



## Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Gender

### 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 males and females.

### Sample

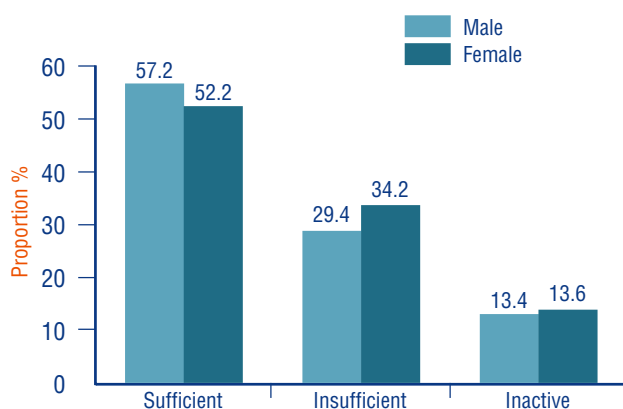
Of the total sample (n = 3,200) who completed the physical activity survey, 47.3% were male and 52.7% female.

### Levels of Physical Activity by Gender

Figure 1 presents the proportion of adult males and females 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 by Gender

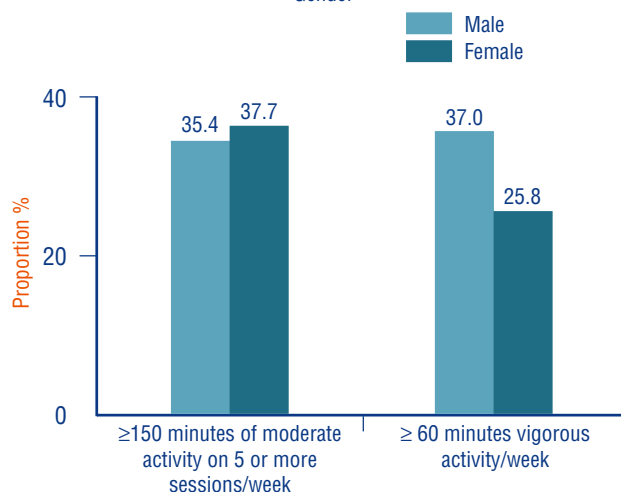


A higher proportion of males were sufficiently active (57.2%) compared with females (52.2%) and a higher proportion of females were insufficiently active (34.2%) compared with males (29.4%). Similar proportions of males and females were inactive.

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

Figure 2 presents the proportion of adults participating in sufficient moderate ( $\geq 150$  minutes of moderate-intensity physical activity on 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

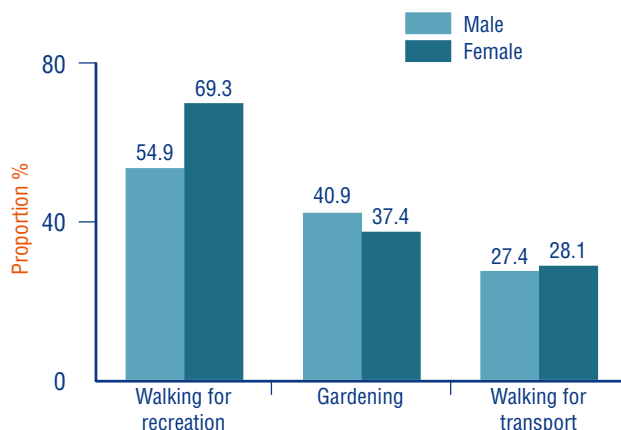


A slightly higher proportion of Western Australian adult females (37.7%) participated in sufficient levels of moderate physical activity compared to adult males (35.4%). A higher proportion of males (37.0%) participated in sufficient levels of vigorous physical activity compared to females (25.8%).

### Participation in Different Types of Physical Activity

Figure 3 presents three major types of physical activity participated in by males and females in the past week.

Figure 3. Types of Physical Activity by Gender



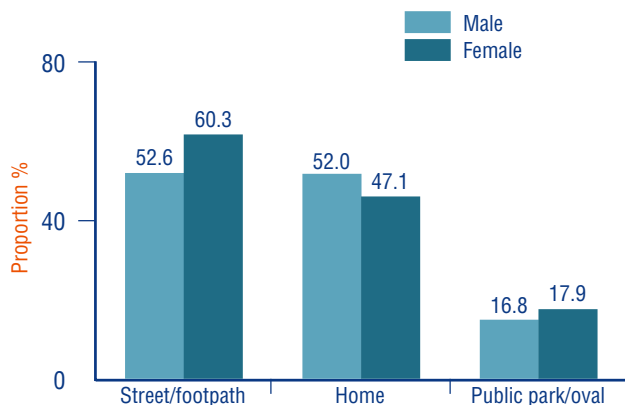
A higher proportion of females (69.3%) participated in walking for recreation or exercise in the past week compared to males (54.9%). A slightly higher proportion of males participated in gardening (40.9%) compared to females (37.4%). A similar proportion of males (27.4%) and females (28.1%) walked for transport in the past week.



### Facilities used for Participation in Physical Activity

Figure 4 presents three major types of facilities used for physical activity by males and females in the past week.

Figure 4. Facilities used for Physical Activity by Gender



The street/footpath was the most commonly used facility for participating in physical activity and their use was more popular among females (60.3%) than males (52.6%). A slightly higher proportion of males participated in physical activity at home (52%) compared with females (47.1%). A similar proportion of males and females used a public park/oval for physical activity in the past week.

### Pedometer Results by Gender

On average, males performed more steps per day than females (10,221 versus 9178 steps). A higher proportion of males performed  $\geq 10,000$  steps per day (52.4% v 41.6%) and  $\geq 15,000$  steps per day (13.1% v 6.4%) compared with females.



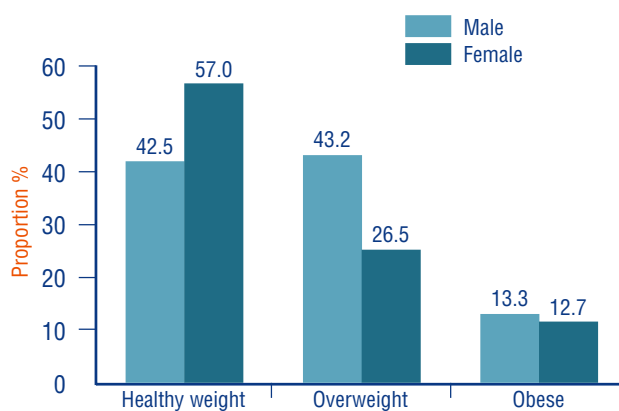
### Overweight and Obesity

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 males and females 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 (57%) compared with males (42.5%). A higher proportion of males were overweight (43.2%) compared with females (26.5%). The proportion of obese males and females was similar.

### Recommendations

Recommendations for increasing levels of sufficient physical activity in Western Australia, as well as key findings from the 2002 Western Australian Adult 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.