

Community Indicators Victoria Survey 2007

City of Ballarat Pilot Project

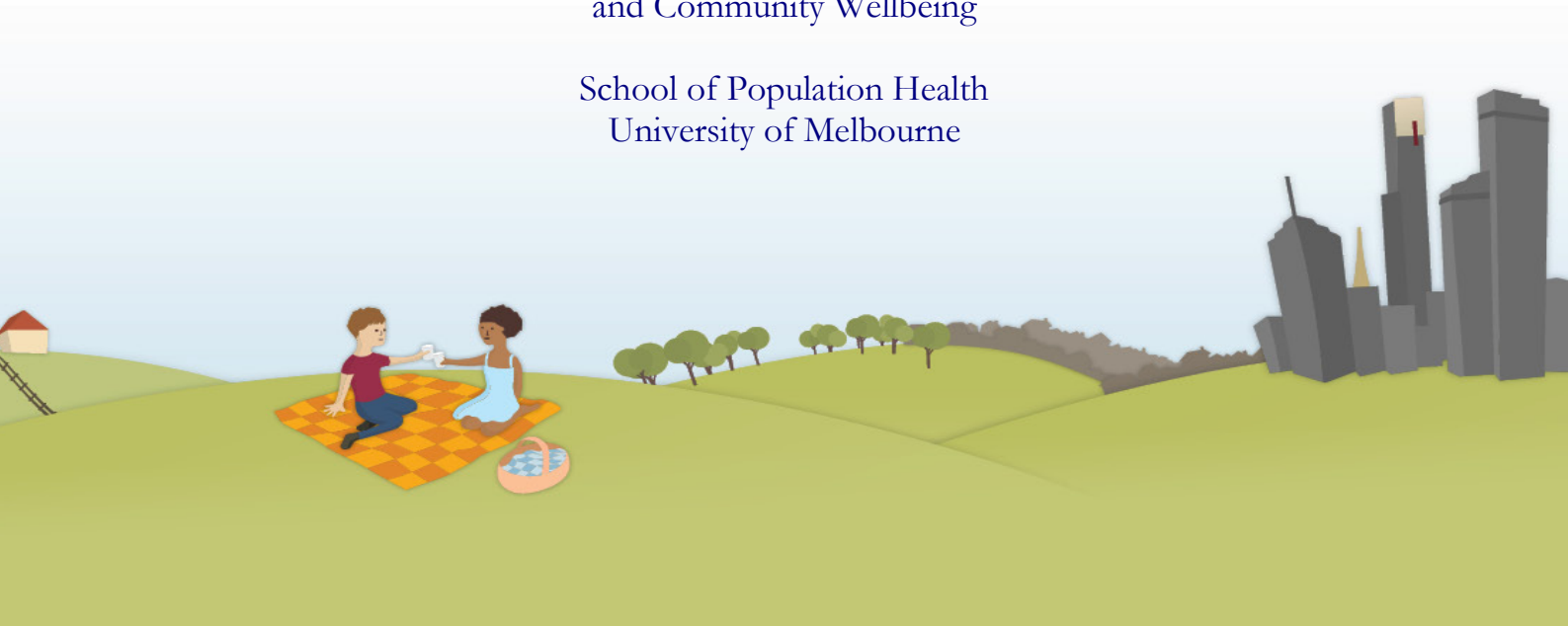
“Using the Community Indicators Victoria Survey to Assist in Municipal Public Health Planning”

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Table of Contents

Overview	6
The City of Ballarat Local Government Area	8
<i>1.1 Physical Exercise –Ballarat LGA</i>	<i>8</i>
1.1.1 Vigorous Physical Exercise – Ballarat LGA	8
1.1.2 Moderate Physical Exercise – Ballarat LGA	9
1.1.3 Walking Briskly – Ballarat LGA	11
<i>1.2 Fruit and Vegetable Consumption – Ballarat LGA</i>	<i>12</i>
1.2.1 Fruit Consumption – Ballarat LGA	12
1.2.2 Vegetable Consumption – Ballarat LGA.....	13
<i>1.3. Alcohol Consumption – Ballarat LGA.....</i>	<i>14</i>
1.3.1 Standard Drinks Consumed – Ballarat LGA	15
<i>1.4. Smoking – Ballarat LGA.....</i>	<i>15</i>
Ballarat – Central SLA.....	17
<i>2.1 Physical Exercise - Ballarat Central</i>	<i>17</i>
2.1.1 Vigorous Physical Exercise – Ballarat Central.....	17
2.1.2 Moderate Physical Exercise – Ballarat Central	18
2.1.3 Walking Briskly – Ballarat Central.....	19
<i>2.2 Fruit and Vegetable Consumption – Ballarat Central</i>	<i>20</i>
2.2.1 Fruit Consumption – Ballarat Central.....	20
2.2.2 Vegetable Consumption – Ballarat Central	21
<i>2.3 Alcohol Consumption - Ballarat Central.....</i>	<i>22</i>
<i>2.4 Smoking- Ballarat Central.....</i>	<i>23</i>
Ballarat – Inner North SLA.....	24
<i>3.1 Physical Exercise – Ballarat Inner North.....</i>	<i>24</i>
3.1.1 Vigorous Physical Exercise – Ballarat Inner North.....	24
3.1.2 Moderate Physical Exercise – Ballarat Inner North	25
3.1.3 Walking Briskly – Ballarat Inner North.....	26
<i>3.2 Fruit and Vegetable Consumption – Ballarat Inner North.....</i>	<i>27</i>
3.2.1 Fruit Consumption – Ballarat Inner North.....	27
3.2.2 Vegetable Consumption – Ballarat Inner North	28
<i>3.3 Alcohol Consumption- Ballarat Inner North.....</i>	<i>29</i>
<i>3.4 Smoking – Ballarat Inner North</i>	<i>30</i>
Ballarat South SLA.....	31
<i>4.1 Physical Exercise – Ballarat South.....</i>	<i>31</i>
4.1.1 Vigorous Physical Exercise – Ballarat South	31
4.1.2 Moderate Physical Exercise – Ballarat South.....	32
4.1.3 Walking Briskly – Ballarat South	33
<i>4.2 Fruit and Vegetable Consumption – Ballarat South.....</i>	<i>34</i>
4.2.1 Fruit Consumption – Ballarat South	34
4.2.2 Vegetable Consumption – Ballarat South.....	35
<i>4.3 Alcohol Consumption- Ballarat South.....</i>	<i>36</i>
<i>4.4 Smoking – Ballarat South</i>	<i>37</i>
Conclusions.....	38

Table of Tables

<u>Table 1: Sample Proportions for the three Ballarat Statistical Local Areas</u>	7
<u>Table 2: Age proportions in percent terms for the three Ballarat regions</u>	7
<u>Table 3: Gender proportions in percent for the three Ballarat regions</u>	7
<u>Table 4: Number Of Times Engaged In Vigorous Exercise In Past Week</u>	8
<u>Table 5: Accumulated Time Spent Engaged In Vigorous Exercise</u>	9
<u>Table 6: Number Of Times Engaged In Moderate Exercise In Past Week</u>	10
<u>Table 7: Accumulated Time Spent Engaged In Moderate Exercise</u>	10
<u>Table 8: Number Of Times Walked Briskly In The Past Week</u>	11
<u>Table 9: Accumulated Time Spent Walking Briskly</u>	12
<u>Table 10: Fruit Consumption Per Day</u>	13
<u>Table 11: Vegetable Consumption Per Day</u>	13
<u>Table 12: Frequency Of Alcohol Consumption Over Past 12 Months</u>	14
<u>Table 13: Number Of Standard Drinks Consumed</u>	15
<u>Table 14: Smoking Status</u>	16
<u>Table 15: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat Central</u>	17
<u>Table 16: Accumulated Time Spent Engaged In Vigorous Exercise - Ballarat Central</u>	18
<u>Table 17: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat Central</u>	18
<u>Table 18: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat Central</u>	19
<u>Table 19: Number Of Times Walked Briskly In The Past Week – Ballarat Central</u>	19
<u>Table 20: Accumulated Time Spent Walking Briskly – Ballarat Central</u>	20
<u>Table 21: Fruit Consumption Per Day – Ballarat Central</u>	20
<u>Table 22: Vegetable Consumption Per Day – Ballarat Central</u>	21
<u>Table 23: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat Central</u>	22
<u>Table 24: Number Of Standard Drinks Consumed – Ballarat Central</u>	23
<u>Table 25: Smoking Status – Ballarat Central</u>	23
<u>Table 26: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat Inner North</u>	24
<u>Table 27: Accumulated Time Spent Engaged In Vigorous Exercise – Ballarat Inner North</u>	25
<u>Table 28: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat Inner North</u>	25
<u>Table 29: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat Inner North</u>	26
<u>Table 30: Number Of Times Walked Briskly In The Past Week – Ballarat Inner North</u>	26
<u>Table 31: Accumulated Time Spent Walking Briskly – Ballarat Inner North</u>	27
<u>Table 32: Fruit Consumption Per Day – Ballarat Inner North</u>	28
<u>Table 33: Vegetable Consumption Per Day – Ballarat Inner North</u>	28
<u>Table 34: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat Inner North</u>	29
<u>Table 35: Number Of Standard Drinks Consumed – Ballarat Inner North</u>	30

Table of Tables

<u>Table 36: Smoking Status – Ballarat Inner North</u>	30
<u>Table 37: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat South</u>	31
<u>Table 38: Accumulated Time Spent Engaged In Vigorous Exercise – Ballarat South</u>	32
<u>Table 39: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat South</u>	32
<u>Table 40: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat South</u>	33
<u>Table 41: Number Of Times Walked Briskly In The Past Week – Ballarat South</u>	33
<u>Table 42: Accumulated Time Spent Walking Briskly – Ballarat South</u>	34
<u>Table 43: Fruit Consumption Per Day – Ballarat South</u>	34
<u>Table 44: Vegetable Consumption Per Day – Ballarat South</u>	35
<u>Table 45: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat South</u>	36
<u>Table 46: Number Of Standard Drinks Consumed – Ballarat South</u>	37
<u>Table 47: Smoking Status – Ballarat South</u>	37

Overview

This report presents the results of a number of public health survey questions administered to residents of the City of Ballarat. These questions were asked in addition to the Community Indicators Victoria (CIV) Survey which was conducted across all Local Government Areas (LGAs) of Victoria between January and April 2007¹. The survey was administered as a Computer Assisted Telephone Interview and households were randomly selected using Random Digit Dialling.

The Ballarat pilot project was developed as an extension of the original CIV Survey which surveyed 300 respondents in each of the 79 Victorian LGAs. In conjunction with the City of Ballarat, CIV agreed to pilot the collection of additional survey questions and additional sample to assist with Municipal Public Health Planning for the LGA. This resulted in random sampling of an additional 1200 respondents across the area and the inclusion of eleven extra questions on physical exercise, fruit and vegetable consumption, alcohol consumption and smoking. CIV agreed to provide basic age and gender frequencies for all of these additional questions for the total LGA and the four Statistical Local Areas (SLAs) of Ballarat Central, Ballarat Inner North, Ballarat South and Ballarat North depending on adequate sample sizes.

Structure of the Report

The report presents a description of the total Ballarat sample before detailing results for the individual SLAs of Ballarat Central, Ballarat Inner North and Ballarat South. Each section provides results are presented for overall percentages, age and gender. The analyses presented throughout this report have been weighted according to the Australian Bureau of Statistics 2006 Estimated Resident Population (ERP) and estimates based on small sample sizes have been highlighted with an asterisk thorough the report. Responses of 'don't know' and 'refused' have been excluded from analyses and 0.4% of respondents refused to provide details of their age.

Sample Distribution for the City of Ballarat

A random sample of 1501 respondents was collected across Ballarat Central, Ballarat Inner North, and Ballarat South. No respondents were selected from the SLA of Ballarat North and therefore this area has been excluded from statistical analyses. The sample distribution according to SLA is presented below in Table 1. The majority of respondents are located in the SLA of Ballarat Central, and the remainder are approximately equally spread across the SLAs of Ballarat Inner North and Ballarat South.

¹ For details of the Community Indicators Victoria Survey go to www.communityindicators.net.au

Table 1: Sample Proportions for the three Ballarat Statistical Local Areas

	%
Ballarat - Central	62.3
Ballarat - Inner North	18.1
Ballarat - South	19.6
Total	100.0

The age distribution across SLAs is relatively evenly spread across the three age groups with the majority of 18-34 years olds located in Ballarat Central and Ballarat South. The Ballarat Inner North sample contains more respondents aged between 35-54 years and more than 55 years.

Table 2: Age proportions in percent terms for the three Ballarat regions

	Age %			Total
	18-34	35-54	55+	
Ballarat - Central	34.0	35.9	30.2	100.0
Ballarat - Inner North	25.7	39.6	34.7	100.0
Ballarat - South	33.2	33.5	33.2	100.0
Overall %	32.3	36.1	31.6	100.0

Age frequencies for the LGA reflect a very similar pattern across all SLAs with a greater representation of females present in all areas.

Table 3: Gender proportions in percent for the three Ballarat regions

	Gender %		Total
	Male	Female	
Ballarat - Central	47.2	52.8	100.0
Ballarat - Inner North	47.8	52.2	100.0
Ballarat - South	48.8	51.2	100.0
Overall %	47.6	52.4	100.0

Age and gender frequencies are presented in all statistical tables included in the report.

The City of Ballarat Local Government Area

1.1 Physical Exercise –Ballarat LGA

1.1.1 Vigorous Physical Exercise – Ballarat LGA

Questions

Respondents were asked the following questions regarding the frequency and total accumulated time spent undertaking *vigorous* physical exercise, in the past week:

- 1) Apart from gardening and household chores, in the last week how many times, if any, did you do vigorous leisure activity which caused you to huff and puff? For example, jogging, swimming (freestyle), singles tennis, aerobics, competitive sport, cycling?
- 2) How much time, in total, in the last week would you have spent doing vigorous leisure activity?

Responses

Responses to question 1 were recorded as the number of times respondents had undertaken vigorous exercise in the past week. Responses to question 2 were recorded in terms of minutes or hours, with both measures amalgamated to give the total time spent undertaking vigorous exercise in hours.

Results by age and gender

Table 4 indicates that 45% of the Ballarat population did not participate in vigorous exercise in the past week. No vigorous activity was the most commonly reported response for all age groups, particularly those aged 55+ (63.8%). Respondents aged 18-34 and 35-54 participated in vigorous exercise the most frequently (17.0% and 17.8% respectively). Female respondents were more likely than males to report that they had not engaged in vigorous exercise in the past week and less likely to engage in such exercise three times a week or more.

Table 4: Number Of Times Engaged In Vigorous Exercise In Past Week

	Overall % (N=1495)	Age†			Gender	
		18-34 (N=345)	35-54 (N=612)	55+ (N=532)	Male (N=632)	Female (N=863)
Overall %	100.0	32.2	34.9	32.9	47.2	52.8
No vigorous activity	45.0	28.6	42.1	63.8	41.4	48.2
Once or twice per week	21.2	27.6	19.7	16.3	19.9	22.4
Three or four times per week	19.4	26.8	20.3	11.4	21.5	17.5
Five or more times per week	14.4	17.0	17.8	8.5	17.2	12.0
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

Accumulated time that respondents spent participating in vigorous exercise is presented below in Table 5. More than one quarter (29.0%) of Ballarat respondents spent 6 or more hours a week undertaking vigorous exercise.

For 18-34 year olds, almost one third reported 6 or more hours of vigorous exercise per week. In comparison, over a third of 35-54 year olds participated in between 2.0-3.99 hours of vigorous activity per week.

A high proportion of males (36.1%) spent 6 or more hours exercising vigorously in the past week. While 31.9% of females spent between 2.0 and 3.99 hours undertaking vigorous exercise.

Table 5: Accumulated Time Spent Engaged In Vigorous Exercise

	Overall % (N=761)	Age†			Gender	
		18-34 (N=233)	35-54 (N=343)	55+ (N=183)	Male (N=338)	Female (N=423)
Overall %	100.0	41.6	37.1	21.3	49.9	50.1
Less than 2 hours per week	21.8	20.8	20.5	26.1	17.9	25.6
2.0 - 3.99 hours per week	29.1	26.6	34.0	25.8	26.4	31.9
4.0 -5.99 hours per week	20.1	20.5	18.4	22.3	19.6	20.6
6 hours or more per week	29.0	32.2	27.1	25.7	36.1	21.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

† Two people did not state their age.

1.1.2 Moderate Physical Exercise – Ballarat LGA

Questions

Respondents were asked the following questions regarding the frequency and total accumulated time spent undertaking *moderate* physical exercise, in the past week:

- 1) Apart from gardening and household chores, in the last week how many times, if any, did you do moderate leisure activity that caused a slight but noticeable increase in breathing and heart rate? For example, low pace swimming, light to moderate intensity exercise classes or social tennis or dancing?
- 2) How much time, in total, in the last week would you have spent doing moderate leisure activity?

Responses

The responses for question 1 were recorded as the number of times the respondents had undertaken moderate exercise in the past week. Responses for question 2 were recorded in terms of minutes or hours, with both measures amalgamated to give the total time spent undertaking moderate exercise in hours.

Results by age and gender

Table 6 indicates that the majority (63.2%) of Ballarat respondents reported no moderate physical activity in the past week and almost three quarters of respondents aged over 55 reported no moderate physical exercise. Similar responses were present in both genders and a large proportion of males (60.1%) and females (65.9%) did not engage in any moderate activity in the past week.

Table 6: Number Of Times Engaged In Moderate Exercise In Past Week

	Overall % (N=1482)	Age†			Gender	
		18-34 (N=342)	35-54 (N=604)	55+ (N=529)	Male (N=623)	Female (N=859)
Overall %	100.0	32.3	34.7	33.0	47.1	52.9
No moderate activity	63.2	54.5	64.4	70.2	60.1	65.9
Once or twice per week	19.4	23.6	19.7	14.8	18.3	20.3
Three or four times per week	9.5	11.6	9.4	7.8	11.4	7.9
Five or more times per week	7.9	10.3	6.5	7.2	10.2	5.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

† Seven people did not state their age.

Accumulated time that respondents spent participating in moderate exercise is presented in Table 7 below. The majority of respondents (80.3%) engaged in four hours or less of moderate physical activity per week.

For those under 55 years, the most common time spent undertaking moderate exercise was between 2 and 5 hours per week. The majority of respondents older than 55 years were involved in less than 2 hours of moderate activity per week (40%).

Similar proportions of males and females were engaged in moderate exercise. Males were more likely to engage in more than 5 hours per week (23.4%) and almost one in two females completed between 2.0 and 4.99 hours of exercise.

Table 7: Accumulated Time Spent Engaged In Moderate Exercise

	Overall % (N=507)	Age†			Gender	
		18-34 (N=146)	35-54 (N=203)	55+ (N=157)	Male (N=224)	Female (N=283)
Overall %	100.0	40.0	33.6	26.4	51.3	48.7
Less than 2 hours	39.3	36.3	42.0	40.0	40.6	38.0
2.0 - 4.99 hours per week	41.0	44.5	44.5	31.6	36.0	46.2
5 hours or more per week	19.7	19.2	13.5	28.4	23.4	15.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

† One person did not state their age.

1.1.3 Walking Briskly – Ballarat LGA

Questions

Respondents were asked the following questions regarding the frequency and total accumulated time spent *walking briskly*, in the past week:

- 1) In the last week how many times, if any, did you walk briskly for recreation or exercise or to get from place to place?
- 2) How much time, in total, in the last week would you have spent walking briskly?

Responses

Responses to question 1 were recorded as the number of times respondents had walked briskly in the past week. Responses to question 2 were recorded in terms of minutes or hours, with both measures amalgamated to give the total time spent walking briskly in hours.

Results by age and gender

Table 8 indicates that 21.8% of Ballarat respondents indicated that they did not engage in any brisk walking in the past week. In comparison, one third engaged in brisk walking five or more times a week.

Approximately a quarter of males living in Ballarat undertook no brisk walking, while 31.2% walked briskly five or more times per week. For females, 19.5% indicated no brisk walking, and 35.2% walked briskly five or more times per week.

Table 8: Number Of Times Walked Briskly In The Past Week

	Overall % (N=1486)	Age†			Gender	
		18-34 (N=340)	35-54 (N=611)	55+ (N=528)	Male (N=627)	Female (N=859)
Overall %	100.0	32.0	35.1	32.9	47.2	52.8
No brisk walking	21.8	20.7	19.5	25.6	24.5	19.5
Once or twice per week	24.5	26.1	23.9	23.1	27.2	22.1
Three or four times per week	20.4	20.8	22.0	18.4	17.2	23.2
Five or more times per week	33.3	32.4	34.6	32.9	31.2	35.2
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 7 people did not state their age.

Accumulated time that respondents spent participating in brisk walking is presented overleaf in Table 9.

Of those that had engaged in brisk walking in the last week, 38.7% spent less than 2 hours a week doing so and this was the most common response for all age groups and gender.

Table 9: Accumulated Time Spent Walking Briskly

	Overall % (N=1127)	Age†			Gender	
		18-34 (N=264)	35-54 (N=479)	55+ (N=378)	Male (N=457)	Female (N=670)
Overall %	100.0	32.2	36.8	31.0	45.4	54.6
less than 2 hours per week	38.7	41.6	39.0	34.7	42.7	35.4
2.0 - 3.99 hours per week	28.6	27.0	32.4	25.9	27.1	29.8
4.0 -5.99 hours per week	13.9	13.6	11.1	17.7	12.5	15.1
6 hours or more per week	18.8	17.8	17.5	21.7	17.7	19.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

1.2 Fruit and Vegetable Consumption – Ballarat LGA

1.2.1 Fruit Consumption – Ballarat LGA

Questions

Respondents were asked the following question regarding their fruit consumption in the past week:

- 1) How many serves of fruit do you usually eat each day? A ‘serve’ is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

Responses

The responses for this question were recorded as per the number of ‘serves’ of fruit consumed per day, as indicated by the respondent.

Results by age and gender

The fruit consumption of Ballarat respondents is summarised in Table 10 below. Almost half of respondents consumed two or more servings of fruit per day and 9% reported no fruit consumption.

In terms of age, two or more servings of fruit per day was the most common response for those than 35 years and over 50% of 18-34 year olds consumed one or less serves of fruit per day.

A large proportion of females reported eating 2 or more servings of fruit per day and only 7.1% indicated they do not eat fruit at all. For males, 40.9% reported eating two or more servings of fruit a day and 11.2% of males do not eat fruit at all.

Table 10: Fruit Consumption Per Day

	Overall % (N=1487)	Age†			Gender	
		18-34 (N=344)	35-54 (N=610)	55+ (N=526)	Male (N=627)	Female (N=860)
Overall %	100.0	32.3	34.9	32.8	47.2	52.8
Do not eat fruit	9.0	13.1	7.6	6.6	11.2	7.1
One or less servings of fruit	42.2	52.7	42.3	31.4	47.9	37.1
Two or more servings of fruit	48.8	34.3	50.1	62.0	40.9	55.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

† Seven people did not give their age.

1.2.2 Vegetable Consumption – Ballarat LGA

Questions

Respondents were asked the following question regarding their diet and vegetable consumption in the past week:

- 1) How many serves of vegetables do you usually eat each day? A ‘serve’ is ½ cup of cooked vegetables or 1 cup of salad vegetables.

Responses

Responses were recorded as per the number of ‘serves’ of vegetables consumed per day, as indicated by the respondent.

Results by age and gender

Table 11 indicates that almost one third of respondents consume 1 or less serves of vegetables a day and a similar proportion consume between 3 or 4 serves per day. Only 1.5% of respondents reported not eating vegetables at all.

Table 11: Vegetable Consumption Per Day

	Overall % (N=1482)	Age†			Gender	
		18-34 (N=344)	35-54 (N=607)	55+ (N=524)	Male (N=624)	Female (N=858)
Overall %	100.0	32.4	34.9	32.8	47.1	52.9
Do not eat vegetables	1.5	1.5*	2.2	0.6*	1.9	1.1*
1 or less servings of vegetables	30.9	35.6	31.3	25.9	40.2	22.5
2 servings	25.6	28.9	24.4	23.7	28.2	23.4
3 or 4 servings of vegetables	30.3	27.7	29.0	34.5	21.8	37.9
5 or more servings of veg	11.7	6.3	13.1	15.3	7.9	15.0
Total	100.0	100.0	100.0	100.0	100.0	100.0

† Seven people did not give their age.

* Due to high sampling variability, this estimate should be used with caution.

Both 18-34 and 35-55 year olds were most likely to report eating 1 or less serves of vegetables per day, while 3 or 4 serves was most common for the 55+ age group.

Females reported higher vegetable consumption than males. A large proportion of males reported consuming only one serve of vegetables while the most common response for females was 3 or 4 serves per day.

1.3. Alcohol Consumption – Ballarat LGA

Questions

Respondents were asked the following questions regarding alcohol consumption over the past 12 months:

- 1) In the last 12 months, how often did you have an alcoholic drink of any kind?
- 2) On a day that you have an alcoholic drink, how many standard drinks do you usually have? A standard drink is equal to 1 pot of full strength beer, 1 small glass of wine or 1 pub-sized nip of spirits. (1 can of full strength beer is equal to 1.5 standard drinks).

Responses

Responses for question 1 were recorded as how often alcohol was consumed in the past 12 months, as nominated by the respondent. Responses were then coded to one of the following categories: everyday, 5 to 6 days a week, 3 to 4 days a week, 1 to 2 days a week, 2 to 3 days a month, about 1 day a month, less often than 1 day a month, no longer drink, do not drink. Responses for question 2 were recorded as the number of standard drinks usually consumed in a day when the individual drank alcohol, as indicated by the respondent.

Results by age and gender

The frequency of alcohol consumption for Ballarat is presented in Table 12 below.

Table 12: Frequency Of Alcohol Consumption Over Past 12 Months

	Overall % (N=1494)	Age [†]			Gender	
		18-34 (N=343)	35-54 (N=612)	55+ (N=532)	Male (N=631)	Female (N=863)
Overall %	100.0	32.0	35.0	33.0	47.1	52.9
Every day	10.5	4.7	9.6	17.1	13.5	7.9
1 to 2 days a week	24.3	31.1	24.8	17.2	26.7	22.2
3 to 4 days a week	13.1	13.0	16.5	9.6	17.5	9.1
5 to 6 days a week	4.8	3.1*	5.1	6.1	6.3	3.3
2 to 3 days a month	9.0	11.9	10.0	5.0	9.0	8.9
About 1 day a month	8.0	9.4	7.1	7.7	5.7	10.1
Less often than 1 day a month	14.3	13.5	14.2	15.2	9.9	18.2
Do not drink/ No longer drink	16.0	13.3	12.8	22.1	11.3	20.3
Total	100.0	100.0	100.0	100.0	100.0	100.0

[†] Seven people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Approximately 10% of respondents reported drinking every day and abstinence was reported by 16.0% of respondents.

22.1% of respondents aged 55+ reported that they no longer drank alcohol. 18-34 year olds most commonly reported consuming alcohol 1 to 2 days a week (31.1%), and only a small proportion reported daily alcohol consumption (4.7%).

The most common response for male and female alcohol consumption was 1 or 2 days a week with frequencies of 26.7% and 22.2% respectively.

1.3.1 Standard Drinks Consumed – Ballarat LGA

Table 13 indicates that of those who consume alcohol, the majority consumed 1 or 2 standard drinks per day. Consumption of more than 6 standard drinks per day comprised a small but considerable proportion of the population (7.4%).

For all age groups, the most common response was 1 or 2 standard drinks per day and three quarters of respondents aged 55+ consumed this amount.

Approximately 70% of females consumed 1 or 2 standard drinks when drinking and 3.7% drank more than 6 standard drinks. Similarly, 44.9% of males drank 1 or 2 standard drinks and up to 11.1% reported drinking 6 or more standard drinks.

Table 13: Number Of Standard Drinks Consumed

	Overall % (N=1255)	Age†			Gender	
		18-34 (N=298)	35-54 (N=536)	55+ (N=417)	Male (N=556)	Female (N=699)
Overall %	100.0	32.8	36.5	30.7	49.5	50.5
1 or 2 drinks	57.2	36.0	60.3	75.8	44.9	69.1
3 or 4 drinks	25.7	33.3	25.8	17.8	30.6	21.0
5 to 6 drinks	9.7	17.3	8.1	3.7*	13.4	6.1
More than 6 drinks	7.4	13.5	5.9	2.7*	11.1	3.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 4 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

1.4. Smoking – Ballarat LGA

Questions

Respondents were asked the following question regarding tobacco smoking that included the smoking of cigarettes, cigars and pipes:

- 1) Which of the following best describes your smoking status?

Responses

The following responses were provided: I smoke daily; I smoke occasionally; I don't smoke now, but I used to; I've tried it a few times but never smoked regularly; and I've never smoked. Responses were recorded as nominated by the respondents.

Results by age and gender

The smoking behaviour of Ballarat respondents is presented in Table 14 below. Over 45% of respondents reported that they had never smoked and approximately 16% reported smoking on a daily basis.

Never smoked was the most common response for all age groups and was most common in females (50.5%). 30.5% of 55+ year olds had stopped smoking in the past and over 20% of 35-54 year olds reported smoking on a daily basis.

Table 14: Smoking Status

	Overall % (N=1497)	Age†			Gender	
		18-34 (N=345)	35-54 (N=612)	55+ (N=534)	Male (N=632)	Female (N=865)
Overall %	100.0	32.2	34.8	33.0	47.1	52.9
I've never smoked	45.5	43.5	41.5	51.5	39.8	50.5
I've tried it a few times but never smoked regularly	10.0	12.2	9.9	7.9	11.6	8.5
I don't smoke now, but I used to	24.4	19.3	23.5	30.5	25.9	23.2
I smoke occasionally	4.5	7.7	4.7	1.2*	4.9	4.1
I smoke daily	15.7	17.4	20.4	8.9	17.9	13.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Ballarat – Central SLA

2.1 Physical Exercise - Ballarat Central

2.1.1 Vigorous Physical Exercise – Ballarat Central

Refer to Section 1.1.1 for detailed descriptions of questions and response scales.

Results by age and gender

Table 15 indicates that no vigorous activity was the most common response from Ballarat Central respondents.

More specifically, no vigorous activity was reported by 59.8% of those aged 55 years or older and 44.4% of 35-54 year olds. In comparison, those aged 18-34 were most likely to undertake vigorous exercise once or twice per week.

A significant majority of males and females indicated that they engaged in no vigorous exercise (40.0% and 46.4% respectively).

Table 15: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat Central

	Overall % (N=912)	Age†			Gender	
		18-34 (N=221)	35-54 (N=371)	55+ (N=314)	Male (N=383)	Female (N=529)
Overall %	100.0	34.8	34.0	31.2	47.5	52.5
No vigorous activity	43.4	27.3	44.4	59.8	40.0	46.4
Once or twice per week	21.7	29.3	17.6	17.3	20.4	22.8
Three or four times per week	20.9	25.4	21.8	15.1	21.1	20.7
Five or more times per week	14.1	18.0	16.2	7.7	18.5	10.1
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

Time spent engaged in vigorous exercise is presented in Table 16 overleaf. Approximately 28% completed between 2.0 and 3.99 hours per week and 28% completed 6 or more hours of vigorous exercise per week.

The most common response for those aged between 35-54 years and 55+ years was between 2.0-3.99 hours of vigorous exercise per . Approximately, one third of 18-34 year olds undertook 6 or more hours of vigorous activity.

A significant proportion of males engaged in 6 or more hours of vigorous exercise. Females most commonly reported vigorous exercise of 2.0-3.99 hours a week (34.8%).

Table 16: Accumulated Time Spent Engaged In Vigorous Exercise - Ballarat Central

	Overall % (N=472)	Age†			Gender	
		18-34 (N=153)	35-54 (N=201)	55+ (N=116)	Male (N=208)	Female (N=264)
Overall %	100.0	44.4	33.7	21.9	49.6	50.4
less than 2 hours	23.2	23.1	21.6	26.2	21.7	24.7
2.0 - 3.99	28.4	23.0	34.8	29.7	22.0	34.8
4.0 -5.99	20.5	23.9	16.0	20.9	21.1	19.9
6 hours or more	27.9	30.0	27.6	23.3	35.2	20.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 2 people did not state their age.

2.1.2 Moderate Physical Exercise – Ballarat Central

Refer to Section 1.1.2 for detailed descriptions of questions and response scales.

Results by age and gender

The number of times Ballarat Central respondents engaged in moderate activity in the past week is presented in Table 17. Over 60% of respondents reported no moderate activity in the past week and only 7.3% of respondents engaged in moderate activity 5 or more times a week.

Only 5.4% of those aged 55 years or older engaged in moderate exercise five or more times per week and similar proportions of males and females reported no moderate activity in the past week.

Table 17: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat Central

	Overall % (N=903)	Age†			Gender	
		18-34 (N=219)	35-54 (N=366)	55+ (N=312)	Male (N=374)	Female (N=529)
Overall %	100.0	34.9	33.7	31.3	47.0	53.0
No moderate activity	62.8	52.1	67.5	68.8	60.9	64.4
Once or twice per week	19.0	25.8	16.7	14.4	16.0	21.7
Three or four times per week	10.9	12.1	9.3	11.4	13.3	8.7
Five or more times per week	7.3	10.0	6.5	5.4	9.8	5.2
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

The accumulated time Ballarat Central respondents spent engaged in moderate exercise is summarised in Table 18 below. The most common response was less than 2 hours of moderate exercise per week and over 20% engaged in 5 or more hours of moderate activity.

For all age groups, less than 2 hours of moderate activity was the most common response for moderate exercise and those aged between 18-34 years were most likely to engage in five or more hours per week.

Approximately 44% of males completed less than 2 hours of moderate exercise a week, and nearly a quarter spent five or more hours per week. For females, only 17.8% engaged in 5 or more hours of moderate exercise per week.

Table 18: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat Central

	Overall % (N=311)	Age			Gender	
		18-34 (N=97)	35-54 (N=119)	55+ (N=95)	Male (N=132)	Female (N=179)
Overall %	100.0	44.3	29.3	26.4	49.6	50.4
Less than 2 hours	42.4	44.4	43.8	37.3	43.5	41.2
2.0 - 4.99 hours per week	36.9	36.1	41.9	32.5	32.8	40.9
5 hours or more per week	20.8	19.4	14.2	30.2	23.7	17.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

2.1.3 Walking Briskly – Ballarat Central

Refer to Section 1.1.3 for detailed descriptions of questions and response scales.

Results by age and gender

Table 19 indicates that approximately one third of Ballarat Central respondents reported brisk walking 5 or more times in the past week. By comparison, less than a quarter reported no brisk walking.

The most common response for all age groups and gender was walking briskly 5 or more times per week (31.8%).

Table 19: Number Of Times Walked Briskly In The Past Week – Ballarat Central

	Overall % (N=906)	Age†			Gender	
		18-34 (N=219)	35-54 (N=370)	55+ (N=311)	Male (N=378)	Female (N=528)
Overall %	100.0	34.7	34.2	31.1	47.1	52.9
No brisk walking	22.8	20.1	23.1	25.7	28.6	17.6
Once or twice per week	23.2	25.9	22.0	21.1	22.7	23.7
Three or four times per week	22.2	19.7	23.6	23.6	19.2	24.8
Five or more times per week	31.8	34.3	31.3	29.6	29.4	33.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

Accumulated time Ballarat Central respondents spent walking briskly is presented in Table 20. Respondents most commonly reported walking briskly for less than 2 hours per week (35.6%). Both 18-34 and 55+ year olds most commonly undertook less than 2 hours of brisk walking (36.6% and 34.7% respectively). Those aged 35-54 most commonly reported 2.0-3.99 hours of brisk walking (37.7%). 41.3% of males reported less than 2 hours a week of brisk walking. For females, 36.5% indicated that they spent between 2.0 and 3.99 hours walking briskly.

Table 20: Accumulated Time Spent Walking Briskly – Ballarat Central

	Overall % (N=686)	Age†			Gender	
		18-34 (N=175)	35-54 (N=283)	55+ (N=223)	Male (N=266)	Female (N=420)
Overall %	100.0	35.7	34.3	30.0	43.2	56.8
less than 2 hours per week	35.6	36.6	34.4	34.7	41.3	31.2
2.0 - 3.99 hours per week	33.6	31.6	37.7	32.0	29.9	36.5
4.0 -5.99 hours per week	12.8	15.0	9.6	13.9	9.8	15.1
6 hours or more per week	18.0	16.8	18.3	19.4	19.0	17.2
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 5 people did not state their age.

2.2 Fruit and Vegetable Consumption – Ballarat Central

2.2.1 Fruit Consumption – Ballarat Central

Refer to Section 1.2.1 for detailed descriptions of questions and response scales.

Results by age and gender

Almost half Ballarat Central respondents consumed 2 or more servings of fruit per day, as illustrated in Table 21 below. Not eating fruit at all was reported by 10.6% of respondents. More specifically, 18% of respondents aged 18-34 indicated that they do not eat fruit. While the majority of 35-54 (54%) and 55+ year olds (60.5%) most commonly consumed 2 or more servings of fruit. Almost 50% of males reported consuming one or less servings of fruit per day. For females, 57.7% indicated eating two or more servings of fruit per day.

Table 21: Fruit Consumption Per Day – Ballarat Central

	Overall % (N=908)	Age†			Gender	
		18-34 (N=221)	35-54 (N=371)	55+ (N=310)	Male (N=380)	Female (N=528)
Overall %	100.0	34.9	34.0	31.0	47.3	52.7
Do not eat fruit	10.6	18.0	8.2	5.3*	13.2	8.3
One or less servings of fruit	40.6	49.0	37.8	34.2	48.1	34.0
Two or more servings of fruit	48.7	33.1	54.0	60.5	38.7	57.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 4 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

2.2.2 Vegetable Consumption – Ballarat Central

Refer to Section 1.2.2 for detailed descriptions of questions and response scales.

Results by age and gender

The vegetable consumption of Ballarat Central respondents is summarised in Table 22 below. Almost one third of respondents reported consuming 3 or 4 servings of vegetables per day (32.4%) and a similar amount noted consuming one or less servings of vegetables per day (30.4%). Consumption of 5 or more servings of vegetables was indicated by only 12.8% of respondents. 1.7% of respondents do not eat vegetables.

18-34 year olds most commonly reported consuming 1 or less serves of vegetables (35.1%). For both 35-54 and 55+ year olds, approximately one third consumed 3 or 4 vegetable servings per day.

A large proportion of males (40.6%) reported eating 1 or less serves of vegetables per day. For females, a similar percentage reported consuming 3 or 4 serves of vegetables per day.

Table 22: Vegetable Consumption Per Day – Ballarat Central

	Overall % (N=904)	Age†			Gender	
		18-34 (N=222)	35-54 (N=367)	55+ (N=309)	Male (N=376)	Female (N=528)
Overall %	100.0	35.2	33.8	31.0	47.1	52.9
Do not eat vegetables	1.7	2.0*	2.7*	n.p	2.0*	1.5*
1 or less servings of vegetables	30.4	35.1	29.4	26.8	40.6	21.4
2 servings	22.6	23.7	20.5	23.3	24.1	21.3
3 or 4 servings of vegetables	32.4	33.1	32.7	31.7	23.5	40.4
5 or more servings of veg	12.8	6.1*	14.8	17.8	9.9	15.4
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 6 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

2.3 Alcohol Consumption - Ballarat Central

Refer to Section 1.3 for detailed descriptions of questions and response scales.

Results by age and gender

The frequency of alcohol consumption amongst Ballarat Central respondents is presented in Table 23 below. Approximately one quarter of respondents reported consuming alcohol 1 to 2 days a week while consumption on a daily basis constituted 12.8% of responses.

Approximately 21% of 55+ year olds reported consuming alcohol daily while the same proportion of this age group also reported that they did not drink alcohol at all.

The most common response for males and females was consumption of alcohol 1 to 2 days per week. 16.6% of males indicated that they drank alcohol everyday compared to 9.3% of females.

Table 23: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat Central

	Overall % (N=914)	Age			Gender	
		18-34 (N=221)	35-54 (N=372)	55+ (N=315)	Male (N=383)	Female (N=531)
Overall %	100.0	34.7	34.0	31.3	47.3	52.7
Every day	12.8	6.5*	11.3	21.0	16.6	9.3
1 to 2 days a week	23.7	27.0	26.4	17.4	25.6	22.0
3 to 4 days a week	13.2	14.1	16.6	8.5	16.0	10.7
5 to 6 days a week	5.4	3.8*	5.4	7.2	7.9	3.1
2 to 3 days a month	10.3	13.9	10.5	6.4	10.0	10.6
About 1 day a month	7.0	8.9	6.0	6.2	5.1	8.7
Less often than 1 day a month	13.1	13.5	13.8	11.9	8.4	17.2
Do not drink/ No longer drink	14.6	12.5	10.0	21.4	10.3	18.4
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

As Table 24 illustrates, the majority of respondents (56%) reported drinking 1 or 2 standard drinks and drinking more than 6 standard drinks formed the least common response (8.3%).

For all age groups, consumption of 1 or 2 drinks per day was the most common response in the Ballarat Central SLA. In particular, three quarters of 55+ year olds indicated that they drink 1 or 2 standard drinks.

Nearly 70% of females consumed 1 or 2 standard drinks when drinking alcohol and 66% of males drank up to 4 standard drinks when consuming alcohol. However, 13.6% of males consumed more than 6 drinks in one sitting.

Table 24: Number Of Standard Drinks Consumed – Ballarat Central

	Overall % (N=781)	Age†			Gender	
		18-34 (N=196)	35-54 (N=333)	55+ (N=248)	Male (N=342)	Female (N=439)
Overall %	100.0	35.5	35.7	28.8	49.4	50.6
1 or 2 drinks	55.8	33.6	60.1	77.3	43.2	68.1
3 to 4 drinks	26.0	33.2	27.1	16.0	31.2	20.9
5 to 6 drinks	9.9	18.6	5.8	4.4*	12.0	7.9
More than 6 drinks	8.3	14.6	7.0	2.3*	13.6	3.1
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 4 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

2.4 Smoking- Ballarat Central

Refer to Section 1.4 for detailed descriptions of questions and response scales.

Results by age and gender

As highlighted in Table 25 below, as many as 46.8% of Ballarat Central respondents have never smoked and 16.9% of respondents reported smoking on a daily basis.

In terms of gender, 50.7% of females indicated they never smoked and 42.5% of males reported never smoking.

Table 25: Smoking Status – Ballarat Central

	Overall % (N=914)	Age†			Gender	
		18-34 (N=222)	35-54 (N=371)	55+ (N=316)	Male (N=383)	Female (N=531)
Overall %	100.0	34.9	33.8	31.3	47.4	52.6
I smoke daily	16.9	20.9	19.3	10.2	18.0	15.9
I smoke occasionally	4.2	7.4	3.2*	1.8*	4.9	3.6
I don't smoke now, but I used to I've tried it a few times but never smoked regularly	21.4	16.5	22.3	26.0	22.2	20.7
I've never smoked	46.8	45.1	43.7	52.0	42.5	50.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 5 people did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Ballarat – Inner North SLA

3.1 Physical Exercise – Ballarat Inner North

3.1.1 Vigorous Physical Exercise – Ballarat Inner North

Refer to Section 1.1.1 for detailed descriptions of questions and response scales.

Results by age and gender

The number of times vigorous exercise was undertaken in the past week is summarised in Table 26 below. Approximately half of all Ballarat Inner North respondents reported no vigorous exercise in the past week. Of those engaging in vigorous exercise, once or twice a week proved the most common times (18.3%).

More specifically, over 70% of 55+ year olds did not engage in vigorous exercise, whilst approximately 50% of 18-34 year olds engaged in vigorous exercise three or more times per week.

Similar results were found in both males and females and no vigorous exercise in the past week was the most common response for both genders. However, males (23.7%) were twice as likely as females (13.0%) to exercise vigorously three or four times a week.

Table 26: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat Inner North

	Overall % (N=285)	Age			Gender	
		18-34 (N=50)	35-54 (N=128)	55+ (N=107)	Male (N=119)	Female (N=166)
Overall %	100.0	27.0	36.0	37.0	46.3	53.7
No vigorous activity	49.1	26.5	42.7	71.8	44.2	53.3
Once or twice per week	18.3	23.7*	22.4	10.5*	18.6	18.1
Three or four times per week	17.9	30.6	17.4	9.2*	23.7	13.0
Five or more times per week	14.6	19.1*	17.5	8.6*	13.5	15.6
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

Time spent engaged in vigorous activity is listed in Table 27 overleaf. The most common response for Ballarat Inner North respondents was 6 or more hours of vigorous exercise a week (29.6%) with a similar distribution across all response categories. Vigorous activity of less than 2 hours was found amongst 24.6% respondents.

Of the Ballarat Inner North respondents, 18-34 year olds were most likely to report engagement in 6 or more hours of vigorous exercise a week (36.3%) similar to those aged 55+ years (35.7%). Those aged 35-54 years were most likely to engage in between 4.0-5.99 hours of vigorous activity (32.9%).

In terms of gender differences, 29% of females engaged in less than 2 hours of vigorous exercise per week. Ballarat Inner North males spent more time in exercising vigorously and 37% engaged in 6 or more hours per week.

Table 27: Accumulated Time Spent Engaged In Vigorous Exercise – Ballarat Inner North

	Overall % (N=138)	Age			Gender	
		18-34 (N=34)	35-54 (N=74)	55+ (N=30)	Male (N=62)	Female (N=76)
Overall %	100.0	39.3	40.9	19.8	51.2	48.8
less than 2 hours per week	24.6	24.6*	23.7	26.3*	20.0	29.3
2.0 - 3.99 hours per week	25.0	29.0*	23.3	20.5*	25.6	24.3
4.0 -5.99 hours per week	20.9	10.1*	32.9	17.5*	17.1*	24.9
6 or more hours per week	29.6	36.3	20.1	35.7*	37.3	21.5
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

3.1.2 Moderate Physical Exercise – Ballarat Inner North

Refer to Section 1.1.2 for detailed descriptions of questions and response scales.

Results by age and gender

The majority of Ballarat Inner North respondents reported no moderate exercise in the past week (61.5%) as highlighted in Table 28 below. Of those who did engage in moderate exercise, the majority of the population exercised only once or once or twice per week (19.7%). This pattern was consistent across all age groups and gender. However, 18-34 year olds (19%), especially males (22%) were more likely to moderately exercise three or more times a week.

Table 28: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat Inner North

	Overall % (N=284)	Age			Gender	
		18-34 (N=50)	35-54 (N=128)	55+ (N=106)	Male (N=119)	Female (N=165)
Overall %	100.0	27.1	36.1	36.8	46.4	53.6
No moderate activity	61.5	50.7	62.9	67.9	60.1	62.7
Once or twice per week	19.7	23.8	20.5	16.0	17.7	21.5
Three or four times per week	8.9	8.8*	10.7*	7.1*	9.5*	8.4*
Five or more times per week	9.9	16.6*	5.9*	8.9*	12.7*	7.5*
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

The time that Ballarat Inner North respondents engaged in moderate physical exercise is presented in Table 29 below. The most common response (41.2%) was 2–4.99 hours of moderate exercise per week though 38% reported engaging in less than 2 hours per week.

Table 29: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat Inner North

	Overall % (N=101)	Age			Gender	
		18-34 (N=23)	35-54 (N=45)	55+ (N=33)	Male (N=42)	Female (N=59)
Overall %	100.0	35.4	34.4	30.1	49.1	50.9
Less than 2 hours per week	37.5	27.8*	45.4	39.9	36.2	38.7
2.0 - 4.99 hours per week	41.2	46.7	43.0	32.8	40.7	41.7
5 hours or more per week	21.3	25.6*	11.6*	27.3*	23.0*	19.6*
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

Similar results were found across age groups and gender, though 35–45 year olds were the least likely to engage in more than 2 hours of moderate exercise per week (54.6%).

3.1.3 Walking Briskly – Ballarat Inner North

Refer to Section 1.1.3 for detailed descriptions of questions and response scales.

Results by age and gender

The number of times that Ballarat Inner North respondents engaged in walking is presented in Table 30 below. Approximately 80% of respondents walked at least once per week and the majority of these walked five or more times per week (32.8%).

Table 30: Number Of Times Walked Briskly In The Past Week – Ballarat Inner North

	Overall % (N=285)	Age			Gender	
		18-34 (N=50)	35-54 (N=128)	55+ (N=107)	Male (N=119)	Female (N=166)
Overall %	100.0	27.0	36.0	37.0	46.3	53.7
No brisk walking	19.5	15.4*	17.0	25.0	16.9	21.7
Once or twice per week	27.3	34.2	23.5	25.9	34.7	20.9
Three or four times per week	20.4	23.4	23.8	14.8	17.3	23.1
Five or more times per week	32.8	27.0	35.7	34.3	31.1	34.3
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

Regular walking was common across all age groups, especially those aged 35 years or more. 34.2% of those aged 18-34 walked briskly once or twice a week, whilst 35-54 and 55+ reported briskly walking five or more times per week (35.7% and 34.3% respectively). Walking was also popular with both genders in Ballarat Inner North. Over 57% of females and 48% of males engaged in brisk walking three or more times per week.

Of those who engaged in walking, over 58% spent more than 2 hours walking each week as detailed in Table 31 below. Approximately one quarter of Ballarat Inner North respondents reported walking briskly for a period of between 2.0-3.99 hours and more than 32% walked 4 hours or more.

Brisk walking for less than 2 hours was the most common response for both 18-34 year olds and 35-54 year olds living in Ballarat Inner North (57% and 42% respectively). In comparison, over 29% of those aged 55 years or older reported walking 6 or more hours per week.

Similar results were reported by both genders, though females were more likely to walk for a longer time period and approximately 24% walked for 6 hours or more each week.

Table 31: Accumulated Time Spent Walking Briskly – Ballarat Inner North

	Overall % (N=218)	Age			Gender	
		18-34 (N=39)	35-54 (N=102)	55+ (N=77)	Male (N=93)	Female (N=125)
Overall %	100.0	28.1	38.3	33.6	47.4	52.6
less than 2 hours	41.6	57.3	41.9	28.1	46.6	37.1
2.0 - 3.99 hours per week	25.3	24.0*	28.3	22.9	25.3	25.3
4.0 -5.99 hours per week	14.6	9.5*	13.7	19.8	15.3	13.9
6 hours or more per week	18.6	9.3*	16.1	29.2	12.9*	23.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

3.2 Fruit and Vegetable Consumption – Ballarat Inner North

3.2.1 Fruit Consumption – Ballarat Inner North

Refer to Section 1.2.1 for detailed descriptions of questions and response scales.

Results by age and gender

Table 32 overleaf summarises the daily fruit consumption of Ballarat Inner North respondents. Respondents were most likely to report consuming two or more servings of fruit per day (51.5%) though 9.8% of respondents reported no fruit consumption in their usual diet.

Those aged 55+ years were most likely to consume 2 or more pieces of fruit per day (67.2%). In comparison, 11% of 18-34 year olds and 12% of 35-54 year olds do not eat any fruit which is approximately double the rate in those aged 55 years or older.

Fruit consumption was more common in females than males living in Ballarat Inner North and twice as many males as females do not eat any fruit (13% and 7% respectively).

Table 32: Fruit Consumption Per Day – Ballarat Inner North

	Overall % (N=283)	Age			Gender	
		18-34 (N=50)	35-54 (N=126)	55+ (N=107)	Male (N=118)	Female (N=165)
Overall %	100.0	27.1	35.7	37.1	46.3	53.7
Do not eat fruit	9.8	10.8*	12.2	6.8*	13.2	6.9*
One or less servings of fruit	38.7	47.0	45.5	26.0	39.7	37.8
Two or more servings of fruit	51.5	42.2	42.4	67.2	47.2	55.3
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

3.2.2 Vegetable Consumption – Ballarat Inner North

Refer to Section 1.2.2 for detailed descriptions of questions and response scales.

Results by age and gender

Table 33 below indicates that over a third of Ballarat Inner North respondents eat one or less serves of vegetables per day and very few respondents (12.4%) consume 5 or more serves per day.

Table 33: Vegetable Consumption Per Day – Ballarat Inner North

	Overall % (N=283)	Age			Gender	
		18-34 (N=50)	35-54 (N=127)	55+ (N=106)	Male (N=119)	Female (N=164)
Overall %	100.0	27.2	35.9	36.9	46.5	53.5
Do not eat vegetables	1.5*	n.p	n.p	n.p	2.7*	n.p
1 or less servings of vegetables	33.5	32.0	41.0	27.5	43.2	25.1
2 servings	26.5	30.0	26.7	23.7	29.0	24.3
3 or 4 servings of vegetables	26.1	24.9	19.4	33.4	16.2	34.7
5 or more servings of veg	12.4	11.1*	11.5	14.3	8.9*	15.5
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

The most noteworthy age difference in these results is the high proportion (41%) of 35-54 year olds who reported consumption of less than 1 serve of vegetables per day. In comparison, 18-34 year olds and those aged 55+ years were better consumers of vegetables and over 14% of those aged 55+ years ate 5 or more serves per day.

Females living in Inner North Ballarat were also better consumer of vegetables and 43% of males reported eating less than one serve per day while 50% of females consumed 3 or more serves per day.

3.3 Alcohol Consumption- Ballarat Inner North

Refer to Section 1.3 for detailed descriptions of questions and response scales.

Results by age and gender

Frequency of alcohol consumption for Ballarat Inner North respondents is presented in Table 34 below. The most common response for alcohol consumption was 1 or 2 days a week (24.5%) and 7.6% reported drinking everyday. Over 28% of respondents consumed alcohol 1 day a month or less, and 15.5% did not drink at all.

Both the 18-34 year olds and 35-54 year olds age group were most likely to drink 1 or 2 days a week (36% and 24% respectively). In comparison, 21% of those aged 55+ years drank alcohol less often than 1 day a month and 13% drank every day.

Gender differences are evident in alcohol consumption patterns and males are more likely to drink more regularly than females and a higher proportion of females are non-regular drinkers or don't drink at all (40%).

Table 34: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat Inner North

	Overall % (N=283)	Age			Gender	
		18-34 (N=50)	35-54 (N=127)	55+ (N=106)	Male (N=118)	Female (N=165)
Overall %	100.0	27.2	36.0	36.8	46.2	53.8
Every day	7.6	0*	7.6*	13.1	9.3*	6.1*
5 to 6 days a week	4.3*	0*	5.5*	6.4*	4.7*	4.0*
3 to 4 days a week	11.8	n.p	19.2	10.4*	17.8	6.6*
1 to 2 days a week	24.5	35.6	24.0	16.7	25.6	23.5
2 to 3 days a month	7.9	13.6*	8.1*	3.5*	8.9*	7.0*
About 1 day a month	9.8	14.1*	8.4*	8.0*	6.0*	13.0
Less often than 1 day a month	18.6	18.3*	16.2	21.1	15.1	21.6
Do not drink/ No longer drink	15.5	14.5*	10.9	20.8	12.6	18.1
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

The number of standard drinks Ballarat Inner North respondents usually consume is presented in Table 35 overleaf, and the majority of respondents (61.4%) consume 1 or 2 standard drinks.

For all age groups, alcohol consumption of 1 or 2 standard drinks was the most common response, though a high proportion (29%) of 35-54 year olds reported consuming 3 or 4 standard drinks.

Males living in Ballarat Inner North consumed more alcohol than females and 25% of all males consumed 5 or more drinks in one sitting. In comparison, 71% of female respondents usually consumed 1 or 2 standard drinks when drinking alcohol.

Table 35: Number Of Standard Drinks Consumed – Ballarat Inner North

	Overall % (N=237)	Age†			Gender	
		18-34 (N=42)	35-54 (N=112)	55+ (N=83)	Male (N=102)	Female (N=135)
Overall %	100.0	26.8	38.4	34.8	47.3	52.7
1 or 2 drinks	61.4	47.3	55.9	78.2	50.8	70.9
3 or 4 drinks	21.4	20.8*	29.4	13.1*	24.0	19.1
5 or 6 drinks	10.3	20.2*	9.9*	3.2*	16.4	4.9*
More than 6 drinks	6.9	11.7*	4.8*	5.5*	8.9*	5.1*
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

3.4 Smoking – Ballarat Inner North

Refer to Section 1.4 for detailed descriptions of questions and response scales.

Results by age and gender

The smoking behaviour of Ballarat Inner North respondents is presented in Table 36 below. The majority of respondents were non-smokers (44.3%) or reformed smokers (28.3%) and approximately 14% reported smoking daily.

For all age groups, having never smoked was the most common response. Approximately a quarter of 35-54 year olds reported smoking on a daily basis (25.6%) with a further 25.8% being reformed smokers. Males were also more likely to smoke daily (17.5% of males compared to 10.5% of females).

Table 36: Smoking Status – Ballarat Inner North

	Overall % (N=285)	Age			Gender	
		18-34 (N=50)	35-54 (N=128)	55+ (N=107)	Male (N=119)	Female (N=166)
Overall %	100.0	27.0	36.0	37.0	46.3	53.7
I smoke daily	13.8	10.5*	25.6	4.6*	17.5	10.5
I smoke occasionally	4.6*	8.5*	5.1*	n.p	n.p	6.2*
I don't smoke now, but I used to	28.3	26.3	25.8	32.3	31.1	25.9
I've tried it a few times but never smoked regularly	9.0	n.p	7.6*	9.9*	9.5*	8.6*
I've never smoked	44.3	45.1	35.8	52.1	39.2	48.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

Ballarat South SLA

4.1 Physical Exercise – Ballarat South

4.1.1 Vigorous Physical Exercise – Ballarat South

Refer to Section 1.1.1 for detailed descriptions of questions and response scales.

Results by age and gender

The number of times Ballarat South respondents engaged in vigorous exercise is summarised in Table 37 below. No vigorous exercise was the most common response (43.9%), and of those that did engage in vigorous exercise, once or twice per week was the most common response (23.1%).

No vigorous exercise was most common response for all age groups with 62% of those aged 55+ years endorsing this response. When engaging in vigorous exercise 18-34 year olds were most likely to do so once or twice per week (27.5%) while those aged 35-54 did 5 or more times per week (21.0%).

A higher proportion of females than males did not engage in any vigorous activity (46.3% and 41.3% respectively) and males were more likely than females to exercise vigorously three or more times per week (38.6% and 27.8%).

Table 37: Number Of Times Engaged In Vigorous Exercise In Past Week – Ballarat South

	Overall % (N=298)	Age			Gender	
		18-34 (N=74)	35-54 (N=113)	55+ (N=111)	Male (N=130)	Female (N=168)
Overall %	100.0	32.4	35.4	32.2	47.6	52.4
No vigorous activity	43.9	33.0	37.6	61.9	41.3	46.3
Once or twice per week	23.1	27.5	20.7	21.2	20.1	25.8
Three or four times per week	18.1	26.3	20.6	7.1*	20.3	16.1
Five or more times per week	14.9	13.2*	21.0	9.7*	18.3	11.7
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

The total amount of time Ballarat South respondents spent engaging in vigorous exercise in the past week is presented in Table 38 overleaf. Vigorous activity of 2.0-3.99 hours per week was the most commonly response (34.3%) and over 30% of Ballarat South respondents exercised vigorously for 6 hours or more per week.

Approximately a third of 18-34 year olds and 35-54 year olds exercised vigorously for more than 6 hours a week while over a quarter off those aged 55+ years engaged in less than 2 hours per week (25.8%).

Males spent more time engaged in vigorous exercise than females and a close to a quarter of females did not engage in any vigorous exercise.

Table 38: Accumulated Time Spent Engaged In Vigorous Exercise – Ballarat South

	Overall % (N=151)	Age			Gender	
		18-34 (N=46)	35-54 (N=68)	55+ (N=37)	Male (N=68)	Female (N=83)
Overall %	100.0	38.3	40.2	21.5	49.2	50.8
less than 2 hours per week	16.6	12.0*	16.0*	25.8	8.8*	24.1
2.0 - 3.99 hours per week	34.3	32.2	42.3	22.9*	35.5	33.1
4.0 -5.99 hours per week	18.6	22.8*	9.0*	29.1*	18.9*	18.3
6 hours or more per week	30.5	33.0	32.6	22.2*	36.8	24.5
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

4.1.2 Moderate Physical Exercise – Ballarat South

Refer to Section 1.1.2 for detailed descriptions of questions and response scales.

Results by age and gender

Over 65% of Ballarat South respondents reported no moderate activity in the past week as illustrated in Table 39 below. Once or twice per week was the most common response for those who did engage in moderate exercise (19.7%).

Similar results were reported across all age groups and 72% of females did no moderate activity compared to 59% of males. Males were more likely to engage in moderate exercise and do so more regularly than females.

Table 39: Number Of Times Engaged In Moderate Exercise In Past Week – Ballarat South

	Overall % (N=295)	Age†			Gender	
		18-34 (N=73)	35-54 (N=110)	55+ (N=111)	Male (N=130)	Female (N=165)
Overall %	100.0	32.5	35.1	32.5	48.0	52.0
No moderate activity	65.7	62.3	60.4	75.4	58.7	72.1
Once or twice per week	19.7	19.3*	24.3	14.2	23.1	16.5
Three or four times per week	7.6	12.7*	8.2*	2.1*	9.6*	5.8*
Five or more times per week	7.0	5.7*	7.1*	8.3*	8.6*	5.6*
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

The total time Ballarat South respondents spent engaging in moderate exercise per week is presented in Table 40 overleaf. Approximately half of all respondents reported 2.0-4.99 hours of moderate exercise per week and 35% reported less than 2 hours of moderate exercise per week.

Those aged 18-34 and 35-54 were most likely to engage in 2.0-4.99 hours of moderate per week (63% and 49.5% respectively) and 55+ year olds were most likely to engage in less than 2 hours of moderate exercise (46.8%) per week.

Approximately 65% of females completed 2-4.99 hours of moderate exercise per week while 23% of males engaged in 5 or more hours per week.

Table 40: Accumulated Time Spent Engaged In Moderate Exercise – Ballarat South

	Overall % (N=95)	Age†			Gender	
		18-34 (N=26)	35-54 (N=39)	55+ (N=29)	Male (N=50)	Female (N=45)
Overall %	100.0	36.4	41.3	22.4	57.1	42.9
Less than 2 hours	35.3	25.3*	36.3	46.8	39.7	29.4
2.0 - 4.99 hours	49.0	63.0	49.5	27.5*	37.3	64.7
5 hours or more	15.7	11.7*	14.3*	25.6*	23.1	5.9*
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

4.1.3 Walking Briskly – Ballarat South

Refer to Section 1.1.3 for detailed descriptions of questions and response scales.

Results by age and gender

Frequency of brisk walking for Ballarat South respondents is presented in Table 41 below. Approximately 37% of all respondents reported walking briskly 5 or more times a week and 77.6% engaged in some form of brisk walking in the past week.

Regular brisk walking of 5 or more times per week was equally popular across all age groups and gender, and was a popular exercise for females living in Ballarat South

Table 41: Number Of Times Walked Briskly In The Past Week – Ballarat South

	Overall % (N=295)	Age†			Gender	
		18-34 (N=71)	35-54 (N=113)	55+ (N=110)	Male (N=130)	Female (N=165)
Overall %	100.0	31.9	35.9	32.2	48.1	51.9
No brisk walking	22.4	26.6	15.4	26.1	23.9	20.9
Once or twice per week	24.1	19.6	27.8	23.7	28.4	20.1
Three or four times per week	17.0	20.7	17.5	13.0	13.3	20.5
Five or more times per week	36.5	33.1	39.4	37.1	34.4	38.6
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Table 42 presents the total amount of time Ballarat South respondents spent undertaking brisk walking in the past week. The most common response (41.6%) was walking for less than 2 hours and 20.5% of respondents reported 6 or more hours of brisk walking per week.

For all age groups and gender, less than 2 hours of brisk walking was the most common response, and respondents aged 18-34 years were more likely to engage in 6 or more hours of walking

Table 42: Accumulated Time Spent Walking Briskly – Ballarat South

	Overall % (N=223)	Age†			Gender	
		18-34 (N=50)	35-54 (N=94)	55+ (N=78)	Male (N=98)	Female (N=125)
Overall %	100.0	22.5	42.3	35.1	47.5	52.5
less than 2 hours	41.6	37.7	43.6	42.1	41.0	42.2
2.0 - 3.99 hours	22.5	19.9*	28.0	18.3	24.2	21.0
4.0 -5.99 hours	15.3	14.4*	10.9*	22.3	14.3	16.3
6 or more hours	20.5	27.9	17.5	17.3*	20.5	20.5
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

4.2 Fruit and Vegetable Consumption – Ballarat South

4.2.1 Fruit Consumption – Ballarat South

Refer to Section 1.2.1 for detailed descriptions of questions and response scales.

Results by age and gender

The fruit consumption of Ballarat South respondents is summarised in Table 43 below. Only a very small percentage of respondents reported not eating fruit (5%) and over 46% ate more than two serves of fruit per day.

Table 43: Fruit Consumption Per Day – Ballarat South

	Overall % (N=296)	Age†			Gender	
		18-34 (N=73)	35-54 (N=113)	55+ (N=109)	Male (N=129)	Female (N=167)
Overall %	100.0	32.5	35.8	31.8	47.7	52.3
Do not eat fruit	5.1*	5.0*	2.0*	8.9*	5.4*	4.9*
One or less servings of fruit	48.5	64.9	47.3	32.6	55.4	42.2
Two or more servings of fruit	46.4	30.1	50.7	58.6	39.2	52.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Approximately 65% of 18-34 year olds ate one or less serves of fruit per while 59% of respondents aged 55+ years ate two or more serves per day. However, this same age group also contained the highest proportion of respondents who didn't eat any fruit in the past week.

Females living in Ballarat South were also more likely to eat fruit, with 53% eating more than serves per day in comparison to males where 55% ate one or less serves per day.

4.2.2 Vegetable Consumption – Ballarat South

Refer to Section 1.2.2 for detailed descriptions of questions and response scales.

Results by age and gender

Vegetable consumption for Ballarat South respondents is presented in Table 44 below. Over 90% of respondents ate between 1 and 4 serves of vegetables and only 8.8% ate 5 or more serves per day. Very few respondents reported not eating any vegetables at all.

The majority (78%) of 18-34 year olds ate 1 or 2 serves of vegetables per day while those aged 55+ years were most likely to eat 3 or 4 serves of per day (41%).

In general, females consumed more serves of vegetables per day. Only 27% of males consumed 3 or more serves per day in comparison to over 50% of females.

Table 44: Vegetable Consumption Per Day – Ballarat South

	Overall % (N=295)	Age†			Gender	
		18-34 (N=72)	35-54 (N=113)	55+ (N=109)	Male (N=129)	Female (N=166)
Overall %	100.0	32.1	35.8	32.0	47.8	52.2
Do not eat vegetables	1.0*	0*	n.p	n.p	n.p	n.p
1 or less servings of vegetables	29.2	39.7	25.1	22.4	36.8	22.1
2 servings	30.5	38.5	29.1	24.4	34.9	26.4
3 or 4 servings of vegetables	30.5	19.2	31.9	40.7	24.1	36.4
5 or more servings of veg	8.8	n.p	11.7	12.0*	3.4*	13.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

4.3 Alcohol Consumption- Ballarat South

Refer to Section 1.3 for detailed descriptions of questions and response scales.

Results by age and gender

The frequency of alcohol consumption amongst Ballarat South respondents is summarised in Table 45 below. Over one quarter of respondents consumed alcohol 1 to 2 days per week and 9.3% of respondents drank on a daily basis.

Those aged 55+ years were most likely to be non-drinkers (25%) while the younger age groups of 18-34 years and 35-54 years were most likely to consume alcohol 1 or 2 days per week (36.0% and 22.7% respectively). Those aged 55+ years were also the most likely to drink everyday (14.5%).

Approximately 12% of males and 7% of females from Ballarat South drank everyday. Males were most likely to drink 1 or 2 days per week (30%) in comparison to females where 26% reported not drinking at all.

Table 45: Frequency Of Alcohol Consumption Over Past 12 Months – Ballarat South

	Overall % (N=297)	Age†			Gender	
		18-34 (N=72)	35-54 (N=113)	55+ (N=111)	Male (N=130)	Female (N=167)
Overall %	100.0	31.8	35.8	32.5	47.7	52.3
Every day	9.3	4.9*	8.4*	14.5	11.8	6.9*
5 to 6 days a week	4.0*	4.4*	4.1*	3.6*	4.9*	3.2*
3 to 4 days a week	14.1	18.5*	13.4	10.7*	20.1	8.6
1 to 2 days a week	25.4	36.0	22.7	17.4	29.9	21.3
2 to 3 days a month	7.4	6.5*	11.2*	4.3*	7.5*	7.4*
About 1 day a month	8.1	6.5*	7.9*	10.1*	6.3*	9.8
Less often than 1 day a month	12.4	9.4*	12.9*	14.7	7.6*	16.7
Do not drink/ No longer drink	19.3	13.8*	19.4	24.7	11.8	26.1
Total	100.0	100.0	100.0	100.0	100.0	100.0

† 1 person did not state their age.

* Due to high sampling variability, this estimate should be used with caution.

Standard drinks consumed by Ballarat South respondents when consuming alcohol is presented overleaf in Table 46. Over half of respondents consumed 1 or 2 standard drinks when drinking and approximately 14% consumed five drinks or more.

Table 46: Number Of Standard Drinks Consumed – Ballarat South

	Overall % (N=237)	Age			Gender	
		18-34 (N=60)	35-54 (N=91)	55+ (N=86)	Male (N=112)	Female (N=125)
Overall %	100.0	33.5	36.2	30.3	51.8	48.2
1 or 2 drinks	55.5	31.8	65.2	70.0	42.5	69.3
3 to 4 drinks	29.8	43.8	19.4	26.8	35.6	23.6
5 to 6 drinks	8.8	11.9*	10.5*	3.2*	13.4	n.p
More than 6 drinks	6.0*	12.5*	4.9*	0*	8.5*	3.3
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

Approximately 44% of 18-34 year olds consumed 3-4 drinks, while 35-54 and those aged 55+ years were most likely to consume 1 or 2 drinks (65% and 70% respectively). Binge drinking was most common in the 18-34 year olds with approximately 24% drinking more than 5 drinks when consuming alcohol. In terms of gender, 22% of males consumed more than 5 drinks and approximately 30% of females consumed more than 3 drinks when consuming alcohol.

4.4 Smoking – Ballarat South

Refer to Section 1.4 for detailed descriptions of questions and response scales.

Results by age and gender

The smoking behaviour of Ballarat South respondents is presented in Table 47 below. The majority of respondents (44.0%) had never smoked, or had quit smoking (26.2%), and only 15.3% reported smoking on a daily basis. Those aged 55+ years were most likely to have quit smoking in the past and 16% of those aged 18-34 years reported smoking daily. Males were also more likely than females to smoke daily (18% versus 13%) and approximately a quarter of males and females had been smokers in the past.

Table 47: Smoking Status – Ballarat South

	Overall % (N=298)	Age			Gender	
		18-34 (N=73)	35-54 (N=113)	55+ (N=111)	Male (N=130)	Female (N=168)
Overall %	100.0	32.1	35.6	32.3	47.5	52.5
I smoke daily	15.3	16.0	17.2	11.6*	18.0	12.8
I smoke occasionally	4.8*	7.5*	6.7*	n.p.	6.9*	2.8*
I don't smoke now, but I used to	26.2	19.2*	23.4	36.7	27.6	25.0
I've tried it a few times but never smoked regularly	9.8	18.5	9.3*	n.p.	12.3	7.4*
I've never smoked	44.0	38.9	43.4	50.2	35.2	52.0
Total	100.0	100.0	100.0	100.0	100.0	100.0

* Due to high sampling variability, this estimate should be used with caution.

n.p. Due to high sampling variability, this estimate is considered too unreliable for publication and has been suppressed.

Conclusions

This report contains descriptive analysis of the additional public health survey items included in the Community Indicators Victoria Survey collected across the City of Ballarat. The inclusion of the additional sample produced a random sample of 1501 respondents across the LGA enabling disaggregation of the results into the SLAs of Ballarat Central, Ballarat Inner North and Ballarat South. A small population base and random sampling precluded data collection in the SLA of Ballarat North.

Similar public health issues are present across the City of Ballarat and within the SLAs of Ballarat Central, Ballarat Inner North and Ballarat South and a number of salient points are summarised below.

- 45% of Ballarat residents had not engaged in any vigorous activity in the past week and 63% had not engaged in any moderate activity. Approximately 66% of Ballarat South residents had not engaged in any moderate exercise.
- Brisk walking is popular across all regions and 78% of Ballarat residents were regular walkers. The exercise was popular with males and females across all age groups and more than 80% of those living in Ballarat Inner North walked regularly.
- Approximately half of the Ballarat population eat two or more serves of fruit every day and 9% reported not eating any fruit at all. Approximately 54% of Ballarat South residents consumed two or more pieces a day.
- Ballarat residents often consumed more vegetables than fruit. However, 32% consumed 1 or less serves of vegetables per day.
- Approximately 1 in 10 Ballarat residents consume alcohol everyday and approximately 13% of Ballarat Central respondents drink daily.
- The majority of Ballarat residents are non-smokers and 20% reported smoking regularly.

A more comprehensive understanding of the current results can be provided through analyses according to national recommendations for diet, exercise and alcohol consumption. Consultancy services of this kind would deliver public health indicators for each of the major survey item topics and further assist in strategic municipal public health planning.