



# National Physical Activity Plan 2016 Survey Findings



## KEY FINDINGS

### ***Physical activity, Weight and Sedentary behavior at work***

Less than one in five Australian adults met the recommended guidelines for sufficient physical activity. More than one in five (22%) reported they had not participated in moderate to vigorous physical activity on any day in the past week, therefore, an estimated 3.6 million Australians reported they were inactive.

Walking was the most common type of physical activity, followed by going to the gym and jogging/running.

In accordance with the physical activity guidelines, those who were sufficiently active were significantly more likely to feel positive about their overall health, and satisfied with their overall health. Those who were insufficiently active or inactive were more likely to have concerns about their health than those who were sufficiently active.

By far the main motivation mentioned for being physically active was to lose or maintain weight, avoid or manage health conditions and improve appearance. Lack of time, not enjoying exercise and a preference for doing other things were the main barriers for Australian adults to being physically active.

Based on body mass index, almost 60% of Australian adults were overweight or obese. Australians who are average weight (BMI=18.5 to 24.9) were significantly more likely to be sufficiently active than those who are overweight/obese (BMI  $\geq$  30). Many Australians have a false perception of their current weight. When BMI was calculated, Australians were 3.5 times more likely to have a BMI in the obese range than their perceived weight.

More than half of Australians stated they mostly sit on a typical work day. In accordance with the physical activity guidelines, the more active a person's work is, the more likely they would report being sufficiently active.

### ***Active children***

Almost one in five parents reported that their child was inactive, and only 7% of children were reported to participate in the recommended 60 minutes of physical activity daily. A third of parents believe that their child doesn't do enough physical activity because of a lack of interest and that the child prefers to play electronic games.

## KEY FINDINGS

### *National physical activity plan*

Three quarters of Australians support a National Physical Activity Plan for adults, and four in five support a National Physical Activity Plan for children.

The main reasons stated for supporting a plan for adults was for a healthier nation and to encourage more adults to get outdoors and exercise. Similarly for children, the main motivations for supporting the plan were for healthier children and to get children more active and outdoors.

For those who did not support the plan for adults, it was most frequently stated that adults can make their own decisions and that it is too expensive to fund. Likewise for those who did not support the plan for children, it was reported that the plan is a waste of money/don't want to pay and that parents/children can make their own decisions.

The majority of Australians believe the Federal Government should be doing more to encourage children and adults to be more physically active, and that a National Physical Activity Plan is very important for the future health and wellbeing of Australian children and adults. Furthermore, two thirds of Australians agree that the Federal Government should provide tax exemptions for exercise equipment, direct funding to improve exercise infrastructure and subsidies for joining recreational clubs.

Nearly half of all Australians believe that a National Physical activity plan would encourage themselves and their children to be more active, and more than three quarters of Australians recognize that there will be long term benefits from the plan. Overall, the three most important aspects of the National Physical Activity Plan, that Australians believe government should expand their funding on, are active children, active health care and active communities.

## RESEARCH METHODOLOGY

The National Physical Activity Plan Survey was conducted online with a sample of 1,001 adults aged 18 years and older.

## ACCURACY OF RESULTS

This survey was based on a sample of Australian adults. As it is not a census, some level of error is inherent in the results. This error can be quantified statistically to give a margin of error - essentially, this means that, with 95% confidence, a given range contains the true result at a population level.

The error margin was 3.09%, meaning that, with 95% confidence, a result, plus or minus the error margin (i.e. 50%  $\pm$  3.09%), contains the true result at the population level.

Age	%
18 to 29	19%
30 to 39	21%
40 to 49	18%
50 to 59	18%
60 and over	24%
Gender	
Male	50%
Female	50%
Location	
NSW	29%
VIC	26%
QLD	20%
SA	9%
WA	10%
NT	1%
TAS	3%
ACT	2%
Household Status	
Couple only	33%
Couple living with their child(ren)	30%
Person living alone	16%
Adult living at home with parent(s)	7%
Single person living with their child(ren)	6%
Group household	6%
Other	1%
Main activity	
Working full time	38%
Working on a part-time or casual basis	20%
Retired	19%
Home duties	11%
Doing study or training	5%
Looking for work	3%
Doing unpaid voluntary work	1%
Something else	2%
Total Household Income	
Below \$25,000	10%
Between \$25,000 to \$55,000	29%
Between \$55,001 to \$85,000	25%
Between \$85,001 to \$100,000	15%
Over \$100,000	22%



## ADULT PHYSICAL ACTIVITY

## PHYSICAL ACTIVITY GUIDELINES

Close to one in five Australian adults met the recommended guidelines for a sufficient level of physical activity (at least 30 minutes of moderate to vigorous activity on 5 or more days in the past week). In contrast, a slightly higher proportion reported that they were inactive, or not having undertaken any moderate or vigorous physical activity in the week leading up to the survey. This represents an estimated 3.6 million Australian adults who were inactive.

Australian adults who are average weight (BMI=18.5 to 24.9) were significantly more likely to be sufficiently active than those who are overweight/obese (BMI  $\geq$  30) (25% compared to (c.t.) 16%;  $p=0.002$ ).

The proportion of Australians who were sufficiently active increased with age, reaching 24% amongst those aged 55 and over.

### Days where moderate or vigorous physical activity was done for at least 30 minutes

No days	22%
1-2 days	27%
3-4 days	29%
5-6 days	12%
Everyday	7%
Unsure	2%

Q. In the past week, on how many days did you do moderate to vigorous physical activity for at least 30 minutes?

Walking was the most common type of physical activity undertaken by respondents. Going to the gym and jogging/running were the next most common types of physical activities undertaken by respondents.

### Type(s) of physical activities participated in the past 7 days

	No days	1-2 days	3-4 days	5-6 days	Everyday
Walking for exercise	31%	31%	17%	10%	11%
Going to the gym	78%	11%	7%	3%	1%
Jogging/running	79%	13%	6%	2%	1%
Swimming	82%	13%	4%	1%	1%
Cycling	85%	9%	4%	2%	1%
Yoga/pilates	88%	8%	2%	1%	1%
Dancing	90%	8%	2%	1%	1%
Golf	93%	5%	2%	0%	0%
Playing tennis	93%	4%	2%	0%	0%
Netball	95%	2%	2%	1%	0%

Q. In the past week, on how many days did you do/take part in?

## PHYSICAL ACTIVITY INTERESTED IN DOING...

Australian adults are most interested in undertaking and/or doing more walking as a form of physical activity. More than one in three were also interested in swimming, followed by attending the gym, jogging and yoga/pilates.

### Physical activities interested in doing/doing more of

Walking for exercise	65%
Swimming	38%
Going to the gym	26%
Jogging/running	23%
Yoga/pilates	21%
Cycling	19%
Dancing	16%
Playing tennis	13%
Golf	9%
Netball	4%
None of the above	9%
Other	5%

Q. Which of the following physical activities would you be interested in doing/doing more of?

## PERCEIVED PHYSICAL ACTIVITY...

Of those who are able, almost two in five Australians felt they do enough physical activity to be healthy. More than half believe they are not doing enough physical activity to be healthy. As expected, those who were sufficiently active were more likely to feel they do enough physical activity to be healthy than those who were insufficiently active or inactive (37% c.t. 10%;  $p < 0.001$ ).

### Perceived level of physical activity

Yes, I do enough physical activity to be healthy	37%
No, I do not do enough physical activity to be healthy	51%
I cannot do physical activity due to injury/illness	9%
Unsure	4%

Q. Do you believe you do enough physical activity to be healthy?

## PERCEIVED HEALTH

Just over two in five Australians reported they believe their overall health is either 'excellent' or 'very good'. In contrast, more than one in five perceived their health as 'fair' or 'poor'.

Australians who were sufficiently active were significantly more likely to perceive their health as 'excellent' or 'very good' than those who were insufficiently active or inactive (54% c.t. 38%;  $p=0.0001$ ).

Perceived health	
Excellent	11%
Very good	30%
Good	39%
Fair	17%
Poor	4%

*Q. In general, would you say your overall health is:?*

## SATISFACTION WITH OVERALL HEALTH

More than half of Australians reported that they are 'very satisfied' or 'satisfied' with their overall health. Like perceived health, just over one in five were dissatisfied with their overall health.

Those who were sufficiently active were more likely to be satisfied with their overall health than those who were insufficiently active or inactive (65% c.t. 59%;  $p=0.0005$ ).

Satisfaction with overall health	
Very satisfied	11%
Satisfied	42%
Neither satisfied nor dissatisfied	25%
Dissatisfied	18%
Very dissatisfied	3%

*Q. In general, how satisfied are you with your overall health?*

## CONCERNS ABOUT HEALTH...

Almost half of Australians have some concerns about their overall health. Interestingly, no significant difference exists between different age groups or between gender.

Australians with a BMI in the overweight or obese range ( $\geq 25.0$ ) were significantly more likely to be concerned about their weight than those in the average weight range (18.5 -24.99) (54% c.t. 43%;  $p=0.003$ ).

Even though not significant, those who were insufficiently active or inactive were more likely to have concerns about their health than those who were sufficiently active (50% c.t. 44%).

Of those who have concerns about their overall health, more than a quarter are concerned about their weight. Chronic illness was commonly mentioned as a concern including heart disease, diabetes, high blood pressure, high cholesterol, asthma, allergies, and arthritis.

### Concerns with overall health

Yes	49%
No	48%
Prefer not to say	3%

*Q. Do you have any concerns about your overall health?*

### Concerns about overall health

Weight	27%
General health	11%
Chronic pain	10%
Chronic illness (general, asthma, allergies, arthritis)	9%
Fitness	8%
Heart disease	6%
Fatigue/tiredness	6%
Diabetes	6%
Blood pressure	4%
Cancer	4%
Mental health	3%
Smoking	2%
Cholesterol	2%
Mobility	2%
Male/Female specific problems	1%
Other	19%

*Q. What concerns do you have about your overall health?*

## MAIN MOTIVATION FOR BEING PHYSICALLY ACTIVE

Of those Australians who reported they do enough physical activity to be healthy, almost a third reported their main motivation for being physically active was to lose or maintain weight, at 32%. This was followed by avoiding or managing health conditions and improving appearance.

### Motivations for being physically active

Lose or maintain weight	32%
Avoid or manage health condition(s)	23%
Improve appearance	13%
Improve athletic performance and/or strength	10%
Improve mood	5%
Play with children / grandchildren	4%
Gain weight	2%
Improve focus	2%
Participate in social activities (i.e. golf, tennis)	2%
Other	4%
Unsure	4%

*Q. Which of the following is your main motivation for being physically active?*

*Losing or maintaining weight was by far the most common motivation for being physically active.*

## MAIN BARRIERS TO BEING PHYSICALLY ACTIVE

Of those Australians who reported not doing enough physical activity to be healthy, the main barrier was lack of time, mentioned by almost half of Australians. This was followed by a lack of enjoyment of exercise and a preference for doing things other than physical activity.

In relation to infrastructure, lack of suitable facilities, lack of transport and traffic or road safety was mentioned by 13% of Australians.

### Barriers to physical activity

Lack of time	49%
I do not enjoy exercise	24%
Prefer to do other things	22%
Lack of money	21%
I feel too fat/overweight	19%
I have nobody to go with	19%
Ill health, injury or disability	18%
Lack of confidence	16%
The weather puts me off	15%
Lack of suitable local facilities	7%
Nothing prevents me	7%
Lack of skills	6%
I am too old	5%
Lack of transport	4%
Traffic or road safety	2%
Other	7%
Unsure	2%

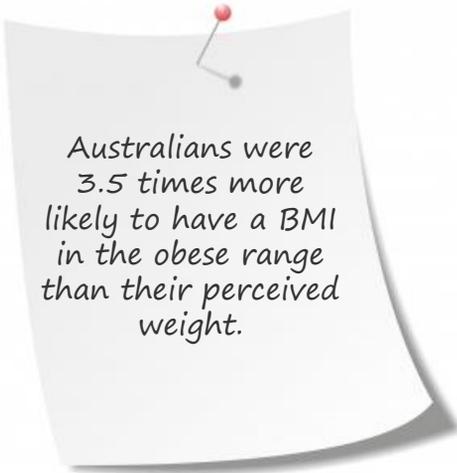
*Q. Which of the following are your main barriers for being physically active?*

*Lack of time was by far the most common barrier for being physically active.*

**CURRENT WEIGHT**

A third of Australians reported they were either 'somewhat' or 'extremely' concerned about their weight, one in three of whom are 'extremely' concerned.

Australians were asked how to best describe their current weight. Compared to their actual BMI, many Australians have a false perception of their current weight, with the proportion of those with a BMI in the obese range, 3.5 times more than the proportion who perceive themselves to be obese. When extrapolated, that is a difference of more than three million Australians who are unaware they have a BMI in the obese range.



Australians were  
3.5 times more  
likely to have a BMI  
in the obese range  
than their perceived  
weight.

**Concerns about weight**

Not at all concerned	26%
A little concerned	41%
Somewhat concerned	22%
Extremely concerned	11%

*Q. How concerned are you about your weight?*

**Perceived weight**

Underweight	4%
Average weight	50%
Overweight	39%
Obese	7%

*Q. Which of the following would you say best describes your current weight?*

**Body Mass Index**

Underweight (<18.5)	4%
Average weight (18.5 - 24.99)	37%
Overweight (25.0 - 29.99)	33%
Obese (>30.0)	26%

*Q. Which of the following would you say best describes your current weight?*

## SEDENTARY BEHAVIOUR AT WORK

More than half of Australians stated they mostly sit on a typical work day. In accordance with the current physical activity guidelines, the more active a person's work is, the more likely they would report being sufficiently active.

### Sedentary behaviour at work

Mostly sitting	55%
Mostly standing	17%
Mostly walking	16%
Mostly heavy labour or physically demanding work	9%
Don't know/prefer not to say	3%

*Q: When you are at work, which best describes what you do on a typical work day?*

### % who met guidelines for sufficient physical activity within each type of work

Mostly sitting	16%
Mostly standing	17%
Mostly walking	23%
Mostly heavy labour or physically demanding work	28%



*More than half of Australians stated they mostly sit on a typical working day.*



## KIDS PHYSICAL ACTIVITY

## PHYSICAL ACTIVITY GUIDELINES

Parents of children aged 5 to 17 years were asked the number of days their child participated in sport, physical activity or active play for at least 60 minutes. Surprisingly, only 7% of parents reported their children did the recommended 60 minutes of moderate to vigorous intensity physical activity every day.

Almost one in five parents stated their children were inactive or when extrapolated, an estimated 600,000 children.

With the vast majority of parents reporting their children are either insufficiently active or inactive based on the recommended guidelines, it is surprising that 62% believe their children do enough physical activity for their age.

Lack of interest in physical activity, preference of playing electronic games and schoolwork/homework were the three most commonly mentioned barriers for child participation in physical activity. Lack of time was also mentioned again as a barrier by 20% of parents.

### Perceived days where child was active for at least 60 minutes in the past week

No days	19%
1 - 2 days	29%
3 - 4 days	25%
5 - 6 days	15%
Everyday	7%
Unsure	6%

*Q. In the past week, on how many days did your child participate in sport, physical activity or active play for a total of at least 60 minutes?\**

### Children that do enough physical activity for their age

Yes, my child does enough physical activity for their age	62%
No, my child doesn't do enough physical activity for their age	32%
Unsure	6%

*Q. Do you think your child does enough physical activity for their age?\**

### Perceived barriers for children to physical activity

Lack of interest in physical activity	30%
Child prefers to play electronic games	27%
Schoolwork / homework	23%
Lack of time to transport child to activities	20%
Child prefers watching TV	18%
Cost e.g. club fees, sports equipment	16%
Safety e.g. road safety when riding a bike	6%
Lack of resources e.g. no parks or sports amenities nearby	4%
Other	8%
Unsure	15%

*Q. What, if any, are the reasons why you believe your child doesn't do enough physical activity?\**



# NATIONAL PHYSICAL ACTIVITY PLAN

## NATIONAL PHYSICAL ACTIVITY PLAN – ACTIVE ADULTS

Three quarters of Australians stated they would support a National Physical Activity Plan to encourage more Australian adults to be physically active. One in five Australians were uncertain if they would support such a plan.

Of those who would support a National Physical Activity Plan, the main reasons for supporting it were for a healthier nation, to encourage more adults to exercise/get outdoors and to decrease obesity.

The most commonly reported reason for not supporting a National Physical Activity plan, was that adults can make their own decisions. Other reasons were that it is too expensive/uncertainty about where the funding would come from, and that they don't think the program will work/be effective.

### Support for a National Physical Activity plan for adults

Yes	74%
No	6%
Unsure	20%

*Q. Would you support a National Physical Activity plan to encourage more Australian adults to be physically active?*

### Reasons for supporting a National Physical Activity Plan for adults

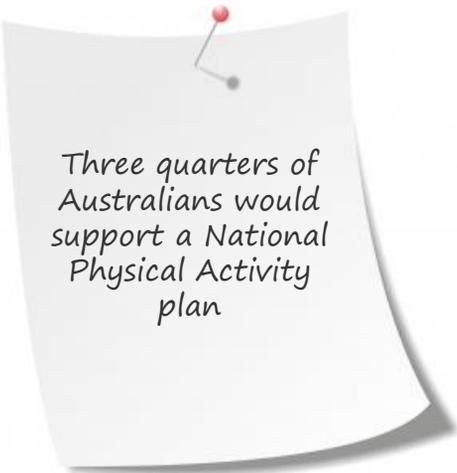
Health/healthier adults/nation	20%
Encourage more adults to exercise/get outdoors	17%
Decrease obesity	14%
Exercise is important/good for you	10%
Less burden on the health system	7%
Same as previous answer	7%
Good idea/cause/its needed	5%
Decrease disease	4%
Yes/why not?	3%
Children learn by example	3%
Other	6%
Don't know/unsure	6%

*Q. Why would you support a National Physical Activity Plan to encourage more Australian adults to be physically active?*

### Reasons for not supporting a National Physical Activity Plan for adults

Adults can make their own decisions	38%
Too expensive/where is the funding coming from	12%
Don't think the program will work/be effective	8%
Some people are too busy	3%
Other	22%
Unsure/Don't know	18%

*Q. Why would you not support a National Physical Activity plan to encourage more Australian adults to be physically active?*



Three quarters of Australians would support a National Physical Activity plan

## NATIONAL PHYSICAL ACTIVITY PLAN – SEGMENTATION ANALYSIS

Three in four Australians support a National Physical Activity Plan. Even though there were no significant differences by gender, females were slightly more likely to support a plan than males. Support for the plan also increased as gross household income and education level increased.

Even though not significant, Australians who speak a language other than English at home, those who have children and those who do a sufficient amount of exercise per week were more likely to support a National Physical Activity Plan for adults, as were those who are currently employed.

As age and BMI increased, support for the plan marginally decreased. Furthermore, those living in metro areas were slightly more likely to support a plan than those who live in rural or regional areas. A majority of Australians from each state support a National Physical Activity Plan, with the strongest support being from WA, ACT and QLD.

Gender	
Female	74.8%
Male	72.7%

Education	
High school	69.7%
Vocational qualification	70.8%
University	81.0%

Work status	
Employed	76.0%
Unemployed	70.8%

Weekly exercise	
Insufficient/Inactive**	73.9%
Sufficient*	75.1%

\*5 days active or more in a week

\*\*Active less than 5 days a week

Location	
WA	89.0%
ACT*	84.0%
QLD	77.2%
NSW	73.6%
TAS	71.0%
VIC	68.9%
SA	65.6%
NT**	-

\*Sample size <20

\*\*Insufficient sample size

Gross household income	
<\$55,000	72.7%
\$55,001 to \$85,000	74.3%
>\$85,00	80.8%

Language	
English only	74.0%
Other than English	76.8%

Children at home	
With children	74.3%
Without children	73.6%

BMI	
<25.0	79.0%
25.0 to 29.9	78.8%
30.0	78.7%

Age group	
Under 35	77.9%
Between 35-54	71.6%
55 and over	72.4%

Location	
Metro	74.1%
Regional/rural	72.7%

## NATIONAL PHYSICAL ACTIVITY ACTION PLAN – ACTIVE CHILDREN

Four in five Australian adults stated they would support a National Physical Activity Plan to encourage more Australian children to be physically active. One in seven Australians were uncertain if they would support such a plan.

The main reasons for supporting a National Physical Activity plan for children were for healthier children or a healthy future for Australian children, to get children more active or get them outdoors, and due to concerns surrounding childhood obesity.

Of the minority who didn't support such a plan, reasons include it would be a waste of money/don't want to pay, and that parents/children can make their own choices. More than a third of Australians had no reason for not supporting the plan.

### Support for a National Physical Activity Plan for children

Yes	80%
No	6%
Unsure	14%

*Q. Would you support a National Physical Activity plan to encourage more Australian children to be physically active?*

### Reasons for supporting a National Physical Activity Plan for children

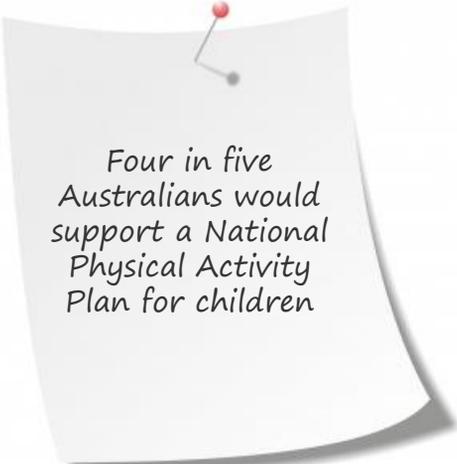
Healthier children/healthy future for children	28%
Get children more active/outdoors	27%
Childhood obesity	15%
Good idea/needed	10%
Physical education/encouragement is important	7%
Decrease stress on health system	3%
Other	5%
Don't know/Unsure	8%

*Q. Why would you support a National Physical Activity Plan to encourage more Australian children to be physically active?*

### Reasons for not supporting a National Physical Activity Plan for children

Waste of money/don't want to pay	15%
Parents/children can make their own choices	15%
Parents Responsibility	8%
Don't have children	5%
Governments responsibility	3%
Other	18%
Don't Know	35%

*Q. Why would you not support National Physical Activity Plan to encourage more Australian children to be physically active?*



Four in five  
Australians would  
support a National  
Physical Activity  
Plan for children

## NATIONAL PHYSICAL ACTIVITY ACTION PLAN – LEVEL OF IMPORTANCE

The vast majority of Australians reported that a National Physical Activity Plan is important to the future health and wellbeing of Australian adults and children.

Nine in ten Australians recognise that a National Physical Activity Plan is important to reduce chronic disease such as heart disease in Australian adults.

### The importance of National Physical Activity Plan for the following:

	Very important	Quite important	Slightly important	Not at all important	Unsure
The future health and wellbeing of Australian adults	59%	28%	8%	2%	3%
The future health and wellbeing of Australian children	66%	23%	6%	2%	3%
Reducing chronic disease in Australian adults (e.g. heart disease)	64%	25%	6%	2%	4%

*Q. How important do you believe a National Physical Activity Plan is for...?*

Almost three in five Australians strongly agree, and a further 28% agree that the Federal Government should be doing more to encourage children to be more physically active. Similarly, half of Australians strongly agree and 33% agree that the Federal Government should be doing more to encourage adults to be more physically active.

### The extent to which Federal Government should be doing more to:

	Strongly Agree	Agree	Neither	Disagree	Strongly disagree	Unsure
Encourage children to be more physically active	58%	28%	10%	1%	1%	2%
Encourage adults to be more physically active	50%	33%	12%	2%	1%	2%

*Q. Please indicated how strongly you agree or disagree that the Federal Government should be doing more to...*

## **NATIONAL PHYSICAL ACTIVITY ACTION PLAN – PROGRAMS**

More than three quarters of Australians agreed that workplace programs to promote physical activity and public education to raise awareness of local facilities and parks, would encourage Australian adults to be more active.

Similarly, three in four Australians agreed that a network of community physical activity groups and community fitness programs for seniors, would encourage more physical activity in adults, with only a small minority disagreeing.

Almost a third of Australians strongly agree that programs that encourage adults to use alternate transport and leave their cars at home would encourage physical activity.

### **The following programs would encourage physical activity in adults**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither</b>	<b>Disagree</b>	<b>Strongly disagree</b>	<b>Unsure</b>
Workplace programs to promote physical activity	33%	44%	15%	3%	2%	3%
Public education to raise awareness of local facilities and parks	33%	47%	14%	3%	1%	3%
Programs to encourage people to use alternate transport and leave their cars at home	30%	38%	20%	6%	3%	3%
Network of community physical activity groups	33%	44%	17%	2%	1%	3%
Community fitness programs for seniors	38%	44%	13%	1%	1%	3%

*Q. How strongly do you agree or disagree that the following programs would encourage Australian adults to be more active?*

## NATIONAL PHYSICAL ACTIVITY ACTION PLAN – FEDERAL GOVERNMENT EXEMPTIONS/SUBSIDIES

More than two thirds of Australians agreed that the Federal Government should provide tax exemptions for the purchase of sport and exercise equipment, direct funding to improve walking and cycling infrastructure and subsidies for joining sport and recreation clubs.

Interestingly, just under one in five Australians neither agreed or disagreed that the Government should provide the above tax exemptions and subsidies to encourage more Australian adults to be active.

More than two in three believe the Federal Government should provide tax exemptions for equipment, infrastructure and sporting clubs

### The Federal Government should provide:

	Strongly Agree	Agree	Neither	Disagree	Strongly disagree
Tax exemptions for the purchase of sport and exercise equipment	32%	36%	19%	9%	4%
Direct funding to improve walking and cycling infrastructure	37%	41%	16%	4%	2%
Subsidies for joining sport and recreation clubs	33%	37%	18%	8%	4%

*Q. How strongly do you agree or disagree that to encourage more Australian adults to be active the Federal Government should provide...?*

Most Australians agreed that to encourage more Australian children to be active, the Federal Government should provide mandatory physical education from K-12, walking and cycling to school programs and improved infrastructure to support children to safely play, walk and cycle.

Few Australians disagreed that mandatory physical education programs, walking and cycling to school programs and improved infrastructure should be provided by the Federal Government to encourage Australian children to be active.

### For children, the Federal Government should provide:

	Strongly Agree	Agree	Neither	Disagree	Strongly disagree
Mandatory physical education from K-12, (120 - 180 minutes per week)	43%	38%	14%	4%	2%
Walking and cycling to school programs	39%	44%	14%	3%	1%
Improved infrastructure to support children to safely play, walk and cycle.	48%	39%	10%	2%	1%

*Q. How strongly do you agree or disagree that to encourage Australian children to be active?*

## **NATIONAL PHYSICAL ACTIVITY ACTION PLAN – BENEFITS**

Nearly half of Australians believe that a National Physical Activity Plan would encourage them to be more active, with 78% of them reporting that they think there will be long term benefits from the plan.

The most commonly perceived long-term benefits from a National Physical Activity Plan were that the nation would be healthier/fitter, that there would be a reduced strain to the health care system, and that there would ultimately be a decrease in chronic diseases.

*Almost half of Australians believe that a National Physical Activity Action Plan would encourage them to be more active.*

### **A National Physical Activity Plan would encourage more adults to be active**

Yes	48%
No	18%
Unsure	33%

*Q. Do you think a National Physical Activity Plan would encourage you to be more physically active?*

### **Long-term benefits from a National Physical Activity Plan**

Yes	78%
No	5%
Unsure	16%

*Q. Do you think there are any long-term benefits of a National Physical Activity plan?*

### **Perceived long-term benefits from a National Physical Activity plan**

Healthier(fitter) Nation/society	54%
Reduced cost/strain to the health care system	28%
Decrease in chronic disease	12%
Decrease in obesity	9%
Educated people/kids	2%
Longer life	4%
Other	4%
Unsure/Don't know	5%

*Q. What long term benefits do you think there will be from a National Physical Activity plan?*

## NATIONAL PHYSICAL ACTIVITY ACTION PLAN - BENEFITS

Of those who reported that a National Physical Activity Plan would encourage them to be more active, the main reason stated was that it would be good motivation/reminder for them to do exercise. Nine per cent of Australians also reported that it would increase awareness/give ideas of exercise programs, and 8% conveyed that it would be a good way to meet people socially.

One in six Australian adults stated that a National Physical Activity Plan would not encourage them to be more physically active, with two in five reporting that they are already fit enough, and 16% are unable to exercise/disabled.

### How a National Physical Activity Plan would encourage more adults to be active

Good motivation/encouragement/reminder to do exercise	32%
Increase awareness/give ideas of exercise programs	9%
Good way to meet people/social activity	8%
Reduce the cost of exercise/makes gyms more affordable/clubs	7%
Better health and fitness	6%
Incentives/subsidies	6%
Better infrastructure (cycling and walking paths)	3%
Make me walk more/more active	3%
Local programs/local facilities	2%
Gets children involved/structured activity	1%
Other	12%
Unsure/Don't know	11%

*Q. In what way would a National Physical Activity Plan encourage you to be more physically active?*

### Why a National Physical Activity Plan would not encourage some adults to be active

Already fit enough/motivated/exercise	41%
Disabled/unable to exercise	16%
Make my own choices	10%
Program won't work/don't like the program	7%
Not interested	2%
Too expensive/can't afford it	2%
Other	10%
Don't know/Unsure	12%

*Q. Why wouldn't a National Physical Activity Plan encourage you to be more physically active?*

## NATIONAL PHYSICAL ACTIVITY ACTION PLAN - BENEFITS

Almost half of parents believe that a National Physical Activity Plan would encourage more Australian children to be active and surprisingly, 41% were unsure.

There was a wide range of responses for how a National Physical Activity Plan would encourage more children to be active, with 16% of parents believing that it would encourage/motivate them, 12% support compulsory activities at school and another 12% believe in group activities/more activities in school.

One in ten parents don't believe that a National Physical Activity Plan would encourage their children to be more active. When asked for reasons why, more than two in five were unsure. Almost one in four believed that it's not Government responsibility and 17% of parents consider their child to be already active enough.



Almost half of parents believe a National Physical Activity Action Plan would encourage children to be more active

### A National Physical Activity Plan would encourage more children to be active

Yes	49%
No	10%
Unsure	41%

*Q. Do you think a National Physical Activity Plan would encourage your children to be more physically active?*

### How a National Physical Activity Plan would encourage more children to be active

Encourage/motivate them, make more aware	16%
Compulsory activities at school	12%
Group activities/more activities available	12%
Kids are already active	8%
Get them outdoors/away from screen	6%
Give them incentives/gifts/subsidies	4%
Fun activities	2%
Get them moving/more active	2%
Peer pressure	2%
Better health/fitness	2%
Improved/more facilities/infrastructure	2%
Other	19%
Don't know	12%

*Q. In what way would a National Physical Activity Plan encourage your children to be more physically active?*

### Why a National Physical Activity Plan wouldn't encourage some children to be more active

Not the governments responsibility	24%
Already active	17%
Boring program/it won't work	4%
They are lazy	3%
Other	9%
Don't know	44%

*Q. Why wouldn't a National Physical Activity Plan encourage your children to be more physically active?*

## NATIONAL PHYSICAL ACTIVITY PLAN - INITIATIVES

The most commonly reported initiatives that would encourage more adults to be active are subsidised community groups, subsidised gym memberships, and more education about diet and exercise.

The most commonly mentioned initiatives that would encourage children to be more active were mandatory activities in schools and more encouragement and opportunities for after school sport.

### Initiatives that would encourage more adults to be active

Subsidised community groups	22%
Subsidised gym memberships	13%
More education about diet/exercise	13%
Improved cycling/walking infrastructure & better public transport	11%
Workplace incentives/programs	7%
Financial incentives/any incentives	5%
Subsidised health insurance	5%
Sugar/junk food tax	5%
Exercise equipment in parks	5%
Medicare discounts for healthy people, tax for obese people	4%
Tax incentives	3%
Reward program for weight loseer	2%
Discounted fresh produce	2%
Subsidised childcare	1%

*Q. Are there any other initiatives that you would like to see to encourage more Australian adults to be physically active*

### Initiatives that would encourage more children to be active

Mandatory activities in schools	29%
More encouragement and opportunities for after school sport	14%
Subsidise sporting clubs so their fees are lower	9%
Improved infrastructure for sport/play	8%
Subsidise parents for costs associated with sporting clubs	7%
Educate children about diet and exercise	7%
Restrict access/remove "screens" from minors	7%
Reward system for physical activity	6%
Walking/cycling to school programs	6%
Advertising campaign to promote physical activity	3%
Ban junk food in schools	1%
Sugar/junk food tax	1%
Less homework so more time for physical activity	1%

*Q. Are there any other initiatives that you would like to see to encourage more Australian children to be physically active*

## **NATIONAL PHYSICAL ACTIVITY ACTION PLAN – FOCUS FOR GOVERNMENT FUNDING**

Australians were asked what the three most important aspects were of the National Physical Activity Plan that the Government should expand their funding on. 'Active children' was most commonly voted as an important aspect to expand funding on, by more than three quarters of Australians. This was followed by active health care, active communities and active workplaces.

### **Aspects of the National Physical Activity Plan the Government should expand funding on**

Active children	77%
Active health care	43%
Active communities	32%
Active workplaces	30%
Active public education	29%
Active seniors	29%
Active clubs and sport	21%
Active neighbourhoods	20%
Active transport	18%

*Q. In your opinion, what do you believe are the three most important aspects of The National Physical Activity Plan that the Government should expand their funding on?*