

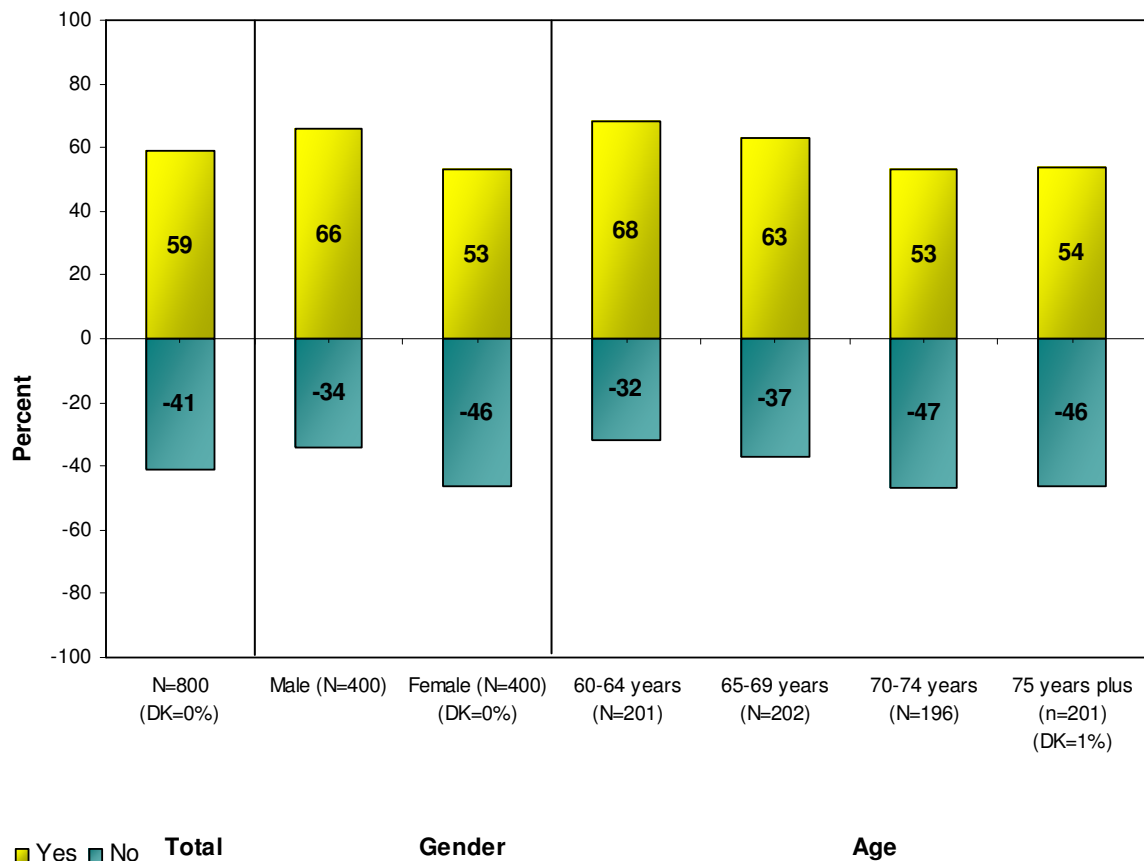
7.0 PHYSICAL ACTIVITY

Prior to asking questions about participation in physical activity in the last 12 months all respondents were read out some examples of what was meant by “physical activity”.⁶

7.1 PARTICIPATION IN PHYSICAL ACTIVITY IN THE LAST 12 MONTHS

As shown in Figure 7.1 below, 59% of respondents had participated in physical activity *outside their home and by themselves* during the last 12 months. These respondents were significantly more likely to be men, compared to women, and aged 60 to 64 years, when compared to older respondents (70 years and over).

Figure 7.1 Participate in any physical activity outside home alone – last 12 months?
(Question CQ1)
(BASE: All Respondents)



*Note: DK = Don't know / Can't remember.

⁶ “The following questions are about any physical activities or sports that you have participated in, during the last **12 months**. For example: walking; jogging; lawn bowls; tennis etc.”

The following other sub-groups were significantly more likely to have participated in physical activity *outside their home and by themselves* in the last 12 months:

- those who earning over \$400 *net* per fortnight
- those with “excellent” or “good” health
- respondents who rated their mobility to be *at least* “fair” and
- those who had done voluntary work or were doing both unpaid and paid work.

Table 7.1 summarises the number of hours per month that respondents participated in physical activity *outside their home and by themselves*. Over half (56%) had done this type of physical activity for “more than 15 hours” a month, with a significantly larger proportion of men indicating they participated in physical activity for this amount of time. Women were significantly more likely to indicate they participated in these activities for “more than 10 and up to 15 hours” per month. Respondents aged 65 to 69 years were significantly more likely to specify “more than 1 hour and up to 3 hours” as the amount of time per month that they had participated in physical activity *outside their home and by themselves*.

Table 7.1 Hours Participate in Physical Activity Alone per month?
(Question CQ2)
(BASE: Yes, participate in physical activity outside home by yourself)

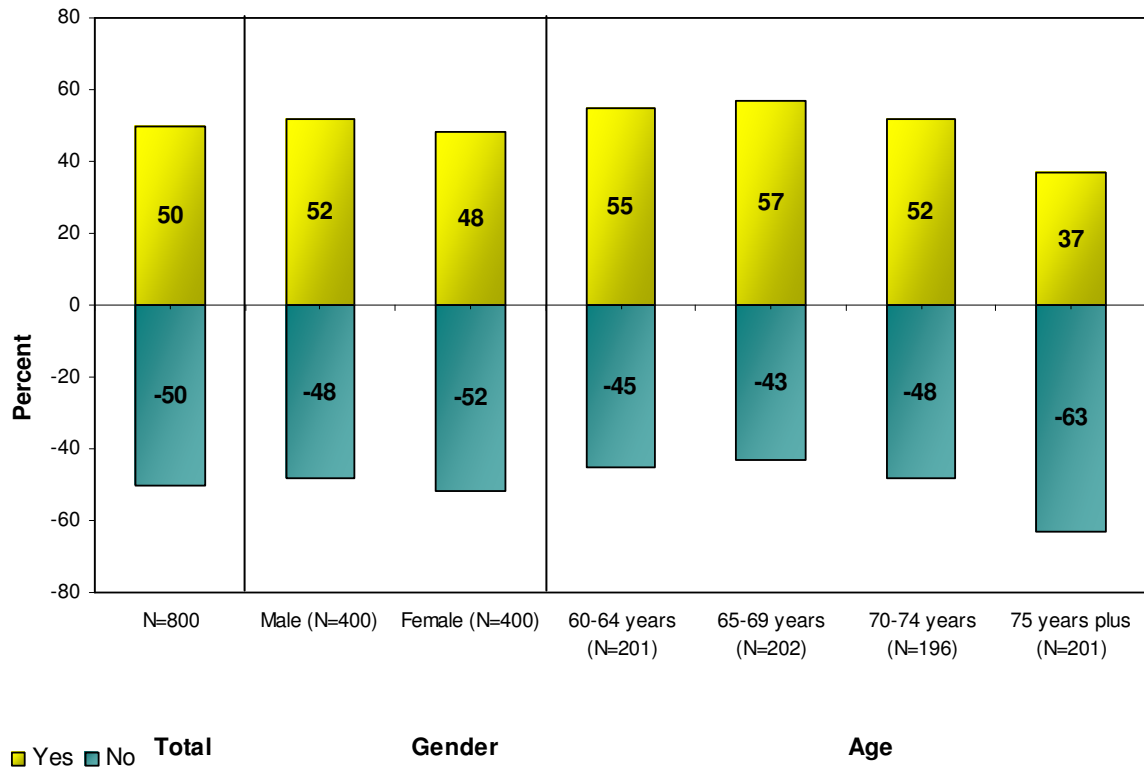
	TOTAL N=474 %	GENDER		AGE GROUPS			
		Male N=257 %	Female N=217 %	60-64yrs N=133 %	65-69yrs N=126 %	70-74yrs N=106 %	75+yrs N=109 %
Up to one hour	1	1	1	1	2	1	2
More than 1 hour and up to 3 hours	4	3	5	1	7	1	8
More than 3 hours and up to 7 hours	10	9	11	10	5	9	16
More than 7 hours and up to 10 hours	11	9	14	10	11	13	13
More than 10 hours and up to 15 hours	16	10	22	13	14	18	18
More than 15 hours	56	67	45	63	59	58	43
Don't know/Can't remember	1	1	2	2	2	-	-
TOTAL*	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

Finally, a significantly larger proportion of older respondents (75 years and over) had participated in this type of physical activity for “more than 3 hours and up to 7 hours” a month, compared to the proportion aged 65 to 69 years. The only other significant difference worth noting was that those with “excellent” health were more likely to participate for “more than 15 hours” per month.

As shown in Figure 7.2, half (50%) of respondents had participated in physical activity *outside their home with other people* in the last 12 months. These respondents were significantly more likely to be aged 60 to 69 years.

Figure 7.2 Participate in physical activity outside with other people – last 12 months? (Question CQ3)
(BASE: All Respondents)



The following other sub-groups were significantly more likely to have participated in physical activity *outside their home and with other people* in the last 12 months:

- respondents who were married or in a defacto relationship
- those living with one other person (when compared to those living alone)
- respondents who were “very” or “fairly” happy in their current life stage
- those with “excellent or “good” health
- respondents who rated their mobility to be *at least* “fair” and
- those who did voluntary work or both voluntary and paid work.

As outlined in Table 7.2, 50% of respondents who had participated in physical activity *outside their home with other people* reported they did so for “more than 15 hours” a month. Men were significantly more likely to participate in this type of physical activity for “more than 15 hours” a month, while women were significantly more likely to do so for “more than 7 hours and up to 10 hours” a month. A significantly larger proportion of respondents aged 60 to 64 years, when compared to those aged 70 years and over, indicated they did physical activity *outside their home with other people* for “more than 10 hours and up to 15 hours” a month.

Table 7.2 Hours Participate in Physical Activity with other People per Month?
(Question CQ4)
(BASE: Participate in physical activity outside with other people)

	TOTAL N=408 %	Gender		AGE GROUPS			
		Male N=212 %	Female N=196 %	60-64yrs N=114 %	65-69yrs N=115 %	70-74yrs N=103 %	75+yrs N=76 %
Up to one hour	3	2	3	1	6	2	3
More than 1 hour and up to 3 hours	5	5	5	7	5	4	3
More than 3 hours and up to 7 hours	13	11	16	15	13	12	14
More than 7 hours and up to 10 hours	13	10	15	9	14	18	10
More than 10 hours and up to 15 hours	15	13	17	20	15	11	14
More than 15 hours	50	57	42	47	46	52	56
Don't know/Can't remember	2	1	2	2	1	2	2
TOTAL*	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

Other sub-groups who were significantly more likely to have participated in physical activity *outside their home and with other people* for “more than 15 hours” per month included:

- respondents who were married or in a defacto relationship
- those living with one other person (compared to those living alone)
- respondents with “fair” health (compared to those with good health)
- those who did voluntary work
- those who did neither paid nor unpaid work.

7.2 BARRIERS TO PARTICIPATING IN PHYSICAL ACTIVITY

In total 19% (N=146) of respondents had *not* participated in any form of physical activity in the last 12 months. As shown in Table 7.3, the most common reason why respondents had not done any physical activity was because of “poor health” or being “disabled”, mentioned by 58% of respondents. The next most frequently mentioned reasons were “not enough time/other commitments” (24%), “age” (19%) and “not interested in doing physical activity” (16%).

A significantly larger proportion of older respondents (70 years and over) indicated “age” was a barrier to doing physical activity, while those aged 65 to 69 years were significantly more likely to specify “not enough time/other commitments” compared to respondents aged 75 years and over.

Table 7.3 Reasons Haven't Participated in Physical Activity in past 12 Months?
(Question CQ5)
(BASE: Haven't Participated in Physical Activity in past 12 Months)

	TOTAL	Gender		AGE GROUPS			
	N=146 %	Male N=58 %	Female N=88 %	60-64yrs N=27 %	65-69yrs N=31 %	70-74yrs N=35 %	75+yrs N=53 %
Poor health/disabled	58	53	61	55	52	57	63
Not enough time/other commitments	24	19	26	44	32	17	15
Age	19	26	16	8	3	20	31
Not interested in doing physical activity	16	22	13	14	23	19	12
Too frail	11	5	13	11	7	10	13
No transport	4	-	5	-	-	7	5
Haven't thought about it/don't know	3	3	3	-	6	-	5
Don't feel that I need it	3	4	3	5	6	-	3
No one to do it with	1	-	1	-	-	-	1
Other	4	2	6	-	-	10	5

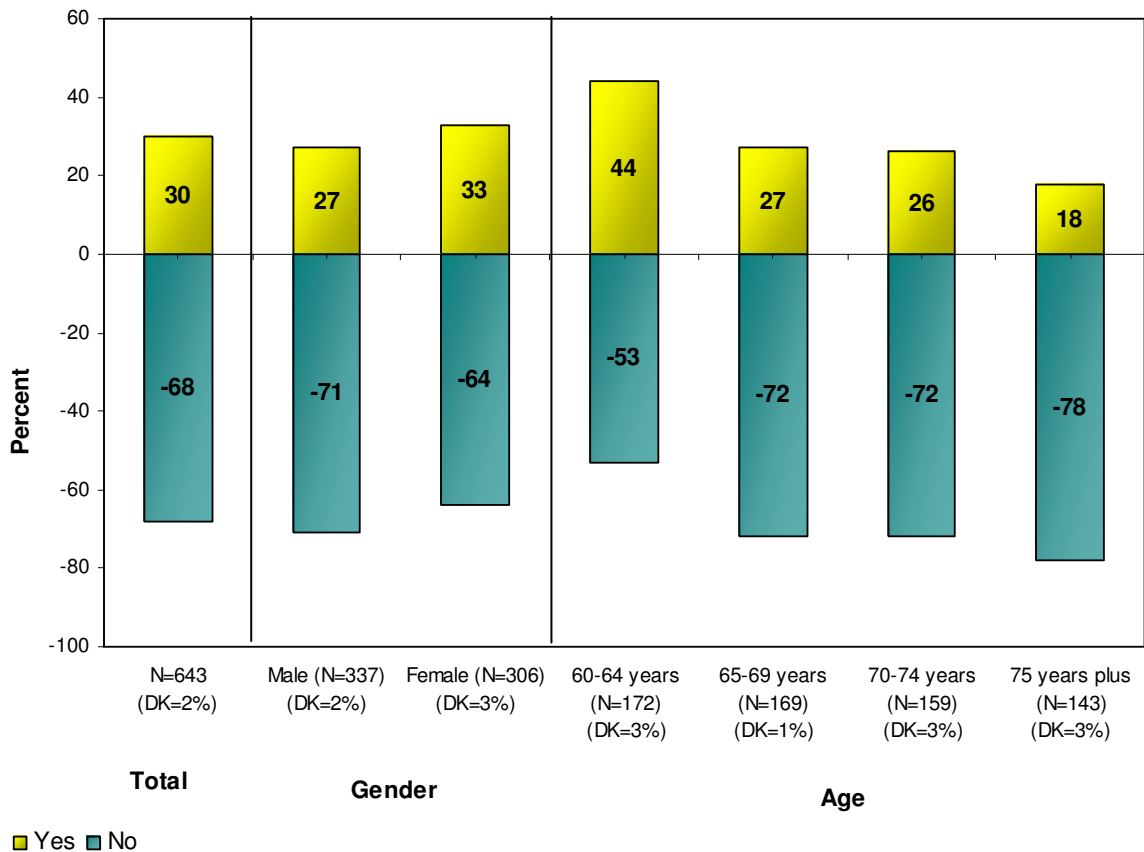
* Totals may not equal 100% due to multiple responses.

Other statistically significant differences found included:

- Country respondents were significantly more likely to mention “don't feel I need it” as the reason they had not participated in physical activity.
- Those who were married or in a defacto relationship were significantly more likely to indicate time was a barrier to participation (compared to those widowed).
- The reason “poor health/disabled” was significantly more likely to be mentioned by respondents with “fair” or “poor” mobility.

As presented in Figure 7.3, 30% of respondents who had done some physical activity in the last 12 months reported that they would like to do physical activity more often. This equates to 182 respondents who would like to do more physical activity and they were significantly more likely to be women and aged 60 to 64 years.

Figure 7.3 Like to participate in physical activity more often?
 (Question CQ6A)
 (BASE: Those who participated in some physical activity in the last 12 months)



*Note: DK = Not sure / Don't know / haven't thought about it.

The following other sub-groups were significantly more likely to be interested in doing more physical activity:

- those earning \$800 *net* or more per fortnight
- respondents who were divorced or separated
- those who were “fairly neutral” about their current life stage
- respondents with “fair” mobility (compared to those with “good” mobility) and
- those who did paid work or who did both paid and unpaid work.

Table 7.4 summarises the reasons why respondents do not participate in physical activity more often even though they would like to. A lack of time was the most common barrier mentioned by 49% of respondents, followed by 38% of respondents who mentioned “health restrictions/disabilities” prevented them from participating more often. Such health restrictions were significantly more likely to be mentioned by women and respondents aged 65-74 years (compared to those aged 60 to 64 years). Younger seniors (60 to 64 years) were significantly more likely to mention that they did “not [have] enough time” or had “other commitments” and therefore could not participate in physical activity as often as they would like to.

Table 7.4 Stopping you from Participating in more Physical Activity? (Question CQ6B) (BASE: Yes, would like to Participate in Physical Activity more often)	TOTAL	Gender		AGE GROUPS			
		Male	Female	60-64yrs	65-69yrs	70-74yrs	75+yrs
	N=182 %	N=81 %	N=101 %	N=70 %	N=46 %	N=40 %	N=26 %
Not enough time/other commitments	49	53	46	65	40	38	32
Health restrictions/disabilities (self or other)	38	28	47	23	51	47	50
Laziness/Inertia/Nothing	5	3	6	5	6	-	8
Costs involved	3	5	2	3	6	2	-
Too hot	2	1	3	4	-	2	-
Lack of transport	2	3	1	1	2	-	6
Distance	1	2	1	1	-	2	3
Don't know how to find appropriate organisation	1	1	1	-	-	3	4
Lack of facilities	1	-	2	-	-	2	3
Other	4	7	1	4	5	4	-
Don't know/haven't thought about it	2	3	1	2	2	2	-

* Totals may not equal 100% due to multiple responses.

Other significant sub-group differences worth noting include:

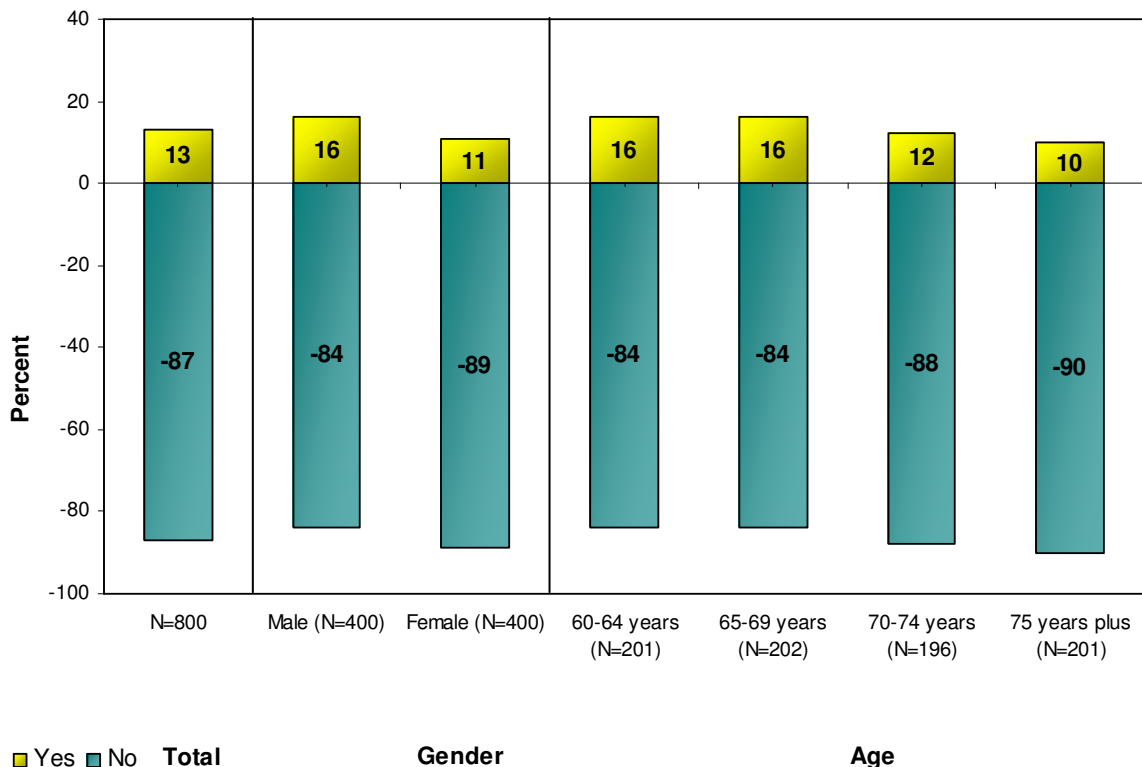
- A significantly larger proportion of respondents earning \$800 *net* or more per fortnight indicated “not enough time/other commitments” as a barrier to doing more physical activity. In contrast, those earning less than this amount were significantly more likely to nominate “health restrictions/disabilities” as a barrier.
- Respondents born in Australia were significantly more likely, than those born in other English speaking countries, to report they do “not [have] enough time”.

- In contrast those from other English speaking countries were significantly more likely to mention it is “too hot” as a reason why they do not do more physical activity.
- Only country respondents mentioned a “lack of facilities” as a barrier to doing more physical activity.
- Those with “excellent” or “good” health and mobility were significantly more likely to mention a barrier to doing more physical activity was a lack of time.
- A significantly larger proportion of respondents who assessed their health and mobility to be “fair” indicated that “health restrictions/disabilities” preventing them from doing more physical activity.
- “Health restrictions/disability” was a reason which was significantly more likely to be mentioned by respondents who did voluntary work only or who did neither paid nor unpaid work.

7.3 ATTENDANCE AT SPORTING MATCHES IN THE LAST 12 MONTHS

As summarised in Figure 7.4, 13% of all respondents had been to a sporting match in the last 12 months as a spectator *by themselves*.

Figure 7.4 Been to sporting match as a spectator alone – last 12 months?
(Question CQ7)
(BASE: All Respondents)



A significantly larger proportion of country respondents had attended a sporting match *by themselves* in the last 12 months. In addition, respondents who did voluntary work were significantly more likely to have attended a sporting match *by themselves*, compared to those who did neither voluntary nor paid work.

Table 7.5 outlines the number of times in the past 12 months that respondents had been to a sporting match *by themselves*. One fifth (20%) had attended two sporting matches *by themselves*, while 18% had gone 6 to 10 times and 15% had gone 11 to 15 times. Respondents aged 60 to 64 years were significantly more likely to attend 4 sporting matches as a spectator *by themselves* in the last 12 months, when compared to those aged 65 to 69 years. The remaining age and gender differences were not statistically significant.

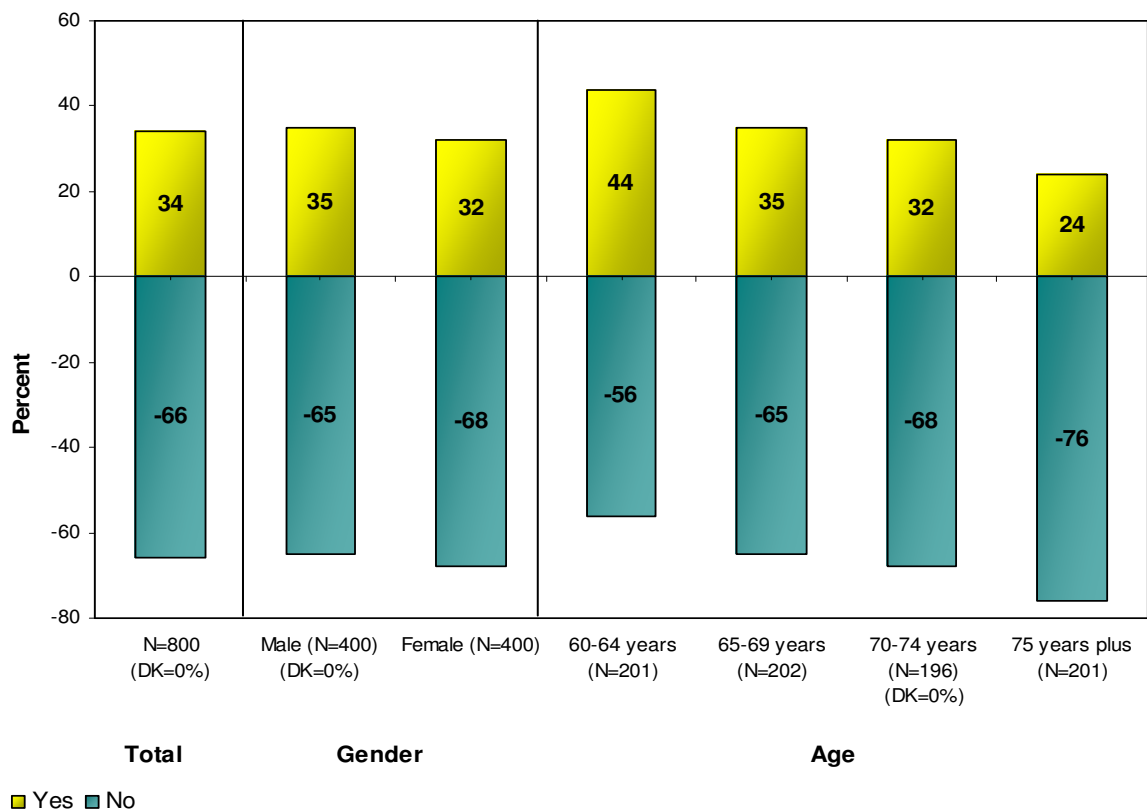
Table 7.5 Number of times been to a Match as a Spectator Alone in past 12 Months?
(Question CQ8)
(BASE: Yes, been to sporting match as spectator by self in last 12 Months)

	TOTAL	Gender		AGE GROUPS			
		Male	Female	60-64yrs	65-69yrs	70-74yrs	75+yrs
	N=111 %	N=64 %	N=47 %	N=32 %	N=32 %	N=25 %	N=22 %
Once	11	14	8	13	9	9	15
Twice	20	20	20	17	28	24	10
3 times	8	9	7	9	6	-	16
4 times	9	11	8	17	-	11	8
5 times	4	4	3	-	3	3	10
6–10 times	18	15	21	14	22	17	18
11-15 times	15	16	13	16	15	17	10
16-20 times	4	4	5	9	-	7	-
21-25 times	1	1	2	-	3	3	-
More than 25 times	9	6	12	6	9	9	13
Don't know/can't remember	2	-	4	-	6	-	-
TOTAL*	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

Figure 7.5 summarises the proportion of respondents who had been to a sporting match in the last 12 months as a spectator *with other people*. A third (34%) of respondents had been to a match *with other people* and they were significantly more likely to be aged 60 to 64 years.

Figure 7.5 Been to sporting match as a spectator with other people – last 12 months?
(Question CQ9)
(BASE: All Respondents)



*Note: DK = Don't know / can't remember.

The following other sub-groups were significantly more likely to have attended a sporting match *with other people* in the last 12 months:

- respondents who were married or in a defacto relationship
- those who lived with one other person (versus those who live alone)
- respondents who were “very happy” in their current life stage
- those with “excellent” or “good” health and mobility and
- respondents who did paid and/or voluntary work.

As presented in Table 7.6, one-fifth (20%) of respondents who had been to a sporting match as a spectator *with other people* attended such events “6 to 10 times” in the last 12 months. In addition, 14% of respondents had attended “more than 25” sporting matches *with other people*, 13% had been twice and 12% had only been once.

Men were significantly more likely to have attended “6 to 10” sporting matches *with other people*, while a significantly larger proportion of those aged 70 to 74 years (compared to those 60 to 64 years) had been “twice”.

Table 7.6 Number of times been to a Match as a Spectator with other People in past 12 Months? (Question CQ10)
(BASE: Yes, been to sporting match as spectator with other People)

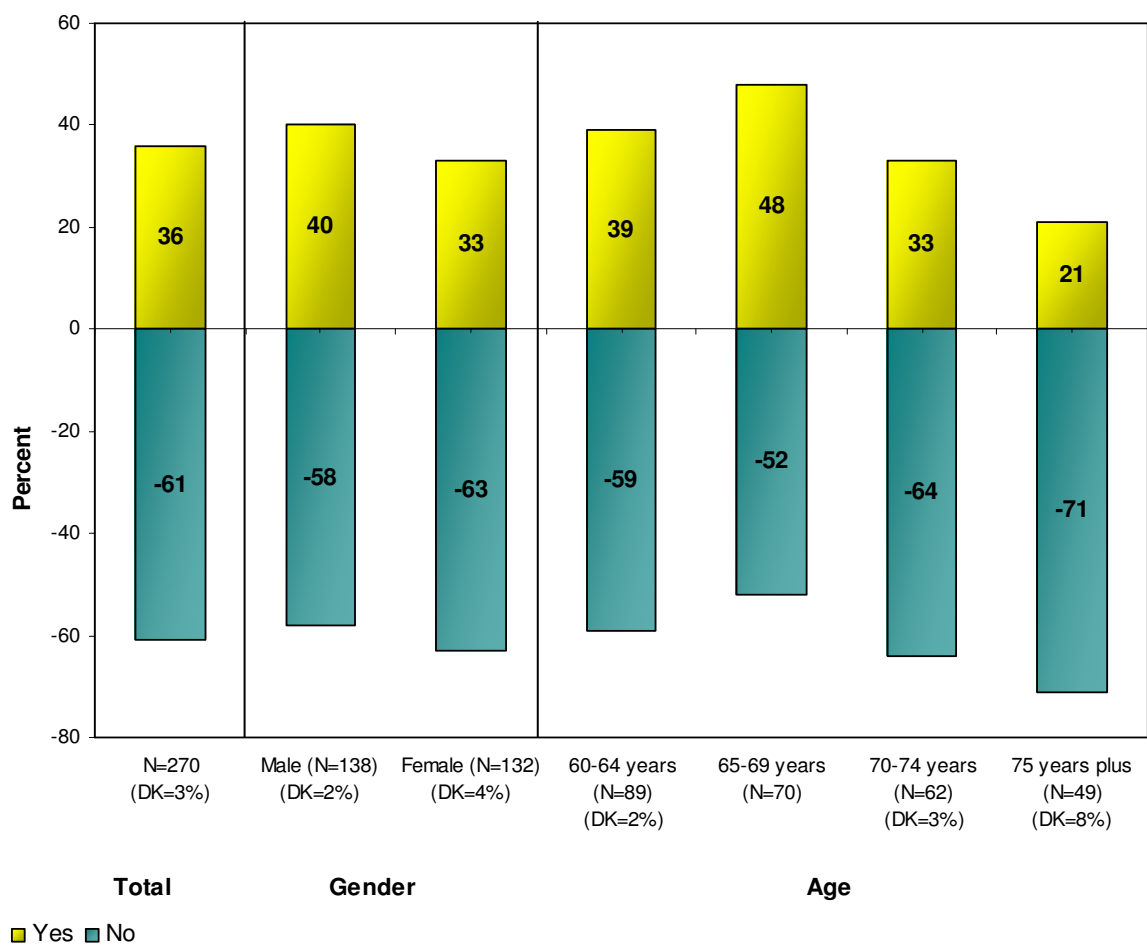
	TOTAL N=270 %	Gender		AGE GROUPS			
		Male N=138 %	Female N=132 %	60-64yrs N=89 %	65-69yrs N=70 %	70-74yrs N=62 %	75+yrs N=49 %
Once	12	11	12	17	9	10	10
Twice	13	15	11	6	16	24	9
3 times	11	11	11	8	11	11	18
4 times	5	4	6	4	7	5	6
5 times	7	5	9	4	9	4	13
6–10 times	20	25	15	21	14	17	28
11-15 times	11	11	10	10	13	11	8
16-20 times	3	2	5	4	3	6	-
21-25 times	2	1	4	4	3	1	-
More than 25 times	14	14	14	18	16	11	8
Don't know / can't remember	1	-	2	3	-	-	-
TOTAL*	100	100	100	100	100	100	100

* Totals may not equal 100% due to rounding.

7.4 BARRIERS TO ATTENDING SPORTING MATCHES

As summarised in Figure 7.6, 36% of respondents who had been a spectator at sporting matches in the last 12 months reported they would like to attend *more* of these events. A significantly larger proportion of respondents aged 65 to 69 years indicated they would like to attend more sporting matches, when compared to the proportion aged 75 years and over who felt the same.

Figure 7.6 Like to attend more sporting events as a spectator?
 (Question CQ11A)
 (BASE: Those who had attended sporting events as a spectator in the last 12 months)



*Note: DK = Not sure / Don't know / haven't thought about it.

Those who were “fairly happy” in their current life stage were significantly more likely to be interested in attending more sporting matches as a spectator. This was the only other significant difference identified.

Table 7.7 summarises what respondents, who do attend sports events, perceive is preventing them from attending *more* sporting matches. A lack of time (40%) and the “costs involved” (39%) were the two most common barriers to attendance. The only significant difference found was that women were more likely to mention a “lack of transport” as a barrier to attending more sporting events.

Table 7.7 What is Stopping you from Attending more Sporting Events?
(Question CQ11B)
(BASE: Yes, would like to Attend more Sporting Events)

	TOTAL	Gender		AGE GROUPS			
	N=101 %	Male N=55 %	Female N=46 %	60-64yrs N=35 %	65-69yrs N=34 %	70-74yrs N=21 %	75+yrs N=11 %
Not enough time/other commitments	40	40	39	36	52	34	32
Costs involved	39	45	32	44	45	34	17
Distance/travel difficulties	8	10	6	3	10	5	26
Sports seasonal/Not enough sports we like/Favourite teams	7	5	10	8	6	13	-
Health restrictions/disabilities	5	3	8	-	5	11	12
Lack of transport	5	-	10	3	-	6	20
Lack of interest	4	2	6	3	7	-	8
No-one to go with	3	2	4	5	-	4	-
Laziness/Inertia etc	2	1	2	3	3	-	-
Weather	2	-	4	-	-	-	16
Family member not well	2	2	2	-	3	4	-
Don't know/haven't thought about it	1	-	2	3	-	-	-
Other	6	7	4	11	3	4	-

* Totals may not equal 100% due to multiple responses.

As shown in Table 7.8, the most frequently mentioned reason why respondents had *not* attended any sporting matches in the last 12 months was because they are “not interested in sports/attending sporting matches” (44%). This was followed by the barriers of “health restrictions” (16%) and a lack of time (15%). Further, 14% mentioned they “prefer to watch it on TV” and these respondents were significantly more likely to be aged 65 to 69 years.

Men and those aged 60 to 64 years were significantly more likely to report “not enough time/other commitments” as a reason why they had *not* been to any sporting matches. A significantly larger proportion of respondents aged 70 years and over specified they had not attended such events owing to “health restrictions/disabilities”.

Table 7.8 Reasons for Not Attending Sporting Matches?
(Question CQ12)
(BASE: Haven't Attended Sporting Matches in the last 12 months)

	TOTAL N=482 %	Gender		AGE GROUPS			
		Male N=237 %	Female N=245 %	60-64yrs N=102 %	65-69yrs N=117 %	70-74yrs N=125 %	75+yrs N=138 %
Not interested in sports/attending sports	44	40	48	44	48	53	35
Health restrictions/disabilities	16	11	20	7	5	21	27
Not enough time/other commitments	15	22	10	23	15	9	15
Prefer to watch on TV	14	18	12	11	22	10	15
Costs involved	6	9	5	11	12	3	2
Lack of transport	3	2	5	1	1	3	7
Family member not well	3	2	4	1	5	2	4
Prefer playing to watching	3	4	2	6	1	4	1
Sporting matches not/rarely available locally	2	3	2	5	2	1	3
Don't like crowds/noise etc	2	2	2	3	1	1	3
No-one to go with	2	-	3	1	3	1	2
Distance/travel difficulties	1	2	0	-	3	1	1
Too old	1	1	1	-	-	-	4
Weather	1	-	1	1	-	1	1
Safety issues at sporting events	0	0	1	-	1	1	-
Other	1	1	2	4	-	1	1
Don't know/haven't thought about it	1	1	1	-	3	3	-

* Totals may not equal 100% due to multiple responses.

Other significant sub-group differences worth noting include:

- Country respondents were more likely to mention “sporting matches not/rarely available locally” as a reason they had not been to a sporting match as a spectator in the last 12 months.
- Respondents earning \$800 or more *net* per fortnight were significantly more likely to indicate “not enough time/other commitments” as a barrier to attendance.
- “Health restrictions/disabilities” was significantly more likely to be mentioned by respondents earning less than \$400 *net* per fortnight.
- A significantly larger proportion of those who were widowed, divorced or separated indicated that “health restrictions/disabilities” prevented them from attending sporting matches.
- Respondents living with one other person were significantly more likely to mention they “prefer to watch” sporting matches “on TV”. This preference was also significantly more likely to be mentioned by respondents born in Australia.
- A significantly larger proportion of respondents with “excellent” or “good” mobility mentioned they are “not interested in sports/attending sports”, when compared to those with “poor” mobility.
- Not surprisingly, respondents with poorer (i.e. “fair” or “poor”) health and mobility were significantly more likely to mention that “health restrictions/disabilities” prevented them from attending sporting matches.