

FACT SHEET NO. 15

PHYSICAL ACTIVITY LEVELS OF THE PERTH METROPOLITAN 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 Perth metropolitan region¹.

Perth metropolitan Sample Demographics

The Perth metropolitan region has an estimated population of 685,143 (in 2001). From the Perth metropolitan region 2,423 participants or 75.7% of the total sample (n = 3,200) completed the physical activity survey.

Table 1: Demographic Profile of Respondents from the Perth Metropolitan Region

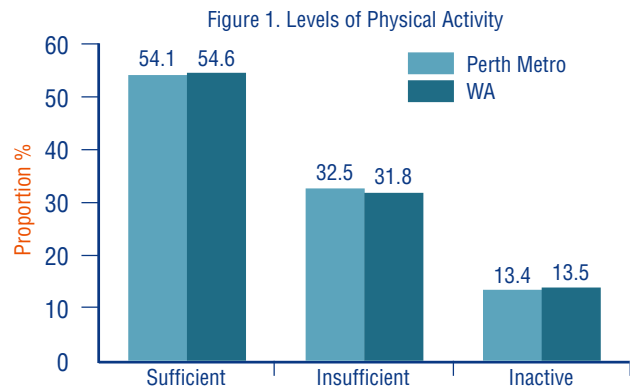
CHARACTERISTIC	%
Gender	
Male	47.6
Female	52.4
Age Group	
18 to 29 years	15.9
30 to 44 years	29.2
45 to 59 years	27.6
60 years or more	27.4
Education	
Less than TEE	33.2
TEE/diploma	41.3
University	25.5

(Note n = 2,423)

Levels of Sufficient Physical Activity

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

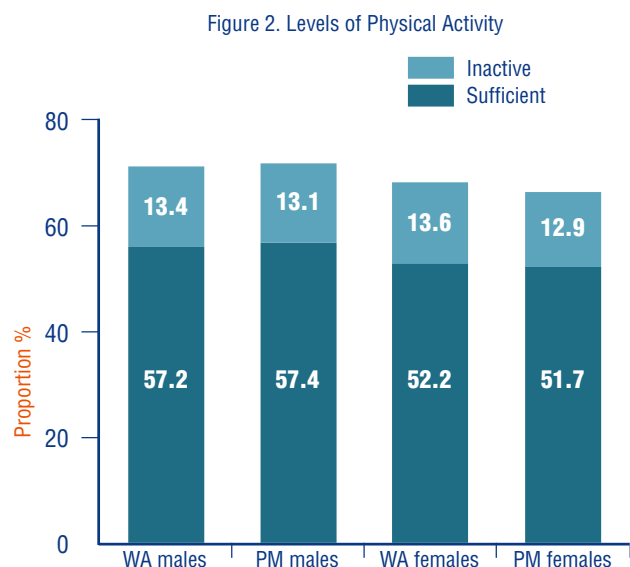
- **Sufficiently active** (≥ 150 minutes of moderate activity over 5 or more days or ≥ 60 minutes of vigorous activity per week);
- **Insufficiently active** (some physical activity but less than sufficient), and;
- **Inactive** (no physical activity).



The proportion of Perth metropolitan adults who were sufficiently active (54.1%), insufficiently active (32.5%) and inactive (13.4%) was similar to Western Australian adults overall. This similarity is most likely due to the majority of the sample (n = 3,200) being from the Perth metropolitan region.

Levels of Sufficient Physical Activity by Gender

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



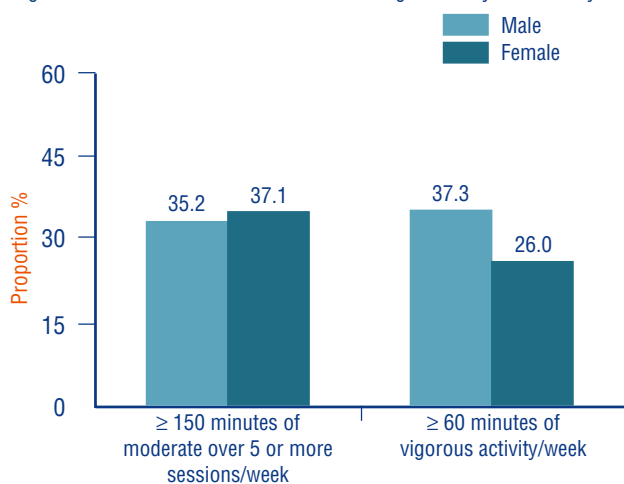
There is little difference between the Perth metropolitan region and Western Australia overall in the proportion of adult males and females who were sufficiently active and inactive.



Participation in Sufficient Moderate and Vigorous Physical Activity by Gender

Figure 3 presents the proportion of Perth metropolitan adults participating in sufficient moderate (≥ 150 minutes of moderate-intensity physical activity over 5 or more days per week) and vigorous (≥ 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 (26%) and a higher proportion in sufficient moderate physical activity (37.1%) compared to males. Similar proportions of males (35.2%) and females (37.1%) from the Perth metropolitan region participated in sufficient moderate physical activity compared to Western Australian adult males (35.4%) and females (37.7%) overall. Similar proportions of males (37.3%) and females (26%) from the Perth metropolitan region participated in sufficient vigorous activity compared with Western Australian males (37%) and females (25.8%) overall.

Other Physical Activity Facts for the Perth metropolitan Region (WA results in brackets)

- 56.7% (62%) walked for recreation or exercise, 25.3% (28%) walked for transport, and 7.4% (8%) cycled for recreation in the week before the survey.
- 56.4% (57%) used the streets or footpaths, and 19.4% (17%) used a public park or oval for physical activity in the week before the survey.
- 49.8% (49%) reported “not having enough time” as a barrier to being more active and 32.1% (34%) reported “to improve fitness” as a major reason for participating in physical activity.



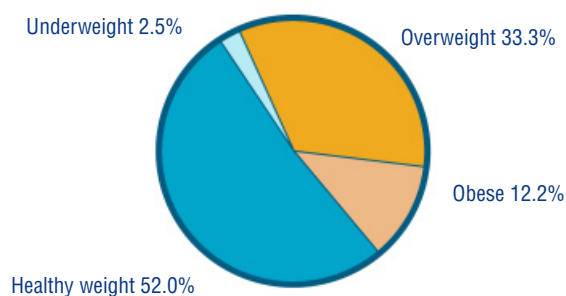
Overweight and Obesity

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 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 in the Perth metropolitan region is presented in Figure 4.

Figure 4. Levels of BMI



Similar proportions of Perth metropolitan adults were in the healthy weight range (52%) overweight (33.3%) and obese (12.2%) compared to the overall Western Australian adult 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 2002³. This report can be obtained from the PATF website (www.patf.dpc.wa.gov.au) or by contacting the PATF Secretariat on 9382 5980.

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¹ As defined by the Department of Sport and Recreation, WA

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.