



**HEALTH AND  
WELLBEING**

Women in NSW  
Report Series 2017

**EXPLANATORY  
NOTES**

| Topic                     | Indicator                             | Measure  | Explanatory Notes   | Data Source   |
|---------------------------|---------------------------------------|--|---|---|
| A profile of women in NSW | How many are we?                      | Total number of women and men in NSW   | Total number of women and men who reside in the state of NSW.   | Australian Bureau of Statistics (ABS) (2017), <i>2016 Census of Population and Housing—TableBuilder</i> . Accessed 03/07/2017.<br><b>Visit</b> <a href="https://abs.gov.au/census">abs.gov.au/census</a>  |
|                           | Life expectancy                       | Life expectancy of women and men at birth in NSW   | A life table is a statistical method used to represent the probability of survival of a population. In its simplest form, a life table is generated from age-specific death rates and the resulting values are used to measure mortality, survivorship and life expectancy. It is defined as the average number of years that a newborn is expected to live if current mortality rates continue to apply.   | ABS (2016), <i>Life Tables, States, Territories and Australia 2013–15</i> . Cat. No. 3302.0.55.001. Accessed 13/06/2017.<br><b>Visit</b> <a href="http://www.abs.gov.au/ausstats/abs@.nsf/mf/3302.0.55.001">www.abs.gov.au/ausstats/abs@.nsf/mf/3302.0.55.001</a>                   |
|                           | How old are we?                       | Age of women and men in NSW in 10 year age group   | Proportion of females and males in NSW by 10 year age group.  | ABS (2017), <i>2016 Census of Population and Housing—TableBuilder</i> . Accessed 03/11/2017.<br><b>Visit</b> <a href="https://abs.gov.au/census">abs.gov.au/census</a>  |
| Healthy lifestyles        | Overweight and obesity                | Proportion of persons who are obese or overweight based on self-reported body weight and height, people aged 16 years and over | People 18 years and over who are defined as overweight or obese have a Body Mass Index (BMI) of 25.0 or higher: overweight (BMI from 25.0 to 29.9) and obese (BMI of 30.0 and over). The cut-off points are slightly different for 16 and 17-year-olds. School-age children are classified into weight classes according to international standards. BMI is calculated from self-reported height and weight for adults and children. While there is ample evidence that self-reported height and weight is not as exact as measured height and weight trends, over time it provides a valid measure of changes in overweight and obesity in the population. | Centre for Epidemiology and Evidence (CEE) (2017), <i>Health Statistics New South Wales: Overweight or obesity in adults 2016</i> . Sydney: NSW Ministry of Health. Accessed 16/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a> |
| Health behaviours         | Healthy eating (fruit and vegetables) | Proportion of persons eating an adequate intake of fruit and vegetables, people aged 16 years and over                         | This indicator uses standards set out by the National Health and Medical Research Council (NHMRC) <i>Australian Dietary Guidelines</i> (2013). These guidelines recommend that adults eat a minimum of two serves of fruit per day. For vegetables, the indicator includes those males aged 16–18 years who consumed at least 5.5 serves of vegetables a day; males aged 19–50 years who consumed at least 6 or more serves a day; males aged 51–70 who consumed at least 5.5 serves per day; and males aged over 70 and all females aged 16 years and over who consumed at least 5 serves per day.   | CEE (2017), <i>Health Statistics New South Wales: Fruit and vegetables: recommended consumption in adults</i> . Sydney: NSW Ministry of Health. Accessed 26/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>                     |
|                           | Physical activity level               | Proportion of persons aged 16 years and over who reported insufficient levels of physical activity                             | For adults aged 18–64 years guidelines recommend a combination of moderate and vigorous activities on most or all days of the week, as well as strength training on at least 2 days and minimising sedentary behaviour especially prolonged sitting.<br>For adults aged 18–64 years, adequate physical activity is defined as undertaking physical activity for a total of at least 150 minutes per week over five separate occasions.  | CEE (2017), <i>Health Statistics New South Wales: Physical activity in adults</i> . Sydney: NSW Ministry of Health. Accessed 26/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>   |
| Risk behaviours           | Smoking                               | Proportion of persons who smoke tobacco on a daily or occasional basis, people aged 16 years and over                          | Data cover current smoking. A 'current smoker' is a person who reports smoking on a daily or occasional basis.  | CEE (2017), <i>Health Statistics New South Wales: Current smoking in adults</i> . Sydney: NSW Ministry of Health. Accessed 16/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>   |

| Topic           | Indicator                 | Measure   | Explanatory Notes   | Data Source   |
|-----------------|---------------------------|---|---|---|
|                 | Smoking among young women | Proportion of female secondary school students aged 12–17 years in NSW who were current smokers                   | The proportion of female secondary school students aged 12–17 years in NSW who were current smokers (either heavy, light or occasional). Self-completed data were collected through pen and paper questionnaires administered within secondary schools. Estimates were weighted to adjust for differences in the probability of selection among respondents and benchmarked to the estimated secondary school student population using the latest available Australian Bureau of Statistics estimates.  | CEE (2017), Health Statistics New South Wales: <i>Current smoking in secondary school students</i> .<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
|                 | Smoking in pregnancy      | Proportion of all mothers who gave birth (stillbirth or live birth) who smoked at all during pregnancy            | Any smoking in pregnancy is included.   | CEE (2016), Health Statistics New South Wales: <i>Smoking in pregnancy</i> . Sydney: NSW Ministry of Health. Accessed 16/05/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>   |
|                 | Risky drinking            | Proportion of persons consuming alcohol at levels posing a lifetime risk to health, people aged 16 years and over | Engaging in drinking which poses a lifetime risk to health is defined as consuming more than two standard alcoholic drinks on a day when alcohol is consumed. This is consistent with the definition used in the National Health and Medical Research Council's 2009 guidelines to reduce health risks from drinking alcohol. This section uses data from the 2012 ABS Australian Health Survey and the 2012 NSW Adult Population Health Survey. The data from these surveys use different measures; the ABS measures consumption in the last week and NSW measurements include 'usual consumption'.  | CEE (2017), Health Statistics New South Wales: <i>Alcohol drinking in adults</i> . Sydney: NSW Ministry of Health. Accessed 16/05/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>   |
|                 | Sexual health             | Notification rate per 100,000 population for chlamydia and gonorrhoea for all notifications in NSW                | Chlamydia is a sexually transmissible infection caused by the bacterium <i>Chlamydia trachomatis</i> . Many people who are infected do not have symptoms of infection but can still transmit the bacterium. Chlamydia can lead to infertility and other complications if not treated. The higher rate of infection in women may be due to health seeking and testing practices.<br><br>Gonorrhoea is a sexually transmissible infection caused by <i>Neisseria gonorrhoeae</i> bacteria. Often there are no symptoms and people pass the infection on to others without knowing it. Gonorrhoea requires treatment with antibiotics, and if left untreated can cause serious health problems including infections of the skin, joints and the covering of the brain (meningitis). Untreated gonorrhoea in women can lead to pelvic inflammatory disease and this can cause infertility. Using condoms correctly can significantly reduce the risk of transmission of gonorrhoea and other sexually transmissible infections. | CEE (2017), Health Statistics New South Wales: <i>Chlamydia notifications</i> . Sydney: NSW Ministry of Health. Accessed 14/06/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a><br><br>CEE (2017), Health Statistics New South Wales: <i>Gonorrhoea notifications</i> . Sydney: NSW Ministry of Health. Accessed 14/06/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a> |
| Maternal health | Fertility                 | Fertility rate by remoteness and Aboriginality  | Total fertility rate represents the number of children that would be born to a woman if she were to live to the end of her childbearing years and bear children in accordance with current age-specific fertility rates. The numerator is the number of live births in a year and the denominator is the number of females of childbearing age.<br><br>The replacement level is the number of births per female required to retain a stable population.   | CEE (2016), Health Statistics New South Wales: <i>Fertility rates</i> . Sydney: NSW Ministry of Health. Accessed 16/05/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
|                 | Antenatal visits          | Proportion of mothers who had a first comprehensive antenatal assessment before 14 (or 20) weeks gestation        | Antenatal care (or pre-natal care) should commence as early as possible in pregnancy to ensure the best outcomes for the mother and the baby.<br><br>All mothers who gave birth (stillbirth or live birth) in NSW are included.   | CEE (2016), Health Statistics New South Wales: <i>Antenatal care by gestational age</i> . Sydney: NSW Ministry of Health. Accessed 22/02/2017.<br>Visit <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |

| Topic                       | Indicator                              | Measure  | Explanatory Notes   | Data Source  |
|-----------------------------|--|--|---|--|
|                             | Type of birth                          | Proportion of births that were normal/breech vaginal, elective/emergency caesarean section or instrumental (forceps, vacuum extraction) births | Vaginal births include vaginal breech births. A caesarean section occurs when a surgical incision is made into the mother's womb via the abdomen to directly remove the baby. This can be done on a planned (elective) or emergency basis.  | CEE (2016), Health Statistics New South Wales: <i>Type of birth 2015</i> . Sydney: NSW Ministry of Health. Accessed 22/02/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>   |
| Psychological health        | Psychological distress                 | Proportion of persons reporting high or very high levels of psychological distress, people aged 16 years and over                              | This indicator is based on people reporting high or very high psychological distress in the last four weeks through the use of a Kessler 10 Plus Psychological Distress Scale. The Kessler 10 Plus questionnaire is used to assess anxiety, depression, agitation and psychological fatigue, and the effect of the distress.  | CEE (2016), Health Statistics New South Wales: <i>High or very high psychological distress in adults 2015</i> . Sydney: NSW Ministry of Health. Accessed 22/01/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
|                             | Intentional self-harm hospitalisations | Rate of hospitalisation for intentional self-harm (per 100,000 population)   | Intentional self-harm hospitalisations includes people of all ages and people aged 15 to 24 years who have experienced a hospital episode for an attempted suicide or an intentional self-inflicted injury or poisoning. This includes cases where intentional self-harm is the main reason for the hospital episode.   | CEE (2017), Health Statistics New South Wales: <i>Intentional self-harm hospitalisations 2001–02 to 2015–16</i> . Sydney: NSW Ministry of Health. Accessed 21/07/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
|                             | Suicide                                | Suicide rate (per 100,000 population)  | Suicide includes any intentional self-harm with a fatal result in NSW residents.  | CEE (2017), Health Statistics New South Wales: <i>Suicide</i> . Sydney: NSW Ministry of Health. Accessed 07/07/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
| Cancer and cancer screening | Breast cancer screening                | Breast cancer screening rate, women aged 50–74 years (per 100 eligible women)  | Uses data from the biennial screening rate for eligible women for breast cancer. Therefore the 2015–2016 period covers 1 January 2015 to 31 December 2016, not the 2015–16 financial year as with other indicators. The BreastScreen NSW program aims to screen (through mammography), on a two-yearly basis, 50 to 74-year-old women for breast cancer.  | Cancer Institute NSW (2017), <i>Breast screening, target age group 50–74 years</i> . Accessed 07/11/2017.<br><b>Visit</b> <a href="http://www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/breastscreening/">www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/breastscreening/</a> |
|                             | Cervical cancer screening              | Cervical cancer screening rate, women aged 20–69 years (per 100 eligible women)  | Uses data from the biennial screening rate for eligible women for cervical cancer. Therefore the 2015–2016 period covers 1 January 2015 to 31 December 2016, not the 2015–16 financial year as with other indicators. The NSW Cervical Screening Program aims to screen, on a two-yearly basis, 20 to 69-year-old women for cervical cancer or abnormalities. Cervical cancer can be prevented through the early detection of precancerous lesions by two-yearly Pap tests of women aged 20–69 years. Rates are age-standardised. | Australian Institute of Health and Welfare (2017), <i>Participation in the National Cervical Screening Program 2015–2016 data tables</i> . Accessed 03/07/2017.<br><b>Visit</b> <a href="http://www.aihw.gov.au/reports/cancer-screening/cancer-screening-in-australia/data">www.aihw.gov.au/reports/cancer-screening/cancer-screening-in-australia/data</a>       |
|                             | Human Papillomavirus (HPV) vaccination | HPV vaccinations administered through the school program to students in Year 7   | The data for HPV vaccination for 2011 to 2012 relates to female students in Year 7 only as the program was expanded to include males from 2013. Data for 2016 are provisional, as students who commenced but did not complete the course in Year 7 in 2016 will continue to receive catch-up vaccination throughout 2017.   | CEE (2017), Health Statistics New South Wales: <i>Immunisation in adolescent students</i> . Sydney: NSW Ministry of Health. Accessed 01/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |

| Topic                   | Indicator                               | Measure  | Explanatory Notes   | Data Source   |
|-------------------------|---|--|---|---|
|                         | New cancer diagnoses (Cancer Incidence) | Number and rate (per 100,000 population) of new cancers diagnosed in 2013                            | Cancer incidence is the number of new cases of cancer diagnosed in NSW in 2013, by gender. The data is available as age-standardised rate or number of cases.   | Cancer Institute NSW (2017), Cancer Incidence, All cancers, persons, trend, by age-group.<br><b>Visit</b> <a href="http://www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/incidence/">www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/incidence/</a>          |
|                         | Deaths due to cancer                    | Number and rate (per 100,000 population) of deaths from cancer in NSW residents                      | Cancer mortality is the number of deaths of cancer in NSW in 2013, by gender. The data is available as age-standardised rate or number of cases.  | Cancer Institute NSW (2017), Cancer Mortality, All cancers, trend, by gender. Accessed 06/11/2017.<br><b>Visit</b> <a href="http://www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/mortality/">www.cancerinstitute.org.au/data-research/access-our-data/cancer-statistics-nsw#/analysis/mortality/</a> |
| Coronary heart disease  | Coronary heart disease deaths           | Rate (per 100,000 population) of coronary heart disease deaths in NSW residents                      | Coronary heart disease is the usual underlying cause of a heart attack. Coronary heart disease happens when the arteries to the heart become narrowed by fatty plaque, which reduces the blood flow to the heart muscle.<br><br>Only NSW residents are included. Rates were age-adjusted using the Australian population as at 30 June 2001.<br><br>Counts of deaths for the latest years include an estimate of the number of deaths in that year but registered in the next year. | CEE (2017), Health Statistics New South Wales: <i>Circulatory disease deaths by disease type</i> . Sydney: NSW Ministry of Health. Accessed 06/11/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
|                         | Coronary heart disease hospitalisations | Number and rate (per 100,000 population) of coronary heart disease hospitalisations of NSW residents | Coronary heart disease is the usual underlying cause of a heart attack. Coronary heart disease happens when the arteries to the heart become narrowed by fatty plaque, which reduces the blood flow to the heart muscle.<br><br>Figures are based on where a person resides, not where they are treated. Rates were age-adjusted using the Australian population as at 30 June 2001.  | CEE (2017), Health Statistics New South Wales: <i>Coronary heart disease</i> . Sydney: NSW Ministry of Health. Accessed 31/10/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |
| Leading causes of death | Leading causes of death                 | Death rate (per 100,000 population) for NSW residents for specific causes of death                   | Deaths are classified using the ICD-10 classification. Causes of death as reported on death certificates. Cause of death refers to the underlying cause, that is the disease or injury, or multiple causes, which led to the initial disease that led directly to death.  | CEE (2016), Health Statistics New South Wales: <i>Deaths by category of cause, sex, all ages, NSW 2015</i> . NSW Ministry of Health. Accessed 12/05/2017.<br><b>Visit</b> <a href="http://www.healthstats.nsw.gov.au">www.healthstats.nsw.gov.au</a>  |



**Front cover:**  
**Associate Professor Catherine Birman,**  
**NSW Premier's Woman of the Year Award Winner 2017**  
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