Table of contents

Introduction ........................................................................................................................................... 4
Downloads ............................................................................................................................................... 5

Chapter 1: Demographic profile of South Australians ............................................................................. 6
The demographic profile of South Australia .............................................................................................. 7
1-1. Population ......................................................................................................................................... 8
1-2. Demographic profile .......................................................................................................................... 11
1-3. Determinants of Health .................................................................................................................... 12

Chapter 2: Starting well and the early years ............................................................................................. 15
Starting well and the early years .............................................................................................................. 16
2-1. Fertility rate ..................................................................................................................................... 17
2-2. Maternal age .................................................................................................................................... 19
2-3. Folate intake before and during pregnancy ...................................................................................... 25
2-4. Pregnancy outcomes ....................................................................................................................... 27
2-5. Birth rate ......................................................................................................................................... 32
2-6. Low birthweight .............................................................................................................................. 34
2-7. Caesarean births .............................................................................................................................. 36
2-8. Congenital anomalies ....................................................................................................................... 38
2-9. Childhood developmental health checks ......................................................................................... 39
2-10. Childhood immunisation coverage .............................................................................................. 42
2-11. Childhood overweight and obesity ............................................................................................... 45

Chapter 3: Staying healthy and ageing well ............................................................................................. 47
Staying healthy and ageing well .............................................................................................................. 48
3-1. Life expectancy ............................................................................................................................... 49
3-2. Health status .................................................................................................................................... 52
3-3. Nutrition – Recommended fruit intake .......................................................................................... 56
3-4. Nutrition – Recommended vegetable intake .................................................................................. 60
3-5. Physical activity (exercise) ............................................................................................................. 63
3-6. Disability ......................................................................................................................................... 67
3-7. People living with multiple risk factors ......................................................................................... 71
3-8. Alcohol-related risk ....................................................................................................................... 74
3-9. Overweight and Obesity ................................................................................................................ 80
3-10. High blood pressure .................................................................................................................... 83
3-11. High cholesterol ........................................................................................................................... 87
3-12. Smoking prevalence .................................................................................................................... 89
3-13. Psychological distress (anxiety and depression) ........................................................................ 92
Chapter 4: Living with chronic conditions ................................. 100

4-1. Living with multiple chronic and long-term health conditions ........................................ 102

4-2. Arthritis prevalence ................................................................. 106

4-3. Mental health conditions ......................................................... 109

4-4. Asthma prevalence ................................................................. 113

4-5. Diabetes prevalence ................................................................. 116

4-6. Cardiovascular disease prevalence ........................................ 119

4-7. Osteoporosis prevalence ........................................................ 122

4-8. Chronic bronchitis or emphysema prevalence .............................. 125

4-9. Back pain prevalence .............................................................. 126

Chapter 5: End of life ................................................................. 127

5-1. Death rate ........................................................................ 129

5-2. Median age at death ............................................................... 131

5-3. Perinatal deaths .................................................................. 133

5-4. Infant mortality ................................................................. 135

5-5. Leading causes of death by age group in South Australia .............. 137
Introduction

State of Our Health is an authoritative source of intelligence on health status and health outcomes in the South Australian population. It is one way that we continue to advise the Minister for Health on the performance of the health system in responding to the health priorities and emerging trends in health outcomes of South Australians.

Last updated and published on: 19 December 2016.
Downloads

**Online edition:** This is the Portable Document Format (PDF) version of *State of Our Health* made available for your convenience. The online version is available on the Health Performance Council website at: hpcsa.com.au/state_of_our_health.

**Technical appendix:** This supporting document reports on quality, details of the primary sources used, and discloses important caveats and notes on the interpretation and use of data reported throughout *State of Our Health*. The Technical Appendix can also be downloaded from hpcsa.com.au/state_of_our_health.

*The Health Performance Council would like to acknowledge the diverse Aboriginal peoples of South Australia and their participation in the life of South Australia. We acknowledge and respect their spiritual relationship with their respective country and we acknowledge them as the custodians of their country and that their cultural and heritage beliefs are still important to them today.*
Chapter 1: Demographic profile of South Australians

Introduction

Understanding the health status of South Australians requires a knowledge of different characteristics of our communities and what drives their health and wellbeing. Personal and community health status is widely recognised to be linked to social and economic capital. Differences in a range of factors including income, employment, education, housing, and social environment can produce inequalities in health outcomes.

Not all of these factors can be presented here, however, or the State of Our Health would be enormous. This chapter provides only the briefest of summaries of some key selected South Australian demographic data. The aim is to ground the reader with basic population information that will provide some helpful context to the health chapters that follow.
The demographic profile of South Australia

In summary

- The population of South Australia is just under 1.7 million people, which represents about one in 14 (7.1%) of the total Australian population (23.8 million people).
- Over ten years, South Australia’s population has grown at an average 1.0% per year. Net overseas migration and natural increase has offset negative net interstate migration.
- The Aboriginal population of South Australia is 37,408 people, representing 2.3% of the state population.
- Over a quarter of South Australia's population live outside of metropolitan Adelaide.
- Over the last decade most of the population growth in South Australia has occurred in the Northern Adelaide Local Health Network.
- South Australia has a relatively older population when compared nationally.
- Almost a quarter (23.2%) of South Australians were born overseas, and 13.3% of South Australians were born in predominantly non-English speaking countries.
- Around 1 in 7 (15.0%) South Australians speak a language other than English at home, including 2.6% who can not speak English well, or can not speak English at all.
- Over 1 in 7 (13.4%) of the state's population are carers, and around a quarter of those are primary carers.
- Selected median income measures for South Australia are below those for Australia as a whole. Income measures for Aboriginal people/households in South Australia are significantly below the state and national benchmarks.
- Approximately 1 in 10 (10.8%) South Australians aged between 15 and 64 years are living alone, above the national average.
- Also, just under 1 in 3 (29.7%) South Australians aged 65 years and over are living alone, again above the national average.
- The economic and social conditions of people and households within this state are below the national average.
- Less than half (48.4%) of persons aged 15 years and over who are no longer attending primary or secondary school have completed Year 12 or equivalent as their highest year of school attainment, and just over a quarter (25.2%) of Aboriginal people in South Australia aged 15 years and over have done so.
- Under half (46.0%) of the South Australian population are insured with private hospital treatment cover. This is slightly below the national average of 47.2%. There is a greater proportion (59.3%) of South Australians with private general treatment (i.e. ancillary) cover, and this is higher than the national average of 55.8%.
- Average out-of-pocket payment for medical services (where an out-of-pocket payment was payable) is $51.17 in South Australia. This is well below the national average of $136.29.
1-1. Population

At 30 June 2015, the estimated resident population of South Australia was just under 1.7 million people, representing about one in 14 (7.1%) of the total Australian population (23.8 million people).

Over the decade 2005-2015, South Australia's population has grown by about 160,000 people, or an average 1.0% per year. This is less than the 1.7% annualised growth rate over the same period for Australia as a whole. Roughly speaking, out of every ten people that have joined the South Australian community over this time, around eight came via net overseas migration and four through natural increase, offset by two lost to net interstate migration.

At 30 June 2011 (latest available), the estimated resident Aboriginal population of South Australia was 37,408 people, representing 2.3% of the 2011 state population.

1-1-1. Population by region

- Over a quarter of South Australia's population live outside of metropolitan Adelaide.
- Over the last decade, Northern Adelaide Local Health Network has had the fastest growing population.

SA Health divides South Australia into Local Health Networks (LHNs) to manage the delivery of public hospital services, and other community based health services, as determined by the South Australian state government. LHNs comprise single or groups of public hospitals, and have a geographical or functional connection.

There are five LHNs in South Australia, established under the Health Care Act 2008:

1. Northern Adelaide Local Health Network (NALHN map)
2. Central Adelaide Local Health Network (CALHN map)
3. Southern Adelaide Local Health Network (SALHN map)
4. Country Health SA Local Health Network (CHSALHN map)
5. Women's and Children's Health Network (WCHN is statewide)

The LHNs are accountable to the state government for performance management and planning.

In 2015, over a quarter (28.8%) of South Australia's population lived outside of metropolitan Adelaide, very slightly lower than a decade earlier. Since 2005, the biggest percentage increase in population growth amongst South Australia's Local Health Networks has been in the Northern Adelaide LHN (up 14.9%).
Estimated Resident Population, 2015 and 2005

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>no. persons, 2015</th>
<th>% persons, 2015</th>
<th>no. persons, 2005</th>
<th>% persons, 2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide</td>
<td>389,199</td>
<td>22.9%</td>
<td>338,833</td>
<td>22.0%</td>
</tr>
<tr>
<td>Central Adelaide</td>
<td>459,787</td>
<td>27.1%</td>
<td>415,509</td>
<td>27.0%</td>
</tr>
<tr>
<td>Southern Adelaide</td>
<td>361,178</td>
<td>21.3%</td>
<td>328,956</td>
<td>21.4%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>1,210,164</td>
<td>71.2%</td>
<td>1,083,298</td>
<td>70.4%</td>
</tr>
<tr>
<td>Country Health SA</td>
<td>488,496</td>
<td>28.8%</td>
<td>455,506</td>
<td>29.6%</td>
</tr>
<tr>
<td>SOUTH AUSTRALIA</td>
<td>1,698,660</td>
<td>100.0%</td>
<td>1,538,804</td>
<td>100.0%</td>
</tr>
<tr>
<td>AUSTRALIA</td>
<td>23,777,777</td>
<td>100.0%</td>
<td>20,176,844</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

1-1-2. Population by age and sex

- South Australia has an older population than Australia generally.

South Australia has an older population than Australia overall. In 2015, an estimated 17.4% of South Australians were aged 65 years or over, compared to 15.0% for the Australian population as a whole. Proportionally more of the 65 years and older population were female than male, nationally, in South Australia overall and in the state’s Aboriginal population.

The age-sex profile of the Aboriginal population in South Australia is substantially different from that for the state’s population overall. In 2011 (the latest year for which data available), over half (55.2%) of all Aboriginal people in South Australia were aged under 25 years compared to 30.5% of the overall state population in 2015. Only 3.7% of Aboriginal people in South Australia were aged 65 years and over in 2011, compared to 17.4% of the state’s total population in 2015. This structural difference is evident in the large gaps in median estimated ages between Aboriginal people and the whole population in the state.
Estimated median age (years) by sex and region, 2015

<table>
<thead>
<tr>
<th>Region</th>
<th>males</th>
<th>females</th>
<th>persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia - all</td>
<td>39</td>
<td>41</td>
<td>40</td>
</tr>
<tr>
<td>South Australia - Aboriginal people</td>
<td>21</td>
<td>23</td>
<td>22</td>
</tr>
<tr>
<td>Australia - all</td>
<td>37</td>
<td>38</td>
<td>37</td>
</tr>
</tbody>
</table>

South Australian population by age (years) and sex -- All SA (2015) and Aboriginal SA (2011*)

* 2011 latest available

Sources

2. Based on ABS 2014, ‘Table 4 Estimated resident Aboriginal and Torres Strait Islander population, South Australia, 2001-2011’, Estimates and Projections, Aboriginal and Torres Strait Islander Australians, 2001 to 2026, cat. no. 3238.0, viewed 31 May 2016.
1-2. Demographic profile

1-2-1. People born overseas

Almost a quarter (23.2%) of South Australians identified in the 2011 Census that they were born overseas. South Australia accounts for 6.7% of Australia's total population born overseas. South Australia has a lower proportion of its population born overseas compared to the national average, and is ranked fifth highest when compared to all states and territories. Proportionally, the largest group of South Australians born overseas are aged between 75 and 84 years at 41.1%.

The 2011 Census found that 13.3% of South Australians were born in predominantly non-English speaking countries. This is lower than the national average of 16.6%.

1-2-2. Language spoken at home

Around one in seven (15.0%) South Australians speak a language other than English at home, according to the 2011 Census. Italian is the most common at 14.5% of the non-English languages spoken at home, followed by Greek and Mandarin at 11.0% and 7.2%, respectively. At the time of the 2011 Census, 2.6% of the South Australian population could not speak English well, or could not speak English at all – predominantly persons born overseas and aged 75 years or older.

1-2-3. Carers in the community

Data for 2012 shows that there are an estimated 219,000 carers in South Australia, representing 13.4% of people of the population. A higher proportion of South Australian females are carers than males (14.4% and 12.4% respectively). South Australia has the third highest proportion of carers when compared to all states and territories.

Of the 219,000 carers in South Australia, 56,000 (or 25.6%) are primary carers. Primary carers are those aged 15 years and over who identified themselves as providing the most informal assistance with core activities to a person with a disability or to a person aged 60 years and over. A higher proportion of females are primary carers compared to their male counterparts (32.0% and 18.1% of all carers, respectively).

Sources

1-3. Determinants of Health

Health status within a population typically follows a gradient, with overall health tending to improve with each step up the socioeconomic ladder. This is commonly known as the socio-economic gradient of health, or the social gradient of health, and is a global phenomenon seen in low, middle and high income countries. (AIHW 2012)

1-3-1. Income and households

At the 2011 Census, selected median income measures for South Australia were below those for Australia as a whole. Income measures for Aboriginal people/households in South Australia are significantly below the state and national benchmarks.

As at the 2011 Census, 10.8% of South Australians aged between 15 and 64 years were living alone. This is higher than the national average of 8.8% and ranks South Australia second highest of the states and territories. Also, 29.7% of South Australians aged 65 years and over were living alone. Again, this is above the national average of 27.3%, and ranks this state second highest when compared to all states and territories.

Median income and housing payments, 2011 Census

<table>
<thead>
<tr>
<th>Measure</th>
<th>South Australia (All)</th>
<th>South Australia (Aboriginal)</th>
<th>Australia (All)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median total personal income</td>
<td>$534 per week</td>
<td>$348 per week</td>
<td>$577 per week</td>
</tr>
<tr>
<td>Median total household income</td>
<td>$1,044 per week</td>
<td>$842 per week</td>
<td>$1,234 per week</td>
</tr>
<tr>
<td>Median mortgage repayment*</td>
<td>$375 per week</td>
<td>$326 per week</td>
<td>$450 per week</td>
</tr>
<tr>
<td>Median rent</td>
<td>$220 per week</td>
<td>$165 per week</td>
<td>$285 per week</td>
</tr>
<tr>
<td>Average household size</td>
<td>2.4 persons</td>
<td>3.0 persons</td>
<td>2.6 persons</td>
</tr>
</tbody>
</table>

* The HPC has estimated median weekly mortgage repayments here for comparison purposes by dividing monthly figures in the source data by four.

1-3-2. Socio-economic status

Introduction

A commonly used measure of socio-economic status in Australia is the Australian Bureau of Statistics’ Socio-economic Index for Areas (SEIFA), Index of Relative Socio-economic Disadvantage (IRSD)...

The IRSD is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area. The IRSD is standardised so that the Australian mean is 1000, and individual regions are compared against that benchmark. That is, an area with economic and social indicators equal to the national average will receive a score of 1000.

- A lower score indicates relatively greater disadvantage in general. For example, an area could have a lower score if there are (among other things) more households with low income, many people with no qualifications, or an over-representation of people in low skill occupations.
- Conversely, a higher score indicates a relative lack of disadvantage in general.
It is important to remember that the scores are an ordinal measure, so care should be taken when comparing scores. For example, an area with a score of 500 is not twice as disadvantaged as an area with a score of 1000, it just had more markers of relative disadvantage.

South Australia

Overall, in 2011 the SEIFA IRSD score for South Australia was 983, indicating that the economic and social conditions of people and households within this state are below the national average.

At the Australian Bureau of Statistics’ Statistical Area Level 2 (SA2) geographic level, IRSD scores range from 1111 in Coromandel Valley in the Southern Adelaide Local Health Network, down to 593 in the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands in outback South Australia.

SEIFA Index of Relative Socio-economic Disadvantage, 2011

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>IRSD score (average)</th>
<th>Max. IRSD score (ABS SA2 level)</th>
<th>Min. IRSD score (ABS SA2 level)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide</td>
<td>949</td>
<td>1087 (One Tree Hill)</td>
<td>720 (Elizabeth)</td>
</tr>
<tr>
<td>Central Adelaide</td>
<td>1004</td>
<td>1095 (Glenside-Beaumont)</td>
<td>847 (The Parks)</td>
</tr>
<tr>
<td>Southern Adelaide</td>
<td>1013</td>
<td>1111 (Coromandel Valley)</td>
<td>856 (Hackam W-Huntfield H.)</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>989</td>
<td>1111 (Coromandel Valley)</td>
<td>720 (Elizabeth)</td>
</tr>
<tr>
<td>Country Health SA</td>
<td>969</td>
<td>1100 (Aldgate-Stirling)</td>
<td>593 (APY Lands)</td>
</tr>
<tr>
<td>SOUTH AUSTRALIA</td>
<td>983</td>
<td>1111 (Coromandel Valley)</td>
<td>593 (APY Lands)</td>
</tr>
<tr>
<td>AUSTRALIA</td>
<td>1000</td>
<td>1148 (Forrest-ACT)</td>
<td>441 (Yarrabah-QLD)</td>
</tr>
</tbody>
</table>

1-3-3. Education attainment

As at the 2011 Census, less than half (48.4%) of persons aged 15 years and over who were no longer attending primary or secondary school had completed Year 12 or equivalent as their highest year of school attainment. This percentage excludes people who did not state their highest year of school completed. The South Australian rate was lower than the national average of 53.8%.

Just over a quarter, or 25.2%, of Aboriginal people in South Australia aged 15 years and over who are no longer attending primary or secondary school have completed Year 12 or equivalent as their highest year of school attainment. Again, this excludes those who did not state their highest year of school completed.

1-3-4. Level of private health insurance

At 31 March 2016, 46.0% of the South Australian population were insured with private hospital treatment cover, slightly below the Australia-wide rate of 47.2%. Insurance with private general treatment (ancillary) cover was more common with 59.3% of South Australians covered, above the national rate of 55.8%. Coverage rates were almost unchanged compared to a year earlier.
Where an out-of-pocket (‘gap’) payment was payable for an episode of hospital care or a medical service, the average amount of the gap in South Australia was $51.17, well below the Australia-wide average gap payment of $136.29. Medical gap payments varied according to specialty, both in amount and in proportion to the overall charge. Figures by specialty are not available by state, but nationally the plastic/reconstructive specialty had the highest average gap at $368 and also the largest percentage gap at 37% of charge; orthopaedic had the second largest average gap at $345, representing 26% of charge, although ENT was second largest in percentage terms at 27% gap of charge.

Sources

Chapter 2: Starting well and the early years

Introduction

The foundations of adult health are laid in early childhood. Poor health as an infant can cast long shadows forward on both childhood and adulthood, increasing the risk of ill health from conditions ranging from asthma to cardiovascular disease later in life. A number of influences shape a child’s development, including genetic makeup, socioeconomic factors, interactions with other caregivers, and early childhood experiences in the family, at school, and in the community.

This chapter is designed to evaluate whether South Australians are getting the best start in life, from the prenatal period through to adolescence, and whether this is changing over time.

Chapter 2 first presents information about South Australian mothers, including demographic information, their health experiences during pregnancy and the risk factors they experience. It then examines measures of infant health, such as low birth weight, congenital abnormalities and rates of breast-feeding. It also provides an analysis of a range of physical and emotional wellbeing indicators of South Australian children’s health.

Information about South Australians’ early years also includes key information about their development and educational outcomes. These measures can indicate future advantage or disadvantage, ability to develop life skills and attain further education – key elements to future South Australian adults maintaining and managing their own health.
Starting well and the early years

In summary

- South Australia's total fertility rate is 1.87 births per woman, higher in Country SA than metropolitan Adelaide. The state's TFR is equal to the national average (also 1.87).
- The median age at which women in South Australia give birth is 30.5 years, comparable to the national median maternal age of 30.8 years.
- Only a small fraction (3.2%) of births in South Australia are to women aged 19 years or less, while one in five (20.8%) of births are to women aged 35 years or older.
- Around 1 in 13 (7.7%) of South Australians are aware that a woman should take folic acid before pregnancy, and in the first three months of pregnancy, to reduce her chance of having a baby with spina bifida. The level of awareness in the community of the benefits of folic acid before and during pregnancy has decreased substantially over recent years.
- Over four in five (80.8%) women who give birth in South Australia have their first antenatal visit within the first 14 weeks of pregnancy, although the rate for Aboriginal women is significantly lower, at 53.4%.
- One in seven (14.5%) women who give birth in South Australia report being smokers at their first antenatal visit. The corresponding rate for Aboriginal women is significantly higher at 51.5%.
- There has been a significant increase in the prevalence of gestational diabetes among women who give birth in South Australia over the last decade, and now affects 8.2% of women who give birth.
- Over a quarter (28.0%) of women in South Australia who give birth are overweight during their pregnancy and a similar proportion (24.4%) are recorded as being obese.
- There are over 20,000 people born in South Australia every year into a total population of 1.7 million, representing a crude birth rate of 12.1 births per 1000 population. The crude birth rate in South Australia has been declining since 2008.
- The average birthweight of liveborn babies in South Australia is 3,327 grams, while around one in 14 (7.2%) babies are liveborn with low birthweight, a higher rate than the 6.4% nationally.
- Over a third (34.0%) of all births in South Australia are by Caesarean section.
- A very small fraction (2.8%) of babies are born with congenital anomalies in South Australia.
- Over half (57.8%) of South Australian children receive a fourth year developmental health check assessing their physical health, general wellbeing, and development.
- Over nine in ten (91.3%) of children aged five years in South Australia are fully immunised. Full vaccination coverage for Aboriginal children by age five has increased substantially over recent years, and is now above the overall state figure, at 92.1%.
- Around a quarter (23.0%) of non-Aboriginal children aged 5-17 years in South Australia are overweight or obese, while over a third (37.6%) of Aboriginal children in the same age cohort are also overweight or obese.
2-1. Fertility rate

2-1-1. Fertility rate in South Australia

- In 2014, South Australia's total fertility rate (TFR) was 1.87 births per woman (all ages). This is the same as the national average (i.e. the Australian TFR is also 1.87).
- Total fertility rate is higher in Country SA (2.20) than in metropolitan Adelaide (1.80).
- The total fertility rate in SA increased between 2004 and 2009 but has decreased very slightly since then.
- South Australia's total fertility rate of 1.87 births per woman ranks it in the middle of the states and territories.

**Total Fertility Rate, 2014**

<table>
<thead>
<tr>
<th>Region</th>
<th>TFR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>1.80</td>
</tr>
<tr>
<td>Country SA</td>
<td>2.20</td>
</tr>
<tr>
<td>South Australia</td>
<td>1.87</td>
</tr>
<tr>
<td>Australia</td>
<td>1.87</td>
</tr>
</tbody>
</table>

2-1-2. Aboriginal fertility rate

- In 2014, South Australia's Aboriginal total fertility rate (TFR) was 2.031 births per Aboriginal woman (all ages). This is below the national average of 2.222.
- Between 2004 and 2008, the South Australian Aboriginal total fertility rate increased but has since decreased.
- South Australia's Aboriginal total fertility rate of 2.031 births per woman is ranked fourth lowest when compared to the Aboriginal TFR of other states and territories.
Aboriginal Total Fertility Rate, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>TFR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>2.031</td>
</tr>
<tr>
<td>Australia</td>
<td>2.222</td>
</tr>
</tbody>
</table>

Aboriginal Total Fertility Rate, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>TFR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>1.579</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>1.929</td>
</tr>
<tr>
<td>New South Wales</td>
<td>1.976</td>
</tr>
<tr>
<td>South Australia</td>
<td>2.031</td>
</tr>
<tr>
<td>Victoria</td>
<td>2.091</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>2.121</td>
</tr>
<tr>
<td>Queensland</td>
<td>2.412</td>
</tr>
<tr>
<td>Western Australia</td>
<td>2.863</td>
</tr>
<tr>
<td>Australia</td>
<td>2.222</td>
</tr>
</tbody>
</table>

Sources

1. Based on ABS 2015, ‘Table 2.1 Births, Summary, Statistical Areas Level 4-2011 to 2014’, , cat. no. 3301.0, viewed 10 March 2016.
2-2. Maternal age

2-2-1. Maternal age in South Australia

- The median age at which women in South Australia gave birth was 30.5 years in 2014.
- This is only slightly younger than the national median of 30.8 years.
- In 2014, the median maternal age in South Australia was higher in Greater Adelaide (30.9 years) compared to Country SA (28.8 years).
- South Australia’s median maternal age is ranked equal fourth lowest (with Western Australia) compared to the other states and territories.

Median maternal age, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>30.9</td>
</tr>
<tr>
<td>Country SA</td>
<td>28.8</td>
</tr>
<tr>
<td>South Australia</td>
<td>30.5</td>
</tr>
<tr>
<td>Australia</td>
<td>30.8</td>
</tr>
</tbody>
</table>

2-2-2. Aboriginal maternal age

- The median age at which Aboriginal women in South Australia gave birth in 2014 is significantly younger than the general population rate, at 25.1 years.
- This age is the same as the national median for Aboriginal women giving birth (25.1 years).
- The trend over the last decade has been gradually increasing.
- South Australia’s median maternal age of Aboriginal mothers is ranked in the middle compared to the other states and territories that reported data.
Aboriginal median maternal age, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>25.1</td>
</tr>
<tr>
<td>Australia</td>
<td>25.1</td>
</tr>
</tbody>
</table>

Aboriginal median maternal age, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>24.5</td>
</tr>
<tr>
<td>Western Australia</td>
<td>24.7</td>
</tr>
<tr>
<td>Queensland</td>
<td>25.0</td>
</tr>
<tr>
<td>South Australia</td>
<td>25.1</td>
</tr>
<tr>
<td>Tasmania</td>
<td>25.2</td>
</tr>
<tr>
<td>New South Wales</td>
<td>25.4</td>
</tr>
<tr>
<td>Victoria</td>
<td>25.9</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>n.p.</td>
</tr>
<tr>
<td>Australia</td>
<td>25.1</td>
</tr>
</tbody>
</table>

2-2-3. Teenage women giving birth

- In 2014, there were 649 births in South Australia where the mother was aged 19 years or less.
- This represents 3.2% of all births in South Australia and is equivalent to the national rate of 3.1%.
- Over the last decade there has been a downward trend, both in this state and nationally.
- South Australia ranks fourth lowest of the states and territories for proportion of births where the mother was aged 19 years or less.
Births, mother aged 19 years or less, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>3.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>3.1%</td>
</tr>
</tbody>
</table>

Births, mother aged 19 years or less, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>1.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>2.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>2.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>3.2%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>3.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>4.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>5.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>8.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>3.1%</td>
</tr>
</tbody>
</table>

2-2-4. Aboriginal teenage women giving birth

- In 2014, there were 104 births in South Australia to Aboriginal mothers aged 19 years or less.
- This represents 15.5% of all births in South Australia to Aboriginal mothers, lower than the national rate of 16.9%.
- Over the last decade there has been a downward trend, both in this state and nationally.
- In 2014, South Australia ranked second lowest of the states and territories for the proportion of births to Aboriginal mothers aged 19 years or less.
Births, Aboriginal mother aged 19 years or less, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>15.5%</td>
</tr>
<tr>
<td>Australia</td>
<td>16.9%</td>
</tr>
</tbody>
</table>

Births, Aboriginal mother aged 19 years or less, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria</td>
<td>11.1%</td>
</tr>
<tr>
<td>South Australia</td>
<td>15.5%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>16.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>16.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>17.1%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>18.6%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>20.9%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>n.p.</td>
</tr>
<tr>
<td>Australia</td>
<td>16.9%</td>
</tr>
</tbody>
</table>

2-2-5. Women aged 35 years and over giving birth

- In 2014, there were 4,232 births in South Australia where the mother was aged 35 years or older.
- This represents around one in five (20.8%) of all births in South Australia, lower than the national rate of 22.3%.
- Since 2008, the proportion of has been relatively steady, both in this state and nationally.
- Compared to its interstate counterparts, South Australia ranks around the middle for the proportion of births to women aged 35 years and over.
Births, mother aged 35 years and over, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>22.3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>16.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>17.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>19.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.8%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>20.9%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>23.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>23.9%</td>
</tr>
<tr>
<td>Victoria</td>
<td>24.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>22.3%</td>
</tr>
</tbody>
</table>

### 2-2-6. Aboriginal women aged 35 years and over giving birth

- In 2014, there were 61 births in South Australia to Aboriginal mothers aged 35 years or older.
- This represents 9.1% of all births in South Australia to Aboriginal mothers, slightly less than the national rate of 9.5%.
- Over the last decade, the national rate has increased very slightly, although South Australia’s trend is harder to discern.
- South Australia ranks third lowest of the states and territories that reported data (ACT did not publish figures) for the proportion of births to Aboriginal mothers aged 35 years and over.
## Births, Aboriginal mother aged 35 years and over, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>9.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

### Births, Aboriginal mother aged 35 years and over, 2014:

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>8.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>8.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>9.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>9.2%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>9.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>9.9%</td>
</tr>
<tr>
<td>Victoria</td>
<td>12.8%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>n.p.</td>
</tr>
<tr>
<td>Australia</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

### Sources

1. Based on ABS 2015, 'Table 2.1 Births, Summary, Statistical Areas Level 4-2011 to 2014', cat. no. 3301.0, viewed 11 March 2016.
2. Based on ABS 2015, 'Table 11.4 Births of Aboriginal and Torres Strait Islander peoples, Summary-South Australia-2009 to 2014', Births, Australia, 2014, cat. no. 3301.0, viewed 15 March 2016.
2-3. Folate intake before and during pregnancy

2-3-1. Awareness of benefits of folate intake – by region

- In 2013, around 1 in 13 (7.7%) of South Australians aged 16 years or more were aware that a woman should take folic acid before pregnancy, and in the first three months of pregnancy, to reduce her chance of having a baby with spina bifida.
- There is no statistically significant difference between the rate reported by people in metropolitan Adelaide compared to Country SA residents.
- The level of awareness in the South Australian community of the benefits of folic acid before and during pregnancy decreased significantly between 2010 and 2013.

### Awareness of benefits of folic acid intake before and after pregnancy, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>7.8%</td>
</tr>
<tr>
<td>Country SA</td>
<td>7.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>7.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

2-3-2. Awareness of benefits of folate intake – by age and sex

- In 2013, the proportion of people aware of the benefits of folic acid intake before and during pregnancy was double in the female population aged 16 years and over compared to their male counterparts.
- The highest recorded proportion is in the female aged 35-44 years cohort, with the 25-34 year-old female cohort also represented relatively highly.

### Awareness of benefits of folic acid intake before and after pregnancy, 2013

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-24</td>
<td>1.9%</td>
<td>2.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>2.3%</td>
<td>16.9%</td>
</tr>
<tr>
<td>35-44</td>
<td>11.3%</td>
<td>21.2%</td>
</tr>
<tr>
<td>45-54</td>
<td>5.6%</td>
<td>12.0%</td>
</tr>
<tr>
<td>55-64</td>
<td>2.7%</td>
<td>8.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>2.1%</td>
<td>6.7%</td>
</tr>
<tr>
<td>75+</td>
<td>0.4%</td>
<td>3.3%</td>
</tr>
<tr>
<td>All ages</td>
<td>4.3%</td>
<td>10.9%</td>
</tr>
</tbody>
</table>

2-3-3. Awareness of benefits of folate intake – by socio-economic status

- Awareness of the benefits of folic acid intake before and after pregnancy is fairly consistent across the South Australian socio-economic quintiles.
Awareness of benefits of folic acid intake before and after pregnancy, 2013

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>7.2%</td>
</tr>
<tr>
<td>Low SES</td>
<td>7.3%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>8.4%</td>
</tr>
<tr>
<td>High SES</td>
<td>6.2%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

2-3-4. Type of folic acid intake

- The most common type of folic acid intake chosen by women before and during the first three months of pregnancy is daily folic acid tablets, accounting for over half of the types taken in South Australia in 2013.

Type of folic acid intake, 2013

<table>
<thead>
<tr>
<th>Folic acid intake type</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folic acid tablets every day</td>
<td>55.3%</td>
</tr>
<tr>
<td>Increased intake of foods rich in folate or folic acid, such as green leafy vegetables, cereals and fruits</td>
<td>22.5%</td>
</tr>
<tr>
<td>Eating cereals or other prepared foods/juices specially enriched with folic acid every day</td>
<td>22.2%</td>
</tr>
</tbody>
</table>

Sources

2-4. Pregnancy outcomes

2-4-1. Antenatal visits

- More than four in five (80.8%) women who gave birth in South Australia in 2013 had their first antenatal visit within the first 14 weeks of pregnancy.
- The rate for Aboriginal women is significantly lower, at just over half (53.4%).
- The overall trend for Aboriginal and non-Aboriginal women has been trending up since 2007 when this time series began.

Antenatal visit within first 14 weeks of pregnancy, 2013

<table>
<thead>
<tr>
<th>Aboriginal status</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal</td>
<td>53.4%</td>
</tr>
<tr>
<td>Non-Aboriginal</td>
<td>81.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>80.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

2-4-2. Smoking during pregnancy

- Data for 2013 shows that around one in seven (14.5%) women who gave birth in South Australia reported being smokers at their first antenatal visit.
- To enable interstate comparison, this rate includes women who reported smoking during pregnancy, but had quit before their first antenatal visit.
- The proportion of women smoking at the first antenatal visit (including quitters) continues to decline since 2006 when this time series (with Aboriginal and non-Aboriginal comparisons) began. In 2006 the state rate was 22.3%.
- The corresponding rate for Aboriginal women also continues to decline, down from 60.8% in 2006 to 51.5% in 2013.
- Data for 2013 shows a drop in reported smoking rates between the first antenatal visit and second half of pregnancy.
- Less than one in ten (9.8%) women who gave birth in South Australia report being smokers in the second half of their pregnancy, 4.7 percentage points lower than the 14.5% who reported smoking at (or before) their first antenatal visit.
- However, South Australia ranks third-highest compared to the other states and territories for proportion of women who gave birth who reported being smokers during their pregnancy at their first antenatal visit.
- The state rate of 14.5% is above the national average of 11.7%.
Smoking rate at first antenatal visit, 2013

<table>
<thead>
<tr>
<th>Aboriginal status</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal</td>
<td>51.5%</td>
</tr>
<tr>
<td>Non-Aboriginal</td>
<td>13.1%</td>
</tr>
<tr>
<td>South Australia</td>
<td>14.5%</td>
</tr>
<tr>
<td>Australia</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

Smoking rate in second half of pregnancy, 2013

<table>
<thead>
<tr>
<th>Aboriginal status</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal</td>
<td>43.7%</td>
</tr>
<tr>
<td>Non-Aboriginal</td>
<td>8.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>9.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

Smoking rate at first antenatal visit, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>6.1%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>9.7%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>10.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>11.2%</td>
</tr>
<tr>
<td>Queensland</td>
<td>14.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>14.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>16.7%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>23.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

2-4-3. Gestational diabetes

- There has been a significant increase in the prevalence of gestational diabetes among women who give birth in South Australia over the last decade of collected data.
- In 2003, 3.5% of women who gave birth in South Australia experienced gestational diabetes as an obstetric complication.
- By 2013, the prevalence in this state had more than doubled to 8.2%.
Gestational diabetes, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>% of women who gave birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro. Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>8.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

2-4-4. Overweight and obesity in pregnancy

- Body mass index, or BMI is a measure of body fat based on the ratio of weight and height (bodyweight in kilograms divided by height in metres squared).
- The normal range of BMI for non-pregnant women is 18.5 to 24.9 kg/m².
- BMI increases are expected in pregnancy. However, a BMI in the range 25.0 to 29.9 at the first antenatal consultation is defined as overweight, while a BMI of 30.0 or more is defined as obesity in pregnancy.
- In 2013, over a quarter (28.0%) of women in South Australia who gave birth were recorded as being overweight during their pregnancy, above the national average of 26.3%.
- At the same time, a slightly lower proportion (24.4%) were recorded as being obese although again this was above the national average of 20.3%.
- Over the last four years for which time series data is available, the trend in overweight and obesity in pregnancy has increased slightly in South Australia but fallen nationally.
- Of the states and territories that reported data, South Australia is ranked second highest for overweight and highest for obesity in pregnancy. However, readers should note that figures may not be directly comparable between jurisdictions because of differences in how and when data was collected.
Overweight in pregnancy, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>28.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>26.3%</td>
</tr>
</tbody>
</table>

Obesity in pregnancy, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>24.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>20.3%</td>
</tr>
</tbody>
</table>

Overweight in pregnancy, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queensland</td>
<td>23.3%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>23.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>24.9%</td>
</tr>
<tr>
<td>Victoria</td>
<td>27.6%</td>
</tr>
<tr>
<td>South Australia</td>
<td>28.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>28.8%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>n.a.</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>n.a.</td>
</tr>
<tr>
<td>Australia</td>
<td>26.3%</td>
</tr>
</tbody>
</table>

N.B. figures may not be directly comparable between jurisdictions due to differences in how and when data was collected.
Obesity in pregnancy, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>17.9%</td>
</tr>
<tr>
<td>Queensland</td>
<td>19.0%</td>
</tr>
<tr>
<td>Victoria</td>
<td>20.1%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>20.7%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>23.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>24.4%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>n.a.</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>n.a.</td>
</tr>
<tr>
<td>Australia</td>
<td>20.3%</td>
</tr>
</tbody>
</table>

N.B. figures may not be directly comparable between jurisdictions due to differences in how and when data was collected.

Sources

2. Based on Pregnancy Outcome Unit, SA Health, Government of South Australia 2015, 'Table 10a: Tobacco smoking status at first antenatal visit, non-Aboriginal and Aboriginal women who gave birth, South Australia, 2013' and 'Table 10b: Average number of tobacco cigarettes smoked per day in the second half of pregnancy, non-Aboriginal and Aboriginal women who gave birth, South Australia, 2013', , Scheil W, Jolly K, Scott J, Catcheside B, Sage L, Kennare R, viewed 11 March 2016.
2-5. Birth rate

2-5-1. Birth rate

- In 2014 there were 20,384 people born in South Australia, into a total population of 1.69 million. This represents a crude rate of 12.1 births per 1000 population.
- The crude birth rate in South Australia has been very slightly declining since 2008, down from 12.7 births per 1000 population recorded in that year.
- The national crude birth rate remains above the state rate, but it too has been very slightly declining, down from 14.2 births per 1000 population in 2008 to 12.8 in 2014.
- Of the states and territories, South Australia recorded the equal second lowest (with New South Wales) crude birth rate in 2014.

Crude birth rate, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>Per 1000 popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>12.3</td>
</tr>
<tr>
<td>Country SA</td>
<td>11.3</td>
</tr>
<tr>
<td>South Australia</td>
<td>12.1</td>
</tr>
<tr>
<td>Australia</td>
<td>12.8</td>
</tr>
</tbody>
</table>

Crude birth rate, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>Per 1000 popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>11.5</td>
</tr>
<tr>
<td>New South Wales</td>
<td>12.1</td>
</tr>
<tr>
<td>South Australia</td>
<td>12.1</td>
</tr>
<tr>
<td>Victoria</td>
<td>12.7</td>
</tr>
<tr>
<td>Queensland</td>
<td>13.4</td>
</tr>
<tr>
<td>Western Australia</td>
<td>13.8</td>
</tr>
<tr>
<td>Aust. Capital Territory</td>
<td>14.4</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>16.5</td>
</tr>
<tr>
<td>Australia</td>
<td>12.8</td>
</tr>
</tbody>
</table>

2-5-2. Aboriginal births

- In 2014, there were 949 births registered in South Australia where one or both parents identified themselves as being Aboriginal. This represents 4.7% of the 20,384 total births in this state during that year.
- The trend in recorded Aboriginal births, as a percentage of all births, both in this state and nationally, has been increasing over the last decade.
- The Australian Bureau of Statistics caution that, due to changes over time in the completeness and coverage of responses by parents to the Aboriginal and Torres Strait Islander question on the birth registration form, care should be taken when interpreting changes in the data.
- Of the states and territories, South Australia ranks third lowest for percentage of Aboriginal births.
Aboriginal births, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>% of all births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>4.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>5.9%</td>
</tr>
</tbody>
</table>

Aboriginal births, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>% of all births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria</td>
<td>1.8%</td>
</tr>
<tr>
<td>Aust. Capital Territory</td>
<td>3.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>4.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>5.6%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>8.0%</td>
</tr>
<tr>
<td>Queensland</td>
<td>8.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>9.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>36.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>5.9%</td>
</tr>
</tbody>
</table>

Sources

2-6. Low birthweight

2-6.1. Low birthweight

- A baby's birthweight is a key indicator of health status and babies are defined as low birthweight if their weight at birth is less than 2,500 grams.
- In 2013, the mean birthweight of liveborn babies in South Australia was 3,327 grams, compared to the Australian average of 3,355 grams.
- Around one in 14 (7.2%) of those were low birthweight in South Australia during that year, greater than the 6.4% national average.
- The trend in percentage of low birthweight liveborn babies in South Australia has been slightly increasing since 2008, compared to a relatively flat trend nationally over the last decade.
- South Australia ranks second highest for proportion of low birthweight babies of the states and territories.

Live births less than 2500g, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>7.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

Live births less than 2500g, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>New South Wales</td>
<td>6.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>6.3%</td>
</tr>
<tr>
<td>Victoria</td>
<td>6.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>6.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>7.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>7.1%</td>
</tr>
<tr>
<td>South Australia</td>
<td>7.2%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>8.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

2-6.2. Aboriginal low birth weight

- A baby's birthweight is a key indicator of health status and babies are defined as low birthweight if their weight at birth is less than 2,500 grams.
- In 2013, the mean birthweight of liveborn babies to Aboriginal mothers in South Australia was 3,126 grams, less than the national mean for babies born to Aboriginal mothers (3,200 grams), and less than the South Australian average for all mothers of 3,327 grams (see 2-6-1 above).
- Around one in seven (14.8%) of liveborn babies to Aboriginal mothers in South Australia during 2013 were low birthweight, a higher rate than the 12.2% recorded nationally.
- The trend in percentage of low birthweight liveborn babies to Aboriginal mothers, both here in South Australia and nationally, has been slightly downwards over the last decade.
Of the states and territories, South Australia ranks third highest for percentage of low birthweight liveborn babies to Aboriginal mothers.

### Live births less than 2500g, Aboriginal mothers, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>14.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

### Live births less than 2500g, Aboriginal mothers, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>New South Wales</td>
<td>10.9%</td>
</tr>
<tr>
<td>Queensland</td>
<td>11.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>11.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>12.8%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>13.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>14.8%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>15.0%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>19.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

### Sources

1. Based on AIHW 2015, 'Table 3.8: Live births, by birthweight and state and territory, 2013' and 'Table 3.11: Live births of Aboriginal and Torres Strait Islander mothers, by birthweight and state and territory, 2013', *Australia’s mothers and babies 2013 -- in brief, Supplementary tables*, Perinatal statistics series no. 31, Cat no. PER 72, viewed 10 March 2016.
2-7. Caesarean births

2-7-1. Caesarean births

- In 2013, over a third (34.0%) of all births in South Australia were by caesarean section.
- This is higher than the national average of 32.8%.
- Over the last decade, the proportion of women who gave birth via caesarean procedure has increased, both in this state (up from 30.0% in 2003) and Australia-wide (up from 28.6% in 2003).
- South Australia ranks second highest for proportion of births by caesarean procedure of the states and territories.

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>34.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>32.8%</td>
</tr>
</tbody>
</table>

Births by caesarean section, 2013

- In 2013, just over a third (33.9%) of women who identified as Aboriginal and who gave birth in South Australia did so by caesarean procedure.
- This is significantly higher than the national average (26.5%) for Aboriginal women who gave birth during that year.
- Over the last decade, the proportion of Aboriginal women who gave birth in South Australia via caesarean procedure has increased, up from 28.0% in 2003.
- South Australia recorded the highest proportion of Aboriginal births by caesarean section of the states and territories in 2013.

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>30.8%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>31.1%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>31.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>33.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>33.1%</td>
</tr>
<tr>
<td>Queensland</td>
<td>33.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>34.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>34.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>32.8%</td>
</tr>
</tbody>
</table>
Births by caesarean section, Aboriginal mothers, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>33.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>26.5%</td>
</tr>
</tbody>
</table>

Births by caesarean section, Aboriginal mothers, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queensland</td>
<td>24.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>25.5%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>26.2%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>27.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>27.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>29.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>33.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>33.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>26.5%</td>
</tr>
</tbody>
</table>

Sources

2.8. Congenital anomalies

2.8-1. Congenital anomalies in South Australia

- In 2013, there were 565 births (2.8%) in South Australia notified with congenital anomalies.
- The trend over the last decade has been slightly increasing, up from 2.3% in 2003.
- The top three congenital anomalies notified to South Australia’s perinatal statistics collection in 2013 were: Hypospadias & epispadias (44 notified births); limb reduction defects (17); Down syndrome (14); and cleft lip & palate (total cleft lip) (also 14). These classifications are based on the British Paediatric Association (BPA) Classification of Diseases.

### Births notified with congenital anomalies, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>2.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

Sources

2-9. Childhood developmental health checks

Introduction

Fourth year developmental health assessments are available to children under the Australian Government's Medicare Benefits Scheme (MBS)...

The Healthy Kids Check is available to children aged 3 or 4 years, while the Aboriginal and Torres Strait Islander Peoples Health Assessment item is available to Aboriginal and Torres Strait Islander people of all ages. The proportion of Aboriginal and Torres Strait Islander children aged 3 to 5 years who received the Aboriginal and Torres Strait Islander Peoples Health Assessment is reported as a proxy for the proportion of Aboriginal and Torres Strait Islander children who received a fourth year developmental health assessment. The proportion of other children who received either a Healthy Kids Check (at the age of 3 or 4 years), or a Health assessment at the age of 5 years, is reported as a proxy for the proportion of other children who received a fourth year developmental health assessment.

Fourth year developmental health assessments are intended to assess children's physical health, general wellbeing and development. They enable identification of children who are at high risk for, or have early signs of, delayed development and/or illness.

2-9-1. Childhood developmental health checks

- In 2014-15, well over half (57.8%) of South Australian children in the target population had received a fourth year developmental health check ("Healthy Kids Check").
- Over the last four years of comparable data, South Australia's rate has been increasing, and now sits slightly above the national average of 57.6%.
- Of the states and territories, South Australia ranks third highest for proportion of children in the target cohort who received a fourth year developmental Health Kids Check.
### Children receiving a Health Kids Check, 2014-15

<table>
<thead>
<tr>
<th>Region</th>
<th>% of target popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>57.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>57.6%</td>
</tr>
</tbody>
</table>

![Graph showing percentage of target population receiving Health Kids Check, 2014-15](image)

### Children receiving a Health Kids Check, 2014-15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>% of target popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria</td>
<td>28.2%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>34.8%</td>
</tr>
<tr>
<td>Aust. Capital Territory</td>
<td>48.9%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>52.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>57.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>57.8%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>70.7%</td>
</tr>
<tr>
<td>Queensland</td>
<td>78.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>57.6%</td>
</tr>
</tbody>
</table>

![Graph showing percentage of States/Territories receiving Health Kids Check, 2014-15](image)

2-9-2. Aboriginal childhood developmental health checks

- In 2014-15, over half (55.9%) of Aboriginal children in South Australia in the target cohort had received a fourth year developmental health check ("Aboriginal and Torres Strait Islander Child Health Check").
- Over the last four years of comparable data, South Australia's rate has been increasing, but is still well below the national average rate (80.9%).
- South Australia is ranked third lowest of the states and territories for proportion of Aboriginal children in the target cohort receiving fourth year developmental Aboriginal and Torres Strait Islander Child Health Checks.
## Children receiving an Aboriginal and Torres Strait Islander Child Health Check, 2014-15

<table>
<thead>
<tr>
<th>Region</th>
<th>% of target popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>55.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>80.9%</td>
</tr>
</tbody>
</table>

### State/Territory

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>% of target popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>13.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>52.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>55.9%</td>
</tr>
<tr>
<td>Aust. Capital Territory</td>
<td>62.7%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>71.9%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>73.5%</td>
</tr>
<tr>
<td>Queensland*</td>
<td>100.1%*</td>
</tr>
<tr>
<td>Northern Territory*</td>
<td>124.8%*</td>
</tr>
<tr>
<td>Australia</td>
<td>80.9%</td>
</tr>
</tbody>
</table>

* For Queensland and the Northern Territory in 2014-15, data for the proportion of Aboriginal and Torres Strait Islander children who received a health check exceeds 100 per cent...

This is largely because numerator and denominator are not directly comparable — children are eligible to receive this health assessment at the age of 3, 4 or 5 years. However, a child is eligible to receive it once only (children may also be eligible for other health checks) — hence, the denominator uses population estimates and projections for a single year of age — 4 years. Using this methodology, the total number of children aged 3, 4 and 5 years who received a check in 2014-15 exceeds the derived population of Aboriginal and Torres Strait Islander children aged 4 years.

### Sources

1. Based on Productivity Commission 2016, "Volume E: Health, Chapter 10, Primary and community health, Attachment tables, Table 10A.34 Proportion of children receiving a fourth year developmental health check, by type of health check (per cent),", Government of Australia, Canberra, viewed 10 March 2016.
2-10. Childhood immunisation coverage

Introduction

The definition of fully immunised for measuring coverage rates includes vaccination against: hepatitis B, diphtheria, tetanus, pertussis, haemophilus influenzae type b, polio, measles, mumps and rubella, pneumococcal, varicella and meningococcal C.

Hepatitis B was not included in the Australian Childhood Immunisation Register until 2002.

The definition of fully immunised for measuring coverage rates was most recently expanded in 2013 and 2014 to accommodate changes to the National Immunisation Program Schedule:

- December 2013 - pneumococcal vaccine for children aged 12-15 months was added.
- December 2014 - measles, mumps, rubella dose 2 (previously dose 1 was measured), varicella and meningococcal C for children aged 24-27 months was included.

2-10-1. Children aged 5 years fully immunised

- As at December 2015, 91.3% of children aged five years in South Australia were fully immunised.
- Fully immunised includes vaccination against: hepatitis B, diphtheria, tetanus, pertussis, haemophilus influenzae type b, polio, measles, mumps and rubella, pneumococcal, varicella and meningococcal C.
- South Australia’s rate is slightly below the national average of 92.6%.
- Over the last decade, the trend in percentage of fully immunised children by age five years in this state has been increasing, up from 72.6% in 2005.
- South Australia technically ranks second lowest of the states and territories for proportion of five year olds fully vaccinated, but there isn’t a great deal of difference between the jurisdictions.
Children aged 5 years fully immunised, 2015

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>91.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>92.6%</td>
</tr>
</tbody>
</table>

Children aged 5 years fully immunised, 2015

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia</td>
<td>91.1%</td>
</tr>
<tr>
<td>South Australia</td>
<td>91.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>92.4%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>92.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>93.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>93.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>93.3%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>93.5%</td>
</tr>
<tr>
<td>Australia</td>
<td>92.6%</td>
</tr>
</tbody>
</table>

2-10-2. Aboriginal children aged 5 years fully immunised

- As at December 2015, 92.1% of Aboriginal children aged five years in South Australia were fully immunised.
- Fully immunised includes vaccination against: hepatitis B, diphtheria, tetanus, pertussis, haemophilus influenzae type b, polio, measles, mumps and rubella, pneumococcal, varicella and meningococcal C.
- South Australia’s proportion of Aboriginal children aged five years fully immunised is now above this state’s overall figure of 91.3% (see 2-10-1 above).
- The trend in percentage of Aboriginal children fully immunised by age five years in this state has increased significantly over the last decade (up from 70.4% in 2007).
- South Australia technically ranks second lowest of the states and territories for proportion of Aboriginal children aged five year olds fully vaccinated, but there isn't a great deal of difference between the jurisdictions.
Aboriginal children aged 5 years fully immunised, 2015

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>92.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>93.9%</td>
</tr>
</tbody>
</table>

Aboriginal children aged 5 years fully immunised, 2015

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia</td>
<td>92.0%</td>
</tr>
<tr>
<td>South Australia</td>
<td>92.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>92.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>93.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>94.8%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>95.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>95.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>95.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>93.9%</td>
</tr>
</tbody>
</table>

Sources

2-11. Childhood overweight and obesity

Introduction

Body mass index, or BMI is a measure of body fat based on the ratio of weight and height (bodyweight in kilograms divided by height in metres squared). The normal range of BMI for an adult is 18.5 to 24.9 kg/m².

Overweight for children is defined as a BMI (appropriate for age and sex) that is likely to be equal to 25 but less than 30 at age 18 years. Obesity for children is defined as BMI (appropriate for age and sex) that is likely to be 30 or more at age 18 years.

2-11-1. Overweight and obesity in non-Aboriginal children

- Around a quarter (23.0%) of non-Aboriginal children aged 5-17 years in South Australia were overweight or obese when the Australian Bureau of Statistics conducted its 2011-13 Australian Health Survey.
- This is slightly below the national average for non-Aboriginal children (24.8%).
- Compared to non-Aboriginal children in other states and territories, South Australia is ranked lowest for prevalence of childhood overweight and obesity.

Non-Aboriginal children aged 5-17 years overweight or obese, 2011-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia</td>
<td>23.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>23.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>23.9%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>24.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>24.7%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>24.8%</td>
</tr>
<tr>
<td>Queensland</td>
<td>25.5%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>27.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>24.8%</td>
</tr>
</tbody>
</table>

2-11-2. Overweight and obesity in Aboriginal children

- Over a third (37.6%) of Aboriginal children aged 5-17 years in South Australia were overweight or obese when the Australian Bureau of Statistics conducted its 2011-13 Australian Health Survey.
- This is above the national average for Aboriginal children (32.8%), and well above the non-Aboriginal rate for South Australia (23.0%).
- Compared to Aboriginal children in other states and territories, South Australia is ranked second highest for prevalence of Aboriginal childhood overweight and obesity.
Aboriginal children aged 5-17 years overweight or obese, 2011-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>24.2%</td>
</tr>
<tr>
<td>Queensland</td>
<td>30.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>31.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>32.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>34.5%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>36.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>37.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>41.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>32.8%</td>
</tr>
</tbody>
</table>

Sources

Chapter 3: Staying healthy and ageing well

Introduction

This chapter outlines the health status of South Australian adults. It firstly summarises life expectancy and health status, as life expectancy at birth is one of the most widely used and internationally recognised indicators of population health. However, healthy life expectancy and South Australians’ own perception of their health are also important issues and are thus included.

Chapter 3 then considers a range of factors that influence health status:

**Protective factors** are factors with a positive influence on health, such as diet and exercise. A diet high in vegetables and fruit has health benefits, particularly in relation to the prevention of certain chronic diseases and several major forms of cancer. Conversely, inadequate nutrition has been linked with developmental and behavioural problems, cancer and other conditions. Physical activity is known to reduce the risk of heart disease, stroke, developing diabetes and developing high blood pressure. Physical activity is important for achieving and maintaining a healthy body weight and can reduce feelings of stress, anxiety and depression.

**Human function factors** includes information about South Australians with a disability, as they are more likely than those without a disability to report poorer overall health status, inadequate access to health care, and smoking. People with disabilities are also at greater risk of secondary conditions such as injuries, becoming overweight, pain, depression and fatigue.

**Risk factors** contribute to the disease burden in South Australia. Alcohol is the second largest cause of preventable death and hospitalisation in Australia and can result in a number of chronic diseases. Obesity can cause a range of health problems which significantly add to Australia’s health costs. High blood pressure and cholesterol are major risk factors for coronary heart disease, stroke, and peripheral vascular disease and are therefore included. Smoking is the single largest preventable cause of premature death and disease in Australia, associated with cardiovascular disease, diabetes, cancer and respiratory diseases. Levels of psychological distress is another crucial population health measure included for review.

Finally, cancer is one of the major contributors to the South Australia’s disease burden and some basic incidence/prevalence information has been included in this section.
Staying healthy and ageing well

In summary

- The life expectancy of a male baby born in South Australia is **80.1 years**.
- The life expectancy of a female baby born in South Australia is **84.3 years**.
- Aboriginal life expectancy data is unavailable for South Australia specifically, but nationally stands at **69.1 years** for Aboriginal males at birth and **73.7 years** for Aboriginal females at birth.
- The vast majority (81.3%) of South Australians self-report that their general health status is good, very good, or excellent.
- Less than half (41.8%) of South Australians are eating the recommended two or more serves of fruit per day.
- Around one in ten (10.7%) South Australians report eating the recommended five or more serves of vegetables per day.
- Under half (47.5%) of South Australians undertake 150 minutes or more of walking, moderate or vigorous physical activity per week.
- Around one in five (21.5%) of South Australians report eating the recommended five or more serves of fruit per day.
- More than half (50.1%) of South Australians are current smokers.
- One in ten (10.0%) South Australians have recently experienced high or very high levels of psychological distress.
- Roughly one in nine (11.2%) South Australians have ever been told by a doctor that they have or had cancer, and this rate is increasing.
- Just under one in six (15.7%) South Australians aged 14 years and older reported using drugs illicitly, including the use of pharmaceuticals for non-medical purposes, in the previous 12 months.
3-1. Life expectancy

3-1-1. Male life expectancy

- The life expectancy of males in South Australia has increased very slightly since 2006, but is still lower than their female counterparts.
- A male baby born in South Australia in 2006 has a total life expectancy of 78.6 years (78.8 years if they live in Greater Adelaide vs. 77.5 in Country SA).
- This compares to 2014, where life expectancy of a male baby born in South Australia has increased to 80.1 years (80.6 for Greater Adelaide vs. 79.0 for Country SA).
- At 80.1 years, total male life expectancy in South Australia is negligibly lower than the national figure of 80.3 years.
- A male aged 65 years living in South Australia in 2014 can expect to live another 19.5 years, a male aged 75 years another 11.9 years and a male aged 85 years another 6.0 years.
- Apart from the Northern Territory, there's not a great deal of variation between the states and territories for total male life expectancy at birth in 2014.
- The graphs below do not start at the origin to show detail.

### Life expectancy at birth, Males, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>80.6</td>
</tr>
<tr>
<td>Country SA</td>
<td>79.0</td>
</tr>
<tr>
<td>South Australia</td>
<td>80.1</td>
</tr>
<tr>
<td>Australia</td>
<td>80.3</td>
</tr>
</tbody>
</table>

3-1-2. Female life expectancy

- At 84.3 years, a female born in South Australia in 2014 can expect to live almost half a decade longer than her male counterpart.
- There is a slight gap in total female life expectancy at birth as at 2014, depending on whether the location is Greater Adelaide (84.5 years) or Country SA (83.8 years).
- Female life expectancy in South Australia is essentially equivalent to the national figure (84.4 years).
- A female aged 65 years living in South Australia in 2014 can expect to live another 22.1 years, a female aged 75 years another 13.9 years and a female aged 85 years another 7.2 years.
- Apart from the Northern Territory, there’s not a great deal of variation between the states and territories for total female life expectancy at birth in 2014.
- The graphs below do not start at the origin to show detail.

### Life expectancy at birth, Females, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>84.5</td>
</tr>
<tr>
<td>Country SA</td>
<td>83.8</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>84.3</strong></td>
</tr>
<tr>
<td>Australia</td>
<td>84.4</td>
</tr>
</tbody>
</table>

### Life expectancy at birth, Females, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>78.9</td>
</tr>
<tr>
<td>Tasmania</td>
<td>82.5</td>
</tr>
<tr>
<td>Queensland</td>
<td>84.2</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>84.3</strong></td>
</tr>
<tr>
<td>New South Wales</td>
<td>84.4</td>
</tr>
<tr>
<td>Victoria</td>
<td>84.7</td>
</tr>
<tr>
<td>Western Australia</td>
<td>84.9</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>85.2</td>
</tr>
<tr>
<td>Australia</td>
<td><strong>84.4</strong></td>
</tr>
</tbody>
</table>

#### 3-1-3. Aboriginal life expectancy

- Aboriginal life expectancy at birth data is unavailable for South Australia.
- However, the national Aboriginal life expectancy compared to the total is provided here to give an indication of the gap between the populations.
- Australia-wide, the total life expectancy of Aboriginal males (69.1 years) and females (73.7 years) born in the years 2010-2012 is more than a decade lower than for all persons (79.9 and 84.3 years for all males and females, respectively).
- The graph below does not start at the origin to show detail.
Life expectancy at birth*, National data, 2010-2012

<table>
<thead>
<tr>
<th>Region</th>
<th>years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal males - Australia*</td>
<td>69.1</td>
</tr>
<tr>
<td>All males - Australia</td>
<td>79.9</td>
</tr>
<tr>
<td>Aboriginal females - Australia*</td>
<td>73.7</td>
</tr>
<tr>
<td>All females - Australia</td>
<td>84.3</td>
</tr>
</tbody>
</table>

* Aboriginal life expectancy reported here is based on the Australian Bureau of Statistics' headline estimates for Australia, calculated using an improved methodology (taking into account age-specific identification rates) that could not be applied at the state and territory or remoteness area levels. Therefore this data should not be compared with data for any state or territory, or remoteness area.

Sources

1. Based on ABS 2015, 'Table 4.1 Deaths, Summary, Statistical Area Level 4-2011 to 2014', , cat. no. 3302.0, viewed 16 March 2016.
2. Based on ABS 2015, 'Table 1.4 Life Tables, South Australia, 2012-2014', Life Tables States and Territories and Australia 2012-2014, cat. no. 3302.0.55.001, viewed 16 March 2016.
3. Based on ABS 2013, 'Table 1.1 Life tables for Aboriginal and Torres Strait Islander Australians, Headline Australia estimates(a)-2010-2012', Life Tables for Aboriginal and Torres Strait Islander Australians, 2010-2012, cat. no. 3302.0.55.003, viewed 16 March 2016.
3-2. Health status

3-2-1. Health status in South Australia – by Local Health Network

- In 2015, the vast majority (81.3%) of South Australians aged 18 years or more self-reported that their general health status is good, very good, or excellent.
- The rate varies between the three metropolitan Adelaide Local Health Networks (LHNs), from 83.4% in the Central Adelaide LHN down to 78.1% in the Northern Adelaide LHN.
- The rate is essentially equivalent between metropolitan Adelaide overall (81.2%) and Country SA (81.6%).
- No statistically significant underlying trend over the last decade in the proportion of people reporting their general health status as good, very good, or excellent was identified, either for metropolitan Adelaide or Country SA residents.

Self-reported health status is good, very good, or excellent (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>78.1%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>83.4%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>81.6%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>81.2%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>81.6%</td>
</tr>
<tr>
<td>South Australia</td>
<td>81.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-2-2. Health status in South Australia – by age and sex

- In 2015, the proportion of people in South Australia who self-reported their general health status as good, very good, or excellent was effectively equivalent between males and females aged 18 years and over.
- The proportion decreased with age, from well over 90% among people aged 18-24 years to around two-thirds of men and women aged 75 years or more.
**Self-reported health status is good, very good, or excellent (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>96.7%</td>
<td>94.3%</td>
</tr>
<tr>
<td>25-34</td>
<td>88.7%</td>
<td>88.6%</td>
</tr>
<tr>
<td>35-44</td>
<td>83.0%</td>
<td>88.1%</td>
</tr>
<tr>
<td>45-54</td>
<td>74.7%</td>
<td>84.4%</td>
</tr>
<tr>
<td>55-64</td>
<td>75.9%</td>
<td>77.8%</td>
</tr>
<tr>
<td>65-74</td>
<td>76.7%</td>
<td>69.8%</td>
</tr>
<tr>
<td>75+</td>
<td>64.2%</td>
<td>62.5%</td>
</tr>
<tr>
<td><strong>All ages</strong></td>
<td><strong>80.9%</strong></td>
<td><strong>81.7%</strong></td>
</tr>
</tbody>
</table>

3-2-3. Health status in South Australia – by socio-economic status

- There is a statistically significant correlation between the proportion of people aged 18 years and over who self-report their general health status as good, very good, or excellent and the socio-economic status (SES) of the area in which they live.

**Self-reported health status is good, very good, or excellent (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>73.5%</td>
</tr>
<tr>
<td>Low SES</td>
<td>81.7%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>78.6%</td>
</tr>
<tr>
<td>High SES</td>
<td>84.4%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>87.3%</td>
</tr>
</tbody>
</table>

3-2-4. Health status in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 15 years and over and is not directly comparable to the 2015 information presented in 3-2-1 to 3-2-3 above which is sourced via the South Australian Monitoring and Surveillance System survey of persons aged 18 years and older.
- However, the national survey corroborates the findings from the South Australian survey with a large majority (83.5% of those aged 15 and over) self-assessing their health status as good, very good or excellent, a little less than the 86.1% reported in the previous survey (for 2011-12).
- The South Australia rate was estimated to be a little below the Australia-wide rate of 85.2% and towards the lower end of the scale for the states and territories, although the differences are only small and may not be significant once margins for error in the estimation are taken into account.
Self-assessed health status is good, very good, or excellent (aged 15+ years), 2014–15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>80.8%</td>
</tr>
<tr>
<td>South Australia</td>
<td>83.5%</td>
</tr>
<tr>
<td>Victoria</td>
<td>84.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>84.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>85.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>86.3%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>87.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>87.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>85.2%</td>
</tr>
</tbody>
</table>

3-2-5. Health status of Aboriginal people

- In 2012-13, 75.6% of Aboriginal people in South Australia aged 15 years and over self-assessed their health status as being good, very good, or excellent.
- This is 10.5 percentage points below the 86.1% recorded for all South Australians aged 15 years or more in the ABS 2011-12 Australian Health Survey (see 3-2-4 above).
- South Australia’s proportion of Aboriginal people in good or better general health is only very slightly below the national average for Aboriginal people (75.8%).
- Please note that the graph below does not start at the origin to show detail.

Aboriginal self-assessed health status is good, very good, or excellent (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>New South Wales</td>
<td>73.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>73.3%</td>
</tr>
<tr>
<td>Victoria</td>
<td>73.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>75.6%</td>
</tr>
<tr>
<td>Queensland</td>
<td>76.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>78.2%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>79.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>81.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>75.8%</td>
</tr>
</tbody>
</table>

Sources

2. Based on ABS 2015, ‘Table 2.1 Summary health characteristics — States and territories, Persons (estimate)’, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 3 June 2016.
3. Based on ABS 2014, ‘Table 3.3 Selected health characteristics, by State/Territory, Proportion of Aboriginal and Torres Strait Islander persons’, Australian Aboriginal and Torres Strait
Islander Health Survey: Updated Results, 2012-13, cat no 4727.0.55.006, viewed 18 August 2014.
3-3. Nutrition – Recommended fruit intake

3-3-1. Recommended fruit intake in South Australia – by Local Health Network

- In 2015, under half (41.8%) of South Australians aged 18 years or more reported eating the recommended two or more serves of fruit per day.
- The rate varies between the three metropolitan Adelaide Local Health Networks (LHNs) from 45.2% in the Southern Adelaide LHN to 40.5% in the Northern Adelaide LHN.
- There is a statistically significant difference between the rate reported by people that live in metropolitan Adelaide (43.4%) compared to Country SA residents (38.2%).
- No statistically significant underlying trend over the last decade in the proportion of people reporting eating the recommended two or more serves of fruit per day was identified, either for metropolitan Adelaide or Country SA residents.

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>40.5%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>44.1%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>45.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>43.4%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>38.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>41.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-3-2. Recommended fruit intake in South Australia – by age and sex

- In 2015, the proportion of females in South Australia aged 18 years or more who reported eating the recommended two or more serves of fruit per day (44.8%) was 6.2 percentage points higher than their male counterparts (38.6%).
- The proportion also varies with age.
Eat the recommended two or more serves of fruit per day (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>39.4%</td>
<td>48.6%</td>
</tr>
<tr>
<td>25-34</td>
<td>41.0%</td>
<td>42.4%</td>
</tr>
<tr>
<td>35-44</td>
<td>31.2%</td>
<td>37.8%</td>
</tr>
<tr>
<td>45-54</td>
<td>36.5%</td>
<td>38.9%</td>
</tr>
<tr>
<td>55-64</td>
<td>40.6%</td>
<td>50.0%</td>
</tr>
<tr>
<td>65-74</td>
<td>40.4%</td>
<td>52.6%</td>
</tr>
<tr>
<td>75+</td>
<td>43.9%</td>
<td>52.9%</td>
</tr>
<tr>
<td>All ages</td>
<td>38.6%</td>
<td>44.8%</td>
</tr>
</tbody>
</table>

3-3-3. Recommended fruit intake in South Australia – by socio-economic status

- There is no statistically significant correlation between the proportion of people aged 18 years and over who report eating the recommended two or more serves of fruit per day and the socio-economic status of the area in which they live.
- However, the proportion of the adult population recorded in areas of South Australia in the lowest 20% of socio-economic advantage (32.8%) is around 10 percentage points below the other four quintiles.

Eat the recommended two or more serves of fruit per day (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>32.8%</td>
</tr>
<tr>
<td>Low SES</td>
<td>44.5%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>42.2%</td>
</tr>
<tr>
<td>High SES</td>
<td>44.0%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>44.4%</td>
</tr>
</tbody>
</table>

3-3-4. Recommended fruit intake in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey and is not directly comparable to the 2015 information presented in 3-3-1 to 3-3-3 above which is sourced via the South Australian Monitoring and Surveillance System survey.
- However, the national survey corroborates the state-specific survey with around half (48.7%) of South Australian adults reporting eating the recommended two or more serves of fruit per day, a little higher than the 46.1% reported in the previous survey (2011-12).
- The South Australian rate is almost the same as the national rate of 49.8%. There was a little variation between the states and territories, and South Australia sits in the middle in comparison with the other jurisdictions.
Eat the recommended two or more serves of fruit per day (aged 18+ years), 2014–15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>47.1%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>47.4%</td>
</tr>
<tr>
<td>Victoria</td>
<td>48.0%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>48.7%</strong></td>
</tr>
<tr>
<td>New South Wales</td>
<td>49.2%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>49.7%</td>
</tr>
<tr>
<td>Queensland</td>
<td>51.2%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>54.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>49.8%</td>
</tr>
</tbody>
</table>

3-3-5. Recommended fruit intake – Aboriginal people

- In 2012-13, 37.8% of Aboriginal people in South Australia aged 15 years and over reported eating the recommended two or more serves of fruit per day.
- This is 8.3 percentage points below the 46.1% recorded for all South Australians aged 15 years or more in the ABS 2011-12 Australian Health Survey (see 3-3-4 above).
- South Australia’s proportion of Aboriginal people who eat the recommended two or more serves of fruit per day is also below the national average for Aboriginal people (42.0%).

Eat the recommended two or more serves of fruit per day - Aboriginal people (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>31.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>36.3%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>37.8%</strong></td>
</tr>
<tr>
<td>Victoria</td>
<td>38.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>39.2%</td>
</tr>
<tr>
<td>Queensland</td>
<td>42.3%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>42.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>51.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>42.0%</td>
</tr>
</tbody>
</table>

Sources

3. Based on ABS 2014, 'Table 3.3 Selected health characteristics, by State/Territory, Proportion of Aboriginal and Torres Strait Islander persons', *Australian Aboriginal and Torres Strait*
Islander Health Survey: Updated Results, 2012-13, cat no 4727.0.55.006, viewed 18 August 2014.
3-4. Nutrition – Recommended vegetable intake

3-4-1. Recommended vegetable intake in South Australia – by Local Health Network

- In 2015, around one in ten (10.7%) South Australians aged 18 years or more reported eating the recommended five or more serves of vegetables per day.
- The rate for people that live in Country SA (11.3%) is not statistically significantly higher compared to metropolitan Adelaide residents (10.4%).
- No statistically significant underlying trend over the last decade in the proportion of people reporting eating the recommended five or more serves of vegetables per day was identified, either for metropolitan Adelaide or Country SA residents.

Eat the recommended five or more serves of vegetables per day (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>10.2%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>10.8%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>10.1%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>10.4%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>11.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>10.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-4-2. Recommended vegetable intake in South Australia – by age and sex

- In 2015, the proportion of females in South Australia aged 18 years or more who reported eating the recommended five or more serves of vegetables per day (13.3%) was almost double that of their male counterparts (7.7%).
- The proportion also varies with age.

Eat the recommended five or more serves of vegetables per day (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>11.9%</td>
<td>11.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>7.0%</td>
<td>14.9%</td>
</tr>
<tr>
<td>35-44</td>
<td>5.2%</td>
<td>14.3%</td>
</tr>
<tr>
<td>45-54</td>
<td>6.1%</td>
<td>13.4%</td>
</tr>
<tr>
<td>55-64</td>
<td>5.6%</td>
<td>11.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>12.3%</td>
<td>14.0%</td>
</tr>
<tr>
<td>75+</td>
<td>8.1%</td>
<td>12.8%</td>
</tr>
<tr>
<td>All ages</td>
<td>7.7%</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

3-4-3. Recommended vegetable intake in South Australia – by socio-economic status

- There is no statistically significant correlation between the proportion of people aged 18 years and over who reported eating the recommended five or more serves of vegetables per day and the socio-economic status of the area in which they live.
The proportion recorded in areas constituting South Australia’s highest socio-economic (SES) quintile (8.5%) is the same as for the lowest SES quintile.

### Eat the recommended five or more serves of vegetables per day (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>8.5%</td>
</tr>
<tr>
<td>Low SES</td>
<td>11.2%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>10.5%</td>
</tr>
<tr>
<td>High SES</td>
<td>13.8%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>8.5%</td>
</tr>
</tbody>
</table>

### 3-4-4. Recommended vegetable intake in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 18 years and over and is not directly comparable to the 2015 information presented in 3-4-1 to 3-4-3 above which is sourced via the South Australian Monitoring and Surveillance System survey.
- However, the national survey broadly corroborates the state-specific survey, with an estimated one in 14 (7.3%) of South Australian adults self-reporting eating the recommended five or more serves of vegetables per day, a little lower than the 10.0% reported in the previous survey (for 2011-12).
- The South Australian rate is almost the same as the national rate of 7.0%. Most of the states and territories sit within a similar range, but Tasmanians do have a notably higher fraction of the population (11.6%) eating the recommended amount of vegetables.

### Eat the recommended five or more serves of vegetables per day (aged 18+ years), 2014–15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>5.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>6.1%</td>
</tr>
<tr>
<td>Victoria</td>
<td>6.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>7.3%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td>7.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>8.0%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>8.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>11.6%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td>7.0%</td>
</tr>
</tbody>
</table>

### 3-4-5. Recommended vegetable intake – Aboriginal people

- In 2012-13, just 4.1% of Aboriginal people in South Australia aged 15 years and over reported eating the recommended five or more serves of vegetables per day.
- This is less than half of the 10.0% rate recorded for all South Australians aged 15 years or more in the ABS 2011-12 Australian Health Survey (see 3-4-4 above).
- South Australia’s proportion of Aboriginal people who eat the recommended five or more serves of vegetables per day is also below the national average for Aboriginal people (4.8%).
Eat the recommended five or more serves of vegetables per day - Aboriginal people (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>2.9%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>4.1%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>4.1%</strong></td>
</tr>
<tr>
<td>Queensland</td>
<td>4.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>4.9%</td>
</tr>
<tr>
<td>Victoria</td>
<td>5.3%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>5.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>6.6%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>4.8%</strong></td>
</tr>
</tbody>
</table>

Sources

2. Based on ABS 2015, 'Table 12.1 Daily intake of fruit and vegetables, Persons (estimate)' and in Tables 20-27 for each jurisdiction, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 3 June 2016.
3. Based on ABS 2014, 'Table 3.3 Selected health characteristics, by State/Territory, Proportion of Aboriginal and Torres Strait Islander persons', Australian Aboriginal and Torres Strait Islander Health Survey: Updated Results, 2012-13, cat no 4727.0.55.006, viewed 18 August 2014.
3-5. Physical activity (exercise)

3-5-1. Physical activity in South Australia – by Local Health Network

- In 2015, just under half (47.5%) of South Australians aged 18 years and older reported undertaking 150 minutes or more of walking, moderate or vigorous physical activity in the week prior to the survey.
- The rate in metropolitan Adelaide (49.2%) is statistically significantly higher compared to Country SA residents (43.3%).
- No statistically significant underlying trend over the last decade in the proportion of people reporting undertaking 150 minutes of physical activity per week was identified, either for metropolitan Adelaide or Country SA residents.

Undertake at least 150 minutes of moderate or vigorous physical activity per week (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>46.1%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>51.8%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>48.8%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>49.2%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>43.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>47.5%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-5-2. Physical activity in South Australia – by age and sex

- In 2015, the proportion of males in South Australia aged 18 years or more who reported undertaking 150 minutes or more of walking, moderate or vigorous physical activity in the week prior to the survey (53.6%) was higher than their female counterparts (42.0%).
- The proportion is also inversely correlated with age.
Undertake at least 150 minutes of moderate or vigorous physical activity per week (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>73.8%</td>
<td>57.8%</td>
</tr>
<tr>
<td>25-34</td>
<td>71.7%</td>
<td>51.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>48.7%</td>
<td>46.3%</td>
</tr>
<tr>
<td>45-54</td>
<td>51.6%</td>
<td>44.6%</td>
</tr>
<tr>
<td>55-64</td>
<td>42.2%</td>
<td>32.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>48.2%</td>
<td>34.1%</td>
</tr>
<tr>
<td>75+</td>
<td>30.5%</td>
<td>24.9%</td>
</tr>
<tr>
<td>All ages</td>
<td>53.6%</td>
<td>42.0%</td>
</tr>
</tbody>
</table>

3-5-3. Physical activity in South Australia – by socio-economic status

- There is a statistically significant correlation between the proportion of people aged 18 years and over who reported undertaking 150 minutes or more of walking, moderate or vigorous physical activity in the week prior to the survey and the socio-economic status of the area in which they live.
- The proportion recorded in areas constituting South Australia’s top socio-economic (SES) quintile (54.2%) is 12.4 percentage points higher than the lowest SES quintile (41.8%).

Undertake at least 150 minutes of moderate or vigorous physical activity per week (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>41.8%</td>
</tr>
<tr>
<td>Low SES</td>
<td>44.7%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>47.4%</td>
</tr>
<tr>
<td>High SES</td>
<td>48.7%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>54.2%</td>
</tr>
</tbody>
</table>

3-5-4. Physical activity in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2013-14 Participation in Sport and Physical Activity survey of people aged 15 years. It is therefore not directly comparable to the 2015 information presented in 3-5-1 to 3-5-3 above from the South Australian Monitoring and Surveillance System survey.
- The national survey found that three out of every five (60.9%) South Australians aged 15 years and over participated in a sport or physical activity at least once during the 12 months prior to the survey. This is slightly lower than the 62.3% reported in the previous release of survey data (for 2011-12).
- The South Australian rate is about the same as the Australia-wide rate of 60.2% and, although higher than Queensland, is towards the lower end of the scale when considered against the other states and territories.
Participated in a sport or physical recreational activity at least once in previous year (aged 15+ years), 2013-14

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queensland</td>
<td>53.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>60.9%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>60.9%</strong></td>
</tr>
<tr>
<td>New South Wales</td>
<td>61.4%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>62.1%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>63.0%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>67.3%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>72.9%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>60.2%</strong></td>
</tr>
</tbody>
</table>

3-5-5. Physical activity – Aboriginal people

- In 2012, just over half of Aboriginal people in South Australia aged 15 years or more reported undertaking sufficient physical activity – 150 minutes or more of walking, moderate or vigorous physical activity – in the week prior to the survey.
- However, the rates varied across the regions of South Australia covered by the survey, with metropolitan Adelaide recording the highest rate at 53.3% and Remote SA recording the lowest at 37.9%.
- The overall Country SA rate of 47.3% is not statistically significantly lower than the metropolitan Adelaide rate of 53.3%.

**Undertake sufficient physical activity per week - Aboriginal people (aged 15+ years), 2012**

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Metropolitan Adelaide</strong></td>
<td><strong>53.3%</strong></td>
</tr>
<tr>
<td>Rural SA</td>
<td>51.1%</td>
</tr>
<tr>
<td>Remote SA*</td>
<td>37.9%</td>
</tr>
<tr>
<td><strong>Country SA</strong></td>
<td><strong>47.3%</strong></td>
</tr>
<tr>
<td>South Australia</td>
<td>51.6%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

* Survey did not include APY Lands

Sources

2. Based on ABS 2015, ‘Table 2 PERSONS PARTICIPATING IN SPORT AND PHYSICAL RECREATION, Top 55 activities, By sex’, *Participation in Sport and Physical Recreation, Australia, 2013-14*, cat. no. 4177.0, viewed 1 June 2016.

3-6. Disability

3-6-1. Disability in South Australia

- In 2012, around one in five (21.5%) South Australians of all ages reported having a disability – defined here as a limitation, restriction or impairment, which has lasted, or is likely to last, for at least six months and restricts everyday activities.
- The South Australian rate is above the national average of 18.5%, and ranks second-highest of the states and territories.

Prevalence of disability, 2012

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>11.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>15.8%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>16.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>17.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>18.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>19.4%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>21.5%</strong></td>
</tr>
<tr>
<td>Tasmania</td>
<td>24.6%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>18.5%</strong></td>
</tr>
</tbody>
</table>

3-6-2. Need for assistance due to profound or severe disability in South Australia – by Local Health Network

- As at the 2011 Census, around one in 18 (5.5%) of South Australians of all ages reported being in need of assistance with core activities due to profound or severe disability.
- The rate varies slightly between the three metropolitan Adelaide Local Health Networks (LHNs) but the overall rate reported by people that live in metropolitan Adelaide (5.5%) was equivalent to that of Country SA residents (5.4%).
- South Australia's rate is more than the national average of 4.6%, and ranks it second-highest of the states and territories.
Need assistance with core activities due to profound or severe disability, 2011

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>5.4%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>5.7%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>5.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>5.5%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>5.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

Need assistance with core activities due to profound or severe disability, 2011

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>2.7%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>3.3%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>3.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>4.4%</td>
</tr>
<tr>
<td>Victoria</td>
<td>4.8%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>4.9%</td>
</tr>
<tr>
<td>South Australia</td>
<td>5.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>5.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>4.6%</td>
</tr>
</tbody>
</table>

3-6-3. Need for assistance due to profound or severe disability in South Australia – by age and sex

- As at the 2011 Census, the proportion of males in South Australia of all ages who reported needing assistance with core activities due to profound or severe disability (5.0%) was slightly lower than their female counterparts (5.9%).
- The proportion increases significantly with age, with the highest rate among both males and females belonging to the 90 years and over age cohort (53.4% and 66.8%, respectively).
Need assistance with core activities due to profound or severe disability, 2011

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-14</td>
<td>3.3%</td>
<td>1.7%</td>
</tr>
<tr>
<td>15-19</td>
<td>2.5%</td>
<td>1.7%</td>
</tr>
<tr>
<td>20-24</td>
<td>1.9%</td>
<td>1.4%</td>
</tr>
<tr>
<td>25-29</td>
<td>1.8%</td>
<td>1.5%</td>
</tr>
<tr>
<td>30-34</td>
<td>1.9%</td>
<td>1.7%</td>
</tr>
<tr>
<td>35-39</td>
<td>2.3%</td>
<td>2.1%</td>
</tr>
<tr>
<td>40-44</td>
<td>2.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>45-49</td>
<td>3.3%</td>
<td>3.5%</td>
</tr>
<tr>
<td>50-54</td>
<td>4.1%</td>
<td>4.0%</td>
</tr>
<tr>
<td>55-59</td>
<td>4.9%</td>
<td>4.8%</td>
</tr>
<tr>
<td>60-64</td>
<td>7.2%</td>
<td>5.9%</td>
</tr>
<tr>
<td>65-69</td>
<td>7.8%</td>
<td>6.5%</td>
</tr>
<tr>
<td>70-74</td>
<td>9.0%</td>
<td>10.0%</td>
</tr>
<tr>
<td>75-79</td>
<td>13.7%</td>
<td>17.6%</td>
</tr>
<tr>
<td>80-84</td>
<td>22.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>85-89</td>
<td>35.4%</td>
<td>45.6%</td>
</tr>
<tr>
<td>90+</td>
<td>53.4%</td>
<td>66.8%</td>
</tr>
<tr>
<td>All ages</td>
<td>5.0%</td>
<td>5.9%</td>
</tr>
</tbody>
</table>

3-6-4. Need for assistance due to profound or severe disability in South Australia – Aboriginal people

- As at the 2011 Census, the 6.2% of Aboriginal people in South Australia of all ages requiring assistance with core activities due to profound or severe disability was above the national average for Aboriginal people of 5.4%.
- South Australia was ranked equal third highest with New South Wales for this indicator when compared to all states and territories.
- The variation between the states and territories for this indicator was relatively small, ranging from 4.1% in the Northern Territory to 6.6% in Tasmania.
- The gap between Aboriginal and all-person prevalence of need for assistance due to profound or severe disability was relatively small, with the all-person rate at 5.5% (see above).
Need assistance with core activities due to profound or severe disability - Aboriginal people, 2011

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>4.1%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>4.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>4.8%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>4.8%</td>
</tr>
<tr>
<td>South Australia</td>
<td>6.2%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>6.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>6.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>6.6%</td>
</tr>
<tr>
<td>Australia</td>
<td>5.4%</td>
</tr>
</tbody>
</table>

Sources

3-7. People living with multiple risk factors

3-7-1. People living with multiple risk factors in South Australia – by Local Health Network

- In 2015, nearly a third (30.7%) of South Australians aged 18 years or more were living with two or more of the following risk factors: high blood pressure, high cholesterol, no physical activity, obesity, smoking, alcohol risk, and/or insufficient consumption of fruit and vegetables.
- The rate varies considerably between the Local Health Networks (LHNs) although the proportion of people that live with multiple risk factors in Country SA (32.2%) is not statistically significantly higher than metropolitan Adelaide as a whole (30.1%).
- A statistically significant increasing trend over the last decade in the proportion of people reporting living with two or more risk factors was identified in metropolitan Adelaide but not in the Country SA series.

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>36.4%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>25.4%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>30.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>30.1%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>32.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>30.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-7-2. People living with multiple risk factors in South Australia – by age and sex

- In 2015, there was no statistically significant difference between the proportion of males (31.1%) and females (30.4%) aged 18 years and over living with two or more of the following risk factors: high blood pressure, high cholesterol, no physical activity, obesity, smoking, alcohol risk, and/or insufficient consumption of fruit and vegetables.
- The proportion is correlated with age.
3-7-3. People living with multiple risk factors in South Australia – by socio-economic status

- There is a statistically significant inverse correlation between the proportion of people aged 18 years and over living with multiple risk factors and the socio-economic status of the area in which they live.
- 'Multiple risk factors' is defined here as two or more of the following: high blood pressure, high cholesterol, no physical activity, obesity, smoking, alcohol risk, and/or insufficient consumption of fruit and vegetables.
- The proportion recorded in areas constituting South Australia's highest socio-economic (SES) quintile (23.0%) is around half that for the lowest SES quintile (41.3%).

3-7-4. People living with multiple risk factors – by state and territory

Data not available for this indicator.

3-7-5. Aboriginal people living with multiple risk factors

Data not available for this indicator.
Sources

### 3-8. Alcohol-related risk

#### 3-8-1. Alcohol-related single occasion injury risk in South Australia – by Statistical Area

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **four standard drinks on a single occasion at least monthly** reduces the **risk of alcohol-related injury** arising from that occasion.
- In 2015, around a quarter (26.2%) of South Australians aged 15 years or more reported drinking more than four standard alcoholic drinks on a single occasion at least monthly, putting them at risk of alcohol-related injury.
- The rate varies substantially between Australian Bureau of Statistics’ defined Statistical Areas (SA4s), from 20.7% in metropolitan Adelaide’s North SA4 to 34.6% in Country SA’s Outback SA4.
- No statistically significant trend over the last five years of available data in the proportion of people at risk of alcohol-related injury was identified in the metropolitan Adelaide or Country SA series.
- Please note that data prior to 2011 is not available.

**At risk of alcohol-related injury (ages 15+ years), 2015**

<table>
<thead>
<tr>
<th>Statistical Area (SA4)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro. Adelaide - North SA4</td>
<td>20.7%</td>
</tr>
<tr>
<td>Metro. Adelaide - Central &amp; Hills SA4</td>
<td>27.8%</td>
</tr>
<tr>
<td>Metro. Adelaide - West SA4</td>
<td>27.3%</td>
</tr>
<tr>
<td>Metro. Adelaide - South SA4</td>
<td>27.1%</td>
</tr>
<tr>
<td><strong>Metropolitan Adelaide</strong></td>
<td><strong>25.1%</strong></td>
</tr>
<tr>
<td>Country SA - Barossa Yorke Mid North SA4</td>
<td>26.6%</td>
</tr>
<tr>
<td>Country SA - Outback SA4</td>
<td>34.6%</td>
</tr>
<tr>
<td>Country SA - South East SA4</td>
<td>30.0%</td>
</tr>
<tr>
<td><strong>Country SA</strong></td>
<td><strong>29.8%</strong></td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>26.2%</strong></td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>n.a.</strong></td>
</tr>
</tbody>
</table>

#### 3-8-2. Alcohol-related single occasion injury risk in South Australia – by age and sex

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **four standard drinks on a single occasion at least monthly** reduces the **risk of alcohol-related injury** arising from that occasion.
In 2015, the proportion of males aged 15 years or more who reported drinking on a single occasion at least monthly at levels that puts them at risk of alcohol-related injury (35.1%) was around double the female rate (17.8%).

Level of risk is also highly correlated with age, with the highest proportions among both males and females occurring in the 15-24 and 25-34 years age cohorts.

### At risk of alcohol-related injury (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>33.3%</td>
<td>35.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>47.8%</td>
<td>25.7%</td>
</tr>
<tr>
<td>35-44</td>
<td>42.1%</td>
<td>20.0%</td>
</tr>
<tr>
<td>45-54</td>
<td>37.0%</td>
<td>19.0%</td>
</tr>
<tr>
<td>55-64</td>
<td>31.7%</td>
<td>10.5%</td>
</tr>
<tr>
<td>65-74</td>
<td>25.0%</td>
<td>4.6%</td>
</tr>
<tr>
<td>75+</td>
<td>14.6%</td>
<td>0.3%</td>
</tr>
<tr>
<td>All ages</td>
<td>35.1%</td>
<td>17.8%</td>
</tr>
</tbody>
</table>

### 3-8-3. Alcohol-related single occasion injury risk in South Australia – by socio-economic status

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **four standard drinks on a single occasion at least monthly** reduces the risk of alcohol-related injury arising from that occasion.
- There is no clear correlation between proportion of people aged 15 years or more who report drinking on a single occasion at least monthly that puts them at risk of alcohol-related injury and the socio-economic status (SES) of the area in which they live.

### At risk of alcohol-related injury (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>25.9%</td>
</tr>
<tr>
<td>Low SES</td>
<td>25.9%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>27.5%</td>
</tr>
<tr>
<td>High SES</td>
<td>23.6%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>27.9%</td>
</tr>
</tbody>
</table>

### 3-8-4. Alcohol-related lifetime risk in South Australia – by Statistical Area

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **two standard drinks on any day** reduces the lifetime risk of harm from alcohol-related disease or injury.
- In 2015, roughly one in six (17.7%) South Australians aged 15 years or more reported drinking more than two standard alcoholic drinks on any day, putting them at lifetime risk of harm from alcohol-related disease or injury.
- The rate varies substantially between Australian Bureau of Statistics’ defined Statistical Areas (SA4s), from 13.7% in metropolitan Adelaide's North SA4 to 24.4% in Country SA's Outback SA4.
- No statistically significant underlying trend over the last five years of available data in the proportion of people at lifetime risk of harm from alcohol-related disease or injury was identified, either for metropolitan Adelaide or Country SA residents.
- Please note that data prior to 2011 is not available.

At lifetime risk of alcohol-related disease or injury (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Statistical Area (SA4)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro. Adelaide - North SA4</td>
<td>13.7%</td>
</tr>
<tr>
<td>Metro. Adelaide - Central &amp; Hills SA4</td>
<td>18.2%</td>
</tr>
<tr>
<td>Metro. Adelaide - West SA4</td>
<td>18.5%</td>
</tr>
<tr>
<td>Metro. Adelaide - South SA4</td>
<td>19.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>16.8%</td>
</tr>
<tr>
<td>Country SA - Barossa Yorke Mid North SA4</td>
<td>22.3%</td>
</tr>
<tr>
<td>Country SA - Outback SA4</td>
<td>24.4%</td>
</tr>
<tr>
<td>Country SA - South East SA4</td>
<td>17.5%</td>
</tr>
<tr>
<td>Country SA</td>
<td>20.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>17.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-8-5. Alcohol-related lifetime risk in South Australia – by age and sex

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **two standard drinks on any day** reduces the **lifetime risk** of harm from alcohol-related disease or injury.
- In 2015, over a quarter of males aged 15 years or more reported drinking on a day at levels that puts them at lifetime risk of alcohol-related disease or injury (26.6%), almost three times the corresponding female rate (9.1%).
- The disproportionate levels of lifetime risk of harm from alcohol for males compared to females is recorded across all age cohorts.
At lifetime risk of alcohol-related disease or injury (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>17.5%</td>
<td>8.1%</td>
</tr>
<tr>
<td>25-34</td>
<td>26.1%</td>
<td>7.9%</td>
</tr>
<tr>
<td>35-44</td>
<td>26.5%</td>
<td>11.2%</td>
</tr>
<tr>
<td>45-54</td>
<td>35.7%</td>
<td>15.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>27.3%</td>
<td>9.2%</td>
</tr>
<tr>
<td>65-74</td>
<td>29.2%</td>
<td>6.3%</td>
</tr>
<tr>
<td>75+</td>
<td>23.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>All ages</td>
<td>26.6%</td>
<td>9.1%</td>
</tr>
</tbody>
</table>

3-8-6. Alcohol-related lifetime risk in South Australia – by socio-economic status

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
- There is no clear correlation between proportion of people aged 15 years or more who report drinking at levels that put them at a lifetime risk of harm from alcohol and the socio-economic status (SES) of the area in which they live.

At lifetime risk of alcohol-related disease or injury (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>18.1%</td>
</tr>
<tr>
<td>Low SES</td>
<td>15.9%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>16.8%</td>
</tr>
<tr>
<td>High SES</td>
<td>17.5%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>20.0%</td>
</tr>
</tbody>
</table>

3-8-7. Long-term risk of harm from alcohol – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 18 years and over. Therefore it is not directly comparable to the 2015 information presented in 3-8-4 to 3-8-6 above from the South Australian Health Omnibus Survey which is for persons aged 15 years and over. However, the survey uses the same guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), i.e., that for healthy men and women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
- The national survey found that about one in six (16.8%) of South Australians aged 18 years and over had average daily consumption of alcohol that puts them at lifetime risk of alcohol-related disease or injury. This is a reduction from the 18.1% reported in the previous survey (for 2011-12).
- The rate for South Australians was at the lower end nationally, only Victoria and the Australian Capital Territory having lower reported rates.
**Average daily alcohol consumption exceeding lifetime risk guidelines (ages 18+ years), 2014-15**

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria</td>
<td>15.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>15.7%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>16.8%</strong></td>
</tr>
<tr>
<td>New South Wales</td>
<td>17.6%</td>
</tr>
<tr>
<td>Queensland</td>
<td>18.0%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>18.6%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>19.3%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>20.8%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>17.4%</strong></td>
</tr>
</tbody>
</table>

**3-8-8. Long-term risk of harm from alcohol – Aboriginal people**

- Under current guidelines on alcohol consumption produced by the National Health and Medical Research Council (NHMRC), for healthy men and women, drinking no more than **two standard drinks on any day** reduces the **lifetime risk** of harm from alcohol-related disease or injury.
- Less than one in ten (9.6%) Aboriginal people in South Australia aged 15 years or more reported exceeding lifetime risk guidelines (2009 NHMRC guidelines) for alcohol consumption, well below the national average for Aboriginal people of 14.7%.
- Compared to Aboriginal people aged 15 years and over in other states and territories, South Australia was ranked the lowest for this indicator.
- The 2014-15 rate for Aboriginal people (ages 15 years and over) of 9.6% was also below the 2014-15 all-population rate reported above in 3-8-7 for South Australia (ages 18 years and over) of 16.8%.

**At lifetime risk of alcohol-related disease or injury - Aboriginal people (ages 15+ years), 2014-15**

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia</td>
<td>9.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>10.8%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>12.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>13.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>14.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>15.2%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>16.2%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>16.8%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>14.7%</strong></td>
</tr>
</tbody>
</table>

**Sources**

1. Based on Health Omnibus Survey customised extract 2016, Drug and Alcohol Services South Australia, SA Health, Adelaide.
2. Based on ABS 2015, ‘Table 10.1 Alcohol consumption — Longer term/Lifetime risk, Persons (estimate)’ and in Tables 20-27 for each jurisdiction, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 1 June 2016.

3. Based on ABS 2016, ‘Table 2.3 Selected characteristics, by state or territory of usual residence, Aboriginal and Torres Strait Islander persons aged 15 years and over – 2014-15, Proportion of persons’, National Aboriginal and Torres Strait Islander Social Survey, Australia, 2014-15, cat. no. 4714.0, viewed 6 September 2016.
3-9. Overweight and Obesity

Introduction

Body mass index (BMI) is a measure of body fat based on the ratio of weight and height (bodyweight in kilograms divided by height in metres squared). The normal range of BMI for an adult is 18.5 to 24.9 kg/m$^2$. ‘Overweight’ is defined by the World Health Organisation as a BMI in the range of 25 to less than 30. ‘Obesity’ is a BMI of 30 or higher.

For overweight and obesity rates in children, please refer to Chapter 2-11.

3-9-1. Overweight and Obesity in South Australia – by Local Health Network

- In 2015, nearly two-thirds (62.0%) of South Australians aged 18 years or more were either overweight or obese.
- The rate varies between the three metropolitan Adelaide Local Health Networks (LHNs) from 56.1% in the Central Adelaide LHN up to 64.2% in the Northern Adelaide LHN.
- The overweight/obesity rate among Country SA residents (66.5%) is statistically significantly higher than the metropolitan Adelaide rate (60.1%).
- Over the last decade the rates of overweight and obesity in both metropolitan Adelaide and Country SA have statistically significantly increased.

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>64.2%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>56.1%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>61.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>60.1%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>66.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>62.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-9-2. Overweight and Obesity in South Australia – by age and sex

- In 2015, the proportion of males aged 18 years and over who were overweight or obese (67.5%) was substantially higher than the corresponding female rate (56.7%).
### Overweight or obese (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>36.7%</td>
<td>33.3%</td>
</tr>
<tr>
<td>25-34</td>
<td>73.7%</td>
<td>44.6%</td>
</tr>
<tr>
<td>35-44</td>
<td>72.0%</td>
<td>63.2%</td>
</tr>
<tr>
<td>45-54</td>
<td>74.3%</td>
<td>61.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>74.5%</td>
<td>63.2%</td>
</tr>
<tr>
<td>65-74</td>
<td>75.1%</td>
<td>64.6%</td>
</tr>
<tr>
<td>75+</td>
<td>61.0%</td>
<td>56.4%</td>
</tr>
<tr>
<td>All ages</td>
<td>67.5%</td>
<td>56.7%</td>
</tr>
</tbody>
</table>

3-9-3. Overweight and Obesity in South Australia – by socio-economic status

- There is a statistically significant inverse correlation between the proportion of people aged 18 years and over who are classified as overweight or obese and the socio-economic status of the area in which they live.

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>65.9%</td>
</tr>
<tr>
<td>Low SES</td>
<td>65.1%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>62.4%</td>
</tr>
<tr>
<td>High SES</td>
<td>61.2%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>55.6%</td>
</tr>
</tbody>
</table>

3-9-4. Overweight and Obesity in Australia – by state and territory

- The data below comes from the Australian Bureau of Statistics' 2014-15 National Health Survey. It is therefore not directly comparable to the 2015 information presented in 3-9-1 to 3-9-3 above which is sourced via the South Australian Monitoring and Surveillance System.
- However, the national survey does largely corroborate the state-specific survey, with 64.5% (age standardised) of South Australians aged 18 years and over reporting a BMI that classifies them as overweight or obese.
- Nationally, the South Australian overweight/obesity rate is slightly above the Australia-wide average of 62.8% (age standardised), and is ranked third-highest of the states and territories.
Overweight or obese (aged 18+ years), 2014-15, age standardised

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia</td>
<td>60.3%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>62.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>62.8%</td>
</tr>
<tr>
<td>Queensland</td>
<td>63.3%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>63.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>64.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>64.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>65.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>62.8%</td>
</tr>
</tbody>
</table>

3-9-5. Overweight and Obesity – Aboriginal people

- In 2012-13, 62.9% of Aboriginal people in South Australia aged 15 years and older had a BMI classified as overweight or obese.
- Although not strictly comparable, this is lower than the 64.5% overweight/obesity rate recorded for all South Australians aged 18 years or more in the ABS 2014-15 National Health Survey (see 3-9-4 above).
- South Australia’s overweight/obesity rate among Aboriginal people is below the national average for Aboriginal people (65.6%).

Aboriginal people overweight or obese (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>53.7%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>58.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>62.9%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>63.7%</td>
</tr>
<tr>
<td>Victoria</td>
<td>64.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>65.7%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>66.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>70.6%</td>
</tr>
<tr>
<td>Australia</td>
<td>65.6%</td>
</tr>
</tbody>
</table>

Sources

2. Based on ABS 2015, ‘Table 2.3 Summary health characteristics – States and territories, Proportion of persons,’ , cat. no. 4364.0.55.001, viewed 17 March 2016.
3. Based on ABS 2013, ‘Table 3.3 Selected health characteristics, by State/Territory – 2012-13, Proportion of Aboriginal and Torres Strait Islander persons’, Australian Aboriginal and Torres Strait Islander Health Survey: First Results, 2012-13, cat no 4727.0.55.001, viewed 2 September 2015.
3-10. High blood pressure

3-10-1. High blood pressure in South Australia – by Local Health Network

- In 2015, around one in five (21.6%) South Australians aged 18 years or more self-reported that they had current doctor-diagnosed high blood pressure and/or were on medication for high blood pressure.
- The rate varies marginally between the three metropolitan Adelaide Local Health Networks (LHNs) and the prevalence of high blood pressure among Country SA residents (21.7%) is essentially equivalent (no statistically significant difference) to the overall metropolitan Adelaide rate of 21.6%.
- Over the last decade the proportion of people reporting living with high blood pressure has statistically significantly increased for metropolitan Adelaide residents but not Country SA.

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>23.9%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>19.5%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>22.0%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>21.6%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>21.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>21.6%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-10-2. High blood pressure in South Australia – by age and sex

- In 2015, the proportion of males aged 18 years and over who self-reported that they were living with doctor-diagnosed high blood pressure and/or were on medication for high blood pressure (22.8%) was statistically significantly higher than the corresponding female rate (20.6%).
- The prevalence of high blood pressure is correlated with age.
High blood pressure and/or on medication for high blood pressure (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.0%</td>
<td>1.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>3.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>11.5%</td>
<td>7.8%</td>
</tr>
<tr>
<td>45-54</td>
<td>16.4%</td>
<td>16.9%</td>
</tr>
<tr>
<td>55-64</td>
<td>37.4%</td>
<td>26.1%</td>
</tr>
<tr>
<td>65-74</td>
<td>52.6%</td>
<td>46.6%</td>
</tr>
<tr>
<td>75+</td>
<td>59.1%</td>
<td>58.5%</td>
</tr>
<tr>
<td>All ages</td>
<td>22.8%</td>
<td>20.6%</td>
</tr>
</tbody>
</table>

3-10.3. High blood pressure in South Australia – by socio-economic status

- There is a statistically significant inverse correlation between the proportion of people aged 18 years and over who self-report that they are living with doctor-diagnosed high blood pressure and/or are on medication for high blood pressure and the socio-economic status of the area in which they live.

High blood pressure and/or on medication for high blood pressure (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>28.1%</td>
</tr>
<tr>
<td>Low SES</td>
<td>22.3%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>21.6%</td>
</tr>
<tr>
<td>High SES</td>
<td>19.9%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

3-10.4. High blood pressure in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 18 years and over and is based on measured blood pressure which is 140/90 mmHg or higher. This is, therefore, not directly comparable to the 2015 information in 3-8-4 to 3-8-6 above which is based on people aged 18 years and over who self-reported having doctor-diagnosed high blood pressure and/or being on medication for high blood pressure.
- The national survey does corroborate the findings from the state-specific survey, with about a quarter (24.5%) of South Australians estimated to be living with high blood pressure.
- The South Australian rate is similar, given margins for error in the estimation, to the Australia-wide figure of 23.0% but it is – as was the case for the previous survey for 2011-12 – the state with the second-highest estimated prevalence rate of high blood pressure of the reported jurisdictions, only Tasmania having a higher rate.
High blood pressure (≥140/90 mmHg) (aged 18+ years), 2014–15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>19.7%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>20.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>22.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>23.2%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>23.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>23.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>24.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>28.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>23.0%</td>
</tr>
</tbody>
</table>

3-10-5. High blood pressure – Aboriginal people

- In 2012, one in five (20.0%) Aboriginal people aged 15 years and over in South Australia self-reported that they were living with doctor-diagnosed high blood pressure and/or were on medication for high blood pressure.
- Although the survey from which this data was drawn did not include the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands, the Country SA rate as a whole (24.8%) is not statistically significantly higher than metropolitan Adelaide (17.6%).
- However, the prevalence of high blood pressure amongst Aboriginal people in remote South Australia is extremely high at 39.8%.
- The Aboriginal rate of persons aged 15 years and over for 2012 is roughly comparable to the 16 years and over all-population rate for 2014 reported for South Australia in 3-10-1 above (21.3%).

Aboriginal people with high blood pressure and/or on medication for high blood pressure (aged 15+ years), March 2012

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>17.6%</td>
</tr>
<tr>
<td>Rural SA</td>
<td>16.9%</td>
</tr>
<tr>
<td>Remote SA*</td>
<td>39.8%</td>
</tr>
<tr>
<td>Country SA</td>
<td>24.8%</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

* Survey did not include APY Lands
Sources


2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.

3-11. High cholesterol

3-11-1. High cholesterol in South Australia – by Local Health Network

- In 2015, just under one in five (18.1%) of South Australians aged 18 years or more self-reported that they had current doctor-diagnosed high cholesterol and/or were on medication for high cholesterol.
- The prevalence of high cholesterol self-reported by Country SA residents (19.2%) is not statistically significantly higher than their metropolitan Adelaide counterparts (17.7%).
- Over the last decade the proportion of people reporting living with high cholesterol has statistically significantly increased, for both metropolitan Adelaide and Country SA residents.

High cholesterol and/or on medication for high cholesterol (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>19.9%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>15.5%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>18.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>17.7%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>19.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>18.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-11-2. High cholesterol in South Australia – by age and sex

- In 2015, the proportion of males aged 18 years and over who self-reported that they were living with doctor-diagnosed high cholesterol and/or were on medication for high cholesterol (18.9%) was not statistically significantly higher than their female counterparts (17.4%).
- The prevalence of high cholesterol is correlated with age.

High cholesterol and/or on medication for high cholesterol (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>1.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>35-44</td>
<td>10.1%</td>
<td>5.3%</td>
</tr>
<tr>
<td>45-54</td>
<td>17.2%</td>
<td>16.8%</td>
</tr>
<tr>
<td>55-64</td>
<td>27.4%</td>
<td>24.3%</td>
</tr>
<tr>
<td>65-74</td>
<td>44.3%</td>
<td>39.2%</td>
</tr>
<tr>
<td>75+</td>
<td>50.0%</td>
<td>44.5%</td>
</tr>
<tr>
<td>All ages</td>
<td>18.9%</td>
<td>17.4%</td>
</tr>
</tbody>
</table>

3-11-3. High cholesterol in South Australia – by socio-economic status

- In 2015, there was a statistically significant inverse correlation between the proportion of people aged 18 years and over who self-report that they are living with doctor-diagnosed high cholesterol and/or are on medication for high cholesterol and the socio-economic status of the area in which they live.
High cholesterol and/or on medication for high cholesterol (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>24.6%</td>
</tr>
<tr>
<td>Low SES</td>
<td>18.9%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>18.5%</td>
</tr>
<tr>
<td>High SES</td>
<td>15.7%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>13.7%</td>
</tr>
</tbody>
</table>

3-11-4. High cholesterol in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey reporting high cholesterol. It is not directly comparable to the 2015 information in 3-11-1 to 3-11-3 above which is for people who self-report having current doctor-diagnosed high cholesterol and/or being on medication for high cholesterol.
- The national survey reports that around one in 12 (8.4%) South Australians are living with high cholesterol as a condition which has lasted, or is expected to last, for 6 months or more.
- The South Australian population high cholesterol rate is higher than the Australia-wide rate of 7.1%, and is towards the top end of the range reported for the states and territories.

High cholesterol (aged 18+ years), 2014–15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>4.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>6.0%</td>
</tr>
<tr>
<td>Queensland</td>
<td>6.4%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>7.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>7.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>8.4%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>8.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>9.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>7.1%</td>
</tr>
</tbody>
</table>

3-11-5. High cholesterol – Aboriginal people

Data not available for this indicator.

Sources

2. Based on ABS 2015, 'Table 3.3 Long-term health conditions, Proportion of persons — Persons' and in Tables 20–27 for each jurisdiction, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
3-12. Smoking prevalence

3-12-1. Smoking prevalence in South Australia – by Local Health Network

- In 2015, around one in six (15.7%) South Australians aged 15 years or older reported smoking daily, weekly or less often than weekly.
- The rate varies considerably between the SA Health Local Health Networks (LHNS), from 10.2% in the Central Adelaide LHN up to 23.4% in the Country Health SA LHN.
- Over the last decade, all smoking prevalence has statistically significantly decreased in metropolitan Adelaide. However, no statistically significant trend was observed in the Country SA series.

### All smoking prevalence (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>16.9%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>10.2%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>11.6%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>12.8%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>23.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>15.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-12-2. Smoking prevalence in South Australia – by age and sex

- In 2015, the proportion of the state’s population aged 15 years and over that reported smoking daily, weekly or less often than weekly was higher among males (18.8%) than females (12.8%).
- All smoking prevalence varied greatly with age, peaking in the 25-34 years age cohort for males (25.8%) and 45-54 years age cohort for females (21.6%).

### All smoking prevalence (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>16.0%</td>
<td>11.3%</td>
</tr>
<tr>
<td>25-34</td>
<td>25.8%</td>
<td>14.5%</td>
</tr>
<tr>
<td>35-44</td>
<td>23.0%</td>
<td>11.9%</td>
</tr>
<tr>
<td>45-54</td>
<td>23.2%</td>
<td>21.6%</td>
</tr>
<tr>
<td>55-64</td>
<td>17.6%</td>
<td>13.0%</td>
</tr>
<tr>
<td>65-74</td>
<td>10.2%</td>
<td>7.1%</td>
</tr>
<tr>
<td>75+</td>
<td>4.8%</td>
<td>4.2%</td>
</tr>
<tr>
<td>All ages</td>
<td>18.8%</td>
<td>12.8%</td>
</tr>
</tbody>
</table>

3-12-3. Smoking prevalence in South Australia – by socio-economic status

- There a correlation evident between the proportion of people aged 15 years and over who report smoking daily, weekly or less often than weekly and the socio-economic status of the area in which they live.
• The all smoking prevalence recorded in areas constituting South Australia’s highest socio-economic (SES) quintile (10.4%) is less than half that recorded for the lowest SES quintile (24.3%).

### All smoking prevalence (ages 15+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>24.3%</td>
</tr>
<tr>
<td>Low SES</td>
<td>20.4%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>12.5%</td>
</tr>
<tr>
<td>High SES</td>
<td>8.9%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>10.4%</td>
</tr>
</tbody>
</table>

### 3-12-4. Smoking prevalence in Australia – by state and territory

• Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 18 years and over reporting being current daily smokers and is age-standardised. It is not directly comparable to the 2015 Health Omnibus Survey information in sections 3-12-1 to 3-12-3 above which is for people aged 15 years and over who report smoking daily, weekly or less often than weekly.

• However, the national survey results are broadly in line with the state-based figures, revealing that 13.5% of the population in South Australia are current daily smokers. This is a reduction from the 17.4% reported in the previous survey (for 2011-12).

• The South Australian proportion of current smokers is estimated to be a little below the Australia-wide rate of 14.7% and is at the bottom of the range of rates reported for the states and territories, with only the Australian Capital Territory having a lower estimated rate.

### Current daily smokers (ages 18+ years), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>12.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>13.5%</td>
</tr>
<tr>
<td>Victoria</td>
<td>13.9%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>14.2%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>14.4%</td>
</tr>
<tr>
<td>Queensland</td>
<td>16.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>19.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>19.9%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td>14.7%</td>
</tr>
</tbody>
</table>

### 3-12-5. Smoking prevalence – Aboriginal people

• The 35.4% of Aboriginal people in South Australia aged 15 years or older who reported being a current daily smoker in 2014-15 is below the national average for Aboriginal people of 38.9%.
• This compares to a smoking rate of 13.5% in 2014-15 in South Australia amongst the adult population as a whole (ABS National Health Survey data for ages 18 years and older, see 3-12-4 above).
• Compared to Aboriginal people aged 15 years and over in other states and territories, South Australia was ranked the lowest for this indicator.

Current daily smokers - Aboriginal people (ages 15+ years), 2014-15

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia</td>
<td>35.4%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>36.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>36.9%</td>
</tr>
<tr>
<td>Queensland</td>
<td>38.1%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>38.3%</td>
</tr>
<tr>
<td>Victoria</td>
<td>38.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>41.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>44.5%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>38.9%</strong></td>
</tr>
</tbody>
</table>

Sources

1. Based on customised data extract from the South Australian Health Omnibus Survey 2015 provided by Drug and Alcohol Services South Australia, SA Health, 2 September 2016.
2. Based on ABS 2015, ‘Table 2.3 Summary health characteristics — States and territories, Proportion of persons’, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2016, ‘Table 2.3 Selected characteristics, by state or territory of usual residence, Aboriginal and Torres Strait Islander persons aged 15 years and over – 2014-15, Proportion of persons’, National Aboriginal and Torres Strait Islander Social Survey, Australia, 2014-15, cat. no. 4714.0, viewed 6 September 2016.
3-13. Psychological distress (anxiety and depression)

3-13-1. Psychological distress in South Australia – by Local Health Network

- In 2015, one in ten (10.0%) South Australians aged 18 years or more had recently experienced high or very high levels of psychological distress.
- Levels of psychological distress are defined using the *Kessler 10 Item (K10) Psychological Distress Questionnaire*, a checklist to measure whether a person may have been affected by anxiety and depression during the past four weeks.
- The rate is highest in the Northern Adelaide Local Health Network (LHN) at 14.4%.
- High to very high levels of psychological distress in metropolitan Adelaide overall (10.2%) are effectively equivalent to that of Country SA (9.7%), taking into account sampling margin of error.
- A statistically significant decreasing trend over the last decade in the proportion of people reporting high or very high levels of psychological distress was identified in the metropolitan Adelaide series, but not Country SA.

**High or very high levels of psychological distress (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>14.4%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>6.7%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>10.5%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>10.2%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>9.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>10.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-13-2. Psychological distress in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over that had recently experienced high or very high levels of psychological distress was higher for females (12.5%) than males (7.3%).
- Levels of psychological distress are defined using the *Kessler 10 Item (K10) Psychological Distress Questionnaire*, a checklist to measure whether a person may have been affected by anxiety and depression during the past four weeks.
- The extent to which people reported high to very high levels of psychological distress varied with age with prevalence particularly high in the 18-24 and 25-34 years age cohorts for females and 35-44 years for males.
3-13-3. Psychological distress in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over who have recently experienced high or very high levels of psychological distress and the socio-economic status of the geographic area in which they live.
- Levels of psychological distress are defined using the Kessler 10 Item (K10) Psychological Distress Questionnaire, a checklist to measure whether a person may have been affected by anxiety and depression during the past four weeks.
- However, the prevalence of high to very high psychological distress in areas constituting South Australia’s lowest socio-economic (SES) quintile (13.8%) is much higher than for other areas.

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>13.8%</td>
</tr>
<tr>
<td>Low SES</td>
<td>10.0%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>11.1%</td>
</tr>
<tr>
<td>High SES</td>
<td>7.6%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>8.3%</td>
</tr>
</tbody>
</table>

3-13-4. Psychological distress in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people aged 18 years and over reporting living with high or very high levels of psychological distress as a long-term condition. It is not directly comparable to the 2015 information in 3-13-1 to 3-13-3 above.
- Levels of psychological distress are defined using the Kessler 10 Item (K10) Psychological Distress Questionnaire, a checklist to measure whether a person may have been affected by anxiety and depression during the past four weeks.
- However, the national survey results are broadly in line with the state-based figures, showing that 13.6% of the age-standardised population in South Australia are living with high or very high levels of psychological distress as a condition which has lasted, or is expected to last, for...
6 months or more. This is an increase over the 11.4% reported in the previous survey (for 2011-12).

- The South Australian rate is a little higher than the Australia-wide rate of 11.8% and estimated to be higher than all states and territories except Tasmania.

High/very high psychological distress, people (aged 18+ years), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>8.1%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>9.9%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>11.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>11.1%</td>
</tr>
<tr>
<td>Queensland</td>
<td>12.0%</td>
</tr>
<tr>
<td>Victoria</td>
<td>12.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>13.6%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>14.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>11.8%</td>
</tr>
</tbody>
</table>

3-13-5. Psychological distress – Aboriginal people

- Around a third (31.8%) of Aboriginal people in South Australia aged 15 years or more have recently experienced high or very high levels of psychological distress.
- Levels of psychological distress are defined here using the, a subset of five questions from the Kessler 10 Item (K10) Psychological Distress Questionnaire, a checklist to measure whether a person may have been affected by anxiety and depression during the past four weeks.
- As such, and because it is based on data collected for 2012-13 rather than 2011-12, this indicator is not directly comparable with the all-person figures in 3-13-4 above.
- South Australia's rate was above the national average for Aboriginal people of 30.1%, ranking this jurisdiction second highest of the states and territories.
Sources


2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.

3. ABS 2014, 'Table 12.3 Smoker status, by State/Territory by sex, Proportion of persons', Australian Aboriginal and Torres Strait Islander health survey: Updated results 2012-13, cat no 4727.0.55.006, viewed 08 October 2014.
3-14. Cancer

3-14-1. Cancer in South Australia – by Local Health Network

- In 2014, around one in nine (11.2%) South Australians aged 16 years or more had ever been told by a doctor that they had cancer.
- The rate varies between the metropolitan Adelaide Local Health Networks (LHNs) from 9.1% in the Northern Adelaide LHN to 12.1% in the Central Adelaide LHN. This difference is statistically significantly different.
- However, the Country SA rate of 12.1% is not statistically significantly higher than the overall metropolitan Adelaide rate of 10.7%.
- There has been a statistically significant increasing trend in the proportion of people reporting that they have or ever had cancer, both in metropolitan Adelaide and Country SA, over the last five years that data is available.

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>9.1%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>12.1%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>10.8%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>10.7%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>12.1%</td>
</tr>
<tr>
<td>South Australia</td>
<td>11.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

3-14-2. Cancer in South Australia – by age and sex

- In 2014, the proportion of the population aged 16 years and over that had ever been told by a doctor that they had cancer was roughly equivalent between males (11.0%) and females (11.3%).
- The rate increases with age however, and there is more than ten percentage points difference between men (35.5%) and women (24.1%) in the 75 years and over age cohort.
Has or ever had cancer, 2014

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-54</td>
<td>3.7%</td>
<td>4.9%</td>
</tr>
<tr>
<td>55-64</td>
<td>15.1%</td>
<td>18.0%</td>
</tr>
<tr>
<td>65-74</td>
<td>28.6%</td>
<td>22.9%</td>
</tr>
<tr>
<td>75+</td>
<td>35.5%</td>
<td>24.1%</td>
</tr>
<tr>
<td>All ages</td>
<td>11.0%</td>
<td>11.3%</td>
</tr>
</tbody>
</table>

3-14-3. Cancer in South Australia – by socio-economic status

- There is no meaningful correlation evident between the proportion of people aged 16 years and over who have ever been told by a doctor that they have cancer and the socio-economic status of the geographic area in which they live.
- The rate in geographic regions constituting South Australia’s highest socio-economic (SES) quintile (11.1%) is not statistically significantly different from the lowest SES quintile (10.2%).

Has or ever had cancer, 2014

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>10.2%</td>
</tr>
<tr>
<td>Low SES</td>
<td>11.0%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>11.4%</td>
</tr>
<tr>
<td>High SES</td>
<td>11.8%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>11.1%</td>
</tr>
</tbody>
</table>

3-14-4. Cancer in Australia – by state and territory

Data not available for this indicator.

3-14-5. Cancer – Aboriginal people

Data not available for this indicator.

Sources

3-15. Illicit drug use

3-15-1. Illicit drug use in South Australia

- In 2013, just under one in six (15.7%) South Australians aged 14 years and older reported using drugs illicitly, including the use of pharmaceuticals for non-medical purposes, in the previous 12 months. This is comparable to the national average of 15.0%.
- In the 2001 survey, the reported rate in South Australia was 17.6%, but in the four subsequent three-yearly surveys the state’s rate dropped and has hovered around the 15% mark since.
- Illicit drug use in South Australia is higher among males (18.3%) compared to females (13.2%) and peaks in the 20-29 years age cohort (28.6%).
- Cannabis is the most commonly used illicit drug reported by South Australians aged 14 years and older (11.0%), followed by pain-killers/analgesics for non-medical purposes (3.5%) and ecstasy (2.8%).
- In 2013, South Australia ranked third-highest among the states and territories for illicit drug use by people aged 14 years and older, but there is not a great deal of variation between the states and territories – with the exception of the Northern Territory and Western Australia.
- Readers should note that estimates of drug use by states and territories should be interpreted with caution due to the low prevalence and smaller sample sizes for some states and territories, particularly for low prevalence drugs.

Illicit use of any drug* in previous 12 months, 2013

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>15.7%</td>
</tr>
<tr>
<td>Australia</td>
<td>15.0%</td>
</tr>
</tbody>
</table>

* including pharmaceuticals
Illicit use of any drug* in previous 12 months, 2013

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>New South Wales</td>
<td>14.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>14.3%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>15.1%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>15.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>15.5%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>15.7%</strong></td>
</tr>
<tr>
<td>Western Australia</td>
<td>17.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>22.0%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>15.0%</strong></td>
</tr>
</tbody>
</table>

* including pharmaceuticals

N.B. Estimates of drug use by states and territories should be interpreted with caution due to the low prevalence and smaller sample sizes for some states and territories, particularly for low prevalence drugs.

3-15-2. Illicit drug use – Aboriginal people

- State-specific data is unavailable. However, in 2013 nationally, 24.1% of Aboriginal people aged 14 years and older reported using drugs illicitly, including the use of pharmaceuticals for non-medical purposes.
- This rate does not represent a statistically significant fall from the 25.0% reported in the 2010 survey, but is substantially higher than the 14.8% national average recorded for non-Aboriginal people.

Sources

1. Based on AIHW 2013, 'Online Tables 7.9-7.12 and Online Table 8.4', Drug statistics series no. 28. Cat. no. PHE 183, viewed 27 October 2015.
Chapter 4: Living with chronic conditions

Introduction

As Chapter 3 reveals, South Australians are enjoying greater longevity. The combination of changing lifestyle choices, improved disease treatment options and increased life expectancy is likely to increase the number of people living with chronic conditions in South Australia. However, not all South Australians with a chronic condition are older. Chronic conditions can also occur from birth or in childhood or can be acquired in early adulthood.

Chronic conditions are diseases with a long duration that usually require ongoing management and treatment over a period of years. They have an impact on individuals, families, communities and broader society. An individual living with a chronic condition can experience significant effects on his or her life, not only physically due to pain and fatigue, but also emotionally, psychologically, socially and economically. Families and communities can be impacted by the limitations caused by chronic disease due to increased caring demands and their emotional toll, as well as lost productivity. Chronic conditions also create a significant economic burden.

The chronic conditions covered in this chapter include both physical and mental health conditions, starting with an overview of the proportion of South Australians living with multiple chronic conditions. It then provides information about arthritis, mental health, asthma, diabetes, cardiovascular disease, osteoporosis and chronic lung diseases. Back pain is also covered due to its significant impact on the health of South Australians in particular.
Living with chronic conditions

In summary

- Around **one in five** (20.3%) South Australians are living with **two or more** of the following **chronic health conditions**: diabetes, asthma, cardiovascular disease, arthritis, osteoporosis and/or a mental health condition. The proportion of people in metropolitan Adelaide living with multiple chronic and long-term health conditions is on the increase.
- Approximately **one in five** (20.8%) South Australians are living with **arthritis**.
- About **one in five** (20.9%) South Australians are living with a doctor-diagnosed **mental health condition**.
- Around **one in seven** (13.4%) South Australians are living with **asthma**.
- Approximately **one in 11** (8.8%) South Australians have been told by a doctor that they have **diabetes** (Type I or II).
- **One in 12** (8.1%) South Australians are living with **cardiovascular disease**, defined as ever had doctor-diagnosed heart attack, angina, heart disease and/or stroke.
- **One in 23** (4.4%) South Australians are living with **osteoporosis**, with the rate for females more than four times that of males.
- **One in 40** (2.5%) of the South Australian population (adjusted to account for differences in the age structure compared to the Australia generally) are **living with chronic obstructive pulmonary disease (COPD)** including bronchitis and emphysema.
- **One in six** (17.0%) of the South Australian population (adjusted to account for differences in the age structure compared to the Australia generally) are living with a **long-term back condition**, including sciatica, disc disorders, curvature of the spine and other back problems.
4-1. Living with multiple chronic and long-term health conditions

4-1-1. Living with multiple chronic conditions in South Australia – by Local Health Network

- In 2015, around one in five (20.3%) South Australians aged 18 years or more were living with two or more of the following chronic health conditions: diabetes, asthma, cardiovascular disease, arthritis, osteoporosis and/or a mental health condition.
- The Country SA rate (19.8%) is not statistically significantly lower than the metropolitan Adelaide rate of 20.5%, taking into account sampling error.
- A statistically significant increasing trend over the last decade in the proportion of people living with two or more chronic health conditions was identified in the metropolitan Adelaide time series but not Country SA.

### Living with two or more chronic conditions (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>22.7%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>17.0%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>22.7%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>20.5%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>19.8%</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-1-2. Living with multiple chronic conditions in South Australia – by age and sex

- In 2015, the proportion of the population that was living with multiple (two or more) chronic health conditions was higher among females aged 18 years and over (24.2%) than males (16.0%).
- The chronic health conditions included in this measure are: diabetes, asthma, cardiovascular disease, arthritis, osteoporosis and/or a mental health condition.
- Prevalence is correlated with age.
Living with two or more chronic conditions (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.8%</td>
<td>7.2%</td>
</tr>
<tr>
<td>25-34</td>
<td>5.7%</td>
<td>12.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>6.4%</td>
<td>16.4%</td>
</tr>
<tr>
<td>45-54</td>
<td>16.7%</td>
<td>19.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>22.4%</td>
<td>33.5%</td>
</tr>
<tr>
<td>65-74</td>
<td>33.9%</td>
<td>42.3%</td>
</tr>
<tr>
<td>75+</td>
<td>38.1%</td>
<td>47.5%</td>
</tr>
<tr>
<td>All ages</td>
<td>16.0%</td>
<td>24.2%</td>
</tr>
</tbody>
</table>

4-1-3. Living with multiple chronic conditions in South Australia – by socio-economic status

- In 2015, there was a statistically significant inverse correlation between the proportion of people aged 18 years and over who are living with multiple chronic health conditions and the socio-economic status of the area in which they live.

- "Multiple chronic health conditions" is two or more of the following: diabetes, asthma, cardiovascular disease, arthritis, osteoporosis and/or a mental health condition.

Living with two or more chronic conditions (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>27.5%</td>
</tr>
<tr>
<td>Low SES</td>
<td>20.7%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>21.7%</td>
</tr>
<tr>
<td>High SES</td>
<td>15.8%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

4-1-4. Living with multiple long-term health conditions in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages who report living with three or more long-term medical conditions. This is a more comprehensive measure of multiple long-term health conditions than that used for the state-wide survey results in 4-1-1 to 4-1-3 above. Figures are therefore not comparable.

- Long-term conditions in this measure are medical conditions that have lasted or which the survey respondent expects to last six months or more, such as: arthritis; asthma; back problems; blindness; cancer; chronic obstructive pulmonary disease; deafness; diabetes mellitus; hayfever and allergic rhinitis; heart, stroke and vascular disease; hypertension; kidney disease; long sightedness; mental and behavioural problems; osteoporosis; and short sightedness.

- According to the national survey, more than two in five (42.0%) of the age-standardised population in South Australia are estimated to be living with three or more long-term health conditions. This is level with the Australia-wide rate (42.1%).
• The South Australian rate is similar to that for most states and territories, there being for the most part little variation between them, although Tasmania and the Australian Capital Territory do have noticeably higher rates.

Living with three or more long-term health conditions (all ages), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>37.9%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>39.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>41.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>42.0%</td>
</tr>
<tr>
<td>Victoria</td>
<td>42.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>43.4%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>47.5%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>50.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>41.1%</td>
</tr>
</tbody>
</table>

4-1-5. Living with multiple long-term health conditions – Aboriginal people

• The 35.7% of Aboriginal people in South Australia who reported living with three or more long-term health conditions was estimated to be above the national rate for Aboriginal people (32.7%).
• The long-term health conditions considered are: arthritis, asthma, back pain/problems, deafness, diabetes mellitus, hayfever and allergic rhinitis, heart, stroke and vascular diseases, hypertensive disease, long sightedness, malignant neoplasms (cancer), mental and behavioural problems, osteoporosis and/or short sightedness.
• Compared to Aboriginal people in other states and territories, South Australia was ranked fourth lowest for this indicator.
• The 35.7% of Aboriginal people in 2012-13 living with three or more long-term health conditions is lower than the 40.5% all-person rate for South Australia recorded in 2011-12 (40.5% - see 4-1-4 above).

Living with three or more long-term conditions - Aboriginal people (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>20.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>29.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>29.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>35.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>37.7%</td>
</tr>
<tr>
<td>Victoria</td>
<td>38.9%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>40.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>46.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>32.7%</td>
</tr>
</tbody>
</table>
Sources


2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.

3. Based on ABS 2013, 'Table 3.3 Selected health characteristics by State/Territory,' Australian Aboriginal and Torres Strait Islander health survey: First results 2012-13, cat. no. 4727.0.55.001, viewed 4 February 2014.
4-2. Arthritis prevalence

4-2-1. Arthritis prevalence in South Australia – by Local Health Network

- In 2015, around one in five (20.8%) South Australians aged 18 years or more were living with arthritis.
- There is no statistically significant difference between the Country SA rate of 20.3% and the metropolitan Adelaide rate of 21.0%.
- No statistically significant underlying trend over the last decade in the proportion of people reporting living with arthritis was identified in the metropolitan Adelaide time series.
- However, the Country SA time series statistically significantly declined between 2005 and 2015.

**Arthritis prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>22.3%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>19.1%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>22.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>21.0%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>20.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-2-2. Arthritis prevalence in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over that was living with arthritis was statistically significantly higher for females (25.7%) than males (15.3%).
- Arthritis prevalence is also correlated with age.

**Arthritis prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.7%</td>
<td>0.6%</td>
</tr>
<tr>
<td>25-34</td>
<td>1.2%</td>
<td>7.5%</td>
</tr>
<tr>
<td>35-44</td>
<td>4.5%</td>
<td>9.2%</td>
</tr>
<tr>
<td>45-54</td>
<td>15.4%</td>
<td>19.9%</td>
</tr>
<tr>
<td>55-64</td>
<td>24.8%</td>
<td>41.6%</td>
</tr>
<tr>
<td>65-74</td>
<td>35.0%</td>
<td>55.8%</td>
</tr>
<tr>
<td>75+</td>
<td>39.9%</td>
<td>60.7%</td>
</tr>
<tr>
<td>All ages</td>
<td>15.3%</td>
<td>25.7%</td>
</tr>
</tbody>
</table>

4-2-3. Arthritis prevalence in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over who are living with arthritis and the socio-economic status of the geographic area in which they live.
**Arthritis prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>25.9%</td>
</tr>
<tr>
<td>Low SES</td>
<td>19.3%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>24.2%</td>
</tr>
<tr>
<td>High SES</td>
<td>18.2%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>17.5%</td>
</tr>
</tbody>
</table>

![Bar chart showing arthritis prevalence by SES]

**4-2-4. Arthritis prevalence in Australia – by state and territory**

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages reporting living with arthritis. This is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-2-1 to 4-2-3 above.
- The national survey reports figures that broadly corroborate the statewide figures, showing that an estimated 15.2% of the age-standardised population in South Australia are living with arthritis.
- The South Australian rate is a little higher than the Australia-wide estimate (13.9%) and is at the top end of the range of rates for the states and territories, although it is lower than that for Tasmania.

**Arthritis prevalence (all ages), 2014–15 (age-standardised)**

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>10.2%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>12.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>12.4%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>13.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>13.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>14.7%</td>
</tr>
<tr>
<td>South Australia</td>
<td>15.2%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>19.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>13.9%</td>
</tr>
</tbody>
</table>

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages reporting living with arthritis. This is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-2-1 to 4-2-3 above.
- The national survey reports figures that broadly corroborate the statewide figures, showing that an estimated 15.2% of the age-standardised population in South Australia are living with arthritis.
- The South Australian rate is a little higher than the Australia-wide estimate (13.9%) and is at the top end of the range of rates for the states and territories, although it is lower than that for Tasmania.

**4-2-5. Arthritis prevalence – Aboriginal people**

- The 11.2% of Aboriginal people in South Australia who reported living with arthritis was above the national average for Aboriginal people of 9.5%.
- Arthritis prevalence for Aboriginal people varied between states and territories, with South Australia ranked equal third highest with New South Wales.
- The rate for Aboriginal people in South Australia during 2012-13 (11.2%) is below the 14.6% for all persons in South Australia recorded in 2011-12 (see 4-2-4 above).
## Arthritis prevalence - Aboriginal people (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>5.5%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>6.5%</td>
</tr>
<tr>
<td>Queensland</td>
<td>8.5%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>9.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>11.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>11.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>12.8%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>15.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

### Sources

2. Based on ABS 2015, ‘Table 2.3 Summary health characteristics — States and territories, Proportion of persons,’ National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2013, ‘Table 3.3 Selected health characteristics by State/Territory,’ Australian Aboriginal and Torres Strait Islander health survey: First results 2012-13, cat. no. 4727.0.55.001, viewed 4 February 2014.
4-3. Mental health conditions

4-3-1. Mental health conditions in South Australia – by Local Health Network

- In 2015, around one in five (20.9%) South Australians aged 18 years or more reported living with a doctor-diagnosed mental health condition.
- The rate varies substantially between the three metropolitan Adelaide Local Health Networks (LHNs), from 16.9% in the Central Adelaide LHN up to more than one in four (26.7%) in the Northern Adelaide LHN.
- The overall metropolitan Adelaide rate (21.2%) is not statistically significantly higher than the Country SA rate of 20.2%.
- A statistically significant increasing trend over the last decade in the proportion of people reporting living with a mental health condition was identified in both the metropolitan Adelaide and Country SA series.

Living with a doctor-diagnosed mental health condition (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>26.7%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>16.9%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>21.2%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>21.2%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>20.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>20.9%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-3-2. Mental health conditions in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over that reported living with a doctor-diagnosed mental health condition was statistically significantly higher for females (24.6%) than males (16.8%).
- Prevalence of reported mental health conditions varied with age.
Living with a doctor-diagnosed mental health condition (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>13.1%</td>
<td>26.5%</td>
</tr>
<tr>
<td>25-34</td>
<td>22.0%</td>
<td>23.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>18.5%</td>
<td>26.6%</td>
</tr>
<tr>
<td>45-54</td>
<td>21.4%</td>
<td>28.1%</td>
</tr>
<tr>
<td>55-64</td>
<td>15.4%</td>
<td>27.4%</td>
</tr>
<tr>
<td>65-74</td>
<td>14.4%</td>
<td>23.4%</td>
</tr>
<tr>
<td>75+</td>
<td>6.7%</td>
<td>12.5%</td>
</tr>
<tr>
<td>All ages</td>
<td>16.8%</td>
<td>24.6%</td>
</tr>
</tbody>
</table>

4-3-3. Mental health conditions in South Australia – by socio-economic status

- In 2015, there was a statistically significant inverse correlation between the proportion of people aged 18 years reporting living with a doctor-diagnosed mental health condition and the socio-economic status of the geographic area in which they live.

Living with a doctor-diagnosed mental health condition (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>22.6%</td>
</tr>
<tr>
<td>Low SES</td>
<td>22.3%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>20.6%</td>
</tr>
<tr>
<td>High SES</td>
<td>19.6%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>19.7%</td>
</tr>
</tbody>
</table>

4-3-4. Mental health conditions in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages and is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-3-1 to 4-3-3 above.
- The national survey reports figures that broadly corroborate the statewide figures, showing that an estimated 18.1% of the age-standardised population in South Australia are living with a mental or behavioural problem that has lasted or which the survey respondent expects to last for six months or more.
- The South Australian rate is similar to the Australia-wide rate of 17.4%. There is also not a great deal of variation in rates between the states and territories.
**Living with a mental or behavioural problem (all ages), 2014–15 (age-standardised)**

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia</td>
<td>14.5%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>15.3%</td>
</tr>
<tr>
<td>Victoria</td>
<td>17.3%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>17.7%</td>
</tr>
<tr>
<td>Queensland</td>
<td>18.0%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>18.1%</strong></td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>18.2%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>21.0%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>17.4%</strong></td>
</tr>
</tbody>
</table>

4-3-5. Mental health conditions – Aboriginal people

- In 2012, around one in ten (10.3%) Aboriginal people in South Australia reported living with a doctor-diagnosed mental health problem.
- The rate was statistically significantly higher in metropolitan Adelaide (15.5%) than in Country SA (4.5%).
- The prevalence of mental health conditions in South Australia’s Aboriginal population (10.3%) is around a third lower than the state all-person rate (see 4-3-4 above).

**Living with a doctor-diagnosed mental health condition - Aboriginal people (aged 15+ years), 2012**

<table>
<thead>
<tr>
<th>Region</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>15.5%</td>
</tr>
<tr>
<td>Rural SA</td>
<td>4.4%</td>
</tr>
<tr>
<td>Remote SA*</td>
<td>4.5%</td>
</tr>
<tr>
<td>Country SA</td>
<td>4.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>10.3%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

* Survey did not include APY Lands

**Sources**

2. Based on ABS 2015, ‘Table 2.3 Summary health characteristics — States and territories, Proportion of persons’, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
4.4. Asthma prevalence

4.4.1. Asthma prevalence in South Australia – by Local Health Network

- In 2015, around one in seven (13.4%) South Australians aged 18 years or more were living with asthma.
- The rate varies between the three metropolitan Adelaide Local Health Networks (LHNs), from 11.0% in the Central Adelaide LHN up to 15.3% in the Northern Adelaide LHN.
- The Country SA rate (14.3%) is not statistically significantly higher than the metropolitan Adelaide rate of 13.0%, taking into account sampling error.
- No statistically significant underlying trend over the last decade in the proportion of people reporting living with asthma was identified, either for metropolitan Adelaide or Country SA residents.

**Asthma prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>15.3%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>11.0%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>13.1%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>13.0%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>14.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>13.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4.4.2. Asthma prevalence in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over that was living with asthma was statistically significantly higher for females (17.4%) than males (8.8%).

**Asthma prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>11.3%</td>
<td>13.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>6.8%</td>
<td>18.7%</td>
</tr>
<tr>
<td>35-44</td>
<td>7.1%</td>
<td>19.8%</td>
</tr>
<tr>
<td>45-54</td>
<td>9.3%</td>
<td>15.1%</td>
</tr>
<tr>
<td>55-64</td>
<td>9.0%</td>
<td>17.3%</td>
</tr>
<tr>
<td>65-74</td>
<td>10.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>75+</td>
<td>9.0%</td>
<td>17.7%</td>
</tr>
<tr>
<td>All ages</td>
<td>8.8%</td>
<td>17.4%</td>
</tr>
</tbody>
</table>

4.4.3. Asthma prevalence in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over who are living with asthma and the socio-economic status of the area in which they live.
Asthma prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>12.8%</td>
</tr>
<tr>
<td>Low SES</td>
<td>15.9%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>14.0%</td>
</tr>
<tr>
<td>High SES</td>
<td>12.2%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

4-4-4. Asthma prevalence in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages and is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-4-1 to 4-4-3 above.
- The national survey reports figures that broadly corroborate the state-wide survey a little over one in ten (10.6%) of the age-standardised population in South Australia estimated to be living with asthma.
- The South Australian rate is level with the estimated Australia-wide rate (10.8%) and there is little variation identifiable between the rates reported for the various states and territories.

Living with asthma (all ages), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>8.7%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>9.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>10.3%</td>
</tr>
<tr>
<td>Queensland</td>
<td>10.5%</td>
</tr>
<tr>
<td>South Australia</td>
<td>10.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>11.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>11.9%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>12.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>10.8%</td>
</tr>
</tbody>
</table>

4-4-5. Asthma prevalence – Aboriginal people

- The 19.7% of Aboriginal people in South Australia who reported living with asthma was slightly above the national average for Aboriginal people of 17.5%.
- Compared to Aboriginal people in other states and territories, South Australia was ranked fourth highest for this indicator.
- However, the South Australian rate was 11.9 percentage points above the lowest ranked jurisdiction (Northern Territory).
- The rate for Aboriginal people in South Australia during 2012-13 (19.7%) is around double the 10.8% for all persons in SA recorded in 2011-12 (see 4-4-4 above).
Asthma prevalence - Aboriginal people (aged 15+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>7.8%</td>
</tr>
<tr>
<td>Queensland</td>
<td>14.3%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>14.7%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>18.8%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>19.7%</strong></td>
</tr>
<tr>
<td>Victoria</td>
<td>21.5%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>23.1%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>23.4%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>17.5%</strong></td>
</tr>
</tbody>
</table>

Sources

2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', *National Health Survey: First Results, 2014-15*, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2013, 'Table 3.3 Selected health characteristics by State/Territory,' *Australian Aboriginal and Torres Strait Islander health survey: First results 2012-13*, cat. no. 4727.0.55.001, viewed 4 February 2014.
4-5. Diabetes prevalence

4-5-1. Diabetes prevalence in South Australia – by Local Health Network

- In 2015, around one in 11 (8.8%) South Australians aged 18 years or more had ever been told by a doctor that they had diabetes.
- The increased trend over the last decade in the proportion of people in metropolitan Adelaide reporting living with diabetes is statistically significant.
- However, no statistically significant underlying trend was identified for Country SA residents over this time period.

Diabetes prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>10.5%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>8.4%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>9.8%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>9.5%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>7.3%</td>
</tr>
<tr>
<td>South Australia</td>
<td>8.8%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-5-2. Diabetes prevalence in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over that had ever been told by a doctor that they have diabetes was higher for males (10.7%) than females (7.2%).
- The prevalence of diabetes is correlated with age, particularly for males.

Diabetes prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>1.9%</td>
<td>n.a.*</td>
</tr>
<tr>
<td>25-34</td>
<td>1.8%</td>
<td>2.6%</td>
</tr>
<tr>
<td>35-44</td>
<td>1.6%</td>
<td>6.7%</td>
</tr>
<tr>
<td>45-54</td>
<td>11.0%</td>
<td>8.2%</td>
</tr>
<tr>
<td>55-64</td>
<td>16.7%</td>
<td>7.9%</td>
</tr>
<tr>
<td>65-74</td>
<td>22.2%</td>
<td>11.6%</td>
</tr>
<tr>
<td>75+</td>
<td>26.3%</td>
<td>14.0%</td>
</tr>
<tr>
<td>All ages</td>
<td>10.7%</td>
<td>7.2%</td>
</tr>
</tbody>
</table>

* not reported due to small cell sizes

4-5-3. Diabetes prevalence in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over who have ever been told by a doctor that they have diabetes and the socio-economic status of the area in which they live (SES).
• However, prevalence in the lowest SES quintile (12.9%) is more than double that of the highest SES quintile (6.4%).

**Diabetes prevalence (aged 18+ years), 2015**

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>12.9%</td>
</tr>
<tr>
<td>Low SES</td>
<td>7.8%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>9.3%</td>
</tr>
<tr>
<td>High SES</td>
<td>8.6%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

4-5-4. Diabetes prevalence in Australia – by state and territory

• Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages who are or had been living with diabetes mellitus and is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-5-1 to 4-5-3 above.
• The national survey estimates that 4.6% of the age-standardised South Australian population self-reports having diabetes (whether or not the disease was current at the time of interview).
• The South Australian rate is level with the estimated Australia-wide rate (4.7%) and there is very little variation between the rates reported for the various states and territories.

**Living with diabetes mellitus (all ages), 2014–15 (age-standardised)**

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>4.2%</td>
</tr>
<tr>
<td>Queensland</td>
<td>4.3%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>4.3%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>4.6%</strong></td>
</tr>
<tr>
<td>Western Australia</td>
<td>4.6%</td>
</tr>
<tr>
<td>Victoria</td>
<td>4.7%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>4.9%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>5.1%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>4.7%</strong></td>
</tr>
</tbody>
</table>

4-5-5. Diabetes prevalence – Aboriginal people

• The prevalence of diabetes in the South Australian Aboriginal population was 8.9% in 2012-13, around twice that of the all-population prevalence for this state in 2011-12 (see 4-5-4 above). However, readers should note that figures are not directly comparable because of different time periods and definitions.
• Compared to Aboriginal people in other states and territories, South Australia was ranked third highest for this indicator.
• However, the South Australian rate was 3.1 percentage points below the highest ranked jurisdiction (Northern Territory).
Diabetes/high sugar levels prevalence – Aboriginal people (aged 2+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasmania</td>
<td>3.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>7.1%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>7.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>8.1%</td>
</tr>
<tr>
<td>Queensland</td>
<td>8.3%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>8.9%</strong></td>
</tr>
<tr>
<td>Western Australia</td>
<td>10.0%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>12.0%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>8.6%</strong></td>
</tr>
</tbody>
</table>

Sources

1. Based on customised data extract from the South Australian Monitoring and Surveillance System (SAMSS) 2016, provided by Population Research and Outcome Studies, University of Adelaide, 29 November 2016.
2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', *National Health Survey: First Results, 2014-15*, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2014, 'Table 3.3 Selected health characteristics, by State/Territory – 2012-13, Proportion of Aboriginal and Torres Strait Islander persons,' *Australian Aboriginal and Torres Strait Islander health survey: Updated results 2012-13*, cat. no. 4727.0.55.006, viewed 18 August 2014.
4-6. Cardiovascular disease prevalence

4-6-1. Cardiovascular disease prevalence in South Australia – by Local Health Network

- In 2015, around one in 12 (8.1%) South Australians aged 18 years or more were living with cardiovascular disease, defined here as ever had doctor-diagnosed heart attack, angina, heart disease and/or stroke.
- The prevalence of cardiovascular disease in metropolitan Adelaide (8.4%) is not statistically significantly higher than the Country SA rate of 7.2%, taking into account sampling margin of error.
- No statistically significant underlying trend over the last decade in the proportion of people reporting living with cardiovascular disease was identified, either for metropolitan Adelaide or Country SA residents.

Cardiovascular disease prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>8.2%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>8.5%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>8.6%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>8.4%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>7.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>8.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-6-2. Cardiovascular disease prevalence in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over living with cardiovascular disease - defined here as ever had doctor-diagnosed heart attack, angina, heart disease and/or stroke - was statistically significantly higher for males (9.8%) than females (6.5%).
- The prevalence of cardiovascular disease is also correlated with age.

Cardiovascular disease prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.0%</td>
<td>1.9%</td>
</tr>
<tr>
<td>25-34</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>3.1%</td>
<td>0.9%</td>
</tr>
<tr>
<td>45-54</td>
<td>5.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>55-64</td>
<td>10.4%</td>
<td>7.6%</td>
</tr>
<tr>
<td>65-74</td>
<td>26.1%</td>
<td>13.8%</td>
</tr>
<tr>
<td>75+</td>
<td>40.9%</td>
<td>27.5%</td>
</tr>
<tr>
<td>All ages</td>
<td>9.8%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

4-6-3. Cardiovascular disease prevalence in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over living with cardiovascular disease - defined here as ever had doctor-
diagnosed heart attack, angina, heart disease and/or stroke - and the socio-economic status of the area in which they live.

Cardiovascular disease prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>11.2%</td>
</tr>
<tr>
<td>Low SES</td>
<td>7.7%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>8.2%</td>
</tr>
<tr>
<td>High SES</td>
<td>7.0%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

4-6-4. Cardiovascular disease prevalence in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages who have been told by a doctor or nurse that they have a cardiovascular condition. It is not directly comparable with data presented in 4-6-1 to 4-6-3 above from the state-wide survey.
- This measure includes the following current and long-term conditions: oedema; heart failure; diseases of the arteries, arterioles and capillaries; and the following conditions whether or not current and long-term: ischaemic heart diseases (angina, heart attack and other ischaemic heart diseases); cerebrovascular diseases (stroke and other cerebrovascular diseases).
- The national survey estimates that 4.5% of the age-standardised South Australian population self-reported having a cardiovascular disease.
- The South Australian rate is level with the estimated Australia-wide rate (4.7%) and sits in the middle of a similar band of rates reported for most of the states and territories.

Prevalence of heart, stroke and vascular disease (all ages), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>3.8%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>3.9%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>4.2%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>4.4%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td>4.5%</td>
</tr>
<tr>
<td>Victoria</td>
<td>4.9%</td>
</tr>
<tr>
<td>Queensland</td>
<td>5.2%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>6.3%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td>4.7%</td>
</tr>
</tbody>
</table>

4-6-5. Cardiovascular disease prevalence – Aboriginal people

- The prevalence of heart and circulatory problems/diseases in the South Australian Aboriginal population (aged two years and over) was 12.5% in 2012-13, only very slightly below the national average for Aboriginal people of 12.7%.
- Heart and circulatory problems/diseases are defined here as hypertensive disease; ischaemic heart diseases; other heart diseases; tachycardia; cerebrovascular diseases; oedema;
diseases of the arteries, arterioles and capillaries; diseases of the veins, lymphatic vessels, other diseases of the circulatory system; and symptoms and signs involving the circulatory system.

- The 12.5% of Aboriginal people in South Australia living with cardiovascular disease is substantially higher than the all-person prevalence for this state (see 4-6-4 above). However, readers should note that figures are not directly comparable as the figures in 4-6-4 are age-standardised.
- Compared to Aboriginal people in other states and territories, South Australia was ranked fourth highest for this indicator.

Cardiovascular disease prevalence -- Aboriginal people (aged 2+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>8.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>10.0%</td>
</tr>
<tr>
<td>Queensland</td>
<td>11.9%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>12.2%</td>
</tr>
<tr>
<td>South Australia</td>
<td>12.5%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>13.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>14.7%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>15.2%</td>
</tr>
<tr>
<td>Australia</td>
<td>12.7%</td>
</tr>
</tbody>
</table>

Sources

2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2014, 'Table 3.3 Selected health characteristics, by State/Territory, Proportion of Aboriginal and Torres Strait Islander persons,' Australian Aboriginal and Torres Strait Islander health survey: Updated results 2012-13, cat. no. 4727.0.55.006, viewed 19 August 2014.
4-7. Osteoporosis prevalence

4-7-1. Osteoporosis prevalence in South Australia – by Local Health Network

- In 2015, 4.4% of South Australians aged 18 years or more were living with osteoporosis.
- The prevalence of osteoporosis in metropolitan Adelaide (4.8%) is statistically significantly higher than Country SA (3.4%).
- No statistically significant underlying trend over the last decade in the proportion of people reporting living with osteoporosis was identified, either for metropolitan Adelaide or Country SA residents.

Osteoporosis prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Local Health Network</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Adelaide LHN</td>
<td>4.8%</td>
</tr>
<tr>
<td>Central Adelaide LHN</td>
<td>4.5%</td>
</tr>
<tr>
<td>Southern Adelaide LHN</td>
<td>5.1%</td>
</tr>
<tr>
<td>Metropolitan Adelaide</td>
<td>4.8%</td>
</tr>
<tr>
<td>Country SA LHN</td>
<td>3.4%</td>
</tr>
<tr>
<td>South Australia</td>
<td>4.4%</td>
</tr>
<tr>
<td>Australia</td>
<td>n.a.</td>
</tr>
</tbody>
</table>

4-7-2. Osteoporosis prevalence in South Australia – by age and sex

- In 2015, the proportion of the population aged 18 years and over living with osteoporosis was more than four times as high for females (6.8%) than males (1.7%).
- The prevalence of osteoporosis is also correlated with age.

Osteoporosis prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-54</td>
<td>0.2%</td>
<td>0.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>3.0%</td>
<td>11.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>4.4%</td>
<td>16.8%</td>
</tr>
<tr>
<td>75+</td>
<td>5.5%</td>
<td>26.0%</td>
</tr>
<tr>
<td>All ages</td>
<td>1.7%</td>
<td>6.8%</td>
</tr>
</tbody>
</table>

4-7-3. Osteoporosis prevalence in South Australia – by socio-economic status

- In 2015, there was no statistically significant correlation between the proportion of people aged 18 years and over living with osteoporosis and the socio-economic status of the geographic area in which they live.
### Osteoporosis prevalence (aged 18+ years), 2015

<table>
<thead>
<tr>
<th>Socio-economic status (SES)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest SES</td>
<td>5.0%</td>
</tr>
<tr>
<td>Low SES</td>
<td>3.8%</td>
</tr>
<tr>
<td>Middle SES</td>
<td>4.7%</td>
</tr>
<tr>
<td>High SES</td>
<td>4.0%</td>
</tr>
<tr>
<td>Highest SES</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

#### 4-7-4. Osteoporosis prevalence in Australia – by state and territory

- Data presented here is from the Australian Bureau of Statistics’ 2014-15 National Health Survey for people of all ages reporting living with osteoporosis. This is not directly comparable with data presented from the state-wide survey for ages 18 years and over in 4-7-1 to 4-7-3 above.
- The national survey estimates that 3.1% of the age-standardised population in South Australia are living with osteoporosis.
- The South Australian rate is level with the Australia-wide estimate (3.1%) and within a band in which most of the states and territories have their estimated rates, although there is some variation apparent between the jurisdictions.

### Osteoporosis prevalence (all ages), 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>1.6%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>2.7%</td>
</tr>
<tr>
<td>Queensland</td>
<td>2.8%</td>
</tr>
<tr>
<td>Victoria</td>
<td>3.0%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>3.0%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td>3.1%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>3.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>4.0%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td>3.1%</td>
</tr>
</tbody>
</table>

#### 4-7-5. Osteoporosis prevalence – Aboriginal people

- The prevalence of osteoporosis in the South Australian Aboriginal population was 1.4% in 2012-13, similar to the national average for Aboriginal people of 1.5%.
- Readers are advised that the South Australian estimate has a relative standard error between 25% and 50% and should be used with caution.
Osteoporosis prevalence - Aboriginal people (aged 2+ years), 2012-13

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia*</td>
<td>0.7%</td>
</tr>
<tr>
<td>Queensland*</td>
<td>1.2%</td>
</tr>
<tr>
<td>Northern Territory*</td>
<td>1.2%</td>
</tr>
<tr>
<td>South Australia*</td>
<td>1.4%</td>
</tr>
<tr>
<td>Australian Capital Territory*</td>
<td>1.8%</td>
</tr>
<tr>
<td>Tasmania*</td>
<td>2.0%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>2.1%</td>
</tr>
<tr>
<td>Victoria*</td>
<td>2.1%</td>
</tr>
<tr>
<td>Australia</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

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

Sources

2. Based on ABS 2015, 'Table 2.3 Summary health characteristics — States and territories, Proportion of persons', National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
3. Based on ABS 2013, 'Table 3.3 Selected health characteristics, by State/Territory – 2012-13, Proportion of Aboriginal and Torres Strait Islander persons', cat. no. 4727.0.55.001, viewed 19 August 2014.
4-8. Chronic bronchitis or emphysema prevalence

4-8-1. Chronic bronchitis or emphysema prevalence in Australia – by state and territory

- An estimated one in 40 (2.5%) of the age-standardised population in South Australia are living with chronic obstructive pulmonary disease (including bronchitis and emphysema) which has lasted or is expected to last six months or longer.
- The estimate is a little higher than the 2.1% estimated by the previous survey (for 2011-12).
- The South Australian rate is level with the Australia-wide estimate (2.4%) and around the middle of a narrow band from 2.0% to 3.0% within which the rates for each of the states and territories are estimated to fall.


<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Australia</td>
<td>2.0%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>2.2%</td>
</tr>
<tr>
<td>Victoria</td>
<td>2.3%</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>2.4%</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>2.5%</strong></td>
</tr>
<tr>
<td>Queensland</td>
<td>2.6%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>2.7%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>3.0%</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>2.4%</strong></td>
</tr>
</tbody>
</table>

4-8-2. Chronic bronchitis or emphysema prevalence – Aboriginal people

Data not available for this indicator.

Sources

1. Based on ABS 2015, ‘Table 2.3 Summary health characteristics — States and territories, Proportion of persons’, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
4-9. Back pain prevalence

4-9-1. Back pain prevalence in Australia – by state and territory

- An estimated one in six (17.0%) of the age-standardised population in South Australia are living with a back problem which has lasted or is expected to last six months or longer.
- This measure includes sciatica, disc disorders, curvature of the spine and other back pain/problems.
- The estimate for South Australian rate is higher than for any other state or territory, although margins for error in the estimation mean that there is little to distinguish between the estimates for the various jurisdictions.

Prevalence of long-term back conditions, 2014–15 (age-standardised)

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Territory</td>
<td>14.1%</td>
</tr>
<tr>
<td>New South Wales</td>
<td>15.4%</td>
</tr>
<tr>
<td>Victoria</td>
<td>15.4%</td>
</tr>
<tr>
<td>Western Australia</td>
<td>15.6%</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>15.9%</td>
</tr>
<tr>
<td>Queensland</td>
<td>16.1%</td>
</tr>
<tr>
<td>Tasmania</td>
<td>16.8%</td>
</tr>
<tr>
<td>South Australia</td>
<td>17.0%</td>
</tr>
<tr>
<td>Australia</td>
<td>15.6%</td>
</tr>
</tbody>
</table>

4-9-2. Back pain prevalence – Aboriginal people

Data not available for this indicator.

Sources

1. Based on ABS 2015, ‘Table 2.3 Summary health characteristics — States and territories, Proportion of persons’, National Health Survey: First Results, 2014-15, cat. no. 4364.0.55.001, viewed 6 June 2016.
Chapter 5: End of life

Introduction

Chapter 2, *Starting well and the early years*, focuses on South Australians’ start of life and the foundations on which South Australians’ health is built. Chapter 5 focuses on the other end of the spectrum, death.

The start South Australians have in life, their lifestyle choices and socioeconomic factors across the lifespan have an impact on the final years of life. Understanding patterns and trends in mortality is an important step in identifying areas for further analysis and potential opportunities to improve population health.

Chapter 5 starts with an overview of various death measures by different factors, including sex, region and Aboriginal status. It then looks at perinatal deaths and infant mortality rates, both important elements directly impacted by the health status of pregnant women and indirectly by social, economic and environmental conditions.

The chapter concludes with an overview of the leading causes of death by age group, providing important information about conditions which may require further analysis or public health intervention. This includes death from intentional self-harm (suicide), a cause of death which has an immense impact on families and communities.
End of life

In summary

- South Australia records more than 13,000 deaths every year, converting to a standardised death rate of 5.7 deaths per 1,000 population.
- The median age of death for males in South Australia is 80.1 years.
- The median age of death for females in South Australia is 85.6 years.
- The perinatal death rate in South Australia has been declining over the last decade and is now at 5.9 perinatal deaths per 1,000 all births. Perinatal deaths are all fetal deaths (at least 20 weeks' gestation or at least 400 grams birth weight) plus all neonatal deaths. South Australia has the lowest rate of perinatal deaths in Australia compared to the other states and territories.
- Over the last decade, South Australia's infant mortality rate has been trending down to 2.6 infant deaths per 1,000 live births. Infant mortality is defined as deaths of persons aged under one year of age.
- Due to the extremely small numbers involved, child mortality (deaths of persons aged 1-4 years) is not reported in State of Our Health.
- Overall, the top three leading causes of death in South Australia are: heart disease, cancer (of digestive organs) and organic mental disorders.
- Leading causes of death vary with age group, but for the younger population, between the ages of 15 and 44 years, the leading cause of death is intentional self-harm.
5-1. Death rate

5-1-1. Death rate

- In 2014, South Australia reported 13,262 deaths, converting to a standardised death rate of 5.7 deaths per 1,000 population.
- The standardised death rate was slightly higher in Country SA (5.9 per 1,000 people) than Greater Adelaide (5.6).
- The South Australian standardised death rate has declined over the last decade, down from 6.8 per 1,000 population recorded in 2004.
- South Australia standardised death rate is only very slightly above the national average of 5.5 per 1,000 population.

### Standardised death rate, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>Per 1000 popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>5.6</td>
</tr>
<tr>
<td>Country SA</td>
<td>5.9</td>
</tr>
<tr>
<td>South Australia</td>
<td>5.7</td>
</tr>
<tr>
<td>Australia</td>
<td>5.5</td>
</tr>
</tbody>
</table>

![Graph showing standardised death rate over years]

### Standardised death rate, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>Per 1000 popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aust. Capital Territory</td>
<td>4.9</td>
</tr>
<tr>
<td>Victoria</td>
<td>5.3</td>
</tr>
<tr>
<td>Western Australia</td>
<td>5.3</td>
</tr>
<tr>
<td>New South Wales</td>
<td>5.5</td>
</tr>
<tr>
<td>Queensland</td>
<td>5.7</td>
</tr>
<tr>
<td>South Australia</td>
<td>5.7</td>
</tr>
<tr>
<td>Tasmania</td>
<td>6.6</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>8.0</td>
</tr>
<tr>
<td>Australia</td>
<td>5.5</td>
</tr>
</tbody>
</table>

![Graph showing standardised death rate by state/territory]

5-1-2. Aboriginal death rate

- This section reports the five year aggregate age standardised all-cause mortality rate for Aboriginal people (per 1,000 Aboriginal people).
- Only New South Wales, Queensland, Western Australia, South Australia and the Northern Territory are included due to there being evidence of sufficient levels of identification and sufficient numbers of deaths to support mortality analysis.
- In the five-year period 2010-2014 the Aboriginal death rate in South Australia was 8.3 deaths per 1,000 Aboriginal population (age standardised).
- Of the five states and territories that reported data, South Australia ranks second-lowest for Aboriginal mortality rate.
Aboriginal standardised death rate, 2010-2014

<table>
<thead>
<tr>
<th>Region</th>
<th>Per 1000 popn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>8.3</td>
</tr>
<tr>
<td>Total*</td>
<td>9.9</td>
</tr>
</tbody>
</table>

* Total includes data for NSW, Qld, WA, SA and the NT only. These five states and territories have been included due to there being evidence of sufficient levels of identification and sufficient numbers of deaths to support mortality analysis. Data were not published for the periods 2003-2007, 2004-2008 and 2005-2009.

Sources

1. Based on ABS 2015, 'Table 4.1 Deaths, Summary, Statistical Area Level 4-2011 to 2014', , cat. no. 3302.0, viewed 18 March 2016.
5-2. Median age at death

5-2-1. Male median age at death

- The median age of death for males in South Australia was 80.1 years in 2014, higher than the 78.5 years recorded for males nationally, but well below the 85.6 years for females in South Australia.
- Over the last decade there has been a gradual increase in the median age at death for males in South Australia up from 77.5 years in 2004.
- In 2014 South Australia had the highest median age at death for males of the states and territories. However, outside of the Northern Territory there isn’t a large amount of variation between the jurisdictions.
- The graphs below do not start at the origin to show detail.

<table>
<thead>
<tr>
<th>Region</th>
<th>Median age at death, Males, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>80.1</td>
</tr>
<tr>
<td>Australia</td>
<td>78.5</td>
</tr>
</tbody>
</table>

5-2-2. Female median age at death

- The median age of death for females in South Australia was 85.6 years in 2014, higher than the 84.8 years recorded for females nationally, and well above the 80.1 years for males in South Australia.
- Over the last decade there has been a gradual increase in the median age at death for females in South Australia, up from 83.2 years in 2004.
- In 2014 South Australia had the highest median age at death for females of the states and territories. However, outside of the Northern Territory there isn’t a large amount of variation between the jurisdictions.
- The graphs below do not start at the origin to show detail.
Median age at death, Females, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>85.6</td>
</tr>
<tr>
<td>Australia</td>
<td>84.8</td>
</tr>
</tbody>
</table>

Due to serious data quality concerns raised by several sources, the State of Our Health does not report Aboriginal median age at death as a useful population health status indicator at this time.

Sources

5-3. Perinatal deaths

5-3-1. Perinatal deaths

- Perinatal deaths are all fetal deaths (at least 20 weeks' gestation or at least 400 grams birth weight) plus all neonatal deaths.
- In 2014, there were 5.9 perinatal deaths in South Australia per 1,000 all births, a rate that has declined markedly over the last decade, down from 9.2 in 2004.
- South Australia has the lowest rate of perinatal deaths in Australia compared to the other states and territories, and below the national average rate of 8.0 perinatal deaths per 1,000 all births.
- All births comprise live births and stillbirths.

Perinatal deaths, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>per 1000 all births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>5.9</td>
</tr>
<tr>
<td>Australia</td>
<td>8.0</td>
</tr>
</tbody>
</table>

Perinatal deaths, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>per 1000 all births</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia</td>
<td>5.9</td>
</tr>
<tr>
<td>New South Wales</td>
<td>7.0</td>
</tr>
<tr>
<td>Victoria</td>
<td>7.4</td>
</tr>
<tr>
<td>Western Australia</td>
<td>8.1</td>
</tr>
<tr>
<td>Australian Capital Territory</td>
<td>9.7</td>
</tr>
<tr>
<td>Queensland</td>
<td>9.8</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>11.3</td>
</tr>
<tr>
<td>Tasmania</td>
<td>15.5</td>
</tr>
<tr>
<td>Australia</td>
<td>8.0</td>
</tr>
</tbody>
</table>

5-3-2. Aboriginal perinatal deaths

- Perinatal deaths are all fetal deaths (at least 20 weeks' gestation or at least 400 grams birth weight) plus all neonatal deaths.
- In the five-year period 2010-2014, there were 3.9 Aboriginal perinatal deaths in South Australia per 1,000 relevant births, down from 5.3 recorded in the 2006-2010 period.
- South Australia has the lowest rate of Aboriginal perinatal deaths in Australia compared to the selected states and territories that reported data, and below the combined total rate of 9.5 Aboriginal perinatal deaths per 1,000 relevant births.
- Total relevant births comprise live births and fetal deaths (where gestation is at least 20 weeks' or birthweight of at least 400 grams).
### Aboriginal perinatal deaths, 2010-2014

<table>
<thead>
<tr>
<th>Region</th>
<th>per 1000 relevant births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>3.9</td>
</tr>
<tr>
<td>Total*</td>
<td>9.5</td>
</tr>
</tbody>
</table>

* Total includes data reported by jurisdiction of usual residence for New South Wales, Queensland, Western Australia, South Australia and the Northern Territory only.

### Aboriginal perinatal deaths, 2010-2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>per 1000 relevant births</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Australia</td>
<td>3.9</td>
</tr>
<tr>
<td>New South Wales</td>
<td>6.2</td>
</tr>
<tr>
<td>Queensland</td>
<td>10.5</td>
</tr>
<tr>
<td>Western Australia</td>
<td>11.0</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>19.3</td>
</tr>
<tr>
<td>Tasmania</td>
<td>n.p.</td>
</tr>
<tr>
<td>Victoria</td>
<td>n.p.</td>
</tr>
<tr>
<td>Total*</td>
<td>9.5</td>
</tr>
</tbody>
</table>

* Total includes data reported by jurisdiction of usual residence for New South Wales, Queensland, Western Australia, South Australia and the Northern Territory only.

**Sources**

1. Based on ABS 2016, 'Table 13.4 Perinatal deaths by state or territory of usual residence of mother, 2005-2014' and 'Table 13.20 Perinatal deaths, by Aboriginal and Torres Strait Islander status, Selected states and territories, 2010-2014', cat. no. 3303.0, viewed 18 March 2016.
5-4. Infant mortality

5-4-1. Infant mortality

- Infant mortality is defined as deaths of persons aged under one year of age, expressed here as a rate per 1,000 live births.
- Over the last decade, South Australia’s infant mortality rate has been trending down, from 3.2 infant deaths per 1,000 live births in 2004 to 2.6 in 2014.
- The state rate is below the national average of 3.4 infant deaths per 1,000 live births.
- South Australia ranks third-lowest for infant mortality rate of the states and territories.

### Infant deaths, 2014

<table>
<thead>
<tr>
<th>Region</th>
<th>per 1000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td>South Australia</td>
<td>2.6</td>
</tr>
<tr>
<td>Australia</td>
<td>3.4</td>
</tr>
</tbody>
</table>

### Infant deaths, 2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>per 1000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>2.3</td>
</tr>
<tr>
<td>Western Australia</td>
<td>2.5</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td>2.6</td>
</tr>
<tr>
<td>Victoria</td>
<td>2.8</td>
</tr>
<tr>
<td>New South Wales</td>
<td>3.5</td>
</tr>
<tr>
<td>Queensland</td>
<td>4.4</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>5.2</td>
</tr>
<tr>
<td>Tasmania</td>
<td>5.2</td>
</tr>
<tr>
<td><strong>Australia</strong></td>
<td><strong>3.4</strong></td>
</tr>
</tbody>
</table>

5-4-2. Aboriginal infant mortality

- Aboriginal infant mortality is defined as deaths of Aboriginal persons aged under one year of age, expressed here as a rate per 1,000 live Aboriginal births, and then averaged over a three year period due to the small numbers involved.
- Over the last decade, South Australia’s Aboriginal infant mortality rate has been, overall, trending down - from 9.4 Aboriginal infant deaths per 1,000 live Aboriginal births in the period 2002-2004 to 7.6 in the period 2012-2014.
- The South Australian figure is above the average of the total of the states and territories that reported data (6.0 Aboriginal infant deaths per 1,000 live Aboriginal births).
- Of the five states and territories that published data, South Australia ranks second-highest for Aboriginal infant mortality rate.
### Aboriginal infant mortality, 2012-2014

<table>
<thead>
<tr>
<th>Region</th>
<th>per 1000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metropolitan Adelaide</td>
<td>n.a.</td>
</tr>
<tr>
<td>Country SA</td>
<td>n.a.</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>7.6</strong></td>
</tr>
<tr>
<td><strong>Total</strong>*</td>
<td><strong>6.0</strong></td>
</tr>
</tbody>
</table>

![Graph showing Aboriginal infant mortality, 2012-2014](image)

### Aboriginal infant mortality, 2012-2014

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>per 1000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>New South Wales</td>
<td>4.4</td>
</tr>
<tr>
<td>Western Australia</td>
<td>5.1</td>
</tr>
<tr>
<td>Queensland</td>
<td>6.1</td>
</tr>
<tr>
<td><strong>South Australia</strong></td>
<td><strong>7.6</strong></td>
</tr>
<tr>
<td>Northern Territory</td>
<td>12.5</td>
</tr>
<tr>
<td>Tasmania</td>
<td>n.p.</td>
</tr>
<tr>
<td>Victoria</td>
<td>n.p.</td>
</tr>
<tr>
<td><strong>Total</strong>*</td>
<td><strong>6.0</strong></td>
</tr>
</tbody>
</table>

* Total includes data reported by jurisdiction of usual residence for New South Wales, Queensland, Western Australia, South Australia and the Northern Territory only

### Sources

5-5. Leading causes of death by age group in South Australia

Summary – Top 3 causes of death

The top three leading causes of death in South Australia in 2014 were ischaemic heart diseases, malignant neoplasms (i.e. cancers) of digestive organs and organic (including symptomatic) mental disorders.

### All-ages death rate per 100,000 population, 2014

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL AGES, ALL CAUSES</td>
<td>783.9</td>
<td>789.5</td>
<td>786.7</td>
</tr>
<tr>
<td>1. Ischaemic heart diseases</td>
<td>118.1</td>
<td>98.3</td>
<td>108.1</td>
</tr>
<tr>
<td>2. Malignant neoplasms of digestive organs</td>
<td>66.5</td>
<td>53.3</td>
<td>59.9</td>
</tr>
<tr>
<td>3. Organic, including symptomatic, mental disorders</td>
<td>37.8</td>
<td>72.6</td>
<td>55.3</td>
</tr>
</tbody>
</table>

Additional detail by age cohort and sex is provided in the tables below.

### 5-5-1. Ages under one year – Top 3 causes of death

#### Age specific death rate per 1,000 live births, 2014

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages under 1 year, all causes</td>
<td>2.6</td>
<td>2.5</td>
<td>2.6</td>
</tr>
<tr>
<td>1. Fetus and newborn affected by maternal factors and by complications of pregnancy, labour and delivery</td>
<td>0.6</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>2. Disorders related to length of gestation and fetal growth</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>3. Ill-defined and unknown causes of mortality</td>
<td>0.5</td>
<td>n.p.</td>
<td>0.4</td>
</tr>
</tbody>
</table>

n.p. not available for publication but included in totals where applicable, unless otherwise indicated.
5-5-2. Ages one year and over by cohort – Top 3 causes of death

Age specific death rate per 100,000 population, 2014

<table>
<thead>
<tr>
<th>Ages 1-14 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9.8</td>
<td>11.1</td>
<td>10.5</td>
</tr>
</tbody>
</table>

*Top 3 causes of death not published for this age cohort*

<table>
<thead>
<tr>
<th>Ages 15-24 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Intentional self-harm</td>
<td>17.8</td>
<td>4.7</td>
<td>11.4</td>
</tr>
<tr>
<td>2. Car occupant injured in transport accident</td>
<td>8.0</td>
<td>n.p.</td>
<td>5.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 25-34 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Intentional self-harm</td>
<td>22.6</td>
<td>10.7</td>
<td>16.8</td>
</tr>
<tr>
<td>2. Car occupant injured in transport accident</td>
<td>n.p.</td>
<td>n.p.</td>
<td>3.5</td>
</tr>
<tr>
<td>3. Accidental poisoning by and exposure to noxious substances</td>
<td>4.4</td>
<td>n.p.</td>
<td>3.1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 35-44 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Intentional self-harm</td>
<td>43.3</td>
<td>12.9</td>
<td>28.1</td>
</tr>
<tr>
<td>2. Ischaemic heart diseases</td>
<td>16.6</td>
<td>n.p.</td>
<td>9.2</td>
</tr>
<tr>
<td>3. Malignant neoplasms of digestive organs</td>
<td>11.1</td>
<td>6.4</td>
<td>8.8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 45-54 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Malignant neoplasms of digestive organs</td>
<td>27.3</td>
<td>26.0</td>
<td>26.6</td>
</tr>
<tr>
<td>2. Ischaemic heart diseases</td>
<td>33.4</td>
<td>12.1</td>
<td>22.7</td>
</tr>
<tr>
<td>3. Intentional self-harm</td>
<td>36.1</td>
<td>6.1</td>
<td>21.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 55-64 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Malignant neoplasms of digestive organs</td>
<td>112.5</td>
<td>50.7</td>
<td>81.0</td>
</tr>
<tr>
<td>2. Ischaemic heart diseases</td>
<td>97.9</td>
<td>16.9</td>
<td>56.6</td>
</tr>
<tr>
<td>3. Malignant neoplasms of respiratory and intrathoracic organs</td>
<td>67.5</td>
<td>37.6</td>
<td>52.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 65-74 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Malignant neoplasms of digestive organs</td>
<td>184.0</td>
<td>126.0</td>
<td>154.1</td>
</tr>
<tr>
<td>2. Ischaemic heart diseases</td>
<td>210.5</td>
<td>59.9</td>
<td>132.9</td>
</tr>
<tr>
<td>3. Malignant neoplasms of respiratory and intrathoracic organs</td>
<td>136.3</td>
<td>92.3</td>
<td>113.7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 75-84 years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ischaemic heart diseases</td>
<td>634.2</td>
<td>360.3</td>
<td>484.4</td>
</tr>
<tr>
<td>2. Malignant neoplasms of digestive organs</td>
<td>403.1</td>
<td>280.9</td>
<td>336.3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 85+ years, all causes</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ischaemic heart diseases</td>
<td>221.8</td>
<td>220.2</td>
<td>221.5</td>
</tr>
<tr>
<td></td>
<td>Males</td>
<td>Females</td>
<td>Persons</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>-------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>3. Cerebrovascular diseases</td>
<td>280.2</td>
<td>252.4</td>
<td>265.0</td>
</tr>
<tr>
<td><strong>Ages 85-94 years, all causes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Ischaemic heart diseases</td>
<td>2,573.3</td>
<td>1,827.3</td>
<td>2,097.8</td>
</tr>
<tr>
<td>2. Organic, including symptomatic, mental disorders</td>
<td>1,349.9</td>
<td>1,491.5</td>
<td>1,440.2</td>
</tr>
<tr>
<td>3. Cerebrovascular diseases</td>
<td>1,167.1</td>
<td>1,159.6</td>
<td>1,162.3</td>
</tr>
<tr>
<td><strong>Ages 95 years and over, all causes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Ischaemic heart diseases</td>
<td>6,141.5</td>
<td>5,516.9</td>
<td>5,677.9</td>
</tr>
<tr>
<td>2. Organic, including symptomatic, mental disorders</td>
<td>3,471.3</td>
<td>4,775.2</td>
<td>4,439.1</td>
</tr>
<tr>
<td>3. Cerebrovascular diseases</td>
<td>2,536.7</td>
<td>4,172.5</td>
<td>3,750.9</td>
</tr>
</tbody>
</table>

n.p. not available for publication but included in totals where applicable, unless otherwise indicated.

**Sources**

1. Based on ABS 2016, 'Table 5.3 Underlying cause of death, Selected causes by age at death, numbers and rates, South Australia, 2014', cat. no. 3303.0, viewed 18 March 2016.