

AUSTRALIAN BUREAU OF STATISTICS ACT 1975: sub-section 6(3)

PROPOSAL NO. 5 OF 2022

BY THE AUSTRALIAN BUREAU OF STATISTICS

NATIONAL NUTRITION AND PHYSICAL ACTIVITY SURVEY

The Australian Bureau of Statistics (ABS) proposes to collect information for the purpose of assisting in the understanding of dietary behaviours, physical activity, sedentary behaviours and sleep.

The information will be collected:

- from January 2023 to December 2023
- from one randomly selected adult (18 years and over) and up to one randomly selected child (2-17 years) per selected dwelling
- as a sample of approximately 10,000 households nationally
- by computer assisted face-to-face and web personal interview
- across Australia.

Information will be collected on a range of characteristics including:

- demographic and socio-demographic data
- general health and wellbeing
- selected long-term health conditions
- lifestyle behaviours and risk factors which affect health, such as smoking
- diet, food intake and food security
- physical activities participated in, sedentary behaviours and sleep behaviours.

The ABS will also seek verbal consent of selected persons to allow the taking of physical measurements (height, weight, waist and blood pressure) using height measures, scales, tape measures and electronic blood pressure monitors.

Interviewers will ask survey participants if they are willing to wear an activity wristband (accelerometer) for eight days, which will record physical activity, sedentary behaviour and sleep behaviour.

Interviewers will also ask survey participants if they are willing to provide voluntary biomedical (blood and/or urine) samples by visiting their local collection centre. Participants who agree to provide samples will also be invited to provide an additional sample for long-term storage at a secure medical facility as part of the Australian Health biobank. Samples will be used in future research, subject to a governance process, including ethics approvals and signing off the research proposal. Written consent will be sought from participants for this voluntary component of the survey. The samples will be tested for a range of health indicators, such as cholesterol, and then the samples will be destroyed.

The information collected will be used to:

- enable monitoring and reporting of the adequacy of food and nutrient intakes against the Australian Dietary Guidelines
- enable monitoring and reporting of participation in physical activity against the Physical Activity and Exercise Guidelines
- provide detailed insights into the links between lifestyle, risk factors, diet, physical activity and health

- assess and inform policies and services related to physical activity and nutrition, such as food fortification
- support policy development and improve the provision of health programs and services.

The ABS expects to make statistical and related information from the collection available from late 2024.

The principal users of the information the ABS produces will be:

- Commonwealth, State and Territory health authorities (e.g. Department of Health and Ageing (DoHA))
- other government agencies (e.g. Australian Institute of Health and Welfare (AIHW), Food Standards Australia and New Zealand (FSANZ), CSIRO, Productivity Commission and area health services)
- health industry and professional organisations (e.g. The Heart Foundation, The Cancer Council)
- health researchers and academics
- consumer and community groups (e.g. Public Health Association of Australia, Consumers Health Forum).

To assist in determining the feasibility of the collection and to understand and manage respondent burden consistent with the Government's Regulator Performance Framework, the ABS has:

- considered what existing information is available
- consulted with a wide range of stakeholders in the health field including government, professional research agencies and community groups
- extensively field tested the survey to ensure that the required data are readily available and that the provider load has been minimised.

This collection was last run as part of the Australian Health Survey which was conducted from May 2011 to July 2013 and was previously tabled in Parliament as Proposal No. 3 of 2011, and updated in Proposal No. 14 of 2012.

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