



FACT SHEET NO. 12

# PHYSICAL ACTIVITY LEVELS OF THE GOLDFIELDS-ESPERANCE 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 Goldfields-Esperance region<sup>1</sup>.

## Goldfields-Esperance Sample Demographics

The Goldfields-Esperance region has an estimated population of 29,493 people (in 2001). From the Goldfields-Esperance region, 85 participants or 2.7% of the total sample (n = 3,200) completed the physical activity survey.

Table 1: Demographic Profile of Respondents from the Goldfields-Esperance Region

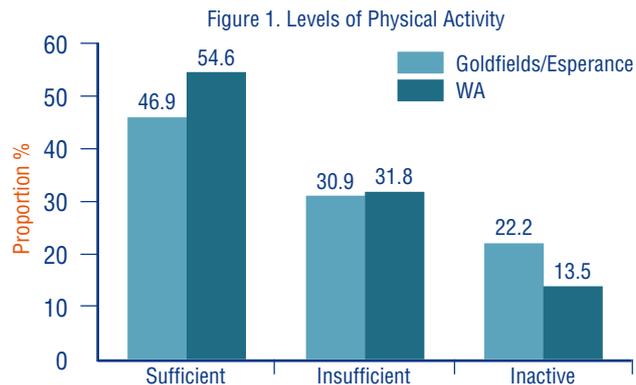
CHARACTERISTIC	%
<b>Gender</b>	
Male	47.1
Female	52.9
<b>Age Group</b>	
18 to 29 years	11.8
30 to 44 years	45.9
45 to 59 years	28.2
60 years or more	14.1
<b>Education</b>	
Less than TEE	50.6
TEE/diploma	34.1
University	15.3

(Note n = 85)

## Levels of Sufficient Physical Activity

Figure 1 presents the proportion of adults from the Goldfields-Esperance region who were:

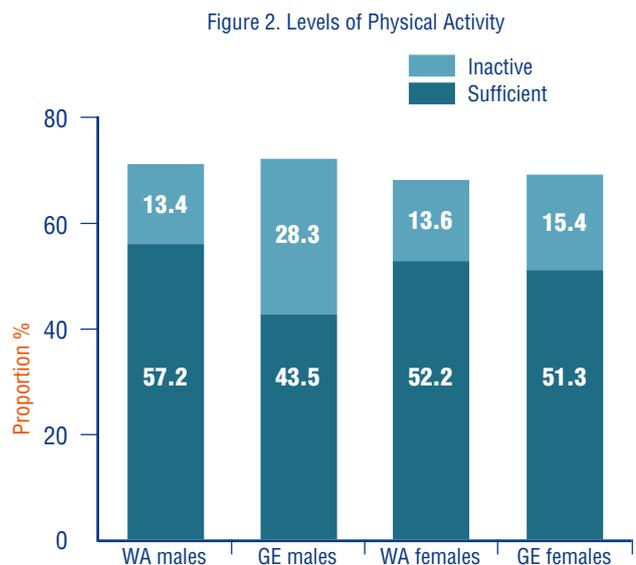
- **Sufficiently active** ( $\geq 150$  minutes of moderate activity over 5 or more days or  $\geq 60$  minutes of vigorous activity per week);
- **Insufficiently active** (some physical activity but less than sufficient), and;
- **Inactive** (no physical activity).



A lower proportion of Goldfields-Esperance adults were sufficiently active (46.9%) and a higher proportion were inactive (22.2%) compared to Western Australian adults overall.

## Levels of Sufficient Physical Activity by Gender

Figure 2 presents the proportion of Goldfields-Esperance (GE) and Western Australian (WA) adults who were inactive and sufficiently active by gender.



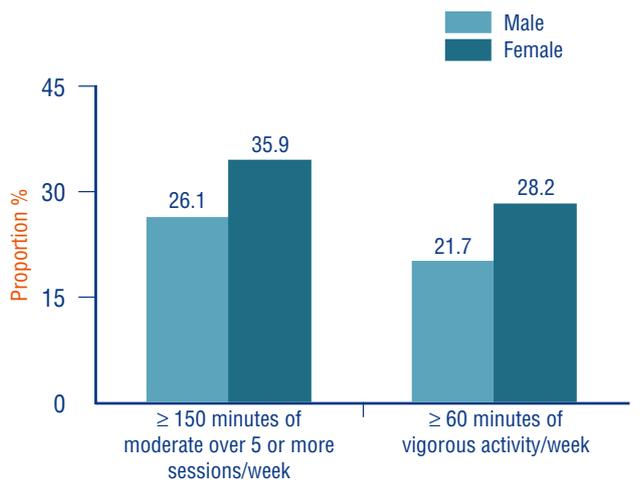
A lower proportion of Goldfields-Esperance males were sufficiently active (43.5%) and a higher proportion were inactive (28.3%) compared to Western Australian males. A similar proportion of Goldfields-Esperance females were sufficiently active (51.3%) and a higher proportion were inactive (15.4%) compared to Western Australian females.



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

Figure 3 presents the proportion of Goldfields-Esperance 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



Lower proportions of Goldfields-Esperance males participated in sufficient moderate-intensity (26.1%) and sufficient vigorous-intensity (21.7%) physical activity compared to females. A lower proportion of Goldfield-Esperance males participated in sufficient moderate and vigorous physical activity compared to Western Australia males overall (35.4% and 37%, respectively). A lower proportion of Goldfields-Esperance females participated in sufficient moderate physical activity and a higher proportion participated in sufficient vigorous physical activity compared to Western Australian females overall (37.7% and 25.8%, respectively).

### Other Physical Activity Facts for the Goldfields-Esperance Region (WA results in brackets)

- 44.7% (62%) walked for recreation or exercise, 10.6% (28%) walked for transport, and 2.4% (8%) cycled for recreation in the week before the survey.
- 39.7% (57%) used the streets or footpaths, and 6.9% (17%) used a public park or oval for physical activity in the week before the survey.
- 54.1% (49%) reported “not having enough time” as a barrier to being more active and 24.7% (34%) reported “to improve fitness” as a major reason for participating in physical activity.



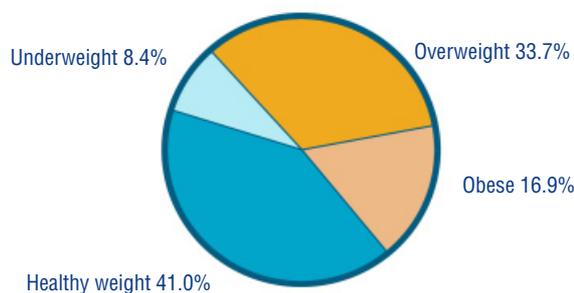
### Overweight and Obesity

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 Goldfields-Esperance region is presented in Figure 4.

Figure 4. Levels of BMI



A lower proportion of Goldfields-Esperance adults were in the healthy weight range (41.0%), a similar proportion were overweight (33.7%), and a higher proportion were obese (16.9%) 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 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 Goldfields-Esperance Region (Fact Sheet No.12)*. 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.