

Summary

Partnership

Office for Recreation,
Sport and Racing

Wellbeing SA

Active Lives 1.0 2019 (n=2999)
Active Lives 2.0 2021 (n=3002)

Objectives

The 2019 Active Lives survey established the significant physical, social and economic benefits that accrue to individuals, communities and the state from a physically active population.

Given the strong correlations between physical activity and these benefits, the 2021 and future iterations of the Active Lives Survey aims to track physical activity behaviours.

Outcomes

Established 2019



Report better overall health



Require fewer health services



Enjoy better mental health



Maintain stronger social connections



Have greater self-efficacy



Consume less public health costs

People who accumulate 150+ mins physical activity per week:

Who's meeting the national activity guidelines of 150+ minutes per week in South Australia?

No significant change

overall to the number of South Australians meeting the national physical activity guidelines of 150+ minutes per week.

2019

15%

27.2%

57.9%

2021

14.4%

27.4%

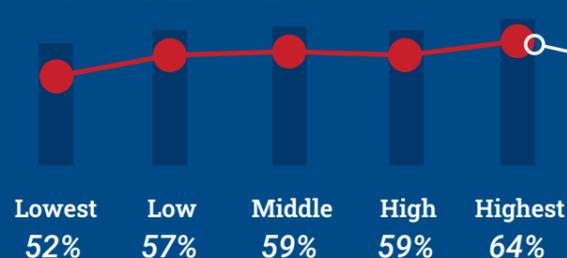
58.1%

0 min/week 0-149 min/week

150+ min/week

National physical activity guidelines

Socio-economic status



12%

more people in the highest socio-economic group...

compared to the lowest socio-economic group.

19% of those in the lowest socio-economic group do no activity - the highest rate compared to all other socio-economic groups.

Gender



9% more males than females.

Education



67%

with a degree or higher.

59% - trade/diploma
54% - up to high school

Region

Residents in metro and rural areas are equal.



58%



58%

18%

of the population in rural areas do no activity... compared to 13% in metro areas.

Culturally and linguistically diverse



59% - English

58% - Non-English

Little difference between English and non-English speaking South Australians.

Aboriginal and Torres Strait Islander peoples

51% - Aboriginal and Torres Strait Islander peoples

58% - Non-Aboriginal and Torres Strait Islander peoples

7%

less Aboriginal and Torres Strait Islander peoples than Non-Aboriginal and Torres Strait Islander people.

Age

18-24

82%

25-34

66%

35-44

57%

45-54

58%

55-64

52%

65-74

53%

75+

38%

physical activity steadily declines as people get older.

Activities by popularity

	Walking~	Cycling~	Dancing~	Fitness*	Team sports*	Individual sports*	Recreation*	No activities~
2019	90.4%	24%	20.9%	28%	8.7%	10.1%	21.3%	5.9%
2021	88.1%	26.2%	18.7%	30.8%	9.2%	9.8%	25%	8%
Change	▼2.3%	▲2.2%	▼2.2%	▲2.8%	▲0.5%	▼0.3%	▲3.7%	▲2.1%

Walking remains the most popular physical activity, however as one of the activities that was largely unaffected by COVID-19 restrictions, it was surprising that walking participation declined slightly. Cycling participation increased, as did participation in recreation and fitness activities. Participation in both individual and team sports remained relatively stable from 2019 to 2021.

Due to methodologies applied in 2019 an annual recall period was not available for some activities. ~Annual recall period *Weekly recall period

Overall health status

Self-rated as good or better

	SA av	0 min /week	0-149 min /week	150+ min /week
2019	80%	54%	76%	88%
2021	80%	60%	74%	87%

The overall health status of South Australian adults has remained stable with 80% self-assessing as good or better. Physical activity remains a strong predictor of good health, with those meeting the physical activity guidelines much more likely to experience positive overall health.

Mental wellbeing

2019 vs 2021

Inactive (0 min/week)

2019	46%	35%	19%
2021	38%	34%	28%

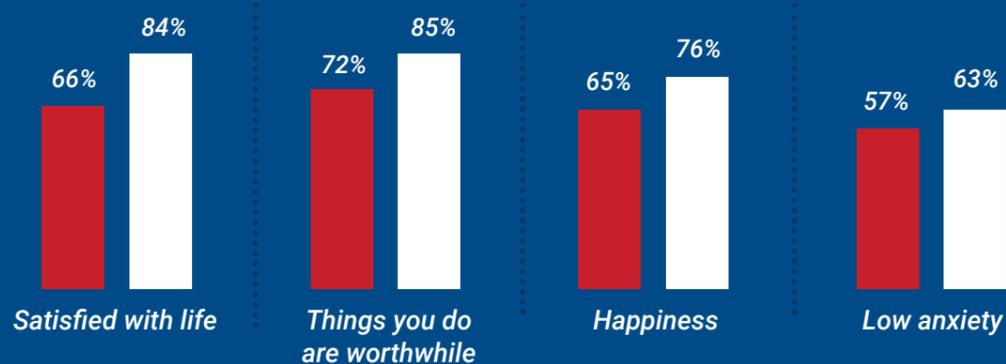
Active 150+ min/week

2019	27%	37%	36%
2021	28%	39%	33%

People who were inactive were more likely to experience poor mental wellbeing in 2019 compared to 2021. This could be an indicator of more supports being in place as a result of COVID-19.

- Good wellbeing
- Neither good or poor
- Poor wellbeing

Inactive vs active in 2021



For every indicator of mental wellbeing, people who were active were more likely to fare better compared to people who were inactive.

- 0 min/week
- 150+ min/week

Volunteers in organised sport

One in every three volunteers lost to sport (2019 vs 2021).

	Coach	Official	Admin/committee	Steward	Transport	Fundraising	Other help	Overall
2019	8.7%	7.6%	9.5%	5.8%	11.8%	15.2%	15%	29.6%
2021	6%	4.2%	5.8%	4%	6.4%	7.6%	7.8%	19.2%
Change	▼2.7%	▼3.4%	▼3.7%	▼1.8%	▼5.4%	▼7.6%	▼7.2%	▼10.4%



Community sport is dependent on the volunteers that give their time and expertise. In the past two years there has been a significant decline in South Australians taking on all sport volunteer roles.

The good news...

People that did volunteer were more likely to report better overall wellbeing scores, life satisfaction, happiness, a sense that things they do in life are worthwhile and less anxiety, compared to non-volunteers.

