

Wellbeing and lifestyle – the evidence 2006

Southern Metropolitan Region

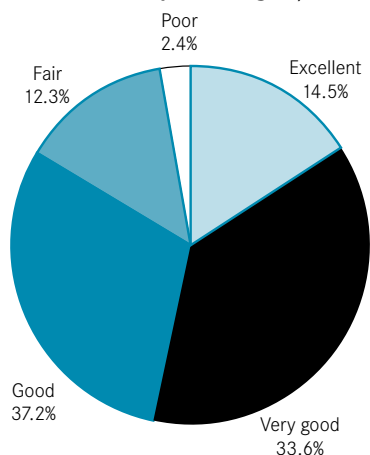
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents major findings from the 2006 survey in the department's Southern 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, 85% of all adults in the region rate their health as 'excellent', 'very good' or 'good', compared to 15% who rate their health as 'fair' or 'poor'.

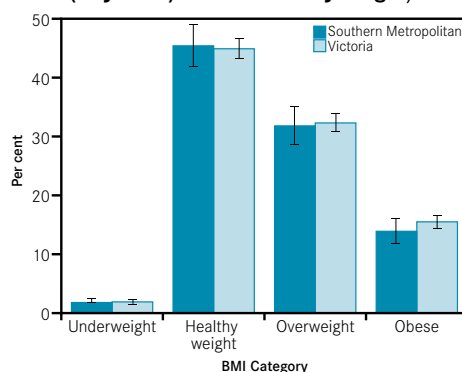
Self-reported health status, Southern Metropolitan region, 2006



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, 32% of adults from the region were overweight and 14% were obese, similar to results for Victoria.

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



Fruit & vegetable consumption & levels of physical activity, 2006

		Southern Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	7.4	4.4-12.1	4.1	2.7-6.1	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	61.7	56.0-67.2	47.4	42.9-51.9	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	21.8	17.8-26.5	34.4	30.3-38.7	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	6.5	4.2-9.9	12.7	10.1-15.7	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	17.2	13.4-21.8	11.5	8.9-14.6	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	36.9	31.5-42.7	36.5	32.2-40.9	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	44.2	38.5-49.9	51.1	46.6-55.6	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	4.4	2.8-7.0	5.3	3.6-7.7	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	29.9	24.9-35.4	29.8	25.8-34.1	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	61.8	56.1-67.2	62.5	58.1-66.8	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

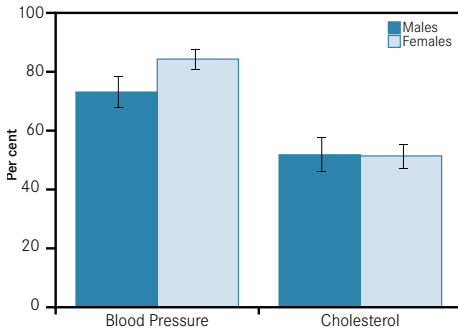




Health checks

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%). The difference between males (52%) and females (51%) in the region for blood cholesterol checks was not significant.

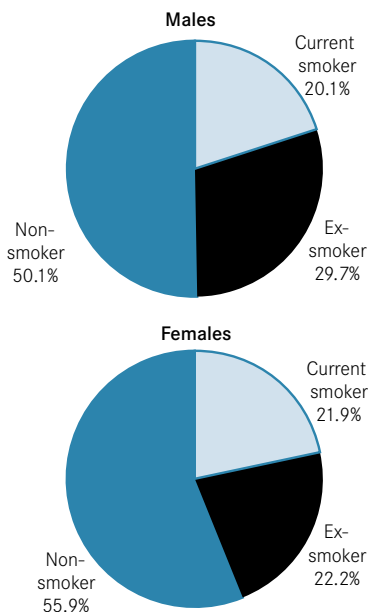
Had a health check in the last two years, by sex, Southern Metropolitan region, 2006



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, 22% of females and 20% of males in the region were classified as current smokers.

Smoking status, by sex, Southern 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 when compared to females (62% vs 45%). However, females (81%) in the region were significantly more likely than males (69%) to report usually wearing sunglasses when out in the sun.

Adult (18 years+) sun protection, 2006

		Southern Metropolitan				Victoria			
		Males		Females		Males		Females	
		(%)	95%CI	(%)	95%CI	(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	62.4	56.7-67.8	44.8	40.4-49.2	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	68.5	62.9-73.6	81.0	77.3-84.2	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 (14%) 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 (21%) 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
Southern Metropolitan	Males	37.0	31.7-42.6	25.7	20.7-31.3	12.9	9.4-17.4	14.2	10.7-18.6
	Females	40.9	36.6-45.3	22.1	18.5-26.2	8.5	6.3-11.3	7.4	5.2-10.4
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
		Southern Metropolitan	Males	84.6	80.2-88.1	3.6	2.1-6.2	1.7	0.8-3.7
Females	73.4		69.2-77.2	3.5	2.2-5.5	1.3	0.5-3.8	20.8	17.4-24.8
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 DoHAC (Department of Health and Aged Care) 1999, *National Physical Activity Guidelines for Adults*, DoHAC, Canberra