

  
**VicLANES**  
 Victorian Lifestyle and  
 Neighbourhood Environment Study

Enabling access and independence – translating ageing  
 research evidence to policy and practice forum  
 17 August, 2006

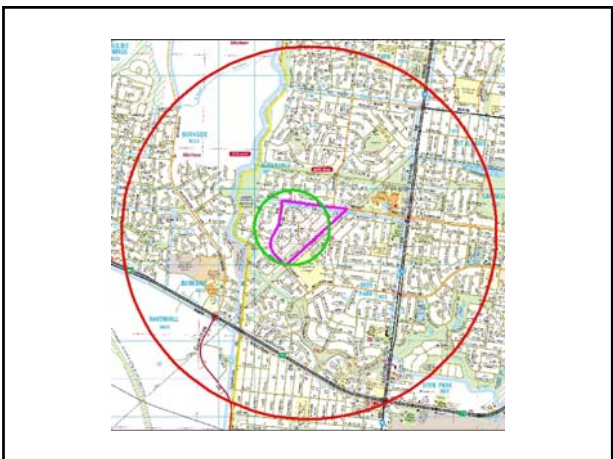
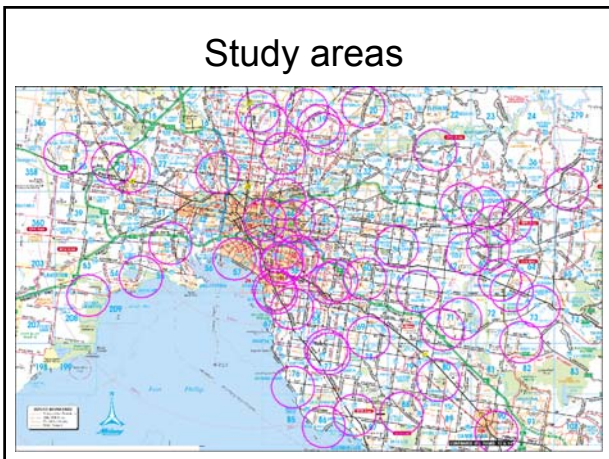
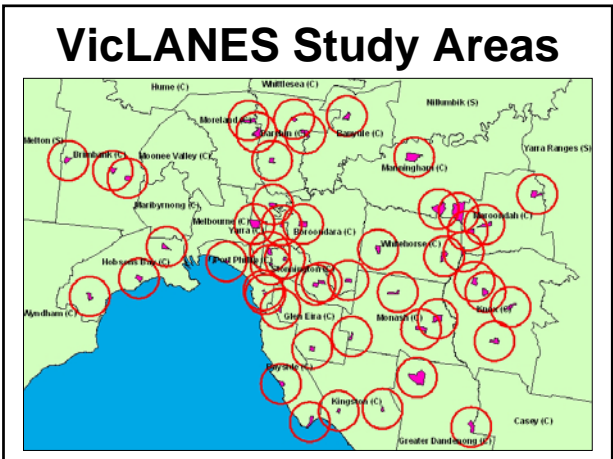


## What is VicLANES?

- A study of 4913 households in 50 randomly selected areas across inner Melbourne (Funded by VicHealth).
- The 50 CCDs designated either high, mid or low SES.
- Multilevel study combines environmental audits with individual/household data on diet, exercise and alcohol.

## Rationale for VicLANES

- Poor diet and lack of physical activity are major contributors to the burden of disease
- Health-related behaviours are sensitive to features of the local environment because they are often conducted within local areas eg shopping, walking etc
- Evidence from studies of environmental determinants of health-related behaviours maybe translated into structural interventions



## Sample size – Food survey

Age group	Freq.	Percent	Cum.
18-24	56	2.19	2.19
25-34	365	14.26	16.45
35-44	566	22.12	38.57
45-54	678	26.49	65.06
55-64	501	19.58	84.64
65+	393	15.36	100.00
<b>Total</b>	<b>2,559</b>	<b>100.00</b>	

## Sample size Physical activity survey

Age group	Freq.	Percent	Cum.
18-24	186	7.92	7.92
25-34	416	17.71	25.63
35-44	500	21.29	46.91
45-54	498	21.20	68.11
55-64	393	16.73	84.84
65+	356	15.16	100.00
<b>Total</b>	<b>2,349</b>	<b>100.00</b>	

## Environmental audit

WALKING  
AUDIT (Field)

SWIMMING  
AUDIT (Field)

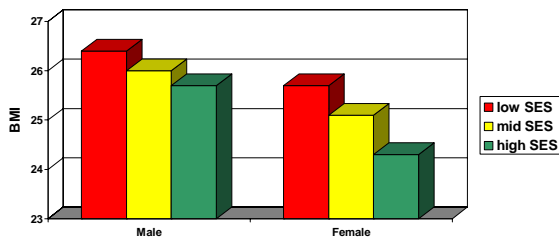
RECREATION  
SPACE AUDIT

## Environmental audit

### WALKING AUDIT (Field)

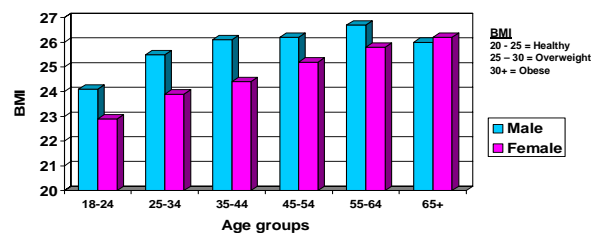
DATA: Roads dataset provided by Lands Victoria  
METHOD: est. by Terri Pikora. Used segments – defined as strip of road between two intersections  
AREA: Randomly selected household in CCD, and drew 400m radius around that home to define area in audit  
(Over 3000 segments audited)

## Area variations in BMI



King, T. *et al.* (2006) Weight and place: a multilevel cross-sectional survey of area-level social disadvantage and overweight/obesity in Australia. *International Journal of Obesity*, 30(2): 281-287.

## Age variations in BMI

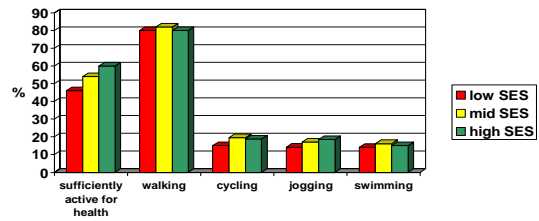


King, T. *et al.* (2006) Weight and place: a multilevel cross-sectional survey of area-level social disadvantage and overweight/obesity in Australia. *International Journal of Obesity*, 30(2): 281-287.

## Findings on physical activity

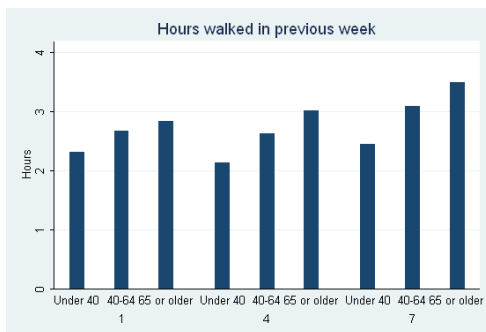
- People living in more socio-economically disadvantaged areas are less likely to be sufficiently active for health.
- Walking –most common activity for all areas. (80% report walking 1-7 times/wk)

## Area variations in exercise



Kavanagh, A. M. *et al.* (2005) Urban area disadvantage and physical activity: a multilevel study in Melbourne, Australia. *Journal of Epidemiology Community Health*, 59: 934 - 940.

Hours walked in previous week



## Summary of walking findings

↑ = encourages walking  
↓ = discourages walking

- Aesthetics:
  - Commercial views ↑
- Destinations:
  - Any destinations ↑
  - Transport, household convenience, other retail, religious, educational ↑
  - Predominant buildings office or industry ↑
  - Predominant buildings houses ↓
  - Predominant buildings transport, retail, religious/educational, health, entertainment, other ↑
  - Entertainment ↑

## Summary of walking findings

- Safety:
  - Surveillance ↓
  - Traffic control devices (eg roundabouts) ↑
  - Crossings ↑
- (Paper on walking findings to be presented at Walk 21 conference)

## Local Govt project

**\*12 month Victorian DHS public health grant (local govt partnerships team)**

**- Focus is the built environment**

## Why?

- **To enhance planning and activities of local councils to improve the health of their communities and reduce health inequities.**
- Local govt drive to include research evidence in policy and planning but:
  - - sparse evidence relevant to the local context
  - - inaccessible research findings

## Translating VicLANES research

- Community liaison – a different style of engagement
- Tight time lines
- Rapid responses in political environment
- Potential rapid use of data – eg grant submissions

## VicLANES team

- Associate Professor Anne Kavanagh, Tania King, Lyndal Thomas, Dr Susan Donath, Emma Rawlings, Lukar Thornton, Claudine Chionh, Amanda Tattam  
**University of Melbourne**
- Associate Professor Damien Jolley  
**Monash University**
- Dr Gavin Turrell  
**Queensland University of Technology**
- Associate Professor David Crawford  
**Deakin University**

[www.kcwh.unimelb.edu.au/viclanes](http://www.kcwh.unimelb.edu.au/viclanes)