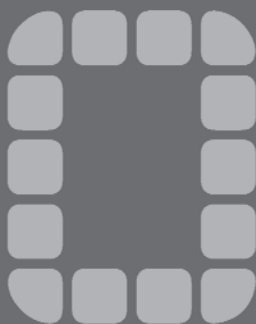


Adult Population Profile, Health and Wellbeing Surveillance System, 2009

Midwest-Murchison-Gascoyne health region



Health Outcomes Assessment Unit
Epidemiology Branch
Public Health Intelligence Directorate
Public Health Division
Department of Health, Western Australia



Government of Western Australia
Department of Health

Midwest-Murchison-Gascoyne Population Profile, Health and Wellbeing Surveillance System (HWSS), Jan to Dec 2009

	Midwest-Murchison-Gascoyne				Western Australia			Significant differences*		
	Prevalence Estimate			Estimated Pop [^]	Prevalence Estimate			From WA		
	Female	Male	Persons	Persons	Female	Male	Persons	Female	Male	Persons
Health Enhancing Behaviours - adults 16 years and over										
Currently smokes	18.2	22.3	20.3	9790	14.4	18.8	16.6	-	-	-
Does not eat two or more serves of fruit daily	41.6	52.4	47.0	22710	43.3	49.1	46.2	-	-	-
Does not eat five or more serves of vegetables daily	81.1	90.4	85.8	41432	86.7	90.7	88.7	-	-	-
Drinks at risky/high risk levels for long-term harm (a)	44.6	54.2	49.9	18469	37.4	57.7	48.6	-	-	-
Drinks at risky/high risk levels for short-term harm (b)	18.8	27.5	23.6	8739	14.9	27.7	21.9	-	-	-
Insufficient physical activity (c)	53.2	45.1	49.1	23690	50.8	45.8	48.3	-	-	-
Risk Factors - adults 16 years and over										
Current high blood pressure	20.9	22.1	21.5	10381	16.8	17.3	17.0	-	-	-
Current high cholesterol	22.6	18.4	20.5	9891	17.4	19.9	18.7	-	-	-
Overweight (d)	32.7	39.5	36.3	17509	32.6	46.9	39.9	-	-	-
Obese (d)	35.0	34.0	34.5	16654	26.5	27.0	26.8	Higher	-	Higher
High or very high psychological distress	10.6	5.5	8.0	3861	9.4	6.8	8.1	-	-	-
Lack of control over life in general (e)	6.1	3.2	4.6	2228	4.7	3.6	4.1	-	-	-
Prevalence of National Health Priority Area Health Conditions and Injury - adults 16 years and over										
Diabetes	4.8	8.1	6.5	3127	5.5	5.8	5.7	-	-	-
Heart disease	5.7	5.9	5.8	2799	4.7	7.0	5.9	-	-	-
Cancer	5.1	4.4	4.8	2304	5.6	4.3	4.9	-	-	-
Current asthma	11.5	8.0	9.7	4690	10.0	7.2	8.6	-	-	-
Current respiratory problem (f)	2.5	3.0	2.7	1327	1.7	2.5	2.1	-	-	-
Stroke	2.7	2.0	2.3	1135	1.7	2.2	1.9	-	-	-
Arthritis	21.6	20.9	21.2	10260	23.3	16.5	19.9	-	-	-
Osteoporosis	8.0	2.9	5.4	2614	7.2	2.0	4.6	-	-	-
Injury (g)	17.5	16.8	17.1	8272	17.3	22.0	19.7	-	-	-
Current mental health problem (h)	17.2	8.8	12.9	6237	16.7	10.6	13.7	-	-	-

Midwest-Murchison-Gascoyne Population Profile, Health and Wellbeing Surveillance System (HWSS), Jan to Dec 2009

	Midwest-Murchison-Gascoyne			Estimated Pop [^]	Western Australia			Significant differences*		
	Prevalence Estimate				Prevalence Estimate			From WA		
	Female	Male	Persons		Female	Male	Persons	Female	Male	Persons
Health Service Utilisation in the last 12 months - adults 16 years and over										
Used a primary health care service (i)	92.3	83.6	87.8	42412	92.2	84.5	88.3	-	-	-
Used a dental health care service	46.2	46.6	46.4	22407	57.0	50.8	53.9	Lower	-	Lower
Used a mental health care service (j)	6.7	4.1	5.4	2592	6.7	5.7	6.2	-	-	-
Used an allied health care service (k)	48.6	40.1	44.2	21360	50.8	43.6	47.2	-	-	-
Used a hospital health care service (l)	32.7	26.8	29.7	14334	27.8	27.4	27.6	-	-	-
Used an alternative health care service (m)	6.8	3.5	5.1	2474	9.8	5.2	7.5	-	-	-
Mean visits to primary health care service (i)	4.3	3.4	3.8	.	4.8	3.5	4.1	-	-	-
Mean visits to dental health care service	0.8	0.7	0.7	.	1.1	1.0	1.0	Lower	Lower	Lower
Mean visits to mental health care service (j)	0.2	0.1	0.2	.	0.4	0.4	0.4	-	Lower	Lower
Mean visits to allied health care service (k)	2.6	2.0	2.3	.	2.7	1.8	2.3	-	-	-
Mean visits to hospital based health care service (l)	0.7	0.6	0.7	.	0.6	0.5	0.5	-	-	-
Mean visits to alternative health care service (m)	0.7	0.2	0.4	.	0.6	0.2	0.4	-	-	-

This information is based on responses from 635 adults within the Midwest-Murchison-Gascoyne region and 7894 adults within the state.

* Determined by comparing confidence intervals, where intervals that do not overlap are deemed significantly different.

[^] Estimated population refers to the estimated number of people with the particular risk factor/condition. It is derived by multiplying the Estimated Resident Population by the persons prevalence estimate.

(a) As a proportion of respondents who reported drinking alcohol. Drinks more than 2 standard drinks on any one day.

(b) As a proportion of respondents who reported drinking alcohol. Drinks more than 4 standard drinks on any one day.

(c) Did not do 150 minutes or more of moderate activity over five or more sessions.

(d) Self-reported height and weight have been adjusted for under-reporting.

(e) Often or always feels a lack of control over life in general.

(f) Respiratory problem other than asthma that has lasted 6 months or more.

(g) Injury in the last 12 months requiring treatment from a health professional.

(h) Diagnosed with depression, anxiety, stress-related or other mental health problem in the past 12 months.

(i) e.g. medical specialist, general practitioner, community health centre, community or district nurses.

(j) e.g. psychiatrist, psychologist or counsellor.

(k) e.g. optician, physiotherapist, chiropractor, podiatrist, dietitian, nutritionist, occupational therapist, diabetes/other health educator.

(l) e.g. overnight stay, accident and emergency department or outpatients.

(m) e.g. acupuncturist, naturopath, homeopath or any other alternative health service.



Delivering a **Healthy WA**



Government of Western Australia
Department of Health