

PREVALENCE OF OVERWEIGHT AND HYPERCHOLESTEROLAEMIA
IN DALBY, QUEENSLAND

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A risk factor prevalence survey was conducted in Dalby during 1989 to provide baseline data for the Dalby - Wambo HEALTH 2000 Project, a community development initiative based on the Planned Approach to Community Health (PATCH) strategy.

A random sample of 2000 residents was drawn from the electoral roll. Of these, 384 could not be located at the addresses identified. Of the remaining subjects, 1057 (65%) attended the survey. The survey was conducted by personnel from the National Heart Foundation (NHF) with support from HEALTH 2000 personnel. Weight was measured to the nearest 0.1 kg, height to the nearest 1 cm and total plasma cholesterol assessed from a non-fasting finger prick blood sample using a Reflotron. Standard NHF procedures were observed.

The table shows that the prevalence of overweight and obesity (BMI >25 for males and >24 for females) in Dalby (55% of males, 51% of females) is substantially higher than that observed nationally (43% of males, 35% of females) (National Heart Foundation 1985)

Sex	Group	Age in Years					All ages
		25-29	30-39	40-49	50-59	60-64	
Males	Dalby	34	55	63	62	83	55
	NHF	30	36	46	56	53	43
Females	Dalby	24	38	55	65	61	51
	NHF	22	25	40	49	50	35

In contrast, the prevalence of cholesterol levels 6.5 mmol/L or greater in Dalby (17% of males, 14% of females) was slightly lower than that in the national sample (19% of males, 21% of females).

These results were presented to the Dalby community in a major media promotion campaign in April 1990. Community initiatives are being developed and progressively implemented in an attempt to reduce the prevalence of overweight and obesity.

NATIONAL HEART FOUNDATION OF AUSTRALIA (1985). Risk factor prevalence study. Report No. 2. Canberra.

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