

Wellbeing and lifestyle – the evidence 2006

Victoria

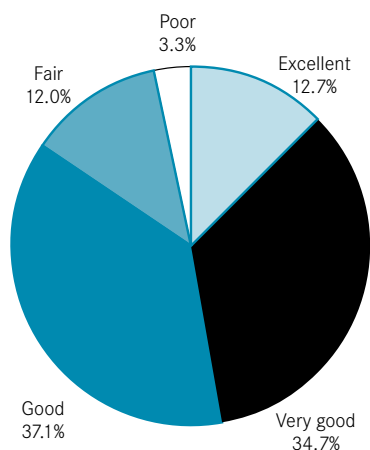
The Victorian Population Health Survey is an annual statewide survey that the Department of Human Services (Health Intelligence Unit, Public Health) undertakes to collect a wide range of information on the health of the adult Victorian population (18 years or more).

This fact sheet presents the major statewide findings from the 2006 survey for Victoria. More detailed 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 adults in Victoria rate their health as 'excellent', 'very good' or 'good', compared to 15% who rate their health as 'fair' or 'poor'.

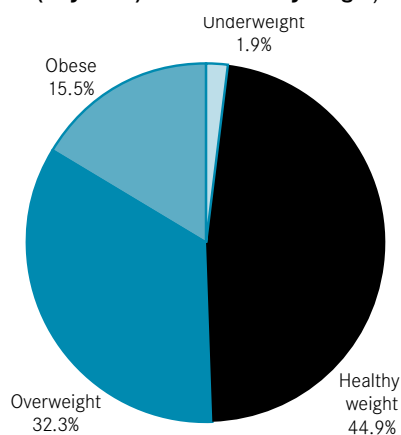
Self-reported health status, Victoria, 2006



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 in Victoria were overweight and 16% were obese.

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



Nutrition and physical activity

In 2006, females from Victoria 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: 54% females vs 40% males; vegetables: 13% females vs 7% males).

Sixty-five per cent of males and 64% of females from Victoria met the physical activity guidelines³ (sufficient time and sessions). This difference was not significant.

Fruit & vegetable consumption & levels of physical activity, 2006

		Males		Females	
		(%)	95%CI	(%)	95%CI
Daily vegetable consumption	None	5.1	4.1-6.5	3.9	3.2-4.8
	1-2 serves	64.4	62.0-66.9	44.5	42.6-46.5
	3-4 serves	22.5	20.5-24.6	37.5	35.6-39.4
	5 or more serves	6.6	5.3-8.1	13.1	11.9-14.5
Daily fruit consumption	None	20.3	18.4-22.4	11.1	9.9-12.4
	1 serve	38.8	36.3-41.3	34.0	32.1-35.9
	2 or more serves	39.8	37.3-42.3	53.8	51.9-55.9
Physical activity levels	Sedentary	4.6	3.7-5.7	5.4	4.6-6.4
	Insufficient time & sessions	27.1	24.9-29.4	28.1	26.4-29.9
	Sufficient time & sessions	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.

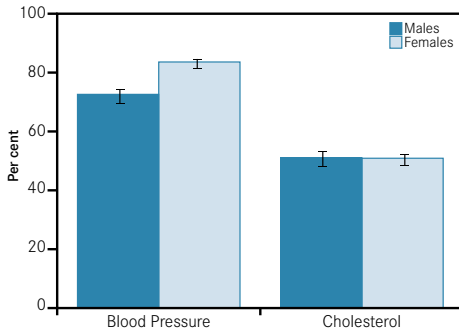




Health checks

The survey collected information on screening tests performed to detect the presence of risk factors for the development of heart disease. Females from Victoria were significantly more likely to have had a blood pressure check than males (84% vs 73%). There was no significant difference between males (51%) and females (51%) for blood cholesterol checks.

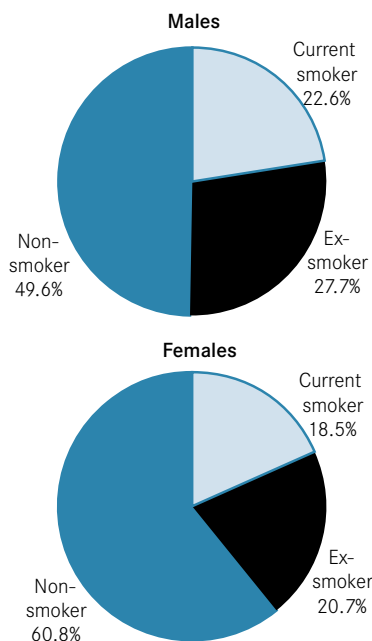
Had a health check in the last two years, by sex, Victoria, 2006



Smoking status

Current smokers are defined as those who smoke daily or occasionally. In 2006, 23% of males and 19% of females from Victoria were classified as current smokers. This difference between the sexes was statistically significant.

Smoking status, by sex, Victoria, 2006



Eye protection

In 2006, males from Victoria were significantly more likely to wear a hat when going out in the sun compared to females (63% vs 44%). 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

		Males		Females	
		(%)	95%CI	(%)	95%CI
Sun protection	Usually wear a hat	63.1	60.5-65.7	44.2	42.3-46.2
	Usually wear sunglasses	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%) in Victoria than the rate for females (6%). Differences in the rates between males and females were not significant for long-term health risks associated with risky and high-risk levels of alcohol consumption. Females (22%) were significantly more likely than males (12%) to be abstainers (never/no longer consume alcohol).

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
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
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.