

What **participating**
can mean for you

YOU
make all the difference!

LIVING
IN AUSTRALIA
HILDA



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.

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

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

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:

"This is a good study. Well done."

"Keep up the great work!"

"Thank you. Good questions, hope to have helped."

"Fabulous information gathered long term."

"Always interesting questions and different focus."

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.roymorgan.com



**HILDA - Helping shape
our future**

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Helping shape Australia's future

Our study is BIG NEWS

You may have wondered what happens to the data after it is collected by your interviewer. Here, we look at a snapshot of health care questions and how the aggregated data can be used.

In 2009, Living in Australia data showed us that approximately 79 per cent of males and 88 per cent of females visited a GP at least once in the previous year. As these statistics suggest, women tend to visit GPs more often. When looking at the spread across age ranges, we tend to visit the GP more when we are young (ages 0-14) and increasingly as we age (25 years and beyond). Males aged 15 to 24 are least likely to visit a GP.

A somewhat reassuring finding is that there is no evidence of an association between doctor visits and household income, suggesting low income is not a barrier to access to GPs. However, the story is not the same when it comes to dental visits. We found that lower income households are less likely to visit a dentist when compared with higher income households.

This data was collected in 2009.

How has Australia changed since this time?

Do you go to the doctor more or less than you used to? What about the dentist?

Do you now have out of pocket expenses that you didn't have before?

With the addition of your information collected this year, we will be able to answer these questions and build a bigger up-to-date picture of what health care looks like in Australia.

"Secrets of Happiness"

"Marriage makes men happier for a year, women for nine months."

"A baby makes women happier for a year, men for six months."

"A job promotion has no impact on men's happiness and makes women workers happier for three months."



"Moving house makes women happier for a year, men for three months."

Daily Telegraph, 12/06/2013

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. For the full article, ask your interviewer, or contact

1800 656 670.

"Australians have never had it so good"



"Australians are much wealthier than they were a decade ago. The data does not support the seemingly widespread perception that living costs have outpaced our incomes and that we are becoming worse off."

The Sydney Morning Herald, 15/06/2013

"When income factors such as age, education and geographic location were the same, Australians who were most satisfied with their life earned about \$1766.70 a year more than people at the bottom end of the happiness scale of zero to 10. For every one point rise in happiness on the scale, the author found a person's income rose by \$176.67 per year."

The Age, 18/09/2013



"Happy people are more active, more productive"

"Fewer young people own their homes"

"Home-ownership rate among 35 to 44 year olds was 4.5 percentage points lower in 2010 than for people of the same age in 2001, while there was a 5.5 percentage point drop for 45 to 54 year olds between the two survey years." *The Australian, 12/06/2013*



"Toddler and preschool boys top the list of Australia's most challenging children—with one in three mothers reporting high levels of stress caring for boys aged between two and four. Fathers found it stressful caring for adolescent and prepubescent girls."

Sunday Telegraph, 23/09/2012



"One in three mothers reporting high levels of stress"