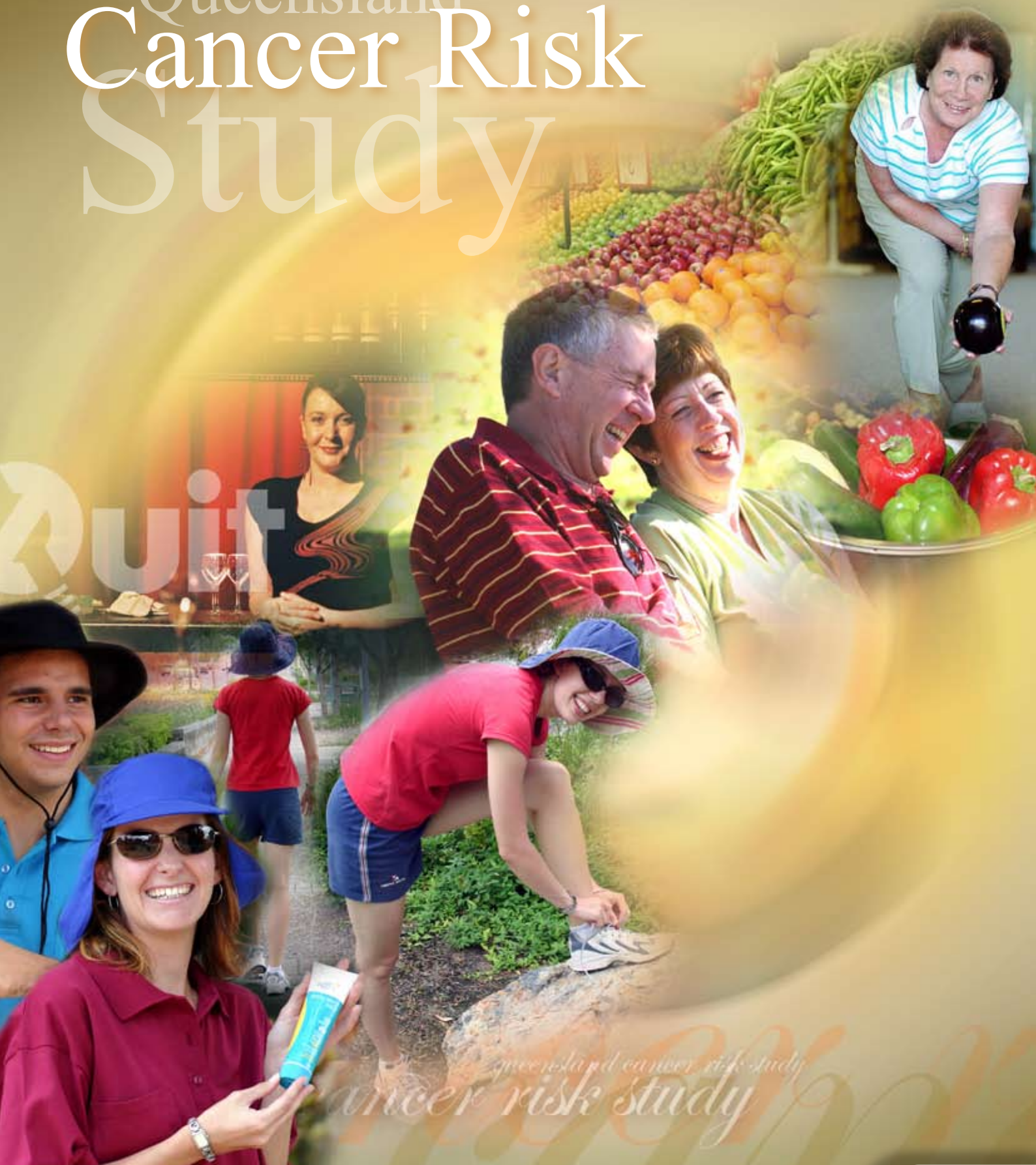


Queensland Cancer Risk Study



Viertel Centre for Research in Cancer Control

The generosity of Queenslanders and the Sylvia and Charles Viertel Charitable Foundation makes this research possible

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**Queensland
Cancer Fund**

Queensland Cancer Risk Study Results

December, 2005

Viertel Centre for Research in Cancer Control
Queensland Cancer Fund

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“Bowling” photo on the cover courtesy of Albert and Logan News.

Queensland Cancer Risk Study

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EXECUTIVE SUMMARY

Background

Behavioural factors such as smoking, alcohol consumption, inappropriate diet, inadequate physical activity, overweight and excessive sun exposure increase an individual's risk of cancer and account for an ever increasing proportion of the total burden of cancer in the population. Improvement in these behavioural factors carries with it an expected reduction in the incidence of cancer over time. Community-wide campaigns aimed at reducing smoking and sun exposure have been conducted in Queensland for some years and campaigns to increase fruit and vegetable consumption and increase physical activity are underway. Cancer screening programs for cervical cancer and breast cancer are well-established and have resulted in reductions in the mortality rates for these diseases, while the introduction of a national screening program for bowel cancer has begun.

To plan, improve and evaluate these and other strategies for cancer prevention and early detection, information on the current prevalence of cancer risk factors and the level of cancer screening activity in the Queensland population is essential. We need to know how far we have come, how far we still have to go and where we can most effectively target our efforts and resources. Significant gaps exist in this knowledge.

The Queensland Cancer Fund undertook to address these gaps through the Queensland Cancer Risk Study, the first comprehensive survey of cancer risk factors, knowledge and attitudes towards cancer and screening activity across Queensland. Information from this study will provide a rational basis on which to refine and target prevention and early detection efforts. It will assist in shaping future cancer control policy and practice and will form a baseline against which to measure progress.

Study objectives

The objectives of the Queensland Cancer Risk Study were to describe the distribution and determinants of behavioural risk factors for cancer in the Queensland population (smoking; alcohol consumption; diet; physical inactivity; overweight; sunburn, sun protection and solarium use); to describe current levels of screening for cervical, breast, colorectal and prostate cancer and melanoma; to describe Queenslanders' experience of cancer; and to document Queenslanders' knowledge of and attitudes towards cancer, cancer screening and perceived personal risk of cancer.

Methods

The Queensland Cancer Risk Study was a state-wide survey of 9,419 residents of Queensland aged 20-75 years. Information from each respondent was collected through an anonymous computer-assisted telephone interview (Module 1) followed by a mailed self-administered questionnaire that sought more detailed information from respondents who agreed to provide their contact details (Module 2). This report includes results from Module 1 only.

All interviews were conducted between February and November 2004. Respondents were sampled at random within strata defined by age, gender and geographic region. Telephone numbers were selected at random from listings in the electronic White Pages. The interview was restricted to English-speaking respondents. A total of 9,419 people were interviewed. The overall response rate was 45.6%.

In order to evaluate differences by geographic region, Queensland was divided along geographical lines into four distinct areas according to remoteness as defined by the Accessibility/Remoteness Index of Australia (ARIA)+ classification that is based on physical road distance to the nearest town of 1000 or more people. The ARIA+ classification uses the following categories: Major city, Inner regional, Outer regional, Remote and Very remote. Due to the small number of people in the more remote areas, Remote and Very remote were combined into a single "Remote/Very remote" category.

Key findings

Tobacco

- 23% of Queenslanders (25% of men and 21% of women) are current smokers.
- 19% of Queenslanders (21% of men and 17% of women) smoke every day.
- Daily smoking prevalence decreased with increasing age (20-39 years 24%, 40-59 years 17% and 60-75 years 8%).
- Daily smoking prevalence is higher in remote/very remote areas (30%) compared with other areas of Queensland (19%).
- 49% of daily smokers attempted to quit in the past 12 months.
- “Cold turkey” was the most common technique used for previous successful quit attempts and also the technique participants would be most likely to use in the future.

Alcohol

- 66% of Queenslanders drink alcohol regularly (i.e. at least once per month); 18% are infrequent drinkers; 8% are ex-drinkers and 7% are non-drinkers.
- More men (75%) than women (57%) are regular drinkers and more Queenslanders aged 20-39 years and 40-59 years are regular drinkers compared to those aged 60-75 years (68%, 68% and 60%, respectively).
- Overall, 9% of Queenslanders aged 20 years or older drink alcohol every day (the Dietary Guideline for Australian Adults recommends that adults have one or two alcohol-free days per week).
- A higher percentage of men (13%) than women (6%) drink alcohol every day and the percentage of Queenslanders who drink every day increases with age (20-39 years 4%, 40-59 years 12%, 60-75 years 18%).
- Among regular drinkers, on those occasions when they drink, 64% exceed the level of alcohol consumption recommended by the Dietary Guidelines for Australian Adults (i.e., two standard drinks for men and one standard drink for women).
- The percentage of regular drinkers exceeding these recommended levels is higher among women (71%) than men (58%) and is higher among younger people (20-39 years 72%, 40-59 years 62%, 60-75 years 44%).
- The percentage of regular drinkers exceeding these recommended levels is higher in remote/very remote areas (70%) than in other areas of Queensland (64%).
- There are no regional differences in the percentage of regular drinkers.

Diet

- The recommended intake of 5 serves of vegetables a day is achieved by only 12% of Queenslanders while 46% meet the recommended intake of 2 serves of fruit a day.
- Men aged 20-39 years and those living in major cities are the most likely groups NOT to meet vegetable intake recommendations.
- Men aged 20-39 years and those in outer regional and remote/very remote locations are the most likely groups NOT to meet fruit intake recommendations.
- Only about one in 10 Queenslanders know the recommended intake of vegetables and/or the recommended daily intake of fruit.
- 38% of Queenslanders regularly take some type of vitamin, herbal or natural supplement, of whom 15% do this in part to reduce their risk of cancer.

Physical activity

- There are high levels of physical inactivity in the Queensland population, with approximately 40% of Queenslanders either sedentary or achieving levels of activity insufficient for health benefits (i.e., less than the recommended 150 minutes of physical activity per week).
- Among those with “sufficient” levels of activity, walking is the most common form of physical activity.

- Men and people under the age of 40 years are relatively more active.
- There are few regional differences in levels of physical activity.

Body mass

- Over half (54%) of Queenslanders are overweight or obese.
- Being overweight/obese is more common among men (61%) than women (46%) and increases with age.
- Being overweight/obese is more common in remote and very remote regions (63%) than other areas of Queensland (55%).
- Although most people have a correct perception of their weight, 16% of overweight/obese people believe themselves to be of normal weight and 1% believe themselves to be underweight.

Sun exposure and sun protection

- 70% of Queenslanders have been sunburnt at least once in the past 12 months.
- Men and people under the age of 40 are more likely to have been sunburnt at least once in the past 12 months.
- 16% of Queenslanders have been SEVERELY sunburnt (defined as pain for two or more days, blistering or peeling of the skin) at least once in the past 12 months.
- Men and people under the age of 40 are more likely to have been severely sunburnt at least once in the past 12 months.
- There is little difference between regions either in sunburn or severe sunburn in the past 12 months.
- Solarium use is still low overall (1.3% of Queenslanders had visited a solarium in the past 12 months) but higher among women, young Queenslanders and those in city areas.
- Most Queenslanders who visit solaria do not recall receiving the required information and consent forms.

Female reproductive history and hormones

- Among Queensland women aged 20-75 years, 29% have used the mini-pill at some time (8% are currently using the mini-pill), 70% have used other forms of the oral contraceptive pill (18% are currently using the oral contraceptive pill) and 22% have used hormone replacement therapy.
- There is little difference between regions either in use of the mini-pill or in use of the oral contraceptive pill.
- Hormone replacement therapy is used much less by women living in remote or very remote regions compared to the rest of Queensland.

Screening behaviour

- The majority of Queenslanders believe that it is important to check for different types of cancer even if there are no symptoms (98% believe it is important to check for cervical cancer, 98% for breast cancer, 80% for colorectal cancer and 96% for skin cancer).
- The proportions of Queenslanders who report they comply with cancer screening guidelines are: 68% of women aged 20-75 years report they have a Pap smear test at least every two years, 80% of women aged 50-69 years report they have a mammogram at least every two years, 2% of Queenslanders aged 50-75 years report they have a faecal occult blood test (FOBT) at least every two years.
- In addition, 25% of men aged 50-69 years report they have a PSA test at least every two years and 14% of Queenslanders aged 20-75 years report they have a skin examination every year.
- The proportion of Queenslanders who can name the screening tests for different types of cancer are:
 - 87% of women aged 20-75 years mentioned "Pap smear" for cervical cancer,
 - 91% of women aged 50-69 years mentioned "mammogram" for breast cancer,
 - 17% of adults aged 50-75 years mentioned "FOBT" (faecal occult blood test) for bowel cancer,
 - 48% of adults aged 50-75 years mentioned "colonoscopy" for bowel cancer.
- In addition, 51% of men aged 50-69 years mentioned "DRE" (digital rectal examination) for prostate cancer and 50% of men aged 50-69 years mentioned "PSA" (prostate-specific antigen) test for prostate cancer.
- There was little variation in screening practices across the State. However, no respondents living in remote/very remote areas of Queensland reported undergoing a regular FOBT.

Experience of cancer

- One in six respondents (16%) had had a diagnosis of cancer. About half of these cancers were non-melanoma skin cancer. Excluding non-melanoma skin cancer, 8% of respondents had had a diagnosis of cancer.
- 41% of respondents stated that one or more close blood relatives (parents, children, brothers, sisters) had had a diagnosis of cancer.
- 85% of respondents personally knew someone who had had cancer.

Knowledge, attitudes and perceptions

- Just over half (54%) of Queenslanders are at least moderately confident that there will be cures for the most common forms of cancer within their lifetimes.
- Most Queenslanders (97%) believe that treating cancer in the early stages increases a person's chance of survival.
- Most Queenslanders (98%) are able to name one or more actions they can take to reduce their risk of getting cancer with the most common being "protection from sun exposure" and "eating well".
- Almost one quarter (24%) of Queenslanders who had not had cancer thought they had a "high" to "certain" risk of getting skin cancer and 14.6% thought they had a high or certain risk of getting a cancer other than skin cancer.

Conclusions

Overall, these results suggest that, for the majority of Queensland adults, there is scope for improvement in regard to cancer risk behaviours and knowledge. Continuing efforts are warranted to improve behavioural risk factors for the whole of the Queensland population.

In addition, this study has identified a number of demographic groups with multiple cancer risk behaviours, namely, men, younger Queenslanders and residents of remote/very remote areas. This information will be invaluable in informing strategies and the design of appropriate messages to target these high risk groups. The Queensland Cancer Fund Community Services Department is currently developing specific program recommendations that will be informed by these data.

This report describes only a small portion of the information provided by the Queensland Cancer Risk Study. The data-set comprising Module 2, the results of the self-administered questionnaire, includes a wealth of information and avenues for further inquiry into the common reasons for engaging in cancer risk behaviours and for failing to follow cancer screening guidelines. Such information will help to further refine efforts to reach at-risk Queenslanders with cancer control messages and programs.

In conclusion, the Queensland Cancer Risk Study provides the most comprehensive picture to date of the behaviour and attitudes of the State's population in regard to prevention, early detection and screening for cancer. These results will inform the cancer control initiatives of the Queensland Cancer Fund and other stakeholders and will provide a platform to help frame and direct future cancer prevention and early detection programs. Importantly, these results will also provide a benchmark against which to monitor progress in improving knowledge, attitudes and behaviour with the goal of limiting the incidence and impact of cancer in the population.

CHAPTER 1: Introduction

Behavioural factors such as smoking, alcohol consumption, inappropriate diet, inadequate physical activity, overweight and excessive sun exposure increase an individual's risk of cancer and account for an ever increasing proportion of the total burden of cancer in the population. Improvement in these behavioural factors carries with it an expected reduction in the incidence of cancer over time. Community-wide campaigns aimed at reducing smoking and sun exposure have been conducted in Queensland for some years and campaigns to increase fruit and vegetable consumption and increase physical activity are underway. Cancer screening programs for cervical cancer and breast cancer are well-established and have resulted in reductions in the mortality rates for these diseases, while the introduction of a national screening program for bowel cancer has begun.

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The objectives of the Queensland Cancer Risk Study were to describe the distribution and determinants of behavioural risk factors for cancer in the Queensland population (smoking; alcohol consumption; diet; physical inactivity; overweight; sunburn, sun protection and solarium use); to describe current levels of screening for cervical, breast, colorectal, prostate cancer and melanoma; to describe Queenslanders' experience of cancer; and to document Queenslanders' knowledge of and attitudes towards cancer, cancer screening and perceived personal risk of cancer.

Table 1.1 Participants by sex, age group and geographic region^a

Geographic region ^b	Total (n=9419)		20-39 (n=3142)		Age group (years)			
					40-59 (n=3162)		60-75 (n=3115)	
	Male	Female	Male	Female	Male	Female	Male	Female
South West/Darling Downs	304	295	100	100	104	98	100	97
West Moreton	324	294	109	100	117	98	98	96
Logan	300	302	100	101	100	101	100	100
Brisbane (South)	301	301	100	101	100	101	101	99
Central/Fitzroy	303	302	100	102	102	100	101	100
Sunshine Coast	304	305	102	99	102	105	100	101
Far North	363	361	122	121	120	120	121	120
Northern/North West	360	360	120	120	120	120	120	120
Mackay	362	363	121	121	121	122	120	120
Wide Bay	363	363	121	121	122	122	120	120
Brisbane (Bayside)	360	360	120	120	120	120	120	120
Gold Coast	360	362	120	120	120	122	120	120
Brisbane (North)	361	360	121	120	120	120	120	120
Redcliffe/Caboolture	361	365	120	120	121	124	120	121

^a Column numbers and percentages are raw data.

CHAPTER 2: Methods

The Queensland Cancer Risk Study was a state-wide survey of 9,419 residents of Queensland aged 20-75 years. Information from each respondent was collected through an anonymous computer-assisted telephone interview (Module 1) followed by a mailed self-administered questionnaire that sought more detailed information from respondents who agreed to provide their contact details (Module 2). This report includes results from Module 1 only.

All interviews were conducted between February and November 2004.

Respondents were sampled at random within strata defined by age, gender and geographic region, as shown in Table 2.1. For this survey, Queensland was divided into 14 geographic regions. These regions are aggregates of the Health Service Districts used by Queensland Health and equate largely to the Commonwealth Sub-regions, a geographic entity defined by the Commonwealth Department of Health and Aged Care. These regions have also been used in state-wide surveys conducted by Queensland Health. To assist interpretation, three of these regions have been renamed for the purposes of this report as “Brisbane (North)” (formerly Prince Charles Hospital and District), “Brisbane (South)” (formerly QEII Hospital and District) and “Brisbane (Bayside)” (formerly Bayside).

Sampling proceeded region by region, in the order listed in Table 1.1. The sample quota required for each age-gender-region cell was calculated to provide 90% power to detect a minimum absolute difference in proportions of 0.1 when comparing between two sample cells with two-sided testing and a significance level of 0.05. A total of 9,419 people were interviewed. The overall response rate was 45.6%.

In order to evaluate differences by geographic region, Queensland was divided along geographical lines into four distinct areas according to remoteness as defined by the Accessibility/Remoteness Index of Australia (ARIA)+ classification that is based on physical road distance to the nearest town of 1000 or more people. The ARIA+ classification uses the following categories: Major city, Inner regional, Outer regional, Remote and Very remote (Figure 2.1). Due to the small number of people in the more remote areas, Remote and Very remote were combined into a single “Remote/Very remote” category.

Telephone numbers were selected at random from listings in the electronic White Pages. The sampling frame included the current White Pages combined with previous editions of the White Pages from the last six years, a technique that has been found to increase the probability of capturing silent numbers. This is because, over time, listed numbers from earlier editions of the White Pages are recirculated to become today's silent numbers. The interview was restricted to English-speaking respondents.

The 30-minute telephone interview included questions about tobacco use, alcohol consumption, diet, physical activity, body mass index, sun exposure and sun protection, female reproductive history and hormones, cancer screening activity, cancer history and family cancer history, and knowledge and perceptions of cancer risk. The interview was developed after a comprehensive review of relevant questions from national and international surveys.

All analyses were weighted by age, gender and geographic location so that the results reflect the actual Queensland resident population in the 20-75 years age range, based on the Queensland 2003 estimated resident population obtained from the Australian Bureau of Statistics.

Sample demographics

The demographic characteristics of the weighted survey sample were compared to those same characteristics in the whole Queensland population using information on the Queensland 2001 Census obtained from the Australian Bureau of Statistics (Table 2.1). The survey sample was reasonably representative of the Queensland population, although respondents tended to have a higher level of education and were more likely to be married. There was an under-representation of Indigenous people in the survey sample. The demographic characteristics of the survey sample are tabulated in detail in Appendix A.

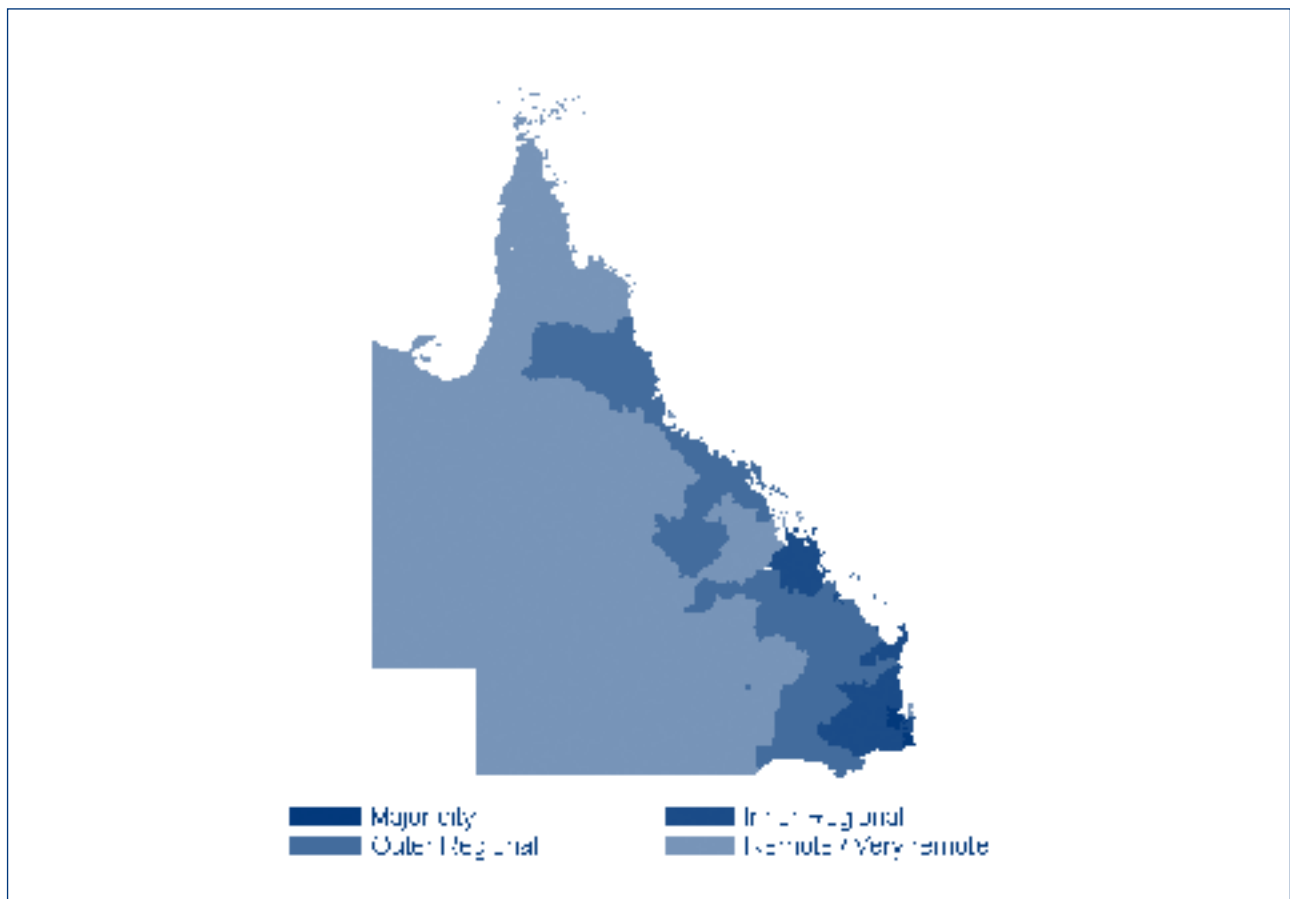


Figure 2.1 Details of remoteness areas (ARIA+)

Statistical notes

The estimates provided in this report are subject to sampling and non-sampling error. Data in future publications may differ from this report due to further coding of responses. Due to rounding some results in the tables in this report do not add up to 100 percent.

Table 2.1 Weighted sample distribution and Queensland population distribution

Variable	Survey distribution ^a %	Queensland distribution ^b %
Sex		
Male	49.9	49.0 ^c
Female	50.1	51.0 ^c
Age		
20-39 years	42.6	43.8
40-59 years	40.5	40.2
60-75 years	16.9	16.0 ^c
Residential region by ARIA+		
Major city	54.5	53.8 ^c
Inner regional	25.2	25.7 ^c
Outer regional	18.1	17.6 ^c
Remote/Very remote	2.2	2.9 ^c
Country of birth		
Australia	79.6	77.7
Overseas	20.4	17.2
Ethnicity		
Indigenous Australian	1.3	3.1
Education level		
University or college degree	25.9	10.8
Trade or technical certificate/Diploma	30.8	21.5
Senior high school or below	43.3	67.7
Employment status		
Employed full-time ^d	69.9	63.9
Employed part-time	29.9	33.0
Marital status		
Married	64.2	51.3
Divorced	5.4	8.0
Married, but separated	2.7	3.8
Widowed	2.6	5.8
Never married (includes living together) ^e	25.0	31.2
Total Queensland population	N=9,419	N=3,585,639

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Applicable to all persons (excluding overseas visitors).

^c Applicable to persons aged 15 years and over.

^d Full-time is defined as having worked 35 hours or more in all jobs during the week.

^e Never married is defined as per the ABS Registered Marital Status and refers to the legal status of the person and not necessarily his/her current living arrangements therefore, "living together" is included in the "never married" category.

CHAPTER 3: Tobacco

Key findings

- 23% of Queenslanders (25% of men and 21% of women) are current smokers.
- 19% of Queenslanders (21% of men and 17% of women) smoke every day.
- Daily smoking prevalence decreased with increasing age (20-39 years 24%, 40-59 years 17% and 60-75 years 8%).
- Daily smoking prevalence is higher in remote/very remote areas (30%) compared with other areas of Queensland (19%).
- 49% of daily smokers attempted to quit in the past 12 months.
- “Cold turkey” was the most common technique used for previous successful quit attempts and also the technique participants would be most likely to use in the future.
- Detailed results are tabulated in Appendix B

Tobacco smoking is the main known cause of cancer-related death worldwide. Cigarette smoking is an established risk factor for lung cancer and has been causally linked to numerous other cancers such as cancer of the larynx, oral cavity, pharynx, oesophagus, pancreas, kidney and bladder. Other types of cancer, such as cancer of the stomach, liver, and nasal sinuses and myeloid leukaemia, may also be a consequence of smoking. Passive smoking has also been shown to be an important cancer risk.⁽¹⁾

Smoking behaviour

Just over half (53.4%) of the Queensland population have smoked at least 100 cigarettes during their lives, and almost one in four adults (23.0% of Queenslanders; 25.2% of men and 20.8% of women) were identified as current smokers (Appendix B1-B2). This proportion of current smokers is comparable to the 21.2% reported from the Queensland results of the 2001 National Drug Strategy Household Survey.⁽²⁾

To obtain a more detailed assessment of cigarette intake and quitting behaviour, smoking status was divided according to current smoking status with ex-smokers further divided into short- and long-term ex-smokers. Literature suggests that among former smokers, the time of abstinence from cigarettes is the most important indicator of the probability of relapse.⁽³⁾ Ex-smokers who have abstained from smoking for a 12-month period have only about a 5% risk of relapsing, so 12 months of continuous abstinence has been used as the criterion for ‘successful quitting’. The five groups therefore were: 1) lifelong non-smokers (those who have never smoked at least 100 cigarettes in their lifetime); 2) current daily smokers; 3) current intermittent smokers (those who report smoking on some days); 4) short-term ex-smokers (“recent quitters”, those who quit smoking fewer than 12 months ago); and 5) long-term ex-smokers (those who quit smoking 12 months ago or longer) (Table 3.1, Appendix B2).

Table 3.1 Current smoking status^a

Smoking status	N=9411	%
Current daily smoker	1753	18.6
Current intermittent smoker	411	4.4
Long-term ex-smoker	2594	27.6
Short-term ex-smoker	262	2.8
Life-long non-smoker	4391	46.6

^a Column counts and percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

A higher percentage of men than women were daily smokers (20.7% and 16.5% respectively). Smoking prevalence was highest in the 20-39 year age group and decreased with increasing age. Daily smoking prevalence was higher in remote/very remote areas compared with other areas of Queensland (Appendix B2).

On average, respondents were aged 15 years when they first tried a cigarette and 17 years when they first started to smoke at least once per week (Appendix B3-B4).

Current smokers

Tobacco intake

Current daily smokers smoked 19 cigarettes per day on average. Current intermittent smokers smoked on 13 of the last 30 days, with an average consumption of 6.5 cigarettes per day during this time (Appendix B5-B7).

Quit attempts

A quit attempt was defined as having stopped smoking for more than one day in the last 12 months in order to try to stop smoking. Just under half (48.5%) of daily smokers made at least one quit attempt. Current daily smokers who did attempt to quit made an average of 2.5 attempts during the last 12 months (Appendix B8-B9).

Over half (63.8%) of intermittent smokers made an attempt to quit over the last 12 months with an average of five attempts. The most popular strategy for attempting to quit smoking in the last 12 months for both daily and intermittent smokers was giving up “cold turkey” (Table 3.2).

Table 3.2 Quit attempt techniques of current smokers^a

Quit technique	% tried method	
	Daily smokers	Intermittent smokers
Cold turkey/just gave up	64.2	72.9
Nicotine patches	32.4	17.6
Zyban	12.1	6.1
Nicotine gum	7.9	5.3
Reduced the number of cigarettes smoked	2.0	3.8

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

For daily smokers who had attempted unsuccessfully to quit smoking in the last 12 months, the longest they were able to refrain from smoking was 10 days on average. For intermittent smokers who had attempted to give up smoking in the last year, they refrained for an average of 40 days.

Future quitting intentions

Current daily and intermittent smokers were asked about their future quitting intentions (Table 3.3). In both groups, fewer than 10% of current smokers had no intention of ever quitting smoking. A higher percentage of current intermittent smokers intended to quit in the next month than current daily smokers, whereas current daily smokers were more likely than intermittent smokers to report intending to quit but not in the next six months.

Table 3.3 Future quitting intentions for current smokers^a

Future quitting intentions	% daily smokers	% intermittent smokers
Intend to quit in the next month	16.5	35.6
Intend to quit in the next 6 months	30.5	30.5
Intend to quit but not in the next 6 months	38.3	17.8
Never intend to quit	8.8	8.3
Don't know	5.9	7.8

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

A higher percentage of younger respondents and residents of remote/very remote regions intended to quit in the next one to six months. For those respondents who indicated an intention to quit sometime in the next six months, most indicated that they would “go cold turkey” or “just give up” (Table 3.4, Appendix B12-B13).

Table 3.4 Future quit techniques of current smokers^a

Future quit techniques	% who may quit in the	
	next month	next 6 months
Cold turkey/just give up	53.8	48.7
Nicotine patches	27.8	30.0
Zyban	5.5	7.4
Nicotine gum	2.8	4.6
Reduce the number of cigarettes smoked	3.7	2.9

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Past smokers

As previously noted, respondents who had smoked at least 100 cigarettes during their lifetime but who no longer smoke were classified as either short-term or long-term ex-smokers, depending upon how recently they had given up smoking.

Of the respondents defined as short-term ex-smokers, it had been 3.8 months on average since they quit smoking. For long-term ex-smokers, it had been 192 months, or close to 16 years, on average since they quit smoking.

Quit techniques

Both short- and long-term ex-smokers were asked about the methods that they used to give up smoking (Table 3.5, Appendix B15). The most common technique used to quit smoking was “cold turkey” or “just gave up”. Short-term ex-smokers were much more likely than long-term ex-smokers to use nicotine replacement therapies and Zyban.

Table 3.5 Quitting techniques of ex-smokers^a

Quit technique	% who used method	
	Long-term ex-smokers	Short-term ex-smokers
Cold turkey/just give up	83.5	58.4
Nicotine patches	4.9	14.9
Zyban	1.4	10.7
Used hypnosis	1.5	3.1
Reduce the number of cigarettes smoked	2.2	1.5

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Other tobacco use

Overall, 2.1% of Queenslanders smoke cigars, 0.4% smoke a pipe and 0.1% chew tobacco. Men aged 20-39 years were more likely to report smoking cigars, while older men (60-75 years) were more likely to report smoking a pipe. The highest prevalence of chewing tobacco was in remote/very remote areas of Queensland (Appendix B16-B18).

CHAPTER 4: Alcohol

Key findings

- 66% of Queenslanders drink alcohol regularly (i.e. at least once per month); 18% are infrequent drinkers; 8% are ex-drinkers and 7% are non-drinkers.
- More men (75%) than women (57%) are regular drinkers and more Queenslanders aged 20-39 years and 40-59 years are regular drinkers compared to those aged 60-75 years (68%, 68% and 60%, respectively).
- Overall, 9% of Queenslanders aged 20 years or older drink alcohol every day (the Dietary Guideline for Australian Adults recommends that adults have one or two alcohol-free days per week).
- A higher percentage of men (13%) than women (6%) drink alcohol every day and the percentage of Queenslanders who drink every day increases with age (20-39 years 4%, 40-59 years 12%, 60-75 years 18%).
- Among regular drinkers, on those occasions when they drink, 64% exceed the level of alcohol consumption recommended by the Dietary Guidelines for Australian Adults (i.e. two standard drinks for men and one standard drink for women).
- The percentage of regular drinkers exceeding these recommended levels is higher among women (71%) than men (58%) and is higher among younger people (20-39 years 72%, 40-59 years 62%, 60-75 years 44%).
- The percentage of regular drinkers exceeding these recommended levels is higher in remote/very remote areas (70%) than in other areas of Queensland (64%).
- There are no regional differences in the percentage of regular drinkers.
- Detailed results are tabulated in Appendix C.

High levels of alcohol consumption have been associated with increased risk of cancers of the lips, mouth, throat, larynx, oesophagus, pharynx, and liver and may increase the risk of stomach, pancreas, bowel and breast cancer.⁽⁴⁾

Patterns of alcohol consumption

Approximately two-thirds (66.4%) of Queenslanders were regular drinkers, i.e. reported they drank alcohol at least once a month (Table 4.1). More men than women were regular drinkers (75.6% versus 57.4%) and the prevalence of regular drinking decreased slightly with age (67.7% of 20-39 year olds and 67.8% of 40-59 year olds were regular drinkers compared with 59.9% of 60-75 year olds) (Appendix C1).

Table 4.1 Drinking intake status^a

Drinking behaviour	Definition	Number	%
Regular drinker	Drink at least once per month	6257	66.4
Infrequent drinker	Drink <once per month	1718	18.2
Past drinker	Used to drink alcohol but have stopped	711	7.6
Life-long non-drinker	Have never drunk alcohol	730	7.8

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Regular drinkers were 20 years of age on average when they began to drink alcohol at least once a month. Among regular drinkers, about one-fifth (21.1%) drank less than one day a week over the past 12 months, while 13.8% drank every day (Appendix C2-C3).

Overall, 9.2% of the Queensland population reported that, on average, they drank every day over the past 12 months. The most recent Dietary Guidelines for Australian Adults recommend that people have one or two alcohol-free days per week.⁽⁵⁾ Daily drinking was more common among men (12.5% versus 5.9% for women), and increased with age (37% of 20-39 year olds, 11.5% of 40-59 year olds and 17.8% of 60-75 year olds drank daily).

The most recent Dietary Guidelines for Australian Adults recommend that if people are going to drink, they should limit their average daily intake of alcohol to no more than two standard drinks for men and one standard drink for women.⁽⁵⁾ Among regular drinkers, on those occasions when they drank, close to two-thirds (63.5%) drank above these recommended levels. This proportion was higher among women (70.8%) than men (57.9%), reflecting in part the lower recommended levels for women. The proportion of regular drinkers exceeding these recommended levels decreased with increasing age, and tended to be higher in regional and remote areas (Appendix C4).

Among regular drinkers, about three-quarters (76%) drank five or more drinks of alcohol at one sitting on at least one occasion during the last 12 months and 26.4% of regular drinkers reported this level of drinking about once a week or more. Among regular drinkers, men were more likely than women to have five or more drinks of alcohol about once a month or more (57.2% and 31.1%, respectively) and those aged 20-39 years were more likely than those aged 40-59 and 60-75 years to have five or more drinks of alcohol about once a month or more (55.4%, 41.3% and 29.1%, respectively) (Appendix C5).

Compared with the amount they were drinking 12 months ago, 31.8% of regular drinkers were drinking less alcohol, 56.8% were drinking about the same amount of alcohol, and 11.4% were drinking more alcohol (Appendix C6).

Past drinkers

A total of 7.6% of Queenslanders reported they used to drink alcohol but have now stopped. They were on average 35 years old when they stopped drinking alcohol. Men tended to be older than women when they stopped drinking (38.0 years versus 32.9 years, respectively) (Appendix C7).

CHAPTER 5: Diet

Key findings

- The recommended intake of 5 serves of vegetables a day is achieved by only 12% of Queenslanders while 46% meet the recommended intake of 2 serves of fruit a day.
- Men aged 20-39 years and those living in major cities are the most likely groups NOT to meet vegetable intake recommendations.
- Men aged 20-39 years and those in outer regional and remote/very remote locations are the most likely groups NOT to meet fruit intake recommendations.
- Only about one in 10 Queenslanders know the recommended intake of vegetables and/or the recommended daily intake of fruit.
- 38% of Queenslanders regularly take some type of vitamin, herbal or natural supplement, of whom 15% do this in part to reduce their risk of cancer.
- Detailed results are tabulated in Appendix D.

It has been estimated that up to 30% of cancers are attributable to diet.⁽⁶⁾ A Westernised diet (high caloric food rich in animal fat and protein) increases the risk of colon, breast, prostate, endometrial and other cancers. Research has shown that fruit and vegetable consumption has an overall protective effect for cancers of the pharynx, larynx, lung, oesophagus, stomach and cervix uteri and that consumption of vegetables may reduce risk of cancers of the colon and rectum.⁽⁶⁾ Current guidelines encourage Australians to eat at least five serves of vegetables and two serves of fruit a day.⁽⁵⁾

Vegetable and fruit intake

Respondents were asked about their usual daily consumption of vegetables and fruits over the past 12 months. Only 11.9% of respondents met the recommended intakes of at least five serves of vegetables per day and 45.5% met the recommended intake of at least two serves of fruit per day. Overall, just 7.7% of Queenslanders met both the vegetable and fruit recommendations (Appendix D1-D7). In comparison, the 2001 National Health Survey reported that 31.1% Queenslanders usually consumed four or more serves of vegetables a day and 44.6% reported eating two or more serves of fruit a day.⁽⁷⁾

The prevalence of not meeting vegetable recommendations was highest among men aged 20-39 years and those respondents living in major cities. Similarly, men aged 20-39 were the most likely group to not meet fruit recommendations. However, non-compliance with fruit intake recommendations is highest in outer regional and remote/very remote locations of Queensland (Appendix D2, D5).

Compared to 12 months ago, 78.4% of Queenslanders were eating the same amount of vegetables while 14.8% were eating more. The remaining 6.5% were eating fewer vegetables than a year ago. Compared to 12 months ago, 74.7% of Queenslanders were eating the same amount of fruit, 15.3% were eating more, and the remaining 8.7% were eating less fruit (Appendix D3, D6).

Knowledge of recommended daily intake

Queenslanders' knowledge of recommended guidelines for daily fruit and vegetable intake was quite poor. Less than a third (29.8%) of respondents knew the recommended daily intake of vegetables, with a similar proportion (27.7%) stating they knew the recommended daily fruit intake (Appendix D8, D11).

Of the respondents who stated that they knew the recommended intake, only 31.4% correctly stated five serves for vegetables, with 36.2% correctly stating two serves for fruit. Therefore, of the entire Queensland population, only 9.4% were able to indicate correctly five serves as the recommended daily intake of vegetables, and only 10.0% correctly identified two serves as the recommended daily intake of fruit (Appendix D9, D12).

Dietary intake and knowledge were combined to show the percentage of Queenslanders who: 1) knew and met the guidelines, 2) knew the recommendations but didn't meet them, 3) incorrectly stated the recommended daily intake ('incorrectly know'), 4) didn't know the guidelines and didn't meet them, and 5) those who stated that they didn't know the guidelines but met them (Appendix D10, D13).

Only 1.7% of Queensland adults knew and met the recommended guidelines of at least five serves of vegetables per day. Most Queenslanders (61.8%) didn't know the vegetable guidelines and didn't meet them. The prevalence of not knowing the vegetable guidelines and not meeting them was highest among men, increased with age and increased with remoteness (Appendix D10).

Only 5.3% of Queensland adults knew and met the recommended guidelines of at least two serves of fruit per day. Almost half of Queensland adults (42.7%) didn't know the fruit guidelines and didn't meet them. The prevalence of not knowing the fruit guidelines and not meeting them was highest among men, decreased with age and increased with remoteness (Appendix D13).

Variety of vegetable and fruit consumption

Respondents were asked about the different types of vegetables they eat on a typical day. Note that this question does not relate to the amount of each vegetable consumed. Among Queenslanders, the majority ate either three to four (56.5%) or five or more (34.2%) types of vegetables on a typical day (Appendix D14).

Supplements

Respondents were asked about their regular (defined as at least three times a week) use of vitamin, herbal or natural supplements. Altogether, 37.9% of respondents indicated that they regularly take some type of vitamin, herbal or natural supplement. Of these respondents, 14.9% agreed with the statement "Is one of the reasons you take these supplements to reduce your risk of cancer?" (Appendix D15-D16).

CHAPTER 6: Physical Activity

Key findings

- There are high levels of physical inactivity in the Queensland population, with approximately 40% of Queenslanders either sedentary or achieving levels of activity insufficient for health benefits (i.e., less than the recommended 150 minutes of physical activity per week).
- Among those with “sufficient” levels of activity, walking is the most common form of physical activity.
- Men and people under the age of 40 years are relatively more active.
- There are few regional differences in levels of physical activity.
- Detailed results are tabulated in Appendix E.

Regular, moderate physical activity has been shown to confer a variety of health benefits including protection against cancer. There is evidence that physical activity reduces the risk of some cancers independent of its association with a healthy body weight. Physical activity is associated with a reduced risk of colon cancer⁽⁸⁾ and of pre-cancerous polyps in the large bowel⁽⁹⁾ and consensus is emerging regarding a modest reduced risk of breast cancer among active women compared to those with a sedentary lifestyle.^(10, 11)

In this survey, physical activity was measured using the Active Australia guidelines⁽¹²⁾ in which ‘sufficient time’ to achieve health benefits was defined as at least 150 minutes of physical activity a week. This is calculated as the sum of the amount of time spent walking plus the amount of time spent in other moderate activity plus the amount of time spent in vigorous activity weighted by two (Table 6.1).

Table 6.1 The Active Australia Survey categories for activity time^a

Weekly activity time ^a to gain health benefits	Category
0 minutes	Sedentary
Less than 150 minutes	Insufficient
150 minutes or more	Sufficient
^a Total time = time walking + time in other moderate activity + time in vigorous activity x 2	
Source: AIHW (2003) The Active Australia Survey: a guide and manual for implementation, analysis and reporting. Canberra: AIHW	

Physical activity levels of Queenslanders

Overall, 59.3% of Queenslanders (61.9% of men and 56.7% of women) were classed as having sufficient levels of physical activity (Table 6.2, Appendix E1), comparable to the 2001 National Health Survey that classified 57.0% of Queenslanders as having sufficient levels of physical activity.⁽⁷⁾ In total, 40.7% of Queenslanders aged 20 years and older were either sedentary or did not undertake physical activity at a level sufficient to achieve health benefits. Similar proportions of men (16.0%) and women (16.5%) were sedentary and this proportion increased with age, from 14.0% in those aged 20-39 years to 20.0% in those aged 60-75 years. On average, 23.4% of Queenslanders were more active 12 months ago compared with now, 18.4% were less active 12 months ago compared with now, and 58.2% reported that their activity levels were similar now compared with 12 months ago (Appendix E2).

Table 6.2 Percentage of respondents achieving different levels of physical activity during the previous week, by sex and age^a

Current level of physical activity	Total	Sex		Age group (years)		
	(n=9417)	Male	Female	20-39	40-59	60-75
		(n=4696)	(n=4722)	(n=4017)	(n=3812)	(n=1588)
Sedentary	16.3	16.0	16.5	14.0	17.1	20.0
Insufficient	24.4	22.1	26.7	24.0	25.1	23.9
Sufficient	59.3	61.9	56.7	62.0	57.7	56.1

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.
 Note: Sufficient time is defined as 150 minutes per week, using the sum of walking, moderate activity and vigorous activity (weighted by 2)

Walking

Overall, 74.3% of Queenslanders walked continuously for at least 10 minutes at least once a week over the last month. Approximately one-quarter (25.6%) of Queenslanders reported that they never walked or walked less than once a week (continuously for at least 10 minutes) over the last month (Appendix E3).

Moderate physical activity (other than walking)

Moderate physical activity as defined in this survey includes exercise such as gentle swimming, social tennis and golf. Most (63.1%) Queenslanders had not undertaken any of these activities in the last month, 11.6% had done so less than once a week and 25.2% one or more times per week in the last month (Appendix E6).

Vigorous physical activity

Vigorous gardening or yard work

Overall, 39.3% of respondents did no vigorous gardening or heavy yard work in the last month, 19.1% undertook vigorous gardening or heavy yard work less than once a week over the last month and 41.6% one or more times per week. Those who participated in vigorous gardening at least one day per week were more likely to be men than women and living outside of major cities (Appendix E8).

Vigorous physical activity (other than vigorous gardening or yard work)

Other vigorous physical activity (excluding household chores and gardening) includes exercise such as jogging, cycling, aerobics and competitive tennis. In total, 55.5% of the respondents undertook no such vigorous physical activity in the last month, 7.6% undertook such vigorous activity less than once a week in the last month and 36.9% once or more per week. Those who participated in these forms of vigorous activity at least one day per week were more likely to be men than women, younger, and living in major cities rather than regional areas of Queensland (Appendix E10).

CHAPTER 7: Body Mass

Key findings

- Over half (54%) of Queenslanders are overweight or obese.
- Being overweight/obese is more common among men (61%) than women (46%) and increases with age.
- Being overweight/obese is more common in remote and very remote regions (63%) than other areas of Queensland (55%).
- Although most people have a correct perception of their weight, 16% of overweight/obese people believe themselves to be of normal weight and 1% believe themselves to be underweight.
- Detailed results are tabulated in Appendix F.

Being overweight or obese is considered to be a risk factor for several cancers including those of the female breast, endometrium, kidney and oesophagus.⁽¹³⁾ Obesity is also associated with numerous other health problems including Type 2 diabetes, cardiovascular disease, respiratory disease and musculoskeletal problems.⁽¹⁴⁾

Current body mass index (BMI) and self-perception of weight

Self-reported weight and height were used to derive body mass index (BMI), calculated as weight in kilograms divided by the square of height in metres (kg/m²). In this report, classification of adults into categories based on their body mass index was based on World Health Organisation (WHO) definitions (Table 7.1). Respondents who declined to provide their height and/or weight or whose measurements were questionable (i.e., a BMI of less than 9 or more than 100) were excluded from these analyses.

Table 7.1 Classification of BMI for people aged 18 years and over

BMI (kg/m ²)	Classification
Less than 18.5	Underweight
18.5 to less than 25	Normal weight range
25 to less than 30	Overweight but not obese
30 or more	Obese

Source: World Health Organisation 2000 (Obesity: Preventing and Managing the Global Epidemic).

Based on self-reported height and weight, less than half of Queenslanders were in the normal weight range (43.8%). Most Queenslanders (53.6%) were heavier than the normal weight range, with slightly more than one-third overweight (35.8%; 43.7% of men and 27.6% of women) and almost one-fifth obese (17.8%; 17.1% of men and 18.4% of women). The proportion of Queenslanders who were classed as being either overweight or obese increased with age and they were more likely to reside in outer regional and remote/very remote areas of Queensland (Appendix F1). These results are similar to the 2001 National Health Survey which reported that 48.4% of Queenslanders were overweight or obese.⁽⁷⁾

The majority (37.1%) of respondents consider themselves to be of normal weight (38.3% of men and 35.9% of women), while 52.8% of men and 59.5% of women considered themselves to be at least slightly overweight to very overweight. In contrast, the proportion of women who considered themselves as being slightly, to very underweight was 4.5% compared with 8.9% of men (Appendix F2).

Self-perception of weight was compared with body mass index. While the majority of respondents correctly perceived themselves to be underweight, normal or overweight/obese, 16% of overweight/obese people thought they were of normal weight and 1% thought they were underweight (Table 7.2). More men than women perceived themselves to be of normal weight when they were in fact overweight or obese (Table 7.3).

Table 7.2 Self-perception of weight versus self-reported body mass index^a

Self-perception	Self-reported current body mass index (kg/m ²)		
	Underweight (<18.5) (n=231) %	Normal (18.5-24.9) (n=3964) %	Overweight/Obese (25+) (n=4844) %
Underweight	52.8	11.5	1.0
Normal	45.5	62.8	16.3
Overweight/Obese	1.7	25.7	82.7

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Table 7.3 Self-perception of weight versus self-reported body mass index by sex^a

Sex	Self-perception	Self-reported current body mass index (kg/m ²)		
		Underweight % (n=32)	Normal % (n=1766)	Overweight/ Obese % (n=2793)
Male	Underweight	68.8	20.2	1.4
	Normal	31.3	62.9	22.9
	Overweight/Obese	0.0	16.9	75.7
Female		(n=198)	(n=2198)	(n=2051)
	Underweight	50.0	4.5	0.4
	Normal	48.0	62.8	7.4
	Overweight/Obese	2.0	32.7	92.2

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Body mass index at 20 years of age and greatest weight

The majority of respondents reported measurements equivalent to having had a normal BMI at age 20 years (68.9%). Similar to trends for current BMI, respondents residing in outer regional and remote/very remote areas of Queensland were more likely to report having been overweight or obese at age 20 (Appendix F3).

When reporting on the most they had ever weighed, more than one-third of respondents reported having been overweight (37.1%) and an additional 30.4% reported having been obese (Appendix F4). (This excludes women's weights while pregnant.)

CHAPTER 8: Sun Exposure and Sun Protection

Key findings

- 70% of Queenslanders have been sunburnt at least once in the past 12 months.
- Men and people under the age of 40 are more likely to have been sunburnt at least once in the past 12 months.
- 16% of Queenslanders have been SEVERELY sunburnt (defined as pain for two or more days, blistering or peeling of the skin) at least once in the past 12 months.
- Men and people under the age of 40 are more likely to have been severely sunburnt at least once in the past 12 months.
- There is little difference between regions either in sunburn or severe sunburn in the past 12 months.
- Solarium use is still low overall (1.3% of Queenslanders had visited a solarium in the past 12 months) but higher among women, young Queenslanders and those in city areas.
- Most Queenslanders who visit solaria do not recall receiving the required information and consent forms.
- Detailed results are tabulated in Appendix G.

Melanoma and non-melanoma skin cancer (NMSC) are associated with exposure to solar ultraviolet radiation (UV). Both long-term sun exposure and sunburn can cause skin damage and increase the risk of developing skin cancer. Skin cancer is the most common type of cancer in Australia,⁽¹⁵⁾ and Queensland has a disproportionately high incidence of NMSC (16) and melanoma.⁽¹⁵⁾

Time spent outdoors and sun protection

Respondents were asked to consider the time they had spent outdoors on the previous day between the hours of 10am and 2pm - the period of peak UV radiation. If they were outdoors, they were asked what methods of sun protection they had used. For a total of 1,760 respondents, the previous day was a weekend day, usually Sunday. For the remaining 7,660 respondents, the previous day was a weekday. Results are reported here separately for weekend days and weekdays.

Weekend sun exposure and sun protection

For the 1,760 respondents for whom the day prior to the survey was a weekend day, a total of 45.2% (53.9% of men and 36.1% of women) spent longer than 15 minutes outdoors between 10am and 2pm. Among those who spent at least 15 minutes outdoors during the peak UV period, almost half (49.0%) spent two hours or more outdoors. Men were more likely than women to spend two or more hours outdoors (54.8% versus 40.0%) and respondents under the age of 60 years were more likely to spend two hours or more outdoors than were older respondents (51.3% versus 36.6%). This equates to 22.1% of Queenslanders who spent at least two hours outdoors between 10am and 2pm on the previous weekend day (Appendix G3-G4).

Of all of those who spent longer than 15 minutes outdoors between 10am and 2pm on the previous weekend day (Table 8.1), just over half wore some form of head wear (31.6% wore a hat, 18.3 % wore a cap, 2.1% wore a bike helmet and 1.3% wore a visor). For those who specified that they wore head wear, only 4.3% wore head wear with a flap that covered the neck. For those who specified a hat or cap, 71.3% indicated the headwear had a wide brim, 26.8% a narrow brim and 1.9% no brim or couldn't remember. Overall, 35.2% of Queenslanders who spent longer than 15 minutes outdoors during peak UV times in the previous weekend day wore a wide brimmed hat (Appendix G5-G9). In addition, just over half of those who spent longer than 15 minutes outdoors wore sunglasses and only one-quarter used a sunscreen.

Respondents were also asked to describe what would happen to their skin if exposed to strong sunshine at the beginning of summer with no protection, with possible responses of 'burn and not tan afterwards' (highly sensitive), 'burn first then tan afterwards' (moderately sensitive), and 'tan, not burn' (not sensitive). The proportion of respondents who spent at least 15 minutes outdoors on a weekend day during the peak UV period increased as sun sensitivity decreased (36.5% of those with highly sensitive skin compared to 45.9% of those with skin that was not sensitive) (Table 8.1). Those respondents who reported highly sensitive skin

also reported the highest use of nearly all of the sun protective behaviours. Use of headwear with a flap that covered the neck was similar across all skin types.

Table 8.1 Prevalence of sun protective behaviours while outdoors during peak UV times on the WEEKEND by skin type^a

Sun protective behaviour	Total (n=787) %	Skin highly sensitive (n=131) %	Skin moderately sensitive (n=420) %	Skin not sensitive (n=236) %
Outdoors longer than 15 minutes between 10am and 2pm yesterday	45.2	36.5	48.3	45.9
Amount of time outdoors during peak UV times				
15 mins – less than 1 hour	25.7	26.7	27.1	22.5
1 hour – less than 2 hours	24.9	26.7	25.0	23.7
2 hours – less than 4 hours	29.1	28.2	28.3	30.9
The entire 4 hours	20.3	18.3	19.5	22.9
When outdoors during peak UV times				
Wore some form of headwear	53.6	67.9	52.1	48.3
Wore a hat or cap	50.1	61.7	48.8	46.0
Wore a wide-brimmed hat	35.6	48.1	33.6	32.2
Wore head wear with a flap that covered the neck	4.3	4.6	4.4	4.7
Wore sunglasses	55.3	48.1	56.2	57.6
Wore sunscreen	25.5	42.7	24.8	17.4

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Weekday sun exposure and sun protection

Overall, weekday sun exposure was lower than weekend sun exposure, although trends were in a similar direction. For the 7,660 respondents for whom the day prior to the survey was a weekday, a total of 36.8% (46.1% of men and 27.7% of women) spent longer than 15 minutes outdoors during 10am to 2pm. Among those who spent at least 15 minutes outdoors during the peak UV period, 40.4% spent two hours or more outdoors. Men were more likely than women to spend two or more hours outdoors (49.8% versus 24.9%) and respondents over the age of 40 years were more likely to spend two hours or more outdoors than were younger respondents (37.1% versus 42.5%). Respondents in outer regional and remote areas were more likely to have been outside during the peak UV period on the previous day, and were more likely to spend two hours or more outdoors than respondents from major cities or inner regional areas. This equates to 14.9% of Queenslanders who spent at least two hours outdoors between 10am and 2pm on the previous weekday (Appendix G11-G12).

Of those who spent longer than 15 minutes outdoors between 10am and 2pm on the previous weekday (Table 8.2), only half wore some form of head wear (32.8% wore a hat, 17.2% wore a cap, 1.4% wore a visor and 1.2% wore a bike helmet). Of those who specified that they wore head wear, only 5.2% wore headwear with a flap that covered the neck. For those who specified a hat or cap, 74.4% indicated the headwear had a wide brim, 23.2% a narrow brim and 2.4% no brim or couldn't remember. Overall, 37.1% of Queenslanders who spent longer than 15 minutes outdoors during peak UV times in the previous day wore a wide brimmed hat (Appendix G13-G17). Just over half of those outdoors on the previous weekday wore sunglasses and only one-fifth used a sunscreen.

The proportion of respondents who spent at least 15 minutes outdoors on a week day during the peak UV period increased as their skin's sensitivity to the sun decreased (30.2% of those with highly sensitive skin compared to 43.4% of those with skin which was not sensitive). Those respondents who reported highly sensitive skin also reported the highest use of nearly all of the sun protective behaviours. Both highly

and moderately sensitive skin types reported higher use of sunglasses compared to respondents without sensitive skin.

Table 8.2 Prevalence of sun protective behaviours while outdoors during peak UV times on a WEEKDAY by skin type^a

Sun protective behaviour	Total (n=2813) %	Highly sensitive (n=549) %	Moderately sensitive (n=1375) %	Not sensitive (n=889) %
Outdoors longer than 15 minutes between 10am and 2pm yesterday	36.9	30.2	36.5	43.4
Amount of time outdoors during peak UV times				
15 mins – less than 1 hour	37.6	41.5	38.2	34.2
1 hour – less than 2 hours	22.0	23.3	21.2	22.6
2 hours – less than 4 hours	23.6	20.8	25.7	22.2
The entire 4 hours	16.7	14.4	14.9	20.9
When outdoors during peak UV times				
Wore headwear	52.6	59.4	52.6	48.5
Wore a hat or cap	50.0	56.8	49.5	46.5
Wore a wide-brimmed hat/cap	37.1	43.9	36.3	34.2
Wore head wear with a flap that covered the neck	5.2	6.9	4.9	4.6
Wore sunglasses	56.3	59.2	59.9	48.9
Wore sunscreen	21.7	32.1	22.7	13.7

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Time outdoors while at work

A total of 69.7% of respondents stated they were in paid employment at the time of the survey. Most of those (63.9%) indicated that they spend very little of their working time outside during daylight hours, almost 18% spend half of their time outdoors whilst at work, and only 13.2% spend most or all of their of their time outdoors whilst at work (Appendix G19).

The amount of time spent outdoors at work varied by gender, age and geographic location. Men more frequently spent all (8.5%) or most (13.6%) of their work time outdoors with over half spending no or very little time outdoors whilst at work. In contrast, few women spent all of the time (0.8%) or most of the time (3.7%) outdoors whilst at work, with approximately three-quarters reporting no or very little of their work time outdoors.

Overall, respondents aged 60-75 years more frequently spent at least half of their time at work outdoors compared to 40-59 and 20-39 year age groups (39.8%, 29.1% and 29.6%, respectively).

Respondents who reported their skin type as not sensitive more frequently spent half to all of their time outdoors at work compared to respondents with more sensitive skin (Table 8.3).

Table 8.3 Amount of time spent outdoors whilst at work by skin type^a

Work time outdoors	Total (n=9364) %	Skin highly sensitive (n=2175) %	Skin moderately sensitive (n=4630) %	Skin not sensitive (n=2559) %
All of the time	4.6	2.9	4.1	7.0
Most of the time	8.6	6.1	7.6	12.6
Half of the time	17.9	13.5	17.9	21.6
Very little of the time	63.9	72.5	65.2	54.2
None of the time	5.0	5.0	5.2	4.6

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Sun-tanning and sunburn

Respondents were asked about their sun-tanning behaviour over the past 12 months and whether they had been sunburnt. Overall, 12.1% of Queenslanders over the age of 20 years had made an attempt to get a suntan in the past 12 months. Women, those aged 20-39 years and those living in major city areas of Queensland were more likely to have attempted to get a suntan.

Most Queenslanders (70.1%) were sunburnt once or more in the past 12 months: 18.3% were sunburnt once, 36.4% were sunburnt two to five times and 15.4% were sunburnt six or more times in the past 12 months. More men than women had been sunburnt at least twice over the last 12 months (57.4% and 46.2%, respectively). Those aged 20-39 years were also more likely to have been sunburnt compared to those aged 40-59 or 60-75 (65.7%, 47.7% and 26.3%, respectively). There was little variation across geographic locations (Appendix G20-G21).

Respondents with highly sensitive or moderately sensitive skin were more likely to have been sunburnt two or more times in the last 12 months compared to those without sensitive skin (Table 8.4).

Table 8.4 Number of times sunburnt in the last 12 months by skin type^a

Times been sunburnt	Total (n=9369) %	Skin highly sensitive (n=2176) %	Skin moderately sensitive (n=4632) %	Skin not sensitive (n=2561) %
None	29.8	28.9	22.1	44.4
Once	18.3	16.9	18.4	19.4
2-5 times	36.5	37.6	42.1	25.4
6 or more times	15.4	16.6	17.4	10.7

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Respondents were also asked how many times they had been SEVERELY sunburnt in the past 12 months (i.e., pain for two or more days, blistering or peeling of the skin). Altogether, 15.7% of Queenslanders had been severely sunburnt at least once in the last 12 months. Men and younger people were more likely to have been severely sunburnt. There was little variation across geographic locations (Appendix G22). Respondents who reported their skin type to be highly or moderately sensitive were more likely to report severe sunburns than those with less sensitive skin (Table 8.5).

Table 8.5 Number of times severely sunburnt in the last 12 months by skin type^a

Times been severely sunburnt	Total (n=9368) %	Skin highly sensitive (n=2176) %	Skin moderately sensitive (n=4631)%	Skin not sensitive (n=2561) %
None	84.3	83.3	81.9	89.5
Once	10.3	10.7	11.7	7.7
2-5 times	4.8	5.3	5.7	2.7
6 or more times	0.5	0.7	0.6	0.2

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Solarium use and attitudes

Overall, 10.7% of respondents had ever visited a solarium. Among those who had ever visited a solarium, 12.0% had visited a solarium in the last 12 months. This equates to 1.3% of Queenslanders aged 20-75 years who reported they had visited a solarium in the last 12 months. The proportion of Queenslanders who visited a solarium in the last 12 months was higher among women than men, younger people, and those residing in major city areas rather than regional or remote areas of Queensland (Appendix G23-24).

Of those respondents who had visited a solarium in the last 12 months, about one third (34.7%) used it regularly (between once a fortnight and twice a week), almost a third (29.2%) used it in concentrated bursts until tanned, and the remaining 36.1% only used it once or twice. Half of those respondents who visited a solarium in the last 12 months used the solarium, on average, less than 15 minutes each time (Appendix G24-G26).

Australian/New Zealand Standard AS/NZS2636:2002 'Solaria for cosmetic purposes' provides a voluntary code of conduct which notes that prior to commencing a course of tanning at a commercial solarium lasting one or more sessions, solarium operators should ensure that a consent form is read, signed and dated by the client. Those who had visited a solarium in the last 12 months were also asked to think about the solarium that they visited most recently and whether they were asked to sign a consent form regarding use of the solarium - specifically, a consent form that listed the risks of UV exposure, which skin types should not use solaria and a section to sign saying that the user had read the information and chose to undergo UV exposure at the establishment. Over half (52.7%) of those who had visited a solarium in the last 12 months did not recall signing such a consent form. The most common places respondents used a sun-tanning unit was at the hairdresser/beautician (48.4%), at a solarium (31.2%), or at the gym (11.7%) (Appendix G27-G28).

Most Queenslanders disagreed (32.2%) or strongly disagreed (22.6%) with the statement: "You can get a safer suntan in the solarium than at the beach" (Appendix G29).

CHAPTER 9: Female reproductive history and hormones

Key findings

- Among Queensland women aged 20-75 years, 29% have used the mini-pill at some time (8% are currently using the mini-pill), 70% have used other forms of the oral contraceptive pill (18% are currently using the oral contraceptive pill) and 22% have used hormone replacement therapy.
- There is little difference between regions either in use of the mini-pill or in use of the oral contraceptive pill.
- Hormone replacement therapy is used much less by women living in remote or very remote regions compared to the rest of Queensland.
- Detailed results are tabulated in Appendix H.

A woman's reproductive history and hormone medications can influence her risk of breast, ovarian, endometrial and cervical cancer. Early menarche, late menopause and late age at first birth are known to increase risk of breast cancer while long-term use of hormone replacement therapy also increases risk of breast cancer and endometrial cancer (unless progesterone is used with oestrogen).⁽⁶⁾

Hormone medications

Mini-pill

The mini-pill is a contraceptive for women. As opposed to other forms of hormonal contraceptives, which combine oestrogen and progestogen, the mini-pill contains only progestogen. Overall, 28.8% of Queensland women have used the mini-pill at some time. Of these women, 64.2% last used it more than five years ago, 20.1% one to five years ago, 7.5% less than 12 months ago, and 8.2% were current users of the mini-pill. On average, women used the mini-pill for a period of 12 months (Appendix H1-H3).

Other forms of the oral contraceptive pill

Over two-thirds (69.9%) of Queensland women have used other forms of the oral contraceptive pill at some time. Of these women, 62.0% last used it more than five years ago, 14.7% one to five years ago, 5.2% less than 12 months ago, and 18.1% were current users of the oral contraceptive pill. On average, women used the oral contraceptive pill for a period of eight years (Appendix H4-H6).

Hormone replacement therapy

Approximately one-fifth (21.9%) of Queensland women have used hormone replacement therapy (HRT) at some time. On average, women were 48 years old when they began taking HRT and 54 years old when they last used HRT. On average, women used HRT for a period of four years. HRT was used much less by women living in remote or very remote regions compared to the rest of the State (Appendix H7-H9).

Age at menarche and menopause

On average, Queensland women were 13 years of age at the time of their first menstrual period (Appendix H11). The current menstrual status of Queensland women aged 20-75 years is listed below (Table 9.1, Appendix H12).

Table 9.1 Current menstrual status^a

	N=4713	%
Having regular monthly periods	2100	44.6
Periods have stopped for >12 months	1756	37.3
Having periods but irregularly (skip months)	426	9.0
Pregnant or breastfeeding	296	6.3
Using deprovera/implants	134	2.8

^a Column counts and percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

Among those whose periods had stopped for more than 12 months, women were, on average, 48 years old when they stopped completely. Periods ended naturally for the majority of women (51.6%), or after a hysterectomy (39.0%), with a small number of women stating that they ended after treatment for cancer (1%), or for some other reason (8.4%) (Appendix H13-H14).

CHAPTER 10: Screening behaviour

Key findings

- The majority of Queenslanders believe that it is important to check for different types of cancer even if there are no symptoms (98% believe it is important to check for cervical cancer, 98% for breast cancer, 80% for colorectal cancer and 96% for skin cancer).
- The proportions of Queenslanders who report they comply with cancer screening guidelines are: 68% of women aged 20-75 years report they have a Pap smear test at least every two years, 80% of women aged 50-69 years report they have a mammogram at least every two years, 2% of Queenslanders aged 50-75 years report they have a faecal occult blood test (FOBT) at least every two years.
- In addition, 25% of men aged 50-69 years report they have a PSA test at least every two years and 14% of Queenslanders aged 20-75 years report they have a skin examination every year.
- The proportion of Queenslanders who can name the screening tests for different types of cancer are: 87% of women aged 20-75 years mentioned "Pap smear" for cervical cancer, 91% of women aged 50-69 years mentioned "mammogram" for breast cancer, 17% of adults aged 50-75 years mentioned "FOBT" (faecal occult blood test) for bowel cancer, 48% of adults aged 50-75 years mentioned "colonoscopy" for bowel cancer.
- In addition, 51% of men aged 50-69 years mentioned "DRE" (digital rectal examination) for prostate cancer and 50% of men aged 50-69 years mentioned "PSA" (prostate-specific antigen) test for prostate cancer.
- There was little variation in screening practices across the State. However, no respondents living in remote/very remote areas of Queensland reported undergoing a regular FOBT.
- Detailed results are tabulated in Appendices I to M.

Cancer screening is the application of a test to an apparently cancer-free group to identify those people likely to have the disease.⁽¹⁷⁾ The aim of cancer screening is to detect early signs of disease. The benefits of screening flow from the fact that early diagnosis (i.e., in the pre-symptomatic phase) allows for prompt and effective treatment⁽¹⁸⁾. Population screening is recommended for cancer of the cervix (i.e., Pap smear test), breast (i.e., mammography), and bowel (i.e., faecal occult blood test). There are currently no population screening programs underway for prostate cancer or melanoma, however, screening for these cancers using the PSA test and whole-body skin examination, respectively, is available in consultation with the patient's doctor.

For each of the aforementioned cancers, respondents were asked whether they knew of any tests or checks that a doctor could do to see if a person had the cancer in question. It was not possible in this survey to differentiate between people who had the screening test before any symptoms appeared (this is true screening, as defined above), and those people who had the test in order to investigate symptoms of which they were already aware (this is not regarded as screening). Screening behaviour was not verified through medical records.

Cervical cancer screening

The National Cervical Screening Program encourages routine screening with Pap smears every two years for women who have ever been sexually active. Screening should start from the age of 18 to 20 years (or within two years of first sexual intercourse) for women who have no symptoms or history suggestive of cervical cancer.⁽¹⁹⁾

The presence of some types of human papillomavirus (HPV) increases the risk of developing cervical cancer. It has been estimated that HPV (types 16 and 18) cause 70% of cervical cancers.⁽²⁰⁾ However, the majority of women with HPV will not go on to develop cervical cancer, which implies that other co-factors need to be present to promote the development of the disease. Other factors associated with a higher risk of developing cervical cancer include early age at first sexual intercourse, a number of sexual partners, a sexual partner who has had a number of partners, and cigarette smoking. Most people will not know that they have the infection, which usually resolves itself within one to two years.⁽¹⁹⁾ Detailed results for cervical screening are tabulated in Appendix I.

Knowledge and beliefs about cervical cancer screening

Most women (97.8%) aged 20-75 years either strongly agreed (83.1%) or agreed (14.7%) with the statement “It is important to check for cervical cancer even if I have no symptoms” (Appendix I1).

Altogether, 88.3% of women aged 20-75 years said they knew of tests or checks that the doctor could do to see if they had cervical cancer. Of these, 98.3% mentioned the Pap smear test. This equates to 86.8% of women aged 20-75 years who mentioned a Pap smear test. Women also mentioned an internal vaginal examination (3.1%), blood test (2.9%), ThinPrep or PapNet (2.3%), ultrasound (2.2%), biopsy (2.1%), or colposcopy (1.5%) (Appendix I2-I3).

Women were also asked whether or not they knew what causes cervical cancer. Most (65.4%) women aged 20-75 years did not mention a cause. Only a small proportion of women mentioned HPV (5.3%) or infection (3.7%). These women were subsequently asked, “About what percentage of cervical cancers do you think are caused by infection?” Of those who responded, about half said 60% or more of cervical cancers are caused by infection; 78.5% believed that a person would not know whether or not they had this infection without a special test being done. Furthermore, these women believed that if no treatment was given, about 50% of people with this infection (HPV) would get cervical cancer (Appendix I4-I7).

There was reasonable knowledge of the recommended screening interval between Pap smears. The majority of women (85.5%) aged 20-75 years reported knowing the recommended time between Pap smears. Of the women who stated that they knew the recommended time, 80.5% correctly stated up to two years. This equates to 68.8% of Queensland women aged 20 years and older who were able to correctly indicate the recommended screening interval for cervical cancer (Appendix I8-I9).

Cervical cancer screening behaviour

The interviewer described a Pap smear test as a test that “involves a doctor or nurse taking a sample of cells to detect changes of the cervix” and women were then asked whether they had ever had a Pap smear test. The majority (96.6%) of women aged 20-75 years indicated that they had a Pap test (3.3% had not and 0.1% did not know). On average, these women were 21 years old when they had their first Pap test (Appendix I10-I11).

Of those women aged 20-75 years who had had a Pap test, 71.6% had had their last Pap smear test less than two years ago (40.6% less than one year ago and 31.0% one to less than two years ago), 8.8% had their last Pap smear test two to less than three years ago, 5.1% three to less than five years ago and 14.4% of women aged 20-75 years had not had a Pap smear test in the last 5 years. The proportion of women who had their most recent Pap smear test less than two years ago decreased as age increased (Appendix I12).

For the majority of women (84.5%) aged 20-75 years who had had a Pap test, the reason for having their last Pap test was for a general or regular check up. Other reasons included symptoms (5.6%), a family history (1.0%), a personal history of cervical cancer (1.8%) or because their doctor suggested it (7.0%). The women in this last category did not indicate whether this was because of symptoms or just for a regular check (Appendix I13).

In total, 74.1% of women aged 20-75 years who had had a Pap test indicated that they have regular Pap tests and among those, most (95.5%) said that the usual time between their tests was up to two years (4.4% attend more frequently than yearly, 23.2% attend every year and 67.9% attend every two years). This equates to 68.4% of Queensland women aged 20-75 years who reported they have a Pap test at least every two years (Appendix I14-I15).

Breast cancer screening

BreastScreen Queensland provides free biennial breast cancer screening mammograms to women aged 50-69 years. Mammograms are also available to women aged 40-49 years and women over 70 years of age.⁽²¹⁾ The Program is aimed at women without symptoms of breast cancer. Women with symptoms that may have

been found through breast self-examination or clinical breast examination are encouraged to seek medical advice for further investigation. This may take the form of a clinical breast exam (if that has not already been performed), imaging tests (i.e., mammography and ultrasound) or non-surgical biopsy (i.e., fine needle aspiration and core biopsy).⁽²²⁾ Detailed results for breast screening are tabulated in Appendix J.

Knowledge and beliefs about breast screening

Most women (98.4%) aged 50-69 years either strongly agreed (84.1%) or agreed (14.3%) with the statement "It is important to check for breast cancer even if I have no symptoms" (Appendix J1).

Altogether, 97.2% of women aged 50-69 years said they knew of tests or checks that the doctor could do to see if they had breast cancer. Of these, 93.8% mentioned a mammogram. This equates to 91.2% of women aged 50-69 years who mentioned a mammogram. Women also mentioned breast self-examination (61.8%), clinical breast examination (29.0%), ultrasound (15.5%), biopsy (3.2%), CT scan (1.9%), or blood test (1.3%) (Appendix J2-J3).

There was reasonable knowledge of the recommended screening interval between mammograms. The majority of women (85.5%) aged 50-69 years reported knowing the recommended time between mammograms. Of the women who stated that they knew the recommended time, 87.1% correctly stated up to two years. This equates to 74.5% of Queensland women aged 50-69 years who were able to correctly indicate the recommended screening interval for breast cancer (Appendix J4-J5).

Breast cancer screening behaviour

The interviewer described a mammogram as "an x-ray taken of the breast by a machine that presses against the breast while the picture is taken" and women were then asked whether they had ever had a mammogram. The majority (93.3%) of women aged 50-69 years indicated that they had had a mammogram. On average, these women were 45 years old when they had their first mammogram (Appendix J6-J7).

Of those women aged 50-69 years who had had a mammogram, 86.4% had their last mammogram less than two years ago (51.0% less than one year ago and 35.4% one to less than two years ago), 5.8% had their last mammogram two to less than three years ago, 2.7% three to less than five years ago and 4.8% of women aged 50-69 years had not had a mammogram in the last five years (Appendix J8).

For the majority of women (83.4%) aged 50-69 years who had had a mammogram, the reason for having their last mammogram was for a general or regular check up. Other reasons included symptoms (6.7%), a family history (3.4%), a personal history of breast cancer (3.0%) or because their doctor suggested it (3.5%). The women in this last category did not indicate whether this was because of symptoms or just for a regular check. Women aged 50-69 years attended for their last mammogram at a free public breast screening clinic (59.9%), a free mobile or relocatable screening service (13.0%), a private breast clinic (11.3%), a private radiologist (7.2%), or a free public service at a private facility (8.0%) (Appendix J9-J10).

In total, 88.2% of women aged 50-69 years who had had a mammogram indicated that they have regular mammograms and among those, most (97.2%) said that the usual time between their tests was up to two years (1.0% attend more frequently than yearly, 23.8% attend every year and 72.4% attend every two years). This equates to 79.9% of Queensland women aged 50-69 years who reported they have a mammogram at least every two years (Appendix J11-J12).

Women aged 40-49 years and women aged 70 and over are also able to access free breast cancer screening services. For women aged 40-49 years, 63.1% had had a mammogram, of which 60.3% said that they have regular mammograms. Of those women, most (97.3%) indicated that the usual time between their tests was up to two years (2.7% attend more frequently than yearly, 25.9% attend every year and 68.7% attend every two years). For women aged 70-75 years, 91.6% had had a mammogram, of which 79.6% said that they have regular mammograms. Of those women, most (96.1%) indicated that the usual time between their tests was up to two years (0.6% attend more frequently than yearly, 16.7% attend every year and 78.8% attend every two years). This equates to 37.2% of women aged 40-49 years, and 70.1% of women aged 70-75 years who reported they have a mammogram at least every two years.

Colorectal cancer screening

Regular screening for colorectal cancer is recommended by the National Health and Medical Research Council and the Australian Government has recently announced the introduction of a national colorectal cancer screening program. It is currently recommended that people over the age of 50 and at average risk of colorectal cancer have FOBT every two years and consider flexible sigmoidoscopy every five years.(23) Detailed results for colorectal screening are tabulated in Appendix K.

Knowledge and beliefs about colorectal cancer screening

Most Queenslanders (81.3%) aged 50-75 years either strongly agreed (42.8%) or agreed (38.5%) with the statement “It is important to check for bowel cancer even if I have no symptoms” (Appendix K1).

Altogether, 62.2% of respondents aged 50-75 years said that they knew of tests or checks that the doctor could do to see if they had bowel cancer. Of these, 28.0% mentioned FOBT and 76.5% mentioned a colonoscopy. This equates to 17.4% and 47.6% of respondents aged 50-75 years who mentioned FOBT or a colonoscopy, respectively. Respondents also mentioned looking for blood in bowel motions (9.1%), blood test (5.6%), barium enema (5.9%), DRE (4.4%), imaging tests (2.8%), endoscopy or gastroscopy (3.2%), sigmoidoscopy (1.4%), or virtual colonoscopy (1.8%) (Appendix K2-K3).

Fewer 30-49 year olds than 50-75 year olds mentioned FOBT as a test for bowel cancer (19.6% versus 28.0, respectively). Fewer men than women stated colonoscopy as a test for bowel cancer (64.0% versus 82.9%, respectively). Colonoscopy was also mentioned more frequently by respondents in major city and inner regional areas (79.4% and 73.8%) compared with respondents living in outer regional and remote/very remote areas (68.5% and 66.7%) of Queensland.

Colorectal cancer screening behaviour

The interviewer described a faecal occult blood test (FOBT) as “a test that is done at home, usually by smearing small samples of bowel motions on cards and then sending to a laboratory” and respondents were then asked whether they had ever had a faecal occult blood test. Only 15.2% of respondents aged 50-75 years indicated that they had had a FOBT (84.4% had not and 0.4% didn't know). On average, these respondents were 54 years old when they had their first FOBT (Appendix K4-K5).

Of those aged 50-75 years who had had a FOBT, 42.0% had their last FOBT less than two years ago (25.8% less than one year ago and 16.2% one to less than two years ago), 11.6% had their last FOBT two to less than three years ago, 11.3% three to less than five years ago and 34.5% of respondents aged 50-75 years had not had a FOBT in the last five years (Appendix K6).

For the majority of respondents (54.6%) aged 50-75 years who had had a FOBT, the reason for having their last FOBT was for a general or regular check up. Other reasons included symptoms (23.9%), a family history (5.1%), a personal history of bowel cancer (0.4%) or because their doctor suggested it (16.0%). The respondents in this last category did not indicate whether this was because of symptoms or just for a regular check (Appendix K7).

In total, 17.0% of respondents aged 50-75 years who had had a FOBT indicated that they have regular FOBT tests and among these, most (94.5%) said that the usual time between their tests was up to two years (7.8% had a test more frequently than yearly, 61.1% had a test every year and 25.6% had a test every two years). This equates to 2.5% of Queenslanders aged 50-75 years who reported they have FOBT testing at least every two years. No respondents living in remote/very remote areas of Queensland reported having regular FOBT tests (Appendix K8-K9).

FOBT testing is not recommended for people aged less than 50 years old. However, for those aged 30-49 years, 3.4% had an FOBT, of which 10.1% said that they have regular FOBT testing. Of those people, all indicated that the usual time between their tests was up to two years (50% attend every year and 50% attend every two years).

The interviewer described a colonoscopy as “when a doctor uses a flexible fibre-optic device to examine the whole length of your bowel; patients are usually sedated for this” and respondents were then asked whether they had ever had a colonoscopy. Overall, 14.4% of respondents aged 30-49 years, and 37.8% of respondents aged 50-75 years indicated that they had had a colonoscopy. The proportion of respondents who have ever had a colonoscopy decreased the further away respondents lived from major cities (Appendix K10).

Of those respondents aged 50-75 years who had had a colonoscopy, 70.6% had their last colonoscopy less than five years ago (19.7% less than one year ago, 18.2% one to less than two years ago, 14.7% two to less than three years ago and 18.0% three to less than five years ago) and 29.3% had not had a colonoscopy in the last five years (Appendix K11).

Of those respondents aged 30-49 years who had had a colonoscopy, 63.1% had their last colonoscopy less than five years ago (16.0% less than one year ago, 14.8% one to less than two years ago, 14.5% two to less than three years ago, 17.7% three to less than five years ago) and 36.5% had not had a colonoscopy in the last five years (Appendix K11).

Those in major city, inner regional and outer regional areas were more likely to have had their last colonoscopy less than five years ago compared with those living in remote/very remote areas of Queensland.

Prostate cancer screening

The two most common screening tests for prostate cancer are the prostate-specific antigen (PSA) test and digital rectal examination (DRE). The PSA test is a blood test that checks for elevated levels of prostate-specific antigen, the protein secreted almost exclusively by a normal prostate gland to help nourish sperm. An elevated PSA level indicates an abnormal finding but is not diagnostic of prostate cancer. A DRE is an exam in which a doctor places a gloved finger into the back passage to feel the prostate gland. At present, there is no population-based screening program in Queensland for prostate cancer and men with symptoms are encouraged to seek medical advice for further investigation.⁽²⁴⁾ Such screening would likely be most beneficial for men aged 50-69 years. Detailed results for prostate screening are tabulated in Appendix L.

Knowledge and beliefs about prostate cancer screening

Altogether, 75.0% of men aged 50-69 years said that they knew of tests or checks that the doctor could do to see if they had prostate cancer. Of these, 68.1% mentioned a DRE and 66.9% mentioned a PSA/blood test. This equates to 51.1% and 50.1% of men aged 50-69 years who mentioned a DRE or PSA test, respectively. Men also mentioned imaging tests such as ultrasound, MRI, x-ray or CT scan (4.6%), transrectal ultrasound (3.6%), biopsy (2.9%), colonoscopy (2.3%), urine test (1.4%) physical examination (1.9%), cystoscopy or urethroscopy (0.9%), or faecal occult blood test (0.4%) (Appendix L1-L2).

Prostate cancer screening behaviour

The interviewer described a PSA test as “a blood test used to check for prostate cancer” and men were then asked whether they had ever had a PSA test. Approximately half (50.6%) of men aged 50-69 years indicated that they had had a PSA test (40.2% had not and 9.2% didn't know). On average, these men were 54 years old when they had their first PSA test.

Of those men aged 50-69 years who had had a PSA test, 76.6% had their last PSA test less than two years ago (58.1% less than one year ago and 18.5% one to less than two years ago), 9.1% had their last PSA test two to less than three years ago, 7.1% had a PSA test three to less than five years ago and 6.2% of men aged 50-69 years had not had a PSA test in the last five years (Appendix L3-L5).

For the majority of men (68.3%) aged 50-69 years who had had a PSA test, the reason for having their last PSA test was for a general or regular check up. Other reasons included symptoms (12.4%), a family history (3.7%), a personal history of prostate cancer (2.7%) or because their doctor suggested it (12.9%). The men in this last category did not indicate whether this was because of symptoms or just for a regular check (Appendix L6).

In total 52.0% of the men aged 50-69 years who had had a PSA test indicated that they have regular PSA tests and among these, most (97.1%) said that the usual time between their tests was up to two years (25.1% have a test more frequently than yearly, 53.1% have a test every year and 18.9% have a test every two years). This equates to 25.5% of men aged 50-69 years who reported they have a PSA test at least every two years (Appendix L7-L8).

Among men aged 40-49 years, 17.0% had had a PSA test, of which 33.7% said that they have regular PSA tests. Of those men, most (86.0%) indicated that the usual time between their tests was up to two years (1.8% have a test more frequently than yearly, 61.4% have a test every year and 22.8% have a test every two years).

For men aged 70-75 years, 64.5% had had a PSA test, of which 61.1% said that they have regular PSA tests. Of those men, most (96.7%) indicated that the usual time between their tests was up to two years (37.8% have a test more frequently than yearly, 48.9% have a test every year and 10.0% have a test every two years).

The interviewer described a digital rectal examination (DRE) as “an exam in which a doctor places a gloved finger into the back passage to feel the prostate gland” and men were then asked whether they had ever had a DRE. Over half (57.4%) of men aged 50-69 years indicated that they had had a DRE (42.1% had not and 0.5% didn't know). On average, these men were 50 years old when they had their first DRE.

Of those men aged 50-69 years who had had a DRE, 44.3% had their last DRE less than two years ago (25.0% less than one year ago and 19.3% one to less than two years ago), 11.4% had their last DRE two to less than three years ago, 12.1% had a DRE three to less than five years ago and 31.6% of men aged 50-69 years had not had a DRE in the last five years (Appendix L9-L11).

Skin screening

Queensland has the highest incidence of melanoma in the world.⁽²⁵⁾ Screening of the skin by whole-body skin examination by a doctor has the potential to improve early detection of melanoma and reduce mortality, although conclusive evidence of this is lacking. Whole- or part-body skin examination, largely through general practice, plays an important role in the diagnosis of skin cancer in Queensland. In recent years, skin cancer clinics, usually staffed by general practitioners with a special interest in skin cancer, have played an increasing role in the diagnosis and management of skin cancer in this State. Detailed results for skin screening are tabulated in Appendix M.

Beliefs about skin screening

Most respondents (95.6%) either strongly agreed (72.1%) or agreed (23.5%) with the statement “It is important to check for skin cancer even if I have no symptoms” (Appendix M1).

Skin screening behaviour

The interviewer described a skin check as “the doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer, not just looking at a particular spot, such as a mole,” and respondents were then asked whether they had ever had such a skin check. Altogether, 40.4% of respondents aged 20-75 years indicated that they had had such a skin check. On average, these respondents were 38 years old when they had their first skin check (Appendix M2-M3).

Of those aged 20-75 years who had had a skin check, 48.9% had their last skin check less than one year ago, 21.3% had their last skin check one to less than two years ago, 16.2% had a skin check two to less than five years ago, and 13.3% of respondents aged 20-75 years had not had a skin check in the last five years (Appendix M4).

For the majority of respondents (56.4%) aged 20-75 years who had had a skin check, the reason for having their last skin check was for a general or regular check. Other reasons included symptoms (30.3%), a family

history (4.7%), or a personal history of skin cancer (8.6%). Respondents aged 20-75 years attended for their last skin check at a GP's surgery (44.9%), a skin clinic (37.4%), a dermatologist (12.0%), or a hospital outpatient clinic (1.6%) (Appendix M5-M6).

In total, 45.6% of respondents aged 20-75 years who had had a skin check indicated that they have regular skin checks and among those, most (76.9%) said that the usual time between their skin checks was up to 12 months. This equates to 14.2% of Queenslanders aged 20-75 years who reported they have a skin check at least every year (Appendix M7-M8).

Among those who have regular skin checks, a higher proportion of men than women have regular skin checks at least every 12 months (80.9% versus 73.1%). The proportion of respondents having skin checks at least every 12 months increased with age.

CHAPTER 11: Experience of cancer

Key findings

- One in six respondents (16%) had had a diagnosis of cancer. About half of these cancers were non-melanoma skin cancer. Excluding non-melanoma skin cancer, 8% of respondents had had a diagnosis of cancer.
- 41% of respondents stated that one or more close blood relatives (parents, children, brothers, sisters) had had a diagnosis of cancer.
- 85% of respondents personally know someone who has had cancer.
- Detailed results are tabulated in Appendix N.

Most of the risk factors in the previous chapters have been behavioural factors which are potentially modifiable. Other factors which may increase the risk of cancer include having had a previous diagnosis of cancer and having a family history of cancer.⁽²⁶⁾ It is possible that having experienced cancer, either personally or through knowledge of a relative or friend with cancer, a person may be more receptive to health messages in regard to reducing their cancer risk and following cancer screening guidelines.

Personal cancer history

Overall, 15.8% of respondents indicated they had had a diagnosis of cancer. Of those, the majority (86.7%) had been diagnosed with one type of cancer, 11.8% had been diagnosed with two types of cancer, 1.2% had had three types and 0.4% had had four different types of cancer diagnosed (Appendix N1, N3). Reported cancers were not verified through medical records.

Overall, the most prevalent cancer reported was non-melanoma skin cancer for both men (8.8%) and women (7.3%) with a total of 8.0% of respondents reporting this diagnosis (Table 11.1, Appendix I4). Excluding non-melanoma skin cancer, a total of 8.9% respondents had had a diagnosis of cancer, the most common of which were melanoma (3.4% of respondents) with a mean age at diagnosis of 42.3 years and colorectal cancer (0.6% of respondents) with a mean age at diagnosis of 54.7 years. Excluding non-melanoma skin cancer, the mean age at first cancer diagnosis was 43.2 years of age. As expected, prevalence of cancer increased with age, with 17.8% of the oldest age group reporting a history of cancer (Appendix N4-N5). Information from the Queensland Cancer Registry (unpublished) suggest that the total prevalence of cancer, excluding non-melanoma skin cancer, in the Queensland population is approximately 4.5%, indicating that our sample had a higher prevalence of cancer than the population at large.

Respondents who had been diagnosed with cancer were asked about their use of complementary therapies or unproven methods to help treat the cancer. Less than 1% of cancer survivors reported they had used complementary therapies (e.g., acupuncture, massage) to help treat their cancer. A total of 8.5% reported they had used unproven methods (Appendix N6).

Family cancer history

Overall, 40.7% of respondents reported that one or more of their CLOSE blood relatives (parents, children, brothers, or sisters) had had a diagnosis of cancer. Of these, just over half (51.3%) were diagnosed before the age of 55 years (Appendix N7-N8).

When asked about EXTENDED blood relatives, 52.5% of respondents reported that at least one extended blood relative had been diagnosed with cancer. Extended family included only those who were related by blood and not relatives by marriage (Appendix N9).

Respondents were also asked if anyone else they knew personally had ever had cancer. Overall, 84.6% of respondents personally knew someone who had had cancer (Appendix N10).

Table 11.1 Percentage of respondents who reported a diagnosis of cancer^{a b}

Type of cancer diagnosed	Total persons (n=9419) %	Males (n=4697) %	Females (n=4722) %
No cancer diagnosis	84.2	85.3	83.1
Non-melanoma skin cancer (not sunspots)	8.0	8.8	7.3
Melanoma	3.4	3.9	2.9
Colorectal (colon/rectum/bowel)	0.6	0.8	0.5
Lymphoma (including Non-Hodgkin's)	0.3	0.3	0.3
Bladder/Kidney	0.2	0.3	0.1
Lung (including trachea, pleura and bronchus)	0.1	0.1	0.1
Stomach	0.1	0.1	0.1
Leukaemia	0.1	0.1	0.1
Other	0.3	0.2	0.5
Male cancers			
Prostate	0.5	1.1	-
Testicular	0.1	0.2	-
Female cancers			
Cervical	1.5	-	3.1
Breast	1.2	-	2.4
Ovarian	0.3	-	0.5
Uterine or endometrial	0.2	-	0.3

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Does not add up to 100% as question allows for multiple responses.

CHAPTER 12: Knowledge, attitudes and perceptions

Key findings

- Just over half (54%) of Queenslanders are at least moderately confident that there will be cures for the most common forms of cancer within their lifetimes.
- Most Queenslanders (97%) believe that treating cancer in the early stages increases a person's chance of survival.
- Most Queenslanders (98%) are able to name one or more actions they can take to reduce their risk of getting cancer with the most common being "protection from sun exposure" and "eating well".
- Almost one quarter (24%) of Queenslanders who had not had cancer thought they had a "high" to "certain" risk of getting skin cancer and 14.6% thought they had a high or certain risk of getting a cancer other than skin cancer.
- Detailed results are tabulated in Appendix O.

There are many factors that influence whether people engage in behaviours that reduce their risk of cancer and these factors include people's knowledge about cancer and cancer risk, their attitudes to cancer and their perception of whether they can influence their own risk. Respondents were asked about the chances that there will be cures for cancers in the future, how they could reduce their risk of getting cancer and their chances of getting cancer.

Belief in a cure and treatment for cancer

This set of questions dealt with beliefs about a cure and treatment regarding all types of cancer. They were not questions about factual knowledge and as such, there were no right or wrong answers. When people were asked how confident they were that there will be cures for the most common forms of cancer within their lifetimes, 15.2% were not at all confident, 29.8% were slightly confident, 38.8% were moderately confident, 12.3% were very confident, 3.3% were extremely confident and 0.6% didn't know (Appendix O1).

Most Queenslanders (97.0%) agree that "treating cancer in the early stages increases a person's chance of survival" (Appendix O2).

Belief in reducing risk of cancer

When asked what people in general could do to reduce their risk of getting cancer, most respondents (97.7%) were able to name one or more actions. The top ten actions are highlighted in Table 12.1 (Appendix O3). These included protection from the sun, eating well, having regular check-ups and not smoking. Not everyone believed that they themselves could reduce their risk of cancer in the future by their own actions or behaviours. In total, 3.8% of respondents believed that they themselves could not reduce their risk at all by their own actions, 22.3% believed they could slightly reduce their risk, 38.4% believed they could moderately reduce their risk, 30.1% believed they could greatly reduce their risk, 2.4% believed they could completely eliminate their risk, and 2.9% didn't know (Appendix O4).

Table 12.1 What Queenslanders believe people can do to reduce their risk of cancer^a

Action ^b	N=9418	%
Sun protection	6361	67.5
Eat well	4723	50.1
Regular check-ups	4111	43.6
Not smoke	3266	34.7
Be active/keep a healthy weight	2987	31.7
Eat more fruit/vegetables/cereals	2538	26.9
Limit alcohol	1227	13.0
Reduce stress	780	8.3
Avoid chemicals/pesticides	689	7.3
Avoid passive smoking	160	1.7

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Does not add up to 100% as question allows for multiple responses.

Perception of risk

Respondents who had never been diagnosed with cancer were asked about their own risk of getting cancer. This set of questions dealt with the individual's perceived chances of getting cancer other than skin cancer during their lifetime, chances of getting skin cancer during their lifetime, and comparing these chances with other men/women their own age and race. Again, there were no right or wrong answers to these questions.

Almost one quarter (23.9%) of respondents who had not had cancer thought they had a "high" to "certain" risk of getting skin cancer and 14.6% thought they had a high or certain risk of getting a cancer other than skin cancer. Overall, 21.5% of respondents who had not had cancer indicated they had an above average to much above average risk of getting skin cancer compared with other men/women their age and race, while 12.4% indicated the same risk for cancer other than skin cancer (Appendix O5-O8).

CHAPTER 13: Discussion

The Queensland Cancer Risk Study is the first comprehensive, state-wide survey of cancer risk factors, cancer screening activity, and knowledge and attitudes towards cancer in Queensland. This report summarises information from 9,419 people interviewed from across all areas of Queensland.

Cancer risk factors

The prevalence of risk factors for cancer among Queensland adults is high. This is especially so for risk factors for which educational efforts are only just beginning. For example, 88% of Queensland adults do not eat enough vegetables and 54% do not eat enough fruit, 40% of Queensland adults are physically inactive, 54% are overweight or obese and 63% of regular drinkers consume excessive amounts of alcohol. In contrast, the prevalence of smoking, a risk factor for which programs have been in place for many years, is reducing. Excessive sun exposure is still problematic with 70% of Queenslanders being sunburnt at least once in the past 12 months despite SunSmart campaigns having been conducted in Queensland over many years.

Many cancer risk behaviours are more prevalent among men, those aged 20-39 years and those living in remote/very remote areas of Queensland. When compared to women, men are more likely to smoke on a daily basis, drink alcohol regularly, drink alcohol in excessive quantities, eat less than two serves of fruit a day, eat less than five serves of vegetables a day, be overweight or obese and to have been sunburnt or severely sunburnt at least once in the past 12 months. In contrast, women are more likely than men to be inactive and to use solaria.

When compared to older age groups, those aged 20-39 years are more likely to smoke on a daily basis, drink alcohol regularly, drink alcohol in excessive quantities, eat less than two serves of fruit a day, eat less than five serves of vegetables a day, to have been sunburnt or severely sunburnt at least once in the past 12 months and use solaria. In contrast, those aged over 40 years of age are more likely than younger people to be less active and more likely to be overweight or obese.

When compared to people living in other areas of Queensland, those from remote/very remote areas of Queensland are more likely to smoke on a daily basis, drink alcohol in excessive quantities, eat less than two serves of fruit a day and be overweight or obese. In contrast, those living in city areas are more likely than people living in other areas of Queensland to eat less than five serves of vegetables a day and use solaria.

Awareness of the Dietary Guidelines for fruit and vegetable intake is poor across the population and a low proportion of Queensland adults meet the recommended intake of two serves of fruit a day and five serves of vegetables a day.

There was a high experience of cancer in our study sample. A substantial number believed they are at high risk of cancer but also recognised that through lifestyle changes, they could reduce their risk of getting cancer. The results presented here indicate that for a significant proportion of the population, this is not translating into behaviour conducive to cancer risk reduction. There is considerable potential to use this information for cancer prevention messages.

Cancer screening, knowledge and attitudes

National population screening programs are well-established for cancer of the cervix (i.e., Pap smear test) and breast (i.e., mammography). Screening for bowel cancer (i.e., FOBT testing) is recommended and introduction of a national population screening program is in progress. There are currently no population screening programs underway for prostate cancer or melanoma, however, screening for these cancers using the PSA test and whole-body skin examination, respectively, is available on demand in consultation with the patient's doctor.

The majority of Queenslanders believe that it is important to check for different types of cancer even if there are no symptoms. It is encouraging to see that knowledge of the available tests for cancer screening and the recommended intervals between screening for both cervical and breast cancer is quite high among women. Knowledge about screening for bowel cancer is lower but would be expected to increase as the relatively recent national bowel cancer screening program is rolled out.

Most Queenslanders believe that treating cancer in the early stages increases a person's chance of survival. However, knowledge and beliefs surrounding cancer screening does not always translate into optimal behaviour.

A high proportion of women reported complying with cancer screening guidelines for having a Pap smear and mammogram every two years. However, our sample had a higher level of education than the general population and the results most likely over-represent the true proportion of Queensland women adhering to these recommendations. Consequently, there are still significant numbers of women in the target groups who do not have Pap smears and mammograms every two years.

The proportion of people who reported complying with cancer screening guidelines for FOBT testing was very low, probably because Australia's bowel cancer screening program is only now being rolled out. On the other hand, while there are currently no population screening programs underway for prostate cancer or melanoma, over one quarter of men aged 50-69 years reported having a PSA test at least every two years and a significant proportion of the population reported having annual whole-body skin checks by their doctor. These levels of screening are surprisingly high for procedures for which there is, as yet, no conclusive evidence of benefit.

It has previously been believed that people living in remote/very remote areas of Queensland may be disadvantaged in their access to cancer screening services. However, there was little variation in reported screening practices across the State.

It should be noted that these are cross-sectional analyses and therefore inferences must be made with caution. One of the main limitations of this study is the potential for bias and the difficulty in obtaining a truly representative sample given that participation in the survey was, of course, entirely voluntary. Comparison of the weighted survey sample distribution with the Australian Bureau of Statistics Queensland population suggested the survey respondents tended to have a higher level of education and were more likely to be married. Based on estimates from the Queensland Cancer Registry, the respondents also had more experience with cancer than the Queensland population (i.e., personal or family history). However, it would be expected that with a relatively higher level of education and an over-representation of cancer experience in the sample, the results presented here are, if anything, likely to be conservative, i.e. they are likely to underestimate the true extent of cancer risk behaviours in the Queensland population and to overestimate compliance with cancer screening guidelines.

Conclusions

Overall, these results suggest that for the majority of Queensland adults, there is scope for improvement in regard to cancer risk behaviours and knowledge. Continuing efforts are warranted to improve behavioural risk factors for the whole of the Queensland population.

In addition, this study has identified a number of demographic groups with multiple cancer risk behaviours, namely, men, younger Queenslanders and residents of remote/very remote areas. This information will be invaluable in informing strategies and the design of appropriate messages to target these high risk groups. The Queensland Cancer Fund Community Services Department is currently developing specific program recommendations that will be informed by these data.

This report describes only a small portion of the information provided by the Queensland Cancer Risk Study. The data-set comprising Module 2, the results of the self-administered questionnaire, includes a wealth of information and avenues for further inquiry into the common reasons for engaging in cancer risk behaviours and for failing to follow cancer screening guidelines. Such information will help to further refine efforts to reach at-risk Queenslanders with cancer control messages and programs.

In conclusion, the Queensland Cancer Risk Study provides the most comprehensive picture to date of the behaviour and attitudes of the State's population in regard to prevention, early detection and screening for cancer. These results will inform the cancer control initiatives of the Queensland Cancer Fund and other stakeholders and will provide a platform to help frame and direct future cancer prevention and early detection programs. Importantly, these results will also provide a benchmark against which to monitor progress in improving knowledge, attitudes and behaviour with the goal of limiting the incidence and impact of cancer in the population.

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Appendix A. Descriptive statistics of the SAMPLE DEMOGRAPHICS^a (n=9419)

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remotel/ Very remote (n=209) %
Country of birth									
A1. In which country were you born?	(9418)	(4720)	(4016)	(3813)	(1587)	(5123)	(2373)	(1702)	(207)
Australia	79.6	80.1	83.3	77.7	74.9	74.9	84.2	86.1	91.8
England	5.6	5.3	3.1	6.3	10.2	6.5	5.1	4.0	1.9
New Zealand	4.7	4.9	5.1	4.7	3.4	6.0	3.5	2.8	1.9
Asia	1.7	1.8	2.2	1.5	1.0	2.5	0.8	0.8	1.9
Northern Europe	1.7	1.4	0.7	2.0	3.6	1.9	1.7	1.2	0.5
Scotland, Ireland or Wales	1.1	1.3	0.6	1.3	2.0	1.3	1.3	0.5	0.5
Southern Europe	0.6	0.5	0.2	0.8	1.2	0.8	0.4	0.6	0.5
Eastern Europe	0.2	0.2	0.1	0.3	0.4	0.3	0.3	0.1	0.0
Middle East	0.1	0.1	0.2	0.1	0.0	0.3	0.0	0.0	0.0
Other	4.6	4.2	4.5	5.2	3.3	5.7	2.9	3.9	1.0
For people born overseas:									
A2. How old were you when you first arrived to live in Australia?	(979)	(937)	(671)	(848)	(398)	(1286)	(372)	(232)	(20)
Mean (SD)	22.1 (14.2)	22.4 (13.6)	16.6 (10.8)	22.9 (13.8)	30.1 (14.5)	22.1 (13.5)	23.8 (15.2)	20.4 (13.3)	21.3 (13.9)
Median (min, max)	21.0 (0, 72)	22.5 (0, 70)	17.0 (0.38)	23.0 (0, 56)	28.0 (0, 72)	22.0 (0, 70)	23.0 (0, 72)	21.0 (0, 71)	25.0 (1, 42)

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Ethnicity									
A3. How would you describe your ethnic origin?	(4699)	(4721)	(4017)	(3814)	(1587)	(5125)	(2373)	(1703)	(209)
	93.3	92.7	90.7	94.2	96.1	92.0	95.3	93.9	89.5
Caucasian/White	1.2	1.5	2.1	0.9	0.6	0.8	1.1	2.2	6.7
Indigenous Australian	0.9	1.1	1.2	1.0	0.4	0.3	0.3	0.5	1.0
South-East Asian	0.5	0.8	0.8	0.8	0.1	0.8	0.3	0.8	0.5
Pacific Islander	0.5	0.4	0.7	0.4	0.1	0.6	0.3	0.3	0.0
North-East Asian	0.4	0.4	0.6	0.2	0.1	0.5	0.2	0.1	0.5
Middle Eastern	0.3	0.5	0.5	0.3	0.2	0.6	0.2	0.0	0.0
South Asian	0.3	0.2	0.3	0.3	0.1	0.4	0.2	1.0	0.0
South American/Spanish/Indian	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Black African	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
African American	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Indigenous American	2.4	2.1	2.7	1.8	2.0	2.5	2.0	1.6	1.0
Other	0.2	0.3	0.2	0.1	0.5	0.2	0.2	0.5	1.0
Don't know									
Ethnicity									
A4. Which of the following most closely describes your ethnic origin?	(4384)	(4376)	(3640)	(3593)	(1527)	(4713)	(2259)	(1600)	(186)
English	31.9	34.4	34.6	32.2	31.9	32.9	33.1	33.1	39.8
Scottish, Irish or Welsh	19.4	16.0	17.6	18.1	16.9	18.3	17.0	16.9	15.6
Other Northern European	7.8	6.1	6.5	7.0	7.7	6.8	7.3	6.8	5.9
Southern European	2.4	2.2	2.5	2.3	2.0	2.1	0.8	5.2	0.5
Eastern European	1.2	0.7	1.0	1.0	0.7	1.3	0.8	0.4	0.5
Mixed	34.4	38.1	34.1	36.9	39.6	35.8	38.5	34.8	32.8
Other	1.2	1.1	1.3	1.1	0.8	1.3	0.7	1.3	1.6
Don't know	1.8	1.4	2.3	1.4	0.5	1.4	1.9	1.6	3.2

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Education										
A5. What is the highest level of education and training you have completed?	(9415)	(4720)	(4016)	(3811)	(1588)		(5122)	(2370)	(1703)	(209)
University or college degree	25.9	26.2	29.7	25.8	16.3		31.2	19.8	19.6	14.8
Trade or technical certificate/Diploma	30.8	21.4	30.6	31.6	29.5		30.1	31.5	31.7	35.4
Senior high school	19.2	23.2	25.4	15.1	13.0		19.4	19.6	18.3	13.9
Junior high school	17.0	21.8	12.4	20.9	19.3		14.3	19.0	21.5	22.5
Primary school	6.4	6.8	1.8	5.9	19.2		4.5	9.1	7.8	11.0
Did not complete primary school	0.8	0.6	0.1	0.7	2.6		0.1	1.0	1.2	2.4
Employment status										
A6. Would you describe yourself as employed (either self-employed, or employed for salary or wages)?	(9415)	(4719)	(4016)	(3812)	(1587)		(5124)	(2370)	(1702)	(208)
Yes	69.7	60.5	80.5	77.5	23.6		71.4	63.4	71.9	80.3
No	30.3	39.5	19.5	22.5	76.4		28.6	36.6	28.1	19.7
For those who described themselves as employed:										
A7. How many hours a week do you work?	(6561)	(2854)	(3232)	(2954)	(376)		(3661)	(1503)	(1222)	(166)
None	0.2	0.2	0.0	0.3	0.8		0.1	0.1	0.3	0.0
1-15	9.0	16.0	9.3	7.5	18.4		8.3	10.4	9.6	5.4
16-24	8.6	15.5	8.5	8.4	11.2		8.7	9.0	7.7	9.0
25-34	12.3	20.6	11.5	12.9	14.9		12.4	12.7	11.8	9.0
35-39	16.6	17.7	16.7	17.0	12.5		17.3	18.0	14.1	7.2
40	18.8	15.1	20.4	17.7	12.5		20.5	15.8	18.0	12.0
41-48	11.4	5.1	12.7	10.7	5.1		11.9	10.6	10.1	18.1
49 hours +	23.2	9.7	20.9	25.5	24.7		20.7	23.4	28.5	39.2

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
For those who described themselves as employed: A8. Work status ^c	(6561)	(2855)	(3232)	(2954)	(376)	(3661)	(1503)	(1222)	(167)
	Full-time 69.9	47.7	70.7	71.0	54.8	70.4	67.7	70.6	76.0
	Part-time 29.9	52.1	29.2	28.8	44.4	29.5	32.2	29.1	24.0
	Currently on leave 0.2	0.2	0.0	0.3	0.8	0.1	0.1	0.3	0.0
For those who described themselves as unemployed: A9. Are you permanently unable to work because of illness or disability?	(2855)	(1866)	(784)	(859)	(1212)	(1464)	(867)	(480)	(41)
	Yes 16.8	11.3	7.4	29.6	13.9	14.4	18.9	19.0	29.3
	No 83.2	88.7	92.6	70.4	86.1	85.6	81.1	81.0	70.7
For those who described themselves as unemployed and not ill/disabled: A10. Are you retired?	(2337)	(1625)	(708)	(590)	(1039)	(1241)	(679)	(388)	(28)
	Yes 54.7	47.9	1.1	42.9	98.0	52.4	61.4	51.5	39.3
	No 45.3	52.1	98.9	57.1	2.0	47.6	38.6	48.5	60.7
For those who described themselves as unemployed, not ill/disabled or retired: A11. How long has it been since you were in paid employment?	(1051)	(834)	(696)	(332)	(22)	(584)	(156)	(183)	(18)
	Up to 1 month 5.2	3.6	5.3	4.5	9.1	6.0	4.9	3.3	0.0
	1 month to less than 3 months 7.3	4.8	7.0	8.1	4.5	8.2	4.9	7.7	5.6
	3 months to less than 6 months 6.6	5.6	6.8	6.6	0.0	6.0	7.5	5.5	22.2
	6 months to less than 1 year 10.1	9.1	11.2	7.5	13.6	8.2	10.9	15.3	5.6
	1 year to less than 2 years 11.8	10.9	13.5	8.7	9.1	13.4	10.6	8.7	16.7
2 years or more 56.4	64.0	53.0	63.3	59.1	55.8	58.9	56.3	44.4	
Never in paid employment 2.4	1.9	3.2	1.2	4.5	2.4	2.3	3.3	5.6	

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
For those who described themselves as unemployed, not ill/disabled or retired: A12. Are you currently seeking work?	(1054)	(837)	(697)	(334)	(23)	(589)	(264)	(183)	(17)
	Yes 33.4	26.0	32.9	34.4	34.8	33.8	33.0	33.3	35.3
	No 66.5	73.8	67.1	65.3	65.2	66.0	67.0	66.7	64.7
	Refused to answer 0.1	0.0	0.0	0.3	0.0	0.2	0.0	0.0	0.0
A13. Are you a student?	(9418)	(4721)	(4016)	(3814)	(1588)	(5124)	(2371)	(1703)	(209)
Yes	9.4	10.5	16.2	5.3	2.2	10.8	7.2	8.5	8.1
No	90.6	89.5	83.7	94.7	97.8	89.2	92.7	91.5	91.9
For those who described themselves as a student: A14. Are you a full-time or part-time student?	(887)	(496)	(652)	(201)	(34)	(552)	(171)	(145)	(17)
Full-time	37.3	36.5	44.9	17.9	5.9	42.0	25.7	34.5	29.4
Part-time	62.7	63.5	55.1	82.1	94.1	58.0	74.3	65.5	70.6
A15. Would you describe your main occupation as household duties or home carer?	(9414)	(4720)	(4015)	(3810)	(1587)	(5123)	(2371)	(1701)	(209)
Yes	35.7	56.2	30.4	30.5	61.9	32.4	42.0	36.9	36.4
No	63.5	43.0	69.1	68.6	37.1	66.9	57.2	62.4	62.7
Other	0.6	0.7	0.5	0.7	0.8	0.5	0.7	0.6	1.0
Refused to answer	0.2	0.1	0.0	0.2	0.2	0.2	0.1	0.1	0.0

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Marital status and household composition									
A16. What is your present marital status?	(9415)	(4719)	(4015)	(3814)	(1586)	(5121)	(2371)	(1703)	(210)
Married	64.2	64.3	50.9	74.3	73.4	62.8	67.5	64.7	59.5
Living together	12.2	12.0	20.4	7.5	2.6	12.2	11.1	12.6	19.1
Divorced	5.4	6.5	2.4	7.8	7.4	5.7	5.0	5.2	4.3
Married, but separated	2.7	3.2	2.1	3.7	1.8	2.6	3.0	2.8	2.4
Widowed	2.6	4.2	0.1	1.7	11.5	2.2	3.5	2.6	2.4
Never married	12.8	9.8	24.1	4.9	3.3	14.5	9.7	12.2	12.4
A17. How many children aged 17 years and less live in the household?	(9414)	(4719)	(4015)	(3812)	(1587)	(5121)	(2371)	(1702)	(208)
0	56.4	54.1	40.0	57.1	96.3	57.1	57.1	54.2	52.9
1	15.3	16.1	19.8	16.2	2.1	16.1	14.3	14.8	12.5
2	17.9	18.8	24.6	17.9	1.1	17.3	17.7	20.2	19.7
3	7.6	8.2	11.2	7.0	0.3	7.4	8.0	7.5	10.6
4	1.9	2.1	3.3	1.3	0.1	1.5	2.1	2.7	1.9
5+	0.7	0.8	1.1	0.6	0.0	0.5	0.8	0.6	2.4
A18. How many adults aged 18 years and older live in your household?	(9416)	(4722)	(4015)	(3812)	(1586)	(5122)	(2370)	(1703)	(209)
1	13.1	14.8	10.0	13.3	20.4	12.5	14.2	12.9	14.8
2	69.2	67.8	73.7	64.4	69.7	66.8	72.8	71.3	73.2
3	12.8	12.8	10.4	17.3	8.1	14.8	9.7	11.5	8.6
4	3.7	3.4	4.5	3.9	1.5	4.4	2.5	3.5	2.9
5+	1.1	1.2	1.4	1.0	0.3	1.4	0.8	0.8	0.5

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Household income									
A19. What is your current gross household income?	(4698)	(4720)	(4017)	(3813)	(1587)	(5125)	(2371)	(1704)	(210)
Less than \$20,000	12.4	14.3	5.9	10.0	34.6	10.0	17.0	13.2	10.5
\$20,000 – less than \$40,000	19.9	21.0	19.1	17.6	27.7	18.1	24.2	20.0	16.2
\$40,000 – less than \$60,000	19.9	19.1	21.9	20.9	12.5	19.8	20.1	20.4	16.2
\$60,000 – less than \$80,000	16.0	15.4	19.5	16.8	5.2	17.3	13.8	14.8	20.0
\$80,000 – less than \$100,000	9.8	9.2	11.3	11.1	2.6	10.6	7.5	10.4	11.0
\$100,000 or greater	11.8	9.6	12.9	14.2	3.3	13.8	7.3	11.2	21.0
Refused to answer	4.8	4.1	3.2	5.0	5.0	4.8	3.8	3.2	1.9
Don't know	6.0	7.4	6.1	4.5	9.0	5.6	6.2	6.8	3.3
A20. How many people are dependent on this income?									
(8468)	(4283)	(4186)	(3646)	(3454)	(1366)	(4591)	(2138)	(1535)	(197)
0	0.1	0.1	0.0	0.2	0.1	0.2	0.0	0.1	0.0
1	10.3	10.2	6.7	9.6	21.5	10.2	10.7	9.6	11.7
2	39.0	37.9	26.4	39.5	70.9	37.7	42.6	38.6	32.5
3	18.5	18.3	23.7	18.2	5.3	20.2	15.6	18.1	13.7
4	19.2	20.0	25.2	20.1	1.2	19.0	18.9	20.0	23.9
5+	12.9	13.6	18.0	12.4	1.0	12.8	12.2	13.6	18.3
General health									
A21. In general, how would you rate your health?	(4697)	(4720)	(4016)	(3814)	(1587)	(5124)	(2372)	(1703)	(209)
Poor	2.4	3.5	2.7	2.8	4.0	2.9	3.0	3.1	2.4
Fair	21.4	19.4	20.7	19.2	22.2	20.1	20.3	20.1	26.8
Good	56.7	56.5	58.5	55.5	54.5	56.5	56.0	58.4	53.6
Excellent	19.5	20.6	18.1	22.4	19.3	20.5	20.7	18.4	17.2

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
A22. How would you rate your health now compared to one year ago?	(9418)	(4721)	(4017)	(3814)	(1588)	(5125)	(2372)	(1703)	(209)
Worse	10.1	10.8	9.7	9.8	11.5	10.0	9.7	10.2	12.9
About the same	67.2	65.7	61.3	70.9	73.0	66.8	68.3	67.0	64.6
Better	22.7	23.4	29.0	19.2	15.4	23.1	21.9	22.8	22.5
Don't know	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
Private health insurance									
A23. Do you have private health insurance?	(9416)	(4720)	(4016)	(3812)	(1587)	(5124)	(2372)	(1703)	(210)
Yes	51.8	52.4	43.0	59.2	56.6	54.4	46.8	51.4	51.4
No	48.0	47.5	56.8	40.7	43.4	45.4	53.2	48.4	48.6
Don't know	0.2	0.0	0.2	0.2	0.0	0.2	0.1	0.2	0.0
<i>Respondents who have private health insurance:</i>									
A24. What type of private health insurance do you have?	(4878)	(2474)	(1725)	(2255)	(898)	(2787)	(1108)	(874)	(108)
Hospital and extras cover	78.0	78.8	78.0	80.0	72.9	78.9	75.6	77.5	83.3
Hospital cover only	14.9	14.3	11.0	14.4	23.6	13.2	16.8	17.7	13.9
Extras cover only	5.6	5.9	8.7	4.6	2.2	6.6	5.7	2.9	1.9
Don't know	1.5	1.0	2.3	1.1	1.2	1.3	1.9	1.9	0.9
A25. Do you have a regular general practitioner (GP)?	(9417)	(4720)	(4017)	(3813)	(1588)	(5123)	(2371)	(1703)	(209)
Yes	82.4	87.6	75.6	85.0	93.7	82.0	85.7	80.6	71.8
No	17.6	12.4	24.4	15.0	6.3	18.0	14.3	19.4	28.2

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
A26. Have you seen a GP in the last 12 months for any reason?	(9417)	(4721)	(4017)	(3813)	(1587)	(5124)	(2371)	(1703)	(210)
Yes	87.0	91.4	84.3	86.5	94.6	87.8	86.6	85.3	85.7
No	12.8	8.5	15.4	13.3	5.3	12.0	13.2	14.5	14.3
Can't remember	0.2	0.1	0.2	0.2	0.1	0.2	0.2	0.2	0.0

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c These categories based on ABS categories of part-time <35 hours and full-time 35 hours or more

Appendix B. Descriptive statistics for Chapter 3: TOBACCO^a (n=9419)

		Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
		(n=4698 %)	(n=4721 %)	(n=4016) %	(n=3814) %	(n=1589) %	(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
Smoking behaviour		(n) %								
B1. Have you ever smoked at least 100 cigarettes in your entire life?	Yes	53.4	46.7	51.9	55.3	52.6	51.6	55.1	55.9	57.6
	No/Don't know	46.6	53.3	48.1	44.7	47.4	48.4	44.9	44.1	42.4
B2. Current smoking status		(9411)	(4721)	(4012)	(3812)	(1589)	(5119)	(2371)	(1703)	(209)
	Current daily smoker	18.6	16.5	24.0	17.3	8.2	17.2	19.5	20.0	30.1
	Current intermittent smoker	4.4	4.3	6.1	3.6	1.8	4.4	4.3	4.8	2.4
	Long-term ex-smoker	27.6	23.1	18.0	32.0	41.1	27.3	28.6	27.6	23.4
	Short-term ex-smoker	2.8	2.9	3.7	2.4	1.4	2.6	2.7	3.4	1.4
Life-long non-smoker		46.6	53.3	48.2	44.8	47.5	48.5	44.9	44.0	42.6
Ever smokers:										
B3. Age when first tried a cigarette		(5027)	(2207)	(2084)	(2108)	(836)	(2644)	(1308)	(952)	(120)
	<12	12.7	8.3	12.8	12.3	13.5	12.4	13.5	12.2	14.2
	12-15	48.1	46.8	53.5	47.5	36.5	47.2	48.3	50.1	50.8
	16-17	21.5	24.0	22.3	21.4	19.7	22.2	21.0	21.0	16.7
	18-24	15.1	17.3	10.6	16.2	23.7	15.5	14.9	13.9	16.7
	25+	2.5	3.6	0.9	2.6	6.6	2.6	2.3	2.8	1.7
	Mean (SD)	14.4 (3.8)	15.6 (4.3)	14.4 (3.1)	15.0 (3.9)	16.2 (6.0)	15.0 (4.1)	14.8 (4.2)	14.9 (3.9)	14.5 (4.0)
	Median (min, max)	14.0 (2.50)	15.0 (5.55)	15.0 (2.30)	15.0 (4.42)	15.0 (3.55)	15.0 (3.52)	15.0 (4.55)	15.0 (4.39)	15.0 (2.35)

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698 %	(n=4721) %	(n=4016) %	(n=3814) %	(n=1589) %	(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
Ever smokers: B4. Age when started to smoke at least once a week	(2809)	(2194)	(2083)	(2094)	(826)	(2634)	(1296)	(949)	(121)
	4.6	2.5	3.1	4.2	3.8	3.6	3.6	3.8	3.3
	33.7	30.3	36.6	31.0	24.3	32.2	31.6	33.3	31.4
	28.8	29.9	29.8	30.2	25.7	28.4	30.3	29.4	34.7
	29.2	31.9	28.2	30.2	36.3	31.2	29.8	29.1	27.3
	3.7	5.5	2.3	4.4	9.9	4.5	4.6	4.4	3.3
Mean (SD)	16.6 (4.1)	17.2 (4.6)	16.3 (3.4)	16.8 (4.1)	18.3 (6.1)	16.9 (4.4)	16.9 (4.3)	16.7 (4.1)	16.6 (3.6)
Median (min, max)	16.0 (1,50)	17.0 (1,60)	16.0 (1,37)	16.0 (1,42)	17.0 (1,60)	17.0 (1,52)	16.0 (1,60)	16.0 (1,51)	16.0 (5,35)
Current smokers									
Current daily smokers	(972)	(779)	(960)	(660)	(131)	(882)	(461)	(342)	(64)
B5. Average number of cigarettes you smoke a day									
0-2	0.5	0.3	0.4	0.2	0.8	0.1	0.7	0.3	3.1
up to 10	10.1	12.3	14.0	7.6	7.6	13.3	8.0	9.6	10.9
10-20	57.8	64.3	63.6	56.7	59.5	60.0	64.9	57.3	57.8
>20	31.6	23.1	22.0	35.6	32.1	26.6	26.5	32.7	28.1
Mean (SD)	19.9 (11.0)	17.9 (10.0)	17.4 10.1)	21.1 (11.0)	19.9 (10.6)	18.4 (10.3)	19.0 (9.2)	20.6(12.7)	18.7 (11.6)
Median (min, max)	20.0 (1,100)	15.0 (1,113)	15.0(1,113)	20.0 (1,100)	20.0 (1,70)	17.0 (2,112)	20.0 (1,50)	20.0(1,100)	15.0 (2,75)

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male	Female	20-39	40-59	60-75		Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698 %)	(n=4721 %)	(n=4016 %)	(n=3814 %)	(n=1589 %)		(n=5126 %)	(n=2372 %)	(n=1703 %)	(n=209 %)
Current intermittent smokers: B6. How many of the past 30 days did you smoke a cigarette?	(211)	(203)	(248)	(138)	(28)		(226)	(100)	(81)	(6)
0-7 days	36.3	33.3	33.9	37.8	31.0		31.3	37.3	42.0	20.0
8-16 days	33.5	33.3	34.7	32.6	24.1		38.8	32.4	18.5	40.0
17-24 days	19.8	17.9	19.8	15.6	27.6		18.3	19.6	19.8	40.0
25 or more days	10.4	15.4	11.7	14.1	17.2		11.6	10.8	19.8	0.0
Mean (SD)	12.3 (8.4)	13.5 (8.6)	12.7 (8.3)	12.6 (8.7)	15.2 (8.8)		13.0 (7.9)	12.4 (8.8)	13.1 (9.8)	12.3 (7.7)
Median (min, max)	12.0 (0, 30)	15.0 (0, 30)	13.2 (0, 30)	12.0 (0, 30)	15.0 (0, 30)		14.0 (0, 30)	14.0 (0, 30)	12.0 (0, 30)	12.8 (0, 20)
Current intermittent smokers: B7. Average number of cigarettes you smoked during the past 30 days	(202)	(196)	(240)	(130)	(27)		(221)	(97)	(76)	(5)
0-2	25.7	25.5	25.0	27.7	22.2		29.4	23.7	19.7	0.0
up to 10	47.5	50.5	50.4	45.4	51.9		49.8	46.4	47.4	80.0
10-20	23.8	19.9	20.4	24.6	22.2		17.6	27.8	26.3	20.0
>20	3.0	4.1	4.2	2.3	3.7		3.2	2.1	6.6	0.0
Mean (SD)	6.5 (5.9)	6.4 (8.2)	6.3 (6.3)	6.4 (6.3)	8.1 (14.2)		5.7 (5.7)	6.8 (8.8)	8.1 (8.2)	8.0 (4.8)
Median (min, max)	4.0 (0, 30)	4.0 (0, 88)	4.0 (1, 40)	5.0 (0, 50)	4.0 (0, 88)		4.0 (0, 40)	5.0 (0, 88)	5.0 (1, 50)	6.5 (3, 15)
Quit attempts (restricted to current smokers) B8. During the past 12 months, have you stopped smoking for more than one day because you were trying to quit smoking?	(1181)	(982)	(1208)	(797)	(159)		(1105)	(564)	(424)	(69)
Yes	50.5	52.5	54.6	46.9	49.7		50.8	49.5	53.5	63.8
No	49.5	47.5	45.4	53.1	50.3		49.2	50.5	46.5	36.2

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male	Female		Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %		(n=4698 %)	(n=4721 %)		(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
				20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		
		(597)	(517)	(660)	(374)	(80)	(229)	(43)
Current smokers who have tried to quit smoking: B9. Number of times you tried to quit in the last 12 months								
Once	40.5	44.7	35.6	42.6	38.2	30.5	39.7	39.5
Twice	27.0	24.6	29.6	26.8	27.3	26.3	25.8	25.6
Three times	13.3	13.1	13.5	12.6	13.9	16.3	12.7	11.6
Four or more times	19.3	17.6	21.3	18.0	20.6	22.5	21.8	23.3
Mean (SD)		3.2 (14.3)	3.2 (4.9)	2.8 (4.0)	3.1 (5.1)	6.8 (38.0)	2.9 (3.2)	3.0 (3.3)
Median (min, max)		2.0 (1, 365)	2.0 (1, 52)	2.0 (1, 52)	2.0 (1, 52)	2.0 (1, 365)	2.0 (1, 25)	2.0 (1, 20)
		(597)	(518)	(660)	(375)	(80)	(229)	(43)
Current smokers who have tried to quit smoking: B10. Method(s) used when attempted to quit smoking ^c								
Cold turkey/just gave up	66.2	66.6	65.8	72.4	55.7	63.3	69.9	72.1
Nicotine patches	28.9	27.5	30.7	25.9	34.9	25.3	13.6	13.6
Zyban	10.6	11.1	10.1	8.2	15.5	8.8	9.2	11.4
Nicotine gum	7.3	6.4	8.3	6.1	9.9	6.3	6.1	9.1
Nicotine lozenges	3.9	4.4	3.3	3.6	4.5	2.5	3.1	0.0
Cigarettes Smoked	2.4	1.8	3.3	1.8	2.9	5.1	3.1	4.5
Used hypnosis	1.8	1.3	2.3	0.8	3.7	1.3	2.2	0.0
Nicotine inhaler	1.0	0.3	1.7	0.9	1.1	1.3	2.5	0.0
Called the Quitline	0.7	0.2	1.2	0.2	1.6	0.0	2.6	0.0
Reduced nicotine level	0.5	0.7	0.2	0.3	0.5	1.3	0.0	0.0
Help from family/friends	0.4	0.5	0.2	0.5	0.3	1.3	0.4	2.3
Stop smoking course	0.1	0.2	0.0	0.0	0.3	0.0	0.9	0.0
Other	9.7	8.5	11.2	8.3	12.0	11.3	10.5	15.9

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698 %)	(n=4721 %)	(n=4016) %	(n=3814) %	(n=1589) %	(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
Current smokers who have tried to quit smoking: B11. In the past 12 months, what was the longest you were able to refrain from smoking because you were trying to quit (days)? <2 days 2 to 14 days 15 to 30 days >30 days Mean (SD) Median (min, max)	(595)	(514)	(657)	(373)	(79)	(561)	(279)	(227)	(43)
	7.7	5.8	6.1	8.3	7.6	6.8	6.1	7.9	9.3
	48.6	45.7	43.7	52.0	53.2	45.3	50.9	45.4	55.8
	14.6	16.9	17.0	13.7	12.7	18.0	13.3	14.1	9.3
	29.1	31.5	33.2	26.0	26.6	29.9	29.7	32.6	25.6
	14(.4,360) d	10 (.5,360) d	17 (1,360) d	10 (.4, 270) d	8.6 (.5,360) d	14 (.5,360) d	14 (.4,300) d	14 (1,270) d	14 (1,360) d
Current smokers: B12. Intentions regarding quitting smoking in the future: Intend to quit in the next month Intend to quit in the next 6 months Intend to quit but not in the next 6 months Never intend to quit Don't know	(1182)	(982)	(1207)	(796)	(159)	(1106)	(565)	(424)	(69)
	21.3	18.6	21.7	17.7	20.1	19.8	21.4	18.9	23.2
	27.8	33.6	31.5	29.6	26.4	31.0	28.3	30.9	36.2
	35.2	33.5	36.8	33.8	20.1	35.5	33.6	34.4	23.2
	9.3	8.0	5.4	11.3	21.4	8.1	8.5	10.1	11.6
	6.3	6.2	4.6	7.5	11.9	5.5	8.1	5.7	5.8

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b					
	Male (n=4698 %)	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %	
(n) %										
Current smokers who intend to quit in the future: B13. Method you would use if you were to attempt to quit smoking in the future ^c	(1975)	(1072)	(904)	(1143)	(707)	(126)	(1016)	(517)	(382)	(61)
	Cold turkey/just give up	50.6	49.2	51.2	46.8	55.6	48.8	50.1	51.8	55.7
	Nicotine patches	28.0	31.9	32.6	26.6	21.4	30.5	29.0	30.1	19.7
	Zyban	7.1	6.1	6.3	7.6	4.0	5.6	9.7	5.5	6.6
	Nicotine gum	4.5	3.2	4.1	3.5	3.2	4.2	3.1	3.9	3.9
	Nicotine lozenges	2.2	3.2	2.5	2.7	3.2	2.9	2.9	2.1	0.0
	Reduce the number of cigarettes smoked	3.2	2.4	2.7	2.8	4.0	3.3	2.1	2.6	1.6
	Use hypnosis	5.1	5.9	4.3	6.9	1.6	6.0	4.3	3.9	3.3
	Nicotine inhaler	0.7	1.1	0.9	0.4	0.0	0.5	0.8	1.0	0.0
	Call the Quitline	0.6	0.6	0.5	0.8	0.8	0.6	0.8	0.3	3.3
	Reduce nicotine level	0.3	0.2	0.2	0.3	0.8	0.2	0.2	0.3	1.6
	Help from family/friends	0.6	0.8	0.8	0.4	0.0	0.3	0.8	1.0	1.7
	Stop smoking course	0.2	0.2	0.0	0.6	0.0	0.3	0.2	0.3	0.0
	Other	19.9	18.1	18.3	22.8	18.4	18.9	21.9	20.7	14.8
	Past smokers									
B14. How long has it been since you quit smoking cigarettes?	(2856)	(1632)	(1224)	(872)	(1307)	(674)	(1531)	(741)	(527)	(52)
<12 months	9.2	7.8	11.0	17.2	6.9	3.3	8.8	8.6	11.0	5.8
1 - <5 years	15.8	15.6	16.1	29.7	11.2	6.8	17.0	14.4	14.8	13.5
5 - <10 years	15.4	14.2	17.1	25.2	12.5	8.3	15.7	14.2	15.7	17.3
10 - <20 years	26.4	25.6	27.5	25.6	27.6	24.9	26.1	27.0	26.4	28.8
20 - <30 years	18.8	20.1	17.0	2.3	28.2	22.0	18.3	20.8	17.8	15.4
30+ years	14.5	16.9	11.2	0.0	13.7	34.7	14.1	15.0	14.2	19.2
Mean (SD)		186.5(147)	158.8(133.4)	75.2(65.6)	192.0(1124.3)	269.1(167.4)	170.0(138.7)	184.4(151.0)	172.5(140)	185.4(134.9)
Median (min, max)		168(0, 1836)	132(0, 636)	60(0, 1,324)	180(0, 516)	240(0, 1836)	144(0, 768)	156(0, 1836)	144(0, 1,720)	180(0, 7,504)

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698 %)	(n=4721 %)	(n=4016 %)	(n=3814 %)	(n=1589 %)	(n=5126 %)	(n=2372 %)	(n=1703 %)	(n=209 %)
B15. Method(s) you used to quit smoking ^c	(2862)	(1225)	(875)	(1311)	(676)	(1536)	(743)	(528)	(53)
Cold turkey/just gave up	81.1	80.4	80.6	80.7	82.5	81.0	81.6	79.7	92.3
Nicotine patches	5.8	6.4	5.3	5.4	3.8	5.8	5.1	6.6	3.8
Zyban	2.3	2.1	2.4	2.1	2.3	2.3	1.9	3.2	0.0
Nicotine gum	2.6	3.1	2.2	3.5	1.5	3.2	1.5	2.7	1.9
Nicotine lozenges	0.6	0.2	0.9	0.2	0.6	0.9	0.1	0.4	0.0
Reduced the no. of cigarettes smoked	2.1	2.9	1.5	2.9	2.1	2.4	2.4	0.9	0.0
Used hypnosis	1.6	1.6	1.7	1.6	1.6	1.9	1.5	1.3	0.0
Nicotine inhaler	0.1	0.2	0.5	0.0	0.0	0.1	0.0	0.2	0.0
Called the Quitline	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.2	0.0
Reduced nicotine level	0.6	0.2	0.9	0.2	0.6	0.7	0.5	0.2	0.0
Help from family/friends	1.1	1.1	1.1	1.1	1.1	0.8	1.6	1.1	1.9
Stop smoking course	0.3	0.1	0.3	0.3	0.3	0.4	0.3	0.2	0.0
Other	14.4	15.5	13.6	15.5	14.4	13.0	16.0	16.5	7.7
Other tobacco use									
B16. Do you currently smoke cigars?	(9419)	(4721)	(4016)	(3814)	(1589)	(5126)	(2371)	(1703)	(209)
Yes	2.1	0.4	2.8	1.7	1.1	2.2	1.8	2.1	1.4
No/Don't know	97.9	99.9	97.2	98.3	98.9	97.8	98.2	97.9	98.6
B17. Do you currently smoke a pipe?	(9419)	(4722)	(4017)	(3814)	(1589)	(5126)	(2371)	(1703)	(209)
Yes	0.4	0.1	0.4	0.3	0.6	0.3	0.6	0.4	0.0
No/Don't know	99.6	99.9	99.6	99.7	99.4	99.7	99.4	99.6	100.0
B18. Do you currently chew tobacco?	(9419)	(4722)	(4016)	(3814)	(1589)	(5126)	(2371)	(1703)	(209)
Yes	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.5
No/Don't know	99.9	100.0	99.9	99.9	100.0	99.9	100.0	99.9	99.5

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Does not add up to 100% as question allows for multiple responses.

^d Not applicable to calculate an arithmetic mean as the distribution was skewed.

Appendix C. Descriptive statistics for Chapter 4: ALCOHOL^a (n=9419)

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Alcohol intake: C1. Which of the following best describes you?	(n) %	(4722)	(4015)	(3812)	(1589)	(5124)	(2372)	(1701)	(210)
Currently drink alcohol at least once /month	66.4	57.4	67.7	67.8	59.9	67.4	65.4	65.9	61.4
Currently drink alcohol <once per month	18.2	24.5	20.0	17.1	16.7	17.9	18.0	19.7	18.1
Life-long non-drinker	7.8	10.0	5.4	8.0	13.3	7.6	8.3	7.5	6.7
Used to drink alcohol but have stopped	7.6	8.1	7.0	7.1	10.1	7.2	8.2	6.9	13.8
Regular drinkers: C2. How old were you when you first started to drink alcohol at least once a month?	(6257)	(2710)	(2719)	(2586)	(951)	(3453)	(1552)	(1120)	(129)
<12	1.0	0.7	0.5	1.4	1.3	1.0	1.0	1.1	0.0
12-15	7.3	5.1	8.8	6.4	5.7	6.9	8.2	7.1	7.8
16-17	23.7	17.7	29.8	21.5	12.1	24.2	21.5	25.1	24.0
18-24	49.8	47.3	53.0	49.0	42.5	49.8	48.4	51.0	54.3
25+	18.3	29.1	7.9	21.7	38.5	18.0	20.9	15.7	14.0
Mean (SD)	19.0 (5.3)	22.7 (9.1)	18.5 (3.5)	21.0 (7.2)	25.7 (12.2)	20.5 (7.3)	21.2 (8.3)	20.2 (6.8)	19.5 (5.2)
Median (min, max)	18.0 (1, 67)	19.0 (3, 73)	18.0 (3, 37)	18.0 (4, 57)	21.0 (1, 73)	18.0 (2, 73)	18.0 (1, 72)	18.0 (3, 70)	18.0 (12, 65)

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remotel/ Very remote (n=209) %
(n) %									
Regular drinkers: C3. During the last 12 months, on how many days per week did you usually drink alcohol?	(6248)	(2706)	(2715)	(2580)	(952)	(3447)	(1552)	(1119)	(128)
	21.1	27.4	27.7	16.5	14.7	22.3	18.6	20.8	21.1
	33.4	35.0	41.3	29.6	21.5	34.4	32.2	32.5	32.0
	20.5	18.4	18.5	22.9	19.7	20.6	20.5	20.4	20.3
	11.1	9.1	7.0	14.3	14.3	11.2	11.3	10.6	10.9
Every day	13.8	10.2	5.5	16.7	29.7	11.6	17.3	15.6	15.6
Regular drinkers: C4. On a day when you drink alcohol, how many drinks would you normally have?	(6257)	(2710)	(2719)	(2586)	(952)	(3452)	(1552)	(1121)	(128)
	63.5	70.8	72.2	61.5	44.1	62.1	63.9	66.6	69.5
	36.5	29.2	27.8	38.5	55.9	37.9	36.1	33.4	30.5
Regular drinkers: C5. During the last 12 months, how often did you have five or more drinks of alcohol on one occasion?	(6124)	(2701)	(2692)	(2511)	(922)	(3391)	(1516)	(1090)	(123)
	24.0	34.9	12.6	27.4	48.5	24.9	25.5	20.8	12.2
	30.3	34.1	32.1	31.3	22.5	32.2	29.0	26.4	29.3
	19.2	16.7	22.8	17.7	12.8	18.6	18.0	21.8	26.0
	10.8	7.2	14.0	9.3	5.9	10.4	9.9	13.0	13.8
More than once a week	9.3	4.8	11.3	8.4	6.1	7.9	11.3	10.5	13.8
Everyday	6.3	2.4	7.3	5.9	4.3	6.0	6.3	7.4	4.9

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698) %	(n=4721) %	(n=4016) %	(n=3814) %	(n=1589) %	(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
<i>Regular drinkers:</i> C6. Compared with 12 months ago, on average do you now drink:	(3546)	(2706)	(2714)	(2586)	(951)	(3448)	(1551)	(1121)	(128)
	Less	30.8	37.5	27.8	26.4	31.1	30.9	34.7	34.4
	About the same	58.1	45.5	64.2	69.3	56.3	58.3	56.3	57.0
	More	11.4	17.0	8.1	4.3	12.6	10.7	9.0	8.6
<i>Past drinkers:</i> C7. How old were you when you stopped drinking alcohol?	(328)	(376)	(277)	(271)	(157)	(363)	(193)	(118)	(29)
	Mean (SD)	38.0 (13.7)	25.8 (5.1)	37.3 (11.3)	48.5 (14.7)	34.9 (13.3)	36.3 (13.9)	35.7 (13.9)	31.7 (11.7)
	Median (min, max)	37.0 (4, 73)	25.0 (16, 39)	39.0 (4, 59)	50.0 (6, 74)	31.0 (6, 73)	34.1 (9, 74)	31.5 (6, 73)	29.7 (4, 61)

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Above the recommended drinking level is defined as more than two standard drinks for men and more than one standard drink for women

^d Within the recommended drinking level is defined as no more than two standard drinks for men and one for women

Appendix D. Descriptive statistics for Chapter 5: DIETTM (n=9419)

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Vegetable and fruit intake										
D1. Thinking over the past 12 months, how many serves of vegetables do you usually eat each day?	(n) %									
	(4696)	(4722)	(4015)	(3814)	(1590)		(5127)	(2369)	(1703)	(210)
Less than one serve	4.1	3.0	5.3	3.7	2.1		4.5	3.5	3.8	3.3
1 serve	19.4	15.0	24.0	17.3	12.8		21.7	16.4	16.8	17.1
2 serves	30.8	29.5	33.3	30.5	25.3		30.6	32.0	29.7	32.4
3 serves	19.2	22.7	16.4	20.9	22.1		17.8	20.4	21.1	23.8
4 serves	14.3	16.0	11.8	14.7	19.7		14.2	14.4	15.0	9.5
5 serves	5.6	6.8	4.0	6.0	8.7		5.1	6.3	6.4	5.2
6 serves or more	6.3	6.9	5.0	6.7	8.9		5.9	6.6	6.9	8.1
Don't eat vegetables	0.1	0.1	0.1	0.2	0.2		0.1	0.1	0.2	0.0
Don't know	0.2	0.1	0.2	0.2	0.1		0.1	0.3	0.1	0.5
D2. Meeting recommended daily intake of vegetables (5 serves or more)?	(9402)	(4715)	(4008)	(3806)	(1587)		(5119)	(2365)	(1701)	(208)
Yes	11.9	13.7	9.0	12.7	17.6		11.0	12.9	13.3	13.5
No	88.1	86.3	91.0	87.3	82.4		89.0	87.1	86.7	86.5
D3. Are you eating the same amount of vegetables now as you were about 12 months ago?	(9419)	(4722)	(4016)	(3814)	(1590)		(5126)	(2371)	(1702)	(209)
Yes – same	78.4	76.0	72.7	81.9	84.5		77.9	80.2	77.4	81.8
No – eating more	14.8	16.2	19.5	12.5	8.6		15.6	12.6	16.3	10.0
No – eating less	6.5	7.7	7.5	5.3	6.8		6.3	7.0	6.1	8.1
Don't know	0.2	0.1	0.2	0.2	0.1		0.2	0.1	0.2	0.0
Don't eat vegetables	0.1	0.0	0.1	0.0	0.1		0.1	0.0	0.0	0.0

	(n) %	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
D4. Thinking back over the past 12 months, how many serves of fruit do you usually eat each day?	(9419)	(4696)	(4720)	(4016)	(3813)	(1589)	(5126)	(2371)	(1702)	(210)
Less than 1 serve	19.5	24.2	14.7	23.9	17.8	12.1	18.4	19.2	22.2	25.2
1 serve	33.4	33.6	33.3	35.9	33.1	28.0	33.4	32.0	35.5	31.9
2 serves	26.9	24.4	29.4	23.8	27.9	32.8	26.7	29.8	23.9	23.3
3 serves	12.1	9.8	14.4	9.2	12.6	18.3	13.0	11.4	10.8	10.5
4 serves	4.4	3.9	4.9	3.4	5.2	5.2	4.6	4.3	4.1	5.2
5 serves	1.2	1.0	1.3	0.8	1.3	1.7	1.2	1.0	1.2	1.9
6 serves or more	0.8	0.9	0.7	0.7	0.9	1.0	0.8	1.1	0.7	0.5
Don't eat fruit	1.6	1.9	1.2	2.3	1.2	0.7	1.8	1.2	1.6	1.4
Don't know	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0
D5. Meeting recommended daily intake of fruit (2 serves or more)?	(9412)	(4692)	(4720)	(4013)	(3811)	(1587)	(5121)	(2371)	(1702)	(209)
Yes	45.5	40.2	50.8	37.9	47.9	59.1	46.3	47.5	40.7	41.1
No	54.5	59.8	49.2	62.1	52.1	40.9	53.7	52.5	59.3	58.9
D6. Are you eating the same amount of fruit now, as you were about 12 months ago?	(9419)	(4698)	(4722)	(4016)	(3813)	(1588)	(5126)	(2371)	(1703)	(210)
Yes – same	74.7	76.7	72.7	68.7	78.0	82.0	74.5	75.7	73.6	76.7
No – eating more	15.3	14.2	16.4	18.0	14.1	11.2	15.4	14.8	16.1	11.9
No – eating less	8.7	7.5	10.0	11.5	7.0	6.0	8.7	8.5	9.2	9.5
Don't know	0.2	0.1	0.2	0.1	0.1	0.2	0.2	0.1	0.1	0.0
Don't eat fruit	1.1	1.4	0.8	1.7	0.7	0.6	1.2	0.9	1.1	1.9
D7. Meeting both recommended daily intake of vegetables and fruit?	(9419)	(4698)	(4722)	(4017)	(3814)	(1589)	(5126)	(2372)	(1702)	(209)
No	92.3	93.9	90.7	94.9	91.6	87.1	92.7	91.4	92.3	91.4
Yes	7.7	6.1	9.3	5.1	8.4	12.9	7.3	8.6	7.7	8.6

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
Knowledge of recommended daily intake										
D8. Do you know what the recommended daily intake of vegetables is for adults?										
Yes	17.3	42.2	34.6	28.1	21.7		35.6	24.6	21.0	18.2
No	82.7	57.8	65.4	71.9	78.3		64.4	75.4	79.0	81.8
Respondents who said they know the RDI for vegetables:										
D9. What is the recommended daily intake of vegetables for adults?										
1 serve	3.4	2.2	3.2	3.4	4.7		3.5	3.2	3.1	7.9
2 serves	14.0	11.6	14.0	14.6	12.2		14.6	12.5	13.2	15.8
3 serves	25.8	25.8	28.7	23.7	20.9		25.0	27.0	28.4	28.9
4 serves	15.6	15.8	15.6	15.6	15.7		16.2	14.7	14.6	7.9
5 serves	31.4	34.9	27.8	34.4	36.9		30.3	33.7	33.1	36.8
More than 5 serves	9.7	9.7	10.7	8.4	9.6		10.5	8.9	7.6	2.6
D10. Knowledge and behaviour (vegetable intake)										
Knew and met guidelines	1.7	3.1	1.0	2.1	2.5		1.7	1.9	1.6	1.0
Knew and didn't meet guidelines	7.6	11.6	8.6	7.5	5.5		9.1	6.4	5.3	5.7
Didn't know and didn't meet guidelines	61.8	50.0	59.1	63.5	64.8		57.0	66.1	69.3	71.0
Incorrectly knew	20.4	27.4	24.9	18.4	13.7		24.8	16.3	14.0	11.4
Didn't know but met guidelines	8.4	7.8	6.4	8.4	13.5		7.4	9.2	9.8	11.0
D11. Do you know what the recommended daily intake of fruit is for adults?										
Yes	14.5	40.8	27.2	29.0	25.8		30.1	25.7	24.6	16.7
No	85.5	59.2	72.8	71.0	74.2		69.9	74.3	75.4	83.3

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
<i>Respondents who said they know the RDI for fruit:</i>									
D12. What is the recommended daily intake of fruit for adults?	(2607)	(1927)	(1091)	(1106)	(409)	(1542)	(609)	(419)	(36)
1 serve	7.6	4.4	8.2	7.3	6.6	7.5	8.4	6.4	11.1
2 serves	36.2	34.8	37.0	36.5	32.8	37.8	32.3	36.0	33.3
3 serves	42.8	48.1	38.1	44.6	50.9	41.3	46.8	43.2	41.7
4 serves	7.1	7.6	8.6	6.6	4.4	7.6	6.4	6.4	2.8
5 serves	5.4	4.7	6.9	4.2	5.1	5.1	5.1	6.7	11.1
More than 5 serves	0.9	0.5	1.2	0.8	0.2	0.7	1.0	1.2	0.0
<i>D13. Knowledge and behaviour (fruit intake)</i>									
Knew and met guidelines	(9419)	(4721)	(4017)	(3814)	(1589)	(5126)	(2372)	(1703)	(209)
Knew and didn't meet guidelines	5.3	8.2	4.6	5.9	5.6	5.9	4.7	4.7	1.9
Didn't know and didn't meet guidelines	4.7	6.0	5.5	4.7	2.8	5.5	3.7	4.2	3.8
Incorrectly knew	42.7	33.3	48.4	40.7	33.3	40.7	42.2	48.7	48.8
Didn't know but met guidelines	17.7	26.6	17.1	18.4	17.4	18.7	17.4	15.7	11.0
	29.6	25.9	24.4	30.3	40.9	29.2	32.1	26.7	34.4
Variety of vegetable consumption									
D14. How many different types of vegetables would you eat on a typical day?	(9416)	(4721)	(4013)	(3814)	(1590)	(5122)	(2372)	(1703)	(209)
1 or 2 types	8.8	6.6	10.3	8.3	6.3	10.4	7.2	6.7	7.2
3 or 4 types	56.5	51.4	58.1	55.1	56.0	56.6	57.0	55.9	55.5
5 or more types	34.2	41.8	31.2	36.1	37.4	32.5	35.6	37.2	36.8
I do not eat vegetables	0.4	0.2	0.4	0.4	0.3	0.5	0.3	0.2	0.5

		Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Supplements	(n) %									
D15. Do you regularly ^c take any type of vitamin, herbal or natural supplements?	(9418)									
Yes	37.9	31.3	44.4	34.6	39.9	41.4	39.5	36.1	35.9	35.4
No	62.1	68.7	55.6	65.4	60.1	58.6	60.5	63.9	64.1	64.6
<i>Respondents who regularly take supplements:</i>										
D16. Is one of the reasons you take these supplements to reduce your risk of cancer?	(3568)									
Yes	14.9	18.2	12.6	10.8	17.4	17.8	13.8	16.0	16.2	21.6
No	84.0	80.8	86.3	88.0	81.9	80.4	84.8	83.4	82.7	78.4
Don't know/Can't say	1.1	1.0	1.1	1.2	0.7	1.8	1.3	0.6	1.1	0.0

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia.

^c Regularly is defined as at least 3 times a week.

Appendix E. Descriptive statistics for Chapter 6: PHYSICAL ACTIVITY^a (n=9419)

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Physical activity levels of Queenslanders									
E1. Current level of physical activity	(9417)	(4722)	4017	(3812)	(1588)	(5123)	(2372)	(1703)	(210)
Sedentary ^d	16.3	16.5	14.0	17.1	20.0	14.2	16.8	21.0	21.9
Insufficient ^e	24.4	26.7	24.0	25.1	23.9	24.4	24.3	25.2	21.4
Sufficient ^f	59.3	56.7	62.0	57.7	56.1	61.4	58.9	53.7	56.7
E2. On average, which of the following statements best describes your level of physical activity 12 months ago compared with now?	(9416)	(4720)	(4015)	(3812)	(1588)	(5123)	(2371)	(1703)	(210)
I was more active than I am now	23.4	26.5	25.5	20.5	20.0	23.0	23.0	24.7	25.7
I was less active than I am now	18.4	20.9	24.9	15.0	10.5	19.7	16.6	17.4	15.2
My activity levels were similar	58.2	52.6	49.7	64.6	64.5	57.3	60.4	58.0	59.0
Walking									
E3. In a typical week over the last month, how many times did you walk continuously for at least 10 minutes?	(9418)	(4722)	(4017)	(3814)	(1589)	(5126)	(2372)	(1703)	(209)
Never	18.2	15.6	16.2	18.4	23.0	15.6	19.8	23.3	23.9
Less than once a week	7.4	7.3	8.8	6.9	5.3	7.3	7.2	8.4	5.7
One or more times per week	74.3	77.1	75.0	74.7	71.7	77.1	73.1	68.3	70.3

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Respondents who walk one or more times per week excludes missing values: E4. In a typical week over the last month, how much time did you spend walking in this way (minutes)?	(1482)	(1474)	(1218)	(1233)	(504)	(532)	(1566)	(717)	(132)
	210.0	200.0	180.0	210.0	210.0	150.0	210.0	180.0	240.0
	600.0	420.0	540.0	480.0	600.0	450.0	600.0	420.0	840.0
	^c	^c	^c	^c	^c	^c	^c	^c	^c
	60.0(0,840)	90.0(0,840)	70.0(0,840)	90.0(0,840)	94.2(0,840)	60.0(0,840)	90.0(0,840)	80.0(0,840)	90.0(0,840)
E5. What is your normal walking pace outdoors?	(3361)	(3640)	(3013)	(2850)	(1140)	(3951)	(1733)	(1163)	(147)
Slow	5.1	5.5	3.7	5.2	9.9	5.0	5.6	5.7	8.8
Normal, average	44.7	43.6	40.3	44.7	53.2	42.0	45.9	48.8	42.9
Brisk pace	42.3	44.5	47.2	43.3	33.9	44.8	42.9	39.6	42.9
Very brisk, striding	7.9	6.4	8.9	6.8	3.1	8.2	5.5	5.8	5.4
Moderate physical activity (in addition to walking)	(4696)	(4722)	(4017)	(3812)	(1589)	(5124)	(2371)	(1703)	(209)
E6. In a typical week over the last month, how many times did you do any more moderate physical activities that you have not already mentioned ^a (excluding household chores, gardening or yardwork)?									
Never	57.2	69.1	58.0	66.4	68.4	60.2	65.1	68.2	71.8
Less than once a week	14.1	9.1	15.4	10.4	4.8	12.9	10.0	10.4	8.1
One or more times per week	28.7	21.8	26.6	23.2	26.7	26.9	24.9	21.4	20.1

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Respondents who participated in moderate physical activities one or more times per week: E7. In a typical week over the last month, how much time did you spend each week doing these activities (minutes)?	(1482)	(1474)	(1218)	(1233)	(504)	(532)	(1566)	(717)	(132)
	30.0 360.0 c	0.0 240.0 c	30.0 240.0 c	0.0 300.0 c	45.0 480.0 c	30.0 360.0 c	30.0 330.0 c	0.0 240.0 c	0.0 346.8 c
	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)
Vigorous physical activity									
E8. In a typical week over the last month, how many times did you do any vigorous gardening or heavy work around the yard, which made you breathe harder or puff and pant?	(4698)	(4722)	(4016)	(3813)	(1589)	(5126)	(2372)	(1703)	(209)
Never	33.0 19.5 47.6	45.6 18.7 35.7	39.7 21.2 39.1	35.8 18.8 45.4	46.6 14.5 38.9	42.6 20.2 37.2	33.3 17.1 49.6	38.2 18.9 42.9	34.4 16.3 49.3

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male	Female	20-39	40-59	60-75	Major city	Inner regional	Outer regional	Remote/ Very remote
(n) %	(n=4698) %	(n=4721) %	(n=4016) %	(n=3814) %	(n=1589) %	(n=5126) %	(n=2372) %	(n=1703) %	(n=209) %
<i>Respondents who participated in vigorous gardening or heavy work around the yard one or more times per week:</i>									
E9. In a typical week over the last month, how much time did you spend doing vigorous gardening or heavy work around the yard (minutes)?	(1482)	(1474)	(1218)	(1233)	(504)	(532)	(1566)	(717)	(132)
75 th percentile	180.0	120.0	120.0	150.0	120.0	120.0	120.0	120.0	240.0
95 th percentile	720.0	360.0	540.0	600.0	600.0	480.0	600.0	480.0	840.0
Mean (SD)	^c	^c	^c	^c	^c	^c	^c	^c	^c
Median (min, max)	60.0(0,840)	0.0(0,840)	0.0(0,840)	3.1(0,840)	0.0(0,840)	0.0(0,840)	16.9(0,840)	0.0(0,840)	24.6(0,840)
E10. In a typical week over the last month, how many times did you do any vigorous physical activity, which made you breathe harder or puff and pant ^h (excluding household chores, gardening or yardwork)?	(4697)	(4722)	(4016)	(3814)	(1588)	(5125)	(2372)	(1703)	(210)
Never	55.5	60.6	42.0	60.4	77.6	52.1	59.8	58.9	59.5
Less than once a week	7.6	7.1	9.3	7.6	3.6	7.8	7.1	8.3	5.7
One or more times per week	36.9	32.3	48.7	32.0	18.8	40.1	33.1	32.8	34.8
<i>Respondents who participated in vigorous physical activity one or more times per week:</i>									
E11. In a typical week over the last month, how much time did you spend doing this vigorous physical activity (minutes)?	(1482)	(1474)	(1218)	(1233)	(504)	(532)	(1566)	(717)	(132)
75 th percentile	150.0	107.4	120.0	120.0	90.0	120.0	120.0	120.0	120.0
95 th percentile	480.0	360.0	420.0	420.0	480.0	433.4	450.0	360.0	397.4
Mean (SD)	^c	^c	^c	^c	^c	^c	^c	^c	^c
Median (min, max)	20.0(0,840)	0.0(0,840)	30.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)	0.0(0,840)

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Not applicable to calculate an arithmetic mean as the distribution was skewed.

^d 'Sedentary' is defined as no activity.

^e 'Insufficient' time is defined as participating in some activity but less than 150 minutes per week, using the sum of walking, moderate activity and vigorous activity (weighted by two)..

^f 'Sufficient' time is defined as 150 minutes or more per week, using the sum of walking, moderate activity and vigorous activity (weighted by two).

^g Moderate physical activity eg. gentle swimming, social tennis, golf, etc.

^h Vigorous physical activity eg. jogging, cycling, aerobics, competitive tennis, etc.

Appendix F. Descriptive statistics for Chapter 7: BODY MASS^a (n=9419)

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Body mass index (BMI) and self-perception of weight	(n) %								
F1. Current body mass index (kg/m ²)	(4594)	(4450)	(3846)	(3672)	(1526)	(4923)	(2274)	(1644)	(194)
Underweight (BMI <18.5)	2.6	4.5	4.0	1.7	1.1	3.2	2.1	1.6	1.5
Normal (BMI 18.5-24.9)	43.8	49.4	49.2	40.1	39.3	45.8	44.1	38.9	35.1
Overweight (BMI 25.0-29.9)	35.8	27.6	32.2	38.0	39.6	35.4	35.5	37.3	35.6
Obese (BMI 30+)	17.8	18.4	14.6	20.2	19.9	15.6	18.3	22.3	27.8
F2. How would you describe yourself now?	(9411)	(4718)	(4016)	(3809)	(1587)	(5122)	(2369)	(1702)	(209)
Very underweight	0.4	0.3	0.5	0.2	0.3	0.4	0.3	0.3	0.5
Underweight	1.2	1.1	1.7	1.0	0.8	1.3	1.1	1.2	0.5
Slightly underweight	5.1	3.1	6.9	4.1	3.1	6.0	4.6	3.5	3.3
Normal weight	37.1	35.9	43.0	31.7	35.2	37.5	37.3	36.1	33.5
Slightly overweight	34.2	32.4	30.5	36.7	37.9	32.9	35.2	36.9	36.4
Overweight	17.6	20.8	14.4	20.4	18.9	17.7	17.2	17.4	21.5
Very overweight	4.3	6.3	2.9	5.9	3.7	4.2	4.3	4.6	4.3
Body mass index at 20 years of age and greatest weight									
Respondents aged 21 years or over:	(8776)	(4399)	(3708)	(3596)	(1472)	(4767)	(2205)	(1605)	(192)
F3. Body mass index at 20 years old (kg/m ²)									
Underweight (BMI <18.5)	11.7	18.0	10.7	11.9	13.7	11.5	12.2	11.8	7.8
Normal (BMI 18.5-24.9)	68.9	68.6	66.0	70.4	72.4	70.6	68.5	64.5	67.7
Overweight (BMI 25.0-29.9)	15.0	9.2	17.3	13.9	12.0	13.8	15.2	17.8	18.2
Obese (BMI 30+)	4.4	4.2	6.0	3.8	1.8	4.0	4.0	5.9	6.3

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
F4. Heaviest body mass index (kg/m ²)	(9130)	(4535)	(3886)	(3708)	(1536)		(4969)	(2297)	(1655)	(203)
Underweight (BMI <18.5)	0.9	1.4	1.7	0.4	0.2		1.1	0.7	0.7	0.0
Normal (BMI 18.5-24.9)	31.6	37.9	36.7	28.4	26.2		33.3	31.7	27.1	25.1
Overweight (BMI 25.0-29.9)	37.1	31.8	35.3	37.2	41.5		37.4	37.2	36.3	36.0
Obese (BMI 30+)	30.4	28.9	26.3	34.0	32.1		28.1	30.4	36.0	38.9
F5. Age when weighed the most (years)	(9417)	(4720)	(4016)	(3812)	(1589)		(5124)	(2371)	(1703)	(209)
<18	2.2	2.9	4.0	1.1	0.8		2.3	2.1	2.0	2.4
18 - <25	18.0	17.6	32.7	7.8	5.7		19.6	15.7	16.5	17.2
25 - <35	25.9	24.9	48.0	10.9	5.9		26.6	22.9	27.2	31.1
35 - <45	19.7	19.0	13.9	31.0	7.2		19.1	19.8	21.7	17.7
45 - <55	16.5	16.8	0.0	36.3	10.8		16.1	17.9	15.7	18.7
55 - <65	11.1	11.5	0.1	10.9	39.3		10.3	13.5	10.5	9.1
65+	6.6	7.2	1.7	1.9	30.3		6.1	8.2	6.4	3.8
Mean (SD)	37.6(14.1)	38.1(14.8)	27.1(6.2)	42.1(10.9)	55.2(14.9)		37.1(14.2)	39.7(15.1)	37.7(14.1)	38.8(13.6)
Median (min, max)	35 (0.75)	36 (0.80)	27 (0.67)	44 (0.73)	60 (0.80)		35 (0.80)	38 (0.75)	35 (0.75)	34 (0.73)

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

Appendix G. Descriptive statistics for Chapter 8: SUN EXPOSURE AND SUN PROTECTION^a (n=9419)

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Skin type										
G1. If skin exposed to strong sunshine at the beginning of summer with no protection it would:	(9419)	(4722)	(4015)	(3813)	(1590)		(5126)	(2371)	(1702)	(210)
Burn and not tan	23.1	26.6	22.6	24.0	22.3		24.2	21.6	22.4	19.0
Burn first then tan	49.2	49.3	50.8	49.9	43.5		49.6	51.1	46.3	42.9
Tan, not burn at all	27.2	23.6	26.3	25.7	33.0		25.6	27.0	30.9	37.6
Can't say	0.5	0.4	0.4	0.4	1.2		0.7	0.3	0.4	0.5
G2. How would you describe your skin colour when you do not have any tan?	(9419)	(4732)	(4016)	(3814)	(1590)		(5127)	(2371)	(1703)	(208)
Very fair	10.5	13.1	10.4	10.1	11.6		10.9	10.5	9.6	9.6
Fair	38.8	37.9	38.7	39.5	37.2		38.7	39.9	38.8	29.8
Medium	29.2	28.8	29.4	28.2	30.8		29.2	29.3	28.3	33.7
Olive	19.5	18.4	19.0	20.2	18.9		19.1	18.9	21.0	23.1
Dark	1.8	1.6	2.2	1.6	1.4		2.0	1.1	2.1	3.4
Very Dark	0.1	0.2	0.2	0.1	0.1		0.1	0.3	0.2	0.5
Don't know/Can't say	0.1	0.1	0.0	0.2	0.0		0.1	0.0	0.0	0.0
Weekend sun exposure and sun protection	(1760)	(859)	(707)	(722)	(329)		(961)	(416)	(349)	(34)
G3. Thinking about yesterday, were you out of doors ^b for longer than 15 minutes between 10am and 2pm?										
Yes	45.2	36.1	43.0	51.0	37.4		42.6	50.0	47.3	41.2
No	54.8	63.9	57.0	49.0	62.6		57.4	50.0	52.7	58.8

	(n) %	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
If spent longer than 15 minutes outdoors: G4. About how much time did you spend out of doors ^c yesterday between 10am and 2pm?	(795)		(310)	(304)	(368)	(123)		(408)	(208)	(164)	(14)
	15 minutes – less than 1 hour	21.5	32.6	27.0	22.6	32.5		26.2	26.9	23.8	21.4
	1 hour – less than 2 hours	23.8	27.4	23.4	24.7	30.9		26.7	25.5	21.3	21.4
	2 hours – 4 hours	54.8	40.0	49.7	52.7	36.6		47.1	47.6	54.8	57.2
If spent longer than 15 minutes outdoors: G5. Were you wearing a cap, hat or sun visor while outdoors between 10am and 2pm yesterday?	(796)		(311)	(303)	(369)	(123)		(409)	(207)	(164)	(13)
	Hat	35.7	25.4	27.1	33.3	37.4		29.6	32.4	34.8	46.2
	Cap	22.1	12.5	17.8	18.2	20.3		15.6	19.8	23.2	15.4
	Bike helmet	2.7	1.3	2.0	2.4	0.8		1.7	2.9	2.4	0.0
	Visor	0.8	1.9	2.0	0.8	0.8		1.7	0.5	1.2	0.0
	None	38.8	58.8	51.2	45.3	40.7		51.3	44.4	38.4	38.5
If respondent wore a hat, cap or bike helmet: G6. Did it have a flap that covered your neck?	(406)		(122)	(143)	(191)	(72)		(192)	(109)	(97)	(8)
	Yes	4.6	18.0	11.2	7.9	5.6		8.9	11.0	6.2	0.0
	No	95.4	82.0	88.8	92.1	94.4		91.1	89.0	93.8	100.0
G7. For those who specified hat or cap, did it have a wide brim or a narrow brim?	(397)	(279)	(118)	(137)	(190)	(71)		(184)	(110)	(96)	(8)
	Wide brim	72.0	69.5	58.4	76.8	81.7		68.5	77.3	68.8	87.5
	Narrow brim	26.2	28.0	40.9	20.5	15.5		30.4	20.0	29.2	12.5
	No brim	1.8	0.8	0.7	2.6	0.0		1.1	1.8	1.0	0.0
	Don't remember/can't say	0.0	1.7	0.0	0.0	2.8		0.0	0.9	1.0	0.0

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
<i>If spent longer than 15 minutes outdoors:</i> G8. Were you wearing any sunglasses?	(795)	(310)	(304)	(368)	(123)		(408)	(208)	(164)	(14)
Yes	54.9	58.1	61.8	51.9	47.2		58.6	51.0	51.8	42.9
No	44.8	41.3	38.2	47.6	52.8		40.9	49.0	48.2	57.1
Don't know/Can't remember	0.3	0.6	0.0	0.5	0.0		0.5	0.0	0.0	0.0
<i>If spent longer than 15 minutes outdoors:</i> G9. Did you use a sunscreen between 10am and 2pm yesterday?	(795)	(310)	(304)	(369)	(123)		(409)	(208)	(165)	(14)
No, didn't use sunscreen	72.8	61.6	68.4	73.7	80.5		66.5	79.3	83.0	42.9
Yes, used sunscreen	25.4	33.9	29.3	24.7	18.7		31.3	19.2	15.8	57.1
Make-up with a sunscreen only	1.7	4.5	2.3	1.6	0.8		2.2	1.4	1.2	0.0
G10. What is the total amount of time that you were outdoors ^b during daylight hours yesterday?	(1664)	(835)	(671)	(672)	(320)		(908)	(407)	(318)	(30)
Less than 15 minutes	17.2	21.9	18.2	15.0	19.7		20.0	13.5	13.5	13.3
15 minutes – less than 1 hour	25.7	28.5	25.2	24.3	29.7		26.3	26.5	23.6	20.0
1 hour – less than 2 hours	18.0	17.1	18.3	17.7	17.8		18.5	15.7	20.1	13.3
2 hours – less than 4 hours	21.0	21.3	19.1	22.9	21.3		19.3	21.4	24.5	30.0
4 or more hours	17.9	11.0	18.9	19.9	11.6		15.6	22.9	17.9	20.0
Don't know	0.2	0.1	0.3	0.1	0.0		0.2	0.0	0.3	3.3
Weekday sun exposure and sun protection										
G11. Thinking about yesterday, were you out of doors ^b for longer than 15 minutes between 10am and 2pm?	(7660)	(3862)	(3310)	(3091)	(1260)		(4165)	(1956)	(1354)	(176)
Yes	36.8	27.7	35.9	35.9	41.3		32.7	42.1	40.3	48.9
No	63.2	72.3	64.1	64.1	58.7		67.3	57.9	59.7	51.1

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
<i>If spent longer than 15 minutes outdoors:</i>										
G12. About how much time did you spend out of doors ^c yesterday between 10am and 2pm?	(2820)	(1069)	(1188)	(1111)	(521)		(1362)	(823)	(546)	(85)
15 minutes – less than 1 hour	37.6	52.5	41.7	36.1	31.5		45.7	33.3	25.5	27.1
1 hour – less than 2 hours	22.0	22.6	21.1	20.9	26.5		22.0	21.0	23.1	23.5
2 hours – 4 hours	40.4	24.9	37.1	43.0	42.0		32.2	45.5	51.5	49.4
<i>If spent longer than 15 minutes outdoors:</i>										
G13. Were you wearing a cap, hat or sun visor while outdoors between 10am and 2pm yesterday?	(2820)	(1070)	(1189)	(1110)	(521)		(1361)	(824)	(546)	(85)
Hat	32.8	25.2	28.5	34.1	40.1		26.2	34.7	43.0	54.1
Cap	17.2	8.9	18.3	16.9	15.0		16.6	18.1	16.7	21.2
Bike helmet	1.2	0.5	1.0	2.0	0.2		0.8	1.8	1.3	1.2
Visor	1.4	2.8	0.6	2.1	1.7		1.7	1.3	0.9	1.2
None	47.4	62.6	51.6	45.0	43.0		54.7	44.1	38.1	22.4
<i>If respondent wore a hat, cap or bike helmet:</i>										
G14. Did it have a flap that covered your neck?	(1450)	(395)	(564)	(590)	(296)		(606)	(446)	(332)	(64)
Yes	10.2	12.9	13.3	8.3	7.8		11.6	8.7	9.0	14.1
No	89.8	87.1	86.7	91.7	92.2		88.4	91.3	91.0	85.9
<i>G15. For those who specified <u>hat</u> or <u>cap</u>, did it have a wide brim or a narrow brim?</i>										
Wide brim	(1410)	(365)	(557)	(566)	(287)		(582)	(435)	(327)	(64)
Narrow brim	74.4	81.9	68.4	78.6	77.4		69.8	76.6	78.9	76.6
No brim	23.2	16.4	28.7	18.9	20.9		27.1	21.1	19.6	20.3
Don't remember/can't say	1.7	1.4	2.0	1.6	1.4		2.1	1.4	1.2	3.1
	0.7	0.3	0.9	0.9	0.3		1.0	0.9	0.3	0.0

	(n) %	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
If spent longer than 15 minutes outdoors: G-16. Were you wearing any sunglasses?	(2820)			(1189)	(1111)	(521)		(1362)	(824)	(547)	(86)
	Yes	55.3	57.8	62.9	55.6	42.6		58.6	53.0	54.8	59.3
	No	44.6	42.1	37.0	44.4	57.2		41.3	47.0	45.0	40.7
Don't know/Can't remember	0.1	0.1	0.1	0.1	0.0	0.2		0.1	0.0	0.2	0.0
If spent longer than 15 minutes outdoors: G-17. Did you use a sunscreen between 10am and 2pm yesterday?	(2820)			(1189)	(1111)	(520)		(1362)	(824)	(546)	(86)
	No, didn't use sunscreen	83.9	62.3	73.5	75.7	81.0		72.2	79.4	79.1	73.3
	Yes, used sunscreen	15.9	31.0	23.0	22.3	17.3		24.7	18.8	18.1	23.3
Make-up with a sunscreen only	2.4	0.1	6.2	3.1	1.9	1.5		2.8	1.6	2.7	2.3
	Don't know/Can't remember	0.1	0.5	0.4	0.1	0.2		0.2	0.2	0.0	1.2
G-18. What is the total amount of time that you were outdoors ^a during daylight hours yesterday?	(7400)			(3195)	(2984)	(1221)		(4049)	(1911)	(1268)	(167)
	Less than 15 minutes	14.5	24.1	18.9	20.6	18.1		23.2	14.4	15.9	12.0
	15 minutes – less than 1 hour	27.5	34.9	32.3	31.6	28.3		33.1	29.7	29.0	24.6
1 hour – less than 2 hours	20.1	19.7	20.6	20.4	20.7	18.2		21.3	18.5	19.0	21.0
	2 hours – less than 4 hours	18.1	14.1	16.7	14.0	19.3		13.5	19.5	18.5	19.2
4 or more hours	12.9	19.9	6.2	11.7	12.8	16.0		8.7	17.7	17.5	22.2
	Don't know	0.2	0.2	0.1	0.3	0.2		0.1	0.2	0.1	1.2

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Time outdoors while at work										
G19. When you're working at your job, about how much time do you spend outside during daylight hours?	(9414)	(4718)	(4015)	(3812)	(1587)		(5122)	(2371)	(1702)	(209)
All of the time	4.6	0.8	5.6	4.4	2.8		3.3	5.3	7.1	10.5
Most of the time	8.6	3.7	8.2	8.0	11.2		5.8	10.8	12.7	18.7
Half of the time	17.9	16.9	15.8	16.7	25.8		14.4	21.5	22.7	21.5
Very little of the time	63.9	73.5	64.6	65.4	58.3		69.6	59.5	55.0	45.5
None of the time	5.0	5.0	5.8	5.5	2.0		6.9	3.0	2.5	3.8
Suntanning and sunburn										
G20. Have you made any attempt to get a suntan in the past 12 months?	(9419)	(4721)	(4016)	(3814)	(1590)		(5126)	(2372)	(1703)	(210)
Yes	12.1	14.2	16.1	10.7	5.5		14.2	11.0	8.3	5.2
No	87.9	85.8	83.9	89.3	94.5		85.8	89.0	91.7	94.8
G21. How many times did you get sunburnt in the past 12 months?										
None	29.9	33.3	15.7	32.4	59.9		29.2	31.1	30.5	28.1
Once	18.3	20.5	18.6	19.9	13.8		19.8	16.3	16.7	19.0
2-5 times	36.4	35.6	45.2	34.4	18.7		36.8	36.4	35.9	28.6
6 or more times	15.4	10.6	20.5	13.3	7.6		14.2	16.2	16.9	24.3

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
If respondent was sunburnt at least once in the past 12 months?										
G22. How many times did you get SEVERELY sunburnt in the past 12 months?	(6602)	(3151)	(3385)	(2579)	(637)		(3628)	(1635)	(1183)	(151)
None	77.6	80.2	68.6	86.0	91.7		78.4	77.1	77.0	72.2
Once	14.7	14.3	19.6	10.4	6.0		14.5	15.0	15.0	13.9
2-5 times	6.9	4.9	10.8	2.9	1.9		6.5	6.8	7.2	10.6
6 or more times	0.8	0.5	1.0	0.6	0.5		0.6	1.2	0.8	3.3
Solarium use and attitudes										
G23. Have you ever used a solarium or sun-tanning unit?	(9419)	(4722)	(4016)	(3814)	(1589)		(5126)	(2371)	(1703)	(210)
Yes	10.7	15.5	13.5	10.2	4.8		13.0	9.6	6.1	5.2
No	89.3	84.5	86.5	89.8	95.2		87.0	90.4	93.9	94.8
If respondent has ever used a solarium or sun-tanning unit:										
G24. Have you used a solarium or a sun-tanning unit in the last 12 months?	(1008)	(733)	(543)	(389)	(77)		(666)	(228)	(104)	(11)
Yes	12.0	11.6	17.9	6.2	1.3		13.4	11.4	6.7	0.0
No	88.0	88.4	82.1	93.8	98.7		86.6	88.6	93.3	100.0

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remotel/ Very remote (n=209) %
(n) %										
<i>If respondent used a solarium or sun-tanning unit in the last 12 months:</i>										
G25. How many times have you used a solarium or sun-tanning unit in the last 12 months?	(121)	(84)	(96)	(23)	(1)		(88)	(26)	(7)	(0)
2 or more times a week	16.3	15.5	15.6	17.4	0.0		18.2	7.7	14.3	0.0
Weekly	13.6	16.7	12.5	21.7	0.0		8.0	34.6	14.3	0.0
Fortnightly	4.8	4.8	6.3	0.0	0.0		4.5	7.7	0.0	0.0
Concentrated bursts until tanned	29.2	32.1	29.2	26.1	100.0		31.8	19.2	42.9	0.0
Once or twice, not regularly	36.1	31.0	36.5	34.8	0.0		37.5	30.8	28.6	0.0
<i>If respondent used a solarium or sun-tanning unit in the last 12 months:</i>										
G26. How long on average did you use the solarium or sun-tanning unit each time?	(121)	(84)	(96)	(24)	(1)		(89)	(25)	(7)	(0)
Less than 15 minutes	50.9	44.0	56.3	33.3	0.0		51.7	48.0	42.9	0.0
About 15 minutes	16.0	17.9	16.7	12.5	0.0		14.6	12.0	42.9	0.0
15-30 minutes	26.2	33.3	25.0	33.3	0.0		27.1	28.0	0.0	0.0
About 30 minutes	5.2	4.8	2.1	12.5	100.0		3.4	12.0	14.3	0.0
Longer than 30 minutes	1.7	0.0	0.0	8.3	0.0		2.2	0.0	0.0	0.0
<i>If respondent used a solarium or sun-tanning unit in the last 12 months:</i>										
G27. Has the solarium ever asked you to sign a consent form regarding use of the solarium (most recent location)?	(122)	(85)	(37)	(23)	(1)		(89)	(26)	(7)	(0)
Yes	38.5	41.2	38.5	39.1	0.0		37.1	46.2	14.3	0.0
No	52.7	45.9	52.1	56.5	100.0		55.1	38.5	75.7	0.0
Can't say	8.8	12.9	9.4	4.3	0.0		7.9	15.4	0.0	0.0

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
<i>If respondent used a solarium or sun-tanning unit in the last 12 months:</i>										
G28. Usual place you have gone to use a sun-tanning unit (last 12 months)?	(121)	(85)	(96)	(24)	(1)		(89)	(25)	(7)	(0)
At the hairdresser/beautician	48.4	51.8	46.9	54.2	0.0		48.3	44.0	57.1	0.0
At a solarium	31.2	28.2	31.3	29.2	100.0		30.3	40.0	14.3	0.0
At the gym	11.7	12.9	13.5	8.3	0.0		12.4	12.0	14.3	0.0
Other	8.7	7.1	8.3	8.3	0.0		9.0	4.0	14.3	0.0
<i>G29. "You can get a safer suntan in the solarium than at the beach?"</i>										
(9419)	(4698)	(4721)	(4017)	(3814)	(1589)		(5126)	(760)	(651)	(87)
Strongly agree	1.4	1.1	1.6	1.2	1.1		1.2	1.5	1.7	0.5
Agree	10.8	9.7	14.2	9.3	5.8		11.6	9.5	9.9	11.9
Neither agree nor disagree	3.6	3.5	3.5	3.9	3.0		4.2	3.0	2.5	3.8
Disagree	32.2	34.0	35.2	31.4	27.0		33.9	32.3	28.0	23.8
Strongly disagree	22.6	27.3	21.6	23.8	22.2		24.3	21.6	19.7	18.6
Don't know	29.4	24.4	23.9	30.4	41.0		24.8	32.0	38.2	41.4

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location

^b Accessibility/Remoteness Index of Australia

^c Out of doors was defined as 'not in a building and not in a covered vehicle'

Appendix H. Descriptive statistics for Chapter 9: FEMALE REPRODUCTIVE HISTORY AND HORMONES^a (n=4721)

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
Hormone medications							
H1. Have you ever taken the Mini-pill for birth control?	(4721)	(1909)	(794)	(2595)	(1201)	(829)	(90)
Yes	28.8	28.8	6.7	29.2	29.6	27.0	23.3
No	71.0	71.0	93.2	70.7	69.9	73.0	76.7
Don't know	0.1	0.2	0.1	0.0	0.5	0.0	0.0
Respondents who have ever taken the Mini-pill:							
H2. When did you last use the mini-pill?	(1367)	(554)	(54)	(759)	(360)	(224)	(22)
More than 5 years ago	64.2	89.4	98.1	61.3	68.6	67.0	68.2
1-5 years ago	20.1	5.1	1.9	20.2	18.6	22.8	13.6
Less than 12 months ago	7.5	2.7	0.0	9.0	6.1	4.0	9.1
Current user	8.2	2.9	0.0	9.6	6.7	6.3	9.1
Respondents who have ever taken the Mini-pill:							
H3. How long did you or have you used the mini-pill for altogether (months)?	(1356)	(551)	(54)	(758)	(358)	(223)	(21)
<6 months	29.1	22.3	11.1	28.6	26.2	33.6	42.9
6 – 12 months	25.3	26.3	16.7	24.3	29.5	22.4	23.8
>12 months	45.6	51.4	72.2	47.1	44.3	43.9	33.3
Mean (SD)							
Median (min, max)							
	9 (.03,300)	18.0 (0, 360)	60.0(.07,360)	12.0(0,360)	12.0(0,360)	12.0(.07,360)	6.5(.07,240)
H4. Have you ever used any other types of oral contraceptive pill?	(4721)	(1909)	(793)	(2594)	(1200)	(829)	(90)
Yes	69.9	70.6	56.1	68.9	69.3	73.9	75.6
No	30.1	29.4	43.9	31.1	30.8	26.1	24.4

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %							
<i>Respondents who have ever used the oral contraceptive pill:</i> H5. When did you last use the oral contraceptive pill?	(3301)	(1347)	(445)	(1788)	(832)	(612)	(68)
More than 5 years ago	62.0	82.6	98.9	59.2	66.5	63.9	60.3
1-5 years ago	14.7	7.2	0.2	15.7	13.3	13.1	20.6
Less than 12 months ago	5.2	1.6	0.4	5.7	4.8	3.9	7.4
Current user	18.1	8.7	0.4	19.4	15.4	19.1	11.8
<i>Respondents who have ever used the oral contraceptive pill:</i> H6. How long have you used the oral contraceptive pill for altogether (months)?	(3391)	(1395)	(489)	(1800)	(891)	(632)	(71)
<5 years	33.2	30.6	38.7	35.3	30.4	31.7	26.8
5 – 10 years	35.4	30.9	30.1	34.8	36.6	35.2	35.2
>10 years	31.4	38.5	30.3	29.8	33.0	33.1	38.0
Mean (SD)							
Median (min, max)	7.0(0.55)	10.0(0.42)	7.8(0.43)	7.0(0.55)	9.0(0.40)	8.0(0.43)	9.4(<0.1,23)
H7. Have you ever taken hormone replacement therapy (HRT) that has been prescribed by your doctor for any reason?	(4721)	(1911)	(794)	(2594)	(1203)	(830)	(90)
Yes	21.9	28.4	56.2	21.1	25.2	20.4	16.7
No	78.1	71.6	43.8	78.9	74.8	79.6	83.3

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) % <i>Respondents who have ever used HRT:</i> H8. How old were you when you first used HRT?	(1017)	(535)	(438)	(81)	(300)	(165)	(15)
	<40	17.2	7.5	15.1	17.7	19.4	26.7
	40 – 45	19.6	8.7	16.5	12.0	10.3	13.3
	46 – 50	34.0	17.8	26.2	23.0	27.9	20.0
	51 – 55	25.6	39.0	28.8	33.0	30.3	26.7
	>55	3.6	26.9	13.4	14.3	12.1	13.3
Mean (SD) Median (min, max)	29.1 (5.7)	45.0 (6.9)	50.2 (7.4)	46.4 (8.3)	47.2 (8.3)	46.1 (8.6)	46.1 (8.9)
	30.0(19,38)	47.0(17,58)	50.0(10,72)	48.0(12,68)	49.0(17,69)	48.0(10,70)	45.3(32,72)
(1008) <i>Respondents who have ever used HRT:</i> H9. How old were you when you last used HRT?	(45)	(532)	(432)	(539)	(290)	(164)	(14)
	100.0	4.7	1.9	8.0	6.6	9.8	0.0
	0.0	8.6	1.6	5.2	4.1	6.7	7.1
	0.0	21.6	4.4	11.9	13.8	16.5	14.3
	0.0	38.7	12.5	27.8	22.1	26.2	14.3
	0.0	26.3	20.8	21.2	26.2	20.7	42.9
Mean (SD) Median (min, max)	31.1 (5.4)	50.3 (6.2)	59.5 (7.5)	53.4 (9.7)	54.2 (9.0)	51.9 (9.2)	54.0 (6.8)
	32.4(20,39)	52.0(17,59)	60.0(10,74)	54.0(17,74)	55.0(10,73)	53.0(21,73)	55.0(43,72)

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	Age group (years)			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %							
(1731)				(908)	(490)	(301)	(31)
<i>Respondents whose periods stopped for >12 months:</i>							
H13. How old were you when your periods stopped completely?							
<40	100.0	23.6	14.8	22.6	21.2	23.2	35.5
40 – 45	0.0	17.1	15.1	16.3	16.1	12.9	12.9
46 – 50	0.0	23.3	19.5	21.8	17.6	23.2	16.1
51 – 55	0.0	30.5	32.9	28.9	33.3	30.8	32.3
>55	0.0	5.5	17.6	10.5	11.8	9.9	3.2
Mean (SD)	29.9 (4.9)	44.9 (7.8)	47.4 (7.5)	45.2 (8.3)	45.9 (8.2)	45.6 (8.2)	41.6 (10.7)
Median (min, max)	31 (20, 37)	47 (21, 57)	50 (12, 67)	47 (20, 66)	48 (12, 63)	48 (22, 67)	45 (20, 60)
(1758)				(919)	(501)	(307)	(31)
<i>Respondents whose periods stopped for >12 months:</i>							
H14. Did your period end:							
Naturally (of their own accord)	0.0	48.3	59.9	49.9	53.3	54.1	48.4
After you had a hysterectomy	52.2	41.8	34.5	39.1	38.3	39.4	41.9
Because of cancer	4.5	1.2	0.6	1.3	1.0	0.3	0.0
Other reason	43.3	8.7	5.0	9.7	7.4	6.2	9.7

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Not applicable to calculate an arithmetic mean as the distribution was skewed.

Appendix I. Descriptive statistics for Chapter 10: CERVICAL SCREENING^a (n=4721) (women only)

	Age group years				Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %		Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %								
Knowledge and beliefs about cervical cancer screening								
I1. It is important to check for cervical cancer even if I have no symptoms	(4721)	(1910)	(793)		(2594)	(1200)	(830)	(90)
Strongly agree	83.1	85.1	70.5		84.1	81.1	82.5	88.9
Agree	14.7	13.1	25.1		14.1	16.3	14.9	8.9
Neither agree nor disagree	0.4	0.3	1.3		0.5	0.4	0.5	0.0
Disagree	0.9	0.7	1.6		0.9	1.1	1.0	0.0
Strongly Disagree	0.2	0.3	0.5		0.1	0.3	0.2	2.2
Unsure/Don't know/No response	0.5	0.4	1.0		0.3	0.8	0.8	0.0
I2. Do you know of any tests/checks that your doctor could do to see if you had cervical cancer?	(4721)	(1911)	(793)		(2594)	(1203)	(830)	(90)
Yes	88.3	90.4	78.3		89.2	86.9	87.3	91.1
No	11.4	9.6	21.7		10.8	13.1	12.7	8.9
I3. What are the tests/checks ^c for cervical cancer?	(4171)	(1726)	(621)		(2314)	(1043)	(725)	(82)
Pap smear test	98.3	98.2	96.1		98.5	98.2	97.7	96.3
Internal vaginal examination	3.1	3.0	3.5		3.3	2.6	3.0	2.4
Blood test	2.9	3.0	1.6		2.7	3.1	3.0	3.7
ThinPrep/PapNet	2.3	2.7	1.1		2.2	2.5	2.6	3.7
Ultrasound	2.2	2.8	0.8		2.8	1.4	1.2	3.7
Biopsy	2.1	2.0	2.6		2.2	1.6	2.2	2.4
Colposcopy	1.5	0.9	0.6		1.6	1.2	1.8	2.4
Other	3.3	3.2	2.6		3.6	2.8	2.9	3.7

	Age group years			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
14. Do you know what causes cervical cancer? ^c	(4721)	(1910)	(793)	(2594)	(1200)	(830)	(90)
Sexual intercourse	11.5	13.5	10.9	12.6	10.1	10.6	5.6
Human Papillomavirus (HPV)	5.3	5.8	2.6	6.8	3.3	3.9	2.2
Family history	4.9	3.8	3.4	6.1	2.3	5.3	2.2
Infection	3.7	4.8	3.0	3.8	4.0	3.3	3.3
Other	23.6	25.8	16.0	25.1	21.3	23.3	15.6
No cause mentioned	65.4	63.1	73.1	62.6	69.1	67.3	76.7
<i>If respondent answered "HPV" or "infection":</i>							
15. About what percentage of cervical cancers do you think are caused by infection?	(155)	(71)	(11)	(104)	(26)	(25)	(2)
Mean (SD)	58.8 (29.2)	60.0 (23.1)	64.7 (29.8)	58.4 (28.1)	69.1 (22.0)	54.8 (23.3)	67.3 (10.9)
Median (min, max)	60.0(1,100)	53.3(10,100)	70.6(1,100)	60.0 (1,100)	70.0(10,00)	50.0(5,100)	67.7 (60,75)
<i>If respondent answered "HPV" or "infection":</i>							
16. Would someone know whether or not they have this infection without a special test being done?	(354)	(171)	(39)	(230)	(71)	(49)	(4)
Yes	13.6	19.3	15.4	12.6	12.7	22.4	0.0
No	78.5	71.3	74.4	80.9	77.5	65.3	100.0
Don't know	7.9	9.4	10.3	6.5	9.9	12.2	0.0
<i>If respondent answered "HPV" or "infection":</i>							
17. If no treatment is given, about what percentage of people with this infection (HPV) will get cervical cancer?	(144)	(59)	(16)	(91)	(29)	(18)	(2)
Mean (SD)	50.0(32.6)	56.3 (30.7)	63.1 (28.9)	53.5 (31.9)	52.7 (32.3)	59.7 (31.2)	54.4 (6.7)
Median (min, max)	50.0(2,100)	60.0 (0,100)	50.0 (5,100)	50.0 (2,100)	50.0 (0,100)	61.3 (2,100)	53.6 (50,60)

	Age group years			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %							
I8. Do you know what the recommended time is between Pap smears?	(4721)	(1910)	(793)	(2594)	(1201)	(830)	(89)
Yes	85.5	86.2	72.6	86.3	84.4	84.8	84.3
No	14.5	13.8	27.4	13.7	15.6	15.2	15.7
Respondents who said they know the recommended time between Pap smears:							
I9. What is the recommended time?	(4037)	(1647)	(577)	(2239)	(1013)	(75)	(75)
Less than a year	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12 months	9.8	10.4	14.9	10.8	9.4	8.0	5.3
Up to 2 years	80.5	79.2	72.3	79.9	81.6	80.5	84.0
Up to 3 years	1.1	0.6	0.5	1.2	0.9	1.0	0.0
More than 3 years	8.6	9.8	12.3	8.2	8.1	10.5	10.7
Mean (SD)	1.9 (0.2)	1.9 (0.3)	1.9 (0.3)	1.9 (0.3)	1.9 (0.3)	1.9 (0.3)	1.9 (0.3)
Median (min, max)	2.0 (1, 2)	2.0 (1, 2)	2.0 (1, 2)	2.0 (1, 2)	2.0 (1, 2)	2.0 (1, 2)	2.0 (1, 2)
Cervical cancer screening behaviour							
I10. Have you ever had a Pap smear test?	(4721)	(1912)	(794)	(2594)	(1202)	(830)	(90)
Yes	96.6	99.3	94.8	96.2	97.5	96.5	96.7
No	3.3	0.7	5.0	3.8	2.5	3.3	3.3
Don't know	0.1	0.1	0.1	0.0	0.0	0.2	0.0

	Age group years			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %							
Respondents who have ever had a Pap smear test:							
I11. How old were you when you had your first Pap test?	(4120)	(1692)	(562)	(2250)	(1053)	(729)	(80)
<20	32.4	18.9	0.5	32.1	31.1	33.9	38.8
20 – 29	43.2	50.8	18.1	43.7	40.3	46.0	41.3
30 – 39	13.3	20.0	30.6	13.5	15.2	10.6	10.0
40 – 49	7.6	9.3	27.8	7.5	8.5	6.4	10.0
50 – 59	3.0	0.9	18.9	2.7	4.1	2.5	0.0
60 – 69	0.6	0.0	4.1	0.4	0.8	0.7	0.0
70+	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean (SD)	19.9 (3.1)	25.4 (9.4)	39.1 (13.8)	23.0 (8.5)	23.1 (6.6)	21.2 (6.8)	24.1 (8.7)
Median (min, max)	19.0(16,27)	22.0(18,56)	44.1(20,55)	20.4(16,56)	21.0(17,45)	20.0(17,55)	20.0 (15,62)
Respondents who have ever had a Pap smear test:							
I12. How long has it been since your last Pap smear test?	(4562)	(1896)	(751)	(2497)	(1170)	(802)	(88)
Less than one year ago	40.6	38.8	24.5	42.2	37.7	40.0	35.2
1 year to less than 2 years ago	31.0	31.8	23.0	31.3	30.0	31.2	36.4
2 years to less than 3 years ago	8.8	8.4	8.3	8.2	9.7	8.5	14.8
3 years to less than 5 years ago	5.1	5.1	6.8	5.2	4.9	5.2	3.4
5 or more years ago	14.4	16.0	36.9	12.9	17.6	15.0	10.2
Don't know	0.1	0.1	0.5	0.3	0.2	0.1	0.0
Respondents who have ever had a Pap smear test:							
I13. What prompted you to have this most recent Pap test?	(4537)	(1889)	(747)	(2491)	(1155)	(798)	(87)
General/regular check up	84.5	86.5	82.3	84.7	84.0	84.8	85.1
Symptoms (irregular periods, etc)	5.6	4.8	5.5	6.1	5.3	4.9	1.1
Family history	1.0	1.2	0.5	0.9	1.2	1.0	1.1
Had cancer in the past	1.8	2.0	0.5	1.6	1.7	2.1	4.6
Doctor suggested I have this test	7.0	5.6	11.1	6.6	7.8	7.1	8.0

	Age group years			Remoteness (ARIA+ categories) ^b			
	20-39 (n=2018) %	40-59 (n=1910) %	60-75 (n=793) %	Major city (n=2594) %	Inner regional (n=1200) %	Outer regional (n=830) %	Remote/ Very remote (n=90) %
(n) %							
Respondents who have ever had a Pap smear test:							
I14. Do you have regular Pap smear tests?	(4562)	(1896)	(752)	(2496)	(1169)	(801)	(88)
Yes	74.1	75.2	49.9	74.3	72.9	74.9	78.4
Only had one	3.0	0.9	2.4	3.8	2.0	2.2	3.4
No or not regularly	10.2	8.9	13.4	10.7	9.8	9.5	6.8
Not anymore	12.7	15.0	34.3	11.3	15.4	13.4	11.4
Respondents who have regular Pap smear tests:							
I15. What is the usual time period between your Pap tests?	(3378)	(1425)	(375)	(1851)	(851)	(599)	(68)
Less than a year	4.4	2.7	1.6	5.0	3.6	3.5	4.4
12 months	23.2	25.6	18.7	23.3	21.9	25.2	22.1
Up to 2 years	67.9	67.6	73.6	67.0	69.6	68.4	69.1
Up to 3 years	3.1	2.8	3.7	3.5	3.3	2.0	1.5
More than 3 years	0.6	0.8	0.8	0.5	0.9	0.3	1.5
Don't know/Can't say	0.7	0.4	1.6	0.6	0.7	0.5	1.5

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Does not add up to 100% as question allows for multiple responses.

Appendix J. Descriptive statistics for Chapter 10: BREAST SCREENING^a (n=2703) (women aged ≥40 years only)

	Age group (years)				Remoteness (ARIA+ categories) ^b			
	40-49 (n=959) %	50-69 (n=1530) %	70-75 (n=214) %		Major city (n=1428) %	Inner regional (n=758) %	Outer regional (n=470) %	Remote/ Very remote (n=46) %
Knowledge and beliefs about breast cancer screening								
J1. Do you agree or disagree with the statement, it is important to check for breast cancer even if I have no symptoms?	(2703)	(1531)	(214)		(1428)	(758)	(470)	(46)
Strongly agree	82.3	84.1	71.0		81.9	81.3	84.5	91.3
Agree	16.1	14.3	24.3		17.1	15.7	14.0	8.7
Neither agree nor disagree	0.2	0.1	0.5		0.0	0.5	0.4	0.0
Disagree	0.7	0.7	2.8		0.6	1.1	0.6	0.0
Strongly disagree	0.3	0.2	0.5		0.1	0.5	0.2	0.0
Unsure/Don't know/No response	0.4	0.6	1.0		0.3	0.9	0.2	0.0
J2. Do you know of any tests/checks that you or your doctor could do to see if you had breast cancer?	(2703)	(1530)	(214)		(1428)	(757)	(470)	(46)
Yes	97.4	97.2	94.4		97.6	96.0	97.0	95.7
No	2.6	2.8	5.6		2.4	4.0	3.0	4.3

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=959) %	50-69 (n=1530) %	70-75 (n=214) %	Major city (n=1428) %	Inner regional (n=758) %	Outer regional (n=470) %	Remote/ Very remote (n=46) %
<p><i>Respondents who know of tests/checks for breast cancer:</i></p> <p>J3. What are these tests/checks^c</p>	(n) %						
	(2623)	(1487)	(202)	(2053)	(1018)	(665)	(72)
	Mammogram	92.4	93.8	86.1	93.4	90.6	88.6
	Breast self examination	69.2	61.8	45.0	64.5	69.3	68.2
	Clinical breast examination	31.7	29.0	29.2	28.6	33.6	28.9
	Ultrasound	16.3	15.5	5.0	17.3	11.8	9.1
	Biopsy	4.1	3.2	2.5	3.7	3.9	8.9
	CT scan	2.5	1.9	0.0	2.2	2.4	2.2
	Blood test	0.9	1.3	1.0	0.7	1.3	4.5
	Other	1.5	2.6	1.5	2.4	3.1	0.0
<p><i>Respondents who have regular mammograms:</i></p> <p>J4. Do you know what the recommended time is between mammograms?</p>	(1781)	(1260)	(156)	(952)	(487)	(308)	(34)
	Yes	83.5	85.5	80.1	83.3	85.2	88.2
	No	16.5	14.5	19.9	16.7	14.8	11.8

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=959) %	50-69 (n=1530) %	70-75 (n=214) %	Major city (n=1428) %	Inner regional (n=758) %	Outer regional (n=470) %	Remote/ Very remote (n=46) %
<p><i>Respondents who said they know the recommended time between mammograms:</i></p> <p>J5. What is the recommended time?</p>	(n) %						
	(1484)	(1074)	(125)	(790)	(414)	(249)	(31)
	Less than a year	0.0	0.0	0.0	0.0	0.0	0.0
	A year	12.1	11.8	12.0	13.5	11.8	9.7
	Up to 2 years	86.7	87.1	87.2	84.8	87.2	90.3
<p>Up to 3 years</p> <p>More than 3 years</p> <p>Mean (SD)</p> <p>Median (min, max)</p>	1.0	0.9	0.8	1.6	0.5	0.0	0.0
	0.1	0.2	0.0	0.0	0.5	0.0	0.0
	1.9 (0.4)	1.9 (0.4)	1.9 (0.3)	1.9 (0.4)	1.9 (0.4)	1.9 (0.3)	1.9 (0.3)
	2.0 (1.3)	2.0 (1.6)	2.0 (1.3)	2.0 (1.3)	2.0 (1.6)	2.0 (1.2)	2.0 (1.2)
Breast cancer screening behaviour							
J6. Have you ever had a mammogram?	(2703)	(1531)	(214)	(1428)	(758)	(470)	(47)
Yes	82.4	93.3	91.6	83.0	81.4	82.6	80.9
No	17.6	6.7	8.4	17.0	18.6	17.4	19.1
<i>Respondents who have ever had a mammogram:</i>							
J7. How old were you when you had your first mammogram?	(2104)	(1348)	(158)	(1118)	(585)	(366)	(38)
<30	4.4	2.8	3.2	3.6	5.8	4.9	2.6
30 – 39	19.0	13.0	3.8	19.7	18.1	18.3	15.8
40 – 49	47.5	47.5	18.4	48.5	44.1	48.9	55.3
50 – 59	24.7	34.1	38.0	24.7	26.2	23.0	18.4
60 – 69	4.2	2.6	33.5	3.3	5.6	4.6	5.3
70+	0.2	0.0	3.2	0.3	0.2	0.3	2.6
Mean (SD)	38.0 (5.9)	44.9 (8.1)	53.1 (12.1)	43.6 (8.3)	43.5 (10.5)	43.3 (9.1)	44.8 (8.8)
Median (min, max)	40.0(0.49)	45.0(0.69)	55.0(0.72)	43.0(0.71)	44.0(0.72)	43.0(0.71)	43.9(21.84)

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=959) %	50-69 (n=1530) %	70-75 (n=214) %	Major city (n=1428) %	Inner regional (n=758) %	Outer regional (n=470) %	Remote/ Very remote (n=46) %
(n) %							
<i>Respondents who have ever had a mammogram:</i> J8. How long has it been since your last mammogram?	(2229)	(1428)	(197)	(1186)	(616)	(389)	(37)
Less than one year ago	47.1	51.0	41.1	48.1	46.3	45.5	43.2
1 year to less than 2 years ago	34.1	35.4	38.1	32.5	35.7	36.0	37.8
2 years to less than 3 years ago	7.4	5.8	9.6	8.4	6.5	5.1	13.5
3 years to less than 5 years ago	3.6	2.7	4.1	4.3	2.3	4.1	0.0
5 or more years ago	7.4	4.8	6.6	6.1	9.3	8.7	5.4
Don't know/not sure	0.4	0.3	0.5	0.6	0.0	0.5	0.0
<i>Respondents who have ever had a mammogram:</i> J9. What prompted you to have your most recent mammogram?	(2222)	(1425)	(196)	(1184)	(616)	(384)	(38)
General/regular check up	75.7	83.4	83.2	74.9	74.8	79.2	81.6
Symptoms (lump, discharge, pain etc)	12.7	6.7	5.6	12.0	14.1	12.8	7.9
Family history	4.2	3.4	2.0	4.7	4.7	2.1	5.3
Had breast cancer in the past	2.7	3.0	3.6	2.8	2.9	2.3	2.6
Doctor suggested I have this test	4.6	3.5	5.6	5.6	3.4	3.6	2.6
<i>Respondents who have ever had a mammogram:</i> J10. Was the place where you had your last mammogram:	(2225)	(1426)	(197)	(1183)	(616)	(387)	(37)
Free public breast screening clinic	56.7	59.9	67.0	59.9	55.4	53.0	16.2
Free mobile/relocatable screening service	12.6	13.0	11.7	6.0	13.8	25.1	73.0
Private breast clinic	11.2	11.3	5.6	14.8	8.3	5.4	8.1
A private radiologist	10.2	7.2	6.6	10.8	11.9	7.0	0.0
Free public service at a private facility	8.1	8.0	7.6	7.2	10.1	8.3	2.7
Don't know/can't say	1.1	0.6	1.5	1.3	0.6	1.3	0.0

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=959) %	50-69 (n=1530) %	70-75 (n=214) %	Major city (n=1428) %	Inner regional (n=758) %	Outer regional (n=470) %	Remote/ Very remote (n=46) %
Respondents who have ever had a mammogram: J11. Do you have regular mammograms? Yes Only had one No or not regularly Not anymore	(2229)	(1428)	(196)	(1184)	(617)	(387)	(38)
	79.9	88.2	79.6	80.3	78.8	79.6	89.5
	9.9	4.2	4.6	9.6	10.9	9.3	7.9
	8.3	6.2	7.7	8.6	7.5	9.3	2.6
	1.9	1.4	8.2	1.4	2.9	1.8	0.0
Respondents who have regular mammograms: J12. What is the usual time period between your mammograms? Less than a year A year Up to 2 years Up to 3 years More than 3 years Don't know/can't say	(1782)	(1259)	(156)	(952)	(486)	(308)	(34)
	1.3	1.0	0.6	1.5	1.2	1.0	0.0
	23.6	23.8	16.7	25.1	23.5	19.5	23.5
	72.2	72.4	78.8	69.9	73.5	76.6	73.5
	1.7	1.7	2.6	2.1	1.0	1.6	2.9
	0.4	0.3	0.0	0.5	0.2	0.3	0.0
	0.8	0.9	1.3	0.9	0.6	1.0	0.0

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Does not add up to 100% as question allows for multiple responses.

Appendix K. Descriptive statistics for Chapter 10: COLORECTAL SCREENING^a (n=7778) (men and women aged ≥30 years only)

	Sex		Age group (years)		Remoteness (ARIA+ categories) ^b			
	Male (n=3844) %	Female (n=3934) %	30-49 (n=4332) %	50-75 (n=3447) %	Major city (n=4128) %	Inner regional (n=2045) %	Outer regional (n=1429) %	Remote/ Very remote (n=171) %
(n) %								
Knowledge and beliefs about colorectal cancer screening								
K1. Do you agree or disagree with the statement, it is important to check for bowel cancer even if I have no symptoms?	(7778)	(3934)	(4332)	(3445)	(4127)	(2045)	(1428)	(171)
Strongly agree	39.5	39.1	36.9	42.8	38.7	39.7	41.0	45.0
Agree	40.1	35.4	41.1	38.5	39.2	40.6	42.2	40.4
Neither agree nor disagree	3.1	3.7	3.0	3.2	3.8	2.7	1.6	1.8
Disagree	10.1	12.2	11.2	8.6	11.3	9.5	7.8	6.4
Strongly disagree	0.7	0.6	0.7	0.6	0.5	0.9	0.6	2.3
Unsure/Don't know/No response	6.6	9.2	6.8	6.2	6.5	6.6	6.9	4.1
K2. Do you know of any tests/checks that you or your doctor could do to see if you had bowel cancer?	(7778)	(3934)	(4331)	(3446)	(4127)	(2045)	(1429)	(171)
Yes	54.4	66.4	48.2	62.2	54.2	55.8	53.7	47.4
No	45.6	33.6	51.8	37.8	45.8	44.2	46.3	52.6

	Sex		Age group (years)		Remoteness (ARIA+ categories) ^b			
	Male (n=3844) %	Female (n=3934) %	30-49 (n=4332) %	50-75 (n=3447) %	Major city (n=4128) %	Inner regional (n=2045) %	Outer regional (n=1429) %	Remote/ Very remote (n=171) %
(n) %								
<i>Respondents who know of tests/checks for bowel cancer:</i>								
K3. What are these tests/checks ^c	(4229)	(2614)	(2087)	(2141)	(2238)	(1141)	(768)	(80)
Colonoscopy	75.7	82.9	74.8	76.5	79.4	73.8	68.5	66.7
Faecal occult blood test (FOBT)	23.9	23.7	19.6	28.0	22.3	22.5	30.9	21.3
Look for blood in bowel motion	9.1	9.5	9.1	9.1	8.4	9.1	10.5	13.8
Blood test	6.6	3.6	7.6	5.6	6.0	6.7	7.8	8.8
Barium enema	6.4	6.7	7.0	5.9	7.1	5.7	6.0	3.8
Digital rectal examination (DRE)	5.6	4.9	6.8	4.4	5.2	5.2	6.9	8.8
Imaging tests (ultrasound, MRI, X-ray)	3.7	3.5	4.7	2.8	4.6	2.5	3.5	1.2
Endoscopy/Gastroscopy	3.0	2.6	2.9	3.2	2.9	2.9	3.6	1.3
Sigmoidoscopy/Flexible sigmoidoscopy	1.6	1.7	1.8	1.4	1.7	1.4	1.3	2.5
Virtual colonoscopy (CT colonography)	1.5	1.1	1.1	1.8	2.0	0.8	1.0	0.0
Stool test	1.1	1.0	1.2	0.9	0.8	0.5	2.6	0.0
Home test kit	0.9	1.1	0.8	1.1	0.7	1.1	1.0	2.5
Symptoms	0.9	1.0	1.0	0.7	1.0	0.4	1.2	1.3
Biopsy	0.7	0.8	1.1	0.4	0.9	0.7	0.3	1.3
Know there are test but not sure what they are	1.4	1.2	2.0	0.9	1.1	1.9	1.4	3.7
Other	2.7	2.3	2.8	2.6	3.2	1.9	2.5	3.7
Colorectal cancer screening behaviour								
K4. Have you ever had a faecal occult blood test (FOBT)?	(7778)	(3934)	(4331)	(3445)	(4128)	(2045)	(1429)	(171)
Yes	8.6	8.6	3.4	15.2	7.9	9.0	10.8	5.3
No	91.0	91.2	96.2	84.4	91.7	90.6	88.8	94.7
Don't know	0.4	0.2	0.3	0.4	0.4	0.4	0.4	0.0

	(n) %	Sex		Age group (years)		Remoteness (ARIA+ categories) ^b				
		Male (n=3844) %	Female (n=3934) %	30-49 (n=4332) %	50-75 (n=3447) %	Major city (n=4128) %	Inner regional (n=2045) %	Outer regional (n=1429) %	Remote/ Very remote (n=171) %	
<i>Respondents who have ever had a FOBT:</i>										
K5. How old were you when you had your first FOBT?	(658)	(327)	(331)	(148)	(510)	(319)	(179)	(151)	(9)	
	4.7	5.5	3.9	14.2	2.0	3.8	6.1	4.6	11.1	
	14.3	11.3	17.2	46.6	4.7	17.9	11.2	9.3	22.2	
	22.5	22.9	22.1	39.2	17.6	22.3	25.1	19.9	33.3	
	34.4	34.6	34.4	0.0	44.5	34.8	32.4	37.7	11.1	
	19.9	21.4	18.1	0.0	25.7	17.6	20.7	23.8	11.1	
	4.3	4.3	4.2	0.0	5.5	3.8	4.5	4.6	11.1	
		50.8 (12.1)	49.4 (12.1)	36.3 (7.3)	54.2 (10.1)	49.2 (12.0)	50.1 (12.1)	52.2 (11.9)	46.4 (17.1)	
		52.0(17,75)	50.0(15,75)	36.0(15,48)	55.0(17,58)	50.0(15,75)	50.0(18,73)	54.0(16,75)	47.9(21,75)	
<i>Respondents who have ever had a FOBT:</i>										
K6. How long ago did you have your last FOBT?	(673)	(336)	(337)	(149)	(524)	(327)	(184)	(153)	(8)	
	25.8	25.3	26.4	26.2	25.8	23.9	29.3	26.8	12.5	
	18.4	19.3	17.5	25.5	16.2	15.0	17.4	25.5	37.5	
	11.1	11.3	10.7	9.4	11.6	11.0	12.5	9.2	12.5	
	12.5	11.3	13.6	16.8	11.3	13.5	10.3	13.1	12.5	
	31.7	32.4	30.9	21.5	34.5	36.1	29.9	24.8	25.0	
	0.5	0.3	0.9	0.7	0.6	0.6	0.5	0.7	0.0	
<i>Respondents who have ever had a FOBT:</i>										
K7. What prompted you to have this FOBT?	(658)	(329)	(329)	(144)	(511)	(322)	(177)	(150)	(8)	
	49.4	54.4	44.4	31.3	54.6	45.3	47.5	62.0	12.5	
	29.1	24.0	34.0	47.2	23.9	32.6	29.9	19.3	50.0	
	6.0	5.5	6.7	9.0	5.1	5.0	6.2	7.3	12.5	
	0.6	0.6	0.6	1.4	0.4	0.6	0.6	0.7	0.0	
	15.0	15.8	14.3	11.1	16.0	16.5	15.8	10.7	25.0	

	Sex		Age group (years)		Remoteness (ARIA+ categories) ^b			
	Male (n=3844) %	Female (n=3934) %	30-49 (n=4332) %	50-75 (n=3447) %	Major city (n=4128) %	Inner regional (n=2045) %	Outer regional (n=1429) %	Remote/ Very remote (n=171) %
(n) %								
<i>Respondents who have ever had a FOBT:</i>								
K8. Do you have regular FOBTs?	(673)	(337)	(148)	(524)	(326)	(184)	(154)	(9)
Yes	15.6	16.3	10.1	17.0	15.0	14.1	18.8	0.0
Only had one	59.7	61.1	72.3	56.3	58.6	59.8	61.0	77.8
No or not regularly	24.7	22.6	17.6	26.7	26.4	26.1	20.1	22.2
<i>Respondents who have regular FOBTs:</i>								
K9. What is the usual time period between your FOBTs?	(105)	(54)	(16)	(90)	(49)	(26)	(28)	(0)
Less than a year	6.3	3.7	0.0	7.8	10.2	0.0	3.6	0.0
12 months	59.8	61.1	50.0	61.1	65.3	73.1	42.9	0.0
Up to 2 years	28.9	31.5	50.0	25.6	18.4	26.9	50.0	0.0
Up to 3 years	1.1	0.0	0.0	1.1	2.0	0.0	0.0	0.0
More than 3 years	1.6	0.0	0.0	2.2	0.0	0.0	3.6	0.0
Don't know/Can't say	2.3	3.7	0.0	2.2	4.0	0.0	0.0	0.0
<i>K10. Have you ever had a colonoscopy?</i>								
K10. Have you ever had a colonoscopy?	(7778)	(3934)	(4332)	(3446)	(4127)	(2045)	(1429)	(170)
Yes	24.7	26.4	14.4	37.8	26.2	24.4	21.8	18.8
No	75.0	73.5	85.4	61.8	73.5	75.3	77.9	81.2
Don't know/Not sure	0.3	0.2	0.2	0.4	0.4	0.2	0.3	0.0

	Sex		Age group (years)		Remoteness (ARIA+ categories) ^b			
	Male (n=3844) %	Female (n=3934) %	30-49 (n=4332) %	50-75 (n=3447) %	Major city (n=4128) %	Inner regional (n=2045) %	Outer regional (n=1429) %	Remote/ Very remote (n=171) %
(n) %								
<i>Respondents who have ever had a colonoscopy:</i> K11. How long has it been since your last colonoscopy?	(1924)	(1038)	(622)	(1302)	(1081)	(499)	(312)	(32)
Less than once year ago	18.6	17.2	16.1	19.7	18.5	18.2	19.9	12.5
1 year to less than 2 years ago	17.1	17.4	14.8	18.2	16.7	17.6	17.9	12.5
2 years to less than 3 years ago	14.6	15.2	14.5	14.7	15.0	15.0	13.1	9.4
3 years to less than 5 years ago	17.9	17.5	17.7	18.0	18.2	18.2	16.7	15.6
5 or more years ago	31.6	32.4	36.5	29.3	31.3	30.7	32.1	50.0
Don't know/Not sure	0.2	0.2	0.5	0.1	0.3	0.2	0.3	0.0

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Does not add up to 100% as question allows for multiple responses.

Appendix L. Descriptive statistics for Chapter 10: PROSTATE SCREENING^a (n=2700) (men aged ≥40 years only)

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=998) %	50-69 (n=1471) %	70-75 (n=231) %	Major city (n=1387) %	Inner regional (n=752) %	Outer regional (n=502) %	Remote/ Very remote (n=58) %
Knowledge about prostate cancer screening	(n) %						
L1. Do you know of any tests/checks that your doctor could do to see if you had prostate cancer?	(2698)			(1386)	(752)	(502)	(59)
Yes	69.4	75.0	75.8	74.1	67.6	68.5	54.2
No	30.6	25.0	24.2	28.6	32.4	31.5	45.8
Respondents who know of tests/checks for prostate cancer:	(1873)	(1102)	(175)	(990)	(508)	(344)	(32)
L2. What are these tests/checks ^c							
Digital rectal examination							
Prostate-specific antigen test/blood test	69.2	68.1	56.3	73.4	64.7	65.1	56.3
Imaging tests (ultrasound, MRI, X-ray, CT scan)	61.0	66.9	68.2	61.5	61.7	60.1	43.8
Transrectal ultrasound	4.1	4.6	4.0	3.7	4.2	4.9	6.5
Biopsy	3.9	3.6	5.1	3.6	4.9	3.2	3.1
Colonoscopy	3.1	2.9	6.3	3.0	3.0	3.5	0.0
Urine test	2.7	2.3	1.7	2.6	2.6	2.9	3.1
Physical examination	2.2	1.4	1.7	2.6	0.6	3.2	3.2
Cystoscopy/Urethroscopy	1.5	1.9	1.1	2.0	0.6	1.5	3.1
Faecal occult blood test (FOBT) or stool test	0.8	0.9	2.3	0.5	1.0	0.9	3.2
Know there are tests but not sure what they are	0.3	0.4	0.6	0.4	0.0	0.6	0.0
Other	2.9	2.2	2.3	1.6	4.7	3.8	3.1
	3.1	2.5	3.4	3.3	2.6	2.9	6.3
Prostate cancer screening behaviour	(2698)	(1471)	(231)	(1385)	(751)	(502)	(58)
L3. Have you ever had a prostate-specific antigen (PSA) test?							
Yes	39.4	50.6	64.5	39.1	41.8	37.3	31.0
No	52.3	40.2	24.2	53.6	47.8	54.8	56.9
Don't know	8.4	9.2	11.3	7.2	10.4	8.0	12.1

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=998) %	50-69 (n=1471) %	70-75 (n=231) %	Major city (n=1387) %	Inner regional (n=752) %	Outer regional (n=502) %	Remote/ Very remote (n=58) %
<p><i>Respondents who have ever had a PSA:</i> L4. How old were you when you had your first PSA test?</p> <p>(n) %</p> <p>(1048)</p> <p><30 30 – 39 40 – 49 50 – 59 60 – 69 70+</p> <p>Mean (SD) Median (min, max)</p>	0.6 3.7 23.6 45.1 24.0 3.0	1.8 16.6 81.7 0.0 0.0 0.0	0.5 1.5 14.4 62.3 21.3 0.0	0.0 0.0 3.4 9.7 65.5 21.4	(534)	(311)	(184)
							(18)
							5.6
							5.6
							22.2
							38.9
<p><i>Respondents who have ever had a PSA:</i> L5. How long ago did you have your last PSA test?</p> <p>(1062)</p> <p>Less than one year ago 1 year to less than 2 years ago 2 years to less than 3 years ago 3 years to less than 5 years ago 5 or more years ago Don't know/not sure</p>	57.7 18.2 9.8 6.9 6.5 0.9	48.8 20.0 14.7 8.2 7.6 0.6	58.1 18.5 9.1 7.1 6.2 0.9	65.8 14.8 7.4 4.7 6.7 0.7	(542)	(314)	(187)
							(18)
							50.0
							33.3
							0.0
							11.1
							5.6
							0.0
							50.8 (11.2)
							51.7(21.69)

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=998) %	50-69 (n=1471) %	70-75 (n=231) %	Major city (n=1387) %	Inner regional (n=752) %	Outer regional (n=502) %	Remote/ Very remote (n=58) %
(n) %							
<i>Respondents who have ever had a PSA:</i> L6. What prompted you to have this PSA test?	(1052)	(735)	(148)	(535)	(312)	(186)	(18)
General/regular check up	66.3	68.3	58.1	69.7	59.9	67.2	61.1
Symptoms (difficulty starting urine flow etc)	13.6	12.4	16.2	12.9	15.7	12.4	16.7
Family history	4.1	3.7	1.4	2.4	4.5	8.6	0.0
Had prostate cancer in the past	2.9	2.7	7.4	2.4	4.2	2.2	0.0
Doctor suggested I have this test	13.1	12.9	16.9	12.5	15.7	9.7	22.2
<i>Respondents who have ever had a PSA:</i> L7. Do you have regular PSA tests?	(1062)	(744)	(149)	(542)	(314)	(187)	(18)
Yes	50.3	52.0	61.1	51.5	48.7	49.2	55.6
Only had one	30.9	30.0	14.1	30.8	32.2	29.4	22.2
No or not regularly	18.8	18.0	24.8	17.7	19.1	21.4	22.2

	Age group (years)			Remoteness (ARIA+ categories) ^b			
	40-49 (n=998) %	50-69 (n=1471) %	70-75 (n=231) %	Major city (n=1387) %	Inner regional (n=752) %	Outer regional (n=502) %	Remote/ Very remote (n=58) %
(n) %							
Respondents who have regular PSA tests:							
L8. What is the usual time period between your PSA tests?	(534)	(386)	(90)	(280)	(153)	(91)	(10)
Less than a year	24.7	25.1	37.8	25.4	20.9	26.4	50.0
12 months	53.3	53.1	48.9	53.6	54.2	56.0	10.0
Up to 2 years	17.8	18.9	10.0	16.8	20.3	15.4	40.0
Up to 3 years	3.0	2.3	2.2	3.2	3.3	2.2	0.0
More than 3 years	0.5	0.5	0.0	0.4	0.7	0.0	0.0
Don't know/Can't say	0.7	0.0	1.1	0.7	0.7	0.0	0.0
L9. Have you ever had a digital rectal exam (DRE)?							
(2698)	(996)	(1470)	(231)	(1385)	(751)	(502)	(59)
Yes	29.6	57.4	76.2	50.8	48.7	44.2	39.0
No	70.1	42.1	22.9	48.8	50.7	55.4	59.3
Don't know	0.3	0.5	0.9	0.4	0.5	0.4	1.7
Respondents who have ever had a DRE:							
L10. How old were you when you had your first DRE?	(1288)	(831)	(169)	(688)	(363)	(217)	(22)
<30	7.7	4.6	3.6	8.4	6.6	6.0	18.2
30 – 39	12.3	5.1	1.8	11.8	12.4	14.3	9.1
40 – 49	25.6	24.4	5.3	25.3	22.9	31.8	22.7
50 – 59	34.3	49.8	16.0	35.6	35.5	28.1	31.8
60 – 69	18.1	16.1	58.6	17.2	19.8	18.0	18.2
70+	2.0	0.0	14.8	1.7	2.8	1.8	0.0
Mean (SD)	35.7 (8.4)	50.2 (9.6)	60.1 (11.5)	48.0 (12.3)	49.4 (12.3)	47.9 (12.1)	45.9 (14.1)
Median (min, max)	38.0(10,49)	50.0(14,69)	65.0(15,74)	50.0(10,74)	50.0(15,74)	48.0(14,73)	48.4(17,69)

^aColumn percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^c Does not add up to 100% as question allows for multiple responses.

^c Does not add up to 100% as question allows for multiple responses.

Appendix M. Descriptive statistics for Chapter 10: SKIN SCREENING^a (n=9419)

	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Beliefs about skin cancer screening									
M1. Do you agree or disagree with the statement, it is important to check for skin cancer even if I have no symptoms?	(9418)	(4721)	(4016)	(3813)	(1589)	(5123)	(2372)	(1703)	(210)
Strongly agree	72.1	74.7	72.4	73.2	68.8	71.8	72.1	72.9	76.2
Agree	23.5	21.4	24.0	22.1	25.9	23.5	24.1	23.2	19.5
Neither agree nor disagree	0.8	0.7	0.6	0.9	1.1	1.0	0.7	0.3	2.4
Disagree	2.5	2.3	2.1	2.6	3.0	2.7	2.0	2.6	1.4
Strongly disagree	0.2	0.0	0.2	0.2	0.1	0.2	0.1	0.1	0.5
Unsure/Don't know/No response	0.9	0.8	0.6	1.0	1.3	0.9	0.9	0.9	0.0
Skin cancer screening behaviour									
M2. Have you ever had a full body (or nearly full body) skin check?	(9418)	(4722)	(4016)	(3813)	(1588)	(5126)	(2371)	(1703)	(210)
Yes	40.4	40.3	34.9	44.5	44.5	42.4	41.0	34.0	40.5
No	59.5	59.7	65.0	55.4	55.2	57.5	59.0	65.9	59.0
Don't know/Not sure	0.1	0.0	0.0	0.1	0.3	0.1	0.0	0.1	0.5

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b					
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %	
(n) %										
<i>In the following, “skin check” refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check:</i> M3. How old were you when you had your first skin check?	(1887)	(1872)	(1388)	(1677)	(692)	(2153)	(953)	(569)	(86)	
	6.1	5.0	15.1	1.0	0.6	6.3	5.4	6.3	8.1	
	12.2	12.1	29.8	2.5	0.3	12.6	9.9	13.5	18.6	
	22.9	24.0	45.0	13.3	1.7	22.6	21.0	26.7	24.4	
	21.3	20.7	10.2	37.4	4.5	22.3	19.7	20.6	15.1	
	19.1	19.9	0.0	36.4	15.6	18.7	21.4	17.2	19.8	
	13.4	13.4	0.0	9.4	50.3	12.7	16.6	11.2	10.5	
	5.0	4.9	0.0	0.0	27.0	4.7	6.1	4.4	3.5	
	Mean (SD)	38.6 (14.9)	39.2 (14.7)	25.0 (6.9)	42.3 (9.2)	58.3 (9.8)	38.6 (14.7)	40.7 (15.0)	37.4 (14.7)	35.6 (15.4)
	Median (min, max)	38.0(3,75)	38.0(1,74)	25.0(2,39)	43.0(1,59)	60.0(1,75)	38.0(2,74)	40.0(1,75)	35.0(1,75)	32.0(11,70)
<i>In the following, “skin check” refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check:</i> M4. How long has it been since your last skin check?	(1908)	(1901)	(1403)	(1698)	(706)	(2172)	(971)	(579)	(84)	
	48.9	47.7	42.7	49.8	59.1	50.6	50.6	40.4	46.4	
	21.3	23.1	22.5	21.7	17.8	21.5	21.6	19.7	21.4	
	16.2	16.2	19.7	15.0	12.3	15.1	15.4	22.3	10.7	
	13.3	12.6	15.0	13.1	10.3	12.4	12.2	17.3	21.4	
0.3	0.2	0.4	0.4	0.4	0.4	0.3	0.2	0.3	0.0	

	(n) %	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
<p>In the following, "skin check" refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check:</p> <p>M5. What prompted you to have this skin check?</p>	(3735)	(1873)	(1862)	(1375)	(1662)	(698)	(2146)	(938)	(570)	(82)
	56.4	55.6	57.1	58.8	54.0	57.3	58.0	52.8	58.2	42.7
	30.3	30.6	29.9	29.3	32.3	27.5	29.3	32.1	30.2	35.4
	4.7	3.6	5.8	6.9	4.3	1.4	4.6	5.5	3.5	7.3
Had skin cancer in the past	8.6	10.1	7.1	5.0	9.4	13.8	8.1	9.6	8.1	14.6
<p>In the following, "skin check" refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check:</p> <p>M6. Where did you have this skin check?</p>	(3808)	(1907)	(1901)	(1404)	(1697)	(707)	(2173)	(972)	(580)	(86)
	44.9	48.7	41.1	53.2	43.0	32.8	39.0	45.7	63.8	58.1
	37.4	33.6	41.3	32.2	38.5	45.4	41.6	41.0	19.3	11.6
	12.0	10.9	13.2	9.3	12.9	15.3	15.6	8.2	5.9	8.1
At a hospital outpatients	1.6	1.6	1.6	1.6	1.2	2.7	1.1	1.5	2.9	9.3
Other	4.0	5.1	2.8	3.7	4.3	3.8	2.8	3.5	8.1	12.8
<p>In the following, "skin check" refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check:</p> <p>M7. Do you have regular skin checks?</p>	(3803)	(1906)	(1897)	(1401)	(1695)	(707)	(2168)	(971)	(579)	(85)
	45.6	44.0	47.1	39.9	46.7	54.0	49.2	44.2	34.2	45.9
	36.4	35.5	37.3	40.6	35.9	29.1	34.2	36.3	44.6	36.5
	18.1	20.5	15.6	19.5	17.4	16.8	16.6	19.6	21.2	17.6
Yes										
Only had one										
No or not regularly										

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
In the following, “skin check” refers to a doctor deliberately checking the skin on all or nearly all of your whole body for early signs of skin cancer. Respondents who have ever had a skin check: M8. What is the usual time period between your skin checks?	(1739)	(897)	(563)	(795)	(382)	(1072)	(429)	(198)	(40)
	24.1	16.8	18.8	23.6	32.7	22.4	28.2	25.3	20.0
	52.8	56.3	54.9	53.1	49.0	55.3	49.4	44.9	57.5
	19.2	23.3	21.8	19.5	14.9	19.1	18.2	23.2	15.0
	2.0	1.4	2.0	1.9	2.4	1.8	2.1	3.0	2.5
	1.0	1.0	1.8	0.8	0.3	0.7	1.2	2.0	2.5
	0.9	1.1	0.7	1.1	0.8	0.7	0.9	1.5	2.5

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

Appendix N. Descriptive statistics for Chapter 11: CANCER HISTORY^a (n=9419)

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b					
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remotel/ Very remote (n=209) %
Personal cancer history										
N1. Have you ever been diagnosed with cancer?	(n) %	(4695)	(4721)	(4016)	(3813)	(1589)	(5124)	(2371)	(1703)	(209)
Yes	15.8	14.7	16.9	6.5	18.6	32.2	15.3	16.6	16.0	17.7
No	84.2	85.3	83.1	93.5	81.4	67.8	84.7	83.4	84.0	84.2
N2. Ever been diagnosed with cancer (other than non-melanoma skin cancer?)	(9417)	(4695)	(4721)	(4016)	(3812)	(1588)	(5123)	(2371)	(1703)	(209)
Yes	8.9	7.0	10.8	4.3	9.8	18.3	8.6	9.4	9.1	8.1
No	91.1	93.0	89.2	95.7	90.2	81.7	91.4	90.6	90.9	91.9
Respondents who have ever been diagnosed with cancer: N3. Number of different types of cancer diagnoses	(1485)	(689)	(797)	(264)	(710)	(512)	(782)	(393)	(272)	(37)
One	86.7	86.2	87.1	93.2	87.5	82.2	87.2	85.8	86.0	91.9
Two	11.8	12.0	11.5	5.7	11.4	15.4	11.5	12.2	13.0	2.7
Three	1.2	1.5	1.5	1.1	0.8	1.8	0.9	1.5	0.7	5.4
Four	0.4	0.3	0.4	0.0	0.3	0.6	0.4	0.5	0.4	0.0

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b				
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
N4. Type of cancer diagnosed	(9417)	(4695)	(4721)	(4016)	(3813)	(1589)	(5124)	(2371)	(1703)	(209)
No cancer diagnosis	84.2	85.3	83.1	93.5	81.4	67.8	84.7	83.4	84.0	82.3
Non-melanoma skin cancer not sunspots	8.0	8.8	7.3	2.3	10.1	17.4	7.5	8.8	8.3	9.6
Melanoma	3.4	3.9	2.9	1.8	4.1	6.1	3.5	3.6	3.1	3.8
Colorectal (colon/rectum/bowel)	0.6	0.8	0.5	0.0	0.6	2.2	0.6	0.7	0.6	0.5
Lymphoma (including Non-Hodgkin's)	0.3	0.3	0.3	0.1	0.3	0.5	0.3	0.3	0.3	0.0
Bladder/Kidney	0.2	0.3	0.1	0.0	0.1	1.1	0.2	0.3	0.2	0.0
Lung (including trachea, pleura & bronchus)	0.1	0.1	0.1	0.0	0.1	0.4	0.1	0.0	0.3	0.0
Stomach	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.0
Leukaemia	0.1	0.1	0.1	0.0	0.0	0.4	0.1	0.0	0.1	0.5
Other	0.3	0.2	0.5	0.3	0.3	0.7	0.4	0.2	0.4	0.5
Prostate	0.5	1.1	-	0.0	0.2	2.7	0.4	0.9	0.6	0.0
Testicular	0.1	0.2	-	0.1	0.1	0.1	0.1	0.0	0.1	0.0
Cervical	1.5	-	3.1	1.7	1.7	0.8	1.4	1.5	1.8	2.9
Breast	1.2	-	2.4	0.3	1.6	2.8	1.3	1.3	0.9	0.5
Ovarian	0.3	-	0.5	0.2	0.3	0.3	0.4	0.1	0.1	1.0
Uterine or endometrial	0.2	-	0.3	0.0	0.1	0.6	0.2	0.1	0.2	0.0
Respondents who have ever been diagnosed with cancer, excluding non-melanoma skin cancer	(807)	(320)	(487)	(170)	(354)	(283)	(433)	(208)	(148)	(17)
N5. Age at first cancer diagnosis										
Mean (SD)		48.3 (15.1)	39.8 (14.5)	25.3 (6.6)	41.0 (9.8)	56.7 (11.9)	42.3 (15.3)	46.6 (15.3)	41.6 (14.8)	38.8 (14.5)
Median (min, max)		50.0 (1, 75)	39.0 (1, 74)	26.0 (1, 38)	42.0 (12, 59)	59.0 (1, 75)	42.0 (1, 75)	48.0 (6, 74)	41.0 (9, 75)	37.9 (16, 73)

	(n) %	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
<i>Respondents who have ever been diagnosed with cancer:</i> N6. Respondents who had used unproven methods to help treat their cancer	(1485)									
	Yes No	8.9 91.9	8.2 91.8	9.1 90.9	8.7 91.3	7.6 92.4	8.7 91.3	7.6 92.4	8.5 91.5	10.5 89.5
Family cancer history										
N7. Have any of your close ^c blood relatives ever had cancer or leukaemia?	(9416)									
	Yes No Don't know/Can't say	38.0 59.7 2.3	43.5 54.8 1.8	28.3 69.4 2.3	48.2 50.1 1.8	54.2 43.9 1.9	39.6 58.6 1.8	43.9 54.0 2.1	40.1 57.8 2.2	37.3 58.4 4.3
<i>Respondents who have close blood relatives diagnosed with cancer or leukaemia:</i> N8. Were any of your close ^c blood relatives diagnosed before the age of 55?	(3832)									
	Yes No Don't know/Can't say	46.4 51.3 2.3	55.5 42.7 1.9	67.4 30.7 1.9	46.9 51.0 2.1	39.3 58.6 2.1	50.3 47.6 2.1	51.9 46.3 1.8	52.2 45.6 2.2	57.7 38.5 3.8

	(n) %	Sex		Age group (years)			Remoteness (ARIA+ categories) ^b			
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
N9. Have any of your extended ^c blood relatives ever been diagnosed with cancer or leukaemia?	(9416)									
	Yes	44.8	60.1	59.2	51.4	38.1	52.0	52.3	53.9	52.6
	No	47.0	34.0	35.0	41.0	52.8	41.2	39.8	39.1	41.1
Don't know/Can't say	7.1	8.2	6.0	5.8	7.5	9.1	6.8	8.0	6.9	6.2
N10. Has anyone else you know personally ever had cancer?	(9417)									
	Yes	82.6	86.6	79.2	89.2	87.4	84.9	85.4	83.4	82.8
	No	17.4	13.4	20.8	10.8	12.6	15.1	14.6	16.6	17.2

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Close blood relatives were defined as parents, children, or siblings.

^d Extended blood relatives were defined as grandparents, aunts, uncles, cousins, nephews and nieces – blood related.

Appendix O. Descriptive statistics for Chapter 12: KNOWLEDGE, ATTITUDES AND PERCEPTIONS^a (n=9419)

	Sex		Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %		Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
Belief in a cure and treatment for cancer										
(9404)										
O1. How confident are you that there will be cures for the MOST common forms of cancer within your lifetime?										
Not at all confident	15.2	14.0	11.3	15.9	23.1		15.7	15.2	13.8	11.5
Slightly confident	29.8	30.7	33.4	27.8	25.8		29.9	29.9	29.5	29.8
Moderately confident	38.8	41.4	39.7	39.0	36.2		38.3	39.2	39.5	41.3
Very confident	12.3	11.1	11.9	13.4	10.7		11.9	12.3	13.6	12.5
Extremely confident	3.3	2.2	3.3	3.3	3.2		3.5	2.9	2.9	4.8
Don't know	0.6	0.7	0.5	0.6	1.1		0.7	0.5	0.7	0.0
O2. Treating cancer in the early stages increases a person's chance of survival										
(9416)										
Strongly agree	78.6	79.0	75.8	80.7	80.6		79.6	76.9	77.9	79.4
Agree	18.4	17.8	21.4	16.3	16.0		17.7	19.5	19.1	18.7
Neither agree nor disagree	1.2	1.3	1.2	1.3	0.8		1.1	1.4	1.1	1.0
Disagree	0.5	0.4	0.5	0.5	0.6		0.4	0.6	0.7	0.0
Strongly disagree	0.5	0.4	0.5	0.4	0.5		0.5	0.5	0.4	0.5
Don't know	0.8	1.0	0.6	0.8	1.4		0.7	1.1	0.9	0.5
Refused	0.0	0.0	0.0	0.0	0.1		0.0	0.0	0.0	0.0

	Sex	Age group (years)				Remoteness (ARIA+ categories) ^b			
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Belief in reducing risk of cancer									
O3. What can people do personally to reduce their risk of getting cancer? ^c	(9418)	(4722)	(4017)	(3813)	(1589)	(5125)	(2372)	(1703)	(210)
Sun protection	67.5	66.8	70.1	66.6	63.2	67.2	65.2	71.1	73.3
Eat well	50.1	52.1	50.1	52.6	44.5	50.4	47.3	53.4	50.0
Regular check-ups	43.6	50.5	45.2	45.0	36.4	42.8	48.9	38.4	46.4
Not smoke	34.7	34.3	40.3	32.4	26.1	36.3	31.3	34.2	37.3
Be active/keep a healthy weight	31.7	35.5	35.3	32.6	20.3	33.8	27.8	31.3	27.8
Eat more fruit/vegetables/cereals	26.9	28.1	23.6	30.1	28.0	29.2	26.2	21.6	22.5
Limit alcohol	13.0	14.7	14.1	12.5	11.6	14.0	11.3	12.5	12.9
Reduce stress	8.3	10.2	7.7	9.8	6.0	9.7	6.4	7.2	3.8
Avoid chemicals/pesticides	7.3	6.0	7.9	7.8	4.7	6.9	7.5	8.5	6.7
Avoid passive smoking	1.7	1.5	2.0	1.4	1.8	2.0	1.1	1.7	1.0
Other	42.9	46.4	42.7	44.6	39.6	43.8	42.8	41.5	36.7
Can't do anything	2.3	2.2	2.0	2.4	2.8	1.9	2.9	2.3	3.3
Don't know	4.2	3.5	3.7	3.6	6.8	3.7	5.2	3.8	4.8
O4. Overall, how much do you believe that you can personally reduce your risk of getting cancer in the future by your own actions or behaviours?	(9415)	(4718)	(4017)	(3811)	(1587)	(5123)	(2371)	(1703)	(209)
Not reduce at all	3.8	4.1	2.2	3.8	7.9	3.3	4.6	4.1	4.3
Slightly reduce	22.3	21.8	22.8	21.6	23.0	22.6	22.0	22.0	22.5
Moderately reduce	38.4	37.4	38.9	39.0	35.8	39.0	36.4	39.7	36.8
Greatly reduce	30.1	31.4	32.5	30.4	23.5	30.3	30.9	28.8	28.2
Completely eliminate	2.4	2.6	2.1	2.7	2.4	2.3	2.2	2.7	3.8
I don't know	2.9	2.7	1.5	2.5	7.4	2.4	3.8	2.8	4.3

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b				
	Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %									
Perception of risk Respondents who have never been diagnosed with cancer: O5. What are your chances of getting cancer (other than skin cancer) during your lifetime? ^d	(8005)	(3961)	(3765)	(3145)	(1096)	(4369)	(2017)	(1435)	(178)
	4.0	4.7	2.4	4.3	8.4	3.9	4.3	3.4	2.8
	34.1	34.6	35.2	31.8	37.1	33.8	34.9	34.8	29.8
	43.4	42.6	42.4	46.0	39.5	44.3	42.6	42.2	43.3
	12.7	12.7	15.2	11.7	7.1	12.4	12.8	13.6	12.4
	1.9	1.5	2.2	2.0	0.6	1.8	1.6	2.3	6.7
	3.7	3.7	2.4	4.0	7.0	3.7	3.7	3.6	4.5
	0.1	0.1	0.1	0.2	0.2	0.1	0.0	0.1	0.6
Respondents who have never been diagnosed with cancer: O6. What are your chances of getting skin cancer during your lifetime? ^d	(8006)	(3961)	(3765)	(3145)	(1097)	(4370)	(2015)	(1434)	(178)
	5.8	6.1	3.9	6.0	12.1	5.9	6.2	4.9	6.2
	32.2	35.0	30.6	32.0	38.2	32.6	31.8	32.3	26.4
	37.1	38.3	38.4	37.5	31.2	38.1	36.6	34.7	38.2
	19.7	16.7	22.4	18.8	13.4	18.9	19.9	21.9	21.3
	4.2	3.1	4.1	4.6	3.4	3.5	4.5	5.4	7.3
	0.9	0.8	0.6	1.0	1.5	0.9	0.9	0.8	0.6
	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.0	0.0

	Sex	Age group (years)			Remoteness (ARIA+ categories) ^b					
		Male (n=4698) %	Female (n=4721) %	20-39 (n=4016) %	40-59 (n=3814) %	60-75 (n=1589) %	Major city (n=5126) %	Inner regional (n=2372) %	Outer regional (n=1703) %	Remote/ Very remote (n=209) %
(n) %										
Respondents who have never been diagnosed with cancer: O7. Compared with other men/women your age and race, what are your chances of getting cancer (other than skin cancer) during your lifetime? ^d	(7986)	(4039)	(3946)	(3758)	(3136)	(1091)	(4362)	(2004)	(1435)	(176)
	Much below average	3.2	2.8	2.4	3.7	4.4	3.1	3.3	3.3	2.3
	Below average	22.4	19.0	20.2	23.7	26.5	23.4	22.6	19.3	22.7
	Same average risk	60.1	63.4	60.7	59.7	59.5	58.5	61.1	63.8	61.9
	Above average	11.2	11.7	13.5	10.4	5.7	11.6	11.0	10.5	9.7
Much above average	1.2	1.3	1.5	1.0	0.6	1.5	0.8	0.6	2.3	
Don't know	1.9	1.8	1.7	1.6	3.3	2.0	1.3	2.5	1.1	
Respondents who have never been diagnosed with cancer: O8. Compared with other men/women your age and race, what are your chances of getting skin cancer during your lifetime? ^d	(7996)	(4044)	(3954)	(3760)	(3142)	(1094)	(4365)	(2008)	(1437)	(178)
	Much below average	4.8	3.9	3.9	5.4	5.7	5.4	4.0	3.8	3.4
	Below average	24.9	24.4	22.3	26.3	30.0	26.8	23.2	21.9	23.0
	Same average risk	47.9	53.1	49.1	46.3	48.8	45.8	54.6	49.5	46.6
	Above average	18.8	15.7	20.7	18.7	12.3	18.3	18.4	20.7	21.3
Much above average	2.7	2.1	3.3	2.3	1.7	2.6	2.3	3.1	5.1	
Don't know	0.9	0.8	0.7	1.0	1.5	1.1	0.5	1.0	0.6	

^a Column percentages are standardised to the 2003 Queensland population by age, sex and geographic location.

^b Accessibility/Remoteness Index of Australia

^c Does not add up to 100% as question allows for multiple responses.

^d This question modified during the study to be asked only of those who had never been diagnosed with cancer.