

South Australian Population Health Survey

2024 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 principal 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.

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). For a period beginning October 2023 to July 2024 RDD was again used due to issues with approval to use the IPND. 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 2024 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 8304 eligible South Australians of all ages were contacted in 2024 and 7,056 interviews were conducted resulting in an overall cooperation rate of 85.0%. There were 357 participants reached through a landline number and 6,699 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 76). The data presented in this report are for the n=5,582 respondents aged 18 years and over. Of the 5,582 adults completing the survey, 5,578 used the CATI system and 4 completed the survey online.

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 2024 to December 2024. Where available, headline data are presented for 2018 to 2024 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 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.

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 2024 are only done so of the whole population and does not identify potential changes seen within specific sub-groups of the population.

Demographic profile of survey respondents

Table 1 shows the weighted demographics of the respondents contained within this report. Of the 5,582 South Australian adults included in this 2024 report, 50.9% were female, the majority resided in metropolitan areas (73.5%), had no children living in their household (87.2%), were born in Australia (71.2%), spoke English at home (89.3%), and owned or were purchasing their dwelling (65.9%).

South Australians across all socio-economic areas and education levels were represented, and the Aboriginal sample (2.9%) reflected the estimated resident population rate of 2.2% (18+ year olds) [1].

Table 1: Weighted sample, SAPHS 2024 (n=5582)

		n	%	95% CI
All		5582	100.0	
Gender	Male	2690	48.2	46.9-49.5
	Female	2842	50.9	49.6-52.2
	Gender diverse	40	0.7	0.5-1.0
	Not Stated	11	0.2	0.1-0.3
Location	Metropolitan	4103	73.5	72.3-74.6
	Rural	1479	26.5	25.4-27.7
Age (years)	18-29	1046	18.7	17.7-19.8
	30-49	1591	28.5	27.3-29.7
	50-69	1842	33.0	31.8-34.2
	70 and over	1103	19.8	18.7-20.8
Aboriginal and/or Torres Strait Islander Status	Yes	161	2.9	2.5-3.3
	No	5389	96.5	96.0-97.0
	Not stated	32	0.6	0.4-0.8
SEIFA*	Lowest	1284	23.0	21.9-24.1
	Low	944	16.9	16.0-17.9
	Middle	1338	24.0	22.9-25.1
	High	952	17.1	16.1-18.1
	Highest	1063	19.0	18.0-20.1
Highest Education Level**	No school to secondary	2481	44.4	43.1-45.8
	TAFE, trade, certificate	1007	18.0	17.0-19.1
	Diploma, advanced diploma	729	13.1	12.2-14.0
	Degree or higher	1320	23.7	22.5-24.8
	Not stated	41	0.7	0.5-1.0
Household Income	Up to \$20,000	238	4.3	3.8-4.8
	\$20,001 - \$40,000	603	10.8	10.0-11.6
	\$40,001 - \$60,000	457	8.2	7.5-8.9
	\$60,001 - \$80,000	485	8.7	8.0-9.4
	\$80,001 - \$100,000	384	6.9	6.2-7.6
	\$100,001 - \$150,000	536	9.6	8.9-10.4
	More than \$150,000	825	14.8	13.9-15.7
	Not stated	2053	36.8	35.5-38.1

CI: Confidence Interval. *SEIFA: Socio-Economic Index For Areas. ** Education status 'Other' (n=4) 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	1885	33.8	32.6-35.0
	Part time employed	741	13.3	12.4-14.2
	Casual	575	10.3	9.5-11.1
	Unemployed	171	3.1	2.6-3.5
	Engaged in home duties	55	1.0	0.8-1.3
	Student	204	3.7	3.2-4.2
	Retired	1465	26.3	25.1-27.4
	Unable to work	286	5.1	4.6-5.7
	Other	10	0.2	0.1-0.3
	Carer	108	1.9	1.6-2.3
	Volunteer work	45	0.8	0.6-1.1
	Not stated	33	0.6	0.4-0.8
Marital Status	Married/Living with partner	2689	48.2	46.9-49.5
	Separated / divorced	756	13.5	12.7-14.5
	Widowed	361	6.5	5.8-7.1
	Never married	1731	31.0	29.8-32.2
	Not stated	44	0.8	0.6-1.0
Children (including babies) under 16 years in the household	0	4865	87.2	86.3-88.0
	1	372	6.7	6.0-7.3
	2	207	3.7	3.2-4.2
	3	61	1.1	0.8-1.4
	4	14	0.3	0.1-0.4
	5+	5	0.1	0.0-0.2
	Not stated	58	1.0	0.8-1.3
Language spoken at home	English	4986	89.3	88.5-90.1
	Other	571	10.2	9.5-11.0
	Not stated	25	0.4	0.3-0.6
Country of birth	Australia	3971	71.2	69.9-72.3
	UK / Ireland	449	8.0	7.4-8.8
	Other	1134	20.3	19.3-21.4
	Not stated	28	0.5	0.3-0.7
Dwelling type	Owned or being purchased	3678	65.9	64.6-67.1
	Rented privately	1350	24.2	23.1-25.3
	Rented from the Housing Trust	285	5.1	4.6-5.7
	Retirement village	113	2.0	1.7-2.4
	Other	70	1.3	1.0-1.6
	Not stated	86	1.5	1.2-1.9

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, 75.9% of adults reported their health status as good or better in 2024. This was similar to previous years (2018-2023) (Figure 1). In 2024, females, older respondents, respondents from lower socioeconomic areas, those with lower levels of education and low incomes were less 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 2018-2024

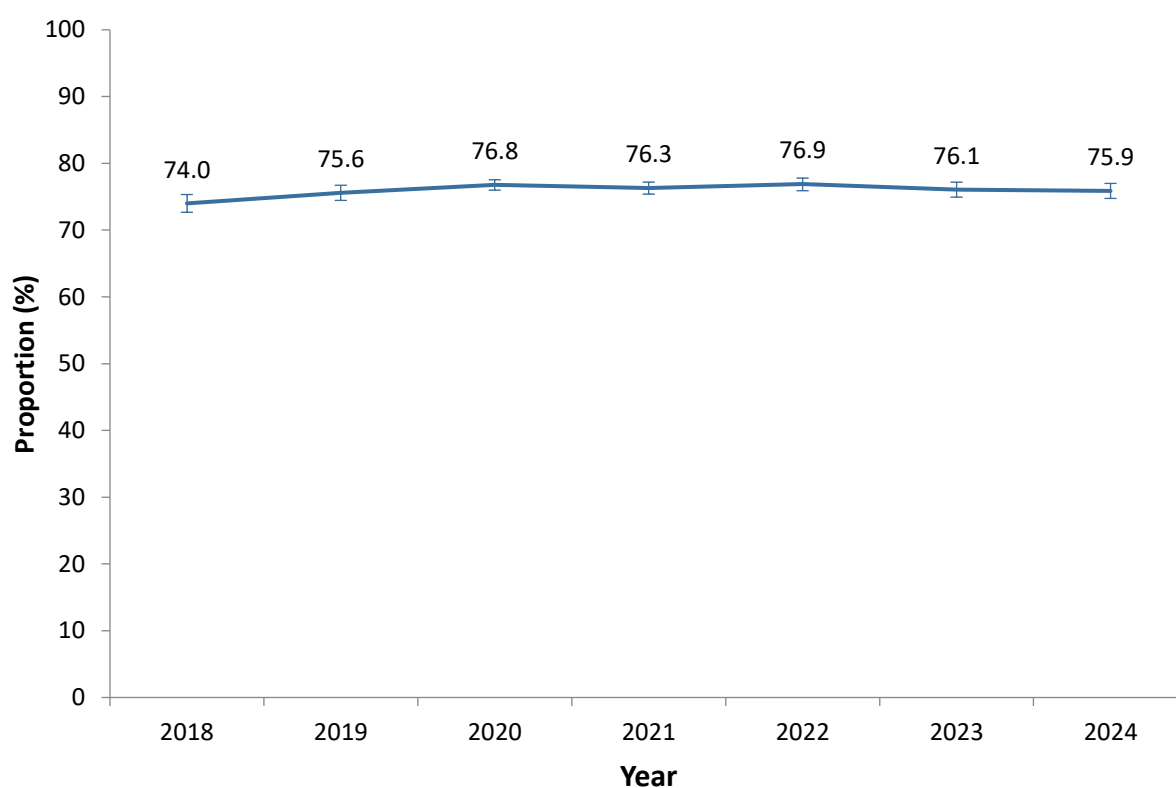


Table 2: Proportion of South Australian adults (18 years and over) reporting their health status as good or better, SAPHS 2024 (N=5569)

		n/N	% (95% CI)
All		4226/5569	75.9 (74.7-77.0)
Gender (N=5519*)	Male	2110/2686	78.6 (77.0-80.1)
	Female	2084/2833	73.6 (71.9-75.2)
Location	Metropolitan	3133/4091	76.6 (75.3-77.9)
	Rural	1093/1479	73.9 (71.6-76.1)
Age (years)	18-29	913/1044	87.4 (85.3-89.4)
	30-49	1288/1585	81.2 (79.3-83.1)
	50-69	1268/1838	69.0 (66.8-71.1)
	70 and over	757/1102	68.7 (65.9-71.4)
SEIFA (N=5568)	Lowest	900/1281	70.2 (67.7-72.7)
	Low	682/943	72.3 (69.4-75.1)
	Middle	1042/1333	78.2 (75.9-80.3)
	High	740/949	77.9 (75.3-80.5)
	Highest	862/1062	81.1 (78.7-83.4)
Education (N=5525)	No school to secondary	1748/2476	70.6 (68.8-72.4)
	TAFE, trade, certificate	734/1005	73.0 (70.2-75.7)
	Diploma, advanced diploma	592/725	81.6 (78.7-84.3)
	Degree or higher	1116/1318	84.6 (82.7-86.5)
Household Income	Up to \$20,000	141/238	59.2 (52.9-65.3)
	\$20,001 - \$40,000	359/602	59.6 (55.7-63.5)
	\$40,001 - \$60,000	330/456	72.5 (68.1-76.3)
	\$60,001 - \$80,000	378/485	78.1 (74.1-81.5)
	\$80,001 - \$100,000	306/384	79.5 (75.4-83.5)
	\$100,001 - \$150,000	451/536	84.1 (80.9-87.0)
	More than \$150,000	728/825	88.3 (85.9-90.3)
	Not stated	1533/2045	75.0 (73.1-76.8)

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.

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 37.3% of adults reported having good overall wellbeing in 2024. This was similar to previous years (2018-2023). In 2024, overall wellbeing was higher among older adults and those living in rural areas. Respondents from the lowest socioeconomic areas were less likely to report good wellbeing compared to those from the highest socioeconomic areas (Table 3).

Figure 2: Proportion of South Australian adults (18 years and over) reporting having a good overall wellbeing, SAPHS 2018-2024

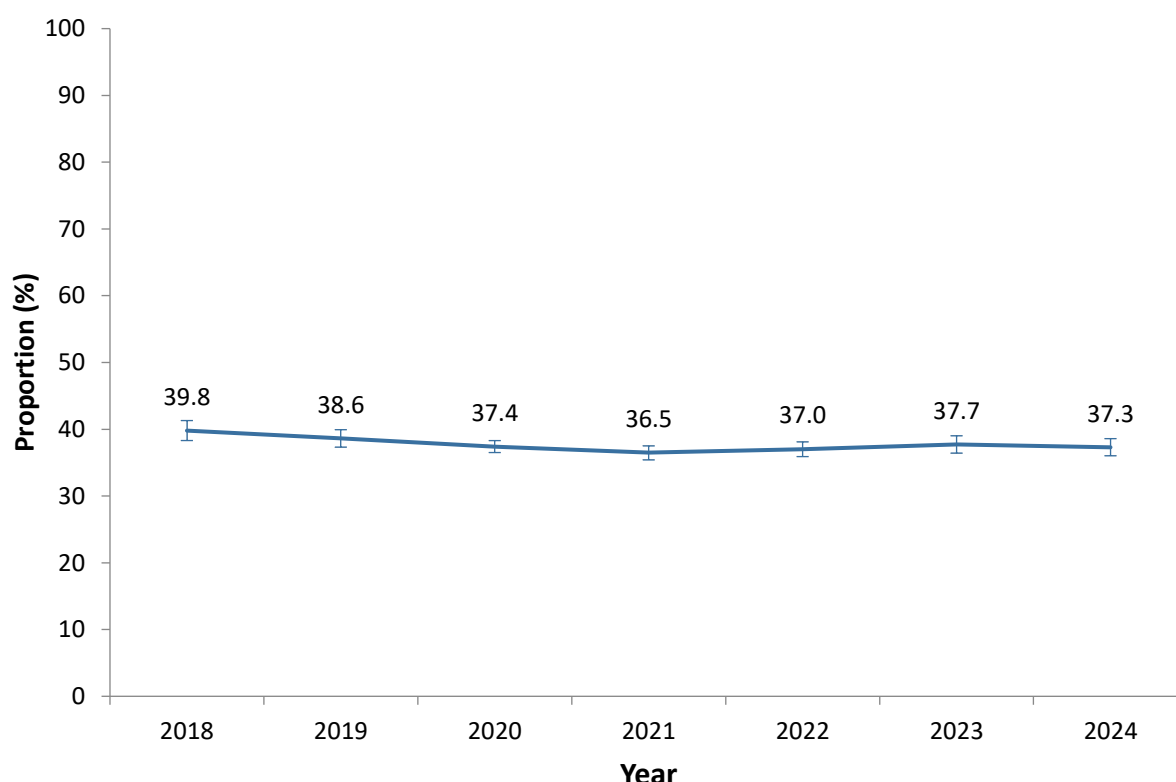


Table 3: Proportion of South Australian adults (18 years and over) reporting having a good overall wellbeing, SAPHS 2024 (N=5448)

		n/N	% (95% CI)
All		2032/5448	37.3 (36.0-38.6)
Gender (N=5398*)	Male	1027/2628	39.1 (37.2-41.0)
	Female	997/2769	36.0 (34.2-37.8)
Location	Metropolitan	1434/4009	35.8 (34.3-37.3)
	Rural	597/1439	41.5 (39.0-44.0)
Age (years)	18-29	269/1024	26.3 (23.6-29.0)
	30-49	464/1562	29.7 (27.5-32.0)
	50-69	738/1809	40.8 (38.5-43.1)
	70 and over	560/1053	53.2 (50.2-56.2)
SEIFA (N=5447)	Lowest	421/1243	33.9 (31.3-36.5)
	Low	337/927	36.4 (33.3-39.5)
	Middle	473/1303	36.3 (33.7-38.9)
	High	368/931	39.6 (36.4-42.7)
	Highest	431/1043	41.4 (38.4-44.3)
Education (N=5421)	No school to secondary	859/2412	35.6 (33.7-37.5)
	TAFE, trade, certificate	374/992	37.7 (34.7-40.7)
	Diploma, advanced diploma	307/719	42.7 (39.1-46.3)
	Degree or higher	481/1298	37.1 (34.5-39.7)
Household Income	Up to \$20,000	69/234	29.4 (23.9-35.6)
	\$20,001 - \$40,000	201/593	34.0 (30.2-37.8)
	\$40,001 - \$60,000	174/451	38.5 (34.2-43.1)
	\$60,001 - \$80,000	158/479	33.1 (28.9-37.3)
	\$80,001 - \$100,000	132/383	34.4 (29.8-39.3)
	\$100,001 - \$150,000	211/535	39.4 (35.4-43.6)
	More than \$150,000	367/824	44.5 (41.2-47.9)
	Not stated	720/1950	36.9 (34.8-39.1)

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.

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 (87.9%), followed by the dentist (57.6%), and specialist doctor (48.9%) (Table 4). In 2024 the proportion of adults that had used a GP in the past 12-months (87.9%) was similar to 2022 (87.4%) and 2023 (88.2%), however remains lower than 2018-2021 (92.2%-89.4%) (Figure 3).

Table 4: Proportion of South Australian adults (18 years and over) reporting use of health services in the previous 12-months, SAPHS 2024 (n=5574)

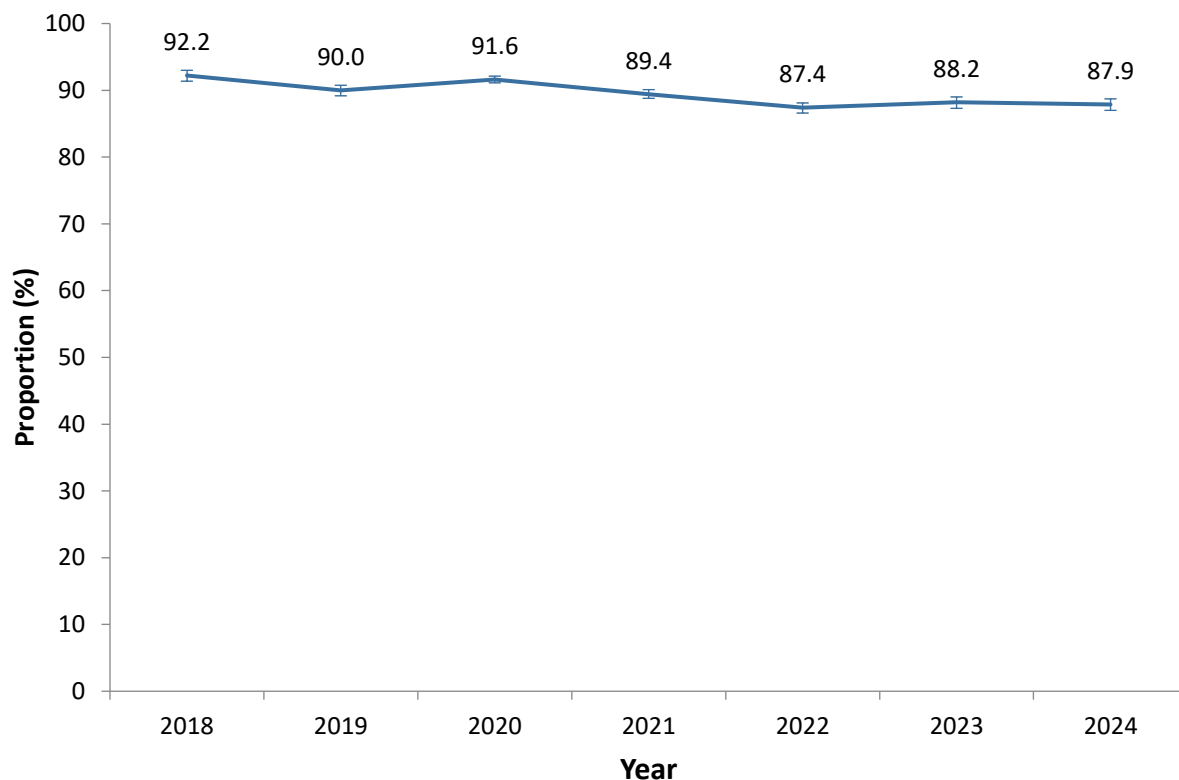
	n	% (95% CI)
GP	4898	87.9 (87.0-88.7)
Dentist	3213	57.6 (56.3-58.9)
Specialist Doctor	2724	48.9 (47.6-50.2)
Other Health Professional*	2055	36.9 (35.6-38.1)
Hospital Admission	1131	20.3 (19.3-21.4)
Hospital Outpatient Clinic	987	17.7 (16.7-18.7)
Hospital Emergency Department	977	17.5 (16.5-18.5)

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 2018-2024



In 2024, visitation to GPs tended to be higher among females and older adults. Those from low socioeconomic areas were more likely to visit the GP compared to those from middle and the lowest 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 2024 (N=5574)

		n/N	% (95% CI)
All		4898/5574	87.9 (87.0-88.7)
Gender (N=5524*)	Male	2216/2686	82.5 (81.0-83.9)
	Female	2643/2838	93.2 (92.2-94.0)
Location	Metropolitan	3620/4098	88.3 (87.3-89.3)
	Rural	1279/1476	86.6 (84.8-88.3)
Age (years)	18-29	814/1045	77.9 (75.3-80.3)
	30-49	1308/1590	82.3 (80.3-84.1)
	50-69	1712/1841	93.0 (91.8-94.1)
	70 and over	1065/1099	96.9 (95.8-97.8)
SEIFA (N=5573)	Lowest	1100/1283	85.7 (83.7-87.6)
	Low	861/942	91.4 (89.5-93.1)
	Middle	1145/1335	85.8 (83.8-87.6)
	High	841/951	88.4 (86.3-90.3)
	Highest	951/1062	89.6 (87.6-91.3)
Education (N=5530)	No school to secondary	2202/2477	88.9 (87.6-90.1)
	TAFE, trade, certificate	875/1004	87.2 (85.0-89.1)
	Diploma, advanced diploma	645/729	88.5 (86.0-90.6)
	Degree or higher	1139/1320	86.3 (84.4-88.1)
Household Income	Up to \$20,000	204/238	85.8 (80.8-89.7)
	\$20,001 - \$40,000	572/603	94.8 (92.9-96.4)
	\$40,001 - \$60,000	418/456	91.6 (88.9-93.9)
	\$60,001 - \$80,000	401/485	82.7 (79.1-85.8)
	\$80,001 - \$100,000	343/384	89.3 (85.9-92.1)
	\$100,001 - \$150,000	478/536	89.1 (86.3-91.6)
	More than \$150,000	702/825	85.1 (82.5-87.4)
	Not stated	1781/2047	87.0 (85.5-88.4)

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 6: Number of times South Australian adults (18 years and over) reported using a GP in the previous 12-months, SAPHS 2024 (n=5574)

	n	%
None	676	12.1
1	653	11.7
2	938	16.8
3	696	12.5
4	594	10.7
5	443	8.0
6	472	8.5
7	106	1.9
8	155	2.8
9	20	0.4
10	195	3.5
11-15	395	7.1
16-20	110	2.0
More than 20	120	2.2
Total	5574	100.0

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

Private Health Insurance

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

Over half (61.1%) of adults reported having private health insurance in 2024, which was higher than all previous years (2018-2023) (Figure 4). In 2024, females, those living in metropolitan areas, older adults and those with higher levels of education, socioeconomic status and household income were more likely to report having private health insurance (Table 7).

Figure 4: Proportion of South Australian adults (18 years and over) reporting being covered by private health insurance, SAPHS 2018-2024

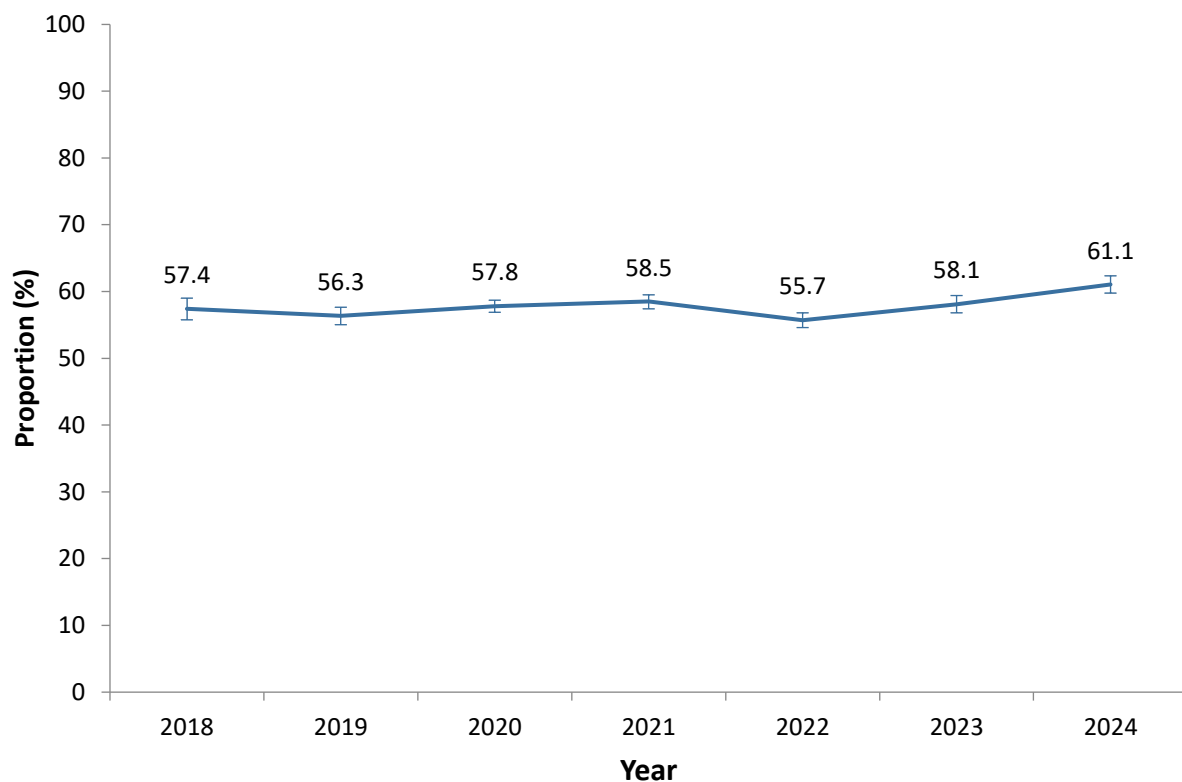


Table 7: Proportion of South Australian adults (18 years and over) reporting being covered by private health insurance, SAPHS 2024 (N=5545)

		n/N	% (95% CI)
All		3386/5545	61.1 (59.8-62.3)
Gender (N=5495*)	Male	1570/2669	58.8 (56.9-60.7)
	Female	1791/2826	63.4 (61.6-65.1)
Location	Metropolitan	2610/4083	63.9 (62.4-65.4)
	Rural	776/1463	53.1 (50.5-55.6)
Age (years)	18-29	513/1025	50.1 (47.0-53.1)
	30-49	965/1581	61.1 (58.6-63.4)
	50-69	1129/1840	61.4 (59.1-63.6)
	70 and over	778/1099	70.8 (68.1-73.4)
SEIFA (N=5544)	Lowest	577/1272	45.4 (42.6-48.1)
	Low	491/933	52.6 (49.4-55.8)
	Middle	826/1329	62.2 (59.5-64.7)
	High	636/950	67.0 (63.9-69.9)
	Highest	855/1060	80.7 (78.2-83.0)
Education (N=5502)	No school to secondary	1277/2463	51.8 (49.9-53.8)
	TAFE, trade, certificate	591/998	59.2 (56.1-62.2)
	Diploma, advanced diploma	508/724	70.2 (66.8-73.4)
	Degree or higher	993/1318	75.3 (73.0-77.6)
Household Income	Up to \$20,000	93/238	39.1 (33.0-45.4)
	\$20,001 - \$40,000	297/603	49.3 (45.3-53.2)
	\$40,001 - \$60,000	281/456	61.7 (57.1-66.0)
	\$60,001 - \$80,000	303/485	62.6 (58.1-66.7)
	\$80,001 - \$100,000	246/384	64.0 (59.2-68.7)
	\$100,001 - \$150,000	370/533	69.4 (65.4-73.2)
	More than \$150,000	635/818	77.6 (74.7-80.4)
	Not stated	1159/2027	57.2 (55.0-59.3)

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.

Mental health service use

Measure: 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 2024, just under one fifth of adults (19.9%) had used a mental health service in the last 12-months. This is similar to all previous years (2018-2023) (Figure 5). In 2024, females and metropolitan residents were more likely to report using a mental health service in the last twelve months. Mental health service use was less likely with increasing age (Table 8).

Figure 5: Proportion of South Australian adults (18 years and over) reporting using a mental health service in the past 12-months, SAPHS 2018-2024

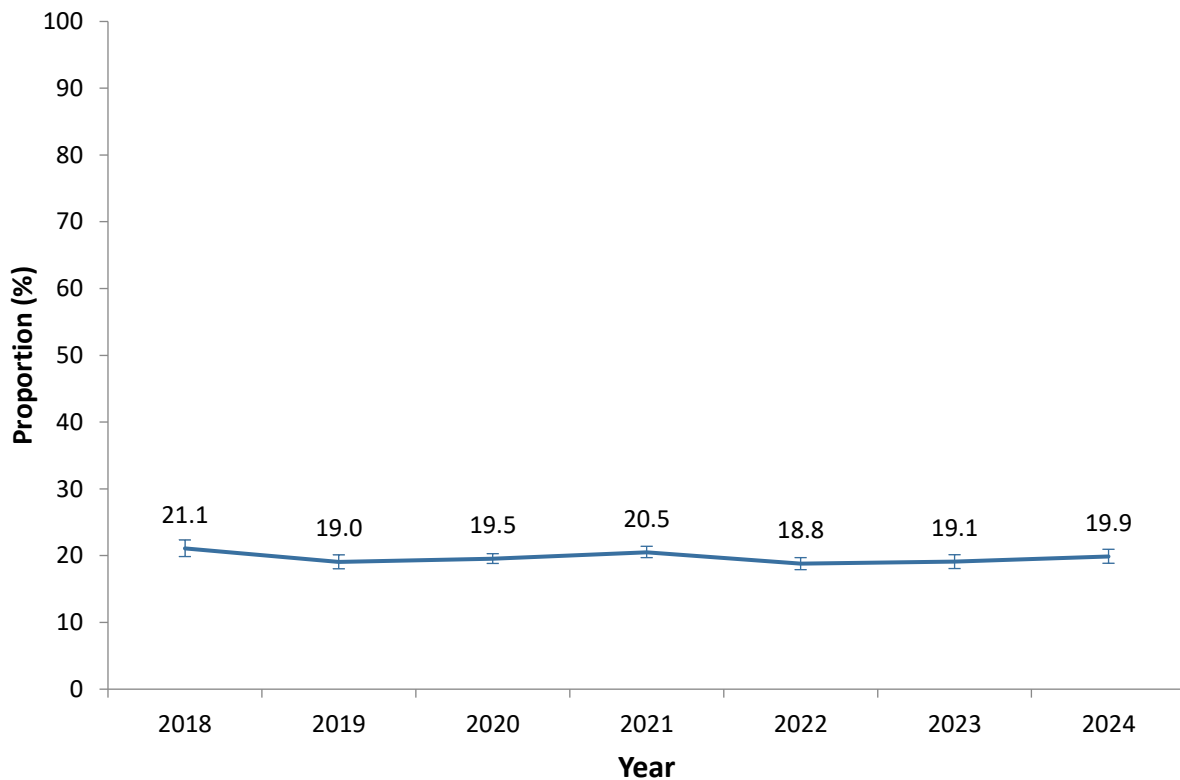


Table 8: Proportion of South Australian adults (18 years and over) reporting using a mental health service in the past 12-months, SAPHS 2024 (N=5571)

		n/N	% (95% CI)
All		1108/5571	19.9 (18.9-21.0)
Gender (N=5521*)	Male	393/2682	14.7 (13.4-16.0)
	Female	691/2839	24.4 (22.8-25.9)
Location	Metropolitan	867/4094	21.2 (19.9-22.4)
	Rural	241/1477	16.3 (14.5-18.3)
Age (years)	18-29	285/1045	27.3 (24.6-30.0)
	30-49	410/1588	25.8 (23.7-28.0)
	50-69	325/1837	17.7 (16.0-19.5)
	70 and over	87/1102	7.9 (6.4-9.6)
SEIFA (N=5570)	Lowest	276/1283	21.5 (19.3-23.8)
	Low	190/939	20.2 (17.8-22.9)
	Middle	247/1334	18.5 (16.5-20.7)
	High	178/951	18.7 (16.3-21.3)
	Highest	215/1063	20.2 (17.9-22.7)
Education (N=5528)	No school to secondary	454/2480	18.3 (16.8-19.9)
	TAFE, trade, certificate	239/1007	23.8 (21.2-26.4)
	Diploma, advanced diploma	151/726	20.7 (18.0-23.9)
	Degree or higher	263/1315	20.0 (17.9-22.2)
Household Income	Up to \$20,000	56/238	23.4 (18.5-29.2)
	\$20,001 - \$40,000	134/603	22.1 (19.0-25.7)
	\$40,001 - \$60,000	76/457	16.6 (13.4-20.2)
	\$60,001 - \$80,000	92/485	18.9 (15.7-22.6)
	\$80,001 - \$100,000	81/382	21.3 (17.3-25.5)
	\$100,001 - \$150,000	127/535	23.8 (20.3-27.5)
	More than \$150,000	169/823	20.5 (17.9-23.4)
	Not stated	373/2048	18.2 (16.6-19.9)

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.

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 2024, a quarter (24.9%) of adults reported having a mental health condition in the last 12-months. This was similar to 2022 (24.9%) and 2023 (22.7%), however lower than 2018-2021 (Figure 6).

In 2024, anxiety (17.2%) and depression (14.6%) were more common among adults than stress related (9.5%) or other conditions (5.3%) (Table 9).

Female respondents were more likely to report having a mental health condition, as were respondents with an incomes of less than \$20,000 (compared to those with an income of \$40,001 or more). Respondents over 70 years old (16.7%) were less likely to report a mental health condition, compared to respondents aged 18-69 years old (25.4%-29.5%) (Table 10).

Figure 6: Proportion of South Australian adults (18 years and over) reporting a mental health condition in the last 12-months, SAPHS 2018-2024

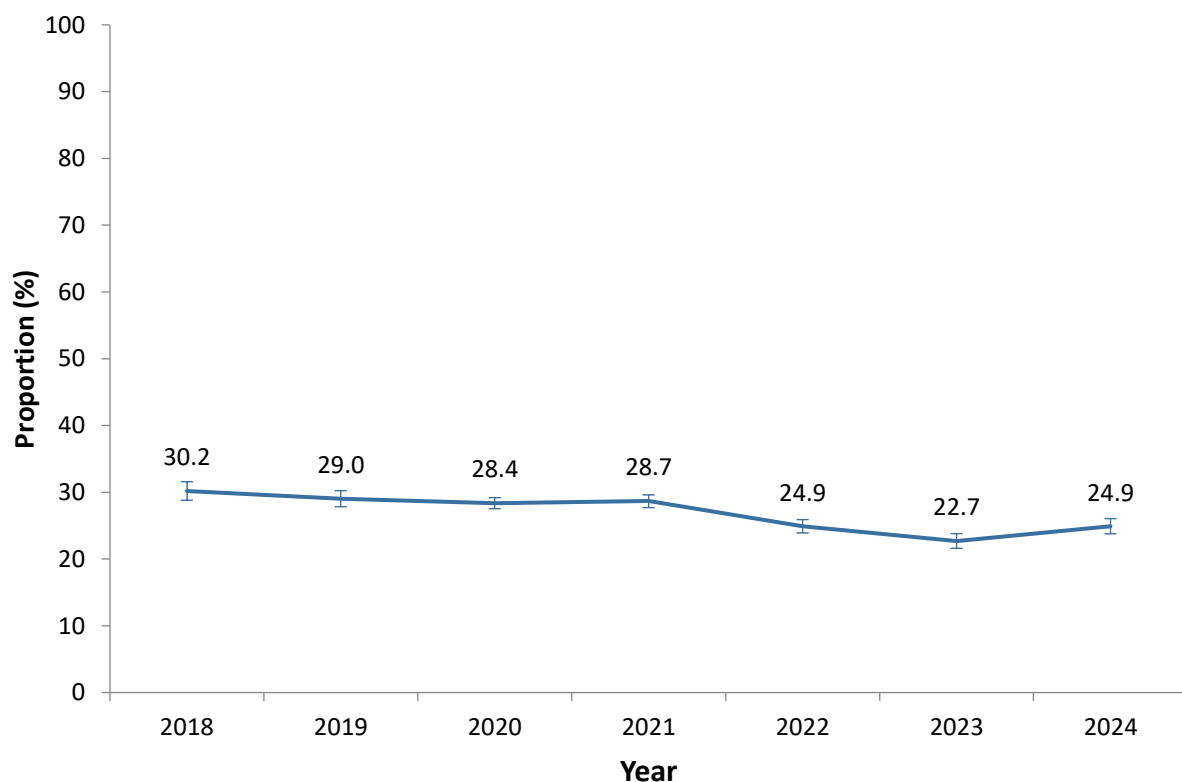


Table 9: Proportion of South Australian adults (18 years and over) reporting a mental health condition by type of condition, SAPHS 2024 (n=5549)

	n	% (95% CI)
Anxiety	957	17.2 (16.3-18.3)
Depression	809	14.6 (13.7-15.5)
Stress related	528	9.5 (8.8-10.3)
Other	293	5.3 (4.7-5.9)

CI: Confidence Interval.

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

Multiple responses allowed.

Table 10: Proportion of South Australian adults (18 years and over) reporting having a mental health condition, SAPHS 2024 (N=5549)

		n/N	% (95% CI)
All		4168/5549	24.9 (23.8-26.1)
Gender (N=5499*)	Male	467/2675	17.5 (16.1-18.9)
	Female	886/2824	31.4 (29.7-33.1)
Location	Metropolitan	1032/4077	25.3 (24.0-26.7)
	Rural	350/1472	23.8 (21.7-26.0)
Age (years)	18-29	264/1038	25.4 (22.9-28.1)
	30-49	467/1581	29.5 (27.3-31.8)
	50-69	467/1831	25.5 (23.5-27.5)
	70 and over	184/1099	16.7 (14.6-19.0)
SEIFA (N=5548)	Lowest	366/1279	28.6 (26.2-31.1)
	Low	240/941	25.5 (22.8-28.4)
	Middle	296/1322	22.4 (20.2-24.7)
	High	228/949	24.0 (21.4-26.8)
	Highest	251/1057	23.8 (21.3-26.4)
Education (N=5509)	No school to secondary	657/2468	26.6 (24.9-28.4)
	TAFE, trade, certificate	268/1003	26.8 (24.1-29.5)
	Diploma, advanced diploma	181/727	24.9 (21.9-28.1)
	Degree or higher	268/1312	20.5 (18.3-22.7)
Household Income	Up to \$20,000	90/238	38.0 (31.8-44.1)
	\$20,001 - \$40,000	195/603	32.4 (28.7-36.1)
	\$40,001 - \$60,000	120/455	26.2 (22.5-30.6)
	\$60,001 - \$80,000	107/485	22.0 (18.5-25.9)
	\$80,001 - \$100,000	97/384	25.3 (21.1-29.8)
	\$100,001 - \$150,000	126/531	23.8 (20.3-27.5)
	More than \$150,000	159/821	19.3 (16.8-22.2)
	Not stated	488/2033	24.0 (22.2-25.9)

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.

Treatment for current mental health condition

Measure: 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=1380), over two-thirds (72.4%) reported receiving treatment for their mental health condition in 2024. This is similar to most previous years (2018, 2021-2023), and higher than 2019 (67.4%) and 2020 (67.7%) (Figure 7).

In 2024, medication (54.5%) and health professional (42.4%) were the more common forms of treatment compared with a counsellor (7.5%) or online/phone resources (3.7%) (Table 11).

Respondents who had household incomes of \$20,001-\$40,000 (77.9%) were more likely to report receiving treatment for mental health, compared to those who had household incomes of \$20,000 or less (61.2%). The proportion of adults currently receiving treatment for a mental health condition was similar across other demographic groups (Table 12).

Figure 7: Proportion of South Australian adults (18 years and over) reporting receiving treatment for their mental health condition, SAPHS 2018-2024

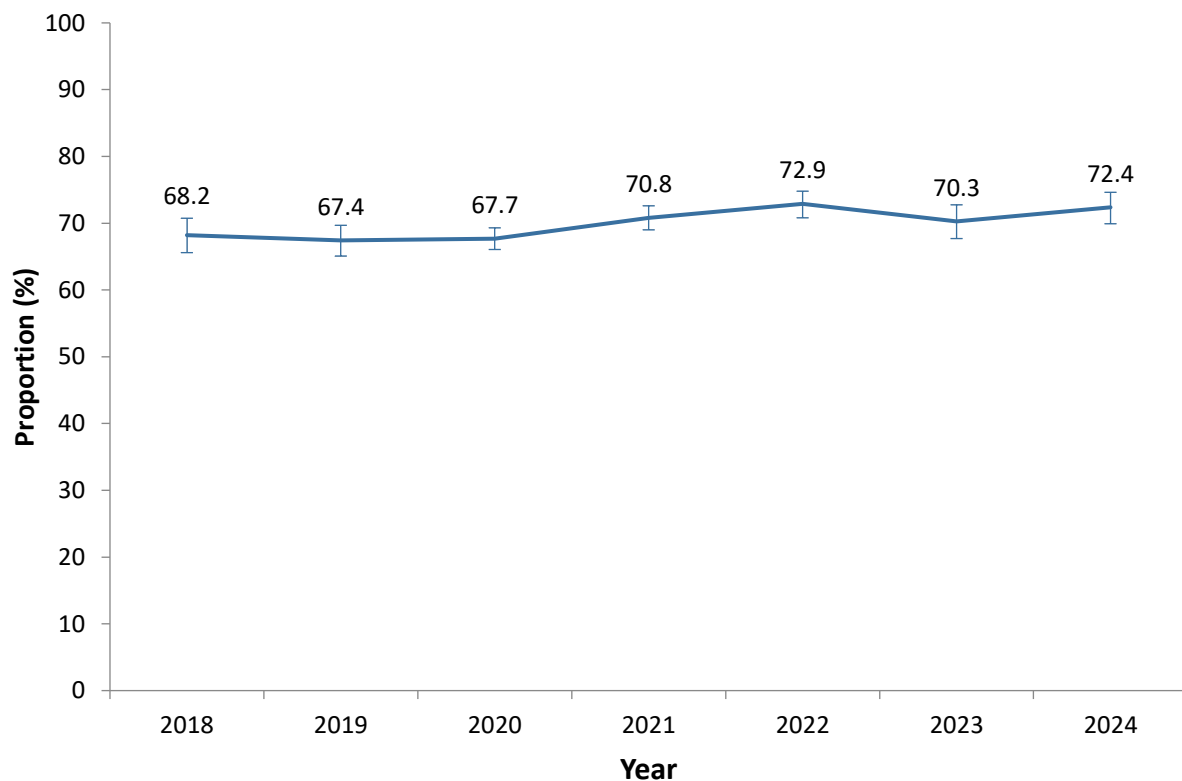


Table 11: Proportion of South Australian adults (18 years and over) reporting mental health treatment by type of treatment, SAPHS 2024 (n=1380)

	n	% (95% CI)
Medication	751	54.5 (51.8-57.0)
Health professional	585	42.4 (39.8-45.0)
Counsellor	104	7.5 (6.2-9.0)
Online/phone resources (self-help)	50	3.7 (2.7-4.7)
Other	30	2.2 (1.5-3.0)

CI: Confidence Interval.

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

Multiple responses allowed.

Table 12: Proportion of South Australian adults (18 years and over) reporting receiving treatment for a mental health condition, SAPHS 2024 (N=1380)

		n/N	% (95% CI)
All		998/1380	72.4 (69.9-74.6)
Gender (N=1351*)	Male	332/467	71.1 (66.9-75.1)
	Female	639/884	72.3 (69.3-75.2)
Location	Metropolitan	759/1029	73.8 (71.0-76.4)
	Rural	239/350	68.3 (63.3-73.0)
Age (years)	18-29	192/264	72.7 (67.1-77.8)
	30-49	325/465	69.9 (65.6-73.9)
	50-69	345/467	73.8 (69.8-77.7)
	70 and over	137/183	74.7 (68.2-80.7)
SEIFA (N=1380)	Lowest	272/365	74.4 (69.9-78.8)
	Low	173/240	72.1 (66.2-77.5)
	Middle	209/295	70.9 (65.5-75.8)
	High	158/228	69.3 (63.1-75.0)
	Highest	186/251	74.1 (68.4-79.2)
Education (N=1373)	No school to secondary	464/657	70.7 (67.1-74.0)
	TAFE, trade, certificate	201/267	75.3 (69.9-80.2)
	Diploma, advanced diploma	143/181	78.8 (72.6-84.5)
	Degree or higher	185/268	69.0 (63.3-74.3)
Household Income	Up to \$20,000	55/90	61.2 (50.8-70.7)
	\$20,001 - \$40,000	152/195	77.9 (71.7-83.3)
	\$40,001 - \$60,000	89/120	74.1 (65.8-81.4)
	\$60,001 - \$80,000	81/107	76.2 (67.0-83.1)
	\$80,001 - \$100,000	67/97	69.0 (59.4-77.6)
	\$100,001 - \$150,000	91/126	72.0 (64.0-79.5)
	More than \$150,000	95/159	59.6 (52.0-67.1)
	Not stated	369/486	75.9 (72.0-79.6)

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.

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 20.0% of respondents in 2024 and is similar to all previous years (Figure 8).

Psychological distress was more likely to be reported among females, those from the lowest socioeconomic areas, those with lower levels of educations, and those with lower household incomes. Psychological distress decreased with age (Table 13).

Figure 8: Proportion of South Australian adults (18 years and over) reporting high or very high psychological distress, SAPHS 2018-2024

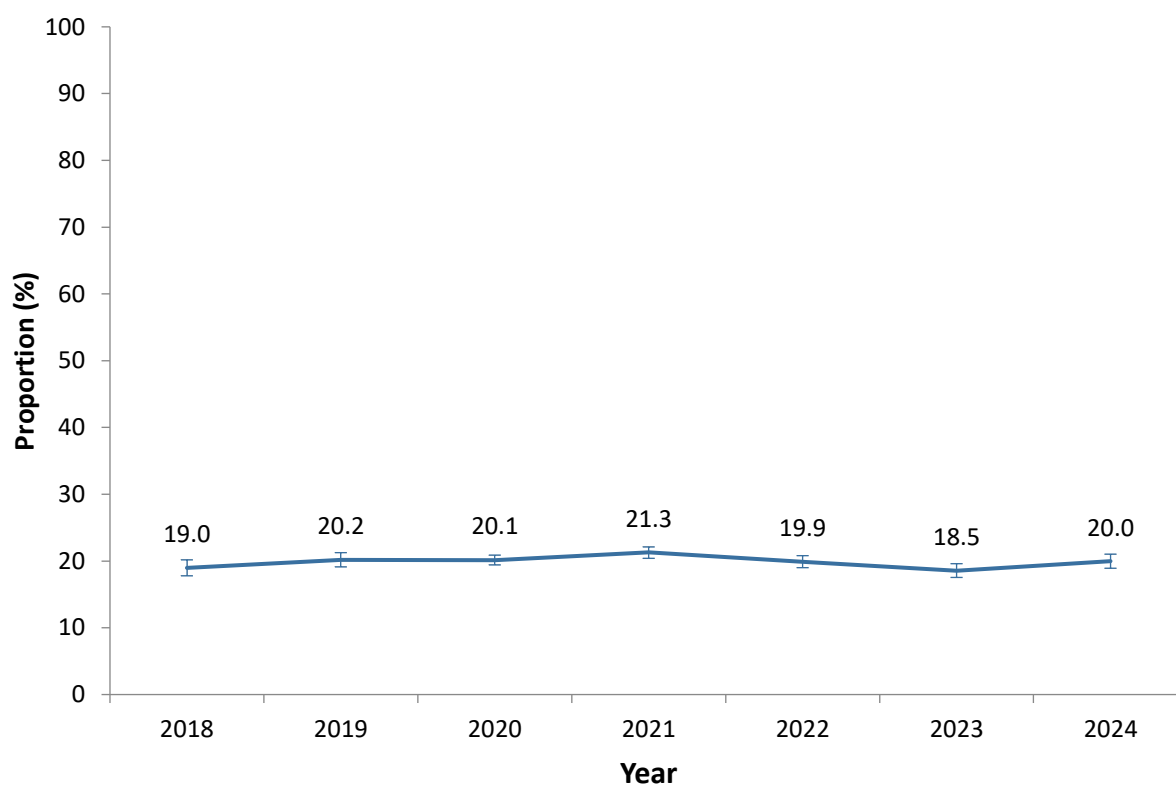


Table 13: Proportion of South Australian adults (18 years and over) reporting high or very high psychological distress, SAPHS 2024 (N=5491)

		n/N	% (95% CI)
All		1096/5491	20.0 (18.9-21.0)
Gender (N=5441*)	Male	448/2639	17.0 (15.6-18.4)
	Female	625/2802	22.3 (20.8-23.9)
Location	Metropolitan	822/4036	20.4 (19.1-21.6)
	Rural	273/1455	18.8 (16.8-20.8)
Age (years)	18-29	316/1019	31.0 (28.2-33.9)
	30-49	379/1575	24.1 (22.0-26.2)
	50-69	329/1817	18.1 (16.4-19.9)
	70 and over	72/1080	6.7 (5.3-8.3)
SEIFA (N=5489)	Lowest	324/1256	25.8 (23.4-28.3)
	Low	173/931	18.6 (16.2-21.2)
	Middle	237/1308	18.1 (16.1-20.3)
	High	186/942	19.8 (17.3-22.4)
	Highest	175/1052	16.7 (14.5-19.0)
Education (N=5459)	No school to secondary	592/2436	24.3 (22.6-26.0)
	TAFE, trade, certificate	204/999	20.4 (18.0-23.0)
	Diploma, advanced diploma	115/723	16.0 (13.4-18.7)
	Degree or higher	182/1301	14.0 (12.2-16.0)
Household Income	Up to \$20,000	65/237	27.3 (22.0-33.4)
	\$20,001 - \$40,000	173/599	28.9 (25.4-32.6)
	\$40,001 - \$60,000	92/455	20.3 (16.7-24.1)
	\$60,001 - \$80,000	101/484	20.9 (17.4-24.7)
	\$80,001 - \$100,000	92/381	24.0 (20.1-28.6)
	\$100,001 - \$150,000	79/534	14.8 (12.0-18.0)
	More than \$150,000	91/821	11.1 (9.1-13.4)
	Not stated	403/1981	20.3 (18.6-22.2)

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

Measure: 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 2024, a total proportion of 9.2% of respondents reported having suicidal ideation in the last 12- months. This was similar to 2020-2023, but lower than 2018 (11.0%) and 2019 (11.2%) (Figure 9).

Suicidal ideation was more likely among younger adults, those from lower socioeconomic areas, those with lower levels of education, and those with a lower household income (Table 14).

Figure 9: Proportion of South Australian adults (18 years and over) reporting suicidal ideation, SAPHS 2018-2024

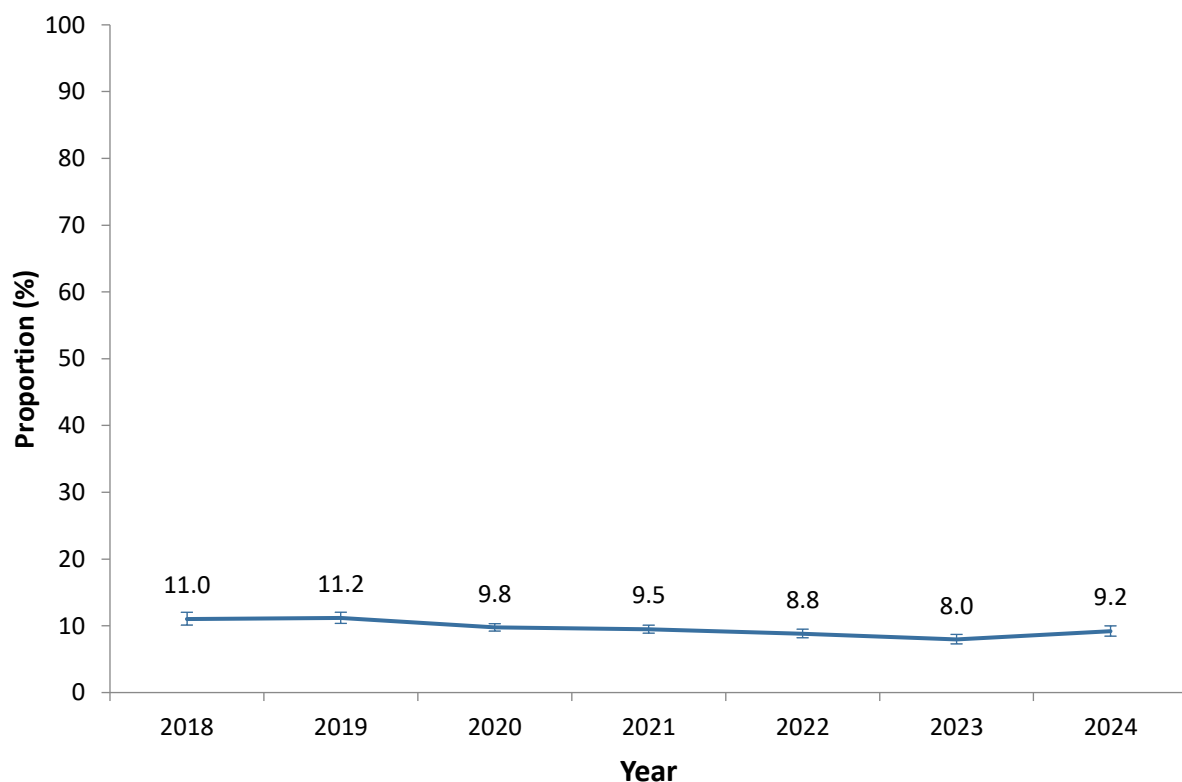


Table 14: Proportion of South Australian adults (18 years and over) reporting suicidal ideation, SAPHS 2024 (N=5514)

		n/N	% (95% CI)
All		507/5514	9.2 (8.5-10.0)
Gender (N=5466*)	Male	240/2655	9.0 (8.0-10.2)
	Female	253/2810	9.0 (8.0-10.1)
Location	Metropolitan	362/4052	8.9 (8.1-9.8)
	Rural	145/1462	9.9 (8.5-11.5)
Age (years)	18-29	157/1025	15.3 (13.2-17.6)
	30-49	154/1576	9.8 (8.4-11.3)
	50-69	159/1818	8.8 (7.5-10.1)
	70 and over	37/1094	3.4 (2.4-4.6)
SEIFA (N=5512)	Lowest	148/1260	11.7 (10.1-13.6)
	Low	95/934	10.2 (8.4-12.2)
	Middle	107/1324	8.1 (6.7-9.6)
	High	82/939	8.8 (7.1-10.7)
	Highest	75/1056	7.1 (5.7-8.8)
Education (N=5476)	No school to secondary	261/2443	10.7 (9.5-12.0)
	TAFE, trade, certificate	107/1002	10.7 (8.9-12.7)
	Diploma, advanced diploma	62/720	8.6 (6.7-10.8)
	Degree or higher	77/1311	5.9 (4.7-7.2)
Household Income	Up to \$20,000	35/238	14.9 (10.6-19.6)
	\$20,001 - \$40,000	76/596	12.8 (10.3-15.6)
	\$40,001 - \$60,000	38/456	8.2 (6.1-11.1)
	\$60,001 - \$80,000	57/483	11.7 (9.2-14.9)
	\$80,001 - \$100,000	54/384	14.0 (10.9-17.8)
	\$100,001 - \$150,000	30/535	5.6 (3.9-7.8)
	More than \$150,000	57/821	7.0 (5.4-8.8)
	Not stated	160/2002	8.0 (6.9-9.2)

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.

Disadvantage and Inequity

Discrimination

Measure: Respondents were asked in the past 12 months, if they had experienced discrimination or been treated unfairly because of their racial, ethnic, cultural or religious background, and if so, how often. Respondents were further asked if they had ever been discriminated against because of their religion, race, sexual orientation, gender, age, disability, or any other reasons.

Note: This variable was collected in the 2018 and 2019 SAPHS before being removed, the 2024 SAPHS is the next full year of collection.

Being discriminated against in the last 12-months was reported by 8.7% of respondents in 2024. This was lower than 2019 (11.5%), and similar to 2018 (9.9%) (Figure 10).

Table 15 presents the proportion of South Australian adults reporting being discriminated against within the past 12-months by demographic groups. In 2024, reporting discrimination was more likely for:

- males (10.0%), compared to females (7.6%)
- metropolitan respondents (9.6%), compared to rural residents (6.5%)
- younger respondents, with discrimination decreasing with each age group increment
- respondents with a degree or higher (13.5%), compared to other levels of education attainment

Figure 10: Proportion of respondents reporting being discriminated against in the past 12-months, SAPHS 2018, 2019, and 2024

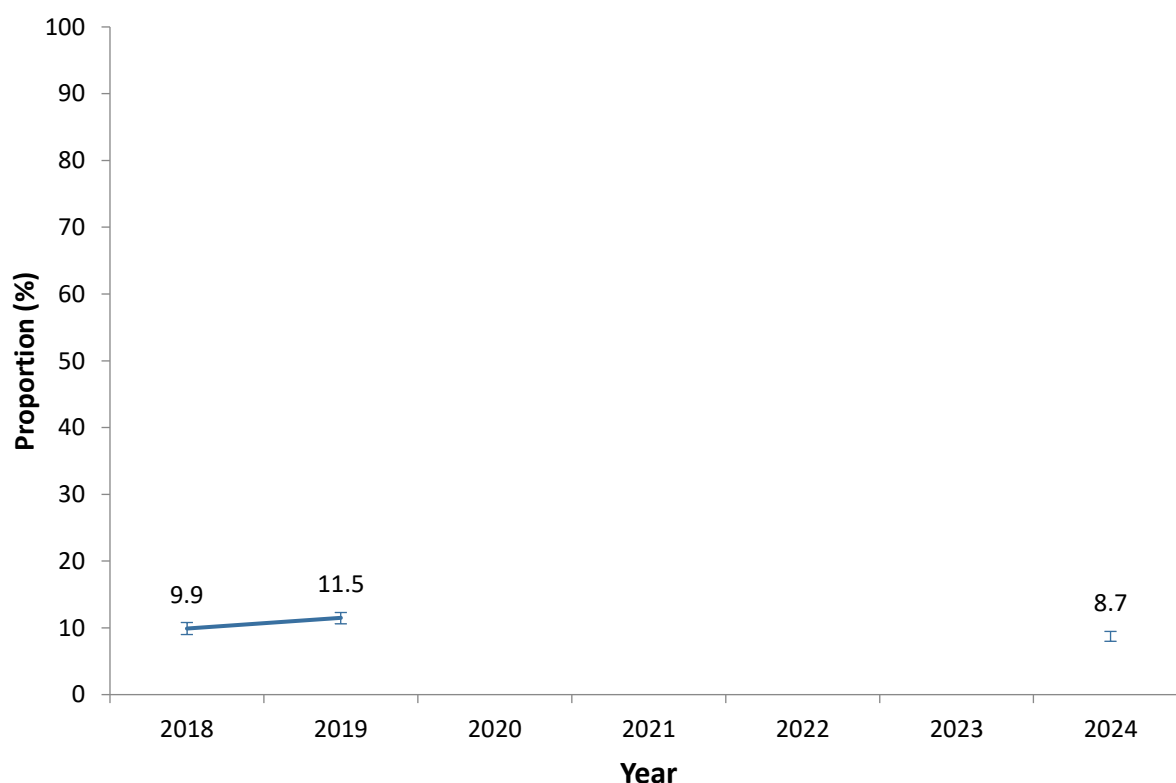


Table 15: Proportion of adults (18 years and over) reporting being discriminated against in the last 12-months, SAPHS 2024 (N=5582)

		n/N	% (95% CI)
All		486/5582	8.7 (8.0-9.5)
Gender (N=5483*)	Male	265/2665	10.0 (8.9-11.1)
	Female	213/2818	7.6 (6.6-8.6)
Location	Metropolitan	390/4063	9.6 (8.7-10.5)
	Rural	95/1470	6.5 (5.3-7.8)
Age (years)	18-29	125/1035	12.1 (10.2-14.2)
	30-49	192/1575	12.2 (10.6-13.9)
	50-69	143/1824	7.8 (6.7-9.1)
	70 and over	25/1099	2.3 (1.5-3.3)
SEIFA (N=5531)	Lowest	124/1265	9.8 (8.3-11.5)
	Low	53/935	5.7 (4.3-7.3)
	Middle	157/1323	11.9 (10.2-13.7)
	High	62/948	6.5 (5.1-8.2)
	Highest	87/1059	8.2 (6.7-10.0)
Education (N=5505)	No school to secondary	167/2468	6.8 (5.8-7.8)
	TAFE, trade, certificate	83/1001	8.2 (6.7-10.1)
	Diploma, advanced diploma	58/724	8.0 (6.2-10.2)
	Degree or higher	177/1312	13.5 (11.7-15.4)
Household Income	Up to \$20,000	30/237	12.8 (8.9-17.3)
	\$20,001 - \$40,000	62/599	10.3 (8.1-13.0)
	\$40,001 - \$60,000	39/456	8.5 (6.2-11.4)
	\$60,001 - \$80,000	44/483	9.0 (6.8-11.9)
	\$80,001 - \$100,000	28/383	7.3 (5.0-10.2)
	\$100,001 - \$150,000	56/535	10.5 (8.1-13.3)
	More than \$150,000	68/824	8.3 (6.5-10.3)
	Not stated	159/2015	7.9 (6.8-9.1)

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.

Most respondents who reported being discriminated against in the last 12-months experienced infrequent discrimination. Discrimination a few times a year (4.8%) was most common, followed by less than once per year (1.4%), and a few times per month (1.4%). Being discriminated against at least once per week (0.6%) and almost every day (0.5%) was reported the least (Table 16).

Table 16: Proportion of adults (18 years and over) reporting frequency of discrimination in the past 12-months, SAPHS 2024 (N=5533)

	n	% (95% CI)
Never	5047	91.2 (90.4-91.9)
Less than once per year	79	1.4 (1.1-1.8)
A few times a year	266	4.8 (4.3-5.4)
A few times a month	77	1.4 (1.1-1.7)
At least once per week	34	0.6 (0.4-0.8)
Almost every day	29	0.5 (0.4-0.7)

CI: Confidence Interval.

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

Just over one third of respondents (34.5%) reported ever being discriminated against. The most common reasons were because of their race (11.7%), gender (11.4%), age (9.0%), disability (5.7%), and religion (4.2%) (Table 17).

Table 17: Proportion of adults (18 years and over) reporting reasons for ever being discriminated against, SAPHS 2024 (N=5582)

	n	% (95% CI)
None	3655	65.5 (64.2-66.7)
Race	658	11.8 (11.0-12.7)
Gender	635	11.4 (10.6-12.2)
Age	502	9.0 (8.3-9.8)
Disability	320	5.7 (5.1-6.4)
Religion	233	4.2 (3.7-4.7)
Sexual orientation	189	3.4 (2.9-3.9)
Other	147	2.6 (2.2-3.1)

CI: Confidence Interval.

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

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 (82.6%) reported in 2024 that they could get \$2,000 within a week if needed. This is higher than 2018-2020, and similar to all other previous years (2021-2023) (Figure 11).

Table 18 presents the proportion of South Australian respondents who could get \$2,000 within a week for something important by demographic groups. In 2024, being able to get \$2,000 within a week was more likely for:

- males (86.0%), compared to females (80.0%)
- older respondents
- residents of higher socioeconomic areas
- respondents with higher levels of education
- respondents with higher household incomes

Figure 11: Proportion of South Australian adults (18 years and over) reporting they could get \$2000 within a week if needed, SAPHS 2018-2024

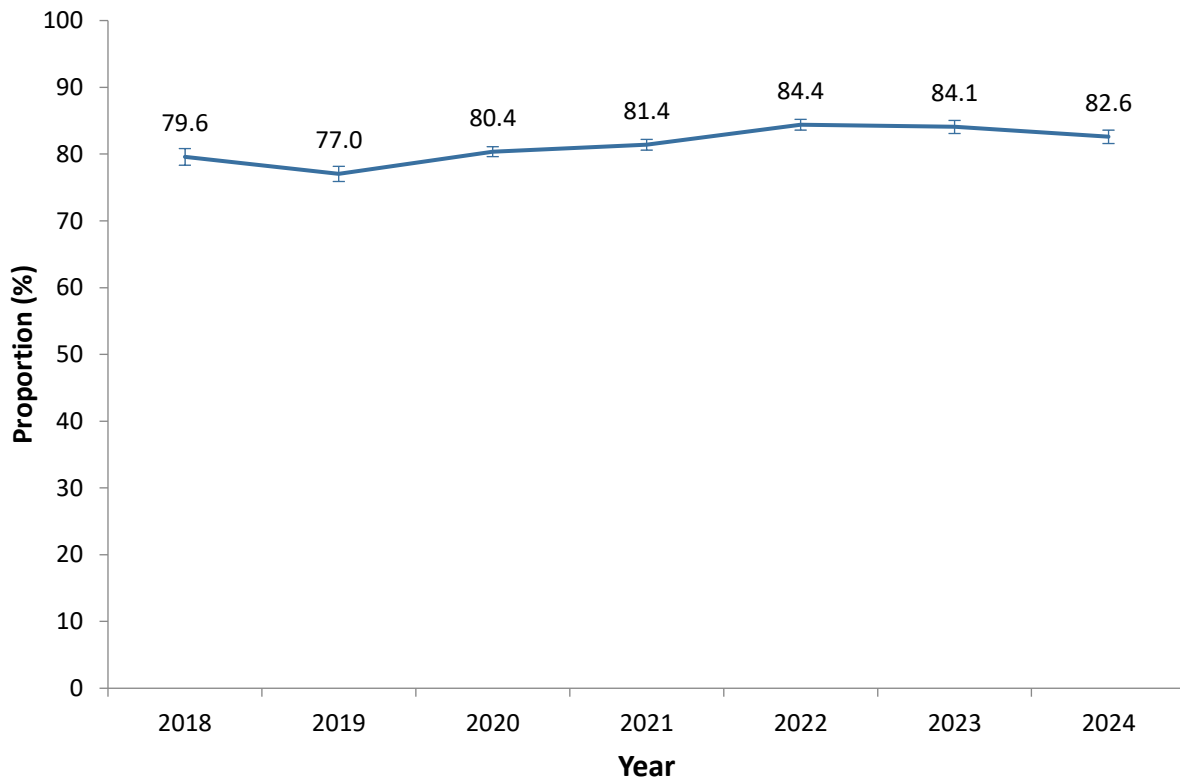


Table 18: Proportion of South Australian adults (18 years and over) reporting they could get \$2000 within a week if needed, SAPHS 2024 (N=5439)

		n/N	% (95% CI)
All		4493/5439	82.6 (81.6-83.6)
Gender (N=5390*)	Male	2260/2629	86.0 (84.6-87.3)
	Female	2209/2761	80.0 (78.5-81.5)
Location	Metropolitan	3287/3994	82.3 (81.1-83.5)
	Rural	1206/1445	83.4 (81.5-85.3)
Age (years)	18-29	761/1009	75.4 (72.7-78.0)
	30-49	1215/1556	78.1 (76.0-80.1)
	50-69	1531/1806	84.7 (83.1-86.4)
	70 and over	986/1069	92.3 (90.5-93.7)
SEIFA (N=5438)	Lowest	904/1245	72.6 (70.1-75.0)
	Low	755/922	81.9 (79.3-84.3)
	Middle	1086/1291	84.1 (82.1-86.0)
	High	799/935	85.5 (83.1-87.6)
	Highest	947/1045	90.7 (88.7-92.3)
Education (N=5408)	No school to secondary	1825/2409	75.7 (74.0-77.4)
	TAFE, trade, certificate	833/976	85.4 (83.0-87.5)
	Diploma, advanced diploma	637/719	88.6 (86.1-90.8)
	Degree or higher	1177/1304	90.2 (88.6-91.8)
Household Income	Up to \$20,000	134/231	58.0 (51.6-64.2)
	\$20,001 - \$40,000	440/592	74.4 (70.7-77.7)
	\$40,001 - \$60,000	363/447	81.1 (77.4-84.6)
	\$60,001 - \$80,000	400/476	84.1 (80.5-87.1)
	\$80,001 - \$100,000	344/379	90.7 (87.5-93.4)
	\$100,001 - \$150,000	484/535	90.4 (87.8-92.7)
	More than \$150,000	800/824	97.2 (95.8-98.1)
	Not stated	1527/1954	78.1 (76.3-79.9)

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 2024, food insecurity in the past 12-months was reported by 9.7% of adults. This was higher than 2021-2023, and similar to all other previous years (2018-2020) (Figure 12).

Respondents who were more likely to report food insecurity were younger adults, those living in the lower socioeconomic areas, those with lower levels of education, and those with lower household incomes (Table 19).

Figure 12: Proportion of South Australian adults (18 years and over) with food insecurity in the past 12-months, SAPHS 2018-2024

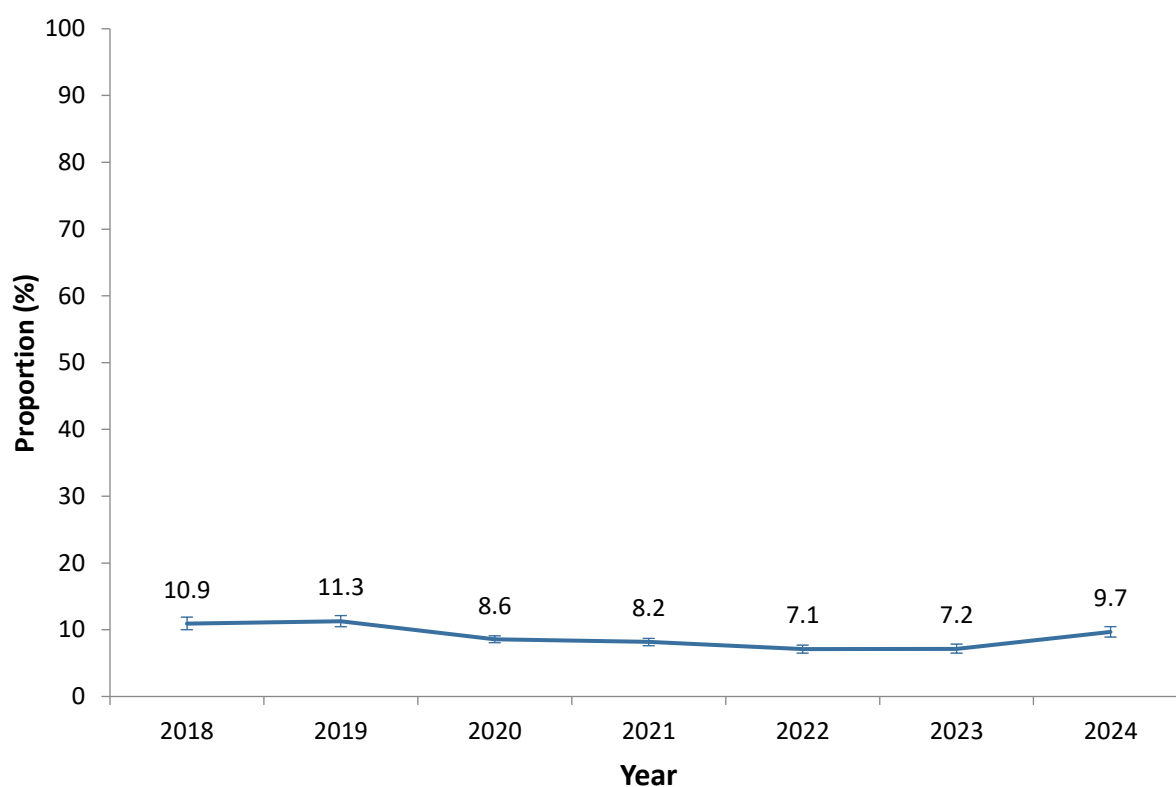


Table 19: Proportion of South Australian adults (18 years and over) with food insecurity in the past 12- months, SAPHS 2024 (N=5567)

		n/N	% (95% CI)
All		538/5567	9.7 (8.9-10.5)
Gender (N=5518*)	Male	259/2683	9.7 (8.6-10.8)
	Female	257/2835	9.1 (8.1-10.2)
Location	Metropolitan	382/4089	9.3 (8.5-10.3)
	Rural	156/1478	10.5 (9.1-12.2)
Age (years)	18-29	144/1039	13.8 (11.9-16.1)
	30-49	203/1587	12.8 (11.2-14.5)
	50-69	164/1840	8.9 (7.7-10.3)
	70 and over	26/1101	2.4 (1.6-3.4)
SEIFA (N=5565)	Lowest	186/1279	14.6 (12.7-16.6)
	Low	107/943	11.4 (9.4-13.5)
	Middle	126/1334	9.5 (8.0-11.1)
	High	65/950	6.8 (5.4-8.6)
	Highest	53/1060	5.0 (3.8-6.4)
Education (N=5524)	No school to secondary	316/2475	12.8 (11.5-14.1)
	TAFE, trade, certificate	106/1006	10.6 (8.8-12.5)
	Diploma, advanced diploma	43/729	5.9 (4.4-7.8)
	Degree or higher	67/1314	5.1 (4.0-6.4)
Household Income	Up to \$20,000	59/237	25.0 (19.7-30.7)
	\$20,001 - \$40,000	103/603	17.1 (14.2-20.2)
	\$40,001 - \$60,000	54/456	11.9 (9.1-15.0)
	\$60,001 - \$80,000	57/485	11.8 (9.1-14.8)
	\$80,001 - \$100,000	24/382	6.2 (4.2-9.1)
	\$100,001 - \$150,000	19/534	3.6 (2.2-5.4)
	More than \$150,000	17/825	2.0 (1.3-3.2)
	Not stated	204/2046	10.0 (8.7-11.3)

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.

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.

In 2024, 10.8% of respondents reported having diabetes which is similar to all previous years (2018-2023) (Figure 13). Table 20 shows that the majority (75.2%) reported having Type 2 diabetes, while 6.9% had Type 1 diabetes. The most common form of treatment for diabetes was tablets (80.8%) and diet (45.3%), while 26.4% used insulin, and 22.0% used exercise (Table 21).

Respondents who were more likely to report having diabetes were older adults, those living in the lowest socioeconomic areas (compared to those in the highest socioeconomic areas), those living lower levels of education, and lower household incomes. This was similar for those reporting Type 2 diabetes, with the exception of socioeconomic status where no differences between groups were noted (Table 22).

Figure 13: Proportion of South Australian adults (18 years and over) reporting diabetes, SAPHS 2018-2024

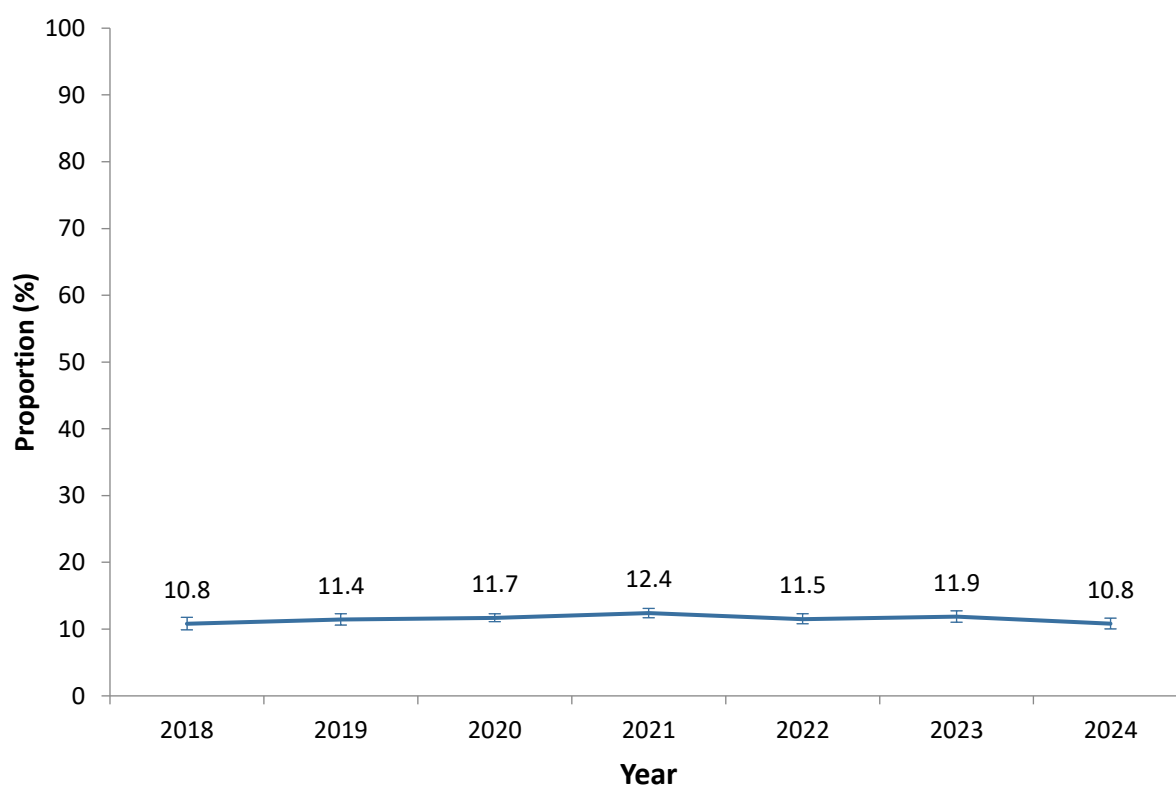


Table 20: Proportion of South Australian adults (18 years and over) reporting diabetes by type, SAPHS 2024 (N=603*)

	n	% (95% CI)
Type 1 diabetes	42	6.9 (5.1-9.2)
Type 2 diabetes	454	75.2 (71.7-78.6)
Gestational diabetes	19	3.2 (2.0-4.8)
Diabetes - type unknown	84	13.9 (11.3-16.9)
Diabetes - other	5	0.9 (0.3-1.8)
Total	603	100.0

CI: Confidence Interval.

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

*Based on N=603 respondents who reported the type of diabetes.

Table 21: Proportion of South Australian adults (18 years and over) reporting diabetes by treatment type, SAPHS 2024 (N=522*)

	n	% (95% CI)
Insulin	138	26.4 (22.8-30.3)
Tablets	422	80.8 (77.3-84.0)
Diet	237	45.3 (41.2-49.7)
Exercise	115	22.0 (18.6-25.7)
Other	16	3.1 (1.8-4.8)

CI: Confidence Interval.

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

*Based on N=522 respondents who reported the type of diabetes treatment. Multiple answers allowed.

Table 22: Proportion of South Australian adults (18 years and over) reporting diabetes, SAPHS 2024 (N=5575)

		All diabetes		Type 2 diabetes	
		n/N	% (95% CI)	n/N	% (95% CI)
All		603/5575	10.8 (10.0-11.7)	454/5575	8.1 (7.4-8.9)
Gender (N=5524*)	Male	308/2687	11.4 (10.3-12.7)	225/2687	8.4 (7.4-9.5)
	Female	293/2837	10.3 (9.2-11.5)	226/2837	8.0 (7.0-9.0)
Location	Metropolitan	429/4099	10.5 (9.6-11.4)	324/4099	7.9 (7.1-8.8)
	Rural	175/1476	11.8 (10.3-13.6)	129/1476	8.7 (7.4-10.3)
Age (years)	18-29	23/1046	2.2 (1.4-3.2)	2/1046	0.2 (0.0-0.6)
	30-49	81/1588	5.1 (4.1-6.3)	57/1588	3.6 (2.8-4.6)
	50-69	275/1841	14.9 (13.4-16.6)	213/1841	11.6 (10.2-13.1)
	70 and over	225/1100	20.4 (18.2-22.9)	182/1100	16.6 (14.4-18.8)
SEIFA (N=5573)	Lowest	175/1280	13.6 (11.9-15.6)	124/1280	9.7 (8.2-11.4)
	Low	109/942	11.5 (9.6-13.7)	88/942	9.3 (7.6-11.3)
	Middle	130/1337	9.7 (8.2-11.4)	100/1337	7.5 (6.2-9.0)
	High	98/952	10.3 (8.5-12.3)	70/952	7.4 (5.8-9.1)
	Highest	92/1063	8.6 (7.1-10.5)	71/1063	6.7 (5.3-8.3)
Education (N=5531)	No school to secondary	320/2479	12.9 (11.6-14.3)	248/2479	10.0 (8.9-11.2)
	TAFE, trade, certificate	117/1006	11.7 (9.8-13.7)	92/1006	9.1 (7.5-11.0)
	Diploma, advanced diploma	65/729	8.9 (7.0-11.1)	48/729	6.6 (5.0-8.6)
	Degree or higher	94/1317	7.2 (5.8-8.6)	59/1317	4.5 (3.5-5.7)
Household Income	Up to \$20,000	39/236	16.5 (12.2-21.7)	31/236	13.2 (9.3-17.9)
	\$20,001 - \$40,000	105/603	17.4 (14.5-20.6)	79/603	13.1 (10.6-16.0)
	\$40,001 - \$60,000	65/457	14.3 (11.3-17.6)	53/457	11.6 (8.9-14.8)
	\$60,001 - \$80,000	54/485	11.1 (8.6-14.2)	42/485	8.6 (6.4-11.4)
	\$80,001 - \$100,000	33/384	8.6 (6.1-11.7)	27/384	7.1 (4.8-9.9)
	\$100,001 - \$150,000	30/536	5.6 (3.9-7.8)	20/536	3.8 (2.4-5.6)
	More than \$150,000	35/825	4.3 (3.0-5.8)	22/825	2.7 (1.7-3.9)
	Not stated	242/2050	11.8 (10.5-13.3)	179/2050	8.7 (7.6-10.0)

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 23 presents the proportion of adults reporting diabetes by selected risk factors in 2024. In 2024, over half of respondents reporting diabetes had a weight status of obese (54.6%), which was higher than the overall South Australian population (32.2%). Only 42.0% of respondents reporting diabetes were participating in 150 minutes or more of physical activity per week in 2024, which was less than the overall population (57.5%). Respondents reporting diabetes were 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 2024, compared to the overall South Australian population.

Table 23: Proportion of South Australian adults (18 years and over) reporting diabetes by selected risk factors, SAPHS 2024

Body Mass Index	Diabetes		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	0	0.0	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	77	14.0 (11.2-17.0)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	174	31.5 (27.6-35.4)	1756	33.8 (32.5-35.1)
Obese (≥30)	302	54.6 (50.4-58.6)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	46	7.8 (5.8-10.1)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	546	92.2 (89.9-94.2)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	260	43.5 (39.5-47.4)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	339	56.5 (52.6-60.5)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	253	42.0 (38.1-46.0)	3190	57.5 (56.1-58.7)
Some activity^	221	36.7 (32.9-40.6)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	129	21.4 (18.3-24.8)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	536	89.0 (86.4-91.3)	4789	86.0 (85.0-86.9)
Current smoker	66	11.0 (8.7-13.6)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	203	33.8 (30.1-37.7)	1290	23.4 (22.3-24.5)
Low risk	298	49.7 (45.7-53.7)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	99	16.5 (13.7-19.6)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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, 12.8% of respondents reported having asthma in 2024, which was similar to 2023 (Figure 14).

In 2024, females (17.1%) were more likely to report having asthma than males (8.3%). Respondents living in low socioeconomic areas were more likely to report asthma compared to those in the high and highest socioeconomic areas. Respondents aged 18-29 years old (8.3%) were less likely to report asthma, compared to all other age groups (12.0%-15.9%). (Table 24).

Figure 14: Proportion of South Australian adults (18 years and over) reporting asthma, SAPHS 2018-2024

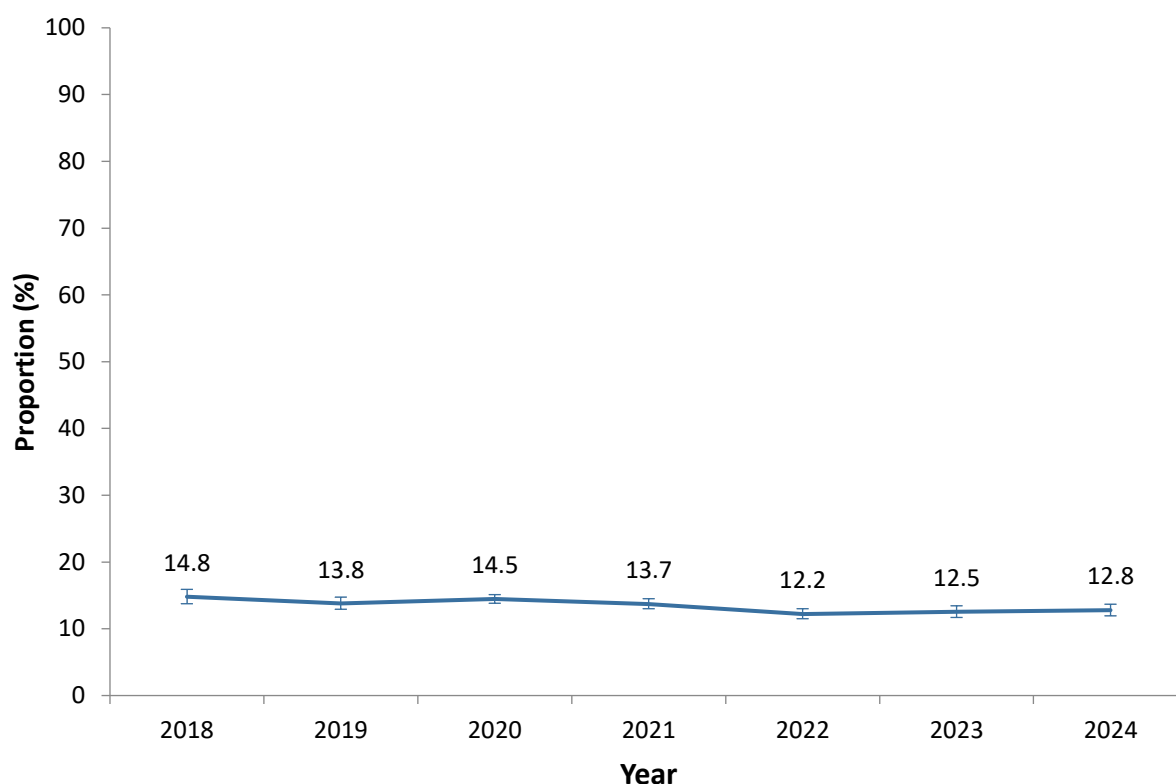


Table 24: Proportion of South Australian adults (18 years and over) reporting asthma, SAPHS 2024 (N=5577)

		n/N	% (95% CI)
All		713/5577	12.8 (11.9-13.7)
Gender (N=5526*)	Male	224/2689	8.3 (7.3-9.4)
	Female	485/2838	17.1 (15.7-18.5)
Location	Metropolitan	530/4100	12.9 (11.9-14.0)
	Rural	184/1477	12.4 (10.8-14.2)
Age (years)	18-29	86/1044	8.3 (6.7-10.0)
	30-49	202/1590	12.7 (11.1-14.4)
	50-69	293/1841	15.9 (14.3-17.6)
	70 and over	132/1101	12.0 (10.2-14.0)
SEIFA (N=5575)	Lowest	177/1282	13.8 (12.0-15.8)
	Low	158/943	16.8 (14.5-19.2)
	Middle	149/1337	11.1 (9.5-12.9)
	High	107/951	11.3 (9.4-13.4)
	Highest	122/1063	11.5 (9.7-13.5)
Education (N=5533)	No school to secondary	292/2478	11.8 (10.6-13.1)
	TAFE, trade, certificate	157/1007	15.6 (13.5-17.9)
	Diploma, advanced diploma	104/729	14.3 (11.9-16.9)
	Degree or higher	157/1319	11.9 (10.2-13.7)
Household Income	Up to \$20,000	46/237	19.5 (14.8-24.8)
	\$20,001 - \$40,000	104/603	17.2 (14.4-20.4)
	\$40,001 - \$60,000	76/456	16.7 (13.5-20.3)
	\$60,001 - \$80,000	48/485	9.8 (7.5-12.8)
	\$80,001 - \$100,000	59/384	15.3 (12.0-19.2)
	\$100,001 - \$150,000	49/536	9.2 (6.9-11.8)
	More than \$150,000	100/824	12.2 (10.0-14.5)
	Not stated	231/2051	11.3 (9.9-12.7)

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 25 presents the proportion of respondents reporting asthma in 2024 by selected risk factors. Just under half of adults reporting asthma had a weight status of obese (47.1%), which was higher than the overall South Australian population (32.2%).

Table 25: Proportion of South Australian adults (18 years and over) reporting asthma by selected risk factors, SAPHS 2024

Body Mass Index	n	Asthma	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	13	2.0 (1.1-3.3)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	131	19.9 (17.0-23.1)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	204	31.0 (27.6-34.6)	1756	33.8 (32.5-35.1)
Obese (≥30)	310	47.1 (43.3-50.9)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	72	10.2 (8.1-12.6)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	634	89.8 (87.4-91.9)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	299	42.2 (38.5-45.8)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	411	57.8 (54.2-61.5)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	373	52.5 (48.8-56.1)	3190	57.5 (56.1-58.7)
Some activity^	236	33.2 (29.8-36.7)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	101	14.3 (11.8-16.9)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	597	83.7 (80.9-86.3)	4789	86.0 (85.0-86.9)
Current smoker	116	16.3 (13.7-19.1)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	157	22.1 (19.2-25.3)	1290	23.4 (22.3-24.5)
Low risk	375	52.9 (49.2-56.5)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	177	25.0 (21.9-28.2)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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).

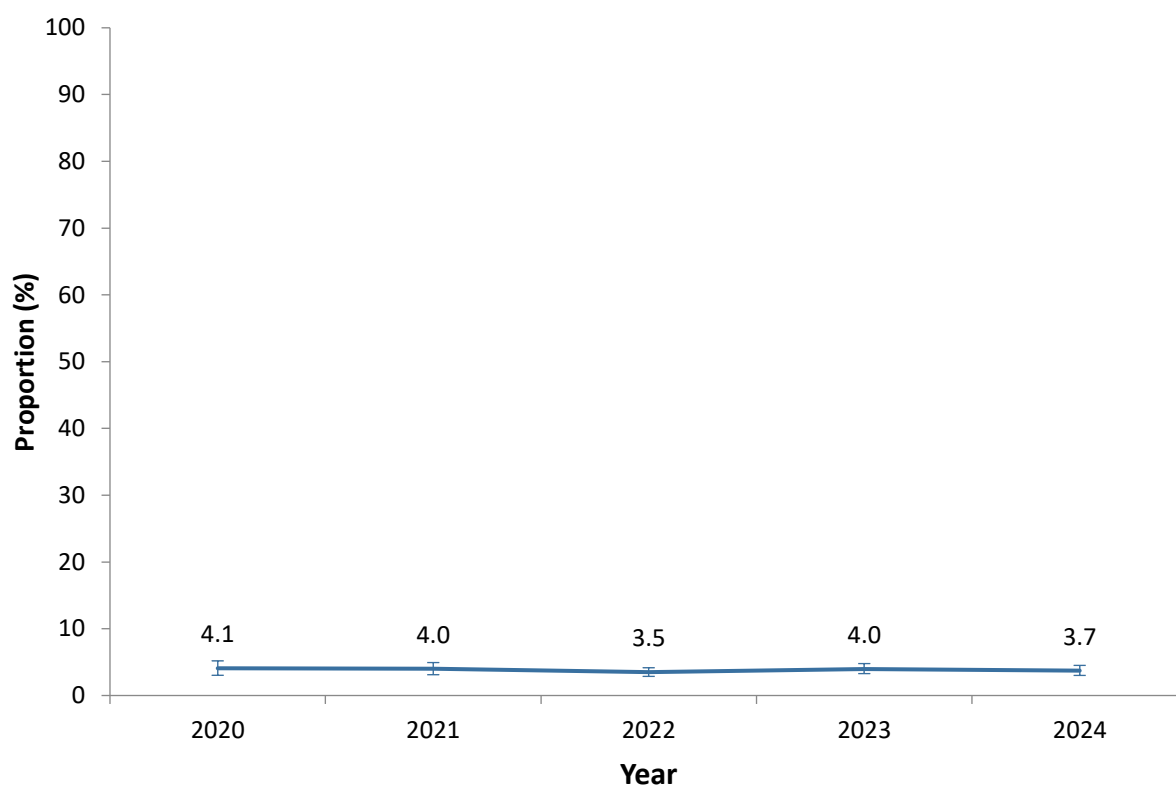
Chronic Obstructive Pulmonary Disease (COPD)

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 Chronic Obstructive Pulmonary Disease (COPD)¹.

Similar to previous years (2020-2023), 3.7% of respondents reported having COPD in 2024 (Figure 15). Due to a change in the question, data are not comparable to the 2018 and 2019 reports.

Respondents who were more likely to report COPD were females, those aged 50 years and over, those living in lower socioeconomic areas, those with lower levels of educations, and those with a household income of up to \$20,000 (Table 26).

Figure 15: Proportion of South Australian adults (18 years and over) reporting COPD, SAPHS 2020-2024



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 26: Proportion of South Australian adults (18 years and over) reporting COPD, SAPHS 2024 (N=5563)

		n/N	% (95% CI)
All		206/5563	3.7 (3.2-4.2)
Gender (N=5513*)	Male	77/2684	2.9 (2.3-3.6)
	Female	129/2829	4.6 (3.8-5.4)
Location	Metropolitan	163/4092	4.0 (3.4-4.6)
	Rural	44/1472	3.0 (2.2-4.0)
Age (years)	18-29	<5/1046	0.2 (0.0-0.6)
	30-49	31/1581	2.0 (1.4-2.7)
	50-69	104/1838	5.7 (4.7-6.8)
	70 and over	69/1099	6.3 (5.0-7.8)
SEIFA (N=5562)	Lowest	69/1276	5.4 (4.3-6.8)
	Low	40/939	4.3 (3.1-5.7)
	Middle	48/1337	3.6 (2.7-4.7)
	High	24/951	2.6 (1.7-3.7)
	Highest	25/1060	2.3 (1.6-3.4)
Education (N=5520)	No school to secondary	122/2471	5.0 (4.1-5.8)
	TAFE, trade, certificate	39/1003	3.8 (2.8-5.2)
	Diploma, advanced diploma	24/729	3.3 (2.2-4.8)
	Degree or higher	19/1317	1.4 (0.9-2.2)
Household Income	Up to \$20,000	23/233	10.0 (6.5-14.2)
	\$20,001 - \$40,000	39/602	6.4 (4.7-8.7)
	\$40,001 - \$60,000	14/456	3.1 (1.8-5.0)
	\$60,001 - \$80,000	16/484	3.3 (2.0-5.2)
	\$80,001 - \$100,000	10/381	2.6 (1.4-4.6)
	\$100,001 - \$150,000	8/535	1.5 (0.7-2.8)
	More than \$150,000	<5/824	0.4 (0.1-1.0)
	Not stated	93/2048	4.5 (3.7-5.5)

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.

Table 27 presents the proportion of respondents reporting COPD in 2024 by selected risk factors. In 2024, respondents reporting COPD were more likely to be a current smoker, physically inactive, and have an obese weight status compared to the overall South Australian population. Respondents reporting COPD were also more likely to have been a non-drinker of alcohol in the past 12-months, compared to South Australian adults overall.

Table 27: Proportion of South Australian adults (18 years and over) reporting COPD by selected risk factors, SAPHS 2024

Body Mass Index	n	COPD	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	5	2.6 (1.0-5.6)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	39	19.9 (14.9-26.2)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	54	27.9 (21.9-34.4)	1756	33.8 (32.5-35.1)
Obese (≥30)	96	49.5 (42.5-56.5)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	18	8.6 (5.5-13.3)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	186	91.4 (86.7-94.5)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	85	41.5 (34.9-48.3)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	120	58.5 (51.7-65.1)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	82	40.4 (33.8-47.2)	3190	57.5 (56.1-58.7)
Some activity^	75	36.8 (30.5-43.7)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	46	22.8 (17.3-28.8)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	134	65.2 (58.4-71.3)	4789	86.0 (85.0-86.9)
Current smoker	72	34.8 (28.7-41.6)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	73	35.5 (29.3-42.3)	1290	23.4 (22.3-24.5)
Low risk	77	37.7 (31.1-44.3)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	55	26.9 (21.1-33.2)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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 (2018-2023), 11.1% of adults reported having CVD in 2024 (Figure 16).

Younger adults, those with an education attainment of degree or higher, and respondents with higher household incomes were less likely to report having CVD in 2024 (Table 28).

Figure 16: Proportion of South Australian adults (18 years and over) reporting CVD, SAPHS 2018-2024

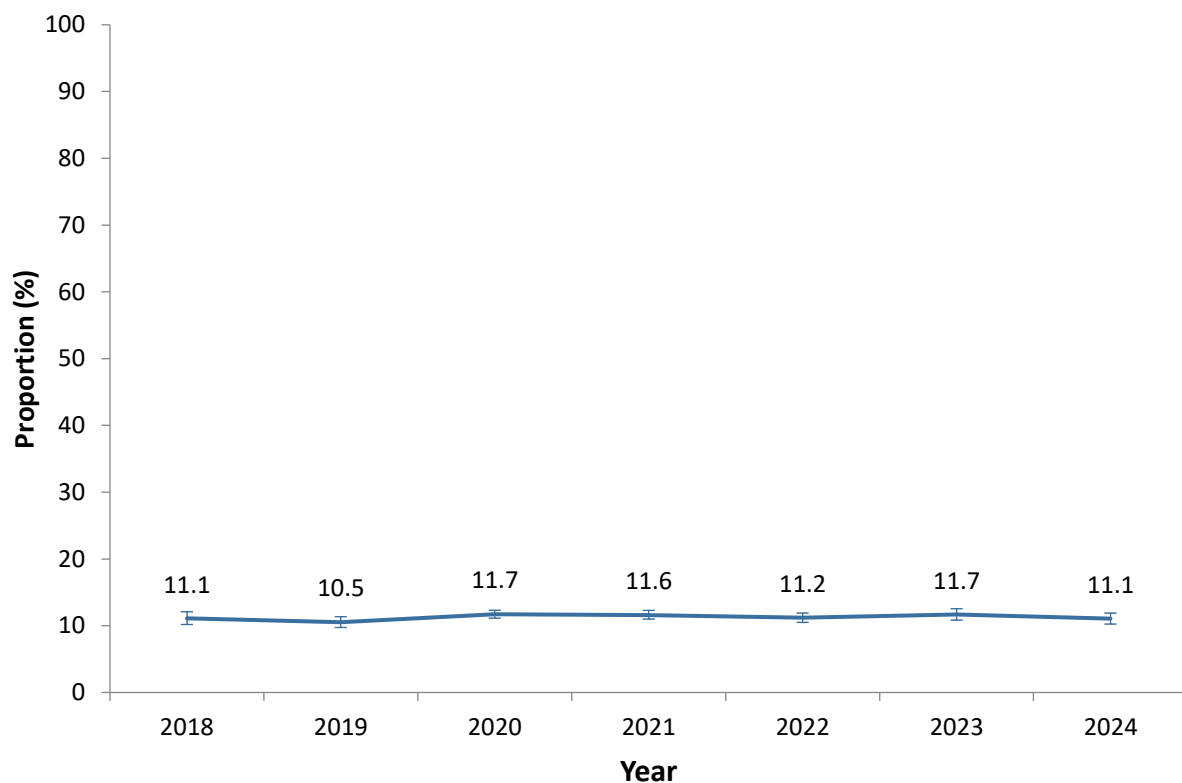


Table 28: Proportion of South Australian adults (18 years and over) reporting CVD, SAPHS 2024 (N=5579)

		n/N	% (95% CI)
All		617/5579	11.1 (10.3-11.9)
Gender (N=5528*)	Male	320/2687	11.9 (10.7-13.2)
	Female	294/2841	10.4 (9.3-11.5)
Location	Metropolitan	426/4101	10.4 (9.5-11.3)
	Rural	191/1478	12.9 (11.3-14.7)
Age (years)	18-29	13/1046	1.3 (0.7-2.1)
	30-49	75/1591	4.7 (3.8-5.8)
	50-69	245/1841	13.3 (11.8-14.9)
	70 and over	284/1101	25.8 (23.3-28.4)
SEIFA (N=5577)	Lowest	156/1283	12.2 (10.5-14.0)
	Low	122/943	12.9 (10.9-15.2)
	Middle	133/1337	9.9 (8.4-11.6)
	High	92/951	9.7 (7.9-11.7)
	Highest	114/1063	10.7 (9.0-12.7)
Education (N=5536)	No school to secondary	333/2481	13.4 (12.1-14.8)
	TAFE, trade, certificate	108/1007	10.7 (8.9-12.7)
	Diploma, advanced diploma	79/728	10.8 (8.7-13.3)
	Degree or higher	91/1320	6.9 (5.6-8.4)
Household Income	Up to \$20,000	46/238	19.2 (14.7-24.7)
	\$20,001 - \$40,000	119/603	19.7 (16.7-23.1)
	\$40,001 - \$60,000	61/456	13.5 (10.5-16.7)
	\$60,001 - \$80,000	31/485	6.4 (4.5-8.8)
	\$80,001 - \$100,000	28/384	7.2 (5.0-10.2)
	\$100,001 - \$150,000	47/536	8.9 (6.6-11.4)
	More than \$150,000	45/825	5.5 (4.1-7.2)
	Not stated	239/2052	11.7 (10.3-13.1)

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

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

*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 adults reporting CVD in 2024 by selected risk factors. Respondents reporting CVD were more likely to be inactive, a non-drinker, and have an obese weight status than the overall South Australian population. Respondents reporting CVD were also more likely to consume the daily recommended serves of fruit.

Table 29: Proportion of South Australian adults (18 years and over) reporting CVD by selected risk factors, SAPHS 2024

Body Mass Index	n	CVD	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	8	1.4 (0.7-2.6)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	107	18.4 (15.4-21.7)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	208	35.9 (32.0-39.8)	1756	33.8 (32.5-35.1)
Obese (≥30)	257	44.3 (40.2-48.3)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	50	8.3 (6.3-10.7)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	552	91.7 (89.3-93.7)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	291	47.3 (43.5-51.3)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	323	52.7 (48.7-56.5)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	265	43.3 (39.4-47.3)	3190	57.5 (56.1-58.7)
Some activity^	218	35.7 (31.9-39.5)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	128	21.0 (17.8-24.3)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	546	88.5 (85.8-90.8)	4789	86.0 (85.0-86.9)
Current smoker	71	11.5 (9.2-14.2)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	186	30.3 (26.8-34.1)	1290	23.4 (22.3-24.5)
Low risk	283	46.3 (42.3-50.2)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	143	23.3 (20.1-26.8)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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 29.0% of adults reported having arthritis in 2024, which is similar to 2023 (Figure 17).

In 2024, a higher proportion of females (36.2%) than males (21.9%) reported arthritis. Those living in rural areas, older respondents, those with lower levels of education attainment and those with lower household incomes were also more likely to report having arthritis (Table 30).

Figure 17: Proportion of South Australian adults (18 years and over) reporting arthritis, SAPHS 2018-2024

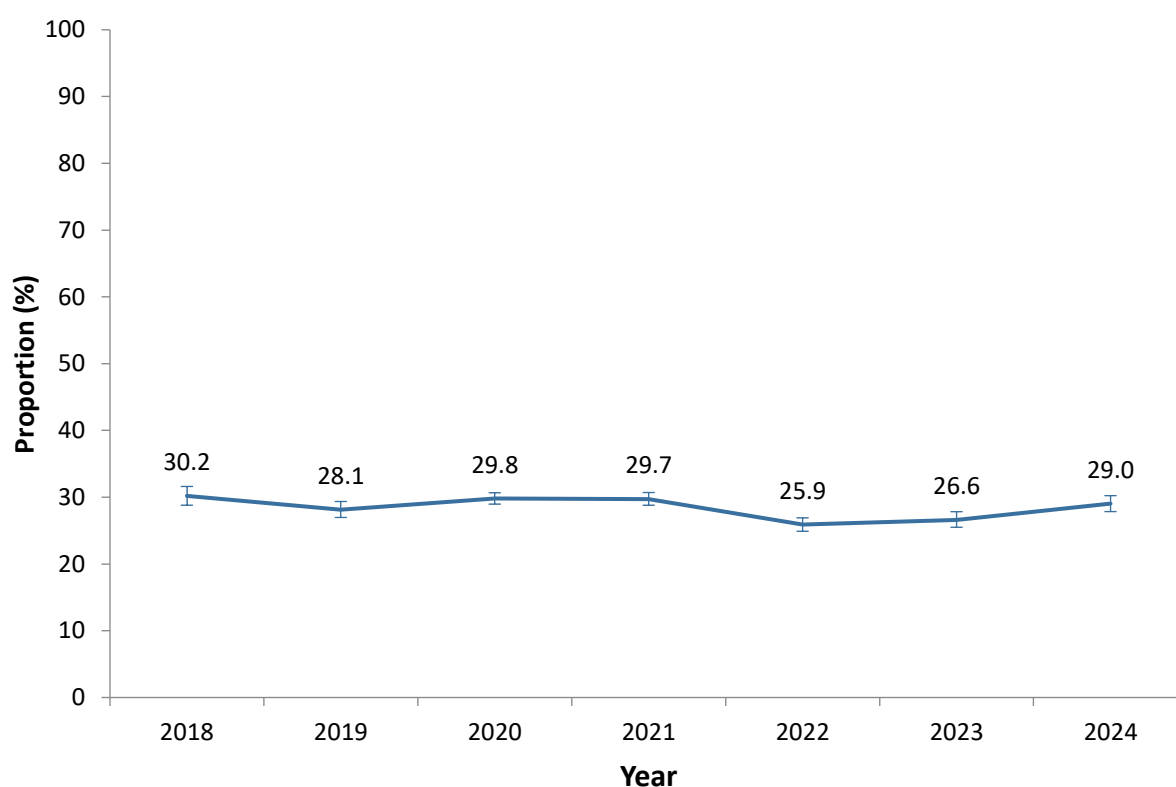


Table 30: Proportion of South Australian adults (18 years and over) reporting arthritis, SAPHS 2024 (N=5561)

		n/N	% (95% CI)
All		1614/5561	29.0 (27.8-30.2)
Gender (N=5510*)	Male	587/2681	21.9 (20.4-23.5)
	Female	1024/2830	36.2 (34.4-38.0)
Location	Metropolitan	1123/4086	27.5 (26.1-28.9)
	Rural	491/1475	33.3 (30.9-35.7)
Age (years)	18-29	27/1046	2.6 (1.7-3.7)
	30-49	222/1584	14.0 (12.4-15.8)
	50-69	717/1832	39.1 (36.9-41.4)
	70 and over	648/1098	59.0 (56.1-61.9)
SEIFA (N=5559)	Lowest	386/1276	30.2 (27.8-32.8)
	Low	297/942	31.5 (28.6-34.5)
	Middle	355/1335	26.6 (24.3-29.0)
	High	281/950	29.6 (26.7-32.5)
	Highest	296/1056	28.1 (25.4-30.8)
Education (N=5517)	No school to secondary	837/2475	33.8 (32.0-35.7)
	TAFE, trade, certificate	294/1003	29.3 (26.6-32.2)
	Diploma, advanced diploma	207/725	28.5 (25.4-31.9)
	Degree or higher	267/1314	20.3 (18.2-22.6)
Household Income	Up to \$20,000	97/235	41.2 (35.1-47.6)
	\$20,001 - \$40,000	315/603	52.2 (48.2-56.2)
	\$40,001 - \$60,000	176/456	38.7 (34.2-43.1)
	\$60,001 - \$80,000	119/482	24.7 (21.0-28.7)
	\$80,001 - \$100,000	93/383	24.4 (20.2-28.8)
	\$100,001 - \$150,000	108/536	20.2 (16.9-23.7)
	More than \$150,000	115/824	14.0 (11.7-16.4)
	Not stated	590/2043	28.9 (26.9-30.9)

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.

Table 31 presents the proportion of respondents reporting arthritis in 2024 by selected risk factors. Adults reporting arthritis were more likely to consume the recommended serves of fruit and vegetables than the overall South Australian population. Compared to the overall population, those with arthritis were less likely to report a healthy weight status, being physically active, and risky alcohol consumption.

Table 31: Proportion of South Australian adults (18 years and over) reporting arthritis by selected risk factors, SAPHS 2024

Body Mass Index	n	Arthritis	n	All SA
		% (95% CI)		% (95% CI)
Underweight (<18.5)	15	1.0 (0.6-1.6)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	353	23.4 (21.3-25.6)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	508	33.7 (31.4-36.1)	1756	33.8 (32.5-35.1)
Obese (≥30)	631	41.9 (39.4-44.4)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	156	9.8 (8.4-11.4)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	1431	90.2 (88.6-91.6)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	724	45.1 (42.6-47.5)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	883	54.9 (52.5-57.4)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	702	43.7 (41.3-46.1)	3190	57.5 (56.1-58.7)
Some activity^	598	37.2 (34.9-39.6)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	307	19.1 (17.2-21.1)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	1368	84.9 (83.1-86.6)	4789	86.0 (85.0-86.9)
Current smoker	243	15.1 (13.4-16.9)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	371	23.3 (21.2-25.4)	1290	23.4 (22.3-24.5)
Low risk	831	52.1 (49.7-54.6)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	391	24.6 (22.5-26.7)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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 (2018-2023), 7.2% of respondents reported having osteoporosis in 2024 (Figure 18).

Osteoporosis was more likely for female respondents, older adults, those with no school to secondary levels of education (compared to those with a degree or higher), and those with lower house hold incomes (Table 32).

Figure 18: Proportion of South Australian adults (18 years and over) reporting osteoporosis, SAPHS 2018-2024

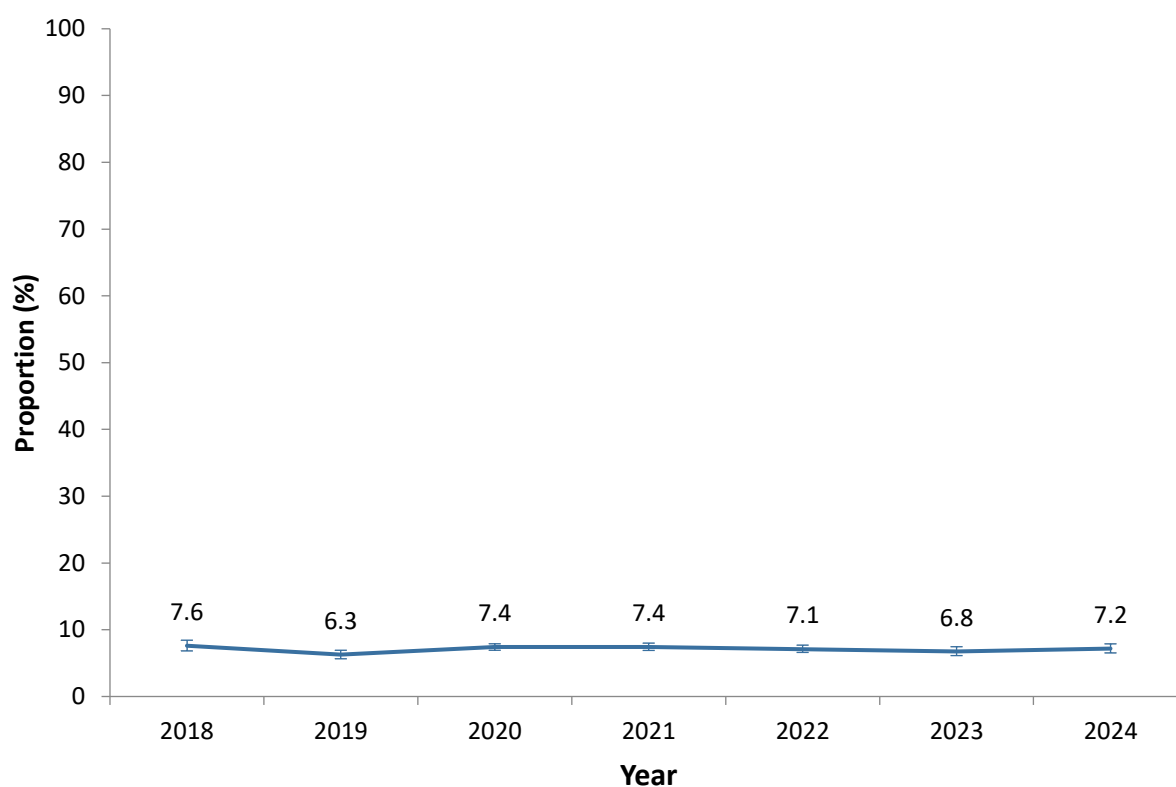


Table 32: Proportion of South Australian adults (18 years and over) reporting osteoporosis, SAPHS 2024 (N=5536)

		n/N	% (95% CI)
All		397/5536	7.2 (6.5-7.9)
Gender (N=5486*)	Male	93/2669	3.5 (2.8-4.2)
	Female	304/2817	10.8 (9.7-12.0)
Location	Metropolitan	283/4065	7.0 (6.2-7.8)
	Rural	114/1471	7.8 (6.5-9.2)
Age (years)	18-29	<5/1045	0.4 (0.1-0.9)
	30-49	12/1580	0.7 (0.4-1.3)
	50-69	162/1820	8.9 (7.7-10.3)
	70 and over	219/1092	20.1 (17.8-22.5)
SEIFA (N=5535)	Lowest	88/1274	6.9 (5.6-8.4)
	Low	83/932	8.9 (7.2-10.9)
	Middle	93/1330	7.0 (5.7-8.5)
	High	67/942	7.1 (5.6-8.9)
	Highest	67/1056	6.3 (5.0-7.9)
Education (N=5492)	No school to secondary	220/2455	9.0 (7.9-10.1)
	TAFE, trade, certificate	66/997	6.6 (5.2-8.3)
	Diploma, advanced diploma	52/727	7.2 (5.4-9.2)
	Degree or higher	56/1313	4.2 (3.3-5.5)
Household Income	Up to \$20,000	31/237	13.3 (9.2-17.8)
	\$20,001 - \$40,000	92/595	15.4 (12.7-18.5)
	\$40,001 - \$60,000	42/453	9.3 (6.9-12.2)
	\$60,001 - \$80,000	24/483	4.9 (3.3-7.2)
	\$80,001 - \$100,000	14/379	3.6 (2.1-6.0)
	\$100,001 - \$150,000	13/535	2.5 (1.4-4.0)
	More than \$150,000	11/824	1.4 (0.7-2.3)
	Not stated	170/2030	8.4 (7.2-9.6)

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.

Table 33 presents the proportion of respondents reporting osteoporosis in 2024 by selected risk factors. Compared to all respondents overall, those reporting osteoporosis were less likely to be physically active. Respondents with osteoporosis were also less likely to consume alcohol that put them at risk of alcohol related harm. Consuming the recommended serves of fruit and vegetables and not drinking alcohol in the last 12-months was more likely for those with osteoporosis.

Table 33: Proportion of South Australian adults (18 years and over) reporting osteoporosis by selected risk factors, SAPHS 2024

Body Mass Index	Osteoporosis		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	7	1.8 (0.9-3.7)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	128	34.7 (30.0-39.6)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	124	33.6 (28.9-38.5)	1756	33.8 (32.5-35.1)
Obese (≥30)	110	29.9 (25.3-34.6)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	51	13.2 (10.0-16.7)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	340	86.8 (83.3-90.0)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	191	48.4 (43.6-53.4)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	203	51.6 (46.6-56.4)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	158	39.9 (35.3-44.9)	3190	57.5 (56.1-58.7)
Some activity^	161	40.7 (36.0-45.7)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	76	19.3 (15.6-23.3)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	344	87.5 (84.0-90.5)	4789	86.0 (85.0-86.9)
Current smoker	49	12.5 (9.5-16.0)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	119	30.6 (26.0-35.1)	1290	23.4 (22.3-24.5)
Low risk	200	51.1 (46.2-56.1)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	72	18.3 (14.8-22.5)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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 (2018-2023), 10.2% of respondents reported ever having cancer in 2024 (Figure 19).

In 2024, the proportion of respondents reporting cancer was higher among older adults. Respondents with a household income of more than \$150,000 were less likely to report cancer compared to those with an income of up to \$80,000 (Table 34).

Figure 19: Proportion of South Australian adults (18 years and over) reporting cancer, SAPHS 2018-2024

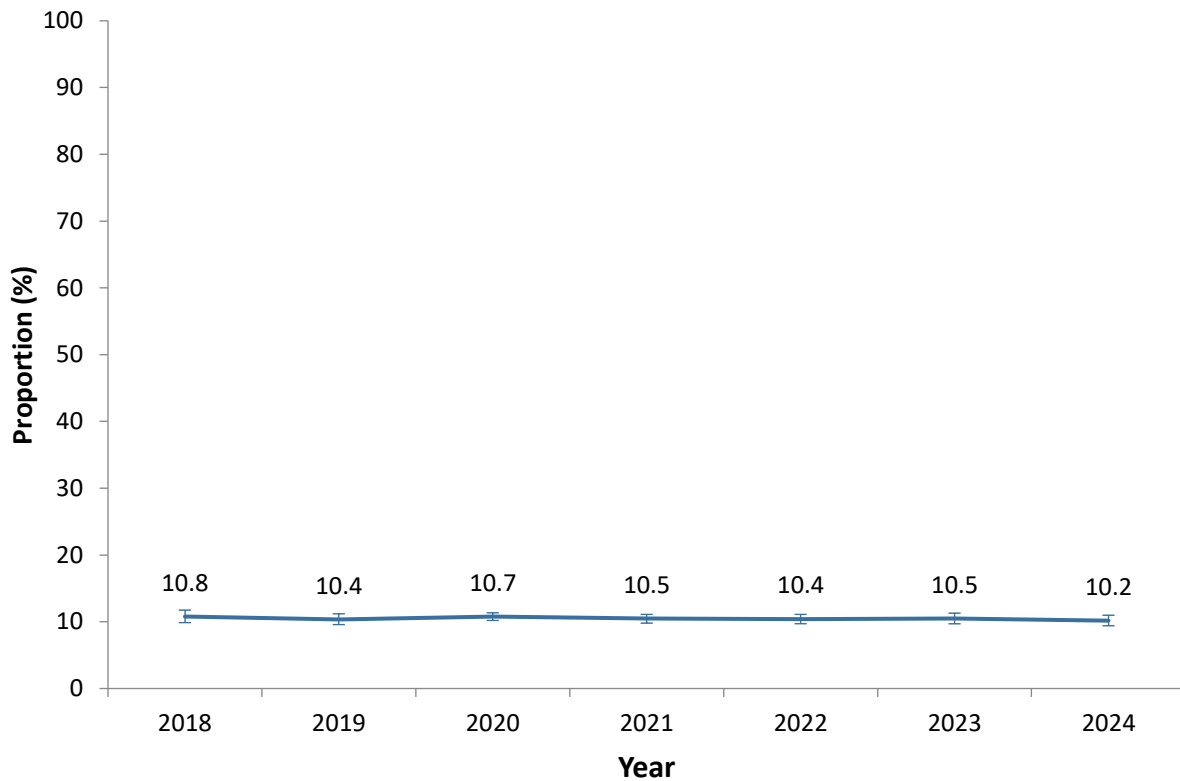


Table 34: Proportion of South Australian adults (18 years and over) reporting cancer, SAPHS 2024 (N=5579)

		n/N	% (95% CI)
All		567/5579	10.2 (9.4-11.0)
Gender (N=5528*)	Male	266/2688	9.9 (8.8-11.1)
	Female	299/2840	10.5 (9.4-11.7)
Location	Metropolitan	391/4101	9.5 (8.7-10.5)
	Rural	176/1477	11.9 (10.3-13.6)
Age (years)	18-29	<5/1046	0.2 (0.0-0.6)
	30-49	38/1591	2.4 (1.7-3.2)
	50-69	242/1840	13.1 (11.7-14.8)
	70 and over	285/1101	25.8 (23.4-28.5)
SEIFA (N=5577)	Lowest	123/1283	9.6 (8.1-11.3)
	Low	97/942	10.3 (8.5-12.4)
	Middle	115/1338	8.6 (7.2-10.2)
	High	104/952	10.9 (9.1-13.0)
	Highest	127/1063	12.0 (10.1-14.0)
Education (N=5535)	No school to secondary	243/2480	9.8 (8.7-11.0)
	TAFE, trade, certificate	111/1007	11.1 (9.2-13.1)
	Diploma, advanced diploma	77/729	10.5 (8.5-12.9)
	Degree or higher	128/1319	9.7 (8.2-11.4)
Household Income	Up to \$20,000	33/238	13.8 (9.9-18.7)
	\$20,001 - \$40,000	94/603	15.6 (12.9-18.6)
	\$40,001 - \$60,000	73/456	15.9 (12.9-19.6)
	\$60,001 - \$80,000	47/484	9.6 (7.3-12.6)
	\$80,001 - \$100,000	34/384	8.9 (6.3-12.0)
	\$100,001 - \$150,000	42/536	7.8 (5.8-10.3)
	More than \$150,000	45/825	5.5 (4.1-7.2)
	Not stated	199/2052	9.7 (8.5-11.0)

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 35 presents the proportion of respondents in 2024 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 (43.7%) compared to the overall South Australian population (57.5%). Respondents with cancer were also less likely to report a healthy weight status and be a current smoker. Eating the recommended serves of fruit per day was more likely for those with cancer, compared to all respondents.

Table 35: Proportion of South Australian adults (18 years and over) reporting cancer by selected risk factors, SAPHS 2024

Body Mass Index	Cancer		All SA	
	n	% (95% CI)	n	% (95% CI)
Underweight (<18.5)	5	0.9 (0.4-2.1)	84	1.6 (1.3-2.0)
Normal (≥18.5 & < 25)	135	25.6 (22.0-29.5)	1685	32.4 (31.2-33.7)
Overweight (≥25 & <30)	194	36.7 (32.8-41.0)	1756	33.8 (32.5-35.1)
Obese (≥30)	193	36.7 (32.6-40.8)	1671	32.2 (30.9-33.4)
Vegetable Consumption				
Eating recommended serves per day	52	9.3 (7.2-12.0)	413	7.6 (6.9-8.3)
Not eating recommended serves per day	503	90.7 (88.0-92.8)	5041	92.4 (91.7-93.1)
Fruit Consumption				
Eating recommended serves per day	267	47.4 (43.3-51.6)	2268	40.9 (39.7-42.3)
Not eating recommended serves per day	296	52.6 (48.4-56.7)	3271	59.1 (57.8-60.4)
Physical Activity*				
Meeting guidelines	247	43.7 (39.7-47.8)	3190	57.5 (56.1-58.7)
Some activity^	237	42.0 (37.9-46.0)	1604	28.9 (27.7-30.1)
No activity (0 minutes)	81	14.3 (11.6-17.4)	759	13.7 (12.8-14.6)
Smoking				
Non-smoker	518	91.6 (89.0-93.6)	4789	86.0 (85.0-86.9)
Current smoker	48	8.4 (6.4-11.0)	782	14.0 (13.1-15.0)
Alcohol related harm**				
Non-drinker (last 12-months)	128	22.7 (19.5-26.4)	1290	23.4 (22.3-24.5)
Low risk	301	53.6 (49.5-57.8)	2695	48.9 (47.5-50.2)
Risky alcohol consumption	133	23.7 (20.3-27.4)	1531	27.8 (26.6-28.9)

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 aged 18-64 years should engage in at least 150 minutes of moderate intensity physical activity per week, and adults aged 65+ years should engage in at least 30 minutes of moderate intensity physical activity daily.

^Some activity reflects 1-149 minutes of moderate intensity physical activity per week for adults aged 18-64 years, or 30+ minutes of moderate intensity physical activity for adults aged 65+ on 1-6 days 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 2024, 20.0% of respondents reported having a disability, which was similar to previous years (2018-2023) (Figure 20).

Older respondents, those living in lower socioeconomic areas, and those with a household income of \$40,000 or less were more likely to report having a disability in 2024. Respondents with an education attainment of a diploma, degree or higher and those who had a higher household income were less likely to report having a disability (Table 36).

Figure 20: Proportion of South Australian adults (18 years and over) reporting a disability, SAPHS 2018-2024

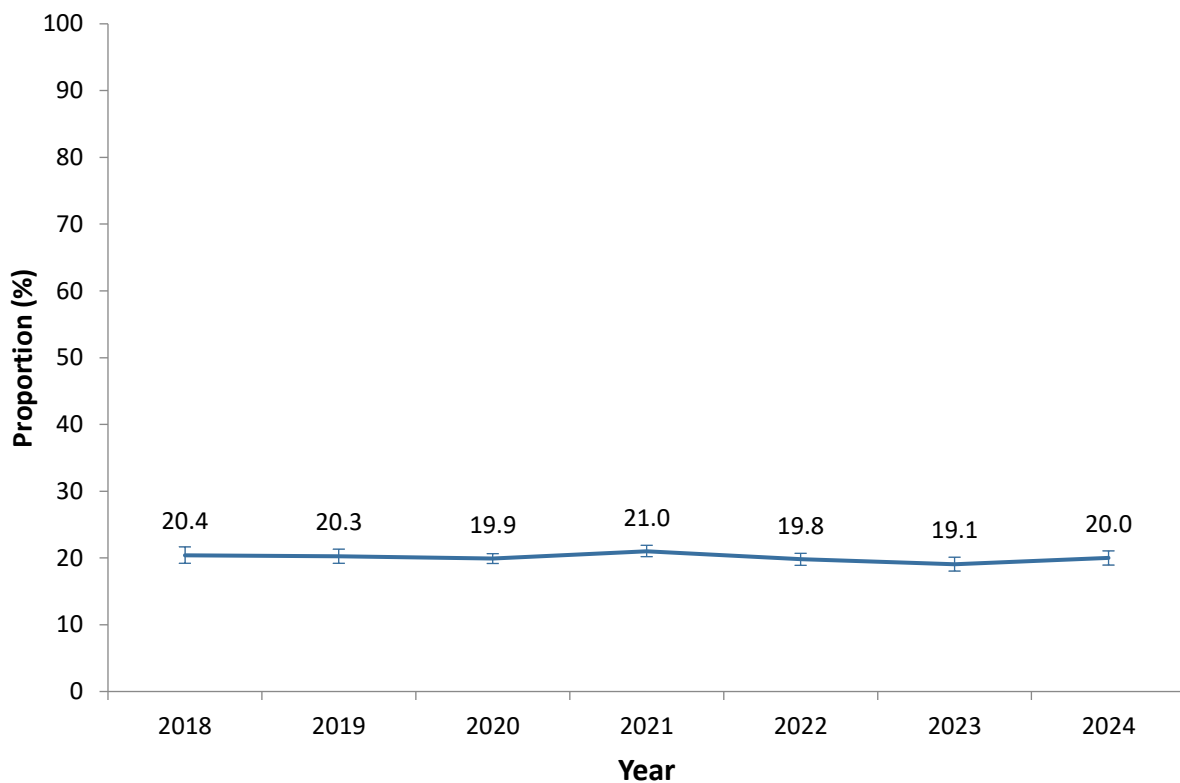


Table 36: Proportion of South Australian adults (18 years and over) reporting a disability, SAPHS 2024 (N=5554)

		n/N	% (95% CI)
All		1110/5554	20.0 (18.9-21.1)
Gender (N=5503*)	Male	491/2676	18.3 (16.9-19.8)
	Female	587/2827	20.8 (19.3-22.3)
Location	Metropolitan	788/4081	19.3 (18.1-20.5)
	Rural	323/1472	21.9 (19.9-24.1)
Age (years)	18-29	106/1036	10.3 (8.5-12.2)
	30-49	265/1585	16.7 (14.9-18.6)
	50-69	472/1831	25.8 (23.8-27.8)
	70 and over	267/1101	24.2 (21.8-26.8)
SEIFA (N=5552)	Lowest	336/1274	26.4 (24.0-28.8)
	Low	216/940	23.0 (20.4-25.7)
	Middle	248/1327	18.7 (16.7-20.9)
	High	143/951	15.0 (12.9-17.4)
	Highest	168/1061	15.8 (13.7-18.1)
Education (N=5511)	No school to secondary	573/2464	23.2 (21.6-25.0)
	TAFE, trade, certificate	246/1005	24.5 (21.9-27.2)
	Diploma, advanced diploma	124/727	17.1 (14.5-19.9)
	Degree or higher	156/1315	11.9 (10.2-13.7)
Household Income	Up to \$20,000	98/238	41.0 (35.1-47.5)
	\$20,001 - \$40,000	238/600	39.7 (35.8-43.6)
	\$40,001 - \$60,000	100/456	21.8 (18.3-25.9)
	\$60,001 - \$80,000	74/482	15.3 (12.3-18.8)
	\$80,001 - \$100,000	52/384	13.5 (10.4-17.2)
	\$100,001 - \$150,000	59/535	11.1 (8.6-13.9)
	More than \$150,000	58/825	7.0 (5.4-8.9)
	Not stated	433/2034	21.3 (19.6-23.1)

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.

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.

In 2024, 11.5% of respondents reported providing long term care at home for a parent, partner, child, relative or friend, and this was similar to 2023 (Figure 21).

A higher proportion of females (14.5%) reported providing care in 2024, as did adults aged 50 years and older. Respondents with a degree or higher level of education were less likely to report being a carer (Table 37).

Figure 21: Proportion of South Australian adults (18 years and over) having provided long-term care, SAPHS 2018-2024

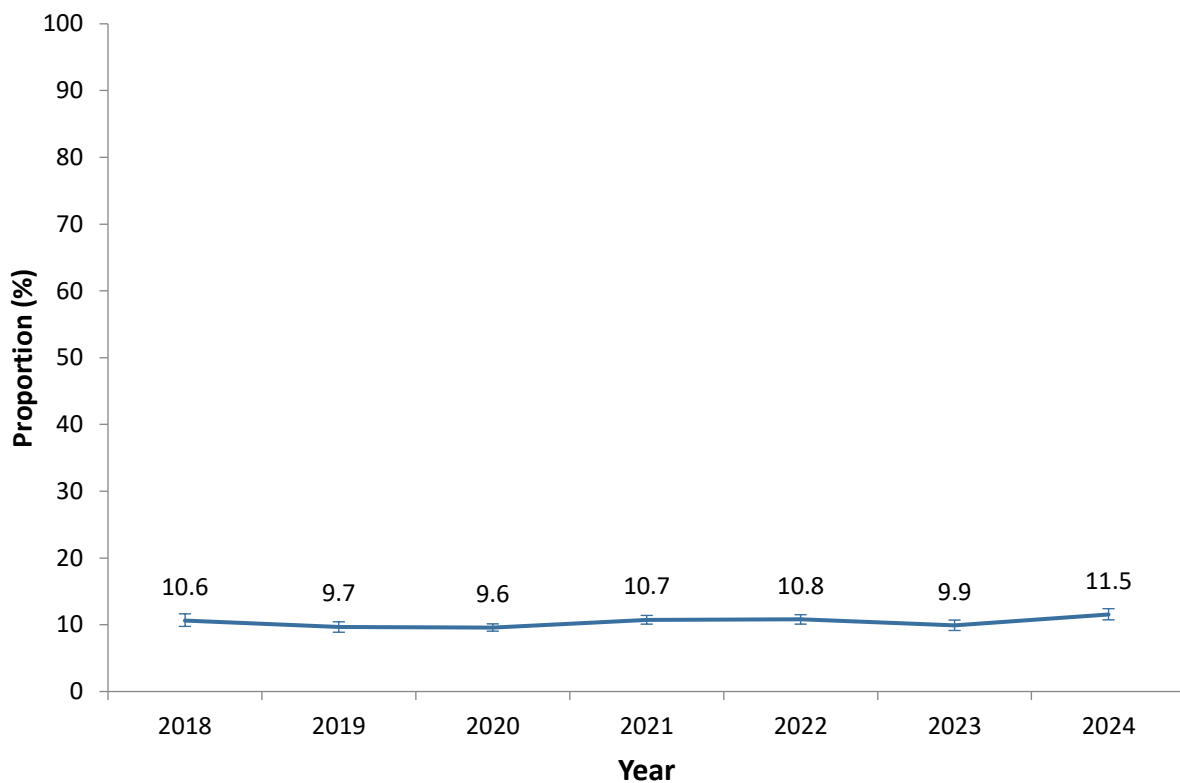


Table 37: Proportion of South Australian adults (18 years and over) having provided long term care at home, SAPHS 2024 (N=5577)

		n/N	% (95% CI)
All		644/5577	11.5 (10.7-12.4)
Gender (N=5527*)	Male	216/2688	8.0 (7.1-9.1)
	Female	413/2839	14.5 (13.3-15.9)
Location	Metropolitan	461/4099	11.2 (10.3-12.2)
	Rural	183/1478	12.4 (10.8-14.1)
Age (years)	18-29	39/1046	3.7 (2.7-5.0)
	30-49	139/1591	8.7 (7.4-10.2)
	50-69	316/1840	17.1 (15.5-18.9)
	70 and over	151/1100	13.7 (11.8-15.9)
SEIFA (N=5576)	Lowest	155/1284	12.1 (10.4-13.9)
	Low	119/942	12.7 (10.6-14.9)
	Middle	154/1336	11.5 (9.9-13.3)
	High	100/951	10.6 (8.7-12.6)
	Highest	115/1062	10.8 (9.1-12.8)
Education (N=5533)	No school to secondary	298/2477	12.0 (10.8-13.4)
	TAFE, trade, certificate	130/1007	13.0 (10.9-15.1)
	Diploma, advanced diploma	99/729	13.6 (11.2-16.2)
	Degree or higher	116/1320	8.8 (7.4-10.4)
Household Income	Up to \$20,000	34/238	14.3 (10.3-19.2)
	\$20,001 - \$40,000	111/603	18.4 (15.5-21.6)
	\$40,001 - \$60,000	80/457	17.5 (14.2-21.2)
	\$60,001 - \$80,000	54/485	11.1 (8.6-14.2)
	\$80,001 - \$100,000	27/384	7.0 (4.8-9.9)
	\$100,001 - \$150,000	62/536	11.6 (9.1-14.5)
	More than \$150,000	60/823	7.3 (5.7-9.2)
	Not stated	216/2051	10.5 (9.3-11.9)

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.

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 (26.6%) of respondents reported having hypertension in 2024, which is similar to all previous years (2018-2023) (Figure 22).

In 2024, the likelihood of hypertension was higher with increasing age, and for rural residents. Respondents with a degree or higher and those who had a household income of over \$60,000 were less likely to report having hypertension (Table 38).

Figure 22: Proportion of adults (18 years and over) reporting hypertension, SAPHS 2018-2024

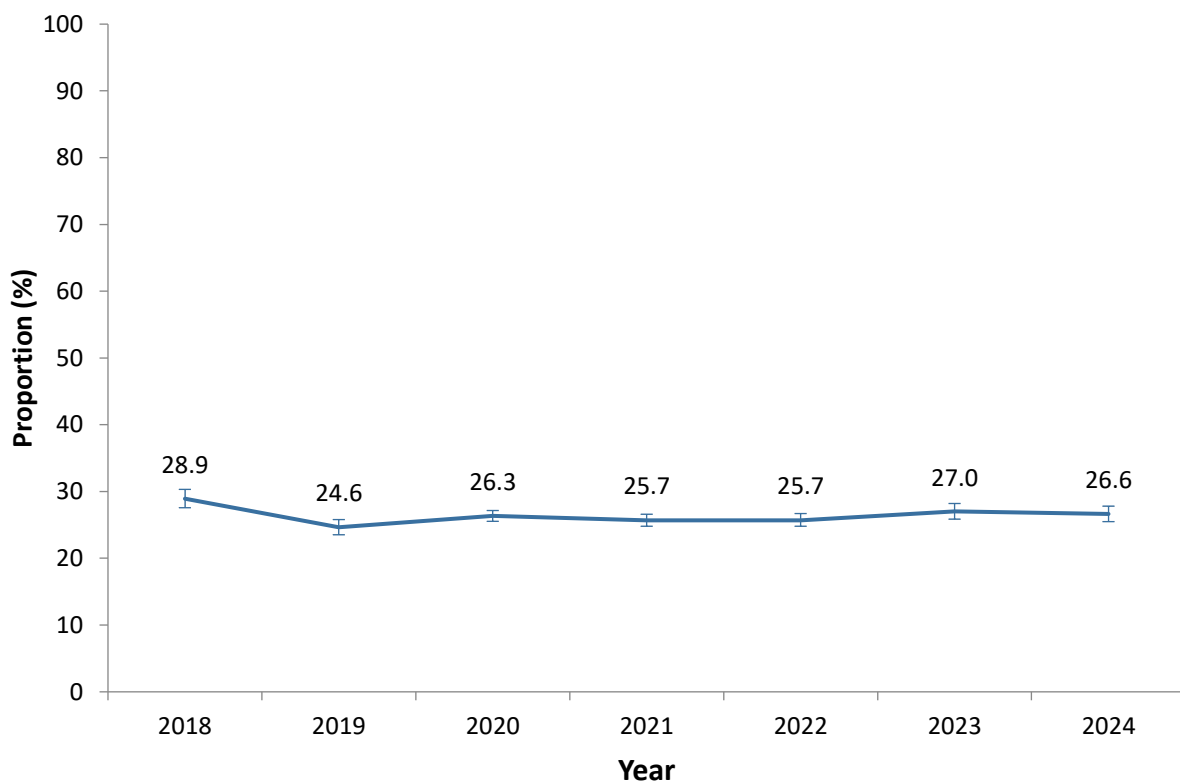


Table 38: Proportion of South Australian adults (18 years and over) reporting hypertension, SAPHS 2024 (N=5563)

		n/N	% (95% CI)
All		1482/5563	26.6 (25.5-27.8)
Gender (N=5512*)	Male	702/2678	26.2 (24.6-27.9)
	Female	772/2834	27.2 (25.6-28.9)
Location	Metropolitan	1025/4092	25.0 (23.7-26.4)
	Rural	458/1471	31.1 (28.8-33.5)
Age (years)	18-29	30/1043	2.9 (2.0-4.0)
	30-49	195/1587	12.3 (10.7-14.0)
	50-69	680/1834	37.1 (34.9-39.3)
	70 and over	578/1099	52.6 (49.6-55.5)
SEIFA (N=5561)	Lowest	355/1279	27.7 (25.4-30.3)
	Low	268/943	28.5 (25.6-31.4)
	Middle	324/1333	24.3 (22.1-26.7)
	High	245/944	26.0 (23.2-28.8)
	Highest	290/1062	27.3 (24.7-30.0)
Education (N=5519)	No school to secondary	752/2471	30.4 (28.6-32.3)
	TAFE, trade, certificate	300/1006	29.8 (27.1-32.7)
	Diploma, advanced diploma	185/728	25.4 (22.4-28.7)
	Degree or higher	236/1314	18.0 (16.0-20.1)
Household Income	Up to \$20,000	82/237	34.4 (28.8-40.8)
	\$20,001 - \$40,000	250/600	41.6 (37.8-45.6)
	\$40,001 - \$60,000	155/455	34.0 (29.8-38.5)
	\$60,001 - \$80,000	118/482	24.5 (20.8-28.5)
	\$80,001 - \$100,000	92/383	24.0 (19.9-28.5)
	\$100,001 - \$150,000	118/536	22.0 (18.7-25.7)
	More than \$150,000	137/824	16.7 (14.2-19.3)
	Not stated	530/2046	25.9 (24.0-27.8)

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.

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.

In 2024, 22.0% of adults reported having high cholesterol, which was similar to 2023 (Figure 23).

The likelihood of reporting high cholesterol was higher among female respondents, older adults, and those with a household income of \$60,000 or less (Table 39).

Figure 23: Proportion of adults (18 years and over) reporting high cholesterol, SAPHS 2018-2024

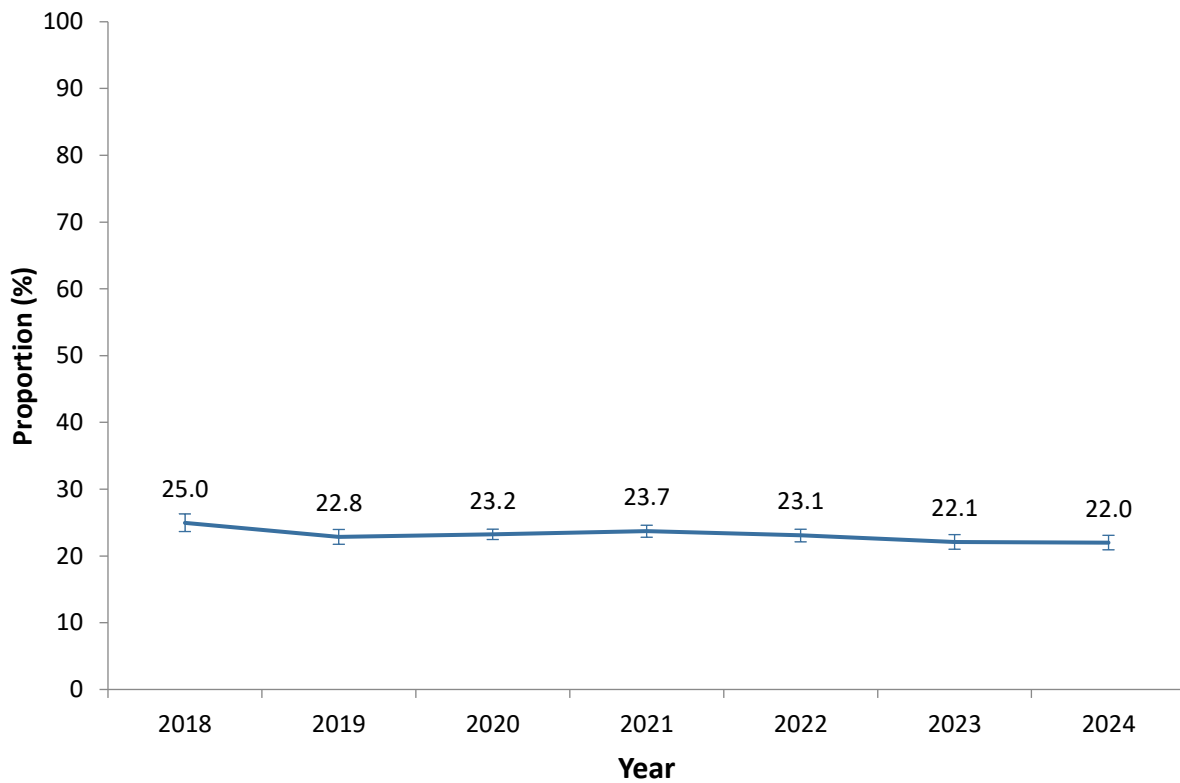


Table 39: Proportion of South Australian adults (18 years and over) reporting high cholesterol, SAPHS 2024 (N=5549)

		n/N	% (95% CI)
All		1220/5549	22.0 (20.9-23.1)
Gender (N=5499*)	Male	534/2668	20.0 (18.5-21.6)
	Female	682/2831	24.1 (22.5-25.7)
Location	Metropolitan	858/4083	21.0 (19.8-22.3)
	Rural	362/1466	24.7 (22.5-26.9)
Age (years)	18-29	24/1044	2.3 (1.5-3.3)
	30-49	162/1581	10.2 (8.8-11.8)
	50-69	583/1832	31.8 (29.7-34.0)
	70 and over	451/1093	41.3 (38.4-44.2)
SEIFA (N=5548)	Lowest	306/1281	23.9 (21.6-26.3)
	Low	211/934	22.6 (20.0-25.4)
	Middle	258/1333	19.3 (17.3-21.5)
	High	222/943	23.5 (20.9-26.3)
	Highest	223/1057	21.1 (18.7-23.6)
Education (N=5506)	No school to secondary	587/2463	23.8 (22.2-25.5)
	TAFE, trade, certificate	218/1001	21.8 (19.3-24.4)
	Diploma, advanced diploma	171/727	23.4 (20.5-26.7)
	Degree or higher	236/1314	18.0 (16.0-20.1)
Household Income	Up to \$20,000	76/238	31.8 (26.3-38.0)
	\$20,001 - \$40,000	202/596	33.9 (30.2-37.8)
	\$40,001 - \$60,000	138/455	30.4 (26.2-34.7)
	\$60,001 - \$80,000	100/483	20.6 (17.3-24.5)
	\$80,001 - \$100,000	67/382	17.4 (14.0-21.6)
	\$100,001 - \$150,000	115/534	21.6 (18.2-25.2)
	More than \$150,000	94/819	11.5 (9.4-13.8)
	Not stated	429/2044	21.0 (19.3-22.8)

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.

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 40: 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.

Two-thirds (66.0%) of adults were overweight or obese in 2024. This is higher than 2022 (63.5%) and 2023 (63.1%) (Figure 24). A healthy weight was reported by 32.4% of adults in 2024, while 1.6% were underweight (Table 41).

Rural residents and older adults were more likely to report an unhealthy weight. Compared to respondents from the middle-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 report an unhealthy weight (Table 42).

Figure 24: Proportion of South Australian adults (18 years and over) reporting unhealthy weight status, SAPHS 2018-2024

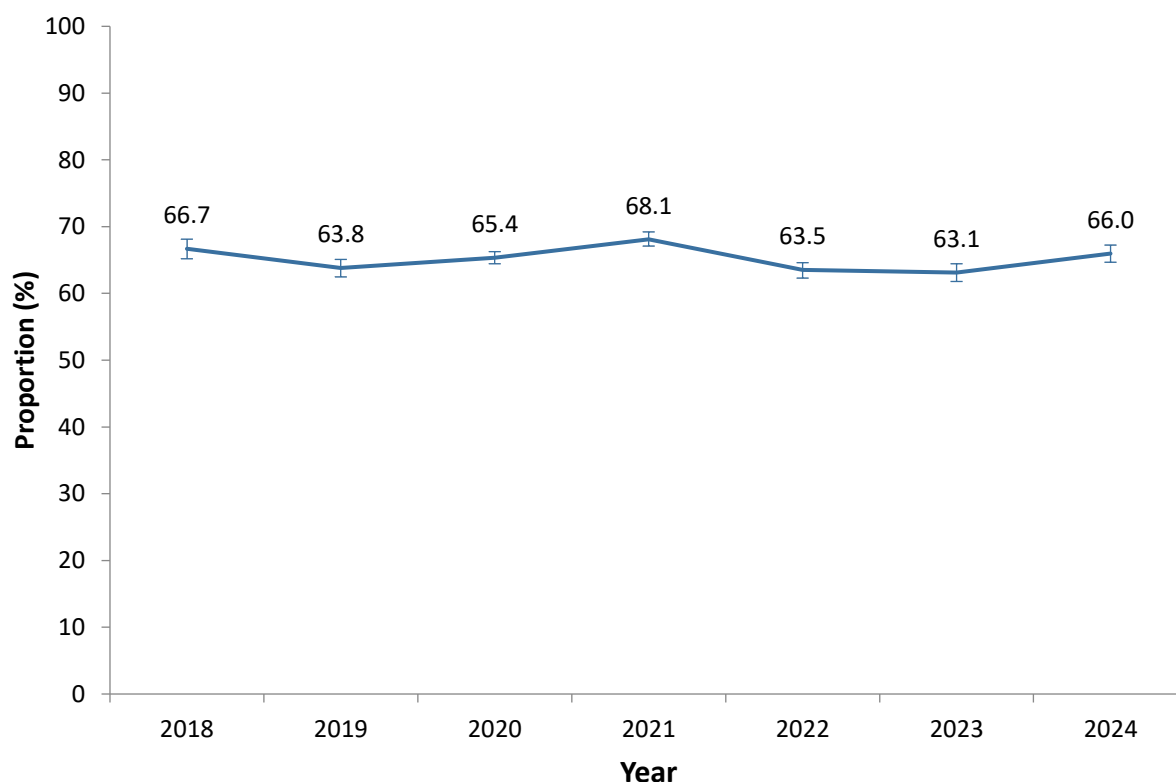


Table 41: Proportion of South Australian adults (18 years and over) reporting weight status, SAPHS 2024 (n=5195)

	n	% (95% CI)
Underweight	84	1.6 (1.3-2.0)
Normal	1685	32.4 (31.2-33.7)
Overweight	1756	33.8 (32.5-35.1)
Obese	1671	32.2 (30.9-33.4)
Total	5195	100.0

CI: Confidence Interval.

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

Table 42: Proportion of South Australian adults (18 years and over) reporting unhealthy weight, SAPHS 2024 (N=5195)

		n/N	% (95% CI)
All		3427/5195	66.0 (64.7-67.2)
Gender (N=5146*)	Male	1730/2548	67.9 (66.1-69.7)
	Female	1670/2598	64.3 (62.4-66.1)
Location	Metropolitan	2419/3824	63.3 (61.7-64.8)
	Rural	1007/1371	73.5 (71.1-75.7)
Age (years)	18-29	465/981	47.4 (44.3-50.5)
	30-49	933/1461	63.9 (61.4-66.3)
	50-69	1304/1723	75.7 (73.6-77.7)
	70 and over	725/1031	70.3 (67.5-73.0)
SEIFA (N=5194)	Lowest	824/1167	70.6 (67.9-73.2)
	Low	621/879	70.6 (67.6-73.6)
	Middle	789/1232	64.1 (61.3-66.7)
	High	572/904	63.3 (60.1-66.4)
	Highest	619/1012	61.2 (58.1-64.1)
Education (N=5161)	No school to secondary	1524/2287	66.6 (64.7-68.5)
	TAFE, trade, certificate	703/932	75.4 (72.6-78.1)
	Diploma, advanced diploma	473/682	69.3 (65.8-72.7)
	Degree or higher	700/1261	55.5 (52.8-58.2)
Household Income	Up to \$20,000	164/227	72.0 (66.2-77.8)
	\$20,001 - \$40,000	382/575	66.5 (62.5-70.2)
	\$40,001 - \$60,000	307/433	70.8 (66.5-75.0)
	\$60,001 - \$80,000	319/468	68.1 (63.8-72.3)
	\$80,001 - \$100,000	256/369	69.5 (64.5-73.9)
	\$100,001 - \$150,000	369/509	72.5 (68.5-76.2)
	More than \$150,000	511/800	63.9 (60.5-67.1)
	Not stated	1118/1814	61.7 (59.4-63.8)

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.

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 (65.6%) of respondents aged 18 to 64 years reported having exercised for at least 150 minutes at moderate intensity (or equivalent) per week in 2024, which was similar to 2023 (Figure 25).

Table 43 presents minutes of physical activity per week reported by adults in 2024 with 21.9% reporting 1-149 minutes, and 12.6% reporting no physical activity.

Engaging in at least 150 minutes per week of physical activity was higher among males, younger respondents, those from higher socioeconomic backgrounds, higher household incomes, and those with a degree or higher (compared to those with no school to secondary, or TAFE, trade and certificate qualifications) (Table 44).

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 2018-2024

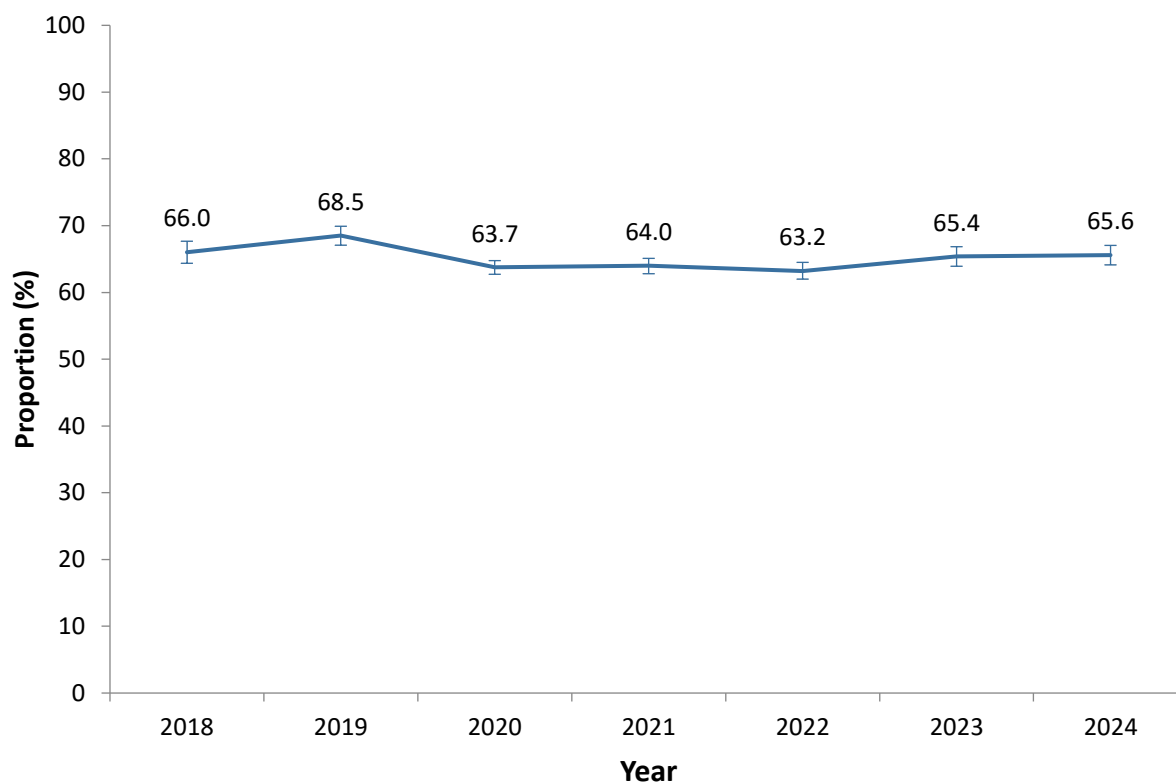


Table 43: Proportion of South Australian adults (18 to 64 years) reporting no activity, some activity, and 150 minutes or more of moderate intensity physical activity, SAPHS 2024 (n=4006)

	No activity (0 min)		Some activity (1-149 min)		150min or more	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
All	510	12.6 (11.6-13.6)	886	21.9 (20.6-23.1)	2659	65.6 (64.1-67.0)
Male (n=2003)	237	11.8 (10.5-13.3)	379	18.9 (17.3-20.7)	1387	69.2 (67.2-71.2)
Female (n=2003)	262	13.1 (11.7-14.6)	494	24.6 (22.8-26.6)	1247	62.3 (60.1-64.4)

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 44: Proportion of South Australian adults (18 to 64 years) reporting engaging in at least 150 minutes of moderate physical activity per week, SAPHS 2024 (N=4054)

		n/N	% (95% CI)
All		2659/4054	65.6 (64.1-67.0)
Gender (N=4006*)	Male	1387/2003	69.2 (67.2-71.2)
	Female	1247/2003	62.3 (60.1-64.4)
Location	Metropolitan	2019/3043	66.3 (64.7-68.0)
	Rural	640/1011	63.3 (60.3-66.2)
Age (years)	18-29	747/1034	72.2 (69.5-74.9)
	30-49	1043/1588	65.7 (63.3-68.0)
	50-64	869/1432	60.6 (58.1-63.2)
SEIFA (N=4052)	Lowest	611/989	61.7 (58.7-64.8)
	Low	407/652	62.4 (58.7-66.1)
	Middle	673/1024	65.7 (62.8-68.6)
	High	458/670	68.4 (64.8-71.8)
	Highest	508/717	71.0 (67.4-74.1)
Education (N=4027)	No school to secondary	1033/1691	61.1 (58.7-63.4)
	TAFE, trade, certificate	479/744	64.4 (60.9-67.8)
	Diploma, advanced diploma	355/526	67.6 (63.4-71.4)
	Degree or higher	772/1066	72.4 (69.7-75.0)
Household Income	Up to \$20,000	95/162	58.5 (51.0-66.0)
	\$20,001 - \$40,000	146/299	48.9 (43.2-54.5)
	\$40,001 - \$60,000	165/260	63.4 (57.5-69.1)
	\$60,001 - \$80,000	226/373	60.7 (55.6-65.5)
	\$80,001 - \$100,000	233/325	71.5 (66.6-76.4)
	\$100,001 - \$150,000	346/476	72.7 (68.6-76.5)
	More than \$150,000	582/774	75.2 (72.1-78.1)
	Not stated	866/1386	62.5 (59.9-65.0)

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.

Over a third (35.5%) of respondents aged 65 years and over engaged in at least 30 minutes of moderate intensity physical activity every day in 2024, which was similar 2023 and nearly half (48.1%) engaged in five or more days, which was similar to all previous years (2018-2023) (Figure 26).

Table 45 presents the number of days per week respondents aged 65 years and over engaged in at least 30 minutes of moderate intensity exercise, with 16.6% reporting not achieving the recommended minutes of physical activity on any days of the week. Table 46 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 who lived in metropolitan areas were less likely to engage in at physical activity for 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 2018-2024

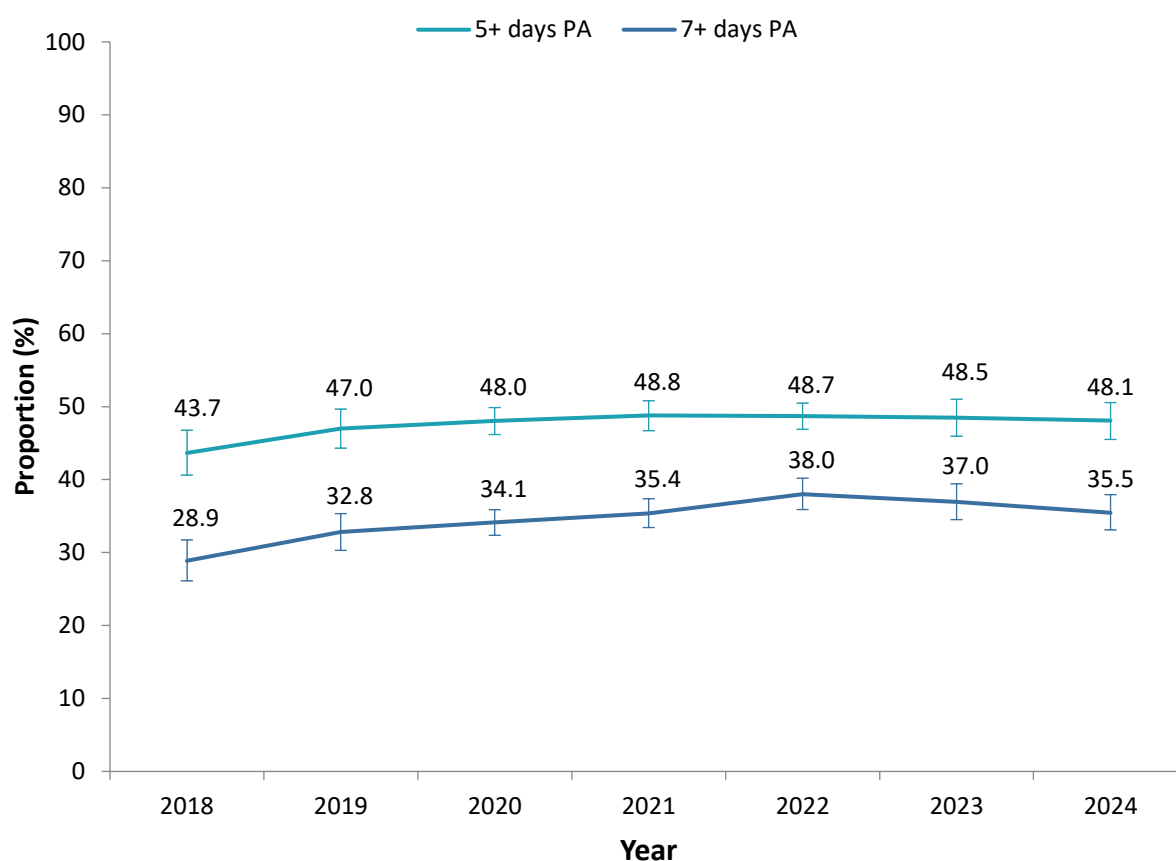


Table 45: Proportion of South Australian adults (65 years and over) by the number of days per week they engaged in 30 minutes or more of at least moderate intensity physical activity, SAPHS 2024 (n=1499)

	All		Male (n=672)		Female (n=825)	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
0	249	16.6 (14.8-18.6)	107	15.9 (13.3-18.8)	142	17.3 (14.8-19.9)
1	96	6.4 (5.2-7.7)	36	5.4 (3.8-7.3)	60	7.3 (5.6-9.2)
2	148	9.9 (8.4-11.5)	69	10.3 (8.1-12.7)	78	9.4 (7.6-11.6)
3	161	10.7 (9.2-12.4)	70	10.4 (8.3-12.9)	91	11.0 (9.0-13.3)
4	125	8.3 (7.0-9.8)	50	7.5 (5.6-9.6)	74	9.0 (7.2-11.1)
5	135	9.0 (7.6-10.5)	65	9.7 (7.6-12.1)	68	8.3 (6.5-10.3)
6	54	3.6 (2.7-4.6)	29	4.3 (3.0-6.1)	26	3.1 (2.1-4.5)
7	532	35.5 (33.1-37.9)	246	36.6 (33.0-40.3)	286	34.7 (31.5-38.0)

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 46: 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 2024 (N=1499)

		5+ days		7 days	
		n/N	% (95% CI)	n/N	% (95% CI)
All		720/1499	48.1 (45.5-50.6)	532/1499	35.5 (33.1-37.9)
Gender (N=1497*)	Male	340/672	50.5 (46.8-54.4)	246/672	36.6 (33.0-40.3)
	Female	380/825	46.0 (42.7-49.5)	286/825	34.7 (31.5-38.0)
Location	Metropolitan	478/1040	45.9 (42.9-49.0)	345/1040	33.2 (30.4-36.1)
	Rural	243/458	53.0 (48.5-57.6)	186/458	40.7 (36.2-45.2)
SEIFA	Lowest	129/284	45.3 (39.7-51.2)	101/284	35.6 (30.2-41.3)
	Low	137/285	47.8 (42.3-53.9)	105/285	36.7 (31.4-42.6)
	Middle	157/312	50.3 (44.8-55.8)	115/312	36.9 (31.6-42.3)
	High	144/275	52.2 (46.5-58.2)	102/275	37.0 (31.5-42.9)
	Highest	154/342	45.2 (39.8-50.3)	109/342	31.9 (27.1-36.9)
Education (N=1488)	No school to secondary	359/777	46.2 (42.7-49.7)	277/777	35.7 (32.3-39.1)
	TAFE, trade, certificate	137/260	52.6 (46.6-58.7)	99/260	38.2 (32.3-44.1)
	Diploma, advanced diploma	95/201	47.4 (40.4-54.2)	63/201	31.4 (25.2-38.0)
	Degree or higher	125/250	50.0 (43.8-56.2)	88/250	35.1 (29.5-41.3)
Household Income	Up to \$20,000	36/76	47.2 (36.4-58.5)	28/76	37.1 (26.7-48.0)
	\$20,001 - \$40,000	141/300	46.8 (41.4-52.7)	114/300	38.0 (32.6-43.6)
	\$40,001 - \$60,000	94/197	47.9 (40.8-54.7)	62/197	31.7 (25.3-38.2)
	\$60,001 - \$80,000	62/110	56.0 (47.0-65.4)	41/110	36.8 (28.7-46.5)
	\$80,001 - \$100,000	32/59	54.3 (41.6-66.5)	23/59	39.5 (27.3-51.7)
	\$100,001 - \$150,000	24/57	41.8 (29.9-55.0)	15/57	26.5 (16.3-38.7)
	More than \$150,000	28/49	57.0 (43.2-70.3)	20/49	41.4 (27.9-54.8)
	Not stated	304/650	46.8 (43.0-50.6)	228/650	35.0 (31.5-38.8)

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.

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 [6]:

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

Nearly one third of respondents aged 18 to 64 years (32.1%) reported doing muscle strengthening activities on two or more days per week, which was higher than in 2023 (28.0%) (Figure 27). Table 47 shows that 60.4% of adults reported not doing any muscle strength training, with a higher proportion of females reporting no muscle strength training.

In 2024, respondents who were more likely to engage in strength training at least two days per week were males and younger respondents. Respondents who lived in the lowest socioeconomic areas were less likely to engage in strength training at least two days per week, compared to residents from all other socioeconomic areas (Table 48).

Figure 27: Proportion of South Australian adults (18 to 64 years) reporting muscle strength training activities on two or more days per week, SAPHS 2018-2024

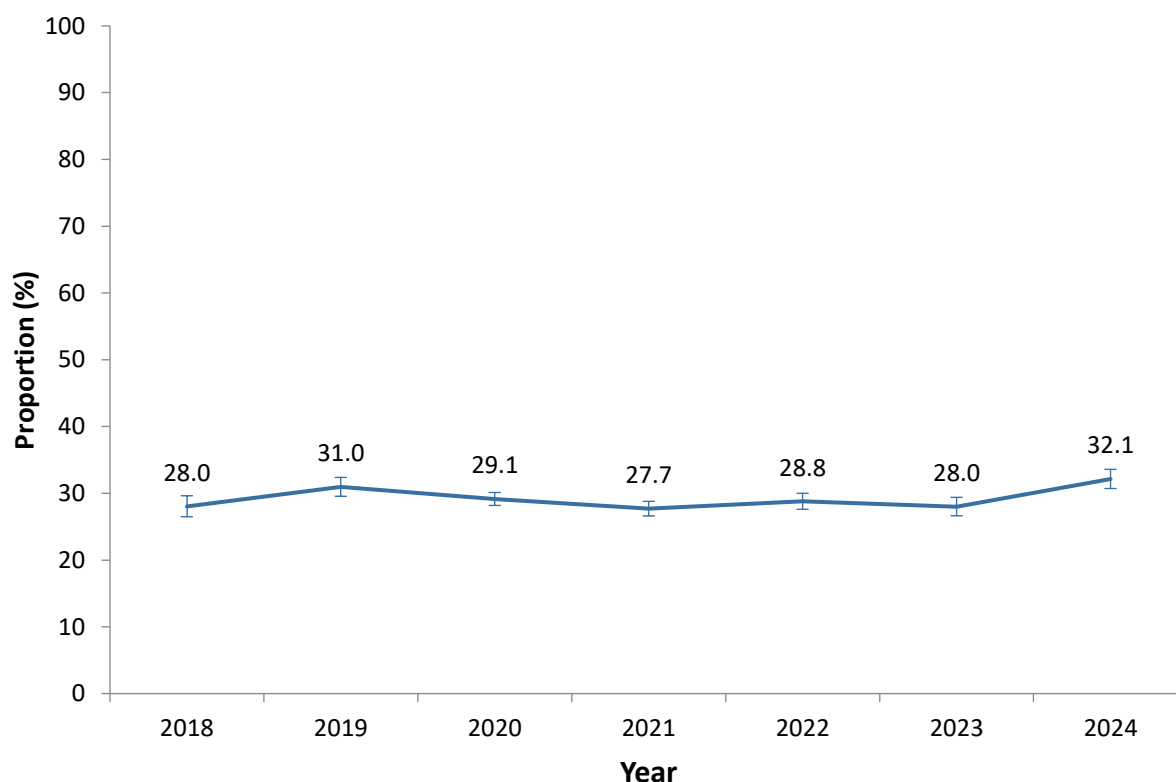


Table 47: Proportion of South Australian adults (18 to 64 years) reporting number of days per week of muscle strength training, SAPHS 2024 (n=4061)

	All*		Male (n=2007)		Female (n=2006)	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
0	2453	60.4 (58.9-61.9)	1122	55.9 (53.7-58.1)	1296	64.6 (62.5-66.7)
1	303	7.5 (6.7-8.3)	134	6.7 (5.6-7.8)	168	8.4 (7.2-9.6)
2	295	7.3 (6.5-8.1)	139	6.9 (5.9-8.1)	151	7.5 (6.4-8.7)
3	385	9.5 (8.6-10.4)	204	10.2 (8.9-11.5)	177	8.8 (7.6-10.1)
4	176	4.3 (3.7-5.0)	97	4.8 (4.0-5.8)	78	3.9 (3.1-4.8)
5	162	4.0 (3.4-4.6)	115	5.7 (4.8-6.8)	46	2.3 (1.7-3.0)
6	79	1.9 (1.6-2.4)	61	3.1 (2.4-3.9)	18	0.9 (0.6-1.4)
7	207	5.1 (4.5-5.8)	135	6.7 (5.7-7.9)	72	3.6 (2.8-4.5)

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 and/or identified as gender diverse.

Table 48: Proportion of South Australian adults (18 to 64 years) reporting muscle strength training two or more days per week, SAPHS 2024 (N=4061)

		n/N	% (95% CI)
All		1305/4061	32.1 (30.7-33.6)
Gender (N=4013*)	Male	751/2007	37.4 (35.3-39.6)
	Female	542/2006	27.0 (25.1-29.0)
Location	Metropolitan	1001/3043	32.9 (31.2-34.6)
	Rural	303/1018	29.8 (27.0-32.6)
Age (years)	18-29	456/1042	43.7 (40.8-46.8)
	30-49	489/1588	30.8 (28.6-33.1)
	50-64	360/1430	25.2 (23.0-27.5)
SEIFA (N=4059)	Lowest	262/995	26.3 (23.7-29.1)
	Low	223/653	34.1 (30.6-37.9)
	Middle	331/1021	32.4 (29.6-35.3)
	High	224/671	33.4 (29.9-37.0)
	Highest	265/718	37.0 (33.4-40.5)
Education (N=4030)	No school to secondary	528/1693	31.2 (29.0-33.4)
	TAFE, trade, certificate	240/744	32.2 (29.0-35.7)
	Diploma, advanced diploma	181/526	34.5 (30.4-38.5)
	Degree or higher	347/1067	32.5 (29.8-35.4)
Household Income	Up to \$20,000	43/162	26.4 (20.2-33.7)
	\$20,001 - \$40,000	94/302	31.3 (26.1-36.5)
	\$40,001 - \$60,000	80/260	30.7 (25.4-36.6)
	\$60,001 - \$80,000	111/372	29.8 (25.4-34.6)
	\$80,001 - \$100,000	130/324	40.1 (34.9-45.5)
	\$100,001 - \$150,000	150/478	31.4 (27.3-35.6)
	More than \$150,000	291/774	37.6 (34.2-41.1)
	Not stated	406/1390	29.2 (26.9-31.6)

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.

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, 61.8% of respondents in 2024 reported meeting the recommended sleep guidelines and this was similar to all previous years (2018-2023) (Figure 28). Respondents living in metropolitan Adelaide, those living in higher socioeconomic areas, those with higher levels of education and those who had household incomes above \$100,000 were more likely to meet the sleep guidelines in 2024. Respondents aged 50 years and older were less likely to meet sleep guidelines for their age, compared to those aged 18-29 years old (Table 49).

Figure 28: Proportion of South Australian adults (18 years and over) reporting meeting the sleep duration guidelines, SAPHS 2018-2024

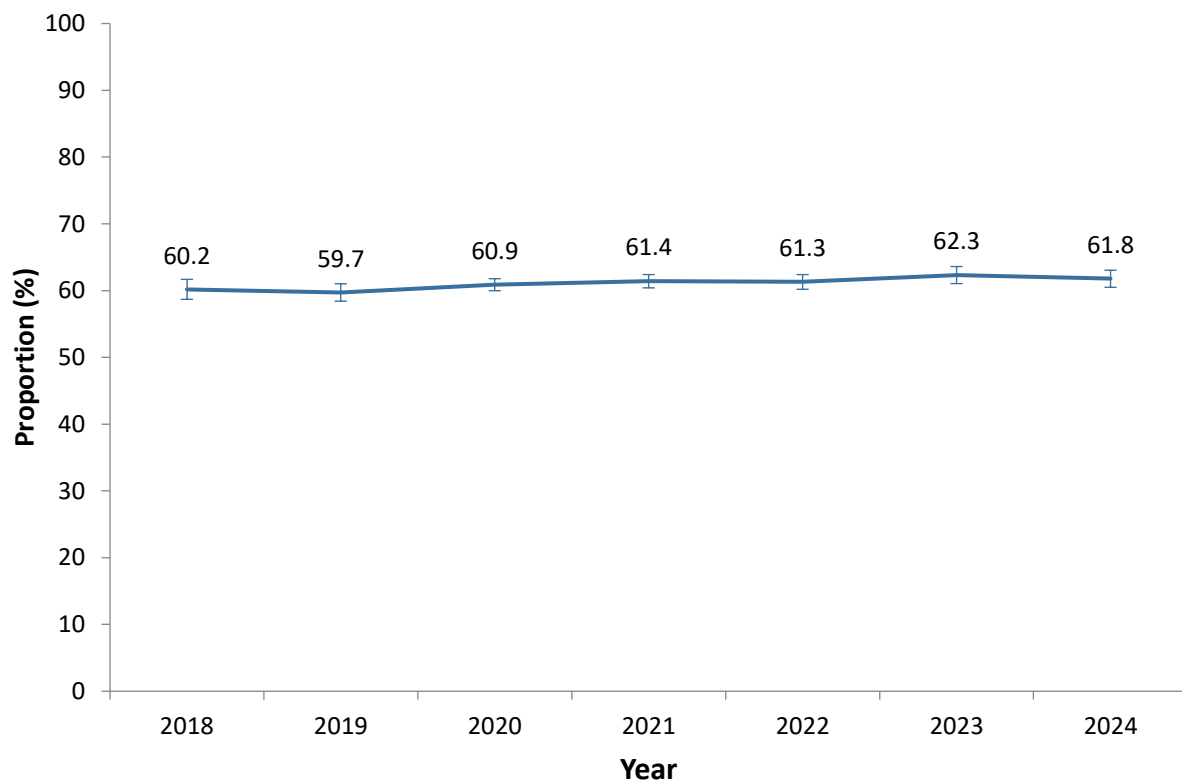


Table 49: Proportion of South Australian adults (18 years and over) reporting meeting the sleep duration guidelines, SAPHs 2024 (N=5532)

		n/N	% (95% CI)
All		3418/5532	61.8 (60.5-63.1)
Gender (N=5483*)	Male	1659/2665	62.3 (60.4-64.1)
	Female	1745/2818	61.9 (60.1-63.7)
Location	Metropolitan	2569/4075	63.0 (61.6-64.5)
	Rural	850/1457	58.3 (55.8-60.9)
Age (years)	18-29	708/1035	68.4 (65.5-71.2)
	30-49	1001/1576	63.6 (61.1-65.9)
	50-69	1068/1828	58.5 (56.2-60.7)
	70 and over	641/1094	58.6 (55.7-61.5)
SEIFA (N=5531)	Lowest	721/1254	57.5 (54.7-60.2)
	Low	557/939	59.3 (56.2-62.4)
	Middle	809/1329	60.9 (58.2-63.5)
	High	606/949	63.9 (60.8-66.9)
	Highest	724/1061	68.2 (65.4-71.0)
Education (N=5498)	No school to secondary	1407/2455	57.3 (55.3-59.3)
	TAFE, trade, certificate	574/996	57.6 (54.5-60.7)
	Diploma, advanced diploma	496/729	68.0 (64.6-71.3)
	Degree or higher	919/1318	69.8 (67.2-72.2)
Household Income	Up to \$20,000	130/237	54.7 (48.5-61.1)
	\$20,001 - \$40,000	326/593	55.1 (51.0-58.9)
	\$40,001 - \$60,000	277/456	60.7 (56.2-65.1)
	\$60,001 - \$80,000	300/483	62.2 (57.7-66.4)
	\$80,001 - \$100,000	236/384	61.5 (56.5-66.2)
	\$100,001 - \$150,000	366/536	68.3 (64.3-72.1)
	More than \$150,000	575/825	69.8 (66.5-72.8)
	Not stated	1208/2020	59.8 (57.7-61.9)

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.

Oral health

Measure: Respondents were asked how often they brushed their teeth or dentures with toothpaste.

Note: This variable was collected in the 2018 and 2019 SAPHS before being removed, the 2024 SAPHS is the next full year of collection.

Two thirds of respondents (65.0%) reported brushing their teeth or dentures twice or more a day (Figure 29). This was higher than 2018 (62.1%), and similar to 2019 (64.3%). Brushing once per day was reported by 30.6%, while brushing less than once per day was reported by 4.4% of adults (Table 50). Respondents who were more likely to brush their teeth twice a day included females, metropolitan residents, respondents from higher socioeconomic areas, and those with a diploma, degree or higher. Respondents with a household income of \$20,001-\$40,000 were less likely to report brushing twice per day, compared with those from higher income households (Table 51).

Table 50: Proportion of South Australian adults (18 years and over) reporting teeth or denture brushing per day, SAPHS 2024 (n=5542)

	Less than once per day		Once a day		Twice or more per day	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
All*	242	4.4 (3.9-4.9)	1698	30.6 (29.4-31.9)	3602	65.0 (63.7-66.2)
Male (n=2669)	172	6.5 (5.6-7.4)	986	36.9 (35.1-38.8)	1511	56.6 (54.7-58.5)
Female (n=2823)	66	2.3 (1.8-2.9)	695	24.6 (23.1-26.2)	2062	73.0 (71.4-74.7)

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

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

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

Figure 29: Proportion of South Australian adults (18 years and over) reporting teeth or denture brushing twice or more per day, SAPHS 2018-2019 and 2024

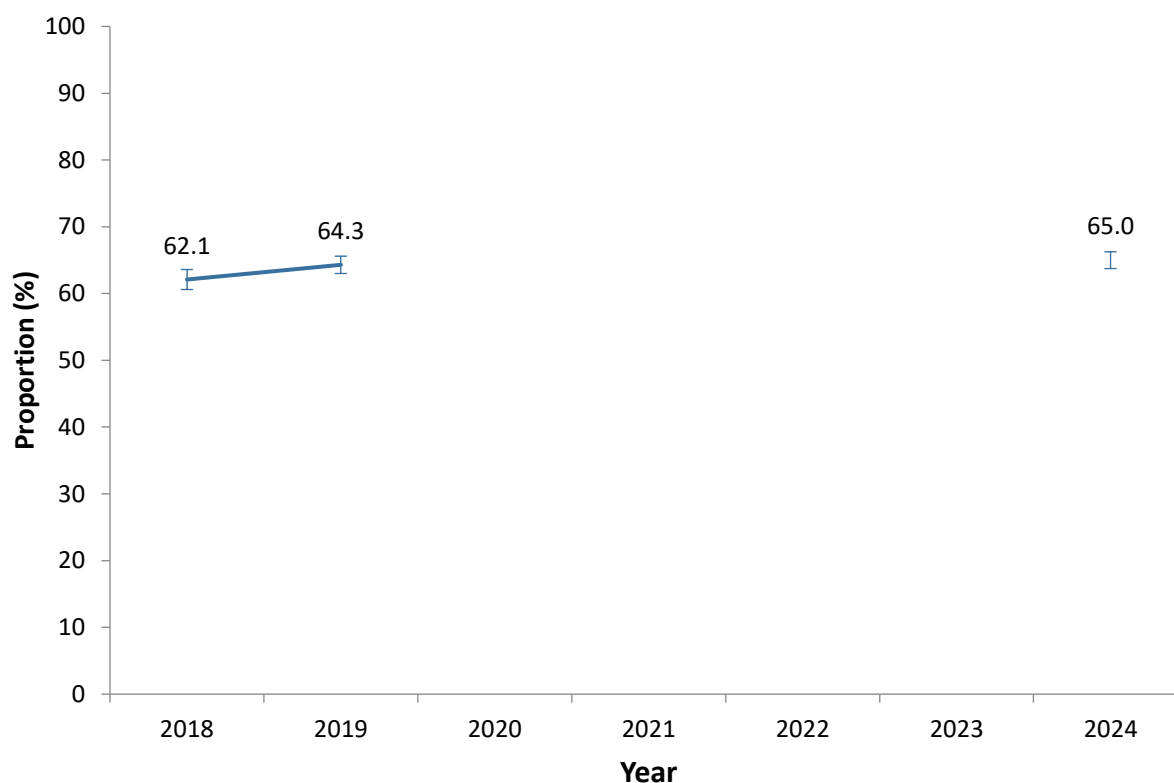


Table 51: Proportion of South Australian adults (18 years and over) reporting teeth brushing twice or more per day, SAPHS 2024 (N=5542)

		n/N	% (95% CI)
All		3602/5542	65.0 (63.7-66.2)
Gender (N=5493*)	Male	1511/2669	56.6 (54.7-58.5)
	Female	2062/2823	73.0 (71.4-74.7)
Location	Metropolitan	2728/4081	66.8 (65.4-68.3)
	Rural	874/1461	59.8 (57.3-62.3)
Age (years)	18-29	677/1044	64.8 (61.9-67.7)
	30-49	1036/1577	65.7 (63.3-68.0)
	50-69	1179/1822	64.7 (62.5-66.9)
	70 and over	710/1099	64.6 (61.7-67.4)
SEIFA (N=5540)	Lowest	743/1270	58.5 (55.8-61.2)
	Low	540/933	57.8 (54.7-61.0)
	Middle	904/1326	68.2 (65.6-70.6)
	High	640/950	67.4 (64.3-70.3)
	Highest	775/1060	73.0 (70.4-75.7)
Education (N=5501)	No school to secondary	1473/2450	60.1 (58.2-62.0)
	TAFE, trade, certificate	590/1005	58.7 (55.6-61.7)
	Diploma, advanced diploma	536/727	73.8 (70.4-76.8)
	Degree or higher	979/1319	74.2 (71.8-76.5)
Household Income	Up to \$20,000	147/236	62.4 (56.0-68.3)
	\$20,001 - \$40,000	319/598	53.4 (49.3-57.3)
	\$40,001 - \$60,000	307/456	67.3 (62.9-71.5)
	\$60,001 - \$80,000	338/484	69.9 (65.6-73.8)
	\$80,001 - \$100,000	262/384	68.2 (63.4-72.7)
	\$100,001 - \$150,000	378/535	70.5 (66.7-74.4)
	More than \$150,000	580/824	70.5 (67.2-73.4)
	Not stated	1269/2024	62.7 (60.6-64.8)

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.

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 52 below.

Table 52: 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 2024, 7.6% of respondents reported meeting the guideline for their age and sex, which is similar to all previous years (2018-2023) (Figure 30). Table 53 shows the daily vegetable consumption of adult respondents in 2024. Over one third reported consuming one or less serves of vegetables per day.

Respondents who were more likely to consume the recommended serves of vegetables included females, older respondents, those living in the high and highest socioeconomic areas and those with higher levels of education (Table 54).

Figure 30: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily vegetable consumption guidelines, SAPHS 2018-2024

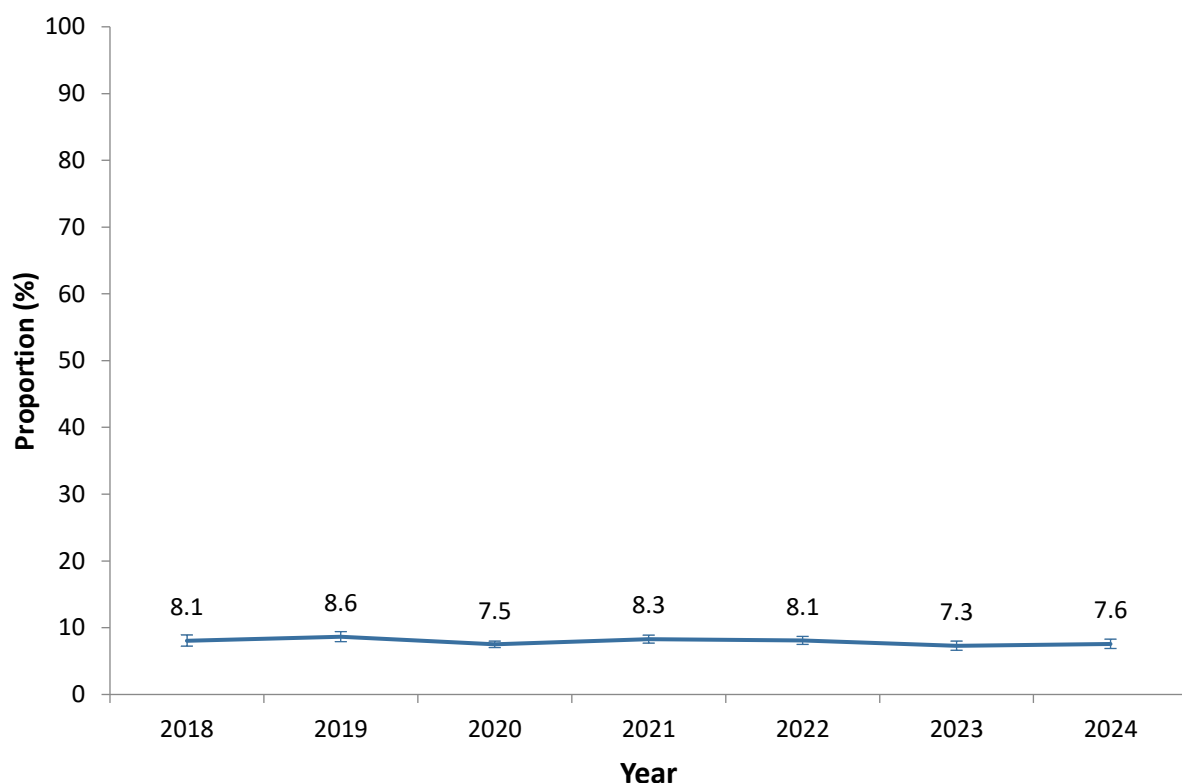


Table 53: Daily vegetable consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5455)

	n	% (95% CI)
None	162	3.0 (2.5-3.4)
One or less than one serve	1778	32.6 (31.4-33.8)
Two serves	1488	27.3 (26.1-28.5)
Three serves	1008	18.5 (17.5-19.5)
Four serves	516	9.5 (8.7-10.3)
Five or more serves	503	9.2 (8.5-10.0)
Total	5455	100.0

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

Table 54: 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 2024 (N=5455)

		n/N	% (95% CI)	Median (IQR)
All		413/5455	7.6 (6.9-8.3)	2.0 (1.0-3.0)
Gender (N=5412*)	Male	91/2607	3.5 (2.8-4.2)	2.0 (1.0-3.0)
	Female	322/2805	11.5 (10.3-12.7)	2.0 (1.0-3.0)
Location	Metropolitan	296/4003	7.4 (6.6-8.2)	2.0 (1.0-3.0)
	Rural	117/1451	8.1 (6.7-9.5)	2.0 (1.0-3.0)
Age (years)	18-29	44/1007	4.4 (3.2-5.8)	2.0 (1.0-3.0)
	30-49	100/1555	6.4 (5.3-7.7)	2.0 (1.0-3.0)
	50-69	161/1819	8.8 (7.6-10.2)	2.0 (1.0-3.0)
	70 and over	108/1073	10.0 (8.4-12.0)	2.0 (1.0-3.0)
SEIFA (N=5453)	Lowest	74/1242	6.0 (4.7-7.4)	2.0 (1.0-3.0)
	Low	55/920	6.0 (4.6-7.7)	2.0 (1.0-3.0)
	Middle	79/1309	6.0 (4.8-7.4)	2.0 (1.0-3.0)
	High	99/943	10.5 (8.7-12.6)	2.0 (1.0-3.0)
	Highest	107/1039	10.3 (8.6-12.3)	2.0 (1.0-3.0)
Education (N=5416)	No school to secondary	160/2413	6.6 (5.7-7.7)	2.0 (1.0-3.0)
	TAFE, trade, certificate	50/988	5.1 (3.8-6.6)	2.0 (1.0-3.0)
	Diploma, advanced diploma	76/725	10.5 (8.4-12.9)	2.0 (2.0-3.0)
	Degree or higher	126/1290	9.8 (8.2-11.5)	2.0 (1.0-3.0)
Household Income	Up to \$20,000	13/233	5.6 (3.2-9.1)	1.0 (1.0-3.0)
	\$20,001 - \$40,000	46/591	7.7 (5.8-10.2)	2.0 (1.0-3.0)
	\$40,001 - \$60,000	38/453	8.4 (6.1-11.2)	2.0 (1.0-3.0)
	\$60,001 - \$80,000	33/473	6.9 (4.9-9.5)	2.0 (1.0-3.0)
	\$80,001 - \$100,000	23/381	6.0 (4.0-8.8)	2.0 (1.0-3.0)
	\$100,001 - \$150,000	39/535	7.3 (5.3-9.7)	2.0 (1.0-3.0)
	More than \$150,000	79/812	9.7 (7.8-11.9)	2.0 (2.0-4.0)
	Not stated	143/1976	7.2 (6.2-8.4)	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 2024, 40.9% of respondents reported consuming the recommended serves of fruit each day, and this was higher than in 2023 (36.4%) (Figure 31). Over half of respondents (59.1%) did not meet the recommended daily consumption of fruit, with 48.4% consuming one or less than one serve, and 10.7% not consuming any fruit (Table 55). Females and respondents over 70 years of age were more likely to meet the guidelines (Table 56).

Figure 31: Proportion of South Australian adults (18 years and over) reporting meeting recommended daily fruit consumption guidelines, SAPHS 2018-2024

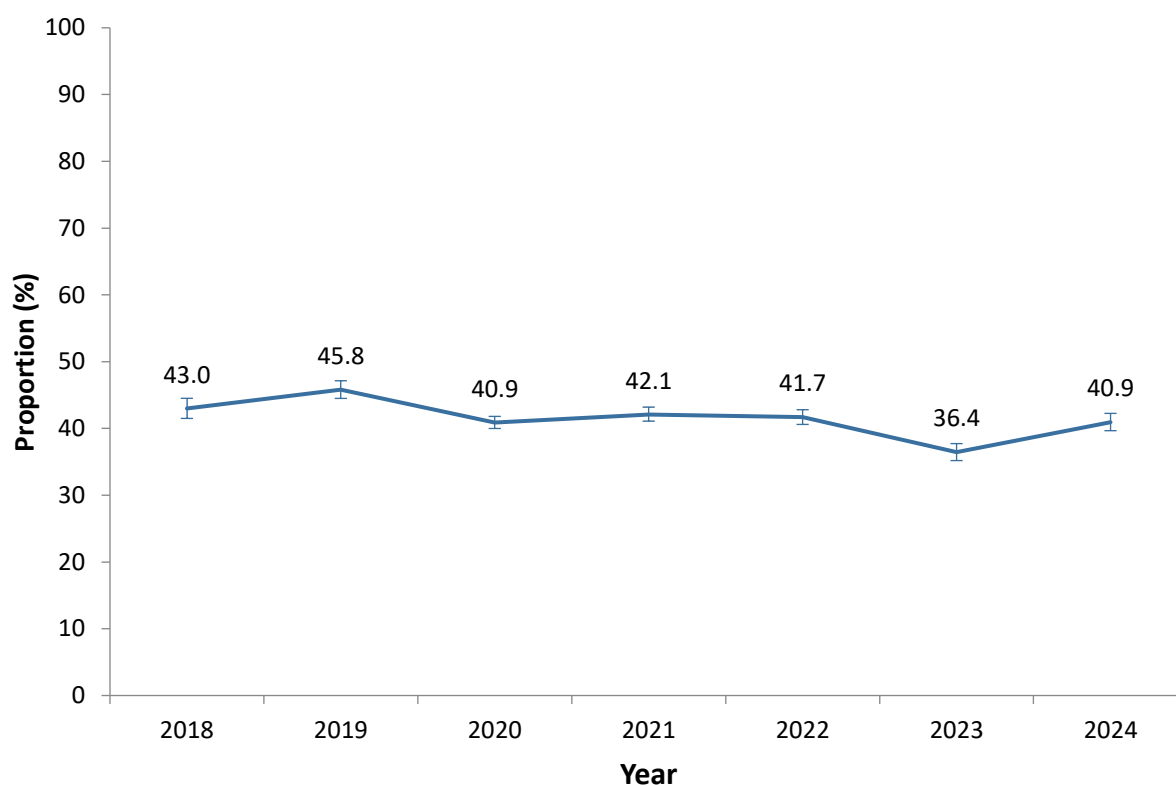


Table 55: Daily fruit consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5538)

	n	% (95% CI)
None	593	10.7 (9.9-11.5)
One or less than one serve	2678	48.4 (47.0-49.7)
Two serves	1452	26.2 (25.1-27.4)
Three serves	559	10.1 (9.3-10.9)
Four serves	140	2.5 (2.1-3.0)
Five or more serves	117	2.1 (1.8-2.5)
Total	5538	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) reporting meeting recommended daily fruit consumption guidelines, and median number of serves of fruit per day, SAPHS 2024 (N=5538)

		n/N	% (95% CI)	Median (IQR)
All		2268/5538	40.9 (39.7-42.3)	1.0 (1.0-2.0)
Gender (N=5488*)	Male	982/2664	36.8 (35.0-38.7)	1.0 (0.5-2.0)
	Female	1277/2823	45.2 (43.4-47.1)	1.0 (1.0-2.0)
Location	Metropolitan	1686/4067	41.5 (39.9-43.0)	1.0 (1.0-2.0)
	Rural	581/1471	39.5 (37.0-42.0)	1.0 (0.5-2.0)
Age (years)	18-29	412/1036	39.8 (36.8-42.8)	1.0 (1.0-2.0)
	30-49	554/1577	35.1 (32.8-37.5)	1.0 (0.5-2.0)
	50-69	731/1833	39.9 (37.7-42.1)	1.0 (1.0-2.0)
	70 and over	571/1092	52.3 (49.3-55.2)	2.0 (1.0-2.0)
SEIFA (N=5537)	Lowest	498/1270	39.2 (36.6-41.9)	1.0 (0.5-2.0)
	Low	379/938	40.4 (37.3-43.6)	1.0 (0.5-2.0)
	Middle	520/1334	39.0 (36.4-41.6)	1.0 (0.5-2.0)
	High	422/943	44.7 (41.6-47.9)	1.0 (1.0-2.0)
	Highest	448/1052	42.6 (39.6-45.6)	1.0 (1.0-2.0)
Education (N=5496)	No school to secondary	984/2459	40.0 (38.1-42.0)	1.0 (0.5-2.0)
	TAFE, trade, certificate	374/1002	37.4 (34.4-40.4)	1.0 (0.5-2.0)
	Diploma, advanced diploma	319/728	43.8 (40.2-47.4)	1.0 (1.0-2.0)
	Degree or higher	577/1307	44.2 (41.5-46.8)	1.0 (1.0-2.0)
Household Income	Up to \$20,000	93/237	39.3 (33.2-45.6)	1.0 (0.5-2.0)
	\$20,001 - \$40,000	262/601	43.7 (39.7-47.6)	1.0 (0.5-2.0)
	\$40,001 - \$60,000	181/456	39.6 (35.3-44.2)	1.0 (1.0-2.0)
	\$60,001 - \$80,000	186/481	38.8 (34.4-43.1)	1.0 (1.0-2.0)
	\$80,001 - \$100,000	168/382	44.0 (39.1-49.0)	1.0 (1.0-2.0)
	\$100,001 - \$150,000	192/536	35.8 (31.8-39.9)	1.0 (1.0-2.0)
	More than \$150,000	323/822	39.2 (36.0-42.7)	1.0 (1.0-2.0)
	Not stated	862/2024	42.6 (40.4-44.8)	1.0 (1.0-2.0)

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 respondents in 2024 reported consuming fast food at least once a week, which was similar to 2023 (Figure 32).

In 2024, 22.8% of adults reported never consuming fast food, while 25.7% consumed fast food once per week and 21.9% less than once a week (Table 57). Respondents who were more likely to consume fast food at least once a week include males, younger adults, metropolitan residents, and respondents who had household incomes above \$80,000 compared to those from households with incomes of \$60,000 or less (Table 58).

Figure 32: Proportion of South Australian adults (18 years and over) consuming fast food at least once a week, SAPHS 2018-2024

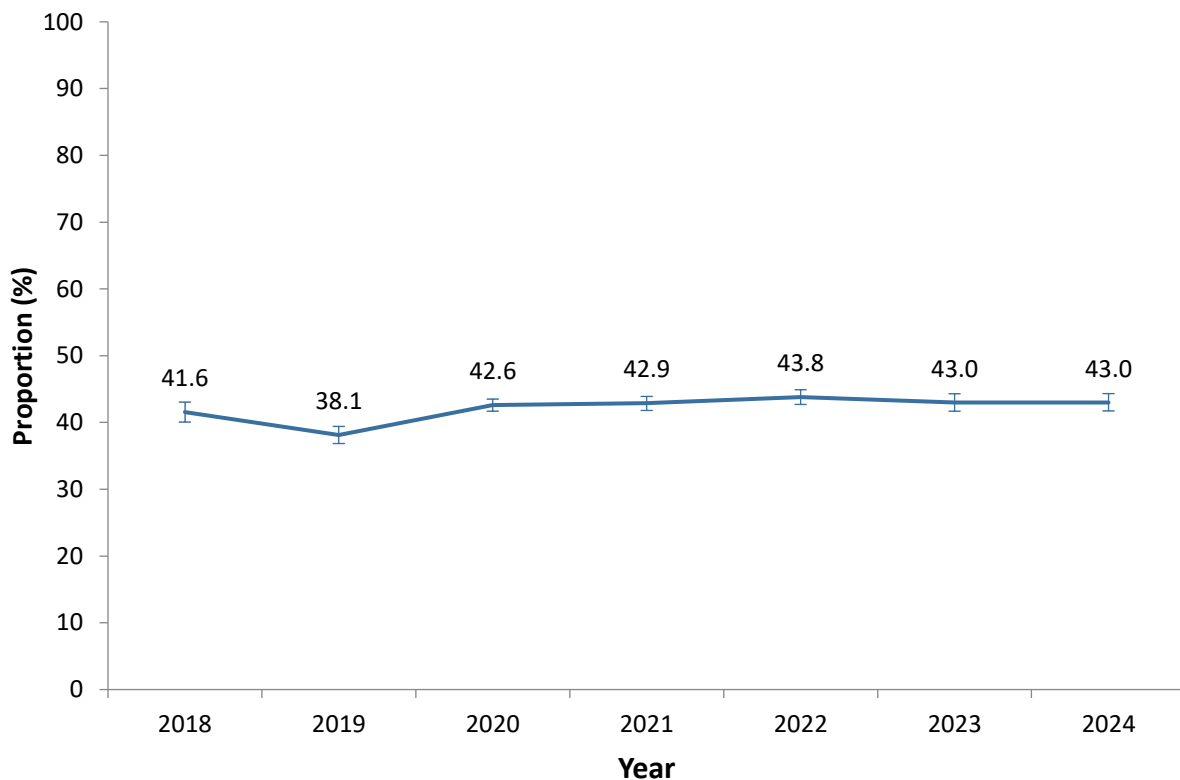


Table 57: Fast food consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5565)

	n	% (95% CI)
Never	1267	22.8 (21.7-23.9)
Rarely (less than once per month)	685	12.3 (11.5-13.2)
Less than once per week	1220	21.9 (20.9-23.0)
Once per week	1430	25.7 (24.6-26.9)
More than once per week	964	17.3 (16.3-18.3)
Total	5565	100.0

CI: Confidence Interval.

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

Table 58: Proportion of South Australian adults (18 years and over) consuming fast food at least once a week, and overall median consumption (times) per week, SAPHS 2024 (N=5565)

		n/N	% (95% CI)	Median (IQR)
All		2394/5565	43.0 (41.7-44.3)	0.5 (0.0-1.0)
Gender (N=5515*)	Male	1306/2677	48.8 (46.9-50.7)	0.7 (0.0-1.0)
	Female	1062/2838	37.4 (35.7-39.2)	0.5 (0.0-1.0)
Location	Metropolitan	1849/4093	45.2 (43.7-46.7)	0.5 (0.0-1.0)
	Rural	544/1472	37.0 (34.5-39.4)	0.2 (0.0-1.0)
Age (years)	18-29	677/1040	65.1 (62.2-67.9)	1.0 (0.5-2.0)
	30-49	904/1585	57.0 (54.6-59.5)	1.0 (0.2-2.0)
	50-69	631/1841	34.3 (32.1-36.5)	0.2 (0.0-1.0)
	70 and over	181/1100	16.5 (14.4-18.7)	0.0 (0.0-0.5)
SEIFA (N=5564)	Lowest	573/1276	44.9 (42.2-47.6)	0.5 (0.0-1.0)
	Low	410/941	43.5 (40.4-46.8)	0.5 (0.0-1.0)
	Middle	597/1336	44.7 (42.0-47.4)	0.5 (0.0-1.0)
	High	398/951	41.8 (38.7-45.0)	0.5 (0.0-1.0)
	Highest	416/1060	39.3 (36.3-42.2)	0.5 (0.0-1.0)
Education (N=5527)	No school to secondary	1036/2476	41.8 (39.9-43.8)	0.5 (0.0-1.0)
	TAFE, trade, certificate	464/1007	46.1 (43.0-49.2)	0.5 (0.0-1.0)
	Diploma, advanced diploma	287/729	39.4 (35.9-43.0)	0.5 (0.0-1.0)
	Degree or higher	590/1315	44.9 (42.2-47.6)	0.5 (0.0-1.0)
Household Income	Up to \$20,000	85/238	35.6 (29.8-41.9)	0.2 (0.0-1.0)
	\$20,001 - \$40,000	169/603	28.0 (24.6-31.7)	0.2 (0.0-1.0)
	\$40,001 - \$60,000	170/457	37.2 (32.9-41.7)	0.2 (0.0-1.0)
	\$60,001 - \$80,000	219/485	45.2 (40.8-49.6)	0.5 (0.0-1.0)
	\$80,001 - \$100,000	193/384	50.3 (45.3-55.2)	1.0 (0.0-1.0)
	\$100,001 - \$150,000	266/536	49.6 (45.4-53.9)	0.9 (0.2-1.0)
	More than \$150,000	425/824	51.6 (48.2-55.0)	1.0 (0.0-1.0)
	Not stated	866/2039	42.5 (40.3-44.6)	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.

A majority of adults (80.1%) reported consuming snack food at least once a week in 2024, which was similar to all previous years (2018-2023) (Figure 33).

In 2024, 9.2% of respondents reported never consuming snack food, while 4.5% consumed snack food less than once a month and 6.2% less than once a week (Table 59). Male respondents were less likely to consume snack food at least once a week, compared to female respondents (Table 60).

Figure 33: Proportion of South Australian adults (18 years and over) consuming snack food at least once a week, SAPHS 2018-2024

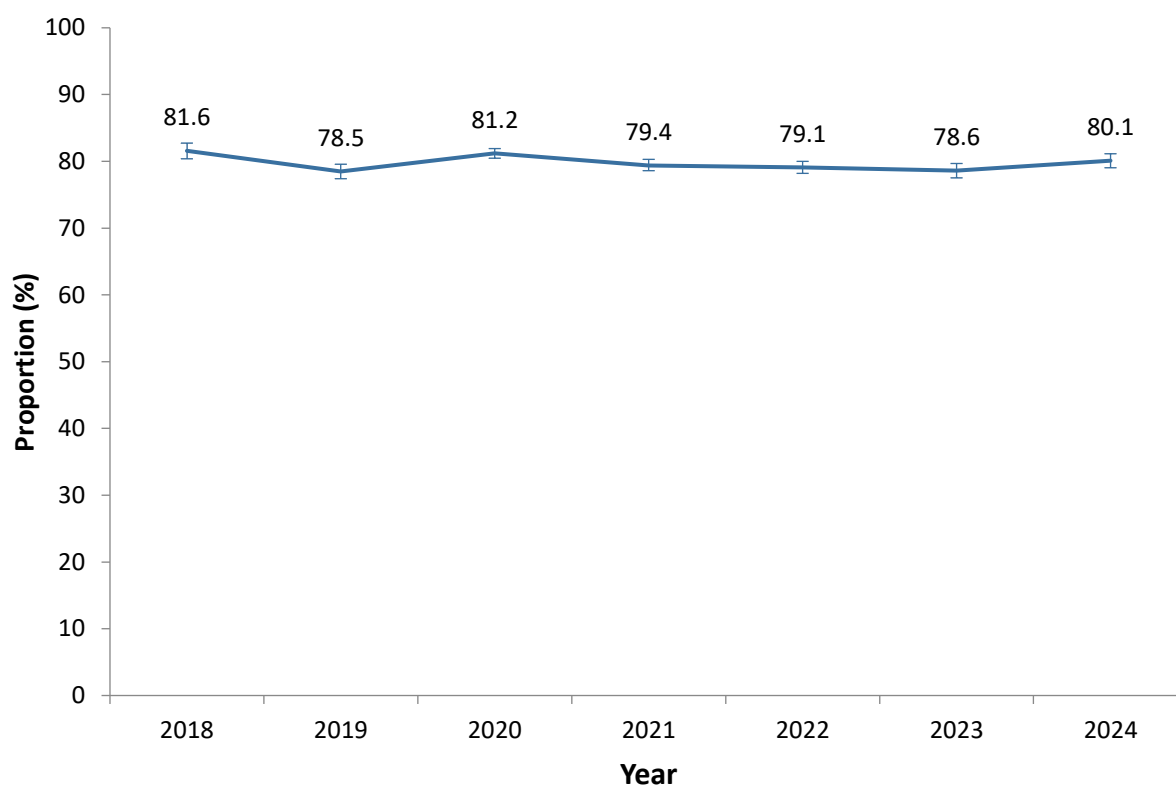


Table 59: Snack food consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5548)

	n	% (95% CI)
Never	511	9.2 (8.5-10.0)
Rarely (less than once per month)	248	4.5 (3.9-5.0)
Less than once per week	345	6.2 (5.6-6.9)
Once per week	951	17.1 (16.2-18.1)
More than once per week	3493	63.0 (61.7-64.2)
Total	5548	100.0

CI: Confidence Interval.

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

Table 60: Proportion of South Australian adults (18 years and over) consuming snack food at least once a week, and overall median consumption per week, SAPHS 2024 (N=5548)

		n/N	% (95% CI)	Median (IQR)
All		4444/5548	80.1 (79.0-81.1)	2.0 (1.0-5.0)
Gender (N=5498*)	Male	2094/2672	78.4 (76.8-79.9)	2.0 (1.0-5.0)
	Female	2313/2826	81.8 (80.4-83.2)	2.0 (1.0-7.0)
Location	Metropolitan	3277/4082	80.3 (79.0-81.5)	2.0 (1.0-5.0)
	Rural	1167/1466	79.6 (77.5-81.6)	2.0 (1.0-7.0)
Age (years)	18-29	809/1031	78.5 (75.9-80.9)	2.0 (1.0-4.0)
	30-49	1302/1583	82.3 (80.3-84.1)	2.0 (1.0-4.0)
	50-69	1453/1839	79.0 (77.1-80.8)	2.0 (1.0-5.0)
	70 and over	879/1095	80.3 (77.8-82.5)	3.0 (1.0-7.0)
SEIFA (N=5546)	Lowest	996/1274	78.2 (75.8-80.4)	2.0 (1.0-4.0)
	Low	752/939	80.1 (77.4-82.5)	2.0 (1.0-7.0)
	Middle	1038/1326	78.3 (76.0-80.4)	2.0 (1.0-5.0)
	High	778/949	81.9 (79.4-84.3)	2.0 (1.0-5.0)
	Highest	878/1058	83.0 (80.6-85.2)	2.0 (1.0-6.0)
Education (N=5508)	No school to secondary	1967/2460	80.0 (78.3-81.5)	2.0 (1.0-5.0)
	TAFE, trade, certificate	784/1005	78.1 (75.4-80.5)	2.0 (1.0-7.0)
	Diploma, advanced diploma	589/727	81.0 (78.0-83.7)	2.0 (1.0-5.0)
	Degree or higher	1079/1317	82.0 (79.8-83.9)	2.0 (1.0-5.0)
Household Income	Up to \$20,000	184/238	77.5 (71.7-82.3)	2.0 (1.0-7.0)
	\$20,001 - \$40,000	474/600	79.0 (75.6-82.1)	2.0 (1.0-7.0)
	\$40,001 - \$60,000	369/456	80.8 (77.1-84.3)	2.0 (1.0-7.0)
	\$60,001 - \$80,000	392/484	81.1 (77.3-84.3)	2.0 (1.0-5.0)
	\$80,001 - \$100,000	319/384	83.2 (79.1-86.6)	2.0 (1.0-4.0)
	\$100,001 - \$150,000	437/536	81.4 (78.1-84.6)	2.0 (1.0-5.0)
	More than \$150,000	686/825	83.2 (80.5-85.6)	3.0 (1.0-5.0)
	Not stated	1583/2026	78.1 (76.3-79.9)	2.0 (1.0-5.0)

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 2024 was 1.82 litres, which was similar to previous years (Figure 34). Half (50.3%) of adults reported consuming over two litres of water a day (Table 61). Male respondents and younger adults reported consuming more water (Table 62).

Figure 34: Daily average water consumption (litres) reported by South Australian adults (18 years and over), SAPHS 2018-2024

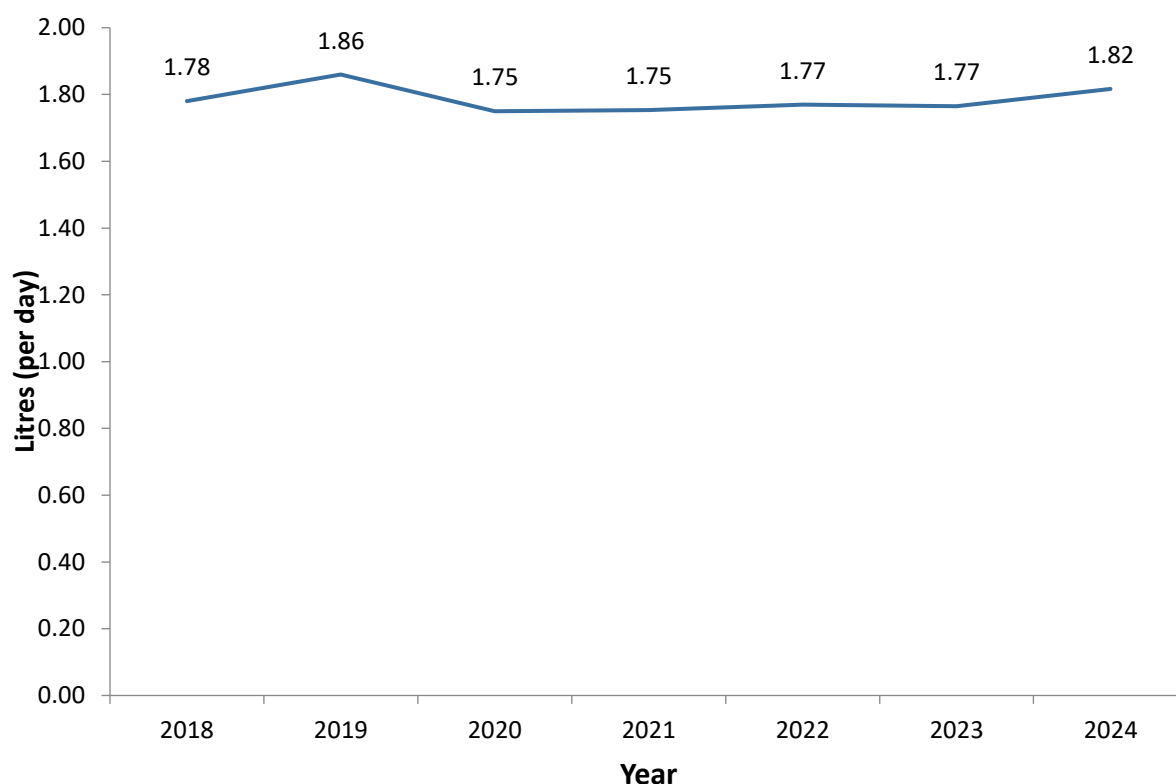


Table 61: Daily water consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5511)

	n	% (95% CI)
None	77	1.4 (1.1-1.7)
Less than 500ml	83	1.5 (1.2-1.9)
500 to 999ml	477	8.7 (7.9-9.4)
1000 to 1499ml	1296	23.5 (22.4-24.7)
1500 to 1999ml	806	14.6 (13.7-15.6)
≥ 2000ml	2772	50.3 (49.0-51.6)
Total	5511	100.0

CI: Confidence Interval.

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

Table 62: Daily water consumption (litres) of South Australian adults (18 years and over), SAPHS 2024 (N=5511)

		Mean (Range) SD	Median (IQR)
All		1.82 (0.0 - 9.0) 1.04	2.0 (1.0-2.0)
Gender (N=5461*)	Male	1.96 (0.0 - 9.0) 1.20	2.0 (1.0-2.5)
	Female	1.68 (0.0 - 9.0) 0.83	1.5 (1.0-2.0)
Location	Metropolitan	1.82 (0.0 - 9.0) 1.04	2.0 (1.0-2.0)
	Rural	1.80 (0.0 - 9.0) 1.05	2.0 (1.0-2.0)
Age (years)	18-29	2.01 (0.0 - 9.0) 1.23	2.0 (1.0-3.0)
	30-49	1.90 (0.0 - 9.0) 1.03	2.0 (1.0-2.3)
	50-69	1.80 (0.0 - 9.0) 1.05	2.0 (1.0-2.0)
	70 and over	1.53 (0.0 - 5.0) 0.76	1.5 (1.0-2.0)
SEIFA (N=5509)	Lowest	1.83 (0.0 - 9.0) 1.14	1.8 (1.0-2.0)
	Low	1.91 (0.0 - 9.0) 1.20	2.0 (1.0-2.3)
	Middle	1.81 (0.0 - 7.0) 0.95	2.0 (1.0-2.0)
	High	1.76 (0.0 - 9.0) 0.90	1.8 (1.0-2.0)
	Highest	1.78 (0.0 - 9.0) 1.00	1.8 (1.0-2.0)
Education (N=5478)	No school to secondary	1.77 (0.0 - 9.0) 1.12	1.5 (1.0-2.0)
	TAFE, trade, certificate	1.87 (0.0 - 7.0) 1.08	2.0 (1.0-2.3)
	Diploma, advanced diploma	1.82 (0.0 - 7.0) 0.84	2.0 (1.3-2.0)
	Degree or higher	1.87 (0.0 - 9.0) 0.96	2.0 (1.1-2.0)
Household Income	Up to \$20,000	1.61 (0.0 - 6.0) 0.95	1.5 (1.0-2.0)
	\$20,001 - \$40,000	1.71 (0.0 - 9.0) 1.08	1.5 (1.0-2.0)
	\$40,001 - \$60,000	1.88 (0.0 - 9.0) 1.19	1.8 (1.0-2.0)
	\$60,001 - \$80,000	1.87 (0.0 - 7.0) 0.96	2.0 (1.0-2.3)
	\$80,001 - \$100,000	1.93 (0.0 - 9.0) 1.10	2.0 (1.0-2.5)
	\$100,001 - \$150,000	1.90 (0.0 - 8.0) 1.08	2.0 (1.0-2.0)
	More than \$150,000	1.96 (0.0 - 7.0) 0.98	2.0 (1.3-2.5)
	Not stated	1.74 (0.0 - 9.0) 1.02	1.8 (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 15.0% of adults reported consuming soft drink in 2024, which was higher than 2023 (13.0%) (Figure 35). In 2024, the majority (85.0%) of adults reported not consuming soft drink on an average day, with 4.7% consuming half a litre or more daily (Table 63). Of the n=833 respondents that reported consuming soft drink, the average consumption was 420mL/day (Table 64).

Males, rural residents, younger adults, those from lower socioeconomic areas, and those with lower education levels were more likely to report consuming soft drinks. Respondents who had household incomes of \$20,000 or less were also more likely to consume soft drinks, compared to those who had household incomes over \$80,000 (Table 65).

Figure 35: Proportion of South Australian adults (18 years and over) consuming soft drink on an average day, SAPHS 2018-2024

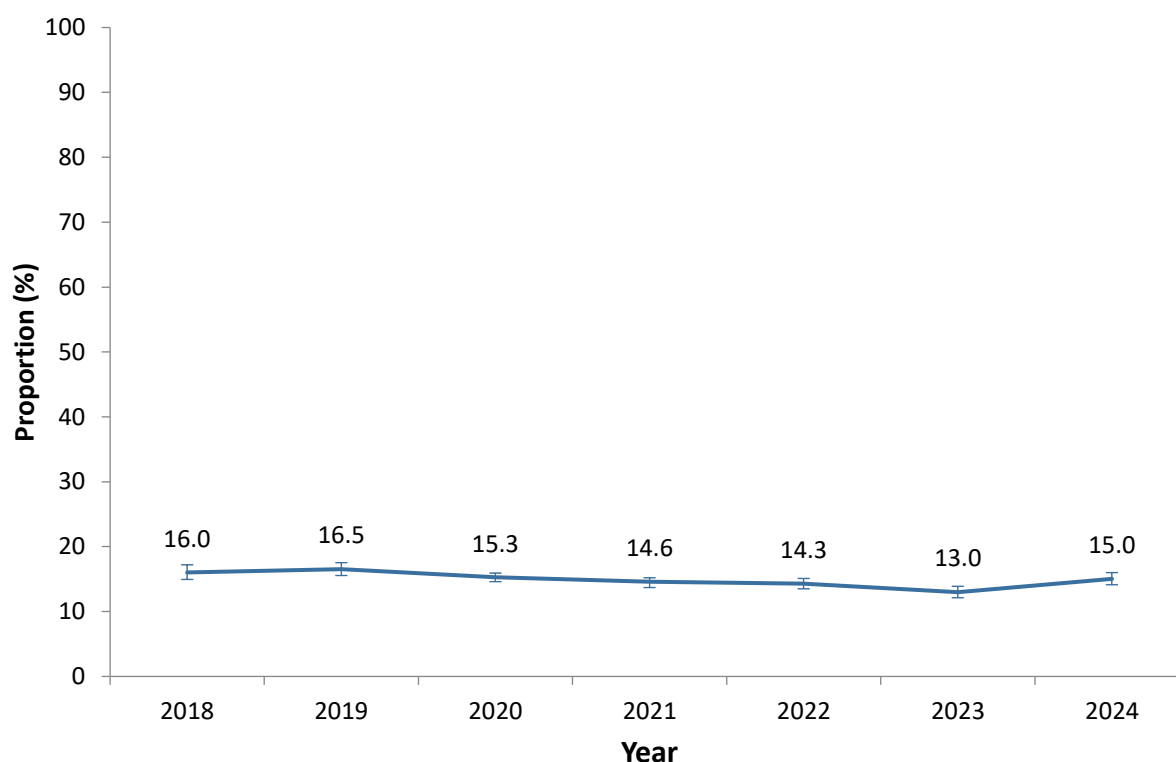


Table 63: Daily soft drink consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5537)

	n	% (95% CI)
None	4704	85.0 (84.0-85.9)
Less than 250ml	166	3.0 (2.6-3.5)
250 to 499ml	405	7.3 (6.7-8.0)
500 to 749ml	152	2.7 (2.3-3.2)
750 to 999ml	33	0.6 (0.4-0.8)
≥ 1000ml	77	1.4 (1.1-1.7)
Total	5537	100.0

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

Table 64: Daily soft drink consumption (litres) of South Australian adults (18 years and over) who reported consuming soft drink, SAPHS 2024 (n=833)

	Mean (Range) SD
All*	0.42 (0.0 - 7.5) 0.52
Male (n=487)	0.48 (0.0 - 7.5) 0.62
Female (n=336)	0.33 (0.0 - 7.5) 0.32

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

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

Table 65: Proportion of South Australian adults (18 years and over) consuming soft drink on an average day, SAPHS 2024 (N=5537)

		n/N	% (95% CI)
All		833/5537	15.0 (14.1-16.0)
Gender (N=5486*)	Male	487/2657	18.3 (16.9-19.8)
	Female	336/2829	11.9 (10.7-13.1)
Location	Metropolitan	578/4065	14.2 (13.2-15.3)
	Rural	255/1472	17.3 (15.5-19.3)
Age (years)	18-29	235/1028	22.9 (20.4-25.5)
	30-49	293/1576	18.6 (16.7-20.6)
	50-69	209/1835	11.4 (10.0-12.9)
	70 and over	95/1097	8.7 (7.1-10.4)
SEIFA (N=5535)	Lowest	275/1274	21.6 (19.4-23.9)
	Low	157/935	16.8 (14.5-19.3)
	Middle	179/1319	13.6 (11.8-15.5)
	High	108/948	11.4 (9.5-13.5)
	Highest	113/1060	10.7 (8.9-12.6)
Education (N=5493)	No school to secondary	443/2451	18.1 (16.6-19.6)
	TAFE, trade, certificate	185/1005	18.4 (16.1-20.9)
	Diploma, advanced diploma	89/728	12.2 (10.0-14.8)
	Degree or higher	110/1309	8.4 (7.0-10.0)
Household Income	Up to \$20,000	57/237	24.1 (18.9-29.8)
	\$20,001 - \$40,000	88/600	14.6 (12.0-17.7)
	\$40,001 - \$60,000	67/456	14.8 (11.7-18.2)
	\$60,001 - \$80,000	105/485	21.7 (18.2-25.5)
	\$80,001 - \$100,000	50/380	13.1 (10.0-16.8)
	\$100,001 - \$150,000	69/533	13.0 (10.3-16.0)
	More than \$150,000	109/824	13.2 (11.0-15.7)
	Not stated	288/2022	14.2 (12.8-15.8)

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 2024, 21.9% of adults reported consuming sugar-free soft drinks on an average day, which was higher than 2023 (18.9%) (Figure 36).

A majority (78.1%) of respondents reported not consuming sugar-free soft drink on an average day, with 8.4% consuming at least half a litre daily (Table 67). Of the n=1212 respondents that reported sugar-free soft drink consumption, the average consumption was 480mL/day (Table 66). Females and older respondents were less likely to consume sugar-free soft drink (Table 68).

Figure 36: Proportion of South Australian adults (18 years and over) consuming sugar-free soft drink on an average day, SAPHS 2018-2024

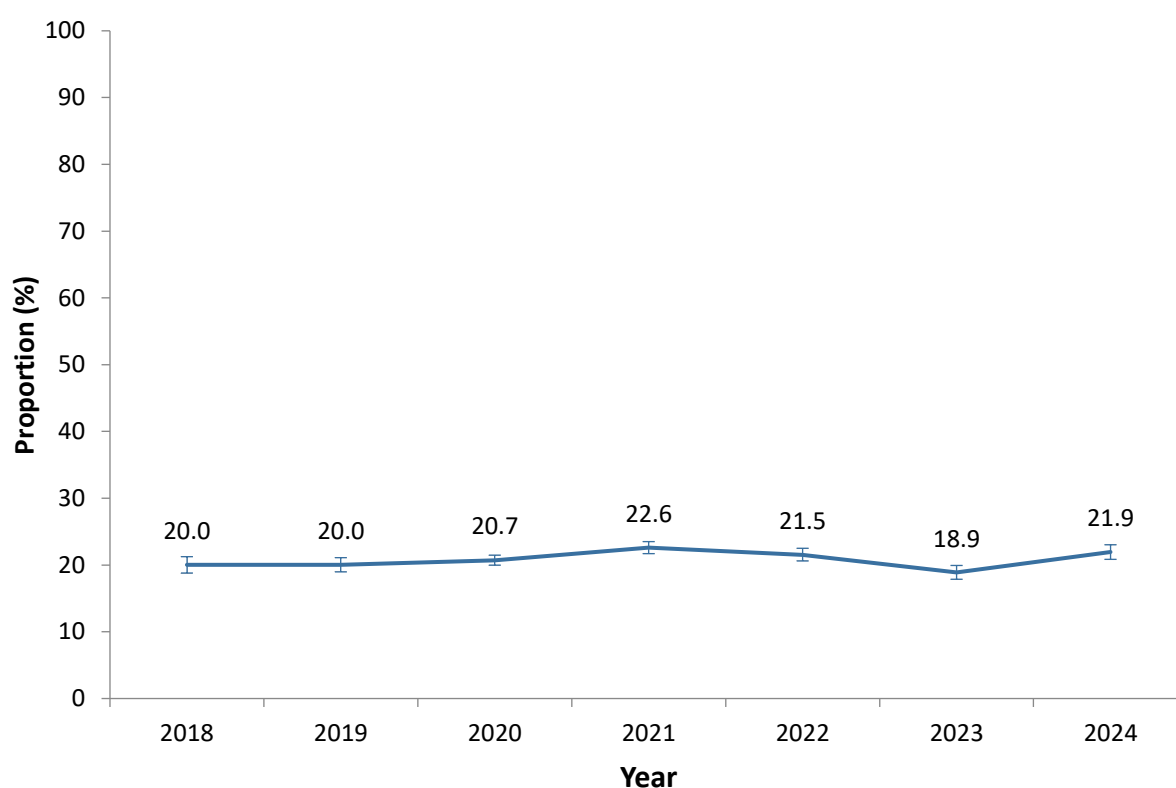


Table 66: Sugar-free soft drink consumption (litres) of South Australian adults (18 years and over) who reported consuming sugar-free soft drink, SAPHS 2024 (n=1212)

	Mean (Range) SD
All	0.48 (0.0 - 7.5) 0.51
Male (n=655)	0.47 (0.0 - 7.5) 0.45
Female (n=546)	0.47 (0.0 - 7.5) 0.57

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 67: Daily sugar-free soft drink consumption of South Australian adults (18 years and over), SAPHS 2024 (n=5529)

	n	% (95% CI)
None	4317	78.1 (77.0-79.2)
Less than 250ml	184	3.3 (2.9-3.8)
250 to 499ml	562	10.2 (9.4-11.0)
500 to 749ml	250	4.5 (4.0-5.1)
750 to 999ml	58	1.0 (0.8-1.3)
≥ 1000ml	158	2.9 (2.4-3.3)
Total	5529	100.0

CI: Confidence Interval.

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

Table 68: Proportion of South Australian adults (18 years and over) consuming sugar-free soft drink on an average day, SAPHS 2024 (N=5529)

		n/N	% (95% CI)
All		1212/5529	21.9 (20.8-23.0)
Gender (N=5479*)	Male	655/2662	24.6 (23.0-26.3)
	Female	546/2818	19.4 (17.9-20.9)
Location	Metropolitan	894/4057	22.0 (20.8-23.3)
	Rural	317/1472	21.6 (19.5-23.7)
Age (years)	18-29	289/1024	28.2 (25.5-31.0)
	30-49	396/1579	25.1 (23.0-27.3)
	50-69	358/1833	19.5 (17.8-21.4)
	70 and over	168/1093	15.4 (13.3-17.6)
SEIFA (N=5527)	Lowest	299/1271	23.5 (21.3-25.9)
	Low	201/935	21.5 (19.0-24.2)
	Middle	280/1314	21.3 (19.2-23.6)
	High	205/947	21.6 (19.1-24.4)
	Highest	227/1060	21.4 (19.0-24.0)
Education (N=5485)	No school to secondary	578/2451	23.6 (21.9-25.3)
	TAFE, trade, certificate	231/999	23.2 (20.6-25.8)
	Diploma, advanced diploma	145/725	20.1 (17.2-23.0)
	Degree or higher	249/1310	19.0 (17.0-21.2)
Household Income	Up to \$20,000	49/238	20.5 (15.8-26.1)
	\$20,001 - \$40,000	115/599	19.2 (16.2-22.5)
	\$40,001 - \$60,000	83/455	18.2 (14.9-22.0)
	\$60,001 - \$80,000	115/483	23.8 (20.2-27.8)
	\$80,001 - \$100,000	79/381	20.8 (16.9-25.0)
	\$100,001 - \$150,000	160/536	29.9 (26.1-33.8)
	More than \$150,000	191/823	23.2 (20.4-26.2)
	Not stated	420/2014	20.9 (19.1-22.7)

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.

Behavioural Risk Factors

Smoking

Official South Australian smoking data are collected annually through the Population Health Survey Module System (PHSMS). The 2024 PHSMS smoking data can be accessed via The Health Policy Centre at SAHMRI ([here](#)).

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 2024, 14.0% of adults were current smokers, which similar to 2023, but continues the downward trend since 2018 (Figure 37).

The majority of respondents (86.0%) were non-smokers in 2024, with 12.0% reporting daily smoking (Table 69). Respondents who were female, metropolitan residents, aged 70 years and over, had an education attainment of diploma, degree or higher, and those who lived in the high-highest socioeconomic areas, were less likely to be a current smoker. Females, metropolitan residents, respondents aged over 70 years, those from the highest socioeconomic areas, and those with levels of education of a diploma, degree or above were also less likely to be a daily smoker (Table 70).

Figure 37: Proportion of South Australian adults (18 years and over) reporting they were current smokers, SAPHS 2018-2024

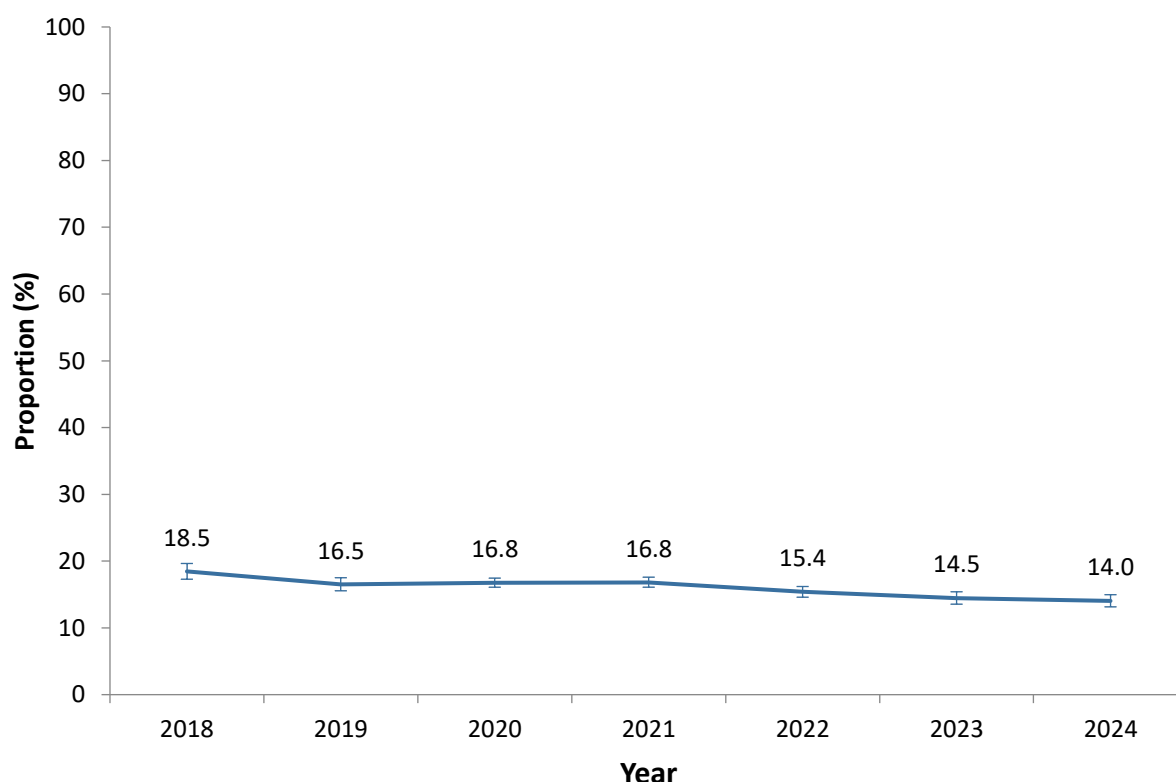


Table 69: Smoking status of South Australian adults (18 years and over), SAPHS 2024 (n=5571)

	n	% (95% CI)
Daily smokers	668	12.0 (11.2-12.9)
At least weekly (not daily) smokers	76	1.4 (1.1-1.7)
Less often than weekly smokers	39	0.7 (0.5-0.9)
Non-smokers	4789	86.0 (85.0-86.9)
Total	5571	100.0

CI: Confidence Interval.

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

Table 70: Proportion of South Australian adults (18 years and over) reporting smoking, SAPHS 2024 (N=5571)

		Current smoking*		Daily smoking	
		n/N	% (95% CI)	n/N	% (95% CI)
All		782/5571	14.0 (13.1-15.0)	668/5571	12.0 (11.2-12.9)
Gender (N=5521^)	Male	432/2683	16.1 (14.7-17.5)	366/2683	13.6 (12.4-15.0)
	Female	346/2837	12.2 (11.0-13.4)	298/2837	10.5 (9.4-11.7)
Location	Metropolitan	521/4093	12.7 (11.7-13.8)	441/4093	10.8 (9.9-11.8)
	Rural	262/1478	17.7 (15.8-19.7)	227/1478	15.4 (13.6-17.3)
Age (years)	18-29	159/1040	15.3 (13.2-17.6)	124/1040	11.9 (10.1-14.0)
	30-49	281/1587	17.7 (15.9-19.6)	236/1587	14.9 (13.2-16.7)
	50-69	295/1841	16.0 (14.4-17.8)	267/1841	14.5 (13.0-16.2)
	70 and over	47/1102	4.2 (3.2-5.6)	41/1102	3.7 (2.7-5.0)
SEIFA (N=5570)	Lowest	257/1283	20.0 (17.9-22.3)	231/1283	18.0 (16.0-20.2)
	Low	164/942	17.4 (15.1-19.9)	139/942	14.8 (12.6-17.1)
	Middle	183/1331	13.7 (12.0-15.7)	156/1331	11.7 (10.1-13.5)
	High	93/952	9.8 (8.0-11.8)	82/952	8.6 (7.0-10.5)
	Highest	85/1061	8.0 (6.5-9.8)	61/1061	5.7 (4.5-7.3)
Education (N=5527)	No school to secondary	460/2472	18.6 (17.1-20.2)	395/2472	16.0 (14.6-17.5)
	TAFE, trade, certificate	158/1007	15.7 (13.5-18.0)	141/1007	14.0 (12.0-16.2)
	Diploma, advanced diploma	61/728	8.4 (6.5-10.6)	56/728	7.6 (5.9-9.8)
	Degree or higher	96/1320	7.3 (6.0-8.8)	70/1320	5.3 (4.2-6.6)
Household Income	Up to \$20,000	50/238	21.1 (16.2-26.5)	45/238	19.0 (14.3-24.2)
	\$20,001 - \$40,000	104/603	17.2 (14.4-20.4)	88/603	14.6 (11.9-17.6)
	\$40,001 - \$60,000	56/453	12.3 (9.6-15.6)	53/453	11.7 (9.0-14.9)
	\$60,001 - \$80,000	82/485	16.8 (13.8-20.4)	65/485	13.4 (10.6-16.6)
	\$80,001 - \$100,000	58/384	15.1 (11.8-18.9)	50/384	13.0 (9.9-16.7)
	\$100,001 - \$150,000	55/536	10.2 (7.9-13.0)	48/536	9.0 (6.8-11.6)
	More than \$150,000	75/823	9.2 (7.3-11.2)	56/823	6.8 (5.2-8.7)
	Not stated	302/2048	14.8 (13.3-16.3)	262/2048	12.8 (11.4-14.3)

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

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

*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 2024, 76.8% of adults consumed alcohol in the previous 12-months, with 7.2% drinking daily (Table 71). Table 72 presents the number of standard drinks usually consumed on a drinking day, with over half (60.4%) of respondents usually consuming two or less standard drinks. Just under a quarter (23.9%) of adults reported usually consuming between three and four standard drinks on a drinking day, while 15.7% usually consumed five or more standard drinks.

Table 71: Alcohol consumption of South Australian adults (18 years and over) in the previous 12- months, SAPHS 2024 (n=5563)

	n	% (95% CI)
Daily	401	7.2 (6.6-7.9)
At least weekly (not daily)	1970	35.4 (34.2-36.7)
Less often than weekly	1902	34.2 (33.0-35.4)
Non-drinkers*	1290	23.2 (22.1-24.3)
Total	5563	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 72: Number of standard drinks usually consumed by South Australian adults (18 years and over) on a drinking day, SAPHS 2024 (n=4224)

	n	% (95% CI)
½ to 1 drink	1271	30.1 (28.7-31.5)
2 drinks	1278	30.3 (28.9-31.7)
3-4 drinks	1011	23.9 (22.7-25.2)
5-10 drinks	566	13.4 (12.4-14.5)
11+ drinks	98	2.3 (1.9-2.8)
Total	4224	100.0

CI: Confidence Interval.

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

Table 73 shows that 22.4% of adults reported consuming more than 10 standard drinks per week in 2024. These proportions were higher in males (30.0%), those living in rural areas (30.5%) and those with a household income of more than \$150,000. Further, respondents aged 50 to 69 years were more likely to consume more than 10 drinks a week compared to the other aged groups.

Table 74 shows that 20.9% of adults in 2024 reported consuming more than four standard drinks on any one day at least monthly. Rates were higher among males, those living in rural areas, and those with a household income of \$80,001 or more. Respondents aged 70 years and older were less likely to consume more than four standard drinks on any one day at least monthly.

Under a third (27.8%) of respondents in 2024 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 2023 (29.3%) (Figure 38).

Males and those who lived in rural areas were more likely to consume alcohol that put them at risk of harm from alcohol-related disease or injury. Respondents with a degree or higher were less likely than those with an education attainment of TAFE, trade, certificate, secondary school or below to participate in drinking alcohol that put them at risk. Adults aged 70 years and over were also less likely to drink alcohol in a risky manner. Alcohol consumption in a way that risks harm or injury was more likely for those who had household incomes of more than \$150,000, compared to those from households with incomes of \$80,000 or less (Table 75).

Figure 38: 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 2018-2024

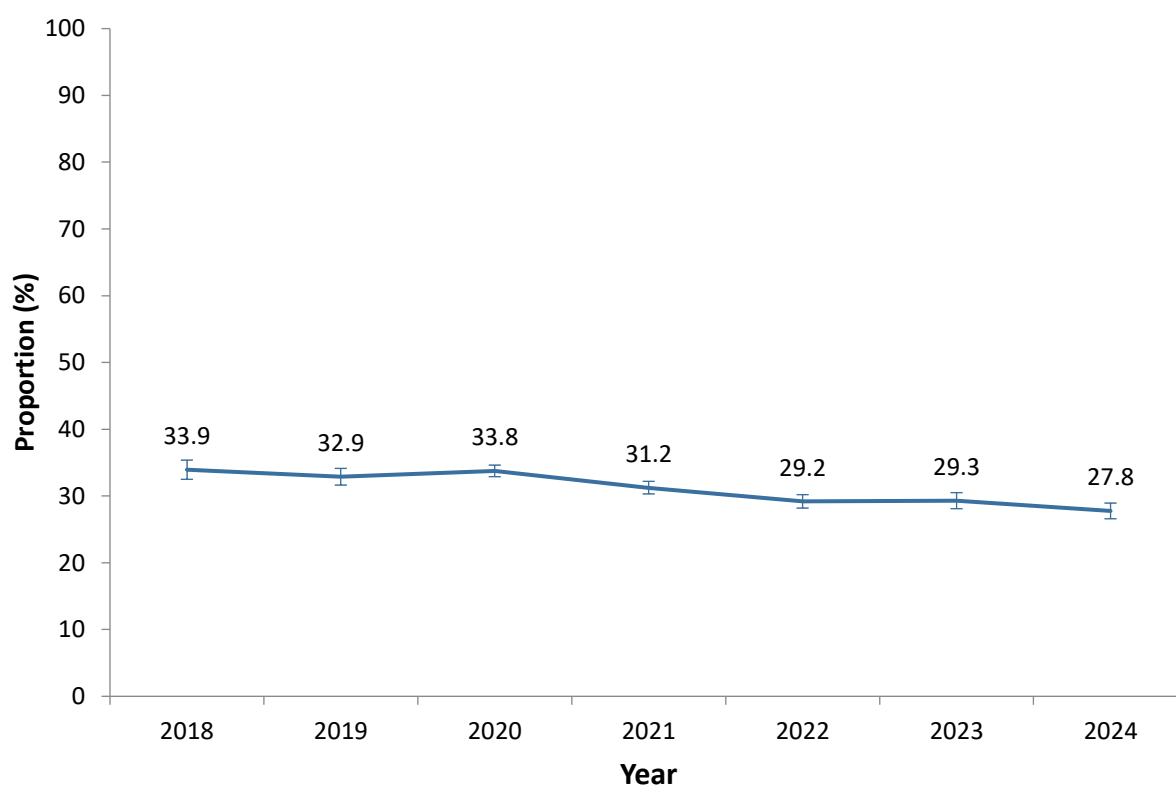


Table 73: Proportion of South Australian adults (18 years and over) reporting consuming more than 10 standard drinks per week, SAPHS 2024 (N=5555)

		n/N	% (95% CI)
All		1244/5555	22.4 (21.3-23.5)
Gender (N=5504*)	Male	802/2673	30.0 (28.3-31.8)
	Female	440/2832	15.5 (14.2-16.9)
Location	Metropolitan	793/4079	19.4 (18.2-20.7)
	Rural	450/1476	30.5 (28.2-32.9)
Age (years)	18-29	219/1041	21.0 (18.6-23.6)
	30-49	311/1582	19.7 (17.8-21.7)
	50-69	489/1833	26.7 (24.7-28.7)
	70 and over	224/1098	20.4 (18.1-22.9)
SEIFA (N=5553)	Lowest	262/1277	20.5 (18.4-22.8)
	Low	220/938	23.5 (20.8-26.2)
	Middle	273/1329	20.5 (18.4-22.8)
	High	242/949	25.5 (22.8-28.3)
	Highest	246/1060	23.2 (20.7-25.8)
Education (N=5517)	No school to secondary	570/2470	23.1 (21.4-24.8)
	TAFE, trade, certificate	276/1004	27.5 (24.8-30.3)
	Diploma, advanced diploma	149/729	20.5 (17.6-23.5)
	Degree or higher	239/1313	18.2 (16.2-20.4)
Household Income	Up to \$20,000	33/235	14.1 (10.0-18.9)
	\$20,001 - \$40,000	117/601	19.5 (16.5-22.8)
	\$40,001 - \$60,000	112/454	24.6 (20.9-28.8)
	\$60,001 - \$80,000	104/483	21.5 (18.0-25.4)
	\$80,001 - \$100,000	92/384	24.1 (19.9-28.4)
	\$100,001 - \$150,000	134/536	25.0 (21.5-28.8)
	More than \$150,000	286/823	34.8 (31.6-38.1)
	Not stated	365/2038	17.9 (16.3-19.6)

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 74: Proportion of South Australian adults (18 years and over) reporting consuming more than four standard drinks on any one day at least monthly, SAPHS 2024 (N=5508)

		n/N	% (95% CI)
All		1149/5508	20.9 (19.8-21.9)
Gender (N=5457*)	Male	778/2652	29.3 (27.6-31.1)
	Female	366/2806	13.1 (11.8-14.3)
Location	Metropolitan	759/4038	18.8 (17.6-20.0)
	Rural	390/1470	26.5 (24.3-28.8)
Age (years)	18-29	314/1030	30.5 (27.7-33.3)
	30-49	363/1563	23.2 (21.2-25.4)
	50-69	380/1826	20.8 (19.0-22.7)
	70 and over	92/1090	8.5 (6.9-10.2)
SEIFA (N=5506)	Lowest	263/1268	20.7 (18.6-23.0)
	Low	216/935	23.2 (20.5-25.9)
	Middle	268/1313	20.4 (18.3-22.7)
	High	194/937	20.7 (18.2-23.4)
	Highest	208/1053	19.7 (17.4-22.2)
Education (N=5471)	No school to secondary	541/2450	22.1 (20.5-23.8)
	TAFE, trade, certificate	243/997	24.3 (21.8-27.1)
	Diploma, advanced diploma	138/719	19.2 (16.4-22.2)
	Degree or higher	222/1305	17.0 (15.0-19.1)
Household Income	Up to \$20,000	33/235	13.9 (10.0-18.9)
	\$20,001 - \$40,000	89/594	14.9 (12.3-18.0)
	\$40,001 - \$60,000	85/450	18.9 (15.5-22.7)
	\$60,001 - \$80,000	89/480	18.6 (15.3-22.2)
	\$80,001 - \$100,000	120/381	31.5 (27.0-36.3)
	\$100,001 - \$150,000	141/531	26.5 (22.9-30.4)
	More than \$150,000	269/818	32.8 (29.7-36.2)
	Not stated	324/2019	16.0 (14.5-17.7)

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 75: 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 2024 (N=5516)

		n/N	% (95% CI)
All		1531/5516	27.8 (26.6-28.9)
Gender (N=5465*)	Male	976/2658	36.7 (34.9-38.6)
	Female	551/2807	19.6 (18.2-21.1)
Location	Metropolitan	1011/4044	25.0 (23.7-26.4)
	Rural	521/1472	35.4 (33.0-37.9)
Age (years)	18-29	329/1030	31.9 (29.1-34.8)
	30-49	426/1565	27.2 (25.1-29.5)
	50-69	537/1827	29.4 (27.3-31.5)
	70 and over	239/1094	21.9 (19.5-24.4)
SEIFA (N=5514)	Lowest	325/1268	25.6 (23.3-28.1)
	Low	282/936	30.1 (27.3-33.1)
	Middle	348/1314	26.5 (24.2-28.9)
	High	275/939	29.3 (26.4-32.3)
	Highest	302/1057	28.6 (25.9-31.4)
Education (N=5478)	No school to secondary	703/2453	28.7 (26.9-30.5)
	TAFE, trade, certificate	322/999	32.2 (29.4-35.2)
	Diploma, advanced diploma	190/719	26.5 (23.3-29.7)
	Degree or higher	306/1307	23.4 (21.2-25.8)
Household Income	Up to \$20,000	50/235	21.3 (16.4-26.8)
	\$20,001 - \$40,000	129/594	21.7 (18.5-25.2)
	\$40,001 - \$60,000	125/450	27.9 (23.8-32.0)
	\$60,001 - \$80,000	124/481	25.8 (22.0-29.8)
	\$80,001 - \$100,000	140/382	36.7 (31.9-41.6)
	\$100,001 - \$150,000	168/531	31.7 (27.8-35.7)
	More than \$150,000	334/819	40.8 (37.5-44.2)
	Not stated	461/2024	22.8 (21.0-24.6)

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 2024, a total of 8,304 respondents of known eligibility (South Australian residents) were contacted, and 7,058 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 76.

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 (7,056) by the number of eligible respondents contacted (8,304), producing a total cooperation rate of 85.0%. Cooperation rates for landline numbers (67.0%) and mobiles (86.2%) were also calculated using this method.

There were 268,449 numbers which were dialled but eligibility was unable to be ascertained, largely due to refusing at start before screening question (n=38,332), answering machine (n=139,411), or no answer (n=48,273).

A further 27,266 numbers were not eligible, the majority due to them being disconnected (n=18,303), not residing in South Australia (n=4,124) or being business numbers (n=4,364).

Table 76: Call outcomes for total sample, landline and mobiles, all ages, SAPHS 2024

	Total Sample	Landline	Mobile
Interviews	7056	357	6699
Eligible, non-interview numbers			
Appointments / Stopped interviews	228	8	220
Refused during	389	43	346
Selected respondent away for duration	1	0	1
Physically or mentally unable/incompetent	258	61	197
No interviewer available for needed language	364	56	308
Sent survey link - not completed yet	8	8	0
Subtotal –eligible non interviews	1248	176	1072
Total eligible	8304	533	7771
Cooperation rate*	85.0	67.0	86.2
Unknown eligibility			
Engaged	40024	6058	33966
Answering machine	139411	17305	122106
No answer	48273	13209	35064
Refused by text	0	0	0
Refused remove from database	2409	151	2258
Refused at start	38332	3901	34431
Subtotal - unknown eligibility	268449	40624	227825
Not eligible			
Number disconnected	18303	7258	11045
Business Numbers	4364	3363	1001
Fax/Modem	220	105	115
Not in South Australia - screener fail	4124	423	3701
Child answered call (no adult available)	167	5	162
Already completed survey (contacted on other phone)	88	14	74
Subtotal - not eligible	27266	11168	16098
TOTAL SAMPLE	304022	52325	251694

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

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