

Results from the 2006 Physical Activity Survey



Key Findings by Age



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 four age groups.

Sample

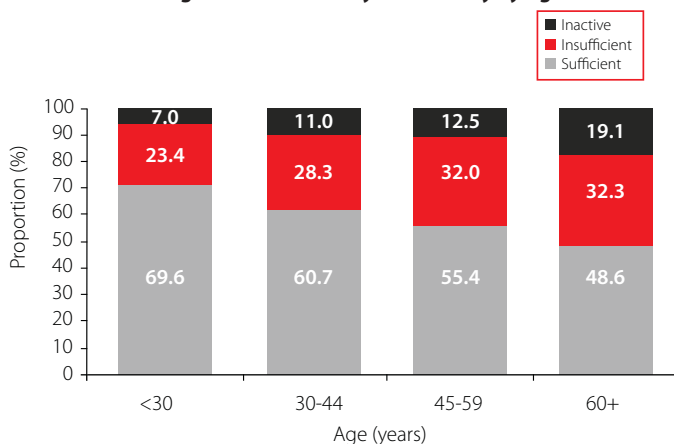
Of the total sample (n = 3,361) who completed the physical activity survey, 11.5% were aged 18-29 years, 26.3% were aged 30-44 years, 31.7% were aged 45-59 years and 30.3% were aged 60 years and over.

Physical Activity Levels

Figure 1 presents the proportion of adults in each age group 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 by Age



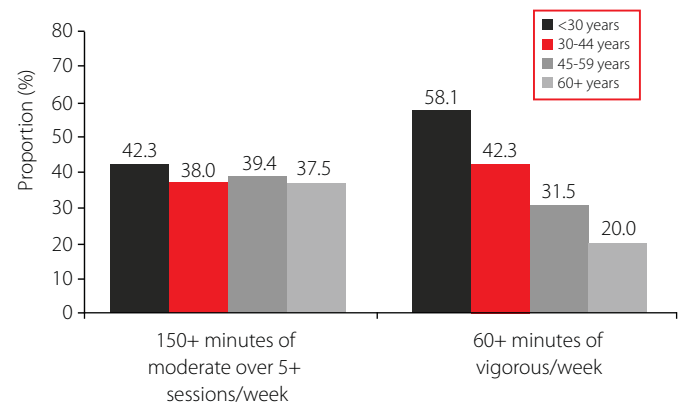
The results show:

- The proportion of sufficiently active adults decreased with increasing age, whilst the proportion of inactive adults increased with increasing age.

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

Figure 2 presents the proportion of adults in each age group 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 Age



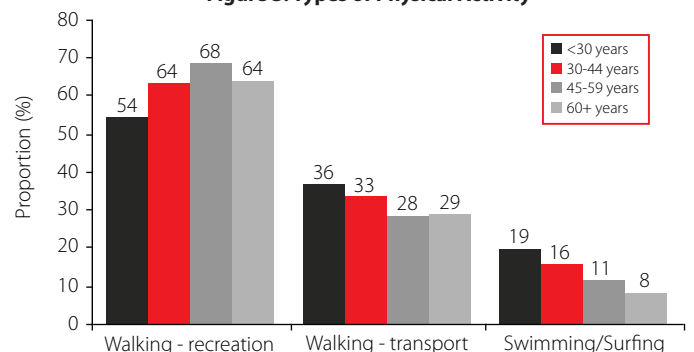
The results show:

- Similar proportions of adults across all age groups reported participating in sufficient moderate physical activity.
- More than half of adults aged 18-29 years participated in sufficient vigorous physical activity. This percentage decreased with increasing age.

Participation in Different Types of Physical Activity

Figure 3 presents the major types of reported physical activity participated in by all age groups in the past week.

Figure 3. Types of Physical Activity





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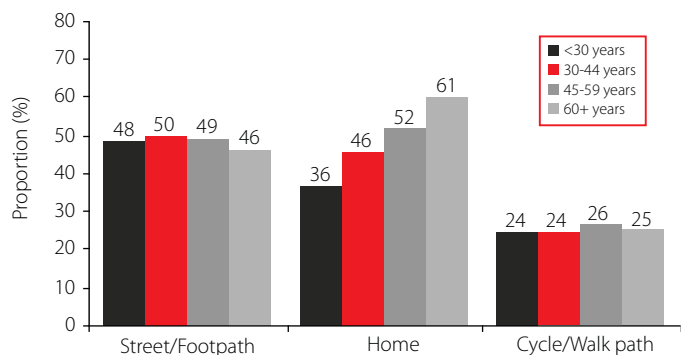
The results show:

- Walking for recreation was most commonly undertaken activity for all age groups. A higher proportion of those aged 45-59 years participated in this activity (68%).
- Walking for transport was most commonly undertaken activity among those aged 18-29 years (36%).
- The proportion of adults participating in swimming/surfing decreased with increasing age.

Facilities used for Participation in Physical Activity

Figure 4 presents major types of facilities used for physical activity by age group in the past week.

Figure 4. Facilities used for Physical Activity



The results show:

- Similar proportions of all age groups used the street/footpath and cycle/walk path for physical activity.
- The use of the home as a physical activity facility increased with increasing age.

Overweight and Obesity

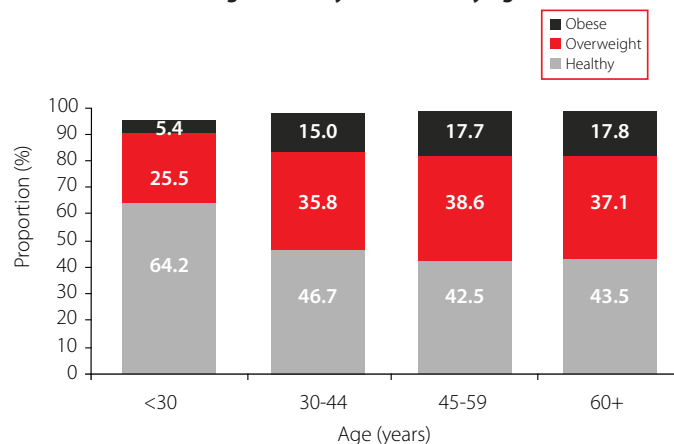
Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height meters squared). The following categories were used to define weight²:

- <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 each age group is presented in Figure 5 (underweight category not shown).



Figure 5. Body Mass Index by Age



The results show:

- A higher proportion of adults aged 18-29 years were healthy weight (64.2%) and lower proportions were overweight (25.5%) and obese (5.4%) compared to other age groups.

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*.³

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

³ 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.