FINDINGS IN BRIEF

- Respondents in the Eyre Health Region were more likely to have high blood pressure and be current smokers.
- Respondents were more likely to be at risk of harm from alcohol in the short and long term.

INTRODUCTION

This brief report provides a snapshot of key epidemiological information on the prevalence of chronic conditions, risk factors, and mental health for respondents 16 years and over in the Eyre health region (n=268), the rest of South Australia (n=12860), and the whole of South Australia (n=13127) for the period July 2002 to December 2004.

METHODS

The data in this report were obtained from the South Australian Monitoring and Surveillance System (SAMSS) dataset. This system aims to provide representative, timely and relevant population data on the South Australian community. The questions in SAMSS are related to the priority health areas and main indicators pertinent to the Department of Health policies.

SAMSS collects data at the population level, and each month approximately 600 people are interviewed. The interviews are conducted by telephone utilising the CATI (Computer-Assisted Telephone Interviewing) system. All households in South Australia with a telephone number listed in the Electronic White Pages are eligible for selection in the sample. Within each household, the person who last had their birthday is selected for interview. There are no replacements for non-contactable persons. For further information on SAMSS methodology consult the SAMSS methodology brief report or SAMSS methodology technical paper series.

RESULTS

Mental Health

Table 1 shows the prevalence of self-reported mental health conditions in the Eyre health region, the rest of South Australia, and whole of South Australia. There were no statistically significant differences.

Table 1: Prevalence of self-reported mental health conditions in the Eyre health region, the rest of South Australia, and whole of South Australia, 16 years and over

<table>
<thead>
<tr>
<th></th>
<th>Eyre (%)</th>
<th>Rest of South Australia (%)</th>
<th>Whole of South Australia (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Mental Condition</td>
<td>16.1</td>
<td>14.0</td>
<td>14.0</td>
</tr>
<tr>
<td>Psychological Distress</td>
<td>8.6</td>
<td>10.5</td>
<td>10.4</td>
</tr>
<tr>
<td>Suicidal Ideation</td>
<td>7.2</td>
<td>4.9</td>
<td>4.9</td>
</tr>
</tbody>
</table>

↑↓ Statistically significantly different using χ² test (p<0.05)

Figure 1: Prevalence of selected self-reported chronic conditions in the Eyre health region, the rest of South Australia, and the whole of South Australia, 16 years and over (injury 65 years and over)

* Statistically significantly different from rest of SA using χ² test (p<0.05)
Figure 2 shows the prevalence of selected risk factors in the Eyre health region, the rest of South Australia, and the whole of South Australia. The selected risk factors include: consuming less than the recommended daily intake of vegetables and fruit, insufficient physical activity (using definition 2), risk of harm from alcohol in the long (LT) and short term (ST), current smoking, current high cholesterol (HC), current high blood pressure (HBP) and body mass index (BMI).

The prevalence of overweight and obesity among 16 and 17 year olds was calculated using the classification of Cole et al. The body mass index of respondents aged 18 years and over was calculated according to World Health Organisation (WHO) criteria.

Figure 2: Prevalence of selected risk factors in the Eyre health region, the rest of South Australia, and the whole of South Australia, 16 years and over

Key Findings:

- The proportion of respondents who ate less than 5 serves of vegetables per day was statistically significantly lower in the Eyre health region (89.2%; 95% CI 84.7–92.5) than in the rest of South Australia (92.5%; 95% CI 92.0–92.9).
- The proportion of respondents who ate less than 2 serves of fruit per day was statistically significantly higher in the Eyre health region (68.5%; 95% CI 62.3–73.7) than in the rest of South Australia (59.3%; 95% CI 58.8–60.2).
- The proportion of respondents who are current smokers was statistically significantly higher in the Eyre health region (25.0%; 95% CI 20.1–30.7) than the rest of South Australia (19.6%; 95% CI 18.9–20.3).
- A statistically significant higher proportion of respondents in the Eyre health region are at risk of harm from alcohol in the short term (35.8%; 95% CI 30.1–41.9) and long term (8.1%; 95% CI 5.3–12.3) than the rest of South Australia (29.3%; 95% CI 28.5–30.1) and (3.9%; 95% CI 3.6–4.3) respectively.
- The proportion of respondents with current high blood pressure was statistically significantly greater in the Eyre health region (24.4%; 95% CI 18.5–31.8) than the rest of South Australia (17.8%; 95% CI 17.0–18.7).

SUMMARY

The findings presented here indicate that in the Eyre health region the most apparent risks to the respondents’ health are current smoking, eating less than 2 serves of fruit per day, high blood pressure, and alcohol harm in the long and short term.

REFERENCES


INFORMATION

For further results from the survey, please visit the Population Research and Outcome Studies Unit web site at: http://www.dh.sa.gov.au/pehs/PROS.html