

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 program;
- ◆ 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 three regions: metropolitan Adelaide, rural SA, and remote communities.

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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SAAHS

SOUTH AUSTRALIAN ABORIGINAL HEALTH SURVEY

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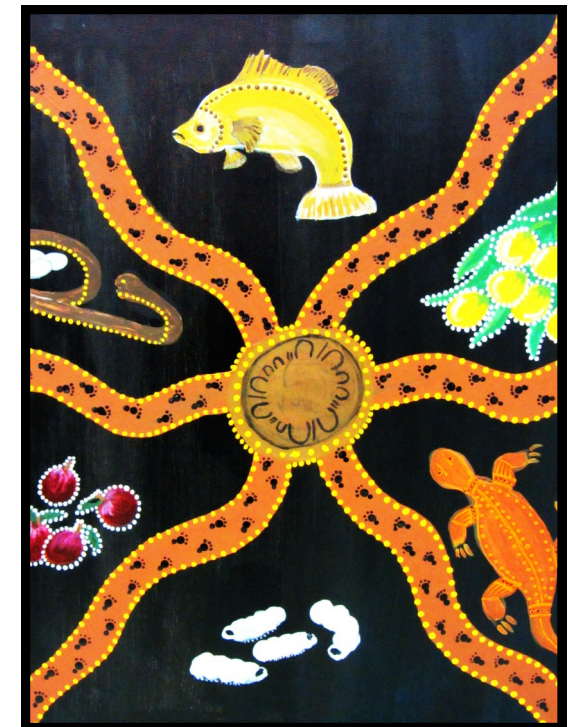
Government
of South Australia

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 AND UNHEALTHY LIVING



REGIONS OVERVIEW

Smoking

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

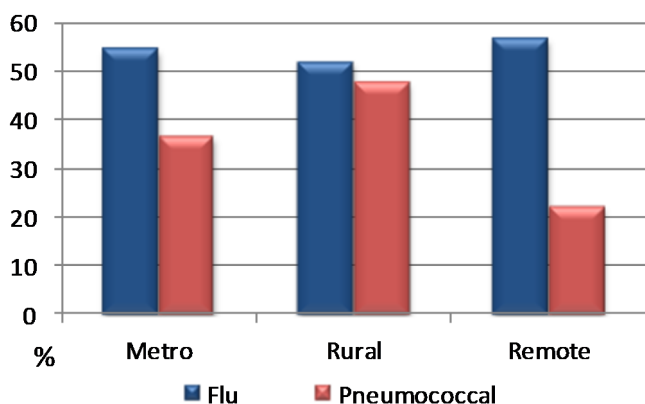
Overall, 48% of people are current smokers and 3% of these smoke less than daily.

Immunisation

Just over half of SA Aboriginal adults had a flu vaccination in 2010 and nearly two in five were vaccinated against pneumococcal.

Those having either immunisation were more likely to be women, aged 35-44 years, or aged 55 years and over.

There were no differences in region for having a flu shot, however, those having a pneumococcal shot were more likely to be living in rural SA (48%).

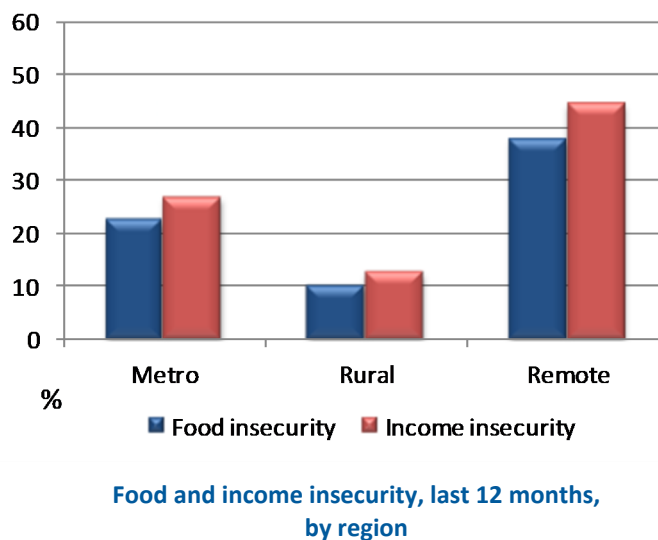


Immunisation against influenza & pneumococcal, by region

Food and income security

Two in five SA Aboriginal adults reported 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 the past twelve months.

Those living in the remote areas of SA were more likely to have been left without food in the past twelve months (38%) and run out of money to buy food, clothing or bills (44%) when compared to the



Moving house

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

These people were more likely to have been living in a remote area at the time of interview.

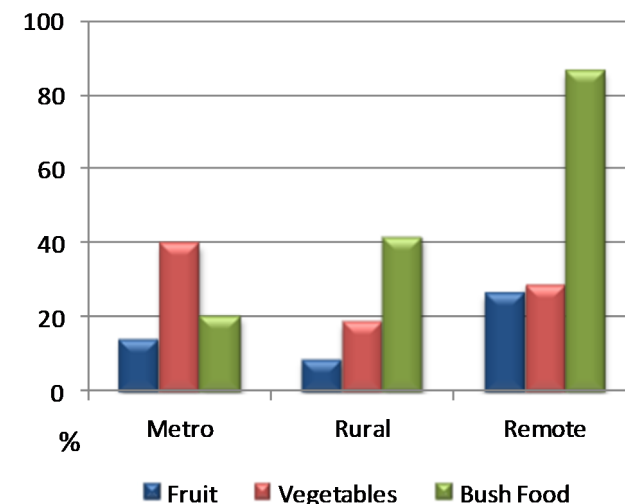
Nutrition: fruit and veg

One third of SA Aboriginal 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 (bush) foods in their diet.

Those living in a remote area of SA were more likely to eat one or more serves of fruit each day and include bush foods in their diet.

Those in metropolitan Adelaide were more likely to eat at least one serve of vegetables each day.



Fruit, vegetable, and traditional food consumption, by region

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