

NAB Wellbeing Index: Q1 2015

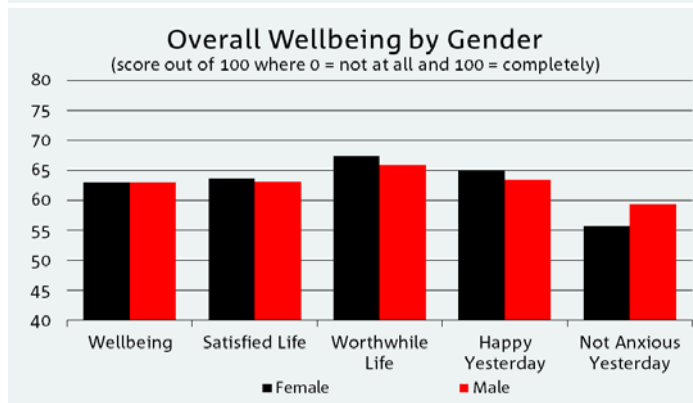
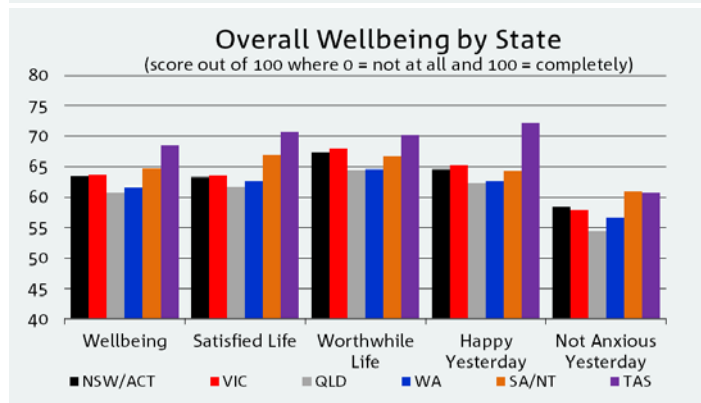
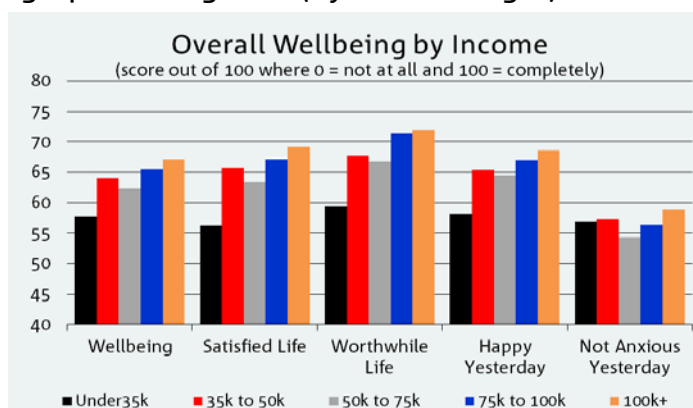
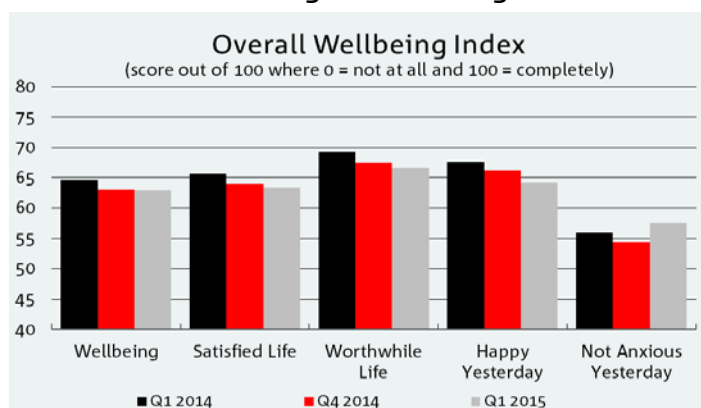
by NAB Group Economics

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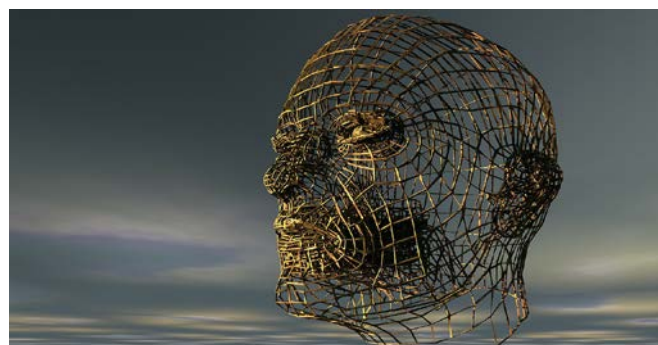
Tasmanians, widows, the over 50s, high income earners, professionals and those in rural areas top the nation in wellbeing. Big falls in wellbeing in QLD and for young Australians particularly women who continue to have the lowest wellbeing of any demographic.

A reduction in personal anxiety underpins overall wellbeing while perceptions of happiness, life worth and life satisfaction all decline. Consequently, the NAB Wellbeing Index is unchanged at 63 points in Q1 2015. The index masks considerable differences across demographics. Wellbeing improved solidly in TAS but fell heavily in QLD (lowest of all states) & WA. Wellbeing fell heavily among younger Australians, especially young women (due to much lower levels of life worth and happiness). Young women continue to report the lowest levels of overall wellbeing (and significantly lower than for defacto couples - the next lowest group for overall wellbeing). Wellbeing improved in rural towns and the bush but fell elsewhere. Widows report a big increase in wellbeing and rate highest in all demographic categories (by some margin).



Wellbeing by Category (%)

	Q3 2014	Q4 2014	Q1 2015
Satisfied Life	64.1	63.9	63.4
Worthwhile Life	68.0	67.5	66.6
Happy Yesterday	66.5	66.3	64.2
Not Anxious Yesterday	56.5	54.4	57.6
Overall Wellbeing	63.8	63.0	63.0



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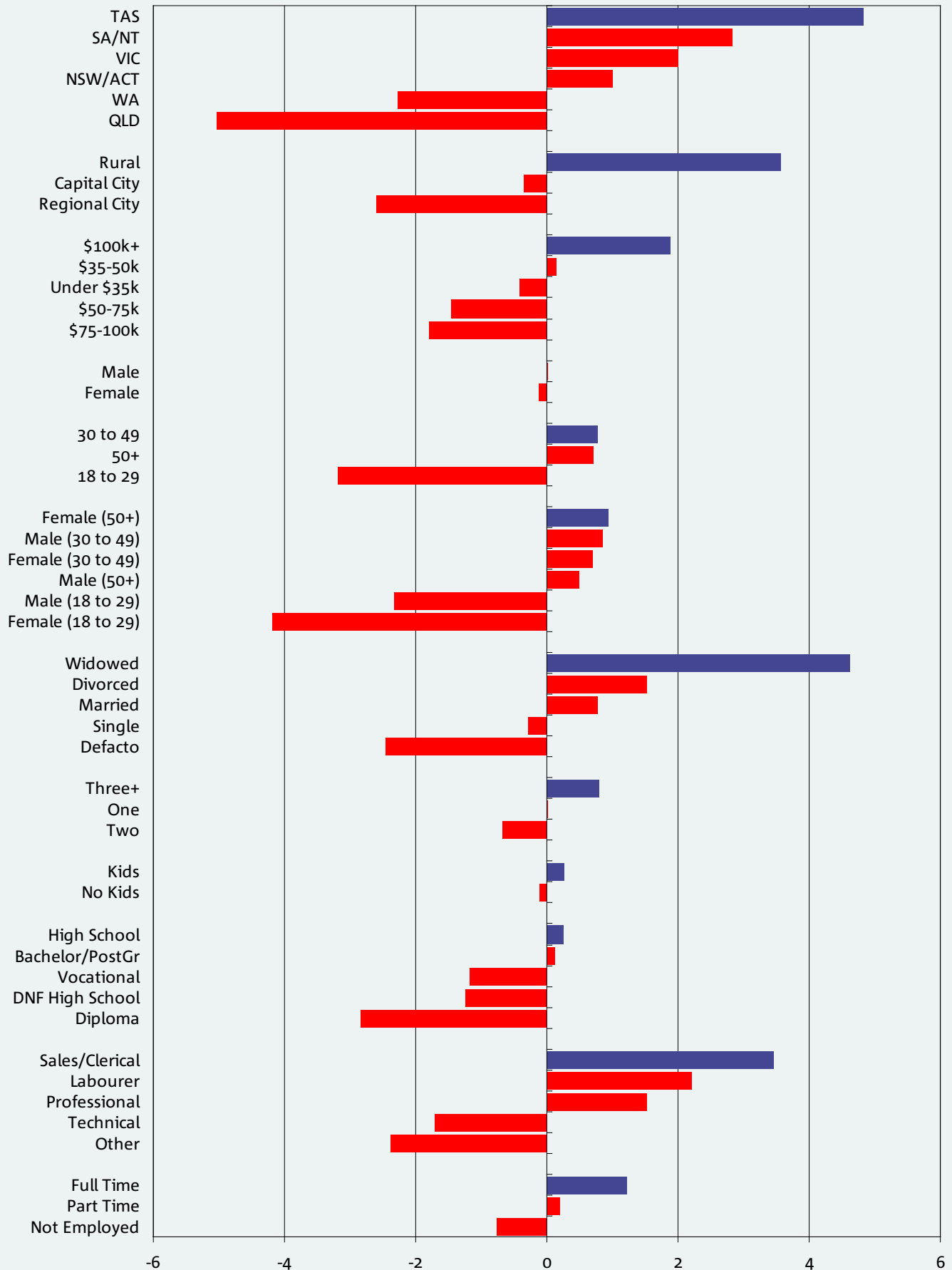
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Wellbeing Ranked by Category (change)



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 +	😊	😊	😊	☹️	😊
Education					
Bachelor/Post Grad	😊	😊	😊	☹️	☹️
Diploma	☹️	☹️	☹️	☹️	😊
Vocational	☹️	☹️	☹️	☹️	😊
High School	😊	☹️	😊	☹️	😊
DNF High School	☹️	☹️	☹️	☹️	😊
Employment Status					
Full Time	😊	☹️	😊	☹️	😊
Part Time	😊	😊	😊	😊	☹️
Not Employed	☹️	☹️	☹️	☹️	😊
Employment Type					
Professional	😊	😊	☹️	☹️	😊
Technical	☹️	☹️	☹️	☹️	☹️
Labourer	😊	😊	😊	😊	😊
Sales/Clerical	😊	😊	😊	😊	😊
Other	☹️	☹️	☹️	☹️	☹️

LEGEND: 😊 = up ☹️ = down 😐 = unchanged

Wellbeing was typically highest for those who...

- Live in Tasmania
- Live in a rural town or the bush
- Are employed fulltime
- Earn \$100k+ per annum
- Are aged 50+ (both female and male)
- Are widowed
- Live in a 2 person household
- Do not have children
- Hold in a professional job
- Hold a bachelor/post graduate degree
- Are in full time employment

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

- Queensland replaces Victoria for lowest ranked wellbeing, with Tasmania now highest across the states
- Those living in regional cities, and to a lesser extent capitals, experienced a deterioration in wellbeing
- People employed in technical roles rank lowest for wellbeing, replacing those in sales, which improved the most
- Australians aged between 18-29 experienced a sharp fall in wellbeing, particularly young women
- By education, bachelor/post grad holders replace diploma holders for having the highest wellbeing
- By income, Australians earning \$100k+ replace the \$75k-\$100k bracket for highest overall wellbeing

A deeper look at the data also shows...

- Worthwhile life continues to be the largest contributor to Australian wellbeing, albeit falling over the quarter from 67.5 to 66.6. There was a small shift in the percentage of Australians who rated their life worth “very low” (up 1.7%) away from “low” (down 1.7%) in Q1’ 15. There was also a fall in the “high” group (down 1%), while the “medium” group increased (up 1%).
- The largest decrease was experienced in the “happy yesterday” component of the wellbeing index, falling from 66.3% to 64.2%. Those who rated their happiness “very low” rose from 15.7% to 19.1% or almost 1 in 5 Australians. There was also a fall in those who rated their happiness “high” (23.7% to 19.2%).
- The life satisfaction component of wellbeing decreased slightly (from 63.9% to 63.4%). There was an increase in the percentage of Australians rating their life satisfaction “very low” (15.7% to 16.9%), but there was also an increase in the percentage of Australians indicating “medium” life satisfaction (41% to 42.5%).
- On a positive note, personal anxiety improved during the quarter. Despite this improvement, however, it is still of deep concern that 35%, or slightly more than 1 in 3 Australians, continue to rate their personal anxiety levels very high, despite some promising gains in the number of Australians rating their personal anxiety medium or low.

Wellbeing Indicator Categories (%)

		Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average (mean)
Satisfied Life	Q4 2014	15.7	28.9	41.0	14.4	63.9
	Q1 2015	16.9	25.8	42.5	14.9	63.4
Worthwhile Life	Q4 2014	14.0	23.4	40.0	22.6	67.5
	Q1 2015	15.7	21.7	41.0	21.6	66.6
Happy Yesterday	Q4 2014	15.7	25.4	35.2	23.7	66.3
	Q1 2015	19.1	21.6	40.2	19.2	64.2
Not Anxious Yesterday		Very Low	Low	Medium	High	Average
	Q4 2014	37.7	25.0	18.1	19.1	54.4
	Q1 2015	35.0	22.2	20.1	22.6	57.6

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