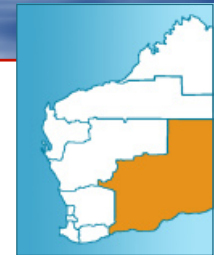




FACT SHEET NO. 1



PHYSICAL ACTIVITY LEVELS OF THE GOLDFIELDS/SOUTH EAST HEALTH 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 about the levels of physical activity and body mass index for the Goldfields/South East health region¹.

Goldfields/South East Sample Demographics

The Goldfields/South East health region covers an area of 771,276km² and has an estimated population of 55,098 people (in 2002). From the Goldfields/South East health region 98 participants or 3.1% of the total sample (n = 3,200) completed the physical activity survey.

Table 1: Demographic profile of respondents From the Goldfields/South East health region

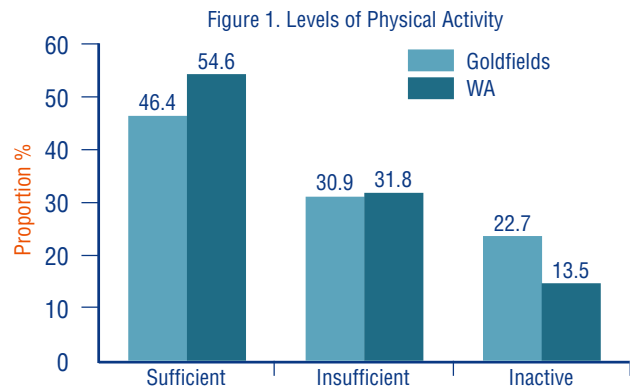
Characteristic	%
Gender	
Male	46.9
Female	53.1
Age Group	
18 to 29 years	12.2
30 to 44 years	42.9
45 to 59 years	31.6
60 years or more	13.3
Education	
Less than TEE	52.0
TEE/diploma	33.7
University	14.3

(Note n = 98)

Levels of Sufficient Physical Activity

Figure 1 presents the proportions of adults from the Goldfields/South East 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 Goldfields/South East adults who were sufficiently active was less (46.4%) than Western Australian adults overall (54.6%). The proportion of Goldfields/South East adults who were inactive was higher (22.7%) than Western Australian adults overall (13.5%).

Levels of Sufficient Physical Activity by Gender, Age, and Education

Table 2 presents the proportions of Goldfields/South East adults who were insufficiently active (including those inactive) and sufficiently active by selected characteristics.

Table 2: Participation in Sufficient physical activity by age, gender, and education

Characteristic	Insufficient (%)		Sufficient (%)	
	GE ¹	WA ²	GE ¹	WA ²
Gender				
Male	60.4	42.8	39.6	57.2
Female	46.7	47.8	53.3	52.2
Age Group				
18 to 29 years	45.5	32.5	54.5	67.5
30 to 44 years	47.4	48.3	52.6	51.7
45 to 59 years	52.0	48.8	48.0	51.2
60 years +	92.3	51.5	7.7	48.5
Education				
Less than TEE	51.0	51.7	49.0	48.3
TEE/diploma	57.1	43.0	42.9	57.0
University	57.1	40.3	42.9	59.7

¹Goldfields/South East; ² Western Australia

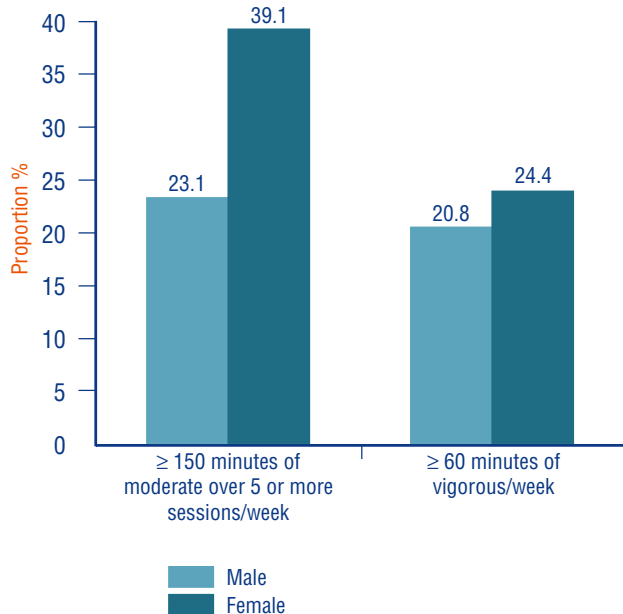
For the Goldfields/South East region the proportion of adults participating in sufficient levels of physical activity across most characteristics was lower than Western Australian adults overall. The results of Table 2 should be interpreted with caution given the small sample size for this region.



Participation in Sufficient Moderate and Vigorous-Intensity Physical Activity by Gender

Figure 2 presents the proportions of Goldfields/South East 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 2. Levels of Sufficient Moderate and Vigorous Physical Activity



A lower proportion of Goldfields/South East males (23.1%) participated in sufficient levels of moderate-intensity physical activity compared to Western Australian male adults overall (35.4%). A lower proportion of Goldfields/South East males (20.8%) participated in sufficient levels of vigorous-intensity physical activity compared to Western Australian males overall (37%). Similar proportions of females from the Goldfields/South East participated in sufficient levels of moderate (39.1%) and vigorous-intensity (24.4%) physical activity compared to Western Australian females overall (37.7% and 25.8%, respectively).

Other Physical Activity Facts for the Goldfields/South East (WA results in brackets)

- 42.9% (62%) walked for recreation or exercise, 14.3% (28%) walked for transport, and 2% (8%) cycled for recreation in the week before the survey.
- 38.8% (57%) used the streets or footpaths, and 7.1% (17%) used a public park or oval for physical activity in the week before the survey.
- 52% (49%) reported “not having enough time” as a barrier to being more active and 26.6% (34%) reported “to improve fitness” as a major reason for participating in physical activity.
- 77.6% (74%) were aware of the Department of Health’s “Find thirty, it’s not a big exercise” message.



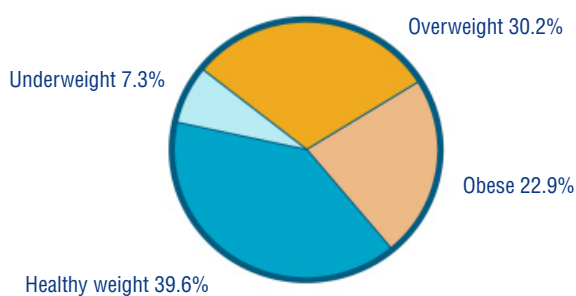
Overweight and Obesity

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 weight¹:

- < 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 Goldfields/South East health region is presented in Figure 3.

Figure 3. Levels of BMI



Lower proportions of Goldfields/South East adults were of a healthy weight (39.6%) and overweight (30.2%), and a higher proportion were obese (22.9%) 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 2002². This report and other useful resources can be obtained from the following 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 Health, 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, G. (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.