

9 References

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10 Appendix A

Table A1. Proportion of people in NSW (with confidence intervals) achieving sufficient levels of physical activity by demographic characteristics, 1998-2005

Variable	Year of survey				
	1998 (n=17,494) % (95% CI)	2002 (n=12,622) % (95% CI)	2003 (n=13,008) % (95% CI)	2004 (n=9786) % (95% CI)	2005 (n=11,435) % (95% CI)
Sex					
Male	52.4 (51.4-53.5)	50.2 (49.0-51.5)	49.3 (48.0-50.5)	55.0 (53.6-56.4)	55.9 (54.6-57.2)
Female	43.0 (42.0-44.0)	42.8 (41.6-44.1)	40.3 (39.1-41.4)	46.1 (44.7-47.5)	46.9 (45.6-48.2)
Total	47.6 (46.9-48.4)	46.5 (45.6-47.3)	44.7 (43.8-45.5)	50.5 (49.5-51.4)	51.3 (50.4-52.2)
Age group					
16-24 years	64.9 (63.1-66.7)	59.2 (57.0-61.4)	60.3 (58.2-62.5)	62.6 (60.2-65.1)	63.9 (61.6-66.1)
25-34 years	51.1 (49.4-52.8)	47.5 (45.4-49.5)	46.8 (44.8-48.7)	54.2 (52.0-56.5)	55.3 (53.2-57.4)
35-44 years	45.7 (44.1-47.4)	46.5 (44.5-48.5)	41.8 (39.9-43.7)	50.8 (48.6-53.1)	51.5 (49.4-53.6)
45-54 years	46.1 (44.3-47.9)	44.7 (42.6-46.8)	42.9 (40.8-44.9)	48.3 (45.9-50.7)	50.2 (48.0-52.4)
55-64 years	43.1 (41.1-45.2)	43.8 (41.4-46.2)	43.7 (41.3-46.0)	47.0 (44.3-49.8)	46.8 (44.2-49.3)
65-74 years	40.1 (37.7-42.6)	41.8 (38.9-44.7)	39.8 (37.0-42.7)	45.5 (42.2-48.8)	45.5 (42.5-48.6)
75 years & over	28.6 (26.2-31.1)	32.1 (29.0-35.1)	26.5 (23.7-29.2)	31.8 (28.4-35.2)	32.4 (29.2-35.5)
BMI category					
Not overweight/obese	51.6 (50.6-52.6)	49.6 (48.4-50.8)	48.8 (47.5-50.0)	56.2 (54.8-57.6)	54.2 (52.9-55.5)
Overweight	46.7 (45.4-48.1)	46.4 (44.9-48.0)	43.9 (42.4-45.5)	53.0 (51.3-54.8)	52.8 (51.1-54.4)
Obese	38.3 (36.2-40.4)	39.7 (37.4-42.0)	34.5 (32.4-36.5)	42.7 (40.1-45.3)	42.2 (40.0-44.5)
Socioeconomic status quintiles^a					
Quintile 1		51.7 (49.4-53.9)	49.8 (47.6-52.1)	53.5 (51.4-55.6)	56.0 (54.0-58.0)
Quintile 2		50.9 (48.8-53.0)	51.4 (49.4-53.4)	51.7 (49.7-53.7)	52.5 (50.5-54.5)
Quintile 3		44.9 (43.0-46.8)	42.7 (40.9-44.5)	50.0 (47.7-52.3)	50.6 (48.5-52.7)
Quintile 4		44.3 (42.6-46.0)	41.5 (39.8-43.2)	50.1 (47.7-52.5)	49.6 (47.4-51.8)
Quintile 5		43.0 (41.1-44.9)	40.8 (38.9-42.7)	46.5 (44.1-48.9)	46.5 (44.4-48.6)
Geographic remoteness					
Major cities		47.4 (46.5-48.4)	45.8 (44.9-46.7)	50.8 (49.5-52.1)	52.1 (50.9-53.2)
Inner regional		46.6 (44.2-49.0)	43.2 (40.8-45.5)	50.0 (47.8-52.1)	49.5 (47.6-51.4)
Outer regional to Very remote		49.8 (44.8-54.8)	39.7 (35.0-44.5)	50.3 (47.9-52.8)	50.0 (47.4-52.6)
Area Health Services of residence					
Sydney South West	48.1 (46.4-49.8)	44.8 (42.8-46.8)	45.4 (43.4-47.3)	51.4 (49.2-53.7)	50.0 (47.9-52.1)
South Eastern Sydney	51.2 (49.4-52.9)	53.0 (50.9-55.1)	48.0 (46.0-50.1)	54.6 (52.3-57.0)	54.9 (52.8-57.1)
Illawarra					
Sydney West	43.8 (41.9-45.7)	39.6 (37.4-41.8)	40.9 (38.7-43.0)	44.5 (42.0-47.0)	48.5 (46.2-50.8)
Northern Sydney	50.0 (48.2-51.8)	47.1 (45.0-49.2)	47.8 (45.7-49.9)	53.5 (51.1-55.9)	54.3 (52.1-56.5)
Central Coast					
Hunter New England	45.2 (43.1-47.3)	46.1 (43.6-48.6)	42.7 (40.2-45.1)	46.9 (44.1-49.7)	49.8 (47.1-52.4)
North Coast	47.5 (44.6-50.3)	48.8 (45.4-52.1)	43.4 (40.2-46.7)	54.2 (50.4-57.9)	50.0 (46.5-53.5)
Greater Southern	46.9 (44.0-49.7)	48.3 (44.9-51.6)	42.2 (38.9-45.4)	48.4 (44.5-52.2)	49.7 (46.1-53.2)
Greater Western	43.2 (39.8-46.6)	43.5 (39.4-47.6)	41.1 (37.1-45.1)	46.2 (41.5-50.9)	49.6 (45.2-54.0)

All estimates weighted and standardized to 2005 age + sex distribution.

PA=Physical activity, Sufficiently active=Total five sessions and 150 minutes of PA per week (PA of at least 10 mins; vigorous minutes x 2)

n=NSW total sample size: 'don't know' and 'refused' responses are excluded in the analyses.

^aQuintile 1=least disadvantaged; Quintile 5=most disadvantaged

11 Appendix B

Table A2. Median weekly minutes (with interquartile range, 25th-75th) spent in physical activity by sex and age in NSW, 1998-2005

Variable	Median weekly minutes (IQR)	Year of survey				
		1998 (n=17,494)	2002 (n=12,622)	2003 (n=13,008)	2004 (n=9786)	2005 (n=11,435)
Sex						
Male	Walking	90 (20-210)	90 (15-210)	90 (0-210)	120 (30-240)	120 (30-240)
	Moderate PA	0 (0-40)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-100)	0 (0-105)	0 (0-120)	0 (0-150)	0 (0-125)
	Total	240 (70-600)	240 (60-580)	240 (60-540)	300 (90-720)	300 (90-720)
Female	Walking	90 (25-180)	90 (30-210)	90 (20-203)	120 (30-210)	105 (30-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-30)	0 (0-30)	0 (0-30)	0 (0-60)	0 (0-60)
	Total	150 (50-360)	160 (50-360)	150 (45-360)	180 (60-420)	180 (60-420)
Total	Walking	90 (20-210)	90 (20-210)	90 (15-210)	120 (30-240)	120 (30-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-60)	0 (0-60)	0 (0-105)	0 (0-90)
	Total	190 (60-450)	200 (60-450)	180 (60-420)	240 (60-540)	210 (60-510)
Age group						
16-24 years	Walking	105 (45-210)	105 (35-180)	90 (40-210)	120 (40-240)	120 (60-240)
	Moderate PA	0 (0-60)	0 (0-0)	0 (0-0)	0 (0-15)	0 (0-0)
	Vigorous PA	60 (0-210)	45 (0-180)	60 (0-180)	80 (0-210)	60 (0-180)
	Total	330 (135-740)	300 (120-610)	300 (120-615)	360 (140-760)	330 (120-720)
25-34 years	Walking	90 (30-200)	90 (25-210)	90 (15-200)	120 (30-240)	120 (40-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-120)	0 (0-120)	0 (0-120)	20 (0-180)	0 (0-120)
	Total	210 (80-500)	200 (60-510)	210 (60-480)	280 (90-660)	240 (90-605)
35-44 years	Walking	80 (20-200)	90 (30-210)	80 (10-180)	100 (30-240)	120 (30-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-80)	0 (0-60)	0 (0-120)	0 (0-90)
	Total	180 (60-420)	180 (60-480)	170 (60-420)	240 (60-540)	210 (70-480)
45-54 years	Walking	90 (20-210)	90 (15-210)	90 (10-210)	105 (30-240)	120 (30-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-20)	0 (0-30)	0 (0-30)	0 (0-60)	0 (0-60)
	Total	180 (60-420)	180 (50-390)	180 (60-420)	210 (60-480)	210 (60-480)
55-64 years	Walking	90 (20-210)	90 (20-240)	90 (10-210)	120 (20-240)	120 (30-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-15)	0 (0-0)
	Total	160 (45-400)	180 (40-420)	180 (45-420)	200 (60-420)	180 (60-420)
65-74 years	Walking	80 (10-210)	90 (10-210)	90 (0-210)	120 (15-220)	120 (20-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Total	150 (30-370)	180 (45-420)	150 (30-390)	210 (60-420)	180 (45-420)
75 years & over	Walking	50 (0-150)	60 (0-180)	40 (0-140)	60 (0-180)	60 (0-180)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Total	70 (0-240)	100 (0-240)	72 (0-210)	90 (0-300)	90 (0-240)

All estimates weighted and standardized to 2005 age + sex distribution. PA=Physical activity; n=NSW total sample size: 'don't know' and 'refused' responses are excluded in the analyses.

12 Appendix C

Table A3. Median weekly minutes (with interquartile range, 25th-75th) spent in physical activity by Body Mass Index (BMI) category and socio- economic status quintiles in NSW, 1998-2005

Variable	Median weekly minutes (IQR)	Year of survey				
		1998 (n=17494)	2002 (n=12622)	2003 (n=13008)	2004 (n=9786)	2005 (n=11435)
BMI category						
Not overweight/ obese	Walking	90 (30-210)	90 (30-210)	90 (25-210)	120 (30-240)	120 (30-240)
	Moderate PA	0 (0-10)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-90)	0 (0-90)	0 (0-90)	0 (0-120)	0 (0-120)
	Total	210 (70-480)	210 (60-480)	210 (60-480)	270 (90-600)	240 (90-540)
Overweight	Walking	90 (20-210)	90 (20-210)	90 (0-210)	120 (30-240)	120 (30-240)
	Moderate PA	0 (0-8)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-60)	0 (0-60)	0 (0-90)	0 (0-120)
	Total	200 (60-480)	210 (60-480)	180 (60-420)	240 (70-540)	240 (70-600)
Obese	Walking	60 (10-180)	75 (20-210)	60 (0-180)	70 (0-210)	90 (20-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-60)	0 (0-40)
	Total	130 (30-360)	140 (30-380)	120 (20-330)	150 (30-420)	165 (40-420)
Socioeconomic status quintiles^a						
Quintile 1	Walking		120 (35-210)	90 (30-210)	120 (40-260)	120 (40-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-90)	0 (0-90)	0 (0-120)	0 (0-120)
	Total		230 (85-520)	220 (80-450)	285 (80-600)	270 (100-540)
Quintile 2	Walking		105 (30-210)	90 (30-210)	120 (30-240)	120 (30-210)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-90)	0 (0-90)	0 (0-120)	0 (0-90)
	Total		210 (60-500)	210 (80-510)	240 (90-570)	210 (60-500)
Quintile 3	Walking		90 (20-210)	90 (10-210)	90 (20-210)	120 (30-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-60)	0 (0-60)	0 (0-70)	0 (0-90)
	Total		180 (50-420)	180 (50-420)	225 (60-509)	210 (60-490)
Quintile 4	Walking		90 (20-210)	70 (0-180)	105 (10-240)	120 (30-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-60)	0 (0-60)	0 (0-90)	0 (0-60)
	Total		185 (60-450)	180 (40-420)	240 (60-540)	210 (60-520)
Quintile 5	Walking		75 (10-210)	75 (0-180)	90 (20-210)	90 (15-210)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-30)	0 (0-30)	0 (0-90)	0 (0-60)
	Total		180 (40-420)	150 (30-420)	210 (60-480)	181 (60-480)

All estimates weighted and standardized to 2005 age + sex distribution. PA=Physical Activity; n=NSW total sample size: 'don't know' and 'refused' responses are excluded in the analyses.

^aQuintile 1=least disadvantaged; Quintile 5=most disadvantaged

13 Appendix D

Table A4. Median weekly minutes (with interquartile range, 25th-75th) spent in physical activity by geographic remoteness and Area Health Services (AHS) of residence in NSW, 1998-2005

Variable	Median weekly minutes (IQR)	Year of survey				
		1998 (n=17,494)	2002 (n=12,622)	2003 (n=13,008)	2004 (n=9786)	2005 (n=11,435)
Geographic remoteness						
Major cities	Walking		90 (30-210)	90 (15-210)	120 (30-240)	120 (30-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-60)	0 (0-65)	0 (0-120)	0 (0-100)
	Total		200 (60-450)	180 (60-435)	240 (64-540)	210 (75-500)
Inner regional	Walking		80 (10-210)	75 (0-200)	90 (20-230)	120 (30-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-40)	0 (0-45)	0 (0-90)	0 (0-90)
	Total		195 (45-450)	180 (40-420)	240 (60-580)	210 (60-510)
Outer regional to Very remote	Walking		90 (0-210)	60 (0-180)	120 (20-240)	105 (15-240)
	Moderate PA		0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA		0 (0-60)	0 (0-30)	0 (0-90)	0 (0-60)
	Total		180 (45-480)	145 (30-390)	240 (60-540)	210 (60-540)
AHS of residence						
Sydney South West	Walking	100 (30-210)	90 (20-210)	90 (20-210)	120 (30-210)	100 (20-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-40)	0 (0-60)	0 (0-90)	0 (0-90)
	Total	180 (60-420)	180 (50-420)	180 (60-420)	210 (70-540)	210 (60-480)
South Eastern Sydney Illawarra	Walking	90 (30-210)	105 (30-210)	90 (20-210)	120 (40-260)	120 (40-240)
	Moderate PA	0 (0-30)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-90)	0 (0-100)	0 (0-90)	0 (0-120)	0 (0-120)
	Total	210 (70-500)	240 (60-500)	210 (60-480)	290 (90-600)	240 (90-570)
Sydney West	Walking	75 (15-180)	70 (12-180)	90 (0-180)	90 (20-210)	120 (30-210)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-40)	0 (0-60)	0 (0-75)	0 (0-90)
	Total	180 (40-420)	160 (40-390)	150 (40-390)	180 (50-460)	200 (60-480)
Northern Sydney Central Coast	Walking	90 (30-180)	100 (30-210)	90 (20-210)	120 (30-240)	120 (40-240)
	Moderate PA	0 (0-20)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-70)	0 (0-80)	0 (0-90)	0 (0-120)	0 (0-120)
	Total	210 (60-450)	200 (60-480)	210 (70-480)	270 (80-600)	240 (90-510)
Hunter New England	Walking	90 (20-210)	90 (15-210)	70 (0-210)	90 (15-210)	105 (20-240)
	Moderate PA	0 (0-10)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-60)	0 (0-60)	0 (0-60)	0 (0-60)
	Total	180 (60-480)	210 (50-480)	180 (30-435)	210 (60-500)	210 (50-480)
North Coast	Walking	70 (10-210)	90 (15-210)	90 (0-210)	120 (20-240)	100 (15-240)
	Moderate PA	0 (0-60)	0 (0-0)	0 (0-0)	0 (0-30)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-60)	0 (0-60)	0 (0-90)	0 (0-90)
	Total	210 (60-480)	210 (60-480)	180 (60-420)	250 (80-540)	225 (60-570)
Greater Southern	Walking	90 (25-225)	90 (10-210)	70 (0-180)	90 (10-210)	120 (30-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-30)	0 (0-60)	0 (0-60)	0 (0-90)	0 (0-70)
	Total	195 (60-480)	194 (30-500)	165 (40-420)	240 (60-510)	210 (60-570)
Greater Western	Walking	75 (10-210)	80 (0-200)	60 (0-180)	90 (0-240)	90 (15-240)
	Moderate PA	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)	0 (0-0)
	Vigorous PA	0 (0-60)	0 (0-40)	0 (0-60)	0 (0-80)	0 (0-60)
	Total	180 (40-420)	180 (45-420)	150 (30-390)	210 (45-510)	210 (60-480)

All estimates weighted and standardized to 2005 age + sex distribution. PA=Physical activity; n=NSW total sample size: 'don't know' and 'refused' responses are excluded in the analyses.