

2002 Adults Physical Activity Survey

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Department of Health



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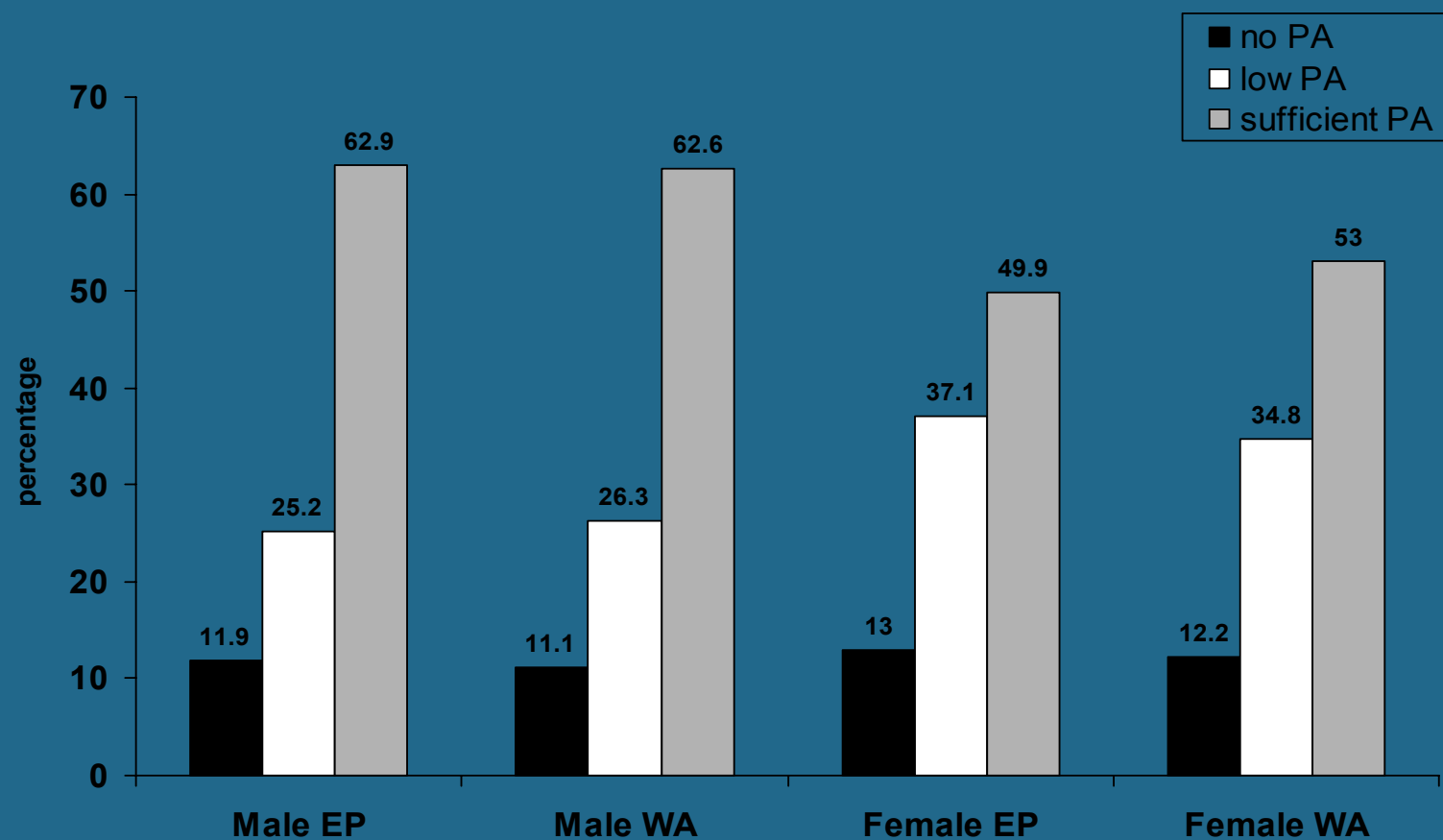
Department of
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1999 Physical Activity Levels of Western Australian Adults

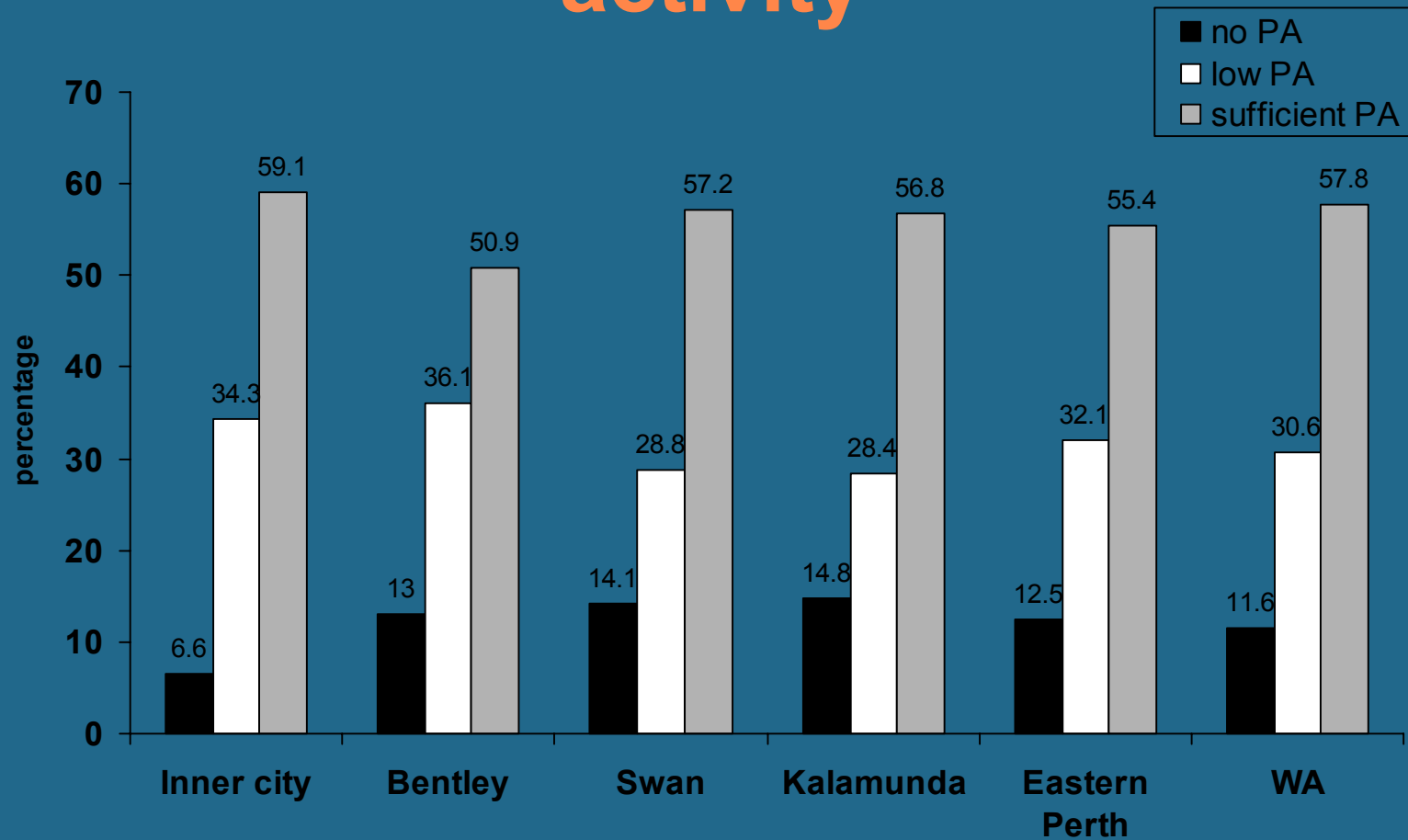
- Active Australia core plus additional Q's
- Data collection - November 1999
- Telephone white pages survey (CATI)
- Self reported behaviour
- 18 years and over



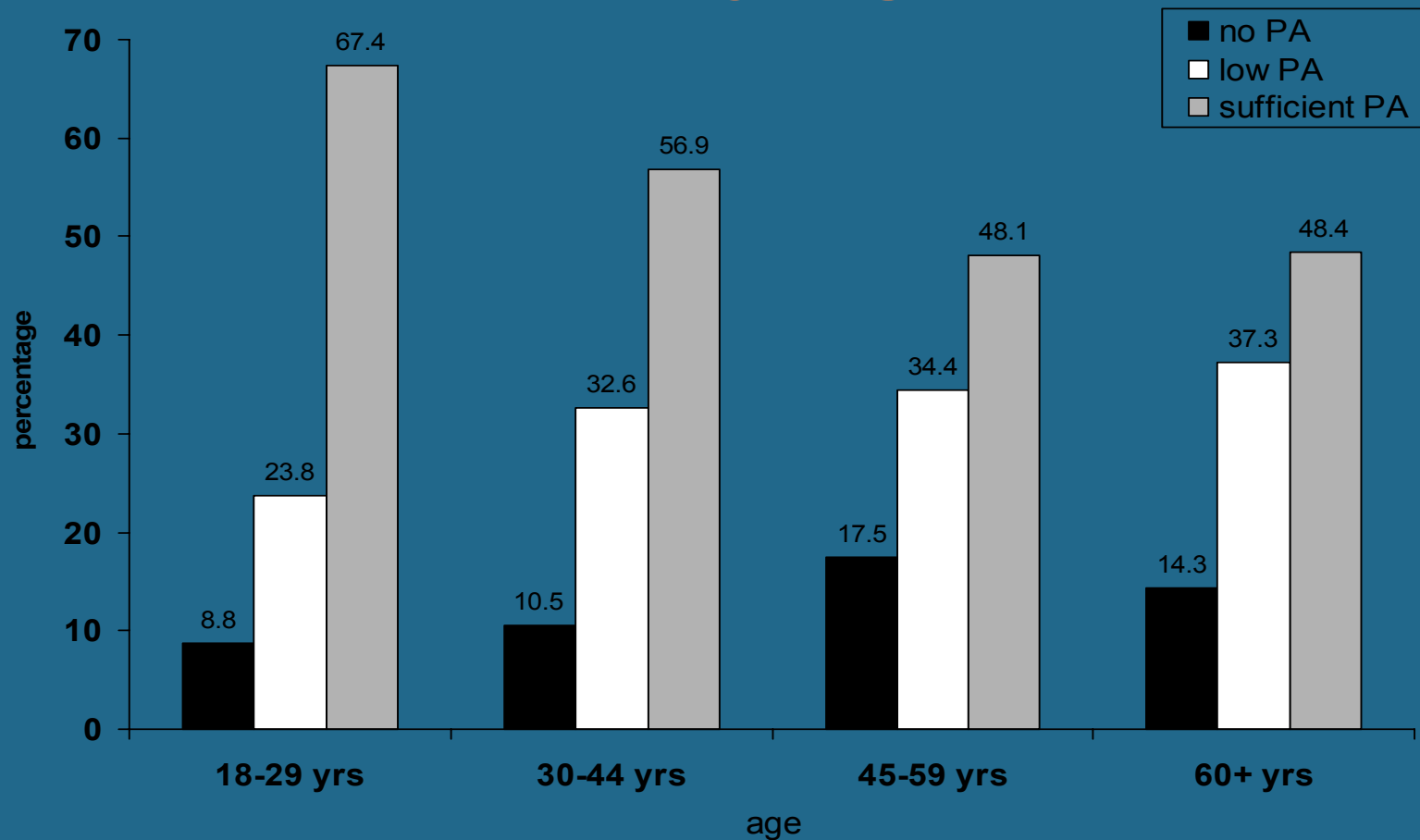
East Metro: Physical activity prevalence by gender for Eastern Perth and WA



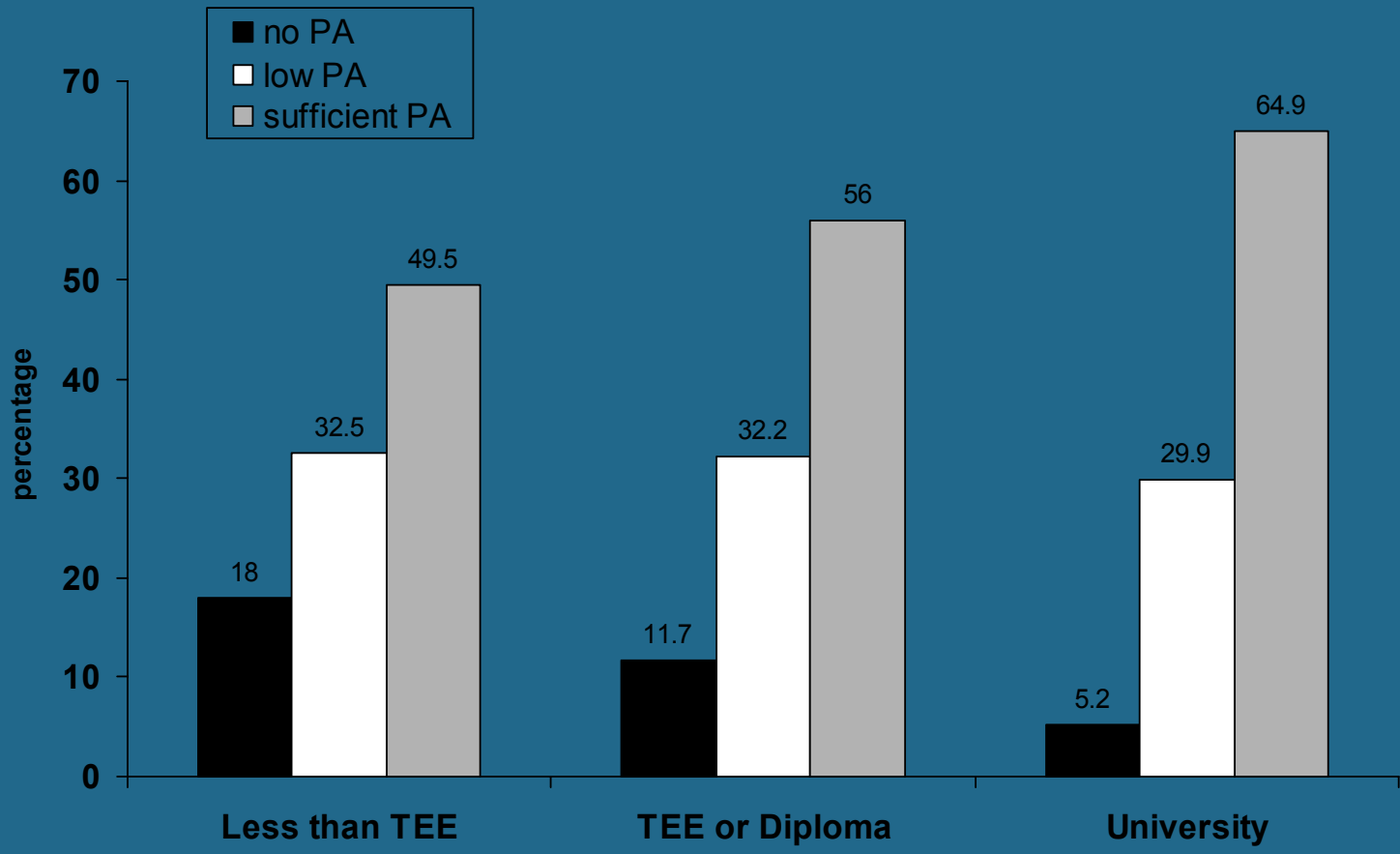
East Metro: Sufficient Physical activity



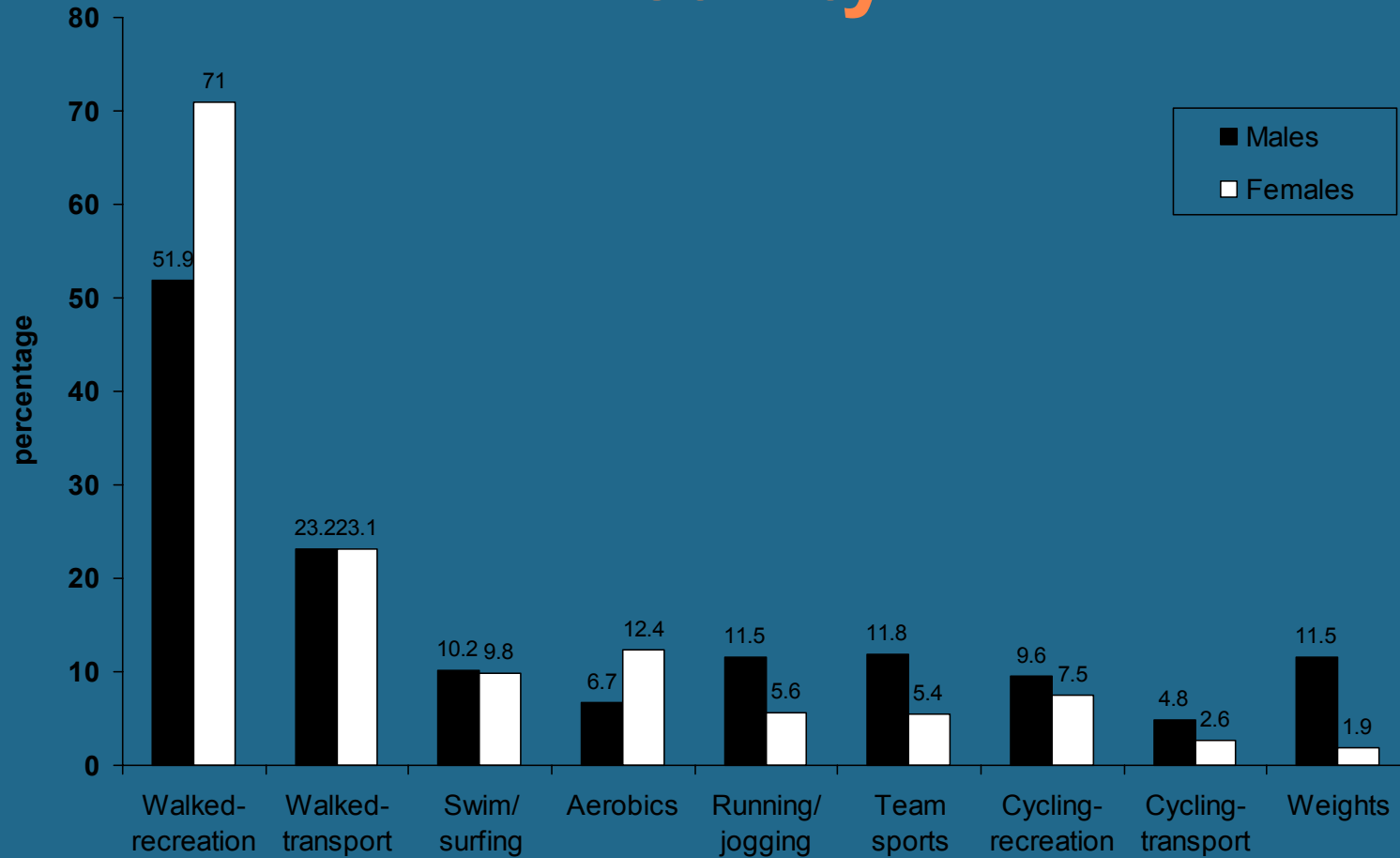
East Metro: Physical Activity Prevalence by Age Group



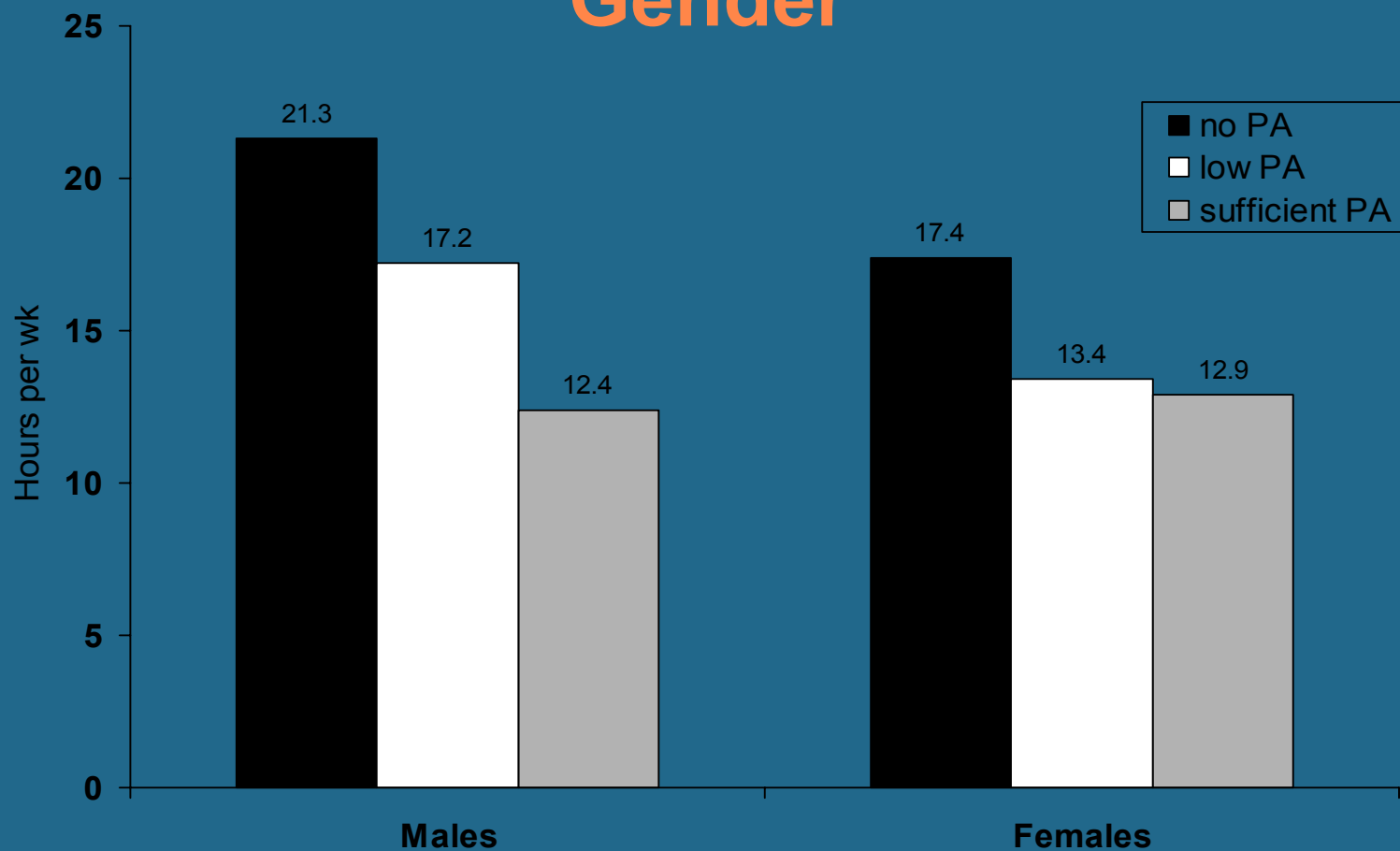
East Metro: Physical Activity Level by Education



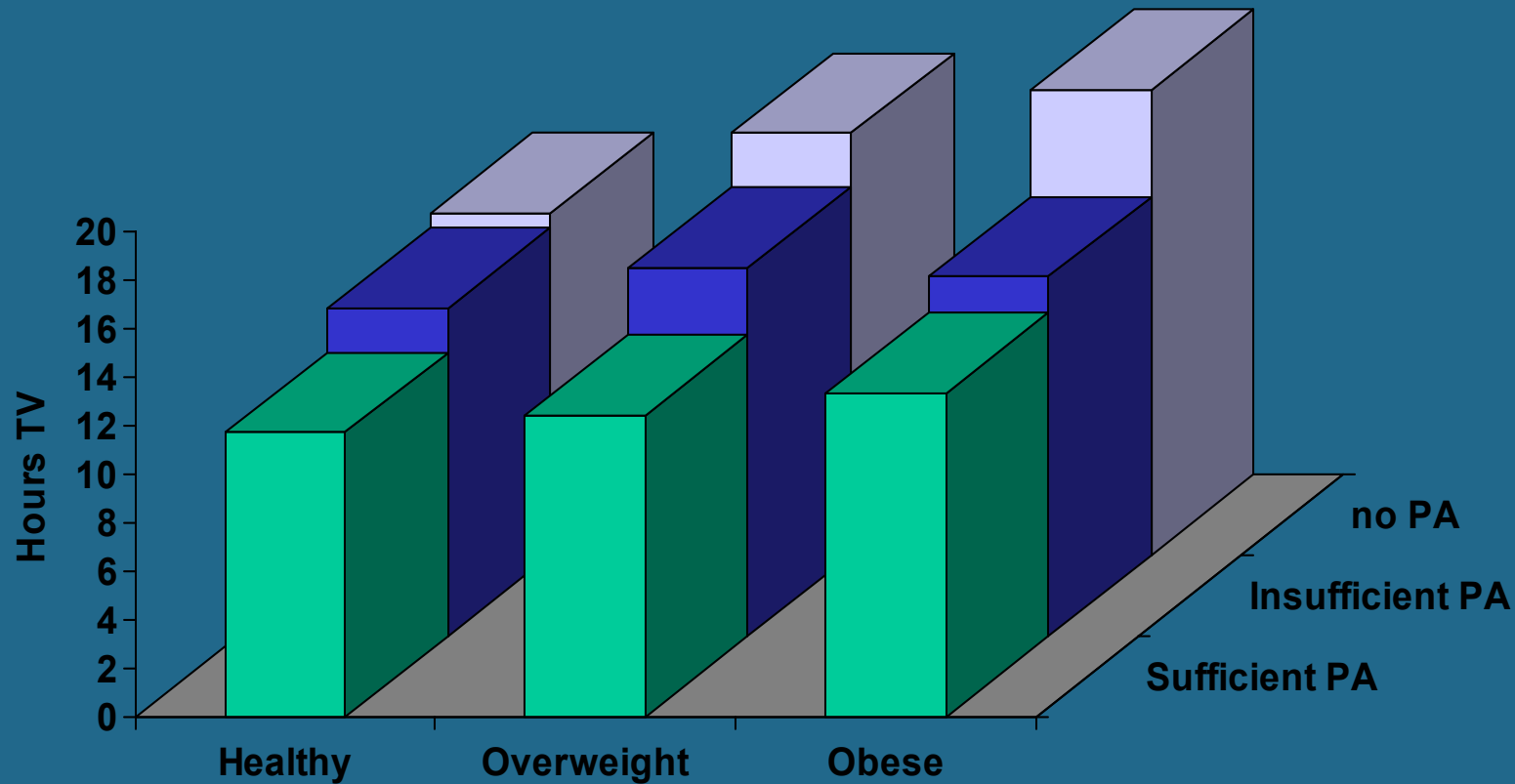
East Metro: Prevalence of types of Activity



East Metro: Television or Computer Use for each Physical Activity Level by Gender



TV Hours by BMI and Sufficient Physical Activity





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Research Issues

- No gold standard for PA measurement
- Measure frequency, duration, intensity & type of PA
- Recreational versus incidental PA
- Self report versus pedometer
- Moderate or vigorous
- Definition of Sufficient PA
- Seasonality

Total PA = Recreational + Incidental



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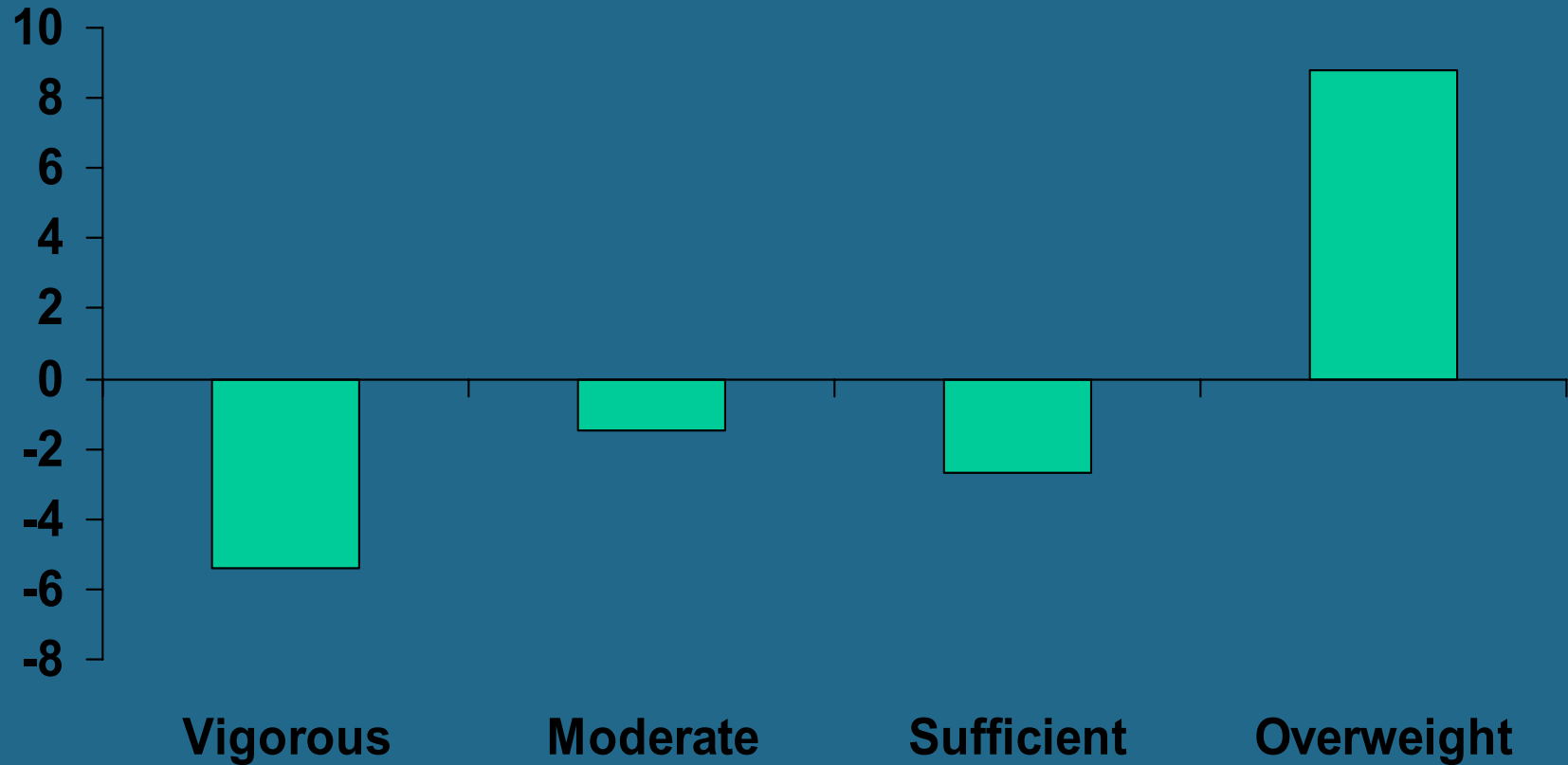


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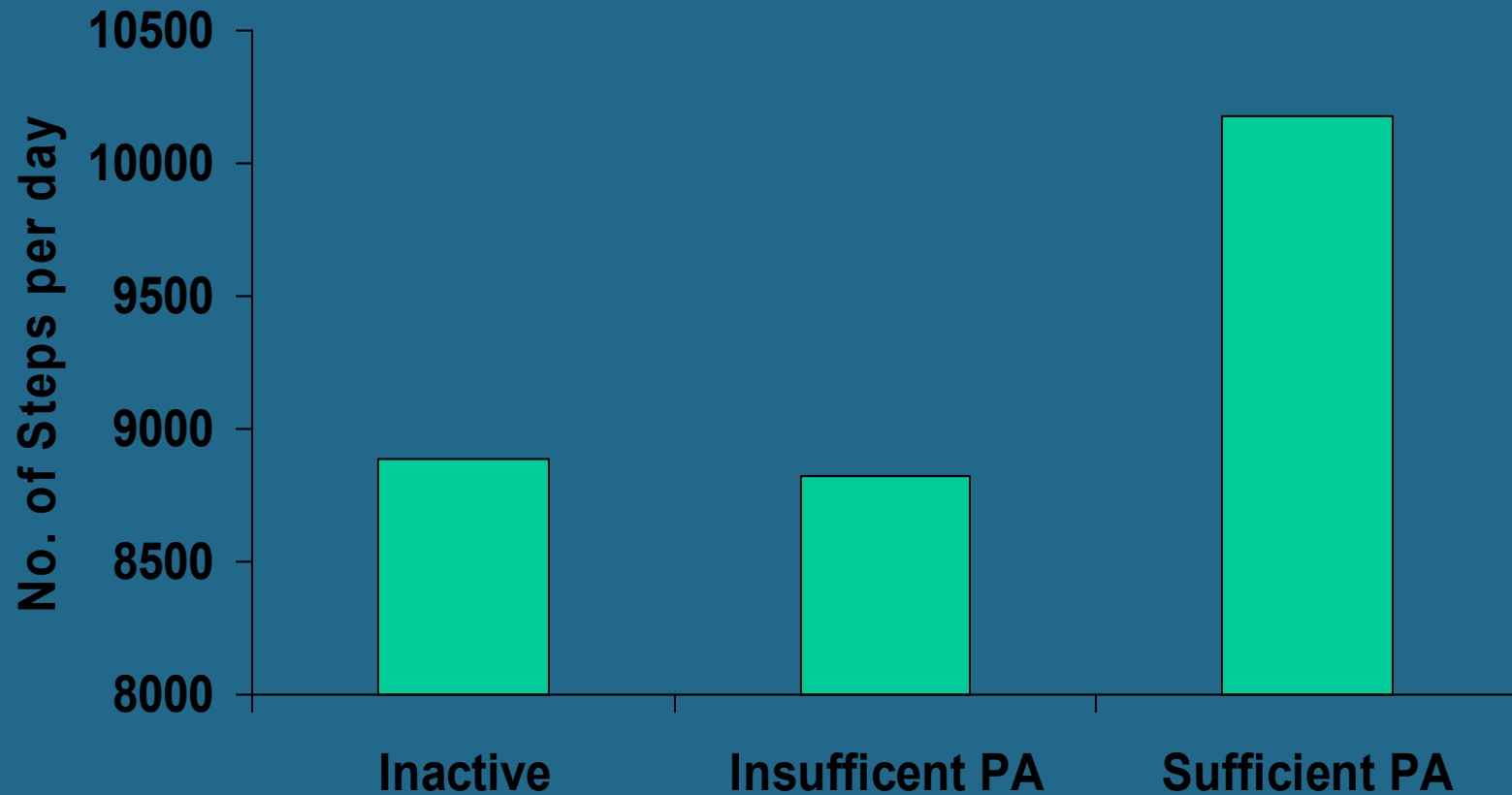
2002 Physical Activity Levels of Western Australian Adults

- Active Australia core plus additional Q's
- Data collection - November 1999
- Telephone white pages survey (CATI)
- Self reported behaviour
- Pedometer survey on subgroup

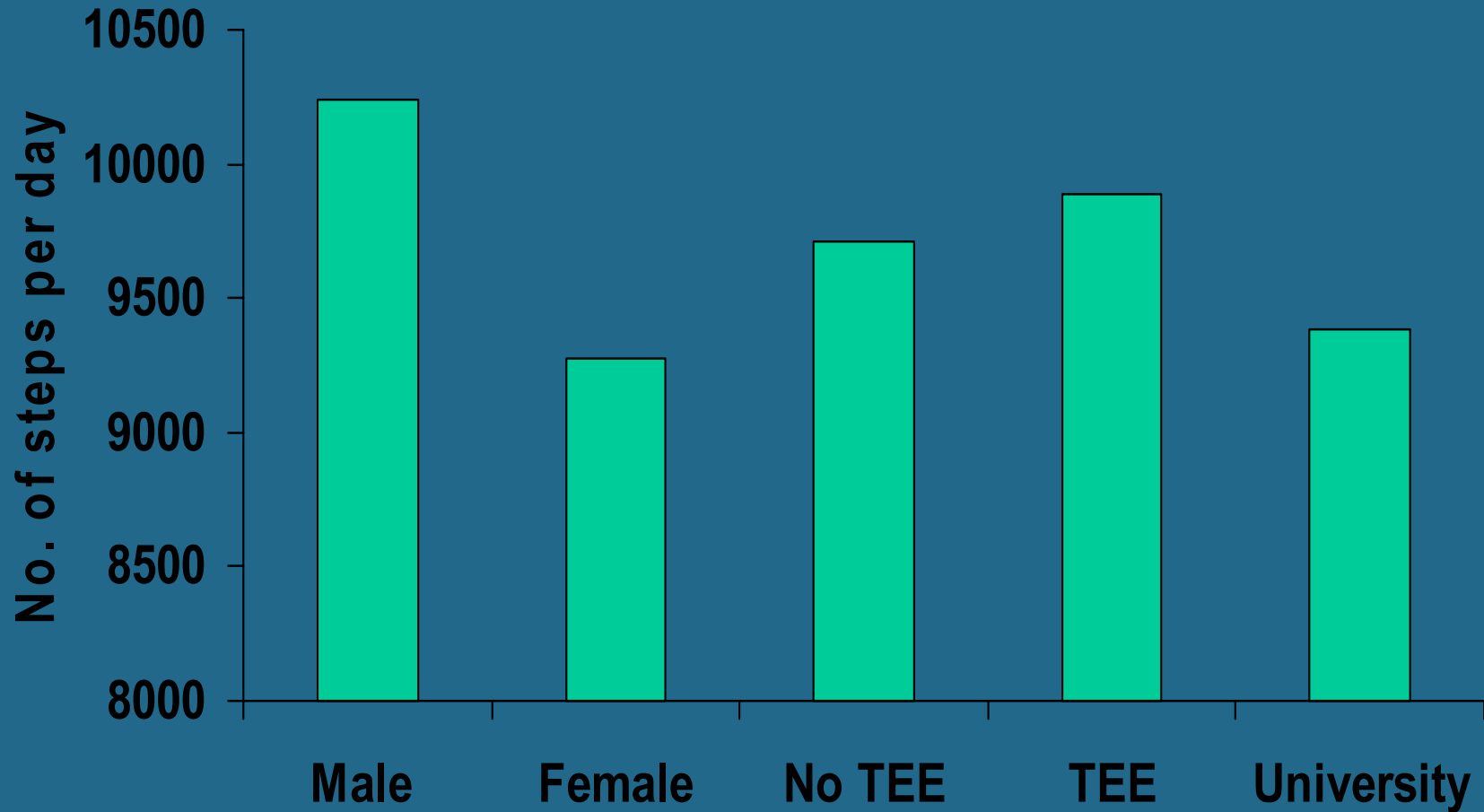
Changes from 1999 to 2002



Pedometer comparison with Self Report PA



Pedometer Results (cont)



PA Taskforce/ DOH Research Agenda

- 2002 Adults Survey
- 2003 Children's Survey
- Campaign evaluation (inc. tracking)
- Formative research of specific target groups

2003 Children's Physical Activity Survey

- Physical activity, nutrition & body weight
- 32 schools, 2,900 children
- School years 3, 5, 7, 8, 10 & 11
- 24 metro & 8 country
- Conducted in the Spring (September-Nov.)
- PA questions same as for national survey
- Results early 2004

