



Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Education

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 different education levels attained.

Sample

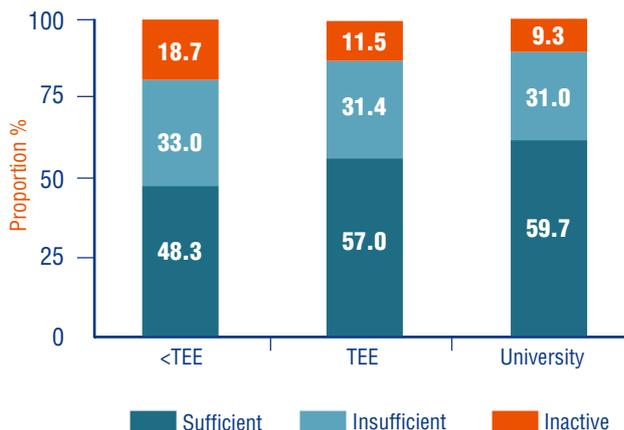
Of the total sample (n = 3,200) who completed the physical activity survey, 36.6% had less than TEE (Tertiary Entrance Examination) level education, 40% had completed TEE or equivalent and 23.4% had completed University level education.

Levels of Physical Activity

Figure 1 presents the proportion of adults in each education category 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).

Figure 1. Levels of Physical Activity by level of Education

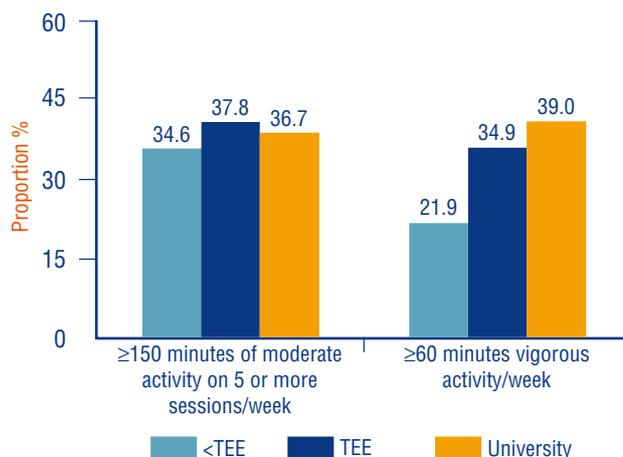


A higher proportion of survey respondents completing less than TEE education were inactive (18.7%) and a lower proportion were sufficiently active (48.3%) to accrue health benefits compared to those with University level education.

Participation in Sufficient Moderate and Vigorous Physical Activity by Education

Figure 2 presents the proportion of adults by education level participating in sufficient moderate (≥ 150 minutes of moderate-intensity physical activity on 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 by Level of Education

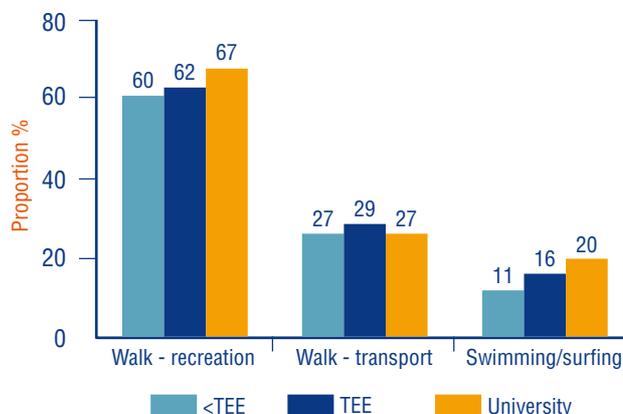


A slightly lower proportion of adults with less than a TEE education participated in sufficient moderate activity (34.6%) compared to other education levels. Participation in sufficient vigorous physical activity increased with increasing levels of education.

Participation in Different Types of Physical Activity

Figure 3 presents the major types of physical activity participated in the past week by education level attained.

Figure 3. Types of Physical Activity



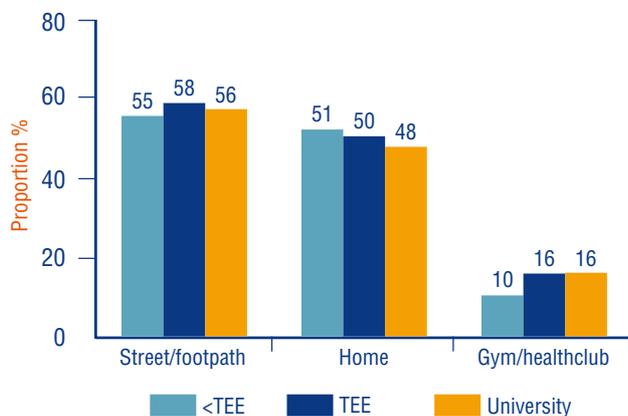
Walking for recreation was more popular among adults with a University level education (67%). The proportion of survey respondents participating in swimming/surfing in the past week increased with level of education attained.



Facilities used for Participation in Physical Activity

Figure 4 presents major types of facilities used for physical activity in the past week by level of education.

Figure 4. Facilities used for Physical Activity by level of education



Most adults used the street/footpath to participate in physical activity. A slightly higher proportion of adults with less than TEE education participated in physical activity at home compared with adults with University level education. A lower proportion of adults completing less than TEE used a gym or health club to participate in physical activity (10%) compared with those completing TEE or University level education.

Pedometer Results

On average, adults with less than TEE education performed 9,624 steps per day, adults who completed TEE performed 9,932 steps per day and adults with a University level education performed 9,423 steps per day.



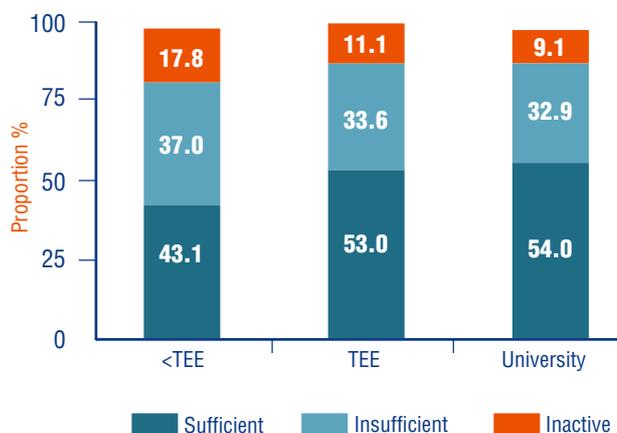
Overweight and Obesity

Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height in metres squared). The following 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 for each level of education is presented in Figure 5 (underweight category not shown).

Figure 5. Body Mass Index by Level of Education



The proportion of overweight (37%) and obese (17.8%) adults was higher among those with less than a TEE education compared to those with higher levels of education. The proportion of obese adults was lowest for those with a University level education (9.1%).

Recommendations

Recommendations for increasing levels of sufficient physical activity in Western Australia, as well as key findings from the 2002 Western Australian Adult Physical Activity Survey and Pedometer Study² can be found at the PATF website (www.patf.dpc.wa.gov.au) or by contacting the PATF Secretariat on 9382 5980.

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¹ World Health Organisation (2001). Obesity: Preventing and Managing the Global Epidemic. WHO Technical Series: No. 894. Geneva: WHO; 2000.

² 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.