

# Physical Activity Levels

of the Midwest-Murchison-Gascoyne Health Region



## 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 Midwest-Murchison-Gascoyne health region.<sup>1</sup>

## Midwest-Murchison-Gascoyne Sample Demographic

The Midwest-Murchison-Gascoyne health region covers an area of 604,704km<sup>2</sup> and has an estimated population of 61,328 (in 2006).<sup>2</sup> From this health region 155 participants or 4.6% of the total sample (3,361 participants) completed the physical activity survey.

**TABLE 1: DEMOGRAPHIC PROFILE OF RESPONDENTS FROM THE MIDWEST-MURCHISON HEALTH REGION (%)**

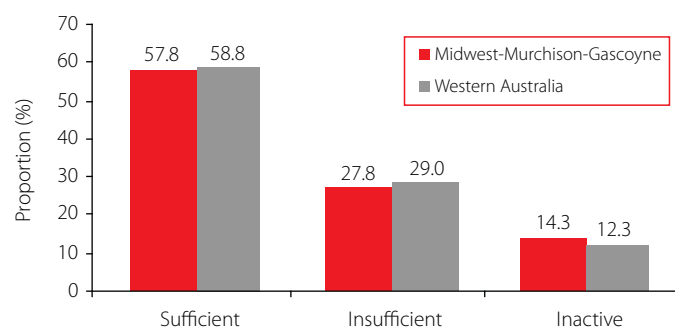
Characteristic	%
<b>Gender</b>	
Male	47.7
Female	52.3
<b>Age group</b>	
18 to 29 years	9.7
30 to 44 years	27.1
45 to 59 years	32.9
60 years or more	30.3
<b>Education</b>	
Less than TEE	43.2
TEE/diploma	36.8
University	20.0

## Physical Activity Levels

Figure 1 presents the proportion of adults from this health region who were:

- **Sufficiently active** ( $\geq 150$  minutes of moderate intensity activity over 5 or more days or  $\geq 60$  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**



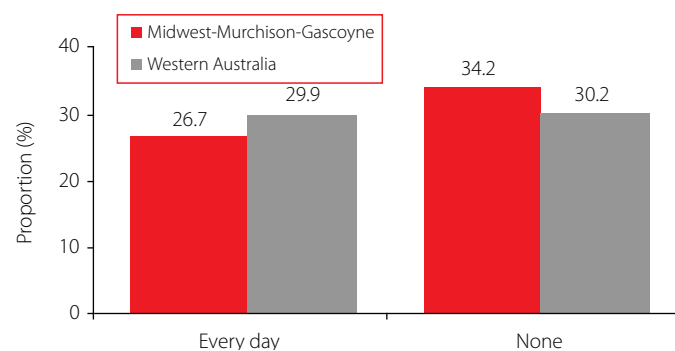
The results show:

- 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.

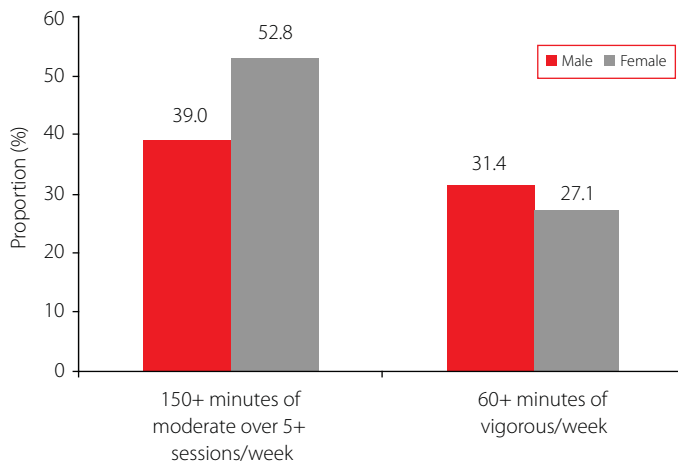


## FACT SHEET No. 5 Physical Activity Levels of the Midwest-Murchison-Gascoyne Health Region

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

Figure 3 presents the proportion of Midwest-Murchison-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 Midwest-Murchison-Gascoyne

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

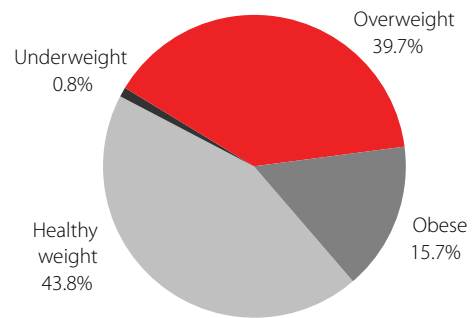
- 57.6% (62.8%) walked for recreation or exercise, 27.0% (31.6%) walked for transport, and 4.3% (9.3%) cycled for recreation in the week before the survey.
- 42.5% (49%) used the streets or footpaths, and 2.9% (18%) used a public park or oval for physical activity in the week before the survey.
- 79.9% (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 category<sup>3</sup> in this health 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*.<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> As defined by the Department of Health, WA

<sup>2</sup> Population figure reported by the Department of Health, WA

<sup>3</sup> World Health Organization (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.