



“What you measure affects what you do.”

Joseph Stiglitz -American economist, professor at Columbia University, recipient of the Nobel Prize in Economic Sciences

Background

Aims

- **To provide information at both State and local government levels to assist with**
 - the development of Municipal Public Health and Wellbeing Plans and
 - other strategic planning and policy development.
- **To monitor progress toward VicHealth's 3 year priorities and 10 year goals**
- **To strengthen strategic partnerships for better health intelligence**

Principles

- **Alignment with VicHealth's Action Agenda**
- **Timed to inform Municipal Health and Wellbeing Plans**
- **Stakeholders on board from the beginning**
- **Questions:**
 - Previously tested for strength and reliability (strong and robust)
 - Can be used in VicHealth's projects and those of our partners and stakeholder
 - Actionable
 - Complement data from other surveys particularly the Victorian Population Health Survey



Consultation

- **Technical Advisory Group**
- **MAV**
- **LGA representatives, specifically local government health and social planners**
- **Related agencies including the Heart Foundation and Cancer Council Victoria**
- **ABS regarding questionnaire design, survey methodology, data analysis and reporting**
- **Expert content-area researchers and academics**



Method

- **Sample of almost 23,000 Victorians**
- **Approximately 300 participants from each of Victoria's 79 LGAs**
- **15 minute computer assisted telephone interview**
- **Dual Frame: Landlines (65%) and mobiles (35%) in Victoria**
- **Response rate of 51%**
- **~80% of respondents agreed to follow-up and data linkage**
- **Weighted data**
- **Crude rates reported**



Themes

Health equity

General wellbeing and safety

Mental wellbeing

Alcohol

Physical activity

Healthy Eating

Indicators and Results



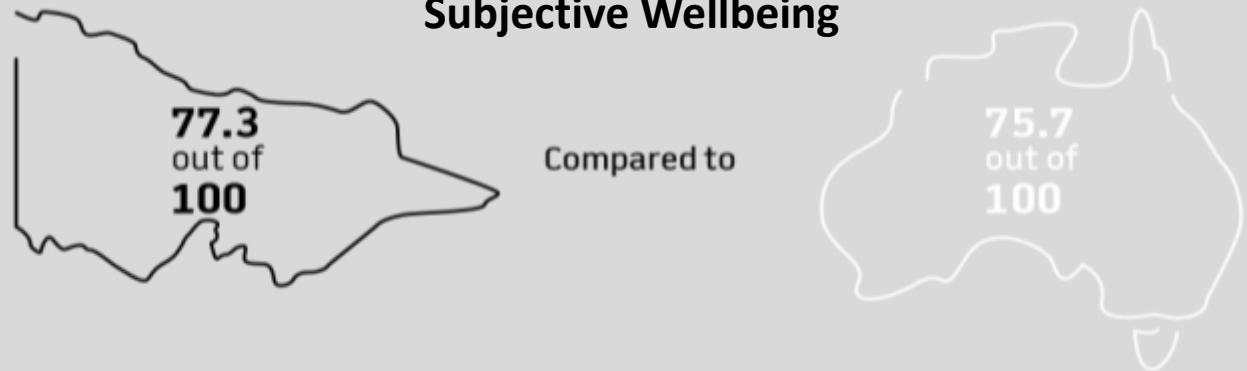
Socio demographics

- Age
- Gender
- Sexuality
- Household type
- Number of children in household and age
- Parent of children in household
- Aboriginal and/or Torres Strait Islander
- Country of birth
- Language spoken at home
- Level of education
- Presence of a disability
- Household income
- Individual income
- Employment status
- Hours of work per week
- Internet access
- Geocode

Wellbeing and Safety

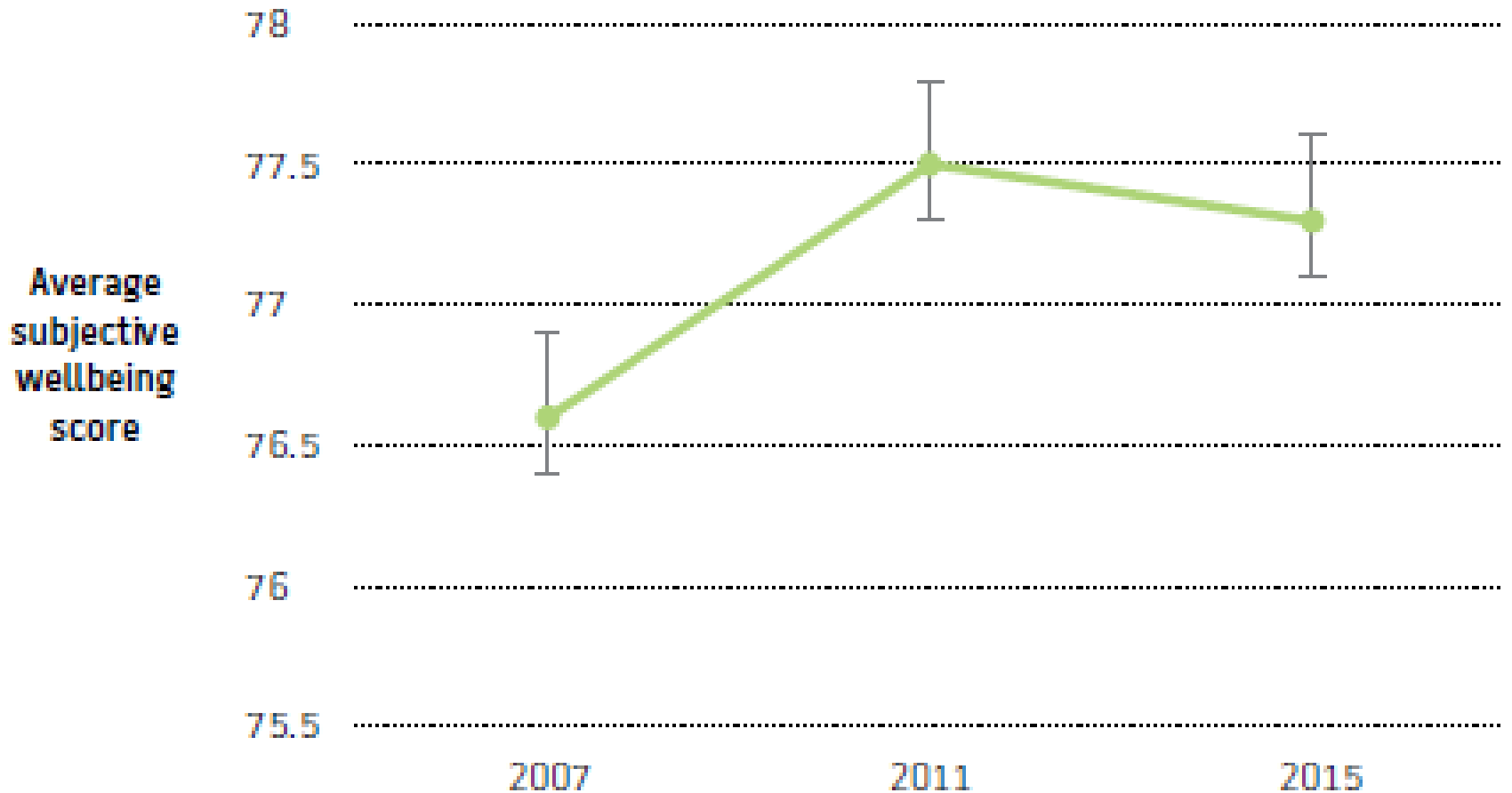
- Subjective wellbeing (range 0–100)
- Satisfaction with life as a whole (range 0–10)
- Perceptions of safety – walking alone during day
- Perceptions of safety – walking alone after dark

Subjective Wellbeing

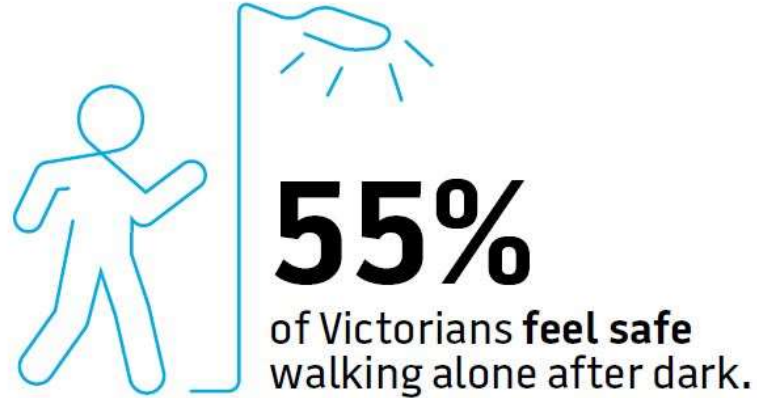


- People under the age of 65 with a disability report the lowest levels of wellbeing (68.6)

Figure 2.1 Average subjective wellbeing scores for all Victorians across indicator surveys

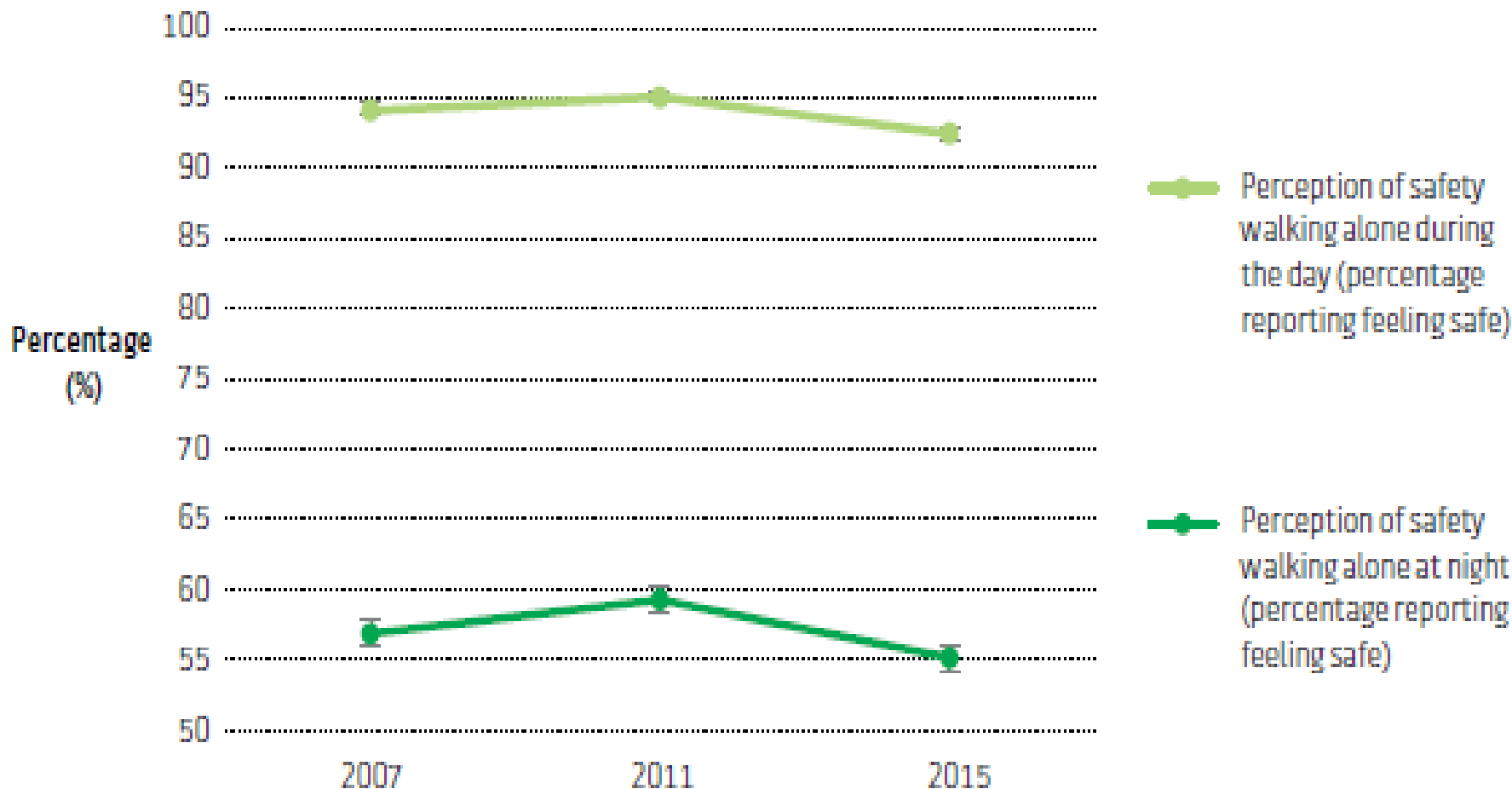


Wellbeing and Safety



- Only 4 out of 10 women surveyed said they felt safe walking after dark compared with seven out of ten men

Figure 2.2 Percentage of all Victorians across VicHealth indicator surveys reporting (1) feeling safe walking alone during the day and (2) reporting feeling safe walking alone at night





Mental Wellbeing

- Resilience (range 0–8)
- Perceptions of neighbourhood – people are willing to help each other
- Perceptions of neighbourhood – this is a close-knit neighbourhood
- Perceptions of neighbourhood – people can be trusted
- Low gender equality in relationships score

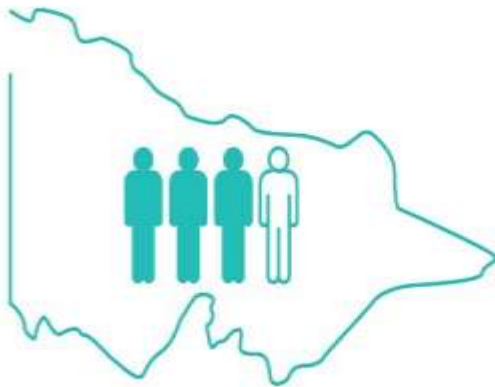


Resilience

- Victorians have an average resilience score of 6.4 out of a maximum rating of 8
- Younger people (18-34yo) have significantly lower resilience scores, and older people (45-74yo) have significantly higher resilience scores, than the average
- **Groups with lower resilience include:**
 - Victorians who are unemployed,
 - have lower annual household incomes,
 - are from culturally and linguistically diverse backgrounds,
 - or reside in the most disadvantaged areas in Victoria.

Perceptions of neighbourhood - “Willing to help each other out”

“PEOPLE AROUND HERE ARE WILLING TO HELP THEIR NEIGHBOURS”



3 out of 4
Victorians
agree



In inner metro areas,
only two-thirds **agree**

Perceptions of neighbourhood – “Live in a close-knit neighbourhood”

- 6 out of 10 Victorians agreed with statement

“ THIS IS A CLOSE-KNIT COMMUNITY ”



Most likely to agree



Couples with
dependent children

Least likely to agree



People living in group
or share household



Perceptions of neighbourhood - “People can be trusted”

- **7 out of 10 Victorians agreed with the statement**
- **Groups less likely to agree**
 - Victorians lower annual household incomes,
 - Unemployed or students,
 - Those living in share houses, or single parent households with dependent children,
 - Those who reside in the most disadvantaged areas in Victoria.



Gender equality in relationships



1 in 3 Victorians show **low support** for gender equality in relationships.

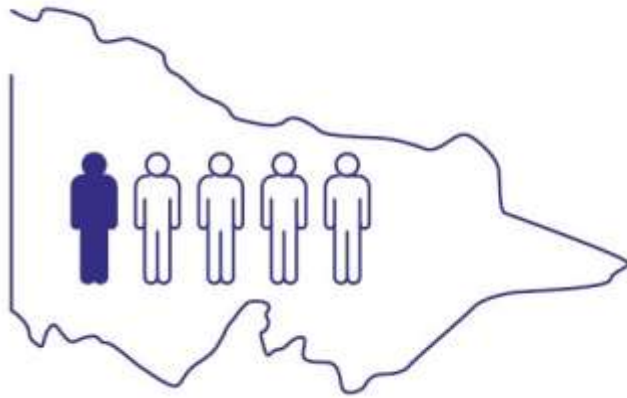


Show **low support** for gender equality in relationships.

Physical Activity

- *Physical activity frequency (≥30 mins)*
 - 0 days;
 - 1–3 days days/week
 - 4 or more days/week
- *Organised physical activity*
 - Participation in any organised physical activity
 - Organised by a fitness, leisure or indoor sports centre
 - Organised by a sports club or association
- *Non-organised physical activity*
 - Participation in any non-organised physical activity
 - Participation in activity types: walking; jogging or running; cycling; gym or fitness; swimming
 - Participates alone
 - Participates with someone
- Time spent sitting on usual work day

Physical Activity



1 in 5 Victorians report doing **no physical activity** in a typical week.



- Only 2 in 5 Victorian adults engage in physical activity (for ≥ 30 mins) on 4 or more days/week
- Adults living in areas of greatest disadvantage are less likely to be physically active
 - 25% reported zero days of PA, compared with 13% of those in areas of most advantage
- Half of all Victorians walk as a form of physical activity making it the most common form of exercise



Physical Activity cont...

- **7 in 10 Victorians (70.5%) engage in some form of non-organised PA**
- **Only 1 in 4 (28.7%) does PA organised through a club or association**
- **Half as many women (11%) as men (21%) participate in organised sport**
- **PA levels for women are below that of men across all ages and for all major types of activities except walking**

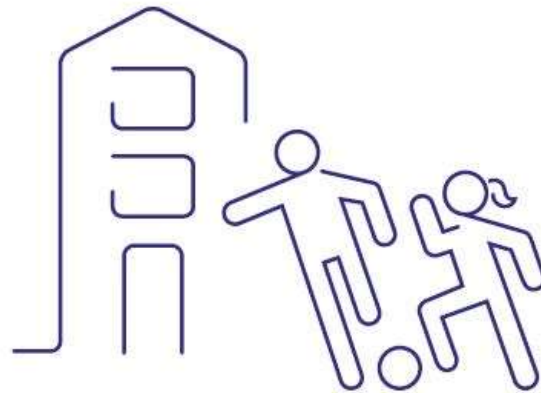


Organised Physical Activity



People living in regional areas are **more likely** to take part in physical activity organised by a sports club or association

13.5%



than people living in the metro area

8.7%



Non-Organised Physical Activity

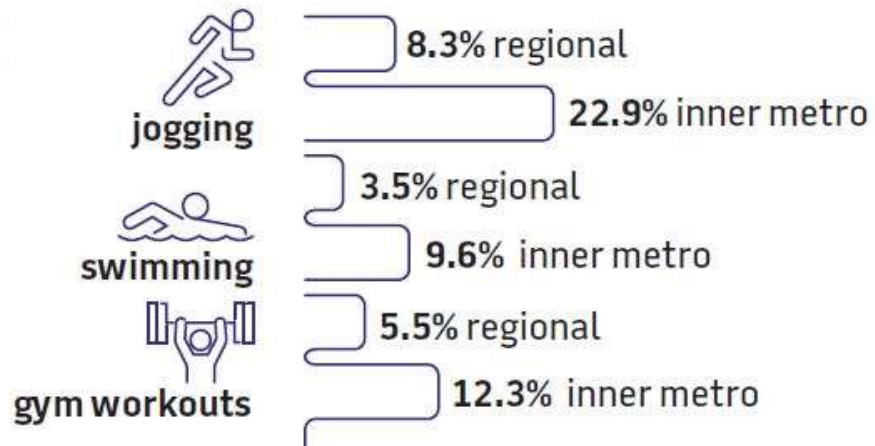


Younger adults (25–34) have higher rates of cycling, running and gym workouts than older adults.



But older adults (65–74) have a **higher rate** of walking.

Victorians living in regional areas are **less likely** to take part in non-organised physical activity than people living in the inner metropolitan area.



Healthy Eating

- Number of serves of vegetables per day
 - Number of serves of fruit per day
 - Eats take-away meals or snacks at least 3 times per week
 - No water consumed per day
 - Number of cups of water consumed per day
-
- **Victorians are consuming less than half the recommended five servings of vegetables/day (2.2 serves)**
 - **Unemployed people have the lowest average vegetable consumption (average 1.8 serves/day)**
 - **Victorians from a non-English speaking background, who were unemployed, or resided in a disadvantaged area consumed fewer vegetables than Victorian average**

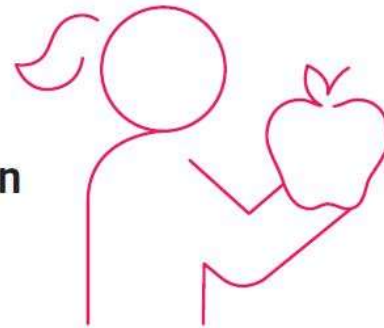


Healthy Eating cont...

- the average Victorian drinks 5.4 cups of water/day, (less than the recommended 8 cups for women, 10 cups for men)



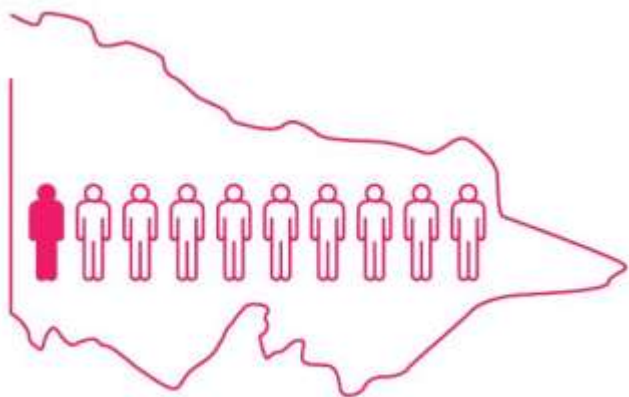
Victorians eat **1.6 serves** of fruit in a usual day, **less than** the recommended 2 serves.



Women eat **more fruit** than men in a usual day.



Take away food consumption

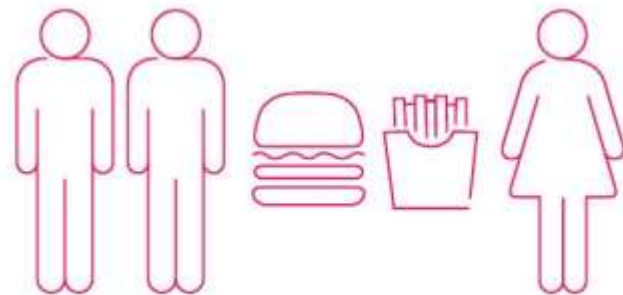


1 in 10 Victorians eat take-away meals **three or more** times per week.



People living in Melbourne are **twice as likely** to eat take-away meals three or more times per week as people living in regional Victoria.

Twice as many men than women eat take-away meals three or more times a week.



14.4%
of males

vs

6.1%
of females

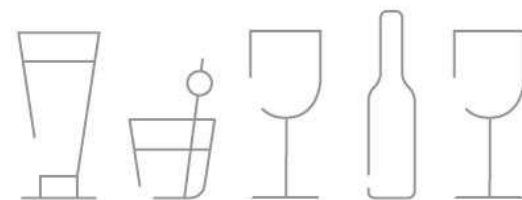


Alcohol

- At risk of short-term harm each month (5 or more drinks)
- At very high risk of short-term harm each month (11 or more drinks)
- Alcohol culture – “getting drunk every now and then is okay”



Each month **3 in 10 Victorians** drink at levels that put them **at risk of short-term harm.**



Each month **1 in 5 young Victorians** (18-24) drink at levels that put them **at very high risk of short-term harm.**



Alcohol Culture

- **More than 1 in 4 Victorians (27.9%) agree that getting “drunk every now and then [to the point of losing balance] is okay”.**
- **Twice as many Australian born Victorians (33%) agree with the statement, compared to Victorians born in non-English speaking countries (14%).**



Products - reports

VicHealth Indicators Survey 2015
Selected findings



vichealth.vic.gov.au



- **VicHealth Indicators Survey 2015 Selected Findings Report**

Products - Local Government Area Profiles

Latrobe LGA Profile

VicHealth Indicators Survey 2015 Results

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

Latrobe highlights*

General wellbeing

Latrobe City residents reported similar wellbeing to all Victorians. Residents gave their wellbeing an average score of 78.3 out of 100, compared with the Victorian average of 77.3.

There has been no significant change in subjective wellbeing for Latrobe between the 2007, 2011 and 2015 surveys.**

Life satisfaction measures how people evaluate their life as a whole. When asked to rate their general satisfaction with life on a scale from zero to 10, residents of Latrobe reported an average score of 8.0. This is similar to the Victorian life satisfaction average score of 7.8.

Safety

Most (93.5%) Latrobe residents agreed that they felt safe walking alone during the day, which is similar to the Victorian estimate (92.5%).

Just under half (47.4%) of Latrobe residents agreed that they felt safe walking alone during the day, which is similar to the Victorian estimate (55.1%).

There has been no significant change in perceptions of safety for Latrobe between the 2007, 2011 and 2015 surveys.**

* These highlights compare results for the LGA with Victorian estimates. Significance has been calculated to a 95% level of probability. Statistical significance provides an indication of how likely it is that a result, such as the difference between two values, is due to chance. For example, if an LGA's wellbeing score is higher than the Victorian estimate, but the difference is not statistically significant, it is possible that the difference is due to chance. When values are described as 'similar', it means that the difference between values is not statistically significant. Significant difference is indicated when confidence intervals for an LGA estimate do not overlap with confidence intervals for the Victorian estimate.

A confidence interval is a range of values that we would expect would contain the true value of an estimate, to a stated level of probability (95% is commonly used). Confidence intervals of 95% have been calculated for each indicator. This means that if we were to sample from the same population 100 times, we would expect the population estimate to fall within the interval 95 times (95%) and we would expect it to fall outside the estimate five times (5%).

Not all statistically significant results are reported as 'highlights'. See chart on page 3 for all indicators.

vichealth.vic.gov.au

ABOUT THE SURVEY

The data comes from the VicHealth Indicators Survey 2015, which focused on the health and wellbeing of Victorians. It complements other population health survey work conducted in Victoria, such as the Victorian Population Health Survey.

Data was collected through telephone interviews. The survey was conducted in each of Victoria's 79 LGAs, with a total sample of 22,819 participants aged 18 and over. Two items, subjective wellbeing and perceptions of safety, were included in previous indicator surveys in 2007 and 2011, therefore changes in these items over time are also reported.**

For more information, including further descriptions of the indicators in this profile, refer to the full report of the VicHealth Indicators Survey 2015 at www.vichealth.vic.gov.au/indicators.

For more detailed information on your area go to www.exploreyourdata.com.au

Data has been weighted by age, gender and telephone status (whether the participant had a mobile phone only) within each 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.

General wellbeing and safety data for 2007 are from the Community Indicator & Victoria 2007 survey. Smoking prevalence data are from the Victorian Population Health Survey 2014.

** Interpret with caution. See VicHealth Indicators Survey 2015: Selected Findings for information on the analysis of changes over time.



Indicator results

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. Details of questions can be found in the full report at: www.vichealth.vic.gov.au/indicators

Indicator	Measure	LGA estimate	LGA estimate confidence interval	Victorian estimate	Victorian estimate 95% CI	Victorian best estimate
General wellbeing						
Subjective wellbeing (range 0-100)	average	78.3	(76.5, 80.1)	77.3	74.1	84.0
Satisfaction with life as a whole (range 0-10)	average	8.0	(7.8, 8.2)	7.8	7.8	8.5
Perceptions of safety - walking alone during day	% agree	93.5	(89.9, 96.1)	92.5	84.9	98.9
Perceptions of safety - walking alone after dark	% agree	47.4	(40.4, 54.3)	55.1	35.7	66.9
Health wellbeing						
Respiratory (range 0-10)	average	6.2	(5.1, 6.4)	5.4	5.5	6.6
Perceptions of neighbourhood - people are well looked after	% agree	80.7	(74.1, 86.2)	74.1	63.0	80.8
Perceptions of neighbourhood - this is a nice area to live in	% agree	64.7	(57.3, 71.6)	63.0	41.3	81.6
Perceptions of neighbourhood - people can be trusted	% agree	70.6	(63.1, 77.3)	71.9	54.6	86.0
Low gender equality score	%	71.0	(65.5, 76.1)	65.7	51.5	78.7
Physical activity						
Days per week	%	25.1	(19.1, 31.8)	18.0	30.7	1.4
At most days per week	%	30.2	(26.0, 34.0)	41.3	28.8	66.2
Organised physical activity						
Participate in any type of physical activity	%	23.0	(18.6, 26.6)	28.7	11.7	66.6
Organised by fitness, leisure or other sports centre	%	6.9	(1.6, 10.1)	8.2	0.0	16.3
Organised by your club or association	%	14.7	(8.6, 21.0)	0.8	4.8	13.0
Non-organised physical activity						
Participate in any non-organised physical activity	%	16.2	(11.4, 18.1)	20.5	10.9	60.7
Activity type - walking	%	16.0	(12.6, 17.0)	14.1	42.8	66.1
Activity type - jogging or running	%	1.0	(0.1, 1.3)	1.0	2.4	21.0
Activity type - cycling	%	10.5	(6.4, 13.4)	13.8	3.8	25.2
Delivering healthy diet of carbs						
Time spent sitting on a seat each day (Seat time spent 18-60 year olds are working 30 or more hours)	average (hrs, mins)	2:49	(1:11, 3:27)	4:29	8:08	2:31
Healthy eating						
Number of servings of vegetables per day*	average	2.1	(1.5, 2.7)	2.2	1.7	3.7
Number of servings of fruit per day*	average	1.3	(1.1, 1.4)	1.6	1.3	1.9
Take a hot meal every day (at least 1 time in a week)	%	10.7	(5.8, 15.4)	10.3	10.8	1.7
Number of glasses of water consumed per day	%	4.6	(3.1, 6.7)	3.1	11.9	6.2
Number of cups of water consumed per day	average	4.9	(4.4, 5.3)	5.4	4.1	6.6
Alcohol						
Drink of short-term harm each month	%	25.1	(17.6, 34.2)	29.4	51.8	13.7
Be very high risk of short-term harm each month	%	0.8	(0.1, 1.4)	0.3	22.6	3.0
Drinking alcohol - getting on well with a mate and health okay	% agree	21.2	(16.6, 24.2)	27.9	47.7	15.2
Smoking prevalence						
Current smoker**	%	14.4	(10.6, 18.8)	13.1	29.7	9.2

Legend

- LGA not significantly more favourable than Victorian estimate
- LGA not significantly less favourable than Victorian estimate
- LGA not not significantly different from Victorian estimate
- Smoking prevalence high, use with caution (relative to Victorian 25-50%)
- No Victorian estimate
- Range of results across all LGAs

* See Victorian Population Health Survey 2014 for estimates of compliance with the 2011 Australian fruit and vegetable consumption guidelines.
 ** Data from Victorian Population Health Survey 2014.
 The Victorian Population Health Survey 2014 can be viewed at www.vichealth.vic.gov.au/pubs/health/population-health-survey/health-status-all-victorians/summary-data-and-report/victorian-population-health-survey/victorian-population-health-survey-2014
 ** Not all standardised rates above 100%, as table not reported





Improving mental wellbeing Local government action guide

Councils can influence the quality and distribution of conditions needed for good health, that is, the natural, built and social environments in which we live, learn, work and play.¹ They have a major role in supporting the objectives of the Victorian Public Health and Wellbeing Act 2008 by protecting, improving and promoting public health.¹

Councils can positively impact the mental wellbeing of all individuals, families and communities by:

- building community resilience through creating safe, respectful and equitable communities, workplaces and public environments
- providing opportunities for increasing all residents' participation and social connections
- preventing violence against women before it occurs by addressing the known contributors to such violence (see *Gender equality and respectful relationships* local government action guide).

The guide is one of six providing evidence-informed actions that councils may consider when preparing their Municipal Public Health and Wellbeing Plan and other local strategies. The proposed strategies are consistent with state health promotion priorities and prevention frameworks, including the *VicHealth Mental Wellbeing Strategy 2015–2019*, *Victoria's 10-year Mental Health Plan* and the *Victorian Public Health and Wellbeing Plan 2015–2019* (the Plan).^{1,4,5}

The Plan builds on a "systems thinking" perspective that recognises the complexity of health issues and the underlying causes of poor health and wellbeing. It also identifies place-based approaches as a key platform for change, recognising that the places where people spend their time – communities, schools, workplaces, sporting clubs and more – play an important role in shaping their health and wellbeing. The aim is to maximise value by leveraging multiple networks, investments and activities to deliver outcomes for communities.

vichealth.vic.gov.au



Links to other guides and further resources and available at www.vichealth.vic.gov.au/localgovernmentguides.

Links to the Victorian Population Health Survey 2014 findings are available at www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2014.

For more detailed information on your area go to www.exploreyourdata.com.au.

Products - Local Government Action Guides

- Alcohol
- Healthy eating
- Mental wellbeing
- Physical activity and sedentary behaviour
- Gender equality and respectful relationships
- Tobacco

Products – Digital data interface

- “Health snapshot”

A consumer-facing website where the general public will be able to input personal information and see how their health and wellbeing compares with others in their LGA, and the general Victorian population

www.healthsnapshot.com.au

- “Explore your data”

A website specifically designed for health planners to enable exploration all the demographic variables available from the VicHealth Indicator Survey data in relation to their local government area and beyond

www.exploreyourdata.com.au



Health Snapshot

- Best viewed on mobile
- Go to:

www.healthsnapshot.com.au

Products - Health Snapshot



The screenshot shows the 'Health Snapshot' website interface. At the top, the browser address bar displays 'www.healthsnapshot.com.au/results'. The page header includes the 'HEALTH SNAPSHOT' text and the 'VicHealth' logo. A progress bar indicates '36% complete'. Below the header, there are five icons representing different health categories: a smiley face, a brain, a person, an apple, and a bottle. The 'GENERAL WELLBEING' category is selected and highlighted in blue.

The main content area is titled 'How you compare' with a 'Refine' dropdown menu. Below this, there are three comparison groups: 'All Victorians', '35 - 44 years old Females', and 'Others in your area'. The '35 - 44 years old Females' group is currently selected.

The primary data visualization is a horizontal bar chart titled 'Satisfaction with your life as a whole'. It compares 'You' (score 5) and 'Others' (score 7.8) on a scale from 0 to 10. The 'You' bar is blue and ends at 5, while the 'Others' bar is purple and ends at 7.8.

Below the chart, there is a 'SHARE YOUR RESULT' button with social media icons for Twitter and Facebook. A 'COMPARE TO MY FRIENDS' button is also present.

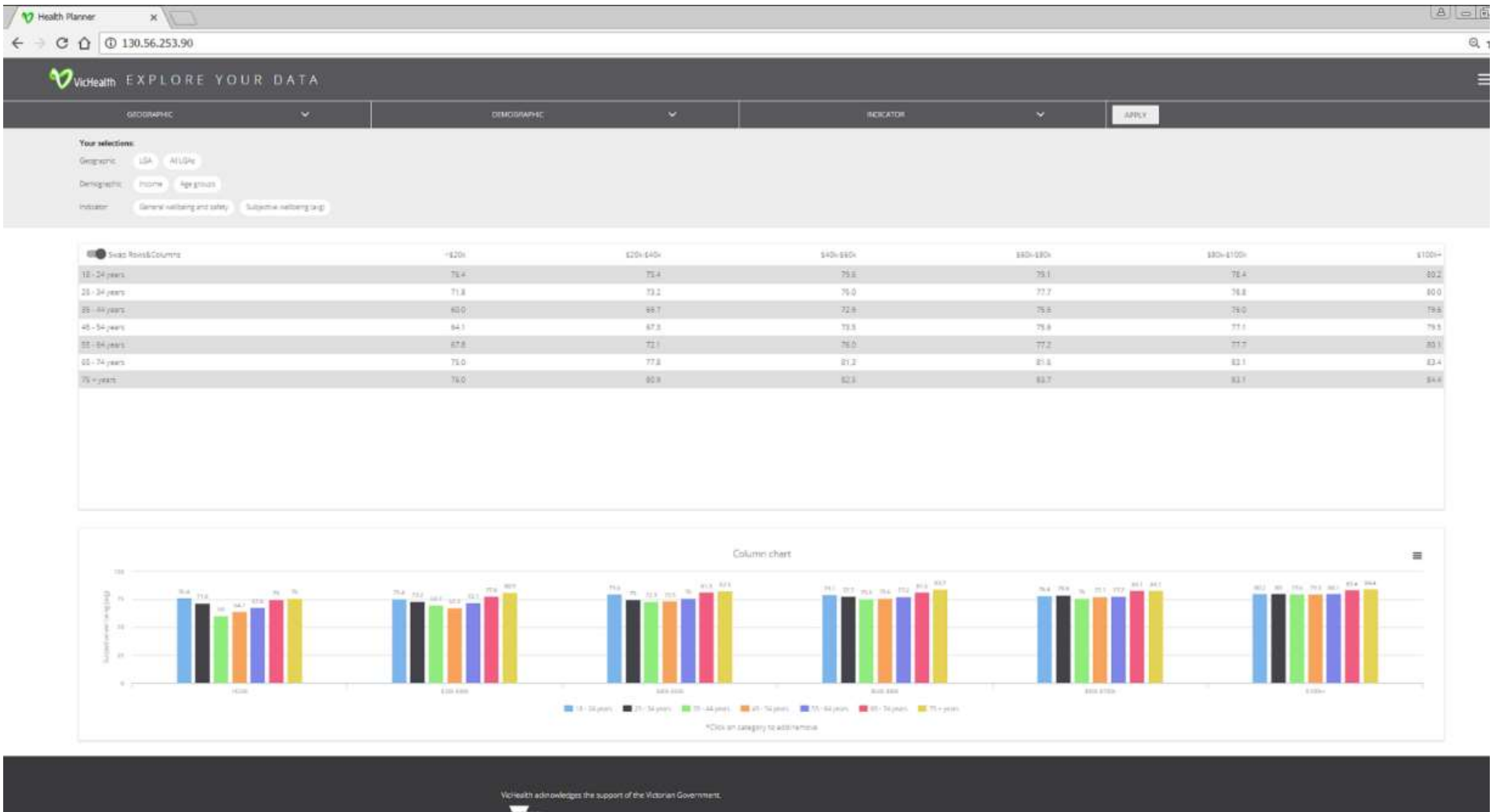
At the bottom of the main content area, there is a blue bar with a 'LEARN MORE' link and a dropdown arrow. The footer contains social media icons for Twitter, YouTube, Facebook, and LinkedIn.

Explore Your Data

- Best viewed on desktop pc/ laptop
- Incompatible with Internet Explorer 11
 - Compatible with Chrome, Firefox, Edge, Safari,...
- Go to:

www.exploreyourdata.com.au

Products – Explore Your Data



VicHealth acknowledges the support of the Victorian Government.

14/12/2016

Contact

For feedback on our products or questions,
please contact us on:

Indicators@vichealth.vic.gov.au