

FACT SHEET NO. 19

# PHYSICAL ACTIVITY LEVELS OF THE PEEL REGION

## 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 Peel region<sup>1</sup>.

## Peel Sample Demographics

The Peel region has an estimated population of 38,395 (in 2001). From the Peel region, 89 participants or 2.8% of the total sample (n = 3,200) completed the physical activity survey.

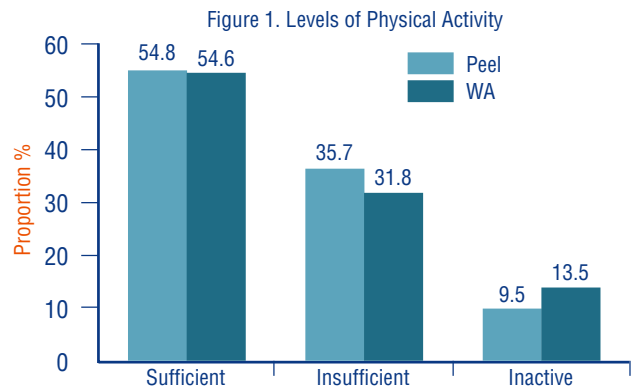
Table 1: Demographic Profile of Respondents from the Peel Region

CHARACTERISTIC	%
<b>Gender</b>	
Male	46.1
Female	53.9
<b>Age Group</b>	
18 to 29 years	11.2
30 to 44 years	21.3
45 to 59 years	34.8
60 years or more	32.6
<b>Education</b>	
Less than TEE	53.4
TEE/diploma	35.2
University	11.4
(Note n = 89)	

## Levels of Sufficient Physical Activity

Figure 1 presents the proportion of adults from the Peel region who were:

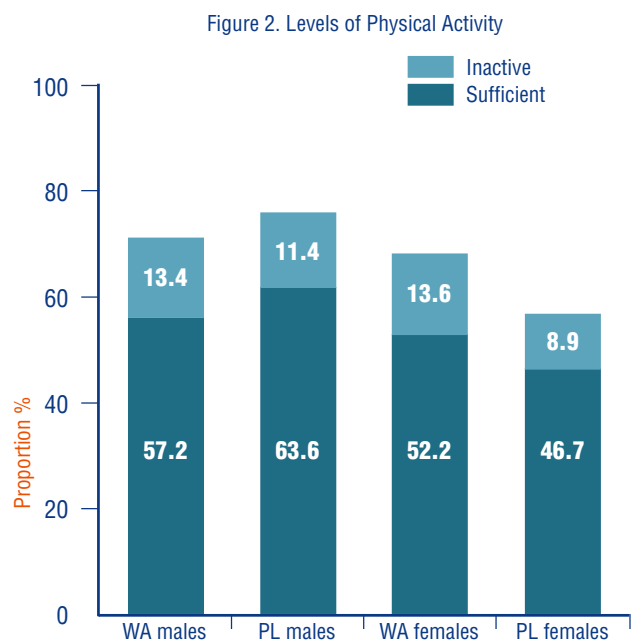
- **Sufficiently active** ( $\geq 150$  minutes of moderate activity over 5 or more days or  $\geq 60$  minutes of vigorous activity per week);
- **Insufficiently active** (some physical activity but less than sufficient), and;
- **Inactive** (no physical activity).



The proportion of Peel adults who were sufficiently active (54.6%) was similar to Western Australian adults overall (54.8%). A lower proportion of Peel adults were inactive (9.5%) compared to Western Australian adults (13.5%).

## Levels of Sufficient Physical Activity by Gender

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



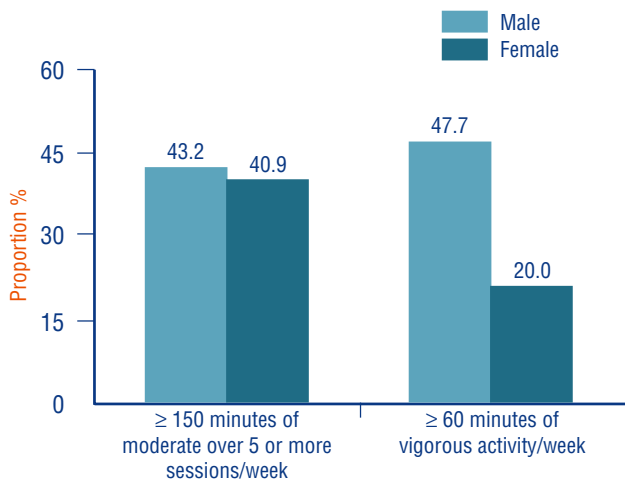
A higher proportion of males from the Peel region were sufficiently active (63.6%) and a lower proportion were inactive (11.4%) compared to Western Australian adult males overall. A lower proportion of females from the Peel region were sufficiently active (46.7%) and inactive (8.9%) compared to Western Australian females overall.



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

Figure 3 presents the proportion of Peel adults 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 lower proportion of females participated in sufficient vigorous activity (20%) and sufficient moderate physical activity (40.9%) compared to males. Similar proportions of males (43.2%) and females (40.9%) participated in sufficient moderate physical activity compared to Western Australian males (35.4%) and females (37.7%) overall. A higher proportion of males (47.7%) and lower proportion of females (20%) participated in sufficient vigorous physical activity compared to Western Australian males (37%) and females (25.8%) overall.

### Other Physical Activity Facts for the Peel Region (WA results in brackets)

- 64% (62%) walked for recreation or exercise, 21.3% (28%) walked for transport, and 9% (8%) cycled for recreation in the week before the survey.
- 60% (57%) used the streets or footpaths, and 14.1% (17%) used a public park or oval for physical activity in the week before the survey.
- 48.3% (49%) reported “not having enough time” as a barrier to being more active and 38.4% (34%) reported “to improve fitness” as a major reason for participating in physical activity.



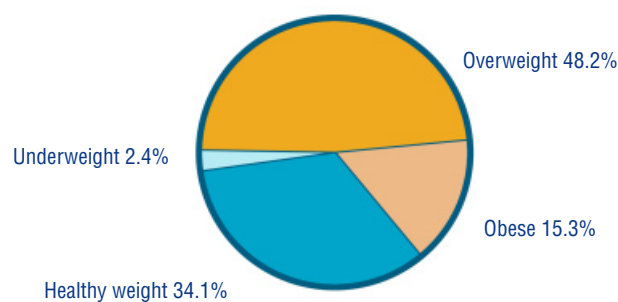
### Overweight and Obesity

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 Peel region is presented in Figure 4.

Figure 4. Levels of BMI



A lower proportion of Peel adults were in the healthy weight range (34.1%), and a higher proportion were overweight (48.2%) and obese (15.3%) compared to the Western Australian adult population (healthy weight 49.8%, overweight 34.7% and obese 13%) overall.

### 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.

© Government of Western Australia 2003

There is no objection to this publication being copied in whole or in part, provided there is due acknowledgement of any material quoted from the publication.

**Suggested Citation:** McCormack, G., & Watt, S. (2003). *Physical Activity Levels of the Peel Region (Fact Sheet No.19)*. Perth, Western Australia: Western Australian Government.



Department of Health  
Department of Sport  
and Recreation



<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.