



**Regional Childhood Health Behaviours  
and Anthropometry Report (2019):**

**Alpine Shire**



INSTITUTE FOR HEALTH  
TRANSFORMATION



## Overview:

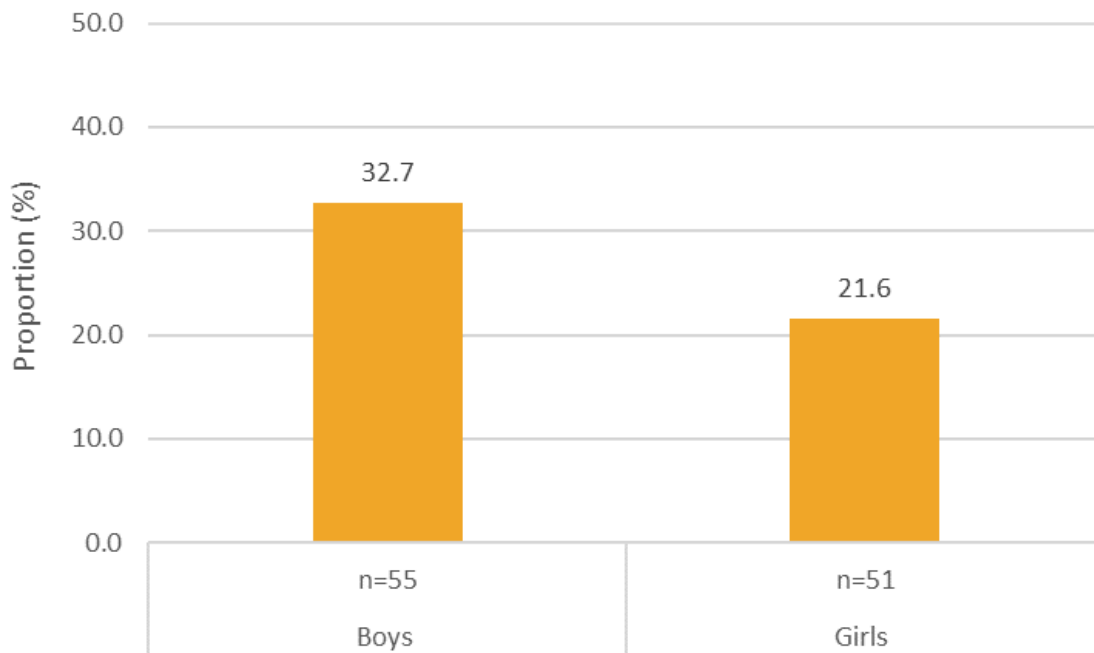
In 2019 3,889 grade 2, 4, and 6 students from 91 schools in the Ovens Murray and Goulburn regions of Victoria participated in data collection for the RESPOND Health Behaviours Study. This study aims to examine rates of healthy weight, healthy eating, regular physical activity, sleep and wellbeing among school children in the area.

This report summarises key findings of this important research in Alpine Shire.

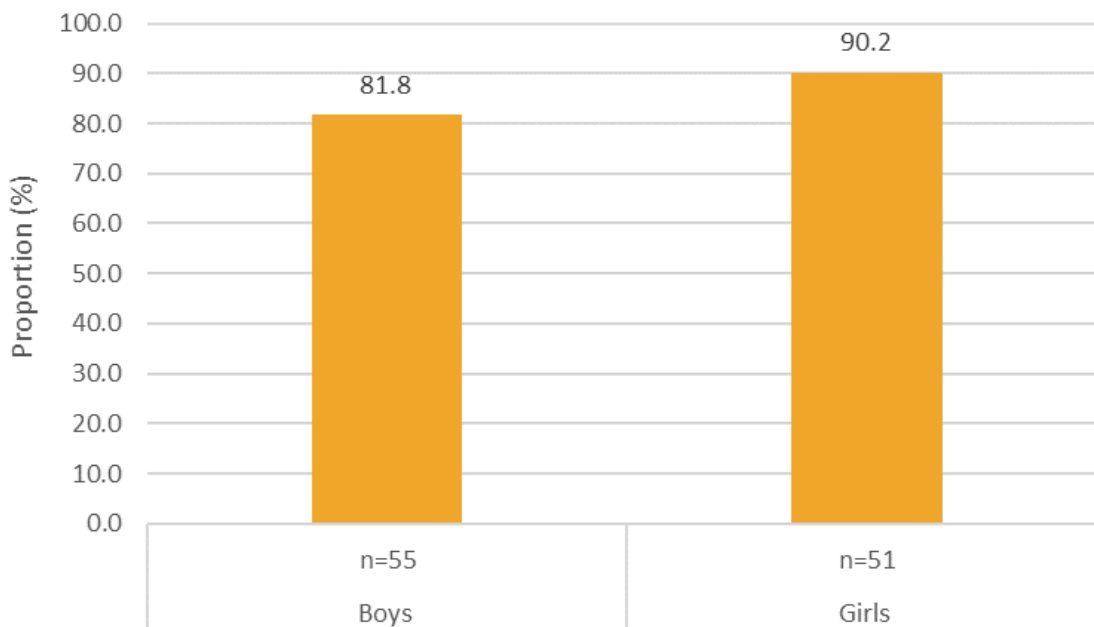
The full results of the study at the Ovens Murray and Goulburn region level are available in the *RESPOND Regional Childhood Health Behaviours and Anthropometry Report (2019): Ovens Murray & Goulburn Regional Report*.



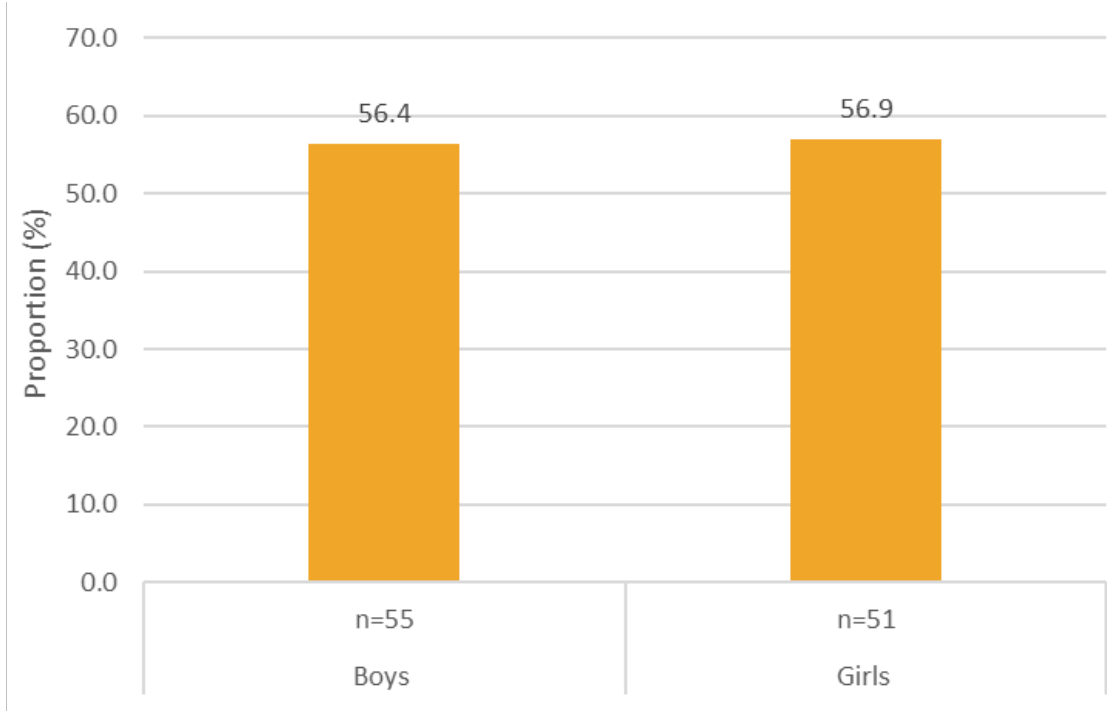
## Food and Drink



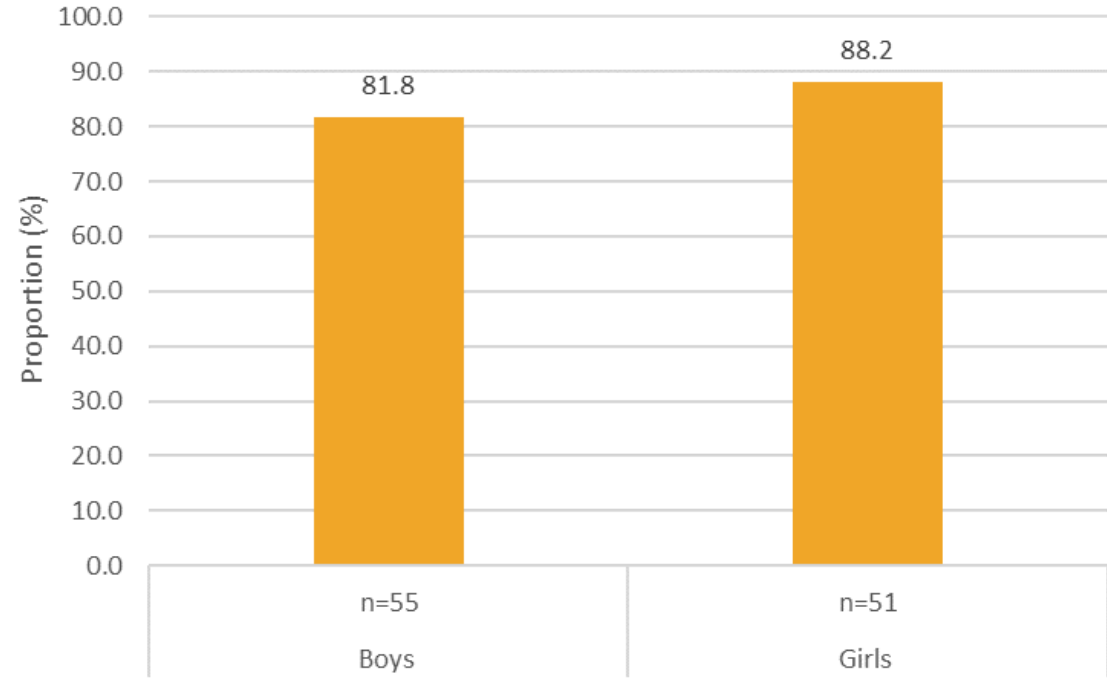
*Proportion of participating grade 4 & 6 students meeting the vegetable consumption guidelines every day*



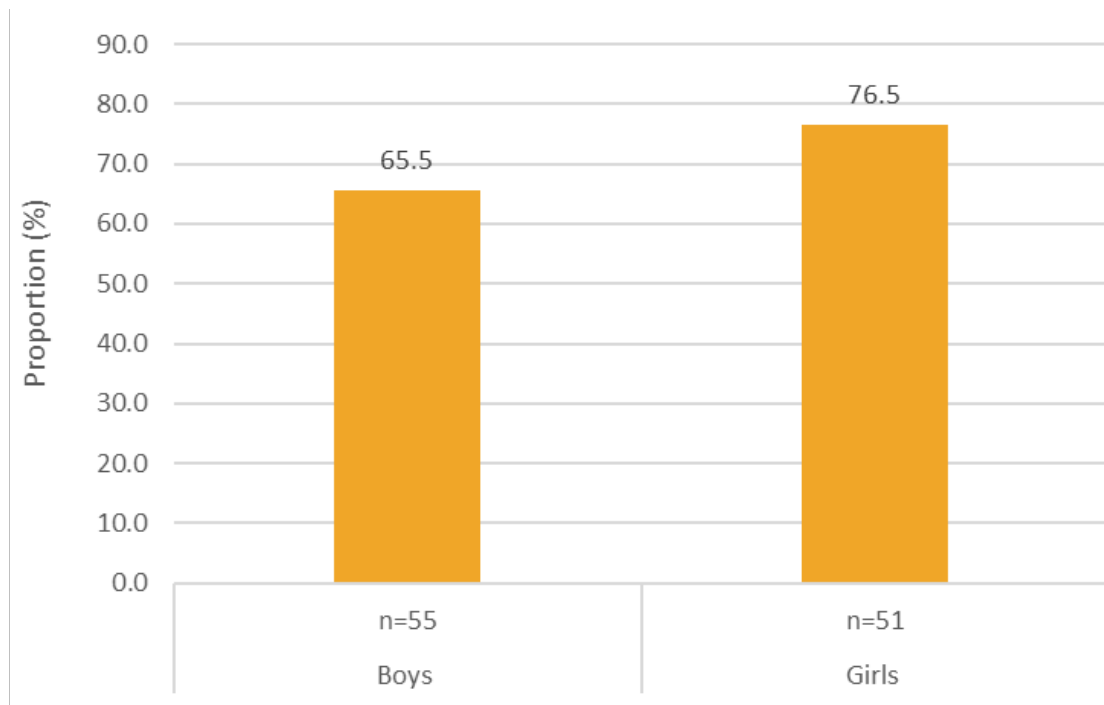
*Proportion of participating grade 4 & 6 students meeting the fruit consumption guidelines every day*



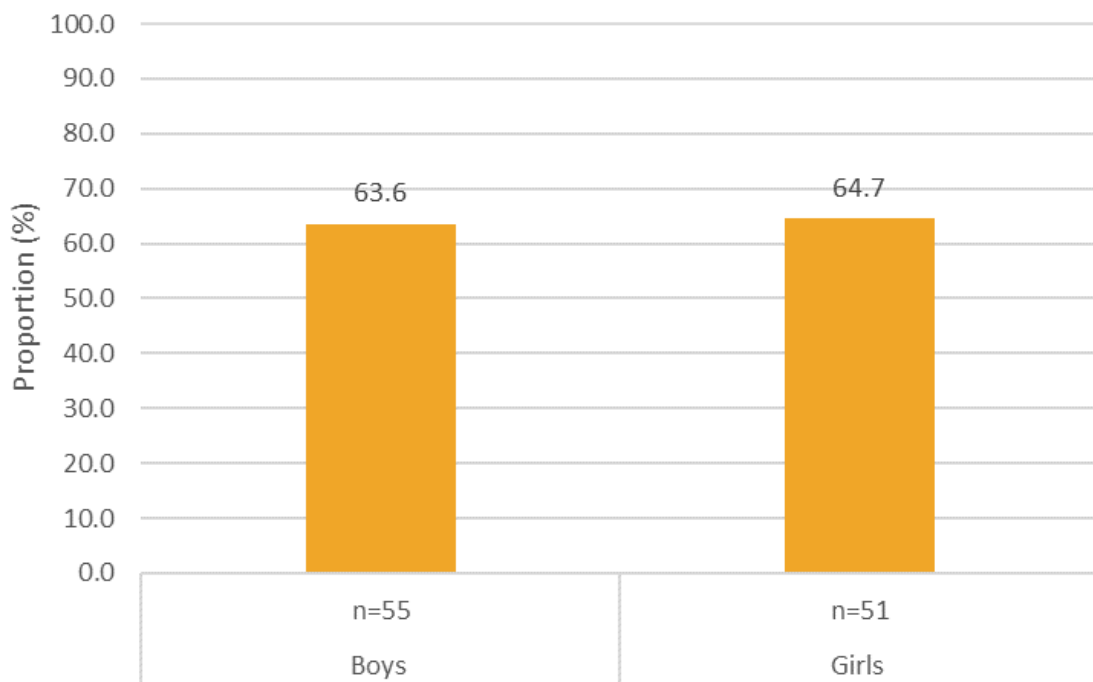
*Proportion of participating grade 4 and 6 students drinking at least 5 glasses of water daily*



*Proportion of participating grade 4 and 6 students drinking sugar-sweetened beverages (including soft drinks, sports drinks, juices and flavoured milks) less than once per day*



*Proportion of participating grade 4 and 6 students eating takeaway as a meal once a fortnight or less*

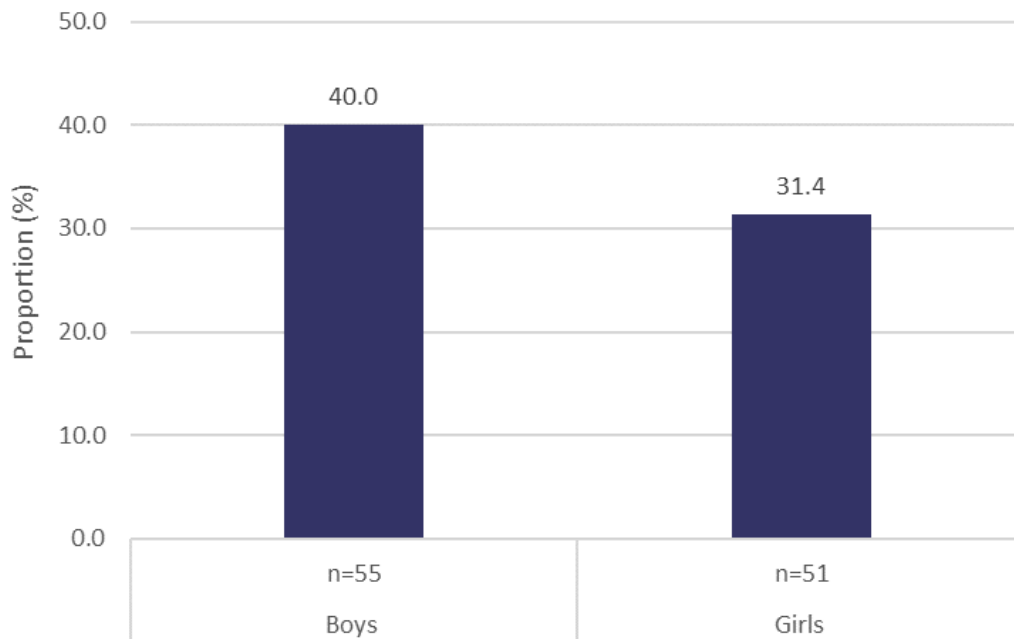


*Proportion of participating grade 4 and 6 students eating unhealthy snack foods (including savoury snacks, lollies, cakes and biscuits) less than once per day*

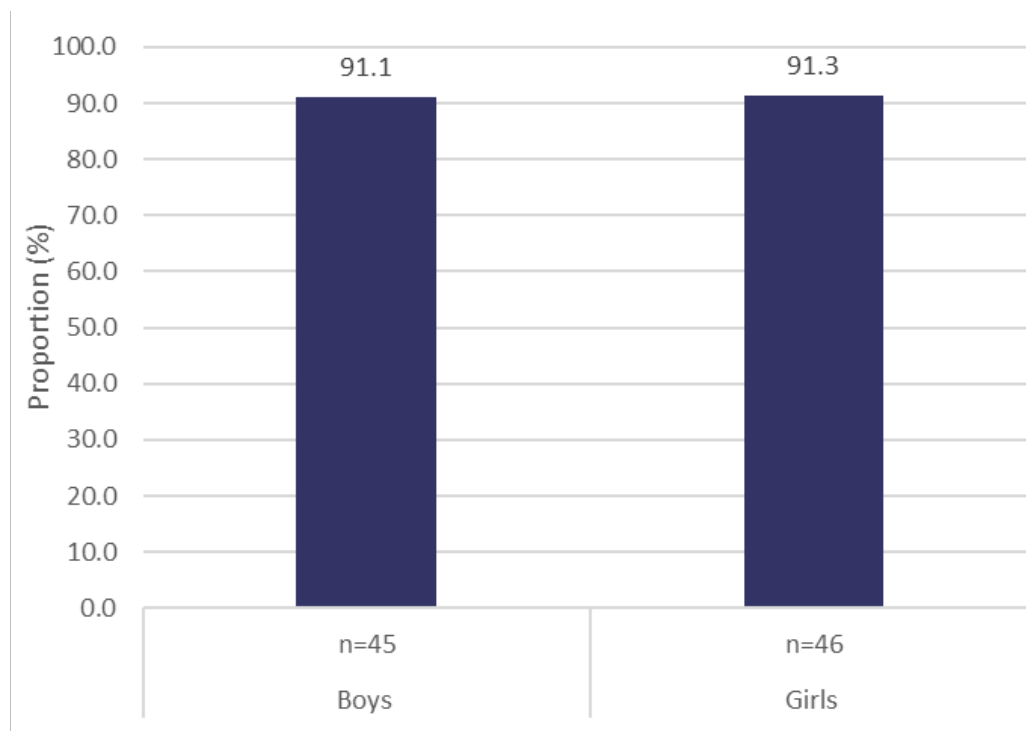
## More about the fruit and vegetable guidelines...

The Australian Dietary Guidelines recommend that children should consume 5 serves of vegetables and 2 serves of fruit per day (1). Boys aged >12 years should consume 5.5 serves of vegetables per day. In 2016, monitoring from the Goulburn Valley region of Victoria (2) estimated that 73.9% of children in Grade 4 and 6 met the fruit consumption guidelines, 14.6% met the vegetable consumption guidelines.

## Activity and Screen Time



*Proportion of participating grade 4 and 6 students meeting the physical activity guidelines every day of the last week, according to self-reported physical activity time*



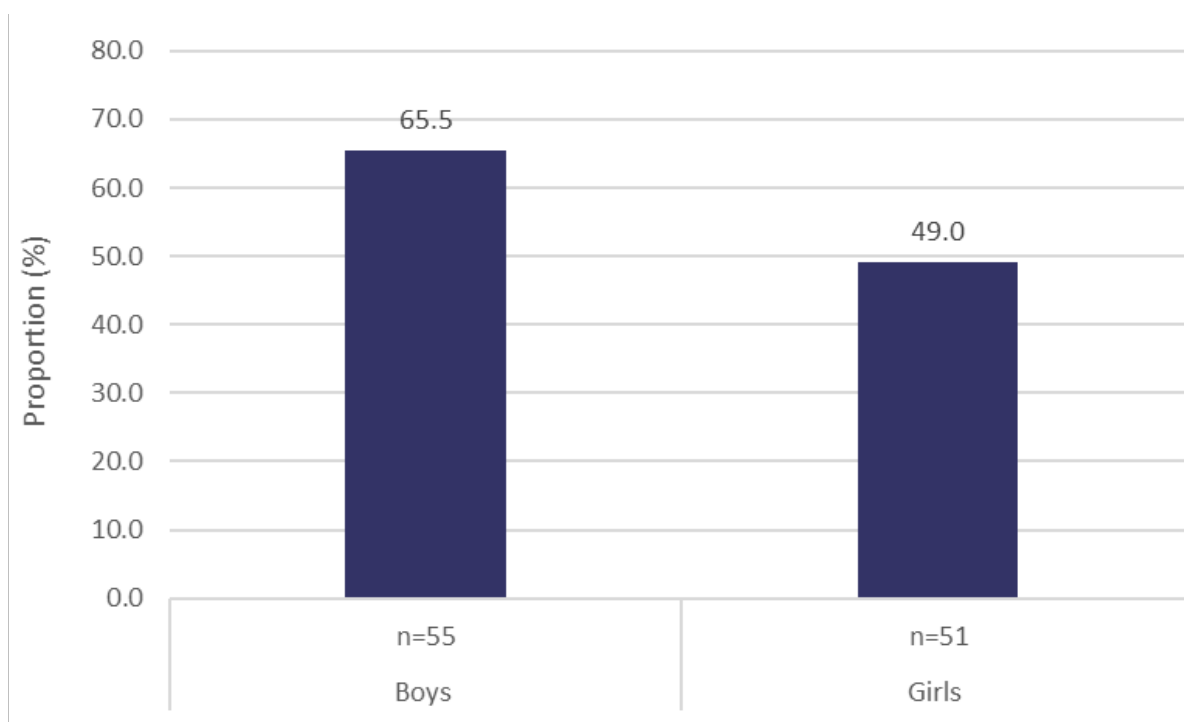
*Proportion of participating grade 4 and 6 students meeting the physical activity guidelines on average according to physical activity time measured using accelerometers*

### More about the physical activity guidelines...

The Australian Movement Guidelines for Children (5-17 years) recommends 60 minutes or more of moderate-to-vigorous physical activity (MVPA) every day (3). In 2016, monitoring from the Goulburn Valley region of Victoria (2) estimated that 37% of students reported meeting the physical activity guidelines on at least 5 days in the last week (note, the figure above gives the proportion of students reporting they met the guidelines 7 days/ week)

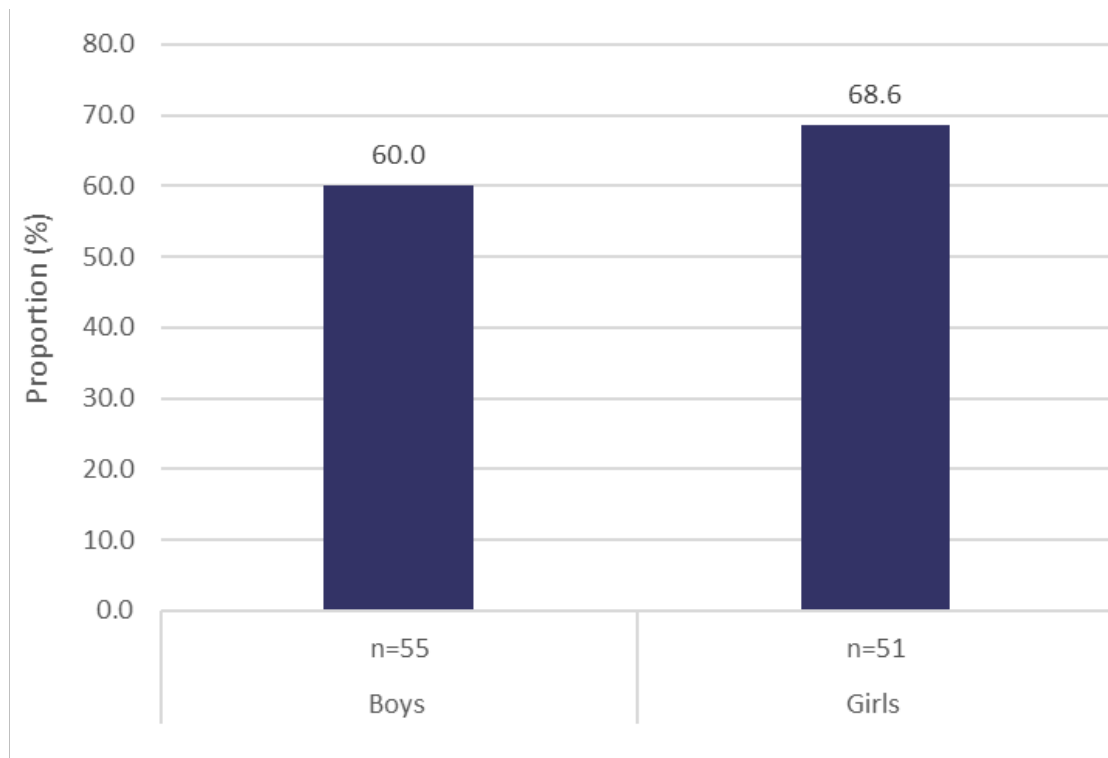
### More about Accelerometers

As well as completing a self-reported account of their physical activity over the last week, a subsample of around 50% of grade 4 and 6 students received an accelerometer device to wear on their wrist for one week. The accelerometers resemble a watch, and record students physical movement only (accelerometers have no GPS, location, or communication capabilities). The data in this report represents the 85% of students who received an accelerometer and wore it for at least three out of the seven days. If students averaged more than 60 minutes of activity per day that they wore the accelerometer they were classified as meeting the guidelines.



*Proportion of participating grade 4 and 6 students using active transport to get to and/or from school*



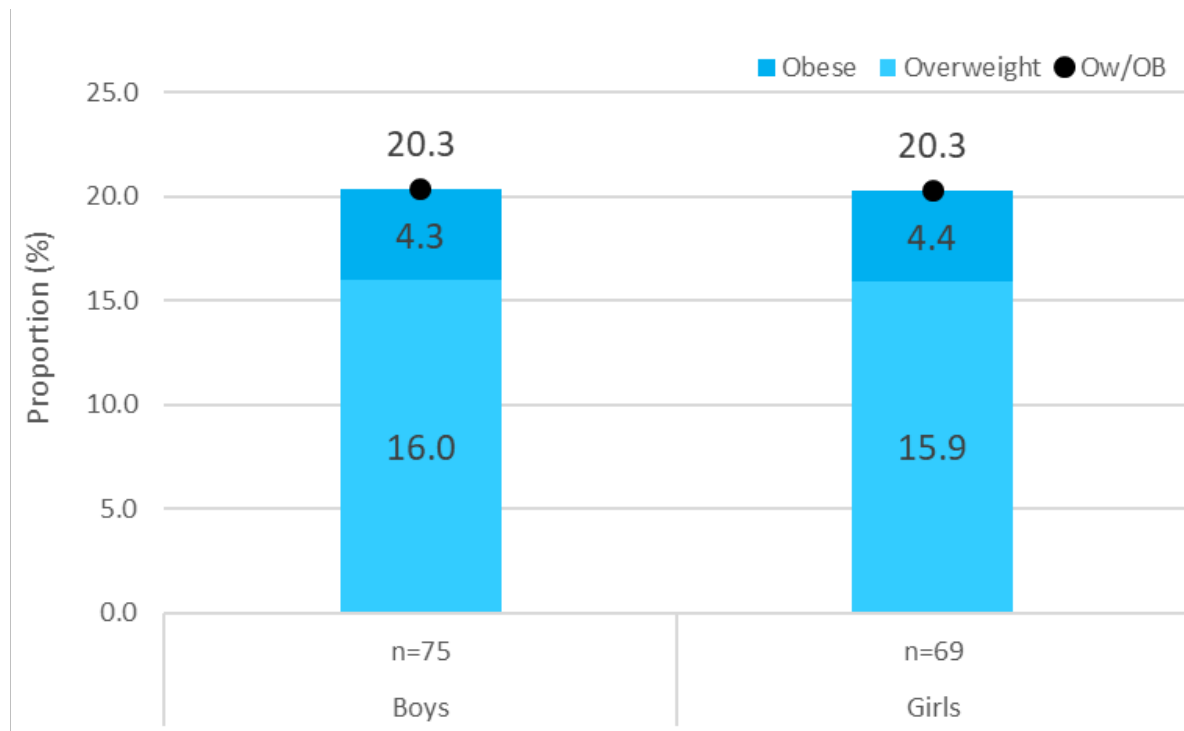


*Proportion of participating grade 4 and 6 students meeting the screen-time guidelines*

### More about the screen-time guidelines...

The Australian Movement Guidelines for Children (5-17 years) recommends no more than two hours of screen time every day (3). In 2016, monitoring from the Goulburn Valley region of Victoria (2) estimated that 76.5% of students reported meeting the screen-time guidelines on at least 5 days in the last week (note, the figure above gives the proportion of students reporting they met the guidelines on 7 days/week)

## Healthy Weight

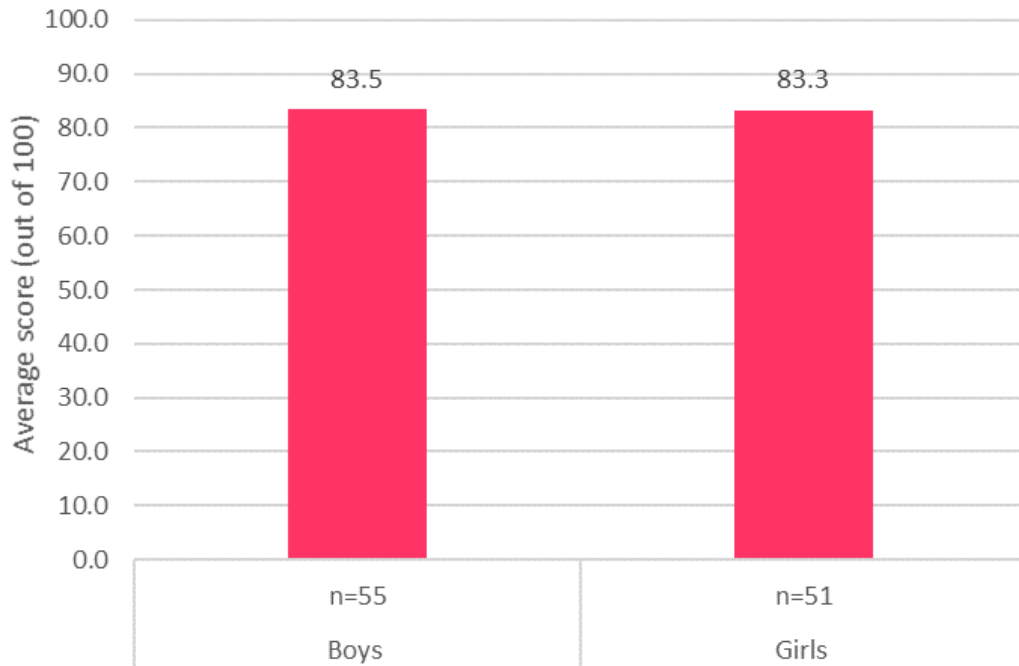


*Proportion of participating grade 2, 4, and 6 students with overweight or obesity – using World Health Organisation weight classifications*

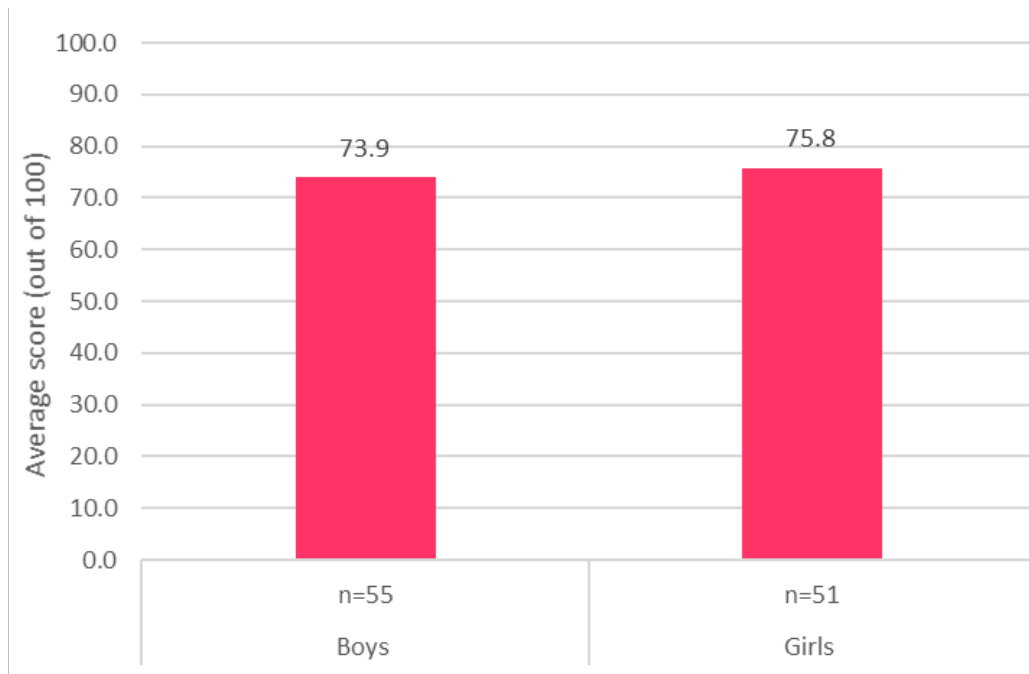
More about national and state data on healthy weight...

According to data from 2014 monitoring in the 23 Healthy Together Victoria intervention and comparison communities (4) the prevalence of overweight and obesity among grade 2, 4, and 6 students is estimated to be 37.3% using the same World Health Organization criteria used in this report.

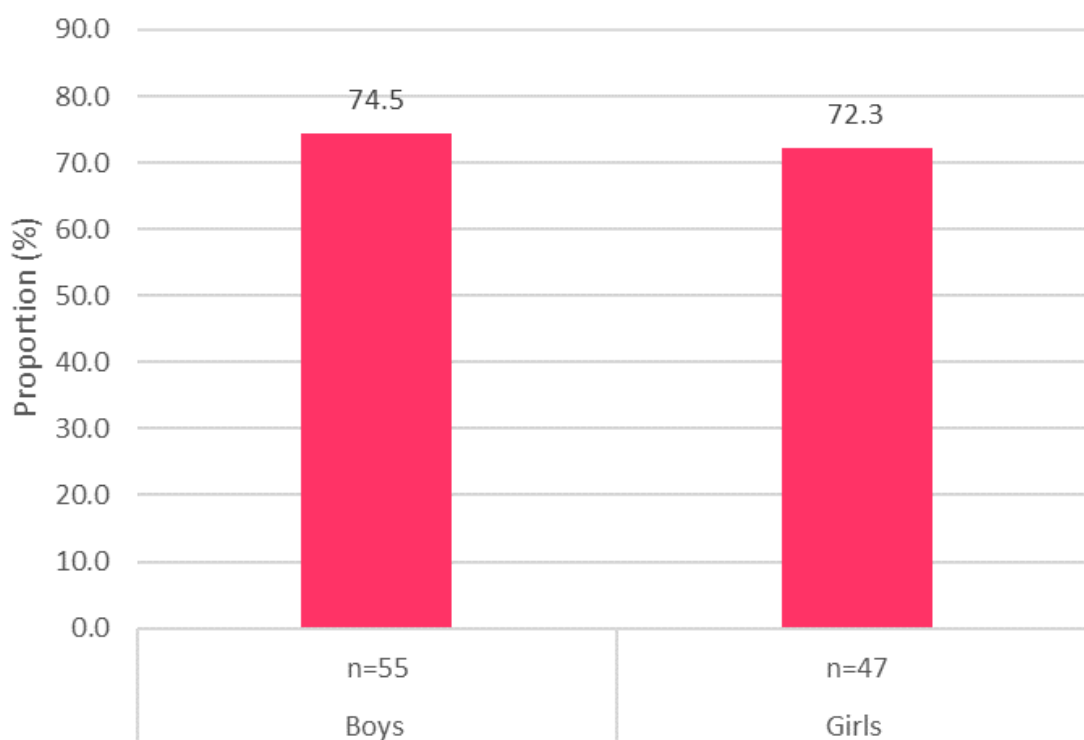
## Sleep and Wellbeing



*Average physical wellbeing score for participating grade 4 and 6 students*



*Average psychosocial wellbeing score for participating grade 4 and 6 students*



*Proportion of participating grade 4 and 6 students meeting the sleep duration guidelines*

### More about wellbeing scores...

The WHO definition of health describes “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (5). Health-related quality of life is an outcome that captures this multidimensional view of health. The Paediatric Quality of Life Index is a child-specific tool that measures health-related quality of life, describing physical, emotional, social, and school-related well-being, and is regularly used in child health studies (6, 7). The PedsQL can be summarised in two top-level outcomes describing physical wellbeing and psycho-social wellbeing. These two outcomes are presented in the figures below. Higher scores indicate better wellbeing, with a maximum of 100 for both scales.

### More about the sleep guidelines

The Sleep Guidelines for Children (5-12 years) recommend no less than nine, and no more than 11 hours of sleep every night (8, 9). Data from 2016/17 estimate that approximately 61% of Victorian grade 4 and 6 students meet the sleep duration guidelines (10).

## More about the study...

During 2019 a total of 3,889 children in grades 2, 4, and 6 participated in the study. All participating students were invited to have their height and weight measured by trained researchers, while grade 4 and 6 students also completed a questionnaire. Data collection in 2019 was coordinated by a mix of regionally-based monitoring coordinators, Deakin University personnel, and local workers' time contributed to the study by partner organisations. We sincerely thank all of the organisations who helped enable this study, and the schools and students across the RESPOND region who participated.

The findings presented in this report represent emerging understanding about the nutrition and physical activity of school children in your area. If you have any enquiries about this study, or the data presented here please contact us at the details below:

RESPOND Health Behaviour Study team

GLOBE, Deakin University Waterfront Campus  
1 Gheringhap Street, Geelong  
VIC 3220

email: [contact@respond.deakin.edu.au](mailto:contact@respond.deakin.edu.au)



## References:

1. National Health and Medical Research Council (2013). Australian Dietary Guidelines – Canberra, ACT: Commonwealth of Health and Aging.
2. Hoare E, Crooks N, Hayward J, Allender S, Strugnell C. Associations between combined overweight and obesity, lifestyle behavioural risk and quality of life among Australian regional school children: baseline findings of the Goulburn Valley health behaviours monitoring study. *Health Qual Life Outcomes*. 2019; 17(1):16.
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