

Wellbeing and lifestyle – the evidence 2006

Gippsland Region

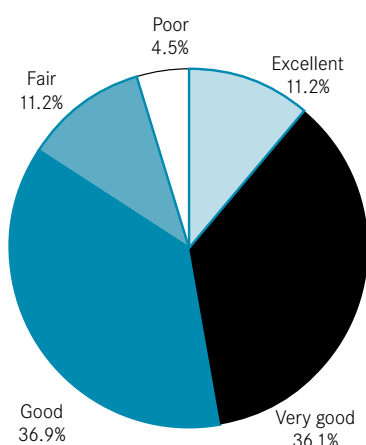
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2006 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

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'.

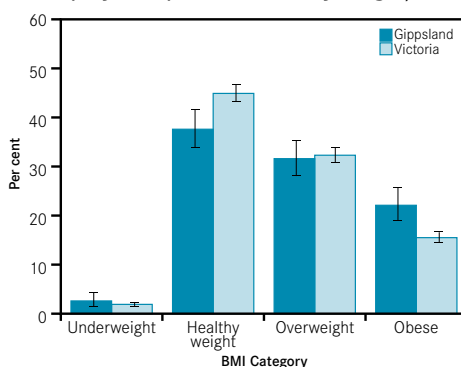
Self-reported health status, Gippsland region, 2006



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, 22% of adults were obese, significantly higher than the rate for Victoria (16%), and 32% were overweight.

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



Nutrition and physical activity

In 2006, females from the region were significantly¹ more likely to meet the dietary guidelines² for fruit (2 or more serves) and vegetable intake (5 or more serves) than males (fruit: 56% females vs 36% males; vegetables: 14% females vs 6% males).

Sixty per cent of males and 63% of females from the region met the physical activity guidelines³ (sufficient time and sessions). Although these rates were lower than the rates for Victoria, the differences were not significant.

Fruit & vegetable consumption & levels of physical activity, 2006

		Gippsland		Victoria	
		Males (%)	Females (%)	Males (%)	Females (%)
Daily vegetable consumption	None	5.8	1.5	5.1	3.9
	1-2 serves	63.0	39.4	64.4	44.5
	3-4 serves	23.9	44.4	22.5	37.5
	5 or more serves	6.3	14.4	6.6	13.1
Daily fruit consumption	None	25.4	11.5	20.3	11.1
	1 serve	38.3	31.2	38.8	34.0
	2 or more serves	35.5	56.1	39.8	53.8
Physical activity levels	Sedentary	5.1	4.4	4.6	5.4
	Insufficient time & sessions	28.3	28.6	27.1	28.1
	Sufficient time & sessions	60.2	62.6	64.5	63.7

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.

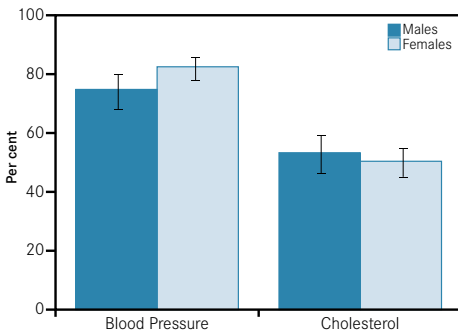




Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. There was no significant difference in the rates between males and females from the region for either blood pressure (females 83%, males 75%) or cholesterol checks (males 53%, females 50%) in the last two years.

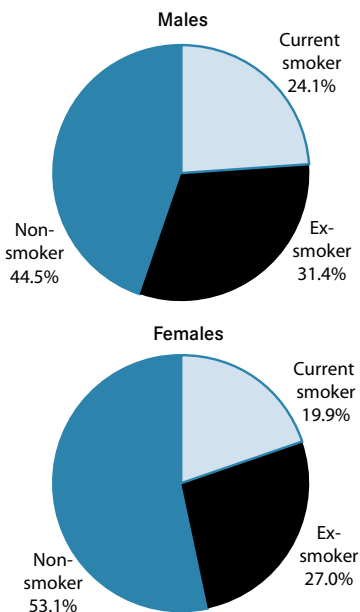
Had a health check in the last two years, by sex, Gippsland region, 2006



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, 24% of males and 20% of females in the region were classified as current smokers.

Smoking status, by sex, Gippsland 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 (77% vs 47%). However, females (76%) in the region were significantly more likely to report usually wearing sunglasses when out in the sun than males (65%).

Adult (18 years+) sun protection, 2006

		Gippsland				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	76.7	70.6-81.9	47.2	42.5-52.0	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	65.1	58.6-70.9	76.0	71.7-79.8	66.3	63.8-68.7	79.6	77.9-81.1

Alcohol consumption

The *Australian Alcohol Guidelines*⁴ 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 (12%) 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 (23%) from the region were significantly more likely than males (12%) to be abstainers (never/no longer consume alcohol), but the difference was not significant.

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
Gippsland	Males	28.3	23.4-33.9	30.0	24.4-36.2	16.8	12.2-22.6	11.9	8.1-17.1
	Females	41.6	37.0-46.4	20.7	17.0-24.9	7.3	5.2-10.2	6.6	4.2-10.1
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
Gippsland	Males	83.6	78.5-87.7	3.3	1.6-6.7	0.6	0.1-2.9	12.0	8.6-16.5
	Females	71.2	66.5-75.4	3.2	1.8-5.6	0.8	0.2-3.6	22.6	19.0-26.7
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.