

# Health behaviours

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## Risk alcohol drinking

Between 1997 and 2007, there has been a significant decrease in the proportion of persons aged 65 years and over who engaged in risk drinking behaviour (29.8 per cent to 21.7 per cent), as defined by the Australian Alcohol Guidelines. The decrease was significant among males (41.9 per cent to 29.6 per cent) and females (20.4 per cent to 15.4 per cent), among persons in all except the most disadvantaged quintile, and among persons in the urban health areas (28.6 per cent to 20.9 per cent) and rural health areas (32.1 per cent to 23.2 per cent).

## Cancer screening: colorectal

Between 2004 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who had a screening test for colorectal cancer (a faecal occult blood test) in the last 12 months (8.6 per cent to 17.0 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

Between 2004 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who had a screening test for colorectal cancer (a faecal occult blood test) in the last 5 years (15.2 per cent to 28.5 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

## Immunisation: influenza

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who have been vaccinated against influenza in the last 12 months (57.1 per cent to 72.8 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

## Immunisation: pneumococcal

Between 2002 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who have been vaccinated against pneumococcal disease in the last 5 years (38.6 per cent to 59.1 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

## Injury prevention: smoke alarms in the home

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who had a smoke alarm or detector installed in their home (57.3 per cent to 94.7 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

## Nutrition

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who ate the recommended 2 serves or more of fruit (55.2 per cent to 62.6 per cent). The increase was significant among males and females, among persons in the first or least disadvantaged quintile, among persons in the third and fourth quintiles of disadvantage, and among persons in the urban health areas and rural health areas.

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who ate the recommended 5 serves or more of vegetables (9.9 per cent to 13.3 per cent). The increase was significant among persons in the second quintile of disadvantage (6.9 per cent to 14.1 per cent), and among persons in the urban health areas (9.0 per cent to 12.4 per cent) and rural health areas (11.4 per cent to 14.8 per cent).

Between 1997 and 2007, there has been no significant change in the proportion of persons aged 65 years and over who usually drank low fat milks. However, there has been a significant decrease among persons in the fifth or most disadvantaged quintile (51.1 per cent to 43.4 per cent) and urban health areas (58.3 per cent to 53.7 per cent), and a significant increase among persons in the rural health areas (48.2 per cent to 52.6 per cent).

Between 2005 and 2007, there has been no significant change in the proportion of persons aged 65 years and over who ate potato crisps or salty snacks less than once a month.

Between 2002 and 2007, there has been no significant change in the proportion of persons aged 65 years and over who ate breakfast cereal, breads, pasta, rice, or noodles once a day or more. However, there has been a significant decrease among persons in the first or least disadvantaged quintile (99.5 per cent to 96.9 per cent) and third quintile (99.4 per cent to 97.2 per cent), and among persons in the rural health areas (99.0 per cent to 97.7 per cent).

Between 1997 and 2007, there has been no significant change in the proportion of persons aged 65 years and over who ate processed meat products less than 3 times a week.

## **Current smoking**

Between 1997 and 2007, there has been a significant decrease in the proportion of persons aged 65 years and over who were current smokers (9.2 per cent to 7.1 per cent). The decrease was significant among persons in the third quintile of disadvantage (10.8 per cent to 6.7 per cent), and among persons in the rural health areas (9.7 per cent to 6.7 per cent).

## **Smoke-free households**

Between 1997 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who lived in smoke-free households (78.2 per cent to 91.9 per cent). The increase was significant among males and females, among persons in all quintiles of disadvantage, and among persons in the urban and rural health areas.

## **Smoke-free cars**

Between 2003 and 2007, there has been a significant increase in the proportion of persons aged 65 years and over who had smoke-free cars (86.4 per cent to 92.9 per cent). However, the increase was not significant in the first (least) or fifth (most) disadvantaged quintiles.