

Less active population groups

Participation in physical activity is important for the health and wellbeing of all Australians. It also provides a range of social, environmental and economic benefits for individuals and communities.

Some population groups are less likely to participate in sport and physical activity than others. This puts them at an increased risk of having a range of health problems such as cardiovascular disease, type-2 diabetes, cancer and obesity. It may also reduce their opportunities for social interaction.

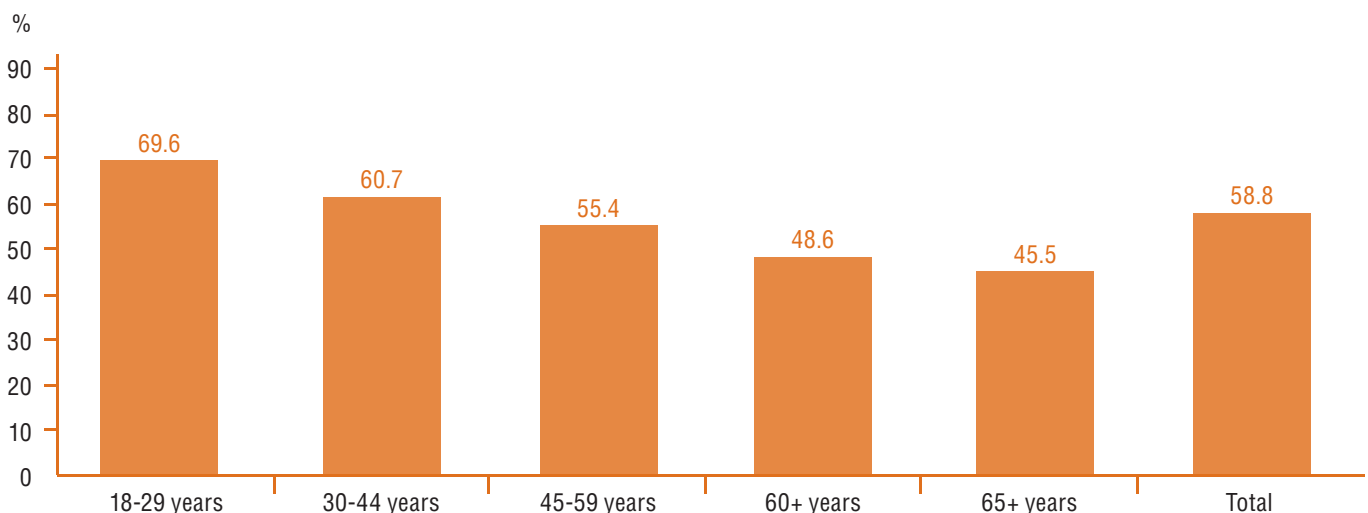
It is important to identify groups with lower levels of physical activity, in order to target programs and strategies to increase their participation.

Note that the two data sources used for this fact sheet, the Australian Bureau of Statistics' *Participation in Sports and Physical Recreation* and the *Western Australian Adult Physical Activity Survey*, measure physical activity participation differently. The Australian Bureau of Statistics defines participants as people aged 15 years and over who participated at least once in the 12 months to survey. In comparison, the *Western Australian Adult Physical Activity Survey* of people aged 18 years and over measures sufficient levels of physical activity. Sufficient activity is defined as at least 30 minutes of moderate intensity physical activity on most days of the week, which is frequently interpreted as 150 minutes of moderate activity over at least 5 sessions.¹

Age

As people get older, they are less likely to be sufficiently active. In 2006, less than half (48.6%) of Western Australians aged 60 years and over participated in sufficient levels of physical activity and this compares to 58.8% of all adults.² Participation was even lower for those aged 65 years and over (45.5%).³

Participation in physical activity by age: Western Australians aged 18 years and over – 2006^{4,5}



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Sex⁶

People aged 18 years and over

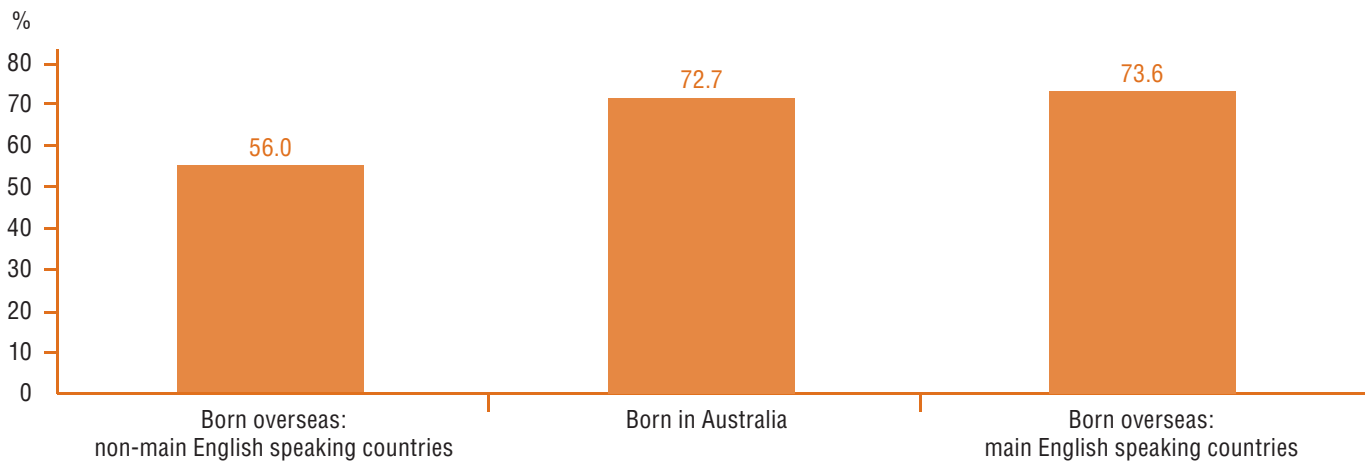
In 2006, Western Australian females were less likely than males aged 18 years and over to have participated in sufficient levels of physical activity (56.5% compared to 61.2%).

Birthplace⁷

People aged 15 years and over

In 2006, Western Australians aged 15 years and over who were born in countries where English is not the main language were less likely to have participated in sport and physical recreation in the past 12 months (56.0%) than those born in other main English speaking countries¹ (73.6%) or Australia (72.7%).

Participation in sport and physical recreation by birthplace: Western Australia – 2006



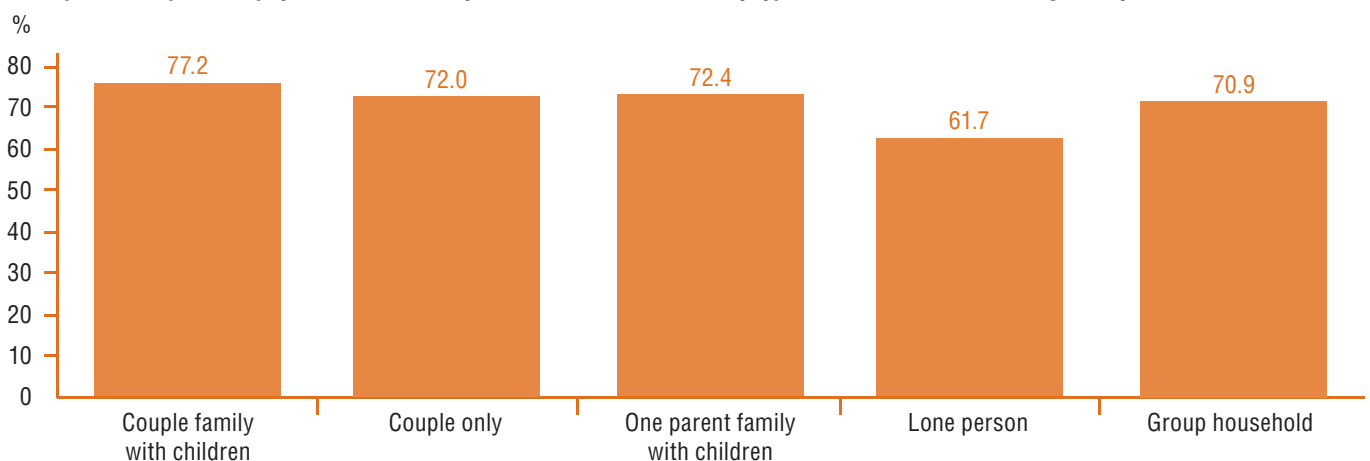
(a) Proportion who participated in the 12 months to survey

Household/family type⁸

People aged 15 years and over

In 2006, people aged 15 years and over living alone were less likely to have participated in sport or physical recreation in the past 12 months than people living in family or group households.[#]

Participation in sport and physical recreation by selected household/ family types: Western Australians aged 15 years and over – 2006^(a)



(a) Proportion who participated in the 12 months to survey

* Main English speaking countries comprise the United Kingdom and Ireland, New Zealand, Canada, the United States of America and South Africa.
[#] This does not include multiple family households.

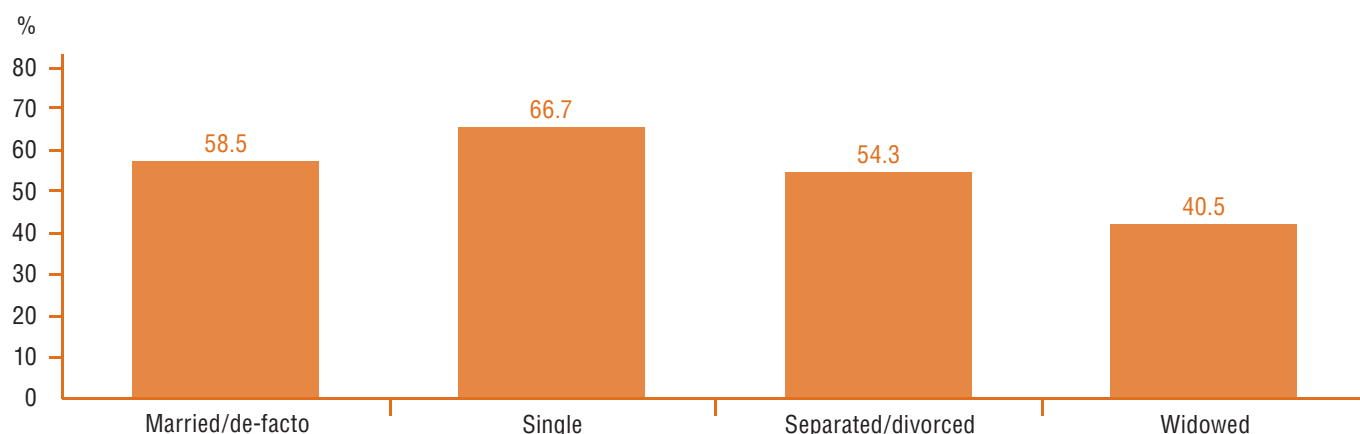
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Marital status⁹

People aged 18 years and over

In 2006, adults in Western Australia who were widowed, separated/divorced or married/de-facto were less likely to be sufficiently active than single people.

Participation in physical activity by marital status: Western Australia, 2006



Region

People aged 15 years and over¹⁰

In 2006, Western Australians aged 15 years and over living in the rest of the state were less likely to have participated in sport and physical recreation in the past 12 months (67.7%) than those in Perth (71.4%).

People aged 18 years and over¹¹

In 2006, Western Australian adults living in the Midwest/ Goldfields were less likely than those in other regions to be sufficiently active.

Participation in physical activity by location: Western Australians aged 18 years and over – 2006

Location	Sufficient activity (%)
Perth metropolitan area	60.2
South West	56.3
Kimberley/Pilbara	61.6
Midwest/Goldfields	50.1
Western Australia	58.8

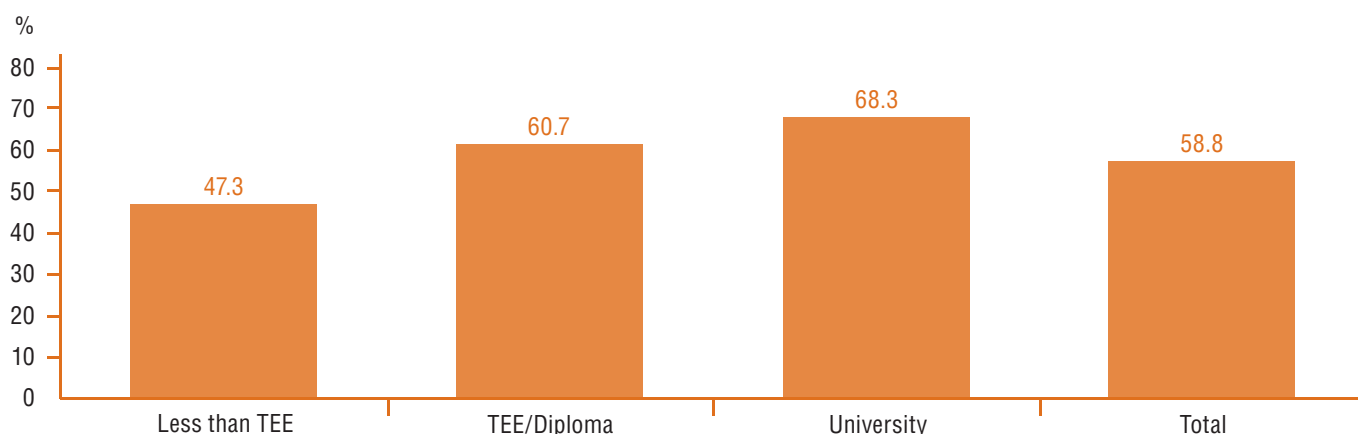
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Educational attainment¹²

People aged 18 years and over

In 2006, participation in sufficient levels of physical activity increased with level of education. Western Australian adults aged 18 years and over with less than TEE education had a much lower participation rate than those with TEE/ diploma or university education.

Participation in physical activity by education: Western Australians aged 18 years and over – 2006



Labour force status/ occupation

People aged 15 years and over¹³

In 2006, Western Australians aged 15 years and over who were not in the labour force (60.6%) or unemployed (70.7%) were less likely to have participated in sport or physical recreation in the past 12 months than those who were employed (75.1%).

Participation in sport and physical recreation by labour force status: Western Australians aged 15 years and over – 2006^(a)

Labour force status	Proportion (%)
Employed	75.1
<i>Employed full-time</i>	73.8
<i>Employed part-time</i>	78.1
Unemployed	70.7
Not in labour force	60.6

(a) Proportion who participated in the 12 months to survey

People aged 18 years and over¹⁴

In 2006, Western Australian adults aged 18 years and over who were unemployed were the least likely to be sufficiently active (43.8%).

Blue-collar workers (57.5%) and white-collar/ trade workers (60.4%) were less likely to be sufficiently active than managers/ professionals (64.4%).

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Participation in sufficient physical activity: Western Australians aged 18 years and over – 2006

Occupation	Sufficiently active (%)
Employed	
<i>Employed - Manager/professional</i>	64.4
<i>Employed - White-collar/trade</i>	60.4
<i>Employed - Blue-collar</i>	57.5
Unemployed	43.8
Home duty	51.9
Student	73.9
Retired	49.4

Income¹⁵

People aged 18 years and over

In 2006, the proportion of Western Australian adults who were sufficiently active increased as the level of net weekly household income increased.

Participation in physical activity by net weekly household income: Western Australians aged 18 years and over –2006

Net weekly household income (\$)	Sufficient activity (%)
0–499	45.0
500–799	53.2
800–1199	58.1
1,200 or more	66.9
Western Australia	58.8

Endnotes

- ¹ Milligan, R., McCormack, G. R., Rosenberg, M. (2007). Physical Activity Levels of Western Australian Adults 2006. Results from the Adult Physical Activity Survey. Perth, Western Australia: Western Australian Government. p17.
- ² Ibid. p22.
- ³ Ibid. Unpublished data.
- ⁴ Ibid. p22.
- ⁵ Ibid. Unpublished data.
- ⁶ Ibid. p22.
- ⁷ Australian Bureau of Statistics. (2007). Participation in sports and physical recreation. (Cat. no. 4177.0). 'State table 1: characteristics of participants – by states or territories', data cube: Excel spreadsheet. Viewed 31/03/2008. <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4177.02005-06?OpenDocument>
- ⁸ Ibid.
- ⁹ Milligan, R., McCormack, G. R., Rosenberg, M. (2007). Physical activity levels of Western Australian adults 2006. Results from the adult physical activity study. Perth, Western Australia: Western Australian Government. p22.
- ¹⁰ Australian Bureau of Statistics. (2007). Participation in sport and physical recreation, Australia, 2005-2006. (Cat No. 4177.0). 'State Table 1 – characteristics of participants, sports and physical recreation – By States and Territories', data cube: Excel spreadsheet. Viewed 05/05/2008. <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4177.02005-06?OpenDocument>
- ¹¹ Milligan, R., McCormack, G. R., Rosenberg, M. (2007). Physical activity levels of Western Australian adults 2006. Results from the adult physical activity study. Perth, Western Australia: Western Australian Government. p22.
- ¹² Ibid. p22.
- ¹³ Australian Bureau of Statistics. (2007). Participation in sports and physical recreation. (Cat. no. 4177.0). 'State table 1: characteristics of participants – by states or territories', data cube: Excel spreadsheet. Viewed 01/04/2008. <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4177.02005-06?OpenDocument>
- ¹⁴ Milligan, R., McCormack, G. R., Rosenberg, M. (2007). Physical activity levels of Western Australian adults 2006. Results from the adult physical activity study. Perth, Western Australia: Western Australian Government. p22.
- ¹⁵ Ibid. p22.