

Health behaviours

Chronic disease risk factors

Smoking

Compared to Victoria, Loddon Shire and Greater Bendigo had a slightly higher proportion of population aged 18 years and over who were current smokers. State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Males aged 25-34 years were most likely to be current smokers compared to all males and females
- Females aged 18-24 years were most likely to be current smokers, compared to other females, and
- The proportion of males & females who were current smokers decreased between 2001 and 2008.

Prevalence of smoking, population aged 18 years and over (2008)

	Greater Bendigo	Loddon Shire	Victoria
Smoking status			
Current smoker ^(a)	19.6	20.4	19.1
Ex-smoker	25.6	21.7	23.8
Non-smoker	54.3	57.6	56.8

Victorian Population Health Survey 2008 ^(a) A person who smoked daily or occasionally was categorised as a current smoker

Nutrition

The current Australian guidelines recommend a minimum daily vegetable intake of five serves and a recommended minimum daily fruit intake of two serves for persons aged 19 years and over.

A higher proportion of Loddon Shire and Greater Bendigo population aged 18 years and over met the vegetable consumption guidelines, compared to the Victorian average. However, a lower proportion met the fruit consumption guidelines, compared to Victoria. Greater Bendigo population had a higher rate of vegetable consumption than Loddon Shire, while Loddon Shire had a higher rate of fruit consumption than Greater Bendigo.

Fruit and vegetable intake, population aged 18 years and over (2008)

	Greater	Loddon	Victoria
5 or more serves of vegetables per day	12.4	9.1	7.7
2 or more serves of fruit per day	37.9	41.8	48.6
Did not meet fruit consumption guidelines	61.3	56.5	50.5
Did not meet vegetable consumption	86.2	88.8	90.0
Did not meet either of above	56.1	53.0	48.2

Victorian Population Health Survey 2008 * Estimate has a relative standard error between 25 and 50 per cent and should be interpreted with caution. ^(a) A serve is half a cup of cooked vegetables or a cup of salad vegetables ^(b) A serve is one medium piece or two small pieces of fruit, or one cup of diced pieces.

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- 90% of people aged ≥ 18 years did not meet the guidelines for vegetable intake in 2008
- More males than females did not meet the vegetable intake guidelines,
- The 18-24 years age group, for males and females, had the lowest intake of 3 or more daily serves of vegetables
- 53% of persons aged ≥ 18 years did not meet the guidelines for fruit intake
- More males than females did not meet the fruit intake guidelines, and
- The 25-34 years age group, for males and females, had the lowest intake of 2 or more daily serves of fruit.

Physical inactivity

Compared to Victoria, a lower proportion of Greater Bendigo population aged 18 years and over had sufficient physical activity time and sessions and Loddon had a similar proportion. Both Greater Bendigo and Loddon population aged 18 years and over were more likely to have had zero days of incidental physical activity in the past week.

Physical inactivity, population aged 18 years and over

	Greater Bendigo	Loddon Shire	Victoria
Physical activity levels ^(a)			
• Sedentary ^(b)	5.2	5.9	5.3
• Insufficient time and/or sessions	31.1	23.5	27.4
• Sufficient time and sessions	56.6	60.6	60.3
Incidental ^(c) physical activity			
• Zero days of incidental physical activity in past week	71.7	72.0	61.7
Occupational physical activity			
• Mostly sitting or standing	58.1	45.5	64.2
• Mostly walking	23.7	17.9	20.5
• Mostly heavy labour or physically demanding work	15.0	27.4	13.3

Victorian Population Health Survey 2008 ^(a) Based on national guidelines (DoHA 1999) and excludes adults aged less than 19 years. ^(b) No physical activity time ^(c) walked or cycled for transport for trips taking longer than 10 minutes

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Males aged 19-24 years reported the highest incidence of sufficient physical activity sessions/time – out of all age groups for males and females
- Females aged 19-24 years reported the highest incidence of sufficient physical activity sessions/time – out of all female age groups
- Males and females aged 65 years and over reported the lowest incidence of sufficient physical activity sessions/time, and
- The proportion of males and females reporting sufficient time and sessions of physical activity to meet the guidelines decreased slightly between 2005 and 2008 (63.6% to 60.3%).

Obesity and body weight status

Compared to Victoria, a higher proportion of Greater Bendigo males and females aged 18 years and over were overweight or obese. A higher proportion of Loddon Shire males and females were overweight, compared to Victoria, and a higher proportion of Loddon Shire females were obese.

Overweight and obese^(a) population, population aged 18 years and over (2008)

	Greater Bendigo		Loddon		Victoria	
	Males	Females	Males	Females	Males	Females
Overweight	46.6	27.1	47.4	24.4	39.9	24.2
Obese	19.6	21.8	15.6	21.6	17.3	16.1

(a) Determined by calculation of body mass index (BMI).

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Between the sexes, the proportion of males who were overweight was higher than females
- The proportion of persons who were overweight or obese increased between 2002 and 2008
- Overweight and obesity were more prevalent among persons aged 45 years and over, and
- More people from rural areas were overweight or obese, compared with metro areas.

Health screening and checks

Breast Cancer

Compared to Victoria and rural Victoria, Greater Bendigo females aged 50-69 years reported they were less likely to have had a mammogram in the two years preceding 2008. Loddon females were more likely than rural Victoria but less likely than Victoria to have had a mammogram.

Had mammogram in last two years, women^(a) aged 50-69 years (2008)*

Area	% of surveyed women aged 50-69 years
Greater Bendigo	70.6
Loddon Shire	74.6
Rural Victoria	74.4
Victoria	75.9

Victorian Population Health Survey 2008. * self reported ^(a) out of surveyed women aged 50 – 69 years.

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- In 2006, there were 3,182 new cases of breast cancer
- Women^(a) aged 60-64 years were most likely to have had a mammogram in the last 2 years, and
- Women^(a) aged 50-54 years were least likely to have had a mammogram in the last 2 years.

Cervical Cancer

The participation rate for pap tests in Bendigo Loddon PCP region females, aged 20 – 69 years who have a cervix, was lower than the regional and state average over the two years of 2007 and 2008. Reflecting trends across Victoria, rates for both local government areas decreased compared to the previous 2 year rate. Further details about these screening statistics and the methodology used to estimate participation is available at the web link below.

Proportion of women screened for cervical cancer

Area	2006 and 2007	2007 and 2008
Greater Bendigo	60.9%	59.8%
Loddon	60.6%	57.5%
Victoria	63.1%	62.3%

www.vccr.org:80/stats_reports/2008/screening_07.html

Bowel Cancer

Compared to Victoria, Greater Bendigo and Loddon had a similar proportion of population aged 50 years and over, who had been sent a bowel cancer detection kit, that had had a test to detect bowel cancer in the two years preceding 2008.

Bowel cancer screening*, population aged 50 years and over (2008)

	Gr. Bendigo	Loddon	Rural Victoria	Victoria
Bowel cancer screening in last 2 years ^{(a) (b)}	29.1	29.7	30.0	29.4

Victorian Population Health Survey 2008. * self reported ^(a) Only respondents aged 50 years and over were asked whether they had had a test for bowel cancer in the past 2 years. ^(b) Based on persons for whom a bowel examination to detect bowel cancer was applicable at the time of the survey.

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- More males than females had a bowel cancer detection test in the past 2 years
- The 65-69 years age group was most likely to have had a detection test in the past 2 years, and
- The 50-54 years age group was least likely to have had had a detection test in the past 2 years.

Other health checks

Compared to Victoria, a lower proportion of Loddon population aged 18 years and over had a blood pressure or cholesterol check in the two years preceding 2008, while a lower proportion of Greater Bendigo population aged 18 – 49 years had had these checks. Compared to Victoria, Greater Bendigo also had a lower proportion of population aged 18 years and over that had a blood glucose check in the last 2 years.

Self reported health checks (2008)

	Health check*	Gr. Bendigo	Loddon	Victoria
Blood pressure checked in last two years	• 18 – 49 years old	69.6	57.8	70.6
	• 50 years and older	94.1	92.4	93.1
Cholesterol checked in last two years	• 18 – 49 years old	37.8	30.9	39.7
	• 50 years and older	83.2	77.0	81.9
Blood glucose checked in last two years	• 18 – 49 years old	37.8	40.1	39.1
	• 50 years and older	67.8	72.4	72.1

Victorian Population Health Survey 2008. * self reported

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Females were more likely than males to have had a blood pressure check in the last 2 years
- The probability of having had a blood pressure check in the last 2 years increased with age
- Males were more likely than females to have had a blood test for cholesterol in the last 2 years
- The probability of having had a blood test for cholesterol in the last 2 years increased with age
- Males and females were equally likely to have had a blood glucose check in the last 2 years, and
- Generally speaking, the likelihood of having had a blood glucose check in the last 2 years increased with age for males and females.

Sun protective behaviour

Compared to Victoria, Greater Bendigo had a similar proportion of population aged 18 years and over that, when out in the sun, usually wore a hat and a higher proportion that usually wore sunglasses. Loddon had a higher proportion of population aged 18 years and over that, when out in the sun, usually wore a hat and a lower proportion that usually wore sunglasses.

Sun protective behaviour, 18 years and over

Behaviour	Greater Bendigo	Loddon	Victoria
Usually wears a hat**	52.5	69.4	52.6
Usually wears sunglasses**	78.2	68.5	74.0
Usually wears hat & sunglasses	43.1	47.6	41.0
Wears neither hat nor sun-glasses	12.3	8.1	14.1

Victorian Population Health Survey 2008. * self reported ** when out in the sun

State-wide findings from the Victorian Population Health Survey also indicate that *across Victoria*:

- Males were more likely to usually wear a hat when out in the sun, compared to females
- Out of all males and females, males aged 65 yrs and over were most likely to report they usually wear a hat and females aged 18 – 24 were least likely
- Females were more likely to wear sunglasses when out in the sun, compared to males, and
- Out of all males and females, females aged 35-44 were most likely to report they usually wear sunglasses and males aged 65 years and over were least likely.