

# Wellbeing and lifestyle – the evidence 2007

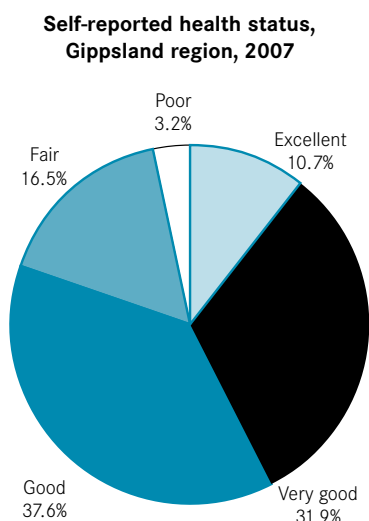
## Gippsland Region

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

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

### Health status

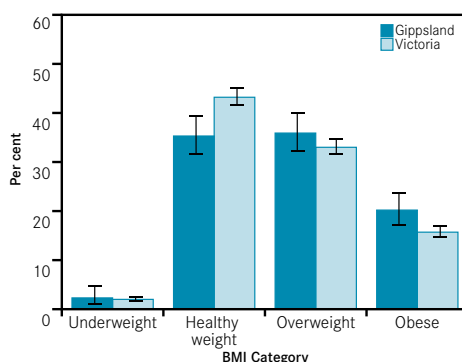
Self-rated health has been shown to be an excellent indicator of health status. When asked about their health, 80% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 20% who rate their health as 'fair' or 'poor'.



### Levels of healthy weight

The body mass index (BMI) compares a person's weight in relation to their height. In 2007, 20% of adults were obese, significantly higher than the rate for Victoria (16%), and 36% were overweight.

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



### Nutrition and physical activity

In 2007, females from the region were significantly<sup>1</sup> more likely to meet the dietary guidelines<sup>2</sup> for fruit (2 or more serves) and vegetable intake (5 or more serves) than males (fruit: 53% females vs 36% males; vegetables: 16% females vs 6% males).

Sixty-five per cent of males and 62% of females from the region met the physical activity guidelines<sup>3</sup> (sufficient time and sessions). There were no statistically significant differences between these rates and the rates for Victoria.

Fruit & vegetable consumption & levels of physical activity, 2007

|                             |                              | Gippsland |           | Victoria |           |       |           |      |           |
|-----------------------------|------------------------------|-----------|-----------|----------|-----------|-------|-----------|------|-----------|
|                             |                              | Males     | Females   | Males    | Females   | Males | Females   |      |           |
|                             |                              | (%)       | 95%CI     | (%)      | 95%CI     | (%)   | 95%CI     | (%)  | 95%CI     |
| Daily vegetable consumption | None                         | 3.8       | 2.3–6.2   | 1.4      | 0.8–2.5   | 4.9   | 3.8–6.1   | 3.0  | 2.4–3.9   |
|                             | 1–2 serves                   | 59.4      | 53.0–65.5 | 47.1     | 42.2–52.1 | 66.4  | 63.9–68.7 | 50.9 | 48.8–52.9 |
|                             | 3–4 serves                   | 27.6      | 22.2–33.7 | 34.0     | 29.5–38.8 | 21.5  | 19.5–23.8 | 34.5 | 32.6–36.4 |
|                             | 5 or more serves             | 5.9       | 3.8–9.0   | 15.6     | 12.5–19.5 | 5.2   | 4.3–6.3   | 10.2 | 9.1–11.3  |
| Daily fruit consumption     | None                         | 19.7      | 15.3–24.9 | 10.4     | 8.0–13.5  | 18.5  | 16.6–20.7 | 11.2 | 10.0–12.6 |
|                             | 1 serve                      | 43.6      | 37.3–50.2 | 35.8     | 31.1–40.8 | 41.2  | 38.7–43.8 | 35.9 | 33.9–37.9 |
|                             | 2 or more serves             | 36.3      | 30.5–42.5 | 53.0     | 48.0–57.9 | 38.7  | 36.2–41.3 | 52.3 | 50.3–54.4 |
| Physical activity levels    | Sedentary                    | 6.9       | 4.8–9.9   | 4.8      | 3.3–7.0   | 4.5   | 3.6–5.6   | 5.0  | 4.2–5.8   |
|                             | Insufficient time & sessions | 22.2      | 17.7–27.4 | 28.2     | 23.9–33.0 | 27.9  | 25.6–30.3 | 29.9 | 28.0–31.8 |
|                             | Sufficient time & sessions   | 65.0      | 58.9–70.6 | 61.9     | 56.9–66.6 | 64.2  | 61.7–66.7 | 61.2 | 59.2–63.1 |

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

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

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

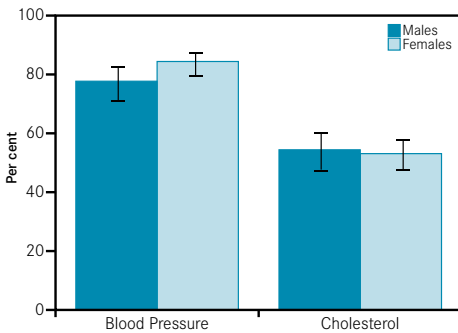




## Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. There was no significant difference in the rates between males and females from the region for either blood pressure (females 84%, males 78%) or cholesterol checks (females 53%, males 54%) in the last two years.

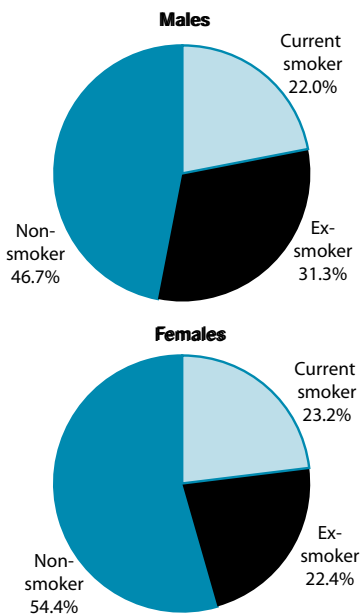
**Had a health check in the last two years, by sex, Gippsland region, 2007**



## Smoking status

Current smokers are defined as those who smoke daily or occasionally. Smoking patterns between the region and Victoria were fairly similar. In 2007, 22% of males and 23% of females in the region were classified as current smokers.

**Smoking status, by sex, Gippsland region, 2007**



## Eye protection

In 2007, males from the region were significantly more likely to wear a hat when going out in the sun compared to females (71% vs 49%). However, females (76%) in the region were significantly more likely to report usually wearing sunglasses when out in the sun than males (64%).

**Adult (18 years+) sun protection, 2007**

|                |                         | Gippsland |           |         |           | Victoria |           |         |           |
|----------------|-------------------------|-----------|-----------|---------|-----------|----------|-----------|---------|-----------|
|                |                         | Males     |           | Females |           | Males    |           | Females |           |
|                |                         | (%)       | 95%CI     | (%)     | 95%CI     | (%)      | 95%CI     | (%)     | 95%CI     |
| Sun protection | Usually wear a hat      | 71.0      | 64.7-76.5 | 48.7    | 43.7-53.6 | 61.4     | 58.7-64.0 | 43.3    | 41.3-45.3 |
|                | Usually wear sunglasses | 64.2      | 57.8-70.1 | 75.9    | 71.2-80.1 | 64.1     | 61.5-66.6 | 80.3    | 78.7-81.9 |

## Alcohol consumption

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

There was no significant difference between male (11%) and female (7%) rates in the region for alcohol consumption on a weekly basis, at a level for short-term risk. Differences in the rates between males and females from the region were not significant for long-term health risks associated with risky and high-risk levels of alcohol consumption. Females (22%) from the region were significantly more likely than males (12%) to be abstainers (never/no longer consume alcohol).

**Short-term risk of alcohol related harm, 2007**

|           |         | Risky or High Risk |           |                 |           |                  |           |                 |           |
|-----------|---------|--------------------|-----------|-----------------|-----------|------------------|-----------|-----------------|-----------|
|           |         | Low Risk           |           | At least Yearly |           | At least Monthly |           | At least Weekly |           |
|           |         | %                  | 95%CI     | %               | 95%CI     | %                | 95%CI     | %               | 95%CI     |
| Gippsland | Males   | 27.0               | 22.3-32.4 | 24.8            | 19.3-31.3 | 22.6             | 17.2-29.2 | 11.1            | 7.9-15.5  |
|           | Females | 42.0               | 37.2-47.0 | 20.7            | 16.7-25.2 | 7.1              | 4.9-10.0  | 7.3             | 4.8-10.8  |
| Victoria  | Males   | 33.8               | 31.4-36.2 | 23.2            | 21.0-25.4 | 14.8             | 13.1-16.8 | 13.8            | 12.1-15.7 |
|           | Females | 39.9               | 38.0-41.8 | 21.1            | 19.5-22.8 | 9.0              | 7.9-10.3  | 6.6             | 5.5-7.9   |

**Long-term risk of alcohol related harm, 2007**

|          |         | Low Risk  |           | Risky |           | High Risk |         | Abstainer |           |
|----------|---------|-----------|-----------|-------|-----------|-----------|---------|-----------|-----------|
|          |         | %         | 95%CI     | %     | 95%CI     | %         | 95%CI   | %         | 95%CI     |
|          |         | Gippsland | Males     | 82.5  | 77.9-86.4 | 3.0       | 1.6-5.5 | 1.0       | 0.4-2.5   |
| Females  | 73.9    |           | 69.3-77.9 | 2.0   | 1.1-3.4   | 0.5       | 0.1-2.2 | 22.3      | 18.6-26.4 |
| Victoria | Males   | 81.5      | 79.4-83.4 | 3.4   | 2.6-4.5   | 0.9       | 0.6-1.4 | 13.6      | 11.9-15.5 |
|          | Females | 74.2      | 72.4-75.9 | 1.9   | 1.5-2.4   | 0.6       | 0.4-0.9 | 22.7      | 21.0-24.5 |

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

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