

Incidental Physical Activity

Western Australians are encouraged to incorporate physical activity into their daily activities or chores as all activity is beneficial to health. Incidental physical activities are physical activities performed for less than 10 minutes that are undertaken as part of carrying out normal daily chores.¹ These include walking or cycling instead of driving a short distance, climbing the stairs instead of using the lift or escalator, parking vehicle farther away or walking the dog.

The information in this fact sheet is from the *Western Australian Adult Physical Activity Survey* which collected information on these four specific physical activity behaviours.

PARTICIPATION IN INCIDENTAL PHYSICAL ACTIVITY

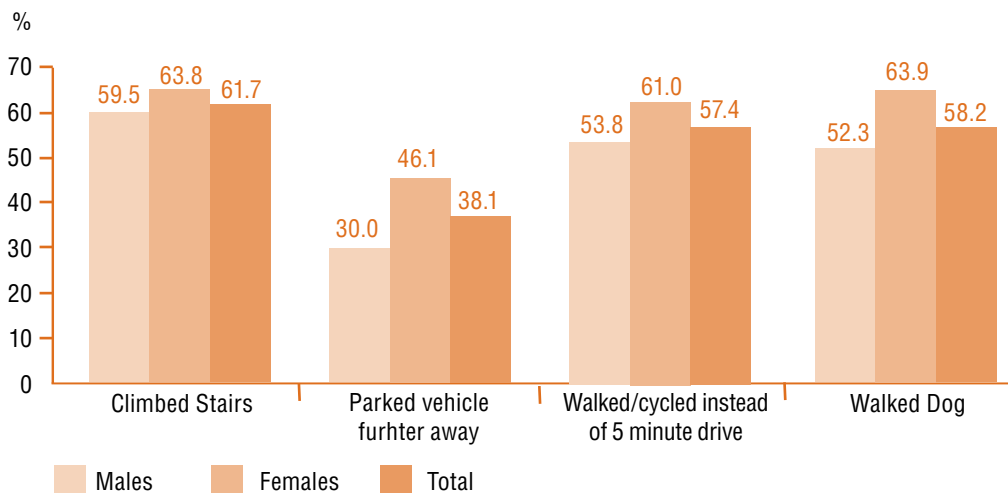
In 2006, 70.1% of Western Australian adults participated in at least one of the four incidental physical activity behaviours surveyed.²

In 2006, 61.7% of Western Australians aged 18 years and over climbed the stairs instead of using the lift or escalator, 58.2% walked the dog and 57.4% walked or cycled instead of a five-minute drive. In comparison, a lower proportion (38.1%) parked their vehicle farther from their destination.³

INCIDENTAL PHYSICAL ACTIVITY BY SEX⁴

In 2006 participation in all four incidental physical activity behaviours surveyed was higher among women than men.

Incidental physical activity by sex: Western Australians aged 18 years and over – 2006

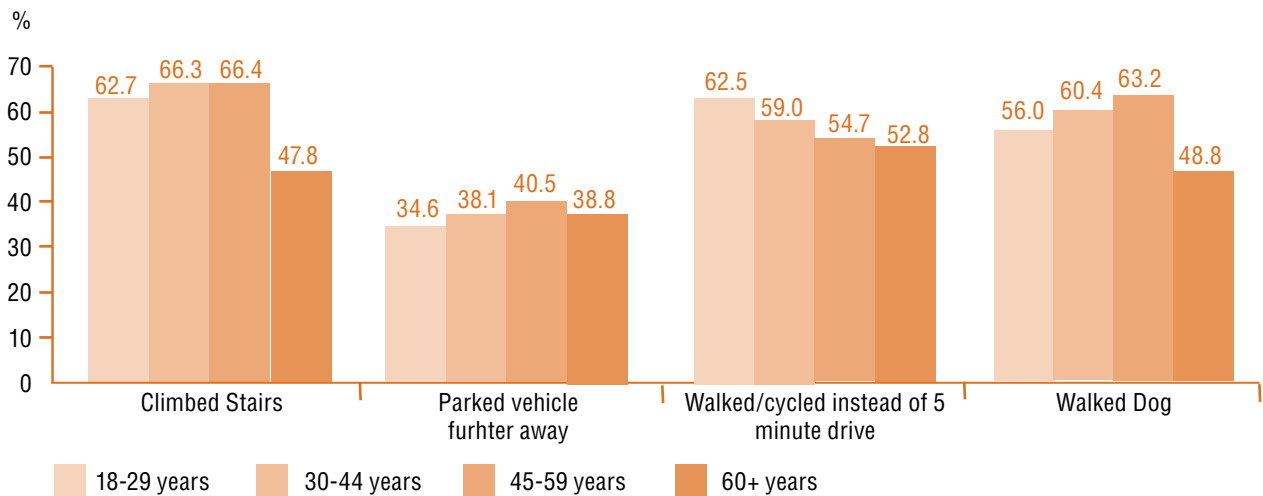


INCIDENTAL PHYSICAL ACTIVITY BY AGE⁵

In 2006:

- People aged 60 years and over were much less likely than those in other age groups to climb the stairs, walk/cycle instead of a five-minute drive and to walk the dog;
- The proportion of Western Australian adults who walked or cycled instead of a five-minute drive declined with age; and
- People aged 45-49 years were the most likely to walk the dog and to park their vehicle farther away.

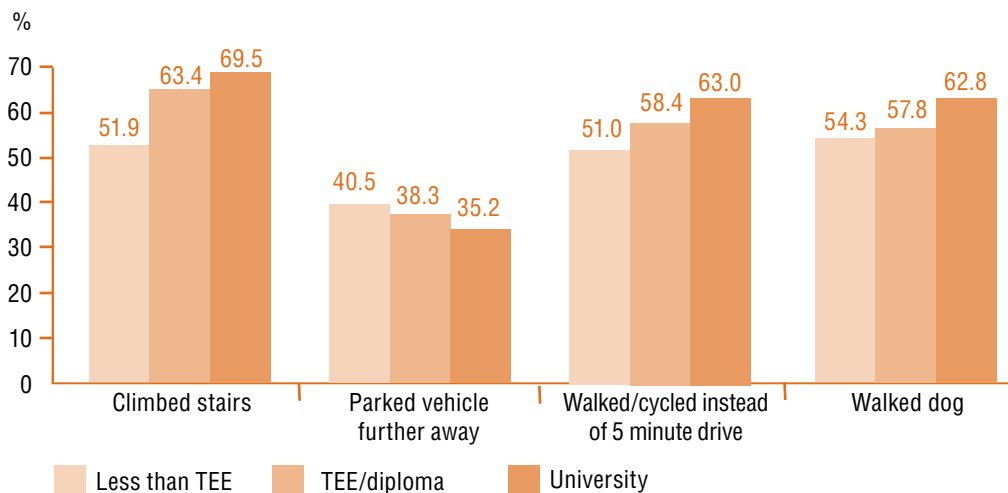
Incidental physical activity by age: Western Australia – 2006



INCIDENTAL PHYSICAL ACTIVITY BY EDUCATION⁶

In 2006, the proportion who climbed the stairs, walked/ cycled instead of five-minute drive or walked the dog increased with level of education. However, the proportion who parked their vehicle farther away decreased with level of education.

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

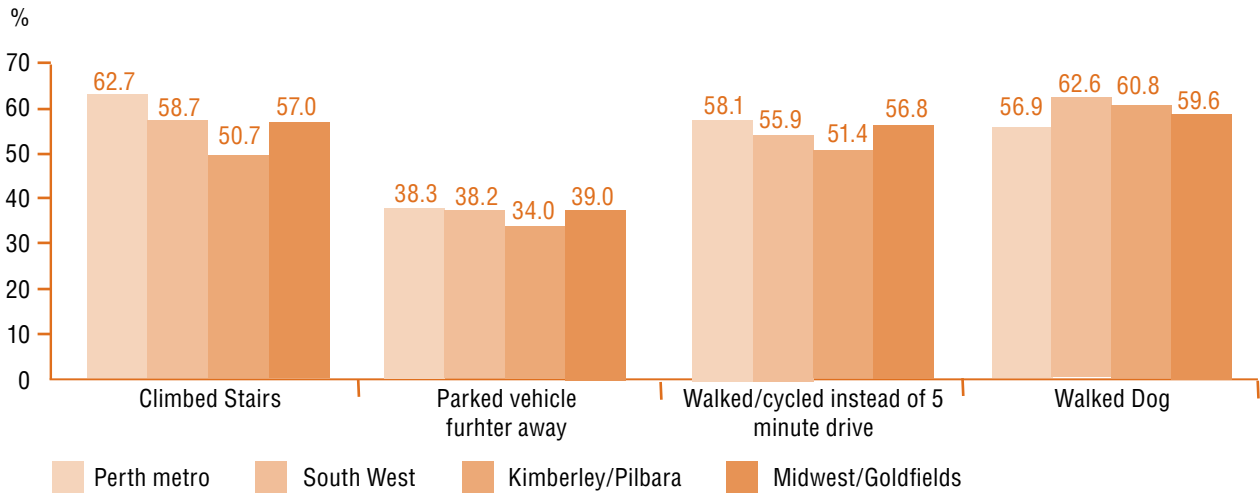


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INCIDENTAL PHYSICAL ACTIVITY BY REGION⁷

In 2006, people living in Perth were more likely than those in other regions to climb the stairs or walk/ cycle instead of a five-minute drive. People living in the South West were the most likely to walk the dog (62.6%).

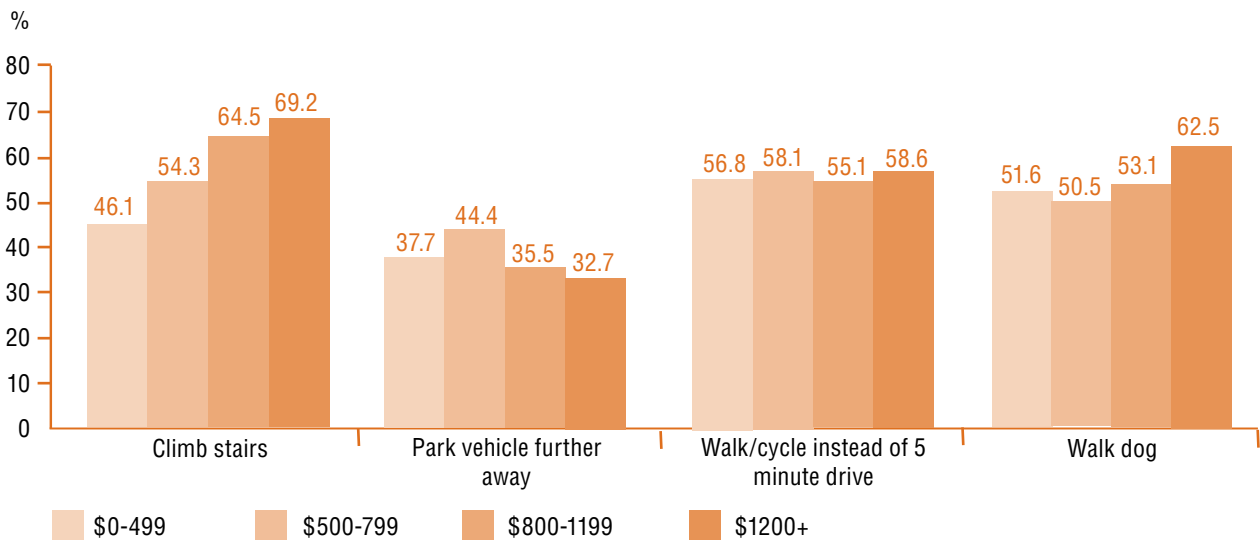
Incidental physical activity by region: Western Australians aged 18 years and over – 2006



INCIDENTAL PHYSICAL ACTIVITY BY INCOME⁸

In 2006, people with the highest weekly net household income (\$1,200 or more) were the most likely to climb the stairs and to take their dog for a walk.

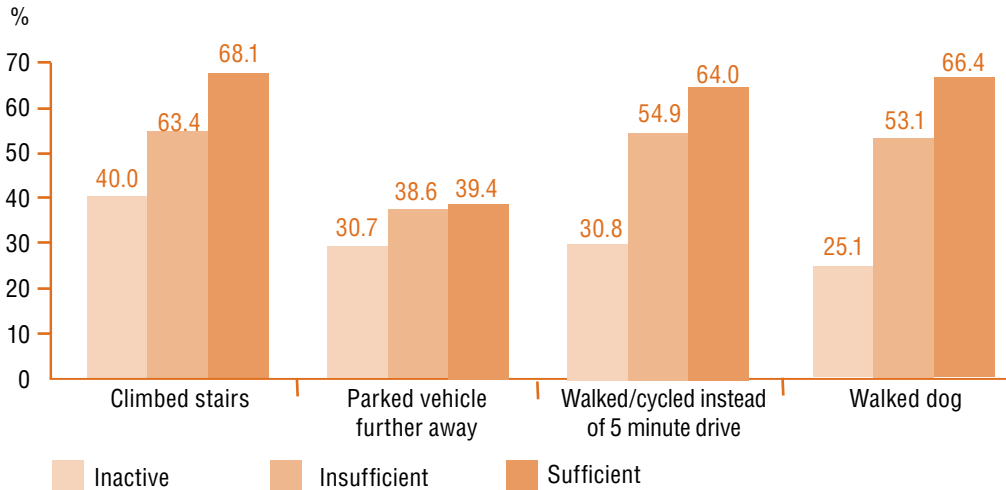
Incidental physical activity by weekly net household income: Western Australians aged 18 years and over – 2006



INCIDENTAL PHYSICAL ACTIVITY BY PHYSICAL ACTIVITY LEVEL⁹

In 2006, people with the highest household participation in all four incidental physical activity behaviours increased with increasing physical activity levels.

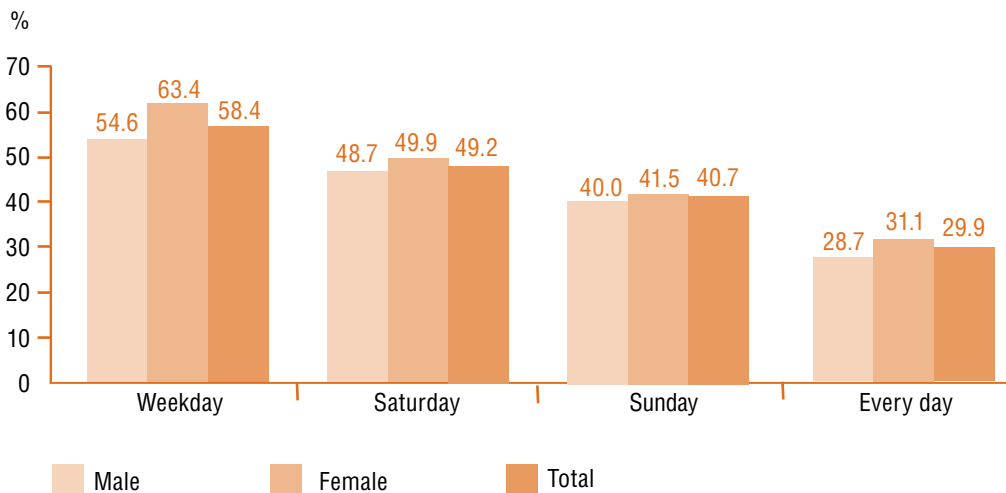
Incidental physical activity by physical activity level: Western Australians aged 18 years and over – 2006



DAY OF THE WEEK¹⁰

In 2006, participation of Western Australians aged 18 years and over in incidental physical activity was highest on weekdays (58.5%). On all days of the week, participation in incidental physical activity was higher for women than men.

Habitual physical activity by day of week by sex: Western Australians aged 18 years and over – 2006¹¹



In 2006 participation in incidental physical activity on all days of the week:

- Declined with age; and
- Increased with level of education.

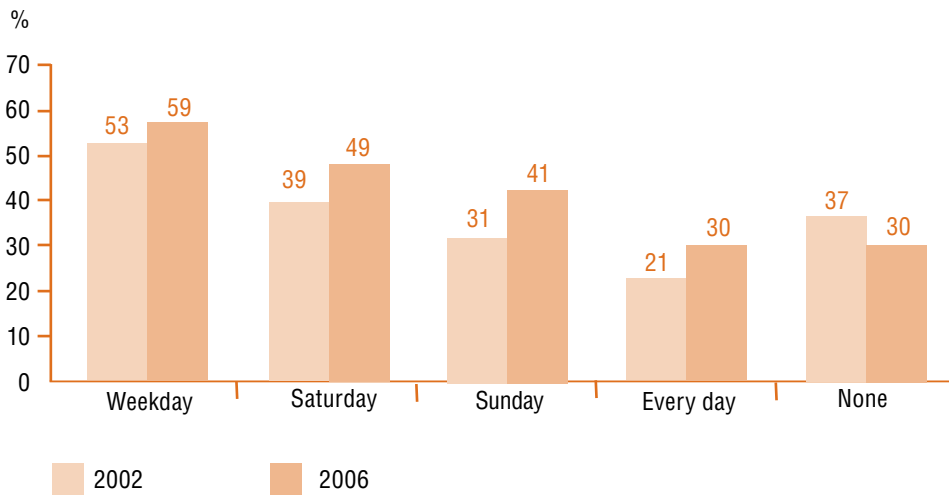
In 2006:

- Students were the most likely to have participated in incidental physical activity on all days of the week and every day;
- Blue collar workers were the least likely to have participated in incidental physical activity on weekdays and they also had lower participation than all adults on weekends and everyday; and
- Retired people were the least likely to have participated in incidental physical activity on Saturdays, Sundays or every day.

CHANGES OVER TIME¹²

Participation in incidental physical activity on all days of the week increased between 2002 and 2006.

Habitual physical activity by day of week: Western Australians aged 18 years and over, 2002 – 2006



FOOTNOTES

1. 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. p64.
2. Ibid. Unpublished data.
3. Ibid. p41.
4. Ibid. p41.
5. Ibid. p41.
6. Ibid. p41.
7. Ibid. p41.
8. Ibid. p41.
9. Ibid. p41.
10. Ibid. p37.
11. Ibid. p37.
12. Ibid. p37.