

4. SNAPSHOT OF ADULT HEALTH, NSW, 2004

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Topic	Issue	Indicator	Male	Female	Persons
			(%)	(%)	(%)
Health behaviours	Alcohol	Alcohol risk-drinking (Guideline 1)	40.5	30.3	35.3
	Pap test	Pap test within the last 2 years	–	72.8	72.8
	Screening mammogram	Screening mammogram within the last 2 years	–	74.4	74.4
	Fruit	Recommended daily fruit intake	40.6	53.4	47.1
	Vegetables	Recommended vegetable intake	6.0	10.3	8.2
	Physical activity	Adequate physical activity	57.0	47.9	52.4
	Smoking	Current daily or occasional smoking	22.5	19.3	20.9
	Smoke-free households	Smoke-free households	–	–	84.2
	Colorectal cancer	Screening test for colorectal cancer in the last 5 years	27.7	24.4	26.0
Health status	Self-rated health status	Excellent, very good, or good self-rated health status	79.4	79.5	79.5
	Asthma	Current asthma	8.9	11.9	10.4
	Diabetes	Diabetes or high blood sugar	8.0	5.3	6.6
	Psychological distress	High and very high psychological distress	11.7	14.7	13.2
	Oral health	All natural teeth missing	4.7	7.7	6.3
	Overweight and obesity	Overweight and obesity	56.2	40.5	48.4
Health services	Difficulty getting health care	Difficulties getting health care when needing it	12.7	15.0	13.9
	Emergency department care rating	Emergency department care rated as excellent, very good or good	77.3	81.7	79.4
	Hospital care rating	Hospital care rated as excellent, very good or good	91.6	90.5	91.0

Source: New South Wales Population Health Survey 2004 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.