

Results from the 2006 Physical Activity Survey

Comparison of Regions



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 the ten regions of Western Australia.^{1,2}

Sample

Table 1 shows the number of responses and percentage of the total sample (3,361 participants) that completed the physical activity survey from each region.

TABLE 1: NUMBER OF RESPONDENTS BY REGION

Characteristic	n	%
Perth Metropolitan	2,158	64.21
Peel	100	2.97
Goldfields-Esperance	92	2.74
Wheatbelt	128	3.81
South West	186	5.53
Great Southern	89	2.65
Midwest and Gascoyne	155	4.61
Pilbara	156	4.64
Kimberley	82	2.44
Missing*	215	6.40
Total	3,361	100

*Missing values are due to incorrect/absent postcodes in the dataset.

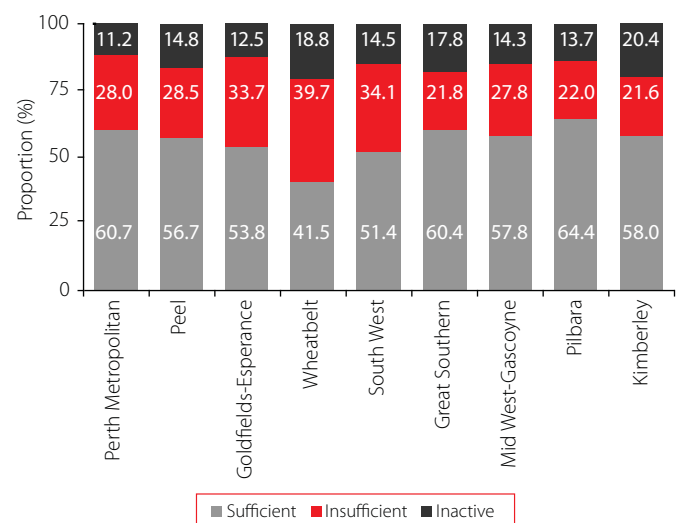


Physical Activity Levels

Figure 1 presents the proportion of adults in each region who were:

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

Figure 1. Levels of Physical Activity by Region



The results show:

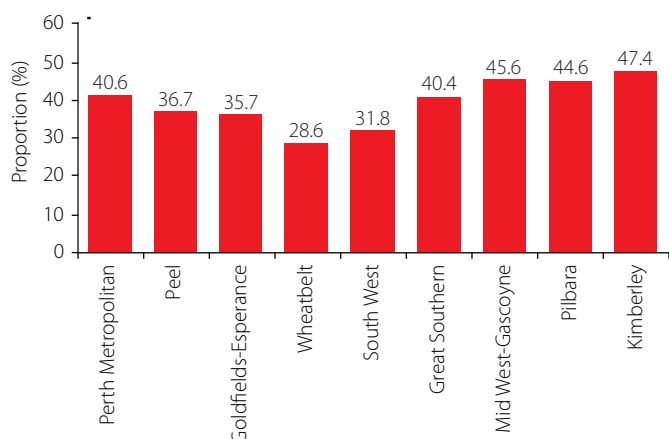
- A lower proportion of adults from the Perth Metropolitan regions were inactive compared to the other regions.
- The highest proportion of participation in sufficient levels of physical activity was found among adults in the Pilbara region.
- The lowest proportion of participation in sufficient levels of physical activity was found among adults in the Wheatbelt region.



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

Figures 2 and 3 present the proportion of adult in each region participating in sufficient moderate and vigorous physical activity.

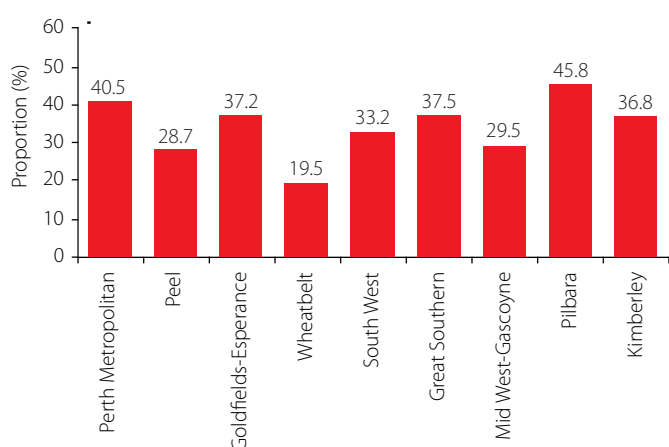
Figure 2. Levels of Sufficient Moderate Physical Activity by Region



The results show:

- A lower proportion of adults from the Wheatbelt and South West regions participated in sufficient levels of moderate intensity physical activity compared to other regions.
- The Kimberley region had the highest proportion of adults participating in sufficient levels of moderate intensity physical activity.

Figure 3. Levels of Sufficient Vigorous Physical Activity by Region



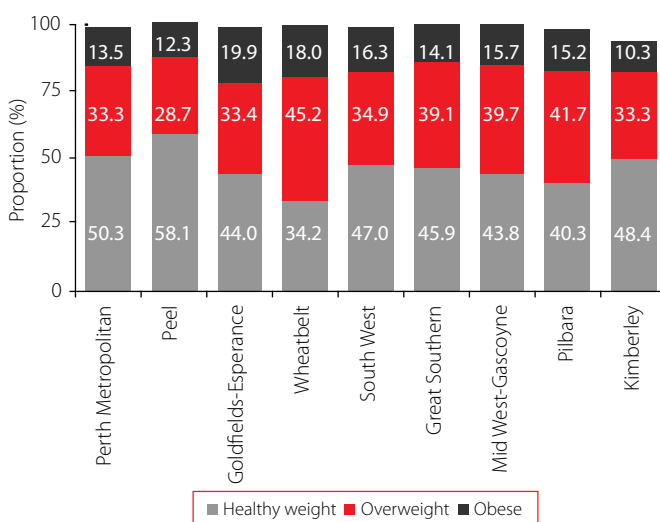
The results show:

- A higher proportion of adults from the Pilbara region participated in sufficient levels of vigorous intensity physical activity compared to other regions.
- A lower proportion of adults from the Wheatbelt region participated in sufficient levels of vigorous intensity physical activity compared to other regions.

Overweight and Obesity

Self-reported height and weight data were used to determine the Body Mass Index (BMI) for each survey participant. The prevalence of each BMI category³ for each region is presented in Figure 4 (underweight category not shown).

Figure 4. BMI by Region



The results show:

- A lower proportion of adults from the Wheatbelt region were of a healthy-weight and a higher proportion were overweight compared to other regions.
- Adults in the Goldfields had the highest proportion of obesity compared to other regions.
- A higher proportion of adults in the Peel region were healthy-weight compared to other regions.

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*.⁴

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 As defined by the Department of Local Government and Regional Development, WA

² The Mid West and Gascoyne regions have been combined to create a suitable sample size

³ World Health Organization (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

⁴ 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.