



# Australian Secondary Students' Alcohol and Drug Survey

## Western Australian Results 2017: Physical Activity and Sedentary Behaviour

### Purpose of the survey

The Australian Secondary Students' Alcohol and Drug (ASSAD) survey provides a snapshot of alcohol, tobacco and other drug use among secondary school students aged 12 to 17 years across the State. The survey has been conducted every three years since 1984. Questions relating to physical activity and sedentary behaviour have been previously included in 2011 and 2014<sup>i</sup>.

### Who took part in 2017?

In 2017, 146 secondary schools identified from a random sample of State, Catholic and independent schools, were approached to take part in the survey. Of these, 37 schools agreed to participate. From the schools that took part, 3,361 students provided valid responses for age and gender and were included in the final sample.

To provide population estimates, survey responses were weighted to the appropriate Western Australian population group by age, gender and school type. This helped to address any over or under sampling with respect to age, gender and school type.

### Key findings

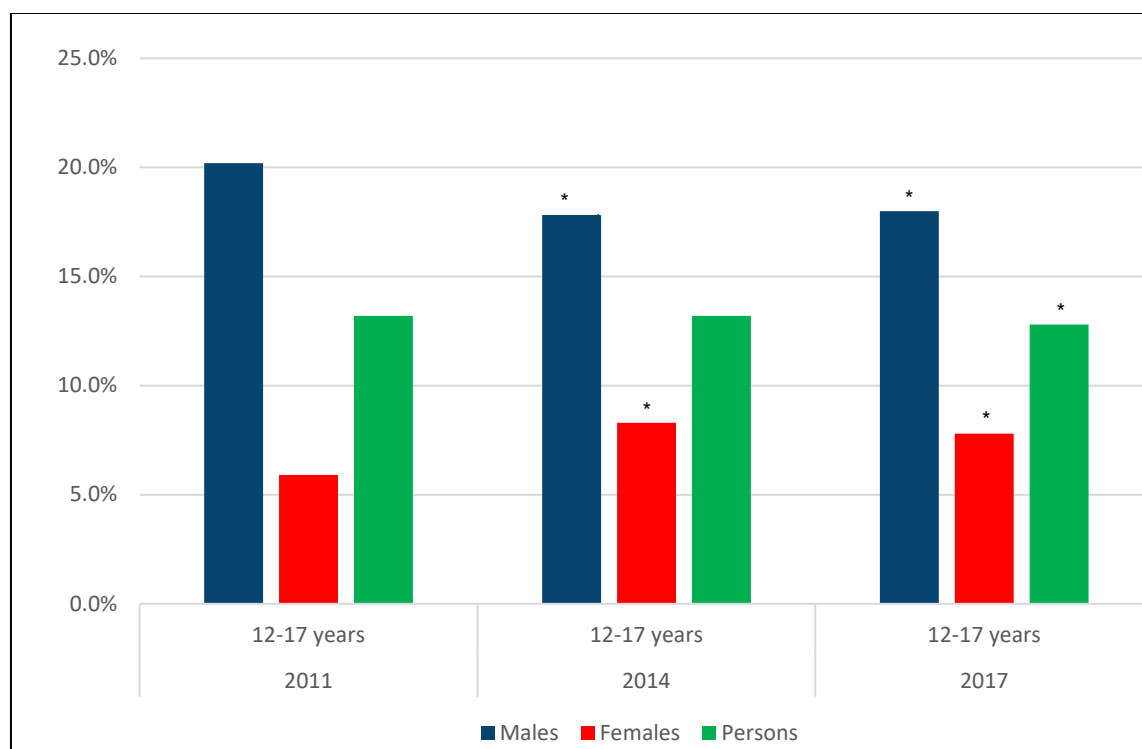
- In 2017, 12.8% of all respondents reported being sufficiently active for good health in the week prior to the survey, compared to 13.2% in 2014 (see Figure 1 and Box 1 - Australia's Physical Activity and Sedentary Behaviour Guidelines).
- In 2011, 2014 and 2017, males were significantly more likely to be sufficiently active than females (see Figure 1).
- Overall, the proportion of males who were sufficiently active significantly decreased in 2014 and 2017 compared to 2011, due to declines in activity among 16-17 year olds during this period (see Table 1).
- Whereas, significantly more females were sufficiently active in 2014 and 2017 compared to 2011, mostly due to increases in activity among 12-15 year olds during this period (see Table 1).
- Based on reported use for an average school day, 71% of all respondents in 2017 exceeded the recommended guidelines to limit use of electronic media for entertainment to no more than two hours per day (see Box 1).
- In 2011, 2014 and 2017, males were more likely to exceed the recommended guidelines to limit use of electronic media than females aged 12-17 years (see Figure 2).
- While electronic media use decreased among all survey respondents in 2014 compared to 2011, media use increased to levels similar to 2011 in 2017 (see Figure 2).

### Box 1: Australian 24-Hour Movement Guidelines for Children and Young People (5-17 years)<sup>ii</sup>

For children and young people aged 5–17 years:

- Children and young people should accumulate at least 60 minutes (and up to several hours for additional health benefits) of moderate to vigorous intensity physical activity every day. This should include a variety of aerobic activities as well as activities that strengthen muscle and bone.
- Break up long periods of sitting as often as possible. Limit sedentary recreational screen time to no more than two hours a day. When using screen-based electronic media, positive social interactions and experiences are encouraged.

**Figure 1. Proportion of students reporting sufficient weekly physical activity over the past seven days, 2011, 2014 and 2017.**



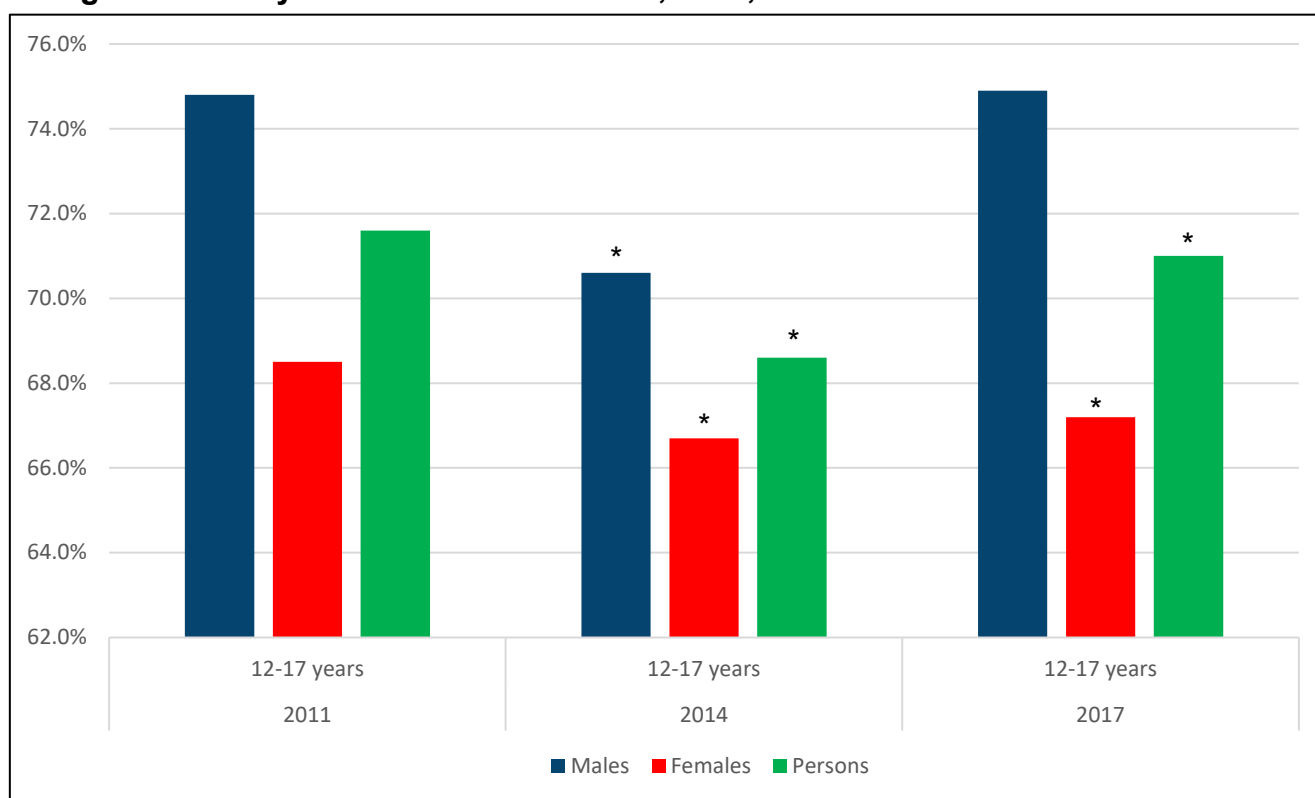
\* Significantly different when compared to 2011 using a Chi Square Test ( $p < 0.05$ )

**Table 1. Proportion of students physically active for 60 minutes or more by number of days over the past week, 2011, 2014 and 2017.**

	Days	12-15 years			16-17 years			12-17 years		
		2011	2014	2017	2011	2014	2017	2011	2014	2017
		%			%			%		
Male	None	4.9	10.0	9.2	6.3	11.6	12.3	5.2	10.5	10.2
	1-3	35.1	32.2	30.8	35.5	34.6	34.5	35.2	32.9	32.1
	4-6	39.2	39.1	39.5	40.0	36.7	40.0	39.4	38.4	39.7
	7 <sup>a</sup>	20.8	18.7	20.5	18.1	17.1	13.2	20.2	18.2	18.0
Female	None	8.7	9.2	7.0	8.8	16.9	9.5	8.7	11.3	7.9
	1-3	46.4	45.2	43.1	50.0	45.0	58.6	47.4	45.1	48.8
	4-6	38.2	36.3	39.7	37.9	32.5	28.1	38.1	35.3	35.5
	7 <sup>a</sup>	6.8	9.3	10.1	3.4	5.6	3.8	5.9	8.3	7.8
Persons	None	6.7	9.6	8.1	7.6	14.2	10.8	6.9	10.9	9.1
	1-3	40.6	38.9	36.9	42.8	39.8	47.3	41.1	39.1	40.6
	4-6	38.7	37.6	39.6	38.9	34.6	33.7	38.7	36.8	37.5
	7 <sup>a</sup>	14.0	13.9	15.3	10.7	11.4	8.2	13.2	13.2	12.8

<sup>a</sup> This is the benchmark for achieving sufficient physical activity according to the 24 Hour Movement Guidelines (children and young people should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day).

**Figure 2. Proportion of students reporting electronic media use for entertainment on an average school day of more than two hours, 2011, 2014 and 2017**



\* Significantly different when compared to 2011 using a Chi Square Test ( $p < 0.05$ )

**Table 2. Proportion of students reporting electronic media use for entertainment on an average school day by number of hours, 2011, 2014 and 2017.**

	Hours	12-15 years			16-17 years			12-17 years		
		2011	2014	2017	2011	2014	2017	2011	2014	2017
		%			%			%		
Male	0	4.8	6.2	5.6	2.8	4.3	1.9	4.3	5.7	4.3
	1-2	19.7	26.1	23.2	24.1	17.2	16.3	20.8	23.6	20.8
	3-4	34.6	31.6	27.5	30.4	28.6	30.0	33.5	30.7	28.4
	5+	40.9	36.1	43.7	42.6	49.8	51.8	41.3	39.9	46.5
Female	0	4.1	8.7	5.4	1.8	3.2	2.1	3.5	7.3	4.2
	1-2	28.1	27.3	28.0	28.0	22.4	29.5	28.1	26.0	28.6
	3-4	32.8	28.3	28.0	34.7	31.1	23.3	33.3	29.1	26.3
	5+	35.1	35.6	38.5	35.5	43.3	45.1	35.2	37.6	41.0
Persons	0	4.5	7.5	5.5	2.3	3.8	2.0	3.9	6.5	4.3
	1-2	23.7	26.8	25.6	26.1	19.7	23.3	24.4	24.9	24.8
	3-4	33.6	29.9	27.8	32.5	29.9	26.5	33.3	29.9	27.3
	5+	38.1	35.8	41.1	39.0	46.6	48.3	38.7	38.7	43.6

## Acknowledgements:

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<sup>i</sup> Department of Health, Western Australia. Australian Secondary Students' Alcohol and Drug Survey 2011 and 2014: Western Australian Results: Physical Activity and Sedentary Behaviour. Perth: Chronic Disease Prevention Directorate, Public Health Division, Department of Health, Western Australia; 2016. Available from: <https://healthywa.wa.gov.au/-/media/Files/Corporate/Reports-and-publications/Population-surveys/assad-wa-results-2001-and-2014.ashx>

<sup>ii</sup> Department of Health, Government of Australia. Australia's physical activity and sedentary behaviour guidelines and the 24-hour movement guidelines. Canberra: Commonwealth of Australia, 2019. Available from: <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#npa517>