

# NAB Australian Wellbeing Index - Q1 2016

## How Australians assess the quality of their lives

by NAB Behavioural & Industry Economics (Group Economics)



### Findings

While Australia's wellbeing has improved, anxiety remains the key detractor with more than 1 in 3 Australians still feeling "highly" anxious. Younger Australians are among the most anxious. Most of us have feelings of anxiety at different times of our lives. But some people cope better than others. In this report we asked how well "highly" anxious Australians think they are managing their anxiety. On average, 60% of highly anxious people are coping well. But some highly anxious groups are not coping, particularly young women. Around 1 in 3 young women who have "high" anxiety say they are not managing their anxiety well - by far the biggest share of any group. It may however be the case that women are more comfortable speaking about their ability to cope than men.

The NAB Wellbeing Index fell to 64 in Q1 2016 (64.4 in Q4 2015), with all measures rated lower, except anxiety.

Among key demographic groups, **wellbeing was highest** in Tasmania, capital cities, for high income earners (+\$100K), men, over 50s, widows, two person households, those without kids and professional and part time workers.

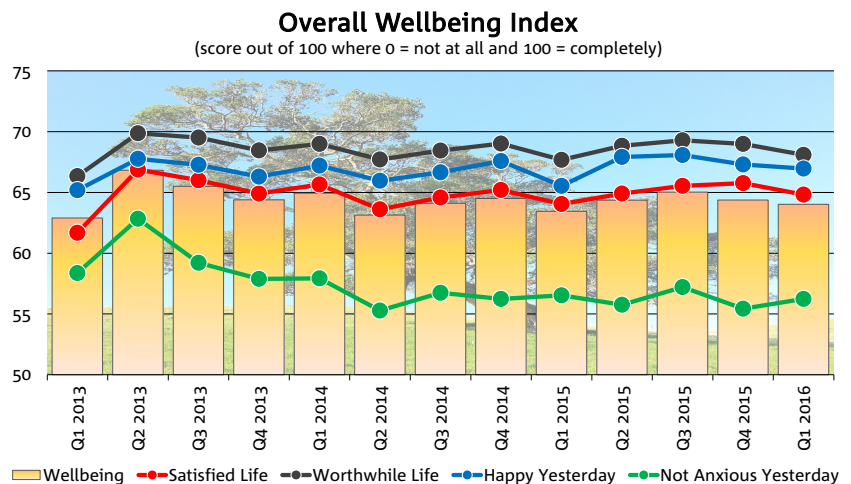
In contrast, **wellbeing was lowest** for singles, young Australians (particularly women), low income earners (less than \$35,000) and labourers.

**Wellbeing was most positively influenced by** our family and personal relationships, personal safety and our homes. Events (such as abuse and victimisation), substance use/abuse and a lack of time detracted the most from our personal wellbeing.

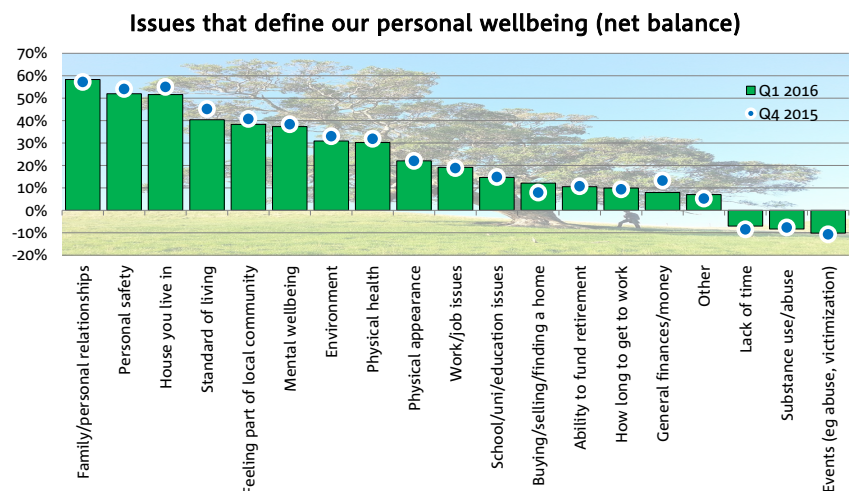
In terms of **community connectedness**, we feel only "moderately" connected to our local communities, scoring just 58 out of 100 points.

If we had the power to **change anything about our local community** to improve

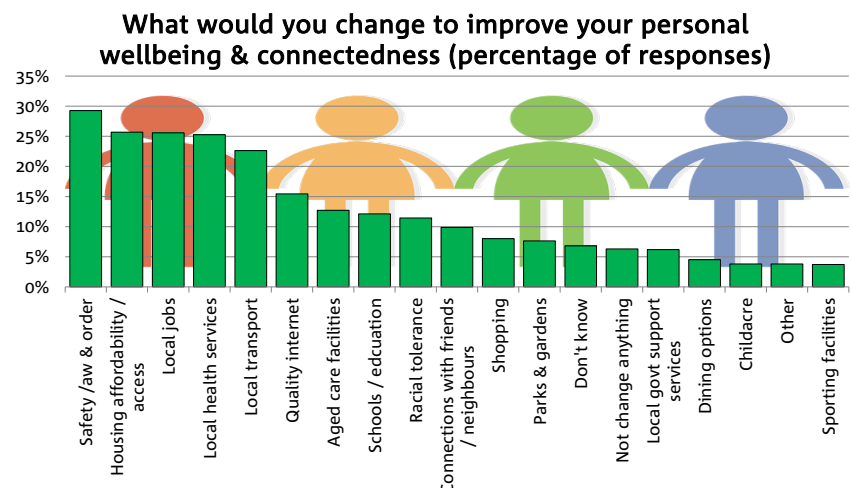
### Australian wellbeing falls, but anxiety lower



### Family/personal relationships contribute most to wellbeing



### Improving safety/law & order would add most to wellbeing



Recent suicide figures from the ABS highlight alarming differences between men and women. In particular, men are three times more likely than women to die by suicide. Suicide is also the leading cause of death in Australia for men aged between 15 and 44.

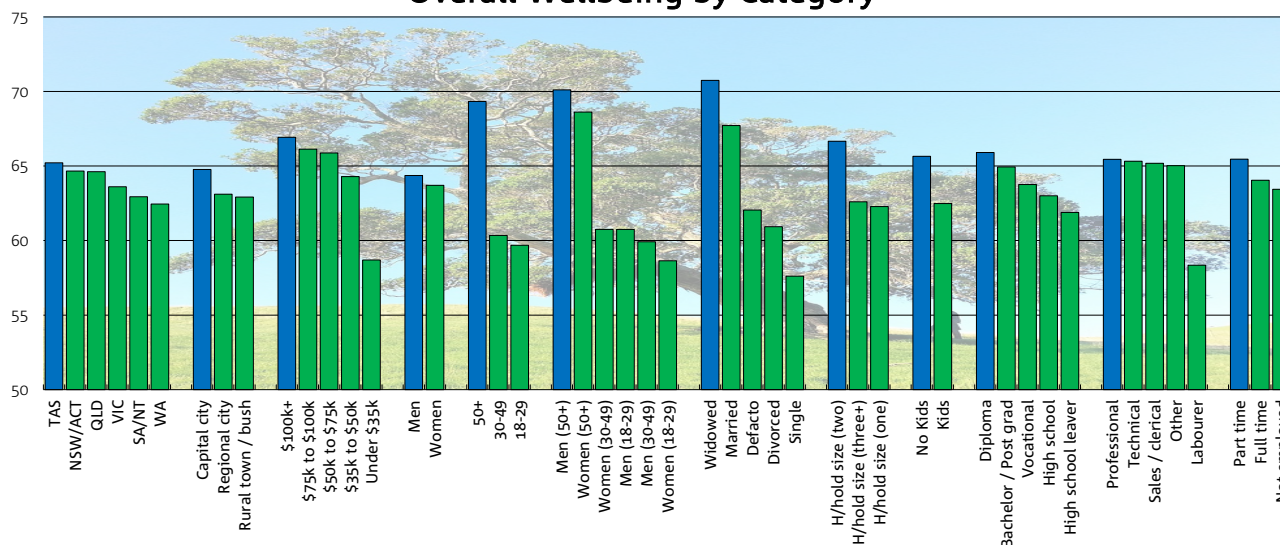
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## Overall wellbeing - rankings and change over the quarter

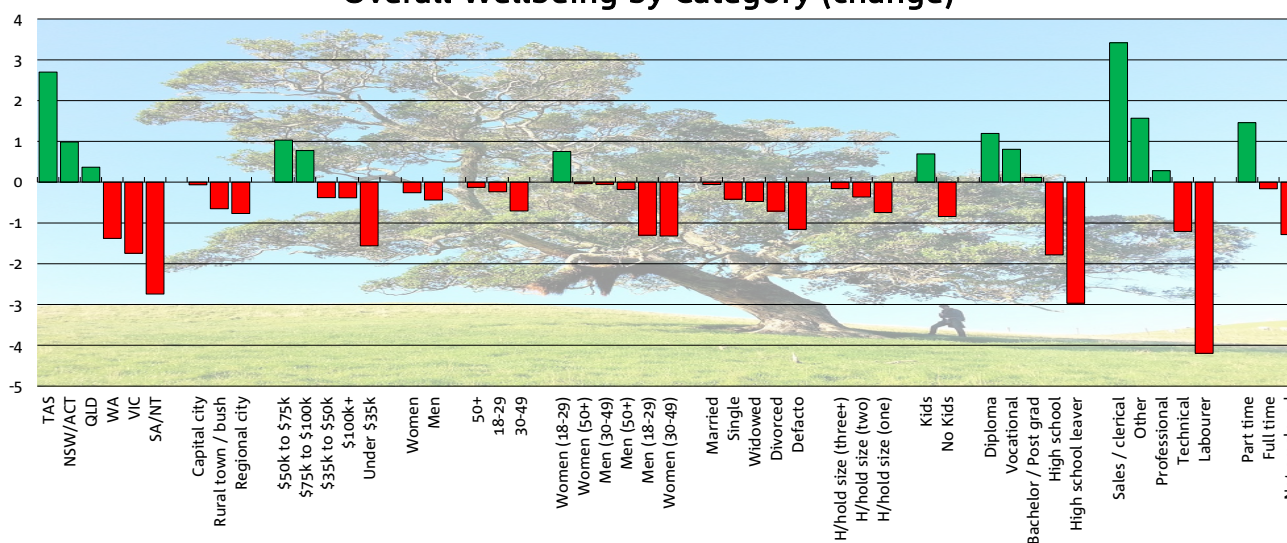
Personal wellbeing in Q2 2016 was highest for widows, men over 50, high income earners (over \$100,000) and in single person households. It was lowest for labourers, singles, young women and low income earners (less than \$35,000).

**Overall Wellbeing by Category**



In terms of changes, personal wellbeing improved most in Q1 2016 for sales/clerical workers, in Tasmania and for "Other" (i.e. self-employed) and part time workers. It fell most for labourers, high school leavers and in SA/NT.

**Overall Wellbeing by Category (change)**



## Wellbeing Indicators: range of responses (%)

		Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average Score
Satisfied Life	Q4 2015	14.6	25.0	44.5	16.0	65.8
	Q1 2016	16.0	24.5	45.1	14.4	64.8
Worthwhile Life	Q4 2015	11.9	23.4	42.1	22.6	69.0
	Q1 2016	13.7	22.2	41.0	23.0	68.1
Happy Yesterday	Q4 2015	15.3	21.6	40.8	22.4	67.3
	Q1 2016	16.0	22.7	37.7	23.6	67.0
Not Anxious Yesterday		Very Low	Low	Medium	High	Average
	Q4 2015	39.0	21.8	18.0	21.2	55.4
	Q1 2016	37.8	21.8	17.8	22.6	56.2

## Overall wellbeing - latest results against long-term average

**Overall wellbeing** in Q1 2016 notably **above average** for:

- sales/clerical, "Other" & technical workers
- Australians with a diploma
- Widows and men over 50
- those earning between \$50-75,000

It was notably **below average** for:

- Australians living in WA, SA/NT & rural towns
- low income earners
- women aged 30-49,
- high school leavers

In terms of **life satisfaction**, wellbeing was notably **above average** for:

- Australians with a diploma
- technical and sales/clerical workers
- those living in a one person household
- men over 50.

It was notably **below average** for:

- Australians living in Tasmania and WA
- labourers and defactos,
- young women

In terms of **life worth**, wellbeing was notably **above average** for:

- widows
- those earning \$50-100,000
- had a diploma
- sales/clerical workers

It was notably **below average** for:

- labourers
- Australians living in WA and in rural towns
- young women
- defactos

In terms of **happiness**, wellbeing was notably **above average** for:

- Australians with kids
- sales/clerical and technical workers
- men over 50
- widows

It was notably **below average** for:

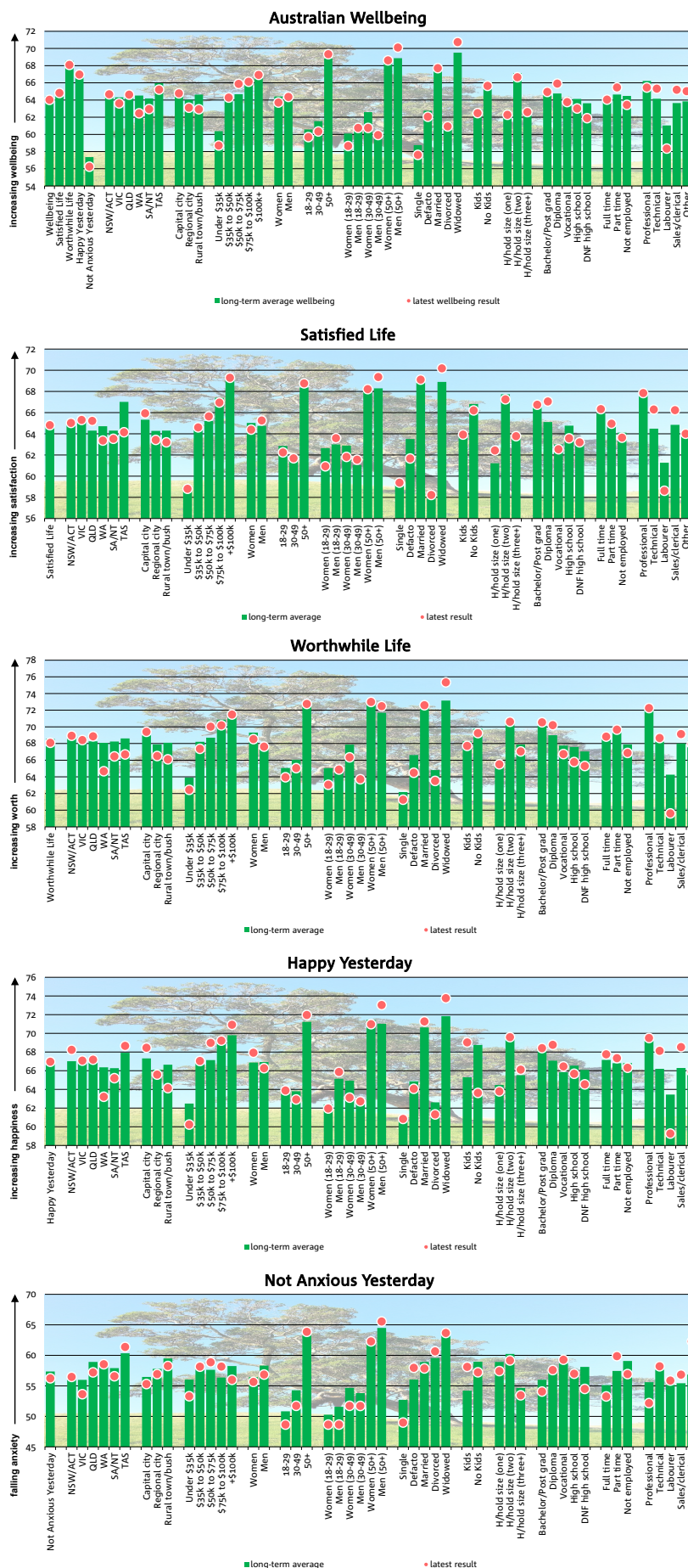
- Australians that did not have children
- labourers
- Australians living in WA and in rural towns
- low income earners (less than \$35,000)

In terms of **not being anxious yesterday**, wellbeing was notably **above average** for:

- "Other" and part time workers
- Australians with children
- defactos

It was notably **below average** for:

- professional workers
- high school leavers
- singles
- young men and women aged 30-49
- low income earners (less than \$35,000)
- Australians living in Victoria



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