



FACT SHEET NO. 16



# PHYSICAL ACTIVITY LEVELS OF THE SOUTH WEST 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 South West region<sup>1</sup>.

## South West Sample Demographics

The South West region has an estimated population of 65,723 (in 2001). From the South West region, 151 participants or 4.7% of the total sample (n = 3,200) completed the physical activity survey.

Table 1: Demographic Profile of Respondents from the South West Region

CHARACTERISTIC	%
<b>Gender</b>	
Male	47.6
Female	52.4
<b>Age Group</b>	
18 to 29 years	11.3
30 to 44 years	35.1
45 to 59 years	26.5
60 years or more	27.2
<b>Education</b>	
Less than TEE	49.7
TEE/diploma	33.1
University	17.2

(Note n = 151)

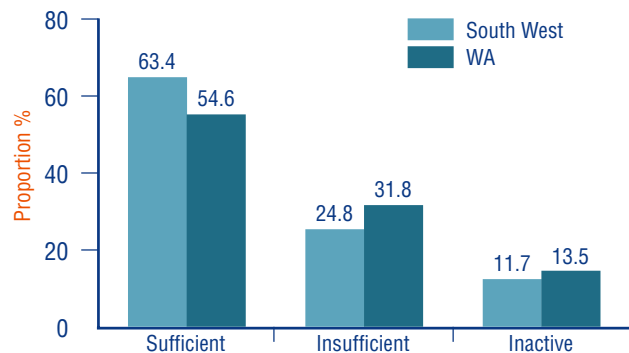
## Levels of Sufficient Physical Activity

Figure 1 presents the proportion of adults from the South West 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).



Figure 1. Levels of Physical Activity

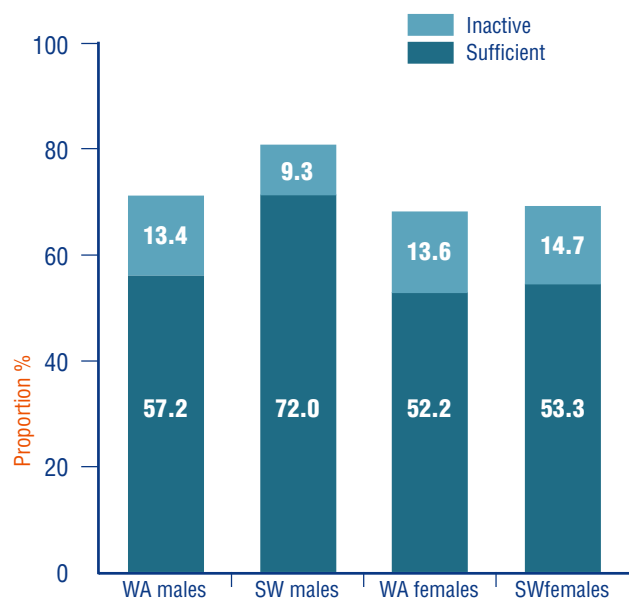


A higher proportion of South West adults were sufficiently active (63.4%) and lower proportions insufficiently active (24.8%) and inactive (11.7%) compared to Western Australian adults overall.

## Levels of Sufficient Physical Activity by Gender

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

Figure 2. Levels of Physical Activity



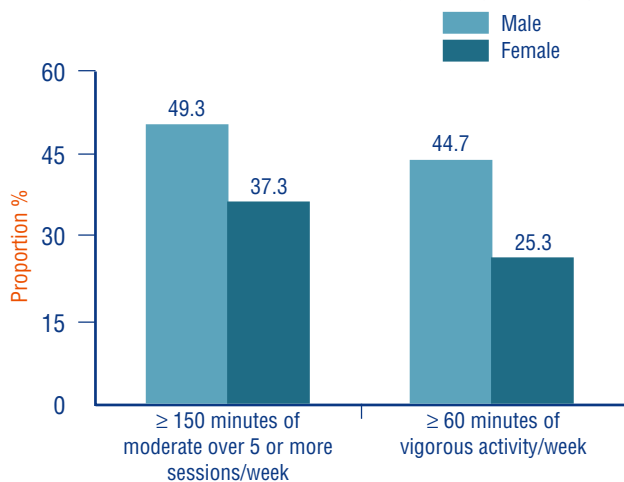
A higher proportion of South West males were sufficiently active (72%) and a lower proportion inactive (9.3%) compared to Western Australian adults overall. Females in the South West had similar activity levels to Western Australian females overall.



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

Figure 3 presents the proportions of South West 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 higher proportion of South West males participated in sufficient moderate (49.3%) and vigorous (44.7%) physical activity compared to females. A similar proportion of females and a higher proportion of males from the South West participated in sufficient moderate and vigorous physical activity compared to Western Australian males (35.4% and 37%, respectively) and females (37.7% and 25.8%, respectively) overall.

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

- 50% (62%) walked for recreation or exercise, 26% (28%) walked for transport, and 11.3% (8%) cycled for recreation in the week before the survey.
- 43.1% (57%) used the streets or footpaths, and 4.8% (17%) used a public park or oval for physical activity in the week before the survey.
- 46% (49%) reported “not having enough time” as a barrier to being more active and 33.3% (34%) reported “to improve fitness” as a major reason for participating in physical activity.



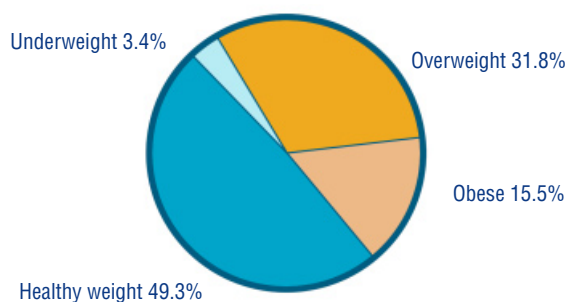
### Overweight and Obesity

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 South West region is presented in Figure 4.

Figure 4. Levels of BMI



A similar proportion of South West adults were in the healthy weight range (49.3%), a lower proportion were overweight (31.8%) and a higher proportion obese (15.5%) 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.

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**Suggested Citation:** McCormack, G., & Watt, S. (2003). *Physical Activity Levels of the South West Region (Fact Sheet No.16)*. Perth, Western Australia: Western Australian Government.



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<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.