

This survey ... provides a picture of the health and wellbeing of Aboriginal adults, aged 15 years and over, living permanently, and temporarily in South Australia from November 2010 to October 2011. The information collected will be used to inform policy and improve health services provided for all Aboriginal South Australians as well as help to inform programs progressing the aims of the Closing the Gap initiatives.

Some of the information has already been used to feed into ongoing programs such as:

- ◆ 'Ever felt like complaining' campaign;
- ◆ Tackling Smoking Closing the Gap programs;
- ◆ 'Give Up Smokes For Good' campaign;
- ◆ Aboriginal Well Health Checks programs;
- ◆ Road safety for Aboriginal persons;
- ◆ Safe driver's licensing practices; and
- ◆ Direction for the next survey.

The purpose of this booklet is to highlight the key findings from the risk and protective factors data for the overall state.

Should you wish to explore these or other SAAHS data in more depth, please do not hesitate to contact Population Research and Outcome Studies (PROS) (see overleaf). Additionally, the complete report can be viewed on the PROS website by clicking the [2012 South Australian Aboriginal Health Survey](#) link under reports.



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Government
of South Australia

SA Health

The art work depicts families coming together to share food collected from the bush (Artist: Mark Elliot/Trevorrow, Ngarrindjeri Elder).

South Australian Aboriginal Health Survey

HEALTHY & UNHEALTHY LIVING



STATE OVERVIEW

Smoking

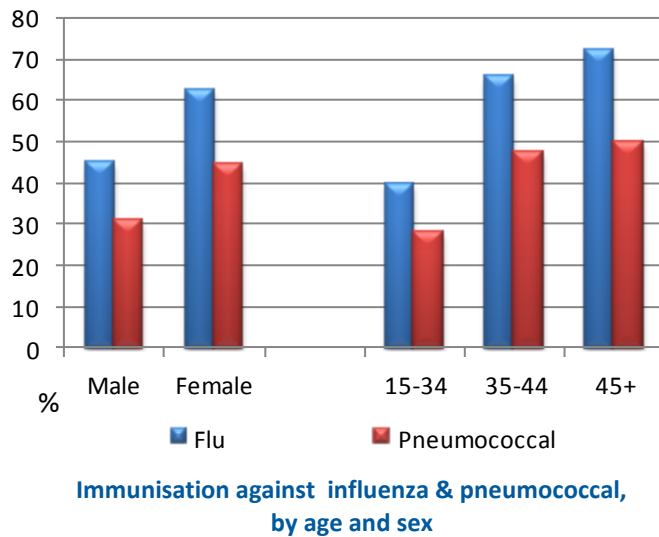
Over half of all SA Aboriginal adults are non-smokers (52%); with 6.5% of these people reporting being ex-smokers.

Of the overall 48% of current smokers, 3.0% smoke less than daily.

Immunisation

Just over half of Aboriginal adults had a flu shot in 2010 and nearly two in five had a pneumococcal shot.

Those having either immunisation were more likely to be women, aged 35-44 years, or aged 45 years and over.



Note: All data reported are from the SAAHS 2010/11 for Aboriginal South Australians, 15 years of age and older.

Food and income security

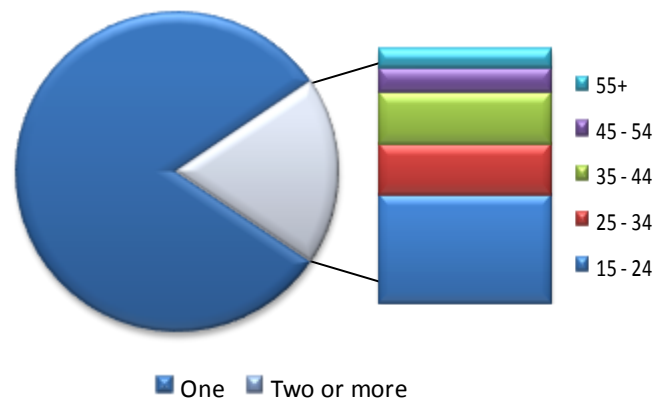
Two in five adults report that there have been times in the last twelve months when they have run out of food and were not able to buy more. Additionally, one in four report having run out of money for food, clothing, or bills in past twelve months.

Females were more likely to have reported being income or food insecure in the past twelve months.

Moving house

One in five SA Aboriginal adults reported living in two or more dwellings in the past twelve months.

Overall, there were no differences found in age and sex. However, those who had lived in two or more dwellings in the past twelve months were more likely to be 15 to 24 years of age.

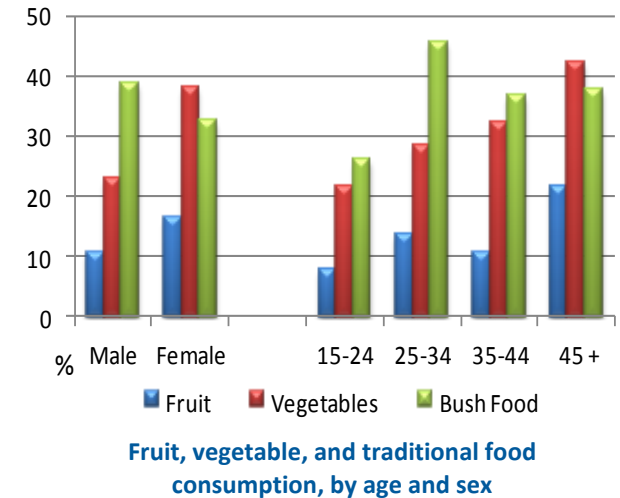


Number of dwellings in past 12 months

Nutrition: fruit and veg

Overall, one third of adults reported eating one or more serves of vegetables each day, and one in ten reported eating one or more serves of fruit a day.

Additionally, over one third of people told us that they included traditional foods in their diet.



Physical Activity

Half of Aboriginal adults in SA reported undertaking sufficient physical activity.

When compared by age, respondents aged 15 to 24 years were more likely to undertake sufficient physical activity and those aged 45 years and over were less likely to undertake sufficient physical activity. There were no differences between males and females.