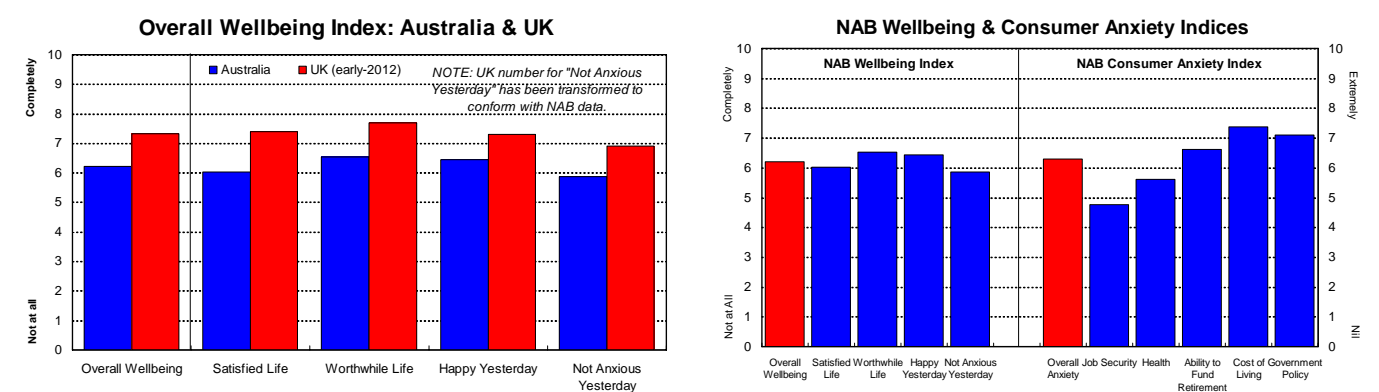


NAB Quarterly Australian Wellbeing Index: March 2013

Subjective wellbeing measures can play an important role in supplementing traditional economic measures of national wellbeing. The NAB Australian Wellbeing Index is a subjective assessment of over 1,000 Australian's own perceptions of their wellbeing. NAB's methodology is based on a similar survey conducted by the UK government statistician (ONS). Despite Australia's much stronger economy, Australia's wellbeing score was weaker than the annual UK survey (conducted in early-2012) suggesting that economic growth alone does not fully explain wellbeing. Among the other key findings: higher income does not necessarily translate into higher wellbeing; women report slightly higher levels of wellbeing; wellbeing seems to improve with age; having a partner appears to play a positive role in wellbeing; and having a full-time job is important for overall wellbeing.



Main Findings

- The NAB Australian Wellbeing Index measured 6.2 points in Q1 2013, compared with 7.3 points in the UK (ONS Survey) measured in early-2012. Overall wellbeing in the UK rated higher for all four survey questions - satisfied life, worthwhile life, happy yesterday and not anxious yesterday (for further details see Table 1).
- Around 51.3% of surveyed Australians rated their life satisfaction as 7 points or more in the March quarter. This compared with 58.1% for those who felt the things they did in their life were worthwhile and 57.8% who were happy yesterday. Only 21.3% said they had lower levels of anxiety yesterday. More detail about peoples' anxiety can be found in the NAB Australian Consumer Anxiety Index (also released today).
- People in WA and Queensland report the highest levels of overall wellbeing with Tasmania the lowest. However, Tasmania also rated as the least anxious state in the country. Overall wellbeing was slightly higher in capital cities and weakest in the Bush, but people from isolated areas were also less anxious.
- Although the +100K income group rated highest for satisfied life, mid-income groups reported higher ratings for the "worthwhile life" and "happy yesterday" questions. Surprisingly, those earning under 35K were the least anxious group. The differences in average levels of wellbeing based on the level of education are fairly small.
- Women on average gave a higher rating for all questions except for the "not anxious yesterday" question, indicating higher anxiety. Women reported higher levels of overall wellbeing in all age categories except the 50+ group where men rated higher.
- Overall wellbeing rated lowest in the 18-29 age bracket and highest in 50+ bracket for all questions except "not anxious yesterday" where the 50+ group were the least anxious and the 30-49 age group the most anxious.
- Widowed people rated their overall wellbeing highest by some margin. Defacto and married people rated higher for all questions than single or divorced people. Overall wellbeing was rated lowest by single people for all questions, except "not anxious yesterday" where divorced people reported the highest levels of anxiety. People with no kids also reported higher levels of overall wellbeing than those with kids.
- Overall wellbeing rated highest for those with full time employment for all questions except "not anxious yesterday". Those employed in professional and technical jobs reported the highest levels of overall satisfaction. Labourers rated higher for the "worthwhile life" and "happy yesterday" questions, but reported the highest levels of anxiety.

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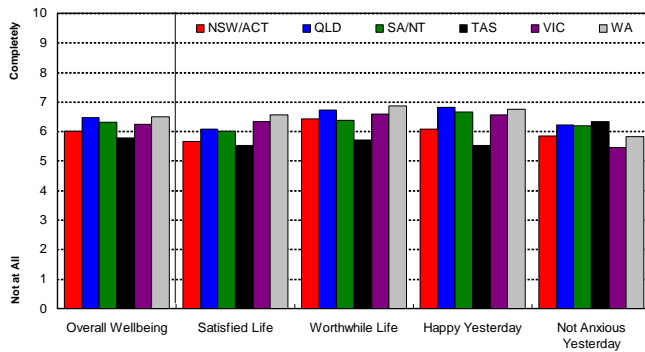
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NAB Quarterly Australian Wellbeing Index - Main Charts

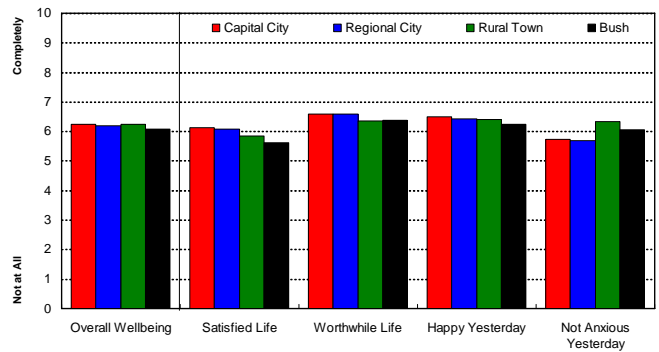
Overall wellbeing rated highest in the faster growing mining states of WA and Queensland. Wellbeing rated significantly lower in Tasmania, but Tasmania was the least anxious of all the states.

Overall Wellbeing by State



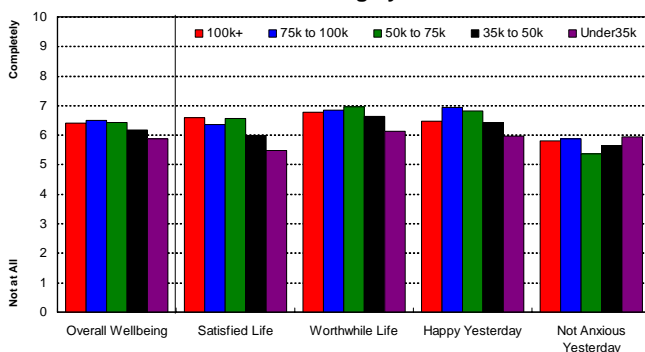
Overall wellbeing rated highest in capital cities and rural towns. Life satisfaction and worthwhile life rated lower in more isolated areas, but people in these areas were also less anxious.

Overall Wellbeing by Location



Higher income does not necessarily translate into higher wellbeing. The +100K income group rated highest for satisfied life, but mid-income groups (75-100K & 50-75K) rated higher in the worthwhile life and happy yesterday questions. Overall wellbeing was lowest in the <35K group, but they were also the least anxious group.

Overall Wellbeing by Income



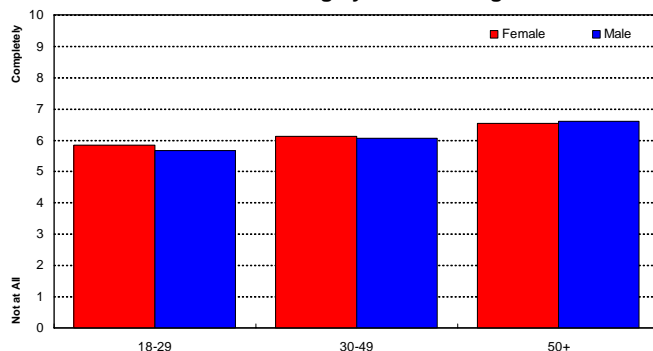
Overall wellbeing rated slightly higher among women. However, while women rated the life satisfaction, worthwhile life and happy yesterday questions higher than men, they were also more anxious than men. Around 27.4% of women reported medium to high levels of anxiety compared to 15.1% of men.

Overall Wellbeing by Gender



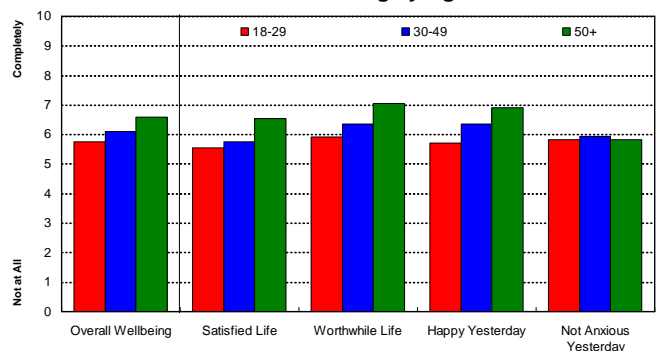
On average, women also reported slightly higher levels of overall wellbeing in the 18-29 and 30-49 age groups. Men reported slightly higher overall wellbeing in the 50+ bracket.

Overall Wellbeing by Gender & Age



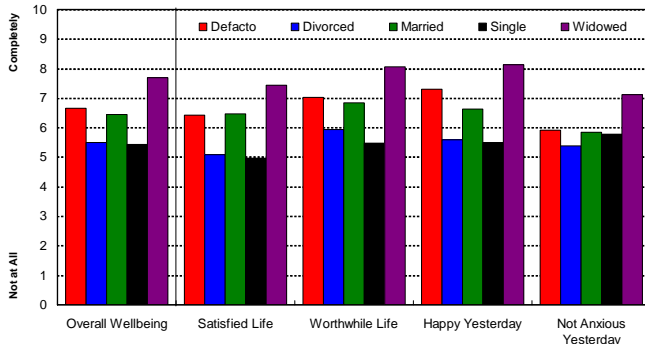
Wellbeing seems to improve with age. Overall wellbeing rated lowest in the 18-29 group and highest in 50+ group for all questions except "not anxious yesterday" where the 30-49 age group led.

Overall Wellbeing by Age



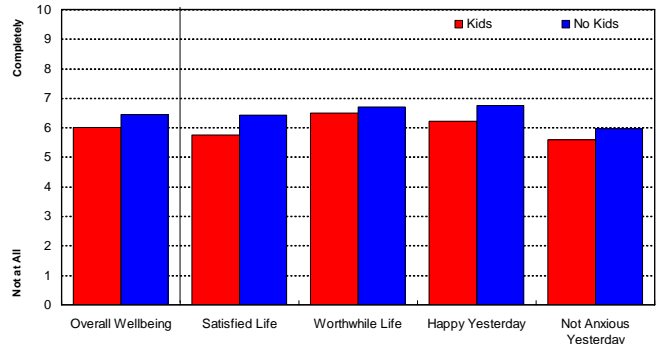
Widowed people rated their overall wellbeing in all four questions highest by some margin. Having a partner also plays a positive role in wellbeing with defacto couples and married people reporting much higher ratings for all questions and lower levels of anxiety.

Overall Wellbeing by Marital Status



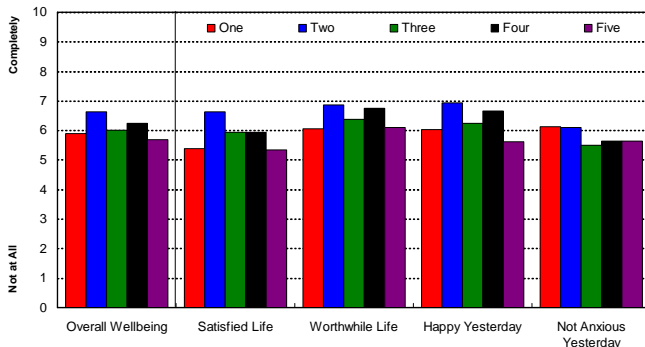
Those with no kids reported higher levels of wellbeing than those with kids. Interestingly, 24.2% of those with kids reported very low life satisfaction (15.3% for those without kids) and only 4.8% reported high life satisfaction (13.5% for those with no kids).

Overall Wellbeing by Household - Kids



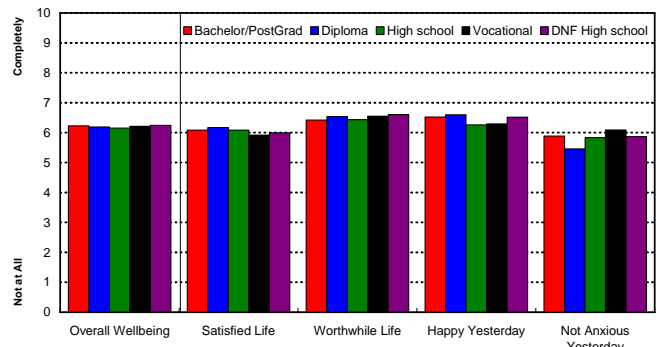
Household size seems to play a role in overall wellbeing. Overall wellbeing rated highest in households of 2 people (couples). There seems to be a tipping point at 4 people. Households with 5 people rated lowest for overall wellbeing, with more than 63% of 5 person households reporting low to very low life satisfaction.

Overall Wellbeing by Household Size



The difference in overall wellbeing based on the level of education is small. Overall, those that did not finish high school seem to enjoy similar levels of wellbeing to those with higher levels of education. Those with diplomas rated the life satisfaction and happy yesterday questions highest, but they were also the most anxious group.

Overall Wellbeing by Education



Overall wellbeing was rated highest by people in full time employment. But while this group reported the highest levels of life satisfaction, worthwhile life and happiness yesterday, it also reported the highest levels of anxiety.

Overall Wellbeing by Employment



Those employed in professional and technical jobs reported the highest levels of overall life satisfaction. Labourers rated highest for the worthwhile life and happy yesterday questions, but they also reported higher levels of anxiety.

Overall Wellbeing by Employment Type

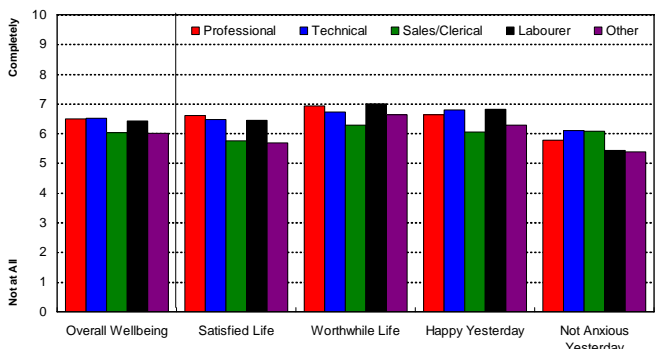


Table 1: Comparison of Wellbeing Indicators - Australia & UK

	Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average (mean)
Satisfied Life					
Australia	22.4	26.3	40.5	10.8	6.2
United Kingdom	6.6	17.5	49.8	26.1	7.4
Worthwhile Life					
Australia	18.0	23.9	41.0	17.1	6.6
United Kingdom	4.9	15.1	48.6	31.4	7.7
Happy Yesterday					
Australia	19.4	22.8	34.5	23.3	6.5
United Kingdom	10.9	18.0	39.3	31.8	7.3
Not Anxious Yesterday					
Australia	52.1	26.6	15.6	5.7	5.9
	Very High (6-10)	High (4-5)	Medium (2-3)	Low (0-1)	Average (mean)
Anxious Yesterday					
Australia*	30.3	26.6	23.8	20.2	4.1
United Kingdom	21.8	18.1	23.5	36.6	3.1

*NAB data has been transformed to correspond to the same data bins as reported by the ONS.

Appendix 1: About the Survey

The NAB Australian Wellbeing Index has been launched in conjunction with the NAB Australian Consumer Anxiety Index with the aim of assessing perceptions of wellbeing and consumer stress.

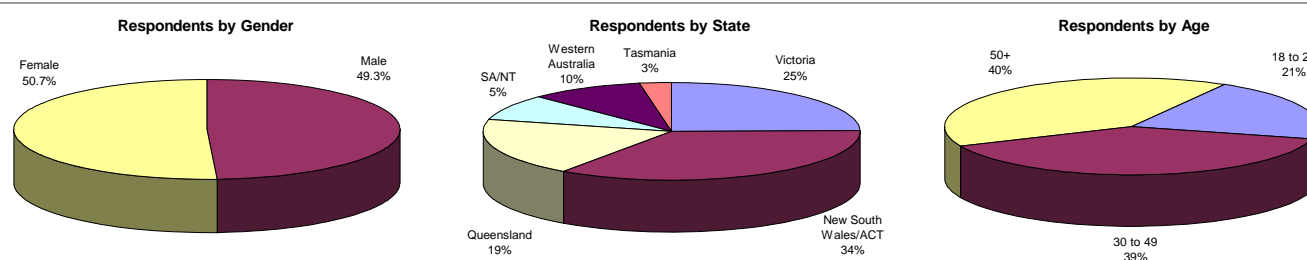
The NAB Australian Wellbeing Index is based on survey participants' responses to four questions (developed by the UK Office of National Statistics) related to how people "think and feel about their own lives":

- Overall, how satisfied are you with your life nowadays?
- Overall, to what extent do you feel the things that you do in your life are worthwhile?
- Overall, how happy did you feel yesterday?
- Overall, how anxious did you feel yesterday?

All questions were answered on a scale of 0-10 where 0 is "not at all" and 10 is "completely".

Around 1,007 respondents participated in the March 2013 survey, with weights applied to age, location and gender to ensure that the survey reasonably reflects the Australian population.

The breakdown of our survey respondents - by age, location, and gender - is shown in the charts below.



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