

South Australian Population Health Survey

2023 Annual Report
Adults



**Government
of South Australia**

Preventive Health SA

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Background

The South Australian Population Health Survey (SAPHS) is a state-wide population health survey managed by Preventive Health SA, which aims to monitor the health status of all South Australians. The SAPHS has been collecting information about the health of South Australians since July 2018.

Population health surveys play an important role in the development of health services by providing information to policy makers, providers and researchers about the health of the community, the performance of the health care system, and its impact on people of varying social, economic, and illness levels.

This survey remains the principle source of information on population health and is used extensively by Preventive Health SA, SA Health and other non-Government organisations. Collectively the information from SAPHS is used to:

- provide high quality, representative data on the health of the South Australian population
- identify sub-groups of the community who experience less than satisfactory health outcomes
- identify emerging health issues
- measure trends over time for key health indicators
- monitor and evaluate population health policy, programs and initiatives
- share findings with relevant professionals, researchers and policy makers within SA Health, Local Health Networks and the wider community
- address State and Commonwealth indicators and targets
- be an ongoing source of data for key reports including the Chief Public Health Officer's Report and the South Australian Wellbeing Index.

Aboriginal is used in this document respectfully as an all-encompassing term for Aboriginal and Torres Strait Islander people, health and culture.

A note about COVID-19

In response to the COVID-19 pandemic, the number of weekly interviews increased at various times to closely monitor health and wellbeing outcomes of the population. While in a usual year, the SAPHS aims to conduct around 7,000 interviews, in 2021 a total of 11,083 interviews were completed, and in 2022 a total of 9,606 interviews were completed. In 2023 7,001 interviews were conducted.

Comparing data over time should be done with a degree of caution, and within the context of the COVID-19 pandemic which at times was known to impact health and wellbeing outcomes. The data presented here are for the entire calendar year. Comparison of measures from 2018 to 2023 are only done so of the whole population and does not identify potential changes seen within specific sub-groups of the population.

Methodology

Study Design

The SAPHS is a cross-sectional population CATI (computer-assisted telephone interview) survey. South Australians of all ages were eligible to participate. The data presented in this report are for adult respondents aged 18 years and over. Selected persons were non-replaceable, such that if the selected person was not available, interviews were not conducted with an alternative household member (landline frame) or person who was not the owner of the phone (mobile frame).

This survey has been approved by The Department for Health and Wellbeing Human Research Ethics Committee (HREC/18/SAH/11). Field work was outsourced to a market research organisation.

Sampling Frame

A dual frame over-lapping sampling technique of mobile phone and landlines were used to collect information from a representative sample of South Australians. Up until the end of 2021 random digit dialling (RDD) was used, however this was changed in 2022 to incorporate the use of the Integrated Public Number Database (IPND). However, in October 2023 due to issues with approval to use the IPND, all respondents were sampled using RDD. Respondents contacted using RDD were offered the option of completing the survey on-line (CAWI, computer-assisted web interview) by receiving a unique hyperlink. Those respondents sampled using the IPND were not able to be offered this option due to privacy laws. The majority of respondents are contacted via mobile phone.

Data collection

Interviewing was conducted for the 2023 calendar year. Interviewing in a language other than English could be requested, and respondents were able to request a male or female interviewer if preferred.

Participation

A total of 8,834 eligible South Australians of all ages were contacted in 2023 and 7,001 interviews were conducted resulting in an overall cooperation rate of 79.3%. There were 501 participants reached through a landline number and 6,500 reached through a mobile number. The full breakdown of the reasons behind refusal, the unknown eligibility, and the reasons for non-eligibility are detailed in Appendix - Disposition report (Table 72). The data presented in this report are for the n=5,571 respondents aged 18 years and over. Of the 5,571 adults completing the survey, 5,563 used the CATI system, 6 completed the survey online and 3 used a combination of the two.

Weighting and presentation of data

The data presented in this report are weighted. Weighting is a technique for adjusting unit record survey data to enable population estimates to be made by statistically increasing or decreasing the numbers of cases with particular characteristics so that the proportion of cases in the sample are adjusted to the population proportion. A technique known as 'raking' was used to weight respondents incorporating various population characteristics (Gender, age, area of residence, country of birth, dwelling status, marital status, education level, employment status, household size) designed to more closely reflect the South Australian population using benchmarks derived from the June 2021 ABS Census data. The weighting of data can result in rounding discrepancies or totals not adding.

The data presented in this report are for the period January 2023 to December 2023. Where available, headline data are presented for 2018 to 2023 for comparison purposes.

Non-relevant responses such as 'don't know' and 'refused' have not been included in the analysis apart from when it is stated.

Statistical analysis

Data preparation and analysis were completed using SPSS 29 and STATA/SE 17 software. Excel (Office 365) was used to collate tables. The weighted proportion of people who respond to each category of the attribute are presented in the tables along with the 95% confidence interval. A confidence interval is a range in which it is estimated that the true population lies. The width of a confidence interval expresses the precision of an estimate; the wider the interval the less precision. Statistical significance is considered when the 95% confidence intervals for prevalence estimates do not overlap.

Demographic profile of survey respondents

Table 1 shows the weighted demographics of the respondents contained within this report. Of the 5571 South Australian adults included in this 2023 report, 51.0% were female, the majority resided in metropolitan areas (74.1%), had no children living in their household (85.4%), were born in Australia (71.1%), spoke English at home (89.8%), and owned or were purchasing their dwelling (67.1%).

South Australians across all socio-economic areas and education levels were represented, and the Aboriginal sample (2.2%) was lower than the estimated resident population rate of 2.9%[1].

Table 1: Weighted sample, SAPHS 2023 (n=5571)

		n	%	95% CI
All		5571	100.0	
Gender	Male	2678	48.1	46.8-49.4
	Female	2839	51.0	49.6-52.3
	Gender diverse	45	0.8	0.6-1.1
	Not Stated	9	0.2	0.1-0.3
Location	Metropolitan	4131	74.1	73.0-75.3
	Rural	1440	25.9	24.7-27.0
Age (years)	18-29	1039	18.6	17.6-19.7
	30-49	1583	28.4	27.2-29.6
	50-69	1847	33.2	31.9-34.4
	70 and over	1102	19.8	18.8-20.8
Aboriginal and/or Torres Strait Islander Status	Yes	122	2.2	1.8-2.6
	No	5413	97.2	96.7-97.6
	Not stated	37	0.7	0.5-0.9
SEIFA*	Lowest	1227	22.0	21.0-23.1
	Low	944	16.9	16.0-18.0
	Middle	1428	25.6	24.5-26.8
	High	947	17.0	16.0-18.0
	Highest	1022	18.4	17.4-19.4
Highest Education Level**	No school to secondary	2547	45.7	44.4-47.0
	TAFE, trade, certificate	1015	18.2	17.2-19.2
	Diploma, advanced diploma	631	11.3	10.5-12.2
	Degree or higher	1317	23.6	22.5-24.8
	Not stated	61	1.1	0.8-1.4
Household Income	Up to \$20,000	234	4.2	3.7-4.8
	\$20,001 - \$40,000	568	10.2	9.4-11.0
	\$40,001 - \$60,000	502	9.0	8.3-9.8
	\$60,001 - \$80,000	393	7.1	6.4-7.7
	\$80,001 - \$100,000	368	6.6	6.0-7.3
	\$100,001 - \$150,000	665	11.9	11.1-12.8
	More than \$150,000	594	10.7	9.9-11.5
	Not stated	2248	40.3	39.1-41.6

CI: Confidence Interval. *SEIFA: Socio-Economic Index For Areas. ** Education status 'Other' (n=1) not shown.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 1 – continued

		n	%	95% CI
Work Status	Full time employed	1872	33.6	32.4-34.9
	Part time employed	776	13.9	13.0-14.9
	Casual	569	10.2	9.4-11.0
	Unemployed	176	3.2	2.7-3.6
	Engaged in home duties	80	1.4	1.1-1.8
	Student	200	3.6	3.1-4.1
	Retired	1439	25.8	24.7-27.0
	Unable to work	301	5.4	4.8-6.0
	Other	8	0.1	0.1-0.3
	Carer	71	1.3	1.0-1.6
	Volunteer work	45	0.8	0.6-1.1
	Not stated	36	0.6	0.5-0.9
Marital Status	Married/Living with partner	2681	48.1	46.8-49.4
	Separated / divorced	693	12.4	11.6-13.3
	Widowed	426	7.6	7.0-8.4
	Never married	1686	30.3	29.1-31.5
	Not stated	87	1.6	1.3-1.9
Children (including babies) under 16 years in the household	0	4760	85.4	84.5-86.4
	1	355	6.4	5.8-7.0
	2	258	4.6	4.1-5.2
	3	79	1.4	1.1-1.8
	4	22	0.4	0.3-0.6
	5+	10	0.2	0.1-0.3
	Not stated	87	1.6	1.3-1.9
Language spoken at home	English	5004	89.8	89.0-90.6
	Other	544	9.8	9.0-10.6
	Not stated	24	0.4	0.3-0.6
Country of birth	Australia	3959	71.1	69.9-72.2
	UK / Ireland	447	8.0	7.3-8.8
	Other	1135	20.4	19.3-21.4
	Not stated	31	0.5	0.4-0.8
Dwelling type	Owned or being purchased	3737	67.1	65.8-68.3
	Rented from the Housing Trust	271	4.9	4.3-5.5
	Rented privately	1315	23.6	22.5-24.7
	Retirement village	97	1.7	1.4-2.1
	Other	72	1.3	1.0-1.6
	Not stated	80	1.4	1.1-1.8

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Overall Health

Self-assessed health status

Measure: Respondents were asked to self-report their own health status using the standardised SF1 question which has been commonly adapted from the Short Form 36 (SF-36) [2]. Self-reported health status is commonly used as a general indicator of health and wellbeing, revealing insight to a person's perception of their own health at a given point in time [3].

Overall, 76.1% of adults reported their health status as good or better in 2023. This was similar to previous years (2018-2022) (Figure 1). In 2023, older respondents and those living in lower socioeconomic areas were less likely to report their health status as good or better. While those living in metropolitan areas, and those with higher levels of education and household income were more likely to report their health status as good or better (Table 2).

Figure 1: Proportion of South Australian adults (18 years and over) reporting their health status as good or better, SAPHS 2018-2023

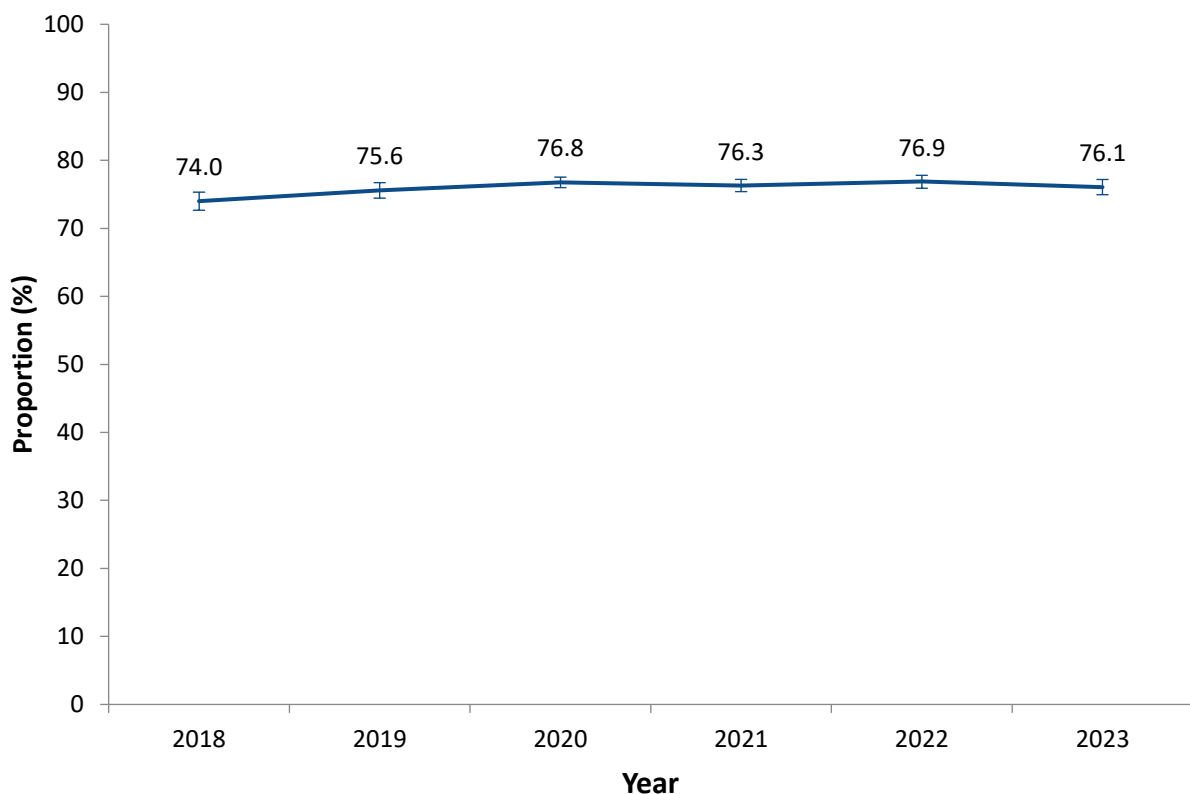


Table 2: Proportion of South Australian adults (18 years and over) reporting their health status as good or better, SAPHS 2023 (N=5552)

		n/N	% (95% CI)
All		4224/5552	76.1 (74.9-77.2)
Gender (N=5498*)	Male	2035/2670	76.2 (74.6-77.8)
	Female	2158/2828	76.3 (74.7-77.8)
Location	Metropolitan	3192/4116	77.5 (76.3-78.8)
	Rural	1032/1436	71.9 (69.5-74.1)
Age (years)	18-29	905/1038	87.2 (85.1-89.1)
	30-49	1263/1573	80.3 (78.3-82.2)
	50-69	1284/1844	69.6 (67.5-71.7)
	70 and over	773/1097	70.4 (67.7-73.1)
SEIFA (N=5549)	Lowest	859/1222	70.3 (67.7-72.8)
	Low	694/944	73.6 (70.6-76.3)
	Middle	1128/1425	79.1 (77.0-81.2)
	High	728/942	77.3 (74.5-79.9)
	Highest	812/1017	79.9 (77.3-82.2)
Education (N=5495)	No school to secondary	1851/2541	72.9 (71.1-74.5)
	TAFE, trade, certificate	734/1009	72.7 (69.9-75.4)
	Diploma, advanced diploma	491/631	77.9 (74.4-80.9)
	Degree or higher	1113/1314	84.7 (82.7-86.6)
Household Income	Up to \$20,000	133/232	57.5 (50.9-63.6)
	\$20,001 - \$40,000	341/567	60.1 (56.1-64.1)
	\$40,001 - \$60,000	384/502	76.5 (72.6-80.0)
	\$60,001 - \$80,000	297/393	75.7 (71.1-79.6)
	\$80,001 - \$100,000	306/367	83.1 (79.3-86.9)
	\$100,001 - \$150,000	580/662	87.6 (84.9-90.0)
	More than \$150,000	517/594	87.0 (84.2-89.6)
	Not stated	1666/2235	74.5 (72.7-76.3)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Overall wellbeing

Measure: Respondents were asked four questions relating to their wellbeing “Overall, how satisfied are you with your life nowadays?”, “Overall, to what extent do you feel the things you do in your life are worthwhile?”, “Overall, how happy did you feel yesterday?”, and “Overall, how anxious did you feel yesterday?” For each of these questions, respondents gave a number between 0 and 10 where 0 meant not at all and 10 meant completely.

The four wellbeing questions were then used to categorise respondents into three groups; those with good wellbeing, those with poor wellbeing, and those who were neutral. Respondents were considered to have good wellbeing if they recorded a high score on all four questions:

- A score of 8-10 for life satisfaction, life being worthwhile, feeling happy yesterday and 0-2 for feeling anxious yesterday.

Respondents were considered to have poor wellbeing if they recorded a low score on at least one measure:

- A score of 0-4 for life satisfaction, life being worthwhile, feeling happy yesterday and 6-10 for feeling anxious yesterday.

Figure 2 shows that 37.7% of adults reported having good overall wellbeing in 2023. This was similar to previous years (2018-2022). In 2023, overall wellbeing was higher with increasing age. Those with a household income below \$20,000 were less likely to report good wellbeing, as were respondents residing in the lowest socioeconomic areas, compared to those from low socioeconomic areas (Table 3).

Figure 2: Proportion of South Australian adults (18 years and over) reporting having a good overall wellbeing, SAPHS 2018-2023

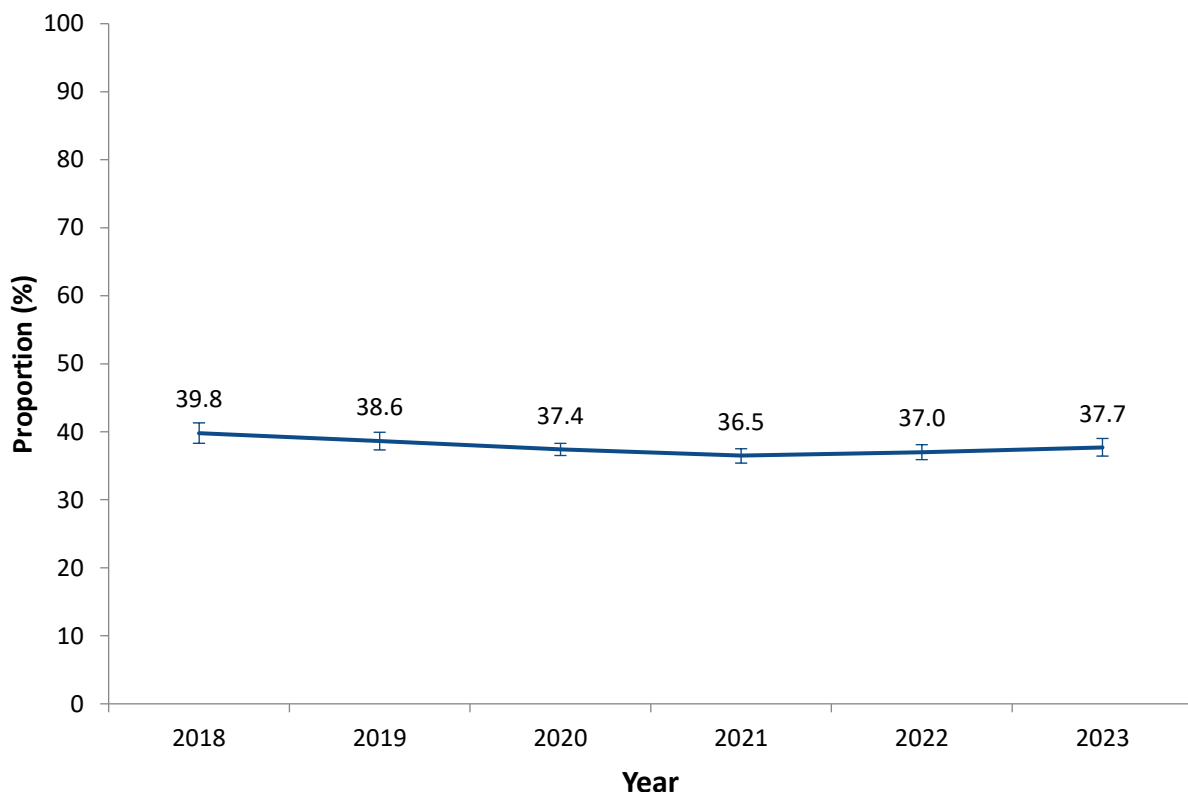


Table 3: Proportion of South Australian adults (18 years and over) reporting having a good overall wellbeing, SAPHS 2023 (N=5401)

		n/N	% (95% CI)
All		2037/5401	37.7 (36.4-39.0)
Gender (N=5352*)	Male	973/2581	37.7 (35.8-39.6)
	Female	1056/2771	38.1 (36.3-39.9)
Location	Metropolitan	1468/3994	36.8 (35.3-38.3)
	Rural	569/1407	40.4 (37.9-43.0)
Age (years)	18-29	264/1005	26.2 (23.6-29.1)
	30-49	489/1538	31.8 (29.5-34.2)
	50-69	741/1806	41.0 (38.8-43.3)
	70 and over	543/1051	51.7 (48.6-54.7)
SEIFA (N=5398)	Lowest	401/1166	34.4 (31.7-37.2)
	Low	373/916	40.7 (37.6-43.9)
	Middle	513/1399	36.7 (34.2-39.2)
	High	352/923	38.2 (35.0-41.3)
	Highest	395/994	39.7 (36.7-42.8)
Education (N=5367)	No school to secondary	894/2460	36.3 (34.5-38.3)
	TAFE, trade, certificate	361/996	36.3 (33.3-39.3)
	Diploma, advanced diploma	260/620	42.0 (38.1-45.8)
	Degree or higher	506/1291	39.2 (36.6-41.9)
Household Income	Up to \$20,000	59/229	25.7 (20.4-31.7)
	\$20,001 - \$40,000	208/554	37.5 (33.6-41.6)
	\$40,001 - \$60,000	181/490	37.0 (32.8-41.3)
	\$60,001 - \$80,000	157/390	40.3 (35.5-45.2)
	\$80,001 - \$100,000	125/366	34.0 (29.4-39.1)
	\$100,001 - \$150,000	271/659	41.2 (37.4-44.9)
	More than \$150,000	276/583	47.3 (43.3-51.4)
	Not stated	759/2130	35.7 (33.6-37.7)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Health care system

Health care utilisation

Measures: Patterns of health service use can reflect on patterns of illness as well as the availability and accessibility of health services and the ways people choose to use them. Respondents were asked how many times in the last 12-months they had used a general practitioner (GP), as well as how many times they had used other various health services in the last 12-months.

The most frequently used health service by adults in the past 12-months was the GP (88.2%), followed by the dentist (55.2%), and specialist doctor (47.7%) (Table 4). In 2023 the proportion of adults that had used a GP in the past 12-months was similar to 2021 and 2022, however remains lower than 2018-2020 (Figure 3).

Table 4: Proportion of South Australian adults (18 years and over) reporting use of health services in the previous 12-months, SAPHS 2023 (n=5543)

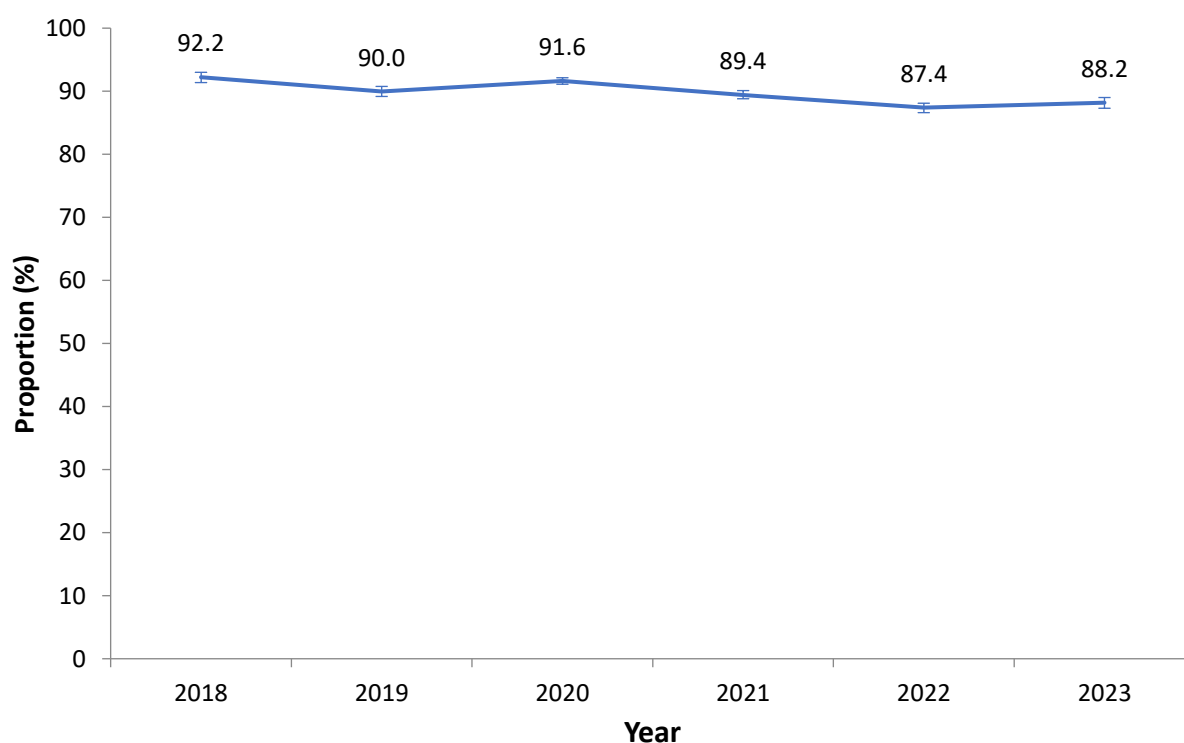
	n	% (95% CI)
GP	4889	88.2 (87.3-89.0)
Dentist	3060	55.2 (53.9-56.5)
Specialist Doctor	2644	47.7 (46.4-49.0)
Other Health Professional*	1986	35.8 (34.6-37.1)
Hospital Admission	1047	18.9 (17.9-19.9)
Hospital Emergency Department	901	16.3 (15.3-17.2)
Hospital Outpatient Clinic	834	15.0 (14.1-16.0)

CI: Confidence Interval. Multiple responses allowed.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

* Allied health, nursing, Aboriginal health worker.

Figure 3: Proportion of South Australian adults (18 years and over) reporting using a GP in the previous 12-months, SAPHS 2018-2023



In 2023, visitation to GPs tended to be higher among females and older adults. Those from high socioeconomic areas were more likely to visit the GP compared to those from middle socioeconomic areas (Table 5). The number of times a person visited a GP in the previous 12-months is also reported in Table 6.

Table 5: Proportion of South Australian adults (18 years and over) reporting using a GP in the previous 12-months, SAPHS 2023 (N=5543)

		n/N	% (95% CI)
All		4889/5543	88.2 (87.3-89.0)
Gender (N=5489*)	Male	2221/2670	83.2 (81.7-84.6)
	Female	2622/2819	93.0 (92.0-93.9)
Location	Metropolitan	3628/4109	88.3 (87.3-89.2)
	Rural	1261/1434	87.9 (86.2-89.5)
Age (years)	18-29	823/1034	79.6 (77.1-82.0)
	30-49	1316/1576	83.5 (81.6-85.3)
	50-69	1693/1839	92.1 (90.8-93.2)
	70 and over	1057/1094	96.6 (95.4-97.6)
SEIFA (N=5541)	Lowest	1064/1220	87.2 (85.3-89.0)
	Low	841/939	89.5 (87.5-91.4)
	Middle	1232/1423	86.5 (84.7-88.3)
	High	852/940	90.6 (88.7-92.4)
	Highest	899/1018	88.3 (86.2-90.2)
Education (N=5488)	No school to secondary	2245/2538	88.5 (87.2-89.7)
	TAFE, trade, certificate	902/1014	89.0 (86.9-90.8)
	Diploma, advanced diploma	543/627	86.6 (83.8-89.1)
	Degree or higher	1161/1309	88.7 (86.9-90.3)
Household Income	Up to \$20,000	214/234	91.6 (87.4-94.5)
	\$20,001 - \$40,000	533/565	94.4 (92.2-96.0)
	\$40,001 - \$60,000	461/500	92.0 (89.6-94.3)
	\$60,001 - \$80,000	352/393	89.5 (86.3-92.3)
	\$80,001 - \$100,000	318/368	86.3 (82.6-89.6)
	\$100,001 - \$150,000	563/665	84.7 (81.8-87.2)
	More than \$150,000	519/594	87.4 (84.5-89.9)
	Not stated	1930/2224	86.8 (85.3-88.1)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 6: Number of times South Australian adults (18 years and over) reported using a GP in the previous 12-months, SAPHS 2023 (n=5544)

	n	%
None	653	11.8
1	725	13.1
2	998	18.0
3	702	12.7
4	574	10.4
5	420	7.6
6	392	7.1
7	76	1.4
8	130	2.4
9	32	0.6
10	244	4.4
11-15	361	6.5
16-20	97	1.8
More than 20	140	2.5
Total	5544	100.0

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Private Health Insurance

Measures: Respondents were asked if they were currently covered by private health insurance.

Over half (58.1%) of adults reported having private health insurance in 2023, which is higher than 2022 (55.7%) but similar to previous years (2018-2021) (Figure 4).

In 2023, females, those living in metropolitan areas, adults over 70 years old, those living in higher socioeconomic areas, those with higher levels of education, and those with a higher household income were more likely to be covered by private health insurance (Table 7).

Figure 4: Proportion of South Australian adults (18 years and over) reporting being covered by private health insurance, SAPHS 2018-2023

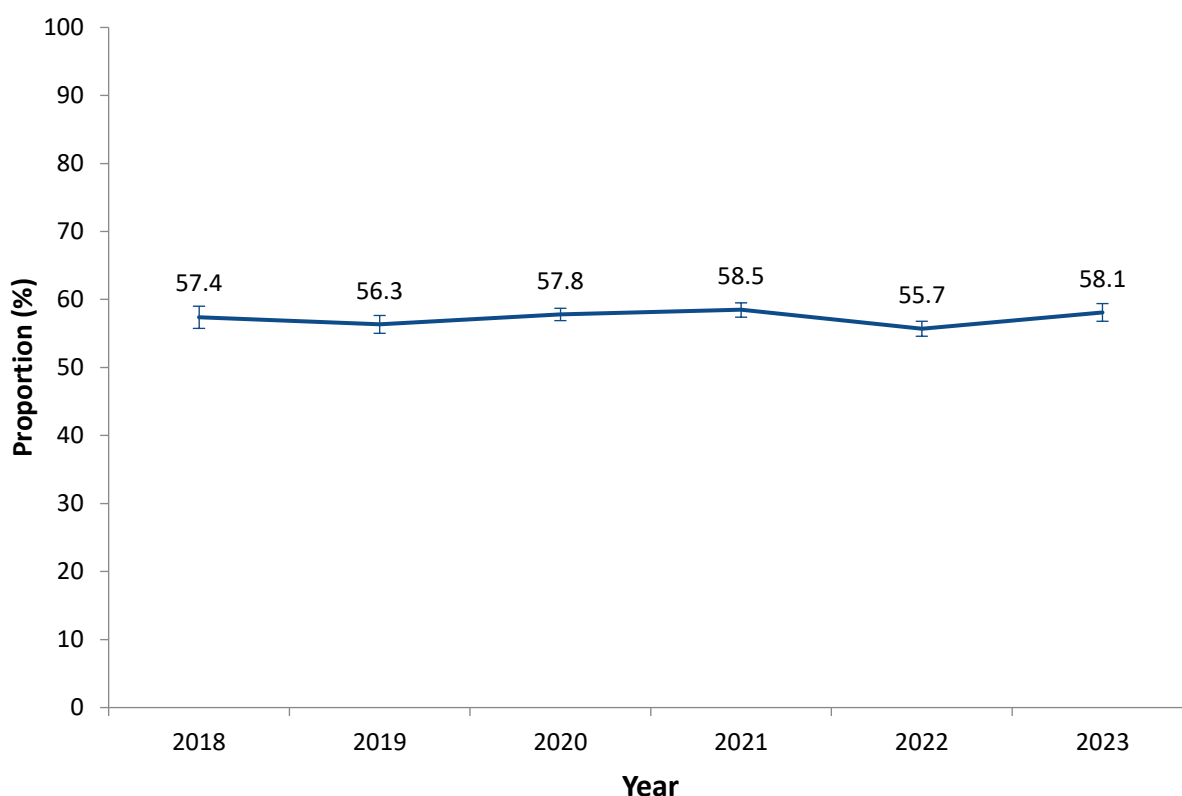


Table 7: Proportion of South Australian adults (18 years and over) reporting being covered by private health insurance, SAPHS 2023 (N=5526)

		n/N	% (95% CI)
All		3212/5526	58.1 (56.8-59.4)
Gender (N=5473*)	Male	1449/2646	54.7 (52.9-56.7)
	Female	1741/2826	61.6 (59.8-63.4)
Location	Metropolitan	2451/4100	59.8 (58.3-61.3)
	Rural	761/1426	53.4 (50.8-55.9)
Age (years)	18-29	570/1007	56.6 (53.5-59.6)
	30-49	869/1577	55.1 (52.6-57.5)
	50-69	1054/1842	57.2 (55.0-59.5)
	70 and over	719/1100	65.3 (62.5-68.1)
SEIFA (N=5523)	Lowest	517/1212	42.7 (39.9-45.5)
	Low	492/934	52.7 (49.5-55.9)
	Middle	842/1420	59.3 (56.7-61.8)
	High	629/945	66.6 (63.5-69.5)
	Highest	729/1013	71.9 (69.1-74.7)
Education (N=5464)	No school to secondary	1251/2511	49.8 (47.9-51.8)
	TAFE, trade, certificate	569/1011	56.2 (53.2-59.3)
	Diploma, advanced diploma	410/627	65.4 (61.6-69.0)
	Degree or higher	964/1315	73.3 (70.9-75.6)
Household Income	Up to \$20,000	106/234	45.2 (39.0-51.7)
	\$20,001 - \$40,000	267/567	47.1 (43.0-51.2)
	\$40,001 - \$60,000	281/502	56.0 (51.6-60.3)
	\$60,001 - \$80,000	232/393	59.0 (54.1-63.8)
	\$80,001 - \$100,000	247/368	67.2 (62.2-71.8)
	\$100,001 - \$150,000	445/660	67.4 (63.8-70.9)
	More than \$150,000	468/590	79.3 (75.9-82.4)
	Not stated	1166/2212	52.7 (50.6-54.8)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Confidence in the public health system

Measures: Respondents were asked which of the following statements were closest to expressing their overall view of the public health care system in South Australia:

- Our health care system has so much wrong with it that we need to completely rebuild it
- There are some good things about our health care system, but fundamental changes are needed to make it work better
- Overall the system works pretty well, and only minor changes are needed to make it work better

For this report, the first two options have been combined to form one category (negative overall view) and the third option represents a positive overall view.

In 2023, 34.4% of adult respondents had a positive overall view of South Australia's public health system. This is similar to 2022 (35.1%) and 2018-2019, but lower than 2020 (54.3%) and 2021 (41.1%) (Figure 5). Males, those living in metropolitan areas and respondents aged 18 to 29 were more likely to have a positive overall view of the public health system compared to other respondents (Table 8).

Figure 5: Proportion of South Australian adults (18 years and over) with a positive overall view of South Australia's public health system, SAPHS 2018-2023

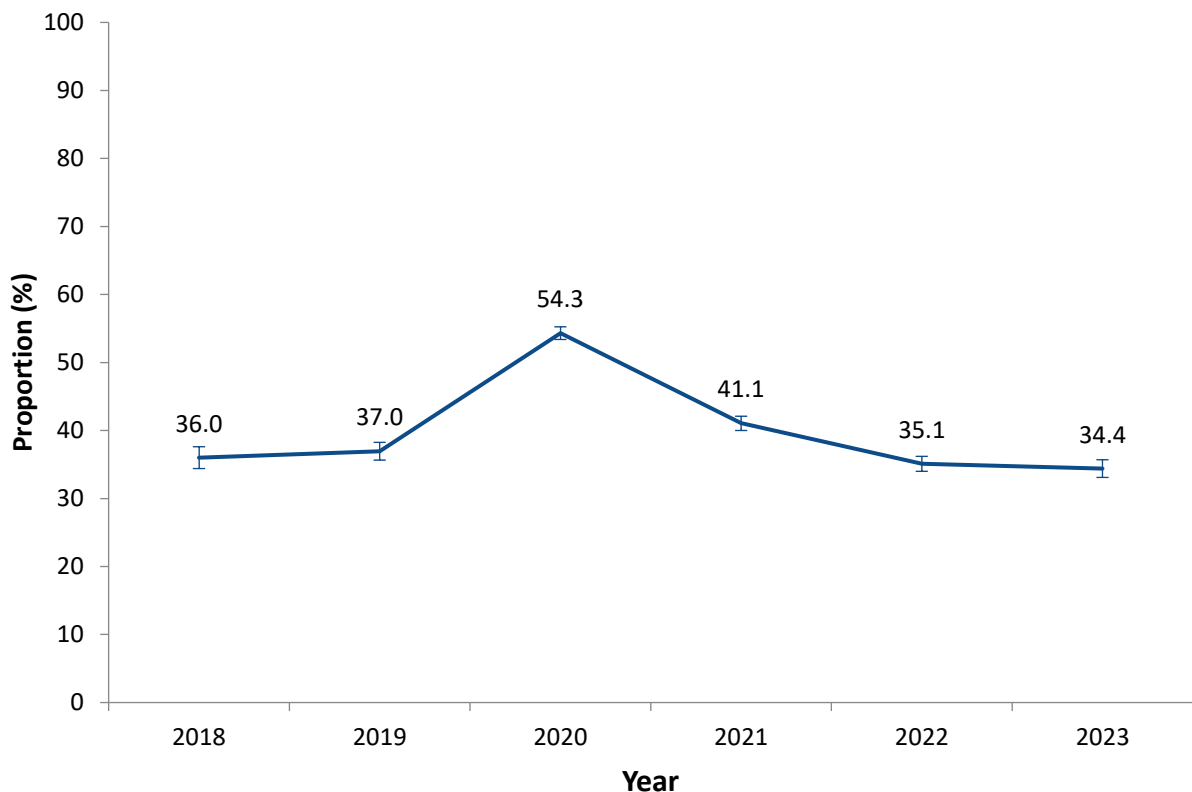


Table 8: Proportion of South Australian adults (18 years and over) with a positive overall view of South Australia's public health system, SAPHS 2023 (N=5422)

		n/N	% (95% CI)
All		1864/5422	34.4 (33.1-35.7)
Gender (N=5370*)	Male	1043/2592	40.2 (38.4-42.1)
	Female	805/2778	29.0 (27.3-30.7)
Location	Metropolitan	1431/4020	35.6 (34.1-37.1)
	Rural	433/1403	30.9 (28.5-33.3)
Age (years)	18-29	482/1018	47.4 (44.3-50.4)
	30-49	497/1528	32.5 (30.2-34.9)
	50-69	518/1814	28.5 (26.5-30.7)
	70 and over	367/1062	34.6 (31.7-37.5)
SEIFA (N=5420)	Lowest	383/1182	32.4 (29.8-35.1)
	Low	294/915	32.1 (29.2-35.2)
	Middle	502/1392	36.0 (33.6-38.6)
	High	306/921	33.2 (30.2-36.3)
	Highest	377/1010	37.3 (34.4-40.3)
Education (N=5367)	No school to secondary	908/2467	36.8 (34.9-38.7)
	TAFE, trade, certificate	312/990	31.5 (28.7-34.5)
	Diploma, advanced diploma	182/620	29.3 (25.9-33.0)
	Degree or higher	445/1290	34.5 (31.9-37.1)
Household Income	Up to \$20,000	78/232	33.8 (27.8-39.9)
	\$20,001 - \$40,000	173/551	31.3 (27.6-35.4)
	\$40,001 - \$60,000	158/495	31.9 (27.9-36.1)
	\$60,001 - \$80,000	116/391	29.8 (25.3-34.3)
	\$80,001 - \$100,000	124/363	34.3 (29.4-39.1)
	\$100,001 - \$150,000	239/654	36.5 (32.9-40.3)
	More than \$150,000	233/586	39.8 (35.9-43.8)
	Not stated	742/2152	34.5 (32.5-36.5)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Mental health service use

Measures: Respondents were asked how many times in the last 12-months they had used any of these mental health services; psychologist, psychiatrist, other community mental health services, or online/phone services.

In 2023, just under one fifth of adults (19.1%) had used a mental health service in the last 12-months. This is similar to all previous years (2018-2022) (Figure 6). In 2023, females, younger respondents and those living in metropolitan areas were more likely to report using a mental health service in the last twelve months (Table 9).

Figure 6: Proportion of South Australian adults (18 years and over) reporting using a mental health service in the past 12-months, SAPHS 2018-2023

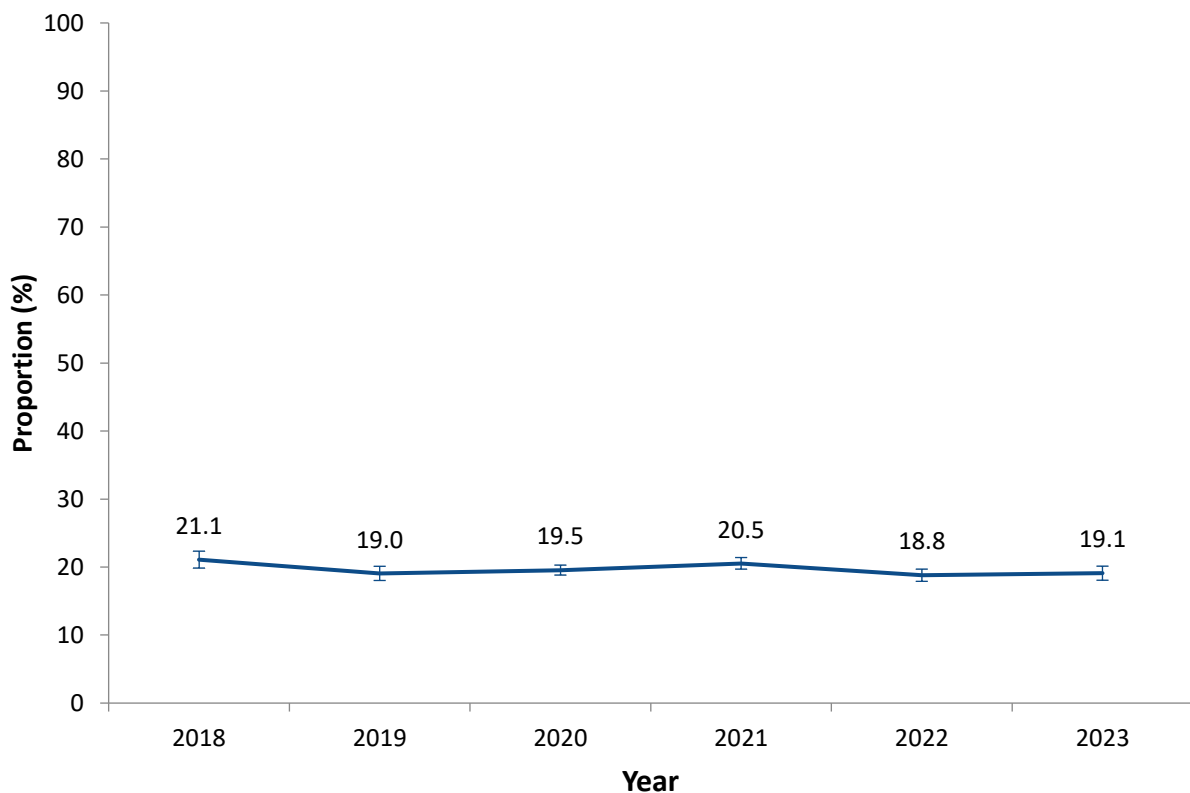


Table 9: Proportion of South Australian adults (18 years and over) reporting using a mental health service in the past 12-months, SAPHS 2023 (N=5549)

		n/N	% (95% CI)
All		1059/5549	19.1 (18.1-20.1)
Gender (N=5495*)	Male	410/2666	15.4 (14.0-16.8)
	Female	621/2829	21.9 (20.5-23.5)
Location	Metropolitan	820/4118	19.9 (18.7-21.2)
	Rural	239/1431	16.7 (14.8-18.7)
Age (years)	18-29	301/1035	29.1 (26.4-31.9)
	30-49	389/1575	24.7 (22.6-26.9)
	50-69	303/1838	16.5 (14.8-18.2)
	70 and over	66/1100	6.0 (4.7-7.5)
SEIFA (N=5546)	Lowest	235/1216	19.3 (17.2-21.6)
	Low	170/942	18.1 (15.7-20.6)
	Middle	295/1424	20.7 (18.7-22.9)
	High	173/946	18.3 (15.9-20.8)
	Highest	186/1018	18.3 (16.0-20.7)
Education (N=5490)	No school to secondary	469/2541	18.5 (17.0-20.0)
	TAFE, trade, certificate	206/1012	20.3 (18.0-22.9)
	Diploma, advanced diploma	117/628	18.6 (15.7-21.8)
	Degree or higher	254/1309	19.4 (17.3-21.6)
Household Income	Up to \$20,000	47/231	20.3 (15.5-25.9)
	\$20,001 - \$40,000	104/567	18.3 (15.3-21.7)
	\$40,001 - \$60,000	94/502	18.7 (15.5-22.3)
	\$60,001 - \$80,000	77/392	19.5 (15.9-23.8)
	\$80,001 - \$100,000	84/368	22.7 (18.8-27.3)
	\$100,001 - \$150,000	134/665	20.2 (17.2-23.3)
	More than \$150,000	93/591	15.7 (13.0-18.8)
	Not stated	428/2234	19.1 (17.6-20.8)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Mental health

Mental health conditions

Measures: Respondents were asked if, in the past 12-months, they had been told by a doctor that they had anxiety, depression, stress, or any other mental health problem. If they responded yes to any of these, they were classified as having a mental health condition.

In 2023, under a quarter (22.7%) of adults reported having a mental health condition in the last 12-months. This is lower than all other previous years (2018-2022) (Figure 7).

In 2023, anxiety (15.1%) and depression (14.2%) were more common among adults than stress related (7.2%) or other conditions (4.8%) (Table 10). Female respondents and those living in the low/lowest socioeconomic areas were more likely to report having a mental health condition. Respondents over 70 years old were less likely to report a mental health condition (Table 11).

Figure 7: Proportion of South Australian adults (18 years and over) reporting a mental health condition in the last 12-months, SAPHS 2018-2023

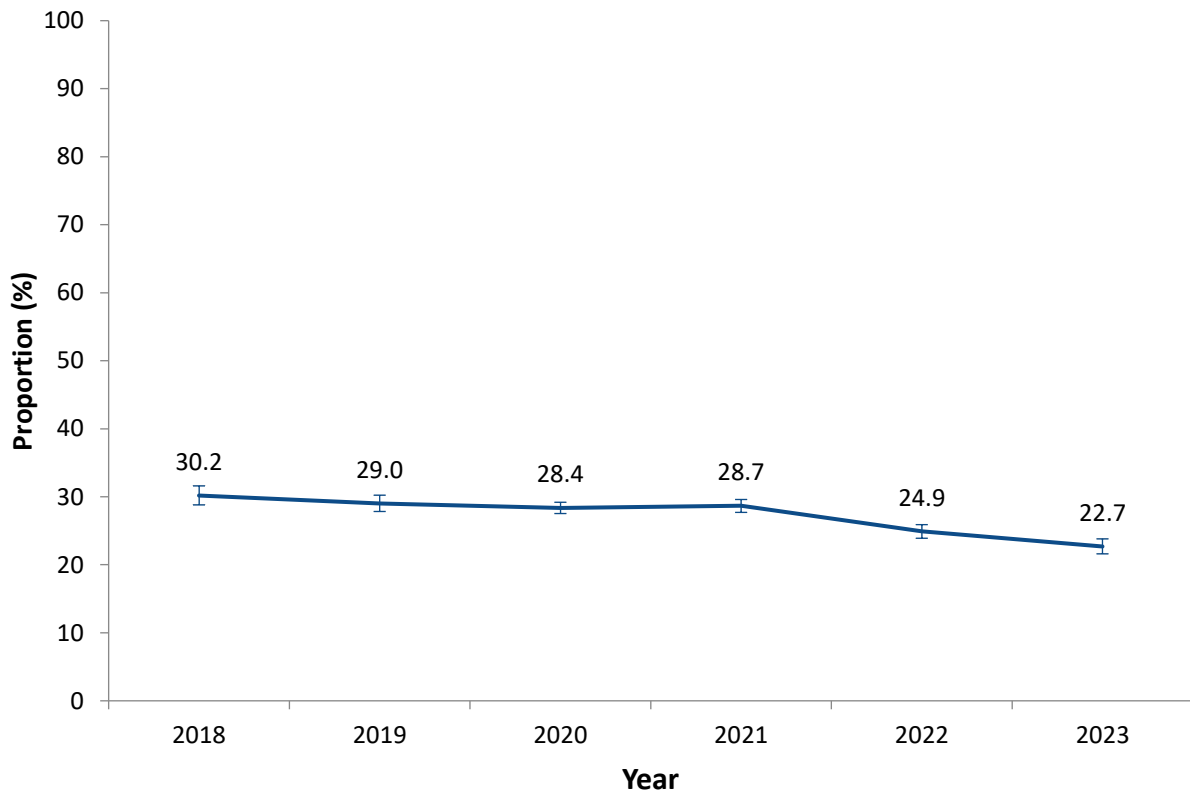


Table 10: Proportion of South Australian adults (18 years and over) reporting a mental health condition by type of condition, SAPHS 2023 (n=5532)

	n	% (95% CI)
Anxiety	836	15.1 (14.2-16.1)
Depression	785	14.2 (13.3-15.1)
Stress related	401	7.2 (6.6-8.0)
Other	264	4.8 (4.2-5.4)

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Multiple responses allowed.

Table 11: Proportion of South Australian adults (18 years and over) reporting having a mental health condition, SAPHS 2023 (N=5571)

		n/N	% (95% CI)
All		1264/5571	22.7 (21.6-23.8)
Gender (N=5478*)	Male	489/2663	18.4 (16.9-19.9)
	Female	757/2815	26.9 (25.3-28.6)
Location	Metropolitan	967/4102	23.6 (22.3-24.9)
	Rural	296/1431	20.7 (18.6-22.8)
Age (years)	18-29	281/1031	27.2 (24.6-30.0)
	30-49	396/1570	25.2 (23.1-27.4)
	50-69	435/1835	23.7 (21.8-25.7)
	70 and over	152/1096	13.9 (11.9-16.0)
SEIFA (N=5530)	Lowest	321/1218	26.3 (23.9-28.9)
	Low	244/939	26.0 (23.3-28.9)
	Middle	332/1414	23.5 (21.3-25.7)
	High	179/945	18.9 (16.5-21.5)
	Highest	188/1015	18.6 (16.2-21.0)
Education (N=5480)	No school to secondary	614/2532	24.2 (22.6-25.9)
	TAFE, trade, certificate	248/1014	24.4 (21.9-27.2)
	Diploma, advanced diploma	145/630	23.0 (19.9-26.4)
	Degree or higher	249/1303	19.1 (17.0-21.3)
Household Income	Up to \$20,000	69/234	29.4 (23.9-35.6)
	\$20,001 - \$40,000	139/565	24.6 (21.2-28.3)
	\$40,001 - \$60,000	115/499	23.1 (19.5-26.9)
	\$60,001 - \$80,000	103/391	26.3 (22.2-30.9)
	\$80,001 - \$100,000	110/368	30.0 (25.4-34.7)
	\$100,001 - \$150,000	118/664	17.8 (15.0-20.8)
	More than \$150,000	83/591	14.0 (11.4-17.0)
	Not stated	526/2219	23.7 (22.0-25.5)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Treatment for current mental health condition

Measures: Respondents were asked if they were currently receiving treatment for anxiety, depression, stress related problems or any other mental health problem. The response categories included: 'Yes-Medication', 'Yes-Health professional (i.e. psychologist, psychiatrist, GP)', 'Yes-Counsellor', 'Yes-Online/Phone resources (self-help)', 'Yes-Other', and 'None'.

Of the respondents who had a mental health condition and responded to this follow-up question (n=1258), over two-thirds (70.3%) reported receiving treatment for their mental health condition in 2023. This is similar to previous years (Figure 8).

In 2023, medication (49.0%) and health professional (42.7%) were the more common forms of treatment compared with a counsellor (5.3%) or online/phone resources (2.9%) (Table 12). The proportion of adults currently receiving treatment for a mental health condition was similar across demographic groups (Table 13).

Figure 8: Proportion of South Australian adults (18 years and over) reporting receiving treatment for their mental health condition, SAPHS 2018-2023

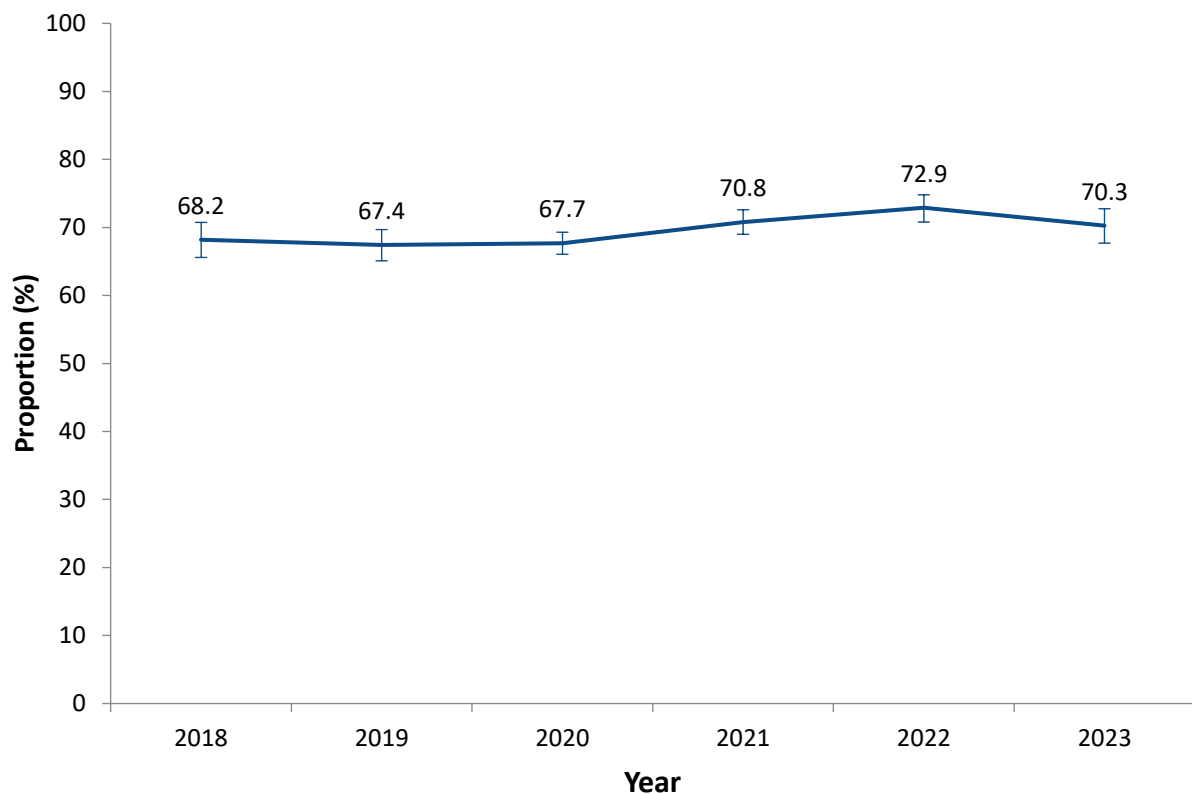


Table 12: Proportion of South Australian adults (18 years and over) reporting mental health treatment by type of treatment, SAPHS 2023 (n=1258)

	n	% (95% CI)
Medication	616	49.0 (46.2-51.7)
Health professional	538	42.7 (40.1-45.5)
Counsellor	66	5.3 (4.1-6.6)
Online/phone resources (self-help)	36	2.9 (2.0-3.9)
Other	19	1.5 (0.9-2.3)

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Multiple responses allowed.

Table 13: Proportion of South Australian adults (18 years and over) reporting receiving treatment for a mental health condition, SAPHS 2023 (N=1258)

		n/N	% (95% CI)
All		884/1258	70.3 (67.7-72.7)
Gender (N=1241*)	Male	330/484	68.3 (63.9-72.2)
	Female	543/757	71.7 (68.4-74.9)
Location	Metropolitan	665/962	69.1 (66.2-72.0)
	Rural	219/296	73.9 (68.8-78.7)
Age (years)	18-29	185/279	66.4 (60.6-71.7)
	30-49	285/392	72.6 (68.1-76.9)
	50-69	303/435	69.6 (65.2-73.8)
	70 and over	111/152	73.1 (65.6-79.6)
SEIFA (N=1257)	Lowest	224/321	69.7 (64.6-74.6)
	Low	164/240	68.3 (62.3-74.0)
	Middle	233/332	70.0 (65.1-74.9)
	High	130/178	73.0 (66.2-79.1)
	Highest	134/187	71.7 (64.9-77.7)
Education (N=1249)	No school to secondary	429/613	69.9 (66.3-73.5)
	TAFE, trade, certificate	174/245	70.9 (65.1-76.4)
	Diploma, advanced diploma	103/143	72.1 (64.3-78.9)
	Degree or higher	169/247	68.3 (62.4-74.0)
Household Income	Up to \$20,000	46/69	66.5 (55.0-76.9)
	\$20,001 - \$40,000	104/139	74.7 (67.1-81.5)
	\$40,001 - \$60,000	72/115	63.1 (53.5-71.1)
	\$60,001 - \$80,000	81/103	78.3 (70.0-85.7)
	\$80,001 - \$100,000	80/110	72.9 (63.9-80.4)
	\$100,001 - \$150,000	80/118	67.8 (59.0-75.7)
	More than \$150,000	48/81	58.5 (48.4-69.5)
	Not stated	373/522	71.4 (67.5-75.2)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Psychological distress

Measures: Psychological distress was measured using the Kessler-10 scale whereby 10 questions were asked about the feelings the respondent had in the past four weeks, and how often they had those feelings. The answers to the 10 questions were then given a score between 1 and 5 with higher score denoting higher frequency of the negative feeling. The question scores were then summed to give an overall score between 10 and 50 and categorised into low (10-15), moderate (16-21), high (22-29), or very high (30-50) levels of psychological distress.

High or very high levels of psychological distress were reported by 18.5% of respondents in 2023. This is lower than 2021 (21.3%) but similar all other previous years (Figure 9).

Psychological distress was more likely to be reported by females, younger adults, those living in lower socioeconomic areas, those with lower levels of education and those with a household income of up to \$20,000 (Table 14).

Figure 9: Proportion of South Australian adults (18 years and over) reporting high or very high psychological distress, SAPHS 2018-2023

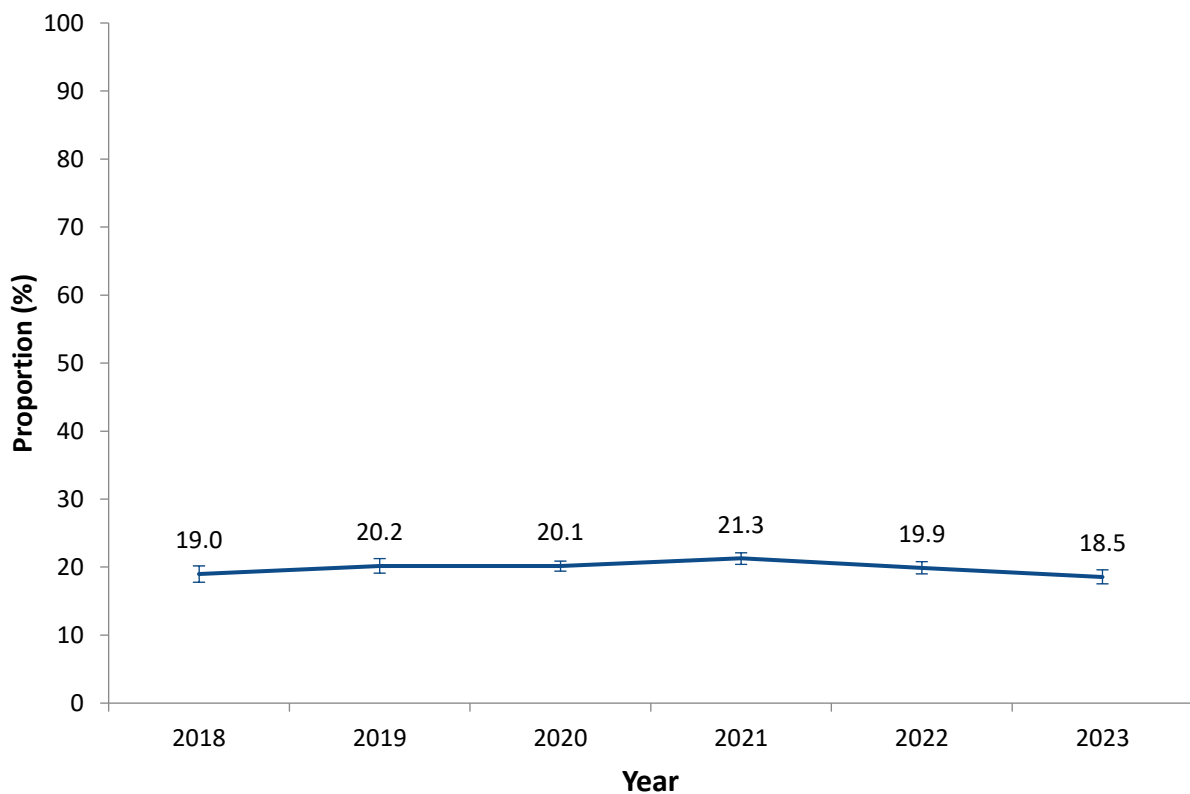


Table 14: Proportion of South Australian adults (18 years and over) reporting high or very high psychological distress, SAPHS 2023 (N=5475)

		n/N	% (95% CI)
All		1015/5475	18.5 (17.5-19.6)
Gender (N=5424*)	Male	439/2636	16.6 (15.3-18.1)
	Female	546/2788	19.6 (18.1-21.1)
Location	Metropolitan	764/4061	18.8 (17.6-20.0)
	Rural	252/1415	17.8 (15.9-19.9)
Age (years)	18-29	282/1023	27.6 (24.9-30.4)
	30-49	333/1548	21.5 (19.5-23.6)
	50-69	328/1819	18.0 (16.3-19.8)
	70 and over	72/1086	6.7 (5.3-8.2)
SEIFA (N=5473)	Lowest	274/1197	22.9 (20.6-25.3)
	Low	187/929	20.2 (17.6-22.8)
	Middle	257/1410	18.2 (16.3-20.3)
	High	145/931	15.5 (13.4-18.0)
	Highest	152/1007	15.1 (13.0-17.4)
Education (N=5423)	No school to secondary	509/2507	20.3 (18.8-21.9)
	TAFE, trade, certificate	196/1005	19.5 (17.1-22.0)
	Diploma, advanced diploma	111/620	17.9 (15.0-21.1)
	Degree or higher	187/1290	14.5 (12.7-16.5)
Household Income	Up to \$20,000	70/232	30.1 (24.5-36.3)
	\$20,001 - \$40,000	114/560	20.4 (17.2-23.8)
	\$40,001 - \$60,000	75/494	15.1 (12.2-18.5)
	\$60,001 - \$80,000	90/387	23.3 (19.3-27.7)
	\$80,001 - \$100,000	52/368	14.2 (10.9-18.0)
	\$100,001 - \$150,000	108/658	16.4 (13.7-19.4)
	More than \$150,000	59/592	9.9 (7.7-12.6)
	Not stated	448/2184	20.5 (18.9-22.2)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Suicidal ideation

Measures: Respondents were asked if, in the past 12-months, they had considered suicide.

A note about the data: The data presented below represent the headline indicator of suicidal ideation. For those who responded 'yes' to this question, a series of follow up questions were asked regarding seeking professional help, and what has since helped their wellbeing. All respondents were provided with contacts to several support services if they were feeling distressed or required assistance after answering these questions.

In 2023, a total proportion of 8.0% of respondents reported having suicidal ideation in the last 12-months. This was similar to 2022 (8.8%), but lower than 2018 to 2021 (Figure 10).

Younger adults, those with lower levels of education and those with a household income of up to \$20,000 had higher suicidal ideation in 2023. Respondents from the lowest socioeconomic areas were more likely to report suicidal ideation, compared to those from the highest socioeconomic areas (Table 15).

Figure 10: Proportion of South Australian adults (18 years and over) reporting suicidal ideation, SAPHS 2018-2023

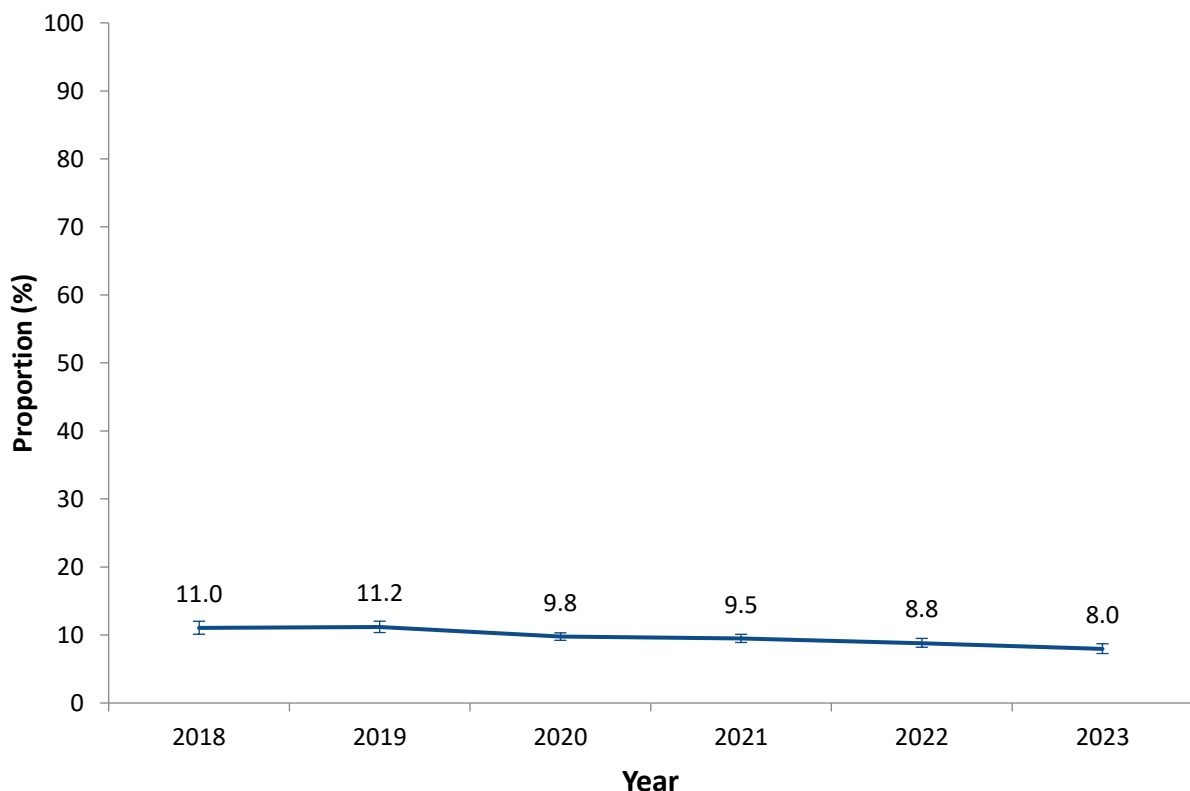


Table 15: Proportion of South Australian adults (18 years and over) reporting suicidal ideation, SAPHS 2023 (N=5499)

		n/N	% (95% CI)
All		438/5499	8.0 (7.3-8.7)
Gender (N=5448 *)	Male	219/2636	8.3 (7.3-9.4)
	Female	208/2812	7.4 (6.5-8.4)
Location	Metropolitan	320/4077	7.8 (7.1-8.7)
	Rural	118/1422	8.3 (6.9-9.8)
Age (years)	18-29	123/1018	12.1 (10.2-14.2)
	30-49	151/1566	9.7 (8.3-11.2)
	50-69	123/1823	6.7 (5.7-8.0)
	70 and over	40/1092	3.7 (2.7-4.9)
SEIFA (N=5497)	Lowest	114/1213	9.4 (7.9-11.1)
	Low	73/932	7.8 (6.2-9.7)
	Middle	125/1405	8.9 (7.5-10.5)
	High	64/938	6.9 (5.3-8.6)
	Highest	62/1009	6.2 (4.8-7.8)
Education (N=5450)	No school to secondary	236/2520	9.4 (8.3-10.5)
	TAFE, trade, certificate	86/1007	8.5 (6.9-10.4)
	Diploma, advanced diploma	44/624	7.0 (5.2-9.3)
	Degree or higher	67/1299	5.2 (4.1-6.5)
Household Income	Up to \$20,000	47/233	20.2 (15.4-25.7)
	\$20,001 - \$40,000	56/562	9.9 (7.7-12.6)
	\$40,001 - \$60,000	39/497	7.8 (5.7-10.5)
	\$60,001 - \$80,000	36/384	9.5 (6.8-12.6)
	\$80,001 - \$100,000	20/367	5.5 (3.5-8.1)
	\$100,001 - \$150,000	48/664	7.2 (5.4-9.4)
	More than \$150,000	29/591	4.8 (3.4-6.9)
	Not stated	163/2201	7.4 (6.4-8.6)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Disadvantage and Inequity

Money availability

Measure: Respondents were asked if suddenly they had to get \$2,000 for something important, could they get the money within a week.

Most respondents (84.1%) reported in 2023 that they could get \$2,000 within a week if needed. This is similar to 2022 (84.4%) and higher than other previous years (2018-2021) (Figure 11).

In 2023, respondents over 70 years old, those with a higher education status, and those with household incomes above \$100,001 were more likely to have access to \$2,000 within a week if needed. Respondents living in lower socioeconomic areas or with household incomes of \$20,000 or less were less likely to be able to obtain \$2,000 within a week if needed (Table 16).

Figure 11: Proportion of South Australian adults (18 years and over) reporting they could get \$2000 within a week if needed, SAPHS 2018-2023

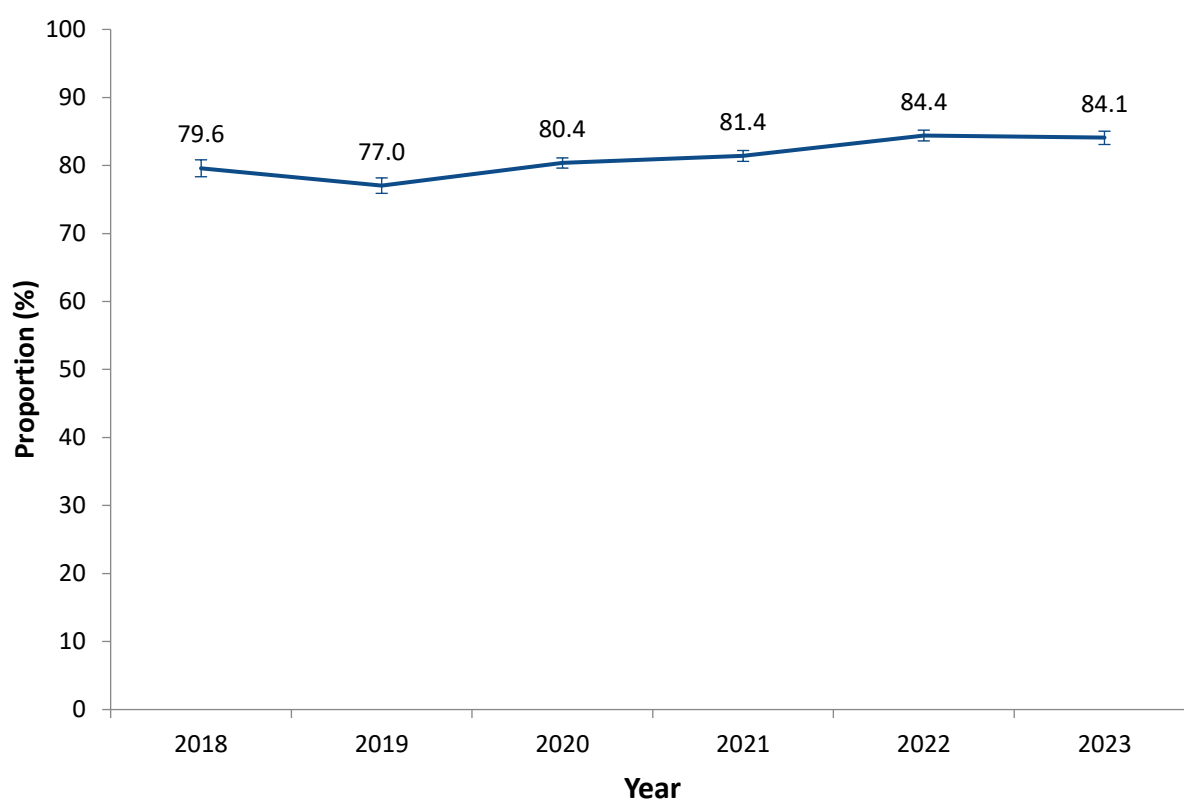


Table 16: Proportion of South Australian adults (18 years and over) reporting they could get \$2000 within a week if needed, SAPHS 2023 (N=5379)

		n/N	% (95% CI)
All		4523/5379	84.1 (83.1-85.0)
Gender (N=5328*)	Male	2208/2575	85.8 (84.4-87.1)
	Female	2288/2753	83.1 (81.7-84.5)
Location	Metropolitan	3342/3980	84.0 (82.8-85.1)
	Rural	1181/1399	84.4 (82.4-86.2)
Age (years)	18-29	802/1002	80.0 (77.5-82.4)
	30-49	1225/1511	81.1 (79.0-83.0)
	50-69	1509/1798	83.9 (82.2-85.6)
	70 and over	987/1068	92.4 (90.7-93.9)
SEIFA (N=5377)	Lowest	856/1167	73.3 (70.8-75.8)
	Low	785/925	84.8 (82.4-87.1)
	Middle	1168/1377	84.8 (82.9-86.6)
	High	804/911	88.3 (86.0-90.2)
	Highest	909/998	91.0 (89.2-92.7)
Education (N=5342)	No school to secondary	1953/2460	79.4 (77.8-81.0)
	TAFE, trade, certificate	824/981	84.0 (81.6-86.2)
	Diploma, advanced diploma	535/614	87.0 (84.3-89.6)
	Degree or higher	1198/1286	93.2 (91.7-94.4)
Household Income	Up to \$20,000	160/225	70.8 (64.9-76.7)
	\$20,001 - \$40,000	442/549	80.4 (77.0-83.7)
	\$40,001 - \$60,000	429/494	86.9 (83.6-89.6)
	\$60,001 - \$80,000	322/385	83.7 (79.7-87.1)
	\$80,001 - \$100,000	329/367	89.7 (86.2-92.5)
	\$100,001 - \$150,000	622/658	94.5 (92.6-96.1)
	More than \$150,000	570/591	96.3 (94.7-97.7)
	Not stated	1651/2111	78.2 (76.4-79.9)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Food security

Measure: Respondents were asked if there had been any time in the past 12-months that they had run out of food and couldn't afford to buy more.

In 2023, food insecurity in the past 12-months was reported by 7.2% of adults. This was similar to 2022 (7.1%) and 2021 (8.2%) and lower than 2018 to 2020 (Figure 12).

Respondents living in the lowest socioeconomic areas, and those with a household income of less than \$40,000 were more likely to report food insecurity in 2023. Residents of the highest socioeconomic areas, those aged 70 years and over and those with an education attainment of diploma or above were less likely to experience food insecurity within the last 12-months (Table 17).

Figure 12: Proportion of South Australian adults (18 years and over) with food insecurity in the past 12-months, SAPHS 2018-2023

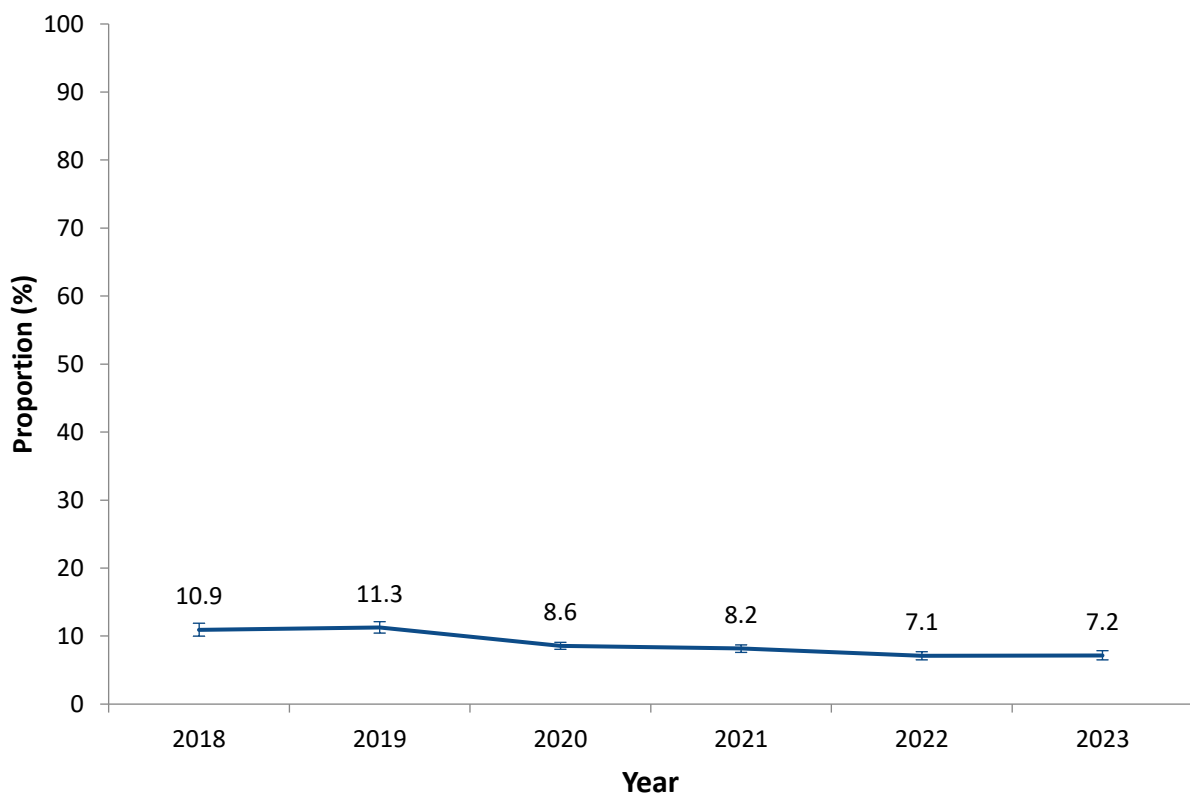


Table 17: Proportion of South Australian adults (18 years and over) with food insecurity in the past 12- months, SAPHS 2023 (N=5550)

		n/N	% (95% CI)
All		397/5550	7.2 (6.5-7.9)
Gender (N=5496*)	Male	193/2671	7.2 (6.3-8.3)
	Female	197/2825	7.0 (6.1-8.0)
Location	Metropolitan	281/4111	6.8 (6.1-7.6)
	Rural	116/1438	8.0 (6.7-9.6)
Age (years)	18-29	95/1035	9.2 (7.5-11.1)
	30-49	131/1571	8.4 (7.0-9.8)
	50-69	148/1842	8.0 (6.9-9.3)
	70 and over	22/1101	2.0 (1.3-3.0)
SEIFA (N=5547)	Lowest	130/1217	10.7 (9.0-12.5)
	Low	65/943	6.9 (5.4-8.6)
	Middle	113/1424	7.9 (6.6-9.4)
	High	46/947	4.8 (3.6-6.4)
	Highest	43/1016	4.2 (3.1-5.6)
Education (N=5495)	No school to secondary	215/2540	8.5 (7.4-9.6)
	TAFE, trade, certificate	78/1010	7.7 (6.2-9.5)
	Diploma, advanced diploma	32/629	5.1 (3.6-7.0)
	Degree or higher	63/1315	4.8 (3.7-6.0)
Household Income	Up to \$20,000	46/234	19.4 (15.0-25.1)
	\$20,001 - \$40,000	62/566	11.0 (8.6-13.7)
	\$40,001 - \$60,000	25/501	4.9 (3.3-7.2)
	\$60,001 - \$80,000	29/393	7.3 (5.1-10.3)
	\$80,001 - \$100,000	17/368	4.6 (2.8-7.1)
	\$100,001 - \$150,000	16/664	2.4 (1.4-3.8)
	More than \$150,000	15/594	2.5 (1.5-4.0)
	Not stated	188/2231	8.4 (7.3-9.6)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Chronic Disease

Diabetes

Measure: A series of questions were asked to determine if respondents had ever been diagnosed with diabetes, the type of diabetes, and their current treatment.

Nearly 12% of respondents (11.9%) reported having diabetes in 2023. This is similar to all previous years (2018-2022) (Figure 13). Table 18 shows that the majority (73.9%) reported having Type 2 diabetes, while 8.6% had Type 1 diabetes. The most common form of treatment for diabetes was tablets (75.5%) and diet (42.9%), while 29.3% used insulin, and 24.8% used exercise (Table 19).

Older respondents, those from the lowest socioeconomic areas, those with lower levels of education, and those with a lower household income were more likely to report having diabetes. Similarly, Type 2 diabetes was also more likely in older respondents, as well as those with lower levels of education, and those with a lower household income (Table 20).

Figure 13: Proportion of South Australian adults (18 years and over) reporting diabetes, SAPHS 2018-2023

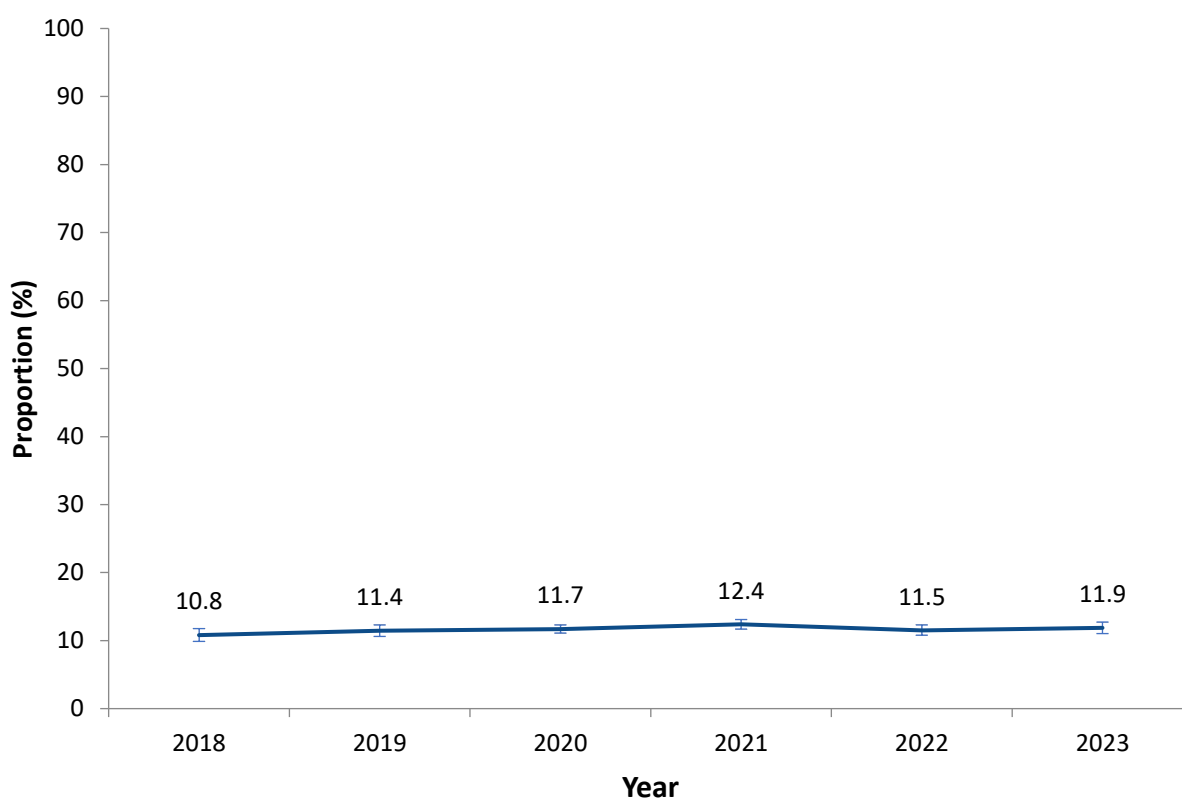


Table 18: Proportion of South Australian adults (18 years and over) reporting diabetes by type, SAPHS 2023 (N=660*)

	n	% (95% CI)
Type 1 diabetes	57	8.6 (6.7-11.0)
Type 2 diabetes	488	73.9 (70.5-77.2)
Gestational diabetes	37	5.7 (4.0-7.6)
Diabetes - type unknown	75	11.3 (9.1-14.0)
Diabetes - other	4	0.6 (0.2-1.4)
Total	660	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Based on N=660 respondents who reported the type of diabetes.

Table 19: Proportion of South Australian adults (18 years and over) reporting diabetes by treatment type, SAPHS 2023 (N=579*)

	n	% (95% CI)
Insulin	169	29.3 (25.6-33.0)
Tablets	437	75.5 (71.8-78.8)
Diet	248	42.9 (38.8-46.9)
Exercise	143	24.8 (21.3-28.3)
Other	15	2.6 (1.5-4.1)

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Based on N=579 respondents who reported the type of diabetes treatment. Multiple answers allowed.

Table 20: Proportion of South Australian adults (18 years and over) reporting diabetes, SAPHs 2023 (N=5563)

		All diabetes		Type 2 diabetes	
		n/N	% (95% CI)	n/N	% (95% CI)
All		660/5563	11.9 (11.0-12.7)	488/5563	8.8 (8.1-9.5)
Gender (N=5509*)	Male	327/2674	12.2 (11.0-13.5)	252/2674	9.4 (8.4-10.6)
	Female	328/2835	11.6 (10.4-12.8)	232/2835	8.2 (7.2-9.2)
Location	Metropolitan	471/4126	11.4 (10.5-12.4)	348/4126	8.4 (7.6-9.3)
	Rural	190/1437	13.2 (11.5-15.0)	140/1437	9.8 (8.3-11.4)
Age (years)	18-29	21/1039	2.1 (1.3-3.0)	8/1039	0.7 (0.4-1.4)
	30-49	126/1582	8.0 (6.7-9.4)	65/1582	4.1 (3.2-5.2)
	50-69	285/1843	15.5 (13.9-17.2)	226/1843	12.3 (10.8-13.8)
	70 and over	228/1099	20.7 (18.4-23.2)	189/1099	17.2 (15.1-19.5)
SEIFA (N=5561)	Lowest	190/1224	15.5 (13.6-17.6)	128/1224	10.5 (8.8-12.3)
	Low	111/941	11.8 (9.9-14.0)	90/941	9.6 (7.8-11.6)
	Middle	163/1426	11.4 (9.9-13.2)	117/1426	8.2 (6.9-9.7)
	High	97/947	10.2 (8.4-12.3)	75/947	7.9 (6.3-9.8)
	Highest	100/1022	9.8 (8.1-11.7)	78/1022	7.6 (6.1-9.4)
Education (N=5503)	No school to secondary	364/2542	14.3 (13.0-15.7)	272/2542	10.7 (9.5-11.9)
	TAFE, trade, certificate	107/1015	10.5 (8.8-12.5)	77/1015	7.6 (6.1-9.3)
	Diploma, advanced diploma	72/630	11.5 (9.1-14.1)	53/630	8.4 (6.4-10.8)
	Degree or higher	113/1316	8.6 (7.2-10.2)	81/1316	6.2 (5.0-7.6)
Household Income	Up to \$20,000	38/234	16.4 (11.9-21.4)	31/234	13.2 (9.4-18.0)
	\$20,001 - \$40,000	131/565	23.2 (19.8-26.8)	105/565	18.6 (15.5-21.9)
	\$40,001 - \$60,000	58/502	11.6 (9.0-14.6)	50/502	10.0 (7.6-12.8)
	\$60,001 - \$80,000	38/393	9.7 (7.0-12.9)	28/393	7.3 (4.9-10.0)
	\$80,001 - \$100,000	28/368	7.5 (5.2-10.7)	18/368	4.9 (3.0-7.5)
	\$100,001 - \$150,000	42/665	6.4 (4.7-8.4)	26/665	3.9 (2.6-5.6)
	More than \$150,000	28/594	4.7 (3.2-6.6)	16/594	2.6 (1.6-4.2)
	Not stated	296/2243	13.2 (11.8-14.6)	214/2243	9.5 (8.4-10.8)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 21 presents the proportion of adults reporting diabetes by selected risk factors in 2023. In 2023, over half of respondents reporting diabetes were obese (51.3%), which was higher than the overall South Australian population (30.5%). Only 42.3% of respondents reporting diabetes were participating in 150 minutes or more of physical activity per week in 2023, which was less than the overall population (57.8%). Respondents reporting diabetes were more likely to consume the recommended serves of fruit, less likely to consume alcohol that put them at risk of alcohol related disease or injury and more likely to be a non-drinker in 2023, compared to the overall South Australian population.

Table 21: Proportion of South Australian adults (18 years and over) reporting diabetes by selected risk factors, SAPHS 2023

Body Mass Index	Diabetes		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	5	0.9 (0.3-1.8)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	99	16.2 (13.5-19.3)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	192	31.6 (27.9-35.3)	1662	32.6 (31.3-33.9)
Obese (≥30)	312	51.3 (47.3-55.2)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	47	7.2 (5.4-9.4)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	605	92.8 (90.6-94.6)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	290	44.1 (40.4-48.0)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	367	55.9 (52.0-59.6)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	279	42.3 (38.6-46.1)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	226	34.4 (30.7-38.0)	1606	28.9 (27.8-30.1)
No activity (0 min)	154	23.3 (20.3-26.7)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	570	86.6 (83.7-88.9)	4755	85.5 (84.6-86.4)
Current smoker	88	13.4 (10.9-16.1)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	247	38.0 (34.4-41.9)	1359	24.7 (23.6-25.8)
Low risk	294	45.4 (41.6-49.2)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	107	16.6 (13.8-19.5)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Asthma

Measure: A series of questions were asked of respondents to determine if the respondent had asthma according to the Australian Centre for Asthma Monitoring (ACAM) [4] definition, that is, the respondent had been diagnosed with asthma and had experienced symptoms and/or treatment in the last 12-months.

According to the ACAM definition, 12.5% of respondents reported having asthma in 2023, which was lower than 2018 (14.8%) and 2020 (14.5%), but similar to other years (Figure 14).

In 2023, females (14.9%) were more likely to report having asthma than males (9.7%) (Table 22).

Figure 14: Proportion of South Australian adults (18 years and over) reporting asthma, SAPHS 2018-2023

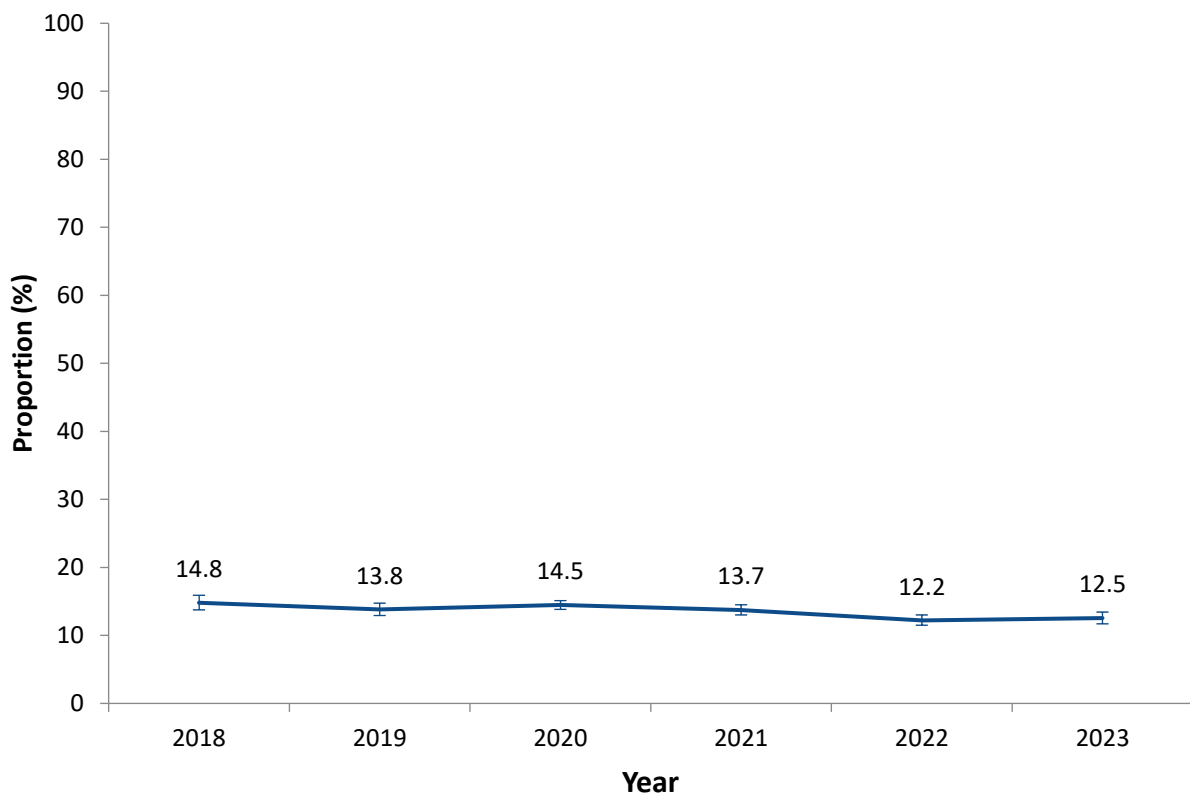


Table 22: Proportion of South Australian adults (18 years and over) reporting asthma, SAPHS 2023 (N=5554)

		n/N	% (95% CI)
All		696/5554	12.5 (11.7-13.4)
Gender (N=5499*)	Male	260/2667	9.7 (8.7-10.9)
	Female	423/2832	14.9 (13.7-16.3)
Location	Metropolitan	504/4122	12.2 (11.3-13.3)
	Rural	192/1432	13.4 (11.7-15.2)
Age (years)	18-29	103/1033	10.0 (8.3-11.9)
	30-49	210/1578	13.3 (11.7-15.1)
	50-69	260/1842	14.1 (12.6-15.8)
	70 and over	123/1100	11.1 (9.4-13.1)
SEIFA (N=5551)	Lowest	180/1220	14.7 (12.8-16.8)
	Low	124/942	13.2 (11.1-15.4)
	Middle	157/1426	11.0 (9.5-12.7)
	High	124/947	13.1 (11.1-15.4)
	Highest	111/1016	10.9 (9.1-13.0)
Education (N=5493)	No school to secondary	311/2538	12.2 (11.0-13.6)
	TAFE, trade, certificate	156/1013	15.4 (13.3-17.7)
	Diploma, advanced diploma	82/629	13.0 (10.6-15.8)
	Degree or higher	143/1313	10.9 (9.3-12.7)
Household Income	Up to \$20,000	39/233	16.6 (12.4-21.9)
	\$20,001 - \$40,000	91/567	16.1 (13.2-19.2)
	\$40,001 - \$60,000	65/501	13.0 (10.2-16.1)
	\$60,001 - \$80,000	39/389	9.9 (7.3-13.3)
	\$80,001 - \$100,000	45/367	12.2 (9.2-15.9)
	\$100,001 - \$150,000	90/665	13.6 (11.1-16.3)
	More than \$150,000	55/593	9.2 (7.1-11.8)
	Not stated	272/2239	12.2 (10.8-13.6)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 23 presents the proportion of respondents reporting asthma in 2023 by selected risk factors. Just under half of adults reporting asthma were obese (45.1%), which was higher than the overall South Australian population (30.5%). Respondents with asthma were also more likely to be current smokers compared to the overall population.

Table 23: Proportion of South Australian adults (18 years and over) reporting asthma by selected risk factors, SAPHS 2023

Body Mass Index	n	Asthma	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	7	1.1 (0.5-2.1)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	156	24.1 (20.8-27.4)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	194	29.8 (26.4-33.4)	1662	32.6 (31.3-33.9)
Obese (≥30)	293	45.1 (41.2-48.8)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	58	8.4 (6.5-10.7)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	628	91.6 (89.3-93.5)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	224	32.4 (29.0-36.0)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	467	67.6 (64.0-71.0)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	379	54.6 (50.9-58.3)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	200	28.9 (25.5-32.3)	1606	28.9 (27.8-30.1)
No activity (0 min)	114	16.5 (13.8-19.3)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	562	80.9 (77.9-83.8)	4755	85.5 (84.6-86.4)
Current smoker	133	19.1 (16.4-22.2)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	175	25.4 (22.3-28.7)	1359	24.7 (23.6-25.8)
Low risk	313	45.4 (41.7-49.2)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	201	29.2 (25.9-32.6)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

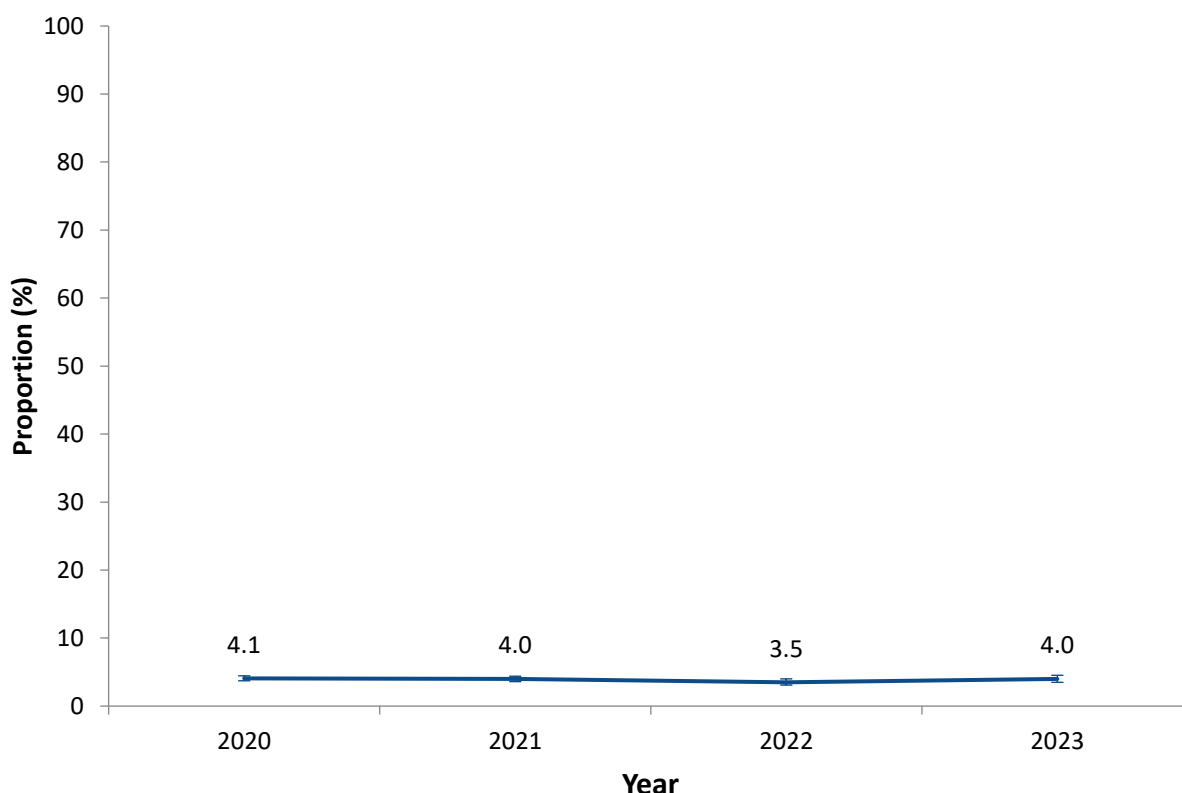
Chronic obstructive pulmonary disease (COPD)

Measure: Respondents were asked if they had ever been told by a doctor or nurse that they had chronic bronchitis or emphysema that has lasted 6 months or more, which are indicators of being diagnosed with COPD¹.

Similar to previous years (2020-2022), 4.0% of respondents reported having COPD in 2023 (Figure 15). Due to a change in the question, data are not comparable to the 2018 and 2019 reports.

Respondents aged 50 years and over, those with lower levels of education, and respondents with household between \$20,001 - \$40,000 were more likely to report COPD (Table 24).

Figure 15: Proportion of South Australian adults (18 years and over) reporting COPD, SAPHS 2020-2023



¹ Note: This question was reviewed and updated for 2020 SAPHS data collection. Previous results (2018-19) should be interpreted with caution as they may overestimate the number of respondents with COPD.

Table 24: Proportion of South Australian adults (18 years and over) reporting COPD, SAPHs 2023 (N=5550)

		n/N	% (95% CI)
All		221/5550	4.0 (3.5-4.5)
Gender (N=5496*)	Male	91/2667	3.4 (2.8-4.2)
	Female	130/2829	4.6 (3.9-5.4)
Location	Metropolitan	154/4118	3.7 (3.2-4.4)
	Rural	67/1432	4.7 (3.7-5.9)
Age (years)	18-29	6/1036	0.6 (0.2-1.2)
	30-49	43/1579	2.7 (2.0-3.6)
	50-69	96/1843	5.2 (4.3-6.3)
	70 and over	75/1092	6.9 (5.5-8.5)
SEIFA (N=5548)	Lowest	65/1221	5.3 (4.2-6.7)
	Low	46/939	4.9 (3.7-6.4)
	Middle	50/1421	3.5 (2.7-4.6)
	High	30/946	3.2 (2.2-4.4)
	Highest	30/1020	2.9 (2.0-4.1)
Education (N=5490)	No school to secondary	125/2536	4.9 (4.1-5.8)
	TAFE, trade, certificate	53/1012	5.3 (4.0-6.7)
	Diploma, advanced diploma	13/629	2.1 (1.2-3.4)
	Degree or higher	26/1313	2.0 (1.3-2.8)
Household Income	Up to \$20,000	13/234	5.4 (3.1-9.1)
	\$20,001 - \$40,000	59/566	10.4 (8.1-13.1)
	\$40,001 - \$60,000	17/500	3.5 (2.1-5.3)
	\$60,001 - \$80,000	12/392	3.0 (1.7-5.1)
	\$80,001 - \$100,000	4/368	1.0 (0.4-2.6)
	\$100,001 - \$150,000	11/665	1.6 (0.9-2.8)
	More than \$150,000	6/592	1.0 (0.4-2.1)
	Not stated	100/2235	4.5 (3.7-5.4)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 25 presents the proportion of respondents reporting COPD in 2023 by selected risk factors. In 2023, respondents reporting COPD were more likely to be obese, a current smoker, and physically inactive in the last 12-months, compared to the overall South Australian population.

Table 25: Proportion of South Australian adults (18 years and over) reporting COPD by selected risk factors, SAPHS 2023

Body Mass Index	n	COPD	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	4	1.9 (0.7-4.7)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	52	25.6 (20.2-32.2)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	65	32.4 (26.2-39.0)	1662	32.6 (31.3-33.9)
Obese (≥30)	81	40.1 (33.7-47.2)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	14	6.4 (3.8-10.4)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	201	93.6 (89.6-96.2)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	65	29.9 (24.2-36.3)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	152	70.1 (63.7-75.8)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	79	35.7 (29.6-42.2)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	77	34.6 (28.8-41.3)	1606	28.9 (27.8-30.1)
No activity (0 min)	66	29.6 (24.1-36.1)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	149	67.6 (61.0-73.3)	4755	85.5 (84.6-86.4)
Current smoker	72	32.4 (26.7-39.0)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	74	33.7 (27.9-40.4)	1359	24.7 (23.6-25.8)
Low risk	91	41.7 (35.3-48.4)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	54	24.6 (19.4-30.8)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Cardiovascular disease (CVD)

Measure: Respondents were asked if they had ever been told by a doctor or nurse that they had a heart attack, angina, heart disease, stroke, or transient ischaemic attack (TIA) / mini-stroke, to determine whether they had ever been diagnosed with CVD.

Similar to previous years (2018-2022), 11.7% of adults reported having CVD in 2023 (Figure 16). A higher proportion of males (13.0%) than females (10.5%) reported CVD in 2023. Younger adults, those with higher levels of education and higher household incomes were less likely to report having CVD in 2023 (Table 26).

Figure 16: Proportion of South Australian adults (18 years and over) reporting CVD, SAPHS 2018-2023

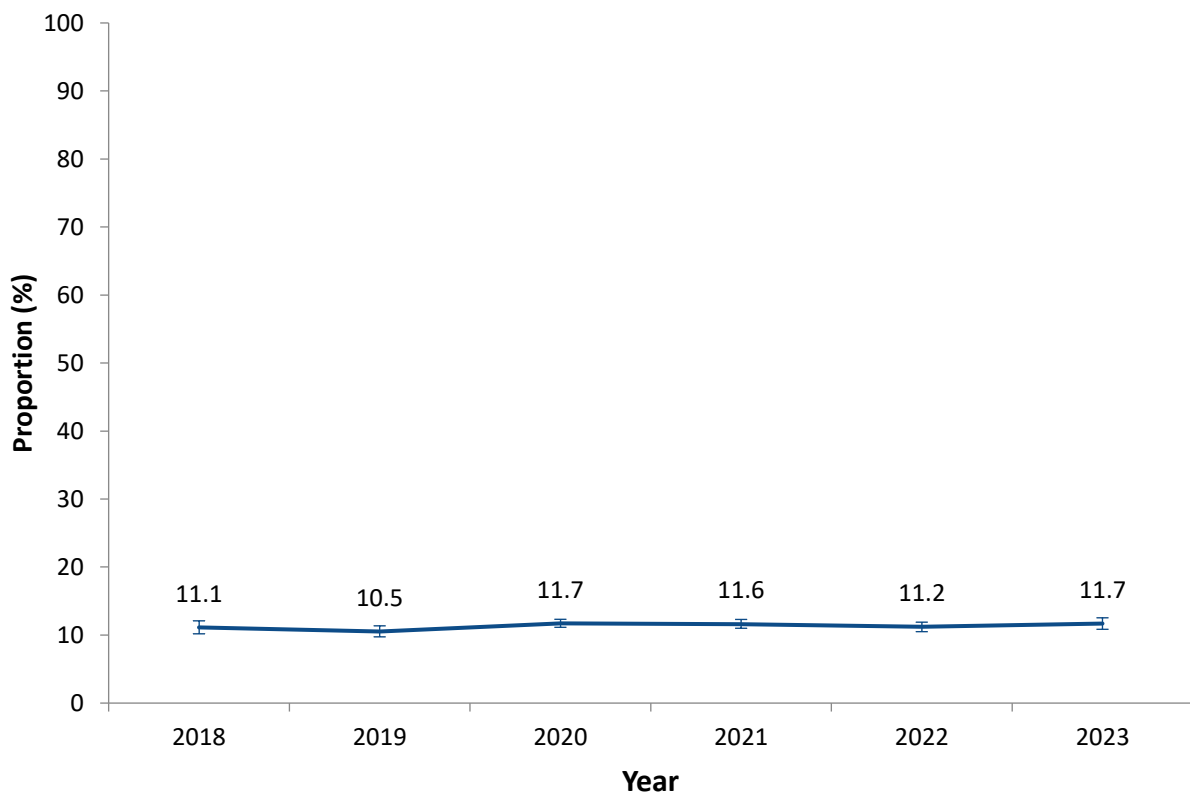


Table 26: Proportion of South Australian adults (18 years and over) reporting CVD, SAPHS 2023 (N=5565)

		n/N	% (95% CI)
All		649/5565	11.7 (10.8-12.5)
Gender (N=5510*)	Male	348/2674	13.0 (11.8-14.3)
	Female	296/2836	10.5 (9.4-11.6)
Location	Metropolitan	449/4127	10.9 (10.0-11.9)
	Rural	200/1438	13.9 (12.2-15.8)
Age (years)	18-29	7/1038	0.7 (0.3-1.3)
	30-49	71/1581	4.5 (3.6-5.6)
	50-69	262/1844	14.2 (12.7-15.9)
	70 and over	309/1102	28.0 (25.4-30.7)
SEIFA (N=5562)	Lowest	135/1225	11.0 (9.4-12.9)
	Low	134/942	14.3 (12.1-16.6)
	Middle	156/1427	10.9 (9.4-12.6)
	High	102/945	10.8 (8.9-12.9)
	Highest	121/1022	11.9 (10.0-13.9)
Education (N=5503)	No school to secondary	339/2545	13.3 (12.0-14.7)
	TAFE, trade, certificate	128/1014	12.7 (10.7-14.8)
	Diploma, advanced diploma	69/631	10.9 (8.7-13.5)
	Degree or higher	102/1313	7.7 (6.4-9.3)
Household Income	Up to \$20,000	55/234	23.4 (18.4-29.2)
	\$20,001 - \$40,000	122/568	21.4 (18.3-25.0)
	\$40,001 - \$60,000	63/501	12.6 (9.9-15.7)
	\$60,001 - \$80,000	45/393	11.4 (8.6-14.9)
	\$80,001 - \$100,000	30/368	8.2 (5.7-11.3)
	\$100,001 - \$150,000	30/664	4.6 (3.1-6.3)
	More than \$150,000	22/591	3.8 (2.4-5.5)
	Not stated	283/2246	12.6 (11.3-14.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 27 presents the proportion of adults reporting CVD in 2023 by selected risk factors. Respondents reporting CVD were more likely to be obese, inactive, and a non-drinker than the overall South Australian population.

Table 27: Proportion of South Australian adults (18 years and over) reporting CVD by selected risk factors, SAPHS 2023

Body Mass Index	CVD		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	16	2.6 (1.6-4.2)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	153	25.5 (22.1-29.1)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	216	36.0 (32.2-39.9)	1662	32.6 (31.3-33.9)
Obese (≥30)	215	35.9 (32.1-39.7)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	44	6.8 (5.1-9.0)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	599	93.2 (91.2-95.0)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	244	37.8 (34.1-41.6)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	401	62.2 (58.4-65.9)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	259	40.0 (36.2-43.8)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	243	37.5 (33.8-41.3)	1606	28.9 (27.8-30.1)
No activity (0 min)	146	22.5 (19.4-25.9)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	532	82.6 (79.5-85.4)	4755	85.5 (84.6-86.4)
Current smoker	112	17.4 (14.6-20.5)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	209	32.3 (28.8-36.0)	1359	24.7 (23.6-25.8)
Low risk	253	39.2 (35.5-43.0)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	184	28.5 (25.1-32.1)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Arthritis

Measure: Respondents were asked if they had ever been told by a doctor or nurse that they had arthritis.

A total proportion of 26.6% of adults reported having arthritis in 2023, which is lower than 2020-2021, but similar to 2022 (25.9%) (Figure 17).

In 2023, a higher proportion of females (31.7%) than males (21.5%) reported arthritis. Those living in rural areas, older respondents, those with lower levels of education and those with lower household income were also more likely to report having arthritis (Table 28).

Figure 17: Proportion of South Australian adults (18 years and over) reporting arthritis, SAPHS 2018-2023

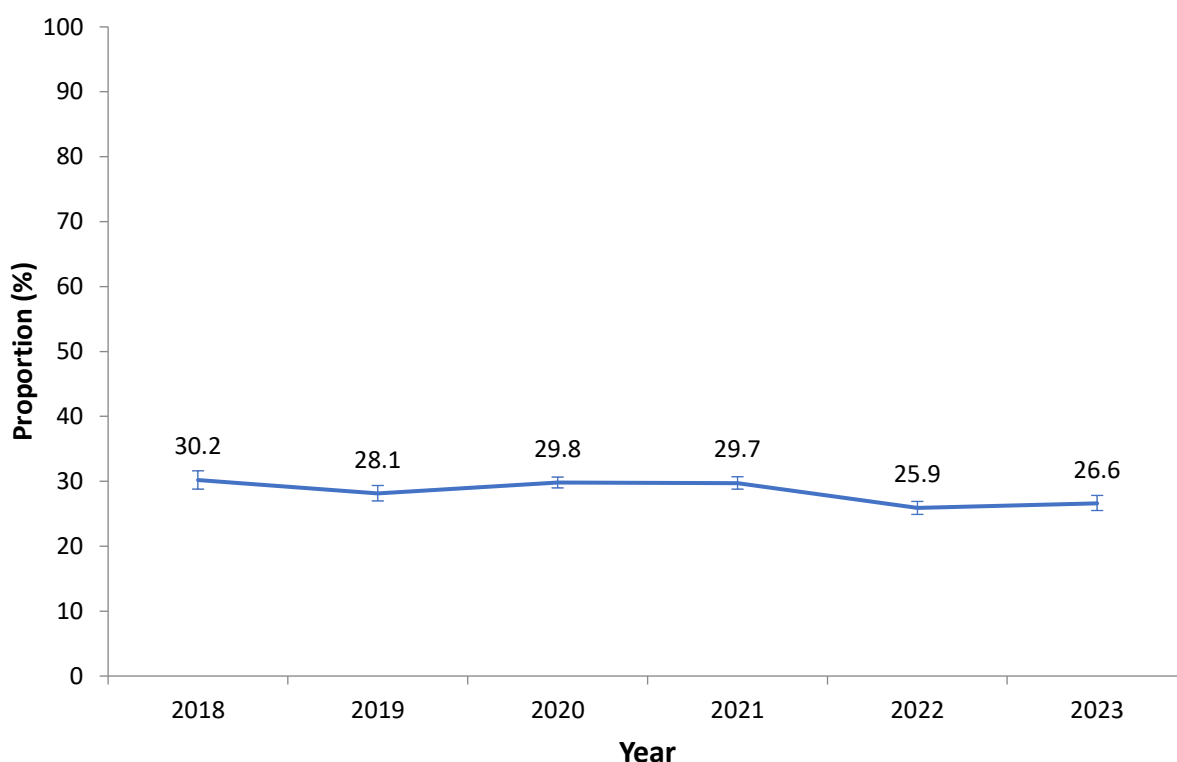


Table 28: Proportion of South Australian adults (18 years and over) reporting arthritis, SAPHS 2023 (N=5541)

		n/N	% (95% CI)
All		1476/5541	26.6 (25.5-27.8)
Gender (N=5487*)	Male	573/2663	21.5 (20.0-23.1)
	Female	894/2824	31.7 (30.0-33.4)
Location	Metropolitan	1013/4112	24.6 (23.3-26.0)
	Rural	464/1430	32.4 (30.1-34.9)
Age (years)	18-29	41/1033	4.0 (2.9-5.3)
	30-49	178/1575	11.3 (9.8-12.9)
	50-69	660/1837	35.9 (33.8-38.1)
	70 and over	597/1096	54.5 (51.5-57.4)
SEIFA (N=5539)	Lowest	337/1221	27.6 (25.1-30.2)
	Low	290/940	30.9 (28.0-33.9)
	Middle	340/1420	23.9 (21.8-26.2)
	High	262/941	27.8 (25.1-30.8)
	Highest	247/1016	24.3 (21.7-27.0)
Education (N=5482)	No school to secondary	766/2531	30.3 (28.5-32.1)
	TAFE, trade, certificate	261/1011	25.8 (23.2-28.6)
	Diploma, advanced diploma	187/627	29.8 (26.3-33.5)
	Degree or higher	246/1313	18.8 (16.7-20.9)
Household Income	Up to \$20,000	94/234	40.2 (34.0-46.5)
	\$20,001 - \$40,000	268/565	47.5 (43.3-51.6)
	\$40,001 - \$60,000	174/500	34.8 (30.7-39.1)
	\$60,001 - \$80,000	91/392	23.3 (19.2-27.6)
	\$80,001 - \$100,000	67/367	18.1 (14.6-22.4)
	\$100,001 - \$150,000	100/661	15.2 (12.6-18.0)
	More than \$150,000	84/593	14.1 (11.5-17.1)
	Not stated	598/2229	26.8 (25.0-28.7)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 29 presents the proportion of respondents reporting arthritis in 2023 by selected risk factors. Adults reporting arthritis were more likely to be obese and consume the recommended serves of fruit than the overall South Australian population. Compared to the overall population, those with arthritis were less likely to report risky alcohol consumption and were less likely to be physically active.

Table 29: Proportion of South Australian adults (18 years and over) reporting arthritis by selected risk factors, SAPHS 2023

Body Mass Index	n	Arthritis	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	15	1.1 (0.6-1.7)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	307	22.3 (20.2-24.6)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	485	35.3 (32.8-37.8)	1662	32.6 (31.3-33.9)
Obese (≥30)	568	41.3 (38.7-43.9)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	120	8.3 (6.9-9.8)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	1333	91.7 (90.2-93.0)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	601	41.0 (38.5-43.6)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	864	59.0 (56.4-61.5)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	687	46.8 (44.2-49.3)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	526	35.8 (33.4-38.3)	1606	28.9 (27.8-30.1)
No activity (0 min)	256	17.4 (15.6-19.4)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	1261	85.6 (83.7-87.3)	4755	85.5 (84.6-86.4)
Current smoker	212	14.4 (12.7-16.3)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	383	26.2 (23.9-28.4)	1359	24.7 (23.6-25.8)
Low risk	716	48.9 (46.3-51.4)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	366	25.0 (22.8-27.2)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Osteoporosis

Measure: Respondents were asked if they had ever been told by a doctor or nurse that they had osteoporosis.

Similar to previous years (2018-2022), 6.8% of respondents reported having osteoporosis in 2023 (Figure 18). A higher proportion of females (10.8%) than males (2.5%) reported osteoporosis in 2023. Older respondents, and those with a household income below \$60,000 were also more likely to report osteoporosis (Table 30).

Figure 18: Proportion of South Australian adults (18 years and over) reporting osteoporosis, SAPHS 2018-2023

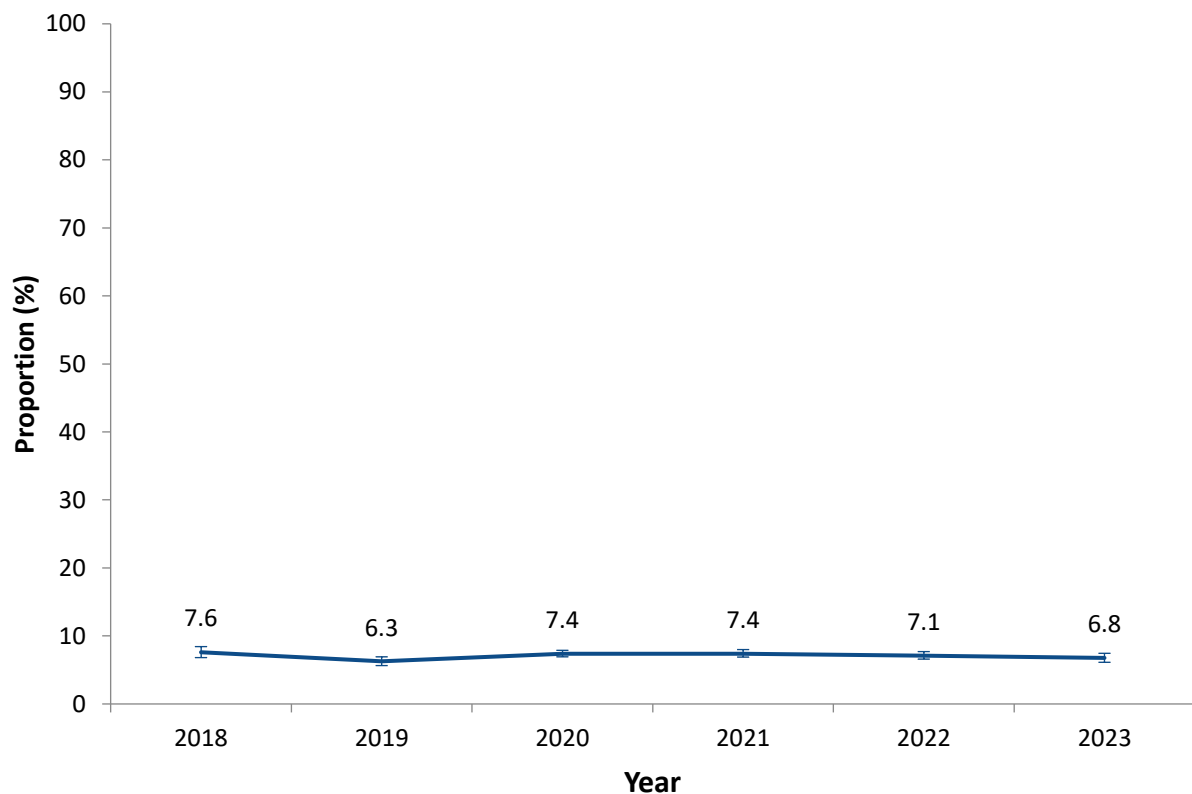


Table 30: Proportion of South Australian adults (18 years and over) reporting osteoporosis, SAPHS 2023 (N=5543)

		n/N	% (95% CI)
All		375/5543	6.8 (6.1-7.4)
Gender (N=5489*)	Male	68/2667	2.5 (2.0-3.2)
	Female	306/2822	10.8 (9.7-12.0)
Location	Metropolitan	266/4114	6.5 (5.7-7.2)
	Rural	108/1429	7.6 (6.3-9.0)
Age (years)	18-29	0/1039	0.0 (0.0-0.2)
	30-49	16/1578	1.0 (0.6-1.6)
	50-69	141/1838	7.7 (6.5-9.0)
	70 and over	217/1089	20.0 (17.6-22.4)
SEIFA (N=5540)	Lowest	86/1220	7.0 (5.7-8.6)
	Low	75/936	8.0 (6.4-9.9)
	Middle	79/1421	5.6 (4.5-6.8)
	High	57/945	6.1 (4.6-7.7)
	Highest	77/1019	7.6 (6.1-9.3)
Education (N=5484)	No school to secondary	202/2535	8.0 (7.0-9.1)
	TAFE, trade, certificate	65/1007	6.5 (5.1-8.1)
	Diploma, advanced diploma	34/628	5.4 (3.8-7.4)
	Degree or higher	66/1314	5.0 (3.9-6.3)
Household Income	Up to \$20,000	29/234	12.2 (8.6-17.1)
	\$20,001 - \$40,000	75/563	13.3 (10.7-16.3)
	\$40,001 - \$60,000	62/500	12.5 (9.7-15.5)
	\$60,001 - \$80,000	19/393	4.9 (3.0-7.3)
	\$80,001 - \$100,000	7/368	2.0 (0.9-3.7)
	\$100,001 - \$150,000	9/661	1.4 (0.7-2.5)
	More than \$150,000	11/592	1.8 (1.0-3.2)
	Not stated	162/2232	7.3 (6.2-8.4)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 31 presents the proportion of respondents reporting osteoporosis in 2023 by selected risk factors. Respondents reporting osteoporosis were less likely to be physically active and were less likely to consume alcohol that put them at risk of alcohol related harm, compared to South Australians overall. They were more likely to report consuming the recommended serves of fruit and be non-drinkers.

Table 31: Proportion of South Australian adults (18 years and over) reporting osteoporosis by selected risk factors, SAPHS 2023

Body Mass Index	Osteoporosis		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	14	3.9 (2.3-6.5)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	129	37.3 (32.2-42.4)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	104	30.1 (25.3-34.9)	1662	32.6 (31.3-33.9)
Obese (≥30)	100	28.8 (24.2-33.7)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	34	9.3 (6.6-12.6)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	333	90.7 (87.4-93.4)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	165	44.3 (39.4-49.4)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	207	55.7 (50.6-60.6)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	143	38.2 (33.5-43.3)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	153	41.0 (36.1-46.1)	1606	28.9 (27.8-30.1)
No activity (0 min)	77	20.7 (16.8-25.0)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	319	85.1 (81.2-88.4)	4755	85.5 (84.6-86.4)
Current smoker	56	14.9 (11.6-18.8)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	119	32.3 (27.6-37.0)	1359	24.7 (23.6-25.8)
Low risk	186	50.3 (45.2-55.3)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	65	17.5 (14.0-21.7)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Cancer

Measure: Respondents were asked if they had ever been told by a doctor or nurse that they had cancer.

Similar to all previous years (2018-2022), 10.5% of respondents reported ever having cancer in 2023 (Figure 19). In 2023, the proportion of respondents reporting cancer increased with age, with respondents over 50 years being most likely to report having cancer. Those living in middle socioeconomic areas were also more likely to report cancer, compared to those from the low and the highest socioeconomic areas (Table 32).

Figure 19: Proportion of South Australian adults (18 years and over) reporting cancer, SAPHS 2018-2023

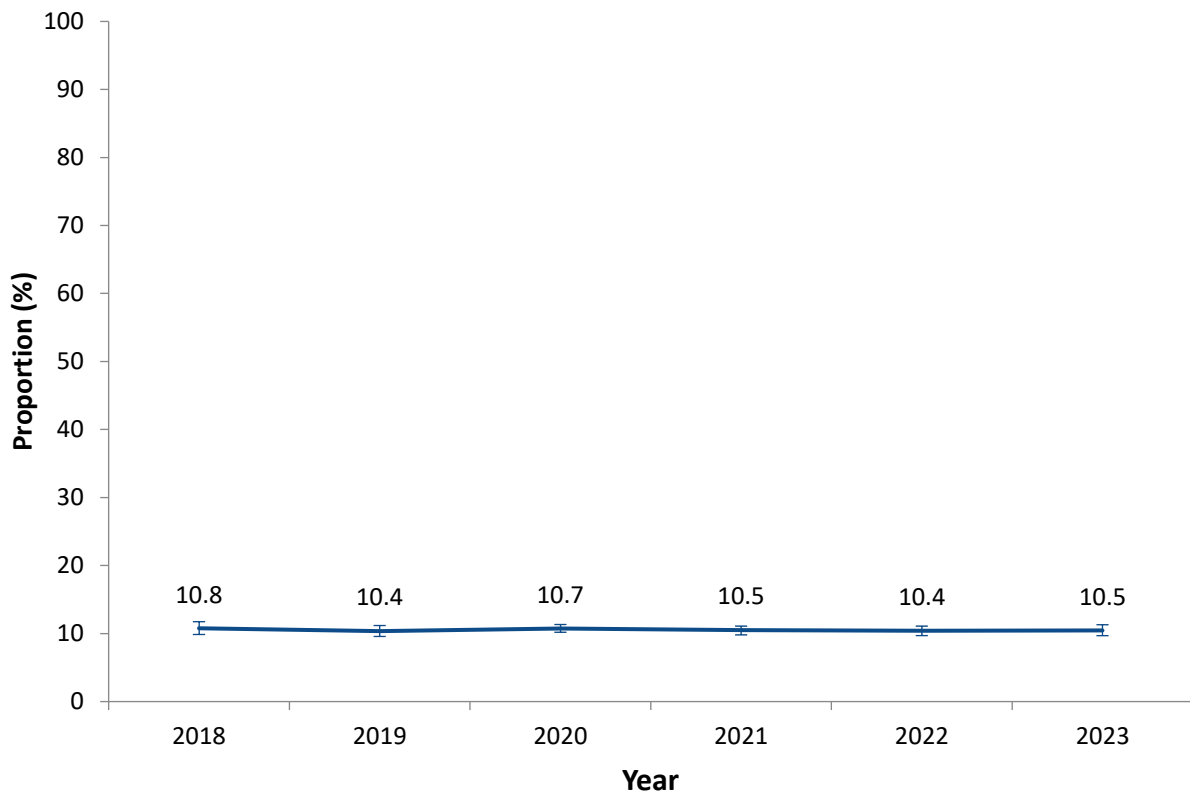


Table 32: Proportion of South Australian adults (18 years and over) reporting cancer, SAPHS 2023 (N=5560)

		n/N	% (95% CI)
All		582/5560	10.5 (9.7-11.3)
Gender (N=5506*)	Male	272/2673	10.2 (9.1-11.4)
	Female	309/2833	10.9 (9.8-12.1)
Location	Metropolitan	414/4128	10.0 (9.1-11.0)
	Rural	168/1432	11.7 (10.1-13.5)
Age (years)	18-29	6/1039	0.6 (0.2-1.2)
	30-49	47/1580	3.0 (2.2-3.9)
	50-69	244/1841	13.3 (11.8-14.9)
	70 and over	285/1100	25.9 (23.4-28.6)
SEIFA (N=5558)	Lowest	132/1223	10.8 (9.1-12.6)
	Low	124/941	13.2 (11.1-15.5)
	Middle	111/1426	7.8 (6.5-9.3)
	High	91/947	9.6 (7.9-11.6)
	Highest	124/1021	12.1 (10.2-14.3)
Education (N=5498)	No school to secondary	278/2540	10.9 (9.8-12.2)
	TAFE, trade, certificate	106/1012	10.5 (8.7-12.5)
	Diploma, advanced diploma	77/630	12.2 (9.8-15.0)
	Degree or higher	118/1316	8.9 (7.5-10.6)
Household Income	Up to \$20,000	23/231	9.8 (6.6-14.3)
	\$20,001 - \$40,000	106/566	18.7 (15.7-22.1)
	\$40,001 - \$60,000	79/500	15.9 (12.8-19.2)
	\$60,001 - \$80,000	54/393	13.8 (10.6-17.4)
	\$80,001 - \$100,000	34/367	9.2 (6.6-12.6)
	\$100,001 - \$150,000	35/665	5.2 (3.8-7.2)
	More than \$150,000	30/594	5.0 (3.5-7.0)
	Not stated	221/2243	9.9 (8.7-11.1)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 33 presents the proportion of respondents in 2023 reporting ever having cancer by selected risk factors. Respondents reporting cancer were less likely to participate in 150 minutes or more of physical activity per week (44.4%) compared to the overall South Australian population (57.8%). They were also more likely eat the recommended serves of fruit per day, compared to the overall South Australian population.

Table 33: Proportion of South Australian adults (18 years and over) reporting cancer by selected risk factors, SAPHS 2023

Body Mass Index	n	Cancer	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	9	1.6 (0.8-3.0)	86	1.7 (1.4-2.1)
Normal (≥18.5 & < 25)	159	28.9 (25.2-32.7)	1794	35.2 (33.9-36.5)
Overweight (≥25 & <30)	198	35.9 (32.0-40.0)	1662	32.6 (31.3-33.9)
Obese (≥30)	185	33.5 (29.7-37.6)	1556	30.5 (29.3-31.8)
Vegetable Consumption				
Eating recommended serves per day	57	9.9 (7.7-12.5)	395	7.3 (6.6-8.0)
Not eating recommended serves per day	519	90.1 (87.5-92.3)	5047	92.7 (92.0-93.4)
Fruit Consumption				
Eating recommended serves per day	248	42.6 (38.7-46.7)	2004	36.4 (35.2-37.7)
Not eating recommended serves per day	334	57.4 (53.4-61.5)	3494	63.6 (62.3-64.8)
Physical Activity*				
150 minutes or more (≥150min)	257	44.4 (40.4-48.5)	3206	57.8 (56.5-59.1)
Some activity (1-149min)	230	39.7 (35.9-43.8)	1606	28.9 (27.8-30.1)
No activity (0 min)	92	15.9 (13.1-19.1)	738	13.3 (12.4-14.2)
Smoking				
Non-smoker	505	86.9 (83.8-89.3)	4755	85.5 (84.6-86.4)
Current smoker	76	13.1 (10.5-16.0)	804	14.5 (13.6-15.4)
Alcohol related harm**				
Non-drinker (last 12-months)	137	23.8 (20.4-27.4)	1359	24.7 (23.6-25.8)
Low risk	280	48.6 (44.5-52.7)	2535	46.0 (44.7-47.4)
Risky alcohol consumption	159	27.7 (24.1-31.4)	1613	29.3 (28.1-30.5)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Based on one element of the Australian Physical Activity Guidelines being that adults should engage in at least 150 minutes of moderate intensity physical activity per week.

**Based on guideline 1 of the National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks for Drinking Alcohol (2020).

Disability/Carers

Disability

Measure: Respondents were asked if they had a disability, which was defined as having a limitation, restriction or impairment which had lasted, or was likely to last more than 6-months and restricts everyday activities.

In 2023, 19.1% of respondents reported having a disability, which is similar to previous years (2018-2022) (Figure 20).

Rural residents, older respondents, those living in lower socioeconomic areas, and those with a household income of \$40,000 or below were more likely to report having a disability in 2023. Respondents with an education attainment of degree or higher and those with a higher household income were less likely to report having a disability (Table 34).

Figure 20: Proportion of South Australian adults (18 years and over) reporting a disability, SAPHS 2018-2023

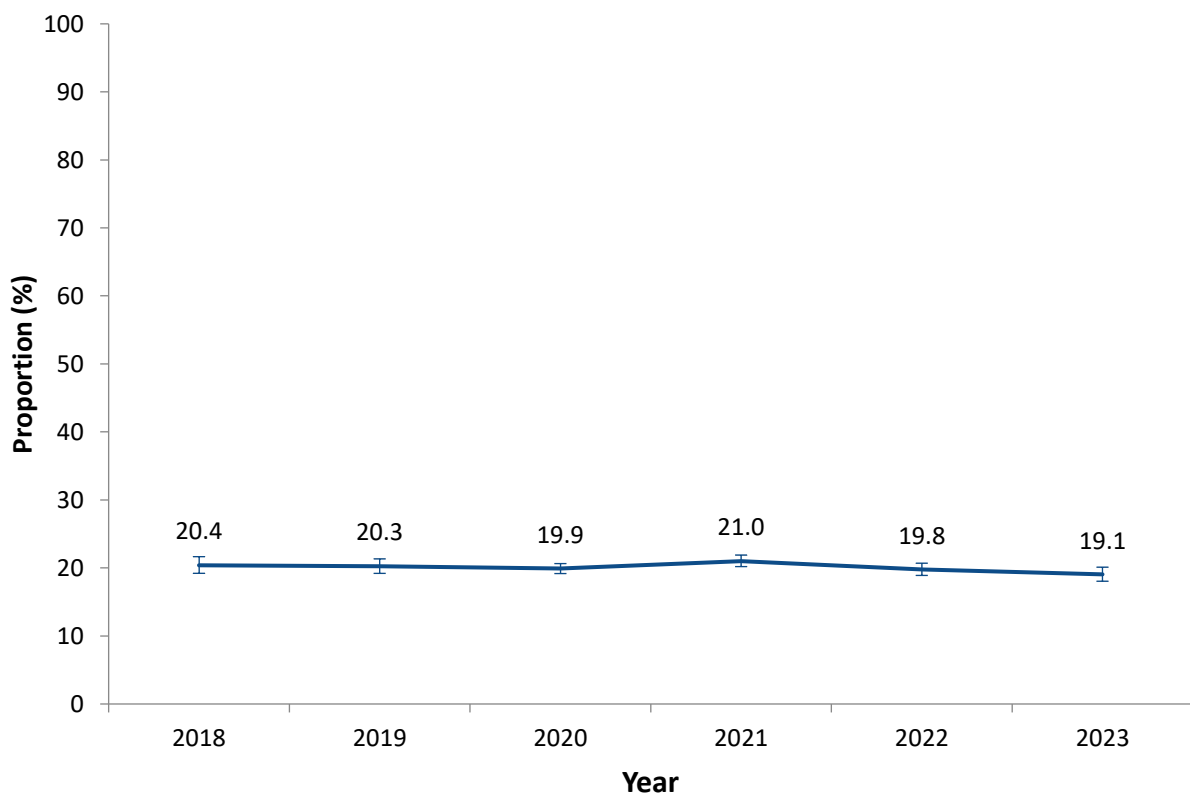


Table 34: Proportion of South Australian adults (18 years and over) reporting a disability, SAPHS 2023 (N=5546)

		n/N	% (95% CI)
All		1057/5546	19.1 (18.0-20.1)
Gender (N=5491*)	Male	485/2667	18.2 (16.8-19.7)
	Female	548/2824	19.4 (18.0-20.9)
Location	Metropolitan	729/4114	17.7 (16.6-18.9)
	Rural	328/1432	22.9 (20.8-25.1)
Age (years)	18-29	104/1038	10.0 (8.3-12.0)
	30-49	233/1577	14.8 (13.1-16.6)
	50-69	462/1837	25.2 (23.2-27.2)
	70 and over	258/1094	23.6 (21.1-26.2)
SEIFA (N=5543)	Lowest	288/1219	23.6 (21.3-26.1)
	Low	197/935	21.1 (18.5-23.8)
	Middle	255/1425	17.9 (16.0-19.9)
	High	168/946	17.8 (15.4-20.3)
	Highest	149/1017	14.6 (12.6-16.9)
Education (N=5485)	No school to secondary	538/2534	21.2 (19.7-22.9)
	TAFE, trade, certificate	235/1010	23.3 (20.7-25.9)
	Diploma, advanced diploma	115/631	18.2 (15.4-21.4)
	Degree or higher	146/1310	11.1 (9.5-12.9)
Household Income	Up to \$20,000	98/232	42.1 (36.0-48.7)
	\$20,001 - \$40,000	202/564	35.7 (31.9-39.8)
	\$40,001 - \$60,000	100/498	20.0 (16.7-23.8)
	\$60,001 - \$80,000	55/393	14.0 (10.8-17.7)
	\$80,001 - \$100,000	34/368	9.3 (6.6-12.5)
	\$100,001 - \$150,000	58/662	8.8 (6.8-11.1)
	More than \$150,000	30/593	5.1 (3.5-7.0)
	Not stated	480/2235	21.5 (19.8-23.2)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Carers

Measure: Respondents were asked if they provided long term care at home for a parent, partner, child, other relative or friend who has a disability, is aged 65 years or over or who has a chronic mental or physical illness. Long term was described as a minimum of six-months and may extend into years.

Similar to previous years (2018-2022), 9.9% of respondents reported providing long term care at home for a parent, partner, child, relative or friend in 2023 (Figure 21).

In 2023, a higher proportion of females (11.7%) reported providing care compared to males (8.0%), as were adults aged 50-69 years (Table 35).

Figure 21: Proportion of South Australian adults (18 years and over) having provided long-term care, SAPHS 2018-2023

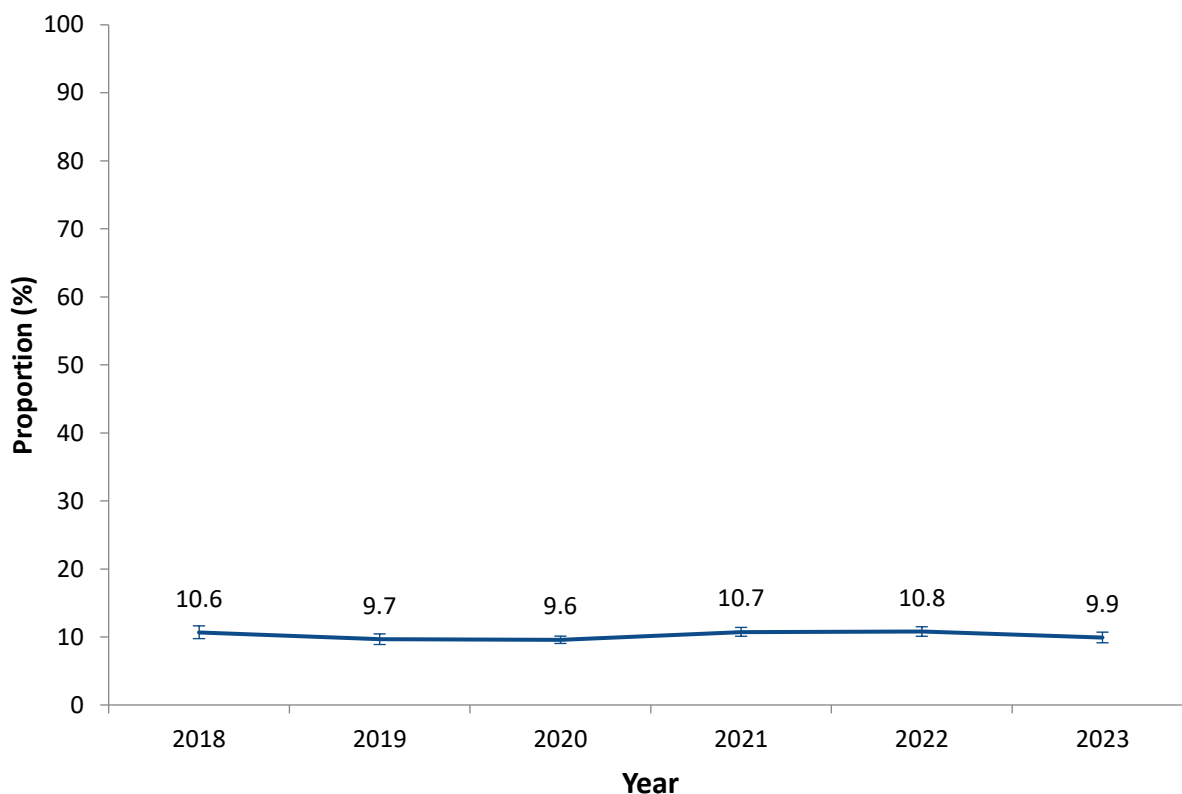


Table 35: Proportion of South Australian adults (18 years and over) having provided long term care at home, SAPHS 2023 (N=5559)

		n/N	% (95% CI)
All		550/5559	9.9 (9.1-10.7)
Gender (N=5505*)	Male	214/2669	8.0 (7.0-9.1)
	Female	331/2836	11.7 (10.5-12.9)
Location	Metropolitan	399/4122	9.7 (8.8-10.6)
	Rural	151/1437	10.5 (9.0-12.2)
Age (years)	18-29	56/1033	5.4 (4.2-6.9)
	30-49	136/1579	8.6 (7.3-10.1)
	50-69	251/1845	13.6 (12.1-15.2)
	70 and over	108/1101	9.8 (8.2-11.7)
SEIFA (N=5556)	Lowest	142/1223	11.6 (9.9-13.5)
	Low	82/943	8.7 (7.0-10.6)
	Middle	136/1426	9.6 (8.1-11.1)
	High	100/946	10.6 (8.7-12.7)
	Highest	90/1018	8.8 (7.2-10.7)
Education (N=5498)	No school to secondary	239/2541	9.4 (8.3-10.6)
	TAFE, trade, certificate	122/1011	12.1 (10.2-14.2)
	Diploma, advanced diploma	78/631	12.4 (10.0-15.1)
	Degree or higher	108/1315	8.2 (6.8-9.8)
Household Income	Up to \$20,000	17/231	7.3 (4.5-11.3)
	\$20,001 - \$40,000	75/568	13.3 (10.6-16.2)
	\$40,001 - \$60,000	51/501	10.2 (7.8-13.1)
	\$60,001 - \$80,000	49/393	12.5 (9.5-16.0)
	\$80,001 - \$100,000	22/368	6.0 (3.9-8.8)
	\$100,001 - \$150,000	48/663	7.3 (5.5-9.4)
	More than \$150,000	53/594	8.8 (6.8-11.4)
	Not stated	235/2241	10.5 (9.3-11.8)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Biomedical Risk Factors

Hypertension

Measure: Two questions were asked to determine if respondents currently had hypertension; if they currently had high blood pressure and/or were using prescribed anti-hypertensive medication.

Over a quarter (27.0%) of respondents reported having hypertension in 2023, which is similar to previous years (Figure 22).

In 2023, respondents who were more likely to have hypertension include those living in rural areas and older adults. Those from the low and lowest socioeconomic areas were also more likely to report hypertension, compared to respondents from middle and high socioeconomic areas. Respondents with a degree or higher and those with a household income of over \$80,000 were less likely to report having hypertension (Table 36).

Figure 22: Proportion of adults (18 years and over) reporting hypertension, SAPHS 2018-2023

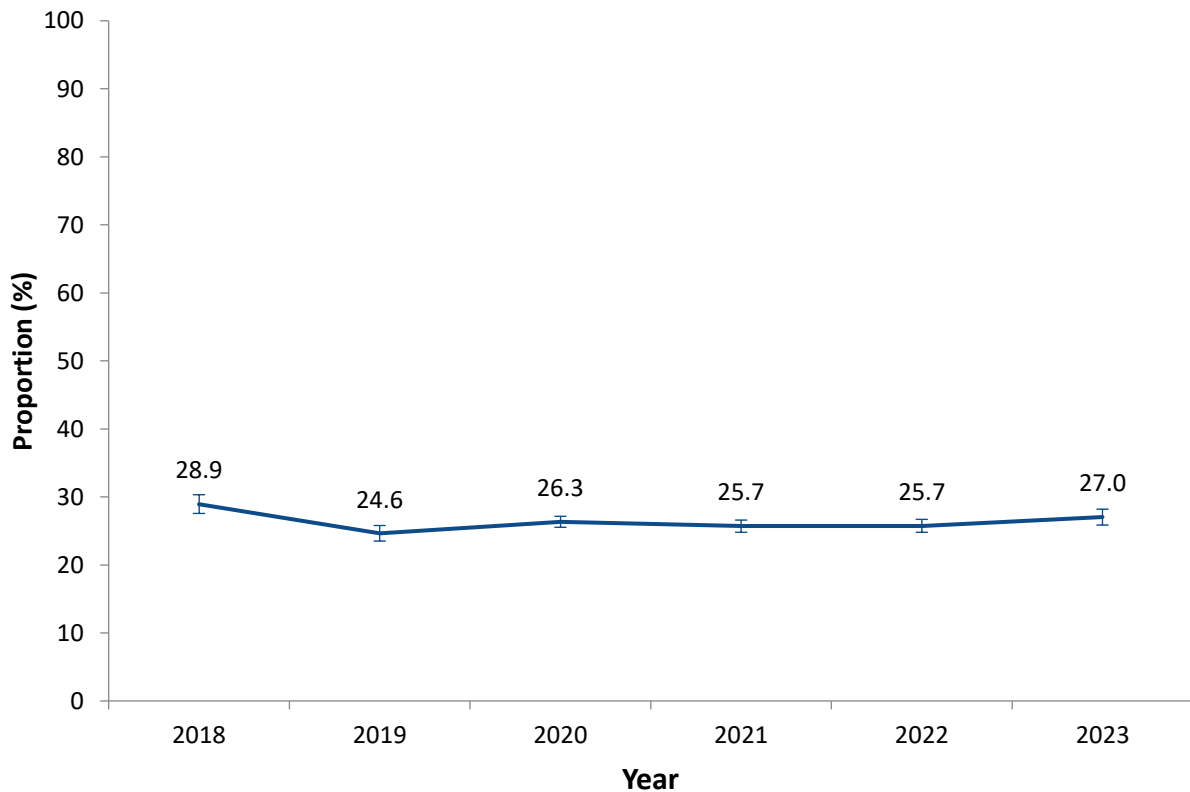


Table 36: Proportion of South Australian adults (18 years and over) reporting hypertension, SAPHS 2023 (N=5554)

		n/N	% (95% CI)
All		1501/5554	27.0 (25.9-28.2)
Gender (N=5499*)	Male	726/2666	27.2 (25.6-28.9)
	Female	771/2833	27.2 (25.6-28.9)
Location	Metropolitan	1022/4117	24.8 (23.5-26.2)
	Rural	479/1437	33.3 (30.9-35.8)
Age (years)	18-29	39/1038	3.8 (2.7-5.0)
	30-49	175/1575	11.1 (9.6-12.7)
	50-69	654/1844	35.4 (33.3-37.7)
	70 and over	633/1097	57.7 (54.8-60.6)
SEIFA (N=5551)	Lowest	371/1220	30.4 (27.9-33.0)
	Low	289/944	30.6 (27.7-33.6)
	Middle	348/1422	24.5 (22.3-26.8)
	High	225/946	23.8 (21.2-26.6)
	Highest	268/1019	26.3 (23.7-29.1)
Education (N=5493)	No school to secondary	783/2537	30.9 (29.1-32.7)
	TAFE, trade, certificate	269/1013	26.5 (23.9-29.3)
	Diploma, advanced diploma	161/631	25.6 (22.2-29.0)
	Degree or higher	260/1312	19.8 (17.7-22.0)
Household Income	Up to \$20,000	82/234	35.2 (29.1-41.3)
	\$20,001 - \$40,000	271/566	47.9 (43.8-52.0)
	\$40,001 - \$60,000	160/502	31.8 (27.9-36.0)
	\$60,001 - \$80,000	117/393	29.7 (25.4-34.4)
	\$80,001 - \$100,000	67/368	18.3 (14.5-22.4)
	\$100,001 - \$150,000	97/665	14.6 (12.1-17.4)
	More than \$150,000	86/594	14.5 (11.8-17.5)
	Not stated	622/2233	27.8 (26.0-29.7)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

High cholesterol

Measure: Two questions were asked to determine if respondents currently had high cholesterol; if they currently had high cholesterol and/or were using prescribed medication for high cholesterol.

Nearly a quarter (22.1%) of adults reported having high cholesterol in 2023, which is similar to previous years (Figure 23).

Older respondents and those with a household income of \$20,001-40,000 were more likely to have high cholesterol in 2023. Respondents with an educational attainment of degree or higher were less likely (Table 37).

Figure 23: Proportion of adults (18 years and over) reporting high cholesterol, SAPHS 2018-2023

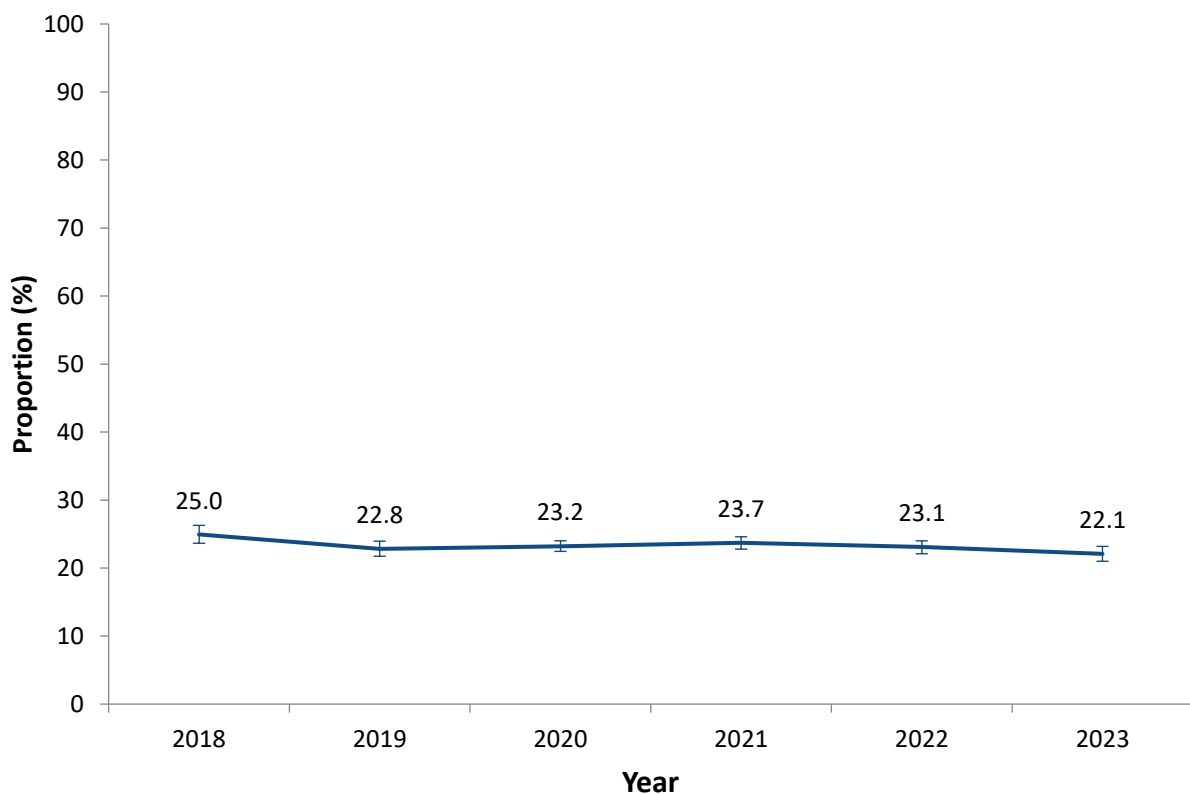


Table 37: Proportion of South Australian adults (18 years and over) reporting high cholesterol, SAPHS 2023 (N=5533)

		n/N	% (95% CI)
All		1222/5533	22.1 (21.0-23.2)
Gender (N=5478*)	Male	585/2652	22.1 (20.5-23.7)
	Female	629/2826	22.3 (20.8-23.8)
Location	Metropolitan	880/4106	21.4 (20.2-22.7)
	Rural	343/1426	24.0 (21.9-26.3)
Age (years)	18-29	21/1032	2.0 (1.3-3.0)
	30-49	152/1568	9.7 (8.3-11.2)
	50-69	598/1837	32.6 (30.4-34.7)
	70 and over	451/1096	41.1 (38.3-44.1)
SEIFA (N=5530)	Lowest	263/1220	21.6 (19.3-23.9)
	Low	244/936	26.1 (23.3-29.0)
	Middle	262/1411	18.6 (16.6-20.7)
	High	219/943	23.2 (20.6-26.0)
	Highest	233/1020	22.9 (20.3-25.5)
Education (N=5472)	No school to secondary	601/2530	23.8 (22.1-25.4)
	TAFE, trade, certificate	241/1004	24.0 (21.4-26.7)
	Diploma, advanced diploma	138/631	21.9 (18.8-25.2)
	Degree or higher	232/1308	17.7 (15.7-19.9)
Household Income	Up to \$20,000	69/232	29.7 (24.1-35.8)
	\$20,001 - \$40,000	205/564	36.4 (32.5-40.4)
	\$40,001 - \$60,000	123/501	24.6 (20.9-28.5)
	\$60,001 - \$80,000	92/385	24.0 (19.8-28.3)
	\$80,001 - \$100,000	72/368	19.6 (15.8-23.8)
	\$100,001 - \$150,000	87/665	13.1 (10.7-15.8)
	More than \$150,000	97/592	16.5 (13.6-19.5)
	Not stated	476/2227	21.4 (19.7-23.1)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Weight Status

Body mass index

Measure: Respondents were asked to self-report their height (without shoes) and weight (undressed in the morning), and their Body Mass Index (BMI) was calculated. BMI is a measure of weight status and is calculated from body weight (kg) divided by height (m²). Respondents were categorised according to the World Health Organization [5] below. Unhealthy weight was defined as those being in the overweight or obese categories.

Table 38: International classification of adults according to BMI

Classification	BMI (kg/m ²)
Underweight	< 18.50
Normal weight	18.50 – 24.99
Overweight	25.00 – 29.99
Obese	≥ 30.00

Source: World Health Organization [5] BMI: Body Mass Index

Just under two-thirds (63.1%) of adults were overweight or obese in 2023, which is lower than 2018 (66.7%) and 2021 (68.1%), but similar to other years (Figure 24). Over a third of respondents (35.2%) were a healthy weight, while only 1.7% were underweight in 2023 (Table 39).

Male respondents, those in rural areas and those aged 50 to 69 years were more likely to be an unhealthy weight. Compared to respondents from the high and highest socioeconomic areas, those from low and the lowest socioeconomic areas were more likely to report an unhealthy weight status. Respondents aged 18-29 years, and those with a degree or higher were less likely to be an unhealthy weight (Table 40).

Figure 24: Proportion of South Australian adults (18 years and over) reporting unhealthy weight status, SAPHS 2018-2023

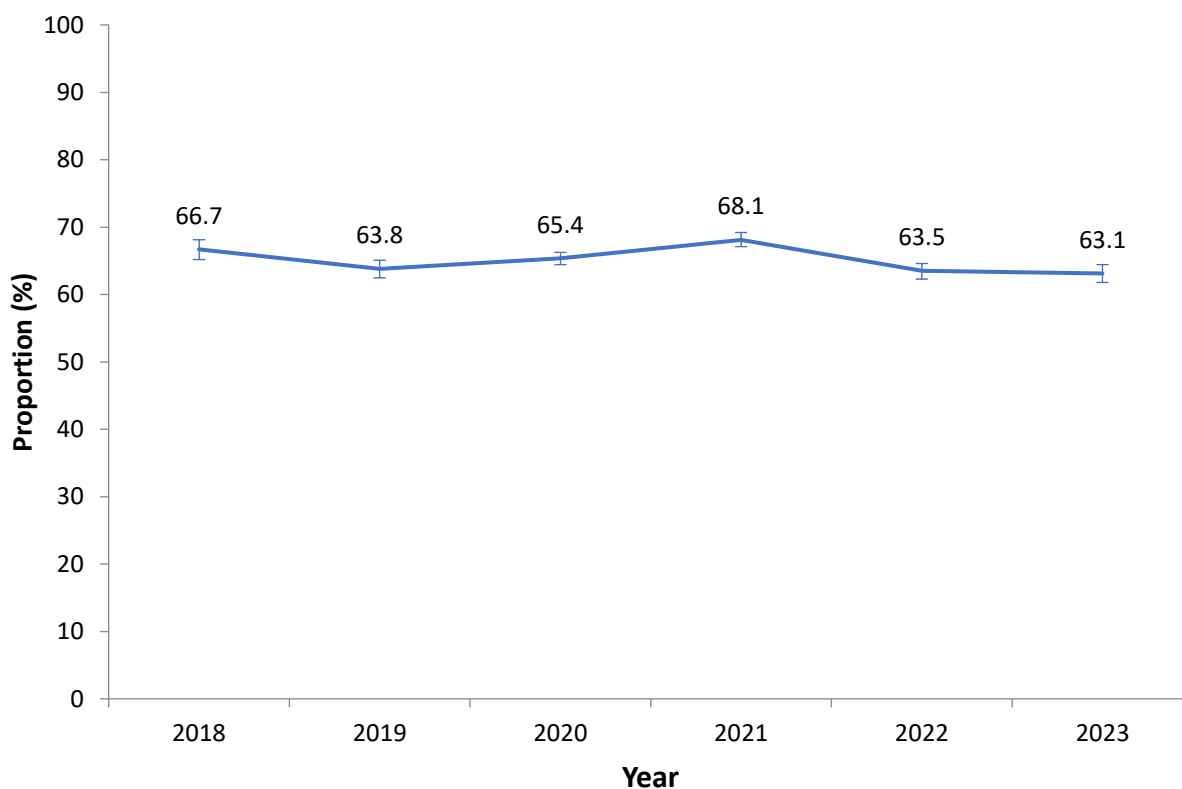


Table 39: Proportion of South Australian adults (18 years and over) reporting weight status, SAPHS 2023 (n=5099)

	n	% (95% CI)
Underweight	86	1.7 (1.4-2.1)
Normal	1794	35.2 (33.9-36.5)
Overweight	1662	32.6 (31.3-33.9)
Obese	1556	30.5 (29.3-31.8)
Total	5099	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

Table 40: Proportion of South Australian adults (18 years and over) reporting unhealthy weight, SAPHS 2023 (N=5099)

		n/N	% (95% CI)
All		3218/5099	63.1 (61.8-64.4)
Gender (N=5046*)	Male	1649/2506	65.8 (63.9-67.6)
	Female	1538/2540	60.5 (58.6-62.4)
Location	Metropolitan	2267/3758	60.3 (58.8-61.9)
	Rural	951/1341	70.9 (68.4-73.3)
Age (years)	18-29	388/924	42.0 (38.8-45.2)
	30-49	885/1454	60.8 (58.3-63.4)
	50-69	1268/1711	74.1 (72.0-76.1)
	70 and over	678/1010	67.2 (64.2-70.0)
SEIFA (N=5097)	Lowest	728/1088	66.9 (64.1-69.7)
	Low	590/878	67.3 (64.0-70.2)
	Middle	832/1304	63.8 (61.2-66.4)
	High	532/880	60.5 (57.2-63.6)
	Highest	534/947	56.4 (53.2-59.5)
Education (N=5066)	No school to secondary	1480/2303	64.3 (62.3-66.2)
	TAFE, trade, certificate	650/944	68.9 (65.8-71.7)
	Diploma, advanced diploma	381/586	65.0 (61.1-68.8)
	Degree or higher	690/1233	56.0 (53.2-58.7)
Household Income	Up to \$20,000	126/217	58.3 (51.4-64.5)
	\$20,001 - \$40,000	369/534	69.1 (65.1-72.9)
	\$40,001 - \$60,000	324/483	67.0 (62.8-71.2)
	\$60,001 - \$80,000	240/374	64.2 (59.2-68.9)
	\$80,001 - \$100,000	214/356	60.2 (55.0-65.1)
	\$100,001 - \$150,000	376/630	59.7 (55.8-63.5)
	More than \$150,000	357/575	62.2 (58.1-66.0)
	Not stated	1212/1930	62.8 (60.6-64.9)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Protective Factors

Physical activity

Measure: Respondents aged 18-64 years were asked a series of questions to determine the proportion who engaged in at least 150 minutes of moderate intensity physical activity per week. Those who reported no physical activity (0 minutes) and those who reported some activity (1-149 minutes) are also presented. Respondents aged 65 years and over are asked how many days in the previous week they did any moderate physical activity for a total of at least 30 minutes.

This measure relates to one part of Australia's Physical Activity and Sedentary Behaviour guidelines [6] whereby adults aged 18-64 years are recommended to:

- accumulate 150 to 300 minutes (2.5 - 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1.25 – 2.5 hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.

Adults aged 65 years and over are recommended to:

- accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Nearly two-thirds (65.4%) of respondents aged 18 to 64 years reported having exercised for at least 150 minutes at moderate intensity (or equivalent) per week in 2023, which was lower than 2019 (68.5%), but similar to other years (Figure 25).

Table 41 presents minutes of physical activity per week reported by adults in 2023 with 22.0% reporting 1-149 minutes, and 12.6% reporting no physical activity. Males and respondents 18-29 years were more likely to engage in at least 150 minutes per week. Those living in the lowest socioeconomic areas were less likely to achieve 150 minutes or more of activity per week, while respondents from the highest socioeconomic areas were the most likely (Table 42).

Figure 25: Proportion of South Australian adults (aged 18 to 64 years) who reported exercising for at least 150 minutes of moderate intensity (or equivalent) per week, SAPHS 2018-2023

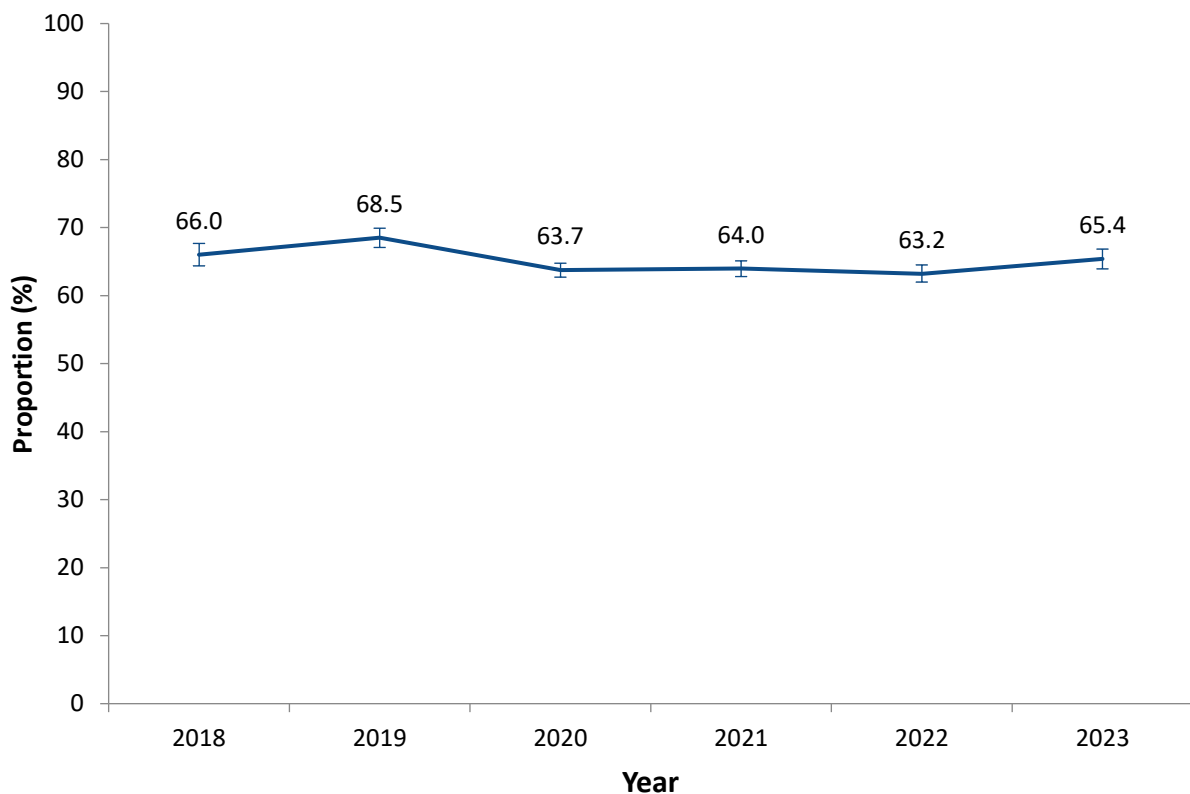


Table 41: Proportion of South Australian adults (18 to 64 years) reporting no activity, some activity, and 150 minutes or more of moderate intensity physical activity, SAPHS 2023 (n=4060)

	No activity (0 min)		Some activity (1-149 min)		150min or more	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
All	511	12.6 (11.6-13.6)	894	22.0 (20.8-23.3)	2655	65.4 (63.9-66.8)
Male (n=2006)	239	11.9 (10.6-13.4)	390	19.4 (17.8-21.2)	1377	68.7 (66.6-70.6)
Female (n=2003)	259	12.9 (11.5-14.5)	496	24.8 (22.9-26.7)	1248	62.3 (60.2-64.4)

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Respondents that preferred not to answer or identified as gender diverse are not presented due to very low numbers.

Table 42: Proportion of South Australian adults (18 to 64 years) reporting engaging in at least 150 minutes of moderate physical activity per week, SAPHS 2023 (N=4060)

		n/N	% (95% CI)
All		2655/4060	65.4 (63.9-66.8)
Gender (N=4009*)	Male	1377/2006	68.7 (66.6-70.6)
	Female	1248/2003	62.3 (60.2-64.4)
Location	Metropolitan	2044/3086	66.2 (64.6-67.9)
	Rural	611/974	62.7 (59.7-65.7)
Age (years)	18-29	780/1039	75.1 (72.4-77.6)
	30-49	1014/1578	64.3 (61.9-66.6)
	50-64	861/1443	59.7 (57.1-62.2)
SEIFA (N=4058)	Lowest	530/945	56.1 (52.9-59.2)
	Low	410/654	62.6 (58.9-66.3)
	Middle	749/1099	68.2 (65.4-70.9)
	High	458/685	66.9 (63.3-70.3)
	Highest	506/674	75.0 (71.7-78.2)
Education (N=4017)	No school to secondary	1081/1746	61.9 (59.6-64.2)
	TAFE, trade, certificate	513/780	65.8 (62.4-69.0)
	Diploma, advanced diploma	297/446	66.6 (62.1-70.9)
	Degree or higher	739/1046	70.6 (67.8-73.3)
Household Income	Up to \$20,000	93/139	66.8 (58.8-74.3)
	\$20,001 - \$40,000	138/243	56.6 (50.5-62.9)
	\$40,001 - \$60,000	231/321	72.0 (66.9-76.7)
	\$60,001 - \$80,000	203/294	69.0 (63.6-74.1)
	\$80,001 - \$100,000	191/311	61.4 (55.9-66.7)
	\$100,001 - \$150,000	432/621	69.5 (65.9-73.1)
	More than \$150,000	430/564	76.2 (72.6-79.6)
	Not stated	939/1568	59.9 (57.4-62.3)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Over a third (37.0%) of respondents aged 65 years and over engaged in at least 30 minutes of moderate intensity physical activity daily in 2023, which is higher than 2018 (28.9%) but similar to other previous years (2019-2022). Just under half (48.5%) engaged in five or more days, which was similar to previous years (2018-2022) (Figure 26).

Table 43 presents the number of days per week respondents aged 65 years and over engaged in at least 30 minutes of moderate intensity exercise. Table 44 presents the proportion of respondents aged 65 years and over that engaged in at least 30 minutes of moderate intensity physical activity for five or more days and for seven days a week by various demographics. Respondents living in metropolitan areas were less likely to engage in at physical activity for both five or more and seven days per week.

Figure 26: Proportion of South Australian adults (65 years and over) who reportedly engaged in 30 minutes or more of at least moderate intensity physical activity, SAPHS 2018-2023

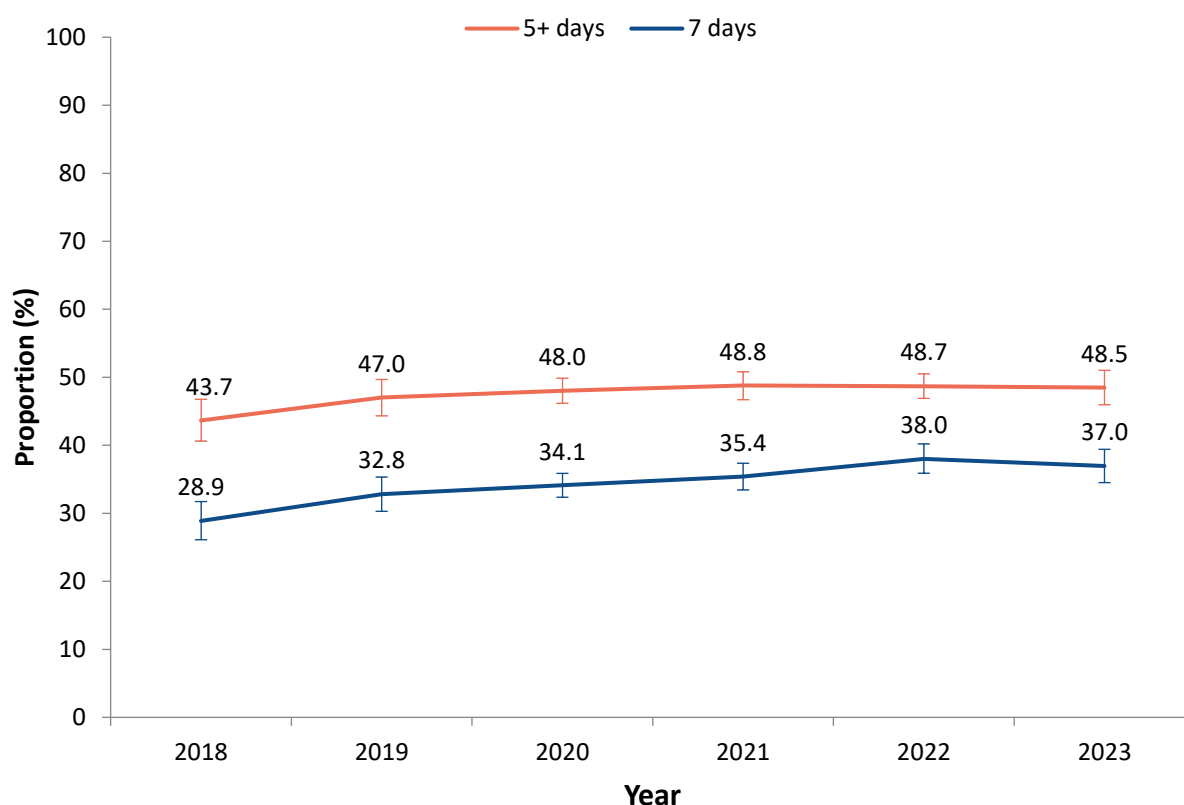


Table 43: Proportion of South Australian adults (65 years and over) by the number of days per week they engaged in 30 minutes or more of at least moderate intensity physical activity, SAPHS 2023 (n=1489)

	All		Male (n=666)		Female (n=821)	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
0	227	15.3 (13.5-17.1)	97	14.5 (12.0-17.4)	129	15.8 (13.3-18.3)
1	81	5.5 (4.4-6.7)	31	4.7 (3.2-6.5)	50	6.1 (4.6-7.9)
2	138	9.3 (7.9-10.8)	66	9.9 (7.8-12.4)	72	8.7 (7.0-10.9)
3	186	12.5 (10.9-14.2)	83	12.4 (10.1-15.1)	104	12.6 (10.5-15.1)
4	134	9.0 (7.6-10.5)	58	8.7 (6.7-11.0)	76	9.3 (7.4-11.4)
5	112	7.5 (6.3-8.9)	43	6.5 (4.8-8.5)	68	8.3 (6.5-10.3)
6	60	4.0 (3.1-5.1)	31	4.7 (3.2-6.5)	29	3.5 (2.4-5.0)
7	550	37.0 (34.5-39.4)	256	38.5 (34.8-42.2)	293	35.7 (32.5-39.0)

CI: Confidence Interval. Note: the weighting of the data can result in rounding discrepancies or totals not adding.
Respondents that preferred not to answer or identified as gender diverse are not presented due to very low numbers

Table 44: Proportion of South Australian adults (65 years and over) reporting engaging in 5+ and 7 days of 30 minutes or more of moderate physical activity, SAPHS 2023 (N=1489)

		5+ days		7 days	
		n/N	% (95% CI)	n/N	% (95% CI)
All		722/1489	48.5 (46.0-51.0)	550/1489	37.0 (34.5-39.4)
Gender (N=1487*)	Male	330/665	49.7 (45.8-53.4)	256/665	38.5 (34.9-42.2)
	Female	391/821	47.6 (44.2-51.0)	293/821	35.7 (32.5-39.0)
Location	Metropolitan	469/1025	45.8 (42.7-48.8)	345/1025	33.7 (30.8-36.6)
	Rural	252/464	54.4 (49.8-58.8)	205/464	44.3 (39.7-48.7)
SEIFA	Lowest	130/276	47.1 (41.3-53.0)	108/276	39.1 (33.5-45.0)
	Low	138/286	48.2 (42.5-54.0)	104/286	36.4 (30.9-42.1)
	Middle	166/327	50.8 (45.4-56.2)	117/327	35.7 (30.7-41.1)
	High	127/260	48.7 (42.8-54.9)	99/260	38.0 (32.3-44.1)
	Highest	161/340	47.3 (42.1-52.7)	123/340	36.1 (31.2-41.4)
Education (N=1474)	No school to secondary	384/791	48.6 (45.1-52.0)	303/791	38.3 (35.0-41.7)
	TAFE, trade, certificate	115/234	49.3 (42.8-55.5)	84/234	35.9 (30.0-42.2)
	Diploma, advanced diploma	92/183	50.1 (43.1-57.5)	71/183	38.8 (32.0-46.0)
	Degree or higher	124/266	46.7 (40.7-52.6)	86/266	32.5 (26.9-38.1)
Household Income	Up to \$20,000	46/94	49.1 (39.0-58.9)	38/94	40.8 (30.9-50.5)
	\$20,001 - \$40,000	156/323	48.3 (42.9-53.7)	122/323	37.8 (32.6-43.1)
	\$40,001 - \$60,000	88/178	49.3 (42.2-56.7)	65/178	36.5 (29.7-43.8)
	\$60,001 - \$80,000	42/98	43.3 (33.4-52.7)	33/98	33.7 (24.9-43.4)
	\$80,001 - \$100,000	31/57	55.0 (41.5-66.8)	21/57	37.1 (25.2-49.8)
	\$100,001 - \$150,000	22/41	53.4 (38.6-68.2)	15/41	36.0 (23.2-51.8)
	More than \$150,000	14/30	46.4 (29.8-64.1)	10/30	34.4 (18.6-51.1)
	Not stated	323/669	48.3 (44.5-52.1)	246/669	36.8 (33.2-40.5)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Muscle strength training

Measure: Respondents were asked on how many days they undertook activities designed to increase strength or muscle tone, such as lifting weights, resistance training, pull-ups, push-ups or sit-ups. This measure relates to one part of Australia's Physical Activity and Sedentary Behaviour guidelines whereby adults aged 18-64 years are recommended to:

- Do muscle strengthening activities on at least two days each week.

Less than one third of respondents aged 18 to 64 years (28.0%) reported doing muscle strengthening activities on two or more days per week, which was lower than 2019 (31.0%), but similar to other years (Figure 27). Table 45 shows that 66.9% of South Australian adults reported not doing any muscle strength training, with a higher proportion of females reporting no muscle strength training.

Figure 27: Proportion of South Australian adults (18 to 64 years) reporting muscle strength training activities on two or more days per week, SAPHS 2018-2023

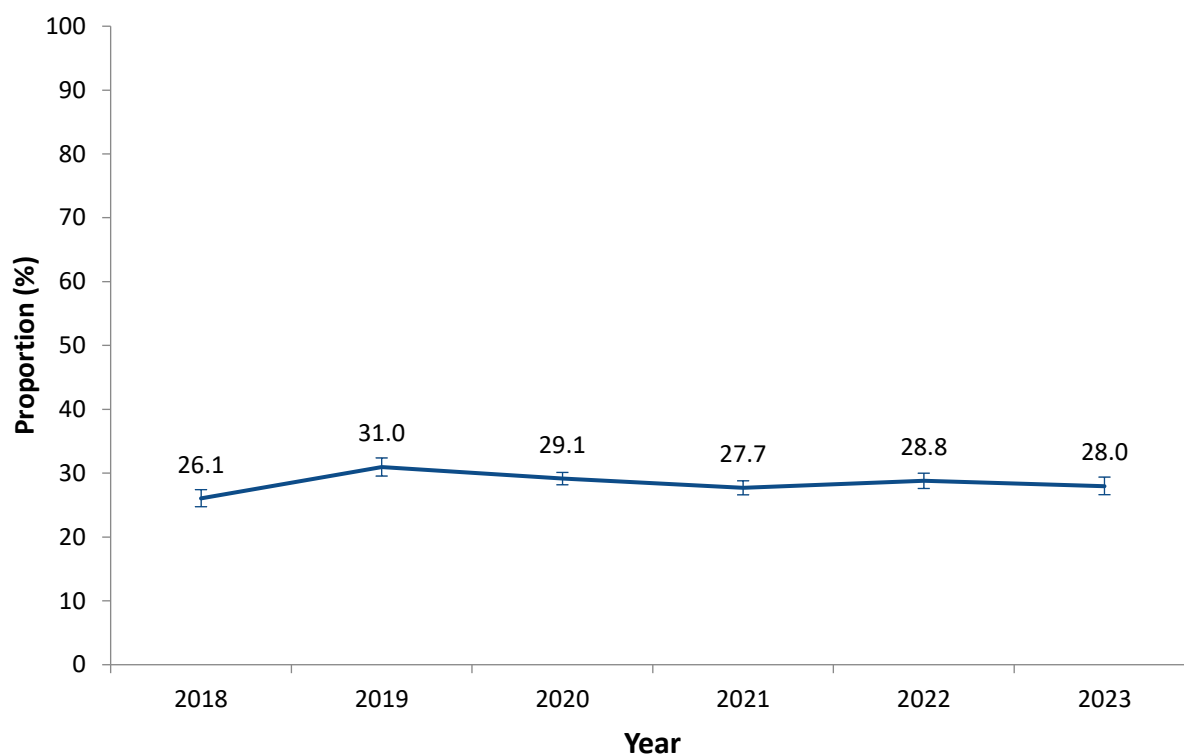


Table 45: Proportion of South Australian adults (18 to 64 years) reporting number of days per week of muscle strength training, SAPHS 2023 (n=4051)

	All*		Male (n=2002)		Female (n=1999)	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
0	2712	66.9 (65.5-68.4)	1296	64.7 (62.6-66.8)	1386	69.4 (67.3-71.3)
1	206	5.1 (4.4-5.8)	86	4.3 (3.5-5.3)	120	6.0 (5.0-7.1)
2	258	6.4 (5.6-7.2)	129	6.4 (5.4-7.6)	122	6.1 (5.1-7.2)
3	320	7.9 (7.1-8.8)	158	7.9 (6.8-9.1)	160	8.0 (6.9-9.3)
4	156	3.8 (3.3-4.5)	76	3.8 (3.0-4.7)	78	3.9 (3.1-4.8)
5	158	3.9 (3.3-4.5)	99	4.9 (4.1-6.0)	59	2.9 (2.3-3.8)
6	67	1.7 (1.3-2.1)	48	2.4 (1.8-3.1)	19	1.0 (0.6-1.4)
7	175	4.3 (3.7-5.0)	111	5.6 (4.6-6.6)	54	2.7 (2.1-3.5)

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*These totals include respondents that preferred not to answer or identified as gender diverse.

In 2023, respondents who were more likely to engage in strength training at least two days per week were males and younger respondents. Respondents living in the lowest socioeconomic areas were less likely to engage in strength training at least two days per week, compared to residents of the middle to highest socioeconomic areas (Table 46).

Table 46: Proportion of South Australian adults (18 to 64 years) reporting muscle strength training two or more days per week, SAPHS 2023 (N=4051)

		n/N	% (95% CI)
All		1134/4051	28.0 (26.6-29.4)
Gender (N=4001*)	Male	620/2002	31.0 (29.0-33.0)
	Female	493/1999	24.7 (22.8-26.6)
Location	Metropolitan	888/3083	28.8 (27.2-30.4)
	Rural	245/969	25.3 (22.6-28.1)
Age (years)	18-29	381/1033	36.9 (34.0-39.9)
	30-49	428/1575	27.2 (25.0-29.4)
	50-64	324/1443	22.5 (20.4-24.7)
SEIFA (N=4049)	Lowest	214/943	22.7 (20.1-25.4)
	Low	163/654	24.9 (21.7-28.3)
	Middle	335/1099	30.4 (27.8-33.3)
	High	209/685	30.6 (27.2-34.0)
	Highest	210/668	31.5 (28.0-35.0)
Education (N=4011)	No school to secondary	455/1738	26.2 (24.2-28.3)
	TAFE, trade, certificate	225/780	28.8 (25.7-32.1)
	Diploma, advanced diploma	121/446	27.2 (23.2-31.4)
	Degree or higher	328/1047	31.3 (28.6-34.2)
Household Income	Up to \$20,000	37/139	26.5 (19.8-34.4)
	\$20,001 - \$40,000	48/243	19.7 (15.1-25.1)
	\$40,001 - \$60,000	122/318	38.3 (33.1-43.8)
	\$60,001 - \$80,000	72/294	24.6 (19.8-29.6)
	\$80,001 - \$100,000	110/311	35.4 (30.2-40.8)
	\$100,001 - \$150,000	204/620	33.0 (29.3-36.7)
	More than \$150,000	210/564	37.2 (33.3-41.3)
	Not stated	330/1562	21.2 (19.2-23.2)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Sleep

Measure: Respondents were asked how many hours a day they spent sleeping and this was used to determine if they were meeting sleep guidelines. This measure is based on the US National Sleep Foundation 2015 guidelines, used by the Australian Sleep Health Foundation [7] whereby:

- Adults aged 18 to 64 years are recommended to have 7 to 9 hours of sleep per night.
- Adults 65 or over are recommended to have 7 to 8 hours sleep per night.

Overall, 62.3% of respondents in 2023 reported meeting the recommended sleep guidelines. This was higher than 2019 (59.7%) but similar to other years (Figure 28). Respondents living in metropolitan Adelaide, younger respondents, those living in higher socioeconomic areas, those with higher levels of education and those with higher household income were more likely to meet the sleep guidelines in 2023 (Table 47).

Figure 28: Proportion of South Australian adults (18 years and over) reporting meeting the sleep duration guidelines, SAPHS 2018-2023

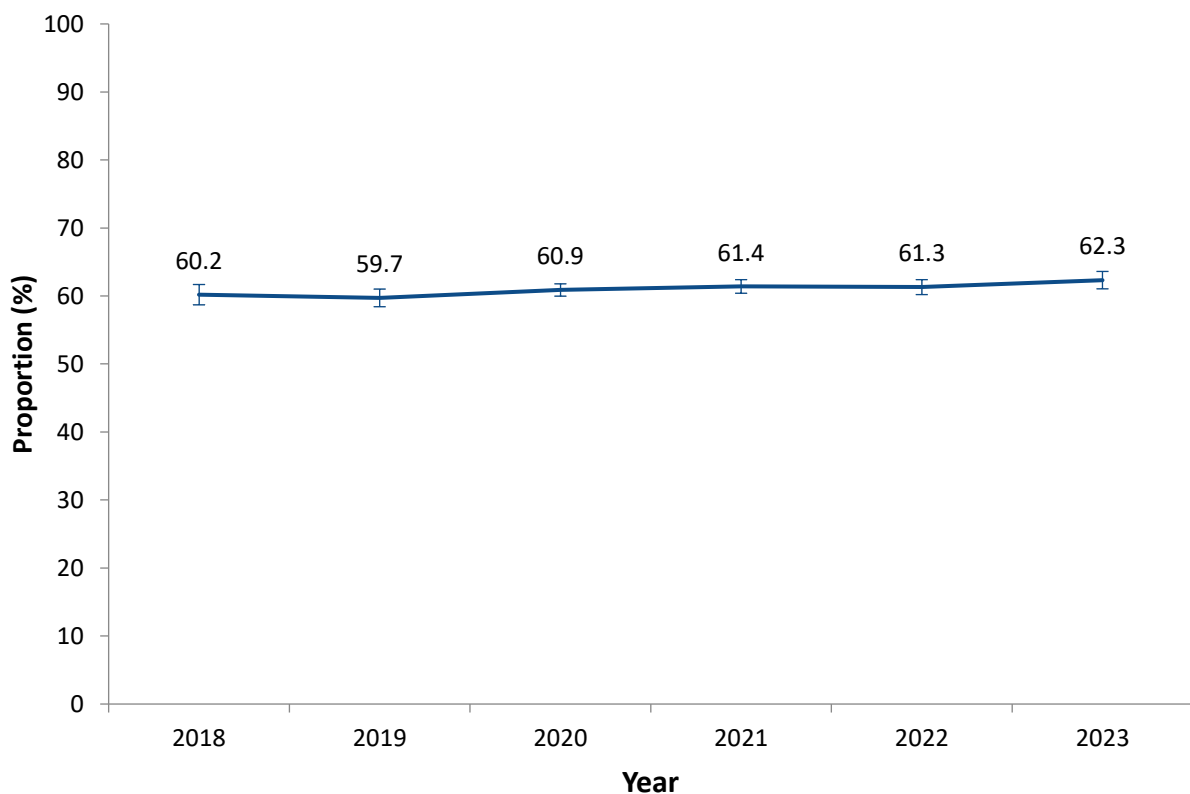


Table 47: Proportion of South Australian adults (18 years and over) reporting meeting the sleep duration guidelines, SAPHs 2023 (N=5490)

		n/N	% (95% CI)
All		3422/5490	62.3 (61.0-63.6)
Gender (N=5437*)	Male	1641/2646	62.0 (60.2-63.9)
	Female	1764/2791	63.2 (61.4-65.0)
Location	Metropolitan	2581/4068	63.5 (62.0-64.9)
	Rural	840/1423	59.0 (56.5-61.6)
Age (years)	18-29	716/1024	69.9 (67.1-72.7)
	30-49	1038/1565	66.3 (64.0-68.6)
	50-69	1081/1822	59.3 (57.1-61.6)
	70 and over	587/1079	54.4 (51.4-57.4)
SEIFA (N=5488)	Lowest	707/1210	58.4 (55.6-61.2)
	Low	541/923	58.6 (55.4-61.8)
	Middle	870/1403	62.0 (59.4-64.5)
	High	615/941	65.4 (62.3-68.3)
	Highest	687/1011	68.0 (65.0-70.8)
Education (N=5436)	No school to secondary	1472/2506	58.7 (56.8-60.7)
	TAFE, trade, certificate	598/1004	59.5 (56.5-62.6)
	Diploma, advanced diploma	401/618	65.0 (61.1-68.6)
	Degree or higher	920/1308	70.3 (67.8-72.8)
Household Income	Up to \$20,000	111/229	48.7 (42.1-54.9)
	\$20,001 - \$40,000	319/556	57.3 (53.2-61.4)
	\$40,001 - \$60,000	285/498	57.3 (52.9-61.5)
	\$60,001 - \$80,000	240/392	61.2 (56.3-66.0)
	\$80,001 - \$100,000	250/368	67.9 (63.0-72.5)
	\$100,001 - \$150,000	454/665	68.3 (64.7-71.7)
	More than \$150,000	429/594	72.2 (68.5-75.7)
	Not stated	1334/2190	60.9 (58.9-62.9)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Nutrition

Vegetable consumption

Measure: Respondents were asked how many serves of vegetables they usually eat each day. A serve was defined as half a cup of cooked vegetables or one cup of salad. The recommended daily consumption varies based on age and sex according to Table 48 below.

Table 48: Recommended vegetable consumption

	Serves per day			
	18 years	19-50 years	51-70 years	Over 70 years
Men	5.5	6	5.5	5
Women	5	5	5	5

Source: Australian Dietary Guidelines^[8]

In 2023, 7.3% of respondents reported meeting the guideline for their age and sex, which is similar to previous years (2018-2022) (Figure 29). Table 49 shows the daily vegetable consumption of adult respondents in 2023. Females were more likely to consume the daily recommended serves of vegetables. Respondents from the lowest socioeconomic areas were less likely to meet recommended vegetable consumption, compared to those from the highest socioeconomic areas (Table 50).

Figure 29: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily vegetable consumption guidelines, SAPHS 2018-2023

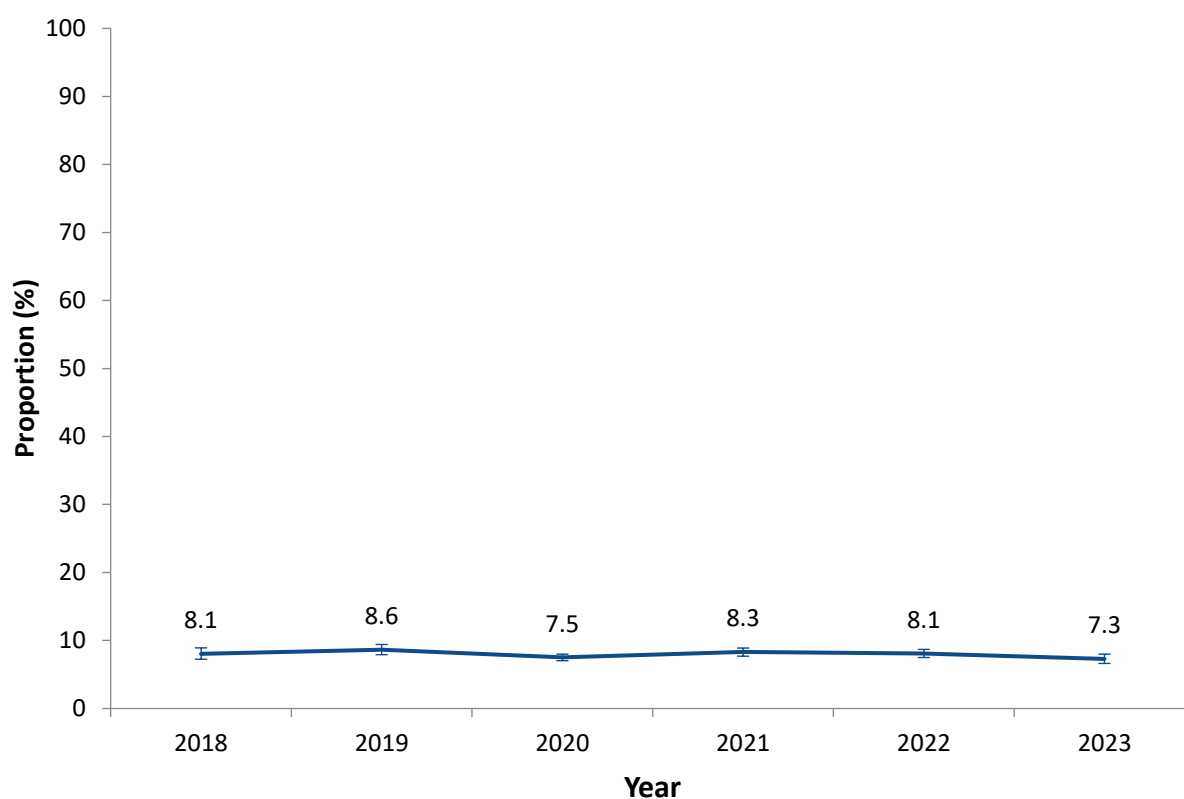


Table 49: Daily vegetable consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5442)

	n	% (95% CI)
None	134	2.5 (2.1-2.9)
One or less than one serve	1782	32.7 (31.5-34.0)
Two serves	1481	27.2 (26.0-28.4)
Three serves	1054	19.4 (18.3-20.4)
Four serves	542	10.0 (9.2-10.8)
Five or more serves	449	8.2 (7.5-9.0)
Total	5442	100.0

Note: the weighting of the data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

Table 50: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily vegetable consumption guidelines, and median number of serves of vegetables per day, SAPHS 2023 (N=5442)

		n/N	% (95% CI)	Median (IQR)
All		395/5442	7.3 (6.6-8.0)	2.0 (1.0-3.0)
Gender (N=5388*)	Male	67/2609	2.6 (2.0-3.2)	2.0 (1.0-3.0)
	Female	329/2779	11.8 (10.7-13.1)	2.0 (1.0-3.0)
Location	Metropolitan	285/4024	7.1 (6.3-7.9)	2.0 (1.0-3.0)
	Rural	110/1418	7.8 (6.5-9.2)	2.0 (1.0-3.0)
Age (years)	18-29	59/1011	5.8 (4.5-7.4)	2.0 (1.0-3.0)
	30-49	92/1533	6.0 (4.9-7.3)	2.0 (1.0-3.0)
	50-69	149/1822	8.2 (7.0-9.5)	2.0 (1.0-3.0)
	70 and over	96/1076	8.9 (7.3-10.7)	2.0 (1.0-3.0)
SEIFA (N=5440)	Lowest	74/1198	6.1 (4.9-7.6)	2.0 (1.0-3.0)
	Low	68/926	7.3 (5.8-9.2)	2.0 (1.0-3.0)
	Middle	93/1391	6.7 (5.5-8.1)	2.0 (1.0-3.0)
	High	63/927	6.8 (5.3-8.6)	2.0 (1.0-3.0)
	Highest	97/998	9.7 (8.0-11.7)	2.0 (1.0-3.0)
Education (N=5390)	No school to secondary	153/2495	6.1 (5.2-7.1)	2.0 (1.0-3.0)
	TAFE, trade, certificate	65/998	6.5 (5.1-8.2)	2.0 (1.0-3.0)
	Diploma, advanced diploma	62/612	10.1 (7.9-12.7)	2.0 (1.0-3.0)
	Degree or higher	112/1285	8.7 (7.3-10.4)	2.0 (2.0-3.0)
Household Income	Up to \$20,000	13/231	5.6 (3.2-9.2)	2.0 (1.0-3.0)
	\$20,001 - \$40,000	47/563	8.3 (6.3-10.8)	2.0 (1.0-3.0)
	\$40,001 - \$60,000	48/492	9.7 (7.4-12.6)	2.0 (1.0-3.0)
	\$60,001 - \$80,000	43/391	11.0 (8.2-14.4)	2.0 (1.0-3.0)
	\$80,001 - \$100,000	21/364	5.7 (3.7-8.5)	2.0 (1.0-3.0)
	\$100,001 - \$150,000	39/647	6.0 (4.4-8.1)	2.0 (1.0-3.0)
	More than \$150,000	55/587	9.4 (7.2-11.9)	2.0 (1.0-3.0)
	Not stated	131/2167	6.0 (5.1-7.1)	2.0 (1.0-3.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas. IQR: Interquartile range.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Fruit consumption

Measure: Respondents were asked to report how many serves of fruit they usually eat each day. A 'serve' was defined as one medium piece or two small pieces of fruit, one cup of diced pieces, or one tablespoon of dried fruit. The recommended daily serves of fruit for adults of all ages and life stages is two as indicated by the Australian Dietary Guidelines^[8]

In 2023, just over one third (36.4%) of respondents reported meeting the recommended daily consumption of fruit each day, which is lower than all previous years (2018-2022) (Figure 30).

Over half of respondents (63.6%) did not meet the recommended daily consumption of fruit, with 51.3% consuming one or less than one serve, and 12.3% not consuming any fruit (Table 51). Females and respondents over 70 years of age were more likely to meet the guidelines. Respondents from the lowest and middle socioeconomic areas were less likely to meet recommended fruit consumption, compared to those from the highest socioeconomic areas (Table 52).

Figure 30: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily fruit consumption guidelines, SAPHS 2018-2023

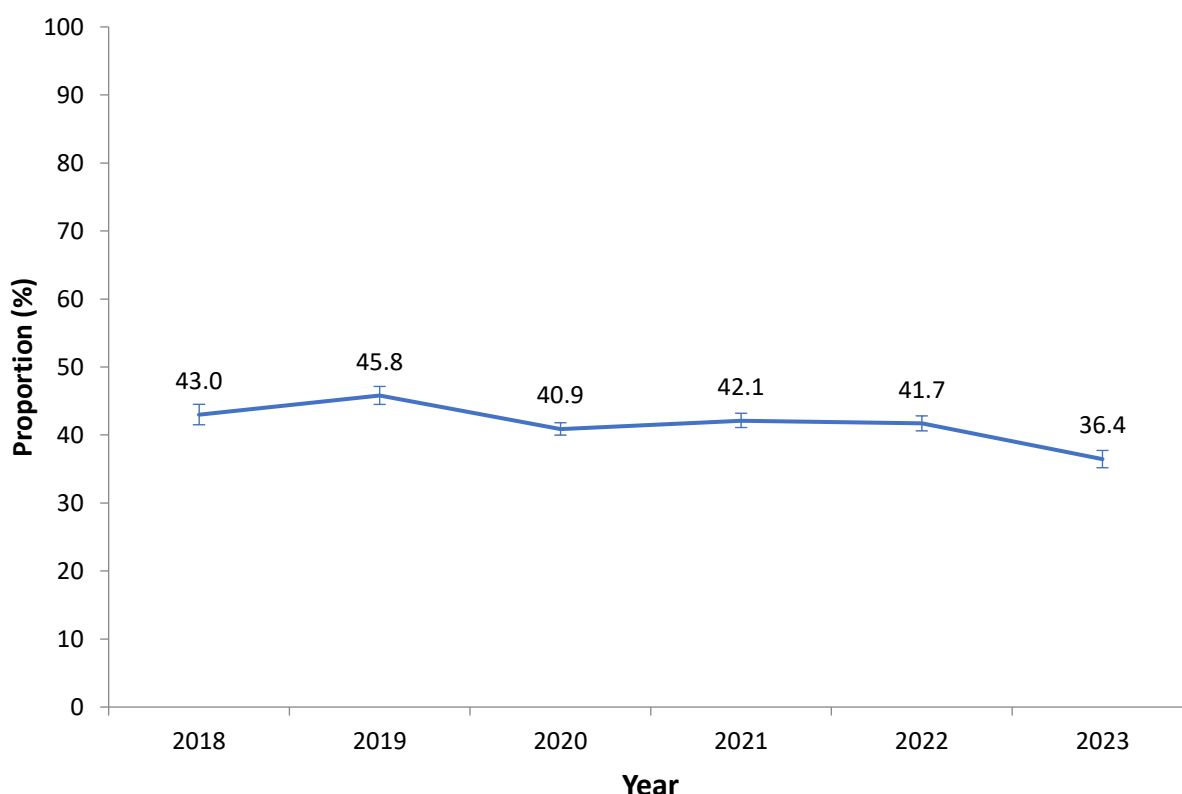


Table 51: Daily fruit consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5498)

	n	% (95% CI)
None	675	12.3 (11.4-13.2)
One or less than one serve	2818	51.3 (49.9-52.6)
Two serves	1342	24.4 (23.3-25.6)
Three serves	454	8.3 (7.6-9.0)
Four serves	136	2.5 (2.1-2.9)
Five or more serves	72	1.3 (1.0-1.6)
Total	5498	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 52: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily fruit consumption guidelines, and median number of serves of fruit per day, SAPHS 2023 (N=5498)

		n/N	% (95% CI)	Median (IQR)
All		2004/5498	36.4 (35.2-37.7)	1.0 (0.5-2.0)
Gender (N=5444*)	Male	858/2641	32.5 (30.7-34.3)	1.0 (0.5-2.0)
	Female	1134/2803	40.5 (38.7-42.3)	1.0 (1.0-2.0)
Location	Metropolitan	1470/4073	36.1 (34.6-37.6)	1.0 (0.5-2.0)
	Rural	534/1425	37.5 (35.0-40.0)	1.0 (0.5-2.0)
Age (years)	18-29	330/1017	32.5 (29.6-35.4)	1.0 (0.5-2.0)
	30-49	491/1558	31.5 (29.2-33.9)	1.0 (0.5-2.0)
	50-69	656/1835	35.7 (33.6-38.0)	1.0 (0.5-2.0)
	70 and over	527/1087	48.5 (45.5-51.5)	1.0 (1.0-2.0)
SEIFA (N=5495)	Lowest	420/1213	34.7 (32.0-37.3)	1.0 (0.5-2.0)
	Low	341/936	36.4 (33.4-39.6)	1.0 (0.5-2.0)
	Middle	470/1405	33.4 (31.0-36.0)	1.0 (0.5-2.0)
	High	351/930	37.8 (34.7-40.9)	1.0 (1.0-2.0)
	Highest	420/1011	41.5 (38.5-44.6)	1.0 (1.0-2.0)
Education (N=5442)	No school to secondary	864/2512	34.4 (32.6-36.3)	1.0 (0.5-2.0)
	TAFE, trade, certificate	354/1006	35.2 (32.3-38.2)	1.0 (0.5-2.0)
	Diploma, advanced diploma	274/622	44.0 (40.2-48.0)	1.0 (1.0-2.0)
	Degree or higher	492/1301	37.8 (35.2-40.5)	1.0 (1.0-2.0)
Household Income	Up to \$20,000	83/229	36.2 (30.2-42.6)	1.0 (0.5-2.0)
	\$20,001 - \$40,000	239/567	42.2 (38.1-46.2)	1.0 (0.5-2.0)
	\$40,001 - \$60,000	159/500	31.9 (27.8-36.0)	1.0 (0.5-2.0)
	\$60,001 - \$80,000	157/393	39.9 (35.2-44.9)	1.0 (1.0-2.0)
	\$80,001 - \$100,000	132/365	36.1 (31.4-41.2)	1.0 (1.0-2.0)
	\$100,001 - \$150,000	225/654	34.5 (30.8-38.1)	1.0 (1.0-2.0)
	More than \$150,000	222/590	37.6 (33.8-41.6)	1.0 (1.0-2.0)
	Not stated	786/2201	35.7 (33.7-37.7)	1.0 (0.5-2.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas. IQR: Interquartile range.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Fast food consumption

Measure: Respondents were asked how many times a week on average they had meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry Jacks, KFC, Dominos, or their local take-away. Responses were recorded as the number of times per day, week or month, rarely or never.

Over two-fifths (43.0%) of South Australian adults in 2023 reported consuming fast food at least once a week, which was higher than 2019 (38.1%), but similar to previous years (2020-2022) (Figure 31).

In 2023, less than a quarter (22.7%) of adults reported never consuming fast food, while 11.6% consumed fast food less than once a month and 22.6% less than once a week (Table 53). Respondents who were more likely to consume fast food at least once a week include males, those living in metropolitan Adelaide, younger respondents, and those with household incomes above \$80,001. Adults with an education attainment of diploma or advanced diploma, and those with a household income between \$20,001 and \$40,000 were less likely to consume fast food at least once a week (Table 54).

Figure 31: Proportion of South Australian adults (18 years and over) consuming fast food at least once a week, SAPHS 2018-2023

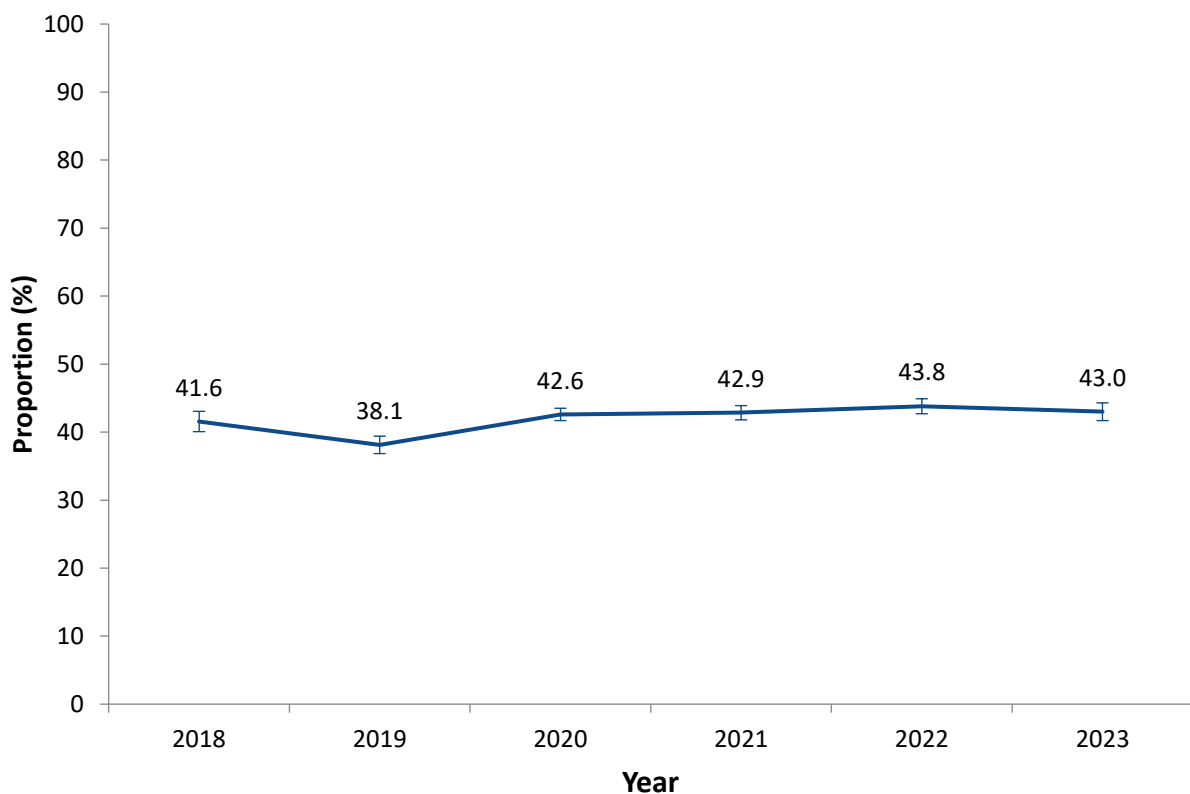


Table 53: Fast food consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5550)

	n	% (95% CI)
Never	1262	22.7 (21.7-23.9)
Rarely (less than once per month)	645	11.6 (10.8-12.5)
Less than once per week	1257	22.6 (21.6-23.8)
Once per week	1362	24.5 (23.4-25.7)
More than once per week	1024	18.5 (17.4-19.5)
Total	5550	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 54: Proportion of South Australian adults (18 years and over) consuming fast food at least once a week, and overall median consumption per week, SAPHS 2023 (N=5550)

		n/N	% (95% CI)	Median (IQR)
All		2386/5550	43.0 (41.7-44.3)	0.5 (0.0-1.0)
Gender (N=5496*)	Male	1352/2669	50.7 (48.8-52.6)	1.0 (0.0-1.0)
	Female	1007/2827	35.6 (33.9-37.4)	0.2 (0.0-1.0)
Location	Metropolitan	1841/4111	44.8 (43.3-46.3)	0.5 (0.0-1.0)
	Rural	545/1439	37.9 (35.4-40.4)	0.2 (0.0-1.0)
Age (years)	18-29	698/1033	67.5 (64.7-70.4)	1.0 (0.5-2.0)
	30-49	904/1574	57.4 (55.0-59.9)	1.0 (0.2-2.0)
	50-69	610/1846	33.0 (30.9-35.2)	0.2 (0.0-1.0)
	70 and over	175/1097	15.9 (13.9-18.2)	0.0 (0.0-0.5)
SEIFA (N=5548)	Lowest	539/1221	44.2 (41.4-46.9)	0.5 (0.0-1.0)
	Low	407/944	43.2 (40.0-46.3)	0.5 (0.0-1.0)
	Middle	639/1425	44.8 (42.3-47.4)	0.5 (0.0-1.0)
	High	402/945	42.5 (39.4-45.7)	0.5 (0.0-1.0)
	Highest	398/1013	39.3 (36.3-42.3)	0.5 (0.0-1.0)
Education (N=5493)	No school to secondary	1070/2533	42.3 (40.3-44.2)	0.5 (0.0-1.0)
	TAFE, trade, certificate	473/1015	46.6 (43.5-49.7)	0.5 (0.0-1.0)
	Diploma, advanced diploma	224/630	35.5 (31.9-39.4)	0.5 (0.0-1.0)
	Degree or higher	603/1316	45.8 (43.1-48.5)	0.5 (0.0-1.0)
Household Income	Up to \$20,000	81/234	34.6 (28.7-40.9)	0.2 (0.0-1.0)
	\$20,001 - \$40,000	147/565	26.1 (22.5-29.8)	0.0 (0.0-1.0)
	\$40,001 - \$60,000	199/502	39.7 (35.4-44.0)	0.5 (0.0-1.0)
	\$60,001 - \$80,000	158/393	40.1 (35.4-45.1)	0.5 (0.0-1.0)
	\$80,001 - \$100,000	193/367	52.5 (47.5-57.7)	1.0 (0.0-1.0)
	\$100,001 - \$150,000	360/665	54.2 (50.3-57.9)	1.0 (0.2-1.0)
	More than \$150,000	337/593	56.9 (52.8-60.8)	1.0 (0.2-1.4)
	Not stated	911/2232	40.8 (38.8-42.9)	0.5 (0.0-1.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas. IQR: Interquartile range.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Snack food consumption

Measure: Respondents were asked how many times a week on average they had snacks such as chocolate, lollies, cake, donuts, pastries crisps, ice-cream and sweet or savoury biscuits. Responses were entered as the number of times per day, week or month, rarely or never.

In 2023, 78.6% of adults reported consuming snack food at least once a week, which was lower than 2018 (81.6%), and 2020 (81.2%), but similar to other years (Figure 32).

In 2023 9.8% of respondents reported never consuming snack food, while 5.3% consumed snack food less than once a month and 6.3% less than once a week (Table 55). Respondents with household incomes up to \$20,000 were less likely to consume snack food at least once a week. Weekly snack food consumption was also less likely for respondents residing in the lowest socioeconomic areas, compared to those from low, high, and the highest socioeconomic areas (Table 56).

Figure 32: Proportion of South Australian adults (18 years and over) consuming snack food at least once a week, SAPHS 2018-2023

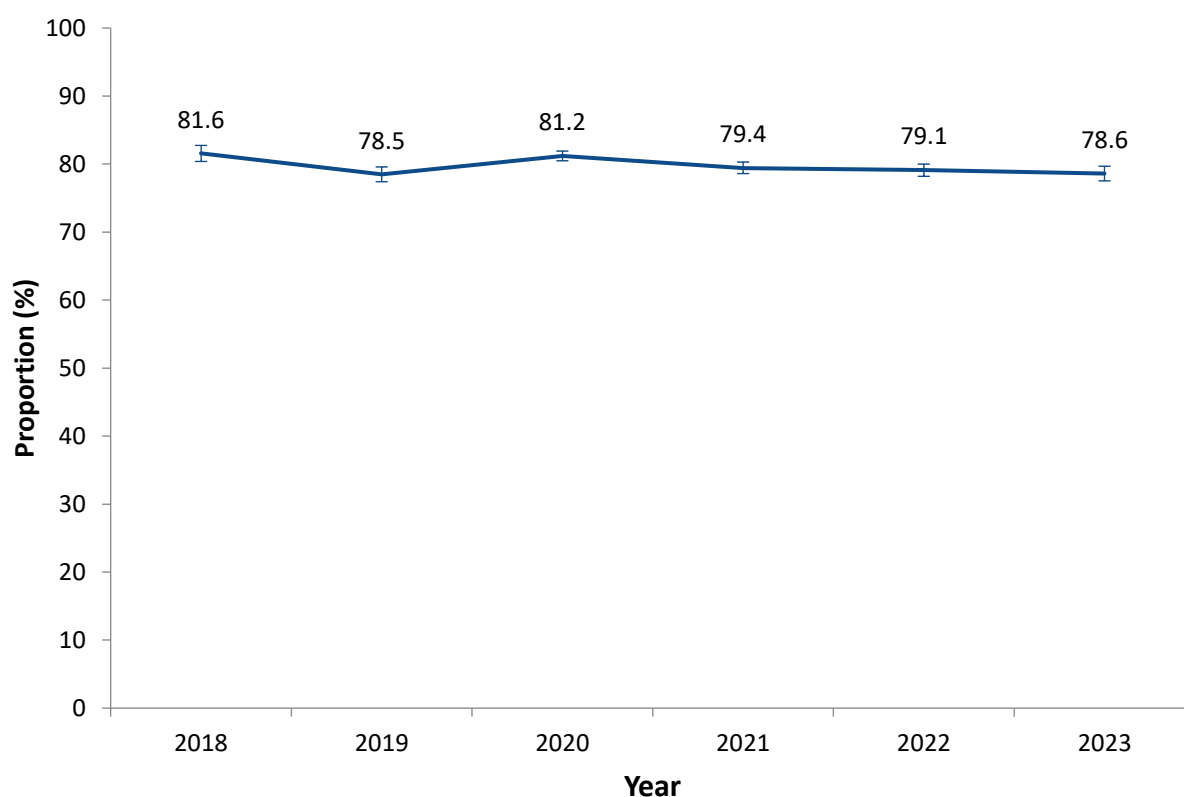


Table 55: Snack food consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5527)

	n	% (95% CI)
Never	542	9.8 (9.0-10.6)
Rarely (less than once per month)	293	5.3 (4.7-5.9)
Less than once per week	346	6.3 (5.6-6.9)
Once per week	894	16.2 (15.2-17.2)
More than once per week	3451	62.4 (61.2-63.7)
Total	5527	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 56: Proportion of South Australian adults (18 years and over) consuming snack food at least once a week, and overall median consumption per week, SAPHS 2023 (N=5527)

		n/N	% (95% CI)	Median (IQR)
All		4345/5527	78.6 (77.5-79.7)	2.0 (1.0-5.0)
Gender (N=5473*)	Male	2056/2661	77.3 (75.6-78.8)	2.0 (1.0-4.0)
	Female	2246/2811	79.9 (78.4-81.4)	2.0 (1.0-5.0)
Location	Metropolitan	3193/4098	77.9 (76.6-79.2)	2.0 (1.0-5.0)
	Rural	1152/1429	80.7 (78.5-82.6)	2.0 (1.0-5.0)
Age (years)	18-29	843/1030	81.9 (79.4-84.1)	2.0 (1.0-4.0)
	30-49	1227/1574	78.0 (75.9-79.9)	2.0 (1.0-4.0)
	50-69	1431/1837	77.9 (76.0-79.8)	2.0 (1.0-5.0)
	70 and over	844/1086	77.7 (75.2-80.1)	3.0 (1.0-7.0)
SEIFA (N=5524)	Lowest	915/1214	75.4 (72.9-77.7)	2.0 (1.0-4.0)
	Low	767/938	81.7 (79.2-84.1)	3.0 (1.0-6.0)
	Middle	1092/1423	76.7 (74.5-78.9)	2.0 (1.0-4.0)
	High	763/946	80.7 (78.0-83.1)	2.0 (1.0-5.0)
	Highest	807/1003	80.4 (77.9-82.8)	2.0 (1.0-5.0)
Education (N=5471)	No school to secondary	1977/2515	78.6 (77.0-80.2)	2.0 (1.0-5.0)
	TAFE, trade, certificate	831/1012	82.1 (79.7-84.4)	2.0 (1.0-5.0)
	Diploma, advanced diploma	484/629	76.9 (73.5-80.1)	2.0 (1.0-6.0)
	Degree or higher	1033/1315	78.5 (76.3-80.7)	2.0 (1.0-4.0)
Household Income	Up to \$20,000	172/233	73.9 (67.9-79.1)	2.0 (0.5-3.0)
	\$20,001 - \$40,000	439/561	78.3 (74.7-81.5)	2.0 (1.0-5.0)
	\$40,001 - \$60,000	418/501	83.4 (80.0-86.5)	3.0 (1.0-7.0)
	\$60,001 - \$80,000	323/393	82.2 (78.2-85.7)	2.0 (1.0-4.0)
	\$80,001 - \$100,000	312/368	84.9 (80.8-88.2)	2.0 (1.0-5.0)
	\$100,001 - \$150,000	557/665	83.8 (80.8-86.4)	2.0 (1.0-5.0)
	More than \$150,000	498/593	83.9 (80.9-86.8)	3.0 (1.0-5.0)
	Not stated	1626/2214	73.4 (71.6-75.2)	2.0 (0.5-4.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas. IQR: Interquartile range.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Tap water consumption

Measure: Respondents were asked what their tap water consumption was on an average day. This included Puratap/water filters and if tap water was used to make cordial, coffee and tea. Respondents could answer in number of glasses, millilitres or litres.

The average consumption of water for respondents in 2023 was 1.77 litres, which has not changed from the last three years (2018-2022) but is lower than 2019 (1.86 litres) (Figure 36). Nearly half (49.1%) of adults reported consuming over two litres of water a day (Table 57). Male respondents and younger adults reported consuming more water (Table 58).

Figure 33: Daily average water consumption (litres) reported by South Australian adults (18 years and over), SAPHS 2018-2023

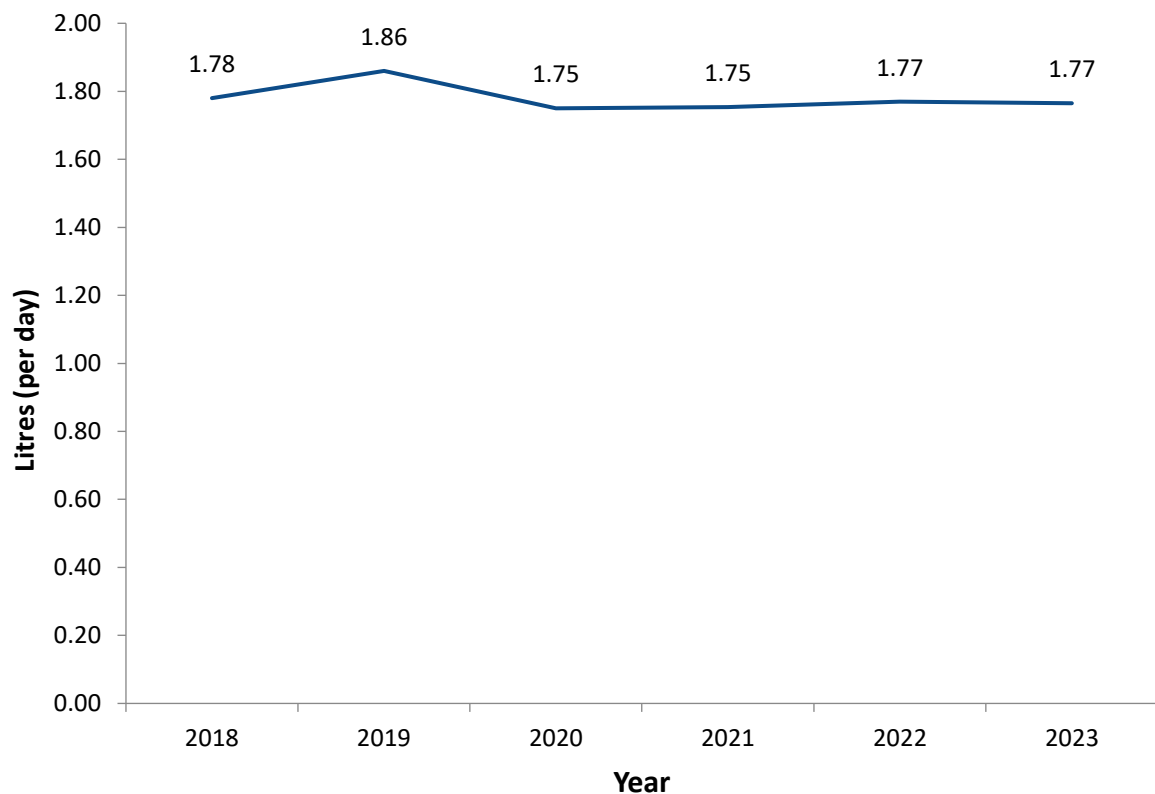


Table 57: Daily water consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5494)

	n	% (95% CI)
None	139	2.5 (2.1-3.0)
Less than 500ml	105	1.9 (1.6-2.3)
500 to 999ml	516	9.4 (8.6-10.2)
1000 to 1499ml	1312	23.9 (22.8-25.0)
1500 to 1999ml	725	13.2 (12.3-14.1)
≥ 2000ml	2696	49.1 (47.8-50.4)
Total	5494	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 58: Daily water consumption (litres) of South Australian adults (18 years and over), SAPHS 2023 (N=5439)

		Mean (Range) SD	Median (IQR)
All		1.77 (0.0 - 9.0) 1.03	1.8 (1.0-2.0)
Gender (N=5494*)	Male	1.87 (0.0 - 8.0) 1.10	2.0 (1.0-2.0)
	Female	1.66 (0.0 - 9.0) 0.95	1.5 (1.0-2.0)
Location	Metropolitan	1.77 (0.0 - 9.0) 1.05	1.8 (1.0-2.0)
	Rural	1.74 (0.0 - 8.0) 0.99	1.8 (1.0-2.0)
Age (years)	18-29	2.00 (0.0 - 9.0) 1.30	2.0 (1.0-2.5)
	30-49	1.88 (0.0 - 8.0) 1.05	2.0 (1.0-2.0)
	50-69	1.71 (0.0 - 8.0) 0.95	1.5 (1.0-2.0)
	70 and over	1.47 (0.0 - 7.0) 0.74	1.5 (1.0-2.0)
SEIFA (N=5491)	Lowest	1.78 (0.0 - 9.0) 1.14	1.8 (1.0-2.0)
	Low	1.73 (0.0 - 6.0) 0.96	1.8 (1.0-2.0)
	Middle	1.85 (0.0 - 8.0) 1.08	2.0 (1.0-2.0)
	High	1.72 (0.0 - 6.0) 0.95	1.5 (1.0-2.0)
	Highest	1.71 (0.0 - 8.0) 0.94	1.5 (1.0-2.0)
Education (N=5436)	No school to secondary	1.72 (0.0 - 9.0) 1.06	1.5 (1.0-2.0)
	TAFE, trade, certificate	1.79 (0.0 - 8.0) 1.01	1.8 (1.0-2.0)
	Diploma, advanced diploma	1.79 (0.0 - 7.0) 0.94	2.0 (1.0-2.0)
	Degree or higher	1.82 (0.0 - 8.0) 1.03	2.0 (1.0-2.0)
Household Income	Up to \$20,000	1.71 (0.0 - 6.0) 0.91	1.7 (1.0-2.0)
	\$20,001 - \$40,000	1.56 (0.0 - 6.0) 0.82	1.5 (1.0-2.0)
	\$40,001 - \$60,000	1.74 (0.0 - 7.0) 1.13	1.5 (1.0-2.0)
	\$60,001 - \$80,000	1.71 (0.0 - 7.0) 0.93	1.5 (1.0-2.0)
	\$80,001 - \$100,000	1.74 (0.0 - 8.0) 1.01	1.5 (1.0-2.0)
	\$100,001 - \$150,000	1.88 (0.0 - 8.0) 1.02	2.0 (1.0-2.0)
	More than \$150,000	1.92 (0.0 - 7.0) 0.98	2.0 (1.3-2.5)
	Not stated	1.77 (0.0 - 9.0) 1.10	2.0 (1.0-2.0)

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

SEIFA: Socio-Economic Index For Areas, IQR: Interquartile range, SD: standard deviation.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Soft drink consumption

Measure: Respondents were asked what their soft-drink consumption was on an average day. This included sports drink or energy drinks but excluded sugar-free drinks. Respondents could answer in number of glasses, millilitres or litres.

On an average day 13.0% of South Australian adults consumed soft drink in 2023, which was similar to 2021 (14.6%) and 2022 (14.3%) and less than all previous years (2018-2020) (Figure 34).

In 2023, the majority (87.0%) of adults reported not consuming soft drink on an average day, with 4.6% consuming half a litre or more daily (Table 59). Of the n=717 respondents that reported consuming soft drink, the average consumption was 460mL/day (Table 60). Males, younger adults, those living in the lowest socioeconomic areas, and those with lower levels of education were more likely to report consuming soft drinks (Table 61).

Figure 34: Proportion of South Australian adults (18 years and over) consuming soft drink on an average day, SAPHS 2018-2023

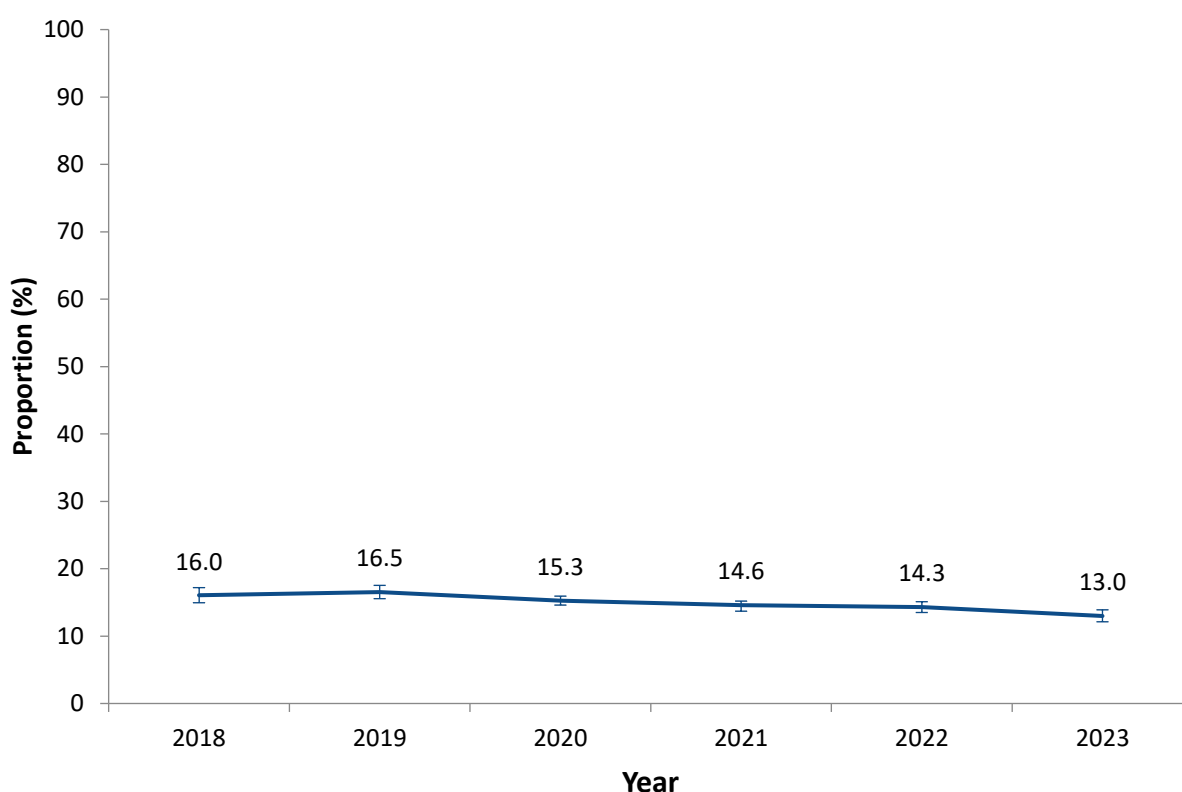


Table 59: Daily soft drink consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5521)

	n	% (95% CI)
None	4804	87.0 (86.1-87.9)
Less than 250ml	123	2.2 (1.9-2.6)
250 to 499ml	346	6.3 (5.7-6.9)
500 to 749ml	125	2.3 (1.9-2.7)
750 to 999ml	42	0.8 (0.6-1.0)
≥ 1000ml	81	1.5 (1.2-1.8)
Total	5521	100.0

Note: the weighting of the data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

Table 60: Daily soft drink consumption (litres) of South Australian adults (18 years and over) who reported consuming soft drink, SAPHS 2023 (n=717)

	Mean (Range) SD
All	0.46 (0.0 - 4.0) 0.49
Male (n=450)	0.47 (0.0 - 4.0) 0.52
Female (n=255)	0.43 (0.0 - 3.0) 0.41

Note: the weighting of the data can result in rounding discrepancies or totals not adding. SD: Standard deviation.
 Respondents that preferred not to answer or identified as gender diverse are not presented due to very low numbers.

Table 61: Proportion of South Australian adults (18 years and over) consuming soft drink on an average day, SAPHS 2023 (N=5521)

		n/N	% (95% CI)
All		717/5521	13.0 (12.1-13.9)
Gender (N=5467*)	Male	450/2648	17.0 (15.6-18.5)
	Female	255/2819	9.0 (8.0-10.1)
Location	Metropolitan	518/4090	12.7 (11.7-13.7)
	Rural	198/1431	13.9 (12.1-15.7)
Age (years)	18-29	182/1027	17.7 (15.5-20.1)
	30-49	272/1566	17.4 (15.6-19.3)
	50-69	190/1836	10.3 (9.0-11.8)
	70 and over	73/1091	6.7 (5.3-8.3)
SEIFA (N=5518)	Lowest	221/1218	18.1 (16.1-20.4)
	Low	133/933	14.3 (12.1-16.6)
	Middle	152/1412	10.8 (9.2-12.5)
	High	106/944	11.3 (9.3-13.4)
	Highest	104/1011	10.3 (8.5-12.3)
Education (N=5464)	No school to secondary	371/2524	14.7 (13.4-16.1)
	TAFE, trade, certificate	174/1007	17.3 (15.0-19.7)
	Diploma, advanced diploma	60/620	9.6 (7.5-12.2)
	Degree or higher	102/1313	7.8 (6.4-9.3)
Household Income	Up to \$20,000	46/228	20.4 (15.4-25.7)
	\$20,001 - \$40,000	61/565	10.9 (8.4-13.6)
	\$40,001 - \$60,000	62/498	12.5 (9.8-15.6)
	\$60,001 - \$80,000	44/392	11.3 (8.4-14.6)
	\$80,001 - \$100,000	42/365	11.6 (8.5-15.1)
	\$100,001 - \$150,000	99/664	14.9 (12.4-17.8)
	More than \$150,000	87/594	14.7 (12.0-17.7)
	Not stated	274/2215	12.4 (11.0-13.8)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Sugar-free soft drink consumption

Measure: Respondents were asked what their sugar-free soft-drink, sports drink and energy drink consumption was on an average day. Respondents could answer in number of glasses, millilitres or litres.

In 2023, 18.9% of adults reported consuming sugar-free soft drinks on an average day, which is lower than 2020 to 2022 (21.5%), but similar to previous years (Figure 35).

A majority (81.1%) of respondents reported not consuming sugar-free soft drink on an average day, with 7.5% consuming at least half a litre daily (Table 62). Of the n=1041 respondents that reported sugar-free soft drink consumption, the average consumption was 470mL/day with males consuming more than females (Table 63). Females, older respondents, and those with a higher education attainment were less likely to consume sugar-free soft drink. Respondents from the lowest socioeconomic areas were more likely to consume sugar-free soft drinks, compared to those from the highest socioeconomic areas (Table 64).

Figure 35: Proportion of South Australian adults (18 years and over) consuming sugar-free soft drink on an average day, SAPHS 2018-2023

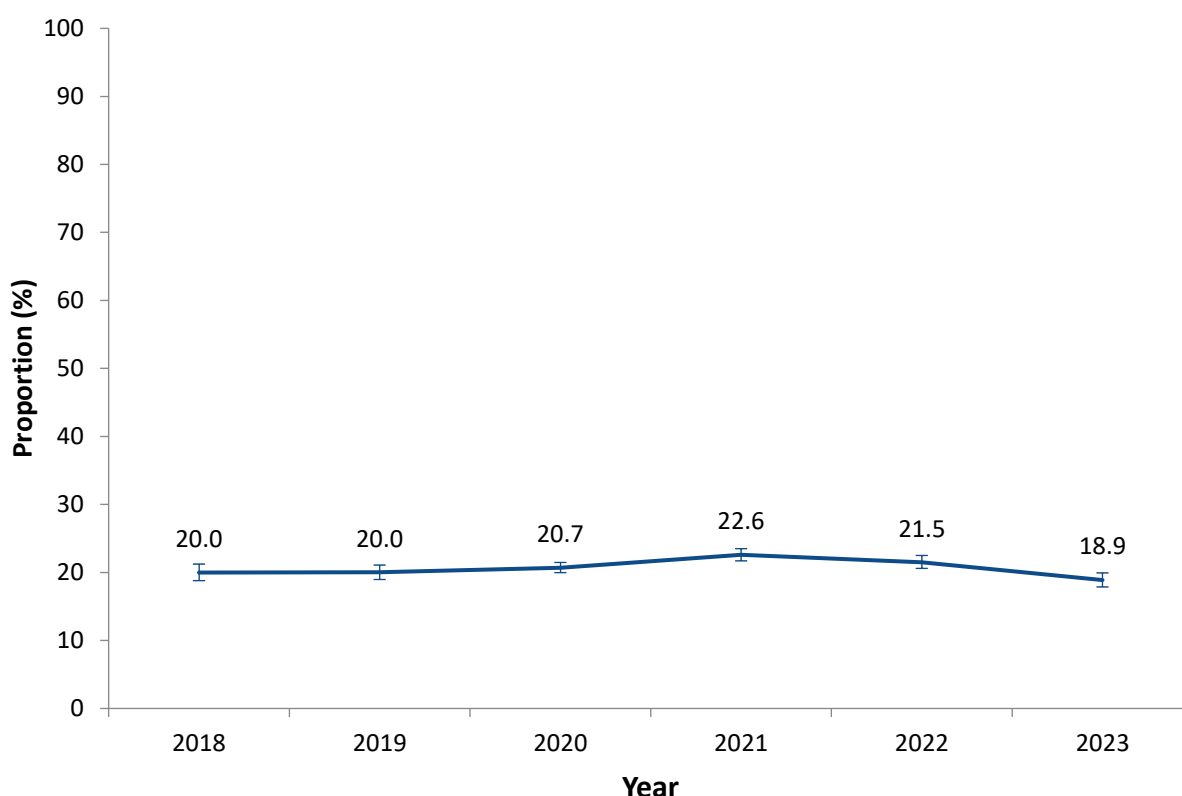


Table 62: Daily sugar-free soft drink consumption of South Australian adults (18 years and over), SAPHS 2023 (n=5514)

	n	% (95% CI)
None	4472	81.1 (80.1-82.1)
Less than 250ml	176	3.2 (2.8-3.7)
250 to 499ml	454	8.2 (7.5-9.0)
500 to 749ml	207	3.8 (3.3-4.3)
750 to 999ml	63	1.1 (0.9-1.4)
≥ 1000ml	141	2.6 (2.2-3.0)
Total	5514	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 63: Sugar-free soft drink consumption (litres) of South Australian adults (18 years and over) who reported consuming sugar-free soft drink, SAPHS 2023 (n=1041)

	Mean (Range) SD
All	0.47 (0.0 - 7.5) 0.46
Male (n=580)	0.50 (0.0 - 7.5) 0.52
Female (n=451)	0.42 (0.0 - 3.0) 0.37

Note: the weighting of the data can result in rounding discrepancies or totals not adding. SD: standard deviation
 Respondents that preferred not to answer or identified as gender diverse are not presented due to very low numbers

Table 64: Proportion of South Australian adults (18 years and over) consuming sugar-free soft drink on an average day, SAPHS 2023 (N=5514)

		n/N	% (95% CI)
All		1041/5514	18.9 (17.9-19.9)
Gender (N=5459*)	Male	580/2650	21.9 (20.3-23.5)
	Female	451/2809	16.1 (14.7-17.4)
Location	Metropolitan	767/4090	18.8 (17.6-20.0)
	Rural	274/1424	19.3 (17.3-21.4)
Age (years)	18-29	214/1026	20.9 (18.5-23.4)
	30-49	347/1565	22.2 (20.2-24.3)
	50-69	336/1836	18.3 (16.6-20.1)
	70 and over	144/1086	13.2 (11.3-15.4)
SEIFA (N=5511)	Lowest	266/1210	21.9 (19.7-24.4)
	Low	188/936	20.1 (17.6-22.7)
	Middle	256/1415	18.1 (16.2-20.2)
	High	171/943	18.2 (15.8-20.7)
	Highest	158/1006	15.7 (13.6-18.1)
Education (N=5457)	No school to secondary	495/2519	19.6 (18.1-21.2)
	TAFE, trade, certificate	232/1011	22.9 (20.4-25.6)
	Diploma, advanced diploma	104/615	16.9 (14.1-20.0)
	Degree or higher	208/1312	15.9 (14.0-17.9)
Household Income	Up to \$20,000	38/228	16.5 (12.3-21.9)
	\$20,001 - \$40,000	121/559	21.7 (18.4-25.2)
	\$40,001 - \$60,000	93/501	18.5 (15.3-22.1)
	\$60,001 - \$80,000	72/392	18.4 (14.8-22.4)
	\$80,001 - \$100,000	64/364	17.5 (13.9-21.7)
	\$100,001 - \$150,000	166/663	25.1 (21.9-28.4)
	More than \$150,000	157/593	26.5 (23.0-30.1)
	Not stated	331/2213	14.9 (13.5-16.5)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Behavioural Risk Factors

Smoking

Official South Australian smoking data are collected annually through the Population Health Survey Module System (PHSMS). The 2023 PHSMS smoking data can be accessed via The Health Policy Centre at SAHMRI ([Link](#)).

The South Australian Population Health Survey (SAPHS) is considered a supplementary data source, allowing for additional insights from demographic subgroups.

Note: due to slight differences in methodology, smoking data are not comparable across SAPHS and PHSMS.

Measure: Respondents were asked if they were currently smoking cigarettes, cigars, pipes or any other tobacco products, and how often.

In 2023, 14.5% of adults were current smokers, which is similar to 2022 (15.4%) and lower than previous years (2018-2021) (Figure 36).

The majority of respondents (85.5%) were non-smokers in 2023, with 12.3% reporting daily smoking (Table 65). Respondents who were female, aged 70 years and over, had an education attainment of diploma/advanced diploma or higher, lived in the highest socioeconomic areas, and had a household income of more than \$100,001 were less likely to be a current smoker. Males, respondents aged under 70 years, those from the lowest socioeconomic areas, and those with levels of education below a diploma were more likely to be a daily smoker (Table 66).

Figure 36: Proportion of South Australian adults (18 years and over) reporting they were current smokers, SAPHS 2018-2023

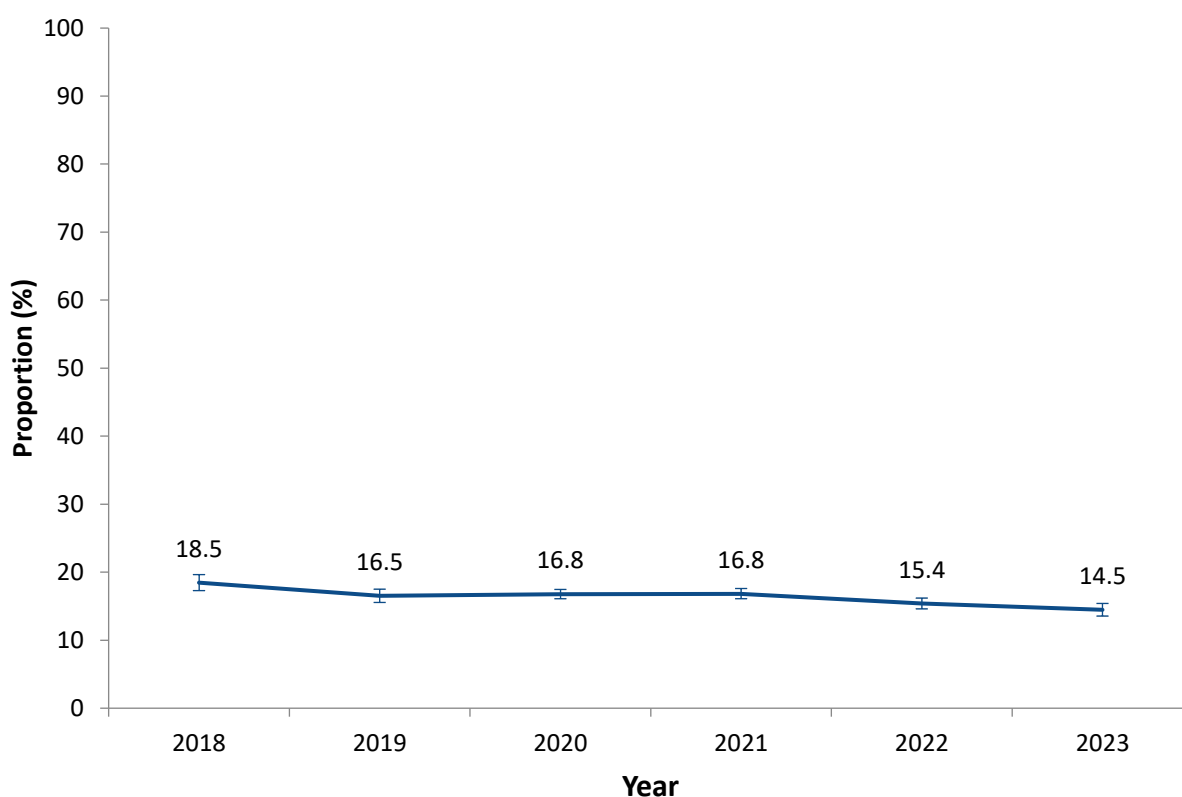


Table 65: Smoking status of South Australian adults (18 years and over), SAPHS 2023 (n=5559)

	n	% (95% CI)
Daily smokers	681	12.3 (11.4-13.1)
At least weekly (not daily) smokers	64	1.1 (0.9-1.5)
Less often than weekly smokers	59	1.1 (0.8-1.4)
Non-smokers	4755	85.5 (84.6-86.4)
Total	5559	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 66: Proportion of South Australian adults (18 years and over) reporting smoking, SAPHS 2023 (N=5559)

		Current smoking*		Daily smoking	
		n/N	% (95% CI)	n/N	% (95% CI)
All		804/5559	14.5 (13.6-15.4)	681/5559	12.3 (11.4-13.1)
Gender (N=5505 [^])	Male	468/2668	17.5 (16.1-19.0)	384/2668	14.4 (13.1-15.8)
	Female	331/2837	11.7 (10.5-12.9)	293/2837	10.3 (9.2-11.5)
Location	Metropolitan	595/4124	14.4 (13.4-15.5)	492/4124	11.9 (11.0-12.9)
	Rural	210/1436	14.6 (12.9-16.5)	189/1436	13.2 (11.5-15.0)
Age (years)	18-29	142/1038	13.6 (11.7-15.9)	89/1038	8.6 (7.0-10.4)
	30-49	260/1576	16.5 (14.7-18.4)	224/1576	14.2 (12.6-16.0)
	50-69	338/1843	18.3 (16.6-20.2)	311/1843	16.9 (15.2-18.6)
	70 and over	65/1102	5.9 (4.6-7.4)	57/1102	5.2 (4.0-6.6)
SEIFA (N=5557)	Lowest	220/1217	18.1 (16.0-20.3)	199/1217	16.3 (14.4-18.5)
	Low	143/944	15.2 (13.0-17.5)	117/944	12.4 (10.4-14.6)
	Middle	210/1428	14.7 (12.9-16.6)	177/1428	12.4 (10.8-14.2)
	High	131/945	13.9 (11.8-16.2)	100/945	10.6 (8.7-12.7)
	Highest	100/1022	9.8 (8.1-11.7)	88/1022	8.6 (7.0-10.4)
Education (N=5505)	No school to secondary	446/2546	17.5 (16.1-19.0)	395/2546	15.5 (14.1-17.0)
	TAFE, trade, certificate	167/1015	16.4 (14.3-18.8)	141/1015	13.9 (11.9-16.1)
	Diploma, advanced diploma	63/629	9.9 (7.9-12.5)	50/629	7.9 (6.0-10.3)
	Degree or higher	121/1315	9.2 (7.7-10.9)	90/1315	6.8 (5.6-8.3)
Household Income	Up to \$20,000	53/230	22.9 (18.0-28.8)	50/230	21.6 (16.8-27.4)
	\$20,001 - \$40,000	96/566	17.0 (14.0-20.2)	80/566	14.1 (11.4-17.2)
	\$40,001 - \$60,000	79/502	15.8 (12.8-19.1)	74/502	14.7 (11.8-18.0)
	\$60,001 - \$80,000	67/393	17.2 (13.6-21.0)	58/393	14.7 (11.5-18.5)
	\$80,001 - \$100,000	64/366	17.5 (13.9-21.6)	44/366	12.0 (9.0-15.6)
	\$100,001 - \$150,000	72/665	10.9 (8.6-13.4)	63/665	9.4 (7.4-11.9)
	More than \$150,000	71/593	11.9 (9.5-14.8)	50/593	8.5 (6.4-10.9)
	Not stated	302/2245	13.4 (12.1-14.9)	263/2245	11.7 (10.4-13.1)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding

*Current smoking status includes those who report smoking daily, at least weekly, and less often than weekly.

[^]Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Alcohol consumption

Measure: Respondents were asked in the previous 12-months how often they had an alcoholic drink of any kind, and the number of standard drinks they usually consumed on a drinking day. Respondents were also asked a series of questions to determine the proportion that drank at levels that put them at risk of harm from alcohol-related disease or injury.

Alcohol consumption measures used in this report are based on the 2020 National Health and Medical Research Council (NHMRC) guidelines regarding potential harms associated with alcohol consumption [9]. The NHMRC has one guideline (replacing the previous two guidelines from 2009) for health risks associated with alcohol consumption for healthy adults (both men and women) aged 18 years or over. It is recommended: *To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.*

In 2023, 75.6% of adults consumed alcohol in the previous 12-months, with 7.5% drinking daily (Table 67). Table 68 presents the number of standard drinks usually consumed on a drinking day, with over half (57.6%) of respondents usually consuming two or less standard drinks. Just under a quarter (24.9%) of adults reported usually consuming between three and four standard drinks on a drinking day, while 17.5% usually consumed five or more standard drinks.

Table 67: Alcohol consumption of South Australian adults (18 years and over) in the previous 12- months, SAPHS 2023 (n=5561)

	n	% (95% CI)
Daily	417	7.5 (6.8-8.2)
At least weekly (not daily)	1982	35.7 (34.4-36.9)
Less often than weekly	1801	32.4 (31.2-33.6)
Non-drinkers*	1359	24.4 (23.3-25.6)
Total	5561	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

*Non-drinker includes those who did not drink in the last 12-months, no longer drink, or have never consumed alcohol.

Table 68: Number of standard drinks usually consumed by South Australian adults (18 years and over) on a drinking day, SAPHS 2023 (n=4156)

	n	% (95% CI)
½ to 1 drink	1196	28.8 (27.4-30.2)
2 drinks	1197	28.8 (27.4-30.2)
3-4 drinks	1037	24.9 (23.7-26.3)
5-10 drinks	633	15.2 (14.2-16.3)
11+ drinks	93	2.2 (1.8-2.7)
Total	4156	100.0

CI: Confidence Interval.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Table 69 shows that 22.8% of adults reported consuming more than 10 standard drinks per week in 2023. These proportions were higher in males (31.8%), those living in rural areas (26.3%), and those living in higher socioeconomic areas. Respondents aged 50 to 69 years were more likely to consume more than 10 drinks a week compared to the other aged groups.

Table 70 shows that under a quarter (22.3%) of adults in 2023 reported consuming more than four standard drinks on any one day at least monthly, with males (31.8%) more likely than females (13.5%). Younger respondents were also more likely to consume more than four standard drinks on any one day at least monthly.

Under a third (29.3%) of respondents in 2023 reported consuming alcohol that put them at risk of harm from alcohol-related disease or injury. This means they consumed more than 10 standard drinks per week or more than 4 standard drinks on any one day at least once a month on average (combined risk). This proportion was unchanged from 2022 (29.2%), but lower than previous years (2018-2020) (Figure 37). Males, those living in rural areas, younger respondents, those living in higher socioeconomic areas and those with a household income of more than \$150,000 were more likely to consume alcohol that put them at risk of harm from alcohol-related disease or injury (Table 71).

Figure 37: Proportion of South Australian adults (18 years and over) reporting consumption of alcohol that put them at risk of harm from alcohol-related disease or injury, SAPHS 2018-2023

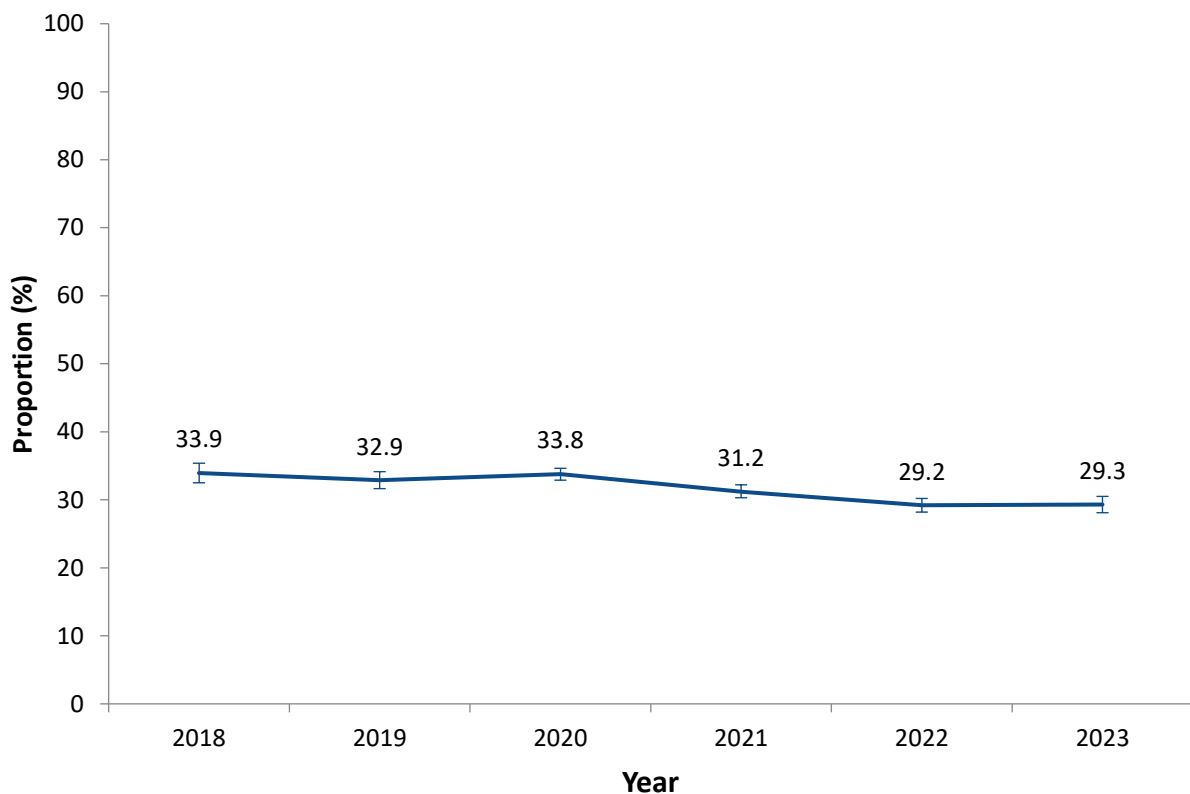


Table 69: Proportion of South Australian adults (18 years and over) reporting consuming more than 10 standard drinks per week, SAPHS 2023 (N=5541)

		n/N	% (95% CI)
All		1264/5541	22.8 (21.7-23.9)
Gender (N=5487*)	Male	846/2661	31.8 (30.0-33.6)
	Female	409/2826	14.5 (13.2-15.8)
Location	Metropolitan	881/4108	21.5 (20.2-22.7)
	Rural	382/1433	26.7 (24.4-29.0)
Age (years)	18-29	213/1033	20.6 (18.2-23.2)
	30-49	340/1576	21.6 (19.6-23.7)
	50-69	482/1837	26.2 (24.3-28.3)
	70 and over	229/1095	20.9 (18.6-23.4)
SEIFA (N=5538)	Lowest	199/1214	16.4 (14.4-18.6)
	Low	213/940	22.7 (20.1-25.4)
	Middle	314/1424	22.0 (20.0-24.3)
	High	229/942	24.3 (21.7-27.1)
	Highest	309/1018	30.4 (27.6-33.2)
Education (N=5482)	No school to secondary	579/2527	22.9 (21.3-24.6)
	TAFE, trade, certificate	242/1014	23.8 (21.3-26.6)
	Diploma, advanced diploma	153/628	24.4 (21.1-27.8)
	Degree or higher	273/1313	20.8 (18.7-23.0)
Household Income	Up to \$20,000	46/233	19.5 (15.0-25.2)
	\$20,001 - \$40,000	110/566	19.4 (16.3-22.8)
	\$40,001 - \$60,000	140/501	27.9 (24.2-32.0)
	\$60,001 - \$80,000	113/393	28.7 (24.4-33.4)
	\$80,001 - \$100,000	89/366	24.4 (20.1-28.9)
	\$100,001 - \$150,000	161/664	24.3 (21.1-27.6)
	More than \$150,000	183/594	30.8 (27.2-34.6)
	Not stated	422/2223	19.0 (17.4-20.7)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

* Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 70: Proportion of South Australian adults (18 years and over) reporting consuming more than four standard drinks on any one day at least monthly, SAPHS 2023 (N=5498)

		n/N	% (95% CI)
All		1229/5498	22.3 (21.3-23.5)
Gender (N=5444*)	Male	841/2643	31.8 (30.1-33.6)
	Female	377/2801	13.5 (12.2-14.8)
Location	Metropolitan	895/4075	22.0 (20.7-23.3)
	Rural	334/1423	23.5 (21.3-25.7)
Age (years)	18-29	335/1020	32.9 (30.0-35.8)
	30-49	429/1568	27.3 (25.2-29.6)
	50-69	370/1824	20.3 (18.5-22.2)
	70 and over	94/1087	8.7 (7.1-10.4)
SEIFA (N=5496)	Lowest	237/1200	19.7 (17.6-22.1)
	Low	205/934	22.0 (19.4-24.7)
	Middle	322/1413	22.8 (20.7-25.0)
	High	201/938	21.4 (18.9-24.1)
	Highest	262/1011	25.9 (23.3-28.7)
Education (N=5439)	No school to secondary	581/2512	23.1 (21.5-24.8)
	TAFE, trade, certificate	233/1002	23.3 (20.7-25.9)
	Diploma, advanced diploma	143/621	23.0 (19.8-26.5)
	Degree or higher	261/1304	20.0 (17.9-22.3)
Household Income	Up to \$20,000	49/233	21.1 (16.2-26.6)
	\$20,001 - \$40,000	89/566	15.7 (12.9-18.9)
	\$40,001 - \$60,000	111/498	22.2 (18.8-26.1)
	\$60,001 - \$80,000	86/385	22.4 (18.4-26.7)
	\$80,001 - \$100,000	95/366	26.0 (21.7-30.6)
	\$100,001 - \$150,000	185/661	28.0 (24.7-31.5)
	More than \$150,000	212/592	35.7 (32.0-39.7)
	Not stated	402/2196	18.3 (16.7-20.0)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

* Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Table 71: Proportion of South Australian adults (18 years and over) reporting consumption of alcohol that put them at risk of harm from alcohol-related disease or injury, SAPHs 2023 (N=5507)

		n/N	% (95% CI)
All		1613/5507	29.3 (28.1-30.5)
Gender (N=5453*)	Male	1058/2647	40.0 (38.1-41.8)
	Female	544/2806	19.4 (18.0-20.9)
Location	Metropolitan	1150/4083	28.2 (26.8-29.6)
	Rural	463/1424	32.5 (30.1-35.0)
Age (years)	18-29	359/1021	35.2 (32.3-38.1)
	30-49	471/1568	30.0 (27.8-32.3)
	50-69	542/1829	29.6 (27.6-31.8)
	70 and over	241/1090	22.2 (19.7-24.6)
SEIFA (N=5505)	Lowest	293/1201	24.4 (22.0-26.9)
	Low	267/934	28.5 (25.8-31.5)
	Middle	415/1416	29.3 (27.0-31.7)
	High	279/941	29.6 (26.8-32.6)
	Highest	357/1013	35.3 (32.3-38.2)
Education (N=5448)	No school to secondary	748/2516	29.7 (28.0-31.5)
	TAFE, trade, certificate	306/1008	30.4 (27.6-33.2)
	Diploma, advanced diploma	190/621	30.6 (27.1-34.3)
	Degree or higher	352/1304	27.0 (24.6-29.5)
Household Income	Up to \$20,000	60/233	25.9 (20.5-31.6)
	\$20,001 - \$40,000	130/566	23.0 (19.6-26.6)
	\$40,001 - \$60,000	166/499	33.2 (29.2-37.5)
	\$60,001 - \$80,000	123/387	31.7 (27.3-36.5)
	\$80,001 - \$100,000	118/366	32.1 (27.6-37.2)
	\$100,001 - \$150,000	219/661	33.2 (29.6-36.8)
	More than \$150,000	251/592	42.3 (38.5-46.4)
	Not stated	546/2202	24.8 (23.0-26.6)

CI: Confidence Interval. SEIFA: Socio-Economic Index For Areas.

Note: the weighting of the data can result in rounding discrepancies or totals not adding.

* Respondents that identified as gender diverse, or preferred not to answer are not presented due to very low numbers.

Appendix – Disposition Report

In 2023, a total of 8,834 respondents of known eligibility (South Australian residents) were contacted, and 7,001 of these completed the interview. This includes respondents of all ages and not just those aged 18 years and over. All call outcomes are outlined in Table 72.

The American Association of Public Opinion Research (AAPOR) provides standard definitions for disposition reports and outcome rates. The cooperation rate stated in this report is based on the AAPOR definition of cooperation rate 1 (COOP1) [10]. This was calculated by dividing the total number of interviews (7,001) by the number of eligible respondents contacted (8,834), producing a total cooperation rate of 79.3%. Cooperation rates for landline numbers (64.6%) and mobiles (80.7%) were also calculated using this method.

Random digit dialling results in many respondents whose eligibility is unknown as the interviewer is unable to determine if they reside in South Australia. There were 196,401 numbers which were dialled but eligibility was unable to be ascertained, largely due to refusing at start before screening question (n=43,364), answering machine (n=88,486), or no answer (n=28,498).

A further 34,074 numbers were not eligible, the majority due to them being disconnected (n=24,176), not residing in South Australia (n=4,127) or being business numbers (n=5,319).

Table 72: Call outcomes for total sample, landline and mobiles, all ages, SAPHS 2023

	Total Sample	Landline	Mobile
Interviews	7001	501	6500
Eligible, non-interview numbers			
Appointments / Stopped interviews	146	8	138
Refused during	415	36	379
Physically or mentally unable/incompetent	618	131	487
No interviewer available for needed language	652	98	554
Sent survey link - not completed yet	2	2	0
Subtotal –eligible non interviews	1833	275	1558
Total eligible	8834	776	8058
Cooperation rate*	79.3	64.6	80.7
Unknown eligibility			
Engaged	33343	5397	27946
Answering machine	88486	12836	75650
No answer	28498	5978	22520
Refused by text	0	0	0
Refused remove from database	2710	214	2496
Refused at start	43364	5033	38331
Subtotal - unknown eligibility	196401	29458	166943
Not eligible			
Number disconnected	24176	7377	16799
Business Numbers	5319	4299	1020
Fax/Modem	165	79	86
Not in South Australia - screener fail	4127	296	3831
Child answered call (no adult available)	206	6	200
Already completed survey (contacted on other phone)	81	15	66
Subtotal - not eligible	34074	12072	22002
TOTAL SAMPLE	239309	42306	197003

*Cooperation rate defined as the number of interviews divided by the total number of eligible respondents contacted.

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