

Queensland survey analytic system (QSAS)

Child survey statewide measures

Release date
14 November 2018

Contents

Data source	1
Additional resources	1
Key health indicators	1
Body mass index (BMI)	1
Nutrition.....	2
Physical activity.....	2
Sunburn	2
Sociodemographic characteristics	3
Additional information about sociodemographic subgroups	3

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

Key health indicators

Body mass index (BMI)

Measure	Indicator
1. BMI (2 categories)	Underweight/healthy weight, overweight/obese
2. BMI (3 categories)	Underweight/healthy weight, overweight, obese
3. Parent perceived BMI	Underweight, about the right weight, overweight

BMI available 2011 and 2013 through 2018. Parent perceived BMI available 2017 and 2018.

BMI is calculated as a person's weight (in kilograms) divided by the square of their height (in metres).

To adjust for children's developmental stage, age and sex specific cutpoints are applied to create the BMI categories:

- Underweight/healthy weight
- Overweight
- Obese.

Reference: Cole T, Bellizzi M, Flegal K, Dietz W. Establishing a standard definition for child overweight and obesity worldwide: international survey. *British Medical Journal* 2000;320:1-6.

Reference: Vidmar SI, Cole TJ, Pan H. Standardizing anthropometric measures in children and adolescents with functions for egen: Update. *Stata Journal* 2013;13:366-378.



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.

Nutrition

Measure	Indicator
1. Daily fruit consumption	Sufficient (2013 guidelines), insufficient (2013 guidelines)
2. Daily vegetable consumption	Sufficient (2013 guidelines), insufficient (2013 guidelines)
3. Average fruit and vegetable consumption	Average serves per day
4. Takeaway food	Takeaway at least weekly, takeaway less often than weekly

Sufficient and mean serves available 2013 through 2017.

Takeaway food available 2014 through 2016.

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	Active 60 minutes or more daily, not active 60 minutes or more daily

Available 2013 through 2018.

The survey question was sourced from the National Secondary Students' Diet and Physical Activity survey. Parents were asked "Over the past seven days, on how many days was your child physically active for a total of 60 minutes or more per day?" Children who had undertaken 60 minutes or more of physical activity everyday were considered sufficiently physically active.

Reference: [Australian Government Department of Health. Australia's physical activity and sedentary behaviour guidelines](#). Fact sheet: children (5-12 years). Accessed 13 September 2018.

Reference: [National Secondary Students' Diet and Physical Activity survey](#). Accessed 20 September 2018.

Sunburn

Measure	Indicator
1. Past 12 months sunburnt	Sunburnt, not sunburnt

Available 2013, 2014 and 2018.

Sociodemographic characteristics

Sociodemographic characteristic	Population subgroup
Persons	Children aged 5–17 years
Sex	Males, females
Age (2 categories)	5–11, 12–17 years (downloadable XLSX file only)
Age (4 categories)	5–7, 8–11, 12–15, 16–17 years
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).

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.

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 13 September 2018.

SEIFA and ARIA+ specifications for each survey year

Survey year	Geography	ARIA ¹	SEIFA ¹	SEIFA index
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
2011	SLA	2011	2011	IRSAD

¹ Census year of measure