

Physical Activity

Opportunities and Recommendations

Opportunities for intervention



- Nearly one quarter of insufficiently active people are considering exercising in the next 6 months
- Walking remains the most popular activity for both men (55%) and women (70%)

Opportunities for intervention



- Local streets/paths were the most frequently used facilities used for physical activity (57%)
- 17% use public open space

Opportunities for intervention



- Only 21% engaged in daily incidental physical activity (e.g. short walk or cycle trips < 10 minutes as part of daily routine)

Recommendations – Underlying principles



- Team effort:
 - Population wide whole-of-government strategies required
- Best practice:
 - Strategies based on best-practice
- Evaluation:
 - Comprehensive evaluation of new strategies

Recommendations – Promote Physical Activity itself

Risk Factor	% Total Burden of Disease (DALYs)	
	Males	Females
Tobacco	12.1	6.8
Physical inactivity	6.0	7.5
Insufficient fruit & veg	3.0	2.4
Overweight & obesity	4.4	4.3

- As a leading modifiable risk factor for morbidity and mortality
- As a means of maintaining healthy weight across all age groups

Recommendations – Target groups



- Women
- Older Adults
- Less educated
- Unemployed
- Obese
- Adults in Midwest/Goldfields

Recommendations – Encourage incidental activity and promote accumulation message



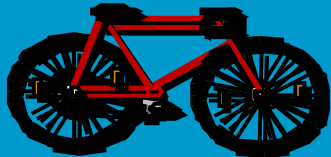
Opportunities for intervention

Active Transport link to Physical Activity



Door to door

Average travel time per trip = 14 minutes



Average travel time per trip = 19 minutes



Why also public transport ?

13 minutes walking per public transport trip



2 minutes walking per car driver trip

Opportunities for intervention

TravelSmart Contribution to Physical Activity

	Change	After	(Trips per annum)	PA Hrs
Car driver trips	Down	14%	(3.4 million)	-100,000
Public transport	Up	17%	(420,000)	+100,000
Cycling	Up	61%	(490,000)	+200,000
Walking	Up	35%	(1.7 million)	+400,000
Car sharing	Up	9%	(735,000)	
Car km travelled	Down	17%	(36 million)	

South Perth demonstration project (2000) results 35,000 population, trips p.a.

Recommendations – Create supportive environments



Recommendations – Supportive streetscapes



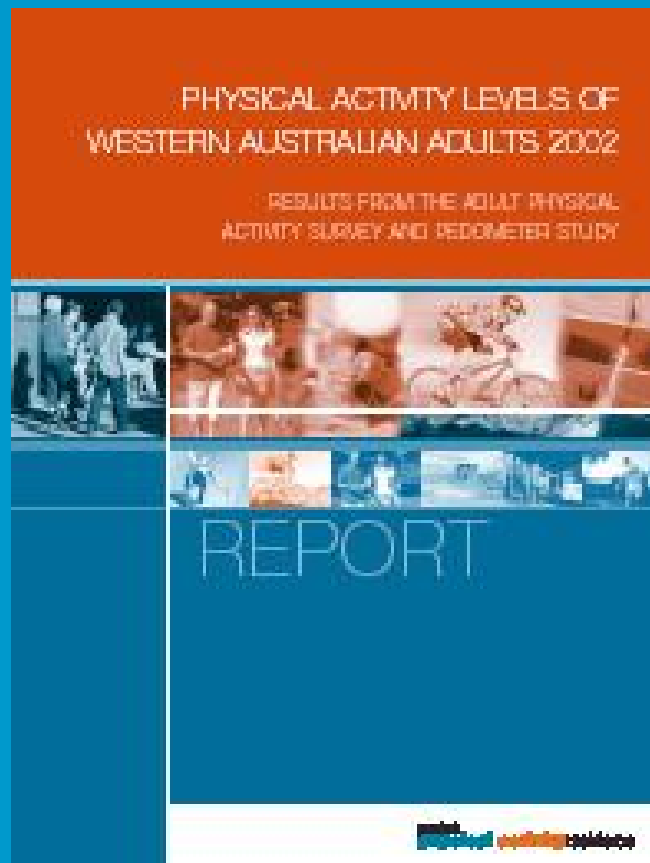
Recommendations – Encourage greater use of existing facilities



Recommendations – Partnership from government, non-government and community



Recommendations – Continue to monitor progress



Physical Activity Levels of Western Australian Adults 2002

Physical Activity Levels of Western Australian Adults 2002

- 55% of Western Australian adults participate in sufficient levels of physical activity (58% in 1999)
- Walking for recreation was the most popular activity for men (55%) and women (70%)
- Local streets/paths were the most frequently used facilities used for physical activity (57%)
- The main barrier to being more active is a lack of time

Physical Activity Levels of Western Australian Adults 2002

- 35% of Western Australians were overweight and an additional 13% obese
- Western Australians are 25% more likely to be overweight and 20% more likely to be obese since 1999
- Approximately 21% of Western Australian participated in habitual incidental physical activity every day

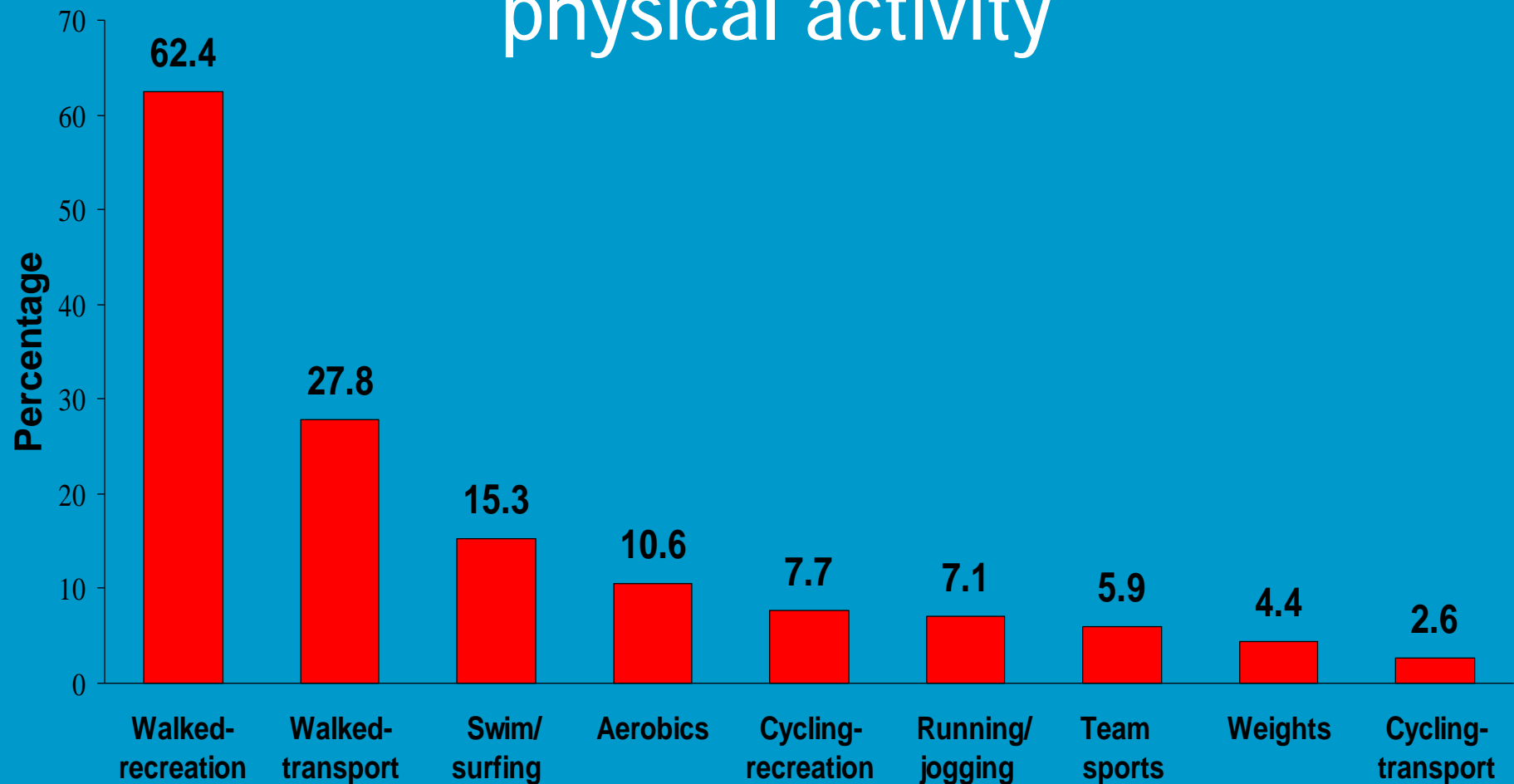
Level of inactivity and sufficient physical activity

Characteristic	Inactive	Sufficiently active
Gender		
Male	13.4	57.2
Female	13.6	52.2
Age		
<30 years	7.8	67.5
30-44 years	13.8	51.7
45-59 years	14.9	51.2
≥60 years	17.3	48.5
Location		
Perth Metropolitan	12.9	55.0
South West	13.1	56.5
Kimberly/Pilbara	14.7	57.3
Midwest/Goldfields	18.3	48.0
Education		
Less than TEE	18.7	48.3
TEE/diploma	11.5	57.0
University	9.3	59.7

Level of inactivity and sufficient physical activity

Characteristic	Inactive	Sufficiently active
Marital status		
Married/de facto	14.1	51.6
Single	10.1	64.9
Separated/divorced	14.2	55.1
Widowed	19.8	45.8
Occupation		
Manager/prof.	9.9	56.6
White collar	10.3	57.2
Blue collar	18.0	53.1
Unemployed	19.8	48.3
Home duty	17.9	51.1
Student	6.9	69.3
Retired	15.1	48.8

Participation in different types of physical activity



Change in levels of sufficient physical activity between 1999 and 2002

Level of activity	1999*	2002*	% change
Inactive	11.7	13.5	• 1.8
Insufficient	31.0	31.8	• 0.8
Sufficient ¹	57.3	54.6	• 2.7
Sufficient ²	64.5	60.5	• 4.0 ^a

¹ ≥150 minutes of moderate activity over 5+ sessions or 60 minutes of vigorous/week

² ≥150 minutes of total activity where moderate + vigorous (x2)

^a statistically significant (p < 0.01)

* weighted using recent ABS (2001) data

Change in levels of sufficient vigorous and moderate physical activity between 1999 and 2002

Level of activity	1999*	2002*	% change
150 minutes of moderate over 5+ sessions/week	34.9	36.6	• 1.7
≥ 60 minutes of vigorous/week	36.6	31.2	• 5.4 ^a

^a statistically significant (p< .01)

* weighted using recent ABS (2001) data

Levels of weight in Western Australian adults

- Measurement:
 - Body mass index (BMI) (weight (kg)/height²)
 - Based on self-reported height and weight
- Definitions of healthy weight, overweight and obesity*:
 - Healthy weight (BMI = 18.500-24.999)
 - Underweight (BMI < 18.500)
 - Overweight (BMI = 25.000-29.999)
 - Obese (BMI ≥ 30.000)

*WHO. Obesity: preventing and managing the global epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

Levels of weight in Western Australian adults

BMI Category	Percentage
Healthy weight	49.8%
Underweight	2.5%
Overweight	34.7%
Obese	13.0%

Relationship between BMI and sufficient levels of physical activity

BMI Category	Inactive (%)	Insufficient (%)	Sufficient (%)
Healthy weight	10.0	29.7	60.3
Underweight	26.6	21.5	51.9
Overweight	13.7	34.2	52.2
Obese	22.9	36.9	40.3
Overall	13.5	31.8	54.6

Changes in levels of weight (BMI) between 1999 and 2002

BMI Category	1999*	2002*	% change
Healthy weight	55.0	49.8	• 5.2 ^a
Underweight	6.1	2.5	• 3.6 ^a
Overweight	28.3	34.7	• 6.4 ^a
Obese	10.6	13.0	• 2.4 ^a

^a statistically significant (p < .05)

*Weighted using recent ABS (2001) data