

FACT SHEET NO. 13

# PHYSICAL ACTIVITY LEVELS OF THE KIMBERLEY AND PILBARA REGIONS

## 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 for the Kimberley and Pilbara regions<sup>1</sup>.

## Kimberley and Pilbara Sample Demographics

The Kimberley and Pilbara regions have a combined estimated population of 39,230 (in 2001). From the Kimberley and Pilbara regions, 96 participants or 3% of the total sample (n = 3,200) completed the physical activity survey.

Table 1: Demographic Profile of Respondents from the Kimberley and Pilbara Regions

CHARACTERISTIC	%
<b>Gender</b>	
Male	51.0
Female	49.0
<b>Age Group</b>	
18 to 29 years	20.0
30 to 44 years	45.3
45 to 59 years	28.4
60 years or more	6.3
<b>Education</b>	
Less than TEE	31.9
TEE/diploma	48.9
University	19.1

(Note n = 96)

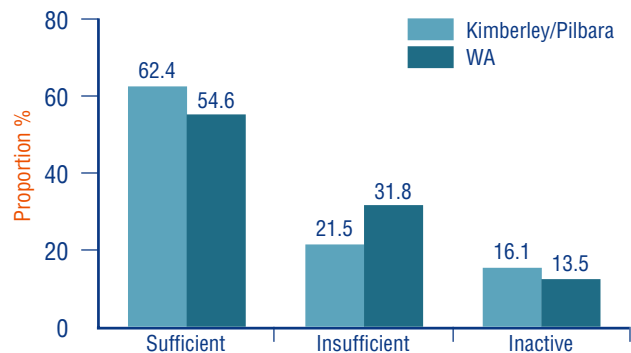
## Levels of Sufficient Physical Activity

Figure 1 presents the proportion of adults from the Kimberley and Pilbara regions 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

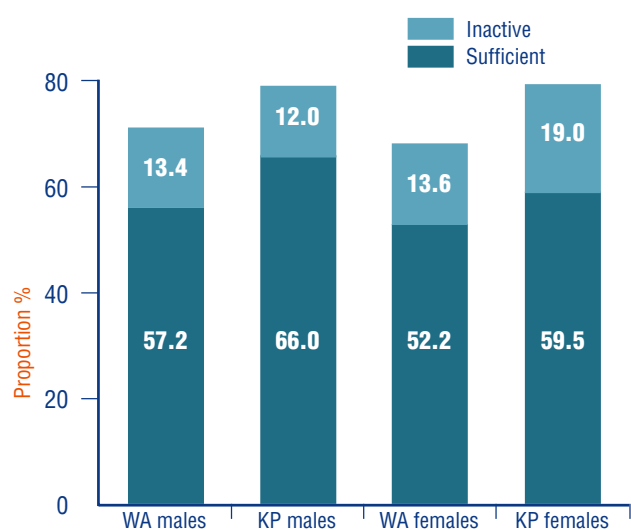


The proportion of Kimberley and Pilbara adults who were sufficiently active was higher (62.4%) than Western Australian adults overall (54.6%). The proportion of Kimberley and Pilbara adults who were inactive was also higher (16.1%) than Western Australian adults overall (13.5%).

## Levels of Sufficient Physical Activity by Gender

Figure 2 presents the proportion of Kimberley and Pilbara (KP) and Western Australian (WA) adults who were inactive and sufficiently active by gender.

Figure 2. Levels of Physical Activity



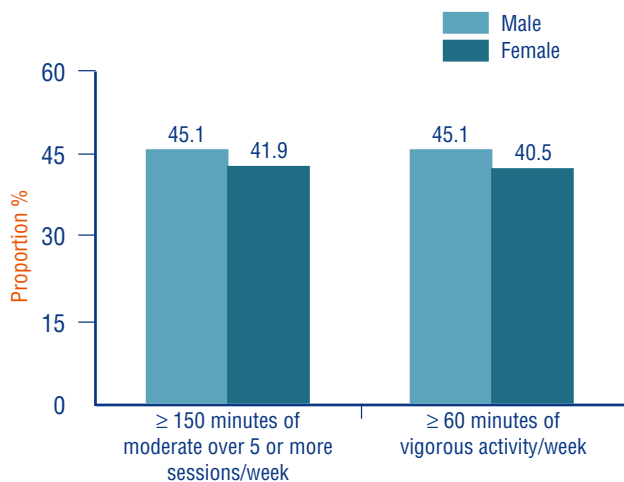
A higher proportion of Kimberley and Pilbara males (66%) and females (59.5%) were sufficiently active compared to Western Australian males and females overall. A lower proportion of males (12%) and a higher proportion of females (19%) from the Kimberley and Pilbara region were inactive compared to Western Australian males and females overall (13.4% and 13.6% respectively).



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

Figure 3 presents the proportion of adults from the Kimberley and Pilbara regions participating in sufficient moderate ( $\geq 150$  minutes of moderate-intensity physical activity over 5 or more days per week) and vigorous ( $\geq 60$  minutes of vigorous-intensity physical activity per week) physical activity.

Figure 3. Levels of Sufficient Moderate and Vigorous Physical Activity



A higher proportion of males from the Kimberley and Pilbara regions participated in sufficient amounts of moderate (45.1%) and vigorous (45.1%) physical activity compared to females. A higher proportion of males and females from the Kimberley and Pilbara regions participated in sufficient amounts of moderate and vigorous physical activity compared to Western Australian males (35.4% and 37%, respectively) and females (37.7% and 17.1%, respectively) overall.

### Other Physical Activity Facts for the Kimberley and Pilbara regions (WA results in brackets)

- 36.6% (62%) walked for recreation or exercise, 26.9% (28%) walked for transport, and 5.4% (8%) cycled for recreation in the week before the survey.
- 33.7% (57%) used the streets or footpaths, and 6% (17%) used a public park or oval for physical activity in the week before the survey.
- 37.6% (49%) reported “not having enough time” as a barrier to being more active and 26.5% (34%) reported “to improve fitness” as a major reason for participating in physical activity.



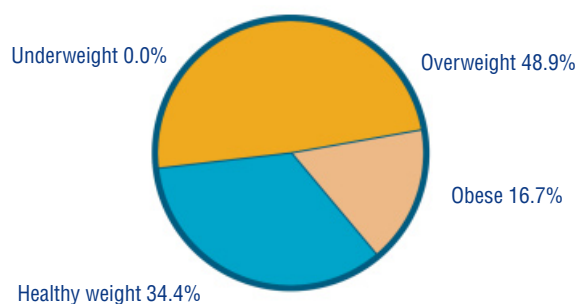
### Overweight and Obesity

Self-reported height and weight data were used to determine the Body Mass Index (BMI) for each survey participant (weight in kilograms divided by height in metres squared). The following BMI categories were used to define weight<sup>2</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 in the Kimberley and Pilbara regions is presented in Figure 4.

Figure 4. Levels of BMI



A lower proportion of adults from the Kimberley and Pilbara regions were in the healthy weight range (34.4%) and higher proportions overweight (48.9%) and obese (16.7%) compared to the overall Western Australian population (healthy weight 49.8%, overweight 34.7%, and obese 13%).

### Recommendations

Recommendations for increasing levels of sufficient physical activity in Western Australia, as well as key findings can be found in the recently published report, Physical Activity Levels of Western Australian Adults 2002<sup>3</sup>. This report can be obtained from 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> As defined by the Department of Sport and Recreation, WA

<sup>2</sup> World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

<sup>3</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.