



ACT
Government

ACT Health

ACT General Health Survey 2011–2021 Children



Epidemiology Section

Health Series No. 70

2023

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ACT General Health Survey 2011–2021 Children

Health Series
Number 70

Epidemiology Section
Data Analytics Branch
Policy, Partnerships and Programs
2023

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Acknowledgement of Country

ACT Health acknowledge the Ngunnawal people, the traditional custodians of this beautiful country we have the privilege to call home. We pay our respects their Elders, past and present and the contribution they make to the life of this city and to its success.

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

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1. Executive Summary

The ACT General Health Survey (ACTGHS) has been undertaken annually since 2007 to monitor health-related trends in the ACT. The ACTGHS collects information about traditional risk factors such as nutrition, physical activity, obesity, alcohol and smoking and more recently, wellbeing factors such as family connectedness, social connection, neighbourhood programs and safe places and school participation. This report examines the following key health indicators for children aged 5 to 17 years:

- Self-rated health
- Nutrition
- Physical activity
- Weight status

Results are presented under section 3 of this report.

Key findings include:

- Between 2011 and 2021, excellent/very good self-rated health remained stable (69.9% vs 77.2%).
- The majority of children met the 2013 Australian Dietary Guideline for fruit; this has remained stable between 2011 (62.9%) and 2021 (63.1%).
- There has been a downward trend in the proportion of children who met the 2013 Australian Dietary Guideline for vegetables between 2011 (6.0%) and 2021 (2.7%), however this difference was not statistically significant.
- The average number of fast-food meals/snacks eaten per month significantly increased between 2011 (2.7) and 2021 (4.6).
- In most years, less than a quarter of children reported that they met the Australian Physical Activity Guideline; this has remained stable between 2011 (22.5%) and 2021 (23.0%).
- In all years reported, the majority of children were classified as being in the healthy weight category based on their BMI.

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

2. Introduction

1.1 Project background

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

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

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

	Year										
Questionnaire version and sample size	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021	
Risk factors questionnaire (1,200 adults + 500/1,000 children)	√	√	√	√	√	√	√		√	√	
Wellbeing questionnaire (2,000 adults)									√		

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

The ACTGHS is conducted using Computer Assisted Telephone Interviewing. Responses for children aged 5-15 years were provided by the parent/carer who knows the most about the child's health. Between 2011 and 2016, the survey sample frame predominantly consisted of randomly-generated landline telephone numbers. The ACTGHS was not conducted in 2017 while the survey program was being reviewed. In 2018, due to the continuing decline of landline usage among households, the proportion of mobile sample was increased from around 9% in 2016 to 70%. From 2020, the mobile sample increased to 100%.

1.2 Characteristics of the sample

Table 2 shows the child (5 to 17 years) profile of the sample by year. Data shown here are unweighted and are not prevalence estimates.

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

	2011 n=405	2012 n=365	2013 n=485	2014 n=391	2015 n=426	2016 n=519	2018 n=354	2020 n=1,005	2021 n=1,006
	(Per cent)								
Sex									
Male	47.4	57.3	49.5	53.5	50.5	49.9	52.3	52.6	55.0
Female	52.6	42.7	50.5	46.6	49.5	50.1	47.7	47.0	43.8
Age									
5 - 11 years	57.5	58.4	58.6	55.2	52.1	52.2	61.3	65.7	59.2
12 - 17 years	42.5	41.6	41.4	44.8	47.9	47.8	38.7	34.3	40.9
Born in Australia									
Yes	91.8	94.5	94.4	91.6	93.4	94.4	94.3	94.6	92.0
Language other than English									
Yes	14.8	11.0	13.7	15.1	12.9	9.9	13.8	12.7	16.4
Aboriginal and/or Torres Strait Islander									
Yes	*2.7	NP	*2.3	NP	NP	*2.7	NP	2.9	2.8

NP: not published.

3. Health topics

3.1 Self-rated health

What did we measure?

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

Why is this important?

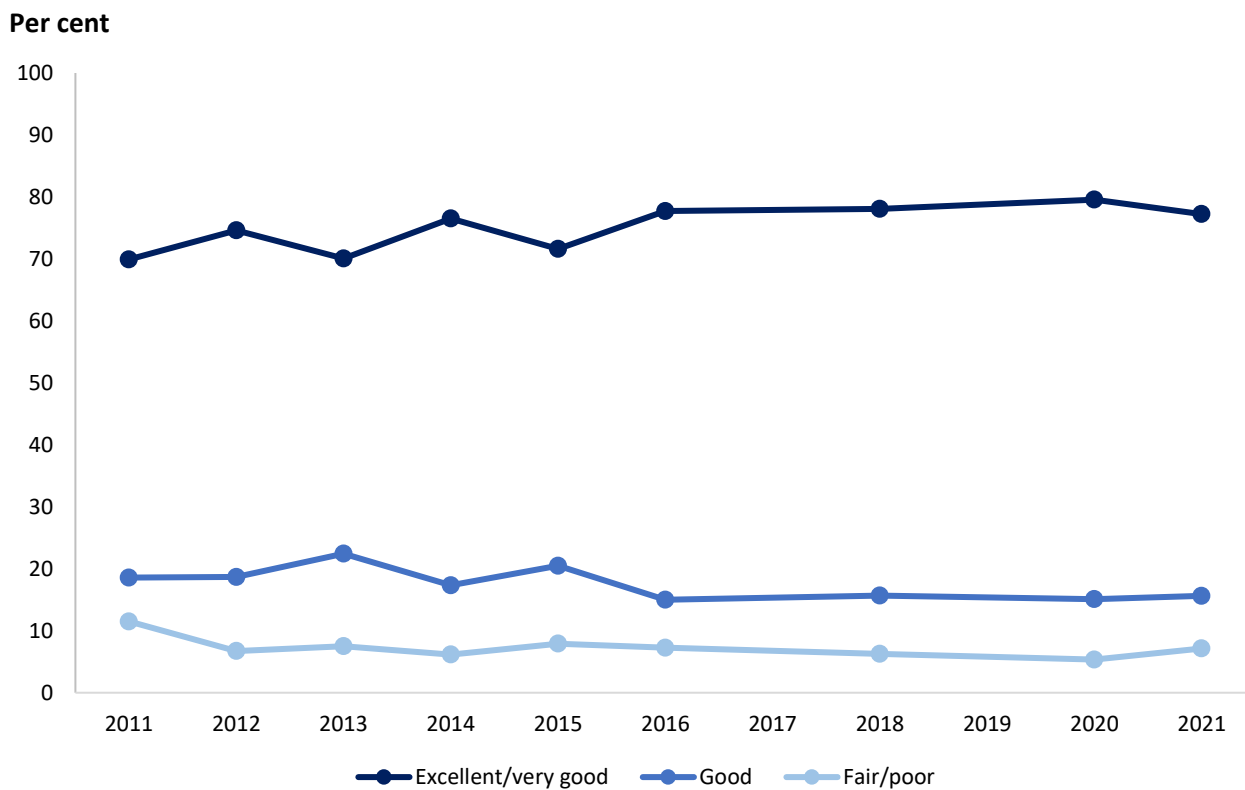
Self-rated health is one of the most frequently used measures in epidemiological, clinical and social research. It is known to predict mortality, future functional status and outcome of treatment in populations that vary by age, gender, social class, health status, country and culture [1,2].

How are we going?

Overall, the proportion of children whose self-rated health was excellent/very good slightly increased between 2011 (69.9%) and 2021 (77.2%), however this difference was not statistically significant. Excellent/very good self-rated health was highest in 2020 (79.6%) and lowest in 2011 (69.9%). Fair/poor self-rated health was significantly higher in 2011 (11.5%) than in 2020 (5.3%); there was no significant difference in any of the other years reported (Figure 1).

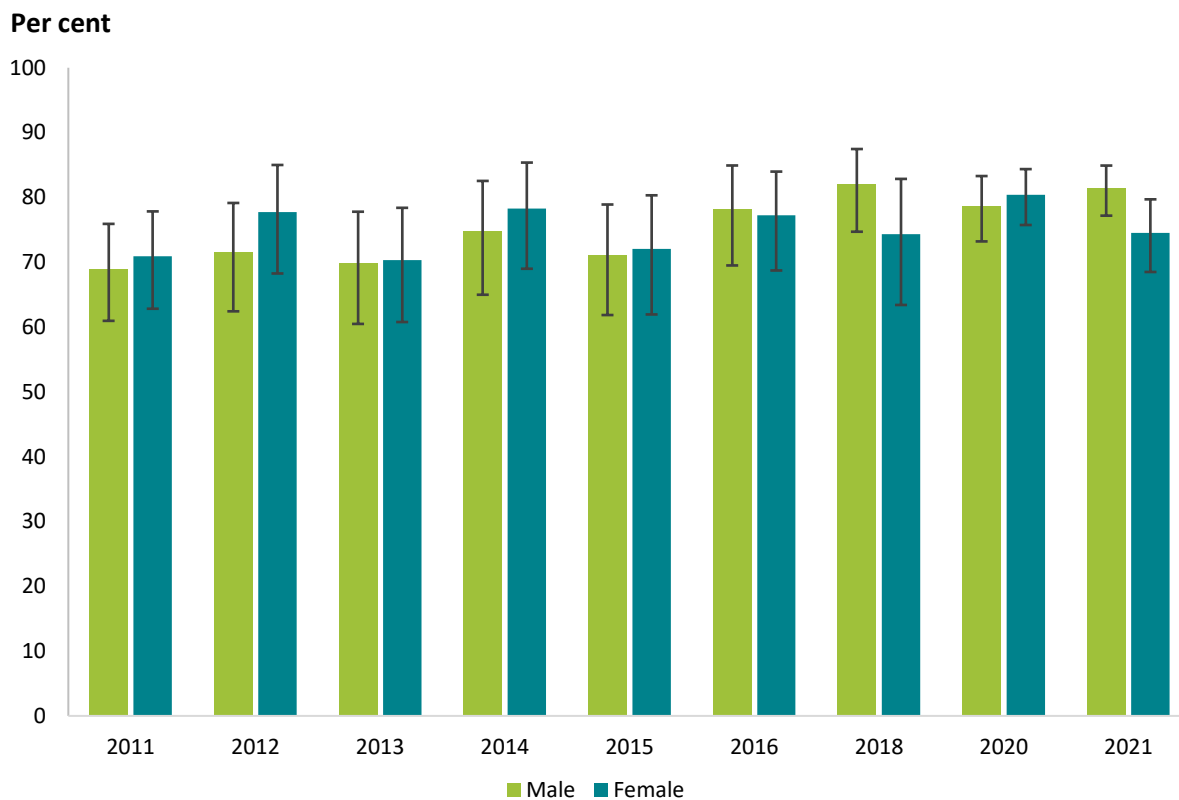
In 2021, males (81.4%) were slightly more likely to report excellent/very good self-rated health than females (74.5%), however this difference was not statistically significant (Figure 2).

Figure 1: Proportion of ACT children whose self-rated health was excellent/very good, good and fair/poor, 2011–2021.



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

Figure 2: Proportion of ACT children whose self-rated health was excellent/very good by sex, 2011–2021.



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

3.2 Nutrition

What did we measure?

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

Why is this important?

The quality and quantity of foods and drinks consumed has a significant impact on the health and wellbeing of individuals, society and the environment. Better nutrition has the potential to improve individual and public health and decrease healthcare costs [3].

The *2013 Australian Dietary Guidelines* [3] provide evidence-based recommendations on the types and amounts of foods Australians should eat to meet nutritional requirements.

Meets the 2013 Australian Dietary Guidelines for fruit and vegetables

What did we measure?

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

The 2013 Australian Dietary Guidelines recommend...

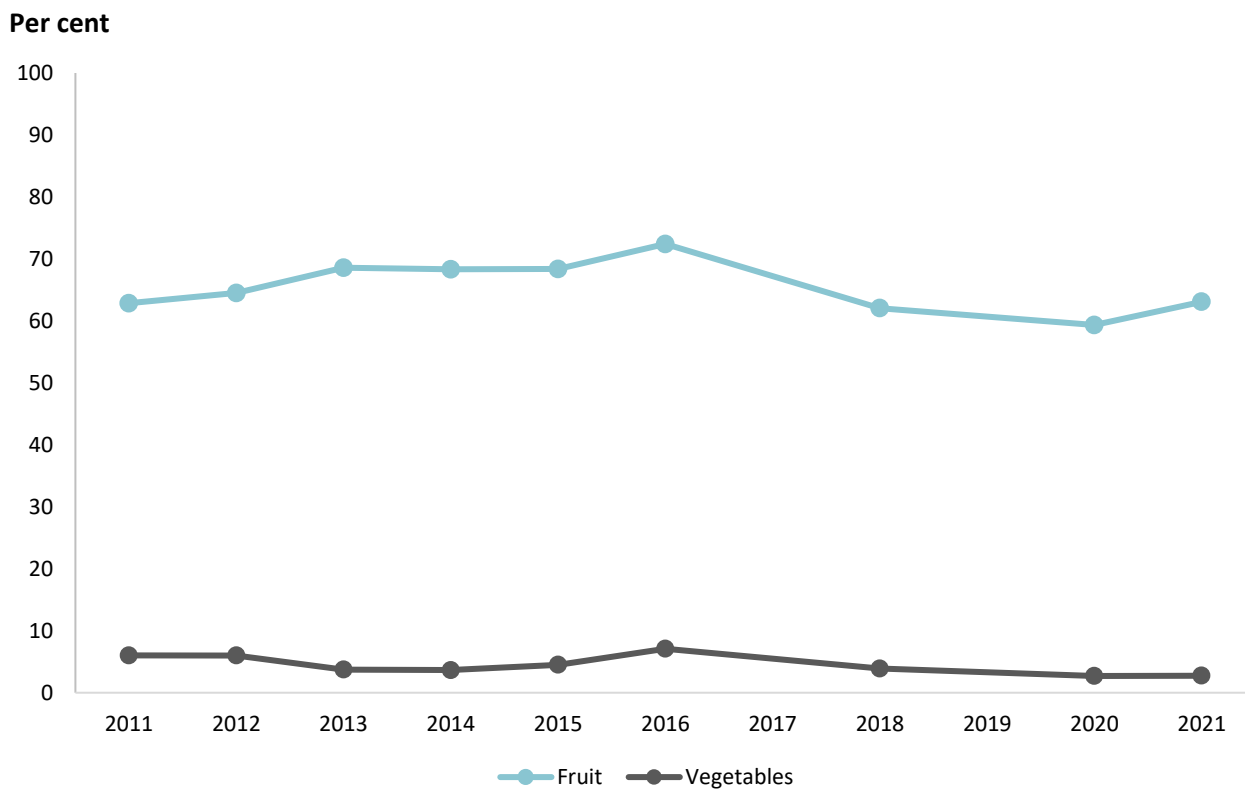
Serves/day	4–8	9–11	12–13	14–18
	years	years	years	years
Vegetables – boys	4 ^{1/2}	5	5 ^{1/2}	5 ^{1/2}
Vegetables – girls	4 ^{1/2}	5	5	5
Fruit – boys and girls	1 ^{1/2}	2	2	2

How are we going?

Between 2011 and 2021, the proportion of children who ate the recommended daily serves of fruit remained stable (2011: 62.9%; 2021: 63.1%) (Figure 3). While the proportion of children who reported eating the recommended daily serves of vegetables slightly decreased between 2011 (6.0%) and 2021 (2.7%), this decrease was not statistically significant (Figure 3).

Across all years, there was no significant difference by sex for those who reported eating the recommended daily serves of fruit (Figure 4).

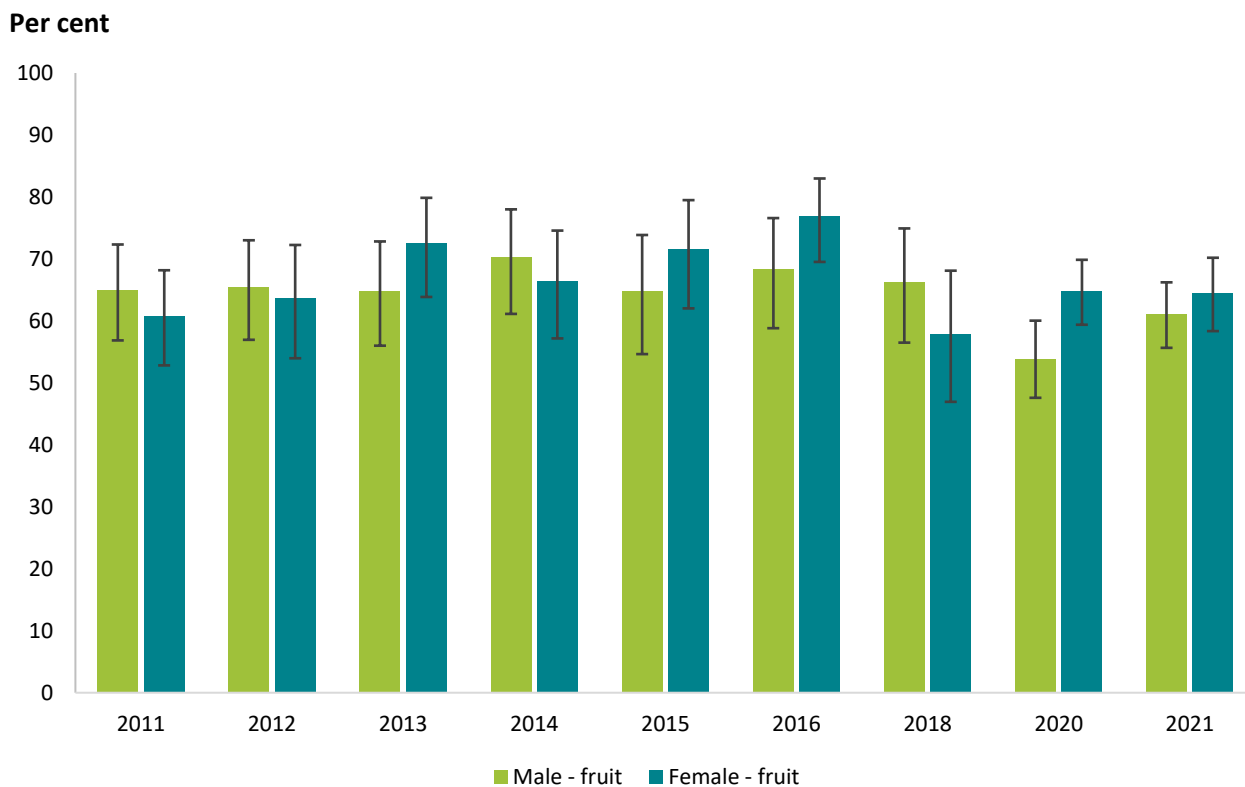
Figure 3: Proportion of ACT children who meet the 2013 Australian Dietary Guidelines for fruit and vegetable intake, 2011–2021.



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

- a) Those who report in serves per week are divided by 7 to calculate their daily serves of fruit or vegetables.
- b) Those who report that they do not eat fruit or vegetables are coded to zero serves per day.
- c) * The 2011, 2012, 2013, 2014, 2015, 2016 and 2018 estimates for children who meet the vegetable guideline have a relative standard error between 25% and 50% and should be used with caution.

Figure 4: Proportion of ACT children who meet the 2013 Australian Dietary Guidelines for fruit intake by sex, 2011–2021.



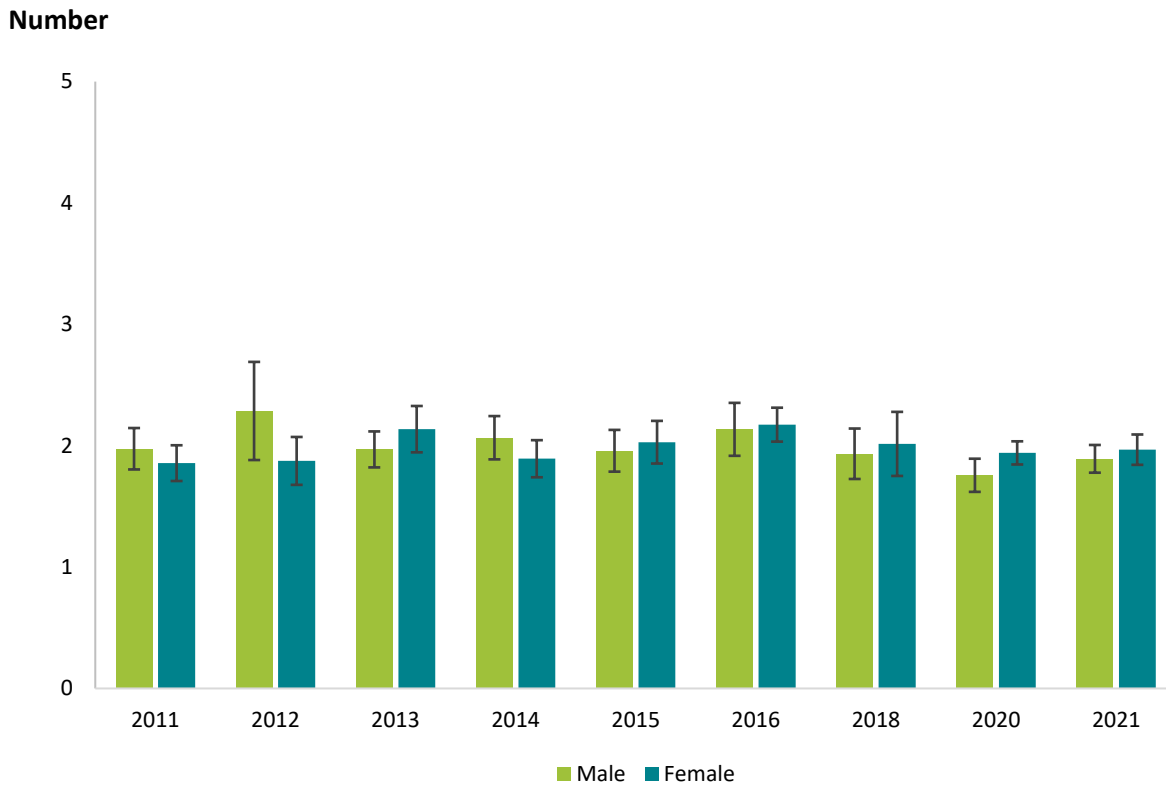
Note: Refer to Appendix B, Table 4 for estimates.

Average daily serves of fruit and vegetables

How are we going?

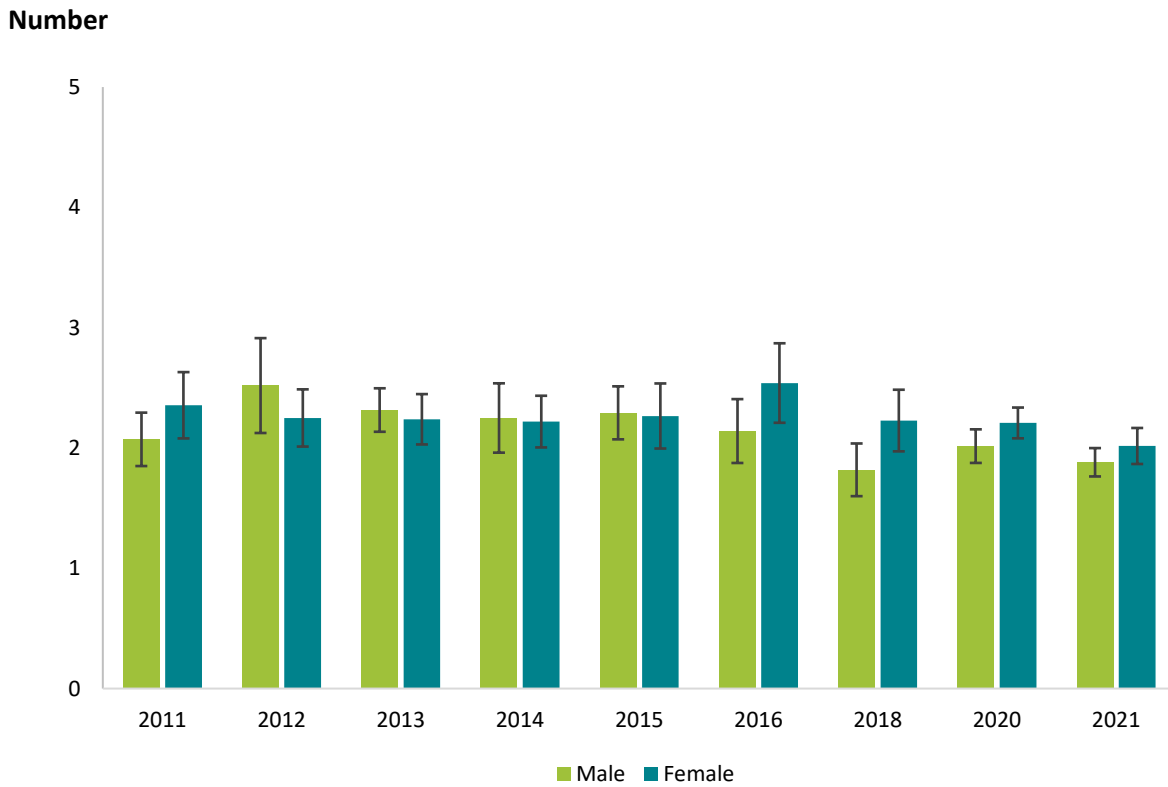
Throughout the reporting period, males and females ate a similar number of servings of fruit per day on average (Figure 5). In most years, males reported eating slightly fewer daily serves of vegetables on average than females, however this difference was not statistically significant (Figure 6). **In all years reported, the average daily serves of vegetables for males and females were less than the recommended daily serves of vegetables.**

Figure 5: Average daily serves of fruit by sex, ACT children, 2011–2021.



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

Figure 6: Average daily serves of vegetables by sex, ACT children, 2011–2021.



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

Sugar sweetened drinks

What did we measure?

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

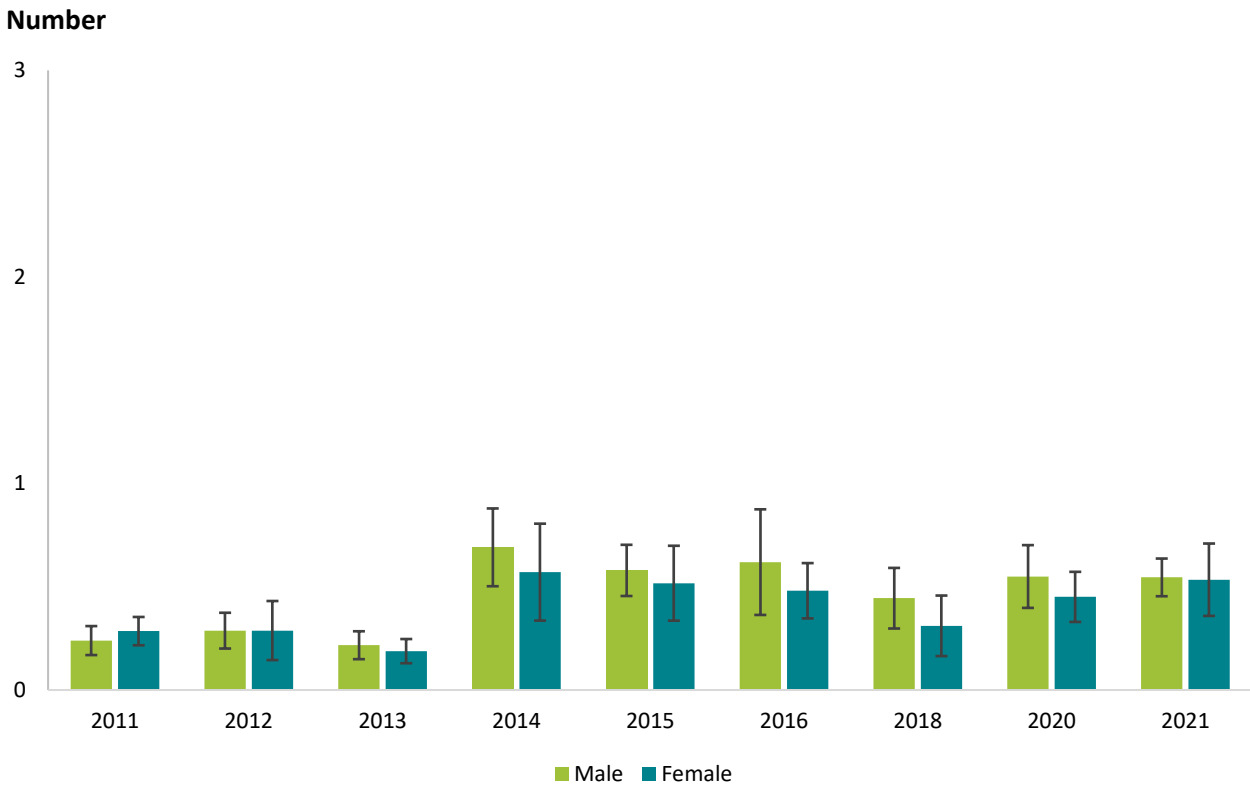
The 2013 Australian Dietary Guidelines recommend...

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

How are we going?

Between 2011 and 2021, the average cups of sugar sweetened drinks consumed daily remained stable (2011: 0.3; 2021: 0.5). There was no significant difference by sex during the reporting period (Figure 7).

Figure 7: Average cups of sugar sweetened drinks per day by sex, ACT children, 2011–2021.



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

- a) Those who report in cups per week are divided by 7 and those who reported in cups per month are divided by 30 to calculate average cups of sugar sweetened drinks per day.

Fast food

What did we measure?

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

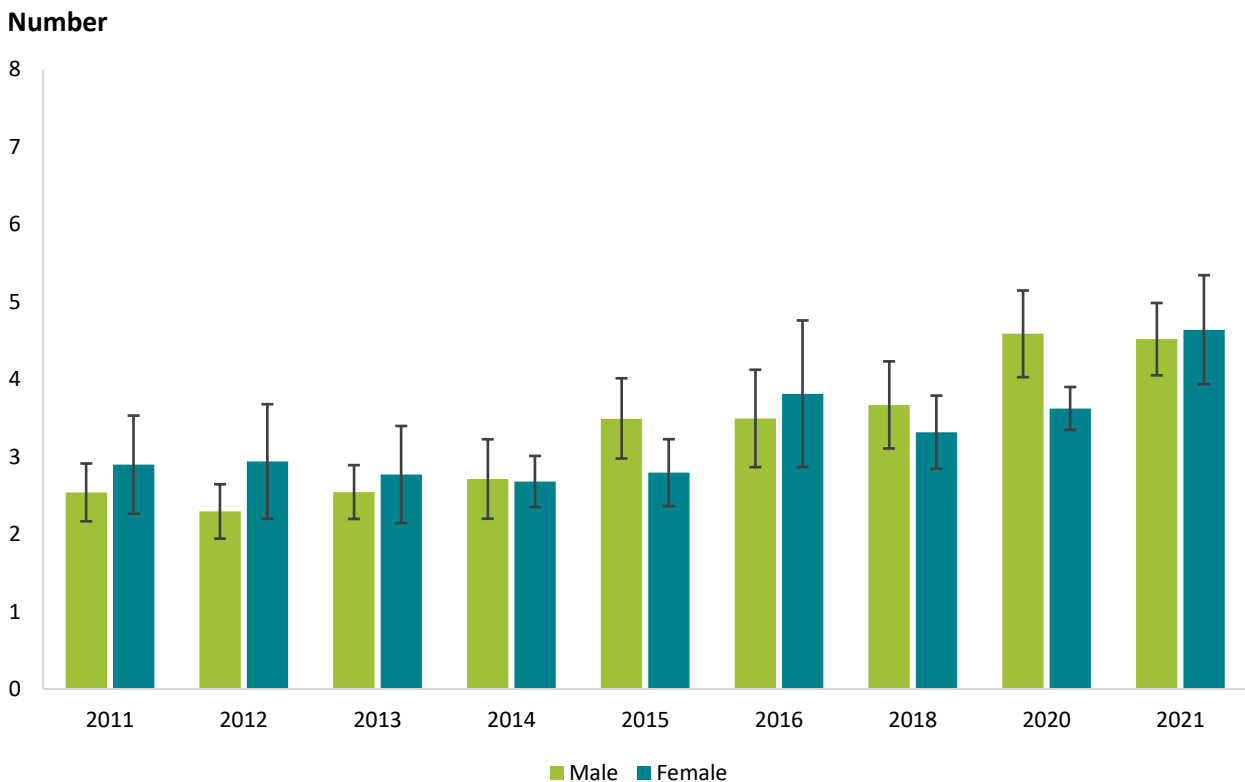
The 2013 Australian Dietary Guidelines recommend...

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

How are we going?

Between 2011 and 2020 and 2011 and 2021, the average number of fast-food meals or snacks eaten monthly significantly increased (2011: 2.7; 2020: 4.1; 2021: 4.6). In 2020, males were significantly more likely to eat more fast food monthly on average than females (4.6 meals vs 3.6 meals); there was no significant difference by sex in other years (Figure 8).

Figure 8: Average number of fast-food meals or snacks per month by sex, ACT children, 2011–2021.



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

- a) Those who report in times per day are multiplied by 30 and those who answer in times per week are multiplied by 4 to calculate average fast-food meals or snacks per month.

3.3 Physical activity

What did we measure?

Respondents were asked to report the number of times and total time spent in the last week doing moderate or vigorous physical. From this, respondents were categorised against the Australian Physical Activity Guideline for children (5–17 years) of participating in at least 60 minutes of moderate or vigorous physical activity per day [4].

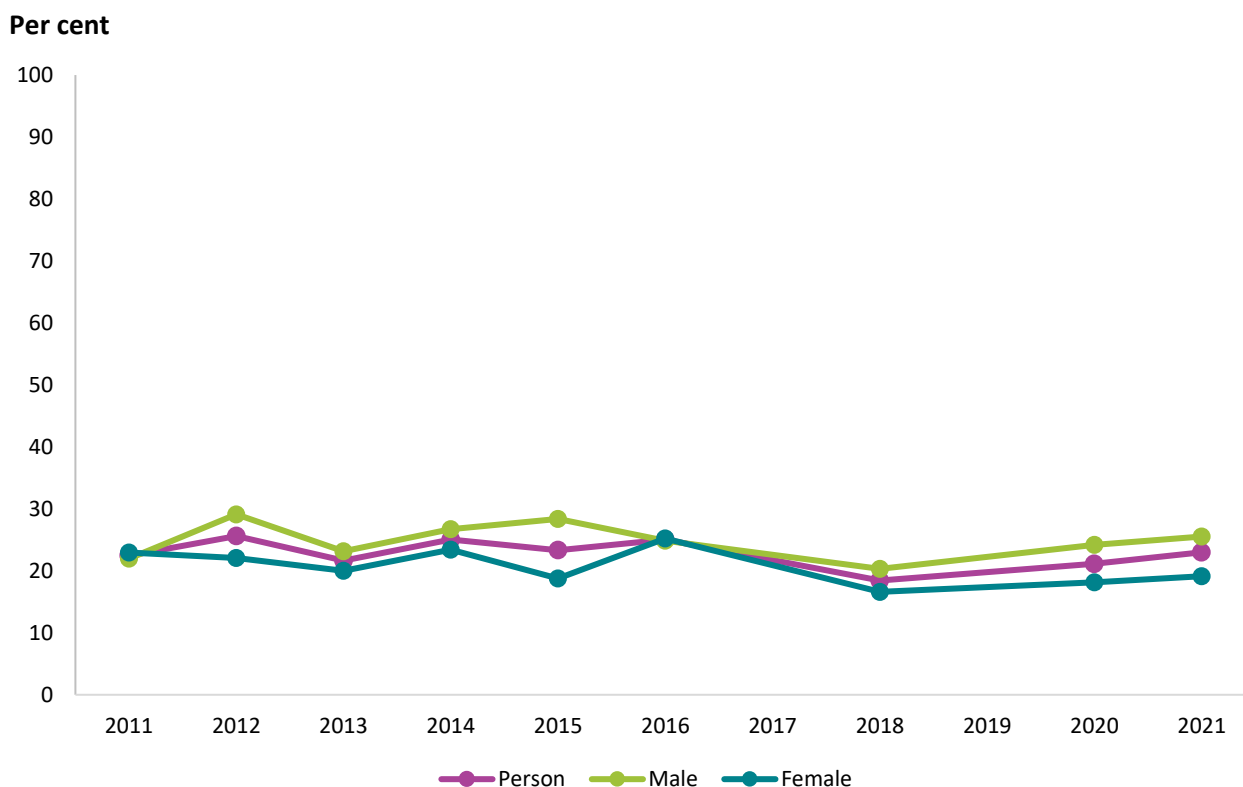
Why is this important?

Being active is important for children and young people to grow healthy and set good habits for life [4].

How are we going?

Between 2011 and 2021, the proportion of children who met the physical activity guideline remained stable (2011: 22.5%; 2021: 23.0%). Meeting the physical activity guideline was highest in 2012 (25.6%) and lowest in 2018 (18.4%). While males were slightly more likely to report meeting the physical activity guideline than females in most years, this difference was not statistically significant (Figure 9).

Figure 9: Proportion of ACT children who meet the Australian physical activity guidelines, 2011–2021.



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

- The question for this indicator changed from 2020. Prior to 2020, the number of days doing physical activity during the past week was split between school days and weekend days. From 2020 onwards, the question was the number of days doing physical activity during the past 7 days.

3.4 Body Mass Index (BMI)

What did we measure?

Respondents were asked to report their height without shoes and weight without clothes or shoes. From this, respondent's BMI was calculated (weight in kilograms divided by the square of height in metres) and categorised according to the international cut-offs for children developed by the International Obesity Taskforce [5].

Why is this important?

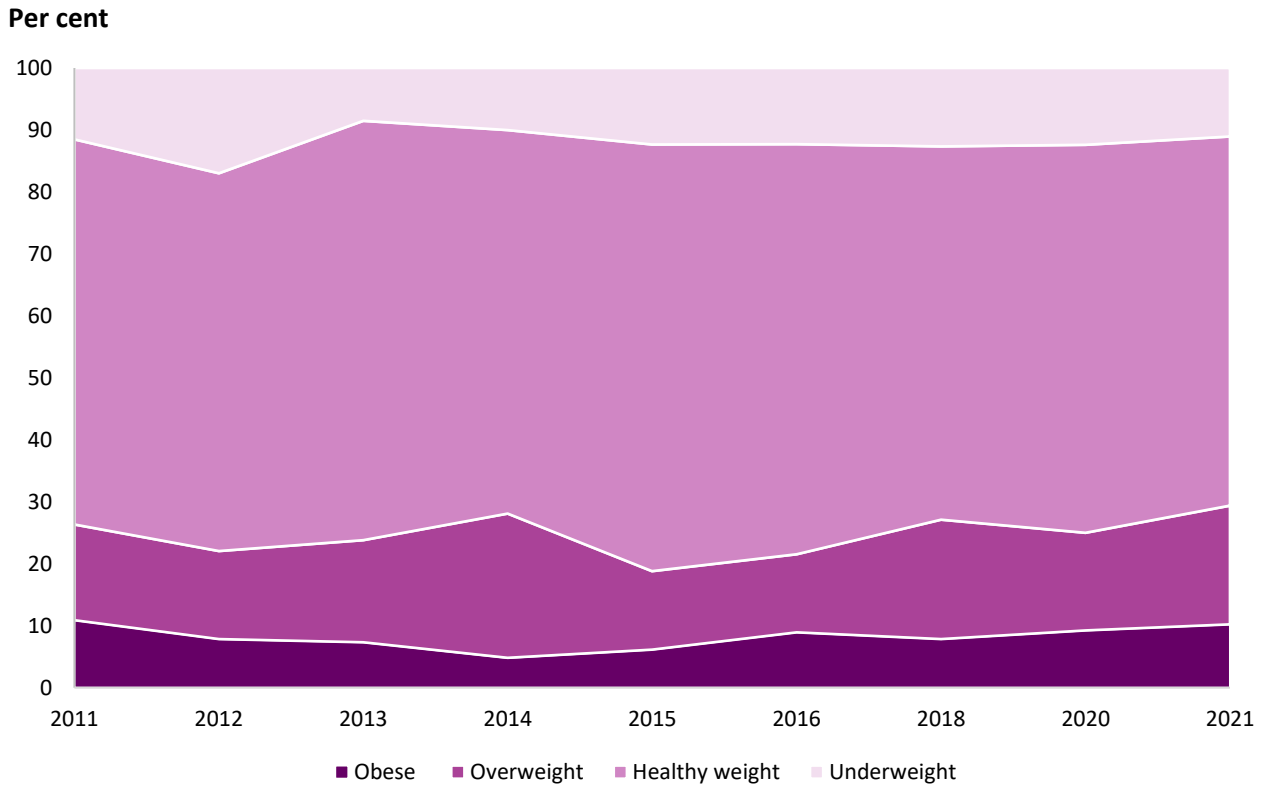
BMI is an internationally recognised standard for classifying overweight and obesity [6]. It is a practical and useful measure for monitoring weight status at a population level [6]. Overweight and obesity is a risk factor for many diseases and chronic conditions and is associated with higher rates of death.

How are we going?

The prevalence of children categorised as underweight, healthy weight, overweight and obese remained stable over the reporting period with only slight fluctuations observed within each of the BMI categories (Figure 10).

Between 2011 and 2021, there was no significant difference by sex for those who reported being a healthy weight (Figure 11). While males were slightly less likely to report being overweight in 2013, 2015, 2016, 2018 and 2021 than females, these differences were not statistically significant; there was no significant difference by sex in any years for those who reported that they were overweight (Figure 12).

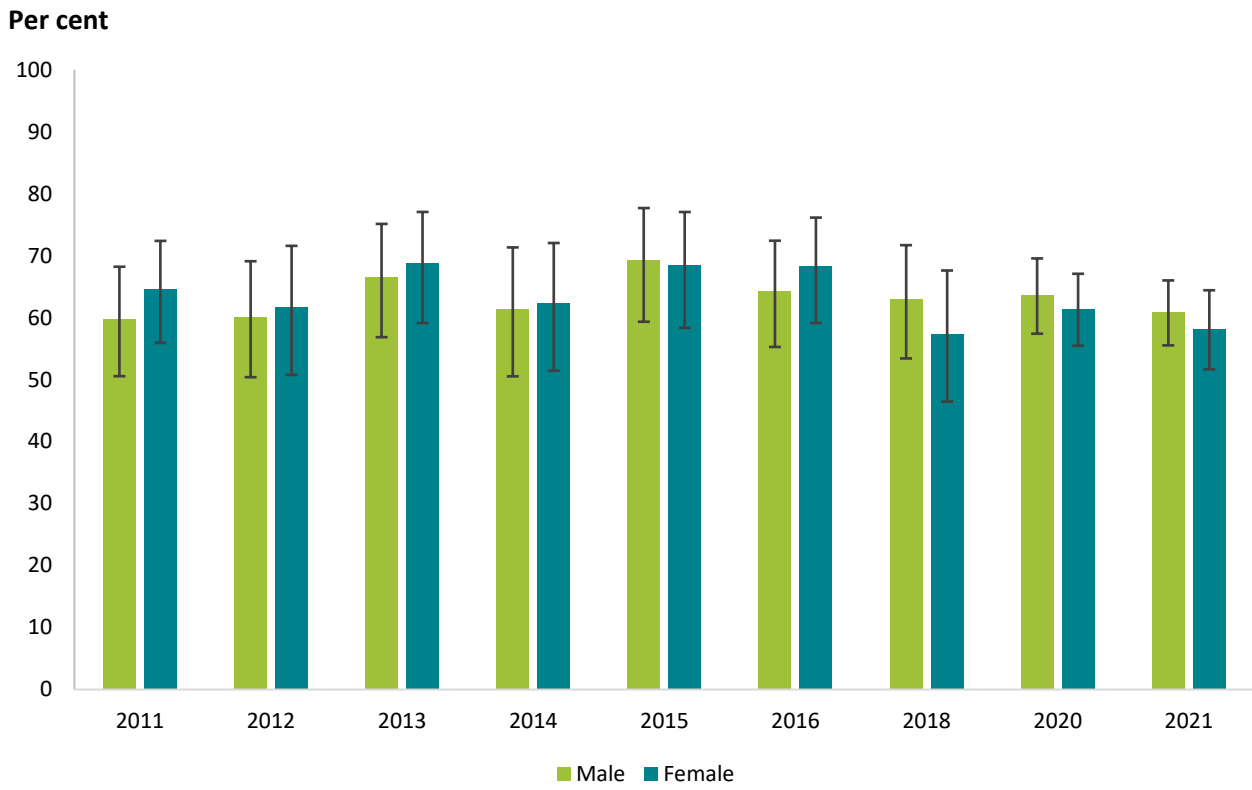
Figure 10: Proportion of ACT children who are underweight, healthy weight, overweight and obese, 2011–2021.



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

- a) Height and weight are self-reported, not measured.
- b) * The 2013, 2014 and 2015 estimates for the obese category have a relative standard error between 25% and 50% and should be used with caution.

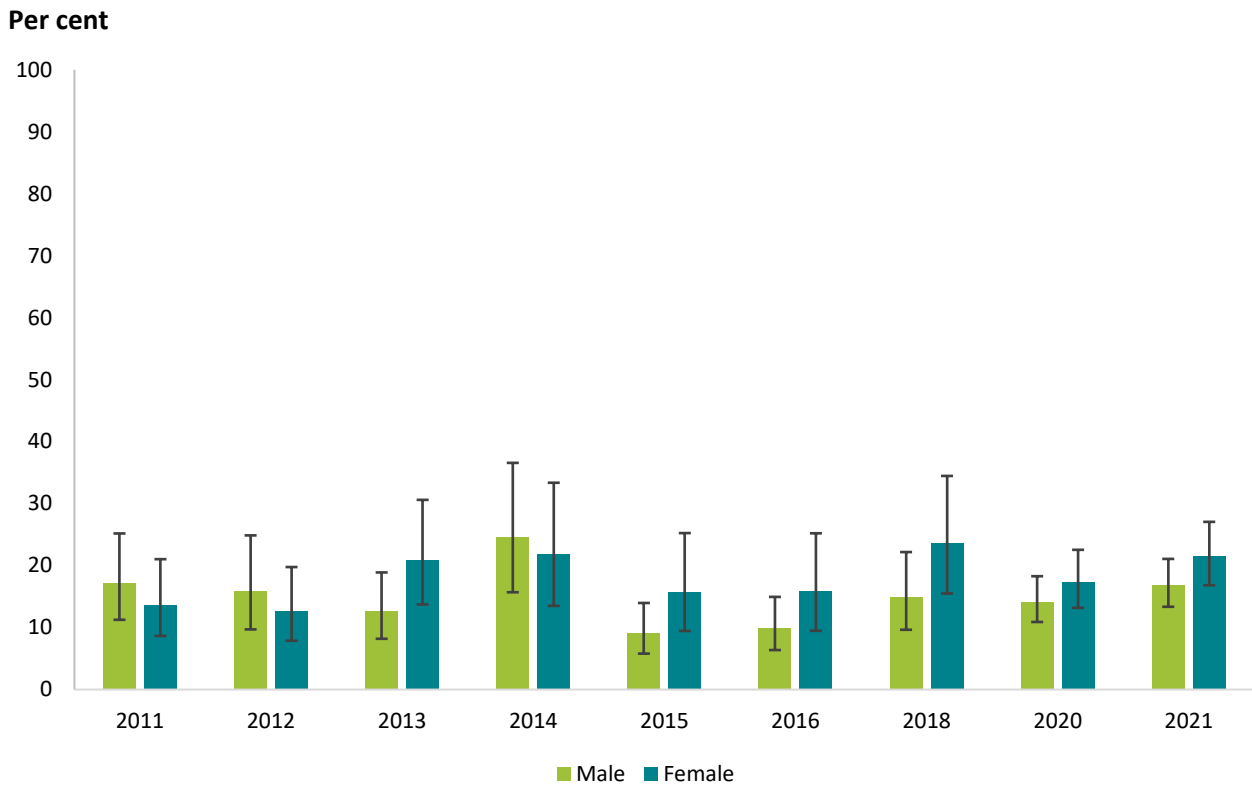
Figure 11: Proportion of ACT children who are a healthy weight by sex, 2011–2021.



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

a) Height and weight are self-reported, not measured.

Figure 12: Proportion of ACT children who are overweight by sex, 2011–2021.



Note: Refer to Appendix B, Table 6 for estimates.

- a) Height and weight are self-reported, not measured.
- b) * The 2015 and 2016 estimates for females have a relative standard error between 25% and 50% and should be used with caution.

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Appendix A:

1.1 Methodology

Survey design

The ACTGHS is implemented using Computer Assisted Telephone Interviewing.

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

Other changes introduced from 2018 include:

- Reducing the overall questionnaire length from approximately 25 minutes to less than 20 minutes to minimise refusals and respondent fatigue.
- Using primary approach letters to the landline phone sample (2018 and 2019 only).
- Using pre notification text messages to the mobile sample.
- Allocating geographical targets to ensure coverage across the ACT regions (i.e. Belconnen, Gungahlin, North Canberra, South Canberra, Tuggeranong, Weston Creek, Woden Valley).
- Doing a child booster survey to screen directly for children to ensure that the target number of child interviews was met.

In-scope population

The ACTGHS has 2 discrete in-scope populations.

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

Exclusions

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

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

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

1.2 Weighting

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

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

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

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

1.3 Reporting procedures

Don't know and refused values

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

"Other" sex category

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

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

Reliability of results

A confidence interval expresses the extent of potential variation in the point estimate. This variation is because the point estimate is based on a sample of the population rather than the entire population [7]. The 95% confidence interval is an interval that will contain the true (population) value 95% of the time if you repeated the study. The narrower the confidence interval, the more precise the estimate [7]. The error lines on the bar charts indicate the 95% confidence intervals of the estimates.

The accuracy of a survey estimate refers to the closeness of the estimate to the true population value. Where there is a potential discrepancy between the value of the survey estimate and the true population value, the difference between the two is referred to as the error of the survey estimate [8]. The relative standard error (RSE) is a useful measure as it indicates the size of the error relative to the estimate. The RSE is calculated as follows:

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

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

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

Small sample size

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

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

Statistical significance

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

Outliers

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

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

Appendix B: Data Tables

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

	2011	2012	2013	2014	2015	2016	2018	2020	2021
	Per cent (95% CI)								
Excellent/very good									
Person	69.9 (64.3, 75.0)	74.6 (68.2, 80.1)	70.1 (63.5, 75.9)	76.5 (70.0, 82.0)	71.6 (64.9, 77.5)	77.7 (71.8, 82.7)	78.1 (71.5, 83.5)	79.6 (76.1, 82.7)	77.2 (73.4, 80.7)
Male	68.9 (61.0, 75.9)	71.5 (62.4, 79.1)	69.8 (60.5, 77.8)	74.5 (65.0, 82.5)	71.1 (61.9, 78.9)	78.2 (69.5, 84.9)	81.9 (74.7, 87.5)	78.7 (73.2, 83.3)	81.4 (77.2, 84.9)
Female	70.9 (62.8, 77.8)	77.7 (68.3, 85.0)	70.3 (60.8, 78.4)	78.3 (69.0, 85.4)	72.1 (61.9, 80.3)	77.2 (68.7, 84.0)	74.3 (63.4, 82.9)	80.4 (75.7, 84.4)	74.5 (68.5, 79.7)
Good									
Person	18.6 (14.4, 23.7)	18.7 (13.9, 24.7)	22.4 (17.2, 28.7)	17.3 (12.5, 23.6)	20.5 (15.2, 27.0)	15.0 (10.8, 20.5)	15.7 (10.8, 22.1)	15.1 (12.3, 18.3)	15.6 (12.8, 19.0)
Male	19.5 (13.8, 26.8)	23.4 (16.1, 32.7)	19.8 (13.2, 28.5)	21.5 (14.1, 31.4)	18.8 (12.4, 27.5)	15.6 (9.6, 24.3)	10.4 (6.4, 16.5)	14.7 (10.7, 19.8)	12.7 (9.8, 16.3)
Female	17.7 (12.0, 25.2)	13.9 (8.5, 21.9)	25.3 (17.7, 34.9)	13.1 (7.8, 21.2)	22.0 (14.4, 32.1)	14.3 (9.2, 21.7)	20.8 (12.8, 31.9)	15.5 (11.9, 19.9)	19.0 (14.3, 24.8)
Fair/poor									
Person	11.5 (8.3, 15.7)	*6.7 (4.0, 11.1)	*7.5 (4.5, 12.2)	*6.1 (3.6, 10.3)	7.9 (5.2, 11.9)	7.3 (4.7, 11.2)	6.3 (4.0, 9.6)	5.3 (3.9, 7.3)	7.1 (5.0, 10.1)
Male	11.6 (7.4, 17.7)	*5.1 (2.8, 9.1)	*10.4 (5.6, 18.5)	*3.7 (1.8, 7.5)	*10.1 (6.0, 16.5)	*6.2 (3.5, 10.9)	*7.6 (4.4, 13.0)	6.6 (4.3, 10.0)	6.0 (4.0, 8.9)
Female	11.4 (7.2, 17.7)	NP	*4.3 (1.8, 10.0)	*8.6 (4.3, 16.4)	*5.9 (2.8, 12.0)	*8.4 (4.4, 15.6)	*4.9 (2.4, 9.8)	4.1 (2.5, 6.6)	6.5 (4.1, 10.0)

CI: Confidence Interval

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

NP: not published

Table 4: Nutrition ACT children, 2011–2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
					Per cent (95% CI)				
Meets fruit guideline									
Person	62.9 (57.2, 68.2)	64.5 (58.2, 70.4)	68.6 (62.4, 74.2)	68.3 (61.9, 74.1)	68.4 (61.5, 74.6)	72.4 (66.3, 77.8)	62.0 (54.6, 68.9)	59.3 (55.1, 63.4)	63.1 (59.0, 67.0)
Male	65.0 (56.9, 72.3)	65.4 (57.0, 73.0)	64.9 (56.0, 72.8)	70.3 (61.1, 78.0)	64.9 (54.6, 73.9)	68.4 (58.8, 76.6)	66.3 (56.5, 74.9)	53.9 (47.6, 60.0)	61.1 (55.7, 66.2)
Female	60.8 (52.8, 68.2)	63.6 (54.0, 72.3)	72.6 (63.9, 79.9)	66.4 (57.2, 74.6)	71.6 (62.0, 79.5)	76.9 (69.5, 83.0)	57.9 (46.9, 68.1)	64.8 (59.4, 69.9)	64.5 (58.4, 70.2)
					Number (95% CI)				
Average number serves fruit/day									
Person	1.9 (1.8, 2.0)	2.1 (1.9, 2.3)	2.1 (1.9, 2.2)	2.0 (1.9, 2.1)	2.0 (1.9, 2.1)	2.1 (2.0, 2.3)	2.0 (1.8, 2.1)	1.9 (1.8, 1.9)	1.9 (1.9, 2.0)
Male	2.0 (1.8, 2.2)	2.3 (1.9, 2.7)	2.0 (1.8, 2.1)	2.1 (1.9, 2.2)	2.0 (1.8, 2.1)	2.1 (1.9, 2.4)	1.9 (1.7, 2.1)	1.8 (1.6, 1.9)	1.9 (1.8, 2.0)
Female	1.9 (1.7, 2.0)	1.9 (1.7, 2.1)	2.1 (1.9, 2.3)	1.9 (1.7, 2.0)	2.0 (1.9, 2.2)	2.2 (2.0, 2.3)	2.0 (1.8, 2.3)	1.9 (1.8, 2.0)	2.0 (1.8, 2.1)
					Per cent (95% CI)				
Meets vegetable guideline									
Person	*6.0 (3.5, 10.1)	*6.0 (3.6, 9.8)	*3.7 (2.2, 6.2)	*3.7 (1.9, 6.8)	*4.5 (2.3, 8.6)	*7.1 (4.0, 12.3)	*3.9 (2.2, 6.8)	2.7 (1.7, 4.2)	2.7 (1.7, 4.4)
Male	NP	NP	NP	NP	NP	NP	NP	*2.6 (1.3, 5.0)	NP
Female	*8.3 (4.5, 14.7)	*7.7 (4.3, 13.5)	*5.3 (2.8, 9.8)	NP	*5.9 (2.4, 13.8)	*9.8 (4.9, 18.8)	*6.5 (3.4, 12.0)	*2.8 (1.5, 5.1)	*4.1 (2.4, 7.1)
					Number (95% CI)				
Average number serves vegetables/day									
Person	2.2 (2.0, 2.4)	2.4 (2.2, 2.6)	2.3 (2.1, 2.4)	2.2 (2.1, 2.4)	2.3 (2.1, 2.5)	2.3 (2.1, 2.5)	2.0 (1.9, 2.2)	2.1 (2.0, 2.2)	2.0 (1.9, 2.1)
Male	2.1 (1.8, 2.3)	2.5 (2.1, 2.9)	2.3 (2.1, 2.5)	2.2 (2.0, 2.5)	2.3 (2.1, 2.5)	2.1 (1.9, 2.4)	1.8 (1.6, 2.0)	2.0 (1.9, 2.2)	1.9 (1.8, 2.0)
Female	2.4 (2.1, 2.6)	2.2 (2.0, 2.5)	2.2 (2.0, 2.4)	2.2 (2.0, 2.4)	2.3 (2.0, 2.5)	2.5 (2.2, 2.9)	2.2 (2.0, 2.5)	2.2 (2.1, 2.3)	2.0 (1.9, 2.2)
					Number (95% CI)				
Average number cups sugar sweetened drinks/day									
Person	0.3 (0.2, 0.3)	0.3 (0.2, 0.4)	0.2 (0.2, 0.2)	0.6 (0.5, 0.8)	0.5 (0.4, 0.7)	0.6 (0.4, 0.7)	0.4 (0.3, 0.5)	0.5 (0.4, 0.6)	0.5 (0.4, 0.6)
Male	0.2 (0.2, 0.3)	0.3 (0.2, 0.4)	0.2 (0.1, 0.3)	0.7 (0.5, 0.9)	0.6 (0.5, 0.7)	0.6 (0.4, 0.9)	0.4 (0.3, 0.6)	0.5 (0.4, 0.7)	0.5 (0.5, 0.6)
Female	0.3 (0.2, 0.4)	0.3 (0.1, 0.4)	0.2 (0.1, 0.2)	0.6 (0.3, 0.8)	0.5 (0.3, 0.7)	0.5 (0.3, 0.6)	0.3 (0.2, 0.5)	0.5 (0.3, 0.6)	0.5 (0.4, 0.7)
					Number (95% CI)				
Average number fast food meals/snacks/month									
Person	2.7 (2.3, 3.1)	2.6 (2.2, 3.0)	2.7 (2.3, 3.0)	2.7 (2.4, 3.0)	3.2 (2.8, 3.5)	3.6 (3.1, 4.2)	3.5 (3.1, 3.9)	4.1 (3.8, 4.4)	4.6 (4.2, 5.0)
Male	2.5 (2.2, 2.9)	2.3 (1.9, 2.6)	2.5 (2.2, 2.9)	2.7 (2.2, 3.2)	3.5 (3.0, 4.0)	3.5 (2.9, 4.1)	3.7 (3.1, 4.2)	4.6 (4.0, 5.1)	4.5 (4.0, 5.0)
Female	2.9 (2.3, 3.5)	2.9 (2.2, 3.7)	2.8 (2.1, 3.4)	2.7 (2.4, 3.0)	2.8 (2.4, 3.2)	3.8 (2.9, 4.8)	3.3 (2.8, 3.8)	3.6 (3.3, 3.9)	4.6 (3.9, 5.3)

CI: Confidence Interval

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

NP: not published.

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

Table 5: Physical activity ACT children, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
Meets physical activity guideline					Per cent (95% CI)				
Person	22.5 (18.2, 27.4)	25.6 (20.9, 30.9)	21.7 (17.4, 26.6)	25.1 (19.8, 31.1)	23.3 (17.9, 29.7)	25.0 (20.0, 30.9)	18.4 (14.1, 23.7)	21.1 (18.2, 24.4)	23.0 (19.7, 26.7)
Male	22.0 (16.0, 29.3)	29.1 (22.5, 36.8)	23.1 (17.3, 30.2)	26.7 (19.1, 36.0)	28.4 (20.4, 38.0)	24.9 (17.7, 33.7)	20.3 (14.3, 28.1)	24.2 (19.8, 29.1)	25.5 (21.3, 30.3)
Female	22.9 (17.2, 30.0)	22.1 (15.9, 29.8)	20.0 (14.2, 27.4)	23.4 (16.8, 31.6)	18.8 (12.1, 27.9)	25.5 (18.6, 33.3)	16.6 (11.0, 24.2)	18.1 (14.2, 22.8)	19.1 (15.0, 24.1)

CI: Confidence Interval

Note: based on the 2014 Physical Activity and Sedentary behaviour Guidelines for children aged 5-17 years.

Table 6: BMI category ACT children, 2011-2021 (weighted)

	2011	2012	2013	2014	2015	2016	2018	2020	2021
Underweight					Per cent (95% CI)				
Person	11.5 (8.2, 16.1)	17.0 (11.9, 23.7)	8.5 (5.4, 13.3)	10.0 (7.0, 14.1)	12.4 (8.9, 17.0)	12.3 (9.4, 16.0)	12.7 (9.1, 17.3)	12.4 (10.0, 15.4)	11.1 (8.8, 13.8)
Male	*11.3 (6.8, 18.2)	14.5 (9.5, 21.5)	*8.5 (4.0, 17.2)	*7.4 (4.2, 12.6)	13.2 (8.7, 19.4)	13.2 (9.2, 18.8)	15.7 (10.3, 23.3)	11.0 (8.0, 15.0)	11.6 (8.7, 15.3)
Female	11.8 (7.4, 18.4)	*19.3 (11.4, 30.8)	*8.5 (5.2, 13.7)	12.7 (8.0, 19.5)	*11.6 (6.8, 19.0)	11.2 (7.5, 16.4)	*9.6 (5.7, 15.8)	13.8 (10.2, 18.4)	10.5 (7.4, 14.8)
Healthy weight									
Person	62.1 (55.8, 68.0)	61.0 (53.7, 67.8)	67.6 (60.8, 73.8)	61.9 (54.2, 69.0)	68.8 (61.9, 75.1)	66.2 (59.8, 72.0)	60.2 (52.9, 67.1)	62.6 (58.3, 66.7)	59.6 (55.4, 63.6)
Male	59.7 (50.6, 68.2)	60.1 (50.4, 69.1)	66.6 (56.9, 75.1)	61.5 (50.5, 71.4)	69.3 (59.4, 77.7)	64.3 (55.3, 72.4)	63.0 (53.4, 71.7)	63.7 (57.4, 69.6)	60.9 (55.5, 66.0)
Female	64.6 (55.9, 72.4)	61.7 (50.8, 71.6)	68.8 (59.1, 77.1)	62.3 (51.4, 72.1)	68.5 (58.4, 77.1)	68.3 (59.2, 76.2)	57.4 (46.5, 67.6)	61.5 (55.5, 67.1)	58.2 (51.7, 64.4)
Overweight									
Person	15.5 (11.4, 20.7)	14.2 (10.1, 19.6)	16.5 (12.1, 22.0)	23.3 (16.8, 31.3)	12.7 (8.7, 18.1)	12.6 (8.9, 17.7)	19.3 (14.2, 25.7)	15.8 (13.0, 19.0)	19.2 (16.2, 22.6)
Male	17.1 (11.3, 25.2)	15.9 (9.7, 24.9)	12.6 (8.2, 18.9)	24.7 (15.7, 36.6)	9.1 (5.8, 14.0)	9.9 (6.4, 15.0)	14.9 (9.6, 22.2)	14.2 (10.9, 18.3)	16.9 (13.4, 21.1)
Female	13.7 (8.7, 21.0)	12.7 (7.9, 19.8)	21.0 (13.7, 30.6)	21.9 (13.5, 33.4)	*15.8 (9.5, 25.3)	*15.8 (9.5, 25.2)	23.7 (15.5, 34.5)	17.4 (13.2, 22.6)	21.5 (16.8, 27.1)
Obese									
Person	10.9 (7.7, 15.3)	7.9 (5.1, 12.0)	*7.3 (4.2, 12.5)	*4.8 (2.8, 8.1)	*6.1 (3.1, 11.7)	8.9 (5.5, 14.2)	7.8 (4.9, 12.4)	9.2 (6.7, 12.6)	10.2 (7.8, 13.3)
Male	11.9 (7.2, 18.9)	*9.5 (5.5, 16.0)	*12.2 (6.7, 21.3)	*6.4 (3.5, 11.5)	*8.4 (3.3, 20.1)	*12.6 (6.9, 21.9)	*6.4 (3.2, 12.2)	11.1 (7.2, 16.8)	10.6 (7.7, 14.5)
Female	*9.9 (6.0, 15.9)	NP	NP	NP	NP	*4.7 (2.4, 9.0)	*9.3 (4.9, 17.1)	7.3 (4.6, 11.4)	9.8 (6.2, 15.0)

CI: Confidence Interval

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

NP: not published.

Appendix C: ACT General Health Survey Data

Requesting ACT General Health Survey Data

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

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

List of 2011–2021 ACT General Health Survey Child Variables

Question	Variable name(s)	Years available
Overall, how would you rate your health during the past 4 weeks?	HSD4	2011–2021
Overall, how would you rate your mental health during the past 4 weeks?	HMH1	2018–2021
Do you have a disability, health condition or injury that has lasted, or is likely to last, 6 months or more which restricts your everyday activities?	DIS19	2020 and 2021
Are you missing any of your natural teeth (includes wisdom teeth)? ^(c)	OHE1	2018–2021
Do you have dentures or false teeth? ^(c)	OHE2	2018–2021
When did you last visit a dental professional about your teeth, dentures or gums?	OHE6	2011–2014 and 2018–2021
Reasons for not visiting dentist in last 12 months – has dentures	OHE8_1	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – worried or afraid of going	OHE8_2	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – don't need to	OHE8_3	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – hard to find time	OHE8_4	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – can't find a dentist I like	OHE8_5	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – too expensive	OHE8_6	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – too far to go	OHE8_7	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – long waiting lists	OHE8_8	2011–2014 and 2018
Reasons for not visiting dentist in last 12 months – dentist has moved or retired	OHE8_9	2011–2014 and 2018
Does the condition of your teeth or dentures affect the type of food you can eat?	OHE9	2018–2021
How would you describe your/child's weight?	HWT3, HWT3X	2012–2021
How tall are you without shoes?	H3, HWT1, HWT1A, HWT1B, HWT1C, MY_HEIGHTCM	2011–2021
BMI	MY_BMI	2011–2021
How much do you weigh without clothes or shoes?	HWT2, HWT2A, HWT2B, HWT2C, HWT2BB, MY_WEIGHTKG	2011–2021
How many serves of vegetables do you usually eat each day?	NUT1, NUT1A, NUT1B, V1, MY_NUT1_PD	2011–2021

Question	Variable name(s)	Years available
How many serves of fruit do you usually eat each day?	NUT2, NUT2A, NUT2B, F1, MY_NUT2_PD	2011–2021
How many cups of soft drink, cordials or sports drink, such as lemonade or Gatorade do you usually drink in a day?	CORDIAL, CNFI15, CNFI15A, CNFI15B, CNFI15C, MY_CNFI15_PD, CNFI15_Y18	2011–2021
How often do you have meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, or local take-away places?	NUT13, NUT13A, NUT13B, NUT13C, NUT13_Y18, TA, MY_NUT13_PM	2011–2021
How often do you usually eat bread? Include bread rolls, flat breads, crumpets, bagels, English or bread type muffins ^(c)	B2, NUT3B, NUT3BA, NUT3BB, NUT3BC	2014
How often do you eat breakfast cereal? ^(c)	BC2, NUT4BA, NUT4BB, NUT4BC, NUT4BD	2014
How often does [child] eat sweet and savoury biscuits, cakes, donuts or muesli bars? ^(a)	CBISC, N8, N8A, N8B, N8C	2011–2014
How often do you/child eat processed meat products such as sausages, frankfurts, devon, salami, hamburgers, chicken nuggets, meat pies, bacon or ham?	M2, NUT7, NUT7A, NUT7B, NUT7C	2014
How often does [child] eat red meat, such as beef or lamb? Include all steaks, chops, roasts, mince, stir fries and casseroles. Do not include port or chicken ^(a)	M3, NUT12, NUT12A, NUT12B, NUT12C	2011–2014
How many cups of milk does [child] usually drink in a day? ^(a)	CNFI5, CNFI5A, CNFI5B, CNFI5_3_OTH, CMILK	2011–2014
What type of milk do you/child usually have?	NUT6	2014
How many cups of fruit juice does [child] usually drink in a day? ^(a)	JUICE, CNFI6, CNFI6A, CNFI6B, CNFI6C, CNFI6_Y18	2011–2018
How many serves of yoghurt does [child] usually have in a day? ^(a)	CNFI11, CNFI11A, CNFI11B	2011–2014
How many serves of custard does [child] usually have in a day? ^(a)	CNFI12, CNFI12A, CNFI12B	2011–2014
How many serves of cheese does [child] usually have in a day? ^(a)	CNFI13, CNFI13A, CNFI13B	2011–2014
How many cups of water does [child] usually drink in a day? ^(a)	CNFI14, CNFI14A, CNFI14B, CWATER	2011–2016
How often does [child] usually eat confectionary ^(a)	CCONF, CNFI16, CNFI16A, CNFI16B, CNFI16C	2011–2014
How often do you eat pasta, rice, noodles or other cooked cereals? ^(c)	NUT5BA, NUT5BB, NUT5BC, NUT5BD, P2	2014
How often do you/child eat hot chips, French fries, wedges or fried potatoes?	Q2	2014
What is your opinion about the amount of healthy food options sold at the community sports clubs in general? ^(a)	CSPRT4	2011–2014
Thinking about when you attend community sports clubs, either as a player, spectator or in a non-playing role, how often do you eat or drink junk food ^(a)	CSPRT5	2011
Many community sports clubs rely on the sale of junk food to help with running costs. Do you...? ^(a)	CSPRT6	2011
If local community sports clubs reduced their sale of junk food would you be more or less likely to participate in these clubs, or would it make no difference? ^(a)	CSPRT7	2011–2014

Question	Variable name(s)	Years available
If local sports clubs sold healthy food option how likely would you be to purchase healthy food? ^(a)	CSPRT8	2012–2014
What would you be prepared to pay for healthier food options? ^(a)	CSPRT9	2012–2014
To what extent do you agree with the following statements? I would like my child’s school to offer more healthy food and drink choices ^(a)	HFS1	2012–2015
To what extent do you agree with the following statements? I would like fundraising activities at my child’s school to offer more healthy food and drink choices ^(a)	HFS2	2012–2015
To what extent do you agree with the following statements? I would like school sports events at my child’s school to offer more healthy food and drink choices ^(a)	HFS3	2012–2015
To what extent do you agree with the following statements? I would like vending machines at my child’s school to offer more healthy food and drink choices ^(a)	HFS4	2012–2013
To what extent do you agree with the following statements? I would like the annual fete at my child’s school to offer more healthy food and drink choices ^(a)	HFS5	2012–2015
To what extent do you agree with the following statements? I would like classroom rewards at my child’s school to offer more healthy food and drink choices ^(a)	HFS6	2012–2015
To what extent do you agree with the following statements? I would like the after school care program at my child’s school to offer more healthy food and drink choices ^(a)	HFS7	2012–2015
How much, if at all, does nutritional information influence the foods you purchase? ^(c)	KJAB10	2016
Which items of nutritional information most influence your choice: fat ^(c)	KJAB11_1	2016
Which items of nutritional information most influence your choice: calories ^(c)	KJAB11_2	2016
Which items of nutritional information most influence your choice: sugar ^(c)	KJAB11_3	2016
Which items of nutritional information most influence your choice: salt ^(c)	KJAB11_4	2016
Which items of nutritional information most influence your choice: kilojoules ^(c)	KJAB11_5	2016
Which items of nutritional information most influence your choice: saturated fat ^(c)	KJAB11_6	2016
In your opinion how many kilojoules does the average person need in one day? ^(c)	KJAC7	2016
How many serves of fruit do you think you should eat each day to be healthy?	NUT17	2014–2016
How many serves of vegetables do you think you should eat each day to be healthy?	NUT18	2014–2016
During the past 7 days, on how many days did all family members who live in the household eat a meal together?	FC1_Y20	2020 and 2021
In the last 12 months, were there any times that you ran out of food and couldn’t afford to buy more?	FSC1	2011–2014
How do you cope with feeding [child] when this happens: parent/guardian skips meals or eats less ^(a)	FSC2_1	2011–2014
How do you cope with feeding [child] when this happens: children/child skips meals or eats less ^(a)	FSC2_2	2011–2014
How do you cope with feeding [child] when this happens: cut down on variety of foods family eats ^(a)	FSC2_3	2011–2014
How do you cope with feeding [child] when this happens: seek help from relatives ^(a)	FSC2_4	2011–2014
How do you cope with feeding [child] when this happens: seek help from friends ^(a)	FSC2_5	2011–2014

Question	Variable name(s)	Years available
How do you cope with feeding [child] when this happens: seek help from government/social security ^(a)	FSC2_6	2011–2014
How do you cope with feeding [child] when this happens: seek help from welfare agencies ^(a)	FSC2_7	2011–2014
There are a number of agencies that can help with making sure you family has enough food. Would you like the phone numbers of these agencies? ^(a)	FSC3	2011–2014
How would you rate your physical activity?	CPHY, PHY1	2018–2021
Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	CPHYACT, CPHYACT_Y18, PHY10	2013–2018
On about how many days during the school week do you usually do physical activity outside of school hours?	CPHY1, CPHY1A, CPHY1XA	2011–2021
On those days, about how many hours did you usually do physical activity?	CPHY2, CPHY2A, CPHY2B, CPHY2XA, CPHY2XB	2011–2021
On about how many weekend days did you usually do physical activity?	CPHY3, CPHY3A	2011–2018
On a typical weekend day, about how many hours did you usually do physical activity?	CPHY4, CPHY4A, CPHY4B	2011–2018
Number of days doing physical activity on weekdays ^(a)	CFREQEX_WKD	2011–2016
Time doing physical activity on weekdays: minutes ^(a)	CMIN_WKD	2011–2016
Number of days doing physical activity on weekends ^(a)	CFREQEX_WKND	2011–2016
Time doing physical activity on weekends: minutes ^(a)	CMIN_WKND	2011–2016
How many minutes of physical activity is it recommended that children do each day? ^(a)	CPIA9	2011–2016
In the last week, how many times have you walked continuously for at least 10 minutes for recreation or exercise or to get to or from places? ^(c)	PAC1	2011–2018
What do you estimate was the total time you spent walking in this way in the last week? ^(c)	PAC2, PAC2A, MINWALK	2011–2018
The next question does not include gardening. In the last week, how many times did you do any vigorous chores which made you breathe harder or puff and pant? ^(c)	PAC3	2011–2016
Hours spent doing vigorous chores in last week	PAC4A	2011–2016
Minutes spent doing vigorous chores in last week	PAC4B	2011–2016
In the last week, how many times did you do any vigorous gardening or heavy work around the yard which made you breathe harder or puff and pant? ^(c)	PAC5A	2011–2016
Hours spent gardening/doing heavy yard work in last week ^(c)	PAC6A	2011–2016
Minutes spent gardening/doing heavy yard work in last week ^(c)	PAC6B	2011–2016
The next question excludes household chores or gardening. In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? ^(c)	PAC7	2011–2018
Hours spent exercising vigorously in last week ^(c)	PAC8A	2015–2018
Minutes spent exercising vigorously in the last week ^(c)	MINVIG, PAC8B	2011–2018
The next question excludes household chores or gardening. In the last week, how many times did you do any other more moderate physical activity that you haven't already mentioned? ^(c)	PAC9	2011–2018
Hours spent exercising moderately in the last week ^(c)	PAC10A	2015–2018
Minutes spent exercising moderately in the last week ^(c)	MINMOD, PAC10B	2011–2018
On about how many days during the school week did you usually watch TV, videos or DVDs at home? ^(a)	CPIA1, CPIA1A, CFREQ_TV_V_WKD, CHRS_TV_V_WKD	2011–2018

Question	Variable name(s)	Years available
On those days, about how many hours do you usually spend watching TV, videos or DVDs? That is, how many hours on a typical weekday when TV is watched? ^(a)	CPIA2, CPIA2A, CPIA2B	2011–2018
On about how many weekend days do you usually watch TV, videos or DVDs at home? ^(a)	CPIA3, CPIA3A, CFREQ_TV_VW_WKND, CHRS_TV_VW_WKND	2011–2018
On a typical weekend day, about how many hours do you usually spend watching TV, videos or DVDs? ^(a)	CPIA4, CPIA4A, CPIA4B	2011–2018
On about how many days during the school week do you usually play electronic or computer games, surf the internet or go to social networking sites such as Facebook? ^(a)	CPIA5, CPIA5A, CFREQ_VCG_WKD, CHRS_VCG_WKD	2011–2018
On those days, about how many hours do you usually spend playing electronic or computer games, surf the internet or go to social networking sites such as Facebook? ^(a)	CPIA6, CPIA6A, CPIA6B	2011–2018
On about how many weekend days do you usually play electronic or computer games, surf the internet or go to social networking sites such as Facebook? ^(a)	CPIA7, CPIA7A, CFREQ_VCG_WKND, CHRS_VCG_WKND	2011–2018
On a typical weekend day, about how many hours do you usually spend playing electronic or computer games, surf the internet or go to social networking sites such as Facebook? ^(a)	CPIA8, CPIA8A, CPIA8B	2011–2018
Average hours spent on sedentary activity per day during weekdays ^(a)	CHRS_SED_WK, CHRS_SED_WKD	2011–2016
Average hours spent on sedentary activity per day on weekends ^(a)	CHRS_SED_WKND	2011–2014
Excluding work time, how many hours per week do you spend watching TV or DVDs or using the computer, iPad or tablet device? ^(c)	SED2A, SED2B	2018
How do you usually spend most of your day? ^(c)	SED1	2018
On a usual night, how many hours sleep do you get?	TSTHRS, TSTHRSA, TSTHRSB	2018–2021
How often do you drink alcohol? ^(c)	ALC1, ALC1_Y18	2011–2018
Number of alcoholic standard drinks per day ^(c)	ALC2A	2011–2018
More than 4 male/2 female alcoholic drinks per day in the past 4 weeks ^(c)	ALC3	2011–2015
More than 4 standard drinks on one occasion in the past 4 weeks ^(c)	ALC3AX	2016–2018
More than 2 standard drinks in a day in the past 4 weeks ^(b)	ALC3X	2016–2018
More than 11 male/7 female standard drinks in a day in the past 4 weeks ^(c)	ALC4, ALC4A	2012–2015
7–10 male/5–6 female standard drinks in a day in the past 4 weeks ^(c)	ALC5, ALC5A	2012–2015
Weekly alcohol consumption ^(c)	MY_ALC1_PW	2011–2018
Which of the following best describes your smoking status? ^(c)	SMK1	2011–2021
Are people allowed to smoke in your car? ^(c)	SMK16	2011–2014
Which of the following best describes your home (smoking) situation? ^(c)	SMK2	2011–2014
Number of cigarettes smoked on average per day ^(c)	SMO3A	2011–2021
Number of cigarettes smoked on average per week ^(c)	SMO3B, CIG	2011–2021
Number of cigarettes smoked on average per month ^(c)	SMO3C	2011–2021
Which of the following best describes how often you use vapes? [never vaped, tried vaping a few times but never vaped regularly, don't vape now but used to, vape occasionally, vape daily] ^(c)	ECIGZ1	2015, 2016, 2018, 2020 and 2021
How often do you vape? ^(c)	ECIGZ2_Y20, ECIGZ2A, ECIGZ2B, ECIGZ2C	2020 and 2021
What was the main type of service you couldn't afford in the last 12 months - GP	SER2_1	2014–2016

Question	Variable name(s)	Years available
What was the main type of service you couldn't afford in the last 12 months – community health centre	SER2_2	2014–2016
What was the main type of service you couldn't afford in the last 12 months – district nurses or other community nurses	SER2_3	2014–2016
What was the main type of service you couldn't afford in the last 12 months - psychologist	SER2_4	2014–2016
What was the main type of service you couldn't afford in the last 12 months - psychiatrist	SER2_5	2014–2016
What was the main type of service you couldn't afford in the last 12 months - hospital	SER2_6	2014–2016
What was the main type of service you couldn't afford in the last 12 months – hospital accident and emergency department	SER2_7	2014–2016
What was the main type of service you couldn't afford in the last 12 months – hospital clinic (outpatient/specialist)	SER2_8	2014–2016
What was the main type of service you couldn't afford in the last 12 months – specialist doctor (not in hospital)	SER2_9	2014–2016
What was the main type of service you couldn't afford in the last 12 months - physiotherapist	SER2_10	2014–2016
What was the main type of service you couldn't afford in the last 12 months - chiropractor	SER2_11	2014–2016
What was the main type of service you couldn't afford in the last 12 months – an alternative therapist e.g. naturopath, osteopath	SER2_12	2014–2016
What was the main type of service you couldn't afford in the last 12 months - dentist	SER2_13	2014–2016
What was the main type of service you couldn't afford in the last 12 months – counsellor e.g. Lifeline	SER2_14	2014–2016
What was the main type of service you couldn't afford in the last 12 months - podiatrist	SER2_15	2014–2016
In the last 12 months have you been told by a doctor that you have any of the following conditions?	MTL20_1	2018–2021
Anxiety		
In the last 12 months have you been told by a doctor that you have any of the following conditions?	MTL20_2	2018–2021
Depression		
In the last 12 months have you been told by a doctor that you have any of the following conditions?	MTL20_3	2018–2021
A stress-related problem		
In the last 12 months have you been told by a doctor that you have any of the following conditions?	MTL20_4	2018–2021
Any other mental health issue		
In the last 12 months have you been told by a doctor that you have any of the following conditions?	MTL20_5	2018–2021
None of these		
Do you still have this/these condition(s)?	MTL21	2018–2021
Are you currently receiving treatment for anxiety, depression, stress-related problems or any other mental health problem?	MTL22	2018–2021
In the past 4 weeks, about how often did you feel tired for no good reason? ^(c)	AMH1	2011–2016
In the past 4 weeks, about how often did you feel nervous? ^(c)	AMH2	2011–2020
In the past 4 weeks, about how often did you feel so nervous that nothing can calm you down? ^(c)	AMH3	2011–2016
In the past 4 weeks, about how often did you feel hopeless? ^(c)	AMH4	2011–2020
In the past 4 weeks, about how often did you feel restless or fidgety? ^(c)	AMH5	2011–2016

Question	Variable name(s)	Years available
In the past 4 weeks, about how often did you feel depressed? (c)	AMH7	2011–2016
In the past 4 weeks, about how often did you feel that everything was an effort? ^(c)	AMH8	2011–2020
In the past 4 weeks, about how often did you feel so sad nothing could cheer you up? ^(c)	AMH9	2011–2020
In the past 4 weeks, about how often did you feel worthless? (c)	AMH10	2011–2020
In the last 4 weeks, how many days were you totally unable to work, study or manage your day-to-day activities because of these feelings? ^(c)	PSD1	2011–2014
Aside from that day/those days in the last 4 weeks, how many days were you able to work, study or manage your day-to-day activities but had to cut down because of these feelings? ^(c)	PSD2	2011–2014
In the last 4 weeks, how many times have you seen a doctors or other health professional about these feelings? ^(c)	PSD3	2011–2014
In the last 4 weeks, how often have physical problems been the main cause of these feelings? ^(c)	PSD4	2011–2014
Participation in sporting or social club ^(c)	SOC3	2011–2018
I feel safe walking down my street after dark ^(c)	SOC4	2011–2018
Most people can be trusted ^(c)	SOC5	2011–2018
How often visited a neighbour in past week ^(c)	SOC8	2011–2018
Do you have a group of friends to play with/hang around with?	SC1_Y20	2020 and 2021
Other than other adults in your home, is there at least one other adults in your school, neighbourhood, or community who knows you well and who you can rely on for advice and guidance?	SC2_Y20	2020 and 2021
Would you say that you look forward to going to school? [every day, most days, some days, never]	SCH_Y20	2020 and 2021
How do you usually get to work/school? Train	MTWP2_1	2011–2021
How do you usually get to work/school? Bus	MTWP2_2	2011–2021
How do you usually get to work/school? Ferry	MTWP2_3	2011–2021
How do you usually get to work/school? Tram (including light rail)	MTWP2_4	2011–2021
How do you usually get to work/school? Taxi	MTWP2_5	2011–2021
How do you usually get to work/school? Car – as driver	MTWP2_6	2011–2021
How do you usually get to work/school? Car – as passenger	MTWP2_7	2011–2021
How do you usually get to work/school? Truck	MTWP2_8	2011–2021
How do you usually get to work/school? Motorbike or motor scooter	MTWP2_9	2011–2021
How do you usually get to work/school? Bicycle	MTWP2_10	2011–2021
How do you usually get to work/school? Walk only	MTWP2_11	2011–2021
How do you usually get to work/school? Work at home/home schooled	MTWP2_12	2011–2021
How do you usually get to work/school? Walk part of the way	MTWP2_13	2011–2021
How do you usually get to work/school? Other	MTWP2_14	2011–2021

Question	Variable name(s)	Years available
How do you usually get to work/school? Ride part of the way	MTWP2_15	2011–2021
How do you usually get to work/school? Use scooter or skateboard	MTWP2_16	2011–2021
How do you usually get to work/school? Don't work or study	MTWP2_17	2011–2021
Over a typical week, how many times do you walk, cycle, scoot or skate to and from school?	MTWP5_Y20	2020 and 2021
Hours per week travelling to and from school in a car ^(a)	MTWP3AA, MTWP3AB	2012, 2013, 2014 and 2016
Hours per week travelling to and from school in a bus ^(a)	MTWP3BA, MTWP3AB	2012, 2013, 2014, 2016 and 2018
Hours per week travelling to and from school walking ^(a)	MTWP3CA, MTWP3CB	2012, 2013, 2014, 2016 and 2018
Hours per week travelling to and from school by bike ^(a)	MTWP3DA, MTWP3DB	2012, 2013, 2014 and 2016
Hours per week travelling to and from school by scooter/skateboard ^(a)	MTWP3EA, MTWP3EB	2012, 2013, 2014 and 2016
How many hours per week travelling to and from school by bike, scooter or skateboard ^(a)	MTWP3F, MTWP3FA, MTWP3FB	2018
Have you/child ever been told by a doctor or at a hospital that you/child have diabetes?	BUG2_1, DBT1	2012–2016
Have you/child ever been told by a doctor or at a hospital that you/child have high blood glucose levels in your/their blood or urine? ^(b)	DBT2	2013–2016
What type of diabetes were you told you/child had? ^(b)	DBT19	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: insulin injections ^(b)	DBT6_1	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: tablets for diabetes/high blood glucose ^(b)	DBT6_2	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: following a special diet ^(b)	DBT6_3	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: losing weight ^(b)	DBT6_4	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: exercising most days ^(b)	DBT6_5	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: anything else ^(b)	DBT6_6	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: consulted a health professional ^(b)	DBT6_7	2013–2016
What are you/child doing now to manage your/their diabetes/high blood glucose: not doing anything ^(b)	DBT6_8, DBT6_9	2013–2016
During your child's most recent overnight hospital admission was your child admitted as a private or public patient? ^(a)	HSU11	2014–2015
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: heart condition	BUG2_2	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: hypertension/high blood pressure	BUG2_3	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: kidney disease	BUG2_4	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: organ transplant	BUG2_5	2012–2014

Question	Variable name(s)	Years available
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: liver disease	BUG2_6	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: cancer, other than skin cancer	BUG2_7	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: lupus	BUG2_8	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: arthritis	BUG2_9	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: asthma	BUG2_10	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: chronic lung disease	BUG2_11	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: long disease, other than asthma	BUG2_12	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: sickle cell anaemia	BUG2_13	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: spleen removed	BUG2_14	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: any illness or condition that weakens the immune system	BUG2_15	2012–2014
As far as you know, have you ever been told by a doctor that you/child have any of these illnesses or conditions: none of the above	BUG2_16	2012–2014
Have you/child ever been told by a doctor that you/they have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: Crohn's disease	BUG1_1	2012–2014
Have you/child ever been told by a doctor that you/they have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: irritable bowel syndrome	BUG1_2	2012–2014
Have you/child ever been told by a doctor that you/they have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: Ulcerative colitis	BUG1_3	2012–2014
Have you/child ever been told by a doctor that you/they have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: stomach problems	BUG1_4	2012–2014
Have you/child ever been told by a doctor that you/they have any long lasting chronic illness or condition in which diarrhea or vomiting is a major symptom such as: oesophagus problems	BUG1_5	2012–2014
In the past 4 weeks, have you/child had either vomiting or diarrhea?	BUG4	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: chronic illness	BUG5_1	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: menstrual cycle	BUG5_2	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: pregnancy	BUG5_3	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: medications	BUG5_4	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: alcohol	BUG5_5	2012–2014

Question	Variable name(s)	Years available
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: food	BUG5_6	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: not washing hands	BUG5_7	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: caught from someone else in household	BUG5_8	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: caught from someone else outside household	BUG5_9	2012–2014
Thinking about the most recent episode, what do you think the diarrhea or vomiting was due to: travel	BUG5_10	2012–2014
During the most recent episode of vomiting or diarrhea, for how many days altogether did you/child have either diarrhea or vomiting?	BUG6	2012–2014
During this illness, do you/child have any of the following symptoms: diarrhea	BUG7_1	2012–2014
During this illness, do you/child have any of the following symptoms: blood in poo	BUG7_2	2012–2014
During this illness, do you/child have any of the following symptoms: stomach cramps	BUG7_3	2012–2014
During this illness, do you/child have any of the following symptoms: nausea	BUG7_4	2012–2014
During this illness, do you/child have any of the following symptoms: loss of appetite	BUG7_5	2012–2014
During this illness, do you/child have any of the following symptoms: fever or chills	BUG7_6	2012–2014
During this illness, do you/child have any of the following symptoms: muscle/body aches	BUG7_7	2012–2014
During this illness, do you/child have any of the following symptoms: headache	BUG7_8	2012–2014
During this illness, do you/child have any of the following symptoms: stiff neck	BUG7_9	2012–2014
During this illness, do you/child have any of the following symptoms: sore throat, runny nose, sneezing, cough	BUG7_10	2012–2014
During this illness, do you/child have any of the following symptoms: earache	BUG7_11	2012–2014
During this illness, do you/child have any of the following symptoms: vomiting	BUG7_12	2012–2014
During this illness what was the most number of times vomiting occurred in any 24 hour period?	BUG8	2012–2014
During this illness what was the most number of times stool movements occurred in any 24 hour period?	BUG9	2012–2014
As a result of this illness, did you/child have any days off work or school? ^(a)	BUG12, BUG12B	2013–2014
When did you last have your blood pressure measured? ^(c)	CVD1	2013–2016
Have you ever been told by a doctor or at a hospital that you have high blood pressure sometimes called hypertension? ^(c)	CVD2	2013–2016
When did you last have your cholesterol measured? ^(c)	CVD4	2013–2016
Have you ever been told by a doctor or at a hospital that you have high cholesterol? ^(c)	CVD5	2013–2016
Have you ever been told by a doctor or at a hospital that you/child has asthma?	AST1	2013–2016
Have you/child had symptoms of asthma or taken treatment for asthma in last 12 months	AST2	2013–2016
During the past 4 weeks, did your/child's asthma interfere with your/child's ability to manage your/his/her day-to-day activities?	A3	2013–2016
Did it (asthma) interfere with these activities?	A4	2013–2016

Question	Variable name(s)	Years available
Over the last summer, did you/child get sunburn that was sore or tender the next day?	ACTSP1	2013–2015
Have you/child ever had severe sunburn, which has blistered?	ACTPS2A	2013–2015
How long ago was the last time you/child were severely sunburnt?	ACTSP2B	2013–2015
What type of hat do you/child usually wear on a sunny day in summer?	ACTSP3	2013–2015
What is the SPF of the sunscreen you/child usually use on a sunny day in summer?	ACTSP4, ACTSP4_Y15	2013–2015
Do you/child like to get a suntan?	ACTSP5	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear a hat?	ACTSP6A	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear clothes covering most of your/their body (including arms and legs)?	ACTSP6B	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear briefer clothing so as to get some sun on your/their skin?	ACTSP6C	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear maximum protection sunscreen?	ACTSP6D	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they wear sunglasses?	ACTSP6E	2013–2015
Thinking about sunny days in summer, when you/child are outside for an hour or more between 11am and 3pm, how often would you/they stay mainly in the shade?	ACTSP6F	2013–2015
How well do you think you would cope in an emergency situation? ^(c)	GR1	2011–2012
Do you or your family have a plan to deal with emergencies if they occur? ^(c)	GR2	2011–2012
How often do fears about safety come into your mind? ^(c)	GR3	2011–2012
What are the things to get through tough times? ^(c)	GR4, GR4_1– GR4_14	2011–2021
Generally, are you an optimistic person? ^(c)	GR5	2011–2012
Could you tell me how old you are today?	DEM2	2011–2021
What is your gender?	SEX, RSEX, RSEX_Y19, RSEX_20, MY_SEX	2011–2021
Could you please tell me your postcode?	DEM16	2011–2021
What is the name of the suburb or town where you live?	DEM17	2011–2021
Can you please tell me how many people, including yourself live in your household?	INT1AM	2011–2021
Besides yourself, who else do you live with in your household, such as brothers and sisters, mother or stepmother?	RLHP	2011–2021
Which of the following best describes your household? [lives alone, couple only household, single parent with children household, couple parent with children household, share or group household, retirement village, other]	CHA19	2019–2021
Do you consider yourself to be [heterosexual or straight, gay, lesbian, bisexual, something else] ^(c)	SEXID	2020–2021
In which country were you born?	BPLPA, BPLPA1	2011–2021
In which country was your mother born?	BPMP, BPMP1	2011–2018
In which country was your father born?	BPFP, BPFP1	2011–2018

Question	Variable name(s)	Years available
Do you usually speak a language other than English at home?	LANPA, LANPA1	2011–2021
Are you of Aboriginal or Torres Strait Islander origin?	INGP	2011–2021
What is the level of the highest qualification you have completed? ^(b)	QALLP, QALLP_Y20	2011–2021
Which of these best describes your current employment status? ^(c)	LFSPA	2011–2021
Were you actively looking for work in the last week?	LFS	2011–2021
In the last week, how many hours did you work in all jobs? ^(c)	HRSP	2011–2018
Do you currently receive a government pension, allowance or benefit?	DEM11	2011–2021
Which best describes your household's money situation? [we are spending more than we get, we have just enough money to get through to the next pay day, there's some money left over each week but we just spend it, we can save a bit every now and then, we can save a lot]	AFF	2011–2021
Apart from Medicare, are you currently covered by private health insurance?	DEM13	2011–2021

(a) 5 to 15 years.

(b) 9 to 17 years.

(c) 16 to 17 years.