



Mitchell Shire lies within the Hume Victorian health region and is part of the Lower Hume Primary Care Partnership. Mitchell is located 100km North of Melbourne and as of June 30 2007, had a population of 32,766¹ with adults comprising 71.2% of the population, compared with 77.1% for Victoria². More than one out of four residents (27.4%) were aged 50 years or older (compared with 30.9% for Victoria). There was a smaller percentage (29.9%) of low income households (combined annual income of less than \$33,500) compared with 30.6% for Victoria³. Female Life Expectancy at birth in 2006 was 82.5 years, lower⁴ than the Victorian figure of 84.3 years, however male Life Expectancy at birth in 2006 was 79.0 years, which was similar⁴ to the Victorian figure of 84.3 and 80.0 years respectively⁵.

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). This is the first time that the sample size has been expanded to allow detailed analysis at the local government area level.

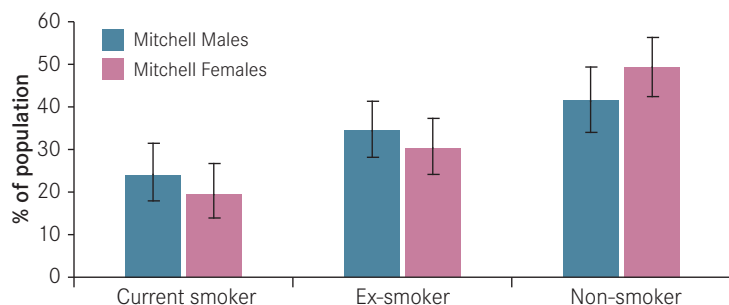
This fact sheet presents major findings from the 2008 survey. For more information see:

www.health.vic.gov.au/healthstatus/vphs.htm

Smoking status

Current smokers are defined as those who smoke daily or occasionally. Smoking patterns between the Shire and Victoria were similar⁶. In 2008, 24.0% of males and 19.4% of females in the Shire were classified as current smokers, similar to Victorian males and females (21.4% and 16.9% respectively.)

Smoking status, 2008

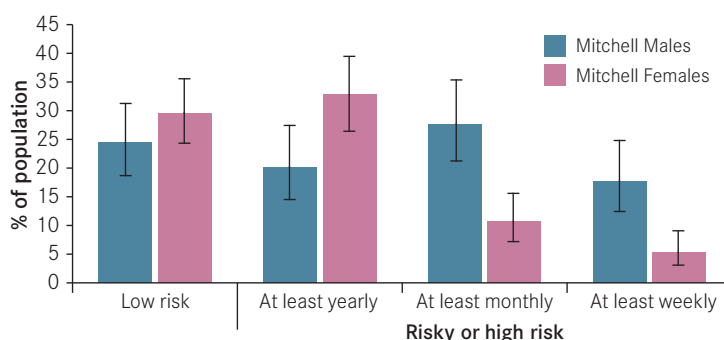


Alcohol consumption⁷

The *Australian Alcohol Guidelines*⁸ specify the risks of short and long-term alcohol-related harm by level of alcohol consumption in males and females.

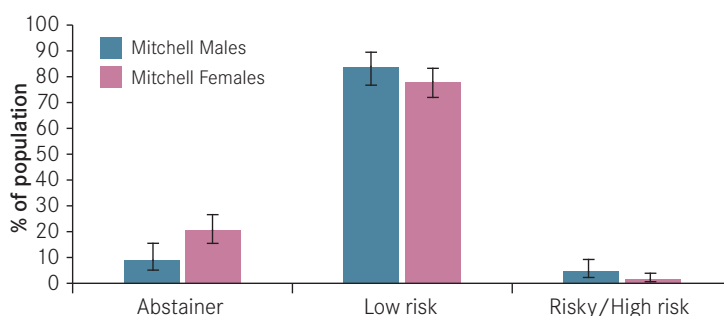
In 2008, 27.7% of males in the Shire consumed alcohol at least monthly at a risky or high risk level for short-term harm, higher than Victorian males (15.8%) and higher than females in the Shire (10.7%). Males in the Shire were also more likely to consume alcohol at least weekly at a risky or high risk level for short-term harm (17.7%) compared with females in the Shire (5.4%). Almost one-third of females in the Shire (32.8%) consumed alcohol at least yearly at a risky or high risk level for short-term harm, higher than Victorian females (19.9%).

Percentage of persons at short-term risk of alcohol-related harm, 2008



Note: abstainers are not included in the assessment of short-term risk levels.

Percentage of persons at long-term risk of alcohol-related harm, 2008

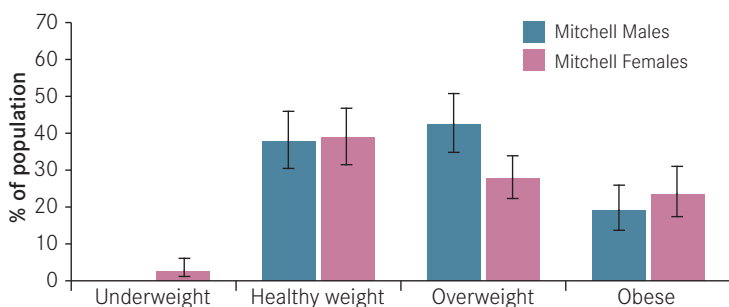


Overweight and obesity

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 height⁹.

In 2008, 42.5% of males and 27.7% of females in the Mitchell Shire were overweight, similar to Victorian males and females (39.9% and 24.2% respectively). Almost one in five males in the Shire (19.1%) were obese, similar to Victorian males (17.3%), whilst 23.5% of females in the Shire were obese, higher than Victorian females (16.1%).

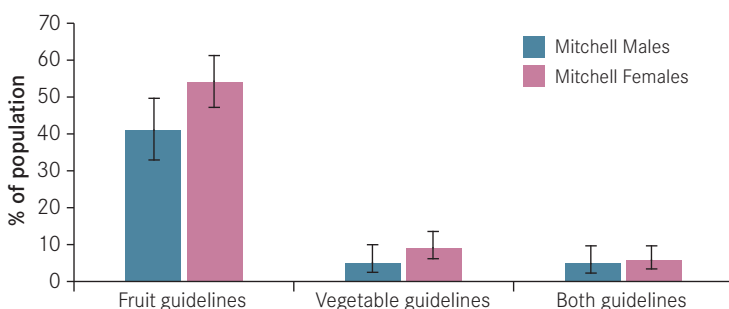
Percentage of overweight and obesity in adults, 2008



Nutrition

In 2008, 9.2% of females and 5.1% of males in the Shire met the dietary guidelines¹¹ for vegetable consumption, similar to Victorian females and males (10.7% and 5.0% respectively). More than half of females (54.2%) and 41.0% of males in the Shire met the dietary guidelines for fruit consumption, also similar to Victorian females and males (53.5% and 41.0% respectively).

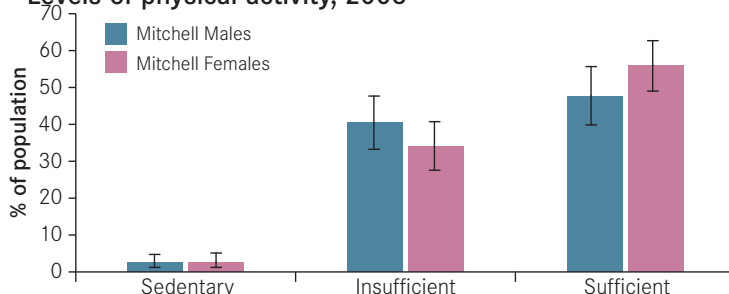
Percentage of adults who met guidelines for the number of serves of fruit and/or vegetables per day, 2008



Physical Activity

In 2008, 56.0% of females in the Shire met the physical activity guidelines¹¹, similar to Victorian females (59.7%). However, 47.7% of males in the Shire met the physical activity guidelines, lower than Victorian males (61.0%). The percentage of males in the Shire who completed an insufficient amount of physical activity (40.4%) was higher than Victorian males (27.5%).

Levels of physical activity, 2008

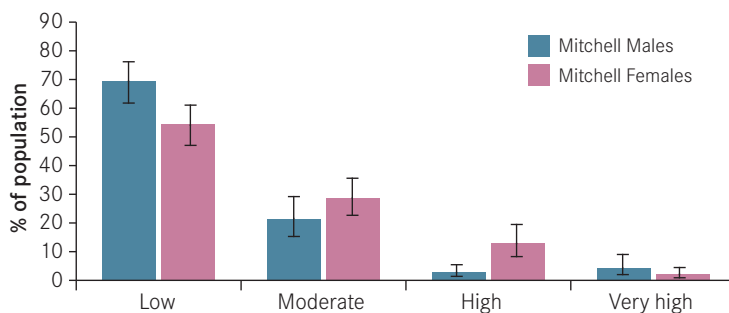


Psychological distress

Poor mental health is a significant risk factor for poor health outcomes. The Kessler 10 (K10) scale is a set of ten questions designed to categorise the level of psychological distress over a four week period.

In 2008, 69.5% of males and 54.6% of females in the Shire were classified as having a low level of psychological distress, similar to Victorian males and females (65.3% and 59.7%). The percentage of males in the Shire classified as having a high level of psychological distress (2.7%) was lower than Victorian males (7.3%) and lower than females in the Shire (12.8%).

Levels of psychological distress, 2008



For more information please refer to the full report of the 2008 Victorian Population Health Survey at www.health.vic.gov/healthstatus/vphs.htm

- Service Planning, Department of Health (DH).
- ABS (Australian Bureau of Statistics), 2007.
- ABS, 2006 national census.
- LGA 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.
- Health Intelligence Unit, DH.
- The LGA estimates are age-adjusted to the 2006 Victorian population.
- The 2008 VPHS survey questions on alcohol consumption captured the risks of alcohol-related-harm based on the current 2001 Australian Alcohol Guidelines. New guidelines were released in March 2009 and will be reflected in the 2009 VPHS.
- NHMRC (National Health and Medical Research Council) 2001.
- BMI Reference: WHO 2000, *Obesity: Preventing and Managing the Global Epidemic*, WHO Technical Report Series 894, World Health Organisation (WHO), Geneva.
- 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.
- 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.