

Wellbeing and lifestyle – the evidence 2007

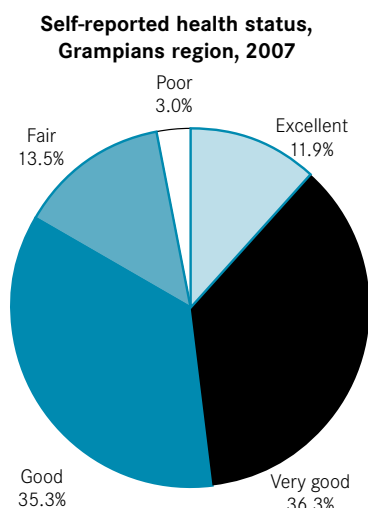
Grampians Region

The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2007 survey in the department's Grampians region. More information on the results of the survey are available at: www.health.vic.gov.au/healthstatus/vphs.htm

Health status

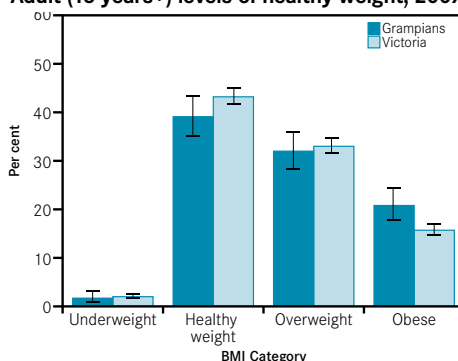
Self-rated health has been shown to be an excellent indicator of health status. When asked about their health, 83% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 17% who rate their health as 'fair' or 'poor'.



Levels of healthy weight

The body mass index (BMI) compares a person's weight in relation to their height. In 2007, 32% of adults from the region were overweight, similar to the result for Victoria. However, 21% from the region were obese, significantly higher than the rate for Victoria (16%).

Adult (18 years+) levels of healthy weight, 2007



Nutrition and physical activity

In 2007, females from the region were significantly¹ more likely to meet the dietary guidelines² for fruit (2 or more serves) than males, but there was no statistically significant difference in vegetable intake (5 or more serves) between males and females (fruit: 55% females vs 33% males; vegetables: 14% females vs 9% males).

Sixty-seven per cent of males from the region met the physical activity guidelines³ (sufficient time and sessions). Although this was higher than the rate for Victorian males (64%) and higher than the rate for females (63%) in the region, these differences were not statistically significant.

Fruit & vegetable consumption & levels of physical activity, 2007

		Grampians				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	2.9	1.4-6.0	2.2	1.1-4.3	4.9	3.8-6.1	3.0	2.4-3.9
	1-2 serves	67.3	60.8-73.2	42.4	37.7-47.3	66.4	63.9-68.7	50.9	48.8-52.9
	3-4 serves	19.9	15.2-25.7	38.9	34.3-43.7	21.5	19.5-23.8	34.5	32.6-36.4
	5 or more serves	8.7	5.7-12.9	14.3	11.3-18.1	5.2	4.3-6.3	10.2	9.1-11.3
Daily fruit consumption	None	19.3	14.4-25.4	10.6	8.1-13.9	18.5	16.6-20.7	11.2	10.0-12.6
	1 serve	46.7	40.0-53.6	34.1	29.7-38.9	41.2	38.7-43.8	35.9	33.9-37.9
Physical activity levels	2 or more serves	32.6	26.7-39.1	54.5	49.6-59.4	38.7	36.2-41.3	52.3	50.3-54.4
	Sedentary	5.3	2.8-9.6	6.9	5.0-9.5	4.5	3.6-5.6	5.0	4.2-5.8
	Insufficient time & sessions	25.0	19.7-31.2	24.4	20.4-28.8	27.9	25.6-30.3	29.9	28.0-31.8
	Sufficient time & sessions	67.3	60.7-73.2	63.0	58.0-67.7	64.2	61.7-66.7	61.2	59.2-63.1

Note: The *Dietary Guidelines for Australian Adults* recommend five serves of vegetables and two serves of fruit daily for adults, to ensure a healthy diet & the *National Physical Activity Guidelines for Australians* recommend at least 30 minutes of moderate intensity activity on most, preferably all days (DoHAC 1999, NHMRC 2003).

Note figures may not add to 100 per cent due to a proportion of 'don't know' or 'refused' responses.

- 1 Statistical significance has been determined by comparing 95% confidence intervals between estimates. Significance has been identified where confidence intervals do not overlap.
- 2 NHMRC (National Health and Medical Research Council) 2003, *Dietary Guidelines for Australian Adults*, Ausinfo, Canberra.
- 3 DoHAC (Department of Health and Aged Care) 1999, *National Physical Activity Guidelines for Adults*, DoHAC, Canberra.

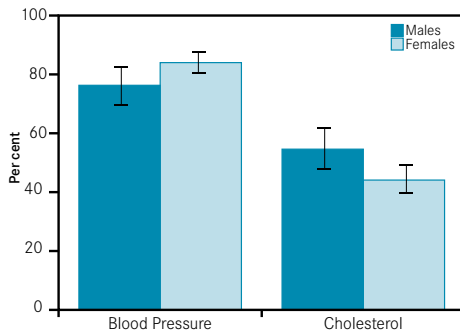




Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. There were no significant differences in the rates between males and females from the region for either blood pressure (females 84%, males 76%) or cholesterol checks (females 44%, males 55%) in the last two years.

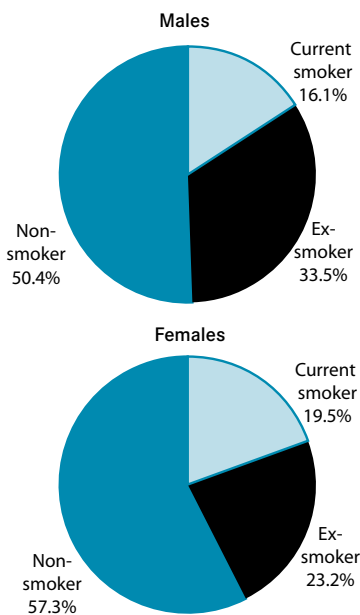
Had a health check in the last two years, by sex, Grampians region, 2007



Smoking status

Current smokers are defined as those who smoke daily or occasionally. Differences in smoking patterns between the region and Victoria were not statistically significant. In 2007, 16% of males and 20% of females in the region were classified as current smokers.

Smoking status, by sex, Grampians region, 2007



Eye protection

In 2007, males from the region were significantly more likely to wear a hat when going out in the sun compared to females (76% vs 49%). There was no statistically significant difference between males (67%) and females (75%) in the region in their use of wearing sunglasses.

Adult (18 years+) sun protection, 2007

Sun protection		Grampians				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Usually wear a hat		76.2	69.5-81.8	48.9	44.0-53.8	61.4	58.7-64.0	43.3	41.3-45.3
	Usually wear sunglasses	67.4	60.7-73.5	75.4	71.1-79.3	64.1	61.5-66.6	80.3	78.7-81.9

Alcohol consumption

The *Australian Alcohol Guidelines*⁴ specify the risks for various drinking levels for males and females in the short and long term (NHMRC 2001).

The rate of alcohol consumption on a weekly basis, at a level for short-term risk of harm, was significantly higher for males (15%) from the region than the rate for females (6%) from the region. Differences in the rates between males and females from the region were not significant for long-term health risks associated with risky and high-risk levels of alcohol consumption. Females (24%) from the region were significantly more likely than males (14%) to be abstainers (never/no longer consume alcohol).

Short-term risk of alcohol related harm, 2007

		Low Risk		Risky or High Risk					
				At least Yearly		At least Monthly		At least Weekly	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Grampians	Males	26.0	20.8-32.1	25.4	19.6-32.2	19.6	14.6-25.9	14.5	10.3-20.0
	Females	36.3	31.8-41.0	23.1	18.9-27.9	10.6	7.8-14.3	5.6	3.6-8.7
Victoria	Males	33.8	31.4-36.2	23.2	21.0-25.4	14.8	13.1-16.8	13.8	12.1-15.7
	Females	39.9	38.0-41.8	21.1	19.5-22.8	9.0	7.9-10.3	6.6	5.5-7.9

Long-term risk of alcohol related harm, 2007

		Low Risk		Risky		High Risk		Abstainer	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Grampians	Males	81.3	75.5-86.0	2.5	1.2-5.1	1.5	0.5-3.9	13.7	9.8-18.8
	Females	71.7	67.2-75.8	2.6	1.2-5.5	1.4	0.6-3.3	23.8	20.1-28.0
Victoria	Males	81.5	79.4-83.4	3.4	2.6-4.5	0.9	0.6-1.4	13.6	11.9-15.5
	Females	74.2	72.4-75.9	1.9	1.5-2.4	0.6	0.4-0.9	22.7	21.0-24.5

Note figures may not add to 100 per cent due to a proportion of 'don't know' or 'refused' responses.

4 NHMRC (National Health and Medical Research Council) 2001, *Australian Alcohol Guidelines: Health Risks and Benefits*, Ausinfo, Canberra.