

Glossary

Body Mass Index (BMI): BMI is a measure of a person's weight in relation to their height calculated as weight in kilograms divided by height in metres squared.

Computer Assisted Telephone Interview (CATI): is an interview system which allows direct entry of data from telephone interviews into a computer file. It facilitates interview monitoring, data coding and entry and quality control procedures.

Ex-smoker: For the NDSHS this is defined as a person who has smoked at least 100 cigarettes or the equivalent of tobacco in their lifetime but who does not smoke at all now. For the NHS this is defined as someone who ever smoked regularly, but was not a current smoker at the time of the survey.

Graduated Quantity Frequency: This method asks how often people drink specified amounts of alcohol in one day, usually starting with large amounts and graduating down to smaller quantities so as to encourage full reporting (WHO 2000).

High risk alcohol consumption: defines a level of drinking at which there is substantial risk of serious harm, and above which risk continues to increase rapidly (NHMRC 2001).

Incidental physical activity: includes the forms of physical activity done at work and home, and activity in which people take part as they go about their day to day lives, generally using large skeletal muscle groups, for example, using stairs and domestic tasks.

Low risk alcohol consumption: defines a level of drinking at which there is only a minimal risk of harm. At this level, there may be health benefits for some of the population (NHMRC 2001).

MET Values: (metabolic equivalents) are units used to estimate the metabolic cost (oxygen consumption) of physical activity. One MET is defined as the energy expenditure for sitting quietly, which for the average adult is 1 kilocalorie body weight in kg⁻¹hr⁻¹ or 3.5ml of oxygen body weight in kg⁻¹ min⁻¹. METS are used as an index of the intensity of activities.

Never smoker: defined in the NDSHS as someone who does not smoke now and has smoked fewer than 100 cigarettes or the equivalent of tobacco in their lifetime. In the NHS, defined as someone who has does not currently smoke and who has never regularly smoked in the past.

Obesity: marked degree of overweight, defined as BMI 30 and over.

Overweight: Defined as a BMI 25 and over but less than 30.

Sedentary activity: defined in the Active Australia Survey as those people who are physically inactive, that is who reported no participation in walking, moderate-intensity or vigorous-intensity activity during the previous week, resulting in an estimated energy expenditure of less than 50 kilocalories per week. Defined in the National Health Survey as those people who reported no participation in walking or exercise, or those who scored less than 100 MET values.

Smoker: A person who reports currently smoking. For the NDSHS this could be classified as daily, weekly or less often than weekly. For the NHS this could be classified as daily or other.

Appendix 1: Current surveys and collections

The following section lists a number of surveys or collections which ask about the risk factors covered in this report. This list is not extensive and AIHW acknowledges there may be other data collections not listed here that may address particular population groups or that operate on a regional level.

Table A.1: Current risk factor data holdings

Survey	Year	Physical inactivity	Smoking	Alcohol consumption	Overweight/obesity
National surveys and collections					
National Health Survey	1995, 2001	X	X	X	X
National Nutrition Survey	1995 ^(a)	X	X	X	X ^(b)
Active Australia Survey	1997, 1999, 2000	X			
Australian Diabetes, Obesity and Lifestyle Study (AusDiab)	2000	X	X	X	X
Exercise, Recreation and Sport Survey (ERASS)	2001	X			
General Social Survey (GSS)	2002	X			
State surveys and collections					
NSW Department of Health Surveys	1997, 1998	X	X	X	X
Victorian Population Health Survey	2001	X	X	X	
Health and Wellbeing Survey (Western Australia, South Australia, Northern Territory)	2002, 2003	X	X	X	X
SERCIS surveys (South Australia) ^(c)	1997, 1998, 2001	X	X	X	X
Western Australian Physical Activity Survey	1999	X			
Health Communities Survey (Tasmania)	1998	X	X	X	
Queensland State Wide Health Survey	1998, 1999	X	X	X	X
Queensland Omnibus	2001, 2002	X	X		X

(a) The 1995 National Nutrition Survey was a subset of respondents from the 1995 National Health Survey, therefore all health risk items collected by the 1995 National Health Survey are available.

(b) This item is available 'as reported' in the 1995 National Health Survey and as a 'measured' item from the 1995 National Nutrition Survey.

(c) The 2001 SERCIS survey on physical activity patterns of South Australian Adults did not contain questions about smoking.

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