

Population – health

Data Sheet

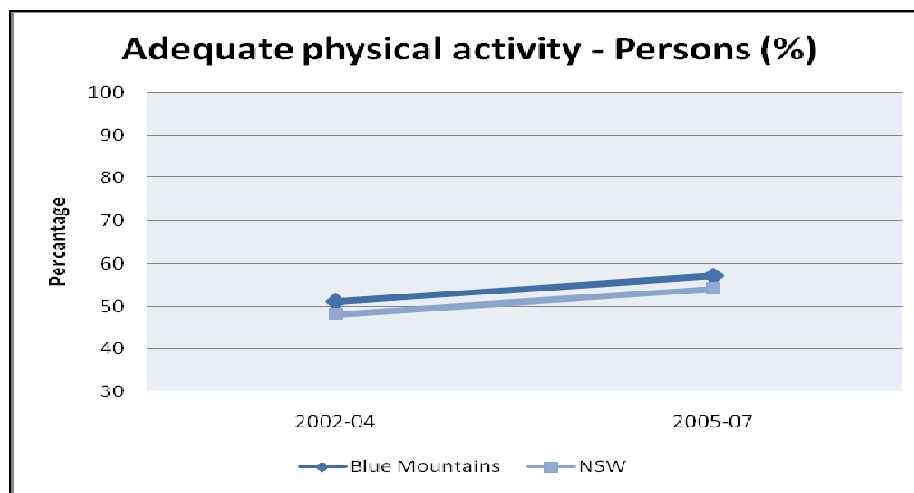
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2009

What are we monitoring?

Percentage of residents who report undertaking adequate physical activity

What is the trend?

The trend shows an increase in people undertaking adequate physical activity between 2002 - 2004 and 2005-2007. Although the number of people surveyed in the Blue Mountains was relatively small, it should be noted that this increase in adequate physical activity levels is also reflected at the NSW level.



ADEQUATE PHYSICAL ACTIVITY						
	BLUE MOUNTAINS			NSW		
Year	Male %	Female %	Persons %	Male %	Female %	Persons %
2002-04	59	43	51	53	44	48
2005-07	69	45	57	59	48	54

Adequate physical activity is a total of 150 minutes per week on 5 separate occasions. The total minutes were calculated by adding minutes in the last week spent walking continuously for at least 10 minutes, minutes doing moderate physical activity, plus 2 x minutes doing vigorous physical activity.

Why is monitoring this trend important?

Adequate physical activity has a range of protective health benefits. These include lower rates of cardiovascular and related diseases, obesity and depression. Playing sport and activities such as walking in the local community can help people build social connections.

Source: NSW Health (2009). New South Wales Population Health Survey. 2005-2007 Report on adult health. Blue Mountains Division of General Practice.