

## **PHYSICAL ACTIVITY STATISTICS - ADULTS**

### **2007-08 ABS NATIONAL HEALTH SURVEY DATA**

- In 2007-08, 72% of Australians aged 15 years and over were classified as sedentary or having low exercise levels. Of these, just under half (48%) recorded no or very little exercise in the previous two weeks (sedentary exercise level) and 52% recorded a low level of exercise.
- The proportion of people who were sedentary in 2007-08 increased with age, from 30.4% of 25-34 year olds to 57.2% of persons aged 75 and over.
- The proportions reporting sedentary or low exercise levels have not changed markedly over the last twelve years, based on age-adjusted estimates from the last four National Health Surveys. In 2007-08, 72% of Australians were classified as sedentary or having low exercise levels, compared with 69% in 1995 and 2001, and 70% in 2004-05.
- Less than one quarter (21.6%) of Australians did moderate amounts of physical activity in 2007-08.

## **OBESITY STATISTICS - ADULTS**

### **2007-08 ABS NATIONAL HEALTH SURVEY DATA**

- The 2007-08 survey found that 61.3% of the adult population are overweight or obese.
- Men had a higher rate than women, with 68% of men overweight or obese and 55% of women overweight or obese<sup>1</sup>.
  - men - 42% overweight and 25.6% obese
  - women - 30.9% overweight and 24% obese
- The highest rates of overweight/obesity were in the 65-74 year old aged group at 79% in 2007-08, up from 68% in 1995.
- The proportion of obese adult Australians has increased from 18.7% in 1995 to 24.8% in 2007-08.
- The proportion of overweight Australians has decreased slightly from 37.6% in 1995 to 36.6% in 2007-08.

### **Reference**

2007-08 ABS National Health Survey: Summary of Results May 2009 Cat No. 4364

To see full report please go to: [www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0/](http://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0/)