

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:

"It is great to be part of 'Living in Australia'. Keep up the great work."

"I enjoy the survey and hope it benefits those in need. Thank you."

"We thank you for the opportunity to continue to participate in the HILDA Study. It is interesting and good that it has continued for so many years."

"Always feel privileged to be part of this longitudinal study. Such valuable statistics reflecting the community I am part of."

Our thanks to you

This year each person who participates will receive \$40 as our thanks for helping us with this study. Once everyone in your household has taken part, your household will receive a bonus \$40.

Contact us

If you have any questions we would like to hear from you. Free call 1800 656 670

email: hilda@roymorgan.com

website: www.livinginaustralia.org

LIVING 
IN AUSTRALIA **HILDA**



THE 2019 LIVING IN AUSTRALIA STUDY

HELPING SHAPE OUR FUTURE

www.livinginaustralia.org

How will you *contribute* to the **HILDA Study** *this year?*

The decision whether to have children, enter into new relationships, and the planning of major life events can be one of life's great adventures. Likewise, the decision to retire and planning for this transition can also lead to great excitement.

But not for everyone.

These and other major life events can be real concerns for many Australians and bring great uncertainty, and so they are the focus of the HILDA study in 2019.

This year, we discuss with you lifestages, relationships, family formation and retirement. No matter your current outlook, whether or not you are planning for children, in a relationship, planning for, or in retirement, or choosing to remain in the workforce, participating in the HILDA study this year provides you the opportunity to shape Australia's future.

There is no doubt, that after 19 years, this data is of great value for policy matters: households, regardless of their composition, are the foundation of our society. As participants of the HILDA study, you help us understand our society and identify the nature of supports required by families and individuals, at times in the life course when those supports are most needed.

We thank you once again for your ongoing support to the HILDA study and we hope you continue to enjoy your contribution in identifying factors that affect the wellbeing and functioning of Australian families and households.

Thank you.

Stubborn gender stereotypes are the leading cause of the gender pay gap

Gender stereotypes and discrimination are the number one cause of the pay gap between men and women, according to new analysis of HILDA data.

Australian women earn on average \$241.50, or 14 percent less than men every week according to the *She's Price(d)less* report. The report was conducted by KPMG on behalf of the Diversity Council of Australia (DCA) and the Workplace Gender Equality Agency (WGEA).

The report authors say that our ingrained beliefs about men and

women have negative impacts for all. "The low expectations we have of men when they become fathers is very similar to [the low expectations of] women in senior executive roles," DCA chief executive Lisa Annese said.

Analysis of HILDA survey data found other factors at play include career interruptions to women who reduce their paid work hours to care for children or elderly family members, and lower rates of pay in feminised industries compared with male dominated industries.

ABC News, 22/09/2019

Retiring later isn't healthy

Research from Deakin University in partnership with French economists found that increasing the retirement age from 65 years and six months to 67 years by July 2023 may postpone the beneficial effects of retirement.

The researchers found that while some people believe that their health will worsen after retirement, many retirees actually experienced unexpected improvements in general, physical and mental health came after retirement. In fact, men and women are up

to around 24 per cent less likely to experience unexpected bad health after retirement.

"Conversely, men and women are up to around 14 per cent more likely to experience good health after retirement, compared to beforehand," Dr Cahit Guven, a Deakin Business School behavioural economist, said.

The study used HILDA data from 2001 to 2014, covering 51,000 observations and more than 1600 transitions to retirement.

Northern Territory News, 07/03/2019

Most of us who work long hours like the jobs we are in

Working long hours can be detrimental to our mental health, bad for our family and bad for the environment. But if they are so bad – why do we keep working so much?

Many Australians work long hours with nearly one quarter of Australians working more than 50 hours per week with around 50 per cent of them saying they would like to work less hours.

Recent research using HILDA data found that the overall job satisfaction of these 'overworkers' was quite high with an average of 7.1 out of 10.

However, while 'overworkers' have a relatively low satisfaction with the hours they work and job flexibility, levels of satisfaction with levels of pay, job security and satisfaction with the work are on par if not higher with those whose hours worked match their preference.

The Conversation, 03/09/2019

Can young people afford a family of their own?

Partnership, children and a family home are still priorities for young Australians, but research shows they are getting harder to obtain.

The rising cost of housing and high rates of casual employment amongst young people have created a 'perfect storm' that sees more young people living with their parents and delaying the formation of their own family.

HILDA data shows that more than half young people aged 18 to 29 live with their parents.

Young people are entering a labour market that has become increasingly insecure since the 2008 global financial crisis. According to the 2017 HILDA data,

young men aged 18 to 29 are almost three times more likely to be in casual employment compared with men aged 30 to 64.

Family studies professor Lyn Craig says the decline in full-time stable employment has created barriers to independent adulthood: "How can young people think of beginning family life when they don't have adequate predictable income?"

The Sydney Morning Herald, 08/09/2019

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.