SOUTH AUSTRALIAN DEPARTMENT OF HEALTH
Population Research and Outcome Studies
BRIEF REPORT  Number: 2005-30

HOS:  Self reported prevalence of obesity in the SA Health Regions

FINDINGS IN BRIEF

• Overall between 1994 and 2004 there was a statistically significantly lower prevalence of obesity in the Southern Adelaide health region and a statistically significantly higher prevalence of obesity in the Mid North, South East, and Northern and Far Western health regions.

• There was a statistically significant increasing trend between 1994 and 2004 in the prevalence of obesity in the Central Northern, Hills Mallee, Wakefield, Mid North and Northern and Far Western health regions.

INTRODUCTION
This brief report summarises the prevalence of obesity as classified by body mass index (BMI) among adults aged 18 years and over in the South Australian Country and Metropolitan Health Regions from 1994 to 2004.

METHODS
Data were obtained from the South Australian Health Omnibus Survey (HOS) conducted over the years 1994 to 2004, excluding the years 1999, 2000 and 2002 as questions on height and weight from which BMI is calculated were not asked in these years on people aged 18 years and over.

HOS is a representative household interview survey of approximately 3000 people aged 15 years and over and has a response rate of at least 70%. The data in these surveys are from clustered samples and were weighted by age, gender, geographic location, and probability of selection in the household to accurately reflect the South Australian adult population. The BMI of respondents aged 18 years and over was calculated according to World Health Organization (WHO) criteria.

RESULTS
Prevalence of Obesity in the SA Health Regions

Table 1 shows the overall prevalence of obesity for each of the South Australian health regions from 1994 to 2004 for those aged 18 years and over. This information on the obesity prevalence for the health regions from 1994 to 1996, 1997 to 2001, and 2003 to 2004 is presented in Map 1 (over page).

Trends in Obesity in the SA Health Regions

Over time there was a significant increasing trend in the level of obesity in the Central Northern ($\chi^2=12.1$, $p<0.01$), Hills Mallee ($\chi^2=5.5$, $p=0.02$), Wakefield ($\chi^2=12.6$, $p<0.01$), Mid North ($\chi^2=5.5$, $p=0.02$) and Northern and Far Western ($\chi^2=18.5$, $p<0.01$) health regions.

SUMMARY

A comparison of the overall prevalence of obesity over 1994-2004 across the nine health regions in South Australia showed that there was a statistically significantly lower prevalence of obesity in the Southern Adelaide health region. There was a statistically significantly higher prevalence of obesity in the Mid North, South East, and Northern and Far Western health regions.

REFERENCES


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† ‡ Statistically significantly higher or lower ($\chi^2$ test, $p<0.05$) than other categories combined for that year

** Significant increasing trend in obesity between 1994 and 2004 ($\chi^2$ test for trend, $p<0.05$)


# Insufficient numbers for analysis. Data not age and sex standardised.
Map 1. Prevalence of obesity in the South Australian Health Regions, ages 18 years and over, 1994 - 2004

INFORMATION
For further information please visit the Population Research and Outcome Studies Unit web site at http://www.dh.sa.gov.au/pehs/PROS/.html or contact Tiffany Gill on 08 8226 60739 or email tiffany.gill@health.sa.gov.au