

Victorian Population Health Survey 2010

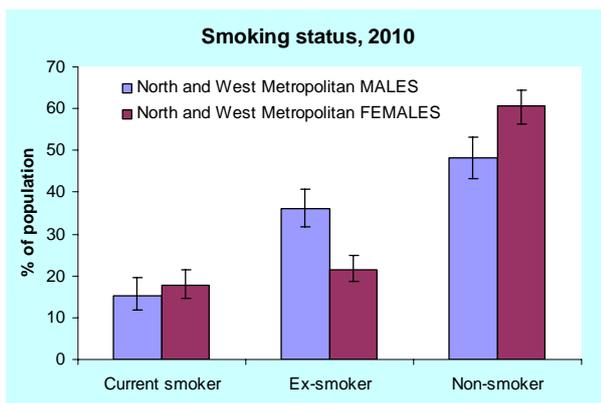
North and West Metropolitan Region - selected findings

North and West Metropolitan Region is located in northern and western Melbourne and its estimated resident population as of 2010 was 1,710,473¹ with adults comprising 78.1% of the population, compared to 77.8% for Victoria¹. More than one in four residents (26.5%) were aged 50 years or older compared to 31.4% for Victoria. Life expectancy at birth in 2007 was 84.2 years for females and 80.0 years for males, which was similar² to the Victorian figure of 84.4 years and 80.3 years respectively³.

The Victorian Population Health Survey is an annual state-wide survey that the Department of Health undertakes to collect information on the health of the adult Victorian population (18 years or older).

Smoking status

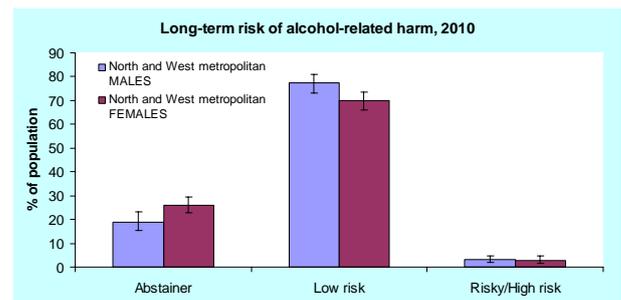
Current smokers are defined as those who smoke daily or occasionally. Smoking patterns between the Region and Victoria were similar⁴. In 2010, 15.3% of males and 17.8% of females in the Region were current smokers, similar to Victorian males and females (17.8% and 15.8% respectively).



Alcohol consumption⁵

The *Australian Alcohol Guidelines*⁶ specify the risk of long-term alcohol-related harm by level of alcohol consumption in males and females.

The patterns of alcohol consumption were similar between the Region and Victoria for both males and females. Similarly, there was no difference for alcohol consumption between males and females in the Region. In 2010, 3.0% of males and 2.8% of females in the Region consumed alcohol at risky or high risk levels for long-term harm, similar to Victorian males and females (3.3% and 3.0% respectively).



Overweight and obesity

Being overweight or obese is an important risk factor for developing type 2 diabetes, cardiovascular disease, hypertension, certain cancers, sleep apnoea and osteoarthritis. It is typically measured by calculating a person's Body Mass Index (BMI), which is their weight in relation to their height^{7,8}.

In 2010, 41.7% of males and 28.0% of females in North and West Metropolitan Region were overweight, similar to Victorian males and females (41.0% and 25.7% respectively). Less than one in five males (17.9%) and 14.2% of females in the Region were obese, similar to all Victorian males and females (18.5% and 15.2% respectively). Males in the Region were also more likely to be overweight compared with their female counterparts.

¹ Service Planning, Department of Health (DH).

² Region estimates are considered to be higher or lower than the Victorian estimate based on statistical significance, determined by comparing the 95% confidence intervals (CI) between estimates. Where the 95% CI of estimates do not overlap there is strong evidence that the estimates are different. Where they overlap, the estimates are deemed to be similar.

³ Health Intelligence Unit, DH.

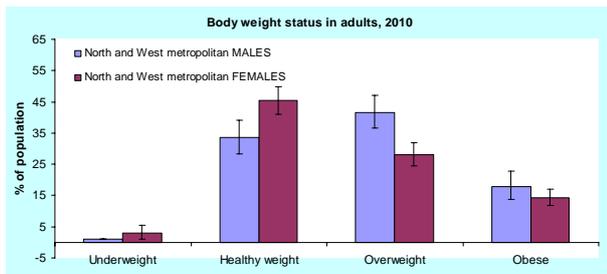
⁴ Estimates are age-standardised to the 2006 Victorian population.

⁵ The 2010 VPHS survey questions on alcohol consumption assessed the risks of alcohol-related harm based on the 2001 Australian Alcohol Guidelines.

⁶ NHMRC (National Health and Medical Research Council) 2001.

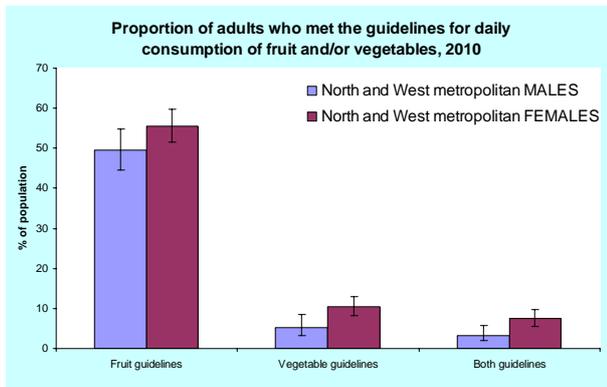
⁷ Based on self-reported weight and height.

⁸ BMI Reference: WHO 2000, *Obesity: Preventing and Managing the Global Epidemic*, WHO Technical Report Series 894, World Health Organisation (WHO), Geneva.



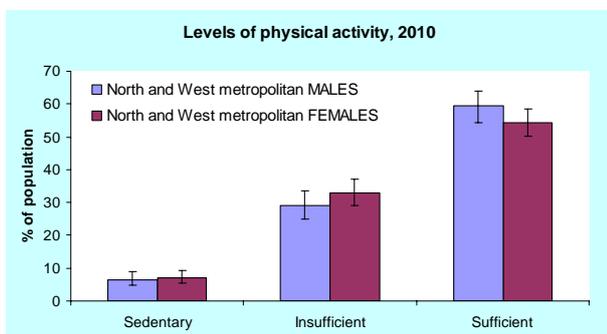
Nutrition

In 2010, 5.3% of males and 10.3% of females in the Region met the dietary guidelines⁹ for vegetable consumption, similar to Victorian males and females (5.2% and 10.0% respectively). Almost half (49.7%) of males and 55.7% of females in the Region met the dietary guidelines for fruit consumption, similar to Victorian males and females (45.1% and 54.5% respectively). There were no differences in consumption of fruit and vegetables between males and females in the Region.



Physical Activity

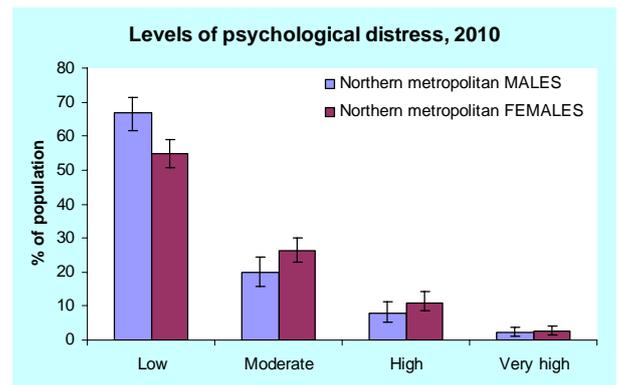
In 2010, 59.3% of males and 54.3% of females in the Region met the physical activity guidelines¹⁰, similar to Victorian males and females (61.2% and 57.1%). There were no differences in physical activity levels between the Region and Victoria, or between males and females.



Psychological distress

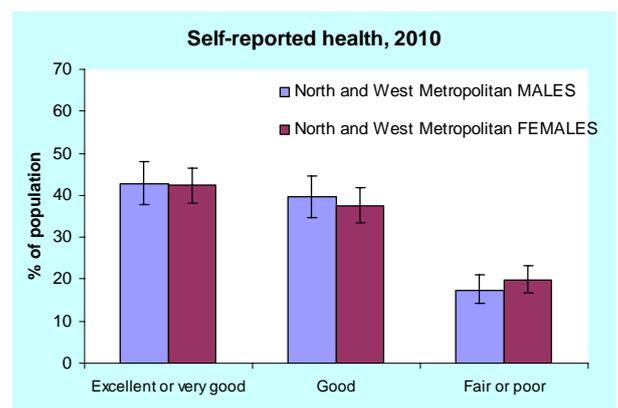
Poor mental health is a significant risk factor for poor health outcomes. The Kessler 10 (K10) scale is a measure of the level of psychological distress, which in turn is a risk factor for poor mental health¹¹.

In 2010, 66.7% of males and 54.9% of females in the Region experienced low levels of psychological distress, similar to Victorian males and females (68.9% and 59.9% respectively). Males in the Region were more likely to have experienced low levels of psychological distress than their female counterparts.



Self-reported health

In 2010, 42.8% of males and 42.3% of females in the Region reported their health as excellent or very good, similar to Victorian males and females (45.2% and 46.8% respectively). There were no differences between the Region and Victoria, or between males and females in self-reported health status.



This fact sheet presents selected key findings from the Victorian Population Health Survey 2010. The full report of the Victorian Population Health Survey 2010 is at <http://www.health.vic.gov.au/healthstatus/survey/vphs.htm>

⁹ The **Dietary Guidelines for Australian Adults** recommend five serves of vegetables and two serves of fruit daily for adults, aged 19 years and older, to ensure a healthy diet. NHMRC 2003. For persons aged 12 to 18 years, the recommendations are for three serves of vegetables and three serves of fruit.

¹⁰ The **National Physical Activity Guidelines for Australians** recommend at least 30 minutes of moderate intensity activity on most, preferably all days in persons aged 19 years and over. DoHAC (Department of Health and Aged Care) 1999, Canberra.

¹¹ The Kessler 10 is a set of 10 questions designed to categorise the level of psychological distress over a four week period and has been validated as a simple measure of anxiety, depression, and worry (psychological distress).