

Wellbeing and lifestyle – the evidence 2006

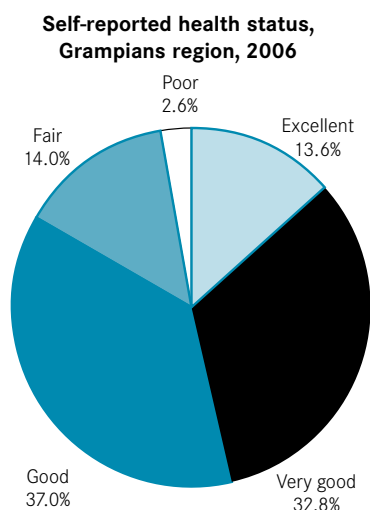
Grampians Region

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 Grampians region. More information on the results of the survey are available at: www.health.vic.gov.au/healthstatus/vphs.htm

Health status

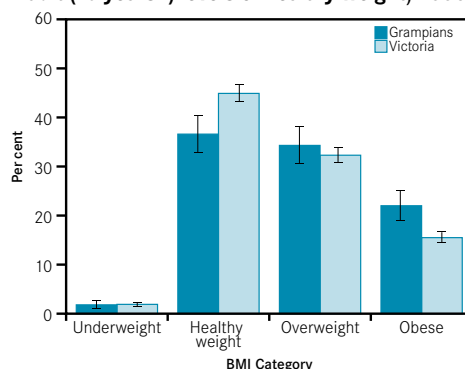
Self-rated health has been shown to be an excellent indicator of health status. When asked about their health, 83% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 17% who rate their health as 'fair' or 'poor'.



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, 34% of adults from the region were overweight, similar to the result for Victoria. However, 22% from the region were obese, significantly higher than the rate for Victoria (16%).

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) than males (53% females vs 40% males). There was no significant difference in vegetable intake (5 or more serves) between males and females (14% females vs 9% males).

Seventy-two per cent of males and 62% of females from the region met the physical activity guidelines³ (sufficient time and sessions). There was no significant difference between these rates and the rates for Victoria.

Fruit & vegetable consumption & levels of physical activity, 2006

		Grampians				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	4.0	2.3-6.8	1.8	0.9-3.4	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	63.9	57.2-70.1	41.3	36.8-46.0	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	22.2	17.2-28.1	42.7	38.2-47.2	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	9.3	5.6-15.1	13.9	11.0-17.4	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	21.1	16.2-26.9	14.3	11.3-17.8	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	38.1	32.1-44.4	32.2	28.0-36.8	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	39.5	33.1-46.3	53.0	48.4-57.6	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	3.5	1.9-6.5	6.2	4.4-8.8	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	21.8	17.1-27.4	28.4	24.5-32.7	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	72.1	66.2-77.4	62.3	57.8-66.6	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

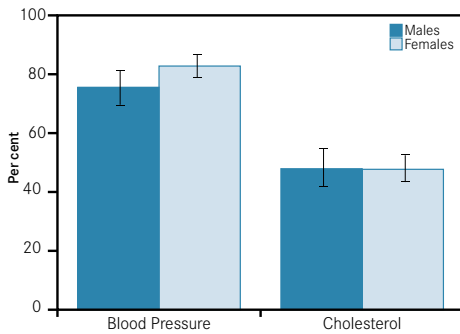




Health checks

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 more likely to have had a blood pressure check than males, but the difference was not significant (83% vs 76%). The difference between males (48%) and females (48%) in the region for blood cholesterol checks was not significant.

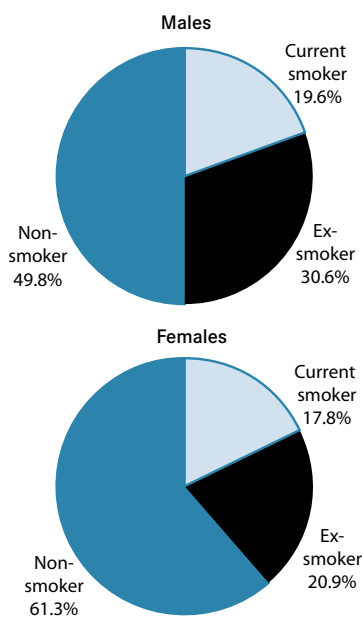
Had a health check in the last two years, by sex, Grampians region, 2006



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, 20% of males and 18% of females in the region were classified as current smokers.

Smoking status, by sex, Grampians 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 (74% vs 47%). There were no significant differences between males (69%) and females (78%) in the region in their use of wearing sunglasses.

Adult (18 years+) sun protection, 2006

Sun protection		Grampians				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Usually wear a hat	Usually wear a hat	74.4	67.9-80.0	46.8	42.3-51.5	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	69.1	62.8-74.8	78.1	74.1-81.7	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).

The rate of alcohol consumption on a weekly basis, at a level for short-term risk of harm, was significantly higher for males (17%) from the region than the rate for females (7%) 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 (23%) from the region were significantly more likely than males (9%) to be abstainers (never/no longer consume alcohol).

Short-term risk of alcohol related harm, 2006

		Risky or High Risk							
		Low Risk		At least Yearly		At least Monthly		At least Weekly	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
Grampians	Males	31.5	25.7-37.9	25.3	19.9-31.4	16.1	11.6-21.9	17.2	12.7-22.8
	Females	40.8	36.4-45.4	20.2	16.7-24.2	9.0	6.4-12.5	7.3	5.1-10.3
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
		Grampians	Males	87.3	83.0-90.6	2.1	1.0-4.4	0.7	0.2-3.2
Females	73.5		69.3-77.3	3.3	2.0-5.5	0.1	0.0-0.7	22.5	19.0-26.5
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.