

health

Victorian Population Health Survey Report 2011-12

Selected preliminary survey findings

Gippsland Results

Reader note: All the data in this document is sourced from Victorian Population Health Survey Report 2011-12.

Contents

Introduction	1
Select health indicators	2
Smoking status	2
Table 1: Smoking status, Gippsland by LGA, 2011-12	2
Fruit and vegetable consumption	2
Table 2: Compliance with fruit and vegetable consumption guidelines, Gippsland by LGA, 2011-12	2
Alcohol consumption	3
Table 3: Short-term risk of alcohol-related harm in persons, by LGA, Gippsland by LGA, 2011-12	3
Table 4: Long-term risk of alcohol-related harm in persons, by LGA, Gippsland by LGA, 2011-12	3
Physical activity	4
Table 5: Physical activity levels, Gippsland by LGA, 2011-12	4
Overweight and obesity	4
Table 6: Body weight status, by sex and LGA, Gippsland, 2008	4
Table 7: Prevalence of overweight and obesity, Gippsland by LGA, 2011-12	5
Psychological distress	5
Table 8: Psychological distress level based on Kessler 10 score, Gippsland by LGA, 2011-12	5
Self-reported health status	6
Table 9: Self-reported health status, Gippsland by LGA, 2011-12	6

Introduction

This report contains selected key findings from the Victorian Population Health Survey 2011-12. This preliminary survey data is being released now in order to assist a number of prevention and health promotion planning processes currently underway, including the finalisation of local government municipal public health and wellbeing plans.

Please note that the data presented in this report are preliminary data. As the complete survey dataset is currently being analysed it is possible that the estimates may change slightly in the final version of the Victorian Population Health Survey 2011-12 report.

The sample size for the Victorian Population Health Survey was expanded in 2011-12 so that information could be analysed and presented at the Local Government Area (LGA) level. A total of 33,673 people completed interviews for the Victorian Population Health Survey with 800 interviews conducted in eight languages apart from English. The overall response rate for the survey was 66.8 per cent.

Survey information is presented in this report for each LGA in Gippsland for the following health indicators:

- Smoking status
- Fruit and vegetable consumption
- Short-term and long-term risk of alcohol-related harm
- Physical activity
- Overweight and obesity
- Psychological distress
- Self-reported health status

Select health indicators

Smoking status

Table 1: Smoking status, Gippsland by LGA, 2011-12

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	20.8	14.7	28.6	33.9^(a)	27.4	41.0	45.1^(b)	37.2	53.3
Baw Baw	14.8	10.8	19.9	27.1	22.2	32.6	57.9	51.9	63.8
East Gippsland	19.7	14.2	26.7	30.5	25.7	35.8	49.6^(b)	43.1	56.2
Latrobe	19.8	15.4	25.1	25.5	20.5	31.2	53.8	47.7	59.8
South Gippsland	14.1	10.0	19.5	29.2	23.1	36.1	56.4	49.1	63.5
Wellington	19.1	14.1	25.3	27.6	22.7	33.1	53.0	46.8	59.2
Victoria	15.7	14.9	16.5	25.2	24.4	25.9	58.6	57.7	59.6

Fruit and vegetable consumption

Table 2: Compliance with fruit and vegetable consumption guidelines[#], Gippsland by LGA, 2011-12

LGA	Both guidelines			Vegetable guidelines ^{&}			Fruit guidelines ^{&}			Neither		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	7.4*	3.8	13.9	9.2*	5.4	15.4	48.2	40.2	56.3	48.0	39.9	56.1
Baw Baw	5.9	3.7	9.3	10.2	6.9	14.9	46.2	39.8	52.8	48.9	42.4	55.5
East Gippsland	5.2*	3.0	9.0	8.8	5.9	13.0	39.6	33.2	46.2	55.5	48.8	62.0
Latrobe	7.0*	4.2	11.3	9.9	6.5	14.8	43.3	37.3	49.4	52.9	46.7	59.0
South Gippsland	4.7	3.0	7.1	8.4	5.9	11.9	40.6	34.0	47.5	54.5	47.7	61.2
Wellington	5.0	3.1	7.9	8.5	5.4	13.0	45.7	38.2	53.4	48.7	41.4	56.1
Victoria	5.2	4.8	5.6	7.2	6.8	7.7	45.3	44.4	46.3	51.1	50.1	52.1

[#] Based on national guidelines (NHMRC 2003)

(a) Estimates are (statistically) significantly above Victorian estimates.

(b) Estimates are (statistically) significantly below Victorian estimates.

* Estimate has a relative standard error between 25 and 50 per cent and should be interpreted with caution.

Data are age standardised to the 2011 Victorian population, using 10 year age groups.

& Includes those meeting both guidelines.

Alcohol consumption

Table 3: Short-term risk of alcohol-related harm[#] in persons, by LGA, Gippsland by LGA, 2011-12

LGA	Abstainer			Low risk [±]			Risky/High risk [∞]		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	13.2	9.3	18.2	29.9	25.1	35.2	56.8 ^(a)	50.5	62.8
Baw Baw	16.0	12.3	20.7	38.0	32.4	44.0	46.0	39.8	52.2
East Gippsland	13.8	10.1	18.7	35.3	29.5	41.7	50.8	44.2	57.3
Latrobe	16.4	13.1	20.4	29.6 ^(b)	24.9	34.8	52.6 ^(a)	47.2	57.9
South Gippsland	14.4	10.8	19.0	33.9	28.8	39.4	51.3	45.2	57.3
Wellington	18.7	14.2	24.3	33.1	25.8	41.3	47.6	39.7	55.7
Victoria	18.6	17.9	19.4	35.8	34.9	36.7	45.3	44.3	46.3

Table 4: Long-term risk of alcohol-related harm in persons, by LGA, Gippsland by LGA, 2011-12

LGA	Abstainer			Low risk ^{&}			Risky or high risk ^{&}		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	13.2	9.3	18.2	79.9	7.37	85.0	6.8 ^(a)	3.8	11.8
Baw Baw	15.9	12.2	20.5	80.6	75.8	84.7	3.2*	1.8	5.5
East Gippsland	13.8	10.1	18.7	80.7	75.0	85.3	4.2*	2.2	8.0
Latrobe	16.1	12.8	20.0	77.5	73.0	81.5	4.8*	2.9	7.8
South Gippsland	14.3	10.7	18.9	83.5 ^(a)	78.9	87.3	1.7*	0.9	3.0
Wellington	18.7	14.2	24.3	74.8	68.8	80.0	5.8*	3.3	10.2
Victoria	18.5	17.8	19.3	77.3	76.5	78.1	3.3	3.0	3.7

[#] Based on national guidelines (NHMRC 2001).

[±] Drinkers who consumed alcohol at levels that did not expose them to risk of short-term of harm were classified as low risk

[∞] Includes those who consumed alcohol at risky or high risk levels weekly, monthly or yearly.

[&] Based on national guidelines (NHMRC 2001): harm refers to the increased risk of developing various cancers, cirrhosis of liver, cognitive problems and dementia, and alcohol dependence.

(a) Estimates are (statistically) significantly above Victorian estimates. (b) Estimates are (statistically) significantly below Victorian estimates.

* Estimate has a relative standard error between 25 and 50 per cent and should be interpreted with caution.

Physical activity

Table 5: Physical activity levels[#], Gippsland by LGA, 2011-12

LGA	Sedentary			Insufficient time and/or sessions			Sufficient time and sessions		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	7.5*	4.1	13.5	19.7^(b)	14.8	25.7	69.5	62.4	75.8
Baw Baw	3.8*	2.1	6.8	27.4	22.5	33.0	62.8	57.0	68.3
East Gippsland	4.6	2.8	7.3	25.9	20.1	32.7	66.6	59.7	72.9
Latrobe	5.7	3.9	8.2	19.3^(b)	15.2	24.2	69.6	64.5	74.2
South Gippsland	5.2	3.2	8.2	26.5	20.5	33.5	62.5	54.9	69.5
Wellington	3.4	2.1	5.5	22.1	18.2	26.5	70.8^(a)	66.1	75.1
Victoria	5.5	5.1	5.9	26.6	25.7	27.5	63.9	63.0	64.9

Overweight and obesity

Table 6: Body weight status[±], by sex and LGA, Gippsland, 2011-12

LGA	Males						Females					
	Overweight (25.0-29.9)			Obese (≥30.0)			Overweight (25.0-29.9)			Obese (≥30.0)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	42.4	32.2	53.2	17.9*	9.2	31.9	21.1	15.8	27.9	21.2	14.6	29.8
Baw Baw	33.1	26.1	40.9	17.0	11.0	25.4	26.4	20.5	33.3	20.2	15.4	26.1
East Gippsland	40.9	31.8	50.6	16.4	11.2	23.4	35.0^(a)	26.7	44.4	18.8	12.5	27.3
Latrobe	44.6	35.4	54.2	24.2	17.1	33.1	29.3	22.4	37.4	23.3	18.0	29.5
South Gippsland	41.6	32.3	51.5	17.2	11.4	24.9	22.3	16.4	29.5	18.8	14.1	24.7
Wellington	44.9	34.5	55.7	14.4	10.2	20.0	30.1	23.9	37.2	17.2	13.2	22.0
Victoria	40.6	39.1	42.2	17.4	16.4	18.5	24.6	23.7	25.6	17.2	16.4	18.0

[#] Based on national guidelines (DoHA 1999) and excludes adults aged less than 19 years.

[±] Determined by calculation of body mass index (BMI), BMI=weight(kg)/height squared (m²).

(a) Estimates are (statistically) significantly above Victorian estimates.

(b) Estimates are (statistically) significantly below Victorian estimates.

* Estimate has a relative standard error between 25 and 50 per cent and should be interpreted with caution.

Table 7: Prevalence of overweight and obesity[#], Gippsland by LGA, 2011-12

LGA	Overweight or obese (≥ 25.0 kg/m ²)		
	%	Lower 95% CI	Upper 95% CI
Bass Coast	51.2	43.2	59.1
Baw Baw	48.9	43.3	54.6
East Gippsland	54.7	47.8	61.4
Latrobe	60.6 ^(a)	54.5	66.3
South Gippsland	49.4	43.5	55.4
Wellington	52.9	46.7	59.1
Victoria	49.8	48.8	50.8

Psychological distress

Table 8: Psychological distress level based on Kessler 10 score, Gippsland by LGA, 2011-12

LGA	Low (<16)			Moderate (16-21)			High/Very high (≥ 22)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	62.6	54.3	70.1	21.6	15.3	29.5	13.4	8.4	20.7
Baw Baw	72.5 ^(a)	66.4	77.9	18.9	14.3	24.6	7.2	4.6	11.3
East Gippsland	65.2	58.2	71.7	19.6	14.5	25.9	14.0	9.7	19.9
Latrobe	67.9	61.7	73.5	15.9	11.8	21.0	13.7	9.8	18.9
South Gippsland	62.9	54.1	70.9	27.0	19.8	35.7	7.9	5.1	11.9
Wellington	56.5 ^(b)	49.1	63.6	26.0	19.0	34.4	15.8*	9.5	25.1
Victoria	64.6	63.6	65.6	21.5	20.7	22.4	11.1	10.4	11.8

[#] Determined by calculation of body mass index (BMI), BMI=weight(kg)/height squared (m²).

(a) Estimates are (statistically) significantly above Victorian estimates.

(b) Estimates are (statistically) significantly below Victorian estimates.

* Estimate has a relative standard error between 25 and 50 per cent and should be interpreted with caution.

Self-reported health status

Table 9: Self-reported health status, Gippsland by LGA, 2011-12

LGA	Excellent / Very good			Good			Fair / Poor		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Bass Coast	35.7^(b)	29.1	42.9	46.6^(a)	38.6	54.6	17.7	12.1	25.2
Baw Baw	49.7	43.3	56.0	37.4	31.5	43.7	12.9	9.4	17.3
East Gippsland	43.4	36.5	50.5	38.7	32.0	45.9	17.9	13.2	23.7
Latrobe	40.7	34.8	46.9	43.7	37.6	49.9	15.3	12.1	19.3
South Gippsland	49.8	43.5	56.0	38.1	32.0	44.7	11.8	9.0	15.3
Wellington	42.7	35.5	50.3	43.8	36.4	51.4	13.2	10.0	17.3
Victoria	46.6	45.6	47.6	37.3	36.4	38.3	15.9	15.2	16.6

^(b) Estimates are (statistically) significantly below Victorian estimates.

^(a) Estimates are (statistically) significantly above Victorian estimates.