

LIVING IN AUSTRALIA



**Let's talk about
health!**

**A bigger
THANK YOU**



A message from Dr Martin Parkinson The Treasury, Australian Government

Dear Living in Australia study participant,

Over the past decade, the HILDA study has become the most comprehensive source of information for understanding the Australian way of life. Research and analysis based on this extensive longitudinal study are important to informing the development of Government policies affecting the Australian people.

Its focus on the dynamics of family and household formation, income and work complements other data sources and contributes to Treasury's analysis of household behaviour and the economic environment. The study has evolved to keep pace with a changing world and has adapted to shifts in key policy settings. The interest in the data from researchers in Australia and internationally is evident from the flourishing list of publications and journals.

The high participation rate of respondents reflects the value they place on the importance of the study. Their invaluable contribution influences decisions made not only by the Government but by many leading community organisations.

Dr Martin Parkinson PSM
*Secretary to the Treasury
Australian Government*



What's new this year?

A new year often brings reflection on the previous year, new resolutions and intentions. What are yours? Perhaps it's to take better care of yourself, to eat healthier or to get into shape? You would be pleased to know that like many Australians - these resolutions are right at the top of HILDA's list!

This year, in your interview, we will ask you and your household questions on your health and health care visits, eating habits, sleep quantity and your physical activity. This is a great opportunity to communicate Australia's healthy habits and any health care needs to Australia's policy makers.

We are also delighted to announce that we have increased our 'Thank you' gift to \$35 cash upon completion of your interview.

Why are YOU so important to this study?

The Living in Australia study is the largest and only study of its kind that provides regular information on the economic and social welfare of Australians over time.

You represent an important voice in Australian society and by taking part you are having a vital and long term impact on Australia's future. The success of this study depends on a high level of statistical reliability, and of course - your participation. The HILDA study is conducted using strict statistical guidelines which means you cannot be replaced by any other person.

Our thanks to you

Thank you for your ongoing support and participation. For this support we are very grateful. This year we have increased our cash gift to you - we will now give you \$35 cash upon completion of your individual interview. A further \$35 gift will be offered when every eligible member in the household has taken part.



Our study is BIG NEWS

Attitude really is everything

Healthy Choices Linked with Outlook on Life Study Claims. Huffington Post 18/9/2012

“Research has shown that a healthy ‘can do’ attitude is linked with good-for-you lifestyle choices like healthy eating, exercise and abstaining from smoking and binge drinking.”

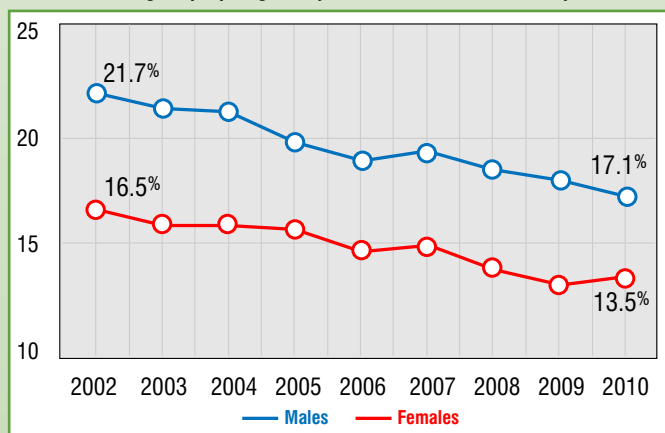
The research included approximately 7,000 men and women between the ages of 15 and 69 from the HILDA study between 2003 and 2010. The study found that there is a ‘direct link between the type of personality a person has and a healthy lifestyle’.

The study also found that men and women hold different views on the benefits of a healthy lifestyle. Men were more likely to want to see the physical results from their healthy choices, while women were more receptive to just enjoying the everyday benefits of living healthily.

Smoking in Australia

In every year since 2002, the HILDA study has collected information on smoking that makes it possible to examine the proportion of the population who smoke daily.

Chart 1: Percentage of people aged 15 years and over who smoke daily



The proportion of males smoking daily has declined from 21.7% to 17.1% and the proportion of females smoking daily has declined from 16.5% to 13.5%. Closer analysis of the smoking data shows that the biggest declines in smoking rates have occurred for young people, with many fewer taking up smoking than in the past.

Interestingly, we find that there has been very little change in the proportion of people quitting smoking each year. The decline in smoking rates is mostly due to fewer people taking up (or re-taking up) smoking.

“There has been a considerable decline in the proportion of people aged 15 years and over who smoke daily between 2002 and 2010.”

Job discrimination in Australia

In 2008 and 2010, we asked respondents whether they believed they had experienced discrimination by an employer in the past two years on the basis of their gender, age, ethnicity, religion or parenting responsibilities. Respondents who had applied for a job in the last two years were asked whether they had been discriminated against in applying for a job, and all respondents who had been employed in the last two years were asked if they had been discriminated against in the course of employment.

“The data collected shows that approximately 8.5% of job applicants and 7.5% of employees believe they have been discriminated against in the preceding two years on the basis of their gender, age, ethnicity, religion or parenting responsibilities.”

The most commonly cited reason for discrimination is age, although gender is also frequently cited in respect of discrimination in the course of employment.

Table 1: Percentage of job applicants and employees in Australia experiencing job discrimination

Reason for Discrimination	In applying for a job		In the course of employment	
	2008	2010	2008	2010
Gender	1.5	1.4	2.4	2.3
Age	6.1	6.4	4.4	4.1
Ethnicity	1.8	1.7	1.1	1.4
Religion	0.4	0.5	0.4	0.5
Parenting responsibilities	1.1	1.1	1.6	1.8
Any of the above reasons	8.5	8.6	7.8	7.3

Are Casual Employees Always Less Satisfied with their Jobs?

Many Australians today are employed on either a casual or temporary basis in jobs that it is often argued are low quality. If so, we might expect casual and fixed-term contract employees to report relatively low levels of satisfaction with their jobs.

But what does HILDA tell us?

- Australian employees report job satisfaction levels that average 7.6 on a 0 to 10 scale.
- The average differences across categories of employees are very small, if not negligible.
- Differences do emerge, but only once we distinguish employees working irregular schedules from those working regular schedules.
- The only employees that report significantly lower levels of job satisfaction are casual employees working irregular schedules (about 7% of all Australian employees) and fixed-term contract workers working irregular schedules (just 1.5%).





Meet the TEAM

Just turned 15?

Welcome to the Living in Australia study!



You've turned 15 - awesome! This is your opportunity to have your say and ensure the youth of Australia are adequately represented in this important study.

We understand that your experiences and opinions are unique and we think it's important you have an opportunity to express them. So we would like to extend a warm welcome to those turning 15 this year, and we hope that you will enjoy taking part for the first time.

What about privacy?

Your information is protected.

The people involved in the study are committed to ethical research and legally bound to ensure your information is secure. All people involved in the project must sign and comply with the Privacy Act 1988. Your rights are protected by Australian law. Your identifying information is collected for the purpose of the Living in Australia study only. Access to your identifying information is restricted to only those who require it for the purpose of administering or conducting the study.



I've been an interviewer on the HILDA study since its inception in 2001 and it's a job I take great pleasure in. It's been an enormous privilege to follow the lives of many diverse individuals and families over the years – the highs and lows.

I believe this study is of great social value and importance and a job I hope to continue for many years to come. I am looking forward, as I do every year, to seeing everyone again in 2013.

Dylan, Victoria

I first started interviewing on the HILDA study in 2001 when the project began. Working on the HILDA study for the past 13 years has really been a great journey.

I've watched as households change from year to year and children grow to make new households with their own family. I usually work in Victoria but have also travelled to other states to conduct the HILDA study - I just love it. So many of my respondents are thrilled to see the great contribution they have made in their time in the HILDA study, and I'm so thankful to be part of it. I've enjoyed all of these years interviewing, especially connecting with my households and families, and catching up on the last twelve months. I'm looking forward to catching up with my households again this year!

Karen, Victoria



I have worked on the HILDA study for 8 years and enjoy it more and more with each passing year. I particularly enjoy meeting new people from every imaginable walk of life as well as catching up with old friends.

It is never boring! It's great to be part of a team who are so committed to the largest and most comprehensive study of its kind in Australia. As I SLOWLY make my way through the Sydney traffic, I console myself with the thought of a fresh face at the other end!

Andrew, New South Wales

Information and Insight

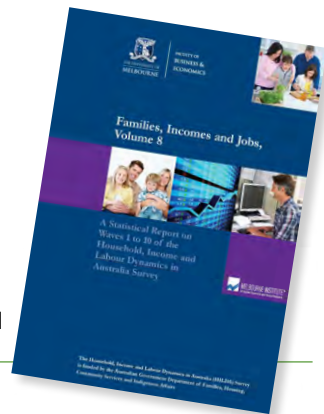
Offer to all Living in Australia participants

We are pleased to offer a free printed copy of the most recent HILDA Statistical Report.

The report is full of interesting statistics about our nation.

If you would like to receive your own personal colour printed and bound report, simply call 1800 656 670.

The report is also available for free download from <http://www.melbourneinstitute.com/hilda/Reports/statreport.html>



Your chance to win 1 of 5 iPad Minis!

This year we are thrilled to offer you the chance to win 1 of 5 iPad Minis. Simply complete and return your Self Complete Questionnaire to be entered into the draw. For Terms and Conditions, you can visit www.livinginaustralia.org/scqprizedraw

Thinking of moving?

Your participation is critical to the success of the study, so please let us know if you are moving. Just freecall 1800 656 670 or email your new address to HILDA@roymorgan.com

More information about Living in Australia

If you have any questions, would like more information, or would like to contact your interviewer please freecall **1800 656 670** or visit us online at **www.livinginaustralia.org**. Your interviewer will also be able to help you with any queries you may have when he or she visits you.

If you should have any concerns about the conduct of this study, you are welcome to contact the Executive Officer, Human Research Ethics, The University of Melbourne by calling 03 8344 2073 or by sending a fax to 03 9347 6739.