

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

**PROPOSAL NO. 5 OF 2023**

**BY THE AUSTRALIAN BUREAU OF STATISTICS**

**NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER NUTRITION AND PHYSICAL ACTIVITY SURVEY**

**NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH SURVEY**

**NATIONAL NUTRITION AND PHYSICAL ACTIVITY SURVEY**

The Australian Bureau of Statistics (ABS) proposes to continue the collection of information from these surveys into 2024. Information is being collected to help understand dietary behaviours, physical activity, sedentary behaviours and sleep, as well as understanding the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

The surveys were previously due to finish in December 2023 and were previously tabled on that basis. They will now continue until mid-2024. Information will be collected:

- from up to two randomly selected adults (18 years and over) and up to two randomly selected children (2-17 years) per selected dwelling;
- to reach previously described sample sizes;
- in non-remote and remote areas of Australia;
- by computer assisted face-to-face personal interview.

Information will be collected on a range of characteristics including:

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

The ABS will seek verbal consent from 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.

ABS 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 pathology collection centre or participating health service. 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; and
- 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 main users of the information the ABS produces will be:

- Commonwealth, State and Territory health authorities (e.g. the Department of Health and Aged Care);
- other government agencies (e.g. the National Indigenous Australians Agency, Australian Institute of Health and Welfare, Food Standards Australia and New Zealand (FSANZ) and the Productivity Commission);
- Aboriginal and Torres Strait Islander organisations (e.g. the National Aboriginal Community Controlled Health Organisation (NACCHO), Aboriginal Medical Services, Lowitja Institute);
- health industry and professional organisations (e.g. The Heart Foundation);
- health researchers and academics; and
- 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 key stakeholders from government, research and community sectors to identify priority data requirements and data gaps; and
- tested new survey content to ensure that the required data are readily available and the provider load has been minimised.

These collections were tabled previously as:

- Proposal 4 of 2022 - National Aboriginal and Torres Strait Islander Health Survey
- Proposal 5 of 2022 - National Nutrition and Physical Activity Survey
- Proposal 6 of 2022 - National Aboriginal and Torres Strait Islander Nutrition and Physical Activity Survey

This Proposal seeks to extend collection to reach minimum sample sizes for the utility of data.

Bindi Kindermann  
General Manager, People and Place Division

03 November 2023