

# Wellbeing and lifestyle – the evidence 2007

## Southern Metropolitan Region

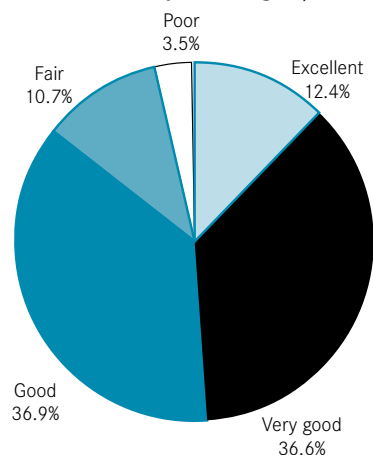
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2007 survey in the department's Southern Metropolitan 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, 86% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 14% who rate their health as 'fair' or 'poor'.

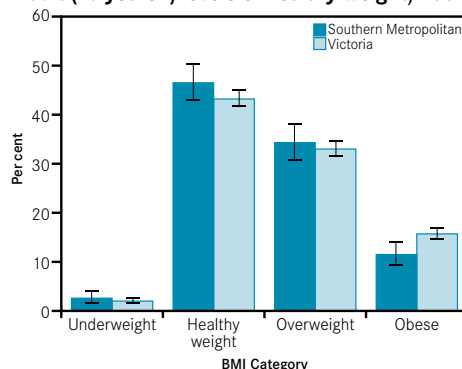
Self-reported health status, Southern Metropolitan region, 2007



### Levels of healthy weight

The body mass index (BMI) is a measure of a person's weight in relation to their height. In 2007, 12% of adults from the region were obese, significantly lower than the rate for Victoria (16%), and 34% 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 vegetable intake (5 or more serves) than males (12% females vs 4% males). There was no significant difference in fruit intake (2 or more serves) between males and females (49% females vs 42% males).

Sixty-two per cent of males and 63% of females from the region met the physical activity guidelines<sup>3</sup> (sufficient time and sessions). There were no significant differences between these rates and the rates for Victoria.

Fruit & vegetable consumption & levels of physical activity, 2007

		Southern Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	5.5	3.2-9.5	2.7	1.7-4.3	4.9	3.8-6.1	3.0	2.4-3.9
	1-2 serves	67.1	61.3-72.3	50.9	46.2-55.5	66.4	63.9-68.7	50.9	48.8-52.9
	3-4 serves	21.6	17.3-26.6	33.5	29.3-38	21.5	19.5-23.8	34.5	32.6-36.4
	5 or more serves	4.0	2.3-7.1	11.6	9.0-14.7	5.2	4.3-6.3	10.2	9.1-11.3
Daily fruit consumption	None	16.8	12.9-21.7	14.3	11.1-18.2	18.5	16.6-20.7	11.2	10.0-12.6
	1 serve	39.6	33.9-45.6	36.3	31.8-41.0	41.2	38.7-43.8	35.9	33.9-37.9
	2 or more serves	42.2	36.3-48.2	49.1	44.5-53.8	38.7	36.2-41.3	52.3	50.3-54.4
Physical activity levels	Sedentary	5.6	3.5-8.9	4.0	2.8-5.8	4.5	3.6-5.6	5.0	4.2-5.8
	Insufficient time & sessions	29.3	24.1-35.0	30.1	25.8-34.8	27.9	25.6-30.3	29.9	28.0-31.8
	Sufficient time & sessions	61.6	55.6-67.2	62.7	58.0-67.2	64.2	61.7-66.7	61.2	59.2-63.1

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

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

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

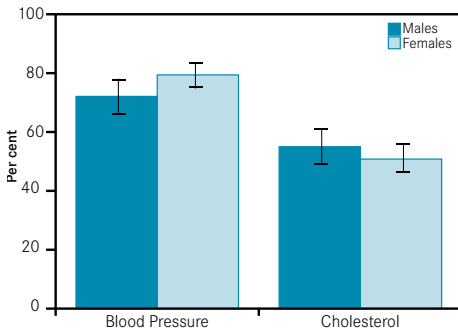




## Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. There were no significant differences in the rates between males and females from the region for either blood pressure (females 79%, males 72%) or cholesterol checks (females 51%, males 55%) in the last two years.

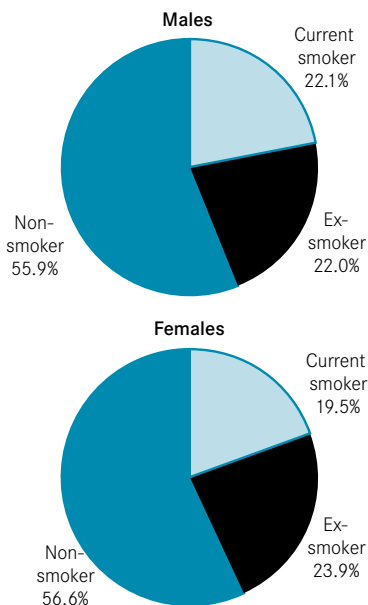
Had a health check in the last two years, by sex, Southern Metropolitan region, 2007



## 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 20% of females in the region were classified as current smokers.

Smoking status, by sex, Southern Metropolitan region, 2007



## Eye protection

In 2007, males from the region were significantly more likely to wear a hat when going out in the sun when compared to females (60% vs 43%). However, females (84%) in the region were significantly more likely to report usually wearing sunglasses when out in the sun than males (67%).

Adult (18 years+) sun protection, 2007

Sun protection		Southern Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	59.7	53.5-65.6	42.5	37.9-47.2	61.4	58.7-64.0	43.3	41.3-45.3
	Usually wear sunglasses	67.2	61.1-72.7	83.9	80.3-87.0	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 (14%) and female (9%) 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 (19%) from the region were more likely than males (14%) to be abstainers (never/no longer consume alcohol), but the difference was not significant.

Short-term risk of alcohol related harm, 2007

		Low Risk		Risky or High Risk					
				At least Yearly		At least Monthly		At least Weekly	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Southern Metropolitan	Males	37.0	31.6-42.7	21.9	17.4-27.2	11.8	8.3-16.6	14.3	10.2-19.8
	Females	38.3	33.9-42.8	21.3	17.7-25.3	11.8	8.9-15.5	9.0	6.1-13.0
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
Southern Metropolitan	Males	82.3	77.2-86.5	2.6	1.3-5.0	0.3	0.1-1.6	14.0	10.2-18.9
	Females	78.3	74.2-81.8	1.7	1.0-2.9	0.6	0.2-1.6	19.0	15.6-23.0
Victoria	Males	81.5	79.4-83.4	3.4	2.6-4.5	0.9	0.6-1.4	13.6	11.9-15.5
	Females	74.2	72.4-75.9	1.9	1.5-2.4	0.6	0.4-0.9	22.7	21.0-24.5

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

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