Snapshot: Central Northern Adelaide Health Region - Chronic Conditions, Risk Factors, and Mental Health

FINDINGS IN BRIEF

- Respondents in the Central Northern Adelaide Health Region were more likely to report higher levels of psychological distress.
- Respondents were less likely to be classified as overweight or obese.

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 Central Northern Adelaide (CNA) health region (n=6392), the rest of South Australia (n=6735), and South Australia as a whole (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 Department of Health policies.

SAMSS collects data at the population level, and each month approximately 600 people are interviewed. The interviews are conducted using 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 Central Northern Adelaide health region, the rest of South Australia, and whole of South Australia.

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Central Northern Adelaide (%)</th>
<th>Rest of South Australia (%)</th>
<th>Whole of South Australia (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Mental Condition</td>
<td>14.6</td>
<td>13.5</td>
<td>14.0</td>
</tr>
<tr>
<td>Psychological Distress</td>
<td>11.4↑</td>
<td>9.6</td>
<td>10.4</td>
</tr>
<tr>
<td>Suicidal Ideation</td>
<td>5.0</td>
<td>4.8</td>
<td>4.9</td>
</tr>
</tbody>
</table>

Key Findings:

The proportion of psychological distress as defined by the Kessler 10 was statistically significantly higher in the Central Northern Adelaide health region (11.4%; 95% CI 10.6-12.2) than in the rest of South Australia (9.6%; 95% CI 8.9-10.3).

Chronic Conditions

Figure 1 presents the prevalence of selected self-reported chronic conditions in the Central Northern Adelaide health region, the rest of South Australia, and the whole of South Australia. There were no statistically significant differences in prevalence between Central Northern Adelaide and the rest of South Australia.

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

Figure 2 shows the prevalence of selected risk factors in the Central Northern Adelaide health region, the rest of South Australia, and the whole of South Australia. The selected risk factors include: risk of harm from alcohol in the long (LT) and short term (ST), current high blood pressure (HBP), current high cholesterol (HC), insufficient physical activity (using definition 2), body mass index (BMI), current smoking, and consumption of the recommended daily intake of vegetables and fruit.

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.

Key Findings:

- The proportion of respondents who were overweight according to the BMI classification was statistically significantly lower in the Central Northern Adelaide health region (34.5%; 95% CI 33.3–35.7) than the rest of South Australia (37.5%; 95% CI 36.3–38.7).
- The proportion of respondents who were obese according to the BMI classification was statistically significantly lower in the Central Northern Adelaide health region (17.7%; 95% CI 16.7–18.7) than the rest of South Australia (19.2%; 95% CI 18.2–20.2).
- Respondents in the Central Northern Adelaide health region were statistically significantly less likely to eat under two serves of fruit per day (57.9%; 95% CI 56.6–59.1) than respondents in the rest of South Australia (61.2%; 95% CI 60.0–62.3).
- Respondents in the Central Northern Adelaide health region were statistically significantly less likely to be at risk of harm from alcohol in the short term (27.6%; 95% CI 26.5–28.7) and the long term (3.4%; 95% CI 3.0–3.9) than respondents in the rest of South Australia (31.1%; 95% CI 30.0–32.2) and (4.6%; 95% CI 4.1–5.1) respectively.

SUMMARY

The findings presented here indicate that respondents in the Central Northern Adelaide health region were statistically significantly less likely to be overweight, obese, eat under 2 serves of fruit, or be at risk of harm from alcohol in the short and long term. The most pertinent health issue is the prevalence of respondents suffering psychological distress.

REFERENCES


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

* Statistically significantly different from the rest of SA using χ² test (p<0.05)

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