



Supporting Information

Supplementary results

This appendix was part of the submitted manuscript and has been peer reviewed.
It is posted as supplied by the authors.

Appendix to: Albarqouni L, Greenwood H, Dowsett C, Glasziou PP. Lifestyle advice from general practitioners and changes in health-related behaviour in Australia: secondary analysis of 2020–21 National Health Survey data. *Med J Aust* 2024; doi: 10.5694/mja2.52285.

Table 1. Selected baseline socio-demographic of the 13 281 respondents to the 2020–21 National Health Survey (unweighted and weighted to the Australian population)

Characteristics	Number	Proportion	
		Unweighted	Weighted
Respondents	13,281		
Age (years), mean (standard deviation)	41.2	23.5%	22.9%
Sex (women)	7026	53.0%	50.5%
Marital status			
Married	5527	51.5%	51.5%
Widowed	578	5.4%	3.8%
Divorced	1111	10.3%	7.1%
Separated	348	3.2%	2.4%
Never married	3173	29.6%	35.2%
Missing data	2544	—	—
Highest education level			
Postgraduate degree	210	2.4%	1.5%
Graduate degree	428	4.8%	4.3%
Bachelor's degree	2524	28.5%	23.0%
Advanced diploma, certificate III/IV	2937	33.2%	32.3%
Year 10–12 or equivalent	1893	21.4%	27.1%
Year 9 or below	596	6.7%	8.0%
Missing data	4433	—	—
Never attended school/Not determined	260	2.9%	3.7%
Employment status			
Employed	6522	60.7%	61.4%
Unemployed	330	3.1%	4.1%
Not in the labour force	3884	36.2%	34.5%
Missing data	2545	—	—
Income level			
Lowest quintile	1962	18.4%	20.3%
Second quintile	1907	17.9%	19.7%
Third quintile	2106	19.7%	20.1%
Fourth quintile	2257	21.2%	20.0%
Highest quintile	2435	22.8%	20.0%
Missing data	2614	—	—
State/territory			
New South Wales	2679	20.2%	32.0%
Victoria	2019	15.2%	26.2%
Queensland	1765	13.3%	20.1%
South Australia	1569	11.8%	6.9%
Western Australia	1791	13.5%	10.2%
Tasmania	1520	11.4%	2.1%
Northern Territory	607	4.6%	0.7%
Australian Capital Territory	1331	10.0%	1.7%
Remoteness (postcode-based)			
Major cities	8662	65.2%	74.2%
Inner regional	2751	20.7%	18.6%
Outer regional	1723	13.0%	7.0%
Remote	145	1.1%	0.3%
Body mass index			
Underweight (< 18.5 kg/m ²)	521	4.2%	4.3%
Normal (18.5–24.9 kg/m ²)	5323	42.9%	44.1%
Overweight (25.0–29.9 kg/m ²)	3799	30.6%	30.1%
Obese (≥ 30.0 kg/m ²)	2776	22.4%	21.5%
Missing data	862	—	—

Table 2. Responses of the 13 281 respondents to the 2020–21 National Health Survey (unweighted and weighted to Australian population)

Characteristics	Proportion		
	Number	Unweighted	Weighted
Smoking status			
Currently smoke	851	6.4%	9.1%
Formerly smoked	3239	24.4%	21.2%
Never smoked	6646	50.0%	50.9%
Not applicable (under 15 years of age)	2545	19.2%	18.8%
Alcohol consumption			
Exceeded guidelines*	2701	20.3%	20.1%
Did not exceed guidelines	5447	41.0%	40.3%
None in past 12 months	2190	16.5%	17.0%
Not applicable (under 15 years of age)	2545	19.2%	18.8%
Unknown	398	3.0%	3.7%
Nutrition status [†]			
Satisfied recommendations	952	7.2%	6.5%
Did not satisfy recommendations	12,009	90.4%	91.9%
Not applicable (under 2 years of age)	317	2.4%	2.4%
Unknown	3	< 0.1%	< 0.1%
Self-reported medical conditions			
Arthritis	2012	15.1%	12.5%
Asthma	1415	10.7%	10.7%
Back pain	2182	16.4%	15.7%
Cancer	236	1.8%	1.7%
Chronic obstructive pulmonary disease	224	1.7%	1.5%
Heart disease	596	4.5%	4.0%
Diabetes	719	5.4%	5.3%
Kidney disease	163	1.2%	1.1%
Mental condition	2625	19.8%	20.1%
At least one condition	6431	48.4%	46.6%
Consulted a general practitioner in the past 12 months			
Yes	11,561	87.0%	86.5%
No	1663	12.5%	13.0%
Not known	57	0.4%	< 0.1%
Received lifestyle advice from a general practitioner [‡]			
Alcohol intake	295	2.2%	2.0%
Exercise	1044	7.9%	7.7%
Healthy eating	1138	8.6%	9.0%
Smoking	290	2.2%	2.7%
Weight control	1461	11.0%	10.8%
No lifestyle advice	6746	50.8%	50.0%
Changes in lifestyle behaviour			
Reduced alcohol intake (total responses: 8148)	1848	22.7%	23.6%
Improved eating behaviour (total responses: 12,961)	2373	18.3%	19.5%
Reduced smoking levels (total responses: 851)	282	33.1%	35.8%

* 2020 Australian adult alcohol guideline: consumed more than ten standard drinks in past week, and consumed five or more standard drinks on any day in the past twelve months at least once a month. (1)

† 2013 NHMRC Australian dietary guidelines: minimum recommended number of serves of fruit per day is one for children aged 2–3 years, 1½ for children aged 4–8 years, and two for people aged 9 years or older. The minimum recommended number of serves of vegetables per day is 2½ for children aged 2–3 years, 4½ for children aged 4–8 years, 5 for children aged 9–11 years, females aged 12 years or older, and males aged 70 years or older, 5½ for males aged 12–18 or 51–70 years, and six for males aged 19–50 years. (2)

Table 3. Lifestyle advice from general practitioners and positive changes in lifestyle behaviours during the past twelve months

	Exceeded guideline alcohol use			Currently smokes			Below recommended intake of fruit and vegetables		
	Number	Unweighted	Weighted	Number	Unweighted proportion	Weighted proportion	Number	Unweighted proportion	Weighted proportion
Recalled receiving lifestyle advice from GPs	238	9%	8%	228	28%	27%	1072	9%	9%
Changed lifestyle behaviours									
Yes	62	26%	26%	103	45%	41%	282	26%	27%
No	176	74%	74%	125	55%	59%	790	74%	73%
Did not recall receiving lifestyle advice from GPs	2463	91%	92%	576	72%	73%	10937	91%	91%
Changed lifestyle behaviours									
Yes	478	19%	21%	179	31%	34%	1871	17%	18%
No	1985	81%	79%	397	69%	66%	9066	83%	82%

References

1. National Health and Medical Research Council. Australian Alcohol Guidelines revised. 8 Dec 2020. <https://www.health.gov.au/news/australian-alcohol-guidelines-revised> (viewed Mar 2024).
2. National Health and Medical Research Council. Australian dietary guidelines (N55). Feb 2013. <https://www.nhmrc.gov.au/adg> (viewed Mar 2024).