

Results from the 2006 Physical Activity Survey

Key Findings for Gender



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 males and females.

Sample

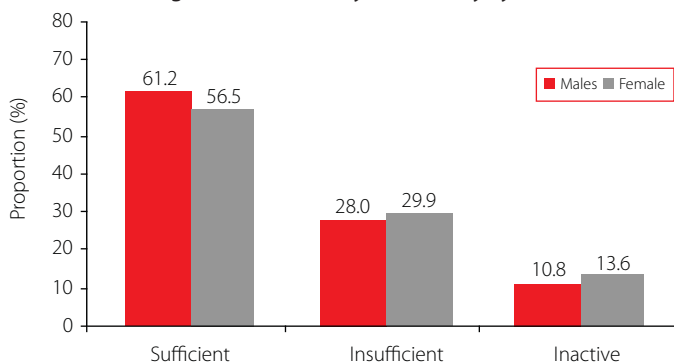
Of the total sample (n = 3,361) who completed the physical activity survey, 49.9% were male and 50.1% were female.

Physical Activity Levels

Figure 1 presents the proportion of adult males and females 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 by Gender



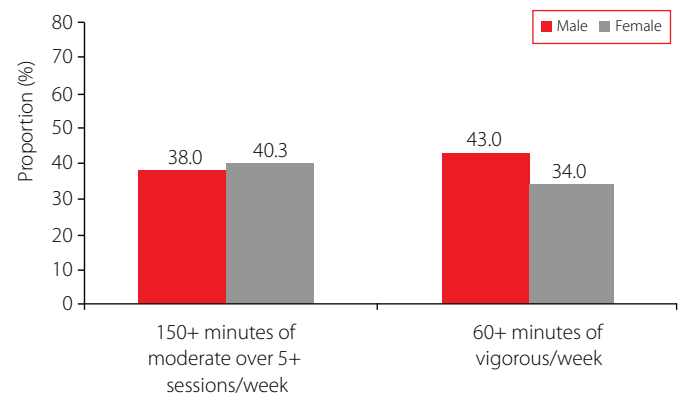
The results show:

- A higher proportion of males were sufficiently active compared to females (61.2% vs. 56.5%).
- A slightly higher proportion of females were insufficiently active (29.9% vs. 28%) and inactive (13.6% vs. 10.8%) compared to males.

Participation in Sufficient Moderate and Vigorous-Intensity Physical Activity

Figure 2 presents the proportion of adults participating in sufficient moderate (≥ 150 minutes of moderate-intensity physical activity on 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



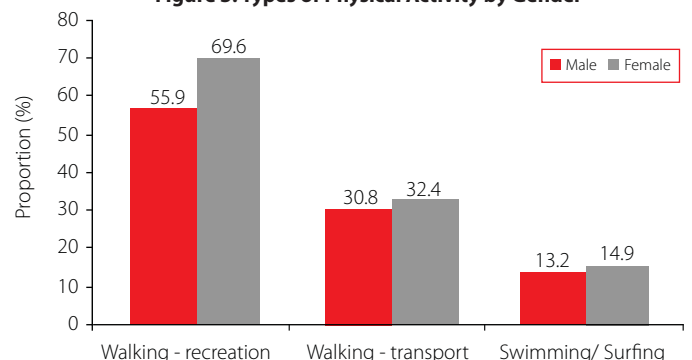
The results show:

- Similar proportions of males and females participated in sufficient levels of moderate physical activity (38% vs. 40.3%).
- A higher proportion of males participated in sufficient levels of vigorous physical activity compared to females (43% vs. 34%).

Participation in Different Types of Physical Activity

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

Figure 3. Types of Physical Activity by Gender





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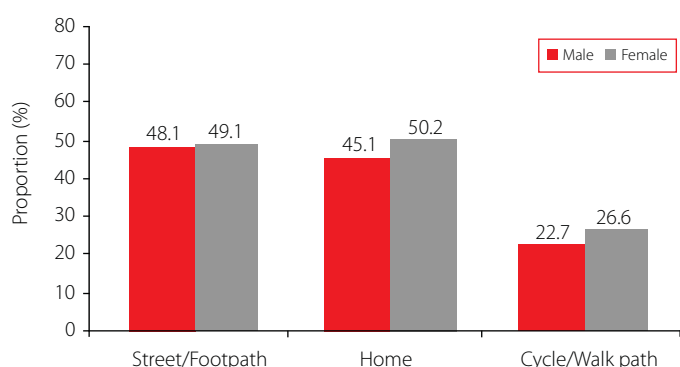
The results show:

- A higher proportion of females participated in walking for recreation compared to males (69.6% vs. 55.9%).
- Similar proportions of males and females participated in walking for transport (30.8% and 32.4% respectively) and swimming/surfing (14.9% and 13.2% respectively).

Facilities used for Participation in Physical Activity

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

Figure 4. Facilities used for Physical Activity by Gender



The results show:

- Similar proportions of males and females (used the streets/footpaths for physical activity (48.1% and 49.1% respectively).
- Higher proportions of females used the home (50.2% vs. 45.1%) and cycle/walk path (26.6% vs. 22.7%) for physical activity compared to males.

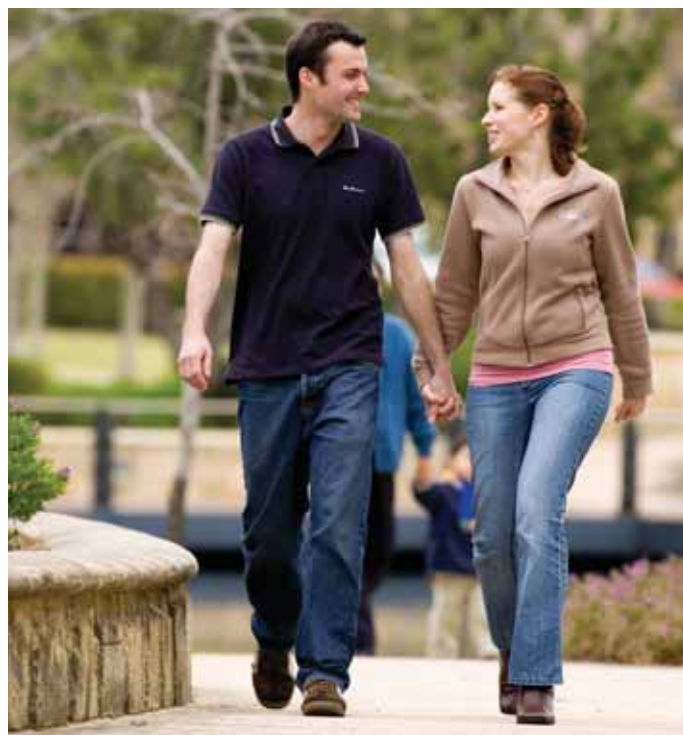
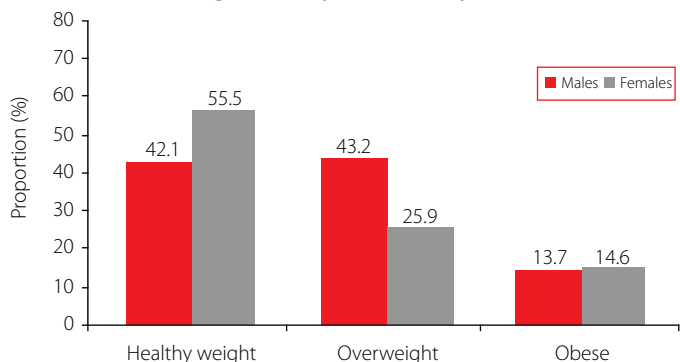
Overweight and Obesity

Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height in metres squared). The following categories were used to define weight¹:

- <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 males and females 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 (55.5% vs. 42.1%).
- A higher proportion of males were overweight compared to females (43.2% vs. 25.9%).
- Similar proportions of males (13.7%) and females (14.6%) were obese.

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*.²

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

² 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.