

# Queensland survey analytic system (QSAS)

Adult survey statewide 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.

This document was last updated 4 November 2020.

## Additional resources

Conditions of use

Survey methods (adult and child)

Adult survey sample size information

Child survey sample size information

Adult survey statewide measures

Child survey statewide measures

Adult survey regional measures

Child survey regional measures

Data download state results

Data download regional results

## Key health indicators

For years of availability, see downloadable data.

## 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

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 8 October 2020.

## Body mass index (BMI)

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

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 8 October 2020.

Note: Queensland headline results include BMI based on physical measurement from the [Australian Bureau of Statistics National Health Survey](#).

## Health and wellbeing

Measure	Indicator
1. Self rated health	Excellent/very good/good, fair/poor
2. Mental unhealthy days (M-UHD)	Mean M-UHD in the past 30 days
3. Physical unhealthy days (P-UHD)	Mean P-UHD in the past 30 days
4. Total unhealthy days (T-UHD)	Mean T-UHD in the past 30 days
5. Limited usual activities days (LUA)	Mean LUA in the past 30 days

Unhealthy days are measures of health-related quality of life as developed by the Centers of Disease Control and Prevention in 2000, where past 30 days refer to the 30 days prior to interview date.

Total unhealthy days were calculated as the sum of physical and mental unhealthy days reported, with an upper limit of 30 days.

Limited usual activities days are the number of days poor physical or mental health limited the participant's ability to engage in their usual activities, such as self-care, work or

recreation. Participants were only asked about limited usual activities days if they reported one or more physical or mental unhealthy days.

Reference: Centers for Disease Control and Prevention, Measuring healthy days: Population assessment of health-related quality of life. 2000, CDC: Atlanta, Georgia. <https://www.cdc.gov/hrqol/surveillance.htm>

## 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

Sufficient daily fruit or vegetable consumption is 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 8 October 2020.

## 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 <sup>1</sup>
2. Past week physical activity (2 categories)	Insufficient, sufficient <sup>2</sup>

<sup>1</sup> Categories are mutually exclusive

<sup>2</sup> *Insufficient* = not active on any day + less than 5 sessions or 150 minutes. *Sufficient* = at least 5 sessions and 150 minutes

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

Reference: [Australian Government Department of Health. Australia's physical activity and sedentary behaviour guidelines](#). Accessed 8 October 2020.

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 8 October 2020.

## 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

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

## Sunburn and protection

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

<sup>1</sup> Survey question includes "...wore clothing to protect yourself from the sun"

Sunburns were defined as any reddening of the skin that lasts longer than 12 hours after sun exposure.

## 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 and older (downloadable XLSX file only)
Age (7 categories)	18–24, 25–34, 35–44, 45–54, 55–64, 65–74, 75 years and older
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
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) although earlier years used the index of relative socioeconomic disadvantage (IRSD).

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 8 October 2020.

Accessibility/remoteness index of Australia (ARIA+) is a geographic method used to categorise areas by remoteness. It classifies areas into five types (major cities, inner regional, outer regional, remote, and very remote) based on population size and distance to the nearest service centre.

Reference: [Hugo Centre for Migration and Population Research, The University of Adelaide: ARIA](#). Accessed 8 October 2020.

### SEIFA and ARIA+ specifications for each survey year

Survey year	Geography	ARIA <sup>1</sup>	SEIFA <sup>1</sup>	SEIFA index
2020	SA2	2016	2016	IRSAD
2019	SA2	2016	2016	IRSAD
2018	SA2	2016	2016	IRSAD
2017	SA2	2016	2016	IRSAD
2016	SA2	2011	2011	IRSAD
2015	SA2	2011	2011	IRSAD
2014	SA2	2011	2011	IRSAD
2013	SA2	2011	2011	IRSAD
2012	SLA	2011	2011	IRSAD
2011	SLA	2011	2011	IRSAD
2010	SLA	2011	2011	IRSAD
2009	SLA	2011	2011	IRSAD
2008	SLA	2006	2006	IRSAD
2006	SLA	2006	2001	IRSD
2005	SLA	2001	2001	IRSD
2004	SLA	2001	2001	IRSD
2002	SLA	1996	1996	IRSD

<sup>1</sup> Census year of measure