

How Active are Western Australians?

Key findings from CAPANS and the Adult Survey

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Background – PATF

- Policy coordination and advocacy.
- The monitoring of physical activity levels.
 - Policy and strategy development .
 - Resourcing requirements and investment.
 - Evidence of success as well as deficiencies.
 - In-depth analysis of prevalence and trends specific to physical activity.

Background

- Physical activity provides significant health benefits.
- Aged 5-18 recommend a minimum 60 mins per day.
- Adults recommend a minimum of 30 minutes on most days.
- Important to recognise the other benefits that physical activity provides – social, economic, environmental, sustainability

PATF Research Funding Contributors



GOVERNMENT OF
WESTERN AUSTRALIA



- Healthway
- Department of Education
- Department of Health
- Department of Sport and Recreation
- Department of Transport
- Department of Planning
- Physical Activity Taskforce

CHILD AND ADOLESCENT PHYSICAL ACTIVITY AND NUTRITION SURVEY 2008

(CAPANS)

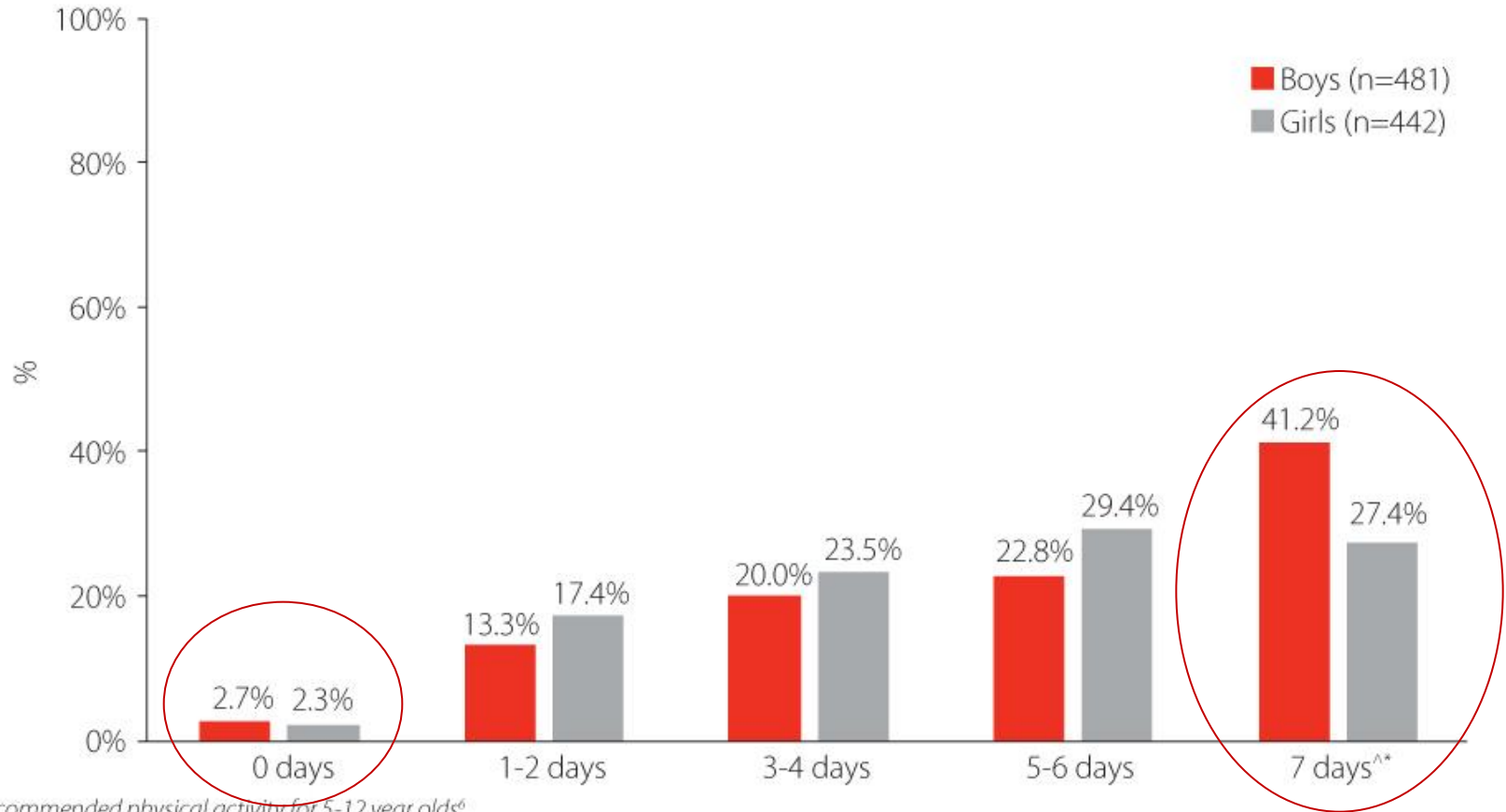
Methodology

- Primary school years 3, 5 and 7.
- Secondary school years 8, 10 and 11.
- Terms 3 and 4 of the 2008 school year in public (n=23), independent (n=6) and Catholic (n=5) schools.
- In total 1,827 students participated in the survey.
- Data were weighted on gender, age and socio-economic status to be representative of the WA population using 2006 Census data.

CAPANS 2008 Research team

- Ass Prof Michael Rosenberg, Marg Miller, Dr Karen Martin.
- Consultants: Prof Billie Giles-Corti, Prof Fiona Bull, Dr Gavin McCormack, Steve Pratt, Amanda Devine, Anthea Margery.
- Data analysis: Sarah French, Dr Karen Martin.
- Statistics consultant: Prof Max Bulsara.
- Over 30 staff.

Proportion meeting National PA Guidelines*: Primary school children



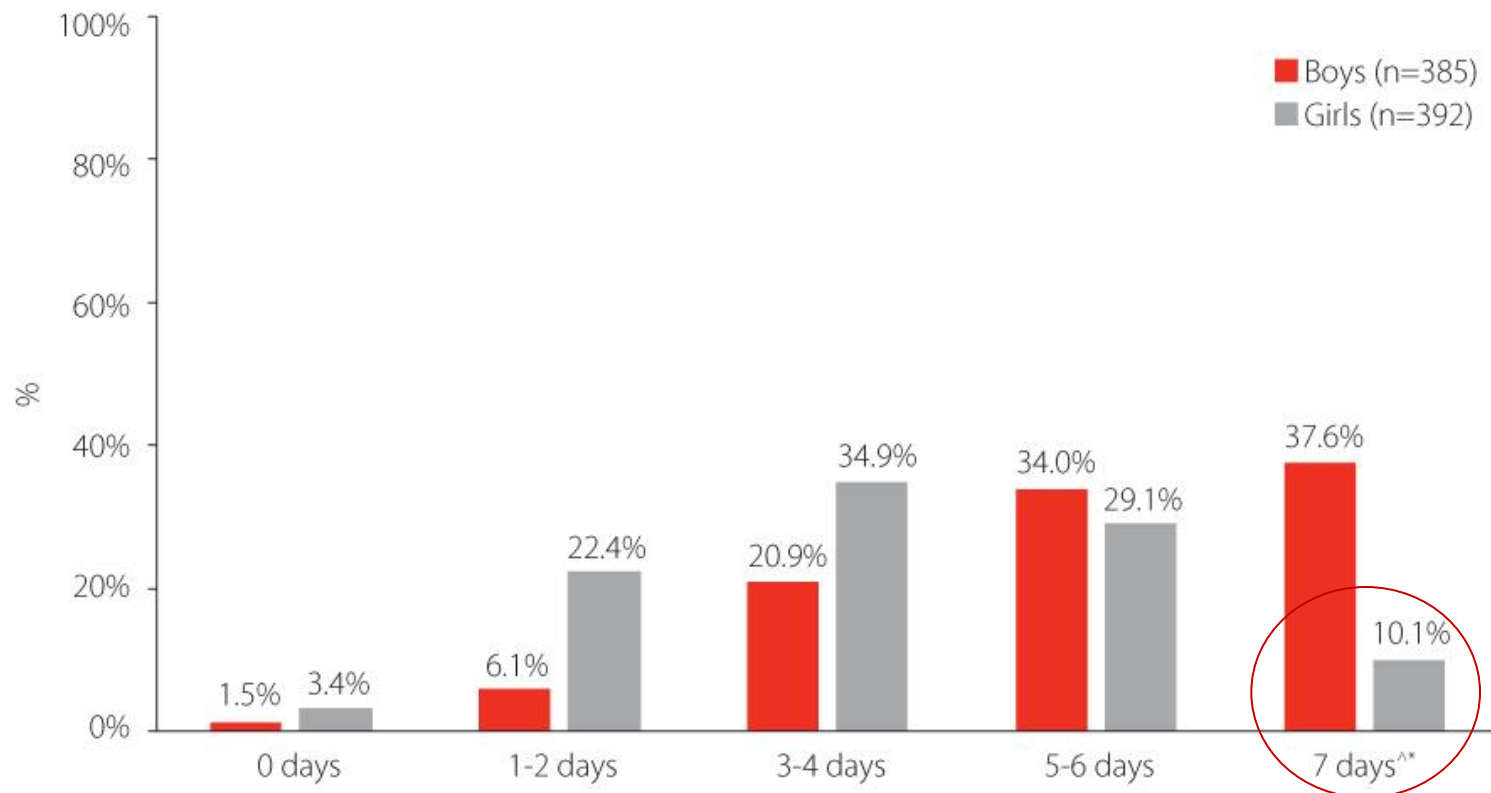
[^] Recommended physical activity for 5-12 year olds⁶

^{*} Significant difference between boys and girls after adjusting for age, SES and school clustering

Figure 1: Self-reported number of days participating in 60 minutes or more of physical activity in the last week: primary school children

*Question not asked in 2003

Proportion meeting National PA Guidelines*: Secondary school children



[^] Recommended physical activity for 12-18 year olds⁷

^{*} Statistically significant difference between boys and girls after adjusting for age, SES and school clustering

Figure 2: Self-reported number of days participating in 60 minutes or more of physical activity in the last seven days: secondary school children

Almost all children participated in at some form of sport or active play at least once in the previous week.

	Sport and Dance	Active Play
Primary Boys	<ul style="list-style-type: none"> • Soccer (60%) • Swimming (43%) • Cricket (43%) 	<ul style="list-style-type: none"> • Movement –based video games (71%) • Bike riding (66%) • Play with pets (66%)
Primary Girls	<ul style="list-style-type: none"> • Dance (57%) • Swimming (51%) • Athletics (32%) 	<ul style="list-style-type: none"> • Play with pets (75%) • Tag/chasey (67%) • Playground equipment (67%)
Secondary Boys	<ul style="list-style-type: none"> • Basketball (51%) • Soccer (36%) • Aust. rules football (35%) 	<ul style="list-style-type: none"> • Movement –based video games (43%) • Play with pets (42%) • Bike riding (41%)
Secondary Girls	<ul style="list-style-type: none"> • Dance (41%) • Basketball (26%) • Soccer (22%) 	<ul style="list-style-type: none"> • Play with pets (47%) • Movement-based video games (26%) • Walk the dog (26%)

Moderate to vigorous PA during school PE: Primary school children

Table 7: Frequency of being very active (or huffing and puffing for year three) during physical education, 2003 and 2008: primary school children

	Boys %		Girls %	
	2003 (n=540)	2008 (n=551)	2003 (n=483)	2008 (n=511)
I don't do physical education	3.9	4.3	2.3	2.0
Hardly ever	5.3	8.4	4.2	4.4
Sometimes	20.8	25.7	22.8	29.8
Quite often	36.4	29.9	40.0	38.6 ^{*1}
Always	33.6	31.7	30.6	25.3 ^{*1}
	70.0	61.6	70.6	63.9

^{*1} Significantly different ($p < 0.05$) when proportions in two categories combined and compared with all other categories combined.

Moderate to vigorous PA during school PE: Secondary school children

Table 8: Frequency of being very active during physical education, 2003 and 2008: secondary school children

	Boys %		Girls %	
	2003 (n=531)	2008 (n=551)	2003 (n=483)	2008 (n=511)
I don't do physical education	10.2	10.5	14.5	6.9*
Hardly ever	1.1	3.8	4.2	5.3
Sometimes	17.0	8.6	23.0	21.8
Quite often	41.8	41.8	34.3	46.0
Always	30.0	35.3	23.9	20.0

* Significantly different ($p < 0.05$)

School lunchtime activity: Primary school children

Table 11: Usual activity during lunch, 2003 and 2008: primary school children

	Boys %		Girls %	
	2003 (n=535)	2008 (n=548)	2003 (n=485)	2008 (n=511)
Sat down	2.8	1.6	2.2	3.8
Stood around or walked around	4.0	4.6	10.6	10.8
Ran or played a little bit	11.6	9.5	21.0	24.0
Ran around and played quite a lot	24.6	23.6	32.1	27.5
Ran and played most of the time	57.0	60.7	34.1	33.9

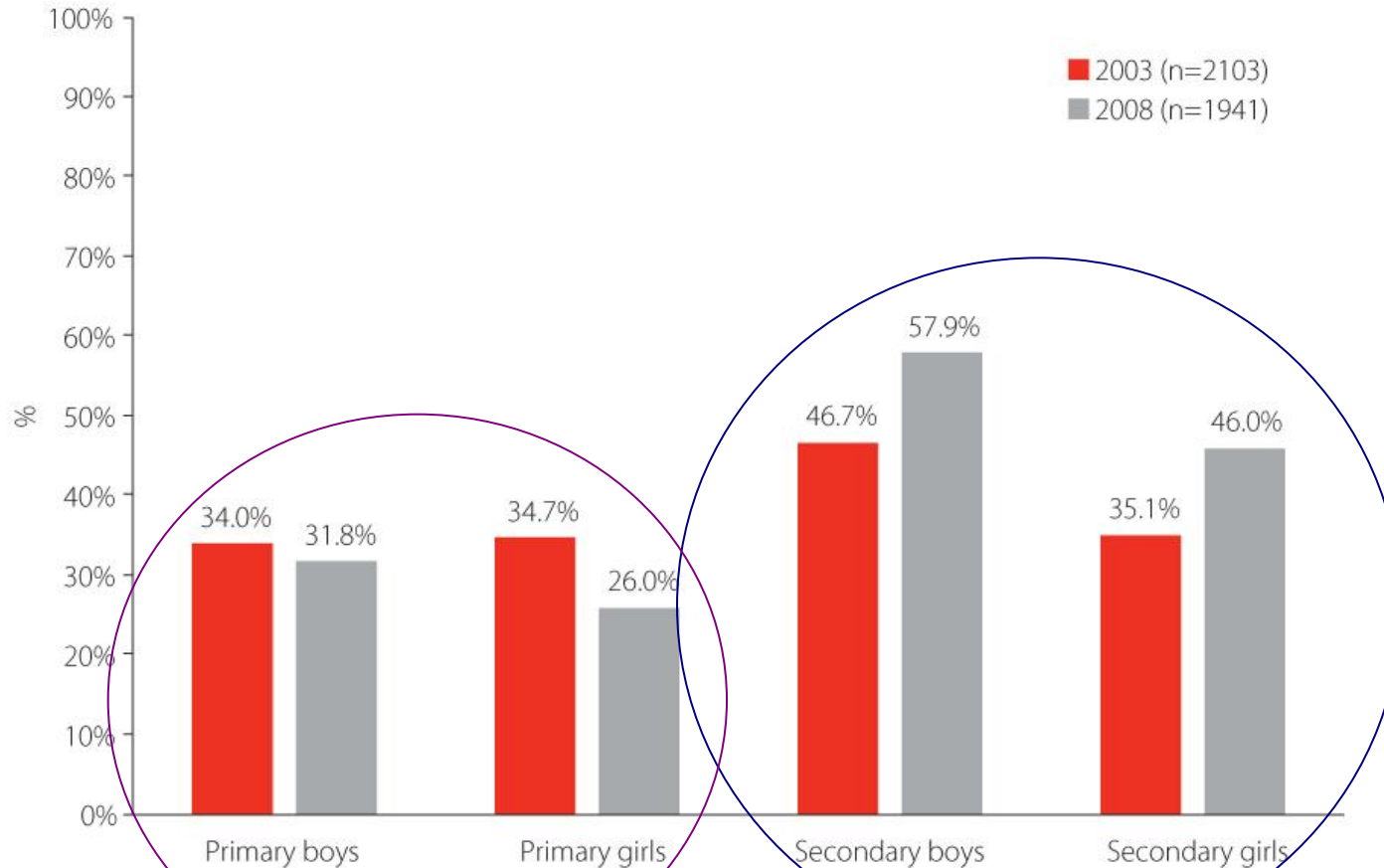
School lunchtime activity: Secondary school children

Table 12: Usual activity during lunch, 2003 and 2008: secondary school children

	Boys %		Girls %	
	2003 (n=530)	2008 (n=373)	2003 (n=528)	2008 (n=377)
Sat down	11.8	14.6	24.6	23.6
Stood around or walked around	38.4	24.4	63.2	59.4
Ran or played a little bit	21.0	21.1	7.6	11.6
Ran around and played quite a lot	17.4	23.3 ^{*1}	3.6	4.5
Ran and played most of the time	11.4	16.6 ^{*1}	1.0	1.0

^{*1} Significantly different ($p < 0.05$) when proportions in two categories combined and compared with all other categories combined.

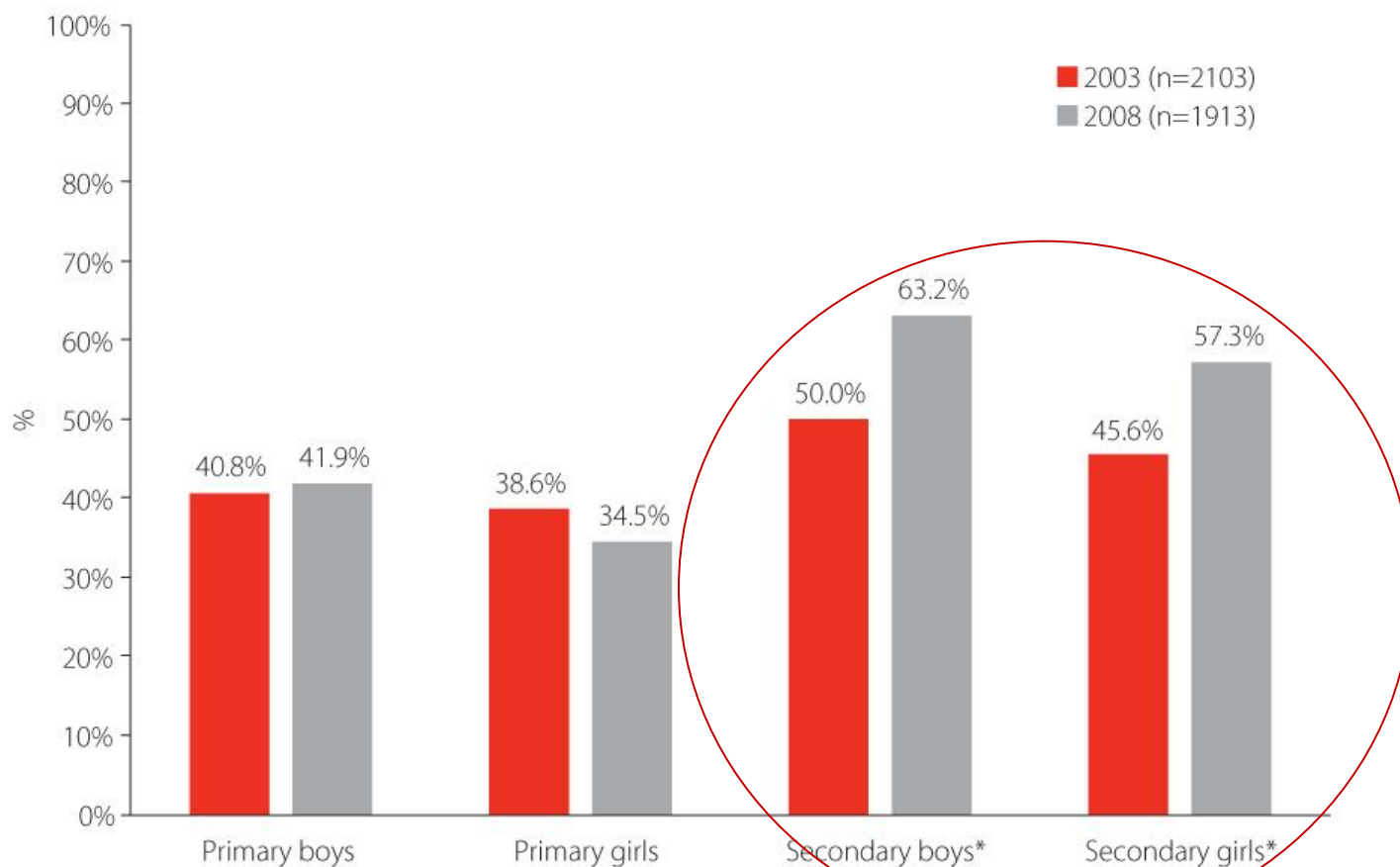
Active commuting to school



*No statistically significant differences between 2003 and 2008 after adjusting for age, SES and school clustering.
Primary Boys 2003 n=544, 2008 n=525. Primary Girls 2003 n=489, 2008 n=496. Secondary Boys 2003 n=533, 2008 n=355. Secondary Girls 2003 n=538, 2008 n=379.*

Figure 8: Prevalence (%) of children active commuting to school on the previous school day, 2003 and 2008

Active commuting from school



* Statistically significant difference ($p < 0.05$) between 2003 and 2008 after adjusting for age, SES and school clustering

Primary Boys 2003 n=544, 2008 n=525. Primary Girls 2003 n=489, 2008 n=496. Secondary Boys 2003 n=533, 2008 n=355. Secondary Girls 2003 n=538, 2008 n=379.

Figure 9: Prevalence (%) of children active commuting home from school on the previous school day, 2003 and 2008

CAPANS summary

- Less than half met PA guidelines
- Secondary school girls were least active
- Majority of children and adolescents exceed screen-time guidelines
- Movement based video games most common active play activity amongst boys
- Active transport home from school has increased amongst secondary school students
- Body size appears to have stabilised but remains unacceptably high

PHYSICAL ACTIVITY LEVELS OF WESTERN AUSTRALIAN ADULTS 2009

(ADULT SURVEY)

Adult Survey 2009 Research Team

- Joint project of:
 - Physical Activity Taskforce,
 - Health Promotion Evaluation Unit (UWA),
 - School of Sport Science Exercise and Health (UWA),
 - Survey Research Centre (ECU) and
 - Department of Sport and Recreation

Methodology

- Western Australian men and women aged 18+.
- Randomly selected from Perth metro, Kimberley/Pilbara, Midwest/Goldfield, South West.
- Telephone survey during November and December 2009.
- 3,363 respondents.
- Comparisons to previous surveys in 1999, 2002 and 2006.
- Pedometer sub sample – 406 (comparable to 2002).

Overall PA Levels

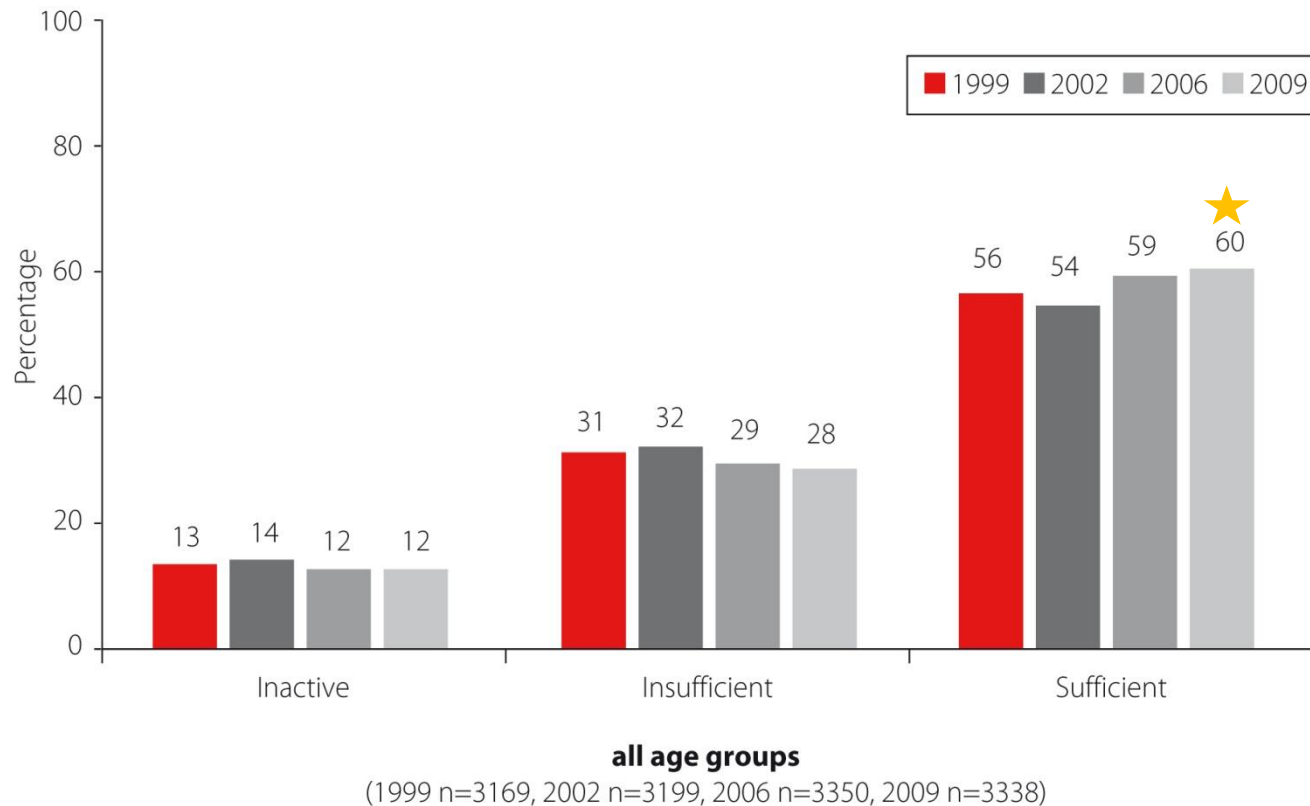


Figure 3.3: Prevalence of inactivity, insufficient and sufficient physical activity by survey year and age group

★ Significant increase from 1999

Intensity of PA sessions

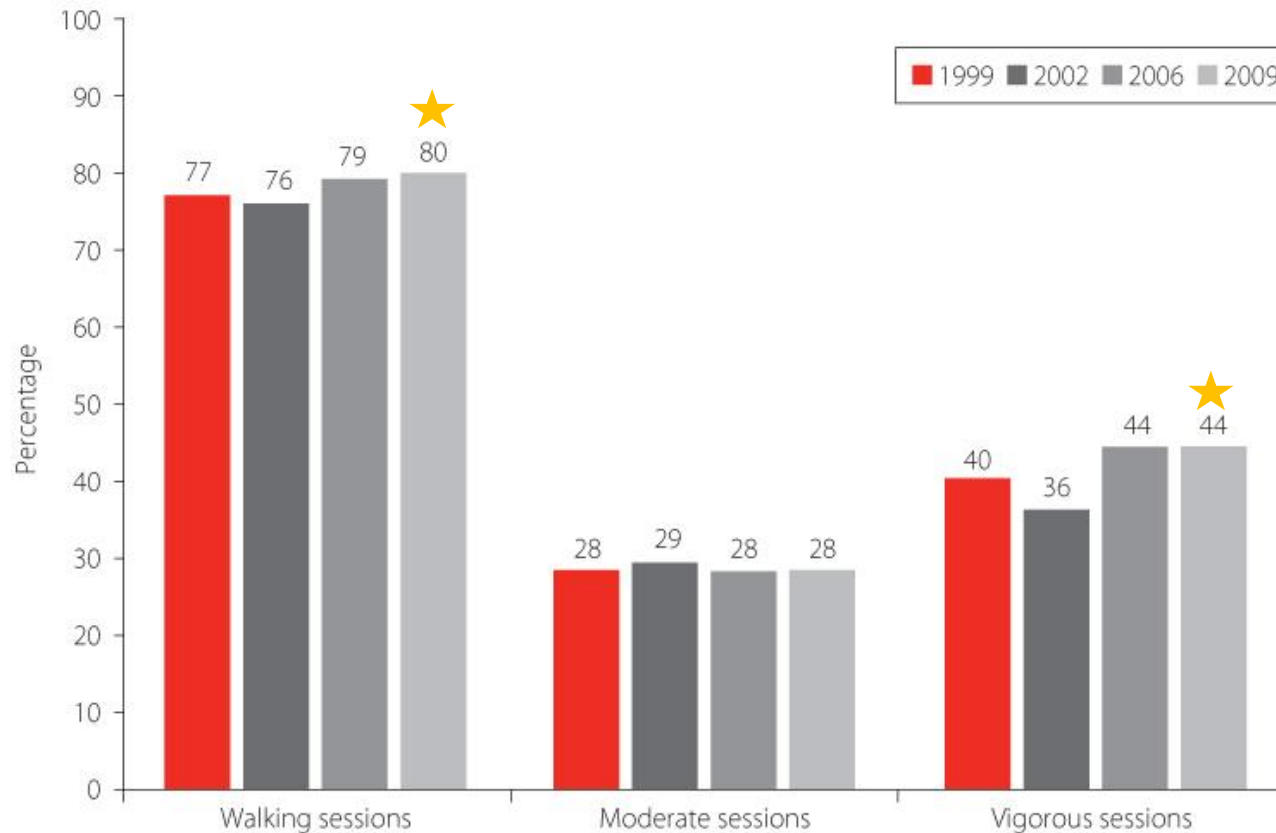


FIGURE 3.6.1c: Sessions of Walking, Moderate-Intensity and Vigorous-Intensity Physical Activity by Survey Year

★ Significant increase from 1999

Time spent in physical activity

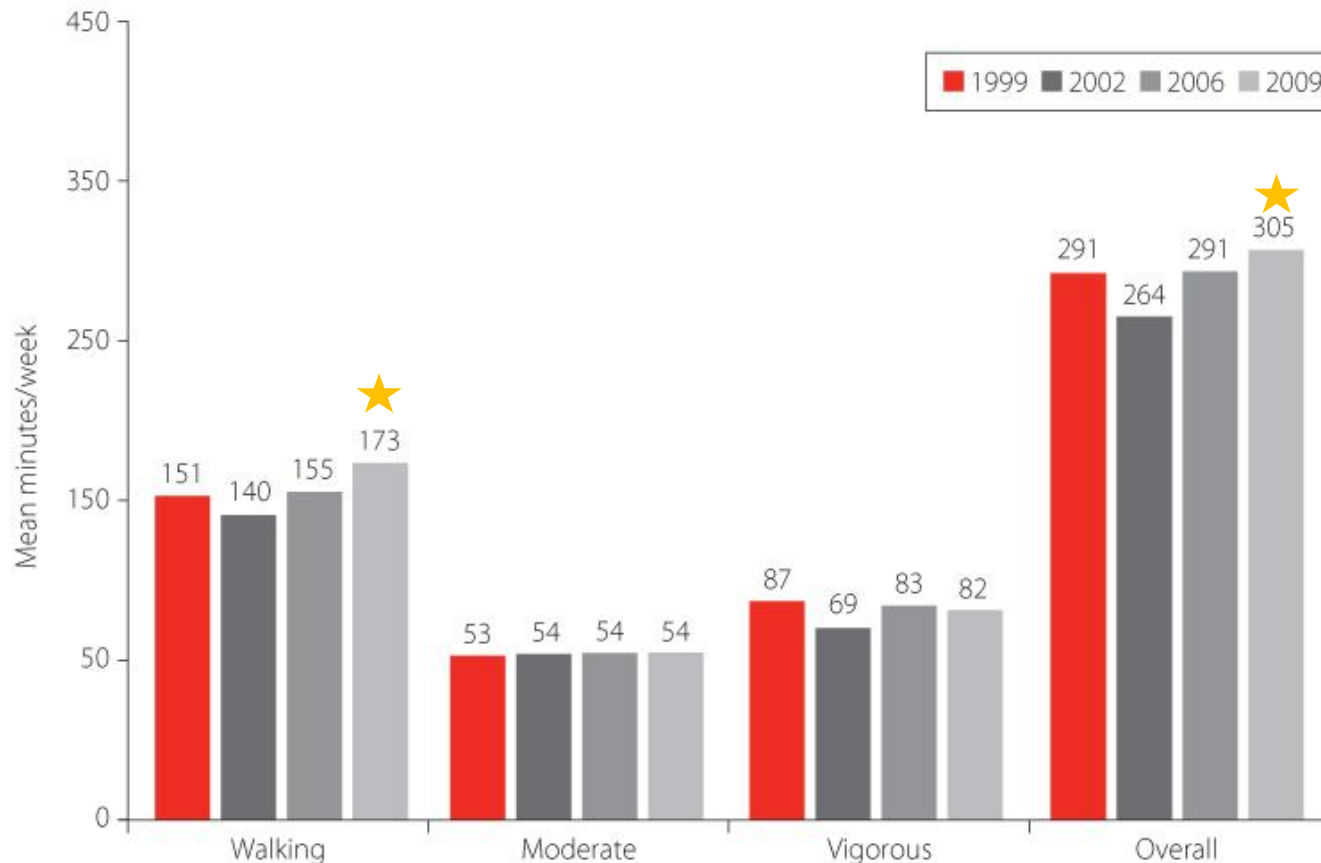


FIGURE 3.6.2: Mean Minutes of Walking, Moderate-Intensity and Vigorous-Intensity Physical Activity by Survey Year

★ Significant increase from 1999

Most reported types of PA

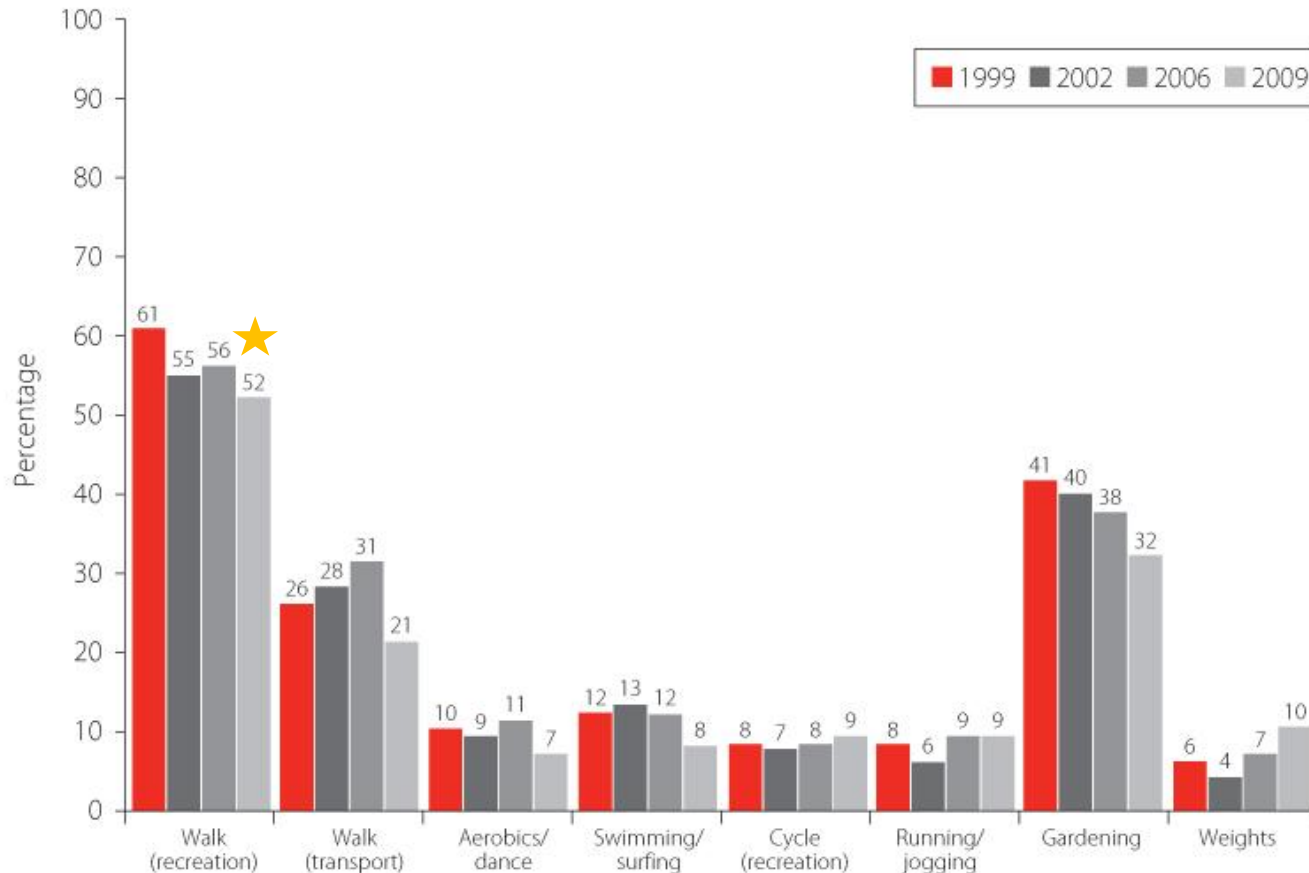


FIGURE 3.7.1b: Prevalence of The Most Reported Physical Activities by Survey Year

(1999 n=2770, 2002 n=2761, 2006 n=2938, 2009 n=2948)

★ Significant decrease from 1999

Incidental physical activity

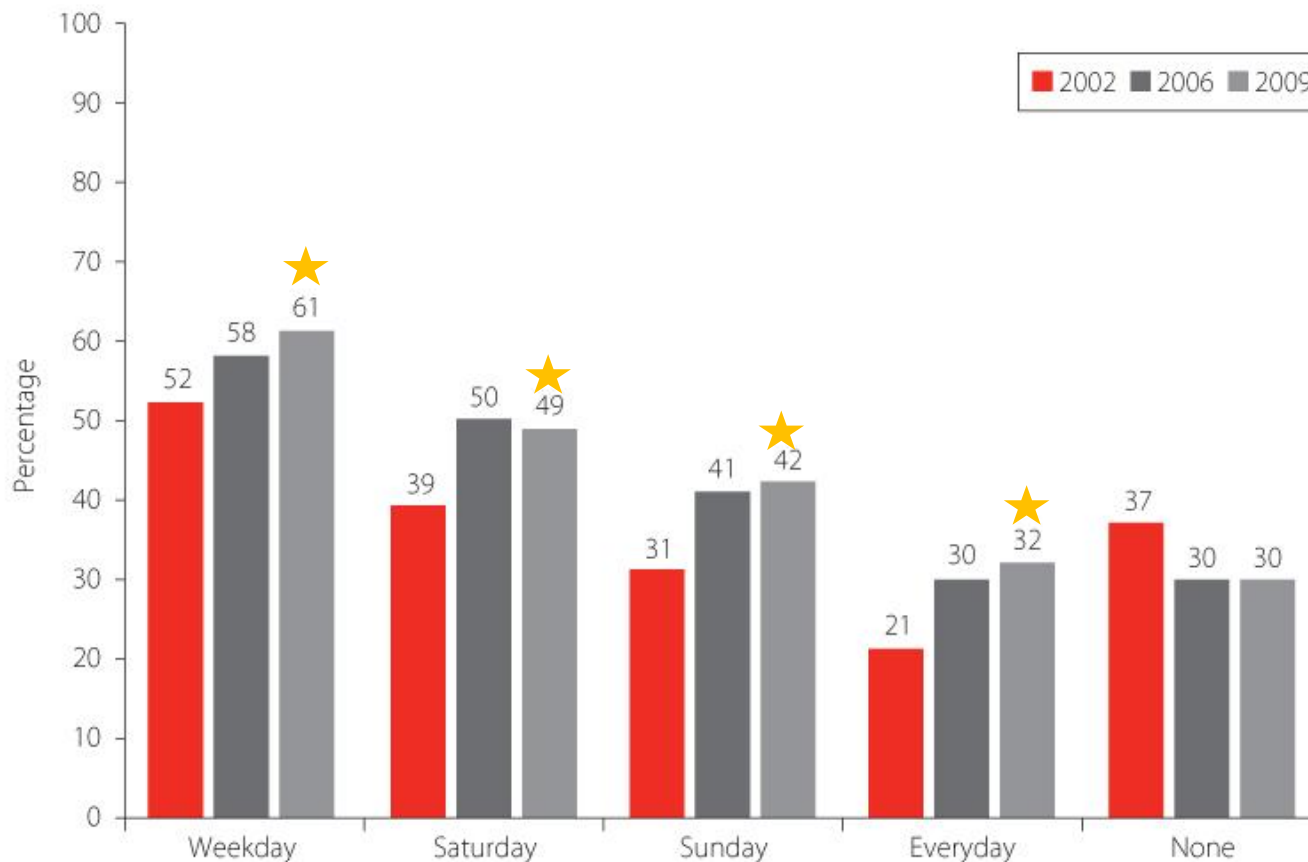


FIGURE 3.8.1: Prevalence of Habitual Incidental Physical Activity by Survey Year

★ Significant increase from 2002

Pedometer Study

PA level	Average steps		% over 10,000 steps	
	2002	2009	2002	2009
inactive	9,329	6,407 ★	54	15 ★
insufficiently active	8,913	8,061	36	24
sufficiently active	9,910	9,153 ★	50	36 ★

★ Significant decrease from 2002

Places/facilities used for PA

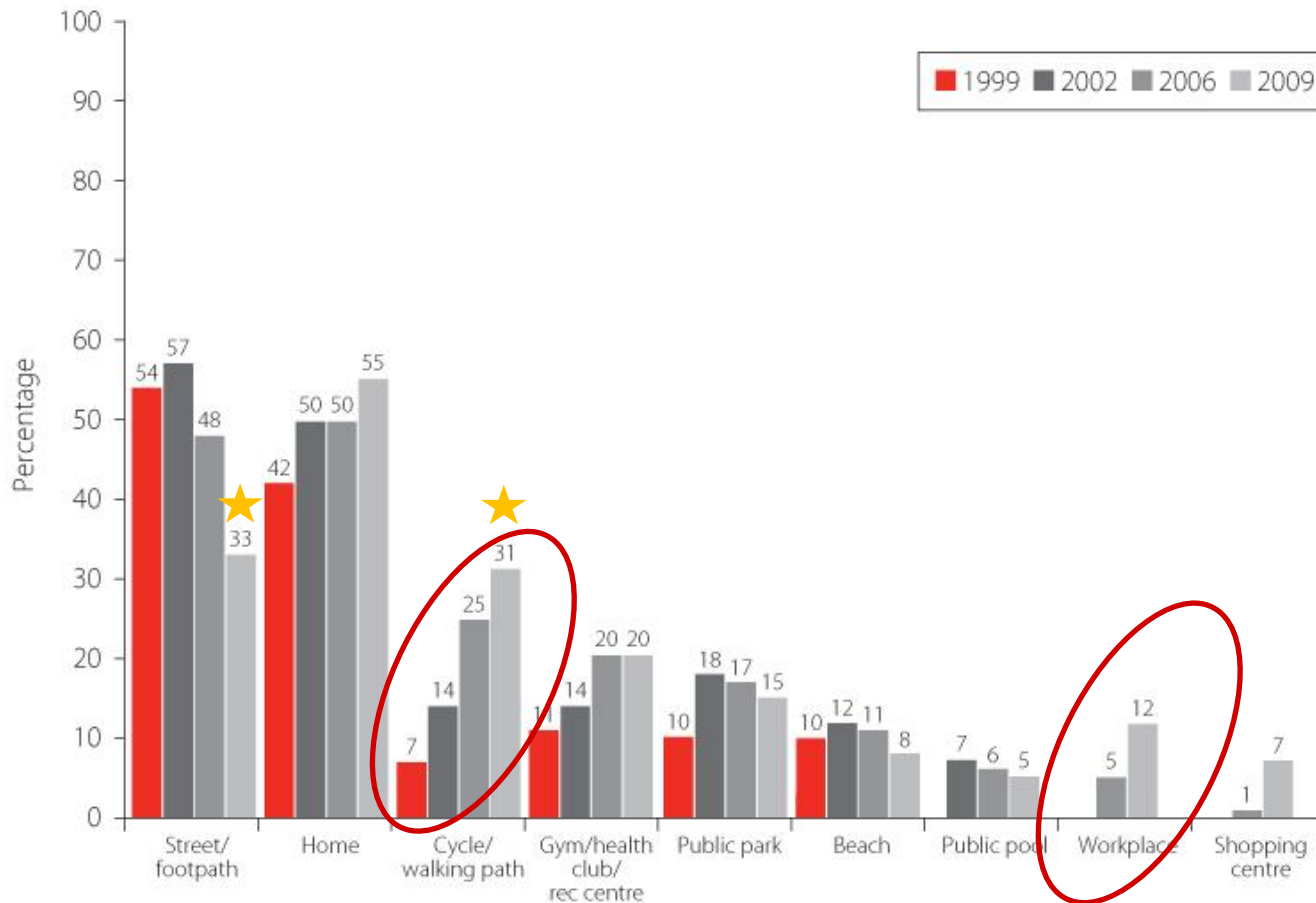


FIGURE 3.7.2c: Most Reported Facilities used for Physical Activity by Survey Year

★ Significant difference from 1999

Environmental Supports

Inactivity associated with more negative beliefs about the local neighbourhood

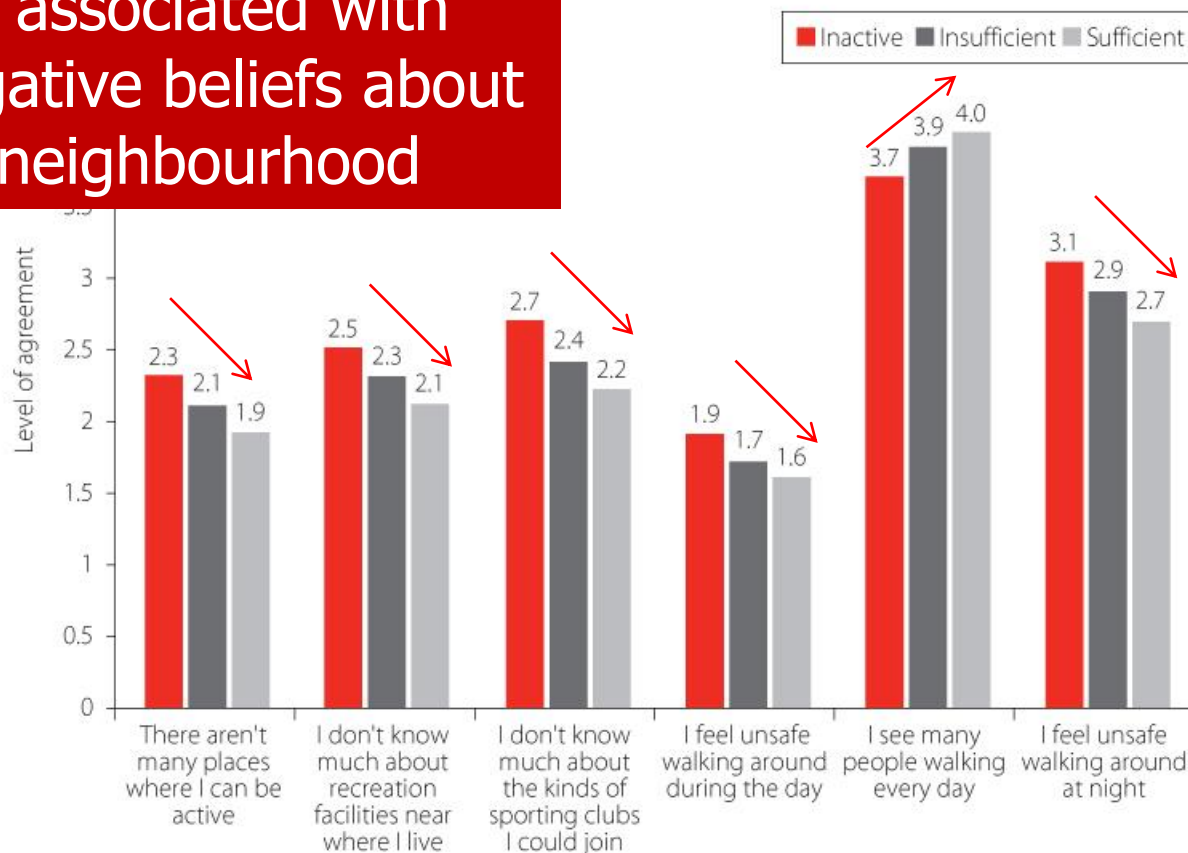


Figure 8a: Physical Activity Environmental Supports by level of physical activity

(Average level of agreement) (Inactive n=380, Insufficiently active n=913, Sufficiently active n=1998)

Other Findings to be Released

- Strength Training
- Workplace Physical Activity
- Influences on Physical Activity
 - Awareness of Messages
 - TV Viewing and Computer Use
 - Body Mass Index

A CALL TO ACTION

What next?

- Focus attention and guide discussions amongst Taskforce members and key stakeholders.
- Strategic planning within the Taskforce.
- Assist Taskforce members and stakeholders in their business planning processes.
- Facilitate a coordinated response to the physical activity findings.

Identify at risk groups

- Children and adolescents, but particularly secondary school girls.
- Older adults.
- Negative perceptions of neighbourhood
- Low socio economic areas

Identify at risk behaviours

- Inactivity.
- Movement-based video games.
- Excessive screen time.

SEDENTARY BEHAVIOUR

Work with stakeholders to enhance physical activity outcomes

- Promote benefits of habitual incidental physical activity – build in to daily routines
- Enhance the delivery of physical activity/physical education in secondary schools.
- Continue to support existing programs in primary schools – eg: FMS; FGS
- Support Health Promoting Schools Model.

Work with stakeholders to enhance physical activity outcomes

- Promote a variety of traditional and non traditional physical activities.
- Engage children and youth in physical activity through new mediums and with new products.
- Support strategies that transition children from school into community based sport, recreation and physical activity opportunities.

Work with stakeholders to enhance physical activity outcomes

- Continue to support and promote Active Transport campaigns and programs
- Advocate for accessible and connected infrastructure that supports walking and cycling for both recreation and transport
- Influence policy and strategy that impacts on the design of the built environment to support physical activity (eg: high density; mixed use developments; connected communities, public open space)

Work with stakeholders to enhance physical activity outcomes

- Promote National physical activity guidelines.
- Increase the focus on balanced, healthy lifestyle choices.
- Increase the focus on provision of physical activity opportunities for pre-school aged children.
- Promote the role community groups can play in promoting physical activity.

Work with stakeholders to enhance physical activity outcomes

- Expand promotion and support for workplace physical activity opportunities (DSR – Healthy Active Workplaces; COAG Healthy Workers Initiative)
- Investigate strategies to increase physical activity levels of older adults
- Change perceptions on community safety (Design of neighbourhoods; Nature Play)

How?

- Collect the evidence and build the case
- Identify and influence key policy across relevant portfolios
- Integrated planning
- Sustainable strategies and programs
- Case studies and best practice examples across settings and populations
- Collaboration
- Workforce development
- Strong communication
- Monitoring and Evaluation

For more information

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