

Supplementary Table 1. Demographics of adult respondents by self-reported frequency of general practice (GP) and emergency department (ED) visits of a random sample of the people of South Australia from face-to-face interviews. (n = 2,898)

	Medical consultations		p-value	Frequent medical consultations		p-value	Emergency Department visits		p-value	Total (n=2,898)
	None n=777; 26.8%	>=1 n=2,121; 73.2%		0-3 n=2288; 79.0%	>3 n=610 21.0%		None n=2676 92.3%	≥1 n=221 7.7%		
Age; median (interquartile range)	41.0 (27.0, 53.0)	52.0 (34.0, 66.0)	<0.001	46.0 (31.0, 61.0)	55.0 (40.0, 68.0)	<0.001	0.2	50.4 (34.0, 66.0)	0.2	48.0 (32.0, 63.0)
	n (%)	n (%)		n (%)	n (%)		n (%)	n (%)		n (%)
Sex			<0.001			<0.001			0.7	
Male	470 (33.1)	949 (66.9)		1161 (81.9)	257 (18.1)		1314 (92.6)	105 (7.4)		1419 (49)
Female	307 (20.8)	1172 (79.2)		1127 (76.2)	353 (23.9)		1363 (92.2)	116 (7.8)		1479 (51)
Australia born			0.5			0.6			0.9	
Yes	553 (26.5)	1538 (73.6)		1643 (78.7)	446 (21.3)		1928 (92.3)	161 (7.7)		2089 (72.1)
No	224 (27.8)	583 (72.2)		642 (79.7)	164 (20.3)		747 (92.6)	60 (7.4)		807 (27.9)
Highest level of education			0.07			0.3			0.4	
School	300 (28.9)	738 (71.1)		807 (77.7)	231 (22.3)		953 (91.8)	85 (8.2)		1038 (35.9)
Beyond school^	477 (25.7)	1379 (74.3)		1477 (79.6)	379 (20.4)		1721 (92.7)	135 (7.3)		1856 (64.1)
In work force			<0.001			<0.001			0.003	
Yes^^	516 (32.2)	1088 (67.8)		1366 (85.2)	238 (14.8)		1503 (93.7)	101 (6.3)		1604 (55.4)
No#	261 (20.2)	1030 (79.8)		919 (71.2)	372 (28.8)		1171 (90.7)	120 (9.3)		1291 (44.6)
Living arrangements			0.003			0.3			0.8	
Married / <i>de facto</i>	457 (24.9)	1379 (75.1)		1438 (78.3)	398 (21.7)		1698 (92.5)	138 (7.5)		1836 (63.4)
Other**	318 (30.1)	740 (69.9)		846 (80.0)	212 (20.0)		976 (92.2)	82 (7.8)		1058 (36.6)
Region of residence			0.02			0.01			0.9	
Metropolitan	553 (25.7)	1601 (74.4)		1676 (77.8)	478 (22.2)		1989 (92.3)	165 (7.7)		2154 (74.3)
Non-metropolitan	224 (30.1)	520 (69.9)		612 (82.3)	132 (17.7)		688 (92.5)	56 (7.5)		744 (25.7)
Socio-Economic Indexes for Area quintiles***			0.1			0.01			0.03	
1	205 (27.1)	552 (72.9)		572 (75.6)	185 (24.4)		689 (91.0)	68 (9.0)		757 (26.1)
2	139 (24.9)	420 (75.1)		439 (78.4)	121 (21.6)		505 (90.3)	54 (9.7)		559 (19.3)
3	160 (30.1)	372 (69.9)		423 (79.7)	108 (20.3)		503 (94.5)	29 (5.5)		532 (18.4)
4	136 (24.0)	431 (76.0)		449 (79.2)	118 (20.8)		527 (92.9)	40 (7.1)		567 (19.6)

5	137 (28.4)	346 (71.6)		405 (83.9)	78 (16.1)		454 (94.0)	29 (6.0)		483 (16.7)
Body Mass Index (BMI)			<0.001			<0.001			<0.001	
Not overweight [#]	358 (32.8)	734 (67.2)		930 (85.2)	161 (14.8)		1025 (94)	66 (6)		1091 (40)
Overweight ^{##}	260 (26.8)	709 (73.2)		790 (81.5)	179 (18.5)		903 (93.2)	66 (6.8)		969 (35.5)
Obese ^{###}	103 (15.4)	564 (84.4)		425 (63.7)	242 (36.3)		596 (89.2)	72 (10.8)		668 (24.5)
Modified Medical Research Council breathlessness			<0.001			<0.001			<0.001	
0	748 (28.3)	1895 (71.7)		2145 (81.2)	498 (18.8)		2457 (93)	186 (7)		2642 (91.2)
1	27 (15.6)	146 (84.4)		112 (64.7)	61 (35.3)		158 (91.3)	15 (8.7)		173 (6)
2-4	2 (2.4)	80 (97.6)		31 (37.8)	51 (62.2)		62 (75.6)	20 (24.4)		82 (2.8)

*includes visits to general practice or specialist (other than mental health specialist); # Not overweight category includes underweight (BMI ≤18.5, n=50; 1.7% of cohort); ## BMI >25, ≤30; ### BMI>30; ^includes trade, Apprenticeship, Certificate, Diploma/Degree or higher; ^^ includes work full or part time, self employed; ^^ includes home duties, unemployed, retired, student, other; ** includes Separated, divorced, widowed, never married; *** 1 – most disadvantaged; 5 most advantaged

Supplementary Table 2. Weighted adjusted odds ratios of correlates[~] of self-reported health service utilisation in the previous three months from a random sample of community-living adults in South Australia interviewed face-to-face. (n=2,898)

	Outpatient* care	<i>Any medical consultation</i>	<i>Any emergency department visits</i>	≥3 medical consultations	Inpatient care
	Odds ratio (95% confidence interval)				
Age	1.03 (1.02, 1.03)	<i>1.03 (1.02, 1.03)</i>	<i>1.00 (1.00, 1.01)</i>	1.02 (1.01, 1.03)	1.02 (1.01, 1.03)
Sex					
Male	Ref	<i>Ref</i>	<i>Ref</i>	3Ref	Ref
Female	1.90 (1.58, 2.29)	<i>1.88 (1.56, 2.26)</i>	<i>0.96 (0.71, 1.29)</i>	1.30 (1.07, 1.58)	0.68 (0.50, 0.94)
Highest education					
School	Ref	<i>Ref</i>	-	-	-
Vocational/University	1.23 (1.01, 1.49)	<i>1.26 (1.04, 1.52)</i>			
Region of Residence					
Metropolitan	Ref	<i>Ref</i>	-	Ref	-
Non-metropolitan	0.71 (0.58, 0.87)	<i>0.72 (0.59, 0.88)</i>		0.71 (0.56, 0.89)	
Body mass index (BMI)					
Not overweight	Ref	<i>Ref</i>	<i>Ref</i>	Ref	Ref
Overweight	1.24 (1.01, 1.52)	<i>1.26 (1.04, 1.52)</i>	<i>1.07 (0.74, 1.53)</i>	1.25 (0.97, 1.57)	0.85 (0.57, 1.25)
Obese	2.24 (1.73, 2.89)	<i>2.28 (1.76, 2.94)</i>	<i>1.64 (1.15, 2.35)</i>	2.81 (2.21, 3.56)	1.79 (1.23, 2.58)
mMRC					
0	Ref	<i>Ref</i>	<i>Ref</i>	Re	Ref
1	1.82 (1.12, 2.94)	<i>1.85 (1.14, 2.99)</i>	<i>0.98 (0.53, 1.83)</i>	1.83 (1.28, 2.61)	1.44 (0.81, 2.58)
2-4	9.00 (1.95, 41.52)	<i>9.14 (1.98, 42.1)</i>	<i>3.59 (2.05, 6.29)</i>	4.56 (2.78, 7.48)	4.21 (2.39, 7.42)
AUC (95% CI)	0.70 (0.67, 0.72)	<i>0.70 (0.67, 0.72)</i>	<i>0.58 (0.54, 6.2)</i>	0.68 (0.66, 0.70)	0.66 (0.61, 0.70)

[~]Correlation between age and in work force was -0.6. Correlation between SEIFA and region of residence was -0.51. GP – general practitioner

Outpatient care is the sum of the subsequent two columns – any medical consultation and any emergency department -italicised to identify those that make up the ‘outpatient care’ category; mMRC – modified Medical Research Council Breathlessness scale; AUC – area under the curve.