0 (92.1-99.9)
	2006-2009	79.4 (62.2-96.6)	90.7 (80.4-100)	84.0 (72.8-95.2)
Ever had high blood pressure	1997-1998	5.6 (1.0-10.3)	5.0 (0.0-10.5)	5.4 (1.9-9.0)
	2002-2005	18.2 (8.0-28.4)	25.6 (13.0-38.2)	20.7 (12.7-28.7)
	2006-2009	10.5 (0.9-20.1)	20.0 (6.2-33.8)	14.3 (6.2-22.5)
Cholesterol measured in last 2 years	1997-1998	44.6 (31.6-57.6)	53.6 (38.7-68.5)	47.3 (37.1-57.6)
	2002-2005	57.8 (44.5-71.0)	64.0 (50.2-77.8)	59.8 (49.7-69.9)
	2006-2009	69.5 (49.8-89.3)	63.6 (45.1-82.2)	67.2 (53.2-81.3)
Ever had high cholesterol	1997-1998	34.0 (17.4-50.6)	14.5 (3.3-25.8)	27.5 (15.2-39.8)
	2002-2005	14.2 (5.2-23.3)	19.2 (8.9-29.4)	16.0 (9.2-22.9)
	2006-2009	18.2 (3.0-33.5)	8.2 (0.0-19.5)	14.3 (4.1-24.5)
Diabetes or high blood glucose	1997-1998	7.3 (0.0-16.9)	11.0 (1.8-20.3)	8.4 (1.2-15.7)
	2002-2005	14.6 (7.8-21.5)	5.1 (0.5-9.6)	11.4 (6.6-16.1)
	2006-2009	5.7 (2.1-9.3)	5.7 (2.0-9.5)	5.7 (3.0-8.4)
High and very high psychological distress	1997-1998	11.4 (1.2-21.5)	16.7 (5.1-28.2)	13.0 (5.2-20.8)
	2002-2005	8.6 (1.9-15.3)	10.8 (4.1-17.5)	9.4 (4.5-14.3)
	2006-2009	5.4 (1.4-9.5)	12.8 (5.9-19.6)	8.5 (4.7-12.3)
Visited a dental professional within the last 12 months	2002-2005	51.3 (40.5-62.2)	45.1 (33.6-56.7)	49.2 (41.1-57.4)
	2006-2009	47.6 (36.9-58.2)	56.4 (46.6-66.1)	51.1 (43.6-58.6)
All natural teeth missing	1997-1998	2.3 (0.0-6.9)	0.0 (0.0-0.0)	1.5 (0.0-4.6)
	2002-2005	1.1 (0.0-2.5)	2.4 (0.1-4.8)	1.6 (0.4-2.8)
	2006-2009	0.2 (0.0-0.4)	0.4 (0.0-1.1)	0.3 (0.0-0.6)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	32.5 (20.8-44.2)	29.3 (16.5-42.1)	31.5 (22.5-40.6)
	2002-2005	40.4 (29.1-51.7)	32.9 (21.4-44.4)	37.8 (29.4-46.1)
	2006-2009	31.8 (22.4-41.2)	28.2 (20.1-36.3)	30.4 (23.8-36.9)
Obese	1997-1998	8.8 (2.1-15.5)	1.2 (0.0-2.9)	6.5 (1.8-11.2)
	2002-2005	5.9 (0.3-11.6)	9.7 (2.4-17.0)	7.2 (2.8-11.7)
	2006-2009	4.6 (1.2-8.1)	8.2 (2.9-13.5)	6.0 (3.1-9.0)
Overweight or obese	1997-1998	41.3 (28.7-53.9)	30.5 (17.6-43.4)	38.0 (28.4-47.6)
	2002-2005	46.3 (34.9-57.7)	42.6 (30.7-54.4)	45.0 (36.5-53.5)
	2006-2009	36.4 (26.7-46.1)	36.4 (27.5-45.2)	36.4 (29.6-43.2)
Trends in health services				
Private health insurance	1997-1998	32.1 (19.1-45.1)	27.3 (14.3-40.3)	30.6 (20.7-40.6)
	2002-2005	52.2 (41.9-62.5)	56.2 (45.2-67.3)	53.6 (45.8-61.4)
	2006-2009	53.5 (44.4-62.6)	62.1 (54.1-70.1)	57.0 (50.6-63.3)
Difficulties getting health care when needing it	1997-1998	9.5 (3.3-15.6)	12.4 (3.4-21.5)	10.4 (5.3-15.5)
	2002-2005	7.1 (2.1-12.1)	14.1 (7.1-21.1)	9.6 (5.5-13.7)
	2006-2009	17.1 (10.2-23.9)	17.2 (10.5-23.9)	17.1 (12.2-22.0)
Emergency department presentation in the last 12 months	1997-1998	5.7 (0.7-10.6)	14.6 (4.8-24.4)	8.4 (3.8-13.1)
	2002-2005	5.8 (1.7-9.8)	5.8 (1.3-10.4)	5.8 (2.7-8.9)
	2006-2009	10.5 (5.2-15.8)	8.4 (4.2-12.7)	9.7 (6.1-13.3)
Hospital admission in the last 12 months	1997-1998	7.5 (0.0-16.9)	10.3 (1.7-18.8)	8.4 (1.3-15.4)
	2002-2005	6.3 (2.0-10.5)	6.1 (1.5-10.6)	6.2 (3.0-9.4)
	2006-2009	7.8 (3.4-12.2)	14.7 (8.9-20.5)	10.6 (7.0-14.1)
Visited a general practice in the last 12 months	1997-1998	86.0 (76.5-95.5)	80.5 (69.3-91.7)	84.3 (76.9-91.7)
	2006-2009	68.2 (58.5-77.9)	80.5 (73.6-87.4)	73.2 (66.6-79.7)
	Trends in social capital			
Most people can be trusted	2002-2005	76.2 (66.1-86.2)	71.8 (61.1-82.4)	74.6 (67.1-82.1)
	2006-2009	71.6 (61.8-81.4)	67.2 (58.0-76.4)	69.8 (62.9-76.6)
	Feel safe walking down their street after dark	2002-2005	67.9 (57.0-78.8)	67.4 (57.1-77.8)
2006-2009		73.2 (64.0-82.4)	61.6 (52.5-70.8)	68.4 (61.7-75.0)
Area has a reputation for being a safe place		2002-2005	66.7 (55.8-77.7)	87.8 (80.2-95.5)
	2006-2009	73.3 (63.3-83.2)	63.6 (54.1-73.1)	69.3 (62.2-76.3)
	Visited neighbours in the last week	2002-2005	73.6 (63.3-83.8)	62.5 (51.2-73.8)
2006-2009		63.4 (53.1-73.8)	67.2 (58.5-75.8)	65.0 (57.9-72.0)
Ran into friends and acquaintances when shopping in local area		2002-2005	85.5 (78.2-92.9)	73.3 (63.6-83.0)
	2006-2009	80.6 (72.4-88.7)	79.8 (72.6-87.0)	80.2 (74.6-85.9)
	Would feel sad to leave their neighbourhood	2002-2005	51.3 (39.6-62.9)	69.4 (58.6-80.2)
2006-2009		63.4 (53.1-73.7)	68.4 (59.4-77.4)	65.5 (58.3-72.6)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Lebanon

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	12.8 (4.8-20.8)	3.9 (0.1-7.7)	8.0 (3.8-12.3)
	2002-2005	8.5 (0.7-16.3)	5.6 (0.0-13.5)	7.0 (1.4-12.5)
	2006-2009	19.6 (8.1-31.2)	2.1 (0.0-5.0)	11.2 (4.7-17.7)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		49.2 (21.7-76.7)	
	2002-2005		79.1 (56.3-100)	
	2006-2009		89.7 (76.9-100)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		58.4 (42.3-74.5)	
	2002-2005		72.7 (55.1-90.3)	
	2006-2009		78.8 (62.6-95.0)	
Hysterectomy (20 to 69 years)	1997-1998		8.8 (1.9-15.6)	
	2002-2005		6.5 (0.0-14.4)	
	2006-2009		4.9 (0.0-12.6)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	27.5 (8.0-47.0)	24.5 (6.4-42.5)	26.3 (12.5-40.1)
	2002-2005	33.7 (10.8-56.5)	47.2 (27.9-66.6)	39.1 (23.3-54.8)
	2006-2009	35.7 (20.0-51.3)	29.0 (14.6-43.3)	32.6 (21.8-43.5)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	1.2 (0.0-3.0)	18.2 (4.7-31.7)	8.0 (2.1-14.0)
	2006-2009	32.8 (16.9-48.8)	8.8 (1.7-15.9)	21.9 (12.0-31.8)
Live in homes with a smoke alarm or detector	1997-1998			46.9 (36.8-55.0)
	2002-2005			73.5 (62.0-85.0)
	2006-2009			79.1 (70.6-87.6)
Two or more serves of fruit a day	1997-1998	68.7 (57.1-80.3)	59.0 (48.5-69.5)	63.7 (55.8-71.5)
	2002-2005	51.8 (36.5-67.2)	64.5 (51.7-77.3)	58.4 (48.4-68.4)
	2006-2009	48.6 (34.6-62.5)	59.8 (48.6-71.0)	54.3 (45.2-63.3)
Five or more serves of vegetables a day	1997-1998	7.5 (0.0-15.5)	1.8 (0.0-4.4)	4.5 (0.4-8.6)
	2002-2005	1.9 (0.0-5.6)	1.9 (0.0-4.6)	1.9 (0.0-4.1)
	2006-2009	0.0 (0.0-0.0)	3.2 (0.0-7.4)	1.7 (0.0-3.8)
Three or more serves of vegetables a day	1997-1998	22.0 (10.5-33.6)	19.3 (11.2-27.3)	20.6 (13.6-27.5)
	2002-2005	25.5 (10.7-40.3)	24.6 (13.8-35.3)	25.0 (16.0-34.1)
	2006-2009	20.2 (9.0-31.3)	20.0 (11.6-28.4)	20.1 (13.2-27.0)
Usually consumes lower fat or skim milk	1997-1998	33.0 (19.3-46.8)	29.9 (19.9-40.0)	31.3 (23.0-39.6)
	2002-2005	21.8 (10.1-33.6)	39.4 (26.2-52.5)	30.9 (21.7-40.2)
	2006-2009	30.5 (18.8-42.2)	33.0 (22.7-43.3)	31.8 (24.0-39.6)
Adequate physical activity	1997-1998	26.4 (9.9-42.9)	28.2 (15.4-41.0)	27.3 (16.9-37.7)
	2002-2005	30.7 (13.7-47.7)	34.9 (18.7-51.1)	32.8 (21.0-44.6)
	2006-2009	45.7 (31.6-59.8)	28.2 (17.7-38.8)	36.9 (28.0-45.7)
Current smoking	1997-1998	42.4 (29.9-54.8)	26.8 (17.5-36.1)	34.2 (26.4-41.9)
	2002-2005	41.7 (27.2-56.3)	28.1 (16.8-39.5)	34.7 (25.5-43.8)
	2006-2009	39.0 (25.6-52.3)	28.8 (18.6-39.0)	34.2 (25.5-42.9)
Live in smoke-free households	1997-1998			49.4 (41.4-57.5)
	2002-2005			63.7 (53.1-74.3)
	2006-2009			77.7 (70.2-85.3)
Bans smoking in car	2002-2005			77.1 (67.1-87.0)
	2006-2009			82.2 (74.8-89.6)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	64.1 (52.1-76.2)	71.4 (62.4-80.4)	67.9 (60.5-75.4)
	2002-2005	70.8 (57.8-83.9)	70.9 (60.0-81.8)	70.9 (62.4-79.3)
	2006-2009	76.3 (65.6-87.0)	70.4 (60.7-80.0)	73.3 (66.1-80.5)
Current asthma	1997-1998	5.9 (0.0-12.1)	4.3 (0.6-8.0)	5.0 (1.5-8.6)
	2002-2005	0.5 (0.0-1.3)	12.9 (4.7-21.1)	6.9 (2.5-11.3)
	2006-2009	4.2 (0.0-8.6)	7.1 (1.7-12.5)	5.6 (2.1-9.1)
Blood pressure measured in last 2 years	1997-1998	91.1 (84.7-97.6)	92.8 (86.9-98.8)	92.0 (87.7-96.4)
	2002-2005	95.4 (88.3-100)	68.8 (43.5-94.2)	82.0 (66.8-97.3)
	2006-2009	67.8 (34.0-100)	93.2 (80.2-100)	81.7 (63.0-100)
Ever had high blood pressure	1997-1998	19.1 (9.1-29.2)	10.4 (4.4-16.5)	14.4 (8.7-20.1)
	2002-2005	17.3 (0.0-35.2)	25.1 (8.3-41.9)	20.4 (7.8-33.1)
	2006-2009	16.1 (0.0-36.6)	30.8 (6.5-55.2)	25.1 (7.8-42.4)
Cholesterol measured in last 2 years	1997-1998	61.0 (48.2-73.7)	74.4 (65.1-83.6)	68.1 (60.3-75.9)
	2002-2005	67.9 (46.9-88.9)	55.5 (32.0-79.1)	62.0 (45.7-78.3)
	2006-2009	64.8 (31.4-98.2)	87.9 (71.8-100)	77.7 (59.0-96.4)
Ever had high cholesterol	1997-1998	28.2 (14.6-41.7)	26.7 (16.5-37.0)	27.4 (19.1-35.6)
	2002-2005	32.4 (6.9-57.8)	16.3 (2.1-30.5)	25.5 (9.1-41.8)
	2006-2009	26.8 (0.4-53.2)	33.6 (9.1-58.2)	30.9 (12.7-49.2)
Diabetes or high blood glucose	1997-1998	15.7 (5.2-26.3)	7.9 (2.3-13.4)	11.6 (5.7-17.5)
	2002-2005	15.9 (4.8-27.0)	13.9 (5.4-22.4)	14.9 (7.9-21.8)
	2006-2009	15.5 (6.4-24.7)	11.7 (6.2-17.1)	13.6 (8.3-18.9)
High and very high psychological distress	1997-1998	22.8 (13.1-32.6)	24.7 (16.1-33.4)	23.8 (17.3-30.3)
	2002-2005	18.7 (5.6-31.7)	44.6 (28.0-61.2)	31.7 (20.4-42.9)
	2006-2009	19.5 (9.1-29.8)	21.0 (12.3-29.8)	20.3 (13.5-27.0)
Visited a dental professional within the last 12 months	2002-2005	44.7 (27.6-61.8)	66.1 (51.8-80.3)	56.2 (44.9-67.5)
	2006-2009	62.4 (48.7-76.2)	69.1 (58.1-80.2)	65.8 (57.0-74.6)
All natural teeth missing	1997-1998	8.3 (0.0-16.7)	7.8 (0.0-18.3)	8.0 (1.3-14.8)
	2002-2005	5.1 (0.0-10.7)	5.0 (1.1-8.8)	5.0 (1.7-8.4)
	2006-2009	6.4 (1.3-11.5)	4.1 (1.3-7.0)	5.2 (2.3-8.1)



Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	43.5 (30.5-56.5)	26.9 (16.5-37.4)	36.0 (27.3-44.6)
	2002-2005	47.3 (27.6-67.0)	11.8 (2.5-21.1)	31.0 (18.1-43.9)
	2006-2009	41.7 (28.4-54.9)	43.6 (31.9-55.4)	42.6 (33.7-51.5)
Obese	1997-1998	22.1 (12.0-32.2)	20.1 (10.7-29.5)	21.2 (14.2-28.1)
	2002-2005	13.0 (0.2-25.8)	6.9 (1.2-12.5)	10.2 (2.7-17.7)
	2006-2009	39.1 (25.4-52.8)	19.6 (10.8-28.4)	29.7 (21.0-38.3)
Overweight or obese	1997-1998	65.6 (52.9-78.3)	47.0 (35.3-58.8)	57.1 (48.3-66.0)
	2002-2005	60.3 (41.3-79.2)	18.7 (7.7-29.7)	41.2 (27.8-54.6)
	2006-2009	80.8 (70.3-91.2)	63.2 (51.4-75.1)	72.3 (64.1-80.5)
Trends in health services				
Private health insurance	1997-1998	23.4 (13.6-33.1)	17.9 (10.7-25.2)	20.5 (14.5-26.5)
	2002-2005	35.6 (21.3-49.9)	40.6 (27.9-53.2)	38.2 (28.6-47.7)
	2006-2009	37.4 (25.3-49.5)	28.2 (19.4-37.1)	32.8 (25.3-40.3)
Difficulties getting health care when needing it	1997-1998	19.4 (8.4-30.4)	13.2 (7.0-19.4)	16.1 (9.9-22.3)
	2002-2005	14.0 (4.4-23.5)	8.9 (2.7-15.1)	11.3 (5.7-16.9)
	2006-2009	8.9 (1.4-16.4)	18.7 (11.3-26.2)	13.9 (8.6-19.2)
Emergency department presentation in the last 12 months	1997-1998	9.7 (2.8-16.6)	4.8 (1.3-8.4)	7.1 (3.4-10.9)
	2002-2005	10.8 (2.0-19.5)	9.1 (2.3-15.9)	9.9 (4.4-15.4)
	2006-2009	11.4 (4.2-18.5)	16.2 (8.8-23.7)	13.8 (8.6-19.0)
Hospital admission in the last 12 months	1997-1998	13.8 (6.1-21.5)	12.0 (6.2-17.9)	12.9 (8.1-17.6)
	2002-2005	9.1 (1.2-17.0)	20.4 (9.0-31.7)	15.0 (7.8-22.3)
	2006-2009	16.4 (6.2-26.6)	10.3 (4.3-16.3)	13.3 (7.4-19.3)
Visited a general practice in the last 12 months	1997-1998	86.5 (78.2-94.9)	85.9 (78.2-93.6)	86.2 (80.5-91.9)
	2006-2009	84.7 (75.2-94.2)	97.0 (94.1-99.8)	91.3 (86.5-96.1)
	Trends in social capital			
Most people can be trusted	2002-2005	51.5 (31.6-71.3)	40.9 (24.7-57.1)	46.0 (33.4-58.7)
	2006-2009	44.8 (30.2-59.4)	30.0 (18.8-41.2)	37.9 (28.2-47.6)
	2002-2005	73.6 (57.1-90.1)	59.1 (43.3-74.8)	66.4 (54.9-77.8)
Feel safe walking down their street after dark	2006-2009	71.2 (58.6-83.9)	38.8 (26.6-51.0)	56.2 (46.5-66.0)
	2002-2005	52.4 (32.4-72.5)	64.3 (48.8-79.9)	58.6 (45.8-71.5)
	2006-2009	63.9 (49.3-78.5)	67.0 (53.8-80.1)	65.3 (55.3-75.3)
Area has a reputation for being a safe place	2002-2005	63.1 (45.0-81.2)	57.4 (41.5-73.2)	60.2 (48.2-72.2)
	2006-2009	47.7 (33.5-61.9)	47.3 (34.5-60.2)	47.5 (37.9-57.2)
	2002-2005	62.2 (43.3-81.0)	75.9 (63.1-88.7)	69.1 (57.5-80.7)
Ran into friends and acquaintances when shopping in local area	2006-2009	81.3 (70.7-92.0)	76.3 (65.2-87.5)	79.0 (71.3-86.8)
	2002-2005	45.3 (26.3-64.3)	77.5 (65.7-89.2)	61.6 (49.0-74.1)
	2006-2009	69.4 (55.2-83.5)	83.6 (75.0-92.1)	75.9 (67.1-84.8)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Italy

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	52.4 (42.9-62.0)	22.6 (15.7-29.5)	35.7 (29.6-41.7)
	2002-2005	35.7 (25.9-45.4)	17.3 (10.8-23.7)	26.1 (20.4-31.9)
	2006-2009	23.4 (15.1-31.8)	11.1 (3.9-18.4)	17.2 (11.7-22.6)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		65.8 (52.6-79.0)	
	2002-2005		52.9 (31.9-73.9)	
	2006-2009		82.6 (66.0-99.2)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		69.2 (55.6-82.8)	
	2002-2005		77.0 (62.0-91.9)	
	2006-2009		83.0 (67.8-98.2)	
Hysterectomy (20 to 69 years)	1997-1998		24.2 (16.1-32.3)	
	2002-2005		24.1 (10.7-37.5)	
	2006-2009		28.0 (12.7-43.2)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	33.6 (23.9-43.3)	46.8 (36.6-57.0)	40.3 (33.1-47.5)
	2002-2005	41.3 (30.4-52.3)	50.8 (41.2-60.5)	46.4 (39.1-53.8)
	2006-2009	49.5 (39.5-59.6)	58.9 (50.3-67.4)	54.5 (47.9-61.1)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	17.3 (9.6-25.0)	27.5 (19.4-35.6)	22.7 (17.1-28.4)
	2006-2009	42.7 (32.3-53.0)	31.7 (23.9-39.5)	36.8 (30.3-43.2)
Live in homes with a smoke alarm or detector	1997-1998			41.1 (34.9-47.3)
	2002-2005			56.3 (48.9-63.6)
	2006-2009			79.5 (74.1-84.8)
Two or more serves of fruit a day	1997-1998	49.9 (40.5-59.3)	57.5 (49.3-65.6)	54.1 (47.9-60.3)
	2002-2005	65.3 (55.1-75.4)	64.8 (55.9-73.8)	65.0 (58.3-71.8)
	2006-2009	73.4 (64.8-81.9)	76.0 (68.7-83.2)	74.6 (69.0-80.2)
Five or more serves of vegetables a day	1997-1998	9.0 (2.6-15.3)	10.0 (3.2-16.7)	9.5 (4.8-14.2)
	2002-2005	3.7 (0.7-6.8)	1.7 (0.0-3.5)	2.6 (0.9-4.4)
	2006-2009	6.8 (1.8-11.7)	5.1 (1.6-8.6)	5.9 (2.9-9.0)
Three or more serves of vegetables a day	1997-1998	26.1 (17.4-34.9)	27.8 (19.7-35.9)	27.1 (21.1-33.0)
	2002-2005	23.1 (14.8-31.5)	31.4 (22.9-39.9)	27.5 (21.5-33.6)
	2006-2009	20.9 (12.6-29.3)	28.6 (19.9-37.3)	24.7 (18.6-30.8)
Usually consumes lower fat or skim milk	1997-1998	46.2 (35.8-56.6)	56.3 (47.5-65.1)	52.0 (45.2-58.8)
	2002-2005	45.8 (34.8-56.8)	47.2 (38.2-56.1)	46.5 (39.5-53.5)
	2006-2009	42.3 (32.4-52.1)	51.4 (42.5-60.3)	46.7 (39.9-53.4)
Adequate physical activity	1997-1998	55.2 (40.7-69.7)	35.0 (24.0-45.9)	42.8 (33.8-51.7)
	2002-2005	40.0 (29.4-50.6)	33.8 (24.2-43.4)	37.0 (29.9-44.2)
	2006-2009	57.3 (46.0-68.6)	32.9 (24.5-41.3)	44.8 (37.4-52.3)
Current smoking	1997-1998	17.8 (10.7-24.9)	10.6 (5.7-15.4)	13.8 (9.6-18.0)
	2002-2005	18.0 (10.7-25.2)	16.7 (9.1-24.3)	17.3 (12.0-22.6)
	2006-2009	17.4 (9.7-25.2)	11.4 (5.3-17.5)	14.4 (9.5-19.4)
Live in smoke-free households	1997-1998			65.5 (59.5-71.5)
	2002-2005			81.4 (75.4-87.3)
	2006-2009			88.3 (83.6-93.1)
Bans smoking in car	2002-2005			86.0 (79.3-92.6)
	2006-2009			90.9 (86.8-95.0)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	75.0 (67.1-82.8)	66.3 (58.5-74.1)	70.2 (64.6-75.8)
	2002-2005	70.1 (60.4-79.8)	55.2 (46.5-64.0)	62.4 (55.8-68.9)
	2006-2009	73.1 (64.8-81.5)	57.5 (49.5-65.5)	65.3 (59.4-71.2)
Current asthma	1997-1998	6.0 (1.6-10.4)	7.3 (2.6-12.0)	6.7 (3.5-10.0)
	2002-2005	7.0 (0.0-14.7)	8.6 (2.8-14.4)	7.8 (3.1-12.6)
	2006-2009	3.0 (0.3-5.6)	8.7 (3.8-13.6)	5.8 (3.0-8.7)
Blood pressure measured in last 2 years	1997-1998	93.2 (88.8-97.6)	96.6 (93.8-99.5)	95.1 (92.6-97.6)
	2002-2005	94.6 (89.9-99.4)	99.3 (98.4-100)	96.8 (94.1-99.4)
	2006-2009	93.2 (80.3-100)	100 (100-100)	95.7 (87.6-100)
Ever had high blood pressure	1997-1998	16.4 (9.9-22.9)	24.3 (16.7-31.9)	20.8 (15.6-26.0)
	2002-2005	22.4 (10.7-34.2)	41.7 (28.7-54.7)	31.2 (22.3-40.0)
	2006-2009	35.1 (14.0-56.2)	33.8 (13.1-54.6)	34.6 (19.3-49.9)
Cholesterol measured in last 2 years	1997-1998	82.2 (75.5-89.0)	81.2 (74.6-87.7)	81.6 (76.9-86.3)
	2002-2005	79.9 (66.7-93.1)	95.0 (89.8-100)	86.4 (78.2-94.6)
	2006-2009	80.8 (59.6-100)	100 (100-100)	88.0 (74.1-100)
Ever had high cholesterol	1997-1998	24.0 (15.0-33.0)	21.3 (14.3-28.3)	22.5 (16.9-28.0)
	2002-2005	24.9 (13.4-36.4)	36.1 (22.9-49.3)	29.9 (21.1-38.7)
	2006-2009	23.5 (4.0-43.0)	38.7 (17.5-59.9)	29.5 (14.8-44.1)
Diabetes or high blood glucose	1997-1998	14.9 (7.7-22.2)	10.1 (5.2-15.0)	12.2 (8.0-16.4)
	2002-2005	11.3 (5.3-17.3)	10.5 (5.9-15.2)	10.9 (7.1-14.7)
	2006-2009	19.0 (11.7-26.2)	20.1 (13.3-26.9)	19.5 (14.5-24.5)
High and very high psychological distress	1997-1998	12.8 (6.0-19.6)	14.6 (7.7-21.5)	13.8 (8.9-18.7)
	2002-2005	14.3 (6.9-21.7)	24.0 (14.9-33.0)	18.9 (13.0-24.8)
	2006-2009	10.7 (4.9-16.5)	12.8 (7.8-17.8)	11.8 (8.0-15.6)
Visited a dental professional within the last 12 months	2002-2005	52.6 (42.0-63.2)	57.2 (47.9-66.5)	54.9 (47.9-62.0)
	2006-2009	66.0 (56.4-75.5)	61.2 (52.1-70.4)	63.7 (57.0-70.3)
All natural teeth missing	1997-1998	16.3 (4.5-28.1)	11.0 (4.5-17.5)	13.1 (7.0-19.1)
	2002-2005	6.9 (2.9-11.0)	10.7 (5.3-16.1)	8.9 (5.5-12.3)
	2006-2009	7.7 (3.4-12.0)	13.3 (8.1-18.5)	10.4 (7.0-13.8)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	45.4 (35.9-55.0)	39.2 (29.6-48.9)	42.3 (35.5-49.1)
	2002-2005	53.2 (42.0-64.3)	41.6 (31.4-51.8)	47.8 (40.1-55.6)
	2006-2009	46.7 (36.0-57.3)	40.1 (31.3-48.9)	43.4 (36.5-50.3)
Obese	1997-1998	21.6 (13.6-29.7)	14.0 (7.5-20.4)	17.8 (12.6-23.0)
	2002-2005	21.8 (13.0-30.5)	27.7 (18.4-37.0)	24.5 (18.1-30.9)
	2006-2009	22.0 (14.0-30.0)	32.4 (24.1-40.8)	27.1 (21.2-33.0)
Overweight or obese	1997-1998	67.1 (58.2-75.9)	53.2 (43.5-62.9)	60.1 (53.5-66.8)
	2002-2005	74.9 (65.3-84.5)	69.3 (59.0-79.5)	72.3 (65.3-79.4)
	2006-2009	68.6 (57.1-80.2)	72.5 (63.9-81.2)	70.6 (63.3-77.9)
Trends in health services				
Private health insurance	1997-1998	45.3 (35.9-54.7)	41.0 (32.7-49.3)	42.9 (36.7-49.2)
	2002-2005	55.3 (44.8-65.8)	51.6 (42.6-60.6)	53.4 (46.5-60.3)
	2006-2009	53.7 (44.3-63.1)	50.2 (42.4-58.0)	51.9 (45.8-58.1)
Difficulties getting health care when needing it	1997-1998	8.0 (3.4-12.6)	14.0 (7.4-20.7)	11.4 (7.1-15.7)
	2002-2005	12.3 (6.2-18.5)	13.3 (7.5-19.1)	12.8 (8.6-17.1)
	2006-2009	12.7 (6.6-18.8)	8.1 (4.3-11.9)	10.4 (6.8-14.0)
Emergency department presentation in the last 12 months	1997-1998	4.1 (1.0-7.2)	9.3 (3.6-15.1)	7.0 (3.5-10.5)
	2002-2005	12.9 (6.3-19.5)	17.1 (10.0-24.3)	15.1 (10.2-20.0)
	2006-2009	16.9 (9.7-24.1)	10.9 (6.0-15.8)	13.9 (9.5-18.3)
Hospital admission in the last 12 months	1997-1998	13.7 (7.7-19.7)	16.5 (10.0-23.0)	15.3 (10.8-19.8)
	2002-2005	12.3 (6.5-18.0)	14.1 (8.4-19.9)	13.2 (9.1-17.3)
	2006-2009	24.1 (16.2-32.0)	18.0 (12.0-23.9)	21.1 (16.1-26.0)
Visited a general practice in the last 12 months	1997-1998	84.5 (78.0-90.9)	85.8 (80.3-91.3)	85.2 (81.0-89.4)
	2006-2009	87.3 (80.5-94.1)	91.5 (86.8-96.3)	89.3 (85.2-93.5)
	Trends in social capital			
Most people can be trusted	2002-2005	70.5 (59.1-81.8)	59.0 (48.8-69.3)	65.0 (57.3-72.7)
	2006-2009	61.3 (50.7-71.9)	56.0 (46.3-65.6)	58.7 (51.5-65.9)
	2002-2005	75.1 (66.6-83.7)	35.7 (26.2-45.1)	56.1 (48.6-63.6)
Feel safe walking down their street after dark	2006-2009	74.3 (65.6-83.0)	43.4 (33.6-53.2)	59.1 (52.1-66.2)
	2002-2005	86.8 (80.7-93.0)	65.6 (55.7-75.6)	76.6 (70.4-82.9)
	2006-2009	85.6 (78.4-92.7)	79.1 (70.1-88.0)	82.4 (76.6-88.2)
Visited neighbours in the last week	2002-2005	74.7 (65.0-84.4)	55.8 (46.1-65.6)	65.7 (58.7-72.6)
	2006-2009	52.0 (40.8-63.1)	60.6 (51.4-69.9)	56.2 (48.9-63.6)
	2002-2005	87.8 (80.8-94.7)	93.9 (89.4-98.3)	90.7 (86.5-94.9)
Ran into friends and acquaintances when shopping in local area	2006-2009	74.9 (62.8-87.1)	87.7 (81.9-93.5)	81.4 (74.3-88.4)
	2002-2005	79.5 (69.8-89.1)	83.1 (76.4-89.8)	81.2 (75.2-87.2)
	2006-2009	80.5 (72.2-88.8)	78.9 (69.9-87.8)	79.7 (73.6-85.8)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Hong Kong

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	16.9 (5.5-28.2)	4.4 (0.0-9.1)	11.0 (4.4-17.5)
	2002-2005	8.3 (0.4-16.2)	6.7 (0.0-13.7)	7.6 (2.2-12.9)
	2006-2009	15.9 (4.5-27.3)	7.1 (0.0-14.4)	11.5 (4.7-18.4)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		64.4 (29.0-99.8)	
	2002-2005		75.4 (32.5-100)	
	2006-2009		71.2 (37.5-100)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		65.3 (45.7-85.0)	
	2002-2005		80.1 (58.3-100)	
	2006-2009		48.0 (28.1-68.0)	
Hysterectomy (20 to 69 years)	1997-1998		6.9 (0.0-14.7)	
	2002-2005		17.3 (0.0-37.1)	
	2006-2009		8.5 (0.0-18.9)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	41.3 (0.8-81.8)	23.9 (0.0-61.9)	32.1 (4.9-59.3)
	2002-2005	21.1 (0.0-44.3)	38.2 (12.0-64.4)	30.0 (11.7-48.4)
	2006-2009	37.2 (17.9-56.5)	45.2 (26.8-63.5)	41.4 (27.9-54.9)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	14.6 (0.0-35.7)	4.7 (0.0-13.9)	9.4 (0.0-20.6)
	2006-2009	10.4 (0.0-21.5)	19.0 (3.7-34.2)	14.9 (5.1-24.6)
Live in homes with a smoke alarm or detector	1997-1998			38.1 (26.4-47.8)
	2002-2005			60.1 (49.4-70.9)
	2006-2009			84.0 (76.1-91.9)
Two or more serves of fruit a day	1997-1998	35.2 (21.2-49.3)	59.9 (46.6-73.2)	47.0 (36.9-57.1)
	2002-2005	40.1 (25.7-54.5)	40.8 (27.8-53.9)	40.4 (30.6-50.2)
	2006-2009	64.7 (51.2-78.1)	51.3 (38.6-63.9)	58.0 (48.5-67.4)
Five or more serves of vegetables a day	1997-1998	0.2 (0.0-0.6)	6.6 (0.5-12.7)	3.2 (0.3-6.1)
	2002-2005	3.3 (0.0-7.2)	2.8 (0.0-6.5)	3.1 (0.4-5.8)
	2006-2009	8.0 (0.0-16.0)	6.6 (0.9-12.4)	7.3 (2.4-12.3)
Three or more serves of vegetables a day	1997-1998	14.6 (4.7-24.4)	25.6 (12.5-38.7)	19.7 (11.5-28.0)
	2002-2005	21.3 (10.1-32.4)	27.7 (16.2-39.2)	24.1 (16.1-32.2)
	2006-2009	38.6 (24.3-52.8)	38.0 (26.2-49.7)	38.3 (29.0-47.5)
Usually consumes lower fat or skim milk	1997-1998	22.1 (9.9-34.3)	48.4 (33.5-63.2)	34.3 (24.3-44.3)
	2002-2005	21.6 (9.8-33.4)	43.5 (30.4-56.6)	31.3 (22.5-40.2)
	2006-2009	34.5 (21.0-47.9)	43.8 (31.4-56.1)	39.0 (29.9-48.2)
Adequate physical activity	1997-1998	54.2 (34.0-74.4)	46.7 (27.8-65.7)	50.6 (36.8-64.3)
	2002-2005	59.4 (44.1-74.8)	46.7 (32.5-60.9)	53.4 (42.8-64.0)
	2006-2009	61.9 (47.6-76.2)	37.0 (24.7-49.3)	49.1 (39.3-58.8)
Current smoking	1997-1998	10.1 (0.5-19.7)	6.0 (0.0-12.1)	8.2 (2.3-14.1)
	2002-2005	17.6 (5.8-29.4)	5.5 (0.0-11.6)	12.2 (4.9-19.5)
	2006-2009	14.3 (3.3-25.3)	5.3 (0.0-11.3)	9.5 (3.4-15.7)
Live in smoke-free households	1997-1998			92.8 (88.2-97.5)
	2002-2005			91.4 (86.6-96.2)
	2006-2009			94.5 (90.3-98.6)
Bans smoking in car	2002-2005			92.5 (87.7-97.3)
	2006-2009			87.9 (80.6-95.1)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	91.9 (84.2-99.6)	84.6 (75.5-93.8)	88.5 (82.6-94.5)
	2002-2005	89.8 (82.2-97.3)	65.5 (52.7-78.2)	79.0 (71.5-86.5)
	2006-2009	82.6 (72.5-92.7)	71.2 (60.8-81.6)	76.7 (69.3-84.1)
Current asthma	1997-1998	1.9 (0.0-5.5)	4.0 (0.0-9.6)	2.9 (0.0-6.1)
	2002-2005	25.0 (11.6-38.5)	9.5 (1.2-17.8)	18.2 (9.6-26.7)
	2006-2009	5.2 (0.0-11.7)	8.4 (0.2-16.6)	6.8 (1.5-12.1)
Blood pressure measured in last 2 years	1997-1998	73.8 (60.5-87.1)	80.8 (70.4-91.3)	77.0 (68.3-85.7)
	2002-2005	55.8 (33.8-77.8)	72.4 (52.9-92.0)	63.6 (48.5-78.7)
	2006-2009	86.5 (65.7-100)	100 (100-100)	92.7 (81.1-100)
Ever had high blood pressure	1997-1998	8.6 (0.3-16.9)	2.0 (0.0-5.2)	5.5 (0.8-10.1)
	2002-2005	12.9 (0.0-32.3)	10.1 (0.0-22.1)	11.4 (0.1-22.7)
	2006-2009	22.4 (0.3-44.6)	12.4 (0.0-34.5)	17.8 (2.2-33.4)
Cholesterol measured in last 2 years	1997-1998	49.9 (35.3-64.6)	49.3 (35.5-63.1)	49.6 (39.5-59.8)
	2002-2005	54.5 (32.5-76.6)	51.0 (28.1-73.9)	52.9 (36.9-69.0)
	2006-2009	72.3 (46.6-98.1)	66.0 (37.8-94.2)	69.6 (50.5-88.7)
Ever had high cholesterol	1997-1998	20.7 (6.8-34.7)	21.3 (9.0-33.6)	21.0 (11.7-30.4)
	2002-2005	28.2 (4.0-52.5)	26.8 (6.8-46.8)	27.5 (11.8-43.2)
	2006-2009	21.4 (0.0-42.8)	22.2 (0.0-51.6)	21.7 (4.3-39.2)
Diabetes or high blood glucose	1997-1998	3.9 (0.0-9.1)	0.0 (0.0-0.0)	2.1 (0.0-4.9)
	2002-2005	3.7 (0.0-7.6)	1.7 (0.0-5.0)	2.8 (0.2-5.4)
	2006-2009	9.4 (2.2-16.5)	6.6 (0.0-13.3)	8.0 (3.1-12.8)
High and very high psychological distress	1997-1998	6.9 (0.0-15.6)	11.3 (2.5-20.1)	8.9 (2.7-15.1)
	2002-2005	5.0 (0.0-10.1)	8.9 (2.5-15.3)	6.8 (2.7-10.9)
	2006-2009	5.7 (0.0-14.0)	6.0 (0.0-12.8)	5.8 (0.4-11.2)
Visited a dental professional within the last 12 months	2002-2005	76.7 (64.5-88.9)	74.0 (61.7-86.3)	75.5 (66.8-84.2)
	2006-2009	79.5 (67.2-91.8)	73.0 (60.8-85.2)	76.5 (67.8-85.2)
All natural teeth missing	1997-1998	0.0 (0.0-0.0)	3.6 (0.0-10.6)	1.8 (0.0-5.2)
	2002-2005	0.0 (0.0-0.0)	0.9 (0.0-2.6)	0.4 (0.0-1.1)
	2006-2009	0.0 (0.0-0.0)	2.2 (0.0-6.5)	1.0 (0.0-3.0)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	22.4 (11.0-33.8)	6.2 (0.7-11.6)	15.0 (8.2-21.8)
	2002-2005	12.7 (2.5-23.0)	3.7 (0.0-8.0)	8.4 (2.6-14.1)
	2006-2009	27.5 (14.2-40.8)	12.6 (4.7-20.5)	20.1 (12.1-28.0)
Obese	1997-1998	7.4 (0.0-17.2)	2.4 (0.0-5.1)	5.1 (0.0-10.7)
	2002-2005	7.0 (0.0-15.0)	6.9 (0.0-14.1)	6.9 (1.5-12.4)
	2006-2009	0.8 (0.0-2.0)	4.0 (0.0-8.2)	2.4 (0.2-4.6)
Overweight or obese	1997-1998	29.8 (16.2-43.4)	8.6 (2.4-14.7)	20.0 (11.8-28.3)
	2002-2005	19.7 (7.3-32.1)	10.6 (2.3-18.9)	15.3 (7.7-22.9)
	2006-2009	28.3 (15.0-41.6)	16.6 (7.9-25.3)	22.4 (14.3-30.6)
Trends in health services				
Private health insurance	1997-1998	38.4 (24.2-52.6)	53.7 (40.0-67.5)	45.7 (35.7-55.7)
	2002-2005	66.8 (53.0-80.5)	69.9 (57.6-82.3)	68.2 (58.8-77.6)
	2006-2009	74.5 (62.0-87.0)	73.9 (63.3-84.5)	74.2 (66.0-82.4)
Difficulties getting health care when needing it	1997-1998	0.8 (0.0-2.5)	5.5 (0.4-10.7)	3.0 (0.4-5.6)
	2002-2005	5.1 (0.4-9.8)	13.4 (4.4-22.4)	8.9 (3.9-13.9)
	2006-2009	11.1 (2.8-19.4)	18.3 (8.7-27.8)	14.7 (8.3-21.0)
Emergency department presentation in the last 12 months	1997-1998	7.7 (0.0-16.1)	3.5 (0.0-7.6)	5.7 (0.8-10.7)
	2002-2005	4.1 (0.0-8.8)	3.7 (0.0-8.2)	3.9 (0.7-7.2)
	2006-2009	7.8 (0.6-14.9)	6.8 (1.4-12.2)	7.3 (2.8-11.8)
Hospital admission in the last 12 months	1997-1998	3.2 (0.0-7.3)	10.1 (3.1-17.1)	6.4 (2.4-10.4)
	2002-2005	2.0 (0.0-4.6)	12.9 (1.2-24.5)	6.8 (1.2-12.5)
	2006-2009	0.0 (0.0-0.0)	6.2 (1.6-10.9)	3.1 (0.8-5.4)
Visited a general practice in the last 12 months	1997-1998	70.4 (56.6-84.2)	79.2 (67.9-90.5)	74.5 (65.4-83.6)
	2006-2009	85.2 (75.7-94.7)	86.9 (79.0-94.8)	86.0 (79.8-92.2)
	Trends in social capital			
Most people can be trusted	2002-2005	72.9 (59.0-86.8)	59.1 (44.8-73.4)	66.2 (56.0-76.5)
	2006-2009	68.1 (53.6-82.6)	72.0 (60.7-83.3)	70.0 (60.8-79.3)
	2002-2005	86.5 (76.7-96.3)	50.0 (35.4-64.6)	69.7 (60.4-79.0)
Feel safe walking down their street after dark	2006-2009	80.8 (68.8-92.8)	52.4 (39.2-65.7)	66.8 (57.5-76.2)
	2002-2005	87.6 (78.6-96.6)	62.4 (49.2-75.7)	75.9 (67.9-84.0)
	2006-2009	70.1 (55.4-84.8)	65.4 (52.8-78.0)	67.7 (58.1-77.4)
Area has a reputation for being a safe place	2002-2005	46.5 (30.9-62.1)	47.0 (32.8-61.1)	46.7 (36.1-57.3)
	2006-2009	46.3 (31.5-61.1)	45.2 (32.6-57.8)	45.7 (36.0-55.4)
	2002-2005	63.4 (47.6-79.2)	74.0 (62.1-86.0)	68.4 (58.2-78.7)
Ran into friends and acquaintances when shopping in local area	2006-2009	71.9 (57.7-86.1)	72.7 (61.5-83.8)	72.3 (63.2-81.3)
	2002-2005	58.6 (42.9-74.3)	51.4 (37.2-65.7)	55.2 (44.5-65.9)
	2006-2009	55.7 (40.7-70.7)	58.5 (45.5-71.4)	57.0 (47.1-67.0)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Greece

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	33.6 (22.2-45.0)	14.3 (4.0-24.7)	24.5 (16.7-32.3)
	2002-2005	22.5 (10.4-34.6)	5.4 (0.6-10.3)	13.9 (7.2-20.6)
	2006-2009	15.8 (6.5-25.1)	2.4 (0.2-4.5)	8.9 (4.1-13.7)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		75.6 (61.3-89.9)	
	2002-2005		71.8 (47.8-95.8)	
	2006-2009		83.8 (71.3-96.4)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		48.0 (27.1-68.9)	
	2002-2005		76.7 (54.3-99.0)	
	2006-2009		60.3 (35.0-85.6)	
Hysterectomy (20 to 69 years)	1997-1998		13.4 (5.8-21.0)	
	2002-2005		35.4 (12.1-58.7)	
	2006-2009		50.0 (32.7-67.4)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	36.0 (22.9-49.1)	23.4 (13.1-33.8)	30.6 (21.7-39.6)
	2002-2005	35.1 (21.2-49.1)	39.9 (26.0-53.7)	37.6 (27.8-47.5)
	2006-2009	46.6 (34.4-58.8)	44.8 (34.7-55.0)	45.6 (37.8-53.5)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	14.8 (4.6-25.1)	19.9 (8.6-31.2)	17.5 (9.8-25.2)
	2006-2009	28.9 (18.2-39.5)	32.1 (22.6-41.7)	30.6 (23.5-37.7)
Live in homes with a smoke alarm or detector	1997-1998			29.9 (22.0-37.8)
	2002-2005			50.6 (39.6-61.5)
	2006-2009			65.1 (57.3-72.8)
Two or more serves of fruit a day	1997-1998	62.7 (51.3-74.1)	64.5 (52.1-76.9)	63.5 (55.2-71.9)
	2002-2005	43.7 (29.0-58.5)	51.0 (37.7-64.3)	47.5 (37.5-57.4)
	2006-2009	65.5 (53.2-77.9)	66.6 (55.9-77.2)	66.0 (57.9-74.2)
Five or more serves of vegetables a day	1997-1998	2.0 (0.0-5.8)	0.3 (0.0-0.9)	1.2 (0.0-3.2)
	2002-2005	1.4 (0.0-4.1)	8.0 (0.0-18.6)	4.9 (0.0-10.7)
	2006-2009	4.7 (0.1-9.3)	6.2 (1.1-11.3)	5.4 (2.0-8.9)
Three or more serves of vegetables a day	1997-1998	12.8 (3.9-21.6)	12.2 (3.1-21.2)	12.5 (6.1-18.8)
	2002-2005	15.6 (4.3-26.9)	23.4 (10.8-36.0)	19.7 (11.1-28.4)
	2006-2009	31.7 (20.6-42.8)	27.1 (18.4-35.8)	29.4 (22.4-36.5)
Usually consumes lower fat or skim milk	1997-1998	39.8 (26.9-52.7)	40.5 (28.5-52.6)	40.2 (31.3-49.0)
	2002-2005	25.1 (11.4-38.9)	36.4 (24.0-48.8)	30.8 (21.6-40.0)
	2006-2009	25.6 (15.5-35.8)	42.8 (32.4-53.2)	34.2 (26.6-41.7)
Adequate physical activity	1997-1998	49.7 (30.5-68.8)	40.5 (24.7-56.3)	44.3 (32.0-56.6)
	2002-2005	31.5 (17.6-45.3)	32.3 (17.6-47.0)	31.9 (21.8-42.0)
	2006-2009	48.8 (36.1-61.4)	32.3 (23.2-41.5)	40.5 (32.5-48.5)
Current smoking	1997-1998	22.6 (13.3-31.9)	14.0 (5.1-22.9)	18.6 (12.1-25.0)
	2002-2005	23.9 (11.5-36.3)	10.3 (3.5-17.1)	17.0 (9.8-24.2)
	2006-2009	24.6 (11.8-37.4)	8.8 (1.8-15.8)	16.4 (9.0-23.8)
Live in smoke-free households	1997-1998			67.8 (60.0-75.7)
	2002-2005			74.8 (65.4-84.2)
	2006-2009			88.0 (82.7-93.4)
Bans smoking in car	2002-2005			76.1 (63.0-89.2)
	2006-2009			86.1 (79.4-92.9)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	51.7 (39.6-63.8)	49.2 (37.1-61.2)	50.5 (42.0-59.0)
	2002-2005	65.3 (51.9-78.7)	61.2 (48.7-73.7)	63.2 (54.0-72.4)
	2006-2009	64.2 (52.6-75.9)	57.4 (47.8-66.9)	60.6 (53.1-68.1)
Current asthma	1997-1998	6.5 (0.0-13.0)	6.0 (0.8-11.2)	6.3 (2.0-10.5)
	2002-2005	10.6 (1.7-19.5)	7.5 (1.6-13.3)	9.0 (3.7-14.3)
	2006-2009	5.7 (1.0-10.5)	11.8 (5.1-18.5)	8.9 (4.7-13.2)
Blood pressure measured in last 2 years	1997-1998	93.5 (88.0-99.1)	91.1 (82.1-100)	92.4 (87.2-97.5)
	2002-2005	93.5 (85.4-100)	93.7 (84.4-100)	93.5 (87.3-99.8)
	2006-2009	100 (100-100)	75.5 (35.2-100)	84.3 (56.7-100)
Ever had high blood pressure	1997-1998	23.1 (13.5-32.7)	23.3 (13.4-33.2)	23.2 (16.3-30.1)
	2002-2005	24.2 (8.7-39.7)	21.2 (5.8-36.6)	23.2 (11.6-34.7)
	2006-2009	46.8 (0.5-93.1)	49.1 (5.8-92.4)	48.3 (15.7-80.8)
Cholesterol measured in last 2 years	1997-1998	82.0 (73.4-90.6)	75.4 (63.2-87.6)	78.9 (71.4-86.4)
	2002-2005	94.2 (87.0-100)	76.7 (57.9-95.4)	88.5 (80.2-96.8)
	2006-2009	56.7 (4.7-100)	75.5 (35.2-100)	68.8 (35.3-100)
Ever had high cholesterol	1997-1998	36.3 (24.1-48.6)	42.2 (30.5-54.0)	39.0 (30.5-47.6)
	2002-2005	27.1 (10.7-43.5)	26.6 (7.7-45.5)	26.9 (14.2-39.7)
	2006-2009	51.9 (0.0-100)	17.2 (0.0-41.2)	31.0 (4.8-57.3)
Diabetes or high blood glucose	1997-1998	14.1 (5.9-22.3)	6.3 (1.6-10.9)	10.5 (5.5-15.5)
	2002-2005	21.2 (10.2-32.3)	15.0 (5.8-24.3)	18.1 (10.9-25.2)
	2006-2009	15.0 (7.4-22.6)	21.5 (13.3-29.8)	18.3 (12.6-24.0)
High and very high psychological distress	1997-1998	19.3 (9.6-29.1)	19.2 (10.2-28.2)	19.3 (12.6-25.9)
	2002-2005	27.3 (13.7-40.9)	38.4 (23.3-53.5)	32.7 (22.4-43.1)
	2006-2009	24.4 (14.4-34.3)	28.8 (19.4-38.1)	26.6 (19.7-33.4)
Visited a dental professional within the last 12 months	2002-2005	60.7 (46.4-75.0)	59.5 (45.7-73.4)	60.2 (50.1-70.2)
	2006-2009	56.1 (42.7-69.4)	61.7 (51.4-72.1)	59.1 (50.8-67.4)
All natural teeth missing	1997-1998	15.3 (0.9-29.7)	12.7 (4.5-20.8)	13.7 (6.1-21.4)
	2002-2005	13.1 (3.4-22.8)	7.3 (1.7-13.0)	10.2 (4.5-15.8)
	2006-2009	17.5 (8.7-26.4)	12.8 (6.1-19.5)	15.0 (9.5-20.4)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	52.8 (40.6-65.0)	36.3 (22.3-50.3)	46.6 (37.2-56.1)
	2002-2005	45.0 (28.4-61.7)	33.4 (19.7-47.0)	39.5 (28.3-50.7)
	2006-2009	50.8 (37.7-64.0)	40.2 (29.7-50.7)	45.6 (37.0-54.3)
Obese	1997-1998	18.8 (9.3-28.3)	9.1 (2.6-15.5)	15.2 (8.6-21.7)
	2002-2005	22.4 (10.7-34.1)	30.0 (16.4-43.5)	26.0 (17.0-35.0)
	2006-2009	18.4 (8.3-28.4)	20.0 (12.2-27.9)	19.2 (12.8-25.6)
Overweight or obese	1997-1998	71.6 (60.4-82.9)	45.3 (30.5-60.2)	61.8 (52.3-71.3)
	2002-2005	67.4 (52.1-82.7)	63.4 (47.3-79.4)	65.5 (54.3-76.6)
	2006-2009	69.2 (58.0-80.4)	60.2 (48.7-71.7)	64.8 (56.6-73.1)
Trends in health services				
Private health insurance	1997-1998	22.3 (11.8-32.7)	26.2 (15.1-37.4)	24.1 (16.5-31.8)
	2002-2005	31.3 (16.0-46.6)	35.2 (21.5-48.9)	33.3 (23.0-43.5)
	2006-2009	39.5 (27.9-51.2)	24.3 (16.2-32.5)	31.9 (24.7-39.2)
Difficulties getting health care when needing it	1997-1998	13.6 (5.1-22.1)	18.2 (9.7-26.8)	15.7 (9.7-21.8)
	2002-2005	15.6 (3.0-28.2)	22.7 (9.6-35.7)	19.4 (10.2-28.6)
	2006-2009	10.5 (4.6-16.4)	12.8 (6.8-18.9)	11.6 (7.4-15.9)
Emergency department presentation in the last 12 months	1997-1998	20.9 (10.6-31.2)	9.0 (1.8-16.1)	15.3 (8.7-21.8)
	2002-2005	17.3 (5.9-28.7)	12.6 (1.6-23.6)	14.9 (7.0-22.8)
	2006-2009	17.5 (9.4-25.6)	8.9 (3.8-14.0)	13.1 (8.4-17.9)
Hospital admission in the last 12 months	1997-1998	20.4 (10.8-29.9)	11.7 (4.6-18.8)	16.3 (10.2-22.4)
	2002-2005	6.2 (0.5-11.9)	13.4 (4.3-22.4)	9.8 (4.4-15.3)
	2006-2009	17.1 (8.4-25.8)	14.5 (8.7-20.4)	15.8 (10.5-21.1)
Visited a general practice in the last 12 months	1997-1998	77.3 (68.2-86.4)	73.2 (62.2-84.1)	75.4 (68.2-82.5)
	2006-2009	85.9 (73.6-98.2)	94.1 (89.8-98.4)	89.8 (82.8-96.8)
	Trends in social capital			
Most people can be trusted	2002-2005	45.6 (29.1-62.0)	32.6 (19.5-45.7)	39.2 (28.3-50.0)
	2006-2009	54.2 (40.5-67.9)	45.6 (34.3-56.8)	49.8 (41.0-58.7)
	2002-2005	50.6 (34.5-66.6)	26.1 (13.5-38.7)	38.7 (27.6-49.8)
Feel safe walking down their street after dark	2006-2009	56.1 (42.7-69.4)	29.6 (20.0-39.1)	42.8 (34.1-51.4)
	2002-2005	62.0 (46.0-78.1)	68.3 (54.7-81.8)	65.0 (54.4-75.6)
	2006-2009	64.1 (50.3-78.0)	66.9 (56.4-77.4)	65.5 (56.9-74.2)
Area has a reputation for being a safe place	2002-2005	75.5 (63.1-87.8)	50.6 (35.9-65.4)	63.3 (52.9-73.7)
	2006-2009	62.5 (49.4-75.6)	57.1 (46.1-68.0)	59.8 (51.3-68.3)
	2002-2005	85.4 (74.4-96.5)	75.4 (61.1-89.7)	80.5 (71.4-89.7)
Ran into friends and acquaintances when shopping in local area	2006-2009	81.5 (71.1-91.8)	83.4 (75.6-91.2)	82.4 (76.0-88.9)
	2002-2005	66.9 (51.0-82.7)	78.6 (67.1-90.1)	72.7 (62.8-82.7)
	2006-2009	75.0 (64.7-85.3)	86.1 (79.1-93.1)	80.6 (74.4-86.8)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in South Africa

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	31.6 (15.6-47.6)	33.9 (18.7-49.2)	32.7 (21.5-43.8)
	2002-2005	27.2 (14.6-39.9)	22.1 (8.9-35.2)	24.9 (15.8-34.0)
	2006-2009	38.7 (23.3-54.1)	18.2 (7.1-29.3)	26.8 (17.5-36.1)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		52.7 (19.8-85.7)	
	2002-2005		80.4 (56.3-100)	
	2006-2009		74.9 (43.4-100)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		100 (100-100)	
	2002-2005		74.1 (56.5-91.7)	
	2006-2009		79.4 (64.5-94.4)	
Hysterectomy (20 to 69 years)	1997-1998		13.4 (3.7-23.2)	
	2002-2005		3.4 (0.0-8.4)	
	2006-2009		16.3 (5.2-27.4)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	18.7 (0.0-43.8)	31.0 (8.4-53.6)	25.8 (8.8-42.7)
	2002-2005	25.3 (11.5-39.0)	43.9 (25.4-62.4)	33.0 (21.4-44.6)
	2006-2009	34.1 (15.9-52.4)	69.2 (56.4-81.9)	57.1 (45.6-68.6)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	4.8 (0.4-9.3)	24.4 (6.8-41.9)	12.5 (4.4-20.6)
	2006-2009	19.2 (4.5-34.0)	37.8 (23.8-51.8)	31.2 (20.5-41.8)
Live in homes with a smoke alarm or detector	1997-1998			50.1 (38.1-62.1)
	2002-2005			76.4 (68.4-84.5)
	2006-2009			95.4 (91.4-99.4)
Two or more serves of fruit a day	1997-1998	42.1 (25.2-59.0)	62.4 (47.5-77.2)	51.2 (39.2-63.1)
	2002-2005	39.3 (26.4-52.2)	50.3 (37.3-63.2)	44.3 (35.0-53.5)
	2006-2009	50.0 (35.0-65.0)	67.8 (55.8-79.7)	60.6 (51.3-69.9)
Five or more serves of vegetables a day	1997-1998	3.1 (0.0-9.1)	7.9 (0.2-15.6)	5.3 (0.4-10.1)
	2002-2005	3.3 (0.0-7.1)	8.2 (1.1-15.3)	5.5 (1.7-9.4)
	2006-2009	4.1 (0.6-7.7)	10.2 (1.7-18.7)	7.8 (2.4-13.2)
Three or more serves of vegetables a day	1997-1998	30.4 (15.5-45.3)	28.8 (15.0-42.6)	29.7 (19.4-40.0)
	2002-2005	26.0 (14.6-37.4)	52.0 (39.0-65.1)	37.8 (29.0-46.6)
	2006-2009	25.5 (13.1-37.9)	41.4 (30.0-52.8)	35.0 (26.4-43.6)
Usually consumes lower fat or skim milk	1997-1998	49.4 (31.9-66.9)	74.7 (61.8-87.6)	60.4 (48.9-72.0)
	2002-2005	48.2 (35.0-61.3)	64.2 (52.2-76.2)	55.4 (46.2-64.7)
	2006-2009	51.8 (36.7-66.8)	62.3 (50.7-73.9)	58.1 (48.9-67.3)
Adequate physical activity	1997-1998	66.5 (44.0-89.0)	29.1 (9.9-48.3)	51.5 (32.9-70.0)
	2002-2005	48.0 (34.2-61.8)	53.5 (40.4-66.6)	50.4 (40.7-60.2)
	2006-2009	68.5 (53.5-83.5)	46.6 (34.7-58.6)	55.8 (46.0-65.6)
Current smoking	1997-1998	15.1 (1.9-28.2)	18.8 (5.6-32.0)	16.7 (7.4-26.1)
	2002-2005	14.5 (5.1-24.0)	13.4 (5.7-21.1)	14.0 (7.8-20.3)
	2006-2009	23.0 (10.2-35.9)	9.7 (3.5-15.8)	15.7 (8.8-22.6)
Live in smoke-free households	1997-1998			79.3 (68.4-90.3)
	2002-2005			90.7 (86.2-95.3)
	2006-2009			92.3 (86.8-97.8)
Bans smoking in car	2002-2005			92.5 (87.9-97.0)
	2006-2009			92.2 (86.6-97.8)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	94.2 (87.0-100)	91.8 (85.6-98.1)	93.2 (88.3-98.0)
	2002-2005	91.3 (84.6-98.1)	88.8 (81.6-96.1)	90.2 (85.3-95.1)
	2006-2009	87.7 (77.9-97.4)	84.6 (77.5-91.7)	85.9 (80.1-91.7)
Current asthma	1997-1998	6.2 (0.0-13.8)	15.5 (5.4-25.6)	10.3 (4.1-16.6)
	2002-2005	16.0 (5.7-26.3)	4.8 (0.3-9.4)	10.9 (4.8-17.1)
	2006-2009	12.8 (1.4-24.3)	7.2 (1.8-12.7)	9.6 (3.8-15.5)
Blood pressure measured in last 2 years	1997-1998	83.2 (70.0-96.4)	97.3 (92.9-100)	89.6 (81.8-97.3)
	2002-2005	83.9 (69.8-98.0)	88.8 (77.9-99.7)	86.1 (76.9-95.3)
	2006-2009	87.8 (70.9-100)	96.5 (91.4-100)	93.3 (86.3-100)
Ever had high blood pressure	1997-1998	26.0 (7.5-44.4)	12.1 (2.2-22.0)	19.6 (8.2-31.0)
	2002-2005	12.4 (2.6-22.2)	16.1 (6.5-25.7)	14.1 (7.2-21.0)
	2006-2009	14.3 (0.0-32.3)	28.6 (9.3-48.0)	23.3 (9.0-37.5)
Cholesterol measured in last 2 years	1997-1998	68.7 (52.6-84.7)	33.5 (19.2-47.9)	52.8 (40.9-64.8)
	2002-2005	60.4 (42.0-78.8)	60.2 (43.8-76.6)	60.3 (47.8-72.8)
	2006-2009	66.8 (38.7-95.0)	73.3 (54.4-92.2)	71.1 (55.4-86.8)
Ever had high cholesterol	1997-1998	12.3 (0.7-23.9)	18.6 (1.0-36.2)	14.5 (4.7-24.4)
	2002-2005	36.0 (16.4-55.5)	30.2 (13.8-46.7)	33.5 (20.3-46.8)
	2006-2009	28.9 (0.0-60.7)	28.3 (9.2-47.4)	28.5 (11.9-45.0)
Diabetes or high blood glucose	1997-1998	0.0 (0.0-0.0)	0.9 (0.0-2.1)	0.4 (0.0-1.0)
	2002-2005	5.5 (0.7-10.2)	2.6 (0.3-4.9)	4.2 (1.4-7.0)
	2006-2009	3.9 (0.0-9.0)	4.5 (0.8-8.2)	4.2 (1.2-7.3)
High and very high psychological distress	1997-1998	7.5 (0.0-16.2)	5.0 (0.0-10.7)	6.4 (1.0-11.9)
	2002-2005	6.9 (0.3-13.5)	8.7 (1.5-15.8)	7.7 (2.8-12.5)
	2006-2009	15.4 (2.8-28.1)	12.2 (4.9-19.6)	13.5 (6.8-20.2)
Visited a dental professional within the last 12 months	2002-2005	58.6 (45.3-71.9)	68.3 (56.7-79.9)	63.1 (54.0-72.2)
	2006-2009	80.3 (67.6-93.0)	58.1 (45.8-70.3)	67.4 (58.1-76.6)
All natural teeth missing	1997-1998	0.0 (0.0-0.0)	10.4 (0.0-22.3)	4.1 (0.0-8.9)
	2002-2005	0.7 (0.0-1.8)	9.5 (3.0-16.1)	4.7 (1.6-7.8)
	2006-2009	3.4 (0.0-7.4)	5.5 (1.1-10.0)	4.6 (1.5-7.7)



Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	26.7 (12.4-41.0)	10.2 (2.5-17.8)	19.4 (10.7-28.2)
	2002-2005	36.9 (23.7-50.1)	18.6 (8.8-28.3)	29.3 (20.4-38.1)
	2006-2009	46.3 (31.1-61.5)	19.1 (11.1-27.1)	30.4 (21.9-38.9)
Obese	1997-1998	9.1 (0.1-18.2)	16.2 (5.3-27.1)	12.3 (5.2-19.3)
	2002-2005	16.8 (5.8-27.8)	12.7 (3.9-21.5)	15.1 (7.7-22.5)
	2006-2009	16.8 (4.9-28.7)	14.7 (7.3-22.0)	15.6 (9.0-22.1)
Overweight or obese	1997-1998	35.8 (19.8-51.8)	26.4 (13.6-39.2)	31.7 (21.1-42.2)
	2002-2005	53.7 (39.7-67.6)	31.3 (19.2-43.4)	44.4 (34.5-54.2)
	2006-2009	63.1 (48.9-77.4)	33.8 (23.5-44.0)	46.0 (36.7-55.2)
Trends in health services				
Private health insurance	1997-1998	71.1 (56.2-86.1)	46.1 (30.5-61.8)	60.0 (48.7-71.2)
	2002-2005	72.8 (61.1-84.6)	68.7 (55.8-81.6)	71.0 (62.2-79.7)
	2006-2009	62.1 (47.9-76.4)	64.7 (54.2-75.3)	63.7 (55.2-72.2)
Difficulties getting health care when needing it	1997-1998	2.8 (0.0-7.3)	4.5 (0.0-9.2)	3.6 (0.4-6.8)
	2002-2005	5.2 (1.8-8.7)	8.6 (2.8-14.4)	6.9 (3.5-10.2)
	2006-2009	16.6 (4.9-28.3)	12.0 (5.8-18.3)	13.9 (7.8-20.0)
Emergency department presentation in the last 12 months	1997-1998	0.0 (0.0-0.0)	6.2 (0.0-13.0)	2.8 (0.0-5.9)
	2002-2005	7.0 (1.5-12.6)	12.6 (5.0-20.1)	9.6 (4.9-14.2)
	2006-2009	11.7 (2.1-21.3)	12.3 (5.6-19.0)	12.0 (6.5-17.6)
Hospital admission in the last 12 months	1997-1998	3.2 (0.0-7.8)	14.5 (5.1-23.8)	8.2 (3.3-13.2)
	2002-2005	5.0 (0.9-9.1)	16.6 (8.0-25.1)	10.2 (5.7-14.8)
	2006-2009	3.5 (0.3-6.8)	15.5 (7.4-23.6)	10.6 (5.5-15.7)
Visited a general practice in the last 12 months	1997-1998	85.5 (74.4-96.6)	91.3 (81.1-100)	88.1 (80.5-95.7)
	2006-2009	70.5 (56.1-84.9)	92.1 (86.9-97.3)	82.8 (75.6-90.1)
	Trends in social capital			
Most people can be trusted	2002-2005	79.3 (68.1-90.6)	75.4 (63.9-86.9)	77.6 (69.5-85.7)
	2006-2009	77.1 (61.9-92.3)	88.2 (81.1-95.3)	84.2 (76.9-91.5)
	2002-2005	86.8 (77.4-96.3)	85.6 (77.5-93.6)	86.3 (79.9-92.7)
Feel safe walking down their street after dark	2006-2009	88.4 (76.0-100)	75.8 (65.9-85.7)	80.7 (73.0-88.4)
	2002-2005	86.8 (78.4-95.2)	90.7 (83.3-98.0)	88.5 (82.8-94.2)
Area has a reputation for being a safe place	2006-2009	79.9 (65.0-94.9)	91.6 (85.9-97.3)	87.2 (80.2-94.1)
	2002-2005	62.8 (49.5-76.1)	49.5 (36.3-62.7)	56.9 (47.4-66.5)
Visited neighbours in the last week	2006-2009	69.7 (54.8-84.5)	60.3 (48.5-72.0)	63.9 (54.6-73.2)
	2002-2005	74.9 (62.6-87.3)	84.8 (76.3-93.3)	79.3 (71.3-87.2)
Ran into friends and acquaintances when shopping in local area	2006-2009	82.9 (72.2-93.6)	83.5 (75.7-91.4)	83.3 (76.9-89.6)
	2002-2005	76.0 (64.6-87.3)	86.3 (78.6-94.1)	80.5 (73.2-87.8)
Would feel sad to leave their neighbourhood	2006-2009	60.1 (44.2-76.0)	81.0 (71.1-90.8)	72.9 (64.1-81.6)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Germany

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	35.1 (23.5-46.8)	28.4 (19.1-37.8)	31.1 (23.9-38.4)
	2002-2005	22.2 (13.7-30.7)	28.4 (19.3-37.5)	25.3 (19.0-31.6)
	2006-2009	19.5 (10.0-29.0)	16.5 (8.8-24.3)	18.1 (11.9-24.4)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		70.3 (55.7-84.9)	
	2002-2005		51.5 (31.3-71.7)	
	2006-2009		63.7 (45.8-81.6)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		76.1 (55.9-96.2)	
	2002-2005		74.1 (58.2-90.1)	
	2006-2009		76.1 (61.8-90.4)	
Hysterectomy (20 to 69 years)	1997-1998		18.6 (9.9-27.3)	
	2002-2005		21.0 (8.5-33.5)	
	2006-2009		23.5 (7.7-39.3)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	16.5 (6.5-26.5)	33.0 (20.7-45.3)	25.0 (16.8-33.1)
	2002-2005	49.1 (37.0-61.3)	45.1 (35.4-54.7)	46.9 (39.3-54.6)
	2006-2009	29.0 (18.7-39.3)	39.4 (29.2-49.7)	33.9 (26.5-41.3)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	14.6 (6.5-22.7)	19.4 (11.3-27.5)	17.3 (11.5-23.1)
	2006-2009	17.2 (9.0-25.4)	25.8 (16.4-35.2)	21.4 (15.1-27.7)
Live in homes with a smoke alarm or detector	1997-1998			58.8 (51.2-66.4)
	2002-2005			67.2 (59.0-75.3)
	2006-2009			92.6 (88.8-96.3)
Two or more serves of fruit a day	1997-1998	43.7 (31.6-55.7)	64.3 (54.0-74.5)	56.0 (48.1-63.9)
	2002-2005	52.0 (40.1-63.8)	72.7 (65.1-80.3)	62.5 (55.3-69.7)
	2006-2009	56.6 (41.1-72.1)	69.3 (59.3-79.3)	62.5 (52.7-72.4)
Five or more serves of vegetables a day	1997-1998	6.6 (1.2-12.0)	9.4 (4.2-14.5)	8.3 (4.5-12.0)
	2002-2005	4.3 (0.9-7.6)	10.0 (5.2-14.8)	7.2 (4.2-10.2)
	2006-2009	5.2 (0.8-9.6)	14.7 (7.1-22.2)	9.7 (5.3-14.0)
Three or more serves of vegetables a day	1997-1998	30.2 (19.4-41.0)	40.1 (30.2-50.0)	36.2 (28.8-43.5)
	2002-2005	21.1 (12.1-30.0)	48.7 (39.6-57.9)	35.4 (28.4-42.3)
	2006-2009	21.8 (11.3-32.4)	57.2 (45.6-68.7)	38.5 (29.4-47.5)
Usually consumes lower fat or skim milk	1997-1998	46.5 (33.7-59.2)	48.6 (37.8-59.4)	47.7 (39.5-56.0)
	2002-2005	28.9 (19.3-38.6)	44.5 (35.7-53.4)	36.8 (30.1-43.5)
	2006-2009	42.4 (28.0-56.8)	50.8 (39.1-62.6)	46.4 (36.9-55.9)
Adequate physical activity	1997-1998	46.3 (28.0-64.6)	59.2 (45.1-73.3)	54.4 (42.9-65.9)
	2002-2005	43.9 (30.9-56.9)	49.2 (39.0-59.3)	46.7 (38.5-54.9)
	2006-2009	53.9 (37.8-69.9)	49.6 (37.4-61.8)	51.9 (41.7-62.1)
Current smoking	1997-1998	25.7 (14.4-37.0)	27.7 (17.5-37.9)	26.9 (19.3-34.5)
	2002-2005	25.1 (15.6-34.6)	15.5 (9.3-21.7)	20.2 (14.6-25.9)
	2006-2009	18.2 (8.4-27.9)	15.2 (7.8-22.6)	16.7 (10.6-22.9)
Live in smoke-free households	1997-1998			71.3 (63.9-78.7)
	2002-2005			82.4 (77.1-87.6)
	2006-2009			84.8 (75.3-94.4)
Bans smoking in car	2002-2005			81.9 (75.5-88.3)
	2006-2009			89.1 (83.7-94.4)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	79.6 (69.4-89.8)	82.7 (75.5-90.0)	81.5 (75.5-87.5)
	2002-2005	81.9 (74.0-89.8)	75.5 (68.0-83.0)	78.7 (73.2-84.2)
	2006-2009	68.5 (54.3-82.8)	76.5 (68.2-84.8)	72.2 (63.4-81.0)
Current asthma	1997-1998	4.9 (0.3-9.5)	9.8 (3.3-16.3)	7.8 (3.5-12.2)
	2002-2005	8.6 (0.0-17.7)	12.1 (5.6-18.6)	10.4 (4.8-15.9)
	2006-2009	3.7 (0.4-7.0)	4.4 (1.0-7.9)	4.0 (1.6-6.4)
Blood pressure measured in last 2 years	1997-1998	89.8 (83.5-96.0)	93.3 (88.6-98.0)	91.9 (88.1-95.7)
	2002-2005	84.9 (71.4-98.3)	93.5 (86.3-100)	89.1 (81.1-97.0)
	2006-2009	100 (100-100)	96.0 (88.2-100)	98.0 (94.0-100)
Ever had high blood pressure	1997-1998	17.1 (8.0-26.1)	18.0 (10.5-25.6)	17.6 (11.8-23.5)
	2002-2005	24.0 (11.0-36.9)	27.5 (17.5-37.5)	25.7 (17.4-33.9)
	2006-2009	49.0 (25.3-72.6)	31.8 (11.5-52.1)	40.4 (23.8-57.0)
Cholesterol measured in last 2 years	1997-1998	60.0 (48.3-71.7)	61.2 (50.8-71.6)	60.7 (52.9-68.5)
	2002-2005	67.3 (52.1-82.5)	66.9 (54.4-79.4)	67.1 (57.2-77.0)
	2006-2009	92.7 (83.7-100)	55.4 (28.5-82.3)	72.5 (53.6-91.3)
Ever had high cholesterol	1997-1998	33.4 (20.4-46.5)	20.4 (11.9-28.8)	25.7 (18.2-33.3)
	2002-2005	16.3 (7.3-25.2)	22.8 (13.2-32.4)	19.5 (12.8-26.1)
	2006-2009	18.2 (2.6-33.8)	43.5 (21.9-65.0)	28.6 (14.8-42.3)
Diabetes or high blood glucose	1997-1998	8.1 (2.0-14.3)	4.9 (1.1-8.8)	6.2 (2.8-9.6)
	2002-2005	11.8 (5.5-18.2)	10.4 (5.2-15.6)	11.1 (7.0-15.2)
	2006-2009	15.3 (6.4-24.2)	12.9 (6.1-19.7)	14.2 (8.5-20.0)
High and very high psychological distress	1997-1998	10.5 (2.1-18.9)	11.9 (6.0-17.8)	11.3 (6.5-16.2)
	2002-2005	4.2 (0.5-7.8)	13.6 (7.4-19.7)	9.1 (5.4-12.8)
	2006-2009	9.9 (2.1-17.8)	7.6 (3.4-11.9)	8.9 (4.2-13.6)
Visited a dental professional within the last 12 months	2002-2005	53.6 (41.8-65.3)	54.6 (45.2-64.0)	54.1 (46.6-61.5)
	2006-2009	68.4 (56.3-80.6)	68.5 (58.0-79.0)	68.5 (60.3-76.6)
All natural teeth missing	1997-1998	2.7 (0.0-6.2)	15.2 (6.4-24.0)	10.5 (4.8-16.2)
	2002-2005	4.2 (1.2-7.2)	11.8 (6.6-17.0)	8.0 (4.9-11.1)
	2006-2009	7.1 (2.1-12.1)	9.5 (3.6-15.5)	8.2 (4.3-12.1)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	34.1 (22.3-46.0)	19.7 (11.9-27.5)	25.6 (18.7-32.5)
	2002-2005	28.9 (18.5-39.4)	22.6 (15.1-30.2)	25.6 (19.3-32.0)
	2006-2009	54.2 (40.1-68.3)	27.3 (18.0-36.7)	42.2 (32.5-51.9)
Obese	1997-1998	23.2 (12.6-33.7)	13.7 (7.3-20.0)	17.5 (11.7-23.4)
	2002-2005	27.0 (14.2-39.7)	22.1 (14.0-30.2)	24.4 (16.9-31.9)
	2006-2009	8.7 (4.0-13.5)	15.1 (8.2-22.1)	11.6 (7.4-15.8)
Overweight or obese	1997-1998	57.3 (45.1-69.5)	33.4 (23.9-42.8)	43.1 (35.2-51.0)
	2002-2005	55.9 (42.5-69.3)	44.7 (34.7-54.8)	50.0 (41.7-58.4)
	2006-2009	62.9 (49.4-76.5)	42.4 (31.2-53.6)	53.8 (44.2-63.3)
Trends in health services				
Private health insurance	1997-1998	49.6 (37.3-61.8)	42.8 (32.2-53.3)	45.5 (37.5-53.5)
	2002-2005	53.1 (41.4-64.8)	48.0 (38.9-57.1)	50.5 (43.1-57.9)
	2006-2009	69.9 (59.9-79.9)	48.0 (37.4-58.6)	59.8 (52.0-67.6)
Difficulties getting health care when needing it	1997-1998	13.7 (4.5-22.9)	14.3 (7.3-21.3)	14.1 (8.5-19.6)
	2002-2005	13.6 (5.0-22.1)	16.8 (10.4-23.2)	15.3 (10.0-20.5)
	2006-2009	15.2 (6.8-23.6)	22.2 (12.9-31.5)	18.5 (12.1-24.8)
Emergency department presentation in the last 12 months	1997-1998	6.6 (1.4-11.7)	13.4 (6.1-20.7)	10.7 (5.8-15.6)
	2002-2005	16.2 (6.0-26.5)	12.2 (6.7-17.8)	14.2 (8.4-20.1)
	2006-2009	8.0 (3.3-12.6)	11.4 (5.8-17.0)	9.5 (5.9-13.2)
Hospital admission in the last 12 months	1997-1998	12.0 (4.8-19.2)	19.5 (11.6-27.3)	16.5 (10.9-22.0)
	2002-2005	23.2 (12.0-34.3)	14.9 (9.1-20.7)	19.0 (12.6-25.4)
	2006-2009	8.7 (4.0-13.4)	19.1 (9.0-29.2)	13.5 (7.9-19.1)
Visited a general practice in the last 12 months	1997-1998	74.1 (64.1-84.1)	89.2 (82.0-96.5)	83.2 (77.3-89.1)
	2006-2009	91.7 (85.6-97.8)	92.8 (87.4-98.2)	92.2 (88.1-96.3)
	Trends in social capital			
Most people can be trusted	2002-2005	64.7 (51.6-77.8)	70.8 (61.7-79.9)	67.9 (60.0-75.8)
	2006-2009	74.6 (62.3-86.9)	71.0 (61.0-81.0)	73.0 (64.8-81.2)
	2002-2005	85.0 (77.1-92.9)	63.5 (54.0-72.9)	73.6 (67.1-80.2)
Feel safe walking down their street after dark	2006-2009	86.0 (77.2-94.8)	66.5 (54.8-78.3)	77.3 (69.7-84.8)
	2002-2005	74.1 (62.3-85.9)	74.1 (65.7-82.5)	74.1 (67.0-81.2)
	2006-2009	84.7 (75.5-93.9)	74.7 (63.1-86.3)	80.3 (72.8-87.7)
Area has a reputation for being a safe place	2002-2005	57.5 (44.2-70.8)	59.7 (49.5-69.8)	58.7 (50.4-66.9)
	2006-2009	50.1 (34.9-65.3)	59.9 (47.1-72.7)	54.5 (44.2-64.9)
	2002-2005	52.8 (39.4-66.3)	81.8 (74.7-89.0)	68.2 (60.0-76.4)
Ran into friends and acquaintances when shopping in local area	2006-2009	73.1 (59.9-86.3)	74.5 (61.9-87.1)	73.7 (64.5-82.9)
	2002-2005	65.9 (53.2-78.5)	70.0 (59.9-80.1)	68.0 (60.0-76.1)
	2006-2009	61.9 (45.2-78.6)	74.4 (63.3-85.4)	67.4 (56.4-78.4)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Fiji

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	44.3 (29.2-59.3)	12.9 (3.3-22.5)	30.1 (20.1-40.1)
	2002-2005	35.6 (19.9-51.3)	4.2 (0.0-9.9)	21.3 (11.9-30.7)
	2006-2009	30.1 (15.5-44.7)	21.6 (11.0-32.2)	25.6 (16.8-34.4)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		100 (100-100)	
	2002-2005		79.6 (34.5-100)	
	2006-2009		94.7 (83.9-100)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		74.9 (54.3-95.4)	
	2002-2005		67.7 (47.0-88.4)	
	2006-2009		78.2 (60.3-96.1)	
Hysterectomy (20 to 69 years)	1997-1998		2.7 (0.0-6.4)	
	2002-2005		6.5 (0.0-14.8)	
	2006-2009		14.0 (1.3-26.7)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	25.6 (2.0-49.2)	43.2 (0.0-88.2)	31.0 (8.7-53.2)
	2002-2005	33.3 (10.0-56.6)	51.9 (26.2-77.7)	40.8 (22.1-59.4)
	2006-2009	43.9 (22.0-65.8)	33.2 (14.5-52.0)	39.3 (24.6-54.0)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	12.4 (0.0-27.3)	10.3 (0.0-22.0)	11.5 (1.4-21.6)
	2006-2009	28.2 (7.0-49.4)	12.9 (2.4-23.5)	21.8 (8.5-35.0)
Live in homes with a smoke alarm or detector	1997-1998			45.3 (34.6-56.0)
	2002-2005			76.7 (68.3-85.2)
	2006-2009			94.2 (88.7-99.7)
Two or more serves of fruit a day	1997-1998	37.8 (22.8-52.8)	48.1 (32.8-63.5)	42.6 (31.8-53.4)
	2002-2005	29.0 (14.9-43.1)	62.8 (50.1-75.6)	44.7 (34.0-55.5)
	2006-2009	52.4 (34.8-70.0)	62.4 (49.2-75.5)	57.6 (46.7-68.5)
Five or more serves of vegetables a day	1997-1998	0.0 (0.0-0.0)	2.5 (0.0-6.5)	1.1 (0.0-3.0)
	2002-2005	2.9 (0.0-6.3)	6.0 (1.1-10.8)	4.4 (1.5-7.2)
	2006-2009	0.6 (0.0-1.7)	5.5 (1.6-9.5)	3.1 (1.0-5.2)
Three or more serves of vegetables a day	1997-1998	15.2 (3.5-26.8)	13.6 (3.3-24.0)	14.5 (6.5-22.4)
	2002-2005	26.5 (9.7-43.3)	21.3 (11.1-31.4)	24.1 (13.8-34.4)
	2006-2009	21.9 (5.9-37.9)	30.8 (18.9-42.7)	26.5 (16.7-36.3)
Usually consumes lower fat or skim milk	1997-1998	39.0 (24.3-53.6)	29.6 (14.7-44.6)	34.7 (24.2-45.1)
	2002-2005	29.5 (15.3-43.7)	27.7 (16.4-38.9)	28.7 (19.4-37.9)
	2006-2009	25.2 (9.5-41.0)	48.6 (35.1-62.1)	37.2 (26.7-47.7)
Adequate physical activity	1997-1998	60.5 (40.5-80.5)	60.0 (38.8-81.3)	60.3 (45.5-75.1)
	2002-2005	65.3 (47.9-82.7)	41.8 (27.4-56.1)	53.8 (41.7-65.8)
	2006-2009	72.8 (56.4-89.1)	38.7 (24.2-53.1)	55.8 (44.1-67.5)
Current smoking	1997-1998	24.3 (11.4-37.1)	8.1 (0.0-18.8)	16.8 (8.2-25.3)
	2002-2005	13.2 (1.6-24.7)	8.7 (1.3-16.0)	11.1 (4.0-18.2)
	2006-2009	17.5 (7.1-27.9)	6.8 (1.2-12.4)	12.1 (6.3-17.9)
Live in smoke-free households	1997-1998			83.9 (76.1-91.7)
	2002-2005			88.7 (80.7-96.8)
	2006-2009			91.9 (87.0-96.8)
Bans smoking in car	2002-2005			92.1 (86.2-98.0)
	2006-2009			94.5 (90.7-98.4)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	87.7 (78.8-96.5)	86.2 (74.9-97.5)	87.0 (79.9-94.1)
	2002-2005	72.3 (56.1-88.6)	75.3 (62.7-87.9)	73.7 (63.2-84.2)
	2006-2009	93.2 (87.3-99.0)	81.8 (73.0-90.6)	87.5 (82.0-92.9)
Current asthma	1997-1998	5.9 (0.0-11.8)	10.6 (0.2-21.1)	8.1 (2.3-13.9)
	2002-2005	11.0 (0.0-22.3)	5.4 (0.6-10.1)	8.4 (1.8-14.9)
	2006-2009	8.9 (0.4-17.4)	6.1 (1.1-11.2)	7.6 (2.5-12.6)
Blood pressure measured in last 2 years	1997-1998	70.6 (55.4-85.8)	94.1 (85.6-100)	81.7 (72.1-91.3)
	2002-2005	69.3 (40.5-98.1)	91.3 (81.3-100)	79.2 (61.4-96.9)
	2006-2009	81.6 (59.1-100)	91.4 (75.4-100)	85.9 (71.2-100)
Ever had high blood pressure	1997-1998	15.2 (5.4-24.9)	15.6 (2.2-29.1)	15.4 (7.2-23.6)
	2002-2005	19.3 (1.4-37.3)	14.6 (3.5-25.7)	17.1 (6.4-27.9)
	2006-2009	19.2 (3.5-34.8)	26.1 (7.1-45.1)	22.0 (9.9-34.2)
Cholesterol measured in last 2 years	1997-1998	48.4 (33.4-63.3)	52.2 (37.0-67.4)	50.2 (39.4-60.9)
	2002-2005	61.2 (36.9-85.4)	61.9 (43.0-80.8)	61.5 (45.6-77.4)
	2006-2009	65.7 (40.7-90.7)	71.9 (48.4-95.5)	68.4 (51.0-85.9)
Ever had high cholesterol	1997-1998	25.4 (9.6-41.2)	13.0 (0.6-25.4)	19.6 (9.2-30.0)
	2002-2005	42.1 (9.4-74.9)	21.3 (4.9-37.7)	32.8 (13.2-52.5)
	2006-2009	37.0 (11.3-62.8)	33.4 (9.8-56.9)	35.5 (17.6-53.5)
Diabetes or high blood glucose	1997-1998	8.5 (0.0-17.8)	10.4 (0.0-21.1)	9.4 (2.3-16.4)
	2002-2005	5.7 (0.0-12.3)	11.0 (4.0-18.0)	8.2 (3.4-13.0)
	2006-2009	7.4 (1.7-13.2)	4.7 (0.8-8.7)	6.1 (2.6-9.5)
High and very high psychological distress	1997-1998	12.6 (3.7-21.5)	18.8 (6.6-31.1)	15.5 (8.0-23.0)
	2002-2005	13.2 (1.4-24.9)	23.5 (11.2-35.7)	18.2 (9.6-26.9)
	2006-2009	9.8 (0.0-19.7)	8.2 (1.2-15.2)	9.1 (2.9-15.3)
Visited a dental professional within the last 12 months	2002-2005	44.0 (26.4-61.6)	59.5 (46.0-72.9)	51.5 (40.0-63.0)
	2006-2009	43.8 (26.3-61.3)	62.0 (47.5-76.5)	52.4 (40.3-64.5)
All natural teeth missing	1997-1998	0.0 (0.0-0.0)	6.3 (0.0-15.4)	2.4 (0.0-6.0)
	2002-2005	0.0 (0.0-0.0)	3.2 (0.0-7.7)	1.5 (0.0-3.6)
	2006-2009	2.0 (0.0-4.6)	0.5 (0.0-1.6)	1.3 (0.0-2.7)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	34.2 (19.2-49.2)	20.7 (8.7-32.7)	27.9 (17.9-37.8)
	2002-2005	47.3 (27.9-66.6)	21.2 (9.6-32.9)	35.0 (23.2-46.7)
	2006-2009	31.0 (14.6-47.5)	25.3 (13.4-37.2)	28.4 (17.9-38.8)
Obese	1997-1998	14.5 (5.0-24.0)	10.2 (0.0-20.7)	12.5 (5.5-19.5)
	2002-2005	16.6 (2.1-31.1)	12.8 (3.3-22.2)	14.8 (5.9-23.7)
	2006-2009	14.1 (4.1-24.0)	20.6 (9.1-32.1)	17.1 (9.5-24.7)
Overweight or obese	1997-1998	48.7 (33.2-64.2)	30.9 (16.5-45.4)	40.4 (29.6-51.2)
	2002-2005	63.9 (44.1-83.6)	34.0 (20.0-48.0)	49.8 (37.1-62.4)
	2006-2009	45.1 (27.9-62.3)	45.9 (31.7-60.1)	45.5 (34.2-56.8)
Trends in health services				
Private health insurance	1997-1998	28.6 (14.7-42.5)	23.5 (11.2-35.9)	26.2 (16.8-35.6)
	2002-2005	48.0 (30.9-65.2)	28.8 (16.6-41.0)	39.0 (28.1-50.0)
	2006-2009	46.3 (30.7-62.0)	39.6 (28.0-51.2)	42.9 (33.2-52.7)
Difficulties getting health care when needing it	1997-1998	2.7 (0.0-6.6)	4.7 (0.0-10.3)	3.6 (0.3-6.9)
	2002-2005	10.0 (0.2-19.7)	8.1 (1.2-15.1)	9.1 (3.0-15.2)
	2006-2009	15.9 (4.4-27.4)	17.9 (8.0-27.9)	16.9 (9.3-24.5)
Emergency department presentation in the last 12 months	1997-1998	6.7 (0.0-14.3)	16.8 (3.5-30.1)	11.4 (3.8-18.9)
	2002-2005	9.1 (0.0-18.4)	7.7 (1.8-13.6)	8.5 (2.8-14.1)
	2006-2009	24.1 (10.6-37.6)	11.9 (4.9-19.0)	17.9 (10.2-25.6)
Hospital admission in the last 12 months	1997-1998	4.2 (0.0-9.4)	18.3 (6.5-30.1)	10.7 (4.3-17.1)
	2002-2005	6.2 (0.0-13.7)	21.4 (9.3-33.5)	13.2 (6.0-20.4)
	2006-2009	19.3 (6.9-31.7)	12.5 (4.3-20.7)	15.8 (8.4-23.3)
Visited a general practice in the last 12 months	1997-1998	75.3 (61.4-89.2)	94.9 (90.3-99.5)	84.5 (76.4-92.7)
	2006-2009	84.6 (73.0-96.3)	88.7 (80.9-96.4)	86.7 (79.8-93.6)
	Trends in social capital			
Most people can be trusted	2002-2005	52.5 (32.8-72.1)	43.1 (28.3-57.9)	47.8 (35.3-60.2)
	2006-2009	77.4 (62.0-92.9)	53.1 (38.8-67.4)	65.1 (54.1-76.2)
	2002-2005	63.3 (43.7-82.9)	37.8 (23.0-52.6)	50.7 (38.5-62.9)
Feel safe walking down their street after dark	2006-2009	77.0 (61.8-92.2)	58.0 (43.8-72.2)	67.5 (56.9-78.2)
	2002-2005	82.2 (70.4-94.1)	68.3 (55.0-81.5)	75.5 (66.3-84.6)
	2006-2009	76.7 (61.0-92.4)	61.0 (46.6-75.4)	68.8 (57.9-79.6)
Area has a reputation for being a safe place	2002-2005	65.7 (48.0-83.5)	64.2 (50.7-77.6)	65.0 (53.8-76.2)
	2006-2009	80.3 (64.4-96.2)	58.8 (45.1-72.4)	69.3 (58.8-79.8)
	2002-2005	81.8 (66.9-96.6)	76.4 (63.5-89.3)	79.1 (69.3-89.0)
Ran into friends and acquaintances when shopping in local area	2006-2009	93.8 (86.9-100)	82.5 (72.1-93.0)	88.1 (81.6-94.6)
	2002-2005	73.6 (57.4-89.8)	81.0 (70.6-91.5)	77.2 (67.4-87.0)
	2006-2009	69.5 (52.7-86.3)	79.7 (68.7-90.7)	74.7 (64.7-84.7)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

## Trends in NSW residents born in the United States of America

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	48.6 (30.3-67.0)	30.1 (16.4-43.8)	39.3 (27.5-51.0)
	2002-2005	41.3 (25.6-57.1)	30.3 (16.7-43.8)	35.0 (24.7-45.3)
	2006-2009	29.9 (13.9-46.0)	21.8 (11.1-32.5)	25.6 (16.1-35.1)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		44.1 (10.5-77.7)	
	2002-2005		81.7 (58.6-100)	
	2006-2009		90.9 (78.3-100)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		83.5 (67.5-99.4)	
	2002-2005		72.1 (55.6-88.5)	
	2006-2009		78.9 (62.1-95.8)	
Hysterectomy (20 to 69 years)	1997-1998		15.5 (5.1-26.0)	
	2002-2005		1.5 (0.0-4.5)	
	2006-2009		1.8 (0.0-4.5)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	13.8 (0.0-33.0)	22.7 (4.2-41.2)	17.3 (3.6-31.0)
	2002-2005	38.4 (20.7-56.2)	33.2 (16.5-50.0)	35.8 (23.6-48.1)
	2006-2009	28.5 (11.7-45.2)	39.9 (21.9-57.9)	33.4 (21.0-45.8)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	10.6 (1.7-19.5)	16.7 (4.4-29.0)	13.6 (6.0-21.3)
	2006-2009	16.7 (3.8-29.6)	9.8 (0.0-19.8)	13.8 (5.2-22.4)
Live in homes with a smoke alarm or detector	1997-1998			63.8 (52.9-74.7)
	2002-2005			75.3 (64.8-85.8)
	2006-2009			88.9 (81.1-96.7)
Two or more serves of fruit a day	1997-1998	27.2 (12.1-42.2)	42.0 (27.3-56.7)	34.5 (23.8-45.1)
	2002-2005	47.0 (31.2-62.7)	63.5 (49.6-77.3)	56.3 (45.8-66.8)
	2006-2009	64.4 (49.0-79.8)	61.6 (47.8-75.3)	62.9 (52.6-73.3)
Five or more serves of vegetables a day	1997-1998	9.8 (0.0-20.0)	5.0 (0.2-9.7)	7.4 (1.8-13.1)
	2002-2005	8.6 (0.0-17.6)	17.9 (7.5-28.4)	13.9 (6.8-21.0)
	2006-2009	8.4 (0.2-16.6)	9.1 (2.8-15.3)	8.7 (3.6-13.9)
Three or more serves of vegetables a day	1997-1998	32.4 (16.3-48.5)	33.8 (19.8-47.8)	33.1 (22.4-43.8)
	2002-2005	31.5 (17.4-45.6)	53.6 (39.4-67.9)	44.1 (33.9-54.3)
	2006-2009	46.0 (30.1-61.9)	63.5 (50.0-77.1)	54.8 (44.3-65.4)
Usually consumes lower fat or skim milk	1997-1998	50.2 (31.7-68.8)	63.8 (49.9-77.6)	56.8 (44.9-68.7)
	2002-2005	42.7 (27.3-58.1)	65.6 (53.9-77.2)	55.7 (45.5-65.9)
	2006-2009	65.0 (51.0-79.0)	59.4 (46.0-72.9)	62.2 (52.4-72.0)
Adequate physical activity	1997-1998	56.4 (28.9-83.9)	40.1 (17.9-62.3)	48.1 (30.2-66.0)
	2002-2005	68.2 (53.4-83.0)	52.2 (35.7-68.8)	58.9 (47.1-70.6)
	2006-2009	55.2 (37.4-72.9)	64.2 (50.2-78.2)	59.5 (47.9-71.1)
Current smoking	1997-1998	21.3 (7.3-35.4)	21.9 (10.1-33.7)	21.6 (12.4-30.8)
	2002-2005	28.5 (13.6-43.4)	12.9 (5.6-20.2)	19.6 (11.6-27.7)
	2006-2009	20.0 (4.2-35.7)	10.4 (1.7-19.2)	15.3 (6.0-24.6)
Live in smoke-free households	1997-1998			83.9 (75.0-92.8)
	2002-2005			87.5 (81.6-93.5)
	2006-2009			90.1 (83.8-96.3)
Bans smoking in car	2002-2005			83.8 (74.1-93.5)
	2006-2009			92.4 (86.7-98.2)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	96.4 (90.2-100)	80.3 (67.5-93.1)	88.4 (81.1-95.8)
	2002-2005	79.4 (66.8-92.1)	89.0 (82.4-95.7)	84.9 (78.1-91.7)
	2006-2009	87.2 (78.5-96.0)	85.5 (76.0-95.0)	86.4 (79.9-92.8)
Current asthma	1997-1998	11.7 (0.0-23.4)	8.3 (2.1-14.5)	10.0 (3.3-16.7)
	2002-2005	13.2 (1.9-24.5)	20.1 (9.7-30.5)	17.2 (9.5-24.8)
	2006-2009	13.4 (2.7-24.1)	12.9 (3.9-22.0)	13.2 (6.2-20.1)
Blood pressure measured in last 2 years	1997-1998	95.2 (89.6-100)	95.7 (91.0-100)	95.4 (91.8-99.1)
	2002-2005	93.9 (85.4-100)	90.2 (77.2-100)	91.6 (82.7-100)
	2006-2009	100 (100-100)	84.5 (57.5-100)	93.7 (81.6-100)
Ever had high blood pressure	1997-1998	10.6 (1.3-20.0)	5.1 (0.0-10.5)	7.9 (2.5-13.3)
	2002-2005	12.5 (0.2-24.8)	14.4 (3.6-25.1)	13.7 (5.5-22.0)
	2006-2009	11.2 (0.0-26.8)	22.6 (0.2-44.9)	15.7 (2.3-29.0)
Cholesterol measured in last 2 years	1997-1998	62.6 (45.4-79.8)	42.8 (27.6-58.1)	53.0 (41.2-64.8)
	2002-2005	56.1 (32.3-79.8)	66.0 (45.7-86.3)	62.2 (46.8-77.5)
	2006-2009	92.1 (80.6-100)	74.1 (40.8-100)	85.8 (70.6-100)
Ever had high cholesterol	1997-1998	23.9 (6.9-40.9)	33.4 (15.0-51.8)	28.4 (15.7-41.0)
	2002-2005	32.3 (8.6-56.0)	23.2 (9.5-36.8)	27.1 (14.1-40.1)
	2006-2009	39.6 (6.5-72.8)	10.8 (0.0-24.2)	25.6 (6.5-44.6)
Diabetes or high blood glucose	1997-1998	0.0 (0.0-0.0)	4.9 (0.0-11.6)	2.4 (0.0-5.8)
	2002-2005	10.8 (1.2-20.4)	9.5 (1.8-17.2)	10.0 (4.0-16.1)
	2006-2009	8.0 (0.0-16.2)	1.3 (0.0-2.9)	4.4 (0.5-8.4)
High and very high psychological distress	1997-1998	1.3 (0.0-3.9)	12.0 (3.3-20.8)	6.5 (1.9-11.0)
	2002-2005	5.3 (0.0-11.0)	10.6 (0.3-20.9)	8.4 (1.8-15.0)
	2006-2009	5.6 (0.0-12.7)	11.9 (3.0-20.7)	8.6 (2.9-14.2)
Visited a dental professional within the last 12 months	2002-2005	59.7 (43.5-76.0)	77.0 (64.4-89.5)	69.5 (59.3-79.6)
	2006-2009	65.4 (47.0-83.7)	78.3 (65.4-91.3)	71.6 (59.9-83.3)
All natural teeth missing	1997-1998	9.8 (0.0-26.1)	8.8 (0.0-18.6)	9.3 (0.0-18.7)
	2002-2005	6.0 (0.3-11.7)	0.6 (0.0-1.5)	2.9 (0.4-5.4)
	2006-2009	1.8 (0.0-3.9)	0.0 (0.0-0.0)	1.0 (0.0-2.0)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	54.1 (36.1-72.1)	26.3 (12.4-40.2)	40.6 (28.3-52.8)
	2002-2005	31.1 (13.6-48.6)	18.2 (5.6-30.8)	23.8 (13.1-34.5)
	2006-2009	39.6 (22.4-56.9)	31.5 (18.2-44.9)	35.6 (24.7-46.6)
Obese	1997-1998	8.9 (0.0-18.1)	7.5 (0.0-15.4)	8.2 (2.1-14.3)
	2002-2005	19.9 (6.4-33.4)	14.0 (3.2-24.7)	16.5 (8.0-25.0)
	2006-2009	28.5 (10.7-46.2)	17.4 (6.9-28.0)	23.0 (12.4-33.6)
Overweight or obese	1997-1998	63.0 (45.9-80.1)	33.8 (18.9-48.6)	48.8 (36.6-60.9)
	2002-2005	51.0 (33.4-68.5)	32.2 (16.9-47.4)	40.4 (28.4-52.3)
	2006-2009	68.1 (53.4-82.8)	49.0 (34.8-63.1)	58.6 (47.9-69.4)
Trends in health services				
Private health insurance	1997-1998	66.7 (50.1-83.2)	65.1 (51.3-78.9)	65.9 (55.1-76.7)
	2002-2005	58.8 (43.2-74.4)	76.5 (65.8-87.3)	68.8 (59.3-78.2)
	2006-2009	62.2 (46.4-78.0)	72.5 (61.3-83.6)	67.3 (57.4-77.1)
Difficulties getting health care when needing it	1997-1998	6.0 (0.0-14.2)	14.0 (4.4-23.7)	10.0 (3.6-16.3)
	2002-2005	12.7 (1.5-23.8)	10.3 (4.3-16.2)	11.3 (5.3-17.3)
	2006-2009	18.6 (6.2-31.1)	18.4 (8.6-28.3)	18.5 (10.6-26.5)
Emergency department presentation in the last 12 months	1997-1998	10.3 (1.6-19.0)	17.9 (5.4-30.4)	14.0 (6.3-21.8)
	2002-2005	25.8 (12.2-39.4)	6.3 (1.6-11.1)	14.7 (7.9-21.5)
	2006-2009	15.7 (5.3-26.1)	19.7 (9.1-30.4)	17.6 (10.1-25.1)
Hospital admission in the last 12 months	1997-1998	2.2 (0.0-5.8)	19.5 (7.3-31.7)	10.7 (4.0-17.4)
	2002-2005	6.5 (0.8-12.1)	11.8 (1.2-22.4)	9.5 (2.9-16.1)
	2006-2009	7.9 (1.8-13.9)	12.3 (2.9-21.8)	10.0 (4.4-15.6)
Visited a general practice in the last 12 months	1997-1998	83.9 (72.7-95.1)	86.7 (76.6-96.8)	85.3 (77.7-92.8)
	2006-2009	93.0 (86.6-99.4)	91.5 (81.1-100)	92.3 (86.3-98.3)
	Trends in social capital			
Most people can be trusted	2002-2005	81.4 (68.8-94.0)	81.5 (67.2-95.9)	81.5 (71.6-91.4)
	2006-2009	78.3 (65.2-91.4)	79.5 (66.6-92.5)	78.9 (69.7-88.1)
	2002-2005	93.0 (86.4-99.5)	82.0 (72.3-91.7)	86.5 (80.3-92.8)
Feel safe walking down their street after dark	2006-2009	84.4 (72.5-96.4)	74.2 (60.1-88.3)	79.8 (70.5-89.2)
	2002-2005	62.5 (44.7-80.3)	81.7 (71.0-92.4)	73.8 (63.5-84.1)
	2006-2009	74.9 (60.4-89.4)	79.4 (65.5-93.2)	76.9 (66.7-87.0)
Area has a reputation for being a safe place	2002-2005	63.0 (46.5-79.5)	75.2 (62.1-88.3)	70.2 (59.8-80.7)
	2006-2009	57.5 (39.8-75.1)	66.7 (52.7-80.8)	61.7 (49.9-73.4)
	2002-2005	75.0 (61.0-88.9)	79.0 (64.5-93.5)	77.3 (67.1-87.6)
Ran into friends and acquaintances when shopping in local area	2006-2009	86.8 (78.4-95.2)	85.7 (75.3-96.2)	86.3 (79.7-92.9)
	2002-2005	66.1 (49.0-83.3)	86.0 (76.2-95.8)	77.9 (68.3-87.6)
	2006-2009	71.8 (54.7-89.0)	76.8 (62.4-91.2)	74.1 (62.7-85.5)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in the Netherlands

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	53.6 (42.4-64.8)	34.0 (21.1-46.8)	45.3 (36.6-54.0)
	2002-2005	51.1 (38.5-63.8)	31.1 (18.9-43.4)	41.2 (32.4-50.1)
	2006-2009	30.3 (14.7-45.8)	18.6 (9.5-27.7)	25.1 (15.3-34.8)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		77.0 (62.2-91.9)	
	2002-2005		75.2 (56.6-93.8)	
	2006-2009		76.8 (54.3-99.3)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		79.1 (62.5-95.7)	
	2002-2005		70.4 (47.3-93.4)	
	2006-2009		72.8 (52.1-93.4)	
Hysterectomy (20 to 69 years)	1997-1998		25.0 (12.3-37.7)	
	2002-2005		25.9 (9.1-42.8)	
	2006-2009		35.4 (17.1-53.7)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	26.9 (16.2-37.6)	47.9 (31.9-63.8)	35.7 (25.8-45.5)
	2002-2005	55.1 (41.8-68.3)	49.6 (38.0-61.2)	52.3 (43.5-61.2)
	2006-2009	46.2 (32.5-60.0)	51.5 (38.9-64.0)	48.6 (39.1-58.0)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	29.9 (16.1-43.8)	25.2 (15.6-34.8)	27.5 (19.0-36.0)
	2006-2009	34.1 (21.2-47.1)	31.2 (19.6-42.8)	32.8 (24.0-41.6)
Live in homes with a smoke alarm or detector	1997-1998			64.2 (55.7-72.6)
	2002-2005			80.0 (73.2-86.9)
	2006-2009			89.7 (80.8-98.6)
Two or more serves of fruit a day	1997-1998	46.0 (35.0-56.9)	65.1 (52.5-77.8)	53.8 (45.4-62.3)
	2002-2005	56.6 (44.1-69.1)	55.0 (43.2-66.8)	55.8 (47.2-64.4)
	2006-2009	42.0 (26.5-57.5)	64.8 (52.9-76.7)	52.8 (42.7-62.8)
Five or more serves of vegetables a day	1997-1998	8.5 (2.7-14.2)	5.2 (0.0-10.8)	7.1 (3.0-11.2)
	2002-2005	4.6 (0.7-8.5)	6.3 (1.9-10.6)	5.4 (2.5-8.4)
	2006-2009	2.7 (0.0-5.8)	13.2 (4.8-21.6)	7.6 (3.2-12.0)
Three or more serves of vegetables a day	1997-1998	28.5 (18.8-38.1)	36.2 (23.8-48.6)	31.7 (24.0-39.3)
	2002-2005	44.6 (31.7-57.5)	45.7 (34.2-57.1)	45.1 (36.5-53.7)
	2006-2009	36.8 (22.7-50.9)	43.6 (31.4-55.7)	39.9 (30.4-49.5)
Usually consumes lower fat or skim milk	1997-1998	53.2 (41.9-64.4)	62.1 (49.5-74.7)	56.8 (48.2-65.3)
	2002-2005	46.4 (33.7-59.1)	55.7 (43.9-67.5)	51.1 (42.4-59.7)
	2006-2009	49.6 (34.2-64.9)	53.2 (41.2-65.3)	51.3 (41.3-61.3)
Adequate physical activity	1997-1998	60.0 (45.1-75.0)	35.3 (18.7-51.9)	50.1 (38.1-62.0)
	2002-2005	43.8 (31.1-56.5)	55.9 (43.8-68.0)	50.5 (41.4-59.6)
	2006-2009	43.3 (27.8-58.9)	49.2 (36.4-62.1)	46.1 (35.7-56.5)
Current smoking	1997-1998	20.5 (11.5-29.5)	22.7 (11.2-34.3)	21.4 (14.3-28.5)
	2002-2005	14.9 (6.0-23.7)	19.5 (8.0-31.1)	17.2 (9.8-24.6)
	2006-2009	5.2 (0.4-10.1)	14.0 (5.1-22.9)	9.1 (4.2-14.0)
Live in smoke-free households	1997-1998			75.4 (68.2-82.6)
	2002-2005			85.5 (80.4-90.7)
	2006-2009			90.1 (84.6-95.5)
Bans smoking in car	2002-2005			84.9 (76.6-93.1)
	2006-2009			91.0 (85.9-96.2)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	82.8 (74.6-91.1)	75.4 (63.6-87.1)	79.8 (72.9-86.6)
	2002-2005	75.3 (64.7-85.9)	85.3 (78.8-91.8)	80.3 (74.0-86.6)
	2006-2009	86.2 (77.8-94.7)	80.0 (70.7-89.3)	83.4 (77.1-89.7)
Current asthma	1997-1998	4.7 (0.4-9.0)	18.6 (6.7-30.6)	10.4 (4.6-16.2)
	2002-2005	4.2 (0.0-8.7)	10.7 (4.4-17.1)	7.5 (3.6-11.4)
	2006-2009	8.0 (1.8-14.2)	7.0 (0.4-13.7)	7.5 (3.0-12.0)
Blood pressure measured in last 2 years	1997-1998	88.3 (80.7-95.8)	98.3 (96.3-100)	92.4 (87.7-97.0)
	2002-2005	89.6 (80.4-98.8)	100 (100-100)	95.3 (91.0-99.6)
	2006-2009	81.0 (56.2-100)	97.4 (92.2-100)	88.2 (73.4-100)
Ever had high blood pressure	1997-1998	25.7 (16.3-35.1)	24.9 (12.2-37.6)	25.4 (17.7-33.0)
	2002-2005	33.1 (18.6-47.7)	32.4 (19.7-45.1)	32.7 (23.1-42.3)
	2006-2009	24.8 (3.7-45.9)	55.5 (27.5-83.6)	38.4 (19.1-57.6)
Cholesterol measured in last 2 years	1997-1998	55.9 (44.8-67.0)	52.1 (38.3-66.0)	54.4 (45.7-63.1)
	2002-2005	74.4 (60.3-88.5)	72.7 (56.1-89.3)	73.4 (62.3-84.6)
	2006-2009	74.0 (48.8-99.2)	85.3 (63.4-100)	78.7 (61.2-96.3)
Ever had high cholesterol	1997-1998	31.2 (19.5-42.9)	27.0 (15.0-39.0)	29.5 (21.0-38.1)
	2002-2005	26.1 (12.6-39.5)	42.2 (28.2-56.2)	34.7 (24.8-44.6)
	2006-2009	16.9 (0.0-36.5)	68.5 (44.8-92.2)	38.8 (18.4-59.1)
Diabetes or high blood glucose	1997-1998	6.9 (1.1-12.7)	12.5 (3.0-21.9)	9.2 (4.0-14.3)
	2002-2005	18.0 (8.2-27.8)	3.7 (0.1-7.3)	10.8 (5.5-16.2)
	2006-2009	13.0 (5.0-20.9)	13.5 (5.5-21.5)	13.2 (7.5-18.9)
High and very high psychological distress	1997-1998	4.6 (0.6-8.6)	15.3 (6.6-23.9)	9.0 (4.7-13.3)
	2002-2005	5.3 (0.2-10.3)	14.7 (2.0-27.4)	10.5 (2.9-18.1)
	2006-2009	3.6 (0.0-8.9)	5.2 (0.9-9.5)	4.3 (0.8-7.8)
Visited a dental professional within the last 12 months	2002-2005	47.9 (34.9-61.0)	52.5 (40.3-64.7)	50.2 (41.3-59.2)
	2006-2009	63.8 (47.3-80.3)	66.4 (53.4-79.4)	64.9 (54.1-75.8)
All natural teeth missing	1997-1998	24.2 (11.2-37.2)	23.5 (7.4-39.6)	23.9 (13.8-34.0)
	2002-2005	16.9 (7.8-25.9)	17.5 (10.3-24.7)	17.2 (11.4-22.9)
	2006-2009	6.7 (0.3-13.0)	12.6 (4.4-20.7)	9.3 (4.2-14.4)



Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	43.6 (32.4-54.8)	27.5 (15.8-39.3)	37.1 (28.6-45.5)
	2002-2005	43.9 (30.9-56.9)	40.2 (27.5-52.8)	41.9 (32.8-51.0)
	2006-2009	35.6 (20.3-50.8)	29.1 (18.5-39.7)	32.7 (23.0-42.3)
Obese	1997-1998	16.9 (8.1-25.7)	10.5 (4.1-16.8)	14.3 (8.4-20.2)
	2002-2005	19.1 (8.3-30.0)	13.3 (5.8-20.9)	16.0 (9.5-22.5)
	2006-2009	14.4 (6.2-22.5)	28.3 (17.0-39.5)	20.7 (13.5-27.8)
Overweight or obese	1997-1998	60.5 (49.7-71.3)	38.0 (25.1-50.9)	51.4 (42.6-60.2)
	2002-2005	63.0 (50.6-75.5)	53.5 (40.3-66.7)	57.8 (48.5-67.1)
	2006-2009	49.9 (34.2-65.7)	57.4 (45.0-69.8)	53.3 (43.0-63.6)
Trends in health services				
Private health insurance	1997-1998	49.0 (38.0-60.0)	31.6 (19.7-43.5)	41.9 (33.5-50.3)
	2002-2005	56.3 (44.1-68.5)	50.2 (38.5-61.8)	53.2 (44.7-61.7)
	2006-2009	61.0 (48.5-73.6)	39.2 (28.3-50.0)	51.1 (42.2-60.1)
Difficulties getting health care when needing it	1997-1998	9.1 (3.8-14.5)	15.7 (6.9-24.6)	11.8 (7.0-16.7)
	2002-2005	17.6 (8.8-26.5)	18.6 (6.9-30.4)	18.1 (10.8-25.5)
	2006-2009	9.8 (3.3-16.2)	13.4 (6.3-20.6)	11.4 (6.6-16.2)
Emergency department presentation in the last 12 months	1997-1998	9.5 (4.1-14.8)	9.8 (3.9-15.8)	9.6 (5.6-13.6)
	2002-2005	9.1 (1.6-16.7)	8.4 (3.1-13.6)	8.7 (4.2-13.3)
	2006-2009	11.6 (4.7-18.5)	24.0 (14.8-33.1)	17.2 (11.4-23.0)
Hospital admission in the last 12 months	1997-1998	14.1 (7.3-20.9)	10.2 (3.7-16.7)	12.5 (7.6-17.3)
	2002-2005	12.7 (3.5-21.8)	16.2 (5.1-27.3)	14.4 (7.2-21.7)
	2006-2009	13.3 (6.6-20.0)	20.3 (11.7-28.9)	16.5 (11.0-21.9)
Visited a general practice in the last 12 months	1997-1998	80.8 (72.3-89.4)	89.5 (81.2-97.8)	84.4 (76.3-90.5)
	2006-2009	82.8 (70.1-95.5)	86.1 (77.8-94.3)	84.2 (76.2-92.3)
	Trends in social capital			
Most people can be trusted	2002-2005	68.7 (56.7-80.7)	67.0 (54.1-79.9)	67.7 (58.8-76.7)
	2006-2009	89.7 (81.0-98.5)	63.6 (51.4-75.9)	75.9 (67.6-84.2)
	2002-2005	68.4 (56.1-80.7)	45.8 (32.9-58.7)	56.0 (46.7-65.3)
Feel safe walking down their street after dark	2006-2009	83.7 (73.9-93.6)	61.3 (49.3-73.2)	72.0 (63.8-80.3)
	2002-2005	73.0 (60.7-85.4)	71.6 (60.8-82.4)	72.3 (64.2-80.4)
	2006-2009	81.1 (65.9-96.2)	85.6 (77.1-94.0)	83.4 (74.7-92.0)
Visited neighbours in the last week	2002-2005	62.9 (50.8-75.1)	68.8 (58.2-79.4)	66.2 (58.1-74.2)
	2006-2009	72.3 (58.0-86.5)	54.7 (42.2-67.1)	63.1 (53.4-72.7)
	2002-2005	82.9 (73.5-92.2)	82.6 (73.5-91.7)	82.7 (76.2-89.3)
Ran into friends and acquaintances when shopping in local area	2006-2009	70.7 (56.9-84.6)	87.8 (80.7-94.8)	79.6 (71.9-87.3)
	2002-2005	72.8 (60.5-85.1)	80.0 (70.5-89.5)	76.8 (69.1-84.5)
	2006-2009	77.7 (64.9-90.4)	84.3 (74.6-93.9)	81.1 (73.2-89.0)
Would feel sad to leave their neighbourhood	2002-2005	72.8 (60.5-85.1)	80.0 (70.5-89.5)	76.8 (69.1-84.5)
	2006-2009	77.7 (64.9-90.4)	84.3 (74.6-93.9)	81.1 (73.2-89.0)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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## Trends in NSW residents born in Australia

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
<b>Trends in health behaviours</b>				
Risk alcohol drinking	1997-1998	55.5 (54.3-56.8)	39.5 (38.5-40.6)	47.2 (46.4-48.1)
	2002-2005	44.0 (42.8-45.2)	33.0 (32.1-33.9)	38.4 (37.6-39.1)
	2006-2009	44.7 (43.3-46.1)	29.4 (28.4-30.4)	36.8 (35.9-37.7)
Screening mammogram in the last 2 years (50 to 69 years)	1997-1998		77.4 (75.6-79.1)	
	2002-2005		76.2 (74.0-78.3)	
	2006-2009		78.6 (76.6-80.7)	
Pap test in the last 2 years (20 to 69 years)	1997-1998		78.9 (77.3-80.4)	
	2002-2005		74.9 (73.3-76.4)	
	2006-2009		75.5 (73.7-77.2)	
Hysterectomy (20 to 69 years)	1997-1998		13.6 (12.9-14.3)	
	2002-2005		12.4 (11.6-13.3)	
	2006-2009		12.7 (11.7-13.6)	
Vaccinated against influenza in the last 12 months (50 years and over)	1997-1998	36.7 (34.9-38.5)	42.0 (40.5-43.6)	39.6 (38.4-40.8)
	2002-2005	47.3 (45.8-48.9)	53.7 (52.5-54.9)	50.8 (49.8-51.7)
	2006-2009	45.3 (43.8-46.8)	53.0 (51.8-54.2)	49.4 (48.4-50.4)
Vaccinated against pneumococcal disease in the last 5 years (50 years and over)	2002-2005	22.9 (21.7-24.1)	28.9 (27.9-30.0)	26.1 (25.3-26.9)
	2006-2009	29.7 (28.4-31.1)	36.1 (34.9-37.2)	33.2 (32.3-34.1)
Live in homes with a smoke alarm or detector	1997-1998			64.7 (63.9-65.5)
	2002-2005			75.9 (75.1-76.6)
	2006-2009			93.0 (92.5-93.4)
Two or more serves of fruit a day	1997-1998	37.6 (36.4-38.8)	50.3 (49.2-51.3)	44.1 (43.3-44.9)
	2002-2005	41.7 (40.5-42.9)	54.1 (53.1-55.0)	48.1 (47.3-48.8)
	2006-2009	49.4 (48.0-50.8)	59.4 (58.3-60.4)	54.6 (53.7-55.4)
Five or more serves of vegetables a day	1997-1998	8.0 (7.4-8.6)	9.9 (9.3-10.6)	9.0 (8.6-9.4)
	2002-2005	6.6 (6.1-7.2)	10.9 (10.4-11.5)	8.8 (8.4-9.2)
	2006-2009	7.4 (6.8-8.1)	14.3 (13.6-15.0)	11.0 (10.5-11.5)
Three or more serves of vegetables a day	1997-1998	30.1 (29.0-31.2)	41.5 (40.4-42.5)	36.0 (35.2-36.7)
	2002-2005	32.1 (31.1-33.2)	48.3 (47.4-49.3)	40.4 (39.7-41.2)
	2006-2009	35.2 (33.9-36.5)	54.2 (53.1-55.3)	45.0 (44.1-45.8)
Usually consumes lower fat or skim milk	1997-1998	38.3 (37.1-39.5)	54.2 (53.2-55.3)	46.5 (45.7-47.3)
	2002-2005	37.7 (36.6-38.9)	53.1 (52.2-54.1)	45.6 (44.9-46.4)
	2006-2009	41.9 (40.6-43.3)	55.8 (54.7-56.9)	49.1 (48.2-50.0)
Adequate physical activity	1997-1998	53.9 (52.1-55.6)	43.6 (42.1-45.1)	48.5 (47.4-49.7)
	2002-2005	53.6 (52.3-54.8)	43.5 (42.4-44.5)	48.4 (47.5-49.2)
	2006-2009	62.5 (61.1-63.9)	50.4 (49.3-51.5)	56.3 (55.4-57.2)
Current smoking	1997-1998	26.7 (25.6-27.8)	22.8 (21.9-23.6)	24.7 (24.0-25.4)
	2002-2005	24.1 (23.1-25.1)	20.4 (19.6-21.2)	22.2 (21.6-22.8)
	2006-2009	20.2 (19.0-21.3)	16.9 (16.1-17.8)	18.5 (17.8-19.2)
Live in smoke-free households	1997-1998			70.9 (70.2-71.7)
	2002-2005			83.1 (82.6-83.7)
	2006-2009			89.2 (88.7-89.8)
Bans smoking in car	2002-2005			82.6 (81.9-83.3)
	2006-2009			88.5 (87.9-89.1)
<b>Trends in health status</b>				
Excellent, very good, or good self-rated health status	1997-1998	85.8 (85.1-86.6)	85.0 (84.3-85.7)	85.4 (84.9-85.9)
	2002-2005	81.6 (80.7-82.5)	80.0 (79.3-80.7)	80.8 (80.2-81.3)
	2006-2009	82.8 (81.9-83.7)	78.9 (78.1-79.7)	80.8 (80.2-81.4)
Current asthma	1997-1998	10.0 (9.2-10.7)	12.9 (12.2-13.7)	11.5 (11.0-12.0)
	2002-2005	12.5 (11.7-13.3)	16.5 (15.7-17.2)	14.5 (14.0-15.1)
	2006-2009	10.2 (9.3-11.0)	13.8 (13.1-14.6)	12.1 (11.5-12.6)
Blood pressure measured in last 2 years	1997-1998	82.2 (81.3-83.2)	91.5 (90.9-92.2)	87.0 (86.4-87.6)
	2002-2005	84.2 (82.9-85.4)	91.3 (90.5-92.1)	87.9 (87.1-88.6)
	2006-2009	84.9 (82.5-87.3)	92.4 (91.2-93.7)	88.8 (87.4-90.1)
Ever had high blood pressure	1997-1998	17.0 (16.2-17.9)	17.1 (16.4-17.9)	17.1 (16.5-17.7)
	2002-2005	23.2 (22.0-24.4)	24.2 (23.2-25.2)	23.7 (22.9-24.5)
	2006-2009	29.5 (27.0-31.9)	33.4 (31.5-35.3)	31.5 (30.0-33.0)
Cholesterol measured in last 2 years	1997-1998	46.6 (45.4-47.8)	44.2 (43.2-45.3)	45.4 (44.6-46.2)
	2002-2005	53.6 (51.9-55.2)	53.7 (52.3-55.0)	53.6 (52.6-54.7)
	2006-2009	59.6 (56.7-62.6)	61.8 (59.5-64.0)	60.7 (58.9-62.6)
Ever had high cholesterol	1997-1998	21.9 (20.7-23.1)	21.8 (20.7-22.8)	21.8 (21.1-22.6)
	2002-2005	24.7 (23.2-26.3)	24.1 (22.9-25.3)	24.4 (23.5-25.4)
	2006-2009	27.4 (25.0-29.9)	26.7 (24.8-28.5)	27.0 (25.5-28.6)
Diabetes or high blood glucose	1997-1998	4.5 (4.1-5.0)	3.7 (3.4-4.1)	4.1 (3.8-4.4)
	2002-2005	7.1 (6.6-7.6)	5.5 (5.2-5.9)	6.3 (6.0-6.6)
	2006-2009	8.0 (7.4-8.6)	6.4 (6.0-6.8)	7.2 (6.8-7.6)
High and very high psychological distress	1997-1998	8.5 (7.9-9.2)	12.1 (11.4-12.8)	10.4 (9.9-10.9)
	2002-2005	9.5 (8.8-10.3)	13.3 (12.6-14.1)	11.5 (10.9-12.0)
	2006-2009	9.1 (8.3-9.9)	12.1 (11.4-12.8)	10.7 (10.1-11.2)
Visited a dental professional within the last 12 months	2002-2005	51.5 (50.3-52.7)	56.6 (55.6-57.6)	54.1 (53.3-54.9)
	2006-2009	55.5 (54.1-57.0)	59.5 (58.4-60.6)	57.6 (56.6-58.5)
All natural teeth missing	1997-1998	5.6 (4.9-6.2)	11.3 (10.5-12.2)	8.6 (8.0-9.1)
	2002-2005	4.6 (4.2-4.9)	7.9 (7.5-8.3)	6.3 (6.0-6.5)
	2006-2009	3.9 (3.5-4.2)	6.5 (6.1-7.0)	5.2 (4.9-5.5)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
Overweight	1997-1998	38.0 (36.8-39.1)	23.2 (22.3-24.0)	30.5 (29.7-31.2)
	2002-2005	40.6 (39.3-41.8)	25.5 (24.6-26.4)	32.9 (32.2-33.7)
	2006-2009	41.8 (40.4-43.2)	26.9 (26.0-27.9)	34.3 (33.4-35.1)
Obese	1997-1998	12.1 (11.3-12.8)	12.0 (11.4-12.7)	12.1 (11.6-12.6)
	2002-2005	16.5 (15.6-17.4)	16.7 (16.0-17.5)	16.6 (16.0-17.2)
	2006-2009	19.8 (18.7-20.9)	20.1 (19.2-20.9)	19.9 (19.2-20.6)
Overweight or obese	1997-1998	50.1 (48.8-51.3)	35.2 (34.2-36.2)	42.5 (41.7-43.3)
	2002-2005	57.1 (55.8-58.4)	42.2 (41.1-43.2)	49.5 (48.7-50.4)
	2006-2009	61.6 (60.2-63.0)	47.0 (45.9-48.1)	54.2 (53.3-55.1)
Trends in health services				
Private health insurance	1997-1998	42.8 (41.5-44.0)	43.4 (42.4-44.5)	43.1 (42.3-43.9)
	2002-2005	54.6 (53.4-55.7)	55.5 (54.5-56.4)	55.0 (54.3-55.8)
	2006-2009	56.5 (55.3-57.8)	57.8 (56.8-58.7)	57.2 (56.4-57.9)
Difficulties getting health care when needing it	1997-1998	8.6 (8.0-9.2)	11.5 (10.9-12.1)	10.1 (9.6-10.5)
	2002-2005	11.7 (11.0-12.4)	15.6 (14.9-16.2)	13.7 (13.2-14.2)
	2006-2009	14.4 (13.6-15.2)	19.7 (19.0-20.5)	17.1 (16.6-17.7)
Emergency department presentation in the last 12 months	1997-1998	16.5 (15.6-17.4)	12.8 (12.1-13.4)	14.6 (14.0-15.1)
	2002-2005	15.8 (14.9-16.6)	14.1 (13.5-14.8)	14.9 (14.4-15.4)
	2006-2009	18.3 (17.3-19.3)	16.5 (15.8-17.2)	17.4 (16.8-18.0)
Hospital admission in the last 12 months	1997-1998	11.7 (11.0-12.5)	15.6 (14.8-16.3)	13.7 (13.2-14.2)
	2002-2005	12.5 (11.8-13.2)	15.8 (15.1-16.5)	14.2 (13.7-14.7)
	2006-2009	12.7 (11.9-13.4)	17.1 (16.3-17.8)	14.9 (14.4-15.5)
Visited a general practice in the last 12 months	1997-1998	84.9 (84.0-85.7)	91.9 (91.4-92.5)	88.5 (88.0-89.0)
	2006-2009	81.3 (80.2-82.5)	90.4 (89.7-91.0)	86.0 (85.3-86.6)
	Trends in social capital			
Most people can be trusted	2002-2005	72.6 (71.4-73.8)	68.7 (67.7-69.7)	70.6 (69.9-71.4)
	2006-2009	73.8 (72.5-75.1)	72.5 (71.5-73.6)	73.2 (72.3-74.0)
	2002-2005	81.8 (80.8-82.7)	57.6 (56.6-58.7)	69.4 (68.7-70.1)
Feel safe walking down their street after dark	2006-2009	85.0 (84.1-85.9)	61.5 (60.4-62.6)	73.1 (72.3-73.8)
	2002-2005	77.3 (76.2-78.4)	74.5 (73.6-75.5)	75.9 (75.2-76.6)
	2006-2009	77.9 (76.7-79.1)	75.0 (74.0-76.0)	76.4 (75.6-77.2)
Area has a reputation for being a safe place	2002-2005	70.2 (69.0-71.3)	65.1 (64.1-66.1)	67.5 (66.8-68.3)
	2006-2009	67.3 (65.9-68.7)	63.7 (62.6-64.8)	65.5 (64.6-66.4)
	2002-2005	82.5 (81.5-83.5)	85.3 (84.6-86.0)	84.0 (83.3-84.6)
Ran into friends and acquaintances when shopping in local area	2006-2009	81.6 (80.5-82.7)	86.0 (85.2-86.8)	83.9 (83.2-84.5)
	2002-2005	70.8 (69.6-72.0)	77.0 (76.1-77.9)	74.0 (73.3-74.8)
	2006-2009	72.0 (70.7-73.3)	77.5 (76.5-78.5)	74.8 (74.0-75.6)
Would feel sad to leave their neighbourhood	2002-2005	70.8 (69.6-72.0)	77.0 (76.1-77.9)	74.0 (73.3-74.8)
	2006-2009	72.0 (70.7-73.3)	77.5 (76.5-78.5)	74.8 (74.0-75.6)

**Note:** Indicators include adults 16 years and over unless specified.

**Source:** New South Wales Population Health Survey 2006-2009 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

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