



ACT
Government

ACT Health

ACT General Health Survey 2011–2021 Adults



Epidemiology Section

Health Series No. 69

2023

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ACT General Health Survey 2011–2021 Adults

Health Series
Number 69

Epidemiology Section
Data Analytics Branch
Policy, Partnerships and Programs
2023

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Acknowledgement of Country

ACT Health acknowledge the Ngunnawal people, the traditional custodians of the ACT and recognise any other people or families with connection to the lands of the ACT and region. We pay our respects their Elders, past and present and the contribution they make to the life of this city and this region.

ACT Health recognise the land known as the Australian Capital Territory has been occupied, used and enjoyed since time immemorial by Aboriginal peoples, and they continue to be interconnected with it today.

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1. Executive Summary

The ACT General Health Survey (ACTGHS) has been undertaken annually since 2007 to monitor health-related trends in the ACT. The ACTGHS collects information about traditional risk factors such as nutrition, physical activity, obesity, alcohol and smoking and more recently, wellbeing factors such as life satisfaction, personal wellbeing, resilience and safety. This report examines the following key health indicators for adults aged 18 years and over:

- Self-rated health
- Tobacco and e-cigarette use
- Alcohol
- Nutrition
- Physical activity
- Weight status
- Mental health conditions
- Psychological distress

Results are presented under section 3 of this report.

Key findings include:

- The proportion of adults who rated their health as excellent/very good remained stable between 2011 (51.5%) and 2021 (52.8%).
- Between 2011 and 2021, the proportion of adults who reported that they do not have a mental health condition significantly decreased (82.8% vs 72.2%).
- The prevalence of anxiety, depression and stress-related problems all significantly increased between 2011 and 2021, with females significantly more likely to report being diagnosed with these conditions than males in most years.
- The proportion of adults aged 25 to 44 years who reported having depression significantly increased between 2011 and 2021 (8.8% vs 17.2%).
- Adults aged 25 to 44 years and 45 to 64 years who reported having a stress-related problem significantly increased between 2011 and 2021.
- Between 2011 and 2021, of those respondents who reported having a mental health condition, the proportion currently receiving treatment significantly increased (2011: 51.7%; 2021: 70.5%).
- Probable serious mental illness significantly increased from 2.4% in 2011 to 5.5% in 2021.
- The proportion of adults who smoked tobacco daily or occasionally significantly decreased between 2011 (15.4%) and 2021 (10.4%).
- The use of e-cigarettes significantly increased between 2015 (6.4%) and 2021 (15.4%).
- Between 2011 and 2021, the proportion of adults reporting that they do not drink alcohol remained stable (2011: 21.2%; 2021: 19.7%).
- The proportion of adults reporting risky drinking (more than 4 drinks per occasion) significantly increased from 20.4% in 2016 to 29.2% in 2021. Since 2018, males have been significantly more likely to be risky drinkers than females.
- The proportion of adults who met the 2013 Australian Dietary Guidelines for fruit and vegetable consumption significantly decreased between 2011 and 2021 (fruit: 45.9% vs 38.3%; vegetables: 7.4% vs 3.9%) and the average number of fast-food meals/snacks eaten per month significantly increased (2014: 3.5; 2021: 6.6). Adults aged 18 to 24 years were significantly more likely to eat more fast food per month on average than adults aged 65 years and over in most years.

- Between 2011 and 2021, there was a slight increase in the proportion of adults who met the physical activity guidelines, however this increase was not statistically significant.
- There was a significant decrease in the proportion of adults in the healthy weight category and a significant increase in the proportion of adults classified as overweight or obese between 2011 and 2021.
- The proportion of adults classified as obese class 2 and 3 significantly increased between 2011 (5.6%) and 2021 (11.1%).
- Males were significantly more likely to be overweight than females in most years.
- Adults aged 18 to 24 years were significantly more likely to be in the healthy weight category than adults aged 45 to 64 years and 65 years and over in most years.

ACTGHS statistics are updated annually and published on the HealthStats ACT website (<https://health.act.gov.au/about-our-health-system/data-and-publications/healthstats>). While all efforts have been made to ensure the accuracy of data presented in this report, any updates made to ACTGHS data following publication will be available on the HealthStats ACT website.

2. Introduction

2.1 Project background

The ACT General Health Survey (ACTGHS) has been undertaken annually since 2007 to monitor health-related trends in the ACT. The relative size of the ACT population in relation to the other states and territories in Australia means national surveys typically only sample a small number of respondents from the ACT, limiting the reliability of findings that can be drawn. National surveys are also unable to focus exclusively on issues of most importance to the ACT and are often conducted at irregular intervals. The main objective of the ACTGHS is to provide ACT-specific health and wellbeing data.

The content of the ACTGHS is routinely reviewed and updated. Up until 2018, the ACTGHS collected information from 1,200 adults and 500 children about traditional chronic disease risk factors such as nutrition, physical activity, obesity, alcohol and smoking. In 2019, the scope of the ACTGHS was extended beyond traditional chronic disease risk factors to include broader factors that influence health and wellbeing. It is intended that this adult wellbeing component of the survey will be conducted every third year in a 3-year cycle. In 2020 and 2021, the sample size for child interviews increased from 500 to 1,000. Table 1 summarises the questionnaire version and sample size by year.

Table 1: Questionnaire version and sample size of the ACT General Health Survey, 2011–2021

Questionnaire version and sample size of the HCF General Health Survey, 2011–2021										
	Year									
Questionnaire version and sample size	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
Risk factor questionnaire (1,200 adults + 500/1,000 children)	√	√	√	√	√	√	√		√	√
Wellbeing questionnaire (2,000 adults)								√		

*Please note: the ACTGHS was not conducted in 2017.

The ACTGHS is conducted using Computer Assisted Telephone Interviewing. Between 2011 and 2016, the survey sample frame predominantly consisted of randomly-generated landline telephone numbers. The ACTGHS was not conducted in 2017 while the survey program was being reviewed. In 2018, due to the continuing decline of landline usage among households, the proportion of mobile sample was increased from around 9% in 2016 to 70%. From 2020, the mobile sample was increased to 100%.

2.2 Characteristics of the sample

Table 2 shows the adult profile of the sample by year. Data shown here are unweighted and are not prevalence estimates. The larger mobile sample introduced from 2018 has resulted in some variance in the sample profile over the reported years. For example, there was a slight increase in the proportion of males, those who speak a language other than English at home and those who are employed. The proportion of respondents aged 25 to 44 years also increased, and in 2020 and 2021, the proportion of respondents aged 65 years and over decreased.

Table 2: Respondent profile by year, ACTGHS, 2011-2021 (unweighted)

	2011 n=1,478	2012 n=1,226	2013 n=1,317	2014 n=1,255	2015 n=1,196	2016 n=1,191	2018 n=1,195	2019 n=2,002	2020 n=1,198	2021 n=1,194
	(Per cent)									
Sex										
Male	40.4	42.0	39.3	40.0	43.5	39.6	46.0	43.0	45.8	44.5
Female	59.6	58.0	60.7	60.0	56.5	60.5	54.0	56.8	53.6	55.2
Age										
18-24	5.1	7.2	4.9	4.1	4.4	4.1	4.6	3.7	4.4	5.6
25-44	19.3	19.7	18.2	12.4	12.0	12.2	32.7	26.9	40.5	40.4
45-64	43.3	41.4	41.1	41.0	37.4	34.3	37.3	37.9	39.4	38.3
65+	32.3	31.8	35.8	42.6	46.2	49.5	25.9	31.6	15.7	15.8
Marital status										
Married ^(a)	54.3	52.5	54.6	56.0	56.6	54.1	62.3	65.9	65.1	63.7
Widow ed	10.0	10.5	10.5	11.0	13.0	14.0	5.9	7.1	2.6	3.1
Separated	2.7	3.4	2.5	2.2	1.9	2.6	3.5	3.1	3.3	4.1
Divorced	12.8	13.2	11.3	12.0	11.0	11.6	9.1	9.5	8.6	8.0
Never married	20.2	20.5	21.2	18.9	17.6	17.7	19.3	14.3	20.4	21.2
Born in Australia										
Yes	73.3	74.1	73.7	75.6	75.2	73.3	74.1	73.0	74.9	72.8
Language other than English										
Yes	9.0	10.5	11.7	9.5	8.4	10.8	14.3	12.6	13.8	15.9
Aboriginal and/or Torres Strait Islander										
Yes	0.9	0.8	0.9	NP	NP	1.1	1.5	1.8	2.5	2.3
Highest qualification										
Post graduate degree	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.3	32.7
University	45.4	47.5	49.4	52.3	50.5	49.4	54.0	56.7	31.4	24.9
TAFE certificate or diploma	28.0	26.9	27.2	22.1	24.9	25.9	26.1	25.3	24.2	27.4
Completed year 12	13.4	13.3	10.9	11.8	11.2	11.6	9.9	10.4	10.2	10.2
Completed year 10	9.2	8.5	9.0	10.2	9.2	8.6	6.5	5.4	3.2	3.7
Completed years 7-9	2.7	2.3	2.8	2.5	3.3	3.7	1.4	0.8	0.8	0.9
Completed primary school	NP	0.9	NP	NP	NP	NP	NP	NP	NP	NP
Current employment status										
Employed ^(b)	52.3	53.8	50.5	42.3	41.8	38.6	63.3	58.9	76.2	74.5
Unemployed	45.6	43.7	45.6	53.6	52.6	50.6	1.8	2.4	1.7	1.4
Unpaid work ^(c)	2.0	2.5	4.0	4.1	5.6	10.8	2.1	2.7	1.5	1.3
Student	N/A	N/A	N/A	N/A	N/A	N/A	1.7	1.6	2.1	2.1
Retired	N/A	N/A	N/A	N/A	N/A	N/A	27.8	32.8	16.0	18.3
Unable to work	N/A	N/A	N/A	N/A	N/A	N/A	2.5	1.4	2.0	2.2

a) Married response option was updated in 2018 to include de facto couples.

b) Includes self employed.

c) Includes unpaid work in a family business and home duties.

N/A: not asked.

NP: not published.

3. Health topics

3.1 Self-rated health

What did we measure?

Respondents were asked to rate their overall health as excellent, very good, good, fair or poor during the past 4 weeks.

Why is this important?

Self-rated health is one of the most frequently used measures in epidemiological, clinical and social research. It is known to predict mortality, future functional status and outcome of treatment in populations that vary by age, gender, social class, health status, country and culture [1,2].

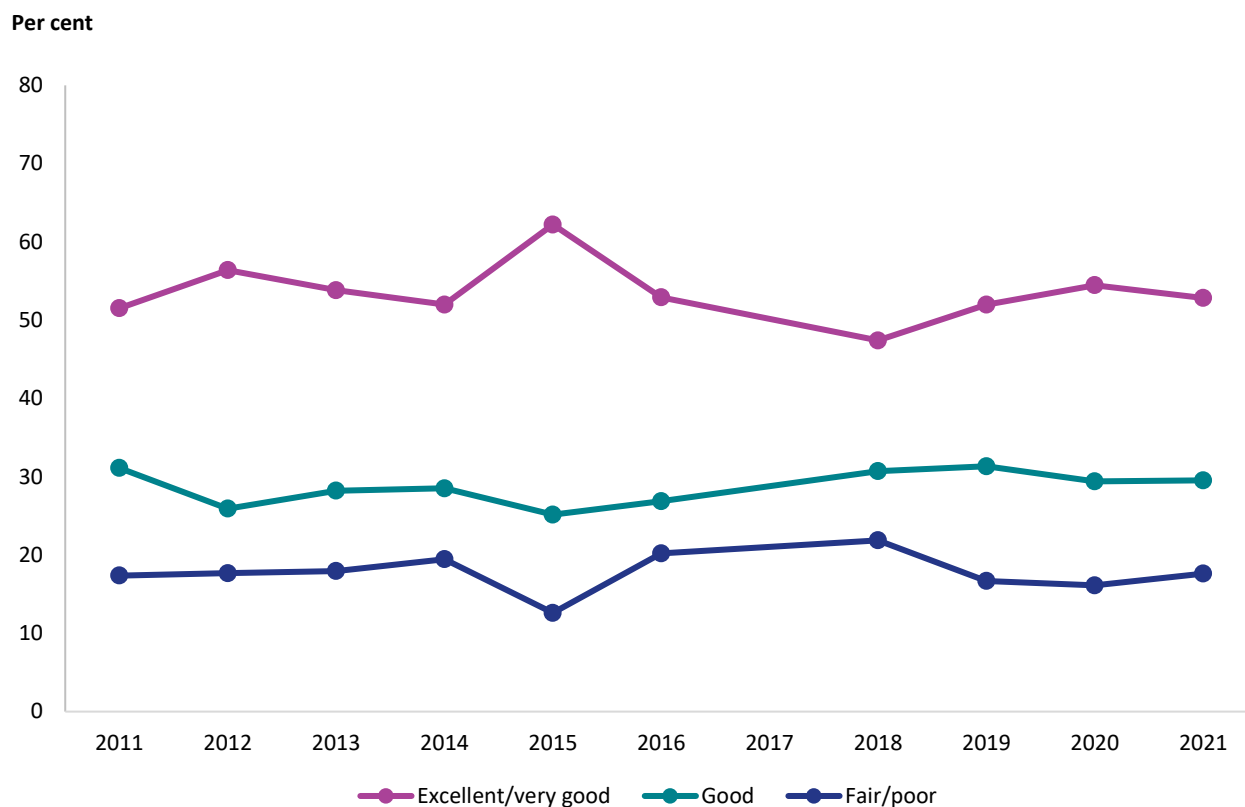
How are we going?

Overall, the proportion of adults who rated their health as excellent/very good remained stable between 2011 (51.5%) and 2021 (52.8%). Excellent/very good self-rated health was highest in 2015 (62.2%) and lowest in 2018 (47.4%). Conversely, fair/poor self-rated health was highest in 2018 (21.9%) and lowest in 2015 (12.6%) (Figure 1).

In 2021, males (56.1%) were slightly more likely to rate their overall health as excellent/very good than females (49.9%), however this difference was not statistically significant (Figure 2).

Adults aged 65 years and over were significantly more likely to rate their health as fair/poor than adults aged 25 to 44 years in 2011, 2019, 2020 and 2021. There were no statistically significant differences by age group in other years (Figure 3).

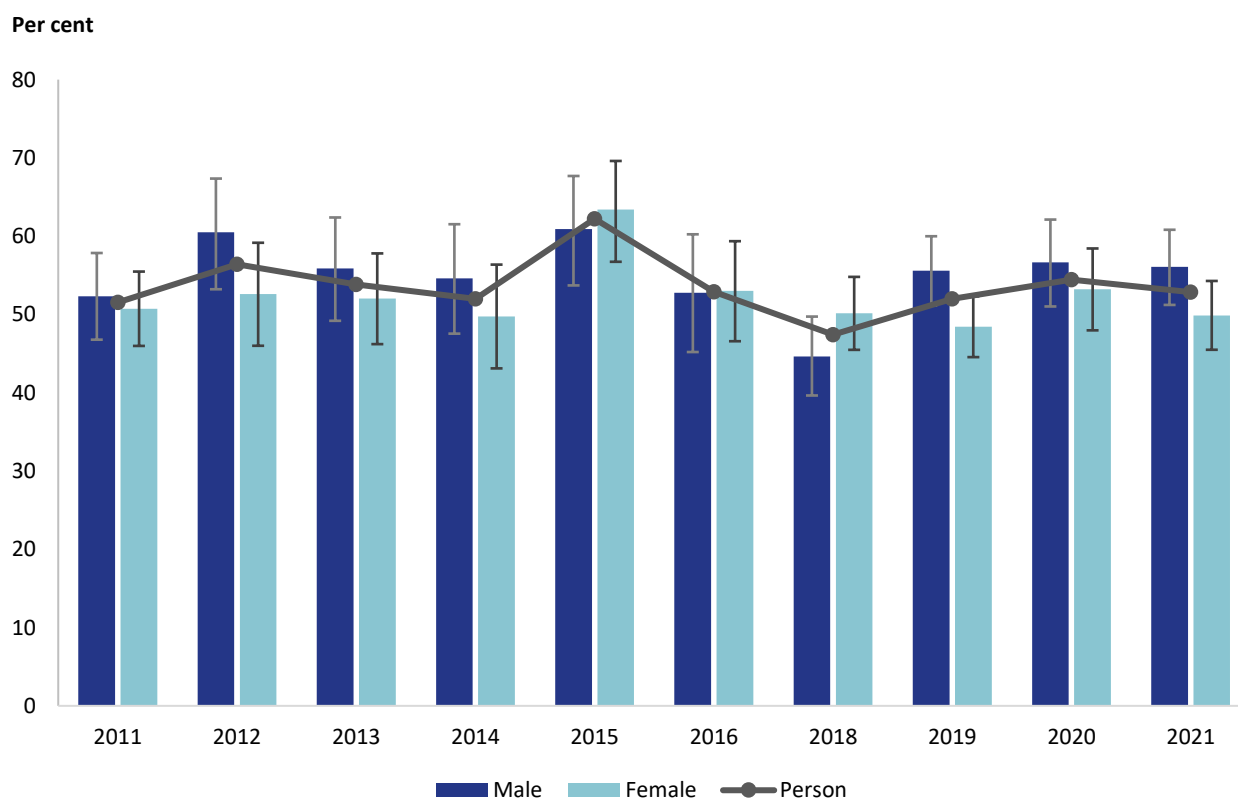
Figure 1: Proportion of ACT adults who self-rate their health as excellent/very good, good and fair/poor, 2011–2021



Notes: Refer to Appendix B, Table 3 for numbers.

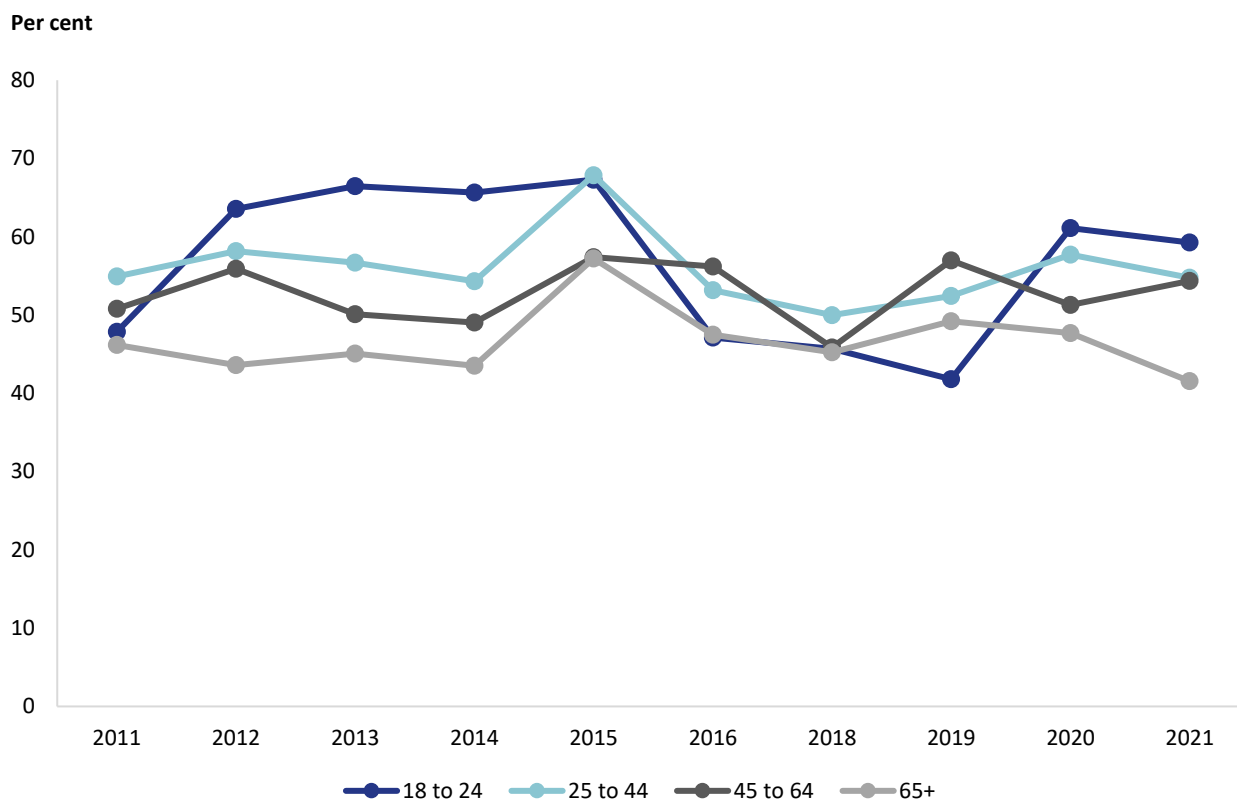
a) Survey was not conducted in 2017.

Figure 2: Proportion of ACT adults who self-rate their health as excellent/very good, 2011–2021



Note: Refer to Appendix B, Table 3 for numbers.

Figure 3: Proportion of ACT adults who self-rate their health as excellent/very good by age group, 2011–2021



Note: Refer to Appendix B, Table 3 for numbers.

3.2 Tobacco and e-cigarette use

Tobacco use

What did we measure?

Tobacco use includes cigarettes, cigars and pipes. It does not include e-cigarettes. Respondents were asked to describe their tobacco use as daily, occasional, used to smoke, tried but never smoked regularly, or never. Those who indicated that they were daily or occasional smokers were also asked how many cigarettes they smoke on average.

Why is this important?

Tobacco smoking is the single most important preventable cause of ill health and death in Australia [3]. Tobacco use is the one risk factor shared by four of the main categories of chronic disease. These include cardiovascular disease, cancer, chronic lung disease and diabetes [4].

How are we going?

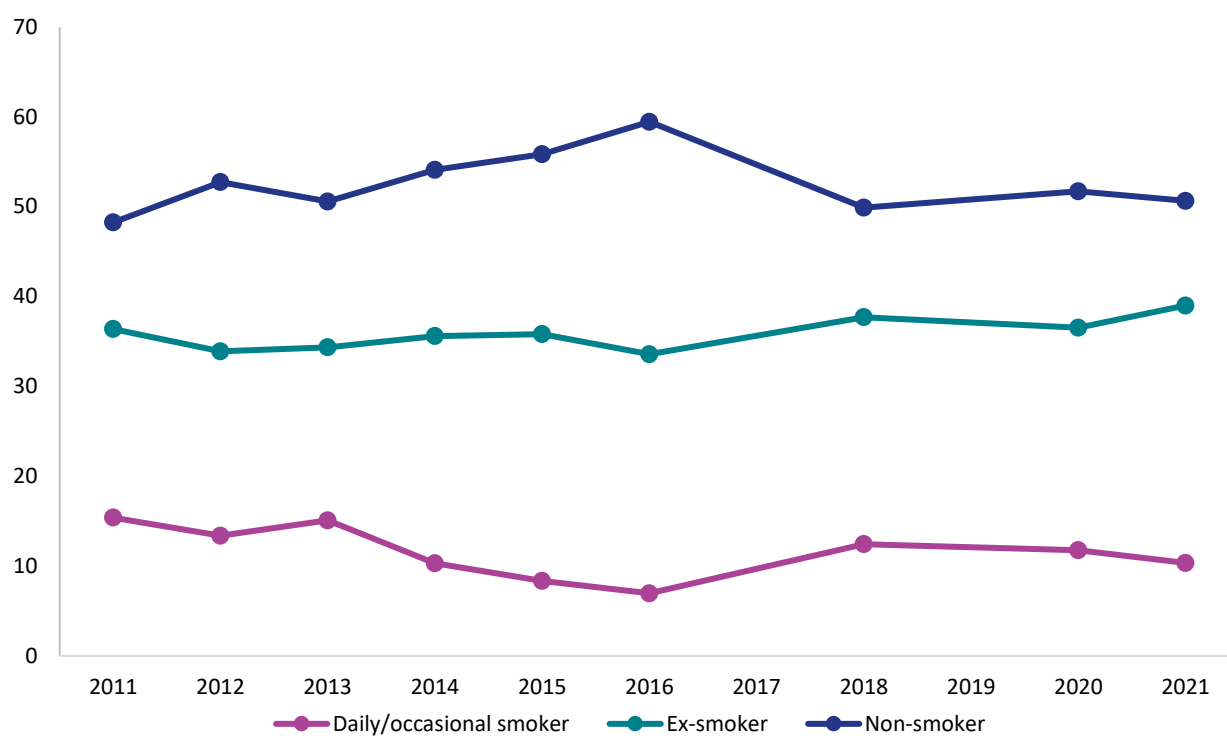
Between 2011 and 2021, the proportion of adults who reported that they were **daily/occasional smokers significantly decreased (2011: 15.4%; 2021: 10.4%)**. The proportion of **non-smokers was significantly higher in 2016 (59.5%) than in 2011 (48.3%), 2018 (49.9%) and 2021 (50.7%)**. There was no significant difference in other years for any of the smoking categories (Figure 4).

In 2021, males **(12.3%)** were slightly more likely to be daily/occasional smokers than females **(8.5%)**, however this difference was not statistically significant (Table 4). While males were more slightly likely to report that they were daily/occasional smokers than females, male smokers smoked fewer cigarettes on average per day **(7.5)** than female smokers **(9.3)**, however this difference was not statistically significant (Figure 6).

Between 2011 and 2021, the proportion of adults aged 18 to 24 years and 65 years and over who have never smoked slightly increased, however this difference was not statistically significant (Table 4).

Figure 4: Proportion of ACT adults who are daily/occasional smokers, ex-smokers and non-smokers, 2011–2021

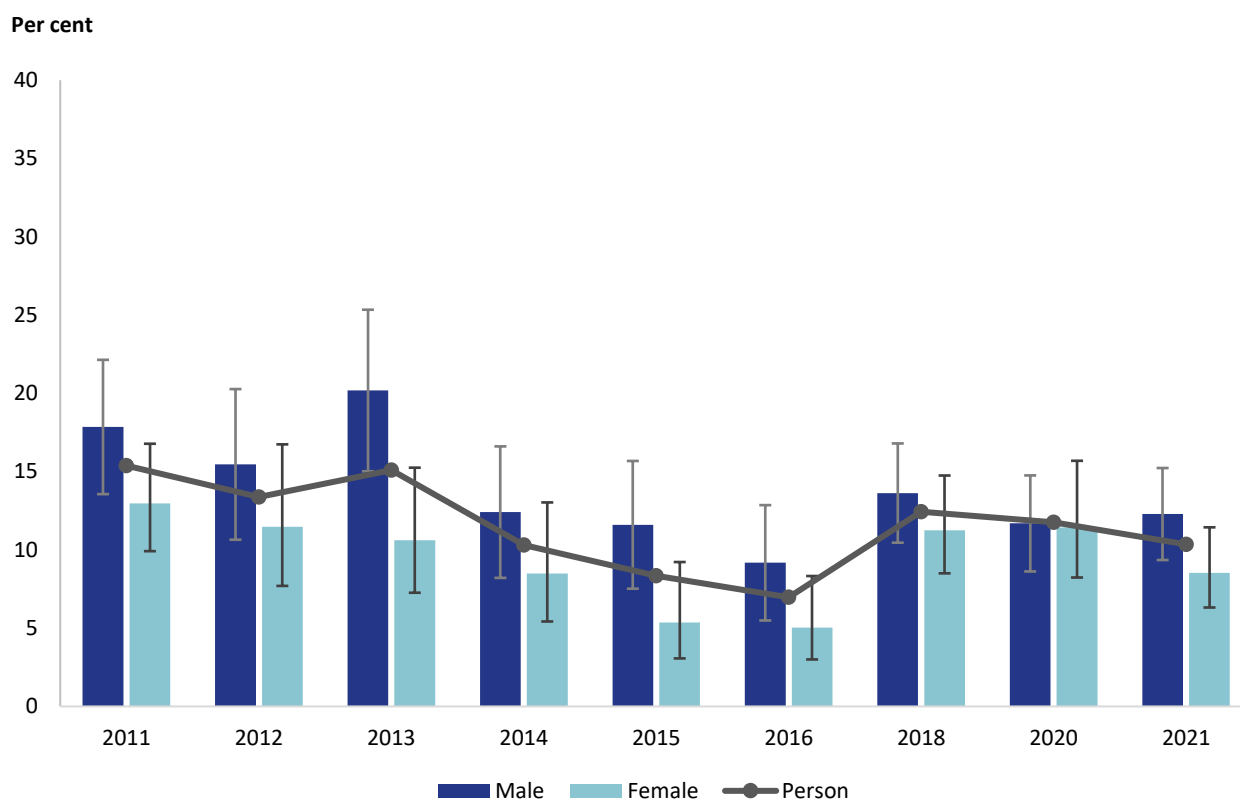
Per cent



Notes: Refer to Appendix B, Table 4 for numbers.

- a) Daily and occasional smokers, and ex-smokers and tried smoking have been combined for this report.
- b) Survey was not conducted in 2017.
- c) Tobacco use was not asked in 2019.

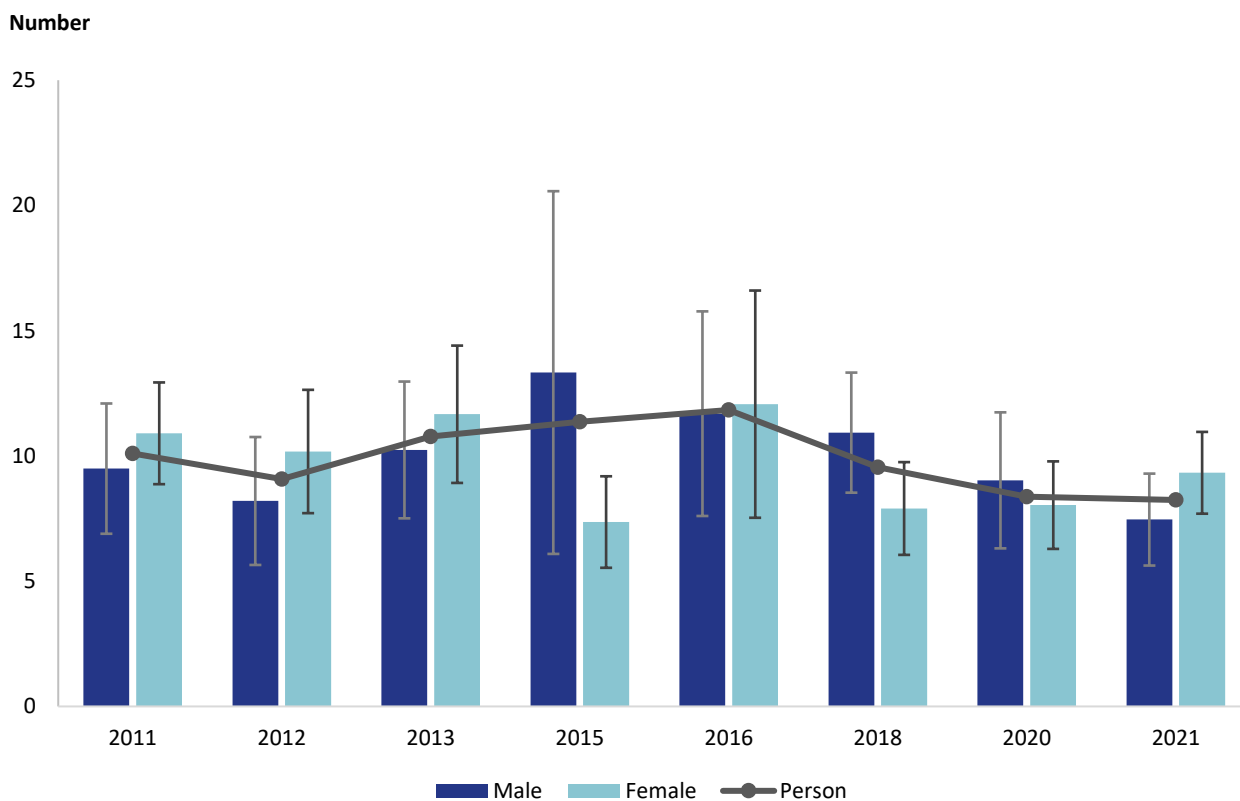
Figure 5: Proportion of ACT adults who are daily/occasional smokers, 2011–2021



Notes: Refer to Appendix B, Table 4 for numbers.

- a) Tobacco use was not asked in 2019.
- b) The 2015 female and 2016 male estimates for daily/occasional smokers have a relative standard error between 25% and 50% and should be used with caution.

Figure 6: Average number of cigarettes smoked per day, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 4 for numbers.

- a) Not all respondents who indicated that they were daily or occasional smokers provided an answer to the number of cigarettes they usually smoke. Consequently, the numerator and denominator for smoking status may be larger than that for the average number of cigarettes smoked.
- b) Number of cigarettes smoked was not collected in 2014.
- c) Tobacco use was not asked in 2019.

E-cigarette use

What did we measure?

Electronic cigarettes (e-cigarettes or personal vaporisers) are products that create aerosols containing flavouring agents that are inhaled. They simulate the act of tobacco smoking.

Respondents were asked to report how often they usually vape, selecting from daily, occasionally, used to vape, tried but never vaped regularly, and never vaped.

Why is this important?

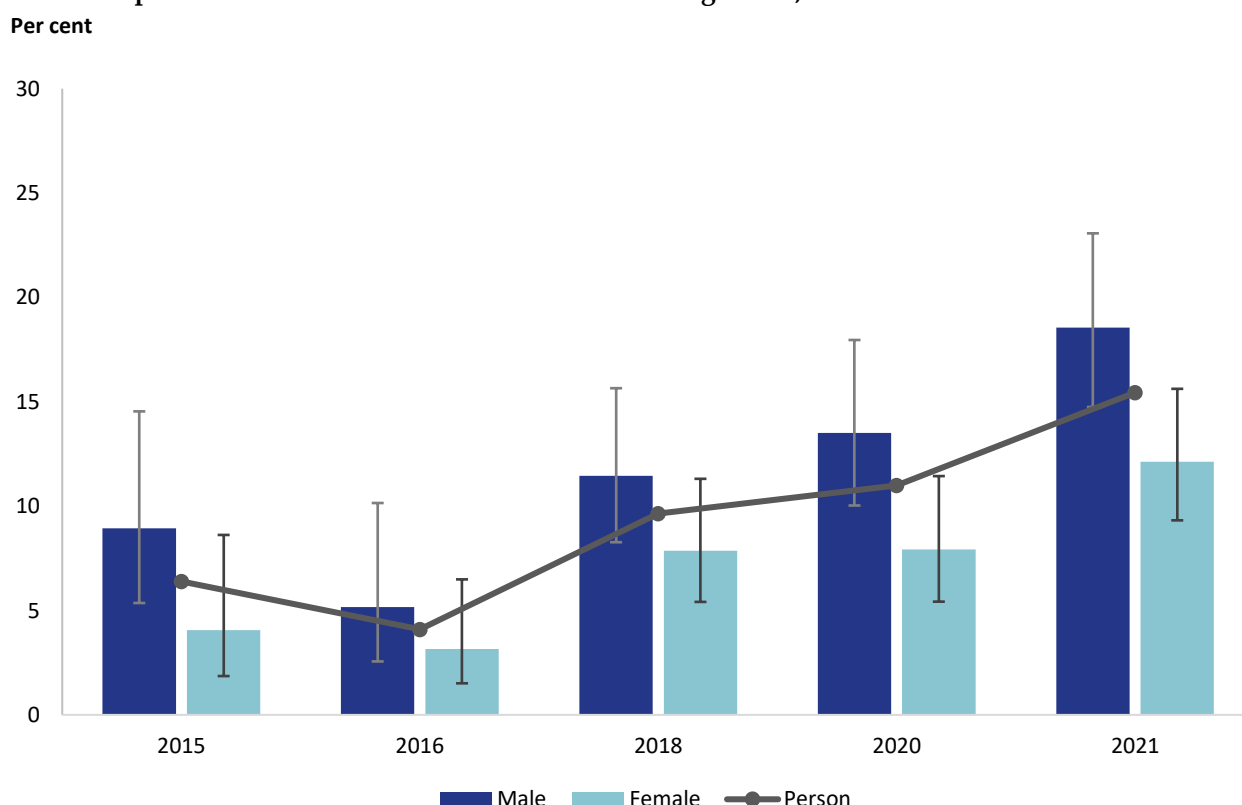
E-cigarettes can serve as a “gateway” to nicotine addiction and tobacco cigarette smoking. There have been many studies which found experimentation with e-cigarettes encouraged the use of tobacco cigarettes, particularly among young people [5]. Research of e-liquids available to purchase over the counter in Australia found 1 in 5 contain nicotine, among a concoction of other toxic chemicals – all had inaccurate labelling [6].

How are we going?

Between 2015 and 2021, the proportion of adults who reported that they have **ever used e-cigarettes significantly increased (2015: 6.4%; 2021: 15.4%)**. In 2021, males (**18.6%**) were slightly more likely to report ever using e-cigarettes than females (**12.1%**), however this difference was not statistically significant (Figure 7).

Between 2018 and 2020 and 2018 and 2021, the proportion of adults aged 18 to 24 years who had ever used e-cigarettes slightly increased, however this difference was not statistically significant (Figure 8).

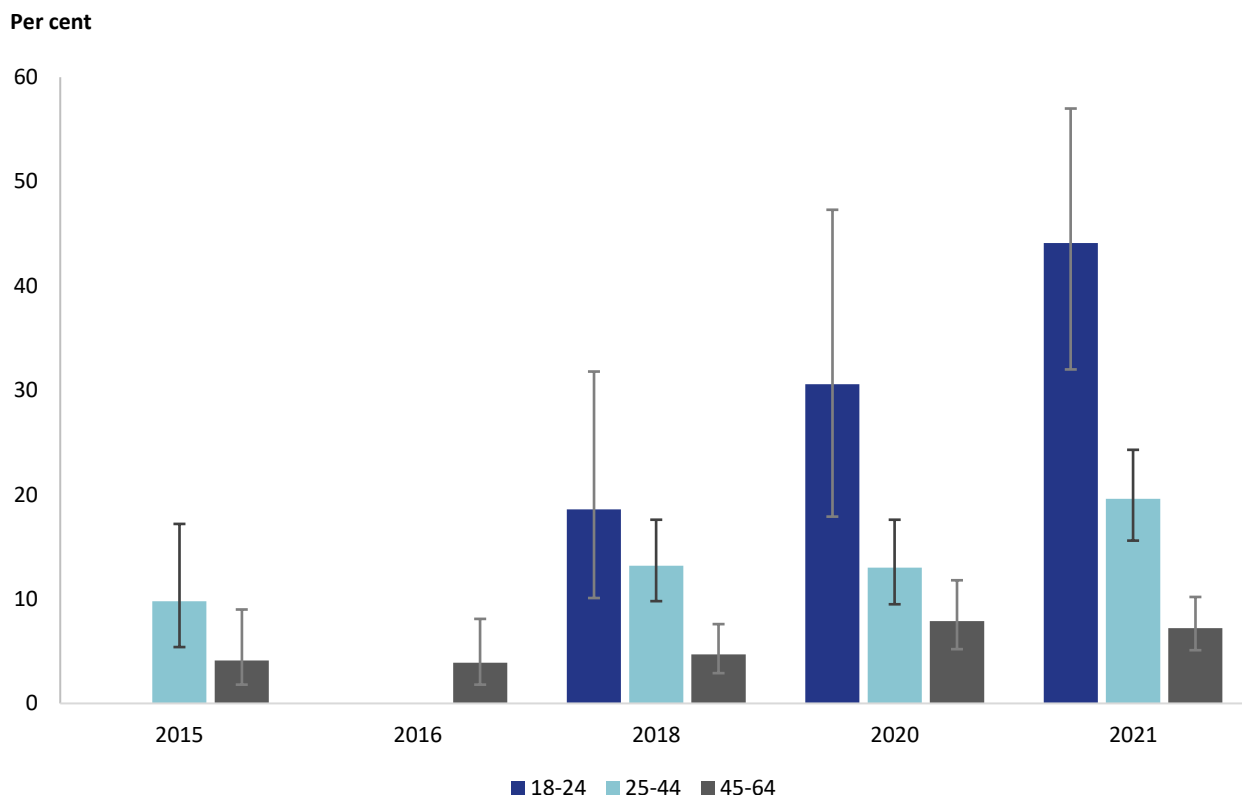
Figure 7: Proportion of ACT adults who have ever used e-cigarettes, 2015–2021



Notes: Refer to Appendix B, Table 5 for numbers.

- a) Respondents who reported any e-cigarette use were defined as ever used e-cigarettes.
- b) This measure was first introduced in the ACTGHS in 2015.
- c) E-cigarette use was not asked in 2019.
- d) The 2015 and 2016 estimates for males and females have a relative standard error between 25% and 50% and should be used with caution.

Figure 8: Proportion of ACT adults who have ever used e-cigarettes, by age group, 2015–2021



Notes: Refer to Appendix B, Table 5 for numbers.

- a) Respondents who reported any e-cigarette use were defined as ever used e-cigarettes.
- b) This measure was first introduced in the ACTGHS in 2015.
- c) E-cigarette use was not asked in 2019.
- d) The following estimates have a relative standard error between 25% and 50% and should be used with caution:
 - 18 to 24 years: 2018 and 2020
 - 25 to 44 years: 2015
 - 45 to 64 years: 2015 and 2016.
- e) The following estimates have not been published due to small numbers or a relative standard error greater than 50%:
 - 18 to 24 years: 2015 and 2016
 - 25 to 44 years: 2016
 - 65 years and over: 2015–2021.

3.3 Alcohol

What did we measure?

Respondents were asked if they drink alcohol, how many standard drinks they usually have when they drink alcohol and whether they had drunk more than 4 standard drinks on one occasion in the past 4 weeks.

Why is this important?

About 8 in 10 adult Australians drink alcohol. It is the most widely used drug in Australia and can cause harm to the person who drinks and sometimes to others around them. People drink alcohol for a wide range of reasons and in different social and cultural contexts [7].

No alcohol consumption

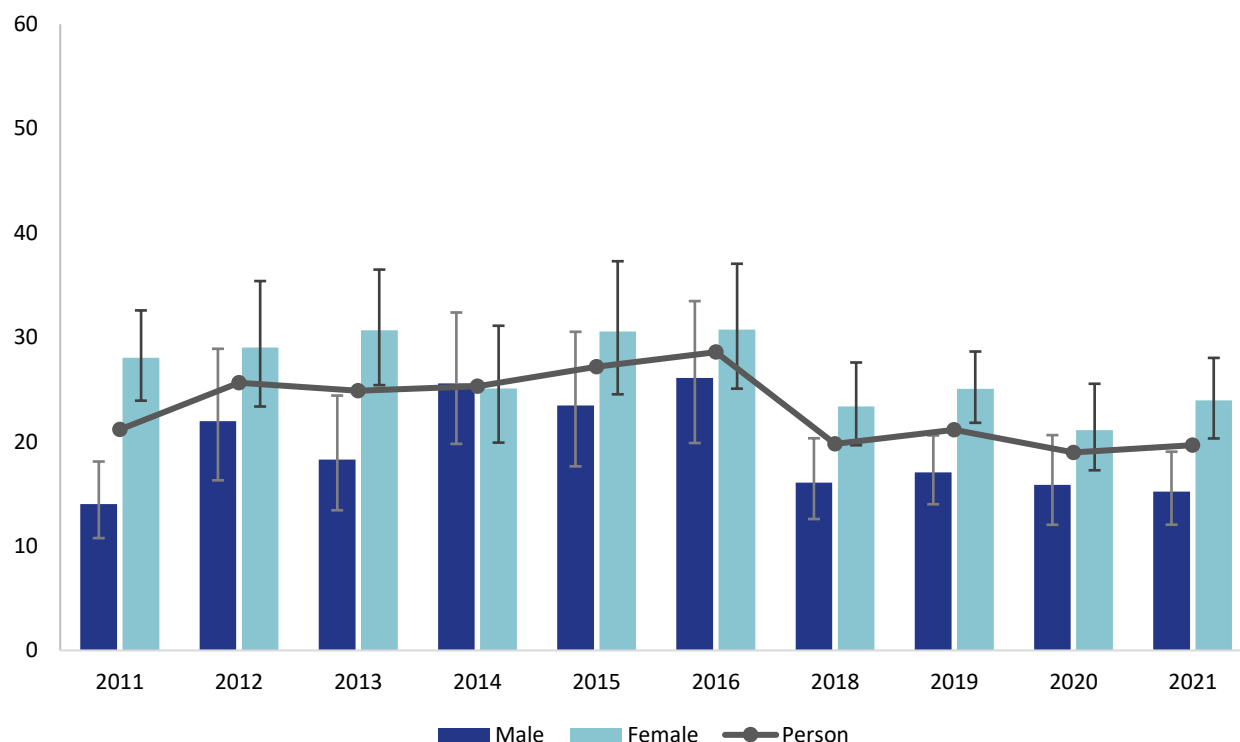
How are we going?

Between 2011 and 2021, the proportion of adults reporting that they do not drink alcohol remained stable (2011: 21.2%; 2021: 19.7%). In 2011, 2013, 2019 and 2021, males were significantly less likely to report being non-drinkers than females. There was no significant difference between males and females in the other years (Figure 9).

Adults aged 18 to 24 years were slightly more likely to report that they don't drink alcohol in 2021 than in 2011, however this difference was not statistically significant. There were no significant differences between age groups of those reporting that they do not drink alcohol (Figure 10).

Figure 9: Proportion of ACT adults who do not drink alcohol, 2011-2021

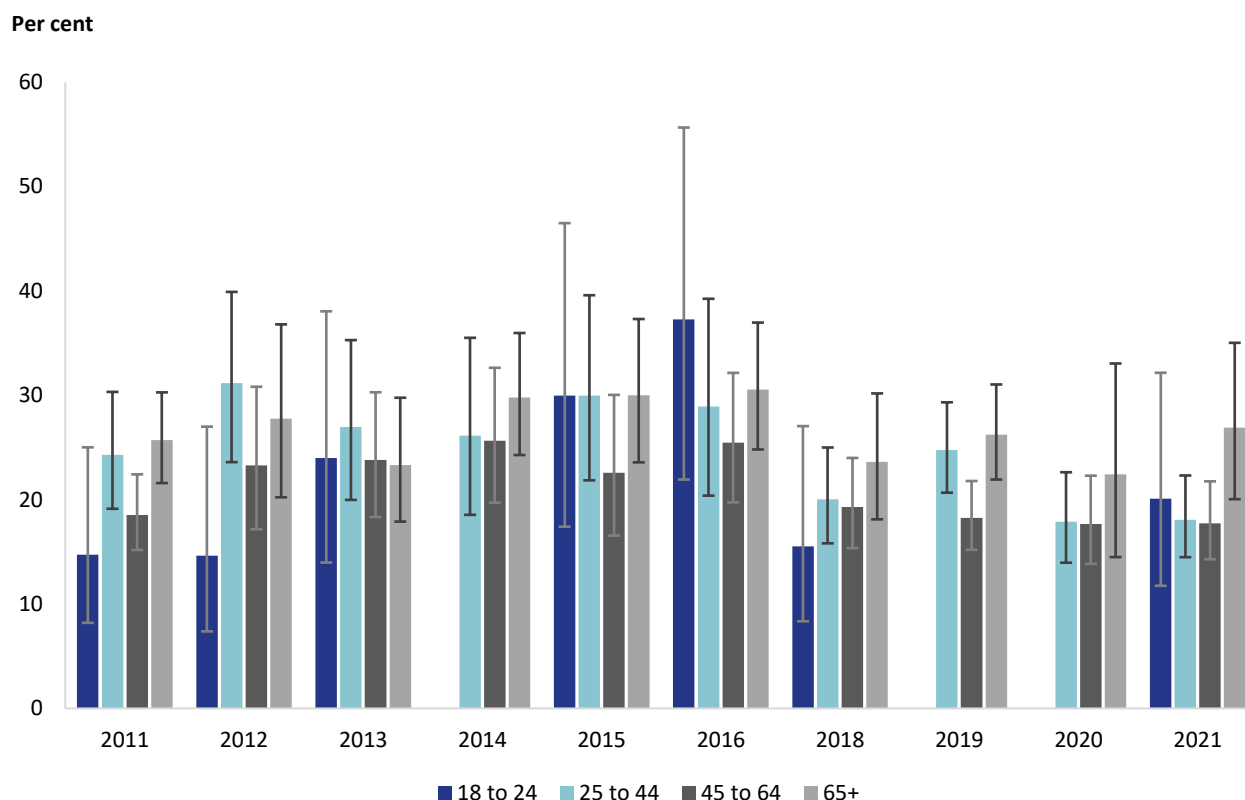
Per cent



Notes: Refer to Appendix B, Table 6 for numbers.

- a) When reporting their usual alcohol frequency, respondents could answer don't drink alcohol, days per week, days per month, and from 2018, less than once per month. It is possible that the introduction of the "less than once a month" response category has affected the estimates from 2018 onwards as these respondents may previously have classified themselves as non-drinkers.

Figure 10: Proportion of ACT adults who do not drink alcohol by age group, 2011–2021



Notes: Refer to Appendix B, Table 6 for numbers.

- When reporting their usual alcohol frequency, respondents could answer don't drink alcohol, days per week, days per month, and from 2018, less than once per month. It is possible that the introduction of the "less than once a month" response category has affected the estimates from 2018 onwards as these respondents may previously have classified themselves as non-drinkers.
- The 2011, 2012, 2013, 2015, 2018 and 2021 estimates for adults aged 18 to 24 years have a relative standard error between 25% and 50% and should be used with caution.
- The 2014, 2019 and 2020 estimates for adults aged 18 to 24 years have not been published due to small numbers or a relative standard error greater than 50%.

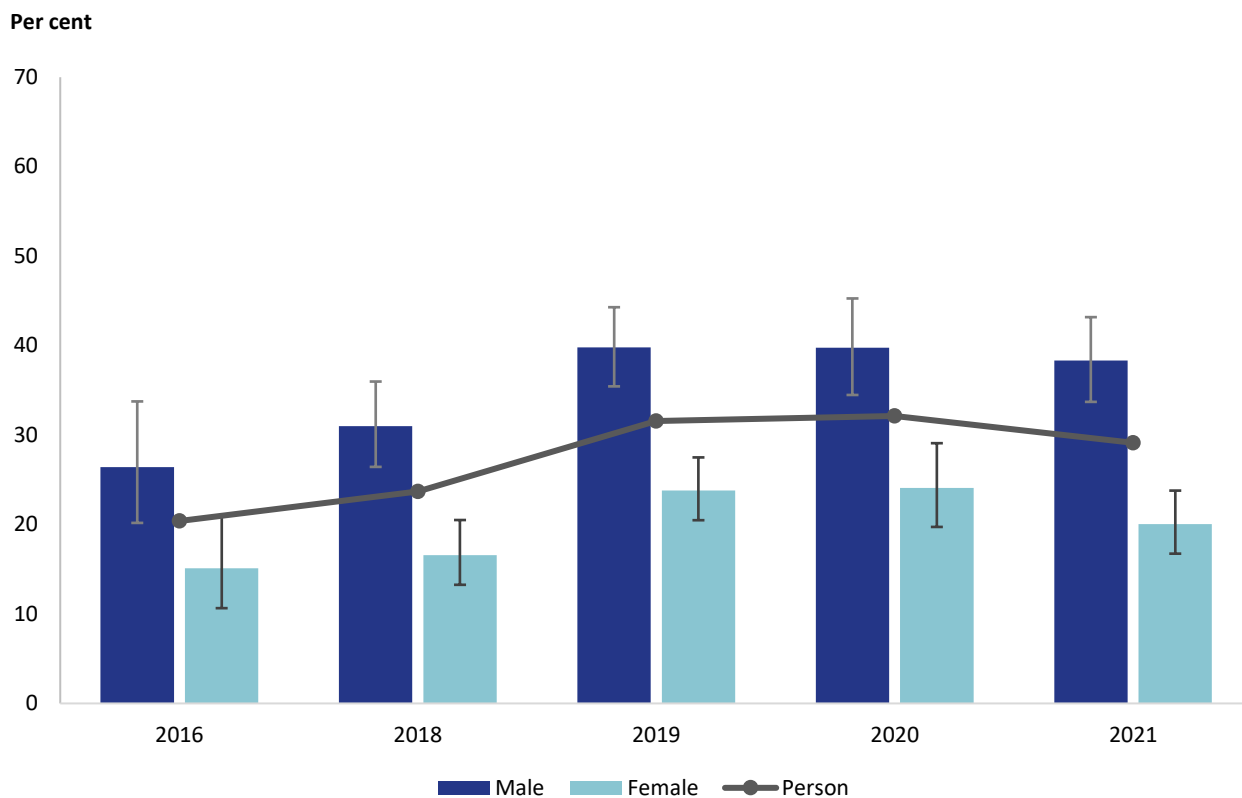
Risky drinking

How are we going?

There was a **significant increase in the proportion of adults** who reported that they were **risky drinkers** between **2016 (20.4%)** and **2021 (29.2%)**. However, there was no significant change between the two most recent survey periods (**2020: 32.1%; 2021: 29.2%**). In **all years except 2016**, **males** were **significantly more likely** to report **risky drinking** than **females** (Figure 11).

In **2019**, adults aged **18 to 24 years** were **significantly more likely** to be **risky drinkers** than adults aged **25 to 44 years**, **45 to 64 years** and **65 years and over**. **18 to 24 year olds** were also **significantly more likely** to report **risky drinking** than those aged **65 years and over** in **2016**, **2020** and **2021** (Figure 12).

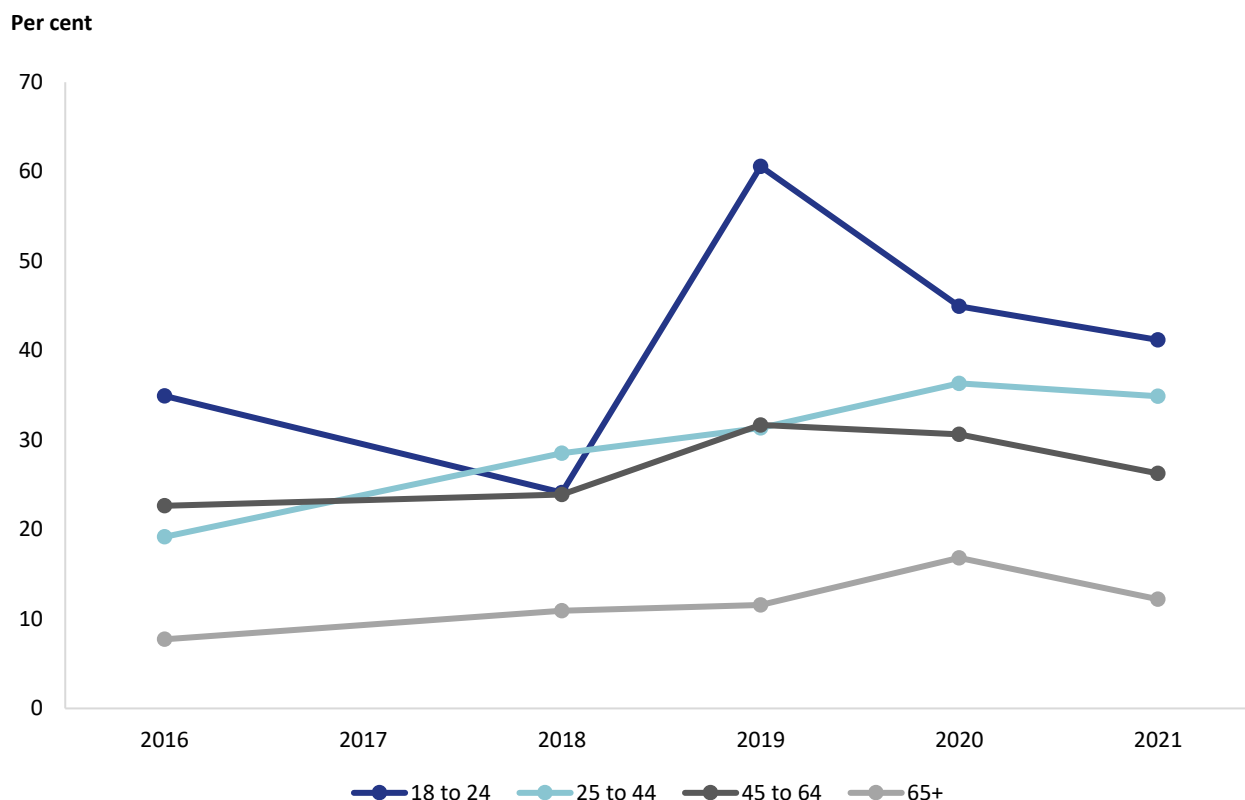
Figure 11: Proportion of ACT adults who are risky drinkers, 2016–2021



Notes: Refer to Appendix B, Table 6 for numbers.

- a) Risky drinking is defined as drinking more than 4 drinks on one occasion in the past 4 weeks.
- b) The estimates for risky drinking include respondents who reported that they do not drink alcohol in the denominator.
- c) This question was introduced in 2016.

Figure 12: Proportion of ACT adults who are risky drinkers by age group, 2016–2021



Notes: Refer to Appendix B, Table 6 for numbers.

- Risky drinking is defined as drinking more than 4 drinks on one occasion in the past 4 weeks.
- The estimates for risky drinking include respondents who reported that they do not drink alcohol in the denominator.
- This question was introduced in 2016.
- Survey was not conducted in 2017.
- The 2018 estimate for adults aged 18 to 24 years has a relative standard error between 25% and 50% and should be used with caution.

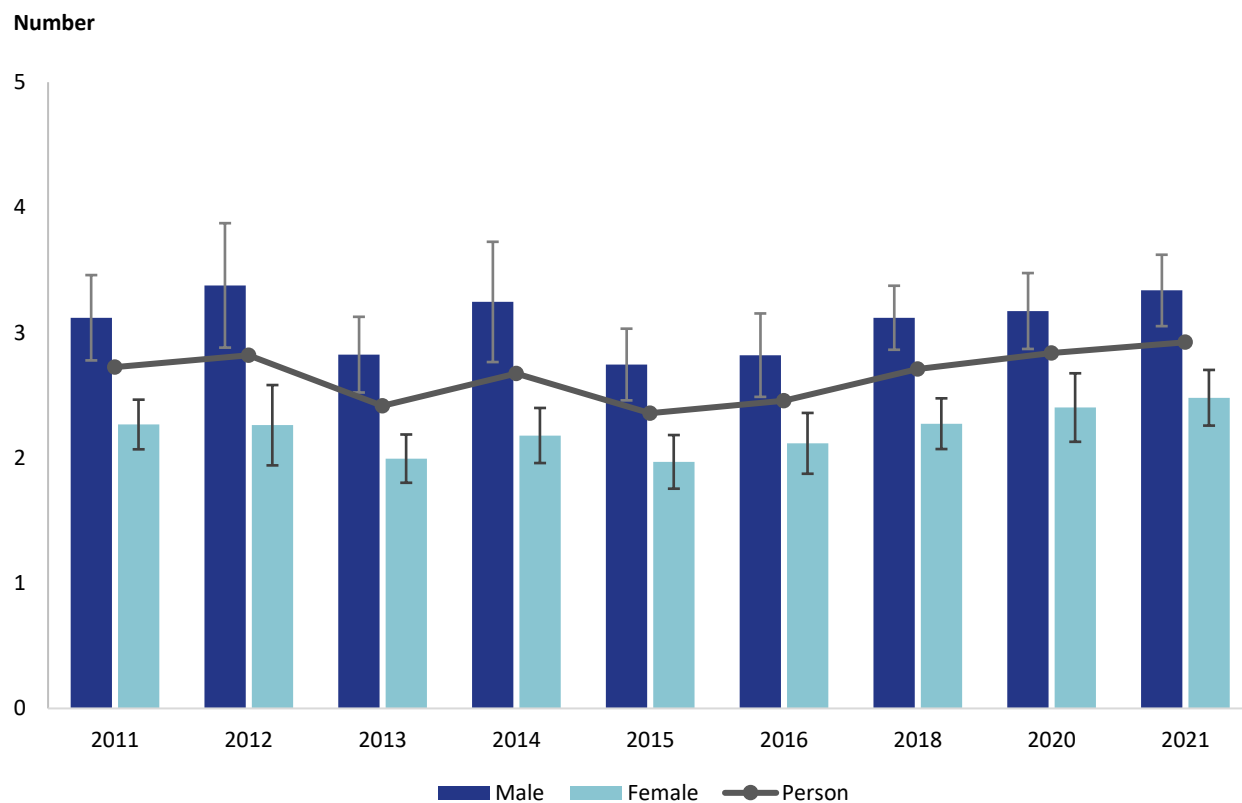
Average number of daily alcoholic drinks

How are we going?

The average number of alcoholic drinks consumed per day remained stable over the reporting period (2011: 2.7; 2021: 2.9). In all years reported, males were significantly more likely to report drinking more alcoholic drinks on average per day than females (Figure 13).

Adults aged 18 to 24 years reported drinking more alcoholic drinks per day on average than other age groups – this was significantly higher than adults aged 45 to 64 years in all years except 2013 and 2018 and adults aged 65 years and over in all years (Figure 14).

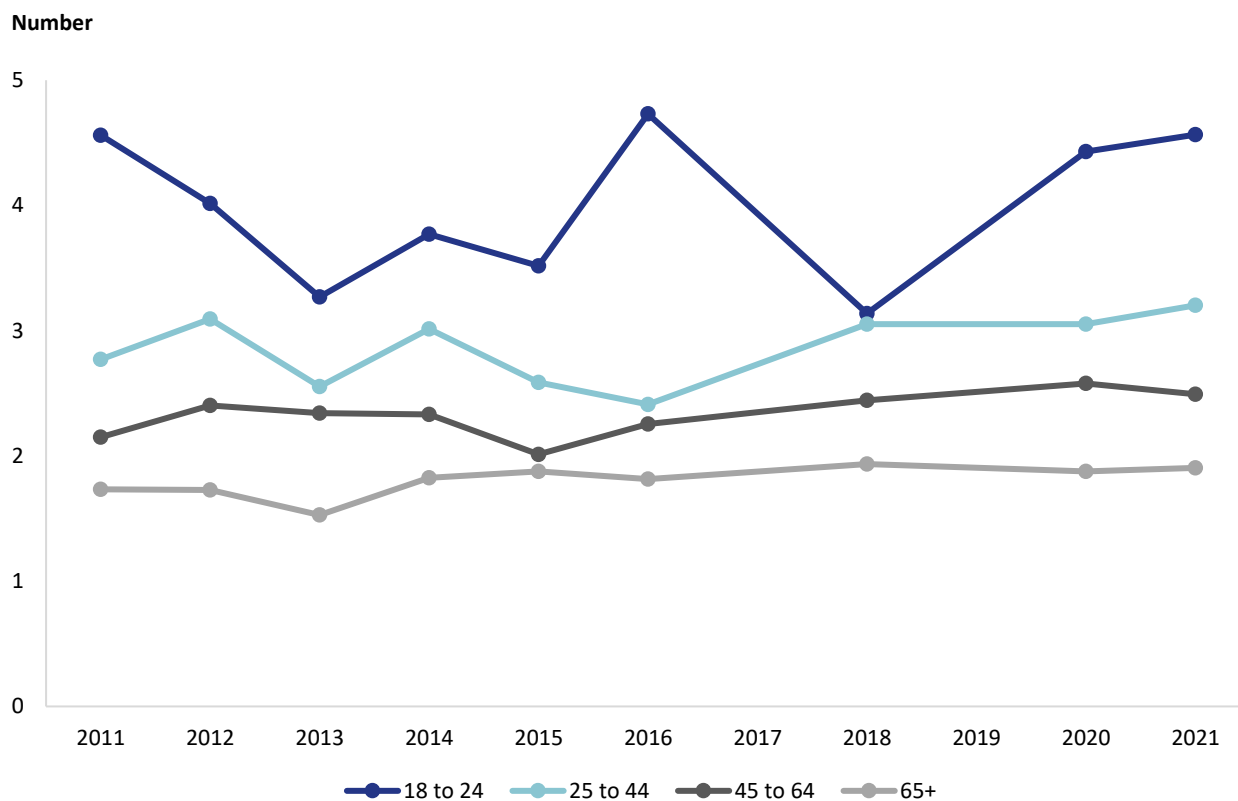
Figure 13: Average number of alcoholic drinks consumed per day, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 6 for numbers.

- a) A standard drink is defined as one middy of full-strength beer, 1 schooner of light beer, 1 small glass of wine or 1 pub-sized nip of spirits.
- b) Not all respondents who indicated that they drink alcohol provided an answer to the number of alcoholic drinks they usually drink. As such, the numerator and denominator for drinking status may be larger than that of the average number of alcoholic drinks.
- c) The number of alcoholic drinks usually consumed was not collected in 2019.

Figure 14: Average number of alcoholic drinks consumed per day by age group, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 6 for numbers.

- a) A standard drink is defined as one middy of full-strength beer, 1 schooner of light beer, 1 small glass of wine or 1 pub-sized nip of spirits.
- b) Not all respondents who indicated that they drink alcohol provided an answer to the number of alcoholic drinks they usually drink. As such, the numerator and denominator for drinking status may be larger than that of the average number of alcoholic drinks.
- c) Survey was not conducted in 2017.
- d) The number of alcoholic drinks usually consumed was not collected in 2019.

3.4 Nutrition

What did we measure?

Respondents were asked to report how many serves of fruit, vegetables, sugar sweetened drinks and fast-food they usually consume.

Why is this important?

The quality and quantity of foods and drinks consumed has a significant impact on the health and wellbeing of individuals, society and the environment. Better nutrition has the potential to improve individual and public health and decrease healthcare costs [8].

The *2013 Australian Dietary Guidelines* [8] provide evidence-based recommendations on the types and amounts of foods Australians should eat to meet nutritional requirements.

Meets the 2013 Australian Dietary Guidelines for fruit and vegetables

What did we measure?

Respondents were asked to report how many serves of fruit and vegetables they usually eat with possible responses: do not eat, serves per day or serves per week. This was used to determine if the dietary guideline for fruit and vegetable consumption was met and to calculate the average serves of fruit and vegetables per day.

The 2013 Australian Dietary Guidelines recommend...

Serves/day	18 years	19-50 years	51-70 years	70+ years
Vegetables – males	5 ^{1/2}	6	5	5
Vegetables – females	5	5	5 ^{1/2}	5
Fruit – males and females	2	2	2	2

How are we going?

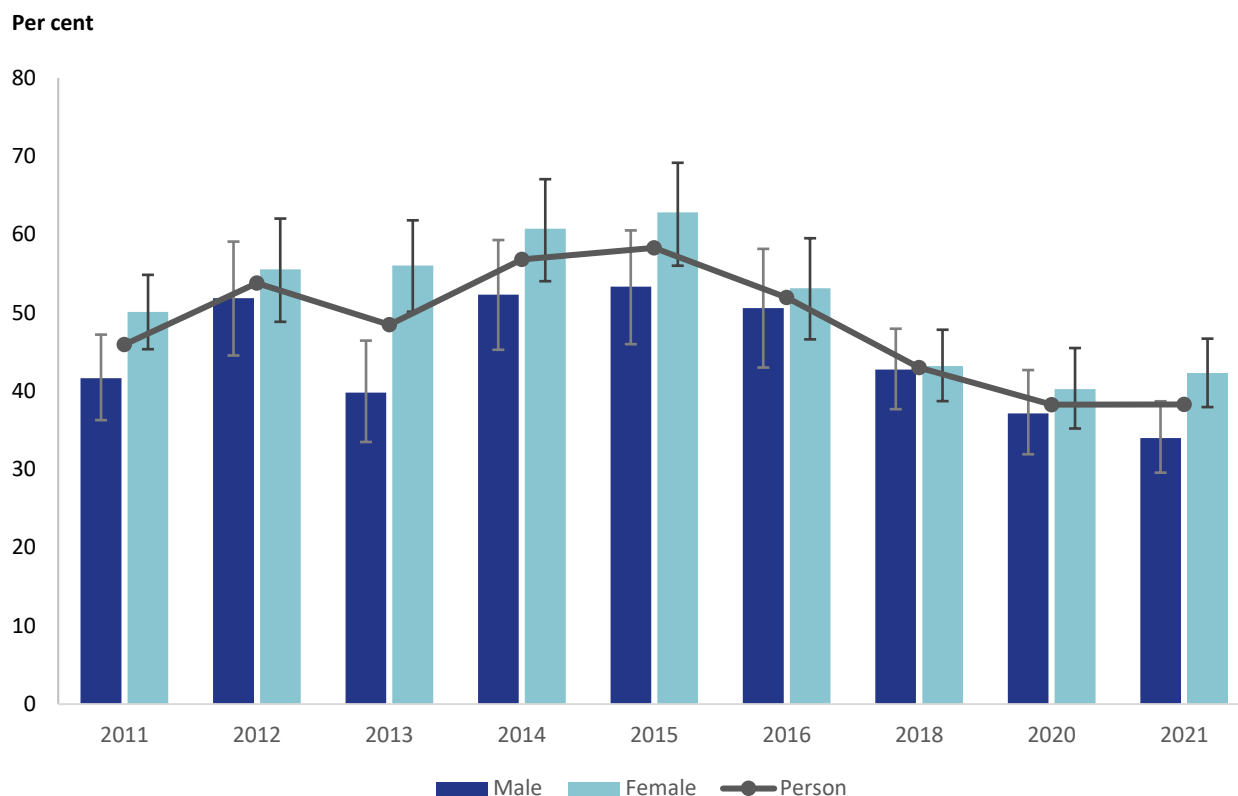
Between 2011 and 2021, the proportion of adults who ate the recommended daily serves of fruit significantly decreased (2011: 45.9%; 2021: 38.3%), however it remained stable between 2020 and 2021. In 2021, females (42.3%) were slightly more likely to report eating the recommended daily serves of fruit than males (34.0%), however this difference was not statistically significant (Figure 15).

Adults aged 65 years and over were the most likely to report meeting the recommended daily serves of fruit than other age groups – they were significantly more likely to eat enough fruit in 2011, 2012, 2018 and 2021 than those aged 25 to 44 years (Figure 16).

The proportion of adults who reported eating the recommended daily serves of vegetables significantly decreased between 2011 (7.4%) and 2021 (3.9%), however it remained stable between 2020 and 2021. In all years except 2021, females were significantly more likely to eat the recommended daily serves of vegetables than males (Figure 17).

While the proportion of adults aged 65 years and over who reported eating the recommended daily serves of vegetables slightly decreased between 2011 and 2021, this difference was not statistically significant. In most years, adults aged 65 years and over were more likely to report eating the recommended daily serves of vegetables than other age groups, however this difference was not significant (Table 7).

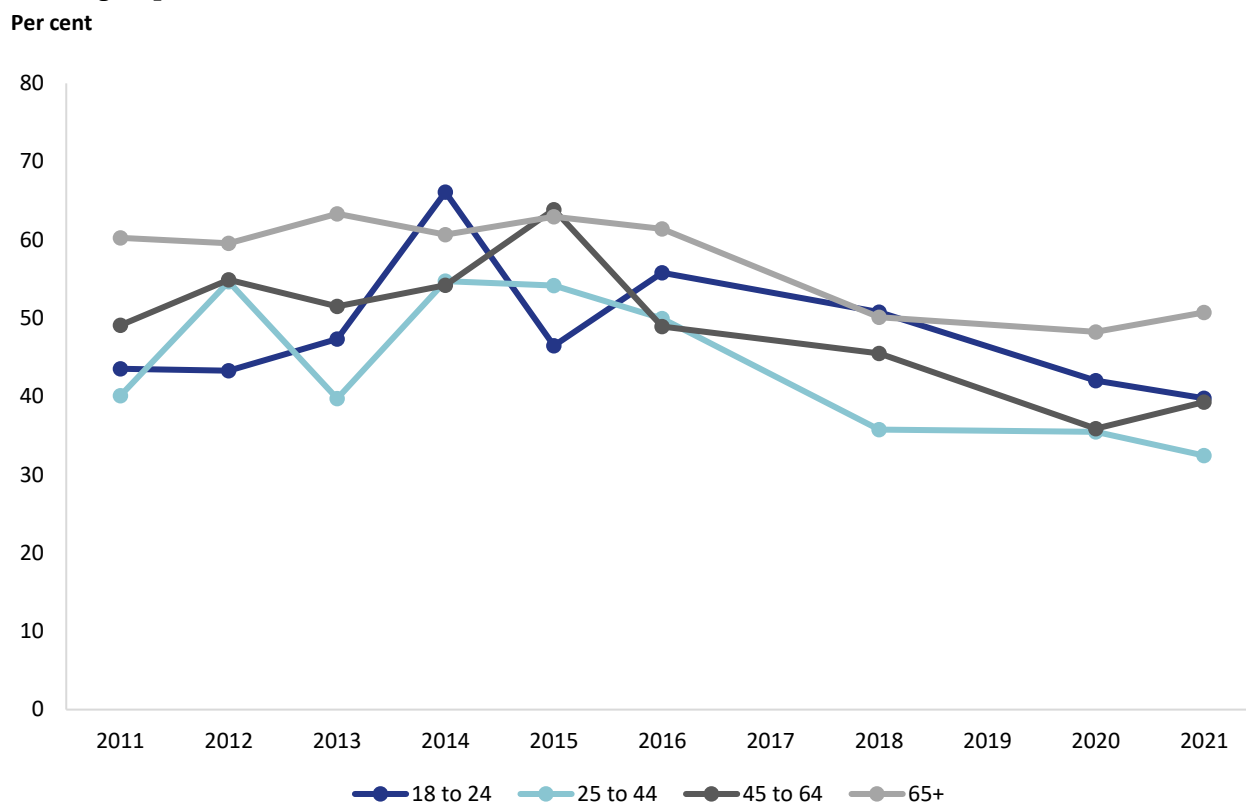
Figure 15: Proportion of ACT adults who meet the 2013 Australian Dietary Guidelines for fruit intake, 2011–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate their daily serves of fruit or vegetables. Those who report that they do not eat fruit or vegetables are coded to zero serves per day.
- b) Fruit and vegetable consumption was not asked in 2019.

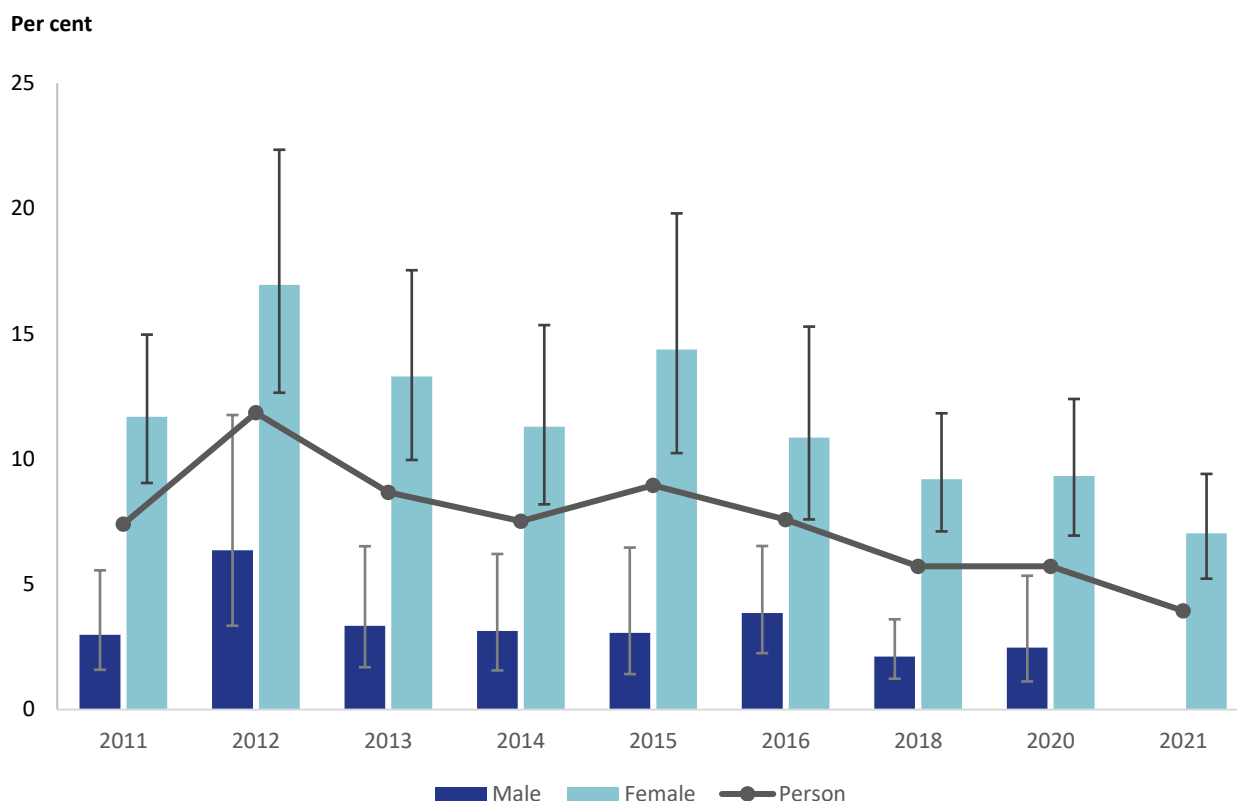
Figure 16: Proportion of ACT adults who meet the 2013 Australian Dietary Guidelines for fruit intake by age group, 2011-2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate their daily serves of fruit. Those who report that they do not eat fruit are coded to zero serves per day.
- b) Survey was not conducted in 2017.
- c) Fruit consumption was not asked in 2019.

Figure 17: Proportion of ACT adults who meet the 2013 Australian Dietary Guidelines for vegetable intake, 2011–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate their daily serves of vegetables. Those who report that they do not eat vegetables are coded to zero serves per day.
- b) Vegetable consumption was not asked in 2019.
- c) The 2011, 2012, 2013, 2014, 2015, 2016, 2018 and 2020 estimates for males who meet the vegetable guideline have a relative standard error between 25% and 50% and should be used with caution. The 2021 estimate for males who meet the vegetable guideline has not been published due to small numbers or a relative standard error greater than 50%.

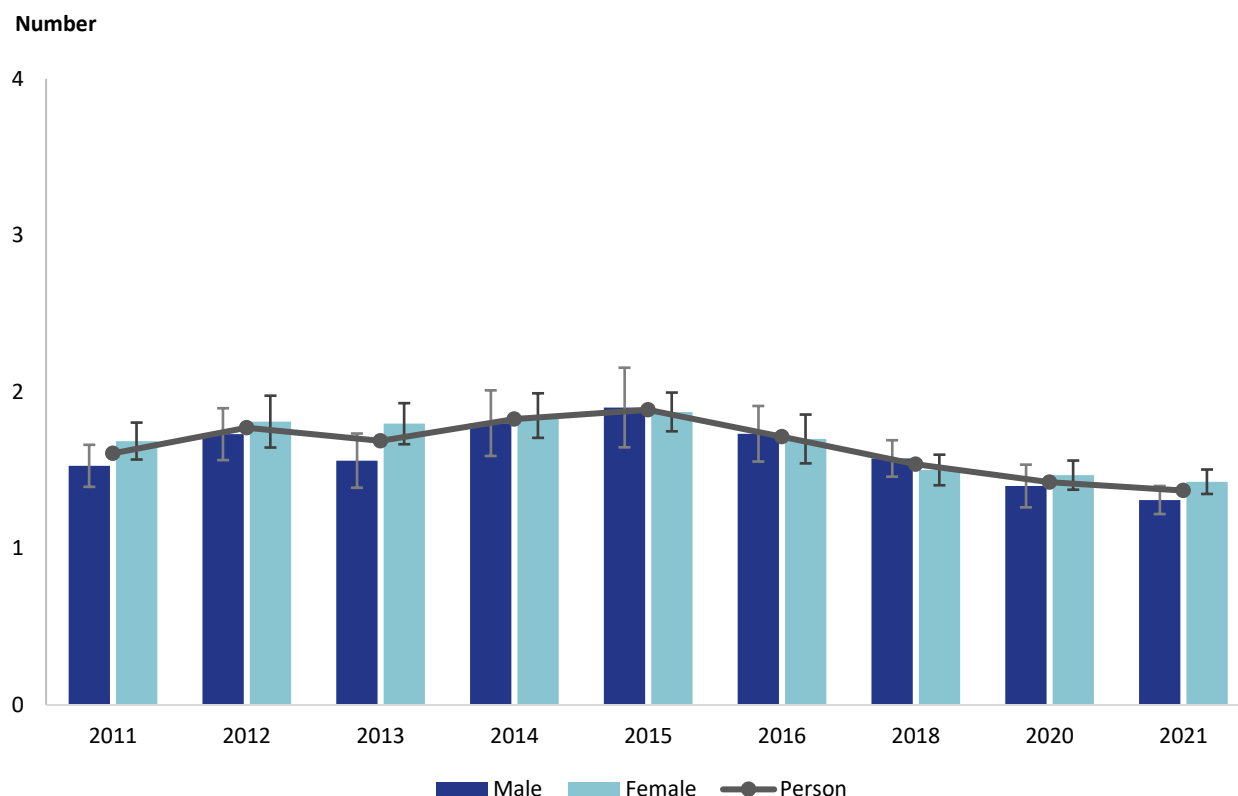
Average daily serves of fruit and vegetables

How are we going?

Throughout the reporting period, males reported eating slightly fewer daily serves of fruit and vegetables on average than females, however this difference was not statistically significant (Figure 18 and Figure 20). In all years reported, the average daily serves of fruit and vegetables for males and females were less than the recommended daily serves of fruit and vegetables.

In 2013, adults aged 65 years and over and in 2015 adults aged 45 to 64 years and 65 years and over reported eating the recommended daily serves of fruit on average. In all other years, the average daily intake of fruit and vegetables was below the recommended average for all age groups (Figure 19 and Figure 21).

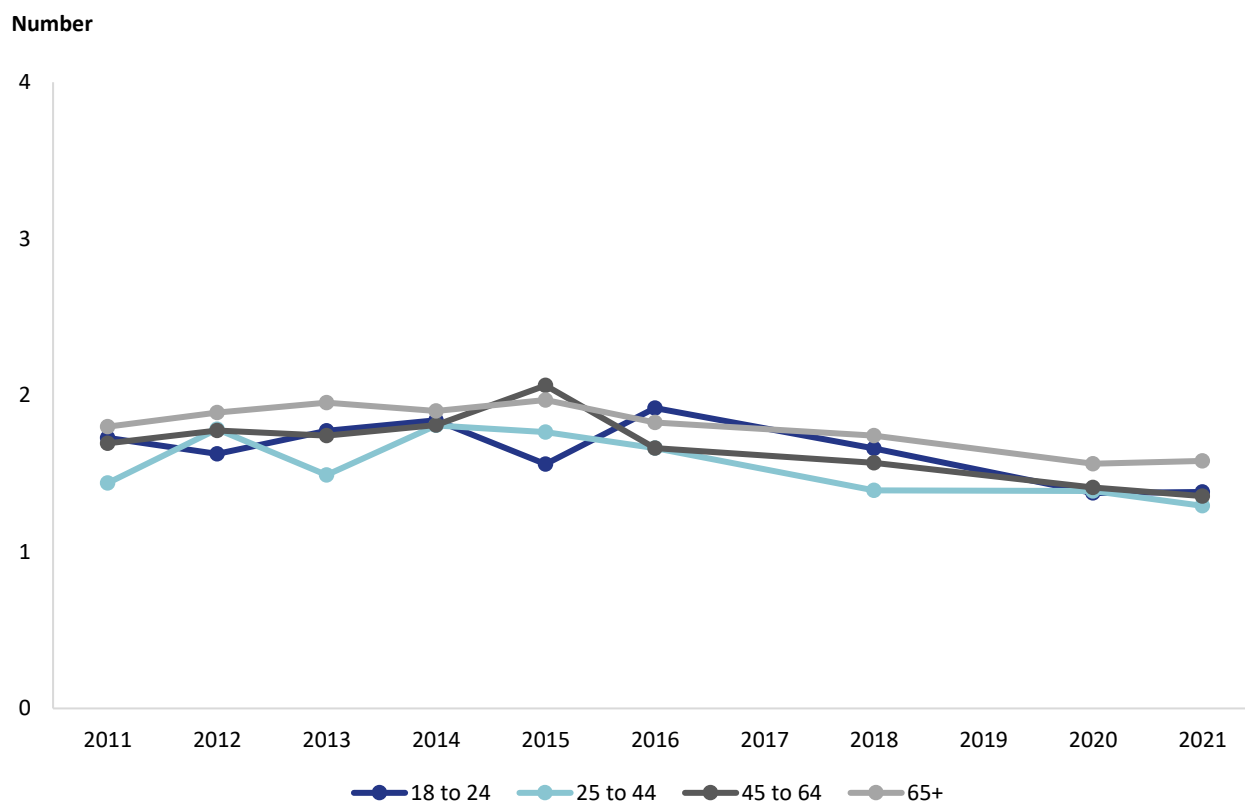
Figure 18: Average daily serves of fruit, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate average daily serves of fruit.
- b) Fruit consumption was not asked in 2019.

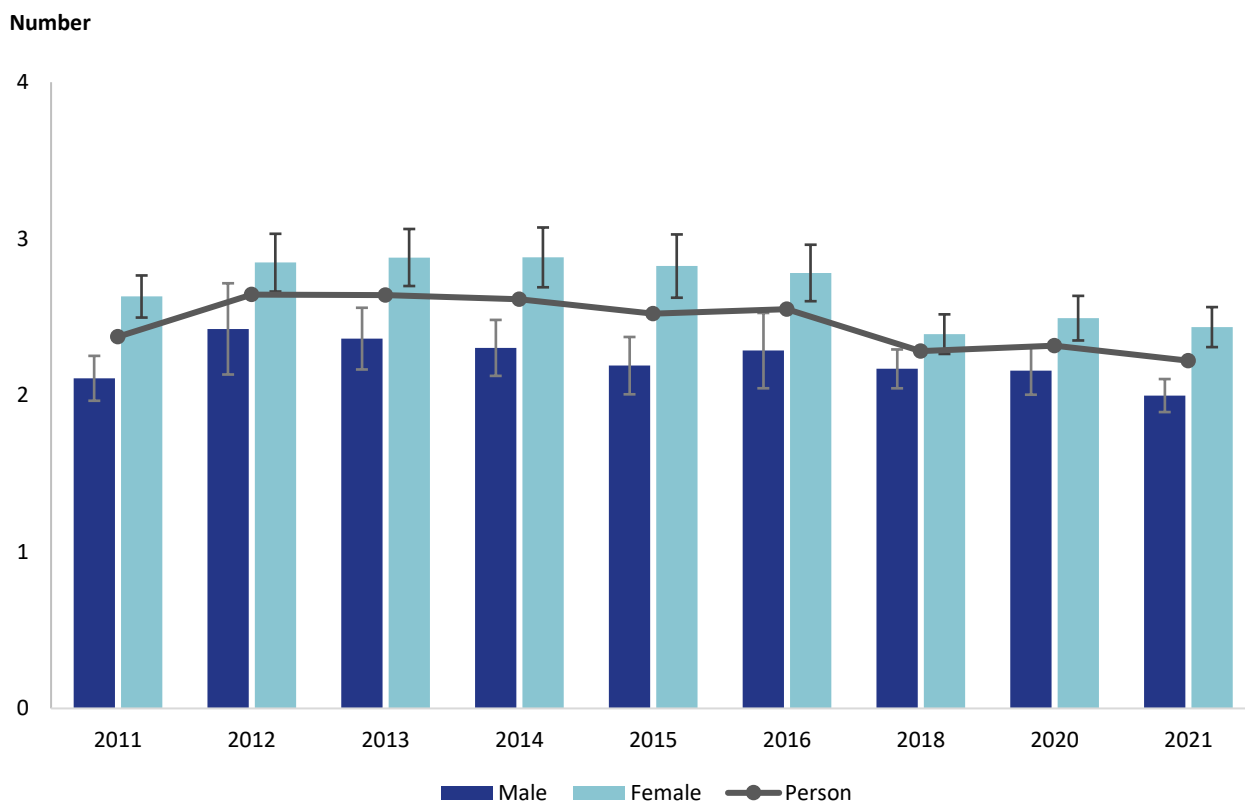
Figure 19: Average daily serves of fruit by age group, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate average daily serves of fruit.
- b) Survey was not conducted in 2017.
- c) Fruit consumption was not asked in 2019.

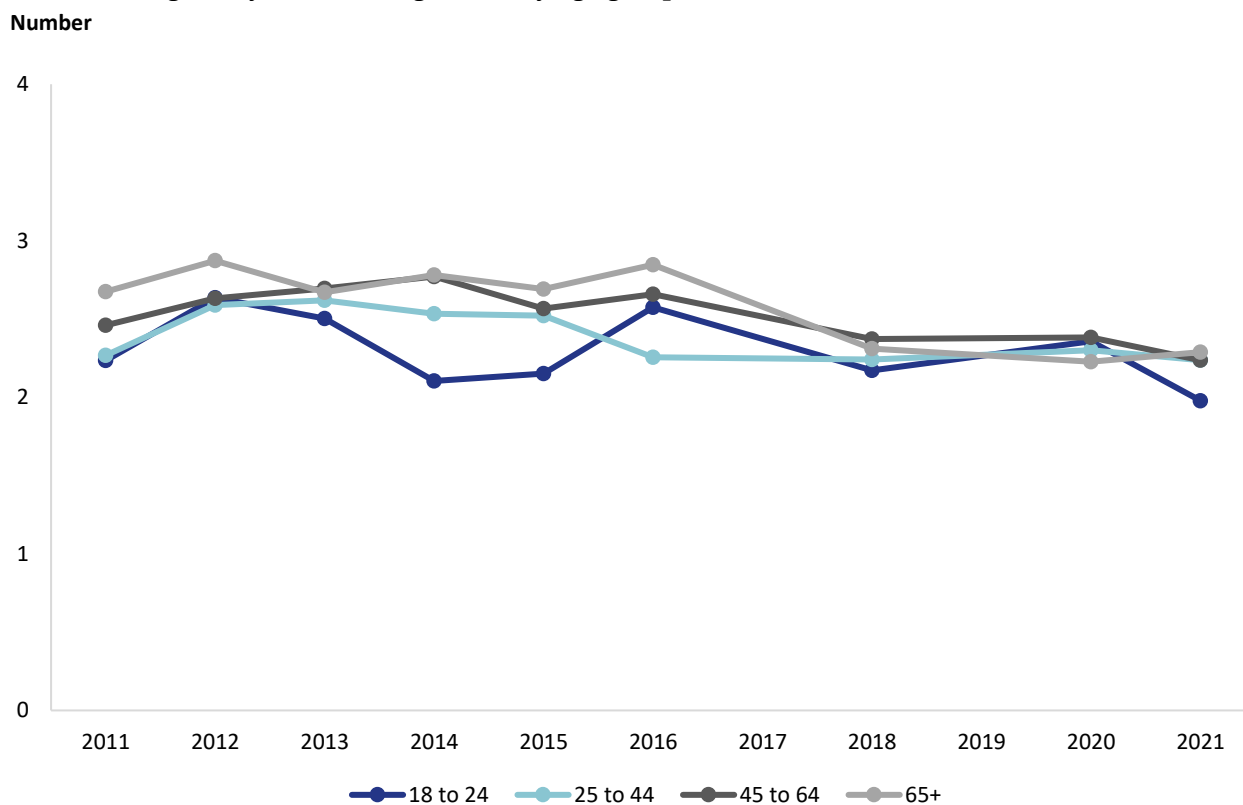
Figure 20: Average daily serves of vegetables, ACT adults, 2011–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate average daily serves of vegetables.
- b) Vegetable consumption was not asked in 2019.

Figure 21: Average daily serves of vegetables by age group, ACT adults, 2011-2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in serves per week are divided by 7 to calculate average daily serves of vegetables.
- b) Survey was not conducted in 2017.
- c) Vegetable consumption was not asked in 2019.

Sugar sweetened drinks

What did we measure?

Respondents were asked to report how many cups of sugar sweetened drinks they usually consume. Sugar sweetened drinks include soft drink, cordials or sports drink such as lemonade or Gatorade. One cup is defined as 250mL. Respondents can answer: don't drink, cups per day, cups per week or cups per month.

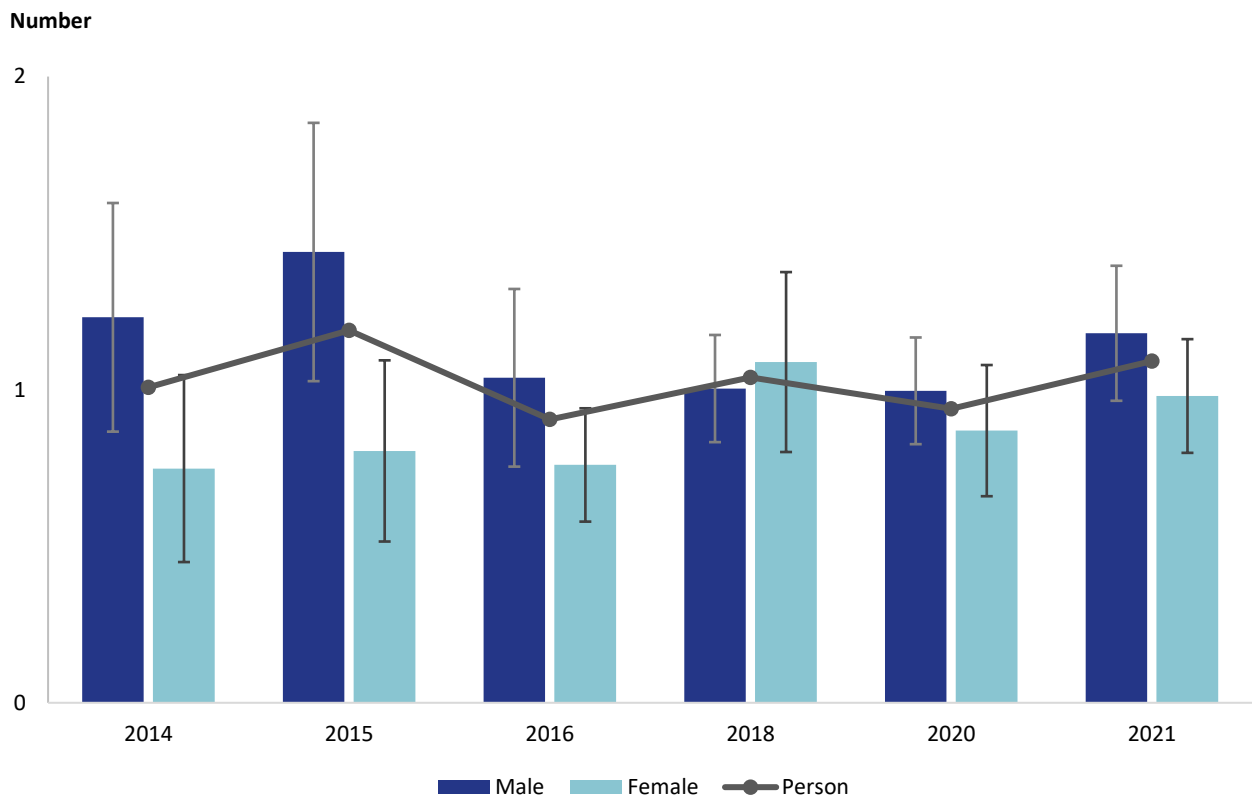
The 2013 Australian Dietary Guidelines recommend...

"Limit intake of foods and drinks containing added sugars such as confectionary, sugar sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks."

How are we going?

Between 2014 and 2021, the average cups of sugar sweetened drinks consumed daily remained stable (2014: 1.0; 2021: 1.1). There was no significant difference between males and females or between age groups during the reporting period (Figure 22 and Figure 23).

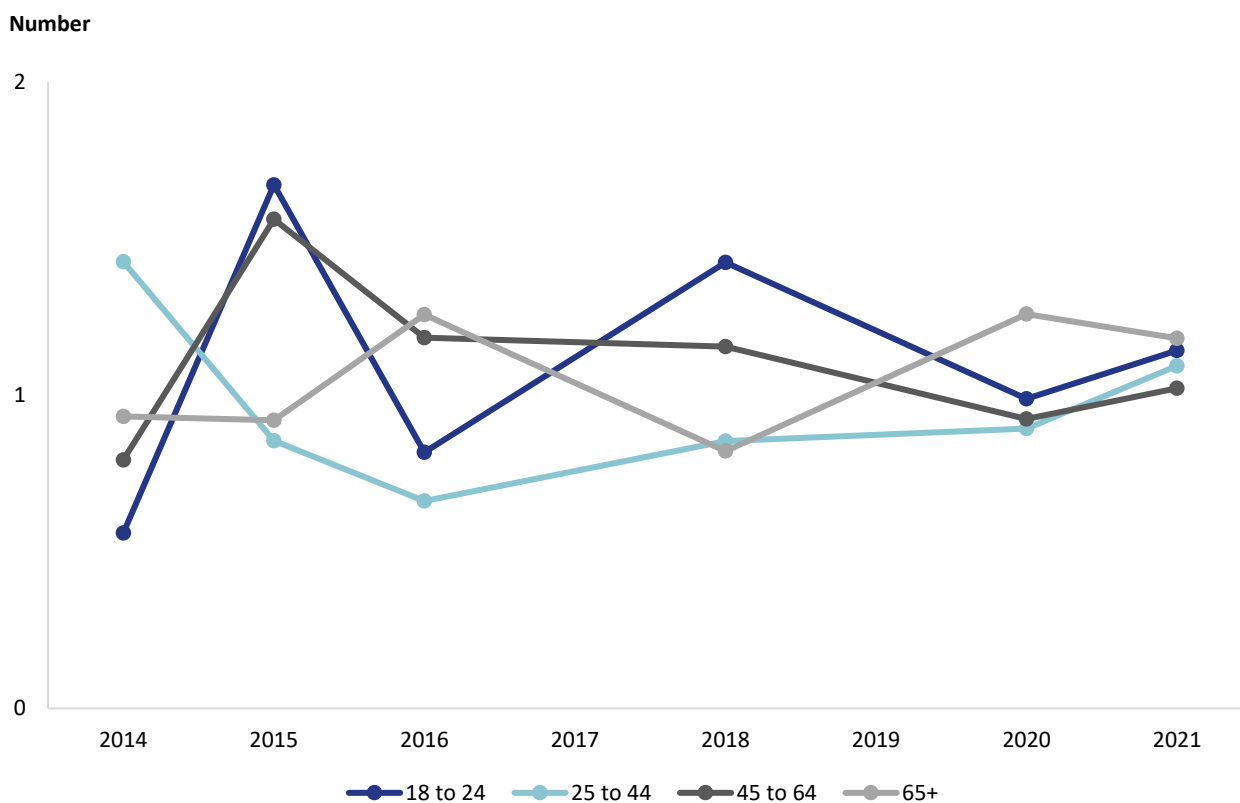
Figure 22: Average cups of sugar sweetened drinks per day by sex, ACT adults, 2014–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) The numbers for those who report in cups per week are divided by 7 and those who reported in cups per month are divided by 30 to calculate average cups of sugar sweetened drinks per day.
- b) Data for this indicator is available from 2014. It was not asked in 2019.

Figure 23: Average cups of sugar sweetened drinks per day by age group, ACT adults, 2014–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- The numbers for those who report in cups per week are divided by 7 and cups per month are divided by 30 to calculate average cups of sugar sweetened drinks per day.
- Data for this indicator is available from 2014. The survey was not conducted in 2017. It was not asked in 2019.

Fast food

What did we measure?

Respondents were asked to report how many fast-food meals or snacks they usually eat. Fast food includes burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, or local take away places. Respondents can answer: rarely/never, times per day, times per week, or times per month.

The 2013 Australian Dietary Guidelines recommend...

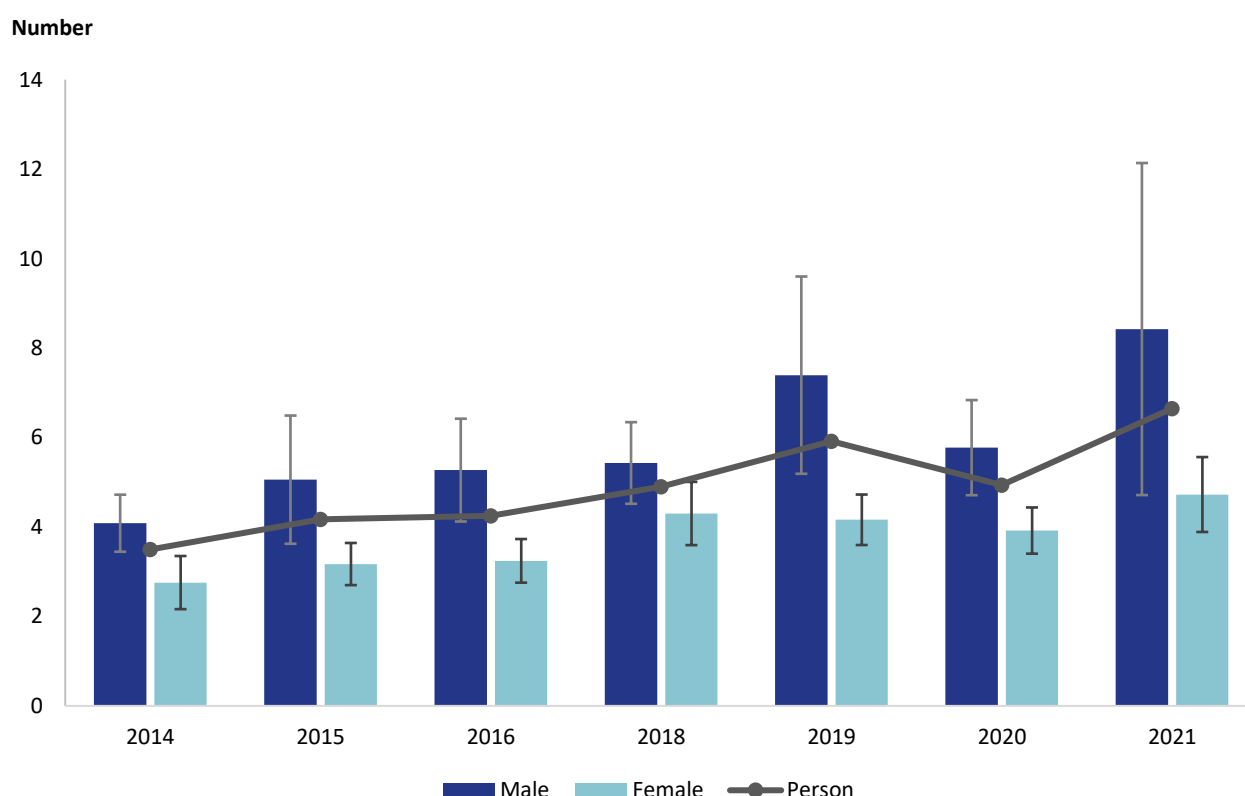
“Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.”

How are we going?

Between 2014 and 2021, the average number of fast-food meals or snacks eaten monthly significantly increased (2014: 3.5; 2021: 6.6). In 2021, males reported a slightly higher average fast food monthly intake (8.4 meals) than females (4.7 meals), however this difference was not statistically significant (Figure 24).

Adults aged 18 to 24 years were significantly more likely to eat more fast food per month on average than adults aged 45 to 64 years in 2014, 2015 and 2019 and adults aged 65 years and over in most years (Figure 25).

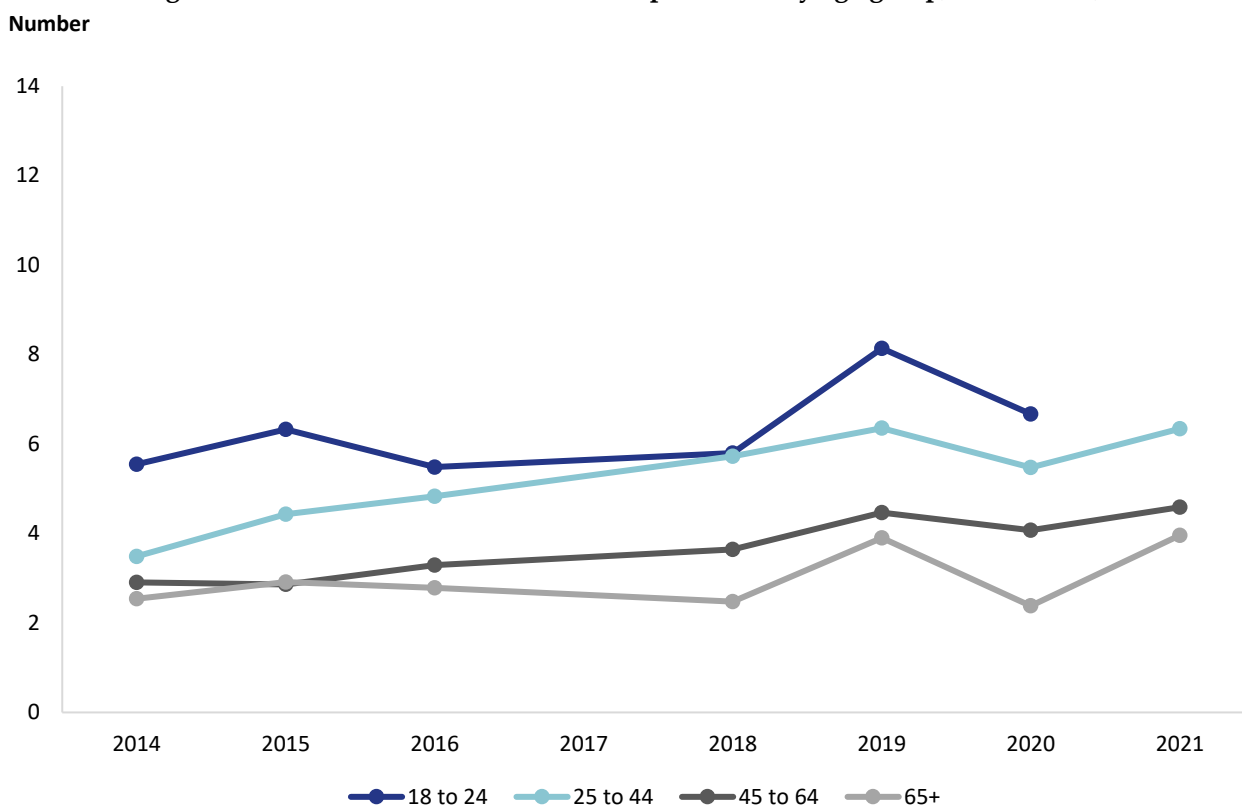
Figure 24: Average number of fast-food meals or snacks per month, ACT adults, 2014–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- Those who report in times per day are multiplied by 30 and those who answer in times per week are multiplied by 4 to calculate average fast-food meals or snacks per month.
- Data for this indicator is available from 2014.

Figure 25: Average number of fast-food meals or snacks per month by age group, ACT adults, 2014–2021



Notes: Refer to Appendix B, Table 7 for numbers.

- a) Those who report in times per day are multiplied by 30 and those who answer in times per week are multiplied by 4 to calculate average fast-food meals or snacks per month.
- b) Data for this indicator is available from 2014. Survey was not conducted in 2017.
- c) The 2021 estimate for 18 to 24 year olds has not been published due to small numbers or a relative standard error greater than 50%.

3.5 Physical activity

What did we measure?

Respondents were asked to report the number of times and total time spent in the last week walking continuously for at least 10 minutes, doing vigorous activity which made them breathe harder or puff and pant and doing moderate physical activity. From this, respondents were categorised against the Australian Physical Activity Guideline for adults of participating in at least 150 minutes of activity per week [9].

Why is this important?

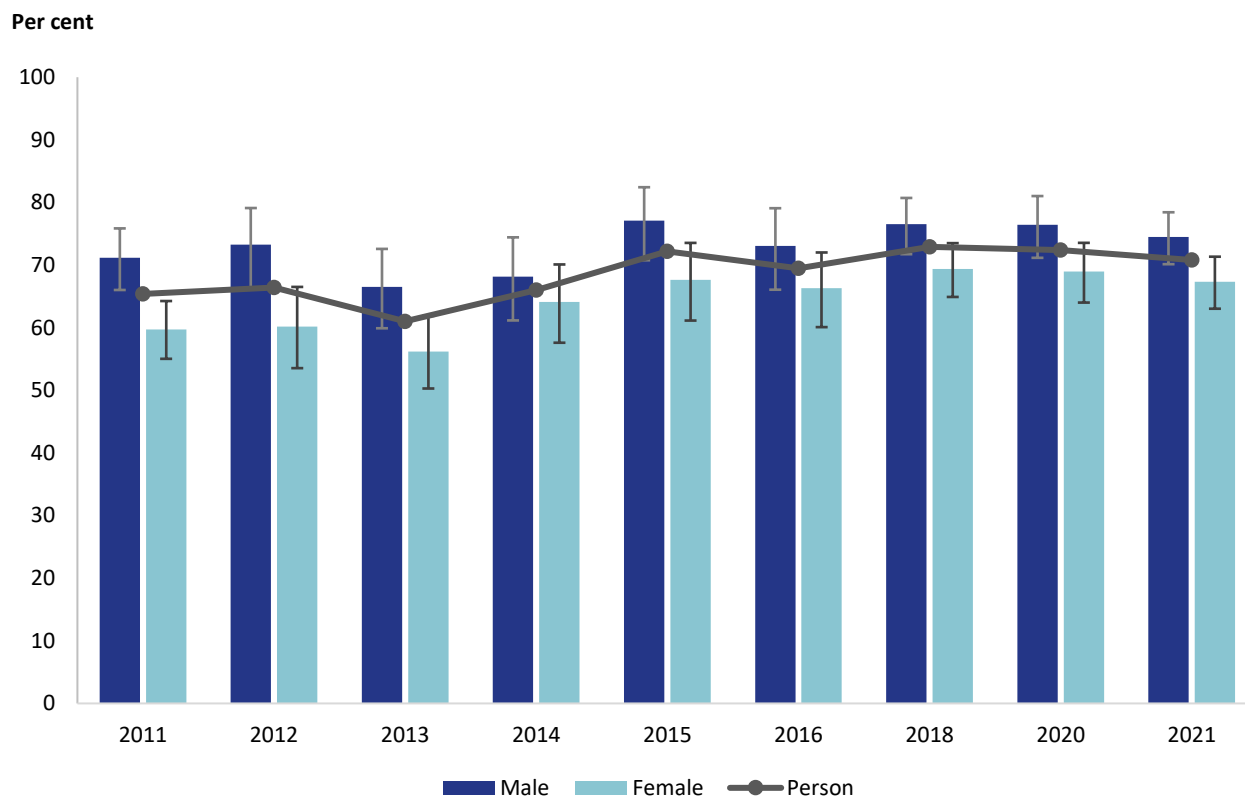
Being active is essential for good mental and physical health and wellbeing. It reduces the risk of many diseases, including some cancers, and helps maintain a healthy weight [10].

How are we going?

Between 2011 and 2021, there was a slight increase in the proportion of adults who met the physical activity guidelines, however this increase was not statistically significant (2011: 65.4%; 2021: 70.8%). In 2011, males (71.2%) were significantly more likely to report meeting the physical activity guidelines than females (59.7%), however there was no significant difference between males and females in any of the other years reported (Figure 26).

Adults aged 18 to 24 years were most likely to meet the physical activity guidelines – this was significant in 2012 compared to adults aged 45 to 64 years and in most other years compared to adults aged 65 years and over (Figure 27).

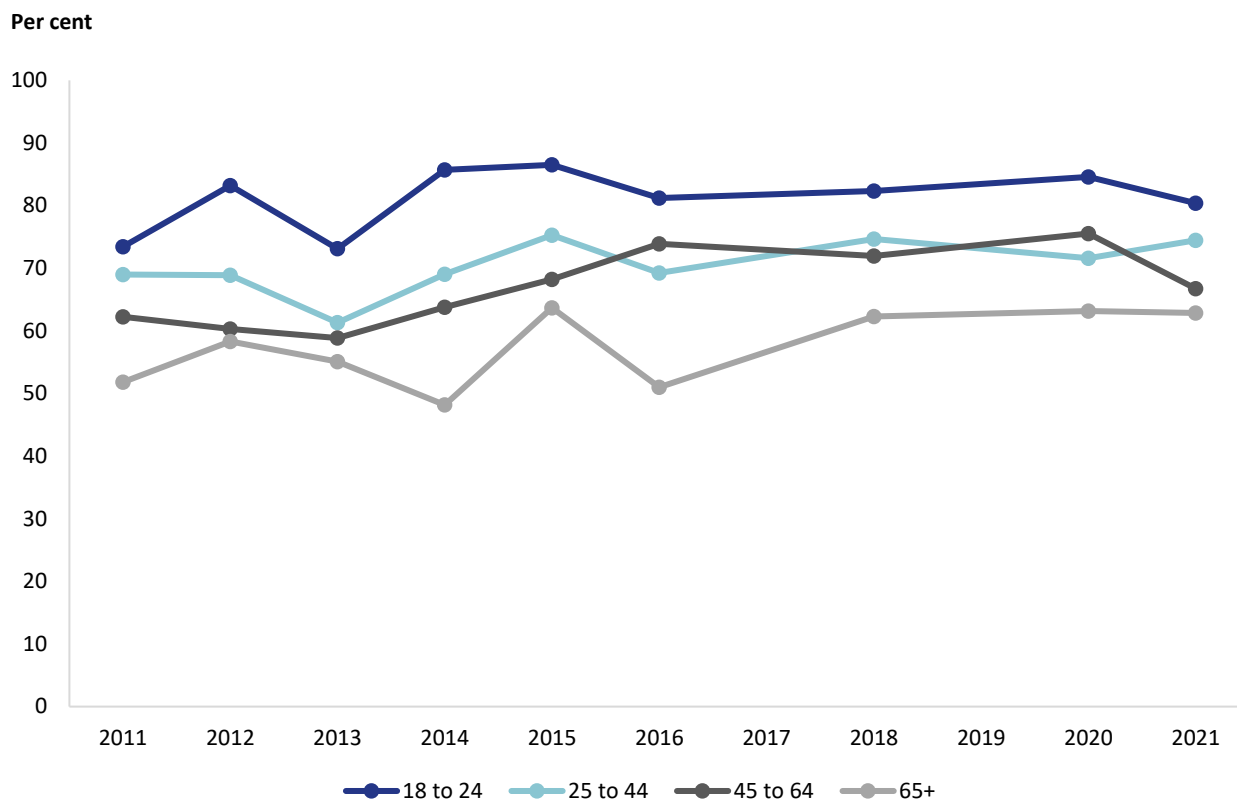
Figure 26: Proportion of ACT adults who meet the Australian physical activity guidelines, 2011–2021



Notes: Refer to Appendix B, Table 8 for numbers.

- a) Meeting the physical activity guideline for adults is based on the Australian Bureau of Statistics definition of participating in at least 150 minutes of activity (including walking for transport and fitness, and moderate and vigorous activity) per week. Minutes spent on vigorous activity is multiplied by 2 [9].
- b) Physical activity was not asked in 2019.

Figure 27: Proportion of ACT adults who meet the Australian physical activity guidelines by age group, 2011–2021



Notes: Refer to Appendix B, Table 8 for numbers.

- a) Meeting the physical activity guideline for adults is based on the Australian Bureau of Statistics definition of participating in at least 150 minutes of activity (including walking for transport and fitness, and moderate and vigorous activity) per week. Minutes spent on vigorous activity is multiplied by 2 [9].
- b) Survey was not conducted in 2017.
- c) Physical activity was not asked in 2019.

3.6 Body Mass Index (BMI)

What did we measure?

Respondents were asked to report their height without shoes and weight without clothes or shoes. From this, respondent BMI was calculated (weight in kilograms divided by the square of height in metres) and categorised according to the adult BMI classifications [11].

Why is this important?

BMI is an internationally recognised standard for classifying overweight and obesity in adults [12]. It is a practical and useful measure for monitoring weight status at a population level [12].

Overweight and obesity is a risk factor for many diseases and chronic conditions and is associated with higher rates of death.

How are we going?

Trends in BMI categorisation between 2011 and 2021 varied:

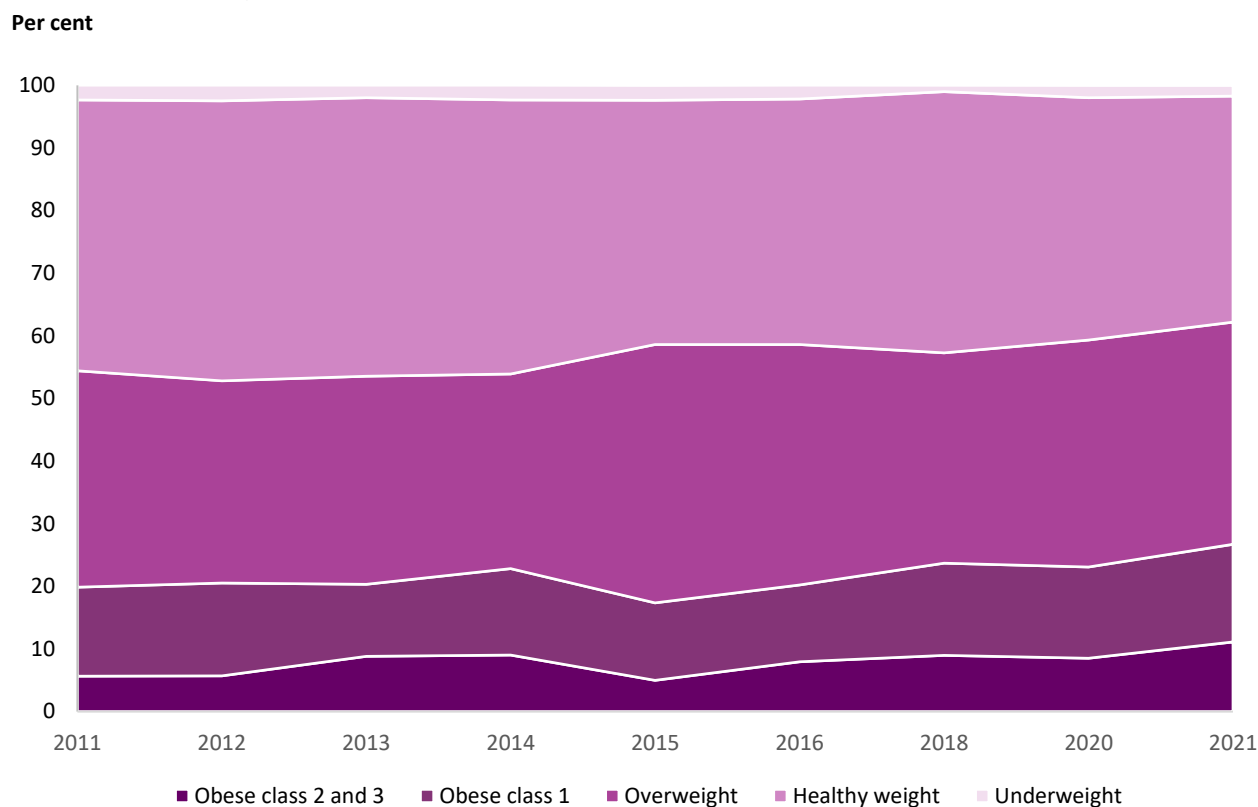
- The proportion of adults in the underweight category remained stable over the reporting period, with only small fluctuations observed.
- The proportion of adults in the **healthy weight category significantly declined between 2011 (43.2%) and 2021 (36.1%)**.
- The proportion of adults classified as **overweight or obese significantly increased between 2011 (54.4%) and 2021 (62.2%)** (Figure 28).

There was a general decline in the proportion of adults who were overweight between 2011 (34.6%) and 2014 (31.1%), then an upwards trend from 2015 (41.3%), however these changes were not statistically significant (Figure 31). The proportion of adults categorised as obese class 1 remained stable between 2011 (14.2%) and 2021 (15.6%), with small fluctuations observed over the reporting period. The proportion of adults categorised as **obese class 2 and 3 significantly increased between 2011 (5.6%) and 2021 (11.1%)** (Table 9).

In 2018, males were significantly less likely to be in the healthy weight category than females; there was no significant difference between males and females in other years (Figure 29). Males were significantly more likely to be overweight than females in 2013, 2014, 2018, 2020 and 2021; there was no significant difference between males and females in other years (Figure 31).

Adults aged 18 to 24 years were significantly more likely to be in the healthy weight category than adults aged 25 to 44 years in 2018 and 2021, and adults aged 45 to 64 years and 65 years and over in most years (Figure 30). They were also significantly less likely to be overweight than adults aged 65 years and over in 2011, adults aged 45 to 64 years and 65 years and over in 2012 and adults aged 25 to 44 years, 45 to 64 years and 65 years and over in 2013 and 2021 (Figure 32).

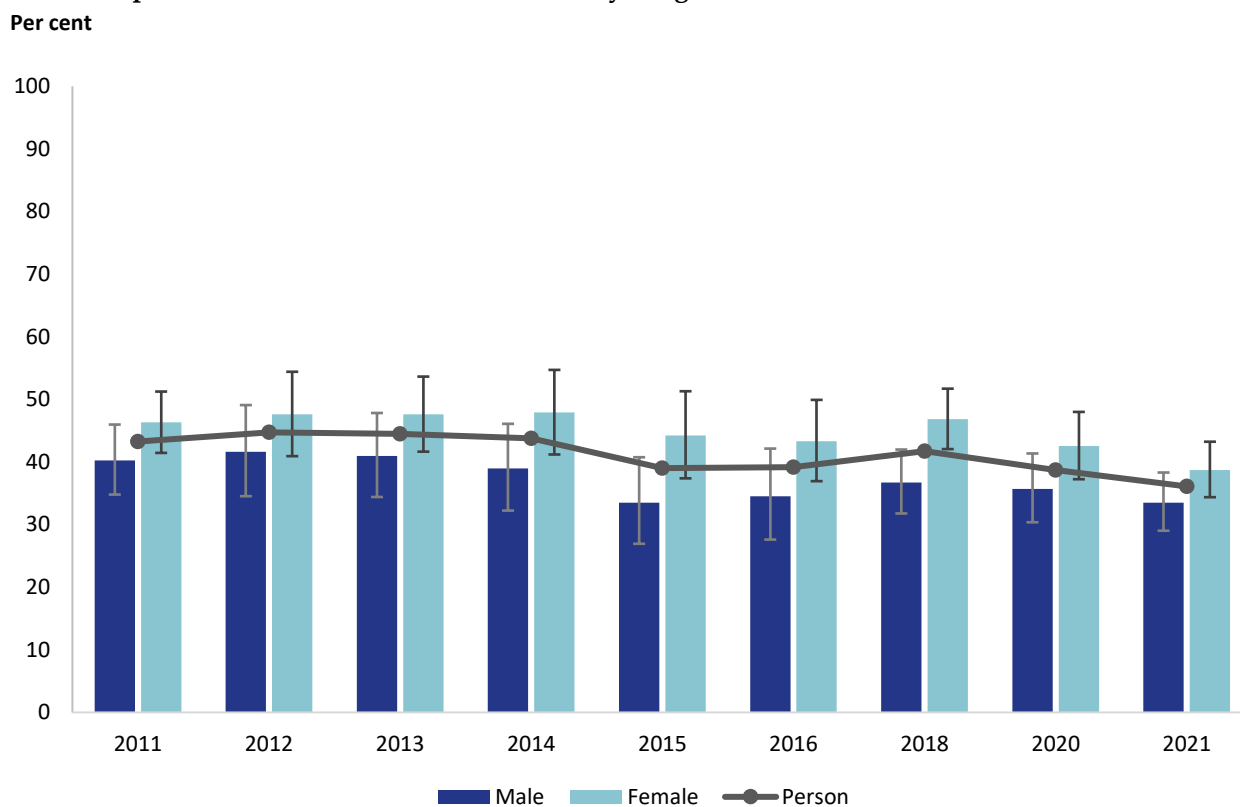
Figure 28: Proportion of ACT adults who are underweight, healthy weight, overweight, obese class 1 and obese class 2 and 3, 2011–2021



Notes: Refer to Appendix B, Table 9 for numbers.

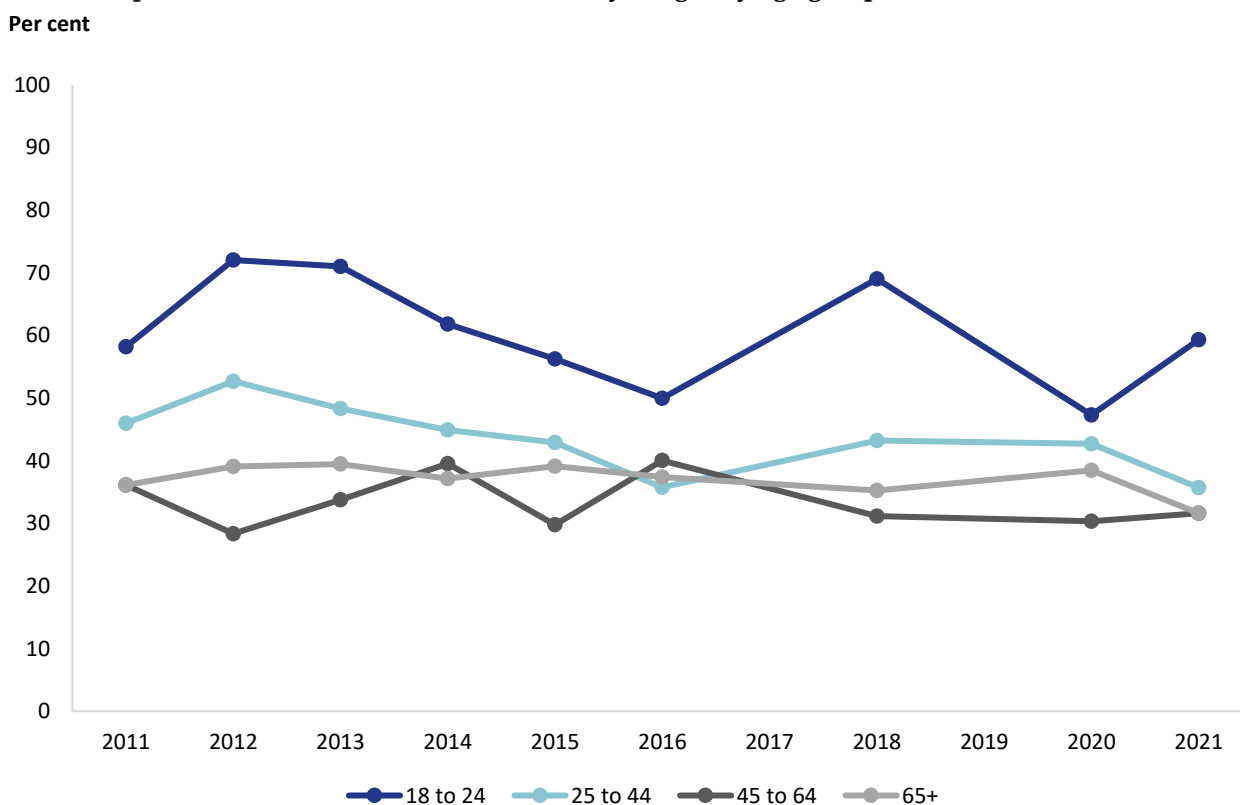
- a) Height and weight were not collected in 2019.
- b) The 2011–2021 estimates for the underweight category have a relative standard error between 25% and 50% and should be used with caution.

Figure 29: Proportion of ACT adults who are a healthy weight, 2011–2021



Note: Refer to Appendix B, Table 9 for numbers.

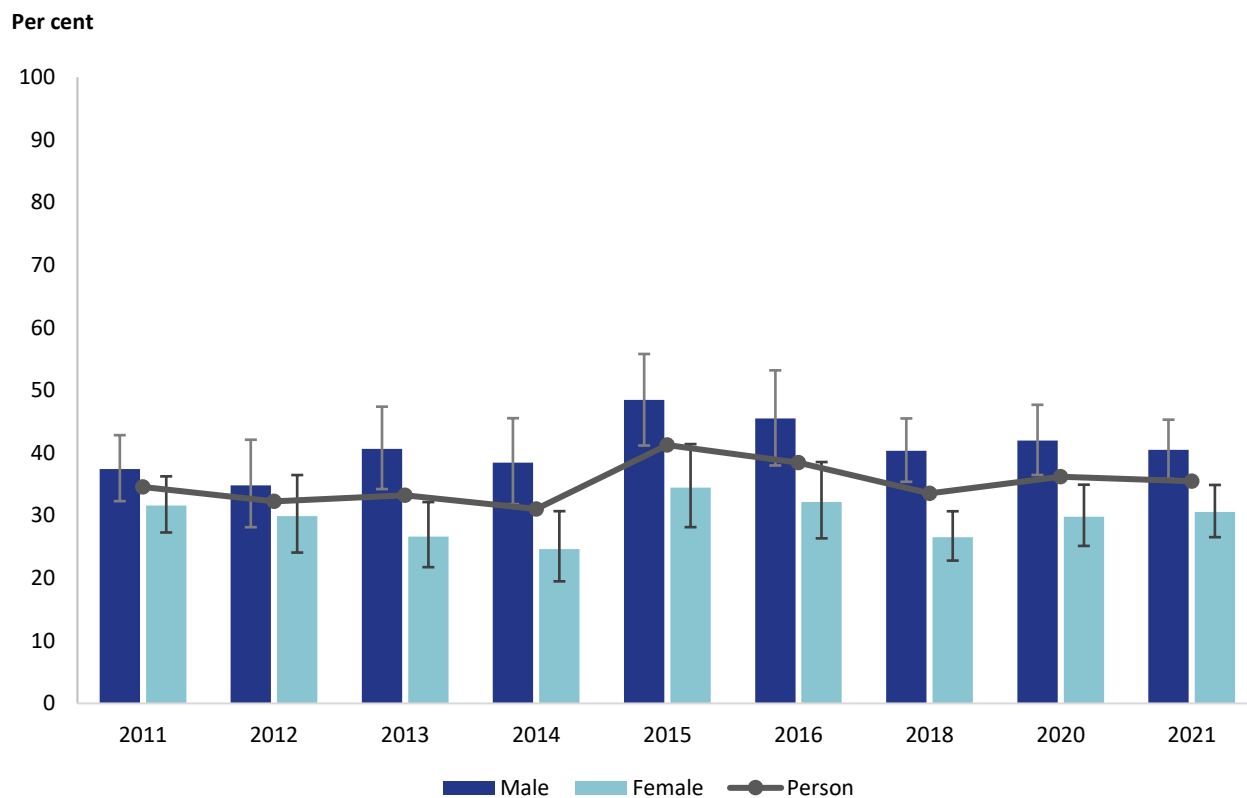
Figure 30: Proportion of ACT adults who are a healthy weight by age group, 2011–2021



Notes: Refer to Appendix B, Table 9 for numbers.

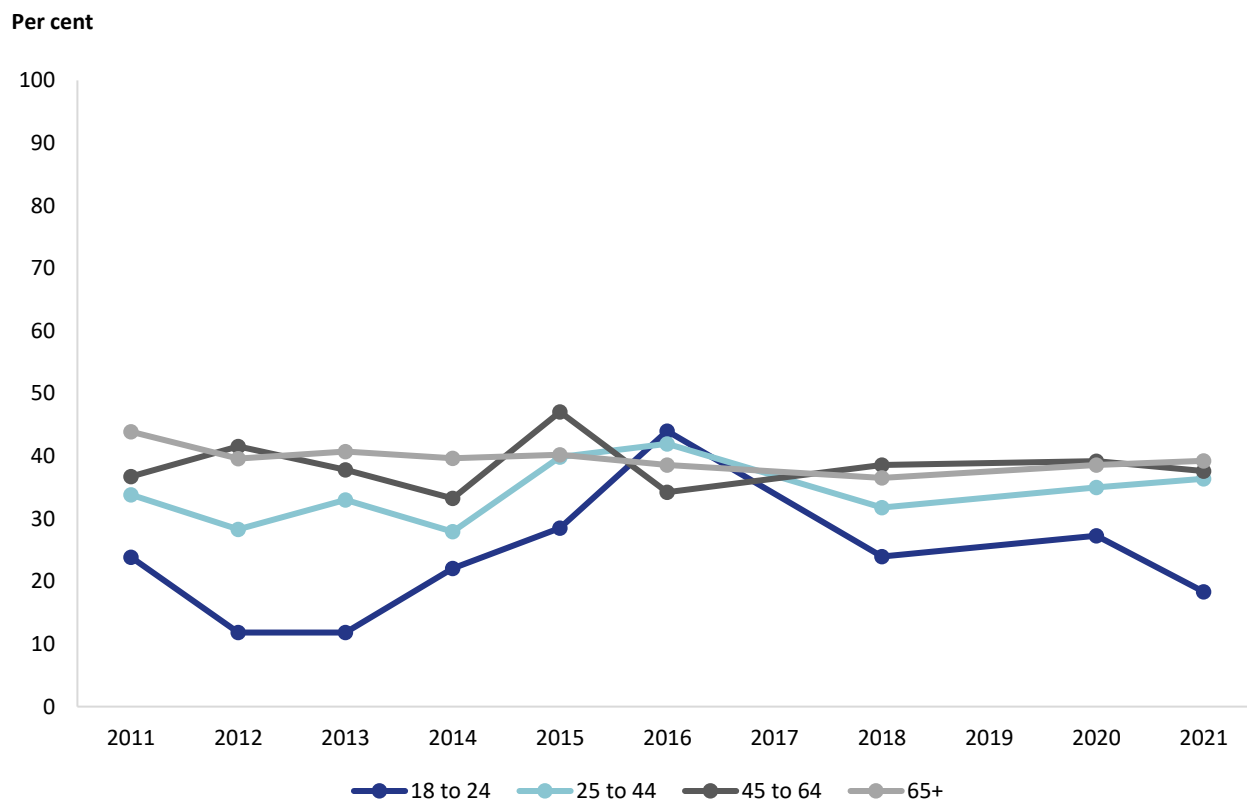
a) Survey was not conducted in 2017.

Figure 31: Proportion of ACT adults who are overweight, 2011–2021



Notes: Refer to Appendix B, Table 9 for numbers.

Figure 32: Proportion of ACT adults who are overweight by age group, 2011–2021



Notes: Refer to Appendix B, Table 9 for numbers.

a) Survey was not conducted in 2017.

b) The 2012, 2013, 2014, 2015, 2018, 2020 and 2021 estimates for adults aged 18 to 24 years have a relative standard error between 25% and 50% and should be used with caution.

3.7 Mental health conditions

What did we measure?

Respondents were asked if they had been told by a doctor in the last 12 months that they have anxiety, depression, a stress-related problem, other mental health issues or none of these. The condition can be diagnosed for the first time or be in consultation regarding an ongoing condition.

Those who indicated that they still had the condition(s) were then asked if they are currently receiving treatment for anxiety, depression, stress-related problems or any other mental health problem.

Why is this important?

Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy. In contrast, mental health conditions can cause distress, impact on day-to-day functioning and relationships, and are associated with poor physical health and premature death from suicide [13].

No mental health conditions

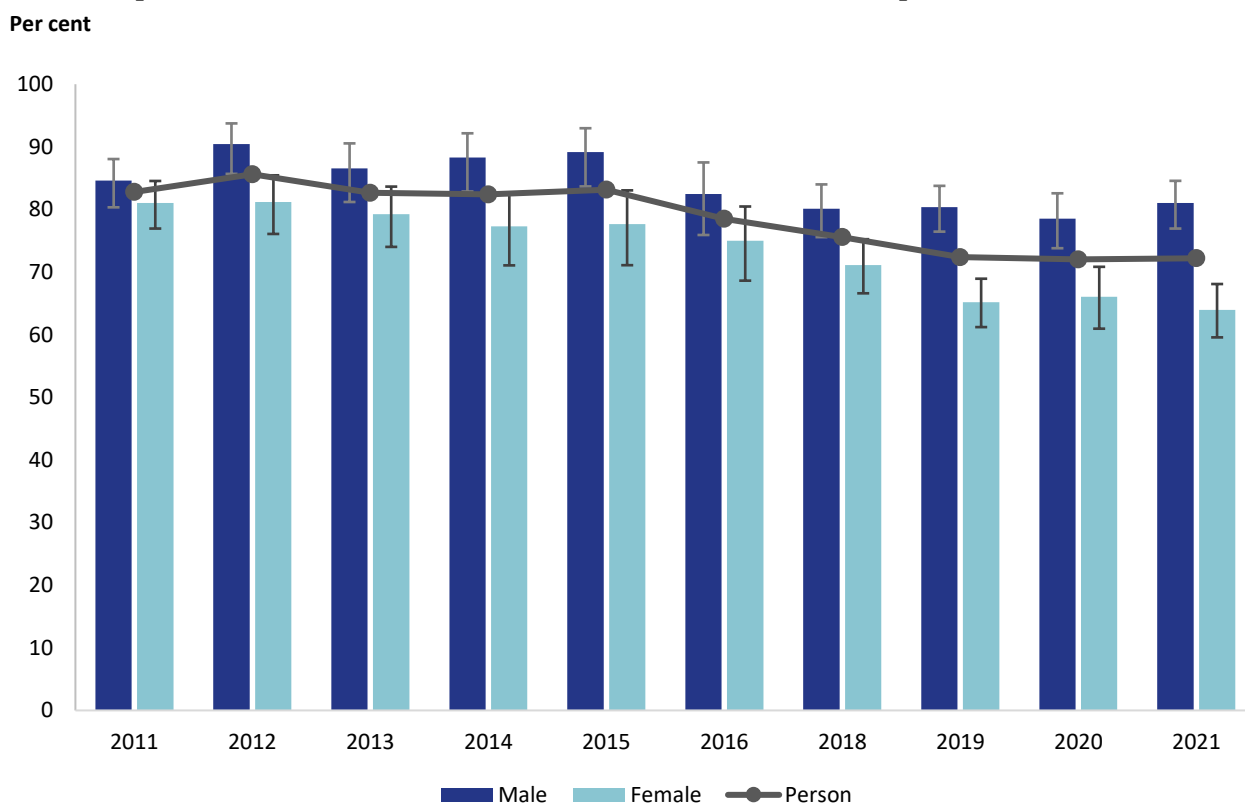
How are we going?

Between 2011 and 2021, the proportion of adults who reported that they had no mental health conditions significantly decreased (2011: 82.8%; 2021: 72.2%).

Over the same period, the proportion of males without a diagnosed mental health condition remained stable (2011: 84.6%; 2021: 81.1%) while the proportion of females without a diagnosed mental health condition significantly decreased (2011: 81.0%; 2021: 63.9%). Males were significantly more likely to report not being diagnosed with a mental health condition than females in all years except 2016 (Figure 33).

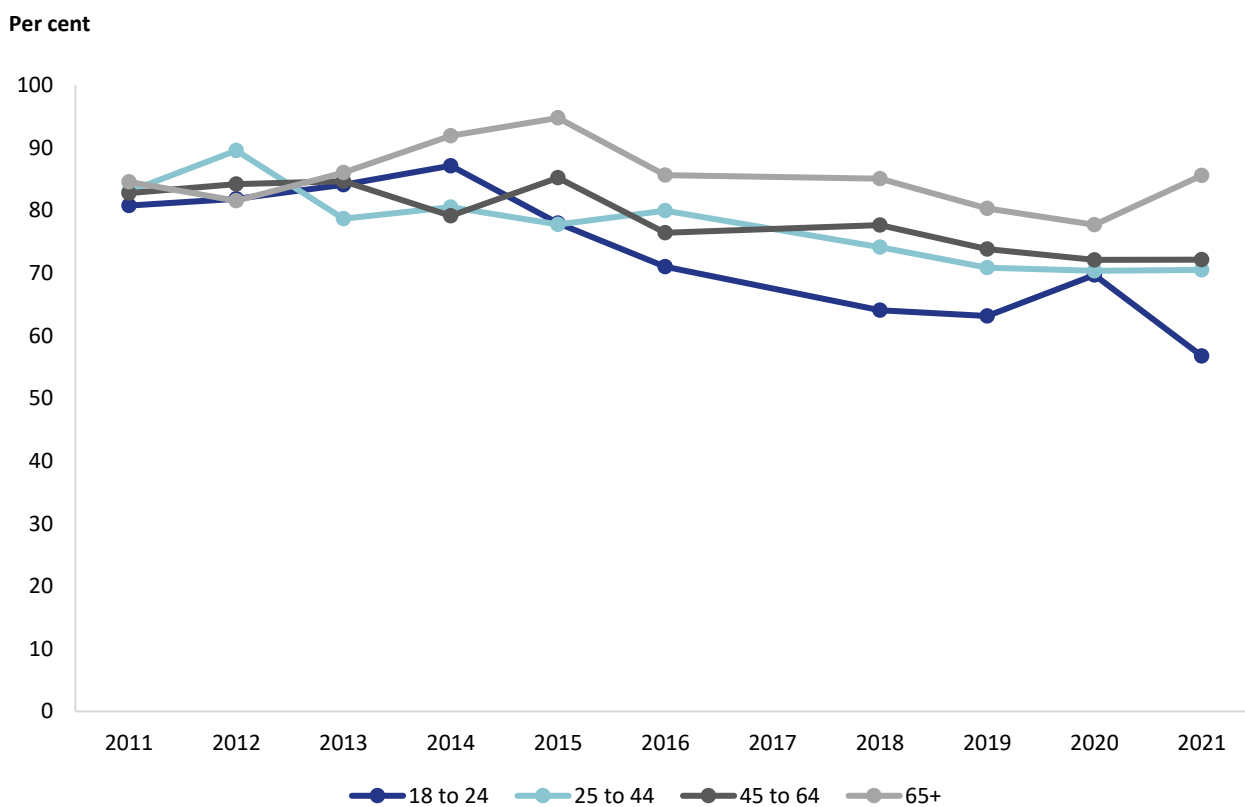
There has been a slight decrease in the proportion of adults aged 18 to 24 years who reported that they have no mental health conditions between 2011 and 2021, however this difference was not statistically significant. In 2021, adults aged 65 years and over were significantly more likely to report that they do not have a mental health condition than adults aged 18 to 24 years, 25 to 44 years and 45 to 64 years (Figure 34).

Figure 33: Proportion of ACT adults with no mental health conditions in the past 12 months, 2011–2021



Note: Refer to Appendix B, Table 10 for numbers.

Figure 34: Proportion of ACT adults with no mental health conditions in the past 12 months by age group, 2011–2021



Notes: Refer to Appendix B, Table 10 for numbers.

a) Survey was not conducted in 2017.

Any mental health conditions

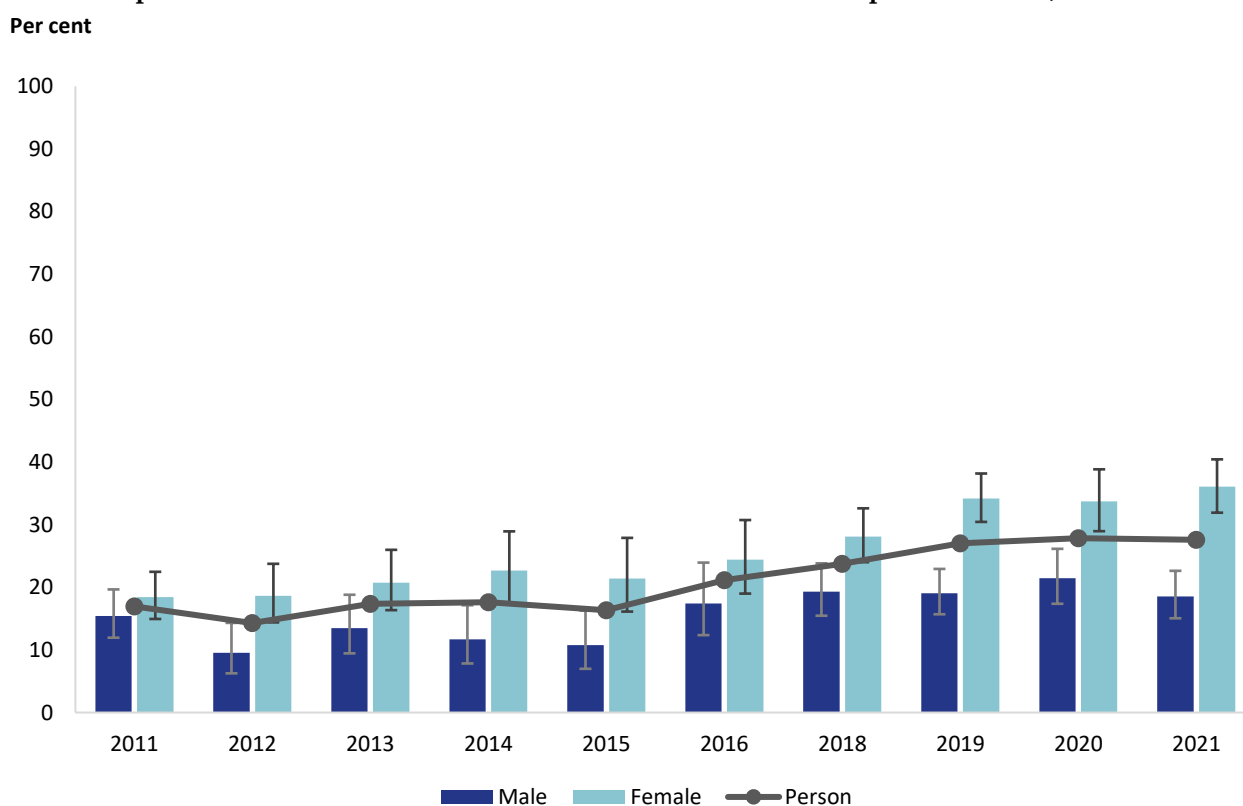
How are we going?

The proportion of adults who reported that they had been diagnosed with a mental health condition in the past 12 months significantly increased from 2011 to 2021 (2011: 16.9%; 2021: 27.6%).

There was no significant difference between 2020 and 2021. Over the reporting period, the proportion of males who reported that they had a mental health condition remained stable being lowest in 2012 (9.6%) and highest in 2020 (21.4%). There was an upward trend for females reporting that they had been diagnosed with a mental health condition, significantly increasing between 2011 (18.4%) and 2021 (36.1%). Males were significantly less likely to report having a mental health condition than females in all years except 2011, 2013 and 2016 (Figure 35).

The proportion of adults aged 18 to 24 years, 25 to 44 years and 45 to 64 years who reported that they have a mental health condition significantly increased between 2011 and 2021. In 2021, those aged 18 to 24 years were significantly more likely to report having a mental health condition than those aged 65 years and over (Figure 36).

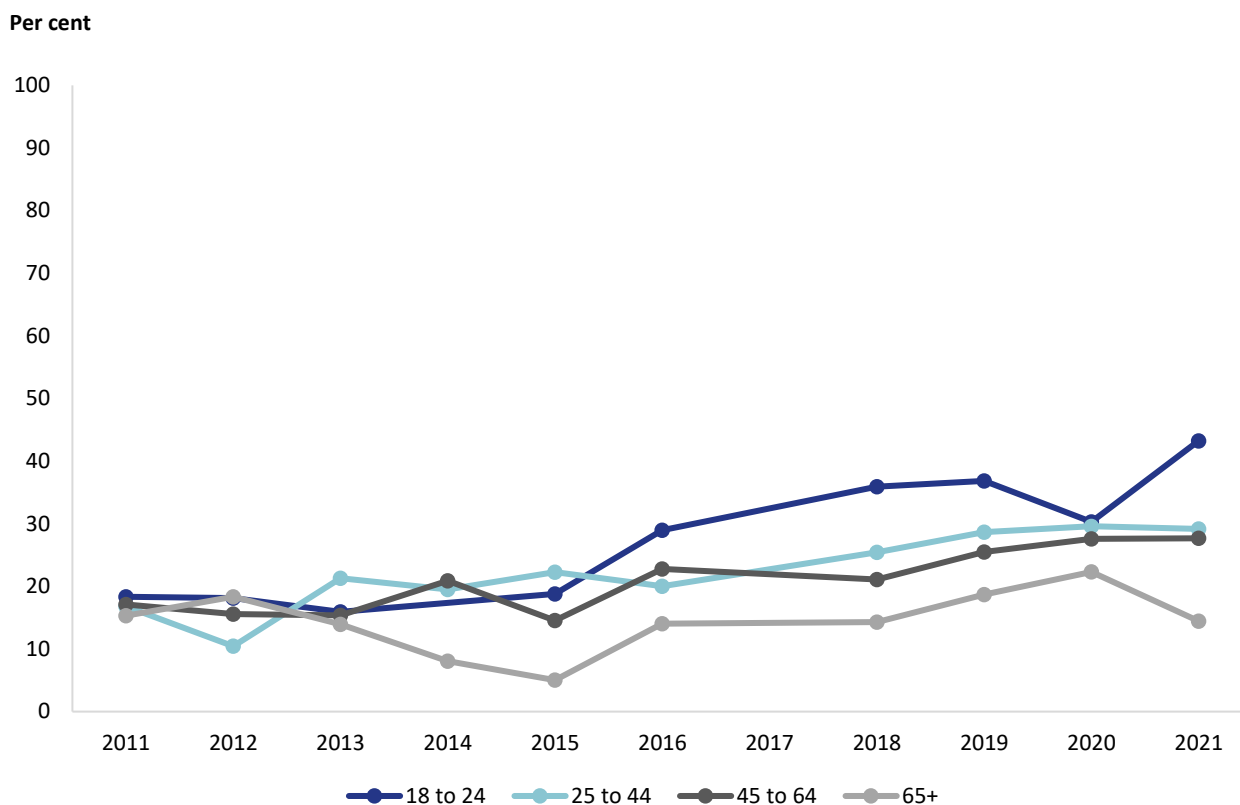
Figure 35: Proportion of ACT adults with a mental health condition in the past 12 months, 2011–2021



Notes: Refer to Appendix B, Table 10 for numbers.

- a) Any mental health condition is defined as answering yes to being told by a doctor that they have anxiety, depression, a stress-related problem or other mental health issues. It includes respondents with single or multiple diagnosed mental health conditions.

Figure 36: Proportion of ACT adults with a mental health condition in the past 12 months by age group, 2011–2021



Notes: Refer to Appendix B, Table 10 for numbers.

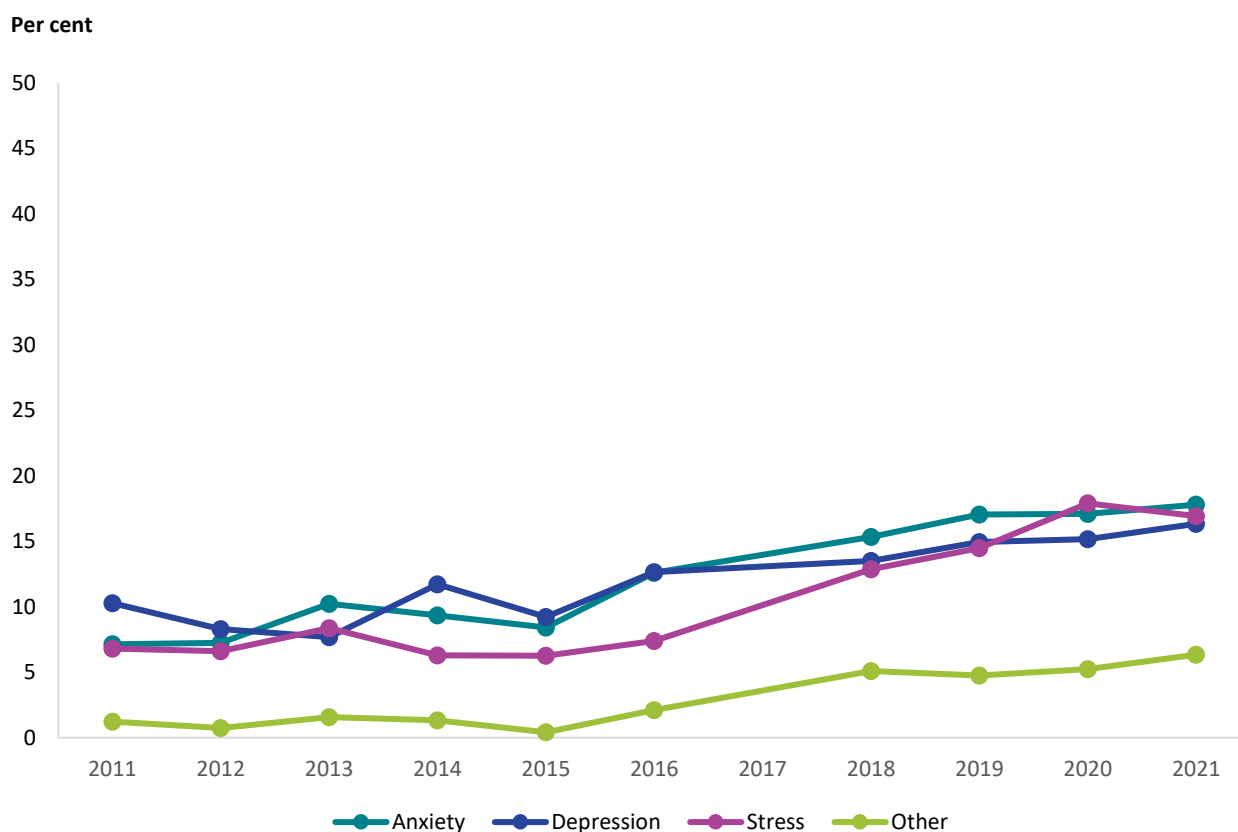
- a) Any mental health condition is defined as answering yes to being told by a doctor that they have anxiety, depression, a stress-related problem or other mental health issues. It includes respondents with single or multiple diagnosed mental health conditions.
- b) Survey was not conducted in 2017.
- c) The 2011, 2012, 2013, 2015 and 2016 estimates for 18 to 24 year olds have a relative standard error between 25% and 50% and should be used with caution.

Breakdown by mental health condition

How are we going?

Between 2011 and 2021, the proportion of adults who reported that they had been diagnosed with anxiety, depression, a stress-related problem or other mental health conditions in the past 12 months significantly increased (Figure 37).

Figure 37: Proportion of ACT adults with anxiety, depression, a stress-related problem or other mental health condition in the past 12 months, 2011–2021



Notes: Refer to Appendix B, Table 10 for numbers.

- a) Survey was not conducted in 2017.
- b) The 2011–2016 estimates for “other” mental health condition have a relative standard error between 25% and 50% and should be used with caution.

Anxiety

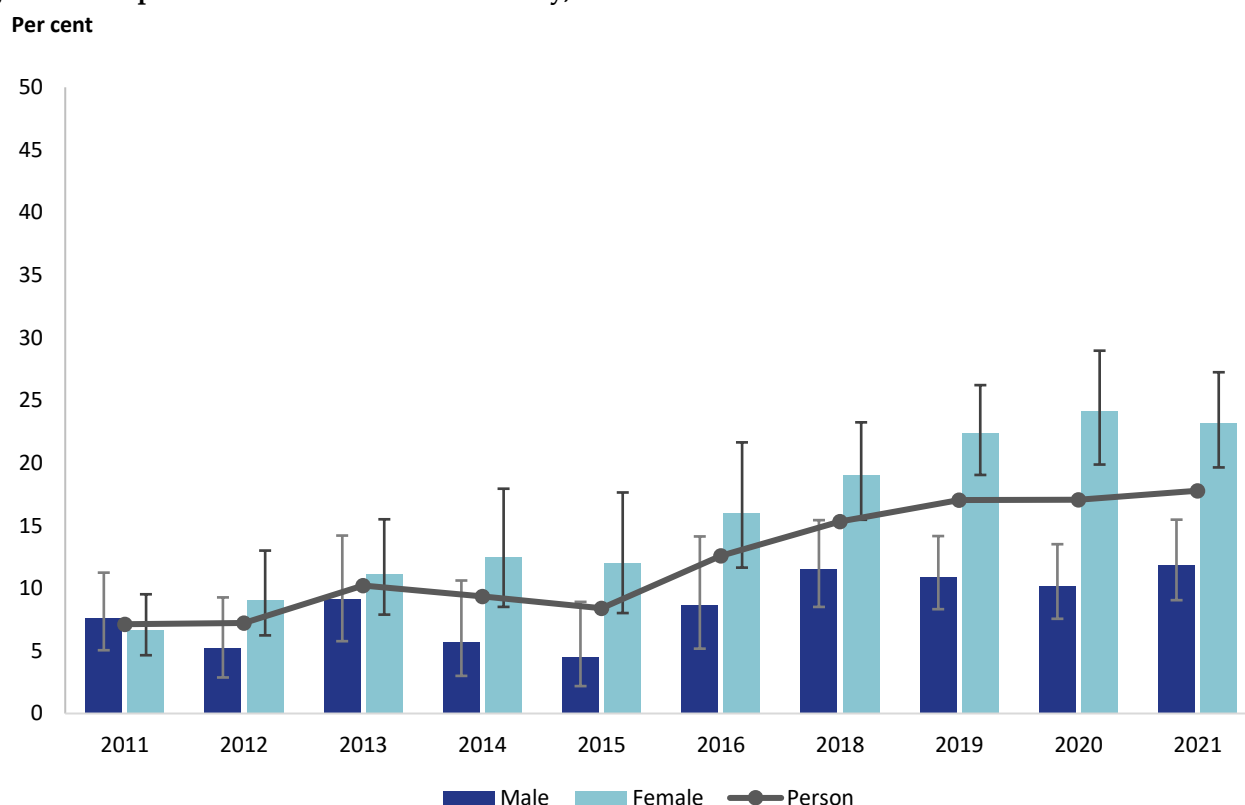
How are we going?

Between 2011 and 2021, the proportion of adults reporting that they had been told in the past 12 months that they have anxiety significantly increased (2011: 7.1%; 2021: 17.8%). There was no significant difference between 2020 and 2021.

While there was an upward trend in the proportion of males being told that they have anxiety, this was not statistically significant. However, females were significantly more likely to report being diagnosed with anxiety in 2021 compared to 2011, 2012, 2013, 2014 and 2015. Males were significantly less likely to report being diagnosed with anxiety than females in 2018, 2019, 2020 and 2021; there was no significant difference between males and females in other years (Figure 38).

In 2021, adults aged 18 to 24 years were significantly more likely to report having anxiety than adults aged 45 to 64 years and 65 years and over (Table 10).

Figure 38: Proportion of ACT adults with anxiety, 2011–2021



Note: Refer to Appendix B, Table 10 for numbers.

Depression

How are we going?

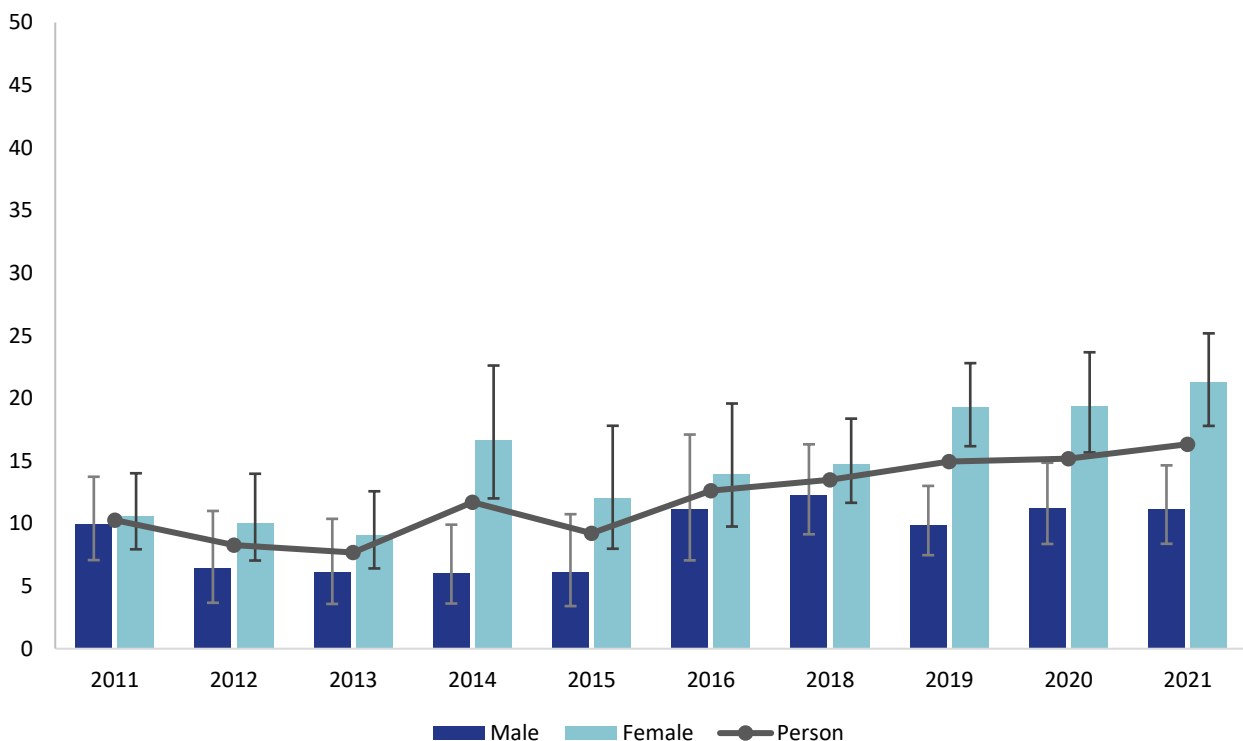
Between 2011 and 2021, the proportion of adults reporting that they had been told in the past 12 months that they have depression significantly increased (2011: 10.3%; 2021: 16.3%).

The prevalence of depression among males has remained stable over the reporting period, being lowest in 2014 (6.0%) and highest in 2018 (12.3%). Females were significantly less likely to report being diagnosed with depression in 2011 (10.6%) than in 2021 (21.3%). Males were significantly less likely to report being diagnosed with depression than females in 2014, 2019, 2020 and 2021. There was no significant difference between males and females in the other years (Figure 39).

The proportion of adults aged 25 to 44 years who reported that they have depression significantly increased between 2011 (8.8%) and 2021 (17.2%). In 2021, adults aged 65 years and over were significantly less likely to report having depression than those aged 18 to 24 years, 25 to 44 years and 45 to 64 years (Table 10).

Figure 39: Proportion of ACT adults with depression, 2011–2021

Per cent



Notes: Refer to Appendix B, Table 10 for numbers.

- a) The 2012, 2013, 2014 and 2015 estimates for males have a relative standard error between 25% and 50% and should be used with caution.

A stress-related problem

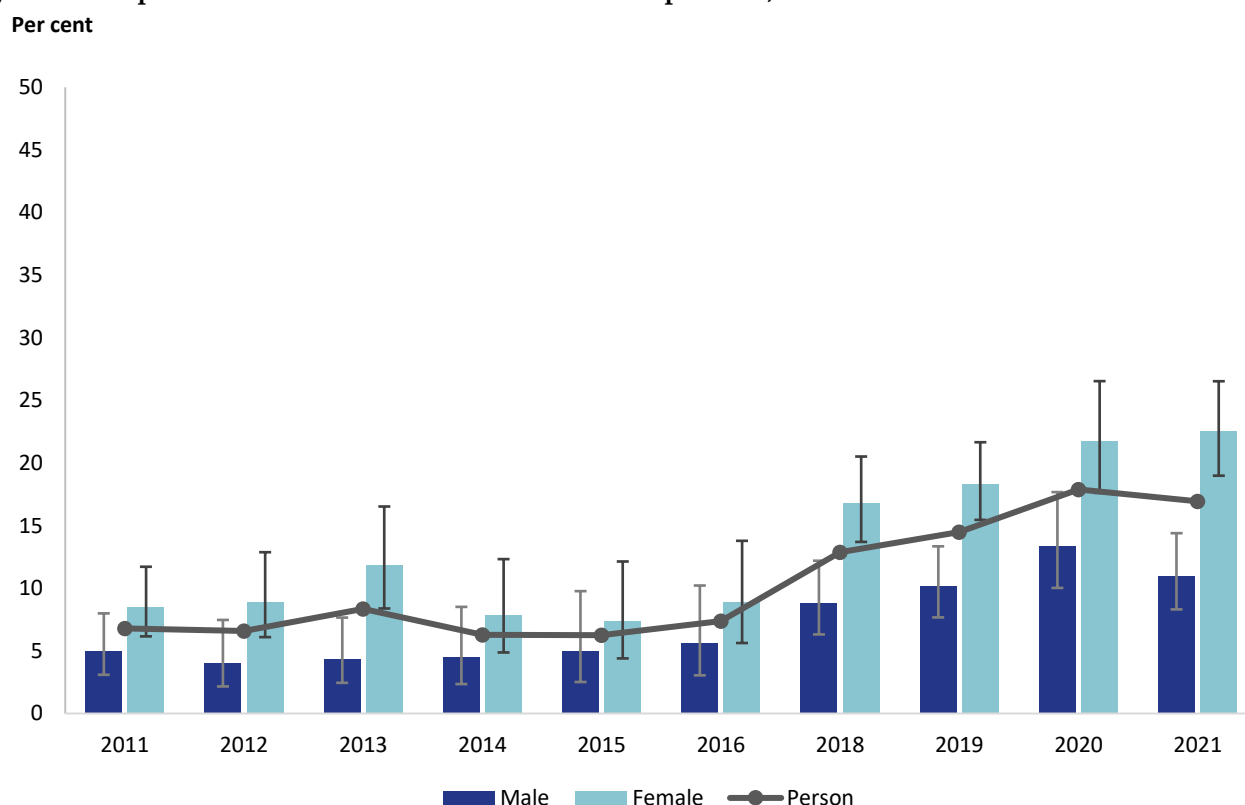
How are we going?

Between 2011 and 2021, the proportion of adults reporting that they had been told in the past 12 months that they have a stress-related problem significantly increased (2011: 6.8%; 2021: 16.9%). The prevalence of a stress-related problem was lowest in 2014 and 2015 (6.3%) and highest in 2020 (17.9%).

In 2021, both males and females were significantly more likely to report having a stress-related problem than in 2011 (males: 2011: 5.0%; 2021: 11.0%; females: 2011: 8.5%; 2021: 22.5%). Males were significantly less likely to report having a stress-related problem than females in 2013, 2018, 2019 and 2021. There was no significant difference between males and females in the other years (Figure 40).

The proportion of adults aged 25 to 44 years and 45 to 64 years who reported having a stress-related problem significantly increased between 2011 and 2021 (Table 10).

Figure 40: Proportion of ACT adults with a stress-related problem, 2011–2021



Notes: Refer to Appendix B, Table 10 for numbers.

- a) The 2012–2016 estimates for males and the 2015 estimate for females have a relative standard error between 25% and 50% and should be used with caution.

Other mental health condition

How are we going?

In 2021, the proportion of adults who reported being diagnosed with a mental health condition other than anxiety, depression or a stress-related problem significantly increased from 2011 (2011: 1.2%; 2021: 6.3%) (Figure 37).

Currently receiving treatment for a mental health condition

How are we going?

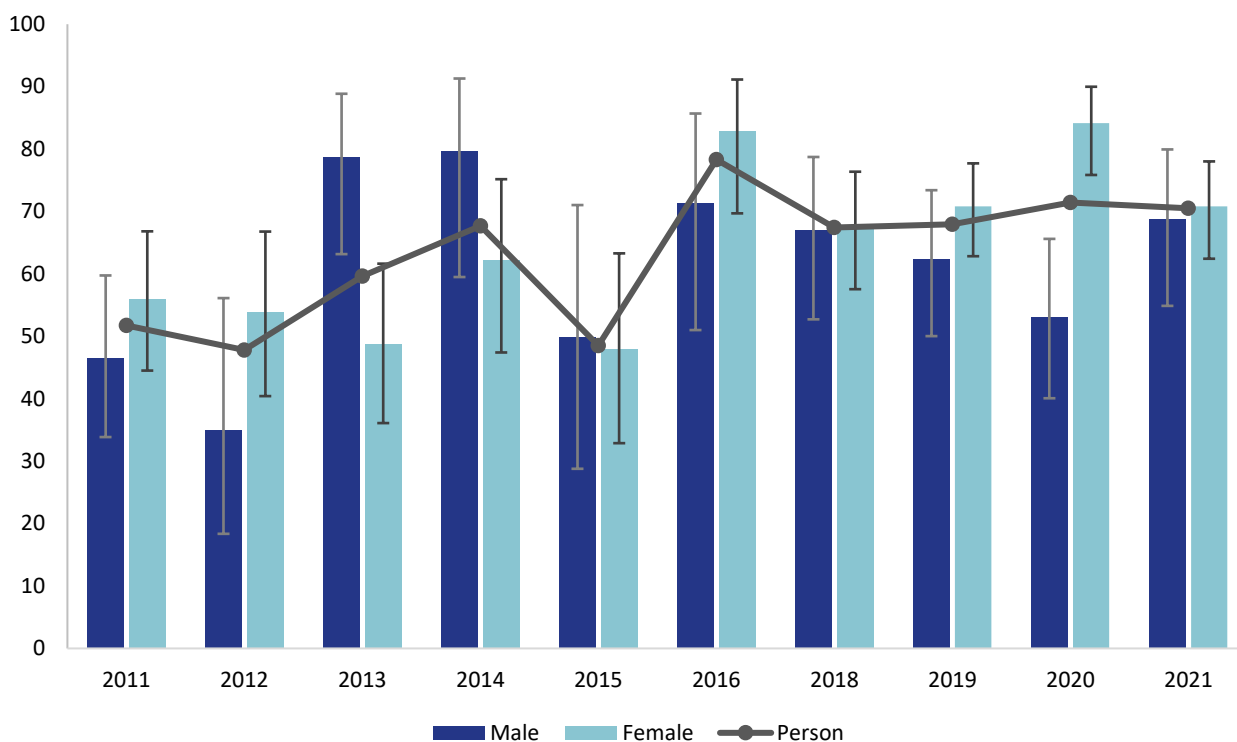
Between 2011 and 2021, of those respondents who reported having a mental health condition, the proportion currently receiving treatment significantly increased (2011: 51.7%; 2021: 70.5%). Estimates for adults with a mental health condition currently receiving treatment varied over the reporting period, being lowest in 2012 (47.8%) and highest in 2016 (78.3%).

Males were significantly more likely to report receiving treatment for a mental health condition than females in 2013 (males: 78.7%; females: 48.8%) and significantly less likely to report receiving treatment for a mental health condition in 2020 (males: 53.1%; females: 84.2%). There was no significant difference between males and females in the other years (Figure 41).

While those aged 18 to 24 years were most likely to report being diagnosed with a mental health condition than the other age groups, they were least likely to report currently receiving treatment – however these differences for receiving treatment were not statistically significant from other age groups (Table 10).

Figure 41: Proportion of ACT adults with a mental health condition currently receiving treatment, 2011–2021

Per cent



Note: Refer to Appendix B, Table 10 for numbers.

3.8 Psychological distress

What did we measure?

Using the Kessler 6 (K6) five-level response scale, respondents were asked how often they felt nervous, hopeless, restless or fidgety, that everything was an effort, so sad that nothing could cheer them up and worthless in the past four weeks. From this, respondents were classified as having no probable serious mental illness (K6 score of 6–18) or probable serious mental illness (K6 score of 19–30) [14].

Why is this important?

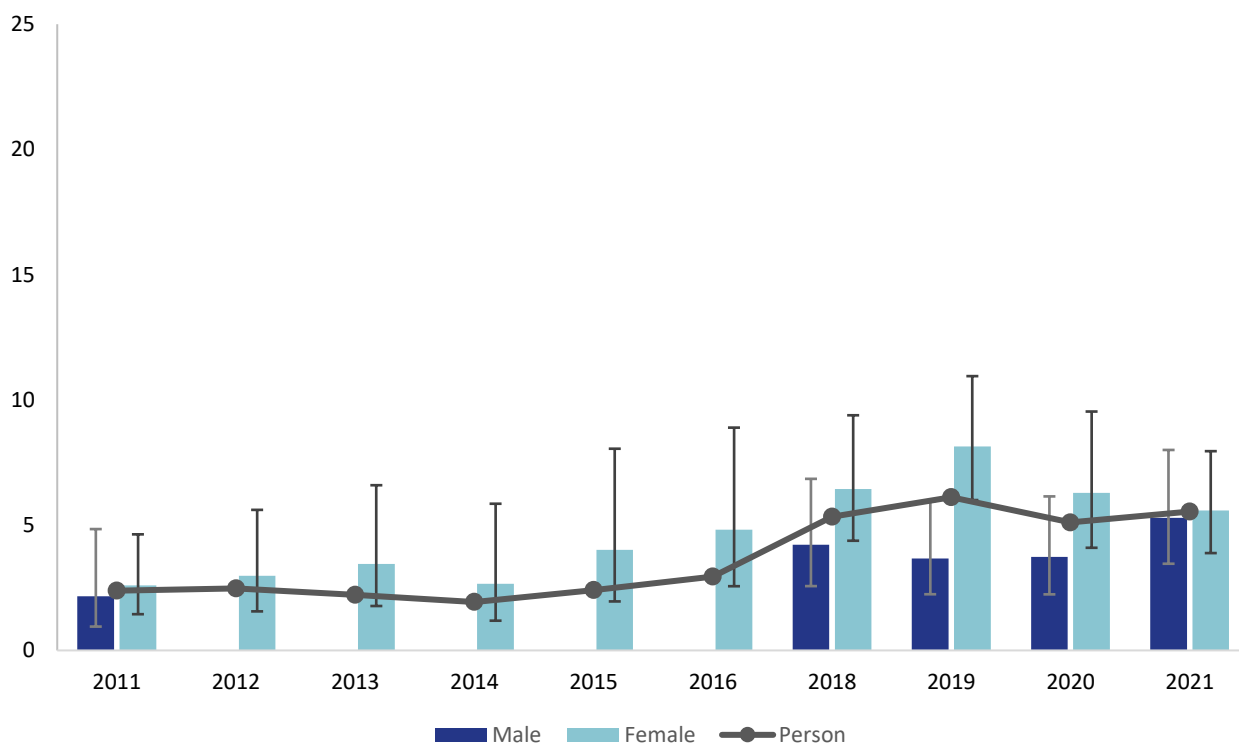
There is an association between high levels of psychological distress and serious mental health disorders [15]. The K6 is a tool that can be used as a broad indicator of these disorders within populations.

How are we going?

Between 2011 and 2021, the proportion of adults whose K6 score indicates probable serious mental illness significantly increased (2011: 2.4%; 2021: 5.5%). There was no significant difference between 2020 and 2021. The prevalence of probable serious mental illness based on the K6 score was lowest in 2014 (1.9%) and highest in 2019 (6.1%). In 2021, there was no significant difference between males (5.3%) and females (5.6%) (Figure 42) or between age groups (Table 11).

Figure 42: Proportion of ACT adults whose K6 score indicates probable serious mental illness, 2011–2021

Per cent



Notes: Refer to Appendix B, Table 11 for numbers.

- If a respondent was missing one value, the missing value was replaced with the mean of the 5 non-missing values. If a respondent was missing more than one value, they were excluded from analysis.
- The 2012–2016 persons estimates and the 2018 and 2020 male estimates have a relative standard error between 25% and 50% and should be used with caution.
- The 2012–2016 male estimates have not been published due to small numbers or a relative standard error greater than 50%.

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Appendix A:

1.1 Methodology

Survey design

The ACTGHS is implemented using Computer Assisted Telephone Interviewing.

- Between 2011–2016, the survey sample frame predominantly consisted of landline phone numbers called using random digit dialing (RDD).
- The ACTGHS was not conducted in 2017 due to a survey program review.
- In 2018 and 2019, RDD landline phone numbers, listed mobile numbers¹ and a selection of pre-screened RDD mobile numbers² made up the sample frame. Due to the continuing decline of landline usage among households, the proportion of mobile numbers increased from around 9% in 2016 to 70%.
- From 2020, the proportion of mobile numbers increased from 70% to 100% using listed mobile numbers and a selection of pre-screened RDD mobile numbers.

Other changes introduced from 2018 include:

- Reducing the overall questionnaire length from approximately 25 minutes to less than 20 minutes to minimise refusals and respondent fatigue.
- Using primary approach letters to the landline phone sample (2018 and 2019 only).
- Using pre notification text messages to the mobile sample.
- Allocating geographical targets to ensure coverage across the ACT regions (i.e. Belconnen, Gungahlin, North Canberra, South Canberra, Tuggeranong, Weston Creek, Woden Valley).

In-scope population

The ACTGHS has 2 discrete in-scope populations.

- Adults: Non-institutionalised ACT residents, aged 16 years or over who provided information about their own health and
- Children: Interviews were conducted via proxy of ACT parents or carers aged 16 years or over who knew the most about the child's health. These individuals provided information about the selected child aged between 5 and 15 years old, after the child had been selected at an initial screening, or from an adult interview where children were present in the household. The child age range changed from birth to 15 years to 5 to 15 years from 2020 due to limited measures for children aged under 5 years.

Exclusions

Persons who were unable to complete the survey due to a physical or health condition, being under the influence of drugs or alcohol, being unable to speak English or where the mobile phone was not mainly for personal use were excluded from the survey.

¹ Listed mobile numbers are sourced from a commercial database built by contributors from different organisations, including charities, telemarketing companies and other business entities. In this sense they are not random like RDD mobile numbers, as the billing address of the owner is known so selections can be undertaken based on geography.

² Pre-screened RDD mobile numbers were screened via the NSW Population Health Survey within the 12 months preceding the survey. The inclusion of the pre-screened RDD mobile numbers moderates the use of non-RDD listed mobile numbers.

1.2 Weighting

To ensure that survey estimates were representative of the ACT population, design weights were adjusted so that they matched external benchmarks for key demographic parameters likely to be correlated with survey outcomes or with the likelihood of responses.

Weighting is the process of adjusting results from a sample survey to infer results for the total in scope population whether that be persons or households. To do this, a weight is allocated to each sample unit (e.g. a person). The weight is a value which indicates how many population units are represented by the sample unit. The first step in calculating weights for each unit is to assign an initial weight, which is the inverse of the probability of being selected in the survey.

The initial weights are then calibrated to align with independent estimates of the ACT resident population, referred to as benchmarks. Weights calibrated against population benchmarks ensure that the survey estimates conform to the independently estimated distribution of the population rather than to the distribution within the sample itself.

Various waves of the ACTGHS used various population benchmarks at the time of the survey. The most recent survey (2021) used the distribution of ACT population by age-group, sex and Statistical Area Level 3 based on the ACT Estimate Resident Population at June 2021.

1.3 Reporting procedures

Don't know and refused values

For the purpose of reporting, survey responses classified as “Don't know” and “Refused” were coded to missing and not included in analysis. The exception to this is “Refused” sex responses, which were coded to “Other” (refer the “Other” sex category section below).

“Other” sex category

In 2019, 3 categories for sex were used (male, female, other). From 2020, the categories were updated to male, female, non-binary and something different. Due to small numbers in the other, non-binary and something different categories, responses for these categories and refused responses were combined into “other” (refer to “Small sample size” section). The “other” sex category has not been reported separately due to small numbers. However, all categories of sex are included in the persons estimates for indicators.

A note is included with the indicators clarifying that the person estimates include other and refused sex responses. This means that the addition of the male and female estimates (where reported) may not match the person estimates.

Reliability of results

A confidence interval expresses the extent of potential variation in the point estimate. This variation is because the point estimate is based on a sample of the population rather than the entire population [16]. The 95% confidence interval is an interval that will contain the true (population) value 95% of the time if you repeated the study. The narrower the confidence interval, the more precise the estimate [16]. The error lines on the bar charts indicate the 95% confidence intervals of the estimates.

The accuracy of a survey estimate refers to the closeness of the estimate to the true population value. Where there is a potential discrepancy between the value of the survey estimate and the true population value, the difference between the two is referred to as the error of the survey estimate [17]. The relative standard error

(RSE) is a useful measure as it indicates the size of the error relative to the estimate. The RSE is calculated as follows:

$$RSE = \frac{\text{Standard error}}{\text{estimate}} * 100$$

Only estimates with an RSE of less than or equal to 25% are considered sufficiently reliable for most analytical purposes. Estimates with an RSE greater than 25% and less than or equal to 50% are less reliable and should be used with caution. Estimates with an RSE greater than 50% are considered unreliable and will not be published in this report.

If an estimate has an RSE greater than 25%, then it is marked with an asterisk (*) with the following commentary *“Estimate has a relative standard error of 25% to 50% and should be used with caution.”*. If an estimate has an RSE greater than 50% it will be marked NP with the following commentary *“not published due to small numbers or a relative standard error greater than 50%”*.

Small sample size

Any estimate that has a sample that is less than 10 is withheld from reporting. A second group is also withheld to avoid calculation of the withheld group by way of reverse engineering. The second group to be withheld will be that with an RSE >25%, or if there is no group with an RSE >25%, the group that has the lowest estimate for the measure.

If an estimate is withheld due to small sample size, it will be marked NP with the following commentary *“not published due to small numbers or a relative standard error greater than 50%”*.

Statistical significance

In this report we use non-overlapping 95% confidence intervals rounded to one decimal place as a measure of the statistical significance of the difference between two estimates. The impact of this conservative method means that estimates that were *marginally* significantly different may have been classified as not statistically significant.

Outliers

Responses to some of the survey questions may contain extreme values (outliers). These values have not been removed because:

- Where results were categorical or binary in nature these extreme values did not affect the estimates.
- Where averages were reported, excluding the extreme values did not make a significant difference to the estimates.

Appendix B: Data Tables

Table 3: Self-rated health ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
Excellent/very good	Per cent (95% CI)									
Person	51.5 (47.9, 55.2)	56.4 (51.5, 61.2)	53.8 (49.4, 58.2)	52.0 (47.2, 56.8)	62.2 (57.4, 66.9)	52.9 (50.0, 57.8)	47.4 (44.0, 50.9)	52.0 (49.0, 54.9)	54.5 (50.6, 58.3)	52.8 (49.6, 56.1)
Male	52.3 (46.8, 57.9)	60.5 (53.2, 67.4)	55.9 (49.2, 62.4)	54.6 (47.6, 61.5)	60.9 (53.7, 67.7)	52.8 (45.2, 60.2)	44.6 (39.7, 49.7)	55.6 (51.1, 60.0)	56.7 (51.0, 62.1)	56.1 (51.2, 60.8)
Female	50.7 (46.0, 55.5)	52.6 (46.0, 59.2)	52.0 (46.2, 57.8)	49.7 (43.1, 56.4)	63.4 (56.7, 69.6)	53.0 (46.6, 59.4)	50.1 (45.5, 54.8)	48.4 (44.6, 52.3)	53.2 (48.0, 58.4)	49.9 (45.5, 54.3)
18 to 24 years	47.9 (35.7, 60.3)	63.6 (49.1, 75.9)	66.5 (51.9, 78.5)	65.6 (49.1, 79.1)	67.3 (51.0, 80.3)	47.1 (30.4, 64.5)	45.7 (32.6, 59.4)	41.8 (30.5, 54.1)	61.1 (45.2, 75.0)	59.3 (46.3, 71.1)
25 to 44 years	54.9 (48.3, 61.4)	58.2 (49.3, 66.6)	56.7 (48.2, 64.8)	54.3 (44.4, 63.9)	67.9 (58.5, 76.0)	53.2 (42.7, 63.4)	50.0 (44.5, 55.4)	52.4 (47.4, 57.4)	57.7 (51.9, 63.4)	54.8 (49.6, 59.8)
45 to 64 years	50.8 (46.1, 55.5)	55.9 (48.2, 63.4)	50.1 (43.6, 56.6)	49.0 (42.0, 56.1)	57.4 (49.6, 64.9)	56.2 (49.1, 63.0)	45.9 (40.7, 51.1)	57.0 (52.9, 61.0)	51.3 (45.5, 57.1)	54.4 (49.4, 59.3)
65+ years	46.2 (41.3, 51.2)	43.6 (34.6, 53.1)	45.1 (38.3, 52.1)	43.5 (37.3, 50.0)	57.2 (50.5, 63.7)	47.5 (41.4, 53.7)	45.2 (38.8, 51.8)	49.2 (44.4, 54.0)	47.7 (37.7, 57.9)	41.5 (33.9, 49.6)
Good										
Person	31.1 (27.8, 34.7)	25.9 (21.9, 30.4)	28.2 (24.4, 32.4)	28.5 (24.4, 33.1)	25.2 (21.1, 29.7)	26.9 (22.7, 31.5)	30.7 (27.6, 34.0)	31.3 (28.6, 34.3)	29.4 (26.1, 33.0)	29.5 (26.7, 32.6)
Male	33.3 (28.2, 38.8)	26.2 (20.2, 33.1)	28.6 (22.8, 35.1)	29.7 (23.6, 36.7)	26.9 (20.9, 33.8)	28.1 (21.8, 35.5)	34.0 (29.3, 39.0)	30.6 (26.4, 35.0)	29.6 (34.8, 35.0)	28.5 (24.4, 33.1)
Female	29.0 (24.8, 33.7)	25.7 (20.5, 31.8)	27.9 (23.0, 33.5)	27.5 (22.1, 33.7)	23.6 (18.4, 29.8)	25.8 (20.5, 31.9)	27.5 (23.6, 31.7)	32.1 (28.5, 35.9)	29.0 (24.6, 33.9)	30.4 (26.5, 34.6)
18 to 24 years	33.1 (22.2, 46.2)	*25.0 (14.6, 39.6)	NP	NP	NP	NP	28.4 (17.8, 42.0)	NP	NP	22.1 (13.3, 34.3)
25 to 44 years	30.9 (25.1, 37.4)	27.0 (19.9, 35.6)	26.7 (19.9, 34.7)	28.9 (20.8, 38.6)	22.6 (15.7, 31.4)	26.2 (18.1, 36.4)	30.5 (25.8, 35.7)	32.0 (27.5, 37.0)	28.4 (23.4, 33.9)	31.9 (27.4, 36.9)
45 to 64 years	31.0 (26.8, 35.6)	23.1 (17.4, 30.0)	31.0 (25.1, 37.6)	29.5 (23.5, 36.4)	28.9 (22.2, 36.7)	24.2 (18.6, 30.7)	34.2 (29.2, 39.5)	26.7 (23.2, 30.1)	34.6 (29.0, 40.6)	28.0 (23.8, 32.8)
65+ years	29.5 (25.3, 34.2)	32.3 (24.2, 41.6)	26.0 (20.4, 32.6)	29.8 (24.1, 36.2)	24.6 (20.0, 29.8)	25.7 (21.0, 31.0)	26.9 (21.7, 32.8)	26.2 (22.2, 30.6)	22.9 (16.2, 31.4)	30.2 (23.3, 38.1)
Fair/poor										
Person	17.4 (14.9, 20.2)	17.7 (14.3, 21.7)	18.0 (15.0, 21.3)	19.5 (15.9, 23.6)	12.6 (9.9, 16.0)	20.2 (16.6, 24.3)	21.9 (19.0, 25.0)	16.7 (14.7, 18.9)	16.1 (13.4, 19.3)	17.6 (15.2, 20.3)
Male	14.4 (11.1, 18.6)	13.3 (9.4, 18.7)	15.6 (11.6, 20.6)	15.7 (11.3, 21.4)	12.2 (8.5, 17.2)	19.1 (13.9, 25.7)	21.4 (17.2, 26.2)	13.8 (11.2, 17.0)	13.7 (10.2, 18.2)	15.4 (12.2, 19.3)
Female	20.2 (16.7, 24.3)	21.7 (16.6, 27.8)	20.0 (16.0, 24.8)	22.7 (17.6, 28.9)	13.0 (9.3, 17.9)	21.2 (16.6, 26.6)	22.4 (18.7, 26.6)	19.5 (16.7, 22.7)	17.8 (14.0, 22.2)	19.7 (16.4, 23.6)
18 to 24 years	*19.0 (11.3, 30.2)	*11.4 (5.2, 23.2)	NP	NP	NP	NP	25.9 (15.4, 40.2)	NP	NP	*18.7 (10.5, 31.1)
25 to 44 years	14.1 (10.1, 19.5)	14.8 (9.5, 22.3)	16.7 (11.4, 23.8)	16.8 (10.5, 25.8)	9.6 (5.3, 16.6)	20.6 (13.3, 30.5)	19.5 (15.5, 24.3)	15.5 (12.3, 19.5)	13.9 (10.5, 18.3)	13.3 (10.2, 17.2)
45 to 64 years	18.2 (14.8, 22.1)	21.0 (15.3, 28.1)	18.9 (14.5, 24.2)	21.5 (15.9, 28.3)	13.7 (9.5, 19.3)	19.6 (14.7, 25.7)	20.0 (15.9, 24.8)	16.3 (13.5, 19.6)	14.1 (11.0, 18.0)	17.6 (14.2, 21.6)
65+ years	24.3 (20.3, 28.9)	24.1 (16.8, 33.2)	28.9 (23.0, 35.7)	26.7 (21.2, 33.1)	18.2 (13.6, 23.9)	26.8 (21.7, 32.7)	27.9 (22.0, 34.6)	24.6 (20.6, 29.2)	29.4 (20.0, 41.0)	28.3 (21.3, 36.5)

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

NP: not published.

Table 4: Tobacco use ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
					Per cent (95% CI)				
Daily/occasional smoker									
Person	15.4 (12.7, 18.6)	13.4 (10.2, 17.3)	15.1 (12.0, 18.9)	10.3 (7.6, 13.8)	8.3 (5.9, 11.7)	7.0 (4.8, 10.0)	12.4 (10.3, 15.0)	11.8 (9.4, 14.6)	10.4 (8.5, 12.6)
Male	17.9 (13.6, 23.1)	15.5 (10.7, 21.9)	20.2 (15.0, 26.6)	12.4 (8.2, 18.3)	11.6 (7.5, 17.5)	*9.2 (5.5, 14.9)	13.6 (10.5, 17.6)	11.7 (8.6, 15.7)	12.3 (9.4, 16.0)
Female	13.0 (9.9, 16.8)	11.5 (7.7, 16.7)	10.6 (7.3, 15.3)	8.5 (5.4, 13.0)	*5.4 (3.1, 9.2)	5.0 (3.0, 8.3)	11.3 (8.5, 14.8)	11.4 (8.2, 15.7)	8.5 (6.3, 11.4)
18 to 24 years	32.1 (21.5, 45.0)	*22.8 (12.3, 38.2)	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	15.7 (11.2, 21.4)	14.5 (9.3, 22.0)	20.6 (14.4, 28.5)	*10.0 (5.7, 17.2)	*12.0 (7.1, 19.5)	*5.5 (2.4, 12.0)	15.5 (11.8, 20.0)	14.6 (10.6, 19.7)	12.6 (9.3, 16.8)
45 to 64 years	10.8 (8.3, 13.9)	12.1 (7.9, 18.1)	15.8 (11.3, 21.7)	11.0 (7.0, 16.9)	*5.8 (3.2, 10.4)	8.1 (5.0, 12.8)	13.0 (9.8, 16.9)	12.7 (9.4, 16.9)	13.5 (10.4, 17.4)
65+ years	6.6 (4.5, 9.6)	*2.7 (1.5, 4.9)	*2.2 (1.2, 4.0)	*6.0 (3.3, 10.5)	3.1 (1.9, 5.0)	*3.6 (1.6, 7.7)	*4.2 (1.8, 9.5)	NP	NP
					Per cent (95% CI)				
Ex-smoker									
Person	36.4 (33.0, 39.9)	33.9 (29.5, 38.6)	34.3 (30.4, 38.5)	35.6 (31.2, 40.2)	35.8 (31.3, 40.6)	33.6 (29.2, 38.3)	37.7 (34.4, 41.1)	36.5 (33.0, 40.2)	39.0 (35.9, 42.2)
Male	38.5 (33.4, 43.9)	33.0 (26.7, 40.1)	36.2 (30.2, 42.6)	38.7 (32.2, 45.6)	35.0 (28.6, 42.0)	36.6 (29.7, 44.0)	38.4 (33.6, 43.5)	37.1 (31.9, 42.6)	39.6 (35.0, 44.5)
Female	34.3 (30.0, 38.9)	34.7 (28.7, 41.2)	32.7 (27.6, 38.3)	32.9 (27.1, 39.3)	36.5 (30.3, 43.3)	31.0 (25.5, 37.0)	37.0 (32.7, 41.5)	36.7 (31.9, 41.8)	38.1 (33.9, 42.5)
18 to 24 years	26.6 (16.8, 39.5)	*19.5 (10.8, 32.6)	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	32.9 (27.0, 39.2)	26.2 (19.4, 34.4)	24.9 (18.5, 32.6)	34.8 (26.0, 44.7)	27.9 (20.1, 37.3)	27.1 (18.8, 37.3)	33.7 (28.8, 39.1)	33.1 (27.8, 38.7)	35.7 (31.0, 40.8)
45 to 64 years	40.4 (35.8, 45.1)	42.4 (34.9, 50.2)	43.0 (36.7, 49.6)	37.4 (30.9, 44.3)	41.2 (33.8, 49.0)	38.1 (31.5, 45.1)	41.9 (36.7, 47.2)	42.5 (36.9, 48.4)	13.5 (10.4, 17.4)
65+ years	49.3 (44.4, 54.3)	49.0 (39.7, 58.4)	45.8 (38.9, 52.9)	48.5 (42.0, 55.0)	54.7 (47.8, 61.5)	44.8 (38.7, 51.0)	47.7 (41.2, 54.3)	NP	NP
					Per cent (95% CI)				
Never smoked									
Person	48.3 (44.6, 51.9)	52.7 (47.8, 57.6)	50.6 (46.2, 55.0)	54.1 (49.3, 58.8)	55.8 (50.9, 60.7)	59.5 (54.6, 64.1)	49.9 (46.4, 53.4)	51.7 (47.9, 55.5)	50.7 (47.4, 53.9)
Male	43.7 (38.3, 49.2)	51.5 (44.2, 58.8)	43.6 (37.1, 50.4)	48.9 (42.0, 55.9)	53.4 (46.1, 60.5)	54.3 (46.7, 61.7)	47.9 (42.8, 53.1)	51.2 (45.6, 56.8)	48.1 (43.3, 52.9)
Female	52.7 (47.9, 57.4)	53.9 (47.2, 60.4)	56.7 (50.8, 62.4)	58.6 (52.0, 64.9)	58.1 (51.3, 64.6)	64.0 (57.8, 69.8)	51.8 (47.1, 56.4)	51.9 (46.6, 57.1)	53.3 (48.9, 57.7)
18 to 24 years	41.3 (29.9, 53.8)	57.7 (43.3, 70.9)	64.9 (50.0, 77.4)	69.3 (52.7, 82.0)	69.9 (53.4, 82.5)	69.3 (50.5, 83.4)	59.5 (45.7, 72.0)	53.5 (38.1, 68.3)	47.6 (35.2, 60.3)
25 to 44 years	51.5 (44.9, 58.0)	59.3 (50.5, 67.5)	54.5 (46.0, 62.7)	55.2 (45.3, 64.7)	60.1 (50.4, 69.0)	67.5 (57.0, 76.4)	50.8 (45.3, 56.3)	53.4 (46.5, 58.2)	51.7 (46.6, 56.8)
45 to 64 years	48.8 (44.1, 53.5)	45.6 (38.0, 53.3)	41.2 (35.0, 47.7)	51.6 (44.5, 58.6)	53.0 (45.2, 60.7)	53.9 (46.8, 60.8)	45.2 (40.0, 50.5)	44.8 (39.2, 50.6)	49.5 (44.6, 54.5)
65+ years	44.0 (39.2, 49.0)	48.3 (39.1, 57.7)	52.0 (45.0, 58.9)	45.5 (39.3, 51.9)	42.2 (35.6, 49.1)	51.6 (45.4, 57.7)	48.1 (41.5, 54.7)	61.1 (51.3, 70.0)	51.6 (43.5, 59.6)
					Number (95% CI)				
Average cigarettes smoked per day									
Person	10.1 (8.4, 11.8)	9.1 (7.2, 10.9)	10.8 (8.8, 12.8)	NA	11.4 (6.3, 16.4)	11.8 (8.8, 14.9)	9.5 (7.9, 11.1)	8.4 (6.8, 10.0)	8.2 (7.0, 9.5)
Male	9.5 (6.9, 12.1)	8.2 (5.6, 10.8)	10.2 (7.5, 13.0)	NA	*13.3 (6.1, 20.6)	11.7 (7.6, 15.8)	10.9 (8.5, 13.3)	9.0 (6.3, 11.7)	7.5 (5.6, 9.3)
Female	10.9 (8.9, 12.9)	10.2 (7.7, 12.6)	11.7 (8.9, 14.4)	NA	7.4 (5.5, 9.2)	12.1 (7.5, 16.6)	7.9 (6.0, 9.8)	8.0 (6.3, 9.8)	9.3 (7.7, 11.0)
18 to 24 years	*5.6 (2.2, 9.0)	*5.1 (1.8, 8.4)	NP	NA	NP	NP	NP	NP	NP
25 to 44 years	11.7 (9.2, 14.1)	8.7 (5.9, 11.5)	11.6 (8.3, 15.0)	NA	8.3 (5.8, 10.9)	*14.5 (5.9, 23.1)	9.0 (6.7, 11.2)	6.2 (4.6, 7.8)	7.1 (5.3, 9.0)
45 to 64 years	12.2 (10.2, 14.2)	12.2 (9.2, 15.2)	11.6 (9.3, 13.9)	NA	8.1 (5.3, 11.0)	12.6 (10.1, 15.1)	12.4 (10.1, 14.7)	12.8 (10.0, 15.6)	10.4 (8.6, 12.2)
65+ years	14.3 (11.6, 17.0)	10.9 (7.5, 14.3)	10.2 (5.7, 14.7)	NA	15.3 (10.0, 20.5)	11.0 (6.5, 15.6)	9.7 (6.6, 12.8)	NP	NP

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

NA: not available.

NP: not published.

Table 5: E-cigarette use ACT adults, 2015-2021 (weighted)

	2015	2016	2018	2020	2021
	Per cent (95% CI)				
Ever used e-cigarettes	6.4 (4.2, 9.7)	4.1 (2.5, 6.8)	9.6 (7.5, 12.3)	11.0 (8.7, 13.8)	15.4 (13.0, 18.2)
Person	*8.9 (5.4, 14.5)	*5.2 (2.6, 10.2)	11.5 (8.3, 15.7)	13.5 (10.0, 18.0)	18.6 (14.8, 23.1)
Male	*4.1 (1.9, 8.6)	*3.2 (1.5, 6.5)	7.9 (5.4, 11.3)	7.9 (5.4, 11.4)	12.1 (9.3, 15.6)
Female	NP	NP	*18.6 (10.1, 31.9)	*30.6 (17.8, 47.4)	44.1 (31.9, 57.1)
18 to 24 years	*9.8 (5.4, 17.2)	NP	13.2 (9.8, 17.6)	13.0 (9.5, 17.6)	19.6 (15.6, 24.3)
25 to 44 years	*4.1 (1.8, 9.0)	*3.9 (1.8, 8.1)	4.7 (2.9, 7.6)	7.9 (5.2, 11.8)	7.2 (5.1, 10.2)
45 to 64 years	NP	NP	NP	NP	NP
65+ years	NP	NP	NP	NP	NP

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

Table 6: Alcohol consumption ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
Doesn't drink alcohol	Per cent (95% CI)									
Person	21.2 (18.4, 24.2)	25.6 (21.5, 30.2)	24.9 (21.1, 29.0)	25.3 (21.4, 29.7)	27.2 (22.9, 32.0)	28.6 (24.3, 33.3)	19.8 (17.2, 22.7)	21.1 (18.8, 23.6)	19.0 (16.1, 22.2)	19.7 (17.2, 22.4)
Male	14.0 (10.8, 18.1)	22.0 (16.3, 28.9)	18.3 (13.4, 24.4)	25.6 (19.8, 32.4)	23.5 (17.6, 30.5)	26.1 (19.9, 33.5)	16.1 (12.6, 20.3)	17.1 (14.0, 20.6)	15.9 (12.0, 20.6)	15.2 (12.1, 19.0)
Female	28.1 (23.9, 32.6)	29.0 (23.4, 35.4)	30.7 (25.4, 36.5)	25.1 (19.9, 31.1)	30.5 (24.5, 37.3)	30.8 (25.1, 37.1)	23.4 (19.7, 27.6)	25.1 (21.8, 28.6)	21.1 (17.3, 25.6)	24.0 (20.3, 28.0)
18 to 24 years	*14.7 (8.2, 25.0)	*14.7 (7.4, 27.0)	*24.0 (14.0, 38.1)	NP	*30.0 (17.4, 46.5)	37.3 (21.9, 55.7)	*15.5 (8.3, 27.1)	NP	NP	*20.1 (11.8, 32.2)
25 to 44 years	24.3 (19.1, 30.3)	31.2 (23.6, 39.9)	27.0 (20.0, 35.3)	26.2 (18.6, 35.5)	30.0 (21.9, 39.6)	28.9 (20.4, 39.3)	20.0 (15.8, 25.0)	24.8 (20.7, 29.3)	17.9 (14.0, 22.6)	18.1 (14.5, 22.3)
45 to 64 years	18.5 (15.2, 22.4)	23.3 (17.2, 30.8)	23.8 (18.3, 30.3)	25.6 (19.7, 32.6)	22.6 (16.6, 30.0)	25.5 (19.7, 32.2)	19.3 (15.4, 24.0)	18.3 (15.2, 21.8)	17.7 (13.9, 22.3)	17.7 (14.3, 21.8)
65+ years	25.7 (21.6, 30.3)	27.8 (20.2, 36.8)	23.3 (17.9, 29.8)	29.8 (24.3, 36.0)	30.0 (23.6, 37.3)	30.6 (24.8, 37.0)	23.6 (18.1, 30.2)	26.2 (21.9, 31.0)	22.4 (14.5, 33.1)	26.9 (20.1, 35.0)
Risky drinking (>4 drinks/occasion)	Per cent (95% CI)									
Person	NA	NA	NA	NA	NA	20.4 (16.5, 24.9)	23.7 (20.8, 26.9)	31.6 (28.8, 34.5)	32.1 (28.6, 35.8)	29.2 (26.2, 32.3)
Male	NA	NA	NA	NA	NA	26.4 (20.2, 33.8)	31.0 (26.4, 36.0)	39.8 (35.4, 44.3)	39.8 (34.5, 45.3)	38.3 (33.7, 43.2)
Female	NA	NA	NA	NA	NA	15.1 (10.7, 21.0)	16.6 (13.3, 20.5)	23.8 (20.5, 27.5)	24.1 (19.7, 29.1)	20.0 (16.7, 23.8)
18 to 24 years	NA	NA	NA	NA	NA	34.9 (20.3, 53.1)	*24.1 (14.0, 38.4)	60.6 (48.3, 71.7)	44.9 (30.4, 60.4)	41.2 (29.3, 54.2)
25 to 44 years	NA	NA	NA	NA	NA	19.2 (12.3, 28.6)	28.5 (23.9, 33.7)	31.3 (26.9, 36.1)	36.3 (30.8, 42.2)	34.9 (30.1, 40.0)
45 to 64 years	NA	NA	NA	NA	NA	22.7 (16.9, 29.7)	23.9 (19.6, 28.9)	31.7 (27.9, 35.7)	30.6 (25.5, 36.3)	26.3 (22.1, 31.0)
65+ years	NA	NA	NA	NA	NA	7.7 (5.0, 11.7)	10.9 (7.8, 15.0)	11.6 (9.1, 14.7)	16.8 (11.0, 24.9)	12.2 (8.3, 17.6)
Average number alcoholic drinks/day	Number (95% CI)									
Person	2.7 (2.5, 2.9)	2.8 (2.5, 3.1)	2.4 (2.2, 2.6)	2.7 (2.4, 2.9)	2.4 (2.2, 2.5)	2.5 (2.2, 2.7)	2.7 (2.5, 2.9)	NA	2.8 (2.6, 3.1)	2.9 (2.7, 3.1)
Male	3.1 (2.8, 3.5)	3.4 (2.9, 3.9)	2.8 (2.5, 3.1)	3.2 (2.8, 3.7)	2.7 (2.5, 3.0)	2.8 (2.5, 3.2)	3.1 (2.9, 3.4)	NA	3.2 (2.9, 3.5)	3.3 (3.1, 3.6)
Female	2.3 (2.1, 2.5)	2.3 (1.9, 2.6)	2.0 (1.8, 2.2)	2.2 (2.0, 2.4)	2.0 (1.8, 2.2)	2.1 (1.9, 2.4)	2.3 (2.1, 2.5)	NA	2.4 (2.1, 2.7)	2.5 (2.3, 2.7)
18 to 24 years	4.6 (3.7, 5.5)	4.0 (3.1, 4.9)	3.3 (2.5, 4.1)	3.8 (3.0, 4.5)	3.5 (2.7, 4.3)	4.7 (3.4, 6.0)	3.1 (2.6, 3.7)	NA	4.4 (3.3, 5.5)	4.6 (3.7, 5.4)
25 to 44 years	2.8 (2.5, 3.1)	3.1 (2.4, 3.7)	2.6 (2.2, 2.9)	3.0 (2.3, 3.7)	2.6 (2.2, 3.0)	2.4 (2.1, 2.7)	3.1 (2.7, 3.4)	NA	3.1 (2.7, 3.4)	3.2 (2.9, 3.5)
45 to 64 years	2.2 (2.0, 2.3)	2.4 (2.1, 2.7)	2.3 (2.1, 2.5)	2.3 (2.1, 2.5)	2.0 (1.8, 2.2)	2.3 (2.0, 2.5)	2.4 (2.2, 2.6)	NA	2.6 (2.3, 2.9)	2.5 (2.3, 2.7)
65+ years	1.7 (1.6, 1.9)	1.7 (1.5, 2.0)	1.5 (1.4, 1.6)	1.8 (1.6, 2.0)	1.9 (1.7, 2.1)	1.8 (1.6, 2.0)	1.9 (1.7, 2.2)	NA	1.9 (1.6, 2.2)	1.9 (1.7, 2.1)

CI; Confidence interval.

NA: not available.

Note: Risky drinking includes respondents who reported that they do not drink alcohol.

Table 7: Nutrition ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
Meets fruit guideline										
	Per cent (95% CI)									
Person	45.9 (42.3, 49.6)	53.8 (48.8, 58.6)	48.5 (44.1, 52.9)	56.8 (52.0, 61.6)	58.3 (53.3, 63.1)	51.9 (47.0, 56.9)	43.0 (39.6, 46.5)	NA	38.3 (34.6, 42.1)	38.3 (35.2, 41.5)
Male	41.6 (36.3, 47.2)	51.9 (44.5, 59.1)	39.8 (33.5, 46.4)	52.3 (45.3, 59.3)	53.3 (46.0, 60.5)	50.6 (43.0, 58.2)	42.7 (37.7, 48.0)	NA	37.1 (31.9, 42.7)	34.0 (29.6, 38.7)
Female	50.1 (45.3, 54.8)	55.5 (48.8, 62.0)	56.1 (50.1, 61.8)	60.7 (54.0, 67.1)	62.8 (56.0, 69.2)	53.1 (46.6, 59.5)	43.2 (38.7, 47.8)	NA	40.2 (35.2, 45.5)	42.3 (38.0, 46.7)
18 to 24 years	43.5 (31.8, 56.1)	43.3 (30.3, 57.3)	47.4 (33.5, 61.7)	66.1 (49.5, 79.5)	46.5 (31.3, 62.4)	55.8 (38.2, 72.0)	50.8 (37.3, 64.2)	NA	42.0 (27.9, 57.7)	39.8 (28.0, 52.8)
25 to 44 years	40.1 (33.8, 46.8)	54.7 (45.8, 63.2)	39.7 (31.9, 48.2)	54.7 (44.8, 64.3)	54.2 (44.6, 63.5)	50.0 (39.5, 60.4)	35.8 (30.7, 41.1)	NA	35.5 (30.1, 41.3)	32.5 (27.9, 37.4)
45 to 64 years	49.1 (44.4, 53.8)	54.9 (47.1, 62.4)	51.5 (45.0, 58.1)	54.2 (47.0, 61.2)	63.9 (56.3, 70.9)	48.9 (41.9, 56.0)	45.5 (40.3, 50.8)	NA	35.9 (30.6, 41.6)	39.3 (34.6, 44.3)
65+ years	60.3 (55.3, 65.0)	59.6 (50.0, 68.4)	63.3 (56.3, 69.9)	60.7 (54.3, 66.8)	63.0 (56.3, 69.2)	61.4 (55.2, 67.3)	50.1 (43.6, 56.7)	NA	48.3 (38.1, 58.5)	50.7 (42.7, 58.8)
Average number serves fruit/day										
	Number (95% CI)									
Person	1.6 (1.5, 1.7)	1.8 (1.7, 1.9)	1.7 (1.6, 1.8)	1.8 (1.7, 1.9)	1.9 (1.7, 2.0)	1.7 (1.6, 1.8)	1.5 (1.5, 1.6)	NA	1.4 (1.3, 1.5)	1.4 (1.3, 1.4)
Male	1.5 (1.4, 1.7)	1.7 (1.6, 1.9)	1.6 (1.4, 1.7)	1.8 (1.6, 2.0)	1.9 (1.6, 2.2)	1.7 (1.6, 1.9)	1.6 (1.5, 1.7)	NA	1.4 (1.3, 1.5)	1.3 (1.2, 1.4)
Female	1.7 (1.6, 1.8)	1.8 (1.6, 2.0)	1.8 (1.7, 1.9)	1.8 (1.7, 2.0)	1.9 (1.7, 2.0)	1.7 (1.5, 1.9)	1.5 (1.4, 1.6)	NA	1.5 (1.4, 1.6)	1.4 (1.3, 1.5)
18 to 24 years	1.7 (1.4, 2.0)	1.6 (1.3, 2.0)	1.8 (1.3, 2.2)	1.8 (1.5, 2.2)	1.6 (1.2, 1.9)	1.9 (1.4, 2.4)	1.7 (1.4, 2.0)	NA	1.4 (1.1, 1.7)	1.4 (1.1, 1.6)
25 to 44 years	1.4 (1.3, 1.6)	1.8 (1.6, 2.0)	1.5 (1.3, 1.7)	1.8 (1.5, 2.1)	1.8 (1.5, 2.0)	1.7 (1.5, 1.9)	1.4 (1.3, 1.5)	NA	1.4 (1.3, 1.5)	1.3 (1.2, 1.4)
45 to 64 years	1.7 (1.5, 1.8)	1.8 (1.6, 2.0)	1.7 (1.6, 1.9)	1.8 (1.6, 2.0)	2.1 (1.8, 2.3)	1.7 (1.5, 1.8)	1.6 (1.4, 1.7)	NA	1.4 (1.3, 1.5)	1.4 (1.3, 1.4)
65+ years	1.8 (1.7, 1.9)	1.9 (1.7, 2.1)	2.0 (1.8, 2.1)	1.9 (1.8, 2.0)	2.0 (1.8, 2.1)	1.8 (1.7, 2.0)	1.7 (1.6, 1.9)	NA	1.6 (1.4, 1.7)	1.6 (1.4, 1.7)
Meets vegetable guideline										
	Per cent (95% CI)									
Person	7.4 (5.8, 9.4)	11.9 (9.0, 15.4)	8.7 (6.6, 11.3)	7.5 (5.6, 10.0)	9.0 (6.5, 12.2)	7.6 (5.6, 10.2)	5.7 (4.5, 7.2)	NA	5.7 (4.3, 7.6)	3.9 (3.0, 5.2)
Male	*3.0 (1.6, 5.6)	*6.4 (3.3, 11.8)	*3.3 (1.7, 6.5)	*3.1 (1.6, 6.2)	*3.1 (1.4, 6.5)	*3.9 (2.3, 6.5)	*2.1 (1.2, 3.6)	NA	*2.5 (1.1, 5.3)	NP
Female	11.7 (9.0, 15.0)	17.0 (12.7, 22.4)	13.3 (10.0, 17.5)	11.3 (8.2, 15.4)	14.4 (10.2, 19.8)	10.9 (7.6, 15.3)	9.2 (7.1, 11.8)	NA	9.3 (6.9, 12.4)	7.0 (5.2, 9.4)
18 to 24 years	NP	*15.0 (6.9, 29.6)	NP	NP	NP	NP	NP	NA	NP	NP
25 to 44 years	7.0 (4.3, 11.3)	*9.4 (5.4, 15.6)	*9.4 (5.5, 15.6)	NP	*7.9 (4.2, 14.4)	NP	3.9 (2.4, 6.2)	NA	5.4 (3.5, 8.3)	3.6 (2.3, 5.5)
45 to 64 years	7.1 (5.2, 9.7)	10.3 (6.5, 16.1)	9.0 (6.3, 12.8)	9.3 (6.2, 13.8)	10.3 (6.4, 16.1)	10.3 (6.8, 15.2)	7.9 (5.6, 11.0)	NA	6.6 (4.5, 9.5)	5.0 (3.2, 7.7)
65+ years	12.0 (8.9, 15.9)	21.1 (14.0, 30.7)	8.0 (5.6, 11.4)	13.1 (9.3, 18.1)	9.1 (6.0, 13.6)	11.6 (8.0, 16.5)	10.2 (6.9, 14.9)	NA	5.0 (2.6, 9.5)	4.9 (2.5, 9.5)
Average number serves vegetables/day										
	Number (95% CI)									
Person	2.4 (2.3, 2.5)	2.6 (2.5, 2.8)	2.6 (2.5, 2.8)	2.6 (2.5, 2.7)	2.5 (2.4, 2.7)	2.5 (2.4, 2.7)	2.3 (2.2, 2.4)	NA	2.3 (2.2, 2.4)	2.2 (2.1, 2.3)
Male	2.1 (2.0, 2.3)	2.4 (2.1, 2.7)	2.4 (2.2, 2.6)	2.3 (2.1, 2.5)	2.2 (2.0, 2.4)	2.3 (2.0, 2.5)	2.2 (2.0, 2.3)	NA	2.2 (2.0, 2.3)	2.0 (1.9, 2.1)
Female	2.6 (2.5, 2.8)	2.8 (2.7, 3.0)	2.9 (2.7, 3.1)	2.9 (2.7, 3.1)	2.8 (2.6, 3.0)	2.8 (2.6, 3.0)	2.4 (2.3, 2.5)	NA	2.5 (2.4, 2.6)	2.4 (2.3, 2.6)
18 to 24 years	2.2 (1.9, 2.6)	2.6 (2.2, 3.1)	2.5 (2.0, 3.0)	2.1 (1.8, 2.4)	2.2 (1.7, 2.6)	2.6 (2.0, 3.1)	2.2 (1.9, 2.5)	NA	2.4 (1.8, 2.9)	2.0 (1.7, 2.2)
25 to 44 years	2.3 (2.1, 2.4)	2.6 (2.3, 2.9)	2.6 (2.4, 2.9)	2.5 (2.3, 2.8)	2.5 (2.3, 2.8)	2.3 (2.0, 2.5)	2.2 (2.1, 2.4)	NA	2.3 (2.1, 2.5)	2.2 (2.1, 2.4)
45 to 64 years	2.5 (2.3, 2.6)	2.6 (2.4, 2.9)	2.7 (2.5, 2.9)	2.8 (2.5, 3.0)	2.6 (2.3, 2.8)	2.7 (2.4, 2.9)	2.4 (2.2, 2.5)	NA	2.4 (2.2, 2.5)	2.2 (2.1, 2.4)
65+ years	2.7 (2.5, 2.8)	2.9 (2.5, 3.2)	2.7 (2.5, 2.9)	2.8 (2.6, 3.0)	2.7 (2.5, 2.9)	2.8 (2.5, 3.2)	2.3 (2.1, 2.5)	NA	2.2 (1.9, 2.5)	2.3 (2.1, 2.5)

				Number (95% CI)						
Average number cups sugar sweetened drinks/day										
Person	NA	NA	NA	1.0 (0.8, 1.3)	1.2 (0.9, 1.5)	0.9 (0.7, 1.1)	1.0 (0.9, 1.2)	NA	0.9 (0.8, 1.1)	1.1 (0.9, 1.2)
Male	NA	NA	NA	1.2 (0.9, 1.6)	1.4 (1.0, 1.9)	1.0 (0.8, 1.3)	1.0 (0.8, 1.2)	NA	1.0 (0.8, 1.2)	1.2 (1.0, 1.4)
Female	NA	NA	NA	0.7 (0.4, 1.0)	0.8 (0.5, 1.1)	0.8 (0.6, 0.9)	1.1 (0.8, 1.4)	NA	0.9 (0.7, 1.1)	1.0 (0.8, 1.2)
18 to 24 years	NA	NA	NA	0.6 (0.4, 0.8)	1.7 (0.7, 2.6)	0.8 (0.4, 1.3)	1.4 (0.8, 2.0)	NA	1.0 (0.5, 1.4)	1.1 (0.7, 1.6)
25 to 44 years	NA	NA	NA	1.4 (0.9, 2.0)	0.9 (0.7, 1.1)	0.7 (0.5, 0.8)	0.9 (0.7, 1.0)	NA	0.9 (0.7, 1.1)	1.1 (0.9, 1.3)
45 to 64 years	NA	NA	NA	0.8 (0.6, 1.0)	1.6 (0.8, 2.3)	1.2 (0.8, 1.6)	1.2 (0.9, 1.4)	NA	0.9 (0.7, 1.1)	1.0 (0.8, 1.2)
65+ years	NA	NA	NA	0.9 (0.5, 1.4)	0.9 (0.6, 1.2)	1.3 (0.9, 1.6)	0.8 (0.6, 1.1)	NA	1.3 (0.7, 1.8)	1.2 (0.8, 1.5)
Average number fast food meals/snacks/month				Number (95% CI)						
Person	NA	NA	NA	3.5 (3.0, 4.0)	4.2 (3.4, 5.0)	4.2 (3.6, 4.9)	4.9 (4.3, 5.5)	5.9 (4.7, 7.2)	4.9 (4.3, 5.6)	6.6 (4.7, 8.6)
Male	NA	NA	NA	4.1 (3.4, 4.7)	5.1 (3.6, 6.5)	5.3 (4.1, 6.4)	5.4 (4.5, 6.3)	7.4 (5.2, 9.6)	5.8 (4.7, 6.8)	8.4 (4.7, 12.1)
Female	NA	NA	NA	2.8 (2.2, 3.4)	3.2 (2.7, 3.6)	3.2 (2.8, 3.7)	4.3 (3.6, 5.0)	4.2 (3.6, 4.7)	3.9 (3.4, 4.4)	4.7 (3.9, 5.6)
18 to 24 years	NA	NA	NA	5.5 (3.8, 7.3)	6.3 (3.9, 8.8)	5.5 (3.0, 8.0)	5.8 (4.2, 7.4)	8.1 (5.6, 10.7)	6.7 (4.2, 9.2)	NP
25 to 44 years	NA	NA	NA	3.5 (2.8, 4.2)	4.4 (3.0, 5.8)	4.8 (3.8, 5.9)	5.7 (4.7, 6.7)	6.4 (4.1, 8.6)	5.5 (4.5, 6.5)	6.3 (5.3, 7.4)
45 to 64 years	NA	NA	NA	2.9 (2.4, 3.4)	2.9 (2.4, 3.3)	3.3 (2.7, 3.9)	3.6 (3.1, 4.2)	4.5 (3.8, 5.1)	4.1 (3.5, 4.7)	4.6 (3.6, 5.6)
65+ years	NA	NA	NA	2.5 (2.1, 3.0)	2.9 (2.3, 3.5)	2.8 (2.2, 3.4)	2.5 (1.9, 3.0)	3.9 (2.3, 5.5)	2.4 (1.6, 3.2)	4.0 (1.7, 6.2)

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

NA: not available.

NP: not published.

Note: Fruit and veg guideline are based on the 2013 Australian Dietary Guidelines.

Table 8: Physical activity ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
Per cent (95% CI)									
Meets physical activity guideline									
Person	65.4 (61.9, 68.7)	66.4 (61.7, 70.9)	61.0 (56.6, 65.3)	66.0 (61.3, 70.4)	72.2 (67.7, 76.3)	69.5 (64.9, 73.7)	72.9 (69.7, 75.9)	72.4 (68.8, 75.8)	70.8 (67.8, 73.7)
Male	71.2 (66.0, 75.9)	73.2 (66.4, 79.1)	66.5 (59.9, 72.6)	68.2 (61.2, 74.4)	77.1 (70.8, 82.4)	73.1 (66.1, 79.1)	76.5 (71.7, 80.7)	76.4 (71.2, 81.0)	74.5 (70.1, 78.4)
Female	59.7 (55.0, 64.3)	60.2 (53.5, 66.5)	56.2 (50.3, 61.9)	64.1 (57.6, 70.1)	67.7 (61.1, 73.5)	66.3 (60.1, 72.0)	69.4 (64.9, 73.5)	69.0 (64.0, 73.6)	67.3 (63.0, 71.3)
18 to 24 years	73.4 (61.0, 83.0)	83.2 (71.4, 90.7)	73.1 (58.1, 84.2)	85.7 (69.5, 94.0)	86.5 (71.4, 94.3)	81.2 (63.9, 91.4)	82.4 (69.3, 90.6)	84.6 (70.8, 92.5)	80.4 (68.8, 88.4)
25 to 44 years	69.0 (62.6, 74.7)	68.9 (60.2, 76.4)	61.3 (52.8, 69.2)	69.0 (59.4, 77.3)	75.3 (66.1, 82.6)	69.3 (58.7, 78.1)	74.7 (69.3, 79.3)	71.6 (66.1, 76.6)	74.5 (69.8, 78.7)
45 to 64 years	62.2 (57.5, 66.8)	60.3 (52.4, 67.7)	58.9 (52.1, 65.3)	63.8 (56.4, 70.6)	68.3 (60.8, 74.9)	73.9 (67.5, 79.4)	72.0 (66.8, 76.6)	75.5 (70.4, 80.0)	66.7 (61.8, 71.3)
65+ years	51.8 (46.9, 56.7)	58.3 (49.0, 67.1)	55.1 (48.2, 61.9)	48.2 (41.8, 54.7)	63.7 (57.3, 69.6)	51.0 (44.8, 57.2)	62.3 (55.4, 68.8)	63.2 (52.3, 72.9)	62.9 (54.7, 70.4)

CI: Confidence interval

Note: based on the 2014 Physical Activity and Sedentary behaviour Guidelines for adults aged 18-64 years.

Table 9: BMI category ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
Underweight					Per cent (95% CI)				
Person	*2.3 (1.4, 4.1)	*2.5 (1.3, 4.7)	*2.0 (1.0, 3.8)	*2.4 (1.2, 4.5)	*2.4 (1.2, 4.6)	*2.2 (1.1, 4.4)	*1.0 (0.6, 1.9)	*2.0 (1.0, 3.9)	*1.7 (1.0, 3.0)
Male	NP	NP	NP	NP	NP	NP	NP	NP	NP
Female	*3.4 (1.7, 6.5)	*3.1 (1.4, 6.9)	*2.6 (1.2, 5.5)	*3.8 (1.8, 7.9)	*3.5 (1.6, 7.4)	*3.8 (1.8, 7.9)	*1.9 (1.0, 3.6)	NP	*3.4 (2.0, 5.9)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
45 to 64 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
65+ years	*2.0 (1.1, 3.5)	NP	NP	*3.7 (1.9, 7.1)	*1.6 (0.8, 2.9)	NP	NP	NP	NP
Healthy weight									
Person	43.2 (39.6, 47.0)	44.7 (39.8, 49.8)	44.5 (40.0, 49.0)	43.8 (38.9, 48.7)	39.0 (34.2, 44.1)	39.2 (34.4, 44.2)	41.7 (38.2, 45.3)	38.7 (34.9, 42.6)	36.1 (32.9, 39.4)
Male	40.3 (34.8, 46.0)	41.6 (34.5, 49.1)	40.9 (34.4, 47.8)	38.9 (32.2, 46.1)	33.5 (26.9, 40.8)	34.5 (27.6, 42.1)	36.7 (31.8, 42.0)	35.7 (30.4, 41.4)	33.5 (29.0, 38.3)
Female	46.3 (41.4, 51.2)	47.6 (40.9, 54.4)	47.6 (41.6, 53.6)	47.9 (41.2, 54.7)	44.2 (37.4, 51.3)	43.3 (36.9, 49.9)	46.8 (42.1, 51.7)	42.5 (37.2, 48.0)	38.7 (34.4, 43.2)
18 to 24 years	58.2 (45.1, 70.2)	72.0 (57.5, 83.0)	71.0 (56.0, 82.5)	61.8 (45.0, 76.3)	56.3 (40.1, 71.2)	49.9 (32.6, 67.3)	69.0 (54.9, 80.4)	47.3 (31.5, 63.6)	59.3 (46.2, 71.3)
25 to 44 years	46.0 (39.4, 52.8)	52.7 (43.7, 61.5)	48.3 (39.7, 57.1)	44.9 (35.4, 54.8)	42.9 (33.7, 52.7)	35.7 (26.4, 46.3)	43.2 (37.8, 48.8)	42.7 (36.9, 48.7)	35.7 (30.9, 40.8)
45 to 64 years	36.1 (31.5, 40.9)	28.3 (21.9, 35.9)	33.8 (28.0, 40.1)	39.5 (32.7, 46.9)	29.8 (23.0, 37.6)	40.0 (33.1, 47.4)	31.1 (26.5, 36.2)	30.3 (25.2, 36.0)	31.6 (27.1, 36.5)
65+ years	36.1 (31.4, 41.0)	39.1 (30.5, 48.3)	39.5 (32.7, 46.6)	37.1 (31.3, 43.3)	39.1 (32.5, 46.2)	37.4 (31.6, 43.6)	35.3 (28.9, 42.2)	38.4 (28.8, 49.0)	31.6 (24.6, 39.6)
Overweight or obese									
Person	54.4 (50.6, 58.1)	52.8 (47.8, 57.8)	53.5 (49.0, 58.0)	53.9 (49.0, 58.7)	58.6 (53.5, 63.5)	58.6 (53.6, 63.5)	57.3 (53.7, 60.8)	59.3 (55.4, 63.2)	62.2 (58.9, 65.4)
Male	58.4 (52.7, 63.9)	56.6 (49.1, 63.7)	57.4 (50.8, 64.3)	60.4 (53.2, 67.1)	65.4 (58.1, 72.0)	65.1 (57.5, 72.1)	63.1 (57.9, 68.1)	62.9 (57.2, 68.3)	66.5 (61.7, 71.0)
Female	50.3 (45.4, 55.2)	49.3 (42.6, 56.0)	49.8 (43.8, 55.8)	48.3 (41.6, 55.1)	52.3 (45.2, 59.2)	52.9 (46.3, 59.3)	51.2 (46.4, 56.0)	55.9 (50.4, 61.2)	57.9 (53.3, 62.3)
18 to 24 years	33.0 22.1, 46.1	16.5 8.3, 30.0	23.4 13.3, 37.8	34.0 20.4, 51.0	38.3 24.2, 54.7	44.0 27.6, 61.9	31.0 19.7, 45.1	43.6 28.3, 60.3	37.7 26.2, 50.8
25 to 44 years	53.2 46.4, 59.8	45.5 36.8, 54.5	51.5 42.8, 60.2	52.1 42.2, 61.8	54.9 45.2, 64.3	60.9 50.3, 70.5	56.0 50.4, 61.4	56.1 50.1, 62.0	61.8 56.6, 66.7
45 to 64 years	62.4 57.5, 67.0	71.4 63.9, 77.9	63.8 57.4, 69.8	59.6 52.3, 66.5	68.3 60.5, 75.2	59.2 51.8, 66.1	67.7 62.6, 72.4	69.0 63.3, 74.2	67.7 62.8, 72.2
65+ years	61.9 56.9, 66.6	59.8 50.6, 68.5	58.3 51.1, 65.1	59.2 52.8, 65.3	59.3 52.2, 66.0	61.7 55.5, 67.6	62.8 55.9, 69.3	58.7 47.9, 68.7	67.7 59.7, 74.8
Overweight									
Person	34.6 (31.2, 38.1)	32.3 (27.8, 37.1)	33.2 (29.2, 37.6)	31.1 (26.8, 35.7)	41.3 (36.4, 46.4)	38.4 (33.7, 43.4)	33.6 (30.3, 36.9)	36.2 (32.5, 40.1)	35.5 (32.4, 38.7)
Male	37.4 (32.3, 42.8)	34.8 (28.1, 42.1)	40.6 (34.2, 47.4)	38.5 (31.8, 45.6)	48.5 (41.2, 55.8)	45.5 (38.0, 53.2)	40.4 (35.4, 45.5)	42.0 (36.5, 47.7)	40.5 (35.9, 45.3)
Female	31.6 (27.3, 36.3)	29.9 (24.1, 36.5)	26.6 (21.8, 32.2)	24.7 (19.5, 30.7)	34.5 (28.2, 41.4)	32.2 (26.4, 38.6)	26.6 (22.8, 30.7)	29.8 (25.2, 34.9)	30.6 (26.6, 34.9)
18 to 24 years	23.9 (14.8, 36.2)	*11.8 (5.3, 24.4)	*11.8 (5.2, 24.8)	*22.1 (11.3, 38.7)	*28.5 (16.1, 45.3)	44.0 (27.5, 61.9)	*24.0 (14.0, 37.8)	*27.3 (15.0, 44.4)	*18.4 (10.4, 30.4)
25 to 44 years	33.8 (27.7, 40.5)	28.3 (21.0, 37.1)	33.0 (25.3, 41.7)	27.9 (19.9, 37.7)	39.9 (30.8, 49.7)	42.0 (32.0, 52.7)	31.8 (26.8, 37.3)	35.0 (29.4, 41.1)	36.4 (31.6, 41.5)
45 to 64 years	36.8 (32.3, 41.4)	41.5 (34.0, 49.5)	37.8 (31.6, 44.5)	33.3 (26.9, 40.2)	47.1 (39.2, 55.0)	34.3 (27.8, 41.3)	38.6 (33.4, 44.0)	39.2 (33.5, 45.2)	37.6 (32.9, 42.6)
65+ years	43.9 (38.9, 49.1)	39.6 (30.2, 49.9)	40.7 (33.9, 48.0)	39.7 (33.1, 46.6)	40.2 (33.2, 47.7)	38.6 (32.7, 44.9)	36.5 (30.4, 43.1)	38.6 (29.2, 49.0)	39.3 (31.5, 47.6)

Obese class 1

	14.2	14.8	11.5	13.8	12.4	12.3	14.7	14.6	15.6
Person	(11.8, 17.0)	(11.6, 18.8)	(9.0, 14.5)	(10.8, 17.5)	(9.5, 16.0)	(9.5, 15.7)	(12.5, 17.3)	(12.1, 17.5)	(13.4, 18.1)
Male	16.5	17.3	11.1	14.7	11.8	14.9	16.5	15.2	17.2
	(12.8, 21.2)	(12.3, 23.8)	(7.6, 15.8)	(10.4, 20.4)	(7.9, 17.2)	(10.3, 21.0)	(13.3, 20.3)	(11.6, 19.7)	(13.9, 21.3)
Female	11.9	12.5	11.8	13.0	12.9	10.0	13.0	14.3	13.9
	(9.2, 15.2)	(8.8, 17.6)	(8.6, 16.0)	(9.2, 18.2)	(9.1, 18.1)	(7.1, 13.8)	(10.1, 16.6)	(11.1, 18.2)	(11.2, 17.1)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	13.8	*11.4	11.0	*13.6	*11.2	*10.1	13.7	13.7	13.0
	(9.7, 19.4)	(6.8, 18.7)	(6.7, 17.5)	(8.1, 21.9)	(6.5, 18.6)	(5.2, 18.7)	(10.3, 18.1)	(10.2, 18.1)	(9.9, 16.8)
45 to 64 years	17.5	22.6	14.2	14.9	14.4	15.4	18.0	19.7	19.9
	(14.2, 21.5)	(16.5, 30.2)	(10.3, 19.4)	(10.7, 20.4)	(9.7, 20.8)	(11.0, 21.1)	(14.1, 22.5)	(15.4, 24.8)	(16.1, 24.3)
65+ years	13.2	17.2	10.2	13.8	13.1	16.2	17.7	8.8	16.5
	(10.2, 16.9)	(10.7, 26.5)	(6.6, 15.4)	(9.6, 19.4)	(9.4, 17.9)	(12.5, 20.8)	(13.3, 23.1)	(4.3, 17.2)	(11.3, 23.6)

Obese class 2 and 3

	5.6	5.7	8.9	9.0	5.0	7.9	9.0	8.5	11.1
Person	(4.2, 7.4)	(3.9, 8.3)	(6.5, 11.9)	(6.6, 12.3)	(3.3, 7.4)	(5.7, 11.0)	(7.3, 11.0)	(6.6, 11.0)	(9.2, 13.4)
Male	NP	NP	NP	NP	NP	NP	NP	NP	NP
Female	6.9	6.9	11.4	10.6	4.8	10.7	11.7	NP	13.4
	(4.8, 9.7)	(4.3, 10.8)	(8.0, 16.1)	(7.1, 15.6)	(2.8, 8.4)	(7.3, 15.5)	(9.1, 14.9)		(10.6, 16.8)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
45 to 64 years	NP	NP	NP	NP	NP	NP	NP	NP	NP
65+ years	4.8	NP	NP	5.7	*6.0	NP	NP	NP	NP
	(3.0, 7.5)			(3.9, 8.4)	(3.3, 10.6)				

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

NP: not published.

Table 10: Mental health conditions ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
	Per cent (95% CI)									
No mental health condition	82.8	85.6	82.7	82.4	83.2	78.5	75.6	72.4	72.0	72.2
Person	(79.9, 85.3)	(82.2, 88.5)	(79.0, 85.8)	(78.3, 85.9)	(78.9, 86.7)	(74.0, 82.4)	(72.4, 78.5)	(69.6, 75.0)	(68.5, 75.3)	(69.2, 75.0)
Male	84.6	90.5	86.5	88.3	89.2	82.5	80.1	80.4	78.5	81.1
	(80.3, 88.1)	(85.7, 93.7)	(81.2, 90.6)	(82.9, 92.2)	(83.7, 93.0)	(75.9, 87.5)	(75.6, 84.0)	(76.5, 83.8)	(73.8, 82.6)	(77.0, 84.6)
Female	81.0	81.2	79.3	77.3	77.6	75.0	71.1	65.2	66.1	63.9
	(77.0, 84.6)	(76.1, 85.5)	(74.0, 83.7)	(71.1, 82.6)	(71.1, 83.1)	(68.6, 80.5)	(66.6, 75.3)	(61.2, 68.9)	(61.0, 70.8)	(59.6, 68.1)
18 to 24 years	80.8	81.9	84.1	87.1	78.0	71.0	64.1	63.1	69.7	56.8
	(68.8, 88.9)	(68.7, 90.3)	(71.1, 91.9)	(72.2, 94.6)	(61.9, 88.5)	(52.8, 84.3)	(50.1, 76.0)	(50.8, 74.0)	(54.4, 81.6)	(43.8, 68.9)
25 to 44 years	83.0	89.6	78.7	80.5	77.7	80.0	74.1	70.8	70.4	70.5
	(77.8, 87.2)	(83.6, 93.6)	(70.9, 84.8)	(71.5, 87.2)	(68.7, 84.7)	(70.3, 87.0)	(69.1, 78.5)	(66.0, 75.2)	(64.7, 75.4)	(65.7, 74.9)
45 to 64 years	82.8	84.2	84.7	79.1	85.2	76.4	77.6	73.8	72.1	72.1
	(78.9, 86.0)	(78.7, 88.5)	(79.5, 88.7)	(72.5, 84.5)	(79.0, 89.8)	(69.6, 82.1)	(73.0, 81.7)	(70.0, 77.3)	(66.9, 76.7)	(67.5, 76.3)
65+ years	84.6	81.5	86.1	91.9	94.8	85.6	85.1	80.3	77.7	85.6
	(80.5, 87.9)	(73.2, 87.7)	(79.6, 90.7)	(87.4, 94.9)	(92.5, 96.4)	(79.4, 90.2)	(80.1, 89.0)	(76.0, 84.0)	(68.6, 84.8)	(79.1, 90.3)
Any mental health condition	16.9	14.3	17.3	17.6	16.3	21.1	23.8	27.0	27.8	27.6
Person	(14.4, 19.8)	(11.5, 17.7)	(14.2, 21.0)	(14.1, 21.7)	(12.9, 20.5)	(17.3, 25.6)	(20.9, 26.9)	(24.4, 29.8)	(24.6, 31.3)	(24.8, 30.6)
Male	15.4	9.6	13.5	11.7	10.8	17.4	19.3	19.1	21.4	18.5
	(12.0, 19.7)	(6.3, 14.3)	(9.4, 18.8)	(7.8, 17.1)	(7.0, 16.3)	(12.4, 23.9)	(15.5, 23.8)	(15.7, 22.9)	(17.4, 26.1)	(15.1, 22.6)
Female	18.4	18.6	20.8	22.7	21.4	24.4	28.1	34.2	33.7	36.1
	(14.9, 22.5)	(14.4, 23.8)	(16.4, 26.0)	(17.5, 28.9)	(16.1, 27.9)	(19.0, 30.7)	(24.0, 32.6)	(30.4, 38.2)	(29.0, 38.8)	(31.9, 40.4)
18 to 24 years	*18.3	*18.2	*15.9	NP	*18.8	*29.0	35.9	36.9	30.3	43.2
	(10.4, 30.3)	(9.7, 31.4)	(8.1, 28.9)	NP	(9.3, 34.3)	(15.7, 47.3)	(24.0, 49.9)	(26.1, 49.2)	(18.4, 45.6)	(31.1, 56.2)
25 to 44 years	16.8	10.4	21.3	19.5	22.3	20.0	25.4	28.6	29.6	29.2
	(12.6, 22.0)	(6.5, 16.4)	(15.2, 29.1)	(12.8, 28.5)	(15.3, 31.3)	(13.0, 29.7)	(21.0, 30.4)	(24.3, 33.5)	(24.5, 35.2)	(24.8, 34.0)
45 to 64 years	17.1	15.6	15.4	20.9	14.5	22.8	21.1	25.5	27.6	27.7
	(13.8, 20.9)	(11.3, 21.1)	(11.3, 20.5)	(15.6, 27.5)	(9.9, 20.8)	(17.2, 29.6)	(17.2, 25.6)	(22.0, 29.3)	(23.0, 32.7)	(23.5, 32.3)
65+ years	15.3	18.4	13.9	8.1	5.0	14.1	14.3	18.7	22.3	14.4
	(12.0, 19.4)	(12.2, 26.7)	(9.3, 20.4)	(5.1, 12.6)	(3.5, 7.2)	(9.5, 20.3)	(10.5, 19.2)	(15.1, 23.0)	(15.2, 31.4)	(9.7, 20.9)
Anxiety	7.1	7.2	10.2	9.3	8.4	12.6	15.3	17.1	17.1	17.8
Person	(5.4, 9.3)	(5.3, 9.9)	(7.7, 13.4)	(6.7, 12.9)	(5.9, 11.9)	(9.6, 16.4)	(12.9, 18.1)	(14.8, 19.6)	(14.5, 20.0)	(15.4, 20.5)
Male	7.6	5.2	9.2	5.7	4.5	8.7	11.5	10.9	10.2	11.9
	(5.1, 11.3)	(2.9, 9.3)	(5.8, 14.2)	(3.0, 10.6)	(2.2, 8.9)	(5.2, 14.1)	(8.5, 15.4)	(8.3, 14.2)	(7.6, 13.5)	(9.1, 15.5)
Female	6.7	9.1	11.2	12.5	12.0	16.0	19.1	22.4	24.1	23.2
	(4.7, 9.5)	(6.2, 13.0)	(7.9, 15.5)	(8.5, 18.0)	(8.0, 17.7)	(11.7, 21.7)	(15.5, 23.3)	(19.1, 26.2)	(19.9, 29.0)	(19.7, 27.3)
18 to 24 years	NP	NP	NP	NP	NP	*20.6	27.8	27.8	*23.1	30.7
						(10.0, 37.7)	(17.4, 41.4)	(18.3, 39.9)	(13.0, 37.6)	(20.2, 43.8)
25 to 44 years	7.0	*6.1	13.8	*10.1	14.3	12.7	17.2	19.0	19.4	19.7
	(4.2, 10.6)	(3.3, 11.1)	(8.9, 20.9)	(5.4, 18.3)	(8.8, 22.6)	(7.3, 21.3)	(13.5, 21.5)	(15.3, 23.4)	(15.2, 24.4)	(16.0, 24.1)
45 to 64 years	6.4	7.8	8.2	10.5	*4.9	11.6	11.6	14.6	16.1	16.0
	(4.6, 9.0)	(4.8, 12.6)	(5.5, 12.2)	(6.8, 15.9)	(2.6, 8.9)	(7.7, 17.2)	(8.6, 15.4)	(11.9, 17.9)	(12.7, 20.2)	(12.8, 19.9)
65+ years	5.4	*7.7	*5.6	*2.8	*1.8	*9.9	7.3	8.8	*9.5	*8.4
	(3.7, 7.8)	(4.2, 13.7)	(2.7, 11.5)	(1.7, 4.5)	(0.9, 3.2)	(5.7, 16.5)	(4.8, 10.9)	(6.4, 12.0)	(5.3, 16.5)	(4.9, 14.1)
Depression	10.3	8.3	7.7	11.7	9.2	12.6	13.5	15.0	15.2	16.3
Person	(8.2, 12.7)	(6.1, 11.1)	(5.7, 10.2)	(8.8, 15.4)	(6.6, 12.8)	(9.5, 16.5)	(11.2, 16.1)	(12.9, 17.3)	(12.8, 17.9)	(14.0, 18.9)
Male	9.9	*6.4	*6.1	*6.0	*6.1	11.1	12.3	9.9	11.2	11.1
	(7.1, 13.7)	(3.7, 11.0)	(3.6, 10.4)	(3.6, 9.9)	(3.4, 10.7)	(7.1, 17.1)	(9.1, 16.3)	(7.5, 13.0)	(8.4, 14.9)	(8.4, 14.6)
Female	10.6	10.0	9.0	16.6	12.1	14.0	14.7	19.3	19.4	21.3
	(7.9, 14.0)	(7.0, 14.0)	(6.4, 12.6)	(12.0, 22.6)	(8.0, 17.8)	(9.8, 19.6)	(11.7, 18.4)	(16.2, 22.8)	(15.7, 23.7)	(17.8, 25.2)
18 to 24 years	*15.5	*14.0	NP	NP	NP	NP	*20.6	21.4	*20.1	28.5
	(8.3, 27.2)	(6.5, 27.7)	NP	NP	NP	NP	(11.7, 33.5)	(13.0, 33.2)	(10.9, 33.9)	(18.4, 41.3)
25 to 44 years	8.8	*6.2	9.2	*12.6	*13.0	*13.1	14.6	13.5	15.0	17.2
	(5.8, 12.9)	(3.4, 11.0)	(5.6, 14.7)	(7.4, 20.8)	(7.7, 21.1)	(7.4, 22.1)	(11.2, 18.9)	(10.3, 17.5)	(11.3, 19.6)	(13.6, 21.4)
45 to 64 years	10.7	7.9	7.1	14.1	*7.9	13.4	13.1	16.7	16.6	16.3
	(8.0, 14.1)	(5.1, 12.0)	(4.5, 10.9)	(9.6, 20.1)	(4.7, 13.0)	(9.0, 19.6)	(9.9, 17.1)	(13.8, 20.1)	(13.1, 20.9)	(13.1, 20.2)
65+ years	7.8	*9.6	*5.7	*5.5	*2.6	*8.7	*5.6	11.1	*10.9	*7.2
	(5.7, 10.7)	(5.0, 17.7)	(3.2, 10.1)	(2.9, 10.3)	(1.6, 4.3)	(5.0, 14.8)	(3.4, 9.2)	(8.2, 14.9)	(6.5, 17.6)	(4.0, 12.7)
Stress-related problem	6.8	6.6	8.4	6.3	6.3	7.4	12.9	14.5	17.9	16.9
Person	(5.2, 8.9)	(4.8, 9.1)	(6.2, 11.2)	(4.3, 9.1)	(4.1, 9.4)	(5.1, 10.5)	(10.8, 15.3)	(12.5, 16.7)	(15.1, 21.1)	(14.6, 19.5)
Male	5.0	*4.1	*4.4	*4.5	*5.0	*5.6	8.8	10.2	13.4	11.0
	(3.1, 8.0)	(2.2, 7.5)	(2.5, 7.7)	(2.4, 8.5)	(2.5, 9.8)	(3.0, 10.2)	(6.3, 12.2)	(7.7, 13.4)	(10.0, 17.7)	(8.3, 14.4)
Female	8.5	8.9	11.9	7.8	*7.4	8.9	16.8	18.4	21.8	22.5
	(6.2, 11.7)	(6.1, 12.9)	(8.4, 16.5)	(4.9, 12.3)	(4.4, 12.1)	(5.6, 13.8)	(13.7, 20.5)	(15.5, 21.7)	(17.6, 26.5)	(19.0, 26.5)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP	22.0
										(13.1, 34.5)
25 to 44 years	*5.8	*5.0	*8.8	*7.9	NP	NP	14.4	17.0	21.3	17.5
	(3.5, 9.3)	(2.5, 9.8)	(5.0, 15.0)	(4.1, 14.9)	NP	NP	(11.0, 18.6)	(13.6, 21.2)	(16.7, 26.7)	(13.9, 21.7)
45 to 64 years	6.8	8.0	7.5	*7.7	*8.2	8.8	14.5	15.0	17.2	18.3
	(4.9, 9.3)	(5.0, 12.4)	(4.9, 11.5)	(4.5, 12.8)	(4.6, 14.2)	(5.5, 13.8)	(11.2, 18.6)	(12.2, 18.3)	(13.4, 21.9)	(14.8, 22.5)
65+ years	6.5	*6.3	*7.4	*3.3	*1.3	*5.4	9.3	9.6	*12.4	*10.3
	(4.2, 10.0)	(3.7, 10.3)	(3.9, 13.5)	(1.3, 8.2)	(0.6, 2.4)	(2.6, 10.8)	(6.1, 13.8)	(7.0, 12.9)	(7.0, 21.1)	(6.2, 16.6)

Other mental health condition										
Person	*1.2 (0.6, 2.4)	*0.7 (0.4, 1.4)	*1.6 (0.8, 3.0)	*1.3 (0.6, 2.8)	*0.4 (0.2, 0.9)	*2.1 (1.0, 4.3)	5.1 (3.7, 7.0)	4.8 (3.6, 6.3)	5.2 (3.7, 7.3)	6.3 (4.9, 8.2)
Male	*1.5 (0.7, 2.8)	NP	NP	*1.0 (0.5, 2.2)	NP	NP	5.8 (3.7, 8.8)	*2.5 (1.5, 4.1)	*3.6 (2.2, 6.0)	5.0 (3.1, 7.9)
Female	NP	*1.2 (0.6, 2.5)	*1.6 (0.7, 3.8)	NP	NP	*2.6 (1.0, 6.3)	4.4 (2.8, 7.0)	6.9 (4.9, 9.6)	6.4 (4.0, 10.1)	7.4 (5.4, 10.0)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	NP	NP	NP	NP	NP	NP	5.6 (3.5, 8.7)	5.7 (3.8, 8.4)	6.0 (3.7, 9.5)	7.5 (5.3, 10.6)
45 to 64 years	*1.3 (0.6, 2.7)	NP	*1.4 (0.7, 2.7)	*2.4 (1.0, 5.9)	NP	NP	4.1 (2.5, 6.6)	2.9 (1.8, 4.7)	*3.0 (1.7, 5.2)	5.4 (3.6, 8.1)
65+ years	NP	NP	NP	NP	NP	NP	NP	NP	NP	NP
Currently receiving treatment										
Person	51.7 (43.0, 60.3)	47.8 (36.7, 59.1)	59.7 (48.8, 69.7)	67.7 (55.6, 77.8)	48.5 (36.0, 61.2)	78.3 (67.1, 86.5)	67.4 (59.2, 74.7)	68.0 (61.3, 74.0)	71.4 (63.6, 78.2)	70.5 (63.5, 76.7)
Male	46.6 (33.9, 59.8)	34.9 (18.4, 56.1)	78.7 (63.2, 88.9)	79.7 (59.5, 91.3)	49.9 (28.8, 71.0)	71.4 (51.0, 85.7)	67.0 (52.7, 78.7)	62.4 (50.0, 73.4)	53.1 (40.1, 65.6)	68.8 (54.9, 79.9)
Female	56.0 (44.5, 66.8)	53.9 (40.4, 66.8)	48.8 (36.1, 61.6)	62.3 (47.4, 75.2)	47.9 (32.9, 63.3)	83.0 (69.7, 91.1)	67.7 (57.6, 76.4)	70.8 (62.8, 77.7)	84.2 (75.9, 90.0)	70.8 (62.4, 78.0)
18 to 24 years	NP	NP	NP	NP	NP	NP	66.6 (41.6, 84.8)	65.2 (41.6, 83.1)	63.4 (36.2, 84.1)	51.0 (30.6, 71.1)
25 to 44 years	47.5 (32.9, 62.4)	29.8 (15.2, 50.1)	61.8 (43.2, 77.4)	47.1 (26.7, 68.5)	*39.7 (22.2, 60.2)	78.5 (49.0, 93.3)	71.6 (59.4, 81.3)	68.7 (57.7, 77.9)	71.1 (58.9, 80.9)	72.5 (62.2, 80.8)
45 to 64 years	60.4 (49.1, 70.8)	58.9 (42.6, 73.4)	58.7 (42.2, 73.5)	78.0 (62.5, 88.3)	63.6 (43.3, 80.1)	82.4 (68.8, 90.9)	68.6 (55.4, 79.4)	69.8 (60.3, 77.9)	79.3 (67.4, 87.6)	78.8 (68.3, 86.5)
65+ years	69.1 (56.4, 79.5)	55.1 (33.1, 75.2)	61.0 (38.8, 79.4)	72.5 (53.3, 85.9)	69.3 (51.5, 82.8)	71.8 (48.0, 87.6)	47.8 (30.5, 65.6)	63.6 (51.4, 74.4)	63.1 (38.9, 82.2)	73.4 (49.4, 88.6)

CI: Confidence interval

* Has a relative standard error between 25% and 50% and should be used with caution.

NP: not published.

Table 11: Psychological distress (K6) ACT adults, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021
K6 score indicates probable serious mental illness ^(a)					Per cent (95% CI)					
Person	2.4 (1.5, 3.9)	*2.5 (1.4, 4.4)	*2.2 (1.3, 3.9)	*1.9 (1.0, 3.6)	*2.4 (1.3, 4.5)	*2.9 (1.7, 5.1)	5.3 (3.9, 7.2)	6.1 (4.7, 7.9)	5.1 (3.7, 7.0)	5.5 (4.2, 7.3)
Male	*2.2 (1.0, 4.8)	NP	NP	NP	NP	NP	*4.2 (2.6, 6.9)	3.7 (2.2, 6.0)	*3.7 (2.2, 6.1)	5.3 (3.5, 8.0)
Female	*2.6 (1.4, 4.6)	*3.0 (1.6, 5.6)	*3.4 (1.8, 6.6)	*2.7 (1.2, 5.9)	*4.0 (2.0, 8.1)	*4.8 (2.6, 8.9)	6.4 (4.4, 9.4)	8.1 (6.0, 11.0)	6.3 (4.1, 9.5)	5.6 (3.9, 8.0)
18 to 24 years	NP	NP	NP	NP	NP	NP	NP	NP	NP	NP
25 to 44 years	NP	NP	NP	NP	NP	NP	7.0 (4.6, 10.5)	6.5 (4.3, 9.5)	5.2 (3.3, 8.2)	5.1 (3.2, 7.9)
45 to 64 years	2.4 (1.5, 3.8)	*2.5 (1.3, 4.9)	*2.9 (1.4, 5.9)	*3.0 (1.3, 6.7)	*3.4 (1.4, 7.7)	*2.3 (1.2, 4.2)	*3.7 (2.1, 6.3)	5.3 (3.6, 7.8)	3.9 (2.4, 6.2)	5.5 (3.7, 8.2)
65+ years	NP	NP	NP	NP	NP	NP	NP	NP	NP	NP

CI: Confidence interval

a) Probable serious mental illness is based on a score of 19 - 30.

* Has a relative standard error between 25% and 50% and should be used with caution.

NP: not published.

Appendix C: ACT General Health Survey Data

Requesting ACT General Health Survey Data

ACT General Healthy Survey data is available upon request by submitting the Data Analytics Branch Data Request online form:

<https://act-health.atlassian.net/servicedesk/customer/portal/20>

List of 2011–2021 ACT General Health Survey Variables

Question	Variable name(s)	Years available
Overall, how would you rate your health during the past 4 weeks?	HSD4	2011–2021
Overall, how would you rate your mental health during the past 4 weeks?	HMH1	2018–2021
Using a scale of 0 to 10, where 0 is completely dissatisfied and 10 is completely satisfied, thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?	LSAT19	2019–2021
How satisfied are you with? Your standard of living	PWI19A	2019
How satisfied are you with? Your health	PWI19B	2019
How satisfied are you with? What you are currently achieving in life	PWI19C	2019
How satisfied are you with? Your personal relationships	PWI19D	2019
How satisfied are you with? How safe you feel	PWI19E	2019
How satisfied are you with? Feeling part of your community	PWI19F	2019
How satisfied are you with? Your future security	PWI19F	2019
How satisfied are you with? The amount of time you have to do things you like doing	PWI19G	2019
How satisfied are you with? The quality of your local environment	PWI19H	2019
How satisfied are you with? Your job	PWI19I	2019
I am able to adapt when changes occur.	RES19_1	2019
I tend to recover well after illness, injury or other hardships.	RES19_2	2019
Are you an active member of a local organisation, church or club, such as a sport, craft, or social club?	SOC3	2011, 2012, 2013, 2018
I feel safe walking down my street after dark	SOC4	2011, 2012, 2013, 2018
Most people can be trusted	SOC5	2011, 2012, 2013, 2018
How often visited someone in your neighbourhood in the past week?	SOC8	2011, 2012, 2013, 2018

Question	Variable name(s)	Years available
If you needed to, could you ask someone for any of these types of support in a time of crisis? For advice on what to do	SUP19A	2019
If you needed to, could you ask someone for any of these types of support in a time of crisis? For emotional support	SUP19B	2019
If you needed to, could you ask someone for any of these types of support in a time of crisis? To help out when you have a serious illness or injury	SUP19C	2019
If you needed to, could you ask someone for any of these types of support in a time of crisis? For help to maintain family or work responsibilities	SUP19D	2019
If you needed to, could you ask someone for any of these types of support in a time of crisis? To provide emergency money, accommodation or food	SUP19E	2019
How safe or unsafe do you feel walking in your local area after dark?	SAF19	2019
Are any of your natural teeth missing?	OHE1	2018, 2020 and 2021
Do you have dentures or false teeth?	OHE2	2018, 2020 and 2021
Does the condition of your teeth or dentures affect the type of food you can eat?	OHE9	2018, 2020 and 2021
When did you last visit a dental professional about your teeth, dentures or gums?	OHE6	2018, 2020 and 2021
Reasons for not visiting dental professional in last 12 months	OHE81_1 – OHE8_10	2011–2014
How often do you usually drink alcohol?	ALC1, ALC1_Y18, ALC1X, ALC1A, ALC1B	2011–2021
On a day when you drink alcohol, how many standard drinks do you usually have?	ALC2, ALC2A	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
More than 4 male/2 female drinks in a day in the past 4 weeks	ALC3	2011–2015
In the past 7 days, did you drink more than 10 standard drinks?	ALC3_Y20	2020 and 2021
More than 2 drinks in a day in the past 4 weeks	ALC3X	2016–2018
In the past 4 weeks have you have more than 4 standard drinks on one occasion?	ALC3AX	2016–2021
More than 11 male/7 female drinks in a day in the past 4 weeks	ALC4, ALC4A	2011–2015
7–10 male/5–6 females drinks in a day in the past 4 weeks	ALC5, ALC5A	2011–2015
How would you describe your weight?	HWT3X	2018–2021
How tall are you without shoes?	HWT1, HWT1A, HWT1B, HWT1C	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
How much do you weigh without clothes or shoes?	HWT2, HWT2A, HWT2B, HWT2C, HWT2BB	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021

Question	Variable name(s)	Years available
How many serves of vegetables do you usually eat each day?	NUT1, NUT1A, NUT1B, V1	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
How many serves of fruit do you usually eat each day?	NUT2, NUT2A, NUT2B, F1	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
How many cups of soft drink, cordials or sports drink, such as lemonade or Gatorade do you usually drink in a day?	CNFI15, CNFI15A, CNFI15B, CNFI15C, CNFI15_Y18	2014, 2015, 2016, 2018, 2020 and 2021
How many cups of fruit juice do you usually drink in a day?	JUICE, CNI6, CNFI6A, CNFI6B	2015–2016
How often do you have meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, or local take-away places?	NUT13, NUT13A, NUT13B, NUT13C, NUT13_Y18	2014–2021
How often do you usually eat bread? Include bread rolls, flat breads, crumpets, bagels, English or bread type muffins	B2, NUT3B, NUT3BA, NUT3BB, NUT3BC	2014
How often do you eat breakfast cereal?	BC2, NUT4BA, NUT4BB, NUT4BC, NUT4BD	2014
How often do you eat pasta, rice, noodles or other cooked cereals?	P2, NUT5BA, NUT5BB, NUT5BC, NUT5BD	2014
How many cups of water do you usually drink in a day?	CNFI14, CNFI14A, CNFI14B, CWATER	2015–2016
Type of milk you usually have	NUT6	2014
Number of times red meat eaten	NUT12, NUT12A, NUT12B, NUT12C	2014
How often do you eat processed meat products such as sausages, frankfurts, devon, salami, hamburgers, chicken nuggets, meat pies, bacon or ham?	M2, NUT7, NUT7A, NUT7B, NUT7C	2014
How often do you eat hot chips, French fries, wedges or fried potatoes?	Q2	2014
Knowledge of recommended serves of fruit per day	NUT17	2014–2016
Knowledge of recommended serves of vegetables per day	NUT18	2014–2016
In the last 12 months, were there any times that you ran out of food and couldn't afford to buy more?	FSC1	2011–2014
How do you cope with feeding [child] when this happens: parent/guardian skips meals or eats less	FSC2_1	2011–2014
How do you cope with feeding [child] when this happens: children/child skips meals or eats less	FSC2_2	2011–2014
How do you cope with feeding [child] when this happens: cut down on variety of foods family eats ¹	FSC2_3	2011–2014
How do you cope with feeding [child] when this happens: seek help from relatives	FSC2_4	2011–2014
How do you cope with feeding [child] when this happens: seek help from friends	FSC2_5	2011–2014
Knowledge of daily kilojoule intake	KJAC7	2016
How much, if at all, does nutritional information influence the foods you purchase?	KJAB10	2016

Question	Variable name(s)	Years available
Which items of nutritional information most influence your choice – fat	KJAB11_1	2016
Which items of nutritional information most influence – calories	KJAB11_2	2016
Which items of nutritional information most influence – sugar	KJAB11_3	2016
Which items of nutritional information most influence – salt	KJAB11_4	2016
Which items of nutritional information most influence – kilojoules	KJAB11_5	2016
Which items of nutritional information most influence – saturated fat	KJAB11_6	2016
Which items of nutritional information most influence – protein	KJAB11_10	2016
Which items of nutritional information most influence - carbohydrates	KJAB11_11	2016
During the past seven days, on how many days did all family members who live in the household eat a meal together?	FC1_Y20	2020 and 2021
How would you rate your physical activity?	PHY1	2018–2021
Over a typical week, how many days are you physically active for a total of at least 60 minutes per day?	PHY10	2018
In the last week, how many times have you walked continuously for at least 10 minutes for recreation or exercise to get to or from places?	PAC1	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
What do you estimate was the total time you spent walking in this way in the last week?	PAC2A, PAC2B	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
In the last week, how many times did you do any vigorous household chores which made you breathe harder or puff and pant (does not include gardening)?	PAC3	2011–2016
What do you estimate was the total time you spent doing these vigorous household chores?	PAC4A, PAC4B	2011–2016
In the last week, how many times did you do any vigorous gardening or heavy work around the yard which made you breathe harder or puff and pant?	PAC5A	2011–2016
What do you estimate was the total time you spent doing vigorous gardening or heavy work around the yard in the last week?	PAC6A, PAC6B	2011–2016
In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant?	PAC7	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
What do you estimate was the total time you spent doing this vigorous physical activity in the last week?	PAC8A, PAC8B	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
In the last week, how many times did you do any other more moderate physical activity that you haven't already mentioned?	PAC9	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
What do you estimate was the total time you spent doing these activities in the last week?	PAC10A, PAC10B	2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020 and 2021
On a usual night, how many hours sleep do you get?	TSTHRS, TSTHRSA, TSTHRSB	2018 – 2021

Question	Variable name(s)	Years available
How do you usually spend most of your day? [sitting, standing, walking, doing heavy labour or physically demanding work]	SED1	2018–2021
Excluding work time, how many hours per week do you spend watching TV or DVDs or using the computer, iPad or tablet device?	SED2A, SED2B	2018
In the past 4 weeks, about how often did you feel tired for no good reason?	AMH1	2011–2016
In the past 4 weeks, about how often did you feel nervous?	AMH2	2011–2021
In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	AMH3	2011–2016
In the past four weeks, about how often did you feel hopeless?	AMH4	2011–2021
In the past 4 weeks, about how often did you feel restless or fidgety?	AMH5	2011–2021
In the past 4 weeks, about how often did you feel so restless that you couldn't sit still?	AMH6	2011–2016
In the past 4 weeks, about how often did you feel depressed?	AMH7	2011–2016
In the past 4 weeks, about how often did you feel that everything was an effort?	AMH8	2011–2021
In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	AMH9	2011–2021
In the past 4 weeks, about how often did you feel worthless?	AMH10	2011–2021
In the last 4 weeks, how many days were you totally unable to work, study or manage your day-to-day activities because of these feelings?	PSD1	2011–2014
Aside from that day/those days in the last 4 weeks, how many days were you able to work, study or manage your day-to-day activities but had to cut down because of these feelings?	PSD2	2011–2014
In the last 4 weeks, how many times have you seen a doctors or other health professional about these feelings?	PSD3	2011–2014
In the last 4 weeks, how often have physical problems been the main cause of these feelings?	PSD4	2011–2014
In the last 12 months have you been told by a doctor that you have any of the following conditions? Anxiety	MTL20_1	2011–2021
In the last 12 months have you been told by a doctor that you have any of the following conditions? Depression	MTL20_2	2011–2021
In the last 12 months have you been told by a doctor that you have any of the following conditions? A stress-related problem	MTL20_3	2011–2021
In the last 12 months have you been told by a doctor that you have any of the following conditions? Any other mental health issue	MTL20_4	2011–2021
In the last 12 months have you been told by a doctor that you have any of the following conditions? None of these	MTL20_5	2011–2021

Question	Variable name(s)	Years available
Do you still have this/these condition(s)?	MTL21	2011–2021
Are you currently receiving treatment for anxiety, depression, stress-related problems or any other mental health problem?	MTL22	2011–2021
In the past 12 months have you personally been affected by any of the following? An unplanned loss of job	MTL23A	2019
In the past 12 months have you personally been affected by any of the following? A new job	MTL23B	2019
In the past 12 months have you personally been affected by any of the following? Family/domestic violence	MTL23C	2019
In the past 12 months have you personally been affected by any of the following? Moving house	MTL23D	2019
In the past 12 months have you personally been affected by any of the following? You were robbed or your home burgled	MTL23E	2019
In the past 12 months have you personally been affected by any of the following? The death of someone close to you	MTL23F	2019
In the past 12 months have you personally been affected by any of the following? A marriage/relationship breakdown	MTL23G	2019
In the past 12 months have you personally been affected by any of the following? A serious injury	MTL23H	2019
In the past 12 months have you personally been affected by any of the following? Serious illness	MTL23I	2019
In the past 12 months have you personally been affected by any of the following? Financial hardship	MTL23J	2019
In the past 12 months, do you feel that you have experienced discrimination or have been treated unfairly by others?	DISC1	2019
In the past 12 months how often do you feel that you have experienced discrimination or unfair treatment?	DISC2	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your skin colour	DISC3A	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your nationality, race or ethnic group	DISC3B	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? The language you speak	DISC3C	2019

Question	Variable name(s)	Years available
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? The way you dress or your appearance	DISC3D	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your gender	DISC3E	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your age	DISC3F	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? A disability or health issue	DISC3G	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your marital status	DISC3H	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your family status	DISC3I	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your sexual orientation	DISC3J	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your occupation	DISC3K	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your religious beliefs	DISC3L	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Your political positions	DISC3M	2019
Thinking about your most recent experience of discrimination in Australia, do you think it was because of any of the following? Other	DISC3N	2019
Please tell me how strongly you agree with the following statements: Men should take control in relationships and be the head of the household.	DISC4_A	2019
Please tell me how strongly you agree with the following statements: Women prefer a man to be in charge of the relationship.	DISC4_B	2019

Question	Variable name(s)	Years available
Which of the following best describes your smoking status? [smoke daily, smoke occasionally, don't smoke now but used to, tried it a few times but never smoked regularly, never smoked]	SMK1	2011–2021
Which of the following best describes your home situation?	SMK2	2011–2014
Are people allowed to smoke in your car?	SMK16	2011–2014
On average, how many cigarettes do you smoke per day or each week?	SMO3, SMO3A, SMO3B, SMO3C, CIG, CIG_DY, CIG_WEEK	2011– 2018, 2020 and 2021
Which of the following best describes how often you use vapes? [never vaped, tried vaping a few times but never vaped regularly, don't vape now but used to, vape occasionally, vape daily]	ECIGZ1	2015–2018, 2020 and 2021
How often do you vape?	ECIGZ_Y20	2020–2021
How do you usually get to work/school? Train	MTWP2_1	2011–2021
How do you usually get to work/school? Bus	MTWP2_2	2011–2021
How do you usually get to work/school? Ferry	MTWP2_3	2011–2021
How do you usually get to work/school? Tram (including light rail)	MTWP2_4	2011–2021
How do you usually get to work/school? Taxi	MTWP2_5	2011–2021
How do you usually get to work/school? Car – as driver	MTWP2_6	2011–2021
How do you usually get to work/school? Car – as passenger	MTWP2_7	2011–2021
How do you usually get to work/school? Truck	MTWP2_8	2011–2021
How do you usually get to work/school? Motorbike or motor scooter	MTWP2_9	2011–2021
How do you usually get to work/school? Bicycle	MTWP2_10	2011–2021
How do you usually get to work/school? Walk only	MTWP2_11	2011–2021
How do you usually get to work/school? Work at home/home schooled	MTWP2_12	2011–2021
How do you usually get to work/school? Walk part of the way	MTWP2_13	2011–2021
How do you usually get to work/school? Other	MTWP2_14	2011–2021
How do you usually get to work/school? Ride part of the way	MTWP2_15	2011–2021
How do you usually get to work/school? Use scooter or skateboard	MTWP2_16	2011–2021
How do you usually get to work/school? Don't work or study	MTWP2_17	2011–2021
Have you ever been told by a doctor or at a hospital that you have diabetes?	BUG2_1, DBT1	2012–2016

Question	Variable name(s)	Years available
Have you ever been told by a doctor or at a hospital that you have high blood glucose levels in your/their blood or urine?	DBT2	2013–2016
What type of diabetes were you told you had?	DBT19	2013–2016
Pregnant when first had diabetes/high blood glucose	DBT3	2013–2016
Apart from pregnancy, ever had diabetes/high blood glucose?	DBT4	2013–2016
What are you doing now to manage your diabetes/high blood glucose: insulin injections	DBT6_1	2013–2016
What are you doing now to manage your diabetes/high blood glucose: tablets for diabetes/high blood glucose	DBT6_2	2013–2016
What are you doing now to manage your diabetes/high blood glucose: following a special diet	DBT6_3	2013–2016
What are you doing now to manage your diabetes/high blood glucose: losing weight	DBT6_4	2013–2016
What are you doing now to manage your diabetes/high blood glucose: exercising most days	DBT6_5	2013–2016
What are you doing now to manage your diabetes/high blood glucose: anything else ¹	DBT6_6	2013–2016
What are you doing now to manage your diabetes/high blood glucose: consulted a health professional	DBT6_7	2013–2016
What are you doing now to manage your diabetes/high blood glucose: not doing anything	DBT6_8, DBT6_9	2013–2016
Have you ever been told by a doctor or at a hospital that you have asthma?	AST1	2013–2016
Have you had symptoms of asthma or taken treatment for asthma in last 12 months	AST2	2013–2016
During the past 4 weeks, did your asthma interfere with your ability to manage your day-to-day activities?	A3, A4	2013–2016
During your most recent overnight hospital admission were you admitted as a private or public patient?	HSU11	2014–2015
Has a health professional ever advised you to be vaccinated against flu?	IMM1	2011–2013
Were you vaccinated or immunised against flu in the last 12 months?	IMM2	2011–2013
Has a health professional ever advised you to be vaccinated against pneumonia?	IMM3	2011–2013
When were you last vaccinated or immunised against pneumonia?	IMM4A	2011–2013
Fall in the last 12 months	INJ22	2011–2016
Number of accidental falls in the last 12 months	INJ23	2011–2016
Fall which required medical attention in the last 12 months	INJ24	2011–2016
Admitted to hospital for most recent accidental fall	INJ25	2011–2016
Have you made any changes to your home or lifestyle to prevent you from falling?	INJ90	2011–2016
Types of action taken to prevent falls – more exercise	INJ91_1	2011–2016
Types of action taken to prevent falls – had eyes checked	INJ91_2	2011–2016
Types of action taken to prevent falls – changed footwear	INJ91_3	2011–2016
Types of action taken to prevent falls – changed medication	INJ91_4	2011–2016

Question	Variable name(s)	Years available
Types of action taken to prevent falls – installed hand rails	INJ91_5	2011–2016
Types of action taken to prevent falls – replaced steps with ramps	INJ91_6	2011–2016
Types of action taken to prevent falls – removed clutter from house	INJ91_7	2011–2016
Types of action taken to prevent falls – removed mats/rugs	INJ91_8	2011–2016
Types of action taken to prevent falls – removed loose cords/appliance leads	INJ91_9	2011–2016
Types of action taken to prevent falls – got a personal alarm	INJ91_10	2011–2016
Types of action taken to prevent falls – improved the lighting	INJ91_11	2011–2016
Types of action taken to prevent falls – repaired unsafe/unsteady furniture	INJ91_12	2011–2016
Types of action taken to prevent falls – personal action e.g. more exercise, got a walking stick	INJ91_16	2011–2014
Types of action taken to prevent falls – house action with movable objects e.g. removed	INJ91_17	2011–2014
Are you afraid of falling?	INJ92	2011–2016
In the last 4 weeks have you had a fall?	INJ93	2011–2016
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: Crohn's disease	BUG1_1	2012–2014
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: irritable bowel syndrome	BUG1_2	2012–2014
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: Ulcerative colitis	BUG1_3	2012–2014
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: stomach problems	BUG1_4	2012–2014
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: oesophagus problems	BUG1_5	2012–2014
Have you ever been told by a doctor that you have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: none of the above/no	BUG1_6	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: heart condition	BUG2_2	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: hypertension/high blood pressure	BUG2_3	2012–2014

Question	Variable name(s)	Years available
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: kidney disease	BUG2_4	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: organ transplant	BUG2_5	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: liver disease	BUG2_6	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: cancer, other than skin cancer	BUG2_7	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: lupus	BUG2_8	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: arthritis	BUG2_9	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: asthma	BUG2_10	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: chronic lung disease	BUG2_11	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: long disease, other than asthma	BUG2_12	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: sickle cell anaemia	BUG2_13	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: spleen removed	BUG2_14	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: any illness or condition that weakens the immune system	BUG2_15	2012–2014
As far as you know, have you ever been told by a doctor that you have any of these illnesses or conditions: none of the above/no	BUG2_16	2012–2014
In the past 4 weeks, have you had either vomiting or diarrhea?	BUG4	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: chronic illness	BUG5_1	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: menstrual cycle	BUG5_2	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: pregnancy	BUG3, BUG5_3	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: medications	BUG5_4	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: alcohol	BUG5_5	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: food	BUG5_6	2012–2014

Question	Variable name(s)	Years available
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: not washing hands	BUG5_7	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: caught from someone else in household	BUG5_8	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: caught from someone else outside household	BUG5_9	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: travel	BUG5_10	2012–2014
During the most recent episode of vomiting or diarrhea, for how many days altogether did you have either diarrhea or vomiting?	BUG6	2012–2014
During this illness, do you have any of the following symptoms: diarrhea	BUG7_1	2012–2014
During this illness, do you have any of the following symptoms: blood in poo	BUG7_2	2012–2014
During this illness, do you have any of the following symptoms: stomach cramps	BUG7_3	2012–2014
During this illness, do you have any of the following symptoms: nausea	BUG7_4	2012–2014
During this illness, do you have any of the following symptoms: loss of appetite	BUG7_5	2012–2014
During this illness, do you have any of the following symptoms: fever or chills	BUG7_6	2012–2014
During this illness, do you have any of the following symptoms: muscle/body aches	BUG7_7	2012–2014
During this illness, do you have any of the following symptoms: headache	BUG7_8	2012–2014
During this illness, do you have any of the following symptoms: stiff neck	BUG7_9	2012–2014
During this illness, do you have any of the following symptoms: sore throat, runny nose, sneezing, cough	BUG7_10	2012–2014
During this illness, do you have any of the following symptoms: earache	BUG7_11	2012–2014
During this illness, do you have any of the following symptoms: vomiting	BUG7_12	2012–2014
During this illness what was the most number of times vomiting occurred in any 24 hour period?	BUG8	2012–2014
During this illness what was the most number of times stool movements occurred in any 24 hour period?	BUG9	2012–2014
As a result of this illness, did you have any days off work or school?	BUG12, BUG12B	2013–2014
When did you last have your blood pressure measured?	CVD1	2013–2016
Have you ever been told by a doctor or at a hospital that you have high blood pressure sometimes called hypertension?	CVD2	2013–2016
When did you last have your cholesterol measured?	CVD4	2013–2016
Have you ever been told by a doctor or at a hospital that you have high cholesterol? ^(c)	CVD5	2013–2016
Over the last summer, did you/child get sunburn that was sore or tender the next day?	ACTSP1	2013–2015

Question	Variable name(s)	Years available
Have you/child ever had severe sunburn, which has blistered?	ACTPS2A	2013–2015
How long ago was the last time you/child were severely sunburnt?	ACTSP2B	2013–2015
What type of hat do you/child usually wear on a sunny day in summer?	ACTSP3	2013–2015
What is the SPF of the sunscreen you/child usually use on a sunny day in summer?	ACTSP4, ACTSP4_Y15	2013–2015
Do you/child like to get a suntan?	ACTSP5	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear a hat?	ACTSP6A	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear clothes covering most of your/their body (including arms and legs)?	ACTSP6B	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear briefer clothing so as to get some sun on your/their skin?	ACTSP6C	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear maximum protection sunscreen?	ACTSP6D	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear sunglasses?	ACTSP6E	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they stay mainly in the shade?	ACTSP6F	2013–2015
How well do you think you would cope in an emergency situation?	GR1	2011–2012
Do you or your family have a plan to deal with emergencies if they occur? ¹	GR2	2011–2012
How often do fears about safety come into your mind?	GR3	2011–2012
What are the things to get through tough times?	GR4, GR4_1– GR4_14	2011–2021
Generally, are you an optimistic person?	GR5	2011–2012
What was the main type of service you couldn't afford in the last 12 months - GP	SER2_1	2014–2016
What was the main type of service you couldn't afford in the last 12 months – community health centre	SER2_2	2014–2016
What was the main type of service you couldn't afford in the last 12 months – district nurses or other community nurses	SER2_3	2014–2016
What was the main type of service you couldn't afford in the last 12 months - psychologist	SER2_4	2014–2016
What was the main type of service you couldn't afford in the last 12 months - psychiatrist	SER2_5	2014–2016
What was the main type of service you couldn't afford in the last 12 months - hospital	SER2_6	2014–2016

Question	Variable name(s)	Years available
What was the main type of service you couldn't afford in the last 12 months – hospital accident and emergency department	SER2_7	2014–2016
What was the main type of service you couldn't afford in the last 12 months – hospital clinic (outpatient/specialist)	SER2_8	2014–2016
What was the main type of service you couldn't afford in the last 12 months – specialist doctor (not in hospital)	SER2_9	2014–2016
What was the main type of service you couldn't afford in the last 12 months - physiotherapist	SER2_10	2014–2016
What was the main type of service you couldn't afford in the last 12 months - chiropractor	SER2_11	2014–2016
What was the main type of service you couldn't afford in the last 12 months – an alternative therapist e.g. naturopath, osteopath	SER2_12	2014–2016
What was the main type of service you couldn't afford in the last 12 months - dentist	SER2_13	2014–2016
What was the main type of service you couldn't afford in the last 12 months – counsellor e.g. Lifeline	SER2_14	2014–2016
What was the main type of service you couldn't afford in the last 12 months - podiatrist	SER2_15	2014–2016
Unable to get to services needed	SER3	2014–2016
Type of service you were unable to get to: GP	SER4_1	2014–2016
Type of service you were unable to get to: community health centre	SER4_2	2014–2016
Type of service you were unable to get to: district nurses or other community nurse	SER4_3	2014–2016
Type of service you were unable to get to: psychologist	SER4_4	2014–2016
Type of service you were unable to get to: psychiatrist	SER4_5	2014–2016
Type of service you were unable to get to: hospital	SER4_6	2014–2016
Type of service you were unable to get to: accident and emergency department	SER4_7	2014–2016
Type of service you were unable to get to: hospital clinic (outpatient)	SER4_8	2014–2016
Type of service you were unable to get to: specialist doctor	SER4_9	2014–2016
Type of service you were unable to get to: physiotherapist	SER4_10	2014–2016
Type of service you were unable to get to: chiropractor	SER4_11	2014–2016
Type of service you were unable to get to: alternative therapist (e.g. naturopath)	SER4_12	2014–2016
Type of service you were unable to get to: dentist	SER4_13	2014–2016
Type of service you were unable to get to: counsellor (e.g. Lifeline)	SER4_14	2014–2016
Type of service you were unable to get to: podiatrist	SER4_15	2014–2016
Type of service you were unable to get to: other allied health service	SER4_19	2014–2016
Which best describes your household's money situation? [we are spending more than we get, we have just enough money to get through to the next pay day, there's some money left over each week but we just spend it, we can save a bit every now and then, we can save a lot]	AFF	2011–2021

Question	Variable name(s)	Years available
In the past 12 months, did any of these happen to you because you were short of money? Could not pay electricity, gas or telephone bills on time	AFF2_1	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Could not pay mortgage or rent on time	AFF2_2	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Could not pay car registration or insurance on time	AFF2_3	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Could not make minimum payment on your credit card	AFF2_4	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Pawned or sold something because you needed cash	AFF2_5	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Went without meals	AFF2_6	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Were unable to heat or cool your home	AFF2_7	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Sought financial assistance from friends or family	AFF2_8	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Sought financial assistance from welfare or community organisations	AFF2_9	2019–2021
In the past 12 months, did any of these happen to you because you were short of money? Had to delay or cancel non-essential purchases	AFF2_10	2019 and 2021
Could you tell me how old you are today?	DEM2	2011–2021
What is your gender?	SEX, RSEX, RSEX_Y19, RSEX_20	2011–2021
Do you consider yourself to be (sexuality)	SEXID	2019–2021
Could you please tell me your postcode?	DEM16	2011–2021
What is the name of the suburb or town where you live?	DEM17	2011–2021
Can you please tell me how many people, including yourself live in your household?	INT1AM	2011–2021
Besides yourself, who else do you live with in your household, such as brothers and sisters, mother or stepmother?	RLHP	2011–2021
Number of people 65+ in the household	N65PLS	2011–2014

Question	Variable name(s)	Years available
Which of the following best describes your household? [lives alone, couple only household, single parent with children household, couple parent with children household, share or group household, retirement village, other]	CHA19	2019–2021
What is your formal marital status?	MSTP, MSTP_Y18	2011–2021
Do you consider yourself to be [heterosexual or straight, gay, lesbian, bisexual, something else]	SEXID	2019–2021
In which country were you born?	BPLPA, BPLPA1	2011–2021
In which country was your mother born?	BPMP, BPMP1	2011–2019
In which country was your father born?	BPFP, BPFP1	2011–2019
Do you usually speak a language other than English at home?	LANPA, LANPA1	2011–2021
Are you of Aboriginal or Torres Strait Islander origin?	INGP	2011–2021
What is the highest level of primary or secondary schooling you have completed?	HSCP	2011–2021
What is the level of the highest qualification you have completed?	QALLP, QALLP_Y20	2011–2021
Which of these best describes your current employment status?	LFSPA	2011–2021
Were you actively looking for work in the last week?	LFS	2011–2021
In the last week, how many hours did you work in all jobs?	HRSP	2011–2018
Do you currently receive a government pension, allowance or benefit?	DEM11	2011–2021
Apart from Medicare, are you currently covered by private health insurance?	DEM13	2011–2021
Is the home in which you currently live [fully owned/outright owned, being paid off by you/your partner, rented from the government, rented privately, rent-free, other]	DWL, DWL_Y19	2011–2021
How many bedrooms are there in this house?	DWL2	2019–2021
Before tax is taken out, which of the following ranges best describes your household income, from all sources, over the past 12 months?	INC2, INC2_Y16, INC2_Y18	2011–2021