

NUTM/STAT/PHSI3888

Project One

About the AHS data

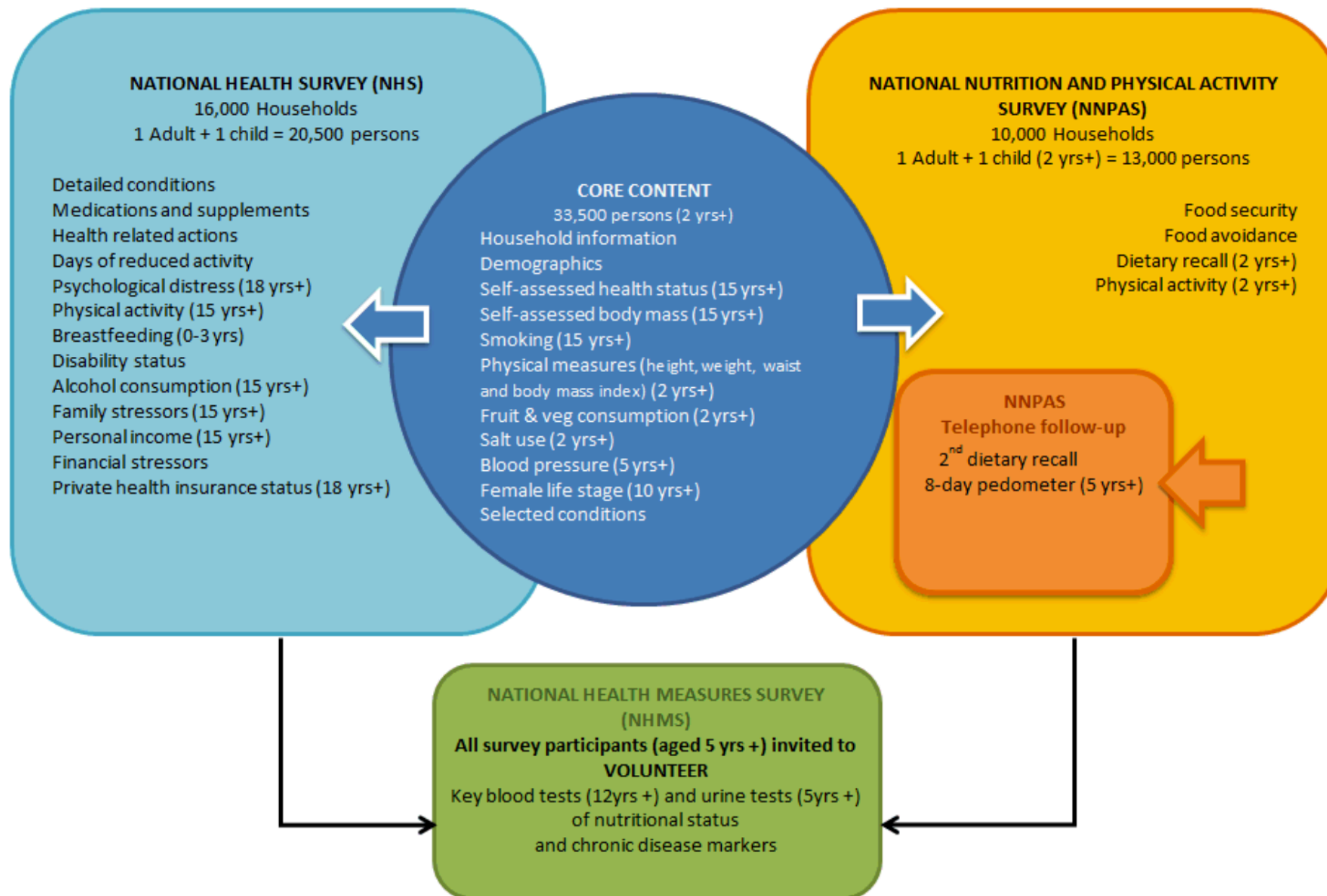
Data is from:

- Australian Health Survey, National Health Survey 2011-2012
- National Nutrition and Physical Activity Survey 2011-2012 Basic 3Rd Edition

Australian Health Survey 2011-12

- The largest and most comprehensive health survey ever conducted in Australia
- It combines:
 - National Health Survey (NHS)
 - National Aboriginal and Torres Strait Islander Health Survey
 - National Nutrition and Physical Activity Survey (NNPAS)
 - National Health Measures Survey (NHMS)

STRUCTURE OF THE 2011-13 AUSTRALIAN HEALTH SURVEY



APPROACHED SAMPLE, FINAL SAMPLE AND RESPONSE RATES

	New South Wales	Victoria	Queensland	South Australia	Western Australia	Tasmania	Northern Territory	Australian Capital Territory	Australia
Households approached (after sample loss)	3 269	3 051	2 907	2 285	2 385	1 635	1 307	1 516	18 355
Households in sample	2 736	2 516	2 457	1 962	2 144	1 469	975	1 306	15 565
Response rate (%)	83.7	82.5	84.5	85.9	89.9	89.8	74.6	86.1	84.8
Persons in sample	3 602	3 287	3 244	2 508	2 847	1 909	1 304	1 725	20 426

Subset for research project

	A	B	C	D	E	F	G	H	I
1	Variable name	Description							
2	BMISC	Body mass index (BMI)							
3		0. Not applicable							
4		Greater than 0. but less than 97. Continuous - two decimal							
5		98. Measurement not taken - refusal							
6		99. Measurement not taken - other reason							
7	AGEC	Age of person (y)							
8		0. to 98. Continuous							
9		99. 99 years and over							
10	SMSBC	Social marital status	All persons in household 15 years and over						
11		0. Not applicable							
12		1. Married in a registered marriage							
13		2. Married in a de facto marriage							
14		3. Not married							
15	COBBC	Country of birth	All persons						
16		1. Australia							
17		2. Main English speaking countries (Canada, Republic of Ireland, New Zealand, South Africa, United Kingdom, United States of America							
18		3. Other							
19	FEMLSBC	Female life stages	Females aged 10 years and over						
20		1. Have never menstruated							
21		2. Currently pregnant							
22		3. Currently breastfeeding							
23		4. Currently experiencing menopause							
24		5. Post menopause							
25		6. None of these apply							
26		9. Not applicable							

Data source and definitions

- Usual daily intake of fruit and vegetables in the AHS is based on self-reported data for the number of serves of fruit and vegetables that people usually ate each day.
- A **serve of vegetables** was defined as:
 - half a cup of cooked vegetables
 - one medium potato or
 - one cup of salad vegetables
 - (approximately 75 grams).
- A **serve of fruit** was defined as:
 - one medium piece or two small pieces of fresh fruit,
 - one cup of diced fruit,
 - a quarter of a cup of sultanas, or four dried apricot halves
 - (approximately 150 grams of fresh fruit or 50 grams of dried fruit).
- Tomatoes were included as a vegetable rather than a fruit, and legumes were excluded.
- Fruit juices were not considered to be fruit.

WAIST MEASUREMENT GUIDELINES, Adults

	Men	Women
Not at risk	Waist circumference less than 94 cm	Waist circumference less than 80 cm
Increased risk	Waist circumference more than or equal to 94 cm	Waist circumference more than or equal to 80 cm
Greatly increased risk	Waist circumference more than or equal to 102 cm	Waist circumference more than or equal to 88 cm

Exercise

- Types of exercise covered in the AHS were walking, moderate and vigorous exercise for sport, recreation or fitness.
- **Moderate exercise** consists of activity undertaken for fitness, recreation or sport that causes a moderate increase in heart rate or breathing
- **Vigorous exercise** causes a large increase in a person's heart rate or breathing.
- Level of exercise is determined based on the frequency, intensity and duration of exercise.

Index of Relative Socio-Economic Disadvantage

This is one of four Socio-Economic Indexes for Areas (SEIFA) compiled by ABS following each Census of Population and Housing. The indexes are compiled from various characteristics of persons resident in particular areas: the Index of Relative Socio-Economic Disadvantage summarises attributes such as low income, low educational attainment, high unemployment and jobs in relatively unskilled occupations. A lower Index of Relative Socio-Economic Disadvantage quintile (e.g. the first quintile) indicates relatively greater disadvantage and a lack of advantage in general. A higher Index of Relative Socio-Economic Disadvantage (e.g. the fifth quintile) indicates a relative lack of disadvantage and greater advantage in general. For further information about SEIFA see the Australian Health Survey: Users' Guide, 2011-13 (cat. no. 4363.0.55.001) scheduled for release in November 2012.