



Interesting Physical Activity Facts

- Physical activity contributes to a healthy lifestyle and is critical in the prevention and management of many chronic diseases. ¹
- In Australia, physical inactivity contributes to 13,491 annual deaths nationally, and in Western Australia is responsible for approximately 9.8 per cent of the burden of disease and disability. ¹
- Research shows that 41 per cent of West Australian adults are not sufficiently active for good health ¹
- Research shows that 12 per cent of West Australian adults do not participate in any physical activity ¹
- Research shows that in Western Australia, a higher proportion of men are sufficiently active compared to women. ¹
- Research shows that in Western Australia, the odds of participating in sufficient levels of physical activity increased with advancing education level and income. ¹
- Research shows that 48 per cent of West Australian adults are overweight or obese. Nationally this figure is at 60 per cent. ¹
- In Western Australia, local streets and paths are identified as the most frequently used facilities for physical activity. This is followed by the home. ¹
- Research shows that just 30 minutes of moderate-intensity physical activity on most or all days of the week is needed for good health. ¹
- Recent studies show that short, 10-minute walks, three times a day, can be effective in reducing risk of heart disease. ¹



- Regular moderate physical activity will reduce your risk of diabetes, osteoporosis, high blood pressure and some cancers.³
- Research shows that approximately 17 per cent of adults worldwide are physically inactive. An additional 41 per cent are estimated to participate in some physical activity, but at insufficient levels.⁶
- The cost of physical inactivity in Australia is responsible for approximately \$370 million annually in direct health care costs.⁵
- In Western Australia, walking for recreation and for transport are the most popular forms of physical activity for both men and women.¹
- West Australian research shows that owning a dog is likely to increase recreational walking.²
- Physical inactivity is the fourth ranked behavioural risk factor, behind smoking, high blood pressure and high body mass in burden of disease for Australians.⁴
- A survey of Western Australian adults found that while 99% of adults agreed that “physical activity is necessary for good health”, only 48% could name one specific benefit of physical activity and only 14% could name three.⁷
- People who do not take part in regular moderate-intensity physical activity are nearly twice as likely to have a heart attack as those who do.⁸
- Taking part in physical activity improves mental wellbeing (in both the short term and longer term) by reducing feelings of stress, anxiety and depression.⁹



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