

Australian Health Performance Framework: PI 1.2.5— Insufficient physical activity, 2020

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Australian Health Performance Framework: PI 1.2.5—Insufficient physical activity, 2020

Identifying and definitional attributes

Metadata item type:	Indicator
Indicator type:	Indicator
Short name:	AHPF PI 1.2.5—Insufficient physical activity, 2020
METEOR identifier:	728300
Registration status:	Health , Standard 13/10/2021
Description:	Proportion of children and adults who perform insufficient physical activity
Rationale:	Low levels of physical activity are a major risk factor for ill health and mortality from all causes. People who do not do sufficient physical activity have a greater risk of cardiovascular disease, type 2 diabetes and osteoporosis. Being physically active improves mental and musculoskeletal health and reduces other risk factors such as being overweight and obesity, high blood pressure and high blood cholesterol.
Indicator set:	Australian Health Performance Framework, 2020 Health , Superseded 11/07/2023

Collection and usage attributes

Population group age from:	Adults: 18 years Children: 2 years
Population group age to:	Children: 17 years
Computation description:	<p>Insufficient physical activity is determined if physical activity did not meet Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines, operationalised here as:</p> <ul style="list-style-type: none">• For children aged 2–4 years, not accumulating 180 minutes of physical activity every day in the last week.• For children and young people aged 5–17, not accumulating 60 minutes of moderate to vigorous intensity physical activity every day in the last week.• For adults aged 18–64:<ul style="list-style-type: none">◦ Not accumulating 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity, or an equivalent combination of both, in the last week. The total minutes of physical activity is the sum of walking for fitness + walking to and from places + moderate exercise (including workplace) + 2 times vigorous exercise time (including workplace).◦ Being active on 5 or more days.• For adults aged 65 and over, not accumulating at least 30 minutes of any physical activity (exercise or workplace activity) on at least 5 or more days in the last week. <p>Time trend analysis exclude workplace physical activity as this was collected in 2017–18 only.</p> <p>Presented as a percentage. Age-standardised percentages are directly age-standardised to the 2001 Australian population.</p> <p>95% confidence intervals are calculated for percentages.</p>
Computation:	$100 \times (\text{Numerator} \div \text{Denominator})$
Numerator:	Adults: Number of persons aged 18 or over who did not meet the physical activity guidelines as described above. Children: Number of persons aged 2–17 who did not meet the physical activity guidelines as described above.

Numerator data elements:

Data Element / Data Set

Data Element

Person—physical activity amount

Data Source

[ABS core component \(National Health Survey \(NHS\) plus National Nutrition and Physical Activity Survey \(NNPAS\)\) of the Australian Health Survey \(AHS\), 2011-13](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—physical activity frequency

Data Source

[ABS core component \(National Health Survey \(NHS\) plus National Nutrition and Physical Activity Survey \(NNPAS\)\) of the Australian Health Survey \(AHS\), 2011-13](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—physical activity amount

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—physical activity frequency

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Denominator:

Adults: Population aged 18 and over

Children: Population aged 2–17

Denominator data elements:**Data Element / Data Set****Data Element**

Person—age

Data Source

[ABS core component \(National Health Survey \(NHS\) plus National Nutrition and Physical Activity Survey \(NNPAS\)\) of the Australian Health Survey \(AHS\), 2011-13](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Disaggregation:

2007–08, 2011–12, 2014–15, 2017–18—Nationally, adults by:

- Sex.

2017–18—Nationally, adults who did not meet the physical activity guidelines (including exercise at work), by sex and:

- Age group
- Remoteness
- SEIFA 2016 IRSD quintile
- Disability status (not reported).

2011–12—Nationally, children who met physical activity guidelines by sex.

2017–18—State and territory, adults who did not meet the physical activity guidelines (including exercise at work).

2017–18—Primary Health Network (PHN), adults who did not meet the physical activity guidelines (including exercise at work).

Some disaggregations may result in numbers too small for publication.

Disaggregation data elements:

Data Element / Data Set

Data Element

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—area of usual residence

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Used for disaggregation by state/territory, remoteness and SEIFA

Data Element / Data Set

Data Element

Person—disability status

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—sex

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Comments:

Most recent data available for 2020 Australian Health Performance Framework reporting: 2017–18 (NHS for adults), 2011–12 (AHS) for children).

Data for 2007–08, 2011–12 and 2014–15 were obtained from the National Health Surveys or Australian Health Surveys run in respect of these years. Similar data elements were used to those listed above for the 2017–18 NHS.

Representational attributes

Representation class: Percentage

Data type: Real

Unit of measure: Person

Format: N[NN].N

Indicator conceptual framework

Framework and dimensions: [2. Health behaviours](#)

Data source attributes

Data sources:

Data Source

[ABS core component \(National Health Survey \(NHS\) plus National Nutrition and Physical Activity Survey \(NNPAS\)\) of the Australian Health Survey \(AHS\), 2011-13](#)

Data custodian

Australian Bureau of Statistics

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Frequency

Every 3 years

Data custodian

Australian Bureau of Statistics

Accountability attributes

Organisation responsible for providing data: Australian Bureau of Statistics

International comparison: Relates to indicators 6 and 7 in the World Health Organization (WHO) Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013–2020 (WHO 2013).

Other issues caveats: Guidelines and measures of physical activity are subject to change, affecting time trends.

There are other components of Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines such as the inclusion of activities that strengthen muscle and bone (children and young people), muscle strengthening activities (adults aged 18–64) and strength, balance and flexibility activities (adults aged 65 and over). These are equally as important as meeting the physical activity components, but are not included in this indicator as the national surveys used for reporting do not fully capture the different activities required to measure meeting these components.

Physical activity results for people aged 15–17 are regularly available from the NHS and the National Aboriginal and Torres Strait Islander Health Survey (NATSIHS). Results for children aged 2–14 are available only from the 2011–12 Australian Health Survey (AHS) and 2012–13 Australian Aboriginal and Torres Strait Islander Health Survey (AATSIHS) Nutrition and Physical Activity Survey components.

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Reference documents:

DoH (Department of Health) 2019. Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines. Canberra: Department of Health. Viewed 17 October 2019, <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>.

WHO (World Health Organization) 2013. Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013–2020. Switzerland: WHO. Viewed 17 October 2019, https://www.who.int/nmh/events/ncd_action_plan/en/.

Relational attributes**Related metadata references:**

Supersedes [Australian Health Performance Framework: PI 1.2.5–Insufficient physical activity, 2019](#)
[Health](#), Superseded 13/10/2021