

# VicHealth Indicators Survey 2015

Preliminary report – results tables

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# 1 Executive summary

## About this report

The VicHealth Indicators Survey 2015 is a Victorian community health and wellbeing survey. It collected information on a range of factors known to influence individual and community wellbeing.

This survey complements other major public health surveys conducted in Victoria, such as the Victorian Population Health Survey (VPHS), to provide an evidence base for prevention planning and health service provision in Victoria.

In this preliminary report the statewide level data is presented, first by age and sex, then by sociodemographic groups.

Publications from the VicHealth Indicators Survey have been developed primarily to assist local government with planning. The findings will also be used to monitor VicHealth's progress, specifically the achievement of the 3-year priorities and 10-year goals of the VicHealth Action Agenda for Health Promotion.

The full report of findings from the VicHealth Indicators Survey 2015 will be available in mid-November. Other publications related to the Survey, such as LGA Profiles and Local Government Action Guides, provide area-level information to assist with local planning and will be available from the VicHealth website at [www.vichealth.vic.gov.au/indicators](http://www.vichealth.vic.gov.au/indicators).

## What do the indicators tell us?

The indicators were selected and developed because they are measurable items that reveal specific attitudes and behaviours related to chronic disease risk at the population level. This report provides a snapshot of the situation in Victoria at a particular point in time (October to December 2015). When read in conjunction with the VPHS, this report will enable readers to gain a comprehensive picture of health and wellbeing in Victoria.

The VicHealth Indicators Survey 2015 includes 32 indicators across the areas of wellbeing, safety, mental wellbeing, gender equality in relationships, physical activity, healthy eating and alcohol. Several items in the VicHealth Indicators Survey 2015 were included in the Community Indicators Victoria Survey in 2007 and the VicHealth Indicators Survey 2011, therefore allowing analysis of changes over time for these items.

In general, indicator data can provide social planners with capability to identify and monitor emerging trends and issues, such as the prevalence and distribution of attitudes and behaviours in the general population, and in subgroups of the population.

An extensive range of sociodemographic markers were considered in the VicHealth Indicators Survey 2015. Analysis of the indicators in relation to these markers showed a clear social gradient in health and wellbeing indicators with disadvantaged groups generally having the least favourable outcomes for risk factors related to health and wellbeing. The exception was alcohol, where increased risk of short-term harm from alcohol was generally more prevalent among more advantaged population groups. Overall, these findings highlight the need to focus on health equity to ensure that all Victorians have a fair opportunity to attain their full health potential.

VicHealth's *About Fair Foundations and promoting health equity* resource provides information about strategies that can help reduce inequities – [www.vichealth.vic.gov.au/fairfoundations](http://www.vichealth.vic.gov.au/fairfoundations). The VicHealth Indicators *Local Government Action Guides* provide evidence-based actions to help address inequities at a local level.

## Methods

The VicHealth Indicators Survey is conducted approximately every four years. The survey was first undertaken in 2007 (as Community Indicators Victoria) and was repeated in 2011 and 2015.

Data were collected via telephone interviews between October and December 2015, achieving a total sample of 22,819 adults aged 18 and over. A sample size of approximately 300 was achieved in most of Victoria's 79 LGAs, and a reduced sample size of 200 in the 10 least populous LGAs. The survey was conducted using a dual-frame survey design incorporating both landline and mobile sampling frames. This is a change from the 2007 and 2011 surveys, for which participants were chosen from a list of randomly generated landline telephone numbers only.

## Wellbeing and safety

### Indicators

- 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

The average wellbeing score for all Victorians was 77.3 out of 100 (95% confidence interval 77.1, 77.6). There has been no significant change in subjective wellbeing between 2011 and 2015, however wellbeing was significantly higher in 2015 than in 2007 (76.6)<sup>1</sup>. Victorians gave an average rating of 7.8 out of 10 (7.8, 7.8) for 'satisfaction with life as a whole'.

Females reported significantly higher subjective wellbeing than males, but there were no gender differences for life satisfaction rating. Older Victorians (those aged over 65) had higher wellbeing and life satisfaction scores than the Victorian average, while those aged 35–54 had lower scores.

The majority of Victorians (92.5% [92.0, 93.0]) reported feeling safe walking alone during the day, compared with only half of Victorians who felt safe walking alone at night (55.1% [54.2, 56.0]). Victorians were less likely to report feeling safe walking alone during the day in 2015, compared with 2007 and 2011, and less likely to report feeling safe walking alone after dark in 2015, compared with 2011.<sup>1</sup> Males were more likely to report feeling safe, compared with females, particularly for walking alone after dark. Older Victorians generally felt less safe, compared with all Victorians.

Higher social position was generally associated with higher subjective wellbeing and perceptions of safety. Victorians with higher education levels, higher annual household incomes, or those residing in the least disadvantaged areas, reported higher levels of wellbeing. Conversely, those who were unemployed, had lower annual household incomes, were from a culturally and linguistically diverse background, or resided in the most disadvantaged areas in Victoria, reported lower levels.

## Mental wellbeing

### Indicators

- 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

Victorians had an average resilience score of 6.4 out of 8 (6.4, 6.4). There were no differences between males and females overall. Younger people (those aged 18–34) had significantly lower resilience scores than average, while older age groups (those aged 45–74) had significantly higher resilience scores. Victorians who were unemployed, had lower annual household incomes, were from a culturally and linguistically diverse background, or resided in the most disadvantaged areas in Victoria, reported lower resilience.

With respect to perceptions of neighbourhood, three-quarters (74.1% [73.3, 75.0]) of Victorians agreed that people in their neighbourhood were willing to help each other out; seven out of 10 (71.9% [71.0, 72.7]) agreed that people in their neighbourhood could be trusted; and six out of 10 (61.0% [60.1, 61.9]) agreed that they lived in a close-knit neighbourhood. There were no differences in neighbourhood perceptions for gender overall; however, those aged 65 or over were more likely to report more positive perceptions of neighbourhood connection, and those younger than 35 were less likely. Generally, Victorians in the lowest annual household income category, those residing in capital cities and those in the most disadvantaged areas of Victoria were less likely to agree with these neighbourhood connection statements.

Just over one-third (35.7% [34.8, 36.6]) of Victorians held low levels of support for equal relationships between males and females (represented by a low gender equality in relationships score). A higher proportion of both males and of younger Victorians (those aged 34 or under) scored low on the gender equality in relationships indicator, while a lower proportion of Victorians aged 45 and over scored low on the gender equality in relationships indicator.

<sup>1</sup> Interpret time series findings with relative caution given modifications to sampling method in 2015.

## Physical activity and sedentary behaviour

### Indicators

#### Physical activity frequency (30 minutes or more)

- 0 days per week
- 1–3 days per week
- 4 or more days per 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
- Activity type: walking
- Activity type: jogging or running
- Activity type: cycling
- Activity type: gym or fitness
- Activity type: swimming
- Participates alone
- Participates with someone

#### Sedentary behaviour at work

- Time spent sitting on usual work day\*

\*For persons aged 18–64 who are working 35 or more hours per week.

Two in five (41.3% [40.4, 42.2]) Victorian adults reported doing 30 minutes or more physical activity on four or more days per week, and one in five (18.9%, [18.2, 19.6]) did not engage in any physical activity during the week. A larger proportion of younger Victorians (those aged 18–24) and a smaller proportion of older Victorians (those aged 75 or over) reported undertaking physical activity on four or more days in a typical week. A smaller proportion of younger Victorians (aged 18–34), and a larger proportion of older Victorians (aged 75 and over) reported no days of physical activity in a typical week.

Seven out of 10 (70.5% [69.7, 71.4]) Victorians participated in non-organised physical activity. The most common activity was walking (in which 51.2% participated). Nearly three out of 10 (28.7% [27.8, 29.5]) participated in organised sport, with the two most common organisations coordinating the activity being a sports club or association (9.8%) or a fitness, leisure or sports centre (9.2%).

Among females, there was a significantly lower rate of participation in physical activity (specifically non-organised physical activity), compared with males. This trend extended to almost all forms of non-organised sport, including jogging or running, cycling and attending a gym or fitness centre. Females were, however, more likely to engage in walking than males. Those with lower annual household incomes, those from a culturally and linguistically diverse background, and those residing in the most disadvantaged areas of Victoria were more likely to report doing no physical activity. Those from a culturally and linguistically diverse background, and those residing in outer metropolitan LGAs or in the most disadvantaged areas of Victoria were less likely to report doing physical activity on four or more days per week.

Victorians aged 18–64 who are working 35 or more hours per week spend an average of 4 hours and 29 minutes (4 hours and 24 minutes, 4 hours and 35 minutes) sitting during work hours each day. Time spent sitting is highest among university graduates, workers in the state's capital city and high income earners.

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## Healthy eating

### Indicators

- 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

On average, Victorians consumed 2.2 (2.2, 2.3) serves of vegetables in a usual day and 1.6 (1.6, 1.6) serves of fruit. Females consumed a higher number of vegetable and fruit serves, and males consumed fewer vegetable and fruit serves, compared with the average. All Victorians, on average, consumed far less than the recommended five serves of vegetables daily. Those aged 18–24 consumed even fewer vegetables than the Victorian average, whereas those aged 55–64 consumed more serves of vegetables than the Victorian average.

Victorians from a non-English speaking background, those who were unemployed and those who lived in a disadvantaged area consumed fewer vegetables, compared with the population average.

One in 10 Victorians (10.2% [9.6, 10.8]) consumed take-away meals or snacks at least three times or more per week. A higher proportion of males consumed take away meals or snacks three or more times a week, compared with females (6.1% compared with 14.4%). Reported consumption of take-away meals and snacks was higher for younger age groups (22% of those aged 18–24) and lower for older age groups (2.0% of those aged 65–74). Prevalence was higher in certain groups, including those living in a share or group household, students, employed and unemployed persons, those from a non-English-speaking country and those living in inner metropolitan areas.

On average, Victorians consumed 5.4 cups of water in a usual day. Males consumed more cups of water compared with females. A small number of Victorians (3%) reported that they did not consume any water at all in a usual day. A significantly higher proportion of males, compared with females, did not consume any water. Older Victorians consumed fewer cups of water in a usual day compared with the average, and the proportion of those drinking no water increased with age. A notable pattern is present for occupational context, whereby those who were employed or who were students reported higher consumption, compared with those reporting home duties or being retired.

## Alcohol

### Indicators

- 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”

The proportion of Victorians identified as being at risk of short-term harm from alcohol was 29.4% (28.5, 30.2), while nearly one in 10 (9.2% [8.6, 9.8]) Victorians was identified as being at very high risk. Compared with all Victorians, a significantly greater proportion of males were identified as being at risk, and at very high risk, of short-term harm.

A higher proportion of Victorians aged 18–24, and a lower proportion of those aged 75 or over, were identified as being at risk of short-term harm from alcohol, compared with all Victorians. (The same pattern was seen for very high risk.) Increased risk of short-term harm from alcohol was generally more prevalent among more advantaged population groups.

Over one-quarter (27.9% [27.0, 28.8]) of Victorians agree that getting drunk every now and then is okay. Compared with all Victorians, males were more likely to agree with this statement, and women less likely. Agreement with the statement decreased with age, from 49.6% of those aged 18–24 to 4.5% of those aged 75 or over. This attitude was more prevalent in certain groups, including those living in inner metropolitan areas, those living in a share or group household, those with higher annual household incomes, and those reporting their sexuality as something other than heterosexual.

## 2 WELLBEING AND SAFETY

Table 2.1 Average wellbeing score, by age and gender

Age group (years)	Subjective wellbeing [range 0–100]								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	77.8	76.7	78.9	77.9	77.0	78.9	77.9	77.1	78.6
25–34	76.1	75.2	77.1	78.0	77.3	78.8	77.1	76.5	77.7
35–44	75.4	74.5	76.4	76.5	75.7	77.3	76.0	75.4	76.6
45–54	75.4	74.6	76.1	76.9	76.2	77.7	76.2	75.6	76.7
55–64	76.3	75.5	77.2	77.0	76.2	77.9	76.7	76.1	77.3
65–74	79.1	78.3	79.9	80.1	79.2	81.0	79.6	79.0	80.2
75+	80.1	78.9	81.2	81.6	80.4	82.7	80.9	80.1	81.7
<b>TOTAL</b>	<b>76.7</b>	<b>76.3</b>	<b>77.1</b>	<b>77.9</b>	<b>77.6</b>	<b>78.3</b>	<b>77.3</b>	<b>77.1</b>	<b>77.6</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

Table 2.2 Average life satisfaction score, by age and gender

Age group (years)	Satisfaction with life as a whole [range 0–10]								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	7.7	7.5	7.8	7.8	7.7	8.0	7.7	7.7	7.8
25–34	7.7	7.6	7.8	7.8	7.7	7.9	7.7	7.7	7.8
35–44	7.6	7.5	7.7	7.8	7.7	7.9	7.7	7.6	7.8
45–54	7.6	7.5	7.7	7.8	7.7	7.9	7.7	7.6	7.8
55–64	7.7	7.6	7.8	7.8	7.7	7.9	7.7	7.7	7.8
65–74	8.1	8.0	8.2	8.1	8.0	8.2	8.1	8.0	8.2
75+	8.3	8.2	8.4	8.2	8.1	8.3	8.2	8.1	8.3
<b>TOTAL</b>	<b>7.7</b>	<b>7.7</b>	<b>7.8</b>	<b>7.9</b>	<b>7.8</b>	<b>7.9</b>	<b>7.8</b>	<b>7.8</b>	<b>7.8</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

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## 2 WELLBEING AND SAFETY

**Table 2.3 Proportion of Victorians who feel safe walking alone in their local area during the day, by age and gender**

Age group (years)	Perceptions of safety – walking alone during day								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	94.3	91.7	96.2	89.4	86.3	92.0	91.9	90.0	93.6
25–34	96.3	94.7	97.5	90.4	88.2	92.3	93.3	92.0	94.5
35–44	95.6	93.9	97.0	92.5	90.6	94.1	94.0	92.8	95.1
45–54	95.9	94.4	97.1	92.5	90.9	93.9	94.2	93.1	95.1
55–64	96.7	95.4	97.7	91.1	89.2	92.7	93.8	92.6	94.8
65–74	95.4	93.9	96.7	87.9	85.5	90.0	91.5	90.1	92.8
75+	91.3	87.9	94.0	78.9	75.4	82.2	84.3	81.8	86.5
<b>TOTAL</b>	<b>95.4</b>	<b>94.8</b>	<b>96.0</b>	<b>89.7</b>	<b>88.9</b>	<b>90.5</b>	<b>92.5</b>	<b>92.0</b>	<b>93.0</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

**Table 2.4 Proportion of Victorians who feel safe walking alone in their local area at night, by age and gender**

Age group (years)	Perceptions of safety – walking alone after dark								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	72.5	68.4	76.3	36.4	32.2	40.8	54.9	51.8	58.0
25–34	74.0	70.8	77.1	41.8	38.4	45.2	57.9	55.5	60.3
35–44	78.2	75.1	81.0	42.6	39.6	45.7	60.2	57.9	62.5
45–54	80.4	77.8	82.8	42.2	39.4	44.9	60.9	58.9	63.0
55–64	76.1	73.3	78.8	39.2	36.4	42.1	57.2	55.1	59.3
65–74	67.8	64.7	70.8	28.6	25.8	31.6	47.7	45.5	50.0
75+	53.3	48.7	57.8	17.0	14.3	19.9	32.5	29.9	35.3
<b>TOTAL</b>	<b>73.8</b>	<b>72.6</b>	<b>75.0</b>	<b>37.2</b>	<b>36.0</b>	<b>38.4</b>	<b>55.1</b>	<b>54.2</b>	<b>56.0</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

## 2 WELLBEING AND SAFETY

Table 2.5 Summary of wellbeing and safety indicators, by demographic

	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		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>77.3</b>	<b>77.1</b>	<b>77.6</b>	<b>7.8</b>	<b>7.8</b>	<b>7.8</b>	<b>92.5</b>	<b>92.0</b>	<b>93.0</b>	<b>55.1</b>	<b>54.2</b>	<b>56.0</b>
<b>Gender</b>												
Male	76.7	76.3	77.1	7.7	7.7	7.8	95.4	94.8	96.0	73.8	72.6	75.0
Female	77.9	77.6	78.3	7.9	7.8	7.9	89.7	88.9	90.5	37.2	36.0	38.4
<b>Age</b>												
18–24	77.9	77.1	78.6	7.7	7.7	7.8	91.9	90.0	93.6	54.9	51.8	58.0
25–34	77.1	76.5	77.7	7.7	7.7	7.8	93.3	92.0	94.5	57.9	55.5	60.3
35–44	76.0	75.4	76.6	7.7	7.6	7.8	94.0	92.8	95.1	60.2	57.9	62.5
45–54	76.2	75.6	76.7	7.7	7.6	7.8	94.2	93.1	95.1	60.9	58.9	63.0
55–64	76.7	76.1	77.3	7.7	7.7	7.8	93.8	92.6	94.8	57.2	55.1	59.3
65–74	79.6	79.0	80.2	8.1	8.0	8.2	91.5	90.1	92.8	47.7	45.5	50.0
75+	80.9	80.1	81.7	8.2	8.1	8.3	84.3	81.8	86.5	32.5	29.9	35.3
<b>Education</b>												
Some high school or less	76.8	76.1	77.5	7.8	7.7	7.9	86.3	84.7	87.9	40.7	38.5	42.8
Completed high school	77.3	76.6	78.0	7.8	7.7	7.9	91.3	89.6	92.8	53.8	51.0	56.5
TAFE/Certificate/Diploma	76.2	75.7	76.7	7.7	7.6	7.7	92.8	91.9	93.7	57.1	55.4	58.7
University	78.4	78.0	78.7	7.9	7.9	8.0	95.5	94.8	96.1	61.0	59.4	62.5
<b>Main activity</b>												
Employed	77.7	77.4	78.0	7.8	7.8	7.9	94.8	94.2	95.3	62.0	60.8	63.1
Unemployed	70.7	68.8	72.5	7.0	6.7	7.2	93.5	90.2	96.0	64.7	58.9	70.1
Student	77.7	76.7	78.6	7.7	7.6	7.8	91.2	88.4	93.5	54.0	49.7	58.2
Home duties	78.5	77.4	79.5	7.9	7.8	8.0	90.2	87.7	92.4	41.2	37.3	45.2
Retired	79.9	79.4	80.4	8.2	8.1	8.2	88.5	87.1	89.8	39.2	37.4	41.0
<b>Main language spoken at home</b>												
English	77.7	77.5	78.0	7.8	7.8	7.9	93.3	92.8	93.8	56.7	55.7	57.7
Other	76.1	75.6	76.7	7.7	7.6	7.8	90.2	89.0	91.4	50.8	48.7	52.8
<b>Country of birth</b>												
Australian born	77.6	77.3	77.9	7.8	7.8	7.8	93.0	92.4	93.6	56.0	54.9	57.1
English-speaking country	77.9	77.2	78.7	7.9	7.8	8.0	94.0	92.3	95.4	60.6	57.4	63.7
Non-English speaking country	76.4	75.9	76.9	7.8	7.7	7.9	90.8	89.6	91.9	51.2	49.1	53.2
<b>Self-reported disability</b>												
Reported disability – under 65 years	68.6	67.8	69.5	6.8	6.7	6.9	89.5	87.8	91.0	50.2	47.7	52.7
Reported disability – over 65 years	75.9	75.0	76.9	7.8	7.7	7.9	83.7	81.3	85.9	34.6	31.9	37.4
No disability reported	79.0	78.7	79.2	8.0	7.9	8.0	93.8	93.3	94.4	57.8	56.7	58.8
<b>Aboriginal and/or Torres Strait Islander status</b>												
Aboriginal and/or Torres Strait Islander	73.0	69.5	76.4	7.5	7.1	7.8	86.1	76.3	92.9	48.7	38.4	59.1
Non-Aboriginal and/or Torres Strait Islander	77.4	77.1	77.6	7.8	7.8	7.8	92.6	92.1	93.1	55.2	54.3	56.1
<b>Sexuality</b>												
Heterosexual	77.5	77.3	77.8	7.8	7.8	7.9	92.7	92.2	93.2	55.4	54.4	56.3
Other	73.6	72.4	74.9	7.4	7.2	7.5	91.0	88.1	93.4	55.8	51.3	60.2
<b>Income</b>												
Less than \$20,000	71.6	70.2	72.9	7.2	7.1	7.4	89.3	86.5	91.6	46.2	42.3	50.2
\$20,000–\$39,999	75.5	74.8	76.2	7.7	7.6	7.7	87.2	85.7	88.7	41.7	39.7	43.8
\$40,000–\$59,999	76.4	75.8	77.1	7.7	7.6	7.8	93.6	92.2	94.8	57.3	54.7	59.9
\$60,000–\$79,999	77.5	76.8	78.1	7.8	7.8	7.9	94.3	92.7	95.6	56.5	53.6	59.4
\$80,000–\$99,999	77.8	77.1	78.5	7.8	7.8	7.9	95.8	94.3	96.9	62.1	59.1	65.2
\$100,000 or more	79.9	79.6	80.3	8.0	8.0	8.1	96.2	95.4	96.9	67.9	66.1	69.7

## 2 WELLBEING AND SAFETY

Table 2.5 Summary of wellbeing and safety indicators, by demographic

	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		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>												
Single person household	73.7	72.9	74.5	7.5	7.4	7.6	90.5	89.0	91.8	46.5	44.1	48.9
Couple household	79.7	79.3	80.1	8.1	8.1	8.2	92.2	91.2	93.1	54.4	52.7	56.1
Household with children	77.9	77.6	78.3	7.9	7.8	7.9	93.6	92.8	94.3	58.2	56.7	59.6
– Single parent with dependent children	71.5	70.0	73.0	7.2	7.0	7.4	92.2	88.6	94.9	46.2	40.7	51.8
– Couple parent with dependent children	78.7	78.3	79.1	8.0	7.9	8.0	94.2	93.2	95.0	59.4	57.6	61.2
Share or group household	74.9	74.0	75.8	7.5	7.4	7.6	93.1	91.4	94.6	58.4	55.2	61.5
<b>Geography</b>												
Metropolitan	76.8	76.4	77.1	7.8	7.7	7.8	92.9	92.2	93.6	55.7	54.3	57.0
– Inner metro	77.4	76.6	78.1	7.8	7.7	7.9	94.9	93.2	96.2	64.8	61.6	68.0
– Middle metro	77.2	76.8	77.6	7.8	7.7	7.8	94.2	93.4	95.0	58.7	57.0	60.4
– Outer metro	75.4	74.6	76.2	7.7	7.6	7.8	88.4	86.4	90.1	42.6	39.7	45.5
Interface	77.2	76.6	77.7	7.8	7.7	7.9	89.9	88.5	91.1	50.3	48.1	52.4
Regional city	78.0	77.3	78.6	7.9	7.8	8.0	93.8	92.6	94.9	52.0	49.5	54.5
Large shire	79.0	78.5	79.5	7.9	7.9	8.0	94.2	93.4	95.0	63.7	62.0	65.4
Small shire	79.8	79.2	80.3	8.0	7.9	8.0	96.3	95.6	97.0	70.1	68.3	71.8
<b>Location</b>												
Capital city	76.9	76.7	77.2	7.8	7.7	7.8	92.0	91.4	92.6	54.2	53.1	55.3
Rest of state	78.5	78.1	78.9	7.9	7.8	8.0	94.2	93.5	94.9	58.2	56.7	59.7
<b>Internet at home</b>												
Yes	77.5	77.3	77.7	7.8	7.8	7.8	93.5	93.0	94.0	57.5	56.6	58.5
<b>SEIFA (index of disadvantage)</b>												
1 – Low (most disadvantaged)	75.8	75.2	76.5	7.7	7.6	7.7	89.2	87.7	90.6	46.6	44.5	48.7
2	76.7	76.1	77.3	7.8	7.7	7.9	90.3	88.9	91.7	49.5	47.3	51.7
3	76.7	76.1	77.3	7.8	7.7	7.9	91.7	90.4	92.8	52.0	49.8	54.1
4	77.7	77.2	78.3	7.8	7.8	7.9	93.8	92.6	94.8	57.2	55.0	59.4
5 – High (least disadvantaged)	78.8	78.4	79.2	7.9	7.9	8.0	95.8	95.0	96.5	64.8	63.1	66.6
<b>Time series</b>												
2015	77.3	77.1	77.6				92.5	92.0	93.0	55.1	54.2	56.0
2011	77.5	77.3	77.8				95.1	94.7	95.5	59.3	58.3	60.2
2007	76.6	76.4	76.9				94.2	93.8	94.7	56.9	56.0	57.9

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

### 3 MENTAL WELLBEING

**Table 3.1 Average resilience score, by age and gender**

Age group (years)	Resilience [range 0–8]								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	6.1	5.9	6.2	6.0	5.9	6.2	6.1	6.0	6.2
25–34	6.2	6.0	6.3	6.3	6.2	6.4	6.2	6.1	6.3
35–44	6.4	6.3	6.5	6.3	6.2	6.4	6.4	6.3	6.4
45–54	6.5	6.4	6.6	6.5	6.4	6.6	6.5	6.4	6.6
55–64	6.6	6.5	6.7	6.5	6.4	6.6	6.5	6.5	6.6
65–74	6.7	6.6	6.8	6.6	6.5	6.8	6.7	6.6	6.7
75+	6.4	6.2	6.6	6.6	6.4	6.7	6.5	6.4	6.6
<b>Total</b>	<b>6.4</b>	<b>6.3</b>	<b>6.4</b>	<b>6.4</b>	<b>6.3</b>	<b>6.4</b>	<b>6.4</b>	<b>6.4</b>	<b>6.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 3.2 Proportion of Victorians agreeing that people in their neighbourhood were ‘willing to help each other out’, by age and gender**

Age group (years)	Perceptions of neighbourhood – people are willing to help each other								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	67.8	63.6	71.8	72.5	68.3	76.4	70.1	67.2	72.9
25–34	67.0	63.6	70.3	69.9	66.6	73.0	68.5	66.1	70.7
35–44	73.6	70.3	76.7	74.5	71.7	77.2	74.0	71.9	76.1
45–54	74.4	71.6	77.1	76.5	73.9	79.0	75.5	73.6	77.3
55–64	73.3	70.4	76.1	77.0	74.2	79.5	75.2	73.2	77.1
65–74	77.8	74.9	80.5	80.3	77.4	82.9	79.1	77.1	81.0
75+	80.9	76.8	84.6	84.3	81.0	87.2	82.8	80.3	85.2
<b>Total</b>	<b>72.6</b>	<b>71.4</b>	<b>73.9</b>	<b>75.6</b>	<b>74.4</b>	<b>76.7</b>	<b>74.1</b>	<b>73.3</b>	<b>75.0</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 3.3 Proportion of Victorians agreeing that people in their neighbourhood ‘could be trusted’, by age and gender**

Age group (years)	Perceptions of neighbourhood – people can be trusted								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	65.6	61.3	69.6	66.4	62.0	70.6	66.0	63.0	68.9
25–34	63.8	60.3	67.2	65.0	61.7	68.3	64.5	62.1	66.8
35–44	71.9	68.6	75.1	70.3	67.4	73.2	71.1	68.9	73.2
45–54	73.4	70.5	76.1	72.7	70.1	75.3	73.0	71.1	74.9
55–64	74.8	71.9	77.5	75.1	72.3	77.7	74.9	73.0	76.8
65–74	79.9	77.2	82.4	79.8	77.1	82.4	79.9	78.0	81.7
75+	80.3	76.3	84.0	82.7	79.2	85.9	81.8	79.2	84.2
<b>Total</b>	<b>71.6</b>	<b>70.3</b>	<b>72.8</b>	<b>72.1</b>	<b>70.9</b>	<b>73.3</b>	<b>71.9</b>	<b>71.0</b>	<b>72.7</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

### 3 MENTAL WELLBEING

**Table 3.4 Proportion of Victorians agreeing that they lived in ‘a close-knit neighbourhood’, by age and gender**

Age group (years)	Perceptions of neighbourhood – this is a close-knit neighbourhood								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	54.2	49.8	58.5	<b>56.6</b>	52.1	61.0	<b>55.4</b>	52.3	58.5
25–34	<b>52.7</b>	49.1	56.2	<b>53.7</b>	50.2	57.1	<b>53.2</b>	50.7	55.7
35–44	60.5	56.9	63.9	63.1	60.0	66.1	61.8	59.5	64.1
45–54	61.2	58.1	64.2	65.3	62.5	68.0	63.3	61.2	65.3
55–64	61.4	58.3	64.4	62.5	59.6	65.4	62.0	59.9	64.1
65–74	62.9	59.7	66.0	<b>69.1</b>	66.0	72.0	<b>66.0</b>	63.8	68.2
75+	<b>71.8</b>	67.5	75.8	<b>75.0</b>	71.2	78.5	<b>73.5</b>	70.7	76.2
<b>Total</b>	<b>59.5</b>	<b>58.1</b>	<b>60.8</b>	<b>62.5</b>	<b>61.3</b>	<b>63.8</b>	<b>61.0</b>	<b>60.1</b>	<b>61.9</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

**Table 3.5 Proportion of Victorians with low support for gender equality in relationships, by age and gender**

Age group (years)	Low gender equality score								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	<b>52.9</b>	48.6	57.3	<b>34.3</b>	30.1	38.7	<b>43.9</b>	40.8	47.0
25–34	<b>50.0</b>	46.4	53.6	30.6	27.5	33.8	<b>40.2</b>	37.8	42.7
35–44	45.5	42.0	49.1	27.2	24.4	30.1	36.2	34.0	38.6
45–54	<b>38.6</b>	35.6	41.6	<b>22.1</b>	19.7	24.6	<b>30.1</b>	28.2	32.1
55–64	<b>38.9</b>	35.8	42.0	<b>22.0</b>	19.5	24.6	<b>30.3</b>	28.3	32.4
65–74	<b>38.9</b>	35.8	42.2	24.0	21.2	27.0	<b>31.3</b>	29.1	33.5
75+	42.7	38.2	47.3	<b>33.2</b>	29.3	37.2	37.2	34.2	40.2
<b>Total</b>	<b>44.4</b>	<b>43.0</b>	<b>45.8</b>	<b>27.3</b>	<b>26.1</b>	<b>28.5</b>	<b>35.7</b>	<b>34.8</b>	<b>36.6</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

### 3 MENTAL WELLBEING

Table 3.6 Summary of mental wellbeing indicators, by demographic

	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 score		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>6.4</b>	<b>6.4</b>	<b>6.4</b>	<b>74.1</b>	<b>73.3</b>	<b>75.0</b>	<b>61.0</b>	<b>60.1</b>	<b>61.9</b>	<b>71.9</b>	<b>71.0</b>	<b>72.7</b>	<b>35.7</b>	<b>34.8</b>	<b>36.6</b>
<b>Gender</b>															
Male	6.4	6.3	6.4	72.6	71.4	73.9	59.5	58.1	60.8	71.6	70.3	72.8	44.4	43.0	45.8
Female	6.4	6.3	6.4	75.6	74.4	76.7	62.5	61.3	63.8	72.1	70.9	73.3	27.3	26.1	28.5
<b>Age</b>															
18–24	6.1	6.0	6.2	70.1	67.2	72.9	55.4	52.3	58.5	66.0	63.0	68.9	43.9	40.8	47.0
25–34	6.2	6.1	6.3	68.5	66.1	70.7	53.2	50.7	55.7	64.5	62.1	66.8	40.2	37.8	42.7
35–44	6.4	6.3	6.4	74.0	71.9	76.1	61.8	59.5	64.1	71.1	68.9	73.2	36.2	34.0	38.6
45–54	6.5	6.4	6.6	75.5	73.6	77.3	63.3	61.2	65.3	73.0	71.1	74.9	30.1	28.2	32.1
55–64	6.5	6.5	6.6	75.2	73.2	77.1	62.0	59.9	64.1	74.9	73.0	76.8	30.3	28.3	32.4
65–74	6.7	6.6	6.7	79.1	77.1	81.0	66.0	63.8	68.2	79.9	78.0	81.7	31.3	29.1	33.5
75+	6.5	6.4	6.6	82.8	80.3	85.2	73.5	70.7	76.2	81.8	79.2	84.2	37.2	34.2	40.2
<b>Education</b>															
Some high school or less	6.3	6.2	6.4	75.7	73.6	77.7	66.9	64.7	69.1	74.1	72.0	76.1	40.0	37.8	42.3
Completed high school	6.2	6.1	6.3	73.6	71.0	76.0	60.0	57.3	62.7	68.9	66.2	71.4	38.4	35.7	41.2
TAFE/Certificate/Diploma	6.4	6.4	6.5	73.0	71.4	74.6	60.0	58.3	61.7	69.4	67.8	71.0	36.1	34.4	37.8
University	6.4	6.4	6.5	74.4	73.0	75.8	59.3	57.7	60.8	74.0	72.6	75.4	32.6	31.1	34.2
<b>Main activity</b>															
Employed	6.5	6.5	6.6	73.8	72.7	74.9	59.7	58.5	60.9	71.2	70.0	72.3	34.6	33.4	35.8
Unemployed	5.5	5.3	5.8	69.3	63.8	74.5	58.9	53.1	64.6	64.3	58.6	69.8	47.1	41.2	53.1
Student	5.9	5.8	6.1	70.0	65.9	73.8	53.8	49.5	58.0	66.9	62.7	70.8	41.7	37.5	45.9
Home duties	6.2	6.1	6.4	74.9	71.2	78.4	63.8	59.8	67.6	70.7	66.8	74.4	38.7	34.8	42.8
Retired	6.5	6.5	6.6	80.6	79.0	82.2	69.8	68.0	71.5	80.7	79.1	82.2	33.5	31.7	35.3
<b>Main language spoken at home</b>															
English	6.6	6.6	6.6	75.6	74.7	76.6	61.4	60.3	62.4	73.1	72.2	74.1	29.2	28.2	30.2
Other	5.7	5.7	5.8	69.8	67.9	71.7	59.9	57.9	61.9	68.3	66.4	70.1	54.0	52.0	56.1
<b>Country of birth</b>															
Australian born	6.6	6.6	6.6	75.1	74.1	76.1	61.1	60.0	62.2	72.5	71.5	73.5	29.9	28.9	31.0
English-speaking country	6.7	6.6	6.8	74.7	71.7	77.5	59.6	56.4	62.8	75.4	72.5	78.2	28.2	25.3	31.2
Non-English speaking country	5.7	5.6	5.8	71.3	69.4	73.1	61.1	59.1	63.1	69.0	67.1	70.9	52.9	50.9	55.0
<b>Self-reported disability</b>															
Reported disability – under 65 years	5.9	5.8	6.0	65.4	62.9	67.8	53.8	51.3	56.3	64.8	62.4	67.2	35.3	32.9	37.8
Reported disability – over 65 years	6.3	6.2	6.4	77.9	75.2	80.5	68.7	65.8	71.5	79.1	76.5	81.5	34.8	31.9	37.8
No disability reported	6.5	6.4	6.5	75.4	74.4	76.3	61.6	60.6	62.7	72.5	71.5	73.4	35.8	34.8	36.9
<b>Aboriginal and/or Torres Strait Islander status</b>															
Aboriginal and/or Torres Strait Islander	6.3	6.0	6.6	67.3	56.8	76.7	62.5	52.0	72.2	65.2	54.5	75.0	41.1	30.8	51.9
Non-Aboriginal and/or Torres Strait Islander	6.4	6.4	6.4	74.2	73.4	75.0	61.0	60.1	62.0	71.9	71.1	72.8	35.6	34.6	36.5
<b>Sexuality</b>															
Heterosexual	6.4	6.4	6.5	74.5	73.6	75.4	61.3	60.3	62.2	72.2	71.3	73.1	36.0	35.0	36.9
Other	6.0	5.8	6.1	67.4	63.1	71.5	54.7	50.2	59.1	66.5	62.2	70.7	28.5	24.5	32.7
<b>Income</b>															
Less than \$20,000	5.8	5.6	5.9	65.8	61.9	69.5	55.3	51.3	59.2	63.1	59.2	66.8	42.6	38.7	46.6
\$20,000–\$39,999	6.1	6.0	6.2	73.2	71.2	75.1	62.8	60.7	64.9	72.2	70.1	74.1	39.5	37.4	41.6
\$40,000–\$59,999	6.3	6.2	6.4	73.3	70.8	75.7	62.4	59.8	65.0	71.4	68.9	73.8	38.2	35.6	40.8
\$60,000–\$79,999	6.4	6.4	6.5	73.7	71.0	76.3	59.6	56.6	62.4	71.6	68.8	74.3	34.9	32.1	37.8
\$80,000–\$99,999	6.5	6.4	6.6	75.5	72.6	78.2	60.8	57.7	63.9	72.6	69.6	75.4	33.8	30.8	36.9
\$100,000 or more	6.8	6.8	6.9	77.6	76.0	79.2	61.8	60.0	63.7	75.4	73.7	77.1	29.4	27.6	31.2

### 3 MENTAL WELLBEING

Table 3.6 Summary of mental wellbeing indicators, by demographic

	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 score		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>															
Single person household	6.3	6.2	6.3	72.0	69.7	74.2	59.0	56.6	61.4	69.5	67.2	71.8	35.3	33.0	37.7
Couple household	6.6	6.5	6.6	77.0	75.4	78.4	63.6	61.9	65.3	74.7	73.2	76.3	31.5	29.9	33.2
Household with children	6.4	6.4	6.5	76.0	74.7	77.3	63.0	61.6	64.5	73.1	71.8	74.4	36.0	34.5	37.4
– Single parent with dependent children	6.3	6.1	6.4	68.3	62.8	73.5	58.8	53.2	64.3	61.6	55.9	67.0	34.5	29.2	40.2
– Couple parent with dependent children	6.5	6.4	6.5	77.6	75.9	79.2	65.0	63.2	66.8	74.8	73.1	76.4	35.1	33.4	37.0
Share or group household	6.0	5.9	6.1	66.2	63.1	69.1	52.5	49.3	55.7	66.3	63.2	69.2	43.7	40.6	46.9
<b>Geography</b>															
Metropolitan	6.3	6.2	6.3	71.9	70.7	73.2	58.2	56.8	59.5	71.1	69.8	72.3	36.4	35.1	37.7
– Inner metro	6.3	6.2	6.5	67.4	64.1	70.5	50.8	47.4	54.2	66.9	63.7	70.0	32.1	29.0	35.4
– Middle metro	6.4	6.3	6.4	73.9	72.3	75.4	60.3	58.6	62.0	74.9	73.3	76.4	34.8	33.1	36.5
– Outer metro	6.1	6.0	6.2	70.1	67.4	72.8	57.5	54.7	60.4	64.6	61.8	67.3	42.9	40.0	45.8
Interface	6.4	6.3	6.4	71.3	69.3	73.2	57.7	55.5	59.8	66.9	64.9	68.9	38.2	36.1	40.3
Regional city	6.6	6.5	6.7	77.0	74.7	79.2	63.8	61.3	66.3	73.1	70.7	75.4	32.2	29.8	34.6
Large shire	6.6	6.6	6.7	85.1	83.7	86.4	75.0	73.4	76.6	82.4	80.9	83.9	31.3	29.6	33.1
Small shire	6.7	6.6	6.7	88.3	86.9	89.6	81.9	80.2	83.4	85.9	84.4	87.3	31.9	30.0	33.9
<b>Location</b>															
Capital city	6.3	6.3	6.4	71.9	70.9	72.9	58.2	57.1	59.3	69.9	68.8	70.9	36.9	35.8	38.0
Rest of state	6.6	6.6	6.7	81.3	80.0	82.6	70.1	68.6	71.5	78.2	76.8	79.5	31.7	30.3	33.1
<b>Internet at home</b>															
Yes	6.4	6.4	6.5	74.2	73.3	75.1	60.3	59.4	61.3	71.7	70.8	72.6	35.0	34.0	35.9
<b>SEIFA (index of disadvantage)</b>															
1 – Low (most disadvantaged)	6.1	6.0	6.2	70.2	68.1	72.2	60.3	58.2	62.5	64.6	62.5	66.7	41.5	39.3	43.6
2	6.3	6.2	6.4	74.2	72.1	76.2	61.6	59.4	63.7	69.2	67.0	71.3	37.0	34.9	39.2
3	6.4	6.3	6.4	71.5	69.5	73.5	57.6	55.4	59.7	67.4	65.3	69.4	37.4	35.3	39.6
4	6.5	6.5	6.6	76.8	74.8	78.7	62.0	59.8	64.2	76.1	74.1	78.0	32.2	30.1	34.4
5 – High (least disadvantaged)	6.5	6.5	6.6	76.7	75.1	78.3	63.0	61.2	64.8	78.5	76.9	80.0	32.2	30.5	34.0

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

**Table 4.1 Proportion of Victorians doing no days of physical activity in a typical week, by age and gender**

Age group (years)	Physical activity – 0 days per week								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	9.6	7.2	12.4	14.1	11.0	17.5	11.7	9.8	13.9
25–34	13.7	11.5	16.3	18.0	15.4	20.8	15.8	14.1	17.7
35–44	15.6	13.1	18.3	19.0	16.7	21.6	17.3	15.6	19.1
45–54	18.9	16.6	21.4	19.6	17.4	22.0	19.2	17.6	20.9
55–64	21.0	18.5	23.6	21.6	19.2	24.1	21.3	19.5	23.0
65–74	18.3	15.9	20.8	23.3	20.6	26.2	20.8	19.0	22.7
75+	27.5	23.5	31.8	37.3	33.5	41.3	33.1	30.3	36.0
<b>Total</b>	<b>16.9</b>	<b>15.9</b>	<b>17.9</b>	<b>20.9</b>	<b>19.8</b>	<b>21.9</b>	<b>18.9</b>	<b>18.2</b>	<b>19.6</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 4.2 Proportion of Victorians doing physical activity of 30 minutes or more, one to three days a week, by age and gender**

Age group (years)	Physical activity – 1 to 3 days per week								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	38.4	34.3	42.8	40.8	36.4	45.3	39.5	36.5	42.6
25–34	46.1	42.5	49.7	44.7	41.3	48.2	45.4	42.9	47.8
35–44	44.1	40.6	47.7	45.2	42.1	48.3	44.6	42.3	47.0
45–54	38.4	35.4	41.4	38.6	35.8	41.3	38.5	36.5	40.5
55–64	35.2	32.2	38.3	34.8	32.0	37.6	35.0	33.0	37.0
65–74	30.2	27.3	33.3	33.9	30.8	37.0	32.1	30.0	34.2
75+	26.2	22.4	30.4	27.8	24.3	31.4	27.3	24.7	30.0
<b>Total</b>	<b>38.8</b>	<b>37.4</b>	<b>40.1</b>	<b>39.1</b>	<b>37.8</b>	<b>40.4</b>	<b>38.9</b>	<b>38.0</b>	<b>39.8</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 4.3 Proportion of Victorians doing physical activity of 30 minutes or more, four or more days a week, by age and gender**

Age group (years)	Physical activity – 4 or more days per week								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	51.4	47.1	55.7	44.6	40.1	49.1	48.1	45.0	51.2
25–34	39.8	36.4	43.4	36.5	33.3	39.8	38.2	35.8	40.6
35–44	39.7	36.3	43.3	35.1	32.1	38.1	37.4	35.1	39.7
45–54	42.3	39.3	45.4	41.4	38.6	44.2	41.8	39.8	43.9
55–64	43.0	39.9	46.1	42.7	39.9	45.6	42.9	40.8	45.0
65–74	49.8	46.6	53.0	41.8	38.7	45.0	45.7	43.5	48.0
75+	43.7	39.2	48.2	32.4	28.7	36.2	37.1	34.3	40.1
<b>Total</b>	<b>43.5</b>	<b>42.2</b>	<b>44.9</b>	<b>39.1</b>	<b>37.9</b>	<b>40.4</b>	<b>41.3</b>	<b>40.4</b>	<b>42.2</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported



## 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.4 Summary of indicators relating to physical activity frequency, by demographic

	Physical activity – 0 days per week			Physical activity – 1 to 3 days per week			Physical activity – 4 or more days per week		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>18.9</b>	<b>18.2</b>	<b>19.6</b>	<b>38.9</b>	<b>38.0</b>	<b>39.8</b>	<b>41.3</b>	<b>40.4</b>	<b>42.2</b>
<b>Gender</b>									
Male	16.9	15.9	17.9	38.8	37.4	40.1	43.5	42.2	44.9
Female	20.9	19.8	21.9	39.1	37.8	40.4	39.1	37.9	40.4
<b>Age</b>									
18–24	11.7	9.8	13.9	39.5	36.5	42.6	48.1	45.0	51.2
25–34	15.8	14.1	17.7	45.4	42.9	47.8	38.2	35.8	40.6
35–44	17.3	15.6	19.1	44.6	42.3	47.0	37.4	35.1	39.7
45–54	19.2	17.6	20.9	38.5	36.5	40.5	41.8	39.8	43.9
55–64	21.3	19.5	23.0	35.0	33.0	37.0	42.9	40.8	45.0
65–74	20.8	19.0	22.7	32.1	30.0	34.2	45.7	43.5	48.0
75+	33.1	30.3	36.0	27.3	24.7	30.0	37.1	34.3	40.1
<b>Education</b>									
Some high school or less	32.2	30.1	34.4	29.2	27.2	31.2	37.4	35.2	39.5
Completed high school	17.4	15.4	19.5	38.7	36.0	41.5	43.5	40.8	46.3
TAFE/Certificate/Diploma	18.9	17.6	20.2	39.6	37.9	41.3	40.7	39.1	42.4
University	13.3	12.2	14.4	43.3	41.7	44.8	42.7	41.1	44.3
<b>Main activity</b>									
Employed	16.1	15.2	17.0	42.4	41.2	43.6	41.1	39.9	42.3
Unemployed	18.7	14.5	23.5	36.8	31.1	42.7	42.7	37.0	48.6
Student	11.1	8.6	14.0	42.7	38.5	46.9	45.9	41.7	50.2
Home duties	24.7	21.3	28.5	38.5	34.7	42.4	35.8	32.0	39.7
Retired	25.5	23.8	27.2	29.0	27.3	30.7	43.9	42.1	45.8
<b>Main language spoken at home</b>									
English	17.0	16.3	17.8	38.3	37.3	39.4	43.8	42.7	44.8
Other	24.3	22.5	26.0	40.5	38.5	42.5	34.3	32.4	36.3
<b>Country of birth</b>									
Australian born	16.9	16.1	17.7	38.8	37.7	39.9	43.5	42.4	44.6
English-speaking country	17.5	15.1	20.0	34.8	31.7	37.9	46.6	43.4	49.9
Non-English speaking country	24.7	23.0	26.5	40.5	38.5	42.5	33.9	32.1	35.9
<b>Self-reported disability</b>									
Reported disability – under 65 years	26.0	23.9	28.2	35.8	33.4	38.3	36.3	34.0	38.8
Reported disability – over 65 years	36.7	33.8	39.6	25.6	23.1	28.3	34.2	31.3	37.1
No disability reported	16.1	15.3	16.9	40.7	39.6	41.8	42.8	41.7	43.8
<b>Aboriginal and/or Torres Strait Islander status</b>									
Aboriginal and/or Torres Strait Islander	19.1	12.1	27.9	32.4	23.1	42.9	43.5	33.5	54.0
Non-Aboriginal and/or Torres Strait Islander	18.9	18.2	19.6	39.0	38.1	39.9	41.3	40.4	42.2
<b>Sexuality</b>									
Heterosexual	19.0	18.3	19.8	38.8	37.9	39.8	41.3	40.3	42.2
Other	15.8	12.8	19.1	41.2	36.8	45.7	42.2	37.9	46.7
<b>Income</b>									
Less than \$20,000	22.6	19.5	25.9	34.9	31.1	38.7	41.2	37.3	45.1
\$20,000–\$39,999	27.7	25.9	29.6	32.6	30.6	34.6	37.9	35.9	40.0
\$40,000–\$59,999	21.2	19.1	23.4	35.5	33.0	38.1	42.5	40.0	45.1
\$60,000–\$79,999	17.0	14.9	19.3	42.1	39.2	45.1	40.5	37.6	43.4
\$80,000–\$99,999	15.6	13.5	17.9	43.2	40.1	46.4	40.6	37.5	43.7
\$100,000 or more	11.6	10.4	12.8	44.2	42.3	46.1	43.8	41.9	45.7

## 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

### 4.4 Summary of indicators relating to physical activity frequency, by demographic

	Physical activity – 0 days per week			Physical activity – 1 to 3 days per week			Physical activity – 4 or more days per week		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>									
Single person household	23.5	21.6	25.5	31.3	29.1	33.6	43.5	41.2	45.9
Couple household	18.7	17.4	20.0	36.9	35.3	38.6	43.6	41.9	45.3
Household with children	18.2	17.1	19.4	42.8	41.3	44.2	38.4	37.0	39.9
– Single parent with dependent children	23.9	19.4	28.9	33.4	28.3	38.8	42.4	36.9	48.0
– Couple parent with dependent children	17.0	15.6	18.5	46.8	44.9	48.6	35.6	33.8	37.4
Share or group household	16.1	13.9	18.5	38.6	35.5	41.7	45.0	41.9	48.2
<b>Geography</b>									
Metropolitan	17.5	16.5	18.6	40.3	38.9	41.6	41.4	40.1	42.7
– Inner metro	10.9	9.0	13.1	39.7	36.4	43.0	49.1	45.7	52.5
– Middle metro	17.3	16.0	18.7	40.5	38.8	42.3	41.3	39.6	43.0
– Outer metro	22.3	19.9	24.8	40.0	37.2	42.9	36.8	34.1	39.6
Interface	21.3	19.6	23.0	38.7	36.6	40.8	39.3	37.2	41.4
Regional city	17.2	15.5	19.0	38.1	35.6	40.6	43.8	41.2	46.3
Large shire	21.4	20.0	22.9	35.0	33.3	36.8	42.3	40.6	44.1
Small shire	23.6	22.0	25.3	32.9	31.0	34.8	42.1	40.1	44.1
<b>Location</b>									
Capital city	18.7	17.8	19.6	39.8	38.7	41.0	40.7	39.6	41.8
Rest of state	19.6	18.5	20.7	36.0	34.5	37.4	43.4	41.9	44.9
<b>Internet at home</b>									
Yes	17.2	16.4	17.9	40.4	39.4	41.4	41.8	40.8	42.7
<b>SEIFA (index of disadvantage)</b>									
1 – Low (most disadvantaged)	25.4	23.5	27.3	35.8	33.8	38.0	37.9	35.8	40.0
2	21.1	19.4	22.9	37.4	35.3	39.6	40.1	38.0	42.2
3	20.1	18.4	21.8	38.0	35.9	40.1	41.0	38.9	43.1
4	17.3	15.7	19.0	40.0	37.8	42.2	42.0	39.8	44.2
5 – High (least disadvantaged)	13.7	12.5	15.1	41.7	39.9	43.5	44.0	42.2	45.9

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

**Table 4.5 Proportion of Victorians participating in organised physical activity, by age and gender**

Age group (years)	Physical activity – participation in any organised physical activity								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	43.0	38.7	47.3	37.7	33.4	42.1	40.5	37.4	43.5
25–34	33.5	30.2	37.0	34.1	30.9	37.4	33.8	31.5	36.1
35–44	26.9	23.9	30.1	29.4	26.6	32.3	28.2	26.2	30.3
45–54	24.2	21.6	26.9	25.7	23.3	28.3	25.0	23.2	26.8
55–64	17.1	14.9	19.5	25.5	23.0	28.2	21.5	19.8	23.3
65–74	22.2	19.7	24.9	30.3	27.5	33.3	26.3	24.4	28.3
75+	22.9	19.5	26.7	22.8	19.6	26.2	23.0	20.6	25.4
<b>Total</b>	<b>27.6</b>	<b>26.4</b>	<b>28.9</b>	<b>29.6</b>	<b>28.4</b>	<b>30.8</b>	<b>28.7</b>	<b>27.8</b>	<b>29.5</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 4.6 Proportion of Victorians participating in physical activity organised by a sports club or association, by age and gender**

Age group (years)	Physical activity – organised by a sports club or association								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	21.4	18.0	25.1	11.1	8.5	14.1	16.3	14.2	18.7
25–34	13.0	10.7	15.7	6.8	5.3	8.7	9.9	8.5	11.5
35–44	11.8	9.7	14.2	5.8	4.5	7.3	8.8	7.5	10.1
45–54	11.9	10.0	14.0	5.6	4.4	7.1	8.7	7.6	9.9
55–64	8.2	6.7	9.9	4.9	3.8	6.2	6.5	5.6	7.5
65–74	11.5	9.7	13.5	9.0	7.3	11.0	10.2	9.0	11.6
75+	12.4	9.8	15.4	7.4	5.5	9.7	9.5	7.9	11.3
<b>Total</b>	<b>12.8</b>	<b>11.9</b>	<b>13.7</b>	<b>7.0</b>	<b>6.3</b>	<b>7.6</b>	<b>9.8</b>	<b>9.3</b>	<b>10.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 4.7 Proportion of Victorians participating in physical activity organised by a fitness, leisure or sports centre, by age and gender**

Age group (years)	Physical activity – organised by a fitness, leisure or indoor sports centre								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	13.5	10.7	16.8	13.0	10.1	16.3	13.4	11.3	15.6
25–34	13.6	11.3	16.3	13.3	11.1	15.9	13.5	11.8	15.3
35–44	8.4	6.6	10.6	11.5	9.6	13.7	10.0	8.6	11.5
45–54	6.8	5.3	8.5	9.7	8.1	11.6	8.3	7.1	9.5
55–64	3.3	2.3	4.6	8.8	7.2	10.7	6.2	5.2	7.3
65–74	3.0	2.1	4.2	7.4	5.9	9.0	5.3	4.4	6.3
75+	2.0	1.1	3.2	4.1	2.7	6.0	3.2	2.3	4.3
<b>Total</b>	<b>8.1</b>	<b>7.3</b>	<b>8.9</b>	<b>10.2</b>	<b>9.4</b>	<b>11.0</b>	<b>9.2</b>	<b>8.6</b>	<b>9.7</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.8 Summary of indicators relating to organised physical activity, by demographic

	Participation in any organised physical activity			Organised by a fitness, leisure or indoor sports centre			Organised by a sports club or association		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>28.7</b>	<b>27.8</b>	<b>29.5</b>	<b>9.2</b>	<b>8.6</b>	<b>9.7</b>	<b>9.8</b>	<b>9.3</b>	<b>10.4</b>
<b>Gender</b>									
Male	27.6	26.4	28.9	8.1	7.3	8.9	12.8	11.9	13.7
Female	29.6	28.4	30.8	10.2	9.4	11.0	7.0	6.3	7.6
<b>Age</b>									
18–24	40.5	37.4	43.5	13.4	11.3	15.6	16.3	14.2	18.7
25–34	33.8	31.5	36.1	13.5	11.8	15.3	9.9	8.5	11.5
35–44	28.2	26.2	30.3	10.0	8.6	11.5	8.8	7.5	10.1
45–54	25.0	23.2	26.8	8.3	7.1	9.5	8.7	7.6	9.9
55–64	21.5	19.8	23.3	6.2	5.2	7.3	6.5	5.6	7.5
65–74	26.3	24.4	28.3	5.3	4.4	6.3	10.2	9.0	11.6
75+	23.0	20.6	25.4	3.2	2.3	4.3	9.5	7.9	11.3
<b>Education</b>									
Some high school or less	19.7	18.0	21.5	4.3	3.4	5.4	7.9	6.8	9.2
Completed high school	30.4	27.9	33.1	8.5	7.0	10.3	11.4	9.7	13.3
TAFE/Certificate/Diploma	27.1	25.5	28.6	8.3	7.3	9.4	10.4	9.4	11.5
University	33.6	32.1	35.1	12.2	11.2	13.3	9.9	9.0	10.9
<b>Main activity</b>									
Employed	30.9	29.8	32.1	10.6	9.8	11.4	10.6	9.9	11.4
Unemployed	18.2	13.8	23.2	8.1	5.1	12.2	6.5	3.8	10.3
Student	37.8	33.8	42.1	13.2	10.4	16.3	11.6	9.1	14.5
Home duties	22.2	19.1	25.6	8.4	6.3	10.9	6.6	4.9	8.8
Retired	25.9	24.4	27.5	4.8	4.1	5.7	9.9	8.9	11.0
<b>Main language spoken at home</b>									
English	30.8	29.8	31.8	9.1	8.5	9.8	11.3	10.7	12.0
Other	22.7	21.0	24.5	9.4	8.2	10.7	5.5	4.6	6.6
<b>Country of birth</b>									
Australian born	31.0	30.0	32.1	9.1	8.5	9.8	11.6	10.9	12.4
English-speaking country	29.8	26.9	32.9	9.3	7.4	11.5	8.0	6.3	10.0
Non-English speaking country	22.1	20.4	23.8	9.2	8.0	10.5	5.7	4.8	6.7
<b>Self-reported disability</b>									
Reported disability – under 65 years	20.8	18.7	22.9	7.5	6.2	9.1	6.7	5.5	8.1
Reported disability – over 65 years	18.4	16.2	20.7	2.7	2.0	3.6	6.6	5.3	8.1
No disability reported	31.0	30.0	32.0	10.0	9.4	10.7	10.6	10.0	11.3
<b>Aboriginal and/or Torres Strait Islander status</b>									
Aboriginal and/or Torres Strait Islander	23.4	15.1	33.7	7.1*	2.6	14.9	9.9*	4.5	18.2
Non-Aboriginal and/or Torres Strait Islander	28.7	27.9	29.6	9.2	8.6	9.8	9.8	9.3	10.4
<b>Sexuality</b>									
Heterosexual	28.9	28.0	29.8	9.2	8.6	9.8	10.0	9.4	10.6
Other	28.1	24.2	32.2	9.0	6.6	11.9	8.1	6.0	10.8
<b>Income</b>									
Less than \$20,000	22.5	19.2	26.0	4.7	3.1	6.7	7.8	5.7	10.3
\$20,000–\$39,999	20.7	19.0	22.4	5.3	4.3	6.4	7.4	6.4	8.6
\$40,000–\$59,999	26.8	24.5	29.2	8.3	6.8	9.9	9.5	8.0	11.2
\$60,000–\$79,999	30.2	27.5	33.0	8.9	7.2	10.8	10.5	8.8	12.5
\$80,000–\$99,999	31.5	28.6	34.5	10.8	8.9	13.0	11.1	9.3	13.2
\$100,000 or more	35.6	33.8	37.5	12.3	11.1	13.7	11.9	10.7	13.2

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.8 Summary of indicators relating to organised physical activity, by demographic

	Participation in any organised physical activity			Organised by a fitness, leisure or indoor sports centre			Organised by a sports club or association		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>									
Single person household	24.5	22.5	26.7	6.2	5.1	7.6	6.9	5.7	8.2
Couple household	30.2	28.6	31.8	9.1	8.0	10.2	10.3	9.3	11.3
Household with children	28.5	27.2	29.9	9.3	8.5	10.3	10.8	9.9	11.8
– Single parent with dependent children	24.2	19.6	29.3	9.5	6.6	13.2	10.6	7.3	14.7
– Couple parent with dependent children	28.6	27.0	30.3	8.6	7.6	9.7	10.5	9.4	11.7
Share or group household	31.0	28.0	34.0	11.1	9.1	13.3	9.6	7.8	11.7
<b>Geography</b>									
Metropolitan	30.2	29.0	31.5	10.4	9.6	11.3	8.5	7.8	9.3
– Inner metro	33.7	30.6	37.0	12.5	10.3	14.9	8.5	6.7	10.6
– Middle metro	32.0	30.4	33.7	10.7	9.6	11.8	8.9	8.0	10.0
– Outer metro	23.7	21.3	26.2	8.5	7.0	10.2	7.6	6.1	9.2
Interface	26.3	24.4	28.2	9.2	8.0	10.6	9.0	7.8	10.3
Regional city	29.5	27.2	31.9	8.1	6.7	9.8	13.8	12.1	15.7
Large shire	26.5	24.9	28.1	5.3	4.5	6.2	12.9	11.6	14.2
Small shire	23.1	21.4	24.8	3.3	2.6	4.0	12.7	11.3	14.2
<b>Location</b>									
Capital city	29.0	28.0	30.0	10.0	9.3	10.7	8.7	8.0	9.3
Rest of state	27.6	26.2	29.0	6.5	5.7	7.4	13.5	12.5	14.6
<b>Internet at home</b>									
Yes	30.2	29.3	31.1	9.9	9.3	10.5	10.2	9.6	10.9
<b>SEIFA (index of disadvantage)</b>									
1 – Low (most disadvantaged)	22.5	20.7	24.3	7.2	6.1	8.5	8.3	7.2	9.4
2	26.8	24.9	28.8	7.5	6.3	8.9	10.6	9.3	11.9
3	27.0	25.1	29.0	8.5	7.3	9.9	9.7	8.4	11.1
4	30.8	28.8	32.9	10.1	8.7	11.5	10.4	9.1	11.8
5 – High (least disadvantaged)	33.5	31.7	35.2	11.2	10.1	12.5	10.0	8.9	11.2

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

**Table 4.9 Proportion of Victorians participating in non-organised physical activity, by age and gender**

Age group (years)	Participation in any non-organised physical activity								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	73.0	68.9	76.7	71.7	67.5	75.7	72.4	69.5	75.1
25–34	73.6	70.4	76.6	69.8	66.5	72.9	71.7	69.4	73.9
35–44	75.2	72.1	78.2	72.2	69.4	74.9	73.7	71.7	75.7
45–54	73.8	71.1	76.4	72.7	70.1	75.2	73.2	71.4	75.0
55–64	72.8	70.0	75.5	71.0	68.2	73.6	71.9	69.9	73.7
65–74	73.4	70.5	76.1	65.6	62.4	68.6	69.4	67.3	71.5
75+	58.9	54.4	63.4	47.2	43.2	51.2	52.3	49.3	55.3
<b>Total</b>	<b>72.6</b>	<b>71.4</b>	<b>73.8</b>	<b>68.5</b>	<b>67.3</b>	<b>69.7</b>	<b>70.5</b>	<b>69.7</b>	<b>71.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 4.10 Proportion of Victorians participating in walking, by age and gender**

Age group (years)	Activity type – walking								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	29.4	25.5	33.4	45.2	40.8	49.7	37.2	34.2	40.2
25–34	37.0	33.6	40.5	49.4	46.0	52.8	43.3	40.9	45.7
35–44	45.2	41.6	48.7	57.0	53.9	60.1	51.2	48.8	53.5
45–54	51.8	48.7	54.9	62.7	60.0	65.4	57.4	55.3	59.4
55–64	60.0	56.9	63.0	65.3	62.5	68.1	62.6	60.6	64.7
65–74	62.7	59.6	65.8	60.9	57.7	64.0	61.8	59.6	64.0
75+	48.7	44.2	53.3	41.7	37.9	45.7	44.9	41.9	47.8
<b>Total</b>	<b>46.8</b>	<b>45.5</b>	<b>48.2</b>	<b>55.3</b>	<b>54.0</b>	<b>56.6</b>	<b>51.2</b>	<b>50.2</b>	<b>52.1</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 4.11 Proportion of Victorians participating in jogging or running, by age and gender**

Age group (years)	Activity type – jogging or running								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	33.4	29.4	37.6	30.1	26.1	34.4	31.8	28.9	34.7
25–34	24.9	21.8	28.1	18.9	16.4	21.7	21.9	19.9	24.0
35–44	20.9	18.2	23.9	14.3	12.2	16.7	17.6	15.9	19.5
45–54	12.0	10.0	14.2	9.0	7.4	10.8	10.5	9.2	11.9
55–64	6.2	4.7	8.0	3.4	2.4	4.6	4.7	3.8	5.8
65–74	2.7	1.8	3.8	0.9*	0.4	1.7	1.8	1.3	2.4
75+	0.3*	0.1	0.7	No data	-	-	0.2*	0.1	0.5
<b>Total</b>	<b>16.3</b>	<b>15.2</b>	<b>17.4</b>	<b>11.9</b>	<b>11.0</b>	<b>12.8</b>	<b>14.0</b>	<b>13.3</b>	<b>14.7</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

**Table 4.12 Proportion of Victorians participating in cycling, by age and gender**

Age group (years)	Activity type – cycling								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	11.6	9.1	14.6	9.2	6.9	12.1	10.4	8.7	12.4
25–34	17.0	14.5	19.9	8.8	7.0	10.8	12.9	11.3	14.6
35–44	21.2	18.4	24.2	10.6	8.7	12.6	15.8	14.1	17.6
45–54	19.7	17.3	22.2	9.3	7.8	11.0	14.4	13.0	15.9
55–64	15.0	12.9	17.4	7.0	5.7	8.4	10.9	9.7	12.2
65–74	13.5	11.3	15.9	3.3	2.5	4.3	8.2	7.1	9.5
75+	6.9	4.6	9.9	1.6*	0.8	2.8	3.9	2.8	5.3
<b>Total</b>	<b>16.1</b>	<b>15.1</b>	<b>17.1</b>	<b>7.7</b>	<b>7.0</b>	<b>8.4</b>	<b>11.8</b>	<b>11.2</b>	<b>12.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 4.13 Proportion of Victorians participating in gym or fitness, by age and gender**

Age group (years)	Activity type – gym or fitness								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	14.4	11.5	17.7	10.0	7.5	13.1	12.3	10.3	14.4
25–34	13.3	11.0	16.0	8.6	6.9	10.7	11.0	9.5	12.6
35–44	9.0	7.1	11.2	6.1	4.7	7.7	7.5	6.3	8.9
45–54	8.5	6.8	10.5	6.7	5.4	8.2	7.6	6.5	8.8
55–64	5.8	4.4	7.4	4.4	3.3	5.6	5.1	4.2	6.1
65–74	5.3	4.0	6.8	1.5	1.0	2.0	3.3	2.6	4.1
75+	5.0	3.1	7.4	2.0*	1.1	3.5	3.3	2.3	4.5
<b>Total</b>	<b>9.3</b>	<b>8.5</b>	<b>10.2</b>	<b>6.0</b>	<b>5.4</b>	<b>6.7</b>	<b>7.6</b>	<b>7.1</b>	<b>8.2</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 4.14 Proportion of Victorians participating in swimming, by age and gender**

Age group (years)	Activity type – swimming								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	5.7	3.9	7.9	7.1	5.0	9.7	6.4	5.0	8.0
25–34	4.1	2.8	5.8	5.8	4.3	7.6	5.0	4.0	6.1
35–44	6.3	4.7	8.3	5.2	4.0	6.7	5.7	4.7	6.9
45–54	5.8	4.5	7.4	7.1	5.7	8.7	6.4	5.5	7.5
55–64	4.9	3.7	6.4	5.1	3.9	6.5	5.0	4.1	6.0
65–74	4.0	2.9	5.4	4.2	2.8	6.0	4.1	3.2	5.2
75+	2.4	1.4	3.9	1.6*	0.8	2.9	1.9	1.3	2.8
<b>Total</b>	<b>5.0</b>	<b>4.4</b>	<b>5.6</b>	<b>5.4</b>	<b>4.8</b>	<b>6.0</b>	<b>5.2</b>	<b>4.8</b>	<b>5.6</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

**Table 4.15 Proportion of Victorians participating in non-organised physical activity alone, by age and gender**

Age group (years)	Participates alone								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	59.2	54.9	63.5	56.7	52.2	61.1	58.0	54.9	61.1
25–34	55.2	51.7	58.8	50.4	46.9	53.8	52.8	50.4	55.3
35–44	56.6	53.1	60.1	50.8	47.7	53.9	53.7	51.4	56.1
45–54	58.1	55.0	61.1	52.8	49.9	55.6	55.4	53.3	57.4
55–64	56.3	53.2	59.4	51.6	48.7	54.5	53.9	51.8	56.1
65–74	55.4	52.1	58.5	45.9	42.7	49.1	50.5	48.3	52.8
75+	45.1	40.7	49.6	37.2	33.4	41.1	40.7	37.8	43.6
<b>Total</b>	<b>55.9</b>	<b>54.6</b>	<b>57.3</b>	<b>50.1</b>	<b>48.8</b>	<b>51.4</b>	<b>53.0</b>	<b>52.1</b>	<b>53.9</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 4.16 Proportion of Victorians participating in non-organised physical activity with someone, by age and gender**

Age group (years)	Participates with someone								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	30.9	27.0	35.0	33.4	29.2	37.7	32.1	29.2	35.0
25–34	35.5	32.2	39.0	35.0	31.8	38.3	35.2	32.9	37.6
35–44	36.0	32.6	39.4	38.3	35.3	41.4	37.1	34.8	39.4
45–54	30.7	27.9	33.6	34.2	31.5	37.0	32.5	30.5	34.5
55–64	28.8	26.0	31.7	31.9	29.2	34.8	30.4	28.5	32.4
65–74	30.3	27.4	33.4	28.1	25.3	31.1	29.2	27.1	31.3
75+	21.3	17.5	25.5	14.7	12.0	17.7	17.5	15.2	20.0
<b>Total</b>	<b>31.6</b>	<b>30.3</b>	<b>32.9</b>	<b>32.1</b>	<b>30.9</b>	<b>33.4</b>	<b>31.8</b>	<b>31.0</b>	<b>32.7</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

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#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.17 Summary of indicators relating to participation in non-organised physical activity, by demographic

	Participation in any non-organised physical activity			Activity type – walking			Activity type – jogging or running			Activity type – cycling		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>70.5</b>	<b>69.7</b>	<b>71.4</b>	<b>51.2</b>	<b>50.2</b>	<b>52.1</b>	<b>14.0</b>	<b>13.3</b>	<b>14.7</b>	<b>11.8</b>	<b>11.2</b>	<b>12.4</b>
<b>Gender</b>												
Male	72.6	71.4	73.8	46.8	45.5	48.2	16.3	15.2	17.4	16.1	15.1	17.1
Female	68.5	67.3	69.7	55.3	54.0	56.6	11.9	11.0	12.8	7.7	7.0	8.4
<b>Age</b>												
18–24	72.4	69.5	75.1	37.2	34.2	40.2	31.8	28.9	34.7	10.4	8.7	12.4
25–34	71.7	69.4	73.9	43.3	40.9	45.7	21.9	19.9	24.0	12.9	11.3	14.6
35–44	73.7	71.7	75.7	51.2	48.8	53.5	17.6	15.9	19.5	15.8	14.1	17.6
45–54	73.2	71.4	75.0	57.4	55.3	59.4	10.5	9.2	11.9	14.4	13.0	15.9
55–64	71.9	69.9	73.7	62.6	60.6	64.7	4.7	3.8	5.8	10.9	9.7	12.2
65–74	69.4	67.3	71.5	61.8	59.6	64.0	1.8	1.3	2.4	8.2	7.1	9.5
75+	52.3	49.3	55.3	44.9	41.9	47.8	0.2*	0.1	0.5	3.9	2.8	5.3
<b>Education</b>												
Some high school or less	57.4	55.2	59.6	48.4	46.2	50.7	4.4	3.4	5.5	5.0	4.1	6.0
Completed high school	71.4	68.9	73.9	49.2	46.5	52.0	17.5	15.4	19.9	10.3	8.7	12.1
TAFE/Certificate/Diploma	70.2	68.6	71.7	52.9	51.2	54.6	11.6	10.5	12.9	12.1	11.0	13.2
University	76.7	75.4	78.0	51.5	49.9	53.1	19.5	18.2	20.8	15.2	14.1	16.3
<b>Main activity</b>												
Employed	73.7	72.7	74.8	51.2	50.0	52.5	17.1	16.2	18.1	14.3	13.5	15.2
Unemployed	73.5	68.0	78.4	53.6	47.6	59.4	13.4	9.6	18.1	9.9	6.9	13.6
Student	74.8	70.9	78.4	38.5	34.4	42.6	31.8	27.9	35.9	11.8	9.2	14.8
Home duties	66.3	62.4	70.1	55.8	51.7	59.7	8.4	6.4	10.8	7.2	5.4	9.5
Retired	62.7	60.8	64.5	55.1	53.2	57.0	1.1	0.8	1.5	6.6	5.8	7.6
<b>Main language spoken at home</b>												
English	72.3	71.4	73.3	53.7	52.7	54.8	13.6	12.8	14.4	12.9	12.2	13.7
Other	65.4	63.4	67.3	43.7	41.7	45.7	15.3	13.9	16.9	8.7	7.6	9.9
<b>Country of birth</b>												
Australian born	72.4	71.5	73.4	53.3	52.2	54.4	14.2	13.4	15.1	12.9	12.2	13.7
English-speaking country	71.3	68.3	74.1	54.7	51.5	57.9	11.0	8.9	13.3	14.4	12.2	16.9
Non-English speaking country	65.4	63.5	67.3	44.5	42.5	46.5	14.4	13.0	15.9	8.1	7.1	9.3
<b>Self-reported disability</b>												
Reported disability – under 65 years	64.5	62.1	66.8	50.1	47.6	52.6	6.6	5.3	8.0	10.6	9.1	12.2
Reported disability – over 65 years	50.4	47.4	53.5	43.1	40.2	46.1	0.3*	0.1	0.6	4.7	3.4	6.2
No disability reported	73.4	72.4	74.3	52.0	50.9	53.1	16.6	15.7	17.4	12.7	12.0	13.4
<b>Aboriginal and/or Torres Strait Islander status</b>												
Aboriginal and/or Torres Strait Islander	66.6	56.2	76.0	52.4	42.0	62.7	9.2*	4.0	17.3	6.9*	2.9	13.5
Non-Aboriginal and/or Torres Strait Islander	70.6	69.8	71.5	51.2	50.3	52.1	14.1	13.4	14.8	11.9	11.3	12.5
<b>Sexuality</b>												
Heterosexual	70.5	69.6	71.4	51.1	50.1	52.1	14.0	13.3	14.7	11.8	11.2	12.4
Other	72.8	68.8	76.6	52.0	47.5	56.4	16.9	13.6	20.6	13.6	10.6	17.0
<b>Income</b>												
Less than \$20,000	66.6	62.8	70.2	45.3	41.4	49.2	15.3	12.4	18.6	7.5	5.6	9.9
\$20,000–\$39,999	61.8	59.8	63.8	49.8	47.7	51.9	5.9	4.8	7.2	7.8	6.6	9.1
\$40,000–\$59,999	69.3	66.8	71.6	52.3	49.7	54.9	11.1	9.3	13.0	10.2	8.7	11.9
\$60,000–\$79,999	71.3	68.6	74.0	50.5	47.6	53.5	15.5	13.3	18.0	11.5	9.8	13.5
\$80,000–\$99,999	73.8	71.0	76.5	51.4	48.3	54.6	16.8	14.4	19.4	14.6	12.4	16.9
\$100,000 or more	78.2	76.6	79.8	52.9	51.0	54.8	20.1	18.6	21.7	18.0	16.6	19.5

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.17 Summary of indicators relating to participation in non-organised physical activity, by demographic

	Participation in any non-organised physical activity			Activity type – walking			Activity type – jogging or running			Activity type – cycling		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>70.5</b>	<b>69.7</b>	<b>71.4</b>	<b>51.2</b>	<b>50.2</b>	<b>52.1</b>	<b>14.0</b>	<b>13.3</b>	<b>14.7</b>	<b>11.8</b>	<b>11.2</b>	<b>12.4</b>
<b>Household structure</b>												
Single person household	65.8	63.5	68.0	50.9	48.5	53.3	8.2	6.8	9.9	9.1	7.6	10.7
Couple household	70.1	68.5	71.6	54.8	53.1	56.5	9.5	8.4	10.7	11.8	10.7	13.0
Household with children	72.2	70.8	73.5	51.3	49.8	52.8	17.2	16.1	18.4	12.9	11.9	13.9
– Single parent with dependent children	66.1	60.7	71.2	49.1	43.5	54.7	13.7	9.8	18.4	9.8	6.9	13.4
– Couple parent with dependent children	74.2	72.6	75.9	52.2	50.3	54.0	18.4	16.9	19.9	14.2	12.9	15.5
Share or group household	72.2	69.3	75.0	43.0	39.9	46.2	18.7	16.3	21.3	13.1	11.1	15.3
<b>Geography</b>												
Metropolitan	71.8	70.6	73.0	49.8	48.4	51.2	15.7	14.7	16.8	12.8	11.9	13.8
– Inner metro	80.3	77.5	82.8	50.5	47.1	53.8	22.9	20.0	26.0	18.3	15.7	21.1
– Middle metro	71.5	69.9	73.0	50.2	48.4	51.9	15.5	14.2	16.9	13.5	12.3	14.7
– Outer metro	67.2	64.5	69.9	48.6	45.7	51.5	11.6	9.8	13.7	7.7	6.2	9.4
Interface	68.2	66.1	70.1	51.0	48.8	53.1	12.8	11.3	14.4	9.0	7.8	10.2
Regional city	71.9	69.7	74.1	54.9	52.4	57.4	13.4	11.6	15.5	13.5	11.7	15.4
Large shire	68.8	67.1	70.4	53.0	51.2	54.8	10.4	9.1	11.8	11.2	10.0	12.5
Small shire	67.2	65.4	69.0	54.9	52.8	56.8	8.3	6.9	9.7	10.9	9.6	12.3
<b>Location</b>												
Capital city	70.7	69.6	71.7	50.2	49.1	51.3	14.8	13.9	15.6	11.6	10.9	12.3
Rest of state	70.2	68.8	71.5	54.2	52.7	55.7	11.6	10.5	12.8	12.4	11.4	13.5
<b>Internet at home</b>												
Yes	72.2	71.3	73.1	51.6	50.6	52.6	15.2	14.5	16.0	12.6	11.9	13.2
<b>SEIFA (index of disadvantage)</b>												
1 – Low (most disadvantaged)	65.0	62.9	67.0	48.5	46.4	50.7	11.0	9.6	12.5	8.5	7.4	9.8
2	67.4	65.3	69.4	49.6	47.5	51.8	11.9	10.4	13.6	10.6	9.3	12.0
3	69.9	67.9	71.8	50.4	48.3	52.6	14.3	12.8	16.0	12.0	10.7	13.5
4	72.0	70.0	74.0	53.8	51.5	56.0	14.0	12.4	15.7	13.7	12.2	15.3
5 – High (least disadvantaged)	75.4	73.8	77.0	52.5	50.6	54.3	17.0	15.5	18.5	13.1	11.9	14.4

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.17 Summary of indicators relating to participation in non-organised physical activity, by demographic

	Activity type – gym or fitness			Activity type – swimming			Participates alone			Participates with someone		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>7.6</b>	<b>7.1</b>	<b>8.2</b>	<b>5.2</b>	<b>4.8</b>	<b>5.6</b>	<b>53.0</b>	<b>52.1</b>	<b>53.9</b>	<b>31.8</b>	<b>31.0</b>	<b>32.7</b>
<b>Gender</b>												
Male	9.3	8.5	10.2	5.0	4.4	5.6	55.9	54.6	57.3	31.6	30.3	32.9
Female	6.0	5.4	6.7	5.4	4.8	6.0	50.1	48.8	51.4	32.1	30.9	33.4
<b>Age</b>												
18–24	12.3	10.3	14.4	6.4	5.0	8.0	58.0	54.9	61.1	32.1	29.2	35.0
25–34	11.0	9.5	12.6	5.0	4.0	6.1	52.8	50.4	55.3	35.2	32.9	37.6
35–44	7.5	6.3	8.9	5.7	4.7	6.9	53.7	51.4	56.1	37.1	34.8	39.4
45–54	7.6	6.5	8.8	6.4	5.5	7.5	55.4	53.3	57.4	32.5	30.5	34.5
55–64	5.1	4.2	6.1	5.0	4.1	6.0	53.9	51.8	56.1	30.4	28.5	32.4
65–74	3.3	2.6	4.1	4.1	3.2	5.2	50.5	48.3	52.8	29.2	27.1	31.3
75+	3.3	2.3	4.5	1.9	1.3	2.8	40.7	37.8	43.6	17.5	15.2	20.0
<b>Education</b>												
Some high school or less	3.5	2.8	4.4	2.3	1.6	3.1	41.7	39.6	43.9	22.0	20.2	24.0
Completed high school	9.6	8.0	11.5	4.2	3.2	5.5	55.5	52.7	58.2	29.6	27.1	32.1
TAFE/Certificate/Diploma	7.5	6.6	8.5	4.9	4.2	5.7	52.1	50.4	53.8	31.5	30.0	33.2
University	9.3	8.3	10.3	7.0	6.3	7.9	58.0	56.5	59.6	37.4	35.9	39.0
<b>Main activity</b>												
Employed	9.0	8.3	9.8	5.7	5.2	6.3	55.8	54.6	57.0	33.9	32.7	35.0
Unemployed	6.9	4.3	10.2	4.5*	2.5	7.3	53.9	48.0	59.8	31.5	26.1	37.2
Student	10.9	8.4	13.9	6.5	4.6	8.9	60.2	55.9	64.3	32.3	28.4	36.5
Home duties	5.2	3.7	7.0	4.3	2.9	6.2	44.1	40.2	48.1	40.0	36.1	44.0
Retired	3.4	2.8	4.1	3.5	2.9	4.3	46.0	44.2	47.9	25.4	23.7	27.1
<b>Main language spoken at home</b>												
English	7.8	7.2	8.4	5.3	4.8	5.8	55.0	53.9	56.0	32.4	31.4	33.4
Other	7.3	6.3	8.4	4.9	4.1	5.9	47.3	45.3	49.4	30.3	28.4	32.2
<b>Country of birth</b>												
Australian born	7.9	7.2	8.5	5.1	4.6	5.6	55.1	54.0	56.2	32.4	31.3	33.4
English-speaking country	7.7	6.0	9.7	6.3	4.8	8.1	54.3	51.1	57.5	31.3	28.3	34.3
Non-English speaking country	7.1	6.1	8.2	5.1	4.3	6.1	47.1	45.1	49.1	30.6	28.8	32.5
<b>Self-reported disability</b>												
Reported disability – under 65 years	7.3	6.0	8.7	5.2	4.2	6.5	49.6	47.1	52.1	26.6	24.4	28.8
Reported disability – over 65 years	3.2	2.1	4.5	2.4	1.6	3.4	37.7	34.9	40.6	18.5	16.1	21.1
No disability reported	8.1	7.5	8.7	5.4	4.9	5.9	54.9	53.8	55.9	34.0	32.9	35.0
<b>Aboriginal and/or Torres Strait Islander status</b>												
Aboriginal and/or Torres Strait Islander	7.5*	2.8	15.8	No data	-	-	48.8	38.5	59.2	29.5	20.6	39.6
Non-Aboriginal and/or Torres Strait Islander	7.7	7.2	8.2	5.2	4.8	5.6	53.0	52.1	54.0	31.9	31.0	32.8
<b>Sexuality</b>												
Heterosexual	7.6	7.1	8.1	5.2	4.8	5.7	52.8	51.9	53.8	32.1	31.2	33.0
Other	9.2	6.8	12.1	5.1	3.4	7.2	58.3	53.9	62.6	28.5	24.6	32.7
<b>Income</b>												
Less than \$20,000	8.1	6.0	10.7	3.5	2.3	5.1	51.9	47.9	55.8	26.6	23.1	30.3
\$20,000–\$39,999	4.8	3.9	5.9	4.3	3.4	5.3	48.1	45.9	50.2	24.0	22.1	25.9
\$40,000–\$59,999	7.7	6.3	9.4	5.5	4.4	6.8	52.4	49.8	55.0	29.7	27.3	32.1
\$60,000–\$79,999	7.9	6.3	9.7	5.6	4.4	7.1	52.6	49.7	55.6	34.1	31.4	37.0
\$80,000–\$99,999	10.4	8.4	12.6	4.7	3.5	6.1	54.1	51.0	57.3	35.4	32.4	38.5
\$100,000 or more	9.4	8.3	10.6	6.5	5.6	7.5	59.1	57.3	61.0	38.4	36.6	40.3

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.17 Summary of indicators relating to participation in non-organised physical activity, by demographic

	Activity type – gym or fitness			Activity type – swimming			Participates alone			Participates with someone		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>7.6</b>	<b>7.1</b>	<b>8.2</b>	<b>5.2</b>	<b>4.8</b>	<b>5.6</b>	<b>53.0</b>	<b>52.1</b>	<b>53.9</b>	<b>31.8</b>	<b>31.0</b>	<b>32.7</b>
<b>Household structure</b>												
Single person household	7.1	5.8	8.6	4.7	3.8	5.7	58.6	56.3	61.0	14.6	13.0	16.4
Couple household	6.0	5.2	6.9	4.9	4.2	5.8	51.2	49.5	52.9	32.9	31.3	34.5
Household with children	7.5	6.7	8.3	5.1	4.5	5.8	51.9	50.4	53.4	36.0	34.6	37.4
– Single parent with dependent children	8.0	5.3	11.4	3.4*	1.9	5.7	45.8	40.3	51.5	33.0	27.9	38.4
– Couple parent with dependent children	7.4	6.4	8.4	5.5	4.7	6.4	53.3	51.4	55.2	37.8	36.0	39.6
Share or group household	13.1	10.9	15.4	6.5	5.0	8.2	56.7	53.5	59.8	33.1	30.2	36.2
<b>Geography</b>												
Metropolitan	8.4	7.7	9.2	5.7	5.1	6.4	54.8	53.4	56.2	32.6	31.3	33.9
– Inner metro	12.3	10.0	14.8	9.6	7.7	11.8	65.3	62.1	68.5	34.0	30.9	37.3
– Middle metro	7.4	6.5	8.4	5.4	4.6	6.2	54.3	52.6	56.1	33.8	32.1	35.5
– Outer metro	8.3	6.8	10.1	4.1	3.1	5.4	49.3	46.4	52.2	28.8	26.2	31.5
Interface	7.4	6.3	8.7	4.2	3.4	5.1	50.0	47.8	52.1	30.4	28.4	32.4
Regional city	6.6	5.3	8.1	5.4	4.2	6.7	52.5	50.0	55.0	34.0	31.6	36.4
Large shire	5.9	5.0	7.0	5.0	4.2	5.8	51.8	50.0	53.6	29.8	28.1	31.5
Small shire	5.5	4.5	6.6	3.5	2.8	4.3	51.0	49.0	53.0	27.6	25.8	29.5
<b>Location</b>												
Capital city	8.1	7.5	8.8	5.2	4.7	5.7	53.3	52.2	54.4	31.9	30.8	32.9
Rest of state	6.1	5.3	6.9	5.1	4.4	5.8	51.9	50.4	53.4	31.8	30.3	33.2
<b>Internet at home</b>												
Yes	8.1	7.6	8.7	5.5	5.1	6.0	53.9	52.9	54.9	33.5	32.5	34.4
<b>SEIFA (index of disadvantage)</b>												
1 – Low (most disadvantaged)	6.8	5.7	8.0	4.6	3.7	5.6	48.7	46.5	50.9	26.9	25.0	28.9
2	6.8	5.6	8.1	4.3	3.5	5.2	49.3	47.2	51.5	29.9	27.9	32.0
3	7.6	6.5	8.9	4.7	3.8	5.7	52.8	50.6	54.9	31.6	29.6	33.7
4	7.4	6.3	8.7	5.8	4.8	6.9	54.1	51.9	56.3	33.6	31.5	35.7
5 – High (least disadvantaged)	8.9	7.9	10.1	6.1	5.2	7.0	57.2	55.4	59.1	35.1	33.3	36.9

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.18 Average time spent sitting on a usual work day, by age and gender

Age group (years)	Time spent sitting on usual work day (Base: those aged 18–64 years who are working 35 or more hours)								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	2:35	2:09	3:01	4:12	3:36	4:48	3:13	2:51	3:35
25–34	4:22	4:06	4:38	5:11	4:54	5:29	4:42	4:30	4:54
35–44	4:36	4:22	4:51	5:09	4:50	5:27	4:46	4:35	4:58
45–54	4:19	4:05	4:32	4:49	4:33	5:04	4:29	4:19	4:40
55–64	4:17	3:60	4:34	4:19	3:57	4:41	4:18	4:04	4:31
65–74	-	-	-	-	-	-	-	-	-
75+	-	-	-	-	-	-	-	-	-
<b>Total</b>	<b>4:16</b>	<b>4:08</b>	<b>4:23</b>	<b>4:53</b>	<b>4:44</b>	<b>5:03</b>	<b>4:29</b>	<b>4:24</b>	<b>4:35</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

Table 4.19 Average time spent sitting on a usual work day, by demographic

	Time spent sitting on usual work day (Base: those aged 18–64 years who are working 35 or more hours)		
	Score (Avg)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>4:29</b>	<b>4:24</b>	<b>4:35</b>
<b>Gender</b>			
Male	4:16	4:08	4:23
Female	4:53	4:44	5:03
<b>Age</b>			
18–24	3:13	2:51	3:35
25–34	4:42	4:30	4:54
35–44	4:46	4:35	4:58
45–54	4:29	4:19	4:40
55–64	4:18	4:04	4:31
65–74	-	-	-
75+	-	-	-
<b>Education</b>			
Some high school or less	3:18	2:57	3:40
Completed high school	4:03	3:43	4:23
TAFE/Certificate/Diploma	3:40	3:29	3:50
University	5:20	5:12	5:27
<b>Main activity</b>			
Employed	4:30	4:24	4:36
Unemployed	1:34*	0:06	3:01
Student	2:53	1:47	3:59
Home duties	2:29*	0:25	4:33
Retired	-	-	-
<b>Main language spoken at home</b>			
English	4:28	4:21	4:34
Other	4:34	4:22	4:46
<b>Country of birth</b>			
Australian born	4:23	4:16	4:30
English-speaking country	4:44	4:24	5:03
Non-English speaking country	4:41	4:29	4:54

#### 4 PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Table 4.19 Average time spent sitting on a usual work day, by demographic

	Time spent sitting on usual work day (Base: those aged 18–64 years who are working 35 or more hours)		
	Score (Avg)	Lower 95% CI	Higher 95% CI
<b>Self-reported disability</b>			
Reported disability – under 65 years	4:18	4:00	4:36
Reported disability – over 65 years	-	-	-
No disability reported	4:31	4:25	4:37
<b>Aboriginal and/or Torres Strait Islander status</b>			
Aboriginal and/or Torres Strait Islander	4:12	3:11	5:12
Non-Aboriginal and/or Torres Strait Islander	4:30	4:24	4:36
<b>Sexuality</b>			
Heterosexual	4:29	4:23	4:35
Other	4:30	4:03	4:57
<b>Income</b>			
Less than \$20,000	2:57	1:52	4:01
\$20,000–\$39,999	3:02	2:32	3:32
\$40,000–\$59,999	3:36	3:20	3:52
\$60,000–\$79,999	4:14	3:58	4:30
\$80,000–\$99,999	4:14	3:59	4:30
\$100,000 or more	5:12	5:04	5:21
<b>Household structure</b>			
Single person household	4:50	4:31	5:09
Couple household	4:46	4:33	4:58
Household with children	4:25	4:17	4:33
– Single parent with dependent children	3:59	3:27	4:31
– Couple parent with dependent children	4:35	4:25	4:44
Share or group household	4:23	4:05	4:41
<b>Geography</b>			
Metropolitan	5:01	4:53	5:09
– Inner metro	5:44	5:26	6:02
– Middle metro	5:03	4:53	5:13
– Outer metro	4:21	4:02	4:39
Interface	4:11	3:58	4:24
Regional city	3:40	3:25	3:56
Large shire	3:29	3:15	3:43
Small shire	3:14	2:58	3:30
<b>Location</b>			
Capital city	4:44	4:37	4:51
Rest of state	3:33	3:23	3:43
<b>Internet at home</b>			
Yes	4:31	4:25	4:37
<b>SEIFA (index of disadvantage)</b>			
1 – Low (most disadvantaged)	3:52	3:37	4:07
2	4:03	3:48	4:17
3	4:21	4:08	4:34
4	4:36	4:22	4:49
5 – High (least disadvantaged)	5:04	4:54	5:15

\* Sampling variability high, use with caution (relative standard error 25–50%)  
 No data = Relative standard error above 50%, estimate not reported

## 5 HEALTHY EATING

**Table 5.1 Average serves of vegetables each day, by age and gender**

Age group (years)	Number of serves of vegetables per day								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	1.9	1.8	2.0	2.3	2.1	2.4	2.1	2.0	2.2
25–34	1.9	1.8	2.0	2.5	2.3	2.6	2.2	2.1	2.3
35–44	2.0	1.9	2.1	2.4	2.4	2.5	2.2	2.1	2.3
45–54	2.0	1.9	2.1	2.6	2.5	2.7	2.3	2.2	2.4
55–64	2.1	2.0	2.1	2.7	2.6	2.8	2.4	2.3	2.4
65–74	2.0	1.9	2.1	2.6	2.5	2.7	2.3	2.3	2.4
75+	2.1	2.0	2.3	2.3	2.2	2.4	2.2	2.2	2.3
<b>Total</b>	<b>2.0</b>	<b>1.9</b>	<b>2.0</b>	<b>2.5</b>	<b>2.5</b>	<b>2.5</b>	<b>2.2</b>	<b>2.2</b>	<b>2.3</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 5.2 Average serves of fruit each day, by age and gender**

Age group (years)	Number of serves of fruit per day								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	1.5	1.4	1.6	1.7	1.6	1.8	1.6	1.6	1.7
25–34	1.4	1.3	1.5	1.6	1.5	1.6	1.5	1.4	1.5
35–44	1.4	1.3	1.5	1.6	1.5	1.6	1.5	1.4	1.6
45–54	1.5	1.4	1.6	1.7	1.6	1.8	1.6	1.6	1.7
55–64	1.5	1.5	1.6	1.8	1.7	1.8	1.7	1.6	1.7
65–74	1.6	1.5	1.7	1.9	1.8	1.9	1.7	1.7	1.8
75+	1.7	1.6	1.8	1.9	1.8	2.0	1.8	1.7	1.9
<b>Total</b>	<b>1.5</b>	<b>1.5</b>	<b>1.5</b>	<b>1.7</b>	<b>1.7</b>	<b>1.7</b>	<b>1.6</b>	<b>1.6</b>	<b>1.6</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 5.3 Proportion of Victorians eating take-away meals or snacks three or more times a week, by age and gender**

Age group (years)	Eats take-away meals/snacks at least three times a week								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	27.0	23.2	31.0	16.6	13.3	20.2	22.0	19.4	24.7
25–34	22.8	19.9	25.9	11.8	9.6	14.2	17.3	15.4	19.2
35–44	16.2	13.6	19.0	5.9	4.5	7.6	11.0	9.5	12.6
45–54	10.9	9.1	13.0	2.9	2.1	4.0	6.9	5.9	8.0
55–64	7.5	5.9	9.4	1.2*	0.7	2.1	4.3	3.4	5.3
65–74	3.2	2.2	4.6	0.7*	0.3	1.5	2.0	1.4	2.7
75+	2.2*	1.1	3.9	0.8*	0.2	1.9	1.4*	0.8	2.2
<b>Total</b>	<b>14.4</b>	<b>13.4</b>	<b>15.5</b>	<b>6.1</b>	<b>5.4</b>	<b>6.8</b>	<b>10.2</b>	<b>9.6</b>	<b>10.8</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

## 5 HEALTHY EATING

**Table 5.4 Average number of cups of water consumed in a usual day, by age and gender**

Age group (years)	Number of cups of water consumed per day								
	Males			Females			Persons		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
18–24	6.9	6.5	7.3	5.9	5.6	6.2	6.4	6.2	6.6
25–34	7.1	6.8	7.4	6.1	5.9	6.3	6.6	6.4	6.8
35–44	5.9	5.7	6.2	5.5	5.3	5.7	5.7	5.5	5.9
45–54	5.3	5.1	5.6	4.9	4.7	5.1	5.1	5.0	5.2
55–64	4.5	4.3	4.7	4.8	4.7	5.0	4.7	4.5	4.8
65–74	3.9	3.7	4.1	4.2	4.1	4.4	4.1	4.0	4.2
75+	3.4	3.2	3.6	4.0	3.8	4.2	3.7	3.6	3.9
<b>Total</b>	<b>5.6</b>	<b>5.5</b>	<b>5.7</b>	<b>5.2</b>	<b>5.1</b>	<b>5.3</b>	<b>5.4</b>	<b>5.3</b>	<b>5.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

**Table 5.5 Proportion of Victorians consuming no water in a usual day, by age and gender**

Age group (years)	No water consumed per day								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	No data	-	-	1.0*	0.3	2.4	0.9*	0.4	1.7
25–34	0.7*	0.3	1.4	1.2*	0.6	2.2	1.0	0.6	1.5
35–44	3.6	2.5	5.2	1.5	0.9	2.4	2.6	1.9	3.4
45–54	4.1	2.9	5.5	2.3	1.5	3.3	3.2	2.5	4.0
55–64	6.6	5.1	8.3	2.9	2.0	3.9	4.7	3.8	5.6
65–74	7.5	5.9	9.2	3.9	2.9	5.2	5.7	4.7	6.7
75+	8.9	6.5	11.9	4.5	3.0	6.5	6.4	5.0	8.0
<b>Total</b>	<b>4.0</b>	<b>3.5</b>	<b>4.5</b>	<b>2.3</b>	<b>1.9</b>	<b>2.6</b>	<b>3.1</b>	<b>2.8</b>	<b>3.4</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

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## 5 HEALTHY EATING

Table 5.6 Summary of healthy eating indicators, by demographic

	Number of serves of vegetables per day			Number of serves of fruit per day			Eats take-away meals/snacks at least three times a week			No water consumed per day			Number of cups of water consumed per day		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	2.2	2.2	2.3	1.6	1.6	1.6	10.2	9.6	10.8	3.1	2.8	3.4	5.4	5.3	5.4
<b>Gender</b>															
Male	2.0	1.9	2.0	1.5	1.5	1.5	14.4	13.4	15.5	4.0	3.5	4.5	5.6	5.5	5.7
Female	2.5	2.5	2.5	1.7	1.7	1.7	6.1	5.4	6.8	2.3	1.9	2.6	5.2	5.1	5.3
<b>Age</b>															
18–24	2.1	2.0	2.2	1.6	1.6	1.7	22.0	19.4	24.7	0.9*	0.4	1.7	6.4	6.2	6.6
25–34	2.2	2.1	2.3	1.5	1.4	1.5	17.3	15.4	19.2	1.0	0.6	1.5	6.6	6.4	6.8
35–44	2.2	2.1	2.3	1.5	1.4	1.6	11.0	9.5	12.6	2.6	1.9	3.4	5.7	5.5	5.9
45–54	2.3	2.2	2.4	1.6	1.6	1.7	6.9	5.9	8.0	3.2	2.5	4.0	5.1	5.0	5.2
55–64	2.4	2.3	2.4	1.7	1.6	1.7	4.3	3.4	5.3	4.7	3.8	5.6	4.7	4.5	4.8
65–74	2.3	2.3	2.4	1.7	1.7	1.8	2.0	1.4	2.7	5.7	4.7	6.7	4.1	4.0	4.2
75+	2.2	2.2	2.3	1.8	1.7	1.9	1.4*	0.8	2.2	6.4	5.0	8.0	3.7	3.6	3.9
<b>Education</b>															
Some high school or less	2.0	1.9	2.1	1.6	1.5	1.6	6.3	5.2	7.7	5.6	4.7	6.7	4.5	4.4	4.7
Completed high school	2.1	2.0	2.2	1.6	1.6	1.7	11.7	9.9	13.8	2.5	1.8	3.4	5.4	5.2	5.6
TAFE/Certificate/Diploma	2.2	2.1	2.2	1.5	1.5	1.6	11.5	10.3	12.7	3.3	2.8	3.9	5.6	5.5	5.7
University	2.5	2.4	2.5	1.7	1.6	1.7	10.7	9.6	11.7	1.9	1.5	2.3	5.6	5.5	5.7
<b>Main activity</b>															
Employed	2.3	2.2	2.3	1.6	1.5	1.6	12.4	11.6	13.3	2.5	2.1	2.9	5.8	5.7	5.8
Unemployed	1.8	1.6	1.9	1.5	1.4	1.7	15.2	11.1	20.1	2.5*	1.3	4.5	5.2	4.8	5.6
Student	2.2	2.1	2.3	1.7	1.6	1.8	16.5	13.4	19.9	0.7*	0.2	1.7	6.1	5.8	6.4
Home duties	2.3	2.2	2.4	1.6	1.5	1.7	4.6	3.0	6.7	1.6*	0.9	2.8	5.1	4.9	5.3
Retired	2.3	2.3	2.4	1.8	1.7	1.8	1.7	1.2	2.3	5.8	5.0	6.7	4.0	3.9	4.1
<b>Main language spoken at home</b>															
English	2.4	2.3	2.4	1.6	1.6	1.6	9.3	8.6	10.0	3.7	3.3	4.1	5.2	5.1	5.3
Other	1.9	1.8	1.9	1.6	1.6	1.7	12.8	11.4	14.3	1.3	0.9	1.8	5.9	5.7	6.0
<b>Country of birth</b>															
Australian born	2.4	2.3	2.4	1.6	1.6	1.6	9.6	8.9	10.3	3.3	3.0	3.7	5.3	5.2	5.4
English-speaking country	2.5	2.4	2.6	1.7	1.6	1.8	8.7	6.7	10.9	4.7	3.5	6.1	4.9	4.7	5.1
Non-English speaking country	1.9	1.8	1.9	1.7	1.6	1.7	12.3	10.9	13.7	2.0	1.5	2.6	5.8	5.6	5.9
<b>Self-reported disability</b>															
Reported disability – under 65 years	2.2	2.1	2.3	1.5	1.5	1.6	11.1	9.4	12.9	4.8	3.8	6.0	5.4	5.2	5.5
Reported disability – over 65 years	2.2	2.1	2.3	1.7	1.7	1.8	1.9	1.2	2.7	6.2	4.9	7.7	4.0	3.8	4.2
No disability reported	2.3	2.2	2.3	1.6	1.6	1.6	10.8	10.1	11.5	2.5	2.2	2.8	5.5	5.4	5.6
<b>Aboriginal and/or Torres Strait Islander status</b>															
Aboriginal and/or Torres Strait Islander	2.1	1.9	2.4	1.6	1.3	1.8	6.5*	2.4	13.7	1.5*	0.6	3.2	6.2	5.4	6.9
Non-Aboriginal and/or Torres Strait Islander	2.2	2.2	2.3	1.6	1.6	1.6	10.2	9.6	10.8	3.1	2.8	3.4	5.4	5.3	5.4
<b>Sexuality</b>															
Heterosexual	2.2	2.2	2.3	1.6	1.6	1.6	10.0	9.4	10.7	3.0	2.7	3.3	5.4	5.3	5.4
Other	2.3	2.2	2.5	1.5	1.5	1.6	14.9	11.8	18.4	3.7	2.3	5.7	5.7	5.4	6.1
<b>Income</b>															
Less than \$20,000	2.0	1.8	2.1	1.5	1.4	1.6	14.6	11.6	17.9	3.5	2.4	4.9	5.4	5.1	5.7
\$20,000–\$39,999	2.1	2.1	2.2	1.6	1.6	1.6	7.5	6.3	8.8	4.5	3.7	5.4	4.8	4.7	4.9
\$40,000–\$59,999	2.1	2.1	2.2	1.6	1.5	1.6	11.3	9.6	13.3	4.1	3.2	5.1	5.3	5.1	5.5
\$60,000–\$79,999	2.2	2.1	2.3	1.6	1.5	1.6	9.2	7.5	11.3	2.7	1.9	3.7	5.6	5.4	5.8
\$80,000–\$99,999	2.2	2.2	2.3	1.6	1.6	1.7	9.9	8.0	12.1	2.3	1.5	3.4	5.9	5.7	6.2
\$100,000 or more	2.5	2.4	2.6	1.6	1.6	1.6	11.3	10.0	12.6	2.0	1.5	2.5	5.6	5.5	5.8

## 5 HEALTHY EATING

Table 5.6 Summary of healthy eating indicators, by demographic

	Number of serves of vegetables per day			Number of serves of fruit per day			Eats take-away meals/snacks at least three times a week			No water consumed per day			Number of cups of water consumed per day		
	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (Avg)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>															
Single person household	2.1	2.0	2.2	1.6	1.6	1.7	10.1	8.4	11.9	5.0	4.0	6.1	4.9	4.7	5.0
Couple household	2.4	2.3	2.4	1.7	1.6	1.7	6.5	5.5	7.5	3.6	3.0	4.2	5.0	4.8	5.1
Household with children	2.3	2.2	2.3	1.6	1.6	1.6	9.1	8.2	10.1	2.2	1.8	2.7	5.5	5.4	5.7
– Single parent with dependent children	2.1	1.9	2.2	1.5	1.4	1.7	11.9	8.3	16.3	4.2*	2.3	6.9	5.3	4.9	5.7
– Couple parent with dependent children	2.3	2.3	2.4	1.6	1.6	1.7	8.2	7.1	9.3	1.8	1.4	2.4	5.6	5.5	5.7
Share or group household	2.1	2.0	2.2	1.5	1.5	1.6	20.1	17.6	22.8	2.2	1.4	3.2	6.2	6.0	6.5
<b>Geography</b>															
Metropolitan	2.2	2.2	2.3	1.6	1.6	1.6	11.7	10.8	12.6	2.5	2.1	2.9	5.5	5.4	5.5
– Inner metro	2.4	2.3	2.5	1.6	1.6	1.7	14.2	11.9	16.9	1.4*	0.8	2.4	5.8	5.5	6.0
– Middle metro	2.3	2.2	2.4	1.6	1.6	1.7	10.7	9.6	12.0	2.2	1.8	2.8	5.4	5.3	5.5
– Outer metro	2.1	2.0	2.1	1.6	1.5	1.6	12.3	10.4	14.5	3.7	2.7	4.8	5.4	5.2	5.6
Interface	2.1	2.1	2.2	1.6	1.5	1.6	10.7	9.4	12.2	3.6	2.9	4.4	5.4	5.3	5.6
Regional city	2.3	2.2	2.4	1.6	1.6	1.7	7.8	6.4	9.5	2.9	2.2	3.8	5.3	5.1	5.5
Large shire	2.4	2.3	2.4	1.6	1.6	1.7	5.7	4.7	6.8	4.8	4.0	5.6	5.1	4.9	5.2
Small shire	2.5	2.4	2.5	1.6	1.6	1.7	4.0	3.1	5.1	5.5	4.6	6.5	5.0	4.9	5.2
<b>Location</b>															
Capital city	2.2	2.2	2.2	1.6	1.6	1.6	11.3	10.6	12.1	2.9	2.5	3.2	5.4	5.4	5.5
Rest of state	2.4	2.3	2.4	1.6	1.6	1.7	6.6	5.7	7.6	3.8	3.4	4.4	5.2	5.1	5.3
<b>Internet at home</b>															
Yes	2.3	2.3	2.3	1.6	1.6	1.6	10.7	10.0	11.4	2.8	2.5	3.1	5.5	5.4	5.5
<b>SEIFA (index of disadvantage)</b>															
1 – Low (most disadvantaged)	2.1	2.0	2.2	1.6	1.5	1.6	11.3	9.8	12.9	3.6	3.0	4.4	5.5	5.4	5.7
2	2.2	2.1	2.2	1.6	1.5	1.6	10.4	8.9	12.0	3.3	2.7	4.0	5.4	5.3	5.6
3	2.2	2.1	2.3	1.5	1.5	1.6	10.2	8.8	11.7	3.4	2.7	4.1	5.4	5.3	5.6
4	2.3	2.3	2.4	1.6	1.6	1.7	9.5	8.2	11.0	3.0	2.3	3.8	5.3	5.1	5.5
5 – High (least disadvantaged)	2.4	2.3	2.4	1.7	1.6	1.7	9.9	8.8	11.2	2.5	2.0	3.1	5.3	5.2	5.4

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

## 6 ALCOHOL

**Table 6.1 Proportion of Victorians at risk of short-term harm from alcohol each month, by age and gender**

Age group (years)	Alcohol consumption – at risk of short-term harm each month								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	50.8	46.4	55.1	38.1	33.8	42.5	44.6	41.6	47.7
25–34	46.4	42.9	50.0	28.2	25.2	31.3	37.3	35.0	39.7
35–44	43.2	39.7	46.7	20.4	17.9	23.0	31.6	29.5	33.9
45–54	44.4	41.4	47.5	18.3	16.3	20.5	31.2	29.3	33.1
55–64	34.7	31.9	37.7	11.7	10.0	13.7	23.0	21.2	24.7
65–74	28.8	26.0	31.7	6.0	4.5	7.7	17.0	15.4	18.8
75+	12.5	9.9	15.5	1.7	1.0	2.6	6.3	5.1	7.7
<b>Total</b>	<b>40.1</b>	<b>38.7</b>	<b>41.4</b>	<b>19.1</b>	<b>18.1</b>	<b>20.2</b>	<b>29.4</b>	<b>28.5</b>	<b>30.2</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 6.2 Proportion of Victorians at very high risk of short-term harm from alcohol each month, by age and gender**

Age group (years)	Alcohol consumption – at very high risk of short-term harm each month								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	23.7	20.2	27.6	12.4	9.6	15.7	18.2	15.9	20.7
25–34	19.8	17.0	22.7	7.3	5.7	9.3	13.5	11.9	15.3
35–44	16.5	13.9	19.3	2.6	1.6	3.8	9.4	8.0	11.0
45–54	14.1	12.1	16.2	3.8	2.8	5.1	8.9	7.7	10.1
55–64	9.9	8.1	11.9	0.7*	0.3	1.5	5.2	4.3	6.2
65–74	5.7	4.4	7.3	0.2*	0.1	0.4	2.9	2.2	3.6
75+	1.4*	0.7	2.5	No data	-	-	0.6*	0.3	1.1
<b>Total</b>	<b>14.5</b>	<b>13.5</b>	<b>15.5</b>	<b>4.1</b>	<b>3.6</b>	<b>4.7</b>	<b>9.2</b>	<b>8.6</b>	<b>9.8</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

**Table 6.3 Proportion of Victorians agreeing with that “getting drunk every now and then is okay”, by age and gender**

Age group (years)	Alcohol culture – getting drunk every now and then is OK								
	Males			Females			Persons		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
18–24	51.4	47.1	55.7	47.5	43.0	52.0	49.6	46.5	52.7
25–34	41.6	38.1	45.2	38.8	35.5	42.2	40.2	37.8	42.7
35–44	36.5	33.1	40.0	30.2	27.4	33.1	33.2	31.0	35.5
45–54	31.9	29.1	34.8	22.1	19.8	24.5	26.9	25.1	28.8
55–64	19.4	17.0	22.0	10.8	9.2	12.6	15.0	13.5	16.5
65–74	9.8	8.0	11.8	6.5	4.9	8.5	8.2	7.0	9.5
75+	5.7	3.6	8.4	3.6	2.3	5.4	4.5	3.3	6.0
<b>Total</b>	<b>31.2</b>	<b>29.9</b>	<b>32.5</b>	<b>24.7</b>	<b>23.6</b>	<b>25.9</b>	<b>27.9</b>	<b>27.0</b>	<b>28.8</b>

\* Sampling variability high, use with caution (relative standard error 25–50%)  
No data = Relative standard error above 50%, estimate not reported

## 6 ALCOHOL

Table 6.4 Summary of alcohol indicators, by demographic

	At risk of short-term harm each month			At very high risk of short-term harm each month			Alcohol culture – getting drunk every now and then is OK		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Victoria</b>	<b>29.4</b>	<b>28.5</b>	<b>30.2</b>	<b>9.2</b>	<b>8.6</b>	<b>9.8</b>	<b>27.9</b>	<b>27.0</b>	<b>28.8</b>
<b>Gender</b>									
Male	40.1	38.7	41.4	14.5	13.5	15.5	31.2	29.9	32.5
Female	19.1	18.1	20.2	4.1	3.6	4.7	24.7	23.6	25.9
<b>Age</b>									
18–24	44.6	41.6	47.7	18.2	15.9	20.7	49.6	46.5	52.7
25–34	37.3	35.0	39.7	13.5	11.9	15.3	40.2	37.8	42.7
35–44	31.6	29.5	33.9	9.4	8.0	11.0	33.2	31.0	35.5
45–54	31.2	29.3	33.1	8.9	7.7	10.1	26.9	25.1	28.8
55–64	23.0	21.2	24.7	5.2	4.3	6.2	15.0	13.5	16.5
65–74	17.0	15.4	18.8	2.9	2.2	3.6	8.2	7.0	9.5
75+	6.3	5.1	7.7	0.6*	0.3	1.1	4.5	3.3	6.0
<b>Education</b>									
Some high school or less	21.6	19.8	23.5	7.9	6.6	9.3	20.1	18.3	22.0
Completed high school	34.0	31.3	36.6	12.1	10.3	14.1	34.2	31.5	36.9
TAFE/Certificate/Diploma	33.9	32.3	35.6	11.8	10.6	13.0	31.2	29.6	32.9
University	28.4	27.0	29.8	7.1	6.3	8.0	27.5	26.1	29.0
<b>Main activity</b>									
Employed	36.0	34.8	37.2	11.6	10.8	12.5	33.6	32.5	34.8
Unemployed	31.9	26.5	37.7	14.0	9.8	19.2	35.0	29.4	40.9
Student	34.4	30.4	38.5	11.5	8.9	14.5	35.4	31.4	39.5
Home duties	13.5	11.1	16.2	3.1	2.0	4.6	23.0	19.7	26.6
Retired	12.5	11.4	13.7	1.9	1.5	2.4	7.5	6.6	8.5
<b>Main language spoken at home</b>									
English	33.6	32.6	34.6	10.9	10.2	11.6	31.7	30.7	32.8
Other	17.5	16.0	19.1	4.5	3.7	5.4	17.0	15.5	18.7
<b>Country of birth</b>									
Australian born	34.0	32.9	35.1	11.1	10.4	11.9	32.9	31.8	34.0
English-speaking country	33.9	30.8	37.1	11.1	9.0	13.5	30.3	27.2	33.5
Non-English speaking country	16.0	14.6	17.5	3.6	2.9	4.5	14.2	12.8	15.7
<b>Self-reported disability</b>									
Reported disability – under 65 years	27.7	25.4	30.0	10.4	8.8	12.2	30.2	27.8	32.6
Reported disability – over 65 years	9.8	8.2	11.6	2.0	1.3	2.9	5.9	4.7	7.3
No disability reported	31.4	30.4	32.5	9.6	9.0	10.3	29.4	28.4	30.4
<b>Aboriginal and/or Torres Strait Islander status</b>									
Aboriginal and/or Torres Strait Islander	23.0	15.5	32.0	7.4*	3.3	13.9	28.9	20.1	39.0
Non-Aboriginal and/or Torres Strait Islander	29.4	28.6	30.3	9.2	8.7	9.8	27.9	27.0	28.8
<b>Sexuality</b>									
Heterosexual	29.5	28.6	30.4	9.3	8.7	9.9	27.5	26.6	28.4
Other	34.5	30.3	38.9	10.3	7.7	13.4	38.2	33.8	42.7
<b>Income</b>									
Less than \$20,000	25.7	22.3	29.4	7.5	5.5	10.0	24.6	21.2	28.3
\$20,000–\$39,999	19.6	17.8	21.4	6.9	5.7	8.3	18.4	16.6	20.3
\$40,000–\$59,999	28.7	26.4	31.2	9.4	7.9	11.2	26.2	23.9	28.7
\$60,000–\$79,999	33.8	31.0	36.7	9.6	7.9	11.6	29.5	26.8	32.3
\$80,000–\$99,999	34.0	31.1	37.1	11.5	9.5	13.8	32.3	29.3	35.4
\$100,000 or more	38.7	36.8	40.5	11.7	10.5	13.1	36.4	34.6	38.3

## 6 ALCOHOL

Table 6.4 Summary of alcohol indicators, by demographic

	At risk of short-term harm each month			At very high risk of short-term harm each month			Alcohol culture – getting drunk every now and then is OK		
	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI	Score (%)	Lower 95% CI	Higher 95% CI
<b>Household structure</b>									
Single person household	24.9	22.7	27.1	7.5	6.1	9.0	23.3	21.1	25.6
Couple household	26.3	24.8	27.9	7.2	6.2	8.2	21.5	20.0	23.0
Household with children	29.6	28.3	31.0	8.9	8.1	9.8	30.3	28.9	31.7
– Single parent with dependent children	28.2	23.3	33.5	11.6	8.0	16.0	31.5	26.5	36.9
– Couple parent with dependent children	29.2	27.5	30.9	8.3	7.3	9.4	30.9	29.2	32.6
Share or group household	42.5	39.4	45.7	16.1	13.8	18.6	38.5	35.4	41.6
<b>Geography</b>									
Metropolitan	29.6	28.4	30.9	9.2	8.4	10.1	28.5	27.3	29.8
– Inner metro	42.9	39.5	46.3	16.3	13.7	19.2	38.8	35.5	42.2
– Middle metro	27.7	26.1	29.3	7.8	6.8	8.8	27.1	25.6	28.8
– Outer metro	25.9	23.3	28.5	8.1	6.4	10.0	25.3	22.8	28.0
Interface	27.4	25.5	29.4	8.4	7.2	9.7	25.9	24.0	27.8
Regional city	30.8	28.4	33.2	9.9	8.3	11.6	30.0	27.5	32.5
Large shire	31.5	29.7	33.4	10.3	9.0	11.7	28.0	26.2	29.8
Small shire	27.8	25.9	29.8	9.7	8.3	11.3	23.3	21.4	25.3
<b>Location</b>									
Capital city	29.0	28.0	30.1	9.0	8.3	9.7	27.7	26.7	28.8
Rest of state	30.5	29.1	32.0	10.0	9.0	11.0	28.4	26.9	29.9
<b>Internet at home</b>									
Yes	31.0	30.1	31.9	9.5	8.9	10.2	29.4	28.5	30.3
<b>SEIFA (index of disadvantage)</b>									
1 – Low (most disadvantaged)	25.3	23.5	27.2	8.3	7.1	9.6	25.3	23.4	27.3
2	27.4	25.4	29.4	8.7	7.4	10.1	27.0	24.9	29.1
3	29.4	27.5	31.4	8.7	7.5	10.0	27.8	25.8	29.8
4	30.2	28.2	32.4	9.7	8.3	11.2	29.4	27.3	31.5
5 – High (least disadvantaged)	32.5	30.7	34.3	10.1	9.0	11.4	29.1	27.4	30.9

\* Sampling variability high, use with caution (relative standard error 25–50%)

No data = Relative standard error above 50%, estimate not reported

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Victorian Health Promotion Foundation  
PO Box 154 Carlton South  
Victoria 3053 Australia  
T +61 3 9667 1333 F +61 3 9667 1375

[vichealth@vichealth.vic.gov.au](mailto:vichealth@vichealth.vic.gov.au)  
[vichealth.vic.gov.au](http://vichealth.vic.gov.au)



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