Active Lives

PHSMS datasets

April 2019 & May to August 2021

Prepared for: Office for Recreation, Sport and Racing

Supporting your state of wellbeing

Table of Contents

Background and Methodology

In the May to August 2021 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 same information was also collected in April 2019 PHSMS. 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 associations between key demographic variables with and physical activity

> The association between engaging in sport and physical activity and health and overall wellbeing.

The majority of the questions in this survey have been adapted from the 'Active Lives' survey published by Sport England[1]. Additional questions regarding individual's health and wellbeing 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 engaging in physical activity and selected demographics.

Data collection

The PHSMS sample comprised South Australian adults aged 18 years and over. The PHSMS is a cross-sectional population CATI (computer-assisted telephone interview) survey. An Integrated Public Number Database (IPND) sampling technique of mobile phone and landlines are used to collect information from a representative sample of South Australians. The majority of respondents are contacted via mobile phone.

Data for this PHSMS was collected during May to August 2021 and anyone with access to a phone could participate in the survey. This survey has been reviewed and approved by 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. A technique known as 'raking' was used to weight respondents incorporating various population characteristics (sex, age, area of residence, country of birth, dwelling status, marital status, education level, employment status, household size) designed to more closely reflect the South Australian population using benchmarks derived from the June 2016 ABS Census data.

A general weighting technique using variables such as number of telephone, age, sex, and state (metropolitan/country) was used prior to 2020, therefore the 2019 dataset was weighted using this more simplified technique.

The weighting of data can result in rounding discrepancies or totals not adding. Non-relevant responses such as 'don't know' and 'refused' have not been included in the analysis apart from when it is stated.

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

Statistical analysis

Data preparation and analysis were completed using SPSS 24 software. Excel 2010 was used to collate tables. The weighted proportion of people who respond to each category of the attribute are presented in the tables along with the 95% confidence interval. Statistical significance is considered when the 95% confidence intervals for prevalence estimates do not overlap. A confidence interval is a range in which it is estimated that the true population lies.

Presentation of data

The data presented in this report compares physical activity measures collected in April 2019 (PHSMS) and in May to August 2021 (PHSMS).

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.

Demographics

The weighted sample of PHSMS April 2019 and May to August 2021 surveys are presented in Table 1.

Of the 3002 respondents aged 18 years and over surveyed in PHSMS May to August 2021, 48.7% were male and 51.3% were female. The majority resided in metropolitan areas (72.4%), were married or living with partner (49.8%), were born in Australia (75.6%), spoke English at home (84.9%), owned or were purchasing their dwelling (67.1%), and did not have any dependents living in their household (73.9%).

Of importance when comparing respondents across both time groups is identifying any differences in the sample.

Respondents from May to August 2021 were more likely to:

- Be aged 18-24 years
- Live in the lowest socioeconomic areas
- Be never married
- Not to have any dependents living in their household
- Be retired or have casual employment
- Have a lower educational level

Respondents from May to August 2021 were less likely to:

- Be aged 45 to 54 and 65 to 74 years
- Be married or living with partner
- Have dependents living in their household
- Be full time employed or engaged in home duties
- Have a degree or higher
- Have a higher household income

Table 1: Weighted demographic sample of PHSMS April 2021 and PHSMS May-August 2021 surveys

	PHSMS May-August 2021 (n=3002)		PHSMS April 2019 (n=2999)	
	n	%(95 % CI)	n	% (95% CI)
Gender				
Male	1461	48.7 (46.9-50.5)	1447	48.3 (46.5-50.0)
Female	1539	51.3 (49.5-53.1)	1552	51.7 (50.0-53.5)
Gender diverse	2	0.1 (0.0-0.2)	-	-
Age (years)				
18 to 24	374	12.5 (11.3-13.7)	262	8.7 (7.8-9.8)
25 to 34	449	15.0 (13.7-16.3)	515	17.2 (15.9-18.6)
35 to 44	481	16.0 (14.7-17.4)	508	16.9 (15.6-18.3)
45 to 54	447	14.9 (13.7-16.2)	541	18.0 (16.7-19.4)
55 to 64	492	16.4 (15.1-17.7)	493	16.5 (15.1-17.8)
65 to 74	446	14.9 (13.6-16.2)	368	12.3 (11.1-13.5)
75+	312	10.4 (9.3-11.5)	312	10.4 (9.3-11.5)
Location				
Metropolitan	2172	72.4 (70.7-73.9)	2161	72.1 (70.4-73.6)
Rural	830	27.6 (26.1-29.3)	838	27.9 (26.4-29.6)
SEIFA*				
Lowest	550	18.3 (17.0-19.7)	468	15.6 (14.3-16.9)
Low	661	22.0 (20.6-23.5)	671	22.4 (20.9-23.9)
Middle	666	22.2 (20.7-23.7)	697	23.2 (21.8-24.8)
High	526	17.5 (16.2-18.9)	548	18.3 (16.9-19.7)
Highest	599	20.0 (18.6-21.4)	615	20.5 (19.1-22.0)
Marital Status				
Married/Living with partner	1495	49.8 (48.0-51.6)	2071	69.1 (67.4-70.7)
Separated/Divorced	393	13.1 (11.9-14.3)	348	11.6 (10.5-12.8)
Widowed	188	6.3 (5.4-7.2)	141	4.7 (4.0-5.5)
Never Married	884	29.4 (27.8-31.1)	417	13.9 (12.7-15.2)
Not stated	42	1.4 (1.0-1.9)	22	0.7 (0.5-1.1)
Dependents in household				
0	2217	73.9 (72.3-75.4)	1623	54.1 (52.3-55.9)
1	346	11.5 (10.4-12.7)	457	15.2 (14.0-16.6)
2	288	9.6 (8.6-10.7)	497	16.6 (15.3-17.9)
3	92	3.1 (2.5-3.7)	278	9.3 (8.3-10.3)
4	24	0.8 (0.5-1.2)	67	2.2 (1.8-2.8)
5+	5	0.2 (0.1-0.4)	60	2.0 (1.5-2.5)
Not stated	29	1.0 (0.7-1.4)	18	0.6 (0.4-0.9)
Employment status				
Full time employed	984	32.8 (31.1-34.5)	1119	37.3 (35.6-39.1)
Part time employed	362	12.0 (10.9-13.3)	429	14.3 (13.1-15.6)
Casual	307	10.2 (9.2-11.3)	242	8.1 (7.1-9.1)
Unemployed	126	4.2 (3.5-5.0)	133	4.4 (3.7-5.2)
Engaged in home duties	80	2.7 (2.1-3.3)	125	4.2 (3.5-4.9)
Student	153	5.1 (4.4-5.9)	124	4.1 (3.5-4.9)
Retired	734	24.5 (22.9-26.0)	616	20.6 (19.1-22.0)
Unable to work	148	4.9 (4.2-5.7)	111	3.7 (3.1-4.4)
Other^	88	2.9 (2.4-3.6)	85	2.8 (2.3-3.5)
Not stated	20	0.7 (0.4-1.0)	14	0.5 (0.3-0.8)

Note: the weighting of the data can result in rounding discrepancies or totals not adding. CI: Confidence Interval. *SEIFA: Socio-Economic Index For Areas. ^other includes carers and volunteers

Table 1 (Continued)

	PHSMS May-August 2021 (n=3002)		PHSMS April 2019 (n=2999)	
	n	%(95 % CI)	n	% (95% CI)
Education status				
No schooling to secondary	1437	47.9 (46.1-49.7)	1038	34.6 (32.9-36.3)
Trade, certificate, diploma	959	32.0 (30.3-33.6)	919	30.6 (29.0-32.3)
Degree or higher	583	19.4 (18.0-20.9)	1032	34.4 (32.7-36.1)
Not stated	22	0.7 (0.5-1.1)	10	0.3 (0.2-0.6)
Aboriginal Status				
Aboriginal	74	2.5 (2.0-3.1)	60	2.0 (1.5-2.5)
Non-Aboriginal	2913	97.0 (96.4-97.6)	2929	97.7 (97.1-98.2)
Not stated	15	0.5 (0.3-0.8)	10	0.3 (0.2-0.6)
Country of Birth				
Australia	2269	75.6 (74.0-77.1)	2261	75.4 (73.8-76.9)
U.K. and Ireland	220	7.3 (6.4-8.3)	274	9.1 (8.1-10.2)
Other	503	16.8 (15.5-18.1)	445	14.8 (13.6-16.1)
Not Stated	10	0.3 (0.2-0.6)	20	0.7 (0.4-1.0)
Culturally and Linguistically Diversity (CALD)				
English speaking background (Non-CALD)	2548	84.9 (83.6-86.1)	2596	86.6 (85.3-87.7)
Non-English speaking background (CALD)	444	14.8 (13.6-16.1)	384	12.8 (11.6-14.0)
Not defined	10	0.3 (0.2-0.6)	20	0.7 (0.4-1.0)
Dwelling type				
Owned or being purchased by the occupants	2014	67.1 (65.4-68.8)	2104	70.1 (68.5-71.8)
Rented privately	702	23.4 (21.9-24.9)	677	22.6 (21.1-24.1)
Rented from Housing SA	151	5.0 (4.3-5.9)	114	3.8 (3.2-4.5)
Retirement village	64	2.1 (1.7-2.7)	39	1.3 (0.9-1.8)
Other	22	0.7 (0.5-1.1)	18	0.6 (0.4-0.9)
Not stated	49	1.6 (1.2-2.1)	47	1.6 (1.2-2.1)
Household Income				
Up to $20,000	195	6.5 (5.7-7.4)	216	7.2 (6.3-8.2)
$20,001 - $40,000	295	9.8 (8.8-10.9)	394	13.1 (12.0-14.4)
$40,001 - $60,000	251	8.3 (7.4-9.4)	329	11.0 (9.9-12.1)
$60,001 - $80,000	189	6.3 (5.5-7.2)	304	10.1 (9.1-11.3)
$80,001 - $100,000	203	6.8 (5.9-7.7)	317	10.6 (9.5-11.7)
$100,001 - $150,000	311	10.4 (9.3-11.5)	434	14.5 (13.2-15.8)
More than $150,000	349	11.6 (10.5-12.8)	432	14.4 (13.2-15.7)
Not stated	1209	40.3 (38.5-42.0)	573	19.1 (17.7-20.5)
Total	*3002*	*100.0*	*2999*	*100.0*

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

GAME ON TARGETS – HEADLINE INDICATORS

The PHSMS survey is responsible for reporting against four of the five 'Game On' Targets. The headline targets are listed below. More detailed analyses are provided further on in this report.

Activity Levels (adults)

In 2021, 58% of South Australian adults met the physical activity requirements of at least 150 minutes of physical activity per week (baseline 58%)

Overall Wellbeing

In 2021, 31% of South Australian adults reported good wellbeing (Baseline 31%)

Overall Health Status

In 2021, 80% of South Australian adults reported excellent/very good/good overall health status (Baseline 80%)

Volunteering

In 2021, 19% of South Australian adults reported volunteering more than once in the last 12-months (Baseline 30%)

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 in 2021 survey. These results were not different from the respondents from the April 2019 survey.

Table 2: Proportion of respondents aged ≥18 years reporting their health status (PHSMS April 2019 & PHSMS May-August 2021)

	PHSMS May-August 2021		PHSMS April 2019	
	n	**% (95 % CI)**	**n**	**% (95 % CI)**
Excellent	477	15.9 (14.6-17.3)	420	14.1 (12.9-15.4)
Very Good	945	31.5 (29.9-33.2)	960	32.3 (30.6-34.0)
Good	958	32.0 (30.3-33.7)	991	33.3 (31.6-35.0)
Fair	427	14.3 (13.0-15.5)	407	13.7 (12.5-15.0)
Poor	188	6.3 (5.5-7.2)	197	6.6 (5.8-7.6)
Excellent / Very Good / Good	2380	79.5 (78.0-80.9)	2370	79.7 (78.2-81.1)
Fair / Poor	615	20.5 (19.1-22.0)	604	20.3 (18.9-21.8)
Total^	**2995**	**100.0**	**2974**	**100.0**

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

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 3. In 2021, the majority of adults responded favourably to each question and these results were not different from the April 2019 survey respondents.

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 3: Proportion of respondents aged ≥18 years reporting individual subjective wellbeing measures (PHSMS April 2019 & PHSMS May-August 2021)

	PHSMS May-August 2021^		PHSMS April 2019^	
	n/N	% (95 % CI)	n/N	% (95 % CI)
Satisfied with life nowadays				
Medium/High (7-10)	2360/2992	78.9 (77.4-80.3)	2333/2981	78.3 (76.8-79.7)
Very Low/Low (0-6)	631/2992	21.1 (19.7-22.6)	648/2981	21.7 (20.3-23.2)
Things you do in life are worthwhile				
Medium/High (7-10)	2405/2965	81.1 (79.7-82.5)	2475/2975	83.2 (81.8-84.5)
Very Low/Low (0-6)	560/2965	18.9 (17.5-20.3)	500/2975	16.8 (15.5-18.2)
How happy did you feel yesterday?				
Medium/High (7-10)	2192/2993	73.2 (71.6-74.8)	2215/2983	74.2 (72.7-75.8)
Very Low/Low (0-6)	801/2993	26.8 (25.2-28.4)	768/2983	25.8 (24.2-27.3)
How anxious did you feel yesterday?				
Medium/Low (0-3)	1826/2984	61.2 (59.4-62.9)	1890/2978	63.5 (61.7-65.2)
Very high/high (4-10)	1158/2984	38.8 (37.1-40.6)	1088/2978	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 response

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 4). 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 4, 30.6% of respondents reported having good overall wellbeing in 2021, which is not different from the April 2019 survey respondents .

Table 4: Proportion of respondents aged ≥18 years reporting overall subjective wellbeing status (PHSMS April 2019 & PHSMS May- August 2021)

	PHSMS May-August 2021 (n^=2962)		PHSMS April 2019 (n^=2973)	
	n	% (95 % CI)	n	% (95 % CI)
Good wellbeing (scoring well on all four questions)	906	30.6 (28.9-32.3)	927	31.2 (29.5-32.9)
Scoring neither well nor badly (neutral)	1129	38.1 (36.4-39.9)	1112	37.4 (35.7-39.2)
Poor wellbeing (scoring badly on at least one of the four questions)	927	31.3 (29.6-33.0)	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 response

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, fitness activity (gym, internal training, boot camp, cross-fit), team sports, individual sports and recreation or other activities.

In 2021 PHSMS, about 88.1% reported walking in the past 12 months followed by fitness activity (37.6%) and recreation or other activities (35.4%). The proportions of respondents walking, cycling and dancing were not different from the respondents from the April 2019 survey. In 2021, 8% of respondents reported not engaging in any of the listed activities in the past 12-months, which is higher than respondents from 2019 survey (5.9%) (Table 5).

Table 5: Proportion of respondents reporting engaging in certain physical activities in the past 12 months (PHSMS April 2019 & PHSMS May- August 2021)

	PHSMS May-August 2021 (n^=3002)		PHSMS April 2019 (n^=2999)	
	n	% (95 % CI)	n	% (95 % CI)
Walking	2645	88.1 (86.9-89.2)	2712	90.4 (89.3-91.4)
Cycling	786	26.2 (24.6-27.8)	720	24.0 (22.5-25.6)
Dance	561	18.7 (17.3-20.1)	628	20.9 (19.5-22.4)
Fitness activity	1129	37.6 (35.9-39.4)	NA	
Team sports	396	13.2 (12.0-14.4)	NA	
Individual sports	421	14.0 (12.8-15.3)	NA	
Recreation or other activities	1062	35.4 (33.7-37.1)	NA	
No physical activity in the past 12-months	239	8.0 (7.0-9.0)	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. ^Excludes don't know/refused response
NA denotes no comparable data available.

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. Examples of the activities within each category are listed below:

> Walking (for fitness, recreation, to walk the dog or for transport; where it was for at least 10 minutes)
> Cycling
> Dance
> Fitness activity (Gym, internal training, boot camp, cross-fit etc)
> Team sports (football, netball, hockey, basketball, soccer, baseball/softball, volleyball, bowls etc.)
> 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 6). 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 6.

Regarding physical activity in the past week, over 80% of respondents reported walking, with 43.3% 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 31% of respondents engaging in these activities in the past week, however most of those respondents participated in 1-149 minutes of activity. These results were not different from the April 2019 survey (Table 6).

Table 7 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, 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 all types of activity compared with older respondents
> Metropolitan respondents were more likely to participate in fitness activities than rural respondents.
> Respondents living in the highest socioeconomic areas were more likely to participate in fitness activities and recreation or other activities than those in the low and lowest areas.

Table 6: Proportion of respondents reporting physical activities in categories of minutes per week (PHSMS April 2019 & PHSMS May-August 2021)

	PHSMS May-August 2021^						PHSMS April 2019^					
	None		1 – 149 minutes		150+ minutes		None		1 – 149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Walking	507	17.8 (16.4-19.2)	1109	38.9 (37.2-40.7)	1232	43.3 (41.4-45.1)	506	17.9 (16.5-19.4)	1093	38.7 (36.9-40.5)	1225	43.4 (41.6-45.2)
Cycling	2678	89.8 (88.7-90.9)	218	7.3 (6.4-8.3)	86	2.9 (2.3-3.5)	2674	89.4 (88.3-90.5)	209	7.0 (6.1-7.9)	108	3.6 (3.0-4.3)
Dance	2578	86.7 (85.4-87.9)	341	11.5 (10.4-12.6)	55	1.8 (1.4-2.4)	2544	85.3 (84.0-86.5)	401	13.5 (12.3-14.7)	39	1.3 (0.9-1.8)
Fitness Activities	2060	69.3 (67.6-70.9)	513	17.3 (15.9-18.6)	401	13.5 (12.3-14.7)	2152	72.0 (70.4-73.6)	464	15.5 (14.3-16.9)	373	12.5 (11.3-13.7)
Team Sports	2721	90.8 (89.7-91.8)	172	5.7 (4.9-6.6)	105	3.5 (2.9-4.2)	2731	91.3 (90.2-92.2)	157	5.3 (4.5-6.1)	103	3.4 (2.8-4.1)
Individual Sports	2693	90.2 (89.1-91.2)	195	6.5 (5.7-7.5)	99	3.3 (2.7-4.0)	2693	89.9 (88.8-90.9)	175	5.8 (5.0-6.7)	129	4.3 (3.6-5.1)
Recreation/Other	2226	75.0 (73.4-76.5)	570	19.2 (17.8-20.7)	173	5.8 (5.0-6.7)	2341	78.6 (77.1-80.1)	463	15.5 (14.3-16.9)	174	5.8 (5.0-6.7)
Any of the above physical activity	434	14.4 (13.2-15.7)	823	27.4 (25.8-29.0)	1746	58.1 (56.4-59.9)	449	15.0 (13.7-16.3)	815	27.2 (25.6-28.8)	1736	57.9 (56.1-59.6)

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 7: Proportion of respondents reporting engaging in physical activity measures in the past week, by selected demographics (PHSMS May-August 2021^)

	Walking (n=2848)		Cycling (n=2982)		Dance (n=2974)		Fitness Activities (n=2975)		Team Sports (n=2997)		Individual Sports (n=2987)		Recreation/Other (n=2968)	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	2341	82.2 (80.8-83.6)	304	10.2 (9.1-11.3)	396	13.3 (12.1-14.6)	915	30.7 (29.1-32.4)	277	9.2 (8.2-10.3)	293	9.8 (8.8-10.9)	742	25.0 (23.5-26.6)
Gender*														
Male	1160	83.3 (81.2-85.2)	175	12.1 (10.4-13.8)	110	7.6 (6.3-9.0)	458	31.6 (29.2-34.0)	189	13.0 (11.3-14.8)	199	13.7 (12.0-15.6)	416	28.9 (26.6-31.3)
Female	1179	81.1 (79.0-83.0)	129	8.4 (7.1-9.9)	286	18.8 (16.9-20.9)	456	30.0 (27.7-32.3)	88	5.7 (4.6-7.0)	94	6.1 (5.0-7.4)	326	21.4 (19.4-23.5)
Age (years)														
18 to 34	700	90.0 (87.7-91.9)	98	12.1 (9.9-14.4)	143	17.6 (15.1-20.4)	400	49.4 (45.9-52.8)	175	21.3 (18.6-24.2)	129	15.7 (13.4-18.4)	325	40.1 (36.8-43.5)
35 to 64	1083	80.5 (78.3-82.5)	159	11.2 (9.7-13.0)	201	14.3 (12.5-16.2)	363	25.8 (23.5-28.1)	82	5.8 (4.7-7.1)	120	8.5 (7.1-10.0)	350	24.9 (22.7-27.2)
65+	557	77.0 (73.8-79.9)	47	6.2 (4.7-8.1)	52	6.8 (5.2-8.8)	151	20.0 (17.3-23.0)	20	2.6 (1.7-4.0)	44	5.9 (4.3-7.7)	67	8.9 (7.0-11.1)
Location														
Metropolitan	1715	82.8 (81.1-84.4)	219	10.1 (8.9-11.5)	305	14.2 (12.7-15.7)	730	33.9 (31.9-35.9)	218	10.1 (8.8-11.4)	211	9.7 (8.6-11.1)	539	25.1 (23.3-27.0)
Rural	626	80.7 (77.8-83.3)	85	10.4 (8.4-12.5)	90	11.0 (9.0-13.2)	185	22.5 (19.8-25.5)	58	7.0 (5.4-8.9)	83	10.0 (8.1-12.3)	203	24.7 (21.8-27.7)
SEIFA**														
Lowest	402	78.3 (74.5-81.6)	41	7.5 (5.5-9.9)	54	10.0 (7.7-12.7)	143	26.6 (22.9-30.4)	42	7.6 (5.6-10.1)	40	7.4 (5.4-9.7)	112	20.6 (17.4-24.1)
Low	510	81.6 (78.6-84.6)	68	10.4 (8.2-12.8)	91	13.9 (11.4-16.6)	182	27.8 (24.5-31.3)	55	8.3 (6.4-10.6)	62	9.4 (7.4-11.8)	146	22.3 (19.2-25.5)
Middle	526	83.7 (80.7-86.5)	80	12.1 (9.8-14.7)	96	14.6 (12.1-17.4)	208	31.3 (27.9-34.9)	79	11.9 (9.6-14.5)	74	11.2 (8.9-13.7)	166	25.3 (22.1-28.7)
High	419	83.6 (80.2-86.7)	44	8.4 (6.3-11.1)	71	13.7 (10.9-16.7)	159	30.3 (26.6-34.5)	38	7.2 (5.3-9.7)	54	10.4 (7.9-13.1)	140	27.1 (23.4-31.0)
Highest	484	83.4 (80.1-86.2)	71	11.9 (9.5-14.7)	83	13.9 (11.3-16.9)	223	37.5 (33.7-41.5)	63	10.6 (8.3-13.2)	63	10.6 (8.3-13.3)	178	30.0 (26.4-33.7)

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. *Gender reported as 'other' (n=2) not presented

**SEIFA: Socio-Economic Index for Areas

The proportions of respondents engaging in physical activity by demographics are presented in Table 8. 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).
> Respondents living in rural areas were more likely to report not engaging in any activity (0 minutes) compared to those living in metropolitan.
> Those living in the highest SEIFA categories were more likely to engage in 150+ minutes of physical activity compared to lowest SEIFA respondents.
> Those who were never married were more likely to engage in 150+ minutes of physical activity.
> Those with a higher education status were more likely to engage in 150+ minutes of activity.
> Aboriginal respondents were more likely to report not engaging in any activity (0 minutes) compared to Non-Aboriginal respondents.
> The proportion of respondents engaging in 150+ minutes of physical activity increased with increasing household income.

Table 8: Proportion of respondents reporting physical activities in categories of minutes per week, by demographics (PHSMS May-August 2021, **n=3002**)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
All	434	14.4 (13.2-15.7)	823	27.4 (25.8-29.0)	1746	58.1 (56.4-59.9)
Gender*						
Male	169	11.6 (10.0-13.3)	374	25.6 (23.4-27.9)	918	62.8 (60.3-65.3)
Female	264	17.1 (15.3-19.1)	449	29.2 (26.9-31.5)	826	53.7 (51.2-56.2)
Age (years)						
18 to 24	11	3.0 (1.6-5.0)	57	15.1 (11.9-19.1)	307	81.9 (78.0-85.7)
25 to 34	48	10.7 (8.1-13.8)	103	23.0 (19.2-27.0)	298	66.3 (61.9-70.6)
35 to 44	57	11.9 (9.2-15.0)	151	31.5 (27.4-35.6)	273	56.7 (52.3-61.1)
45 to 54	74	16.6 (13.3-20.2)	114	25.5 (21.6-29.7)	259	57.9 (53.3-62.5)
55 to 64	88	18.0 (14.7-21.5)	149	30.3 (26.3-34.5)	254	51.7 (47.2-56.0)
65 to 74	75	16.8 (13.6-20.5)	136	30.4 (26.4-34.9)	236	52.8 (48.3-57.5)
75+	80	25.5 (21.0-30.7)	113	36.1 (31.0-41.7)	120	38.3 (33.2-43.9)
Gender and Age (years)						
Male 18 to 24	4	2.1 (0.7-4.5)	19	9.2 (5.8-13.6)	184	88.7 (83.6-92.3)
Male 25 to 34	15	6.0 (3.6-9.6)	52	21.3 (16.4-26.6)	179	72.7 (67.0-78.0)
Male 35 to 44	21	8.8 (5.6-12.8)	75	31.1 (25.5-37.2)	145	60.0 (53.9-66.2)
Male 45 to 54	32	15.9 (11.3-21.2)	51	25.2 (19.5-31.4)	119	58.9 (51.8-65.2)
Male 55 to 64	46	19.1 (14.6-24.5)	71	29.6 (24.1-35.6)	123	51.3 (44.9-57.5)
Male 65 to 74	27	13.8 (9.5-19.2)	59	30.1 (24.1-37.0)	109	56.1 (48.9-62.7)
Male 75+	24	18.2 (12.5-25.8)	47	36.3 (28.3-44.6)	59	45.5 (37.0-54.0)
Female 18 to 24	7	4.0 (1.9-8.1)	37	22.5 (16.4-28.9)	122	73.5 (66.0-79.3)
Female 25 to 34	33	16.4 (11.6-21.7)	51	25.1 (19.4-31.3)	119	58.5 (51.5-64.9)
Female 35 to 44	36	14.9 (10.9-19.9)	76	31.8 (26.0-37.7)	128	53.3 (47.0-59.6)
Female 45 to 54	42	17.2 (12.9-22.3)	63	25.7 (20.6-31.6)	140	57.1 (51.1-63.5)
Female 55 to 64	42	16.7 (12.6-21.8)	78	31.3 (25.7-37.1)	130	52.0 (45.8-58.1)
Female 65 to 74	48	19.1 (14.6-24.3)	77	30.6 (25.2-36.6)	126	50.3 (44.0-56.4)
Female 75+	56	30.7 (24.4-37.7)	66	36.1 (29.5-43.4)	61	33.2 (27.0-40.6)
Location						
Metropolitan	288	13.2 (11.9-14.7)	618	28.4 (26.6-30.4)	1266	58.3 (56.2-60.3)
Rural	146	17.6 (15.1-20.3)	205	24.7 (21.9-27.7)	479	57.7 (54.3-61.0)
SEIFA**						
Lowest	105	19.0 (16.0-22.5)	161	29.4 (25.6-33.2)	284	51.6 (47.5-55.8)
Low	100	15.1 (12.6-18.0)	186	28.1 (24.8-31.7)	375	56.8 (52.9-60.5)
Middle	84	12.6 (10.3-15.3)	188	28.2 (24.9-31.7)	394	59.2 (55.4-62.8)
High	71	13.6 (10.8-16.6)	147	27.9 (24.2-31.9)	308	58.5 (54.3-62.7)
Highest	74	12.4 (9.9-15.2)	141	23.5 (20.3-27.1)	385	64.1 (60.4-68.0)
Marital Status						
Married/Living with partner	210	14.0 (12.4-15.9)	423	28.3 (26.1-30.6)	862	57.7 (55.1-60.1)
Separated/Divorced	71	18.0 (14.5-22.1)	147	37.3 (32.7-42.3)	176	44.7 (39.9-49.7)
Widowed	38	20.2 (15.0-26.4)	61	32.5 (26.1-39.4)	89	47.3 (40.3-54.5)
Never Married	110	12.4 (10.4-14.7)	184	20.9 (18.2-23.6)	590	66.7 (63.6-69.8)
Not stated	5	12.9 (4.7-24.1)	8	18.9 (9.4-32.7)	29	68.2 (54.2-81.4)
Dependents in household						
0	338	15.2 (13.8-16.8)	612	27.6 (25.8-29.5)	1267	57.2 (55.1-59.2)
1	42	12.1 (9.0-15.9)	79	22.9 (18.6-27.5)	225	64.9 (59.9-69.9)
2	34	12.0 (8.5-15.9)	89	31.1 (25.8-36.4)	164	57.0 (51.2-62.6)
3	12	13.2 (7.3-21.0)	26	28.2 (19.8-38.0)	54	58.6 (48.5-68.4)
4	1	6.1 (0.5-17.9)	8	31.9 (17.2-53.2)	15	62.1 (42.6-79.6)
5+	4	76.7 (37.1-97.7)	0	0.0 (0.0-0.0)	1	23.3 (2.3-62.9)
Not stated	2	6.4 (1.5-20.3)	8	28.6 (14.0-45.4)	19	65.0 (47.4-80.7)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
*Gender reported as 'other' (n=2) not presented **SEIFA: Socio-Economic Index for Area

Table 1: Continued

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Employment status						
Full time employed	89	9.1 (7.4-11.0)	247	25.1 (22.5-27.9)	648	65.8 (62.8-68.8)
Part time employed	38	10.6 (7.7-14.0)	93	25.7 (21.4-30.4)	230	63.7 (58.5-68.4)
Casual	25	8.2 (5.5-11.6)	67	21.8 (17.5-26.7)	215	70.1 (64.7-75.0)
Unemployed	28	22.6 (15.6-30.1)	34	27.3 (19.8-35.2)	63	50.1 (41.4-58.6)
Engaged in home duties	19	24.1 (15.5-33.9)	27	33.6 (24.1-44.5)	34	42.3 (32.1-53.4)
Student	6	3.7 (1.7-7.9)	35	22.7 (16.8-30.0)	112	73.6 (65.8-79.7)
Retired	151	20.6 (17.8-23.6)	236	32.2 (28.8-35.6)	347	47.3 (43.7-50.9)
Unable to work	55	37.1 (29.7-45.1)	50	33.7 (26.5-41.7)	43	29.2 (22.2-36.7)
Other	16	17.9 (11.2-27.2)	28	31.9 (22.8-42.0)	44	50.2 (39.7-60.3)
Not stated	6	29.4 (13.6-51.7)	6	28.5 (13.6-51.7)	9	42.1 (25.1-66.2)
Education status						
No schooling to secondary	255	17.8 (15.8-19.8)	402	27.9 (25.7-30.3)	780	54.3 (51.7-56.8)
Trade, certificate, diploma	132	13.8 (11.7-16.1)	264	27.5 (24.8-30.4)	563	58.7 (55.6-61.8)
Degree or higher	42	7.3 (5.3-9.5)	150	25.8 (22.3-29.4)	390	66.9 (63.0-70.6)
Not stated	4	16.7 (6.5-37.6)	7	30.9 (15.5-52.6)	12	52.4 (34.3-73.7)
Aboriginal Status						
Aboriginal	18	24.8 (15.7-35.0)	18	24.3 (15.7-35.0)	37	50.8 (38.8-61.2)
Non-Aboriginal	412	14.1 (12.9-15.4)	799	27.4 (25.8-29.1)	1702	58.4 (56.6-60.2)
Not stated	3	20.9 (6.0-44.4)	6	41.1 (18.8-64.7)	6	38.0 (18.8-64.7)
CALD Status						
English main language	362	14.2 (12.9-15.6)	703	27.6 (25.9-29.4)	1483	58.2 (56.3-60.1)
Non English speaking	69	15.4 (12.4-19.1)	113	25.5 (21.6-29.7)	262	59.0 (54.4-63.5)
Not defined	3	29.0 (9.3-60.6)	6	62.6 (30.4-84.7)	1	8.3 (1.1-38.1)
Dwelling type						
Owned	290	14.4 (12.9-16.0)	541	26.8 (25.0-28.8)	1184	58.8 (56.6-60.9)
Rented privately	81	11.5 (9.3-14.1)	193	27.5 (24.3-30.9)	428	61.0 (57.3-64.5)
Rented from Housing SA	28	18.3 (13.0-25.3)	49	32.5 (25.4-40.2)	75	49.3 (41.8-57.6)
Retirement village	15	24.3 (14.4-34.8)	25	40.1 (27.8-51.3)	23	35.7 (25.0-48.1)
Other	12	53.2 (34.3-73.7)	0	1.2 (0.0-10.7)	10	45.6 (26.3-65.7)
Not stated	8	16.9 (8.0-28.5)	15	30.2 (19.1-44.3)	26	53.0 (39.2-66.5)
Household Income						
Up to $20,000	42	21.7 (16.2-27.7)	59	30.4 (24.1-37.0)	93	47.9 (40.8-54.7)
$20,001 - $40,000	45	15.4 (11.5-19.7)	101	34.3 (29.0-39.8)	148	50.3 (44.5-55.9)
$40,001 - $60,000	27	10.7 (7.4-15.0)	87	34.7 (29.0-40.7)	137	54.5 (48.4-60.7)
$60,001 - $80,000	24	12.6 (8.5-18.0)	38	20.2 (14.9-26.2)	127	67.1 (60.3-73.6)
$80,001 - $100,000	14	7.0 (4.0-11.0)	46	22.8 (17.3-28.8)	142	70.1 (63.4-75.9)
$100,001 - $150,000	27	8.8 (5.9-12.2)	83	26.7 (22.0-31.8)	201	64.5 (59.2-69.8)
More than $150,000	27	7.6 (5.3-10.9)	72	20.7 (16.6-25.1)	250	71.6 (66.7-76.2)
Not stated	227	18.8 (16.7-21.1)	335	27.7 (25.2-30.3)	647	53.5 (50.7-56.3)

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

Association of minutes of physical activity with health status

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 9).

Table 9 shows that the proportion of respondents who self-reported their health status as good or better increased with participation in physical activity. Respondents who did not engage in any physical activity (60.0%) were less likely to report a good or better health status compared to those who engaged in at least 150 minutes (86.8%). 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 9: Proportion of respondents reporting health status by minutes of physical activity (PHSMS May-August 2021, **n^=2995**)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Excellent	44	10.2 (7.6-13.3)	66	8.0 (6.3-10.1)	368	21.1 (19.2-23.1)
Very Good	85	19.6 (16.1-23.6)	234	28.6 (25.6-31.7)	626	35.9 (33.7-38.2)
Good	131	30.3 (26.1-34.8)	308	37.6 (34.3-41.0)	519	29.8 (27.6-31.9)
Fair	91	21.2 (17.4-25.1)	158	19.3 (16.7-22.1)	177	10.2 (8.8-11.6)
Poor	81	18.8 (15.3-22.6)	53	6.5 (4.9-8.3)	54	3.1 (2.4-4.0)
Excellent/Very Good/Good	260	60.0 (55.5-64.7)	608	74.2 (71.2-77.1)	1513	86.8 (85.1-88.3)
Fair / Poor	173	40.0 (35.5-44.7)	211	25.8 (22.9-28.8)	231	13.2 (11.7-14.9)

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

Association of minutes of physical activity with overall wellbeing

This section presents the proportion of respondents by minutes of physical activity (0 minutes, 1-149 minutes or 150+ minutes) by wellbeing (Table 10).

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 10).

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 10: Proportion of respondents reporting subjective wellbeing measures and overall wellbeing status by minutes of physical activity (PHSMS May-August 2021^)

	None		1-149 minutes		150+ minutes	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2992)						
Medium/High (7-10)	283	65.9 (61.4-70.3)	613	74.5 (71.5-77.5)	1465	84.2 (82.4-85.9)
Very Low/Low (0-6)	146	34.1 (29.7-38.6)	209	25.5 (22.5-28.5)	275	15.8 (14.1-17.6)
Things you do in life are worthwhile (n=2965)						
Medium/High (7-10)	304	71.6 (67.1-75.7)	639	78.5 (75.6-81.2)	1462	84.7 (82.9-86.3)
Very Low/Low (0-6)	121	28.4 (24.3-32.9)	175	21.5 (18.8-24.4)	264	15.3 (13.7-17.1)
How happy did you feel yesterday? (n=2993)						
Medium/High (7-10)	281	65.3 (60.6-69.6)	591	72.1 (68.9-75.1)	1320	75.7 (73.7-77.7)
Very Low/Low (0-6)	149	34.7 (30.2-39.2)	229	27.9 (24.9-31.1)	423	24.3 (22.3-26.3)
How anxious did you feel yesterday? (n=2984)						
Medium/Low (0-3)	246	57.3 (52.5-61.8)	482	58.7 (55.3-62.0)	1098	63.3 (61.0-65.6)
Very high/high (4-10)	183	42.7 (37.9-47.3)	339	41.3 (38.0-44.7)	636	36.7 (34.4-39.0)
Overall Wellbeing (n=2962)						
Scoring well	117	27.5 (23.4-31.8)	223	27.4 (24.4-30.5)	565	32.9 (30.6-35.1)
Scoring neither well/ badly	145	34.0 (29.7-38.6)	310	38.1 (34.8-41.4)	674	39.2 (36.9-41.5)
Scoring badly	164	38.4 (34.0-43.2)	282	34.6 (31.4-37.9)	481	28.0 (25.9-30.1)

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

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, gender and SEIFA were considered as control variables and were adjusted in the regression models.

Table 11 to Table 14 show the association between physical activity and each individual wellbeing question. After adjusting for age, gender 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?'* Respondents engaging in 150+minutes of physical activity were significantly associated with low/medium scores for *'how anxious did you feel yesterday?'* .

Table 11: Association between physical activity and scoring medium/high for *'satisfied with life nowadays'* (PHSMS May-August 2021^)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.51	(1.18-1.95)	1.53	(1.18-1.98)	0.001
150+ minutes per week	2.75	(2.17-3.49)	2.83	(2.21-3.62)	<0.001

Note: ^Don't know/Refused responses are not included in the model. CI: Confidence Interval.
*Age, gender and SEIFA were adjusted in the regression model. Gender reported as 'other' (n=2) excluded

Table 12: Association between physical activity and scoring medium/high for *'things you do in life are worthwhile'* (PHSMS May-August 2021^)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.45	(1.11-1.90)	1.50	(1.15-1.97)	0.003
150+ minutes per week	2.20	(1.72-2.82)	2.39	(1.84-3.09)	<0.001

Note: ^Don't know/Refused responses are not included in the model. CI: Confidence Interval.
*Age, gender and SEIFA were adjusted in the regression model. Gender reported as 'other' (n=2) excluded

Table 13: Association between physical activity and scoring medium/high for *'how happy did you feel yesterday?'* (PHSMS May-August 2021^)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.37	(1.07-1.76)	1.42	(1.10-1.83)	0.007
150+ minutes per week	1.66	(1.32-2.08)	1.83	(1.44-2.31)	<0.001

Note: ^Don't know/Refused responses are not included in the model. CI: Confidence Interval.
*Age, gender and SEIFA were adjusted in the regression model. Gender reported as 'other' (n=2) excluded

Table 14: Association between physical activity and scoring low/medium for *'how anxious did you feel yesterday?'* (PHSMS May-August 2021^)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	1.06	(0.84-1.34)	1.13	(0.89-1.44)	0.325
150+ minutes per week	1.29	(1.04-1.59)	1.51	(1.21-1.89)	<0.001

CI: Confidence Interval. Note: ^Don't know/Refused responses are not included in the model.
*Age, gender and SEIFA were adjusted in the regression model. Gender reported as 'other' (n=2) excluded

Table 15 presents the association between physical activity and overall wellbeing. After adjusting for age, gender and SEIFA, there was a significant association between physical activity of 150+ minutes and scoring well for overall wellbeing.

Table 15: Association between physical activity and scoring well for *overall wellbeing* (PHSMS May-August 2021^)

	Unadjusted		Adjusted*		
	Odds Ratio	(95% CI)	Odds Ratio	(95% CI)	p-value
None	Reference		Reference		
1-149 minutes per week	0.99	(0.76-1.29)	1.07	(0.82-1.40)	0.607
150+ minutes per week	1.29	(1.02-1.63)	1.59	(1.24-2.02)	<0.001

CI: Confidence Interval.
Note: ^Don't know/Refused responses are not included in the model.
*Age, gender and SEIFA were adjusted in the regression model. Gender reported as 'other' (n=2) 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 16. 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 17.

In 2021 PHSMS, a total of n=618 respondents (20.6%) reported volunteering their time for a sporting organisation in the last 12-months, which was lower than the respondents from 2019 survey (31.1%). Of these respondents, about 40.4% reported providing any other help for a sport or recreational physical activity, 39.1% reported raising funds for a sports club, organisation or event, and about 33% provided transport to help people to take part in sport. The proportions for these response were significantly lower when compared to the respondents from the April 2019 survey. All response options are provided in Table 16 below, and multiple responses were allowed.

There were n=415 respondents that reported volunteering for a non-sporting organisation, and n=1968 that didn't report volunteering for any activity. These respondents are excluded from Table 16.

Table 16: 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 & PHSMS May-August 2021)

Activities	PHSMS May-August 2021 (n^=618)		PHSMS April 2019 (n=934)	
	n	%(95 % CI)	n	%(95 % CI)
Provide any other help for a sport or recreational physical activity (e.g. helping with refreshments; sports kit or equipment)	249	40.4 (36.5-44.2)	477	51.1 (47.9-54.3)
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)	242	39.1 (35.4-43.1)	499	53.4 (50.2-56.6)
Provide transport which helps people take part in sport (other than family members)	203	32.8 (29.2-36.6)	375	40.1 (37.0-43.3)
Coach or instruct an individual or team(s) in a sport or recreational physical activity (other than solely for family members)	192	31.1 (27.5-34.8)	275	29.5 (26.6-32.4)
Perform an administrative or committee role for a sports organisation, activity or event (e.g. chairman, treasurer, social secretary, first aider, welfare officer)	170	27.5 (24.1-31.1)	300	32.1 (29.2-35.2)
Referee, umpire, or officiate at a sports match, competition or event	135	21.9 (18.7-25.2)	240	25.7 (23.0-28.6)
Act as a steward or marshal at a sports activity or event	128	20.7 (17.7-24.0)	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. ^Refused response (n=1) excluded

Table 17 shows that in 2021, 19.2% of respondents had volunteered for a sports organisation on more than one occasion in the last 12 months, which is lower than the respondents in 2019 survey (29.6%). The n=415 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 17: Have you volunteered for a sports organisation on more than one occasion in the last 12 months? (PHSMS April 2019 & PHSMS May-August 2021)

	PHSMS May-August 2021 (n=2586)		PHSMS April 2019 (n=2503)	
	n	% (95 % CI)	n	% (95 % CI)
None/Once	2067	79.9 (78.4-81.4)	1737	69.4 (67.6-71.2)
More than once	497	19.2 (17.7-20.8)	741	29.6 (27.8-31.4)
Don't know	22	0.8 (0.5-1.3)	25	1.0 (0.7-1.4)
Total	**2586**	**100.0**	**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=415 in 2021 and n=496 in 2019 PHSMS) excluded.

Volunteering by wellbeing measures

This section presents the proportion of respondents reporting subjective wellbeing measures by volunteering status (for a sports organisation) in the last 12 months (regular volunteers). Regular volunteers scored better for overall wellbeing (35.8%) than those volunteering none or once (28.0%), as well as scoring higher for life satisfaction, feeling happy the previous day and feeling that things they did in life were worthwhile (Table 18).

Table 18: Proportion of respondents reporting wellbeing measures and overall status by volunteering for a sports organisation in the last 12 months (PHSMS May-August 2021)

	Volunteered none/ once		Volunteered more than once	
	n	% (95 % CI)	n	% (95 % CI)
Satisfied with life nowadays (n=2554)				
Medium/High (7-10)	1563	76.0 (74.1-77.8)	436	87.6 (84.6-90.4)
Very Low/Low (0-6)	494	24.0 (22.2-25.9)	62	12.4 (9.8-15.6)
Things you do in life are worthwhile (n=2533)				
Medium/High (7-10)	1600	78.4 (76.6-80.2)	443	89.9 (87.0-92.3)
Very Low/Low (0-6)	440	21.6 (19.8-23.4)	50	10.1 (7.7-13.0)
How happy did you feel yesterday? (n=2556)				
Medium/High (7-10)	1461	71.0 (69.0-72.9)	402	80.9 (77.3-84.2)
Very Low/Low (0-6)	597	29.0 (27.1-31.0)	95	19.1 (15.8-22.7)
How anxious did you feel yesterday? (n=2548)				
Medium/Low (0-3)	1223	59.6 (57.5-61.7)	328	66.0 (61.7-70.1)
Very high/high (4-10)	828	40.4 (38.3-42.5)	169	34.0 (29.9-38.3)
Overall Wellbeing (n=2530)				
Good wellbeing	570	28.0 (26.1-30.0)	176	35.8 (31.6-40.0)
Scoring neither well nor badly (neutral)	773	38.0 (35.9-40.1)	203	41.1 (36.9-45.6)
Poor wellbeing	694	34.1 (32.0-36.1)	114	23.1 (19.6-27.0)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
^Don't know/refused response excluded. Volunteering for a non-sporting organisation (n=415) excluded. Don't know volunteer status (n=22) excluded.

Other Physical Activity Characteristics

Measures: This section presents 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 19)
- What proportion of these activities do you normally do with other people (friends, family, teammates)? (Table 20)
- What proportion of these activities are "organised" (e.g. by a gym, club, school) (

- Table **21**)
- Are you a "member" of a club or organisation associated with these activities? (Table 22)

Table 19 shows that 70.9% of respondents that undertook at least half of their physical activity outdoors. About 12% of respondents reported doing none of their physical activity outdoors. Table 20 suggests that more than half (51.6%) of respondents reported participating in at least half of their physical activity with other people. About 24% of respondents that reported at least half of their physical activity was "organised" (Table 21). Table 22 shows that 31.5% of respondents who were a member of a club or organisation associated with their physical activity.

Table 19: Proportion of respondents reporting amount of physical activity done outdoors (PHSMS May-August 2021)

	n	% (95 % CI)
None	363	12.2 (11.1-13.4)
Less than half	503	16.9 (15.6-18.3)
Half	556	18.7 (17.3-20.1)
More than half	670	22.6 (21.1-24.1)
All	879	29.6 (28.0-31.2)
None/Less than half	866	29.1 (27.5-30.8)
Half or more	2105	70.9 (69.2-72.5)
Total^	**2971**	**100.0**

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

Table 20: Proportion of respondents amount of physical activity done with other people (PHSMS May-August 2021)

	n	% (95 % CI)
None	861	28.9 (27.3-30.5)
Less than half	580	19.5 (18.1-20.9)
Half	522	17.5 (16.2-18.9)
More than half	531	17.8 (16.5-19.2)
All	486	16.3 (15.0-17.7)
None/Less than half	1441	48.4 (46.6-50.2)
Half or more	1539	51.6 (49.8-53.4)
Total^	**2980**	**100.0**

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

Table 21: Proportion of respondents reporting amount of physical activity that is "organised" (PHSMS May-August 2021)

	n	% (95 % CI)
None	1932	64.8 (63.1-66.5)
Less than half	336	11.3 (10.2-12.4)
Half	267	8.9 (8.0-10.0)
More than half	212	7.1 (6.2-8.1)
All	233	7.8 (6.9-8.8)
None/Less than half	2268	76.1 (74.6-77.6)
Half or more	712	23.9 (22.4-25.4)
Total^	**2980**	**100.0**

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

Table 22: Proportion of respondents reporting membership status of a club or organisation associated with physical activity (PHSMS May-August 2021)

	n	% (95 % CI)
Yes	943	31.5 (29.9-33.2)
No	2050	68.5 (66.8-70.1)
Total^	**2993**	**100.0**

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

PA Campaign & Program Awareness

Respondents were asked if they had heard of physical activity campaign and programmes as listed in Table 23. Multiple responses were allowed for this question. The physical activity campaigns that the respondents had more awareness were 10,000 Steps (45.1%), Strength for Life (21.9%), and Healthy Workplaces (19.5).

Table 23: Proportion of adults (18+ years) reporting awareness of the following programs, PHSMS May-August 2021 **(n=2984†)**

	n	% (95% CI)
10,000 Steps	1345	45.1 (43.3-46.9)
Strength for Life	652	21.9 (20.4-23.4)
Healthy Workplaces	583	19.5 (18.1-21.0)
Game On: Getting South Australia moving **(n=2946#)**	540	18.3 (17.0-19.8)
Get Healthy Coaching Service	147	4.9 (4.2-5.7)
None of the above	1160	38.9 (37.1-40.6)

CI: Confidence Interval. Multiple responses allowed. † Don't know/Refused excluded. #Data collection started 28/5
Note: the weighting of the data can result in rounding discrepancies or totals not adding.

Chronic Conditions

Measures: Respondents were asked if they had been told by a doctor or nurse if they had any of the following chronic health conditions; diabetes, asthma, chronic bronchitis or emphysema (COPD), heart attack/angina/heart disease/stroke or TIA or 'mini stroke' (cardiovascular disease), arthritis, osteoporosis, and cancer. If they responded yes to any of these, they were classified as having a chronic health condition. Respondents were allowed to provide multiple answers to this question.

Chronic conditions data were not collected PHSMS 2019, hence no comparison data are provided below.

Table 24 shows that the most common chronic conditions for were arthritis (21.6%), asthma (17.9%), diabetes (11.1%), cardiovascular diseases (10.1%) and cancers (7.5%). Table 25 shows that about half of respondents (48.8%) reported having at least one of the previously mentioned chronic health conditions.

Table 24: Proportion of respondents aged ≥18 years reporting chronic health conditions, (PHSMS May-August 2021, **n=3002)**

	n	%(95 % CI)
Arthritis	647	21.6 (20.1-23.1)
Asthma	536	17.9 (16.5-19.3)
Diabetes	332	11.1 (10.0-12.2)
Cardiovascular disease	304	10.1 (9.1-11.2)
Cancer	224	7.5 (6.6-8.4)
Osteoporosis	187	6.2 (5.4-7.1)
COPD	142	4.7 (4.0-5.5)

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

Table 25: Proportion of respondents aged ≥18 years reporting number of chronic health condition* (PHSMS May-August 2021, **n=3002)**

	n	%(95 % CI)
No chronic condition	1538	51.2 (49.4-53.0)
1 chronic condition	881	29.4 (27.7-31.0)
2 chronic condition	355	11.8 (10.7-13.0)
3 or more chronic condition	228	7.6 (6.7-8.6)
Have at least one chronic health condition	1464	48.8 (47.0-50.6)
Total	**3002**	**100.0**

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
* Chronic health condition includes diabetes, asthma, COPD, CVD, arthritis, osteoporosis, and cancer.

The proportions of respondents engaging in any physical activity in categories of minutes per week by chronic health conditions are presented in Table 26. Of those with diabetes (45.3%), Asthma (54.4%), COPD (35.4%), CVD (42.8%), Arthritis (45.3%, Osteoporosis (41.1%), and Cancer (44.4%) engaged in 150+ minuets of physical activity. Of the n=1538 respondents who did not have at least one chronic condition, 66.2% reported engaging in 150+ minuets of physical activity.

Table 27 suggests that respondents who had 3 or more chronic condition were significantly less likely to engage in 150+ minutes of physical activity compared to respondents with no or one chronic health conditions

Table 26: Proportion of respondents reporting minutes of physical activity by chronic health conditions (PHSMS May-August 2021, **n^=3002**)

	None		1-149 minutes		150+ minutes	
	n	**% (95 % CI)**	**n**	**% (95 % CI)**	**n**	**% (95 % CI)**
Diabetes **(n=332)**	71	21.5 (17.2-26.0)	110	33.2 (28.2-38.3)	151	45.3 (40.2-50.9)
Asthma **(n=536)**	76	14.2 (11.4-17.3)	168	31.4 (27.5-35.4)	292	54.4 (50.2-58.7)
COPD **(n=142)**	36	25.5 (18.7-33.0)	56	39.1 (31.7-47.6)	50	35.4 (27.7-43.3)
Cardiovascular disease **(n=304)**	64	21.0 (16.8-25.9)	110	36.2 (30.9-41.7)	130	42.8 (37.3-48.4)
Arthritis **(n=647)**	144	22.3 (19.2-25.6)	209	32.3 (28.8-36.0)	293	45.3 (41.5-49.1)
Osteoporosis **(n=187)**	44	23.4 (17.9-30.0)	67	35.5 (29.2-42.9)	77	41.1 (34.3-48.3)
Cancer **(n=224)**	49	22.0 (16.8-27.6)	75	33.6 (27.5-39.8)	99	44.4 (37.8-50.7)
No chronic health condition **(n=1538)**	172	11.2 (9.7-12.8)	348	22.6 (20.6-24.8)	1018	66.2 (63.8-68.5)

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

Table 27: Proportion of respondents reporting minutes of physical activity by number of chronic health conditions* (PHSMS May-August 2021, **n^=3002**)

	None		1-149 minutes		150+ minutes	
	n	**% (95 % CI)**	**n**	**% (95 % CI)**	**n**	**% (95 % CI)**
No chronic condition **(n=1538)**	172	11.2 (9.7-12.8)	348	22.6 (20.6-24.8)	1018	66.2 (63.8-68.5)
1 chronic condition **(n=881)**	130	14.8 (12.5-17.2)	270	30.6 (27.7-33.8)	481	54.6 (51.3-57.9)
2 chronic condition **(n=355)**	69	19.4 (15.6-23.8)	121	34.2 (29.3-39.1)	165	46.4 (41.3-51.7)
3 or more chronic condition **(n=228)**	62	27.3 (21.7-33.2)	83	36.5 (30.4-42.8)	82	36.1 (29.9-42.3)
Have at least one chronic health condition **(n=1464)**	262	17.9 (16.0-19.9)	475	32.4 (30.1-34.9)	728	49.7 (47.2-52.3)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
^Don't know/refused response excluded.
* Chronic health condition includes diabetes, asthma, COPD, CVD, arthritis, osteoporosis, and cancer.

The proportions of respondents reporting overall wellbeing by chronic health conditions are presented in Table 28. However, no significant associations were found between overall wellbeing and other chronic conditions.

Of those with diabetes (30.7%), Asthma (26.0%), COPD (14.5%), CVD (26.9%), Arthritis (29.3%, Osteoporosis (26.4%), and Cancer (29.6 %) reported good overall wellbeing. Respondents who had COPD were least likely to report good overall wellbeing compared with respondents with most of other chronic conditions. Of the n=1517 respondents who did not have at least one chronic condition, 31.9% reported good overall wellbeing.

Table 29 suggests that respondents who had three or more chronic health conditions were less likely to report good or neutral overall wellbeing.

Table 28: Proportion of respondents reporting overall wellbeing by number of chronic health conditions (PHSMS May-August 2021, **n^=2962**)

	Good wellbeing		Scoring neither well/ badly		Poor wellbeing	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Diabetes **(n=331)**	102	30.7 (26.0-35.9)	108	32.6 (27.7-37.8)	122	36.7 (31.8-42.2)
Asthma **(n=528)**	137	26.0 (22.3-29.8)	188	35.6 (31.6-39.8)	203	38.4 (34.4-42.7)
COPD **(n=141)**	20	14.5 (9.2-20.6)	47	33.0 (26.0-41.4)	74	52.5 (44.3-60.6)
Cardiovascular disease **(n=301)**	81	26.9 (22.1-32.1)	105	34.8 (29.7-40.4)	115	38.3 (32.9-43.8)
Arthritis **(n=636)**	186	29.3 (25.8-32.9)	246	38.7 (35.0-42.5)	204	32.0 (28.5-35.8)
Osteoporosis **(n=186)**	49	26.4 (20.4-33.0)	69	37.1 (30.4-44.2)	68	36.6 (29.9-43.6)
Cancer **(n=222)**	66	29.6 (24.0-36.0)	91	41.1 (34.7-47.5)	65	29.3 (23.6-35.5)
No chronic health condition **(n=1517)**	484	31.9 (29.6-34.3)	594	39.1 (36.7-41.6)	439	29.0 (26.7-31.3)

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

Table 29: Proportion of respondents reporting overall wellbeing by number of chronic health conditions* (PHSMS May-August 2021, **n^=2962**)

	Good wellbeing		Scoring neither well/ badly		Poor wellbeing	
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
No chronic condition **(n=1517)**	484	31.9 (29.6-34.3)	594	39.1 (36.7-41.6)	439	29.0 (26.7-31.3)
1 chronic condition **(n=870)**	267	30.7 (27.7-33.8)	327	37.6 (34.4-40.8)	275	31.7 (28.6-34.8)
2 chronic condition **n=348)**	105	30.3 (25.5-35.1)	129	37.1 (32.1-42.2)	114	32.6 (28.0-37.8)
3 or more chronic condition **n=227)**	49	21.6 (16.6-27.3)	79	35.0 (28.8-41.2)	98	43.4 (36.8-49.7)
Have at least one chronic health condition **(n=1445)**	422	29.2 (26.9-31.6)	536	37.1 (34.6-39.6)	488	33.7 (31.4-36.2)

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
^Don't know/refused response excluded.
* Chronic health condition includes diabetes, asthma, COPD, CVD, arthritis, osteoporosis, and cancer.

The proportions of respondents with or without a chronic health conditions* engaging in physical activity by overall wellbeing are presented in Table 30. Of the respondents who engaged in 150+ minutes of physical activity and had a chronic health condition, 34.0% reported a good overall wellbeing. These proportions were not significantly different while compared to the respondents who did not have chronic conditions.

Table 30: Proportion of respondents with or without a chronic health conditions* engaging in physical activity by overall wellbeing (PHSMS May-August 2021 **n^=2962**)

| | Have chronic condition | | | | | | Do not have chronic condition | | | | | |
| | None PA | | 1-149min PA | | 150+ min PA | | None PA | | 1-149min PA | | 150+ min PA | |
	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)	n	% (95 % CI)
Good wellbeing	60	23.5 (18.5-28.8)	117	25.0 (21.1-28.9)	244	34.0 (30.6-37.5)	57	33.7 (26.9-41.1)	106	30.7 (26.0-35.7)	321	32.0 (29.2-34.9)
Neutral wellbeing	84	32.6 (27.2-38.6)	176	37.6 (33.2-41.9)	275	38.3 (34.8-41.9)	61	36.2 (29.1-43.5)	134	38.7 (33.8-44.1)	399	39.8 (36.8-42.8)
Poor wellbeing	113	43.9 (38.0-50.1)	176	37.5 (33.2-41.9)	199	27.7 (24.5-31.1)	51	30.1 (23.6-37.4)	106	30.6 (26.0-35.7)	283	28.2 (25.5-31.1)
Total	**169**	**100.0**	**345**	**100.0**	**1003**	**100.0**	**257**	**100.0**	**470**	**100.0**	**718**	**100.0**

Note: The weighting of data can result in rounding discrepancies or totals not adding. CI: Confidence Interval.
^Don't know/refused response excluded. * Chronic health condition includes diabetes, asthma, COPD, CVD, arthritis, osteoporosis, and cancer.

Summary

The data presented in this report are from the Population Health Survey Module System survey conducted in May to August 2021 and compares physical activity measures collected in April 2019 (PHSMS). 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 some additional modules regarding health and wellbeing and volunteering were 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. The questions culminated in being able to determine the proportion of adults who engaged in at least 150 minutes of any 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.

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For more information
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