AUSTRALIAN HEALTH INDICATORS

Final report
Prepared for the
Members Health Fund Alliance

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Executive summary

Background

In October 2020 the Members Health Fund Alliance commissioned Ipsos to undertake the first in an ongoing annual series of National Health Checks. The intention of the first wave of the study was to take a snapshot of the health of the Australian community as we emerged from various levels of restrictions imposed to help mitigate the impacts of the coronavirus pandemic.

Methodology

A comprehensive online survey tool was developed by Ipsos Australia in close consultation with the Members Health Fund Alliance. The survey was designed to capture robust, repeatable measures of physical and mental health and wellbeing to enable historic comparison as well as benchmarking against other surveys conducted in both the local and global context.

The study sought information on opinion and behaviour from 2,001 respondents aged 18 and over across the country and took approximately 15 minutes to complete. Data was collected between the 23rd of November and the 9th of December 2020.

The final survey sample was weighted by age, gender and location using population figures from the Australian Bureau of Statistics 2016 Census. It was also weighted to accurately reflect the prevalence of private health insurance coverage using the most recent September release of private health insurance statistics from the Australian Prudential Regulation Authority.

Key Findings

- Despite the travails of 2020, Australians are relatively satisfied with their 'life as a whole'. Only one in seven (15%) Australians gave a low rating while two in five (43%) gave a high rating. The remainder (42%) were neutral.

- Australians are also very positive when rating their overall health. Almost eight in ten (79%) gave a positive rating. Men (81%) gave higher ratings than women (77%). Not surprisingly, younger Australians are more likely to say they felt physically healthy.

- While we are positive about our health there are some good reasons for us to be more concerned:

    More than nine in ten Australians (92%) are consuming too few vegetables. Current guidelines recommend five or more servings of vegetables or legumes per day and one in fifteen of us (7%) are consuming this amount.

More than three in ten Australians (34%) are exceeding the recommended number of standard drinks in a session once a month or more. Current guidelines recommend limiting alcohol consumption to no more than four standard drinks per month. Men are more likely to exceed this guideline than women, particularly younger men.

Only one in three Australians (35%) are a healthy weight. Just over three in five Australians (61%) are currently overweight or obese while one in thirty (3%) are underweight. TAS, QLD, and the ACT were tied for having the largest proportion of overweight or obese citizens (66%). NSW and WA tied for lowest (57%).

The prevalence of being overweight or obese increased with age and was lowest among those 18-29 years (39%) and highest among those aged 50 years and over 74%.

Those in rural/regional Australia are more likely to be overweight or obese.

- The UCLA loneliness scale was used to measure of loneliness across the country. This analysis finds the ACT is loneliest Australian state/territory while TAS is the least lonely state. Women have higher loneliness scores than men, and rates of loneliness decrease with age.

- The Kessler Psychological Distress scale (K6) was used to assess the mental health of respondents over the last three months. Scores from this instrument can help identify those with common mental health problems such as anxiety and depression. This analysis finds:

One in seven Australians (15%) are likely to have experienced mental illness such as anxiety or depression over the last three months.

Australians aged under 40 years are much more likely to experience anxiety or depression.

Responses ranged from almost one in four (23%) in the ACT to a low of one in ten (10%) in WA.

Despite the extended lockdown, those in VIC are no more likely to experience anxiety or depression than the national average (16% in VIC, a non-significant 1 point above the national average).

Further analysis looked at those identified as likely to have common mental health problems but who had never been diagnosed with either anxiety or depression. This analysis finds that one in three (33%) of affected by mental illness over the last three months had not been diagnosed with anxiety or depression.

Compared to population distribution, more people with a likely undiagnosed mental health problem live in VIC (+6 points) while WA was underrepresented (-5 points).

- The majority (75%) of Australians aged 50 years and over have had bowel cancer screening in the past with just over two in five (41%) having a test in the last 12 months. Analysis by jurisdiction found rates of bowel cancer testing in the last 12 months were lowest in WA (30%) and at very similar levels across NSW (42%), VIC (41%), QLD (42%), and SA (40%).

- Just under half (51%) of Australian women have had a mammogram, this increases to almost nine in ten (86%) among women aged 50 years and over.

Women in VIC were most likely to have had a mammogram at some point in the past (53%) followed by NSW (50%) and WA (49%). The lowest prevalence of mammogram testing was seen in QLD.

While VIC performed well in terms of overall prevalence of mammograms, the state came last for tests conducted in the last 12 months (12%), outperformed by WA (16%), QLD (15%), NSW (15%), and SA (14%) – result likely driven, at least in part, by the Victorian lockdown.

- Across almost all health and mental health measures, those with private health insurance fared better. Those with private cover are less likely to be overweight or obese, and more likely to have had preventative health checks such as bowel cancer screening, mammograms, and cervical cancer screening. The privately insured also gave more positive ratings about their health and about life in general.

- The finding above is a strong endorsement for the health and wellbeing benefits with private health insurance. It is likely that there are also other factors at play, such as demographic differences between those with and without private cover, and the attitudes of those who take active steps to mitigate their own health risks.

  While the privately insured have, on average, higher educational attainment and a higher annual household income than the uninsured, it should be noted that 42% of those with household income of $60K per annum or less hold some form of private cover. According to the Australian Bureau of Statistics, average weekly earnings for all persons in May 2020 (latest release) was $1,305 – equivalent to an annual household income of approximately $68K per annum.

1 Research context

1.1 Project background

In October 2020 the Members Health Fund Alliance commissioned Ipsos to undertake the first in an ongoing annual series of National Health Checks. The intention of the first wave of the study was to take a snapshot of the health of the Australian community as we emerged from various levels of restrictions imposed to help mitigate the impacts of the coronavirus pandemic.

A comprehensive online survey tool was developed by Ipsos Australia in close consultation with the Members Health Fund Alliance. The survey was designed to capture robust, repeatable measures of physical and mental health and wellbeing to enable historic comparison as well as benchmarking against other surveys conducted in both the local and global context.

The inaugural wave of the 15-minute survey explored topics such as overall perceptions of health, mental health (stated and derived), alcohol consumption, dietary intake, exercise, and access to preventative health checks. Self-reported anthropometric measures such as height and weight were also collected.

In total, more than 2,000 Australians took part in the study in November and early December.

1.2 Research objectives

The overarching objective of this project is to provide insight into current state of national health and wellbeing and to examine differences in health and wellbeing by demography and geography. The first wave of the study also aims to establish a robust benchmark for comparison in future years.

2 Survey design

2.1 Conduct of research

The views and opinions of the Health Indicators research study consisted of surveying the general population across the whole of Australia via an online research panel. The members of the panel frequently participate in market and social research and are contacted via an e-mail invitation to self-complete the online survey. The survey was hosted by Ipsos, on behalf of the Members Health Alliance fund.

The study asked the opinions of 2,001 respondents aged 18 and over across the country and took approximately 15 minutes to complete. The breakdown of participants by age, gender and location can be found in Table 1 below. Fieldwork was conducted between the 23rd of November to the 9th of December 2020.

Table 1. Sample composition - Age, gender and location

Age	ABS 2016	Unweighted	Weighted	n
18-39 years	38.84%	38.9%	38.9%	778
40-59 years	33.78%	33.6%	33.8%	672
60+ years	27.37%	27.5%	27.4%	551
Gender				
Male	49.10%	49.1%	49.1%	982
Female	50.90%	50.9%	50.9%	1,019
Location				
Greater Sydney	20.66%	23.1%	20.66%	462
Rest of NSW	11.37%	9.0%	11.37%	181
Greater Melbourne	19.32%	20.9%	19.32%	418
Rest of Vic.	6.18%	5.2%	6.18%	105
Greater Brisbane	9.58%	10.0%	9.58%	201
Rest of Qld	10.27%	9.8%	10.27%	196
Greater Adelaide	5.64%	5.2%	5.64%	104
Rest of SA	1.65%	1.7%	1.65%	35
Greater Perth	8.28%	7.8%	8.28%	156
Rest of WA	2.21%	2.4%	2.21%	49
Tasmania	2.21%	2.1%	2.21%	43
NT	0.93%	0.8%	0.93%	17
ACT	1.7%	1.7%	1.7%	34
Total	**100.00%**	**100.0%**	**100%**	**2,001**

2.2 How to read this report

Apart from some demographic variables, the data presented in this report has been weighted to realign the respondents to State and National populations at the gender; age and location level for those aged 18 and above. The weighting was based on the Australian Bureau of Statistics 2016 Census data. It was also weighted to accurately reflect the prevalence of private health insurance coverage using the most recent September release of private health insurance statistics from the Australian Prudential Regulation Authority.

Responses were analysed for differences between subgroups in the community (i.e. age, location etc.). Where there are statistical differences, these are statistically significant at 95% level of confidence. A 'significant difference' means we can be 95% confident the difference observed between the two samples reflects a true difference in the population of interest and is not a result of chance.

Only statistically significant differences between key subgroups have been reported in this document. Such descriptions are not value judgements on the importance of the difference. The reader is encouraged to make a judgement as to whether the differences are 'meaningful' or not.

Where significance testing has occurred between pairs such as males vs. females, this has been undertaken as an independent samples test. However, where significance testing has occurred between more than two categories within a group (e.g. 18-25 year-olds, 26-39 year-olds; and 40+ year olds), the significance testing compares one category against the average of the other categories (i.e. 18-25 vs. those aged 26-39 and 40+ combined). Such a test is ideal for multiple comparisons as it reduces the likelihood of displaying a significance difference where one does not exist.

Statistically significant differences within tables are displayed by up (↑) and down (↓) arrows. Up arrows indicate the figure reported is significantly higher; down arrows indicate the figure is statistically lower than those not in that category.

Frequencies were calculated for all questions. Results are reported as percentage frequencies unless otherwise stated. Manipulation and amalgamations of variables were undertaken as appropriate. Where proportions do not add up to 100%, this is due to a rounding effect or a multiple response question. The base sizes for each question may vary due to skips and logics in the questionnaire.

3 Key findings

3.1 Overall wellbeing

Overall satisfaction with life as a whole

Despite the travails of 2020, Australians are generally satisfied with their 'life as a whole'. Respondents were asked to rate their health on a scale of 0-10 where 0 was *not at all satisfied* and 10 was *completely satisfied.* Approximately one in seven (15%) gave a low rating (0-4), two in five (43%) gave a high rating (8-10) and the remainder (42%) were neutral.

As shown below in Figure 1, satisfaction with 'life as a whole' differed significantly by age. Older Australians were significantly more likely to state that they were satisfied (55% providing an 8-10 rating). Among younger Australians the corresponding figure was just over third (36% 8-10 rating).

Figure 1. Satisfaction with life as a whole
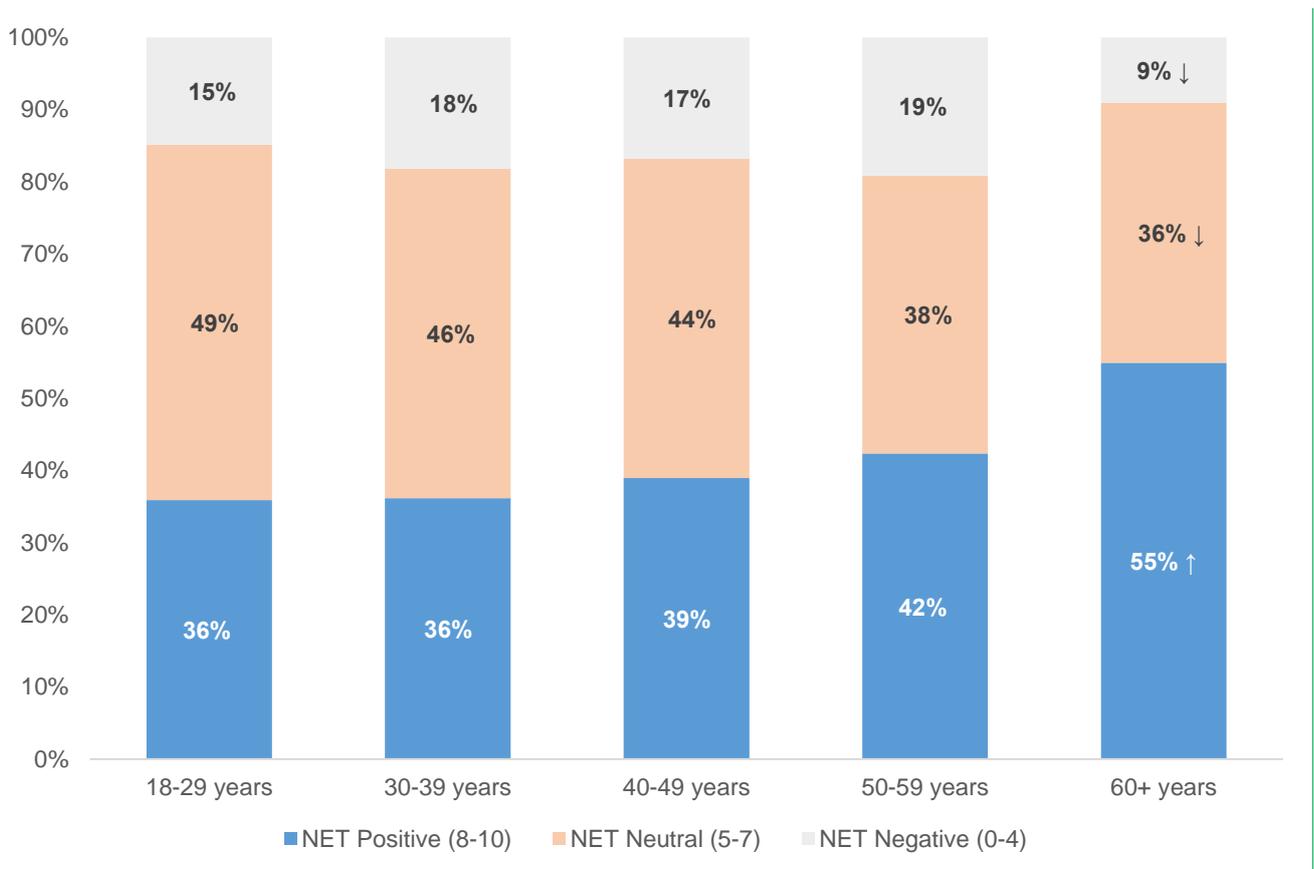
Q2. Overall, on a scale from 0 to 10, how satisfied are you with life as a whole these days, with 0 meaning not satisfied and 10 meaning completely satisfied?

Analysis by location found no significant differences between positive or negative ratings. Positive ratings ranged from a high of 44% in NSW and TAS respectively and a low of 39% in SA[1]. There was no significant difference between those living in major capital cities (42% positive) compared with the rest of the country (44% positive).

Those with private health insurance were significantly more likely to provide a positive rating than their uninsured counterparts (47% among those with PHI compared to 37% among those without).

Overall rating of health

Australians were also very positive when rating their overall health. Respondents were asked to rate their health on a five-point scale ranging from excellent to poor. Overall, almost eight in ten 79% provided a positive response (NET excellent, very good, good). Ratings were significantly higher among men (81% compared to 77% among women) and among younger Australians (83% among 18-29 year olds compared to 76% for those aged 60 years and over).

Analysis by location found positive ratings ranging from a top of 84% in TAS to a low of 76% in QLD[2]. Those in greater capital cities were more likely to rate their health as *excellent* (15%) compared to those in rural and regional areas (9%) though this is likely driven in part by the young age profile of major capital cities.

Those with private health insurance are significantly more likely to provide a positive response (82%) compared with their uninsured counterparts (74%). The highest ratings were provided by those with some form of private hospital cover.

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[1] ACT and NT were excluded from the analysis due to low sample sizes

[2] ACT and NT were excluded from the analysis due to low sample sizes

3.2 Mental Health and Loneliness

Social connectivity and loneliness

The survey made use of the UCLA loneliness scale – a bank of twenty statements about social connectedness, each rated for the frequency of occurrence. This scale produces a mean score with a maximum of 60 (more lonely) and a minimum of 0 (less lonely). Scores were calculated for the entire sample and examined by cohort.

The results of this analysis by age and gender are shown overleaf in Figure 2. The analysis shows that Australian women (mean 18.8) had higher loneliness scores than men (mean 16.8). Further, loneliness was higher among younger Australians and decreased with age.

Analysis by location found loneliness scores ranging from a high of 19.6 in the ACT to a low of 14.2 in TAS. Loneliness scores were higher in greater capital cities (18.0) than in rural and regional areas (17.6) but not significantly so.

Analysis by private health insurance status found that those without private health insurance (20.3) had significantly higher loneliness scores than their uninsured counterparts (15.9). Members of Members Health health funds were not significantly different from other insured Australians (15.3).

Figure 2. UCLA Loneliness score by demographic group
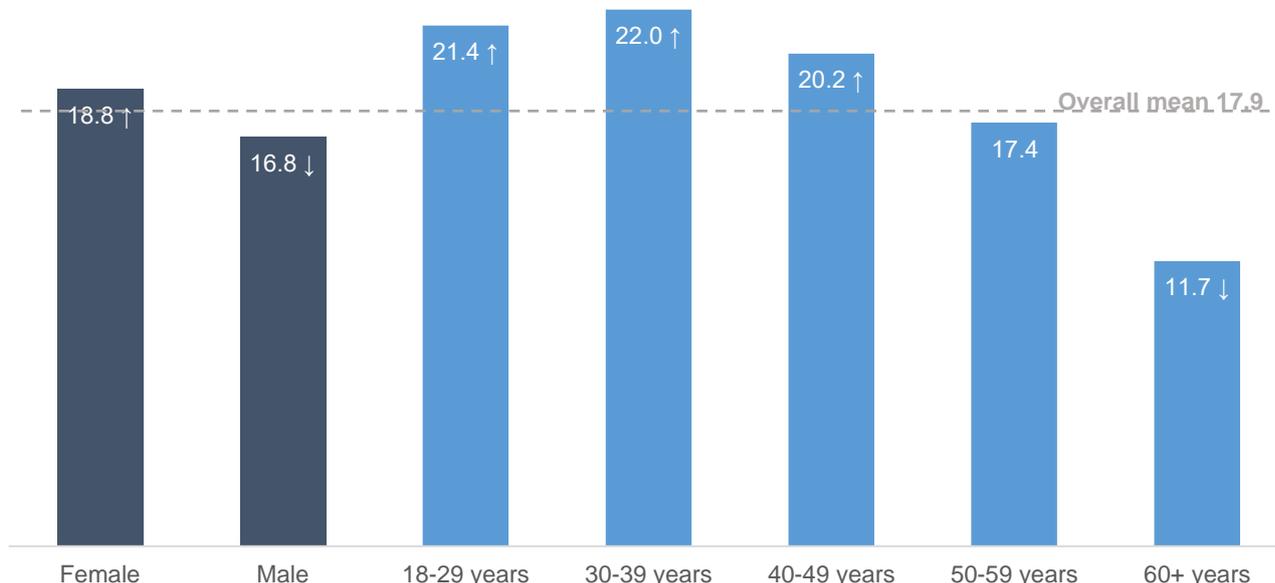
Q4. During the last 3 months, please indicate how often each of the statements below described

Anxiety and depression

The shortened version of the Kessler Psychological Distress scale (K6) was used to assess the mental health of respondents over the last three months. Scores from this instrument can be used to identify individuals or groups who are more likely or less to have common mental health problems such as anxiety and depression.

The survey found approximately one in seven Australians (15%) were likely to have experienced mental illness such as anxiety or depression over the last three months. Younger Australians were significantly more likely to have experienced anxiety or depression (22% among 18-29 year olds, 23% among 30-39 year olds) compared with older Australians (6% among those aged 60 years and over).

Australians were also asked whether they had ever been diagnosed with anxiety, depression, or both. Overall, almost one in ten (8%) of Australians had been diagnosed with anxiety, one in ten (11%) had been diagnosed with depression, and almost one in five (18%) had been diagnosed with both.

Women were twice as likely to have been diagnosed with both anxiety and depression (24% compared to 12% among men). This was true of younger women in particular – almost three in ten (29%) of women aged 18-29 years had been diagnosed with both anxiety and depression more than three times the rate of men in the same age group (9%).

Undiagnosed mental illness

Further analysis was undertaken to look at those who were identified as being likely to have a been impacted by mental illness in the last three months but who had never been diagnosed with either anxiety or depression.

This analysis found that one in three (33%) of those who were likely to have been affected by mental illness over the last three months had never been diagnosed with anxiety or depression.

An examination of the population distribution of those who are likely to have been impacted by an undiagnosed mental illness is shown below in Table 2. This analysis shows VIC with the greatest prevalence of undiagnosed mental illness (+6 points) and WA with the lowest prevalence (-5 points).

Table 2. Geographic distribution of those with an undiagnosed 'likely mental illness'

Column %	Population distribution	Distribution of those with undiagnosed 'likely mental illness'	Difference
Victoria	25%	31%	6%
Tasmania	2%	4%	1%
Australian Capital Territory	2%	2%	0%
Queensland	19%	19%	0%
New South Wales	33%	32%	0%
South Australia	7%	6%	-1%
Northern Territory	1%	0%	-1%
Western Australia	11%	6%	-5%
Total	100%	100%	100%
Column n	1,238	92	2,001

Q5 Have you ever been diagnosed by a doctor with anxiety or depression?

Q4 In the past 3 months, about how often did you feel the following (Kessler Psychological Distress Scale (K6))

3.3 Diet and exercise

Body Mass Index

All respondents were asked to provide their height and weight to allow for the calculation of a body mass index (BMI). Just over three in five Australians (61%) are currently overweight or obese.

Analysis by age and gender found that women were more likely than men to fall into both the underweight (5% among women compared to 2%) and the obese BMI categories (33% among women compared to 26%). Men were more likely to fall into the overweight categories (37% among men compared to 27% amongst women).

The prevalence of being overweight or obese increased with age being lowest among those 18-29 years (39%) and highest among those aged 50 years and over 74%.

Analysis by metropolitan and rural/regional Australia is shown overleaf in Table 3. This analysis found those in rural and regional areas are significantly more likely to be overweight or obese (68% compared to 58%).

Examination by jurisdiction found that rates of overweight or obesity ranged from a high of 66% in QLD and TAS respectively to a low of 57% in NSW and WA respectively.

As with other health and mental measures, those with private health insurance are more likely to fall into the healthy category (37% 'healthy' BMI compared with 32% among the uninsured). Correspondingly, those with PHI are less likely to fall into the overweight or obese category (59% compared to 65% for the uninsured).

Table 3. Body Mass Index (BMI) in Greater Capital Cities compared to rural and regional areas

	Total	Greater Cap City	Rest of State
Underweight (18.5 or below)	3%	4%	2%
Healthy (18.5 to 24.9)	35%	38% ↑	30% ↓
Overweight (25.0 to 29.9)	32%	32%	32%
Obese (30+)	29%	26% ↓	36% ↑
NET Overweight / Obese	61%	58% ↓	68% ↑
Total	100%	100%	100%
Column n	**1,696**	**1,174**	**522**

Q29. Approximately what is your height, in centimetres?

Q30. And approximately what is your weight, in kilograms?

Consumption of food

Survey respondents were asked about their food and alcohol consumption habits and their responses compared against guidelines from the National Health and Medical Research Council (NHMRC) guidelines.

More than nine in ten Australians (92%) are consuming too few servings for vegetables. Current guidelines recommend five or more servings of vegetables or legumes per day. A plurality of Australians (46%) are consuming one to two servings per day while only one in fifteen (7%) are consuming the recommended amount.

Analysis by age and location found few significant differences. Analysis by private health insurance status found that those without private health insurance were more than twice as likely as their uninsured counterparts

to consume less than one serve of vegetables per day (20% compared to 11%). Those with private cover were more likely to consume three to four serves per day (36% compared to 26%).

Consumption of alcohol

The vast majority of Australians (76%) have consumed some kind of alcoholic drink in the past 12 months with almost two in three (64%) consuming monthly, and just under half (45%) consuming weekly.

Current NHMRC guidelines recommend limiting alcohol consumption to no more than four standard drinks per month. Overall, one in three (34%) Australians are exceeding the recommended number of standard drinks in a session once a month or more.

Men are more likely to exceed this guideline than women (42% of men exceed the guideline at least monthly compared with 26% for women). The issue is particularly prevalent for younger men with more than half of those aged 18-29 years (53%) exceeding the guideline at least monthly. (see Figure 3 below).

Figure 3. %of men drinking more than four standard drinks in a session at least once per month

18-29 years	30-39 years	40-49 years	50-59 years	60+ years
53% ↑	48% ↑	40%	46% ↑	28%

Overall average 34%
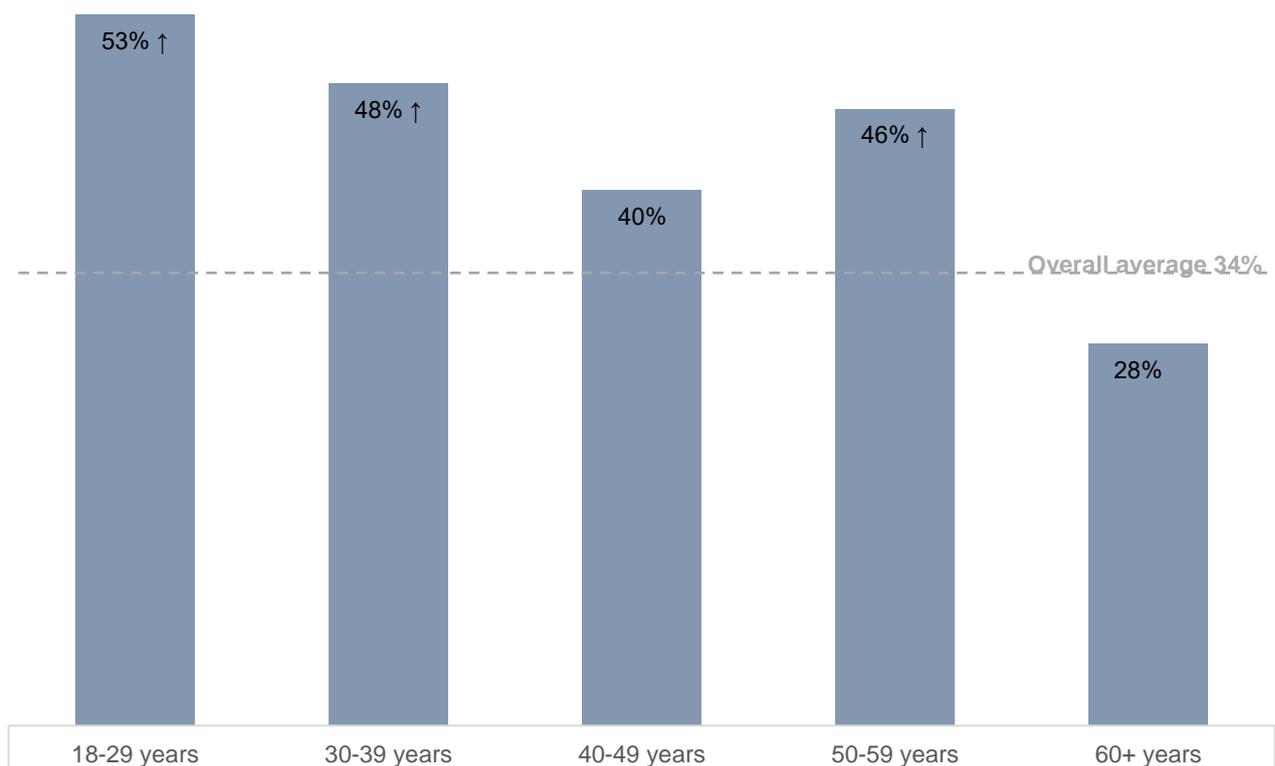
Q13. And, on average, how often do you think you exceed 4 standard drinks when you drink?

3.4 Preventative health checks

The survey asked a number of questions about important preventative health checks to determine what impact, if any, the Covid-19 pandemic and resultant lockdowns have had on preventive health in Australia.

The survey found the majority (75%) of Australians aged 50 years and over have had bowel cancer screening in the past with just over two in five (41%) having a test in the last 12 months. Analysis by jurisdiction found rates of bowel cancer testing in the last 12 months were lowest in WA (30%) and at very similar levels across NSW (42%), VIC (41%), QLD (42%), and SA (40%).

Prevalence and frequency of mammograms are shown below in Table 4. While women in VIC showed the lowest rate for *never having had a mammogram* the proportion receiving a test in the last 12 months was also the lowest recorded. This indicates a likely fall in preventative health requiring in-person diagnostics as a result of the Victorian lockdown.

Table 4. Frequency of having a mammogram by location

Column %	Total	NSW	VIC	QLD	SA	WA
Never had a mammogram	51%	50%	47%	54%	60%	51%
Less than one year ago	15%	15%	12%	15%	14%	16%
1 year to less than 2 years ago	17%	20%	20%	14%	11%	20%
2 years to less than 3 years ago	6%	5%	7%	5%	5%	5%
3 years to less than 4 years ago	4%	2%	6%	4%	3%	2%
4 years to less than 5 years ago	2%	2%	2%	1%	3%	3%
5 or more years ago	5%	5%	6%	7%	4%	3%
Don't know or refused	0%	0%	1%	0%	0%	0%
NET	100%	100%	100%	100%	100%	100%
Column n	506	165	144	96	29	52

Q24. A mammogram is an X-ray taken of the breasts by a machine that presses against the breast while the picture is taken. It is a means of detecting breast cancer in the early stages. Have you ever had a mammogram?

Q25. When did you last have a mammogram?

4 Appendix

4.1 Appendix A: Participant profile

Table 4. Participant profile (Part 1)

	Weighted	Unweighted	n
18-29 years	21%	19%	378
30-39 years	18%	20%	400
40-49 years	17%	16%	315
50-59 years	16%	18%	357
60+ years	27%	28%	551
Gender			
Male	49%	49%	982
Female	51%	51%	1,019
Location			
Sydney	21%	23%	462
Rest of NSW	11%	9%	181
Melbourne	19%	21%	418
Rest of VIC	6%	5%	105
Brisbane	10%	10%	201
Rest of QLD	10%	10%	196
Adelaide	6%	5%	104
Rest of SA	2%	2%	35
Perth	8%	8%	156
Rest of WA	2%	2%	49
TAS	2%	2%	43
NT	1%	1%	17
ACT	2%	2%	34
Place of birth			
Australia	71%	70%	1,406
Elsewhere	28%	29%	582
Prefer not to say/ refused	1%	1%	13
Column n	2,001	2,001	

Table 5. Participant profile (Part 2)

Household Income	Weighted	Unweighted	n
Less than $15,000	3%	3%	57
$15,000 - $25,000	7%	7%	136
$25,001 - $40,000	13%	13%	263
$40,001 - $60,000	14%	14%	280
$60,001 - $80,000	12%	11%	230
$80,001 – $90,000	6%	6%	113
$90,001 - $105,000	8%	8%	155
$105,001 – $140,000	12%	12%	240
$140,001 – $180,000	7%	7%	145
$180,001 - $210,000	4%	4%	80
$210,001 +	4%	5%	92
Prefer not to say	10%	10%	210
Highest level of education completed			
Postgraduate degree (honours, Masters, PhD)	13%	13%	259
Graduate diploma or graduate certificate	6%	6%	129
Bachelor Degree (undergraduate)	24%	23%	470
Advanced diploma or diploma	12%	12%	244
Certificate (TAFE)	18%	18%	362
Year 12 of High School (e.g. HSC)	13%	13%	262
Year 11 of High School	3%	3%	63
Year 10 or under (e.g. School Certificate)	10%	10%	192
I'd prefer not to say/ refused	1%	1%	20
Column n	2,001	2,001	

4.2 Appendix B: Questionnaire

Members Health Fund Alliance – Health Indicators

Job book Number	20-080322-01
Job Name	Health Indicators
Client	Members Health Fund Alliance
Date	28.10.2020
Version Number	DRAFT 4
Authors	Tom Clement / Dan Pole

Key:

Name and Label	# _____ #	i.e. #SQ3i. Age#
Question Filter/Routing	< _____ >	I.E. < ASK IF Q1 = 1>
Programming instructions	[_____]	I.E. [RANDOMISE STATEMENTS]
Changes	HIGHLIGHT	NEW ADDITION DELETION

Quotas: n=2,000 nationally representative by age, gender, location

INTRODUCTION

[STANDARD INSTRUCTIONS]

SCREENING

Key:

Name and Label	# _____ #	i.e. #SQ3i. Age#
Question type	{ _____ }	I.E. {SINGLE} {MULTIPLE} {INTEGER (RANGE 16-64)} {DECIMAL (RANGE 16.5 - 63.5)} {TEXT (RANGE 10-20)}
Question Filter/Routing	< _____ >	I.E. < ASK IF Q1 = 1>
Programming instructions	[_____]	I.E. [RANDOMISE STATEMENTS]
Changes	HIGHLIGHT	

SECTION A: SCREENER QUESTIONS

QS1. What is your gender?

{SINGLE RESPONSE}
{DNRO}

Female	1
Male	2
Other	3
Prefer not to say	99

---[NEW SCREEN] --

QS2. Could you please tell me your approximate age?
{SINGLE RESPONSE}

17 years or under [TERMINATE]	1

18-19 years	2
20-24 years	3
25-29 years	4
30-34 years	5
35-39 years	6
40-44 years	7
45-49 years	8
50-54 years	9
55-59 years	10
60-64 years	11
65+ years	12
I'd prefer not to say	99

---[NEW SCREEN] --

QS3. What is your postcode?
{NUMERIC RESPONSE, 9999 FOR DON'T KNOW OR REFUSED}

MAIN QUESTIONNAIRE BEGINS

---[NEW SCREEN] --

Health and Wellbeing

Q1. Overall, how would you rate your health during the past 3 months?
{SINGLE RESPONSE}

Excellent	1	
Very good	2	
Good	3	
Fair	4	
Poor	5	
Don't know or refused	99	

---[NEW SCREEN] --

Q2. Overall, on a scale from 0 to 10, how satisfied are you with life as a whole these days, with 0 meaning not satisfied and 10 meaning completely satisfied?
{SINGLE RESPONSE}

	0	
	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
	10	
Don't know or refused	99	

---[NEW SCREEN] ---

Mental Health

Q3. In the past 3 months, about how often did you feel the following:

{SINGLE RESPONSE}

		All of the time	Most of the time	Some of the time	A little of the time	None of the time	Not sure
A	Nervous?	1	2	3	4	5	99
B	Hopeless?	1	2	3	4	5	99
C	Restless or fidgety?	1	2	3	4	5	99
D	That everything was an effort?	1	2	3	4	5	99
E	So depressed that nothing could cheer you up?	1	2	3	4	5	99
F	Worthless?	1	2	3	4	5	99

---[NEW SCREEN] ---

Q4. During the last 3 months, please indicate how often each of the statements below described you.

SINGLE RESPONSE}

		I often felt this way	I sometimes felt this way	I rarely felt this way	I never felt this way	Not sure
1	I am unhappy doing so many things alone	3	2	1	0	99
2	I have nobody to talk to	3	2	1	0	99
3	I cannot tolerate being so alone	3	2	1	0	99
4	I lack companionship	3	2	1	0	99
5	I feel as if nobody really understands me	3	2	1	0	99
6	I find myself waiting for people to call or write	3	2	1	0	99
7	There is no one I can turn to	3	2	1	0	99
8	I am no longer close to anyone	3	2	1	0	99
9	My interests and ideas are not shared by those around me	3	2	1	0	99
10	I feel left out	3	2	1	0	99
11	I feel completely alone	3	2	1	0	99
12	I am unable to reach out and communicate with those around me	3	2	1	0	99
13	My social relationships are superficial	3	2	1	0	99
14	I feel starved for company	3	2	1	0	99
15	No one really knows me well	3	2	1	0	99
16	I feel isolated from others	3	2	1	0	99
17	I am unhappy being so withdrawn	3	2	1	0	99
18	It is difficult for me to make friends	3	2	1	0	99
19	I feel shut out and excluded by others	3	2	1	0	99
20	People are around me but not with me	3	2	1	0	99

Q5. Have you ever been diagnosed by a doctor with anxiety or depression? {SINGLE RESPONSE}

Yes, anxiety	1
Yes, depression	2
Yes, both	3
No	4
Don't know or refused	99

Smoking

Q6. Do you currently smoke?
{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

<ASK IF Q6 =1>

Q7. Do you smoke regularly, that is, at least once a day?
{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

<ASK IF Q7 =2>

Q8. Do you smoke at least once a week?
{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

<ASK IF Q7 =2>

Q9. Have you ever smoked regularly, that is, at least once a day?
{SINGLE RESPONSE}

Yes	1	
No	2	
Don't know or refused	99	

Consumption of alcohol

Q10. Have you had an alcoholic drink of any kind in the past 12 months?
{SINGLE RESPONSE}

Yes	1	
No	2	
Don't know or refused	99	

<ASK IF Q10 =1>

Q11. On average, how often do you drink alcohol?

{SINGLE RESPONSE}

Every day	1
5 to 6 days per week	2
3 to 4 days per week	3

1 to 2 days per week	4
2 to 3 days per month	5
About 1 day per month	6
Less often than 1 day per month	7
Don't know or refused	99

---**[NEW SCREEN]** --

<ASK IF Q10 =1>

Q12. Alcoholic drinks are measured in terms of a "standard drink". An average can, bottle or schooner of full-strength beer contains roughly 1.5 standard drinks; a can, bottle or schooner of mid-strength beer contains roughly 1 standard drink; a glass of wine contains roughly 1.5 standard drinks and a shot of spirits usually contains 1 standard drink.

On average, how often do you think you exceed 2 standard drinks when you drink?
{SINGLE RESPONSE}

Every day	1
5 to 6 days per week	2
3 to 4 days per week	3
1 to 2 days per week	4
2 to 3 days per month	5
About 1 day per month	6
Less often than 1 day per month	7
Don't know or refused	99

---**[NEW SCREEN]** --

<ASK IF Q10 =1>

Q13. And, on average, how often do you think you exceed 4 standard drinks when you drink?
{SINGLE RESPONSE}

Every day	1
5 to 6 days per week	2
3 to 4 days per week	3

1 to 2 days per week	4
2 to 3 days per month	5
About 1 day per month	6
Less often than 1 day per month	7
Don't know or refused	99

---**[NEW SCREEN]** ---

Nutrition

Q14. On average, how many servings of vegetables or legumes do you eat each day?
{SINGLE RESPONSE}

Less than 1 serve per day	1
1 to 2 per day	2
3 to 4 per day	3
5 or more per day	4
Don't know or refused	99

---**[NEW SCREEN]** ---

Q15. On average, how many servings of fruit do you eat each day?
{SINGLE RESPONSE}

Less than 1 serve per day	1
1 to 2 per day	2
3 to 4 per day	3
5 or more per day	4
Don't know or refused	99

---**[NEW SCREEN]** ---

Physical activity

Q16. Guidelines for physical activity refer to moderate and vigorous physical activity. Some examples of moderate physical activity are: walking briskly, doing heavy household cleaning such as mopping, washing

windows, vacuuming or mowing the lawn, cycling slowly or playing sports that get you sweating slightly. Examples of vigorous physical activity are: running, strength training, Pilates, shovelling, carrying heavy loads or playing a game of netball or soccer.

Roughly how much time in minutes do you think you spent engaging in moderate physical activity in the past week?
{NUMERIC ANSWER, 99999 FOR REFUSED OR DK}

--**[NEW SCREEN]** ---

Q17. And how much time in minutes do you think you spent engaging in vigorous physical activity in the past week
{NUMERIC ANSWER, 99999 FOR REFUSED OR DK}

--**[NEW SCREEN]** ---

Dental care

Q18. Overall, how would you rate your dental health during the past 3 months?
{SINGLE RESPONSE}

Excellent	1	
Very good	2	
Good	4	
Fair	6	
Poor	7	
Don't know or refused	99	

--**[NEW SCREEN]** ---

Health Services

The next questions are about health services…

Q19. Have you visited a dentist in the past 12 months?

{SINGLE RESPONSE}

Yes	1

No	2
Don't know or refused	99

---**[NEW SCREEN]** ---

Q20. Have you visited a general practitioner in the past 12 months?

{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

---**[NEW SCREEN]** ---

<If Q20 = 1>

Q21. When did you last see a general practitioner?

{SINGLE RESPONSE}

Within the last week	1
1 to less than 2 weeks ago	2
2 weeks to less than 1 month ago	3
Between 1 and less than 6 months ago	4
6 to 12 months ago	5
Don't know or refused	99

---**[NEW SCREEN]** ---

Q22. Bowel cancer is a common cancer which, if found, can be treated at an early stage. Bowel cancer may be detected by using several different types of investigations. Have you ever had any kind of bowel cancer screening test?

{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

<If Q22 = 1>

Q23. When did you last have any kind of bowel cancer screening test?

{SINGLE RESPONSE}

Less than one year ago	1
1 year to less than 2 years ago	2
2 years to less than 3 years ago	3
3 years to less than 4 years ago	4
4 years to less than 5 years ago	5
5 or more years ago	6
Don't know or refused	99

<If female QS1 = 1>

Q24. A mammogram is an X-ray taken of the breasts by a machine that presses against the breast while the picture is taken. It is a means of detecting breast cancer in the early stages.

Have you ever had a mammogram?

{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

<If Q24 = 1>

Q25. When did you last have a mammogram?

{SINGLE RESPONSE}

Less than one year ago	1
1 year to less than 2 years ago	2
2 years to less than 3 years ago	3
3 years to less than 4 years ago	4
4 years to less than 5 years ago	5
5 or more years ago	6
Don't know or refused	99

---**[NEW SCREEN]** --

<If female QS1 = 1>

Q26. A cervical screening test is a routine test carried out by a doctor. It is recommended for all women for early detection of cancer of the cervix. It can be a Pap test or an HPV DNA test.

Have you ever had a cervical screening test?

{SINGLE RESPONSE}

Yes	1
No	2
Don't know or refused	99

---**[NEW SCREEN]** --

<If Q26 = 1>

Q27. When did you last have a cervical screening test?

{SINGLE RESPONSE}

Less than one year ago	1
1 year to less than 2 years ago	2
2 years to less than 3 years ago	3
3 years to less than 4 years ago	4
4 years to less than 5 years ago	5

5 or more years ago	6
Don't know or refused	99

---**[NEW SCREEN]** ---

Chronic diseases

Q28. Have you ever been diagnosed with any of the following chronic diseases?
{MULTIPLE RESPONSE}
{RANDOMISE ORDER 1-8}

Asthma	1
Type 1 diabetes	2
Type 2 diabetes	3
Heart disease	4
Stroke	5
Cancer	6
Osteoporosis	7
Arthritis	8
None of these	9
Don't know or refused	99

---**[NEW SCREEN]** ---

Body weight status

Q29. Approximately what is your height, in centimetres?
{NUMERIC RESPONSE, 999 FOR DON'T KNOW OR REFUSED, BETWEEN 0-999}

---**[NEW SCREEN]** ---

Q30. And approximately what is your weight, in kilograms?
{NUMERIC RESPONSE, 999 FOR DON'T KNOW OR REFUSED, BETWEEN 0-999}

---**[NEW SCREEN]** ---

Covid-19

Q31. How concerned are you about the following in relation to the Covid-19 pandemic?
{SINGLE RESPONSE PER ROW}

	Not at all concerned						Very concerned
Health impacts	01	02	03	04	05	06	07
Economic impacts	01	02	03	04	05	06	07

---**[NEW SCREEN]** ---

Q32. On balance, are you more concerned about the health impacts of Covid-19 or the economic impacts of Covid-19? Please select one.
{SINGLE RESPONSE}

Health impacts	01
Economic impacts	02

Q33. To what extent do you agree or disagree to the following statements?

[RANDOMISE ORDER]

{SINGLE RESPONSE}

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Covid-19 will have a financial impact on me and my family	01	02	03	04	05
Covid-19 poses a threat to my job or business, or the job or business of a member in my household	01	02	03	04	05
I am very concerned with how Covid-19 will affect my health or the health of a member in my family	01	02	03	04	05
The Australian economy will take years to recover from this crisis	01	02	03	04	05
The media has exaggerated the extent of the Covid-19 pandemic	01	02	03	04	05
I expect things to return to normal in my state/territory by June 2021	01	02	03	04	05
I will do more to protect my health once the Covid-19 pandemic passes	01	02	03	04	05
I am very concerned I will not be able to pay my bills one month from now	01	02	03	04	05
Concerns about Covid-19 have caused me or a member of my family to delay or postpone medical treatment	01	02	03	04	05

DEMOGRAPHICS

<ASK ALL>

QD1. Are you currently covered by any private health insurance, that is cover that you pay for in addition to your basic Government Medicare entitlement?

{SINGLE RESPONSE}

Yes	1

No	2
Don't know or refused	99

--**[NEW SCREEN]** ---

<ASK if QD1=1>

QD2. Thinking of your private health insurance, is this

{SINGLE RESPONSE}

Hospital cover <u>only</u>	1
'Extras', general treatment, or ancillary benefits <u>only</u> such as optical, dentistry, physiotherapy, etc.	2
Both hospital and 'extras' cover	3
Don't know or refused	99

--**[NEW SCREEN]** ---

<ASK if QD1=1>

QD3. Which organisation is your private health insurance with?

<If QD2=3 display:> Please note: If you have more than one insurer, who do you consider to be your <u>main</u> insurer?

{SINGLE RESPONSE, TYPE DOWN}

ACA Health Benefits fund	1
Australian Health Management Group (AHM)	2
Australian Unity	3
Bupa	4
Commonwealth Bank Health Services (CBHS)	5
CUA Health	6
Defence Health	7
Emergency Services Health	8
GMHBA	9
Health Care Insurance (HCI)	10

Health Insurance Fund (hif)	11
Health Partners	12
health.com.au	13
Hospital Benefits Fund (HBF)	14
Hospital Contribution Fund (HCF)	15
Hunter Health Insurance	16
Latrobe Health Insurance	17
Medibank	18
Mildura District Hospital Fund	19
Navy Health	20
nib	21
NRMA Health	22
Nurses & Midwives Health	23
Peoplecare	24
Phoenix Health Fund	25
Police Health	26
Qantas Assure	27
Queensland Country Health Fund	28
RT Health	29
St Lukes Health	30
Teachers Federation Health ltd	31
Teachers Union Health (TUH)	32
Territory Mutual	33
Transport Health	34
Uni Health Insurance	35
Western District Health Fund	36
Westfund	37
Don't know or refused	99

QD5. What is the highest level of education that you have completed?
{SINGLE RESPONSE}

Postgraduate degree (honours, Masters, PhD)	1
Graduate diploma or graduate certificate	2
Bachelor Degree (undergraduate)	3
Advanced diploma or diploma	4
Certificate (TAFE)	5
Year 12 of High School (e.g. HSC)	6
Year 11 of High School	7
Year 10 or under (e.g. School Certificate)	8
I'd prefer not to say/refused	99

QD6. And were you born in Australia?
{SINGLE RESPONSE}

Yes	1
No	2
Prefer not to say/refused	9

QD7. What is your approximate annual household income before tax? That is, the combined income of all members of your household? Is it ...
{SINGLE RESPONSE}

Less than $15,000	1
$15,000 - $25,000	2
$25,001 - $40,000	3
$40,001 - $60,000	4
$60,001 - $80,000	5
$80,001 – $90,000	6
$90,001 - $105,000	7
$105,001 - $140,000	8
$140,001 – $180,000	9
$180,001 - $210,000	10

$210,000 +	11
Prefer not to say	99

Thank you very much for participating in this survey. Your response is very important to us.