

# Results from the 2006 Physical Activity Survey

## Key Findings for Ages 18-29 years



### The Premier's Physical Activity Taskforce

In 2006 the Premier's Physical Activity Taskforce (the Taskforce) undertook a State-wide survey to measure physical activity levels of Western Australian adults. This fact sheet presents major findings from the survey regarding body mass index and levels of physical activity for adults aged 18-29 years.

### Sample

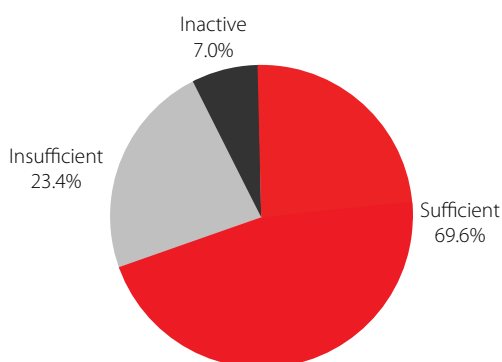
Of the total sample (n = 3,361) who completed the physical activity survey, 11.5% were aged 18-29 years.

### Physical Activity Levels

Figure 1 presents the proportion of adults aged 18-29 years from Western Australia who were:

- **Sufficiently active** ( $\geq 150$  minutes of moderate activity over 5 or more days or  $\geq 60$  minutes of vigorous activity per week);
- **Insufficiently active** (some physical activity but less than sufficient); and
- **Inactive** (no physical activity).

**Figure 1. Levels of Physical Activity in Adults aged 18-29 years**



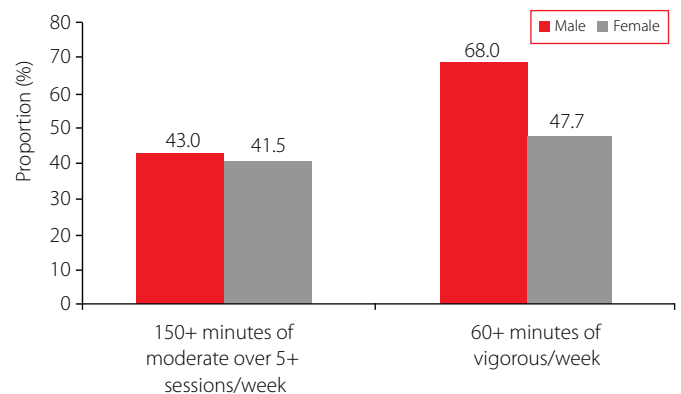
Compared with the 1999<sup>1</sup> and 2002<sup>2</sup> Western Australian physical activity survey results, the 2006 results show:

- A higher proportion of adults aged 18-29 years were sufficiently active (69.6% vs. 68.3%<sup>1</sup> and 67.5%<sup>2</sup> respectively).
- A lower proportion of adults aged 18-29 years were insufficiently active (23.4% vs. 24.6%<sup>1</sup> and 24.7%<sup>2</sup> respectively).
- A similar proportion were inactive (7% vs. 7%<sup>1</sup> and 7.8%<sup>2</sup> respectively).

### Participation in Sufficient Moderate and Vigorous-Intensity Physical Activity by Gender

Figure 2 presents the proportion of adults aged 18-29 years participating in sufficient moderate ( $\geq 150$  minutes of moderate-intensity physical activity on over 5 or more days per week) and vigorous ( $\geq 60$  minutes of vigorous-intensity physical activity per week) physical activity.

**Figure 2. Levels of Sufficient Moderate and Vigorous Physical Activity by Gender**



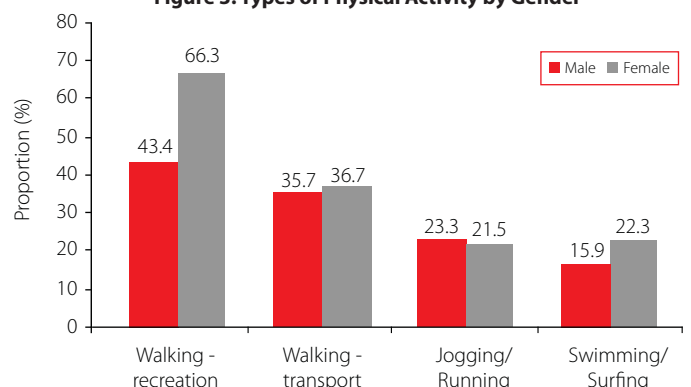
The results show:

- A similar proportion of males and females participated in sufficient moderate physical activity.
- A higher proportion of males aged 18-29 years participated in sufficient vigorous physical activity compared to females.

### Participation in Different Types of Physical Activity by Gender

Figure 3 presents major types of reported physical activity participated in by adults aged 18-29 years in the past week.

**Figure 3. Types of Physical Activity by Gender**





**FACT SHEET No. 21 Key Findings for Ages 18-29 years**

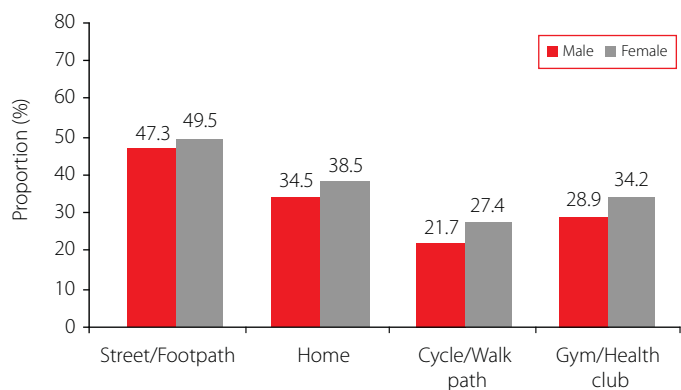
The results show:

- A higher proportion of females participated in walking for recreation (66.3% vs. 43.4%) and swimming/surfing (22.3% vs. 15.9%), compared to males.
- A similar proportion of males and females participated in walking for transport (35.7% and 36.7% respectively) and jogging/running (23.3% and 21.5% respectively).

**Facilities used for Participation in Physical Activity by Gender**

Figure 4 presents major types of facilities used for physical activity by adults aged 18-29 years in the past week.

**Figure 4. Facilities used for Physical Activity by Gender**



The results show:

- A higher proportion of females used the street/footpath (49.5% vs. 47.3%), home (38.5% vs. 34.5%), gym/health club (34.2% vs. 28.9%), and cycle/walk path (27.4% vs. 21.7%) for physical activity compared to males.

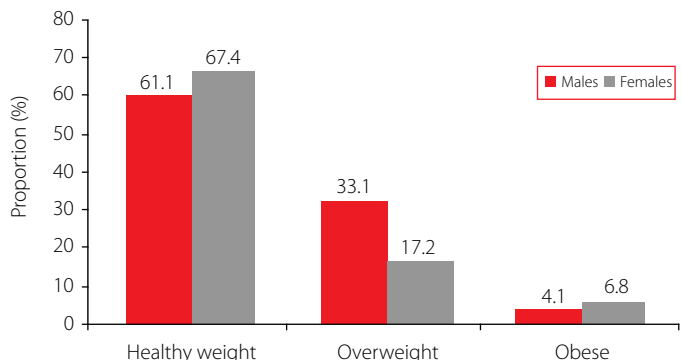
**Overweight and Obesity**

Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height meters squared). The following categories were used to define weight<sup>3</sup>:

- <18.50 underweight
- 18.50-24.99 healthy weight
- 25.00-29.99 overweight
- ≥ 30.00 obese

The prevalence for each of these BMI categories for adults aged 18-29 years by gender is presented in Figure 5 (underweight category not shown).

**Figure 5. Body Mass Index by Gender**



The results show:

- A higher proportion of females were healthy weight (67.4% vs. 61.1%), and obese (6.8% vs. 4.1%) compared to males.
- A higher proportion of males were overweight compared to females (33.1% vs. 17.2%)
- The proportion of healthy weight individuals was higher, and the proportion of overweight and obese individuals lower, among those aged 18-29 years compared to Western Australian adults overall (healthy weight 49%; overweight 35%; obese 14%).

**Recommendations**

Recommendations for increasing levels of sufficient physical activity in Western Australia as well as other key findings can be found in the report *Physical Activity Levels of Western Australian Adults 2006*.<sup>4</sup>

This report and other useful resources can be obtained from [www.beactive.wa.gov.au](http://www.beactive.wa.gov.au) or by contacting the Taskforce on 9492 9630.

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<sup>1</sup> Bull, F., Milligan, R., Rosenberg, M., & MacGowan, H. (2000). Physical Activity Levels of Western Australian Adults 1999, Health Department of Western Australia and Department of Sport and Recreation, Western Australian Government, Perth: Western Australia.

<sup>2</sup> McCormack, G., Milligan, R., Giles-Corti, B., & Clarkson, J.P. (2003). Physical Activity Levels of Western Australian Adults 2002: Results from the Adult Physical Activity Survey and Pedometer Study. Perth, Western Australia: Western Australian Government.

<sup>3</sup> World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

<sup>4</sup> Milligan, R., McCormack, G.R., Rosenberg, M. (2007). Physical Activity Levels of Western Australian Adults 2006. Results from the Adult Physical Activity Study. Perth, Western Australia: Western Australian Government.