

Prevalence of risk factors (insufficient physical activity) by age, 2000

Risk factor	Sex	Age group (years)				18-75 (ASR) ^(a)
		18-29	30-44	45-59	60-75	
Insufficient physical activity ^(b)	Males	39.6	58.5	58.1	56.8	53.7
	Females	44.8	57.6	59.4	56.0	54.8
	Persons	42.2	58.0	58.7	56.4	54.2

(a) Age-standardised rate (ASR) standardised to the 2001 Australian population.

(b) Insufficient physical activity is defined as participating in less than 150 minutes of activity or less than five sessions of activity in the previous week.

Note: Based on self-reported data.

Source: AIHW analysis of the 2000 National Physical Activity Survey.