

Northern Territory Health and Wellbeing Survey Non- Indigenous Population

December 2000

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Epidemiology, Health Gains Planning Unit welcomes inquiries about the data presented in this report and invites other branches within the Department and non-government organisations to work with them to further explore these data.

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SUMMARY

The Northern Territory Health and Wellbeing Survey was conducted in December 2000 by the Department of Health and Community Services. It is the first large-scale population health survey in the Northern Territory to provide statistically robust information on the residents of metropolitan, rural and remote regions.

The survey was conducted under the banner of the National Public Health Partnership and was a joint collaborative project between the Northern Territory (NT), South Australia (SA), Western Australia (WA) and the Commonwealth. The successful completion of this project demonstrates the capacity for collaboration between the various jurisdictions. It also enables comparisons to be made on the various factors affecting and associated with health and wellbeing in the NT, SA and WA.

Information on a range of health related topics was collected by telephone from 2,498 residents aged 18 years and over from metropolitan, rural and remote areas. The information provided by the respondents will assist the Department in developing and refining policies and programs aimed at improving the health of the population.

Of the 2,498 respondents, 146 or 5.8% reported being of Aboriginal or Torres Strait Islander origin. Records for these respondents have been excluded from all analyses presented in this report, because they are unlikely to be representative of all Indigenous people in the Northern Territory. Information in this report pertains to 2,352 non-Indigenous Territorians

All of the data are self-reported and prevalence measures are presented at Territory and regional level. In general, estimates of health and wellbeing were similar for respondents regardless of whether they were from metropolitan, rural or remote regions.

This report presents the main findings from the survey. In addition to program and policy areas within the Northern Territory Department of Health and Community Services, other potential users of the data, including non-Government Organisations, are encouraged to contact and to work closely with Epidemiology to explore the information further.

Some of the main findings from the survey are presented below.

Mental health

- 32% of respondents reported that they were at medium or high risk of, or suffered from, anxiety or a depressive disorder
- 10% of respondents reported being diagnosed with at least one mental health condition in the 12 months prior to the survey
- 5% of respondents reported receiving treatment for anxiety, depression, stress related problem or other mental health problem at the time of the survey

Health conditions

- 4% of respondents reported having medically confirmed diabetes
- 17% of respondents reported they had been diagnosed with asthma
- 12% of respondents have been told by a doctor that they have high cholesterol
- 23% of respondents had an injury requiring medical treatment in the 12 months prior to the survey

Health care utilisation

- 78% of respondents had used a primary health care service one or more times in the twelve months prior to the survey
- 12% of respondents had spent at least one night in hospital in the twelve months prior to the survey

Protective and risk factors

- 44% of respondents reported a body mass index (BMI) in the acceptable range
- 29% of respondents smoked
- 41% of respondents reported having two or more serves of fruit per day

Medication use

- 50% of respondents regularly took medication in the two weeks prior to the survey

Health related issues

- 18% of respondents were totally unable to work or carry out normal duties for at least one day because of their health in the four weeks prior to the survey

CHAPTER 1: BACKGROUND AND METHODS

1.1 Introduction

There is a perception in Australia that the different political and management objectives of the various State, Territory and Commonwealth government agencies have made collaboration historically difficult. In the health area, agreement to and implementation of the National Health Information Agreement between the various Government health agencies has led to successful collaboration since the early 1990s.

The collaborative project was conceived and led by the Epidemiology Branches of the health departments of the Northern Territory (Department of Health and Community Services), South Australia (Department of Human Services), and Western Australia (Health Department, Western Australia) and the Population Health Division of the Commonwealth Department of Health and Aged Care.

Following discussions at national Computer Assisted Telephone Interview (CATI) Technical Reference Group meetings, a joint submission from South Australia (SA), Western Australian (WA) and the Northern Territory (NT), was submitted to the Commonwealth Department of Health and Aged Care for additional funding to support the implementation of the collaboration. The proposal was to undertake a three state/territory CATI health and wellbeing survey utilising the already established SA infrastructure.

A management group, comprising Alison Daly (WA), Edouard d’Espaignet (NT), David Wilson and Anne Taylor (SA) and Joy Eshpeter (Commonwealth) was established to oversee the survey process. Each individual state/territory also brought their own research teams and local experts to assist in the design of the questionnaire. The names of those involved in the NT are included in Appendix 1.

SA conducted the telephone interviewing on behalf of the other states using the Social, Environmental and Risk Context Information System (SERCIS), a telephone monitoring system designed to provide high quality survey data on large samples of the population.

This report summarises the main Northern Territory findings of the survey.

1.2 Aim of project

The aim of the project was to demonstrate the capacity and develop a process for a public health survey partnership between the states and the Commonwealth. The partnership involved collaboration in the conception, development, implementation, data management, analysis and reporting of a population health and well-being survey in Western Australia, Northern Territory and South Australia (nominally called the WANTS survey). The collaborating partners aimed to:

- demonstrate, under the banner of the National Public Health Partnership, a collaboration built on open and frank communication among the epidemiologists representing the above-mentioned health departments on the Computer Assisted Telephone Interview (CATI) Technical Reference Group;
- agree on topics for investigation after extensive consultations with departmental program managers in the various jurisdictions;
- assess the wellbeing of the populations of the Northern Territory, South Australia and Western Australia using valid, reliable and standardised instruments;
- develop mechanisms for data sharing whilst ensuring that each jurisdiction maintained control of their own data;
- collaborate in data analysis and sharing of intellectual and other resources; and
- compare measures of health and well-being status and selected determinants among the participating jurisdictions.

An incentive for the Northern Territory to participate in the project was the opportunity to demonstrate the usefulness of population health data (to complement the service related data) in developing and monitoring programs and policies. Other related objectives included:

- providing a forum for various program managers to raise, within the Department, the importance and need for population health information;
- providing the program managers with the opportunity to become actively involved in collecting data to assess the health needs at a population level; and
- ensuring the sample size was large enough so that statistically meaningful results could be provided for urban, rural and remote populations separately.

1.3 Survey design

1.3.1 Sample selection

All households in NT with a telephone connected and the telephone number listed in the latest version of the EWP (Electronic White Pages) were eligible for selection in the sample. The target number of interviews for Northern Territory was 2500.

In this study, the total number of interviews for Northern Territory were determined to be distributed as 900 interviews in the metropolitan area, 800 interviews in rural areas, and 800 interviews in remote areas. These geographic regions are defined in Section 1.3.2. The minimum sample size of 800 was necessary to enable population estimates of health conditions and behaviours to be made with reasonable confidence intervals. A simple random sample of the whole territory would have been representative of the population structure, but the resulting health estimates for rural and remote areas would have had wide confidence intervals. Such estimates would have done little to describe health in the less populated areas of the Territory.

As a consequence of the need to over-sample non-metropolitan areas, separate samples were drawn for each of the three geographic regions (metro/rural/remote). These samples represented increasing proportions of the population as remoteness increased. A summary of the target number of interviews as a proportion of the estimated residential population in each region in 1999 is shown in Table 1.1. The estimated residential population figures supplied by the Australian Bureau of Statistics were the most up-to-date available at the time of analysis.

The initial sample sizes drawn from the EWP were based on the best recent estimates of response rates, and accuracy of EWP listings in each region. The accuracy of the EWP diminishes with time since publication. A substantial proportion of the population moves residence in any one year.

Table 1.1 Target interviews by region as a proportion of population size

Region	Target interviews	Residential population 18+ *	Sample proportion
Metropolitan	900	64,721	1.4%
Rural	800	43,074	1.9%
Remote	800	25,659	3.1%

* Estimated Residential Population – ABS 1999.

Within each household, the person aged over 18 years who had their birthday last was selected for interview. There was no replacement for non-contactable persons.

1.3.2 Definition of geographic regions

Each state and territory in Australia can be divided into three regions representing metropolitan (capital city), rural and remote areas with the rural and remote areas substantially less populated than the metropolitan region. Rural and remote areas were a particular focus of the survey in terms of assessing health status and health service planning requirements. Defining remoteness of population locations from health and other services has been an issue of considerable discussion in recent years and has resulted in a Rural, Remote and Metropolitan (RRMA) classification [1] and ARIA [2, 3] classification.

Regions were defined as aggregations of postcode areas in the state. Postcodes were taken as the geographic reference as this was the only reliable location data available in the telephone listing database that could be extrapolated to larger regions. Postcodes are readily translated to SLAs (Statistical Local Areas) in which estimated population numbers are published. This connection between address and ABS data was necessary for weighting of the data to reflect population proportions by age and gender (see Section 1.4.2). Postcode to region lists for Northern Territory are detailed in Appendix 3.

1.3.3 Introductory letter

A letter introducing the health survey (Appendix 4) was sent to the household of each selected telephone number. The letter informed people of the purpose of the survey and indicated that they could expect to be contacted by telephone within the timeframe of the survey.

1.3.4 Questions

Initial questionnaire design was based on a previous South Australian survey - the 1997 Mental Health Survey [4]. Modifications were made based on management group discussions and individual state/territory sub-committee recommendations. The majority of the questions have been used in other surveys such as the 1989 National Heart Foundation Risk Prevalence Study [5] or form part of recognised measures of ill-health such as the SF12 [6][7]. The full list of questions asked in this survey is contained in Appendix 5.

1.3.5 Pilot testing

Before the conduct of the main survey, the questionnaire was pilot tested (n=50). Pilot testing took place from Tuesday 17 October 2000 to Thursday 19 October 2000. Modifications were made to the questionnaire following a debrief by all partners on Friday 20 October.

1.4 Data collection

Data collection was undertaken by a contracted South Australian Agency: Harrison Health Research. The survey commenced on 1 November 2000 and concluded on 21 December. Telephone calls were made between 9:30 am and 9.00 pm, seven days a week. Professional interviewers conducted the interviews and were supervised by Harrison Health Research and SERCIS personnel. Disposition codes were supplied to SERCIS staff daily, or as required, to ensure careful monitoring of survey activities. On contacting the household, the interviewer initially identified themselves and the purpose of the survey.

1.4.1 CATI

The CATI III (Computer Assisted Telephone Interview) system was used to conduct the interviews. This system allows immediate entry of data from the interviewer's questionnaire screen to the computer database. The main advantages of this system are the precise ordering and timing of call backs and correct sequencing of questions as specific answers are given. The CATI system enforces a range of checks on each response with most questions having a set of pre-determined response categories. In addition, CATI automatically rotates response categories, when required, to minimise bias. When open-ended responses were required, these were transcribed exactly by the interviewer.

1.4.2 Call backs

At least six call-backs were made to the telephone number selected to interview household members. Different times of the day or evening were scheduled for each call-back. If a person could not be interviewed immediately they were re-scheduled for interview at a time suitable to them. Where a refusal was encountered, another interviewer generally (at the discretion of the supervisor) called later, in an endeavour to obtain the interview(s). Replacement interviews for persons who could not be contacted or interviewed were not permitted.

1.4.3 Validation

Of each interviewer's work, 10% was selected at random for validation by the supervisor. In addition, Harrison Health Research is a member of Interviewer Quality Control Australia (IQCA), a national quality control assurance initiative of the Market Research Society of Australia. Accredited organisations must strictly adhere to rigorous quality assurance requirements and are subject to regular audits by IQCA auditors.

1.4.4 Response rate

Initially a sample of 3,859 was drawn and there were 2,498 interviews completed. The response rate in the Northern Territory was 64.7% and the participation rate was 78.2%. The high participation rate was very pleasing given that this was the first time the Northern Territory had conducted a CATI survey. The response rates for the Northern Territory, South Australia and Western Australia are shown in Table 1.2.

Table 1.2: Response rates in the 2000 CATI survey by state

	Northern Territory		South Australia		Western Australia	
	Number	Percent	Number	Percent	Number	Percent
Initial eligible sample	3859	100.0	4217	100.0	12119	100.0
Refusals	522	13.5	759	18.0	1576	13.0
Non-contact after six attempts	665	17.2	678	16.1	2748	22.2
Respondent unable to speak English, Italian, Greek, Croatian, Chinese (traditional and simplified) or Vietnamese	80	2.1	56	1.3	62	0.5
Incapacitated and unable to be interviewed	67	1.7	112	2.7	129	1.1
Terminated interviews	17	0.4	13	0.3	55	0.4
Hearing impaired	10	0.3	23	0.5	43	0.3
Completed interviews						
<i>Response rate</i>	2498	64.7	2576	61.1	7506	61.9
<i>Participation rate</i>	2498	78.2	2576	72.8	7506	80.1

Response rate = completed interviews / initial eligible sample

Participation rate = completed interviews / (initial eligible sample - non-contact after six attempts)

There is no information available about the 13.5% of respondents in the sample who refused to be interviewed except whether they declined politely or in an angry manner.

1.5 Data processing

1.5.1 Analysis

Raw data from the CATI system were analysed using SPSS Version 10.0.

1.5.2 Weighting

The data presented in this report were weighted by age, gender, and probability of selection in the household. Weighting was used to correct for the disproportionality of the sample with respect to the populations of interest. The weights reflect unequal sample inclusion probabilities and compensate for differential non-response. The adult populations, aged 18 years or over, of the Northern Territory were obtained from the Australian Bureau of Statistics. The most recently available population estimates, being the estimated residential population for 1999, were used. The data were weighted using the ABS data so that the health estimates calculated would be representative of the adult populations of those three states.

Ages were aggregated into 10 year categories. Probability of selection of the adult in the household was calculated from the number of adults in the household and the number of telephone listings in the EWP that reach the household.

As each region involved a discrete sample, these were weighted separately. The estimated residential populations in regions were aggregated from SLAs using the geographic information used to define the regions (see Section 1.2.2). Combined weights to enable the territory level analyses were constructed from the region weights by applying the sampling proportions in each region. In this way, metropolitan responses, for example, were weighted up slightly and remote responses were weighted down substantially.

1.5.3 Data interpretation

The weighting of the data results in occasional rounding effects. In all instances the percentages should be the point of reference rather than the actual numbers of respondents. Percentages have been processed on the figures pre-rounding.

Where the difference between a prevalence estimate for a group within a region and the overall region figure is statistically significant at the 0.05 level, the symbols \Uparrow and \Downarrow are used to denote the direction of the difference. Where the difference between a prevalence estimate for a region and the overall Territory figure is statistically significant at the 0.05 level, the symbols \wedge and \vee are used to denote the direction of the difference.

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CHAPTER 2: DEMOGRAPHIC PROFILE

Demographic descriptions of the Northern Territory sample showing gender, age, and household compositions by region are presented in Table 2.1

Table 2.1: Demographic profile - sex, age, household size

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	535	54.3	445	53.1	312	58.8
Female	450	45.7	392	46.9	218	41.2
Age groups						
18 to 25 years	143	14.5	110	13.1	78	14.7
25 to 34 years	260	26.4	233	27.8	157	29.7
35 to 44 years	239	24.2	217	25.9	133	25.1
45 to 54 years	196	19.9	158	18.9	100	18.8
55 to 64 years	94	9.5	76	9.0	43	8.0
65 to 74 years	36	3.7	31	3.7	13	2.5
75 years and over	18	1.8	13	1.6	6	1.1
Household size (18 years and over)						
1	125	12.7	98	11.8	92	17.3
2	585	59.4	530	63.4	350	66.0
3	163	16.5	128	15.3	52	9.9
4 or more	112	11.4	80	9.6	36	6.8
Number of children in the household						
None	547	55.6	427	51.1	330	62.2
1	154	15.6	145	17.4	83	15.6
2	188	19.1	167	20.0	77	14.4
3 or more	96	9.7	97	11.6	41	7.6
Not stated	-	-	-	-	1	0.1
Total	985	100.0	837	100.0	530	100.0

The demographic description of the sample is continued in Table 2.2 with information on marital status, educational attainment and country of birth.

Table 2.2: Demographic profile - marital status, educational attainment, country of birth

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Marital status						
Never married	224	22.8	182	21.8	129	24.4
De facto	137	14.0	128	15.3	94	17.8
Married	510	51.8	457	54.6	259	48.8
Separated	43	4.4	19	2.3	12	2.3
Divorced	45	4.6	32	3.8	29	5.4
Widowed	24	2.4	18	2.2	7	1.3
Not stated	1	0.1	1	0.1	-	-
Educational attainment						
Never attended school	6	0.6	1	0.1	-	-
Some primary school	8	0.8	5	0.6	6	1.1
Completed primary school	20	2.0	15	1.7	8	1.5
Some high school	289	29.3	250	29.9	168	31.7
Completed high school ie year 12, form 6, HSC	216	21.9	186	22.3	100	18.9
TAFE or Trade Certificate or Diploma	185	18.8	232	27.7	129	24.3
University, CAE or some other tertiary institute degree	257	26.1	148	17.6	117	22.0
Other	4	0.4	-	-	3	0.5
Born in Australia						
Yes	733	74.5	644	77.0	428	80.6
No	251	25.5	191	22.8	102	19.2
Not stated	1	0.1	2	0.2	1	0.2
Total	985	100.0	837	100.0	530	100.0

The demographic description continues in Table 2.3 with information on work status, occupation and receipt of a pension or benefits.

Table 2.3: Demographic profile - work status, lifetime occupation, pension or benefit from Department of Social Security by region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Full time employed	613	62.3	536	64.0	371	70.0
Part time employed	139	14.1	136	16.3	73	13.7
Unemployed	40	4.1	19	2.2	14	2.7
Home duties	66	6.7	73	8.7	45	8.5
Retired	73	7.4	49	5.9	19	3.6
Student	37	3.7	15	1.7	4	0.7
Other	16	1.7	10	1.2	4	0.8
Refused	-	-	-	-	-	-
Lifetime occupation						
Manager or administrator	134	13.7	97	11.6	70	13.2
Professional	129	13.1	94	11.3	76	14.3
Para-professional	55	5.6	75	8.9	27	5.2
Trades person	107	10.9	144	17.2	79	15.0
Clerk	202	20.5	129	15.4	47	8.8
Sales person or personal service worker	133	13.5	110	13.2	67	12.6
Plant or machine operator or driver	32	3.3	33	4.0	29	5.5
Labourer or related worked	139	14.1	124	14.8	118	22.3
Home duties	20	2.0	22	2.6	13	2.4
Never worked	32	3.3	10	1.2	3	0.5
Not stated	-	-	-	-	1	0.2
Total	985	100.0	837	100.0	530	100.0
Received pension or benefit from the Department of Social Security (if not employed)						
Yes	135	36.4	85	28.2	55	34.3
No	237	63.6	216	71.5	104	65.7
Don't know	-	-	1	0.2	-	-
Total	372	100.0	301	100.0	159	100.0

Note: The 'other' category for lifetime occupation has not been re-coded into the existing categories.

Household financial status is shown in Table 2.4. The questions asked of respondents related to their views on excess discretionary income, and the gross annual income of the household.

Table 2.4: Demographic profile - money situation, gross annual household income by region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Money situation						
Spending more money than getting	51	5.2	23	2.8	14	2.6
Have just enough money to get through to the next pay	183	18.6	127	15.2	41	7.8
There is some money left over each but just spent it	78	8.0	57	6.8	18	3.4
Can save a bit every now and then	435	44.2	408	48.7	217	40.9
Can save a lot	221	22.5	200	23.9	228	42.9
Don't know	13	1.3	17	2.1	8	1.4
Refused	3	0.4	4	0.5	5	1.0
Gross annual household income						
Up to \$12,000	49	4.9	26	3.2	20	3.7
\$12,001 to \$20,000	43	4.4	38	4.6	29	5.5
\$20,001 to \$40,000	133	13.5	113	13.5	68	12.9
\$40,001 to \$60,000	180	18.3	184	22.0	113	21.4
\$60,001 to \$80,000	171	17.3	155	18.5	84	15.8
More than \$80,000	293	29.8	238	28.4	173	32.5
Not stated / refused	41	4.2	20	2.4	18	3.4
Don't know	74	7.5	62	7.5	25	4.7
Total	985	100.0	837	100.0	530	100.0

CHAPTER 3: MENTAL HEALTH STATUS

3.1 Kessler psychological distress scale

3.1.1 Description

The Kessler psychological distress 10 item scale or K10 comprises ten questions aimed at measuring anxiety and depressive disorders in a general population [5, 6]. The scale has five response categories intended to “yield a global measure of ‘psychosocial distress’ based on questions about the level of anxiety and depressive symptoms in the most recent four-week period” [7].

Table 3.1: Kessler psychological distress scale

	n	%
In the past four weeks, about how often did you feel tired out for no good reason?		
All of the time	63	2.7
Most of the time	149	6.3
Some of the time	468	19.9
A little of the time	641	27.3
None of the time	1030	43.8
Total	2352	100.0
In the past four weeks, about how often did you feel nervous?		
All of the time	16	0.7
Most of the time	43	1.8
Some of the time	245	10.4
A little of the time	624	26.5
None of the time	1424	60.6
Total	2352	100.0
In the past four weeks, about how often did you feel so nervous that nothing could calm you down? ¹		
All of the time	1	0.1
Most of the time	10	1.0
Some of the time	61	6.6
A little of the time	117	12.6
None of the time	739	79.7
Total	928	100.0

Note: ¹ Only respondents who reported feeling nervous were asked this question.

Table 3.1: Kessler psychological distress scale (cont)

	n	%
In the past four weeks, about how often did you feel hopeless?		
All of the time	22	1.0
Most of the time	15	0.7
Some of the time	140	6.0
A little of the time	258	11.0
None of the time	1916	81.5
Total	2352	100.0
In the past four weeks, about how often did you feel restless or fidgety?		
All of the time	45	1.9
Most of the time	98	4.2
Some of the time	373	15.8
A little of the time	672	28.6
None of the time	1164	49.5
Total	2352	100.0
In the past four weeks, about how often did you feel so restless you could not sit still?¹		
All of the time	25	2.1
Most of the time	45	3.8
Some of the time	144	12.1
A little of the time	315	26.6
None of the time	658	55.4
Total	1188	100.0
In the past four weeks, about how often did you feel depressed?		
All of the time	21	0.9
Most of the time	66	2.8
Some of the time	211	9.0
A little of the time	538	22.9
None of the time	1516	64.5
Total	2352	100.0
In the past four weeks, about how often did you feel everything was an effort?		
All of the time	52	2.2
Most of the time	109	4.6
Some of the time	337	14.3
A little of the time	574	24.4
None of the time	1281	54.5
Total	2352	100.0

Note: ¹ Only respondents who reported feeling restless or fidgety were asked this question.

Table 3.1: Kessler psychological distress scale (cont)

	n	%
In the past four weeks, about how often did you feel so sad that nothing could cheer you up?		
All of the time	12	0.5
Most of the time	30	1.3
Some of the time	120	5.1
A little of the time	250	10.6
None of the time	1940	82.5
Total	2352	100.0
In the past four weeks, about how often did you feel worthless?		
All of the time	10	0.4
Most of the time	32	1.4
Some of the time	110	4.7
A little of the time	190	8.1
None of the time	2010	85.4
Total	2352	100.0

3.1.2 Scoring of the Kessler 10 to determine psychological distress

The creators of the Kessler 10 have not developed or published details on the scoring of the scale. Various scoring methods for the Kessler 10 have, however, been developed and are described below.

3.1.3 Kessler scoring method A - anxiety or depressive disorder

A scoring method for the Kessler 10 has been described by the Clinical Research Unit for Anxiety & Depression (CRUFAD), School of Psychiatry, University of NSW [5]. The response categories are converted to Likert scales but reversed ie value of 1 for “none of the time” to 5 for “all of the time”. These 10 items are summed to give scores ranging between 10 and 50. CRUFAD developed cutoff scores for the Kessler 10 by comparing the score against the Composite Interviewing Diagnostic Instrument (CIDI). Both instruments were included in the Australian Survey of Mental Health and Wellbeing [9].

Table 3.2 shows the proportion of respondents in the Northern Territory who were classified as having low or no risk, medium risk or high risk of anxiety or a depressive disorder.

Overall, 3.5% of respondents in the Northern Territory were classified as high risk of having anxiety or a depressive disorder (Table 3.2).

Table 3.2: Anxiety or depressive disorder according to the Kessler 10

	n	% (95% CI)
Low or no risk (score of 12 to 15)	1604	68.2 (66.3 - 70.1)
Medium risk (score of 16 to 29)	666	28.3 (26.5 - 30.2)
High risk (score of 30 to 50)	82	3.5 (2.8 - 4.3)
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.3 contains the risk levels of anxiety or depressive disorder for each of the three Northern Territory regions. Respondents living in the remote areas of the Northern Territory were statistically significantly less likely to be classified as being at high risk of anxiety or depressive disorder according to the Kessler 10.

Table 3.3: Anxiety or depressive disorder according to the Kessler 10 by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Low or no risk	667	67.7 (64.7 - 70.6)	575	68.7 (65.4 - 71.8)	372	70.1 (66.1 - 74.0)
Medium risk	282	28.6 (25.8 - 31.6)	233	27.9 (24.9 - 31.0)	152	28.6 (24.9 - 32.8)
High risk	37	3.7 (2.7 - 5.2)	28	3.4 (2.3 - 4.9)	7	1.3 (0.6 - 2.8) [∧]
Total	985	100.0	837	100.0	530	100.0

[∧] [∨] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.4, Table 3.5 and Table 3.6 show the demographic profile of people with low or no risk, medium risk or high risk of anxiety or depressive disorder for each of the Northern Territory regions.

Table 3.4: Low or no risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	387	72.4	329	74.0 ↑	228	73.1
Female	280	62.1 ↓	246	62.8 ↓	144	65.8
Age group (years)						
18 to 24 years	83	58.2 ↓	76	68.9	35	44.9 ↓
25 to 34 years	190	73.2	143	61.6 ↓	112	71.3
35 to 44 years	155	65.1	148	68.3	100	74.9
45 to 54 years	142	72.5	124	78.1 ↑	80	80.3 ↑
55 to 64 years	57	60.8	55	73.3	30	71.7
65 or more years	39	72.4	29	66.0	14	72.9
Household size (18 years and over)						
1 adult	75	59.9	60	61.0	62	67.9
2 adults	410	70.1	377	71.1	253	72.3
3 adults	109	67.0	87	68.4	39	74.6
4 or more adults	73	64.8	51	63.4	17	47.7 ↓
Number of children (less than 18 years)						
None	365	66.8	291	68.1	224	68.0
1 child or more	301	68.8	284	69.4	147	73.5
Marital Status						
Married/De Facto	461	71.2	414	70.8	266	75.3
Separated/Divorced	52	59.0	29	57.3	27	65.5
Widowed	13	55.9	10	53.9	5	76.2
Never Married	139	62.2	121	66.6	74	57.0 ↓
Highest educational qualification obtained						
Secondary	339	62.6	306	67.0	182	64.0
Trade/Apprenticeship/Certificate/ Diploma	125	67.4	165	70.9	100	77.5
Degree or higher	202	78.6 ↑	104	70.7	90	76.9
Country of birth						
Australia	503	68.6	432	67.0	298	69.7
Overseas	164	65.3	143	75.1	73	71.3
Region overall	667	67.7	575	68.7	372	70.1

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.4: Low or no risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Employed full time	450	73.4 ↑	389	72.6	274	73.9
Employed part time	82	58.7 ↓	89	65.4	48	66.6
Unemployed	20	49.9 ↓	9	50.0	7	51.5
Economically inactive	115	59.6 ↓	88	60.1 ↓	41	57.6 ↓
Receive pension or benefit (if not employed)						
Yes	67	49.8 ↓	44	51.8 ↓	31	57.1 ↓
No	149	63.0	142	65.8	66	63.3
Lifetime occupation						
Manager, professional, para-professional	233	73.0	190	71.5	123	71.4
Trades person, clerk, sales person or personal service worker	293	66.4	263	68.8	135	69.7
Plant or machine operator or driver, labourer or related worker	105	61.3	104	66.1	103	69.9
Home duties, never worked	35	67.5	18	57.7	9	60.5
Money situation						
Spending more money than getting	21	40.4 ↓	12	53.8	4	28.5 **
Have just enough money to get through to next pay	88	48.0 ↓	58	45.6 ↓	25	60.0
There is some money left over each but just spent it	57	72.1	34	59.0	10	58.2
Can save a bit every now and then	316	72.7	296	72.6	156	71.8
Can save a lot	175	79.0 ↑	160	80.0 ↑	168	73.7
Don't know / not stated	11	65.4	15	69.6	9	70.9
Gross annual household income						
Less than \$20,000	51	55.1 ↓	38	59.3	26	53.5 ↓
\$20,000 to < \$40,000	69	51.5 ↓	74	65.4	50	72.6
\$40,001 to < \$80,000	234	66.7	239	70.5	144	72.9
\$80,001 or more	239	81.6 ↑	173	72.8	125	72.5
Not stated	74	64.2	51	61.7	27	62.6
Region overall	667	67.7	575	68.7	372	70.1

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.5 Medium risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	129	24.1	99	22.3 ↓	82	26.2
Female	153	34.0 ↑	134	34.2 ↑	70	32.2
Age group (years)						
18 to 24 years	51	35.3	33	29.7	43	55.1 ↑
25 to 34 years	64	24.7	75	32.1	42	26.9
35 to 44 years	74	31.2	65	29.8	32	24.3
45 to 54 years	46	23.6	28	17.6 ↓	19	19.2 ↓
55 to 64 years	32	33.9	19	25.3	11	26.5
65 or more years	15	26.9	14	32.9	4	19.6 **
Household size (18 years and over)						
1 adult	45	36.3	33	33.8	26	28.4
2 adults	152	26.0	141	26.6	94	26.7
3 adults	52	31.8	39	30.7	13	25.4
4 or more adults	32	28.6	20	24.8	19	52.3 ↑
Number of children (less than 18 years)						
None	160	29.3	120	28.1	101	30.5
1 child or more	121	27.7	114	27.7	51	25.5
Marital Status						
Married/De Facto	166	25.6	157	26.9	84	23.7
Separated/Divorced	33	37.6	19	36.9	13	31.4
Widowed	9	37.8	8	41.7	2	23.8 **
Never Married	74	32.9	50	27.4	54	41.3 ↑
Highest educational qualification obtained						
Secondary	175	32.3	136	27.9	98	34.4
Trade/Apprenticeship/Certificate/ Diploma	57	30.8	56	29.8	28	21.8
Degree or higher	49	19.1 ↓	41	24.1	26	22.1
Country of birth						
Australia	203	27.6	188	29.2	125	29.2
Overseas	78	31.1	44	22.9	27	26.4
Region overall	282	28.6	233	27.9	152	28.6

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.5 Medium risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Employed full time	150	24.4	127	23.7	95	25.5
Employed part time	53	38.1 ↑	47	34.3	24	33.4
Unemployed	13	32.3	8	44.7	6	41.8
Economically inactive	66	34.3	52	35.3	27	37.3
Receive pension or benefit (if not employed)						
Yes	54	39.7 ↑	38	44.5 ↑	21	38.8
No	78	33.1	69	31.8	36	34.4
Lifetime occupation						
Manager, professional, para-professional	75	23.5	72	27.1	48	27.6
Trades person, clerk, sales person or personal service worker	132	29.9	101	26.4	56	28.8
Plant or machine operator or driver, labourer or related worker	59	34.2 ↑	48	30.9	44	29.5
Home duties, never worked	16	30.0	12	38.2	5	31.9
Money situation						
Spending more money than getting	27	52.8 ↑	8	36.1	8	61.2 ↑
Have just enough money to get through to next pay	81	44.1 ↑	58	45.8 ↑	15	36.7
There is some money left over each but just spent it	20	25.4	22	37.8	6	35.2
Can save a bit every now and then	106	24.3	103	25.3	61	28.0
Can save a lot	42	19.2 ↓	37	18.5 ↓	57	25.2
Don't know / not stated	6	34.6	5	23.3	4	29.1 **
Gross annual household income						
Less than \$20,000	36	38.8 ↑	24	36.5 ↑	20	42.0
\$20,000 to < \$40,000	56	42.0 ↑	35	31.1	16	23.6
\$40,001 to < \$80,000	105	30.0	95	27.9	53	26.7
\$80,001 or more	49	16.8 ↓	55	23.2	46	26.8
Not stated	35	30.7	25	30.2	16	37.4
Region overall	282	28.6	233	27.9	152	28.6

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.6: High risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	19	3.6	16	3.7	2	0.8 **
Female	17	3.9	12	3.0	4	2.0 **
Age group (years)						
18 to 24 years	9	6.6	2	1.4 **	-	-
25 to 34 years	5	2.1	14	6.2	3	1.9 **
35 to 44 years	9	3.8	4	1.8 **	1	0.9 **
45 to 54 years	7	3.8	7	4.2	1	0.5 **
55 to 64 years	5	5.4	1	1.4 **	1	1.8 **
65 or more years	1	0.8 **	1	1.1 **	1	7.5 **
Household size (18 years and over)						
1 adult	5	3.9	5	5.2	3	3.7 **
2 adults	23	3.9	12	2.3	3	1.0 **
3 adults	2	1.2 **	1	0.9 **	-	-
4 or more adults	7	6.6	10	11.9 †	-	-
Number of children (less than 18 years)						
None	21	3.9	17	3.9	5	1.5
1 child or more	15	3.5	12	2.9	2	1.0 **
Marital Status						
Married/De Facto	21	3.3	14	2.3	3	1.0 **
Separated/Divorced	3	3.4 **	3	5.8 **	1	3.2 **
Widowed	2	6.4 **	1	4.5	-	-
Never Married	11	5.0	11	5.9	2	1.6 **
Highest educational qualification obtained						
Secondary	28	5.1	14	3.2	5	1.7
Trade/Apprenticeship/Certificate/ Diploma	3	1.7	12	5.0	1	0.7 **
Degree or higher	6	2.3	2	1.4 **	1	1.0 **
Country of birth						
Australia	28	3.8	24	3.7	4	1.0 **
Overseas	9	3.6	4	1.9 **	2	2.3 **
Region overall	37	3.7	28	3.4	7	1.3

† ‡ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.6: High risk of anxiety or depressive disorder according to the Kessler 10 by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Employed full time	13	2.2	20	3.7	2	0.6 **
Employed part time	4	3.2 **	1	0.3 **	-	-
Unemployed	7	17.8 †	1	5.3 **	1	6.7 **
Economically inactive	12	6.1	7	4.6	4	5.1 **
Receive pension or benefit (if not employed)						
Yes	14	10.5	3	3.7 **	2	4.0 **
No	9	3.8	5	2.3 **	2	2.3 **
Lifetime occupation						
Manager, professional, para-professional	11	3.5	4	1.5	2	1.0
Trades person, clerk, sales person or personal service worker	17	3.8	18	4.8	3	1.5
Plant or machine operator or driver, labourer or related worker	8	4.5	5	3.1	1	0.6
Home duties, never worked	1	2.5	1	4.1	1	7.6
Money situation						
Spending more money than getting	3	6.7 **	2	10.2 **	1	10.3 **
Have just enough money to get through to next pay	14	7.9 †	11	8.5	1	3.3 **
There is some money left over each but just spent it	2	2.5 **	2	3.1 **	1	6.5 **
Can save a bit every now and then	13	2.9	9	2.1	1	0.2 **
Can save a lot	4	1.8 **	3	1.5 **	2	1.1 **
Don't know / not stated	-	-	2	7.0 **	-	-
Gross annual household income						
Less than \$20,000	6	6.1	3	4.2 **	2	4.5 **
\$20,000 to < \$40,000	9	6.5	4	3.6 **	3	3.9 **
\$40,001 to < \$80,000	12	3.3	5	1.5	1	0.4 **
\$80,001 or more	5	1.6	10	4.0	1	0.7 **
Not stated	6	5.1	7	8.0	-	-
Region overall	37	3.7	28	3.4	7	1.3

† ‡ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

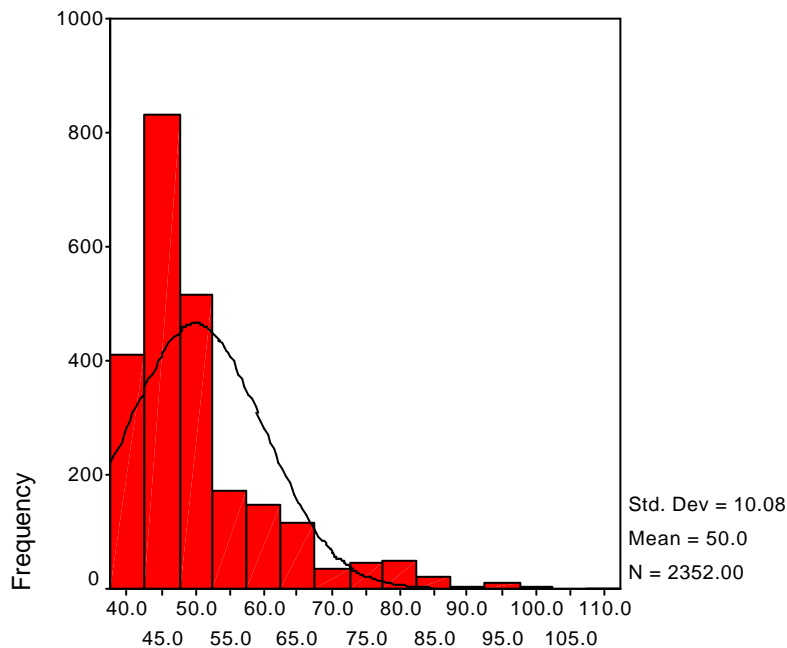
** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

3.1.4 Kessler scoring method B - psychological distress

An alternative scoring method for the Kessler 10 has been used in the NSW Health 1997 and 1998 Surveys [7]. Similarly to the previous method, the response categories are converted to Likert scales but reversed ie value of 1 for “none of the time” to 5 for “all of the time”. These 10 items are summed to give scores ranging between 10 and 50 and are then converted to a ‘T-score’ by subtracting the mean of the score and dividing by the standard deviation of the score. These scores were then standardised with a mean of 50 and standard deviation of 10.

$$K10_{\text{standardised}} = \frac{(K10_{\text{summed items}} - \text{mean}(K10_{\text{summed items}}))}{\text{Standard deviation}(K10_{\text{summed items}})} \times 10 + 50$$



The cutoff was determined by taking one standard deviation above the mean, value of 60 to determine a high level of psychological distress. Overall, 12.8% of respondents reported being psychological distressed.

Table 3.7: Psychological distress according to the Kessler 10

	n	% (95% CI)
Yes	300	12.8 (11.4 - 14.2)
No	2052	87.2 (85.8 - 88.6)
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

There was no statistically significant difference between the regions in the proportion of respondents reporting psychological distress as determined by the Kessler 10 (Table 3.8).

Table 3.8: Prevalence of psychological distress according to the Kessler 10 by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Yes	132	13.4 (11.4 - 15.7)	101	12.1 (10.0 - 14.5)	55	10.3 (8.0 - 13.4)
No	853	86.6 (84.3 - 88.6)	736	87.9 (85.5 - 90.0)	475	89.7 (86.6 - 92.0)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.9 shows the demographic profile of respondents with psychological distress according to the Kessler 10 for each of the regions in the Northern Territory.

Table 3.9: Psychological distress in the Northern Territory by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	68	12.7	41	9.2	26	8.4
Female	64	14.2	60	15.4	28	13.0
Age group (years)						
18 to 24 years	25	17.2	16	14.3	15	19.4 ↑
25 to 34 years	19	7.3 ↓	35	15.0	18	11.4
35 to 44 years	35	14.7	25	11.5	9	7.0
45 to 54 years	24	12.2	15	9.5	5	4.8
55 to 64 years	25	26.5 ↑	7	8.9	6	14.7
65 or more years	5	8.7	4	8.7	1	7.5
Household size (18 years and over)						
1 adult	23	18.8	19	19.2 ↑	14	15.2
2 adults	65	11.1	48	9.1	27	7.6
3 adults	22	13.2	16	12.2	3	6.0
4 or more adults	22	19.5	19	23.2 ↑	11	31.2 ↑
Number of children (less than 18 years)						
None	78	14.3	50	11.7	32	9.6
1 child or more	54	12.3	51	12.6	23	11.6
Marital Status						
Married/De Facto	75	11.5	61	10.4	25	7.1
Separated/Divorced	18	20.5	11	21.5 ↑	8	20.1
Widowed	5	18.9	2	9.7	0	4.2
Never Married	35	15.5	28	15.1	21	16.6
Highest educational qualification obtained						
Secondary	92	16.9	63	13.8	37	13.0
Trade/Apprenticeship/Certificate/ Diploma	21	11.2	27	11.6	11	8.3
Degree or higher	19	7.6 ↓	11	7.7	7	6.1
Country of birth						
Australia	89	12.1	80	12.5	42	9.9
Overseas	43	17.3	20	10.7	13	12.5
Region overall	132	13.4	101	12.1	55	10.3

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.9: Psychological distress in the Northern Territory by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Employed full time	57	9.3 ↓	48	8.9	28	7.5
Employed part time	22	15.7	21	15.8	10	13.2
Unemployed	13	31.5 ↑	4	23.5	3	23.3
Economically inactive	41	21.1 ↑	28	18.9	14	19.5 ↑
Receive pension or benefit (if not employed)						
Yes	37	27.1 ↑	18	21.2 ↑	10	18.6
No	38	16.2	36	16.4	17	16.2
Lifetime occupation						
Manager, professional, para-professional	33	10.3	22	8.4	19	11.2
Trades person, clerk, sales person or personal service worker	57	12.8	53	13.9	18	9.1
Plant or machine operator or driver, labourer or related worker	34	19.7 ↑	20	13.0	14	9.4
Home duties, never worked	9	16.5	5	17.3	4	25.7
Money situation						
Spending more money than getting	15	29.7 ↑	6	25.7	7	49.3 ↑
Have just enough money to get through to next pay	52	28.2 ↑	38	30.0 ↑	9	22.0 ↑
There is some money left over each but just spent it	9	11.8	8	13.6	4	23.1
Can save a bit every now and then	37	8.4 ↓	37	9.0	14	6.4
Can save a lot	18	8.0 ↓	8	4.2 ↓	17	7.5
Don't know / not stated	2	9.6	5	21.1	4	29.1
Gross annual household income						
Less than \$20,000	22	24.1 ↑	13	19.6	8	15.7
\$20,000 to < \$40,000	29	21.9 ↑	15	13.6	10	14.6
\$40,001 to < \$80,000	45	12.7	38	11.2	18	9.0
\$80,001 or more	19	6.5 ↓	21	8.9	14	7.8
Not stated	17	14.7	14	17.3	6	13.8
Region overall	132	13.4	101	12.1	55	10.3

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

3.2 SF-12

3.2.1 Description

The Short Form 12 (SF-12), a health status measure developed in the United States, has been found to be a valid measure of physical and mental health status in Australia.

The SF-12 consists of 12 questions addressing quality of life issues, which were aggregated into:

- the physical component summary scale (**PCS**), in which a higher score indicates better physical health; and
- the mental component summary scale (**MCS**), in which a higher score indicates better mental health.

The scoring of the SF-12 was done as specified in the SF-12 scoring manual [10]. Scores range between 0 and 100 with a higher score indicating better health.

The two summary scales (physical and mental) can be used to compare respondents with and without conditions or experiences.

3.2.2 Physical component and mental component summary statistics

All respondents were asked the SF-12 questions. Table shows the mean scores, with 95% confidence intervals, for the two summary scales of the SF-12.

Table 3.10: Mean scores for the SF-12 summary scales

	n	Mean (95% CI)
Physical component summary	2352	50.6 (50.3 - 51.0)
Mental component summary	2352	52.1 (51.8 - 52.5)

3.2.3 Physical component summary score by demographic variables and region

Table 3.11 shows the mean scores and 95% confidence interval of the mean for the physical summary scale of the SF-12 by various demographic variables. Higher mean scores indicate better overall physical health.

Table 3.11: SF12 physical component summary score by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	Mean (95% CI)	n	Mean (95% CI)	n	Mean (95% CI)
Gender						
Male	535	50.6 (49.8 - 51.3)	445	50.6 (49.8 - 51.4)	312	52.0 (51.2 - 52.9)
Female	450	50.7 (49.9 - 51.5)	392	50.2 (49.3 - 51.2)	218	52.3 (51.2 - 53.3)
Age group (years)						
18 to 24 years	143	53.7 (52.7 - 54.6) ↑	110	53.0 (52.0 - 53.9) ↑	78	52.1 (50.3 - 54.0)
25 to 34 years	260	52.1 (51.1 - 53.0) ↑	233	53.0 (52.2 - 53.8) ↑	157	54.5 (53.7 - 55.3) ↑
35 to 44 years	239	51.4 (50.3 - 52.5)	217	50.2 (49.0 - 51.4)	133	51.9 (50.7 - 53.0)
45 to 54 years	196	50.8 (49.7 - 51.9)	158	49.2 (47.7 - 50.7)	100	51.7 (50.1 - 53.4)
55 to 64 years	94	44.3 (41.8 - 46.7) ↓	76	46.7 (44.0 - 49.5) ↓	43	46.9 (43.5 - 50.3) ↓
65 or more years	54	42.6 (39.5 - 45.8) ↓	44	42.7 (38.9 - 46.5) ↓	19	48.1 (44.2 - 52.0) ↓
Household size (18 years and over)						
1 adult	125	48.6 (46.6 - 50.5) ↓	98	48.1 (45.8 - 50.4) ↓	92	52.1 (50.5 - 53.7)
2 adults	585	50.4 (49.6 - 51.1)	530	50.7 (50.0 - 51.4)	350	52.2 (51.5 - 52.9)
3 adults	163	50.9 (49.6 - 52.2)	128	50.2 (48.6 - 51.8)	52	50.9 (48.0 - 53.9)
4 or more adults	112	53.8 (52.7 - 54.9) ↑	80	51.9 (50.4 - 53.5)	36	53.0 (50.7 - 55.3)
Number of children (less than 18 years)						
None	547	50.1 (49.3 - 50.9)	427	49.1 (48.2 - 50.0) ↓	330	52.1 (51.2 - 52.9)
1 child or more	438	51.3 (50.5 - 52.1)	410	51.9 (51.1 - 52.6)	200	52.2 (51.2 - 53.2)
Marital Status						
Married/De Facto	648	50.6 (49.9 - 51.3)	585	50.4 (49.7 - 51.1)	353	52.1 (51.3 - 52.9)
Separated/Divorced	88	48.1 (45.9 - 50.4) ↓	51	47.3 (44.0 - 50.5) ↓	41	50.1 (47.0 - 53.2)
Widowed	24	46.6 (42.0 - 51.3) ↓	18	38.9 (31.7 - 46.1)	7	54.3 (47.3 - 61.3)
Never Married	224	52.0 (50.9 - 53.1) ↑	182	52.6 (51.7 - 53.5) ↑	129	52.7 (51.4 - 53.9)
Highest educational qualification obtained						
Secondary	542	49.8 (49.0 - 50.7)	457	50.2 (49.4 - 51.1)	284	51.1 (50.1 - 52.1)
Trade/Apprenticeship/ Certificate/ Diploma	185	50.9 (49.7 - 52.1)	232	50.6 (49.4 - 51.7)	129	52.3 (51.1 - 53.5)
Degree or higher	257	52.0 (51.2 - 52.9) ↑	148	50.9 (49.6 - 52.3)	117	54.4 (53.5 - 55.3) ↑
Country of birth						
Australia	734	50.8 (50.2 - 51.4)	646	50.5 (49.8 - 51.2)	428	52.0 (51.3 - 52.8)
Overseas	251	50.0 (48.9 - 51.2)	191	50.3 (49.0 - 51.7)	102	52.4 (50.9 - 54.0)
Total	985	50.6 (50.1 - 51.2)	837	50.4 (49.8 - 51.1)	530	52.1 (51.5 - 52.8)

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.11: SF12 physical component summary score by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	Mean (95% CI)	n	Mean (95% CI)	n	Mean (95% CI)
Work status						
Employed full time	613	52.4 (51.9 - 53.0) ↑	536	51.7 (51.1 - 52.3)	371	52.7 (52.0 - 53.4)
Employed part time	139	50.4 (49.1 - 51.8)	136	50.8 (49.3 - 52.2)	73	53.6 (52.3 - 54.9)
Unemployed	40	47.8 (44.0 - 51.6)	19	48.9 (43.2 - 54.6)	14	49.1 (40.5 - 57.6)
Economically inactive	192	45.6 (43.8 - 47.3) ↓	147	45.8 (43.8 - 47.7) ↓	72	48.1 (45.6 - 50.5) ↓
Receive pension or benefit (if not employed)						
Yes	135	43.6 (41.4 - 45.8) ↓	85	43.7 (40.8 - 46.7) ↓	55	46.7 (43.6 - 49.8) ↓
No	237	49.9 (48.8 - 51.0)	216	50.0 (48.8 - 51.1)	104	52.8 (51.3 - 54.2)
Lifetime occupation						
Manager, professional or para-professional	319	51.0 (50.1 - 52.0)	266	50.3 (49.2 - 51.4)	173	53.4 (52.5 - 54.2)
Trades person, clerk, sales person or personal service worker	442	50.8 (50.0 - 51.6)	383	51.2 (50.4 - 52.1)	193	52.2 (51.1 - 53.2)
Plant or machine operator or driver, labourer or related worker	172	48.9 (47.4 - 50.5)	157	49.5 (47.9 - 51.0)	148	51.0 (49.4 - 52.5)
Home duties, never worked	52	51.9 (49.3 - 54.5)	31	47.0 (42.3 - 51.7) ↓	15	48.2 (42.6 - 54.3)
Money situation						
Spending more money than getting	51	46.3 (43.4 - 49.3) ↓	23	48.5 (44.1 - 52.9)	14	47.6 (41.7 - 53.5) ↓
Have just enough money to get through to next pay	183	47.4 (45.8 - 49.0) ↓	127	46.7 (44.4 - 48.9) ↓	41	46.7 (43.0 - 50.4) ↓
There is some money left over each but just spent it	78	51.6 (49.5 - 53.6)	57	50.1 (47.6 - 52.5)	19	54.1 (50.7 - 57.5)
Can save a bit every now and then	425	51.1 (50.3 - 51.9)	408	50.6 (49.9 - 51.4)	217	51.9 (50.9 - 52.9)
Can save a lot	221	52.9 (51.9 - 53.8) ↑	200	52.8 (51.9 - 53.8) ↑	228	53.4 (52.6 - 54.3)
Don't know / not stated	16	52.3 (48.1 - 56.6)	22	50.1 (46.1 - 54.1)	13	52.0 (47.0 - 56.9)
Gross annual household income						
Less than \$20,000	92	42.5 (39.9 - 45.1) ↓	65	42.9 (39.8 - 46.1) ↓	49	46.4 (42.9 - 49.8) ↓
\$20,000 to < \$40,000	133	49.1 (47.5 - 50.7)	113	48.9 (47.0 - 50.9)	68	52.7 (51.0 - 54.5)
\$40,001 to < \$80,000	351	51.3 (50.4 - 52.2)	339	52.0 (51.3 - 52.7) ↑	197	52.2 (51.3 - 53.1)
\$80,001 or more	293	52.6 (51.9 - 53.4) ↑	238	52.1 (51.2 - 53.0) ↑	173	53.6 (52.6 - 54.6)
Not stated	115	51.6 (50.1 - 53.1)	83	47.2 (44.5 - 49.9) ↓	43	51.4 (49.0 - 53.8)
Total	985	50.6 (50.1 - 51.2)	837	50.4 (49.8 - 51.1)	530	52.1 (51.5 - 52.8)

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

3.2.4 Mental component summary score by demographic variables and region

Table 3.12 shows the mean scores and their 95% confidence intervals for the mental summary scale of the SF-12 by various demographic variables. A higher mean score indicates better overall mental health.

Table 3.12: SF12 mental component summary score by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	Mean (95% CI)	n	Mean (95% CI)	n	Mean (95% CI)
Gender						
Male	535	53.0 (52.3 - 53.7)	445	53.0 (52.3 - 53.8)	312	52.8 (51.9 - 53.7)
Female	450	51.1 (50.2 - 51.9)	392	51.0 (50.0 - 51.9)	218	50.5 (49.2 - 51.8)
Age group (years)						
18 to 24 years	143	50.8 (49.3 - 52.3)	110	52.0 (50.4 - 53.6)	78	49.0 (46.6 - 51.3) ↓
25 to 34 years	260	53.5 (52.6 - 54.4)	233	50.4 (49.2 - 51.6)	157	51.4 (50.1 - 52.7)
35 to 44 years	239	51.1 (50.0 - 52.3)	217	52.3 (51.3 - 53.4)	133	51.8 (50.4 - 53.3)
45 to 54 years	196	51.9 (50.7 - 53.2)	158	52.7 (51.3 - 54.0)	100	53.3 (51.6 - 55.0)
55 to 64 years	94	51.5 (49.4 - 53.6)	76	53.4 (51.4 - 55.4)	43	53.9 (50.8 - 57.0)
65 or more years	54	55.5 (53.3 - 57.6) ↑	44	55.7 (53.4 - 58.1) ↑	19	55.5 (52.2 - 58.7)
Household size (18 years and over)						
1 adult	125	50.7 (48.8 - 52.6)	98	49.8 (47.6 - 52.0) ↓	92	51.2 (49.0 - 53.3)
2 adults	585	52.3 (51.7 - 53.0)	530	52.8 (52.2 - 53.5)	350	52.3 (51.5 - 53.1)
3 adults	163	52.2 (50.7 - 53.6)	128	51.7 (50.2 - 53.3)	52	52.0 (49.4 - 54.7)
4 or more adults	112	52.6 (51.1 - 54.1)	80	50.5 (48.4 - 52.5)	36	49.1 (44.9 - 53.2)
Number of children (less than 18 years)						
None	547	52.4 (51.7 - 53.2)	427	52.5 (51.7 - 53.3)	330	51.9 (50.9 - 52.9)
1 child or more	438	51.8 (51.0 - 52.6)	410	51.7 (50.8 - 52.5)	200	51.8 (50.6 - 52.9)
Marital Status						
Married/De Facto	648	52.5 (51.9 - 53.2)	585	52.7 (52.1 - 53.4)	353	52.6 (51.8 - 53.5)
Separated/Divorced	88	49.6 (47.1 - 52.2) ↓	51	49.2 (45.9 - 52.4) ↓	41	50.8 (47.2 - 54.5)
Widowed	24	50.0 (44.6 - 55.3)	18	53.7 (48.8 - 58.5)	7	52.6 (47.4 - 57.8)
Never Married	224	52.2 (51.1 - 53.3)	182	50.6 (49.3 - 51.9)	129	50.0 (48.3 - 51.7)
Highest educational qualification obtained						
Secondary	542	51.2 (50.4 - 52.0)	457	52.1 (51.3 - 52.9)	284	51.6 (50.5 - 52.8)
Trade/Apprenticeship/Certificate/ Diploma	185	53.4 (52.3 - 54.5)	232	52.0 (50.8 - 53.2)	129	52.2 (50.9 - 53.6)
Degree or higher	257	53.2 (52.3 - 54.2)	148	52.2 (50.9 - 53.5)	117	51.9 (50.5 - 53.4)
Country of birth						
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Overseas	251	51.8 (50.8 - 52.9)	191	51.8 (50.5 - 53.1)	102	51.8 (50.0 - 53.7)
Total	985	52.1 (51.6 - 52.7)	837	52.1 (51.5 - 51.9)	530	51.9 (51.1 - 52.6)

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.12: SF12 mental component summary score by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	Mean (95% CI)	n	Mean (95% CI)	n	Mean (95% CI)
Work status						
Employed full time	613	52.9 (52.2 - 53.5)	536	52.3 (51.6 - 53.0)	371	52.6 (51.8 - 53.4)
Employed part time	139	50.7 (49.0 - 52.4)	136	50.5 (49.0 - 52.0)	73	50.7 (48.5 - 52.9)
Unemployed	40	49.3 (45.7 - 52.9)	19	49.9 (44.3 - 55.4)	14	46.6 (38.4 - 54.8)
Economically inactive	192	51.5 (50.1 - 52.9)	147	52.9 (51.3 - 54.4)	72	50.0 (47.3 - 52.7)
Receive pension or benefit (if not employed)						
Yes	135	50.0 (48.1 - 51.8) ↓	85	51.8 (49.7 - 53.9)	55	49.8 (46.4 - 53.1)
No	237	51.5 (50.3 - 52.8)	216	51.6 (50.3 - 52.8)	104	50.2 (48.2 - 52.1)
Lifetime occupation						
Manager, professional, para-professional	319	52.1 (51.1 - 53.1)	266	52.3 (51.3 - 53.3)	173	51.4 (50.1 - 52.7)
Trades person, clerk, sales person or personal service worker	442	52.1 (51.3 - 52.9)	383	51.7 (50.8 - 52.5)	193	52.5 (51.3 - 53.7)
Plant or machine operator or driver, labourer or related worker	172	52.3 (50.9 - 53.6)	157	52.6 (51.2 - 54.0)	148	51.8 (50.3 - 53.4)
Home duties, never worked	52	52.4 (50.1 - 54.6)	31	53.1 (49.4 - 56.9)	15	49.8 (42.9 - 56.0)
Money situation						
Spending more money than getting	51	48.4 (45.3 - 51.5) ↓	23	47.6 (42.9 - 52.4)	14	39.1 (31.6 - 46.7)
Have just enough money to get through to next pay	183	48.7 (47.0 - 50.3) ↓	127	47.4 (45.3 - 49.4) ↓	41	49.6 (46.2 - 53.1)
There is some money left over each but just spent it	78	52.7 (50.9 - 54.4)	57	52.1 (50.0 - 54.2)	19	48.2 (42.3 - 54.1)
Can save a bit every now and then	425	53.0 (52.3 - 53.8)	408	53.1 (52.4 - 53.8)	217	52.9 (51.8 - 53.9)
Can save a lot	221	53.8 (52.9 - 54.8)	200	53.7 (52.6 - 54.7)	228	52.5 (51.5 - 53.6)
Don't know / not stated	16	53.2 (47.6 - 58.7)	22	51.1 (47.0 - 55.2)	13	48.3 (40.9 - 55.6)
Gross annual household income						
Less than \$20,000	92	52.0 (49.8 - 54.2)	65	51.6 (49.0 - 54.2)	49	50.3 (46.9 - 53.7)
\$20,000 to < \$40,000	133	49.6 (47.9 - 51.3) ↓	113	50.8 (49.0 - 52.6)	68	51.4 (49.0 - 53.9)
\$40,001 to < \$80,000	351	51.6 (50.7 - 52.5)	339	52.1 (51.2 - 53.0)	197	52.2 (51.1 - 53.3)
\$80,001 or more	293	54.3 (53.6 - 55.1) ↑	238	52.9 (51.9 - 53.8)	173	52.3 (51.1 - 53.5)
Not stated	115	51.1 (49.2 - 53.1)	83	51.8 (49.5 - 54.1)	43	51.0 (47.7 - 54.3)
Total	985	52.1 (51.6 - 52.7)	837	52.1 (51.5 - 51.9)	530	51.9 (51.1 - 52.6)

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

3.3 Self-reported mental health condition

3.3.1 Mental health condition diagnosed in the last 12 months

Respondents were asked if, in the last 12 months, they had been told by a doctor that they had any specified mental health conditions. These responses, by the specified conditions, are presented in Table 3.13.

Table 3.13: Medically confirmed mental health condition in the previous 12 months

	n	%
Mental health condition in the last 12 months *		
Anxiety	84	3.6
Depression	116	4.9
A stress-related problem	141	6.0
Any other mental health problem	16	0.7
At least one of the conditions above in last 12 months		
Yes	239	10.2
No	2112	89.8
Refused	1	0.1
Total	2352	100.0

* Multiple responses were possible

Of the 239 respondents who indicated that a doctor had told them in the last 12 months that they had a mental health condition, 68.9% reported that they still had the condition at the time of survey (Table 3.14).

Table 3.14: Currently have medically confirmed mental health condition

	n	%
Yes	165	68.9
No	73	30.5
Refused	1	0.6
Total	239	100.0

Note: Data refer only to the 239 or 10.2% of respondents who reported a medically confirmed mental health condition in the 12 months prior to the survey.

3.3.2 Receiving treatment for mental health condition

Five percent (n=113) of all respondents (n=2352) were currently receiving treatment for anxiety, depression, stress-related problems or any other mental health problem (Table 3.15).

Table 3.15: Currently receiving treatment for anxiety, depression, stress related problems or any other mental health problem

	n	%
Yes	113	4.8
No	2239	95.2
Refused	1	0.1
Total	2352	100.0

Respondents with a current mental health problem and/or currently receiving treatment for a mental health problem (n=186) were asked how often, in the past four weeks, these mental problems were caused by physical health problems. The responses to this question are shown in Table 3.16.

Table 3.16: Frequency of anxiety, depression or any other mental health condition being caused by physical health problems in the last four weeks

	n	%
All of the time	13	7.0
Most of the time	20	1.6
A good bit of the time	11	5.9
Some of the time	25	13.3
A little of the time	35	19.0
None of the time	82	44.2
Total	186	100.0

3.3.3 Prevalence of current self-reported diagnosed mental health condition

The respondent was classified as having a current diagnosed mental health condition if they were:

- diagnosed with a mental health condition in the last 12 months; or
- currently receiving treatment for a mental health condition.

Overall, 10.7% (95% CI 9.5 - 12.1, n=252) of respondents in the Northern Territory reported having a mental health condition that was diagnosed by a doctor.

Table 3.17: Self-reported diagnosed mental health condition in the Northern Territory

	n	%
Yes	252	10.7
No	2100	89.3
Total	2352	100.0

The prevalence of a self-reported diagnosed mental health condition for each of the Northern Territory regions is shown in Table 3.18. There was no statistically significant difference between the regions in the proportion of respondents who have been told by a doctor that they have a mental health condition.

Table 3.18: Self-reported diagnosed mental health condition in the Northern Territory by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Yes	112	11.4 (9.5 - 13.6)	82	9.8 (7.9 - 12.1)	49	9.2 (7.0 - 12.1)
No	873	88.6 (86.4 - 90.5)	755	90.2 (87.3 - 92.1)	482	90.8 (88.1 - 93.2)
Total	935	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.19 shows the demographic profile of people with a current self-reported diagnosed mental health condition for each of the Northern Territory regions.

Table 3.19: Self-reported diagnosed mental health condition by demographic variables and region

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Gender						
Male	50	9.3	36	8.0	15	4.9 ↓
Female	63	13.9	46	11.8	34	15.3 ↑
Age group (years)						
18 to 24 years	13	9.4	3	2.4	10	13.0
25 to 34 years	16	6.3 ↓	32	13.9	12	7.8
35 to 44 years	27	11.4	21	9.9	12	9.1
45 to 54 years	33	16.6 ↑	14	9.0	8	7.5
55 to 64 years	18	19.7 ↑	9	11.4	5	12.4
65 or more years	4	7.9 **	3	6.5 **	1	7.5 **
Household size (18 years and over)						
1 adult	19	15.6	12	11.8	11	11.9
2 adults	68	11.6	51	9.7	32	9.1
3 adults	18	11.1	10	7.9	3	6.0
4 or more adults	7	6.2	9	11.3	3	7.7 **
Number of children (less than 18 years)						
None	69	12.5	39	9.2	30	9.0
1 child or more	44	10.0	43	10.4	19	9.6
Marital Status						
Married/De Facto	65	10.0	56	9.6	29	8.3
Separated/Divorced	18	20.6 ↑	8	14.7	6	14.5
Widowed	5	22.4	3	17.5 **	1	19.6 **
Never Married	24	10.6	15	8.4	12	9.2
Highest educational qualification obtained						
Secondary	61	11.2	45	9.9	27	9.6
Trade/Apprenticeship/Certificate/ Diploma	22	12.0	26	11.3	9	7.2
Degree or higher	30	11.5	11	7.3	12	10.4
Country of birth						
Australia	77	10.5	64	10.0	43	10.1
Overseas	35	14.0	17	9.1	6	5.5
Region overall	935	11.4	837	9.8	530	9.2

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure.

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 3.19: Self-reported diagnosed mental health condition by demographic variables and region (cont)

Variable	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Work status						
Employed full time	48	7.8 ↓	46	8.5	28	7.5
Employed part time	26	18.9 ↑	18	13.6	5	7.0
Unemployed	8	19.9 ↑	4	19.6 **	2	13.0 **
Economically inactive	30	15.6	14	9.9	14	19.2 ↑
Receive pension or benefit (if not employed)						
Yes	30	22.0 ↑	13	14.9	11	20.4 ↑
No	35	14.6	24	11.0	10	9.2
Lifetime occupation						
Manager, professional, para-professional	26	8.3	15	5.7	9	5.3
Trades person, clerk, sales person or personal service worker	33	7.4	27	7.0	15	8.0
Plant or machine operator or driver, labourer or related worker	13	7.6	8	4.8	3	1.7
Home duties, never worked	3	6.4	2	7.2	3	18.1
Money situation						
Spending more money than getting	12	22.6 ↑	4	15.4 **	5	34.7 ↑
Have just enough money to get through to next pay	40	21.9 ↑	22	17.0 ↑	8	20.2
There is some money left over each but just spent it	7	8.7	3	5.4 **	1	6.5 **
Can save a bit every now and then	34	7.9 ↓	38	9.2	19	9.0
Can save a lot	18	8.1	15	7.6	12	5.3
Don't know / not stated	2	10.9 **	1	4.9 **	3	21.7 **
Gross annual household income						
Less than \$20,000	19	20.5 ↑	9	13.7	6	13.2
\$20,000 to < \$40,000	23	16.9	11	9.7	5	7.7
\$40,001 to < \$80,000	35	10.0	30	9.0	22	11.0
\$80,001 or more	23	8.0	25	10.3	10	6.1
Not stated	13	10.8	7	8.9	5	10.8
Region overall	935	11.4	837	9.8	530	9.2

↑ ↓ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall region figure

** Insufficient numbers for statistical test.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

3.4 Perceived control of life events

The answers to the questions on the respondents' perception of their control of life events are listed in Table 3.20.

Table 3.20: Perceived control of life events - questions and categories

	n	%
How much of the time did you feel a lack of control with your life in general?		
Never	1331	56.6
Rarely	476	20.2
Sometimes	414	17.6
Often	88	3.8
Always	43	1.8
How much of the time did you feel a lack of control with your financial situation?		
Never	1144	48.6
Rarely	359	15.3
Sometimes	528	22.5
Often	149	6.3
Always	172	7.3
How much of the time did you feel a lack of control with your personal life?		
Never	1414	60.1
Rarely	455	19.3
Sometimes	372	15.8
Often	78	3.3
Always	34	1.5
How much of the time did you feel a lack of control with your job security?		
Never	1302	55.4
Rarely	227	9.6
Sometimes	238	10.1
Often	76	3.2
Always	38	1.6
Not Applicable	472	20.1

Table 3.20 Perceived control of life events – questions and categories (cont)

	n	%
How much of the time did you feel a lack of control with your work life (paid or voluntary)?		
Never	1182	50.3
Rarely	252	10.7
Sometimes	312	13.3
Often	79	3.4
Always	28	1.2
Not Applicable	499	21.2
How much of the time did you feel a lack of control with your health?		
Never	1371	58.3
Rarely	398	16.9
Sometimes	402	17.1
Often	107	4.6
Always	74	3.1
Total	2352	100.0

The responses to each individual question about perceived control of life events by region are shown in Table 3.21.

Table 3.21: Perceived control of life events by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
How much of the time did you feel a lack of control with your life in general?						
Never	559	56.7	471	56.2	303	57.2
Rarely / Sometimes	372	37.8	316	37.7	209	39.5
Often / Always	54	5.5	51	6.1	18	3.3 √
How much of the time did you feel a lack of control with your financial situation?						
Never	461	46.8	423	50.6	296	55.8 ^
Rarely / Sometimes	385	39.1	299	35.7	194	36.6
Often / Always	139	14.1	115	13.7	40	7.6 √
How much of the time did you feel a lack of control with your personal life?						
Never	582	59.1	520	62.1	307	57.8
Rarely / Sometimes	353	35.9	281	33.6	200	37.7
Often / Always	50	5.0	36	4.3	24	4.5
How much of the time did you feel a lack of control with your job security?						
Never	515	52.3	506	60.4 ^	287	54.1
Rarely / Sometimes	217	22.0	130	15.6 √	129	24.3 ^
Often / Always	42	4.3	47	5.6	30	5.6
Not Applicable	211	21.4	155	18.5	85	16.0 √
How much of the time did you feel a lack of control with your work life (paid or voluntary)?						
Never	466	47.3	458	54.7 ^	275	51.9
Rarely / Sometimes	248	25.1	180	21.5	148	27.9
Often / Always	48	4.9	35	4.2	21	3.9
Not Applicable	223	22.7	164	19.6	87	16.3
How much of the time did you feel a lack of control with your health?						
Never	580	58.9	473	56.6	340	64.2 ^
Rarely / Sometimes	336	34.1	285	34.1	167	31.4
Often / Always	69	7.0	78	9.4	23	4.4 √
Total	985	100.0	837	100.0	530	100.0

^ √ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

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CHAPTER 4: HEALTH CONDITIONS

4.1 Introduction

Respondents were asked a series of questions about various health conditions:

- diabetes;
- arthritis;
- heart disease;
- stroke;
- cancer;
- osteoporosis;
- asthma;
- other respiratory conditions such bronchitis, emphysema or chronic lung disease,
- high cholesterol;
- high blood pressure; and
- an injury requiring medical treatment in the last 12 months.

For each of the above, respondents were asked if they had ever been told by a doctor that they had the particular condition. Where applicable, respondents were asked if still had the condition at the time of survey.

4.2 Diabetes

Overall, 4.4% (95% CI 3.6 - 5.3, n=103) of respondents in the Northern Territory reported having medically confirmed diabetes.

Table 4.1: Medically confirmed diabetes

	n	%
Yes	103	4.4
No	2249	95.6
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The prevalence of self-reported medically confirmed diabetes for each of the Northern Territory regions is shown in Table 4.2. There was no significant difference by region in the proportion of respondents reporting diabetes.

Table 4.2: Medically confirmed diabetes by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Yes	48	4.9 (3.6- 6.2)	32	3.8 (2.5- 5.1)	16	3.0 (1.6- 4.6)
No	937	95.1 (93.5 - 96.3)	805	96.2 (94.6 - 97.3)	514	97.0 (95.0 - 98.2)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.1)

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.3 Arthritis

Overall, 11.3% (95% CI 10.0 - 12.6, n=265) of respondents in the Northern Territory reported having arthritis (Table 4.3).

Table 4.3: Medically confirmed arthritis

	n	%
Yes	265	11.3
No	2087	88.7
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The prevalence of self-reported medically confirmed arthritis for each of the Northern Territory regions is shown in Table 4.4. There were no statistically significant differences between the regions in the proportion of respondents reporting arthritis.

Table 4.4: Medically confirmed arthritis by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	114	11.6	(9.7 - 13.8)	92	10.9	(9.0 - 13.4)	54	10.1	(7.8 - 13.2)
No	871	88.4	(86.2 - 90.3)	745	89.1	(86.6 - 91.0)	477	89.9	(87.0 - 92.4)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.3).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.4 Heart disease

Overall, 2.8% (95% CI 2.2 - 3.6, n=66) of respondents in the Northern Territory reported ever having heart disease.

Table 4.5: Medically confirmed heart disease

	n	%
Yes	66	2.8
No	2286	97.2
Total	2352	100.0

The prevalence of self-reported medically confirmed heart disease for each of the Northern Territory regions is shown in Table 4.6. There was no significant difference by region in the proportion of respondents reporting heart disease.

Table 4.6: Medically confirmed heart disease by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	30	3.0	(2.1 - 4.4)	20	2.4	(1.5 - 3.7)	18	3.4	(2.1 - 5.4)
No	955	97.0	(95.6 - 97.9)	817	97.6	(96.3 - 98.5)	512	96.6	(94.6 - 97.9)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.5)

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.5 Stroke

Overall, 0.7% (95% CI 0.4 - 1.1, n=16) of respondents in the Northern Territory reported ever having a stroke.

Table 4.7: Medically confirmed stroke

	n	%
Yes	16	0.7
No	2336	99.3
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The prevalence of self-reported medically confirmed stroke for each of the Northern Territory regions are shown in Table 4.8. There was no significant difference by region.

Table 4.8: Medically confirmed stroke by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	8	0.8	(0.4 - 1.7)	4	0.5	(0.2 - 1.3)	5	1.0	(0.3 - 2.3)
No	977	99.2	(98.3 - 99.6)	833	99.5	(98.7 - 99.8)	525	99.0	(97.7 - 99.7)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.7).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.6 Cancer

Overall, 3.6% (95% CI 2.9 - 4.4, n=84) of respondents in the Northern Territory reported ever having cancer.

Table 4.9: Medically confirmed cancer

	n	%
Yes	84	3.6
No	2268	96.4
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The prevalence of self-reported medically confirmed cancer for each of the Northern Territory regions is shown in Table 4.10. There was no significant difference by region.

Table 4.10: Medically confirmed cancer by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	35	3.6	(2.5 - 5.0)	29	3.4	(2.4 - 5.0)	23	4.3	(2.8 - 6.5)
No	950	96.4	(95.0 - 97.5)	808	96.6	(95.0 - 97.6)	507	95.7	(93.5 - 97.2)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.9)

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.7 Osteoporosis

Overall, 1.8% (95% CI 1.3 - 2.4, n=42) of respondents in the Northern Territory reported having osteoporosis.

Table 4.11: Medically confirmed osteoporosis

	n	%
Yes	42	1.8
No	2310	98.2
Total	2352	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The prevalence of self-reported medically confirmed osteoporosis for each of the Northern Territory regions is shown in Table 4.12. There was no significant difference by region.

Table 4.12: Medically confirmed osteoporosis by demographic variables and region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	18	1.8	(1.1 - 2.9)	17	2.0	(1.2 - 3.3)	2	0.5	(0.1 - 1.5)
No	967	98.2	(97.1 - 98.0)	820	98.0	(96.7 - 98.8)	528	99.5	(98.5 - 99.9)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.11)

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.8 Asthma

The proportion of respondents diagnosed with asthma and the proportion of respondents who currently suffer from asthma are shown in Table 4.13. Overall, 9.8% (95% CI 8.7 - 11.1, n=231) of respondents reported currently having medically diagnosed asthma.

Table 4.13: Prevalence of asthma

	n	%
Ever been told by a doctor have asthma		
Yes	395	16.8
No	1957	83.2
Have been told by a doctor currently have asthma		
Yes	231	9.8
No	2108	89.6
Don't know	13	0.5
Total	2352	100.0

The prevalence of self-reported currently medically confirmed asthma for each of the Northern Territory regions is shown in Table 4.14. There was no significant difference between the regions in the proportion of respondents currently having asthma.

Table 4.14: Current medically confirmed asthma by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Yes	93	9.4 (7.7 - 11.5)	88	10.5 (8.6 - 12.8)	47	8.8 (6.7 - 11.7)
No	892	90.5 (88.5 - 92.3)	749	89.5 (87.2 - 91.4)	483	91.2 (88.3 - 93.3)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.13).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.9 Other respiratory conditions

Table 4.15 shows the prevalence of respondents ever having and currently having other respiratory problems such as bronchitis, emphysema, or chronic lung disease, lasting six months or more. Overall, 2.8% (95% CI 2.2 - 3.6, n=66) of respondents reported currently having one or more respiratory conditions other than asthma.

Table 4.15: Prevalence of other respiratory problems such as bronchitis, emphysema, or chronic lung disease, that has lasted six months or more

	n	%
Ever been told by a doctor have any other respiratory problem (bronchitis, emphysema, chronic lung diseases) that has lasted six months or more?		
Yes	117	5.0
No	2228	94.7
Don't know	7	0.3
Currently have this (these) other respiratory problem(s)?		
Yes	66	2.8
No	2279	96.9
Don't know	7	0.3
Total	2352	100.0

The prevalence of currently medically confirmed respiratory conditions for each of the regions is shown in Table 4.16. There was no significant difference by region in the proportion of respondents with other respiratory conditions.

Table 4.16: Other respiratory problems by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	25	2.5	(1.7 - 3.8)	29	3.5	(2.4 - 5.0)	7	1.4	(0.6 - 2.8)
No	960	97.5	(96.2 - 98.3)	808	96.5	(95.0 - 97.6)	523	98.6	(97.2 - 99.4)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.15).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.10 High cholesterol

Table 4.17 shows the prevalence of respondents who have ever had and who currently have high cholesterol. Overall, 4.1% (95% CI, n=3.3 - 5.0, n=96) of respondents in the Northern Territory reported currently having high cholesterol.

Table 4.17: Ever been told by a doctor and currently have high cholesterol

	n	%
Ever been told by a doctor have high cholesterol?		
Yes	279	11.9
No	2048	87.1
Don't know	25	1.1
Currently have high cholesterol?		
Yes	96	4.1
No	2151	91.5
Don't know	105	4.5
Total	2352	100.0

The prevalence of self-reported current medically confirmed high cholesterol for each of the Northern Territory regions is shown in Table 4.18. There was no significant difference by region.

Table 4.18: Current high cholesterol by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	46	4.6	(3.5 - 6.2)	27	3.3	(2.2 - 4.7)	17	3.2	(1.9 - 5.2)
No	939	95.4	(93.8 - 96.5)	810	96.7	(95.3 - 97.8)	513	96.8	(94.8 - 98.1)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.17).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.11 High blood pressure

Table 4.19 shows the prevalence of respondents who have ever had and who currently have high blood pressure. Overall, 5.6% (95% CI 4.7 - 6.6, n=131) of respondents in the Northern Territory reported currently having high blood pressure.

Table 4.19: Ever been told by a doctor and currently have high blood pressure

	n	%
Ever been told by a doctor have high blood pressure?		
Yes	389	16.5
No	1953	83.0
Don't know	10	0.4
Currently have high blood pressure?		
Yes	131	5.6
No	2159	91.8
Don't know	62	2.6
Total	2352	100.0

The prevalence of self-reported current medically confirmed high blood pressure for each of the Northern Territory regions is shown in Table 4.20. There were no statistically significant differences by region in the proportion of respondents reporting currently having high blood pressure.

Table 4.20: Current high blood pressure by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	57	5.8	(4.4 - 7.5)	45	5.3	(4.0 - 7.2)	25	4.8	(3.1 - 7.0)
No	928	94.2	(92.5 - 95.6)	792	94.7	(92.8 - 96.0)	505	95.2	(93.0 - 96.9)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.19).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

4.12 Injury requiring medical treatment

Overall, 22.8% (95% CI 21.1 - 24.5, n=535) of respondents in the Northern Territory reported having an injury in the last 12 months requiring medical treatment.

Table 4.21: Had an injury that has required medical treatment (at a hospital or clinic) in the last 12 months

	n	%
Yes	535	22.8
No	1817	77.2
Total	2352	100.0

The prevalence of self-reported injury requiring medical treatment for each of the Northern Territory regions are shown in Table 4.22. There were no statistically significant differences in the proportion of respondents reporting an injury requiring medical treatment in the last 12 months between the regions.

Table 4.22: Injury requiring medical treatment in the last 12 months by region

	Metropolitan			Rural			Remote		
	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)
Yes	221	22.4	(19.9 - 25.2)	192	22.9	(20.2 - 26.0)	132	24.8	(21.3 - 28.9)
No	764	77.6	(74.8 - 80.1)	645	77.1	(74.6 - 79.8)	399	75.2	(71.3 - 78.9)
Total	985	100.0		837	100.0		530	100.0	

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 4.21).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

CHAPTER 5: HEALTH CARE UTILISATION

5.1 Introduction

Use of health care services was investigated by asking respondents questions on the number of times in the last 12 months they had used specific health services, as well as the number of nights spent in (public or private) hospital.

5.2 Health service utilisation in the last 12 months

Overall, 84.8% (n=1994) of respondents reported using at least one health service in the 12 months prior to the survey.

Table 5.1: Health service used in the in the last 12 months

	n	%
Type of health service used *		
Primary health care eg. GP, community health centre, community or district nurse	1832	77.9
Hospital based service eg. A&E, outpatients, day surgery	674	28.7
Allied health services eg. physiotherapist, podiatrist, chiropractor, acupuncturist, naturopath, osteopath	604	25.7
Mental health service eg. psychiatrist, psychologist, counsellor	149	6.3
Yes, used a health service	1994	84.8
No, did not use any health service	358	15.2
Total	2352	100.0

* Multiple response possible

The prevalence of respondents who had used a health service in the Northern Territory in the last 12 months for each of the Northern Territory regions is shown in Table 5.2. There was no significant difference by region.

Table 5.2: Proportion of respondents who used a health service in the last 12 months by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Type of health service *						
Primary	774	78.6 (75.9 - 81.1)	638	76.2 (73.2 - 79.0)	430	81.1 (77.5 - 84.3)
Mental	69	7.0 (5.5 - 8.8)	46	5.5 (4.1 - 7.3)	25	4.7 (3.1 - 7.0)
Hospital based	268	27.2 (24.5 - 30.1)	262	31.3 (28.2 - 34.6)	143	26.9 (23.3 - 31.0)
Allied	268	27.3 (24.5 - 30.1)	198	23.6 (28.8 - 26.7)	120	22.5 (19.2 - 26.5)
Used any health services						
Yes	844	85.7 (83.3 - 87.8)	695	89.0 (80.3 - 85.5)	530	86.5 (83.3 - 89.3)
No	141	14.3 (12.2 - 16.7)	142	17.0 (14.5 - 19.7)	71	13.5 (10.7 - 16.7)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 5.1)

* Multiple response possible

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

The number of times respondents reported using specific health services is shown in Table 5.3 to Table 5.6.

Table 5.3: Number of times in the last 12 months that respondents used primary health care services (general practitioner, community health centre, community or district nurses service)

	n	%
None	518	22.0
1 to 5 times	1379	58.6
6 to 10 times	282	12.0
More than 10 times	171	7.3
Don't know	2	0.1
Total	2352	100.0

Table 5.4: Number of times in the last 12 months that respondents used a mental health service (psychiatrist, psychologist or counsellor)

	n	%
None	2202	93.6
1 to 5 times	107	4.6
6 to 10 times	20	0.8
More than 10 times	22	0.9
Don't know	1	0.1
Total	2352	100.0

Table 5.5: Number of times in the last 12 months that respondent used hospital based services (accident & emergency department, day surgery or procedure, outpatients department or specialist/allied health clinic) but did not stay overnight

	n	%
None	1677	71.3
1 to 5 times	595	25.3
6 to 10 times	48	2.1
More than 10 times	30	1.3
Don't know	1	0.1
Total	2352	100.0

Table 5.6: Number of times in the last 12 months that respondents used allied health services (physiotherapist, chiropractor, acupuncturist, naturopath, osteopath or podiatrist)

	n	%
None	1748	74.3
1 to 5 times	369	15.7
6 to 10 times	127	5.4
More than 10 times	109	4.6
Don't know	1	0.1
Total	2352	100.0

5.3 Spent a night in hospital in the last 12 months

Respondents were asked if they had spent at least one night in either a private or public hospital in the last 12 months (Table 5.7). Overall, 12.2% of respondents had spent at least one night in hospital in the 12 months prior to the survey.

Table 5.7: Spent at least one night in a hospital in the last 12 months

	n	%
Type of hospital *		
Spent at least one night in a private hospital	110	4.7
Spent at least one night in a public hospital	191	8.1
Yes, spent at least one night in a hospital	288	12.2
No	2064	87.8
Total	2352	100.0

* Multiple response possible.

The proportion of respondents who spent at least one night in a hospital in the Northern Territory in the last 12 months for each of the Northern Territory regions is shown in Table 5.8. There was no significant difference by region.

Table 5.8: Proportion of respondents who have spent a night in a hospital in Northern Territory in the last 12 months by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Type of hospital*						
Private hospital	58	5.9 (4.5 - 7.6)	24	2.9 (1.9 - 4.3)	20	3.7 (2.4 - 5.9)
Public hospital	77	7.9 (6.3 - 9.7)	73	8.8 (6.9 - 10.9)	36	6.9 (4.9 - 9.4)
Spent a night in hospital						
Yes	129	13.1 (11.1 - 15.4)	93	11.1 (9.1 - 13.5)	54	10.2 (7.8 - 13.2)
No	856	86.9 (84.6 - 88.9)	744	88.9 (86.5 - 90.9)	476	89.8 (86.8 - 92.2)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 5.7).

* Multiple response possible.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Use of hospitals in the last 12 months, measured as the number of times respondents spent one or more nights in hospital, is shown in Table 5.9 and Table 5.10.

Table 5.9: Number of times respondent spent a night in a private hospital in the last 12 months

	n	%
None	2242	95.3
1 to 5 times	74	3.2
6 to 10 times	19	.8
More than 10 times	16	.7
Don't know	-	-
Total	2352	100.0

Table 5.10: Number of times respondent spent a night in a public hospital in the last 12 months

	n	%
None	2159	91.8
1 to 5 times	134	5.7
6 to 10 times	26	1.1
More than 10 times	32	1.3
Don't know	1	0.1
Total	2352	100.0

CHAPTER 6: PROTECTIVE AND RISK FACTORS

6.1 Introduction

This section of the report covers the following factors that either decrease (protective factors) or increase the risk of developing a disease or condition (risk factors).

- Physical activity - walking, moderate exercise, toning and vigorous exercise
- Body mass index (BMI) - underweight, overweight and obese
- Alcohol health risk
- Smoking status
- Nutrition - consumption of vegetables, fruit, removing the fat from meat and type of milk consumed

6.2 Physical activity

The questions about physical activity related to the activities undertaken by the respondent in a “usual” week.

People who worked full time or part time were asked to describe the type of physical activity they do at work (Table 6.1). Almost two thirds of the respondents mainly sit or stand at work.

Table 6.1: Type of physical activity associated with respondents’ work

	n	%
Mostly sitting or standing	1145	62.3
Mostly heavy labour or physically demanding work	351	19.1
Mostly walking	289	15.7
Don’t know/not sure	37	2.0
Not stated	16	0.9
Total	1839	100.0

Respondents living in the metropolitan area were significantly more likely to sit or stand at work than those living in rural and remote areas of the Northern Territory. Respondents living in the remote areas were significantly more likely to be involved in heavy labour or physically demanding work.

Table 6.2: Type of physical activity associated with respondents' work by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Mostly sitting or standing	504	67.0 [^]	387	57.6 [∨]	203	45.8 [∨]
Mostly walking	108	14.3	119	17.8	73	16.4
Mostly physically demanding work	120	15.9	146	21.7	151	33.9 [^]
Don't know / not stated	21	2.8	20	3.0	17	3.9
Total	753	100.0	672	100.0	444	100.0

[^] [∨] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.1).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Respondents were asked how many days, in a "usual" week, they walked for at least 10 minutes at a time, while at work, for recreation, exercise, to get to and from places, or for any other reason. The results are shown in Table 6.3.

Table 6.3: Number of days, in a usual week, walked for at least 10 minutes at a time (while at work, for recreation, exercise, to get to and from places, or for any other reason)

	n	%
None	310	13.2
1	71	3.0
2	115	4.9
3	170	7.2
4	142	6.1
5	370	15.7
6	116	4.9
7	1047	44.5
Don't know/not sure	10	0.4
Total	2352	100.0

Respondents in the remote areas were more likely than other respondents to walk for at least 10 minutes at a time, seven days a week.

Table 6.4: Number of days, in a usual week, respondents walked for at least 10 minutes at a time by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None	144	14.6	97	11.6	45	8.4 √
1 to 2 days	75	7.6	72	8.6	34	6.5
3 to 6 days	342	34.7	281	33.6	149	28.2 √
7 days	423	42.9	380	45.3	299	56.4 ^
Don't know/not sure	2	0.2	7	0.8	3	0.5
Total	985	100.0	837	100.0	530	100.0

^ √ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.3).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Respondents indicating that they walked for at least 10 minutes in usual week, were asked how much time they usually spent walking each day. (Table 6.5).

Table 6.5: Usual total time spent walking for at least 10 minutes at a time, per day

	n	%
Up to 15 minutes	103	5.0
15 minutes to less than 30 minutes	300	14.8
30 minutes to less than 1 hour	488	24.0
1 hour to less than 2 hours	373	18.4
2 hours to less than 4 hours	300	14.7
4 hours to less than 7 hours	220	10.8
More than 7 hours	100	4.9
Don't know/not sure	149	7.3
Refused	1	0.1
Total	2032	100.0

The total time respondents usually walked for at least 10 minutes at a time per day for each of the regions is shown in Table 6.6. There was no significant difference by region.

Table 6.6: Usual total time spent walking for at least 10 minutes at a time, per day, by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
10 minutes to less than 15 minutes	45	5.4	33	4.5	23	4.8
15 minutes to less than 30 minutes	135	16.1	96	13.1	60	12.5
30 minutes to less than 1 hour	209	24.8	169	23.1	105	21.8
1 hour to less than 4 hours	270	32.1	250	34.1	177	36.6
4 hours or more	121	14.4	128	17.5	85	17.6
Don't know/refused	60	7.1	57	7.7	32	6.7
Total	840	100.0	733	100.0	483	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.5).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 6.7 shows, in a usual week, the number of days the respondent usually did moderate activities, such as brisk walking, bicycling, vacuuming, gardening, or any thing else that causes some increase in breathing or heart rate, for at least 10 minutes at a time.

Table 6.7: Number of days, in a usual week, respondents did moderate activities (brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate) for at least 10 minutes at a time.

	n	%
None	239	10.2
1	142	6.1
2	254	10.8
3	284	12.1
4	200	8.5
5	313	13.3
6	129	5.5
7	774	32.9
Don't know/not sure	16	0.7
Total	2352	100.0

The numbers of days respondents undertook moderate activities for at least 10 minutes at a time for each of the Northern Territory regions is shown in Table 6.8. Respondents living in remote areas were more likely than other respondents to undertake moderate activities everyday of the week.

Table 6.8: Number of days, in a usual week, respondents undertook moderate activities for at least 10 minutes at a time by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None	116	11.8	69	8.2	28	5.3 √
1 to 2 days	173	17.6	133	15.9	80	15.1
3 to 6 days	383	38.9	342	40.8	183	34.5 √
7 days	307	31.2	284	33.9	237	44.7 ^
Don't know/not sure	4	0.5	9	1.1	3	0.5
Total	985	100.0	837	100.0	530	100.0

^ √ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure.

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 6.9 shows, in a usual week, the number of days respondents usually undertook activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, push-ups, or sit-ups.

Almost two thirds (62.1%) of respondents in the Northern Territory reported that they did not usually do any activities designed to increase muscle strength or tone.

Table 6.9: Number of days, in a usual week, have done any activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, push-ups, or sit-ups

	n	%
None	1460	62.1
1	98	4.2
2	156	6.6
3	199	8.5
4	102	4.3
5	119	5.1
6	34	1.5
7	171	7.3
Don't know/not sure	9	0.4
Refused	2	0.1
Total	2352	100.0

The number of days respondents undertook muscle strengthening or toning activities for at least 10 minutes at a time for each of the Northern Territory regions is shown in Table 6.10. Respondents living in the rural region were significantly less likely to undertake muscle strengthening or toning activities for at least 10 minutes at a time, with 68.3% reporting that they did not usually undertake these activities.

Table 6.10: Number of days, in a usual week, respondents undertook muscle strengthening or toning activities for at least 10 minutes at a time by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None	574	58.2 ∨	572	68.3 ∧	326	61.5
1 to 2 days	119	12.0	78	9.3	41	7.7 ∨
3 to 6 days	204	20.7	141	16.8	115	21.6
7 days	85	8.7	41	4.9 ∨	47	9.0
Don't know/not sure	3	0.3	6	0.7	1	0.3
Total	985	100.0	837	100.0	530	100.0

∧ ∨ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.9).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Table 6.11 shows, in a usual week, the number of days respondents usually do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or any thing else that causes large increases in breathing or heart rate.

Just over half of respondents (57.3%) reported that they usually undertook vigorous activities for at least ten minutes at a time, on one or more days per week.

Table 6.11: Number of days, in a usual week, respondents undertook vigorous activities (running, aerobics, heavy yard work, or anything else that causes a large increase in breathing or heart rate) for at least 10 minutes at a time

	n	%
None	993	42.2
1	262	11.2
2	296	12.6
3	242	10.3
4	144	6.1
5	148	6.3
6	45	1.9
7	210	8.9
Don't know/not sure	11	0.5
Total	2352	100.0

The number of days respondents undertook vigorous activities for at least 10 minutes at a time for each of the Northern Territory regions is shown in Table 6.12. Respondents living in remote areas were significantly more likely to undertake vigorous activities for at least ten minutes on three or more days per week.

Table 6.12: Number of days, in a usual week, respondent undertook vigorous activities for at least 10 minutes at a time by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None	413	41.9	367	43.8	182	34.3 √
1 to 2 days	222	22.6	215	25.7	124	23.5
3 to 6 days	265	26.9	170	20.4 √	154	29.0 ^
7 days	80	8.1	81	9.7	65	12.3 ^
Don't know/not sure	5	0.5	3	0.4	5	0.8
Total	985	100.0	837	100.0	530	100.0

^ √ Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.11).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

6.3 Body Mass Index

Respondents were asked their height and weight, and from these body mass index (BMI) was calculated. The formula for calculation of BMI is as follows [10]:

$$\text{weight (kg)/ height (m)}^2$$

The criteria for classifying BMI are as follows:

Table 6.13: BMI Criteria

Descriptive term	BMI
Underweight	Less than 20
Acceptable weight	20 to 25 inclusive
Overweight	Greater than 25 and up to and including 30
Obese	Greater than 30

The proportion of respondents classified as underweight, acceptable weight, overweight or obese is presented in Table 6.14. Overall, 9.5% of respondents were classified as underweight, 43.9% as acceptable or normal weight, 33.2% as overweight and 13.5% as obese.

Table 6.14: Body mass index (BMI)

	n	% (95% CI)
Underweight	210	9.5 (8.3 – 10.8)
Acceptable weight	943	43.9 (41.8 – 46.0)
Overweight	735	33.2 (31.2 – 35.2)
Obese	298	13.5 (12.1 – 15.0)
Total	2216 ¹	100.0

Note: ¹Information on BMI was not available for 136 of the 2,352 respondents.

Less than 50% of respondents had a BMI in the acceptable range, irrespective of whether they lived in the metropolitan, rural or remote region.

Table 6.15: Proportion of respondents in each category of BMI by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Underweight	90	9.7 (7.9 - 11.8)	71	9.0 (7.1 - 11.3)	49	9.8 (7.3 - 12.7)
Acceptable	429	46.3 (43.0 - 49.6)	314	39.9 (36.4 - 43.4) [∧]	227	45.1 (40.7 - 49.5)
Overweight	294	31.7 (28.7 - 34.8)	284	36.1 (32.7 - 39.5)	151	30.0 (26.0 - 34.2)
Obese	114	12.3 (10.3 - 14.6)	118	15.0 (12.5 - 17.7)	76	15.1 (12.1 - 18.6)
Total	927	100.0	788	100.0	504	100.0

[∧] [∨] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.14).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

6.4 Alcohol consumption

Alcohol consumption questions and the classification formulae used to define risk categories were taken from the 1989 National Heart Foundation Risk Prevalence Study [10]. Respondents were asked how often they drank and the number of standard drinks they usually have on a weekly and daily basis. The responses are shown in Table 6.16 and Table 6.17. Overall, 16.7% of respondents reported that they did not drink alcohol and 24.5% said they drank on five or more days per week.

Table 6.16: Occurrence of drinking alcohol

	n	%
I don't drink alcohol	393	16.7
Less than once a week	526	22.3
On 1 or 2 days a week	539	22.9
On 3 or 4 days a week	317	13.5
On 5 or 6 days a week	161	6.8
Every day	415	17.7
Refused	1	0.1
Total	2352	100.0

Of those who reported drinking, 56.9% had three or more standard drinks on the days that they drank.

Table 6.17: Number of standard drinks usually have a day

	n	%
1 or 2 drinks	840	42.9
3 or 4 drinks	605	30.9
5 to 8 drinks	384	19.6
9 to 12 drinks	88	4.5
13 to 20 drinks	36	1.8
More than 20 drinks	3	0.2
Refused	3	0.2
Total	1959	100.0

Alcohol risk was calculated using the information above to categorise respondents into non-drinkers, no risk drinkers, low risk drinkers, intermediate risk drinkers, high risk drinkers and very high risk drinkers. The risk factor levels have been defined as follows:

Table 6.18: Categories of risk associated with various level of alcohol consumption

Category	Description	Risk	
		Men	Women
A	Non-drinkers	None	None
B	Average daily intake of less than 3 drinks	None	Low
C	Average daily intake of 4 drinks or 9-12 drinks in any day	Low	Intermediate
D	Average daily intake of 5-8 drinks or occasional excess	Intermediate	High
E	Average daily intake of 9-12 drinks or frequent or great occasional excessive intake	High	Very high
F	Average daily intake of over 12 drinks	Very high	Very high

The calculation of alcohol risk status for women means that at the same level of consumption as men, women are one risk category higher for example, average daily intake of four drinks for men is low risk but for women is intermediate risk. Thus, calculation precludes any women who drink from being classified as ‘no risk’.

The categories of risk have been defined as follows.

Table 6.19: Categories of risk levels

Frequency of drinking	Number of drinks					
	1-2	3-4	5-8	9-12	13-20	>20
Less than once a week	B	B	B	C	D	E
1 or 2 days	B	B	B	C	D	E
3 or 4 days	B	B	C	D	E	F
5 or 6 days	B	C	D	E	F	F
Every day	B	C	D	E	F	F

Note: Refer to Table 6.18 for a definition of categories A-F.

Table 6.20 shows the alcohol risk levels for the respondents. Overall, 47.2% (95% CI 45.1 - 49.2) of respondents in the Northern Territory were non-drinkers or were classified as no alcohol risk, 41.4% (95% CI 39.4 - 43.4) of respondents were low alcohol risk drinkers and 11.4% (95% CI 10.2 - 12.8) of respondents were intermediate to very high alcohol risk.

Table 6.20: Number and proportion of respondents by alcohol risk level

	n	%
Non-drinkers	393	16.7
No risk	715	30.4
Low risk	972	41.4
Intermediate risk	208	8.9
High	49	2.1
Very high risk	11	0.5
Total	2349 ¹	100.0

Note: ¹ 3 of the 2,352 respondents refused to answer one or more alcohol related questions.

The proportions of respondents not at risk, at low alcohol risk or at high alcohol risk were similar across all three regions.

Table 6.21: Number and proportion of respondents by alcohol risk level and region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Non-alcohol or no risk	473	48.1 (44.9 - 51.2)	379	45.3 (41.9 - 48.8)	264	49.8 (28.5 - 34.9)
Low risk	394	40.1 (37.0 - 43.2)	366	43.8 (40.4 - 47.2)	206	38.9 (21.8 - 27.7)
Intermediate to very high risk	116	11.8 (9.9 - 14.0)	91	10.9 (8.9 - 13.2)	60	11.3 (5.6 - 9.2)
Total	984	100.0	836	100.0	529	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.20)

Notes: 1. 3 of the 2,352 respondents refused to answer one or more alcohol related questions

2. The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

6.5 Smoking

Overall, 22.7% of respondents indicated that they or other members of the household smoke inside the home.

Table 6.22: Number and proportion of households where respondent or other member of the household smokes inside the home

	n	%
Yes	534	22.7
No	1818	77.3
Total	2352	100.0

There was no significant difference by region in the proportion of households with someone smoking inside the house.

Table 6.23: Number and proportion of households where respondent or other member of the household smokes inside the home by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Yes	202	20.5	216	25.8	138	26.0
No	783	79.5	621	74.2	393	74.0
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.22).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Respondents were asked which category listed in Table 6.24 best describes their smoking status. Overall, 29.3% (95% CI 27.5 - 31.2, n=689) of respondents were smokers, 37.0% (95% CI 35.0 - 39.0, n=870) were ex-smokers and 33.7% (95% CI 31.8 - 35.7, n=793) were non-smokers.

Table 6.24: Description of respondent's smoking status

	n	%
Smokes daily	576	24.5
Smokes occasionally	113	4.8
Do not smoke but used to	665	28.3
Tried it a few times but never smoked regularly	205	8.7
Never smoked	793	33.7
Refused	-	-
Total	2352	100.0

Respondents living in the rural areas of the Northern Territory were significantly more likely to smoke compared with those living in other regions.

Table 6.25: Smoking status of respondents by region

	Metropolitan		Rural		Remote	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Non-smoker	343	34.8 (31.9 - 37.9)	269	32.2 (29.0 - 35.4)	172	32.5 (28.5 - 36.0)
Ex-smoker	380	38.5 (35.5 - 41.7)	291	34.7 (31.6 - 38.1)	189	35.6 (31.6 - 39.9)
Smoker	263	26.7 (24.0 - 29.6)	277	33.1 (29.9 - 36.4) ^	169	31.9 (30.0 - 36.1)
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.24).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Respondents who smoked daily or occasionally were asked:

- how soon after waking they usually smoked their first cigarette (Table 6.26 and Table 6.27); and
- how many cigarettes they smoked per day (Table 6.28 and Table 6.29).

Overall, 55.8% of smokers had their first cigarette less than 60 minutes after waking. There was no significant difference by region (Table 6.27).

Table 6.26: How long in minutes after waking up respondents usually have their first cigarette

	n	%
0 to 14 minutes	160	23.2
15 to 29 minutes	95	13.7
30 to 59 minutes	130	18.9
1 to 2 hours	104	15.1
More than 2 hours	201	29.2
Total	689	100.0

Table 6.27: How long in minutes after waking up respondents usually have their first cigarette by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
0 to 14 minutes	64	24.3	62	22.4	32	18.8
15 to 29 minutes	31	12.0	41	15.0	36	21.6
30 to 59 minutes	46	17.5	57	20.6	32	18.8
1 to 2 hours	40	15.3	41	14.9	24	13.9
More than 2 hours	81	30.9	75	27.2	45	26.9
Total	263	100.0	277	100.0	169	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.26).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Overall, 60.9 % of smokers smoked more than 15 cigarettes per day. There was no significant difference by region (Table 6.28).

Table 6.28: Average number of cigarettes smoked per day

	n	%
Less than one per day	25	3.7
1 to 14 per day	235	34.1
15 to 24 per day	229	33.3
25 or more per day	190	27.6
Don't know	9	1.3
Total	689	100.0

Table 6.29: Average number of cigarettes smoked per day by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Less than one per day	12	4.7	5	1.9	12	7.0
1 to 14 per day	80	30.4	107	38.6	63	37.1
15 to 24 per day	89	34.0	90	32.6	53	31.4
25 or more per day	78	29.7	71	25.5	39	23.2
Don't know	3	1.2	4	1.4	2	1.2
Total	263	100.0	277	100.0	169	100.0

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Ex-smokers were asked how long since they had last smoked (Table 6.30 and Table 6.31).

Table 6.30: Time since last smoked

	n	%
Yesterday or today	4	0.5
2 days to 1 month ago	20	3.0
1 month to 6 months ago	45	6.7
6 months to 1 year ago	46	7.0
1 to 5 years ago	135	20.4
5 to 10 years ago	129	19.4
More than 10 years ago	285	42.9
Total	665	100.0

Table 6.31: Time since last smoked by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Yesterday or today	3	0.9	-	-	1	0.4
2 days to 1 month ago	7	2.6	9	3.9	3	1.8
1 month to 6 months ago	17	6.1	17	7.3	16	11.1
6 months to 1 year ago	21	7.3	15	6.7	8	5.6
1 to 5 years ago	55	19.5	50	21.5	33	22.6
5 to 10 years ago	55	19.3	45	19.7	27	18.8
More than 10 years ago	126	44.4	94	40.9	57	39.7
Total	284	100.0	230	100.0	145	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.30).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

6.6 Nutrition

Several nutrition questions were asked of the respondents: the number of serves of vegetables and fruit eaten per day, whether the respondent removed fat from meat before or after cooking and the type of milk usually consumed. The responses to these questions are shown in Table 6.32 to Table 6.39.

Overall, 61.6% of respondents reported usually having two or more serves of vegetables per day.

Table 6.32: Number of serves of vegetables usually eaten each day

	n	%
One serve or less	864	36.7
Two to three serves	1082	46.0
Four to five serves	317	13.5
Six or more serves	49	2.1
Don't eat vegetables	17	0.7
None	15	0.6
Don't know	7	0.3
Total	2352	100.0

Table 6.33: Number of serves of vegetables usually eaten each day by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
One serve or less	363	36.9	314	37.5	158	29.7 [∨]
Two to three serves	453	46.0	381	45.5	263	49.6
Four to five serves	126	12.7	120	14.4	81	15.2
Six or more serves	24	2.4	13	1.6	9	1.8
Don't eat vegetables	8	0.9	4	0.5	5	1.0
None	7	0.7	3	0.4	10	1.9 [^]
Don't know	4	0.4	1	0.1	4	0.8
Total	985	100.0	837	100.0	530	100.0

[∨] [^] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.32)

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Overall, 41.2% of respondents reported having two or more serves of fruit per day.

Table 6.34: Number of serves of fruit usually eaten each day

	n	%
One serve or less	1204	51.2
Two to three serves	817	34.7
Four to five serves	124	5.3
Six or more serves	28	1.2
Don't eat fruit	76	3.2
None	100	4.2
Don't know	4	0.2
Total	2352	100.0

Table 6.35: Number of serves of fruit usually eaten each day by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
One serve or less	492	50.0	453	54.2	233	43.9 [∧]
Two to three serves	353	35.8	272	32.5	203	38.3
Four to five serves	53	5.4	41	4.8	37	7.1
Six or more serves	9	1.0	13	1.5	6	1.1
Don't eat fruit	27	2.7	33	4.0	19	3.6
None	49	5.0	24	2.9	28	5.4
Don't know	2	0.2	1	0.1	4	0.7
Total	985	100.0	837	100.0	530	100.0

[∧] [∨] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.34).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Of those who eat meat, 77% usually or always trim fat from their meat before or after cooking. A significantly higher proportion of respondents in the remote region reported never or rarely trimming fat compared with respondents from other regions.

Table 6.36: Frequency that fat is trimmed from meat before or after cooking

	n	%
Never/rarely	312	13.2
Sometimes	203	8.6
Usually	389	16.5
Always	1346	57.2
Don't eat meat	94	4.0
Don't know	9	0.4
Total	2352	100.0

Table 6.37: Frequency that fat is trimmed from meat before or after cooking by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Never/rarely	123	12.5	117	13.9	88	16.6 [^]
Sometimes	82	8.4	75	9.0	48	9.0
Usually	167	16.9	134	16.1	83	15.6
Always	568	57.7	475	56.7	295	55.7
Don't eat meat	41	4.2	32	3.9	15	2.9
Don't know	4	0.4	3	0.4	1	0.2
Total	985	100.0	837	100.0	530	100.0

[^] ^v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.36).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

Overall, 51.4% of respondents reported that they usually drank whole milk and 37.1% reported that they usually drank low fat or skim milk.

Table 6.38: Type of milk usually consumed

	n	%
Whole milk	1210	51.4
Low/reduced fat	500	21.2
Skim	373	15.9
Evaporated/sweetened condensed	12	0.5
Soya	84	3.6
None of the above	165	7.0
Don't know	8	0.4
Total	2352	100.0

Table 6.39: Type of milk usually consumed by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Whole milk	502	51.0	432	51.6	291	55.0
Low/reduced fat	217	22.0	177	21.1	72	13.6 ^v
Skim	155	15.7	132	15.8	94	17.8
Evaporated/sweetened condensed	5	0.5	5	0.5	4	0.8
Soya	30	3.1	35	4.1	28	5.2
None of the above	71	7.2	56	6.7	36	6.9
Don't know	5	0.5	-	-	4	0.8
Total	985	100.0	837	100.0	530	100.0

[^] ^v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 6.38).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

CHAPTER 7: HEALTH RELATED ISSUES

7.1 Psychosocial events

Overall, 42.1% of respondents (95% CI 40.0 - 44.1, n=989) reported having been affected by at least one psychosocial event in the 12 months prior to the survey (Table 7.1).

Table 7.1: Number and proportion of respondents affected by psychosocial events in the last 12 months

	n	%
Event *		
New job	448	19.1
Marriage/relationship breakdown	441	18.8
Serious illness	379	16.1
Discrimination	194	8.2
Serious injury	155	6.6
Family or domestic violence	133	5.7
Death of somebody close to you	130	5.5
Robbed or home burgled	120	5.1
Unplanned loss of job	103	4.4
Moved house	37	1.6
Any other major events	288	12.2
Yes, experienced at least one of the above events	989	42.1
No	1363	57.9
Total	2352	100.0

* Multiple responses were possible

Respondents living in the remote areas of the Northern Territory were significantly less likely to have been affected by at least one psychosocial event in the 12 months prior to the survey.

Table 7.2: Proportion of respondents affected by at least one psychosocial event in the last 12 months by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Yes	418	42.5	353	42.1	197	37.1 \vee
No	567	57.5	484	57.9	334	62.9 \wedge
Total	985	100.0	837	100.0	530	100.0

\wedge \vee Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 7.1).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

7.2 Medication use

Respondents were asked questions on medication use in the two weeks prior to the survey. These covered medicines bought from pharmacies, supermarkets, health shops, and any other sources (Table 7.3).

In the two weeks prior to the survey, 50.4% of respondents reported regularly taking tablets or medicines.

Table 7.3: Regularly taken any tablets or medicines bought from a pharmacy, supermarket, health shop etc, in the last two weeks

	n	%
Yes	1184	50.4
No	1168	49.6
Total	2352	100.0

Respondents were asked if the main medication taken in the last two weeks was prescribed by a doctor (Table 7.4). Of the 1184 respondents who reported taking medication, 63% said it had been prescribed by a doctor.

Table 7.4: Main medication taken was prescribed by a doctor

	n	%
Yes	746	63.0
No	438	37.0
Total	1184	100.0

Respondents living in the remote areas of the Northern Territory were significantly less likely than other respondents to have regularly taken tablets or medicines.

Table 7.5: Tablets or medicines regularly taken bought from a pharmacy, supermarket, health shop etc, in the last two weeks by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
Not taking any	485	49.2	412	49.2	305	57.5 [^]
Regularly taking tablets or medicines	181	18.4	162	19.3	88	16.5
Regularly taking tablets or medicines that were prescribed by a doctor	319	32.4	263	31.4	138	26.0 [∨]
Total	985	100.0	837	100.0	530	100.0

[^] [∨] Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 7.3).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

7.3 Days off from usual activities

Respondents were asked the number of days that they were totally unable to work or carry out their normal duties because of their health in the four weeks prior to the survey (Table 7.6).

Overall, 18.1% of respondents were totally unable to work or carry out normal duties on one or more days in the four weeks prior to the survey.

Table 7.6: Number of days totally unable to work or carry out normal duties because of health

	n	%
None (ie. fully or partially able to work)	1922	81.7
1 to 7 days	344	14.6
8 to 14 days	26	1.1
15 to 21 days	14	0.6
22 to 28 days	41	1.8
Don't know	4	0.2
Total	2352	100.0

There was no significant difference by region in the number of days respondents were totally unable to work or carry out normal duties because of their health.

Table 7.7: Number of days totally unable to work or carry out normal duties because of health by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None (ie. fully or partially able to work)	805	81.8	680	81.3	448	84.4
1 to 7 days	143	14.5	126	15.0	70	13.3
8 to 28 days	34	3.5	30	3.6	11	2.1
Don't know	3	0.3	1	0.1	1	0.3
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 7.6).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

7.4 Limited amount of work done

Respondents were asked how many days were they partially unable to work or carry out their normal duties because of their health in the four weeks prior to the survey. These responses are shown in Table 7.8.

Overall, 17.3% of respondents were partially unable to work or carry out normal duties on one or more days in the four weeks prior to the survey.

Table 7.8: Number of days partially unable to work or carry out normal duties because of health

	n	%
None	1944	82.6
1 to 7 days	321	13.7
8 to 14 days	24	1.0
15 to 21 days	13	0.5
22 to 28 days	47	2.0
Don't know	3	0.1
Total	2352	100.0

There was no significant difference by region in the number of days respondents were partially unable to work or carry out normal duties.

Table 7.9: Number of days partially unable to work or carry out normal duties because of health by region

	Metropolitan		Rural		Remote	
	n	%	n	%	n	%
None	810	82.2	696	83.2	443	83.5
1 to 7 days	140	14.3	106	12.7	73	13.7
8 to 28 days	33	3.4	33	4.0	13	2.5
Don't know	2	0.2	1	0.1	1	0.3
Total	985	100.0	837	100.0	530	100.0

^ v Statistically significantly higher or lower (χ^2 test, $p < 0.05$) than overall Territory figure (Table 7.8).

Note: The weighting of the data can result in rounding discrepancies or totals not adding (see Section 1.5.2).

APPENDIX 1: SURVEY COMMITTEE

MEMBERS OF THE SURVEY ADVISORY COMMITTEE

Northern Territory Advisory Group

Dr Edouard T d'Espaignet	Epidemiology Branch, DHCS
Mr Terry Barker	Mental Health Policy Branch, DHCS
Ms Hilary Berry	Health Economics Branch, DHCS
Dr Kannan Chinna	Health Economics Branch, DHCS
Dr Joan Cunningham	Menzies School of Health Research
Dr Dan Ewald	Central Australia Service Network, DHCS
Ms Vivienne Hobson	Nutrition and Physical Activity Policy Unit, DHCS
Dr John McComb	Purchasing Division, DHCS
Ms Dot Morrison	Health Promotion Branch, DHCS
Ms Joanne Townsend	Alcohol and Other Drugs Branch, DHCS
Ms Carrie Turner	Nutrition and Physical Activity Policy Unit, DHCS

Western Australia Advisory Group

Ms Alison Daly	Health Outcomes Assessment Unit, HDWA
Dr David Saunders	Health Outcomes Assessment Unit, HDWA
Ms Lynne Roberts	Health Outcomes Assessment Unit, HDWA
Dr Merran Smith	Health Information Centre, HDWA
Dr Jim Codde	Epidemiology & Analytical Services, HDWA
Ms Harriet Pears	Mental Health Division, HDWA
Ms Anna Huska	Development & Support, Public Health, HDWA
Dr Moira McKinnon	Health Enhancement, Public Health, HDWA
Dr Alan Philp	Development & Support, Public Health, HDWA

South Australia Advisory Group

Prof Robert Goldney	Adelaide University
Dr Nick Potts	NW Adelaide Health Service
Dr Kerry Kirke	Anti Cancer Foundation
Dr Rob Elzinger	Mental Health, Statewide, DHS
Dr Pat Phillips	NW Adelaide Health Service
Dr Richard Ruffin	NW Adelaide Health Service
Dr David Ben-Tovim	Flinders Medical Centre
Dr Frida Cheok	Health Outcomes Unit, Statewide, DHS
Tony Woollacott	Strategic Planning & Policy, DHS
Trish Carter	Health Promotion Unit, Statewide, DHS
Suzanne Heath	Country & Disability Services, DHS
Anne Taylor	SERCIS, Statewide, DHS
Eleonora Dal Grande	SERCIS, Statewide, DHS
Gary Starr	SERCIS, Statewide, DHS

APPENDIX 2: REGION DEFINITIONS

Geographic regions for over-sampling of rural and remote areas, and subsequent analyses, were defined according to the following compilation of postcodes for the Northern Territory.

Postcode	Region
0800	metro
0801	metro
0810	metro
0811	metro
0812	metro
0813	metro
0814	metro
0820	metro
0821	metro
0822	remote
0828	metro
0830	metro
0831	metro
0832	metro
0835	rural
0836	rural
0837	rural
0840	remote
0845	rural
0846	rural
0847	rural
0850	rural
0851	rural
0852	remote
0853	rural
0854	remote
0860	rural
0861	rural
0862	remote
0870	rural
0871	rural
0872	remote
0880	rural
0881	rural
0885	remote
0886	rural

APPENDIX 3: LETTER INTRODUCING THE SURVEY

October 2000

Dear Householder

I am writing to seek your assistance in an important health survey being conducted on behalf of the [state's health department] and the Commonwealth Department of Health and Aged Care during the months of November and December. Your telephone number has been selected randomly from the [state] White Pages telephone book.

An interviewer will be contacting your household in the next few weeks. They will ask you a few questions about the ages of the people in your house and then they will ask to speak with the person aged eighteen or over who has had the most recent birthday. This person will be asked to participate in an interview over the telephone. The interview will take about fifteen minutes.

About 2,500 people will be selected to be interviewed and all information collected will be strictly confidential. The results of the survey will help us in planning and developing health services that meet the needs of your local community.

If you have any queries about the survey, please call [Manager of the Population Survey in each state] on [1800 number].

I would like to thank you in advance for your support and assistance with this important survey.

**APPENDIX 4:
WA, NT & SA CATI HEALTH AND
WELLBEING QUESTIONNAIRE**

Joint NT, SA and WA CATI Health and Wellbeing Survey November/December 2000

Introduction

Good My name is from Territory Health Services. We are conducting a survey about the health needs of people in the Northern Territory.

We recently sent you a letter telling you about the survey. Did you receive the letter?

(Single Response)

- | | |
|---------------|-----|
| 1. Yes | [] |
| 2. No | [] |
| 3. Don't know | [] |

Could I please speak with the person in the household, aged 18 and over, who was the last to have a birthday.

I can assure you that information given will remain confidential. The answers from all people interviewed will be gathered together and presented in a report. No individual answers will be passed on.

Interviewer select the appropriate type:

- | | |
|--|-----|
| 1. Respondent | [] |
| 2. Foreign language interviewer required | [] |
| Enter language | |
| 3. Refusal | [] |
| Enter reasons | |

A. DEMOGRAPHICS

As some of the next questions relate to certain groups of people only could you please tell me

A1 What was your age at last birthday?

(Single Response. Enter 999 if not stated)

- | | |
|---------------|-------|
| 1. Enter age | [] |
| 2. Not stated | [999] |

A2 Voice (ask if unsure)

- | | |
|-----------|-----|
| 1. Male | [] |
| 2. Female | [] |

A3 Including yourself how many people aged 18 and over live in this household?

(Single Response. Interviewer note: enter number of people 18 years and over)

- | | |
|-----------------|-------|
| 1. Enter number | [] |
| 2. Not stated | [999] |

A4 How many children (including babies) under 18 years live in your household?

(Single Response. Interviewer note: enter number of people 18 years and over.)

- | | |
|-----------------|-------|
| 1. Enter number | [] |
| 2. None | [0] |
| 3. Not stated | [999] |

A5 What is the Postcode of the house?

(Single Response)

- | | |
|-------------------|--------|
| 1. Enter postcode | [] |
| 2. Not stated | [9999] |

A6 What town, suburb or community do you live in?

(Single Response.)

- | | |
|----------------------|-----|
| 1. Enter town/suburb | [] |
| 2. Not stated | [] |

B. QUALITY OF LIFE (SF12)

These first few questions ask for your views about your health.

B7 In general, would you say your health is:

(Read Options. Single Response)

- | | |
|--------------|-----|
| 1. Excellent | [] |
| 2. Very good | [] |
| 3. Good | [] |
| 4. Fair | [] |
| 5. Poor | [] |

The following items are about activities that you might do during a typical day.

B8 Does your health now limit you in undertaking moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf? Does your health limit you?

(Read Options. Single Response)

- | | |
|---------------|-----|
| 1. A lot | [] |
| 2. A little | [] |
| 3. Not at all | [] |

B9 What about climbing several flights of stairs? Does your health limit you?

(Read Options. Single Response)

- | | |
|---------------|-----|
| 1. A lot | [] |
| 2. A little | [] |
| 3. Not at all | [] |

B10 During the past four weeks, have you accomplished less than you would like with your work or other regular daily activities as a result of your physical health?

(Read Options. Single Response)

- | | |
|--------|-----|
| 1. Yes | [] |
| 2. No | [] |

B11 During the past four weeks, were you limited in the kind of work or other activities as a result of your physical health?

(Read Options. Single Response)

- | | |
|--------|-----|
| 1. Yes | [] |
| 2. No | [] |

B12 During the past four weeks, have you accomplished less than you would like with your work or other regular daily activities as a result of any emotional problems, such as feeling depressed or anxious?

(Read Options. Single Response)

- | | |
|--------|-----|
| 1. Yes | [] |
| 2. No | [] |

B13 During the past four weeks, did you not do work or other activities as carefully as usual as a result of any emotional problems, such as feeling depressed or anxious?

(Read Options. Single Response)

- | | |
|--------|-----|
| 1. Yes | [] |
| 2. No | [] |

B14 During the past four weeks, how much did pain interfere with your normal work, including both work outside the home and housework?

(Read Options. Single Response)

- | | |
|-----------------|-----|
| 1. Not at all | [] |
| 2. A little bit | [] |
| 3. Moderately | [] |
| 4. Quite a bit | [] |
| 5. Extremely | [] |

The next few questions are about how you feel and how things have been with you during the past 4 weeks. Please give the one answer that comes closest to the way you have been feeling.

B15 How much of the time during the past four weeks have you felt calm and peaceful?

(Read Options. Single Response)

- | | |
|---------------------------|-----|
| 1. All of the time | [] |
| 2. Most of the time | [] |
| 3. A good bit of the time | [] |
| 4. Some of the time | [] |
| 5. A little of the time | [] |
| 6. None of the time | [] |

B16 How much of the time during the past four weeks did you have a lot of energy?

(Read Options. Single Response)

- | | |
|---------------------------|-----|
| 1. All of the time | [] |
| 2. Most of the time | [] |
| 3. A good bit of the time | [] |
| 4. Some of the time | [] |
| 5. A little of the time | [] |
| 6. None of the time | [] |

B17 How much of the time during the past four weeks have you felt downhearted and blue (or down)?

(Read Options. Single Response)

1. All of the time []
2. Most of the time []
3. A good bit of the time []
4. Some of the time []
5. A little of the time []
6. None of the time []

B18 During the past four weeks, how much of the time has your physical health or emotional problems interfered with your social activities like visiting friends or relatives?

(Read Options. Single Response)

1. All of the time []
2. Most of the time []
3. Some of the time []
4. A little of the time []
5. None of the time []

C. CO-MORBIDITY

The next few questions are about specific health condition.

C19 Have you ever been told by a doctor that you have any of the following conditions?

(Read Options. Multiple Response)

1. Diabetes []
2. Arthritis []
3. Heart disease []
4. Stroke []
5. Cancer []
6. Osteoporosis (not osteoarthritis) []
7. None []

A2 Have you ever been told by a doctor that you have asthma?

(Single Response)

1. Yes []
2. No [] Go to C22

C20 Do you still have asthma?

(Single Response)

1. Yes []
2. No []
3. Don't know []

A3 Have you ever been told by a doctor that you have any other respiratory problem (Bronchitis, Emphysema, Chronic Lung Disease) that has lasted six months or more?

(Single Response)

1. Yes []
2. No [] Go to C24
3. Don't know [] Go to C24

C21 Do you still have these (this) other respiratory problem(s)?

(Single Response)

1. Yes []
2. No []

A4 Have you ever been told by a doctor that you have high cholesterol?

(Single Response. Interviewer note: include never measured response into no category)

1. Yes []
2. No [] Go to C26
3. Don't know [] Go to C26

C22 Do you still have high cholesterol?

(Single Response)

1. Yes []
2. No []
3. Don't know []

A5 Have you ever been told by a doctor that you have High Blood Pressure?

(Single Response. Interviewer note: include never measured response into no category)

1. Yes []
2. No [] Go to C28
3. Don't know [] Go to C28

C23 Do you still have High Blood Pressure?

(Single Response)

1. Yes []
2. No []
3. Don't know []

C24 In the last 12 months have you had an injury that has required medical treatment eg at a hospital or clinic?

(Single Response. Interviewer note: The Royal Flying Doctors is included)

1. Yes []
2. No []

D. MEDICATION USE

D25 In the last 2 weeks have you regularly taken any tablets or medicines bought from a pharmacy, supermarket, health shop etc?

(Single Response)

1. Yes []
2. No [] Go to E31

D26 In regard to the main medicine you take, is the medicine prescribed by a doctor?

(Single Response)

1. Yes []
2. No []

E. HEALTH CARE UTILISATION

Now some questions about the use of health services.

E27 How many times in the last 12 months, have you used these health services in [SA, WA, NT]?

(Read Options. Rotate options. Multiple Response. *Interviewer note: Enter number of times or 999 if not known. Not a hospital admission*)

1. **Primary health care eg general practitioner, community health centre, community or district nurses** _____
2. **A mental health service eg psychiatrist, psychologist, counsellor** _____
3. **Hospital based services eg accident & emergency department, day surgery or procedure or outpatients department or clinic (specialist/allied health) but not an overnight stay** _____
4. **Allied health services eg physiotherapist, chiropractor, acupuncturist, naturopath, osteopath, podiatrist** _____
5. None of the above []

E28 In the last 12 months, how many nights, have you spent in

(Read Options. Multiple response. *Interviewer note: Enter number of times or 999 if not known*)

1. **A Private hospital** _____
2. **A Public hospital** _____
3. None []

F. KESSLER PSYCHOLOGICAL DISTRESS SCALE

The next questions are about how you have been feeling in the last 4 weeks.

F29 In the past four weeks, about how often did you feel tired out for no good reason?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F30 In the past four weeks, about how often did you feel nervous?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

Sequence guide: F34 = 5 go to F36

F31 In the past four weeks, about how often did you feel so nervous that nothing could calm you down?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F32 In the past four weeks, about how often did you feel hopeless?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F33 In the past four weeks, about how often did you feel restless or fidgety?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

Sequence guide: If F37= 5 go to F39

F34 In the past four weeks, about how often did you feel so restless you could not sit still?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F35 In the past four weeks, about how often did you feel depressed?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F36 In the past four weeks, about how often did you feel everything was an effort?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F37 In the past four weeks, about how often did you feel so sad that nothing could cheer you up?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

F38 In the past four weeks, about how often did you feel worthless?

(Read Options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **Some of the time** []
4. **A little of the time** []
5. **None of the time** []

G. RISK FACTORS – Physical Activity

As the following questions relate to certain groups of people I need to ask

G39 What is your work status?

(Read Options if necessary. Single Response)

1. Full time employed []
2. Part time employed []
3. Unemployed []
4. Home duties []
5. Retired []
6. Student []
7. Other (Specify) []

Sequence guide: G43 > 2 (do not work full or part time at all) go to G45

A6 When you are at work, which of the following best describes what you do? Would you say:

(Read options. Single response. *Interviewer note: if the respondent has multiple jobs, include all jobs*)

1. **Mostly sitting or standing** []
2. **Mostly walking** []
3. **Mostly heavy labour or physically demanding work** []
4. Don't know / Not sure []
5. Refused []

A7 In a usual week, on how many days do you walk for at least 10 minutes at a time [while at work], for recreation, exercise, to get to and from places, or for any other reason?

(Single Response)

1. Zero days [] Go to G47
2. *Days per week* _____
3. Don't know/Not sure [] Go to G47
4. Refused [] Go to G47

A8 What is the usual total time that you spend walking per day?

(Single Response. Enter number)

1. *Minutes per day* _____
2. Don't know / Not sure []
3. Refused []

A9 In a usual week, on how many days do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

(Single Response)

1. *Days per week* _____
2. No moderate activities []
3. Don't know / Not sure []
4. Refused []

A10 In a usual week, on how many days do you do any activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, push ups, or sit ups?

(Single Response. *Interviewer note: enter number of days*)

1. *Days per week* _____
2. No muscle strength or toning activities []
3. Don't know / Not sure []
4. Refused []

A11 In a usual week, on how many days do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

(Single Response)

1. *Days per week* _____
2. No vigorous activities []
3. Don't know / Not sure []
4. Refused []

H. RISK FACTORS – BMI

H40 What is your height without shoes?

(Single Response)

1. *Centimetres* _____
- OR
2. *Feet : Inches* _____
 3. Don't know []
 4. Refused []

H41 What is your weight? (Undressed in the morning)

(Single Response)

1. *Kilograms (Kg)* _____
- OR
2. *Stones : Pounds* _____
 3. Don't know []
 4. Refused []

I. RISK FACTORS - Alcohol

Now to change the subject.

I42 How often do you usually drink alcohol?

(Single Response)

1. I don't drink alcohol [] Go to J.
2. Less than once a week []
3. On 1 or 2 days a week []
4. On 3 or 4 days a week []
5. On 5 or 6 days a week []
6. Every Day []
7. Refused []

I43 A Standard Drink is equivalent to a schooner or midi of full strength beer, a glass of wine or a nip of spirits. On a day when you drink alcohol, how many drinks do you usually have?

(Single Response)

1. 1 or 2 drinks []
2. 3 or 4 drinks []
3. 5 to 8 drinks []
4. 9 to 12 drinks []
5. 13 to 20 drinks []
6. More than 20 drinks []
7. Refused []

7. More than 10 years ago []

J. RISK FACTORS – Smoking**J44 Do you or any family members smoke inside the home?**

(Single Response)

1. Yes []
2. No []
3. Refused []

J45 Which of the following best describes your smoking status?

(Single Response. Read options)

1. **I smoke daily** []
2. **I smoke occasionally** []
3. **I don't smoke now but I used to** []
4. **I've tried it a few times but never smoked regularly** []
5. **I've never smoked** []
6. Refused []

Sequence guide: If J55 = 4 or 5 (non-smoker) go to section K.

If J55= 3 (ex-smoker) go to J58

J46 How soon after you wake up do you usually smoke your first cigarette?

(Single Response)

1. 0 – 14 minutes []
2. 15 – 29 minutes []
3. 30 – 59 minutes []
4. 1 – 2 hours []
5. More than 2 hours []

A12 On average how many cigarettes do you smoke per day or each week?

(Single Response. Enter number)

1. *Daily* —
2. *Weekly* —
3. *Monthly* —
4. Don't know []

Sequence guide: If J55 = 4 or 5 (non-smoker) go to section K. If J55 = 3 (ex-smoker) go to J58.

J47 When did you last smoke?

(Single Response)

1. Yesterday or today []
2. 2 days to 1 month ago []
3. 1 month to 6 months ago []
4. 6 months to 1 year ago []
5. 1 to 5 years ago []
6. 5 to 10 years ago []

B. NUTRITION

Now to some questions about food.

J48 How many serves of vegetables do you usually eat each day?

(Single Response. Interviewer note: a serve = half cup of cooked vegetables or 1 cup of salad)

- | | |
|-------------------------|-----|
| 1. One serve or less | [] |
| 2. Two to three serves | [] |
| 3. Four to five serves | [] |
| 4. Six or more serves | [] |
| 5. Don't eat vegetables | [] |
| 6. None | [] |
| 7. Don't know | [] |

J49 How many serves of fruit do you usually eat each day?

(Single Response. Interviewer note: a serve = 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces)

- | | |
|------------------------|-----|
| 1. One serve or less | [] |
| 2. Two to three serves | [] |
| 3. Four to five serves | [] |
| 4. Six or more serves | [] |
| 5. Don't eat fruit | [] |
| 6. None | [] |
| 7. Don't know | [] |

J50 How often is the meat you eat trimmed of fat either before or after cooking?

(Read Options if necessary. Single Response. Interviewer note: includes chicken, excludes fish)

- | | |
|-------------------|-----|
| 1. Never / rarely | [] |
| 2. Sometimes | [] |
| 3. Usually | [] |
| 4. Always | [] |
| 5. Don't eat meat | [] |
| 6. Don't know | [] |

J51 What type of milk do you usually consume?

(Single Response)

- | | |
|---------------------------------------|-----|
| 1. Whole milk | [] |
| 2. Low / reduced fat | [] |
| 3. Skim | [] |
| 4. Evaporated/
sweetened condensed | [] |
| 5. Soya | [] |
| 6. None of the above | [] |
| 7. Don't know | [] |

C. PERCEIVED CONTROL OF LIFE EVENTS

The next few questions are again about your life in general.

J52 During the past four weeks how much of the time did you feel a lack of control with your life in general:

(Read options. Single response)

- | | |
|--------------|-----|
| 1. Never | [] |
| 2. Rarely | [] |
| 3. Sometimes | [] |
| 4. Often | [] |
| 5. Always | [] |

J53 [During the past four weeks] how much of the time did you feel a lack of control with your financial situation:

(Read options. Single response)

- | | |
|--------------|-----|
| 1. Never | [] |
| 2. Rarely | [] |
| 3. Sometimes | [] |
| 4. Often | [] |
| 5. Always | [] |

J54 [During the past four weeks] how much of the time did you feel a lack of control with your personal life:

(Read options. Single response)

- | | |
|--------------|-----|
| 1. Never | [] |
| 2. Rarely | [] |
| 3. Sometimes | [] |
| 4. Often | [] |
| 5. Always | [] |

J55 [During the past four weeks] how much of the time did you feel a lack of control with your job security:

(Read options. Single response)

- | | |
|-------------------|-----|
| 1. Never | [] |
| 2. Rarely | [] |
| 3. Sometimes | [] |
| 4. Often | [] |
| 5. Always | [] |
| 6. Not Applicable | [] |

J56 [During the past four weeks] how much of the time did you feel a lack of control with your work life (paid or voluntary).:

(Read options. Single response)

1. **Never** []
2. **Rarely** []
3. **Sometimes** []
4. **Often** []
5. **Always** []
6. **Not Applicable** []

J57 [During the past four weeks] how much of the time did you feel a lack of control with your health:

(Read options. Single response)

1. **Never** []
2. **Rarely** []
3. **Sometimes** []
4. **Often** []
5. **Always** []

K. PSYCHOSOCIAL EVENTS

K58 In the last 12 months have you personally been affected by any of the following?

(Multiple Response - Read options)

1. **Unplanned loss of job** []
2. **New job** []
3. **Family or domestic violence** []
4. **Death of somebody close to you** []
5. **Discrimination** []
6. **Moved house** []
7. **Robbed or home burgled** []
8. **Marriage/relationship breakdown** []
9. **Serious injury** []
10. **Serious illness** []
11. **Any other major events (specify)** []
12. **None** []

L. MENTAL HEALTH

L59 In the last 12 months have you been told by a doctor that you have any of the following conditions?

(Read Options. Multiple Response)

1. **Anxiety** []
2. **Depression** []
3. **A stress related problem** []
4. **Any other mental health problem** []
5. **None** [] Go to N72
6. **Refused** [] Go to N72

L60 Do you still have any of these condition?

(Single Response)

1. **Yes** []
2. **No** []
3. **Refused** []

L61 Are you currently receiving treatment for anxiety, depression, stress related problems or any other mental health problem?

(Single Response. *Interviewer note: includes phone treatment*)

1. **Yes** []
2. **No** []
3. **Refused** []

Sequence guide: If N70 = 5,6 AND N72 ≥ 2 go to 0.
If N71 ≥ 2 AND N72 ≥ 2 Go to 0.

C13 In the past 4 weeks, how often have physical health problems been the main cause of anxiety, depression or other mental health condition?

(Read options. Single Response)

1. **All of the time** []
2. **Most of the time** []
3. **A good bit of the time** []
4. **Some of the time** []
5. **A little of the time** []
6. **None of the time** []

M. SOCIAL CHARACTERISTICS

Now to finish off with some general questions.

Sequence guide: If G43 = 1 (work full time) go to O75

M62 Do you receive a pension or benefit from the Department of Social Security?

(Multiple Response. *Interviewer note: not self-funded eg superannuation & not family allowance. Includes Veterans Affairs & Overseas pensions*)

- | | |
|---------------|-----|
| 1. Yes | [] |
| 2. No | [] |
| 3. Don't know | [] |

M63 During the last four weeks, how many days were you totally unable to work or carry out your normal duties because of your health?

(Single Response. *Interviewer note: enter number of days off or 999 if unknown*)

- | | |
|---------------|-------|
| 1. None | [0] |
| 2. Enter Days | _____ |
| 3. Don't know | [999] |

M64 During the last four weeks, how many days were you partially unable to work or carry out your normal duties because of your health?

(Single Response. *Interviewer note: enter number of days off or 999 if unknown*)

- | | |
|---------------|-------|
| 1. None | [0] |
| 2. Enter Days | _____ |
| 3. Don't know | [999] |

M65 What kind of work have you done for most of your life?

(Single Response. *Interviewer note: if not sure get as much detail as possible ie clerk, ask what type of clerk*)

- | | |
|---|-----|
| 1. <u>Manager or administrator</u>
(eg parliamentarian, judge, general or specialist manager, managing supervisor) | [] |
| 2. <u>Professional</u> (eg scientist, architect, engineer, medical practitioner, school teacher, social work, accountant, journalist) | [] |
| 3. <u>Para-Professional</u> (eg medical or science technical officer, engineering or building technician, pilot, registered nurse, police or ambulance officer) | [] |
| 4. <u>Trades person</u> (eg metal fitter or machinist, electrician, carpenter, mechanic, cook, hairdresser) | [] |
| 5. <u>Clerk</u> (eg public service clerk, typist, data processor, receptionist, telephonist) | [] |
| 6. <u>Sales person or personal service worker</u>
(eg sales representative or assistant, teller, enrolled nurse, waiter or waitress) | [] |
| 7. <u>Plant or machine operator or driver</u> (eg truck, delivery van, bus, or taxi driver, fire fighter, crane operator, textile machinist, etc) | [] |
| 8. <u>Labourer or related worker</u>
(eg trades assistant, hand packer, farm hand, cleaner, storeman/woman, kitchen hand) | [] |
| 9. Home Duties | [] |
| 10. Never worked | [] |
| 11. Other (specify) | [] |

M66 What is your marital status?

(Read Options. Single Response)

- | | |
|-------------------------|-----|
| 1. Never Married | [] |
| 2. De Facto | [] |
| 3. Married | [] |
| 4. Separated | [] |
| 5. Divorced | [] |
| 6. Widowed | [] |
| 7. Not stated | [] |

M67 Were you born in Australia?

(Single Response)

- | | |
|------------|---------------|
| 1. Yes | [] |
| 2. No | [] Go to O81 |
| 3. Refused | [] Go to O81 |

M68 Are you of Aboriginal or Torres Strait Islander origin?

(Single Response)

- | | |
|---------------------------|-----|
| 1. No | [] |
| 2. Aboriginal | [] |
| 3. Torres Strait Islander | [] |
| 4. Both | [] |
| 5. Not stated | [] |

M69 What is the highest level of education you have completed?(Single Response. *Interviewer note: Prompt if necessary*)

- | | |
|---|-----|
| 1. Never attended school | [] |
| 2. Some Primary school | [] |
| 3. Completed Primary School | [] |
| 4. Some High School | [] |
| 5. Completed High School
(i.e. Year 12, Form 6, HSC) | [] |
| 6. TAFE or Trade Certificate
or Diploma | [] |
| 7. University, CAE or some other Tertiary
Institute degree | [] |
| 8. Other (specify) | [] |

C14 Which best describe your family's money situation?

(Read Options. Single Response)

- | | |
|---|-----|
| 1. [I am / we are] spending more money than [I / we] get | [] |
| 2. [I / we] have just enough money to get us through to the next pay day | [] |
| 3. There's some money left over each week but [I / we] just spend it | [] |
| 4. [I / we] can save a bit every now and then | [] |
| 5. [I / we] can save a lot | [] |
| 6. Don't know | [] |
| 7. Refused | [] |

M70 Can you tell me the approximate annual gross income of your household? That is, for all people in the household before tax is taken out. I'll read out some categories and could you please tell me into which one your household's income falls?

(Read Options. Single Response)

- | | |
|-------------------------------|-----|
| 1. Up to \$12,000 | [] |
| 2. \$12,001 - \$20,000 | [] |
| 3. \$20,001 - \$40,000 | [] |
| 4. \$40,001 - \$60,000 | [] |
| 5. \$60,001 - \$80,000 | [] |
| 6. More than \$80,000 | [] |
| 7. Not stated/refused | [] |
| 8. Don't know | [] |

M71 How many residential telephone numbers, including mobile phones, can be used to speak to someone in this household?(Single Response. *Interviewer note: do not include Internet or fax numbers*)

- | | |
|-----------------|------|
| 1. Enter number | -- |
| 2. Don't know | [99] |

M72 How many times do these numbers appear in the White Pages?(Single Response. *Interviewer note: do not include Internet or fax numbers. Total number of entries includes numbers that are listed more than once.*)

- | | |
|-----------------|------|
| 1. Enter number | -- |
| 2. Don't know | [99] |

M73 Date of interview

M74 Day of week interview undertaken

M75 Time of day interview undertaken

M76 In a survey like this, issues often arise which require further explanation. If we need to could we phone you at a later date to help clarify some issues?

(Single Response)

- | | |
|---|-----|
| 1. Yes (specify - record first name only) _____ | [] |
| 2. No | [] |

Interviewer note: read next section if necessary, if not Go to M78

As some of the questions we have asked may have been distressing or caused some concern for some people, we would like to offer you a telephone number if you feel that you need to discuss some of these concerns with a qualified health professional.

[NT – Contact Crisis Line 1800 019 116]

M77 Did the respondent accept the number?

(Single Response)

1. Yes []
2. No []

M78 Please record what language this interview was conducted in

(Single Response)

1. English []
2. Italian []
3. Greek []
4. Vietnamese []

That concludes the survey. On behalf of Territory Health Services, thank you very much for taking part in this survey.