

# Ararat

## LGA Profile

### VicHealth Indicators Survey 2011 Results

This profile provides an overview of wellbeing in this LGA. It is designed to provide local governments with population health data to undertake comprehensive, evidence-based municipal public health and wellbeing planning.

#### Ararat highlights\*

- A significantly greater proportion of Ararat residents shared a meal with their families at least five days a week (78.4%), compared with the Victorian average (66.3%).
- Compared with the Victorian average (32.6%), a significantly smaller proportion of Ararat residents spent seven hours or more sitting down on an average weekday (15.2%).
- Most residents of Ararat felt safe walking alone in their local area at night; 80.7% reported that they felt safe or very safe, which was significantly more than the state average (70.3%).
- A significantly greater proportion of Ararat residents volunteered at least once a month (46.0%), compared with the Victorian average (34.3%).
- A significantly smaller proportion of Ararat residents reported attending arts activities or events in the last three months (51.2%) than the Victorian average (63.6%).
- Ararat residents (80.8%) were significantly less likely than the Victorian average (88.8%) to have internet access at home or to use social networking to organise spending time with friends and family (Ararat 22.0%; Victoria 35.1%).

\* Significance has been calculated to the 95% level of probability. Significant difference is indicated when confidence intervals for an LGA estimate do not overlap with confidence intervals for the Victorian average. Not all statistically significant results are reported as 'highlights'. See chart over page for all indicators.

Data has been weighted by age and gender within each local government area (LGA). Crude rates, also known as non-standardised rates, are shown here to help inform localised planning. Crude rates are not appropriate for comparisons between individual LGAs, as estimates have not been age-standardised and differences may be due, at least in part, to differing age profiles. Significant differences shown in this document may be partly due to differences between the age profiles of the LGA and the Victorian population as a whole. Age-standardised data is available on request<sup>†</sup>.



**The Rural City of Ararat is located west of Melbourne and its most populous community, Ararat, is approximately 200 kilometres from Melbourne. The Rural City of Ararat covers an area of roughly 4,210 square kilometres and has a population of about 12,000.**

#### About the survey

The data comes from the VicHealth Indicators Survey 2011, which has a focus on social determinants of health. It complements other population health survey work conducted in Victoria. Data was collected through telephone interviews.

The survey was conducted in each of Victoria's 79 LGAs, with a total sample of 25,075 participants aged 18 and over.

For more information, please refer to the full report of the VicHealth Indicators Survey 2011 at [www.vichealth.vic.gov.au/indicators](http://www.vichealth.vic.gov.au/indicators).

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<sup>†</sup> For more information about age-standardised data, contact [indicators@vichealth.vic.gov.au](mailto:indicators@vichealth.vic.gov.au)

## Ararat indicator results

The chart below shows how the indicators of health and wellbeing for this LGA compare to the Victorian average. The LGA's result is shown as a circle. Significant difference (indicated by the circle's colour) was deemed to exist when confidence intervals for an LGA estimate did not overlap with confidence intervals for the Victorian average. Crude rates, also known as non-standardised rates, have been presented here to help inform localised planning. Crude rates are not appropriate for comparison between LGAs, as estimates have not been age-standardised and therefore differences may be due, at least in part, to differing age profiles. Values are percentages unless stated otherwise.

Indicator	% LGA	LGA estimate confidence interval	% Victoria	Victoria least favourable	Victoria Range	Victoria most favourable
<b>Wellbeing</b>						
Subjective wellbeing (range 0–100)	79.1	[77.3, 81.0]	77.5	73.7		82.5
<b>Alcohol</b>						
Purchased alcohol in the last 7 days	33.3	[25.9, 41.6]	36.3	54.4		20.7
7 day \$ spend on packaged liquor (of those purchasing) <sup>+</sup>	35	[25, 44]	45	63		24
7 day \$ spend at a licensed premises (of those purchasing) <sup>+</sup>	27	[14, 41]	45	129		13
<b>Work, life and time</b>						
Long commute (≥2 hours per day) <sup>^</sup>	No data		11.6	26.2		0
Inadequate sleep (<7 hours per weekday)	28.7	[21.7, 36.9]	31.5	44.1		18.8
Lack time for friends/family	21.2	[14.7, 29.6]	27.4	36.2		17.8
Time pressure	36.0	[28.3, 44.6]	41.3	53.8		26.5
Adequate work-life balance <sup>^</sup>	48.2	[37.4, 59.2]	53.1	37.6		69.5
<b>Healthy eating and sedentary behaviour</b>						
Shares a meal with family (≥ 5 days per week)	78.4	[71.0, 84.3]	66.3	54.7		81.1
Sedentary behaviour (sitting ≥7 hours per day)	15.2	[10.1, 22.4]	32.6	52.3		15.2
Daily soft drink consumption	13.0	[8.3, 19.7]	12.4	20.5		4.3
<b>Green space and safety</b>						
Visit to green space (≥ once per week)	45.2	[37.0, 53.6]	50.7	31.4		79.3
Perceptions of safety - walking alone during day	98.8	[95.6, 99.7]	97.0	89.6		100
Perceptions of safety - walking alone during night*	80.7	[72.8, 86.7]	70.3	45.2		95.4
<b>Community engagement</b>						
Volunteering (≥ once per month)*	46.0	[37.9, 54.3]	34.3	22.6		62.1
Participation in citizen engagement (in the last year)	50.2	[41.9, 58.4]	50.5	26.4		73.3
<b>Arts and new media</b>						
Attended arts activities or events (in the last 3 months)	51.2	[42.9, 59.4]	63.6	35.4		82.6
Made or created art or crafts (in the last 3 months)	38.0	[30.2, 46.4]	34.9	20.4		51.2
Internet access at home	80.8	[74.7, 85.8]	88.8	68.5		96.1
Social networking used to organise time with friends/family	22.0	[15.6, 30.1]	35.1	18.8		47.1
<b>Social attitudes that influence health</b>						
Community acceptance of diverse cultures	40.5	[32.4, 49.1]	50.6	28.3		78.0
Prepared to intervene in a situation of domestic violence	92.7	[88.4, 95.5]	93.1	87.9		97.0
<b>Smoking policy</b>						
Support for smoking ban in outside dining areas	61.8	[53.3, 69.7]	69.8	59.9		76.8

### Legend

- LGA value significantly more favourable than Victorian average
- LGA value significantly less favourable than Victorian average
- LGA value not significantly different from Victorian average
- Sampling variability high, use with caution (relative standard error 25–50%)
- | Victorian average
- <sup>+</sup> Reported as \$ for those purchasing this type of alcohol

- Range of results across all LGAs
- <sup>^</sup> Question only asked of participants who were employed
- <sup>\*</sup> Cannot be compared to 2008 Victorian Population Health Survey as data was not collected in the same manner
- No data Relative standard error above 50%, estimate not reported
- Details of questions can be found at: [www.vichealth.vic.gov.au/indicators](http://www.vichealth.vic.gov.au/indicators)