

# Results from the 2006 Physical Activity Survey

## Key Findings for Education



### 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 different education levels attained.

### Sample

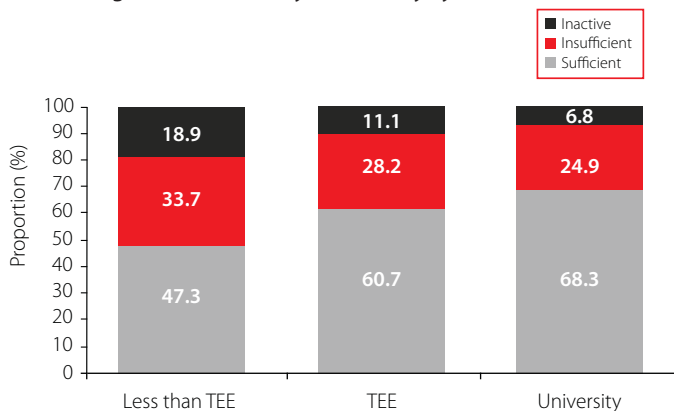
Of the total sample (n = 3,361) who completed the physical activity survey, 33.5% had less than TEE (Tertiary Entrance Examination) level education, 40.9% had completed TEE or equivalent, and 25.3% had completed University level education.

### Physical Activity Levels

Figure 1 presents the proportion of adults in each education category 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 by Level of Education**



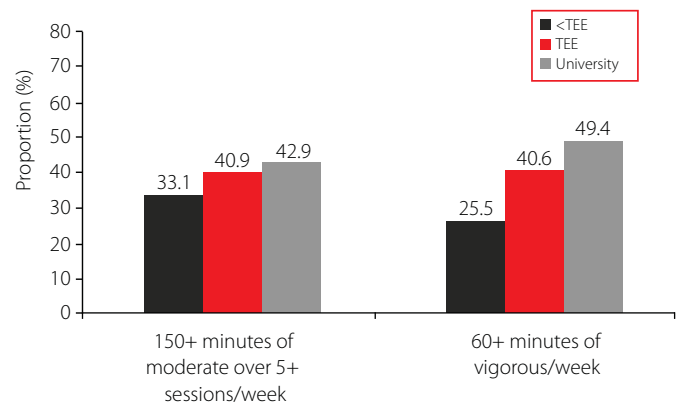
The results show::

- A higher proportion of adults with less than TEE education were inactive (18.9%), and a lower proportion were sufficiently active (47.3%) to accrue health benefits compared to other education levels.

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

Figure 2 presents the proportion of adults by education level participating in sufficient moderate ( $\geq 150$  minutes of moderate-intensity physical activity on 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 Education**



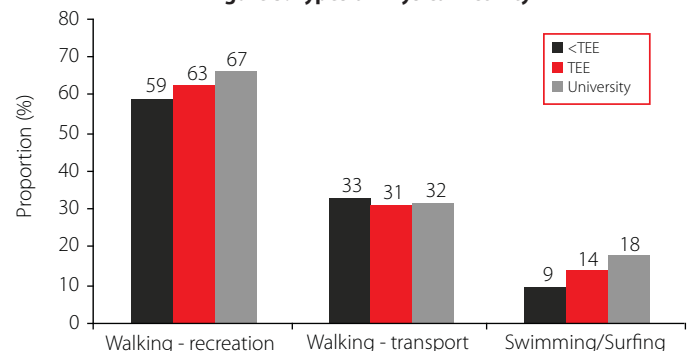
The results show:

- A lower proportion of adults with less than TEE education participated in sufficient moderate (33.1%) and vigorous (25.5%) physical activity compared to other education levels.
- The proportion of people participating in physical activity increased with increasing levels of education attained.

### Participation in Different Types of Physical Activity

Figure 3 presents the major types of reported physical activity participated in the past week by education level.

**Figure 3. Types of Physical Activity**





## FACT SHEET No. 30 Key Findings for Education

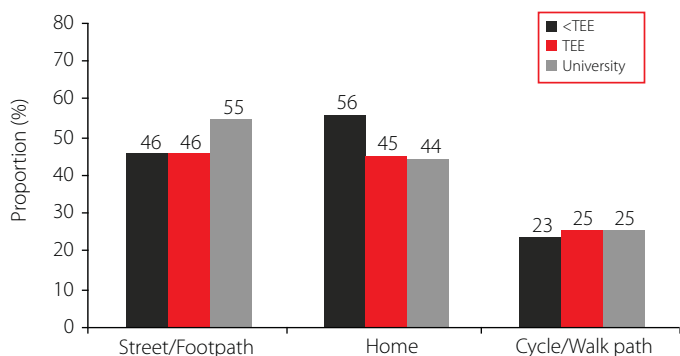
The results show:

- The proportion of adults participating in walking for recreation and swimming/surfing increased with the level of education attained.
- Similar proportions of people from each education level participated in walking for transport.

### Facilities used for Participation in Physical Activity

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

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



The results show:

- A higher proportion of adults with university level education used the street/footpaths for physical activity compared to other education levels (55%).
- A higher proportion of adults with less than TEE education participated in physical activity at home compared to other education levels (56%).
- Similar proportions of adults in all education levels used cycle/walk paths for physical activity.

### Overweight and Obesity

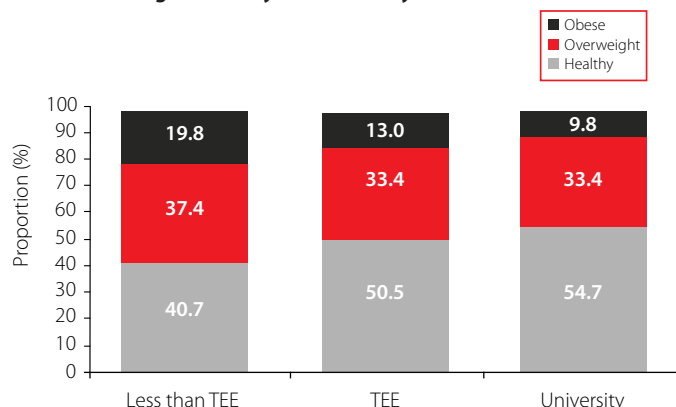
Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height metres squared). The following categories were used to define weight<sup>1</sup>:

- <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 each level of education is presented in Figure 5 (underweight category not shown).



**Figure 5. Body Mass Index by Level of Education**



The results show:

- A higher proportion of adults with less than TEE education were overweight (37.4%) and obese (19.8%) compared to other education levels.
- A lower proportion of university educated adults were obese compared to other education levels (9.8%).
- The proportion of people who were healthy weight increased with increasing levels of education attained.
- The proportion of people who were obese decreased with increasing levels of education attained.

### 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>2</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.

© Government of Western Australia 2009

There is no objection to this publication being copied in whole or in part, provided there is due acknowledgement of any material quoted from the publication.

*Suggested Citation:* Milligan, R., McCormack, G.R., Rosenberg, M. (2009). Results from the 2006 Western Australian Physical Activity Survey: Key Findings for Education (Fact Sheet No. 30). Perth, Western Australia: Western Australian Government.

<sup>1</sup> World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

<sup>2</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.