



FACT SHEET NO. 24



Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Ages 75 Years and Over

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 75 years and over.

Sample

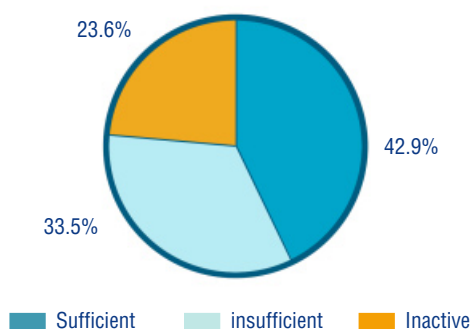
Of the total sample (n = 3,200) who completed the physical activity survey, 6.6% were 75 years of age and over.

Levels of Physical Activity

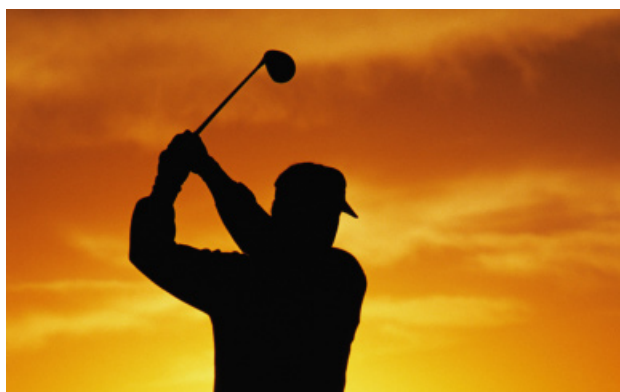
Figure 1 presents the proportion of adults 75 years and over from Western Australia who were:

- * **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 75 Years and Over



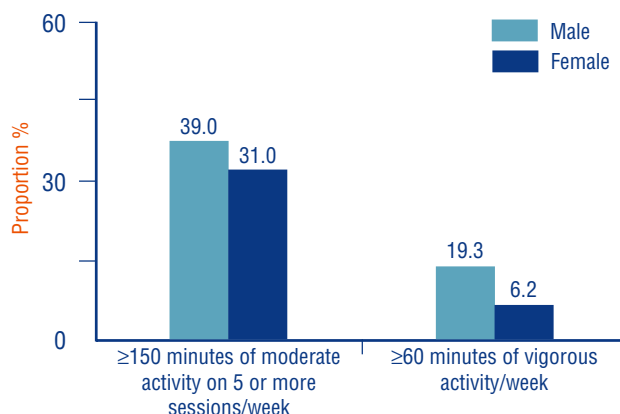
A lower proportion of adults 75 years and over were sufficiently active (42.9%) and higher proportions were insufficiently active (33.5%) and inactive (23.6%) compared to Western Australian adults overall.



Participation in Sufficient Moderate and Vigorous Physical Activity by Gender

Figure 2 presents the proportion of adults 75 years and over 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

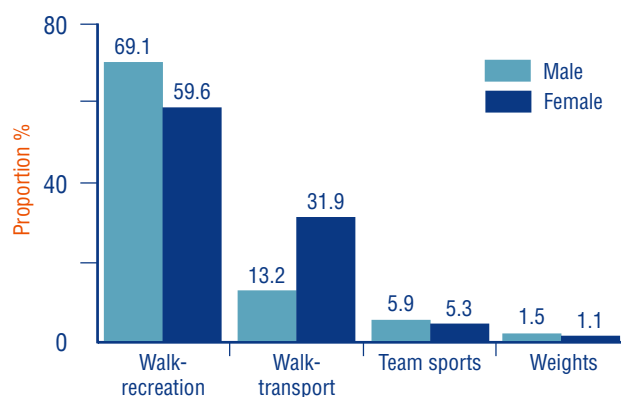


A lower proportion of females participated in sufficient moderate physical activity (31%) and sufficient vigorous physical activity (6.2%) compared to males.

Participation in Different Types of Physical Activity by Gender

Figure 3 presents major types of reported physical activity participated in by adults 75 years and over in the past week.

Figure 3. Types of Physical Activity by Gender



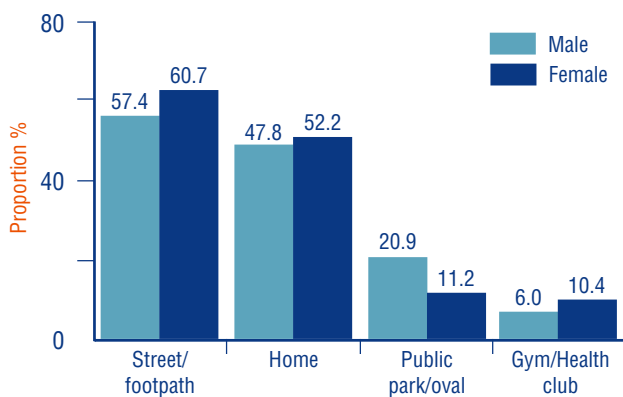
Walking for recreation was the most popular activity performed among adults 75 years and over, and was more popular among males (69.1%) compared to females (59.6%). More than twice as many females (31.9%) walked for transport compared to males (13.2%). The proportion of males and females participating in team sports and in weight training were similar.



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 75 years and over.

Figure 4. Facilities used for Physical Activity by Gender



The street/footpath was the most popular facility for physical activity among both males (57.4%) and females (60.7%) 75 years and over. A public park/oval was more popular among males (20.9%) compared to females (11.2%) for physical activity. A gym/health club was more popular among females (10.4%) compared to males (6%).

Pedometer Results

On average, males 75 years and over performed 7,841 steps per day and females 75 years and over performed 6,557 steps per day. Overall, 38.5% of adults 75 years and over performed $\geq 10,000$ steps per day. Caution must be taken when interpreting these results given that pedometer data from only 13 subjects in this age category were collected.

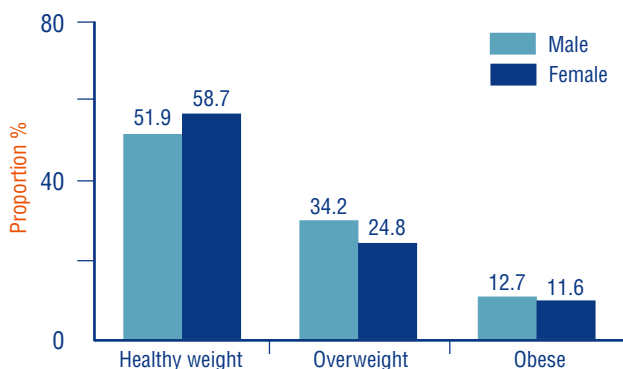
Overweight and Obesity

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 weight¹:

- <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 75 years and over by gender is presented in Figure 5 (underweight category not shown).

Figure 5. Body Mass Index by Gender



A higher proportion of females were of a healthy weight (58.7%), a lower proportion were overweight (24.8%) and a similar proportion were obese (11.6%) compared to males. The proportion of healthy weight individuals was slightly higher and the proportion of overweight and obese individuals was lower among those 75 years and over 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 Study² 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 World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

² 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.