

VicHealth Indicators Survey 2015 Supplementary report: Disability

VicHealth Indicators Survey – VicHealth



Victorian Health Promotion Foundation – focus on promoting good health and preventing chronic disease

VicHealth wants good health for everyone – regardless of cultural background, gender, sexual orientation, (dis)ability, income, location – BUT WE KNOW THIS ISN'T THE CASE

VicHealth has health equity strategy and conceptual framework *Fair Foundations* to direct action to improve health equity

<https://www.vichealth.vic.gov.au/search/the-vichealth-framework-for-health-equity>

VicHealth Indicators Survey - methods



- Survey focused on behaviors and attitudes associated with chronic disease risk
- Conducted every four years, last one in 2015
- Respondents were asked whether they had “a disability, health condition or injury that has lasted, or is likely to last, 6 months or more which restricts your everyday activities?”
- Of the 22,819 Victorian adults who were interviewed, 6,306 answered yes (one in three*), 16,384 answered no, 63 answered ‘don’t know’, and 66 preferred not to answer

*Different to *Survey of Disability, Aging and Carers* where 1 in 5 reported having disability

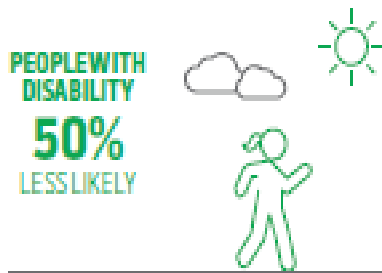
VicHealth Indicators Survey – respondent characteristics



Those with a disability were more likely to be:

- older
- born in Australia
- declare Aboriginal or Torres Strait Islander status
- report less income, lower education levels and more unemployment
- live in rural areas

VicHealth Indicators Survey – key findings: wellbeing & safety



PERCEPTIONS OF SAFETY

When compared to people without disability, people with disability were:

- only half as likely to feel safe walking alone during the day
- 25% less likely to feel positively about their local neighbourhood
- scored lower in satisfaction with life as a whole
- scored lower for subjective wellbeing
- had lower levels of resilience

VicHealth Indicators Survey – key findings: physical activity

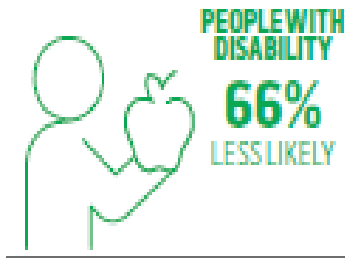


PHYSICAL ACTIVITY

When compared to people without disability, people with disability were:

- 40% less likely to be physically active (gap widens with age, gender difference)
- Less likely to participate in both organised and non-organised physical activity

VicHealth Indicators Survey – key findings: healthy eating

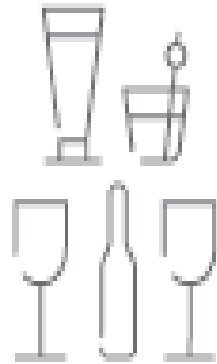


- Men with disability were one third more likely to eat takeaway food regularly than men without disability
- People with disability consumed slightly less fruit and vegetables than those without disability.

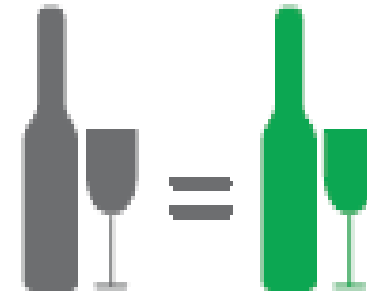
HEALTHY EATING

VicHealth Indicators Survey – key findings: alcohol

PEOPLE WITH
DISABILITY
25%
LESS LIKELY



ALCOHOL



People with disability were 25% less likely to drink alcohol at levels that put them at risk of short-term harm (5+ drinks) than people without a disability

There was no difference in drinking at very high-risk levels (11+) or in alcohol culture between people with and disability people without a disability

VicHealth Indicators Survey – Summary and Conclusions



- Inequities in health and wellbeing existed between Victorians with disability and those without
- So what does that mean for the work VicHealth does?
- Achieving equity in health and wellbeing requires action across multiple settings and should be guided by the general principle of ‘nothing about us without us’

VicHealth Indicators Survey – Organisations consulted



Eleven organizations working to improve the health of people with disability:

- Women with disabilities
- National disability services
- People with Disability
- VCOSS
- Vic Sport
- Disability Sport and Rec
- Victorian Disability Advisory Council
- Self advocacy research unit (SARU)
- Leisure Networks
- Municipal Association of Victoria
- Disability Advocacy Resource Unit (DARU)

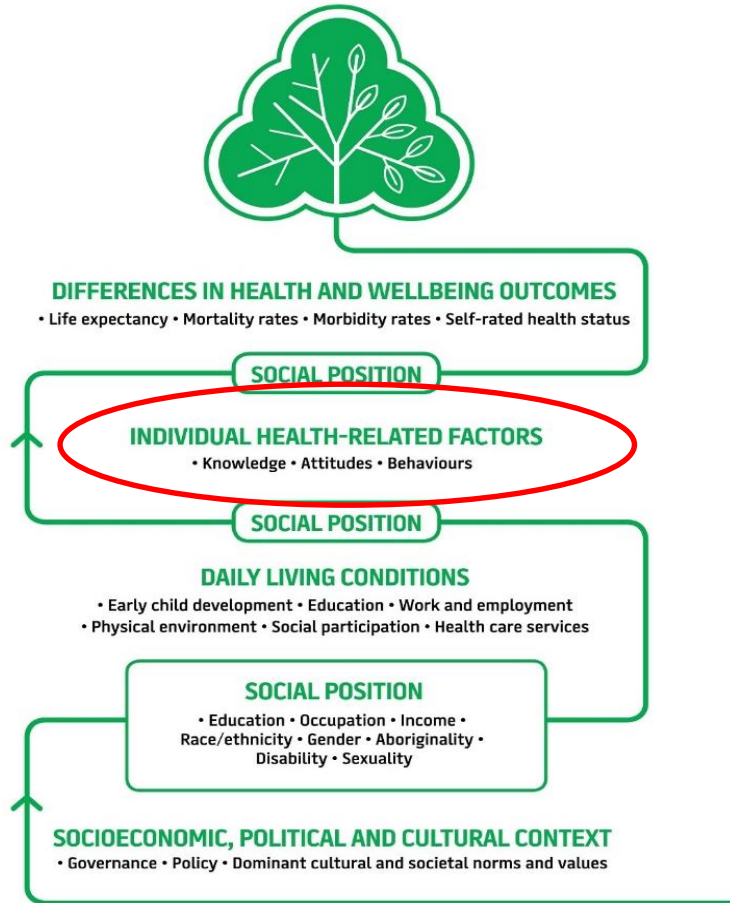
VicHealth Indicators Survey – Areas for Action



Potential areas for action identified through sector consultation included:

- Changing the way media & popular culture portray people with disability
- Create more opportunities to participate in community, sporting and recreation activities by ensuring environments are welcoming, inclusive & accessible
- Ensure ways to participate in decision-making, advisory and planning bodies
- Peer support networks and self advocacy groups

What VicHealth is doing - targeted programs



Fair Foundations: The VicHealth framework for health equity
The social determinants of health inequities:
The layers of influence and entry points for action

Between 2011-2015, VicHealth supported six State Sporting Associations to provide more welcoming sporting environments for people with disability.

Since then, VicHealth has supported several community sporting clubs and state sporting organisations to offer new programs for people with disabilities e.g. AFL Blind.

VicHealth *Bright Futures* Bandmates program helps people with disability to attend live music events with the help of a mentor. The program also works with the music industry to deliver accessible live music experiences

New programs to be announced soon as part of our physical activity innovation challenge

What VicHealth wants to do more of



Given the social determinants of health have the greatest impact on health, we know that addressing the social determinants of health is the best way to improve health and wellbeing for all Victorians, both those with and without a disability.

We want to work more with partners to raise the issue of the social determinants of health.

No one can address the social determinants of health on their own, but collectively we have the best chance.

VicHealth Indicators Survey – Further Information

Full Report Available on VicHealth website:

<https://www.vichealth.vic.gov.au/media-and-resources/publications/2015-supplementary-report-disability>

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