

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.)

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.

Feel uncomfortable with the questions?

You only need to answer the questions you feel comfortable answering.

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.

Want to win a \$500 Gift card? Complete and return your Self Completion Questionnaire for a chance to win a Gift Card from either 'Woolworths', 'Coles group and Myer' or 'Bunnings Warehouse'

For full details please see:
www.livinginaustralia.org/scqprizedraw



Your feedback

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

"Thank you for being interested in those people who are on the borderline of the working force and are pensioners"

"Thanks for doing this great work. Studies like these have the ability to change the world for the better."

"It is good to see some current issues being touched on in this survey."

"I enjoy doing the survey, as I feel I can express myself and be heard. Humbling to know my information, thoughts and feelings can and are helping people with "Living in Australia" as a young person."

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 concerns or 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



www.livinginaustralia.org

Helping shape Australia's future

Our study is BIG NEWS

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

The data gathered from the HILDA study enables us to follow the impact of life changes on key issues including social support, education, financial literacy and health and wellbeing. Each year we ask a series of the same questions and include a focus area. This year sees a return to the series of questions on education, skills and abilities.

Education in Australia has changed greatly over the last 20 years. This year the HILDA survey looks at your educational experience and how it has impacted your life. The questions cover education, workforce training and the skills needed to carry out the work you are doing. Your answers to these questions provide a valuable source of information to those making economic and social welfare decisions.

Along with these questions about your education, skills and abilities, we will be asking many of the questions you will be familiar with from previous years. Understanding how your responses change to these key questions is the most important component of the HILDA study.

The information collected from the study is of great value for policy makers, given that households, regardless of their composition, are the foundation of our society. As participants of the HILDA study, we thank you for helping us understand our society and identify the contributing factors that affect the wellbeing and functioning of Australian households.

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

Australian dream of home ownership slipping further from reach



According to the HILDA survey, fewer 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 to 63 per cent in 2014. Victoria experienced the biggest decline of homeownership 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 homeownership rate dropped by 2.5 per cent. 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 size.

Nine News, 21/07/2016

Work hard, play hard



The 2016 HILDA Report found that men who have between 15 to 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

Women in retirement



Using the HILDA data, analysis by the Australian Institute of Family Studies reveals that there is an obvious gender gap in superannuation for women. This gap has been caused by multiple factors including, the gender-wage gap, time out of paid employment and fewer working hours. However, for women living with a spouse or partner, the combination of the couple's savings and age pension is sufficient to sustain a reasonable lifestyle in retirement. It is when a relationship ends or when a partner dies that hardships can be experienced.

The Conversation, 27/11/2015

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.