

NATIONAL HEALTH SURVEY (NHS) 2014/15

Sunday 6 July 2014 - Saturday 27 June 2015

PROMPT CARDS

HF1.

- 1. Never Married
- 2. Widowed
- 3. Divorced
- 4. Separated
- 5. Married (in a registered marriage)
- 6. Other De facto
- 7. Other Single/not married

- 1. Consulted a GP
- 2. Consulted a specialist
- 3. Consulted a dentist
- 4. Consulted other health professional
- 5. Admitted to hospital as an inpatient
- 6. Visited an outpatient clinic
- 7. Visited emergency / casualty
- 8. Visited day clinic

- 10. Aboriginal Health Worker
- 11. Accredited counsellor
- 12. Acupuncturist
- 13. Alcohol and drug worker
- 14. Audiologist/Audiometrist
- 15. Chemist/Pharmacist (for advice only)
- 16. Chiropodist/Podiatrist
- 17. Chiropractor
- 18. Diabetes educator
- 19. Dietitian/Nutritionist
- 20. Naturopath
- 21. Herbalist
- 22. Hypnotherapist
- 23. Nurse
- 24. Occupational therapist
- 25. Optician/Optometrist/Orthoptist
- 26. Orthotist/Prosthetists
- 27. Osteopath
- 28. Physiotherapist/Hydrotherapist
- 29. Psychologist
- 30. Radiographer
- 31. Social worker/Welfare officer
- 32. Sonographer
- 33. Speech therapist/Pathologist
- 34. Other

A3.

- 1. Less than 3 months ago
- 2. 3 to less than 6 months ago
- 3. 6 to less than 9 months ago
- 4. 9 to 12 months ago

- 1. Reducing or quitting smoking
- 2. Drinking alcohol in moderation
- 3. Reaching a healthy weight
- 4. Increasing physical activity
- 5. Eating healthy food or improving diet
- 6. Family planning
- 7. Safe sexual practices

A5.

- 1. Less than 3 months ago
- 2. 3 to 6 months ago
- 3. 6 to 9 months ago
- 4. 9 to 12 months ago

- 1. 1 year to 2 years ago
- 2. More than 2 years ago
- 3. Never

- 1. All of the time
- 2. Most of the time
- 3. Some of the time
- 4. A little of the time
- 5. None of the time

- 1. None
- 2. Very mild
- 3. Mild
- 4. Moderate
- 5. Severe
- 6. Very severe

- 1. Shortness of breath
- 2. Chronic or recurring pain
- 3. A nervous or emotional condition
- Long term effects as a result of a head injury, stroke or other brain damage
- 5. Any other long term condition that requires treatment or medication
- 6. Any other long term condition such as arthritis, asthma, heart disease, Alzheimer's disease, dementia, etc.

- Sight problems not corrected by glasses or contact lenses
- 11. Hearing problems
- 12. Speech problems
- 13. Blackouts, fits or loss of consciousness
- Difficulty learning or understanding things
- 15. Limited use of arms or fingers
- 16. Difficulty gripping things
- 17. Limited use of legs or feet
- 18. Any condition that restricts physical activity or physical work (e.g. back problems, migraines)
- 19. Any disfigurement or deformity
- 20. Any mental illness for which help or supervision is required

Self-care

For example:

- Bathing / showering
- Dressing / undressing
- Eating / feeding
- Going to the toilet
- Bladder / bowel control

Mobility

For example:

- Moving around away from home
- Moving around at home
- Getting in or out of a bed or chair

Communication in own language

For example:

 Understanding / being understood by strangers, friends or family, including use of sign language / lip reading

- Not attending school / further study due to condition
- 2. Need time off school / study
- 3. Attend special classes / school
- 4. Other related difficulties

- 1. Type of job could do
- 2. Number of hours that can be worked
- 3. Finding suitable work
- 4. Needing time off work
- 5. Permanently unable to work

For example:

- Reading
- Eating
- Talking on the phone
- Listening to music
- Visiting friends
- Doing crafts or hobbies
- Other activities (not including watching television or using a computer)

For example:

- Infant formula products
- Soft or semi-soft foods (baby food)
- Biscuits
- Water
- Cow's milk
- Goat's milk
- Soy milk
- Other cereal based milks Oat, rice, almond etc.
- Yoghurt based food or drink
- Cordial (water based drinks) or soft drink
- Fruit juice
- Tea or coffee

- 1. Cow's milk
- 2. Soy milk
- 3. Evaporated or sweetened condensed milk
- 4. Other type of milk specify

- Whole milk / regular / full cream (3% or more)
- Reduced fat
 e.g. Low / Lite / HiLo
 (around 1% or 2%)
- Skim
 e.g. Skinny / Shape / Fat Free
 (less than 1%)

Vegetables – examples of serving size

A standard serve is about 75g or:

- % cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin) including frozen or tinned
 - 1/2 cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- 1/2 cup sweet corn including frozen or tinned
- % medium potato or other starchy vegetables (sweet potato, taro or cassava)



Source: Australian Dietary Guidelines Summary 2013. National Health and Medical Research Council. Commonwealth of Australia 2013

Fruit - examples of serving size

A standard serve is about 150g or:

- 1 medium apple, banana, orange or pear
 - 2 small apricots, kiwi fruits or plums
 - 1 cup diced or canned fruit
- 30g dried fruit (for example, 4 dried apricot halves, 11/2 tablespoons of sultanas)



Source: Australian Dietary Guidelines Summary 2013. National Health and Medical Research Council. Commonwealth of Australia 2013

- 10. Light beer
- 11. Medium strength beer
- 12. Full strength beer
- 13. White wine
- 14. Red wine
- 15. Low alcohol wine
- 16. Champagne / sparkling wine
- 17. Pre-mixed / Ready to drink
- 18. Liqueurs
- 19. Spirits
- 20. Fortified wine
- 21. Cider
- 22. Cocktail
- 23. Other specify

Beer / Cider:

- 1. 5oz / 140ml glass
- 7oz / 200ml glass / Pony / Butcher
- 10oz / 285ml glass / Pot / Middy / Handle / Schooner (SA)
- 4. 330ml glass / bottle / can
- 375ml glass / bottle / can (average serve)
- 15oz / 425ml glass / Schooner / Pint (SA)
- 7. 20oz / 575ml glass / Pint
- 8. 750ml Bottle / Longneck
- 17. Other specify

Wine:

- 1. 60ml glass
- 2. 120ml glass
- 3. 140ml glass (average serve)
- 4. 150ml glass
- 5. 200ml glass
- 17. Other specify

Champagne / Sparkling wine:

- 1. 120ml glass (small)
- 2. 140ml glass (medium)
- 3. 170ml glass (average serve)
- 4. 200ml glass (large)
- 17. Other specify

Ready to Drink:

- 1. 200ml bottle / can
- 2. 275ml bottle / can
- 3. 300ml bottle / can
- 4. 330ml bottle / can (average serve)
- 5. 375ml bottle / can
- 6. 400ml bottle / can
- 17. Other specify

Liqueurs / Spirits

- 1. Half nip (15ml)
- 2. Nip (30ml)
- 3. Double nip (60ml)
- 17. Other specify

Fortified Wine

- 1. 1oz / 30ml / Nip
- 2. 2oz / 60ml Port / Sherry glass
- 3. 3oz / 90ml Port glass
- 4. 140ml glass
- 17. Other specify

Cocktail

- 1. 120ml glass (small)
- 2. 140ml glass (medium)
- 3. 200ml glass (large)
- 17. Other specify

Standard Drink Guide

G9.



Note. Labels on alcoholic drink containers state the number of Standard Drinks in the container.

Check the label to find out how many Standard Drinks are in the bottle or can.

The Standard Drinks shown are calculated to one decimal place. To make counting your drinks easier, you can round the numbers up or down. For example count 0.9 as 1.0 and 1.6 as 1.5.

- 1. Consulted a GP
- 2. Consulted a Specialist
- 3. Consulted a Dentist
- 4. Consulted other health professional
- Admitted to hospital as an inpatient
- 6. Visited an outpatient clinic
- 7. Visited emergency / casualty
- 8. Visited day clinic

H2.

- 10. Aboriginal Health Worker
- 11. Accredited counsellor
- 12. Acupuncturist
- 13. Alcohol and drug worker
- 14. Audiologist/Audiometrist
- 15. Chemist/Pharmacist (for advice only)
- 16. Chiropodist/Podiatrist
- 17. Chiropractor
- 18. Diabetes educator
- 19. Dietitian/Nutritionist
- 20. Naturopath
- 21. Herbalist
- 22. Hypnotherapist
- 23. Nurse
- 24. Occupational therapist
- 25. Optician/Optometrist/Orthoptist
- 26. Orthotist/Prosthetists
- 27. Osteopath
- 28. Physiotherapist/Hydrotherapist
- 29. Psychologist
- 30. Radiographer
- 31. Social worker/Welfare officer
- 32. Sonographer
- 33. Speech therapist/Pathologist
- 34. Other

- 1. Bowel (e.g. had a faecal occult blood test)
- 2. Prostate
- 3. Other

- 1. Bowel (e.g. had a faecal occult blood test)
- 2. Breast (e.g. had a mammogram)
- 3. Cervical cancer (e.g. had a pap smear)
- 4. Other

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- 10. Rheumatic heart disease
- 11. Heart attack
- 12. Heart failure
- 13. Stroke (including after effects of stroke)
- 14. Transient ischaemic attack (TIA, 'mini stroke')
- 15. Angina
- 16. High blood pressure / hypertension
- 17. Low blood pressure / hypotension
- 18. Hardening of the arteries / atherosclerosis / arteriosclerosis
- 19. Fluid problems / fluid retention / oedema
- 20. High cholesterol
- 21. Rapid or irregular heartbeats / tachycardia / palpitations
- 22. Heart murmur / heart valve disorder
- 23. Haemorrhoids
- 24. Varicose veins
- 25. Other

For example

Medications that help with:

- Cholesterol
- Hypertension (high blood pressure)
- Heart failure
- Recovery from heart attack
- Abnormal heart rhythms (cardiac arrhythmia)
- Ischemic heart disease and Angina
- Fluid (water) retention in circulatory conditions
- Thinning the blood (after blood clot or stroke)

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- 34. Other

- Did weight / strength / resistance training
- 2. Obtained and/or used physical aids (used at home or work)
- 3. Water therapy
- 4. Massage
- 5. Changed eating pattern / diet
- 6. Losing weight
- 7. Exercised most days
- 8. Other action taken

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- 34. Other

- 1. Losing weight
- 2. Exercised most days
- 3. Taken vitamin / mineral supplements
- 4. Taken natural / herbal treatments
- 5. Other

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- 3. Consulted a Dentist
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- 34. Other

- 1. Astigmatism
- Short-sightedness / Myopia / difficulty seeing objects in the distance
- 3. Macular degeneration
- Other age related sight problems / Presbyopia
- 5. Long-sightedness / Hyperopia / difficulty seeing objects close up
- 6. Other please specify

- 1. Total deafness
- 2. Deaf in 1 ear
- 3. Hearing loss/partially deaf
- 4. Tinnitus
- 5. Meniere's Disease
- 6. Otitis Media
- 7. Other please specify

Affective (mood) conditions, such as:

- Depression, including Persistent depressive disorder
- 11. Feeling depressed
- 12. Bipolar disorder
- 13. Mania

Anxiety conditions, such as:

- 14. Anxiety disorder
- 15. Feeling anxious, nervous or tense
- 16. Panic disorder
- 17. Panic attacks
- 18. Post-Traumatic Stress Disorder (PTSD)
- 19. Agoraphobia
- 20. Obsessive-Compulsive Disorder (OCD)
- 21. Social phobia

Other Affective or Anxiety conditions:

22. Other - please specify

Substance use disorders, such as:

- 25. Harmful use or dependence on alcohol
- 26. Harmful use or dependence on drugs
- 27. Harmful use or dependence on medicinal / prescription drugs

Developmental and learning conditions, such as:

- 28. Autism spectrum disorders, such as Rett's syndrome and Asperger syndrome
- 29. Intellectual impairment / mental retardation

Behavioural conditions, such as:

- 30. Attention Deficit Hyperactivity Disorder (ADHD)
- 31. Conduct disorder

Other mental and behavioural conditions, such as:

- 32. Dementia, including Alzheimer's Disease
- 33. Schizophrenia
- 34. Any other mental or behavioural condition please specify

- 1. Sleeping tablets or capsules
- 2. Tablets or capsules for anxiety or nerves
- 3. Tranquillisers
- 4. Antidepressants
- 5. Mood stabilisers
- 6. Other medications for mental, behavioural or cognitive conditions

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- 34. Other

- 10. Hayfever
- 11. Sinusitis or sinus allergy
- 12. Food allergy
- 13. Drug allergy
- 14. Other allergy
- 15. Anaemia
- 16. Bronchitis
- 17. Emphysema
- 18. Epilepsy
- 19. Fluid problems / fluid retention / oedema (exclude those due to heart or circulatory condition)
- 20. Hernias
- 21. Kidney stones
- 22. Migraine
- 23. Psoriasis
- 24. Stomach ulcers or other gastrointestinal ulcers
- 25. Thyroid trouble / goitre
- 26. Back slipped disc or other disc problems
- 27. Back pain or back problems

- Conditions that recur from time to time
- Conditions that have lasted for a long time and that may have been adjusted to
- 3. Conditions which are under control because of long term treatment or taking medication

For example:

- Amputation or loss of limbs
 - e.g. arm, foot, finger
- Behavioural or emotional disorders
- Deformity or disfigurement from birth
 - e.g. club foot, cleft palate
- Other deformity or disfigurement
 - e.g. effects of burns
- Dependence on drugs or alcohol
- Difficulties in learning or understanding
- Feeling anxious or nervous
- Gallstones
- Incontinence
- Paraplegia or other paralysis
- Speech impediment

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- 34. Other

- 1. Hospital only
- 2. Ancillary only ('extras')
- 3. Hospital and ancillary ('extras')

- 10. Security / protection / peace of mind
- 11. Life time cover / avoid age surcharge
- 12. Choice of doctor
- 13. Allows treatment as private patient
- Provides benefits for ancillary services / 'extras'
- 15. Shorter wait for treatment / concern over public hospital waiting lists
- 16. Always had it / parents pay it / condition of job
- To gain government benefits / avoid extra Medicare levy
- 18. Other financial reasons
- 19. Has illness / condition that requires treatment
- 20. Elderly/ getting older / likely to need treatment
- 21. Other

- 10. Can't afford it / too expensive
- 11. High risk category
- 12. Lack of value for money / not worth it
- 13. Medicare cover sufficient
- Don't need medical care / in good health / have no dependants
- 15. Won't pay Medicare <u>and</u> private health insurance premium
- 16. Disillusioned about having to pay 'out of pocket' costs/ gap fees
- 17. Prepared to pay costs of private treatment from own resources
- 18. Pensioner / Veteran's Affairs / health concession card
- Not high priority / previously included in parents' cover
- 20. Other

Health Care Card





Pensioner Concession Card





3. Commonwealth Seniors Health Card





- 1. Australian Age Pension
- Service Pension from the Department of Veterans' Affairs. (Exclude Defence force superannuation benefits)
- Disability Support Pension from Centrelink
- 4. Newstart Allowance
- 5. Carer Payment
- 6. Partner Allowance
- 7. Widow Allowance from Centrelink
- 8. Wife Pension
- 9. Sickness Allowance
- 10. Special benefit

- Family Tax Benefit as a regular payment from the Family Assistance Office
- 2. Parenting Payment
- 3. Youth Allowance
- 4. Carer Allowance
- War Widow's or Widower's Pension from the Department of Veterans' Affairs, including Income Support Supplement
- 6. Disability Pension from the Department of Veterans' Affairs
- 7. Overseas government pension
- 8. Any other government payment

- 1. Child support or maintenance
- 2. Superannuation, an annuity or private pension
- 3. Workers' compensation

- 10. Real estate agent
- State or Territory housing authority

Person not in the same household

- 12. Parent / other relative
- 13. Other person
- 14. Owner / Manager of caravan park

Employer

- 15. Government employer
- 16. Other employer

Other

- 17. Housing co-operative, Community or Church group
- 18. Other