

Mount Alexander

LGA Profile

VicHealth Indicators Survey 2011 Results

This profile provides an overview of wellbeing in this LGA. It is designed to provide local governments with population health data to undertake comprehensive, evidence-based municipal public health and wellbeing planning.

Mount Alexander highlights*

- Shire of Mount Alexander residents who purchased packaged liquor (\$34) or alcohol from licensed premises (\$29) in the previous week spent significantly less money than the Victorian average (both \$45).
- More than three-quarters of Mount Alexander residents (76.6%) shared a meal with their families at least five days a week, a proportion significantly higher than the Victorian average (66.3%).
- Compared with the Victorian average (32.6%), residents of Mount Alexander were significantly less likely (23.2%) to spend seven hours or more sitting on an average weekday.
- Most residents of Mount Alexander felt safe walking alone in their local area at night; more than four in five (83.0%) reported that they felt safe or very safe. This is significantly more than the state average (70.3%).
- Mount Alexander residents were significantly more likely to volunteer at least once a month (47.4%) and to report some type of citizen

engagement in the previous 12 months (73.3%), compared with state averages (34.3% and 50.5% respectively).

- Compared with other Victorians, Mount Alexander residents were the most likely to have created their own art or crafts. More than half (51.2%) reported making or creating art or crafts in the previous three months, a proportion significantly higher than the state average of 34.9%.

* Significance has been calculated to the 95% level of probability. Significant difference is indicated when confidence intervals for an LGA estimate do not overlap with confidence intervals for the Victorian average. Not all statistically significant results are reported as 'highlights'. See chart over page for all indicators.

Data has been weighted by age and gender within each local government area (LGA). Crude rates, also known as non-standardised rates, are shown here to help inform localised planning. Crude rates are not appropriate for comparisons between individual LGAs, as estimates have not been age-standardised and differences may be due, at least in part, to differing age profiles. Significant differences shown in this document may be partly due to differences between the age profiles of the LGA and the Victorian population as a whole. Age-standardised data is available on request†.



The Shire of Mount Alexander is located north-west of Melbourne and its most populous community, Castlemaine, is approximately 120 kilometres from Melbourne. Mount Alexander covers an area of roughly 1,530 square kilometres and has a population of about 18,000.

About the survey

The data comes from the VicHealth Indicators Survey 2011, which has a focus on social determinants of health. It complements other population health survey work conducted in Victoria. Data was collected through telephone interviews.

The survey was conducted in each of Victoria's 79 LGAs, with a total sample of 25,075 participants aged 18 and over.

For more information, please refer to the full report of the VicHealth Indicators Survey 2011 at www.vichealth.vic.gov.au/indicators.

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† For more information about age-standardised data, contact indicators@vichealth.vic.gov.au

Mount Alexander indicator results

The chart below shows how the indicators of health and wellbeing for this LGA compare to the Victorian average. The LGA's result is shown as a circle. Significant difference (indicated by the circle's colour) was deemed to exist when confidence intervals for an LGA estimate did not overlap with confidence intervals for the Victorian average. Crude rates, also known as non-standardised rates, have been presented here to help inform localised planning. Crude rates are not appropriate for comparison between LGAs, as estimates have not been age-standardised and therefore differences may be due, at least in part, to differing age profiles. Values are percentages unless stated otherwise.

Indicator	% LGA	LGA estimate confidence interval	% Victoria	Victoria least favourable	Victoria Range	Victoria most favourable
Wellbeing						
Subjective wellbeing (range 0–100)	79.0	[77.2, 80.9]	77.5	73.7		82.5
Alcohol						
Purchased alcohol in the last 7 days	39.9	[33.4, 46.7]	36.3	54.4		20.7
7 day \$ spend on packaged liquor (of those purchasing) ⁺	34	[27, 41]	45	63		24
7 day \$ spend at a licensed premises (of those purchasing) ⁺	29	[19, 39]	45	129		13
Work, life and time						
Long commute (≥2 hours per day) [^]	9.7	[5.3, 17.1]	11.6	26.2		0
Inadequate sleep (<7 hours per weekday)	32.0	[26.2, 38.4]	31.5	44.1		18.8
Lack time for friends/family	22.4	[17.4, 28.3]	27.4	36.2		17.8
Time pressure	34.3	[28.2, 41.0]	41.3	53.8		26.5
Adequate work-life balance [^]	38.6	[29.8, 48.1]	53.1	37.6		69.5
Healthy eating and sedentary behaviour						
Shares a meal with family (≥ 5 days per week)	76.6	[71.1, 81.3]	66.3	54.7		81.1
Sedentary behaviour (sitting ≥7 hours per day)	23.2	[17.6, 29.9]	32.6	52.3		15.2
Daily soft drink consumption	10.3	[6.6, 15.9]	12.4	20.5		4.3
Green space and safety						
Visit to green space (≥ once per week)	50.3	[43.7, 56.9]	50.7	31.4		79.3
Perceptions of safety - walking alone during day	99.3	[97.9, 99.7]	97.0	89.6		100
Perceptions of safety - walking alone during night*	83.0	[76.1, 88.2]	70.3	45.2		95.4
Community engagement						
Volunteering (≥ once per month)*	47.4	[40.8, 54.1]	34.3	22.6		62.1
Participation in citizen engagement (in the last year)	73.3	[67.1, 78.8]	50.5	26.4		73.3
Arts and new media						
Attended arts activities or events (in the last 3 months)	69.1	[62.8, 74.8]	63.6	35.4		82.6
Made or created art or crafts (in the last 3 months)	51.2	[44.6, 57.8]	34.9	20.4		51.2
Internet access at home	87.1	[83.1, 90.3]	88.8	68.5		96.1
Social networking used to organise time with friends/family	23.8	[18.0, 30.8]	35.1	18.8		47.1
Social attitudes that influence health						
Community acceptance of diverse cultures	54.6	[47.6, 61.4]	50.6	28.3		78.0
Prepared to intervene in a situation of domestic violence	95.1	[91.5, 97.2]	93.1	87.9		97.0
Smoking policy						
Support for smoking ban in outside dining areas	65.3	[58.7, 71.3]	69.8	59.9		76.8

Legend

- LGA value significantly more favourable than Victorian average
- LGA value significantly less favourable than Victorian average
- LGA value not significantly different from Victorian average
- Sampling variability high, use with caution (relative standard error 25–50%)
- | Victorian average
- ⁺ Reported as \$ for those purchasing this type of alcohol

- Range of results across all LGAs
- [^] Question only asked of participants who were employed
- ^{*} Cannot be compared to 2008 Victorian Population Health Survey as data was not collected in the same manner
- No data Relative standard error above 50%, estimate not reported
- Details of questions can be found at: www.vichealth.vic.gov.au/indicators