

4. SNAPSHOT OF ADULT HEALTH, NSW, 2003

S(Smoking) N(Nutrition and Obesity) A(Alcohol) P(Physical Activity) S(Psychological Distress) H(Health Status and Health Services) O(Oral Health, Asthma and Diabetes) T(Trust and Social Capital)

SNAPSHOT OF ADULT HEALTH, NSW, 2003					
Topic	Issue	Indicator	Male (%)	Female (%)	Persons (%)
Health behaviours	Alcohol	Alcohol risk drinking	41.5	30.4	35.9
	Fruit	Recommended daily fruit intake	39.0	52.5	45.9
	Vegetables	Recommended vegetable intake	11.8	26.7	19.3
	Physical Activity	Adequate physical activity	49.7	40.7	45.1
	Smoking	Current daily or occasional smoking	24.9	20.0	22.4
	Smoke free households	Smoke-free households	–	–	82.6
Health status	Health status	Excellent, very good, or good self-rated health status	81.9	79.8	80.8
	Asthma	Current asthma	9.2	12.7	11.0
	Diabetes	Diabetes or high blood sugar	6.9	5.5	6.2
	Psychological distress	High and very high psychological distress	9.3	12.9	11.1
	Oral Health	All natural teeth missing	4.2	7.4	5.8
	Overweight or obesity	Overweight or obesity	55.6	41.0	48.3
Health services	Difficulty getting health care	Difficulties getting health care when needing it	11.4	15.2	13.3
	Emergency department care rating	Emergency department care rated as excellent, very good, or good	80.2	77.7	79.0
	Hospital care rating	Hospital care rated as excellent, very good, or good	93.0	89.8	91.2
Social capital	Participation	Attended a community event at least once in the last six months	54.5	62.2	58.4
	Trust	Most people can be trusted	71.6	68.0	69.8
	Safety	Feel safe walking down their street after dark	80.4	56.8	68.4
	Reciprocity–Social engagement	Visit neighbours	66.9	64.0	65.4