

Results from the 2006 Physical Activity Survey

Key Findings for Ages 60 Years and Over



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. A secondary analysis of the survey restricted to adults aged over 45 years was completed in 2008¹. This fact sheet presents major findings from the survey regarding body mass index and levels of physical activity for adults aged 60 years and over.

Sample

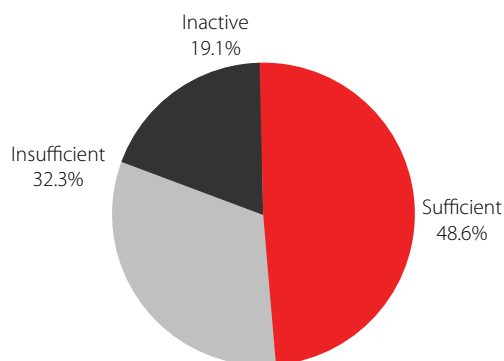
Of the total sample (n = 3,361) who completed the physical activity survey, 30.3% were aged 60 years and over.

Physical Activity Levels

Figure 1 presents the proportion of 60 years and over from Western Australia who were:

- **Sufficiently active** (≥ 150 minutes of moderate activity over 5 or more days or ≥ 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 60 years and over



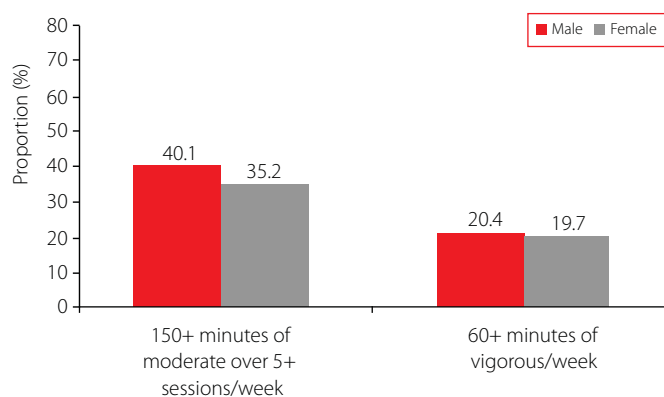
Compared with the 1999² and 2002³ Western Australian physical activity survey results, the 2006 results show:

- A similar proportion of adults aged over 60 were sufficiently active (48.6% vs. 48.9%² and 48.5%³ respectively).
- A lower proportion were insufficiently active (32.3% vs. 35.7%² and 34.1%³ respectively).
- A higher proportion were inactive (19.1% vs. 15.4%² and 17.3%³ respectively).

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

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

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



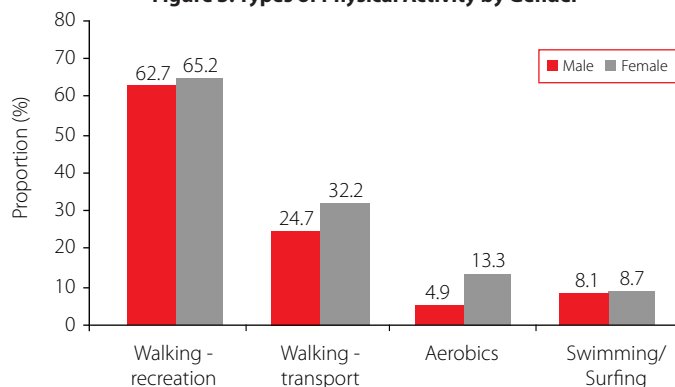
The results show:

- A higher proportion of males participated in sufficient moderate physical activity compared to females.
- Similar proportions of males and females participated in sufficient vigorous physical activity.

Participation in Different Types of Physical Activity by Gender

Figure 3 presents major types of reported physical activity participated in by adults aged 60 years and over in the past week.

Figure 3. Types of Physical Activity by Gender





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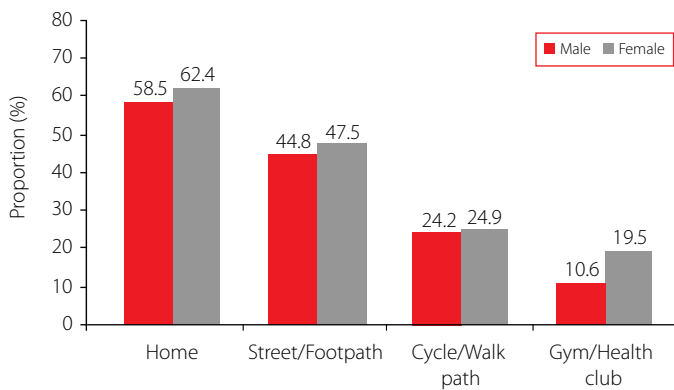
The results show:

- Walking for recreation was the most commonly undertaken activity among adults aged 60 years and over.
- Higher proportions of females participated in walking for transport (32.2% vs. 24.7%) and aerobics (13.3% vs. 4.9%) compared to males.
- Similar proportions of males and females participated in walking for recreation (62.7% and 65.2% respectively), and swimming/surfing (8.1% and 8.75% respectively).

Facilities used for Participation in Physical Activity by Gender

Figure 4 presents major types of facilities used for physical activity by adults aged 60 years and over in the past week.

Figure 4. Facilities used for Physical Activity by Gender



The results show:

- The home was the most commonly used facility for physical activity.
- A higher proportion of females used the gym/health club for physical activity compared to males (19.5% vs. 10.6%).
- Similar proportions of males and females used the home (58.5% and 62.4% respectively), street/footpath (44.8% and 47.5% respectively) and cycle/walk path (24.2% and 24.9% respectively) for physical activity.

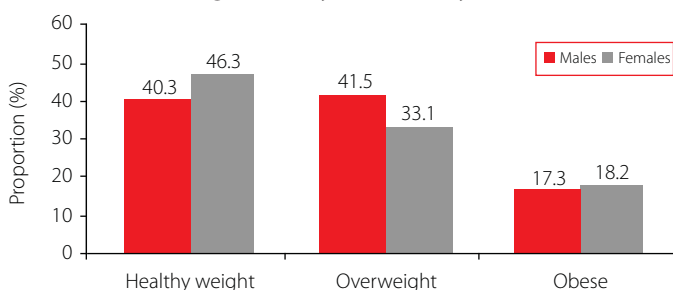
Overweight and Obesity

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 weight⁴:

- <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 60 years and over 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 compared to males (46.3% vs. 40.3%).
- A higher proportion of males were overweight compared to females (41.5% vs. 33.1%).
- Similar proportions of males and females were obese (17.3% and 18.2% respectively).
- The proportion of healthy weight individuals was lower, and the proportion of overweight and obese individuals higher among those aged 60 years and over 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*.⁵

Recommendations for increasing physical activity in older Western Australians can be found in the report *Baby Boomers and Beyond: Physical Activity levels of older Western Australians 2006*.¹

This report and other useful resources can be obtained from www.beactive.wa.gov.au or by contacting the Taskforce on 9492 9630.

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¹ Saarloos D, Nathan A, Almeida O, Giles-Corti B (2008). The Baby Boomers and Beyond Report: Physical Activity Levels of Older Western Australians 2006. Perth, Western Australia: Western Australian Government.

² 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.

³ 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.

⁴ World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

⁵ 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.