



FACT SHEET NO. 28



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

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 among females.

Sample

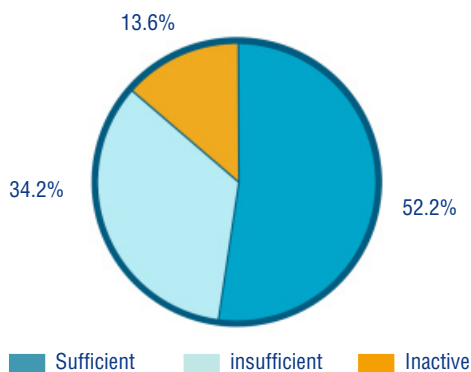
Of the total sample (n = 3,200) who completed the physical activity survey, 52.7% were female.

Levels of Physical Activity by Gender

Figure 1 presents the proportions of adult females from Western Australia 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 in Females

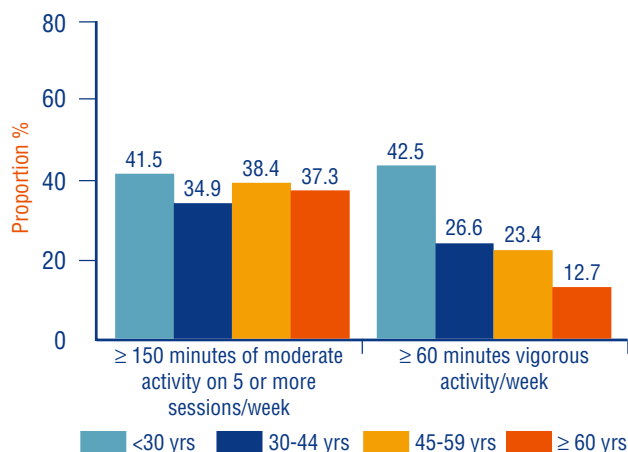


Similar proportions of females were sufficiently active (53.0% versus 52.2%), insufficiently active (34.8% versus 34.2%) and inactive (12.2% versus 13.6%) in 2002, compared with 1999 results¹

Participation in Sufficient Moderate and Vigorous Intensity Physical Activity by Age

Figure 2 presents the proportion of females 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 Age

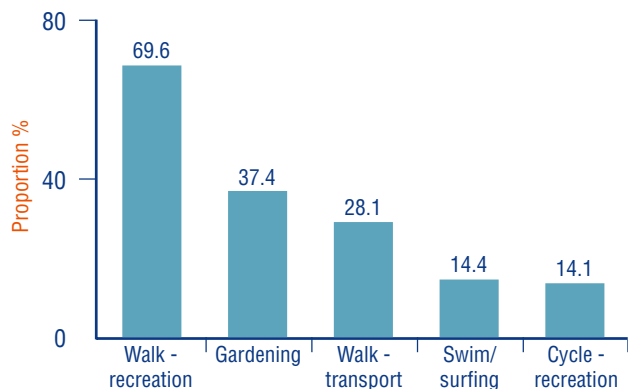


A lower proportion of females 30-44 years participated in sufficient moderate physical activity (34.9%) compared with all other age groups. The proportion of females participating in sufficient vigorous physical activity decreased with age.

Participation in Different Types of Physical Activity

Figure 3 presents the major types of physical activity participated in by females in the past week.

Figure 3. Types of Physical Activity



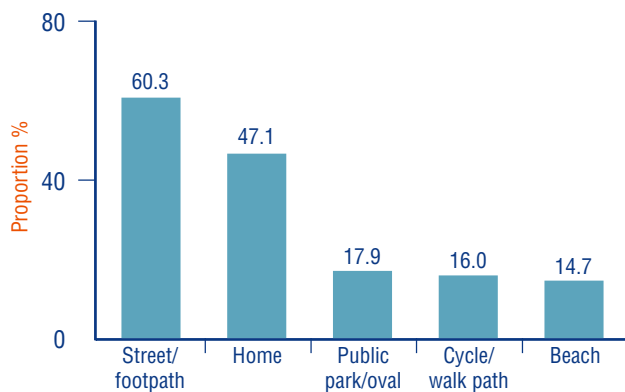
The most popular type of physical activity in the past week for females was walking for recreation (69.6%), followed by gardening (37.4%) and walking for transport (28.1%). Swimming/surfing and cycling for recreation were also popular among females.



Facilities used for Participation in Physical Activity

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

Figure 4. Facilities used for Physical Activity by females.



The street/footpath was the most popular facility used by adult females in the past week (60.3%). Performing physical activity at home in the past week was reported by 47.1% of females. Other popular facilities included public park/oval, cycle/walk paths and the beach.

Pedometer Results

On average, females performed 9,178 steps per day with 41.6% performing $\geq 10,000$ steps and 6.4% performed $\geq 15,000$ steps per day.

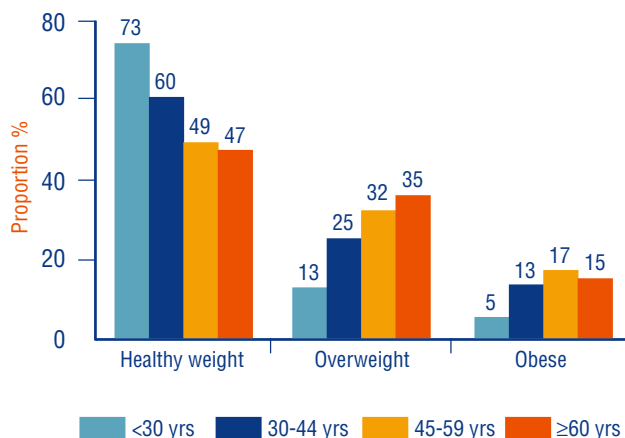
Overweight and Obesity

Self-reported height and weight data were used to determine body mass indices (BMI) for each survey participant (weight in kilograms divided by height metres squared). The following categories were used to define weight²:

- <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 females by age is presented in Figure 5 (underweight category not shown).

Figure 5. Body Mass Index by Age



A higher proportion of females < 30 years were in the healthy weight (73.4%) and lower proportions were overweight range (12.5%) and obese (4.8%) compared to all other age groups. The proportion of females in the healthy weight range decreased with age. The proportion of females that were overweight increased with age.

Recommendations

Recommendations for increasing levels of sufficient physical activity in Western Australia, as well as key findings from the 2002 Western Australian Adults Physical Activity Survey and Pedometer Study³ can be found at the PATF website (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). Results from the 2002 Western Australian Adult Physical Activity Survey: Key Findings for Gender (Fact Sheet No. 28). Perth, Western Australia: Western Australian Government.



Department of Health
Department of Sport
and Recreation



THE UNIVERSITY OF
WESTERN AUSTRALIA

¹ Bull F., Milligan R., Rosenberg M., & MacGowan H. (1999). Physical Activity Levels of Western Australian Adults 1999: Health Department of Western Australia and Department of Sport and Recreation, Western Australian Government, Perth: Western Australia.

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 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.