

## HEALTH AND WELLBEING PROFILES

# PHYSICAL WELLBEING

Overall good physical health and wellbeing is critical to avoiding a range of preventable diseases. Our physical health and wellbeing is often closely connected to our mental and emotional health, and healthier, happier individuals leads to greater community wellbeing.

This profile compares data from Wyndham to areas across Greater Melbourne and Victoria on determinants of physical health, including self-reported health, physical activity levels, and prevalence of diabetes and obesity.

Recent physical health and activity data shows Wyndham adults are not faring as well as adults in the North and West Metro area and Victoria. This conclusion is drawn not only from quantitative assessments such as time spent exercising, rates of obesity and diabetes, and participation in physical activity, but also from subjective assessments such as self-reported health levels.

All data refers to adults aged 18+ years unless otherwise stated.



Individual perceptions of excellent or very good health are low amongst Wyndham adults. In 2014, **28%** of Wyndham adults reported **excellent or very good health**, compared to **37%** of adults in the North and West Metro area, and **40%** in Victoria.



Less than half (**35%**) of Wyndham adults are getting the recommended amount of physical activity per week, and fall behind **North and West Metro area (39%)** and **Victoria (41%)**.



Similarly to adults across North and West Metro area and Victoria, around **one-in-four Wyndham adults sit for more than eight hours per day**.



Adults in the **North and West Metro area** and **Victoria** are more likely to use walking as a mode of regular transport than Wyndham adults.

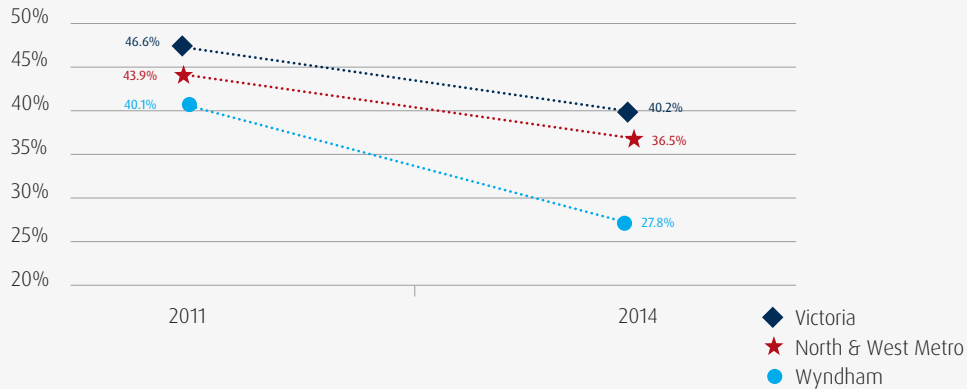


**Diabetes was more prevalent among Wyndham adults (6.2%)** compared to adults in the North and West Metro area (5.3%) and Victoria (6.0%).



A greater proportion of adults in Wyndham are classified as obese (**25%**), compared to those in the **North and West Metro area (20%)** and **Victoria (19%)**.

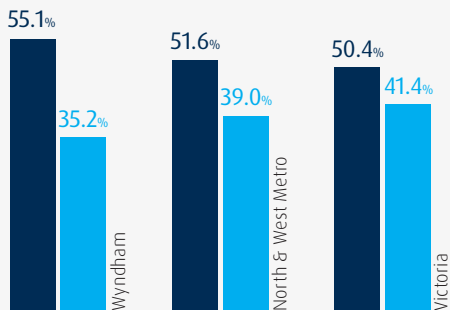
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## Self-Reported Health, 2011-12 and 2014<sup>1</sup>

In 2011-12 and 2014, Victorian adults were asked to rank their current health status as excellent, very good, good, fair or poor. 27.8% of Wyndham residents considered their health excellent or very good, compared to 36.5% of adults in the North and West Metro area and 40.2% of Victorian adults. All areas have experienced a drop in the proportion of the adult population reporting excellent or good health, however the largest decrease between 2011-12 and 2014 was observed in Wyndham (12.3%).

■ Insufficient time  
■ Sufficient time

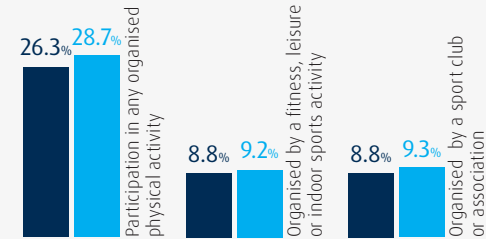


## Physical Activity Status, 2014<sup>2</sup>

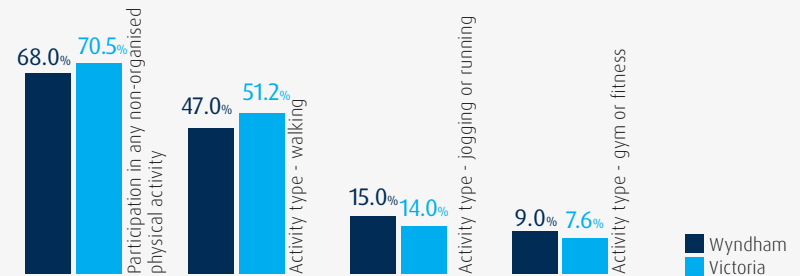
Regular physical activity is important for good overall health. It is a protective factor against chronic disease, and assists in maintaining healthy weight.

A larger proportion of Wyndham adults (55.1%) do not engage in the recommended amount of physical activity each week, compared to adults in the North and West Metro area (51.6%) and Victoria (50.4%).

## Type of Physical Activity, 2015<sup>3</sup>



## Organised Physical Activity



## Non-Organised Physical Activity

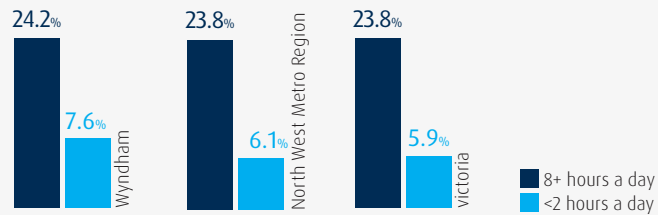
More Wyndham adults take part in non-organised physical activity (walking, jogging or running and gym or fitness) than organised physical activity (organised by a fitness, leisure or indoor sports activity or sport club or association). The most popular physical activity type amongst Wyndham adults is walking, however a smaller proportion of Wyndham adults walk compared to adults across Victoria. Overall, proportionally fewer Wyndham adults participate in either an organised or non-organised sporting activity than all Victorian adults.

<sup>1</sup> Department of Health. (2011-12 and 2014). Victorian Population Health Survey

<sup>2</sup> Department of Health. (2014). Victorian Population Health Survey 2014 - Modifiable risk factors contributing to chronic disease in Victoria

<sup>3</sup> VicHealth. (2015). VicHealth Indicators Survey - LGA Profiles

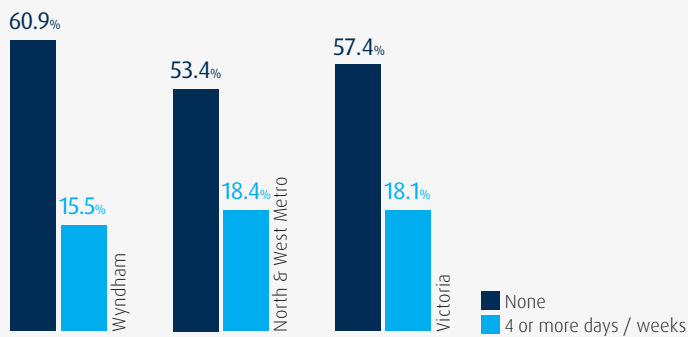
# PHYSICAL WELLBEING



## Sedentary Behaviour, 2014<sup>4</sup>

Almost a quarter (24.2%) of Wyndham adults sit for more than eight hours per day, which is similar to adults in the North West Metro area and Victoria. Compared to adults in the North and West Metro area and Victoria, a larger proportion of Wyndham adults sit for less than 2 hours a day.

In 2015, Wyndham adults who work 35 hours plus a week sit for less time (4.09 hours) than Victorians (4.29). Research shows that sedentary behaviour such as sitting for long periods during waking hours is not good for your health.<sup>5</sup>



## Active Travel, 2014<sup>6</sup>

During an average week, more than half of Wyndham adults (60.9%) do not use walking as a mode of transport for trips longer than 10 minutes; this is higher than North and West Metro area (53.4%) and Victoria (57.4%). The fact that Wyndham has less active travel by means of walking may be relative to Wyndham's growth and the distance to shopping, medical and public transport.

Adults in the North and West Metro area and Victoria are more likely to regularly use walking as a mode of transport four or more days per week, compared to Wyndham adults.



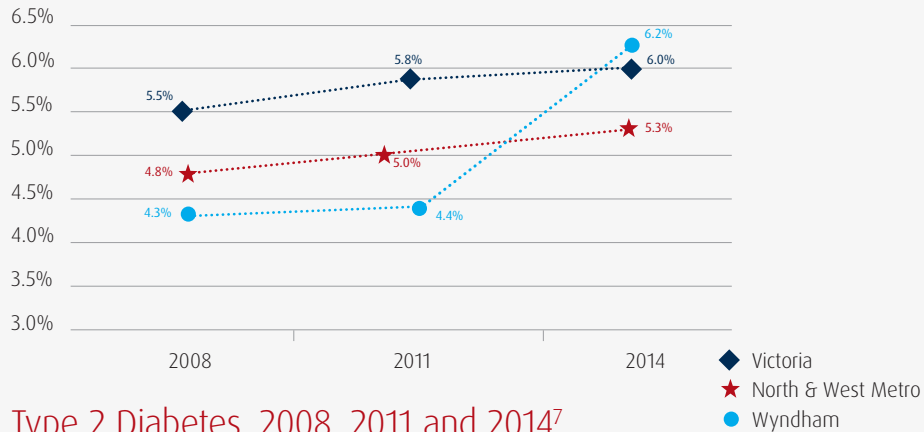
<sup>4</sup> Department of Health. (2014). Victorian Population Health Survey 2014 - Modifiable risk factors contributing to chronic disease in Victoria

<sup>5</sup> The Heart Foundation. (n.d). Sit Less

<sup>6</sup> Department of Health. (2014). Victorian Population Health Survey 2014 - Modifiable risk factors contributing to chronic disease in Victoria

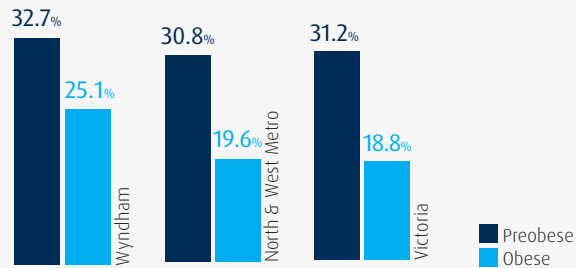


# PHYSICAL WELLBEING



## Type 2 Diabetes, 2008, 2011 and 2014<sup>7</sup>

Type 2 diabetes is the most common form of diabetes, which occurs mostly in people aged 50 years and over. Risk factors for the disease include being overweight or obese and having a family history of the condition. Across Victoria there has been a steady increase in the proportion of adults being diagnosed with type 2 diabetes. In 2008 and 2011-12, the percentage of Wyndham adults with type 2 diabetes was less than adults in the North West Metro Region and Victoria. By 2014, the opposite trend was observed, where a larger proportion of Wyndham adults had type 2 diabetes (6.2%) compared to adults in the North and West Metro area (5.3%) and Victoria (6.0%).



## Obesity, 2014<sup>8</sup>

Obesity is a condition where a person has accumulated excess body fat which may have a negative impact on their health. In 2014, Wyndham had a higher proportion of adults classified as obese (25.1%), compared to the North and West Metro area (19.6%) and Victoria (18.8%).

Pre-obese (BMI between 25 and 29.9) rates in adults are also higher in Wyndham (32.7%) compared to the North and West Metro area (30.8%) and Victoria (31.2%). These individuals are at an increased risk of becoming obese and experiencing weight-related illness and disease.

<sup>7</sup>Department of Health. (2008, 2011-12 & 2014). Victoria Population Health Survey

<sup>8</sup> Department of Health. (2014). Victorian Population Health Survey 2014 – Modifiable risk factors contributing to chronic disease in Victoria

