
Physical activity - context

Important note: This is an archived metadata standard from the AIHW Knowledgebase. For current metadata standards and related information please access METeOR, the AIHW's Metadata Online Registry at <http://meteor.aihw.gov.au>

Identifying and Definitional Attributes

Data Dictionary: NHDraftDD
Knowledgebase ID: 000447 Version number: 0
Metadata type: DATA ELEMENT
Registration Authority: NHDC Admin status: DRAFT
Effective date: 01-JUL-00
Definition: The context in which a person participates in physical activity.
Context: Public health: Inadequate leisure time physical activity is a known risk factor for cardiovascular disease, diabetes, some cancers, mental illness and injury. From a public health perspective, information on duration, frequency and intensity of physical activity is required to assess if a person has participated in adequate physical activity to obtain health benefit. This information is also required to evaluate public health physical activity interventions such as the Active Australia initiative.

Relational and Representational Attributes

Datatype: Numeric
Representational form: CODE
Representation layout: N
Minimum Size: 1
Maximum Size: 1
Data Domain: 1 Leisure time
2 Other
9 Unknown

Guide For Use: The physical activity context 'leisure time' is an individual's discretionary time. Where discretionary time is the time left after completion of work, travelling, domestic chores and personal hygiene. The element of personal choice is inherent to this definition.

The physical activity context 'other' includes occupational (currently economically active) travelling, domestic chores and

personal hygiene.

Collection Methods: The current recommended instrument for collecting physical activity information collects only leisure time physical activity (Standard Questions on Leisure Time Physical Activity Participation Among Adults).

All questions on the Standard Questions on Leisure Time Physical Activity Participation Among Adults are answered based on self-report. This questionnaire asks respondents participation in physical activity during the previous week. The Standard Questions on Leisure Time Physical Activity Participation Among Adults are designed for individuals aged 18 years and over.

Currently, there is no Australian instrument that collects occupational physical activity.

The Expert Working Group for the Measurement of Physical Activity are currently developing an instrument suitable for the collection of occupational physical activity.

Related metadata: is used in conjunction with Physical activity - duration version 0
is used in conjunction with Physical activity - frequency version 0
is used in the calculation of Physical activity - health benefit version 0
is used in conjunction with Physical activity - intensity version 0
is used in conjunction with Physical activity - type version 0

Administrative Attributes

Source Document: ABS: Directory of concepts and standards for social, labour and demographic statistics, 1995.

1 Bouchard C & Shepard RJ 1994. Physical activity, fitness and health: the model and key concepts. In Bouchard C, Shepard RJ & Stephens T (eds) 1994. Physical activity, fitness and health. International proceedings and consensus statement. United States of America: Human Kinetics.

Standard Questions on Leisure Time Physical Activity Participation Among Adults (1999)

United States Department of Health and Human Services 1996. The Surgeon General's Report on Physical Activity and Health. Washington: US Government Printing Office.

Source Organisation: Australian Institute of Health and Welfare (AIHW)

Comments: Where this information is collected by survey and the sample permits, population estimates should be presented by sex and 5-year age groups. Summary statistics may need to be adjusted for age and other relevant variables.

It is recommended that in surveys of physical activity participation, data on age, sex, other socio-demographic variables and, where it is possible and desirable to do so, that data on knowledge of and attitudes toward physical activity may also be collected.

It is also recommended that when physical activity is investigated in relation to health, data on other risk factors including overweight and obesity, smoking, high blood pressure and alcohol consumption should be collected. International physical activity data collection instruments are currently being developed. Once these methods have been developed and validated they may be appropriate for use in Australian surveys and could be recommended in addition to, or to supersede the currently recommended standard instrument.

The Standard Questions on Leisure Time Physical Activity Participation Among Adults can be obtained from the National Centre for Monitoring Cardiovascular Disease at the AIHW, telephone 02 6244 1000.

[Data Element Links](#)

[Information Model Entities linked to this Data Element](#)

NHIM Lifestyle characteristic

[Data Agreements which include this Data Element](#)
