

# Wellbeing and lifestyle – the evidence 2006

## Barwon-South Western Region

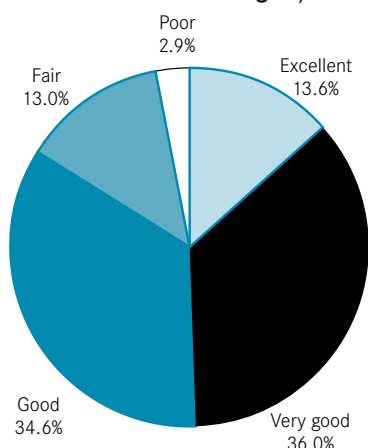
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2006 survey in the department's Barwon-South Western 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, 84% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 16% who rate their health as 'fair' or 'poor'.

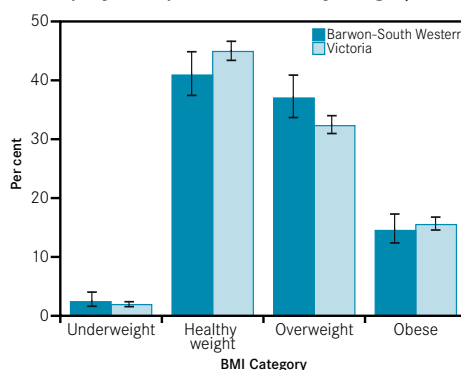
Self-reported health status, Barwon-South Western region, 2006



### Levels of healthy weight

The body mass index (BMI) is a measure of overweight/obesity using a person's weight in relation to their height. In 2006, 37% of adults from the region were overweight and 15% were obese, similar to results for Victoria.

Adult (18 years+) levels of healthy weight, 2006



### Nutrition and physical activity

In 2006, 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 35% males; vegetables: 13% females vs 6% males).

Males (72%) from the region were significantly more likely to meet the physical activity guidelines<sup>3</sup> (sufficient time and sessions) than males from Victoria (65%). However, there was no significant difference between males (72% and females (64%) from within the region.

Fruit & vegetable consumption & levels of physical activity, 2006

		Barwon-South Western				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	5.3	3.2-8.6	1.8	0.9-3.4	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	60.5	54.6-66.1	40.4	35.8-45.1	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	26.9	22.0-32.5	44.1	40.0-48.8	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	6.1	3.7-10.0	13.0	10.2-16.5	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	27.3	22.3-33.0	7.8	5.7-10.5	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	35.4	30.0-41.2	38.6	34.1-43.3	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	35.2	29.8-40.9	53.0	48.3-57.7	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	3.9	2.4-6.3	6.0	4.2-8.4	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	21.7	17.5-26.6	24.9	21.1-29.2	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	72.4	67.2-77.1	63.9	59.3-68.2	64.5	62.1-66.9	63.7	61.8-65.6

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).

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.

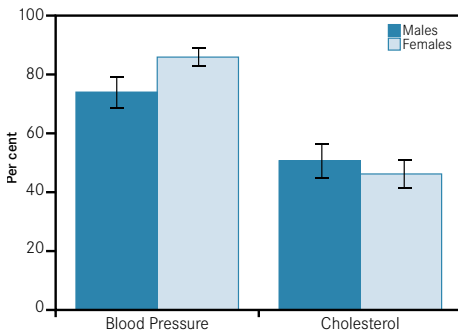




## Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. Females from the region were significantly more likely to have had a blood pressure check than males (86% vs 74%). The difference between males (51%) and females (46%) in the region for blood cholesterol checks was not significant.

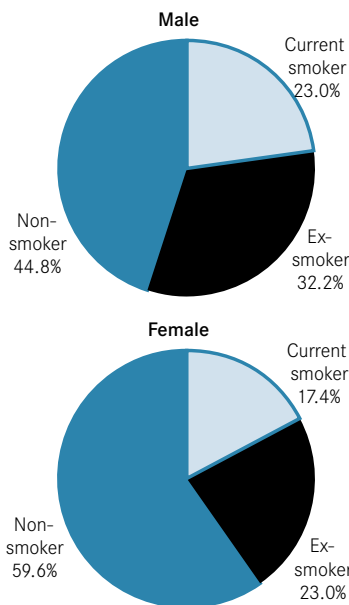
**Had a health check in the last two years, by sex, Barwon-South Western region, 2006**



## Smoking status

Current smokers are defined as those who smoke daily or occasionally. Smoking patterns between the region and Victoria were fairly similar. In 2006, 23% of males and 17% of females in the region were classified as current smokers.

**Smoking status, by sex, Barwon-South Western region, 2006**



## Eye protection

In 2006, males from the region were significantly more likely to wear a hat when going out in the sun compared to females (67% vs 49%). There was no significant difference between males (73%) and females (78%) in the region in their use of wearing sunglasses.

**Adult (18 years+) sun protection, 2006**

		Barwon-South Western				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	67.2	61.3-72.7	48.7	44.1-53.4	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	72.8	67.4-77.6	78.0	73.8-81.7	66.3	63.8-68.7	79.6	77.9-81.1

## 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).

The rate of alcohol consumption on a weekly basis, at a level for short-term risk of harm, was significantly higher for males (18%) from the region than the rate for females (5%) from the region. 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 (21%) 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, 2006**

		Low Risk				Risky or High Risk			
				At least Yearly		At least Monthly		At least Weekly	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Barwon-South Western	Males	27.8	23.3-32.9	26.3	21.3-31.9	15.8	11.8-20.9	17.5	13.3-22.7
	Females	41.9	37.4-46.5	21.2	17.4-25.5	10.2	7.4-13.8	5.1	3.2-7.9
Victoria	Males	31.3	29.1-33.6	25.5	23.2-27.9	15.9	14.1-17.9	14.7	12.9-16.7
	Females	40.4	38.5-42.4	21.4	19.8-23.1	9.6	8.5-10.9	6.1	5.2-7.2

**Long-term risk of alcohol related harm, 2006**

		Low Risk		Risky		High Risk		Abstainer	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Barwon-South Western	Males	80.7	75.8-84.8	4.2	2.5-7.0	1.6	0.7-3.5	11.8	8.6-16.1
	Females	75.5	71.2-79.3	1.9	1.0-3.5	0.2	0.0-1.5	21.0	17.4-25.0
Victoria	Males	82.2	80.2-84.0	3.8	2.9-4.9	1.2	0.8-1.8	12.0	10.5-13.8
	Females	73.7	71.9-75.4	2.9	2.3-3.6	0.7	0.4-1.3	21.9	20.3-23.7

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