

Queensland survey analytic system (QSAS)

Adult survey regional measures

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Data source

The Queensland survey analytic system (QSAS) is an interactive, online mechanism to disseminate results from the Queensland preventive health survey series.

Additional resources

Conditions of use

Survey methods (adult and child)

Adult survey sample size information

Adult survey statewide measures

Adult survey regional measures

Data download state results

Child survey sample size information

Child survey statewide measures

Child survey regional measures

Data download regional results

Geographic regions

Regional results are based on two annual surveys combined. Adult results are available for the following regions

- Queensland statewide results
- Hospital and Health Service (HHS) areas
- Primary Health Networks (PHN)
- Local government areas (LGA).

The population in some LGAs is very small and results are unavailable or do not meet reliability criteria. In some areas, contiguous LGAs were combined to achieve sufficient numbers of participants for reliable reporting (note that there may also be limited information for the unaggregated LGA in QSAS). The aggregated LGAs are

- Rest of Central West HHS: Barcoo (S), Blackall Tambo (R), Boulia (S), Diamantina (S) and Winton (S) LGAs
- Rest of North West HHS: Burke (S), Carpentaria (S), Cloncurry (S), Doomadgee (S), McKinlay (S), Mornington (S) LGAs
- Rest of South West HHS: Bulloo (S), Paroo (S), Quilpie (S) LGAs



Key health indicators

Alcohol consumption

Measure	Indicator
1. Lifetime risky drinking	Abstainer, low risk lifetime, risky lifetime
2. Single occasion risky drinking	Abstainer, low risk single occasion, less than monthly single occasion, at least monthly single occasion

Available 2011–12 through 2015–16.

Risky alcohol consumption is defined according to the National Health and Medical Research Council 2009 guidelines. To reduce the risk of alcohol-related harm over a **lifetime**, it is recommended that adults consume no more than two standard drinks on any day. To reduce the risk of alcohol-related harm on a **single occasion**, adults should drink no more than four standard drinks on any one occasion.

Reference: [National Health and Medical Research Council. Australian guidelines to reduce health risks from drinking alcohol. NHMRC: Canberra, 2009.](#) Accessed 13 September 2018.

Body mass index (BMI)

Measure	Indicator
1. BMI (2 categories)	Under/healthy weight, overweight/obese
2. BMI (4 categories)	Underweight, healthy weight, overweight, obese
3. Average weight	Average weight (kg)

Available 2009–10 through 2017–18.

BMI is calculated as a person's weight (in kilograms) divided by the square of their height (in metres). The following values are used to divide adult BMI scores into categories:

- Underweight is less than 18.5
- Healthy weight is between 18.5 to 24.99
- Overweight is 25.0 to 29.99
- Obese is 30.0 or greater.

Reference: [World Health Organization. BMI classification. Global Database on Body Mass Index.](#) Accessed 13 September 2018.

Note: Queensland headline results include BMI based on physical measurement from the Australian Bureau of Statistics National Health Survey. Additional methodological information is available from [Australian Bureau of Statistics. National Health Survey: First Results, 2014–15.](#) Accessed 13 September 2018.

Health and wellbeing

Measure	Indicator
1. Self rated health	Excellent/very good/good, fair/poor

Available 2011–12, 2015–16 and 2017–18.

Nutrition

Measure	Indicator
1. Daily fruit consumption	Sufficient (2013 guidelines), insufficient (2013 guidelines)
2. Daily vegetable consumption	Sufficient (2013 guidelines), insufficient (2013 guidelines)
3. Three serves of vegetables per day	Less than three serves, three serves or more

Available 2013–14 through 2017–18.

Sufficient daily fruit or vegetable consumption was categorised according to the 2013 Australian dietary guidelines.

Recommended number of serves of fruit and vegetables per day by sex and age group

Sex	Consumption	Age in years							
		2–3	4–8	9–11	12–13	14–18	19–50	51–70	>70
Males	Fruit	1	1.5	2	2	2	2	2	2
	Vegetables	2.5	4.5	5	5.5	5.5	6	5.5	5
Females	Fruit	1	1.5	2	2	2	2	2	2
	Vegetables	2.5	4.5	5	5	5	5	5	5

Reference: [Australian Government, National Health and Medical Research Council. Australian Dietary Guidelines \(2013\)](#). Accessed 13 September 2018.

Physical activity

Measure	Indicator
1. Past week physical activity (3 categories)	Not active on any day, less than 5 sessions or 150 minutes, at least 5 sessions and 150 minutes ¹
2. Past week physical activity (2 categories)	Insufficient, sufficient ²

Available 2009–10 through 2017–18.

¹ categories are mutually exclusive

² *Insufficient* = not active on any day+les than 5 sessions or 150 minutes. *Sufficient* = at least 5 sessions and 150 minutes

Sufficient physical activity is reported in QSAS as achieving at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity, or any equivalent combination of physical activity over five or more sessions in the past week.

Reference: [Australian Government Department of Health. Australia's physical activity and sedentary behaviour guidelines](#). Accessed 13 September 2018.

Adult physical activity data is collected using the Active Australia instrument. This instrument is validated for adults aged 18–75 years. When reported by population subgroups, the upper age group will therefore only include participants up to age 75 years.

Reference: [Australian Institute of Health & Welfare \(AIHW\). The Active Australia Survey: a guide and manual for implementation, analysis and reporting. AIHW: Canberra; 2003](#). Accessed 13 September 2018.

Smoking

Measure	Indicator
1. Daily smoking	Daily smokers, nonsmokers and non-daily smokers
2. Smoking (4 categories)	Daily smokers, current not daily smokers, ex-smokers, never smoked
3. Smoking cessation	Has given up smoking, has not given up smoking

Available 2009–10 through 2017–18.

Smoking cessation is the percentage of ever smokers (daily smokers + current not daily smokers + ex-smokers) who have given up smoking (ex-smokers).

Sunburn & protection

Measure	Indicator
1. Past 12 months sunburnt	Sunburnt, not sunburnt
2. Summer sun protection	Uses broad brimmed hat, SPF30+, clothing ¹ ; does not use broad brimmed hat, SPF30+, clothing ¹

Past 12 months sunburnt available 2011–12 through 2017–18.

Summer sun protection available 2011–12 and 2015–16.

¹ Survey question includes "...wore clothing to protect yourself from the sun"

Sociodemographic characteristics

Sociodemographic characteristic	Population subgroup
Persons	Persons 18 years and older
Sex	Males, females
Age (4 categories)	18–29, 30–44, 45–64, 65 years or older
Age (7 categories)	18–24, 25–34, 35–44, 45–54, 55–64, 65–74, 75 years and older (downloadable XLSX file only)
Age by sex	downloadable XLSX file only
Remoteness (ARIA+, 4 categories)	Major city, inner regional, outer regional, remote/very remote (downloadable XLSX file only)
Remoteness (ARIA+, 5 categories)	Major city, inner regional, outer regional, remote, very remote (downloadable XLSX file only)
Socioeconomic status (SEIFA)	Disadvantaged (quintile 1), quintile 2, quintile 3, quintile 4, advantaged (quintile 5)

Additional information about sociodemographic subgroups

Socioeconomic indexes for areas (SEIFA), developed by the Australia Bureau of Statistics, ranks areas according to measures of relative social advantage and disadvantage. Of the four available indexes, the preventive health telephone surveys series uses a population weighted version of the index of relative socioeconomic advantage and disadvantage (IRSAD).

SEIFA scores are used to categorise areas into five quintiles with approximately 20% of the Queensland population in each quintile. Quintile 1 represents the most disadvantaged areas increasing to quintile 5 representing the most advantaged areas.

Reference: [Australian Bureau of Statistics. Census of population and housing: socio-economic indexes for areas \(SEIFA\), Australia, 2016. Cat. No. 2033.0.55.001](#). Accessed 13 September 2018.

SEIFA and ARIA+ specifications for each dataset

Survey year	Geography	ARIA ¹	SEIFA ¹	SEIFA index
2017–18	SA2	2016	2016	IRSAD
2015–16	SA2	2011	2011	IRSAD
2013–14	SA2	2011	2011	IRSAD
2011–12	SLA	2011	2011	IRSAD
2009–10	SLA	2011	2011	IRSAD

¹ Census year of measure