

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.

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:

"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



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

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.

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

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.

Retirement a more distant goal for most



HILDA data reports there is a significant drop in the proportion of people in their early 60s who have left the workforce. Furthermore, less than half of the people who retired in the past 10 years were able to do so within two years of their expected retirement.

Each year around 25 per cent of retired people aged between 45 and 59, and around eight per cent in their early 60s, return to the workforce. The proportion of people who retired between the ages of 60 to 64 dropped from 49 per cent for men and 68 per cent for women in 2001 to 25 per cent and 48 per cent respectively in 2015.

The Australian, 02/08/2017

Young people want to afford homes



According to the HILDA study, home ownership among young Australians has declined rapidly since 2001 whilst incomes have remained flat. The data shows that home ownership among 18 to 39 year-olds has dropped from 36 per cent in 2001 to 25 per cent in 2015.

Professor Roger Wilkins, author of the HILDA report, states that people aged 18 to 39 aim to purchase homes but can’t afford them. “It’s creating a lot of negative sentiment among people in this age group,” Professor Wilkins said. “The attitude is they would like to be buying homes and they are finding it much more difficult.”

News.com.au, 02/08/2017

Financial, childcare pressures forcing pregnant women to stay at work longer



As a result of increasing financial stress and the difficulty of getting babies into child care, pregnant women are staying at work until a few days before giving birth.

The number of women who are still working less than two weeks before their due date is rising according to the HILDA data. The proportion has increased to 27.8 per cent from 22.5 per cent 10 years ago.

The HILDA study also found that mothers are taking longer to return to work after giving birth, often extending their maternity leave until the baby turns one.

Courier Mail, 26/08/2017