

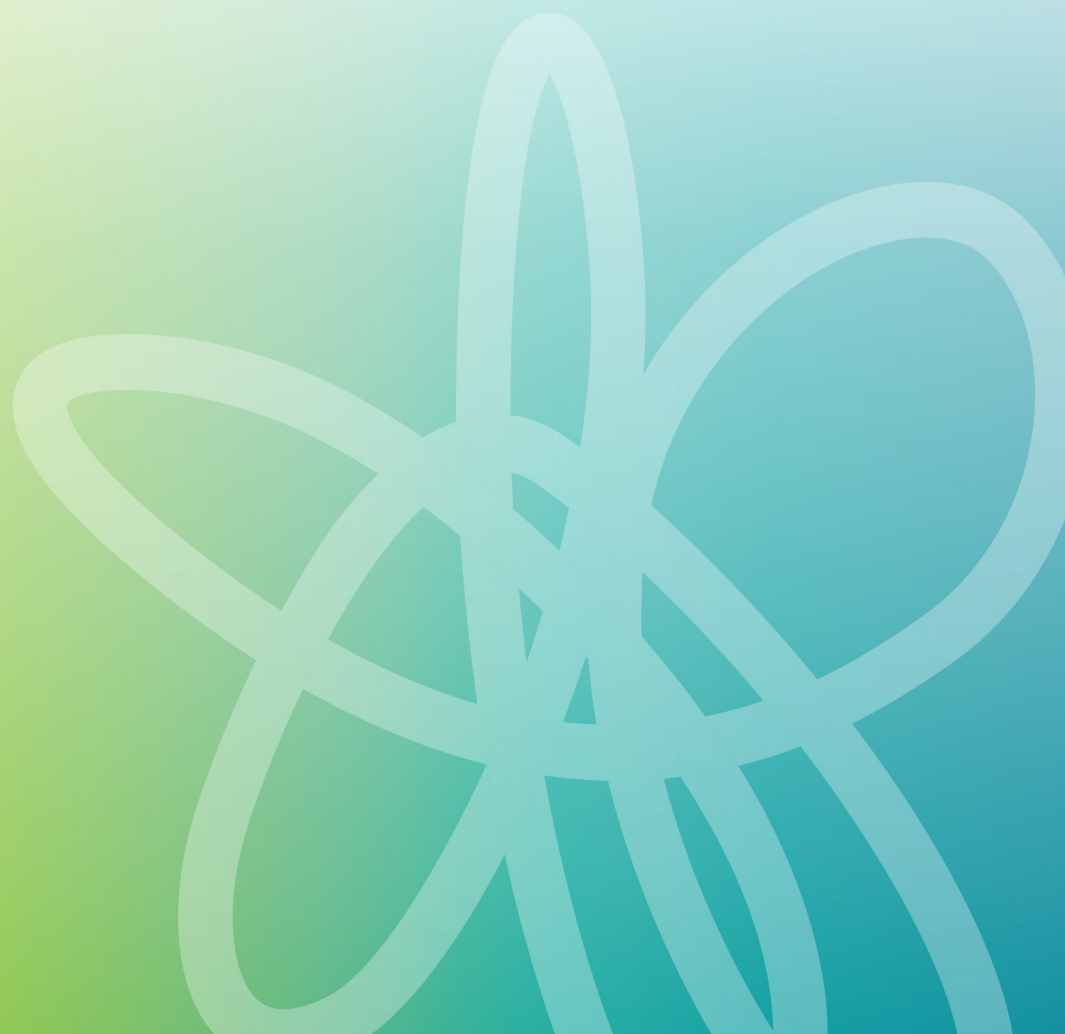


The Australian Prevention
Partnership Centre
Systems and solutions for better health

AUSPOPS 2018, Tasmania

Descriptive report

April 2019



AUSPOPS 2018, Tasmania

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Funding Partners

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Background

The AUstralian Perceptions Of Prevention Survey AUSPOPS was first undertaken in 2016 to understand how Australian communities perceive government interventions aimed at reducing lifestyle-related chronic disease. The 2016 AUSPOPS comprised a single national sample of adults (aged 18 years and over) who were residents of private households in Australia.

In 2018, additional funding was secured from The Australian Prevention Partnership Centre to boost the sample size in Tasmania. The total achieved sample size for the 2018 AUSPOPS was 2,601 (2,200 national sample, 401 Tasmania boost).

Objective

The main research objectives for AUSPOPS were to explore, measure and track current:

- Community awareness and understanding of government chronic disease prevention policies and programs
- Exposure to and participation in such programs
- High level attitudes to prevention policies and programs, as well as attitudes to specific policies and programs
- Perceptions about priorities for prevention
- Perceptions and beliefs about the role of government in prevention and the balance of responsibility between the individual, government and other parties.

Methodology

A dual frame sample design was employed to undertake the 2018 AUSPOPS. The split between the landline sample frame and mobile phone sample frame was increased to 30:70 to account for increases in the proportion of the mobile only population. Landline and mobile Random Digit Dialling (RDD) sample frames were used for the core national sample, while a landline RDD sample frame and a listed mobile sample frame was used for the Tasmania boost. With the landline sample, the “next birthday” method was used to randomly select respondents from households where two or more in-scope persons were present. The person who answered the phone was the selected respondent with the mobile sample.

Results

Key project statistics are summarised in Table 1.

Table 1: Key project statistics

Field	National sample	Tasmania boost sample	Total outcome
Interviews achieved (n)	2,200	401	2,601
Average interview duration (mins)	15.2	15.1	15.2
Cooperation rate (%)	58.2	60.8	58.6
Response rate (AAPOR RR3) (%)	16.2	20.5	43.3
Main fieldwork start date	17 Oct 18	17 Oct 18	17 Oct 18
Main fieldwork finish date	25 Nov 18	1 Dec 18	1 Dec 18

Source: [Australian Perceptions of Prevention Survey – Wave 2, Technical Report, Social Research Centre, December 2018.](#)

Descriptive statistics across the AUSPOPs questionnaire are shown in Tables 2–8 for Tasmania and the remainder of Australia. With the exception of Table 2 (sample characteristics), the data are weighted appropriately to the population for gender, age, part of state, education, country of birth and telephone status (mobile/landline).

Although full statistical models were not generated for this analysis, bivariate analyses comparing Tasmania with the remaining seven states and territories combined were conducted.

Although for the vast majority of these comparisons there were no statistically significant differences between Tasmania and the other states and territories combined, a small number of statistically significant results were observed. Tasmanian respondents were less likely to say that alcohol manufacturers have a large/very large role (vs no to moderate role) in maintaining people's health (31.8% vs 38.2% $p=0.041$, Table 6) compared with the rest of Australia.

With respect to perceptions of government intervention, Tasmanians showed a slightly different distribution of agreement with the statement, "It's not the government's business to try and protect people from themselves", tending more towards disagreement than the rest of Australia ($p=0.042$, Table 7).

Finally, although similar proportions thought that restrictions on advertising unhealthy foods to children had not gone far enough in Tasmania and the rest of Australia (58.9% vs 58.6%), there was a marginally higher proportion of Tasmanians who felt the government had gone too far on this issue (10.2% vs 5.4%) and a lower proportion who thought the government had about the right amount of involvement (30.9% vs 36.1%, $p=0.059$, Table 8).

In sum, although differences were few, and could be artefacts of conducting a large number of tests, where there were differences they tended to be in the direction of Tasmania being slightly less supportive of government intervention for prevention.

Table 2: Demographic profile of sample (unweighted)

Characteristic	Tasmania		Rest of Australia		Total	
	No.	%	No.	%	No.	%
Male	196	43.4%	1,041	48.4%	1,237	47.6%
Female	256	56.6%	1,108	51.6%	1,364	52.4%
18-<35yrs	40	8.9%	389	18.1%	429	16.5%
35-<55yrs	131	29.0%	607	28.3%	738	28.4%
55+yrs	280	62.1%	1,152	53.6%	1,432	55.1%
Country of birth English speaking*	431	95.4%	1,752	81.6%	2,183	84.0%
Not English speaking	21	4.6%	394	18.4%	415	16.0%
Other language	17	3.8%	318	14.8%	335	12.9%
Language at home English	435	96.2%	1,831	85.2%	2,266	87.1%
ATSI	13	2.9%	41	1.9%	54	2.1%
No	435	97.1%	2,101	98.1%	2,536	97.9%
Employed	209	46.3%	1,134	52.9%	1,343	51.8%
Unemployed	9	2.0%	63	2.9%	72	2.8%
Retired/pension	198	43.9%	759	35.4%	957	36.9%
Student	6	1.3%	102	4.8%	108	4.2%
Home duties	19	4.2%	66	3.1%	85	3.3%
Other	10	2.2%	19	0.9%	29	1.1%
High School	153	34.7%	679	32.4%	832	32.8%
Post-secondary	168	38.1%	654	31.2%	822	32.4%
University Degree	120	27.2%	763	36.4%	883	34.8%
Income support	197	43.9%	667	31.2%	864	33.4%
No	252	56.1%	1,472	68.8%	1,724	66.6%
Private health insurance	275	61.0%	1,303	60.9%	1,578	60.9%
No	176	39.0%	836	39.1%	1,012	39.1%

* Australia, New Zealand, United Kingdom (England, Scotland, Wales, Nth Ireland), USA, Canada.

Table 3: Health profile of sample (weighted)

Measure	Tasmania	Rest of Australia	Total
General health			
Excellent	8.8%	11.4%	11.4%
Very good	29.7%	32.2%	32.2%
Good	36.3%	37.4%	37.3%
Fair	17.3%	14.5%	14.6%
Poor	7.8%	4.4%	4.5%
Meeting physical activity recommendations			
<5 days	70.4%	69.1%	69.2%
≥5days	29.6%	30.9%	30.8%
Currently smoke regularly			
Yes	14.6%	13.9%	14.0%
No	85.4%	86.1%	86.0%
Frequency drinking alcohol last 12 months			
Never	15.6%	18.5%	18.4%
Less than once a month	19.8%	16.5%	16.6%
Once a month	10.9%	9.6%	9.6%
2-3 days a month	14.4%	15.2%	15.2%
1-2 days a week	22.8%	21.9%	21.9%
3-6 days a week	12.2%	12.6%	12.6%
Every day	4.3%	5.8%	5.8%

Table 4: Perceptions of factors which affect people's health (weighted)

How much of an effect do the following things have on people's health?	Tasmania	Rest of Australia	Total
a) The type of food a person eats			
No effect to moderate effect	13.9%	12.9%	12.9%
Large/very large effect	86.1%	87.1%	87.1%
b) The amount of physical activity a person does			
No effect to moderate effect	17.5%	18.0%	18.0%
Large/very large effect	82.5%	82.0%	82.0%
c) A person's genetic make-up			
No effect to moderate effect	51.3%	47.3%	47.4%
Large/very large effect	48.7%	52.7%	52.6%
d) A person's financial circumstances			
No effect to moderate effect	41.8%	41.0%	41.0%
Large/very large effect	58.2%	59.0%	59.0%
e) Whether or not a person smokes cigarettes			
No effect to moderate effect	12.6%	14.6%	14.6%
Large/very large effect	87.4%	85.4%	85.4%
f) Whether or not a person drinks alcohol			
No effect to moderate effect	38.9%	35.5%	35.6%
Large/very large effect	61.1%	64.5%	64.4%
g) Where in Australia someone lives			
No effect to moderate effect	56.6%	59.7%	59.6%
Large/very large effect	43.4%	40.3%	40.4%
h) Access to health and hospital services			
No effect to moderate effect	22.2%	21.7%	21.7%
Large/very large effect	77.8%	78.3%	78.3%
i) Access to bike paths			
No effect to moderate effect	81.7%	76.8%	76.9%
Large/very large effect	18.3%	23.2%	23.1%
j) Having activities to promote health in the workplace			
No effect to moderate effect	61.0%	54.7%	54.9%
Large/very large effect	39.0%	45.3%	45.1%
k) Being able to afford to go to a gym to exercise			
No effect to moderate effect	68.1%	63.3%	63.4%
Large/very large effect	31.9%	36.7%	36.6%

Table 5: Individual vs population & treatment vs prevention health measures (weighted)

Which one of the following two health initiatives do you think would make the most difference to improving the community's health?	Tasmania	Rest of Australia	Total
a) Subsidising drugs that lower blood pressure	26.2%	30.5%	30.4%
b) Setting limits of salt in processed food to lower blood pressure	73.8%	69.5%	69.6%
a) Providing low cost gym membership	25.9%	27.3%	27.3%
b) Building a network of walking and cycle paths	74.1%	72.7%	72.7%
a) Taxing processed food with high sugar or fat content	68.7%	66.9%	66.9%
b) Subsidising operations for people who are obese	31.3%	33.1%	33.1%
a) Funding alcohol treatment centres	41.1%	43.7%	43.6%
b) Placing restrictions on alcohol advertising	58.9%	56.3%	56.4%
a) Increase access to fruit and vegetables	81.2%	79.6%	79.7%
b) Subsidise medications to lower cholesterol	18.8%	20.4%	20.3%

Table 6: Role in maintaining people's health (weighted)

To what extent do you think each of the following have a role in maintaining people's health?	Tasmania	Rest of Australia	Total
Government			
No to moderate role	38.4%	39.4%	39.4%
Large/very large role	61.6%	60.6%	60.6%
Parents			
No to moderate role	12.6%	10.5%	10.6%
Large/very large role	87.4%	89.5%	89.4%
People themselves			
No to moderate role	8.8%	9.4%	9.4%
Large/very large role	91.2%	90.6%	90.6%
GPs, nurses, pharmacists			
No to moderate role	39.8%	37.4%	37.4%
Large/very large role	60.2%	62.6%	62.6%
Employers			
No to moderate role	73.2%	71.0%	71.0%
Large/very large role	26.8%	29.0%	29.0%
Food manufacturers			
No to moderate role	42.2%	36.1%	36.2%
Large/very large role	57.8%	63.9%	63.8%
Schools			
No to moderate role	28.0%	30.1%	30.0%
Large/very large role	72.0%	69.9%	70.0%
Private health insurers			
No to moderate role	63.0%	60.9%	60.9%
Large/very large role	37.0%	39.1%	39.1%
Alcohol manufacturers			
No to moderate role	68.2%	61.8%	61.9%
Large/very large role	31.8%	38.2%	38.1%

Table 7: Perceptions of government intervention (weighted)

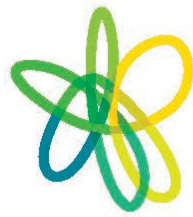
People in our society often disagree about how far to let individuals go in making decisions for themselves. Do you agree or disagree with the following statements?	Tasmania	Rest of Australia	Total
Sometimes government needs to make laws that keep people from harming themselves			
Strongly disagree	6.4%	6.3%	6.3%
Disagree	16.0%	11.3%	11.4%
Neither agree nor disagree	1.4%	1.2%	1.2%
Agree	40.7%	45.0%	44.9%
Strongly agree	35.6%	36.2%	36.1%
The government interferes far too much in our everyday lives			
Strongly disagree	8.5%	10.3%	10.2%
Disagree	43.5%	42.8%	42.8%
Neither agree nor disagree	2.6%	4.2%	4.1%
Agree	20.4%	23.4%	23.3%
Strongly agree	25.0%	19.4%	19.5%
It's not the government's business to try to protect people from themselves			
Strongly disagree	18.4%	15.0%	15.1%
Disagree	27.1%	37.0%	36.8%
Neither agree nor disagree	6.3%	3.2%	3.3%
Agree	27.5%	27.2%	27.2%
Strongly agree	20.7%	17.6%	17.7%
Government should put limits on the choices individuals can make so they don't get in the way of what's good for society			
Strongly disagree	25.3%	23.0%	23.0%
Disagree	31.5%	33.5%	33.5%
Neither agree nor disagree	3.6%	3.5%	3.5%
Agree	29.6%	30.6%	30.6%
Strongly agree	10.0%	9.4%	9.4%
Maintaining the community's health requires a combination of both government regulation and personal responsibility			
Strongly disagree	1.3%	2.2%	2.2%
Disagree	4.8%	4.8%	4.8%
Neither agree nor disagree	0.6%	0.4%	0.4%

People in our society often disagree about how far to let individuals go in making decisions for themselves. Do you agree or disagree with the following statements?	Tasmania	Rest of Australia	Total
Agree	34.6%	32.8%	32.8%
Strongly agree	58.8%	59.8%	59.8%
Limiting the advertising and sale of unhealthy products make it easier for people to make healthy choices			
Strongly disagree	10.8%	7.8%	7.8%
Disagree	17.3%	12.1%	12.2%
Neither agree nor disagree	1.7%	1.1%	1.1%
Agree	36.9%	40.6%	40.6%
Strongly agree	33.3%	38.4%	38.3%
It is not worth spending money on prevention because people will do what they want anyway			
Strongly disagree	28.7%	26.1%	26.2%
Disagree	26.2%	32.7%	32.6%
Neither agree nor disagree	1.0%	1.4%	1.4%
Agree	21.7%	20.5%	20.5%
Strongly agree	22.5%	19.3%	19.3%
Government regulation on health has made Australia a nanny state			
Strongly disagree	22.7%	17.4%	17.5%
Disagree	37.3%	42.4%	42.3%
Neither agree nor disagree	4.7%	2.3%	2.4%
Agree	20.0%	22.0%	22.0%
Strongly agree	15.3%	15.8%	15.8%

Table 8: Support for specific types of government intervention (weighted)

For each of the following government initiatives, please tell me whether you think it shows the government going too far, not far enough or having about the right amount of involvement in helping people be healthy?	Tasmania	Rest of Australia	Total
Plain packaging for tobacco products			
Too far	12.3%	12.7%	12.7%
About the right amount	56.9%	55.5%	55.5%
Not far enough	30.8%	31.8%	31.8%
Bans on smoking in cars with children			
Too far	2.8%	4.0%	4.0%
About the right amount	48.0%	47.4%	47.4%
Not far enough	49.2%	48.6%	48.6%
Lower speed limits (30km/hr) in high pedestrian areas			
Too far	15.5%	15.9%	15.9%
About the right amount	65.9%	66.2%	66.2%
Not far enough	18.6%	17.9%	17.9%
Restrictions on advertising unhealthy foods to children			
Too far	10.2%	5.4%	5.5%
About the right amount	30.9%	36.1%	36.0%
Not far enough	58.9%	58.6%	58.6%
Restrictions on alcohol advertising			
Too far	8.0%	8.1%	8.1%
About the right amount	47.1%	49.1%	49.0%
Not far enough	44.8%	42.9%	42.9%
Taxing soft drink			
Too far	22.8%	20.0%	20.1%
About the right amount	35.2%	36.1%	36.0%
Not far enough	42.0%	44.0%	43.9%
Setting salt limits on processed food			
Too far	10.4%	7.4%	7.5%
About the right amount	40.1%	42.1%	42.1%
Not far enough	49.5%	50.5%	50.5%
Compulsory immunisation at school entry			
Too far	8.5%	7.5%	7.5%
About the right amount	62.2%	61.2%	61.2%
Not far enough	29.4%	31.4%	31.3%

For each of the following government initiatives, please tell me whether you think it shows the government going too far, not far enough or having about the right amount of involvement in helping people be healthy?	Tasmania	Rest of Australia	Total
Laws setting limits on working hours			
Too far	11.2%	14.9%	14.8%
About the right amount	65.5%	59.5%	59.6%
Not far enough	23.3%	25.6%	25.6%
Creation of bike lanes separated from cars			
Too far	11.7%	9.5%	9.6%
About the right amount	45.7%	46.3%	46.3%
Not far enough	42.6%	44.1%	44.1%
Removing advertising for unhealthy food and drinks in places owned by the Government (such as train stations)			
Too far	12.6%	10.2%	10.3%
About the right amount	44.3%	44.6%	44.6%
Not far enough	43.1%	45.2%	45.2%
Restrictions on sports sponsorship by companies that sell unhealthy food and drinks			
Too far	17.7%	15.2%	15.3%
About the right amount	37.1%	37.9%	37.9%
Not far enough	45.3%	46.8%	46.8%
Banning venues with an alcohol license from selling cigarettes			
Too far	23.7%	21.2%	21.3%
About the right amount	41.4%	45.6%	45.5%
Not far enough	34.9%	33.2%	33.2%
In general, do you think Australia has too much, too little or about the right amount of government regulation and policies in place to help people be healthy?			
Too much	7.5%	9.2%	9.2%
About the right amount	44.4%	40.3%	40.4%
Not enough	48.1%	50.5%	50.4%
In general, do you support or oppose the idea of the government putting a tax on a product that can negatively affect people's health?			
Strongly oppose	20.7%	18.3%	18.3%
Oppose	17.0%	15.0%	15.1%
(Neither support nor oppose)	1.5%	2.0%	2.0%
Support	31.4%	35.9%	35.8%
Strongly support	29.4%	28.8%	28.8%



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