



PHSMS April 2019

Active Lives

Prepared for:

Office for Recreation, Sport and Racing

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SA Health

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Introduction

In the April 2019 Population Health Survey Module System (PHSMS), a series of questions were asked to provide a comprehensive overview of adult (aged 18+) sport and physical activity in South Australia. The aims of these questions were to determine:

- > How people across different demographics and locations are choosing to get active.
- > The rates of volunteering to support sport and physical activity.
- > The link between engaging in sport and physical activity and health, wellbeing and social outcomes.
- > The public's sense of pride by having South Australian athletes performing on the elite stage.

The majority of the questions in this survey have been adapted from the 'Active Lives' survey published by Sport England¹. Additional questions regarding individual's health and wellbeing, community connectedness and individual development were included in the survey to investigate their relationship with physical activity. This report presents basic descriptive statistics for each question, as well as differences between levels of moderate intensity physical activity and selected demographics.

Methods

The PHSMS sample comprised South Australian adults aged 18 years and over. The survey primarily utilised a Computer-Assisted Telephone Interviewing (CATI) system. Participants were also offered the option of completing the survey online by receiving a unique hyperlink sent to a mobile phone or email address. Data were collected in April/May 2019.

The survey obtained ethics approval from the SA Health Human Research Ethics Committee. All answers are confidential and all results are presented in a form that does not allow any individual's answers to be identified.

Weighting and presentation of data

The data presented in this report are weighted. Weighting is a technique for adjusting unit record survey data to enable population estimates to be made by statistically increasing or decreasing the numbers of cases with particular characteristics so that the proportion of cases in the sample are adjusted to the population proportion. Data were weighted by the inverse of the individual's probability of selection and the number of telephone numbers they have, then re-weighted to age group, by sex, by section of state (metropolitan/country) benchmarks derived from the June 2016 ABS Census data.

The weighting of data can result in rounding discrepancies or totals not adding.

Statistical analysis

Data preparation and analysis were completed using SPSS 24 software. Excel 2010 was used to collate tables. The weighted proportions of people who respond to each category of the attribute are presented in the tables along with the 95% confidence interval.

Disclaimers

Data are not age-sex standardised. Different age and sex structures of the population over time may have an influence on prevalence rates. Non-relevant responses such as 'don't know', 'refused', or 'didn't apply' have not been included in the analysis unless stated.

Aboriginal is used in this document respectfully as an all-encompassing term for Aboriginal and Torres Strait Islander people, health and culture.

¹ Sport England (2019). "Active Lives Survey" <https://www.sportengland.org/research/active-lives-survey/>

Demographics

The weighted sample of the PHSMS April 2019 survey are presented in Table 1.

Table 1: Weighted demographic sample of PHSMS April 2019 Survey (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
Gender			
Male	1447	48.3	(46.5-50.0)
Female	1552	51.7	(50.0-53.5)
Age (years)			
18 to 24	262	8.7	(7.8-9.8)
25 to 34	515	17.2	(15.9-18.6)
35 to 44	508	16.9	(15.6-18.3)
45 to 54	541	18.0	(16.7-19.4)
55 to 64	493	16.5	(15.1-17.8)
65 to 74	368	12.3	(11.1-13.5)
75+	312	10.4	(9.3-11.5)
Location			
Metropolitan	2161	72.1	(70.4-73.6)
Rural	838	27.9	(26.4-29.6)
SEIFA*			
Lowest	468	15.6	(14.3-16.9)
Low	671	22.4	(20.9-23.9)
Middle	697	23.2	(21.8-24.8)
High	548	18.3	(16.9-19.7)
Highest	615	20.5	(19.1-22.0)
Marital Status			
Married/Living with partner	2071	69.1	(67.4-70.7)
Separated/Divorced	348	11.6	(10.5-12.8)
Widowed	141	4.7	(4.0-5.5)
Never Married	417	13.9	(12.7-15.2)
Not stated	22	0.7	(0.5-1.1)
Dependents in household			
0	1623	54.1	(52.3-55.9)
1	457	15.2	(14.0-16.6)
2	497	16.6	(15.3-17.9)
3	278	9.3	(8.3-10.3)
4	67	2.2	(1.8-2.8)
5+	60	2.0	(1.5-2.5)
Not stated	18	0.6	(0.4-0.9)
Employment status			
Full time employed	1119	37.3	(35.6-39.1)
Part time employed	429	14.3	(13.1-15.6)
Casual	242	8.1	(7.1-9.1)
Unemployed	133	4.4	(3.7-5.2)
Engaged in home duties	125	4.2	(3.5-4.9)
Student	124	4.1	(3.5-4.9)
Retired	616	20.6	(19.1-22.0)
Unable to work	111	3.7	(3.1-4.4)
Other	85	2.8	(2.3-3.5)
Not stated	14	0.5	(0.3-0.8)
Education status			
No schooling to secondary	1038	34.6	(32.9-36.3)
Trade, certificate, diploma	919	30.6	(29.0-32.3)
Degree or higher	1032	34.4	(32.7-36.1)
Not stated	10	0.3	(0.2-0.6)

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

*SEIFA: Socio-Economic Index for Areas

Table 1 (Continued)

	n	%	(95 % CI)
Disability Status			
Yes	570	19.0	(17.6-20.4)
No	2403	80.1	(78.7-81.5)
Not stated	26	0.9	(0.6-1.2)
Aboriginal Status			
Aboriginal	60	2.0	(1.5-2.5)
Non-Aboriginal	2929	97.7	(97.1-98.2)
Not stated	10	0.3	(0.2-0.6)
Country of Birth			
Australia	2261	75.4	(73.8-76.9)
U.K. and Ireland	274	9.1	(8.1-10.2)
Other	445	14.8	(13.6-16.1)
Not Stated	20	0.7	(0.4-1.0)
Culturally and Linguistically Diversity (CALD)			
English speaking background (Non-CALD)	2596	86.6	(85.3-87.7)
Non-English speaking background (CALD)	384	12.8	(11.6-14.0)
Not defined	20	0.7	(0.4-1.0)
Access to a vehicle			
0	148	4.9	(4.2-5.8)
1	788	26.3	(24.7-27.9)
2	1217	40.6	(38.8-42.3)
3	501	16.7	(15.4-18.1)
4+	342	11.4	(10.3-12.6)
Not stated	2	0.1	(0.0-0.2)
Dwelling type			
Owned or being purchased by the occupants	2104	70.1	(68.5-71.8)
Rented privately	677	22.6	(21.1-24.1)
Rented from Housing SA	114	3.8	(3.2-4.5)
Retirement village	39	1.3	(0.9-1.8)
Other	18	0.6	(0.4-0.9)
Not stated	47	1.6	(1.2-2.1)
Household Income			
Up to \$20,000	216	7.2	(6.3-8.2)
\$20,001 - \$40,000	394	13.1	(12.0-14.4)
\$40,001 - \$60,000	329	11.0	(9.9-12.1)
\$60,001 - \$80,000	304	10.1	(9.1-11.3)
\$80,001 - \$100,000	317	10.6	(9.5-11.7)
\$100,001 - \$150,000	434	14.5	(13.2-15.8)
More than \$150,000	432	14.4	(13.2-15.7)
Not stated	573	19.1	(17.7-20.5)
Total	2999	100.0	

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

Overall Health and Wellbeing

Self-assessed health status

Measures: Respondents were asked to self-report their own health status using the standardised SF1 question. Self-reported health status is commonly used as a general indicator of health and wellbeing, revealing insight to a person's perception of his or her own health at a given point in time. The responses to this question are presented in Table 2.

Table 2 shows that nearly 80% of respondents reported their health status as good or better.

Table 2: Proportion of respondents aged ≥18 years reporting their health status (PHSMS April 2019, n=2974)

	n	%	(95 % CI)
Excellent	420	14.1	(12.9-15.4)
Very Good	960	32.3	(30.6-34.0)
Good	991	33.3	(31.6-35.0)
Fair	407	13.7	(12.5-15.0)
Poor	197	6.6	(5.8-7.6)
Excellent / Very Good / Good	2370	79.7	(78.2-81.1)
Fair / Poor	604	20.3	(18.9-21.8)
Total	2974	100.0	

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't know/refused (n=25) excluded

Health care utilisation

Measures: Respondents were asked if they had used a variety of health services in South Australia in the past 12 months (Table 3). Respondents were allowed to provide multiple answers to this question.

The most commonly utilised health service was a General Practitioner (92%) followed by a dentist and specialist doctor. Around one fifth of respondents had used some kind of hospital service in the past 12-months. Less than 4% of respondents reported not using any of the listed health services (Table 3).

Table 3: Proportion of respondents aged ≥18 years reporting healthcare utilisation in the last 12 months (PHSMS April 2019, n=2988)

	n	%	(95 % CI)
GP	2749	92.0	(91.0-92.9)
Dentist	1734	58.0	(56.3-59.8)
Specialist Doctor	1449	48.5	(46.7-50.3)
Other Health Professional [^]	1077	36.0	(34.3-37.8)
Hospital Admission	640	21.4	(20.0-22.9)
Hospital Outpatient Clinic	546	18.3	(16.9-19.7)
Hospital Emergency Department	534	17.9	(16.5-19.3)
Didn't access at least one of the above health services	106	3.6	(2.9-4.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Refused (n=11) excluded, [^]Allied health, nursing, Aboriginal health worker, multiple responses allowed

Subjective Individual Wellbeing

Measures: Respondents were asked four questions relating to their wellbeing “Overall, how satisfied are you with your life nowadays?”, “Overall, to what extent do you feel the things you do in your life are worthwhile?”, “Overall, how happy did you feel yesterday?”, and “Overall, how anxious did you feel yesterday?”. For each of these questions respondents gave a number between 0 and 10 where 0 meant not at all and 10 meant completely.

The proportion of respondents aged 18 years and over reporting individual subjective wellbeing measures are reported in Table 4. The majority of adults responded favourably to each question.

Note: scoring of the question ‘overall, how anxious did you feel yesterday’ is inversed whereby a lower score denotes a better state of wellbeing.

Table 4: Proportion of respondents aged ≥18 years reporting individual subjective wellbeing measures (PHSMS April 2019)

	n	%	(95 % CI)
Satisfied with life nowadays (n=2981)			
Medium/High (7-10)	2333	78.3	(76.8-79.7)
Very Low/Low (0-6)	648	21.7	(20.3-23.2)
Things you do in life are worthwhile (n=2975)			
Medium/High (7-10)	2475	83.2	(81.8-84.5)
Very Low/Low (0-6)	500	16.8	(15.5-18.2)
How happy did you feel yesterday? (n=2983)			
Medium/High (7-10)	2215	74.2	(72.7-75.8)
Very Low/Low (0-6)	768	25.8	(24.2-27.3)
How anxious did you feel yesterday? (n=2978)			
Medium/Low (0-3)	1890	63.5	(61.7-65.2)
Very high/high (4-10)	1088	36.5	(34.8-38.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Excludes don't know/refused

The four wellbeing questions were then used to categorise respondents into three groups; those with good wellbeing, those with poor wellbeing, and those who were neutral (Table 5). Respondents were considered to have good wellbeing if they scored well on all four questions:

- > A score of 8-10 for life satisfaction, life being worthwhile, feeling happy yesterday and 0-2 for feeling anxious yesterday.

Respondents were considered to have poor wellbeing if they scored badly on at least one measure:

- > A score of 0-4 for life satisfaction, life being worthwhile, feeling happy yesterday and 6-10 for feeling anxious yesterday.

All other respondents were considered to be neutral. As shown in Table 5, 31.2% of respondents reported having good overall wellbeing.

Table 5: Proportion of respondents aged ≥18 years reporting overall subjective wellbeing status (PHSMS April 2019, n=2973)

	n	%	(95 % CI)
Good wellbeing (scoring well on all four questions)	927	31.2	(29.5-32.9)
Scoring neither well nor badly (neutral)	1112	37.4	(35.7-39.2)
Poor wellbeing (scoring badly on at least one of the four questions)	934	31.4	(29.8-33.1)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Excludes don't know/refused

Physical Activity

Perceptions of ability and opportunity

Measures: Respondents were asked to what extent do they agree or disagree with the following two statements: “I feel that I have the ability to be physically active, exercise or play sport” and “I feel that I have the opportunity to be physically active, exercise or play sport”.

More than three quarters (75.3%) of respondents agreed that they have the ability to be physically active, exercise or play sport (Table 6). Nearly 80% of respondents agreed that they have the opportunity to be physically active, exercise or play sport (Table 7).

Table 6: “I feel that I have the ability to be physically active, exercise or play sport” (PHSMS April 2019, n=2983)

	n	%	(95 % CI)
Strongly Agree/Agree	2247	75.3	(73.8-76.8)
Neutral/Disagree/Strongly Disagree	736	24.7	(23.2-26.2)
Total	2983	100.0	

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=16) are excluded

Table 7: “I feel that I have the opportunity to be physically active, exercise or play sport” (PHSMS April 2019, n=2985)

	n	%	(95 % CI)
Strongly Agree/Agree	2381	79.8	(78.3-81.2)
Neutral/Disagree/Strongly Disagree	604	20.2	(18.8-21.7)
Total	2985	100.0	

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=14) are excluded

Physical Activity Stage of Change: Assessment Tool

Measures: Respondents were asked four questions to assess their change in physical activity behaviours. Respondents were asked “Are you regularly physically active?”, “Have you been doing so for more than six months”, “Do you intend to in the next thirty days?”, and “Do you intend to in the next six months?”. Regular physically active was defined as a total of 30 mins or more per day and be done at least 5 days per week.

Based on these questions, respondents were further classified according to stages of change described by Prochaska & DiClemente as shown below in Table 8. The Transtheoretical Model (TM) has been described as an integrative and comprehensive model of behaviour and is also known as one of the most important theoretical health promotion developments².

Table 8: Stage of Change Model (Prochaska & DiClemente, 1983)

Stage of Change	Characteristics
Pre-contemplation	In this stage, people do not intend to take action in the foreseeable future (defined as within the next 6 months). People are often unaware that their behaviour is problematic or produces negative consequences
Contemplation	In this stage, people are intending to start the healthy behaviour in the foreseeable future (defined as within the next 6 months)
Preparation	In this stage, people are ready to take action within the next 30 days. People start to take small steps toward the behaviour change, and they believe changing their behaviour can lead to a healthier life.
Action	In this stage, people have recently changed their behaviour (defined as within the last 6 months) and intend to keep moving forward with that behaviour change.
Maintenance	In this stage, people have sustained their behaviour change for a while (defined as more than 6 months) and intend to maintain the behaviour change going forward.

The proportions of respondents by stages of change (physical activity) are presented by key demographics in Table 9.

- > 12.5% were not regularly active nor did they have any intention of doing so within the next six months (pre-contemplation). Older adults aged 65+ were more likely to be in the pre-contemplation stage compared with younger respondents.
- > 7.4% intended on becoming regularly physically active within the next six months (contemplation)
- > 18.4% intended on being physically active within the next 30 days (preparation). Females, younger respondents and those living in the metropolitan area were more likely to be in the preparation stage than their counterparts.
- > 4.3% were physically active but for less than six months (action). Respondents aged 18-34 years were more likely to be in the action stage compared with older respondents.
- > 57.4% were regularly physically active, and had been for more than six months (maintenance). Males were more likely to be in the maintenance stage compared with females.

There were no differences between SEIFA quintiles and any of the different stages of change.

² Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390-395. <http://dx.doi.org/10.1037/0022-006X.51.3.390>

Table 9: Proportion of respondents reporting stages of change in physical activity, by selected demographics (PHSMS April 2019, n=2999)

	Pre-contemplation		Contemplation		Preparation		Action		Maintenance	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	374/2999	12.5 (11.3-13.7)	223/2999	7.4 (6.5-8.4)	552/2999	18.4 (17.0-19.8)	129/2999	4.3 (3.6-5.1)	1721/2999	57.4 (55.6-59.1)
Gender										
Male	155/1447	10.7 (9.2-12.4)	89/1447	6.1 (5.0-7.5)	220/1447	15.2 (13.4-17.1)	51/1447	3.5 (2.7-4.6)	933/1447	64.4 (62.0-66.9)
Female	219/1552	14.1 (12.4-15.9)	134/1552	8.7 (7.3-10.1)	333/1552	21.4 (19.5-23.6)	78/1552	5.0 (4.0-6.2)	788/1552	50.8 (48.3-53.3)
Age (years)										
18 to 34	42/776	5.4 (4.0-7.2)	61/776	7.9 (6.1-9.9)	172/776	22.1 (19.3-25.2)	51/776	6.5 (5.0-8.5)	451/776	58.1 (54.6-61.6)
35 to 64	205/1542	13.3 (11.7-15.1)	121/1542	7.9 (6.6-9.3)	298/1542	19.4 (17.4-21.4)	57/1542	3.7 (2.8-4.7)	860/1542	55.8 (53.3-58.2)
65+	127/680	18.7 (15.9-21.7)	41/680	6.0 (4.4-8.0)	82/680	12.0 (9.8-14.7)	20/680	3.0 (1.9-4.4)	410/680	60.3 (56.6-63.9)
Location										
Metropolitan	266/2161	12.3 (11.0-13.7)	159/2161	7.4 (6.3-8.5)	427/2161	19.7 (18.1-21.5)	96/2161	4.5 (3.6-5.4)	1212/2161	56.1 (54.0-58.2)
Rural	108/838	12.9 (10.7-15.3)	64/838	7.7 (6.0-9.6)	125/838	15.0 (12.6-17.4)	32/838	3.8 (2.7-5.3)	509/838	60.7 (57.4-64.0)
SEIFA*										
Lowest	71/468	15.1 (12.1-18.6)	44/468	9.5 (7.0-12.3)	84/468	17.8 (14.7-21.6)	18/468	3.7 (2.4-5.9)	252/468	53.9 (49.3-58.3)
Low	99/671	14.8 (12.2-17.6)	56/671	8.3 (6.4-10.6)	117/671	17.4 (14.7-20.4)	36/671	5.3 (3.8-7.3)	363/671	54.1 (50.3-57.8)
Middle	75/697	10.8 (8.6-13.2)	41/697	5.9 (4.3-7.8)	120/697	17.2 (14.6-20.2)	33/697	4.8 (3.3-6.5)	428/697	61.3 (57.8-65.0)
High	69/548	12.5 (10.0-15.6)	41/548	7.6 (5.5-9.9)	114/548	20.7 (17.6-24.3)	19/548	3.4 (2.2-5.3)	305/548	55.7 (51.5-59.8)
Highest	61/615	9.9 (7.7-12.5)	40/615	6.5 (4.8-8.7)	119/615	19.3 (16.4-22.6)	23/615	3.8 (2.5-5.5)	372/615	60.6 (56.6-64.3)

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

*SEIFA: Socio-Economic Index for Areas

Core Questions for Physical Activity

Physical activity in the past 12-months

Respondents were asked if they had participated in various physical activities in the past 12 months. These included; walking (for fitness, recreation, to walk the dog or for transport; where it was for at least 10 minutes), cycling, dance, and a sport, fitness or recreation activity.

In the past 12-months, walking was the most popular activity (90.4%) followed by a sport, fitness or recreation activity (56.0%). Nearly 6% of respondents reported not engaging in any of the listed activities in the past 12-months (Table 10).

Table 10: Proportion of respondents reporting engaging in certain physical activities in the past 12 months (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
Walking	2712	90.4	(89.3-91.4)
Cycling	720	24.0	(22.5-25.6)
Dance	628	20.9	(19.5-22.4)
Sport, fitness or recreation activity	1680	56.0	(54.2-57.8)
No physical activity in the past 12-months	178	5.9	(5.1-6.8)

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

Physical activity in the past week

For each type of physical activity, respondents were asked multiple questions to measure how much time they spent participating in each activity. The category 'Sport, fitness and recreation activity' were further separated into four sub categories. Examples of the activities within each sub category are listed below:

- > Fitness activities: gym, internal training, boot camp, cross-fit
- > Team sports: football, netball, hockey, basketball, soccer, baseball/softball, volleyball, bowls
- > Individual sports: tennis, squash, golf, equestrian, triathlon, martial arts, rowing, shooting
- > Recreation or other activities: jogging, swimming, trail running, surfing, skate, adventure activities, ten-pin bowling

The responses were used to calculate time spent per week for each activity (Table 11). Respondents were categorised to either 0 minutes, 1-149min or 150+ minutes, with 150+ minutes of activity being a proxy measure of engaging in activity for at least 30 minutes on five days of the week.

Note: Respondents who reported 'don't know' or 'refused' when asked about their frequency and duration of each activity were unable to be categorised into any of the three groups in Table 11.

Regarding physical activity in the past week, over 80% of respondents reported walking, with 43.4% doing so for more than 150 minutes. Fitness activities, described as going to the gym, boot camp, cross fit, internal training were the next most popular activity, with nearly 30% of respondents engaging in these activities in the past week, however most of those respondents participated in 1-149 minutes of activity (Table 11).

The proportions of people engaging in at least 150 minutes of physical activity by key demographics are presented in Table 12 below. Key findings include:

- > Males (63.0%) were more likely to engage in at least 150 minutes of physical activity compared to females (53.1%)
- > Younger respondents were more likely to report engaging in at least 150min of activity, and older respondents were more likely to report not engaging in any activity (0 minutes)
- > Those living in the middle and highest SEIFA categories were more likely to engage in 150 minutes of activity

Table 11: Proportion of respondents reporting physical activities in categories of minutes per week (PHSMS April 2019)

	None		1 – 149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Walking (n=2823)	506	17.9 (16.5-19.4)	1093	38.7 (36.9-40.5)	1225	43.4 (41.6-45.2)
Cycling (n=2991)	2674	89.4 (88.3-90.5)	209	7.0 (6.1-7.9)	108	3.6 (3.0-4.3)
Dance (n=2983)	2544	85.3 (84.0-86.5)	401	13.5 (12.3-14.7)	39	1.3 (0.9-1.8)
Fitness Activities (n=2989)	2152	72.0 (70.4-73.6)	464	15.5 (14.3-16.9)	373	12.5 (11.3-13.7)
Team Sports (n=2992)	2731	91.3 (90.2-92.2)	157	5.3 (4.5-6.1)	103	3.4 (2.8-4.1)
Individual Sports (n=2996)	2693	89.9 (88.8-90.9)	175	5.8 (5.0-6.7)	129	4.3 (3.6-5.1)
Recreation/Other (n=2978)	2341	78.6 (77.1-80.1)	463	15.5 (14.3-16.9)	174	5.8 (5.0-6.7)

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.

Table 12: Proportion of respondents reporting physical activities in categories of minutes per week, by selected demographics (PHSMS April 2019, n=2999)

	None		1 – 149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	449/2999	15.0 (13.7-16.3)	815/2999	27.2 (25.6-28.8)	1736/2999	57.9 (56.1-59.6)
Gender						
Male	190/1447	13.1 (11.5-14.9)	346/1447	23.9 (21.8-26.2)	912/1447	63.0 (60.5-65.5)
Female	259/1552	16.7 (14.9-18.6)	469/1552	30.2 (28.0-32.5)	824/1552	53.1 (50.6-55.6)
Age (years)						
18 to 34	62/776	8.0 (6.2-10.1)	176/776	22.6 (19.8-25.7)	538/776	69.4 (66.0-72.5)
35 to 64	239/1542	15.5 (13.8-17.4)	442/1542	28.6 (26.4-31.0)	862/1542	55.9 (53.4-58.4)
65+	148/680	21.7 (18.8-25.0)	197/680	29.0 (25.7-32.5)	335/680	49.3 (45.5-53.0)
Location						
Metropolitan	312/2161	14.5 (13.0-16.0)	586/2161	27.1 (25.3-29.0)	1263/2161	58.4 (56.4-60.5)
Rural	136/838	16.3 (13.9-18.8)	229/838	27.3 (24.4-30.4)	473/838	56.4 (53.1-59.8)
SEIFA*						
Lowest	84/468	17.9 (14.7-21.6)	148/468	31.6 (27.5-35.9)	237/468	50.5 (46.1-55.2)
Low	127/671	18.9 (16.1-22.0)	197/671	29.3 (26.0-32.9)	348/671	51.8 (48.1-55.6)
Middle	86/697	12.4 (10.1-14.9)	183/697	26.2 (23.1-29.6)	428/697	61.4 (57.8-65.0)
High	77/548	14.1 (11.3-17.1)	149/548	27.3 (23.6-31.0)	321/548	58.6 (54.4-62.6)
Highest	75/615	12.2 (9.8-15.0)	138/615	22.4 (19.3-25.9)	402/615	65.4 (61.5-69.0)

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

*SEIFA: Socio-Economic Index for Areas

Association of minutes of physical activity with health status

Measures: This section presents the proportion of respondents by minutes of physical activity (0 minutes, 1-149 minutes or 150+ minutes) by self-reported health status (Table 13), healthcare utilisation (Table 14), and wellbeing (Table 15).

Table 13 shows that the proportion of respondents who self-reported their health status as good or better improved with participation in physical activity. Respondents who did not engage in any physical activity (54.4%) were less likely to report a good or better health status compared to those who engaged in at least 150 minutes (88.1%). The results should be interpreted with caution due to the possible effect of reverse causality. It is unknown if lower engagement in physical activity caused poorer rates of self-reported health, or whether people with poorer self-reported health (possibly due to other health risk factors) led to respondents being unable to engage in more activity.

Table 13: Proportion of respondents reporting health status by minutes of physical activity (PHSMS April 2019, n=2974)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Excellent	22	4.9 (3.2-7.3)	64	8.0 (6.2-9.9)	334	19.4 (17.6-21.3)
Very Good	64	14.4 (11.4-17.9)	225	27.8 (24.8-31.0)	671	39.0 (36.7-41.3)
Good	156	35.1 (30.9-39.7)	322	39.8 (36.5-43.3)	513	29.8 (27.6-32.0)
Fair	106	23.9 (20.1-28.1)	137	16.9 (14.5-19.7)	164	9.5 (8.2-11.0)
Poor	96	21.7 (18.0-25.7)	60	7.4 (5.8-9.4)	41	2.4 (1.7-3.2)
Excellent/Very Good/Good	241	54.4 (49.7-59.0)	611	75.6 (72.6-78.5)	1518	88.1 (86.5-89.6)
Fair / Poor	202	45.6 (41.0-50.3)	197	24.4 (21.5-27.4)	205	11.9 (10.4-13.5)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't know/refused to SF1 question (n=25) excluded.

Respondents who engaged in at least 150 minutes of physical activity were less likely to report using a hospital service (admission, ED or outpatient clinic) compared to those who did not do any physical activity. They were also less likely to visit a specialist doctor compared to all other groups, but more likely to visit a dentist (Table 14).

Table 14: Proportion of respondents reporting healthcare utilisation by minutes of physical activity (PHSMS April 2019, n=2988)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
GP	420	94.5 (91.9-96.2)	774	95.2 (93.4-96.4)	1554	89.8 (88.3-91.2)
Specialist Doctor	243	54.7 (50.0-59.2)	420	51.6 (48.2-55.0)	785	45.4 (43.0-47.7)
Dentist	202	45.5 (40.8-50.0)	429	52.8 (49.3-56.1)	1102	63.7 (61.4-65.9)
Other Health Professional^	153	34.4 (30.1-38.9)	327	40.2 (36.8-43.6)	597	34.5 (32.3-36.8)
Hospital Admission	122	27.4 (23.4-31.7)	204	25.1 (22.2-28.1)	314	18.1 (16.4-20.0)
Hospital Outpatient Clinic	112	25.3 (21.3-29.4)	191	23.5 (20.7-26.5)	243	14.1 (12.5-15.7)
Hospital ED	106	23.9 (20.0-27.9)	159	19.5 (16.9-22.4)	269	15.5 (13.9-17.3)
Didn't access any health service	11	2.6 (1.3-4.2)	19	2.3 (1.5-3.5)	76	4.4 (3.5-5.4)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Refused healthcare question (n=11) excluded. ^Allied health, nursing, Aboriginal health worker.

Respondents who engaged in at least 150 minutes of physical activity reported higher levels of individual wellbeing across all four individual questions, as well as their overall wellbeing score, compared to those who engaged in lower levels of physical activity (Table 15).

Again, the results should be interpreted with caution due to the possible effect of reverse causality. It is unknown if lower engagement in physical activity caused poorer rates of wellbeing, or whether people with poorer wellbeing (possibly due to other health risk factors) led to respondents being unable to engage in more activity.

Table 15: Proportion of respondents reporting subjective wellbeing measures and overall wellbeing status by minutes of physical activity (PHSMS April 2019)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2981)						
Medium/High (7-10)	250	57.8 (53.2-62.5)	605	74.4 (71.2-77.2)	1478	85.2 (83.5-86.8)
Very Low/Low (0-6)	182	42.2 (37.5-46.8)	208	25.6 (22.6-28.6)	257	14.8 (13.2-16.5)
Things you do in life are worthwhile (n=2975)						
Medium/High (7-10)	284	65.4 (60.7-69.6)	681	84.2 (81.7-86.7)	1510	87.2 (85.5-88.7)
Very Low/Low (0-6)	151	34.6 (30.4-39.3)	128	15.8 (13.4-18.5)	222	12.8 (11.3-14.5)
How happy did you feel yesterday? (n=2983)						
Medium/High (7-10)	268	61.9 (57.3-66.4)	564	69.3 (66.1-72.4)	1383	79.7 (77.7-81.5)
Very Low/Low (0-6)	165	38.1 (33.6-42.7)	250	30.7 (27.6-33.9)	353	20.3 (18.5-22.3)
How anxious did you feel yesterday? (n=2978)						
Medium/Low (0-3)	241	55.6 (51.1-60.4)	515	63.3 (60.0-66.6)	1134	65.5 (63.2-67.7)
Very high/high (4-10)	192	44.4 (39.8-49.2)	298	36.7 (33.4-40.0)	598	34.5 (32.3-36.8)
Overall Wellbeing (n=2973)						
Scoring well	82	18.9 (15.4-22.8)	223	27.6 (24.6-30.8)	622	35.9 (33.7-38.2)
Scoring neither well/ badly	152	35.1 (30.6-39.6)	328	40.5 (37.2-44.0)	632	36.5 (34.3-38.8)
Scoring badly	200	46.0 (41.4-50.8)	257	31.8 (28.7-35.1)	477	27.6 (25.5-29.7)

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

Association of minutes of physical activity with individual development

Measures: This section presents the proportion of respondents by minutes of physical activity (0 minutes, 1-149 minutes or 150+ minutes) by the following two individual development questions whereby respondents were asked to what extent did they agree or disagree with the following statements;

- > I can achieve most of the goals I set myself
- > If I find something difficult, I keep trying until I can do it

Respondents who engaged in at least 150 minutes of physical activity were more likely to agree they were able to achieve most of their goals (87.5%), compared with those who engaged in 1-149minutes (76.2%) and those who did not engage in any activity (61.6%) (Table 16).

Table 16: Proportion of respondents reporting if they could achieve most of their goals set by themselves by minutes of physical activity (PHSMS April 2019, n=2981)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	270	61.6 (57.2-66.3)	617	76.2 (73.1-79.0)	1518	87.5 (85.9-89.0)
Neutral	72	16.5 (13.2-20.2)	107	13.3 (11.0-15.7)	132	7.6 (6.4-8.9)
Disagree / Strongly Disagree	96	21.9 (18.3-26.0)	85	10.5 (8.5-12.7)	84	4.9 (3.9-5.9)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't Know/Refused (n=18) are excluded.

Similarly, nearly 90% of respondents who engaged in at least 150 minutes of physical activity agreed that if they found something difficult, they keep trying until they could do it, which was higher than respondents engaging in 1-149 minutes of activity (84.2%) and no activity (71.1%) (Table 17).

Table 17: Proportion of respondents reporting if they found something difficult, they keep trying until they could do it by minutes of physical activity (PHSMS April 2019, n=2986)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	313	71.1 (66.8-75.2)	685	84.2 (81.6-86.6)	1552	89.6 (88.0-90.9)
Neutral	68	15.4 (12.3-19.1)	93	11.5 (9.4-13.8)	124	7.1 (6.0-8.4)
Disagree / Strongly Disagree	59	13.5 (10.5-16.8)	35	4.3 (3.1-5.9)	58	3.3 (2.6-4.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't Know/Refused (n=12) are excluded.

Association of minutes of physical activity with community connectedness

Measures: This section presents the proportion of respondents by minutes of physical activity (0 minutes, 1-149 minutes or 150+ minutes) by the following two community connectedness questions whereby respondents were asked to what extent did they agree or disagree with the following statements;

- > Most people in my local area can be trusted
- > There are people in my life who really care about me

Over two-thirds (67%) of respondents that reported 150 minutes or more of physical activity a week agreed that most people in their local area could be trusted, compared to 63.5% of the respondents that reported 1-149 minutes and 54.7% of those that reported none (Table 18).

The majority of respondents reporting 150 minutes or more of physical activity agreed that there were people in their life who really care about them (98.2%), compared to 97.3% of the respondents that reported 1-149 minutes and 93.3% of those that reported none (Table 19).

Table 18: Proportion of respondents reporting if they agreed/disagreed that most people in their local area could be trusted by minutes of physical activity (PHSMS April 2019, n=2875)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	227	54.7 (50.0-59.6)	495	63.5 (60.1-66.9)	1126	67.0 (64.7-69.2)
Neutral	106	25.7 (21.6-30.0)	198	25.4 (22.5-28.6)	372	22.1 (20.2-24.1)
Disagree / Strongly Disagree	81	19.7 (16.0-23.6)	86	11.0 (9.0-13.4)	184	10.9 (9.5-12.5)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=124) are excluded

Table 19: Proportion of respondents reporting if they agreed/disagreed that there were people in their life who really cared about them by minutes of physical activity (PHSMS April 2019, n=2993)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	414	93.3 (90.6-95.3)	792	97.3 (96.0-98.2)	1704	98.2 (97.5-98.8)
Neutral	16	3.6 (2.2-5.6)	9	1.1 (0.5-2.0)	19	1.1 (0.7-1.7)
Disagree / Strongly Disagree	13	3.0 (1.7-4.8)	13	1.6 (0.9-2.6)	12	0.7 (0.4-1.2)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=6) are excluded

Association of minutes of physical activity with social capital

Measures: This section presents the proportion of respondents by minutes of physical activity (0 minutes, 1-149 minutes or 150+ minutes) by the following three social capital questions whereby respondents were asked to what extent did they agree or disagree with the following statements;

- > I feel safe walking in my local community after dark
- > I identify with my local community
- > If there was a serious problem in my local community, the people here would come together to solve it

Over 71% of respondents who reported engaging in 150 minutes or more of physical activity a week agreed they felt safe walking in their local community after dark, which was higher than those reporting 1-149 minutes (62.7%) and none (49.7%) (Table 20).

Table 20: Proportion of respondents reporting if they felt safe walking in their local community after dark by minutes of physical activity (PHSMS April 2019, n=2933)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	208	49.7 (45.0-54.5)	498	62.7 (59.3-66.0)	1229	71.4 (69.3-73.6)
Neutral	70	16.7 (13.4-20.5)	114	14.4 (12.0-16.9)	225	13.1 (11.6-14.7)
Disagree / Strongly Disagree	141	33.6 (29.3-38.4)	182	22.9 (20.1-25.9)	266	15.5 (13.8-17.2)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=66) are excluded

Similarly, 70.7% of respondents reporting engaging in 150 minutes or more of physical activity a week agreed that they identified with their local community, compared to 61.3% of respondents reporting 1-149 minutes and 52.6% reporting none (Table 21).

Table 21: Proportion of respondents reporting that they feel that they get identified in their local community by minutes of physical activity (PHSMS April 2019, n=2944)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	221	52.6 (47.7-57.2)	492	61.3 (57.9-64.6)	1217	70.7 (68.6-72.9)
Neutral	110	26.1 (22.1-30.5)	232	28.9 (25.8-32.1)	358	20.8 (18.9-22.8)
Disagree / Strongly Disagree	90	21.3 (17.7-25.5)	78	9.7 (7.8-11.9)	146	8.5 (7.2-9.9)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=55) are excluded

There were no differences in the proportion of respondents who agreed that their local community would come together to solve a serious problem by minutes of physical activity, however 16.4% of respondents reporting no physical activity disagreed with the statement, which was higher than respondents reporting 1-149 minutes (8.8%) and 150+ minutes (9.4%) (Table 22).

Table 22: Proportion of respondents reporting that if there was a serious problem in their local community, the people here would come together to solve it by minutes of physical activity (PHSMS April 2019, n=2790)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Strongly Agree / Agree	228	59.8 (54.9-64.7)	479	62.9 (59.5-66.3)	1062	64.5 (62.1-66.7)
Neutral	91	23.8 (19.8-28.4)	215	28.3 (25.1-31.5)	431	26.2 (24.1-28.3)
Disagree / Strongly Disagree	63	16.4 (13.1-20.5)	67	8.8 (6.9-11.0)	154	9.4 (8.0-10.8)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Don't Know/Refused (n=210) are excluded

Moderate to vigorous physical activity

Australia's Physical Activity and Sedentary Behaviour guidelines³ provide recommendations for adults of different ages considered essential for individual health and wellbeing. One part of these recommendations for adults aged 18-64 years are to:

- > Accumulate 150 to 300 minutes of moderate intensity physical activity, or 75 to 150 minutes of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities each week.

Adults aged 65 years and over are recommended to:

- > Accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days

The reporting of adults engaging in at least 150minutes of moderate intensity physical activity per week is a common proxy for meeting these aspects of the guidelines and is therefore presented below.

Measures: As described in the previous section, for each type of physical activity, respondents were asked multiple questions to measure how much time they spent participating in each activity. Some activities were further asked at what intensity they were performed at, by describing whether the activity made them breathe harder than normal. Some activities were not asked these questions and therefore the level of intensity has been assumed. Table 23 below describe how the intensity of each activity was calculated. Minutes of vigorous intensity activity were multiplied by two to account for their higher intensity.

Table 23: Determination of intensity of physical activity (PHSMS April 2019)

Walking	Assumed to be moderate intensity
Cycling	Assumed to be vigorous intensity
Dance	Assumed to be moderate intensity
Fitness Activities	Was the effort usually enough to raise your breathing rate (y/n) - moderate Was the effort usually enough to make you sweat or out of breath (y/n) - vigorous
Team Sports	
Individual Sports	
Recreation/Other	

The results found that 59% of respondents engaged in at least 150minutes of at least moderate intensity physical activity in the past week, with a quarter (25.5%) engaging in between 1-149 minutes, and 15.5% not doing any moderate intensity activity (Table 24). The proportions of people engaging in at least 150minutes of moderate intensity activity by various demographics are presented in Table 24 below. Key findings include:

- > Males (64.2%) were more likely to engage in 150minutes of moderate intensity activity compared to females (54.2%)
- > Participation rates were higher in younger respondents
- > The unemployed (37.2%) and those unable to work (28.6%) were the least likely to report engaging in at least 150minutes of moderate activity of all the occupation groups. Students were the most likely (74.4%)
- > Participation in 150mintues of moderate intensity activity increased with higher education levels, access to more vehicles in the household, and a higher household income

³ Department of Health. Australia's Physical Activity and Sedentary Behaviour Guidelines. 2014; available from <http://www.health.gov.au/internet/main/publishing.nsf/content/health-publhlth-strateg-phys-act-guidelines>

Table 24: Proportion of respondents reporting number of minutes of at least moderate intensity physical activity, by selected demographics (PHSMS April 2019, n=2999)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	464	15.5 (14.2-16.8)	765	25.5 (24.0-27.1)	1770	59.0 (57.3-60.8)
Gender						
Male	196	13.6 (11.9-15.4)	322	22.3 (20.2-24.5)	929	64.2 (61.7-66.6)
Female	268	17.3 (15.4-19.2)	443	28.5 (26.3-30.8)	841	54.2 (51.7-56.7)
Age (years)						
18 to 24	34	13.1 (9.3-17.4)	41	15.8 (11.6-20.4)	186	71.1 (65.3-76.2)
25 to 34	33	6.5 (4.5-8.8)	115	22.4 (18.9-26.1)	366	71.1 (67.0-74.9)
35 to 44	71	14.0 (11.2-17.2)	148	29.2 (25.3-33.2)	288	56.8 (52.4-61.0)
45 to 54	84	15.5 (12.7-18.8)	140	25.9 (22.3-29.7)	317	58.6 (54.4-62.7)
55 to 64	86	17.4 (14.3-21.0)	119	24.1 (20.5-28.1)	289	58.6 (54.2-62.9)
65 to 74	56	15.3 (11.8-19.2)	110	29.8 (25.4-34.7)	202	54.9 (49.8-59.9)
75+	100	32.0 (27.1-37.4)	91	29.3 (24.3-34.4)	121	38.8 (33.5-44.3)
Gender and Age (years)						
Male 18 to 24	16	12.8 (8.1-20.1)	24	19.8 (13.5-27.6)	82	67.4 (59.1-75.6)
Male 25 to 34	8	3.0 (1.5-5.8)	43	16.9 (12.7-21.8)	204	80.1 (74.8-84.6)
Male 35 to 44	38	14.9 (11.1-20.0)	62	24.5 (19.7-30.3)	152	60.6 (54.4-66.5)
Male 45 to 54	40	14.9 (11.0-19.6)	52	19.4 (15.0-24.5)	176	65.7 (59.8-71.2)
Male 55 to 64	44	18.4 (13.7-23.4)	50	20.9 (15.9-26.1)	147	60.8 (54.5-66.7)
Male 65 to 74	19	10.7 (6.7-15.8)	55	30.7 (24.3-37.8)	105	58.6 (51.4-65.7)
Male 75+	32	24.4 (17.5-32.1)	36	27.6 (20.2-35.3)	63	48.0 (39.3-56.2)
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)	72	27.8 (22.5-33.4)	162	62.4 (56.3-68.0)
Female 35 to 44	34	13.1 (9.5-17.8)	87	33.9 (28.3-39.8)	136	53.1 (46.8-59.0)
Female 45 to 54	44	16.1 (12.1-20.8)	88	32.3 (26.9-37.9)	141	51.6 (45.7-57.5)
Female 55 to 64	41	16.4 (12.1-21.2)	68	27.1 (21.8-32.7)	142	56.4 (50.2-62.4)
Female 65 to 74	37	19.6 (14.3-25.5)	55	28.9 (22.9-35.7)	98	51.5 (44.5-58.6)
Female 75+	68	37.5 (30.9-45.0)	55	30.5 (24.2-37.6)	58	32.1 (25.7-39.3)
Location						
Metropolitan	322	14.9 (13.4-16.4)	552	25.5 (23.7-27.4)	1288	59.6 (57.5-61.7)
Rural	143	17.0 (14.6-19.7)	213	25.4 (22.6-28.4)	482	57.5 (54.1-60.8)
SEIFA*						
Lowest	84	18.0 (14.7-21.6)	139	29.6 (25.7-34.0)	245	52.4 (47.8-56.8)
Low	135	20.1 (17.2-23.3)	187	27.9 (24.6-31.4)	349	52.0 (48.2-55.8)
Middle	87	12.5 (10.2-15.1)	171	24.5 (21.4-27.8)	439	63.0 (59.4-66.5)
High	82	14.9 (12.2-18.1)	135	24.7 (21.2-28.4)	331	60.4 (56.3-64.4)
Highest	76	12.4 (9.9-15.1)	133	21.6 (18.5-25.0)	406	66.0 (62.2-69.7)
Marital Status						
Married/Living with partner	262	12.7 (11.3-14.1)	540	26.1 (24.2-28.0)	1269	61.3 (59.2-63.4)
Separated/Divorced	76	21.8 (17.7-26.4)	106	30.5 (25.8-35.4)	166	47.6 (42.5-52.9)
Widowed	47	33.6 (26.0-41.4)	43	30.5 (23.4-38.4)	51	35.9 (28.6-44.3)
Never Married	72	17.2 (13.9-21.1)	73	17.4 (14.1-21.4)	272	65.3 (60.6-69.7)
Not stated	7	30.5 (15.5-52.6)	3	13.3 (4.0-32.1)	13	56.3 (38.5-77.5)
Dependents in household						
0	283	17.4 (15.6-19.3)	417	25.7 (23.6-27.9)	923	56.9 (54.5-59.3)
1	55	12.0 (9.3-15.3)	116	25.3 (21.6-29.5)	286	62.7 (58.1-66.9)
2	64	12.9 (10.2-16.0)	119	23.9 (20.4-27.8)	314	63.2 (58.9-67.3)
3	35	12.4 (9.1-16.9)	68	24.4 (19.7-29.8)	175	63.1 (57.2-68.5)
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)
Employment status						
Full time employed	103	9.2 (7.6-11.0)	243	21.7 (19.4-24.2)	773	69.1 (66.3-71.7)
Part time employed	42	9.8 (7.2-12.9)	120	27.9 (23.9-32.4)	267	62.3 (57.6-66.7)
Casual	47	19.3 (14.8-24.8)	49	20.4 (15.6-25.6)	146	60.3 (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)	58	45.9 (37.8-55.1)	55	43.8 (35.5-52.8)
Student	14	11.1 (6.6-17.7)	18	14.5 (9.2-21.5)	92	74.4 (66.0-81.3)
Retired	135	22.0 (18.8-25.3)	184	29.9 (26.4-33.6)	297	48.2 (44.3-52.2)
Unable to work	51	46.0 (36.9-55.2)	28	25.4 (17.9-33.9)	32	28.6 (21.0-37.7)
Other	20	23.6 (15.5-33.3)	17	20.1 (12.6-29.4)	48	56.3 (45.9-66.6)
Not stated	2	16.2 (3.1-38.5)	1	8.9 (0.8-28.8)	10	74.9 (45.5-89.5)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Education status						
No schooling to secondary	209	20.1 (17.8-22.7)	275	26.5 (23.9-29.2)	554	53.3 (50.3-56.4)
Trade, certificate, diploma	146	15.9 (13.6-18.4)	227	24.7 (22.0-27.6)	546	59.4 (56.2-62.6)
Degree or higher	105	10.2 (8.4-12.1)	261	25.2 (22.7-28.0)	666	64.5 (61.6-67.4)
Not stated	4	40.6 (15.3-69.6)	2	17.1 (4.4-50.3)	4	42.3 (15.3-69.6)
Disability Status						
Yes	182	32.0 (28.2-35.8)	178	31.2 (27.5-35.1)	210	36.8 (33.0-40.9)
No	268	11.2 (9.9-12.5)	585	24.3 (22.7-26.1)	1550	64.5 (62.6-66.4)
Not stated	14	54.7 (35.1-71.8)	2	7.7 (1.6-22.5)	10	37.6 (21.8-57.6)
Aboriginal Status						
Aboriginal	12	19.3 (11.4-31.4)	12	20.8 (11.4-31.4)	36	59.8 (47.4-71.7)
Non-Aboriginal	449	15.3 (14.1-16.7)	748	25.5 (24.0-27.1)	1731	59.1 (57.3-60.9)
Not stated	3	33.7 (9.3-60.6)	4	40.7 (15.3-69.6)	3	25.5 (9.3-60.6)
CALD Status						
English main language	411	15.8 (14.5-17.3)	640	24.6 (23.0-26.3)	1545	59.5 (57.6-61.4)
Non English speaking	49	12.8 (9.7-16.4)	117	30.6 (26.0-35.2)	217	56.7 (51.5-61.4)
Not defined	4	22.0 (7.2-40.8)	8	40.0 (21.1-61.6)	7	38.0 (17.2-56.8)
Access to a vehicle						
0	48	32.6 (25.3-40.3)	29	19.6 (13.8-26.5)	71	47.8 (40.0-56.0)
1	135	17.2 (14.6-19.9)	230	29.1 (26.1-32.4)	423	53.7 (50.2-57.1)
2	170	14.0 (12.1-16.0)	297	24.4 (22.1-26.9)	749	61.6 (58.8-64.2)
3	60	12.0 (9.4-15.0)	132	26.3 (22.6-30.3)	310	61.8 (57.6-66.1)
4+	49	14.4 (10.9-18.3)	76	22.3 (18.1-26.9)	217	63.3 (58.3-68.4)
Not stated	1	64.5 (6.1-93.9)	1	35.5 (6.1-93.9)	0	0.0 (0.0-0.0)
Dwelling type						
Owned	294	14.0 (12.5-15.5)	529	25.1 (23.3-27.0)	1281	60.9 (58.8-63.0)
Rented privately	107	15.8 (13.2-18.7)	176	26.1 (22.8-29.4)	393	58.1 (54.3-61.7)
Rented from Housing SA	33	28.9 (21.2-37.7)	36	31.2 (23.6-40.5)	46	39.9 (31.7-49.5)
Retirement village	11	28.5 (16.0-43.5)	13	34.2 (20.1-48.9)	15	37.2 (24.5-54.1)
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)
Household Income						
Up to \$20,000	58	27.1 (21.3-33.0)	75	34.8 (28.6-41.2)	82	38.0 (31.7-44.6)
\$20,001 - \$40,000	93	23.5 (19.6-28.0)	104	26.3 (22.2-30.9)	198	50.2 (45.3-55.2)
\$40,001 - \$60,000	50	15.1 (11.6-19.4)	104	31.5 (26.8-36.8)	175	53.3 (47.8-58.5)
\$60,001 - \$80,000	40	13.1 (9.7-17.3)	106	34.7 (29.7-40.3)	159	52.2 (46.7-57.9)
\$80,001 - \$100,000	38	12.1 (8.8-15.9)	73	23.0 (18.7-27.9)	206	64.8 (59.6-70.1)
\$100,001 - \$150,000	35	8.1 (5.8-10.9)	104	24.0 (20.1-28.1)	295	67.9 (63.5-72.2)
More than \$150,000	22	5.0 (3.3-7.5)	74	17.1 (13.8-20.9)	337	77.9 (73.9-81.7)
Not stated	128	22.4 (19.1-25.9)	126	22.0 (18.7-25.5)	319	55.6 (51.6-59.7)

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

*SEIFA: Socio-Economic Index for Areas

Other Physical Activity Characteristics

Measures: This section presents the subjective wellbeing measures by the 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 25)
- > What proportion of these activities do you normally do with other people (friends, family, teammates)? (Table 26)
- > What proportion of these activities are "organised" (e.g. by a gym, club, school) (Table 27)
- > Are you a "member" of a club or organisation associated with these activities? (Table 28)

Table 25 shows that respondents that undertook at least half of their physical activity outdoors, reported a higher proportion scoring well for overall wellbeing (34.4%) than those who completed none or less than half of their physical activity outdoors (24.4%). These respondents were also more likely to report favourable responses for all wellbeing measures compared those who undertook none, or less than half of their activity outdoors.

Table 25: Proportion of respondents reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity done outdoors (PHSMS April 2019)

	None/Less than half		Half or more	
	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2854)				
Medium/High (7-10)	531	73.2 (69.8-76.3)	1746	82.0 (80.3-83.6)
Very Low/Low (0-6)	195	26.8 (23.7-30.2)	383	18.0 (16.4-19.7)
Things you do in life are worthwhile (n=2844)				
Medium/High (7-10)	589	81.6 (78.6-84.3)	1816	85.6 (84.0-87.0)
Very Low/Low (0-6)	133	18.4 (15.7-21.4)	306	14.4 (13.0-16.0)
How happy did you feel yesterday? (n=2855)				
Medium/High (7-10)	516	71.1 (67.7-74.3)	1635	76.8 (75.0-78.6)
Very Low/Low (0-6)	210	28.9 (25.7-32.3)	495	23.2 (21.5-25.1)
How anxious did you feel yesterday? (n=2851)				
Medium/Low (0-3)	417	57.5 (53.9-61.1)	1406	66.1 (64.1-68.1)
Very high/high (4-10)	308	42.5 (38.9-46.1)	720	33.9 (31.9-35.9)
Overall Wellbeing (n=2843)				
Scoring well	177	24.4 (21.4-27.7)	729	34.4 (32.4-36.4)
Scoring neither well/ badly	292	40.3 (36.8-43.9)	778	36.7 (34.7-38.8)
Scoring badly	255	35.3 (31.8-38.8)	612	28.9 (27.0-30.8)

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

Respondents participating in at least half of their physical activity with other people reported a higher proportion scoring well in overall wellbeing (34.9%) than those who had not completed less than half (27.4%). These respondents also scored higher for life satisfaction and for feeling things they did in life were worthwhile (Table 26).

Table 26: Proportion of respondents reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity done with other people (PHSMS April 2019)

	None/Less than half		Half or more	
	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2854)				
Medium/High (7-10)	856	74.5 (71.9-77.0)	1421	83.3 (81.5-85.0)
Very Low/Low (0-6)	293	25.5 (23.0-28.1)	285	16.7 (15.0-18.5)
Things you do in life are worthwhile (n=2844)				
Medium/High (7-10)	904	79.0 (76.6-81.3)	1501	88.3 (86.7-89.8)
Very Low/Low (0-6)	240	21.0 (18.7-23.4)	199	11.7 (10.2-13.3)
How happy did you feel yesterday? (n=2855)				
Medium/High (7-10)	842	73.3 (70.7-75.8)	1309	76.7 (74.6-78.6)
Very Low/Low (0-6)	306	26.7 (24.2-29.3)	398	23.3 (21.4-25.4)
How anxious did you feel yesterday? (n=2851)				
Medium/Low (0-3)	717	62.6 (59.7-65.3)	1106	64.8 (62.5-67.1)
Very high/high (4-10)	428	37.4 (34.6-40.2)	600	35.2 (32.9-37.5)
Overall Wellbeing (n=2843)				
Scoring well	313	27.4 (24.9-30.0)	593	34.9 (32.6-37.2)
Scoring neither well/ badly	465	40.7 (37.9-43.6)	606	35.6 (33.4-37.9)
Scoring badly	365	31.9 (29.3-34.7)	502	29.5 (27.4-31.7)

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

Respondents that reported at least half of their physical activity was “organised” were more likely to have better overall wellbeing (35.6%), life satisfaction (84.6%) and feelings of happiness (66.1%) compared to those who reported that none/less than half of their activity was organised (Table 27).

Table 27: Proportion of respondents reporting subjective wellbeing measures and overall wellbeing status by amount of physical activity that is “organised” (PHSMS April 2019)

	None/Less than half		Half or more	
	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2854)				
Medium/High (7-10)	1525	77.6 (75.7-79.4)	752	84.6 (82.1-86.8)
Very Low/Low (0-6)	441	22.4 (20.6-24.3)	137	15.4 (13.2-17.9)
Things you do in life are worthwhile (n=2844)				
Medium/High (7-10)	1632	83.6 (81.8-85.1)	773	86.7 (84.4-88.9)
Very Low/Low (0-6)	321	16.4 (14.8-18.1)	118	13.3 (11.1-15.6)
How happy did you feel yesterday? (n=2855)				
Medium/High (7-10)	1442	73.5 (71.5-75.4)	709	79.5 (76.7-82.0)
Very Low/Low (0-6)	521	26.5 (24.6-28.5)	183	20.5 (18.0-23.3)
How anxious did you feel yesterday? (n=2851)				
Medium/Low (0-3)	1234	62.9 (60.8-65.1)	590	66.1 (63.1-69.3)
Very high/high (4-10)	726	37.1 (34.9-39.2)	302	33.9 (30.8-37.1)
Overall Wellbeing (n=2843)				
Scoring well	590	30.2 (28.2-32.2)	316	35.6 (32.5-38.8)
Scoring neither well/ badly	742	38.0 (35.8-40.1)	328	36.9 (33.8-40.1)
Scoring badly	623	31.8 (29.8-34.0)	245	27.5 (24.7-30.6)

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

Respondents who were a member of a club or organisation associated with their physical activity were more likely to have a better overall wellbeing (36.1%), life satisfaction (86.4%), feelings of worth (90.3%) and feelings of happiness (79.5%) compared to those who were not a member of an organisation (Table 28).

Table 28: Proportion of 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)
Satisfied with life nowadays (n=2840)				
Medium/High (7-10)	1372	75.9 (74.0-77.9)	893	86.4 (84.2-88.4)
Very Low/Low (0-6)	435	24.1 (22.2-26.1)	140	13.6 (11.6-15.7)
Things you do in life are worthwhile (n=2827)				
Medium/High (7-10)	1461	81.4 (79.6-83.2)	932	90.3 (88.3-91.9)
Very Low/Low (0-6)	333	18.6 (16.8-20.4)	101	9.7 (8.1-11.7)
How happy did you feel yesterday? (n=2838)				
Medium/High (7-10)	1315	72.9 (70.8-74.9)	822	79.5 (77.0-81.9)
Very Low/Low (0-6)	490	27.1 (25.1-29.2)	212	20.5 (18.1-23.0)
How anxious did you feel yesterday? (n=2834)				
Medium/Low (0-3)	1154	64.0 (61.8-66.3)	664	64.3 (61.3-67.2)
Very high/high (4-10)	648	36.0 (33.8-38.2)	369	35.7 (32.8-38.7)
Overall Wellbeing (n=2829)				
Scoring well	532	29.6 (27.5-31.8)	373	36.1 (33.3-39.1)
Scoring neither well/ badly	677	37.7 (35.5-40.0)	388	37.6 (34.7-40.6)
Scoring badly	588	32.7 (30.6-34.9)	271	26.3 (23.6-29.0)

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

Volunteering

Measures: Respondents were asked if they had given any of their time to do any volunteering activities for a sports organisation in the last 12 months, and the responses are shown in Table 29. The respondents who had volunteered were further asked the number of occasions they had done so in the past 12 months, and the results are shown in Table 30.

A total of n=934 respondents (31.1%) reported volunteering their time for a sporting organisation in the last 12-months. Of these respondents, around half reported raising funds for a sports club, organisation or event (53.4%) or providing any other help for a sport or recreational physical activity (51.1%). All response options are provided in Table 29 below, and multiple responses were allowed.

There were n=496 respondents that reported volunteering for a non-sporting organisation, and n=1569 that didn't report volunteering for any activity. These respondents are excluded from Table 29.

Table 29: During the last 12 months, have you given any of your time to do any of the following activities for a sports organisation? (PHSMS April 2019, n=934)

Activities	n	%	(95 % CI)
Raise funds for a sports club, organisation or event (Only includes fundraising for sport, not more general charitable fundraising through taking part in a sports event or activity)	499	53.4	(50.2-56.6)
Provide any other help for a sport or recreational physical activity (e.g. helping with refreshments; sports kit or equipment)	477	51.1	(47.9-54.3)
Provide transport which helps people take part in sport (other than family members)	375	40.1	(37.0-43.3)
Perform an administrative or committee role for a sports organisation, activity or event (e.g. chairman, treasurer, social secretary, first aider, welfare officer)	300	32.1	(29.2-35.2)
Coach or instruct an individual or team(s) in a sport or recreational physical activity (other than solely for family members)	275	29.5	(26.6-32.4)
Referee, umpire, or officiate at a sports match, competition or event	240	25.7	(23.0-28.6)
Act as a steward or marshal at a sports activity or event	184	19.6	(17.2-22.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval. Multiple responses allowed

Table 30 shows that 30% of respondents had volunteered for a sports organisation on more than one occasion in the last 12 months. The n=496 respondents that reported volunteering for a non-sporting organisation were not asked how many times they had volunteered in the past 12 months and are therefore excluded from the table.

Table 30: Have you volunteered for a sports organisation on more than one occasion in the last 12 months? (PHSMS April 2019, n=2503)

	n	%	(95 % CI)
None/Once	1737	69.4	(67.6-71.2)
More than once	741	29.6	(27.8-31.4)
Don't know	25	1.0	(0.7-1.4)
Total	2503	100.0	

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI denotes Confidence Interval
Volunteering for a non-sporting organisation (n=496) excluded.

Volunteering by wellbeing and community/social measures

This section presents the proportion of respondents reporting subjective wellbeing measures, community connectedness and social capital measures by volunteering status (for a sports organisation) in the last 12 months.

Table 31 presents the subjective wellbeing measures by respondents that reported volunteering for a sporting organisation more than once in the past 12 months (regular volunteers). Regular volunteers scored better for overall wellbeing (36.4%) than those volunteering none or once (28.1%), as well as scoring higher for life satisfaction, feeling happy the previous day and feeling that things they did in life were worthwhile.

Table 31: Proportion of respondents reporting wellbeing measures and overall status by volunteering for a sports organisation in the last 12 months (PHSMS April 2019)

	Volunteered none/ once		Volunteered more than once	
	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2460)				
Medium/High (7-10)	1280	74.4 (72.4-76.5)	628	84.9 (82.0-87.2)
Very Low/Low (0-6)	440	25.6 (23.6-27.7)	112	15.1 (12.7-17.8)
Things you do in life are worthwhile (n=2458)				
Medium/High (7-10)	1374	80.0 (78.0-81.8)	669	90.5 (88.1-92.4)
Very Low/Low (0-6)	344	20.0 (18.2-22.0)	71	9.5 (7.6-11.9)
How happy did you feel yesterday? (n=2465)				
Medium/High (7-10)	1210	70.2 (68.0-72.3)	592	80.0 (76.9-82.7)
Very Low/Low (0-6)	514	29.8 (27.7-32.0)	148	20.0 (17.2-23.0)
How anxious did you feel yesterday? (n=2461)				
Medium/Low (0-3)	1063	61.7 (59.4-64.0)	471	63.7 (60.2-67.1)
Very high/high (4-10)	659	38.3 (36.0-40.6)	268	36.3 (32.9-39.8)
Overall Wellbeing (n=2453)				
Strongly Agree / Agree	481	28.1 (26.0-30.2)	269	36.4 (33.0-39.9)
Neutral	645	37.6 (35.4-39.9)	263	35.6 (32.2-39.1)
Disagree / Strongly Disagree	588	34.3 (32.1-36.6)	207	28.0 (24.9-31.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Don't know/refused wellbeing questions excluded. Volunteering for a non-sporting organisation (n=496) excluded. Don't know volunteer status (n=25) excluded.

The data in Table 32 show that there were no differences in community connectedness between regular volunteers, and those who did not regularly volunteer.

Table 32: Proportion of respondents reporting community connectedness measures by volunteering for a sports organisation in the last 12 months (PHSMS April 2019)

	Volunteered none/ once		Volunteered more than once	
	n	% (95 % CI)	n	% (95 % CI)
Most people in my local area can be trusted (n=2369)				
Strongly Agree / Agree	1005	61.1 (58.7-63.4)	483	66.7 (63.2-70.1)
Neutral	421	25.6 (23.5-27.7)	159	22.0 (19.1-25.1)
Disagree / Strongly Disagree	219	13.3 (11.7-15.0)	82	11.3 (9.2-13.8)
There are people in my life who really care about me (n=2472)				
Strongly Agree / Agree	1682	97.1 (96.2-97.8)	724	97.7 (96.6-98.7)
Neutral	22	1.3 (0.8-1.9)	9	1.3 (0.6-2.2)
Disagree / Strongly Disagree	28	1.6 (1.1-2.3)	7	1.0 (0.4-1.8)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. Community connectedness don't know/refused (n=124) & (n=6) excluded. Volunteering for a non-sporting organisation (n=496) excluded. Don't know volunteer status (n=25) excluded.

Table 33 shows that regular volunteers reported higher social capital measures than who did not volunteered or volunteered only once. Nearly three-quarters (72.4%) of regular volunteers agreed that they felt safe walking in their community after dark (compared to 62.7%), 79.8% identified with the local community (compared to 58.3%), and 72.6% agreed that if there was a serious problem in their local community the people would come together to solve it (compared to 59.2%).

Table 33: Proportion of respondents reporting social capital measures by volunteering for a sports organisation in the last 12 months (PHSMS April 2019)

	Volunteered none/ once		Volunteered more than once	
	n	% (95 % CI)	n	% (95 % CI)
I feel safe walking in my local community after dark (n=2431)				
Strongly Agree / Agree	1063	62.7 (60.3-64.9)	532	72.4 (69.1-75.5)
Neutral	255	15.0 (13.4-16.8)	93	12.7 (10.4-15.2)
Disagree / Strongly Disagree	378	22.3 (20.3-24.3)	109	14.9 (12.4-17.5)
I identify with my local community (n=2436)				
Strongly Agree / Agree	991	58.3 (55.9-60.6)	586	79.8 (76.7-82.5)
Neutral	483	28.4 (26.3-30.6)	113	15.4 (12.9-18.1)
Disagree / Strongly Disagree	227	13.4 (11.8-15.0)	35	4.8 (3.4-6.5)
If there was a serious problem in my local community, the people here would come together to solve it (n=2309)				
Strongly Agree / Agree	943	59.2 (56.8-61.6)	521	72.6 (69.3-75.8)
Neutral	462	29.0 (26.8-31.3)	140	19.6 (16.8-22.5)
Disagree / Strongly Disagree	187	11.7 (10.2-13.4)	56	7.8 (6.0-9.9)

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

Social capital measures don't know/refused (n=66), (n=55) & (n=210) excluded. Volunteering for a non-sporting organisation (n=496) excluded. Don't know volunteer status (n=25) excluded.

Pride in Sport

Measures: Respondents were asked about the feelings they had for national, international or professional sport and athletes. Responses were scored between one and ten with higher scores denoting “strongly agree” and lower scores denoting “strongly disagree”. Responses were then categorised with an overall score between 0 to 6 considered to be ‘Disagree’ and 7-10 considered to be ‘Agree’. Results are presented in Tables 34 to 36.

More than three-quarters (77.4%) of respondents agreed that having South Australian athletes excel on the world stage, at Olympic, Para and Commonwealth Games, instils pride in their state (Table 34). The majority of the respondents (85.9%) agreed that South Australian sporting teams should be respected in national competitions across a range of sports (Table 35), and 86.5% of respondents agreed that having positive sporting role models is important for their community (Table 36).

Table 34: “Having South Australian athletes excel on the world stage, at Olympic, Para and Commonwealth Games, instils pride in our state” (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
Agree (a score of 7-10)	2321	77.4	(75.9-78.9)
Disagree (a score of 0-6)	678	22.6	(21.1-24.1)
Total	2999	100.0	

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

Table 35: “It’s important that South Australian sporting teams are respected in national competitions across a range of sports” (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
Agree (a score of 7-10)	2575	85.9	(84.6-87.1)
Disagree (a score of 0-6)	424	14.1	(12.9-15.4)
Total	2999	100.0	

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

Table 36: “Having positive sporting role models is important for our community” (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
Agree (a score of 7-10)	2595	86.5	(85.3-87.7)
Disagree (a score of 0-6)	404	13.5	(12.3-14.7)
Total	2999	100.0	

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

Attended a Live Sports Event

Measures: Respondents were asked if they had attended a live sports event as a spectator during the last 12 months (including all matches and competitions, including professional sport as well as watching family and friends compete). If they had attended the events, they were further asked how many times they had done that.

Of the 2999 respondents, n=1549 (51.6%) reported that they had attended a live sports event in the last 12 months. Just over a third (34.3%) of respondents attended a live sports event less than once a month on average, while 17.4% had attended an event at least once a month on average over the past year (Table 37).

Table 37: Number of times respondents attended a live sports event in the past 12 months (PHSMS April 2019, n=2999)

	n	%	(95 % CI)
None	1450	48.4	(46.6-50.1)
1-11 times	1028	34.3	(32.6-36.0)
12 or more times	521	17.4	(16.0-18.8)

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

Table 38 suggests that respondents who had not attended live sports events in the past 12 months were more likely to be female, aged 65 years and over, and reside in the lowest socioeconomic areas. Respondents aged 35-64 years were more likely to report attending a live sporting event, on average, at least one per month, compared to other age groups.

Table 38: Proportion of respondents reporting number of times they attended a live sports event in the past 12 months, by selected demographics (PHSMS April 2019, n=2999)

	None		1 – 11 times		12 or more times	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	1450/2999	48.4 (46.6-50.1)	1028/2999	34.3 (32.6-36.0)	521/2999	17.4 (16.0-18.8)
Gender						
Male	644/1447	44.5 (42.0-47.1)	543/1447	37.5 (35.1-40.0)	260/1447	18.0 (16.1-20.0)
Female	807/1552	52.0 (49.5-54.5)	485/1552	31.2 (29.0-33.6)	260/1552	16.8 (15.0-18.7)
Age (years)						
18 to 34	368/776	47.4 (43.9-50.9)	297/776	38.3 (34.9-41.7)	111/776	14.3 (12.0-16.9)
35 to 64	676/1542	43.9 (41.4-46.3)	546/1542	35.4 (33.1-37.8)	320/1542	20.7 (18.8-22.8)
65+	406/680	59.7 (56.0-63.3)	185/680	27.2 (24.0-30.6)	89/680	13.1 (10.7-15.8)
Location						
Metropolitan	1064/2161	49.2 (47.1-51.3)	726/2161	33.6 (31.6-35.6)	371/2161	17.2 (15.6-18.8)
Rural	386/838	46.1 (42.7-49.4)	302/838	36.0 (32.8-39.3)	150/838	17.9 (15.4-20.6)
SEIFA*						
Lowest	263/468	56.2 (51.7-60.6)	146/468	31.2 (27.1-35.5)	59/468	12.6 (9.8-15.8)
Low	345/671	51.4 (47.6-55.2)	214/671	31.9 (28.5-35.5)	112/671	16.7 (14.0-19.7)
Middle	328/697	47.0 (43.4-50.8)	257/697	36.9 (33.4-40.5)	112/697	16.0 (13.5-18.9)
High	256/548	46.8 (42.6-50.9)	189/548	34.5 (30.6-38.5)	103/548	18.7 (15.7-22.2)
Highest	257/615	41.9 (37.9-45.7)	222/615	36.1 (32.4-40.0)	135/615	22.0 (18.8-25.3)

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

*SEIFA: Socio-Economic Index for Areas

Summary

The data presented in this report are from the Population Health Survey Module System survey conducted in April/May 2019. The survey aimed to provide a comprehensive overview of adult sport and physical activity in South Australia.

The majority of questions were adapted from the 'Active Lives' survey published by Sports England, with several additional modules regarding health and wellbeing, individual development, community connectedness, social capital and pride in sport included.

The core physical activity questions yielded several measures of activity which were presented in the report. Data were presented for engagement in activities in the past 12-months, as well as the past week. The questions culminated in being able to determine the proportion of adults who engaged in at least 150 minutes of any physical activity, and those engaging in at least 150 minutes of moderate intensity physical activity. Differences in engagement in physical activity between demographic groups were reported, as well as health outcomes.

The data presented are descriptive in nature, and present the basic findings of the questions within the survey. Data should be interpreted with caution for many of the tables investigating physical activity by various health and community outcomes, as reverse causality is unknown.

For more information

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