

# ACTIVE LIVES SURVEY

## Why investment in physical activity makes sense



### INDUSTRY INSIGHTS

#### SUMMARY

#### PARTNERSHIP



Data collection April/May 2019  
Representative sample n=3000

#### OBJECTIVES

Measure participation of SA population & test if 150 minutes of activity per week is related to health and wellbeing outcomes.



0 min/week



0-149 min/week



150+ min/week

#### OUTCOMES

People who accumulate 150+ mins physical activity per week:



Report better overall health



Require fewer health services



Enjoy better mental health



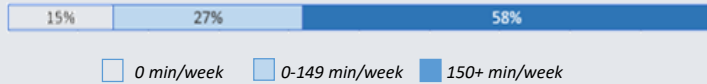
Maintain stronger social connections



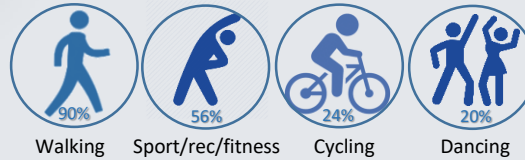
Have greater self-efficacy

#### DETAILED FINDINGS

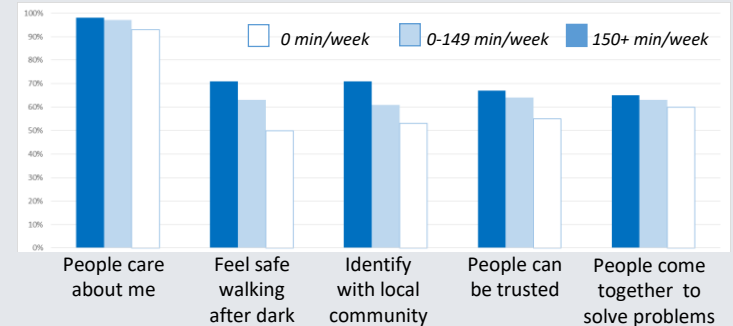
### ACTIVITY LEVELS OF SOUTH AUSTRALIANS



### ACTIVITIES



### SOCIAL CONNECTIONS

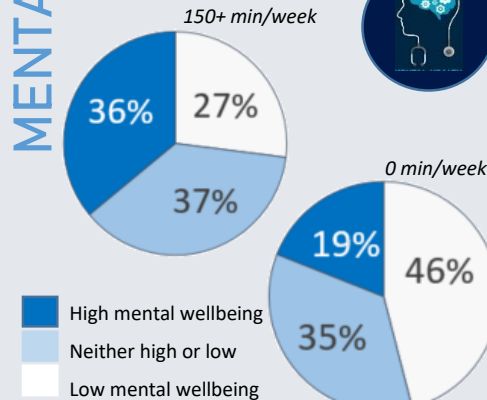


### HEALTH

	0 min/week	0-149 min/week	150+ min/week
Health Status (excellent/very good/good)	54%	76%	88%
GP Services	95%	95%	90%
Specialist Services	55%	52%	45%
Hospital Admission	27%	25%	18%
Hospital ED	24%	20%	16%
Hospital Outpatient	25%	24%	14%

*Proportion using health services*

### MENTAL WELLBEING



### PRIDE

South Australians win on the world stage **76%**  
SA teams respected in national competitions **86%**  
Positive sporting role models **87%**

### SELF EFFICACY



	0 min/week	0-149 min/week	150+ min/week
Can achieve most goals I set for myself	62%	76%	88%
If I find something difficult, I keep trying	71%	84%	90%

#### MORE GOOD NEWS



**Buddy Up:** Overall wellbeing scores were even higher when more than half of the physical activity was done with other people.



**Volunteer:** 30% of survey respondents volunteered more than once for a sport or recreation organisation. These volunteers were more likely to report better overall wellbeing scores, life satisfaction, happiness and a sense that things they do in life are worthwhile, compared to non-volunteers

# Stronger, healthier, happier and safer communities





# ACTIVE LIVES SURVEY

## Why investment in physical activity pays dividends



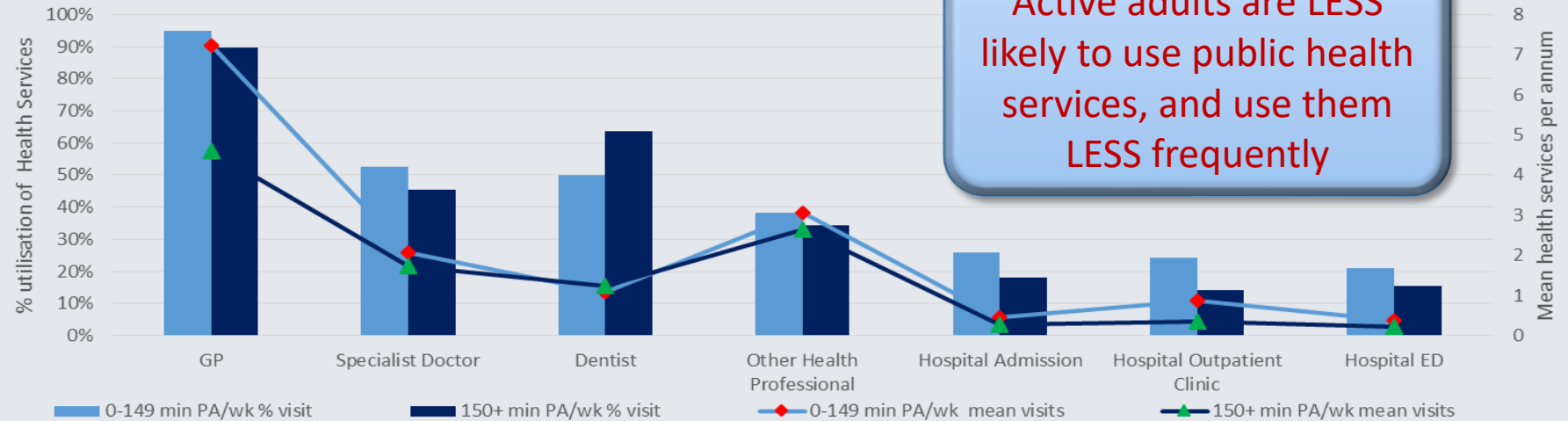
Professor Simon Eckermann  
  
 & Professor Andrew Willan  
 commissioned to analyse health service utilisation data

### THE TASK

Conduct a robust academic analysis using 3 methodologies to calculate the value of health services consumed in 2019 by South Australian adults who were active for 150 minutes per week (or more), compared to South Australian adults who were less active.

Paper available: [https://www.or.sr.sa.gov.au/about\\_us/publications](https://www.or.sr.sa.gov.au/about_us/publications)

## HEALTH SERVICE UTILISATION



Active adults are LESS likely to use public health services, and use them LESS frequently

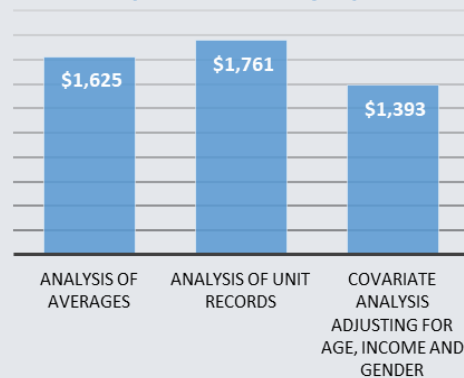
### 2019 GOVERNMENT HEALTH COSTS

(based on average analysis)

150+ min/wk **\$2,588**  
per person per year

0-149 min/wk **\$4,211**  
per person per year

### SAVINGS PER ADULT P.A. (3 levels of analysis)



### POLICY OPPORTUNITIES (based on covariate adjusted analysis)

\$804mil*	\$95.4mil*	\$41mil*	FOCUS ON YOUTH
savings per annum (\$1,016m - \$647m)	savings per annum (\$121m - \$77m)	savings per annum (\$51m - \$32m)	lifetime savings
All South Australian adults active for 150+ min/week	Increase proportion of active adults by 5% points (from 58% to 63%)	Increase proportion of active adults by 5% (from 58% to 60%)	Shifting from inactive to active:
			One 18y.o. \$86.4k
			5% of one cohort of 18 y.o.'s \$91m
			5% of one generation of 18 y.o.'s \$917m

\* Savings calculations based on reduced health care service utilisation correlated with increased activity levels in the Active Lives survey.

## IMPORTANT DISCLAIMER:

The social benefits (overleaf) and other economic benefits derived from productivity, social capital and/or community uplift have not been factored into the above analysis. These benefits would be in addition to the health system savings.

