

Victorian Population Health Survey 2014

Modifiable risk factors contributing to
chronic disease in Victoria

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Preface

The Victorian Population Health Survey is an important component of the population health surveillance undertaken by the Victorian Department of Health and Human Services. The department initiated the surveillance program in 1998, and the first survey of adult Victorians was conducted in 2001.

The Victorian Population Health Survey gives an annual assessment of the health status and wellbeing of adults living in Victoria. The value of the survey data is increasing each year as it becomes possible to comment on trends over time for key health indicators such as the prevalence of type 2 diabetes, smoking tobacco and overweight and obesity.

In 2014 the sample size was expanded to approximately 34,000 participants to allow for the reporting of analysed data at the local government area level. This third report of the Victorian Population Health Survey at the local government area level also presents quality data for a range of indicators of importance to population health at the state and regional levels of Victoria.

The health risk factors focused on in this report are overweight and obesity, smoking tobacco, consuming alcohol at levels harmful to health, inadequate intake of fruit and vegetables, daily intake of sugar-sweetened soft drinks, hypertension, psychological distress, insufficient physical activity and sedentary behaviour. These modifiable risk factors are key contributors in the development and progression of preventable chronic disease.

The Victorian Population Health Survey is a valuable resource for guiding future policy development and assists all levels of government in planning, reporting and decision-making.

Important insights from the survey into the health and wellbeing of the population are currently being used to underpin and inform various frameworks and policy areas in the department. These include the *Victorian Public Health and Wellbeing Outcomes Framework*, the *Mental Health Outcomes Framework* and the report of the *Chief Health Officer*.

The survey's findings are also used by local government to inform municipal public health and wellbeing plans to improve population health and wellbeing in local communities. The findings are also used extensively across the non-government sector of Victoria.

Future reports released later this year will report additional findings from the Victorian Population Health Survey 2014. The next report focuses on reporting the prevalence of selected chronic conditions in Victoria as well as eye health, health checks and cancer screening. The third report presents the remaining findings from the survey and focuses on social capital and inequalities in the social determinants of health.

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Introduction



Introduction

About the survey

The Victorian Population Health Survey is an important component of population health surveillance in Victoria. The annual survey series is an ongoing source of quality information on the health and wellbeing of adult Victorians.

The Victorian Population Health Survey has been conducted each year since 2001 and is based on a sample of 7,500 adults over 18 years of age who are randomly selected from households from each of the eight Department of Health and Human Services regions in the state. In 2008, 2011–12 and 2014, the sample size for the survey was expanded to include Victoria's 79 local government areas (LGAs) (Tables i–iii and Maps i–ii).

The aim of the survey is to provide quality, timely indicators of population health to inform evidence-based policy development and strategic planning across the department and wider community. The survey is based on core question modules to report on trends over time and to inform decisions about public health priorities. The survey findings fill a significant information gap to ensure that public health programs remain relevant and responsive to current and emerging health issues.

The impact of information from the Victorian Population Health Survey is extensive across both government and non-government sectors of Victoria. The survey provides quality data for a range of indicators of public health importance at the state and LGA levels.

About the report

For the first time, selected findings from the survey have been presented in three separate reports. Each report includes a series of related health topics and indicators. This report includes information on: smoking; fruit and

vegetable consumption; take-away meals and snacks; consumption of sugar-sweetened soft drinks; body weight status; physical activity; alcohol consumption; psychological distress; and hypertension. The second report contains information on: self-reported health and wellbeing; chronic disease prevalence; screening; biomedical checks; and eye health. The third report focuses on social capital and inequalities in the social determinants of health. In this report the data are presented in tables by age, sex and geographic area.

At the time of the survey in 2014, the department had eight health regions, so this report includes a breakdown of health data by these eight regions. The department revised the structure of its operating model in 2016, which is now based on four health branches to focus on the health interests of local populations across the state.

The former regions map to the four divisions as listed below. Note that the North & West Metropolitan Region has been split and now forms part of North Division Health and West Division Health. Victorian Population Health Survey reports that feature survey data from 2016 onwards will include a breakdown of data by nine health areas as featured below:

- West Division Health: Grampians Region, Barwon South Western Region, Western Metropolitan area (subset of North and West Region).
- North Division Health: Loddon Mallee Region, North Metropolitan area (subset of North and West Region).
- East Division: Hume Region, Eastern Metropolitan Region.
- South Division: Gippsland Region, Southern Metropolitan Region.

About the data

- The sample size for the Victorian Population Health Survey was expanded to 33,654 respondents in 2014 so reliable information could be presented at the LGA level.
- Estimates have been age-adjusted (age-standardised) throughout the report to eliminate the effect that differences in age structure may have on estimates from different population groups.
- The reliability of estimates has been determined using the relative standard error (standard error / estimate × 100). Tables and figures throughout the report indicate the reliability of estimates.
- *Time trends*: Time series data are presented in figures throughout the report, age-adjusted (age-standardised) estimates are presented for each year in which the survey was run, where the same question has been asked each year. Where a question about a health topic has changed over time, the period reported reflects the period from where the question change occurred. Ordinary least squares regression was used to test trends over time.

If estimates are described in the text as being 'constant' over time, then there is no (statistically) significant trend observed.

- *Statistical significance*: Individual estimates have been compared with the total Victorian estimate. Where subgroups of the population are presented (for example, males and females), the estimates have been compared with the total Victorian estimate for that population subgroup (all Victorian males, all Victorian females).

Statistically significant differences have been determined by comparing the 95 per cent confidence intervals of estimates. Where the confidence interval for an estimate in a table does not overlap with the confidence interval of the corresponding estimate for Victoria (or subpopulation), then the font colour of the estimate in question is changed to **red** if the estimate is higher, or **blue** if the estimate is lower, compared with the estimate for Victoria (or subpopulation). Notes to the tables and figures indicate the statistical significance of differences between estimates.

If an estimate is described as being 'higher' or 'lower' than another in the text of the report it is (statistically) significantly higher or lower than the comparative estimate. If two estimates are described in the text as being 'similar', then there is no (statistically) significant difference between estimates.

The sample table below provides an example of how the data are presented in this report.

Sample table: Smoking status, by LGA, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Greater Bendigo (C)	13.0	8.7	19.2	22.2	18.4	26.5	62.9	56.1	69.3
Loddon (S)	→ 23.0	17.1	30.2	21.7	14.2	31.6	55.0	45.2	64.4
Macedon Ranges (S)	→ 8.0	5.6	11.3	25.3	20.9	30.2	66.1	61.0	70.9
Mildura (RC)	18.7	11.7	28.6	23.8	17.6	31.5	57.3	47.8	66.3
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

If the estimate of the LGA is coloured **red**, this indicates that it is (statistically) significantly **HIGHER** than the state estimate.

→ For example, the percentage of current smokers in the Shire of Loddon is 23.0 per cent, and this is higher than the state estimate, which is 13.1 per cent.

If the estimate of the LGA is coloured **blue**, this indicates that it is (statistically) significantly **LOWER** than the state estimate.

→ For example, the percentage of current smokers for the Shire of Macedon Ranges is 8.0 per cent, and this is lower than the state estimate, which is 13.1 per cent.

How to interpret the maps

The 79 LGAs were ranked, for each risk factor of interest, based on the prevalence of the risk factor in question. The LGAs were then divided into five groups (quintiles 1 to 4 having 16 LGAs and quintile 5 having 15 LGAs). 'Quintile 1' included the group of 16 LGAs with the poorest results for the risk factor in question (for example, the highest prevalence of smoking, or the lowest prevalence of compliance with fruit/vegetable consumption guidelines). In contrast, 'quintile 5' included the 15 LGAs with the best results (for example, the lowest prevalence of smoking or the highest prevalence of compliance with fruit/vegetable consumption guidelines). As such, the higher the quintile grouping of a LGA, the better the result for the risk factor in question.

How is local government involved in public health?

The Victorian Government has long developed policies, programs and resources that encourage preventive health practices across all levels of government, non-government agencies and the private sector. *The Public Health and Wellbeing Act 2008* requires all government departments and levels of government in Victoria to be responsible for public health and wellbeing. This approach is necessary because the environment in which we live influences many of the factors that affect our health and wellbeing.

The Act requires the Minister for Health to prepare a state public health and wellbeing plan every four years. The *Public Health and Wellbeing Plan 2015–2019* outlines the government's current key priorities for improving the health and wellbeing of all Victorians, particularly the most disadvantaged. As many chronic diseases and injuries are preventable, the plan focuses on encouraging healthy living from the early years and throughout life.

How can this survey help local government?

Local government is ideally placed to lead local policies, programs and infrastructure development that can influence health through its work in a range of areas including transport, roads, parks, waste, land use, urban planning, recreation, cultural activities and in creating safer public places. Because information from the Victorian Population Health Survey is now available at the LGA level, providing a breakdown of particular risk factors and conditions across municipalities, councils are able to use the information from the survey to inform plans aimed at enhancing public health and wellbeing across Victoria.

Map i: Metropolitan local government areas, by Department of Health and Human Services region

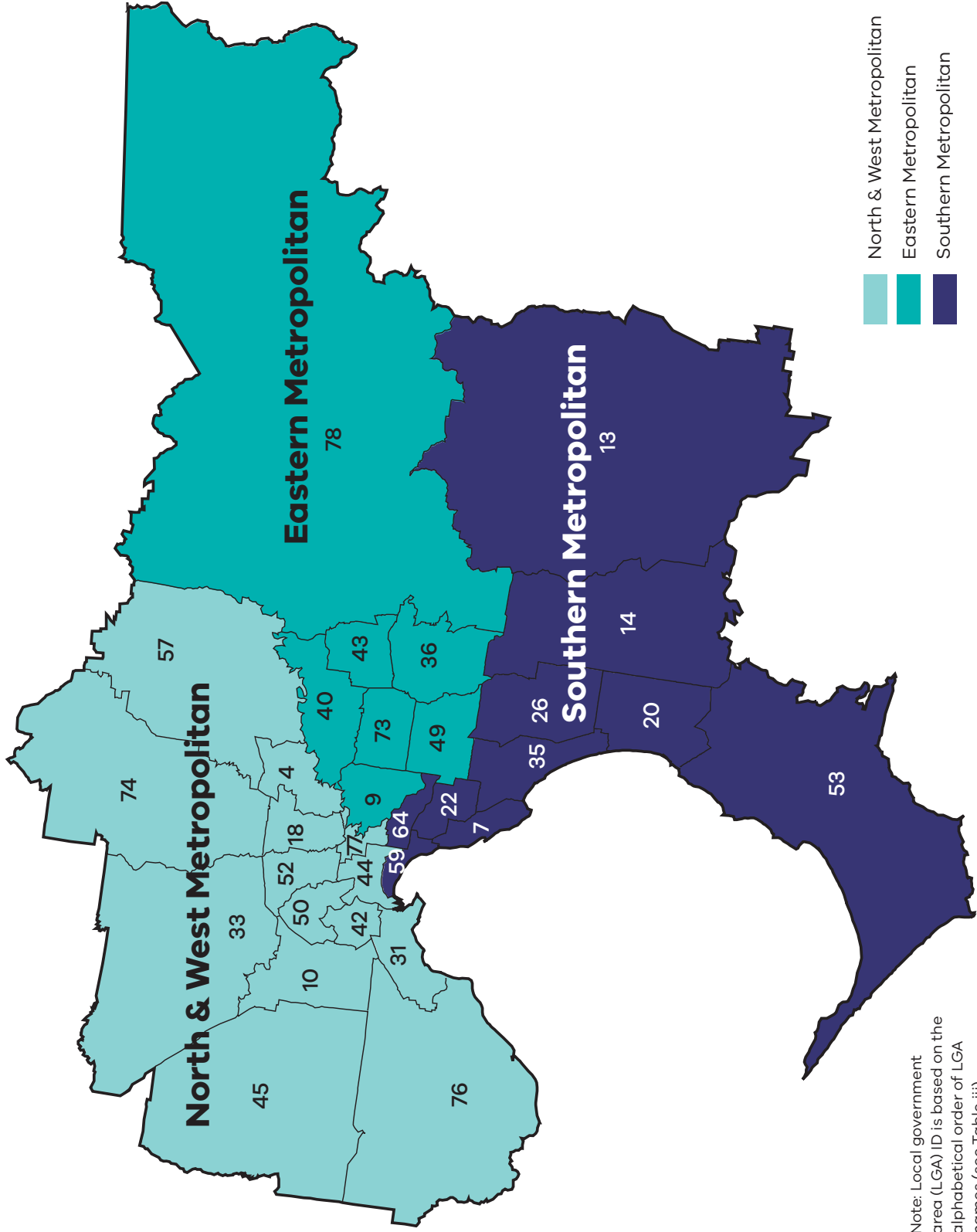


Table i: Metropolitan local government areas, by Department of Health and Human Services region

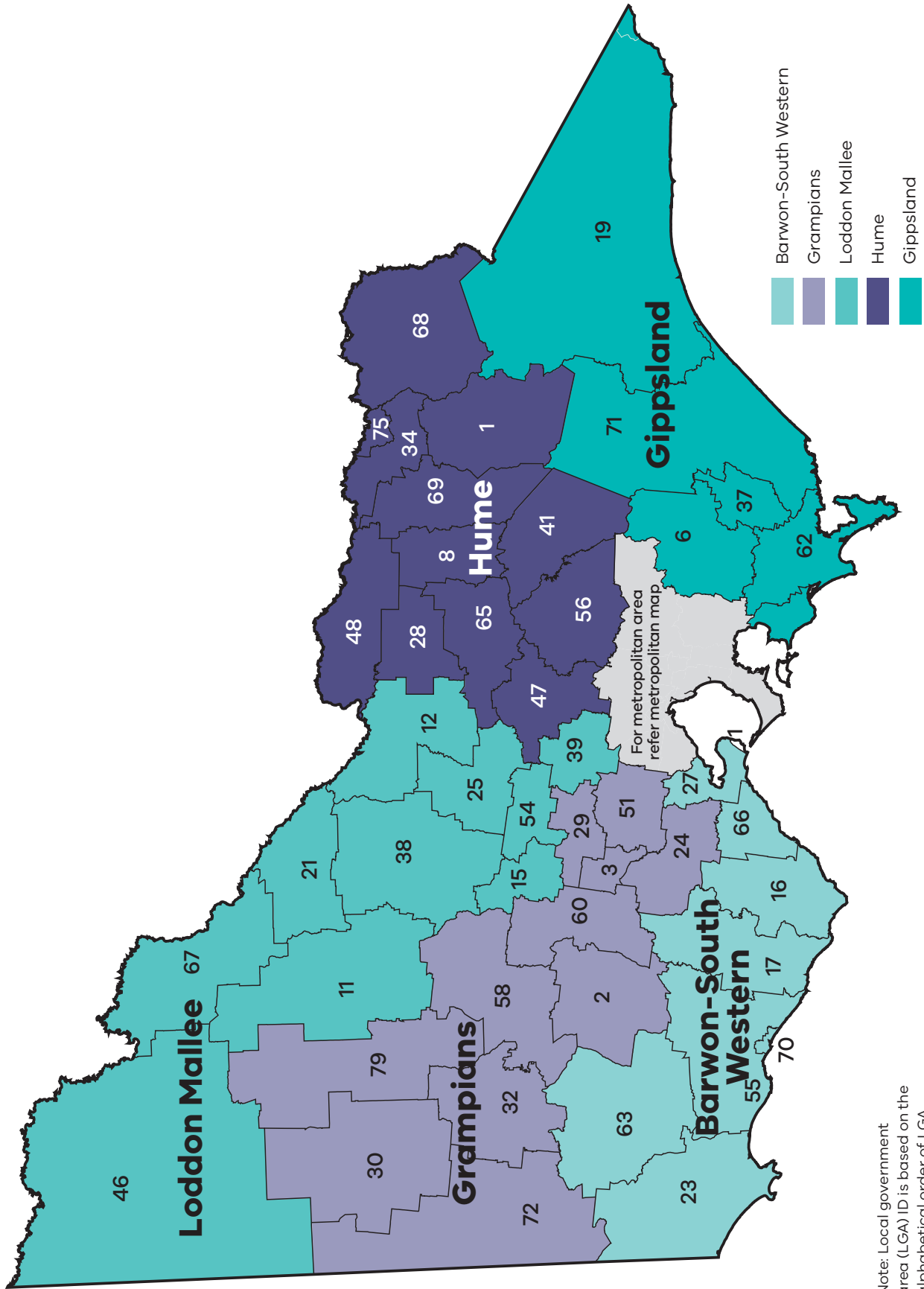
Region	LGA ID number ^a	LGA name
North & West Metropolitan	4	Banyule
	10	Brimbank
	18	Darebin
	31	Hobsons Bay
	33	Hume
	42	Maribyrnong
	44	Melbourne
	45	Melton
	50	Moonee Valley
	52	Moreland
	57	Nillumbik
	74	Whittlesea
	76	Wyndham
	77	Yarra

Region	LGA ID number ^a	LGA name
Eastern Metropolitan	9	Boroondara
	36	Knox
	40	Manningham
	43	Maroondah
	49	Monash
	73	Whitehorse
	78	Yarra Ranges

Region	LGA ID number ^a	LGA name
Southern Metropolitan	7	Bayside
	13	Cardinia
	14	Casey
	20	Frankston
	22	Glen Eira
	26	Greater Dandenong
	35	Kingston
	53	Mornington Peninsula
	59	Port Phillip
64	Stonnington	

a. Local government area (LGA) ID number is based on the alphabetical order of LGA names (see Table iii).

Map ii: Rural local government areas, by Department of Health and Human Services region



Note: Local government area (LGA) ID is based on the alphabetical order of LGA names (see Table iii).

Table ii: Rural local government areas, by Department of Health and Human Services region

Region	LGA ID number ^a	LGA name
Barwon-South Western	16	Colac Otway
	17	Corangamite
	23	Glenelg
	27	Greater Geelong
	55	Moyne
	61	Queenscliffe
	63	Southern Grampians
	66	Surf Coast
	70	Warrnambool

Region	LGA ID number ^a	LGA name
Grampians	2	Ararat
	3	Ballarat
	24	Golden Plains
	29	Hepburn
	30	Hindmarsh
	32	Horsham
	51	Moorabool
	58	Northern Grampians
	60	Pyrenees
	72	West Wimmera
	79	Yarriambiack

Region	LGA ID number ^a	LGA name
Loddon Mallee	11	Buloke
	12	Campaspe
	15	Central Goldfields
	21	Gannawarra
	25	Greater Bendigo
	38	Loddon
	39	Macedon Ranges
	46	Mildura
	54	Mount Alexander
	67	Swan Hill

Region	LGA ID number ^a	LGA name
Hume	1	Alpine
	8	Benalla
	28	Greater Shepparton
	34	Indigo
	41	Mansfield
	47	Mitchell
	48	Moira
	56	Murrindindi
	65	Strathbogie
	68	Towong
	69	Wangaratta
	75	Wodonga

Region	LGA ID number ^a	LGA name
Gippsland	5	Bass Coast
	6	Baw Baw
	19	East Gippsland
	37	Latrobe
	62	South Gippsland
	71	Wellington

a. Local government area (LGA) ID number is based on the alphabetical order of LGA names (Table iii).

Table iii: Local government area names and Department of Health and Human Services regions

LGA name	Region	LGA ID no. ^a	LGA name	Region	LGA ID no. ^a
Alpine (S)	Hume	1	Hindmarsh (S)	Grampians	30
Ararat (RC)	Grampians	2	Hobsons Bay (C)	North & West Metropolitan	31
Ballarat (C)	Grampians	3	Horsham (RC)	Grampians	32
Banyule (C)	North & West Metropolitan	4	Hume (C)	North & West Metropolitan	33
Bass Coast (S)	Gippsland	5	Indigo (S)	Hume	34
Baw Baw (S)	Gippsland	6	Kingston (C)	Southern Metropolitan	35
Bayside (C)	Southern Metropolitan	7	Knox (C)	Eastern Metropolitan	36
Benalla (RC)	Hume	8	Latrobe (C)	Gippsland	37
Boroondara (C)	Eastern Metropolitan	9	Loddon (S)	Loddon Mallee	38
Brimbank (C)	North & West Metropolitan	10	Macedon Ranges (S)	Mallee Loddon	39
Buloke (S)	Loddon Mallee	11	Manningham (C)	Eastern Metropolitan	40
Campaspe (S)	Loddon Mallee	12	Mansfield (S)	Hume	41
Cardinia (S)	Southern Metropolitan	13	Maribyrnong (C)	North & West Metropolitan	42
Casey (C)	Southern Metropolitan	14	Maroondah (C)	Eastern Metropolitan	43
Central Goldfields (S)	Loddon Mallee	15	Melbourne (C)	North & West Metropolitan	44
Colac Otway (S)	Barwon-South Western	16	Melton (S)	North & West Metropolitan	45
Corangamite (S)	Barwon-South Western	17	Mildura (RC)	Loddon Mallee	46
Darebin (C)	North & West Metropolitan	18	Mitchell (S)	Hume	47
East Gippsland (S)	Gippsland	19	Moira (S)	Hume	48
Frankston (C)	Southern Metropolitan	20	Monash (C)	Eastern Metropolitan	49
Gannawarra (S)	Loddon Mallee	21	Moonee Valley (C)	North & West Metropolitan	50
Glen Eira (C)	Southern Metropolitan	22	Moorabool (S)	Grampians	51
Glenelg (S)	Barwon-South Western	23	Moreland (C)	North & West Metropolitan	52
Golden Plains (S)	Grampians	24	Mornington Peninsula (S)	Southern Metropolitan	53
Greater Bendigo (C)	Loddon Mallee	25	Mount Alexander (S)	Loddon Mallee	54
Greater Dandenong (C)	Southern Metropolitan	26	Moyne (S)	Barwon-South Western	55
Greater Geelong (C)	Barwon-South Western	27	Murrindindi (S)	Hume	56
Greater Shepparton (C)	Hume	28	Nillumbik (S)	North & West Metropolitan	57
Hepburn (S)	Grampians	29	Northern Grampians (S)	Grampians	58

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

a. Local government area (LGA) ID number is based on the alphabetical order of LGA names.

B = Borough; C = City; S = Shire; RC = Rural City.

Table iii: Local government area names and Department of Health and Human Services regions
(continued)

LGA name	Region	LGA ID no. ^a
Port Phillip (C)	Southern Metropolitan	59
Pyrenees (S)	Grampians	60
Queenscliffe (B)	Barwon-South Western	61
South Gippsland (S)	Gippsland	62
Southern Grampians (S)	Barwon-South Western	63
Stonnington (C)	Southern Metropolitan	64
Strathbogie (S)	Hume	65
Surf Coast (S)	Barwon-South Western	66
Swan Hill (RC)	Loddon Mallee	67
Towong (S)	Hume	68
Wangaratta (RC)	Hume	69
Warrnambool (C)	Barwon-South Western	70
Wellington (S)	Gippsland	71
West Wimmera (S)	Grampians	72
Whitehorse (C)	Eastern Metropolitan	73
Whittlesea (C)	North & West Metropolitan	74
Wodonga (RC)	Hume	75
Wyndham (C)	North & West Metropolitan	76
Yarra (C)	North & West Metropolitan	77
Yarra Ranges (S)	Eastern Metropolitan	78
Yarriambiack (S)	Grampians	79

Metropolitan and rural regions are identified by colour as follows:
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a. Local government area (LGA) ID number is based on the alphabetical order of LGA names.

B = Borough; C = City; S = Shire; RC = Rural City.



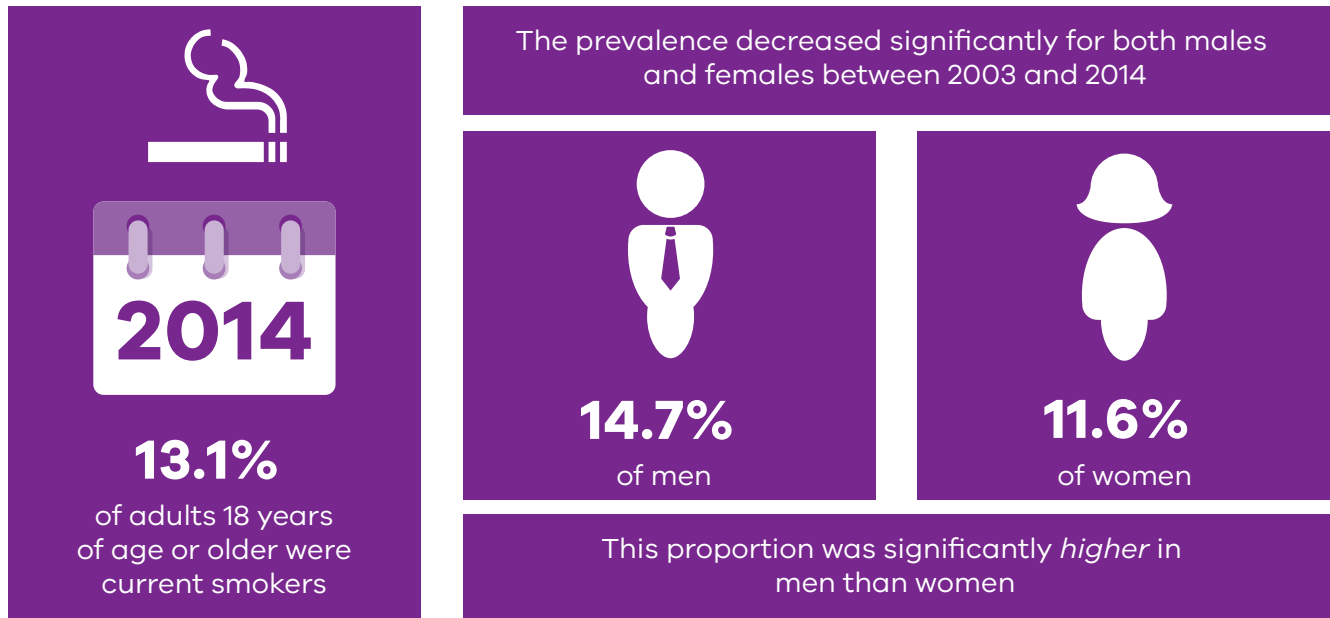
Summary of findings



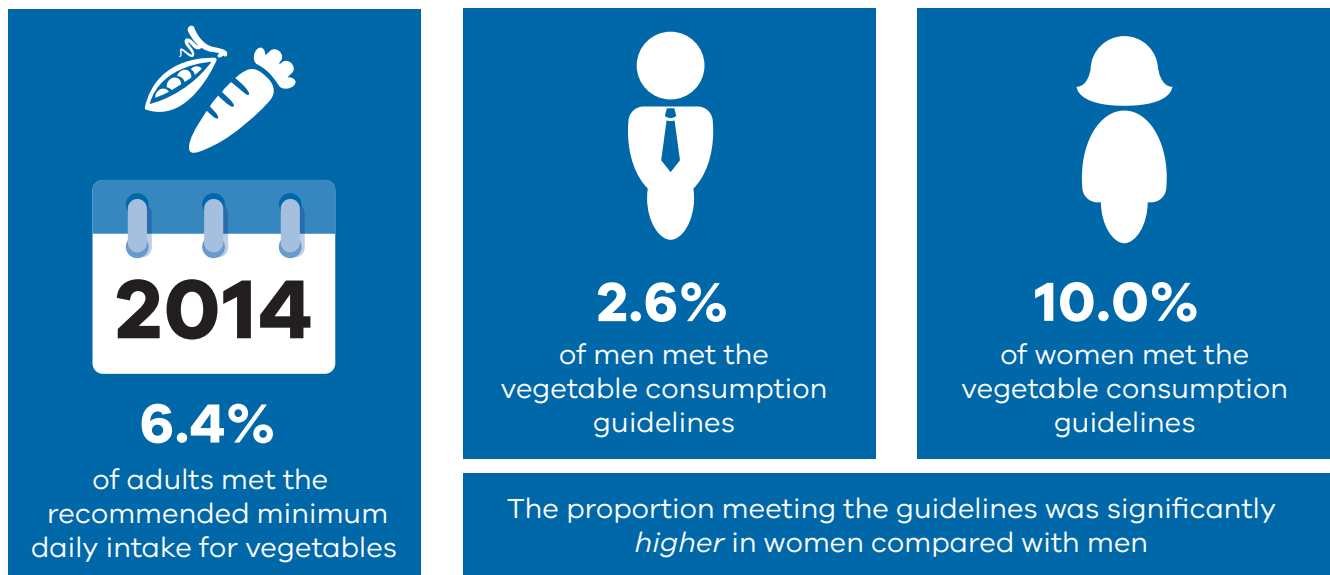
Summary of findings

The following is a summary of results from the Victorian Population Health Survey 2014.

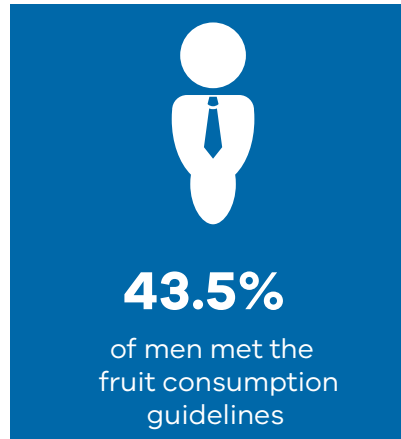
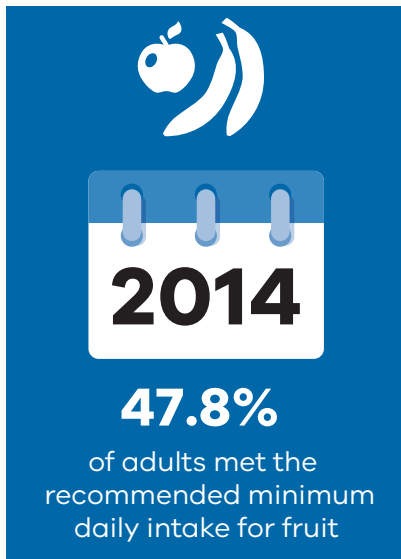
Smoking



Vegetable intake

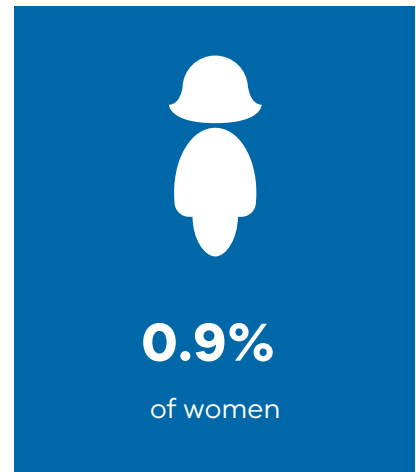
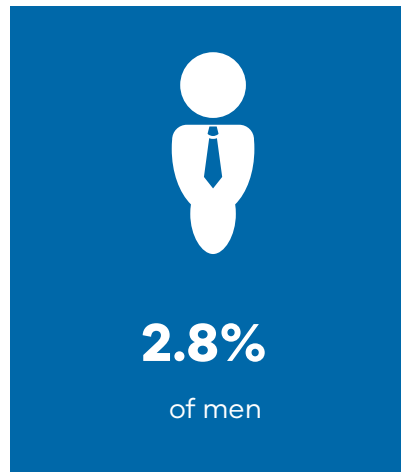
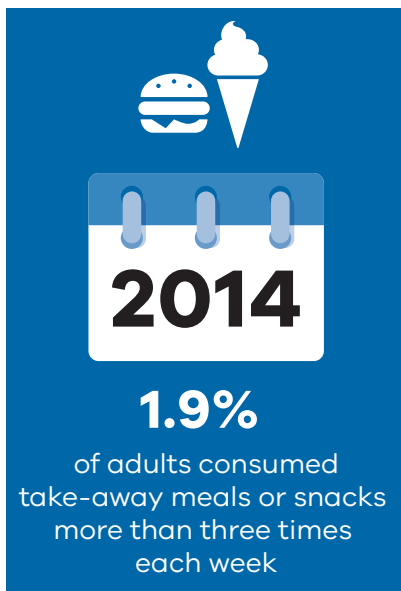


Fruit intake



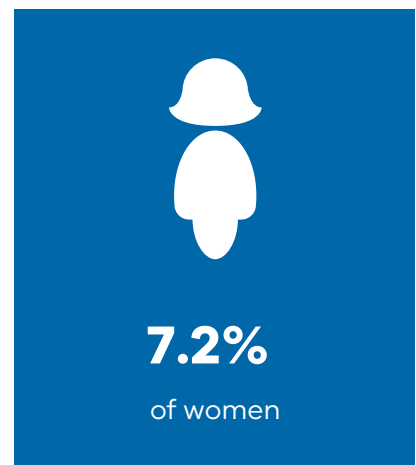
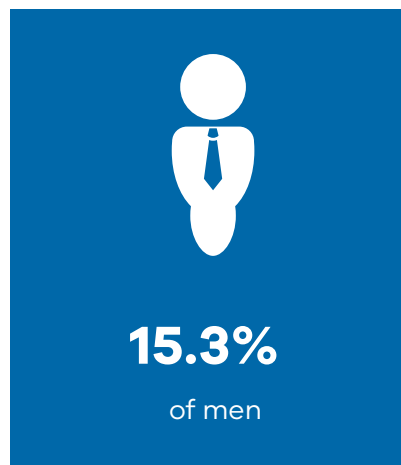
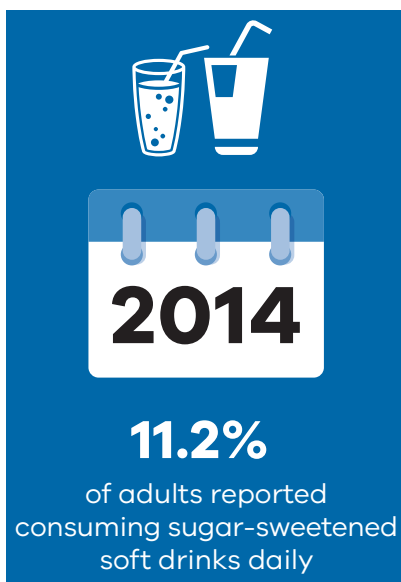
The proportion meeting the recommended two or more serves was significantly *higher* in women compared with men

Consumption of take-away meals or snacks



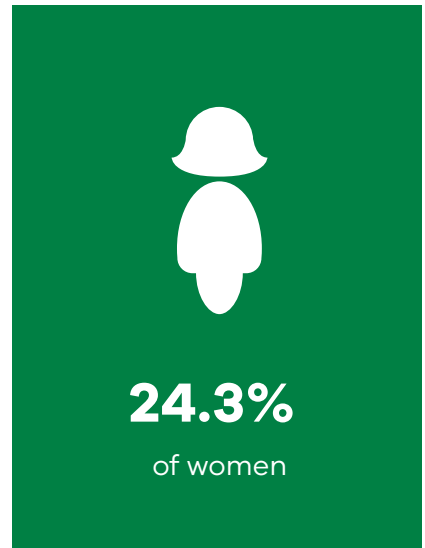
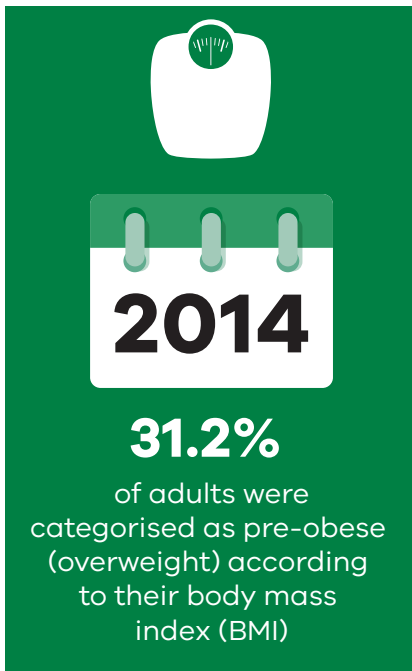
This proportion was significantly *higher* in men compared with women

Sugar-sweetened soft drink consumption



The proportion who reported consuming these drinks daily was significantly *higher* in men compared with women

Body weight

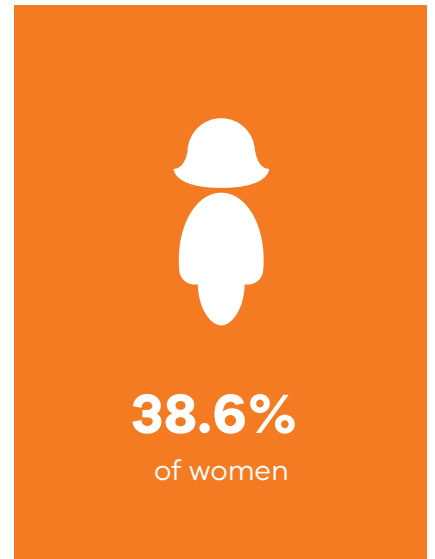
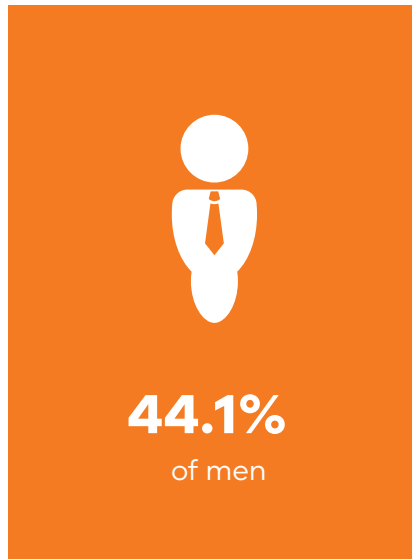
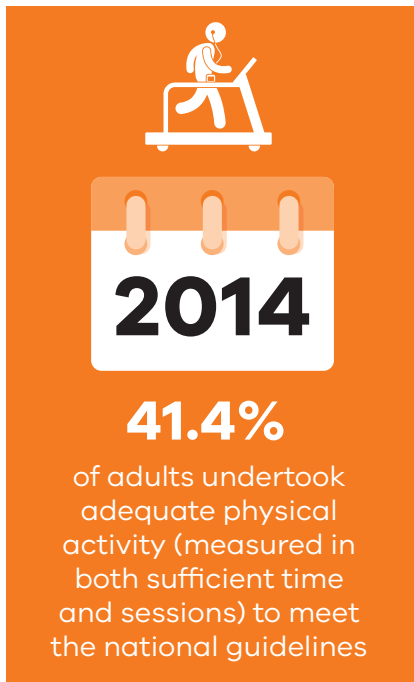


This proportion was significantly *higher* in men compared with women



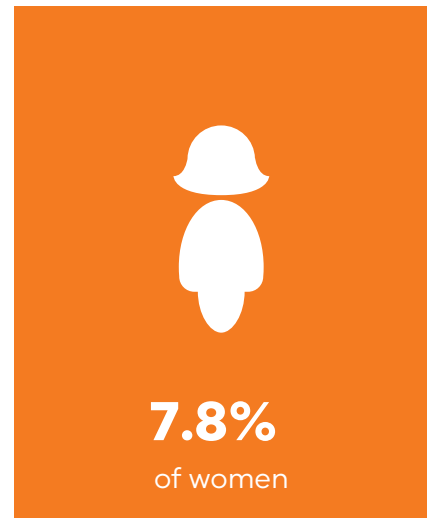
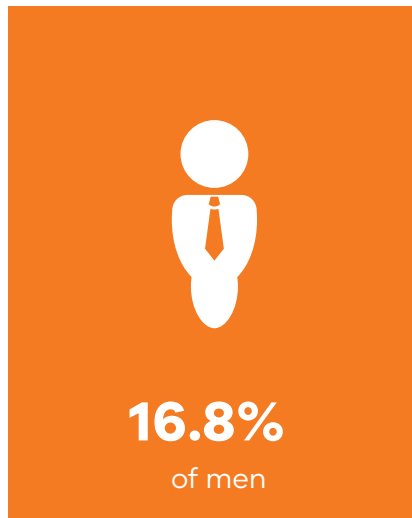
The proportion was significantly *higher* in men compared with women

Physical activity



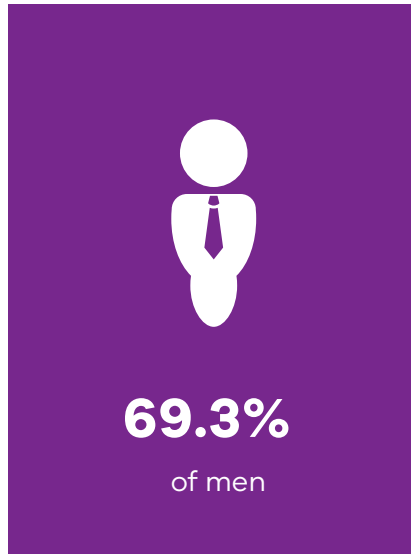
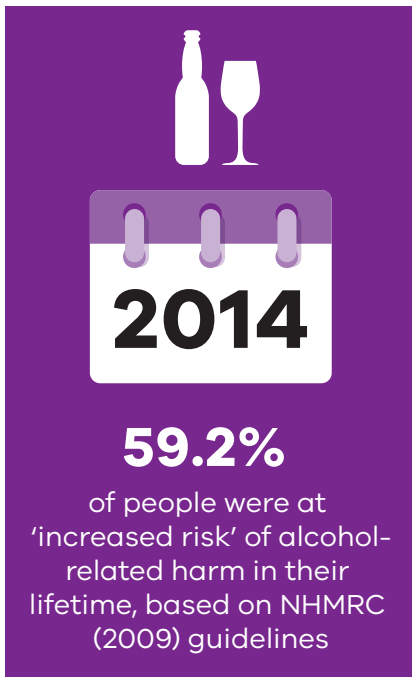
This proportion was significantly *higher* in men compared with women

Physical activity associated with occupation



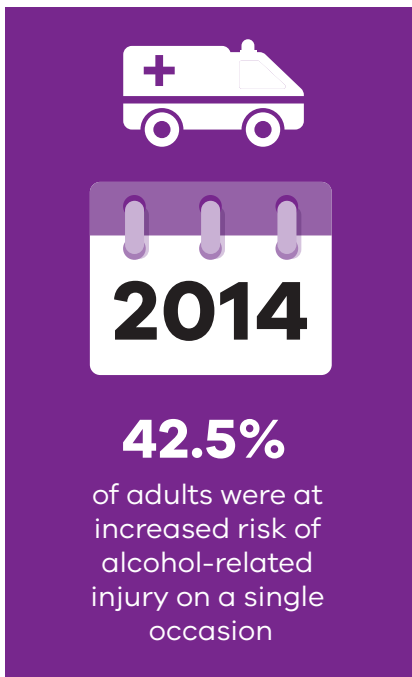
This proportion was significantly *higher* in men compared with women

Lifetime risk of alcohol-related harm



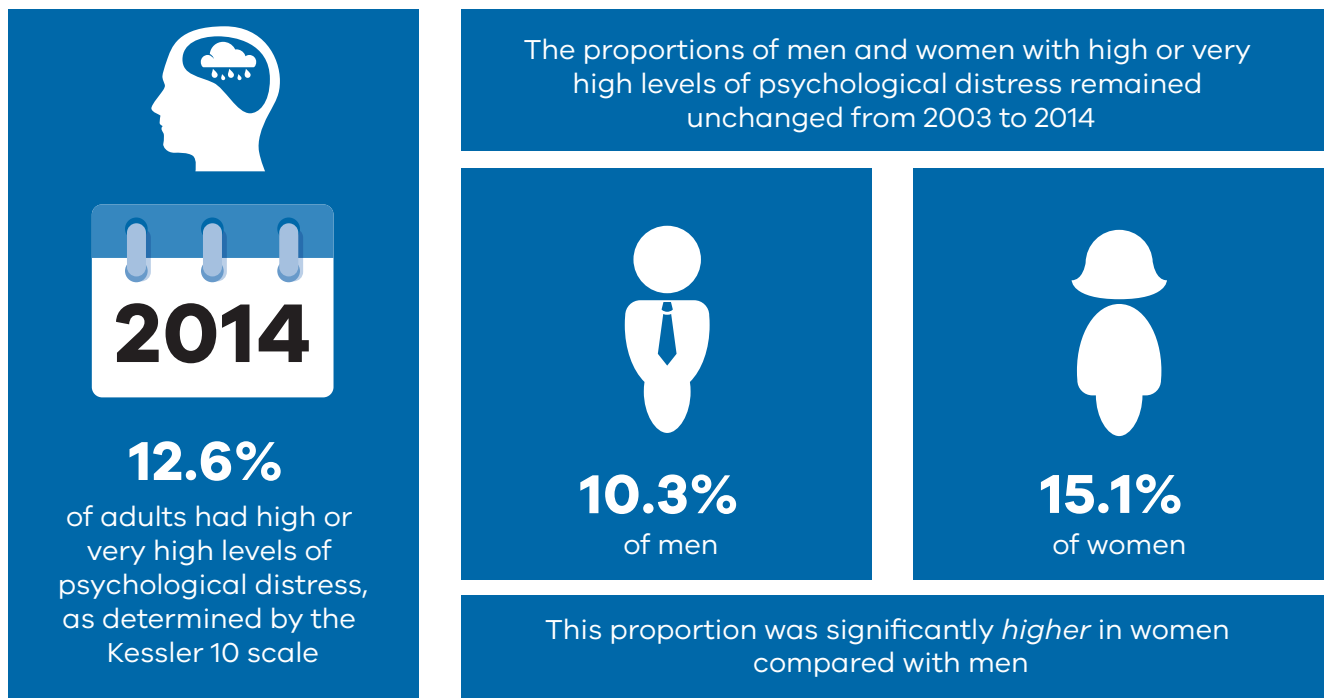
This proportion was significantly *higher* in men compared with women

Risk of alcohol-related injury on a single occasion

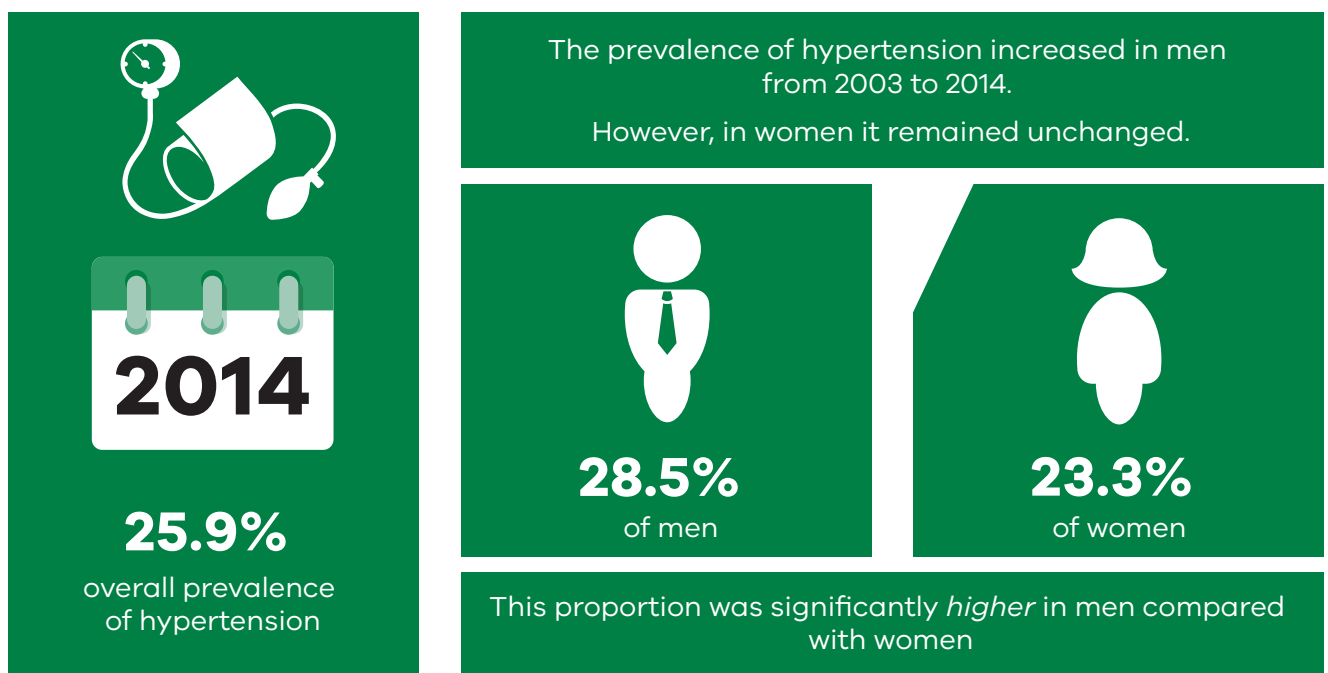


This proportion was significantly *higher* in men compared with women

Psychological distress



Hypertension

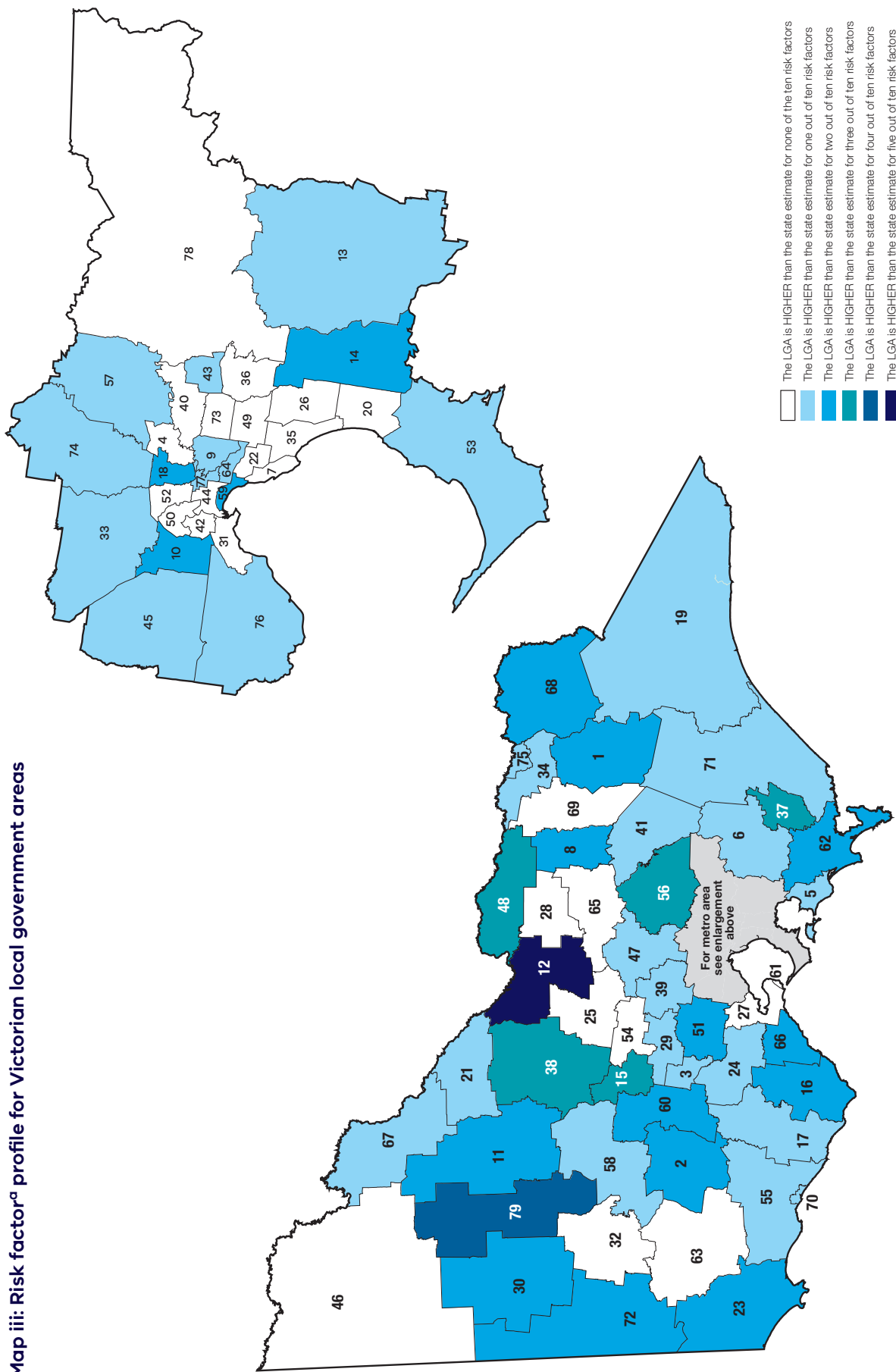


LGA risk factor profile

The combined distribution of seven selected risk factors in each LGA is presented in Map iii. These risk factors are: obesity, sedentary behavior, inadequate physical activity, not meeting NHMRC (2013) guidelines for either vegetable or fruit consumption, daily intake of sugar-sweetened soft drinks, smoking status (current smoker),

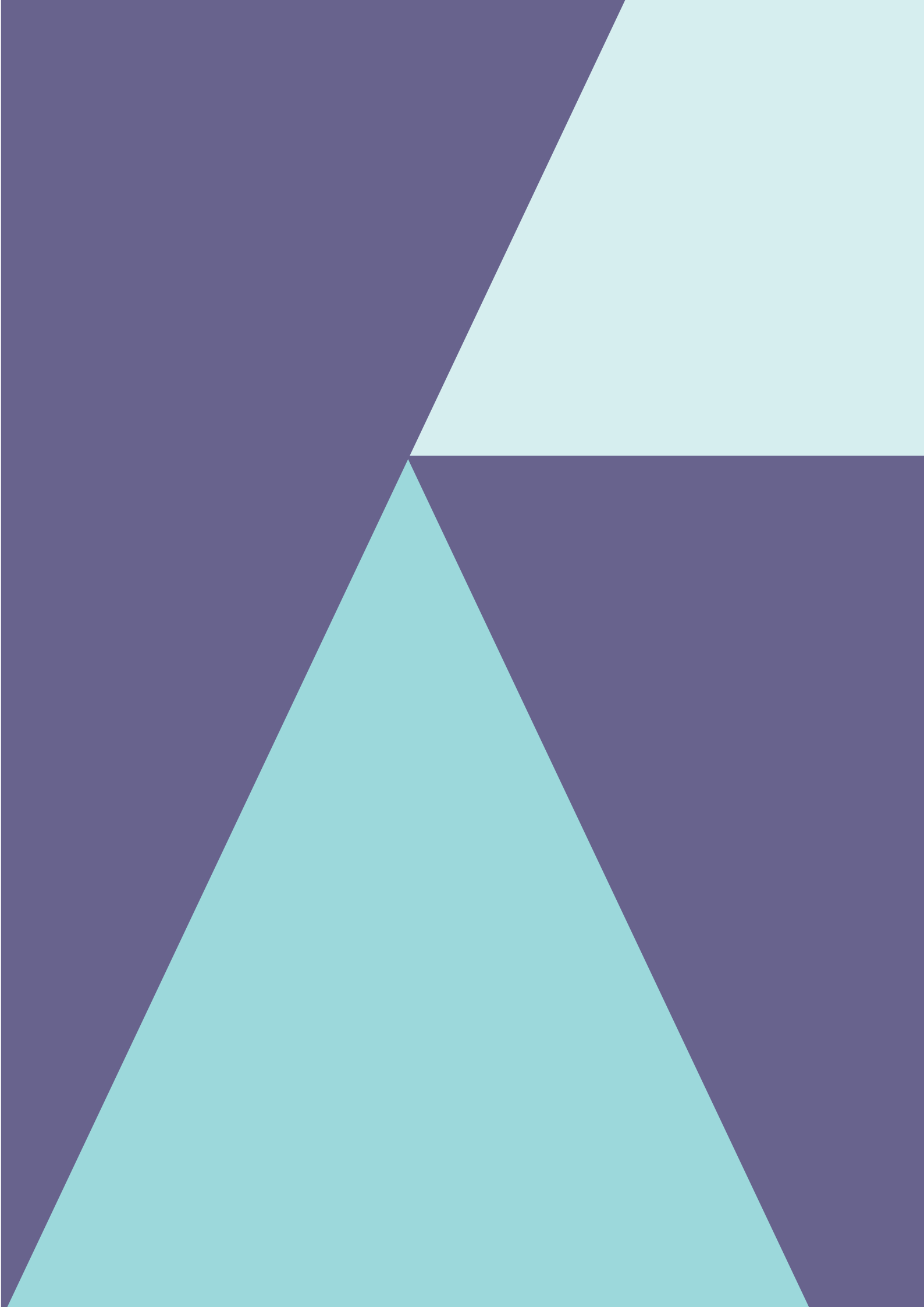
at increased risk of alcohol-related harm on a single occasion either yearly, monthly or weekly, high blood pressure, high or very high levels of psychological distress and total household income <\$40,000. Additional maps within this report separately describe the distribution of selected risk factors in each LGA.

Map iii: Risk factor^a profile for Victorian local government areas



Note: Local government area (LGA) ID is based on the alphabetical order of LGA names (see Table iii).

a. Risk factors are: obesity, sedentary behaviour, insufficient physical activity, did not meet NHMRC (2013) guidelines for either vegetable or fruit consumption, daily consumer of sugar sweetened soft drinks, current smoker, at increased risk of alcohol-related harm on a single occasion, either yearly, monthly or weekly, high blood pressure, high or very high levels of psychological distress and total annual household income < \$40,000.





1. Methods



1. Methods

Background

Population health surveys based on computer-assisted telephone interviews (CATI) are used to collect key population health surveillance data because they provide time series data, collection procedures that are acceptable to respondents, an adequate sample size, quality data (especially through greater supervision of interviewers, computer data entry and question sequencing) and use current technology.

Further, they allow for data collection that is timely, cost-effective (especially in rural and metropolitan areas) and adaptable to changing and emerging information needs. CATI surveys also fill strategic information gaps – that is, they can be used to gather information not available from other sources – and provide data for further analysis and interpretation.

Survey methods

The Victorian Population Health Survey 2014 followed a method developed over several years to collect relevant, timely and valid health information for policy, planning and decision making. The survey team administered CATI on a representative sample of people 18 years of age or older who lived in private dwellings in Victoria. The Department of Health and Human Services' Human Research Ethics Committee approved the survey method and questionnaire content.

The department outsourced the fieldwork data collection to a market research organisation, which department staff supervised. All data were self-reported and stored directly in the CATI system.

Stratification

In 2014 the department divided Victoria geographically into five rural and three metropolitan regions that comprised 79 LGAs. The survey sample was stratified by LGA, with a target sample size of 426 respondents per LGA. A total of 33,654 interviews were completed, including 940 interviews in languages other than English.

Sampling frame

Victorian Population Health Surveys up to and including 2009 used a 'list assisted' form of random digit dialling (RDD) for the sample frame. While list-assisted RDD approaches have provided a good contemporary coverage of households with a landline telephone connection, they tend to under-represent phone numbers in new exchanges and generate a relatively high proportion of non-working telephone numbers, which leads to some loss in fieldwork efficiency. An exchange-based approach to RDD was employed for the first time in 2010, using a commercial list provider to provide the RDD landline telephone sample. For the Victorian Population Health Survey 2014, a customised approach to RDD sample generation was agreed with the commercial list provider, whereby RDD numbers were generated and tested at the time of each request, rather than being drawn from a pre-existing (and potentially ageing) pool of numbers.

The advantages of this exchange-based approach to RDD sample generation include:

- improved coverage in areas where new telephone number ranges have been activated
- improved coverage in growth corridors, peri-urban areas and central business district developments
- representing each bank of phone numbers in the sampling frame in proportion to the current population of working landline numbers
- higher connection rates and therefore greater fieldwork efficiency.

Sample generation

RDD was used to generate a sample of telephone numbers that formed the household sample for CATI. All residential households with landline telephone connections were considered 'in scope' for the survey. People who are homeless or itinerant were excluded from the survey, as were people in hospitals or institutions, the frail aged and people with disabilities who were unable to participate in an interview.

Move to a dual-frame sampling design in 2015.

Please note that the Victorian Population Health Survey in 2015 will use a dual-frame sampling design. This survey design uses a randomly generated frame of landline telephone numbers and a randomly generated frame of mobile phone numbers to reach a representative sample of households. Adult Victorians will be randomly selected via a landline telephone or mobile phone and invited to participate in the Victorian Population Health Survey.

The landline telephone has been the primary mode of surveying the adult population in Victoria since 2001. However, more Victorians are now using mobile phones, including those who have given up their residential landline telephones entirely and now reside in mobile-only households. In order to reduce this coverage gap and reach a more representative sample of the population, 50 per cent of the stratified random sample will be interviewed using mobile phones in 2015.

Using a dual-frame sampling design, the Victorian Population Health Survey will reach people aged less than 35 years, as well as other demographic groups, such as people who rent their homes and recent arrivals to Australia. Each of these groups is disproportionately more likely to be mobile-only. In 2014, 40 per cent of 18 to 24 year olds and 51 per cent of 25 to 34 year olds were mobile-only (ACMA, December, 2014),¹ and could no longer be reached via a residential landline telephone.

The socio-demographic indicators of the sampled population in Victoria are likely to change in 2015 with the introduction of dual-frame sampling. Population groups including young adults who were difficult to reach using a landline sampling frame will now be included in a dual-frame sample. This has the potential to affect the point estimates for indicators which are strongly associated with age, such as smoking status.

The size of the mobile-only population will continue to increase over time and the Victorian Population Health Survey dual-frame sample will be adjusted accordingly to accommodate the growth in the proportion of the population who reside in mobile-only households.

Having a more representative sample of the population will greatly benefit the quality and representativeness of the Victorian Population Health Survey data. Population health interventions will also benefit by being able to better target specific sub-populations within the community with the use of a dual-frame sampling design.

Sample size

The sample size for each LGA for the Victorian Population Health Survey (conducted in 2008, 2011–12 and 2014) was approximately 426. The sample size is based on the following formula assuming a prevalence of 7.5 per cent for a variable of interest, with a confidence interval of 2.5 per cent (7.5 (5.0, 10.0) per cent), all percentages being expressed as a proportion:

$$\text{Sample size } (n) = \frac{Z^2 \times p \times (1 - p)}{c^2} = 426$$

where:

p = proportion	(0.075)
Z = 1.96	(Z-score of level of significance (alpha = 0.05))
c = confidence interval	(0.025).

1. Australian Communications and Media Authority, Communication Report 2013-14 (Dec, 2014).

Statistically detectable difference between two estimates

While a sample size of $n = 426$ in each LGA permitted the detection of a variable of interest with a population prevalence of 7.5 (95% CI: 5.0, 10.0) per cent and a statistical power of 80 per cent, the sample size required to determine a difference between two estimates is considerably higher. Figure 1.1 shows the estimated sample size required to detect a statistically significant difference of 5–15 per cent between two estimates.

The two estimates could be, for example, two different geographic areas or the same estimate across two different points in time. Figure 1.1 also shows that the sample size required for any given absolute difference between two estimates varies according to the prevalence of the estimate. In general, larger sample sizes are needed to detect differences between estimates with a prevalence of 50 per cent compared with estimates that have a prevalence that is higher (such as 70 per cent) or lower (such as 10 per cent) than 50 per cent.

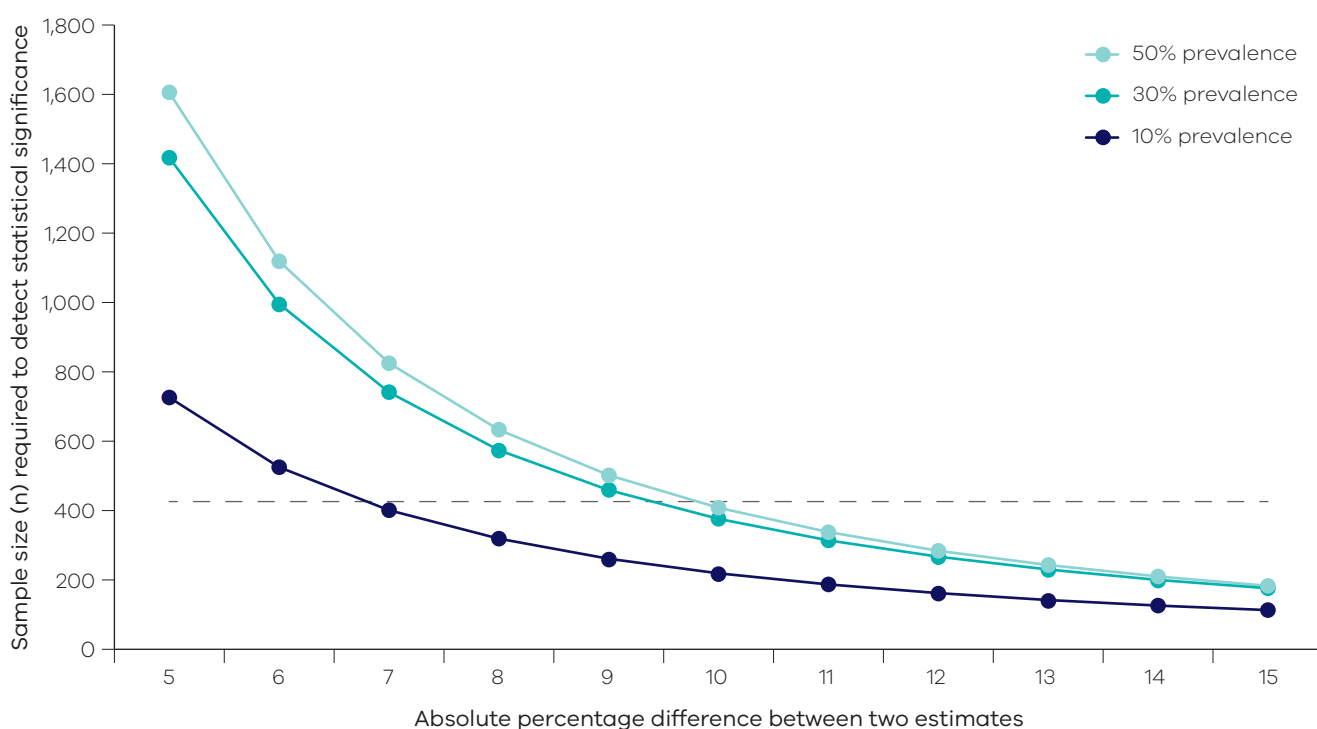
The figure shows that to be able to detect a 5 per cent difference across time or between two LGAs in a variable with a prevalence of approximately 50 per cent (for example, the proportion of adults in Victoria who met the recommended guidelines for daily fruit intake), a sample size of 1,600 people per LGA would be required.

The LGA-level Victorian Population Health Survey with an LGA sample size of 426 is only able to statistically detect true differences of 10 per cent or more where the prevalence of the estimate of interest is in the range of 10–50 per cent. Therefore, in response to a frequently asked question about whether the 2011–12 LGA-level Victorian Population Health Survey can be

directly compared with the 2014 LGA-level Victorian Population Health Survey in order to be able to track changes over time, the answer is 'yes', but only if any observed difference in the variable of interest **exceeds** the range of 7–10 per cent (depending on its prevalence). However, a difference in the range of 7–10 per cent is a very large difference in public health terms, and few health outcomes or risk factors have been observed to change by such large amounts, particularly over short periods of time.

However, at the statewide level, the Victorian Population Health Survey with a sample size of approximately 7,500 (statewide surveys) or 34,000 (LGA-level surveys) is powered to be able to detect very small differences of 2 per cent or more from year to year. This has enabled the time-series analyses that can be found throughout the report.

Figure 1.1: Estimated sample size to detect statistically significant differences for prevalence at 10, 30 and 50 per cent



Dotted black line indicates the sample size per LGA employed in the 2008, 2011–12 and 2014 surveys.

Data collection

Almost two-thirds of all completed interviews were achieved within the first three calls. This proportion is consistent with national experience on similar surveys.

Call routine

The algorithm spreads call attempts over different times of day and days of the week. Other features of the call regime included:

- call initiation on weekday evenings and weekends only (since these are proven to be the best times to establish initial contact with households)
- appointments made for any time the call centre was operational
- appointments set for five days’ time after leaving the first answering machine message and eight days’ time after leaving the second answering machine message.

After establishing contact, interviewers could make calls, by appointment, outside the time block hours. After contacting a household, an interviewer would select for interview the person 18 years of age or older with the most recent birthday.

The department operated a survey hotline number during business hours throughout the data collection period to help establish survey bona fides and address sample member queries about the survey or survey process and arrange appointment times with respondents for their interview.

Interviewing in languages other than English

Interviews were conducted in nine community languages. As for previous surveys in the series, the department provided translated survey questionnaires in Italian, Greek, Mandarin,

Cantonese, Vietnamese, Arabic, Turkish, Serbian and Croatian, with a view to achieving a more representative sample in those areas with a relatively high proportion of speakers of these languages. CATI interviewers were recruited to undertake the interviews in these other languages, as required. The average interview length was 25.4 minutes.

Participation

The response rate, defined as the proportion of households contacted that were not identified as out of scope and an interview completed, was 69.6 per cent. The response rate was higher in the rural LGAs (72.7 per cent) compared with metropolitan LGAs (65.2 per cent) and ranged from 53.2 per cent in Brimbank (C) to 79.7 per cent in Queenscliffe (B).

Weighting

The survey data was weighted to reflect the following.

(i) The probability of selecting the respondent within the household

Although a single respondent was randomly selected from within a household, the size of any household can vary upwards from one person. To account for this variation, each respondent was treated as representing the whole household, so his or her weight factor included a multiplier of the number of people in the household. Further, a household may have more than one telephone line (that is, landlines used primarily for contact with the household), which would increase that household's probability of selection over those households with only one telephone line. To ensure the probability of contacting any household was the same, the project team divided the weight factor by the number of telephone lines connected to the household.

The formula for the selection weight (*sw*) component:

$$sw = nah/npl$$

where:

nah = the number of adults 18 years of age or older in the household

npl = the number of telephone lines in the household.

(ii) The age/sex/geographic distribution of the population

The project team applied a population benchmark (*pbmark*) component to ensure the adjusted sample distribution matched the population distribution for the combined cross-cells of age group and sex by LGA, based on the 2011 estimated resident population of Victoria. The categories used for each of the variables were:

- *age group*: 18–24, 25–34, 35–44, 45–54, 55–64 and 65 years or older
- *sex*: male, female
- *geography*: 79 LGAs.

The *pbmark* component was calculated by dividing the population of each cross-cell by the sum of the selection weight components for all the respondents in the sample within that cross-cell. For each cross-cell, the formula for this component was:

$$pbmark_i = Ni / \sum sw_{ij}$$

where:

i = the *i* th cross-cell

j = the *j* th person in the cross-cell

Ni = the population of the *i* th cross-cell

$\sum sw_{ij}$ = the sum of selection weights for all respondents (1 to *j*) in the *i* th cross-cell.

Calculating the person weight to be applied

The project team assigned respondent records a weight factor (*pwt*) by multiplying the selection weight (*sw*) value by the population benchmark value (*pbmark*):

$$pwt_{ij} = sw_{ij} \times pbmark_i$$

where:

i = the *i* th cross-cell

j = the *j* th person in the cross-cell.

Statistical analysis

The survey data was analysed using the Stata statistical software package (Version 14.1, StatCorp LP, College Station Texas).

Crude rates

A crude rate is an estimate of a proportion of a population that experiences a specific event over a specified period of time. It is calculated by dividing the number of events recorded for a given period by the number at people in the population. Crude rates (expressed as percentages) are only presented in the report where estimates are broken down by age group. Crude rates are useful for service planning purposes as they indicate the absolute estimate of the indicator of interest.

However, in making comparisons of estimates over time, crude rates can be difficult to interpret because the age distribution of the population is also changing over time. If one does *not* take into account changes in the age distribution, any observed increases, or decreases, in the prevalence of the indicator of interest may just reflect changes in the age distribution. For example, bearing in mind that the risk of heart disease increases with age, an increase in the crude rate of heart disease over time could be due to (a) more people developing heart disease due

to a change in the prevalence of a predisposing factor or (b) an increase in the proportion of older people. There is no way to distinguish between the two possible explanations. However, if we take into account (adjust for) the changing age distribution and still see an increase in the prevalence of heart disease, we can rule out explanation (b). To adjust for age, we calculate an **age-standardised rate** (described below). Only age-standardised rates are reported for time-series data in this report. Similarly, only age-standardised rates are reported when making comparisons between different geographic areas. This is particularly pertinent for Victoria because rural LGAs tend to have populations characterised by larger proportions of older people compared with metropolitan LGAs.

Age standardisation

Age-standardised rates, also known as age-adjusted rates, were calculated using the direct method of standardisation. The direct age-standardised rates that are presented in this report are based on the weighted sum of age-specific rates applied to a standard population – the 2011 estimated resident population of Victoria.

Standard error

The standard error is a measure of the variation in an estimate produced by sampling a population. The standard error can be used to calculate confidence intervals and relative standard errors, providing the likely range of the true value of an estimate and an indication of the reliability of an estimate.

Confidence interval (95 per cent)

A confidence interval is a range in which it is estimated that the true population value lies. A common confidence interval used in statistics is the 95 per cent confidence interval. This is interpreted as: if we were to draw several random samples from the same population, on average,

19 of every 20 (95 per cent) such confidence intervals would contain the true population estimate and one of every 20 (5 per cent) would not. Ninety-five per cent confidence intervals are reported for all estimates throughout the report and used to ascertain statistical significance (see below). The width of a confidence interval expresses the precision of an estimate; the wider the interval the less the precision.

95% confidence interval = point estimate \pm (standard error \times 1.96)

Statistical significance

Only statistically significant trends and patterns are reported for the Victorian Population Health Survey 2014. Statistical significance provides an indication of how likely a result is due to chance. With the exception of time trends over time (see below), statistically significant differences between estimates were deemed to exist where the 95 per cent confidence intervals for percentages did not overlap.

The term 'significance' is used to denote statistical significance. It is not used to describe clinical significance, the relative importance of a particular finding, or the actual magnitude of difference between two estimates.

Relative standard error

A relative standard error (RSE) provides an indication of the reliability of an estimate. Estimates with RSEs less than 25 per cent are generally regarded as 'reliable' for general use. The percentages presented in tables and graphs in this report have RSEs less than 25 per cent, unless otherwise stated. Rates that have an RSE between 25 and 50 per cent have been marked with an asterisk (*) and should be interpreted with caution. For the purposes of this report, percentages with RSEs higher than 50 per cent were not considered reliable estimates and have not been presented. A double asterisk (**) has been included in tables and graphs where the

percentage would otherwise appear, indicating the relevant RSE was higher than 50 per cent.

Relative standard error (%) = standard error / point estimate \times 100

Testing for trends across time

Ordinary least squares linear regression of the logarithms of the age-standardised rates was used to test for trends across time. Regression analysis to determine trends over time has the advantage of taking into consideration all the time points rather than considering each time point separately. It calculates the line that best fits the data, and the slope of the line is the average annual change over the period of time.

The 95 per cent confidence interval for the standard error of the slope is used to determine whether any observed increase or decrease over time is statistically significant at the $p < 0.05$ level. This is ascertained if the 95 per cent confidence interval for the regression coefficient does not include the value 0.

Only data that were collected in an identical manner were included in time-series analyses. Therefore some time-series analyses go back to 2003, while others go back to 2005. This is because additional response options were included in 2005 for many of the survey questions.

Profile of survey respondents

Known *pbmarks* for selected data items may be used to assess the representativeness of the sample. Table 1.1 shows the profile of respondents in the Victorian Population Health Survey 2014 and indicates the following:

- Women were more likely than men to participate in the survey.
- Adults 18–34 years of age were less likely to participate in the survey.
- Adults 55 years of age or older were more likely to participate in the survey.

Table 1.1: Profile of respondents in the Victorian Population Health Survey 2014

	Benchmark data ^a (%)	Unweighted survey sample (%)	Weighted survey sample (%)
Sex			
Males	48.9	38.6	49.0
Females	51.1	61.4	51.0
Age group (years)			
18–24	13.0	2.4	12.6
25–34	18.9	3.9	19.3
35–44	18.4	10.8	18.1
45–54	17.3	16.6	16.9
55–64	14.5	22.4	14.3
65+	18.0	43.8	18.7

^a Service Planning, Department of Health, 2011, State Government of Victoria

Modifiable risk factors

Modifiable health risk factors are those that are potentially modifiable through changes in lifestyle and/or treatment. Some of these risk factors, such as smoking, excess consumption of alcohol, physical inactivity and unhealthy diet, are often referred to as 'lifestyle risk factors'. Much of the work done in health promotion is posited around attempting to effect a change in people's lifestyle choices and behaviours, where there is considerable scope for health gain.

In quantifying the relative contribution of various modifiable risk factors, Begg and colleagues (2008) determined that 14 selected risk factors accounted for 32.2 per cent of the total burden of death, disease and injury.

Table 1.2 summarises the 14 risk factors and their relative contributions.

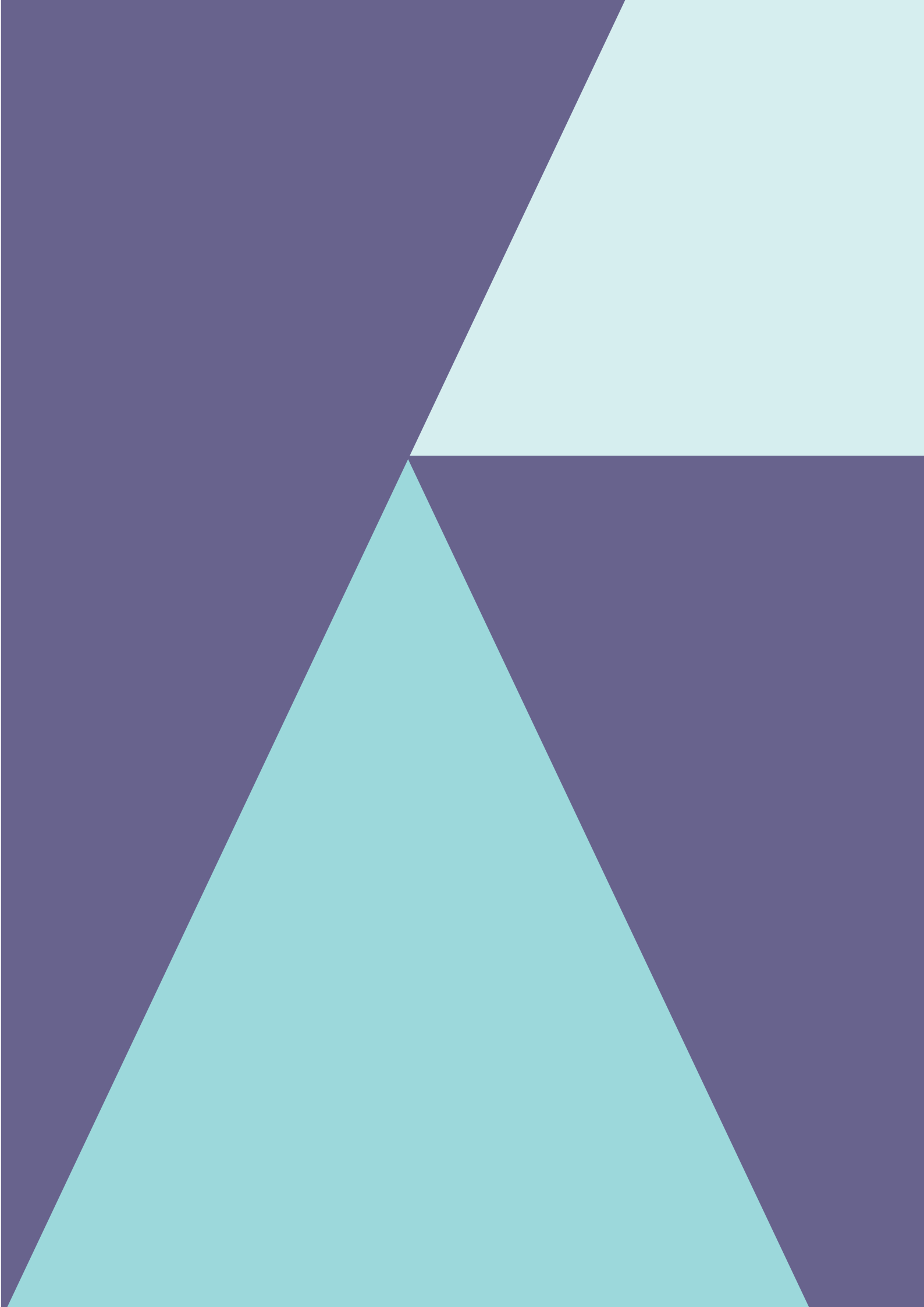
Therefore, 67.8 per cent of the total burden of disease is not accounted for by known modifiable risk factors. It is here that the underlying social determinants of health make their contribution to death, disease and injury.

This report presents information on modifiable risk factors that influence health including smoking, alcohol consumption, fruit and vegetable intake, water intake, consumption of sugar-sweetened soft drinks, physical activity, pre-obese (overweight) and obesity, psychological distress and hypertension.

Table 1.2: Health loss attributable to 14 selected risk factors, by all causes, Australia, 2003

Risk factor	Per cent
Tobacco use	7.8
High blood pressure	7.6
High body mass	7.5
Physical activity	6.6
High blood cholesterol	6.2
Alcohol consumption	2.3
Low consumption of fruit and vegetables	2.1
Illicit drug use	2.0
Occupational exposures and hazards	2.0
Intimate partner violence	1.1
Child sexual abuse	0.9
Urban air pollution	0.7
Unsafe sex	0.6
Osteoporosis	0.2
Total attributed health loss	32.2

Source: Begg et al. 2008.





2. Smoking



Key findings

Current smoking



2014

13.1%

were current smokers



14.7%

of men were
current smokers



11.6%

of women were
current smokers



The proportion of men who were current smokers was higher in rural areas compared with the metropolitan area



2003
to
2014



The proportion of current smokers decreased for males and females between 2003 and 2014



Introduction

There are several ways of classifying smoking status, depending on the question being asked. The Victorian Population Health Survey defines smokers as 'daily' or 'occasional' and combines the two to report on 'current smokers'. A person is categorised as an 'ex-smoker' if he/she has smoked at least 100 cigarettes or a similar amount of tobacco in their lifetime. By contrast Cancer Council Victoria defines smokers as 'regular smokers' if they smoke daily or at least weekly, and 'irregular smokers' if they smoke less than weekly (Alexander et al. 2012). It defines 'former smokers' in the same way as the Victorian Population Health Survey defines 'ex-smokers'.

The Australian Bureau of Statistics (ABS) reports on both 'current daily smokers' and 'current smokers', which includes current daily, weekly and less than weekly smokers (ABS 2012).

Smoking status in Victoria

The trend over time of the age-adjusted prevalence of smoking is investigated as part of the Victorian Population Health Survey (Table 2.1 and Figure 2.1). The prevalence of current smoking in Victoria continues to decline in both men and women. Between 2003 and 2014, the prevalence of current smoking declined by almost 40 per cent (3.6 per cent per year), representing an absolute percentage point reduction of 8.8 per cent over 11 years. The decline in the prevalence of smoking was particularly marked among women, where the 2014 estimate was significantly lower than the estimate in 2010, and there has been a relative decline of 42.3 per cent since 2003. There was a lower relative decline among men of 38.2 per cent.

Table 2.1: Proportion (%) of current smokers, by survey year and sex, Victoria, 2003–2014

Year	Males			Females			People		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
2003	23.8	21.9	25.8	20.1	18.6	21.7	21.9	20.7	23.2
2004	24.0	22.1	26.1	19.7	18.3	21.3	21.9	20.7	23.2
2005	21.7	19.1	23.8	19.0	17.5	20.7	20.4	19.1	21.7
2006	22.3	20.2	24.6	18.3	16.8	19.9	20.4	19.0	21.7
2007	21.6	19.5	23.8	18.0	16.4	19.6	19.8	18.4	21.1
2008 [#]	21.3	20.1	22.4	16.8	16.0	17.7	19.0	18.3	19.7
2009	19.8	18.0	21.7	16.9	15.5	18.4	18.3	17.2	19.5
2010	17.6	15.7	19.8	15.7	14.2	17.4	16.7	15.4	18.0
2011–2012 [#]	18.6	17.3	20.0	12.9	12.1	13.8	15.8	15.0	16.7
2012	18.5	16.1	21.0	12.7	11.1	14.5	15.6	14.1	17.1
2013 [†]	15.6	12.2	19.7	13.2	10.7	16.0	14.5	12.2	17.0
2014[#]	14.7	13.4	16.1	11.6	10.6	12.5	13.1	12.3	14.0

Data are age-standardised to the 2011 Victorian population.

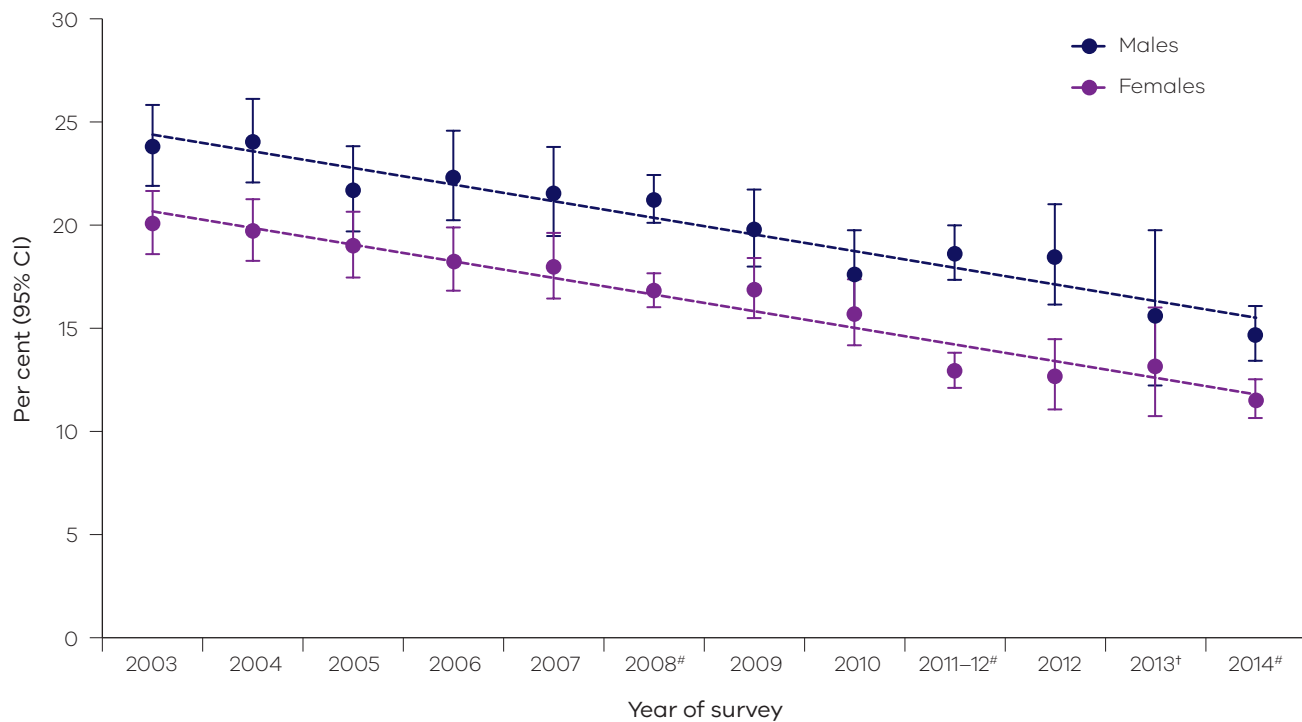
LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Ordinary least squares regression was used to test for trends over time.

There was statistically significant decline in the prevalence of current smokers in both males and females.

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

Figure 2.1: Proportion (%) of current smokers, by survey year and sex, Victoria, 2003–2014



Data are age-standardised to the 2011 Victorian population
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Ordinary least squares regression was used to test for trends over time.
 There was statistically significant decline in the prevalence of current smokers in both males and females
 Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

Table 2.2 and Figure 2.2 show the smoking status in Victoria, by age group and sex. In Victoria in 2014, 14.7 per cent of men, 11.6 per cent of women and 13.1 per cent of adults reported being current smokers. Compared with all Victorian women and adults respectively, women and adults 45–54 years of age had a significantly higher proportion of current smoking. Overall the prevalence of smoking was significantly higher among men compared with women.

Table 2.2: Smoking status, by age group and sex, Victoria, 2014

	Age group (years)	Current smoker			Ex-smoker			Non-smoker		
		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL
Males	18–24	17.9	13.3	23.5	5.1*	3.0	8.7	76.7	70.6	81.8
	25–34	17.7	13.6	22.6	18.7	14.3	24.1	63.4	57.3	69.0
	35–44	15.7	13.3	18.4	27.1	23.9	30.5	57.0	53.3	60.5
	45–54	16.5	14.3	18.8	29.3	26.7	32.1	53.5	50.5	56.5
	55–64	13.9	12.4	15.7	38.8	36.4	41.3	46.7	44.2	49.2
	65–74	9.0	7.7	10.5	47.7	5.4	50.1	42.3	40.0	44.7
	75–84	4.7	3.6	6.1	50.9	47.7	54.0	43.0	39.9	46.1
	85+	2.7*	1.2	5.8	48.9	42.6	55.2	47.7	41.4	54.1
	Victoria	14.7	13.4	16.1	28.2	26.9	29.6	56.6	54.9	58.3
Females	18–24	12.2	8.9	16.5	5.7*	3.4	9.4	82.1	77.0	86.3
	25–34	13.0	10.2	16.3	19.6	15.6	24.2	67.1	62.1	71.6
	35–44	12.9	11.3	14.8	24.4	22.2	26.7	62.2	59.6	64.7
	45–54	15.4	3.8	17.2	28.0	26.0	30.1	56.1	53.8	58.5
	55–64	11.0	9.8	12.4	29.3	27.4	31.3	58.9	56.8	61.0
	65–74	7.1	6.1	8.2	26.3	24.5	28.2	65.6	63.6	67.5
	75–84	3.5	2.7	4.4	20.6	18.6	22.7	74.1	71.8	76.3
	85+	1.7*	0.8	3.4	22.6	18.7	27.0	74.4	69.9	78.5
	Victoria	11.6	10.6	12.5	21.9	20.7	23.1	65.9	64.5	67.3
Persons	18–24	15.1	12.1	18.6	5.4	3.7	7.8	79.3	75.4	82.7
	25–34	15.3	12.8	18.2	19.2	16.1	22.6	65.2	61.4	68.9
	35–44	14.3	12.8	15.9	25.7	23.8	27.7	59.6	57.4	61.8
	45–54	15.9	14.6	17.4	28.7	27.0	30.4	54.8	52.9	56.7
	55–64	12.4	11.4	13.5	34.0	32.4	35.6	52.9	51.3	54.6
	65–74	8.0	7.2	8.9	36.2	34.6	37.7	54.9	53.3	56.5
	75–84	4.0	3.3	4.8	34.6	32.7	36.6	59.7	57.6	61.7
	85+	2.1*	1.2	3.6	33.7	30.1	37.5	63.1	59.3	66.8
	Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

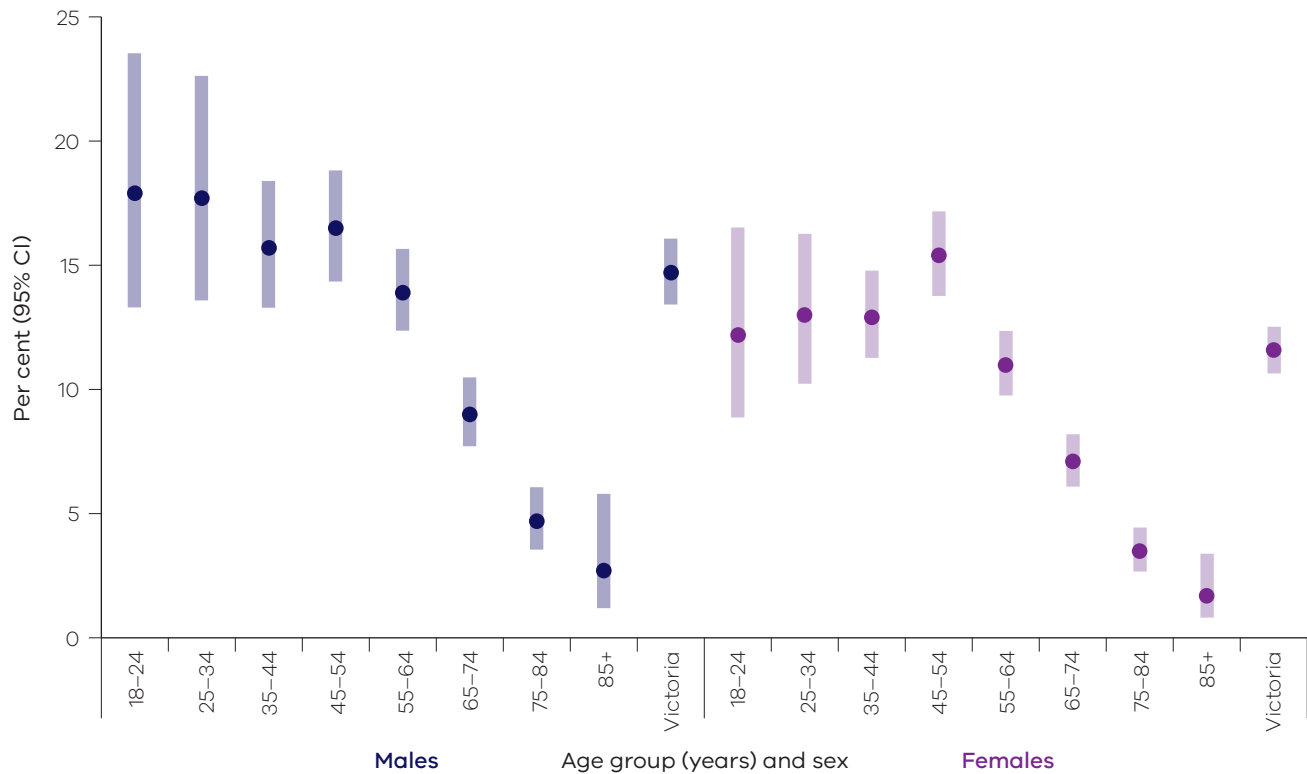
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 2.2: Proportion (%) of current smokers, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 2.3 shows the prevalence of current smoking by departmental region. Men, women and adults who lived in Gippsland Region had a significantly higher prevalence of smoking compared with all Victorian men, women and adults. For men, the proportion of current smokers was higher in rural areas (18.0 per cent) compared with the metropolitan area (13.7 per cent). Similarly, the proportion of current smokers was higher in adults living in rural areas (15.5 per cent) compared with metropolitan areas (13.1 per cent).

Table 2.3: Smoking status, by Department of Health and Human Services region and sex, Victoria, 2014

Region	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	11.9	9.2	15.3	29.6	26.0	33.3	57.9	53.6	62.1
North & West Metropolitan	14.1	12.0	16.4	28.6	26.3	30.9	56.9	54.0	59.7
Southern Metropolitan	14.9	12.1	18.2	27.9	25.0	31.0	56.7	52.9	60.5
All metropolitan regions	13.7	12.3	15.4	28.4	26.8	30.1	57.4	55.3	59.4
Barwon-South Western	16.2	11.4	22.5	25.6	21.2	30.6	57.6	50.5	64.4
Gippsland	23.3	7.2	30.7	27.2	22.9	31.8	48.7	41.7	55.8
Grampians	17.9	12.9	24.2	27.8	23.3	32.7	53.9	47.4	60.2
Hume	19.6	15.7	24.1	30.1	25.9	34.7	49.9	44.5	55.4
Loddon Mallee	15.6	12.6	19.1	26.4	23.3	29.7	56.7	52.3	61.0
All rural regions	18.0	15.7	20.7	27.3	25.3	29.5	53.9	50.9	56.8
Victoria	14.7	13.4	16.1	28.2	26.9	29.6	56.6	54.9	58.3
Females (18+ years)									
Eastern Metropolitan	7.7	5.9	10.0	20.4	17.8	23.4	71.5	68.1	74.6
North & West Metropolitan	12.1	10.5	13.9	19.9	18.1	21.8	67.4	65.1	69.6
Southern Metropolitan	12.8	10.8	15.0	23.1	20.2	26.2	63.6	60.3	66.8
All metropolitan regions	11.2	10.1	12.3	21.1	19.7	22.6	67.2	65.5	68.8
Barwon-South Western	8.3	6.1	11.3	27.9	22.2	34.4	62.9	56.6	68.9
Gippsland	16.4	13.0	20.4	24.5	21.1	28.2	58.9	54.2	63.4
Grampians	13.3	11.0	16.0	26.2	22.3	30.5	58.7	53.8	63.4
Hume	12.6	10.4	15.2	24.5	22.1	27.0	62.5	59.3	65.6
Loddon Mallee	16.0	11.7	21.3	20.5	17.9	23.3	63.0	57.7	68.0
All rural regions	13.0	11.4	14.6	24.7	22.7	26.8	61.6	59.2	63.9
Victoria	11.6	10.6	12.5	21.9	20.7	23.1	65.9	64.5	67.3
People (18+ years)									
Eastern Metropolitan	9.8	8.1	11.8	24.7	22.5	27.1	65.0	62.3	67.7
North & West Metropolitan	13.1	11.8	14.6	23.8	22.4	25.3	62.5	60.7	64.3
Southern Metropolitan	13.8	12.1	15.8	25.3	23.3	27.5	60.4	57.8	62.8
All metropolitan regions	12.4	11.5	13.4	24.5	23.4	25.6	62.5	61.2	63.8
Barwon-South Western	12.3	9.4	16.0	26.5	22.8	30.7	60.4	55.5	65.2
Gippsland	20.0	16.2	24.5	25.9	23.1	29.0	53.6	49.1	58.0
Grampians	15.7	12.6	19.4	26.9	23.9	30.1	56.3	52.2	60.4
Hume	16.1	13.8	18.7	27.3	24.7	30.0	56.3	53.0	59.5
Loddon Mallee	15.1	12.4	18.3	23.3	21.2	25.4	60.6	57.1	64.0
All rural regions	15.5	14.1	17.1	25.9	24.4	27.4	57.8	55.9	59.7
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.4 shows the prevalence of current smoking by LGA in Eastern Metropolitan Region. The LGAs of Boroondara (C) and Whitehorse (C) had a significantly lower proportion of current smokers compared with Victoria.

Table 2.4: Smoking status, by LGA, in Eastern Metropolitan Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Boroondara (C)	7.2*	4.1	12.3	22.1	17.4	27.6	70.7	64.2	76.4
Knox (C)	13.3	8.5	20.3	23.3	18.0	29.5	62.8	55.1	69.9
Manningham (C)	8.8*	4.9	15.3	20.9	16.2	26.5	69.6	62.3	76.0
Maroondah (C)	13.4	8.2	21.0	30.9	22.9	40.2	55.5	46.2	64.5
Monash (C)	10.8	7.0	16.2	27.2	22.2	32.9	62.0	55.4	68.1
Whitehorse (C)	5.2*	3.0	8.9	23.7	17.8	30.8	69.8	62.5	76.1
Yarra Ranges (S)	8.9	6.0	13.0	26.0	21.3	31.2	64.9	59.7	69.8
Eastern Metropolitan Region	9.8	8.1	11.8	24.7	22.5	27.1	65.0	62.3	67.7
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.5 shows the prevalence of current smoking by LGA in North & West Metropolitan Region. There were no significant differences between the proportion of people who were current smokers in LGAs and Victoria.

Table 2.5: Smoking status, by LGA, in North & West Metropolitan Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Banyule (C)	8.6	5.2	13.8	23.8	18.7	29.6	67.5	60.9	73.5
Brimbank (C)	17.5	13.4	22.5	19.3	15.3	24.0	62.0	56.4	67.3
Darebin (C)	12.1*	7.1	19.8	26.3	20.5	33.0	61.0	52.7	68.7
Hobsons Bay (C)	11.8	8.3	16.5	25.3	18.4	33.7	61.9	53.9	69.2
Hume (C)	15.5	11.3	20.8	23.9	19.8	28.6	59.6	53.7	65.2
Maribyrnong (C)	15.7	10.5	22.8	21.5	17.5	26.0	62.7	55.3	69.5
Melbourne (C)	8.0*	4.5	14.0	22.6	18.1	27.9	69.1	62.4	75.0
Melton (S)	11.8	8.9	15.4	25.6	20.6	31.3	62.4	56.4	68.0
Moonee Valley (C)	12.6	8.1	19.2	23.7	19.2	28.8	62.7	55.9	69.0
Moreland (C)	15.1	10.4	21.6	27.9	22.0	34.7	56.9	49.4	64.0
Nillumbik (S)	10.7	6.8	16.3	20.7	16.7	25.3	67.8	61.4	73.6
Whittlesea (C)	15.1	11.3	19.8	22.9	18.7	27.7	61.7	56.0	67.0
Wyndham (C)	13.1	9.7	17.4	27.5	22.5	33.0	58.6	52.7	64.2
Yarra (C)	14.3	8.7	22.6	27.1	21.5	33.7	58.	49.2	66.7
North & West Metropolitan Region	13.1	11.8	14.6	23.8	22.4	25.3	62.5	60.7	64.3
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.6 shows the prevalence of current smoking by LGA in Southern Metropolitan Region. The LGA of Port Phillip (C) had a significantly lower proportion of current smokers compared with Victoria.

Table 2.6: Smoking status, by LGA, in Southern Metropolitan Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bayside (C)	9.5*	4.8	17.8	25.3	19.7	32.0	65.1	56.4	72.9
Cardinia (S)	18.4	13.6	24.4	30.2	24.4	36.8	51.2	44.4	57.9
Casey (C)	16.3	11.8	22.0	25.2	20.8	30.2	57.8	51.3	64.1
Frankston (C)	17.2	12.8	22.7	26.1	21.6	31.2	55.8	49.8	61.7
Glen Eira (C)	18.2	12.7	25.5	21.3	17.2	26.0	60.2	52.8	67.1
Greater Dandenong (C)	14.5	9.7	21.1	18.3	14.1	23.4	67.0	60.0	73.3
Kingston (C)	13.9	9.3	20.3	20.8	16.5	25.8	64.3	58.0	70.1
Mornington Peninsula (S)	13.1	8.1	20.3	30.5	23.5	38.5	56.1	47.2	64.6
Port Phillip (C)	7.4	5.0	10.7	32.9	24.0	43.3	58.8	48.7	68.3
Stonnington (C)	7.9*	4.2	14.5	27.4	21.7	34.0	64.5	57.0	71.5
Southern Metropolitan Region	13.8	12.1	15.8	25.3	23.3	27.5	60.4	57.8	62.8
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.7 shows the prevalence of current smoking by LGA in Barwon-South Western Region. There were no significant differences between the proportion of people who were current smokers in these LGAs and Victoria.

Table 2.7: Smoking status, by LGA, in Barwon-South Western Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	13.6*	8.1	21.8	20.8	17.1	25.0	64.4	56.5	71.6
Corangamite (S)	10.9	6.6	17.5	27.6	21.9	34.1	61.4	53.7	68.5
Glenelg (S)	16.0	11.4	22.1	22.9	18.9	27.5	60.4	54.3	66.2
Greater Geelong (C)	12.2	8.1	17.9	27.9	21.9	34.8	59.1	51.2	66.5
Moyne (S)	12.6	7.6	20.0	28.8	23.7	34.5	58.2	50.6	65.3
Queenscliffe (B)	14.6*	7.0	28.0	28.3	21.7	35.9	56.4	48.1	64.3
Southern Grampians (S)	9.7*	5.8	15.7	26.6	20.0	34.3	63.1	54.9	70.6
Surf Coast (S)	10.0	6.4	15.4	26.7	21.5	32.7	62.	55.5	69.8
Warrnambool (C)	9.7*	5.7	16.0	23.4	19.4	28.0	66.5	59.8	72.6
Barwon-South Western Region	12.3	9.4	16.0	26.5	22.8	30.7	60.4	55.5	65.2
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.8 shows the prevalence of current smoking by LGA in Gippsland Region. The LGAs of Baw Baw (S) and Latrobe (C) had a significantly higher proportion of current smokers compared with Victoria.

Table 2.8: Smoking status, by LGA, in Gippsland Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bass Coast (S)	16.3	10.7	23.9	36.8	26.8	48.1	46.9	36.3	57.8
Baw Baw (S)	29.7	22.0	38.7	19.4	15.5	24.1	50.6	42.8	58.4
East Gippsland (S)	11.8	7.6	17.7	28.0	20.0	37.7	59.3	49.3	68.6
Latrobe (C)	24.4	16.8	33.9	22.7	17.2	29.3	52.1	42.6	61.4
South Gippsland (S)	10.4	7.2	14.8	31.5	25.2	38.6	57.9	50.7	64.7
Wellington (S)	14.8	10.3	20.8	26.4	21.6	31.9	58.	51.9	65.1
Gippsland Region	20.0	16.2	24.5	25.9	23.1	29.0	53.6	49.1	58.0
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 2.9 shows the prevalence of current smoking by LGA in the Grampians Region. The LGA of Ararat (RC) had a significantly higher proportion of current smokers compared with Victoria.

Table 2.9: Smoking status, by LGA, in Grampians Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Ararat (RC)	22.1	16.4	29.1	26.8	20.7	34.0	50.6	43.8	57.3
Ballarat (C)	15.0	9.9	22.0	25.7	20.2	32.0	57.5	49.9	64.8
Golden Plains (S)	18.7	12.5	26.9	26.7	22.1	31.8	54.2	46.5	61.8
Hepburn (S)	19.8	12.6	29.7	22.8	16.6	30.5	57.2	47.2	66.7
Hindmarsh (S)	17.2	11.4	25.2	22.9	18.6	27.8	59.3	51.5	66.6
Horsham (RC)	9.2	5.8	14.4	22.7	18.5	27.5	67.5	61.6	72.8
Moorabool (S)	15.6	10.8	22.0	31.6	25.3	38.7	52.7	45.2	60.1
Northern Grampians (S)	16.6	11.1	24.0	26.0	19.6	33.5	57.2	48.8	65.1
Pyrenees (S)	16.8*	10.1	26.8	32.8	25.1	41.6	49.8	40.0	59.7
West Wimmera (S)	14.6	10.0	20.9	26.4	21.3	32.3	58.9	51.8	65.6
Yarriambiack (S)	12.1	8.3	17.4	27.4	18.3	38.9	60.3	49.4	70.3
Grampians Region	15.7	12.6	19.4	26.9	23.9	30.1	56.3	52.2	60.4
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: [above](#) or [below](#).

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.10 shows the prevalence of current smoking by LGA in Hume Region. The LGAs of Mansfield (S), Moira (S) and Murrindindi (S) had a significantly higher proportion of current smokers compared with Victoria.

Table 2.10: Smoking status, by LGA, in Hume Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Alpine (S)	12.7*	6.3	23.9	27.8	20.9	35.9	58.9	48.4	68.6
Benalla (RC)	14.6	9.7	21.4	31.9	23.5	41.7	52.9	43.5	62.1
Greater Shepparton (C)	12.9	8.7	18.7	25.0	19.8	31.0	62.0	54.7	68.8
Indigo (S)	10.8*	5.2	20.9	29.7	22.0	38.6	59.4	49.5	68.6
Mansfield (S)	29.2	18.4	43.0	26.5	22.1	31.6	43.9	31.8	56.7
Mitchell (S)	12.2	7.7	18.8	33.2	25.5	42.0	54.0	45.1	62.6
Moira (S)	22.2	14.9	31.6	25.8	20.7	31.6	51.5	42.7	60.2
Murrindindi (S)	24.4	17.2	33.4	24.4	19.0	30.7	50.2	41.6	58.8
Strathbogie (S)	13.6	8.6	20.8	28.6	22.2	36.0	57.3	48.8	65.3
Towong (S)	13.5	8.1	21.5	27.9	22.9	33.6	58.0	50.1	65.6
Wangaratta (RC)	18.9*	11.0	30.4	26.1	21.2	31.8	54.9	44.4	65.0
Wodonga (RC)	18.3	12.6	25.8	25.6	21.2	30.5	55.8	48.3	63.0
Hume Region	16.1	13.8	18.7	27.3	24.7	30.0	56.3	53.0	59.5
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.11 shows the prevalence of current smoking by LGA in Loddon Mallee Region. The LGAs of Campaspe (S) and Loddon (S) had a significantly higher proportion of current smokers compared with Victoria.

Table 2.11: Smoking status, by LGA, in Loddon Mallee Region, Victoria, 2014

LGA	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Buloke (S)	18.5*	11.1	29.4	22.2	16.6	29.0	58.8	48.5	68.4
Campaspe (S)	21.9	14.7	31.3	23.2	18.6	28.6	54.0	45.4	62.4
Central Goldfields (S)	20.8	13.6	30.5	26.8	19.1	36.1	52.3	42.3	62.2
Gannawarra (S)	12.0*	7.0	19.9	16.0	13.2	19.2	71.8	64.6	78.0
Greater Bendigo (C)	13.0	8.7	19.2	22.2	18.4	26.5	62.9	56.1	69.3
Loddon (S)	23.0	17.1	30.2	21.7	14.2	31.6	55.0	45.2	64.4
Macedon Ranges (S)	8.0	5.6	11.3	25.3	20.9	30.2	66.1	61.0	70.9
Mildura (RC)	18.7	11.7	28.6	23.8	17.6	31.5	57.3	47.8	66.3
Mount Alexander (S)	10.6	6.9	16.1	25.2	19.5	31.9	63.6	57.0	69.8
Swan Hill (RC)	15.1	9.2	23.9	23.5	18.8	29.0	60.9	52.7	68.6
Loddon Mallee Region	15.1	12.4	18.3	23.3	21.2	25.4	60.6	57.1	64.0
Victoria	13.1	12.3	14.0	24.8	23.9	25.7	61.5	60.4	62.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

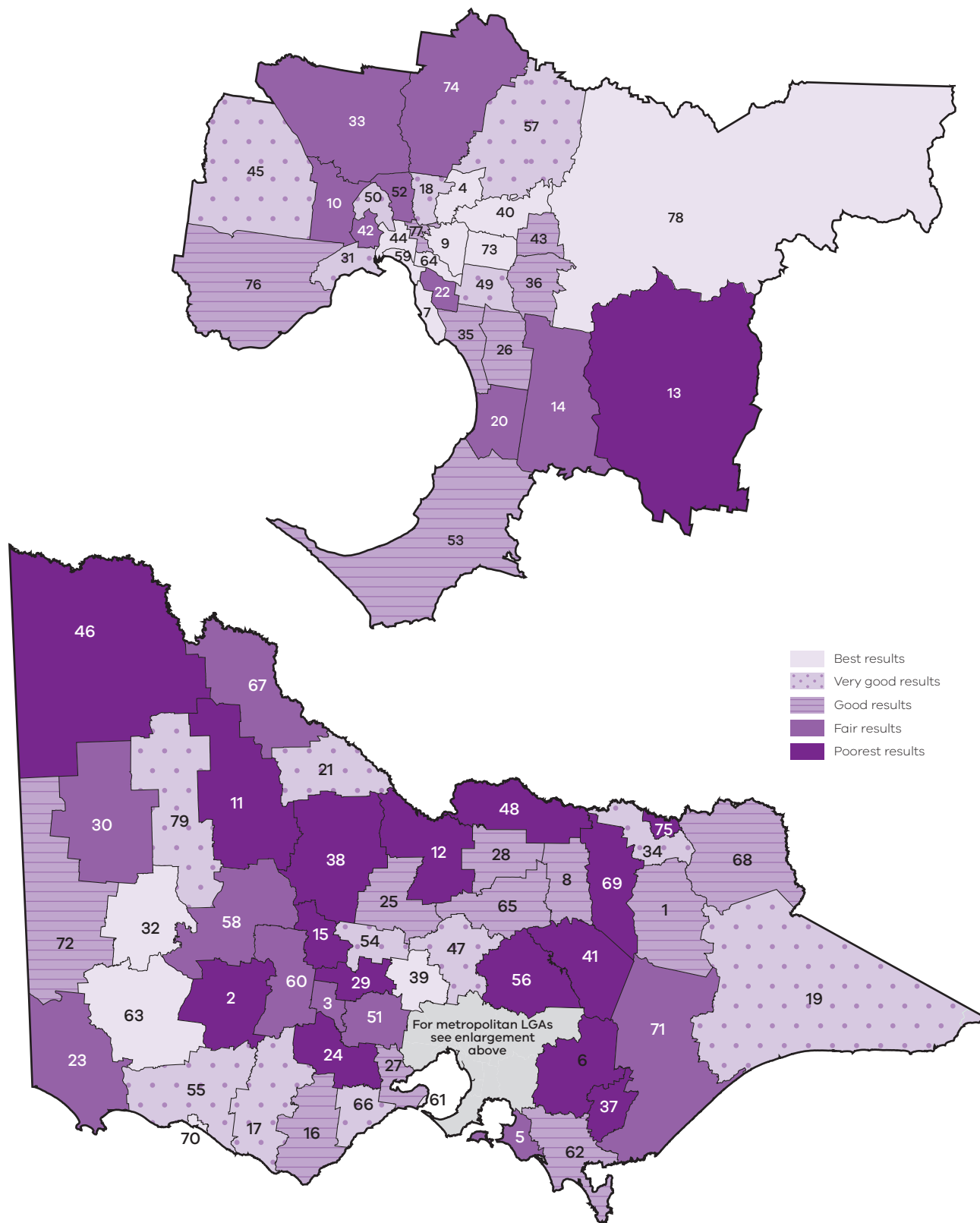
* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

What does Map 2.1 tell us?

In Map 2.1 the 79 LGAs have been ranked according to the proportion of adults who were current smokers. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of current smokers and a final group of 15 LGAs with the best results (i.e. the smallest proportions of current smokers).

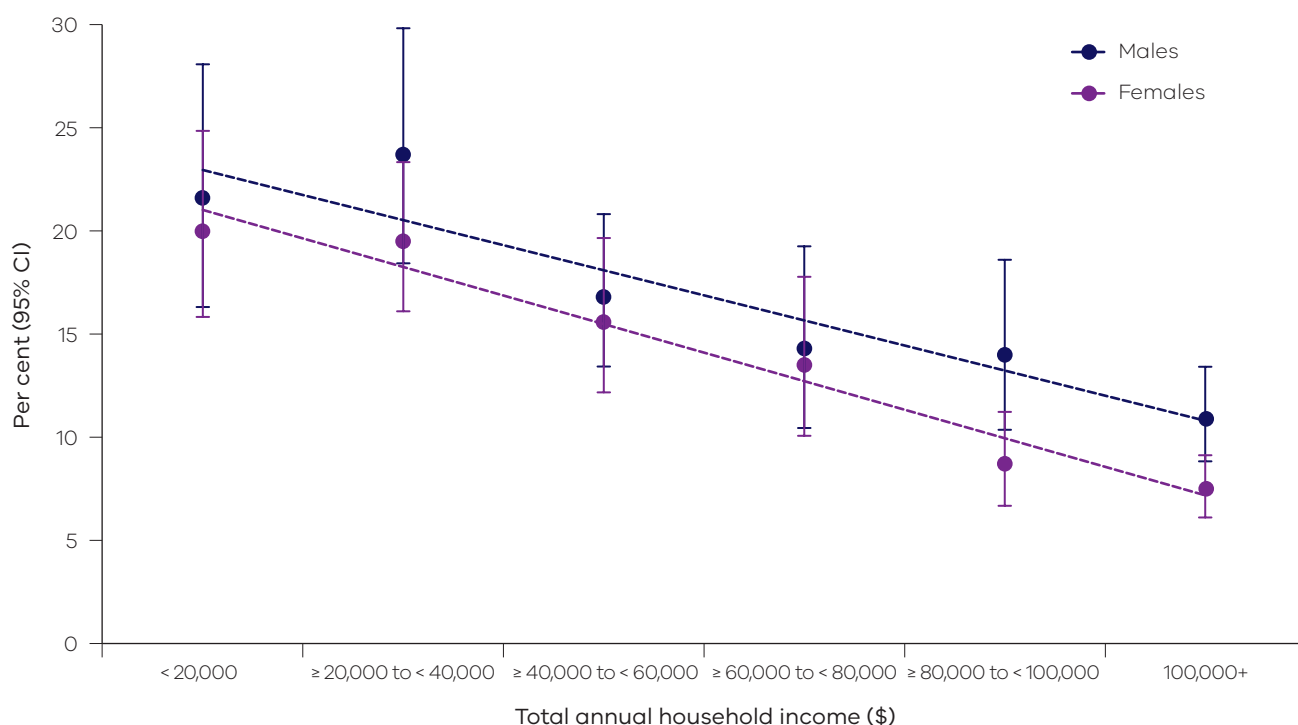
Map 2.1: Proportion of adults who are current smokers, by LGA, Victoria, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

The relationship was investigated between socioeconomic status (SES) and the age-adjusted prevalence of smoking status, using total annual household income as a measure of SES (Figure 2.3). The proportion of current smokers decreased with increasing total annual household income in both men and women.

Figure 2.3: Proportion (%) of current smokers, by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 2.12 shows the prevalence of smoking among men according to selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of current smokers were reported among men with the following characteristics:

- did not complete a high school education
- total annual household income of less than \$40,000.

Table 2.13 shows the prevalence of smoking among women according to selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of current smokers were reported among women with the following characteristics:

- did not complete a high school education
- total annual household income of less than \$40,000.

Table 2.12: Smoking status, by selected socioeconomic determinants in males, Victoria, 2014

	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL		LL	UL		LL	UL	
All males	14.7	13.4	16.1	28.2	26.9	29.6	56.6	54.9	58.3
<i>Country of birth</i>									
Australia	15.2	13.7	16.8	27.1	25.6	28.6	57.2	55.3	59.2
Overseas	13.1	10.6	16.2	31.2	28.2	34.4	55.1	51.3	58.8
<i>Language spoken at home</i>									
English	14.7	13.2	16.3	28.4	27.0	29.9	56.4	54.4	58.3
Language other than English	14.8	12.6	17.4	27.6	24.6	30.8	56.9	53.4	60.3
<i>Area of Victoria</i>									
Rural	13.7	12.3	15.4	28.4	26.8	30.1	57.4	55.3	59.4
Metropolitan	18.0	15.7	20.7	27.3	25.3	29.5	53.9	50.9	56.8
<i>Education level</i>									
Did not complete high school	22.7	18.2	28.0	30.0	25.2	35.3	46.7	41.5	52.0
Completed high school, or TAFE, or trade certificate, or diploma	18.1	16.2	20.2	31.2	29.2	33.4	50.1	47.6	52.7
University, or some other tertiary institute degree, including postgraduate diploma or degree	7.3	6.0	9.0	24.3	22.3	26.5	68.0	65.5	70.4
<i>Employment status</i>									
Employed	14.6	13.0	16.5	26.1	24.3	27.9	58.9	56.5	61.1
Unemployed	20.6	15.3	27.1	31.0	22.7	40.7	47.2	39.1	55.5
Not in labour force	19.1	15.3	23.6	28.9	24.9	33.4	51.3	46.3	56.3
<i>Total annual household income</i>									
< \$40,000	23.2	19.0	28.0	29.0	24.9	33.4	47.4	42.1	52.7
\$40,000 to < \$100,000	15.0	12.8	17.6	27.7	25.5	30.1	56.9	53.8	59.8
≥ \$100,000	10.9	8.8	13.4	28.2	25.8	30.7	60.7	57.5	63.7

Data were age-standardised to the 2011 Victorian population.
LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 2.13: Smoking status, by selected socioeconomic determinants in females, Victoria, 2014

	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL		LL	UL		LL	UL	
All females	11.6	10.6	12.5	21.9	20.7	23.1	65.9	64.5	67.3
<i>Country of birth</i>									
Australia	12.8	11.7	14.0	24.6	23.1	26.1	62.0	60.3	63.6
Overseas	8.3	6.8	10.0	15.5	13.9	17.2	75.8	73.5	77.9
<i>Language spoken at home</i>									
English	12.5	11.4	13.7	24.5	23.2	25.8	62.3	60.7	63.9
Language other than English	8.9	7.4	10.7	13.4	11.0	16.1	77.4	74.5	80.1
<i>Area of Victoria</i>									
Rural	11.2	10.1	12.3	21.1	19.7	22.6	67.2	65.5	68.8
Metropolitan	13.0	11.4	14.6	24.7	22.7	26.8	61.6	59.3	63.9
<i>Education level</i>									
Did not complete high school	24.5	20.3	29.3	20.7	18.2	23.6	54.4	49.7	59.0
Completed high school, or TAFE, or trade certificate, or diploma	13.8	12.5	15.3	24.3	22.7	26.0	61.1	59.2	63.0
University, or some other tertiary institute degree, including postgraduate diploma or degree	7.3	6.0	8.8	21.6	19.4	24.0	70.5	67.9	72.9
<i>Employment status</i>									
Employed	11.1	9.9	12.5	23.4	21.4	25.5	62.3	66.9	61.1
Unemployed	16.2	12.2	21.1	24.1	18.8	30.3	59.5	52.6	65.9
Not in labour force	12.6	11.0	14.3	20.2	18.5	22.0	66.8	64.5	68.9
<i>Total annual household income</i>									
< \$40,000	19.8	17.0	22.8	22.1	18.8	25.8	57.7	53.9	61.4
\$40,000 to < \$100,000	12.5	10.7	14.6	23.1	21.2	25.2	63.7	61.1	66.2
≥ \$100,000	7.5	6.1	9.1	29.6	26.1	33.3	62.7	59.0	66.4

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
 Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 2.14 shows the prevalence of smoking among men according to modifiable risk factors and chronic conditions. When compared with all Victorian men, a significantly higher proportion of current smokers were reported among men with the following characteristics:

- high or very high levels of psychological distress
- reported being in fair or poor health
- underweight.

Table 2.15 shows the prevalence of smoking among women according to modifiable risk factors contributing to chronic disease. When compared with all Victorian women, a significantly higher proportion of current smokers were reported among women with the following characteristics:

- high or very high levels of psychological distress
- did not meet either guideline for fruit or vegetable consumption
- increased lifetime risk of alcohol-related harm
- reported being in fair or poor health
- underweight.

Table 2.14: Smoking status, by selected modifiable risk factors in males, Victoria, 2014

	Current smoker			Ex-smoker			Non-smoker			
	%	95% CI		%	95% CI		%	95% CI		
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
All males	14.7	13.4	16.1	28.2	26.9	29.6	56.6	54.9	58.3	
<i>Psychological distress^a</i>										
Low (K10 score < 16)	12.7	11.1	14.5	27.5	26.0	29.1	59.4	57.2	61.5	
Moderate (K10 score 16–21)	15.5	13.0	18.3	29.4	26.6	32.4	54.6	51.2	58.1	
High / very high (K10 score 22+)	24.7	20.6	29.4	30.8	26.0	36.1	43.8	38.6	49.2	
<i>Physical activity^b</i>										
Sedentary	14.3	10.1	19.7	26.2	21.3	31.8	59.4	52.9	65.5	
Insufficient time (< 150 min) and/or sessions (< 2)	15.6	13.8	17.6	29.2	27.2	31.2	54.9	52.4	57.3	
Sufficient time (≥ 150 min) and sessions (≥ 2)	12.0	10.1	14.1	28.6	26.6	30.8	58.8	56.2	61.4	
<i>Met fruit / vegetable guidelines^c</i>										
Both guidelines	8.5*	5.1	13.9	33.4	25.7	42.1	57.4	48.8	65.5	
Vegetable guidelines ^d	9.7	6.5	14.1	29.2	22.9	36.4	60.6	53.1	67.5	
Fruit guidelines ^d	12.2	10.3	14.3	27.1	25.2	29.0	60.1	57.5	62.6	
Neither	16.3	14.6	18.1	28.8	6.9	30.7	54.5	52.2	56.8	
<i>Lifetime risk of alcohol-related harm^e</i>										
Abstainer / no longer drinks alcohol	12.5	9.9	15.6	21.7	18.1	25.8	65.2	60.8	69.4	
Reduced risk	9.5	7.2	12.5	23.5	20.4	26.9	66.5	62.6	70.3	
Increased risk	15.7	14.2	17.4	30.9	29.3	32.5	52.9	50.8	54.9	

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 2.14: Smoking status, by selected modifiable risk factors in males, Victoria, 2014 (continued)

	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
<i>Self-reported health</i>									
Excellent/very good	10.3	8.6	12.3	26.8	24.7	29.0	62.5	59.9	65.0
Good	16.0	13.9	18.5	27.8	25.9	29.8	55.8	53.0	58.5
Fair/poor	19.7	16.8	22.9	31.3	28.0	34.8	48.1	44.1	52.1
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	28.5	16.9	43.9	15.1*	7.8	27.4	56.4	41.4	70.3
Normal range (18.5 ≤ BMI < 25 kg/m ²)	15.4	13.4	17.7	24.3	22.2	26.4	59.9	57.1	62.6
Pre-obese (25 ≤ BMI < 30 kg/m ²)	14.5	12.4	16.8	28.9	26.7	31.2	56.0	53.2	58.9
Obese (BMI ≥ 30 kg/m ²)	12.7	10.3	15.6	34.7	31.3	38.2	51.9	47.9	55.9
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	15.5	11.7	20.1	31.1	27.5	35.0	52.0	46.9	57.1
Normal range	15.1	13.7	16.6	26.5	25.0	28.0	58.1	56.2	60.0
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	14.6*	8.7	23.4	29.1	21.9	37.5	55.8	45.3	65.8
Normal range	14.6	13.3	16.0	27.7	26.4	29.1	57.1	55.4	58.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

a Based on the Kessler-10 scale for psychological distress.

b DoH (2014) guidelines.

c NHMRC (2013) guidelines.

d Includes those meeting both guidelines.

e NHMRC (2009) guidelines.

f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 2:15: Smoking status, by selected modifiable risk factors in females, Victoria, 2014

	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL		LL	UL		LL	UL	
All females	11.6	10.6	12.5	21.9	20.7	23.1	65.9	64.5	67.3
<i>Psychological distress^a</i>									
Low (K10 score < 16)	7.7	6.9	8.7	22.8	21.3	24.5	68.8	67.1	70.5
Moderate (K10 score 16–21)	13.1	11.3	15.1	20.9	19.1	22.8	65.4	62.8	67.8
High / very high (K10 score 22+)	22.0	19.0	25.2	20.2	17.2	23.6	57.3	53.5	61.1
<i>Physical activity^b</i>									
Sedentary	14.3	10.2	19.7	14.4	11.2	18.3	71.2	65.4	76.5
Insufficient time (< 150 min) and/or sessions (< 2)	11.7	10.6	13.0	21.2	19.5	23.0	66.5	64.5	68.4
Sufficient time (≥ 150 min) and sessions (≥ 2)	10.0	8.6	11.7	24.2	22.5	26.1	65.1	62.8	67.2
<i>Met fruit / vegetable guidelines^c</i>									
Both guidelines	8.3*	4.7	14.2	24.5	20.2	29.5	66.6	60.4	72.2
Vegetable guidelines ^d	9.8	6.7	14.1	24.6	21.0	28.6	65.2	60.3	69.7
Fruit guidelines ^d	8.7	7.6	9.9	21.8	20.3	23.4	68.8	67.0	70.7
Neither	14.5	13.0	16.1	22.1	20.2	24.1	62.9	60.7	65.1
<i>Lifetime risk of alcohol-related harm^e</i>									
Abstainer / no longer drinks alcohol	8.7	7.3	10.4	14.1	12.4	16.0	76.9	74.5	79.1
Reduced risk	8.1	6.6	9.9	20.3	17.4	23.6	71.1	67.7	74.3
Increased risk	13.9	12.6	15.3	28.0	26.3	29.8	57.5	55.6	59.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 2.15: Smoking status, by selected modifiable risk factors in females, Victoria, 2014 (continued)

	Current smoker			Ex-smoker			Non-smoker		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL		LL	UL		LL	UL	
<i>Self-reported health</i>									
Excellent/very good	8.6	7.4	9.9	21.6	20.1	23.3	69.1	67.2	71.0
Good	10.9	9.6	12.3	22.6	20.5	24.9	65.8	63.4	68.1
Fair/poor	20.2	17.4	23.3	21.2	19.0	23.6	58.3	55.0	61.6
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	19.1	13.9	25.7	14.3	10.1	19.8	66.0	58.9	72.5
Normal range (18.5 ≤ BMI < 25 kg/m ²)	10.3	9.1	11.6	19.8	18.0	21.6	69.4	67.4	71.4
Pre-obese (25 ≤ BMI < 30 kg/m ²)	10.7	9.1	12.6	24.0	21.6	26.6	64.7	61.8	67.5
Obese (BMI ≥ 30 kg/m ²)	13.0	10.5	16.0	28.3	24.9	31.9	58.4	54.4	62.2
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	16.5	11.3	23.4	21.2	18.8	23.9	61.8	55.3	67.8
Normal range	11.6	10.6	12.6	21.7	20.4	23.1	66.1	64.6	67.6
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	18.4*	9.9	31.9	18.5	14.3	23.4	62.8	50.8	73.4
Normal range	11.6	10.6	12.5	22.0	20.8	23.2	65.9	64.4	67.3

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below.

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

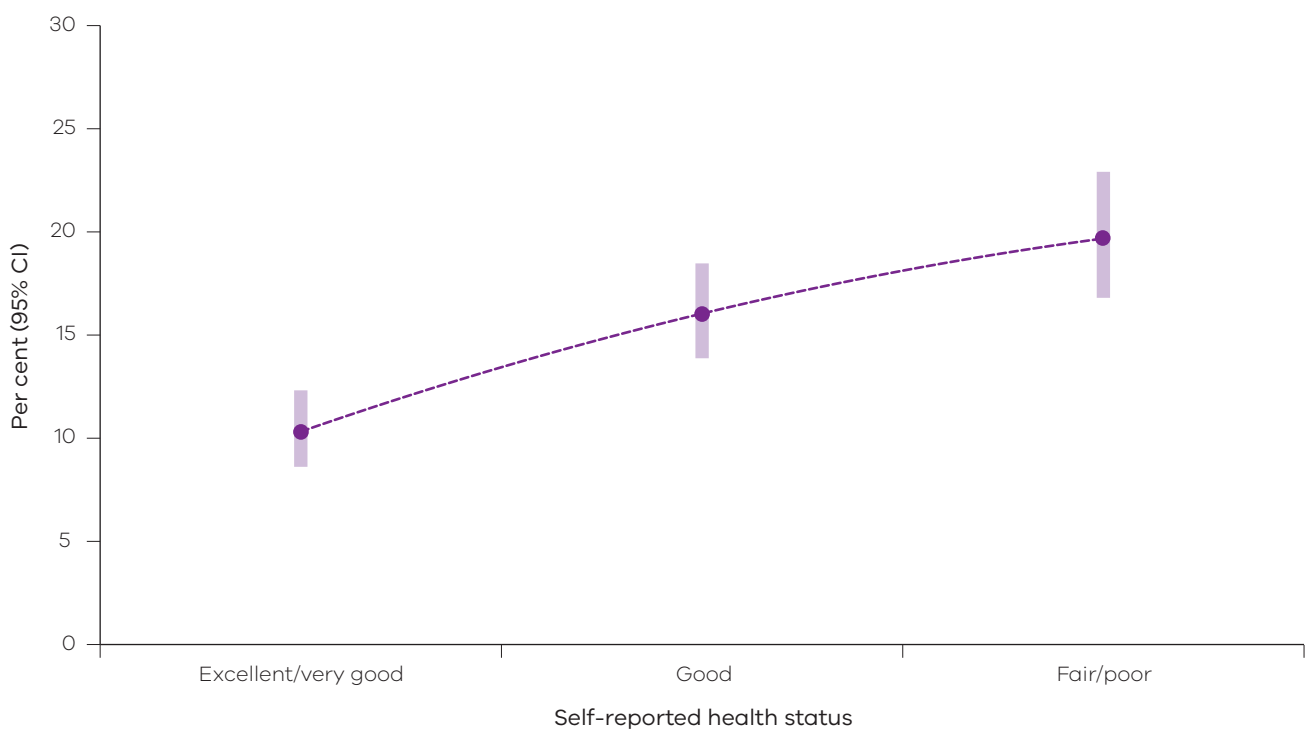
^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Figure 2.4 shows the relationship between current smoking and self-reported health in men. The proportion of men who are current smokers increased with declining self-reported health and was highest in those who reported fair or poor health.

Figure 2.4: Proportion of current smokers in men, by self-reported health status, Victoria, 2014



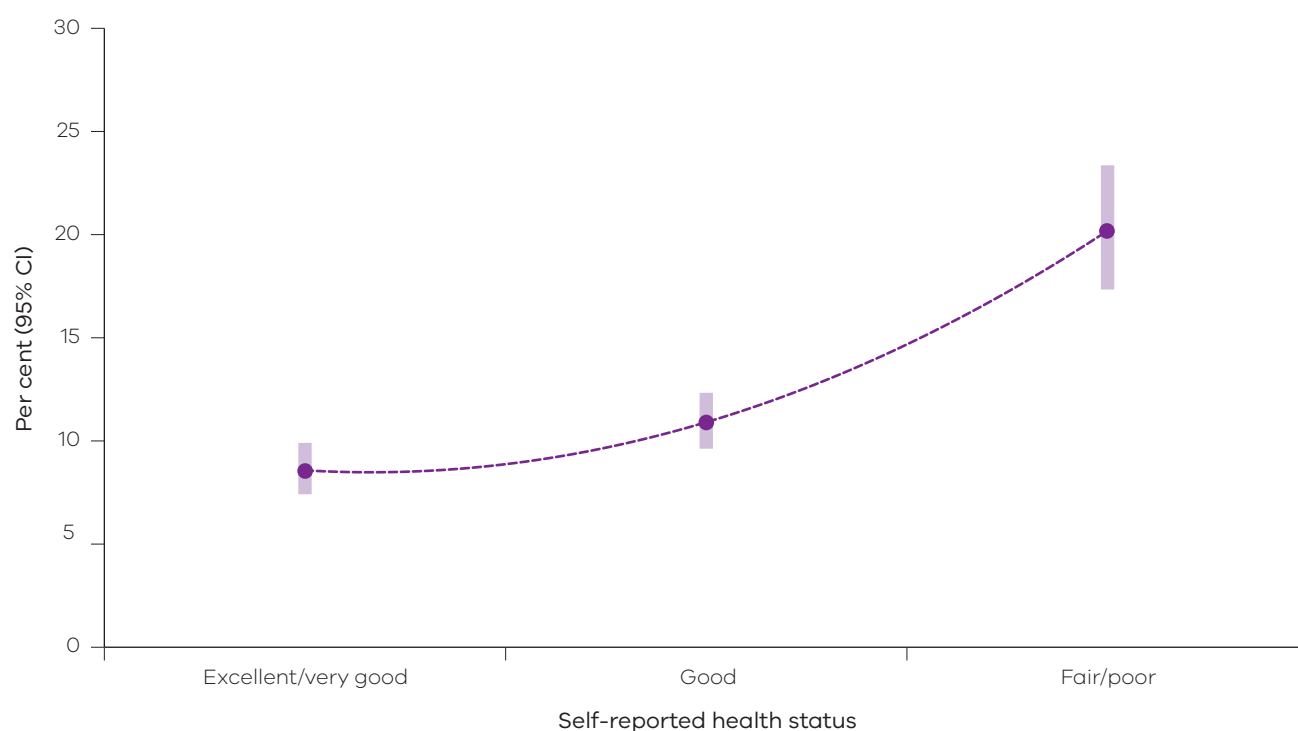
Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Figure 2.5 shows the relationship between current smoking and self-reported health in women. The proportion of women who are current smokers increased with declining self-reported health and was highest in women who reported fair or poor health.

Figure 2.5: Proportion of current smokers in women, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.



Smoking frequency

Some people who smoke only do so occasionally. For most purposes, the Victorian Population Health Survey combines daily and occasional smoking to report on 'current' smoking. However, Table 2.16 and Figure 2.6 show the prevalence of daily compared with occasional smoking, by age group and sex. The data show that the majority of current smoking was in fact 'daily' rather than 'occasional' smoking. A higher proportion of women 45–54 years of age were daily smokers compared with all Victorian women.

Table 2.16: Smoking frequency, by age group and sex, Victoria, 2014

	Age group (years)	Daily smoker			Occasional smoker		
		%	95% CI		%	95% CI	
			LL	UL		LL	UL
Males	18–24	11.1	7.5	16.3	6.7	4.2	10.6
	25–34	14.0	10.3	18.7	3.7*	2.1	6.3
	35–44	10.8	8.9	13.0	4.9	3.5	6.9
	45–54	13.3	11.4	15.5	3.2	2.3	4.4
	55–64	12.2	10.7	13.8	1.8	1.2	2.5
	65–74	7.2	6.1	8.6	1.8	1.2	2.5
	75–84	4.1	3.1	5.4	0.6*	0.3	1.2
	85+	1.4*	0.7	3.0	**		
Victoria	11.2	10.0	12.4	3.5	2.9	4.3	
Females	18–24	7.4	4.8	11.2	4.8	2.9	7.7
	25–34	7.9	6.0	10.3	5.1	3.3	7.8
	35–44	10.1	8.7	11.7	2.8	2.0	4.0
	45–54	11.8	10.4	13.4	3.6	2.8	4.6
	55–64	9.4	8.3	10.7	1.6	1.1	2.2
	65–74	5.8	4.9	6.9	1.3	0.9	1.8
	75–84	2.6	2.0	3.4	0.8*	0.5	1.6
	85+	1.2*	0.5	2.7	**		
Victoria	8.4	7.6	9.1	3.2	2.6	3.9	
Persons	18–24	9.3	6.9	12.4	5.8	4.1	8.1
	25–34	10.9	8.8	13.5	4.4	3.1	6.1
	35–44	10.4	9.2	11.8	3.9	3.0	5.0
	45–54	12.5	11.3	13.9	3.4	2.8	4.1
	55–64	10.8	9.8	11.8	1.7	1.3	2.1
	65–74	6.5	5.7	7.3	1.5	1.2	1.9
	75–84	3.3	2.7	4.0	0.7	0.4	1.2
	85+	1.3*	0.7	2.2	**		
Victoria	9.8	9.1	10.5	3.4	2.9	3.9	

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

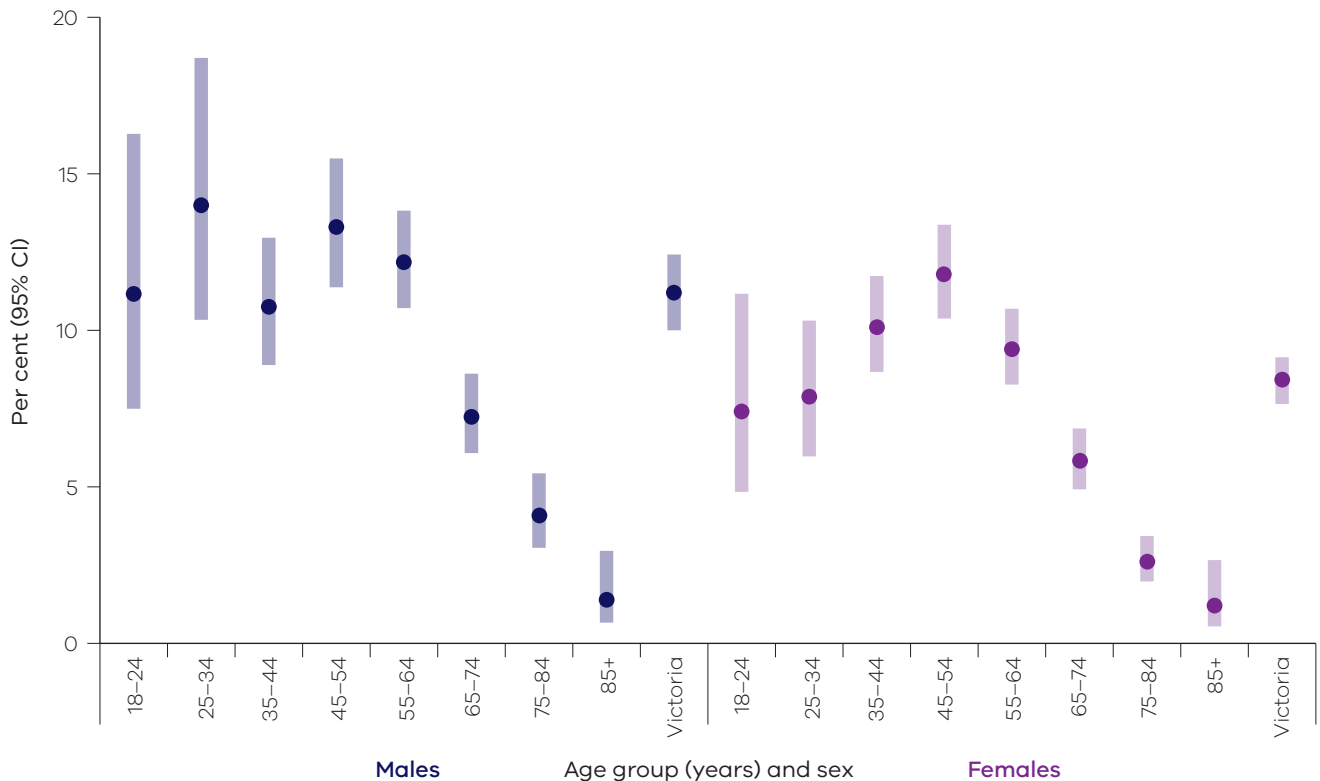
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 2.6: Proportion (%) of the population who smoke daily, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 2.17 reports the prevalence of daily and occasional smoking by departmental region and sex. There was a significantly higher prevalence of 'daily' smoking among men who lived in Gippsland Region compared with all Victorian men. There was a significantly higher prevalence of 'daily' smoking among women who lived in Gippsland and Loddon Mallee Regions compared with all Victorian women. Overall, there was a significantly higher prevalence of 'daily' smoking among men and women who lived in rural Victoria compared with their metropolitan counterparts.

Table 2.17: Smoking frequency, by Department of Health and Human Services region and sex, Victoria, 2014

Region	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Males (18+ years)						
Eastern Metropolitan	8.6	6.3	11.6	3.3*	2.0	5.5
North & West Metropolitan	10.3	8.5	12.5	3.8	2.8	5.0
Southern Metropolitan	11.2	8.8	14.3	3.6	2.3	5.6
All metropolitan regions	10.1	8.8	11.6	3.6	2.9	4.5
Barwon-South Western	12.7	8.6	18.2	**		
Gippsland	19.5	14.3	26.0	**		
Grampians	15.4	10.6	21.9	2.4*	1.4	4.1
Hume	15.0	11.8	18.9	4.5*	2.5	8.1
Loddon Mallee	12.8	10.0	16.1	2.9*	1.3	6.3
All rural regions	14.7	12.6	17.0	3.4	2.1	5.3
Victoria	11.2	10.0	12.4	3.5	2.9	4.3
Females (18+ years)						
Eastern Metropolitan	5.2	3.9	7.0	2.4*	1.4	4.3
North & West Metropolitan	8.1	7.0	9.4	4.0	2.9	5.4
Southern Metropolitan	9.3	7.7	11.3	3.4	2.4	4.9
All metropolitan regions	7.7	6.9	8.7	3.4	2.7	4.2
Barwon-South Western	5.9	4.2	8.1	2.5*	1.2	4.8
Gippsland	14.1	10.9	18.1	2.3	1.5	3.5
Grampians	11.1	8.9	13.7	2.2	1.5	3.4
Hume	10.2	8.3	12.5	2.4*	1.4	3.9
Loddon Mallee	13.6	9.6	18.7	2.4*	0.9	6.2
All rural regions	10.6	9.2	12.1	2.4	1.8	3.2
Victoria	8.4	7.6	9.1	3.2	2.6	3.9
People (18+ years)						
Eastern Metropolitan	6.9	5.5	8.6	2.9	2.0	4.2
North & West Metropolitan	9.2	8.1	10.5	3.9	3.1	4.8
Southern Metropolitan	10.3	8.8	12.0	3.5	2.7	4.7
All metropolitan regions	8.9	8.1	9.8	3.5	3.0	4.1
Barwon-South Western	9.3	6.9	12.3	3.0*	1.5	6.0
Gippsland	16.8	13.6	20.6	3.2*	1.3	7.4
Grampians	13.4	10.4	17.1	2.3	1.7	3.3
Hume	12.6	10.7	14.8	3.5	2.2	5.3
Loddon Mallee	12.6	10.2	15.5	2.4*	1.3	4.5
All rural regions	12.6	11.4	14.0	2.9	2.1	3.9
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Smoking frequency by departmental region and local government area

GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DAN-
DANENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM
HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYR-
NRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOOR-
BOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTH-
ERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAN-
STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLING-
TON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRI-
AMBIACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONDAH
BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMITE DAREBI-
N EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDI-
GIGO GREATER DAN- DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSON
BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MAN-
FIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLE
VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NII
LUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUT
GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOC
WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGE
YARRI AMBIACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONI
ARA BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMIT
DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BEI
DIGO GREATER DAN- DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSON
BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MAN-
FIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONE
VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NII
LUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUT
GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOC
WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGE
YARRI AMBIACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONI
ARA BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMIT
DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BEI
DIGO GREATER DAN- DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSON
BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MAN-
FIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONE
VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NII
LUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUT
GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOC
WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGE
YARRI AMBIACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONI
ARA BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMIT
DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BEI
DIGO GREATER DAN- DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSON
BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MAN-
FIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONE
VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NII
LUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUT
GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOC
WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGE
YARRI AMBIACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONI
ARA BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMIT
DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BEI
DIGO GREATER DAN- DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSON

Table 2.18 shows the frequency of smoking behaviour by LGA in Eastern Metropolitan Region. Adults who lived in the LGAs of Boroondara (C) and Whitehorse (C) had a significantly lower prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.18: Smoking frequency, by LGA, in Eastern Metropolitan Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Boroondara (C)	3.3*	1.4	7.3	4.0*	1.7	8.8
Knox (C)	11.0*	6.6	17.8	2.3*	0.9	5.8
Manningham (C)	6.7*	3.2	13.4	2.2*	1.0	4.5
Maroondah (C)	11.1*	6.4	18.4	**		
Monash (C)	6.6*	3.9	10.9	4.2*	2.0	8.9
Whitehorse (C)	3.0*	1.7	5.3	**		
Yarra Ranges (S)	7.4	4.8	11.3	**		
Eastern Metropolitan Region	6.9	5.5	8.6	2.9	2.0	4.2
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.19 shows the frequency of smoking behaviour by LGA in North & West Metropolitan Region. Adults who lived in the LGA of Yarra (C) had a significantly lower prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.19: Smoking frequency, by LGA, in North & West Metropolitan Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Banyule (C)	7.9*	4.6	13.2	**		
Brimbank (C)	13.4	10.0	17.8	4.1*	2.1	7.9
Darebin (C)	8.6*	4.3	16.6	3.4*	1.3	8.5
Hobsons Bay (C)	7.4	5.5	9.9	4.4*	2.0	9.4
Hume (C)	11.4	7.8	16.2	4.1*	2.2	7.4
Maribyrnong (C)	9.6*	5.6	15.9	6.1*	2.8	12.7
Melbourne (C)	7.1*	3.7	13.2	0.9*	0.4	2.0
Melton (S)	9.5	6.9	12.9	2.3*	1.1	4.7
Moonee Valley (C)	5.9	3.8	9.2	6.7*	3.2	13.6
Moreland (C)	9.0	5.5	14.2	6.2*	3.0	12.2
Nillumbik (S)	6.9*	4.1	11.5	3.8*	1.6	8.6
Whittlesea (C)	11.1	8.0	15.3	3.9*	2.1	7.4
Wyndham (C)	9.4	6.8	13.0	3.6*	1.9	7.0
Yarra (C)	5.1	3.5	7.3	9.3*	4.4	18.3
North & West Metropolitan Region	9.2	8.1	10.5	3.9	3.1	4.8
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.20 shows the frequency of smoking behaviour by LGA in Southern Metropolitan Region. Adults who lived in the LGAs of Cardinia (S) and Frankston (C) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults. By contrast adults who lived in the LGAs of Port Phillip (C) and Stonnington (C) had a significantly lower prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.20: Smoking frequency, by LGA, in Southern Metropolitan Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bayside (C)	5.6*	2.4	12.5	**		
Cardinia (S)	16.5	11.9	22.5	1.9*	0.9	4.0
Casey (C)	13.3	9.1	18.9	3.0*	1.6	5.6
Frankston (C)	14.9	10.9	20.1	2.3*	0.8	5.9
Glen Eira (C)	13.2	8.4	20.0	5.1*	2.6	9.5
Greater Dandenong (C)	11.3	7.0	17.8	3.2*	1.5	6.8
Kingston (C)	8.2	5.3	12.5	5.8*	2.6	12.3
Mornington Peninsula (S)	9.6*	5.6	16.1	**		
Port Phillip (C)	4.4	2.9	6.6	3.0*	1.4	6.3
Stonnington (C)	4.2*	2.1	8.2	**		
Southern Metropolitan Region	10.3	8.8	12.0	3.5	2.7	4.7
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.21 shows the frequency of smoking behaviour by LGA in Barwon-South Western Region. Adults who lived in the LGA of Glenelg (S) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.21: Smoking frequency, by LGA, in Barwon-South Western Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Colac-Otway (S)	12.7*	7.3	21.1	0.9*	0.4	2.1
Corangamite (S)	9.8*	5.8	16.3	**		
Glenelg (S)	15.4	10.9	21.5	0.6*	0.3	1.4
Greater Geelong (C)	9.0	5.7	13.8	3.2*	1.2	8.2
Moyne (S)	10.7*	6.1	18.2	1.9*	0.8	4.5
Queenscliffe (B)	5.2*	2.6	9.9	**		
Southern Grampians (S)	7.3*	4.3	12.1	**		
Surf Coast (S)	6.1*	3.4	10.7	3.9*	2.0	7.7
Warrnambool (C)	7.2*	3.8	13.1	**		
Barwon-South Western Region	9.3	6.9	12.3	3.0*	1.5	6.0
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.22 shows the frequency of smoking behaviour by LGA in Gippsland Region. Adults who lived in the LGAs of Baw Baw (S) and Latrobe (C) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.22: Smoking frequency, by LGA, in Gippsland Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bass Coast (S)	14.9	9.5	22.6	1.4*	0.7	2.8
Baw Baw (S)	19.7	12.3	30.1	**		
East Gippsland (S)	9.3*	5.5	15.2	2.5*	1.2	5.3
Latrobe (C)	22.4	15.1	32.1	1.9*	1.0	3.7
South Gippsland (S)	8.5	5.6	12.5	2.0*	0.8	4.7
Wellington (S)	14.3	9.8	20.3	**		
Gippsland Region	16.8	13.6	20.6	3.2*	1.3	7.4
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.23 shows the frequency of smoking behaviour by LGA in Grampians Region. Adults who lived in the LGA of Ararat (RC) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.23: Smoking frequency, by LGA, in Grampians Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Ararat (RC)	20.6	15.0	27.6	**		
Ballarat (C)	13.4	8.5	20.5	1.6*	0.8	3.2
Golden Plains (S)	14.6	8.9	23.1	4.1*	1.9	8.6
Hepburn (S)	14.6*	8.6	23.5	5.2*	2.1	12.6
Hindmarsh (S)	15.2	9.6	23.0	2.1*	0.8	5.2
Horsham (RC)	7.5*	4.4	12.6	1.7*	0.6	4.3
Moorabool (S)	11.7	8.0	16.7	**		
Northern Grampians (S)	13.6	8.7	20.8	**		
Pyrenees (S)	13.0*	7.0	23.0	**		
West Wimmera (S)	9.3	6.0	14.0	5.3*	2.6	10.7
Yarriambiack (S)	10.9	7.2	16.1	1.2*	0.5	3.1
Grampians Region	13.4	10.4	17.1	2.3	1.7	3.3
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.24 shows the frequency of smoking behaviour by LGA in Hume Region. Adults who lived in the LGAs of Mansfield (S), Moira (S) and Murrindindi (S) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.24: Smoking frequency, by LGA, in Hume Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Alpine (S)	11.5*	5.3	23.1	1.2*	0.5	2.7
Benalla (RC)	11.8	7.6	17.7	**		
Greater Shepparton (C)	7.7	5.4	10.9	5.1*	2.2	11.5
Indigo (S)	9.9*	4.5	20.3	0.9*	0.4	2.2
Mansfield (S)	25.0*	14.0	40.6	4.2*	1.6	10.5
Mitchell (S)	10.0*	5.8	16.6	2.2*	1.0	5.0
Moira (S)	19.7	12.9	28.9	**		
Murrindindi (S)	20.0	13.3	28.9	4.4*	1.9	9.8
Strathbogie (S)	12.3	7.4	19.5	**		
Towong (S)	11.8*	6.7	19.9	1.7*	0.8	3.6
Wangaratta (RC)	16.3*	8.9	28.0	**		
Wodonga (RC)	14.2	9.4	21.0	**		
Hume Region	12.6	10.7	14.8	3.5	2.2	5.3
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 2.25 shows the frequency of smoking behaviour by LGA in Loddon Mallee Region. Adults who lived in the LGAs of Campaspe (S), Central Goldfields (S) and Loddon (S) had a significantly higher prevalence of 'daily' smoking compared with all Victorian adults.

Table 2.25: Smoking frequency, by LGA, in Loddon Mallee Region, Victoria, 2014

LGA	Daily smoker			Occasional smoker		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Buloke (S)	15.4*	8.7	25.7	**		
Campaspe (S)	19.4	12.6	28.7	**		
Central Goldfields (S)	20.1	13.0	29.9	**		
Gannawarra (S)	10.7*	5.8	18.8	1.3*	0.6	3.0
Greater Bendigo (C)	10.7	7.0	15.9	**		
Loddon (S)	20.1	14.9	26.6	**		
Macedon Ranges (S)	6.7	4.6	9.7	**		
Mildura (RC)	16.9*	10.0	27.1	1.8*	0.7	4.3
Mount Alexander (S)	8.0	5.5	11.5	**		
Swan Hill (RC)	9.3	5.8	14.5	**		
Loddon Mallee Region	12.6	10.2	15.5	2.4*	1.3	4.5
Victoria	9.8	9.1	10.5	3.4	2.9	3.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: [above](#) or [below](#). Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

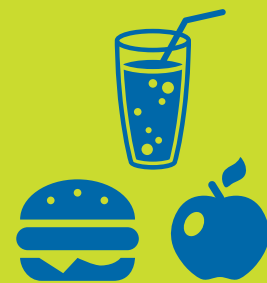
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

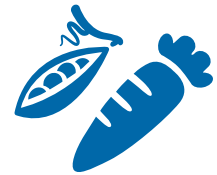


3. Fruit and vegetable consumption, takeaway meals and snacks, and consumption of sugar-sweetened and artificially sweetened soft drinks



Key findings

Vegetable intake



6.4%

of adults met the recommended minimum daily intake for vegetables



2.6%

of men met the recommended minimum daily intake for vegetables



10.0%

of women met the recommended minimum daily intake for vegetables

Fruit intake



47.8%

of adults met the recommended minimum daily intake for fruit



43.5%

of men met the recommended minimum daily intake for fruit



51.9%

of women met the recommended minimum daily intake for fruit



Fruit and vegetable consumption

Daily intake of fruit and vegetables is used as a proxy measure of the quality of a person’s diet in Australia and internationally. New Australian dietary guidelines were introduced in 2013, altering some of the serving sizes and recommendations for fruit and vegetable consumption based on sex and age. Analysis of the Victorian Population Health Survey 2014 data has been undertaken using the 2013 Australian guidelines. Table 3.1 shows the differences between the two sets of guidelines.

Australian dietary guidelines

The 2013 Australian guidelines recommend a minimum daily vegetable intake of 5½ serves for men 18 years of age or 51–70 years of age, six serves for men 19–50 years of age and five serves for men 71 years of age or older. The recommended minimum daily vegetable intake for women 18 years of age or older is five serves, where a serve is defined as half a cup of cooked vegetables or a cup of green leafy or raw salad vegetables (NHMRC 2013). The recommended minimum daily fruit intake is two serves for people 12–18 years of age and two serves for those 18 years of age or older, where a serve is defined as one medium piece or two small pieces of fruit or one cup of diced pieces (NHMRC 2013).

Table 3.1: Australian adult dietary guidelines for vegetable and fruit consumption, by sex and age group, 2003^a and 2013^b

	Guidelines					
	NHMRC (2003)			NHMRC (2013)		
	Age group (years)	Serves/day		Age group (years)	Serves/day	
	Vegetables (75g/serve)	Fruit (150g serve)		Vegetables and legumes/beans (75g/serve)	Fruit (150g serve)	
Men	12–18	4	3	18	5.5	2
	19+	5	2	19–50	6	2
				51–70	5.5	2
				71+	5	2
Women	12–18	4	3	18	5	2
	19+	5	2	19–50	5	2
				51–70	5	2
				71+	5	2

^a NHMRC (2003) guidelines

^b NHMRC (2013) guidelines



Daily vegetable consumption

Table 3.2 and Figure 3.1 show daily vegetable consumption in serves per day, by age group and sex. The proportion of adults who consumed 'less than one serve' of vegetables daily was 5.8 per cent among all Victorian adults but was significantly higher among men (7.3 per cent) compared with women (4.4 per cent).

A significantly higher proportion of women and adults 75 years of age or older reported consuming 'less than one serve' of vegetables daily compared with all women and adults respectively.

Table 3.2: Proportion (%) of the population consuming vegetables (serves per day), by age group and sex, Victoria, 2014

	Age group (years)	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	11.9	8.2	16.9	63.3	56.7	69.4	20.2	15.3	26.2	4.1*	2.3	7.2
	25–34	4.6*	2.6	8.2	71.3	65.7	76.4	20.1	15.8	25.1	3.3*	1.8	6.1
	35–44	7.2	5.5	9.4	66.7	63.2	70.1	19.5	16.8	22.6	5.4	4.0	7.2
	45–54	6.8	5.4	8.5	67.4	64.5	70.2	19.9	17.5	22.4	4.0	3.1	5.4
	55–64	6.1	5.0	7.4	64.7	62.3	67.0	22.2	20.2	24.3	5.2	4.3	6.3
	65–74	6.2	5.1	7.5	62.0	59.7	64.3	24.2	22.2	26.2	5.5	4.5	6.6
	75–84	9.6	7.8	11.8	57.7	54.5	60.7	23.0	20.5	25.8	6.1	4.8	7.6
	85+	11.9	7.6	17.9	55.3	48.9	61.6	23.3	18.5	29.0	5.6*	3.0	10.2
	Victoria	7.3	6.4	8.3	65.8	64.1	67.4	20.9	19.5	22.3	4.6	4.0	5.3
Females	18–24	4.6*	2.5	8.4	62.7	56.3	68.6	26.0	20.9	31.8	5.4*	3.3	8.9
	25–34	3.3*	2.0	5.5	56.3	51.3	61.2	28.2	23.8	33.1	10.5	7.9	13.7
	35–44	4.0	3.0	5.2	53.2	50.6	55.8	32.8	30.4	35.3	9.1	7.8	10.7
	45–54	4.1	3.3	5.2	51.7	49.4	54.1	32.9	30.7	35.1	10.1	8.9	11.5
	55–64	3.4	2.7	4.2	44.1	42.0	46.3	36.6	34.6	38.7	13.9	12.5	15.5
	65–74	5.8	4.8	6.9	44.6	42.5	46.7	34.7	32.8	36.7	13.0	11.7	14.5
	75–84	8.3	6.9	10.0	49.3	46.7	51.9	29.1	26.8	31.5	10.0	8.5	11.8
	85+	7.7	5.2	11.0	52.0	47.1	56.8	28.4	24.2	33.0	6.8	5.0	9.2
	Victoria	4.4	3.8	5.1	52.7	51.1	54.2	31.3	29.9	32.8	10.0	9.2	10.8
Persons	18–24	8.3	6.1	11.4	63.0	58.4	67.3	23.0	19.4	27.1	4.8	3.3	6.9
	25–34	4.0	2.7	5.9	63.8	60.0	67.5	24.1	21.0	27.6	6.9	5.3	8.9
	35–44	5.6	4.6	6.8	59.9	57.7	62.0	26.2	24.4	28.2	7.3	6.3	8.4
	45–54	5.4	4.6	6.4	59.5	57.6	61.3	26.5	24.8	28.2	7.1	6.3	8.1
	55–64	4.7	4.1	5.5	54.2	52.5	55.8	29.6	28.1	31.1	9.6	8.8	10.6
	65–74	6.0	5.2	6.8	52.6	51.0	54.2	29.9	28.4	31.3	9.5	8.7	10.5
	75–84	8.9	7.7	10.2	53.2	51.1	55.2	26.3	24.6	28.1	8.2	7.1	9.4
	85+	9.4	7.0	12.5	53.4	49.5	57.2	26.3	23.0	29.8	6.3	4.7	8.4
	Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

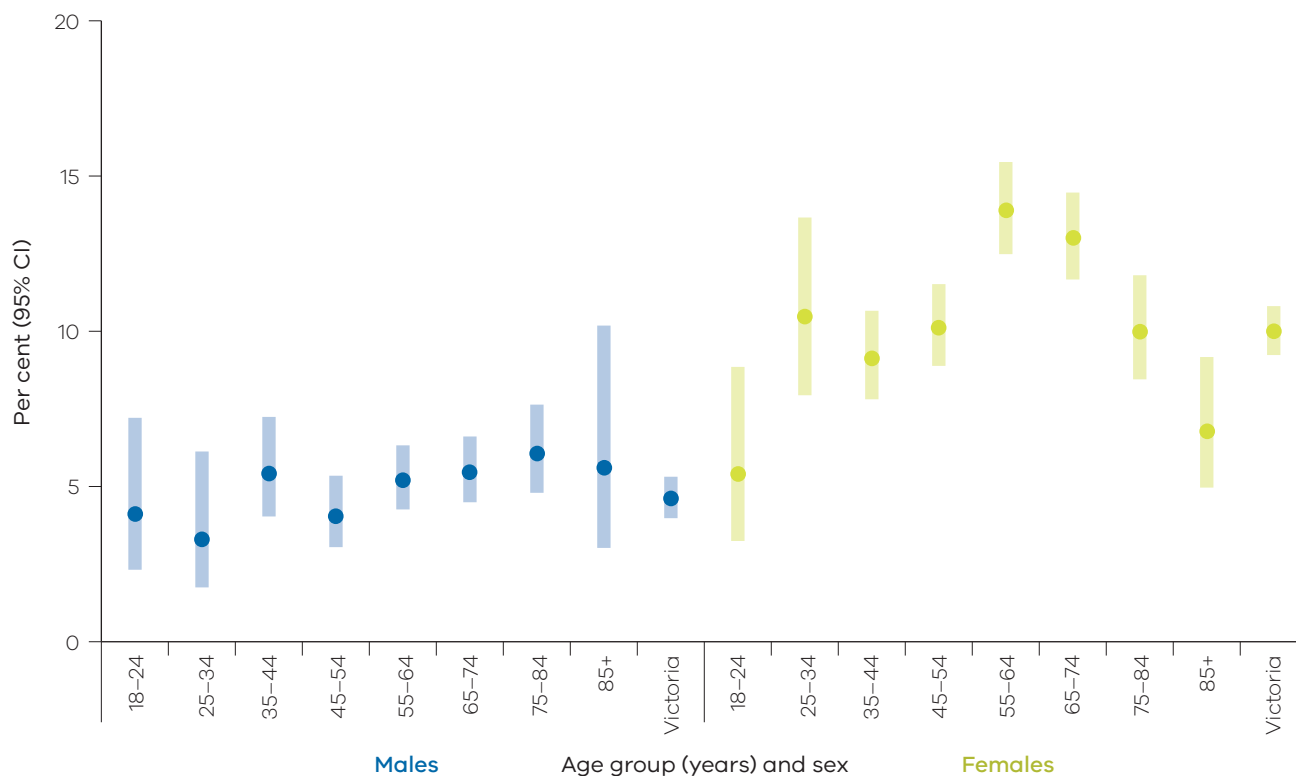
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 3.1: Proportion (%) of the population consuming 5+ serves per day of vegetables, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.3 shows daily vegetable consumption in serves per day by departmental region and sex. The proportion of adults who reported consuming 'less than one serve' of vegetables daily was significantly higher among adults who lived in North & West Metropolitan Region compared with all Victorian adults. In contrast, the proportion of adults who reported consuming 'less than one serve' of vegetables daily was significantly lower among women who lived in the Gippsland and Loddon Mallee regions compared with all Victorian women. A significantly lower proportion of women who lived in the rural regions reported consuming 'less than one serve' of vegetables daily compared with all Victorian women.

Table 3.3: Proportion (%) of the population consuming vegetables (serves per day), by Department of Health and Human Services region and sex, Victoria, 2014

Region	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males (18+ years)												
Eastern Metropolitan	5.5	3.7	8.0	65.4	61.1	69.5	23.7	20.0	27.8	4.3	2.8	6.4
North & West Metropolitan	9.4	7.8	11.2	66.7	63.9	69.4	17.6	15.5	19.9	4.5	3.5	5.6
Southern Metropolitan	7.1	5.2	9.6	64.5	60.6	68.3	22.8	19.6	26.3	4.1	2.9	5.9
All metropolitan regions	7.7	6.6	8.9	65.8	63.7	67.7	20.8	19.1	22.5	4.3	3.6	5.1
Barwon-South Western	4.6*	2.6	8.0	68.6	62.4	74.2	19.1	15.0	24.0	6.6*	3.6	11.7
Gippsland	11.4*	6.7	18.9	57.3	50.2	64.2	23.7	18.7	29.6	4.9	3.5	6.8
Grampians	5.8	3.7	8.8	68.9	63.3	74.0	18.4	14.4	23.2	6.1	3.8	9.5
Hume	5.9	4.0	8.7	66.2	61.1	71.0	21.0	17.1	25.5	4.9	3.5	6.9
Loddon Mallee	4.6	3.1	6.9	68.1	62.5	73.2	22.1	17.5	27.5	4.6	3.4	6.3
All rural regions	6.2	4.8	8.0	66.2	63.3	68.9	20.8	18.7	23.0	5.5	4.3	6.9
Victoria	7.3	6.4	8.3	65.8	64.1	67.4	20.9	19.5	22.3	4.6	4.0	5.3
Females (18+ years)												
Eastern Metropolitan	4.1	2.8	5.9	54.7	50.9	58.5	31.2	27.8	34.9	9.1	7.6	10.9
North & West Metropolitan	6.1	4.9	7.5	56.1	53.5	58.6	27.2	25.1	29.4	8.6	7.4	10.0
Southern Metropolitan	4.5	3.4	5.9	52.1	48.7	55.5	31.5	28.3	34.9	10.0	8.4	11.8
All metropolitan regions	4.9	4.2	5.8	54.4	52.6	56.2	29.7	28.0	31.4	9.3	8.4	10.2
Barwon-South Western	2.6*	1.4	4.7	47.6	40.6	54.7	36.4	30.8	42.4	12.4	8.1	18.5
Gippsland	1.8	1.2	2.7	49.6	44.2	55.1	35.7	30.6	41.1	11.3	8.9	14.1
Grampians	3.1	2.2	4.6	45.0	39.3	50.8	38.9	33.3	44.9	12.1	10.1	14.5
Hume	4.6	2.8	7.5	46.9	42.9	51.0	34.9	31.2	38.7	12.6	10.5	15.1
Loddon Mallee	2.5	1.8	3.4	47.6	42.3	52.8	33.9	29.3	38.8	13.4	10.5	17.1
All rural regions	2.9	2.3	3.7	47.4	44.7	50.1	36.0	33.5	38.5	12.4	10.8	14.1
Victoria	4.4	3.8	5.1	52.7	51.1	54.2	31.3	29.9	32.8	10.0	9.2	10.8

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.3: Proportion (%) of the population consuming vegetables (serves per day), by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
People (18+ years)												
Eastern Metropolitan	4.8	3.6	6.2	59.8	56.9	62.7	27.6	25.0	30.3	6.8	5.7	8.1
North & West Metropolitan	7.7	6.7	8.8	61.3	59.4	63.2	22.5	20.9	24.0	6.6	5.8	7.5
Southern Metropolitan	5.8	4.7	7.1	58.2	55.6	60.7	27.3	25.0	29.7	7.1	6.1	8.3
All metropolitan regions	6.3	5.6	7.0	59.9	58.6	61.3	25.3	24.1	26.5	6.8	6.3	7.5
Barwon-South Western	3.6	2.3	5.5	57.9	53.2	62.5	27.9	24.3	31.8	9.5	6.6	13.6
Gippsland	6.9*	4.0	11.6	53.4	48.8	57.9	29.5	25.9	33.5	8.3	6.7	10.1
Grampians	4.4	3.2	5.9	56.9	52.7	60.9	28.8	25.1	32.8	9.0	7.5	10.9
Hume	5.2	3.9	7.1	56.6	53.2	59.9	28.0	25.1	31.0	8.8	7.4	10.3
Loddon Mallee	3.6	2.7	4.9	57.6	53.7	61.4	28.3	25.0	31.9	9.0	7.4	10.9
All rural regions	4.6	3.8	5.6	56.6	54.7	58.6	28.4	26.8	30.1	9.0	8.0	10.2
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.4 shows daily vegetable consumption in serves per day by LGA in Eastern Metropolitan Region. The proportion of adults who reported consuming 'three or four serves' of vegetables daily was significantly higher among those who lived in the LGA of Whitehorse (C) compared with all Victorian adults.

Table 3.4: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	3.0*	1.3	6.5	60.5	53.7	67.0	28.9	23.1	35.6	6.7	4.4	9.8
Knox (C)	4.8*	2.5	9.0	65.0	57.3	72.1	25.8	19.5	33.4	3.4*	2.1	5.6
Manningham (C)	7.5*	3.7	14.5	62.7	54.6	70.2	19.8	14.4	26.5	9.0	5.5	14.5
Maroondah (C)	4.0*	1.6	9.6	60.9	51.7	69.4	28.2	20.6	37.4	6.5	4.1	10.4
Monash (C)	4.9*	2.8	8.3	58.8	52.3	65.0	27.6	22.4	33.6	7.2*	4.3	11.6
Whitehorse (C)	3.9*	2.1	7.1	52.3	44.7	59.9	34.5	27.5	42.3	7.9	5.1	12.0
Yarra Ranges (S)	5.9*	2.2	14.9	60.1	51.1	68.5	26.0	19.0	34.5	7.1	4.9	10.0
Eastern Metropolitan Region	4.8	3.6	6.2	59.8	56.9	62.7	27.6	25.0	30.3	6.8	5.7	8.1
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.5 shows daily vegetable consumption in serves per day by LGA in North & West Metropolitan Region. The proportion of adults who reported consuming 'less than one serve' of vegetables daily was significantly higher among adults who lived in the LGA of Whittlesea (C)

compared with all Victorian adults. The proportion of adults who reported consuming 'one or two serves' of vegetables daily was significantly higher among those who lived in the LGAs of Brimbank (C) and Wyndham (C) compared with all Victorian adults.

Table 3.5: Proportion (%) of the population consuming vegetables (serves per day), by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	2.9*	1.6	5.3	62.5	55.9	68.7	26.3	20.8	32.6	7.3	4.8	10.9
Brimbank (C)	8.4	5.9	11.8	68.1	62.4	73.3	15.8	11.8	20.8	4.1*	2.1	8.0
Darebin (C)	7.6	5.4	10.8	59.0	52.3	65.4	24.4	19.5	30.0	7.5	4.9	11.2
Hobsons Bay (C)	7.2*	3.8	13.1	56.9	48.0	65.3	25.4	18.6	33.7	8.2*	4.5	14.6
Hume (C)	9.5*	5.8	15.4	58.3	52.1	64.3	25.0	20.3	30.3	5.7	3.9	8.3
Maribyrnong (C)	6.8	4.5	10.4	65.7	59.4	71.6	19.1	14.4	25.0	6.1	4.1	9.1
Melbourne (C)	7.3*	4.0	12.7	54.3	47.1	61.3	24.8	19.3	31.2	12.1	8.2	17.4
Melton (S)	7.4	5.0	10.8	64.6	58.4	70.4	21.3	16.4	27.3	4.9	3.4	6.9
Moonee Valley (C)	5.8*	3.3	10.0	58.8	51.9	65.3	24.3	19.3	30.2	9.3	6.1	14.2
Moreland (C)	5.6	3.8	8.2	60.5	54.1	66.6	23.2	18.4	29.0	6.7*	4.0	11.0
Nillumbik (S)	3.0*	1.4	6.1	59.2	52.3	65.7	28.0	22.3	34.5	8.8	6.0	12.8
Whittlesea (C)	13.9	10.1	18.9	61.8	55.9	67.4	17.3	13.4	22.2	5.7	3.5	9.0
Wyndham (C)	6.9	4.7	10.0	66.9	61.5	71.8	21.4	17.1	26.3	3.4*	2.0	5.5
Yarra (C)	4.1	2.8	5.9	61.0	52.3	69.0	25.0	17.9	33.7	8.7	5.8	12.9
North & West Metropolitan Region	7.7	6.7	8.8	61.3	59.4	63.2	22.5	20.9	24.0	6.6	5.8	7.5
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.6 shows daily vegetable consumption in serves per day by LGA in Southern Metropolitan Region. The proportion of adults who reported consuming 'three or four serves' of vegetables daily was significantly higher among those who lived in the LGA of Bayside (C) compared with all Victorian adults.

Table 3.6: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bayside (C)	2.0*	0.9	4.3	51.0	41.7	60.3	39.9	31.0	49.4	6.4*	3.8	10.4
Cardinia (S)	5.9*	3.2	10.6	58.2	51.5	64.6	28.1	22.5	34.5	6.5	4.2	9.8
Casey (C)	9.6	5.9	15.1	60.6	54.2	66.7	21.4	17.0	26.6	5.9	3.8	8.9
Frankston (C)	7.9	5.0	12.1	55.9	49.1	62.4	25.5	19.9	32.0	9.5	6.3	14.0
Glen Eira (C)	5.5	3.5	8.5	55.4	47.9	62.6	31.0	24.3	38.6	7.3	4.6	11.4
Greater Dandenong (C)	5.0*	3.0	8.4	65.7	58.8	72.1	21.8	16.3	28.4	4.0*	2.3	6.8
Kingston (C)	2.9*	1.6	5.1	60.2	52.1	67.8	27.9	21.2	35.8	6.9	4.3	10.7
Mornington Peninsula (S)	6.7*	3.2	13.6	51.4	41.9	60.8	33.3	25.5	42.2	7.8*	4.0	14.9
Port Phillip (C)	4.0	2.6	6.2	58.3	47.5	68.3	27.3	18.1	39.0	9.2	6.4	12.8
Stonnington (C)	2.3*	1.4	3.8	60.4	52.7	67.6	25.7	19.8	32.6	10.5*	6.3	17.0
Southern Metropolitan Region	5.8	4.7	7.1	58.2	55.6	60.7	27.3	25.0	29.7	7.1	6.1	8.3
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.7 shows daily vegetable consumption in serves per day by LGA in Barwon-South Western Region. The proportion of adults who reported consuming 'five or more serves' of vegetables daily was significantly higher among those who lived in the LGA of Queenscliffe (B) compared with all Victorian adults.

Table 3.7: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Barwon-South Western Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	1.7*	1.0	3.0	56.3	45.8	66.3	31.4	22.5	41.8	9.5*	4.9	17.5
Corangamite (S)	3.2*	1.4	6.9	59.1	52.0	65.9	26.2	21.1	31.9	11.3	7.0	17.6
Glenelg (S)	5.0*	2.8	8.8	57.8	49.9	65.4	24.6	18.8	31.4	7.2	4.7	10.8
Greater Geelong (C)	3.9*	2.1	7.2	58.0	50.4	65.2	27.6	22.2	33.7	9.5*	5.1	16.8
Moyne (S)	2.7*	1.0	6.9	57.4	49.1	65.3	27.7	22.4	33.8	11.5*	6.4	19.9
Queenscliffe (B)	0.9*	0.3	2.3	48.4	34.1	62.9	38.0	25.1	52.8	12.6	8.3	18.6
Southern Grampians (S)	4.4*	1.8	10.5	57.8	49.1	66.1	28.7	22.7	35.5	8.6*	4.7	15.1
Surf Coast (S)	4.1*	2.1	8.1	55.5	46.5	64.2	31.0	23.7	39.5	9.0	5.7	13.8
Warrnambool (C)	1.6*	0.8	3.3	58.4	50.5	66.0	28.4	22.4	35.3	10.4*	5.8	17.8
Barwon-South Western Region	3.6	2.3	5.5	57.9	53.2	62.5	27.9	24.3	31.8	9.5	6.6	13.6
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.8 shows daily vegetable consumption in serves per day by LGA in Gippsland Region. The proportion of adults who reported consuming 'less than one serve' of vegetables daily was significantly higher among those who lived in the LGA of Latrobe (C) compared with all Victorian adults.

Table 3.8: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Gippsland Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	2.2*	1.3	3.6	52.2	41.1	63.2	32.0	22.0	43.9	11.1	6.9	17.3
Baw Baw (S)	**			56.2	47.1	64.9	28.2	21.9	35.4	8.3	5.8	11.6
East Gippsland (S)	2.2*	1.1	4.2	63.9	56.2	71.0	25.8	19.2	33.8	7.4	5.2	10.5
Latrobe (C)	14.4*	7.6	25.7	46.0	37.2	55.0	28.6	21.0	37.6	8.2	5.0	13.2
South Gippsland (S)	2.8*	1.4	5.4	56.0	48.3	63.3	30.3	23.4	38.1	10.2	6.6	15.4
Wellington (S)	3.8*	2.3	6.2	54.8	46.0	63.3	33.7	25.9	42.4	6.8*	4.1	11.1
Gippsland Region	6.9*	4.0	11.6	53.4	48.8	57.9	29.5	25.9	33.5	8.3	6.7	10.1
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.9 shows daily vegetable consumption in serves per day by LGA in Grampians Region. The proportion of adults who reported consuming 'less than one serve' of vegetables daily was significantly lower among those who lived in the LGAs of Pyrenees (S) and West Wimmera (S) compared with all Victorian adults.

Table 3.9: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Grampians Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	6.3*	3.5	11.2	54.9	46.4	63.2	25.7	19.9	32.5	12.9*	7.0	22.6
Ballarat (C)	4.3*	2.3	7.8	54.1	46.7	61.4	31.0	24.5	38.3	9.7	6.8	13.5
Golden Plains (S)	4.0*	2.2	6.9	52.1	44.4	59.8	34.1	26.9	42.0	9.6	6.7	13.6
Hepburn (S)	5.4*	2.7	10.5	60.0	51.5	67.9	27.9	21.2	35.7	6.4	4.3	9.4
Hindmarsh (S)	**			57.1	48.7	65.1	27.1	20.9	34.4	11.3	7.6	16.5
Horsham (RC)	**			60.3	47.9	71.5	25.7	18.2	35.0	9.2*	4.1	19.4
Moorabool (S)	5.4	3.4	8.5	64.2	58.4	69.6	22.5	18.0	27.8	6.6	4.4	9.7
Northern Grampians (S)	**			62.8	53.6	71.1	22.1	16.5	29.0	9.4*	5.0	17.1
Pyrenees (S)	2.2*	1.2	3.8	64.7	56.8	72.0	23.5	17.6	30.5	8.4	5.4	12.7
West Wimmera (S)	1.8*	0.9	3.5	55.6	46.0	64.7	29.1	22.8	36.2	12.7*	7.6	20.7
Yarriambiack (S)	6.1*	2.9	12.1	53.7	43.6	63.6	30.4	21.2	41.6	9.0	6.1	13.2
Grampians Region	4.4	3.2	5.9	56.9	52.7	60.9	28.8	25.1	32.8	9.0	7.5	10.9
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 3.10 shows daily vegetable consumption in serves per day by LGA in Hume Region. The proportion of adults who reported consuming 'three or four serves' of vegetables daily was significantly higher among those who lived in the LGA of Indigo (S) compared with all Victorian adults.

Table 3.10: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Hume Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	2.4	1.5	3.9	66.1	57.5	73.8	19.4	14.5	25.5	11.6	7.1	18.5
Benalla (RC)	3.2*	1.5	6.5	55.6	46.0	64.8	25.2	18.5	33.4	12.6*	7.2	21.2
Greater Shepparton (C)	5.1*	2.4	10.7	56.9	48.5	64.9	28.7	22.0	36.4	8.5	5.2	13.5
Indigo (S)	**			41.5	32.9	50.8	41.2	31.5	51.7	10.8	7.6	15.2
Mansfield (S)	2.8*	1.6	4.8	52.9	40.6	64.9	34.8	23.7	47.9	7.3	5.1	10.5
Mitchell (S)	3.1*	1.4	6.6	60.7	52.5	68.3	23.5	18.1	30.0	8.6	5.8	12.7
Moira (S)	6.9*	3.7	12.5	50.6	41.8	59.3	32.9	23.7	43.7	8.9	5.5	14.0
Murrindindi (S)	**			56.0	46.9	64.7	32.0	23.5	42.0	5.9	4.2	8.3
Strathbogie (S)	3.0*	1.8	5.0	60.8	53.0	68.1	25.0	18.6	32.8	10.2*	6.1	16.5
Towong (S)	**			52.3	42.3	62.1	32.5	24.0	42.4	11.1	7.5	16.2
Wangaratta (RC)	4.3*	2.2	8.3	56.8	47.5	65.5	30.6	22.8	39.8	6.7	4.5	9.9
Wodonga (RC)	7.7*	3.9	14.6	57.9	50.2	65.2	25.0	19.1	31.9	8.3	5.8	11.6
Hume Region	5.2	3.9	7.1	56.6	53.2	59.9	28.0	25.1	31.0	8.8	7.4	10.3
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.11 shows daily vegetable consumption in serves per day by LGA in Loddon Mallee Region. The proportion of adults who reported consuming 'five or more serves' of vegetables daily was significantly higher among those who lived in the LGA of Mount Alexander (S) compared with all Victorian adults.

Table 3.11: Proportion (%) of the population consuming vegetables (serves per day), by LGA, Loddon Mallee Region, Victoria, 2014

LGA	< 1 serve/day			1–2 serves/day			3–4 serves/day			5+ serves/day		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	**			61.7	52.5	70.0	24.2	17.7	32.1	8.9	5.5	14.0
Campaspe (S)	3.6*	1.4	9.3	61.1	52.1	69.5	27.5	20.5	35.8	7.3*	3.9	13.1
Central Goldfields (S)	6.8*	2.9	15.0	57.3	47.1	66.9	24.8	17.2	34.4	10.5*	5.5	19.3
Gannawarra (S)	3.5*	1.8	6.7	58.3	45.1	70.3	22.5	16.5	29.8	8.8*	5.1	14.8
Greater Bendigo (C)	2.6*	1.5	4.4	56.6	49.2	63.8	29.7	23.6	36.6	9.3	6.1	13.9
Loddon (S)	6.0*	2.5	13.7	51.5	40.0	62.9	27.8	19.9	37.4	7.1	5.1	10.0
Macedon Ranges (S)	5.5*	2.5	11.7	57.8	50.6	64.6	25.0	20.8	29.7	10.4	7.1	14.9
Mildura (RC)	4.9*	2.2	10.3	59.8	50.4	68.6	28.6	20.4	38.5	6.0	3.9	9.1
Mount Alexander (S)	**			52.5	40.9	63.9	29.7	19.9	41.9	15.1	10.1	22.0
Swan Hill (RC)	4.0*	2.1	7.5	53.3	43.6	62.8	32.2	23.4	42.5	9.0*	5.0	15.7
Loddon Mallee Region	3.6	2.7	4.9	57.6	53.7	61.4	28.3	25.0	31.9	9.0	7.4	10.9
Victoria	5.8	5.3	6.4	59.1	57.9	60.2	26.2	25.2	27.2	7.4	6.9	7.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Daily fruit consumption

Table 3.12 and Figure 3.2 show daily fruit consumption in serves per day, by age group and sex. The proportion of adults who reported consuming 'less than two serves' of fruit daily was 51.2 per cent among all Victorian adults but was significantly higher among men (55.5 per cent) compared with women (47.1 per cent).

The proportion of adults who consumed 'less than two serves' of fruit daily was significantly lower among women and people 65–84 years of age compared with all Victorian women and adults, respectively.

Table 3.12: Proportion (%) of the population consuming fruit (serves per day), by age group and sex, Victoria, 2014

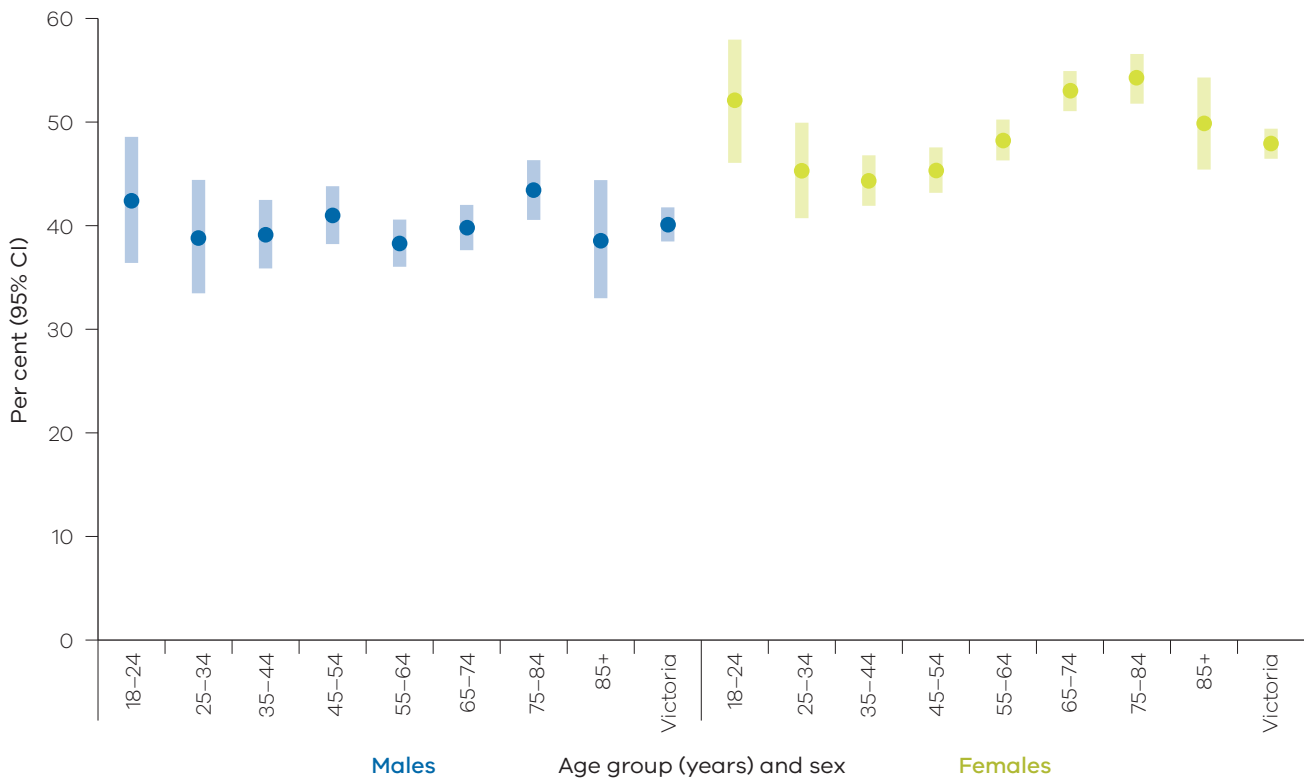
	Age group (years)	< 2 serves/day			2+ serves/day		
		%	95% CI		%	95% CI	
			LL	UL		LL	UL
Males	18–24	54.0	47.3	60.5	46.0	39.4	52.6
	25–34	56.7	50.6	62.5	42.1	36.3	48.1
	35–44	57.4	53.7	60.9	42.4	38.9	46.0
	45–54	53.7	50.6	56.7	44.4	41.4	47.5
	55–64	57.8	55.4	60.3	41.5	39.0	44.0
	65–74	55.3	52.9	57.7	43.1	40.8	45.5
	75–84	50.9	47.8	54.1	47.0	43.9	50.2
	85+	55.8	49.4	61.9	41.8	35.8	48.1
	Victoria	55.5	53.7	57.3	43.5	41.7	45.2
Females	18–24	43.4	37.0	49.9	56.5	49.9	62.8
	25–34	49.4	44.4	54.4	49.1	44.1	54.1
	35–44	51.1	48.5	53.8	48.0	45.4	50.7
	45–54	50.0	47.6	52.4	49.1	46.8	51.5
	55–64	46.6	44.5	48.8	52.3	50.2	54.4
	65–74	41.3	39.3	43.4	57.4	55.3	59.5
	75–84	39.6	37.0	42.2	58.7	56.1	61.3
	85+	43.6	38.9	48.5	54.1	49.2	58.8
	Victoria	47.1	45.5	48.6	51.9	50.3	53.5
Persons	18–24	48.8	44.1	53.5	51.1	46.4	55.7
	25–34	53.0	49.1	56.9	45.6	41.7	49.5
	35–44	54.2	52.0	56.4	45.3	43.0	47.5
	45–54	51.8	49.9	53.7	46.8	44.9	48.7
	55–64	52.1	50.5	53.8	47.0	45.4	48.6
	65–74	47.8	46.2	49.3	50.8	49.3	52.4
	75–84	44.8	42.8	46.9	53.3	51.3	55.3
	85+	48.8	44.9	52.6	48.9	45.0	52.7
	Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Figure 3.2: Proportion (%) of the population consuming 2+ serves per day of fruit, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.13 shows daily fruit consumption in serves per day by departmental region and sex. The proportion of adults who reported consuming 'less than two serves' of fruit daily was significantly higher among women and adults who lived in Loddon Mallee Region compared with all Victorian women and adults, respectively.

Table 3.13: Proportion (%) of the population consuming fruit (serves per day), by Department of Health and Human Services region and sex, Victoria, 2014

Region	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Males (18+ years)						
Eastern Metropolitan	56.4	52.0	60.7	42.0	37.8	46.3
North & West Metropolitan	54.5	51.5	57.5	44.4	41.4	47.4
Southern Metropolitan	54.2	50.2	58.2	45.1	41.2	49.2
All metropolitan regions	55.0	52.9	57.1	44.0	41.9	46.1
Barwon-South Western	47.7	40.4	55.1	50.8	43.4	58.2
Gippsland	57.5	50.4	64.3	41.6	34.9	48.7
Grampians	56.9	50.5	63.1	41.9	35.7	48.3
Hume	62.0	56.6	67.1	37.4	32.3	42.7
Loddon Mallee	62.4	57.0	67.5	36.8	31.7	42.2
All rural regions	56.7	53.6	59.8	42.3	39.2	45.4
Victoria	55.5	53.7	57.3	43.5	41.7	45.2
Females (18+ years)						
Eastern Metropolitan	45.4	41.5	49.5	53.9	49.9	57.9
North & West Metropolitan	46.4	43.8	49.0	52.2	49.6	54.8
Southern Metropolitan	49.3	45.9	52.6	49.7	46.4	53.1
All metropolitan regions	47.1	45.3	49.0	51.8	49.9	53.6
Barwon-South Western	42.4	35.6	49.4	57.1	50.0	63.8
Gippsland	46.2	41.0	51.5	52.2	46.8	57.5
Grampians	45.3	40.9	49.8	53.9	49.5	58.3
Hume	45.5	41.7	49.4	54.0	50.1	57.8
Loddon Mallee	54.5	49.6	59.5	44.8	39.9	49.8
All rural regions	46.6	43.9	49.2	52.7	50.0	55.4
Victoria	47.1	45.5	48.6	51.9	50.3	53.5
People (18+ years)						
Eastern Metropolitan	50.8	47.8	53.8	48.1	45.1	51.1
North & West Metropolitan	50.3	48.3	52.3	48.4	46.4	50.4
Southern Metropolitan	51.6	49.0	54.2	47.6	44.9	50.2
All metropolitan regions	50.9	49.5	52.3	48.0	46.6	49.4
Barwon-South Western	44.9	39.9	50.1	54.0	48.9	59.1
Gippsland	52.1	47.6	56.6	46.7	42.2	51.2
Grampians	51.4	47.2	55.5	47.6	43.5	51.8
Hume	53.7	50.2	57.3	45.7	42.2	49.3
Loddon Mallee	58.5	54.8	62.1	40.8	37.2	44.4
All rural regions	51.7	49.6	53.8	47.4	45.3	49.5
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.14 shows daily fruit consumption in serves per day by LGA in Eastern Metropolitan Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was not significantly different among those who lived in Eastern Metropolitan Region compared with all Victorian adults.

Table 3.14: Proportion (%) of the population consuming fruit (serves per day), by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Boroondara (C)	55.1	48.5	61.5	44.7	38.3	51.3
Knox (C)	50.5	42.4	58.7	48.9	40.7	57.1
Manningham (C)	47.3	39.6	55.0	52.5	44.7	60.1
Maroondah (C)	53.0	43.9	61.9	46.8	37.9	55.9
Monash (C)	50.6	44.0	57.1	46.5	40.0	53.1
Whitehorse (C)	45.5	38.2	53.0	54.3	46.9	61.6
Yarra Ranges (S)	53.6	44.6	62.3	43.9	35.2	52.9
Eastern Metropolitan Region	50.8	47.8	53.8	48.1	45.1	51.1
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.15 shows daily fruit consumption in serves per day by LGA in North & West Metropolitan Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was significantly lower among those who lived in the LGA of Nillumbik (S) compared with all Victorian adults.

Table 3.15: Proportion (%) of the population consuming fruit (serves per day), by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Banyule (C)	51.1	43.3	58.9	47.7	40.0	55.5
Brimbank (C)	54.5	48.4	60.6	44.1	38.1	50.3
Darebin (C)	49.2	41.5	56.9	50.4	42.6	58.1
Hobsons Bay (C)	46.0	37.3	54.8	53.6	44.8	62.3
Hume (C)	53.9	47.5	60.2	44.3	38.1	50.7
Maribyrnong (C)	53.2	45.9	60.3	44.7	37.7	52.0
Melbourne (C)	44.7	38.3	51.3	53.7	47.0	60.2
Melton (S)	55.3	47.8	62.5	43.8	36.6	51.3
Moonee Valley (C)	49.8	42.9	56.8	49.7	42.8	56.7
Moreland (C)	47.9	40.6	55.3	49.7	42.4	57.1
Nillumbik (S)	42.1	35.2	49.4	57.3	50.0	64.3
Whittlesea (C)	51.1	45.3	56.9	47.4	41.6	53.2
Wyndham (C)	55.5	49.4	61.4	43.5	37.5	49.6
Yarra (C)	51.8	43.2	60.4	47.3	38.7	55.9
North & West Metropolitan Region	50.3	48.3	52.3	48.4	46.4	50.4
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.16 shows daily fruit consumption in serves per day by LGA in Southern Metropolitan Region. The proportion of adults who reported consuming 'two or more serves' of fruit daily was significantly higher among those who lived in the LGA of Bayside (C) compared with all Victorian adults.

Table 3.16: Proportion (%) of the population consuming fruit (serves per day), by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bayside (C)	35.4	29.2	42.0	63.3	56.2	69.8
Cardinia (S)	48.8	42.2	55.4	50.2	43.6	56.8
Casey (C)	57.0	50.5	63.2	42.0	35.7	48.5
Frankston (C)	47.6	41.3	54.0	51.5	45.2	57.8
Glen Eira (C)	57.4	50.0	64.5	42.3	35.2	49.7
Greater Dandenong (C)	57.8	51.0	64.4	40.6	34.1	47.4
Kingston (C)	47.1	38.8	55.4	52.4	44.0	60.6
Mornington Peninsula (S)	50.8	43.4	58.1	48.7	41.4	56.1
Port Phillip (C)	51.1	41.1	60.9	48.7	38.8	58.6
Stonnington (C)	48.6	40.5	56.8	50.2	42.1	58.3
Southern Metropolitan Region	51.6	49.0	54.2	47.6	44.9	50.2
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.17 shows daily fruit consumption in serves per day by LGA in Barwon-South Western Region. The proportion of adults who reported consuming 'two or more serves' of fruit daily was significantly higher among those who lived in the LGAs of Queenscliffe (B), Surf Coast (S) and Warrnambool (C) compared with all Victorian adults.

Table 3.17: Proportion (%) of the population consuming fruit (serves per day), by LGA, Barwon-South Western Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Colac-Otway (S)	53.9	43.6	63.8	45.7	35.7	55.9
Corangamite (S)	54.7	45.8	63.2	44.9	36.3	53.7
Glenelg (S)	54.6	46.8	62.3	41.4	34.5	48.6
Greater Geelong (C)	43.7	35.9	51.8	55.1	47.1	63.0
Moyne (S)	53.8	44.9	62.4	46.0	37.4	54.8
Queenscliffe (B)	35.4	27.0	44.7	64.4	55.0	72.7
Southern Grampians (S)	53.5	43.5	63.1	45.9	36.3	55.9
Surf Coast (S)	35.5	28.6	43.1	64.3	56.7	71.2
Warrnambool (C)	41.3	33.6	49.5	57.9	49.7	65.6
Barwon-South Western Region	44.9	39.9	50.1	54.0	48.9	59.1
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.18 shows daily fruit consumption in serves per day by LGA in Gippsland Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was not significantly different among those who lived in Gippsland Region compared with all Victorian adults.

Table 3.18: Proportion (%) of the population consuming fruit (serves per day), by LGA, Gippsland Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bass Coast (S)	53.3	42.2	64.0	46.4	35.7	57.4
Baw Baw (S)	52.2	42.8	61.5	47.1	37.9	56.6
East Gippsland (S)	49.5	38.9	60.1	49.2	38.7	59.9
Latrobe (C)	52.6	43.1	61.9	45.3	36.2	54.7
South Gippsland (S)	50.2	41.9	58.6	49.4	41.1	57.8
Wellington (S)	55.8	47.1	64.2	43.5	35.2	52.2
Gippsland Region	52.1	47.6	56.6	46.7	42.2	51.2
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.19 shows daily fruit consumption in serves per day by LGA in Grampians Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was not significantly different among those who lived in Grampians Region compared with all Victorian adults.

Table 3.19: Proportion (%) of the population consuming fruit (serves per day), by LGA, Grampians Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Ararat (RC)	56.0	46.6	65.0	40.7	32.1	49.9
Ballarat (C)	48.4	41.3	55.5	50.8	43.6	57.9
Golden Plains (S)	59.2	51.6	66.3	40.5	33.4	48.1
Hepburn (S)	54.9	44.6	64.7	43.8	34.0	54.1
Hindmarsh (S)	55.0	45.7	64.0	44.7	35.8	54.1
Horsham (RC)	51.8	38.4	64.9	47.5	34.4	60.9
Moorabool (S)	54.8	47.5	61.8	43.7	36.9	50.7
Northern Grampians (S)	54.6	45.1	63.9	44.7	35.4	54.3
Pyrenees (S)	47.8	38.9	56.9	51.8	42.8	60.7
West Wimmera (S)	52.8	43.8	61.5	45.9	37.2	54.9
Yarriambiack (S)	62.4	55.0	69.2	37.1	30.2	44.4
Grampians Region	51.4	47.2	55.5	47.6	43.5	51.8
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.20 shows daily fruit consumption in serves per day by LGA in Hume Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was not significantly different among those who lived in Hume Region compared with all Victorian adults.

Table 3.20: Proportion (%) of the population consuming fruit (serves per day), by LGA, Hume Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Alpine (S)	44.1	36.2	52.3	55.1	46.9	63.0
Benalla (RC)	52.4	42.9	61.8	46.7	37.4	56.3
Greater Shepparton (C)	56.6	48.7	64.1	43.3	35.7	51.1
Indigo (S)	51.0	40.8	61.1	48.5	38.4	58.7
Mansfield (S)	53.5	40.6	65.8	44.1	31.8	57.0
Mitchell (S)	50.8	41.5	59.9	48.9	39.7	58.2
Moira (S)	49.4	40.3	58.6	49.5	40.4	58.6
Murrindindi (S)	57.8	48.3	66.7	41.8	32.9	51.3
Strathbogie (S)	43.6	35.2	52.3	56.2	47.5	64.6
Towong (S)	51.7	43.4	59.9	47.0	38.8	55.3
Wangaratta (RC)	56.5	45.0	67.4	43.3	32.4	54.8
Wodonga (RC)	55.8	48.1	63.3	43.2	35.7	50.9
Hume Region	53.7	50.2	57.3	45.7	42.2	49.3
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.21 shows daily fruit consumption in serves per day by LGA in Loddon Mallee Region. The proportion of adults who reported consuming 'less than two serves' of fruit daily was significantly higher among those who lived in the LGAs of Campaspe (S), Central Goldfields (S) and Macedon Ranges (S) compared with all Victorian adults.

Table 3.21: Proportion (%) of the population consuming fruit (serves per day), by LGA, Loddon Mallee Region, Victoria, 2014

LGA	< 2 serves/day			2+ serves/day		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Buloke (S)	57.1	47.8	66.0	42.4	33.6	51.7
Campaspe (S)	63.2	55.1	70.5	36.5	29.1	44.5
Central Goldfields (S)	63.6	55.9	70.7	35.4	28.3	43.1
Gannawarra (S)	61.0	52.2	69.2	38.2	30.1	47.0
Greater Bendigo (C)	56.8	49.4	63.9	42.4	35.3	49.8
Loddon (S)	56.9	44.7	68.3	42.0	30.7	54.2
Macedon Ranges (S)	62.1	54.8	68.8	37.4	30.6	44.7
Mildura (RC)	56.7	47.5	65.5	41.8	33.0	51.1
Mount Alexander (S)	57.5	47.7	66.7	42.4	33.1	52.2
Swan Hill (RC)	56.4	49.3	63.3	43.2	36.4	50.3
Loddon Mallee Region	58.5	54.8	62.1	40.8	37.2	44.4
Victoria	51.2	50.0	52.4	47.8	46.6	49.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.



Compliance with the 2013 Australian fruit and vegetable consumption guidelines

The trend over time of the age-adjusted prevalence of compliance with the Australian guidelines for fruit and vegetable consumption was investigated (Table 3.22). For the period 2003–2012, the analysis of the Victorian Population Health Survey data was undertaken using the 2003 Australian guidelines, whereas for the 2013–2014 period, the 2013 Australian guidelines have been used. An analysis of trends over time has not been undertaken due to the introduction of the latest Australian guidelines.

Table 3.22: Compliance with fruit and vegetable consumption guidelines,^{a,b} by sex, Victoria, 2003–2014

		Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^c			Met fruit consumption guidelines only ^c			Did not meet fruit and vegetable consumption guidelines		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	2003 ^a	5.7	4.7	6.8	9.7	8.4	11.2	43.2	40.8	45.6	52.3	49.9	54.8
	2004 ^a	3.1	2.3	4.0	3.8	3.0	4.8	43.0	40.6	45.4	55.0	52.6	57.4
	2005 ^a	4.3	3.3	5.5	6.3	5.1	7.6	42.2	39.8	44.7	55.4	52.9	57.9
	2006 ^a	5.0	3.9	6.5	6.9	5.7	8.5	38.8	36.4	41.3	57.4	54.9	59.8
	2007 ^a	3.1	2.4	4.0	5.4	4.4	6.5	38.5	36.0	41.1	56.6	54.0	59.2
	2008 ^{# a}	3.2	2.8	3.6	5.1	4.6	5.7	41.7	40.4	43.0	54.7	53.4	56.1
	2009 ^a	3.5	2.7	4.4	4.9	4.1	5.9	45.7	43.4	48.0	50.8	48.5	53.1
	2010 ^a	3.5	2.8	4.5	5.3	4.3	6.4	45.1	42.5	47.7	51.7	49.1	54.2
	2011–12 ^{# a}	3.2	2.7	3.7	4.5	3.9	5.1	40.0	38.5	41.6	56.9	55.3	58.4
	2012 ^a	2.3	1.7	3.2	4.3	3.2	5.7	39.8	37.0	42.6	56.9	54.0	59.8
	2013 ^{+ b}	2.8	1.8	4.5	3.3	2.2	4.9	43.0	38.7	47.3	53.8	49.4	58.2
	2014^{# b}	1.7	1.4	2.1	2.6	2.1	3.1	43.5	41.7	45.2	54.0	52.2	55.8
Females	2003 ^a	10.5	9.4	11.7	13.6	12.4	15.0	57.6	55.6	59.5	39.1	37.2	41.1
	2004 ^a	8.1	7.1	9.2	10.0	9.0	11.2	59.4	57.5	61.3	38.2	36.3	40.0
	2005 ^a	9.9	8.9	11.1	12.8	11.6	14.0	57.3	55.3	59.3	39.7	37.7	41.7
	2006 ^a	9.2	8.2	10.4	13.3	12.1	14.7	53.2	51.2	55.2	41.3	39.3	43.3
	2007 ^a	7.5	6.6	8.5	10.2	9.2	11.3	51.7	49.6	53.7	44.4	42.4	46.4
	2008 ^{# a}	8.0	7.5	8.6	10.7	10.1	11.3	54.1	53.0	55.2	41.9	40.8	42.9
	2009 ^a	8.8	7.8	9.9	11.2	10.1	12.4	57.9	56.0	59.8	38.6	36.7	40.4
	2010 ^a	7.2	6.3	8.2	10.0	9.0	11.1	54.4	52.3	56.4	41.6	39.6	43.7
	2011–12 ^{# a}	7.0	6.5	7.5	9.7	9.1	10.3	50.5	49.2	51.8	45.5	44.2	46.8
	2012 ^a	6.1	5.2	7.1	8.9	7.8	10.1	51.0	48.4	53.5	45.4	42.8	48.0
	2013 ^{+ b}	8.3	6.6	10.3	9.9	8.1	12.0	57.1	53.4	60.7	39.8	36.3	43.4
	2014^{# b}	6.9	6.3	7.6	10.0	9.2	10.8	51.9	50.3	53.5	43.4	41.9	45.0

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

^a NHMRC (2003) guidelines.

^b NHMRC (2013) guidelines.

^c Includes those meeting both guidelines.

Survey sample size: # ~34,000; + ~3,600; remaining surveys ~7,500

Table 3.22: Compliance with fruit and vegetable consumption guidelines,^{a,b} by sex, Victoria, 2003–2014
(continued)

Persons		Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^c			Met fruit consumption guidelines only ^c			Did not meet fruit and vegetable consumption guidelines		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
	2003 ^a	8.1	7.4	8.9	11.7	10.8	12.7	50.7	49.1	52.2	45.5	43.9	47.0
	2004 ^a	5.7	5.0	6.4	7.0	6.3	7.8	51.5	50.0	53.0	46.3	44.8	47.9
	2005 ^a	7.2	6.5	8.1	9.6	8.8	10.5	50.0	48.4	51.6	47.3	45.7	48.9
	2006 ^a	7.1	6.3	8.0	10.1	9.2	11.1	46.2	44.6	47.8	49.1	47.5	50.7
	2007 ^a	5.3	4.8	6.0	7.8	7.1	8.6	45.3	43.7	46.9	50.3	48.7	52.0
	2008 ^{# a}	5.7	5.3	6.0	8.0	7.6	8.4	48.1	47.2	48.9	48.1	47.3	49.0
	2009 ^a	6.2	5.5	6.9	8.1	7.4	8.9	52.1	50.6	53.6	44.4	42.9	45.9
	2010 ^a	5.4	4.8	6.1	7.7	7.0	8.5	49.9	48.2	51.5	46.5	44.9	48.2
	2011–12 ^{# a}	5.1	4.8	5.5	7.2	6.8	7.6	45.4	44.4	46.4	51.0	50.0	52.0
	2012 ^a	4.2	3.7	4.9	6.6	5.8	7.5	45.5	43.6	47.4	51.0	49.0	53.0
	2013 ^{† b}	5.6	4.6	6.9	6.6	5.5	8.0	50.0	47.1	53.0	46.8	43.9	49.8
	2014^{# b}	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

^a NHMRC (2003) guidelines.

^b NHMRC (2013) guidelines.

^c Includes those meeting both guidelines.

Survey sample size: # ~34,000; † ~3,600; remaining surveys ~7,500

Table 3.23 and Figure 3.3 show the proportion of adults who met the 2013 Australian guidelines for fruit and vegetable consumption, by age group and sex. The proportion of adults who did not comply with either set of guidelines was 48.6 per cent among all Victorian adults. A significantly higher proportion of men did not comply with either set of guidelines (54.0 per cent) compared with women (43.4 per cent). The proportion of women who did not meet fruit and vegetable consumption guidelines was significantly higher

among women 35–44 years of age compared with all Victorian women.

By contrast the proportion who did not meet fruit and vegetable consumption guidelines was significantly lower among women and adults 65–84 years of age compared with all Victorian women and adults, respectively.

Table 3.23: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by age group and sex, Victoria, 2014

	Age group (years)	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	1.5*	0.6	3.7	1.5*	0.6	3.7	46.0	39.4	52.6	53.8	47.2	60.4
	25–34	**			**			42.1	36.3	48.1	56.0	49.9	61.9
	35–44	1.6*	1.0	2.7	2.6	1.7	3.9	42.4	38.9	46.0	55.8	52.2	59.4
	45–54	1.7	1.1	2.7	2.6	1.8	3.7	44.4	41.4	47.5	52.2	49.1	55.2
	55–64	1.7	1.3	2.3	2.5	1.9	3.3	41.5	39.0	44.0	55.9	53.4	58.4
	65–74	2.1	1.6	2.8	3.8	3.0	4.8	43.1	40.8	45.5	52.5	50.2	54.9
	75–84	4.2	3.1	5.6	6.1	4.8	7.6	47.0	43.9	50.2	47.1	44.0	50.2
	85+	4.4*	2.1	9.1	5.6*	3.0	10.2	41.8	35.8	48.1	53.3	47.0	59.6
	Victoria	1.7	1.4	2.1	2.6	2.1	3.1	43.5	41.7	45.2	54.0	52.2	55.8
Females	18–24	4.1*	2.3	7.3	5.4*	3.3	8.9	56.5	49.9	62.8	41.3	35.0	47.8
	25–34	6.1	4.2	8.7	10.5	7.9	13.7	49.1	44.1	54.1	44.7	39.8	49.7
	35–44	6.3	5.2	7.6	9.1	7.8	10.7	48.0	45.4	50.7	48.0	45.4	50.6
	45–54	7.1	6.1	8.3	10.1	8.9	11.5	49.1	46.8	51.5	46.4	44.0	48.8
	55–64	10.4	9.1	11.8	13.9	12.5	15.5	52.3	50.2	54.4	42.5	40.4	44.6
	65–74	9.2	8.0	10.4	13.0	11.7	14.5	57.4	55.3	59.5	37.0	35.0	39.1
	75–84	7.7	6.3	9.3	10.0	8.5	11.8	58.7	56.1	61.3	36.1	33.6	38.7
	85+	5.4	3.7	7.7	6.8	5.0	9.2	54.1	49.2	58.8	39.4	34.8	44.3
	Victoria	6.9	6.3	7.6	10.0	9.2	10.8	51.9	50.3	53.5	43.4	41.9	45.0

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.23: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by age group and sex, Victoria, 2014 (continued)

	Age group (years)	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Persons	18–24	2.8	1.7	4.5	3.4	2.2	5.3	51.1	46.4	55.7	47.7	43.1	52.4
	25–34	3.4	2.3	4.9	5.9	4.5	7.8	45.6	41.7	49.5	50.4	46.4	54.3
	35–44	4.0	3.3	4.8	5.9	5.1	6.9	45.3	43.0	47.5	51.9	49.6	54.1
	45–54	4.5	3.8	5.2	6.4	5.6	7.3	46.8	44.9	48.7	49.2	47.3	51.2
	55–64	6.1	5.4	6.9	8.3	7.5	9.2	47.0	45.4	48.6	49.0	47.4	50.7
	65–74	5.9	5.3	6.7	8.8	7.9	9.7	50.8	49.3	52.4	44.1	42.6	45.7
	75–84	6.0	5.1	7.1	8.2	7.1	9.4	53.3	51.3	55.3	41.2	39.2	43.2
	85+	5.0	3.5	7.1	6.3	4.7	8.4	48.9	45.0	52.7	45.3	41.5	49.2
	Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

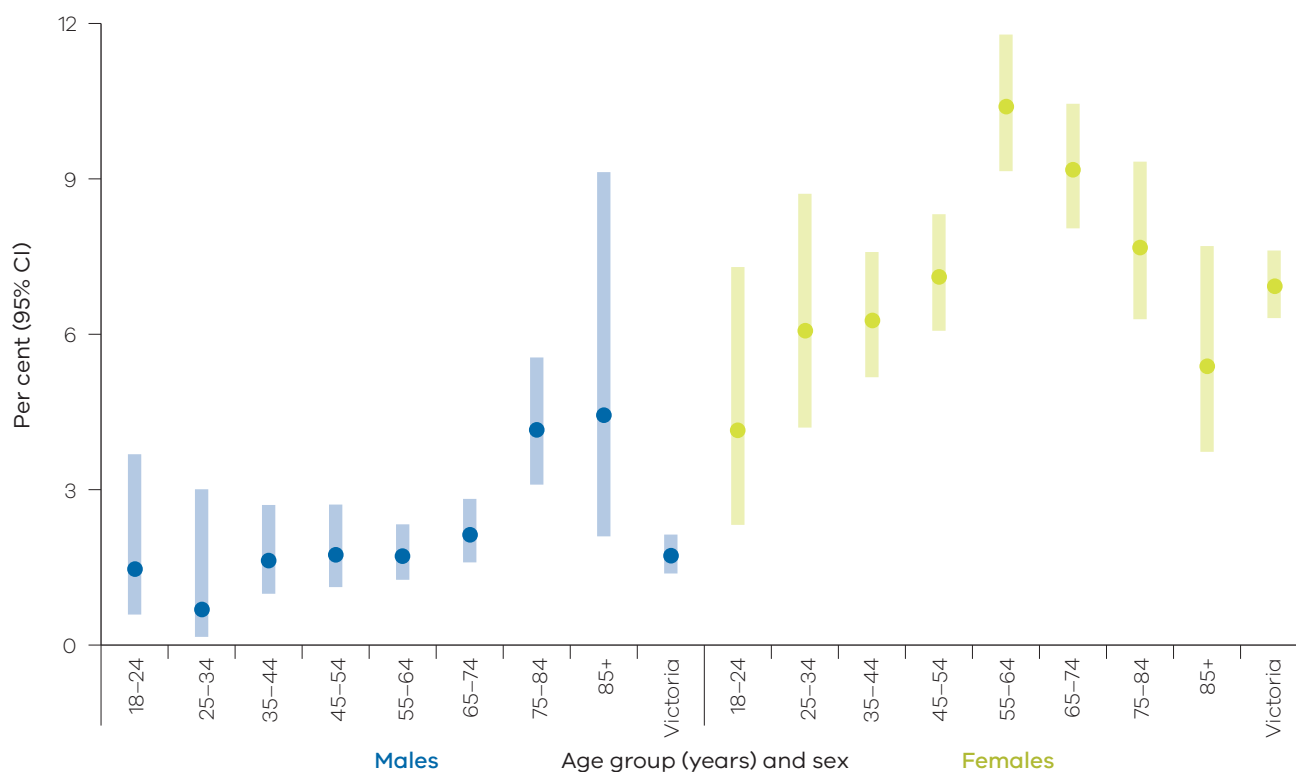
* Estimate has a RSE between 25 and 50 per cent and should be interpreted with caution.

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Figure 3.3: Proportion (%) of the population complying with both fruit and vegetable consumption guidelines, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.24 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines, by departmental region and sex. The proportion of adults who did not meet fruit and vegetable consumption guidelines was similar across all regions among men and women but was significantly higher in Loddon Mallee Region compared with all men, women and adults.

Table 3.24: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by Department of Health and Human Services region and sex, Victoria, 2014

Region	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males (18+ years)												
Eastern Metropolitan	1.9*	1.0	3.4	2.6	1.6	4.1	42.0	37.8	46.3	55.0	50.6	59.3
North & West Metropolitan	1.9	1.3	2.9	2.7	2.0	3.7	44.4	41.4	47.4	52.9	49.9	55.9
Southern Metropolitan	1.0	0.7	1.5	2.1	1.3	3.3	45.1	41.2	49.2	52.5	48.5	56.5
All metropolitan regions	1.6	1.2	2.2	2.4	1.9	3.1	44.0	41.9	46.1	53.4	51.3	55.5
Barwon-South Western	1.6*	0.8	2.9	2.7*	1.6	4.5	50.8	43.4	58.2	46.8	39.5	54.3
Gippsland	1.5*	0.8	2.5	1.9	1.2	3.0	41.6	34.9	48.7	56.7	49.6	63.5
Grampians	2.5*	1.2	5.1	3.6*	2.1	6.1	41.9	35.7	48.3	55.3	48.9	61.5
Hume	2.3	1.5	3.4	2.8	2.0	3.9	37.4	32.3	42.7	60.1	54.7	65.3
Loddon Mallee	2.0	1.2	3.1	3.0	2.0	4.5	36.8	31.7	42.2	60.9	55.5	66.0
All rural regions	1.9	1.5	2.5	2.8	2.2	3.4	42.3	39.2	45.4	55.4	52.3	58.5
Victoria	1.7	1.4	2.1	2.6	2.1	3.1	43.5	41.7	45.2	54.0	52.2	55.8
Females (18+ years)												
Eastern Metropolitan	6.7	5.4	8.4	9.1	7.6	10.9	53.9	49.9	57.9	42.8	38.8	46.8
North & West Metropolitan	5.8	4.8	7.0	8.6	7.4	10.0	52.2	49.6	54.8	42.9	40.3	45.5
Southern Metropolitan	6.6	5.5	7.9	10.0	8.4	11.8	49.7	46.4	53.1	44.9	41.5	48.3
All metropolitan regions	6.3	5.7	7.1	9.3	8.4	10.2	51.8	49.9	53.6	43.6	41.7	45.4
Barwon-South Western	10.1*	6.1	16.4	12.4	8.1	18.5	57.1	50.0	63.8	40.1	33.4	47.1
Gippsland	7.9	5.9	10.6	11.3	8.9	14.1	52.2	46.8	57.5	42.3	37.1	47.6
Grampians	8.5	7.0	10.4	12.1	10.1	14.5	53.9	49.5	58.3	41.5	37.1	46.0
Hume	9.0	7.2	11.3	12.6	10.5	15.1	54.0	50.1	57.8	41.6	37.9	45.5
Loddon Mallee	9.1	6.6	12.4	13.4	10.5	17.1	44.8	39.9	49.8	49.5	44.4	54.6
All rural regions	9.0	7.6	10.8	12.4	10.8	14.1	52.7	50.0	55.4	42.8	40.2	45.5
Victoria	6.9	6.3	7.6	10.0	9.2	10.8	51.9	50.3	53.5	43.4	41.9	45.0

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.24: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
People (18+ years)												
Eastern Metropolitan	4.4	3.5	5.5	6.0	5.0	7.1	48.1	45.1	51.1	48.7	45.7	51.7
North & West Metropolitan	3.9	3.3	4.6	5.7	5.0	6.6	48.4	46.4	50.4	47.8	45.8	49.8
Southern Metropolitan	3.9	3.3	4.6	6.1	5.2	7.2	47.6	44.9	50.2	48.5	45.9	51.2
All metropolitan regions	4.1	3.6	4.5	5.9	5.4	6.5	48.0	46.6	49.4	48.4	46.9	49.8
Barwon-South Western	5.9	3.6	9.4	7.6	5.2	11.0	54.0	48.9	59.1	43.3	38.3	48.5
Gippsland	4.9	3.6	6.5	6.8	5.4	8.5	46.7	42.2	51.2	49.7	45.2	54.2
Grampians	5.5	4.4	6.8	7.8	6.5	9.4	47.6	43.5	51.8	48.6	44.5	52.8
Hume	5.7	4.6	6.9	7.7	6.6	9.1	45.7	42.2	49.3	50.8	47.3	54.4
Loddon Mallee	5.5	4.2	7.2	8.2	6.6	10.1	40.8	37.2	44.4	55.3	51.5	58.9
All rural regions	5.5	4.7	6.5	7.6	6.8	8.6	47.8	46.6	49.0	49.2	47.1	51.2
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.25 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Eastern Metropolitan Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults.

Table 3.25: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	4.6	3.0	7.2	5.8	3.9	8.4	44.7	38.3	51.3	53.5	47.0	60.0
Knox (C)	1.8*	1.0	3.1	3.4*	2.1	5.6	48.9	40.7	57.1	48.8	40.6	56.9
Manningham (C)	7.7*	4.4	13.2	9.0	5.5	14.5	52.5	44.7	60.1	45.3	37.7	53.1
Maroondah (C)	3.8*	1.9	7.7	6.3	3.9	10.1	46.8	37.9	55.9	50.6	41.6	59.6
Monash (C)	3.9*	2.1	7.5	5.7*	3.4	9.5	46.5	40.0	53.1	48.1	41.6	54.6
Whitehorse (C)	6.2	3.9	9.7	6.8	4.4	10.2	54.3	46.9	61.6	43.9	36.6	51.4
Yarra Ranges (S)	3.5	2.3	5.3	5.7	4.0	8.2	43.9	35.2	52.9	50.9	42.0	59.7
Eastern Metropolitan Region	4.4	3.5	5.5	6.0	5.0	7.1	48.1	45.1	51.1	48.7	45.7	51.7
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.26 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in North & West Metropolitan Region. The proportion of adults who

did not meet fruit and vegetable consumption guidelines was significantly lower among those who lived in the LGA of Nillumbik (S) compared with all Victorian adults.

Table 3.26: Proportion (%) of the population complying with vegetable and fruit consumption guidelines,^a by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	3.8	2.5	5.9	5.3	3.7	7.6	47.7	40.0	55.5	49.5	41.7	57.3
Brimbank (C)	3.2*	1.4	7.4	4.0*	2.0	7.9	44.1	38.1	50.3	53.5	47.3	59.5
Darebin (C)	4.2*	2.5	6.8	7.2	4.7	10.9	50.4	42.6	58.1	45.5	37.5	53.6
Hobsons Bay (C)	3.2	2.1	4.9	7.1*	3.6	13.5	53.6	44.8	62.3	40.6	32.3	49.5
Hume (C)	3.6*	2.1	6.0	5.5	3.7	8.1	44.3	38.1	50.7	51.5	45.1	57.9
Maribyrnong (C)	3.4*	1.9	5.9	5.1	3.3	7.9	44.7	37.7	52.0	50.2	42.9	57.4
Melbourne (C)	5.6*	3.3	9.5	8.6	5.5	13.3	53.7	47.0	60.2	41.5	35.1	48.1
Melton (S)	2.4*	1.4	4.0	4.4	3.0	6.4	43.8	36.6	51.3	52.2	44.8	59.5
Moonee Valley (C)	5.8	3.6	9.3	7.6	4.6	12.2	49.7	42.8	56.7	46.9	39.9	53.9
Moreland (C)	5.0*	2.6	9.4	6.1*	3.5	10.4	49.7	42.4	57.1	46.0	38.8	53.5
Nillumbik (S)	4.5	2.9	6.8	7.0	4.8	10.2	57.3	50.0	64.3	39.2	32.4	46.4
Whittlesea (C)	3.4*	1.8	6.4	4.5*	2.7	7.6	47.4	41.6	53.2	49.1	43.3	55.0
Wyndham (C)	2.5*	1.4	4.5	3.4*	2.0	5.5	43.5	37.5	49.6	53.8	47.7	59.7
Yarra (C)	4.3	2.8	6.7	7.9	5.1	12.1	47.3	38.7	55.9	47.9	39.4	56.4
North & West Metropolitan Region	3.9	3.3	4.6	5.7	5.0	6.6	48.4	46.4	50.4	47.8	45.8	49.8
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.27 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Southern Metropolitan Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was significantly lower among those who lived in the LGA of Bayside (C) compared with all Victorian adults.

Table 3.27: Proportion (%) of the population complying with fruit and vegetable consumption guidelines^a by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bayside (C)	5.8*	3.4	9.9	6.4*	3.8	10.4	63.3	56.2	69.8	34.6	28.5	41.3
Cardinia (S)	4.7*	2.8	7.7	6.3	4.1	9.6	50.2	43.6	56.8	46.4	39.8	53.1
Casey (C)	3.8*	2.3	6.2	5.7	3.6	8.7	42.0	35.7	48.5	53.7	47.2	60.1
Frankston (C)	4.9*	3.0	8.0	7.7	5.0	11.6	51.5	45.2	57.8	44.1	38.0	50.3
Glen Eira (C)	3.2	2.0	5.0	5.6	3.4	9.1	42.3	35.2	49.7	54.8	47.3	62.1
Greater Dandenong (C)	2.0*	1.0	4.0	3.0*	1.7	5.1	40.6	34.1	47.4	55.0	48.2	61.6
Kingston (C)	2.8*	1.5	4.9	6.4	3.9	10.1	52.4	44.0	60.6	43.1	35.1	51.4
Mornington Peninsula (S)	3.0	1.9	4.6	4.4	3.0	6.3	48.7	41.4	56.1	48.8	41.4	56.2
Port Phillip (C)	5.6	3.9	8.1	8.0	5.5	11.7	48.7	38.8	58.6	48.4	38.4	58.6
Stonnington (C)	6.1*	3.5	10.3	9.2*	5.3	15.3	50.2	42.1	58.3	44.9	37.1	53.1
Southern Metropolitan Region	3.9	3.3	4.6	6.1	5.2	7.2	47.6	44.9	50.2	48.5	45.9	51.2
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.28 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Barwon-South Western Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was significantly lower among those who lived in the LGAs of Queenscliffe (B) and Surf Coast (S) compared with all Victorian adults.

Table 3.28: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Barwon-South Western Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	6.8*	2.8	15.6	8.3*	4.0	16.6	45.7	35.7	55.9	52.2	42.0	62.2
Corangamite (S)	7.4*	4.2	12.9	9.5	5.9	14.8	44.9	36.3	53.7	52.4	43.7	61.1
Glenelg (S)	5.2*	3.0	8.7	7.2	4.7	10.8	41.4	34.5	48.6	51.0	43.2	58.7
Greater Geelong (C)	5.5*	2.2	12.7	7.1*	3.5	13.8	55.1	47.1	63.0	42.5	34.7	50.6
Moyne (S)	6.3*	3.6	10.9	11.2*	6.1	19.6	46.0	37.4	54.8	48.5	39.7	57.3
Queenscliffe (B)	6.8	4.3	10.6	8.6	5.9	12.4	64.4	55.0	72.7	33.6	25.3	43.0
Southern Grampians (S)	4.2	2.7	6.4	5.7	3.9	8.2	45.9	36.3	55.9	51.9	42.0	61.7
Surf Coast (S)	6.3*	3.7	10.4	7.1	4.4	11.2	64.3	56.7	71.2	34.5	27.6	42.1
Warrnambool (C)	7.8*	3.7	15.6	9.4*	5.0	16.9	57.9	49.7	65.6	39.2	31.6	47.4
Barwon-South Western Region	5.9	3.6	9.4	7.6	5.2	11.0	54.0	48.9	59.1	43.3	38.3	48.5
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.29 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Gippsland Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was similar across all LGAs in Gippsland Region compared with all Victorian adults.

Table 3.29: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Gippsland Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	7.6*	4.0	14.1	10.3	6.3	16.5	46.4	35.7	57.4	49.6	38.8	60.5
Baw Baw (S)	5.2	3.3	8.0	6.8	4.7	9.8	47.1	37.9	56.6	50.4	41.1	59.8
East Gippsland (S)	3.5	2.3	5.1	5.0	3.4	7.2	49.2	38.7	59.9	47.7	37.2	58.4
Latrobe (C)	5.5*	2.8	10.6	6.9*	3.9	11.9	45.3	36.2	54.7	50.5	41.1	59.8
South Gippsland (S)	5.4*	3.2	8.8	7.6	5.0	11.2	49.4	41.1	57.8	47.5	39.2	55.9
Wellington (S)	2.9*	1.7	4.7	5.6	3.4	9.0	43.5	35.2	52.2	52.6	43.8	61.2
Gippsland Region	4.9	3.6	6.5	6.8	5.4	8.5	46.7	42.2	51.2	49.7	45.2	54.2
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.30 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Grampians Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was similar across all LGAs in Grampians Region compared with all Victorian adults.

Table 3.30: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Grampians Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	7.4*	3.5	14.9	9.1*	4.9	16.3	40.7	32.1	49.9	54.4	45.0	63.4
Ballarat (C)	5.3	3.4	8.2	8.6	6.1	12.0	50.8	43.6	57.9	44.5	37.5	51.8
Golden Plains (S)	5.7	3.8	8.3	7.8	5.5	10.9	40.5	33.4	48.1	57.1	49.5	64.3
Hepburn (S)	4.3	2.8	6.4	6.1	4.0	9.1	43.8	34.0	54.1	53.0	42.7	63.0
Hindmarsh (S)	7.7	5.1	11.7	9.6	6.7	13.6	44.7	35.8	54.1	53.0	43.7	62.1
Horsham (RC)	8.1*	3.2	18.8	9.2*	4.1	19.4	47.5	34.4	60.9	50.1	36.8	63.3
Moorabool (S)	4.7*	2.8	7.7	5.9	3.8	8.9	43.7	36.9	50.7	53.0	45.8	60.1
Northern Grampians (S)	4.7	3.0	7.4	6.0	4.1	8.7	44.7	35.4	54.3	52.9	43.4	62.2
Pyrenees (S)	6.0*	3.4	10.3	7.6	4.8	11.9	51.8	42.8	60.7	45.5	36.6	54.7
West Wimmera (S)	8.9*	5.2	14.9	9.9	6.0	15.8	45.9	37.2	54.9	51.4	42.5	60.3
Yarriambiack (S)	4.1*	2.5	6.7	8.2	5.4	12.3	37.1	30.2	44.4	57.9	50.7	64.7
Grampians Region	5.5	4.4	6.8	7.8	6.5	9.4	47.6	43.5	51.8	48.6	44.5	52.8
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.31 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Hume Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was similar across all LGAs in Hume Region compared with all Victorian adults.

Table 3.31: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Hume Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	7.8*	4.0	14.6	10.4*	6.0	17.4	55.1	46.9	63.0	41.9	33.7	50.5
Benalla (RC)	10.7*	5.6	19.3	12.1*	6.7	20.7	46.7	37.4	56.3	50.8	41.3	60.2
Greater Shepparton (C)	5.2*	2.9	9.1	6.8*	4.1	11.1	43.3	35.7	51.1	54.3	46.3	62.0
Indigo (S)	5.1	3.5	7.2	9.0	6.2	13.0	48.5	38.4	58.7	46.5	36.6	56.8
Mansfield (S)	5.2	3.5	7.6	7.3	5.0	10.4	44.1	31.8	57.0	51.1	38.5	63.6
Mitchell (S)	6.2*	3.7	10.3	8.6	5.8	12.7	48.9	39.7	58.2	44.7	35.9	53.8
Moira (S)	4.8*	2.4	9.3	7.2*	4.4	11.7	49.5	40.4	58.6	46.4	37.4	55.7
Murrindindi (S)	3.8	2.5	5.9	5.7	4.0	8.1	41.8	32.9	51.3	55.8	46.4	64.8
Strathbogrie (S)	7.0*	3.5	13.2	9.1*	5.2	15.4	56.2	47.5	64.6	41.0	32.8	49.8
Towong (S)	7.2*	4.1	12.1	10.0	6.6	15.0	47.0	38.8	55.3	48.8	40.6	57.1
Wangaratta (RC)	3.7*	2.1	6.4	5.4	3.6	8.1	43.3	32.4	54.8	54.6	43.2	65.6
Wodonga (RC)	6.1	4.0	9.3	8.0	5.6	11.3	43.2	35.7	50.9	53.7	46.0	61.2
Hume Region	5.7	4.6	6.9	7.7	6.6	9.1	45.7	42.2	49.3	50.8	47.3	54.4
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.32 shows the proportion of adults who met the 2013 Australian fruit and vegetable consumption guidelines by LGA in Loddon Mallee Region. The proportion of adults who did not meet fruit and vegetable consumption guidelines was significantly higher among those who lived in the LGAs of Campaspe (S), Central Goldfields (S) and Macedon Ranges (S) compared with all Victorian adults.

Table 3.32: Proportion (%) of the population complying with fruit and vegetable consumption guidelines,^a by LGA, Loddon Mallee Region, Victoria, 2014

LGA	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	5.5*	2.8	10.5	8.1*	4.9	13.2	42.4	33.6	51.7	54.5	45.4	63.4
Campaspe (S)	4.0	2.5	6.4	6.8*	3.6	12.7	36.5	29.1	44.5	60.0	51.4	68.1
Central Goldfields (S)	5.7*	2.7	11.7	9.6*	4.7	18.7	35.4	28.3	43.1	59.4	51.6	66.7
Gannawarra (S)	4.5*	2.7	7.3	8.5*	4.9	14.6	38.2	30.1	47.0	50.4	37.5	63.3
Greater Bendigo (C)	5.5*	3.0	9.7	8.6	5.5	13.0	42.4	35.3	49.8	53.4	46.0	60.6
Loddon (S)	4.5	2.9	6.9	6.3	4.4	8.8	42.0	30.7	54.2	55.0	42.9	66.5
Macedon Ranges (S)	7.0	4.5	10.7	9.1	6.0	13.5	37.4	30.6	44.7	59.3	51.7	66.5
Mildura (RC)	4.2*	2.4	7.3	5.9	3.8	9.0	41.8	33.0	51.1	54.7	45.5	63.5
Mount Alexander (S)	9.8*	5.5	17.1	13.9	9.0	20.8	42.4	33.1	52.2	52.4	42.8	61.8
Swan Hill (RC)	5.4*	2.8	10.1	7.9*	4.1	14.8	43.2	36.4	50.3	52.8	44.9	60.6
Loddon Mallee Region	5.5	4.2	7.2	8.2	6.6	10.1	40.8	37.2	44.4	55.3	51.5	58.9
Victoria	4.4	4.0	4.8	6.4	5.9	6.8	47.8	46.6	49.0	48.6	47.4	49.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

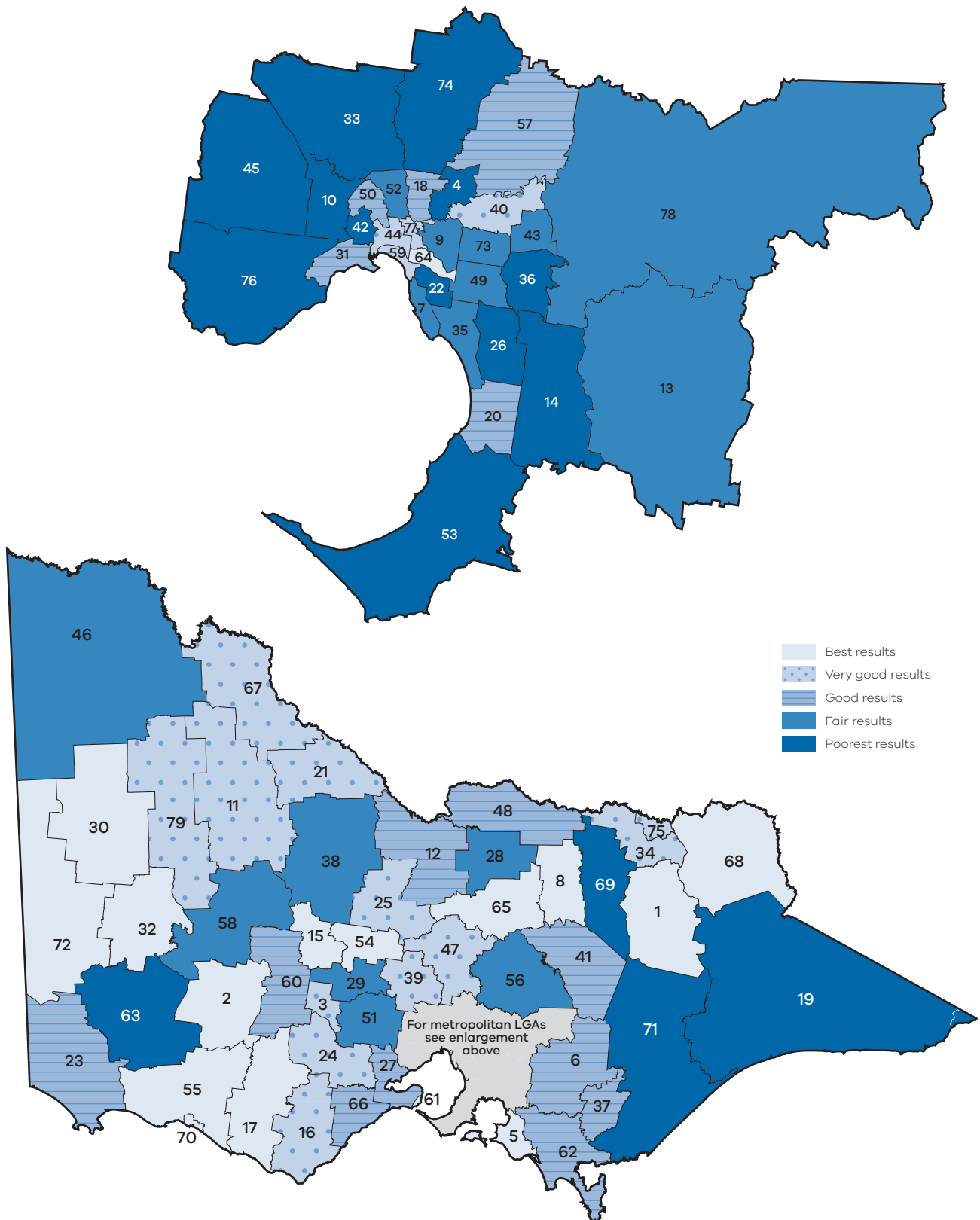
^b Includes those meeting both guidelines.



What do Maps 3.1 and 3.2 tell us?

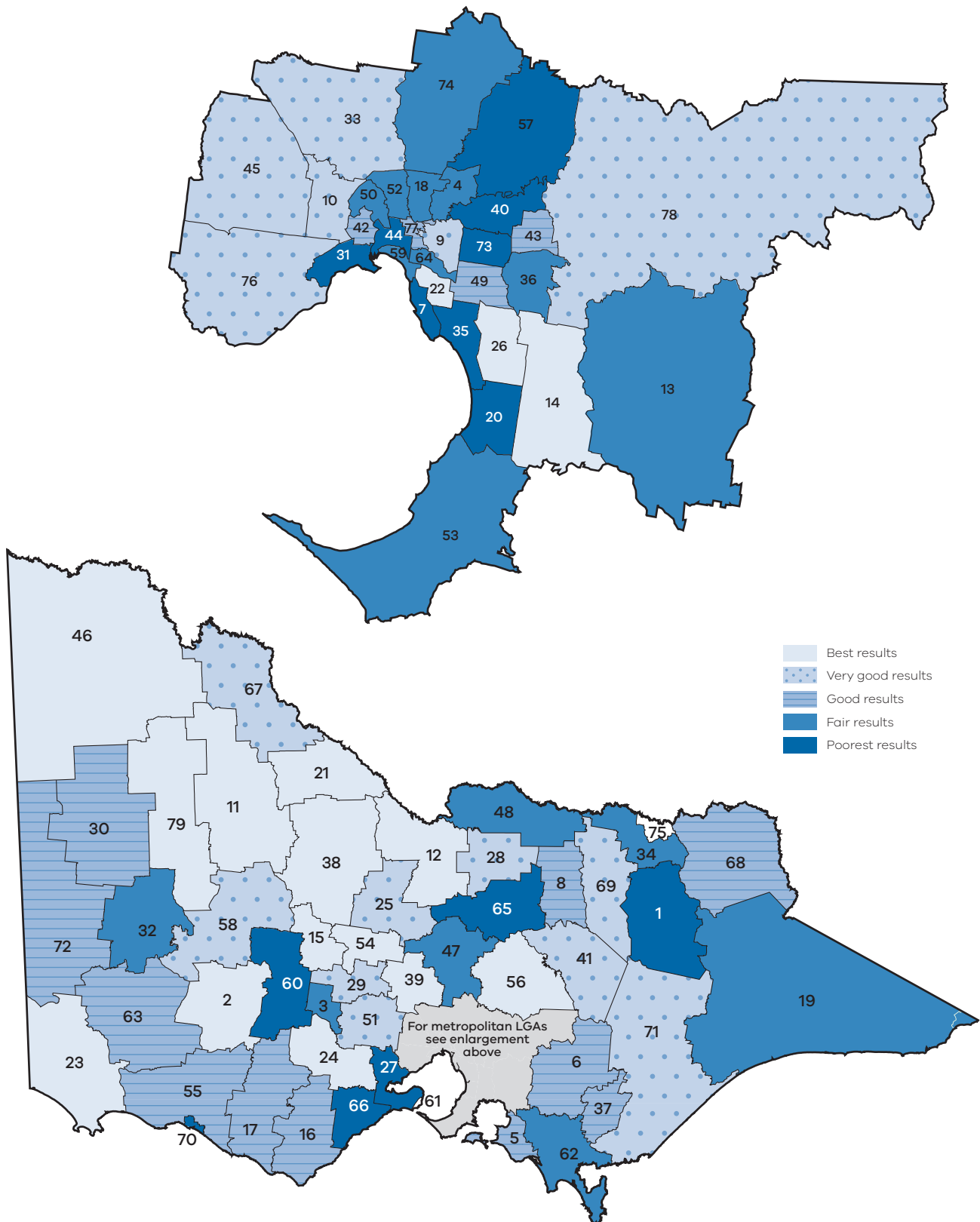
In Map 3.1 and Map 3.2 the 79 LGAs have been ranked according to the proportion of adults who eat the recommended serves of fruit and vegetables respectively, according to the Australian guidelines. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with increasing proportions of people who eat the recommended serves of fruit and vegetables and a final group of 15 LGAs with the best results (i.e. the biggest proportions of adults who eat the recommended serves of fruit and vegetables).

Map 3.1: Proportion of the population meeting the 2013 Australian vegetable consumption guidelines, by LGA, Victoria, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

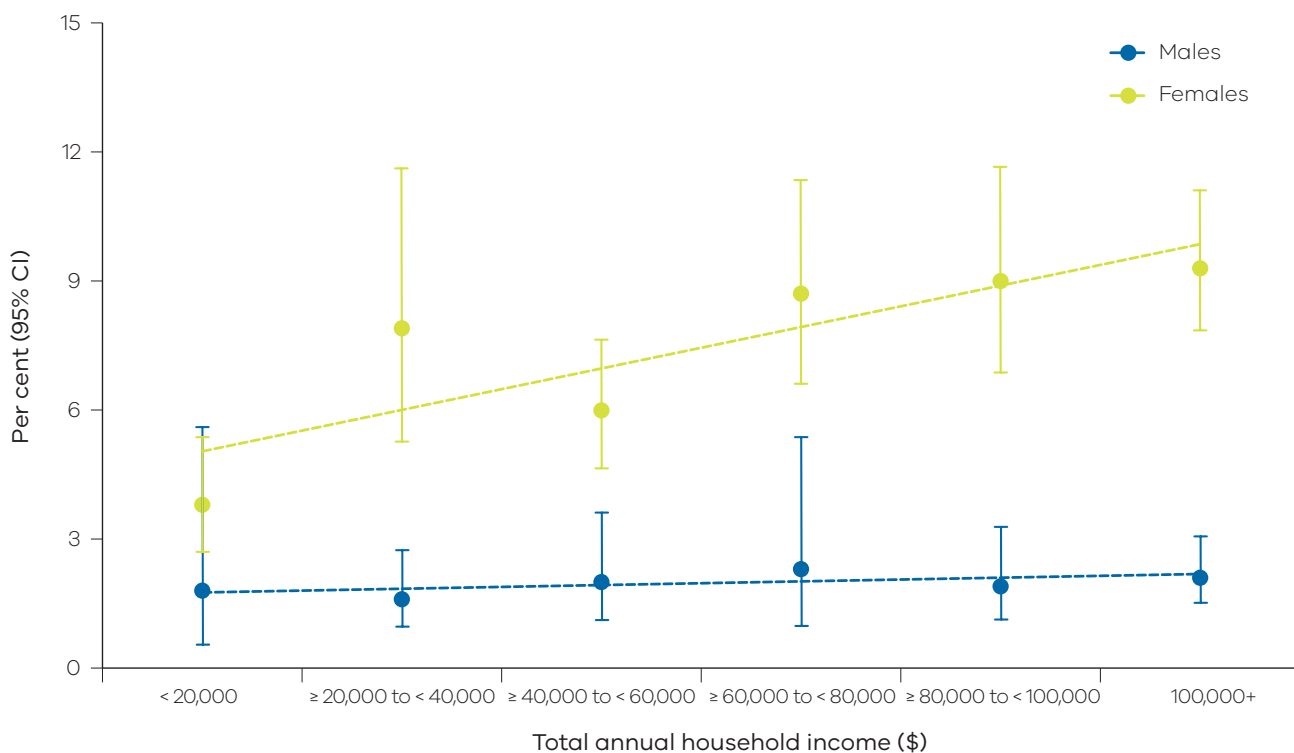
Map 3.2: Proportion of the population meeting the 2013 Australian fruit consumption guidelines, by LGA, Victoria, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

The relationship was investigated between SES and the proportion of males and females who met both fruit and vegetable consumption guidelines, using total annual household income as a measure of SES (Figure 3.4). The proportion of females who met both fruit and vegetable consumption guidelines increased significantly with increasing total annual household income.

Figure 3.4: Proportion (%) of the population who met both fruit and vegetable consumption guidelines,^a by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2013).

Table 3.33 shows the proportion of men who met the 2013 Australian fruit and vegetable consumption guidelines according to selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men with a total annual household income of less than \$40,000 did not comply with either set of guidelines. A significantly lower proportion of men with a university or other tertiary education degree did not comply with either set of guidelines compared with all Victorian men.

Table 3.34 shows the proportion of women who met the 2013 Australian fruit and vegetable consumption guidelines according to selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women who did not complete high school did not comply with either set of guidelines. A significantly lower proportion of women who had a total annual household income of \$100,000 or more did not comply with either set of guidelines compared with all Victorian women.

Table 3.33: Proportion (%) of adult males complying with fruit and vegetable consumption guidelines,^a by selected socioeconomic determinants, Victoria, 2014

	Met both fruit and vegetable consumption guidelines		Met vegetable consumption guidelines only ^b		Met fruit consumption guidelines only ^b		Did not meet fruit and vegetable consumption guidelines	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
All males	1.7	1.4 2.1	2.6	2.1 3.1	43.5	41.7 45.2	54.0	52.2 55.8
<i>Country of birth</i>								
Australia	1.7	1.4 2.1	2.5	2.1 3.0	42.4	40.3 44.4	55.4	53.4 57.5
Overseas	2.1*	1.2 3.8	3.0	1.9 4.8	46.5	42.7 50.4	50.1	46.3 54.0
<i>Language spoken at home</i>								
English	1.6	1.4 2.0	2.6	2.2 3.2	43.3	41.3 45.4	54.3	52.2 56.4
Language other than English	2.0*	1.1 3.8	2.4*	1.4 4.1	45.1	41.4 48.8	51.5	47.7 55.2
<i>Education level</i>								
Did not complete high school	1.3*	0.7 2.5	2.0*	1.2 3.3	36.1	31.0 41.4	60.5	55.1 65.6
Completed high school, or TAFE, or trade certificate, or diploma	1.6	1.2 2.1	2.4	1.9 3.0	41.3	38.8 43.8	56.4	53.8 58.9
University, or some other tertiary institute degree, including postgraduate diploma or degree	2.3	1.5 3.4	3.1	2.2 4.4	49.1	45.9 52.2	48.7	45.6 51.9
<i>Employment status</i>								
Employed	1.5	1.1 2.0	2.2	1.7 2.8	45.5	43.1 47.9	52.5	50.1 54.8
Unemployed	0.2	0.1 0.7	1.3	0.6 3.0	28.6	21.8 36.6	63.0	55.0 70.3
Not in labour force	2.1	1.3 3.5	2.8	1.9 4.2	38.1	33.5 42.9	58.3	53.5 63.0
<i>Total annual household income</i>								
< \$40,000	1.6*	1.0 2.7	3.0	2.0 4.4	33.3	28.9 38.0	62.4	57.6 67.0
\$40,000 to < \$100,000	2.1	1.4 3.3	2.9	2.0 4.0	45.9	42.7 49.1	52.4	49.2 55.5
≥ \$100,000	2.1	1.5 3.0	2.9	2.1 4.0	47.1	43.8 50.4	51.6	48.3 55.0

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.34: Proportion (%) of adult females complying with fruit and vegetable consumption guidelines,^a by selected socioeconomic determinants, Victoria, 2014

	Met both fruit and vegetable consumption guidelines			Met vegetable consumption guidelines only ^b			Met fruit consumption guidelines only ^b			Did not meet fruit and vegetable consumption guidelines		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
All females	6.9	6.3	7.6	10.0	9.2	10.8	51.9	50.3	53.5	43.4	41.9	45.0
<i>Country of birth</i>												
Australia	7.8	7.1	8.7	11.3	10.4	12.3	52.0	50.2	53.7	43.2	41.5	45.0
Overseas	5.0	4.0	6.2	7.2	5.9	8.8	51.6	48.1	55.0	44.2	40.7	47.6
<i>Language spoken at home</i>												
English	7.8	7.0	8.7	11.3	10.4	12.3	52.0	50.2	53.7	43.3	41.5	45.0
Language other than English	4.1	3.2	5.3	5.7	4.5	7.1	53.1	49.8	56.3	42.7	39.4	46.0
<i>Education level</i>												
Did not complete high school	4.4	3.2	5.9	6.9	5.2	9.1	43.3	38.1	48.6	51.3	45.9	56.7
Completed high school, or TAFE, or trade certificate, or diploma	6.9	5.9	8.0	10.2	9.0	11.6	50.3	48.1	52.4	44.6	42.4	46.7
University, or some other tertiary institute degree, including postgraduate diploma or degree	8.8	7.8	10.0	12.3	11.0	13.8	56.3	53.6	59.0	39.3	36.6	42.0
<i>Employment status</i>												
Employed	8.1	6.5	10.1	11.2	9.5	13.2	52.9	50.2	55.5	43.0	40.3	45.6
Unemployed	3.4	2.1	5.6	5.6	3.9	8.2	42.5	35.5	49.9	51.7	44.6	58.6
Not in labour force	6.3	5.3	7.6	9.4	8.1	10.9	50.1	47.3	52.8	44.5	41.8	47.2
<i>Total annual household income</i>												
< \$40,000	6.7	4.7	9.5	9.6	7.3	12.5	45.8	41.4	50.3	49.4	44.9	53.9
\$40,000 to < \$100,000	7.6	6.5	8.8	10.4	9.2	11.9	50.4	47.7	53.2	45.8	43.1	48.6
≥ \$100,000	9.3	7.8	11.1	13.5	11.6	15.6	58.0	54.1	61.9	37.4	33.6	41.3

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

Table 3.35 shows the proportion of men who did not meet the 2013 Australian fruit or vegetable consumption guidelines according to modifiable risk factors which contribute to chronic disease. When compared with all Victorian men who did not meet the 2013 Australian fruit or vegetable consumption guidelines, a significantly higher proportion of men were reported with the following characteristics:

- insufficient time and/or less than two days' muscle-strengthening sessions
- current smokers
- reported being in good, fair or poor health
- were obese.

Table 3.36 shows the proportion of women who did not meet the 2013 Australian fruit or vegetable consumption guidelines according to modifiable risk factors which contribute to chronic disease. When compared with all Victorian women who did not meet the 2013 Australian fruit or vegetable consumption guidelines, a significantly higher proportion of women were reported with the following characteristics:

- high, or very high, levels of psychological distress
- sedentary
- current smokers
- reported being in fair or poor health.

Table 3.35: Proportion (%) of adult males not complying with fruit or vegetable consumption guidelines,^a by selected modifiable risk factors, Victoria, 2014

	Did not meet fruit and vegetable consumption guidelines ^b		
	%	95% CI	
		LL	UL
All males	54.0	52.2	55.8
<i>Psychological distress^c</i>			
Low (K10 score < 16)	52.6	50.3	54.8
Moderate (K10 score 16–21)	56.2	52.5	59.8
High / very high (K10 score 22+)	59.1	53.8	64.2
<i>Physical activity^d</i>			
Sedentary	63.6	2.8	73.1
Insufficient time (< 150 min) and/or sessions (< 2)	60.6	58.1	63.0
Sufficient time (≥ 150 min) and sessions (≥ 2)	45.7	43.0	48.5
<i>Smoking status</i>			
Current smoker	60.4	56.1	64.6
Ex-smoker	55.8	50.9	60.6
Non-smoker	51.8	49.5	54.1
<i>Lifetime risk of alcohol-related harm^e</i>			
Abstainer / no longer drinks alcohol	54.8	50.0	59.5
Reduced risk	54.3	49.0	59.4
Increased risk	54.3	52.2	56.3
<i>Self-reported health</i>			
Excellent/very good	44.9	42.2	47.7
Good	59.3	56.4	62.0
Fair/poor	61.5	57.4	65.3
<i>Body weight status based on BMI^f</i>			
Underweight (BMI < 18.5 kg/m ²)	55.5	40.9	69.3
Normal range (18.5 ≤ BMI < 25 kg/m ²)	49.8	46.9	52.6
Pre-obese (25 ≤ BMI < 30 kg/m ²)	54.0	50.9	57.0
Obese (BMI ≥ 30 kg/m ²)	60.8	56.6	64.9
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>			
Doctor diagnosed hypertension	56.7	51.3	61.9
Normal range	53.3	51.3	55.3
<i>Blood glucose status (excluding gestational diabetes)</i>			
Doctor diagnosed diabetes	53.7	43.5	63.5
Normal range	53.9	52.1	55.8

Data were age-standardised to the 2011 Victorian population. LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval. Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here. Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

^c Based on the Kessler 10 scale for psychological distress.

^d DoH (2014) guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 3.36: Proportion (%) of adult females not complying with fruit or vegetable consumption guidelines,^a by selected modifiable risk factors, Victoria, 2014

	Did not meet fruit and vegetable consumption guidelines ^b		
	%	95% CI	
		LL	UL
All females	43.4	41.9	45.0
<i>Psychological distress^c</i>			
Low (K10 score < 16)	40.9	38.9	43.1
Moderate (K10 score 16–21)	45.9	42.9	49.0
High / very high (K10 score 22+)	50.1	46.3	53.9
<i>Physical activity^d</i>			
Sedentary	65.9	58.4	72.7
Insufficient time (< 150 min) and/or sessions (< 2)	46.7	44.5	48.8
Sufficient time (≥ 150 min) and sessions (≥ 2)	36.7	34.3	39.1
<i>Smoking status</i>			
Current smoker	55.2	51.1	59.2
Ex-smoker	42.9	37.8	48.2
Non-smoker	41.3	39.5	43.2
<i>Lifetime risk of alcohol-related harm^e</i>			
Abstainer / no longer drinks alcohol	43.8	40.5	47.2
Reduced risk	41.9	38.1	45.8
Increased risk	44.3	42.2	46.4
<i>Self-reported health</i>			
Excellent/very good	36.6	34.3	38.9
Good	46.0	43.5	48.5
Fair/poor	53.1	49.7	56.5
<i>Body weight status based on BMI^f</i>			
Underweight (BMI < 18.5 kg/m ²)	49.2	41.3	57.1
Normal range (18.5 ≤ BMI < 25 kg/m ²)	40.7	38.4	42.9
Pre-obese (25 ≤ BMI < 30 kg/m ²)	45.1	41.5	48.7
Obese (BMI ≥ 30 kg/m ²)	47.2	43.2	51.3
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>			
Doctor diagnosed hypertension	41.7	36.7	46.9
Normal range	43.2	41.5	44.9
<i>Blood glucose status (excluding gestational diabetes)</i>			
Doctor diagnosed diabetes	42.8	31.1	55.3
Normal range	43.5	42.0	45.1

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2013) guidelines.

^b Includes those meeting both guidelines.

^c Based on the Kessler 10 scale for psychological distress.

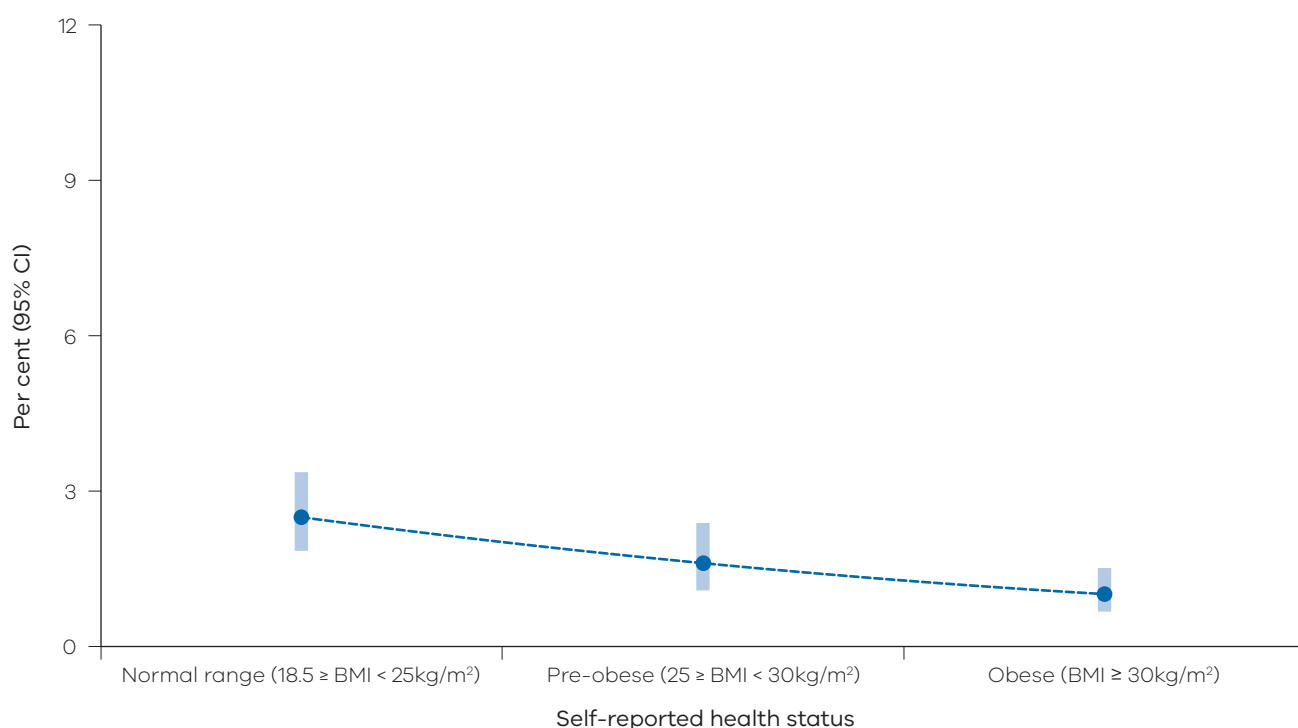
^d DoH (2014) guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Figure 3.5 shows the relationship between the proportion of men who met the fruit and vegetable consumption guidelines and body mass index. The proportion of men who met fruit and vegetable consumption guidelines decreased with increasing BMI.

Figure 3.5: Proportion (%) of males complying with both fruit and vegetable consumption guidelines,^a by category of body mass index, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

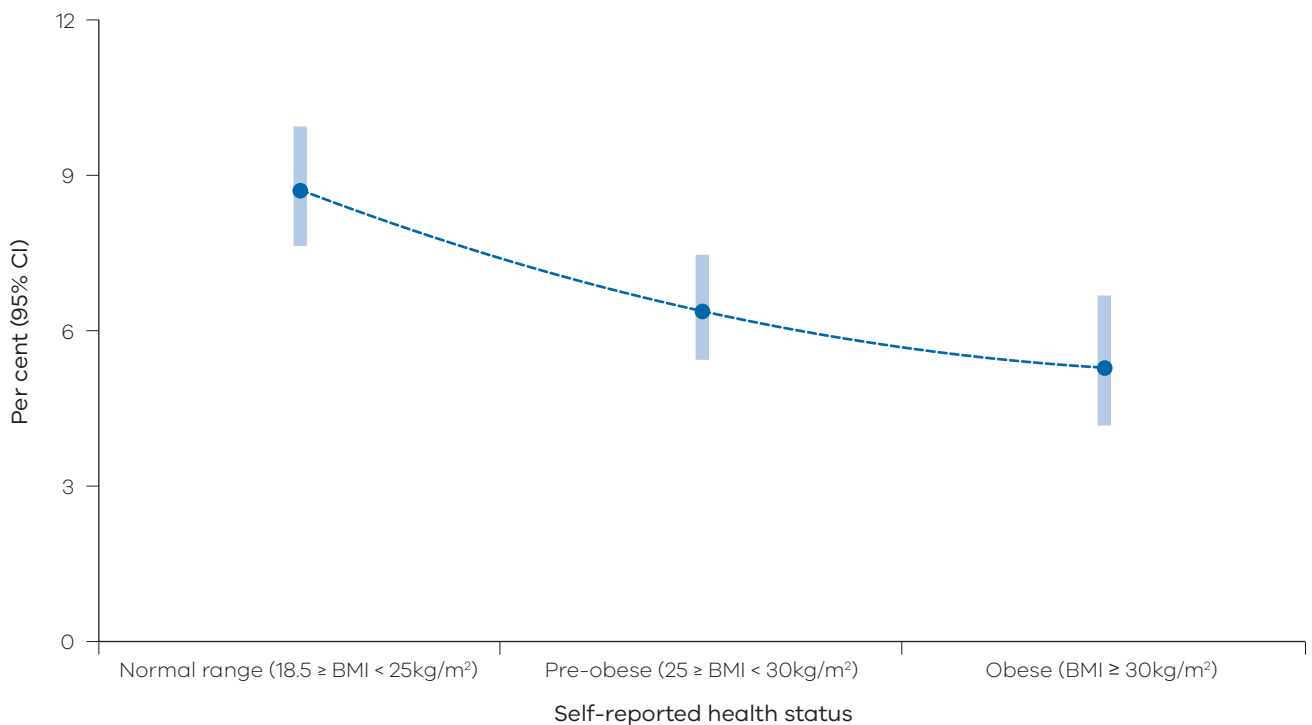
95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2013).

Figure 3.6 shows the relationship between the proportion of women who met the fruit and vegetable consumption guidelines and BMI. The proportion of women who met the fruit and vegetable consumption guidelines decreased with increasing BMI.

Figure 3.6. Proportion (%) of females complying with both fruit and vegetable consumption guidelines,^a by category of body mass index, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2013).

Key findings

Consumption of take-away meals or snacks



1.9%

of adults consumed take-away meals or snacks more than three times each week



2.8%

of men consumed take-away meals or snacks more than three times each week



0.9%

of women consumed take-away meals or snacks more than three times each week



Take-away meals or snacks

Respondents were asked about their frequency of consuming take-away meals or snacks in the week preceding the survey. Take-away meals or snacks included burgers, pizza, chicken or chips from fast food stores or local take-away places.

Table 3.37 and Figure 3.7 show the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, age group and sex. Overall, 16.6 per cent of people reported not ('never') consuming take-away meals or snacks during the preceding week. The proportion of women who reported not consuming take-away meals or snacks during the preceding week was significantly higher compared with the proportion of men. The proportion of men who consumed take-away meals or snacks more than three times during the preceding week was significantly higher compared with the proportion of women. The proportion of 18–24-year-old men, women and people who consumed take-away meals or snacks more than three times during the preceding week was significantly higher compared with the proportion of all Victorian men, women and people, respectively.

Table 3.37: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency, age group and sex, Victoria, 2014

	Age group (years)	%	Never		> 0 to ≤ 1 times/week		> 1 to ≤ 3 times/week		> 3 times/week				
			95% CI		%	95% CI		%	95% CI				
			LL	UL		LL	UL	LL	UL	LL	UL		
Males	18–24	4.5*	2.3	8.7	65.9	59.6	71.7	22.4	17.7	27.8	7.1	4.3	11.3
	25–34	7.8	5.2	11.5	67.6	61.5	73.1	19.7	15.0	25.5	4.6	2.8	7.4
	35–44	6.9	5.1	9.1	76.3	73.1	79.2	14.7	12.3	17.4	2.0	1.3	2.9
	45–54	12.2	10.4	14.2	74.6	71.9	77.2	10.9	9.1	13.1	2.1	1.4	3.1
	55–64	18.8	16.9	20.9	74.3	72.0	76.4	5.6	4.5	6.9	1.0	0.6	1.6
	65–74	27.8	25.7	30.0	68.1	65.8	70.2	3.0	2.3	3.9	0.5*	0.3	1.0
	75–84	38.2	35.2	41.3	58.0	54.9	61.1	2.6	1.8	3.8	0.2*	0.1	0.4
	85+	47.0	40.7	53.3	49.0	42.6	55.4	1.7*	0.8	3.4	**		
Victoria	14.1	13.1	15.1	70.0	68.3	71.6	12.8	11.4	14.2	2.8	2.2	3.6	
Females	18–24	8.2	5.3	12.4	71.2	64.8	76.9	16.9	12.3	22.9	3.4*	1.7	6.5
	25–34	6.3	4.4	8.9	80.2	76.2	83.6	12.2	9.5	15.5	1.1*	0.5	2.8
	35–44	9.7	8.2	11.4	83.2	81.1	85.1	6.3	5.2	7.6	0.5*	0.2	1.2
	45–54	16.7	15.1	18.6	78.6	76.6	80.5	4.3	3.4	5.4	0.3*	0.2	0.6
	55–64	27.7	25.9	29.7	69.0	67.0	70.9	2.6	2.0	3.4	0.4*	0.2	0.7
	65–74	36.7	34.7	38.8	60.8	58.7	62.9	1.1	0.7	1.7	0.0*	0.0	0.1
	75–84	53.6	51.0	56.3	44.3	41.7	47.0	0.9*	0.5	1.5	0.2*	0.1	0.4
	85+	62.3	57.5	66.8	34.1	29.7	38.8	**			**		
Victoria	18.9	18.0	19.8	72.6	71.3	73.9	7.2	6.2	8.3	0.9	0.6	1.4	
Persons	18–24	6.3	4.4	9.0	68.5	64.1	72.6	19.7	16.3	23.6	5.3	3.5	7.8
	25–34	7.0	5.4	9.2	73.9	70.2	77.2	15.9	13.1	19.2	2.9	1.9	4.4
	35–44	8.3	7.1	9.6	79.8	77.9	81.5	10.4	9.1	11.9	1.2	0.9	1.8
	45–54	14.5	13.2	15.9	76.6	75.0	78.2	7.6	6.5	8.7	1.2	0.8	1.7
	55–64	23.4	22.0	24.8	71.6	70.1	73.0	4.0	3.4	4.8	0.7	0.4	1.0
	65–74	32.6	31.1	34.1	64.1	62.6	65.7	2.0	1.6	2.5	0.3*	0.2	0.5
	75–84	46.5	44.5	48.5	50.7	48.6	52.7	1.7	1.3	2.3	0.2*	0.1	0.3
	85+	55.8	51.9	59.6	40.4	36.6	44.3	1.2*	0.7	2.2	**		
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3	

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

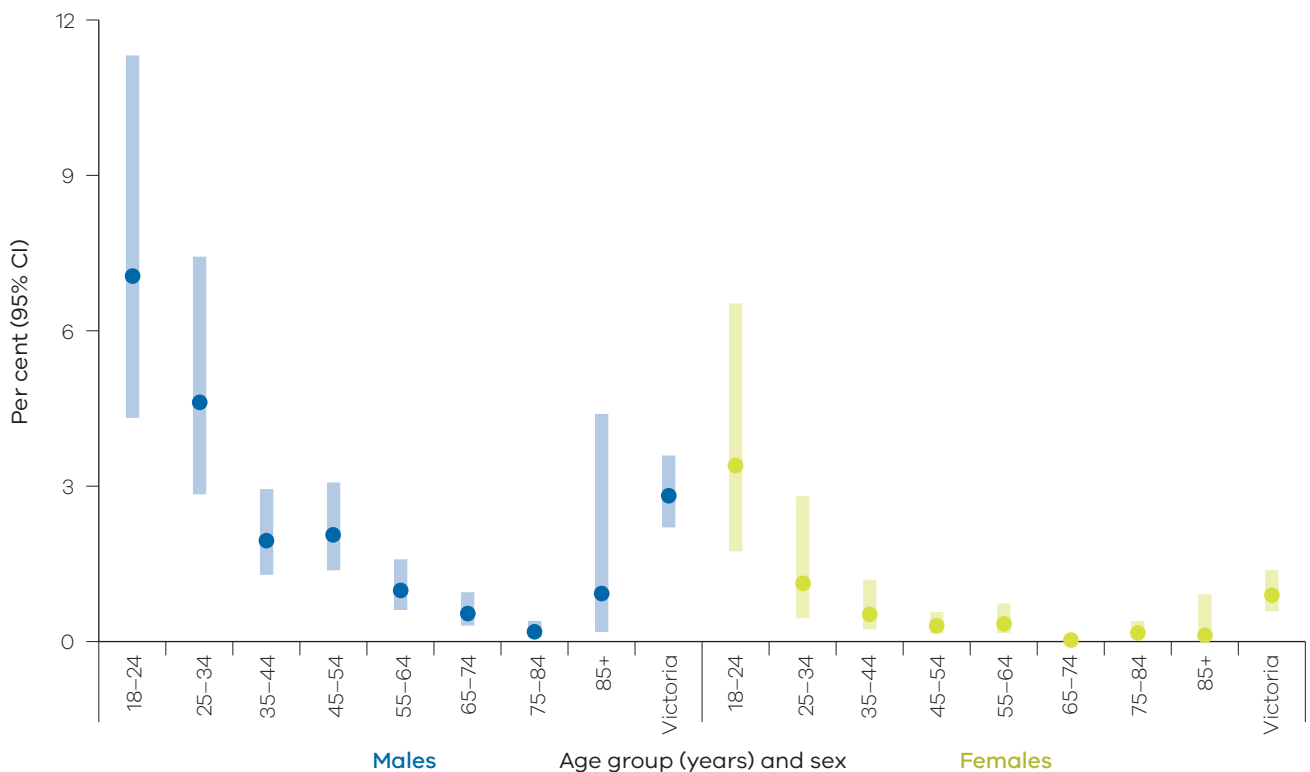
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 3.7: Proportion (%) of the adult population who eat take-away meals or snacks >3 times/week, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.38 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, departmental region and sex. A significantly higher proportion of women who lived in the metropolitan regions reported not ('never') consuming take-away meals or snacks during the preceding week compared with their rural counterparts. A significantly lower proportion of men and women who lived in Loddon Mallee Region reported not consuming take-away meals or snacks during the preceding week compared with all Victorian men and women, respectively.

A significantly lower proportion of women who lived in Barwon-South Western Region reported not consuming take-away meals or snacks during the preceding week compared with all Victorian women. Overall, the proportion who consumed take-away meals or snacks more than three times during the preceding week was similar in men, women and people in all departmental regions compared with the proportion of all Victorian men, women and people, respectively.

Table 3.38: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency, Department of Health and Human Services region and sex, Victoria, 2014

Region	Never			> 0 to ≤ 1 times/week			> 1 to ≤ 3 times/week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males (18+ years)												
Eastern Metropolitan	13.4	11.4	15.7	72.1	68.0	75.9	12.7	9.6	16.6	1.6*	0.8	3.2
North & West Metropolitan	15.6	13.9	17.5	68.4	65.6	71.2	12.4	10.4	14.8	3.2	2.2	4.6
Southern Metropolitan	15.2	13.1	17.7	68.2	64.3	71.9	13.9	11.0	17.3	2.4*	1.4	4.2
All metropolitan regions	14.9	13.7	16.1	69.4	67.4	71.3	12.9	11.3	14.6	2.6	2.0	3.5
Barwon-South Western	11.0	8.9	13.6	75.0	68.5	80.5	10.7	6.9	16.3	**		
Gippsland	11.4	8.6	14.9	66.1	59.1	72.5	15.8	10.6	23.0	4.9*	2.2	10.8
Grampians	13.7	9.7	19.0	67.7	61.2	73.6	16.1	11.3	22.4	2.3*	1.3	3.9
Hume	14.3	10.3	19.6	72.4	66.5	77.7	11.2	7.6	16.1	1.9*	1.0	3.6
Loddon Mallee	11.1	9.5	13.0	71.8	65.1	77.6	10.1	6.6	15.3	6.0*	2.4	14.2
All rural regions	12.2	10.7	13.8	71.1	68.1	74.0	12.4	10.3	14.9	3.6*	2.2	5.8
Victoria	14.1	13.1	15.1	70.0	68.3	71.6	12.8	11.4	14.2	2.8	2.2	3.6
Females (18+ years)												
Eastern Metropolitan	19.0	16.9	21.3	74.0	70.5	77.3	6.6	4.3	10.1	**		
North & West Metropolitan	20.7	19.2	22.2	68.8	66.4	71.2	9.2	7.4	11.3	0.9*	0.4	2.0
Southern Metropolitan	20.8	19.0	22.8	71.1	68.4	73.7	6.2	4.6	8.2	1.3*	0.6	2.6
All metropolitan regions	20.3	19.3	21.3	70.8	69.2	72.4	7.7	6.5	9.0	0.8*	0.5	1.4
Barwon-South Western	13.6	11.8	15.5	78.1	73.4	82.1	4.6*	2.6	7.9	3.2*	1.3	8.0
Gippsland	16.3	12.6	20.8	75.3	70.3	79.7	7.0	4.4	10.8	0.4*	0.1	0.9
Grampians	17.6	13.1	23.2	76.0	70.2	81.0	5.9*	3.4	9.9	0.3*	0.1	0.7
Hume	16.2	14.1	18.5	78.2	75.2	80.9	4.5	3.0	6.7	**		
Loddon Mallee	14.4	12.6	16.4	80.6	78.0	82.9	3.8	2.7	5.4	**		
All rural regions	15.3	14.0	16.8	77.9	75.9	79.7	5.1	4.1	6.3	1.2*	0.7	2.3
Victoria	18.9	18.0	19.8	72.6	71.3	73.9	7.2	6.2	8.3	0.9	0.6	1.4

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.38: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Never			> 0 to ≤ 1 times/ week			> 1 to ≤ 3 times/ week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
People (18+ years)												
Eastern Metropolitan	16.4	14.9	17.9	73.0	70.3	75.5	9.6	7.6	12.1	0.9*	0.4	1.6
North & West Metropolitan	18.3	17.1	19.5	68.6	66.7	70.3	10.8	9.4	12.3	2.0	1.4	2.8
Southern Metropolitan	18.2	16.7	19.7	69.6	67.2	71.9	9.9	8.2	12.0	1.8	1.2	2.9
All metropolitan regions	17.7	16.9	18.5	70.0	68.7	71.3	10.2	9.2	11.3	1.7	1.3	2.2
Barwon-South Western	12.4	11.0	14.0	76.4	72.4	80.0	7.7	5.4	10.8	2.9*	1.3	6.7
Gippsland	13.8	11.5	16.6	70.5	66.0	74.6	11.6	8.3	16.0	2.8*	1.2	6.1
Grampians	15.6	12.5	19.3	71.9	67.6	75.8	11.0	8.1	14.8	1.3*	0.8	2.1
Hume	15.4	12.8	18.4	75.2	71.6	78.4	7.8	5.8	10.6	1.3*	0.8	2.2
Loddon Mallee	12.8	11.6	14.1	76.0	72.0	79.6	7.0	4.9	9.8	3.6*	1.5	8.4
All rural regions	13.8	12.8	14.8	74.4	72.5	76.1	8.8	7.5	10.2	2.5	1.6	3.7
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.39 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Eastern Metropolitan Region. A significantly higher proportion of adults who lived in the LGA of Boroondara (C) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults. In contrast, a significantly lower proportion of adults who lived in the LGA of Maroondah (C) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.39: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Never		> 0 to ≤ 1 times/ week			> 1 to ≤ 3 times/ week			> 3 times/week			
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	23.4	19.0	28.4	68.2	61.4	74.2	7.2*	3.7	13.4	**		
Knox (C)	15.8	12.3	20.1	72.3	64.6	78.9	10.4*	5.7	18.2	**		
Manningham (C)	15.7	12.9	19.0	76.1	69.9	81.3	7.9*	4.2	14.4	**		
Maroondah (C)	11.4	9.3	14.0	72.8	63.0	80.7	14.7*	8.0	25.4	**		
Monash (C)	16.6	13.1	20.9	70.5	64.3	76.0	12.0	7.9	18.0	**		
Whitehorse (C)	14.9	11.1	19.7	75.0	67.9	81.0	9.5*	5.3	16.3	**		
Yarra Ranges (S)	13.4	11.0	16.2	81.7	78.1	84.7	4.0*	2.4	6.5	**		
Eastern Metropolitan Region	16.4	14.9	17.9	73.0	70.3	75.5	9.6	7.6	12.1	0.9*	0.4	1.6
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.40 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of North & West Metropolitan Region. A significantly higher proportion of adults who lived in the LGAs of Maribyrnong (C), Melbourne (C), Moreland (C) and Yarra (C) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.40: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Never			> 0 to ≤ 1 times/ week			> 1 to ≤ 3 times/ week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	16.6	13.2	20.7	71.1	64.0	77.2	10.0*	5.7	16.8	**		
Brimbank (C)	16.4	12.9	20.5	67.8	61.9	73.2	12.7	8.9	17.8	2.2*	1.0	4.8
Darebin (C)	19.2	15.6	23.4	67.1	59.2	74.1	12.1*	6.7	21.0	**		
Hobsons Bay (C)	17.8	13.1	23.7	70.0	62.1	76.8	8.1*	4.5	14.1	**		
Hume (C)	17.8	14.1	22.3	67.9	61.7	73.5	9.8	6.7	14.3	4.4*	1.9	9.9
Maribyrnong (C)	21.9	18.4	26.0	67.1	60.1	73.4	8.1*	4.5	14.4	**		
Melbourne (C)	25.4	20.6	30.9	62.2	55.2	68.7	10.6	6.5	16.8	**		
Melton (S)	15.7	11.7	20.7	64.2	56.7	71.1	17.0	11.2	24.9	2.9*	1.3	6.4
Moonee Valley (C)	19.6	15.8	24.0	72.6	66.6	77.9	7.4*	4.2	12.7	**		
Moreland (C)	21.7	17.7	26.4	65.8	58.9	72.1	10.5*	6.3	17.1	**		
Nillumbik (S)	13.3	10.6	16.4	69.8	61.9	76.7	16.0	10.1	24.3	0.0	.	.
Whittlesea (C)	14.6	11.6	18.3	72.0	66.4	77.0	11.9	8.3	16.8	**	0.4	4.2
Wyndham (C)	12.8	9.9	16.6	74.3	68.7	79.3	10.4	6.9	15.2	**	0.7	5.7
Yarra (C)	28.7	24.1	33.7	64.9	58.3	71.0	5.9*	2.6	12.8	**	0.1	2.3
North & West Metropolitan Region	18.3	17.1	19.5	68.6	66.7	70.3	10.8	9.4	12.3	2.0	1.4	2.8
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.41 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Southern Metropolitan Region. A significantly higher proportion of adults who lived in the LGAs of Port Phillip (C) and Stonnington (C) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.41: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Never		> 0 to ≤ 1 times/ week		> 1 to ≤ 3 times/ week		> 3 times/week					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL	LL	UL	
Bayside (C)	19.7	13.9	27.2	69.8	61.1	77.3	6.1*	2.4	14.5	**		
Cardinia (S)	13.4	10.0	17.8	72.1	65.5	77.9	12.0	7.8	18.0	**		
Casey (C)	14.9	12.1	18.1	67.0	60.6	72.8	17.2	12.2	23.6	**		
Frankston (C)	14.0	10.3	18.8	72.2	65.9	77.7	9.9	6.4	15.1	3.2*	1.4	6.8
Glen Eira (C)	18.6	14.7	23.2	72.6	66.1	78.3	5.9*	3.2	10.6	**		
Greater Dandenong (C)	17.6	14.1	21.7	69.1	62.5	75.0	9.6	6.1	14.9	**		
Kingston (C)	15.3	11.0	20.8	70.3	62.0	77.4	11.7*	6.6	20.0	**		
Mornington Peninsula (S)	20.5	14.6	27.9	69.2	60.9	76.4	6.8*	3.5	12.8	**		
Port Phillip (C)	27.5	21.7	34.2	66.8	58.8	73.9	5.0*	1.9	12.3	0.6*	0.2	1.5
Stonnington (C)	25.5	21.2	30.3	69.5	63.8	74.8	4.9*	2.4	9.9	**		
Southern Metropolitan Region	18.2	16.7	19.7	69.6	67.2	71.9	9.9	8.2	12.0	1.8	1.2	2.9
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.42 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Barwon-South Western Region. A significantly lower proportion of adults who lived in the LGAs of Greater Geelong (C) and Southern Grampians (S) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.42: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Never			> 0 to ≤ 1 times/ week			> 1 to ≤ 3 times/ week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	11.7	8.3	16.3	70.1	58.8	79.4	14.6*	7.0	28.0	**		
Corangamite (S)	14.8	10.7	20.0	82.1	76.5	86.6	2.4*	0.9	6.1	**		
Glenelg (S)	13.0	9.2	18.0	75.3	67.8	81.5	7.1*	3.7	13.3	**		
Greater Geelong (C)	11.6	9.6	14.0	76.6	70.3	81.9	7.0*	4.0	12.1	4.1*	1.5	10.4
Moyne (S)	13.3	10.4	16.9	72.3	63.4	79.7	12.2*	6.4	22.0	1.9*	0.8	4.7
Queenscliffe (B)	20.5	13.5	29.8	74.5	63.5	83.1	**			**		
Southern Grampians (S)	12.2	9.3	15.7	74.9	65.2	82.6	11.0*	5.1	22.2	**		
Surf Coast (S)	13.7	10.7	17.3	77.3	70.5	82.8	8.7*	4.7	15.5	**		
Warrnambool (C)	14.9	10.4	20.7	76.2	70.1	81.4	8.1*	4.7	13.8	**		
Barwon-South Western Region	12.4	11.0	14.0	76.4	72.4	80.0	7.7	5.4	10.8	2.9*	1.3	6.7
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.43 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Gippsland Region. A significantly lower proportion of adults who lived in the LGAs of Baw Baw (S) and Wellington (S) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults

Table 3.43: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Gippsland Region, Victoria, 2014

LGA	%	Never		> 0 to ≤ 1 times/ week		> 1 to ≤ 3 times/ week		> 3 times/week				
		95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	16.2*	8.7	28.1	70.9	60.1	79.8	11.8*	5.1	25.2	**		
Baw Baw (S)	9.3	7.0	12.2	78.8	71.3	84.7	10.0*	5.6	17.3	**		
East Gippsland (S)	18.2	11.0	28.6	67.1	58.0	75.1	12.9*	6.1	25.3	**		
Latrobe (C)	14.7	10.2	20.8	65.8	56.2	74.2	11.3*	5.2	22.9	**		
South Gippsland (S)	13.5	9.0	19.7	75.2	67.2	81.8	9.9*	5.2	18.1	**		
Wellington (S)	12.7	10.0	15.9	69.5	59.5	78.0	14.2*	7.2	26.1	3.2*	1.2	8.3
Gippsland Region	13.8	11.5	16.6	70.5	66.0	74.6	11.6	8.3	16.0	2.8*	1.2	6.1
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.44 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Grampians Region. A significantly lower proportion of adults who lived in the LGAs of Hindmarsh (S) and West Wimmera (S) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.44: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, in Grampians Region, Victoria, 2014

LGA	Never			> 0 to ≤ 1 times/ week			> 1 to ≤ 3 times/ week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	15.1	9.3	23.7	65.0	56.4	72.8	14.6	8.9	22.8	5.0*	1.8	12.9
Ballarat (C)	17.2	11.9	24.2	69.9	62.2	76.7	11.9	7.2	18.9	**		
Golden Plains (S)	15.4	10.3	22.4	71.1	63.0	78.0	11.7*	6.3	20.7	**		
Hepburn (S)	16.2	13.1	19.8	77.9	71.7	83.1	4.6*	1.8	11.3	**		
Hindmarsh (S)	11.0	7.9	15.0	77.1	67.2	84.6	10.8*	5.0	21.6	**		
Horsham (RC)	13.4*	7.7	22.2	67.0	56.0	76.4	17.7*	8.8	32.4	**		
Moorabool (S)	12.6	9.4	16.9	76.8	70.1	82.4	7.9*	4.4	13.8	**		
Northern Grampians (S)	12.9*	7.6	21.1	77.0	67.5	84.3	8.9*	4.1	18.2	**		
Pyrenees (S)	13.3	10.1	17.2	79.6	72.7	85.1	6.2*	2.7	13.7	**		
West Wimmera (S)	10.1	7.6	13.2	82.6	78.3	86.2	5.6*	3.4	9.2	**		
Yarriambiack (S)	12.8	9.5	16.9	80.9	74.4	86.1	3.8*	1.4	9.7	**		
Grampians Region	15.6	12.5	19.3	71.9	67.5	75.8	11.0	8.1	14.8	1.3*	0.8	2.1
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.45 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Hume Region. A significantly lower proportion of adults who lived in the LGAs of Moira (S), Wangaratta (RC) and Wodonga (RC) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.45: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Hume Region, Victoria, 2014

LGA	Never		> 0 to ≤ 1 times/ week		> 1 to ≤ 3 times/ week		> 3 times/week					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL	LL	UL	
Alpine (S)	13.4	10.8	16.5	79.5	69.8	86.6	2.4*	1.0	5.9	**		
Benalla (RC)	14.2	10.9	18.2	75.5	66.5	82.7	8.3*	3.3	19.0	**		
Greater Shepparton (C)	17.0	12.9	22.1	72.6	64.0	79.8	9.4*	4.4	18.9	**		
Indigo (S)	15.3	10.7	21.3	73.8	63.6	82.0	9.6*	3.9	21.6	**		
Mansfield (S)	16.0	12.9	19.7	82.4	78.5	85.7	**			**		
Mitchell (S)	18.6	11.4	29.0	72.2	61.0	81.1	8.0*	4.0	15.3	**		
Moira (S)	10.7	8.7	13.0	76.9	70.5	82.3	10.1	6.3	16.0	**		
Murrindindi (S)	19.0	12.0	28.6	72.1	62.2	80.3	7.3*	3.3	15.5	**		
Strathbogie (S)	15.9	12.0	20.6	79.0	73.7	83.5	4.9*	2.8	8.5	**		
Towong (S)	14.9	11.2	19.6	75.6	68.2	81.7	4.6*	2.2	9.7	**		
Wangaratta (RC)	11.7	9.1	14.9	74.6	63.7	83.0	13.4*	6.5	25.6	**		
Wodonga (RC)	11.4	8.2	15.7	81.4	75.9	86.0	4.6*	2.6	8.1	**		
Hume Region	15.4	12.8	18.4	75.2	71.6	78.4	7.8	5.8	10.6	1.3*	0.8	2.2
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.46 shows the proportion of the population who reported consuming take-away meals or snacks during the preceding week, by frequency, in the LGAs of Loddon Mallee Region. A significantly lower proportion of adults who lived in the LGAs of Campaspe (S), Central Goldfields (S), Gannawarra (S) and Greater Bendigo (C) reported not consuming take-away meals or snacks during the preceding week compared with all Victorian adults.

Table 3.46: Proportion (%) of the adult population who eat take-away meals or snacks, by frequency and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Never			> 0 to ≤ 1 times/week			> 1 to ≤ 3 times/week			> 3 times/week		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	13.3	8.3	20.6	82.9	75.5	88.5	1.8*	0.9	3.7	**		
Campaspe (S)	10.4	8.6	12.5	79.7	72.2	85.6	5.5*	2.6	11.3	**		
Central Goldfields (S)	8.7	6.7	11.2	71.3	60.4	80.2	15.3*	8.0	27.3	**		
Gannawarra (S)	8.2	6.6	10.2	87.7	84.0	90.6	2.7*	1.1	6.5	**		
Greater Bendigo (C)	12.0	9.4	15.1	75.0	66.4	82.1	8.1*	4.3	14.7	**		
Loddon (S)	16.3*	8.2	29.9	77.9	65.1	86.9	**			**		
Macedon Ranges (S)	13.8	11.1	17.0	79.3	73.4	84.2	5.5*	2.4	11.8	**		
Mildura (RC)	14.4	11.6	17.8	71.9	63.6	78.9	8.1*	4.1	15.2	**		
Mount Alexander (S)	20.1	15.7	25.4	69.5	60.3	77.3	7.9*	3.6	16.3	**		
Swan Hill (RC)	14.2	10.2	19.4	78.9	71.0	85.1	2.6*	1.1	6.2	**		
Loddon Mallee Region	12.8	11.6	14.1	76.0	72.0	79.6	7.0	4.9	9.8	3.6*	1.5	8.4
Victoria	16.6	16.0	17.3	71.2	70.1	72.3	9.9	9.1	10.8	1.9	1.5	2.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.47 shows the male population who eat take-away meals or snacks, by frequency and selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men reported consuming take-away meals or snacks during the preceding week with the following characteristics:

- born overseas
- speak a language other than English at home.

Table 3.48 shows the female population who eat take-away meals or snacks, by frequency and selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women reported consuming take-away meals or snacks during the preceding week with the following characteristics:

- born overseas
- speak a language other than English at home
- completed a university degree or other tertiary institute degree.

Table 3.47: Proportion (%) of the adult male population who eat take-away meals or snacks, by frequency and selected socioeconomic determinants, Victoria, 2014

	Never		> 0 to ≤ 1 times/week		> 1 to ≤ 3 times/week		> 3 times/week						
	%	95% CI	%	95% CI	%	95% CI	%	95% CI					
	LL	UL	LL	UL	LL	UL	LL	UL					
All males	14.1	13.1	15.1	15.1	70.0	68.3	71.6	12.8	11.4	14.2	2.8	2.2	3.6
<i>Country of birth</i>													
Australia	12.4	11.5	13.5	13.5	70.1	68.0	72.0	14.3	12.6	16.1	2.9	2.2	3.8
Overseas	17.6	15.2	20.1	20.1	70.2	66.7	73.5	9.3	7.2	12.1	2.5*	1.5	4.1
<i>Language spoken at home</i>													
English	12.1	11.3	13.1	13.1	71.3	69.4	73.1	13.7	12.2	15.4	2.5	1.9	3.4
Language other than English	20.8	18.3	23.7	23.7	65.0	61.3	68.4	10.1	7.8	13.1	3.6	2.4	5.6
<i>Education level</i>													
Did not complete high school	15.8	12.7	19.4	19.4	65.6	59.5	71.2	13.5	8.8	20.2	4.4*	2.1	8.9
Completed high school, or TAFE, or trade certificate, or diploma	12.5	11.2	14.0	14.0	67.7	65.2	70.1	16.2	14.1	18.6	3.3	2.4	4.4
University, or some other tertiary institute degree, including postgraduate diploma or degree	15.0	13.3	16.9	16.9	74.1	71.4	76.7	8.6	6.9	10.7	2.0*	1.1	3.5
<i>Employment status</i>													
Employed	13.6	12.0	15.2	15.2	70.1	67.8	72.3	13.4	11.8	15.1	2.6	2.0	3.5
Unemployed	18.2	13.4	24.3	24.3	62.3	53.6	70.2	13.3	7.3	23.0	6.0	2.7	12.7
Not in labour force	16.8	13.7	20.3	20.3	68.2	63.2	72.7	11.6	8.0	16.6	3.1	1.3	7.3
<i>Total annual household income</i>													
< \$40,000	17.1	13.9	21.0	21.0	65.4	60.2	70.3	13.1	9.9	17.3	4.1*	2.0	8.1
\$40,000 to < \$100,000	13.4	11.6	15.3	15.3	72.0	69.1	74.7	11.7	9.7	14.1	2.7	1.8	3.8
≥ \$100,000	13.1	11.3	15.1	15.1	72.7	69.6	75.6	12.3	10.1	14.9	1.9*	1.1	3.1

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.48: Proportion (%) of the adult female population who eat take-away meals or snacks, by frequency and selected socioeconomic determinants, Victoria, 2014

	Never			> 0 to ≤ 1 times/week			> 1 to ≤ 3 times/week			> 3 times/week		
	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
All females	18.9	18.0	19.8	72.6	71.3	73.9	7.2	6.2	8.3	0.9	0.6	1.4
<i>Country of birth</i>												
Australia	17.2	16.2	18.3	74.4	73.0	75.9	7.0	6.1	8.2	0.9*	0.6	1.5
Overseas	22.5	21.0	24.0	68.1	64.9	71.1	8.0	5.6	11.3	0.8*	0.3	1.8
<i>Language spoken at home</i>												
English	17.6	16.6	18.7	75.0	73.5	76.3	6.3	5.4	7.4	0.7*	0.4	1.1
Language other than English	24.4	22.7	26.1	64.9	61.9	67.8	8.8	6.6	11.5	1.4*	0.7	2.8
<i>Education level</i>												
Did not complete high school	18.2	15.5	21.3	71.4	66.6	75.8	7.5	4.8	11.6	2.6*	1.0	6.4
Completed high school, or TAFE, or trade certificate, or diploma	17.7	16.4	18.9	72.7	70.8	74.6	8.4	7.0	10.1	0.7*	0.4	1.4
University, or some other tertiary institute degree, including postgraduate diploma or degree	21.5	20.0	23.1	71.7	69.6	73.8	5.6	4.3	7.4	0.7*	0.4	1.4
<i>Employment status</i>												
Employed	17.1	15.3	19.1	74.6	72.2	76.9	7.2	5.9	8.6	0.8	0.4	1.5
Unemployed	19.0	14.3	24.7	67.3	59.8	74.1	12.9	8.2	19.6	0.2	0.1	0.6
Not in labour force	21.1	19.3	22.9	70.7	68.3	73.0	6.4	4.9	8.1	1.2	0.6	2.4
<i>Total annual household income</i>												
< \$40,000	18.9	17.3	20.7	71.8	68.3	75.1	7.2	4.9	10.4	**		
\$40,000 to < \$100,000	16.7	15.2	18.3	74.3	71.8	76.6	7.7	6.1	9.8	1.0*	0.5	2.0
≥ \$100,000	22.0	19.6	24.6	71.4	68.1	74.4	6.0	4.2	8.4	0.6*	0.2	1.4

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Key findings

Consumption of sugar-sweetened soft drinks



2014

11.2%

of adults consumed sugar-sweetened soft drinks every day



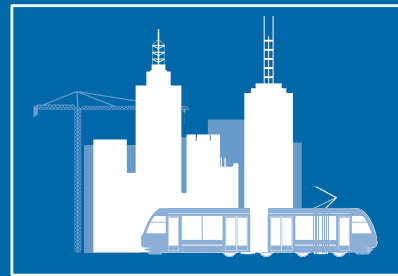
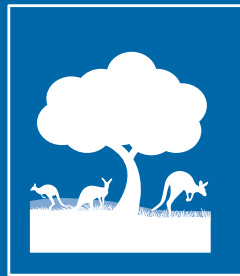
15.3%

of men consumed sugar-sweetened soft drinks every day



7.2%

of women consumed sugar-sweetened soft drinks every day



A significantly higher proportion of women who lived in the rural regions consumed sugar-sweetened soft drinks daily compared with women who lived in metropolitan regions



Excellent/
very good



Good



Fair/poor

The proportion of the adult population who consumed sugar-sweetened soft drinks daily was highest among men and women with fair or poor self-reported health status



Consumption of sugar-sweetened soft drinks

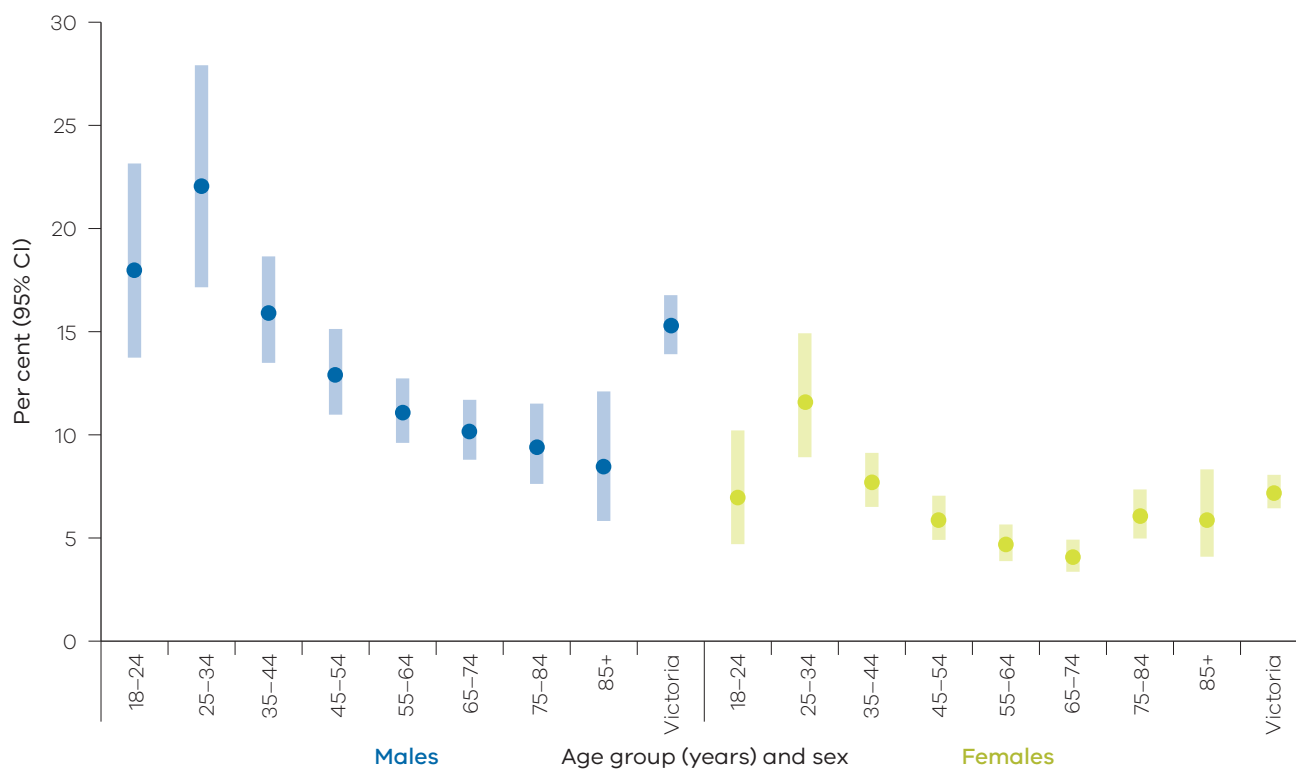
In 2011–12 questions were included for the first time to measure the consumption of sugar-sweetened soft drinks in Victoria. The term 'sugar-sweetened soft drinks' refers to any beverage with added sugar, and includes carbonated drinks, flavoured mineral water, cordial, sports drinks and energy drinks. Ready-to-drink alcoholic beverages were also included as sugar-sweetened beverages as they are mixed with other flavours such as fruit juice or soft drink. All clear, non-flavoured mineral water and soda water were excluded.

The weight of epidemiological evidence shows that consumption of sugar-sweetened soft drinks has significantly contributed to the obesity epidemic (Malik, Schulze & Hu 2006; Vartanian, Schwartz & Brownell 2007; Woodward-Lopez, Kao & Ritchie 2011). In a meta-analysis of 30 studies, 10–12 cross-sectional studies, five of five longitudinal studies, and four of four long-term experimental studies showed this positive association (Malik et al. 2006). Another meta-analysis of 88 studies showed a clear association between the intake of sugar-sweetened drinks and increased energy intake leading to weight gain (Chen et al. 2009; Ebbeling et al. 2006; Vartanian et al. 2007).

Recent public health interest has focused on the associations between consumption of added sugars and adverse health outcomes. The consumption of sugar-sweetened beverages is not only associated with weight gain but also with increased risk of other health problems such as dental caries, high blood pressure, type 2 diabetes and cardiovascular disease.

Survey participants were asked how often they consumed cordial, soft drinks, flavoured mineral water, energy drinks or sports drinks. Figure 3.8 and Table 3.49 show proportions of the adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by age group and sex. Overall, 11.2 per cent of Victorian people reported consuming sugar-sweetened drinks on a daily basis. The proportion who reported consuming these drinks daily was significantly higher in men than women. The proportion who drank these soft drinks daily was significantly lower in men 55 years of age or older, 55–74-year-old women and people 55 years of age or older compared with all Victorian men, women and people, respectively. The proportion who drank these soft drinks daily was significantly higher in 25–34-year-old men and women compared with all Victorian men and women, respectively.

Figure 3.8: Proportion (%) of adult population who consumed sugar-sweetened soft drinks daily, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.49: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by age group and sex, Victoria, 2014

	Age group (years)	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
		%	95% CI		%	95% CI	
			LL	UL		LL	UL
Males	18–24	18.0	13.8	23.2	81.0	75.8	85.3
	25–34	22.1	17.2	27.9	77.1	71.2	82.1
	35–44	15.9	13.5	18.7	83.4	80.6	85.8
	45–54	12.9	11.0	15.1	86.2	84.0	88.2
	55–64	11.1	9.6	12.7	87.4	85.6	88.9
	65–74	10.2	8.8	11.7	88.6	87.0	90.0
	75–84	9.4	7.6	11.5	87.5	85.2	89.5
	85+	8.5	5.8	12.1	87.7	83.4	91.0
	Victoria	15.3	13.9	16.8	83.5	82.0	84.9
Females	18–24	7.0	4.7	10.2	91.7	88.2	94.2
	25–34	11.6	8.9	14.9	87.8	84.4	90.5
	35–44	7.7	6.5	9.1	91.3	89.9	92.6
	45–54	5.9	4.9	7.1	93.8	92.7	94.8
	55–64	4.7	3.9	5.7	94.2	93.1	95.1
	65–74	4.1	3.4	4.9	94.0	92.9	94.9
	75–84	6.1	5.0	7.4	91.9	90.3	93.1
	85+	5.9	4.1	8.3	90.2	87.1	92.7
	Victoria	7.2	6.5	8.1	91.7	90.8	92.5
Persons	18–24	12.6	10.1	15.7	86.2	83.1	88.9
	25–34	16.8	13.9	20.2	82.5	79.1	85.4
	35–44	11.8	10.4	13.3	87.4	85.8	88.8
	45–54	9.4	8.3	10.6	90.1	88.8	91.2
	55–64	7.8	7.0	8.8	90.8	89.8	91.8
	65–74	6.9	6.1	7.7	91.5	90.6	92.3
	75–84	7.6	6.6	8.8	89.8	88.5	91.0
	85+	7.0	5.4	9.0	89.1	86.7	91.2
	Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.50 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily, by departmental region and sex. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher in men living in Gippsland Region compared with all Victorian men. A significantly higher proportion of women who lived in the rural regions in general and Grampians Region and Hume Region in particular consumed sugar-sweetened soft drinks daily compared with all Victorian women.

Table 3.50: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by Department of Health and Human Services region and sex, Victoria, 2014

Region	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Males (18+ years)						
Eastern Metropolitan	13.8	10.8	17.6	85.0	81.2	88.1
North & West Metropolitan	14.7	12.7	17.1	84.2	81.8	86.3
Southern Metropolitan	15.0	11.9	18.8	83.7	79.9	87.0
All metropolitan regions	14.6	13.0	16.4	84.3	82.5	85.9
Barwon-South Western	15.1	10.5	21.2	83.6	77.5	88.3
Gippsland	23.2	17.4	30.2	75.8	68.8	81.6
Grampians	17.1	13.4	21.5	81.6	77.1	85.4
Hume	19.1	15.2	23.7	78.8	74.0	82.9
Loddon Mallee	15.4	10.6	21.8	83.8	77.4	88.6
All rural regions	17.6	15.3	20.1	81.1	78.5	83.5
Victoria	15.3	13.9	16.8	83.5	82.0	84.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.50: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Females (18+ years)						
Eastern Metropolitan	6.0	4.2	8.4	92.9	90.4	94.7
North & West Metropolitan	7.2	5.9	8.7	91.8	90.2	93.2
Southern Metropolitan	5.9	4.6	7.6	93.4	91.7	94.8
All metropolitan regions	6.4	5.6	7.4	92.6	91.6	93.5
Barwon-South Western	8.7*	5.3	14.1	90.5	85.2	94.0
Gippsland	9.9	6.4	15.1	89.4	84.2	93.0
Grampians	11.5	8.4	15.7	87.8	83.6	91.0
Hume	11.1	8.9	13.7	88.0	85.3	90.2
Loddon Mallee	9.4	6.9	12.8	86.7	81.7	90.5
All rural regions	10.0	8.4	11.9	88.6	86.6	90.3
Victoria	7.2	6.5	8.1	91.7	90.8	92.5
People (18+ years)						
Eastern Metropolitan	9.8	7.9	12.0	9.8	86.8	90.9
North & West Metropolitan	11.0	9.7	12.4	11.0	86.6	89.3
Southern Metropolitan	10.4	8.6	12.6	10.4	86.4	90.5
All metropolitan regions	10.5	9.5	11.5	10.5	87.4	89.4
Barwon-South Western	11.9	8.9	15.8	11.9	83.2	90.2
Gippsland	16.4	12.9	20.7	16.4	78.5	86.3
Grampians	14.2	11.7	17.1	14.2	81.9	87.3
Hume	15.0	12.7	17.7	15.0	80.7	85.8
Loddon Mallee	12.5	9.5	16.2	12.5	81.4	88.6
All rural regions	13.8	12.3	15.3	13.8	83.3	86.4
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.51 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Eastern Metropolitan Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGA of Maroondah (C) compared with all Victorian adults.

Table 3.51: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Boroondara (C)	5.2*	2.8	9.5	92.6	88.2	95.5
Knox (C)	8.5*	4.6	14.9	90.0	83.5	94.1
Manningham (C)	8.2*	4.3	15.0	90.2	83.5	94.4
Maroondah (C)	21.4	14.1	31.0	78.0	68.3	85.3
Monash (C)	10.2	6.5	15.7	89.0	83.6	92.8
Whitehorse (C)	7.3*	3.3	15.5	91.8	83.9	96.0
Yarra Ranges (S)	10.7	6.8	16.3	88.5	82.9	92.4
Eastern Metropolitan Region	9.8	7.9	12.0	89.0	86.8	90.9
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.52 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in North & West Metropolitan Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly lower among those who lived in the LGA of Maribyrnong (C) compared with all Victorian adults.

Table 3.52: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Banyule (C)	11.9	7.6	18.3	86.8	80.4	91.3
Brimbank (C)	9.8	6.8	13.9	89.4	85.2	92.5
Darebin (C)	11.8*	6.6	20.2	86.5	78.2	91.9
Hobsons Bay (C)	8.9	5.5	14.1	90.5	85.3	94.0
Hume (C)	15.8	11.2	21.9	83.7	77.6	88.3
Maribyrnong (C)	5.5*	3.3	9.1	92.0	87.3	95.0
Melbourne (C)	6.9*	4.2	11.4	92.3	87.9	95.2
Melton (S)	14.3	10.2	19.8	85.5	80.0	89.6
Moonee Valley (C)	9.4	5.7	15.0	90.0	84.4	93.7
Moreland (C)	10.9	6.7	17.2	87.8	81.3	92.2
Nillumbik (S)	8.6	5.5	13.3	90.5	85.9	93.7
Whittlesea (C)	14.0	10.2	19.1	85.0	79.9	89.0
Wyndham (C)	15.0	10.6	20.8	83.8	78.0	88.3
Yarra (C)	7.7*	3.4	16.3	91.6	83.2	96.0
North & West Metropolitan Region	11.0	9.7	12.4	88.0	86.6	89.3
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.53 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Southern Metropolitan Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly lower among those who lived in the LGAs of Bayside (C) and Glen Eira (C) compared with all Victorian adults.

Table 3.53: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bayside (C)	3.1*	1.8	5.1	95.8	93.8	97.2
Cardinia (S)	14.7	10.3	20.4	84.8	79.0	89.2
Casey (C)	15.9	10.6	23.3	83.2	75.9	88.6
Frankston (C)	15.4	10.5	21.9	84.0	77.4	88.9
Glen Eira (C)	5.6*	3.1	9.9	93.7	89.4	96.3
Greater Dandenong (C)	7.3*	4.2	12.5	91.1	85.1	94.8
Kingston (C)	11.4*	6.3	20.0	87.2	78.7	92.6
Mornington Peninsula (S)	9.9*	5.6	16.9	89.6	82.6	93.9
Port Phillip (C)	5.3*	2.5	11.1	93.6	87.9	96.7
Stonnington (C)	8.9*	4.2	17.8	90.9	82.1	95.6
Southern Metropolitan Region	10.4	8.6	12.6	88.6	86.4	90.5
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.54 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Barwon-South Western Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGA of Colac-Otway (S) compared with all Victorian adults.

Table 3.54: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Barwon-South Western Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Colac-Otway (S)	22.5	13.9	34.3	76.5	64.8	85.2
Corangamite (S)	15.9	11.6	21.4	81.5	74.1	87.1
Glenelg (S)	11.2*	6.3	19.1	87.3	79.5	92.4
Greater Geelong (C)	11.5	7.3	17.6	88.1	82.0	92.3
Moyne (S)	13.5*	8.0	21.8	85.9	77.6	91.5
Queenscliffe (B)	7.0*	3.0	15.3	90.8	81.5	95.6
Southern Grampians (S)	15.0*	8.3	25.6	81.0	70.8	88.2
Surf Coast (S)	8.7*	4.9	15.0	89.1	82.5	93.5
Warrnambool (C)	7.5*	4.0	13.5	89.9	83.2	94.1
Barwon-South Western Region	11.9	8.9	15.8	87.1	83.2	90.2
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.55 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Gippsland Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGA of Wellington (S) compared with all Victorian adults.

Table 3.55: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Gippsland Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bass Coast (S)	16.1*	8.3	29.1	83.7	70.8	91.6
Baw Baw (S)	12.8	7.8	20.3	86.4	78.9	91.5
East Gippsland (S)	19.0*	10.5	31.8	80.5	67.8	89.0
Latrobe (C)	16.0*	9.6	25.6	82.7	73.2	89.3
South Gippsland (S)	15.0	9.3	23.2	83.3	75.2	89.1
Wellington (S)	20.6	12.6	31.7	78.9	67.8	86.9
Gippsland Region	16.4	12.9	20.7	82.7	78.5	86.3
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.56 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Grampians Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGAs of Golden Plains (S) and Yarriambiack (S) compared with all Victorian adults.

Table 3.56: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Grampians Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Ararat (RC)	14.0	9.0	21.2	85.7	78.6	90.7
Ballarat (C)	13.0	8.9	18.5	86.3	80.8	90.4
Golden Plains (S)	19.6	13.2	28.0	79.7	71.3	86.2
Hepburn (S)	11.6*	6.9	18.8	86.9	79.8	91.8
Hindmarsh (S)	7.9	5.0	12.3	90.8	86.4	93.9
Horsham (RC)	14.4*	7.9	24.7	85.1	74.9	91.6
Moorabool (S)	16.8	11.5	24.0	81.3	74.0	86.9
Northern Grampians (S)	17.9	12.1	25.8	81.1	73.3	87.1
Pyrenees (S)	12.5	8.1	18.8	86.7	80.5	91.1
West Wimmera (S)	12.6	8.1	19.0	79.8	67.2	88.4
Yarriambiack (S)	20.2	12.7	30.4	79.1	68.9	86.6
Grampians Region	14.2	11.7	17.1	84.8	81.9	87.3
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.57 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Hume Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGAs of Benalla (RC) and Murrindindi (S) compared with all Victorian adults

Table 3.57: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Hume Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Alpine (S)	12.5*	5.1	27.4	80.3	64.9	90.0
Benalla (RC)	20.4	13.1	30.5	79.0	69.0	86.4
Greater Shepparton (C)	13.3	8.4	20.3	85.4	78.4	90.4
Indigo (S)	15.0*	8.3	25.7	83.7	73.2	90.6
Mansfield (S)	20.7*	10.1	37.9	77.5	60.8	88.4
Mitchell (S)	16.8	10.9	25.0	82.7	74.5	88.6
Moira (S)	17.3	11.3	25.6	81.0	72.6	87.2
Murrindindi (S)	21.1	13.9	30.7	77.0	67.3	84.5
Strathbogie (S)	13.8*	8.0	22.7	85.8	76.9	91.6
Towong (S)	12.8*	7.6	20.8	86.4	78.5	91.7
Wangaratta (RC)	19.2*	11.1	31.0	80.0	68.3	88.1
Wodonga (RC)	11.6	7.7	16.9	86.7	80.5	91.1
Hume Region	15.0	12.7	17.7	83.4	80.7	85.8
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.58 shows the proportion of adults who consumed, or did not consume, sugar-sweetened soft drinks daily by LGA in Loddon Mallee Region. The proportion of adults who consumed sugar-sweetened soft drinks daily was significantly higher among those who lived in the LGAs of Buloke (S) and Loddon (S) compared with all Victorian adults.

Table 3.58: Proportion (%) of adult population who consumed, or did not consume, sugar-sweetened soft drinks daily, by LGA, Loddon Mallee Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Buloke (S)	24.3	16.2	34.7	75.3	64.9	83.3
Campaspe (S)	17.5	11.1	26.6	81.6	72.6	88.1
Central Goldfields (S)	16.9	10.8	25.5	81.7	73.1	87.9
Gannawarra (S)	15.0*	7.7	27.2	78.7	61.8	89.4
Greater Bendigo (C)	10.4*	5.3	19.5	87.6	78.9	93.1
Loddon (S)	21.9*	13.0	34.5	77.3	64.8	86.3
Macedon Ranges (S)	11.0*	6.6	17.8	87.1	80.5	91.8
Mildura (RC)	9.3	5.9	14.4	86.3	75.9	92.7
Mount Alexander (S)	12.1*	6.1	22.5	87.4	77.1	93.5
Swan Hill (RC)	15.7	9.8	24.2	83.4	74.9	89.4
Loddon Mallee Region	12.5	9.5	16.2	85.4	81.4	88.6
Victoria	11.2	10.4	12.1	87.6	86.8	88.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

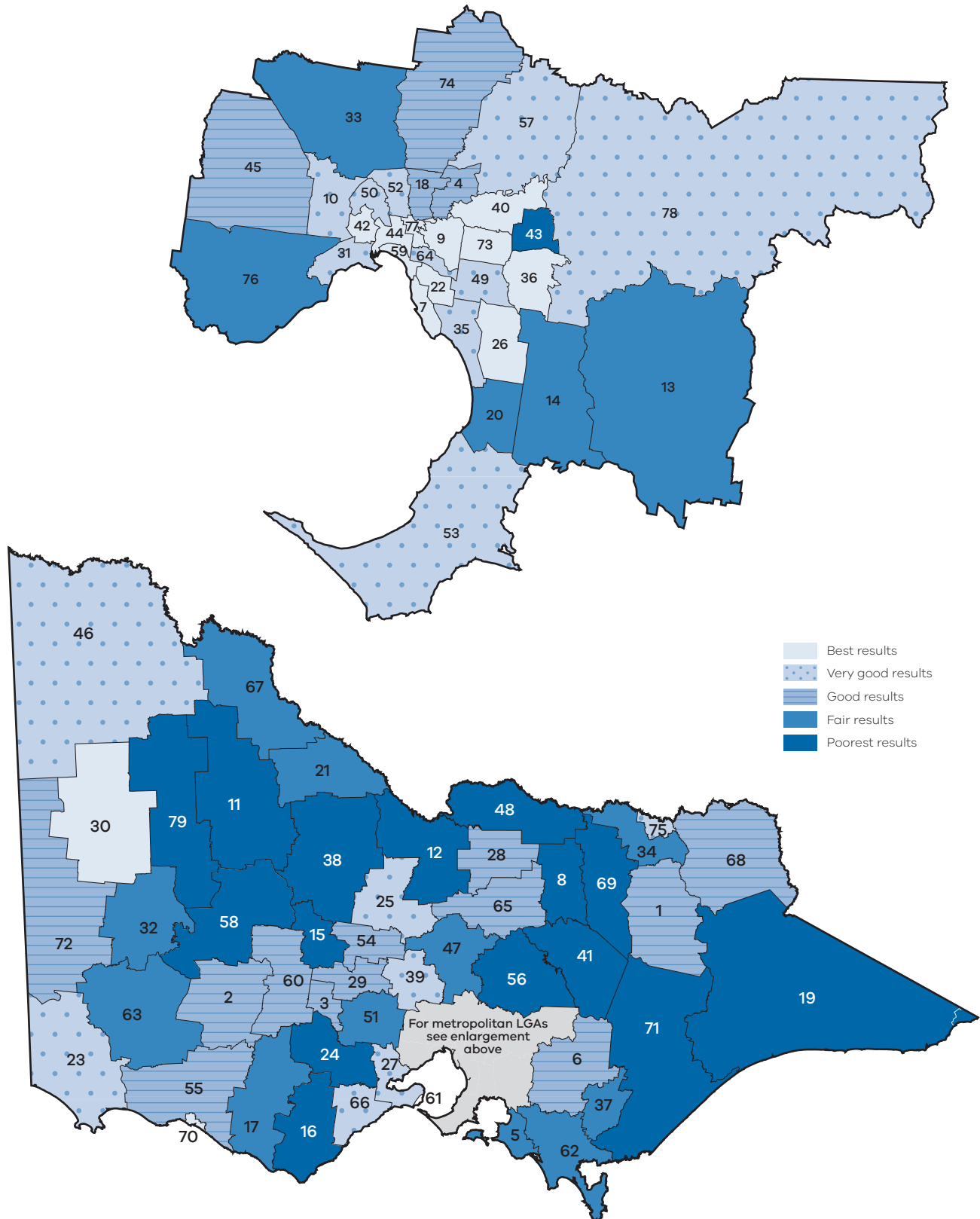
** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



What does Map 3.3 tell us?

In Map 3.3 the 79 LGAs have been ranked according to the proportion of adults who consumed sugar-sweetened soft drinks daily. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of adults who consumed sugar-sweetened soft drinks daily and a final group of 15 LGAs with the best results (i.e. the smallest proportions of adults who consumed sugar-sweetened soft drinks daily).

Map 3.3: Proportion of adults who consumed sugar-sweetened soft drinks daily, by LGA, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

Table 3.59 shows the proportion of men who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men consumed sugar-sweetened soft drinks daily with the following characteristics:

- did not complete high school
- total annual household income of less than \$40,000.

Table 3.60 shows the proportion of women who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women consumed sugar-sweetened soft drinks daily with the following characteristic:

- did not complete high school.

Table 3.59: Proportion (%) of adult males who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected socioeconomic determinants, Victoria, 2014

	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All males	15.3	13.9	16.8	83.5	82.0	84.9
<i>Country of birth</i>						
Australia	16.8	15.2	18.5	82.2	80.4	83.8
Overseas	12.6	9.6	16.4	86.0	82.2	89.1
<i>Language spoken at home</i>						
English	16.7	15.1	18.5	82.2	80.4	83.8
Language other than English	11.5	9.0	14.7	87.2	84.0	89.9
<i>Education level</i>						
Did not complete high school	25.5	19.9	32.0	73.0	66.6	78.5
Completed high school, or TAFE, or trade certificate, or diploma	17.4	15.5	19.5	81.6	79.5	83.6
University, or some other tertiary institute degree, including postgraduate diploma or degree	10.4	8.3	12.8	88.4	85.9	90.5
<i>Employment status</i>						
Employed	16.2	14.4	18.1	82.7	80.8	84.5
Unemployed	15.5	11.1	21.3	84.4	78.6	88.8
Not in labour force	15.3	11.7	19.8	83.7	79.2	87.4
<i>Total annual household income</i>						
< \$40,000	21.0	17.0	25.6	78.0	73.3	82.0
\$40,000 to < \$100,000	16.4	13.9	19.2	83.0	80.2	85.5
≥ \$100,000	13.5	11.0	16.4	85.4	82.4	88.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 3.60: Proportion (%) of adult females who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected socioeconomic determinants, Victoria, 2014

	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All females	7.2	6.5	8.1	91.7	90.8	92.5
<i>Country of birth</i>						
Australia	8.1	7.2	9.1	90.8	89.7	91.8
Overseas	4.7	3.7	5.9	94.5	93.2	95.5
<i>Language spoken at home</i>						
English	8.5	7.5	9.6	90.4	89.2	91.4
Language other than English	4.2	3.3	5.4	95.0	93.8	96.0
<i>Education level</i>						
Did not complete high school	13.4	10.0	17.7	86.0	81.7	89.4
Completed high school, or TAFE, or trade certificate, or diploma	8.2	7.1	9.5	90.5	89.1	91.6
University, or some other tertiary institute degree, including postgraduate diploma or degree	5.0	3.9	6.4	94.3	92.8	95.4
<i>Employment status</i>						
Employed	6.5	5.5	7.6	92.2	90.8	93.3
Unemployed	10.7	6.8	16.3	88.9	83.2	92.8
Not in labour force	7.5	6.3	8.9	91.3	89.7	92.6
<i>Total annual household income</i>						
< \$40,000	9.8	7.3	13.1	89.4	86.1	92.0
\$40,000 to < \$100,000	8.4	6.8	10.4	90.7	88.8	92.4
≥ \$100,000	5.4	4.0	7.2	93.6	91.6	95.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

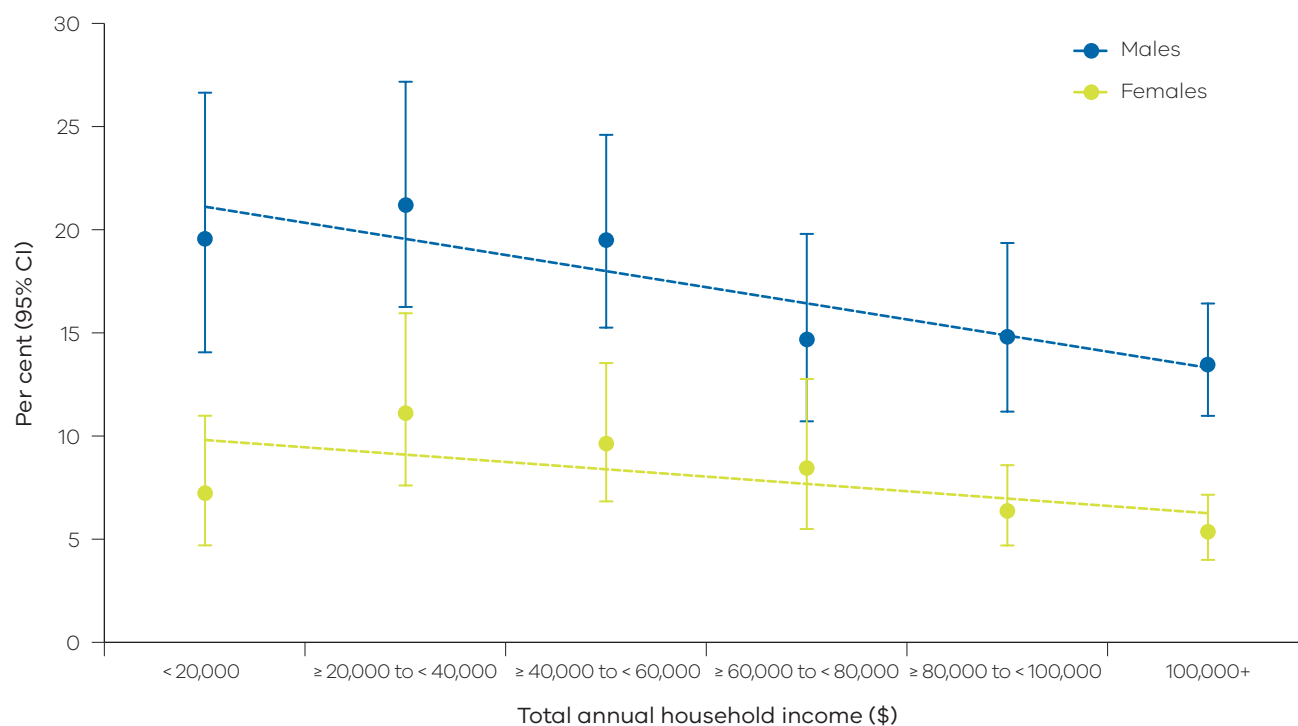
Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

The relationship was investigated between SES and the age-adjusted consumption of sugar-sweetened soft drinks daily using total annual household income as a measure of SES (Figure 3.9). The proportion of men and women who consumed sugar-sweetened soft drinks daily significantly decreased with increasing total annual household income.

Figure 3.9: Proportion (%) of adult population who consumed sugar-sweetened soft drinks daily, by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 3.61 shows the proportion of men who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors and chronic conditions. When compared with all Victorian men, a significantly higher proportion of men consumed sugar-sweetened soft drinks daily with the following characteristics:

- current smoker
- underweight.

Table 3.62 shows the proportion of women who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors and chronic conditions. When compared with all Victorian women, a significantly higher proportion of women consumed sugar-sweetened soft drinks daily with the following characteristics:

- did not meet either guideline for fruit or vegetable consumption
- current smoker
- fair or poor self-reported health status.

Table 3.61: Proportion (%) of adult males who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors in males, Victoria, 2014

	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All males	15.3	13.9	16.8	83.5	82.0	84.9
<i>Psychological distress^a</i>						
Low (K10 score < 16)	14.6	12.9	16.4	84.2	82.3	85.9
Moderate (K10 score 16–21)	16.6	13.8	19.9	82.6	79.4	85.4
High / very high (K10 score 22+)	15.6	11.8	20.2	83.3	78.5	87.1
<i>Physical activity^b</i>						
Sedentary	16.6*	9.2	28.0	82.8	71.5	90.2
Insufficient time (< 150 min) and/or sessions (< 2)	16.8	14.8	19.1	82.1	79.8	84.2
Sufficient time (≥ 150 min) and sessions (≥ 2)	13.5	11.4	15.9	85.4	83.0	87.5
<i>Met fruit / vegetable guidelines^c</i>						
Both guidelines	5.7*	3.1	10.5	92.7	87.7	95.7
Vegetable guidelines ^d	7.4*	4.3	12.6	91.2	85.9	94.6
Fruit guidelines ^d	11.4	9.7	13.5	87.4	85.4	89.2
Neither	18.5	16.5	20.7	80.4	78.2	82.4
<i>Smoking status</i>						
Current smoker	24.5	20.8	28.6	74.2	70.0	77.9
Ex-smoker	19.0	14.8	24.0	79.9	74.9	84.1
Non-smoker	12.9	11.4	14.6	86.0	84.3	87.6
<i>Lifetime risk of alcohol-related harm^e</i>						
Abstainer / no longer drinks alcohol	17.9	14.3	22.0	81.6	77.4	85.2
Reduced risk	12.6	9.0	17.4	85.6	80.8	89.4
Increased risk	15.2	13.7	17.0	83.6	81.8	85.2
<i>Self-reported health</i>						
Excellent/very good	13.7	11.7	16.0	85.1	82.7	87.2
Good	15.4	13.2	17.8	83.5	81.1	85.7
Fair/poor	18.0	14.8	21.6	80.7	77.1	83.9

Data were age-standardised to the 2011 Victorian population.
LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 3.61: Proportion (%) of adult males who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors in males, Victoria, 2014 (continued)

	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
<i>Body weight status based on BMI^f</i>						
Underweight (BMI < 18.5 kg/m ²)	33.3	21.9	47.1	66.4	52.7	77.9
Normal range (18.5 ≥ BMI < 25 kg/m ²)	13.8	12.0	15.9	84.9	82.7	86.8
Pre-obese (25 ≥ BMI < 30 kg/m ²)	16.3	13.8	19.2	82.4	79.5	85.0
Obese (BMI ≥ 30 kg/m ²)	16.4	12.8	21.0	82.7	78.2	86.4
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>						
Doctor diagnosed hypertension	16.7	12.4	22.2	82.4	77.0	86.8
Normal range	15.7	14.2	17.3	83.1	81.4	84.6
<i>Blood glucose status (excluding gestational diabetes)</i>						
Doctor diagnosed diabetes	**			93.2	83.7	97.4
Normal range	15.8	14.4	17.3	83.0	81.5	84.5

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
 Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

- * RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
- ** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.
- ^a Based on the Kessler 10 scale for psychological distress.
- ^b DoH (2014) guidelines.
- ^c NHMRC (2013) guidelines.
- ^d Includes those meeting both guidelines.
- ^e NHMRC (2009) guidelines.
- ^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 3.62: Proportion (%) of adult females who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors in females, Victoria, 2014

	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All females	7.2	6.5	8.1	91.7	90.8	92.5
<i>Psychological distress^a</i>						
Low (K10 score < 16)	6.5	5.5	7.7	92.7	91.5	93.7
Moderate (K10 score 16–21)	7.4	6.1	8.8	91.3	89.7	92.6
High / very high (K10 score 22+)	9.5	7.6	11.9	89.5	87.1	91.6
<i>Physical activity^b</i>						
Sedentary	10.5*	5.9	18.1	88.8	81.3	93.6
Insufficient time (< 150 min) and/or sessions (< 2)	8.1	6.9	9.3	90.9	89.6	92.1
Sufficient time (≥ 150 min) and sessions (≥ 2)	5.3	4.4	6.5	93.8	92.5	94.8
<i>Met fruit / vegetable guidelines^c</i>						
Both guidelines	4.9*	2.8	8.6	94.4	90.8	96.6
Vegetable guidelines ^d	4.1	2.6	6.5	95.4	93.0	96.9
Fruit guidelines ^d	4.8	4.0	5.7	94.2	93.2	95.0
Neither	10.3	8.9	11.9	88.7	87.1	90.2
<i>Smoking status</i>						
Current smoker	16.6	13.5	20.2	81.7	78.0	84.9
Ex-smoker	7.1	4.8	10.4	91.9	88.7	94.3
Non-smoker	5.8	5.0	6.6	93.3	92.5	94.1
<i>Lifetime risk of alcohol-related harm^e</i>						
Abstainer / no longer drinks alcohol	7.5	6.0	9.2	91.6	89.8	93.1
Reduced risk	7.9	6.0	10.4	91.2	88.7	93.2
Increased risk	6.8	5.8	8.0	92.2	91.0	93.3
<i>Self-reported health</i>						
Excellent/very good	5.4	4.4	6.5	93.7	92.6	94.7
Good	7.6	6.4	9.0	91.2	89.7	92.5
Fair/poor	10.8	8.7	13.4	88.3	85.7	90.5

Data were age-standardised to the 2011 Victorian population.
LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 3.62: Proportion (%) of adult females who consumed, or did not consume, sugar-sweetened soft drinks daily, by selected modifiable risk factors in females, Victoria, 2014 (continued)

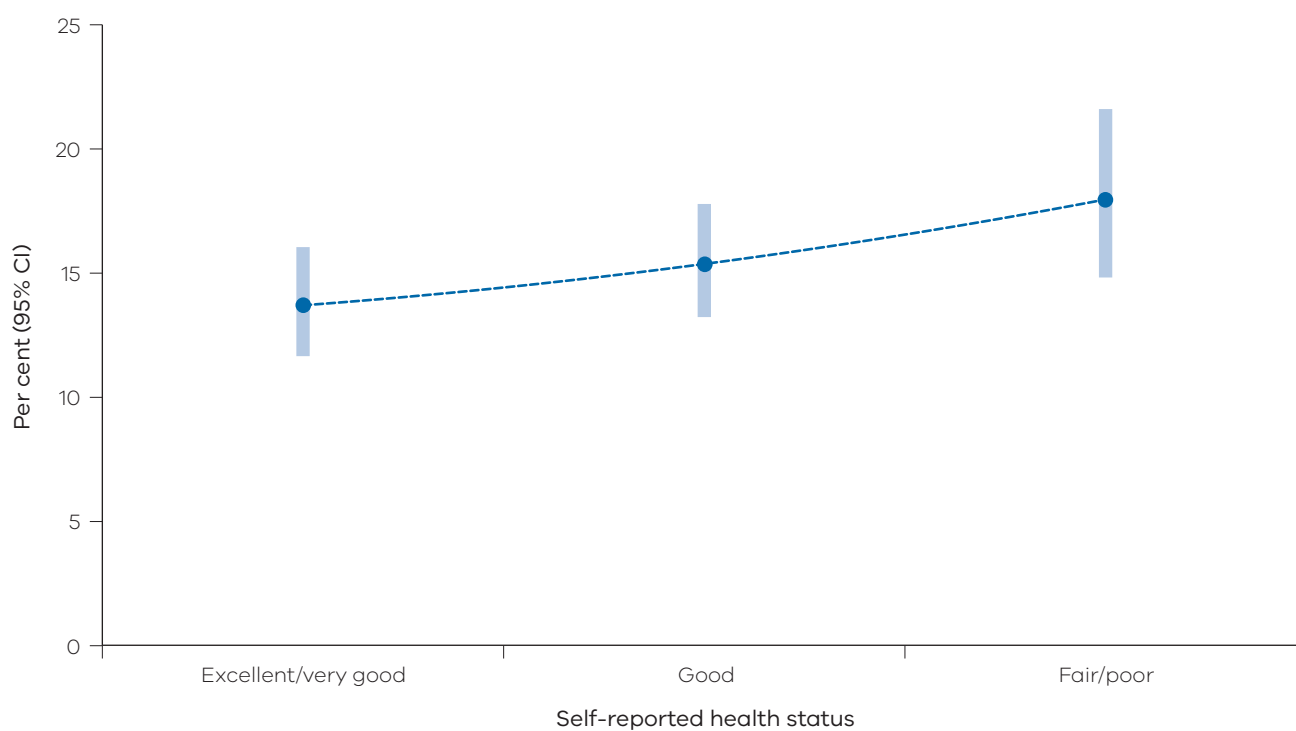
	Consumed sugar-sweetened soft drinks daily			Did not consume sugar-sweetened soft drinks daily		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
<i>Body weight status based on BMI^f</i>						
Underweight (BMI < 18.5 kg/m ²)	8.8*	5.1	14.9	90.2	84.3	94.1
Normal range (18.5 ≥ BMI < 25 kg/m ²)	5.8	4.9	6.9	92.8	91.6	93.8
Pre-obese (25 ≥ BMI < 30 kg/m ²)	7.6	5.8	9.9	91.4	89.1	93.3
Obese (BMI ≥ 30 kg/m ²)	9.7	7.4	12.7	90.0	87.0	92.3
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>						
Doctor diagnosed hypertension	8.2	5.5	12.0	91.0	87.3	93.8
Normal range	7.0	6.2	8.0	91.9	90.9	92.7
<i>Blood glucose status (excluding gestational diabetes)</i>						
Doctor diagnosed diabetes	2.2	1.5	3.3	97.5	96.4	98.2
Normal range	7.4	6.6	8.2	91.6	90.7	92.4

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
 Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

- * RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
- ** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.
- ^a Based on the Kessler 10 scale for psychological distress.
- ^b DoH (2014) guidelines.
- ^c NHMRC (2013) guidelines.
- ^d Includes those meeting both guidelines.
- ^e NHMRC (2009) guidelines.
- ^f Body mass index (BMI) = Weight (kg) / Height (m²).

The relationship was investigated between consumption of sugar-sweetened soft drinks daily and the prevalence of self-reported health status (Figure 3.10 and Figure 3.11). The proportion of the adult Victorian population who consumed sugar-sweetened soft drinks daily was highest among men and women with fair or poor self-reported health status.

Figure 3.10: Proportion (%) of adult males who consumed sugar-sweetened soft drinks daily, by self-reported health status, Victoria, 2014

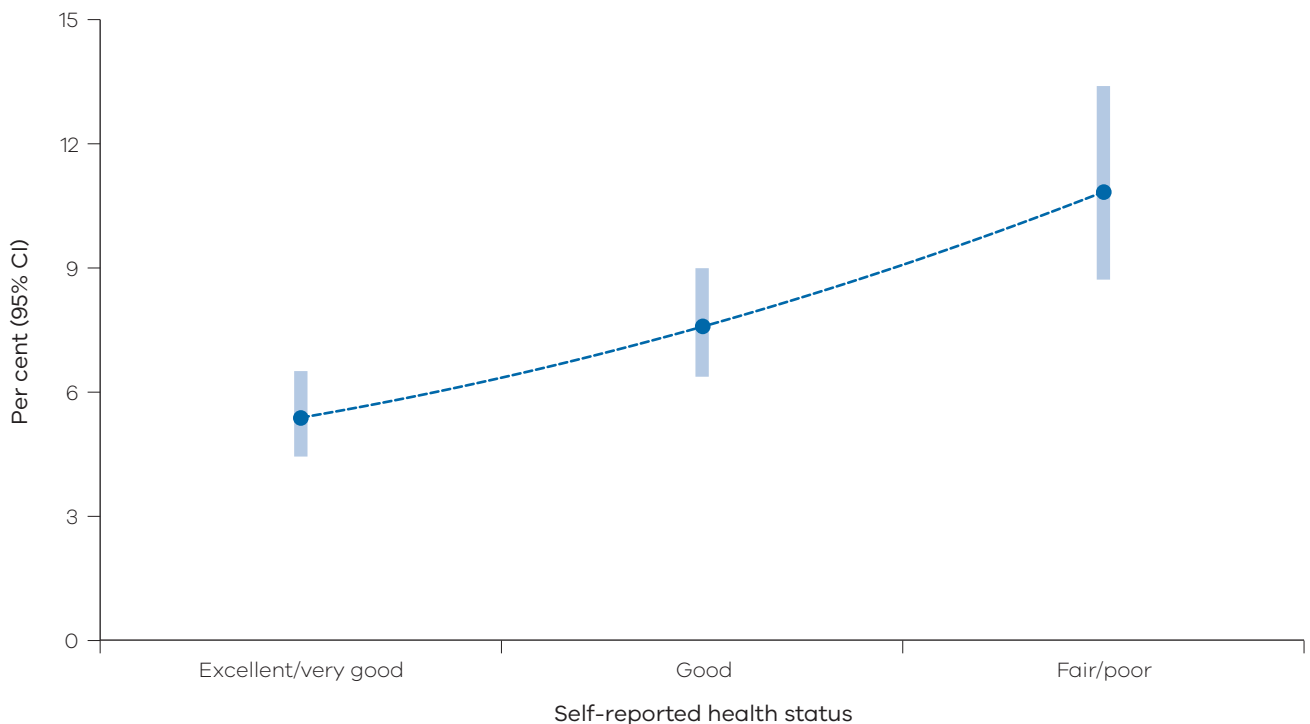


Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Figure 3.11: Proportion (%) of adult females who consumed sugar-sweetened soft drinks daily, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Consumption of sugar-sweetened and artificially sweetened (diet) soft drinks

Table 3.63 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks by frequency, age group and sex. Overall, 30.7 per cent of Victorian people reported consuming sugar-sweetened or diet soft drinks daily, once or several times per week. The proportion who reported consuming these drinks daily, once or several times per week was

significantly higher in men than women. The proportion of men, women and people who drank these soft drinks daily, once or several times per week was significantly higher in 18–34-year-olds compared with all Victorian men, women and people, respectively.

Table 3.63: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency, age group and sex, Victoria, 2014

	Age group (years)	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	60.2	53.7	66.5	11.1	7.6	16.0	11.3	7.9	16.0	3.1*	1.3	7.1
	25–34	47.6	41.6	53.8	15.3	11.4	20.3	17.6	13.5	22.5	4.8*	2.7	8.2
	35–44	40.2	36.7	43.8	15.4	12.9	18.2	21.1	18.3	24.2	4.2	3.0	5.9
	45–54	31.4	28.6	34.2	16.3	14.1	18.6	20.4	18.0	23.0	4.7	3.5	6.2
	55–64	27.0	24.9	29.3	15.9	14.1	17.8	19.8	17.9	21.9	6.0	4.9	7.2
	65–74	22.6	20.6	24.6	13.4	11.9	15.1	16.0	14.3	17.9	6.1	5.0	7.4
	75–84	22.3	19.7	25.0	12.0	10.2	14.2	13.0	11.0	15.3	4.2	3.2	5.5
	85+	17.5	13.4	22.5	13.6	9.5	19.3	7.3	4.6	11.3	2.9*	1.5	5.7
	Victoria	38.1	36.3	39.8	14.5	13.3	15.9	17.4	16.1	18.8	4.6	3.9	5.4
Females	18–24	41.1	35.0	47.6	20.1	14.9	26.6	11.4	8.3	15.5	5.7*	3.4	9.5
	25–34	32.1	27.7	36.8	19.7	15.6	24.6	18.4	15.1	22.3	9.5	6.5	13.6
	35–44	23.1	21.0	25.3	17.8	15.9	20.0	20.9	18.9	23.1	8.7	7.2	10.4
	45–54	18.9	17.1	20.9	16.2	14.6	18.0	15.6	14.0	17.4	6.9	5.8	8.2
	55–64	13.6	12.2	15.1	14.0	12.6	15.5	14.6	13.1	16.1	8.3	7.2	9.6
	65–74	11.0	9.8	12.3	12.5	11.2	13.9	12.2	10.9	13.7	5.6	4.7	6.6
	75–84	14.3	12.6	16.2	9.8	8.4	11.5	8.0	6.7	9.4	5.1	3.9	6.6
	85+	15.4	12.0	19.5	8.9	6.7	11.8	4.8	3.1	7.4	2.0*	1.0	4.2
	Victoria	23.5	22.2	25.0	16.6	15.3	18.0	15.3	14.3	16.4	7.4	6.5	8.4
Persons	18–24	50.9	46.2	55.6	15.5	12.2	19.5	11.4	8.9	14.3	4.4	2.8	6.8
	25–34	39.9	36.0	43.8	17.5	14.6	20.9	18.0	15.3	21.0	7.1	5.2	9.7
	35–44	31.5	29.5	33.7	16.6	15.0	18.4	21.0	19.3	22.9	6.5	5.5	7.6
	45–54	25.0	23.4	26.8	16.2	14.9	17.7	18.0	16.5	19.5	5.8	5.0	6.8
	55–64	20.2	18.9	21.6	14.9	13.8	16.1	17.1	15.9	18.4	7.2	6.4	8.0
	65–74	16.3	15.2	17.5	12.9	11.9	14.0	13.9	12.9	15.1	5.8	5.1	6.6
	75–84	18.0	16.5	19.6	10.9	9.7	12.1	10.3	9.1	11.6	4.7	3.9	5.6
	85+	16.3	13.6	19.4	10.9	8.6	13.7	5.9	4.3	8.0	2.4*	1.5	4.0
	Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 3.64 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks by frequency, departmental region and sex. The proportion of females who reported consuming these drinks daily, once or several times per week was significantly lower in women living in Southern Metropolitan Region compared with all Victorian women. A significantly higher proportion of adults who lived in the rural regions reported consuming these drinks daily, once or several times per week compared with adults in the metropolitan regions.

Table 3.64: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency, Department of Health and Human Services region and sex, Victoria, 2014

Region	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males (18+ years)												
Eastern Metropolitan	35.5	31.3	39.9	15.2	12.3	18.7	17.4	14.3	21.0	4.7	3.4	6.4
North & West Metropolitan	37.3	34.4	40.4	14.1	12.2	16.2	17.0	14.8	19.4	4.8	3.6	6.3
Southern Metropolitan	38.2	34.4	42.1	14.9	12.0	18.3	16.8	14.3	19.6	4.7	3.4	6.4
All metropolitan regions	37.3	35.2	39.4	14.6	13.2	16.2	17.0	15.5	18.6	4.7	3.9	5.6
Barwon-South Western	41.5	34.4	48.9	13.9	10.0	19.1	19.7	14.2	26.7	6.4*	3.0	13.1
Gippsland	37.6	31.0	44.8	13.0	10.1	16.5	17.6	13.3	23.0	5.4*	2.0	13.5
Grampians	41.8	35.6	48.3	14.8	10.9	19.7	14.1	10.3	19.0	3.9	2.6	5.9
Hume	43.0	38.5	47.6	12.0	9.4	15.3	18.7	14.4	23.9	3.4	2.4	4.8
Loddon Mallee	39.5	33.4	45.8	14.9	11.0	19.8	20.5	16.1	25.7	2.6	1.9	3.7
All rural regions	40.5	37.5	43.6	13.8	12.0	15.8	18.5	16.2	21.1	4.5	3.0	6.5
Victoria	38.1	36.3	39.8	14.5	13.3	15.9	17.4	16.1	18.8	4.6	3.9	5.4

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.64: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Females (18+ years)												
Eastern Metropolitan	23.0	19.4	26.9	18.2	14.8	22.1	14.9	12.3	18.0	6.5	5.0	8.3
North & West Metropolitan	25.0	22.7	27.5	16.6	14.6	18.9	13.8	12.2	15.6	7.1	5.9	8.4
Southern Metropolitan	19.1	16.5	21.8	17.1	14.2	20.5	14.5	12.5	16.8	8.6	6.6	11.1
All metropolitan regions	22.6	21.0	24.3	17.2	15.7	18.9	14.3	13.1	15.5	7.4	6.5	8.4
Barwon-South Western	26.3	19.8	34.1	12.3	9.1	16.5	17.5	13.5	22.5	10.3*	4.9	20.5
Gippsland	23.9	19.3	29.3	14.5	11.5	18.2	19.7	15.4	24.7	6.1	4.6	8.1
Grampians	28.1	22.9	33.9	16.2	11.5	22.4	19.5	16.0	23.4	5.3	4.2	6.7
Hume	28.4	24.7	32.4	14.1	11.2	17.5	15.8	13.2	18.8	6.6	5.2	8.4
Loddon Mallee	27.1	22.5	32.2	13.7	9.9	18.7	21.7	17.3	26.9	6.7	5.0	9.0
All rural regions	26.7	24.2	29.4	14.0	12.2	15.9	18.7	16.9	20.7	7.4	5.3	10.4
Victoria	23.5	22.2	25.0	16.6	15.3	18.0	15.3	14.3	16.4	7.4	6.5	8.4
People (18+ years)												
Eastern Metropolitan	29.0	26.2	32.0	16.7	14.4	19.3	16.1	14.0	18.4	5.6	4.6	6.8
North & West Metropolitan	31.2	29.3	33.1	15.3	13.9	16.8	15.4	14.0	16.9	5.9	5.1	6.9
Southern Metropolitan	28.5	26.0	31.1	15.9	13.8	18.3	15.6	14.0	17.4	6.6	5.4	8.1
All metropolitan regions	29.9	28.5	31.2	15.9	14.8	17.0	15.6	14.6	16.6	6.0	5.4	6.7
Barwon-South Western	33.9	28.9	39.3	13.0	10.3	16.2	18.6	15.0	22.9	8.3*	4.6	14.5
Gippsland	30.5	26.3	35.0	13.8	11.7	16.4	18.7	15.6	22.2	5.9*	3.5	9.9
Grampians	34.6	30.5	39.0	15.5	12.4	19.3	17.0	14.3	20.1	4.6	3.7	5.7
Hume	35.5	32.3	38.8	13.1	11.0	15.4	17.3	14.6	20.4	5.0	4.1	6.1
Loddon Mallee	33.5	29.4	37.9	14.3	11.5	17.7	20.8	17.6	24.4	4.7	3.7	5.9
All rural regions	33.6	31.6	35.7	13.9	12.6	15.2	18.6	17.1	20.2	5.9	4.6	7.6
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.65 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Eastern Metropolitan Region. The proportion of the adult population who consumed these drinks daily, once or several times per week was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults.

Table 3.65: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	26.4	20.1	33.9	15.8	11.2	22.0	16.6	11.6	23.2	4.1*	2.3	7.2
Knox (C)	26.6	19.6	35.1	18.4	12.0	27.1	16.1	11.2	22.7	6.1	4.0	9.2
Manningham (C)	29.5	22.6	37.4	17.0	11.7	24.1	14.4	9.4	21.4	7.6	4.6	12.2
Maroondah (C)	37.7	29.1	47.2	12.2	8.3	17.7	17.5	11.7	25.3	5.5*	2.9	10.3
Monash (C)	27.0	21.6	33.1	16.6	12.2	22.1	17.6	13.3	23.0	5.9	3.8	9.2
Whitehorse (C)	28.1	21.3	36.0	15.0	11.1	19.8	15.9	11.2	22.1	5.8*	3.1	10.3
Yarra Ranges (S)	29.8	22.1	38.8	22.1	14.8	31.6	14.7	9.2	22.6	4.4*	2.7	7.2
Eastern Metropolitan Region	29.0	26.2	32.0	16.7	14.4	19.3	16.1	14.0	18.4	5.6	4.6	6.8
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.66 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in North & West Metropolitan Region. The proportion of adults who consumed these drinks daily, once or

several times per week was significantly higher among those who lived in the LGAs of Whittlesea (C) and Wyndham (C) compared with all Victorian adults.

Table 3.66: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	32.9	25.7	40.9	18.2	13.4	24.2	11.2	8.1	15.2	4.6*	2.7	7.6
Brimbank (C)	30.5	24.9	36.8	13.0	9.8	17.1	13.9	10.2	18.5	6.7	4.3	10.4
Darebin (C)	30.5	22.9	39.4	14.4	10.5	19.4	14.4	9.1	21.9	7.1	4.5	11.1
Hobsons Bay (C)	28.2	21.4	36.2	18.6	14.4	23.6	16.7	10.8	25.0	4.0	2.6	6.1
Hume (C)	34.3	28.4	40.8	11.6	8.4	15.8	15.0	10.9	20.3	5.4	3.6	8.0
Maribyrnong (C)	24.3	18.2	31.6	24.5	18.4	31.8	13.1	9.6	17.6	3.6	2.3	5.6
Melbourne (C)	27.3	21.0	34.8	20.0	14.9	26.3	11.7	7.9	16.9	8.0*	4.8	13.0
Melton (S)	36.6	30.1	43.6	8.7	6.1	12.4	19.3	14.2	25.7	5.0*	3.0	8.2
Moonee Valley (C)	26.7	20.8	33.6	19.2	13.9	26.0	16.4	11.6	22.6	6.1*	3.7	9.9
Moreland (C)	28.3	21.8	35.9	14.7	10.8	19.8	17.1	12.1	23.6	6.5	4.1	10.4
Nillumbik (S)	25.1	19.5	31.7	14.2	10.1	19.5	20.0	14.7	26.5	3.9*	2.3	6.4
Whittlesea (C)	39.1	33.6	44.9	13.2	9.6	17.7	15.9	12.1	20.7	5.2	3.2	8.4
Wyndham (C)	37.8	32.5	43.5	9.1	6.7	12.1	19.8	15.6	24.9	3.3	2.1	5.4
Yarra (C)	26.0	18.0	35.9	23.2	14.6	34.8	9.4	6.0	14.5	9.5*	5.0	17.4
North & West Metropolitan Region	31.2	29.3	33.1	15.3	13.9	16.8	15.4	14.0	16.9	5.9	5.1	6.9
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.67 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Southern Metropolitan Region. The proportion of adults who consumed these drinks daily, once or several times per week was significantly lower among those who lived in the LGA of Port Phillip (C) compared with all Victorian adults.

Table 3.67: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bayside (C)	21.9	14.8	31.1	12.8	8.7	18.4	21.8	14.2	31.8	7.0*	3.6	13.0
Cardinia (S)	34.5	28.2	41.4	13.1	9.1	18.4	16.0	11.6	21.6	4.0*	2.2	7.2
Casey (C)	34.5	28.7	40.8	10.5	7.7	14.2	19.5	15.5	24.3	5.1*	3.0	8.5
Frankston (C)	32.6	26.5	39.4	14.6	10.3	20.3	19.1	14.1	25.3	4.7*	2.8	7.7
Glen Eira (C)	22.9	16.8	30.5	12.3	8.6	17.2	17.5	12.9	23.2	9.6*	5.2	16.8
Greater Dandenong (C)	27.5	21.2	34.7	18.1	12.9	24.8	12.0	8.5	16.7	4.3*	2.3	8.1
Kingston (C)	29.7	22.1	38.6	16.4	10.8	24.1	13.1	9.0	18.5	8.8*	4.9	15.3
Mornington Peninsula (S)	28.8	21.6	37.3	22.7	14.5	33.7	12.3	7.9	18.7	4.9*	2.7	8.5
Port Phillip (C)	17.2	11.5	24.9	25.4	17.1	35.9	8.9	5.9	13.1	10.0*	4.6	20.1
Stonnington (C)	25.3	18.2	34.0	16.1	11.0	23.0	17.1	11.8	24.2	9.0*	5.3	15.0
Southern Metropolitan Region	28.5	26.0	31.1	15.9	13.8	18.3	15.6	14.0	17.4	6.6	5.4	8.1
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.68 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Barwon-South Western Region. The proportion of adults who consumed these drinks daily, once or several times per week was similar across all LGAs in Barwon-South Western Region compared with all Victorian adults.

Table 3.68: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	37.7	28.1	48.4	14.3*	8.3	23.6	23.7	16.0	33.5	3.3*	1.8	5.8
Corangamite (S)	35.2	26.9	44.4	14.0*	7.7	24.2	17.5	12.9	23.4	7.1*	4.2	12.0
Glenelg (S)	30.0	23.4	37.6	16.3	11.9	21.9	19.9	14.9	25.9	3.8*	2.3	6.2
Greater Geelong (C)	35.0	27.4	43.6	12.7	8.7	18.0	18.2	12.7	25.3	10.4*	5.0	20.2
Moyne (S)	33.5	25.9	42.1	12.3	8.1	18.2	15.7	11.4	21.3	5.8*	3.5	9.5
Queenscliffe (B)	33.3	23.5	44.9	11.1*	5.8	20.4	14.8*	7.8	26.3	4.3*	2.6	7.1
Southern Grampians (S)	35.7	27.2	45.2	16.0	10.0	24.5	15.4	9.9	23.1	4.8*	2.6	8.7
Surf Coast (S)	30.2	21.2	41.0	12.1	8.3	17.3	21.8	14.9	30.7	3.8*	2.0	6.8
Warrnambool (C)	27.8	20.7	36.1	13.0	8.8	19.0	20.6	14.5	28.3	5.4	3.4	8.5
Barwon-South Western Region	33.9	28.9	39.3	13.0	10.3	16.2	18.6	15.0	22.9	8.3*	4.6	14.5
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.69 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Gippsland Region. The proportion of adults who consumed these drinks daily, once or several times per week was significantly higher among those who lived in the LGA of Wellington (S) compared with all Victorian adults.

Table 3.69: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Gippsland Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	30.8	21.0	42.8	17.5	10.6	27.5	15.1	10.0	22.2	3.7	2.4	5.6
Baw Baw (S)	26.8	18.4	37.3	13.7	10.0	18.6	15.4	11.4	20.5	5.4	3.4	8.3
East Gippsland (S)	31.2	21.5	42.8	18.3	11.9	27.1	20.4	12.6	31.3	3.3*	2.0	5.4
Latrobe (C)	26.9	19.2	36.3	9.5	6.4	13.8	25.0	17.6	34.3	**		
South Gippsland (S)	29.1	22.4	37.0	14.1	10.3	19.1	16.1	11.7	21.8	5.4*	3.1	9.0
Wellington (S)	41.4	33.3	50.0	15.9	10.7	23.1	14.7	11.3	18.9	6.1*	3.3	11.2
Gippsland Region	30.5	26.3	35.0	13.8	11.7	16.4	18.7	15.6	22.2	5.9*	3.5	9.9
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.70 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Grampians Region. The proportion of adults who consumed these drinks daily, once or several times per week was significantly higher among those who lived in the LGA of Northern Grampians (S) compared with all Victorian adults.

Table 3.70: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Grampians Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	27.5	21.1	34.9	19.2	12.2	28.7	19.2	13.8	26.1	3.9*	2.3	6.6
Ballarat (C)	36.3	29.1	44.1	17.1	11.7	24.3	14.7	10.3	20.7	4.6	3.2	6.6
Golden Plains (S)	31.5	24.1	39.9	16.8	11.2	24.3	19.6	15.4	24.6	4.1	2.5	6.5
Hepburn (S)	27.8	19.4	38.2	23.0	14.2	34.8	17.4*	10.2	28.0	1.8*	1.0	3.2
Hindmarsh (S)	39.8	31.6	48.6	9.1	6.3	13.1	17.3	13.1	22.6	5.5	3.5	8.5
Horsham (RC)	30.7	20.3	43.5	12.5*	6.9	21.6	18.3	14.0	23.6	6.9*	3.5	13.2
Moorabool (S)	36.3	29.2	44.0	12.4	8.5	17.7	17.6	12.8	23.7	4.8*	2.5	9.1
Northern Grampians (S)	41.8	32.7	51.6	10.3	6.5	16.1	11.3	7.8	16.1	6.7*	3.5	12.2
Pyrenees (S)	35.9	26.7	46.3	15.8*	9.1	26.0	16.8	12.2	22.7	3.8*	2.0	7.1
West Wimmera (S)	32.8	24.4	42.5	13.0	8.4	19.6	17.9	13.6	23.2	6.2	3.9	9.7
Yarriambiack (S)	35.7	26.2	46.4	10.4	7.3	14.6	27.6	18.2	39.5	4.0*	2.3	7.0
Grampians Region	34.6	30.5	39.0	15.5	12.4	19.3	17.0	14.3	20.1	4.6	3.7	5.7
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.71 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Hume Region. The proportion of adults who consumed these drinks daily, once or several times per week was significantly higher among those who lived in the LGAs of Benalla (RC) and Murrindindi (S) compared with all Victorian adults.

Table 3.71: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Hume Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	39.4	31.5	47.8	11.8	8.5	16.2	10.6	7.2	15.5	4.3*	1.6	10.8
Benalla (RC)	41.7	33.1	50.8	16.1	10.2	24.6	15.8	10.8	22.5	5.6*	3.1	9.8
Greater Shepparton (C)	36.1	29.3	43.6	10.1	7.2	14.1	16.0	11.2	22.4	6.4*	3.9	10.4
Indigo (S)	35.8	26.4	46.5	15.8	9.8	24.4	14.9	9.0	23.8	4.7*	2.7	8.2
Mansfield (S)	32.3	19.9	47.7	17.0*	9.7	28.0	10.6*	6.1	17.6	4.4*	2.5	7.7
Mitchell (S)	31.0	23.1	40.1	13.4	8.1	21.2	24.7	17.6	33.6	5.3	3.3	8.6
Moira (S)	38.8	29.4	49.1	17.1*	9.3	29.3	19.3	14.2	25.8	5.9*	3.2	10.6
Murrindindi (S)	40.4	32.3	49.0	14.2	10.1	19.5	13.8	9.1	20.5	4.1*	2.4	7.0
Strathbogie (S)	39.7	30.3	49.9	7.0	5.1	9.6	14.6	9.9	20.9	4.9*	2.2	10.4
Towong (S)	34.0	25.8	43.4	16.3	9.8	25.8	13.1	9.2	18.2	6.2*	3.3	11.2
Wangaratta (RC)	36.4	26.1	48.2	8.5	5.6	12.5	17.4	12.5	23.7	3.8*	2.0	7.1
Wodonga (RC)	32.3	25.4	40.0	17.1	11.9	23.9	15.5	10.9	21.5	3.8	2.4	5.8
Hume Region	35.5	32.3	38.8	13.1	11.0	15.4	17.3	14.6	20.4	5.0	4.1	6.1
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 3.72 shows the proportion of the adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, in Loddon Mallee Region. The proportion of adults who consumed these drinks daily, once or several times per week was similar across all LGAs in Loddon Mallee Region compared with all Victorian adults.

Table 3.72: Proportion (%) of adult population who consumed sugar-sweetened or diet soft drinks, by frequency and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Consumed sugar-sweetened soft drinks: daily, once or several times per week			Consumed sugar-sweetened soft drinks: once a fortnight, month or less			Consumed diet soft drinks: daily, once or several times per week			Consumed diet soft drinks: once a fortnight, month or less		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	39.1	29.7	49.3	15.4	10.2	22.6	16.8	10.1	26.5	5.1*	2.8	8.9
Campaspe (S)	33.3	25.1	42.7	9.1	6.5	12.6	24.5	17.1	33.9	6.8*	3.0	14.7
Central Goldfields (S)	34.9	25.9	45.2	13.2*	7.2	22.7	18.6	12.6	26.6	6.5*	3.3	12.4
Gannawarra (S)	35.1	24.3	47.7	12.9	8.6	19.0	18.6	14.2	23.9	5.9	4.0	8.6
Greater Bendigo (C)	30.4	23.0	39.0	13.6	8.9	20.1	23.2	17.3	30.4	6.0	3.9	9.0
Loddon (S)	36.7	25.8	49.1	12.5	8.4	18.2	21.4	14.1	31.2	3.8	2.4	5.9
Macedon Ranges (S)	34.5	23.5	47.6	23.5*	13.6	37.5	9.7	7.0	13.2	5.3*	3.1	8.7
Mildura (RC)	34.8	26.1	44.5	11.7	8.3	16.2	24.2	16.5	34.0	2.0*	0.9	4.4
Mount Alexander (S)	35.8	24.3	49.1	16.0	11.0	22.7	18.5*	9.1	34.1	2.8*	1.6	4.7
Swan Hill (RC)	35.8	27.1	45.6	12.4*	7.3	20.3	22.8	15.0	33.1	2.7*	1.6	4.4
Loddon Mallee Region	33.5	29.4	37.9	14.3	11.5	17.7	20.8	17.6	24.4	4.7	3.7	5.9
Victoria	30.7	29.6	31.9	15.5	14.6	16.5	16.3	15.5	17.2	6.0	5.5	6.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

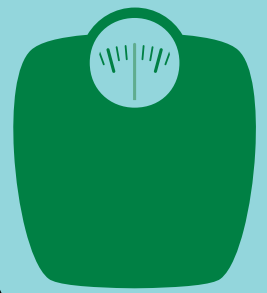
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

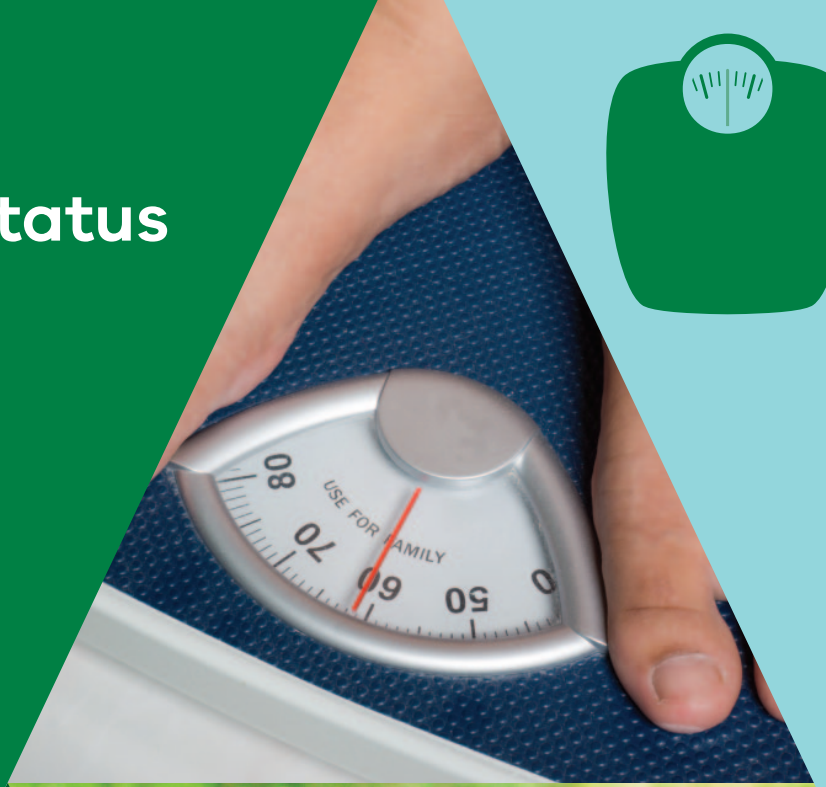
* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



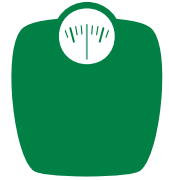


4. Body weight status



Key findings

Pre-obesity



2014

31.2%

of Victorian adults were categorised as pre-obese (overweight) according to their BMI



38.4%

of men were categorised as pre-obese (overweight)

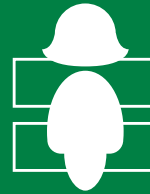


24.3%

of women were categorised as pre-obese (overweight)



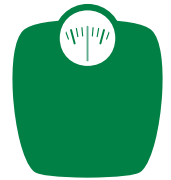
**2003
to
2014**



The proportion of men and women who were pre-obese (overweight) remained unchanged between 2003 and 2014

Key findings

Obesity



2014

18.8%

of Victorian adults were categorised as obese according to their BMI



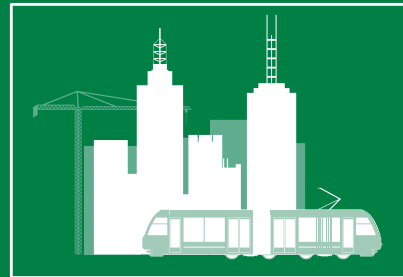
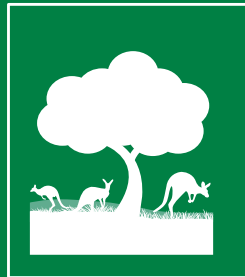
20.4%

of men were categorised as obese



17.2%

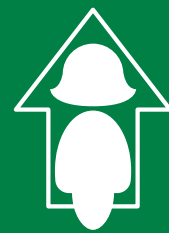
of women were categorised as obese



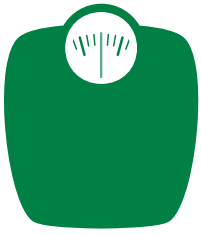
A significantly higher proportion of women who lived in rural Victoria were obese compared with metropolitan Victoria



**2003
to
2014**



The proportion of men and women who were obese significantly increased between 2003 and 2014



Introduction

Obesity is an excess accumulation of body fat and is a significant risk factor for hypertension, cardiovascular disease, type 2 diabetes, gallbladder disease, musculoskeletal disorders (especially osteoarthritis), some cancers (endometrial, breast and colon), psychosocial disorders and breathing difficulties (WHO 2013). Ultimately, being obese can lead to disability and/or premature death.

Measurement of excess body fat as a risk factor for chronic disease is not simple because both the amount of overall fat and its anatomical distribution contribute to chronic disease development and progression. At the population level, a common indicator of excess weight (approximating body fat) is the body mass index (BMI). However, BMI is a poor indicator of the percentage of body fat as it cannot distinguish between body fat and muscle. Therefore an individual who is very muscular with low body fat could have a high BMI estimate and be classified as obese. Nevertheless self-reported data still has a place in monitoring the health of a population because such data are relatively inexpensive and easy to collect, and can be used to track changes over time.

The BMI provides a measure of body weight in relation to height that can be used to estimate levels of unhealthy weight in a population. It is calculated as weight in kilograms divided by height in metres squared: $BMI = \text{weight (kg)} / \text{height (m}^2\text{)}$.

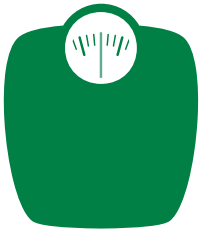
Table 4.1 shows the World Health Organization classifications for adult body weight status based on BMI scores.

Table 4.1: World Health Organization classifications for adult body weight

BMI Score	Weight category
< 18.5	Underweight
18.5–24.9	Normal
25.0–29.9	Overweight
30.0–34.9	Obese class I
35–39.9	Obese class II
≥ 40.0	Obese class III

(WHO 2000; 2013)

It is important to note that studies comparing self-reported height and weight with actual physical measurements have shown that people tend to underestimate their weight and overestimate their height, resulting in an overall underestimation of their BMI (Elgar & Stewart 2008). Therefore estimates of the prevalence of pre-obese (overweight) and obesity in a population that are based on self-reported data are likely to be an underestimate.



Prevalence of pre-obesity and obesity

Table 4.2 and Figure 4.1 show the proportion of the adult population by BMI category, age group and sex. In 2014, 38.4 per cent of Victorian men and 24.3 per cent of women were pre-obese (overweight), while 20.4 per cent of men and 17.2 per cent of women were obese. There was a significantly higher proportion of men who were pre-obese (overweight) and obese compared with their female counterparts.

A significantly lower proportion of 18–24-year-old men, women and people were pre-obese (overweight) and obese compared with all men, women and people, respectively. A significantly higher proportion of 55–74-year-old men, women and people were pre-obese (overweight) compared with all men, women and people, respectively. A significantly higher proportion of 45–54-year-old men were obese compared with all Victorian men. A significantly higher proportion of 55–74-year-old women were obese compared with all Victorian women.

Table 4.2: Proportion (%) of adult population by BMI category, age group and sex, Victoria, 2014

	Age group (years)	Body mass index (BMI, kg/m ²)											
		Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	3.9*	2.1	6.9	58.4	51.9	64.7	21.3	16.5	27.0	9.4	6.2	13.9
	25–34	**			38.4	32.8	44.4	38.7	33.0	44.7	19.2	14.4	25.1
	35–44	0.3*	0.1	0.6	33.4	30.0	36.9	40.5	37.0	44.1	22.6	19.7	25.9
	45–54	0.4*	0.1	0.9	26.9	24.3	29.6	41.5	38.6	44.5	27.5	24.9	30.4
	55–64	0.7*	0.4	1.4	26.5	24.3	28.7	44.8	42.3	47.3	23.9	21.9	26.1
	65–74	0.6*	0.3	1.1	28.3	26.2	30.5	44.5	42.1	46.9	21.9	20.0	23.9
	75–84	0.7*	0.3	1.3	34.4	31.5	37.4	40.6	37.6	43.7	18.3	16.1	20.9
	85+	**			46.3	40.1	52.7	33.0	27.1	39.6	9.1	6.3	13.0
	Victoria	0.9	0.6	1.3	35.8	34.0	37.5	38.4	36.7	40.2	20.4	19.0	21.8
Females	18–24	6.1	3.9	9.7	58.6	52.0	64.9	15.1	10.8	20.8	5.4	3.4	8.5
	25–34	2.9*	1.7	4.9	47.6	42.6	52.6	20.7	17.1	25.0	17.0	13.9	20.7
	35–44	2.1	1.4	3.0	47.0	44.3	49.6	24.0	21.8	26.3	16.6	14.8	18.6
	45–54	1.9	1.4	2.6	40.5	38.2	42.9	27.5	25.5	29.7	19.7	17.9	21.6
	55–64	1.4	1.0	2.0	36.0	34.0	38.1	30.2	28.3	32.2	23.6	21.8	25.5
	65–74	1.4	1.0	1.9	32.8	30.9	34.8	30.6	28.7	32.6	23.5	21.8	25.4
	75–84	2.6	1.9	3.6	32.7	30.3	35.2	27.4	25.1	29.8	18.1	16.1	20.3
	85+	3.7	2.4	5.7	41.1	36.4	45.9	19.0	15.6	22.9	10.9	8.2	14.4
	Victoria	2.7	2.2	3.3	43.7	42.2	45.3	24.3	23.1	25.6	17.2	16.2	18.1
Persons	18–24	5.0	3.4	7.1	58.5	53.9	63.0	18.3	14.9	22.2	7.4	5.4	10.1
	25–34	1.6*	1.0	2.6	43.0	39.2	47.0	29.7	26.2	33.4	18.1	15.1	21.5
	35–44	1.2	0.8	1.7	40.3	38.1	42.5	32.2	30.1	34.3	19.6	17.8	21.5
	45–54	1.2	0.9	1.6	33.8	32.0	35.6	34.4	32.6	36.3	23.5	21.9	25.2
	55–64	1.1	0.8	1.5	31.4	29.9	32.9	37.4	35.8	39.0	23.8	22.4	25.2
	65–74	1.0	0.8	1.4	30.7	29.3	32.2	37.0	35.4	38.5	22.8	21.5	24.1
	75–84	1.7	1.3	2.3	33.5	31.6	35.4	33.5	31.6	35.4	18.2	16.7	19.8
	85+	2.4	1.6	3.5	43.3	39.5	47.2	24.9	21.6	28.6	10.1	8.1	12.7
	Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

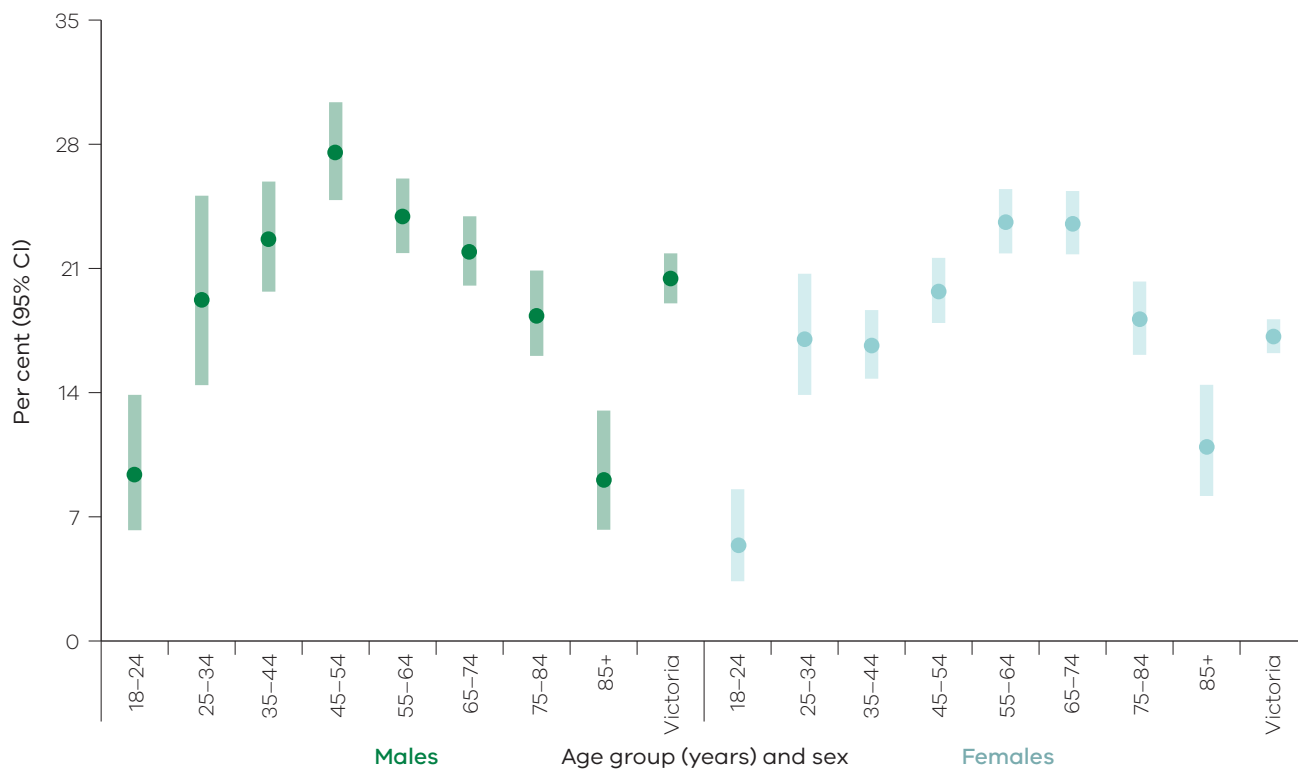
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 4.1: Proportion (%) of obese adult population, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

The trend over time was investigated of the age-adjusted prevalence of underweight, normal weight, pre-obesity (overweight) and obesity (Table 4.3 and Figure 4.2). The proportion of underweight women and people, but not men, significantly declined between 2003 and 2014. The proportion of normal weight men and women also significantly declined. By contrast the prevalence of obesity significantly increased in both men and women. However, the prevalence of pre-obesity (overweight) remained unchanged in both men and women.

Table 4.3: Proportion (%) of adult population by BMI category, survey year and sex, Victoria, 2003-2014

Survey year	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males												
2003	1.8	1.2	2.6	42.6	40.3	44.9	38.9	36.7	41.2	14.2	12.7	15.8
2004	1.6	1.1	2.5	40.6	38.3	42.9	41.2	38.9	43.6	14.0	12.5	15.6
2005	1.6	1.1	2.3	41.2	38.8	43.7	39.1	36.8	41.4	15.1	13.5	16.8
2006	0.7*	0.4	1.1	40.0	37.5	42.5	39.9	37.5	42.3	16.1	14.5	17.8
2007	1.2*	0.7	2.1	39.3	36.9	41.9	40.9	38.4	43.4	15.7	14.1	17.4
2008 [#]	0.9	0.7	1.2	38.8	37.5	40.1	39.8	38.6	41.1	17.2	16.3	18.2
2009	1.4	0.9	2.1	35.6	33.4	37.9	39.6	37.4	41.8	18.4	16.7	20.2
2010	0.6*	0.3	1.0	34.4	32.0	36.9	40.8	38.5	43.3	18.5	16.7	20.5
2011–12 [#]	1.1	0.8	1.5	36.4	34.9	37.9	40.9	39.4	42.4	17.6	16.5	18.7
2012	1.0*	0.5	1.8	33.9	31.2	36.7	43.4	40.5	46.3	18.0	16.0	20.3
2013 [†]	1.7*	0.7	4.2	35.4	31.3	39.7	41.8	37.7	46.1	17.0	14.4	20.1
2014[#]	0.9	0.6	1.3	35.8	34.0	37.5	38.4	36.7	40.2	20.4	19.0	21.8
Females												
2003	5.0	4.1	6.0	51.9	50.0	53.9	23.9	22.3	25.6	13.7	12.4	15.0
2004	5.3	4.4	6.3	49.2	47.3	51.1	23.0	21.5	24.5	14.7	13.5	16.1
2005	3.6	2.9	4.6	48.6	46.6	50.6	25.6	24.0	27.4	16.0	14.6	17.5
2006	3.1	2.5	3.9	50.2	48.2	52.1	24.6	23.0	26.2	14.5	13.3	15.9
2007	2.8	2.2	3.6	47.9	45.8	49.9	25.1	23.4	26.9	15.1	13.8	16.4
2008 [#]	3.6	3.1	4.1	48.1	47.0	49.1	24.2	23.4	25.1	16.1	15.4	16.8
2009	3.5	2.7	4.4	48.3	46.4	50.2	22.3	20.9	23.7	16.1	14.9	17.5
2010	2.9	2.2	3.7	45.2	43.2	47.2	25.8	24.1	27.5	15.2	14.0	16.5
2011–12 [#]	3.5	2.9	4.1	45.2	44.0	46.5	24.8	23.9	25.8	17.3	16.5	18.1
2012	3.1	2.2	4.4	45.2	42.7	47.7	26.4	24.3	28.6	17.0	15.4	18.7
2013 [†]	2.4*	1.4	4.2	44.3	40.5	48.0	24.1	21.5	26.9	16.3	14.3	18.5
2014[#]	2.7	2.2	3.3	43.7	42.2	45.3	24.3	23.1	25.6	17.2	16.2	18.1

a Body mass index (BMI) computed from self-reported height and weight [BMI = weight (kg) / height squared (m²)]

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

LL/UL 95% CI = lower/upper limit of 95% confidence interval.

Data are age-standardised to the 2011 Victorian population.

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

Ordinary least squares regression was used to test for trends over time.

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

Table 4.3: Proportion (%) of adult population by BMI category, survey year and sex, Victoria, 2003–2014 (continued)

Survey year	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
Persons												
2003	3.4	2.9	4.1	47.4	45.9	48.9	31.1	29.7	32.6	13.9	12.9	15.0
2004	3.4	2.9	4.1	45.0	43.5	46.5	31.8	30.4	33.3	14.4	13.4	15.5
2005	2.6	2.2	3.2	45.0	43.4	46.6	32.2	30.7	33.6	15.6	14.5	16.8
2006	1.9	1.6	2.4	45.2	43.6	46.8	32.0	30.5	33.5	15.3	14.3	16.4
2007	2.0	1.6	2.6	43.7	42.1	45.3	32.8	31.3	34.3	15.4	14.4	16.5
2008 [#]	2.3	2.0	2.6	43.5	42.7	44.3	31.9	31.1	32.6	16.7	16.1	17.3
2009	2.4	2.0	3.0	42.1	40.6	43.5	30.8	29.4	32.1	17.3	16.2	18.4
2010	1.7	1.4	2.2	39.8	38.2	41.4	33.1	31.7	34.6	16.9	15.7	18.0
2011–12 [#]	2.3	2.0	2.7	40.8	39.8	41.8	32.7	31.8	33.6	17.5	16.8	18.2
2012	2.1	1.5	2.8	39.5	37.6	41.5	34.7	32.9	36.6	17.6	16.3	19.0
2013 [†]	2.1*	1.3	3.5	40.0	37.1	42.9	32.8	30.2	35.4	16.6	14.9	18.4
2014[#]	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

a Body mass index (BMI) computed from self-reported height and weight [BMI = weight (kg) / height squared (m²)]

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

LL/UL 95% CI = lower/upper limit of 95% confidence interval.

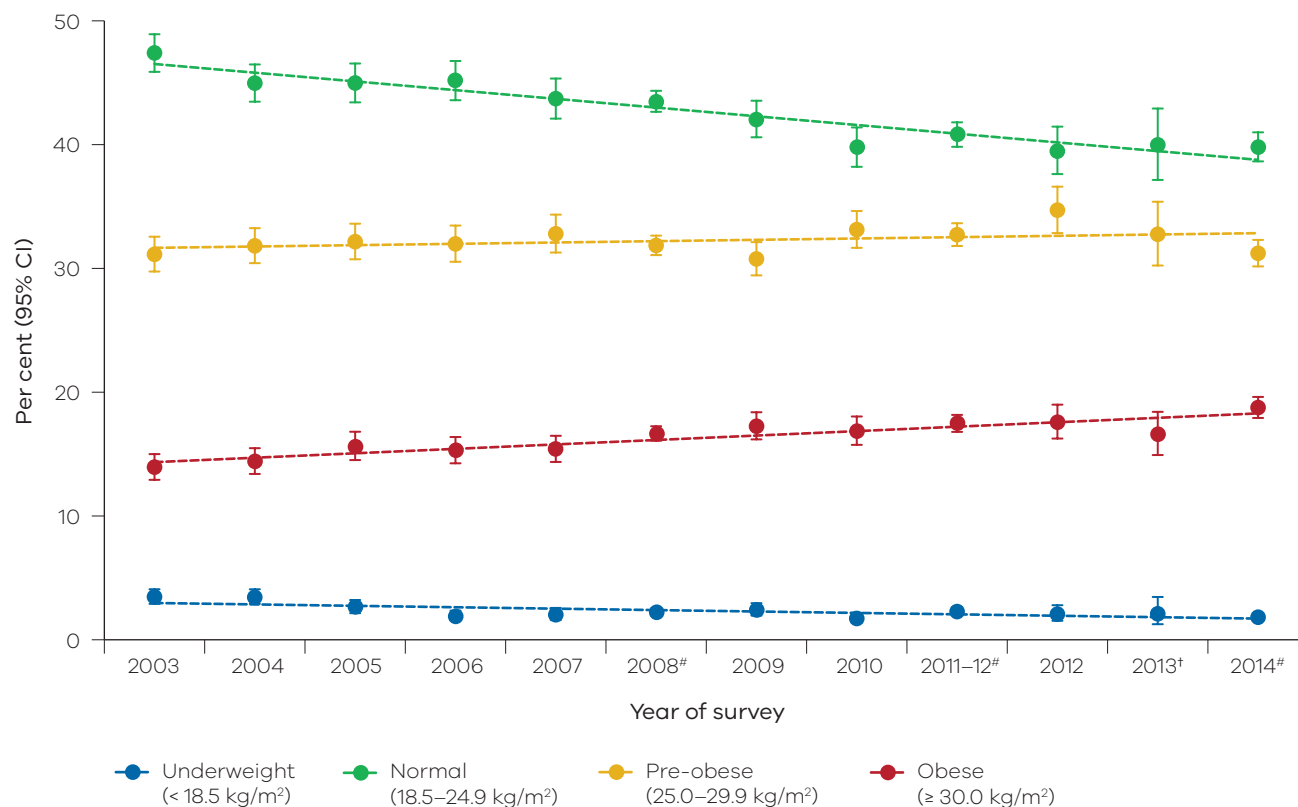
Data are age-standardised to the 2011 Victorian population.

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

Ordinary least squares regression was used to test for trends over time.

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

Figure 4.2: Proportion (%) of adult population by BMI category and survey year, Victoria, 2003-2014



Data are age-standardised to the 2011 Victorian population
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 BMI computed from self-reported height and weight [BMI = weight (kg) / height squared (m²)].
 Ordinary least squares regression was used to test for trends over time.
 Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

Table 4.4 shows the body weight status of Victoria’s adult population by BMI category, departmental region and sex. There were no significant differences in the proportion of pre-obese (overweight) men and women whether they lived in rural or metropolitan Victoria. A significantly higher proportion of women who lived in rural Victoria were obese compared with metropolitan Victoria. There was a significantly higher proportion of obese women who lived in Grampians Region and Hume Region compared with all Victorian women.

Table 4.4: Proportion (%) of adult population by BMI category, Department of Health and Human Services region and sex, Victoria, 2014

Region	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
Males (18+ years)												
Eastern Metropolitan	1.7*	0.9	3.4	39.7	35.5	44.1	38.3	34.3	42.5	15.6	12.6	19.0
North & West Metropolitan	0.8*	0.4	1.5	35.8	32.9	38.8	37.3	34.6	40.2	21.9	12.6	19.0
Southern Metropolitan	**			37.1	33.2	41.1	39.1	35.2	43.1	19.9	12.6	19.0
All metropolitan regions	0.9	0.6	1.5	37.2	35.1	39.3	38.2	36.2	40.3	19.6	18.0	21.3
Barwon-South Western	**			30.4	23.5	38.2	43.8	36.9	51.0	18.2	14.4	22.7
Gippsland	0.3*	0.1	0.6	31.7	25.3	38.9	42.8	36.0	49.9	19.2	15.5	23.5
Grampians	**			32.3	26.4	38.8	37.4	32.7	42.3	24.7	19.2	31.1
Hume	0.6*	0.2	1.5	32.9	28.0	38.2	36.0	30.7	41.7	26.1	21.5	31.3
Loddon Mallee	0.5*	0.3	0.9	30.3	24.3	37.1	33.8	29.9	37.8	27.4	21.7	34.1
All rural regions	0.9*	0.4	1.8	31.3	28.3	34.4	39.0	36.2	41.9	23.0	20.5	25.6
Victoria	0.9	0.6	1.3	35.8	34.0	37.5	38.4	36.7	40.2	20.4	19.0	21.8
Females (18+ years)												
Eastern Metropolitan	3.3*	1.9	5.6	50.1	46.0	54.1	21.8	18.7	25.2	14.7	12.5	17.3
North & West Metropolitan	2.7	1.9	3.7	41.4	38.9	44.0	24.5	22.5	26.6	17.6	15.9	19.4
Southern Metropolitan	2.6	1.8	3.7	46.1	42.7	49.4	24.7	22.0	27.6	15.1	13.3	17.1
All metropolitan regions	2.8	2.2	3.5	45.1	43.3	47.0	24.0	22.5	25.5	15.9	14.8	17.1
Barwon-South Western	2.0*	1.2	3.5	45.1	38.2	52.2	22.7	17.9	28.2	18.8	15.2	23.2
Gippsland	1.5*	0.9	2.7	36.4	31.1	41.9	26.0	22.0	30.4	20.6	17.5	24.1
Grampians	1.4	0.8	2.2	31.8	27.0	37.1	28.3	23.0	34.2	25.4	20.2	31.3
Hume	4.3*	2.6	7.1	37.3	33.3	41.3	28.5	25.4	31.8	20.9	18.4	23.7
Loddon Mallee	1.6*	1.0	2.8	41.6	36.4	46.9	24.2	20.7	28.0	20.4	17.0	24.3
All rural regions	2.2	1.7	2.8	39.1	36.4	42.0	25.6	23.5	27.8	20.9	19.1	22.8
Victoria	2.7	2.2	3.3	43.7	42.2	45.3	24.3	23.1	25.6	17.2	16.2	18.1

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.4: Proportion (%) of adult population by BMI category, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Body mass index (BMI, kg/m ²)												
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)			
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	
People (18+ years)													
Eastern Metropolitan	2.5	1.6	3.8	45.0	42.1	48.0	29.8	27.3	32.5	15.1	13.2	17.2	
North & West Metropolitan	1.8	1.3	2.4	38.7	36.7	40.6	30.8	29.1	32.6	19.6	18.2	21.2	
Southern Metropolitan	1.6	1.1	2.3	41.6	39.0	44.2	31.7	29.3	34.3	17.4	15.7	19.4	
All metropolitan regions	1.9	1.5	2.3	41.2	39.9	42.6	30.9	29.7	32.2	17.7	16.7	18.7	
Barwon-South Western	1.3	0.8	2.1	37.8	32.6	43.2	33.0	28.6	37.8	18.5	15.8	21.6	
Gippsland	0.9	0.6	1.4	33.9	29.6	38.5	34.5	30.3	39.0	20.1	17.5	22.9	
Grampians	2.1*	0.8	5.2	32.2	28.2	36.4	32.6	29.0	36.3	25.0	21.2	29.3	
Hume	2.4	1.5	3.9	35.0	31.8	38.4	32.2	29.1	35.6	23.6	20.7	26.7	
Loddon Mallee	1.1	0.7	1.7	36.0	31.8	40.4	28.6	26.1	31.3	24.2	20.5	28.4	
All rural regions	1.5	1.1	2.0	35.3	33.2	37.4	32.1	30.4	34.0	22.0	20.5	23.6	
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6	

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.5 shows the body weight status of the adult population by BMI category and LGA in Eastern Metropolitan Region. The proportion of adults who were pre-obese (overweight) was significantly lower among those who lived in the LGA of Whitehorse (C) compared with all Victorian adults.

Table 4.5: Proportion (%) of adult population by BMI category and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	4.0*	1.8	8.3	52.2	44.9	59.4	24.3	19.0	30.7	12.5	8.3	18.6
Knox (C)	**			36.2	28.6	44.5	36.0	28.2	44.7	18.2	14.1	23.3
Manningham (C)	1.1*	0.5	2.7	45.0	37.2	53.1	30.0	23.8	37.2	13.9	9.2	20.6
Maroondah (C)	**			40.1	31.6	49.2	31.6	23.4	41.1	16.7	12.0	22.6
Monash (C)	**			47.1	40.6	53.7	31.6	26.1	37.7	14.4	10.5	19.4
Whitehorse (C)	2.9*	1.1	7.5	49.7	43.1	56.4	24.0	19.3	29.4	14.7	10.1	20.8
Yarra Ranges (S)	**			40.8	32.2	50.0	33.1	26.3	40.6	16.4	10.9	24.1
Eastern Metropolitan Region	2.5	1.6	3.8	45.0	42.1	48.0	29.8	27.3	32.5	15.1	13.2	17.2
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.6 shows the body weight status of the adult population by BMI category and LGA in North & West Metropolitan Region. The proportion of adults who were pre-obese (overweight) was significantly lower among adults who lived in the LGA of Yarra (C) compared with all Victorian adults. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Hume (C), Melton (S) and Wyndham (C) compared with all Victorian adults.

Table 4.6: Proportion (%) of adult population by BMI category and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	1.5*	0.6	3.6	40.2	32.7	48.2	29.5	23.5	36.3	19.8	14.7	26.0
Brimbank (C)	**			41.1	35.1	47.4	28.5	23.2	34.5	19.6	15.5	24.4
Darebin (C)	**			40.7	33.2	48.7	30.1	23.3	37.8	19.3	13.3	27.1
Hobsons Bay (C)	**			34.9	27.3	43.4	30.4	24.4	37.1	21.3	14.5	30.2
Hume (C)	2.4*	1.2	4.8	28.3	22.9	34.3	35.6	29.6	42.1	26.3	21.5	31.8
Maribyrnong (C)	**			42.3	35.2	49.6	34.9	28.0	42.5	11.9	9.0	15.5
Melbourne (C)	2.7*	1.3	5.7	51.3	44.2	58.2	27.6	21.8	34.2	8.2	6.1	11.0
Melton (S)	**			33.1	26.8	40.0	29.8	24.6	35.5	27.2	22.0	33.2
Moonee Valley (C)	2.1*	0.8	5.0	39.2	32.5	46.2	36.4	29.8	43.6	15.7	11.7	20.6
Moreland (C)	2.6*	1.0	6.5	39.4	32.4	46.8	25.0	20.2	30.5	18.0	13.5	23.7
Nillumbik (S)	**			39.2	32.4	46.5	35.6	29.2	42.6	16.5	11.9	22.4
Whittlesea (C)	**			36.6	30.9	42.8	31.6	26.4	37.3	24.1	19.6	29.3
Wyndham (C)	**			32.2	26.6	38.4	32.7	27.7	38.2	25.1	20.0	31.0
Yarra (C)	**			53.2	46.3	60.0	23.5	19.1	28.6	12.1	8.3	17.4
North & West Metropolitan Region	1.8	1.3	2.4	38.7	36.7	40.6	30.8	29.1	32.6	19.6	18.2	21.2
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 4.7 shows the body weight status of the adult population by BMI category and LGA in Southern Metropolitan Region. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Cardinia (S) and Casey (C) compared with all Victorian adults

Table 4.7: Proportion (%) of adult population by BMI category and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
Bayside (C)	0.9*	0.4	2.0	49.9	41.0	58.8	30.4	24.1	37.6	11.9*	7.0	19.4
Cardinia (S)	**			39.3	32.8	46.2	28.7	23.2	34.9	24.9	19.6	30.9
Casey (C)	0.6*	0.3	1.5	36.2	30.2	42.6	29.1	23.7	35.3	25.2	20.2	31.0
Frankston (C)	**			36.4	30.4	42.8	34.1	28.2	40.6	19.9	15.8	24.7
Glen Eira (C)	1.1*			46.4	39.3	53.6	30.0	24.2	36.4	14.9	10.7	20.5
Greater Dandenong (C)	**			44.2	37.4	51.1	28.1	22.3	34.8	16.8	12.8	21.8
Kingston (C)	1.4*	0.6	3.2	35.1	27.7	43.3	38.3	29.9	47.3	18.6	13.5	25.1
Mornington Peninsula (S)	**			36.7	28.6	45.6	32.7	25.4	41.0	17.3	10.7	26.8
Port Phillip (C)	1.8*	0.7	4.3	53.7	44.9	62.4	30.1	22.3	39.1	8.2	5.5	11.9
Stonnington (C)	3.3*	1.8	6.1	50.4	42.1	58.7	31.0	23.3	39.8	9.8	6.6	14.4
Southern Metropolitan Region	1.6	1.1	2.3	41.6	39.0	44.2	31.7	29.3	34.3	17.4	15.7	19.4
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 4.8 shows the body weight status of the adult population by BMI category and LGA in Barwon-South Western Region. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Corangamite (S) and Glenelg (S) compared with all Victorian adults.

Table 4.8: Proportion (%) of adult population by BMI category and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL		
Colac-Otway (S)	**			27.8	19.9	37.4	35.3	27.8	43.7	19.9	13.6	28.1
Corangamite (S)	4.9*	1.8	12.3	22.4	15.8	30.9	36.6	28.0	46.2	27.5	21.2	34.8
Glenelg (S)	0.4*	0.1	0.9	30.1	23.0	38.3	28.5	22.4	35.6	28.6	22.5	35.5
Greater Geelong (C)	**			41.8	34.0	50.1	32.5	25.7	40.0	16.6	12.5	21.7
Moyne (S)	**			33.8	25.8	42.9	34.8	26.8	43.8	19.9	14.1	27.3
Queenscliffe (B)	0.9*	0.4	2.1	43.8	30.6	57.9	27.2	19.2	37.0	16.3*	7.3	32.4
Southern Grampians (S)	**			30.6	21.7	41.2	33.0	25.5	41.5	20.9	15.2	27.9
Surf Coast (S)	**			41.2	33.0	49.8	30.2	23.1	38.5	14.8	10.7	20.1
Warrnambool (C)	2.3*	1.1	4.9	30.9	23.7	39.2	36.3	28.5	45.0	22.9	17.3	29.7
Barwon-South Western Region	1.3	0.8	2.1	37.8	32.6	43.2	33.0	28.6	37.8	18.5	15.8	21.6
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 4.9 shows the body weight status of the adult population by BMI category and LGA in Gippsland Region. The proportion of adults who were pre-obese (overweight) and obese was not significantly different among those who lived in Gippsland Region compared with all Victorian adults.

Table 4.9: Proportion (%) of adult population by BMI category and LGA, Gippsland Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL		
Bass Coast (S)	**			43.7	36.1	51.5	27.9	21.2	35.8	18.7	13.5	25.3
Baw Baw (S)	**			39.5	30.5	49.3	37.9	29.6	47.0	14.8	11.4	19.0
East Gippsland (S)	0.7*	0.4	1.5	34.1	24.3	45.5	31.9	23.9	41.2	22.5	15.0	32.4
Latrobe (C)	**			26.7	19.3	35.8	36.6	28.0	46.2	22.0	16.0	29.4
South Gippsland (S)	**			28.5	21.6	36.6	36.2	28.2	45.1	22.8	18.1	28.4
Wellington (S)	1.4*	0.6	2.9	35.9	27.5	45.3	34.0	25.4	43.7	20.1	16.6	24.2
Gippsland Region	0.9	0.6	1.4	33.9	29.6	38.5	34.5	30.3	39.0	20.1	17.5	22.9
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 4.10 shows the body weight status of the adult population by BMI category and LGA in Grampians Region. The proportion of adults who were pre-obese (overweight) was significantly higher among adults who lived in the LGA of West Wimmera (S) compared with all Victorian adults. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Moorabool (S), Pyrenees (S) and Yarriambiack (S) compared with all Victorian adults.

Table 4.10: Proportion (%) of adult population by BMI category and LGA, Grampians Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL		
Ararat (RC)	**			26.7	18.9	36.1	36.6	28.6	45.5	22.3	16.5	29.3
Ballarat (C)	**			30.6	24.0	38.2	34.7	28.3	41.8	25.8	19.3	33.7
Golden Plains (S)	**			41.8	36.0	47.9	27.3	22.8	32.3	22.0	17.5	27.2
Hepburn (S)	**			31.8	22.9	42.2	30.7	22.7	40.0	21.8	14.9	30.6
Hindmarsh (S)	0.5*	0.2	1.3	34.8	26.1	44.5	36.1	27.1	46.0	23.0	17.1	30.3
Horsham (RC)	**			41.4	31.9	51.7	26.6	21.8	32.0	19.6	14.2	26.4
Moorabool (S)	**			30.4	24.0	37.8	31.4	25.0	38.7	27.9	21.5	35.3
Northern Grampians (S)	**			41.9	32.9	51.4	28.0	21.8	35.2	17.4	11.8	25.0
Pyrenees (S)	1.3*	0.5	3.2	24.2	16.3	34.4	35.7	25.3	47.7	30.1	22.6	38.8
West Wimmera (S)	**			24.1	18.3	31.0	45.0	36.0	54.4	22.9	18.1	28.6
Yarriambiack (S)	1.8*	0.8	4.0	27.5	19.5	37.3	38.3	29.1	48.5	25.2	19.9	31.3
Grampians Region	2.1*	0.8	5.2	32.2	28.2	36.4	32.6	29.0	36.4	25.0	21.2	29.3
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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Table 4.11 shows the body weight status of the adult population by BMI category and LGA in Hume Region. The proportion of adults who were pre-obese (overweight) was significantly lower among adults who lived in the LGA of Indigo (S) compared with all Victorian adults. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Mitchell (S) and Moira (S) compared with all Victorian adults.

Table 4.11: Proportion (%) of adult population by BMI category and LGA, Hume Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	**			41.0	29.0	54.2	30.2	22.1	39.7	13.5	10.1	17.8
Benalla (RC)	**			35.5	27.0	45.0	28.0	21.4	35.7	26.9	19.2	36.3
Greater Shepparton (C)	**			35.0	27.4	43.3	33.1	25.4	41.9	23.4	17.2	31.0
Indigo (S)	1.8*	0.7	4.4	38.7	29.2	49.1	22.2	18.4	26.6	27.7	19.0	38.6
Mansfield (S)	**			49.2	41.6	56.9	27.8	21.3	35.5	16.3	12.1	21.5
Mitchell (S)	**			32.8	25.9	40.5	29.5	23.8	35.9	28.8	22.0	36.8
Moira (S)	**			31.9	22.9	42.4	28.5	22.2	35.7	31.7	23.9	40.7
Murrindindi (S)	**			31.5	23.4	40.9	37.7	30.4	45.5	22.0	14.0	32.9
Strathbogie (S)	**			20.9	15.3	27.9	37.7	26.4	50.5	21.7	13.8	32.3
Towong (S)	2.6*	1.0	6.3	32.0	24.7	40.4	37.5	29.7	46.0	20.7	16.1	26.2
Wangaratta (RC)	**			40.2	31.8	49.3	33.1	26.6	40.3	16.9	11.2	24.6
Wodonga (RC)	**			37.0	30.2	44.4	35.9	29.1	43.3	20.3	16.4	24.9
Hume Region	2.4	1.5	3.9	35.0	31.8	38.4	32.2	29.1	35.6	23.6	20.7	26.7
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

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Table 4.12 shows the body weight status of the adult population by BMI category and LGA in Loddon Mallee Region. The proportion of adults who were obese was significantly higher among those who lived in the LGAs of Campaspe (S) and Swan Hill (RC) compared with all Victorian adults.

Table 4.12: Proportion (%) of adult population by BMI category and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL		
Buloke (S)	**			33.8	25.1	43.8	34.2	25.1	44.6	21.9	16.1	29.1
Campaspe (S)	**			25.9	18.1	35.6	30.0	22.9	38.4	32.3	24.2	41.7
Central Goldfields (S)	**			41.3	33.1	49.9	25.8	19.9	32.7	23.6	18.5	29.7
Gannawarra (S)	**			42.7	31.0	55.2	25.2	20.1	31.0	14.8	11.3	19.1
Greater Bendigo (C)	1.4*	0.6	3.4	36.8	29.1	45.3	26.8	22.3	31.8	26.6	19.4	35.2
Loddon (S)	**			23.1	15.7	32.7	41.0	29.6	53.5	24.7	16.1	36.0
Macedon Ranges (S)	1.5*	0.5	3.8	35.6	24.5	48.5	31.1	24.0	39.3	14.1	11.1	17.8
Mildura (RC)	0.5*	0.2	1.1	36.9	29.1	45.6	29.0	24.0	34.5	24.2	17.8	32.0
Mount Alexander (S)	0.7*	0.3	1.8	59.2	51.3	66.6	22.3	15.9	30.2	12.9	9.8	16.9
Swan Hill (RC)	0.9*	0.5	1.7	31.9	22.8	42.7	32.8	22.9	44.5	27.9	19.7	37.9
Loddon Mallee Region	1.1	0.7	1.7	36.0	31.8	40.4	28.6	26.1	31.3	24.2	20.5	28.4
Victoria	1.8	1.5	2.2	39.8	38.6	41.0	31.2	30.2	32.3	18.8	17.9	19.6

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Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

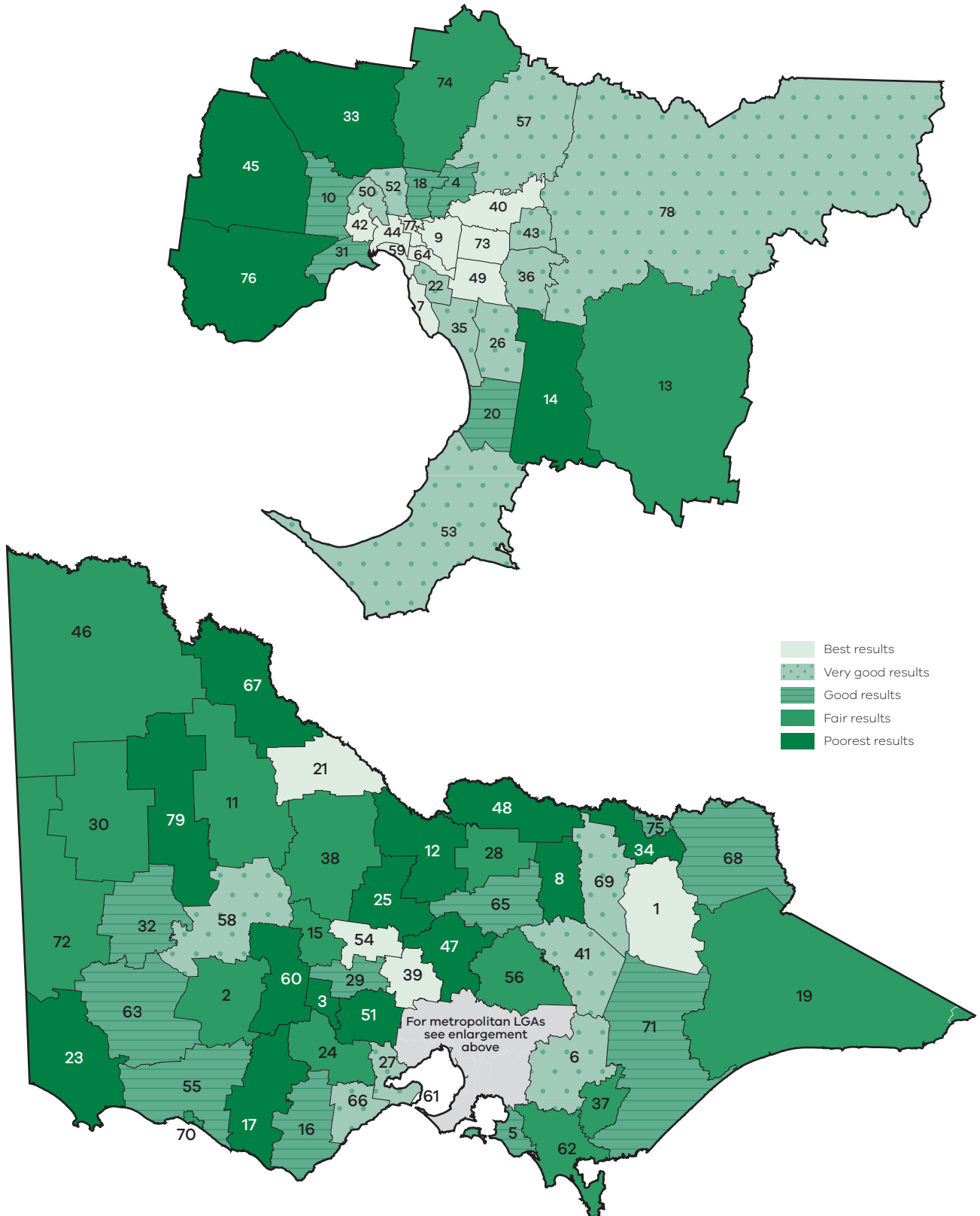
** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

What does Map 4.1 tell us?

In Map 4.1 the 79 LGAs have been ranked according to the proportion of obese adults in each LGA. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of obese adults and a final group of 15 LGAs with the best results (i.e. the smallest proportions of obese adults).



Map 4.1: Proportion of obese adults measured by BMI, by LGA, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

Table 4.13 shows the body weight status of adult males, by BMI category and selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men were obese with the following characteristics:

- completed high school or TAFE or trade certificate or diploma
- unemployed.

Table 4.14 shows the body weight status of adult females, by BMI category and selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women were obese with the following characteristics:

- did not complete high school
- total household income of less than \$40,000.

Table 4.13: Proportion (%) of adult males, by BMI category and selected socioeconomic determinants, Victoria, 2014

	Body mass index (BMI, kg/m ²)													
	Underweight (< 18.5 kg/m ²)				Normal (18.5–24.9 kg/m ²)				Pre-obese (25.0–29.9 kg/m ²)				Obese (≥ 30.0 kg/m ²)	
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI
All males	0.9	0.6	1.3	35.8	34.0	37.5	38.4	36.7	40.2	20.4	19.0	21.8		
<i>Country of birth</i>														
Australia	0.9	0.6	1.3	34.0	32.1	36.0	38.6	36.6	40.5	21.9	20.2	23.7		
Overseas	1.2*	0.5	2.7	39.3	35.5	43.1	38.9	35.2	42.7	16.9	14.7	19.5		
<i>Language spoken at home</i>														
English	0.9	0.6	1.4	35.7	33.7	37.7	37.8	35.9	39.7	21.0	19.5	22.7		
Language other than English	1.0*	0.5	2.3	35.7	32.1	39.4	41.1	37.4	44.9	18.1	15.4	21.1		
<i>Education level</i>														
Did not complete high school	**			28.8	23.8	34.4	36.1	30.7	41.9	26.4	21.5	32.1		
Completed high school, or TAFE, or trade certificate, or diploma	1.0	0.6	1.5	32.9	30.6	35.3	37.8	35.5	40.2	24.2	22.0	26.5		
University, or some other tertiary institute degree, including postgraduate diploma or degree	0.7*	0.4	1.5	41.6	38.5	44.7	38.7	35.8	41.7	14.8	12.7	17.1		
<i>Employment status</i>														
Employed	0.6	0.3	1.0	36.1	33.8	38.5	40.3	38.0	42.6	19.5	17.8	21.2		
Unemployed	1.8	0.7	4.8	25.8	19.8	32.9	34.1	27.8	40.9	29.9	21.9	39.3		
Not in labour force	1.8	1.0	3.2	31.2	27.3	35.3	34.7	29.9	39.7	24.6	20.1	29.7		
<i>Total annual household income</i>														
< \$40,000	2.3*	1.1	4.6	34.7	29.7	39.9	33.0	28.5	37.8	24.5	20.5	28.9		
\$40,000 to < \$100,000	1.2*	0.6	2.4	36.0	33.0	39.2	40.4	37.4	43.5	18.7	16.6	20.9		
≥ \$100,000	0.4*	0.1	0.9	37.8	34.6	41.2	40.8	37.6	44.1	18.6	16.1	21.3		

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable; hence not reported.

Table 4.14: Proportion (%) of adult females, by BMI category and selected socioeconomic determinants, Victoria, 2014

	Body mass index (BMI, kg/m ²)											
	Underweight (< 18.5 kg/m ²)			Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
All females	2.7	2.2	3.3	43.7	42.2	45.3	24.3	23.1	25.6	17.2	16.2	18.1
<i>Country of birth</i>												
Australia	2.4	1.9	3.0	41.7	39.9	43.5	24.8	23.4	26.3	18.6	17.5	19.8
Overseas	3.5	2.3	5.2	49.7	46.3	53.1	23.0	20.4	25.9	13.3	11.9	14.9
<i>Language spoken at home</i>												
English	2.8	2.2	3.4	42.2	40.4	43.9	24.9	23.5	26.4	17.9	16.9	19.1
Language other than English	2.4	1.6	3.7	47.7	44.5	50.9	22.5	20.1	25.2	14.4	12.6	16.4
<i>Education level</i>												
Did not complete high school	4.0*	1.9	8.2	38.1	33.1	43.4	23.0	19.9	26.4	21.3	18.2	24.7
Completed high school, or TAFE, or trade certificate, or diploma	2.5	2.0	3.3	39.4	37.2	41.5	25.3	23.5	27.2	19.4	18.0	21.0
University, or some other tertiary institute degree, including postgraduate diploma or degree	3.0	2.2	4.0	51.7	49.1	54.3	24.2	22.1	26.3	12.8	11.5	14.3
<i>Employment status</i>												
Employed	2.0	1.5	2.8	44.8	42.2	47.4	25.9	23.6	28.4	16.3	14.8	17.8
Unemployed	3.0	1.7	5.2	40.8	33.6	48.5	21.1	16.2	26.9	17.5	13.4	22.6
Not in labour force	3.5	2.6	4.8	42.4	39.7	45.2	23.6	21.4	25.9	17.9	16.2	19.7
<i>Total annual household income</i>												
< \$40,000	3.0	1.9	4.9	36.0	31.6	40.7	25.5	21.2	30.3	22.1	19.3	25.2
\$40,000 to < \$100,000	2.7	1.9	3.7	45.1	42.4	47.8	25.7	23.5	28.0	18.3	16.7	20.1
≥ \$100,000	3.8	2.4	6.1	49.3	45.7	52.9	25.3	22.5	28.4	14.4	12.3	16.9

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

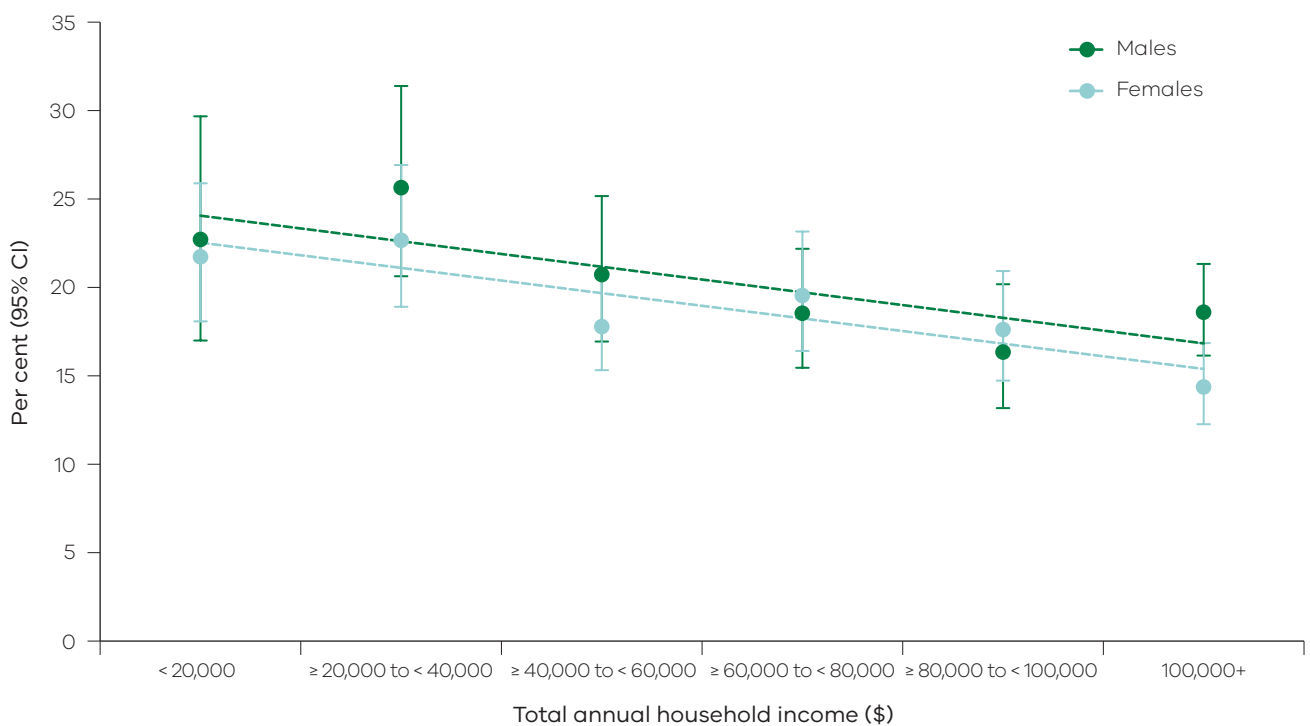
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

The relationship was investigated between SES and the age-adjusted proportion (%) of the obese adult population using total annual household income as a measure of SES (Figure 4.3). The proportion of men and women who were obese significantly decreased with increasing total annual household income.

Figure 4.3: Proportion (%) of obese adult population, by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 4.15 shows the body weight status of adult males, by BMI category, selected modifiable risk factors and chronic conditions. When compared with all Victorian men, a significantly higher proportion of men were obese with the following characteristics:

- high or very high levels of psychological distress
- ex-smoker
- fair or poor self-reported health status
- doctor-diagnosed hypertension
- doctor-diagnosed diabetes.

Table 4.16 shows the body weight status of adult females, by BMI category, selected modifiable risk factors and chronic conditions. When compared with all Victorian women, a significantly higher proportion of women were obese with the following characteristics:

- high or very high levels of psychological distress
- ex-smoker
- fair or poor self-reported health status
- doctor-diagnosed hypertension
- doctor-diagnosed diabetes.

Table 4.15: Proportion (%) of adult male population, by BMI category, selected modifiable risk factors, Victoria, 2014

	Underweight (< 18.5 kg/m ²)						Body mass index (BMI, kg/m ²)					
	Normal (18.5–24.9 kg/m ²)			Pre-obese (25.0–29.9 kg/m ²)			Obese (≥ 30.0 kg/m ²)					
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
All males	0.9	0.6	1.3	35.8	34.0	37.5	38.4	36.7	40.2	20.4	19.0	21.8
<i>Psychological distress^a</i>												
Low (K10 score < 16)	0.9*	0.5	1.5	38.1	35.9	40.3	38.2	36.1	40.3	18.7	17.1	20.5
Moderate (K10 score 16–21)	1.0*	0.5	2.0	34.1	30.7	37.8	40.3	36.6	44.1	20.1	17.7	22.6
High / very high (K10 score 22+)	0.6*	0.3	1.4	27.6	23.2	32.5	34.7	30.0	39.7	31.8	27.0	36.9
<i>Physical activity^b</i>												
Sedentary	**			30.6	21.2	42.0	24.2	19.2	30.1	30.9	21.5	42.1
Insufficient time (< 150 min) and/or sessions (< 2)	1.1*	0.7	1.9	32.7	30.3	35.2	37.5	35.1	40.0	23.5	21.5	25.6
Sufficient time (≥ 150 min) and sessions (≥ 2)	0.6*	0.4	1.1	37.7	35.0	40.3	42.3	39.7	45.1	16.4	14.4	18.5
<i>Met fruit / vegetable guidelines^c</i>												
Both guidelines	**			51.8	39.1	64.1	34.7	23.7	47.5	10.6	6.9	15.8
Vegetable guidelines ^d	**			49.7	37.9	61.5	36.9	26.3	48.8	11.1	7.6	16.0
Fruit guidelines ^d	0.9*	0.5	1.6	39.2	36.6	41.8	39.0	36.5	41.6	17.0	15.3	18.8
Neither	1.0*	0.6	1.6	33.1	30.8	35.5	38.3	36.0	40.7	23.1	21.1	25.2
<i>Smoking status</i>												
Current smoker	1.4	0.7	3.0	37.6	33.6	41.8	38.2	34.2	42.3	17.7	15.1	20.7
Ex-smoker	0.2	0.1	0.5	29.9	25.4	34.8	41.6	36.9	46.5	25.3	21.9	29.0
Non-smoker	1.0	0.6	1.5	37.7	35.5	39.9	38.4	36.2	40.6	18.0	16.3	19.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

Table 4.15: Proportion (%) of adult male population, by BMI category, selected modifiable risk factors, Victoria, 2014 (continued)

	Body mass index (BMI, kg/m ²)													
	Underweight (< 18.5 kg/m ²)				Normal (18.5–24.9 kg/m ²)				Pre-obese (25.0–29.9 kg/m ²)				Obese (≥ 30.0 kg/m ²)	
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI
<i>Lifetime risk of alcohol-related harm^e</i>														
Abstainer / no longer drinks alcohol	**				33.8	29.4	38.5	35.6	31.1	40.3	22.1	18.2	26.6	
Reduced risk	2.4*	1.0	5.5		38.0	32.7	43.5	32.3	28.4	36.4	22.1	17.6	27.3	
Increased risk	0.7	0.5	1.2		35.9	33.9	37.9	39.9	37.9	41.9	19.9	18.4	21.5	
<i>Self-reported health</i>														
Excellent/very good	0.9*	0.5	1.6		46.2	43.5	48.9	40.3	37.6	42.9	9.2	7.9	10.7	
Good	0.7*	0.4	1.4		33.8	31.0	36.7	40.5	37.7	43.3	20.3	18.3	22.5	
Fair/poor	1.4*	0.6	3.0		19.2	16.2	22.6	32.0	28.6	35.6	41.7	37.6	45.8	
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>														
Doctor diagnosed hypertension	**				18.5	14.9	22.8	41.1	35.9	46.6	33.8	29.3	38.6	
Normal range	0.9	0.6	1.4		40.9	39.0	42.9	38.2	36.4	40.1	15.5	14.1	17.0	
<i>Blood glucose status (excluding gestational diabetes)</i>														
Doctor diagnosed diabetes	0.1*	0.0	0.2		28.5	17.5	42.8	32.6	21.3	46.4	37.2	30.7	44.3	
Normal range	1.0	0.7	1.4		36.8	35.0	38.6	38.7	36.9	40.4	19.0	17.7	20.5	

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

Table 4.16: Proportion (%) of adult female population, by BMI category and selected modifiable risk factors, Victoria, 2014

	Body mass index (BMI, kg/m ²)															
	Underweight (< 18.5 kg/m ²)				Normal (18.5–24.9 kg/m ²)				Pre-obese (25.0–29.9 kg/m ²)				Obese (≥ 30.0 kg/m ²)			
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
All females	2.7	2.2	3.3	43.7	42.2	45.3	24.3	23.1	25.6	17.2	16.2	18.1				
<i>Psychological distress^a</i>																
Low (K10 score < 16)	2.4	1.8	3.3	46.4	44.2	48.5	24.2	22.5	25.9	14.6	13.4	15.8				
Moderate (K10 score 16–21)	2.9	2.1	4.0	42.8	39.8	45.9	24.9	22.4	27.6	18.8	17.0	20.8				
High / very high (K10 score 22+)	2.7	1.7	4.3	33.7	30.1	37.5	23.5	20.8	26.5	25.3	22.5	28.2				
<i>Physical activity^b</i>																
Sedentary	8.4*	3.1	20.8	39.1	29.7	49.5	17.9	13.3	23.6	22.6	15.8	31.3				
Insufficient time (< 150 min) and/or sessions (< 2)	2.9	2.3	3.8	41.3	39.2	43.5	24.3	22.8	25.9	18.6	17.3	19.9				
Sufficient time (≥ 150 min) and sessions (≥ 2)	2.1	1.6	2.9	48.7	46.2	51.2	25.5	23.3	27.8	14.8	13.3	16.3				
<i>Met fruit / vegetable guidelines^c</i>																
Both guidelines	3.1*	1.7	5.5	55.7	50.3	60.9	21.8	18.5	25.6	13.0	10.3	16.2				
Vegetable guidelines ^d	2.7	1.6	4.3	52.9	48.6	57.1	23.2	20.2	26.6	14.6	12.2	17.4				
Fruit guidelines ^d	2.5	1.9	3.3	46.3	44.2	48.5	23.8	22.2	25.6	15.9	14.6	17.3				
Neither	3.0	2.2	4.1	41.0	38.7	43.4	25.0	23.1	27.0	18.6	17.2	20.1				
<i>Smoking status</i>																
Current smoker	4.8	3.3	6.9	39.2	35.3	43.2	23.4	20.6	26.5	17.7	15.1	20.7				
Ex-smoker	1.6	0.9	2.6	39.9	35.1	44.9	26.6	23.2	30.4	22.2	19.2	25.6				
Non-smoker	2.7	2.1	3.4	46.2	44.4	48.1	23.7	22.2	25.3	15.4	14.3	16.5				

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

Table 4.16: Proportion (%) of adult female population, by BMI category and selected modifiable risk factors, Victoria, 2014 (continued)

	Body mass index (BMI, kg/m ²)													
	Underweight (< 18.5 kg/m ²)				Normal (18.5–24.9 kg/m ²)				Pre-obese (25.0–29.9 kg/m ²)				Obese (≥ 30.0 kg/m ²)	
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI
<i>Lifetime risk of alcohol-related harm^e</i>														
Abstainer / no longer drinks alcohol	2.6	1.6	4.2	42.6	39.4	45.8	22.0	19.8	24.3	18.7	16.9	20.6		
Reduced risk	3.3*	2.0	5.3	44.5	40.8	48.3	24.8	22.2	27.7	16.7	14.5	19.1		
Increased risk	2.6	2.0	3.4	45.4	43.3	47.5	25.2	23.5	27.0	16.4	15.1	17.7		
<i>Self-reported health</i>														
Excellent/very good	3.2	2.4	4.3	55.5	53.1	57.9	22.9	20.9	24.9	8.6	7.8	9.6		
Good	2.4	1.7	3.4	39.6	37.1	42.1	25.7	23.7	27.8	19.4	17.9	21.1		
Fair/poor	2.1	1.3	3.3	26.3	23.3	29.7	24.8	22.2	27.6	31.3	28.5	34.3		
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>														
Doctor diagnosed hypertension	0.9	0.6	1.4	29.7	21.6	39.3	22.1	18.6	26.2	33.2	26.7	40.5		
Normal range	3.2	2.6	3.9	48.4	46.7	50.1	24.2	22.8	25.6	13.1	12.1	14.1		
<i>Blood glucose status (excluding gestational diabetes)</i>														
Doctor diagnosed diabetes	0.4*	0.2	0.8	22.8*	13.2	36.5	18.9	14.9	23.7	47.8	35.2	60.6		
Normal range	2.7	2.3	3.3	44.9	43.3	46.4	24.5	23.2	25.8	15.9	15.0	16.9		

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2014) guidelines.

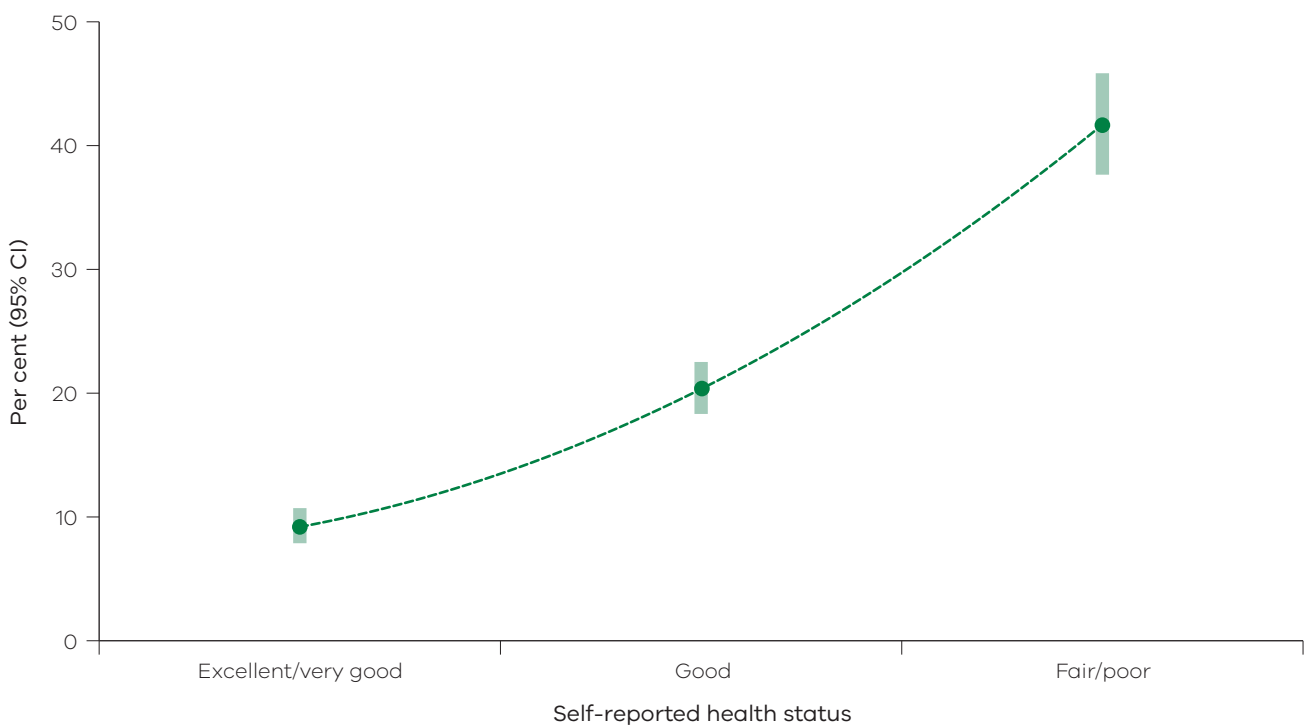
^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

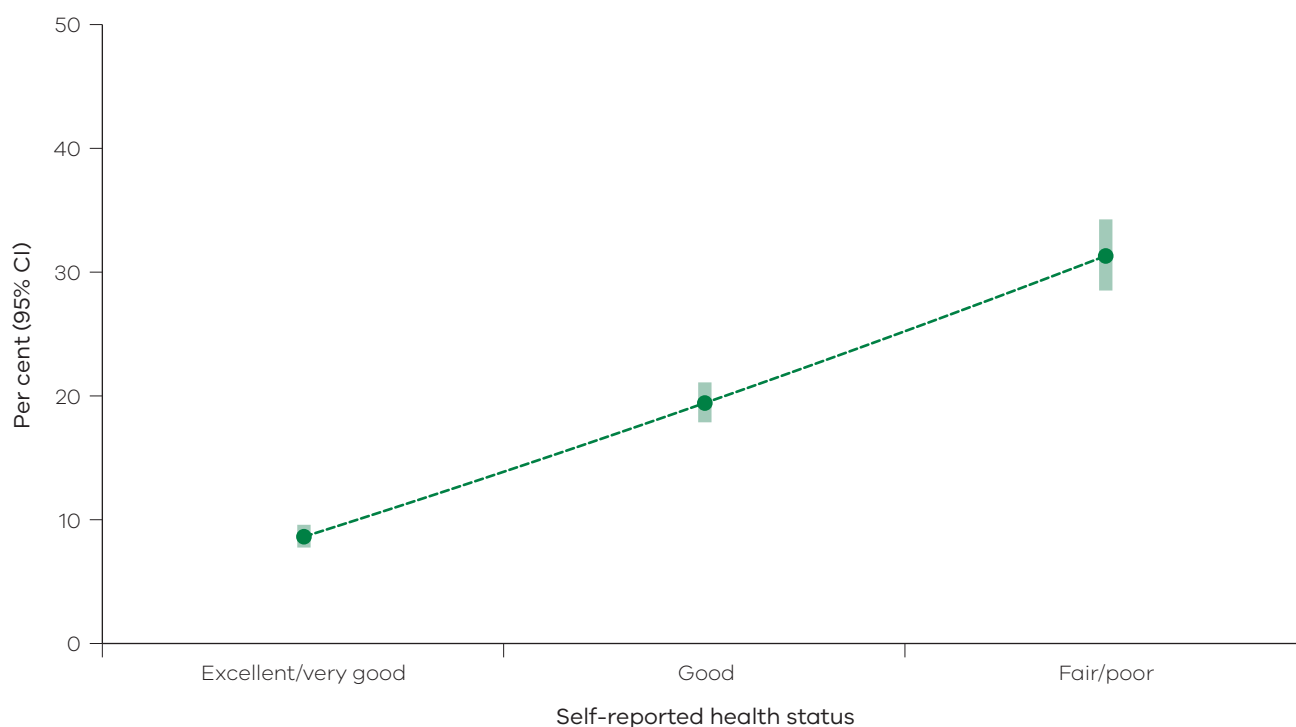
The relationship was investigated between obesity and self-reported health status (Figure 4.4 and Figure 4.5). The proportion of the adult Victorian population who were obese was highest among men and women with fair or poor health status.

Figure 4.4: Proportion (%) of adult males who were obese, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
95% CI = 95 per cent confidence interval.
Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Figure 4.5: Proportion (%) of adult females who were obese, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 4.17 and Figure 4.6 show the proportion of the adult population who were pre-obese (overweight) or obese, by age group and sex. In 2014, 58.8 per cent of Victorian men and 41.5 per cent of women were pre-obese (overweight) or obese. There was a significantly higher proportion of men who were pre-obese (overweight) or obese compared with their female counterparts. A significantly higher proportion of 45–74-year-old men, women and people were pre-obese (overweight) or obese compared with all men, women and people, respectively.

Table 4.17: Proportion (%) of adult population who were pre-obese (overweight) or obese, by age group and sex, Victoria, 2014

	Age group (years)	Pre-obese or obese			Not pre-obese or obese		
		%	95% CI		%	95% CI	
			LL	UL		LL	UL
Males	18–24	30.6	25.0	36.9	30.6	55.8	68.4
	25–34	57.9	51.8	63.7	57.9	33.0	44.7
	35–44	63.1	59.6	66.6	63.1	30.3	37.2
	45–54	69.0	66.2	71.7	69.0	24.6	30.0
	55–64	68.7	66.3	71.0	68.7	25.0	29.5
	65–74	66.4	64.1	68.6	66.4	26.7	31.1
	75–84	58.9	55.8	62.0	58.9	32.2	38.1
	85+	42.1	35.9	48.6	42.1	40.6	53.2
	Victoria	58.8	57.1	60.6	36.7	35.0	38.4
Females	18–24	20.5	15.7	26.4	64.7	58.2	70.7
	25–34	37.8	33.2	42.6	50.5	45.5	55.5
	35–44	40.6	38.1	43.2	49.0	46.4	51.7
	45–54	47.2	44.9	49.6	42.4	40.1	44.8
	55–64	53.8	51.7	56.0	37.4	35.4	39.5
	65–74	54.1	52.0	56.2	34.2	32.2	36.3
	75–84	45.5	42.9	48.1	35.4	32.9	37.9
	85+	29.9	25.7	34.5	44.8	40.1	49.7
	Victoria	41.5	40.1	42.9	46.4	44.8	47.9
Persons	18–24	25.7	21.9	30.0	63.5	58.9	67.8
	25–34	47.8	43.9	51.8	44.6	40.7	48.6
	35–44	51.8	49.5	54.0	41.4	39.3	43.7
	45–54	58.0	56.1	59.8	34.9	33.1	36.8
	55–64	61.1	59.5	62.7	32.4	30.9	34.0
	65–74	59.8	58.2	61.3	31.8	30.3	33.3
	75–84	51.7	49.7	53.7	35.2	33.3	37.2
	85+	35.1	31.4	38.9	45.7	41.9	49.6
	Victoria	50.0	48.8	51.1	41.6	40.5	42.8

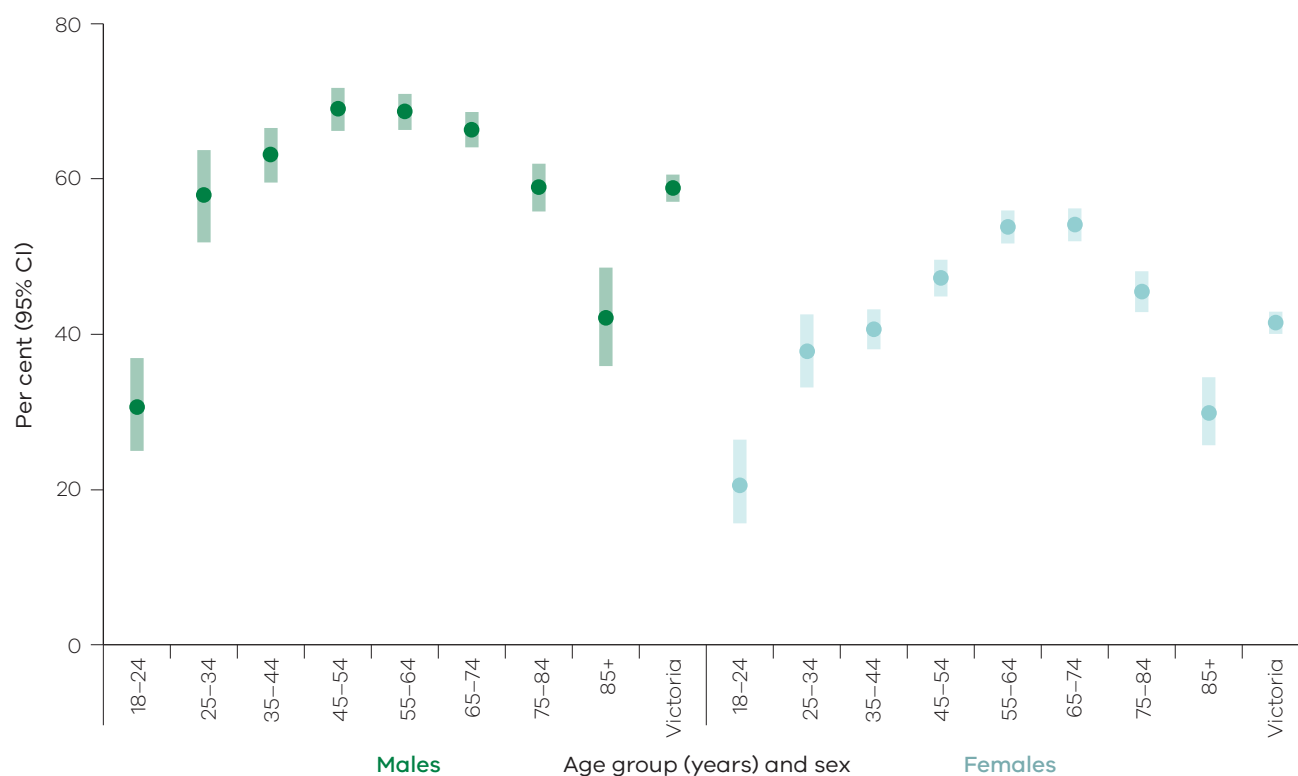
Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Figure 4.6: Proportion (%) of adult population who were pre-obese (overweight) or obese, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 4.18 shows the proportion of the adult population who were pre-obese (overweight) or obese, by departmental region and sex. There were no significant differences in the proportion of pre-obese (overweight) or obese men, whether they lived in rural or metropolitan Victoria. A significantly higher proportion of women who lived in rural Victoria were pre-obese (overweight) or obese compared with those in metropolitan Victoria. There was a significantly higher proportion of pre-obese (overweight) or obese women who lived in Grampians Region and Hume Region compared with all Victorian women.

Table 4.18: Proportion (%) of adult population who were pre-obese (overweight) or obese, by Department of Health and Human Services region and sex, Victoria, 2014

	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Males (18+ years)						
Eastern Metropolitan	53.9	49.6	58.1	41.4	37.2	45.7
North & West Metropolitan	59.3	56.3	62.2	36.6	33.7	39.6
Southern Metropolitan	58.9	54.9	62.8	37.6	33.8	41.6
All metropolitan regions	57.8	55.7	59.9	38.1	36.1	40.2
Barwon-South Western	62.0	54.7	68.7	31.0	24.1	38.8
Gippsland	62.0	54.9	68.7	32.0	25.5	39.2
Grampians	62.1	55.7	68.1	35.0	29.1	41.4
Hume	62.1	56.7	67.2	33.5	28.5	38.8
Loddon Mallee	61.2	54.5	67.5	30.8	24.8	37.6
All rural regions	61.9	58.9	64.9	32.2	29.2	35.3
Victoria	58.8	57.1	60.6	36.7	35.0	38.4
Females (18+ years)						
Eastern Metropolitan	36.5	32.9	40.3	53.3	49.3	57.3
North & West Metropolitan	42.0	39.7	44.4	44.1	41.6	46.7
Southern Metropolitan	39.8	36.8	43.0	48.6	45.3	51.9
All metropolitan regions	39.9	38.2	41.6	48.0	46.1	49.8
Barwon-South Western	41.5	35.4	47.8	47.1	40.4	54.0
Gippsland	46.6	41.8	51.4	37.9	32.7	43.4
Grampians	53.7	48.0	59.3	33.2	28.3	38.5
Hume	49.4	45.8	53.1	41.6	37.9	45.4
Loddon Mallee	44.5	39.9	49.3	43.2	38.0	48.5
All rural regions	46.5	44.0	49.1	41.3	38.6	44.1
Victoria	41.5	40.1	42.9	46.4	44.8	47.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.18: Proportion (%) of adult population who were pre-obese (overweight) or obese, by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
People (18+ years)						
Eastern Metropolitan	44.9	42.1	47.8	47.5	44.6	50.5
North & West Metropolitan	50.5	48.5	52.4	40.4	38.5	42.4
Southern Metropolitan	49.2	46.6	51.8	43.2	40.6	45.8
All metropolitan regions	48.6	47.3	50.0	43.1	41.8	44.5
Barwon-South Western	51.6	46.7	56.5	39.1	34.0	44.5
Gippsland	54.6	50.1	59.0	34.8	30.5	39.3
Grampians	57.6	53.3	61.8	34.2	30.2	38.5
Hume	55.8	52.4	59.1	37.4	34.2	40.8
Loddon Mallee	52.8	48.6	57.0	37.1	32.9	41.5
All rural regions	54.1	52.1	56.1	36.8	34.8	38.9
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.19 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Eastern Metropolitan Region. The proportion of adults who were pre-obese (overweight) or obese was significantly lower among those who lived in the LGAs of Boroondara (C) and Whitehorse (C) compared with all Victorian adults.

Table 4.19: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Boroondara (C)	36.9	30.4	43.8	56.2	49.0	63.1
Knox (C)	54.2	45.9	62.3	38.2	30.5	46.5
Manningham (C)	44.0	36.4	51.8	46.2	38.3	54.2
Maroondah (C)	48.3	39.4	57.3	44.1	35.3	53.3
Monash (C)	46.0	39.8	52.3	49.7	43.4	56.0
Whitehorse (C)	38.7	32.5	45.3	52.6	46.3	58.8
Yarra Ranges (S)	49.5	41.1	58.0	41.3	32.6	50.5
Eastern Metropolitan Region	44.9	42.1	47.8	47.5	44.6	50.5
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.20 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in North & West Metropolitan Region. The proportion of adults who were pre-obese (overweight) or obese was significantly higher among those who lived in the LGAs of Hume (C) and Wyndham (C) compared with all Victorian adults.

Table 4.20: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Banyule (C)	49.3	41.9	56.7	41.7	34.2	49.6
Brimbank (C)	48.0	42.0	54.2	42.5	36.4	48.8
Darebin (C)	49.4	41.2	57.6	42.6	34.9	50.8
Hobsons Bay (C)	51.6	42.9	60.3	35.0	27.4	43.5
Hume (C)	61.9	55.7	67.8	30.6	25.2	36.7
Maribyrnong (C)	46.8	39.6	54.1	44.6	37.4	52.1
Melbourne (C)	35.8	29.7	42.3	54.0	46.9	60.9
Melton (S)	57.0	50.5	63.2	34.6	28.4	41.4
Moonee Valley (C)	52.1	45.1	59.0	41.2	34.5	48.3
Moreland (C)	43.0	36.7	49.5	42.0	34.9	49.4
Nillumbik (S)	52.2	45.0	59.2	40.0	33.1	47.3
Whittlesea (C)	55.7	49.6	61.6	37.9	32.2	44.0
Wyndham (C)	57.9	51.7	63.8	34.1	28.4	40.3
Yarra (C)	35.7	30.5	41.1	56.5	50.3	62.5
North & West Metropolitan Region	50.5	48.5	52.4	40.4	38.5	42.4
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.21 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Southern Metropolitan Region. The proportion of adults who were pre-obese (overweight) or obese was significantly lower among those who lived in the LGA of Port Phillip (C) compared with all Victorian adults.

Table 4.21: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bayside (C)	42.3	34.4	50.6	50.9	41.9	59.8
Cardinia (S)	53.6	46.8	60.2	40.2	33.7	47.0
Casey (C)	54.4	48.0	60.6	36.8	30.8	43.2
Frankston (C)	54.0	47.8	60.0	37.2	31.2	43.6
Glen Eira (C)	44.9	38.0	52.0	47.5	40.4	54.7
Greater Dandenong (C)	45.0	38.5	51.6	47.1	40.5	53.7
Kingston (C)	56.8	48.5	64.8	36.5	29.0	44.6
Mornington Peninsula (S)	50.0	40.7	59.4	40.3	31.6	49.7
Port Phillip (C)	38.2	30.0	47.2	55.5	46.6	64.1
Stonnington (C)	40.8	32.6	49.4	53.7	45.2	61.9
Southern Metropolitan Region	49.2	46.6	51.8	43.2	40.6	45.8
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.22 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Barwon-South Western Region. The proportion of adults who were pre-obese (overweight) or obese was significantly higher among those who lived in the LGA of Corangamite (S) compared with all Victorian adults.

Table 4.22: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Barwon-South Western Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Colac-Otway (S)	55.2	45.8	64.2	31.3	22.5	41.6
Corangamite (S)	64.1	55.1	72.2	27.3	19.8	36.2
Glenelg (S)	57.1	49.4	64.5	30.5	23.4	38.6
Greater Geelong (C)	49.1	41.5	56.7	42.5	34.6	50.7
Moyne (S)	54.7	45.7	63.4	36.3	28.0	45.4
Queenscliffe (B)	43.5	31.4	56.4	44.7	31.4	58.7
Southern Grampians (S)	53.9	45.3	62.2	31.3	22.4	41.8
Surf Coast (S)	45.0	37.8	52.4	44.1	35.8	52.8
Warrnambool (C)	59.3	50.9	67.1	33.2	25.8	41.6
Barwon-South Western Region	51.6	46.7	56.5	39.1	34.0	44.5
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.23 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Gippsland Region. The proportion of adults who were pre-obese (overweight) or obese was not significantly different among those who lived in Gippsland Region compared with all Victorian adults.

Table 4.23: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Gippsland Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Bass Coast (S)	46.6	39.4	53.9	45.4	38.3	52.7
Baw Baw (S)	52.7	44.0	61.2	39.8	30.7	49.5
East Gippsland (S)	54.4	43.9	64.6	34.9	25.0	46.2
Latrobe (C)	58.6	49.4	67.3	27.2	19.7	36.2
South Gippsland (S)	59.1	50.6	67.1	29.9	22.9	38.0
Wellington (S)	54.1	44.8	63.1	37.3	28.8	46.6
Gippsland Region	54.6	50.1	59.0	34.8	30.5	39.3
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.24 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Grampians Region. The proportion of adults who were pre-obese (overweight) or obese was significantly higher among those who lived in the LGAs of Ballarat (C), Moorabool (S), Pyrenees (S), West Wimmera (S) and Yarriambiack (S) compared with all Victorian adults.

Table 4.24: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Grampians Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Ararat (RC)	58.9	50.2	67.1	28.1	20.2	37.5
Ballarat (C)	60.6	52.9	67.8	33.1	26.1	40.8
Golden Plains (S)	49.3	43.9	54.6	42.5	36.7	48.6
Hepburn (S)	52.5	41.9	62.8	33.3	24.2	43.7
Hindmarsh (S)	59.1	49.5	68.1	35.3	26.6	45.0
Horsham (RC)	46.2	39.2	53.3	41.6	32.1	51.9
Moorabool (S)	59.3	51.9	66.3	32.8	26.1	40.2
Northern Grampians (S)	45.5	37.2	53.9	44.1	35.2	53.5
Pyrenees (S)	65.8	55.4	74.9	25.5	17.5	35.6
West Wimmera (S)	68.0	59.6	75.3	25.1	19.1	32.1
Yarriambiack (S)	63.5	53.7	72.3	29.4	21.2	39.1
Grampians Region	57.6	53.3	61.8	34.2	30.2	38.5
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.25 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Hume Region. The proportion of adults who were pre-obese (overweight) or obese was not significantly different among those who lived in Hume Region compared with all Victorian adults.

Table 4.25: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Hume Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Alpine (S)	43.6	35.7	51.8	48.4	39.5	57.5
Benalla (RC)	54.9	45.7	63.7	38.4	30.0	47.5
Greater Shepparton (C)	56.6	48.0	64.8	37.5	29.6	46.0
Indigo (S)	50.0	40.0	60.0	40.5	30.9	50.8
Mansfield (S)	44.1	36.7	51.8	50.2	42.5	57.8
Mitchell (S)	58.3	51.1	65.1	33.9	26.9	41.6
Moira (S)	60.2	50.7	68.9	34.4	25.7	44.3
Murrindindi (S)	59.7	50.2	68.5	34.9	26.4	44.5
Strathbogie (S)	59.3	47.3	70.4	23.1	17.0	30.4
Towong (S)	58.2	50.5	65.5	34.6	27.4	42.7
Wangaratta (RC)	50.0	41.3	58.7	41.8	33.1	50.9
Wodonga (RC)	56.3	49.4	62.9	39.9	33.4	46.7
Hume Region	55.8	52.4	59.1	37.4	34.2	40.8
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.26 shows the proportion of the adult population who were pre-obese (overweight) or obese, by LGA, in Loddon Mallee Region. The proportion of adults who were pre-obese (overweight) or obese was significantly higher among those who lived in the LGAs of Campaspe (S) and Loddon (S) compared with all Victorian adults.

Table 4.26: Proportion (%) of adult population who were pre-obese (overweight) or obese, by LGA, Loddon Mallee Region, Victoria, 2014

LGA	Pre-obese or obese			Not pre-obese or obese		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
Buloke (S)	56.1	46.2	65.5	34.0	25.3	44.0
Campaspe (S)	62.4	52.7	71.1	26.2	18.4	35.9
Central Goldfields (S)	49.4	41.9	57.0	43.6	36.0	51.5
Gannawarra (S)	40.0	34.2	46.0	45.4	33.6	57.7
Greater Bendigo (C)	53.3	45.0	61.4	38.2	30.4	46.7
Loddon (S)	65.7	55.2	74.9	26.7	18.2	37.5
Macedon Ranges (S)	45.3	37.4	53.3	37.1	25.9	49.9
Mildura (RC)	53.2	45.4	60.9	37.4	29.5	46.0
Mount Alexander (S)	35.2	28.0	43.1	59.9	52.0	67.3
Swan Hill (RC)	60.7	50.1	70.4	32.8	23.6	43.5
Loddon Mallee Region	52.8	48.6	57.0	37.1	32.9	41.5
Victoria	50.0	48.8	51.1	41.6	40.5	42.8

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Table 4.27 and Figure 4.7 show the proportion of the obese adult population by category, age group and sex. In 2014, 2.4 per cent of Victorian men and 2.3 per cent of women were class III obese. There was significantly higher proportion of men who were class I obese compared with their female counterparts. A significantly higher proportion of 45–74-year-old men were class I obese compared with all Victorian men. A significantly higher proportion of 55–74-year-old women were class I obese compared with all Victorian women. A significantly higher proportion of 55–64-year-old women were class II obese compared with all Victorian women. There was no significant difference in the proportion of Class III obese men and women by age group.

Table 4.27: Proportion (%) of obese adult population, by category, age group and sex, Victoria, 2014

	Age group (years)	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL
Males	18–24	5.4*	3.3	8.8	2.1*	0.8	5.3	**		
	25–34	9.7	6.6	14.1	4.6*	2.5	8.2	4.9*	2.3	10.1
	35–44	16.3	13.8	19.2	4.3	3.0	6.2	2.0*	1.2	3.5
	45–54	19.9	17.5	22.4	5.4	4.1	7.1	2.2	1.5	3.3
	55–64	17.0	15.2	18.9	5.0	4.1	6.2	1.9	1.3	2.7
	65–74	17.1	15.4	19.0	3.6	2.8	4.5	1.2	0.8	1.8
	75–84	14.4	12.4	16.7	2.7	1.8	4.0	1.2*	0.7	2.0
	85+	7.8	5.2	11.5	**			**		
Victoria	13.9	12.8	15.0	4.1	3.4	4.9	2.4	1.7	3.4	
Females	18–24	3.7*	2.1	6.6	**			**		
	25–34	10.0	7.6	13.0	4.2	2.8	6.4	2.8*	1.7	4.6
	35–44	10.1	8.6	11.7	3.1	2.4	4.1	3.4	2.5	4.6
	45–54	13.0	11.5	14.6	4.8	3.9	5.8	1.9	1.4	2.7
	55–64	15.7	14.2	17.3	5.6	4.7	6.6	2.3	1.8	3.0
	65–74	16.1	14.6	17.7	5.1	4.2	6.2	2.3	1.8	3.1
	75–84	12.2	10.6	14.1	4.1	3.1	5.3	1.8	1.2	2.6
	85+	8.9	6.4	12.2	1.1*	0.6	2.2	**		
Victoria	11.0	10.3	11.8	3.8	3.3	4.3	2.3	1.9	2.8	
Persons	18–24	4.6	3.1	6.7	1.3*	0.6	3.0	1.5*	0.7	3.2
	25–34	9.8	7.8	12.4	4.4	3.0	6.4	3.9*	2.3	6.4
	35–44	13.1	11.7	14.8	3.7	2.9	4.7	2.7	2.1	3.6
	45–54	16.4	15.0	17.9	5.1	4.3	6.0	2.1	1.6	2.7
	55–64	16.3	15.2	17.6	5.3	4.6	6.1	2.1	1.7	2.6
	65–74	16.6	15.4	17.8	4.4	3.8	5.1	1.8	1.5	2.3
	75–84	13.3	11.9	14.7	3.5	2.8	4.3	1.5	1.1	2.1
	85+	8.4	6.6	10.8	1.0*	0.5	2.0	**		
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9	

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

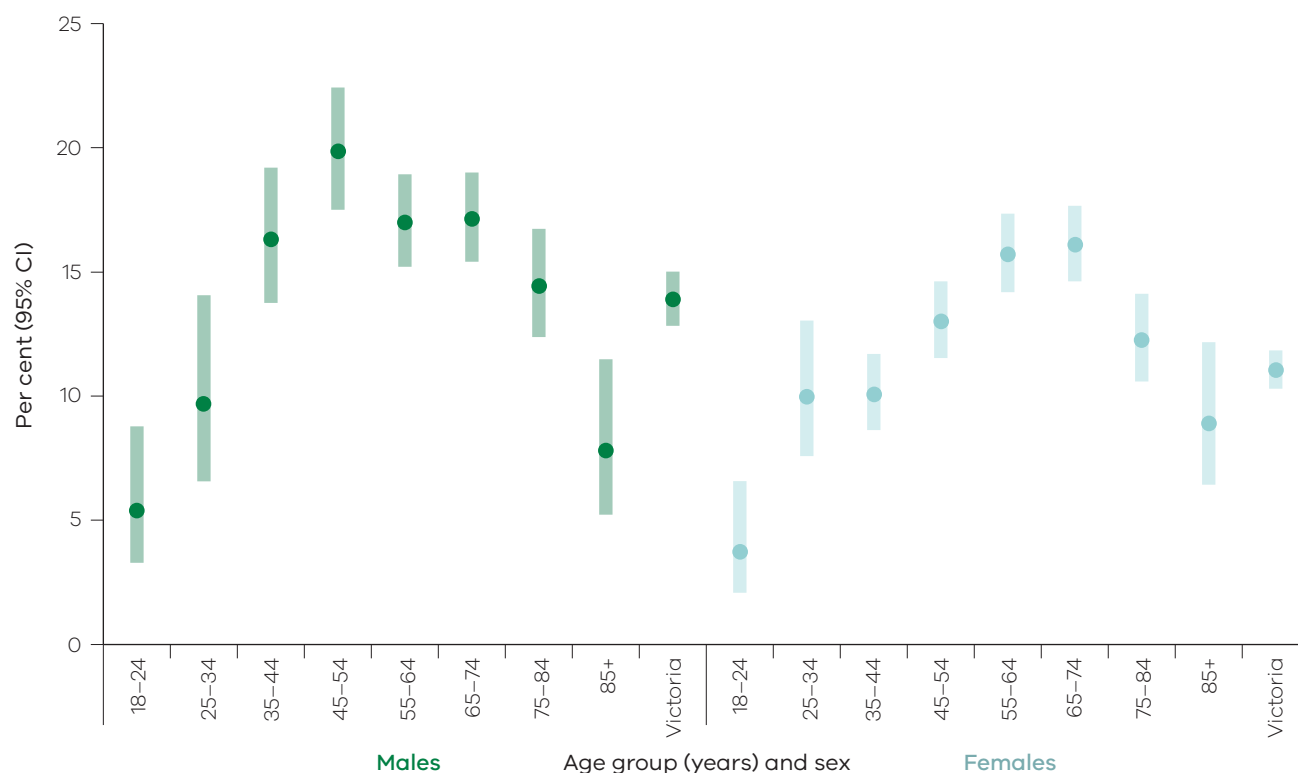
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 4.7: Proportion (%) of adult population who were obese class I (30≥ BMI <35), by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 4.28 shows the proportion of the obese adult population by category, departmental region and sex. A significantly higher proportion of women and people who lived in Grampians Region were obese class I compared with all Victorian women and people, respectively. There was a significantly higher proportion of obese class II women who lived in the rural regions compared with their counterparts living in metropolitan regions.

Table 4.28: Proportion (%) of adult population by BMI category, Department of Health and Human Services region and sex, Victoria, 2014

	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	10.8	8.4	13.8	2.6	1.7	4.0	2.1*	0.9	4.5
North & West Metropolitan	14.8	13.0	16.7	4.1	3.2	5.3	3.1*	1.8	5.1
Southern Metropolitan	14.0	11.6	16.8	4.0	2.5	6.3	1.9*	0.8	4.5
All metropolitan regions	13.5	12.2	14.9	3.7	3.0	4.6	2.4	1.6	3.6
Barwon-South Western	11.7	8.8	15.4	5.0*	2.9	8.6	1.4*	0.7	3.0
Gippsland	12.6	10.4	15.2	4.2*	2.0	8.6	2.4*	1.5	3.9
Grampians	18.3	13.5	24.5	5.0*	2.7	9.1	1.4*	0.7	2.5
Hume	18.6	14.3	23.8	6.0*	3.6	9.9	1.5*	0.8	2.7
Loddon Mallee	15.0	12.5	17.8	7.7*	3.8	15.0	4.7*	2.1	10.5
All rural regions	15.0	13.2	16.9	5.7	4.2	7.7	2.3	1.5	3.5
Victoria	13.9	12.8	15.0	4.1	3.4	4.9	2.4	1.7	3.4
Females (18+ years)									
Eastern Metropolitan	10.1	8.3	12.2	3.1	2.1	4.6	1.6*	0.8	3.1
North & West Metropolitan	11.4	10.1	12.9	3.8	3.0	4.8	2.4	1.8	3.2
Southern Metropolitan	9.9	8.4	11.5	3.2	2.5	4.2	2.0	1.3	3.1
All metropolitan regions	10.5	9.6	11.4	3.4	2.9	4.0	2.0	1.6	2.6
Barwon-South Western	10.3	7.7	13.7	4.9	3.1	7.6	3.6	2.3	5.8
Gippsland	13.6	10.8	17.0	4.4	3.3	5.8	2.6	1.9	3.5
Grampians	18.2	13.4	24.3	5.5	4.0	7.5	1.7	1.1	2.8
Hume	12.7	10.8	14.8	4.5	3.5	5.9	3.7	2.4	5.6
Loddon Mallee	10.9	9.3	12.7	5.5	4.2	7.3	4.0*	1.9	8.3
All rural regions	12.7	11.3	14.3	5.0	4.2	5.9	3.2	2.4	4.1
Victoria	11.0	10.3	11.8	3.8	3.3	4.3	2.3	1.9	2.8

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.28: Proportion (%) of adult population by BMI category, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
People (18+ years)									
Eastern Metropolitan	10.4	8.9	12.2	2.9	2.1	3.8	1.8*	1.1	3.1
North & West Metropolitan	13.0	11.9	14.2	3.9	3.3	4.7	2.7	2.0	3.7
Southern Metropolitan	11.9	10.5	13.5	3.6	2.7	4.8	1.9	1.2	3.1
All metropolitan regions	12.0	11.2	12.8	3.5	3.1	4.0	2.2	1.8	2.8
Barwon-South Western	11.0	9.0	13.4	5.0	3.5	7.1	2.6	1.7	3.8
Gippsland	13.2	11.3	15.3	4.4	2.9	6.6	2.5	1.9	3.4
Grampians	18.2	14.7	22.4	5.3	3.8	7.3	1.5	1.0	2.2
Hume	15.7	13.1	18.7	5.3	3.8	7.3	2.5	1.8	3.6
Loddon Mallee	12.9	11.4	14.5	6.9	4.3	10.8	4.5*	2.5	7.9
All rural regions	13.8	12.7	15.0	5.4	4.5	6.5	2.8	2.2	3.5
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.29 shows the proportion of the adult population who were obese, by category and LGA, in Eastern Metropolitan Region. There was no significant difference in the proportion of obese adults by category among those who lived in Eastern Metropolitan Region compared with all Victorian adults.

Table 4.29: Proportion (%) of obese adult population, by category and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Boroondara (C)	9.2	5.8	14.4	**			**		
Knox (C)	11.5	8.3	15.8	3.5	2.2	5.6	3.2*	1.5	6.9
Manningham (C)	9.7*	5.8	15.7	3.2*	1.2	8.2	1.1*	0.4	2.7
Maroondah (C)	11.0	7.0	16.8	4.8*	2.3	9.6	0.9*	0.4	2.0
Monash (C)	11.7	8.1	16.6	1.9*	0.9	4.0	**		
Whitehorse (C)	10.0	6.5	15.3	2.9*	1.5	5.8	**		
Yarra Ranges (S)	9.1	6.7	12.2	2.8*	1.7	4.5	**		
Eastern Metropolitan Region	10.4	8.9	12.2	2.9	2.1	3.8	1.8*	1.1	3.1
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: *above* or *below*.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.30 shows the proportion of the adult population who were obese, by category and LGA, in North & West Metropolitan Region. The proportion of adults who were obese class I was significantly higher among those who lived in the LGA of Hume (C) compared with all Victorian adults.

Table 4.30: Proportion (%) of obese adult population, by category and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Banyule (C)	16.0	11.3	22.3	2.2*	1.2	4.2	1.5*	0.7	2.9
Brimbank (C)	12.1	9.2	15.8	5.9*	3.5	9.9	1.5*	0.7	3.0
Darebin (C)	9.5	6.8	13.2	2.9*	1.6	5.1	6.9*	2.6	16.7
Hobsons Bay (C)	14.7	9.8	21.5	**			0.8*	0.3	2.0
Hume (C)	17.4	13.5	22.2	4.4*	2.7	7.1	4.6*	2.4	8.6
Maribyrnong (C)	7.6	5.2	11.1	2.9	1.9	4.5	1.3*	0.6	2.6
Melbourne (C)	5.8	4.1	8.1	1.5*	0.6	3.5	1.0*	0.4	2.4
Melton (S)	16.4	12.3	21.6	6.2	4.0	9.6	4.6*	2.5	8.2
Moonee Valley (C)	11.2	7.7	16.0	2.6*	1.4	4.9	1.8*	0.9	3.6
Moreland (C)	10.5	7.3	14.8	3.6*	2.0	6.4	3.9*	1.6	9.2
Nillumbik (S)	12.5	8.3	18.2	3.1*	1.7	5.6	0.9*	0.4	2.3
Whittlesea (C)	16.5	12.6	21.2	5.5	3.5	8.6	2.2*	1.2	3.9
Wyndham (C)	16.0	12.0	21.2	4.9	3.1	7.5	4.2*	1.9	9.1
Yarra (C)	11.0	7.3	16.3	0.7*	0.3	1.9	**		
North & West Metropolitan Region	13.0	11.9	14.2	3.9	3.3	4.7	2.7	2.0	3.7
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.31 shows the proportion of the adult population who were obese, by category and LGA, in Southern Metropolitan Region. The proportion of adults who were obese class I was significantly lower among adults who lived in the LGAs of Mornington Peninsula (S) and Port Phillip (C) compared with all Victorian adults. The proportion of adults who were obese class II was significantly lower among those who lived in the LGAs of Port Phillip (C) and Stonnington (C) compared with all Victorian adults.

Table 4.31: Proportion (%) of obese adult population, by category and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bayside (C)	10.1*	5.5	17.8	1.5*	0.6	3.6	**		
Cardinia (S)	15.8	11.8	20.8	6.5*	3.9	10.8	2.6*	1.1	5.7
Casey (C)	16.9	12.4	22.5	6.0*	3.2	11.2	2.3*	1.2	4.5
Frankston (C)	12.1	9.0	16.1	4.7*	2.9	7.8	3.0*	1.3	6.8
Glen Eira (C)	11.6	7.8	17.0	2.3*	1.3	4.0	**		
Greater Dandenong (C)	12.9	9.5	17.2	3.2*	1.5	6.7	0.8*	0.3	1.7
Kingston (C)	12.9	9.0	18.4	3.5*	1.6	7.4	**		
Mornington Peninsula (S)	7.8	5.4	11.1	2.9*	1.6	5.2	**		
Port Phillip (C)	7.0	4.5	10.7	0.9*	0.5	2.0	**		
Stonnington (C)	7.9	4.9	12.5	1.2*	0.4	3.0	**		
Southern Metropolitan Region	11.9	10.5	13.5	3.6	2.7	4.8	1.9	1.2	3.1
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.32 shows the proportion of the adult population who were obese, by category and LGA, in Barwon-South Western Region. The proportion of adults who were obese class I was significantly higher among adults who lived in the LGAs of Corangamite (S) and Glenelg (S) compared with all Victorian adults. The proportion of adults who were obese class II was significantly higher among those who lived in the LGA of Glenelg (S) compared with all Victorian adults.

Table 4.32: Proportion (%) of obese adult population, by category and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	10.1	6.3	15.7	4.1*	2.5	6.7	**		
Corangamite (S)	18.3	14.0	23.5	7.3*	3.4	14.7	1.9*	1.0	3.6
Glenelg (S)	18.6	13.8	24.7	8.4*	5.1	13.6	**		
Greater Geelong (C)	9.3	6.2	13.7	4.7*	2.6	8.4	2.6*	1.5	4.7
Moyne (S)	14.3	9.1	21.8	4.5	2.8	7.1	**		
Queenscliffe (B)	15.5*	6.7	31.9	0.7*	0.3	1.7	**		
Southern Grampians (S)	15.4	10.6	21.9	3.9*	2.0	7.5	1.6*	0.7	3.6
Surf Coast (S)	11.0	7.8	15.2	2.2*	1.1	4.3	**		
Warrnambool (C)	12.2	8.3	17.6	7.2*	4.1	12.5	3.5*	1.9	6.5
Barwon-South Western Region	11.0	9.0	13.4	5.0	3.5	7.1	2.6	1.7	3.8
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.33 shows the proportion of the adult population who were obese, by category and LGA, in Gippsland Region. There was no significant difference in the proportion of obese adults by category among those who lived in Gippsland Region compared with all Victorian adults.

Table 4.33: Proportion (%) of obese adult population, by category and LGA, Gippsland Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bass Coast (S)	11.9	8.0	17.5	3.9*	1.9	7.7	**		
Baw Baw (S)	9.7	7.0	13.4	2.4*	1.3	4.5	2.7*	1.4	4.9
East Gippsland (S)	16.1*	9.4	26.3	3.9*	2.2	6.9	2.5*	1.2	4.9
Latrobe (C)	13.7	10.0	18.4	5.9*	2.4	13.8	2.4*	1.3	4.6
South Gippsland (S)	14.2	10.6	18.8	5.8*	3.4	9.6	2.9*	1.3	6.2
Wellington (S)	14.3	11.3	18.0	3.1*	1.9	5.1	2.7*	1.5	4.7
Gippsland Region	13.2	11.3	15.3	4.4	2.9	6.6	2.5	1.9	3.4
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported..

Table 4.34 shows the proportion of the adult population who were obese, by category and LGA, in Grampians Region. The proportion of adults who were obese class I was significantly higher among those who lived in the LGAs of Ballarat (C) and Pyrenees (S) compared with all Victorian adults.

Table 4.34: Proportion (%) of obese adult population, by category and LGA, Grampians Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Ararat (RC)	14.6	9.7	21.3	6.2*	3.1	11.8	1.5*	0.6	3.7
Ballarat (C)	20.4	14.4	28.1	4.8*	2.5	9.2	**		
Golden Plains (S)	15.0	11.8	18.9	3.1	2.0	4.8	3.9*	1.6	9.5
Hepburn (S)	14.9	9.0	23.7	4.8*	2.5	9.3	**		
Hindmarsh (S)	14.2	9.9	19.9	6.4*	3.1	12.6	2.4*	1.2	4.9
Horsham (RC)	13.2	8.7	19.4	5.7*	3.3	9.8	0.7*	0.3	2.0
Moorabool (S)	17.7	12.7	24.0	7.0*	3.7	13.1	3.2*	1.3	7.8
Northern Grampians (S)	13.7	8.6	21.2	2.7*	1.3	5.4	**		
Pyrenees (S)	22.0	15.5	30.3	6.9*	4.0	11.7	1.2*	0.6	2.6
West Wimmera (S)	17.3	12.9	22.7	3.3*	1.8	6.0	2.4*	1.3	4.3
Yarriambiack (S)	17.5	12.7	23.7	5.5	3.3	8.9	2.1*	0.8	5.3
Grampians Region	18.2	14.7	22.4	5.3	3.8	7.3	1.5	1.0	2.2
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.35 shows the proportion of the adult population who were obese, by category and LGA, in Hume Region. The proportion of adults who were obese class I was significantly higher among those who lived in the LGAs of Mitchell (S) and Moira (S) compared with all Victorian adults.

Table 4.35: Proportion (%) of obese adult population, by category and LGA, Hume Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Alpine (S)	7.7	5.6	10.5	4.5*	2.4	8.4	1.3*	0.6	2.8
Benalla (RC)	19.2	12.7	27.9	6.4*	2.7	14.4	**		
Greater Shepparton (C)	13.8	9.5	19.6	6.9*	3.0	15.4	2.7*	1.2	6.0
Indigo (S)	18.9	11.6	29.2	2.5*	1.2	5.0	**		
Mansfield (S)	11.4	7.9	16.2	2.6	1.6	4.2	2.3*	0.9	5.5
Mitchell (S)	21.0	13.8	30.5	5.3	3.3	8.4	2.6*	1.1	6.1
Moira (S)	20.1	13.8	28.2	5.6*	3.0	10.4	6.0*	2.8	12.6
Murrindindi (S)	12.5	8.5	18.1	**			1.4*	0.7	3.1
Strathbogie (S)	12.5	7.6	19.9	8.1*	3.3	18.9	1.0*	0.4	2.3
Towong (S)	15.2	11.1	20.5	4.0*	2.4	6.7	1.4*	0.6	3.3
Wangaratta (RC)	13.0	7.8	20.7	3.3*	1.7	6.3	0.7*	0.3	1.4
Wodonga (RC)	14.1	10.8	18.3	4.9	3.0	7.8	1.3*	0.7	2.5
Hume Region	15.7	13.1	18.7	5.3	3.8	7.3	2.5	1.8	3.6
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 4.36 shows the proportion of the adult population who were obese, by category and LGA, in Loddon Mallee Region. The proportion of adults who were obese class II was significantly higher among adults who lived in the LGAs of Campaspe (S) and Loddon (S) compared with all Victorian adults. The proportion of adults who were obese class III was significantly higher among those who lived in the LGA of Greater Bendigo (C) compared with all Victorian adults.

Table 4.36: Proportion (%) of obese adult population, by category and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Obese class I (30 ≥ BMI < 35)			Obese class II (35 ≥ BMI < 40)			Obese class III (BMI ≥ 40)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Buloke (S)	15.8	10.5	23.1	4.7	3.1	7.1	1.4*	0.7	2.9
Campaspe (S)	16.5	11.5	23.1	10.7*	5.7	19.4	**		
Central Goldfields (S)	14.3	10.8	18.7	5.6*	2.6	11.5	3.7*	1.8	7.5
Gannawarra (S)	7.8	5.4	10.9	6.6	4.1	10.4	0.4*	0.2	1.2
Greater Bendigo (C)	11.8	9.1	15.1	7.9*	3.3	18.0	6.8*	3.0	14.7
Loddon (S)	11.5	8.4	15.6	11.8*	5.0	25.1	1.4*	0.6	3.0
Macedon Ranges (S)	9.6	7.3	12.6	3.5*	2.1	5.8	**		
Mildura (RC)	14.6	11.3	18.6	5.8*	2.9	11.2	**		
Mount Alexander (S)	10.0	7.1	13.9	2.3*	1.4	3.8	0.7*	0.3	1.5
Swan Hill (RC)	20.2	13.0	30.0	6.3*	3.1	12.1	**		
Loddon Mallee Region	12.9	11.4	14.5	6.9	4.3	10.8	4.5*	2.5	7.9
Victoria	12.4	11.8	13.1	3.9	3.5	4.4	2.4	2.0	2.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



5. Physical activity





Key findings

Meeting the physical activity guidelines



2014

41.4%

of Victorian adults undertook adequate physical activity (measured in both sufficient time and sessions) to meet the national guidelines



44.1%

of men undertook adequate physical activity



38.6%

of women undertook adequate physical activity

A significantly higher proportion of men undertook adequate physical activity compared with women



A higher proportion of women who lived in the metropolitan regions engaged in sedentary behaviour compared with their rural counterparts



Introduction

Physical inactivity is a major modifiable risk factor for a range of conditions, including cardiovascular disease, type 2 diabetes, some cancers, osteoporosis, depression, anxiety and falls among the elderly. Moreover, physical activity improves cognitive function in the elderly, prevents weight gain and, in conjunction with a low-calorie diet, promotes weight loss. The evidence suggests that health benefits accrue with increasing levels of physical activity and that this protective effect occurs even if adopted in middle and later life. Therefore physical activity is an obvious target for health promotion. Monitoring physical activity levels at the population level is relevant for investigating the outcomes of health promotion efforts.

Information was collected on four types of physical activity to measure the extent to which the population is engaging in sufficient physical activity to achieve a health benefit and meet the current national guidelines:

- time spent walking (for more than 10 minutes at a time) for recreation or exercise, or to get to and from places
- time spent doing vigorous household chores (excluding gardening)
- time spent doing vigorous activities other than household chores and gardening (for example, tennis, jogging, cycling or keep-fit exercises)
- number of muscle-strengthening physical activities (for example, free weights, using weight machines, exercises like push-ups/sit-ups, lifting, carrying or digging).

Australia's physical activity and sedentary behaviour guidelines

The level of health benefit achieved from physical activity partly depends on the intensity of the activity. In general, to obtain a health benefit from physical activity requires participation in moderate-intensity activities (at least). Accruing 150 or more minutes of moderate-intensity physical activity (such as walking) or 75 or more minutes of vigorous physical activity and doing muscle-strengthening activities on at least two days on a regular basis over one week is believed to be 'sufficient' for health benefits and is the recommended threshold of physical activity for adults between 18 and 64 years of age according to *Australia's physical activity and sedentary behaviour guidelines* (DoH 2014). These national guidelines also recommend minimising the amount of time spent in prolonged sitting and to break up long periods of sitting as often as possible. The guidelines recommend that people 65 years of age or older should accumulate at least 30 minutes of moderate-intensity physical activity on most days (Table 5.1).

Table 5.1: Australia's physical activity and sedentary behaviour guidelines, Department of Health, 2014

Physical activity guidelines

Age: 18–64 years

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

Be active on most, preferably all, days every week.

Accumulate 150 to 300 minutes (2½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1¼ to 2½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.

Do muscle strengthening activities on at least 2 days each week.

Age: 65 years and older

Being physically active for 30 minutes every day is achievable and even a slight increase in activity can make a difference to your health and wellbeing.

The sufficient time and sessions measure of physical activity is regarded as the preferred indicator of the adequacy of physical activity for a health benefit because it takes into consideration both physical activity time (150 or more minutes of moderate-intensity or 75 minutes or more of vigorous physical activity) and muscle-strengthening sessions (two sessions).

A person who satisfied both criteria (time and number of muscle-strengthening sessions) was classified as doing 'sufficient' physical activity to achieve an added health benefit in the analysis that follows for adults between 18 and 64 years of age. For people 65 years of age or older 'sufficient' physical activity was defined as completing 30 minutes of moderate-intensity physical activity every day. The number of minutes spent on physical activity was calculated by adding the minutes of moderate-intensity activity to two times the minutes of vigorous activity (that is, the minutes of vigorous-intensity activity are weighted by a factor of two). Table 5.2 outlines the definitions of sufficient physical activity by age group, as applied to the Victorian Population Health Survey 2014.

Table 5.2: Definition of sufficient physical activity

Physical activity category	Age group (years)	
	18–64	65 or over
Sedentary	0 minutes of moderate or vigorous intensity physical activity and 0 muscle strengthening sessions	0 minutes
Insufficient	Less than 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities and/or less than 2 days muscle strengthening activities each week	Less than 30 minutes of moderate intensity physical activity every day
Sufficient	150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities and muscle strengthening activities on at least 2 days each week	30 minutes of moderate intensity physical activity every day

Australian physical activity guidelines

Table 5.3 and Figure 5.1 show the physical activity levels of the Victorian population categorised by whether the level of physical activity met the 2014 Australian guidelines, by age group and sex. Overall, there was a significantly higher proportion of women who engaged in sedentary behaviour compared with men. There were significantly higher proportions of men and women 65 years of age or older who reported sedentary behaviour compared with all Victorian men and women, respectively. There was a significantly lower proportion of women 25–34 years of age who reported sedentary behaviour compared with all Victorian women.

Table 5.3: Physical activity status,^a by age group and sex, Victoria, 2014

	Age group (years)	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL
Males	18–24	**			34.0	28.3	40.3	63.1	56.7	69.0
	25–34	11*	0.5	2.8	54.6	48.5	60.5	42.1	36.2	48.2
	35–44	2.5	1.6	3.8	58.2	54.6	61.7	36.1	32.6	39.6
	45–54	2.5	1.7	3.7	59.1	56.0	62.0	34.3	31.5	37.3
	55–64	4.4	3.5	5.6	61.1	58.6	63.5	30.0	27.8	32.4
	65–74	4.9	3.9	6.0	22.1	20.1	24.2	67.1	64.8	69.3
	75–84	8.9	7.2	10.9	29.9	27.1	32.8	53.6	50.5	56.7
	85+	12.7	9.1	17.4	33.7	28.0	39.8	42.7	36.4	49.1
	Victoria	3.1	2.7	3.6	48.9	47.1	50.6	44.1	42.4	45.9
Females	18–24	1.9*	0.7	4.7	51.1	44.5	57.6	43.6	37.2	50.2
	25–34	1.8*	0.9	3.6	58.8	53.8	63.6	36.9	32.2	41.8
	35–44	3.6	2.7	4.9	58.1	55.5	60.7	35.0	32.5	37.5
	45–54	2.8	2.1	3.8	59.6	57.3	61.9	32.4	30.2	34.6
	55–64	3.2	2.5	4.0	61.8	59.8	63.9	29.7	27.8	31.7
	65–74	6.6	5.6	7.7	23.2	21.5	25.0	61.3	59.2	63.4
	75–84	13.4	11.6	15.4	30.0	27.7	32.5	43.2	40.6	45.9
	85+	21.6	17.9	25.8	26.9	22.9	31.4	29.5	25.4	34.0
	Victoria	4.1	3.6	4.6	52.0	50.4	53.5	38.6	37.1	40.1
Persons	18–24	1.4*	0.6	3.2	42.3	37.8	47.0	53.6	48.9	58.2
	25–34	1.4*	0.8	2.5	56.7	52.7	60.5	39.5	35.7	43.4
	35–44	3.1	2.4	3.9	58.2	55.9	60.4	35.5	33.4	37.7
	45–54	2.7	2.1	3.4	59.4	57.4	61.2	33.3	31.5	35.2
	55–64	3.8	3.2	4.5	61.5	59.9	63.0	29.9	28.4	31.4
	65–74	5.8	5.1	6.6	22.7	21.4	24.0	64.0	62.4	65.5
	75–84	11.3	10.0	12.7	30.0	28.2	31.8	48.1	46.0	50.1
	85+	17.8	15.1	20.9	29.8	26.4	33.4	35.1	31.4	38.9
	Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

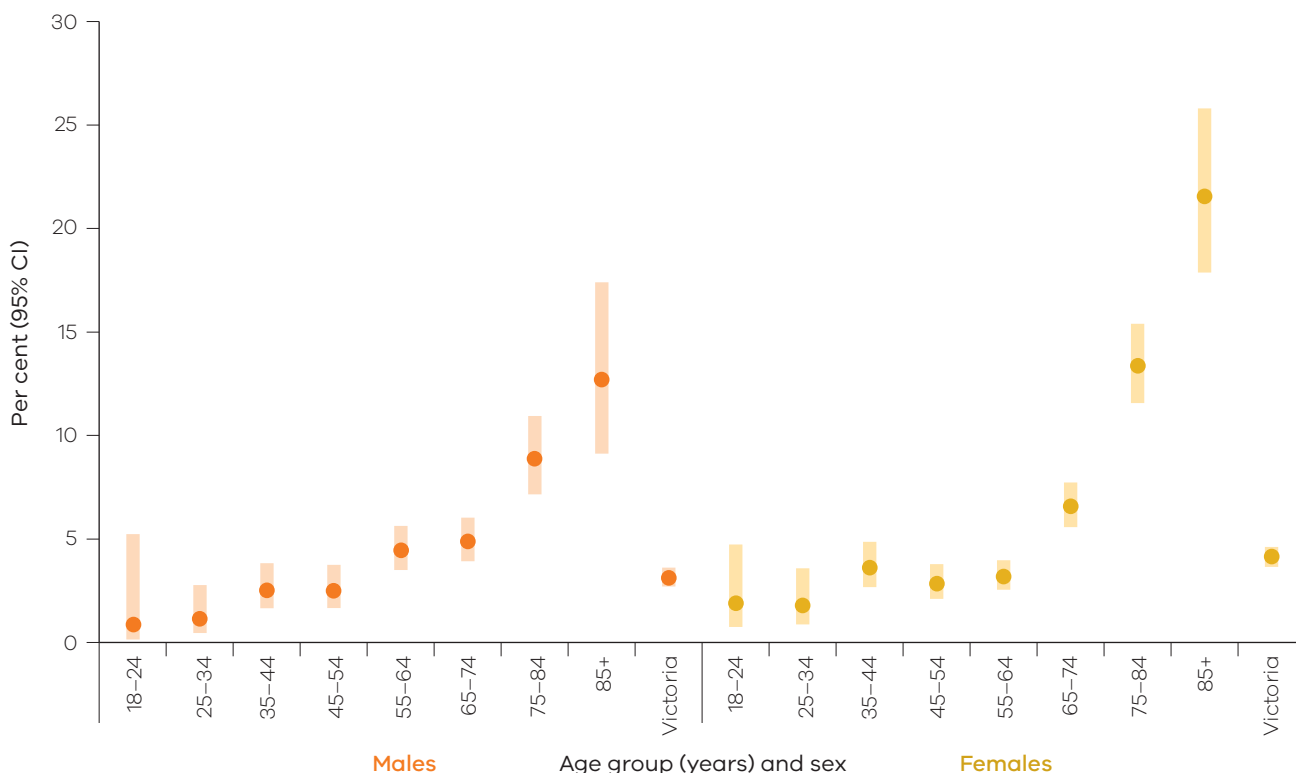
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a DoH (2014) guidelines.

Figure 5.1: Proportion (%) of the adult population who were categorised as 'sedentary',^a by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a DoH (2014) guidelines.

Table 5.4 shows physical activity levels categorised by whether the level of physical activity met the 2014 Australian guidelines, by departmental region and sex. There was a significantly lower proportion of men who lived in Southern Metropolitan Region who engaged in sedentary behaviour compared with all Victorian men. There were significantly lower proportions of women who lived in Barwon-South Western Region, Gippsland Region and Loddon Mallee Region who engaged in sedentary behaviour compared with all Victorian women. Overall,

there was a significantly higher proportion of women who lived in the metropolitan regions who engaged in sedentary behaviour compared with their rural counterparts. There was a significantly lower proportion of women who lived in rural regions who engaged in sedentary behaviour compared with all Victorian women. There were no significant differences between the regions in the proportions of men or women who engaged in sufficient physical activity compared with all Victorian men and women, respectively.

Table 5.4: Physical activity status,^a by Department of Health and Human Services region and sex, Victoria, 2014

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	2.5	1.8	3.5	49.1	44.8	53.5	45.7	41.4	50.0
North & West Metropolitan	4.4	3.5	5.5	50.4	47.5	53.3	41.6	38.7	44.4
Southern Metropolitan	1.8	1.3	2.5	46.7	42.7	50.7	47.2	43.2	51.2
All metropolitan regions	3.1	2.6	3.6	48.8	46.7	50.9	44.5	42.4	46.5
Barwon-South Western	4.2*	1.7	10.0	45.2	38.3	52.3	46.0	38.9	53.2
Gippsland	3.7	2.7	5.2	46.0	39.2	53.0	45.8	39.1	52.8
Grampians	2.8	2.1	3.8	51.6	45.8	57.4	40.4	34.8	46.3
Hume	2.6	1.9	3.5	53.9	48.7	59.1	39.8	34.8	45.0
Loddon Mallee	2.8	1.9	3.9	50.2	43.7	56.7	43.2	36.8	49.8
All rural regions	3.3	2.4	4.7	49.1	45.9	52.2	43.2	40.1	46.4
Victoria	3.1	2.7	3.6	48.9	47.1	50.6	44.1	42.4	45.9
Females (18+ years)									
Eastern Metropolitan	4.6	3.3	6.5	49.7	45.7	53.6	41.5	37.6	45.5
North & West Metropolitan	5.1	4.3	6.0	53.2	50.6	55.7	36.3	33.8	38.9
Southern Metropolitan	4.0	3.1	5.2	52.2	48.8	55.5	38.4	35.2	41.7
All metropolitan regions	4.5	3.9	5.1	52.0	50.2	53.8	38.4	36.6	40.2
Barwon-South Western	2.4	1.7	3.4	54.4	48.1	60.6	38.0	32.0	44.4
Gippsland	2.7	2.1	3.3	51.8	46.4	57.1	38.2	33.0	43.7
Grampians	2.6	1.8	3.7	50.7	45.0	56.5	41.3	35.6	47.2
Hume	4.4	2.8	6.9	49.4	45.5	53.3	41.1	37.1	45.2
Loddon Mallee	2.6	2.1	3.3	50.7	45.4	56.0	39.2	34.1	44.6
All rural regions	2.9	2.5	3.5	51.6	48.9	54.3	39.4	36.8	42.0
Victoria	4.1	3.6	4.6	52.0	50.4	53.5	38.6	37.1	40.1

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.4: Physical activity status,^a by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
People (18+ years)									
Eastern Metropolitan	3.6	2.8	4.6	49.4	46.4	52.3	43.6	40.6	46.5
North & West Metropolitan	4.8	4.2	5.4	51.6	49.6	53.5	39.0	37.1	41.0
Southern Metropolitan	2.9	2.4	3.6	49.4	46.8	52.1	42.7	40.1	45.4
All metropolitan regions	3.8	3.4	4.2	50.3	48.9	51.7	41.4	40.1	42.8
Barwon-South Western	3.3*	1.8	6.1	49.7	44.5	54.9	42.0	37.0	47.1
Gippsland	3.2	2.6	4.0	48.9	44.5	53.4	41.8	37.4	46.3
Grampians	2.7	2.1	3.4	50.9	46.7	55.0	41.0	37.0	45.3
Hume	3.6	2.6	4.8	51.6	48.3	55.0	40.4	37.1	43.8
Loddon Mallee	2.7	2.2	3.4	50.4	46.1	54.7	41.3	37.1	45.6
All rural regions	3.2	2.6	3.9	50.3	48.2	52.4	41.3	39.3	43.4
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Physical activity status by departmental region and local government area

GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRIAMBIA

ACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONDA BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMITE DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRIAMBIA

Table 5.5 presents physical activity status by LGA in Eastern Metropolitan Region. The proportion of adults who engaged in sedentary behaviour was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults. However, the proportion of adults who engaged in sufficient physical activity was significantly higher among those who lived in the LGA of Boroondara (C) compared with all Victorian adults.

Table 5.5: Physical activity status^a in people, by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Boroondara (C)	3.2*	1.6	6.5	40.4	33.6	47.6	55.1	47.9	62.1
Knox (C)	3.1*	1.8	5.1	49.7	41.9	57.5	44.2	36.6	52.1
Manningham (C)	4.2	2.7	6.6	51.4	43.2	59.4	41.4	33.6	49.7
Maroondah (C)	2.5	1.6	4.0	54.2	45.2	63.0	36.1	27.9	45.2
Monash (C)	5.2*	2.7	9.7	49.9	43.6	56.2	40.2	34.0	46.6
Whitehorse (C)	3.5	2.2	5.6	51.8	44.6	58.9	42.1	35.2	49.3
Yarra Ranges (S)	2.7*	1.6	4.6	52.8	43.8	61.6	41.3	32.7	50.5
Eastern Metropolitan Region	3.6	2.8	4.6	49.4	46.4	52.3	43.6	40.6	46.5
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.6 presents physical activity status by LGA in North & West Metropolitan Region. The proportion of adults who reported sedentary behaviour was significantly higher among those who lived in the LGAs of Brimbank (C) and Darebin (C) compared with all Victorian adults.

Table 5.6: Physical activity status^a in people, by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Banyule (C)	3.9*	2.3	6.4	52.8	45.1	60.4	41.3	33.8	49.2
Brimbank (C)	8.2	5.5	12.2	50.9	45.4	56.3	34.8	30.0	39.8
Darebin (C)	6.2	4.2	9.0	51.8	44.0	59.6	39.6	32.1	47.7
Hobsons Bay (C)	3.1	2.0	4.7	48.5	40.5	56.6	43.7	35.7	52.0
Hume (C)	5.6	3.6	8.6	46.7	40.5	53.1	41.4	35.3	47.7
Maribyrnong (C)	4.5	3.1	6.7	50.0	42.7	57.3	40.7	33.7	48.2
Melbourne (C)	2.5*	1.4	4.3	46.7	39.7	53.7	46.2	39.3	53.3
Melton (S)	2.1*	1.1	4.1	59.5	52.2	66.5	34.0	27.3	41.4
Moonee Valley (C)	2.2	1.4	3.5	55.3	48.4	62.1	38.3	31.7	45.3
Moreland (C)	5.1	3.4	7.4	52.3	44.9	59.6	38.5	31.5	46.0
Nillumbik (S)	5.1*	2.3	10.8	44.9	38.2	51.7	46.8	39.7	53.9
Whittlesea (C)	5.2	3.6	7.5	56.5	50.5	62.3	31.4	26.0	37.2
Wyndham (C)	5.7*	3.4	9.4	55.1	48.9	61.0	35.2	29.5	41.3
Yarra (C)	3.0	1.9	4.7	48.8	38.1	59.7	45.9	35.3	56.9
North & West Metropolitan Region	4.8	4.2	5.4	51.6	49.6	53.5	39.0	37.1	41.0
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.7 presents physical activity status by LGA in Southern Metropolitan Region. The proportion of adults who reported sedentary behaviour was significantly lower among those who lived in the LGAs of Bayside (C), Glen Eira (C), Port Phillip (C) and Stonnington (C) compared with all Victorian adults.

Table 5.7: Physical activity status^a in people, by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bayside (C)	0.6*	0.3	1.3	46.1	36.9	55.5	49.4	40.1	58.7
Cardinia (S)	3.6	2.3	5.7	50.4	43.8	57.1	39.1	32.8	45.9
Casey (C)	3.9*	2.4	6.4	51.1	44.6	57.5	39.3	33.0	46.0
Frankston (C)	4.0	2.5	6.4	51.2	44.7	57.6	39.1	33.0	45.6
Glen Eira (C)	1.6*	0.9	2.7	52.6	45.1	60.0	43.2	35.9	50.8
Greater Dandenong (C)	5.5	3.4	8.9	53.0	45.8	60.0	33.7	27.2	40.9
Kingston (C)	3.5*	1.7	7.1	51.4	43.3	59.4	39.1	31.4	47.3
Mornington Peninsula (S)	2.2*	1.3	3.6	53.0	44.7	61.2	41.9	33.9	50.3
Port Phillip (C)	1.2*	0.5	2.8	35.8	26.8	45.8	58.8	49.0	67.9
Stonnington (C)	1.2*	0.6	2.2	47.7	39.6	56.0	48.6	40.4	56.8
Southern Metropolitan Region	2.9	2.4	3.6	49.4	46.8	52.1	42.7	40.1	45.4
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.8 shows physical activity status by LGA in Barwon-South Western Region. The proportion of adults who engaged in sedentary behaviour was similar across all LGAs in Barwon-South Western Region compared with all Victorian adults. However, the proportion of adults who engaged in sufficient physical activity was significantly higher among those who lived in the LGA of Surf Coast (S) compared with all Victorian adults.

Table 5.8: Physical activity status^a in people, by LGA, Barwon-South Western Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	2.7*	1.6	4.6	51.0	41.0	60.9	40.3	30.8	50.6
Corangamite (S)	4.6	3.2	6.7	53.8	44.9	62.4	34.2	26.5	42.8
Glenelg (S)	3.7	2.4	5.8	53.0	45.2	60.7	33.4	26.9	40.5
Greater Geelong (C)	3.4*	1.4	8.1	50.8	42.7	58.8	41.2	33.6	49.2
Moyne (S)	3.7*	2.0	6.6	50.4	41.5	59.3	38.9	30.6	48.0
Queenscliffe (B)	**			39.8	27.3	53.7	54.9	41.3	67.7
Southern Grampians (S)	2.1	1.3	3.3	55.2	45.6	64.4	35.4	27.3	44.4
Surf Coast (S)	**			38.8	31.0	47.3	55.9	47.5	63.9
Warrnambool (C)	2.4*	1.5	4.0	45.4	38.4	52.6	47.4	40.5	54.5
Barwon-South Western Region	3.3*	1.8	6.1	49.7	44.5	54.9	42.0	37.0	47.1
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.9 shows physical activity status by LGA in Gippsland Region. The proportion of adults who engaged in sedentary behaviour was similar across all LGAs in Gippsland Region compared with all Victorian adults. However, the proportion of adults who engaged in sufficient physical activity was significantly higher among those who lived in the LGA of East Gippsland (S) compared with all Victorian adults..

Table 5.9: Physical activity status^a in people, by LGA, Gippsland Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bass Coast (S)	2.5*	1.1	5.7	52.8	41.7	63.5	41.3	30.8	52.6
Baw Baw (S)	2.7	1.8	3.9	47.9	37.9	58.0	43.7	33.6	54.3
East Gippsland (S)	2.5*	1.5	4.0	38.8	30.7	47.5	54.1	45.5	62.4
Latrobe (C)	4.4	2.9	6.7	53.0	44.4	61.5	35.4	27.2	44.5
South Gippsland (S)	2.7*	1.6	4.4	48.9	40.5	57.4	40.5	32.6	49.0
Wellington (S)	3.7	2.4	5.5	47.0	39.8	54.4	43.8	36.6	51.2
Gippsland Region	3.2	2.6	4.0	48.9	44.5	53.4	41.8	37.4	46.4
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.10 presents physical activity status by LGA in Grampians Region. The proportion of adults who reported sedentary behaviour was significantly lower among those who lived in the LGA of Ararat (RC) compared with all Victorian adults.

Table 5.10: Physical activity status^a in people, by LGA, Grampians Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Ararat (RC)	2.1	1.4	3.2	50.3	41.4	59.1	41.5	33.0	50.5
Ballarat (C)	2.4*	1.4	4.2	53.8	46.3	61.1	39.6	32.6	47.1
Golden Plains (S)	3.8	2.4	6.0	50.5	42.6	58.5	41.5	33.8	49.7
Hepburn (S)	1.6*	0.9	2.8	50.7	41.1	60.2	41.7	33.1	50.7
Hindmarsh (S)	4.6	3.1	6.8	52.6	43.2	61.9	34.0	25.7	43.4
Horsham (RC)	1.8*	1.0	3.2	44.5	34.8	54.7	48.5	38.6	58.6
Moorabool (S)	2.5*	1.5	4.3	46.4	39.2	53.6	41.4	34.6	48.6
Northern Grampians (S)	4.1	2.7	6.2	56.2	46.8	65.2	35.6	26.9	45.3
Pyrenees (S)	2.9	1.9	4.5	46.4	38.3	54.7	44.2	36.4	52.4
West Wimmera (S)	6.0*	3.4	10.4	44.6	36.7	52.8	42.3	34.6	50.4
Yarriambiack (S)	3.0	1.9	4.7	46.0	39.9	52.2	46.4	40.4	52.5
Grampians Region	2.7	2.1	3.4	50.9	46.7	55.0	41.0	37.0	45.3
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: [above](#) or [below](#).

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.11 presents physical activity status by LGA in Hume Region. The proportion of adults who reported sedentary behaviour was significantly lower among those who lived in the LGA of Mansfield (S) compared with all Victorian adults.

Table 5.11: Physical activity status^a in people, by LGA, Hume Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Alpine (S)	2.7	1.7	4.3	51.9	40.1	63.5	42.8	31.5	54.9
Benalla (RC)	3.7*	1.7	7.7	56.8	48.3	64.9	34.8	27.1	43.4
Greater Shepparton (C)	4.1*	2.0	8.1	50.3	42.2	58.4	42.1	34.4	50.2
Indigo (S)	2.8	1.8	4.4	44.9	35.4	54.8	49.2	39.5	58.9
Mansfield (S)	1.3*	0.7	2.4	57.3	47.8	66.4	37.2	28.4	46.9
Mitchell (S)	3.5	2.3	5.3	54.4	47.3	61.3	38.2	31.3	45.6
Moira (S)	3.4*	1.6	7.0	55.0	44.9	64.7	35.4	26.3	45.6
Murrindindi (S)	4.0*	1.5	10.1	46.8	38.6	55.2	41.6	32.7	51.1
Strathbogrie (S)	2.2*	1.3	3.7	56.3	45.5	66.6	36.7	26.9	47.8
Towong (S)	2.7*	1.5	4.9	44.9	36.8	53.3	48.0	39.8	56.3
Wangaratta (RC)	2.8	1.8	4.3	52.2	40.9	63.3	40.5	29.8	52.2
Wodonga (RC)	4.2*	1.8	9.6	49.0	41.5	56.5	42.0	34.4	49.9
Hume Region	3.6	2.6	4.8	51.6	48.3	55.0	40.4	37.1	43.8
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

Table 5.12 shows physical activity status by LGA in Loddon Mallee Region. The proportion of adults who engaged in sedentary behaviour was similar across all LGAs in Loddon Mallee Region compared with all Victorian adults

Table 5.12: Physical activity status^a in people, by LGA, Loddon Mallee Region, Victoria, 2014

LGA	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Buloke (S)	6.7*	3.2	13.4	44.1	35.7	52.8	40.7	31.6	50.5
Campaspe (S)	2.6	1.7	4.1	52.6	43.4	61.7	41.6	32.7	51.0
Central Goldfields (S)	2.5	1.5	4.0	49.5	39.9	59.2	39.0	29.7	49.0
Gannawarra (S)	2.8*	1.7	4.5	51.6	38.1	64.9	40.5	27.8	54.6
Greater Bendigo (C)	2.6*	1.5	4.4	52.0	43.8	60.2	40.4	32.5	48.8
Loddon (S)	3.3	2.2	4.9	54.6	42.5	66.2	39.1	27.9	51.6
Macedon Ranges (S)	2.7*	1.3	5.4	50.6	38.3	62.8	40.0	28.5	52.7
Mildura (RC)	2.4	1.5	3.6	44.2	35.1	53.7	45.6	36.4	55.0
Mount Alexander (S)	2.0*	1.1	3.7	59.3	49.4	68.4	33.0	24.9	42.3
Swan Hill (RC)	3.9	2.6	5.8	47.6	38.7	56.6	44.4	35.8	53.3
Loddon Mallee Region	2.7	2.2	3.4	50.4	46.1	54.7	41.3	37.1	45.6
Victoria	3.6	3.3	4.0	50.4	49.2	51.5	41.4	40.2	42.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

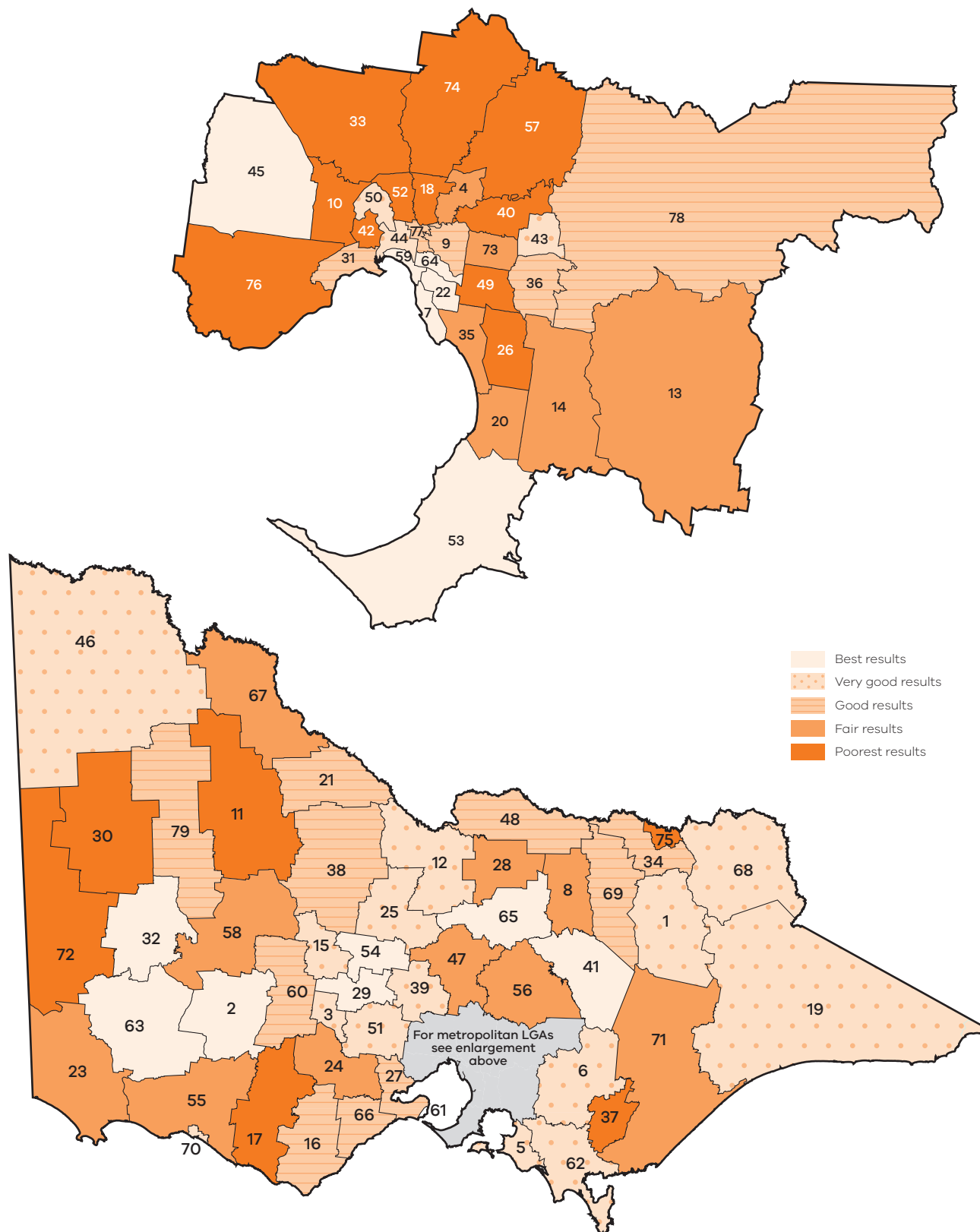


What does Map 5.1 tell us?

In Map 5.1 the 79 LGAs have been ranked according to the proportion of adults who reported sedentary behaviour in each LGA. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of adults who reported sedentary behaviour and a final group of 15 LGAs with the best results (i.e. the smallest proportions of adults who reported sedentary behaviour).



Map 5.1: Proportion of the population who reported sedentary behaviour according to the national guidelines, by LGA, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

Table 5.13 shows physical activity status among men by selected socioeconomic determinants. When compared with all Victorian men, there was a significantly higher proportion of men who engaged in sedentary behaviour with the following characteristics:

- did not complete high school
- speak a language other than English at home.

Table 5.14 shows physical activity status among women by selected socioeconomic determinants. When compared with all Victorian women, there was a significantly higher proportion of women who engaged in sedentary behaviour with the following characteristics:

- born overseas
- speak a language other than English at home
- did not complete high school.

Table 5.13: Physical activity status^a in males, by selected socioeconomic determinants, Victoria, 2014

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	UL
All males	3.1	2.7	3.6	48.9	47.1	50.6	44.1	42.4	45.9
<i>Country of birth</i>									
Australia	2.6	2.1	3.1	50.0	48.0	52.0	43.9	41.9	45.9
Overseas	4.1	3.3	5.1	45.7	42.1	49.4	45.6	42.0	49.3
<i>Language spoken at home</i>									
English	2.6	2.2	3.2	49.1	47.1	51.1	44.7	42.7	46.7
Language other than English	5.0	4.0	6.2	48.2	44.6	51.8	42.0	38.5	45.6
<i>Education level</i>									
Did not complete high school	6.0	4.3	8.5	45.8	40.2	51.5	42.1	36.3	48.1
Completed high school, or TAFE, or trade certificate, or diploma	2.8	2.3	3.5	50.9	48.4	53.4	42.3	39.9	44.7
University, or some other tertiary institute degree, including postgraduate diploma or degree	1.5	1.1	2.1	47.1	44.0	50.2	48.8	45.7	51.9
<i>Employment status</i>									
Employed	2.8	2.1	3.6	48.4	46.2	50.7	45.1	42.8	47.4
Unemployed	2.5	0.9	6.4	54.9	47.7	61.9	33.0	27.2	39.3
Not in labour force	3.8	2.8	5.3	52.7	48.0	57.3	39.3	34.9	43.8
<i>Total annual household income</i>									
< \$40,000	3.4	2.7	4.3	53.8	48.7	58.9	37.2	32.3	42.3
\$40,000 to < \$100,000	2.5	1.9	3.2	49.0	45.9	52.1	45.1	42.0	48.2
≥ \$100,000	1.5	1.0	2.3	47.2	43.9	50.5	49.4	46.2	52.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
a DoH (2014) guidelines.

Table 5.14: Physical activity status^a in females, by selected socioeconomic determinants, Victoria, 2014

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)				
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
All females	4.1	3.6	4.6	52.0	50.4	53.5	38.6	37.1	40.1	37.1	40.1
<i>Country of birth</i>											
Australia	3.1	2.7	3.5	51.0	49.2	52.8	40.9	39.1	42.6	39.1	42.6
Overseas	6.9	5.4	8.7	53.7	50.3	57.1	33.7	30.4	37.1	30.4	37.1
<i>Language spoken at home</i>											
English	3.0	2.6	3.4	50.5	48.7	52.2	41.4	39.7	43.2	39.7	43.2
Language other than English	7.9	6.6	9.5	55.7	52.5	58.9	30.0	27.0	33.1	27.0	33.1
<i>Education level</i>											
Did not complete high school	6.4	4.8	8.6	57.6	52.6	62.6	28.6	24.3	33.4	24.3	33.4
Completed high school, or TAFE, or trade certificate, or diploma	3.3	2.8	4.0	53.1	51.0	55.3	38.0	36.0	40.2	36.0	40.2
University, or some other tertiary institute degree, including postgraduate diploma or degree	2.5	1.8	3.5	48.6	45.9	51.3	45.1	42.4	47.8	42.4	47.8
<i>Employment status</i>											
Employed	2.9	2.2	3.8	52.5	49.9	55.1	40.7	38.1	43.4	38.1	43.4
Unemployed	2.7	1.1	6.2	60.3	53.6	66.6	30.2	23.8	37.6	23.8	37.6
Not in labour force	5.0	4.2	5.9	51.9	49.2	54.6	36.2	33.6	38.9	33.6	38.9
<i>Total annual household income</i>											
< \$40,000	4.9	3.7	6.4	56.2	51.6	60.7	31.7	27.4	36.4	27.4	36.4
\$40,000 to < \$100,000	3.6	2.7	4.6	52.3	49.5	55.0	40.4	37.7	43.2	37.7	43.2
≥ \$100,000	1.9*	1.1	3.3	48.2	44.7	51.7	47.4	43.8	51.0	43.8	51.0

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

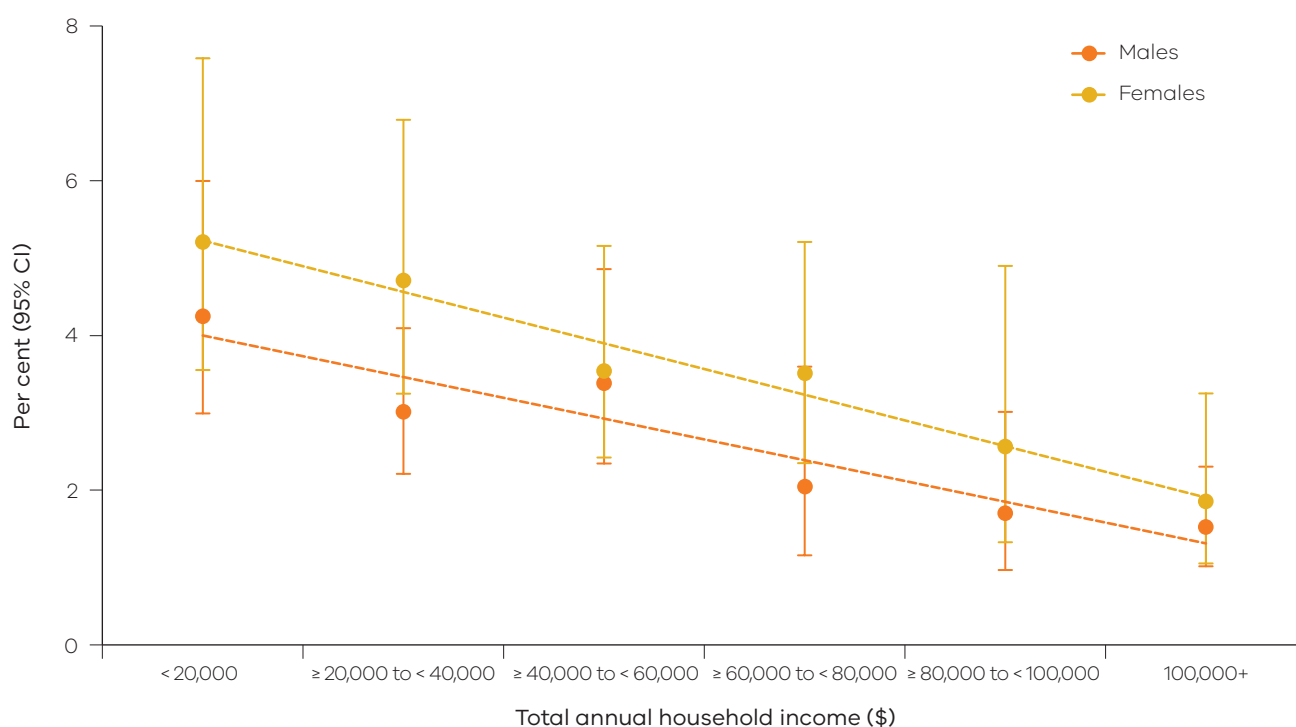
* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported. a DoH (2014) guidelines.

The relationship was investigated between SES and the age-adjusted prevalence of sedentary behaviour using total annual household income as a measure of SES (Figure 5.2). The proportion

of men and women who engaged in sedentary behaviour significantly decreased with increasing total annual household income.

Figure 5.2: Proportion (%) of adult population categorised as 'sedentary',^a by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a DoH (2014) guidelines.

Table 5.15 shows physical activity status among men, by selected modifiable risk factors that contribute to chronic disease. When compared with all Victorian men, there was a significantly higher proportion of men who engaged in sedentary behaviour with the following characteristics:

- high or very high levels of psychological distress
- current smoker
- abstainer from alcohol or no longer drinks alcohol
- fair or poor self-reported health status.

Table 5.16 shows physical activity status among women, by selected modifiable risk factors that contribute to chronic disease. When compared with all Victorian women, there was a significantly higher proportion of women who engaged in sedentary behaviour with the following characteristics:

- high or very high levels of psychological distress
- did not meet fruit and vegetable consumption guidelines
- abstainer from alcohol or no longer drinks alcohol
- fair or poor self-reported health status.

Table 5.15: Physical activity status^a in males, by selected modifiable risk factors, Victoria, 2014

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
All males	3.1	2.7	3.6	48.9	47.1	50.6	44.1	42.4	45.9
<i>Psychological distress^b</i>									
Low (K10 score < 16)	2.6	2.2	3.1	47.0	44.8	49.2	47.2	45.0	49.4
Moderate (K10 score 16–21)	3.6	2.7	4.6	50.6	46.9	54.3	42.6	39.0	46.3
High / very high (K10 score 22+)	5.9	4.0	8.6	57.5	52.2	62.6	31.2	26.3	36.5
<i>Met fruit / vegetable guidelines^c</i>									
Both guidelines	1.0*	0.5	2.1	27.9	21.0	36.0	69.1	61.1	76.1
Vegetable guidelines ^d	0.9*	0.5	1.7	35.8	28.5	43.8	60.6	53.0	67.8
Fruit guidelines ^d	2.6	2.1	3.2	41.5	39.0	44.0	52.7	50.2	55.3
Neither	3.7	3.0	4.4	54.7	52.2	57.1	37.9	35.6	40.3
<i>Smoking status</i>									
Current smoker	5.0	3.8	6.8	52.3	48.0	56.5	36.9	32.8	41.3
Ex-smoker	2.8	2.3	3.4	52.2	47.3	57.0	41.4	36.7	46.3
Non-smoker	2.9	2.3	3.6	47.7	45.5	50.0	46.1	43.9	48.3
<i>Lifetime risk of alcohol-related harm^e</i>									
Abstainer / no longer drinks alcohol	5.4	3.9	7.5	50.3	45.6	55.0	39.7	35.1	44.5
Reduced risk	3.3	2.4	4.6	48.0	42.9	53.1	42.7	37.5	48.1
Increased risk	2.5	2.0	3.0	48.7	46.6	50.8	45.6	43.5	47.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below: * RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 5.15: Physical activity status^a in males, by selected modifiable risk factors, Victoria, 2014 (continued)

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
<i>Self-reported health</i>									
Excellent/very good	1.5	1.1	1.9	37.1	34.7	39.7	58.3	55.8	60.8
Good	2.7	2.1	3.4	54.9	52.0	57.8	38.2	35.4	41.1
Fair/poor	6.7	5.2	8.7	60.8	57.0	64.5	28.5	25.0	32.3
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	**			59.6	45.5	72.2	38.1	25.6	52.5
Normal range (18.5 ≤ BMI < 25 kg/m ²)	2.8	2.1	3.6	45.3	42.6	48.1	48.3	45.6	51.0
Pre-obese (25 ≤ BMI < 30 kg/m ²)	2.4	2.0	3.0	47.4	44.3	50.5	47.0	43.9	50.1
Obese (BMI ≥ 30 kg/m ²)	4.1	3.1	5.5	57.2	52.7	61.6	34.9	30.7	39.4
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	3.3	2.5	4.3	55.7	50.6	60.6	37.1	32.4	42.1
Normal range	3.0	2.5	3.6	47.7	45.8	49.7	45.2	43.3	47.1
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	4.8	3.3	6.9	50.7	47.3	54.2	41.3	38.3	44.3
Normal range	2.9	2.4	3.4	48.4	46.6	50.2	44.9	43.2	46.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 5.16: Physical activity status^a in females, by selected modifiable risk factors, Victoria, 2014

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)			
	%	95% CI		%	95% CI		%	95% CI		
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
All females	4.1	3.6	4.6	52.0	50.4	53.5	38.6	37.1	40.1	40.1
<i>Psychological distress^b</i>										
Low (K10 score < 16)	3.6	3.0	4.4	51.1	49.0	53.3	41.4	39.3	43.5	43.5
Moderate (K10 score 16–21)	4.3	3.6	5.2	52.3	49.2	55.3	38.4	35.4	41.5	41.5
High / very high (K10 score 22+)	6.1	4.8	7.7	56.1	52.5	59.7	28.9	25.7	32.4	32.4
<i>Met fruit / vegetable guidelines^c</i>										
Both guidelines	2.2*	1.2	3.9	44.0	37.7	50.4	50.5	44.2	56.7	56.7
Vegetable guidelines ^d	2.1	1.3	3.1	44.6	39.5	49.8	50.3	45.1	55.4	55.4
Fruit guidelines ^d	2.9	2.5	3.4	49.0	46.8	51.2	43.5	41.3	45.7	45.7
Neither	5.6	4.7	6.6	56.0	53.7	58.3	33.0	30.8	35.2	35.2
<i>Smoking status</i>										
Current smoker	4.9	3.8	6.2	52.4	48.5	56.4	34.2	30.4	38.3	38.3
Ex-smoker	2.9	2.4	3.5	50.8	46.0	55.6	42.8	38.1	47.7	47.7
Non-smoker	4.3	3.7	4.9	52.3	50.4	54.1	38.1	36.3	40.0	40.0
<i>Lifetime risk of alcohol-related harm^e</i>										
Abstainer / no longer drinks alcohol	6.7	5.3	8.3	57.4	54.2	60.6	27.9	25.0	31.0	31.0
Reduced risk	4.5	3.3	6.1	52.3	48.4	56.1	38.5	34.8	42.4	42.4
Increased risk	2.3	1.9	2.8	49.8	47.7	51.8	44.3	42.3	46.4	46.4

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 5.16: Physical activity status^a in females, by selected modifiable risk factors, Victoria, 2014 (continued)

	Sedentary			Insufficient time (<150 min) and/or sessions (<2)			Sufficient time (≥150 min) and sessions (≥2)		
	%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	UL
<i>Self-reported health</i>									
Excellent/very good	2.1	1.6	2.6	45.2	42.7	47.6	49.2	46.8	51.7
Good	4.5	3.7	5.4	56.2	53.8	58.6	33.9	31.6	36.3
Fair/poor	7.3	6.0	8.7	58.5	55.0	61.9	26.2	23.0	29.7
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	6.5*	2.8	14.0	55.0	47.2	62.6	32.7	26.2	39.9
Normal range (18.5 ≤ BMI < 25 kg/m ²)	3.4	2.8	4.1	49.0	46.7	51.3	43.3	41.1	45.6
Pre-obese (25 ≤ BMI < 30 kg/m ²)	3.1	2.5	3.8	51.5	47.9	55.1	41.0	37.4	44.6
Obese (BMI ≥ 30 kg/m ²)	5.0	3.7	6.7	55.7	51.6	59.7	34.3	30.4	38.4
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	3.9	3.2	4.8	59.1	52.9	65.0	29.7	25.8	33.9
Normal range	4.2	3.6	4.8	51.1	49.4	52.8	39.9	38.2	41.6
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	5.0	3.5	7.1	54.4	42.5	65.9	31.2	21.0	43.5
Normal range	3.9	3.4	4.4	52.0	50.4	53.5	39.0	37.5	40.6

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
 ** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a DoH (2014) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c NHMRC (2013) guidelines.

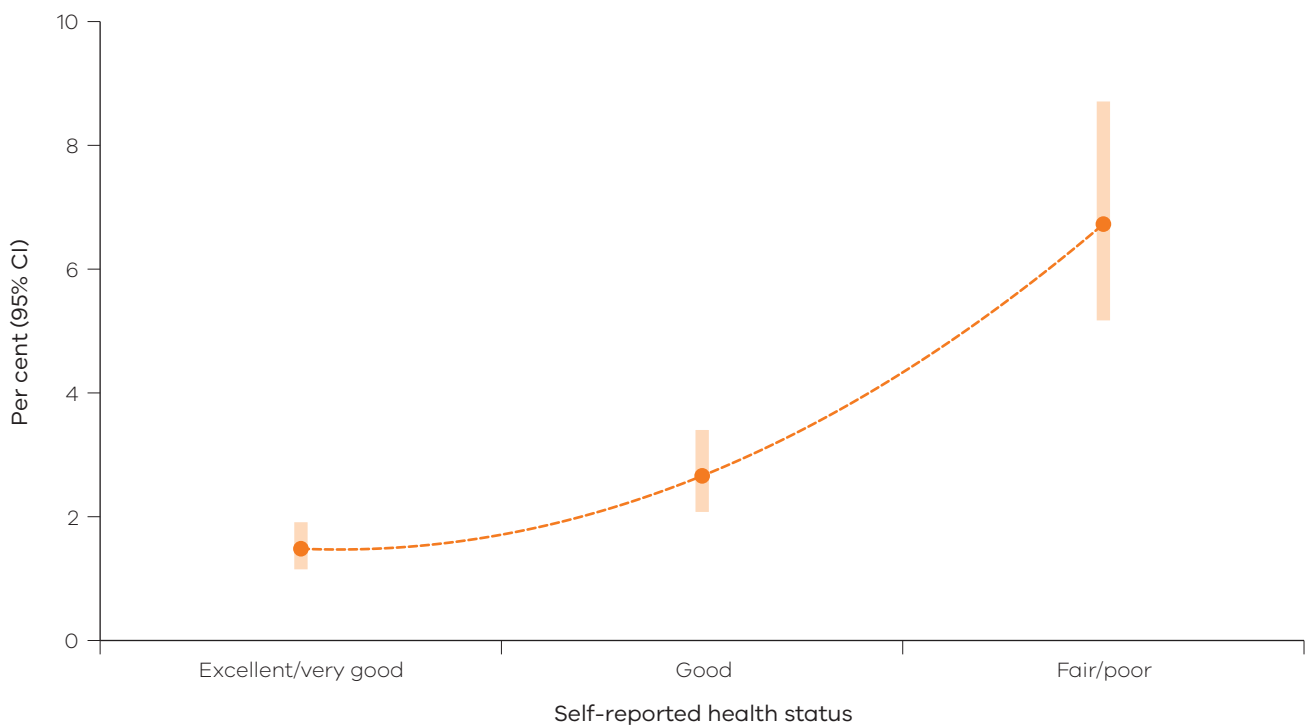
^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

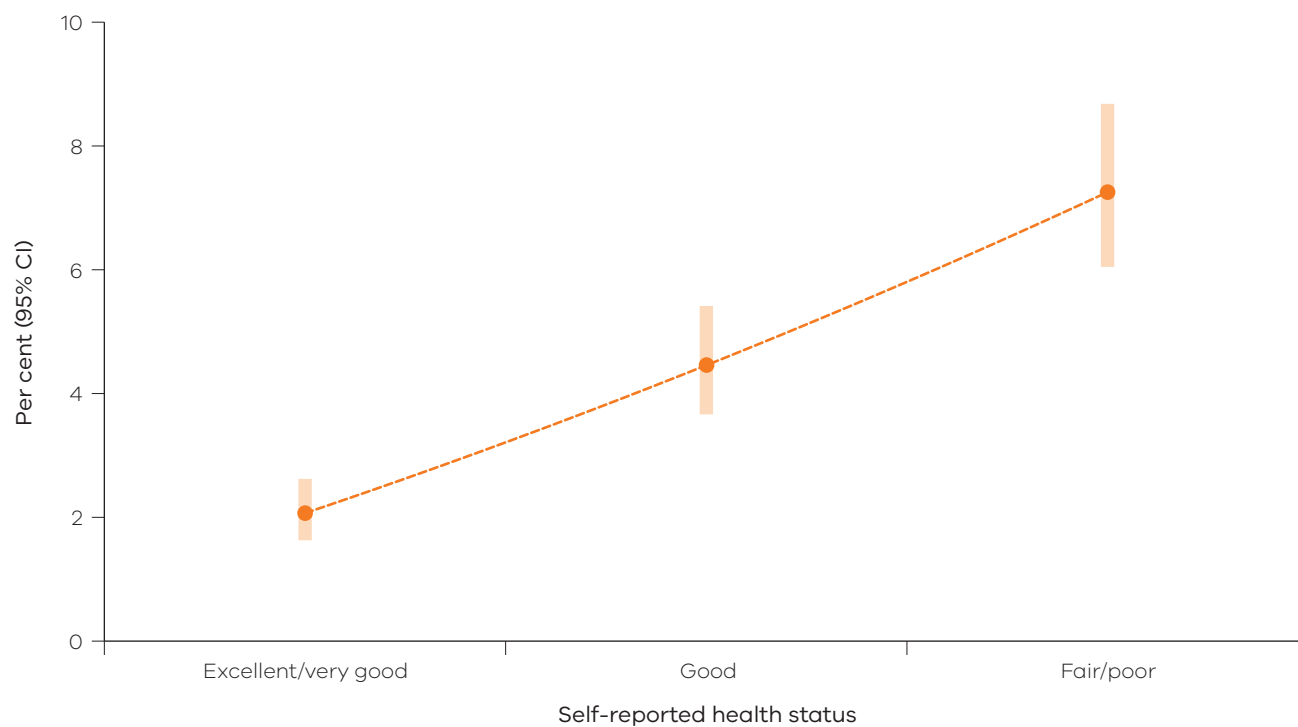
The relationship was investigated between sedentary behaviour and the age-adjusted prevalence of self-reported health status (Figure 5.3 and Figure 5.4). The proportion of the adult Victorian population who reported sedentary behaviour was highest among men and women with fair or poor health status.

Figure 5.3: Proportion (%) of adult male population who were sedentary, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
95% CI = 95 per cent confidence interval.
Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Figure 5.4: Proportion (%) of adult female population who were sedentary, by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Key findings

Physical activity associated with occupation



12.8%

of adults engaged in mostly heavy labour or physically demanding work



16.8%

of men reported mostly heavy labour or physically demanding work



7.8%

of women reported mostly heavy labour or physically demanding work



A significantly higher proportion of men who lived in the rural regions reported mostly heavy labour or physically demanding work compared with their metropolitan counterparts



Physical activity associated with occupation

Respondents who were employed were asked whether their work activities were best described as 'mostly sitting or standing', 'mostly walking' or mostly 'heavy labour or physically demanding work'.

Table 5.17 and Figure 5.5 show the type of physical activity undertaken at work among those employed, by age group and sex. The majority of working respondents reported mostly sitting at work, while 18.4 per cent reported mostly standing, 16.0 per cent reported mostly walking and 12.8 per cent reported doing mostly heavy labour or physically demanding work.

There was a significantly higher proportion of men engaged in heavy labour or physically demanding work compared with the proportion of women, particularly in those 18–24 years of age, where around one-third (30.5 per cent) of men reported doing mostly heavy labour or physically demanding work. A significantly higher proportion of men and women 35–44 years of age spent time sitting at work compared with all Victorian men and women, respectively.

Table 5.17: Predominant type of physical activity undertaken at work among those employed, by age group and sex, Victoria, 2014

	Age group (years)	Sitting		Standing			Walking		Heavy labour, physically demanding work				
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	22.6	15.9	31.2	22.4	16.1	30.3	21.2	15.0	29.0	30.5	22.2	40.3
	25–34	54.4	47.9	60.8	15.0	11.0	20.3	12.1	8.3	17.2	14.7	10.7	19.7
	35–44	58.7	55.0	62.4	12.4	10.2	15.1	10.4	8.5	12.7	15.8	13.2	18.7
	45–54	57.4	54.2	60.6	13.0	11.0	15.2	11.9	10.0	14.2	14.5	12.5	16.8
	55–64	51.4	48.4	54.5	17.8	15.5	20.3	14.8	12.7	17.1	12.8	11.1	14.8
	65–74	51.6	46.5	56.5	17.4	13.9	21.6	15.6	12.2	19.6	11.6	9.1	14.8
	75–84	43.7	32.6	55.5	12.1*	5.4	24.9	17.0*	9.8	27.8	17.6	11.3	26.4
	85+	43.6*	16.8	74.7	**			**			**		
	Victoria	50.2	47.9	52.5	15.5	13.9	17.2	13.9	12.4	15.7	16.8	15.0	18.8
Females	18–24	30.9	22.7	40.6	31.3	23.8	39.8	30.1	22.5	38.9	6.5*	3.5	11.7
	25–34	52.2	45.9	58.4	20.5	15.0	27.2	18.3	14.2	23.3	7.8	5.1	11.9
	35–44	58.8	55.7	61.8	20.1	17.6	22.7	13.6	11.7	15.8	5.5	4.4	7.0
	45–54	53.7	51.0	56.4	21.0	18.9	23.3	15.7	14.0	17.7	6.3	5.2	7.7
	55–64	46.4	43.5	49.3	23.3	20.8	26.0	19.6	17.5	22.0	7.3	6.0	8.9
	65–74	48.1	42.1	54.3	19.4	15.1	24.5	18.5	14.6	23.1	7.7	5.3	11.0
	75–84	42.5	26.5	60.3	24.8*	11.6	45.3	22.1*	12.0	37.1	5.8*	2.8	11.8
	85+	**			0.0			0.0			**		
	Victoria	49.0	46.4	51.6	21.8	19.8	23.9	18.6	16.7	20.6	7.8	6.2	9.7
Persons	18–24	26.4	20.9	32.7	26.4	21.4	32.1	25.2	20.2	30.9	19.6	14.6	26.0
	25–34	53.4	48.8	57.9	17.5	14.0	21.6	14.9	12.0	18.4	11.6	9.0	14.8
	35–44	58.8	56.3	61.2	15.9	14.2	17.8	11.9	10.5	13.4	11.1	9.6	12.8
	45–54	55.7	53.6	57.8	16.8	15.3	18.4	13.7	12.4	15.2	10.6	9.4	12.0
	55–64	49.2	47.1	51.3	20.2	18.5	22.1	17.0	15.4	18.6	10.4	9.2	11.7
	65–74	50.2	46.3	54.0	18.2	15.4	21.4	16.7	14.2	19.7	10.0	8.2	12.3
	75–84	43.4	34.0	53.3	15.5*	8.8	25.7	18.3	12.1	26.8	14.5	9.7	21.1
	85+	46.1*	21.9	72.4	**			**			**		
	Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

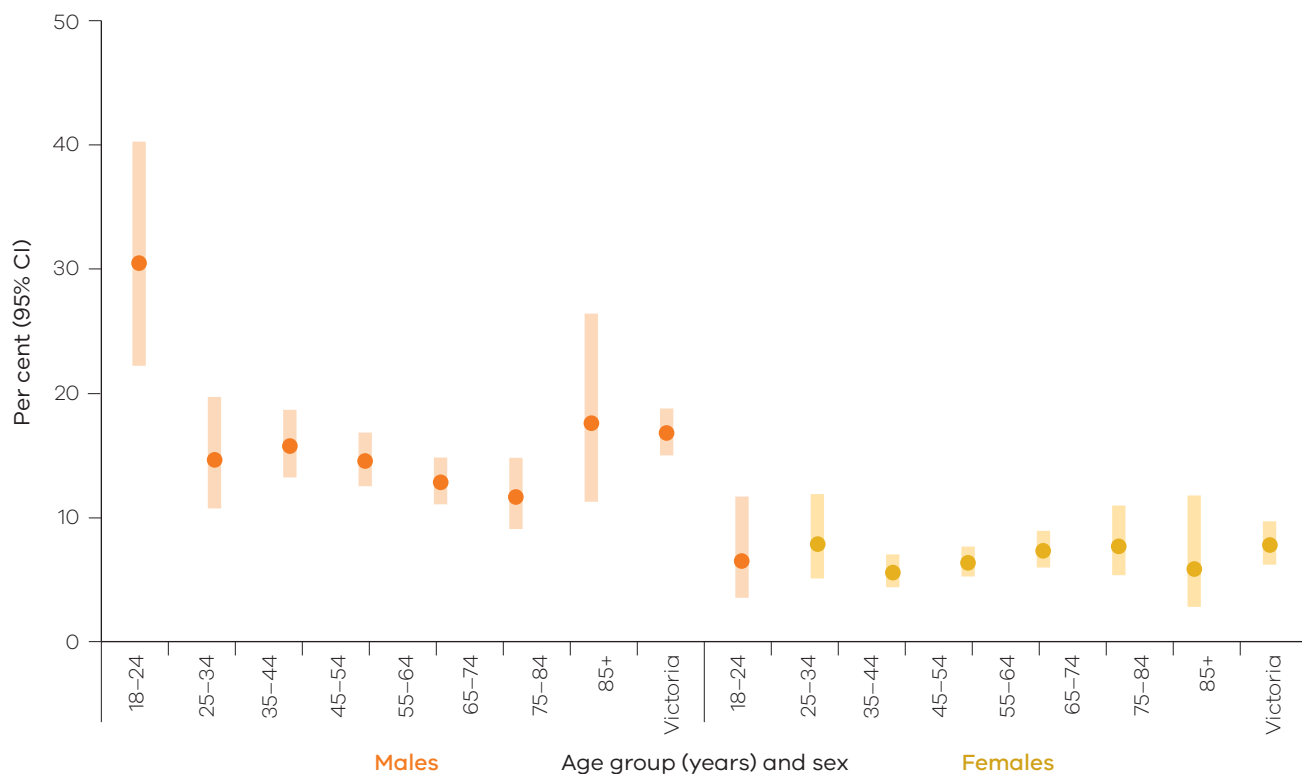
Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Figure 5.5: Proportion (%) of employed population who reported doing heavy labour or physically demanding work, by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval. Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

Table 5.18 shows the type of physical activity undertaken at work among those employed, by departmental region and sex. Overall, there was a significantly higher proportion of men and women who lived in the metropolitan regions who reported being mostly physically inactive at work (mostly sitting) compared with their rural counterparts. A significantly higher proportion of men, women and people who lived in Eastern Metropolitan Region reported mostly sitting at work compared with the proportion in all Victorian men, women and people, respectively.

Table 5.18: Predominant type of physical activity undertaken at work among those employed, by Department of Health and Human Services region and sex, Victoria, 2014

Region	Sitting		Standing			Walking		Heavy labour, physically demanding work				
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males (18+ years)												
Eastern Metropolitan	61.2	55.2	66.8	13.6	10.0	18.2	9.4	6.4	13.6	13.1	9.2	18.3
North & West Metropolitan	52.1	47.3	56.7	18.6	14.7	23.2	14.1	11.5	17.1	12.0	9.5	15.0
Southern Metropolitan	53.3	47.7	58.7	15.0	11.8	18.9	11.8	8.9	15.5	13.8	10.4	18.1
All metropolitan regions	55.2	52.1	58.2	15.8	13.7	18.1	12.3	10.6	14.3	13.0	11.0	15.3
Barwon-South Western	40.5	32.4	49.1	11.4	8.3	15.3	18.0	12.5	25.2	27.8	20.7	36.3
Gippsland	37.5	28.8	47.0	14.8	10.0	21.3	17.0	12.0	23.6	27.6	20.4	36.2
Grampians	36.5	29.6	43.9	17.7	12.0	25.3	16.4	11.9	22.2	20.8	16.3	26.2
Hume	32.9	28.0	38.2	18.0	13.0	24.4	16.6	12.8	21.3	28.1	22.5	34.6
Loddon Mallee	36.0	29.4	43.2	14.0	10.6	18.2	17.4	12.0	24.7	27.3	20.2	35.7
All rural regions	37.4	33.8	41.2	14.7	12.5	17.1	17.1	14.5	20.0	26.3	22.9	30.0
Victoria	50.2	47.9	52.5	15.5	13.9	17.2	13.9	12.4	15.7	16.8	15.0	18.8
Females (18+ years)												
Eastern Metropolitan	57.9	52.8	62.8	19.4	15.7	23.7	16.9	13.2	21.5	4.0*	2.4	6.6
North & West Metropolitan	50.7	45.8	55.6	22.7	19.5	26.2	14.5	12.0	17.3	9.8	6.6	14.4
Southern Metropolitan	48.0	44.0	51.9	21.4	17.3	26.2	23.1	19.6	27.0	5.4	4.0	7.3
All metropolitan regions	52.2	48.7	55.7	21.1	18.8	23.6	17.2	14.8	19.9	7.4	5.0	10.7
Barwon-South Western	37.9	31.2	45.0	30.3	22.1	40.0	22.1	15.8	30.0	6.9*	4.1	11.2
Gippsland	40.4	33.3	47.8	24.7	18.9	31.5	23.7	18.3	30.1	7.9	4.9	12.6
Grampians	41.5	34.3	49.1	24.3	18.6	31.2	17.3	14.1	21.1	11.6	7.3	17.8
Hume	38.5	33.5	43.7	23.6	19.0	28.8	24.4	19.7	29.8	10.7	7.4	15.3
Loddon Mallee	34.9	30.4	39.7	19.9	14.9	26.1	24.6	18.7	31.7	15.9	11.4	21.8
All rural regions	39.0	35.2	42.9	25.2	21.3	29.5	22.5	19.4	26.0	9.5	7.5	11.8
Victoria	49.0	46.4	51.6	21.8	19.8	23.9	18.6	16.7	20.6	7.8	6.2	9.7

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.18: Predominant type of physical activity undertaken at work among those employed, by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Sitting		Standing			Walking		Heavy labour, physically demanding work				
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
People (18+ years)												
Eastern Metropolitan	60.0	55.9	64.0	16.1	13.4	19.1	13.1	10.6	16.2	8.7	6.4	11.7
North & West Metropolitan	51.5	48.1	54.9	19.6	17.0	22.5	14.4	12.5	16.6	11.5	8.8	14.9
Southern Metropolitan	51.1	47.4	54.8	18.0	15.2	21.1	16.0	12.7	19.8	10.0	7.9	12.5
All metropolitan regions	54.0	51.7	56.3	18.2	16.6	19.9	14.4	13.0	15.9	10.3	8.8	12.1
Barwon-South Western	39.2	33.2	45.5	20.1	14.8	26.7	19.8	15.5	25.0	18.4	13.4	24.6
Gippsland	39.4	33.3	45.9	19.4	15.4	24.1	19.5	15.6	24.1	18.6	14.2	24.0
Grampians	38.5	33.2	44.0	20.6	16.2	25.9	16.8	13.7	20.5	16.7	13.3	20.6
Hume	34.1	30.7	37.7	20.6	16.8	25.0	20.3	16.7	24.5	21.3	16.8	26.5
Loddon Mallee	36.8	32.2	41.6	16.5	13.5	20.1	21.5	17.0	26.9	20.5	15.5	26.5
All rural regions	37.9	35.3	40.6	19.4	17.1	21.8	19.6	17.5	21.8	19.1	16.8	21.7
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Physical activity at work by departmental region and local government area

GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRIAMBIA



ACK ALPINE ARARAT BALLARAT BANYULE BASS COAST BAW BAW BAYSIDE BENALLA BOROONDAH BRIMBANK BULOKE CAMPASPE CARDINIA CASEY CENTRAL GOLDFIELDS COLAC-OTWAY CORANGAMITE DAREBIN EAST GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRIAMBIA

Table 5.19 shows the type of physical activity undertaken at work among those employed, by LGA in Eastern Metropolitan Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly higher among those who lived in the LGAs of Boroondara (C), Manningham (C) and Monash (C) compared with all Victorian adults.

Table 5.19: Predominant type of physical activity undertaken at work among those employed, by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Sitting		Standing			Walking		Heavy labour, physically demanding work				
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL	LL	UL	
Boroondara (C)	70.8	60.5	79.4	17.8	11.0	27.5	3.4*	1.9	6.2	**		
Knox (C)	54.2	43.4	64.7	12.0	7.8	18.1	19.2	11.7	29.9	10.0*	5.6	17.4
Manningham (C)	65.8	56.4	74.1	16.7	11.4	23.6	12.4*	6.9	21.4	**		
Maroondah (C)	53.6	42.2	64.7	9.6*	5.2	17.0	15.9	9.8	24.8	14.8*	7.1	28.5
Monash (C)	62.2	53.5	70.1	18.3	12.2	26.6	11.3	7.1	17.4	7.3*	3.7	14.1
Whitehorse (C)	57.7	48.5	66.3	20.5	13.5	29.9	11.1	6.8	17.6	**		
Yarra Ranges (S)	44.1	33.5	55.3	11.1	6.9	17.4	25.5	16.2	37.7	12.7*	7.3	21.1
Eastern Metropolitan Region	60.0	55.9	64.0	16.1	13.4	19.1	13.1	10.6	16.2	8.7	6.4	11.7
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.20 shows the type of physical activity undertaken at work among those employed, by LGA in North & West Metropolitan Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly higher among those who lived in the LGAs of Melbourne (C) and Yarra (C) compared with all Victorian adults.

Table 5.20: Predominant type of physical activity undertaken at work among those employed, by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Sitting			Standing			Walking			Heavy labour, physically demanding work		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	52.3	42.8	61.7	17.5	10.8	27.3	11.3*	6.8	18.4	12.3*	5.5	25.5
Brimbank (C)	48.6	40.1	57.2	22.0	16.3	29.0	12.6	8.2	19.0	7.8*	4.4	13.3
Darebin (C)	47.7	39.7	55.8	17.3*	10.3	27.6	19.2*	11.2	30.9	9.8*	5.2	18.0
Hobsons Bay (C)	54.7	43.6	65.4	17.2*	10.1	27.8	20.0	12.3	30.8	6.4*	2.7	14.3
Hume (C)	37.8	31.2	44.9	22.8	16.6	30.4	21.1	14.5	29.5	10.5*	6.2	17.3
Maribyrnong (C)	44.7	34.8	55.1	19.3*	10.9	31.9	24.7	16.9	34.6	8.0	6.0	10.7
Melbourne (C)	77.2	68.5	84.0	9.4*	5.4	15.8	4.6*	2.5	8.5	7.6*	3.1	17.5
Melton (S)	42.0	35.1	49.1	13.1	9.0	18.7	25.0	17.4	34.3	12.4	7.5	19.9
Moonee Valley (C)	56.2	45.9	66.0	30.3	21.6	40.6	6.2	3.8	10.0	4.2*	2.2	8.1
Moreland (C)	54.7	44.4	64.5	17.9	11.1	27.7	12.9*	7.1	22.2	6.8*	3.2	14.0
Nillumbik (S)	42.9	33.8	52.4	22.7	15.9	31.5	17.5	11.6	25.7	10.7*	6.4	17.5
Whittlesea (C)	43.6	37.1	50.2	15.6	10.2	23.2	16.3	10.6	24.4	14.3	9.3	21.1
Wyndham (C)	43.0	36.3	50.1	18.0	12.6	25.0	13.0	8.9	18.7	17.6	11.8	25.3
Yarra (C)	68.3	61.6	74.3	18.3	13.5	24.3	7.3*	4.3	12.2	2.1*	0.8	5.3
North & West Metropolitan Region	51.5	48.1	54.9	19.6	17.0	22.5	14.4	12.5	16.6	11.5	8.8	14.9
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.21 shows the type of physical activity undertaken at work among those employed, by LGA in Southern Metropolitan Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly higher among those who lived in the LGAs of Glen Eira (C), Port Phillip (C) and Stonnington (C) compared with all Victorian adults.

Table 5.21: Predominant type of physical activity undertaken at work among those employed, by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Sitting		Standing		Walking		Heavy labour, physically demanding work					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL			
Bayside (C)	60.5	49.5	70.5	18.3*	9.3	32.9	9.9*	4.4	20.7	**		
Cardinia (S)	36.2	28.5	44.7	16.2	11.0	23.4	28.9	21.8	37.1	15.8	10.3	23.5
Casey (C)	48.5	40.6	56.5	16.2	11.7	22.0	16.0	10.5	23.6	11.6*	6.8	19.0
Frankston (C)	39.5	32.1	47.5	16.3	10.7	24.0	19.5	13.4	27.6	12.8	8.3	19.1
Glen Eira (C)	60.7	51.6	69.1	14.0	9.1	20.9	12.4*	7.0	20.8	7.4*	3.3	15.7
Greater Dandenong (C)	39.9	32.2	48.1	26.5	18.6	36.2	18.0	11.2	27.7	7.0*	3.2	14.6
Kingston (C)	43.5	34.1	53.4	20.3	13.1	30.1	17.4*	9.9	28.6	11.5*	5.9	21.3
Mornington Peninsula (S)	42.0	34.4	50.1	19.4	12.6	28.8	17.7	10.7	27.7	14.9*	8.2	25.6
Port Phillip (C)	64.3	53.3	74.0	20.8	13.3	31.1	3.8*	2.2	6.6	**		
Stonnington (C)	70.2	60.9	78.1	10.5*	6.1	17.4	10.8*	5.8	19.4	**		
Southern Metropolitan Region	51.1	47.4	54.8	18.0	15.2	21.1	16.0	12.7	19.8	10.0	7.9	12.5
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.22 shows the type of physical activity undertaken at work among those employed, by LGA in Barwon-South Western Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly lower among those who lived in the LGAs of Colac-Otway (S), Corangamite (S), Glenelg (S), Moyne (S) and Queenscliffe (B) compared with all Victorian adults.

Table 5.22: Predominant type of physical activity undertaken at work among those employed, by LGA, Barwon-South Western Region, Victoria, 2014

LGA	Sitting		Standing		Walking		Heavy labour, physically demanding work					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL	LL	UL	
Colac-Otway (S)	32.6	24.3	42.3	17.2*	9.6	28.9	32.5	22.4	44.6	13.8*	7.6	23.8
Corangamite (S)	33.8	23.7	45.7	26.0	17.1	37.5	13.6	8.6	20.6	21.0	15.6	27.6
Glenelg (S)	31.1	21.7	42.4	18.2	11.4	27.8	25.7	17.7	35.8	21.5	14.5	30.8
Greater Geelong (C)	41.0	32.1	50.5	19.3	11.6	30.4	20.2	13.8	28.4	17.8	10.7	28.2
Moyne (S)	34.6	27.8	42.1	17.3	11.6	25.0	16.7	10.5	25.5	27.2	19.1	37.2
Queenscliffe (B)	35.1	28.1	42.8	34.0	25.2	43.9	19.2*	11.3	30.7	11.2*	4.5	25.1
Southern Grampians (S)	39.0	28.7	50.4	12.9	9.1	18.0	22.2	13.7	33.9	18.5	12.3	26.8
Surf Coast (S)	40.5	29.9	51.9	18.6	11.6	28.5	22.1	13.7	33.7	10.8	6.6	17.3
Warrnambool (C)	39.1	30.0	49.1	29.6	21.2	39.5	13.6	8.2	21.7	11.9	8.1	17.1
Barwon-South Western Region	39.2	33.2	45.5	20.1	14.8	26.7	19.8	15.5	25.0	18.4	13.4	24.6
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.23 shows the type of physical activity undertaken at work among those employed, by LGA in Gippsland Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly lower among those who lived in the LGAs of Bass Coast (S), South Gippsland (S) and Wellington (S) compared with all Victorian adults.

Table 5.23: Predominant type of physical activity undertaken at work among those employed, by LGA, Gippsland Region, Victoria, 2014

LGA	Sitting			Standing			Walking			Heavy labour, physically demanding work		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	22.2	14.7	32.1	32.1	20.2	46.8	21.4	12.9	33.5	17.4	11.3	25.8
Baw Baw (S)	41.4	32.0	51.4	13.8	8.7	21.0	16.5	10.9	24.2	25.0	15.4	37.8
East Gippsland (S)	38.2	27.1	50.6	28.0	17.9	41.0	20.9	12.8	32.2	11.0*	5.5	20.8
Latrobe (C)	47.0	34.4	60.0	13.1	8.1	20.6	11.8	7.8	17.4	21.3*	11.8	35.3
South Gippsland (S)	24.1	18.3	30.9	25.3	17.2	35.5	21.2	13.3	32.0	21.3	13.6	31.8
Wellington (S)	34.8	24.4	46.8	15.9*	8.8	27.1	27.1	17.2	40.0	15.9*	9.4	25.6
Gippsland Region	39.4	33.3	45.9	19.4	15.4	24.1	19.5	15.6	24.1	18.6	14.2	24.0
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.24 shows the type of physical activity undertaken at work among those employed, by LGA in Grampians Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly lower among those who lived in the LGA of Ararat (RC) compared with all Victorian adults.

Table 5.24: Predominant type of physical activity undertaken at work among those employed, by LGA, Grampians Region, Victoria, 2014

LGA	Sitting		Standing			Walking			Heavy labour, physically demanding work			
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	33.1	23.0	45.2	21.5	14.1	31.3	17.4	13.2	22.7	26.3	17.3	38.0
Ballarat (C)	39.5	30.4	49.5	23.8	16.4	33.1	14.7	9.4	22.2	9.7*	5.6	16.4
Golden Plains (S)	39.5	29.9	50.0	9.0	6.1	13.1	23.8	15.1	35.5	17.7	11.9	25.6
Hepburn (S)	41.7	27.6	57.3	17.5	10.6	27.5	20.9	12.5	32.8	15.6*	8.5	26.7
Hindmarsh (S)	40.0	28.9	52.3	23.2	14.7	34.7	12.9	8.8	18.6	16.7	11.0	24.7
Horsham (RC)	29.5	19.9	41.2	18.0*	9.6	31.4	13.9	8.4	22.1	29.3*	17.0	45.5
Moorabool (S)	40.4	31.0	50.5	21.1	13.7	31.1	16.3	10.1	25.3	18.3	11.5	27.8
Northern Grampians (S)	25.9	17.4	36.5	15.9	10.5	23.4	20.2*	10.9	34.5	30.1	18.6	44.8
Pyrenees (S)	43.7	31.4	57.0	14.4*	7.0	27.1	15.7	11.0	22.0	18.3	11.1	28.6
West Wimmera (S)	28.9	21.1	38.1	12.2	8.6	17.2	29.4	18.9	42.7	20.4	13.9	29.0
Yarriambiack (S)	37.5	28.1	47.9	12.8	8.5	18.9	21.1	14.5	29.7	21.1	15.5	27.9
Grampians Region	38.5	33.2	44.0	20.6	16.2	25.9	16.8	13.7	20.5	16.7	13.3	20.6
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.25 shows the type of physical activity undertaken at work among those employed, by LGA in Hume Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly lower among adults who lived in the LGAs of Alpine (S), Benalla (RC), Greater Shepparton (C), Mansfield (S), Moira (S), Strathbogie (S), Towong (S), Wangaratta (RC) and Wodonga (RC) compared with all Victorian adults.

Table 5.25: Predominant type of physical activity undertaken at work among those employed, by LGA, Hume Region, Victoria, 2014

LGA	Sitting		Standing		Walking		Heavy labour, physically demanding work					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL			
Alpine (S)	36.3	27.4	46.3	24.5*	13.3	40.5	24.2*	13.8	38.9	12.9	9.9	16.6
Benalla (RC)	26.0	19.2	34.2	33.7	24.0	44.9	15.9	9.7	25.0	22.6	14.8	32.9
Greater Shepparton (C)	31.4	24.5	39.3	22.7	13.9	34.6	21.8	16.1	28.9	18.8*	10.1	32.1
Indigo (S)	45.1	30.2	60.9	24.4*	12.3	42.5	14.0	10.0	19.1	9.7	6.6	14.2
Mansfield (S)	31.7	23.7	40.9	11.1	7.4	16.3	19.2*	10.8	31.6	36.5	24.7	50.2
Mitchell (S)	47.0	36.5	57.7	11.6*	5.7	22.1	11.6*	5.8	21.9	25.2	15.5	38.3
Moira (S)	29.9	23.2	37.6	17.7	11.5	26.4	27.3	18.3	38.6	21.3	13.6	31.7
Murrindindi (S)	41.1	32.2	50.7	12.9*	7.8	20.8	22.9	14.2	34.8	19.5	11.8	30.4
Strathbogie (S)	28.4	21.3	36.7	24.7*	13.2	41.5	12.3	8.5	17.4	28.6	17.4	43.3
Towong (S)	19.8	14.3	26.6	22.6*	13.3	35.9	27.6	17.8	40.1	25.9	18.0	35.8
Wangaratta (RC)	34.5	25.5	44.7	20.4*	11.6	33.3	17.2	11.0	25.9	23.9*	14.1	37.7
Wodonga (RC)	30.0	23.6	37.4	21.7	14.3	31.4	21.3	13.4	32.1	19.0	11.8	29.1
Hume Region	34.1	30.7	37.7	20.6	16.8	25.0	20.3	16.7	24.5	21.3	16.8	26.5
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.26 shows the type of physical activity undertaken at work among those employed, by LGA in Loddon Mallee Region. The proportion of adults who reported being mostly physically inactive at work (mostly sitting) was significantly lower among those who lived in the LGAs of Buloke (S), Campaspe (S), Central Goldfields (S), Gannawarra (S), Macedon Ranges (S) and Swan Hill (RC) compared with all Victorian adults.

Table 5.26: Predominant type of physical activity undertaken at work among those employed, by LGA, Loddon Mallee Region, Victoria, 2014

LGA	Sitting		Standing		Walking		Heavy labour, physically demanding work					
	%	95% CI		%	95% CI		%	95% CI				
		LL	UL		LL	UL		LL	UL	LL	UL	
Buloke (S)	26.8	17.3	39.2	22.8	13.7	35.6	22.0	14.2	32.5	21.6*	12.4	34.9
Campaspe (S)	28.7	19.7	39.8	16.2*	9.0	27.6	30.5	21.0	42.0	22.8	16.0	31.5
Central Goldfields (S)	22.6	16.7	29.8	15.9	10.2	24.0	24.0*	11.7	43.0	23.3*	11.5	41.7
Gannawarra (S)	25.8	18.9	34.1	19.2*	8.7	37.1	28.9*	16.2	46.0	22.1	13.4	34.2
Greater Bendigo (C)	40.3	32.1	49.1	16.5	10.9	24.1	20.6	14.0	29.2	17.9*	10.6	28.7
Loddon (S)	40.7	28.2	54.6	11.1*	4.5	24.9	20.4*	11.9	32.7	18.2*	10.6	29.4
Macedon Ranges (S)	33.7	27.2	40.9	11.6	8.4	15.8	26.3	18.4	36.2	21.0	13.0	32.1
Mildura (RC)	41.4	31.4	52.2	22.8	17.1	29.7	18.3*	9.8	31.5	15.8*	7.6	29.9
Mount Alexander (S)	50.9	34.2	67.3	18.1	13.8	23.3	16.2*	5.7	38.4	13.1*	7.8	21.2
Swan Hill (RC)	25.8	17.3	36.7	18.7	12.8	26.6	20.7	14.1	29.4	20.5	12.6	31.6
Loddon Mallee Region	36.8	32.2	41.6	16.5	13.5	20.1	21.5	17.0	26.9	20.5	15.5	26.5
Victoria	49.6	47.9	51.3	18.4	17.1	19.7	16.0	14.8	17.3	12.8	11.5	14.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Key findings

Time spent sitting



2014

23.8%

of adults spent eight hours or more sitting on an average weekday during the preceding week



27.5%

of men spent eight hours or more sitting on an average weekday during the preceding week



20.3%

of women spent eight hours or more sitting on an average weekday during the preceding week

A significantly higher proportion of men spent eight hours or more sitting on an average weekday compared with the proportion of women



A significantly higher proportion of men and women who lived in the metropolitan regions spent eight hours or more sitting on an average weekday compared with their rural counterparts



Time spent sitting on an average weekday

Respondents were asked about the time they spent sitting while at work, while at home, while doing study and during leisure time. This included time spent sitting at a desk, in the car, reading or sitting or lying down to watch television.

Table 5.27 shows the time spent sitting on an average weekday during the week preceding the survey, by duration, age group and sex. A significantly higher proportion of men spent eight hours or more sitting on an average weekday during the preceding week compared with the proportion of women. A significantly higher proportion of men 25–54 years of age spent eight hours or more sitting compared with all Victorian men.

Table 5.27: Proportion (%) of adult population sitting on an average weekday, by duration, age group and sex, Victoria, 2014

Age group (years)	Time spent sitting on an average weekday during preceding week															
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	
Males																
18–24	5.3*	3.1	8.9	23.4	18.0	29.9	27.5	21.9	33.8	17.4	13.0	23.0	23.7	18.7	29.5	29.5
25–34	3.8*	2.3	6.2	21.7	16.9	27.3	22.1	17.5	27.6	16.6	12.6	21.5	35.0	29.3	41.1	41.1
35–44	5.3	4.0	7.0	22.5	19.7	25.6	18.9	16.2	22.0	16.6	14.1	19.5	35.6	32.2	39.2	39.2
45–54	4.1	3.1	5.4	22.1	19.7	24.6	22.2	19.7	24.8	17.0	14.8	19.5	32.6	29.8	35.5	35.5
55–64	5.0	4.0	6.2	26.3	24.2	28.5	25.6	23.5	27.8	15.3	13.5	17.1	24.7	22.6	27.0	27.0
65–74	5.2	4.2	6.4	32.3	30.2	34.6	33.0	30.8	35.3	11.7	10.3	13.3	13.2	11.7	15.0	15.0
75–84	5.2	4.0	6.7	37.1	34.1	40.2	30.1	27.4	33.1	10.7	8.9	12.7	10.5	8.7	12.7	12.7
85+	4.0*	2.4	6.8	33.6	27.9	39.9	30.1	24.3	36.5	12.6	9.1	17.3	7.6	5.1	11.2	11.2
Victoria	4.7	4.1	5.5	25.0	23.5	26.6	24.5	23.0	26.0	15.7	14.4	17.1	27.5	25.9	29.2	29.2
Females																
18–24	3.1*	1.6	6.0	18.3	14.0	23.7	32.5	26.6	39.0	18.1	13.4	24.0	26.1	20.7	32.4	32.4
25–34	8.4	6.2	11.3	30.1	25.6	35.0	19.7	16.3	23.6	12.6	9.3	16.9	24.6	20.6	29.1	29.1
35–44	10.1	8.6	11.8	28.4	26.1	30.9	21.4	19.4	23.6	13.4	11.7	15.4	22.8	20.6	25.1	25.1
45–54	7.6	6.5	8.9	28.1	26.1	30.3	23.2	21.3	25.3	13.6	12.1	15.3	23.4	21.4	25.6	25.6
55–64	6.4	5.4	7.6	32.0	30.1	34.1	26.1	24.3	28.1	11.7	10.4	13.1	16.8	15.3	18.5	18.5
65–74	6.9	5.9	8.1	36.7	34.7	38.8	30.1	28.2	32.1	9.6	8.4	10.8	8.4	7.3	9.7	9.7
75–84	5.5	4.4	6.8	34.1	31.7	36.7	28.8	26.5	31.2	9.8	8.5	11.4	7.5	6.1	9.1	9.1
85+	4.1	2.7	6.2	30.4	26.1	35.1	23.1	19.4	27.3	12.3	9.4	16.0	9.7	7.2	12.9	12.9
Victoria	7.1	6.4	7.8	28.9	27.5	30.2	25.0	23.7	26.4	13.2	12.1	14.4	20.3	19.0	21.6	21.6

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.27: Proportion (%) of adult population sitting on an average weekday, by duration, age group and sex, Victoria, 2014 (continued)

Age group (years)	Time spent sitting on an average weekday during preceding week															
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	
Persons	18–24	4.3	2.8	6.4	20.9	17.3	25.1	29.9	25.8	34.4	17.8	14.4	21.7	24.9	21.1	29.1
	25–34	6.1	4.7	7.9	25.9	22.5	29.6	20.9	18.0	24.2	14.6	11.9	17.7	29.8	26.2	33.6
	35–44	7.7	6.7	8.9	25.5	23.6	27.5	20.2	18.5	22.0	15.0	13.5	16.7	29.1	27.1	31.3
	45–54	5.9	5.1	6.8	25.1	23.6	26.8	22.7	21.1	24.4	15.3	13.9	16.7	27.9	26.2	29.7
	55–64	5.7	5.0	6.6	29.2	27.8	30.7	25.9	24.5	27.3	13.4	12.4	14.6	20.7	19.4	22.1
	65–74	6.1	5.4	6.9	34.7	33.2	36.2	31.4	30.0	32.9	10.6	9.6	11.5	10.6	9.7	11.7
	75–84	5.4	4.5	6.3	35.5	33.6	37.5	29.4	27.6	31.3	10.2	9.1	11.5	8.9	7.8	10.2
	85+	4.1	2.9	5.6	31.8	28.2	35.5	26.0	22.7	29.7	12.5	10.1	15.3	8.8	6.9	11.1
	Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.28 shows the time spent sitting on an average weekday during the preceding week, by duration, departmental region and sex. A significantly higher proportion of men and women who lived in the metropolitan regions spent eight hours or more sitting on an average weekday during the preceding week compared with their rural counterparts. A significantly lower proportion of men who lived in Hume Region spent eight hours or more sitting on an average weekday during the preceding week compared with all Victorian men. A significantly lower proportion of women who lived in Barwon-South Western Region, Gippsland Region and Loddon Mallee Region spent eight hours or more sitting on an average weekday during the preceding week compared with all Victorian women.

Table 5.28: Proportion (%) of adult population sitting on an average weekday, by duration, Department of Health and Human Services region and sex, Victoria, 2014

Region		Time spent sitting on an average weekday during preceding week															
		< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
		%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
Males (18+ years)																	
Eastern Metropolitan		3.6*	2.2	5.9	19.6	16.6	22.9	26.6	22.8	30.7	16.6	13.5	20.3	31.9	28.0	36.1	
North & West Metropolitan		4.7	3.7	5.9	24.0	21.4	26.8	24.5	22.0	27.2	16.6	14.4	19.0	27.6	25.1	30.4	
Southern Metropolitan		3.7	2.6	5.3	26.9	23.5	30.7	21.3	18.3	24.6	14.1	11.6	16.9	31.4	27.6	35.4	
All metropolitan regions		4.1	3.4	4.9	24.0	22.2	25.9	24.0	22.2	25.8	15.8	14.3	17.4	29.8	27.9	31.8	
Barwon-South Western		4.6	3.3	6.5	27.8	22.0	34.5	25.7	19.7	32.8	19.7	13.5	27.7	19.9	14.7	26.2	
Gippsland		9.1	5.5	14.6	25.8	21.4	30.6	27.0	21.5	33.3	11.4	8.3	15.4	21.1	15.3	28.4	
Grampians		6.1	3.7	9.7	32.7	26.9	39.0	23.2	18.9	28.2	12.3	8.6	17.4	23.2	18.0	29.4	
Hume		10.2*	6.1	16.3	27.1	23.0	31.6	27.7	22.7	33.3	14.4	11.1	18.5	17.6	14.2	21.5	
Loddon Mallee		6.7	4.9	9.1	28.7	22.8	35.4	24.7	20.4	29.6	16.8	12.0	22.9	19.9	14.6	26.6	
All rural regions		7.0	5.7	8.6	28.3	25.7	31.1	25.7	23.2	28.5	15.5	13.1	18.3	20.2	17.7	22.9	
Victoria		4.7	4.1	5.5	25.0	23.5	26.6	24.5	23.0	26.0	15.7	14.4	17.1	27.5	25.9	29.2	
Females (18+ years)																	
Eastern Metropolitan		6.8	5.1	9.0	25.1	22.1	28.3	25.1	21.5	29.0	13.1	10.8	15.9	24.4	20.9	28.3	
North & West Metropolitan		7.4	6.2	8.7	28.1	25.9	30.4	24.2	22.0	26.5	13.8	12.0	15.9	20.2	18.1	22.6	
Southern Metropolitan		7.6	6.2	9.2	28.2	25.4	31.2	24.8	22.2	27.6	12.9	10.2	16.2	22.1	19.3	25.2	
All metropolitan regions		7.2	6.4	8.1	27.5	25.9	29.0	24.7	23.1	26.3	13.3	12.0	14.8	21.9	20.3	23.5	
Barwon-South Western		5.3	3.7	7.5	38.2	30.8	46.3	25.1	20.4	30.6	12.2	8.3	17.6	14.4	10.9	18.7	
Gippsland		8.7	6.5	11.6	31.3	26.6	36.3	27.0	22.1	32.4	11.8	9.1	15.1	14.4	10.9	18.8	
Grampians		6.1	4.7	7.8	33.2	29.3	37.3	25.4	20.8	30.6	14.6	10.0	20.7	15.9	11.3	21.8	
Hume		7.3	5.6	9.3	32.0	28.3	35.9	26.6	23.1	30.4	13.0	10.5	16.0	15.8	13.0	19.0	
Loddon Mallee		6.1	4.8	7.6	34.4	29.2	40.0	25.6	21.7	29.8	12.5	9.5	16.3	13.4	10.6	16.7	
All rural regions		6.6	5.8	7.6	34.0	31.1	36.9	26.0	23.8	28.2	12.8	11.0	14.9	14.7	13.0	16.5	
Victoria		7.1	6.4	7.8	28.9	27.5	30.2	25.0	23.7	26.4	13.2	12.1	14.4	20.3	19.0	21.6	

Table 5.28: Proportion (%) of adult population sitting on an average weekday, by duration, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Time spent sitting on an average weekday during preceding week															
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
People (18+ years)																
Eastern Metropolitan	5.2	4.0	6.7	22.4	20.2	24.7	25.9	23.2	28.7	14.8	12.8	17.1	28.1	25.4	30.9	
North & West Metropolitan	6.1	5.3	7.0	26.0	24.3	27.8	24.3	22.6	26.1	15.2	13.7	16.7	23.8	22.2	25.6	
Southern Metropolitan	5.7	4.7	6.8	27.6	25.3	30.0	23.0	21.0	25.1	13.5	11.6	15.6	26.6	24.2	29.2	
All metropolitan regions	5.7	5.1	6.3	25.8	24.6	27.0	24.3	23.1	25.5	14.5	13.5	15.6	25.7	24.5	27.0	
Barwon-South Western	4.9	3.9	6.3	33.0	27.9	38.5	25.4	21.5	29.8	15.9	12.0	20.8	17.1	13.9	20.9	
Gippsland	9.2	6.9	12.2	28.3	25.1	31.7	26.9	23.1	31.0	11.4	9.4	13.7	17.8	14.1	22.2	
Grampians	6.0	4.6	7.9	33.0	29.4	36.9	24.3	21.1	27.8	13.4	10.3	17.3	19.4	15.9	23.5	
Hume	8.8	6.3	12.0	29.5	26.6	32.6	27.2	23.9	30.7	13.7	11.5	16.2	16.6	14.3	19.1	
Loddon Mallee	6.3	5.2	7.7	31.5	27.4	35.9	25.3	22.3	28.4	14.8	11.7	18.5	16.7	13.4	20.5	
All rural regions	6.9	6.0	7.8	31.1	29.2	33.2	25.8	24.1	27.6	14.1	12.6	15.8	17.4	15.9	19.1	
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9	

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.29 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Eastern Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly higher among those who lived in the LGA of Whitehorse (C) compared with all Victorian adults.

Table 5.29: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week															
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
Boroondara (C)	2.6*		1.5	4.4	23.5	18.2	29.9	26.8	20.6	34.1	14.0	9.7	19.8	30.2	23.6	37.6
Knox (C)	6.4*		3.6	11.0	25.9	20.1	32.8	23.9	17.0	32.6	13.9	9.3	20.3	25.7	19.2	33.5
Manningham (C)	5.3*		3.2	8.6	21.0	16.0	26.9	27.8	20.9	35.9	14.1	9.2	21.0	25.9	20.0	32.9
Maroondah (C)	**				19.7	15.9	24.1	24.7	18.6	32.1	16.9	10.5	26.1	27.8	20.2	37.1
Monash (C)	7.0*		4.1	11.6	19.2	15.3	23.8	24.7	19.4	30.8	16.7	12.2	22.5	29.6	23.9	36.0
Whitehorse (C)	3.9*		2.1	6.9	22.5	17.3	28.6	23.3	18.0	29.7	12.8	9.2	17.6	35.2	27.9	43.3
Yarra Ranges (S)	4.6*		2.6	8.1	25.6	18.3	34.7	30.9	22.7	40.5	15.7	10.4	23.0	19.3	14.8	24.8
Eastern Metropolitan Region	5.2		4.0	6.7	22.4	20.2	24.7	25.9	23.2	28.7	14.8	12.8	17.1	28.1	25.4	30.9
Victoria	5.9		5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.30 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in North & West Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly higher among those who lived in the LGA of Melbourne (C) compared with all Victorian adults.

Table 5.30: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week																	
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day					
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL		
Banyule (C)	3.9*		2.1	7.3	28.4		21.4	36.5	25.3		19.2	32.5	17.1	11.8	24.2	21.8	16.2	28.6
Brimbank (C)	6.1		4.2	8.8	31.0		25.6	37.0	19.9		15.3	25.6	11.8	8.4	16.3	25.8	20.5	31.9
Darebin (C)	4.2		2.6	6.6	28.2		21.8	35.6	27.0		20.3	34.9	18.8	13.1	26.3	18.5	13.8	24.5
Hobsons Bay (C)	8.6*		4.2	17.0	23.5		17.5	30.6	22.9		16.4	31.1	14.9	10.4	20.9	25.8	18.4	34.9
Hume (C)	6.8		4.3	10.7	29.4		24.6	34.7	24.1		19.0	30.1	12.4	8.5	17.6	23.0	17.6	29.3
Maribyrnong (C)	10.5		6.4	16.7	22.0		16.8	28.2	24.4		18.5	31.3	12.5	8.0	19.1	24.3	18.9	30.6
Melbourne (C)	1.3*		0.7	2.4	22.3		16.5	29.4	23.2		17.8	29.7	17.4	12.7	23.4	32.4	26.2	39.2
Melton (S)	9.4*		5.4	15.8	22.9		18.1	28.5	27.6		21.9	34.1	15.1	9.7	22.9	19.0	15.0	23.8
Moonee Valley (C)	3.6*		2.2	5.9	19.2		15.1	24.0	30.3		24.1	37.3	14.8	10.7	20.0	28.3	22.1	35.5
Moreland (C)	7.0*		4.1	11.5	19.2		15.0	24.1	26.1		20.1	33.3	18.0	13.0	24.2	24.3	18.1	31.9
Nillumbik (S)	4.1*		2.4	6.8	29.6		23.5	36.4	26.8		21.0	33.4	13.0	8.5	19.3	22.9	17.0	30.1
Whittlesea (C)	7.9		5.2	11.7	28.4		23.4	34.0	21.2		17.1	26.0	17.6	13.3	23.0	20.2	15.9	25.3
Wyndham (C)	7.6		5.1	11.1	26.6		21.6	32.3	25.2		20.0	31.1	10.8	7.6	14.9	24.2	19.3	29.9
Yarra (C)	5.3*		2.7	10.3	26.5		16.9	39.0	22.0		15.3	30.6	18.3	11.5	27.7	24.9	19.5	31.3
North & West Metropolitan Region	6.1		5.3	7.0	26.0		24.3	27.8	24.3		22.6	26.1	15.2	13.7	16.7	23.8	22.2	25.6
Victoria	5.9		5.5	6.5	27.0		26.0	28.0	24.7		23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.31 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Southern Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was similar across all LGAs in Southern Metropolitan Region compared with all Victorian adults.

Table 5.31: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Bayside (C)	2.8*	1.3	6.2	20.4	15.5	26.3	26.3	19.2	34.9	14.1	9.1	21.3	32.5	24.3	41.8
Cardinia (S)	6.6*	3.9	10.8	29.3	23.8	35.3	28.9	23.1	35.4	11.6	8.1	16.3	19.3	14.3	25.4
Casey (C)	6.6	4.4	9.7	26.7	21.4	32.9	26.6	21.2	32.8	10.6	7.7	14.4	26.5	20.6	33.3
Frankston (C)	6.8	4.1	11.0	29.7	24.0	36.0	23.3	18.1	29.4	10.6	7.4	14.9	24.4	18.9	31.0
Glen Eira (C)	3.5*	1.9	6.6	26.9	21.1	33.6	19.3	14.8	24.8	17.4	11.2	26.0	30.4	23.5	38.4
Greater Dandenong (C)	8.3	5.3	12.7	30.3	23.9	37.5	21.8	16.8	28.0	9.6	6.3	14.3	26.7	20.5	33.9
Kingston (C)	5.5*	2.5	11.8	28.6	22.3	35.8	20.2	13.9	28.4	17.6	11.6	25.7	22.6	16.3	30.6
Mornington Peninsula (S)	8.7*	5.0	14.7	29.9	22.9	38.0	23.6	17.4	31.2	9.7*	5.9	15.7	24.7	17.0	34.5
Port Phillip (C)	3.9	2.5	6.0	24.7	16.8	34.7	18.7	13.9	24.6	20.2	13.2	29.6	30.6	23.4	39.0
Stonnington (C)	4.5*	2.4	8.2	23.5	16.7	31.9	22.1	16.8	28.6	16.3	11.1	23.3	30.8	23.7	39.0
Southern Metropolitan Region	5.7	4.7	6.8	27.6	25.3	30.0	23.0	21.0	25.1	13.5	11.6	15.6	26.6	24.2	29.2
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.32 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Barwon-South Western Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly lower among those who lived in the LGAs of Corangamite (S), Southern Grampians (S) and Surf Coast (S) compared with all Victorian adults.

Table 5.32: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week														
	< 2 hours/day		2 to < 4 hours/day		4 to < 6 hours/day		6 to < 8 hours/day		8+ hours/day		95% CI	UL			
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI					
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL			
Colac-Otway (S)	12.5*	6.4	23.0	24.5	19.0	31.0	25.4	18.4	34.0	6.9*	3.6	12.7	27.4	18.2	39.0
Corangamite (S)	8.5*	4.0	17.2	36.1	27.5	45.7	27.8	21.3	35.4	10.4*	5.8	18.0	10.2	6.7	15.2
Glenelg (S)	5.0*	2.8	8.7	29.7	23.3	37.0	25.7	19.6	32.8	16.4	11.2	23.2	16.8	11.1	24.7
Greater Geelong (C)	2.7*	1.6	4.5	34.9	27.1	43.5	26.2	20.2	33.3	15.9	10.2	23.8	17.4	12.6	23.4
Moynes (S)	5.9	3.7	9.2	36.4	28.0	45.8	20.4	15.7	26.1	14.2	8.6	22.4	19.5	13.0	28.0
Queenscliffe (B)	4.5*	2.5	8.0	33.3	22.3	46.6	31.3	22.3	41.9	5.6*	3.1	9.7	23.2*	13.5	36.9
Southern Grampians (S)	8.9*	4.1	18.3	28.1	22.7	34.2	21.3	16.0	27.9	20.9	12.5	32.8	14.5	9.3	21.8
Surf Coast (S)	12.4*	7.2	20.4	28.7	22.1	36.3	24.0	18.0	31.3	19.3	12.1	29.4	13.1	8.5	19.5
Warrnambool (C)	5.1	3.1	8.2	33.1	25.8	41.3	19.5	15.5	24.1	16.7	10.2	26.1	19.5	13.7	26.9
Barwon-South Western Region	4.9	3.9	6.3	33.0	27.9	38.5	25.4	21.5	29.8	15.9	12.0	20.8	17.1	13.9	20.9
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.33 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Gippsland Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly lower among those who lived in the LGAs of Baw Baw (S) and South Gippsland (S) compared with all Victorian adults.

Table 5.33: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Gippsland Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to <6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Bass Coast (S)	12.1*	5.2 26.0	29.0 22.7 36.1	27.0 18.7 37.3	9.9 6.1 15.5	18.7*	10.5 31.1								
Baw Baw (S)	7.1*	3.8 13.2	24.7 18.2 32.5	26.7 21.2 33.0	12.9 8.4 19.2	15.4	10.3 22.4								
East Gippsland (S)	7.8*	3.7 15.6	33.2 24.8 42.8	28.7 20.0 39.5	7.4 5.1 10.5	18.4*	10.6 30.1								
Latrobe (C)	11.2	7.0 17.4	24.7 18.8 31.8	26.0 18.2 35.6	10.6 6.8 16.0	20.2	12.6 30.9								
South Gippsland (S)	8.2	5.0 13.2	36.5 28.6 45.2	22.9 16.9 30.3	15.5 9.7 23.7	14.1	9.3 20.8								
Wellington (S)	7.2	4.7 11.0	29.3 23.8 35.5	30.9 24.2 38.6	13.1 9.1 18.5	16.0	10.2 24.1								
Gippsland Region	9.2	6.9 12.2	28.3 25.1 31.7	26.9 23.1 31.0	11.4 9.4 13.7	17.8	14.1 22.2								
Victoria	5.9	5.5 6.5	27.0 26.0 28.0	24.7 23.7 25.7	14.4 13.6 15.3	23.8	22.7 24.9								

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.34 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Grampians Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly lower among those who lived in the LGAs of Hepburn (S) and Northern Grmpians (S) compared with all Victorian Adults.

Table 5.34: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Grampians Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week															
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day			
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
Ararat (RC)	**		31.0	23.8	39.3	24.2	17.5	32.5	12.1	8.5	16.9	23.9	16.3	33.4		
Ballarat (C)	4.0	2.5	6.3	33.3	26.8	40.5	22.2	16.8	28.8	15.6	10.5	22.6	21.7	15.6	29.4	
Golden Plains (S)	7.3*	4.2	12.3	32.2	25.4	39.7	30.0	23.0	38.2	10.3	6.3	16.5	17.7	12.4	24.6	
Hepburn (S)	4.0*	2.4	6.7	33.6	24.9	43.5	27.8	21.3	35.4	17.7*	9.1	31.7	10.6	6.9	15.9	
Hindmarsh (S)	5.6*	3.4	9.4	34.5	26.6	43.4	23.4	17.1	31.0	11.9	7.5	18.4	21.0	13.7	30.8	
Horsham (RC)	14.4*	5.7	31.9	30.4	25.3	36.1	25.0	16.9	35.3	12.2*	6.5	22.0	15.7	9.6	24.7	
Moorabool (S)	8.6*	5.0	14.5	33.3	26.7	40.5	23.1	17.7	29.5	7.6	5.1	11.1	20.8	15.0	28.1	
Northern Grampians (S)	12.4*	7.2	20.6	34.0	26.1	43.0	30.5	22.2	40.2	9.2	5.7	14.4	10.8*	5.8	19.3	
Pyrenees (S)	6.7*	3.7	11.8	31.0	23.7	39.4	20.3	13.3	29.6	20.6	12.9	31.0	16.7*	10.0	26.6	
West Wimmera (S)	4.5	2.9	7.1	27.7	21.7	34.6	31.2	23.5	40.1	11.4	7.8	16.3	21.4	12.8	33.5	
Yarriambiack (S)	6.1*	3.6	10.1	31.4	24.4	39.3	30.8	22.3	40.9	7.4	5.1	10.4	19.3*	11.0	31.5	
Grampians Region	6.0	4.6	7.9	33.0	29.4	36.9	24.3	21.1	27.8	13.4	10.3	17.3	19.4	15.9	23.5	
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9	

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.35 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Hume Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly lower among those who lived in the LGAs of Alpine (S), Mansfield (S), Mitchell (S), Moira (S), Strathbogie (S), Towong (S), Wangaratta (RC) and Wodonga (RC) compared with all Victorian adults.

Table 5.35: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Hume Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Alpine (S)	3.9*	2.3	6.5	45.7	37.3	54.3	15.0	11.0	20.1	17.2*	9.3	29.5	14.8	9.8	21.6
Benalla (RC)	9.8*	5.1	18.0	22.1	16.0	29.7	32.3	24.6	40.9	9.6*	5.6	16.0	21.5	14.1	31.5
Greater Shepparton (C)	11.1*	5.4	21.3	26.1	20.0	33.3	22.1	17.1	28.1	15.4	10.2	22.7	19.8	13.9	27.5
Indigo (S)	7.8	4.9	12.3	35.4	26.3	45.8	24.9	16.8	35.2	12.6	8.1	19.2	17.4	10.9	26.7
Mansfield (S)	5.4*	2.6	11.1	32.4	22.9	43.8	22.1	15.2	30.9	26.4	16.7	39.2	10.5	6.8	15.8
Mitchell (S)	9.2*	4.6	17.6	22.7	17.7	28.5	37.0	27.4	47.6	11.7	7.1	18.6	15.3	10.9	21.2
Moira (S)	6.5*	3.5	11.8	43.1	34.2	52.5	19.6	13.4	27.6	10.5	7.4	14.8	15.9	11.1	22.2
Murrindindi (S)	4.7*	2.5	8.6	23.5	18.2	29.6	34.0	25.1	44.0	13.9	9.3	20.3	21.2	14.2	30.3
Strathbogie (S)	7.8*	3.6	15.9	25.0	18.2	33.3	45.6	36.6	54.9	7.7	5.5	10.7	11.5	7.5	17.4
Towong (S)	6.8*	3.6	12.3	41.3	32.0	51.4	25.3	17.5	34.9	15.8	10.8	22.4	7.0	4.4	10.9
Wangaratta (RC)	8.3*	3.6	18.3	25.3	18.9	32.9	32.7	23.5	43.5	14.2	9.1	21.4	13.2	9.3	18.4
Wodonga (RC)	9.3*	5.3	15.9	32.8	26.0	40.4	24.7	19.5	30.7	13.8	9.5	19.7	15.7	10.8	22.2
Hume Region	8.8	6.3	12.0	29.5	26.6	32.6	27.2	23.9	30.7	13.7	11.5	16.2	16.6	14.3	19.1
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses; not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.36 shows the time spent sitting on an average weekday during the preceding week, by duration and LGA, in Loddon Mallee Region. The proportion of adults who spent eight hours or more sitting on an average weekday during the preceding week was significantly lower among those who lived in the LGAs of Campaspe (S), Central Goldfields (S), Gannawarra (S), Macedon Ranges (S) and Mildura (RC) compared with all Victorian adults.

Table 5.36: Proportion (%) of adult population sitting on an average weekday, by duration and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Time spent sitting on an average weekday during preceding week														
	< 2 hours/day		2 to < 4 hours/day		4 to < 6 hours/day		6 to < 8 hours/day		8+ hours/day		95% CI	UL			
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI					
Buloke (S)	9.6*	5.4	16.3	19.0	33.4	30.9	23.6	39.3	12.3*	6.4	22.2	17.2	11.2	25.7	
Campaspe (S)	7.8*	4.3	13.8	25.2	42.8	24.3	18.3	31.4	14.4*	8.6	23.0	13.7	9.4	19.4	
Central Goldfields (S)	9.8*	5.0	18.4	29.1	22.5	36.6	32.2	41.5	12.5*	7.3	20.6	13.1	8.9	18.9	
Gannawarra (S)	10.6	6.4	16.9	27.9	21.9	34.7	29.3	18.5	42.9	11.0	7.5	15.8	12.0*	6.6	20.8
Greater Bendigo (C)	4.7	3.0	7.3	29.2	21.9	37.8	26.5	21.0	32.8	15.7	10.9	22.3	17.5	11.3	26.2
Loddon (S)	7.0*	3.8	12.7	28.1	22.0	35.0	25.6	16.3	37.8	12.6*	7.2	21.2	14.4*	8.1	24.5
Macedon Ranges (S)	5.4*	3.3	8.7	38.6	27.1	51.5	19.5	15.7	24.0	16.2*	7.3	32.3	14.7	10.8	19.7
Mildura (RC)	6.4	4.2	9.5	29.2	20.9	39.3	29.4	21.7	38.5	14.9*	8.8	24.2	15.6	10.6	22.4
Mount Alexander (S)	5.2	3.4	7.9	26.4	20.2	33.7	18.0	13.4	23.6	16.8*	9.2	28.9	30.4	20.0	43.2
Swan Hill (RC)	11.0*	5.9	19.8	35.7	26.9	45.6	22.3	16.1	30.0	11.2*	6.4	19.1	16.1*	9.4	26.4
Loddon Mallee Region	6.3	5.2	7.7	31.5	27.4	35.9	25.3	22.3	28.4	14.8	11.7	18.5	16.7	13.4	20.5
Victoria	5.9	5.5	6.5	27.0	26.0	28.0	24.7	23.7	25.7	14.4	13.6	15.3	23.8	22.7	24.9

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Time spent sitting on a weekend day

Respondents were asked about the time they spent sitting while at work, while at home, while doing study and during leisure time. This included time spent sitting at a desk, in the car, reading or sitting or lying down to watch television.

Table 5.37 shows the time spent sitting on a weekend day during the preceding week, by duration, age group and sex. A significantly higher proportion of men spent eight hours or more sitting on a weekend day during the preceding week compared with the proportion of women. A significantly higher proportion of men and women 18–24 years of age spent eight hours or more sitting compared with all Victorian men and women, respectively.

Table 5.37: Proportion (%) of adult population sitting on an average weekend day, by duration, age group and sex, Victoria, 2014

Age group (years)	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Males	76	4.8	11.9	25.7	20.4	31.7	24.5	19.4	30.4	17.1	12.4	23.1	22.0	16.8	28.3
25–34	4.8*	2.9	7.8	30.6	25.2	36.6	33.3	27.9	39.2	13.4	9.5	18.5	16.2	12.2	21.2
35–44	11.1	9.0	13.6	37.3	33.9	40.8	31.2	27.8	34.7	10.0	8.0	12.4	8.6	6.9	10.8
45–54	7.5	6.1	9.2	36.6	33.8	39.6	31.0	28.2	34.0	11.4	9.6	13.5	10.0	8.4	12.0
55–64	6.5	5.5	7.8	37.8	35.4	40.2	29.3	27.1	31.6	10.6	9.2	12.2	11.5	9.9	13.3
65–74	7.4	6.2	8.8	36.1	33.9	38.5	31.1	28.9	33.3	10.2	8.9	11.8	9.6	8.3	11.1
75–84	5.7	4.5	7.2	36.0	33.0	39.1	31.2	28.4	34.2	9.7	8.0	11.7	9.2	7.5	11.3
85+	4.0*	2.3	6.9	32.3	26.6	38.4	29.2	23.5	35.6	13.8	10.1	18.6	7.4	4.9	11.0
Victoria	7.3	6.4	8.2	34.0	32.3	35.6	30.3	28.7	31.9	12.1	10.9	13.5	12.8	11.5	14.1
Females	7.3*	4.5	11.9	29.9	24.3	36.2	29.1	23.4	35.6	13.5	9.7	18.5	17.2	12.7	22.7
25–34	10.8	8.3	13.9	40.9	36.1	45.8	29.0	24.6	33.8	10.8	7.6	15.1	5.0	3.4	7.3
35–44	13.9	12.2	15.9	42.4	39.8	45.1	25.8	23.5	28.2	7.1	5.9	8.6	6.5	5.3	7.9
45–54	9.9	8.6	11.4	41.7	39.4	44.1	28.0	25.9	30.2	8.9	7.7	10.4	6.3	5.3	7.6
55–64	8.3	7.1	9.6	39.6	37.5	41.7	27.0	25.2	29.0	9.9	8.7	11.3	7.8	6.7	9.1
65–74	8.7	7.5	10.0	37.3	35.3	39.4	28.5	26.6	30.4	9.4	8.2	10.7	6.0	5.1	7.1
75–84	6.7	5.5	8.1	33.7	31.2	36.3	26.9	24.6	29.3	9.0	7.7	10.5	7.1	5.8	8.7
85+	5.4	3.7	7.7	27.2	23.0	31.8	22.8	19.2	27.0	12.8	9.8	16.5	9.8	7.3	13.1
Victoria	9.7	8.9	10.7	38.3	36.9	39.9	27.7	26.3	29.1	10.0	8.9	11.1	8.0	7.1	9.0

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.37: Proportion (%) of adult population sitting on an average weekend day, by duration, age group and sex, Victoria, 2014
(continued)

Age group (years)	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Persons	7.5	5.3	10.4	27.7	23.8	32.0	26.7	22.8	31.1	15.3	12.2	19.1	19.6	16.1	23.7
18–24	7.5	5.3	10.4	27.7	23.8	32.0	26.7	22.8	31.1	15.3	12.2	19.1	19.6	16.1	23.7
25–34	7.8	6.2	9.8	35.7	32.1	39.6	31.2	27.6	34.9	12.1	9.5	15.3	10.6	8.4	13.4
35–44	12.5	11.1	14.1	39.9	37.7	42.1	28.4	26.4	30.5	8.5	7.3	9.9	7.6	6.5	8.8
45–54	8.7	7.7	9.8	39.2	37.4	41.1	29.5	27.7	31.3	10.1	9.0	11.4	8.1	7.1	9.3
55–64	8.7	6.6	8.3	38.7	37.1	40.3	28.2	26.7	29.6	10.3	9.3	11.3	9.6	8.6	10.7
65–74	8.7	7.3	9.0	36.8	35.3	38.3	29.7	28.2	31.1	9.8	8.9	10.8	7.6	6.8	8.5
75–84	8.7	5.3	7.2	34.8	32.8	36.7	28.9	27.1	30.8	9.3	8.3	10.5	8.1	7.0	9.3
85+	8.7	3.5	6.5	29.3	25.9	33.0	25.5	22.2	29.1	13.2	10.8	16.1	8.8	6.9	11.1
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.38 shows the time spent sitting on a weekend day during the preceding week, by duration, departmental region and sex. A significantly higher proportion of men who lived in the metropolitan regions spent eight hours or more sitting on an average weekend day during the preceding week compared with their rural counterparts. A significantly lower proportion of men who lived in Hume Region spent eight hours or more sitting on an average weekend day during the preceding week compared with all Victorian men. A significantly lower proportion of women who lived in Barwon-South Western Region spent eight hours or more sitting on an average weekend day during the preceding week compared with all Victorian women.

Table 5.38: Proportion (%) of adult population sitting on an average weekend day, by duration, Department of Health and Human Services region and sex, Victoria, 2014

Region	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day		2 to < 4 hours/day		4 to < 6 hours/day		6 to < 8 hours/day		8+ hours/day						
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI			
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL			
Males (18+ years)															
Eastern Metropolitan	5.8	3.8	8.7	33.3	29.7	37.1	31.2	27.3	35.5	12.1	9.5	15.1	14.3	11.1	18.3
North & West Metropolitan	6.7	5.5	8.1	32.8	30.1	35.6	29.4	26.9	32.0	12.9	10.8	15.4	14.2	11.9	16.8
Southern Metropolitan	6.7	5.1	8.7	34.4	30.6	38.4	30.4	26.8	34.3	12.6	9.9	15.9	12.3	9.9	15.1
All metropolitan regions	6.4	5.5	7.4	33.7	31.7	35.7	30.0	28.2	32.0	12.6	11.1	14.2	13.6	12.1	15.3
Barwon-South Western	10.3*	6.1	16.7	34.6	28.7	41.0	32.7	26.0	40.3	10.8	6.7	16.9	9.2*	5.5	15.0
Gippsland	11.2	7.3	16.6	30.7	24.6	37.6	29.9	24.2	36.3	13.8	8.6	21.5	9.9	7.1	13.6
Grampians	8.5	6.1	11.7	39.2	32.9	45.8	30.7	25.1	37.0	8.0	6.0	10.6	10.6	7.4	14.9
Hume	10.8	6.6	17.1	34.4	29.9	39.1	33.3	28.1	39.1	10.2	7.5	13.8	8.0	5.8	11.0
Loddon Mallee	10.1	7.8	12.9	34.7	28.9	41.1	29.5	23.6	36.1	10.4	7.5	14.4	11.6	7.3	18.0
All rural regions	10.2	8.4	12.4	34.6	31.8	37.4	31.4	28.5	34.5	10.6	8.7	12.9	9.9	8.1	12.1
Victoria	7.3	6.4	8.2	34.0	32.3	35.6	30.3	28.7	31.9	12.1	10.9	13.5	12.8	11.5	14.1
Females (18+ years)															
Eastern Metropolitan	9.3	7.1	12.2	34.7	31.2	38.3	30.1	26.4	34.1	9.8	7.8	12.2	10.8	8.3	14.1
North & West Metropolitan	10.5	9.1	12.1	39.1	36.5	41.7	26.5	24.3	28.9	9.5	8.1	11.1	6.8	5.6	8.3
Southern Metropolitan	10.1	8.4	12.1	38.0	34.9	41.2	27.5	24.7	30.5	11.3	8.7	14.6	7.7	6.1	9.7
All metropolitan regions	10.0	9.0	11.1	37.8	36.0	39.6	27.7	26.0	29.4	10.2	9.0	11.6	8.1	7.1	9.2
Barwon-South Western	7.7	5.7	10.4	44.9	38.7	51.3	29.1	22.5	36.6	9.3	6.8	12.7	4.3	2.8	6.6
Gippsland	11.7	8.5	15.9	36.7	31.8	41.8	25.1	21.1	29.6	8.6	6.5	11.3	11.7	7.8	17.2
Grampians	6.1	4.9	7.4	45.4	39.7	51.2	25.8	21.9	30.0	7.0	5.5	8.9	9.4*	5.4	15.7
Hume	10.9	8.7	13.5	38.2	34.4	42.2	26.6	23.0	30.5	9.8	7.7	12.4	8.3	6.1	11.1
Loddon Mallee	8.4	6.6	10.5	36.7	32.1	41.7	29.8	24.8	35.3	8.8	6.1	12.4	9.1	6.0	13.5
All rural regions	8.9	7.8	10.1	40.6	38.0	43.2	27.6	24.9	30.4	8.8	7.7	10.1	8.1	6.6	9.8
Victoria	9.7	8.9	10.7	38.3	36.9	39.9	27.7	26.3	29.1	10.0	8.9	11.1	8.0	7.1	9.0

Table 5.38: Proportion (%) of adult population sitting on an average weekend day, by duration, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Time spent sitting on an average weekend day during preceding week																
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day				
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	
People (18+ years)																	
Eastern Metropolitan	7.6	6.0	9.5	34.0	31.4	36.6	30.6	27.8	33.5	10.9	9.2	12.8	12.6	10.5	15.1		
North & West Metropolitan	8.6	7.7	9.7	35.9	34.0	37.8	27.9	26.2	29.6	11.3	9.9	12.7	10.5	9.2	12.0		
Southern Metropolitan	8.4	7.2	9.8	36.2	33.8	38.8	28.9	26.6	31.3	12.0	10.0	14.2	9.9	8.5	11.6		
All metropolitan regions	8.2	7.5	9.0	35.7	34.4	37.1	28.8	27.5	30.1	11.4	10.4	12.5	10.8	9.9	11.8		
Barwon-South Western	9.1	6.5	12.4	39.6	34.9	44.5	30.9	25.8	36.5	10.1	7.4	13.5	6.8	4.6	9.9		
Gippsland	11.6	8.9	14.9	33.6	29.6	37.9	27.5	24.0	31.4	11.4	8.1	15.8	10.4	7.8	13.7		
Grampians	7.2	5.9	8.8	42.3	38.1	46.7	28.2	24.6	32.1	7.6	6.3	9.1	9.8	7.1	13.4		
Hume	10.9	8.3	14.1	36.2	33.2	39.4	30.0	26.6	33.7	10.0	8.2	12.1	8.2	6.5	10.2		
Loddon Mallee	9.1	7.7	10.8	35.7	31.9	39.7	29.7	25.7	34.1	9.6	7.5	12.1	10.4	7.5	14.3		
All rural regions	9.5	8.5	10.8	37.6	35.6	39.5	29.4	27.4	31.5	9.8	8.6	11.1	8.9	7.7	10.3		
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2		

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Time spent sitting on an average weekend by departmental region and local government area

GIPPSLAND FRANKSTON GANNAWARRA GLEN EIRA GLENELG GOLDEN PLAINS GREATER BENDIGO GREATER DANDENONG GREATER GEELONG GREATER SHEPPARTON HEPBURN HINDMARSH HOBSONS BAY HORSHAM HUME INDIGO KINGSTON KNOX LATROBE LODDON MACEDON RANGES MANNINGHAM MANSFIELD MARIBYRNONG MAROONDAH MELBOURNE MELTON MILDURA MITCHELL MOIRA MONASH MOONEE VALLEY MOORABOOL MORELAND MORNINGTON PENINSULA MOUNT ALEXANDER MOYNE MURRINDINDI NILLUMBIK NORTHERN GRAMPPIANS PORT PHILLIP PYRENEES QUEENSCLIFFE SOUTHERN GRAMPPIANS SOUTH GIPPSLAND STONNINGTON STRATHBOGIE SURF COAST SWAN HILL TOWONG WANGARATTA WARRNAMBOOL WELLINGTON WEST WIMMERA WHITEHORSE WHITTLESEA WODONGA WYNDHAM YARRA YARRA RANGES YARRIAMBIA

Table 5.39 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Eastern Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults.

Table 5.39: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Boroondara (C)	9.5	6.0	14.7	26.6	22.0	31.8	37.8	30.8	45.5	11.3	7.4	16.9	12.3	7.5	19.5
Knox (C)	6.0	3.8	9.3	40.8	33.2	48.9	30.7	23.2	39.4	9.2	5.9	14.0	11.3	7.1	17.4
Manningham (C)	5.8	3.8	8.9	34.3	27.7	41.7	29.0	22.5	36.6	10.5*	6.2	17.1	11.1	7.1	17.1
Maroondah (C)	6.5	4.1	10.2	34.3	28.2	40.8	34.9	26.1	44.8	7.7	5.1	11.4	10.5*	5.6	18.8
Monash (C)	5.8*	3.2	10.3	37.1	31.3	43.3	27.1	22.0	32.9	12.0	8.2	17.2	14.1	10.0	19.5
Whitehorse (C)	9.6*	5.3	16.9	31.5	25.2	38.5	28.9	23.0	35.5	11.2	7.9	15.6	15.8	10.1	24.0
Yarra Ranges (S)	10.1*	4.7	20.2	32.8	26.3	40.0	25.9	20.4	32.3	14.4	9.0	22.3	11.0*	5.4	21.0
Eastern Metropolitan Region	7.6	6.0	9.5	34.0	31.4	36.6	30.6	27.8	33.5	10.9	9.2	12.8	12.6	10.5	15.1
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.40 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in North & West Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was significantly lower among those who lived in the LGA of Hobsons Bay (C) compared with all Victorian adults.

Table 5.40: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Banyule (C)	7.4	4.8	11.3	40.7	33.1	48.8	30.2	23.8	37.5	9.1	6.1	13.4	7.5*	4.3	12.8
Brimbank (C)	10.8	7.4	15.3	35.6	30.2	41.4	21.7	17.1	27.1	11.5	7.9	16.5	12.7	8.4	18.7
Darebin (C)	7.1	4.9	10.2	38.8	31.9	46.2	26.5	21.2	32.6	12.1*	6.9	20.5	11.5*	6.7	19.2
Hobsons Bay (C)	14.8*	8.9	23.7	35.5	27.4	44.6	30.0	23.3	37.8	8.2*	4.9	13.4	4.6	3.1	6.8
Hume (C)	8.3	6.0	11.4	36.9	31.0	43.2	28.0	22.6	34.2	9.3	5.8	14.6	10.2	6.9	15.0
Maribyrnong (C)	8.9	6.1	12.7	35.9	29.3	43.0	27.1	20.9	34.3	14.4	9.3	21.6	8.2	5.0	13.2
Melbourne (C)	3.6*	2.0	6.4	28.1	22.6	34.3	33.8	27.4	40.8	16.2	11.1	23.0	13.7	9.0	20.3
Melton (S)	10.1*	5.9	16.7	33.8	27.1	41.2	29.5	23.6	36.2	10.2	6.2	16.3	10.1	6.7	14.9
Moonee Valley (C)	7.6	5.0	11.3	33.9	27.9	40.5	32.0	25.7	39.1	13.6	9.2	19.6	8.7	5.6	13.4
Moreland (C)	7.9	5.1	11.9	42.7	35.9	49.7	23.0	18.5	28.3	10.7	7.3	15.6	8.5*	5.1	13.8
Nillumbik (S)	7.7	5.1	11.4	39.0	32.5	45.8	26.3	20.6	32.9	15.0	9.2	23.5	6.7	4.1	10.7
Whittlesea (C)	10.1	7.1	14.2	36.9	31.4	42.8	29.1	24.0	34.8	8.2	5.4	12.4	10.4	7.1	15.1
Wyndham (C)	8.7	5.9	12.7	32.3	27.2	37.8	26.8	21.7	32.6	11.4	8.4	15.3	13.9	9.6	19.7
Yarra (C)	9.9*	5.5	17.3	37.1	26.7	48.9	25.1	18.3	33.4	10.9*	5.9	19.3	12.3	8.2	18.2
North & West Metropolitan Region	8.6	7.7	9.7	35.9	34.0	37.8	27.9	26.2	29.6	11.3	9.9	12.7	10.5	9.2	12.0
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.
 Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.41 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Southern Metropolitan Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was similar across all LGAs in Southern Metropolitan Region compared with all Victorian adults.

Table 5.41: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Bayside (C)	8.4	5.3	13.1	37.3	29.5	45.8	27.2	19.3	36.8	7.7*	4.5	12.6	15.5*	9.0	25.3
Cardinia (S)	5.2	3.4	8.0	36.0	30.1	42.4	36.5	30.2	43.3	7.2	4.5	11.3	10.8	7.0	16.4
Casey (C)	8.8	5.9	12.8	33.5	27.8	39.8	30.3	24.5	36.8	13.5	9.2	19.3	9.9	6.9	14.0
Frankston (C)	8.5	5.5	13.1	37.3	31.0	44.0	27.1	21.6	33.4	10.2	6.9	14.8	9.5	6.0	14.6
Glen Eira (C)	10.7	6.9	16.2	31.7	26.1	38.0	29.0	23.2	35.6	13.6	8.2	21.7	11.9*	7.0	19.5
Greater Dandenong (C)	11.1	7.2	16.6	34.6	28.2	41.6	27.6	21.7	34.4	12.1	8.0	17.9	10.7	6.9	16.2
Kingston (C)	7.2	4.7	10.9	34.9	27.5	43.0	27.6	21.5	34.7	17.1	10.8	26.0	7.4*	4.4	12.2
Mornington Peninsula (S)	11.3	7.1	17.6	45.2	36.6	54.1	26.2	19.4	34.4	6.2*	3.6	10.7	5.9*	3.3	10.6
Port Phillip (C)	5.5	3.7	8.1	37.6	28.8	47.2	30.3	22.3	39.6	12.8*	6.6	23.3	11.6*	6.6	19.4
Stonnington (C)	6.0*	3.6	9.9	38.2	31.0	45.9	27.4	20.9	35.0	13.5*	7.9	22.0	10.8*	6.5	17.4
Southern Metropolitan Region	8.4	7.2	9.8	36.2	33.8	38.8	28.9	26.6	31.3	12.0	10.0	14.2	9.9	8.5	11.6
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.42 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Barwon-South Western Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was significantly lower among those who lived in the LGAs of Moyne (S), Queenscliffe (B) and Warrnambool (C) compared with all Victorian adults.

Table 5.42: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Colac-Otway (S)	6.4*	3.5	11.5	34.7	27.0	43.4	29.4	20.5	40.1	13.2*	7.2	23.0	11.1*	5.6	20.8
Corangamite (S)	12.8*	7.4	21.3	40.2	31.5	49.6	30.6	23.2	39.2	3.6	2.2	5.7	7.3*	4.2	12.2
Glenelg (S)	6.4	3.9	10.2	33.2	26.7	40.3	29.9	23.3	37.4	13.7	8.6	21.2	9.9*	5.3	17.6
Greater Geelong (C)	8.9*	5.2	14.8	39.2	32.0	46.9	32.3	24.6	41.0	10.0	6.4	15.2	6.7*	3.7	11.8
Moyne (S)	9.6	6.2	14.4	43.1	35.4	51.2	29.8	22.3	38.5	9.7*	5.2	17.4	4.1*	2.0	8.2
Queenscliffe (B)	5.3*	3.1	8.7	48.3	37.2	59.7	37.2	26.8	48.9	3.4	2.1	5.4	3.9*	2.0	7.5
Southern Grampians (S)	8.5*	5.0	13.9	51.9	42.4	61.2	22.0	16.1	29.3	6.5*	3.5	12.0	5.3*	2.7	10.1
Surf Coast (S)	11.3	6.9	17.8	47.2	39.2	55.2	26.3	17.7	37.2	5.5*	3.2	9.3	6.9*	3.4	13.4
Warrnambool (C)	7.5*	3.9	13.7	38.7	31.0	47.0	29.2	22.6	36.9	15.2	9.3	23.9	3.7	2.5	5.6
Barwon-South Western Region	9.1	6.5	12.4	39.6	34.9	44.5	30.9	25.7	36.5	10.1	7.4	13.5	6.8	4.6	9.9
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.43 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Gippsland Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was significantly lower among those who lived in the LGA of East Gippsland (S) compared with all Victorian adults.

Table 5.43: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Gippsland Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Bass Coast (S)	15.1*	7.2	28.7	37.1	29.7	45.2	26.7	18.6	36.8	4.4	3.1	6.2	13.9*	6.7	26.8
Baw Baw (S)	7.8*	4.1	14.1	27.4	22.2	33.4	30.7	23.0	39.7	17.1*	9.1	29.7	9.9	6.0	15.8
East Gippsland (S)	15.6*	8.2	27.8	36.8	27.5	47.3	30.7	21.1	42.2	6.9	4.5	10.5	5.3*	3.2	8.6
Latrobe (C)	11.2	7.2	17.1	34.3	25.2	44.7	24.5	17.6	33.0	12.2*	6.4	21.9	11.1*	6.0	19.7
South Gippsland (S)	10.2*	5.7	17.6	32.6	25.8	40.1	26.4	20.0	34.0	13.8	8.3	22.0	12.3*	7.2	20.1
Wellington (S)	12.5*	7.4	20.2	35.6	29.1	42.6	27.9	20.7	36.5	10.1*	4.4	21.6	9.5*	5.3	16.3
Gippsland Region	11.6	8.9	14.9	33.6	29.6	37.9	27.5	24.0	31.4	11.4	8.1	15.8	10.4	7.8	13.7
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.44 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Grampians Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was similar across all LGAs in Grampians Region compared with all Victorian adults.

Table 5.44: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Grampians Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Ararat (RC)	5.7*	3.3	9.6	37.0	28.5	46.4	29.6	22.9	37.3	8.7*	5.2	14.3	12.6*	7.6	20.4
Ballarat (C)	6.4	3.9	10.3	44.8	37.3	52.5	28.1	21.8	35.4	6.0	4.3	8.4	10.0*	5.7	16.9
Golden Plains (S)	9.6	6.5	14.0	38.9	31.4	46.9	30.9	24.3	38.4	13.4*	7.8	22.1	4.5	2.8	7.3
Heppburn (S)	5.5	3.5	8.6	38.6	29.2	49.0	25.2	19.4	32.0	18.0*	9.2	32.3	7.0*	3.6	13.3
Hindmarsh (S)	5.4	3.3	8.6	32.3	26.0	39.3	28.7	20.6	38.5	12.1*	7.2	19.8	16.6*	10.0	26.4
Horsham (RC)	7.4	5.2	10.4	51.1	41.1	61.0	24.8	19.5	30.9	10.8*	4.8	22.6	2.5	1.6	4.0
Moorabool (S)	8.8	5.6	13.6	35.2	28.7	42.2	28.2	22.6	34.7	4.4	2.9	6.6	16.1	10.5	23.8
Northern Grampians (S)	10.2	6.4	15.7	43.5	34.2	53.3	23.0	16.0	31.9	6.6*	3.6	11.8	11.9*	6.0	22.0
Pyrenees (S)	10.9	6.7	17.2	42.7	32.3	53.8	20.0	14.3	27.1	15.1*	8.5	25.2	6.4*	3.0	13.0
West Wimmera (S)	6.9	4.3	10.8	41.0	31.9	50.8	24.2	18.8	30.6	9.6*	5.7	15.7	12.9*	5.4	27.7
Yarriambiack (S)	8.8	5.5	13.8	32.1	25.0	40.1	34.5	25.3	45.2	7.9	5.2	11.9	11.9*	5.0	25.8
Grampians Region	7.2	5.9	8.8	42.3	38.0	46.7	28.2	24.6	32.1	7.6	6.3	9.1	9.8	7.1	13.4
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.45 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Hume Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was significantly lower among those who lived in the LGAs of Alpine (S), Indigo (S) and Wangaratta (RC) compared with all Victorian adults.

Table 5.45: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Hume Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week																
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day				
	%	95% CI	UL	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
Alpine (S)	14.4*	6.3	29.7	35.7	24.9	48.0	32.6	22.7	44.3	8.8*	5.2	14.8	3.6	2.3	5.7		
Benalla (RC)	10.3*	5.8	17.6	28.7	21.4	37.4	34.8	26.3	44.4	10.1	6.3	15.9	12.4*	6.4	22.6		
Greater Shepparton (C)	15.0*	8.7	24.7	26.6	21.7	32.1	32.4	24.9	41.0	12.0	7.3	19.0	9.0	5.5	14.1		
Indigo (S)	9.3	6.1	13.8	47.8	38.2	57.5	29.5	20.6	40.2	6.8	4.9	9.5	4.1*	2.1	7.8		
Mansfield (S)	13.7*	8.2	22.1	34.2	26.0	43.6	22.6	15.1	32.3	18.5*	9.9	31.8	6.5*	3.7	11.4		
Mitchell (S)	9.9	6.7	14.5	37.8	30.2	46.0	31.4	23.4	40.6	7.9*	4.8	12.8	8.4*	4.4	15.6		
Moira (S)	6.0*	3.2	11.2	49.3	40.4	58.3	20.4	14.4	27.9	11.0	6.8	17.1	5.5*	3.0	9.7		
Murrindindi (S)	7.1*	4.1	12.2	36.7	30.1	44.0	30.0	22.0	39.3	10.2	6.7	15.2	12.1*	6.6	21.3		
Strathbogie (S)	8.9*	4.6	16.7	32.5	22.9	43.8	31.7	21.2	44.6	6.0	3.7	9.7	17.6*	8.3	33.6		
Towong (S)	12.1	7.6	18.7	40.1	30.9	50.1	29.8	21.3	40.0	5.3*	2.9	9.4	7.6*	4.1	13.7		
Wangaratta (RC)	6.8	4.3	10.5	34.9	27.2	43.4	38.1	30.4	46.5	9.8	6.6	14.3	4.6*	2.8	7.6		
Wodonga (RC)	10.6	6.4	16.9	42.3	34.7	50.2	24.1	18.9	30.3	9.1	5.8	14.1	9.6*	5.6	16.0		
Hume Region	10.9	8.3	14.1	36.2	33.2	39.4	30.0	26.6	33.7	10.0	8.2	12.1	8.2	6.5	10.2		
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2		

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.46 shows the time spent sitting on an average weekend day during the preceding week, by duration and LGA, in Loddon Mallee Region. The proportion of adults who spent eight hours or more sitting on an average weekend day during the preceding week was significantly higher among those who lived in the LGA of Swan Hill (RC) compared with all Victorian adults.

Table 5.46: Proportion (%) of adult population sitting on an average weekend day, by duration and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Time spent sitting on an average weekend day during preceding week														
	< 2 hours/day			2 to < 4 hours/day			4 to < 6 hours/day			6 to < 8 hours/day			8+ hours/day		
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL
Buloke (S)	10.3*	5.8	17.5	34.4	27.2	42.4	29.1	20.7	39.2	9.7*	4.4	20.1	11.7*	6.8	19.4
Campaspe (S)	12.9*	7.2	22.2	30.8	24.5	38.0	28.7	20.5	38.6	13.9	8.4	22.1	6.5	4.4	9.4
Central Goldfields (S)	6.7*	3.3	13.1	38.2	29.0	48.3	28.8	21.1	37.9	7.1	4.8	10.3	14.1*	7.7	24.4
Gannawarra (S)	12.3	8.0	18.6	36.4	24.7	49.8	29.7	18.0	44.9	10.4	6.3	16.6	7.6*	3.2	16.7
Greater Bendigo (C)	8.9	6.4	12.2	36.7	29.2	44.9	28.4	21.5	36.4	7.5	4.7	11.8	12.9*	7.3	21.7
Loddon (S)	6.0	3.9	9.1	28.8	22.8	35.6	39.6	28.8	51.5	8.2*	4.0	16.0	8.5*	4.0	17.2
Macedon Ranges (S)	7.3	4.9	10.9	40.0	33.3	47.0	38.4	31.5	45.9	5.6	3.8	8.1	3.7*	2.3	6.0
Mildura (RC)	9.6	6.6	13.9	30.9	23.0	40.2	29.6	21.2	39.7	15.6*	9.0	25.7	8.9	5.8	13.4
Mount Alexander (S)	10.2	6.3	16.2	38.8	29.6	48.8	28.6	18.2	42.0	9.3*	5.0	16.7	8.2*	3.2	19.6
Swan Hill (RC)	7.9	5.3	11.6	37.6	29.0	47.0	21.8	14.7	31.1	8.2	5.7	11.8	18.6	11.3	29.3
Loddon Mallee Region	9.1	7.7	10.8	35.7	31.9	39.7	29.7	25.7	34.1	9.6	7.5	12.1	10.4	7.5	14.3
Victoria	8.5	7.9	9.2	36.1	35.0	37.3	28.9	27.8	30.0	11.1	10.2	11.9	10.4	9.6	11.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Key findings

Cycling as transport



92.9%

of adults did not use cycling for transport longer than 10 minutes during the preceding week



90.4%

of men did not use cycling for transport longer than 10 minutes during the preceding week



95.3%

of women did not use cycling for transport longer than 10 minutes during the preceding week

A significantly higher proportion of women did not use cycling for transport longer than 10 minutes during the preceding week compared with all Victorian men



Cycling as transport

Respondents were asked if they cycled as a means of transport to places like school, work, the shops and the train station for trips longer than 10 minutes. They were also asked about how many days they cycled in the week preceding the survey. This did not include cycling predominantly for recreation or exercise purposes.

Table 5.47 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency, age group and sex. The majority of adults (92.9 per cent) reported not cycling for transport longer than 10 minutes during the preceding week. A significantly higher proportion of women did not use cycling for transport longer than 10 minutes during the preceding week compared with all Victorian men. A significantly higher proportion of men and women 65 years of age or older did not use cycling for transport longer than 10 minutes during the preceding week compared with all Victorian men and women, respectively. A significantly higher proportion of men 55–64 years of age did not use cycling for transport longer than 10 minutes during the preceding week compared with all Victorian men.

Table 5.48 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency, departmental region and sex. A significantly higher proportion of women who lived in Eastern Metropolitan Region did not use cycling for transport longer than 10 minutes during the preceding week compared with all Victorian women.

Table 5.47: Proportion (%) of adult population cycling for transport during the preceding week, by frequency, age group and sex, Victoria, 2014

Age group (years)	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Males												
18–34	2.8*	1.7	4.6	3.7	2.5	5.5	4.2	2.8	6.3	88.6	85.7	91.0
35–44	4.6	3.3	6.2	3.9	2.8	5.5	3.8	2.6	5.5	87.5	85.0	89.6
45–54	1.8	1.2	2.7	3.3	2.5	4.3	3.8	2.9	5.1	90.8	89.1	92.3
55–64	1.7	1.2	2.4	2.9	2.2	3.8	2.1	1.5	2.9	92.9	91.6	94.0
65+	1.5	1.1	2.1	1.8	1.4	2.3	1.4	1.0	1.9	94.2	93.3	95.0
Victoria	2.6	2.0	3.2	3.2	2.7	3.8	3.3	2.7	4.0	90.4	89.3	91.4
Females												
18–34	1.7*	1.0	2.9	1.8*	1.0	3.3	2.3*	1.4	3.8	94.1	92.0	95.7
35–44	1.9	1.3	2.7	1.6	1.1	2.3	1.1	0.7	1.8	94.8	93.6	95.8
45–54	1.2	0.9	1.8	1.5	1.0	2.0	1.3	0.9	1.9	95.2	94.1	96.0
55–64	0.7	0.5	1.1	1.2	0.8	1.7	1.0	0.7	1.5	96.4	95.7	97.1
65+	0.4	0.3	0.7	0.5	0.3	0.7	0.4	0.2	0.6	97.5	97.0	97.9
Victoria	1.3	1.0	1.6	1.4	1.0	1.9	1.5	1.1	2.0	95.3	94.5	95.9
Persons												
18–34	2.2	1.5	3.3	2.8	2.0	3.8	3.3	2.4	4.5	91.3	89.6	92.8
35–44	3.2	2.5	4.1	2.8	2.1	3.6	2.4	1.8	3.3	91.2	89.8	92.4
45–54	1.5	1.2	2.0	2.3	1.9	2.9	2.6	2.0	3.2	93.0	92.0	93.9
55–64	1.2	0.9	1.6	2.0	1.6	2.5	1.5	1.2	2.0	94.7	94.0	95.3
65+	0.9	0.7	1.2	1.1	0.9	1.4	0.8	0.6	1.1	96.0	95.5	96.4
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.48: Proportion (%) of adult population cycling for transport during the preceding week, by frequency, Department of Health and Human Services region and sex, Victoria, 2014

Region	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
Males (18+ years)												
Eastern Metropolitan	2.8*	1.7	4.9	2.1*	1.1	3.8	2.1*	1.2	3.7	92.2	89.5	94.2
North & West Metropolitan	2.7	1.9	3.7	3.2	2.4	4.2	5.0	3.7	6.6	88.7	86.7	90.4
Southern Metropolitan	1.3	0.8	2.0	4.0	2.7	6.0	2.4	1.5	3.8	91.7	89.3	93.6
All metropolitan regions	2.3	1.8	2.9	3.2	2.5	3.9	3.5	2.8	4.4	90.5	89.2	91.6
Barwon-South Western	6.4*	2.9	13.6	3.5*	2.2	5.8	2.2*	1.1	4.4	87.5	81.2	91.9
Gippsland	4.7*	2.2	9.9	3.3*	1.9	5.7	**			89.0	83.2	92.9
Grampians	1.4	0.8	2.2	3.5*	1.7	6.8	1.4*	0.6	3.4	93.2	90.0	95.5
Hume	2.9	1.8	4.6	3.9	2.4	6.1	2.1	1.4	3.3	90.5	87.8	92.7
Loddon Mallee	1.5*	0.7	2.8	2.5	1.6	3.9	3.5*	1.7	6.8	92.1	88.8	94.4
All rural regions	3.6	2.2	5.7	3.3	2.6	4.2	2.4	1.7	3.4	90.3	88.1	92.1
Victoria	2.6	2.0	3.2	3.2	2.7	3.8	3.3	2.7	4.0	90.4	89.3	91.4
Females (18+ years)												
Eastern Metropolitan	0.7*	0.3	1.8	0.4*	0.2	0.9	**			97.7	96.0	98.6
North & West Metropolitan	1.6	1.1	2.6	1.9*	1.1	3.2	2.3	1.5	3.5	93.6	91.9	94.9
Southern Metropolitan	1.0*	0.6	1.6	1.5*	0.9	2.5	1.4*	0.8	2.5	95.3	93.9	96.4
All metropolitan regions	1.2	0.9	1.7	1.4	1.0	2.0	1.7	1.2	2.3	95.1	94.2	95.9
Barwon-South Western	1.0*	0.5	2.1	**			0.8*	0.4	1.9	96.6	94.5	97.9
Gippsland	1.4*	0.8	2.5	0.8*	0.4	1.3	0.5*	0.2	1.2	95.5	93.4	97.0
Grampians	0.9*	0.5	1.7	2.0*	1.0	3.7	0.4*	0.2	0.8	96.0	93.9	97.3
Hume	2.6*	1.0	6.7	1.5*	0.8	2.6	0.5*	0.3	0.8	94.5	91.1	96.7
Loddon Mallee	1.0*	0.5	2.1	1.0*	0.6	1.6	0.4*	0.2	0.8	96.8	95.6	97.7
All rural regions	1.4	0.9	2.1	1.3	0.9	1.8	0.6	0.4	0.8	95.9	95.0	96.7
Victoria	1.3	1.0	1.6	1.4	1.0	1.9	1.5	1.1	2.0	95.3	94.5	95.9

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.48: Proportion (%) of adult population cycling for transport during the preceding week, by frequency, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL		LL	UL		LL	UL		LL	UL	
People (18+ years)												
Eastern Metropolitan	1.8	1.1	2.8	1.3*	0.7	2.1	1.5*	0.9	2.5	95.0	93.5	96.2
North & West Metropolitan	2.2	1.7	2.8	2.5	2.0	3.3	3.6	2.8	4.6	91.2	89.9	92.3
Southern Metropolitan	1.1	0.8	1.6	2.7	2.0	3.8	1.9	1.3	2.7	93.5	92.2	94.7
All metropolitan regions	1.7	1.4	2.1	2.3	1.9	2.7	2.6	2.1	3.1	92.9	92.1	93.6
Barwon-South Western	3.7*	1.8	7.7	2.4	1.5	3.7	1.5*	0.9	2.6	92.0	88.5	94.6
Gippsland	2.9*	1.6	5.1	2.1	1.3	3.4	1.6*	0.6	4.1	92.3	89.3	94.5
Grampians	1.1	0.8	1.7	2.6	1.6	4.3	0.8*	0.4	1.7	94.7	93.0	96.1
Hume	2.7*	1.6	4.6	2.6	1.8	3.8	1.3	0.9	1.9	92.6	90.5	94.2
Loddon Mallee	1.2*	0.7	2.0	1.7	1.2	2.4	2.0*	1.0	3.8	94.4	92.6	95.8
All rural regions	2.5	1.7	3.6	2.3	1.9	2.8	1.5	1.1	2.0	93.1	91.9	94.1
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.49 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Eastern Metropolitan Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Knox (C), Maroondah (C) and Yarra Ranges (S) compared with all Victorian adults.

Table 5.49: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	**			2.9*	1.1	7.7	3.8*	1.6	8.5	92.0	86.2	95.5
Knox (C)	**			0.0			**			99.0	97.4	99.6
Manningham (C)	**			**			**			96.1	93.1	97.8
Maroondah (C)	**			**			**			98.4	96.2	99.3
Monash (C)	**			1.8*	0.7	4.5	**			92.1	86.9	95.4
Whitehorse (C)	4.4*	2.2	8.8	**			1.3*	0.6	2.9	93.1	88.9	95.8
Yarra Ranges (S)	**			0.9*	0.3	2.2	**			97.6	95.2	98.8
Eastern Metropolitan Region	1.8	1.1	2.8	1.3*	0.7	2.1	1.5*	0.9	2.5	95.0	93.5	96.2
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.50 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in North & West Metropolitan Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGA of Brimbank (C) compared with all Victorian adults.

Table 5.50: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	1.7*	0.7	4.1	0.8*	0.3	2.0	**			95.3	91.1	97.6
Brimbank (C)	**			**			**			97.2	94.3	98.7
Darebin (C)	3.5*	1.8	6.9	3.1*	1.8	5.2	9.4	5.8	14.9	83.3	77.5	87.9
Hobsons Bay (C)	3.3*	1.4	7.5	5.9*	2.6	12.7	5.6*	2.3	13.1	85.1	76.9	90.7
Hume (C)	1.6*	0.7	3.4	**			**			95.5	90.1	98.0
Maribyrnong (C)	2.9*	1.6	5.1	3.3*	1.9	5.6	5.7*	2.9	10.9	87.5	82.4	91.3
Melbourne (C)	4.2*	2.1	8.4	5.1*	2.6	9.6	5.5*	2.8	10.7	84.7	78.7	89.3
Melton (S)	**			4.2*	1.6	10.3	**			94.4	88.7	97.3
Moonee Valley (C)	2.1*	0.8	5.1	3.8*	1.6	8.9	2.7*	1.3	5.3	91.0	85.8	94.4
Moreland (C)	4.9*	2.1	11.0	4.7*	2.4	9.2	3.8*	1.8	7.9	86.3	79.7	91.1
Nillumbik (S)	2.0*	0.8	4.8	**			**			95.8	92.4	97.7
Whittlesea (C)	**			**			**			96.8	93.0	98.6
Wyndham (C)	2.6*	1.1	6.1	1.5*	0.7	3.2	**			92.0	87.0	95.1
Yarra (C)	1.8*	0.7	4.8	3.6*	2.1	6.2	12.5*	6.8	21.8	81.6	72.7	88.0
North & West Metropolitan Region	2.2	1.7	2.8	2.5	2.0	3.3	3.6	2.8	4.6	91.2	89.9	92.3
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.51 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Southern Metropolitan Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Casey (C) and Mornington Peninsula (S) compared with all Victorian adults.

Table 5.51: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bayside (C)	5.5*	2.7	11.0	**			1.1*	0.4	2.6	89.4	82.2	93.9
Cardinia (S)	**			**			**			95.8	92.0	97.9
Casey (C)	**			**			**			97.4	95.4	98.5
Frankston (C)	**			4.3*	1.7	10.6	**	0.4	3.4	93.3	87.5	96.5
Glen Eira (C)	1.1*	0.4	2.9	4.8*	2.1	10.4	2.6*	1.2	5.5	89.6	83.7	93.6
Greater Dandenong (C)	**			1.1*	0.4	2.5	**			97.1	91.6	99.0
Kingston (C)	1.7*	0.7	4.3	1.9*	0.7	4.8	2.1*	1.0	4.1	94.0	90.5	96.2
Mornington Peninsula (S)	0.9*	0.4	2.1	**			**			97.1	94.9	98.4
Port Phillip (C)	1.2*	0.5	2.7	6.2*	3.2	11.6	5.2*	2.4	10.9	86.9	80.2	91.6
Stonnington (C)	**			5.8*	2.8	11.7	3.6*	1.5	8.2	88.9	82.4	93.2
Southern Metropolitan Region	1.1	0.8	1.6	2.7	2.0	3.8	1.9	1.3	2.7	93.5	92.2	94.7
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.52 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Barwon-South Western Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly lower among those who lived in the LGA of Queenscliffe (B) compared with all Victorian adults.

Table 5.52: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	0.9*	0.3	2.4	**			1.0*	0.4	2.4	92.5	84.7	96.5
Corangamite (S)	**			**			**			96.6	93.2	98.3
Glenelg (S)	1.9*	0.8	4.4	**			**			93.1	88.0	96.2
Greater Geelong (C)	4.4*	1.7	10.8	1.4*	0.6	3.4	1.4*	0.6	3.5	92.6	86.9	95.9
Moyne (S)	2.2*	0.9	5.1	**			3.1*	1.6	5.9	87.4	77.8	93.2
Queenscliffe (B)	7.8*	3.3	17.4	8.1*	3.5	17.7	**			81.9	70.7	89.5
Southern Grampians (S)	**			**			**			94.0	88.9	96.8
Surf Coast (S)	2.7*	1.5	5.0	4.7*	2.4	8.9	**			87.1	79.3	92.3
Warrnambool (C)	2.2*	0.9	5.1	**			1.1*	0.4	2.5	92.5	85.1	96.4
Barwon-South Western Region	3.7*	1.8	7.7	2.4	1.5	3.7	1.5*	0.9	2.6	92.0	88.5	94.6
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.53 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Gippsland Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was similar across all LGAs in Gippsland Region compared with all Victorian adults.

Table 5.53: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Gippsland Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	1.8*	0.8	4.0	3.2*	1.5	6.8	**			86.4	72.8	93.7
Baw Baw (S)	**			**			**			94.9	90.7	97.3
East Gippsland (S)	2.6*	1.0	6.4	**			**			90.8	82.3	95.4
Latrobe (C)	**			**			0.0			94.6	88.5	97.6
South Gippsland (S)	**			**			**			96.1	90.2	98.5
Wellington (S)	**			3.9*	1.6	8.9	**			89.2	80.7	94.3
Gippsland Region	2.9*	1.6	5.1	2.1	1.3	3.4	1.6*	0.6	4.1	92.3	89.3	94.5
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported..

Table 5.54 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Grampians Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was similar across all LGAs in Grampians Region compared with all Victorian adults.

Table 5.54: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Grampians Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	**			**			**			94.8	90.0	97.4
Ballarat (C)	**			2.9*	1.3	6.3	**			96.2	92.9	98.0
Golden Plains (S)	1.1*	0.5	2.5	**			**			94.0	86.5	97.4
Hepburn (S)	**			**			**			94.6	89.5	97.3
Hindmarsh (S)	**			**			1.8*	0.9	3.6	93.8	89.5	96.4
Horsham (RC)	1.1*	0.5	2.4	**			**			87.7	76.3	94.1
Moorabool (S)	**			2.0*	1.0	4.0	**			96.4	93.9	97.9
Northern Grampians (S)	**			0.4*	0.1	0.9	**			95.7	89.5	98.3
Pyrenees (S)	**			**			**			96.7	90.5	98.9
West Wimmera (S)	**			1.8*	0.7	4.6	**			92.1	84.7	96.1
Yarriambiack (S)	4.1*	1.8	9.1	9.9*	3.7	23.7	**			84.7	72.3	92.2
Grampians Region	1.1	0.8	1.7	2.6	1.6	4.3	0.8*	0.4	1.7	94.7	93.0	96.1
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.55 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Hume Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGA of Mitchell (S) compared with all Victorian adults.

Table 5.55: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Hume Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	3.2*	1.7	6.1	16.3*	7.9	30.6	1.3*	0.7	2.7	78.7	65.3	87.9
Benalla (RC)	6.0*	2.2	15.0	**			1.6*	0.6	4.1	88.1	78.9	93.6
Greater Shepparton (C)	1.4*	0.5	3.5	3.6*	1.6	7.6	0.8*	0.3	2.0	93.2	88.8	96.0
Indigo (S)	**			**			1.4*	0.6	3.1	90.0	78.9	95.6
Mansfield (S)	**			1.2*	0.5	2.8	0.8*	0.3	1.8	95.1	90.9	97.4
Mitchell (S)	**			**			**			97.4	95.3	98.6
Moira (S)	**			1.0*	0.5	2.1	**			88.4	75.3	95.0
Murrindindi (S)	**			**			**			92.4	83.7	96.6
Strathbogie (S)	3.1*	1.2	7.6	1.4*	0.6	3.2	**			93.7	89.0	96.5
Towong (S)	**			**			**			96.2	93.3	97.9
Wangaratta (RC)	2.4*	1.1	5.2	1.8*	0.9	3.8	3.1*	1.5	6.3	92.3	88.6	94.9
Wodonga (RC)	3.6*	1.5	8.5	**			**			93.3	88.2	96.3
Hume Region	2.7*	1.6	4.6	2.6	1.8	3.8	1.3	0.9	1.9	92.6	90.5	94.2
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.56 shows the proportion of adults who used cycling for transport longer than 10 minutes during the preceding week, by frequency and LGA, in Loddon Mallee Region. The proportion of adults who did not use cycling for transport longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGA of Mildura (RC) compared with all Victorian adults.

Table 5.56: Proportion (%) of adult population cycling for transport during the preceding week, by frequency and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Days cycled for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	**			**			**			93.9	87.5	97.1
Campaspe (S)	**			2.0*	0.9	4.4	2.8*	1.2	6.4	94.3	90.6	96.6
Central Goldfields (S)	**			**			8.9*	3.3	22.3	84.9	74.1	91.7
Gannawarra (S)	**			2.0*	0.8	4.8	**			94.4	89.3	97.2
Greater Bendigo (C)	**			1.1*	0.5	2.6	**			95.1	90.5	97.5
Loddon (S)	1.6*	0.6	3.9	**			**			91.6	82.1	96.3
Macedon Ranges (S)	**			1.6*	0.7	3.8	**			95.1	91.2	97.3
Mildura (RC)	**			**			**			96.8	93.9	98.3
Mount Alexander (S)	2.8*	1.4	5.8	6.4*	2.8	14.3	4.2*	2.2	7.9	86.4	79.3	91.3
Swan Hill (RC)	**			**			0.9*	0.4	2.3	96.4	92.9	98.2
Loddon Mallee Region	1.2*	0.7	2.0	1.7	1.2	2.4	2.0*	1.0	3.8	94.4	92.6	95.8
Victoria	1.9	1.6	2.3	2.3	2.0	2.7	2.3	2.0	2.8	92.9	92.2	93.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Cycled either on weekdays or the weekend

Respondents who used cycling for transport longer than 10 minutes during the preceding week were asked if they were more likely to do this on a weekday, weekend or both.

Table 5.57 shows the proportion of adults who cycled either on weekdays or the weekend, among those who cycled during the preceding week, by age group and sex. The majority of adults (44.7 per cent) cycled predominantly both on a weekday and weekend during the preceding week. A significantly lower proportion of adults 65–74 years of age cycled on the weekend only compared with all Victorian adults.

Table 5.58 shows the proportion of the adults who cycled either on weekdays or the weekend, among those who cycled during the preceding week, by departmental region and sex. A significantly higher proportion of men who lived in the metropolitan regions cycled on weekdays during the preceding week compared with their rural counterparts. A significantly lower proportion of men who lived in Gippsland Region cycled on weekdays during the preceding week compared with all Victorian men. A significantly lower proportion of women who lived in Hume Region cycled on weekdays during the preceding week compared with all Victorian women.

Table 5.57: Proportion (%) of the adult population who cycled either on weekdays or the weekend, among those who cycled during the preceding week, by age group and sex, Victoria, 2014

	Age group (years)	Cycled predominantly on:								
		%	Weekdays		Weekends		Both			
			95% CI		95% CI		95% CI			
			LL	UL	LL	UL	LL	UL		
Males	18–24	27.2*	13.2	47.9	27.0*	14.2	45.4	45.7	29.0	63.5
	25–34	53.8	36.8	70.0	12.3*	5.4	25.6	33.9*	19.6	51.9
	35–44	37.6	28.7	47.5	26.0	18.3	35.4	36.3	27.3	46.4
	45–54	34.9	26.8	44.1	20.1	13.9	28.0	44.4	35.7	53.6
	55–64	35.0	26.8	44.2	16.9	11.7	23.9	47.8	39.0	56.7
	65–74	29.7	22.0	38.8	8.7*	4.6	15.9	56.0	46.1	65.4
	75–84	36.5	22.6	53.1	**			56.3	40.4	71.0
	85+	67.5*	21.7	94.0	0.0			**		
	Victoria	38.0	32.9	43.4	18.0	14.4	22.2	43.3	38.2	48.6
Females	18–24	38.9*	21.7	59.5	18.9*	7.3	41.1	42.2*	22.9	64.2
	25–34	29.0*	12.9	53.0	**			54.7	31.8	75.7
	35–44	37.9	27.6	49.4	28.2	18.8	40.2	33.8	24.3	44.9
	45–54	31.8	22.4	43.0	14.4*	8.6	23.0	53.4	42.8	63.7
	55–64	30.4	20.7	42.3	14.3*	8.5	23.1	52.9	41.5	64.1
	65–74	39.5	26.1	54.8	9.2*	3.4	22.6	50.2	35.8	64.6
	75–84	**			**			63.8	33.6	85.9
	85+	**			**			90.0	41.8	99.1
	Victoria	32.9	27.1	39.2	18.8	14.0	24.9	47.8	41.2	54.5
Persons	18–24	32.3	20.8	46.4	23.5*	13.9	37.0	44.2	31.2	58.0
	25–34	47.4	33.7	61.5	13.3*	6.8	24.5	39.3	26.4	53.8
	35–44	37.7	30.5	45.5	26.6	20.3	34.0	35.6	28.5	43.4
	45–54	34.0	27.5	41.1	18.3	13.5	24.3	47.3	40.4	54.2
	55–64	33.5	27.0	40.7	16.1	11.9	21.4	49.4	42.4	56.4
	65–74	32.5	25.5	40.3	8.9*	5.2	14.7	54.4	46.2	62.4
	75–84	33.1	20.9	48.0	7.4*	2.8	18.2	57.4	43.1	70.5
	85+	47.6*	13.0	84.7	**			50.0*	14.2	85.8
	Victoria	36.6	32.6	40.8	18.0	15.1	21.3	44.7	40.6	48.9

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.58: Proportion (%) of the adult population who cycled either on weekdays or the weekend, among those who cycled during the preceding week, by Department of Health and Human Services region and sex, Victoria, 2014

	Cycled predominantly on:								
	Weekdays			Weekends			Both		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	32.4	23.5	42.7	29.4	18.7	43.0	38.2	26.4	51.7
North & West Metropolitan	46.6	38.2	55.1	13.6	9.3	19.3	39.2	31.2	47.8
Southern Metropolitan	39.6	28.5	51.9	17.3	11.2	25.7	42.7	31.8	54.3
All metropolitan regions	42.2	36.1	48.5	16.7	13.0	21.2	40.5	34.5	46.9
Barwon-South Western	25.2*	13.6	41.9	21.6*	10.1	40.2	50.1	37.6	62.7
Gippsland	18.2	11.4	27.8	31.1	19.8	45.2	50.7	38.1	63.2
Grampians	33.9	21.2	49.4	20.9	12.6	32.6	43.5	31.0	57.0
Hume	22.4	14.4	33.0	25.3	16.1	37.3	52.0	39.2	64.5
Loddon Mallee	29.8	20.1	41.6	14.9*	8.0	26.1	55.3	44.6	65.6
All rural regions	24.4	16.8	34.0	24.4	16.4	34.8	50.0	41.3	58.7
Victoria	38.0	32.9	43.4	18.0	14.4	22.2	43.3	38.2	48.6
Females (18+ years)									
Eastern Metropolitan	28.1*	14.4	47.5	36.0	22.8	51.6	36.0	21.0	54.3
North & West Metropolitan	27.8	20.5	36.6	18.9	11.9	28.8	52.5	42.3	62.4
Southern Metropolitan	45.7	34.6	57.3	16.8*	9.8	27.4	37.4	27.0	49.2
All metropolitan regions	33.5	26.8	40.9	19.3	13.7	26.6	46.7	39.0	54.6
Barwon-South Western	38.8	23.7	56.3	22.3	14.2	33.2	39.0	24.8	55.4
Gippsland	21.8	14.2	31.9	13.8*	7.7	23.4	36.5	26.8	47.5
Grampians	43.8	29.2	59.5	13.3*	6.7	24.6	42.7	29.8	56.6
Hume	15.0	9.4	23.2	15.9*	9.1	26.1	62.9	53.1	71.9
Loddon Mallee	27.3	17.9	39.4	13.3*	7.1	23.6	35.8	25.5	47.7
All rural regions	31.1	21.6	42.6	15.2	11.3	20.1	53.3	42.9	63.4
Victoria	32.9	27.1	39.2	18.8	14.0	24.9	47.8	41.2	54.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.58: Proportion (%) of the adult population who cycled either on weekdays or the weekend, among those who cycled during the preceding week, by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Cycled predominantly on:									
	Weekdays			Weekends			Both			
	%	95% CI		%	95% CI		%	95% CI		
		LL	UL		LL	UL		LL	UL	
People (18+ years)										
Eastern Metropolitan	35.0	25.7	45.6	28.1	18.4	40.3	36.9	25.9	49.5	
North & West Metropolitan	39.5	33.2	46.2	15.4	11.4	20.5	44.2	37.7	51.0	
Southern Metropolitan	42.0	33.5	51.1	17.1	12.3	23.3	40.6	32.7	49.1	
All metropolitan regions	39.6	34.8	44.5	17.5	14.3	21.3	42.4	37.6	47.3	
Barwon-South Western	27.7	16.7	42.1	24.0*	13.4	39.2	46.0	35.2	57.1	
Gippsland	19.1	13.1	27.1	30.2	19.1	44.1	50.7	39.2	62.1	
Grampians	37.8	27.5	49.3	16.4	10.6	24.4	44.8	34.8	55.3	
Hume	18.3	13.0	25.2	21.8	13.8	32.7	59.3	49.5	68.5	
Loddon Mallee	29.0	20.5	39.2	14.4	8.7	22.9	56.5	45.9	66.5	
All rural regions	26.4	19.8	34.3	22.3	15.6	30.8	50.4	42.9	57.8	
Victoria	36.6	32.6	40.8	18.0	15.1	21.3	44.7	40.6	48.9	

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Walking for transport

Respondents were asked about the number days they walked for transport for trips longer than 10 minutes during the preceding week.

Table 5.59 shows the proportion of the adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency, age group and sex. The majority of adults (57.4 per cent) did not walk for transport for trips longer than 10 minutes during the preceding week. A significantly higher proportion of men and women 45 years of age or older did not walk for transport compared with all Victorian adults.

Table 5.60 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency, departmental region and sex. A significantly higher proportion of men and women who lived in Grampians Region, Hume Region and rural Victoria did not walk for transport for trips longer than 10 minutes during the preceding week compared with all Victorian men and women, respectively.

Table 5.59: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency, age group and sex, Victoria, 2014

	Age group (years)	1 day/week			2-3 days/week			4 or more days/week			None		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
Males	18–24	9.3	6.0	14.1	28.2	22.4	34.9	23.3	18.5	29.0	38.8	32.6	45.4
	25–34	10.0	6.7	14.7	16.4	12.3	21.4	19.9	15.5	25.2	53.4	47.3	59.5
	35–44	6.6	5.0	8.7	14.0	11.6	16.7	19.7	17.0	22.9	59.6	56.0	63.2
	45–54	5.4	4.2	6.9	13.4	11.6	15.6	18.5	16.3	21.0	62.3	59.4	65.2
	55–64	5.6	4.5	6.8	13.9	12.3	15.7	15.5	13.8	17.3	64.7	62.3	67.0
	65–74	6.4	5.3	7.7	16.0	14.3	17.9	15.0	13.4	16.8	62.0	59.6	64.3
	75–84	4.9	3.8	6.3	14.1	12.1	16.4	14.5	12.4	16.8	65.2	62.2	68.1
	85+	5.4*	3.2	8.8	8.7	5.5	13.7	10.7	7.4	15.2	73.9	67.8	79.1
	Victoria	7.2	6.2	8.3	16.5	15.1	18.0	18.6	17.2	20.0	57.4	55.6	59.2
Females	18–24	9.9	6.4	14.9	21.3	16.6	26.8	30.2	24.2	36.9	38.6	32.6	45.1
	25–34	6.8	5.0	9.3	19.3	15.4	23.8	21.9	17.8	26.7	51.6	46.5	56.5
	35–44	8.1	6.8	9.6	17.3	15.3	19.4	17.1	15.2	19.2	57.3	54.7	59.9
	45–54	6.6	5.5	7.9	14.8	13.2	16.6	14.1	12.6	15.8	64.3	62.0	66.5
	55–64	6.5	5.6	7.6	15.8	14.3	17.5	12.9	11.6	14.4	64.3	62.3	66.3
	65–74	7.5	6.4	8.7	15.0	13.6	16.6	12.2	10.9	13.6	64.1	62.1	66.1
	75–84	6.8	5.6	8.2	13.8	12.2	15.7	9.2	7.8	10.8	68.5	66.0	70.9
	85+	4.8	3.1	7.2	12.5	9.6	16.1	10.2	7.7	13.4	70.2	65.7	74.4
	Victoria	7.4	6.6	8.2	17.1	15.9	18.4	17.7	16.4	19.2	57.3	55.8	58.8
Persons	18–24	9.6	7.1	12.9	24.8	21.0	29.1	26.7	22.7	31.1	38.7	34.3	43.3
	25–34	8.4	6.4	11.0	17.8	14.9	21.1	20.9	17.8	24.4	52.5	48.5	56.4
	35–44	7.3	6.3	8.6	15.7	14.1	17.4	18.4	16.7	20.3	58.5	56.2	60.7
	45–54	6.0	5.2	7.0	14.1	12.9	15.5	16.3	14.9	17.8	63.3	61.5	65.2
	55–64	6.0	5.3	6.8	14.9	13.8	16.1	14.2	13.1	15.3	64.5	62.9	66.0
	65–74	7.0	6.2	7.8	15.5	14.3	16.7	13.5	12.5	14.6	63.1	61.6	64.7
	75–84	5.9	5.0	6.9	14.0	12.6	15.4	11.6	10.4	13.0	67.0	65.0	68.8
	85+	5.0	3.6	6.9	10.9	8.6	13.7	10.4	8.3	13.0	71.8	68.1	75.1
	Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.60: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency, Department of Health and Human Services region and sex, Victoria, 2014

Region	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
Males (18+ years)												
Eastern Metropolitan	7.3	5.1	10.4	18.0	14.8	21.8	18.4	15.1	22.1	56.2	51.8	60.5
North & West Metropolitan	9.1	7.1	11.6	16.9	14.6	19.4	19.6	17.5	21.9	53.9	50.9	56.9
Southern Metropolitan	5.6	4.2	7.3	15.7	12.8	19.2	22.0	18.7	25.8	56.2	52.1	60.3
All metropolitan regions	7.6	6.4	9.1	16.7	15.1	18.5	19.9	18.3	21.7	55.3	53.2	57.5
Barwon-South Western	4.6	3.1	7.0	18.1	12.6	25.2	13.1	9.2	18.3	63.6	56.4	70.3
Gippsland	6.4*	3.9	10.6	18.3	12.7	25.6	16.4	11.3	23.3	58.7	51.8	65.3
Grampians	3.5	2.4	5.2	17.1	12.4	23.2	10.9	8.2	14.5	67.8	61.6	73.5
Hume	5.9	3.7	9.2	16.0	11.8	21.4	13.6	10.4	17.6	64.3	59.4	68.9
Loddon Mallee	7.2	4.8	10.6	10.8	8.6	13.5	16.6	12.2	22.1	65.2	59.1	70.8
All rural regions	5.5	4.5	6.7	15.9	13.6	18.6	14.1	12.1	16.4	64.1	61.0	67.1
Victoria	7.2	6.2	8.3	16.5	15.1	18.0	18.6	17.2	20.0	57.4	55.6	59.2
Females (18+ years)												
Eastern Metropolitan	7.8	6.1	9.9	16.1	13.3	19.3	20.0	16.6	24.0	55.8	51.9	59.7
North & West Metropolitan	6.6	5.5	7.9	19.6	17.4	21.9	20.4	18.2	22.7	53.0	50.4	55.5
Southern Metropolitan	8.9	7.0	11.4	17.3	14.8	20.2	16.6	13.8	19.9	56.6	53.4	59.7
All metropolitan regions	7.6	6.7	8.7	18.1	16.6	19.6	19.1	17.5	20.8	54.8	53.0	56.5
Barwon-South Western	6.3	4.3	9.1	12.9	9.8	16.7	12.7	9.3	17.1	67.9	61.7	73.4
Gippsland	8.1	5.0	13.1	15.9	11.8	21.1	12.3	9.3	16.0	63.1	57.6	68.2
Grampians	6.8	4.6	10.1	18.0	12.9	24.6	9.9	7.8	12.5	64.7	59.0	70.0
Hume	6.2	4.5	8.6	13.4	10.7	16.7	13.2	10.7	16.2	66.9	62.9	70.7
Loddon Mallee	6.7	4.7	9.5	13.1	9.3	18.1	15.5	11.5	20.6	64.4	59.0	69.4
All rural regions	6.8	5.6	8.1	14.2	12.4	16.4	12.7	11.1	14.5	65.8	63.2	68.4
Victoria	7.4	6.6	8.2	17.1	15.9	18.4	17.7	16.4	19.2	57.3	55.8	58.8

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.60: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
People (18+ years)												
Eastern Metropolitan	7.6	6.2	9.4	17.0	14.8	19.4	19.2	16.7	21.9	56.0	53.1	58.9
North & West Metropolitan	7.9	6.7	9.2	18.2	16.7	19.9	19.9	18.4	21.5	53.4	51.4	55.4
Southern Metropolitan	7.3	6.0	8.7	16.5	14.5	18.7	19.3	17.0	21.7	56.4	53.8	59.0
All metropolitan regions	7.7	6.9	8.5	17.4	16.3	18.5	19.5	18.3	20.7	55.1	53.7	56.4
Barwon-South Western	5.5	4.1	7.2	15.5	12.1	19.7	12.9	10.2	16.2	65.7	60.8	70.2
Gippsland	7.1	5.0	9.9	17.2	13.4	21.6	14.3	11.1	18.2	61.1	56.6	65.3
Grampians	5.2	3.9	6.9	17.5	13.9	21.9	10.3	8.5	12.3	66.4	62.1	70.4
Hume	6.0	4.5	7.9	14.7	11.9	17.9	13.3	11.2	15.8	65.7	62.4	68.9
Loddon Mallee	6.8	5.3	8.8	11.8	9.6	14.4	15.8	12.7	19.5	65.3	61.0	69.2
All rural regions	6.1	5.3	7.0	15.2	13.6	16.9	13.4	12.0	14.8	65.0	63.0	67.0
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.61 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Eastern Metropolitan Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults.

Table 5.61: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Boroondara (C)	8.3	5.2	13.0	20.1	15.1	26.3	22.4	16.7	29.2	49.1	41.8	56.4
Knox (C)	5.7*	2.7	11.7	15.7	10.3	23.0	15.1	9.3	23.5	63.5	56.4	70.1
Manningham (C)	8.1*	4.6	13.8	16.4	11.0	23.6	20.8	14.7	28.6	54.5	47.0	61.7
Maroondah (C)	7.1	4.5	11.0	10.4	7.0	15.3	18.2	11.7	27.2	63.8	54.5	72.1
Monash (C)	9.8	6.3	14.8	17.3	12.9	22.9	17.6	13.0	23.4	55.1	48.5	61.5
Whitehorse (C)	8.6*	5.0	14.2	20.1	15.0	26.4	21.8	15.9	29.0	49.4	41.6	57.2
Yarra Ranges (S)	3.9*	2.4	6.5	16.6	10.0	26.4	19.8	12.6	29.9	59.5	52.0	66.6
Eastern Metropolitan Region	7.6	6.2	9.4	17.0	14.8	19.4	19.2	16.7	21.9	56.0	53.1	58.9
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.62 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in North & West Metropolitan Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Hume (C), Nillumbik (S) and Whittlesea (C) compared with all Victorian adults.

Table 5.62: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Banyule (C)	8.8*	5.3	14.5	24.8	18.3	32.8	20.3	15.1	26.7	45.7	39.2	52.3
Brimbank (C)	6.9*	4.1	11.1	15.1	11.0	20.3	15.4	11.3	20.7	61.3	55.1	67.2
Darebin (C)	12.8*	7.4	21.3	23.7	18.4	30.0	19.6	14.9	25.3	43.3	36.1	50.8
Hobsons Bay (C)	6.0	3.9	9.3	21.4	14.9	29.7	16.7	12.1	22.6	55.1	46.4	63.4
Hume (C)	8.0	5.3	11.8	14.8	10.4	20.8	11.6	8.1	16.2	65.6	59.0	71.6
Maribyrnong (C)	10.7	6.8	16.3	18.0	13.2	24.1	25.7	19.9	32.6	43.1	36.2	50.1
Melbourne (C)	8.9*	5.1	15.1	23.3	17.5	30.3	44.8	37.8	52.0	22.6	17.4	28.8
Melton (S)	6.3*	3.3	11.6	15.8	10.0	23.9	14.5	10.0	20.6	63.2	56.0	69.8
Moonee Valley (C)	7.0	4.4	10.9	18.9	14.2	24.8	25.4	19.5	32.4	48.3	41.5	55.2
Moreland (C)	5.7*	3.3	9.6	17.2	12.9	22.5	22.0	16.6	28.6	54.6	47.5	61.5
Nillumbik (S)	7.0	4.4	10.9	11.9	8.1	17.1	12.1	8.2	17.5	68.6	61.7	74.8
Whittlesea (C)	7.4	4.5	11.8	15.2	11.3	20.2	11.5	8.1	16.1	65.8	59.8	71.3
Wyndham (C)	4.7*	2.8	7.9	18.1	13.6	23.7	15.5	11.8	20.0	60.9	54.7	66.7
Yarra (C)	8.9*	5.2	14.9	27.8	19.9	37.5	34.8	27.3	43.2	28.2	22.1	35.2
North & West Metropolitan Region	7.9	6.7	9.2	18.2	16.7	19.9	19.9	18.4	21.5	53.4	51.4	55.4
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.63 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Southern Metropolitan Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Cardinia (S), Casey (C), Frankston (C) and Mornington Peninsula (S) compared with all Victorian adults.

Table 5.63: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bayside (C)	6.6	4.1	10.3	26.7	18.7	36.5	25.3	17.7	34.9	41.2	33.4	49.5
Cardinia (S)	4.8*	2.8	7.9	10.5	7.0	15.5	10.1	6.6	15.1	74.0	67.9	79.4
Casey (C)	7.6	4.8	11.9	15.1	10.5	21.3	8.6	6.0	12.3	67.9	61.2	74.0
Frankston (C)	3.9*	2.2	6.8	14.9	10.4	20.9	11.9	8.0	17.2	68.4	61.8	74.4
Glen Eira (C)	11.2*	6.0	19.9	16.8	12.1	23.0	23.7	17.4	31.3	48.1	41.5	54.9
Greater Dandenong (C)	5.2*	3.0	8.8	18.5	13.1	25.4	14.1	10.0	19.5	61.5	54.3	68.1
Kingston (C)	8.2	5.5	12.2	16.1	11.1	22.8	21.3	15.0	29.3	53.5	45.0	61.8
Mornington Peninsula (S)	4.0*	2.0	7.7	10.1*	6.1	16.3	16.8*	10.0	26.8	69.1	59.6	77.1
Port Phillip (C)	4.4	2.7	7.0	23.6	16.4	32.6	44.6	35.2	54.4	27.1	20.9	34.4
Stonnington (C)	14.4	9.8	20.7	17.4	12.3	24.0	27.2	21.0	34.5	40.9	33.1	49.2
Southern Metropolitan Region	7.3	6.0	8.7	16.5	14.5	18.7	19.3	17.0	21.7	56.4	53.8	59.0
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.64 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Barwon-South Western Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Glenelg (S), Greater Geelong (C), Southern Grampians (S) and Warrnambool (C) compared with all Victorian adults.

Table 5.64: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	9.3*	4.3	18.8	17.2	10.7	26.6	8.4	5.2	13.2	63.7	53.2	73.1
Corangamite (S)	8.7*	4.5	16.1	17.2	10.9	26.1	17.5	11.6	25.5	56.3	47.0	65.2
Glenelg (S)	2.9*	1.6	5.1	12.2	7.7	18.7	15.1	9.9	22.3	69.5	61.6	76.4
Greater Geelong (C)	4.0	2.4	6.4	15.4	10.6	21.9	12.2	8.4	17.3	68.1	61.0	74.5
Moyne (S)	5.7*	3.0	10.7	11.9	8.0	17.4	18.1	12.2	26.1	64.1	55.5	71.8
Queenscliffe (B)	10.2*	5.0	19.7	15.6*	9.3	25.1	20.7*	11.9	33.4	52.9	39.1	66.2
Southern Grampians (S)	3.6*	2.0	6.5	12.8	8.0	19.9	12.0	8.3	16.9	71.2	63.2	78.1
Surf Coast (S)	7.6*	4.3	12.9	23.5	16.1	33.1	13.2	9.0	19.0	54.8	47.8	61.7
Warrnambool (C)	9.2*	5.1	16.1	11.3*	6.8	18.4	12.3	7.6	19.4	67.0	58.7	74.3
Barwon-South Western Region	5.5	4.1	7.2	15.5	12.1	19.7	12.9	10.2	16.2	65.7	60.8	70.2
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.65 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Gippsland Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was similar across all LGAs in Gippsland Region compared with all Victorian adults.

Table 5.65: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Gippsland Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Bass Coast (S)	11.5*	6.6	19.4	10.9	6.9	16.8	14.1*	7.2	25.8	63.3	52.4	73.0
Baw Baw (S)	6.2	3.8	10.0	11.8	7.6	17.8	18.0*	9.9	30.6	63.6	53.4	72.7
East Gippsland (S)	5.1*	2.7	9.7	16.0*	9.3	26.3	10.6*	5.7	18.9	68.1	57.3	77.3
Latrobe (C)	9.0*	4.3	17.8	20.6	13.3	30.4	14.5	9.9	20.8	55.5	46.4	64.3
South Gippsland (S)	8.6*	4.6	15.4	16.5	10.7	24.7	17.3	11.1	26.0	57.2	48.9	65.1
Wellington (S)	3.2*	1.6	6.3	21.9	13.5	33.4	11.7	7.4	18.0	62.8	53.2	71.5
Gippsland Region	7.1	5.0	9.9	17.2	13.4	21.6	14.3	11.1	18.2	61.1	56.6	65.3
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported..

Table 5.66 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Grampians Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Ballarat (C), Golden Plains (S) and Hepburn (S), compared with all Victorian adults.

Table 5.66: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Grampians Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Ararat (RC)	8.5*	4.1	16.8	15.3	10.1	22.5	20.1	13.1	29.7	55.6	48.2	62.7
Ballarat (C)	5.1*	3.0	8.4	19.3	13.3	27.2	7.8	5.1	11.7	67.4	59.6	74.4
Golden Plains (S)	5.1	3.2	8.0	10.7	6.5	17.1	9.2	6.3	13.3	74.8	67.9	80.7
Hepburn (S)	1.3*	0.7	2.6	15.5	9.8	23.5	11.2*	6.6	18.4	71.7	62.1	79.6
Hindmarsh (S)	6.2	3.8	9.9	17.0	11.2	24.9	9.8	6.7	13.9	66.3	58.1	73.7
Horsham (RC)	3.9*	2.2	6.7	13.5*	7.1	24.1	15.8*	8.6	27.3	66.6	53.7	77.4
Moorabool (S)	7.0*	3.7	12.9	17.0	11.9	23.7	10.8	6.9	16.4	63.2	56.1	69.7
Northern Grampians (S)	2.0*	1.1	3.9	16.7	12.1	22.7	14.3	8.6	22.7	66.7	57.7	74.6
Pyrenees (S)	11.1*	4.8	23.6	24.7	16.5	35.4	10.8	6.7	17.0	52.6	43.8	61.2
West Wimmera (S)	5.3*	2.4	11.0	10.8	7.2	16.0	18.8	11.4	29.4	64.5	54.7	73.2
Yarriambiack (S)	6.7*	3.2	13.3	22.1	14.0	32.9	13.5	8.9	20.0	56.9	47.2	66.0
Grampians Region	5.2	3.9	6.9	17.5	13.9	21.9	10.3	8.5	12.3	66.4	62.1	70.4
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.67 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Hume Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Mitchell (S), Murrindindi (S), Wangaratta (RC) and Wodonga (RC) compared with all Victorian adults.

Table 5.67: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Hume Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Alpine (S)	**			13.2	9.1	18.6	22.8*	12.9	37.1	57.7	44.7	69.7
Benalla (RC)	9.6*	5.4	16.5	15.4	9.8	23.4	15.2*	9.0	24.4	59.9	50.2	68.8
Greater Shepparton (C)	6.8*	3.6	12.5	13.8*	7.6	23.6	14.1	9.1	21.1	65.2	56.9	72.6
Indigo (S)	4.9*	2.5	9.4	14.8	9.3	22.9	16.6*	9.8	26.7	63.5	53.4	72.6
Mansfield (S)	**			12.7*	6.7	22.6	11.4	7.4	17.2	67.4	52.4	79.5
Mitchell (S)	1.8*	1.0	3.2	17.9	12.0	26.0	11.9	7.2	18.9	68.0	61.3	74.0
Moira (S)	4.7*	2.2	10.1	21.1	12.6	33.2	12.5	8.3	18.4	61.3	51.6	70.2
Murrindindi (S)	4.7*	2.3	9.3	10.5	6.9	15.6	12.8*	7.6	20.7	71.5	62.8	78.9
Strathbogie (S)	3.0*	1.6	5.7	19.3*	9.6	35.1	13.2*	7.7	21.6	64.2	49.7	76.5
Towong (S)	6.6	4.1	10.5	24.8	16.8	35.1	17.8	11.7	26.2	50.1	42.5	57.6
Wangaratta (RC)	8.8*	4.0	18.2	10.9	7.5	15.7	7.1	4.8	10.4	73.0	64.4	80.1
Wodonga (RC)	7.0*	3.9	12.2	11.2	7.2	17.1	13.6	8.7	20.7	67.7	59.9	74.7
Hume Region	6.0	4.5	7.9	14.7	11.9	17.9	13.3	11.2	15.8	65.7	62.4	68.9
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.68 shows the proportion of adults who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, in Loddon Mallee Region. The proportion of adults who did not walk for transport for trips longer than 10 minutes during the preceding week was significantly higher among those who lived in the LGAs of Gannawarra (S), Greater Bendigo (C) and Swan Hill (RC) compared with all Victorian adults.

Table 5.68: Proportion (%) of adult population who walked for transport for trips longer than 10 minutes during the preceding week, by frequency and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Days walked for transport, for trips longer than 10 minutes, in preceding week											
	1 day/week			2-3 days/week			4 or more days/week			None		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL		LL	UL
Buloke (S)	3.2*	1.6	6.2	21.5	14.3	31.0	21.4	14.1	31.3	53.7	45.2	61.9
Campaspe (S)	16.5	9.9	26.1	8.5	5.9	12.2	15.0*	8.8	24.3	59.7	51.3	67.5
Central Goldfields (S)	10.1*	4.5	21.1	16.7	10.3	25.9	13.8*	7.1	25.2	58.5	49.7	66.8
Gannawarra (S)	5.2*	2.1	11.9	11.4*	6.1	20.1	9.5	6.2	14.4	73.3	64.3	80.7
Greater Bendigo (C)	5.4	3.6	8.0	10.6	7.9	14.2	15.0	10.3	21.3	68.7	62.0	74.7
Loddon (S)	7.0*	3.7	12.7	18.7*	10.2	31.7	10.8*	6.3	17.9	63.1	50.9	73.9
Macedon Ranges (S)	4.1	2.6	6.4	16.8*	8.1	31.8	19.5*	10.0	34.6	59.5	51.1	67.4
Mildura (RC)	9.2*	5.0	16.3	10.1	6.5	15.6	14.5*	8.5	23.5	65.6	55.9	74.3
Mount Alexander (S)	4.9*	2.8	8.5	17.9*	10.4	29.0	25.6	15.9	38.5	51.5	41.3	61.6
Swan Hill (RC)	4.2*	1.8	9.6	8.5	6.0	12.0	15.1*	9.1	24.0	72.1	62.8	79.9
Loddon Mallee Region	6.8	5.3	8.8	11.8	9.6	14.4	15.8	12.7	19.5	65.3	61.0	69.2
Victoria	7.3	6.6	8.0	16.8	15.9	17.8	18.1	17.1	19.1	57.4	56.2	58.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



Walked for transport either on weekdays or the weekend

Respondents who walked for transport for trips longer than 10 minutes during the preceding week were asked if they were more likely to do this on a weekday, weekend or both.

Table 5.69 shows the proportion of the adults who walked for transport either on weekdays or the weekend, among those who walked for transport for trips longer than 10 minutes, by age group and sex. The majority of adults (46.9 per cent) walked for transport predominantly both on weekdays and the weekend during the preceding week. A significantly lower proportion of 65 years of age or older men and women walked for transport on the weekend compared with all Victorian adults. A significantly lower proportion of 75–84-year-old men walked for transport on weekdays compared with all Victorian adults.

Table 5.70 shows the proportion of the adults who walked for transport either on weekdays or the weekend, among those who walked for transport for trips longer than 10 minutes, by departmental region and sex. A significantly higher proportion of men who lived in the metropolitan regions walked for transport on weekdays during the preceding week compared with their rural counterparts. A significantly lower proportion of men who lived in Barwon-South Western Region and Gippsland Region walked for transport on weekdays during the preceding week compared with all Victorian men. A significantly lower proportion of men who lived in Grampians Region walked for transport on the weekend during the preceding week compared with all Victorian women.

Table 5.69: The proportion (%) of the adult population who walked either on weekdays or the weekend, among those who walked, by age group and sex, Victoria, 2014

	Age group (years)	Walked predominantly on:								
		%	Weekdays		Weekends		Both			
			95% CI	95% CI	95% CI	95% CI				
		LL	UL	LL	UL	LL	UL	LL	UL	
Males	18–24	48.3	39.8	56.8	17.3	11.3	25.7	34.4	27.1	42.5
	25–34	37.2	28.9	46.4	16.7	11.1	24.5	44.5	35.7	53.6
	35–44	37.8	32.3	43.5	17.6	13.6	22.6	44.4	38.7	50.2
	45–54	41.9	37.1	46.8	14.8	11.6	18.7	42.8	38.2	47.6
	55–64	33.8	30.1	37.8	12.7	10.2	15.7	52.5	48.4	56.6
	65–74	32.9	29.2	36.8	5.7	4.0	7.9	60.6	56.6	64.5
	75–84	30.8	26.2	36.0	5.3*	3.1	8.9	61.6	56.3	66.7
	85+	47.9	35.1	60.9	3.1*	1.2	7.5	47.8	35.2	60.7
	Victoria	38.7	36.1	41.4	14.0	12.1	16.2	46.5	43.9	49.1
Females	18–24	45.6	37.1	54.4	14.1	9.1	21.3	39.3	31.3	47.8
	25–34	36.3	29.7	43.5	9.4	6.3	13.8	53.8	46.3	61.1
	35–44	41.5	37.5	45.6	14.9	12.1	18.0	43.3	39.3	47.4
	45–54	38.8	35.1	42.7	14.1	11.6	17.0	46.2	42.4	50.1
	55–64	35.2	31.9	38.7	10.3	8.4	12.6	53.5	50.0	57.0
	65–74	40.0	36.5	43.6	7.2	5.4	9.6	51.2	47.5	54.8
	75–84	46.7	42.1	51.4	5.1	3.4	7.5	46.4	41.7	51.1
	85+	50.5	41.5	59.5	**			41.8	33.1	51.1
Persons	Victoria	40.2	38.0	42.5	11.4	10.1	12.9	47.4	45.1	49.7
	18–24	47.0	40.9	53.1	15.8	11.6	21.1	36.8	31.3	42.7
	25–34	36.8	31.4	42.5	13.0	9.6	17.3	49.2	43.3	55.1
	35–44	39.7	36.3	43.2	16.2	13.7	19.0	43.8	40.4	47.3
	45–54	40.4	37.3	43.5	14.5	12.4	16.8	44.5	41.4	47.6
	55–64	34.5	32.0	37.1	11.5	9.8	13.3	53.0	50.3	55.7
	65–74	36.6	34.0	39.2	6.5	5.2	8.1	55.7	53.0	58.4
	75–84	38.9	35.6	42.4	5.2	3.7	7.2	53.9	50.4	57.4
	85+	49.5	42.0	57.0	2.7*	1.2	6.3	44.2	36.9	51.8
	Victoria	39.5	37.8	41.2	12.7	11.5	14.0	46.9	45.2	48.7

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

Table 5.70: The proportion (%) of the adult population who walked either on weekdays or the weekend, among those who walked, by Department of Health and Human Services region and sex, Victoria, 2014

	Walked predominantly on:									
	Weekdays			Weekends			Both			
	%	95% CI		%	95% CI		%	95% CI		
		LL	UL		LL	UL		LL	UL	
Males (18+ years)										
Eastern Metropolitan	48.5	42.3	54.7	14.0	9.9	19.4	36.4	31.0	42.1	
North & West Metropolitan	40.9	36.6	45.4	14.1	11.1	17.8	44.6	40.6	48.7	
Southern Metropolitan	35.7	30.5	41.4	13.9	10.2	18.7	49.7	43.9	55.6	
All metropolitan regions	41.0	37.9	44.1	14.0	11.9	16.5	44.4	41.4	47.4	
Barwon-South Western	22.9	15.6	32.2	19.4*	10.3	33.3	55.8	45.9	65.3	
Gippsland	26.0	18.5	35.1	14.6*	7.9	25.6	59.0	48.3	68.9	
Grampians	38.9	29.9	48.6	7.9	5.2	11.8	52.9	43.6	61.9	
Hume	31.6	25.3	38.5	17.2	12.2	23.8	50.6	43.2	58.0	
Loddon Mallee	40.5	33.0	48.6	8.7	5.9	12.8	49.5	42.0	57.1	
All rural regions	30.5	26.3	35.1	13.8	10.4	18.2	54.7	49.9	59.4	
Victoria	38.7	36.1	41.4	14.0	12.1	16.2	46.5	43.9	49.1	
Females (18+ years)										
Eastern Metropolitan	41.9	36.5	47.6	14.0	10.3	18.8	43.1	37.9	48.5	
North & West Metropolitan	41.5	37.9	45.1	9.8	7.8	12.3	47.7	44.0	51.4	
Southern Metropolitan	38.1	33.5	42.9	12.1	9.6	15.2	49.0	44.1	54.0	
All metropolitan regions	40.5	38.0	43.1	11.3	9.8	13.1	47.2	44.5	49.8	
Barwon-South Western	35.0	27.6	43.3	14.5	9.3	22.0	49.6	40.9	58.3	
Gippsland	39.4	31.8	47.6	8.9	5.5	14.1	51.0	42.8	59.1	
Grampians	38.7	30.3	47.8	10.9*	6.5	17.7	49.0	40.1	57.9	
Hume	35.0	30.3	40.1	16.8	11.3	24.3	47.7	41.4	54.1	
Loddon Mallee	44.2	36.3	52.4	11.8	7.4	18.3	42.9	35.7	50.5	
All rural regions	38.9	35.2	42.8	12.5	10.1	15.4	47.6	43.8	51.5	
Victoria	40.2	38.0	42.5	11.4	10.1	12.9	47.4	45.1	49.7	

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

Table 5.70: The proportion (%) of the adult population who walked either on weekdays or the weekend, among those who walked, by Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Walked predominantly on:								
	Weekdays			Weekends			Both		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
People (18+ years)									
Eastern Metropolitan	45.1	41.0	49.3	14.0	11.1	17.5	39.8	36.0	43.7
North & West Metropolitan	41.2	38.4	44.0	11.8	10.0	13.9	46.3	43.6	49.1
Southern Metropolitan	36.9	33.4	40.6	13.0	10.7	15.8	49.4	45.5	53.3
All metropolitan regions	40.8	38.8	42.8	12.6	11.3	14.1	45.8	43.8	47.8
Barwon-South Western	27.8	22.6	33.7	16.7	11.0	24.6	54.1	46.8	61.3
Gippsland	32.2	26.6	38.5	12.1	7.5	19.1	55.1	48.1	61.8
Grampians	38.8	32.3	45.7	9.5	6.6	13.5	50.8	44.1	57.5
Hume	34.5	29.5	39.8	16.4	12.6	21.1	48.6	43.7	53.6
Loddon Mallee	42.0	36.2	48.1	10.3	7.4	14.2	46.5	41.0	52.2
All rural regions	34.7	31.8	37.6	13.2	11.0	15.8	51.2	48.1	54.3
Victoria	39.5	37.8	41.2	12.7	11.5	14.0	46.9	45.2	48.7

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.



6. Alcohol consumption





Key findings

Lifetime risk of alcohol-related harm



2014

59.2%

were at increased lifetime risk of alcohol-related harm based on National Health and Medical Research Council (2009) guidelines



69.3%

of men were at increased lifetime risk of alcohol-related harm



49.7%

of women were at increased lifetime risk of alcohol-related harm

There was a significantly higher proportion of men at increased lifetime risk of alcohol-related harm compared with Victorian women



There was a significantly higher proportion of women and people at 'increased lifetime risk' of alcohol-related harm who lived in the rural regions compared with Victorian women and people who lived in the metropolitan regions



The prevalence of lifetime risk of alcohol-related harm significantly increased with increasing total annual household income among both men and women



Introduction

Regular, excessive consumption of alcohol over time places people at increased risk of chronic ill health and premature death, and episodes of heavy drinking may place the drinker (and others) at risk of injury or death. The consequences of heavy, regular use of alcohol may include cirrhosis of the liver, cognitive impairment, heart and blood disorders, ulcers, cancers and damage to the pancreas.

Research since the previous edition of the National Health and Medical Research Council (NHMRC) guidelines in 2001 has reinforced earlier evidence on the risks of alcohol-related harm, including a range of chronic diseases and accidents and injury. In 2009 the NHMRC released the Australian guidelines to reduce health risks from drinking alcohol, replacing the previous guidelines issued in 2001. The new NHMRC (2009) guidelines take a new approach to developing population-health guidance that:

- goes beyond looking at the immediate risk of injury and the cumulative risk of chronic disease, to estimating the overall risk of alcohol-related harm over a lifetime

- provides advice on lowering the risk of alcohol-related harm, using the level of one death for every 100 people as a guide to acceptable risk in the context of present-day Australian society
- provides universal guidance applicable to healthy adults 18 years of age or older (guidelines 1 and 2) and guidance specific to children and young people (guideline 3) and to pregnant and breastfeeding women (guideline 4).

The guidelines focus on reducing health risks from drinking. Only guidelines 1 and 2, listed below (Table 6.1), apply to respondents of the Victorian Population Health Survey, as the survey is administered to adults aged 18 years and over. Guideline 1 refers to lifetime or long-term harm, as lifetime risk of harm from drinking alcohol increases with the amount consumed. Guideline 2 refers to immediate harm, or harm in the short-term, as on a single occasion of drinking the risk of alcohol-related injury increases with the amount consumed.

Australian alcohol guidelines

Table 6.1: National Health and Medical Research Council (NHMRC) guidelines to reduce health risks from drinking alcohol

NHMRC (2009) guidelines	
Guideline 1: Reducing the risk of alcohol-related harm over a lifetime	For healthy men and women, drinking no more than TWO standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
Guideline 2: Reducing the risk of injury on a single occasion of drinking	For healthy men and women, drinking no more than FOUR standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

Lifetime risk of alcohol-related harm

Lifetime risk of alcohol-related harm attempts to measure the risk associated with developing an illness such as cirrhosis of the liver, dementia, other cognitive problems, various cancers and alcohol dependence.

Table 6.2 and Figure 6.1 and show prevalence of alcohol-related harm in the lifetime based on the NHMRC (2009) guidelines, by age group and sex.

There was a significantly higher proportion of men and women 35–44 years of age at 'increased lifetime risk' of alcohol-related harm compared with all Victorian men and women, respectively. There was also a significantly higher proportion of women and adults 18–24 years of age at 'increased risk' of alcohol-related harm in the lifetime compared with all Victorian women and adults, respectively. The proportion at 'increased risk' of alcohol-related harm was significantly higher among men compared with women in every age group except 18–24 years age group.

Table 6.2: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category, age group and sex, Victoria, 2014

Age group (years)		Frequency of exceeding 2 standard drinks per day																									
		Abstainer / no longer drinks alcohol					Reduced risk			Weekly			Monthly			Yearly			Total increased lifetime risk ^a								
		%	95% CI	LL	UL		%	95% CI	LL	UL		%	95% CI	LL	UL		%	95% CI	LL	UL		%	95% CI	LL	UL		
Males	18-24	171	12.5	23.0	9.0	6.2	12.9	27.5	22.1	33.7	21.7	16.7	27.7	24.2	18.9	30.5	73.4	67.2	78.8								
	25-34	191	14.4	24.7	7.4	4.9	10.9	26.4	21.5	31.9	20.0	15.5	25.4	26.3	21.3	32.0	72.6	66.7	77.9								
	35-44	121	9.9	14.7	10.2	8.2	12.7	28.6	25.5	32.0	19.1	16.4	22.1	28.1	24.9	31.5	75.8	72.5	78.8								
	45-54	118	9.8	14.0	14.7	12.6	17.2	31.3	28.6	34.1	16.6	14.5	18.9	24.0	21.5	26.7	71.8	68.9	74.6								
	55-64	136	12.0	15.4	15.9	14.1	17.9	30.4	28.3	32.7	13.6	12.0	15.4	23.0	20.9	25.2	67.0	64.6	69.4								
	65-74	151	13.5	16.9	18.9	17.1	20.9	25.9	23.9	28.0	15.8	14.1	17.7	21.3	19.4	23.3	63.0	60.7	65.3								
	75-84	22.0	19.5	24.7	27.1	24.3	30.0	14.1	12.2	16.2	12.5	10.6	14.6	22.4	19.9	25.2	49.0	45.9	52.1								
	85+	26.5	20.9	32.9	30.6	25.3	36.5	10.4	7.4	14.6	6.9	4.4	10.6	21.4	16.5	27.2	38.7	32.8	45.1								
	Victoria	15.6	14.2	17.1	13.3	12.3	14.4	27.2	25.6	28.8	17.5	16.1	19.0	24.7	23.1	26.3	69.3	67.6	70.9								
Females	18-24	21.2	15.9	27.5	10.6	7.2	15.2	14.6	10.9	19.3	28.2	22.5	34.7	23.8	18.8	29.6	66.6	60.0	72.6								
	25-34	26.0	21.9	30.5	18.2	14.8	22.1	11.9	9.1	15.4	15.5	11.9	19.8	27.4	23.1	32.2	54.8	49.8	59.6								
	35-44	22.1	19.9	24.4	23.0	20.8	25.3	12.6	11.0	14.4	14.0	12.3	15.9	27.4	25.2	29.8	54.0	51.3	56.6								
	45-54	21.3	19.3	23.4	23.9	21.9	26.0	14.3	12.8	16.0	11.2	9.9	12.7	27.6	25.6	29.8	53.1	50.8	55.5								
	55-64	24.3	22.5	26.3	29.2	27.3	31.2	10.6	9.4	11.9	11.3	10.0	12.7	22.6	20.9	24.4	44.5	42.4	46.6								
	65-74	31.6	29.7	33.7	33.1	31.1	35.1	7.3	6.3	8.4	8.3	7.2	9.6	17.5	16.1	19.1	33.2	31.3	35.2								
	75-84	42.5	39.9	45.1	33.9	31.4	36.4	2.9	2.2	3.9	4.9	3.8	6.3	13.7	12.0	15.6	21.6	19.5	23.8								
	85+	53.5	48.7	58.2	32.0	27.8	36.5	**			3.9*	2.4	6.3	6.5	4.7	8.8	11.8	9.0	15.1								
	Victoria	25.7	24.4	27.1	23.1	22.0	24.2	11.4	10.5	12.5	14.3	13.0	15.6	24.0	22.7	25.3	49.7	48.1	51.2								

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses; not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a NHMRC (2009) guidelines

Table 6.2: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category, age group and sex, Victoria, 2014
(continued)

Age group (years)	Frequency of exceeding 2 standard drinks per day																	
	Abstainer / no longer drinks alcohol			Reduced risk			Weekly			Monthly			Yearly			Total increased lifetime risk ^e		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Persons	19.1	15.5 23.3	9.8	7.5 12.6	21.2	17.8 25.1	24.9	21.0 29.2	24.0	20.3 28.2	70.1	65.6 74.2						
18-24	19.1	15.5 23.3	9.8	7.5 12.6	21.2	17.8 25.1	24.9	21.0 29.2	24.0	20.3 28.2	70.1	65.6 74.2						
25-34	22.5	19.3 26.0	12.8	10.6 15.3	19.1	16.2 22.4	17.7	14.8 21.1	26.9	23.5 30.5	63.7	59.9 67.4						
35-44	17.1	15.5 18.9	16.7	15.1 18.3	20.5	18.7 22.4	16.5	14.9 18.3	27.8	25.8 29.8	64.8	62.6 66.8						
45-54	16.6	15.2 18.1	19.4	17.9 21.0	22.6	21.1 24.3	13.8	12.6 15.2	25.8	24.2 27.5	62.3	60.4 64.2						
55-64	19.1	17.8 20.4	22.7	21.3 24.1	20.3	19.0 21.6	12.4	11.4 13.6	22.8	21.5 24.2	55.5	53.9 57.2						
65-74	24.1	22.7 25.5	26.6	25.2 28.0	15.9	14.8 17.0	11.8	10.8 12.9	19.3	18.1 20.5	46.9	45.3 48.5						
75-84	33.0	31.1 34.9	30.7	28.9 32.6	8.1	7.1 9.2	8.4	7.4 9.7	17.7	16.2 19.4	34.3	32.4 36.2						
85+	42.1	38.3 46.0	31.4	28.0 34.9	5.3	3.7 7.3	5.1	3.7 7.1	12.8	10.4 15.7	23.2	20.0 26.6						
Victoria	20.8	19.9 21.8	18.3	17.6 19.1	19.1	18.2 20.1	15.8	14.8 16.8	24.3	23.2 25.3	59.2	58.0 60.3						

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

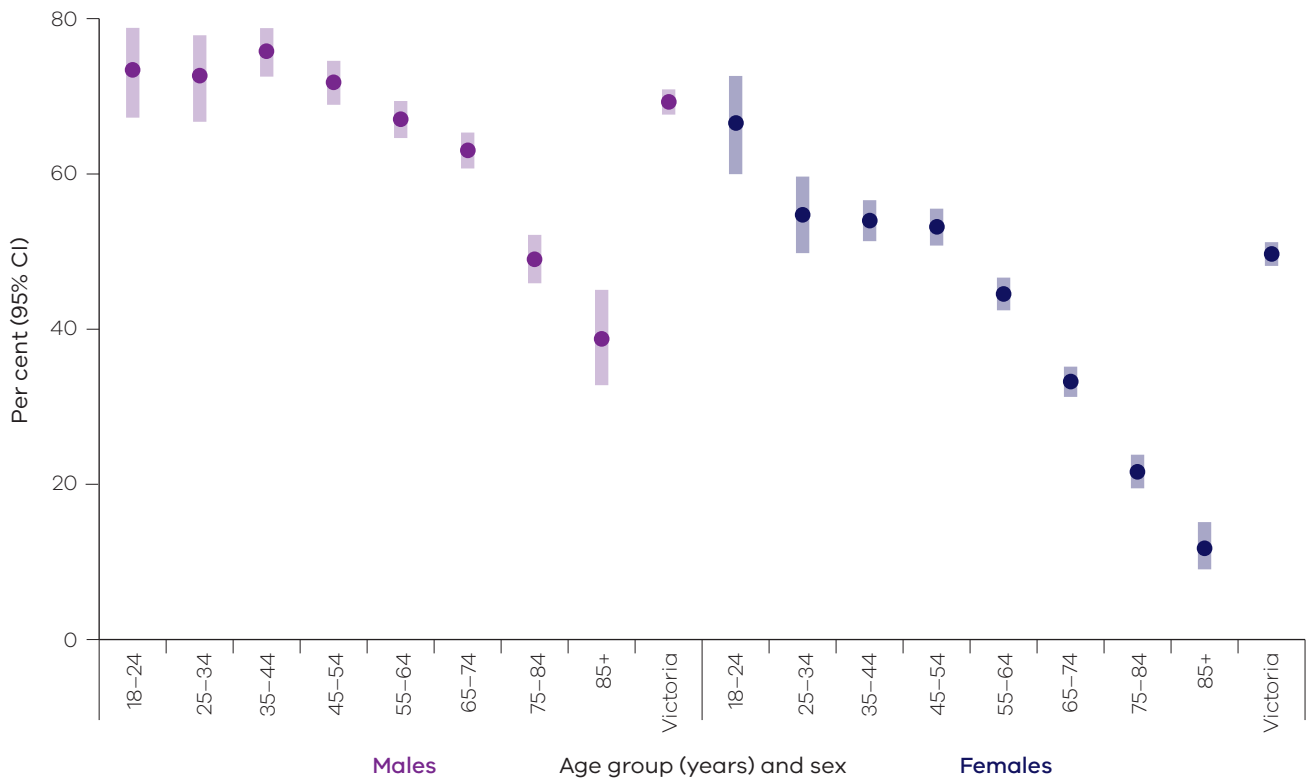
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

o NHMRC (2009) guidelines

Figure 6.1: Proportion (%) of the adult population with increased lifetime risk of alcohol-related harm,^a by age group and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a NHMRC (2009) guidelines.

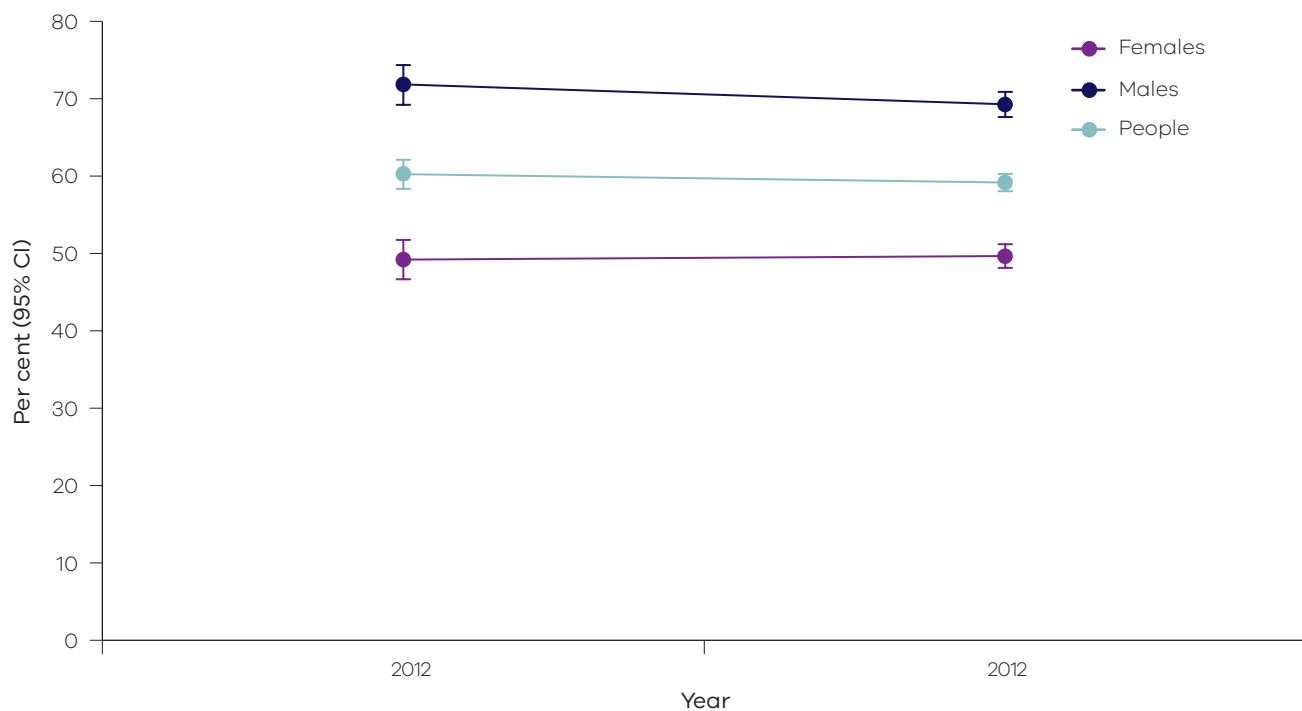
The trend over time of lifetime risk of alcohol-related harm was investigated (Table 6.3 and Figure 6.2). The proportions of men and women with increased lifetime risk of alcohol-related harm remained unchanged from 2012 to 2014.

Table 6.3: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by year and sex, Victoria, 2012-14

		Frequency of exceeding 2 standard drinks per day ^a									Total increased lifetime risk ^a		
		Weekly			Monthly			Yearly					
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL		LL	UL
2012	Males	33.0	30.3	35.8	15.9	13.7	18.3	23.0	20.7	25.5	71.9	69.2	74.3
	Females	12.4	10.8	14.2	13.7	12.0	15.7	23.1	21.0	25.3	49.2	46.7	51.8
	People	22.5	20.8	24.2	14.8	13.3	16.3	23.0	21.4	24.7	60.2	58.4	62.1
2014	Males	27.2	25.6	28.8	17.5	16.1	19.0	24.7	23.1	26.3	69.3	67.6	70.9
	Females	11.4	10.5	12.5	14.3	13.0	15.6	24.0	22.7	25.3	49.7	48.1	51.2
	People	19.1	18.2	20.1	15.8	14.8	16.8	24.3	23.2	25.3	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
^a NHMRC (2009) guidelines.

Figure 6.2: Proportion (%) of the adult population with increased lifetime risk of alcohol-related harm,^a by year and sex, Victoria, 2014



Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
^a NHMRC (2009) guidelines.

Table 6.4 shows the prevalence of lifetime risk of alcohol-related harm, by departmental region and sex. There was a significantly higher proportion of men and adults at 'increased lifetime risk' of alcohol-related harm who lived in Grampians Region and Hume Region compared with all Victorian men and adults, respectively. There was a significantly higher proportion of women and adults at 'increased lifetime risk' of alcohol-related harm who lived in the rural regions compared with Victorian women and adults who lived in the metropolitan regions.

Table 6.4: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category, Department of Health and Human Services region and sex, Victoria, 2014

Region	Frequency of exceeding 2 standard drinks per day ^a																								
	Abstainer / no longer drinks alcohol				Reduced risk				Weekly				Monthly				Yearly				Total increased lifetime risk ^a				
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	
Males (18+ years)																									
Eastern Metropolitan	13.6	10.9	16.7	13.7	11.4	16.2	27.7	23.9	31.8	18.1	14.6	22.2	25.2	21.5	29.3	71.0	67.3	74.4							
North & West Metropolitan	19.1	16.6	21.9	14.7	13.0	16.6	22.6	20.2	25.2	17.0	14.8	19.3	24.9	22.3	27.6	64.5	61.5	67.3							
Southern Metropolitan	12.3	9.9	15.1	14.1	11.7	16.8	29.1	25.6	32.9	16.7	13.6	20.3	26.1	22.6	30.0	71.9	68.4	75.1							
All metropolitan regions	15.7	14.1	17.4	14.3	13.0	15.6	25.9	24.1	27.7	17.1	15.5	18.9	25.3	23.5	27.3	68.3	66.3	70.2							
Barwon-South Western	17.6	11.7	25.5	7.5	5.8	9.7	31.7	25.4	38.6	19.1	14.1	25.2	21.6	16.2	28.3	72.3	64.8	78.8							
Gippsland	12.5	8.8	17.4	14.2	10.7	18.6	28.1	22.5	34.5	24.3	17.9	32.1	19.5	15.5	24.3	71.9	66.0	77.2							
Grampians	8.7	7.1	10.6	9.9	8.0	12.0	32.3	26.6	38.6	21.1	16.1	27.1	25.5	20.0	31.9	78.9	75.4	81.9							
Hume	11.5	8.8	14.9	9.9	8.0	12.2	33.6	28.3	39.4	18.7	14.2	24.2	24.6	20.4	29.3	76.9	73.0	80.3							
Loddon Mallee	21.5	16.0	28.4	12.5	9.7	15.8	30.9	25.6	36.9	13.6	10.7	17.0	19.6	16.1	23.7	64.1	57.8	70.0							
All rural regions	15.0	12.4	18.0	10.5	9.4	11.8	31.4	28.6	34.3	19.1	16.6	21.7	22.0	19.7	24.5	72.5	69.4	75.3							
Victoria	15.6	14.2	17.1	13.3	12.3	14.4	27.2	25.6	28.8	17.5	16.1	19.0	24.7	23.1	26.3	69.3	67.6	70.9							

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.4: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Frequency of exceeding 2 standard drinks per day ^a																				
	Abstainer / no longer drinks alcohol				Reduced risk			Weekly			Monthly			Yearly			Total increased lifetime risk ^a				
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	
Females (18+ years)																					
Eastern Metropolitan	23.2	20.0	26.8	25.5	22.4	28.9	9.0	7.2	11.3	15.3	12.1	19.2	26.2	22.9	29.7	50.5	46.5	54.5			
North & West Metropolitan	31.4	29.0	34.0	23.5	21.6	25.5	9.3	7.9	11.1	12.5	10.7	14.5	21.5	19.5	23.6	43.3	40.7	45.9			
Southern Metropolitan	23.2	20.9	25.7	21.9	19.8	24.2	14.5	12.3	16.9	15.5	12.7	18.7	23.8	20.8	27.0	53.7	50.7	56.6			
All metropolitan regions	26.7	25.1	28.3	23.5	22.2	24.9	11.0	9.9	12.2	14.1	12.7	15.7	23.3	21.8	24.9	48.4	46.7	50.2			
Barwon-South Western	22.9	16.2	31.3	21.6	17.9	25.7	13.0	8.7	19.1	14.5	10.7	19.3	25.1	19.3	31.9	52.6	45.2	59.8			
Gippsland	17.6	15.1	20.4	24.7	20.8	29.0	14.4	10.5	19.5	16.5	12.3	21.7	24.0	19.6	29.0	54.8	50.1	59.5			
Grampians	21.5	17.6	26.0	22.1	19.6	24.9	10.5	7.9	13.8	12.3	9.0	16.6	32.0	26.5	38.1	54.8	50.0	59.6			
Hume	24.4	21.2	27.9	20.8	17.7	24.3	13.2	10.7	16.2	14.7	11.6	18.4	25.6	22.6	29.0	53.5	49.5	57.5			
Loddon Mallee	24.5	20.7	28.8	18.6	16.4	20.9	14.0	10.3	18.8	15.2	11.1	20.4	26.0	21.2	31.4	55.2	50.7	59.6			
All rural regions	22.4	19.9	25.2	21.5	20.0	23.2	12.9	11.1	14.9	14.6	12.8	16.7	26.3	23.9	28.9	53.9	51.1	56.6			
Victoria	25.7	24.4	27.1	23.1	22.0	24.2	11.4	10.5	12.5	14.3	13.0	15.6	24.0	22.7	25.3	49.7	48.1	51.2			

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.4: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Frequency of exceeding 2 standard drinks per day ^a																				
	Abstainer / no longer drinks alcohol				Reduced risk			Weekly			Monthly			Yearly			Total increased lifetime risk ^a				
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL	
People (18+ years)																					
Eastern Metropolitan	18.5	16.4	20.9	19.7	17.8	21.9	18.1	15.9	20.6	16.7	14.2	19.4	25.6	23.1	28.3	60.4	57.6	63.1			
North & West Metropolitan	25.5	23.7	27.4	19.2	17.9	20.6	15.9	14.4	17.4	14.5	13.1	16.0	23.1	21.5	24.9	53.6	51.6	55.5			
Southern Metropolitan	18.0	16.3	19.8	18.1	16.5	19.8	21.6	19.5	23.8	16.0	13.9	18.4	24.9	22.6	27.4	62.5	60.2	64.7			
All metropolitan regions	21.4	20.3	22.6	19.0	18.1	20.0	18.2	17.2	19.4	15.5	14.4	16.7	24.3	23.1	25.5	58.0	56.7	59.3			
Barwon-South Western	20.3	15.6	26.1	14.7	12.6	17.0	22.3	18.1	27.2	16.7	13.5	20.5	23.2	19.1	27.9	62.2	56.8	67.4			
Gippsland	15.4	12.8	18.3	19.5	16.8	22.5	21.2	17.6	25.2	20.3	16.2	25.1	21.6	18.6	24.9	63.0	59.2	66.7			
Grampians	15.3	13.1	17.8	16.1	14.4	17.8	21.2	17.9	25.0	16.7	13.5	20.5	28.7	24.6	33.1	66.6	63.6	69.5			
Hume	18.0	15.8	20.4	15.4	13.5	17.5	23.4	20.2	26.9	16.8	13.8	20.3	25.0	22.4	27.9	65.2	62.2	68.0			
Loddon Mallee	23.5	19.5	28.1	15.7	13.9	17.8	22.2	18.8	26.0	14.0	11.4	17.0	22.8	19.7	26.1	58.9	54.5	63.2			
All rural regions	18.9	17.0	20.8	16.1	15.1	17.2	22.1	20.3	23.9	16.7	15.2	18.4	24.1	22.4	25.9	62.9	60.9	64.9			
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	19.1	18.2	20.1	15.8	14.8	16.8	24.3	23.2	25.3	59.2	58.0	60.3			

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.5 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Eastern Metropolitan Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Boroondara (C) and Maroondah (C) compared with all Victorian adults

Table 6.5: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Boroondara (C)	12.5	8.5	17.9	18.5	14.3	23.6	68.4	62.1	74.0
Knox (C)	21.6	16.5	27.9	20.4	14.5	27.8	56.8	48.8	64.5
Manningham (C)	19.1	14.0	25.6	20.2	15.6	25.8	59.0	51.9	65.7
Maroondah (C)	14.5	10.3	20.0	16.9	13.1	21.7	67.0	60.8	72.7
Monash (C)	23.6	18.3	30.0	26.4	21.2	32.4	48.1	41.6	54.7
Whitehorse (C)	17.7	13.0	23.7	17.1	13.3	21.6	64.5	58.0	70.6
Yarra Ranges (S)	20.9	13.9	30.2	15.3	12.1	19.0	62.3	53.3	70.5
Eastern Metropolitan Region	18.5	16.4	20.9	19.7	17.8	21.9	60.4	57.6	63.1
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.6 shows the prevalence of lifetime risk of alcohol-related harm by LGA in North & West Metropolitan Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Melbourne (C) and Nillumbik (C) compared with all Victorian adults.

Table 6.6: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Banyule (C)	15.1	10.4	21.5	23.7	17.1	31.9	57.9	49.9	65.5
Brimbank (C)	33.0	27.6	38.9	20.7	16.2	26.0	43.2	37.2	49.5
Darebin (C)	28.1	20.7	36.9	18.1	14.1	22.8	53.0	45.2	60.6
Hobsons Bay (C)	17.7	13.0	23.7	20.2	13.9	28.4	60.1	51.9	67.8
Hume (C)	31.2	25.5	37.7	19.6	15.8	24.0	47.0	40.7	53.4
Maribyrnong (C)	21.3	16.9	26.4	15.6	11.5	20.8	60.9	54.4	67.0
Melbourne (C)	19.5	14.3	26.1	10.3	7.4	14.3	69.1	62.3	75.2
Melton (S)	35.2	28.4	42.8	24.3	20.1	29.2	38.6	31.7	45.9
Moonee Valley (C)	19.6	14.8	25.5	21.0	15.8	27.4	57.9	50.9	64.6
Moreland (C)	29.2	22.7	36.6	13.2	10.5	16.6	57.3	50.0	64.3
Nillumbik (S)	10.9	7.3	15.8	16.3	12.6	20.7	71.2	65.5	76.2
Whittlesea (C)	26.5	21.7	31.9	23.9	19.3	29.2	48.0	42.1	54.0
Wyndham (C)	25.0	20.3	30.4	22.2	18.2	26.7	51.7	46.3	57.2
Yarra (C)	18.3	12.0	26.7	13.5	10.0	17.8	64.9	56.3	72.7
North & West Metropolitan Region	25.5	23.7	27.4	19.2	17.9	20.6	53.6	51.6	55.5
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.7 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Southern Metropolitan Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Bayside (C), Mornington Peninsula (S) and Stonnington (C) compared with all Victorian adults.

Table 6.7: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bayside (C)	7.9*	4.5	13.6	18.7	12.6	27.0	72.7	63.8	80.1
Cardinia (S)	18.1	13.4	23.9	17.5	13.2	22.7	62.0	55.4	68.1
Casey (C)	25.6	21.1	30.6	20.2	15.8	25.4	52.6	46.4	58.7
Frankston (C)	21.1	16.6	26.4	16.1	12.4	20.7	60.1	54.0	65.9
Glen Eira (C)	12.5	9.1	16.9	21.6	17.2	26.8	65.6	59.5	71.2
Greater Dandenong (C)	32.6	26.6	39.3	22.8	17.6	29.1	42.9	35.9	50.2
Kingston (C)	17.7	12.3	24.8	19.6	15.2	25.0	61.7	54.2	68.8
Mornington Peninsula (S)	12.3	8.1	18.2	10.1	7.2	13.9	76.3	69.8	81.8
Port Phillip (C)	12.3	7.7	19.1	16.8	11.2	24.5	68.8	59.7	76.7
Stonnington (C)	7.9	5.4	11.5	14.2	10.6	18.7	76.7	71.4	81.3
Southern Metropolitan Region	18.0	16.3	19.8	18.1	16.5	19.8	62.5	60.2	64.7
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.8 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Barwon-South Western Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Colac-Otway (S), Moyne (S), Queenscliffe (B), Surf Coast (S) and Warrnambool (C) compared with all Victorian adults.

Table 6.8: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	18.5	12.6	26.3	12.4	9.5	16.0	68.1	60.3	74.9
Corangamite (S)	20.1	15.0	26.4	12.9	9.4	17.4	64.5	57.5	71.0
Glenelg (S)	25.2	19.4	32.0	19.3	14.2	25.6	50.9	43.2	58.5
Greater Geelong (C)	23.2	16.1	32.1	15.2	12.0	19.1	58.2	49.8	66.1
Moyne (S)	12.9	9.0	18.2	17.4	12.5	23.8	68.5	61.2	75.0
Queenscliffe (B)	4.2	2.8	6.1	14.9*	9.0	23.8	80.1	71.6	86.6
Southern Grampians (S)	16.7	12.2	22.5	14.6	11.1	19.0	65.0	57.2	72.1
Surf Coast (S)	7.4	5.0	10.9	11.9	9.5	14.9	79.7	75.6	83.3
Warrnambool (C)	15.3	11.9	19.4	12.2	9.7	15.1	71.8	67.2	75.9
Barwon-South Western Region	20.3	15.6	26.1	14.7	12.6	17.0	62.2	56.8	67.4
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.9 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Gippsland Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGA of Wellington (S) compared with all Victorian adults.

Table 6.9: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Gippsland Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bass Coast (S)	17.6*	9.6	30.2	17.1	12.5	22.8	62.9	51.2	73.3
Baw Baw (S)	17.7	13.4	23.0	23.5	16.7	32.1	57.0	48.4	65.2
East Gippsland (S)	10.7	7.6	14.9	26.6	17.6	38.1	61.4	50.5	71.3
Latrobe (C)	16.8	11.6	23.7	18.4	13.6	24.3	61.0	52.8	68.7
South Gippsland (S)	22.0	15.6	30.2	17.5	13.5	22.4	57.6	49.4	65.3
Wellington (S)	9.3	7.5	11.6	14.3	11.3	18.1	76.0	72.1	79.5
Gippsland Region	15.4	12.8	18.3	19.5	16.8	22.5	63.0	59.2	66.7
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.10 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Grampians Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Ballarat (C) and Moorabool (S) compared with all Victorian adults.

Table 6.10: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Grampians Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Ararat (RC)	19.7	13.2	28.3	16.3	11.7	22.4	61.2	52.7	69.1
Ballarat (C)	14.4	10.7	19.1	14.0	11.2	17.4	69.5	64.0	74.5
Golden Plains (S)	17.8	12.6	24.5	16.4	12.4	21.5	64.7	57.2	71.5
Hepburn (S)	14.5	10.1	20.3	22.2	15.6	30.4	61.4	52.4	69.7
Hindmarsh (S)	22.6	17.2	29.1	14.8	10.1	21.2	62.0	55.1	68.5
Horsham (RC)	11.7	9.3	14.7	22.0	16.1	29.3	62.3	52.3	71.4
Moorabool (S)	13.1	9.6	17.6	17.2	12.7	23.0	68.6	62.2	74.4
Northern Grampians (S)	20.1	14.8	26.6	20.5	14.3	28.5	57.9	49.2	66.1
Pyrenees (S)	22.3	15.5	31.0	17.6	11.2	26.6	58.6	48.5	68.0
West Wimmera (S)	18.0	13.8	23.2	13.9	10.4	18.2	63.1	55.7	69.9
Yarriambiack (S)	18.1	13.3	24.1	13.2	9.6	17.8	64.6	57.9	70.8
Grampians Region	15.3	13.1	17.8	16.1	14.4	17.8	66.6	63.6	69.5
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.11 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Hume Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was significantly higher among those who lived in the LGAs of Alpine (S), Indigo (S), Mansfield (S), Murrindindi (S) Towong (S) and Wodonga (RC) compared with all Victorian adults.

Table 6.11: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Hume Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Alpine (S)	12.4	8.7	17.3	15.0	10.7	20.5	71.5	64.7	77.5
Benalla (RC)	23.3	16.8	31.4	15.2	10.7	21.2	55.5	46.1	64.4
Greater Shepparton (C)	23.1	17.4	30.0	13.0	10.1	16.5	62.5	55.4	69.2
Indigo (S)	8.7	6.8	11.1	13.7	9.6	19.2	74.3	67.5	80.1
Mansfield (S)	12.5*	7.1	21.2	14.6	9.8	21.3	69.8	60.9	77.4
Mitchell (S)	19.5	13.0	28.2	18.2	13.9	23.5	61.4	52.5	69.5
Moira (S)	17.8	13.1	23.8	13.0	8.0	20.3	68.1	59.8	75.3
Murrindindi (S)	15.0	10.7	20.8	11.1	8.4	14.4	73.4	67.4	78.7
Strathbogie (S)	29.7	18.4	44.1	13.6	10.0	18.3	55.7	42.6	68.1
Towong (S)	16.2	11.3	22.8	14.1	10.8	18.2	68.5	62.0	74.4
Wangaratta (RC)	13.7	9.7	19.1	23.7	14.5	36.2	61.2	49.8	71.6
Wodonga (RC)	12.1	8.8	16.3	16.3	12.0	21.7	71.0	65.0	76.4
Hume Region	18.0	15.8	20.4	15.4	13.5	17.5	65.2	62.2	68.0
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.12 shows the prevalence of lifetime risk of alcohol-related harm by LGA in Loddon Mallee Region. The proportion of adults who were at 'increased lifetime risk' of alcohol-related harm was not significantly different among those who lived in the LGAs of Loddon Mallee Region compared with all Victorian adults.

Table 6.12: Proportion (%) of the adult population with lifetime risk of alcohol-related harm,^a by risk category and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Buloke (S)	23.1	15.2	33.6	16.1	10.2	24.6	59.7	49.5	69.1
Campaspe (S)	22.5	16.5	29.9	11.0	7.3	16.1	65.6	57.6	72.8
Central Goldfields (S)	19.4	15.7	23.7	15.6	10.8	22.0	59.4	51.0	67.3
Gannawarra (S)	25.5	15.3	39.4	17.1	12.7	22.7	56.3	43.4	68.5
Greater Bendigo (C)	26.4	19.5	34.6	14.8	11.9	18.4	56.6	48.4	64.4
Loddon (S)	22.1	16.2	29.4	17.0*	10.1	27.1	60.6	50.0	70.4
Macedon Ranges (S)	22.7*	12.8	37.0	16.2	12.6	20.7	59.3	46.6	70.8
Mildura (RC)	17.5	13.7	22.1	21.2	14.8	29.4	59.3	50.9	67.2
Mount Alexander (S)	25.4	17.5	35.4	18.4	12.9	25.5	55.3	45.2	65.0
Swan Hill (RC)	23.0	15.6	32.6	12.5	9.1	17.0	61.9	52.2	70.7
Loddon Mallee Region	23.5	19.5	28.1	15.7	13.9	17.8	58.9	54.5	63.2
Victoria	20.8	19.9	21.8	18.3	17.6	19.1	59.2	58.0	60.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.13 shows the prevalence of lifetime risk of alcohol-related harm in men, by selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men were at 'increased lifetime risk' of alcohol-related harm with the following characteristics:

- born in Australia
- speaks English language at home
- total annual household income of \$100,000 or more.

Table 6.14 shows the prevalence of lifetime risk of alcohol-related harm in women, by selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women were at 'increased lifetime risk' of alcohol-related harm with the following characteristics:

- born in Australia
- speaks English language at home
- employed
- total annual household income of \$100,000 or more.

Table 6.13: Proportion (%) of the adult male population with lifetime risk of alcohol-related harm,^a by risk category and selected socioeconomic determinants, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
All males	15.6	14.2	17.1	13.3	12.3	14.4	69.3	67.6	70.9
<i>Country of birth</i>									
Australia	13.4	11.9	15.1	11.0	10.0	12.0	73.8	72.0	75.6
Overseas	21.2	17.9	24.9	18.5	16.1	21.2	58.4	54.6	62.2
<i>Language spoken at home</i>									
English	11.6	10.4	13.0	11.2	10.2	12.3	75.4	73.8	77.0
Language other than English	26.6	23.1	30.4	20.7	18.2	23.4	50.7	46.9	54.5
<i>Education level</i>									
Did not complete high school	21.9	16.8	28.1	11.5	9.4	14.0	62.3	56.1	68.0
Completed high school, or TAFE, or trade certificate, or diploma	14.8	12.9	17.0	12.6	11.4	13.9	70.6	68.3	72.9
University, or some other tertiary institute degree, including postgraduate diploma or degree	13.1	11.1	15.5	14.8	12.7	17.2	70.7	67.8	73.5
<i>Employment status</i>									
Employed	13.2	11.5	15.1	12.3	10.9	13.9	72.9	70.7	75.0
Unemployed	21.6	13.7	32.4	16.9	12.1	23.1	56.6	48.0	64.8
Not in labour force	26.5	21.9	31.6	13.5	11.6	15.6	58.5	53.4	63.5
<i>Total annual household income</i>									
< \$40,000	30.6	25.7	36.0	13.6	11.5	16.0	53.1	47.8	58.3
\$40,000 to < \$100,000	16.3	13.8	19.2	13.8	12.0	15.9	68.3	65.2	71.2
≥ \$100,000	8.3	6.5	10.7	10.2	8.4	12.2	80.2	77.3	82.7

Data were age-standardised to the 2011 Victorian population.
 LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.14: Proportion (%) of the adult female population with lifetime risk of alcohol-related harm,^a by risk category and selected socioeconomic determinants, Victoria, 2014

	Abstainer or no longer drinks alcohol		Reduced lifetime risk		Increased lifetime risk				
	%	95% CI	%	95% CI	%	95% CI			
All females	25.7	24.4	27.1	23.1	22.0	24.2	49.7	48.1	51.2
<i>Country of birth</i>									
Australia	20.0	18.6	21.4	22.0	20.8	23.3	56.2	54.5	57.8
Overseas	40.1	36.8	43.6	25.7	23.1	28.4	33.2	29.9	36.7
<i>Language spoken at home</i>									
English	19.7	18.4	21.2	21.6	20.4	22.9	57.0	55.3	58.7
Language other than English	43.8	40.7	47.0	27.4	25.0	30.0	27.6	24.6	30.8
<i>Education level</i>									
Did not complete high school	33.2	28.5	38.2	23.9	20.0	28.2	41.0	35.8	46.4
Completed high school, or TAFE, or trade certificate, or diploma	24.9	23.0	26.9	22.0	20.5	23.5	51.3	49.2	53.4
University, or some other tertiary institute degree, including postgraduate diploma or degree	20.9	18.7	23.3	24.3	22.3	26.4	53.4	50.7	56.0
<i>Employment status</i>									
Employed	19.9	17.6	22.3	23.1	21.0	25.4	55.0	52.8	57.1
Unemployed	41.6	34.5	49.2	18.4	14.1	23.6	39.6	32.8	46.7
Not in labour force	33.5	31.0	36.1	24.3	22.3	26.3	40.9	38.3	43.6
<i>Total annual household income</i>									
< \$40,000	39.8	35.4	44.4	22.3	19.8	25.1	36.3	31.8	41.0
\$40,000 to < \$100,000	23.1	20.8	25.6	24.8	22.8	26.9	50.9	48.3	53.6
≥ \$100,000	13.8	11.1	17.1	20.8	18.0	23.9	64.2	60.4	67.9

Data were age-standardised to the 2011 Victorian population.
 LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

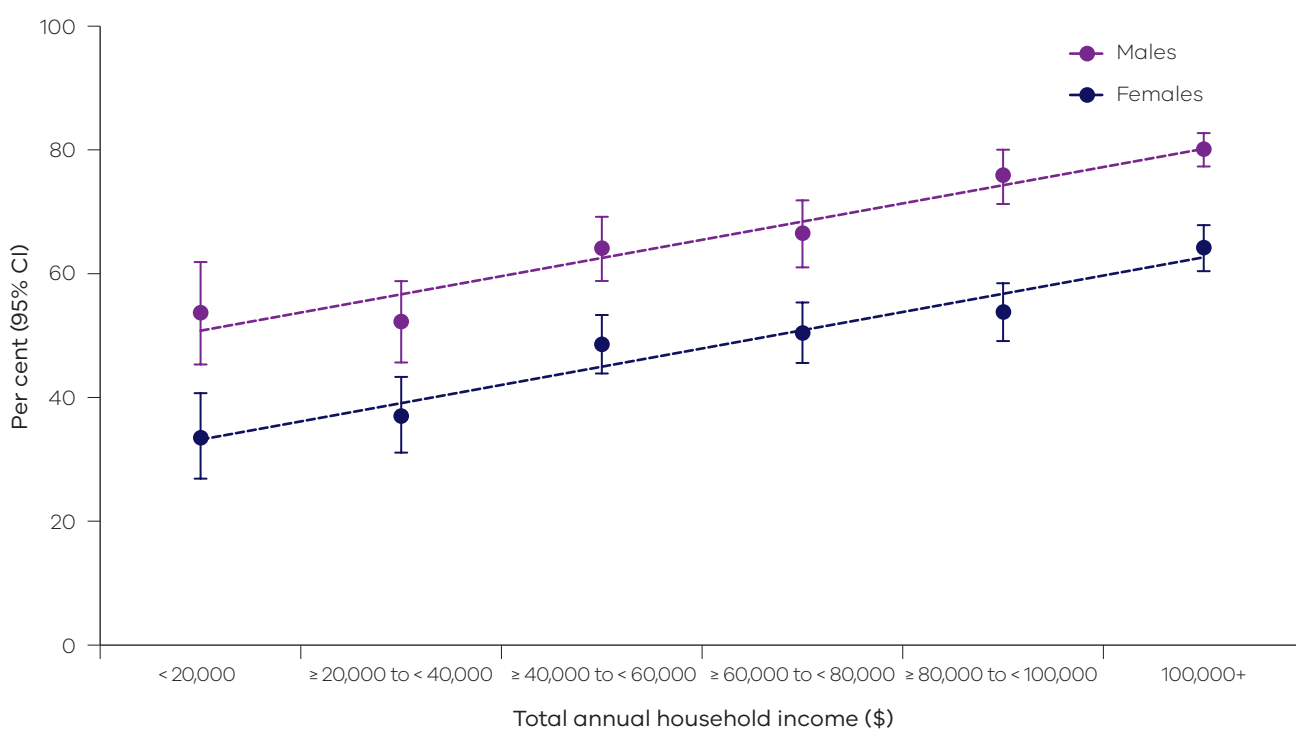
Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
^a NHMRC (2009) guidelines.

The relationship was investigated between SES and the age-adjusted prevalence of alcohol-related harm in the lifetime, using total annual household income as a measure of SES (Figure 6.3).

The prevalence of alcohol-related harm in the lifetime significantly increased with increasing total annual household income among both men and women.

Figure 6.3: Proportion (%) of the adult population with increased lifetime risk of alcohol-related harm,^a by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2009) guidelines.

Table 6.15 shows the prevalence of lifetime risk of alcohol-related harm in men, by selected modifiable risk factors contributing to chronic disease. When compared with all Victorian men, a significantly lower proportion of men were at 'increased lifetime risk' of alcohol-related harm with the following characteristics:

- high or very high levels of psychological distress
- sedentary behaviour
- non-smoker
- underweight
- diagnosed with diabetes by a doctor.

Table 6.16 shows the prevalence of lifetime risk of alcohol-related harm in women, by selected modifiable risk factors contributing to chronic disease. When compared with all Victorian women, a significantly higher proportion of women were at 'increased lifetime risk' of alcohol-related harm with the following characteristics:

- engaged in sufficient physical activity
- excellent or very good self-reported health status.

Table 6.15: Proportion (%) of the adult male population with lifetime risk of alcohol-related harm,^a by risk category and selected modifiable risk factors, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
All males	15.6	14.2	171	13.3	12.3	14.4	69.3	67.6	70.9
<i>Psychological distress^b</i>									
Low (K10 score < 16)	14.4	12.8	16.2	13.2	12.0	14.6	70.7	68.7	72.7
Moderate (K10 score 16–21)	14.3	11.8	171	12.4	10.5	14.6	71.4	68.1	74.4
High / very high (K10 score 22+)	23.5	18.7	29.2	15.1	12.3	18.3	60.7	55.0	66.0
<i>Physical activity^c</i>									
Sedentary	31.5	25.8	37.8	15.6*	9.1	25.3	50.9	41.6	60.1
Insufficient time (< 150 min) and/or sessions (< 2)	16.1	14.2	18.2	13.8	12.5	15.3	68.7	66.4	70.9
Sufficient time (≥ 150 min) and sessions (≥ 2)	14.0	12.0	16.3	12.9	11.3	14.7	71.3	68.7	73.8
<i>Met fruit / vegetable guidelines^d</i>									
Both guidelines	13.6*	7.8	22.7	11.8*	6.0	21.8	71.9	60.8	80.9
Vegetable guidelines ^e	11.9*	7.0	19.5	14.5*	8.2	24.4	71.3	60.7	80.0
Fruit guidelines ^e	15.3	13.4	17.3	13.7	12.3	15.2	69.4	67.1	71.7
Neither	15.8	13.9	18.0	13.0	11.6	14.5	69.5	67.2	71.8
<i>Smoking status</i>									
Current smoker	13.3	10.8	16.4	10.2	8.3	12.5	73.5	70.0	76.7
Ex-smoker	12.3	8.9	16.8	10.8	9.1	12.8	75.1	70.7	79.1
Non-smoker	18.1	16.4	20.1	15.3	13.9	16.8	64.9	62.8	67.0

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c DoH (2017) guidelines.

^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.15: Proportion (%) of the adult male population with lifetime risk of alcohol-related harm,^a by risk category and selected modifiable risk factors, Victoria, 2014 (continued)

	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
<i>Self-reported health</i>									
Excellent/very good	14.0	12.0	16.3	12.9	11.5	14.5	71.1	68.6	73.5
Good	13.5	11.7	15.5	13.9	12.3	15.8	70.6	68.1	73.0
Fair/poor	21.9	18.3	26.0	12.9	10.7	15.3	63.9	59.6	67.9
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	25.1	17.3	35.1	20.8*	11.8	34.0	54.0	44.4	63.4
Normal range (18.5 ≤ BMI < 25 kg/m ²)	14.9	12.9	17.1	14.4	12.7	16.2	69.0	66.4	71.4
Pre-obese (25 ≤ BMI < 30 kg/m ²)	14.6	12.3	17.2	11.4	10.2	12.8	72.2	69.4	74.8
Obese (BMI ≥ 30 kg/m ²)	17.8	14.0	22.2	14.9	11.8	18.7	65.7	61.0	70.1
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	18.7	14.6	23.7	12.3	9.9	15.1	66.6	61.3	71.4
Normal range	14.9	13.5	16.5	14.0	12.9	15.3	69.4	67.6	71.1
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	30.1	18.2	45.5	20.8*	10.7	36.5	48.1	37.1	59.3
Normal range	14.7	13.3	16.2	13.0	12.1	14.1	70.4	68.7	72.0

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c DoH (2017) guidelines.

^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.16: Proportion (%) of the adult female population with lifetime risk of alcohol-related harm,^a by risk category and selected modifiable risk factors, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI		%	95% CI		%	95% CI	
All females	25.7	24.4	27.1	23.1	22.0	24.2	49.7	48.1	51.2
<i>Psychological distress^b</i>									
Low (K10 score < 16)	24.3	22.4	26.3	23.6	22.1	25.1	50.8	48.7	52.9
Moderate (K10 score 16–21)	23.9	21.6	26.4	23.0	20.8	25.3	51.0	48.0	53.9
High / very high (K10 score 22+)	34.6	31.0	38.3	21.1	18.7	23.8	43.4	39.9	47.1
<i>Physical activity^c</i>									
Sedentary	41.7	32.9	51.1	27.4	19.8	36.6	30.5	22.4	40.2
Insufficient time (< 150 min) and/or sessions (< 2)	27.8	25.9	29.9	23.4	21.9	25.0	47.3	45.2	49.5
Sufficient time (≥ 150 min) and sessions (≥ 2)	18.8	17.0	20.8	23.1	21.3	25.0	56.7	54.3	59.1
<i>Met fruit / vegetable guidelines^d</i>									
Both guidelines	26.8	21.3	33.2	20.3	17.6	23.4	51.1	44.8	57.3
Vegetable guidelines ^e	24.4	20.1	29.4	19.6	16.9	22.5	54.3	49.3	59.2
Fruit guidelines ^e	25.3	23.4	27.3	24.4	22.8	26.0	49.1	46.9	51.3
Neither	25.8	23.9	27.9	22.2	20.6	23.9	50.2	47.9	52.4
<i>Smoking status</i>									
Current smoker	20.1	17.4	23.2	17.8	15.4	20.5	60.2	56.8	63.5
Ex-smoker	16.5	13.8	19.5	22.0	18.6	25.9	59.9	55.5	64.2
Non-smoker	29.9	28.2	31.6	25.2	23.8	26.6	43.6	41.8	45.5

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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^a NHMRC (2009) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c DoH (2017) guidelines.

^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.16: Proportion (%) of the adult female population with lifetime risk of alcohol-related harm,^a by risk category and selected modifiable risk factors, Victoria, 2014 (continued)

	Abstainer or no longer drinks alcohol			Reduced lifetime risk			Increased lifetime risk		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
<i>Self-reported health</i>									
Excellent/very good	19.3	17.4 21.4	17.4 21.4	22.4	20.8 24.1	20.8 24.1	56.6	54.2 58.9	54.2 58.9
Good	26.2	24.0 28.4	24.0 28.4	23.8	22.0 25.6	22.0 25.6	48.5	46.0 50.9	46.0 50.9
Fair/poor	37.1	33.9 40.3	33.9 40.3	23.2	20.5 26.2	20.5 26.2	38.5	35.2 42.0	35.2 42.0
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	25.6	19.2 33.1	19.2 33.1	24.6	18.8 31.5	18.8 31.5	48.3	40.8 55.9	40.8 55.9
Normal range (18.5 ≤ BMI < 25 kg/m ²)	24.1	22.1 26.3	22.1 26.3	23.2	21.5 24.9	21.5 24.9	51.3	49.0 53.6	49.0 53.6
Pre-obese (25 ≤ BMI < 30 kg/m ²)	23.3	20.9 25.9	20.9 25.9	23.8	21.6 26.1	21.6 26.1	51.2	48.1 54.4	48.1 54.4
Obese (BMI ≥ 30 kg/m ²)	26.5	23.6 29.6	23.6 29.6	22.5	19.7 25.6	19.7 25.6	48.9	45.0 52.8	45.0 52.8
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	32.0	23.4 42.0	23.4 42.0	19.9	16.8 23.5	16.8 23.5	46.9	38.3 55.8	38.3 55.8
Normal range	24.5	23.1 25.9	23.1 25.9	23.2	21.9 24.5	21.9 24.5	50.7	49.1 52.4	49.1 52.4
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	32.9	27.2 39.1	27.2 39.1	33.2	21.6 47.4	21.6 47.4	33.5	22.4 46.7	22.4 46.7
Normal range	24.7	23.4 26.1	23.4 26.1	23.1	22.0 24.2	22.0 24.2	50.6	49.0 52.1	49.0 52.1

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

^b Based on the Kessler-10 scale for psychological distress.

^c DoH (2017) guidelines.

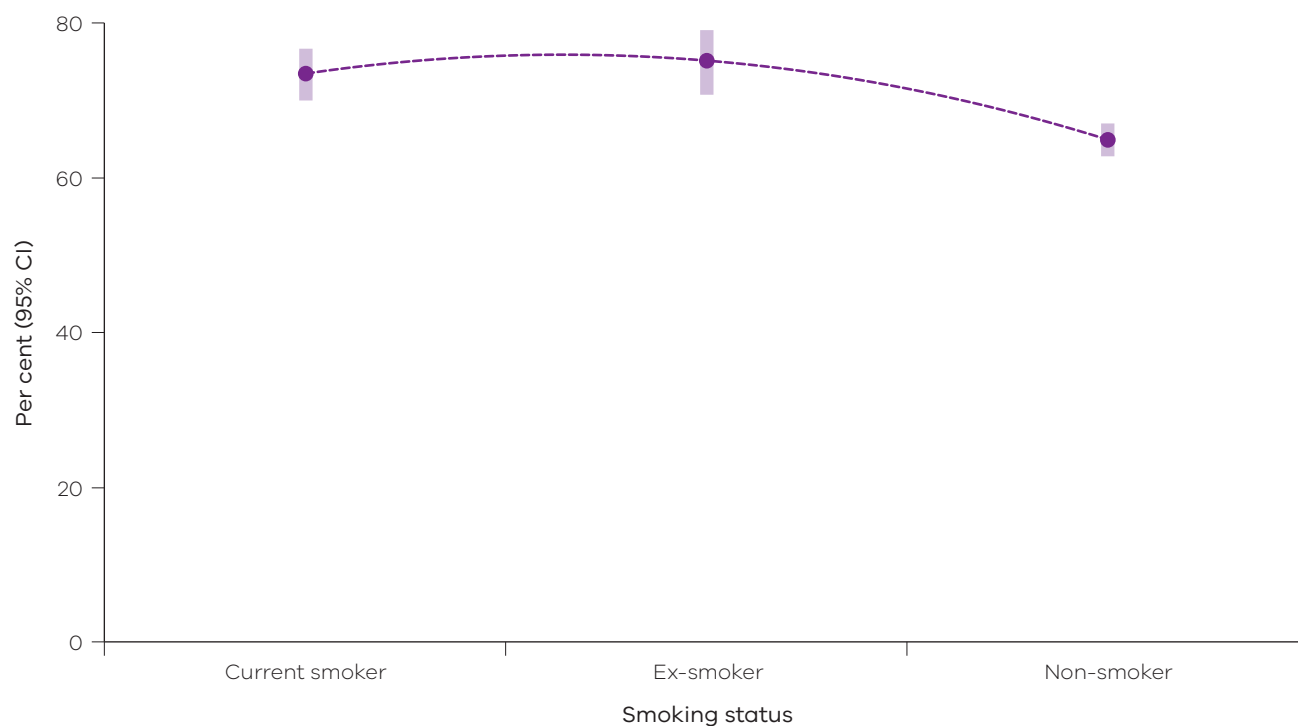
^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

The relationship was investigated between smoking status and the age-adjusted prevalence of alcohol-related harm in the lifetime (Figure 6.4 and Figure 6.5). The proportion of the adult Victorian population at 'increased risk' of alcohol-related harm in the lifetime was least among non-smoker men and women. However, the proportion was not significantly different between current and ex-smokers.

Figure 6.4: Proportion (%) of the adult male population with increased lifetime risk of alcohol-related harm,^a by smoking status, Victoria, 2014



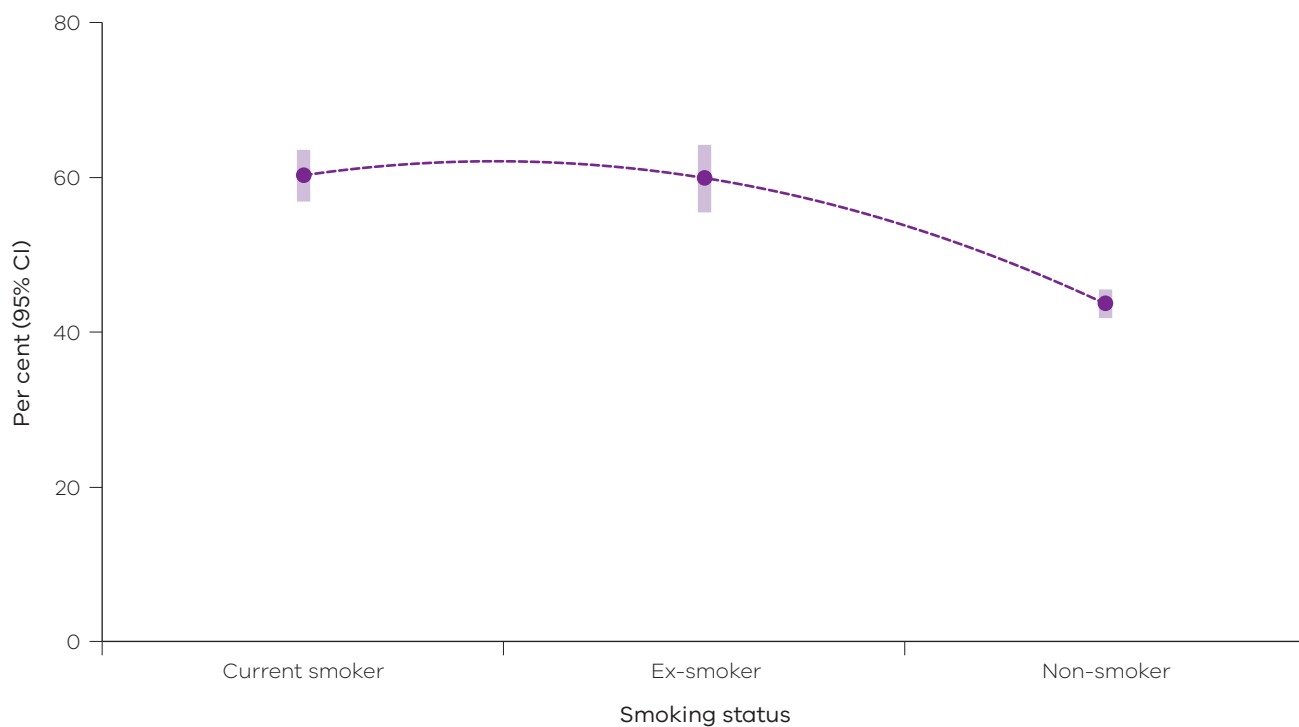
Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2009) guidelines.

Figure 6.5: Proportion (%) of the adult female population with increased lifetime risk of alcohol-related harm,^a by smoking status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2009) guidelines.

Key findings

Risk of alcohol-related injury on a single occasion



2014

42.5%

were at increased risk of alcohol-related injury on a single occasion



54.7%

of men were at increased risk of alcohol-related injury on a single occasion



30.9%

of women were at increased risk of alcohol-related injury on a single occasion

The proportion at increased risk of alcohol-related injury on a single occasion was significantly higher among men compared with women



There was a significantly higher proportion of men and women who lived in the rural regions at increased risk of alcohol-related injury on a single occasion compared with Victorian men and women who lived in the metropolitan regions



The prevalence of increased risk of alcohol-related injury on a single occasion significantly increased with increasing total annual household income among both men and women



Risk of alcohol-related injury on a single occasion

Risk of alcohol-related injury on a single occasion refers to the acute effects of excess alcohol consumption that can result in death or injury due to road traffic accidents, falls, drowning, assault, suicide and acute alcohol toxicity. The risk of alcohol-related injury increases with the amount of alcohol consumed on a single occasion.

Table 6.17 and Figure 6.6 show the proportion of the adult Victorian population at risk of alcohol-related injury on a single occasion based on the NHMRC (2009) guidelines, by risk category, age group and sex.

There were significantly lower proportions of men and women 55 years of age or older at increased risk of alcohol-related injury on a single occasion, either weekly, monthly or yearly, compared with the proportion among all Victorian men and women, respectively. There were significantly higher proportions of adults 18–44 years of age at increased risk of alcohol-related injury on a single occasion, either weekly, monthly or yearly, compared with all Victorian adults. The proportion at increased risk of alcohol-related injury on a single occasion, either weekly, monthly or yearly, was significantly higher among men compared with women in every age group.

Table 6.17: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category, age group and sex, Victoria, 2014

	Age group (years)	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL
Males	18–24	17.1	12.5	23.0	14.4	10.8	19.0	68.1	61.7	73.8
	25–34	19.1	14.4	24.7	19.7	15.4	24.9	60.8	54.6	66.6
	35–44	12.1	9.9	14.7	24.5	21.4	27.8	62.3	58.7	65.8
	45–54	11.8	9.8	14.0	30.6	27.8	33.5	56.5	53.4	59.5
	55–64	13.6	12.0	15.4	34.8	32.5	37.3	50.3	47.8	52.8
	65–74	15.1	13.5	16.9	42.0	39.6	44.4	40.8	38.5	43.2
	75–84	22.0	19.5	24.7	53.8	50.6	56.9	22.7	20.2	25.3
	85+	26.5	20.9	32.9	54.1	47.7	60.4	17.6	13.4	22.8
	Victoria	15.6	14.2	17.1	28.6	27.2	30.1	54.7	53.0	56.5
Females	18–24	21.2	15.9	27.5	22.3	17.1	28.4	55.2	48.5	61.7
	25–34	26.0	21.9	30.5	32.7	28.4	37.2	41.1	36.1	46.2
	35–44	22.1	19.9	24.4	44.3	41.7	46.9	33.2	30.8	35.7
	45–54	21.3	19.3	23.4	48.7	46.4	51.1	29.4	27.3	31.5
	55–64	24.3	22.5	26.3	55.6	53.4	57.7	19.1	17.5	20.8
	65–74	31.6	29.7	33.7	56.6	54.5	58.7	11.3	10.0	12.6
	75–84	42.5	39.9	45.1	52.7	50.1	55.3	3.6	2.8	4.6
	85+	53.5	48.7	58.2	43.0	38.4	47.8	1.7*	0.7	4.1
	Victoria	25.7	24.4	27.1	42.7	41.3	44.1	30.9	29.4	32.4
Persons	18–24	19.1	15.5	23.3	18.2	15.0	22.0	61.8	57.1	66.3
	25–34	22.5	19.3	26.0	26.2	23.1	29.6	50.9	47.0	54.9
	35–44	17.1	15.5	18.9	34.5	32.4	36.6	47.6	45.4	49.8
	45–54	16.6	15.2	18.1	39.8	37.9	41.7	42.7	40.8	44.6
	55–64	19.1	17.8	20.4	45.4	43.8	47.1	34.4	32.8	36.0
	65–74	24.1	22.7	25.5	49.9	48.3	51.5	24.8	23.5	26.2
	75–84	33.0	31.1	34.9	53.2	51.2	55.2	12.4	11.2	13.8
	85+	42.1	38.3	46.0	47.7	43.9	51.6	8.4	6.5	11.0
	Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

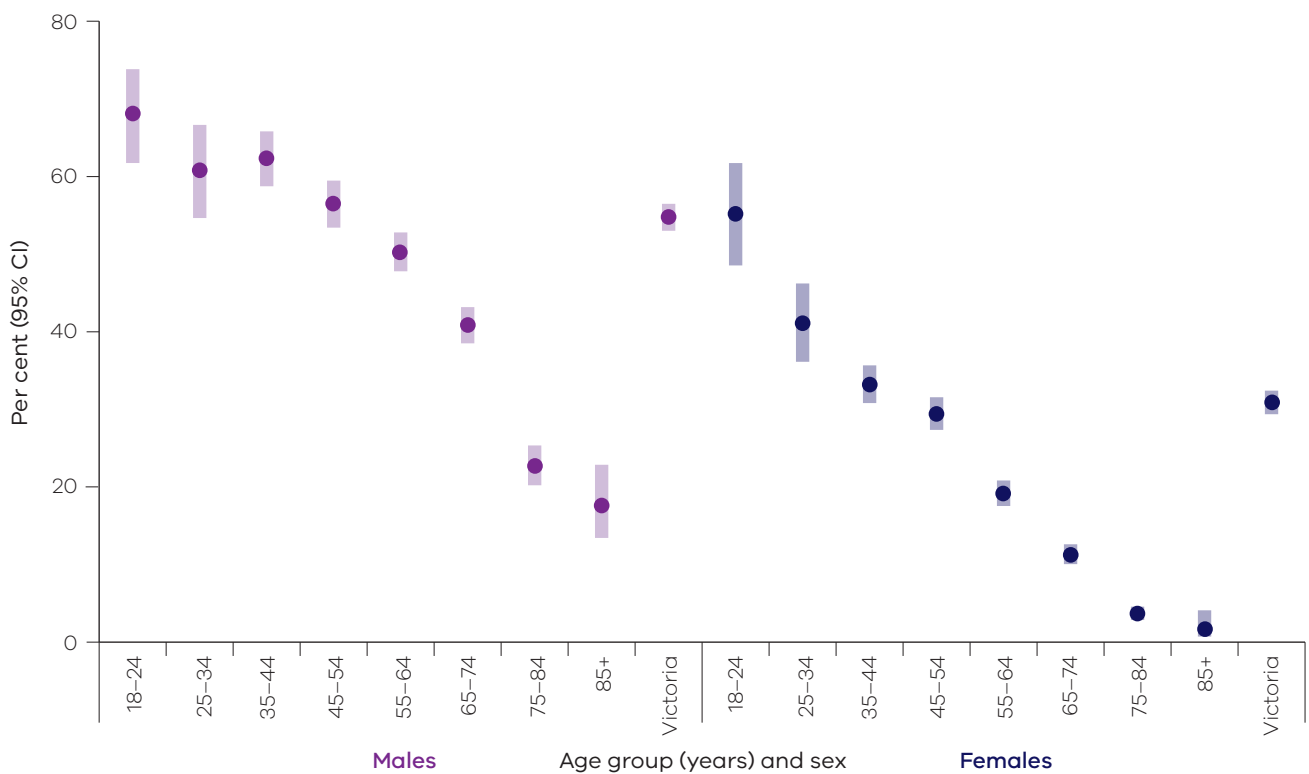
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a NHMRC (2009) guidelines.

Figure 6.6: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a NHMRC (2009) guidelines.

Table 6.18 shows the proportion of the adult Victorian population at increased risk of alcohol-related injury on a single occasion, by frequency, age group and sex. A significantly higher proportion of men and women 35–44 years of age was at increased risk of alcohol-related injury on a single occasion on a yearly basis compared with all Victorian men and women, respectively. The prevalence of increased risk of alcohol-related injury on a single occasion, on a monthly basis, was significantly higher in men and women 18–24 years of age compared with all Victorian men and women, respectively. In all age groups except 85 years of age or older, the prevalence of increased risk of alcohol-related injury on a single occasion on a weekly basis was a significantly higher among men compared with women.

Table 6.18: Proportion (%) of the adult population at increased risk of alcohol-related injury on a single occasion,^a by frequency, age group and sex, Victoria, 2014

	Age group (years)	Increased risk: yearly			Increased risk: monthly			Increased risk: weekly		
		%	95% CI		%	95% CI		%	95% CI	
			LL	UL		LL	UL		LL	UL
Males	18–24	28.7	23.0	35.3	21.5	16.6	27.5	17.8	13.4	23.3
	25–34	30.9	25.6	36.8	17.5	13.4	22.5	12.4	9.0	16.9
	35–44	31.5	28.2	34.9	16.0	13.5	18.8	14.9	12.5	17.6
	45–54	26.8	24.2	29.6	14.4	12.4	16.6	15.3	13.4	17.4
	55–64	23.2	21.2	25.4	11.6	10.1	13.3	15.5	13.8	17.3
	65–74	20.6	18.8	22.6	9.3	8.0	10.8	10.8	9.5	12.4
	75–84	12.1	10.3	14.2	5.7	4.4	7.2	4.9	3.7	6.5
	85+	11.2	7.8	15.8	3.3*	1.7	6.2	3.1*	1.6	6.0
	Victoria	26.4	24.8	28.1	14.7	13.4	16.1	13.7	12.5	15.0
Females	18–24	26.6	21.3	32.5	19.6	15.1	25.0	9.1	6.0	13.5
	25–34	25.5	21.3	30.3	11.5	8.2	15.9	4.0	2.6	6.1
	35–44	21.9	19.8	24.1	7.7	6.5	9.2	3.6	2.8	4.5
	45–54	18.8	17.0	20.7	7.2	6.2	8.4	3.4	2.7	4.3
	55–64	12.9	11.6	14.4	4.1	3.3	5.0	2.2	1.7	2.8
	65–74	7.0	6.1	8.1	2.9	2.3	3.7	1.3	0.9	1.8
	75–84	2.2	1.7	2.8	1.2*	0.8	2.0	0.2*	0.1	0.5
	85+	**			**			**		
	Victoria	18.4	17.1	19.7	8.7	7.7	9.9	3.8	3.1	4.5
Persons	18–24	27.7	23.7	32.1	20.6	17.1	24.5	13.5	10.7	17.0
	25–34	28.2	24.8	32.0	14.5	11.8	17.7	8.2	6.3	10.7
	35–44	26.6	24.7	28.6	11.8	10.4	13.4	9.2	7.9	10.6
	45–54	22.7	21.2	24.4	10.7	9.6	12.0	9.2	8.2	10.4
	55–64	18.0	16.7	19.3	7.7	6.9	8.7	8.7	7.8	9.6
	65–74	13.3	12.3	14.4	5.9	5.2	6.6	5.7	5.0	6.4
	75–84	6.8	5.8	7.8	3.3	2.6	4.1	2.4	1.8	3.1
	85+	5.6	4.0	7.9	1.5*	0.8	2.7	1.3*	0.7	2.6
	Victoria	22.3	21.2	23.3	11.6	10.8	12.5	8.6	7.9	9.4

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below. Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a NHMRC (2009) guidelines.

Table 6.19 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category, departmental region and sex. There was a significantly higher prevalence of increased risk of alcohol-related injury on a single occasion among adults who lived in rural Victoria compared with their metropolitan counterparts. There was a significantly higher proportion of men at increased risk of alcohol-related injury on a single occasion who lived in Grampians Region and Hume Region compared with all Victorian men. There was a significantly higher proportion of women at increased risk of alcohol-related injury on a single occasion who lived in Loddon Mallee Region compared with all Victorian women. By contrast there was a significantly lower proportion of men at increased risk of alcohol-related injury on a single occasion who lived in North & West Metropolitan Region compared with all Victorian men.

Table 6.19: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category, Department of Health and Human Services region and sex, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	13.6	10.9	16.7	28.5	25.2	32.0	56.7	52.6	60.6
North & West Metropolitan	19.1	16.6	21.9	30.4	28.1	32.8	49.5	46.6	52.5
Southern Metropolitan	12.3	9.9	15.1	32.1	28.7	35.7	54.6	50.7	58.4
All metropolitan regions	15.7	14.1	17.4	30.5	28.8	32.3	52.7	50.7	54.8
Barwon-South Western	17.6	11.7	25.5	17.9	15.0	21.1	63.3	55.9	70.1
Gippsland	12.5	8.8	17.4	27.4	22.6	32.8	59.5	53.2	65.5
Grampians	8.7	7.1	10.6	22.4	19.1	26.0	68.3	64.6	71.9
Hume	11.5	8.8	14.9	22.8	20.1	25.8	64.4	60.2	68.3
Loddon Mallee	21.5	16.0	28.4	24.3	20.5	28.5	53.1	47.2	58.8
All rural regions	15.0	12.4	18.0	22.6	21.0	24.3	61.4	58.4	64.3
Victoria	15.6	14.2	17.1	28.6	27.2	30.1	54.7	53.0	56.5
Females (18+ years)									
Eastern Metropolitan	23.2	20.0	26.8	48.1	44.1	52.1	28.2	24.5	32.2
North & West Metropolitan	31.4	29.0	34.0	40.7	38.5	43.0	27.0	24.7	29.5
Southern Metropolitan	23.2	20.9	25.7	41.6	38.8	44.5	34.5	31.5	37.7
All metropolitan regions	26.7	25.1	28.3	42.9	41.3	44.6	29.7	28.0	31.5
Barwon-South Western	22.9	16.2	31.3	43.7	38.4	49.1	33.0	26.4	40.4
Gippsland	17.6	15.1	20.4	49.2	43.6	54.7	31.6	26.6	37.1
Grampians	21.5	17.6	26.0	42.6	37.1	48.2	35.3	29.8	41.3
Hume	24.4	21.2	27.9	39.4	35.7	43.2	35.5	31.6	39.6
Loddon Mallee	24.5	20.7	28.8	34.9	32.0	37.8	39.4	34.9	44.1
All rural regions	22.4	19.9	25.2	41.9	39.7	44.2	34.8	32.1	37.6
Victoria	25.7	24.4	27.1	42.7	41.3	44.1	30.9	29.4	32.4

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.19: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
People (18+ years)									
Eastern Metropolitan	18.5	16.4	20.9	38.5	35.8	41.3	42.0	39.1	45.0
North & West Metropolitan	25.5	23.7	27.4	35.6	34.0	37.3	38.0	36.1	40.0
Southern Metropolitan	18.0	16.3	19.8	37.0	34.8	39.3	44.2	41.7	46.7
All metropolitan regions	21.4	20.3	22.6	36.8	35.6	38.0	40.9	39.5	42.3
Barwon-South Western	20.3	15.6	26.1	30.9	27.8	34.1	47.9	42.6	53.2
Gippsland	15.4	12.8	18.3	38.5	34.6	42.6	45.1	40.8	49.5
Grampians	15.3	13.1	17.8	32.4	29.1	35.9	51.6	47.9	55.4
Hume	18.0	15.8	20.4	31.0	28.6	33.6	50.0	46.8	53.2
Loddon Mallee	23.5	19.5	28.1	30.0	27.5	32.7	45.3	41.0	49.6
All rural regions	18.9	17.0	20.8	32.4	30.9	33.8	47.8	45.8	49.9
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.20 shows the proportion of the adult Victorian population at increased risk of alcohol-related injury on a single occasion, by frequency, departmental region and sex. There was a significantly higher proportion of men who lived in Grampians Region at increased risk of alcohol-related injury on a single occasion on a monthly basis compared with all Victorian men. A significantly higher proportion of men who lived in Hume Region were at increased risk of alcohol-related injury on a single occasion on a weekly basis compared with all Victorian men.

Table 6.20: Proportion (%) of the adult population at increased risk of alcohol-related injury on a single occasion,^a by frequency, Department of Health and Human Services region and sex, Victoria, 2014

	Increased risk: yearly			Increased risk: monthly			Increased risk: weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males (18+ years)									
Eastern Metropolitan	26.9	23.1	31.1	16.7	13.3	20.8	13.0	10.2	16.4
North & West Metropolitan	26.0	23.3	28.8	12.7	10.9	14.9	10.8	9.0	12.8
Southern Metropolitan	26.5	22.9	30.5	12.9	10.4	16.0	15.1	12.4	18.4
All metropolitan regions	26.4	24.5	28.4	13.7	12.2	15.3	12.7	11.3	14.2
Barwon-South Western	28.9	22.6	36.2	20.4	14.8	27.4	13.9	10.5	18.2
Gippsland	24.2	19.2	30.1	18.9	12.9	26.9	16.4	12.2	21.6
Grampians	29.4	23.6	35.9	21.4	16.1	27.8	17.6	13.0	23.4
Hume	26.5	21.8	31.7	16.6	12.2	22.1	21.3	16.9	26.5
Loddon Mallee	22.7	18.1	28.2	13.9	11.1	17.4	16.4	12.7	20.8
All rural regions	26.4	23.8	29.2	18.3	15.7	21.2	16.7	14.7	18.9
Victoria	26.4	24.8	28.1	14.7	13.4	16.1	13.7	12.5	15.0
Females (18+ years)									
Eastern Metropolitan	18.4	15.4	21.8	7.1	5.0	10.0	2.7*	1.4	5.0
North & West Metropolitan	15.6	13.7	17.7	8.4	6.8	10.3	3.1	2.2	4.3
Southern Metropolitan	20.1	17.2	23.4	10.1	7.6	13.1	4.3	3.1	6.1
All metropolitan regions	17.7	16.2	19.3	8.7	7.4	10.1	3.4	2.7	4.2
Barwon-South Western	22.2	16.5	29.2	8.1	5.3	12.1	2.7*	1.4	5.3
Gippsland	16.4	13.2	20.2	9.1	6.2	13.2	6.2*	3.2	11.5
Grampians	21.9	16.9	27.9	10.6	7.1	15.5	2.8	1.9	4.2
Hume	20.0	16.9	23.4	9.1	6.5	12.5	6.5	4.3	9.5
Loddon Mallee	23.0	18.3	28.4	8.5	5.8	12.3	8.0*	4.3	14.3
All rural regions	20.8	18.5	23.3	8.9	7.5	10.6	5.1	3.8	6.7
Victoria	18.4	17.1	19.7	8.7	7.7	9.9	3.8	3.1	4.5

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.20: Proportion (%) of the adult population at increased risk of alcohol-related injury on a single occasion,^a by frequency, Department of Health and Human Services region and sex, Victoria, 2014
(continued)

	Increased risk: yearly			Increased risk: monthly			Increased risk: weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
People (18+ years)									
Eastern Metropolitan	22.5	20.0	25.1	11.9	9.8	14.4	7.7	6.1	9.7
North & West Metropolitan	20.7	19.0	22.4	10.5	9.2	11.9	6.9	5.9	8.1
Southern Metropolitan	23.2	20.8	25.8	11.4	9.6	13.5	9.6	8.1	11.5
All metropolitan regions	21.9	20.7	23.2	11.1	10.1	12.1	7.9	7.1	8.8
Barwon-South Western	25.4	21.1	30.4	14.3	10.8	18.6	8.2	6.3	10.6
Gippsland	20.1	17.0	23.5	13.8	10.1	18.5	11.2	8.5	14.7
Grampians	25.6	21.7	29.9	15.9	12.6	19.9	10.1	7.6	13.3
Hume	23.2	20.3	26.4	12.9	10.1	16.4	13.8	11.2	17.0
Loddon Mallee	22.7	19.3	26.5	10.9	8.9	13.2	11.7	8.9	15.2
All rural regions	23.5	21.7	25.4	13.5	12.0	15.3	10.8	9.6	12.1
Victoria	22.3	21.2	23.3	11.6	10.8	12.5	8.6	7.9	9.4

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.21 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Eastern Metropolitan Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was not significantly different among those who lived in Eastern Metropolitan Region compared with all Victorian adults.

Table 6.21: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Boroondara (C)	12.5	8.5	17.9	38.6	32.5	45.1	48.8	42.0	55.6
Knox (C)	21.6	16.5	27.9	39.7	32.1	47.9	37.4	29.8	45.7
Manningham (C)	19.1	14.0	25.6	43.8	36.7	51.2	36.1	29.5	43.3
Maroondah (C)	14.5	10.3	20.0	34.1	27.7	41.2	48.7	40.8	56.7
Monash (C)	23.6	18.3	30.0	38.4	32.5	44.7	36.7	30.5	43.4
Whitehorse (C)	17.7	13.0	23.7	38.7	32.3	45.4	43.5	36.2	51.1
Yarra Ranges (S)	20.9	13.9	30.2	33.6	28.6	39.0	44.8	36.0	53.9
Eastern Metropolitan Region	18.5	16.4	20.9	38.5	35.8	41.3	42.0	39.1	45.0
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.22 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in North & West Metropolitan Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly higher among those who lived in the LGAs of Nillumbik (S) and Yarra (C) compared with all Victorian adults.

Table 6.22: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Banyule (C)	15.1	10.4	21.5	44.0	36.4	51.9	40.7	33.5	48.4
Brimbank (C)	33.0	27.6	38.9	32.0	26.8	37.8	33.8	28.0	40.1
Darebin (C)	28.1	20.7	36.9	33.4	28.2	39.2	37.1	30.0	44.9
Hobsons Bay (C)	17.7	13.0	23.7	35.0	27.5	43.3	46.2	38.8	53.9
Hume (C)	31.2	25.5	37.7	40.0	34.1	46.2	27.6	22.3	33.7
Maribyrnong (C)	21.3	16.9	26.4	34.5	28.4	41.1	42.5	35.7	49.7
Melbourne (C)	19.5	14.3	26.1	32.2	27.0	37.9	47.7	40.7	54.8
Melton (S)	35.2	28.4	42.8	35.8	31.0	41.0	27.5	21.1	34.9
Moonee Valley (C)	19.6	14.8	25.5	38.8	32.3	45.7	40.4	33.6	47.5
Moreland (C)	29.2	22.7	36.6	26.8	23.1	30.8	43.8	36.7	51.2
Nillumbik (S)	10.9	7.3	15.8	32.9	28.1	38.1	55.5	49.7	61.2
Whittlesea (C)	26.5	21.7	31.9	43.0	37.4	48.7	30.5	25.2	36.3
Wyndham (C)	25.0	20.3	30.4	39.3	33.7	45.1	34.7	29.1	40.7
Yarra (C)	18.3	12.0	26.7	25.6	20.9	31.0	55.1	47.1	62.9
North & West Metropolitan Region	25.5	23.7	27.4	35.6	34.0	37.3	38.0	36.1	40.0
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.23 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Southern Metropolitan Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly higher among those who lived in the LGAs of Mornington Peninsula (S), Stonnington (C) and Port Phillip (C) compared with all Victorian adults.

Table 6.23: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bayside (C)	7.9*	4.5	13.6	40.2	31.9	49.1	50.5	41.7	59.3
Cardinia (S)	18.1	13.4	23.9	37.8	32.0	43.9	42.7	36.2	49.3
Casey (C)	25.6	21.1	30.6	36.7	30.8	42.9	36.9	30.9	43.4
Frankston (C)	21.1	16.6	26.4	33.1	27.4	39.3	44.6	38.2	51.1
Glen Eira (C)	12.5	9.1	16.9	41.8	34.9	49.1	45.7	38.4	53.1
Greater Dandenong (C)	32.6	26.6	39.3	40.4	33.8	47.3	26.0	19.8	33.4
Kingston (C)	17.7	12.3	24.8	36.5	30.6	42.8	45.1	37.5	53.0
Mornington Peninsula (S)	12.3	8.1	18.2	34.1	27.1	41.9	52.9	44.5	61.2
Port Phillip (C)	12.3	7.7	19.1	31.6	24.9	39.2	55.3	46.3	63.9
Stonnington (C)	7.9	5.4	11.5	37.7	31.6	44.2	54.0	47.5	60.4
Southern Metropolitan Region	18.0	16.3	19.8	37.0	34.8	39.3	44.2	41.7	46.7
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.24 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Barwon-South Western Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly higher among those who lived in the LGAs of Colac-Otway (S), Moyne (S), Queenscliffe (B), Surf Coast (S) and Warrnambool (C) compared with all Victorian adults.

Table 6.24: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Colac-Otway (S)	18.5	12.6	26.3	25.1	19.8	31.4	56.0	47.3	64.3
Corangamite (S)	20.1	15.0	26.4	35.4	27.5	44.2	44.0	35.3	53.2
Glenelg (S)	25.2	19.4	32.0	33.2	27.3	39.7	36.1	28.8	44.1
Greater Geelong (C)	23.2	16.1	32.1	31.3	26.6	36.4	44.9	36.9	53.2
Moyne (S)	12.9	9.0	18.2	31.5	25.4	38.2	55.2	47.8	62.5
Queenscliffe (B)	4.2	2.8	6.1	35.4	25.1	47.3	59.9	48.3	70.5
Southern Grampians (S)	16.7	12.2	22.5	31.2	23.1	40.5	49.3	40.7	58.0
Surf Coast (S)	7.4	5.0	10.9	32.3	26.4	38.7	59.7	52.9	66.2
Warrnambool (C)	15.3	11.9	19.4	26.5	22.4	31.0	57.1	51.9	62.2
Barwon-South Western Region	20.3	15.6	26.1	30.9	27.8	34.1	47.9	42.6	53.2
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.25 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Gippsland Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was not significantly different among those who lived in Gippsland Region compared with all Victorian adults.

Table 6.25: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^o by risk category and LGA, Gippsland Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Bass Coast (S)	17.6*	9.6	30.2	36.5	30.0	43.5	45.2	34.4	56.5
Baw Baw (S)	17.7	13.4	23.0	38.5	30.8	46.9	42.9	34.7	51.5
East Gippsland (S)	10.7	7.6	14.9	45.0	34.4	56.0	44.0	33.5	55.1
Latrobe (C)	16.8	11.6	23.7	37.7	29.5	46.7	43.3	34.0	53.1
South Gippsland (S)	22.0	15.6	30.2	35.1	28.9	41.9	41.9	33.9	50.4
Wellington (S)	9.3	7.5	11.6	38.0	29.3	47.6	52.5	43.2	61.6
Gippsland Region	15.4	12.8	18.3	38.5	34.6	42.6	45.1	40.8	49.5
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported..

^o NHMRC (2009) guidelines..

Table 6.26 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Grampians Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly higher among those who lived in Ballarat (C), Hindmarsh (S), Moorabool (S) and West Wimmera (S) compared with all Victorian adults.

Table 6.26: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Grampians Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Ararat (RC)	19.7	13.2	28.3	30.8	24.8	37.5	48.2	39.8	56.8
Ballarat (C)	14.4	10.7	19.1	31.5	25.6	38.1	53.7	46.8	60.5
Golden Plains (S)	17.8	12.6	24.5	33.1	27.7	39.0	48.4	41.1	55.8
Hepburn (S)	14.5	10.1	20.3	37.5	29.5	46.3	47.6	38.2	57.1
Hindmarsh (S)	22.6	17.2	29.1	25.6	19.8	32.3	51.4	44.4	58.4
Horsham (RC)	11.7	9.3	14.7	38.0	31.0	45.4	49.8	42.5	57.1
Moorabool (S)	13.1	9.6	17.6	32.9	27.5	38.7	53.7	47.3	59.9
Northern Grampians (S)	20.1	14.8	26.6	33.1	25.5	41.6	45.7	36.8	54.9
Pyrenees (S)	22.3	15.5	31.0	31.7	23.8	40.7	45.8	35.8	56.2
West Wimmera (S)	18.0	13.8	23.2	25.0	20.6	29.9	53.5	46.4	60.4
Yarriambiack (S)	18.1	13.3	24.1	32.3	23.7	42.2	46.9	37.1	56.9
Grampians Region	15.3	13.1	17.8	32.4	29.1	35.9	51.6	47.9	55.4
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines..

Table 6.27 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Hume Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly higher among those who lived in the LGAs of Alpine (S), Indigo (S), Moira (S), Murrindindi (S), Towong (S) and Wodonga (RC) compared with all Victorian adults.

Table 6.27: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Hume Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Alpine (S)	12.4	8.7	17.3	30.9	24.5	38.2	56.1	48.1	63.7
Benalla (RC)	23.3	16.8	31.4	32.8	26.2	40.1	40.2	31.6	49.5
Greater Shepparton (C)	23.1	17.4	30.0	26.3	22.1	31.0	49.7	42.4	57.0
Indigo (S)	8.7	6.8	11.1	30.6	24.4	37.7	58.3	50.5	65.8
Mansfield (S)	12.5*	7.1	21.2	38.8	27.4	51.6	46.3	34.4	58.7
Mitchell (S)	19.5	13.0	28.2	33.1	27.3	39.4	46.4	37.3	55.8
Moira (S)	17.8	13.1	23.8	27.4	20.4	35.7	53.9	45.2	62.4
Murrindindi (S)	15.0	10.7	20.8	25.6	21.2	30.4	58.7	52.3	64.9
Strathbogrie (S)	29.7	18.4	44.1	26.5	21.4	32.3	43.0	30.8	56.2
Towong (S)	16.2	11.3	22.8	27.3	22.3	33.0	55.4	48.1	62.3
Wangaratta (RC)	13.7	9.7	19.1	42.5	31.7	54.1	43.5	32.8	54.7
Wodonga (RC)	12.1	8.8	16.3	34.6	28.4	41.4	53.1	46.2	59.9
Hume Region	18.0	15.8	20.4	31.0	28.6	33.6	50.0	46.8	53.2
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

Table 6.28 shows the proportion of adults at risk of alcohol-related injury on a single occasion, by risk category and LGA, in Loddon Mallee Region. The proportion of adults who were at increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) was significantly lower among those who lived in the LGA of Gannawarra (S) compared with all Victorian adults.

Table 6.28: Proportion (%) of the adult population at risk of alcohol-related injury on a single occasion,^a by risk category and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Buloke (S)	23.1	15.2	33.6	31.0	22.9	40.3	45.6	35.7	55.9
Campaspe (S)	22.5	16.5	29.9	27.4	21.3	34.6	49.3	41.0	57.7
Central Goldfields (S)	19.4	15.7	23.7	33.4	25.5	42.3	45.3	36.6	54.3
Gannawarra (S)	25.5	15.3	39.4	44.2	31.1	58.1	29.3	22.1	37.7
Greater Bendigo (C)	26.4	19.5	34.6	28.1	23.5	33.3	44.1	36.6	51.9
Loddon (S)	22.1	16.2	29.4	36.7	27.6	46.8	41.0	31.2	51.6
Macedon Ranges (S)	22.7*	12.8	37.0	32.1	27.4	37.3	44.3	32.5	56.9
Mildura (RC)	17.5	13.7	22.1	34.7	27.3	42.8	46.5	38.3	54.9
Mount Alexander (S)	25.4	17.5	35.4	31.2	24.9	38.2	43.2	33.5	53.5
Swan Hill (RC)	23.0	15.6	32.6	22.6	18.2	27.7	52.5	42.9	61.9
Loddon Mallee Region	23.5	19.5	28.1	30.0	27.5	32.7	45.3	41.0	49.6
Victoria	20.8	19.9	21.8	35.8	34.8	36.8	42.5	41.3	43.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

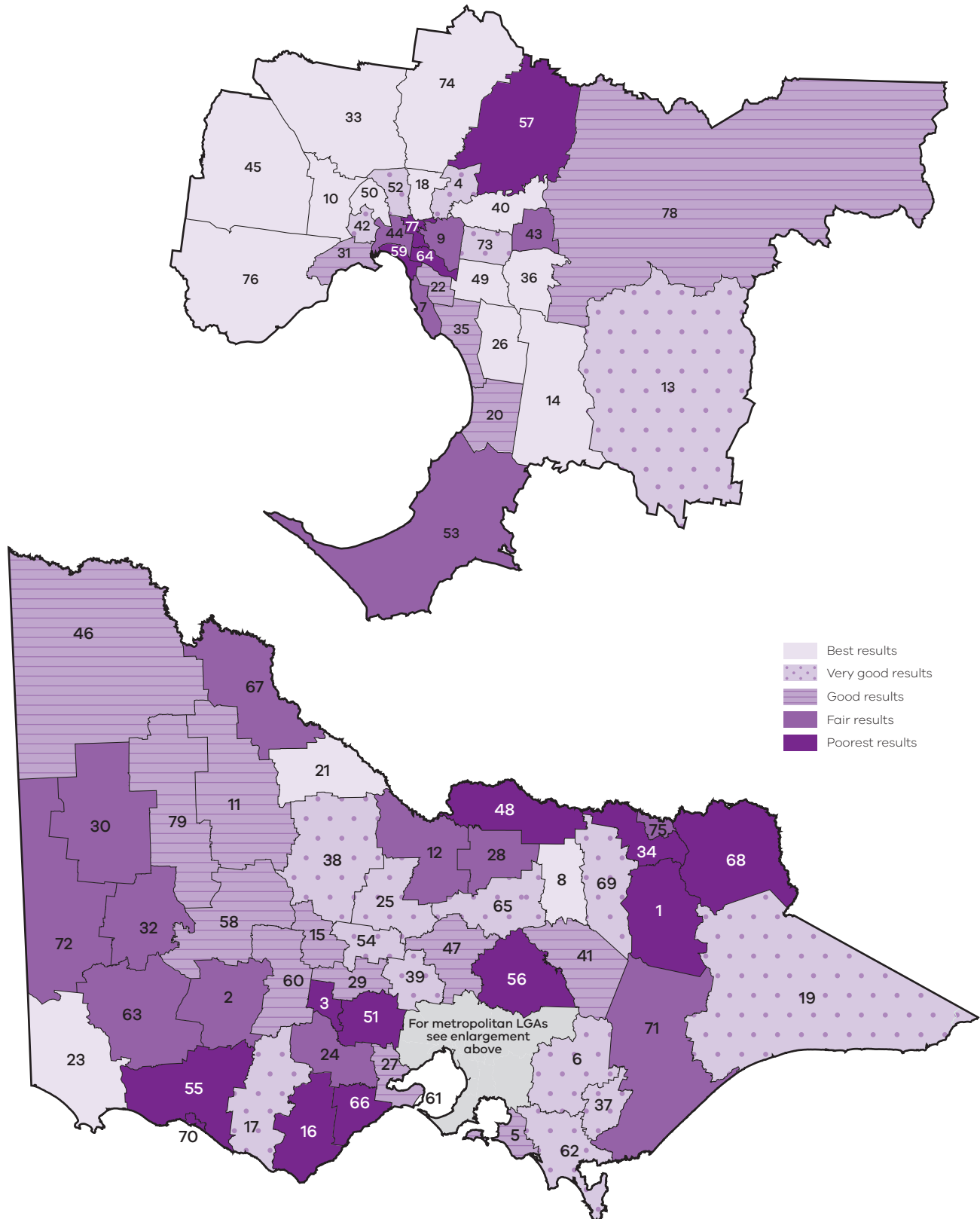
^a NHMRC (2009) guidelines.



What does Map 6.1 tell us?

In Map 6.1 the 79 LGAs have been ranked according to the proportion of adults who were at risk of alcohol-related injury on a single occasion in each LGA. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of adults who were at risk of alcohol-related injury on a single occasion and a final group of 15 LGAs with the best results (i.e. the smallest proportions of adults who were at risk of alcohol-related injury on a single occasion).

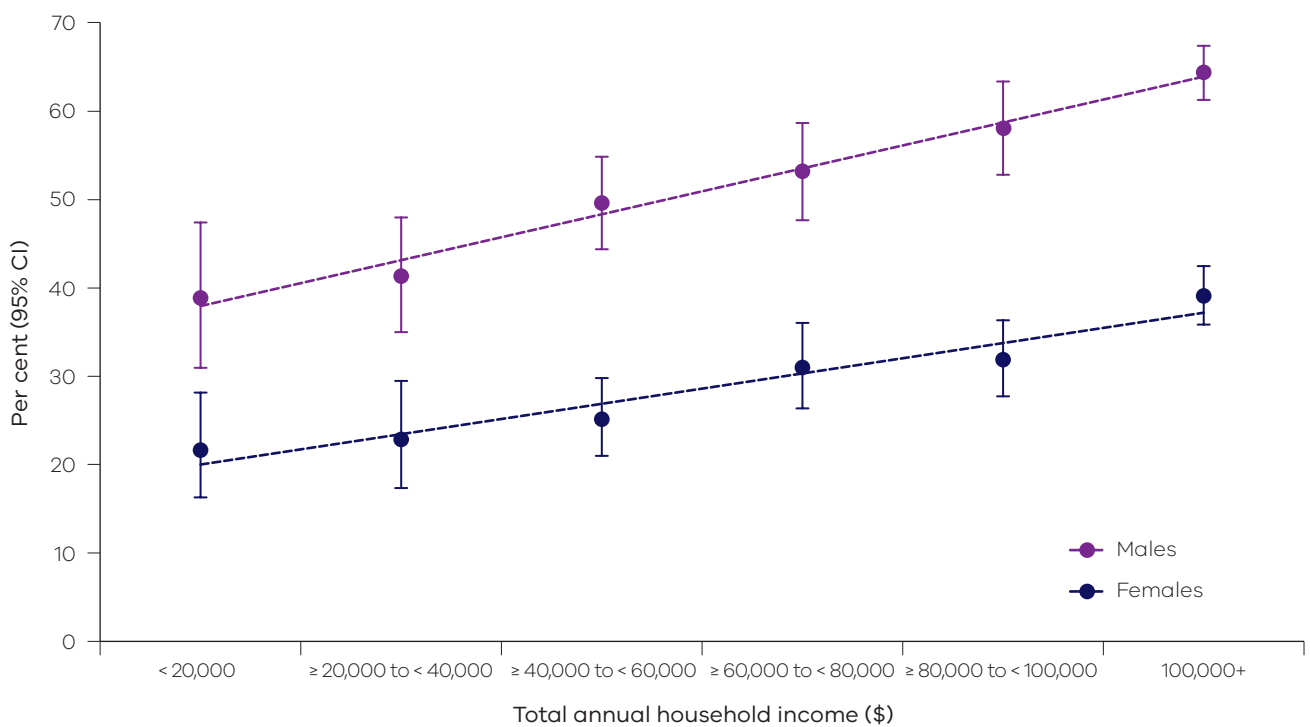
Map 6.1: Proportion of population at risk of alcohol-related injury on a single occasion according to the NHMRC 2009 guidelines, by LGA, Victoria, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

The relationship was investigated between SES and the age-adjusted prevalence of increased risk of alcohol-related injury on a single occasion, using total annual household income as a measure of SES (Figure 6.7). The prevalence of increased risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly) significantly increased with increasing total annual household income among both men and women.

Figure 6.7: Proportion (%) of the adult population at increased risk of alcohol-related injury^a on a single occasion,^b by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a Either yearly or monthly or weekly.

^b NHMRC (2009) guidelines.

Table 6.29 shows the proportion of men at risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly), by risk category and selected socioeconomic determinants. When compared with all Victorian men, a significantly higher proportion of men was at increased risk of alcohol-related injury on a single occasion with the following characteristics:

- born in Australia
- speaks English language at home
- total annual household income of \$100,000 or more.

Table 6.30 shows the proportion of women at risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly), by risk category and selected socioeconomic determinants. When compared with all Victorian women, a significantly higher proportion of women was at increased risk of alcohol-related injury on a single occasion with the following characteristics:

- born in Australia
- speaks English language at home
- employed
- total annual household income of \$100,000 or more.

Table 6.29: Proportion (%) of the adult male population at risk of alcohol-related injury on a single occasion,^a by risk category and selected socioeconomic determinants, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
All males	15.6	14.2	17.1	28.6	27.2	30.1	54.7	53.0	56.5
<i>Country of birth</i>									
Australia	13.4	11.9	15.1	25.6	24.1	27.3	60.0	58.0	61.9
Overseas	21.2	17.9	24.9	35.0	32.0	38.1	42.6	38.8	46.5
<i>Language spoken at home</i>									
English	11.6	10.4	13.0	26.2	24.6	27.8	61.2	59.3	63.0
Language other than English	26.6	23.1	30.4	36.6	33.6	39.7	35.5	32.0	39.2
<i>Education level</i>									
Did not complete high school	21.9	16.8	28.1	23.9	20.5	27.7	52.6	46.6	58.5
Completed high school, or TAFE, or trade certificate, or diploma	14.8	12.9	17.0	26.8	24.9	28.8	57.2	54.7	59.7
University, or some other tertiary institute degree, including postgraduate diploma or degree	13.1	11.1	15.5	32.9	30.2	35.7	53.2	50.2	56.3
<i>Employment status</i>									
Employed	13.2	11.5	15.1	28.5	26.6	30.5	57.4	55.2	59.5
Unemployed	21.6	13.7	32.4	34.6	27.7	42.2	41.7	34.0	49.7
Not in labour force	26.5	21.9	31.6	29.6	25.2	34.4	42.9	38.0	47.9
<i>Total annual household income</i>									
< \$40,000	30.6	25.7	36.0	27.6	24.1	31.3	40.8	35.6	46.1
\$40,000 to < \$100,000	16.3	13.8	19.2	29.2	26.8	31.8	53.5	50.4	56.7
≥ \$100,000	8.3	6.5	10.7	26.5	23.9	29.3	64.4	61.3	67.4

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.30: Proportion (%) of the adult female population at risk of alcohol-related injury on a single occasion,^a by risk category and selected socioeconomic determinants, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
All females	25.7	24.4	27.1	42.7	41.3	44.1	30.9	29.4	32.4
<i>Country of birth</i>									
Australia	20.0	18.6	21.4	43.3	41.8	44.8	35.9	34.2	37.6
Overseas	40.1	36.8	43.6	42.0	38.6	45.4	17.5	14.8	20.6
<i>Language spoken at home</i>									
English	19.7	18.4	21.2	42.8	41.3	44.4	36.6	34.9	38.3
Language other than English	43.8	40.7	47.0	41.3	38.3	44.4	14.5	11.9	17.5
<i>Education level</i>									
Did not complete high school	33.2	28.5	38.2	39.8	35.1	44.6	25.4	20.5	31.1
Completed high school, or TAFE, or trade certificate, or diploma	24.9	23.0	26.9	42.2	40.2	44.2	32.3	30.2	34.4
University, or some other tertiary institute degree, including postgraduate diploma or degree	20.9	18.7	23.3	45.9	43.7	48.2	32.5	30.0	35.1
<i>Employment status</i>									
Employed	19.9	17.6	22.3	43.3	40.9	45.8	36.1	34.0	38.2
Unemployed	41.6	34.5	49.2	34.1	28.3	40.5	23.8	18.3	30.3
Not in labour force	33.5	31.0	36.1	42.5	39.9	45.1	23.2	20.9	25.8
<i>Total annual household income</i>									
< \$40,000	39.8	35.4	44.4	36.5	33.5	39.6	22.9	18.7	27.7
\$40,000 to < \$100,000	23.1	20.8	25.6	47.1	44.4	49.7	29.5	27.0	32.2
≥ \$100,000	13.8	11.1	17.1	46.6	43.5	49.7	39.1	35.8	42.5

Data were age-standardised to the 2011 Victorian population.
 LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a NHMRC (2009) guidelines.

Table 6.31 shows the proportion of men at risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly), by risk category and selected modifiable risk factors and chronic conditions. When compared with all Victorian men, there was a significantly lower proportion of men at increased risk of alcohol-related injury on a single occasion with the following characteristics:

- current or ex-smoker.

Table 6.32 shows the proportion of women at risk of alcohol-related injury on a single occasion (either yearly, monthly or weekly), by risk category and selected modifiable risk factors and chronic conditions. When compared with all Victorian women, there was a significantly lower proportion of women at increased risk of alcohol-related injury on a single occasion with the following characteristic:

- engaged in sufficient physical activity.

Table 6.31: Proportion (%) of the adult male population at risk of alcohol-related injury on a single occasion,^a by risk category and selected modifiable risk factors, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
All males	15.6	14.2	17.1	28.6	27.2	30.1	54.7	53.0	56.5
<i>Psychological distress^b</i>									
Low (K10 score < 16)	14.4	12.8	16.2	29.0	27.2	30.8	55.6	53.4	57.8
Moderate (K10 score 16–21)	14.3	11.8	17.1	26.4	23.7	29.2	58.7	55.2	62.1
High / very high (K10 score 22+)	23.5	18.7	29.2	28.2	24.3	32.4	47.3	41.9	52.7
<i>Physical activity^c</i>									
Sedentary	31.5	25.8	37.8	27.9	20.0	37.4	39.8	31.0	49.4
Insufficient time (< 150 min) and/or sessions (< 2)	16.1	14.2	18.2	29.7	27.8	31.7	53.4	51.0	55.8
Sufficient time (≥ 150 min) and sessions (≥ 2)	14.0	12.0	16.3	28.0	25.9	30.3	56.9	54.2	59.6
<i>Met fruit / vegetable guidelines^d</i>									
Both guidelines	13.6*	7.8	22.7	30.3	21.2	41.2	55.2	43.8	66.0
Vegetable guidelines ^e	11.9*	7.0	19.5	29.4	21.2	39.2	57.9	47.2	67.9
Fruit guidelines ^e	15.3	13.4	17.3	29.1	27.1	31.1	54.8	52.3	57.2
Neither	15.8	13.9	18.0	28.2	26.3	30.2	55.1	52.7	57.5
<i>Smoking status</i>									
Current smoker	13.3	10.8	16.4	19.6	17.0	22.5	65.1	61.4	68.6
Ex-smoker	12.3	8.9	16.8	24.8	22.0	27.8	61.6	57.0	66.0
Non-smoker	18.2	16.4	20.1	32.7	30.8	34.7	48.4	46.1	50.6

Data were age-standardised to the 2011 Victorian population.
 LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.
 Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
 ** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.
 a NHMRC (2009) guidelines.
 b Based on the Kessler 10 scale for psychological distress.
 c DoH (2017) guidelines.
 d NHMRC (2013) guidelines.
 e Includes those meeting both guidelines.
 f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.31: Proportion (%) of the adult male population at risk of alcohol-related injury on a single occasion,^a by risk category and selected modifiable risk factors, Victoria, 2014 (continued)

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
<i>Self-reported health</i>									
Excellent/very good	14.0	12.0 16.3		27.2	25.3 29.2		57.6	54.9 60.2	
Good	13.5	11.7 15.5		31.1	28.7 33.5		54.5	51.8 57.2	
Fair/poor	21.9	18.3 26.0		27.3	24.1 30.7		49.9	45.7 54.1	
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	25.1	17.3 35.1		36.1	23.6 50.8		38.8	27.0 52.0	
Normal range (18.5 ≤ BMI < 25 kg/m ²)	14.9	12.9 17.1		31.9	29.6 34.3		52.2	49.4 54.8	
Pre-obese (25 ≤ BMI < 30 kg/m ²)	14.6	12.3 17.2		25.5	23.6 27.4		58.9	56.0 61.7	
Obese (BMI ≥ 30 kg/m ²)	17.8	14.0 22.2		29.4	25.3 33.8		52.1	47.4 56.7	
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	18.7	14.6 23.7		27.0	23.4 30.8		52.4	47.1 57.7	
Normal range	14.9	13.5 16.5		29.5	27.9 31.2		54.8	52.8 56.7	
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	30.1	18.2 45.5		38.0	24.5 53.7		31.2	22.5 41.4	
Normal range	14.7	13.3 16.2		28.5	27.1 29.9		55.7	53.9 57.5	

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

^b Based on the Kessler-10 scale for psychological distress.

^c DoH (2017) guidelines.

^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.32: Proportion (%) of the adult female population at risk of alcohol-related injury on a single occasion,^a by risk category and selected modifiable risk factors, Victoria, 2014

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI		%	95% CI		%	95% CI	
All females	25.7	24.4	27.1	42.7	41.3	44.1	30.9	29.4	32.4
<i>Psychological distress^b</i>									
Low (K10 score < 16)	24.3	22.4	26.3	46.0	44.0	48.1	29.3	27.3	31.4
Moderate (K10 score 16–21)	23.9	21.6	26.4	41.2	38.5	44.0	34.3	31.4	37.3
High / very high (K10 score 22+)	34.6	31.0	38.3	34.4	31.5	37.5	29.7	26.4	33.3
<i>Physical activity^c</i>									
Sedentary	41.7	32.9	51.1	41.7	32.4	51.6	16.4	10.3	25.1
Insufficient time (< 150 min) and/or sessions (< 2)	27.8	25.9	29.9	42.7	40.8	44.5	28.8	26.8	30.9
Sufficient time (≥ 150 min) and sessions (≥ 2)	18.8	17.0	20.8	45.1	42.7	47.4	35.8	33.4	38.3
<i>Met fruit / vegetable guidelines^d</i>									
Both guidelines	26.8	21.3	33.2	42.0	37.1	47.1	30.8	25.0	37.3
Vegetable guidelines ^e	24.4	20.1	29.4	41.2	37.1	45.5	33.9	29.0	39.1
Fruit guidelines ^e	25.3	23.4	27.3	45.1	43.0	47.1	29.1	27.0	31.3
Neither	25.8	23.9	27.9	40.8	38.8	42.8	32.6	30.4	34.9
<i>Smoking status</i>									
Current smoker	20.1	17.4	23.2	33.9	30.8	37.2	44.0	40.4	47.7
Ex-smoker	16.5	13.8	19.5	41.8	37.8	45.9	41.1	36.6	45.8
Non-smoker	29.9	28.2	31.6	45.2	43.5	46.9	24.6	22.8	26.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

^b Based on the Kessler 10 scale for psychological distress.

^c DoH (2017) guidelines.

^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 6.32: Proportion (%) of the adult female population at risk of alcohol-related injury on a single occasion,^a by risk category and selected modifiable risk factors, Victoria, 2014 (continued)

	Abstainer or no longer drinks alcohol			Reduced risk			Increased risk: either yearly or monthly or weekly		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
<i>Self-reported health</i>									
Excellent/very good	19.3	17.4 21.4	17.4 21.4	46.1	43.8 48.4	43.8 48.4	33.9	31.5 36.3	31.5 36.3
Good	26.2	24.0 28.4	24.0 28.4	42.3	40.2 44.4	40.2 44.4	30.8	28.4 33.2	28.4 33.2
Fair/poor	37.1	33.9 40.3	33.9 40.3	37.5	34.4 40.8	34.4 40.8	25.0	21.9 28.3	21.9 28.3
<i>Body weight status based on BMI^f</i>									
Underweight (BMI < 18.5 kg/m ²)	25.6	19.2 33.1	19.2 33.1	44.0	36.4 51.9	36.4 51.9	29.9	23.3 37.5	23.3 37.5
Normal range (18.5 ≤ BMI < 25 kg/m ²)	24.1	22.1 26.3	22.1 26.3	44.6	42.6 46.7	42.6 46.7	30.7	28.5 33.0	28.5 33.0
Pre-obese (25 ≤ BMI < 30 kg/m ²)	23.3	20.9 25.9	20.9 25.9	42.9	39.6 46.2	39.6 46.2	33.4	30.0 36.9	30.0 36.9
Obese (BMI ≥ 30 kg/m ²)	26.5	23.6 29.6	23.6 29.6	41.5	37.8 45.4	37.8 45.4	31.6	27.8 35.6	27.8 35.6
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>									
Doctor diagnosed hypertension	32.0	23.4 42.0	23.4 42.0	41.4	34.6 48.7	34.6 48.7	26.1	19.8 33.4	19.8 33.4
Normal range	24.5	23.1 25.9	23.1 25.9	43.4	41.8 44.9	41.8 44.9	31.5	29.9 33.1	29.9 33.1
<i>Blood glucose status (excluding gestational diabetes)</i>									
Doctor diagnosed diabetes	32.9	27.2 39.1	27.2 39.1	52.5	43.9 61.0	43.9 61.0	14.3*	8.5 22.9	8.5 22.9
Normal range	24.7	23.4 26.1	23.4 26.1	43.2	41.8 44.6	41.8 44.6	31.3	29.8 32.9	29.8 32.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a NHMRC (2009) guidelines.

^b Based on the Kessler-10 scale for psychological distress.

^c DoH (2017) guidelines.

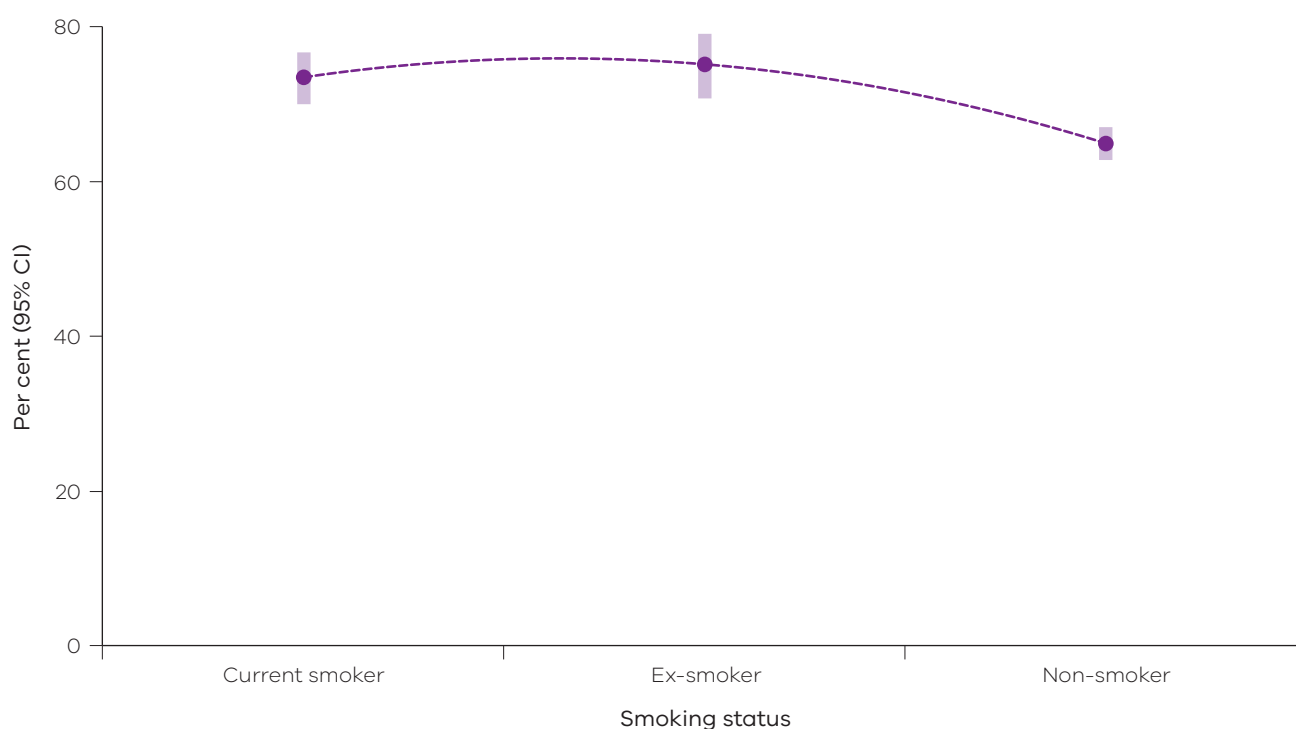
^d NHMRC (2013) guidelines.

^e Includes those meeting both guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

The relationship was investigated between smoking status and the age-adjusted prevalence of increased risk of alcohol-related injury on a single occasion (Figure 6.8 and Figure 6.9). The proportion of the adult Victorian population at increased risk of alcohol-related injury on a single occasion was least among non-smoking men and women. However, the proportion was not significantly different between current and ex-smokers.

Figure 6.8: Proportion (%) of the adult male population at increased risk of alcohol-related injury on a single occasion,^a by smoking status, Victoria, 2014



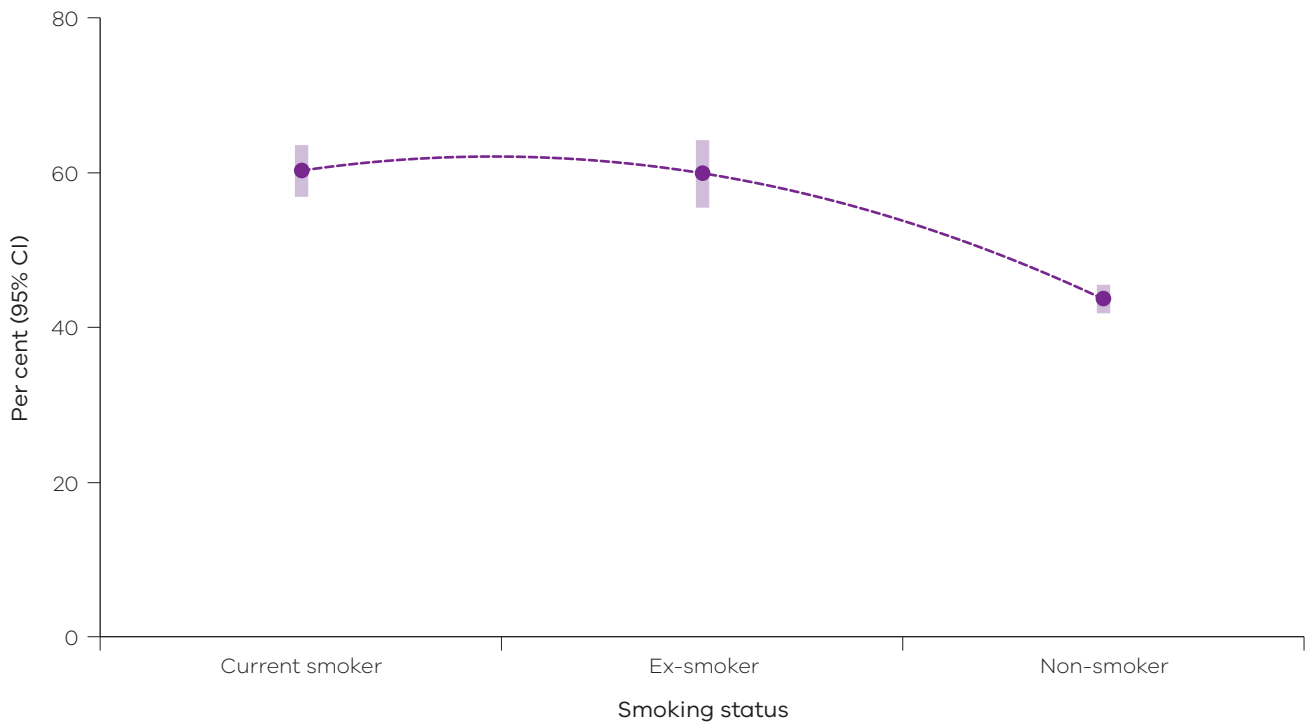
Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2009) guidelines.

Figure 6.9: Proportion (%) of the adult female population at increased risk of alcohol-related injury on a single occasion,^a by smoking status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a NHMRC (2009) guidelines.





7. Psychological distress



Key findings

Psychological distress



2014

12.6%

reported high or very high levels of psychological distress, as determined by the Kessler 10 scale



10.3%

of men reported high or very high levels of psychological distress



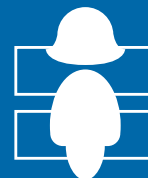
15.1%

or women reported high or very high levels of psychological distress

The proportion of Victorian adults with high or very high levels of psychological distress was significantly higher in women than men



**2003
to
2014**



The proportions of men and women with high or very high levels of psychological distress remained unchanged from 2003 to 2014



Introduction

Psychological distress is an important risk factor for a number of diseases and conditions including fatigue, migraine, cardiovascular disease, chronic obstructive pulmonary disease, cerebrovascular disease, injury, obesity, depression and anxiety (Hamer et al. 2012; Holden et al. 2010; Stansfeld et al. 2002). It is also a significant risk factor for risky drinking, smoking and drug use (Holden et al. 2010).

A measure of psychological distress, the Kessler 10 Psychological Distress Scale (K10), has been included in the survey. The K10 is a set of 10 questions designed to categorise the level of psychological distress over a four-week period. It has been validated as a screening tool for detecting affective disorders such as depression and anxiety, and is currently in use in general practice in Australia (Andrews & Slade 2001; Furukawa et al. 2003; Kessler et al. 2003).

The K10 covers the dimensions of nervousness, hopelessness, restlessness, sadness and worthlessness. It consists of 10 questions that have the same response categories: all of the time, most of the time, some of the time, a little of the time and none of the time (that are scored 5 through to 1). The 10 items are summed to yield scores ranging from 10 to 50. Individuals are categorised to four levels of psychological distress based on their score: low (10–15), moderate (16–21), high (22–29) and very high (30–50) (Andrews & Slade 2001).

Prevalence of psychological distress (K10 scale)

Table 7.1 and Figure 7.1 show psychological distress levels by age group and sex. The proportion of Victorian adults with low levels of psychological distress was 61.3 per cent, significantly higher in men (65.5 per cent) than women (57.3 per cent).

When the categories of 'high' and 'very high' levels of psychological distress were combined, the proportion of Victorian adults with high or very high levels of psychological distress was significantly higher in women than men. There was a significantly higher proportion of 18–24-year-old women with high or very high levels of psychological distress compared with all Victorian women.

Table 71: Proportion (%) of adult population with psychological distress,^a by level, age group and sex, Victoria, 2014

Age group (years)	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Males															
18–24	57.4	50.7 63.8	25.2 20.0 31.2	9.9	6.8 14.3	5.0*	2.4	9.9	14.9	10.7	20.4				
25–34	63.1	56.9 68.8	22.2 17.6 27.6	8.3	5.1 13.3	3.1*	1.5	6.0	11.4	7.7	16.6				
35–44	64.4	60.8 67.8	21.9 19.1 25.1	9.1	7.1 11.6	2.4	1.7	3.5	11.5	9.4	14.1				
45–54	67.0	64.1 69.8	20.2 17.8 22.8	6.3	4.9 7.9	3.0	2.2	4.2	9.3	7.7	11.2				
55–64	70.2	67.9 72.4	17.2 15.5 19.1	6.4	5.3 7.8	2.7	2.0	3.6	9.1	7.7	10.6				
65–74	73.0	70.7 75.1	16.1 14.4 18.0	4.3	3.5 5.4	1.3	0.8	1.9	5.6	4.6	6.8				
75–84	68.2	65.2 71.1	17.2 15.0 19.7	4.6	3.5 5.9	1.5*	0.8	2.9	6.1	4.8	7.8				
85+	66.8	60.7 72.3	19.5 15.1 24.7	5.6*	3.3 9.3	**			6.9	4.3	10.9				
Victoria	65.5	63.7 67.2	20.6 19.2 22.2	7.4	6.4 8.5	2.9	2.2	3.6	10.3	9.1	11.6				
Females															
18–24	40.4	34.1 47.1	28.8 23.2 35.1	18.8	14.4 24.1	9.1	6.1	13.4	27.9	22.6	33.9				
25–34	50.8	45.8 55.8	30.3 25.9 35.1	10.6	7.5 14.9	5.8*	3.5	9.4	16.4	12.5	21.3				
35–44	61.9	59.3 64.4	23.0 20.9 25.3	8.7	7.3 10.4	4.1	3.1	5.3	12.8	11.1	14.7				
45–54	62.6	60.2 64.9	21.1 19.3 23.1	8.8	7.5 10.3	4.2	3.3	5.3	13.0	11.4	14.7				
55–64	63.7	61.6 65.7	21.3 19.6 23.1	7.7	6.7 9.0	3.7	3.0	4.6	11.4	10.1	12.9				
65–74	65.1	63.0 67.1	19.4 17.7 21.1	7.1	6.1 8.2	3.2	2.5	4.1	10.3	9.1	11.7				
75–84	63.4	60.8 65.9	19.6 17.6 21.8	6.4	5.3 7.9	2.2	1.5	3.2	8.7	7.3	10.3				
85+	58.7	53.8 63.4	19.5 16.0 23.5	8.4	5.8 12.0	1.7*	0.7	3.7	10.1	7.2	13.8				
Victoria	57.3	55.7 58.8	24.0 22.6 25.4	10.2	9.2 11.4	4.9	4.1	5.8	15.1	13.8	16.4				

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a Based on the Kessler-10 scale for psychological distress.

Table 71: Proportion (%) of adult population with psychological distress,^a by level, age group and sex, Victoria, 2014 (continued)

Age group (years)	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Persons	49.1	44.4 53.8	26.9 23.0 31.3	14.2	11.5 17.6	7.0	4.9 10.0	21.2	17.8 25.2	7.0	4.9 10.0	21.2	17.8 25.2	7.0	4.9 10.0
18–24	49.1	44.4 53.8	26.9 23.0 31.3	14.2	11.5 17.6	7.0	4.9 10.0	21.2	17.8 25.2	7.0	4.9 10.0	21.2	17.8 25.2	7.0	4.9 10.0
25–34	56.9	52.9 60.8	26.3 23.0 29.8	9.5	7.1 12.6	4.4	3.0 6.6	13.9	11.1 17.3	4.4	3.0 6.6	13.9	11.1 17.3	4.4	3.0 6.6
35–44	63.1	60.9 65.2	22.5 20.7 24.4	8.9	7.7 10.4	3.3	2.6 4.0	12.2	10.8 13.7	3.3	2.6 4.0	12.2	10.8 13.7	3.3	2.6 4.0
45–54	64.8	62.9 66.6	20.6 19.1 22.2	7.6	6.6 8.6	3.6	3.0 4.4	11.2	10.0 12.4	3.6	3.0 4.4	11.2	10.0 12.4	3.6	3.0 4.4
55–64	66.9	65.3 68.4	19.3 18.1 20.6	7.1	6.3 8.0	3.2	2.7 3.8	10.3	9.3 11.3	3.2	2.7 3.8	10.3	9.3 11.3	3.2	2.7 3.8
65–74	68.7	67.2 70.2	17.9 16.6 19.1	5.8	5.1 6.6	2.3	1.9 2.9	8.2	7.3 9.1	2.3	1.9 2.9	8.2	7.3 9.1	2.3	1.9 2.9
75–84	65.7	63.7 67.6	18.5 17.0 20.1	5.6	4.8 6.5	1.9	1.4 2.6	7.5	6.5 8.6	1.9	1.4 2.6	7.5	6.5 8.6	1.9	1.4 2.6
85+	62.1	58.3 65.8	19.5 16.7 22.6	7.2	5.3 9.7	1.5*	0.8 2.9	8.7	6.7 11.4	1.5*	0.8 2.9	8.7	6.7 11.4	1.5*	0.8 2.9
Victoria	61.3	60.2 62.5	22.4 21.3 23.4	8.8	8.0 9.6	3.9	3.3 4.4	12.6	11.8 13.6	3.9	3.3 4.4	12.6	11.8 13.6	3.9	3.3 4.4

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

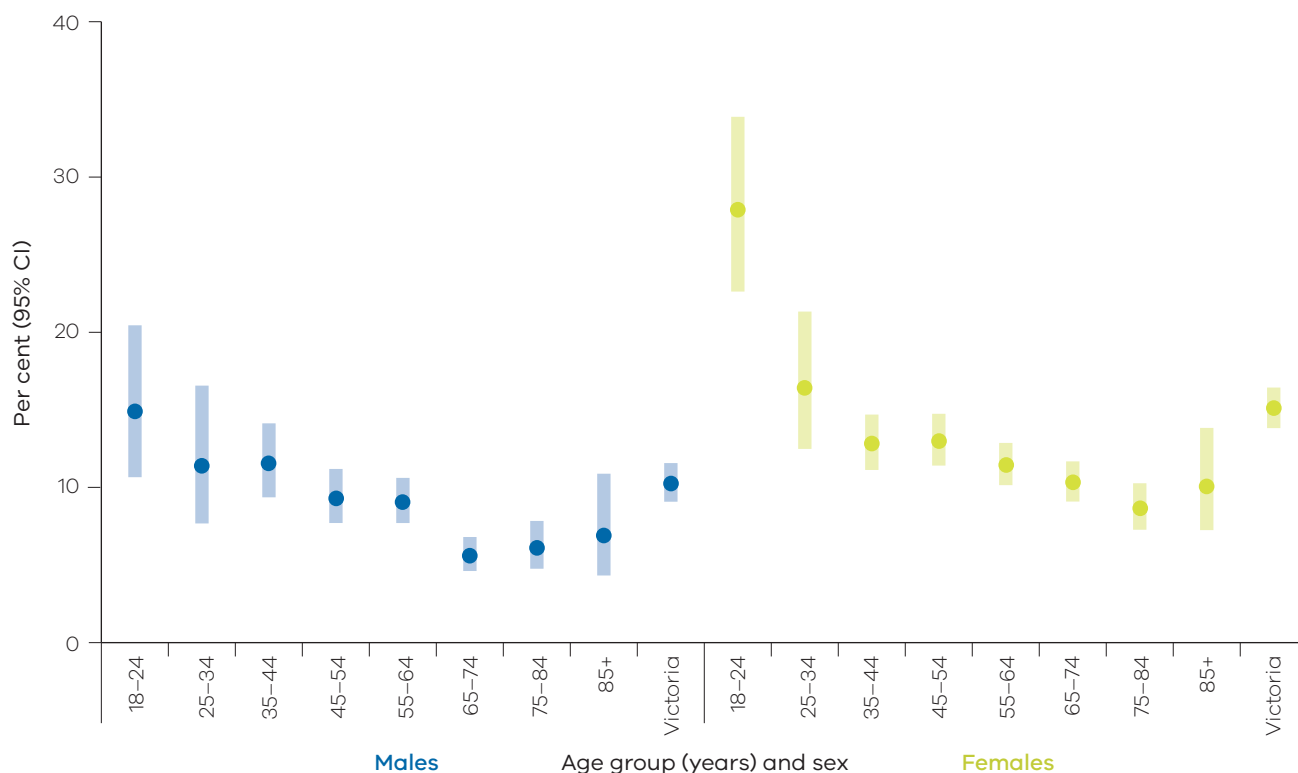
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a Based on the Kessler 10 scale for psychological distress.

Figure 7.1: Proportion (%) of adult population with high or very high levels of psychological distress,^a by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a Based on the Kessler 10 scale for psychological distress.

The trend over time of psychological distress was investigated (Table 7.2 and Figure 7.2). The proportions of men and women with high or very high levels of psychological distress remained unchanged from 2003 to 2014.

Table 7.2: Proportion (%) of the adult population with psychological distress,^a by level, survey year and sex, Victoria, 2003–2014

Survey year	Level of psychological distress:								
	Low (K10 score < 16)			Moderate (K10 score 16–21)			High/very high (K10 score ≥ 22)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Males									
2003	70.1	67.9	72.2	19.2	17.4	21.2	9.1	7.9	10.5
2004	68.8	66.5	71.0	19.8	17.9	21.7	9.0	7.7	10.6
2005	63.9	61.5	66.3	23.3	21.2	25.6	9.9	8.5	11.6
2006	67.3	64.8	69.7	19.5	17.5	21.7	9.1	7.7	10.8
2007	69.1	66.6	71.5	18.8	16.8	21.0	8.5	7.0	10.2
2008 [#]	65.2	63.9	66.6	21.5	20.4	22.7	9.7	8.9	10.6
2009	65.2	62.9	67.4	21.2	19.3	23.2	10.8	9.4	12.4
2010	68.8	66.3	71.2	19.1	17.1	21.2	8.8	7.4	10.6
2011–12 [#]	68.6	67.1	70.0	19.7	18.5	21.0	9.0	8.1	10.0
2012	66.5	63.6	69.3	21.5	19.1	24.0	9.1	7.4	11.1
2013 [†]	63.3	59.1	67.3	20.8	17.3	24.7	10.3	7.7	13.8
2014[#]	65.5	63.7	67.2	20.6	19.2	22.2	10.3	9.1	11.6
Females									
2003	63.7	61.7	65.6	21.9	20.2	23.6	12.6	11.3	14.0
2004	61.4	59.5	63.3	21.0	19.4	22.6	15.1	13.7	16.6
2005	57.9	55.9	59.9	25.8	24.0	27.7	13.9	12.5	15.4
2006	59.8	57.8	61.8	24.7	23.0	26.6	12.2	10.9	13.6
2007	58.9	56.9	60.9	25.3	23.5	27.2	12.6	11.3	14.0
2008 [#]	59.7	58.6	60.8	24.0	23.0	24.9	13.1	12.3	13.8
2009	56.2	54.3	58.1	24.8	23.1	26.6	15.4	14.1	16.9
2010	59.9	57.9	61.9	23.9	22.2	25.7	12.4	11.0	14.0
2011–12 [#]	60.7	59.5	62.0	23.2	22.2	24.4	13.0	12.1	13.9
2012	63.1	60.6	65.6	21.5	19.5	23.7	12.5	10.8	14.4
2013 [†]	62.0	58.3	65.5	20.9	18.0	24.0	11.6	9.5	14.1
2014[#]	57.3	55.7	58.8	24.0	22.6	25.4	15.1	13.8	16.4

Data are age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95% confidence interval.

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

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

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

^o Based on the Kessler 10 scale for psychological distress.

Table 7.2: Proportion (%) of the adult population with psychological distress,^a by level, survey year and sex, Victoria, 2003–2014 (continued)

Survey year	Level of psychological distress:								
	Low (K10 score < 16)			Moderate (K10 score 16–21)			High/very high (K10 score ≥ 22)		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Persons									
2003	66.7	65.3	68.2	20.6	19.4	21.9	10.8	9.9	11.8
2004	65.0	63.5	66.5	20.5	19.2	21.8	12.1	11.1	13.2
2005	60.9	59.3	62.4	24.6	23.2	26.1	11.9	10.9	13.0
2006	63.5	61.9	65.1	22.2	20.8	23.6	10.6	9.7	11.7
2007	63.8	62.2	65.4	22.1	20.8	23.6	10.6	9.6	11.7
2008 [#]	62.4	61.5	63.2	22.8	22.0	23.5	11.4	10.9	12.0
2009	60.7	59.2	62.2	23.0	21.7	24.3	13.1	12.1	14.2
2010	64.3	62.7	65.9	21.6	20.3	23.0	10.6	9.5	11.7
2011–12 [#]	64.6	63.6	65.6	21.5	20.7	22.3	11.0	10.4	11.7
2012	64.7	62.8	66.6	21.6	20.0	23.2	10.8	9.5	12.1
2013 [†]	62.4	59.5	65.1	21.1	18.7	23.8	10.9	9.1	13.0
2014[#]	61.3	60.2	62.5	22.4	21.3	23.4	12.6	11.8	13.6

Data are age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95% confidence interval.

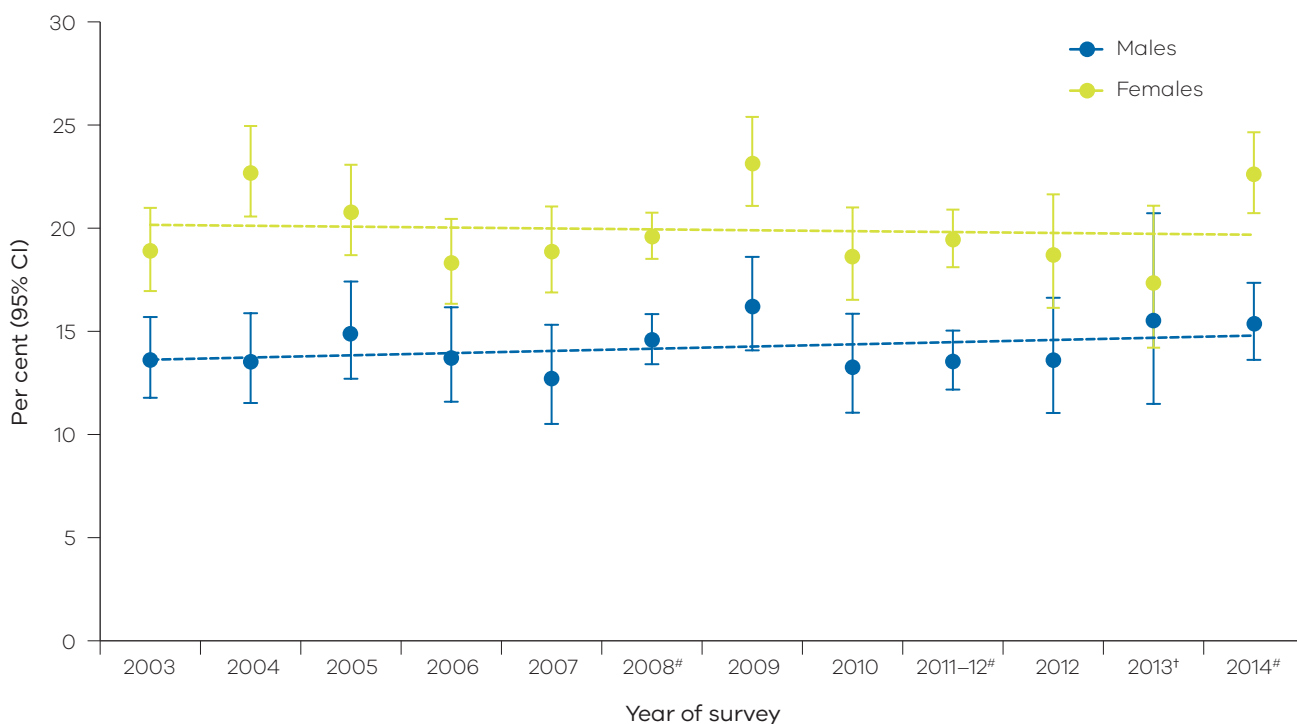
Note that the figures may not add up to 100 per cent due to a proportion of 'don't know' or 'refused responses'.

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

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

^a Based on the Kessler 10 scale for psychological distress.

Figure 7.2: Proportion (%) of the adult population with high or very high levels of psychological distress,^a by survey year and sex, Victoria, 2003–2014



Data are age-standardised to the 2011 Victorian population

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Ordinary least squares regression was used to test for trends over time.

Statistically significant decline in the prevalence of current smokers in both males and females

Survey sample size: [#] ~34,000; [†] ~3,600; remaining surveys ~7,500.

^a Based on the Kessler 10 scale for psychological distress.

Table 7.3 shows psychological distress by departmental region and sex. There were no significant regional differences in the proportions of men or women with low, moderate, high or very high levels of psychological distress.

Table 7.3: Proportion (%) of adult population with psychological distress,^a by level, Department of Health and Human Services region and sex, Victoria, 2014

Region	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Males (18+ years)															
Eastern Metropolitan	67.1	62.7	71.3	18.9	15.6	22.8	8.9	6.3	12.4	2.2*	1.2	3.9	11.1	8.3	14.6
North & West Metropolitan	64.0	60.9	66.9	20.8	18.5	23.3	7.6	5.9	9.7	3.3	2.1	5.0	10.9	8.8	13.3
Southern Metropolitan	64.2	60.1	68.1	22.5	19.1	26.3	6.4	4.7	8.7	2.8*	1.7	4.6	9.2	7.1	11.9
All metropolitan regions	65.0	62.9	67.1	20.8	19.1	22.6	7.4	6.2	8.8	2.8	2.1	3.8	10.3	8.9	11.9
Barwon-South Western	68.3	61.1	74.7	21.3	15.7	28.2	5.0	3.2	7.8	**			8.3*	4.9	13.7
Gippsland	66.7	59.6	73.1	18.2	12.8	25.3	9.1*	5.5	14.7	3.1	1.9	4.9	12.2	8.2	17.7
Grampians	66.0	60.0	71.6	20.2	15.9	25.3	9.2	5.7	14.7	2.3	1.4	3.7	11.6	7.8	16.9
Hume	64.2	58.4	69.7	22.9	18.0	28.6	8.9	5.8	13.3	2.2*	1.2	4.1	11.1	7.7	15.6
Loddon Mallee	69.0	62.7	74.7	17.4	14.4	21.0	5.6	3.5	8.8	2.9	1.9	4.5	8.5	6.0	11.9
All rural regions	67.0	64.0	69.9	20.0	17.6	22.7	7.3	5.9	9.1	2.8	1.9	4.2	10.1	8.4	12.2
Victoria	65.5	63.7	67.2	20.6	19.2	22.2	7.4	6.4	8.5	2.9	2.2	3.6	10.3	9.1	11.6
Females (18+ years)															
Eastern Metropolitan	62.9	58.9	66.8	21.9	18.6	25.6	8.6	6.3	11.7	3.5	2.1	5.6	12.1	9.4	15.4
North & West Metropolitan	53.1	50.5	55.7	27.1	24.8	29.6	10.5	9.0	12.3	5.1	4.1	6.4	15.7	13.8	17.8
Southern Metropolitan	57.9	54.6	61.2	22.5	19.5	25.7	10.8	8.4	13.9	5.4	3.9	7.3	16.2	13.4	19.3
All metropolitan regions	57.1	55.2	58.9	24.4	22.8	26.1	10.1	8.8	11.4	4.8	4.0	5.7	14.9	13.5	16.4
Barwon-South Western	56.9	50.6	63.0	19.8	15.0	25.8	11.2	7.1	17.1	8.4*	3.6	18.5	19.5	13.7	27.0
Gippsland	57.1	51.6	62.4	23.7	19.1	28.9	11.5	8.0	16.2	4.7	3.1	6.9	16.2	12.3	21.0
Grampians	59.1	53.3	64.8	22.8	19.4	26.6	8.3	5.1	13.2	3.7*	1.7	7.6	11.9	8.1	17.3
Hume	57.9	54.0	61.7	25.2	21.6	29.2	11.1	8.2	14.9	3.5	2.4	5.3	14.6	11.5	18.5
Loddon Mallee	56.5	51.4	61.4	23.2	19.2	27.8	13.0	8.7	18.9	3.2	2.1	4.9	16.2	11.7	21.9
All rural regions	57.3	54.8	59.9	22.8	20.7	25.0	11.0	9.1	13.3	5.1	3.1	8.3	16.2	13.6	19.1
Victoria	57.3	55.7	58.8	24.0	22.6	25.4	10.2	9.2	11.4	4.9	4.1	5.8	15.1	13.8	16.4

Table 7.3: Proportion (%) of adult population with psychological distress,^a by level, Department of Health and Human Services region and sex, Victoria, 2014 (continued)

Region	Low (K10: <16)		Moderate (K10: 16–21)		High (K10: 22–29)		Very high (K10: 30+)		High/very high (K10: 22+)	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL
People (18+ years)										
Eastern Metropolitan	64.9	62.0 67.8	20.5	18.1 23.1	8.8	7.0 11.0	2.8	1.9 4.1	11.6	9.6 14.0
North & West Metropolitan	58.5	56.5 60.5	24.0	22.4 25.8	9.0	7.8 10.3	4.2	3.4 5.3	13.2	11.8 14.7
Southern Metropolitan	61.0	58.4 63.6	22.5	20.2 24.9	8.6	7.1 10.5	4.1	3.1 5.3	12.7	10.9 14.8
All metropolitan regions	61.0	59.6 62.4	22.6	21.4 23.9	8.7	7.9 9.7	3.8	3.3 4.5	12.6	11.6 13.7
Barwon-South Western	62.6	57.6 67.5	20.6	16.7 25.1	8.1	5.7 11.3	5.8*	2.8 11.6	13.9	10.0 19.0
Gippsland	61.7	57.2 66.0	21.1	17.3 25.4	10.5	7.7 14.0	3.8	2.8 5.1	14.3	11.3 17.9
Grampians	62.7	58.4 66.8	21.6	18.8 24.6	8.7	6.2 12.1	3.0	1.8 4.8	11.7	8.9 15.2
Hume	61.0	57.5 64.5	24.0	20.9 27.5	10.0	7.7 12.9	2.8	2.0 4.0	12.9	10.4 15.8
Loddon Mallee	63.0	58.7 67.2	20.3	17.7 23.1	8.9	6.4 12.4	3.0	2.2 4.1	12.0	9.2 15.4
All rural regions	62.2	60.2 64.2	21.4	19.8 23.1	9.1	7.9 10.5	3.9	2.8 5.5	13.1	11.4 14.9
Victoria	61.3	60.2 62.5	22.4	21.3 23.4	8.8	8.0 9.6	3.9	3.3 4.4	12.6	11.8 13.6

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

Table 7.4 shows level of psychological distress by LGA in Eastern Metropolitan Region. There was a significantly lower proportion of people with high or very high levels of psychological distress who lived in the LGA of Knox (C) compared with all Victorian adults.

Table 7.4: Proportion (%) of adult population with psychological distress,^a by level and LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Boroondara (C)	70.3	62.9 76.7	62.9 76.7	17.4	12.5 23.6	12.5 23.6	8.9*	5.1 15.1	5.1 15.1	**	10.5*	6.3 17.0	6.3 17.0	10.5*	6.3 17.0
Knox (C)	65.9	58.0 73.0	73.0 58.0	24.7	18.1 32.7	18.1 32.7	4.7	3.1 7.3	3.1 7.3	2.4*	1.2 5.1	5.1 1.2	7.2	4.9 10.4	4.9 10.4
Manningham (C)	64.9	56.8 72.2	72.2 56.8	23.2	17.2 30.4	17.2 30.4	5.0*	2.4 10.1	2.4 10.1	3.7*	1.5 8.6	8.6 1.5	8.7*	5.0 14.6	5.0 14.6
Maroondah (C)	59.1	49.8 67.8	67.8 49.8	22.3	15.1 31.6	15.1 31.6	9.6*	5.1 17.2	5.1 17.2	5.5*	2.3 12.4	12.4 2.3	15.0	9.2 23.6	9.2 23.6
Monash (C)	63.6	57.1 69.7	69.7 57.1	18.3	13.6 24.1	13.6 24.1	10.2	6.4 15.8	6.4 15.8	**	12.6	8.5 18.2	8.5 18.2	12.6	8.5 18.2
Whitehorse (C)	66.5	58.5 73.6	73.6 58.5	22.0	15.6 30.0	15.6 30.0	6.6*	3.9 11.0	3.9 11.0	**	8.5	5.3 13.3	5.3 13.3	8.5	5.3 13.3
Yarra Ranges (S)	61.5	52.2 70.1	70.1 52.2	17.2	12.7 22.9	12.7 22.9	16.0*	9.1 26.5	9.1 26.5	**	20.0	12.7 30.1	12.7 30.1	20.0	12.7 30.1
Eastern Metropolitan Region	64.9	62.0 67.8	67.8 62.0	20.5	18.1 23.1	18.1 23.1	8.8	7.0 11.0	7.0 11.0	2.8	1.9 4.1	4.1 1.9	11.6	9.6 14.0	9.6 14.0
Victoria	61.3	60.2 62.5	62.5 60.2	22.4	21.3 23.4	23.4 21.3	8.8	8.0 9.6	9.6 8.0	3.9	3.3 4.4	4.4 3.3	12.6	11.8 13.6	13.6 11.8

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

Table 7.5 shows level of psychological distress by LGA in North & West Metropolitan Region. There was a significantly higher proportion of people with high levels of psychological distress who lived in the LGA of Darebin (C) compared with all Victorian adults. There was a significantly higher proportion of people with very high levels of psychological distress who lived in the LGA of Hume (C) compared with all Victorian adults.

Table 7.5: Proportion (%) of adult population with psychological distress,^a by level and LGA, North & West Metropolitan Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Banyule (C)	60.0	53.1 66.5	24.5 18.1 32.3	7.5*	4.1 13.4	2.0*	0.8 4.8	9.6*	5.7 15.5	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Brimbank (C)	52.6	46.3 58.7	27.8 22.6 33.7	9.1	6.5 12.7	4.5*	2.6 7.5	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2	13.6	10.2 17.8
Darebin (C)	55.7	48.4 62.8	19.8 15.5 24.8	16.4	10.3 25.1	4.0*	2.3 6.9	20.4	14.0 28.7	15.5*	10.3 25.1	1.5*	0.7 3.2	8.9	5.9 13.2
Hobsons Bay (C)	62.1	53.6 69.9	25.4 18.5 33.8	7.4	4.6 11.6	7.5*	4.1 13.4	2.0*	0.8 4.8	9.6*	5.7 15.5	13.6	10.2 17.8	20.4	14.0 28.7
Hume (C)	56.6	50.3 62.6	24.1 19.4 29.6	7.3	4.8 10.9	7.5*	4.1 13.4	2.0*	0.8 4.8	9.6*	5.7 15.5	13.6	10.2 17.8	20.4	14.0 28.7
Maribyrnong (C)	61.6	54.5 68.3	24.7 19.0 31.6	8.6	5.3 13.6	**	0.4 3.3	9.7	6.2 14.8	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Melbourne (C)	61.9	54.7 68.7	22.7 16.8 29.9	5.3	3.2 8.6	5.8*	2.6 12.3	11.1	7.0 17.2	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Melton (S)	56.3	48.8 63.5	25.1 18.7 32.7	11.3	7.6 16.6	3.7*	2.1 6.6	15.0	10.8 20.5	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Moonee Valley (C)	59.4	52.7 65.8	23.4 17.8 30.1	9.8*	5.8 16.1	4.5*	2.2 9.2	14.3	9.4 21.1	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Moreland (C)	64.6	57.2 71.4	18.0 13.2 24.2	10.8	6.7 16.8	4.5*	1.9 10.3	15.3	10.2 22.2	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Nillumbik (S)	66.0	58.2 73.0	27.3 20.6 35.2	2.7	1.7 4.2	1.6*	0.6 4.1	4.3	2.7 6.7	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Whittlesea (C)	54.0	48.1 59.7	29.0 23.7 34.8	7.9	5.4 11.3	5.1	3.4 7.8	13.0	9.8 17.0	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Wyndham (C)	63.0	57.1 68.6	21.6 17.2 26.7	8.6	5.7 12.9	3.3*	1.8 6.1	11.9	8.5 16.5	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Yarra (C)	59.5	50.3 68.1	25.2 18.0 34.1	8.6*	4.8 15.0	**		11.1	6.8 17.6	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
North & West Metropolitan Region	58.5	56.5 60.5	24.0 22.4 25.8	9.0	7.8 10.3	4.2	3.4 5.3	13.2	11.8 14.7	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2
Victoria	61.3	60.2 62.5	22.4 21.3 23.4	8.8	8.0 9.6	3.9	3.3 4.4	12.6	11.8 13.6	13.6	10.2 17.8	20.4	14.0 28.7	8.9	5.9 13.2

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

Table 7.6 shows level of psychological distress by LGA in Southern Metropolitan Region. There was a significantly higher proportion of people with high or very high levels of psychological distress who lived in the LGA of Casey (C) compared with all Victorian adults.

Table 7.6: Proportion (%) of adult population with psychological distress,^a by level and LGA, Southern Metropolitan Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Bayside (C)	75.7	66.7 82.8	66.7 82.8	16.8	11.2 24.5	11.2 24.5	1.2*	0.6 2.4	0.6 2.4	**			3.6*	1.3 9.1	1.3 9.1
Cardinia (S)	60.0	53.1 66.4	53.1 66.4	21.9	16.6 28.3	16.6 28.3	10.6	6.9 16.0	6.9 16.0	4.4*	2.0 9.3	2.0 9.3	15.0	10.5 21.1	10.5 21.1
Casey (C)	56.3	49.6 62.7	49.6 62.7	21.7	16.6 27.8	16.6 27.8	12.3	8.4 17.6	8.4 17.6	6.3*	3.7 10.4	3.7 10.4	18.6	13.8 24.6	13.8 24.6
Frankston (C)	59.1	52.5 65.5	52.5 65.5	20.6	15.4 26.9	15.4 26.9	10.2	6.9 14.8	6.9 14.8	5.4*	3.2 8.8	3.2 8.8	15.5	11.5 20.7	11.5 20.7
Glen Eira (C)	63.0	54.9 70.4	54.9 70.4	24.0	17.6 31.9	17.6 31.9	7.4*	4.3 12.4	4.3 12.4	1.5*	0.7 3.4	0.7 3.4	8.9	5.6 13.9	5.6 13.9
Greater Dandenong (C)	55.4	48.3 62.2	48.3 62.2	25.3	19.3 32.5	19.3 32.5	8.5	5.7 12.4	5.7 12.4	4.3*	2.4 7.4	2.4 7.4	12.7	9.3 17.2	9.3 17.2
Kingston (C)	58.3	50.1 66.1	50.1 66.1	24.9	17.8 33.5	17.8 33.5	7.0*	4.0 11.7	4.0 11.7	6.0*	2.3 14.8	2.3 14.8	12.9*	7.8 20.7	7.8 20.7
Mornington Peninsula (S)	65.0	56.4 72.8	56.4 72.8	23.5	16.6 32.1	16.6 32.1	2.9	1.9 4.4	1.9 4.4	5.3*	2.4 11.1	2.4 11.1	8.1*	4.8 13.5	4.8 13.5
Port Phillip (C)	64.1	52.8 74.0	52.8 74.0	21.1	12.7 32.8	12.7 32.8	11.0*	5.2 22.1	5.2 22.1	1.6*	0.9 2.8	0.9 2.8	12.6*	6.4 23.2	6.4 23.2
Stonnington (C)	65.4	57.4 72.7	57.4 72.7	24.1	17.6 32.0	17.6 32.0	6.6*	3.4 12.6	3.4 12.6	**			8.4*	4.7 14.5	4.7 14.5
Southern Metropolitan Region	61.0	58.4 63.6	58.4 63.6	22.5	20.2 24.9	20.2 24.9	8.6	7.1 10.5	7.1 10.5	4.1	3.1 5.3	3.1 5.3	12.7	10.9 14.8	10.9 14.8
Victoria	61.3	60.2 62.5	60.2 62.5	22.4	21.3 23.4	21.3 23.4	8.8	8.0 9.6	8.0 9.6	3.9	3.3 4.4	3.3 4.4	12.6	11.8 13.6	11.8 13.6

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

o Based on the Kessler-10 scale for psychological distress.

Table 7.7 shows level of psychological distress by LGA in Barwon-South Western Region. There was a significantly lower proportion of people with high levels of psychological distress who lived in the LGAs of Colac-Otway (S) and Queenscliffe (B) compared with all Victorian adults. There was a significantly lower proportion of people with very high levels of psychological distress who lived in the LGA of Moynes (S) compared with all Victorian adults.

Table 7.7: Proportion (%) of adult population with psychological distress,^a by level and LGA, Barwon-South Western Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Colac-Otway (S)	64.7	54.0 74.2	26.3 17.6 37.4	5.2	3.4 7.9	1.7*	0.8 3.5	6.9	4.8 9.9	6.9	4.8 9.9	6.9	4.8 9.9	6.9	4.8 9.9
Corangamite (S)	64.0	55.2 72.0	22.6 16.1 30.7	6.3*	3.5 11.0	3.2*	1.4 7.0	9.5	6.0 14.8	9.5	6.0 14.8	9.5	6.0 14.8	9.5	6.0 14.8
Glenelg (S)	63.5	55.7 70.8	25.2 19.0 32.5	5.1*	3.1 8.3	5.4*	2.4 11.5	10.5	6.5 16.4	10.5	6.5 16.4	10.5	6.5 16.4	10.5	6.5 16.4
Greater Geelong (C)	62.1	54.3 69.4	18.4 12.9 25.6	8.9	5.5 14.1	6.9*	2.9 15.5	15.8	10.3 23.4	15.8	10.3 23.4	15.8	10.3 23.4	15.8	10.3 23.4
Moynes (S)	68.7	59.7 76.6	23.5 16.1 32.9	4.9*	2.7 9.0	1.0*	0.4 2.3	5.9*	3.5 9.9	5.9*	3.5 9.9	5.9*	3.5 9.9	5.9*	3.5 9.9
Queenscliffe (B)	78.3	66.2 86.9	17.5*	9.5 30.1	1.4*	0.6 2.9	**	2.7*	1.1 6.6	2.7*	1.1 6.6	2.7*	1.1 6.6	2.7*	1.1 6.6
Southern Grampians (S)	73.1	64.0 80.7	17.4 11.1 26.3	4.8*	2.3 9.5	3.5*	1.5 7.8	8.3*	4.8 13.9	8.3*	4.8 13.9	8.3*	4.8 13.9	8.3*	4.8 13.9
Surf Coast (S)	62.3	52.4 71.3	25.9 17.5 36.4	7.4*	3.8 14.0	2.7*	1.2 5.7	10.1*	5.9 16.7	10.1*	5.9 16.7	10.1*	5.9 16.7	10.1*	5.9 16.7
Warrnambool (C)	59.6	52.2 66.6	23.3 16.9 31.2	10.8*	6.0 18.7	3.9*	1.5 9.7	14.7	9.2 22.6	14.7	9.2 22.6	14.7	9.2 22.6	14.7	9.2 22.6
Barwon-South Western Region	62.6	57.6 67.5	20.6 16.7 25.1	8.1	5.7 11.3	5.8*	2.8 11.6	13.9	10.0 19.0	13.9	10.0 19.0	13.9	10.0 19.0	13.9	10.0 19.0
Victoria	61.3	60.2 62.5	22.4 21.3 23.4	8.8	8.0 9.6	3.9	3.3 4.4	12.6	11.8 13.6	12.6	11.8 13.6	12.6	11.8 13.6	12.6	11.8 13.6

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

Table 7.8 shows level of psychological distress by LGA in Gippsland Region. There was a significantly higher proportion of people with high or very high levels of psychological distress who lived in the LGA of South Gippsland (S) compared with all Victorian adults

Table 7.8: Proportion (%) of adult population with psychological distress,^a by level and LGA, Gippsland Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Bass Coast (S)	65.4	53.7 75.5	75.5 75.5	17.3	12.0 24.3	24.3 24.3	11.3*	4.9 24.1	4.9 24.1	**			15.4*	8.1 27.3	8.1 27.3
Baw Baw (S)	65.2	56.9 72.7	72.7 72.7	21.3	15.9 27.9	27.9 27.9	7.4*	4.0 13.3	4.0 13.3	3.1*	1.6 5.9	1.6 5.9	10.5	6.5 16.5	6.5 16.5
East Gippsland (S)	77.2	72.3 81.5	81.5 81.5	12.4	9.3 16.5	16.5 16.5	5.8	3.7 9.2	3.7 9.2	3.3*	1.8 5.9	1.8 5.9	9.1	6.4 12.9	6.4 12.9
Latrobe (C)	51.5	42.5 60.4	60.4 60.4	26.7	17.9 37.8	37.8 37.8	12.9*	6.9 22.8	6.9 22.8	4.1*	2.4 6.9	2.4 6.9	17.0	10.4 26.5	10.4 26.5
South Gippsland (S)	57.7	49.5 65.6	65.6 65.6	19.1	13.5 26.1	26.1 26.1	13.7*	8.2 22.1	8.2 22.1	6.8*	3.5 12.9	3.5 12.9	20.5	14.1 28.9	14.1 28.9
Wellington (S)	64.9	56.2 72.8	72.8 72.8	21.4	14.8 29.8	29.8 29.8	9.5	5.9 14.9	5.9 14.9	2.2*	1.1 4.3	1.1 4.3	11.7	7.9 17.1	7.9 17.1
Gippsland Region	61.7	57.2 66.1	66.1 66.1	21.1	17.3 25.4	25.4 25.4	10.5	7.7 14.0	7.7 14.0	3.8	2.8 5.1	2.8 5.1	14.3	11.3 17.9	11.3 17.9
Victoria	61.3	60.2 62.5	62.5 62.5	22.4	21.3 23.4	23.4 23.4	8.8	8.0 9.6	9.6 9.6	3.9	3.3 4.4	4.4 4.4	12.6	11.8 13.6	11.8 13.6

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses; not reported here.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable; hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

Table 7.9 shows level of psychological distress by LGA in Grampians Region. There was a significantly lower proportion of people with high or very high levels of psychological distress who lived in the LGAs of Hindmarsh (S) and Horsham (RC) compared with all Victorian adults.

Table 7.9: Proportion (%) of adult population with psychological distress,^a by level and LGA, Grampians Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL
	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	LL	UL	
Ararat (RC)	63.2	53.7	71.7	23.5	16.0	33.3	7.5*	3.6	14.6	**	10.1*	5.6	17.7		
Ballarat (C)	62.0	54.3	69.1	22.0	17.4	27.5	9.8*	5.7	16.4	**	11.9	7.3	18.7		
Golden Plains (S)	63.5	55.3	70.9	23.4	16.9	31.3	6.0*	3.2	11.0	**	9.1*	5.3	15.3		
Hepburn (S)	60.6	53.0	67.7	21.9	14.2	32.3	9.3*	5.6	15.2	5.7*	2.6	12.3	15.0		
Hindmarsh (S)	66.4	56.2	75.2	25.7	17.3	36.3	3.2*	1.9	5.2	2.3*	0.9	5.6	8.7		
Horsham (RC)	66.9	56.2	76.1	20.4	13.1	30.4	4.6*	2.1	9.6	**	6.5*	3.5	11.7		
Moorabool (S)	63.8	56.1	70.8	23.8	17.6	31.3	5.6	3.9	8.1	3.5*	1.4	8.3	9.1		
Northern Grampians (S)	61.0	51.3	69.9	17.5	12.0	24.8	13.8*	7.3	24.4	5.2*	2.0	12.8	19.0		
Pyrenees (S)	62.0	52.7	70.5	16.6	11.9	22.8	13.2*	7.2	23.0	4.6*	1.8	10.9	17.8		
West Wimmera (S)	70.8	63.1	77.4	17.3	11.6	25.0	6.2	4.1	9.3	3.2*	1.8	5.8	9.4		
Yarriambiack (S)	59.7	49.4	69.2	25.0	16.5	36.0	9.0	5.8	13.5	4.0*	1.9	8.1	13.0		
Grampians Region	62.7	58.4	66.8	21.6	18.8	24.6	8.7	6.2	12.1	3.0	1.8	4.8	11.7		
Victoria	61.3	60.2	62.5	22.4	21.3	23.4	8.8	8.0	9.6	3.9	3.3	4.4	12.6		

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

o Based on the Kessler 10 scale for psychological distress.

Table 710 shows level of psychological distress by LGA in Hume Region. There was a significantly lower proportion of people with very high levels of psychological distress who lived in the LGAs of Greater Shepparton (C), Strathbogie (S) and Wangaratta (RC) compared with all Victorian adults..

Table 710: Proportion (%) of adult population with psychological distress,^a by level and LGA, Hume Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
Alpine (S)	64.9	52.8 75.4	25.7 16.4 37.8	5.7*	3.4 9.6	3.4 9.6	**			8.2	5.0 13.1				
Benalla (RC)	58.2	48.5 67.3	25.7 18.1 35.0	11.0*	5.4 21.0	5.4 21.0	2.7*	1.3 5.7	1.3 5.7	13.7*	7.7 23.4				
Greater Shepparton (C)	59.3	51.0 67.2	26.6 19.9 34.7	11.4*	6.6 19.1	6.6 19.1	1.1*	0.4 2.6	0.4 2.6	12.5*	7.5 20.1				
Indigo (S)	67.2	58.6 74.8	22.3 17.0 28.7	3.4*	1.5 7.7	1.5 7.7	**			9.4*	4.5 18.6				
Mansfield (S)	71.6	61.3 80.1	16.4 11.5 22.9	8.8*	3.9 18.5	3.9 18.5	2.3*	0.9 5.4	0.9 5.4	11.1*	5.7 20.5				
Mitchell (S)	63.9	55.4 71.6	18.3 13.3 24.7	7.7	4.9 11.8	4.9 11.8	7.1*	3.3 14.8	3.3 14.8	14.8	9.7 22.0				
Moira (S)	57.8	47.5 67.5	27.6 19.0 38.3	8.8*	5.1 14.8	5.1 14.8	3.0*	1.3 6.6	1.3 6.6	11.8	7.7 17.8				
Murrindindi (S)	57.5	48.5 66.0	23.8 16.3 33.4	13.5*	7.7 22.7	7.7 22.7	2.9*	1.2 7.2	1.2 7.2	16.4	10.2 25.5				
Strathbogie (S)	66.0	57.3 73.8	22.6 15.8 31.3	8.8*	5.0 15.0	5.0 15.0	0.8*	0.3 2.1	0.3 2.1	9.6*	5.7 15.7				
Towong (S)	57.2	48.8 65.1	29.1 21.6 37.8	4.3*	2.6 7.2	2.6 7.2	6.4*	2.7 14.5	2.7 14.5	10.8*	6.2 18.0				
Wangaratta (RC)	61.6	53.0 69.5	21.2 13.3 32.1	14.2*	6.5 28.1	6.5 28.1	1.0*	0.5 2.3	0.5 2.3	15.2*	7.4 28.9				
Wodonga (RC)	59.5	51.7 66.9	23.7 17.3 31.5	12.0*	7.1 19.5	7.1 19.5	**			14.1	8.9 21.6				
Hume Region	61.0	57.5 64.5	24.0 20.9 27.5	10.0	7.7 12.9	7.7 12.9	2.8	2.0 4.0	2.0 4.0	12.9	10.4 15.8				
Victoria	61.3	60.2 62.5	22.4 21.3 23.4	8.8	8.0 9.6	8.0 9.6	3.9	3.3 4.4	3.3 4.4	12.6	11.8 13.6				

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

Table 7:11 shows level of psychological distress by LGA in Loddon Mallee Region. There was a significantly lower proportion of people with very high levels of psychological distress who lived in the LGA of Gannawarra (S) compared with all Victorian adults.

Table 7:11: Proportion (%) of adult population with psychological distress,^a by level and LGA, Loddon Mallee Region, Victoria, 2014

LGA	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)			High/very high (K10: 22+)		
	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL	%	95% CI	UL
Buloke (S)	63.8	54.1	72.5	22.8	15.4	32.4	8.4*	4.0	16.9	**		11.6*	6.4	19.9	
Campaspe (S)	53.6	44.1	62.8	26.3	18.9	35.2	13.3*	7.5	22.5	5.0*	2.3	10.4	18.3	27.5	
Central Goldfields (S)	53.9	45.7	61.8	20.3	13.3	29.7	11.1*	5.2	21.9	9.3*	4.4	18.6	20.3	31.4	
Gannawarra (S)	70.0	56.4	80.8	16.9	11.8	23.8	**			1.1*	0.5	2.3	11.5*	4.3	27.4
Greater Bendigo (C)	64.2	55.7	71.8	19.2	14.5	25.0	6.4*	3.3	12.1	2.3*	1.2	4.3	8.7*	5.2	14.2
Loddon (S)	59.9	49.9	69.2	27.1	18.4	38.0	3.8	2.4	5.8	**			7.9*	4.1	14.8
Macedon Ranges (S)	64.8	51.8	75.9	19.3	14.8	24.8	12.7*	4.9	29.1	**			13.5*	5.5	29.5
Mildura (RC)	65.2	56.0	73.4	17.9	13.3	23.7	9.9*	4.5	20.2	4.1*	2.2	7.8	14.0*	7.9	23.6
Mount Alexander (S)	55.3	44.7	65.5	25.8	16.8	37.4	14.3*	5.8	31.2	2.8*	1.3	5.9	17.2*	8.0	33.2
Swan Hill (RC)	67.9	57.5	76.8	21.8	14.1	32.2	4.1*	2.3	7.2	**			8.2*	4.0	15.9
Loddon Mallee Region	63.0	58.7	67.2	20.3	17.7	23.1	8.9	6.4	12.4	3.0	2.2	4.1	12.0	9.2	15.4
Victoria	61.3	60.2	62.5	22.4	21.3	23.4	8.8	8.0	9.6	3.9	3.3	4.4	12.6	11.8	13.6

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

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Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

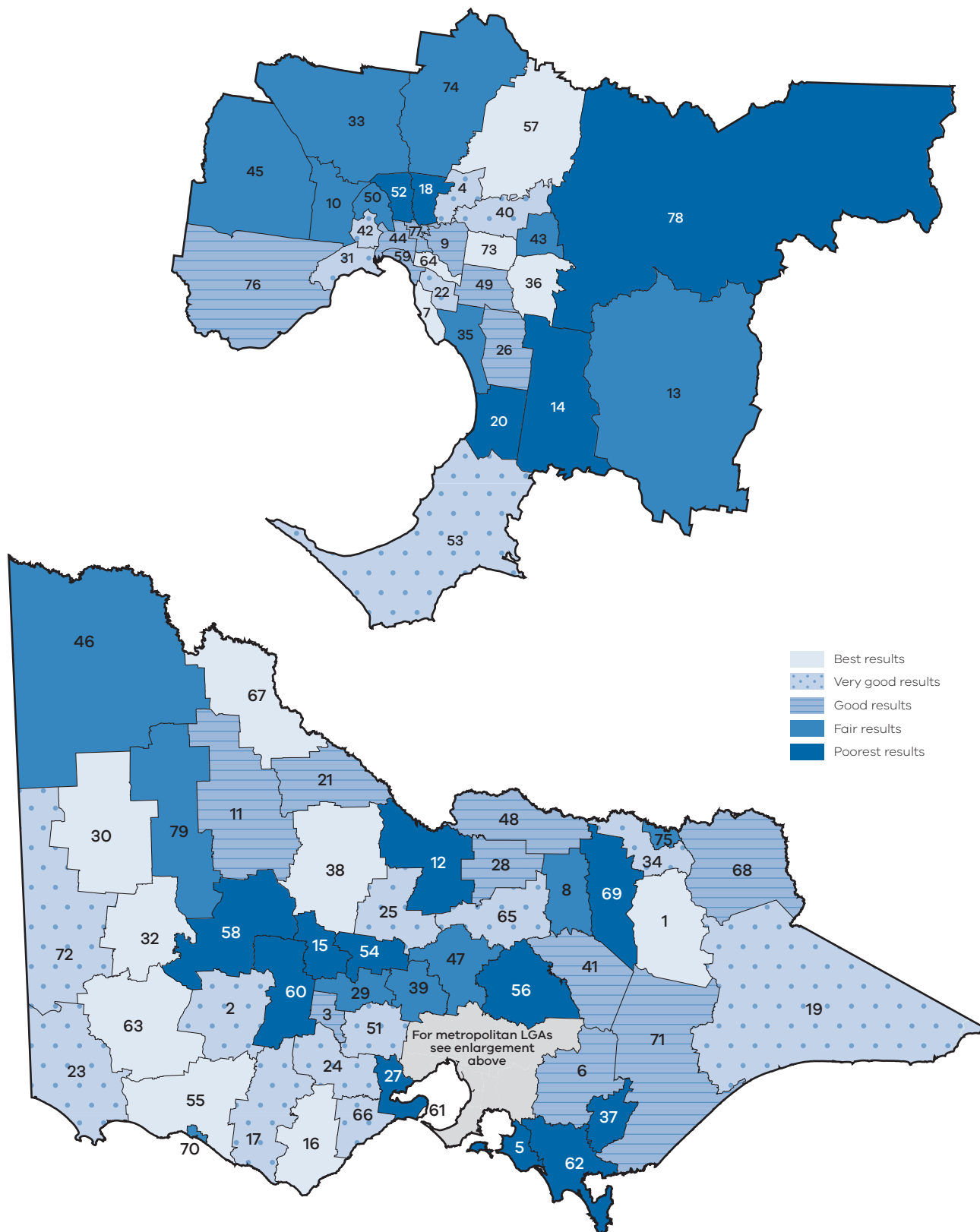
^a Based on the Kessler-10 scale for psychological distress.



What does Map 7.1 tell us?

In Map 7.1 the 79 LGAs have been ranked according to the proportion of adults who have high or very high levels of psychological distress in each LGA. The LGAs were then divided into 4 groups of 16 LGAs (labelled poorest, fair, good and very good results) with decreasing proportions of adults who have high or very high levels of psychological and a final group of 15 LGAs with the best results (i.e. the smallest proportions of adults who have high or very high levels of psychological distress) .

Map 71: Proportion of adults with a high or very high level of psychological distress, by LGA, Victoria, 2014



Note: The local government area (LGA) ID is based on the alphabetical order of the LGA names (see Table iii, page 17).

Table 7.12 shows the proportion of adult males with psychological distress, by level of distress and selected socioeconomic determinants. When compared with all Victorian men, there was a significantly higher proportion of men with very high levels of psychological distress who had the following characteristics:

- did not complete high school
- unemployed
- not in the labour force
- total annual household income less than \$40,000.

Table 7.13 shows the proportion of adult females with psychological distress, by level of distress and selected socioeconomic determinants. When compared with all Victorian women, there was a significantly higher proportion of women with very high levels of psychological distress who had the following characteristics:

- did not complete high school
- unemployed
- not in the labour force
- total annual household income less than \$40,000.

Table 7.12: Proportion (%) of adult males with psychological distress,^a by level and selected socioeconomic determinants, Victoria, 2014

	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	LL	UL	UL	LL	UL	LL	LL	UL	LL	LL	UL	
All males	65.5	63.7	67.2	20.6	19.2	22.2	7.4	6.4	8.5	2.9	2.2	3.6
<i>Country of birth</i>												
Australia	67.0	64.9	69.0	20.3	18.7	22.1	7.5	6.2	9.0	2.9	2.2	3.9
Overseas	62.4	58.6	66.1	21.5	18.4	24.9	7.3	5.6	9.6	2.2	1.5	3.2
<i>Language spoken at home</i>												
English	67.9	65.9	69.8	20.3	18.6	22.0	6.7	5.6	7.9	2.6	2.0	3.5
Language other than English	58.0	54.2	61.6	21.9	18.9	25.2	9.4	7.3	12.1	3.4	2.3	5.0
<i>Education level</i>												
Did not complete high school	58.8	52.6	64.7	17.9	14.0	22.7	12.0	7.4	19.0	6.4*	3.7	11.0
Completed high school, or TAFE, or trade certificate, or diploma	62.9	60.3	65.4	22.4	20.3	24.6	8.7	7.1	10.6	3.1	2.3	4.3
University, or some other tertiary institute degree, including postgraduate diploma or degree	71.0	67.9	73.8	19.0	16.6	21.6	5.0	3.7	6.5	1.6*	0.8	3.3
<i>Employment status</i>												
Employed	70.0	67.8	72.2	20.7	18.8	22.8	5.4	4.5	6.6	1.3	0.9	1.8
Unemployed	48.3	41.1	55.5	20.2	15.0	26.7	17.7	11.1	27.0	6.3	3.8	10.3
Not in labour force	54.1	48.8	59.3	16.2	13.4	19.4	13.6	10.5	17.4	11.2	7.8	15.8
<i>Total annual household income</i>												
< \$40,000	50.2	45.0	55.4	22.9	18.7	27.8	13.5	10.3	17.5	6.4	4.7	8.5
\$40,000 to < \$100,000	64.6	61.4	67.6	24.7	22.0	27.6	6.3	5.1	7.9	2.4*	1.3	4.4
≥ \$100,000	75.2	71.9	78.2	16.2	13.7	19.0	6.2	4.4	8.6	0.8*	0.5	1.4

Data were age-standardised to the 2011 Victorian population.
LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

Table 7.13: Proportion (%) of adult females with psychological distress,^a by level and selected socioeconomic determinants, Victoria, 2014

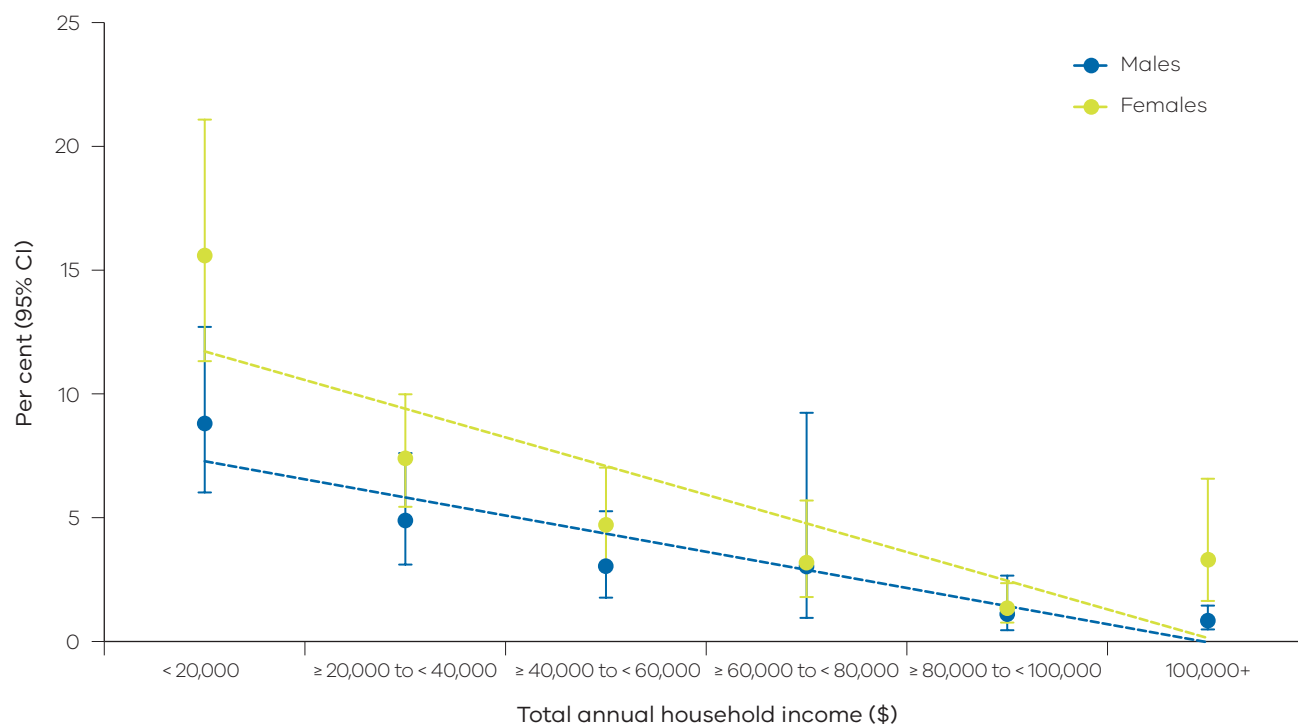
	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
All females	57.3	55.7 58.8	58.8	24.0	22.6 25.4	25.4	10.2	9.2 11.4	11.4	4.9	4.1 5.8	5.8
<i>Country of birth</i>												
Australia	58.7	57.0 60.4	60.4	23.7	22.2 25.3	25.3	9.9	8.7 11.3	11.3	4.7	3.7 5.8	5.8
Overseas	54.9	51.4 58.3	58.3	25.1	22.0 28.5	28.5	10.4	8.5 12.7	12.7	4.8	3.8 6.0	6.0
<i>Language spoken at home</i>												
English	59.8	58.0 61.5	61.5	23.1	21.6 24.7	24.7	9.5	8.4 10.8	10.8	4.7	3.7 5.9	5.9
Language other than English	48.6	45.4 51.9	51.9	26.5	23.6 29.6	29.6	12.7	10.3 15.5	15.5	6.0	4.8 7.6	7.6
<i>Education level</i>												
Did not complete high school	51.7	46.2 57.2	57.2	21.9	18.4 26.0	26.0	12.4	9.4 16.3	16.3	9.4	6.6 13.3	13.3
Completed high school, or TAFE, or trade certificate, or diploma	55.4	53.2 57.6	57.6	25.7	23.7 27.8	27.8	10.5	9.2 12.0	12.0	5.2	4.2 6.4	6.4
University, or some other tertiary institute degree, including postgraduate diploma or degree	62.9	60.2 65.5	65.5	21.8	19.6 24.2	24.2	8.5	6.7 10.9	10.9	3.3	2.0 5.4	5.4
<i>Employment status</i>												
Employed	60.9	58.3 63.5	63.5	22.5	20.6 24.5	24.5	10.0	8.0 12.3	12.3	3.6	2.5 5.1	5.1
Unemployed	38.3	31.6 45.5	45.5	27.4	21.5 34.2	34.2	18.5	13.4 24.9	24.9	12.4	8.2 18.4	18.4
Not in labour force	52.8	50.1 55.6	55.6	24.7	22.3 27.2	27.2	10.7	9.1 12.6	12.6	7.0	5.8 8.4	8.4
<i>Total annual household income</i>												
< \$40,000	44.7	40.3 49.2	49.2	24.7	20.5 29.4	29.4	16.4	13.1 20.4	20.4	9.7	7.7 12.1	12.1
\$40,000 to < \$100,000	59.0	56.3 61.7	61.7	24.0	21.6 26.6	26.6	11.5	9.5 13.8	13.8	3.1	2.3 4.1	4.1
≥ \$100,000	67.6	64.0 70.9	70.9	21.0	18.3 24.1	24.1	6.8	4.5 10.2	10.2	3.3*	1.6 6.6	6.6

Data were age-standardised to the 2011 Victorian population.
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.
 Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

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 * RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.
 ** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.
 a Based on the Kessler 10 scale for psychological distress.

The relationship was investigated between SES and very high levels of psychological distress, using total annual household income as a measure of SES (Figure 7.3). The proportion of men and women with very high levels of psychological distress significantly decreased with increasing income.

Figure 7.3: Proportion (%) of adult population with a very high level of psychological distress,^a by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a Based on the Kessler 10 scale for psychological distress.

Table 7.14 shows the proportion of adult males with psychological distress, by level of distress and selected modifiable risk factors contributing to chronic disease. When compared with all Victorian men, there was a significantly higher proportion of men with very high levels of psychological distress who had the following characteristics:

- sedentary behaviour
- current smoker
- abstainer or no longer drinks alcohol
- fair or poor self-reported health status.

Table 7.15 shows the proportion of adult females with psychological distress, by level of distress and selected modifiable risk factors contributing to chronic disease. When compared with all Victorian women, there was a significantly higher proportion of women with very high levels of psychological distress who had the following characteristics:

- sedentary behaviour
- current smoker
- abstainer or no longer drinks alcohol
- fair or poor self-reported health status
- doctor-diagnosed hypertension.

Table 7.14: Proportion (%) of adult males with psychological distress,^a by level and selected modifiable risk factors, Victoria, 2014

	Moderate (K10: 16–21)											
	Low (K10: < 16)				High (K10: 22–29)				Very high (K10: 30+)			
	%	95% CI	LL	UL	%	95% CI	LL	UL	%	95% CI	LL	UL
All males	65.5	63.8	67.3	20.7	19.2	22.3	7.2	6.3	8.3	2.8	2.2	3.6
<i>Physical activity^b</i>												
Sedentary	54.8	45.4	63.9	16.5	11.8	22.5	9.5*	4.1	20.4	14.8	12.1	18.1
Insufficient time (< 150 min) and/or sessions (< 2)	62.8	60.2	65.3	21.7	19.5	24.0	8.9	7.4	10.6	3.1	2.2	4.2
Sufficient time (≥ 150 min) and sessions (≥ 2)	70.5	67.9	73.0	19.9	17.7	22.3	4.8	3.8	6.1	1.8	1.1	2.7
<i>Met fruit / vegetable guidelines^c</i>												
Both guidelines	67.5	56.8	76.7	15.5*	7.3	29.9	11.4*	4.5	26.2	2.4*	1.0	5.5
Vegetable guidelines ^d	65.2	55.1	74.1	16.0*	7.8	29.8	13.2*	6.1	26.2	3.1*	1.4	6.7
Fruit guidelines ^d	68.2	65.5	70.7	19.9	17.7	22.2	5.3	4.3	6.4	3.0	2.0	4.6
Neither	63.8	61.4	66.2	21.6	19.6	23.7	8.7	7.1	10.5	2.7	2.0	3.5
<i>Smoking status</i>												
Current smoker	54.4	50.1	58.6	22.2	18.8	26.0	11.5	9.1	14.3	5.8	4.2	8.1
Ex-smoker	62.4	57.4	67.2	23.0	18.7	27.9	8.6	6.0	12.2	2.6	1.2	5.5
Non-smoker	68.9	66.7	71.0	19.9	18.1	21.8	5.8	4.8	6.9	2.1	1.4	3.2
<i>Lifetime risk of alcohol-related harm^e</i>												
Abstainer / no longer drinks alcohol	59.4	54.4	64.2	18.7	15.4	22.6	10.1	6.9	14.5	5.7	3.9	8.4
Reduced risk	65.2	59.9	70.2	19.5	15.5	24.2	8.1	5.6	11.4	2.6*	1.5	4.4
Increased risk	66.9	64.9	68.9	21.3	19.6	23.1	6.8	5.8	8.0	2.3	1.6	3.3

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

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** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 7.14: Proportion (%) of adult males with psychological distress,^a by level and selected modifiable risk factors, Victoria, 2014 (continued)

	Low (K10: < 16)			Moderate (K10: 16–21)			High (K10: 22–29)			Very high (K10: 30+)		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
<i>Self-reported health</i>												
Excellent/very good	76.3	73.7 78.7	73.7 78.7	16.6	14.6 18.9	14.6 18.9	3.7	2.6 5.2	2.6 5.2	1.1*	0.5 2.6	0.5 2.6
Good	64.6	61.7 67.4	61.7 67.4	23.0	20.5 25.6	20.5 25.6	6.5	5.2 8.2	5.2 8.2	2.1	1.3 3.4	1.3 3.4
Fair/poor	47.9	43.8 52.2	43.8 52.2	23.7	20.4 27.3	20.4 27.3	15.8	12.6 19.6	12.6 19.6	7.5	5.6 9.9	5.6 9.9
<i>Body weight status based on BMI^f</i>												
Underweight (BMI < 18.5 kg/m ²)	60.8	45.4 74.3	45.4 74.3	22.8*	12.1 38.9	12.1 38.9	6.5*	2.7 14.5	2.7 14.5	**		
Normal range (18.5 ≥ BMI < 25 kg/m ²)	69.2	66.5 71.7	66.5 71.7	19.8	17.7 22.2	17.7 22.2	5.7	4.6 7.1	4.6 7.1	2.0	1.2 3.1	1.2 3.1
Pre-obese (25 ≥ BMI < 30 kg/m ²)	64.7	61.6 67.7	61.6 67.7	22.5	19.7 25.5	19.7 25.5	6.7	5.4 8.2	5.4 8.2	2.8	1.8 4.5	1.8 4.5
Obese (BMI ≥ 30 kg/m ²)	60.5	55.8 65.0	55.8 65.0	19.3	16.4 22.6	16.4 22.6	11.7	8.5 16.1	8.5 16.1	3.9	2.6 5.6	2.6 5.6
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>												
Doctor diagnosed hypertension	56.4	51.1 61.5	51.1 61.5	20.8	16.5 25.9	16.5 25.9	12.5	8.6 17.8	8.6 17.8	4.4	2.9 6.6	2.9 6.6
Normal range	67.1	65.1 68.9	65.1 68.9	20.6	19.0 22.3	19.0 22.3	6.4	5.4 7.5	5.4 7.5	2.4	1.8 3.3	1.8 3.3
<i>Blood glucose status (excluding gestational diabetes)</i>												
Doctor diagnosed diabetes	67.5	58.5 75.5	58.5 75.5	16.6	11.3 23.7	11.3 23.7	5.1	3.5 7.3	3.5 7.3	7.5*	3.2 16.8	3.2 16.8
Normal range	66.1	64.3 67.9	64.3 67.9	20.4	19.0 22.0	19.0 22.0	7.3	6.3 8.5	6.3 8.5	2.6	2.0 3.4	2.0 3.4

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

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* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable; hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 7.15: Proportion (%) of adult females with psychological distress,^a by level and selected modifiable risk factors, Victoria, 2014

	Low (K10: < 16)						Moderate (K10: 16–21)						High (K10: 22–29)						Very high (K10: 30+)						
	95% CI			%			95% CI			%			95% CI			%			95% CI			%			
	LL	UL		LL	UL		LL	UL		LL	UL		LL	UL		LL	UL		LL	UL		LL	UL		
All females	57.3	55.7	58.8	24.0	22.6	25.4	10.2	9.2	11.4	4.9	4.1	5.8													
<i>Physical activity^b</i>																									
Sedentary	51.9	41.8	61.8	20.1	15.4	25.9	11.9*	5.6	23.6	10.3*	6.2	16.7													
Insufficient time (< 150 min) and/or sessions (< 2)	56.5	54.3	58.6	24.2	22.4	26.1	11.1	9.5	12.8	5.2	4.0	6.7													
Sufficient time (≥ 150 min) and sessions (≥ 2)	61.6	59.1	64.0	24.0	21.7	26.4	8.2	6.9	9.9	3.2	2.3	4.3													
<i>Met fruit / vegetable guidelines^c</i>																									
Both guidelines	66.8	60.5	72.6	18.8	15.6	22.5	7.7*	4.6	12.4	**															
Vegetable guidelines ^d	65.1	59.9	69.9	20.5	17.1	24.4	7.9	5.4	11.5	4.1*	1.8	8.8													
Fruit guidelines ^d	60.5	58.3	62.7	22.9	21.1	24.9	8.7	7.5	10.0	4.1	3.0	5.5													
Neither	54.1	51.9	56.4	25.3	23.2	27.5	12.0	10.1	14.1	5.3	4.3	6.4													
<i>Smoking status</i>																									
Current smoker	41.2	37.9	44.6	26.5	23.1	30.2	15.4	12.3	19.0	12.7	9.9	16.1													
Ex-smoker	60.0	55.0	64.7	21.7	18.7	25.0	12.0	7.7	18.3	3.7	2.3	5.9													
Non-smoker	59.5	57.6	61.4	23.7	22.1	25.5	9.1	8.0	10.3	3.8	3.0	4.9													
<i>Lifetime risk of alcohol-related harm^e</i>																									
Abstainer / no longer drinks alcohol	53.2	49.7	56.6	21.6	19.0	24.4	11.6	9.5	14.1	8.3	6.0	11.4													
Reduced risk	58.4	54.7	62.1	24.3	21.0	28.1	8.9	6.9	11.5	3.1	2.2	4.2													
Increased risk	59.9	57.9	61.9	24.6	22.8	26.6	9.7	8.3	11.3	3.8	3.0	4.8													

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

Table 7.15: Proportion (%) of adult females with psychological distress,^a by level and selected modifiable risk factors, Victoria, 2014 (continued)

	Low (K10: < 16)						Moderate (K10: 16–21)						High (K10: 22–29)						Very high (K10: 30+)											
	%		95% CI		LL	UL	%		95% CI		LL	UL	%		95% CI		LL	UL	%		95% CI		LL	UL						
<i>Self-reported health</i>																														
Excellent/very good	69.7	67.3	72.0	72.0	67.3	72.0	20.6	18.6	22.8	22.8	18.6	22.8	6.0	4.7	7.5	7.5	4.7	7.5	1.3	0.8	2.0	2.0	0.8	2.0	2.0	1.3	2.0	2.0	1.3	2.0
Good	56.2	53.8	58.6	58.6	53.8	58.6	25.4	23.1	27.7	27.7	23.1	27.7	11.0	9.2	13.1	13.1	9.2	13.1	4.2	3.0	6.0	6.0	3.0	6.0	6.0	4.2	6.0	6.0	4.2	6.0
Fair/poor	34.2	31.2	37.3	37.3	31.2	37.3	27.9	24.9	31.1	31.1	24.9	31.1	17.6	15.1	20.3	20.3	15.1	20.3	13.7	11.2	16.7	16.7	11.2	16.7	16.7	13.7	16.7	16.7	13.7	16.7
<i>Body weight status based on BMI^f</i>																														
Underweight (BMI < 18.5 kg/m ²)	53.8	46.1	61.2	61.2	46.1	61.2	25.7	19.9	32.5	32.5	19.9	32.5	10.1*	5.7	17.4	17.4	5.7	17.4	6.5*	3.5	11.9	11.9	3.5	11.9	11.9	6.5*	11.9	11.9	6.5*	11.9
Normal range (18.5 ≥ BMI < 25 kg/m ²)	61.3	59.0	63.5	63.5	59.0	63.5	23.4	21.4	25.5	25.5	21.4	25.5	8.4	6.9	10.1	10.1	6.9	10.1	3.4	2.4	4.8	4.8	2.4	4.8	4.8	3.4	4.8	4.8	3.4	4.8
Pre-obese (25 ≥ BMI < 30 kg/m ²)	57.0	53.5	60.4	60.4	53.5	60.4	24.7	21.5	28.2	28.2	21.5	28.2	10.6	8.3	13.5	13.5	8.3	13.5	3.9	2.8	5.4	5.4	2.8	5.4	5.4	3.9	5.4	5.4	3.9	5.4
Obese (BMI ≥ 30 kg/m ²)	48.4	44.3	52.4	52.4	44.3	52.4	26.1	22.7	29.9	29.9	22.7	29.9	15.6	12.5	19.3	19.3	12.5	19.3	6.5	4.7	9.0	9.0	4.7	9.0	9.0	6.5	9.0	9.0	6.5	9.0
<i>Blood pressure status (excluding pregnancy induced hypertension)</i>																														
Doctor diagnosed hypertension	46.5	40.3	52.8	52.8	40.3	52.8	22.0	17.7	26.9	26.9	17.7	26.9	12.3	8.0	18.4	18.4	8.0	18.4	8.6	6.6	10.6	10.6	6.6	10.6	10.6	8.6	10.6	10.6	8.6	10.6
Normal range	59.3	57.6	61.0	61.0	57.6	61.0	23.4	21.9	25.0	25.0	21.9	25.0	9.8	8.6	11.0	11.0	8.6	11.0	3.8	3.2	4.5	4.5	3.2	4.5	4.5	3.8	4.5	4.5	3.8	4.5
<i>Blood glucose status (excluding gestational diabetes)</i>																														
Doctor diagnosed diabetes	40.6	32.6	49.0	49.0	32.6	49.0	26.2	16.7	38.7	38.7	16.7	38.7	19.2*	9.3	35.6	35.6	9.3	35.6	8.9*	4.8	16.0	16.0	4.8	16.0	16.0	8.9*	16.0	16.0	8.9*	16.0
Normal range	58.0	56.4	59.5	59.5	56.4	59.5	23.9	22.6	25.4	25.4	22.6	25.4	10.0	8.9	11.2	11.2	8.9	11.2	4.6	3.8	5.5	5.5	3.8	5.5	5.5	4.6	5.5	5.5	4.6	5.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable; hence not reported.

^a Based on the Kessler-10 scale for psychological distress.

^b DoH (2014) guidelines.

^c NHMRC (2013) guidelines.

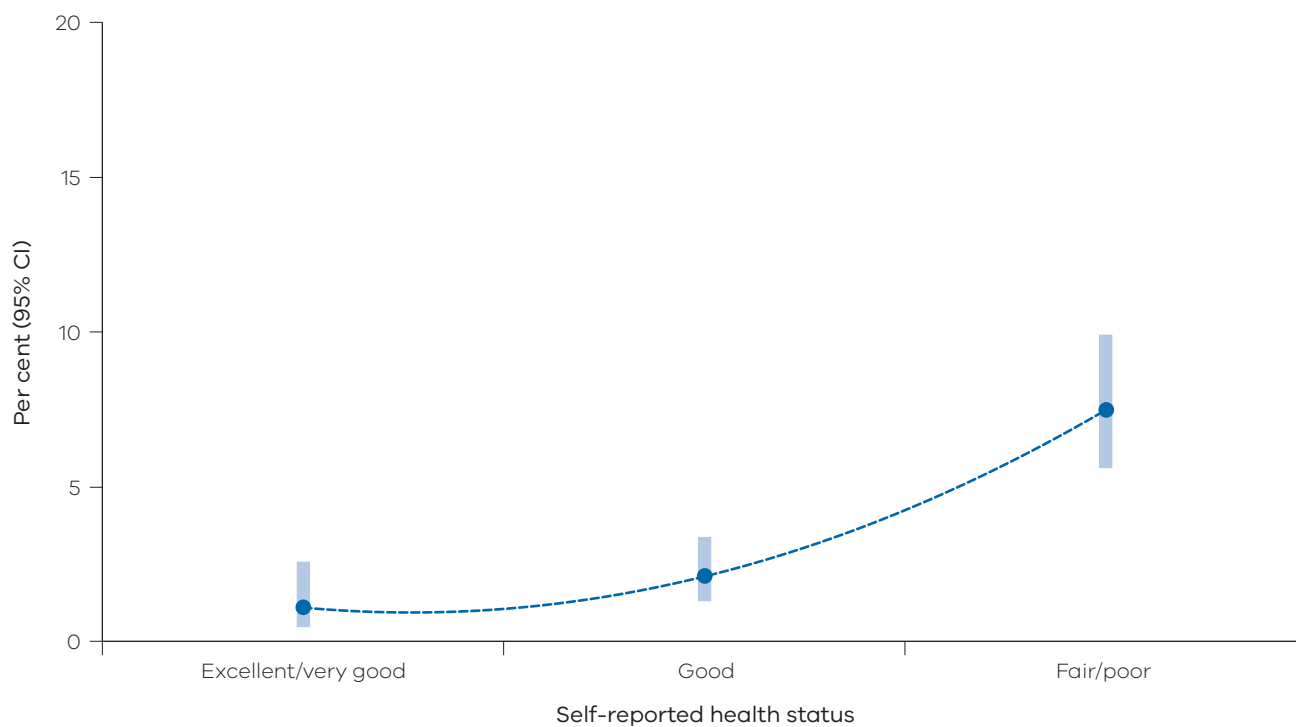
^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

The relationship was investigated between very high levels of psychological distress and the prevalence of self-reported health status (Figure 7.4 and Figure 7.5). The proportion of the adult Victorian population with very high levels of psychological distress was highest among men and women with fair or poor health status.

Figure 7.4: Proportion (%) of adult males with very high levels of psychological distress,^a by self-reported health status, Victoria, 2014



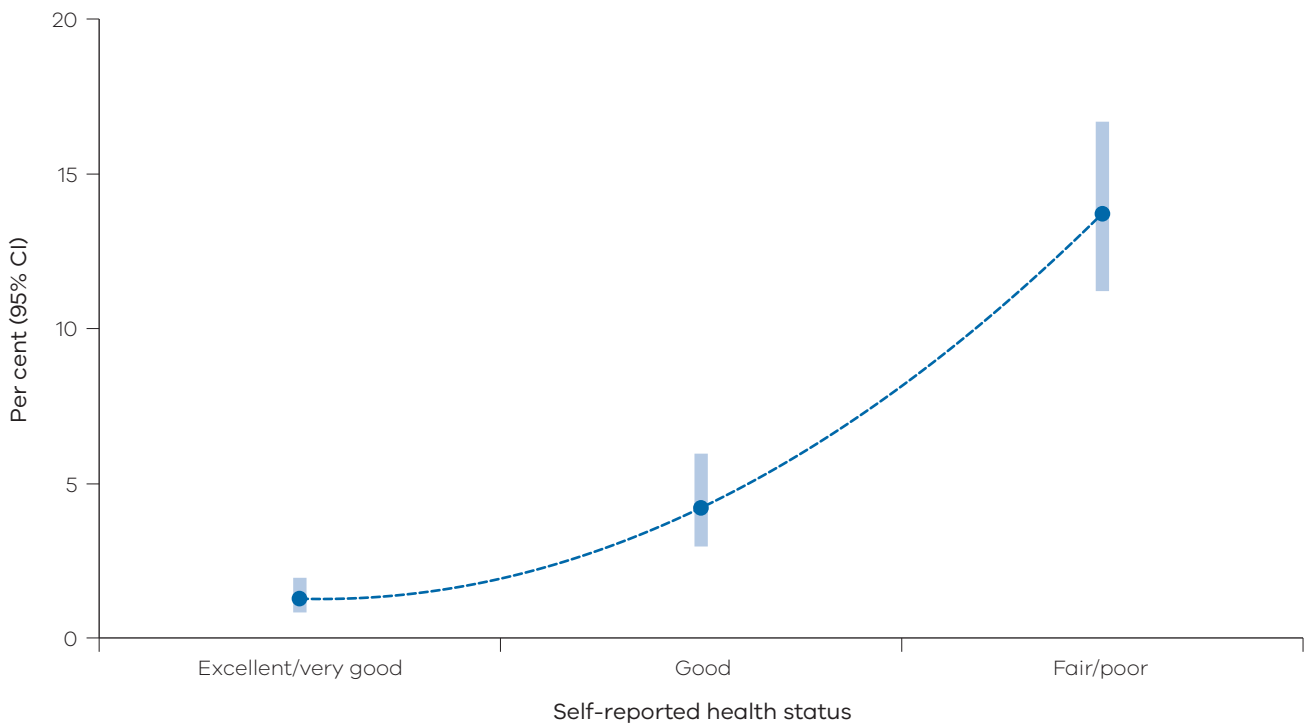
Data are age-adjusted to the 2011 population of Victoria.

95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a Based on the Kessler 10 scale for psychological distress.

Figure 7.5: Proportion (%) of adult females with very high levels of psychological distress,^a by self-reported health status, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
95% CI = 95 per cent confidence interval.
Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a Based on the Kessler 10 scale for psychological distress.



8. Hypertension



Key findings

Prevalence of hypertension



2014

25.9%

had been diagnosed with high blood pressure



28.5%

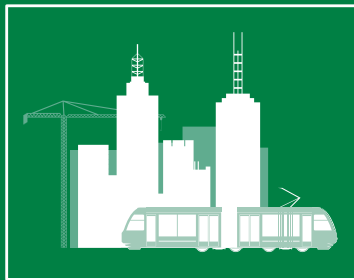
of men had been diagnosed with high blood pressure



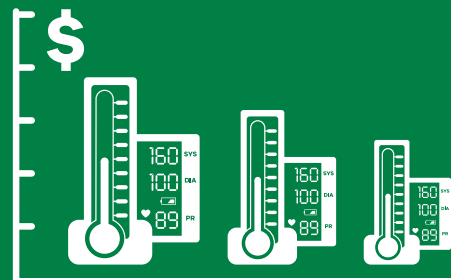
23.3%

of women had been diagnosed with high blood pressure

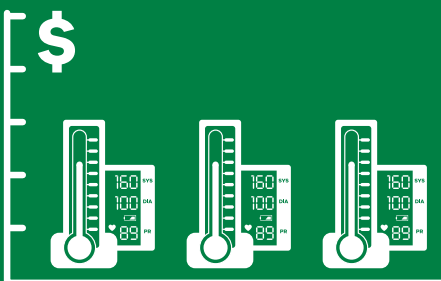
The prevalence of hypertension was significantly higher in men compared with women



There was a significantly higher proportion of women with high blood pressure who lived in the rural regions compared with their counterparts in metropolitan regions



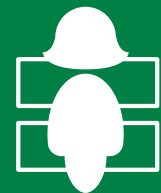
The proportion of women diagnosed with high blood pressure decreased with increasing income



The proportion of men diagnosed with high blood pressure did not change with income



2003 to 2014



The proportion of men diagnosed with high blood pressure increased between 2003 and 2014

However, in women it remained unchanged



Introduction

Hypertension, commonly known as 'high blood pressure', is a chronic medical condition in which the blood pressure in the arteries is elevated. A person is clinically diagnosed with hypertension if their systolic blood pressure is 140 mmHg or more or their diastolic blood pressure is 90 mmHg or more (Sutters 2007).

Hypertension is an important risk factor for cardiovascular disease, and the risk of disease increases with increasing blood pressure levels. Adults are advised to have their blood pressure checked regularly. There are several modifiable causes of high blood pressure including poor nutrition (especially a diet high in salt), low levels of physical activity, obesity and high levels of alcohol consumption.

Hypertension is an important modifiable risk factor rating second only to tobacco use. Tobacco use is responsible for 7.8 per cent of the total health loss associated with all causes of disease and injury, while hypertension is responsible for 7.6 per cent (Begg et al. 2008). Hypertension is the most significant risk factor for cardiovascular disease and accounts for 42.1 per cent of the health loss due to cardiovascular disease.

There are two types of hypertension.

Primary (essential) hypertension

For most adults, there is no identifiable cause of high blood pressure. This type of high blood pressure, called primary (essential) hypertension, tends to develop gradually over many years. In industrialised countries, the risk of becoming hypertensive (blood pressure > 140/90 mm Hg) during a lifetime exceeds 90 per cent. Essential hypertension usually clusters with other cardiovascular risk factors such as ageing, being overweight, insulin resistance, diabetes and hyperlipidaemia (Messerli, Williams & Ritz 2007).

Secondary hypertension

Secondary hypertension is a type of high blood pressure with an underlying, potentially

correctable, cause. Approximately 5–10 per cent of adults with hypertension have a secondary cause (Viera & Neutze 2010). Secondary causes of hypertension include renal parenchymal disease, renovascular diseases, coarctation of the aorta, Cushing's syndrome, primary hyperaldosteronism, pheochromocytoma, hyperthyroidism and hyperparathyroidism. Occasionally included in this category are alcohol-induced and oral contraceptive-induced hypertension and hypothyroidism (Akpunonu, Mulrow & Hoffman 1996).

The Victorian Population Health Survey makes no distinction between primary and secondary hypertension when reporting the prevalence of hypertension.

Survey respondents were asked if they had ever been told by a doctor that they had high blood pressure, distinguishing between pregnancy induced hypertension and other types of hypertension in women. If they responded 'yes' they were then asked to indicate what they were doing to treat their blood pressure.

Prevalence of hypertension

Survey respondents were asked 'Have you ever been told by a doctor that you have high blood pressure?' Table 8.1 and Figure 8.1 show the proportion of the adult population diagnosed with high blood pressure, by age group and sex. Overall, the prevalence of hypertension was 25.9 per cent and was significantly higher in men (28.5 per cent) compared with women (23.3 per cent).

The proportion of the adult population diagnosed with high blood pressure was age-related, increasing with age to 58.2 per cent of people 85 years of age or older compared with 4.0 per cent of 18–24-year-old people. A significantly higher proportion of men and women 55 years of age or older were diagnosed with high blood pressure compared with all Victorian men and women, respectively.

Table 8.1: Proportion (%) of adult population diagnosed with high blood pressure, by age group and sex, Victoria, 2014

Age group (years)	High blood pressure								
	%	Males		Females ^a			People		
		95% CI	LL	UL	%	95% CI		%	95% CI
					LL	UL		LL	UL
18–24	4.8*	2.7	8.3	3.1*	1.5	6.2	4.0	2.6	6.1
25–34	15.6	11.3	21.2	7.2	4.7	10.8	11.4	8.8	14.6
35–44	20.2	17.5	23.3	10.5	9.0	12.3	15.3	13.7	17.0
45–54	29.3	26.6	32.1	20.6	18.7	22.6	24.9	23.3	26.6
55–64	44.3	41.8	46.8	38.9	36.8	41.0	41.5	39.9	43.2
65–74	57.2	54.9	59.6	54.8	52.7	56.9	55.9	54.3	57.5
75–84	58.5	55.4	61.6	67.0	64.4	69.4	63.0	61.1	65.0
85+	52.8	46.4	59.1	62.2	57.4	66.9	58.2	54.3	62.1
Victoria	28.5	27.2	29.8	23.3	22.4	24.2	25.9	25.1	26.7

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

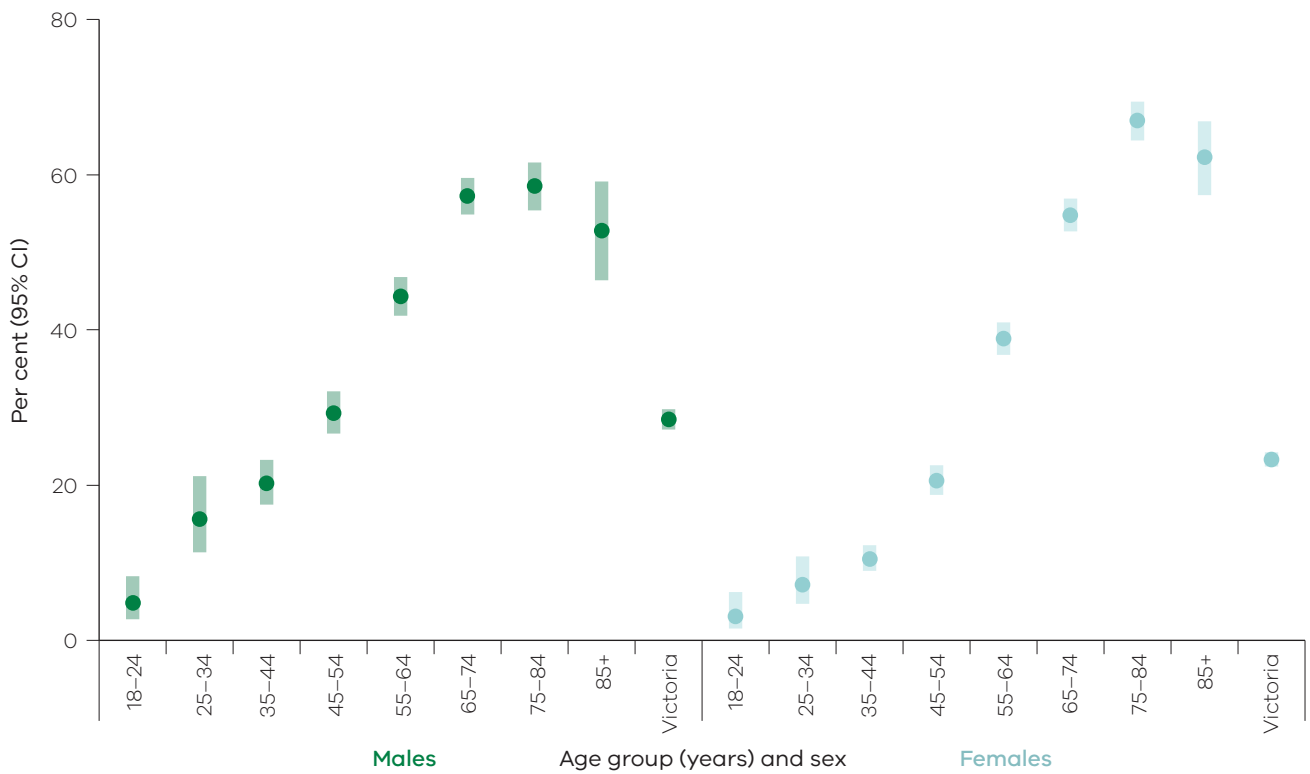
Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Excludes pregnancy induced hypertension..

Figure 8.1: Proportion (%) of adult population diagnosed with high blood pressure,^a by age group and sex, Victoria, 2014



Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population. 95% CI = 95 per cent confidence interval.

Estimates are (statistically) significantly different if their 95% CI do NOT overlap.

^a Excludes pregnancy induced hypertension.

Table 8.2 and Figure 8.2 show the proportion of the adult population diagnosed with high blood pressure from 2003 to 2014, by sex. The proportion of the adult population diagnosed with high blood pressure increased in men and all people from 2003 to 2014. However, in women it remained unchanged.

Table 8.2: Proportion (%) of adult population diagnosed with high blood pressure, by survey year and sex, Victoria, 2003–2014

Survey year	Males			Females ^a			People		
	%	95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
2003	22.8	21.0	24.7	26.0	24.5	27.6	24.7	23.5	25.9
2004	24.4	22.5	26.3	26.4	25.0	28.0	25.7	24.6	27.0
2005	22.8	21.2	24.5	27.9	26.5	29.4	25.6	24.5	26.7
2006	22.8	21.1	24.6	26.5	25.0	28.0	24.8	23.7	26.0
2007	24.7	22.9	26.6	27.0	25.6	28.5	25.9	24.8	27.1
2008 [#]	25.3	24.3	26.3	27.4	26.6	28.1	26.4	25.8	27.1
2009	25.3	23.6	27.0	27.3	26.0	28.7	26.3	25.3	27.5
2010	25.5	23.7	27.4	26.8	25.4	28.3	26.2	25.1	27.4
2011-12 [#]	25.5	24.5	26.6	29.4	28.6	30.4	27.6	26.9	28.3
2012	26.1	24.3	28.0	29.8	27.9	31.7	28.0	26.7	29.3
2013 ^{+b}									
2014[#]	28.5	27.2	29.8	26.9	25.8	27.9	27.7	26.9	28.5

Data are age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95% confidence interval.

Ordinary least squares regression was used to test for trends over time.

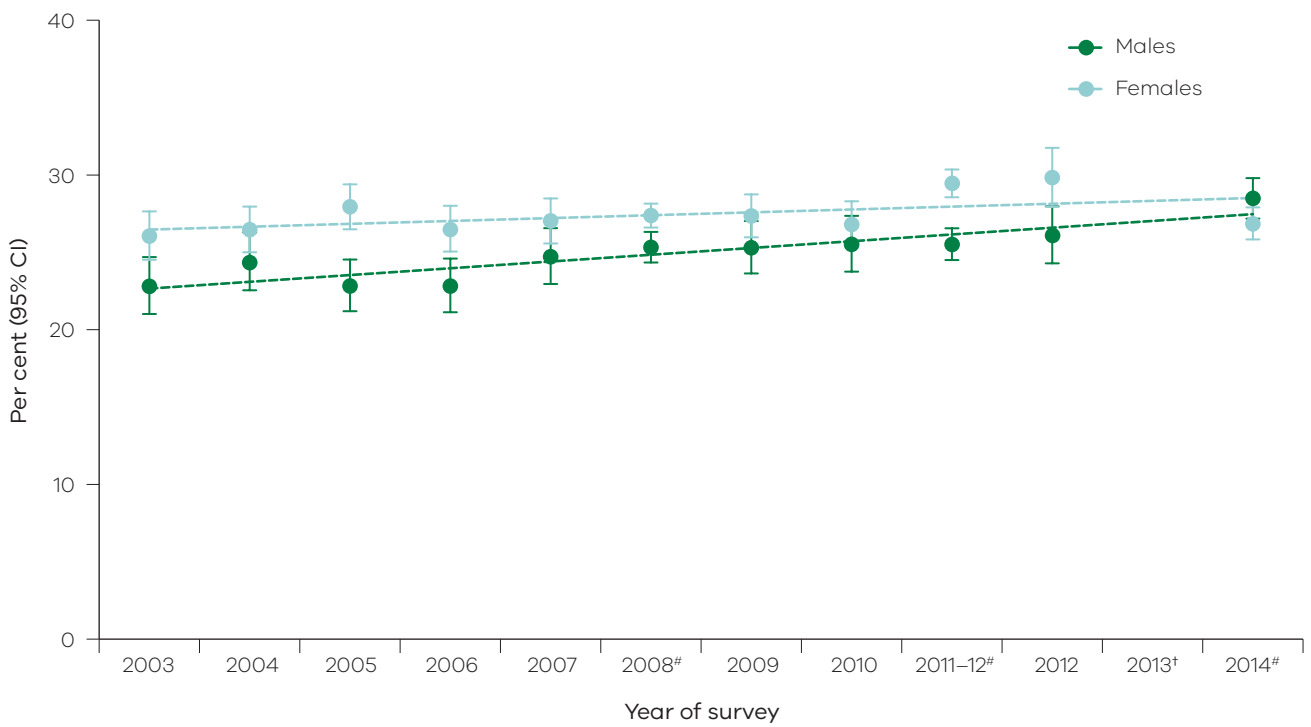
Statistically significant decline in the prevalence of current smokers in both males and females

Survey sample size: [#] ~34,000; ⁺ ~3,600; remaining surveys ~7,500.

^a Includes pregnancy induced hypertension.

^b Data not collected in 2013.

Figure 8.2: Proportion (%) of adult population diagnosed with high blood pressure,^a by survey year and sex, Victoria, 2003–2014



Data are age-standardised to the 2011 Victorian population
 LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.
 Ordinary least squares regression was used to test for trends over time.
 Survey sample size: # ~34,000; † ~3,600; remaining surveys ~7,500.
^a Includes pregnancy induced hypertension.

Table 8.3 shows the proportion of the adult population diagnosed with high blood pressure, by departmental region and sex. A significantly lower proportion of women who lived in Southern Metropolitan Region were diagnosed with high blood pressure compared with all Victorian women. There was a significantly higher proportion of women with high blood pressure who lived in the rural regions compared with their counterparts in metropolitan regions.

Table 8.3: Proportion (%) of adult population diagnosed with high blood pressure, by Department of Health and Human Services region and sex, Victoria, 2014

Region	High blood pressure								
	%	Males		Females ^a			People		
		95% CI		%	95% CI		%	95% CI	
		LL	UL		LL	UL		LL	UL
Eastern Metropolitan	26.8	23.9	30.0	22.7	20.7	24.8	24.7	22.9	26.6
North & West Metropolitan	28.8	26.5	31.1	23.4	22.1	24.7	26.1	24.8	27.4
Southern Metropolitan	28.8	25.9	31.9	20.6	19.1	22.3	24.7	23.0	26.4
All metropolitan regions	28.3	26.8	29.9	22.3	21.4	23.2	25.3	24.4	26.2
Barwon-South Western	26.6	22.0	31.8	27.7	20.6	36.2	27.2	22.5	32.4
Gippsland	32.7	26.8	39.2	26.0	24.1	28.0	29.7	26.0	33.6
Grampians	28.5	24.8	32.6	28.8	23.5	34.8	28.7	25.4	32.2
Hume	27.8	24.6	31.4	23.9	21.7	26.2	26.0	24.0	28.1
Loddon Mallee	31.5	27.3	36.0	26.1	22.9	29.6	28.7	26.0	31.5
All rural regions	29.3	27.1	31.5	26.7	24.0	29.6	28.0	26.2	29.7
Victoria	28.5	27.2	29.8	23.3	22.4	24.2	25.9	25.1	26.7

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Excludes pregnancy induced hypertension.

Table 8.4 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Eastern Metropolitan Region. The proportion of adults diagnosed with high blood pressure was similar across all LGAs in Eastern Metropolitan Region compared with all Victorian adults

Table 8.4: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Eastern Metropolitan Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Boroondara (C)	20.4	16.2	25.3
Knox (C)	26.4	22.7	30.4
Manningham (C)	22.0	18.9	25.4
Maroondah (C)	28.9	22.4	36.5
Monash (C)	27.1	22.7	32.0
Whitehorse (C)	25.5	20.5	31.2
Yarra Ranges (S)	23.6	20.2	27.3
Eastern Metropolitan Region	24.7	22.9	26.6
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.5 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in North & West Metropolitan Region. The proportion of adults diagnosed with high blood pressure was significantly lower among those who lived in the LGAs of Melbourne (C) and Nillumbik (S) compared with all Victorian adults.

Table 8.5: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, North & West Metropolitan Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Banyule (C)	24.3	20.2	28.9
Brimbank (C)	27.0	22.6	31.7
Darebin (C)	26.4	20.4	33.5
Hobsons Bay (C)	26.5	22.6	30.9
Hume (C)	30.8	25.8	36.3
Maribyrnong (C)	28.6	24.7	32.8
Melbourne (C)	18.4	15.4	21.8
Melton (S)	30.0	25.4	35.1
Moonee Valley (C)	22.5	18.9	26.6
Moreland (C)	23.4	19.8	27.5
Nillumbik (S)	20.1	16.4	24.4
Whittlesea (C)	28.7	25.1	32.5
Wyndham (C)	29.6	25.8	33.7
Yarra (C)	22.5	18.4	27.2
North & West Metropolitan Region	26.1	24.8	27.4
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.6 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Southern Metropolitan Region. The proportion of adults diagnosed with high blood pressure was significantly lower among those who lived in the LGA of Port Phillip (C) compared with all Victorian adults.

Table 8.6: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Southern Metropolitan Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Bayside (C)	20.6	15.1	27.5
Cardinia (S)	23.4	19.8	27.5
Casey (C)	27.0	23.3	31.1
Frankston (C)	28.6	24.3	33.4
Glen Eira (C)	22.9	19.0	27.3
Greater Dandenong (C)	28.4	23.7	33.7
Kingston (C)	22.8	18.3	28.1
Mornington Peninsula (S)	28.7	21.2	37.5
Port Phillip (C)	15.5	12.9	18.5
Stonnington (C)	23.3	16.6	31.6
Southern Metropolitan Region	24.7	23.0	26.4
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.7 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Barwon-South Western Region. The proportion of adults diagnosed with high blood pressure was significantly lower among those who lived in the LGAs of Southern Grampians (S) and Surf Coast (S) compared with all Victorian adults.

Table 8.7: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Barwon-South Western Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Colac-Otway (S)	27.7	21.2	35.4
Corangamite (S)	28.8	23.8	34.4
Glenelg (S)	28.8	24.7	33.3
Greater Geelong (C)	28.7	21.7	37.0
Moyne (S)	23.7	20.0	27.9
Queenscliffe (B)	20.2	14.9	26.8
Southern Grampians (S)	21.6	18.5	25.0
Surf Coast (S)	19.9	17.0	23.1
Warrnambool (C)	24.3	20.9	28.1
Barwon-South Western Region	27.2	22.5	32.4
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.8 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Gippsland Region. The proportion of adults diagnosed with high blood pressure was significantly higher among those who lived in the LGA of Latrobe (C) compared with all Victorian adults.

Table 8.8: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Gippsland Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Bass Coast (S)	25.9	21.4	31.0
Baw Baw (S)	28.4	24.3	32.9
East Gippsland (S)	23.8	20.0	28.0
Latrobe (C)	37.1	28.5	46.6
South Gippsland (S)	24.0	20.1	28.4
Wellington (S)	29.1	25.6	32.8
Gippsland Region	29.7	26.0	33.6
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.9 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Grampians Region. The proportion of adults diagnosed with high blood pressure was significantly lower among those who lived in the LGA of Pyrenees (S) compared with all Victorian adults.

Table 8.9: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Grampians Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Ararat (RC)	25.9	22.2	29.9
Ballarat (C)	31.9	25.9	38.5
Golden Plains (S)	23.6	20.5	27.1
Hepburn (S)	27.3	20.4	35.5
Hindmarsh (S)	22.9	18.6	27.8
Horsham (RC)	28.2	23.2	33.8
Moorabool (S)	23.6	20.0	27.6
Northern Grampians (S)	29.7	22.6	37.9
Pyrenees (S)	19.9	16.6	23.7
West Wimmera (S)	30.0	25.5	35.0
Yarriambiack (S)	28.3	23.4	33.8
Grampians Region	28.7	25.4	32.2
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.10 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Hume Region. The proportion of adults diagnosed with high blood pressure was significantly lower among those who lived in the LGAs of Indigo (S) and Wangaratta (RC) compared with all Victorian adults.

Table 8.10: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Hume Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Alpine (S)	21.8	17.2	27.3
Benalla (RC)	29.1	23.5	35.6
Greater Shepparton (C)	25.4	20.9	30.5
Indigo (S)	21.2	18.0	24.8
Mansfield (S)	21.6	17.8	26.1
Mitchell (S)	27.4	22.2	33.3
Moira (S)	29.9	23.6	37.1
Murrindindi (S)	29.5	24.1	35.4
Strathbogie (S)	26.1	21.1	31.7
Towong (S)	24.1	19.5	29.3
Wangaratta (RC)	19.2	15.5	23.7
Wodonga (RC)	28.1	22.9	34.0
Hume Region	26.0	24.0	28.1
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.11 shows the proportion of the adult population diagnosed with high blood pressure, by LGA, in Loddon Mallee Region. The proportion of adults diagnosed with high blood pressure was significantly higher among those who lived in the LGAs of Campaspe (S) and Central Goldfields (S) compared with all Victorian adults.

Table 8.11: Proportion (%) of adult population diagnosed with high blood pressure, by LGA, Loddon Mallee Region, Victoria, 2014

LGA	High blood pressure ^a		
	%	95% CI	
		LL	UL
Buloke (S)	32.1	25.4	39.6
Campaspe (S)	36.8	29.0	45.4
Central Goldfields (S)	34.4	28.4	40.8
Gannawarra (S)	28.4	23.1	34.4
Greater Bendigo (C)	27.1	22.0	32.8
Loddon (S)	32.9	25.0	42.0
Macedon Ranges (S)	25.2	20.4	30.8
Mildura (RC)	28.1	22.2	34.8
Mount Alexander (S)	24.9	19.6	31.2
Swan Hill (RC)	27.2	20.1	35.7
Loddon Mallee Region	28.7	26.0	31.5
Victoria	25.9	25.1	26.7

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

Table 8.12 shows the proportion of the adult population diagnosed with high blood pressure, by selected socioeconomic determinants and sex. When compared with all Victorian men, a significantly higher proportion of men with high

blood pressure were not in the labour force. When compared with all Victorian women, a significantly higher proportion of women with high blood pressure had a total household income of less than \$40,000.

Table 8.12: Proportion (%) of adult population diagnosed with high blood pressure, by selected socioeconomic determinants and sex, Victoria, 2014

	Males			Females ^a		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All males	28.5	27.2	29.8	23.3	22.4	24.2
<i>Country of birth</i>						
Australia	28.8	27.2	30.4	23.8	22.7	24.9
Overseas	28.2	25.8	30.8	22.0	20.6	23.4
<i>Language spoken at home</i>						
English	28.3	26.9	29.8	23.5	22.4	24.6
Language other than English	29.1	26.2	32.1	22.7	21.0	24.4
<i>Education level</i>						
Did not complete high school	31.7	27.7	36.0	26.0	24.0	28.2
Completed high school, or TAFE, or trade certificate, or diploma	29.7	27.7	31.8	24.0	22.7	25.2
University, or some other tertiary institute degree, including postgraduate diploma or degree	26.4	24.3	28.6	20.8	19.1	22.7
<i>Employment status</i>						
Employed	26.1	24.3	27.9	21.3	19.3	23.5
Unemployed	35.5	26.8	45.2	25.3	21.1	30.0
Not in labour force	34.1	29.9	38.5	25.6	24.1	27.2
<i>Total annual household income</i>						
< \$40,000	31.2	27.5	35.2	27.6	25.3	30.1
\$40,000 to < \$100,000	28.0	26.0	30.1	22.4	21.2	23.8
≥ \$100,000	28.5	25.9	31.2	20.1	17.2	23.3

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

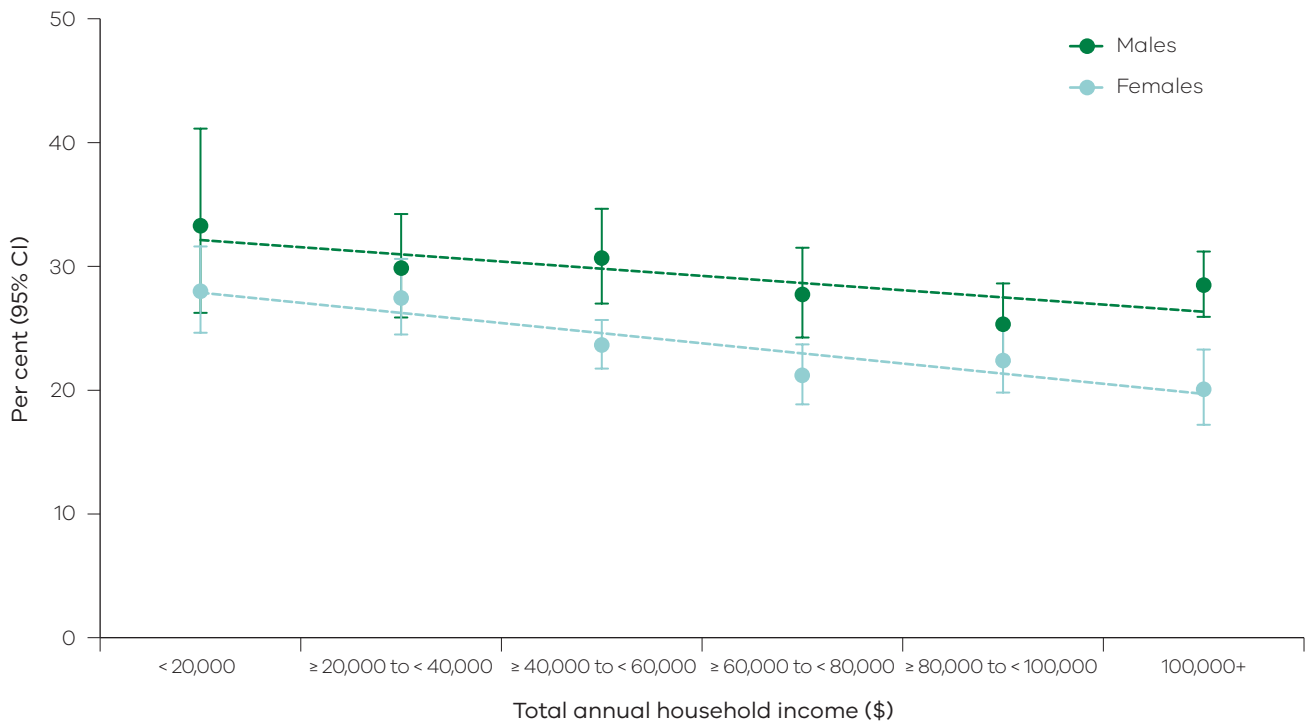
Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

^a Excludes pregnancy induced hypertension.

The relationship was investigated between SES and age-adjusted prevalence of hypertension, using total annual household income as a measure of SES (Figure 8.3). The proportion of women diagnosed with high blood pressure decreased with increasing income, while the proportion of men diagnosed with high blood pressure did not change with income.

Figure 8.3: Proportion (%) of adult population diagnosed with high blood pressure,^a by total annual household income and sex, Victoria, 2014



Data are age-adjusted to the 2011 population of Victoria.
 95% CI = 95 per cent confidence interval.
 Estimates are (statistically) significantly different if their 95% CI do NOT overlap.
^a Excludes pregnancy induced hypertension.

Table 8.13 shows the proportion of the adult population diagnosed with high blood pressure, by selected modifiable risk factors contributing to chronic disease and sex. When compared with all Victorian men, a significantly higher proportion of men with high blood pressure were observed with the following characteristics:

- high or very high levels of psychological distress
- fair or poor self-reported health
- obese
- diagnosed with diabetes by a doctor.

When compared with all Victorian women, a significantly higher proportion of women with high blood pressure were observed with the following characteristics:

- high or very high levels of psychological distress
- good, fair or poor self-reported health
- obese
- diagnosed with diabetes by a doctor.

Table 8.13: Proportion (%) of adult population diagnosed with high blood pressure, by selected modifiable risk factors and sex, Victoria, 2014

	Males			Females ^g		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
All males	28.5	27.2	29.8	23.3	22.4	24.2
<i>Psychological distress^a</i>						
Low (K10 score < 16)	26.6	25.2	28.0	21.1	20.2	22.1
Moderate (K10 score 16–21)	28.8	26.0	31.7	24.7	23.2	26.2
High / very high (K10 score 22+)	38.5	33.5	43.7	30.4	27.3	33.7
<i>Physical activity^b</i>						
Sedentary	31.4	23.4	40.6	23.5	20.2	27.1
Insufficient time (< 150 min) and/or sessions (< 2)	31.0	29.0	33.0	24.5	23.0	25.9
Sufficient time (≥ 150 min) and sessions (≥ 2)	26.7	24.9	28.5	21.2	20.1	22.3
<i>Met fruit / vegetable guidelines^c</i>						
Both guidelines	31.2	20.3	44.7	19.3	17.6	21.0
Vegetable guidelines ^d	30.5	20.0	43.5	20.4	18.9	22.0
Fruit guidelines ^d	27.0	25.2	28.8	22.7	21.3	24.1
Neither	29.4	27.6	31.3	23.8	22.7	25.0
<i>Smoking status</i>						
Current smoker	26.4	23.2	29.8	23.9	21.0	27.0
Ex-smoker	31.3	28.2	34.6	23.4	22.0	24.8
Non-smoker	26.7	25.1	28.4	22.7	21.6	23.8
<i>Lifetime risk of alcohol-related harm^e</i>						
Abstainer/no longer drinks alcohol	32.0	28.1	36.2	26.7	24.1	29.5
Reduced risk	25.2	22.2	28.5	22.2	20.7	23.6
Increased risk	28.3	26.9	29.8	22.3	21.2	23.5

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2017) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

^g Excludes pregnancy induced hypertension.

Table 8.13: Proportion (%) of adult population diagnosed with high blood pressure, by selected modifiable risk factors and sex, Victoria, 2014 (continued)

	Males			Females ⁹		
	%	95% CI		%	95% CI	
		LL	UL		LL	UL
<i>Self-reported health</i>						
Excellent/very good	20.5	18.9	22.2	16.3	15.4	17.1
Good	28.6	26.7	30.5	25.9	24.2	27.7
Fair/poor	42.3	38.7	46.1	33.3	31.0	35.6
<i>Body weight status based on BMI^f</i>						
Underweight (BMI < 18.5 kg/m ²)	25.9*	14.5	41.9	14.0	10.6	18.2
Normal range (18.5 ≤ BMI < 25 kg/m ²)	17.9	16.5	19.4	16.5	15.2	17.9
Pre-obese (25 ≤ BMI < 30 kg/m ²)	29.1	26.9	31.4	22.9	21.6	24.3
Obese (BMI ≥ 30 kg/m ²)	42.8	39.0	46.6	36.8	33.7	40.1
<i>Blood glucose status (excluding gestational diabetes)</i>						
Doctor diagnosed diabetes	47.4	39.0	56.0	51.1	39.6	62.4
Normal range	26.8	25.5	28.2	21.9	21.0	22.9

Data were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Note that estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Based on the Kessler 10 scale for psychological distress.

^b DoH (2017) guidelines.

^c NHMRC (2013) guidelines.

^d Includes those meeting both guidelines.

^e NHMRC (2009) guidelines.

^f Body mass index (BMI) = Weight (kg) / Height (m²).

⁹ Excludes pregnancy induced hypertension.

Key findings

Management of high blood pressure



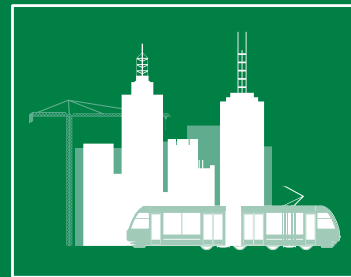
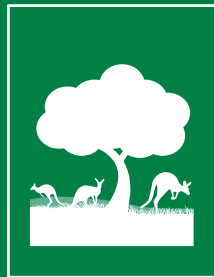
46.1%

reported that their hypertension was being treated with medication



46.5%

reported that they exercised to control their blood pressure



A significantly lower proportion of adults who lived in the rural regions reported that they exercised to control their blood pressure compared with their metropolitan counterparts



40.2%

reported that they had tried to reduce stress in their lives to assist in controlling their blood pressure



41.9%

reported that they had modified their diet to help control their blood pressure



39.5%

reported that they were attempting to reduce their weight to control their blood pressure



Management of high blood pressure

Survey respondents who indicated that they had been diagnosed with hypertension by a doctor at some point in their lifetime (with the exception of women who had experienced pregnancy induced hypertension) were asked to select what treatment modality(ies) they had pursued. Table 8.14 shows the proportion of the adult population with high blood pressure, by method of management, age group and sex.

Overall, 46.1 per cent of people responded that their hypertension was being treated with medication, and this was not significantly different between men and women. This increased with age, with 89.3 per cent of people 85 years of age or older taking medication to reduce their blood pressure. A significantly higher proportion of men and women 45 years of age or older were taking medication to reduce their blood pressure compared with all Victorian men and women, respectively.

The next most common adjustment to lifestyle to control hypertension was exercise, with 46.5 per cent of people reporting that they exercised to control their blood pressure. A significantly higher proportion of men and women 55–74 years old reported that they exercised to control their blood pressure compared with all Victorian men and women respectively.

The next most common lifestyle adjustment was stress management, with 40.2 per cent of people reporting that they had tried to reduce stress in their lives to assist in controlling their blood pressure. A higher proportion of women 45–74 years old reported trying stress management to control their blood pressure

compared with all Victorian women. A significantly lower proportion of 25–34-year-old women reported using stress management to control their blood pressure compared with all Victorian women.

The next most common lifestyle adjustment was changes to dietary intake, with 41.9 per cent of people reporting that they had modified their diet to help control their blood pressure. A significantly lower proportion of women reported modifying their diet to help control their blood pressure compared with men. A significantly lower proportion of men and women 85 years of age or older reported that they had modified their diet compared with all Victorian men and women, respectively.

Weight reduction was the least common adjustment to lifestyle, with 39.5 per cent of people reporting that they were attempting to reduce their weight to control their blood pressure. A significantly lower proportion of men and women 75 years of age or older reported that they were attempting to reduce their weight compared with all Victorian men and women, respectively.

Table 8.14: Proportion (%) of adult population with high blood pressure,^a by method of management,^b age group and sex, Victoria, 2014

Age group (years)	Diet			Weight			Exercise			Medicine			Stress			Other				
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL		
Males																				
18–24	51.7*	25.6	76.9	23.6*	8.5	50.8	33.9*	14.4	61.1	**		29.2*	11.6	56.4	0.0					
25–34	47.3	30.9	64.4	46.5	30.1	63.7	46.3	30.0	63.5	22.4*	10.2	42.5	30.7	64.3	**					
35–44	54.5	46.6	62.2	49.8	42.0	57.7	57.4	49.5	65.0	35.0	27.8	42.8	42.0	57.7	**					
45–54	51.6	46.1	57.0	51.8	46.3	57.2	58.3	52.8	63.6	58.3	52.9	63.5	43.9	54.8	**					
55–64	51.9	48.1	55.7	51.4	47.6	55.1	61.5	57.8	65.1	78.9	75.8	81.8	51.8	48.0	55.6	0.8*	0.4	1.7		
65–74	43.7	40.6	46.9	40.9	37.8	44.0	61.4	58.2	64.4	87.7	85.4	89.6	45.2	42.0	48.4	1.4*	0.8	2.4		
75–84	33.4	29.7	37.3	24.9	21.6	28.4	50.6	46.6	54.6	88.6	85.8	90.9	36.7	33.0	40.6	2.1*	1.0	4.2		
85+	20.1	14.3	27.4	10.8	6.9	16.5	49.9	41.6	58.3	88.9	82.0	93.4	28.4	21.5	36.4	**				
Victoria	48.3	42.9	53.7	43.9	38.0	48.6	50.8	46.2	55.4	48.7	44.8	52.6	44.5	39.4	49.7	0.8	0.5	1.4		
Females																				
18–24	24.9*	9.3	51.8	36.5*	15.1	65.1	44.0*	20.0	71.2	**		42.1*	17.9	70.7	0.0					
25–34	24.0*	12.0	42.1	21.0*	9.6	40.1	28.4*	15.7	45.9	5.0*	2.0	11.8	7.3	23.8	0.0					
35–44	31.6	25.9	38.0	33.9	27.9	40.4	30.9	25.3	37.2	29.5	23.6	36.1	32.4	26.6	38.9	**				
45–54	43.4	38.7	48.2	43.2	38.6	48.0	51.0	46.2	55.8	55.4	50.6	60.2	44.2	53.8	1.6*	0.7	3.8			
55–64	44.7	41.3	48.0	48.5	45.2	51.9	53.0	49.6	56.3	72.3	69.1	75.3	46.8	53.5	1.9*	1.1	3.1			
65–74	39.9	37.2	42.7	39.4	36.6	42.1	54.4	51.6	57.3	87.8	85.9	89.5	42.1	47.8	0.9*	0.5	1.6			
75–84	31.1	28.2	34.2	22.5	19.9	25.3	43.5	40.4	46.7	88.5	86.4	90.4	35.1	41.3	1.0*	0.6	1.7			
85+	22.7	18.3	27.9	13.1	9.7	17.4	34.5	29.2	40.3	89.5	85.8	92.4	37.3	31.7	43.2	**				
Victoria	34.6	28.4	41.4	35.3	29.1	41.9	42.0	35.8	48.4	43.2	39.6	46.8	35.2	30.6	40.0	0.9	0.6	1.3		

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: **above** or **below**.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a Excludes pregnancy induced hypertension.

^b Respondents responded either 'Yes' or 'No' to each possible method, responses were mutually exclusive.

Table 8.14: Proportion (%) of adult population with high blood pressure,^a by method of management,^b age group and sex, Victoria, 2014 (continued)

Age group (years)	Diet			Weight			Exercise			Medicine			Stress			Other			
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	
Persons	39.0*	21.9 59.3	29.7*	15.4 49.6	38.7*	22.0 58.6	21.5*	9.0 42.9	35.3*	18.9 56.0	0.0								
18–24	36.4	25.6 48.9	34.6	23.8 47.3	38.0	27.1 50.2	14.3*	7.1 26.5	31.5	21.4 43.6	**								
25–34	44.0	38.8 49.3	42.5	37.4 47.8	45.2	40.1 50.5	32.4	27.7 37.6	41.8	36.7 47.1	1.3*								
35–44	47.8	44.1 51.5	47.8	44.2 51.5	54.9	51.2 58.6	57.0	53.3 60.5	49.2	45.5 52.8	1.4*								
45–54	48.4	45.8 50.9	50.0	47.4 52.5	57.3	54.8 59.8	75.7	73.5 77.8	51.0	48.4 53.5	1.3								
55–64	41.7	39.6 43.8	40.1	38.0 42.2	57.7	55.6 59.8	87.8	86.3 89.1	45.0	42.9 47.2	1.1								
65–74	32.1	29.8 34.5	23.5	21.5 25.7	46.6	44.1 49.1	88.6	86.9 90.0	37.5	35.1 40.0	1.5								
75–84	21.7	18.1 25.9	12.2	9.5 15.5	40.4	35.7 45.3	89.3	86.0 91.9	33.9	29.4 38.6	**								
85+																			
Victoria	41.9	37.8 46.1	39.5	35.4 43.7	46.5	42.5 50.5	46.1	43.4 48.8	40.2	36.6 43.9	0.9	0.6	1.2						

Data are age group specific estimates, except for the estimates for 'Victoria', which were age-standardised to the 2011 Victorian population.

LL/UL 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate * 100; interpretation below:

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

** Estimate has a RSE greater than 50 per cent and is not reported as it is unreliable for general use.

^a Excludes pregnancy induced hypertension.

^b Respondents responded either 'Yes' or 'No' to each possible method, responses were mutually exclusive.

Table 8.15 shows the proportion of the adult population with high blood pressure, by method of management and departmental region. A significantly higher proportion of adults who lived in Barwon-South Western Region reported modifying their diet to help control their blood pressure compared with all Victorian adults. A significantly higher proportion of adults who lived in Barwon-South Western Region reported that they exercised to control their blood pressure compared with all Victorian adults.

Table 8.15: Proportion (%) of adult population with high blood pressure,^a by method of management^b and Department of Health and Human Services region, Victoria, 2014

Region	Diet			Weight			Exercise			Medicine			Stress			Other		
	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL	%	95% CI	LL UL
People (18+ years)																		
Eastern Metropolitan	44.9	34.8	55.4	36.2	27.2	46.3	47.6	40.2	55.1	41.8	38.6	45.2	38.2	29.3	47.9	**		
North & West Metropolitan	39.6	33.6	46.0	39.2	33.2	45.5	43.8	37.8	49.9	47.9	42.4	53.4	36.5	31.3	42.0	1.1*	0.7	1.8
Southern Metropolitan	40.9	32.9	49.3	40.7	32.7	49.3	42.7	36.3	49.3	45.6	40.6	50.7	45.2	37.3	53.4	0.9	0.5	1.4
All metropolitan regions	41.3	36.7	46.0	39.4	34.8	44.2	44.4	40.5	48.3	46.0	42.7	49.3	40.4	35.9	45.1	0.9	0.6	1.3
Barwon-South Western	53.8	46.1	61.4	49.6	42.6	56.6	61.3	53.1	68.8	42.2	35.6	49.1	41.3	33.3	49.8	0.5*	0.2	1.0
Gippsland	43.8	31.3	57.2	32.0	26.8	37.6	40.1	34.4	46.0	44.8	40.0	49.7	33.7	29.2	38.4	1.0*	0.4	2.3
Grampians	33.7	28.6	39.3	32.8	27.4	38.6	51.5	42.0	60.9	53.4	40.3	66.1	45.3	33.1	58.1	1.3*	0.6	2.6
Hume	42.7	34.7	51.1	41.7	32.9	51.0	49.9	41.1	58.7	49.7	42.7	56.6	44.9	35.8	54.4	0.3*	0.2	0.6
Loddon Mallee	37.9	31.8	44.5	37.9	29.7	46.8	45.2	38.0	52.6	45.4	41.3	49.6	37.1	29.6	45.3	0.7*	0.3	1.6
All rural regions	42.8	35.7	50.1	39.1	31.8	46.8	49.9	43.0	56.9	46.6	42.2	51.1	40.5	35.3	45.8	0.7	0.5	1.1
Victoria	41.9	37.8	46.1	39.5	35.4	43.7	46.5	42.5	50.5	46.1	43.4	48.8	40.2	36.6	43.9	0.9	0.6	1.2

Metropolitan and rural regions are identified by colour as follows: metropolitan/rural.

Data were age-standardised to the 2011 Victorian population.

LL/LU 95% CI = lower/upper limit of 95 per cent confidence interval.

Estimates that are (statistically) significantly different from the corresponding estimate for Victoria are identified by colour as follows: above or below.

Estimates may not add to 100 per cent due to a proportion of 'don't know' or 'refused to say' responses, not reported here.

Relative standard error (RSE) = standard error/point estimate *100; interpretation below:

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to 50 per cent; point estimate (%) is unreliable, hence not reported.

^a Excludes pregnancy induced hypertension.

^b Respondents responded either 'Yes' or 'No' to each possible method, responses were mutually exclusive.

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Appendix

Appendix: Questionnaire items for the Victorian Population Health Survey 2014

Alcohol

Whether had an alcoholic drink of any kind in previous 12 months
Frequency of having an alcoholic drink of any kind
Amount of standard drinks consumed when drinking
Level of frequency of high-risk drinking

Blood pressure

High blood pressure status
Management of high blood pressure

Body weight status

Self-reported height and weight

Chronic diseases

Heart disease
Stroke
Cancer
Osteoporosis
Systemic lupus erythematosus (SLE)
Arthritis

Demographics

Age
Sex
Marital status
Household composition
Country of birth
Country of birth of mother
Country of birth of father
Year of arrival
Main language spoken at home
Highest level of education
Employment status
Main field of occupation
Household income
Housing tenure

Whether have private health insurance

Aboriginal status

Area of state (Department of Health and Human Services region)

Diabetes

Diabetes status
Type of diabetes
Age first diagnosed with diabetes
Current treatment for diabetes

Eye care

Change in vision in previous 12 months
Visits to eye healthcare professional
Selected eye diseases and conditions
Wears glasses or contact lenses
Difficulties with vision limiting daily activities

Health checks

Whether had a blood pressure check in previous two years
Whether had a cholesterol check in previous two years
Whether had a test for diabetes or elevated blood glucose levels in previous two years
Examination for bowel cancer
Participated in the National Bowel Cancer Screening program
Last time consulted a doctor about own health
Had a mammogram
Had a Pap test
Had HPV vaccine

Mental health

Psychological distress (Kessler 10 Psychological Distress Scale)
Sought help for mental health problem
Depression and/or anxiety

Nutrition

Daily vegetable consumption
Daily fruit consumption
Consumption of take-away meals or snacks
Water consumption
Food security
Consumption of sugar-sweetened drinks

Physical activity

Frequency and amount of vigorous physical activity in past week
Physical activity at work
Active transport
Sitting time

Health and wellbeing

Self-reported health status
Satisfaction with life

Smoking

Smoking status
Frequency of smoking

Social capital

Social networks and support structures
Capacity of social networks
Social and community participation
Trust in people and social institutions
Tolerance of diversity
Social inclusion

