

Wellbeing and lifestyle – the evidence 2006

North & West Metropolitan Region

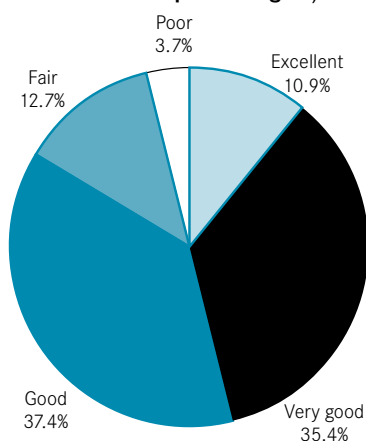
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2006 survey in the department's North & West Metropolitan 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'.

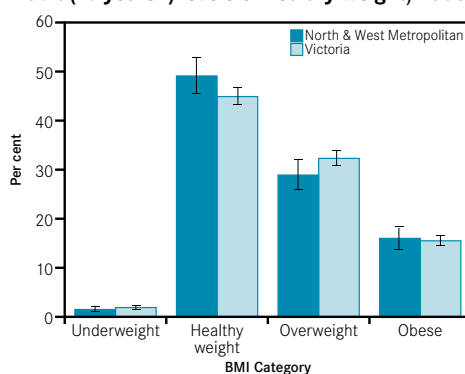
Self-reported health status, North & West Metropolitan region, 2006



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, 29% of adults from the region were overweight and 16% were obese, similar to the result for Victoria.

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 39% males). There was no significant difference in vegetable intake (5 or more serves) between males and females (11% females vs 6% males).

Sixty-one per cent of males and 65% 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

		North & West Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	4.6	2.8-7.3	5.4	3.7-7.8	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	66.6	61.0-71.7	48.0	43.6-52.4	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	21.5	17.2-26.4	34.9	30.9-39.2	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	5.9	3.5-9.6	11.0	8.6-14.0	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	20.2	16.1-25.0	12.4	9.9-15.5	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	39.4	34.0-45.1	32.6	28.6-36.9	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	39.2	33.8-44.8	52.9	48.5-57.3	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	3.9	2.3-6.6	5.0	3.5-7.3	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	29.7	25.0-34.9	28.8	25.0-32.8	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	61.2	55.6-66.5	64.5	60.2-68.5	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.

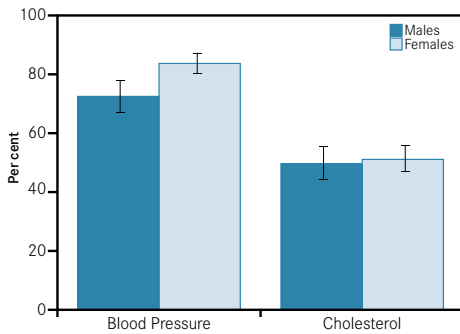




Health checks

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 (84% vs 73%). There was no significant difference between females (51%) and males (50%) in the region for blood cholesterol checks.

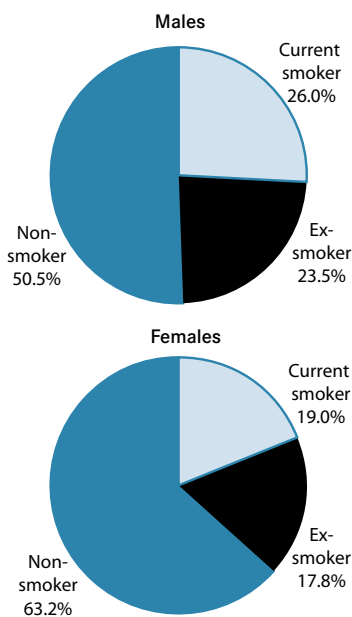
Had a health check in the last two years, by sex, North & West Metropolitan region, 2006



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, 26% of males and 19% of females in the region were classified as current smokers.

Smoking status, by sex, North & West Metropolitan 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 (58% vs 39%). However, females were significantly more likely to wear sunglasses when going out in the sun compared to males (80% vs 66%).

Adult (18 years+) sun protection, 2006

		North & West Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	57.6	51.9-63.1	39.2	35.1-43.6	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	66.4	60.9-71.5	79.6	75.8-82.9	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 (15%) from the region than the rate for females (6%) 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 (24%) from the region were significantly more likely than males (15%) 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
North & West Metropolitan	Males	29.4	24.8-34.5	24.3	19.7-29.7	17.1	13.3-21.8	14.5	10.6-19.5
	Females	39.5	35.4-43.8	19.3	15.9-23.2	10.6	8.2-13.7	5.8	4.1-8.1
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

		Long-term risk of alcohol related harm, 2006							
		Low Risk		Risky		High Risk		Abstainer	
		%	95%CI	%	95%CI	%	95%CI	%	95%CI
North & West Metropolitan	Males	81.8	77.0-85.7	2.6	1.3-5.2	0.8	0.4-2.0	14.7	11.1-19.1
	Females	72.3	68.1-76.1	2.6	1.6-4.2	0.2	0.1-0.9	24.1	20.5-28.2
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.