

Results from the 2006 Physical Activity Survey

Key Findings for Males



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 physical activity regarding body mass index and levels of physical activity for males.

Sample

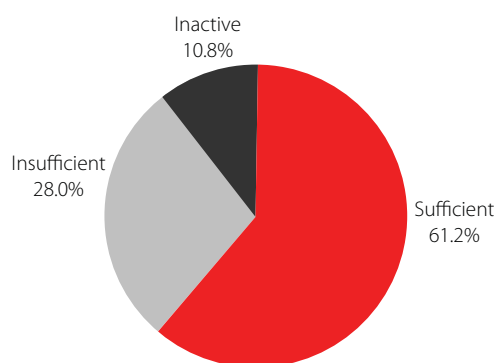
Of the total sample (n = 3,361) who completed the physical activity survey, 49.9% were male.

Physical Activity Levels

Figure 1 presents the proportion of adult males 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 in Males



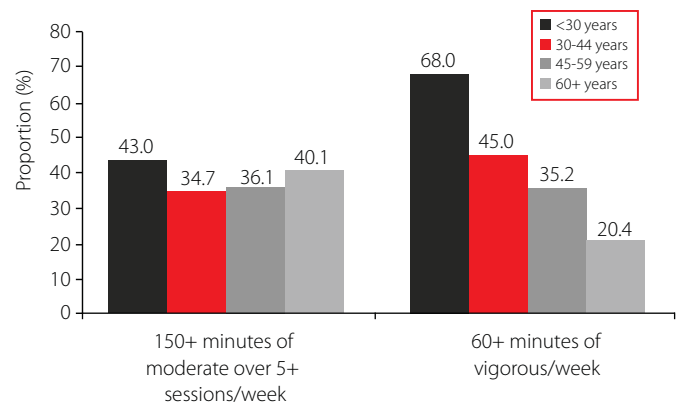
Compared with the 1999¹ and 2002² Western Australian physical activity survey results, the 2006 results show:

- A lower proportion were sufficiently active compared to 1999 (61.2% vs. 62.6%¹).
- A higher proportion were sufficiently active compared to 2002 (61.2% vs. 57.2%²).
- A higher proportion were insufficiently active compared to 1999 (28% vs. 26.3%¹).
- A lower proportion were insufficiently active compared to 2002 (28% vs. 34.2%²).
- Similar proportions of males were inactive (10.8% vs. 11.1%¹ and 13.4%² respectively).

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

Figure 2 presents the proportion of adult males 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 Age



The results show:

- A higher proportion of males aged 18-29 years participated in sufficient moderate physical activity compared to other age groups (43%).
- The proportion of males participating in sufficient levels of vigorous physical activity decreased with increasing age, with more than three times as many males aged 18-29 years (68%) participating in sufficient levels of vigorous physical activity compared to males aged 60 years and over (20.4%).

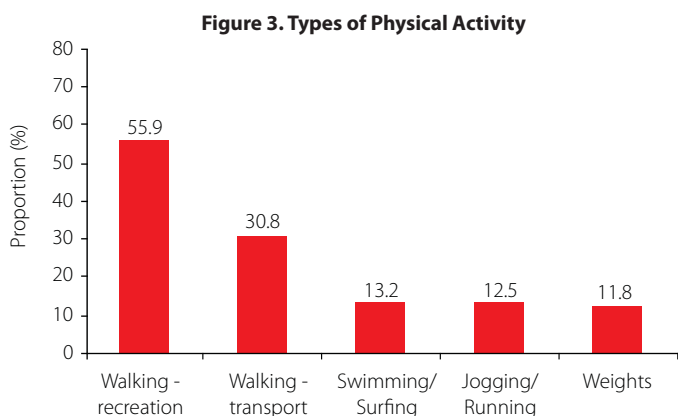




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Participation in Different Types of Physical Activity

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

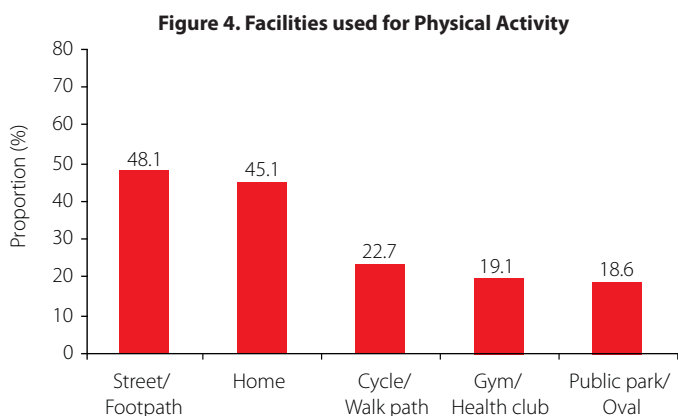


The results show:

- Walking for recreation (55.9%), followed by walking for transport (30.8%) were the most common types of physical activity undertaken by males.

Facilities used for Participation in Physical Activity

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



The results show:

- The street/footpaths (48.1%), followed by the home (45.1%) were the most commonly used facilities by males for physical activity.

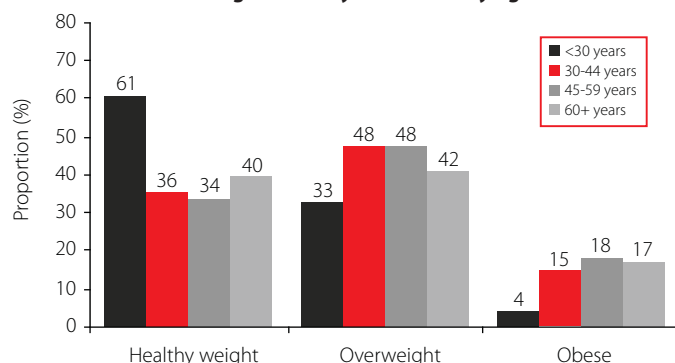
Overweight and Obesity

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 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 males 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 males aged 18-29 years were healthy weight (61.1%) and a lower proportion were overweight (33%) and obese (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*.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 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.

² 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.

³ World Health Organisation (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.