

# Appendix 6: Levels of risk factors and their treatment

Table A42: Mean systolic blood pressure and estimated average annual change in mean level, 1983–94

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Mean (mmHg)</b>					
<b>Men</b>					
35–44	Perth	126.8	127.0	127.1	0.0 (–0.2, 0.3)
	Newcastle	123.9	124.1	125.7	0.2 (0.0, 0.4)
45–54	Perth	134.8	132.4	131.7	–0.3 (–0.6, 0.0)
	Newcastle	133.7	133.0	130.4	–0.3 (–0.5, 0.0)
55–64	Perth	143.7	141.4	143.7	0.0 (–0.4, 0.4)
	Newcastle	142.9	140.4	139.3	–0.3 (–0.6, –0.1)
65–69	Newcastle	NR	147.2	142.6	–0.8 (–1.6, –0.1)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>133.1</b>	<b>131.8</b>	<b>132.4</b>	<b>–0.09 (–0.27, 0.09)</b>
	<b>Newcastle</b>	<b>131.2</b>	<b>130.3</b>	<b>130.1</b>	<b>–0.19 (–0.34, –0.05)</b>
<b>Women</b>					
35–44	Perth	115.9	115.7	115.5	0.0 (–0.3, 0.2)
	Newcastle	118.6	117.0	120.2	0.1 (–0.1, 0.3)
45–54	Perth	129.0	128.7	128.6	0.0 (–0.4, 0.3)
	Newcastle	131.0	129.5	127.4	–0.3 (–0.6, 0.0)
55–64	Perth	142.1	137.9	142.5	0.0 (–0.4, 0.4)
	Newcastle	141.1	140.2	136.5	–0.4 (–0.7, –0.1)
65–69	Newcastle	NR	144.5	145.3	0.2 (–0.7, 1.0)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>126.5</b>	<b>125.1</b>	<b>126.0</b>	<b>–0.04 (–0.22, 0.14)</b>
	<b>Newcastle</b>	<b>127.9</b>	<b>126.1</b>	<b>126.2</b>	<b>–0.24 (–0.39, –0.09)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

Table A43: Mean diastolic blood pressure and estimated average annual change in mean level, 1983–94

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Mean (mmHg)</b>					
<b>Men</b>					
35–44	Perth	82.1	79.4	83.4	0.1 (–0.1, 0.3)
	Newcastle	80.6	80.2	81.0	0.0 (–0.1, 0.2)
45–54	Perth	86.8	82.5	86.5	0.0 (–0.2, 0.2)
	Newcastle	85.6	85.1	81.5	–0.4 (–0.5, –0.2)
55–64	Perth	86.7	81.6	87.0	0.0 (–0.2, 0.2)
	Newcastle	84.8	83.1	79.9	–0.4 (–0.6, –0.3)
65–69	Newcastle	NR	83.6	77.9	–1.1 (–1.5, –0.7)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>84.6</b>	<b>80.8</b>	<b>85.2</b>	<b>0.01 (–0.10, 0.01)</b>
	<b>Newcastle</b>	<b>83.1</b>	<b>82.4</b>	<b>80.8</b>	<b>–0.28 (–0.37, –0.19)</b>
<b>Women</b>					
35–44	Perth	75.2	71.7	74.3	–0.1 (–0.3, 0.0)
	Newcastle	75.5	74.7	73.8	–0.2 (–0.3, 0.0)
45–54	Perth	80.9	76.9	81.0	0.0 (–0.2, 0.2)
	Newcastle	81.2	79.7	76.2	–0.4 (–0.6, –0.3)
55–64	Perth	83.9	76.9	82.9	–0.1 (–0.3, 0.1)
	Newcastle	81.7	81.2	77.7	–0.4 (–0.5, –0.2)
65–69	Newcastle	NR	78.6	76.7	–0.4 (–0.9, 0.0)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>79.2</b>	<b>74.6</b>	<b>78.6</b>	<b>–0.10 (–0.20, 0.01)</b>
	<b>Newcastle</b>	<b>78.8</b>	<b>77.8</b>	<b>75.5</b>	<b>–0.33 (–0.42, –0.24)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

**Table A44: Treatment for hypertension and estimated average annual change in mean level, 1983–94**

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Per cent</b>					
<b>Men</b>					
35–44	Perth	4.2	3.9	4.3	0.0 (–0.3, 0.3)
	Newcastle	4.1	6.1	4.8	0.1 (–0.2, 0.4)
45–54	Perth	8.5	12.3	8.5	0.0 (–0.5, 0.5)
	Newcastle	19.1	12.3	14.3	–0.4 (–1.0, 0.1)
55–64	Perth	19.6	17.9	14.0	–0.5 (–1.2, 0.2)
	Newcastle	23.2	29.5	28.9	0.5 (–0.1, 1.2)
65–69	Newcastle	NR	26.9	35.9	1.6 (–0.2, 3.4)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>9.4</b>	<b>9.9</b>	<b>8.0</b>	<b>–0.17 (–0.47, 0.13)</b>
	<b>Newcastle</b>	<b>13.1</b>	<b>13.6</b>	<b>13.3</b>	<b>0.08 (–0.23, 0.38)</b>
<b>Women</b>					
35–44	Perth	1.6	1.8	3.2	0.1 (–0.1, 0.4)
	Newcastle	2.7	5.3	3.7	–0.2 (–0.5, 0.1)
45–54	Perth	13.1	10.0	12.4	–0.1 (–0.6, 0.5)
	Newcastle	22.8	19.5	12.0	–1.0 (–1.5, –0.4)
55–64	Perth	28.6	21.2	20.4	–0.8 (–1.5, 0.0)
	Newcastle	29.7	32.8	32.9	0.3 (–0.3, 0.9)
65–69	Newcastle	NR	36.4	39.9	0.8 (–1.3, 2.9)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>11.8</b>	<b>9.2</b>	<b>10.2</b>	<b>–0.22 (–0.53, 0.09)</b>
	<b>Newcastle</b>	<b>16.9</b>	<b>16.2</b>	<b>13.2</b>	<b>–0.28 (–0.59, 0.04)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

Table A45: Mean serum cholesterol and estimated average annual change in mean level, 1983–94

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Mean (mmol/L)</b>					
<b>Men</b>					
35–44	Perth	5.67	5.67	5.45	–0.02 (–0.04, 0.00)
	Newcastle	5.79	5.61	5.65	–0.02 (–0.03, 0.00)
45–54	Perth	5.82	5.89	5.64	–0.02 (–0.03, 0.00)
	Newcastle	6.09	5.88	5.96	–0.02 (–0.03, 0.00)
55–64	Perth	6.07	6.08	5.65	–0.04 (–0.06, –0.02)
	Newcastle	6.08	5.88	5.66	–0.04 (–0.05, –0.02)
65–69	Newcastle	NR	5.76	5.68	–0.02 (–0.03, 0.00)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>5.81</b>	<b>5.82</b>	<b>5.55</b>	<b>–0.02 (–0.03, –0.01)</b>
	<b>Newcastle</b>	<b>5.95</b>	<b>5.76</b>	<b>5.75</b>	<b>–0.02 (–0.03, –0.01)</b>
<b>Women</b>					
35–44	Perth	5.29	5.15	4.96	–0.03 (–0.05, –0.01)
	Newcastle	5.39	5.34	5.21	–0.02 (–0.03, 0.00)
45–54	Perth	5.93	5.76	5.51	–0.04 (–0.06, –0.02)
	Newcastle	6.13	5.91	5.58	–0.05 (–0.06, –0.03)
55–64	Perth	6.44	6.46	6.12	–0.03 (–0.05, –0.01)
	Newcastle	6.51	6.31	6.10	–0.04 (–0.05, –0.02)
65–69	Newcastle	NR	6.26	6.06	–0.04 (–0.08, 0.01)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>5.77</b>	<b>5.65</b>	<b>5.40</b>	<b>–0.03 (–0.04, –0.02)</b>
	<b>Newcastle</b>	<b>5.89</b>	<b>5.74</b>	<b>5.53</b>	<b>–0.03 (–0.04, –0.03)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

**Table A46: Mean high-density lipoprotein cholesterol and estimated average annual change in mean level for men, 1983–94**

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Mean (mmol/L)</b>					
<b>Men</b>					
35–44	Perth	1.21	1.20	1.21	0.00 (–0.01, 0.01)
	Newcastle	1.20	1.17	1.09	–0.01 (–0.01, 0.00)
45–54	Perth	1.23	1.15	1.20	0.00 (–0.01, 0.00)
	Newcastle	1.21	1.16	1.12	–0.01 (–0.01, 0.00)
55–64	Perth	1.27	1.20	1.23	0.00 (–0.01, 0.00)
	Newcastle	1.21	1.20	1.12	–0.01 (–0.01, 0.00)
65–69	Newcastle	NR	1.17	1.12	–0.01 (–0.02, 0.00)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>1.23</b>	<b>1.19</b>	<b>1.21</b>	<b>0.00 (–0.01, 0.00)</b>
	<b>Newcastle</b>	<b>1.21</b>	<b>1.17</b>	<b>1.11</b>	<b>–0.01 (–0.01, –0.01)</b>
<b>Women</b>					
35–44	Perth	1.52	1.43	1.49	0.00 (–0.01, 0.00)
	Newcastle	1.47	1.50	1.42	0.00 (–0.01, 0.00)
45–54	Perth	1.52	1.51	1.49	0.00 (–0.01, 0.00)
	Newcastle	1.52	1.50	1.49	0.00 (–0.01, 0.00)
55–64	Perth	1.52	1.48	1.54	0.00 (–0.01, 0.01)
	Newcastle	1.50	1.55	1.45	0.00 (–0.01, 0.00)
65–69	Newcastle	NR	1.47	1.45	0.00 (–0.02, 0.01)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>1.52</b>	<b>1.47</b>	<b>1.50</b>	<b>0.00 (–0.01, 0.00)</b>
	<b>Newcastle</b>	<b>1.50</b>	<b>1.51</b>	<b>1.45</b>	<b>0.00 (–0.01, 0.00)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

**Table A47: Treatment for hypercholesterolaemia and estimated average annual change in mean level, 1983–94**

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Per cent</b>					
<b>Men</b>					
35–44	Perth	NR	0.4	1.1	0.1 (–0.2, 0.5)
	Newcastle	NR	1.1	1.2	0.0 (–0.4, 0.4)
45–54	Perth	NR	0.5	4.7	0.8 (0.2, 1.5)
	Newcastle	NR	3.2	6.9	0.7 (–0.1, 1.4)
55–64	Perth	NR	0.5	4.7	0.8 (0.2, 1.5)
	Newcastle	NR	5.8	8.6	0.6 (–0.2, 1.4)
65–69	Newcastle	NR	3.8	11.7	1.5 (0.4, 2.5)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>NR</b>	<b>0.4</b>	<b>3.1</b>	<b>0.60 (0.29, 0.92)</b>
	<b>Newcastle</b>	<b>NR</b>	<b>3.0</b>	<b>4.7</b>	<b>0.44 (0.02, 0.87)</b>
<b>Women</b>					
35–44	Perth	NR	0.0	0.5	0.1 (–0.1, 0.3)
	Newcastle	NR	0.0	0.0	0.0 (0.0, 0.0)
45–54	Perth	NR	0.4	1.5	0.2 (–0.2, 0.6)
	Newcastle	NR	0.5	1.4	0.1 (–0.2, 0.5)
55–64	Perth	NR	0.0	0.7	1.5 (0.7, 2.2)
	Newcastle	NR	8.9	11.1	0.3 (–0.6, 1.3)
65–69	Newcastle	NR	7.6	16.2	1.5 (0.1, 2.9)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>NR</b>	<b>0.1</b>	<b>2.4</b>	<b>0.55 (0.28, 0.82)</b>
	<b>Newcastle</b>	<b>NR</b>	<b>2.2</b>	<b>3.0</b>	<b>0.19 (–0.18, 0.57)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

Table A48: Mean body mass index and estimated average annual change in mean level, 1983–94

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Mean (kg/m<sup>2</sup>)</b>					
<b>Men</b>					
35–44	Perth	24.6	25.8	26.1	0.1 (0.1, 0.2)
	Newcastle	25.6	26.2	27.1	0.1 (0.1, 0.2)
45–54	Perth	25.9	26.6	26.8	0.1 (0.0, 0.1)
	Newcastle	26.4	27.5	27.7	0.1 (0.1, 0.2)
55–64	Perth	25.8	26.2	26.5	0.1 (0.0, 0.1)
	Newcastle	26.5	27.2	27.9	0.1 (0.1, 0.2)
65–69	Newcastle	NR	27.1	27.5	0.1 (–0.1, 0.2)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>25.3</b>	<b>26.2</b>	<b>26.4</b>	<b>0.09 (0.06, 0.13)</b>
	<b>Newcastle</b>	<b>26.1</b>	<b>26.8</b>	<b>27.5</b>	<b>0.12 (0.09, 0.16)</b>
<b>Women</b>					
35–44	Perth	23.1	24.5	24.8	0.2 (0.1, 0.2)
	Newcastle	23.9	24.8	26.2	0.2 (0.1, 0.3)
45–54	Perth	25.1	25.4	26.0	0.1 (0.0, 0.2)
	Newcastle	25.6	27.0	27.2	0.2 (0.1, 0.2)
55–64	Perth	25.3	26.0	27.2	0.2 (0.1, 0.3)
	Newcastle	26.1	26.7	27.4	0.1 (0.0, 0.2)
65–69	Newcastle	NR	25.9	27.0	0.2 (0.0, 0.4)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>24.3</b>	<b>25.1</b>	<b>25.7</b>	<b>0.14 (0.09, 0.18)</b>
	<b>Newcastle</b>	<b>25.0</b>	<b>26.0</b>	<b>26.8</b>	<b>0.16 (0.11, 0.20)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.

Table A49: Prevalence of cigarette smoking and estimated average annual change in prevalence, 1983–94

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
Per cent					
<b>Men</b>					
35–44	Perth	34.6	26.1	26.1	–0.8 (–1.6, 0.0)
	Newcastle	33.1	29.3	26.2	–0.6 (–1.4, 0.1)
45–54	Perth	33.0	23.6	26.9	–0.6 (–1.4, 0.2)
	Newcastle	38.8	27.1	24.1	–1.4 (–2.1, –0.7)
55–64	Perth	29.9	23.2	21.4	–0.8 (–1.5, 0.0)
	Newcastle	36.1	22.2	17.6	–1.7 (–2.3, –1.1)
65–69	Newcastle	NR	17.3	8.2	–1.8 (–1.1, 0.2)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>32.8</b>	<b>24.8</b>	<b>25.3</b>	<b>–0.72 (–1.17, –0.27)</b>
	<b>Newcastle</b>	<b>35.7</b>	<b>27.2</b>	<b>23.6</b>	<b>–1.29 (–1.68, 0.90)</b>
<b>Women</b>					
35–44	Perth	19.9	19.7	17.8	–0.2 (–0.8, 0.5)
	Newcastle	27.6	18.2	24.1	–0.5 (–1.1, 0.2)
45–54	Perth	26.2	24.0	12.9	–1.2 (–1.9, –0.5)
	Newcastle	22.6	17.5	15.7	–0.7 (–1.3, –0.1)
55–64	Perth	18.9	19.6	12.1	–0.6 (–1.3, 0.1)
	Newcastle	18.7	11.3	12.5	–0.6 (–1.1, –0.1)
65–69	Newcastle	NR	9.0	6.1	–0.5 (–1.7, 0.6)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>21.8</b>	<b>21.1</b>	<b>14.9</b>	<b>–0.62 (–1.01, –0.23)</b>
	<b>Newcastle</b>	<b>23.8</b>	<b>16.5</b>	<b>18.7</b>	<b>–0.58 (–0.91, –0.25)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.



**Table A50: Prevalence of overweight and obesity and estimated average annual change in prevalence, 1983–94**

Age group (years)	Centre	1983	1988–89	1994	Estimated annual change (95% CI)
<b>Per cent</b>					
<b>Men</b>					
35–44	Perth	42.2	58.3	59.1	1.6 (0.8, 2.5)
	Newcastle	54.6	66.1	69.0	1.4 (0.6, 2.1)
45–54	Perth	58.0	67.0	67.8	0.9 (0.1, 1.8)
	Newcastle	64.1	73.2	76.8	1.1 (0.4, 1.8)
55–64	Perth	59.8	61.1	66.0	0.6 (–0.3, 1.4)
	Newcastle	62.1	71.2	79.0	1.5 (0.9, 2.2)
65–69	Newcastle	NR	74.7	77.0	0.3 (–1.4, 2.0)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>51.0</b>	<b>61.6</b>	<b>63.4</b>	<b>1.03 (0.53, 1.53)</b>
	<b>Newcastle</b>	<b>59.1</b>	<b>69.5</b>	<b>73.6</b>	<b>1.39 (0.99, 1.79)</b>
<b>Women</b>					
35–44	Perth	23.1	34.2	41.0	1.6 (0.9, 2.4)
	Newcastle	32.6	39.7	44.0	1.1 (0.4, 1.8)
45–54	Perth	43.0	44.5	52.4	0.8 (–0.1, 1.7)
	Newcastle	48.9	59.0	59.0	1.0 (0.3, 1.7)
55–64	Perth	46.4	52.2	59.9	1.2 (0.3, 2.1)
	Newcastle	54.6	55.9	62.5	0.7 (0.0, 1.4)
65–69	Newcastle	NR	53.4	61.2	1.6 (–0.6, 3.7)
<b>35–64<sup>(a)</sup></b>	<b>Perth</b>	<b>35.3</b>	<b>41.7</b>	<b>49.0</b>	<b>1.24 (0.75, 1.73)</b>
	<b>Newcastle</b>	<b>43.2</b>	<b>50.0</b>	<b>53.0</b>	<b>0.90 (0.49, 1.31)</b>

NR = not recorded.

(a) Age-standardised to the 1991 Australian population.