

Victorian Population Health Survey 2014

Modifiable risk factors contributing to chronic disease in Victoria

A snapshot by local government area

Region / Local government area	Modifiable risk factors								SES
	Obese (BMI ≥30 kg/m ²)	Sedentary behaviour	Met NHMRC (2013) vegetable consumption guidelines	Met NHMRC (2013) fruit consumption guidelines	Daily consumer of sugar sweetened soft drinks	Current smokers	At increased risk of alcohol-related harm on a single occasion, either yearly, monthly or weekly	High, or very high, level of psychological distress	Total annual household income <\$40,000
Eastern Metropolitan Region:	15.1	3.6	6.0	48.1	9.8	9.8	42.0	11.6	12.9
Boroondara (C)	12.5	3.2 *	5.8	44.7	5.2 *	7.2 *	48.8	10.5 *	7.8
Knox (C)	18.2	3.1 *	3.4 *	48.9	8.5 *	13.3	37.4	7.2	17.4
Manningham (C)	13.9	4.2	9.0	52.5	8.2 *	8.8 *	36.1	8.7 *	11.1
Maroondah (C)	16.7	2.5	6.3	46.8	21.4	13.4	48.7	15.0	17.0
Monash (C)	14.4	5.2 *	5.7 *	46.5	10.2	10.8	36.7	12.6	12.8
Whitehorse (C)	14.7	3.5	6.8	54.3	7.3 *	5.2 *	43.5	8.5	11.5
Yarra Ranges (S)	16.4	2.7 *	5.7	43.9	10.7	8.9	44.8	20.0	13.7
North & West Metropolitan Region:	19.6	4.8	5.7	48.4	11.0	13.1	38.0	13.2	20.2
Banyule (C)	19.8	3.9 *	5.3	47.7	11.9	8.6	40.7	9.6 *	14.7
Brimbank (C)	19.6	8.2	4.0 *	44.1	9.8	17.5	33.8	13.6	25.5
Darebin (C)	19.3	6.2	7.2	50.4	11.8 *	12.1 *	37.1	20.4	23.5
Hobsons Bay (C)	21.3	3.1	7.1 *	53.6	8.9	11.8	46.2	8.9	22.1
Hume (C)	26.3	5.6	5.5	44.3	15.8	15.5	27.6	14.8	20.7
Maribyrnong (C)	11.9	4.5	5.1	44.7	5.5 *	15.7	42.5	9.7	19.9
Melbourne (C)	8.2	2.5 *	8.6	53.7	6.9 *	8.0 *	47.7	11.1	16.1
Melton (S)	27.2	2.1 *	4.4	43.8	14.3	11.8	27.5	15.0	21.8
Moonsee Valley (C)	15.7	2.2	7.6	49.7	9.4	12.6	40.4	14.3	15.2
Moreland (C)	18.0	5.1	6.1 *	49.7	10.9	15.1	43.8	15.3	23.7
Nilllumbik (S)	16.5	5.1 *	7.0	57.3	8.6	10.7	55.5	4.3	10.7
Whittlesea (C)	24.1	5.2	4.5 *	47.4	14.0	15.1	30.5	13.0	23.2
Wyndham (C)	25.1	5.7 *	3.4 *	43.5	15.0	13.1	34.7	11.9	19.3
Yarra (C)	12.1	3.0	7.9	47.3	7.7 *	14.3	55.1	11.1	14.1
Southern Metropolitan Region:	17.4	2.9	6.1	47.6	10.4	13.8	44.2	12.7	16.2
Bayside (C)	11.9 *	0.6 *	6.4 *	63.3	3.1 *	9.5 *	50.5	3.6 *	7.3
Cardinia (S)	24.9	3.6	6.3	50.2	14.7	18.4	42.7	15.0	20.7
Casey (C)	25.2	3.9 *	5.7	42.0	15.9	16.3	36.9	18.6	17.1
Frankston (C)	19.9	4.0	7.7	51.5	15.4	17.2	44.6	15.5	20.9
Glen Eira (C)	14.9	1.6 *	5.6	42.3	5.6 *	18.2	45.7	8.9	15.1
Greater Dandenong (C)	16.8	5.5	3.0 *	40.6	7.3 *	14.5	26.0	12.7	23.3
Kingston (C)	18.6	3.5 *	6.4	52.4	11.4 *	13.9	45.1	12.9 *	14.5
Mornington Peninsula (S)	17.3	2.2 *	4.4	48.7	9.9 *	13.1	52.9	8.1 *	16.9
Port Phillip (C)	8.2	1.2 *	8.0	48.7	5.3 *	7.4	55.3	12.6 *	15.8
Stonnington (C)	9.8	1.2 *	9.2 *	50.2	8.9 *	7.9 *	54.0	8.4 *	5.7
Barwon-South Western Region	18.5	3.3 *	7.6	54.0	11.9	12.3	47.9	13.9	22.1
Colac-Otway (S)	19.9	2.7 *	8.3 *	45.7	22.5	13.6 *	56.0	6.9	26.1
Corangamite (S)	27.5	4.6	9.5	44.9	15.9	10.9	44.0	9.5	25.4
Glenelg (S)	28.6	3.7	7.2	41.4	11.2 *	16.0	36.1	10.5	28.3
Greater Geelong (C)	16.6	3.4 *	7.1 *	55.1	11.5	12.2	44.9	15.8	23.3
Moyne (S)	19.9	3.7 *	11.2 *	46.0	13.5 *	12.6	55.2	5.9 *	16.3
Queenscliffe (B)	16.3 *	**	8.6	64.4	7.0 *	14.6 *	59.9	2.7 *	23.2
Southern Grampians (S)	20.9	2.1	5.7	45.9	15.0 *	9.7 *	49.3	8.3 *	19.6
Surf Coast (S)	14.8	**	7.1	64.3	8.7 *	10.0	59.7	10.1 *	13.3
Warrnambool (C)	22.9	2.4 *	9.4 *	57.9	7.5 *	9.7 *	57.1	14.7	20.9
Gippsland Region:	20.1	3.2	6.8	46.7	16.4	20.0	45.1	14.3	25.7
Bass Coast (S)	18.7	2.5 *	10.3	46.4	16.1 *	16.3	45.2	15.4 *	30.2
Baw Baw (S)	14.8	2.7	6.8	47.1	12.8	29.7	42.9	10.5	21.4
East Gippsland (S)	22.5	2.5 *	5.0	49.2	19.0 *	11.8	44.0	9.1	21.1
Latrobe (C)	22.0	4.4	6.9 *	45.3	16.0 *	24.4	43.3	17.0	30.8
South Gippsland (S)	22.8	2.7 *	7.6	49.4	15.0	10.4	41.9	20.5	27.3
Wellington (S)	20.1	3.7	5.6	43.5	20.6	14.8	52.5	11.7	19.6
Grampians Region:	25.0	2.7	7.8	47.6	14.2	15.7	51.6	11.7	22.5
Ararat (RC)	22.3	2.1	9.1 *	40.7	14.0	22.1	48.2	10.1 *	28.2
Ballarat (C)	25.8	2.4 *	8.6	50.8	13.0	15.0	53.7	11.9	21.7
Golden Plains (S)	22.0	3.8	7.8	40.5	19.6	18.7	48.4	9.1 *	19.8
Hepburn (S)	21.8	1.6 *	6.1	43.8	11.6 *	19.8	47.6	15.0	25.4
Hindmarsh (S)	23.0	4.6	9.6	44.7	7.9	17.2	51.4	5.5	25.4
Horsham (RC)	19.6	1.8 *	9.2 *	47.5	14.4 *	9.2	49.8	6.5 *	17.9
Moorabool (S)	27.9	2.5 *	5.9	43.7	16.8	15.6	53.7	9.1	19.3
Northern Grampians (S)	17.4	4.1	6.0	44.7	17.9	16.6	45.7	19.0	27.7
Pyrenees (S)	30.1	2.9	7.6	51.8	12.5	16.8 *	45.8	17.8	28.9
West Wimmera (S)	22.9	6.0 *	9.9	45.9	12.6	14.6	53.5	9.4	25.0
Yarriambiack (S)	25.2	3.0	8.2	37.1	20.2	12.1	46.9	13.0	34.5
Hume Region:	23.6	3.6	7.7	45.7	15.0	16.1	50.0	12.9	24.6
Alpine (S)	13.5	2.7	10.4 *	55.1	12.5 *	12.7 *	56.1	8.2	34.6
Benalla (RC)	26.9	3.7 *	12.1 *	46.7	20.4	14.6	40.2	13.7 *	29.6
Greater Shepparton (C)	23.4	4.1 *	6.8 *	43.3	13.3	12.9	49.7	12.5 *	26.0
Indigo (S)	27.7	2.8	9.0	48.5	15.0 *	10.8 *	58.3	9.4 *	18.0
Mansfield (S)	16.3	1.3 *	7.3	44.1	20.7 *	29.2	46.3	11.1 *	26.4
Mitchell (S)	28.8	3.5	8.6	48.9	16.8	12.2	46.4	14.8	21.6
Moira (S)	31.7	3.4 *	7.2 *	49.5	17.3	22.2	53.9	11.8	26.0
Murrindindi (S)	22.0	4.0 *	5.7	41.8	21.1	24.4	58.7	16.4	24.2
Strathbogie (S)	21.7	2.2 *	9.1 *	56.2	13.8 *	13.6	43.0	9.6 *	22.3
Towong (S)	20.7	2.7 *	10.0	47.0	12.8 *	13.5	55.4	10.8 *	27.2
Wangaratta (RC)	16.9	2.8	5.4	43.3	19.2 *	18.9 *	43.5	15.2 *	22.4
Wodonga (RC)	20.3	4.2 *	8.0	43.2	11.6	18.3	53.1	14.1	24.2
Loddon Mallee Region:	24.2	2.7	8.2	40.8	12.5	15.1	45.3	12.0	25.3
Buloke (S)	21.9	6.7 *	8.1 *	42.4	24.3	18.5 *	45.6	11.6 *	35.7
Campaspe (C)	32.3	2.6	6.8 *	36.5	17.5	21.9	49.3	18.3	31.1
Central Goldfields (S)	23.6	2.5	9.6 *	35.4	16.9	20.8	45.3	20.3	29.4
Gannawarra (S)	14.8	2.8 *	8.5 *	38.2	15.0 *	12.0 *	29.3	11.5 *	23.6
Greater Bendigo (C)	26.6	2.6 *	8.6	42.4	10.4 *	13.0	44.1	8.7 *	25.3
Loddon (S)	24.7	3.3	6.3	42.0	21.9 *	23.0	41.0	7.9 *	31.9
Macedon Ranges (S)	14.1	2.7 *	9.1	37.4	11.0 *	8.0	44.3	13.5 *	16.6
Mildura (RC)	24.2	2.4	5.9	41.8	9.3	18.7	46.5	14.0 *	26.2
Mount Alexander (S)	12.9	2.0 *	13.9	42.4	12.1 *	10.6	43.2	17.2 *	22.4
Swan Hill (RC)	27.9	3.9	7.9 *	43.2	15.7	15.1	52.5	8.2 *	24.6
Victoria	18.8	3.6	6.4	47.8	11.2	13.1	42.5	12.6	18.7

How to interpret this table

The point estimate for key health indicators from the *Victorian Population Health Survey 2014* have been colour coded in the adjacent table.

If the estimate for a particular area, for a specific health indicator, is significantly (i.e. statistically) above the overall estimate for Victoria, it is coloured **red**; if it is significantly below the corresponding estimate for Victoria, it is coloured **blue**. If the estimate is not significantly different from the corresponding estimate for Victoria, it is coloured **black**.

The local government areas have been geographically grouped into their respective DHHS region. The metropolitan local government areas are coloured **dark blue** and the rural local government areas are coloured **brown**.

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Available at <https://www2.health.vic.gov.au/publichealth/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-healthsurvey>

Data were age-standardised to the 2011 Victorian population.

Metropolitan and rural regions are identified by colour as follows: metropolitan / rural.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above or below.

* RSE between 25 and 50 per cent; point estimate (%) should be interpreted with caution.

** RSE greater than, or equal to, 50 per cent; point estimate (%) is unreliable, hence not reported.