



Central Victorian Health Alliance

Summary of the Victorian Population Health Survey LGA profile 2011-2012 for the CVHA catchment

This summary of self-reported data has been taken from the recently released selected preliminary findings from the Victorian Population Health Survey LGA profile 2011-2012 for those interested in these parameters for the shires of Central Goldfields, Macedon Ranges and Mount Alexander. This has been rapidly summarised – please refer to the original document for more detailed explanations on our website at <http://cvha.com.au/admin/wp-content/uploads/2013/07/VPHS-2011-12-LGA-profile-July-2013.pdf>.

Smoking status

Daily or occasional smokers are defined as current smokers; an ex-smoker is an individual who has smoked at least 100 cigarettes (or tobacco equivalent) in their life – otherwise they are classed as a non-smoker.

Table 1 Proportion of people by smoking status, by LGA in Victoria 2011-12

	Current smoker			Ex-smoker			Non-smoker		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	15.1	10.9	20.6	27.7	22.7	33.4	56.5	50.0	62.8
MRS	15.3	10.7	21.4	27.9	23.6	32.8	56.3	49.9	62.5
MAS	16.5	11.8	22.6	29.5	24.5	35.1	53.8	48.4	59.1
VIC	15.7	14.9	16.5	25.2	24.4	25.9	58.6	57.7	59.6

Data are age standardised to Vic population using 10 year age groups

Fruit and vegetable consumption

Daily intake of fruit and vegetables is used as a proxy measure of dietary quality. Australian dietary guidelines have recently been revised, however the standard applied in this report is NHMRC 2003.

Table 2 Compliance with fruit and vegetable consumption guidelines[#], by adults, by LGA, in Victoria 2011-12

	Both guidelines			Veg guidelines			Fruit guidelines			Neither		
	95% CI			95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL	%	LL	UL
CGS	3.3*	1.9	5.6	5.8	4.0	8.4	30.1	23.9	37.1	66.4	59.5	72.6
MRS	6.8	4.3	10.5	9.9	6.5	14.8	42.6	36.1	49.4	53.1	46.4	59.7
MAS	11.3*	6.5	18.9	16.0	10.2	24.0	56.5	48.2	64.5	37.6	30.1	45.8
VIC	5.2	4.8	5.6	7.2	6.8	7.7	45.3	44.4	46.3	51.1	50.1	52.1

Data are age standardised to Vic population using 10yr age groups

[#]Based on the national guidelines (NHMRC 2003)

*Value has a relative standard error of 25-50% and should be interpreted with caution

Red indicates a statistically significant difference that is higher than the state estimate

Blue indicates a statistically significant difference that is lower than the state estimate

Alcohol consumption[#], by LGA in Victoria 2011-12

The NHMRC guidelines (2001) specify risk for various drinking levels for males and females:

1. Low risk- a level of drinking at which the risk of harm is minimal and there are possible benefits for some of the population
2. Risky – a level of drinking at which the risk of harm outweighs any possible benefit
3. High level – a level of drinking at which there is a substantial risk of serious harm and above which risk increase rapidly

Short term risk of alcohol related harm

This is associated with alcohol consumption per drinking occasion and measures the risk associated with injury.

Table 3 Proportion of adults at short term risk of alcohol related harm[#], by LGA in Victoria 2011-12

	Abstainer			Low risk			Risky/High risk		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	18.1	14.5	22.4	37.3	27.8	47.8	44.5	34.5	54.9
MRS	12.0	9.2	15.6	33.4	28.3	39.0	54.5	48.9	60.0
MAS	15.1	11.6	19.4	31.1	24.7	38.4	53.7	46.5	60.8
VIC	18.6	17.9	19.4	35.8	34.9	36.7	45.3	44.3	46.3

Age standardised to the Vic population using 10 year age groups

[#]Based on national guidelines (NHMRC 2001)

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Long term risk of alcohol related harm

This is associated with regular patterns of drinking and measures the risk of disease such as liver cirrhosis, various cancers, cognitive problems and dementia and alcohol dependence (which typically take a long time to develop)

Table 4 Proportion of adults at long term risk of alcohol related harm[#], by LGA in Victoria 2011-12

	Abstainer			Low risk			Risky/High risk		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	18.1	14.5	22.4	79.0	74.5	82.9	2.3*	1.2	4.5
MRS	11.9	9.1	15.5	85.5	81.8	88.6	2.1*	1.1	4.0
MAS	15.1	11.6	19.4	76.6	70.7	81.6	8.3*	4.8	13.8
VIC	18.5	17.8	19.3	77.3	76.5	78.1	3.3	3.0	3.7

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Physical Activity

This is a major modifiable risk factor for a range of conditions. Information was collected on 3 types of physical activity:

1. Time spent walking for recreation, exercise or transport (>10mins)
2. Time spent doing vigorous household chores – not gardening
3. Time spent doing vigorous activities (NOT housework or gardening)

Sufficient time and number of sessions is the preferred indicator, for example, 150 minutes over 5 or more sessions.

Table 5 Proportion of adults by physical activity levels[#], by LGA in Victoria 2011-12

	Sedentary			Insufficient time and sessions			Sufficient time and sessions		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	5.8*	3.0	10.7	24.4	18.4	31.5	63.9	55.4	71.6
MRS	3.5*	2.0	6.0	29.7	23.7	36.4	64.3	57.5	70.5
MAS	3.9	2.6	6.0	19.0	13.8	25.6	69.4	61.4	76.4
VIC	5.5	5.1	5.9	26.6	25.7	27.5	63.9	63.0	64.9

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[#]Based on national guidelines (National Physical Activity Guidelines for Adults 1999)

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Overweight and Obesity

Obesity is an excess accumulation of body fat that is a significant risk factor for many physical and psychosocial conditions and can ultimately lead to disability and/or premature death.

The most common method to measure overweight and obesity is the body mass index (BMI); this is assessed against the WHO classification for underweight, normal overweight and obese (classes I-III). Respondents provided the values for their own height and weight.

Table 6 Proportion of adults who are overweight or obese by sex^a and LGA, Victoria 2011-12

	Males						Females					
	Overweight (BMI 25.0-29.9)			Obese (BMI ≥30.0)			Overweight (BMI 25.0-29.9)			Obese (BMI ≥30.0)		
	95% CI			95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL	%	LL	UL
CGS	40.3	29.2	52.4	28.1	18.3	40.5	39.0	32.5	46.0	21.8	15.8	29.4
MRS	44.7	35.4	54.4	18.8	12.3	27.6	28.7	21.3	37.4	17.2	13.5	21.6
MAS	30.6	21.4	41.6	21.4*	12.5	34.2	23.1	14.6	34.5	11.8*	6.4	20.7
VIC	40.6	39.1	42.2	17.4	16.4	18.5	24.6	23.7	25.6	17.2	16.4	18.0

^a Determined by the calculation of body mass index = weight (kg)/height squared (m²)

Age standardised to the Vic population using 10 year age groups

[#]Based on WHO body weight status

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Table 7 Prevalence of overweight or obesity in adults ^a by LGA, Victoria 2011-12

	Overweight or obese ($\geq 25.0 \text{ kg/m}^2$)		
	95% CI		
	%	LL	UL
CGS	64.3	56.9	71.1
MRS	54.6	48.1	60.9
MAS	44.0	36.2	52.1
VIC	49.8	48.8	50.8

^a Determined by the calculation of body mass index = weight (kg)/height squared (m^2)

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Psychological distress

Psychological distress is causally related to the development of behaviours such as smoking, harmful drinking and drug use and directly linked to other conditions such as fatigue, migraine, cardiovascular disease, injury, obesity, depression and anxiety. The Kessler 10 Psychological Distress Scale (K10) has been included in the survey and the results have been grouped into low, moderate, high or very high levels of psychological distress.

Table 8 Proportion of adults by psychological distress levels^a by LGA, Victoria 2011-12

	Low			Moderate			High/Very high		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	67.8	60.5	74.3	20.4	15.0	27.3	9.2	6.2	13.6
MRS	62.7	55.9	69.1	26.4	20.7	33.0	6.9*	4.2	11.1
MAS	59.5	50.9	67.6	25.4	18.3	34.0	13.4	9.6	18.5
VIC	64.6	63.6	65.6	21.5	20.7	22.4	11.1	10.4	11.8

^a Based on the Kessler 10 Psychological Distress Scale

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Self-reported health status

This has been shown to be a reliable predictor of ill-health, future health care use and premature mortality – independent of other risk factors. Participants reported their health status as excellent, very good, good, fair or poor.

Table 9 Proportion of adults by self-reported health status, by LGA Victoria 2011-12

	Excellent/Very good			Good			Fair/Poor		
	95% CI			95% CI			95% CI		
	%	LL	UL	%	LL	UL	%	LL	UL
CGS	40.7	30.6	51.7	41.2	31.3	51.9	18.0	13.9	23.0
MRS	51.1	44.6	57.6	35.7	29.5	42.3	13.1	9.5	17.8
MAS	55.9	47.8	63.7	30.4	23.4	38.3	13.6	9.5	19.2
VIC	46.6	45.6	47.6	37.3	36.4	38.3	15.9	15.2	16.6

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