



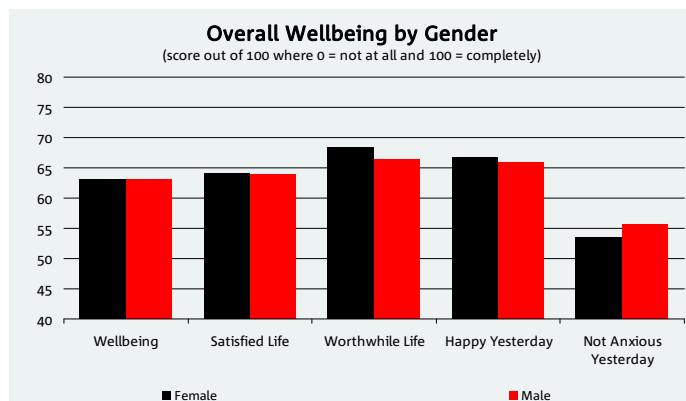
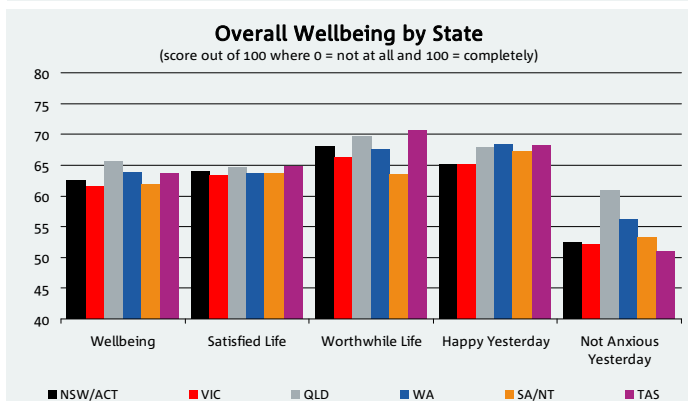
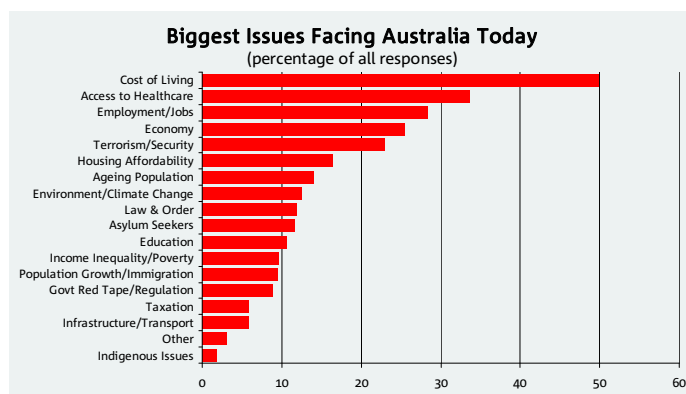
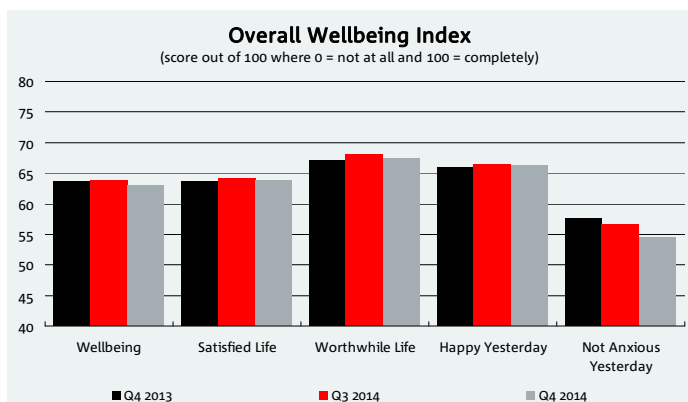
# NAB Wellbeing Index: Q4 2014

by NAB Group Economics

Embargoed until: 11.30am Thursday 29 January 2015

**Overall wellbeing deteriorated slightly in Q4 with anxiety levels reaching a new high. Wellbeing rated highest in Queensland and lowest in Victoria. While women over 50 now have the highest wellbeing across all demographics, young women (18-29) have the lowest and much lower than for young men.**

The NAB Australian Wellbeing Index fell slightly to 63 points in Q4 2014 (63.8 in Q3). Wellbeing was rated lower for all questions, especially “not anxious yesterday” which fell to its lowest level since the survey started. Among other key findings: wellbeing was highest in Queensland and lowest in Victoria; women aged 50+ had the highest wellbeing across all demographics, just ahead of those earning \$75-100k; overall wellbeing was lowest for 18-29 year old women, followed by those earning less than \$35,000; widows reported the biggest fall in wellbeing, which improved most for those with a diploma and “other workers”; around 38% of Australians consider their life’s worth to be “very low” or “low”, while almost 45% reported “very low” or “low” life satisfaction. In a special report **“Biggest Issues Facing Australia Today”**, the cost of living is clearly the big issue. Other important concerns include: access to healthcare; employment and jobs; the economy; and terrorism/security. Conversely, concerns over indigenous issues, infrastructure and transport and taxation are lowest (a copy of this report is available to NAB customers on request).



## Wellbeing by Category (%)

	Q2 2014	Q3 2014	Q4 2014
Satisfied Life	61.4	64.1	63.9
Worthwhile Life	65.6	68.0	67.5
Happy Yesterday	64.5	66.5	66.3
Not Anxious Yesterday	55.5	56.5	54.4
<b>Overall Wellbeing</b>	<b>61.7</b>	<b>63.8</b>	<b>63.0</b>

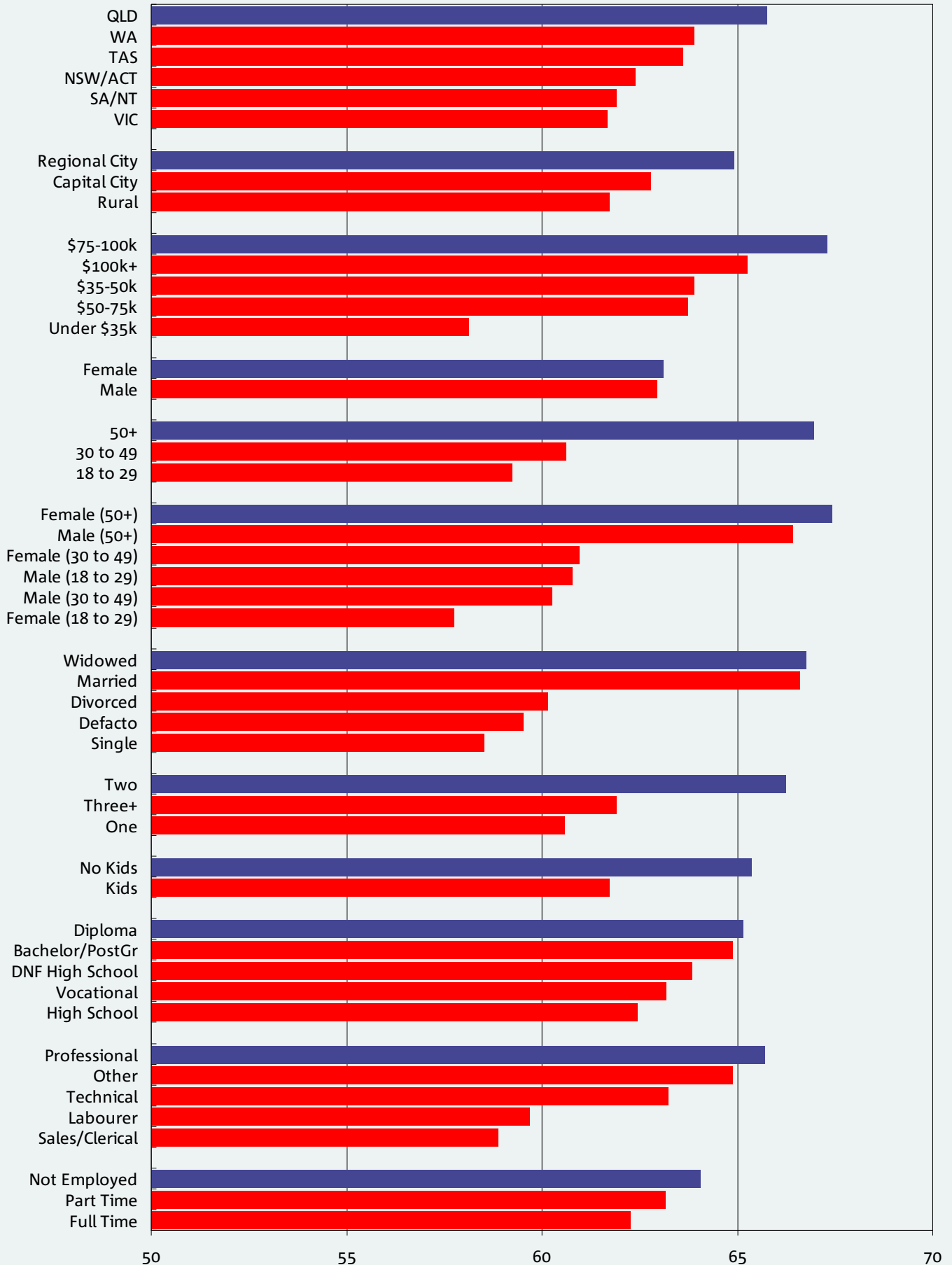


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## Wellbeing Ranked by Category



## Wellbeing Indicators: directional change since last quarter

<b>Overall Wellbeing</b>	☹
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	☹	😊	😊	☹	☹
<b>Income</b>					
Over \$100k	☹	☹	☹	☹	😊
\$75-100k	😊	😊	😊	😊	☹
\$50-75k	😊	😊	😊	😊	☹
\$35-50k	😊	😊	😊	😊	😊
Under \$35k	☹	☹	☹	☹	☹
<b>Gender</b>					
Female	☹	☹	☹	😊	☹
Male	☹	😊	☹	☹	☹
<b>Age</b>					
18-29	😊	😊	😊	😊	☹
30-49	☹	😊	☹	😊	☹
50+	☹	☹	☹	☹	☹
<b>Gender &amp; Age</b>					
Female (18 to 29)	😊	☹	😊	😊	☹
Male (18 to 29)	😊	😊	😊	😊	☹
Female (30 to 49)	☹	☹	☹	☹	😊
Male (30 to 49)	😊	😊	😊	😊	☹
Female (50+)	☹	😊	😊	😊	☹
Male (50+)	☹	☹	☹	☹	☹
<b>Marital Status</b>					
Single	😊	😊	😊	😊	☹
Defacto	☹	☹	☹	☹	☹
Married	☹	☹	☹	☹	☹
Divorced	☹	☹	☹	☹	☹
Widowed	☹	☹	☹	☹	😊
<b>Household Status/Size</b>					
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	😊	😊	😊	😊	😞
Employment Type					
Professional	😞	😞	😞	😞	😞
Technical	😊	😞	😊	😊	😊
Labourer	😞	😊	😞	😞	😞
Sales/Clerical	😞	😞	😞	😞	😞
Other	😊	😊	😊	😊	😞

LEGEND: 😊 = up 😞 = down 😐 = unchanged

### Wellbeing was typically highest for those who...

- Lived in Queensland
- Resided in a regional city
- Earned \$75,000-\$100,000
- Were female (but only marginally ahead of men)
- Aged 50+ (both women and men)
- Were widowed or married
- Lived in a 2 person household
- Had no children
- Had a diploma or bachelor/post graduate educational qualification
- Were employed in a professional capacity; or
- Were not employed

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

- Wellbeing was lower for all survey questions, especially “not anxious yesterday”
- Wellbeing was highest in QLD (replaces TAS)
- Regional cities replaced capital cities for highest wellbeing
- Wellbeing fell in both the lowest and highest income groups
- Women aged 50+ reported the highest wellbeing across all groups, just ahead of those earning \$75-\$100k
- Overall wellbeing was lowest for 18-29 year old women, followed by those earning less than \$35,000
- Widows reported the biggest fall in their overall wellbeing
- Wellbeing improved most for those with a diploma and for “other workers” (e.g. those self-employed)

### A deeper look at the data also shows...

- Although the number of Australians who rated their wellbeing “very low” with regards to the life satisfaction question fell to 15.7% in Q4 (17% in Q3), this was offset by a fall in the number rating “high” life satisfaction to 14.4% (17.6% in Q3).
- Life worth continues to make the biggest contribution to overall wellbeing, but more than 1 in 7 Australians (14%) still rate the worthwhile life question “very low”, with the proportion rating it “high” also falling slightly to 22.6% in Q4 (24% in Q3).
- Overall levels of happiness were marginally weaker in Q4, with around 41% of Australians rating the “happy yesterday” question “very low” or “low” and 59% rating it “medium” or “high”.
- Anxiety is still the biggest detractor of personal wellbeing for a significant proportion of Australians. Almost 38% of Australians (or less than 1 in 3) rated the not anxious yesterday question “very low” in Q4. In contrast, fewer than 1 in 5 (19.1%) said it was “high”.

### Wellbeing Indicator Categories (%)

		Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average (mean)
Satisfied Life	Q3 2014	17.0	27.4	38.0	17.6	64.1
	Q4 2014	15.7	28.9	41.0	14.4	63.9
Worthwhile Life	Q3 2014	13.7	24.0	38.3	24.0	68.0
	Q4 2014	14.0	23.4	40.0	22.6	67.5
Happy Yesterday	Q3 2014	16.5	24.5	35.9	23.2	66.5
	Q4 2014	15.7	25.4	35.2	23.7	66.3
Not Anxious Yesterday		Very Low	Low	Medium	High	Average (mean)
	Q3 2014	36.6	23.2	20.4	19.8	56.5
	Q4 2014	37.7	25.0	18.1	19.1	54.4

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