

What participating can mean for you

You can influence Government decisions, be involved in a valuable community service and provide a voice for your family and community.

Busy? We'll be happy to talk to you at any time and place that suits you. (For most people the interview takes around 35 minutes.)

Feel uncomfortable with the questions? You only need to answer the questions you feel comfortable answering.

Not really interested? Your contribution to this study influences decisions made by communities and the Government that affect you.

Your answers are valuable! You represent 1,000 other Australians and you are the voice of people in your age group.

Study too detailed? The level of detail is crucial to effective and accurate decision making which may impact on your life.

Worried about privacy? All the information you provide us is protected by strict guidelines and the law (Privacy Act, 1988).

Your rights are protected by Australian law.

Access to your identifying information will be restricted to only those who need it to administer and conduct the study.

Your feedback

Every year, we receive comments from people like you. Here are just a few:

"I have taken part in this survey for many years and must congratulate you on the areas covered, your considerate and friendly staff and the reports you send to us. Thank you for all your hard work."

"I have been participating over 14 years and I enjoy answering the questions. I fondly look back and reflect on how my life has changed over the past 14 years - Thanks"

"I am privileged to be in this study. I feel a sense of pride in contributing my share for this Annual survey."

Our Thanks to you!

This year each person who participates will receive \$35 as our thanks for helping us with this study. Once everyone in your household has taken part, your household will receive a bonus \$35.

Contact us

If you have any questions we would like to hear from you. Free call 1800 656 670 or email: hilda@roymorgan.com website: www.livinginaustralia.org



Helping shape our future



You may ask yourself “Why is my participation so important to the HILDA study?”

Australian dream of home ownership slipping further from reach



According to the HILDA survey, less than half of Australian adults are expected to own a home in the next few years.

Results showed that the proportion of owner-occupied houses decreased by 3.5 per cent between 2002 and 2014.

New South Wales had the lowest rate of home ownership, with 68 per cent in 2001 decreasing to 63 per cent in 2014. Victoria experienced the biggest decline of home ownership, with a drop of 7.8 per cent, decreasing from almost 74 per cent in 2001 to 66 per cent in 2014. South Australia’s home ownership rate dropped by 2.5 per cent. On the other hand, Queensland and Western Australia had minimal change. Rates of home ownership in Tasmania, the Australian Capital Territory and the Northern Territory were not calculated due to small sample sizes.

Nine News, 21/07/2016

The Living In Australia study is also known in the media as the Household, Income and Labour Dynamics in Australia (HILDA) study. Data from the study is used for a wide range of research, including these articles.

Work hard, play hard

The health and wellbeing of Australians is an important aspect of this year’s study with several questions relating to your health, health-care visits, eating habits, physical activity and sleep.

By participating in the study, you will provide an invaluable insight into the healthy habits and health care needs of Australians today, thus having a long term impact on Australia’s future.

When we last asked about general health in 2013, we also asked about the quality and quantity of sleep people get. It was data collected during this time that showed us that many Australians are not getting enough sleep. In fact, it shows that 17.6 per cent of males and 20.2 per cent of females get less than 6 hours of sleep per day.

The HILDA Survey data show that, in general, getting too little sleep is much more a problem than getting too much sleep. However, for men aged 65 and over and women aged 75 and over, getting too much sleep is a more common problem.

When asked about sleep quality many people reported that they had poor quality sleep, meaning they had trouble getting to sleep, or waking up in the middle of the night, or waking up too early. Nearly 27 per cent of females and 22 per cent of males report ‘fairly bad’ to ‘very bad’ sleep. As expected, parents with very young children report the least and the poorest sleep quality - particularly for lone parents.

As you can see, each one of our participants plays a vital role in the understanding of Australia’s health and health care needs, and we appreciate your continuous support and contribution to this one-of-its-kind study.



The 2016 HILDA Report found that men who have between 15 and 42 drinks of alcohol a week have high activity levels, and men who smoke do more exercise than non-smokers. However, women who consume 29 to 42 drinks of alcohol a week have low activity levels, and being a smoker has no relationship to a woman’s activity level. Activity levels of women who consume 11 to 14 drinks of alcohol a week are higher compared to those women who consume 10 or fewer alcoholic drinks a week.

Roger Wilkins, survey deputy director and report author, said that “it shows Australians really take the approach of work hard, play hard.”

Financial Review, 20/07/2016

Eating more fruit and vegetables can boost people’s happiness levels



Joint research from the University of Warwick, England and the University of Queensland found that fruit and vegetable intake was related to people’s happiness levels. “The researchers found that happiness increased incrementally for each extra daily portion of fruit and vegetables up to eight portions per day.”

The study examined the eating habits of more than 12,000 Australian adults in the HILDA survey from data collected in 2007, 2009 and 2013. The effects on changes in people’s happiness and life satisfaction due to changing incomes and personal circumstances were accounted for by the researchers.

Newswise, 9/07/2016

A healthy work limit is 39 hours per week, study shows



New research from The Australian National University (ANU) has found that people who work more than 39 hours a week are putting their health at risk.

As an alternative to the 48-hour-week limit set internationally about 80 years ago, research reveals the work limit should be set at 39 hours a week for a healthy life.

“Long work hours erode a person’s mental and physical health, because it leaves less time to eat well and look after themselves properly,” Dr Houngh Dinh, lead researcher from the ANU Research School of Population Health, stated.

The research analysed data from about 8,000 Australian adults from the HILDA study.

MedicalXpress, 02/02/2017