

LIVING IN AUSTRALIA



Which state is
the most active?
HILDA data tells
all inside

**YOUR PRIVACY
EXPLAINED**

**YOUR CASH
BONUS AND
TERRIFIC
OFFER**



**MEET THE
HILDA TEAM**

A message from Professor Stephen Zubrick Senior Principal Research Fellow at the Telethon Kids Institute



Dear Living in Australia study participant,

“Over the last 20 years there has been a transformation in available longitudinal information about Australian families and their economic and social circumstances. The HILDA survey is one of the primary contributors to this transformation and represents one of the premiere sources of reliable and relevant information about how Australians are making their way in a rapidly changing world.

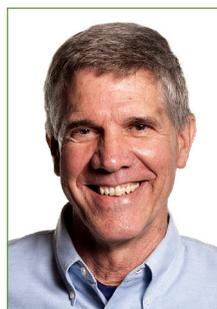
The influence of findings based on HILDA is impressive and their reach is exceptional. How is Australia faring in addressing economic inequality? How do families balance their time and money in meeting the demands of family and work? What are the changes that have occurred and are occurring in Australia’s use of casual employment? What has been the impact of negative gearing and what are the implications of changing how this is regulated? What is the basis of happiness and life satisfaction? Are more Australians able to choose a life they value and to contribute socially, economically and civically?

Whether one looks across social science, government policy development, contemporary media, or whether one looks nationally or internationally, HILDA data are used to inform critically important debates, initiatives, and evaluations that are central to how people live their lives. HILDA has increased our capacity to make major social and economic policy decisions based upon evidence.”

A handwritten signature in black ink, appearing to read 'Stephen Zubrick'.

Professor Stephen Zubrick
MSc AM PhD

Stephen Zubrick currently holds a Professorial appointment in the Graduate School of Education at the University of Western Australia and is a Senior Principal Research Fellow at the Telethon Kids Institute.



What’s new this year?

It seems that every year we all face new challenges and demands that impact our daily lives. Some of these changes are small and insignificant, others are considerable - but all are important to the HILDA (Living in Australia) study.

The HILDA study continues to be a valuable source of information for policy makers and researchers concerned with improving the lives of all Australians. By participating in this unique Australian study you can contribute to a better understanding of life in Australia today.

This year we have a number of questions relating to your health, health-care visits, eating habits, physical activity and sleep. There are also some questions about health insurance, and your overall health status. This is a great opportunity to convey Australia’s healthy habits and health care needs to Australia’s policy makers.

Why are YOU so important to this study?

HILDA is a longitudinal study, meaning that we approach the same group of people each year to find out how life has changed. By collecting data annually we are able to put together a true, detailed story of Australian life.

Your participation each year represents the voice of 1,000 other people just like you. Without your help, your voice and the voices of those you represent will go unheard.

The strict statistical guidelines that this study is conducted by means you cannot be replaced by any other person. You are irreplaceable! The success of this study is dependent upon your participation. We are so grateful for your continued support.

Our thanks to you

Thank you for the important contribution you make to this study. As a small gift for your participation we will give you \$35 cash at the end of your interview. When every eligible member in the household has taken part, your household will receive an additional \$35.

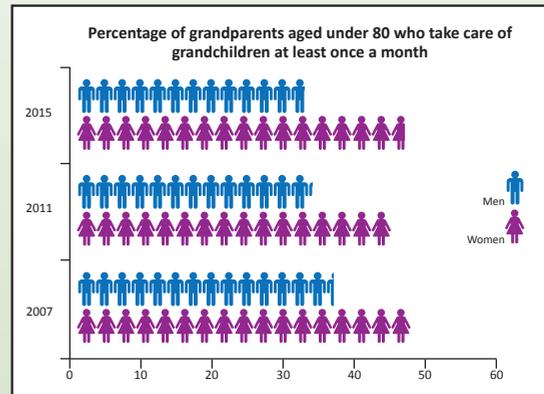
With your ongoing support and assistance, this important national study will continue to be a valuable tool in helping shape our nation.

Our study is BIG NEWS



Grandparents looking after grandchildren

Grandparents play an important role in providing child care for their grandchildren. The figure shows that just under 50 per cent of all female grandparents aged under 80 and approximately one-third of all male grandparents aged under 80 provide care for their grandchildren on a regular (at least monthly) basis. There was a slight decline in the proportion of grandparents providing care between 2007 and 2015, which is possibly due to later retirement. It is worth noting that the percentages in the figure would be higher if we excluded grandparents who did not have any grandchildren young enough to require care.



In Wave 15 grandparents were asked the age of their youngest grandchild, allowing us to examine how care provided by grandparents depends on the ages of the grandchildren. The 2015 data show that nearly 60 per cent of female grandparents and over 40 per cent of male grandparents provide regular care for grandchildren when the youngest grandchild is aged under 6.

Shift policy focus to single retirees

A new study by Willis Towers Watson found that retiring couples have a major advantage over single people approaching retirement. Only one in four single women and one in three single men are expected to attain enough income for a 'comfortable level' of retirement (as defined by the Association of Superannuation Funds of Australia).

A comprehensive analysis of the HILDA data found that the gender gap in superannuation balances alone did not reveal a complete picture of retirement adequacy and that "status as either single or part of a couple should be taken into account".



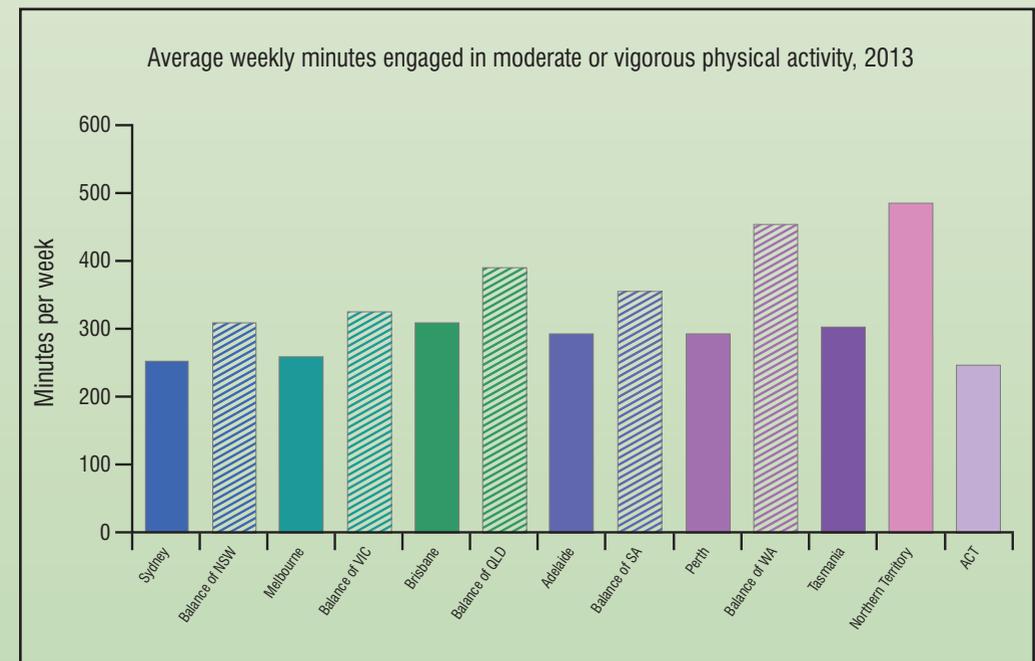
According to the researchers, although there was a considerable difference in super balances for males and females who were part of a couple (compared to single individuals), their combined median projected retirement income was two per cent above the 'comfortable' level of retirement whereas the median projected retirement income for single males was 15 per cent below whilst for single females it was 23 per cent below the 'comfortable' level.

Super Review, 8 November 2016

Where are people most active?

In Wave 13 we asked people how much time they had spent over the past week engaged in vigorous physical activities, such as heavy lifting, digging, jogging, aerobics and fast cycling, and in moderate physical activities, such as carrying light loads, gentle swimming, cycling at a moderate pace and social tennis. People were asked to include only activities undertaken for at least 10 minutes at a time.

The figure below shows how the average length of time people were engaged in moderate or vigorous physical activities depends on where people live. It shows people living in Sydney, Melbourne and the ACT have the lowest average activity levels, with all three locations averaging approximately 250 minutes per week of moderate and vigorous activity. People in Brisbane, Adelaide, Perth, Tasmania, the balance of New South Wales (outside Sydney) and the balance of Victoria (outside Melbourne) are somewhat more active, averaging approximately 300 minutes per week. The most active people are found in the Northern Territory (480 minutes), the balance of Western Australia (450 minutes) and the balance of Queensland (390 minutes).



Meet the TEAM

Just turned 15? This is why we need you!



You've turned 15 - congratulations!

Young people, such as you, are critical to the future of Australia. By sharing your unique experience you are assisting all young Australians to influence their future.

Whether you are still at school, just started work or trying to figure out your next steps, you can make sure the young people in Australia are represented in this important study.

For your time, you will receive a \$35 cash gift on the spot.

What about privacy?

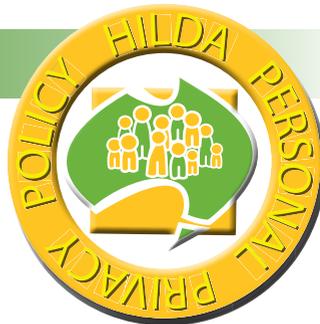
Your information is protected.

The people involved in the study are committed to ethical research and legally bound to ensure your information is secure.

All people involved in the project must sign and comply with the Privacy Act 1988. Your rights are protected by Australian law.

Your identifying information is collected for the purpose of the Living in Australia study only.

Access to your identifying information is restricted to only those who require it for the purpose of administering or conducting the study.



I have been a HILDA interviewer in northern Tasmania since 2006. It has been an exciting, sometimes stressful, but mostly enjoyable job.

Being a HILDA interviewer has given me some interesting experiences. There was one occasion I helped a respondent trying to keep orphaned lambs alive. It was very exhilarating!

Over the years I have gotten to know my respondents and have shared in their joys and sorrows. It has been a privilege to be a part of their lives for so long. I hope that HILDA goes on for years to come and continues to help shape the future of Australia.

Ben, Tasmania

I really enjoy being an interviewer on the HILDA study. Over the past 5 years this work has taken me all over NSW - from rural towns to coastal shores, city streets, and mountain ranges. Being a HILDA interviewer gives me an opportunity to spend time with so many different people, young and old, who are so important to this Australian study.

I like that the HILDA study asks questions that are topical, and have the potential to make a real change in our country. Furthermore, the supportive project staff and other interviewers make a great team that I love being a part of. I look forward to seeing all of my respondents again this year!

Bridgitte, New South Wales



In 2005, I came to Australia as a migrant with my husband and two children. After moving around Australia for the first few years we eventually made Queensland home and started interviewing for the HILDA study in 2010.

My involvement with the HILDA study has been a privilege in every sense of the word - especially since it gives me an opportunity to work with families from every walk of life. In fact, HILDA and all the respondents involved in the study are my second family which I call my "HILDA family". Over the last 6 years, I have learnt so many things about Living in Australia and I owe this knowledge to my HILDA family. Thank you.

Farah, Queensland

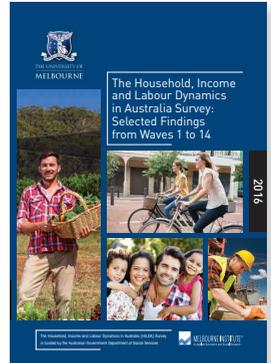
Information and Insight

Offer to all Living in Australia participants

We are pleased to offer a free copy of the most recent HILDA Statistical Report.

The report is full of interesting statistics about our nation.

You can access a free download of this report from <http://www.melbourneinstitute.com/hilda/Reports/statreport.html>



Thinking of moving?

Your participation is critical to the success of the study, so please let us know if you are moving. Just freecall 1800 656 670 or email your new address to HILDA@roymorgan.com

More information about Living in Australia

If you have any questions, would like more information, or would like to contact your interviewer please freecall **1800 656 670** or visit us online at www.livinginaustralia.org. Your interviewer will also be able to help you with any queries you may have when he or she visits you.

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Fax: +61 3 9347 6739 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team (HILDA Survey) or the name or ethics ID number of the research project (ID no. 1647030).



The HILDA Survey is funded by the Australian Government Department of Social Services