



PHSMS April 2019

# Active Lives

Addendum 1

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## Introduction and Methods

The data presented in this report are complimentary to the Active Lives report from the April 2019 PHSMS. The information on the methods, limitations, weighting, data presentation, statistical analysis and disclaimers for this addendum can be found in the original Active Lives report.

In addition to the presentation of data and statistical analysis described in the original report, this report uses logistic regression analysis to investigate the associations between physical activity and wellbeing status after controlling for age, gender and SEIFA. Two regressions were performed; an unadjusted whereby physical activity was the only variable in the model, and a second model whereby age, sex and SEIFA were adjusted for. The odds ratios (OR) and p-values are presented in each of these tables for the adjusted models.

## Physical Activity by Demographics

The proportions of respondents engaging in any physical activity in categories of minutes per week by demographics are presented in Table 1. Key findings include:

- > Males were more likely to engage in 150+ minutes of physical activity compared to females.
- > Younger respondents were more likely to report engaging in 150+ minutes of activity, and older respondents were more likely to report not engaging in any activity (0 minutes).
- > Those with a higher education status were more likely to engage in 150+ minutes of activity.
- > Respondents with a disability were less likely to engage in 150+ minutes of physical activity per week than those without
- > The proportion of respondents engaging in 150+ minutes of physical activity increased with increasing household income

**Table 1:** Proportion of respondents reporting physical activities in categories of minutes per week, by demographics (PHSMS April 2019, n=2999)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
<b>All</b>	449	15.0 (13.7-16.3)	815	27.2 (25.6-28.8)	1736	57.9 (56.1-59.6)
<b>Gender</b>						
Male	190	13.1 (11.5-14.9)	346	23.9 (21.8-26.2)	912	63.0 (60.5-65.5)
Female	259	16.7 (14.9-18.6)	469	30.2 (28.0-32.5)	824	53.1 (50.6-55.6)
<b>Age (years)</b>						
18 to 24	29	11.2 (7.7-15.3)	46	17.7 (13.3-22.5)	186	71.1 (65.3-76.2)
25 to 34	33	6.5 (4.5-8.8)	129	25.1 (21.5-28.9)	352	68.5 (64.2-72.3)
35 to 44	71	14.0 (11.2-17.2)	159	31.3 (27.4-35.4)	278	54.7 (50.4-59.0)
45 to 54	83	15.3 (12.5-18.6)	158	29.3 (25.5-33.1)	300	55.4 (51.2-59.6)
55 to 64	85	17.2 (14.1-20.8)	124	25.2 (21.5-29.1)	284	57.6 (53.2-61.9)
65 to 74	54	14.6 (11.3-18.6)	107	28.9 (24.6-33.9)	208	56.5 (51.4-61.5)
75+	94	30.1 (25.2-35.4)	91	29.1 (24.3-34.4)	127	40.8 (35.4-46.2)
<b>Gender and Age (years)</b>						
Male 18 to 24	10	8.6 (4.3-14.2)	29	24.1 (17.0-32.1)	82	67.4 (59.1-75.6)
Male 25 to 34	8	3.0 (1.5-5.8)	51	20.1 (15.4-25.2)	196	76.9 (71.4-81.7)
Male 35 to 44	38	14.9 (11.1-20.0)	63	25.2 (20.0-30.7)	150	59.9 (53.6-65.7)
Male 45 to 54	39	14.5 (10.7-19.1)	65	24.4 (19.4-29.6)	164	61.1 (55.3-66.9)
Male 55 to 64	44	18.4 (13.7-23.4)	54	22.2 (17.4-27.9)	143	59.4 (52.8-65.1)
Male 65 to 74	19	10.4 (6.7-15.8)	52	28.9 (22.8-36.0)	108	60.7 (53.1-67.3)
Male 75+	32	24.4 (17.5-32.1)	32	24.1 (17.5-32.1)	68	51.5 (43.0-59.9)
Female 18 to 24	19	13.4 (8.7-20.0)	17	12.3 (7.5-18.3)	104	74.3 (66.6-81.0)
Female 25 to 34	26	9.8 (6.8-14.1)	78	30.0 (24.7-35.8)	157	60.2 (54.4-66.2)
Female 35 to 44	34	13.1 (9.5-17.8)	96	37.3 (31.6-43.4)	127	49.6 (43.3-55.5)
Female 45 to 54	44	16.1 (12.1-20.8)	93	34.0 (28.6-39.8)	136	49.9 (43.9-55.7)
Female 55 to 64	41	16.1 (12.1-21.2)	71	28.0 (22.9-34.0)	141	55.9 (49.8-62.0)
Female 65 to 74	35	18.5 (13.4-24.4)	55	29.0 (22.9-35.7)	99	52.5 (45.0-59.1)
Female 75+	62	34.2 (27.8-41.6)	59	32.7 (26.2-39.9)	60	33.0 (26.8-40.4)
<b>Location</b>						
Metropolitan	312	14.5 (13.0-16.0)	586	27.1 (25.3-29.0)	1263	58.4 (56.4-60.5)
Rural	136	16.3 (13.9-18.8)	229	27.3 (24.4-30.4)	473	56.4 (53.1-59.8)
<b>SEIFA*</b>						
Lowest	84	17.9 (14.7-21.6)	148	31.6 (27.5-35.9)	237	50.5 (46.1-55.2)
Low	127	18.9 (16.1-22.0)	197	29.3 (26.0-32.9)	348	51.8 (48.1-55.6)
Middle	86	12.4 (10.1-14.9)	183	26.2 (23.1-29.6)	428	61.4 (57.8-65.0)
High	77	14.1 (11.3-17.1)	149	27.3 (23.6-31.0)	321	58.6 (54.4-62.6)
Highest	75	12.2 (9.8-15.0)	138	22.4 (19.3-25.9)	402	65.4 (61.5-69.0)
<b>Marital Status</b>						
Married/Living with partner	257	12.4 (11.0-13.9)	582	28.1 (26.2-30.1)	1232	59.5 (57.4-61.6)
Separated/Divorced	75	21.5 (17.5-26.1)	111	31.9 (27.2-36.9)	162	46.6 (41.4-51.8)
Widowed	45	31.8 (24.6-39.9)	40	28.3 (21.4-36.2)	56	39.9 (31.9-47.9)
Never Married	65	15.7 (12.3-19.3)	79	18.9 (15.4-22.9)	273	65.4 (60.8-69.9)
Not stated	7	30.5 (15.5-52.6)	3	13.3 (4.0-32.1)	13	56.3 (38.5-77.5)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

\*SEIFA: Socio-Economic Index for Area

**Table 1:** Continued

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
<b>Dependents in household</b>						
0	273	16.9 (15.1-18.7)	426	26.3 (24.2-28.4)	923	56.9 (54.5-59.3)
1	55	12.0 (9.3-15.3)	127	27.7 (23.8-32.0)	275	60.2 (55.6-64.6)
2	58	11.6 (9.1-14.7)	143	28.8 (24.9-32.9)	296	59.6 (55.2-63.8)
3	35	12.4 (9.1-16.9)	72	26.1 (21.0-31.3)	171	61.5 (55.7-67.1)
4	14	20.6 (12.5-31.7)	22	32.6 (22.5-44.6)	31	46.8 (34.7-58.2)
5+	10	16.4 (8.9-27.6)	19	32.2 (21.0-44.1)	31	51.4 (39.2-64.0)
Not stated	4	25.0 (8.0-44.6)	5	26.9 (11.5-50.6)	9	48.1 (28.4-71.6)
<b>Employment status</b>						
Full time employed	97	8.6 (7.1-10.4)	272	24.3 (21.9-26.9)	750	67.1 (64.2-69.7)
Part time employed	42	9.7 (7.2-12.9)	140	32.7 (28.3-37.2)	247	57.6 (52.9-62.2)
Casual	47	19.3 (14.8-24.8)	50	20.6 (15.9-26.1)	146	60.1 (54.1-66.3)
Unemployed	37	27.8 (20.7-35.9)	46	35.0 (26.9-42.9)	49	37.2 (29.0-45.3)
Engaged in home duties	13	10.3 (6.0-16.6)	62	49.1 (40.9-58.3)	51	40.6 (32.5-49.5)
Student	14	11.1 (6.6-17.7)	18	14.5 (9.2-21.5)	92	74.4 (66.0-81.3)
Retired	127	20.6 (17.6-23.9)	179	29.1 (25.6-32.7)	310	50.3 (46.4-54.3)
Unable to work	51	45.8 (36.9-55.2)	27	24.5 (17.1-32.9)	33	29.6 (21.8-38.7)
Other	20	23.1 (15.5-33.3)	19	22.0 (14.5-32.0)	47	54.9 (44.7-65.5)
Not stated	2	16.2 (3.1-38.5)	1	8.9 (0.8-28.8)	10	74.9 (45.5-89.5)
<b>Education status</b>						
No schooling to secondary	204	19.6 (17.3-22.2)	282	27.1 (24.5-29.9)	553	53.2 (50.2-56.3)
Trade, certificate, diploma	139	15.2 (12.9-17.5)	248	27.0 (24.2-29.9)	532	57.9 (54.7-61.1)
Degree or higher	102	9.8 (8.2-11.8)	283	27.4 (24.8-30.2)	647	62.7 (59.7-65.6)
Not stated	4	40.6 (15.3-69.6)	2	17.1 (4.4-50.3)	4	42.3 (15.3-69.6)
<b>Disability Status</b>						
Yes	179	31.4 (27.7-35.3)	181	31.7 (28.0-35.7)	210	36.9 (33.0-40.9)
No	256	10.6 (9.5-11.9)	632	26.3 (24.6-28.1)	1516	63.1 (61.1-65.0)
Not stated	14	54.7 (35.1-71.8)	2	7.7 (1.6-22.5)	10	37.6 (21.8-57.6)
<b>Aboriginal Status</b>						
Aboriginal	12	19.3 (11.4-31.4)	12	20.8 (11.4-31.4)	36	59.8 (47.4-71.7)
Non-Aboriginal	434	14.8 (13.6-16.1)	798	27.2 (25.7-28.9)	1697	57.9 (56.1-59.7)
Not stated	3	33.7 (9.3-60.6)	4	40.7 (15.3-69.6)	3	25.5 (9.3-60.6)
<b>CALD Status</b>						
English main language	397	15.3 (13.9-16.7)	678	26.1 (24.5-27.8)	1521	58.6 (56.7-60.5)
Non English speaking	47	12.3 (9.2-15.8)	129	33.5 (29.0-38.4)	208	54.1 (49.2-59.1)
Not defined	4	22.0 (7.2-40.8)	8	40.0 (21.1-61.6)	7	38.0 (17.2-56.8)
<b>Access to a vehicle</b>						
0	48	32.5 (25.3-40.3)	29	19.8 (13.8-26.5)	71	47.7 (40.0-56.0)
1	132	16.7 (14.3-19.5)	244	31.0 (27.8-34.3)	412	52.2 (48.8-55.8)
2	165	13.6 (11.7-15.6)	313	25.7 (23.3-28.2)	739	60.7 (58.0-63.4)
3	53	10.6 (8.1-13.5)	141	28.2 (24.3-32.2)	307	61.3 (57.0-65.5)
4+	49	14.4 (10.9-18.3)	86	25.1 (20.8-29.9)	207	60.5 (55.3-65.6)
Not stated	1	64.5 (6.1-93.9)	1	35.5 (6.1-93.9)	0	
<b>Dwelling type</b>						
Owned	280	13.3 (11.9-14.8)	571	27.1 (25.3-29.1)	1253	59.6 (57.4-61.6)
Rented privately	107	15.7 (13.2-18.7)	186	27.5 (24.2-30.9)	384	56.8 (53.0-60.4)
Rented from Housing SA	33	28.7 (21.2-37.7)	36	31.2 (23.6-40.5)	46	40.1 (31.7-49.5)
Retirement village	10	26.6 (14.0-40.7)	12	29.5 (18.0-46.2)	17	43.9 (28.9-59.1)
Other	2	9.8 (2.4-31.1)	4	20.6 (8.0-44.6)	12	69.6 (43.7-84.7)
Not stated	18	37.1 (25.4-52.6)	7	14.7 (6.9-27.0)	23	48.1 (35.1-62.9)
<b>Household Income</b>						
Up to \$20,000	58	26.8 (21.3-33.0)	75	34.8 (28.6-41.2)	83	38.4 (32.1-45.0)
\$20,001 - \$40,000	89	22.7 (18.7-26.9)	111	28.1 (23.9-32.8)	194	49.2 (44.3-54.2)
\$40,001 - \$60,000	48	14.5 (11.1-18.7)	109	33.1 (28.2-38.3)	172	52.4 (46.9-57.6)
\$60,001 - \$80,000	40	13.1 (9.7-17.3)	110	36.3 (30.9-41.7)	154	50.6 (45.1-56.2)
\$80,001 - \$100,000	32	10.2 (7.1-13.8)	73	22.9 (18.7-27.9)	212	66.9 (61.6-71.9)
\$100,001 - \$150,000	35	8.1 (5.8-10.9)	118	27.2 (23.2-31.5)	281	64.7 (60.2-69.1)
More than \$150,000	22	5.0 (3.3-7.5)	86	20.0 (16.4-23.9)	324	75.0 (70.8-78.9)
Not stated	125	21.8 (18.6-25.3)	133	23.2 (19.9-26.8)	315	55.0 (50.9-59.0)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

Table 2 presents the proportion of respondents participating in each of the various types of physical activities by selected demographics. Key findings include:

- > Males were more likely to participate in cycling, fitness activities, both team and individual sports, and recreation or other activities, while females were more likely to participate in dance.
- > Younger respondents were more likely to participate in walking, dance, fitness activities, team sports and recreation or other activities.
- > Metropolitan respondents were more likely to participate in fitness activities but less likely to participate in team sports than rural respondents.
- > Respondents living in the highest socioeconomic areas were more likely to participate in walking, cycling, fitness activities and recreation or other activities than those in the lowest.

**Table 2:** Proportion of respondents reporting engaging in physical activity measures in the past week, by selected demographics (PHSMS April 2019)

	Walking (n=2823)		Cycling (n=2991)		Dance (n=2983)		Fitness Activities (n=2989)		Team Sports (n=2992)		Individual Sports (n=2996)		Recreation/Other (n=2978)	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
<b>All</b>	2317	82.1 (80.6-83.5)	317	10.6 (9.5-11.7)	440	14.7 (13.5-16.1)	837	28.0 (26.4-29.6)	261	8.7 (7.8-9.8)	304	10.1 (9.1-11.3)	636	21.4 (19.9-22.9)
<b>Gender</b>														
Male	1135	82.1 (80.0-84.1)	200	13.8 (12.1-15.7)	147	10.2 (8.7-11.8)	441	30.5 (28.1-32.9)	173	11.9 (10.4-13.7)	205	14.1 (12.4-16.0)	343	23.9 (21.7-26.1)
Female	1182	82.0 (79.9-83.9)	117	7.6 (6.3-9.0)	293	19.0 (17.1-21.0)	395	25.6 (23.5-27.8)	88	5.7 (4.6-6.9)	99	6.4 (5.3-7.7)	293	19.0 (17.1-21.0)
<b>Age (years)</b>														
18 to 34	629	88.7 (86.2-90.9)	77	10.0 (8.0-12.2)	168	21.7 (18.9-24.7)	320	41.6 (38.1-45.1)	126	16.4 (13.9-19.1)	93	12.0 (9.8-14.4)	219	28.5 (25.4-31.7)
35 to 64	1197	82.3 (80.2-84.2)	196	12.8 (11.1-14.5)	229	15.0 (13.2-16.8)	392	25.5 (23.3-27.7)	96	6.2 (5.1-7.5)	157	10.2 (8.8-11.8)	335	21.9 (19.9-24.0)
65+	491	74.5 (71.1-77.7)	44	6.4 (4.8-8.5)	43	6.3 (4.7-8.4)	124	18.2 (15.5-21.3)	38	5.6 (4.1-7.5)	54	7.9 (6.1-10.2)	83	12.2 (9.9-14.9)
<b>Location</b>														
Metropolitan	1697	82.9 (81.2-84.5)	229	10.7 (9.4-12.0)	331	15.4 (13.9-17.0)	655	30.4 (28.5-32.4)	159	7.4 (6.3-8.5)	211	9.8 (8.6-11.1)	470	21.9 (20.2-23.7)
Rural	621	80.0 (77.1-82.7)	88	10.5 (8.6-12.7)	109	13.1 (10.9-15.4)	182	21.7 (19.0-24.6)	102	12.1 (10.1-14.5)	93	11.1 (9.1-13.4)	166	19.9 (17.3-22.7)
<b>SEIFA*</b>														
Lowest	340	78.5 (74.3-82.0)	33	7.1 (5.0-9.7)	48	10.3 (7.8-13.3)	107	22.9 (19.2-26.8)	38	8.1 (5.9-10.9)	53	11.3 (8.7-14.4)	79	16.9 (13.7-20.5)
Low	507	79.3 (76.1-82.3)	52	7.8 (5.9-10.0)	104	15.6 (13.0-18.5)	129	19.2 (16.4-22.4)	51	7.6 (5.8-9.8)	54	8.1 (6.2-10.3)	130	19.3 (16.5-22.5)
Middle	554	83.9 (80.9-86.5)	78	11.2 (9.0-13.7)	136	19.6 (16.8-22.7)	206	29.8 (26.5-33.3)	59	8.5 (6.6-10.7)	50	7.2 (5.4-9.3)	152	22.1 (19.1-25.2)
High	411	81.8 (78.3-85.1)	70	12.8 (10.2-15.8)	72	13.3 (10.6-16.2)	169	31.1 (27.2-35.0)	67	12.3 (9.7-15.2)	66	12.1 (9.5-15.0)	125	23.1 (19.7-26.7)
Highest	505	85.9 (83.1-88.7)	84	13.6 (11.1-16.5)	80	13.0 (10.6-15.9)	225	36.7 (32.9-40.5)	45	7.4 (5.5-9.6)	79	13.0 (10.4-15.7)	149	24.6 (21.2-28.1)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

Don't know/refused frequency and duration component excluded.

\*SEIFA: Socio-Economic Index for Areas

## Other Physical Activity Characteristics

**Measures:** This section presents the subjective wellbeing measures by active respondent's responses to the following questions relating to the physical activities they engage in:

- > What proportion of these activities do you normally do outdoors? (Table 3)
- > What proportion of these activities do you normally do with other people (friends, family, teammates)? (Table 4)
- > What proportion of these activities are "organised" (e.g. by a gym, club, school)? (Table 5)
- > Are you a "member" of a club or organisation associated with these activities? (Table 6)

**Note:** Active respondents are defined as those who reported 150 minutes or more of any physical activity per week.

Table 3 shows that active respondents reporting at least half of their physical activity outdoors were more likely to report medium to high scores for feeling satisfied with their life (87.1%) compared to those who undertook none, or less than half of their activity outdoors (78.2%). No other differences in wellbeing were observed.

**Table 3:** Proportion of active respondents reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity done outdoors (PHSMS April 2019)

	< half activity done outdoors		≥ half activity done outdoors	
	n	% (95 % CI)	n	% (95 % CI)
<b>Satisfied with life nowadays (n=1735)</b>				
Medium/High (7-10)	287	78.2 (73.8-82.2)	1191	87.1 (85.2-88.8)
Very Low/Low (0-6)	80	21.8 (17.8-26.2)	177	12.9 (11.2-14.8)
<b>Things you do in life are worthwhile (n=1732)</b>				
Medium/High (7-10)	314	85.5 (81.7-88.9)	1196	87.7 (85.8-89.3)
Very Low/Low (0-6)	53	14.5 (11.1-18.3)	168	12.3 (10.6-14.1)
<b>How happy did you feel yesterday? (n=1736)</b>				
Medium/High (7-10)	276	75.2 (70.6-79.4)	1106	80.9 (78.7-82.9)
Very Low/Low (0-6)	91	24.8 (20.6-29.4)	262	19.1 (17.1-21.3)
<b>How anxious did you feel yesterday? (n=1732)</b>				
Medium/Low (0-3)	221	60.1 (55.1-65.1)	914	66.9 (64.4-69.4)
Very high/high (4-10)	147	39.9 (35.1-45.1)	451	33.1 (30.6-35.6)
<b>Overall Wellbeing (n=1730)</b>				
Good wellbeing (scoring well)	113	30.9 (26.2-35.6)	508	37.3 (34.7-39.9)
Scoring neither well/ badly	140	38.3 (33.3-43.2)	491	36.0 (33.5-38.6)
Poor wellbeing (scoring badly)	113	30.9 (26.2-35.6)	363	26.7 (24.3-29.0)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.

Don't know/refused wellbeing questions excluded.

Table 4 shows that active respondents participating in at least half of their physical activity with other people were more likely to report having good overall wellbeing (39.2%) compared with those who did not (30.0%). These active respondents were also more likely to report medium to high scores for feeling things they did in life were worthwhile.

**Table 4:** Proportion of active reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity done with other people (PHSMS April 2019)

	< half activity done with others		≥ half activity done with others	
	n	% (95 % CI)	n	% (95 % CI)
<b>Satisfied with life nowadays (n=1735)</b>				
Medium/High (7-10)	510	82.3 (79.1-85.1)	968	86.8 (84.8-88.8)
Very Low/Low (0-6)	110	17.7 (14.9-20.9)	147	13.2 (11.3-15.3)
<b>Things you do in life are worthwhile (n=1732)</b>				
Medium/High (7-10)	504	81.5 (78.4-84.5)	1006	90.4 (88.5-92.0)
Very Low/Low (0-6)	115	18.5 (15.7-21.8)	107	9.6 (8.0-11.5)
<b>How happy did you feel yesterday? (n=1736)</b>				
Medium/High (7-10)	483	77.8 (74.5-81.0)	900	80.7 (78.3-83.0)
Very Low/Low (0-6)	138	22.2 (19.1-25.7)	215	19.3 (17.0-21.7)
<b>How anxious did you feel yesterday? (n=1732)</b>				
Medium/Low (0-3)	396	64.2 (60.3-67.9)	738	66.2 (63.4-68.9)
Very high/high (4-10)	221	35.8 (32.1-39.7)	377	33.8 (31.1-36.6)
<b>Overall Wellbeing (n=1730)</b>				
Good wellbeing (scoring well)	185	30.0 (26.5-33.7)	437	39.2 (36.4-42.1)
Scoring neither well/ badly	264	42.8 (39.0-46.8)	368	33.0 (30.3-35.8)
Poor wellbeing (scoring badly)	168	27.2 (23.9-30.9)	309	27.7 (25.2-30.4)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't know/refused wellbeing questions excluded.

Table 5 shows that active respondents reporting that at least half of their physical activity was “organised” were more likely to report medium to high scores for feeling happy the previous day (84.4%) compared to those who did not (76.9%). No other differences in wellbeing were observed.

**Table 5:** Proportion of active respondents reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity that is “organised” (PHSMS April 2019)

	< half activity organised		≥ half activity organised	
	n	% (95 % CI)	n	% (95 % CI)
<b>Satisfied with life nowadays (n=1735)</b>				
Medium/High (7-10)	918	83.8 (81.5-85.9)	560	87.6 (84.9-90.0)
Very Low/Low (0-6)	178	16.2 (14.1-18.5)	79	12.4 (10.0-15.1)
<b>Things you do in life are worthwhile (n=1732)</b>				
Medium/High (7-10)	947	86.6 (84.4-88.5)	563	88.3 (85.6-90.6)
Very Low/Low (0-6)	147	13.4 (11.5-15.6)	75	11.7 (9.4-14.4)
<b>How happy did you feel yesterday? (n=1736)</b>				
Medium/High (7-10)	843	76.9 (74.3-79.3)	539	84.4 (81.4-87.0)
Very Low/Low (0-6)	253	23.1 (20.6-25.6)	100	15.6 (13.0-18.6)
<b>How anxious did you feel yesterday? (n=1732)</b>				
Medium/Low (0-3)	699	63.9 (61.0-66.7)	435	68.1 (64.4-71.6)
Very high/high (4-10)	394	36.1 (33.2-38.9)	204	31.9 (28.4-35.6)
<b>Overall Wellbeing (n=1730)</b>				
Good wellbeing (scoring well)	373	34.1 (31.4-37.0)	249	39.0 (35.3-42.9)
Scoring neither well/ badly	405	37.1 (34.3-40.0)	226	35.5 (31.8-39.2)
Poor wellbeing (scoring badly)	314	28.8 (26.1-31.5)	163	25.5 (22.3-29.0)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't know/refused wellbeing questions excluded.

Active respondents who were a member of a club or organisation associated with their physical activity were more likely to have life satisfaction (88.9%) and feelings of worth (90.0%) compared to those who were not a member of an organisation (82.0% and 84.9%). No other differences in wellbeing were observed (Table 6).

**Table 6:** Proportion of active respondents reporting subjective wellbeing measures and overall wellbeing status by membership status of a club or organisation associated with physical activity (PHSMS April 2019)

	Non-member		Member	
	n	% (95 % CI)	n	% (95 % CI)
<b>Satisfied with life nowadays (n=1723)</b>				
Medium/High (7-10)	756	82.0 (79.3-84.3)	712	88.9 (86.6-90.9)
Very Low/Low (0-6)	166	18.0 (15.6-20.6)	89	11.1 (9.1-13.4)
<b>Things you do in life are worthwhile (n=1721)</b>				
Medium/High (7-10)	781	84.9 (82.5-87.1)	720	90.0 (87.8-91.9)
Very Low/Low (0-6)	139	15.1 (12.9-17.5)	80	10.0 (8.1-12.2)
<b>How happy did you feel yesterday? (n=1724)</b>				
Medium/High (7-10)	731	79.2 (76.5-81.7)	640	79.9 (77.0-82.6)
Very Low/Low (0-6)	192	20.8 (18.3-23.5)	161	20.1 (17.4-23.0)
<b>How anxious did you feel yesterday? (n=1721)</b>				
Medium/Low (0-3)	613	66.6 (63.5-69.6)	516	64.5 (61.1-67.7)
Very high/high (4-10)	307	33.4 (30.4-36.5)	284	35.5 (32.2-38.8)
<b>Overall Wellbeing (n=1719)</b>				
Good wellbeing (scoring well)	313	34.1 (31.0-37.2)	307	38.4 (35.1-41.8)
Scoring neither well/ badly	347	37.7 (34.7-40.9)	281	35.1 (31.9-38.5)
Poor wellbeing (scoring badly)	259	28.1 (25.3-31.2)	212	26.5 (23.5-29.6)

**Note:** The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.  
Don't know/refused wellbeing questions excluded. n=17 don't know member/non-member excluded.



## Association of Physical Activity with Overall Wellbeing

Logistic regression models were used to determine the association between physical activity and each individual wellbeing question as well as overall wellbeing. Socio-demographic variables including age, sex and SEIFA were considered as control variables and were adjusted in the regression models.

Tables 7 to 10 show the association between physical activity and each individual wellbeing question. After adjusting for age, sex and SEIFA, respondents engaging in 1-149minutes and 150+minutes of physical activity were significantly associated with medium/high responses for being '*satisfied with life nowadays*', '*things you do in life are worthwhile*', and '*how happy do you feel yesterday?*' They were also significantly associated with low/medium scores for '*how anxious did you feel yesterday?*'

**Table 7:** Association between physical activity and scoring medium/high for '*satisfied with life nowadays*' (PHSMS April 2019)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	2.11	(1.65-2.71)	2.16	(1.68-2.77)	<0.001
150+ minutes per week	4.19	(3.32-5.29)	4.21	(3.31-5.35)	<0.001

Note: 'Don't know'/Refused' responses are not included in the model. CI: Confidence Interval.

\*Age, sex and SEIFA were adjusted in the regression model.

**Table 8:** Association between physical activity and scoring medium/high for '*things you do in life are worthwhile*' (PHSMS April 2019)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	2.83	(2.15-3.72)	3.16	(2.39-4.19)	<0.001
150+ minutes per week	3.61	(2.84-4.61)	4.28	(3.31-5.53)	<0.001

Note: 'Don't know'/Refused' responses are not included in the model. CI: Confidence Interval.

\*Age, sex and SEIFA were adjusted in the regression model.

**Table 9:** Association between physical activity and scoring medium/high for '*how happy did you feel yesterday?*' (PHSMS April 2019)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.39	(1.08-1.77)	1.60	(1.24-2.05)	<0.001
150+ minutes per week	2.41	(1.92-3.02)	3.01	(2.37-3.82)	<0.001

Note: 'Don't know'/Refused' responses are not included in the model. CI: Confidence Interval.

\*Age, sex and SEIFA were adjusted in the regression model.

**Table 10:** Association between physical activity and scoring low/medium for 'how anxious did you feel yesterday?' (PHSMS April 2019)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.38	(1.09-1.75)	1.59	(1.24-2.03)	<0.001
150+ minutes per week	1.51	(1.22-1.87)	1.82	(1.46-2.28)	<0.001

CI: Confidence Interval. Note: 'Don't know'/'Refused' responses are not included in the model.

\*Age, sex and SEIFA were adjusted in the regression model.

Table 11 presents the association between physical activity and overall wellbeing. After adjusting for age, gender and SEIFA, there was a significant association between physical activity (1-149 minutes and 150+ minutes) and scoring well for overall wellbeing. The strength of association was greatest in those who engaged in at least 150 minutes of activity.

**Table 11:** Association between physical activity and scoring well for overall wellbeing (PHSMS April 2019)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.64	(1.24-2.19)	1.93	(1.44-2.59)	<0.001
150+ minutes per week	2.41	(1.86-3.13)	3.06	(2.33-4.01)	<0.001

CI: Confidence Interval.

Note: 'Don't know'/'Refused' responses are not included in the model.

\*Age, sex and SEIFA were adjusted in the regression model.

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## For more information

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