Reported health status 2011: key findings for adults and children

Population Epidemiology Unit, Division of the Chief Health Officer, Queensland Health

In 2011, a survey of 12,564 adult Queenslanders and another of 2,484 parents of children were conducted by computer assisted telephone interview (CATI) to determine the prevalence of health risk factors and chronic diseases in the Queensland population. The results of this survey, a part of the monitoring and surveillance of health status, will be used to inform health service planning and priority setting, as well as for national and state reporting.

Survey results have been published in a series of reports, one for each of the seven categories of key findings below, and are available on the Queensland Health website. They include analysis of sociodemographic categories as well as relationships between health behaviours and health status indicators. The 2012 Chief Health Officer’s Report will report on the analysis of changing levels of prevalence of these health factors.

Preventive health indicators
- 57.4% of adults are overweight or obese
- 57.4% get enough exercise
- Less than 1 in 10 eat enough vegetables
- 14.8% smoke every day
- 52.4% report being sunburnt in the past year
- Over 1 in 5 drink alcohol at levels placing their lifetime health at risk

Mental health
- 84% of adults consider their health to be good or excellent
- 9 of 10 agree they have a good quality of life
- Physically active adults report lower levels of psychological distress, and those obese higher levels
- 16.3% report anxiety or depression
- Daily smokers are more likely to report anxiety/depression, or psychological distress

Nutrition
- 44.8% of adults usually drink full cream milk
- 33.7% eat takeaway food every week
- Adults who were confident they could increase fruit and vegetable consumption are more likely to have the intention to do so
- Two-thirds believe they are eating enough vegetables but less than 1 in 10 actually are
- One-third always or almost always use the food nutrition information panel

Physical activity
- About one third of adults walked for transport at least five days in the last week
- 12.1% sit for more than seven hours each day
- Less than 2 in 5 know the activity guidelines
- Those who walk for transport are 50% more likely to do sufficient activity
- Almost three quarters of adults intend to increase their physical activity

Natural disasters
- Almost 1 in 10 (9.2%) adults had their home flood damaged in 2011, and 11.7% had an income producing property flooded; of these, 11.2% thought they might be injured or die and 29.9% felt terrified, hopeless or helpless
- More than one-third of Queenslanders had their suburb or locality flooded as a result of the disasters
- Almost 2 in 5 Queenslanders participated in the clean-up after the 2011 disasters

Overweight and obesity
- 9.9% of adults have diabetes or high blood sugar
- Half of overweight, but not obese, adults think they are an acceptable weight
- Obese adults are less physically active than those of healthy weight
- Obese adults are twice as likely as those of healthy weight to have problems with mobility
- 43.3% of adults employed part or full-time are offered a wellness initiative through their workplace

Child health (children aged 5–17 years)
- 26.6% are overweight or obese
- Less than a third eat enough vegetables; more than half eat enough fruit
- 47.6% eat takeaway food every week
- 11.5% do not eat breakfast every day
- 56% do not get enough exercise
- Half participate in organised sport
- 1 in 4 walk and 1 in 20 bicycle to school
- Over half of children aged 12–17 year-olds spend two hours or more a day on screen based entertainment

