

# Results from the 2006 Physical Activity Survey

## Key Findings for Females



### 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 females.

### Sample

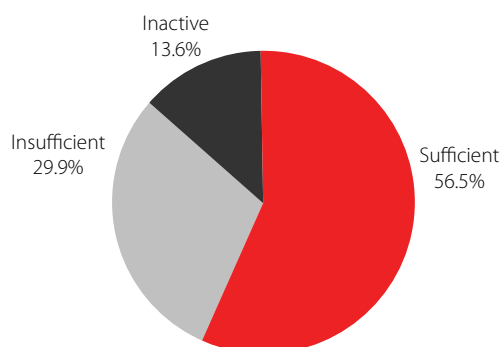
Of the total sample (n = 3,361) who completed the physical activity survey, 50.1% were female.

### Physical Activity Levels

Figure 1 presents the proportions of adult females 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 Females**



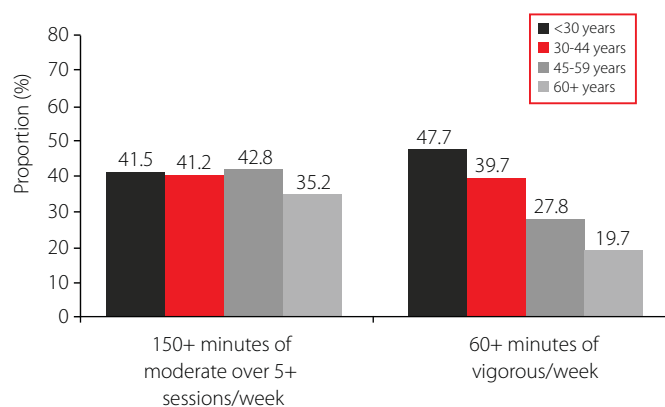
Compared with the 1999<sup>1</sup> and 2002<sup>2</sup> Western Australian physical activity survey results, the 2006 results show:

- A higher proportion of females were sufficiently active (56.5% vs. 52.2%<sup>1</sup> and 53%<sup>2</sup> respectively).
- A lower proportion of females were insufficiently active (29.9% vs. 34.2%<sup>1</sup> and 34.8%<sup>2</sup> respectively).
- A similar proportion of females were inactive (13.6% vs. 13.6%<sup>1</sup> and 12.2%<sup>2</sup> respectively).

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

Figure 2 presents the proportions of adult females 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 Age**



The results show:

- A lower proportion of females aged 60 years and over participated in sufficient moderate physical activity compared to other age groups (35.2%).
- The proportion of females participating in sufficient vigorous physical activity decreased with increasing age, with more than twice as many females aged 18-29 years (47.7%) participating in sufficient vigorous intensity physical activity than those aged 60 years and over (19.7%).

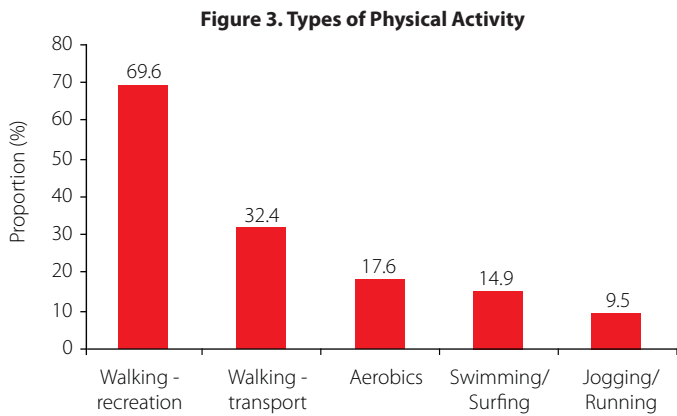




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**Participation in Different Types of Physical Activity**

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

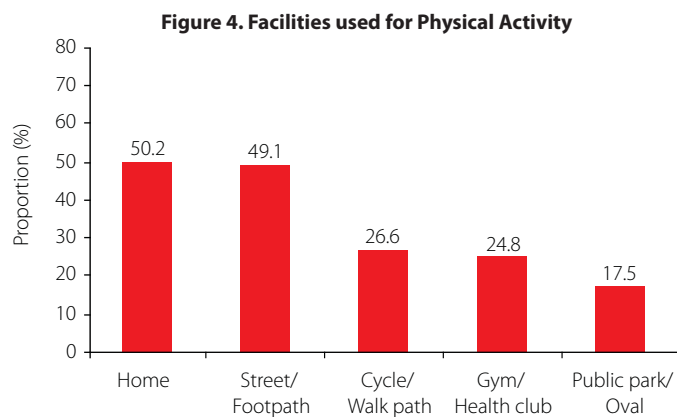


The results show:

- Walking for recreation (69.6%), followed by walking for transport (32.4%) were the most common types of physical activity undertaken by females.

**Facilities used for Participation in Physical Activity**

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



The results show:

- The home (50.2%) and street/footpaths (49.1%) were the most commonly used facilities by females for physical activity.

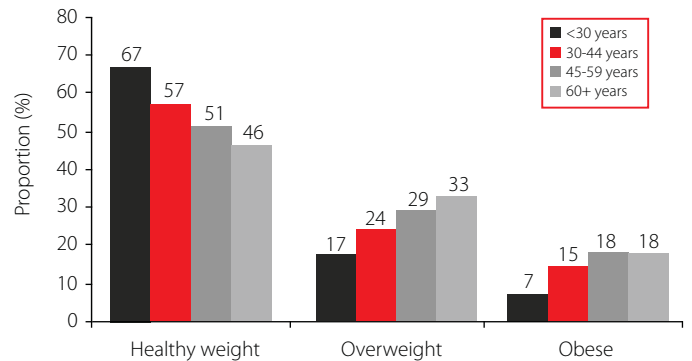
**Overweight and Obesity**

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>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 females by age is presented in Figure 5 (underweight category not shown).

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



The results show:

- A higher proportion of females aged 18-29 years were healthy weight (67.4%) and lower proportions were overweight (17.2%) and obese (6.8%) 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*.<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.