

Self reported health status 2009: Key findings

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In 2009, 6881 adult Queenslanders were surveyed by computer assisted telephone interview (CATI) to determine the prevalence of health risk factors and chronic diseases in the Queensland population and in each of the 14 Health Service Districts (HSDs) which are population based.* This survey, undertaken by Population Epidemiology Section, Division of the Chief Health Officer was undertaken as part of the monitoring and surveillance of health status, and will be used to inform health service planning and priority setting, as well as national and state reporting.

Fifteen reports are available in this series – one for Queensland as a whole and one for each HSD. These reports are available on the Queensland Health website. Detailed analysis of changing levels in the prevalence of each of these health factors will be reported in the 2010 Chief Health Officer's report.

This is the first time since 1993 that Queensland Health has systematically generated local area statistics on the prevalence of health risk factor indicators. It is planned that such local area health statistics will be available biennially or triennially in the future.

As a result of the data collection method, the data collected in this survey are representative only of people with a fixed telephone line to their residence who chose to respond to a telephone-administered questionnaire. This means that the data are heavily skewed away from the Indigenous population and from those living in very isolated settings. This is particularly important in the interpretation of data for the Cape York, Torres Strait-Northern Peninsula and Mount Isa HSDs. Of note all reported prevalence data has been adjusted to account for age and sex differences in the underlying populations.

Key findings by health risks for the adult Queensland population

- 55% were **overweight or obese**, with 21% obese, as reported. While these figures were similar to 2008 they are consistent with an increasing trend over the past decade.
- 57% consumed the recommended two serves of **fruit** per day and 10% the recommended five serves of **vegetables** per day. While these 2009 values are similar to 2008, there is a trend towards increasing prevalence of sufficient fruit and vegetable consumption.
- 8% reported being told by a doctor or other health practitioner they have **diabetes** or high blood sugar levels. These figures were similar to 2006.
- 16% **smoke** daily. In the five years 2004-2009 smoking rates decreased by 23%, resulting in about 159,000 fewer daily smokers in 2009 than would have been expected if the decline had not occurred.
- 12% report high or very high levels of **psychological distress**, with no differences across the state.
- 56% undertake sufficient **physical activity** for health benefit, with no differences across the state. While this value is similar to 2008, there is a trend towards increasing prevalence of physical activity.
- 29% report **sun safe behaviours** (wore hat, sunscreen and sunglasses), with 93% undertaking at least one of these behaviours.
- 13% were **sunburnt** on the previous weekend.
- 85% reported that their health was good, very good or excellent: 91% reported good or very good **quality of life**.
- 6% of adults **ran out of food** and couldn't afford to buy more in the last 12 months.
- 14% are **sedentary** or sit for seven or more hours each day, with 39% sitting seven or more hours on weekdays.
- 29% reported diagnosis with **high blood pressure** and 29% with **high blood cholesterol**.

Reports are available under Health Surveys at
http://www.health.qld.gov.au/health_professionals/stats_epi/default.asp

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* excludes Children's Health Services HSD.

Queensland

- 84.6% rate their health as good or very good
- 90.6% report good or very good quality of life
- 57.1% consume the recommended 2 serves of fruit each day
- 10.1% consume the recommended 5 serves of vegetables each day
- 55.3% were overweight or obese
- 15.7% smoke daily
- 55.9% are sufficiently active for health benefit
- 13.0% were sunburnt on the previous weekend
- 28.6% report high blood pressure
- 29.4% report high blood cholesterol
- 7.7% have diabetes or high blood sugar (excludes gestational diabetes)
- 12.0% report high or very high levels of psychological distress

Summary of District differences

Cairns and Hinterland HSD, Mackay HSD, Metro South HSD, Sunshine Coast - Wide Bay HSD

- Overall the prevalence of self reported risk behaviours were not significantly different to Queensland

Cape York HSD

- Due to limitations of the methodology i.e. interviews were conducted by fixed line telephone, the survey data is not representative of the whole population in this District.
- Rates of daily smoking were nearly double the State rates

Central Queensland HSD

- Rates of daily smoking were higher than State rates (about 40% higher)

Central West HSD

- Fewer report consuming recommended serves of fruit per day (prevalence was about 20% lower than the State)
- Rates of overweight and obesity were about 20% higher than State rates

Darling Downs - West Moreton HSD

- Fewer people report good or very good quality of life (about 10% lower prevalence)
- Rates of overweight and obesity were about 10% higher than State rates

Gold Coast HSD

- The proportion who reported getting sunburnt on the previous weekend was about 50% higher than the State

Metro North HSD

- Rates of daily smoking were lower than the State (about 30% lower prevalence)
- The proportion who reported getting sunburnt on the previous weekend was about 40% lower than the State

Mt Isa HSD

- Due to limitations of the methodology i.e. interviews were conducted by fixed line telephone, the survey data may not be fully representative of the whole population in this District.
- Fewer report consuming recommended serves of fruit per day (prevalence was about 20% lower than the State)
- Rates of daily smoking were higher than the State (about 50% higher prevalence)
- A lower proportion reported high blood cholesterol compared with the State (about 30% lower prevalence)

South West HSD

- Fewer report consuming recommended serves of fruit per day (prevalence was about 15% lower than the State)
- Rates of overweight and obesity were about 10% higher than State rates
- Rates of daily smoking were higher than the State (about 35% higher prevalence)

Torres Strait – Northern Peninsula HSD

- Due to limitations of the methodology i.e. interviews were conducted by fixed line telephone, the survey data is not representative of the whole population in this District.
- Rates of severe obesity were triple the State rates
- Rates of diabetes and high blood sugar were double the State rates.

Townsville HSD

- A greater proportion report consuming recommended serves of vegetables per day (prevalence was about 35% higher than the State)
- A lower proportion reported high blood cholesterol compared with the State (about 20% lower prevalence)