

Data Sheet 109 (DS 109)

Health of Blue Mountains Residents

What are we monitoring?

This Data Sheet combines the results from Data Sheets for Alcohol Consumption, Smoking, Obesity and Self-Reported Health Status, to provide a summarised measure of the health of Blue Mountains residents. These Data Sheets summarise health survey data available in the Social Health Atlas of Australian Local Government Areas and provided by the Public Health Information Development Unit (PHIDU), Adelaide University Australia.

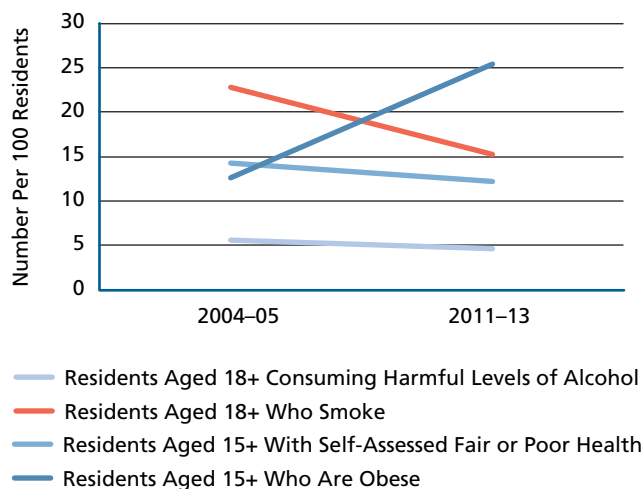
What is the trend?

From the available health survey data there are some positive trends. Between 2004-2005 and 2011-2013, the number of Blue Mountains people smoking reduced from 12,754 people to 8,767 and the number consuming harmful levels of alcohol reduced from 3,254 to 2,746. Per 100 Blue Mountains residents, this equates to a reduction from 23 people smoking to 15 people, and a reduction from 6 people consuming harmful levels of alcohol to 5 people.

However, the trend is not so good relative to levels of obesity. Between 2004-2005 and 2011-2013, the number of Blue Mountains people aged 15 years and over who were obese is estimated to have increased from 7,818 to 13,757. Per 100 Blue Mountains residents, this equates to a significant increase from 13 people being obese to 25 people.

Relative to self-assessed health, between 2004-2005 and 2011-2013, there was a positive trend with a reduction in the number of Blue Mountains residents with 'Fair or Poor Self Assessed Health', from 9,028 to 8,126. Per 100 residents, this equates to a reduction from 14 to 12 people.

Resident Health in the Blue Mountains



Why is monitoring this trend important?

Understanding the extent to which key health risk factors are impacting on the Blue Mountains community will inform planning and service provision by the Council and by other levels of government and local organisations. This Data Sheet provides an indication of the extent to which residents are taking responsibility for their health and well-being. Significantly, it highlights the need to support greater physical activity in the community and healthy food options to address increased obesity levels.

Health of Blue Mountains Residents

Consuming Harmful Levels of Alcohol in the Blue Mountains LGA – Persons Aged 18 Year and Over		
Year	2004–2005	2011–2013
Number	3,254	2,746
Per 100 Residents	5.6	4.6
Smoking in the Blue Mountains LGA – Persons Aged 18 Years and Over		
Year	2004–2005	2011–2013
Number	12,754	8,767
Per 100 Residents	22.8	15.2
Blue Mountains Residents – Fair or Poor Self Assessed Health		
Year	2004–2005	2011–2013
Number	9,048	8,126
Per 100 Residents	14.2	12.2
Blue Mountains Obese Persons – Persons Aged 15 Years and Over		
Year	2004–2005	2011–2013
Number	7,818	13,757
Per 100 Residents	12.6	25.4

Source: Social Health Atlas of Australian Local Government Areas, Public Health Information Development Unit (PHIDU), Adelaide University Australia 2004–2005, 2011–2013