

















Modifiable Risk Factors

		HSC	HRCC	WWSC	YSC	VIC
Obese		28.6	23.7	22.7	27.0	19.3
Overweight (pre-obese & obese)		55.3	51.1	62.6	55.2	50.8
Daily consumer of sugar sweetened soft drinks		15.2	16.5	18.7*	13.3*	10.1
Take-away food consumer >1 day/week		16.8	17.4	15.3	2.3*	15.3
Sedentary (inactive)		1.4*	2.1*	2.3*	- **	2.5
Insufficiently physically active		46.8	47.1	57.1	48.7	44.1
Complied with vegetable consumption guidelines		6.2*	4.0*	3.2	4.8*	5.4
Complied with fruit consumption guidelines		36.9	40.1	40.6	40.8	43.2
Daily smoker		17.7	16.1	13.5*	17.7*	12.4
Current smoker (daily or occasional)		18.7	16.5	16.2*	22.8	16.7
Increased lifetime risk of alcohol related harm		58.9	56.6	67.0	61.0	59.5
Increased risk of injury from single occasion of drinking		47.2	45.1	50.2	49.9	43.0
Fair or poor self-reported health		23.2	19.4	27.4	26.2	20.3
Low or medium life satisfaction		22.8	12.2	21.4	18.4	20.5
High, or very high, levels of psychological distress		13.8*	13.6	11.6*	17.6	15.4
Doctor diagnosed hypertension		26.8	29.7	27.6	27.3	25.4

HSC - Hindmarsh Shire Council HRCC - Horsham Rural City Council WWSC - West Wimmera Shire Council YSC - Yarriambiack Shire Council










Please note:

The estimates that are significantly different from the corresponding estimate for Victoria are colour coded.

RED indicates that the estimate is significant above, **BLUE** indicates that the estimate is significantly below.

* These estimates should be interpreted with caution

- The estimate is unreliable and not reported

Anxiety or depression		29.7	33.5	27.9	35.9	27.4
Arthritis		28.6	23.0	26.1	24.9	20.5
Asthma (ever diagnosed)		25.9	28.3	13.6	22.5	20.0
Cancer		9.6	7.1	8.8	9.5	8.1
Type 2 Diabetes		4.6	4.9	6.3	5.6	5.5
Heart Disease		8.9	4.3	8.4	8.1*	6.7
Osteoporosis		7.6	7.0	5.2	8.9	5.7
Stroke		4.8*	1.4*	1.0*	1.0*	2.4
Two or more chronic diseases		35.5	31.8	24.0	33.7	25.5