
Physical activity sufficiency status

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: NHDD
Knowledgebase ID: 000672 Version number: 1
Metadata type: DATA ELEMENT
Registration Authority: NHIMG Admin status: SUPERSEDED
Effective date: 01-MAR-05
Definition: Sufficiency of moderate or vigorous physical activity to confer a health benefit.
Context: Public health, health care and clinical setting:
To monitor health risk factors for national health priority areas and other chronic diseases.

Relational and Representational Attributes

Datatype: Numeric
Representational form: CODE
Representation layout: N
Minimum Size: 1
Maximum Size: 1
Data Domain: 1 Sufficient
 2 Insufficient
 3 Sedentary
 9 Not stated/ inadequately described

Guide For Use: The clinician makes a judgment based on assessment of the person's reported physical activity history for a usual 7-day period where:

Code 1: Sufficient physical activity for health benefit for a usual 7-day period is calculated by summing the total minutes of walking, moderate and/or vigorous physical activity. Vigorous physical activity is weighted by a factor of two to account for its greater intensity. Total minutes for health benefit need to be equal to or more than 150 minutes per week.

Code 2: Insufficient physical activity for health benefit is where the sum of the total minutes of walking, moderate and/or vigorous physical activity for a usual 7-day period is less than 150 minutes but more than 0 minutes.

Code 3: Sedentary is where there has been no moderate and/or vigorous physical activity during a usual 7-day period.

Code 9: There is insufficient information to more accurately define the person's physical activity sufficiency status or the information is not known.

Note: The National Heart Foundation of Australia and the National Physical Activity Guidelines for Australians describes moderate-intensity physical activity as causing a slight but noticeable, increase in breathing and heart rate and suggests that the person should be able to comfortably talk but not sing. Examples of moderate physical activity include brisk walking, low pace swimming, light to moderate intensity exercise classes. Vigorous physical activity is described as activity, which causes the person to 'huff and puff', and where talking in a full sentence between breaths is difficult. Examples of vigorous physical activity include jogging, swimming (freestyle) and singles tennis.

Related metadata: is used in conjunction with Service contact date version 1 relates to the data element Behaviour-related risk factor intervention version 1

Administrative Attributes

Source Document: The National Heart Foundation of Australia's Physical Activity Policy, April 2001.
National Physical Activity Guidelines For Australians, developed by the University of Western Australia & the Centre for Health Promotion

Source Organisation: CV-Data Working Group

Comments: The above grouping subdivides a population into three mutually exclusive categories.
A sufficiently physically active person is a person who is physically active on a regular weekly basis equal to or in excess of that required for a health benefit. Sufficient physical activity for health results from participation in physical activity of adequate duration and intensity. Although there is no clear absolute threshold for health benefit, the accrual of 150 minutes of moderate (at least)

