

Physical Activity Levels

of the Mid West and Gascoyne Regions



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 the Mid West and Gascoyne regions.¹

Mid West Sample Demographic

The Mid West and Gascoyne regions cover a combined area of 466,766km² and have an estimated population of 51,748 (in 2006).² From these regions, 155 participants or 4.6% of the total sample (3,361 participants) completed the physical activity survey.

Due to the small sample size these regions have been grouped together, and the results presented should be interpreted with caution.

Table 1 presents the demographic profile of respondents from these regions.

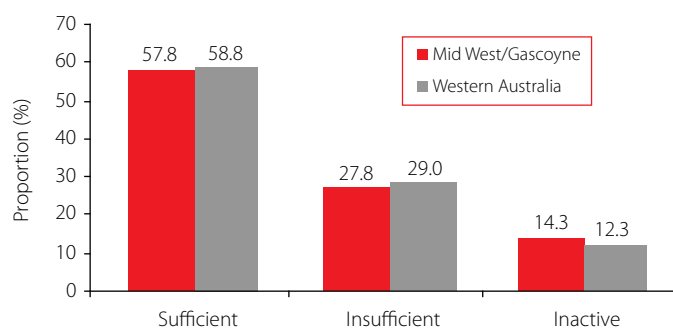
TABLE 1: DEMOGRAPHIC PROFILE OF RESPONDENTS FROM THE MID WEST AND GASCOYNE REGIONS	
Characteristic	%
Gender	
Male	47.7
Female	52.3
Age group	
18 to 29 years	9.7
30 to 44 years	27.1
45 to 59 years	32.9
60 years or more	30.3
Education	
Less than TEE	43.2
TEE/diploma	36.8
University	20.0

Physical Activity Levels

Figure 1 presents the proportion of adults from these regions who were:

- **Sufficiently active** (≥ 150 minutes of moderate intensity activity over 5 or more days or ≥ 60 minutes of vigorous intensity activity per week);
- **Insufficiently active** (some physical activity but less than sufficient); and
- **Inactive** (no physical activity).

Figure 1. Levels of Physical Activity



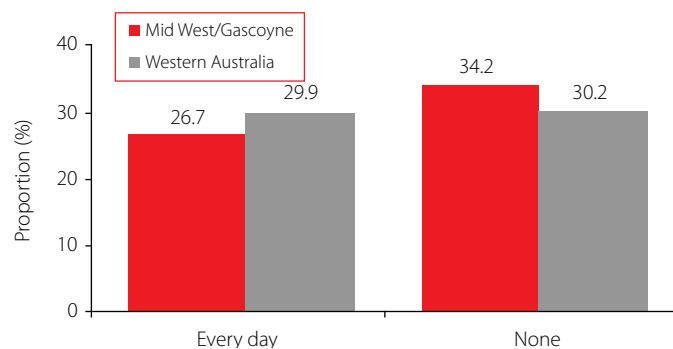
The results show:

- A similar proportion of adults were sufficiently active compared to Western Australian adults overall.
- Similar levels of inactivity compared to Western Australian adults overall.

Incidental Physical Activity Levels

Habitual incidental physical activity is activity performed while undertaking other activities or chores. Figure 2 presents the proportion of adults who participated in habitual incidental physical activity every day of the week and those who reported no habitual incidental physical activity.

Figure 2. Prevalence of Habitual Incidental Physical Activity



The results show:

- A lower proportion of adults participated in habitual incidental physical activity every day compared to Western Australian adults overall.
- A higher proportion of adults reported no habitual incidental physical activity compared to Western Australian adults overall.

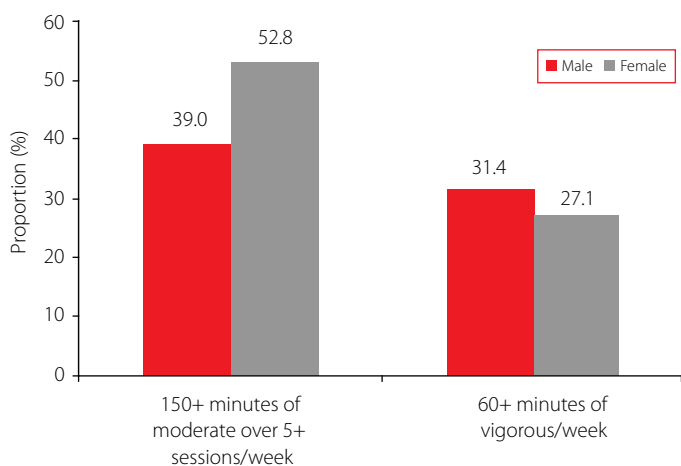


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Participation in Sufficient Moderate and Vigorous-Intensity Physical Activity by Gender

Figure 3 presents the proportion of Mid West and Gascoyne adults participating in sufficient moderate and vigorous physical activity.

Figure 3. Levels of Sufficient Moderate and Vigorous Physical Activity by Gender



The results show:

- A higher proportion of females participated in sufficient moderate physical activity compared to males.
- A higher proportion of males participated in sufficient vigorous physical activity compared to females.

Other Physical Activity Facts for the Mid West and Gascoyne Regions

Please note – the State-wide results are included in parentheses.

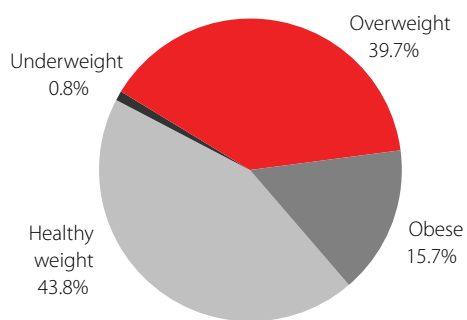
- 57.6% (62.8%) walked for recreation or exercise, 27.0% (31.6%) walked for transport, and 4.3% (9.3%) cycled for recreation in the week before the survey.
- 42.5% (49%) used the streets or footpaths, and 2.9% (18%) used a public park or oval for physical activity in the week before the survey.
- 79.9% (78.6%) were aware of the Department of Health's "Find thirty, it's not a big exercise" message.



Overweight and Obesity

Self-reported height and weight data were used to determine the Body Mass Index (BMI) for each survey participant. The prevalence of each BMI category³ in this region is presented in Figure 4.

Figure 4. Prevalence of BMI Categories



The results show:

- A lower proportion of adults were healthy weight compared to the Western Australian adult population overall (43.8% vs. 48.8% respectively).
- A higher proportion of adults were overweight compared to the Western Australian adult population overall (39.7% vs. 34.6% respectively).
- A similar proportion of adults were obese compared to the Western Australian adult population overall (15.7% vs. 14.1% respectively).

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 As defined by the Department of Local Government and Regional Development, WA

² Population figure reported by the Department of Local Government and Regional Development, WA

³ World Health Organization (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.