



FACT SHEET NO. 23



## Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Ages 60-74 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 60-74 years.

### Sample

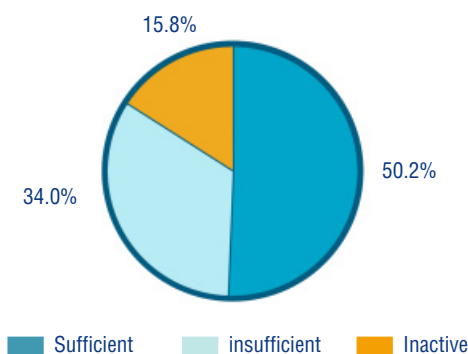
Of the total sample (n = 3,200) who completed the physical activity survey, 19.3% were 60-74 years of age.

### Levels of Physical Activity

Figure 1 presents the proportion of 60-74 years from Western Australia who were:

- \* **Sufficiently active** ( $\geq 150$  minutes of moderate activity over 5 or more days or  $\geq 60$  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 60-74 Years



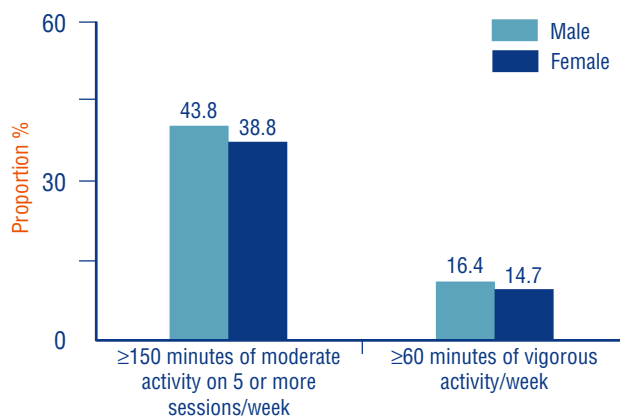
A lower proportion of adults 60-74 years were sufficiently active (50.2%) and higher proportions were insufficiently active (34%) and inactive (15.8%) in 2002 compared to Western Australian adults overall.



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

Figure 2 presents the proportion of adults 60-74 years participating in sufficient moderate ( $\geq 150$  minutes of moderate-intensity physical activity on over 5 or more days per week) and vigorous ( $\geq 60$  minutes of vigorous-intensity physical activity per week) physical activity.

Figure 2. Levels of Sufficient Moderate and Vigorous Physical Activity by Gender

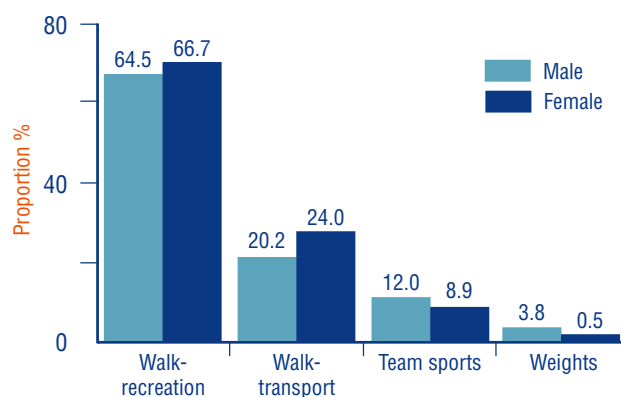


A lower proportion of females participated in sufficient moderate physical activity (38.8%) and sufficient vigorous physical activity (14.7%) compared to males.

### Participation in Different Types of Physical Activity by Gender

Figure 3 presents major types of reported physical activity participated in by adults aged 60-74 years in the past week.

Figure 3. Types of Physical Activity by Gender



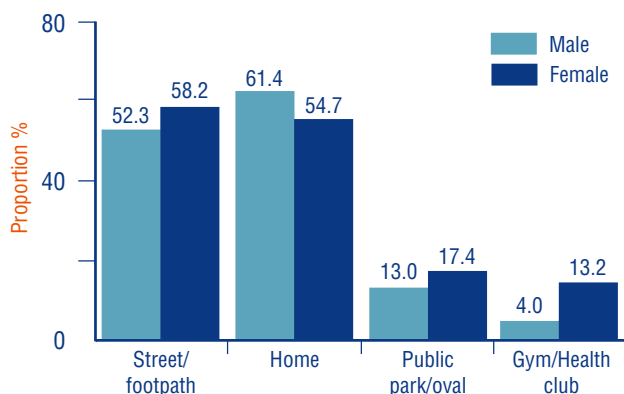
Walking for recreation was the most popular activity performed among adults 60-74 years. A slightly higher proportion of females (24%) walked for transport compared to males (20.2%). A higher proportion of males participated in team sports (12%) and in weight training (3.8%) compared to females.



## 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 60-74 years.

Figure 4. Facilities used for Physical Activity by Gender



The home was the most popular facility for physical activity among males (61.4%), while the street/footpath was the most popular among females (58.2%). A higher proportion of females used a public park/oval or gym/health club to perform physical activity compared to males.

## Pedometer Results

On average, males 60-74 years performed 8,641 steps per day and females performed 7,820 steps per day. Overall, 27.3% of adults 60-74 years performed  $\geq 10,000$  steps per day.

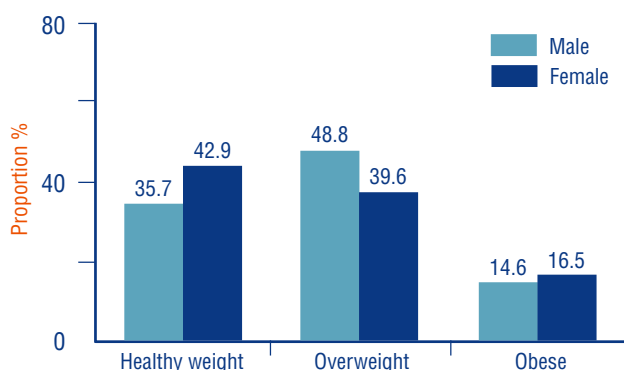
## Overweight and Obesity

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 weight<sup>1</sup>:

- <18.50 underweight
- 18.50-24.99 healthy weight
- 25.00-29.99 overweight
- $\geq 30.00$  obese

The prevalence for each of these BMI categories for adults 60-74 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 (42.9%) and obese (16.5%) category compared to males. A higher proportion of males were overweight (48.8%) compared to females. The proportion of healthy weight individuals was lower and the proportion of overweight and obese individuals was higher among those 60-74 years compared to Western Australian adults overall (healthy weight 49.8%; overweight 34.7%; obese 13%).

## 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 Study<sup>2</sup> can be found at the PATF website ([www.patf.dpc.wa.gov.au](http://www.patf.dpc.wa.gov.au)) or by contacting the PATF Secretariat on 9382 5980.

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<sup>1</sup> World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

<sup>2</sup> 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.