

NAB Wellbeing Index: Q3 2014

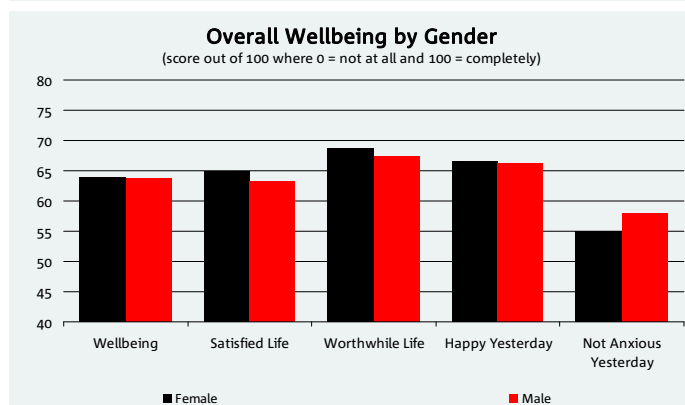
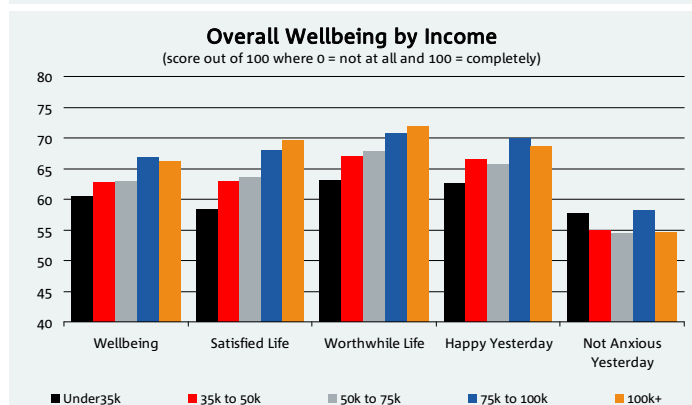
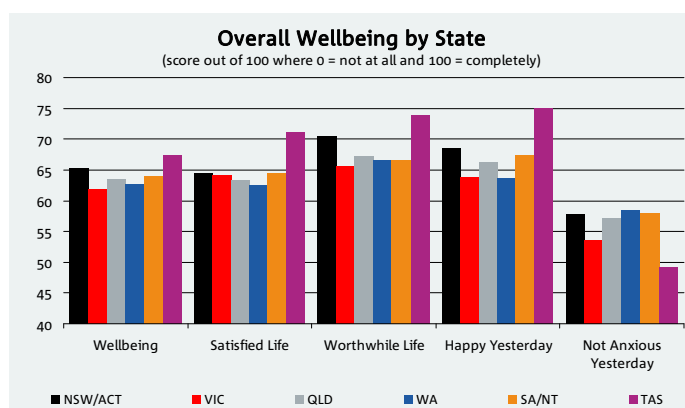
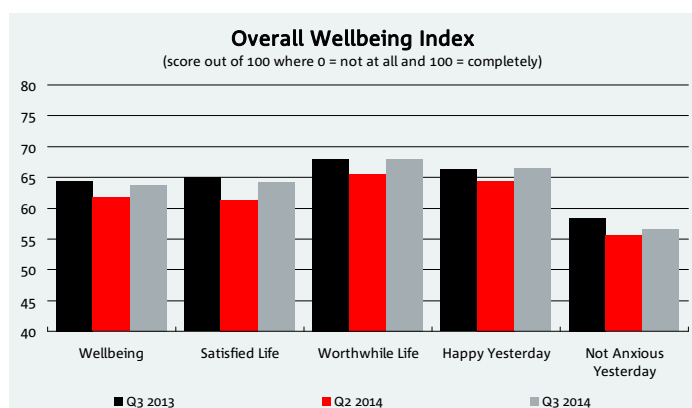
by NAB Group Economics

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Australians' overall wellbeing has improved but anxiety remains a key detractor. More than 1 in 3 people continue to rate their current level of anxiety as "very high". Widows and retirees retain their position as having the strongest levels of wellbeing and single people the lowest. Men and women report similar levels of wellbeing, but 50+ males have relatively stronger levels and young women (18-29) weaker. Increasingly, most measures of wellbeing (excluding anxiety) appear to improve with income.

The NAB Australian Wellbeing Index rose to 63.8 points in Q3 2014 (61.7 in Q2 2014). Wellbeing was rated higher for all survey questions, with the biggest improvements related to life satisfaction, worthwhile life and happiness. Australian's were slightly less anxious, but anxiety continues to be the biggest detractor of overall wellbeing. Widows, males aged over 50 and retirees rate their overall wellbeing highest, while the lowest levels of wellbeing are reported by singles, those aged 18-29 (especially women) and those earning less than \$35,000.

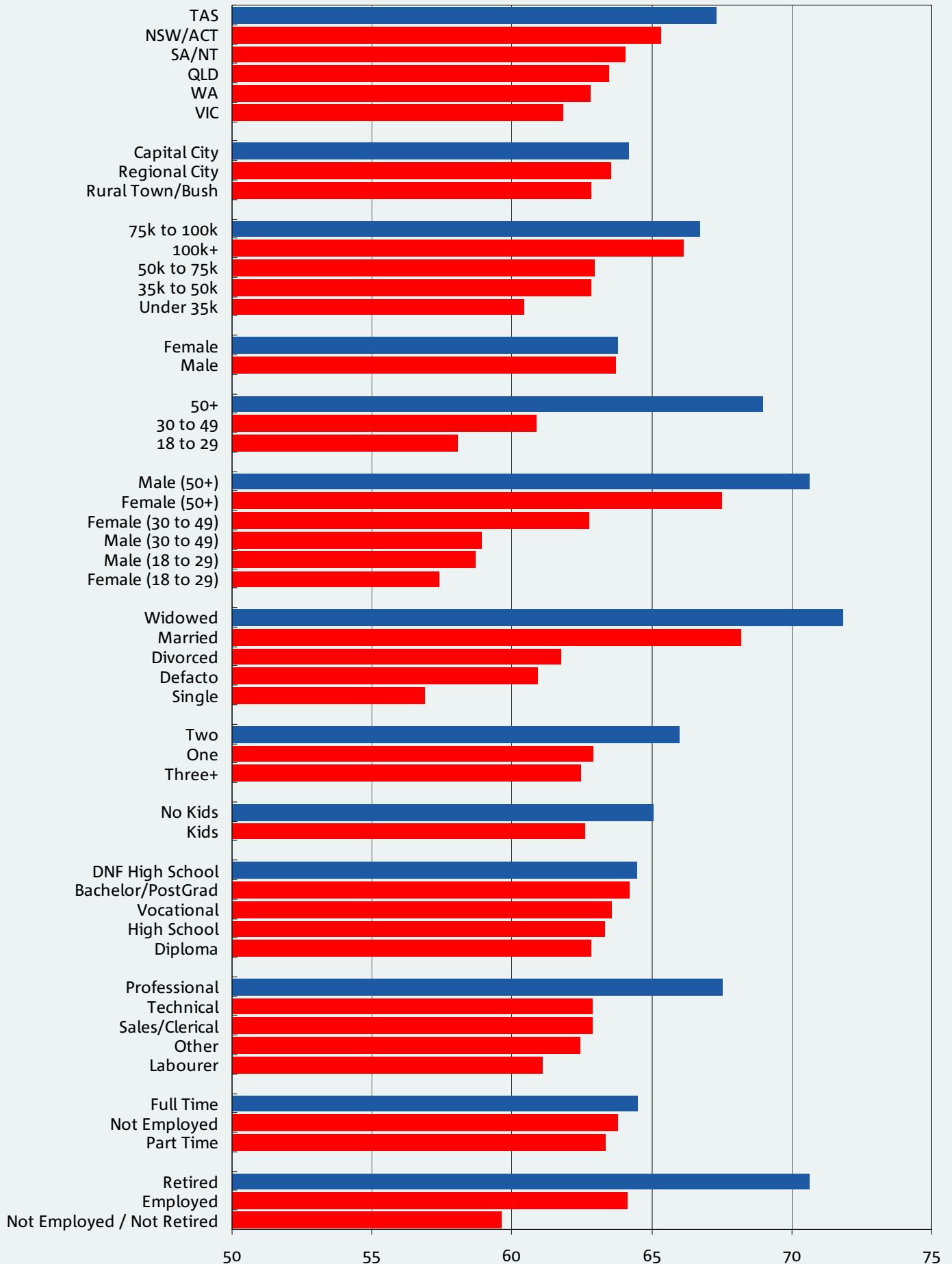


Wellbeing by Category (%)

	Q1 2013	Q2 2014	Q3 2014
Satisfied Life	65.7	61.4	64.1
Worthwhile Life	69.2	65.6	68.0
Happy Yesterday	67.7	64.5	66.5
Not Anxious Yesterday	55.9	55.5	56.5
Overall Wellbeing	64.6	61.7	63.8



Wellbeing Ranked by Category



Wellbeing Indicators: directional change since last quarter

Overall Wellbeing	😊
Satisfied Life	😊
Worthwhile Life	😊
Happy Yesterday	😊
Not Anxious Yesterday	😊

State & Location	Overall Wellbeing	Satisfied Life	Worthwhile Life	Happy Yesterday	Not Anxious Yesterday
NSW/ACT	😊	😊	😊	😊	😊
Victoria	😞	😊	😞	😞	😞
Queensland	😊	😊	😊	😊	😞
WA	😊	😞	😞	😞	😊
SA/NT	😊	😊	😞	😊	😊
Tasmania	😊	😊	😊	😊	😞
Capital City	😊	😊	😊	😊	😞
Regional City	😊	😊	😊	😊	😊
Rural Town/Bush	😊	😞	😞	😞	😊
Income					
Over \$100k	😞	😊	😊	😞	😞
\$75-100k	😊	😊	😊	😊	😊
\$50-75k	😞	😊	😊	😊	😞
\$35-50k	😊	😊	😊	😊	😊
Under \$35k	😊	😊	😊	😊	😊
Gender					
Female	😊	😊	😊	😊	😞
Male	😊	😊	😊	😊	😊
Age					
18-29	😞	😞	😞	😞	😊
30-49	😊	😊	😊	😊	😊
50+	😊	😊	😊	😊	😊
Gender & Age					
Female (18 to 29)	😞	😞	😞	😞	😊
Male (18 to 29)	😞	😞	😞	😞	😊
Female (30 to 49)	😊	😊	😊	😊	😊
Male (30 to 49)	😞	😞	😞	😞	😞
Female (50+)	😊	😊	😊	😊	😞
Male (50+)	😊	😊	😊	😊	😊
Marital Status					
Single	😞	😞	😞	😞	😊
Defacto	😞	😞	😞	😞	😞
Married	😊	😊	😊	😊	😊
Divorced	😊	😊	😊	😊	😊
Widowed	😊	😊	😊	😊	😊
Household Status/Size					
Children	😊	😊	😊	😊	😊
No Children	😊	😊	😊	😊	😞
One	😊	😊	😊	😊	😞
Two	😊	😊	😊	😊	😞
Three +	😊	😊	😊	😊	😊

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LEGEND: 😊 = up 😞 = down 😐 = unchanged

Wellbeing Indicators: directional change since last quarter (continued)

Education	Overall Wellbeing	Satisfied Life	Worthwhile Life	Happy Yesterday	Not Anxious Yesterday
Bachelor/Post Grad	😊	😞	😞	😞	😊
Diploma	😊	😞	😞	😞	😊
Vocational	😞	😊	😞	😞	😊
High School	😊	😊	😊	😊	😊
DNF High School	😊	😊	😊	😊	😊
Employment Status					
Full Time	😊	😊	😊	😊	😞
Part Time	😊	😊	😊	😊	😞
Not Employed	😊	😊	😊	😊	😊
Employed	😊	😊	😊	😞	😞
Retired	😊	😊	😊	😊	😊
Not Employed/Retired	😊	😊	😞	😊	😊
Employment Type					
Professional	😊	😊	😊	😊	😊
Technical	😞	😞	😞	😞	😞
Labourer	😊	😞	😊	😊	😊
Sales/Clerical	😊	😊	😊	😊	😞
Other	😊	😊	😊	😊	😞

LEGEND: 😊 = up 😞 = down 😐 = unchanged

Wellbeing was typically highest for those who...

- Lived in Tasmania
- Resided in a capital city
- Earned \$75-100k
- Were female (only marginally ahead of men)
- Aged 50+ (especially men)
- Were widowed
- Lived in a 2 person household
- Had no children
- Did not finish high school or bachelor/post grads
- Were not employed in a professional capacity
- Worked full time or were retired

What are the big changes since our last Survey...

- Wellbeing improves for all survey questions, especially satisfied life and worthwhile life
- Wellbeing up most in NSW/ACT. VIC replaces SA/NT as worst
- Capital cities replaces bush for highest wellbeing
- Those earning \$75-100k rate highest (replaces +\$100k group)
- Wellbeing highest for widows across all demographics
- Wellbeing lowest for singles across all demographics
- Overall wellbeing improves for both women and men
- Wellbeing declines among 18-29 year olds
- High school leavers join bachelor/post grad by education
- Wellbeing among retirees rises strongly

A deeper look at the data also shows...

- There was a fall in the number of Australians who rated their wellbeing “very low” with regards to satisfied life to 17% in Q3 (20.2% in Q2. At the same time, 17.6% rated their life satisfaction “high” (13.9% in Q2).
- More than 1 in 7 Australians (13.7%) now rate the worthwhile life question “very low” (18.2% in Q1), and almost 1 in 4 (24%) rate it “high” (21.1% in Q2).
- Slightly more Australians were happier in Q3, with around 59% rating the happy yesterday question “medium” or “high”, compared with 57% in the previous survey.
- Anxiety remains a key detractor of personal wellbeing for a significant proportion of Australians. Almost 37% Australians (or less than 1 in 3) rated the not anxious yesterday question “very low” in Q3, which was broadly unchanged over the quarter.

Wellbeing Indicator Categories (%)

		Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average (mean)
Satisfied Life	Q2 2014	20.2	26.2	39.7	13.9	61.4
	Q3 2014	17.0	27.4	38.0	17.6	64.1
Worthwhile Life	Q2 2014	18.2	21.9	38.8	21.1	65.6
	Q3 2014	13.7	24.0	38.3	24.0	68.0
Happy Yesterday	Q2 2014	18.6	24.1	36.6	20.7	64.5
	Q3 2014	16.5	24.5	35.9	23.2	66.5
Not Anxious Yesterday		Very Low	Low	Medium	High	Average (mean)
	Q2 2014	37.0	24.8	19.3	18.9	55.5
	Q3 2014	36.6	23.2	20.4	19.8	56.5

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