



FACT SHEET NO. 27



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

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.

Sample

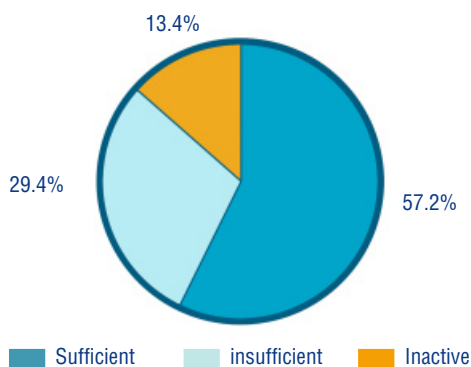
Of the total sample (n = 3,200) who completed the physical activity survey, 47.3% were male.

Levels of Physical Activity by Gender

Figure 1 presents the proportion of adult males 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 Males

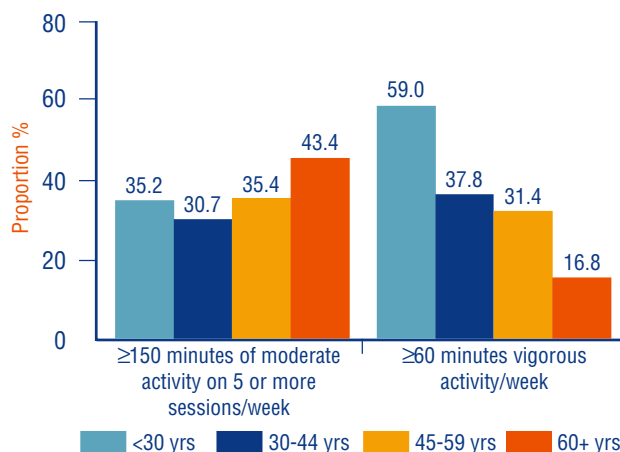


A lower proportion of males were sufficiently active (57.2% versus 62.6%) and higher proportions were insufficiently active (29.4% versus 26.3%) and inactive (13.4% versus 11.1%) in 2002 compared with 1999 results¹.

Participation in Sufficient Moderate and Vigorous Physical Activity by Age

Figure 2 presents the proportion of males participating in sufficient moderate (≥ 150 minutes of moderate-intensity physical activity on 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 Age

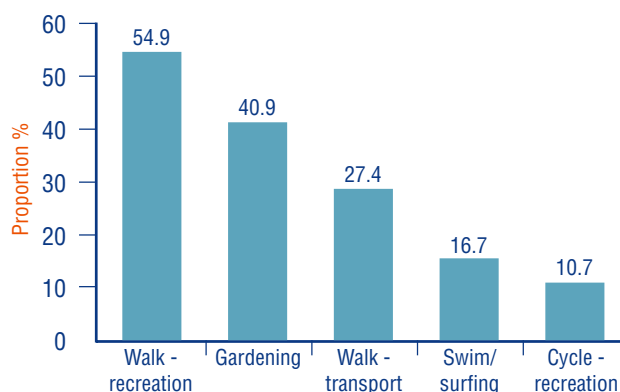


More males aged 60 years and over participated in sufficient moderate physical activity compared with males in other age groups. The proportion of males participating in sufficient levels of vigorous activity decreased with increasing age. Almost twice as many 18-30 year old males participated in sufficient levels of vigorous physical activity compared to those 45-59 years.

Participation in Different Types of Physical Activity

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

Figure 3. Types of Physical Activity



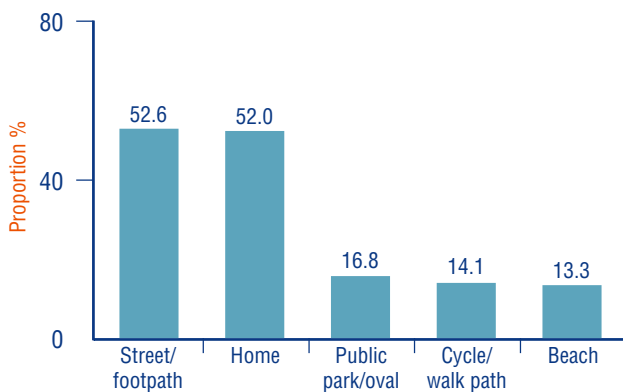
The most popular type of physical activity undertaken in the past week for males was walking for recreation (54.9%), followed by gardening (40.9%). Walking for transport, swimming/surfing and cycling for recreation were also popular among males.



Facilities used for Participation in Physical Activity

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

Figure 4. Facilities used for Physical Activity



Slightly over half of male adults used the street/footpath (52.6%) or home (52%) for physical activity in the past week. A public park/oval (16.8%), a cycle/walk path (14.1%) or the beach (13.3%) was also frequently used by males for physical activity in the past week.

Pedometer Results

On average males performed 10,221 steps per day with 52.4% performing $\geq 10,000$ steps and 13.1% performing $\geq 15,000$ steps per day.

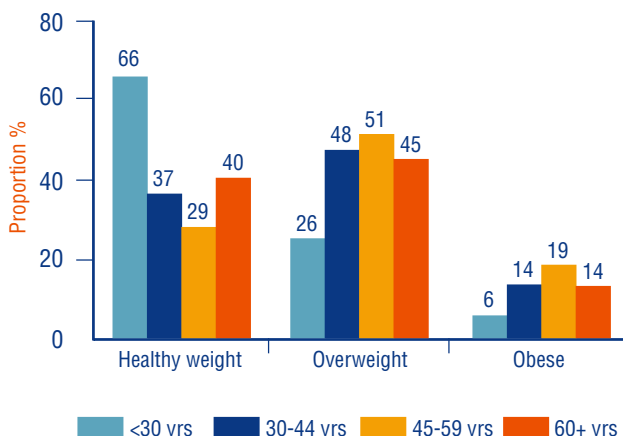
Overweight and Obesity

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 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 males by age is presented in Figure 5 (underweight category not shown).

Figure 5. Body Mass Index by Age



A higher proportion of males < 30 years were of a healthy weight (66.1%) and a lower proportion were overweight (26.2%) or obese (6.1%) compared to all other age groups. A lower proportion of males 45-59 years were in the healthy weight range (29.4%) and a higher proportion were overweight (51.1%) or obese (19%) compared to all other age groups.

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.