

# Wellbeing and lifestyle – the evidence 2006

## Hume Region

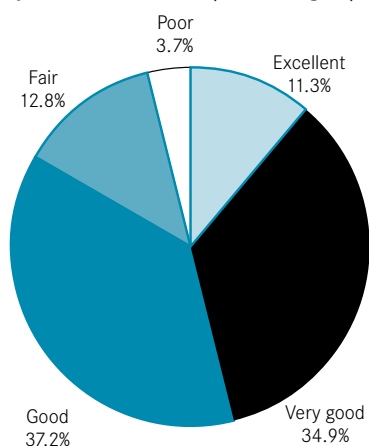
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2006 survey in the department's Hume 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, 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'.

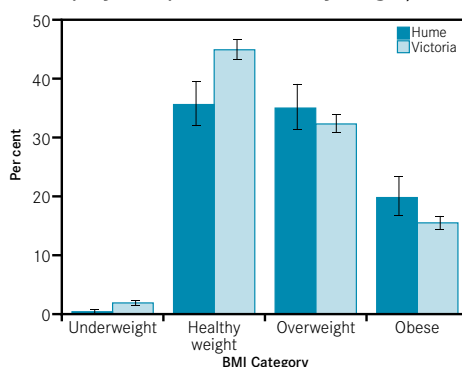
#### Self-reported health status, Hume region, 2006



### 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, 35% of adults from the region were overweight and 20% 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: 56% females vs 34% males; vegetables: 18% females vs 6% males).

Sixty-four per cent of males and 61% of females from the region met the physical activity guidelines<sup>3</sup> (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

		Hume				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	5.8	3.7-9.0	2.8	1.6-4.8	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	58.9	52.6-65.0	40.6	35.8-45.6	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	29.2	23.7-35.3	37.6	33.1-42.3	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	5.9	3.6-9.4	18.1	14.7-22.0	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	24.4	19.2-30.6	9.2	6.9-12.2	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	40.5	34.4-46.8	34.3	29.7-39.3	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	33.7	28.0-39.9	55.5	50.6-60.4	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	4.7	2.8-7.9	5.3	3.7-7.7	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	28.3	22.9-34.4	30.8	26.3-35.6	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	64.2	57.9-70.0	60.7	55.8-65.4	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.

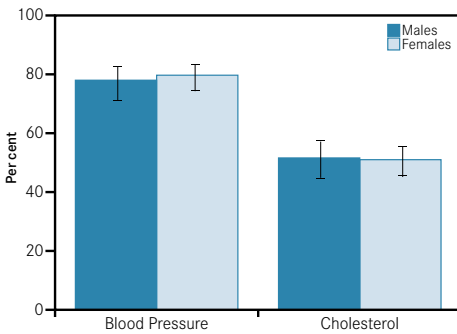




## Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. There were no significant differences in the rates between males and females from the region for either blood pressure (females 80%, males 78%) or cholesterol checks (females 51%, males 52%) in the last two years.

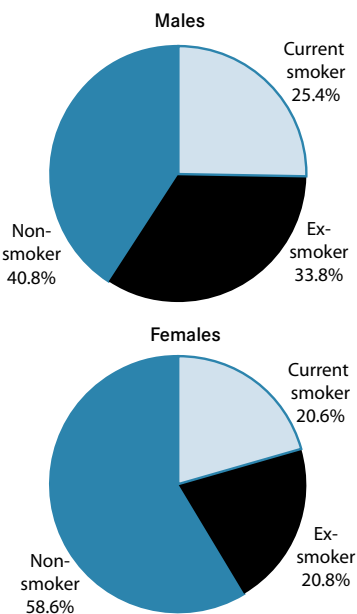
Had a health check in the last two years, by sex, Hume region, 2006



## 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, 25% of males and 21% of females in the region were classified as current smokers.

Smoking status, by sex, Hume 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 (73% vs 52%). However, females (78%) in the region were significantly more likely to report usually wearing sunglasses when out in the sun than males (68%).

Adult (18 years+) sun protection, 2006

		Hume				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	73.4	67.2-78.8	51.7	46.8-56.6	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	67.5	61.4-73.0	77.7	73.4-81.5	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 (19%) from the region than the rate for females (5%). Males were more likely than females to report risky or high risk levels of alcohol consumption. Differences between regional rates and the rates for Victoria were not significant for long-term health risks associated with risky and high-risk levels of alcohol consumption. Females (21%) 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, 2006

		Low Risk		Risky or High Risk					
		%	95%CI	At least Yearly		At least Monthly		At least Weekly	
				%	95%CI	%	95%CI	%	95%CI
Hume	Males	25.5	20.7-31.0	26.3	21.1-32.3	15.4	11.2-21.0	19.1	14.4-24.9
	Females	35.7	31.3-40.4	27.0	22.8-31.8	11.0	8.0-15.1	5.1	3.0-8.6
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		
Hume	Males	77.2	71.4-82.1	5.8	3.5-9.6	2.6	1.2-5.4	13.7	9.8-18.8
	Females	76.3	72.2-80.0	1.8	1.0-3.3	1.0	0.4-2.2	20.6	17.1-24.6
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.