



Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Ages 18-29 years

The Premier's Physical Activity Taskforce

In November 2002, the Premier's Physical Activity Taskforce (PATF) undertook a state-wide survey to measure physical activity levels of Western Australian adults. This fact sheet presents major findings from this survey among adults aged 18-29 years.

Sample

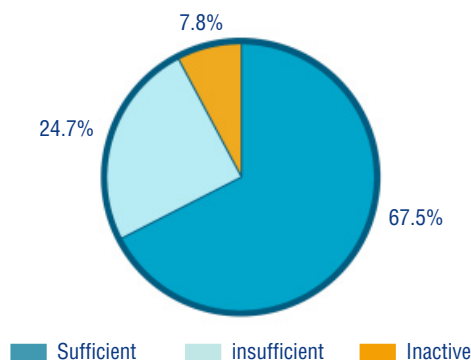
Of the total sample (n = 3,200) who completed the physical activity survey, 15.3% were 18-29 years.

Levels of Physical Activity

Figure 1 presents the proportion of adults 18-29 years 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 Adults Aged 18-29 Years



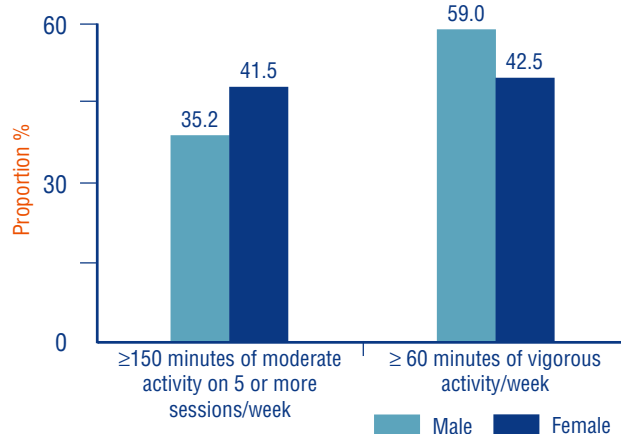
A similar proportion of adults 18-29 years were sufficiently active (68.3% versus 67.5%), insufficiently active (24.6% versus 24.7%) and inactive (7% versus 7.8%) in 2002 compared with 1999 results¹.



Participation in Sufficient Moderate and Vigorous Physical Activity by Gender

Figure 2 presents the proportion of adults 18-29 years participating in sufficient moderate (≥ 150 minutes of moderate-intensity physical activity on over 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

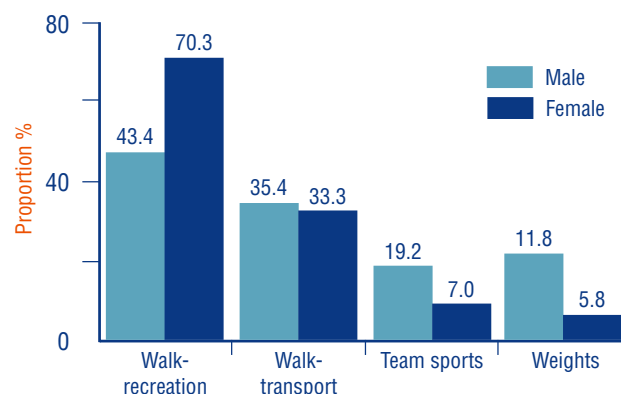


A slightly higher proportion of females participated in sufficient moderate physical activity (41.5%) and a lower proportion participated in sufficient vigorous physical activity (42.5%) compared to males.

Participation in Different Types of Physical Activity by Gender

Figure 3 presents major types of reported physical activity participated in by adults aged 18-29 years in the past week.

Figure 3. Types of Physical Activity by Gender



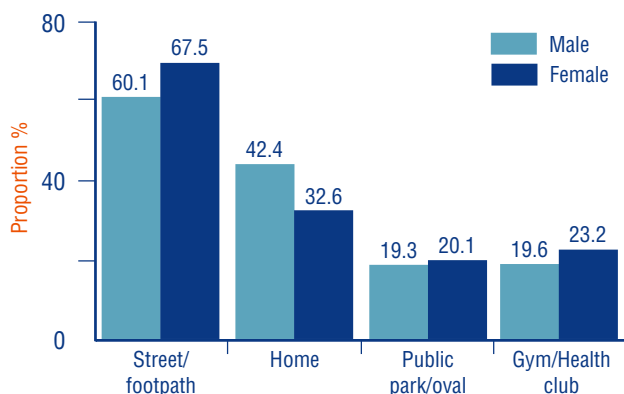
A higher proportion of females walked for recreation (70.3%) compared to males. A higher proportion of males participated in team sports (19.2%) and weight training (11.8%), compared to females.



Facilities used for Participation in Physical Activity by Gender

Figure 4 presents the major types of facilities used for physical activity in the past week by adults 18-29 years.

Figure 4. Facilities used for Physical Activity by Gender



A higher proportion of females used the street/footpath (67.5%) and gym/health club (23.2%) for physical activity in the past week compared to males. A higher proportion of males reported participating in physical activity at home (42.4%) compared to females.

Pedometer Results

On average, males 18-29 years performed 9,939 steps per day with 59.3% performing $\geq 10,000$ steps. On average, females performed 9,854 steps per day with 48.6% performing $\geq 10,000$ steps.

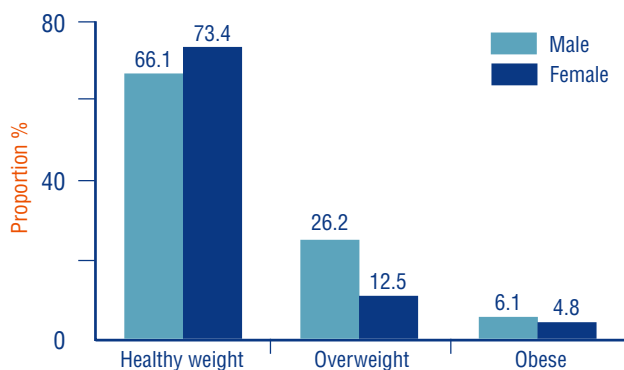
Overweight and Obesity

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 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 adults 18-29 years by gender is presented in Figure 5 (underweight category not shown).

Figure 5. Body Mass Index by Gender



A higher proportion of females were in the healthy weight range (73.4%) and lower proportions were in the overweight (12.5%) and obese (4.8%) categories compared to males.

Recommendations

Recommendations for increasing levels of sufficient physical activity in Western Australia, as well as key findings from the 2002 Western Australian Adults Physical Activity Survey and Pedometer Study³ can be found at the PATF website (www.patf.dpc.wa.gov.au) or by contacting the PATF Secretariat on 9382 5980.

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¹ Bull F., Milligan R., Rosenberg M., & MacGowan H. (1999). 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 World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

³ McCormack G, Milligan R, Giles-Corti B, & Clarkson J. (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.