

# Free time physical activity of Queensland children

First results from the 2018 child preventive health survey



## About this report

This report describes the free time physical activity of Queensland children aged 5–17 years. In addition to quantifying the amount of free time activity, results for factors associated with free time activity, such as overall physical activity, weight status, and personal, social and environmental factors are also presented. It builds upon an earlier investigation of the amount of physical activity children achieve at school, through organised sport or active transport, and in their free time.<sup>1</sup>

Data are from an annual survey from a wider preventive health surveillance system. The child preventive health survey series monitors the health and lifestyle of Queensland children aged 5–17 years. Each year, about 2,500 randomly selected households participate with a parent completing a survey about their child's health on either their landline or mobile phone. The survey includes topics such as child physical activity, nutrition, height and weight, and sun protection. Additional information about the survey is available from [www.health.qld.gov.au/phsurvey](http://www.health.qld.gov.au/phsurvey).

To understand factors that influence children's free time physical activity, the 2018 survey included additional questions about the amount of physical activity Queensland children do in their free time and about personal, social and environmental factors associated with physical activity. While both 2017 and 2018 surveys focused on child physical activity, results are not directly comparable due to methodological differences.

The report was prepared by the Preventive Health Branch (Susan Clemens and Doug Lincoln with valuable feedback from colleagues in Preventive Health Branch).

<sup>1</sup>Clemens, S., & Lincoln, D. (2018). Where children play most: Physical activity levels of school children across four settings and policy implications. *Australian and New Zealand Journal of Public Health* 2018;42:575-581.

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For more information contact:

Manager, Epidemiology, Preventive Health Branch, Department of Health, GPO Box 48, Brisbane QLD 4001, email [population\\_epidemiology@health.qld.gov.au](mailto:population_epidemiology@health.qld.gov.au).

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## Key findings and policy considerations

### Most parents want to increase their child's physical activity.

**Evidence:** The parents of 3 of 4 children intended to increase their child's physical activity in the next 12 months.

Higher percentages of parents reported strong intentions to increase their child's physical activity when their child:

- was overweight (63%) or obese (65%) compared to underweight/healthy weight (47%)
- did not meet physical activity guidelines (55%) compared to children who were sufficiently active (46%).

Lower percentages of parents reported strong intentions to increase their child's physical activity when their child was older—38% for adolescents aged 16–17 years compared to 56% for children aged 5–7 years.

**Policy considerations:** It is encouraging that parents of overweight, obese, or insufficiently active children have strong intentions to increase their child's physical activity. Empowering and supporting parents to realise these intentions is important.

While it is well established that physical activity decreases as children age, parents of older adolescents had lower intentions of increasing their child's free time physical activity. Given the complexities of this developmental stage, messages and resources specifically targeting adolescents and their parents should be investigated.

### A large amount of children's physical activity occurs in their free time.

**Evidence:** Children aged 5–17 years do most of their physical activity in their free time (41%) or at school (33%). Organised sport (16%) and active transport (10%) accounted for smaller, but important, proportions of overall activity.<sup>1</sup>

On days when children did activity in their free time, they averaged about 1.5 hours of free time physical activity per day.

Free time physical activity did not vary by weight status for amount, frequency, or most social or personal factors.

Children that meet physical activity guidelines are active in their free time more often overall and with others. Compared to children who do not meet guidelines, a larger percentage of those that are sufficiently active did free time physical activity on 4–7 days:

- overall (58% compared to 42%)
- with adult household members (69% compared to 31%)
- with siblings and peers (59% compared to 31%).

Free time physical activity decreased as children aged. Compared to 5–7 year olds, a lower percentage of adolescents aged 16–17 years did free time physical activity on 4–7 days:

- overall (29% compared to 84%)
- with adult household members (9% compared to 40%)
- with siblings and peers (19% compared to 70%).

**Policy considerations:** To achieve the recommended amounts of physical activity it is important for children to be active in their free time. Overweight and healthy weight children spent similar amounts of free time doing physical activity. Considering only physical activity, differences in weight status may therefore be more related to the intensity, rather than the amount, of free time physical activity. Considerations for future strategies may be to investigate strategies to encourage children and their families to do a variety of activities in different settings across a range of intensities.

Large declines in children's free time physical activity occurred with age. The importance of being active every day, or most days, should be conveyed to adolescents before they transition into workplace environments. Assisting adolescents to incorporate free time physical activity with the demands of modern lifestyles may also help maintain regular physical activity in adulthood. Both parents and schools play important roles in this capacity.

### Family support and neighbourhood facilities make it easier for children to be physically active in their free time but it's difficult for families to find time.

**Evidence:** The most commonly reported factors that made it easier for children to be physically active in their free time included:

- facilities at home, such as pools, trampolines, a large yard or sports equipment (34%).
- family support and encouragement (29%).
- facilities in the neighbourhood, such as parks, fields and bike paths (28%).

The most commonly reported factors that made it more difficult for children to be physically active in their free time included:

- parents don't have enough time (35%).
- disagreeable weather conditions (18%).
- the child not having enough time due to school or study requirements (15%).

Notably many of the most common factors were those external to the child.

**Policy considerations:** Residential and neighbourhood facilities were among the most commonly nominated factors making it easier for children to be physically active in their free time. Increasing access to environments that support free time activity and, more importantly, making it easy and enjoyable for children to be active are important to help parents succeed in their intention to help their child be more active.

## Background

The physical, mental and social developmental benefits of engaging in physical activity during childhood can be carried into adulthood.<sup>2-6</sup> Physical activity guidelines recommend that children and adolescents engage in at least one hour of moderate-to-vigorous physical activity daily. In Queensland, as in most developed countries, less than half of children are sufficiently active based on these guidelines. The prevalence of sufficient activity in children has remained stable ranging from 44% in 2011 to 39% in 2014 and 41% in 2018.<sup>7</sup>

## Findings from previous surveys

Improving the level of activity across the population is a public health priority.<sup>8,9</sup> To inform this policy area, the 2017 Queensland child preventive health telephone survey quantified the amount of physical activity children achieved in four primary settings—school, organised club sports, active transport, and free time.<sup>1</sup> Findings include:

- Across those four settings, Queensland children achieved 11 hours per week of physical activity in the past 12 months.
- The majority of total activity was achieved during free time (41%) and at school (33%).
- Among children from lower income households or areas of lower socioeconomic status, a larger percentage of overall activity was in children's free time and a smaller percentage was from participating in club sports.

Parents can influence their child's physical activity level. In 2017, over half of parents intended to increase their child's overall physical activity in the next 12 months. The setting in which most parents strongly intended to increase their child's activity was free time (67%) followed by organised sport (47%), active transport (43%) and in school (43%).<sup>10</sup>

Creating environments that support physical activity for children and families is a desirable policy objective. Information about factors associated with children's free time physical activity can increase the efficacy of these policy efforts, however, information of this nature for Queensland is limited. The 2018 child preventive health survey was designed to increase understanding of these factors.

## Findings from the 2018 child survey

The main findings of the report are summarised below. Appendix 1 provided detailed results tables. Survey questions are included as footnotes in Table 3 and Table 6 to Table 14.

### Intentions to increase physical activity

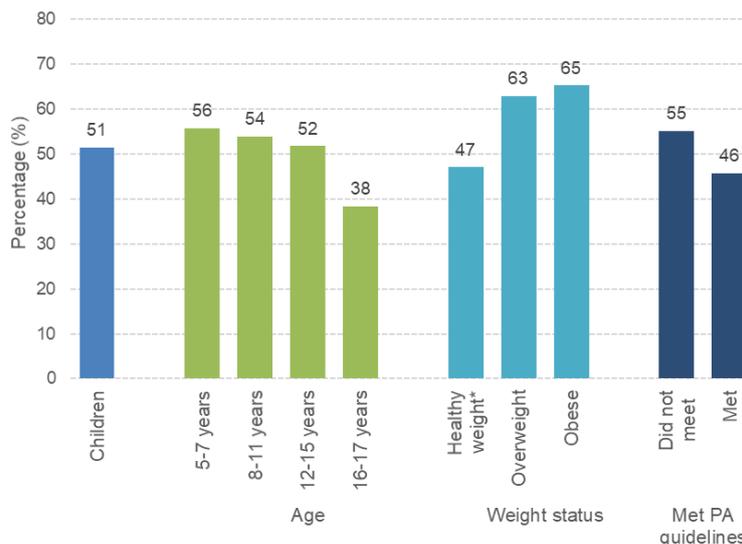
Overall, the parents of about 4 in 5 children (79%) reported that they would try to increase their child's physical activity in the next 12 months. Strong intentions to increase their child's physical activity in the next 12 months were reported by parents of about half of children (Appendix 1, Table 3).

Parents' intentions were stronger if their child:

- was younger—parents of about half of children aged 5–15 years reported strong intentions to increase their child's activity compared to 38% for children aged 16–17 years.

- did not meet physical activity guidelines—parents of children who were not active for 60 minutes daily were 20% more likely to report strong intentions to increase their child's activity than parents of children who were sufficiently active (55% and 46%, respectively).
- was overweight or obese—63% of overweight children and 65% of obese children had parents with strong intentions to increase their free time physical activity compared to 47% for underweight or healthy weight children.

**Figure 1 Children whose parents had strong intentions to increase their child's physical activity in the next 12 months, 2018**



### Amount of free time physical activity

Children were frequently active in their free time. Overall, more than half of children (59%) were active in their free time for four or more days in the past week. Only 10% of children did no free time physical activity in the past week (Appendix 1, Table 2).

On days children were active in their free time:

- children averaged almost 1.5 hours of activity on a day they did activity in their free time (84 minutes; Appendix 1, Figure 7)
- younger children aged 5–7 years were active for about 30 minutes longer than adolescents aged 16–17 years (106 and 72 minutes per free time activity day, respectively)
- children who met physical activity guidelines were active for about 30 minutes longer than children who were not active everyday (105 and 71 minutes per free time activity day, respectively).

### Personal and social factors and free time physical activity

Parents were also asked about the following personal and social factors related to their child's physical activity (Appendix 1, Table 2).

- **Free time activity with adults**—24% of children did no free time physical activity with an adult in the household in the past seven days. About half (54%) did physical activity with an adult in the household on 1–3 days and 22% did so on 4–7 days.
- **Free time activity with siblings or peers**—13% of children did no free time physical activity with siblings or peers in the past seven days. Two in five children (39%) did physical activity with siblings or peers on 1–3 days and about half (48%) did so on 4–7 days.
- **Activity levels compared to peers**—most children were reported to be as active or more active than peers of the same age and sex. Overall, 17% of children were less active than their peers, 43% were similarly active, and 40% were more active.

- **Activity levels compared to 12 months ago**—compared to 12 months ago, parent reported that 12% of children were less active, 59% were similarly active, and 29% were more active.
- **Preferred free time activity**—in their free time, 40% of children chose to do inactive recreation, 37% were equally likely to choose active or inactive recreation and 23% preferred active recreation.
- **Person suggesting free time physical activity**—an adult was involved in suggesting free time physical activity more than two-thirds of the time—for 33% of children it was only the adult and for 37% it was the adult and the child equally.

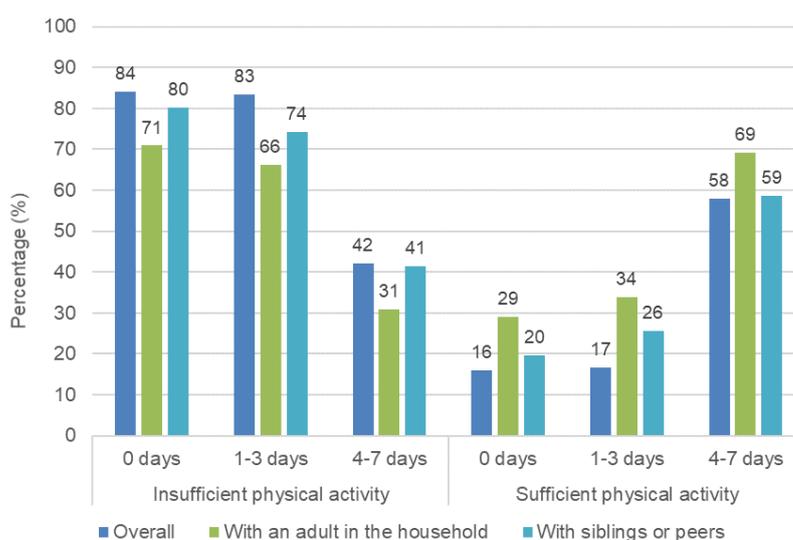
## Children who met physical activity guidelines

### Free time activity levels

Children who met physical activity guidelines were more active in their free time overall, with other adult household members and with siblings or peers (Appendix 1, Table 4). In the past week:

- 58% of children who met physical activity guidelines had done free time physical activity on 4–7 days compared to 42% for children who did not meet guidelines
- 69% of children who met physical activity guidelines had done free time activity with adult household members on 4–7 days compared to 31% for children who did not meet guidelines
- 59% of children who met physical activity guidelines had done free time physical activity with their siblings or peers on 4–7 days compared to 41% among children who did not meet guidelines.

**Figure 2** Frequency of children's free time physical activity, 2018



### Personal and social factors

There were differences in personal and social factors between children who met and did not meet physical activity guidelines (Appendix 1, Table 4). Parents of children who were active for 60 minutes every day reported that their child was:

- more active (55%) rather than less active (13%) compared to same age and sex peers
- more active (42%) rather than less active (23%) compared to 12 months ago
- more likely to choose to do active recreational activities in their free time (64%) rather than sedentary activities (21%).

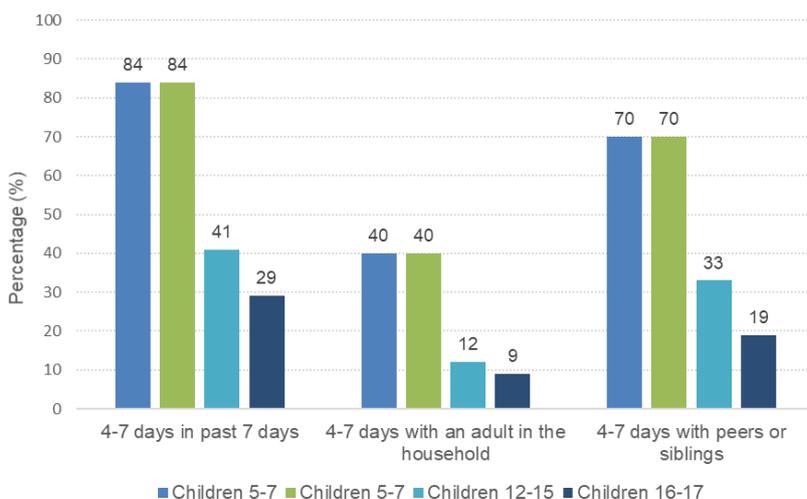
## Children’s weight status

The frequency of free time physical activity was not associated with a child’s weight status nor were personal and social factors (Appendix 1, Table 5), parents of overweight children, however, were more likely to report that their child was less active (24%) rather than more active (15%) compared to same age and sex peers.

## Demographic characteristics and free time physical activity

The social dynamics of engaging in free time physical activity vary with age as shown in Figure 3 (see also Appendix 1, Table 6 to Table 8).

**Figure 3 Frequency of free time physical activity by age, 2018**



Compared to children aged 5–7 years, a lower percentage of adolescents aged 16–17 years had done 4–7 days of physical activity in the past week:

- overall (29% compared to 84%)
- with an adult in the household (9% compared to 40%)
- with a sibling or peer (19% compared to 70%).

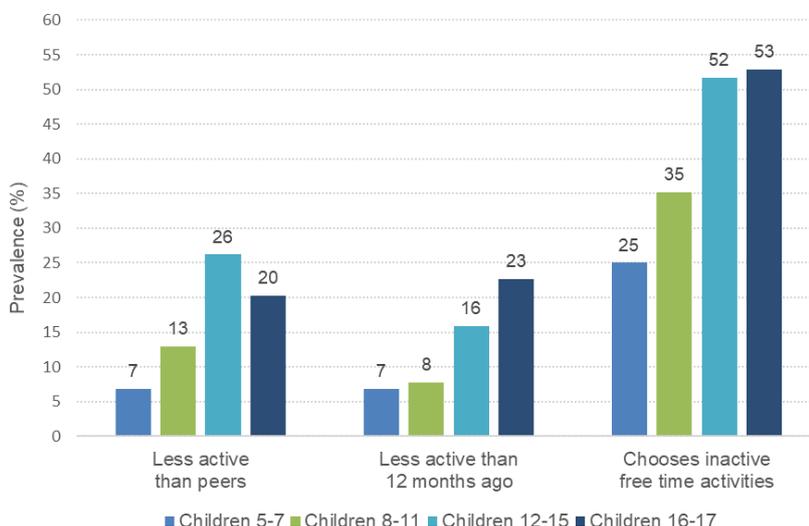
Adolescents aged 16–17 years were also most likely to have done no days of physical activity in their free time overall (24%), with adults in the household (42%), or with siblings or peers (28%). Corresponding percentages for 5–7 year olds were 1%, 9%, and 5%, respectively.

Age was also associated with personal and social factors as shown in Figure 4 (see also Appendix 1, Table 9 to Table 11).

Compared to children aged 5–7 years, adolescents aged 16–17 years:

- were less active than their peers (20% compared to 7%)
- were less active than they were 12 months ago (23% compared to 7%)
- preferred sedentary activities (53% compared to 25%).

**Figure 4 Personal and social factors by age, 2018**



## Initiation of free time physical activity

Parents were asked which family member most often suggested doing physical activity in the child's free time in the past week (Appendix 1, Table 12). The person who most often suggested doing free time physical activity was:

- the child and adult equally (37% of children)
- an adult household member (33% of children)
- the child (19% of children)
- no one (11% of children).

As children age, the percentage of children with physical activity typically suggested by:

- no one increased—from 4% among children aged 5–7 years to 20% among 16–17 year olds
- an adult household member increased—from 25% among children aged 5–7 years to 39% among 16–17 year olds
- the child and an adult equally decreased—from 53% among children aged 5–7 years to 21% among 16–17 year olds
- the child was stable—ranging from 19% among children aged 5–7 years to 21% among 16–17 year olds.

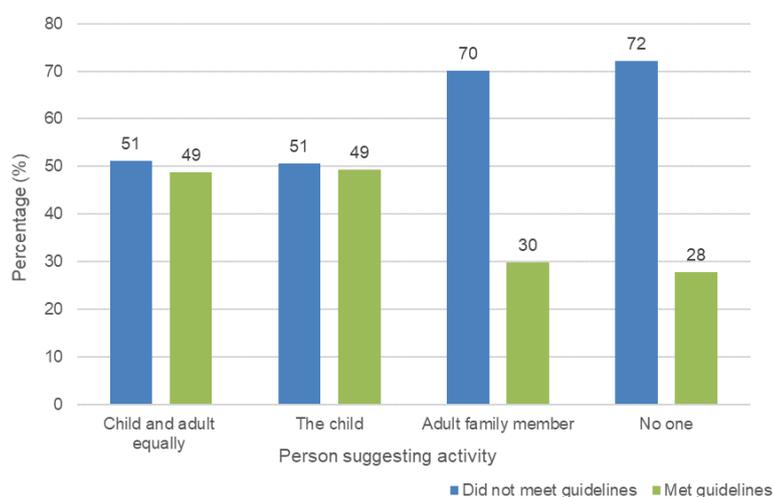
The person suggesting free time physical activity was associated with children meeting physical activity guidelines (Appendix 1, Table 4) but not with their weight status (Appendix 1, Table 5).

Less than a third of children met physical activity guidelines when either:

- no one suggested activity (28%)
- when only an adult in the household suggested activity (30%).

Children who were involved in suggesting free time physical activity, either themselves or with an adult, were about 60% more likely to be sufficiently physically active than children who had no one or only an adult suggesting free time activities.

**Figure 5** Person suggesting physical activity by sufficient physical activity, 2018



## Environmental and other factors

Parents were asked to describe factors that made it easier or more difficult for their child to be physically active in their free time.

Factors that made it easier for children to be active in their free time included:

- having access to facilities such as a pool/trampoline, a large yard, or sports equipment (34% of children)
- family support and encouragement. (29% of children)

- facilities in the neighbourhood such as parks, fields and bike paths (28% of children).

Factors that made it more difficult for children to be active in their free time were:

- parents don't have enough time (35% of children)
- disagreeable weather conditions (18% of children)
- the child didn't have enough time due to school or study requirements (15% of children).

Additional information is provided in Appendix 1, Table 13.

### Limiting health factors

In both 2017 and 2018, parents were asked whether their child had a physical or mental health condition that limited their ability to be physically active or play sport. Overall, 14% of parents reported such a condition. The prevalence of meeting physical activity guidelines was 34% for children reported to have a limiting medical condition compared to 45% for children without such medical conditions. Children with neurological conditions, acute injuries, or musculoskeletal conditions were less likely than other children to have undertaken an hour or more of physical activity daily in the past week (Appendix 1, Table 14).

## Conclusion

Over half of parents reported strong intentions to try to increase their child's physical activity over the next 12 months. Parents of children who were insufficiently active recognised their child was less active than their peers and less active than they were 12 months ago. They were also more likely to try to increase their child's physical activity levels in the next 12 months than parents of children who were active every day.

Parents of children who were overweight or obese reported stronger intentions of trying to increase their child's physical activity in the next 12 months than parents of healthy or underweight children. This study, however, found that the amount of free time physical activity did not vary by weight status. Considering only physical activity, this may indicate healthy weight and overweight or obese children may differ more in terms of the intensity, rather than the amount, of free time physical activity. Parents of overweight or obese children may benefit from strategies that encourage different types of physical across a range of settings and intensities.

Older children were less likely to engage in free time physical activity. The frequency and duration of free time physical activity overall and physical activity prompted by engagement with adults, siblings and peers decreased significantly as children got older. The increase with the child's age in 'no one' suggesting free time physical activity may indicate disengagement with free time physical activity as children move into adolescence.

Supportive residential and neighbourhood facilities were often nominated as factors that made it easier for children to be active. Parents also reported that it was easier for their child to be active when the child, their peers and their families enjoyed doing physical activity and when the family valued and encouraged physical activity. Insufficient time for parents (35%) and children (15% due to study and 6% due to work/sport) were among the main challenges for children to be active in their free time.

## References

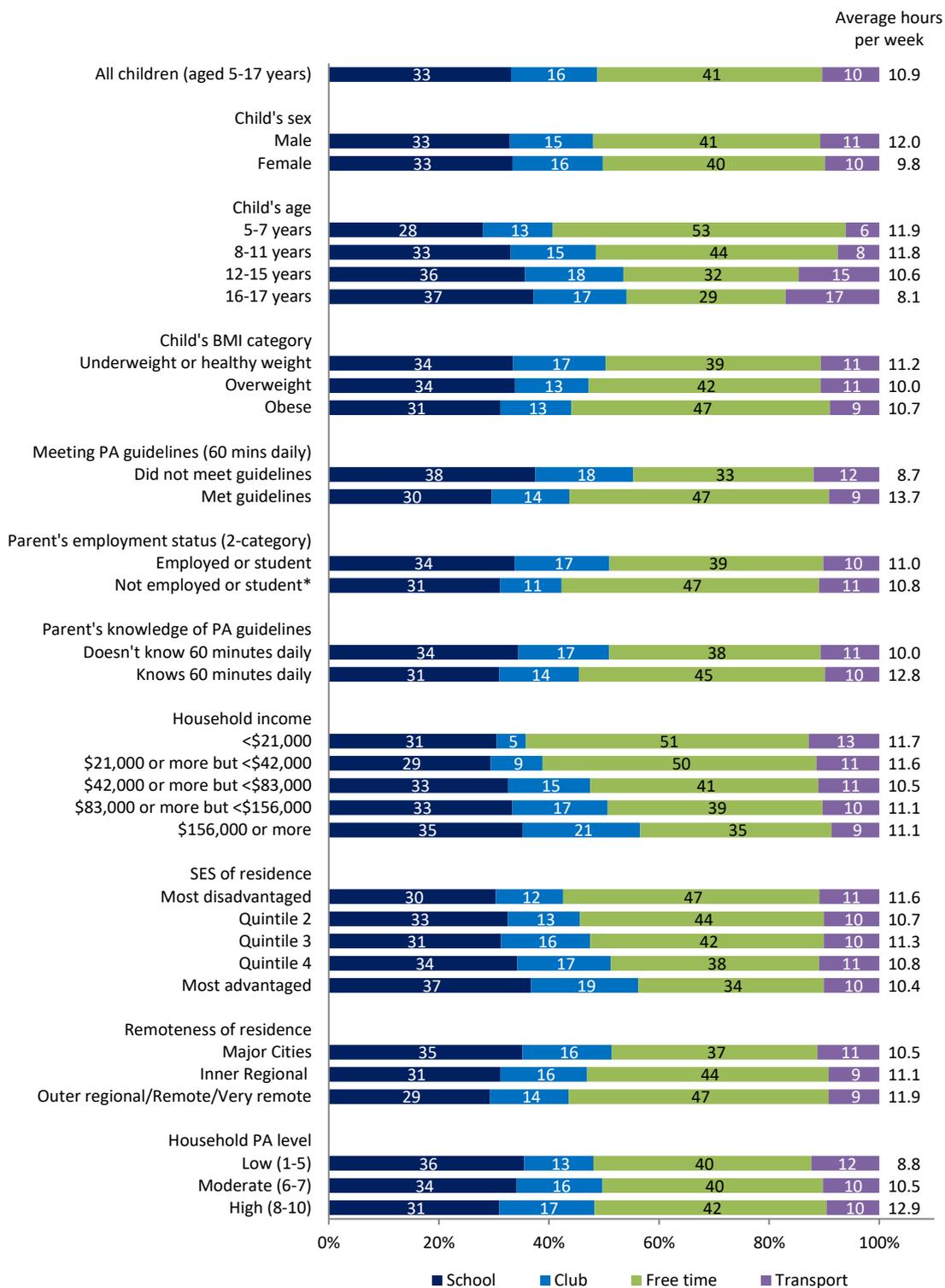
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## Appendix 1 Detailed results

**Table 1 Proportion of Queensland children meeting physical activity guidelines, 2018**

	Active every day of the past week % (95% CI)
<b>5–17 years</b>	
Persons	40.6 (38.2-43.1)
Males	44.7 (41.4-48.0)
Females	36.4 (33.0-39.9)
<b>Persons</b>	
5–7 years	62.5 (57.2-67.6)
8–11 years	47.2 (42.8-51.6)
12–15 years	26.7 (23.1-30.7)
16–17 years	18.3 (14.5-22.8)
<b>Males</b>	
5–7 years	69.4 (62.5-75.6)
8–11 years	49.9 (44.2-55.6)
12–15 years	29.9 (24.7-35.6)
16–17 years	21.7 (16.3-28.2)
<b>Females</b>	
5–7 years	55.2 (47.3-62.9)
8–11 years	44.3 (37.8-51.1)
12–15 years	23.4 (18.5-29.1)
16–17 years	14.9 (10.1-21.6)
<b>Socioeconomic status</b>	
Most disadvantaged	42.9 (37.6-48.4)
Quintile 2	47.4 (42.6-52.3)
Quintile 3	44.6 (39.5-49.8)
Quintile 4	36.2 (30.9-41.8)
Most advantaged	32.7 (27.1-38.7)
<b>Remoteness</b>	
Major cities	36.4 (33.0-39.9)
Inner regional	46.4 (42.0-50.9)
Outer regional	47.7 (42.9-52.6)
Remote/very remote	45.9 (37.6-54.4)

**Figure 6 Physical activity of Queensland children—proportion (%) of total activity in past 12 months by setting and sociodemographic factors, 2017**



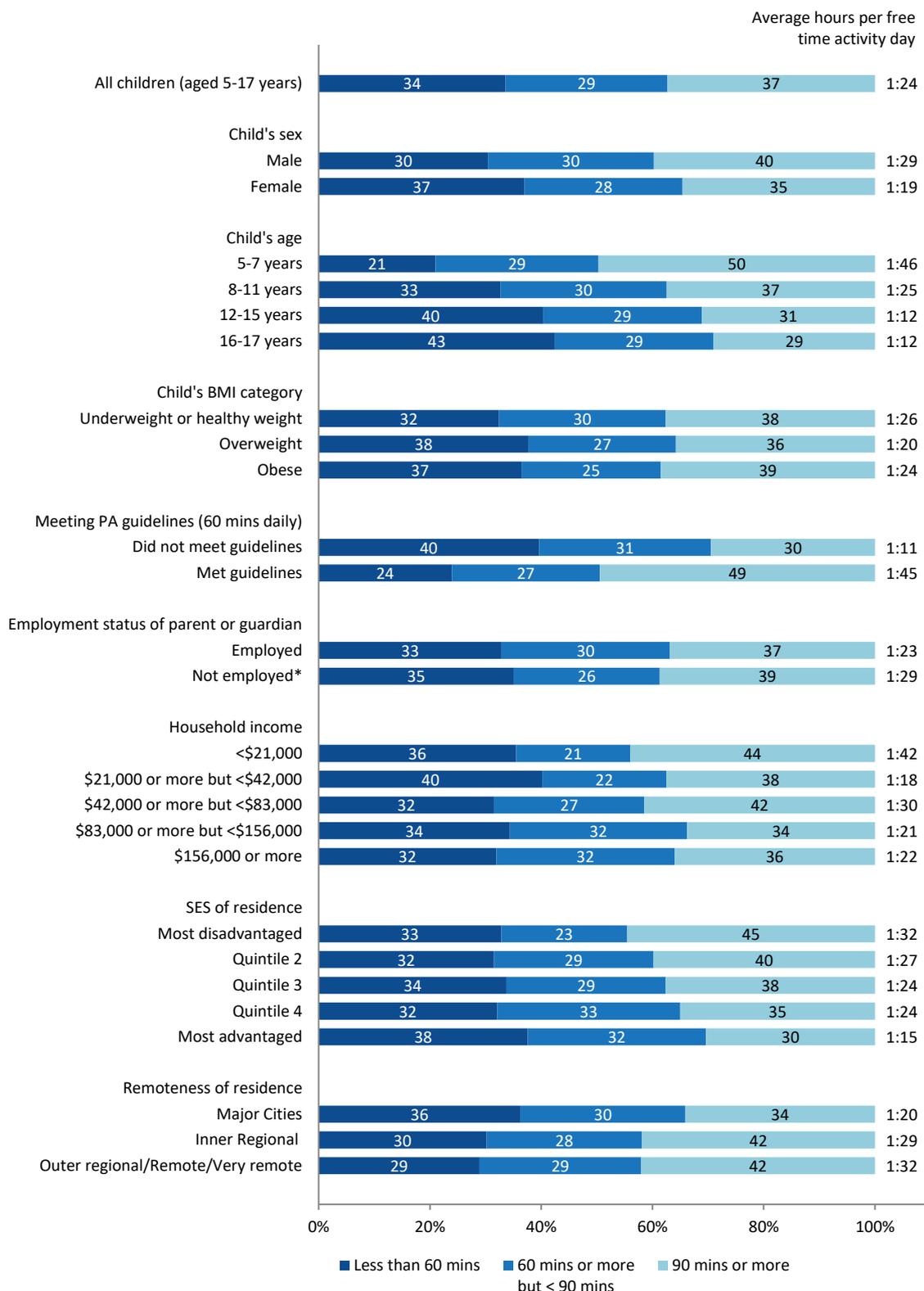
NOTES:

\* Includes employment status: Home duties, Carer, Retired, Not able to work and Unemployed.

Source: Clemens SL and Douglas JL. Where children play most: physical activity levels of school children across four settings and policy implications. *Australia New Zealand Journal of Public Health* 2018;42:575-581.

## Total time engaged in free time physical activity

**Figure 7 Free time physical activity of Queensland children—Amounts of free time activity per free time day in the past seven days by sociodemographic factors, 2018**



\* Not employed includes Student/Retired/Home duties/Carer/Unemployed/Unable to work

## Detailed statistical tables

### Personal and social characteristics and free time activity

**Table 2 Summary of child free time physical activity and personal and social factors, 2018**

	Children 5–17 years % (95% CI)
<b>Days of free time physical activity (past 7 days)</b>	
0 days	10.4 (9.0-11.9)
1-3 days	30.8 (28.6-33.0)
4-7 days	58.9 (56.5-61.3)
<b>Days of free time activity with adult (past 7 days)</b>	
0 days	23.8 (21.8-25.9)
1-3 days	54.0 (51.6-56.5)
4-7 days	22.1 (20.2-24.2)
<b>Days of free time activity with sibling/friend (past 7 days)</b>	
0 days	13.3 (11.8-14.9)
1-3 days	39.1 (36.7-41.5)
4-7 days	47.6 (45.2-50.1)
<b>Activity levels compared to peers</b>	
Less active	16.5 (14.8-18.4)
About the same	43.1 (40.7-45.6)
More active	40.4 (38.0-42.8)
<b>Activity levels compared to 12 months ago</b>	
Less active	12.2 (10.7-13.8)
About the same	59.0 (56.6-61.4)
More active	28.8 (26.6-31.1)
<b>Preferred free time recreation type</b>	
Inactive	40.3 (37.9-42.7)
Equally active and inactive	37.1 (34.8-39.5)
Active	22.6 (20.6-24.8)
<b>Person suggesting free time activity (past 7 days)</b>	
An adult family member	32.7 (30.5-35.1)
Child and adult equally	37.1 (34.7-39.5)
The child	19.1 (17.2-21.1)
No-one	11.1 (9.7-12.8)

## Intentions to increase free time physical activity

**Table 3 Intentions to increase child's physical activity in the next 12 months by sociodemographic factors, meeting PA guidelines and BMI, 2018**

	Not at all likely % (95% CI)	Low likelihood % (95% CI)	Strong likelihood % (95% CI)
<b>All children (aged 5-17 years)</b>	21.4 (19.4-23.5)	27.3 (25.1-29.5)	51.4 (48.9-53.8)
<b>Child's sex</b>			
Male	23.3 (20.5-26.3)	25.8 (23.0-28.8)	50.9 (47.6-54.3)
Female	19.4 (16.6-22.5)	28.8 (25.6-32.2)	51.8 (48.2-55.4)
<b>Child's age</b>			
5-7 years	19.1 (15.0-23.9)	25.4 (21.0-30.2)	55.6 (50.2-60.8)
8-11 years	20.1 (16.8-24.0)	26.0 (22.2-30.2)	53.8 (49.4-58.2)
12-15 years	21.4 (17.9-25.4)	26.9 (23.2-30.8)	51.7 (47.4-56.0)
16-17 years	27.8 (22.8-33.4)	33.8 (28.4-39.7)	38.4 (33.1-44.1)
<b>Child's BMI category</b>			
Underweight or healthy weight	23.6 (21.1-26.2)	29.4 (26.8-32.2)	47.0 (44.1-49.9)
Overweight	16.0 (11.9-21.3)	21.2 (16.8-26.4)	62.8 (56.8-68.4)
Obese	14.7 (9.7-21.6)	20.1 (13.9-28.1)	65.2 (56.5-73.0)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	18.0 (15.6-20.6)	27.1 (24.4-30.0)	55.0 (51.8-58.1)
Met guidelines	26.7 (23.3-30.4)	27.6 (24.2-31.3)	45.7 (41.9-49.5)
<b>Employment status of parent or guardian</b>			
Employed	22.3 (20.0-24.8)	27.6 (25.2-30.2)	50.0 (47.2-52.8)
Not employed*	18.2 (14.6-22.4)	25.9 (21.6-30.7)	56.0 (50.8-61.0)
<b>Household income</b>			
<\$21,000	23.6 (14.7-35.6)	26.6 (17.7-37.9)	49.8 (38.2-61.4)
\$21,000 or more but <\$42,000	15.6 (11.4-20.8)	26.3 (21.2-32.2)	58.1 (51.5-64.4)
\$42,000 or more but <\$83,000	18.4 (14.8-22.5)	27.2 (22.9-32.0)	54.5 (49.5-59.3)
\$83,000 or more but <\$156,000	21.2 (17.9-24.8)	25.8 (22.4-29.5)	53.0 (48.9-57.1)
\$156,000 or more	26.6 (21.3-32.7)	31.2 (25.7-37.2)	42.2 (36.4-48.3)
<b>SES of residence</b>			
Most disadvantaged	18.3 (14.5-22.8)	28.9 (24.4-33.9)	52.8 (47.3-58.1)
Quintile 2	19.2 (15.6-23.3)	27.1 (23.0-31.7)	53.7 (48.8-58.6)
Quintile 3	21.8 (17.8-26.5)	23 (18.9-27.7)	55.2 (49.9-60.3)
Quintile 4	20.7 (16.6-25.5)	26.9 (22.1-32.3)	52.4 (46.7-58.0)
Most advantaged	26.8 (21.4-32.9)	30.6 (25.3-36.4)	42.6 (36.8-48.6)
<b>Remoteness of residence</b>			
Major Cities	21.1 (18.3-24.2)	26.5 (23.5-29.8)	52.4 (48.9-56.0)
Inner Regional	22.6 (19.0-26.7)	30.1 (26.3-34.3)	47.3 (42.8-51.8)
Outer regional/Remote/Very remote	20.9 (17.6-24.7)	26.1 (22.5-29.9)	53.0 (48.8-57.2)

Question: On a scale from 0 "not likely at all" to 10 "extremely likely", how likely is it that you will try to increase *child's* physical activity over the next 12 months? (0: Not likely at all, 1-5: Low likelihood, 6-10: High likelihood)

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

## Free time activity and personal and social factors by risk factor

**Table 4 Sufficient physical activity by frequency of free time activity and personal and social factors, 2018**

	Did not meet guidelines % (95% CI)	Met guidelines <sup>1</sup> % (95% CI)
<b>Days of free time physical activity (past 7 days)</b>		
0 days	84.0 (77.5-88.9)	16.0 (11.1-22.5)
1-3 days	83.4 (79.9-86.4)	16.6 (13.6-20.1)
4-7 days	42.1 (38.9-45.4)	57.9 (54.6-61.1)
<b>Days of free time activity with adult (past 7 days)</b>		
0 days	70.9 (65.9-75.4)	29.1 (24.6-34.1)
1-3 days	66.2 (63.0-69.3)	33.8 (30.7-37.0)
4-7 days	30.9 (26.4-35.8)	69.1 (64.2-73.6)
<b>Days of free time activity with sibling/friend (past 7 days))</b>		
0 days	80.3 (74.6-85.0)	19.7 (15.0-25.4)
1-3 days	74.3 (71.0-77.3)	25.7 (22.7-29.0)
4-7 days	41.4 (37.7-45.1)	58.6 (54.9-62.3)
<b>Activity levels compared to peers</b>		
Less active	86.8 (82.3-90.3)	13.2 (9.7-17.7)
About the same	62.4 (58.7-65.9)	37.6 (34.1-41.3)
More active	44.8 (41.0-48.7)	55.2 (51.3-59.0)
<b>Activity levels compared to 12 months ago</b>		
Less active	77.1 (70.9-82.3)	22.9 (17.7-29.1)
About the same	56.4 (53.3-59.5)	43.6 (40.5-46.7)
More active	58.0 (53.3-62.7)	42.0 (37.3-46.7)
<b>Preferred free time recreation type</b>		
Inactive	78.6 (75.2-81.6)	21.4 (18.4-24.8)
Equally active and inactive	53.5 (49.5-57.5)	46.5 (42.5-50.5)
Active	35.6 (30.7-40.8)	64.4 (59.2-69.3)
<b>Person suggesting free time activity (past 7 days)</b>		
An adult family member	70.1 (66.1-73.8)	29.9 (26.2-33.9)
Child and adult equally	51.2 (47.1-55.2)	48.8 (44.8-52.9)
The child	50.6 (45.0-56.1)	49.4 (43.9-55.0)
No-one	72.1 (64.7-78.4)	27.9 (21.6-35.3)
<b>Activity level of adults in the household</b>		
All adults less active	63.5 (58.9-67.9)	36.5 (32.1-41.1)
One adult more active	64.0 (60.2-67.6)	36.0 (32.4-39.8)
Both adults more active	50.4 (46.1-54.7)	49.6 (45.3-53.9)

<sup>1</sup> To be sufficiently physically active, a child must be physically active for 60 minutes or more daily for the past seven days.

**Table 5 Body mass index by frequency of free time activity and personal and social factors, 2018**

	Healthy weight* % (95% CI)	Overweight % (95% CI)	Obese % (95% CI)
<b>Days of free time physical activity (past 7 days)</b>			
0 days	69.5 (62.5-75.7)	20.9 (15.6-27.3)	9.6 (6.2-14.6)
1-3 days	77.0 (73.1-80.5)	17.5 (14.4-21.0)	5.5 (3.8-7.9)
4-7 days	74.1 (71.0-76.9)	17.0 (14.5-19.7)	9.0 (7.3-11.1)
<b>Days of free time activity with adult (past 7 days)</b>			
0 days	74.9 (70.3-79.0)	18.2 (14.7-22.4)	6.9 (4.7-9.9)
1-3 days	74.5 (71.4-77.3)	17.2 (14.8-19.9)	8.3 (6.6-10.5)
4-7 days	73.3 (68.2-77.8)	18.5 (14.6-23.2)	8.2 (5.7-11.6)
<b>Days of free time activity with sibling/friend (past 7 days)</b>			
0 days	71.8 (65.6-77.4)	16.8 (12.7-22.0)	11.3 (7.5-16.9)
1-3 days	74.9 (71.4-78.1)	18.7 (15.8-21.9)	6.4 (4.9-8.4)
4-7 days	74.3 (70.8-77.5)	17.4 (14.6-20.5)	8.3 (6.5-10.7)
<b>Activity levels compared to peers</b>			
Less active	63.9 (58.0-69.4)	24.4 (19.6-29.9)	11.7 (8.5-15.9)
About the same	74.7 (71.2-77.9)	17.7 (14.9-20.8)	7.6 (5.7-10.1)
More active	78.3 (74.8-81.4)	15.2 (12.5-18.3)	6.6 (4.9-8.8)
<b>Activity levels compared to 12 months ago</b>			
Less active	70.3 (63.7-76.2)	16.1 (11.9-21.4)	13.6 (9.2-19.6)
About the same	77.6 (74.8-80.1)	16.7 (14.4-19.3)	5.7 (4.5-7.3)
More active	69.5 (64.8-73.8)	20.4 (16.8-24.6)	10.1 (7.6-13.3)
<b>Preferred free time recreation type</b>			
Inactive	73.3 (69.7-76.6)	19.2 (16.2-22.5)	7.5 (5.8-9.7)
Equally active and inactive	75.0 (71.3-78.4)	16.8 (14.1-20.0)	8.1 (6.0-11.0)
Active	75.1 (70.0-79.5)	16.6 (12.7-21.2)	8.4 (6.0-11.6)
<b>Person suggesting free time activity (past 7 days)</b>			
An adult family member	71.8 (67.7-75.6)	19.9 (16.6-23.7)	8.2 (6.2-10.9)
Child and adult equally	75.3 (71.5-78.8)	16.7 (13.8-20.1)	8.0 (6.0-10.6)
The child	76.5 (71.5-80.9)	16.1 (12.5-20.6)	7.3 (4.9-10.8)
No-one	74.2 (67.3-80.1)	17.4 (12.6-23.6)	8.3 (5.1-13.4)
<b>Activity level of adults in the household</b>			
All adults less active	73.8 (69.5-77.7)	16.7 (13.6-20.3)	9.5 (6.9-12.9)
One adult more active	71.8 (68.1-75.3)	19.8 (16.7-23.2)	8.4 (6.5-10.8)
Both adults more active	77.6 (73.7-81.1)	16.2 (13.2-19.8)	6.2 (4.4-8.6)

\* Proxy reported weight status for children does not provide reliable distinctions between healthy weight and underweight, therefore the combined category is reported.

## Sociodemographic factors and amount of free time activity

**Table 6 Frequency of free time physical activity in the past week by sociodemographic factors, 2018**

	0 days % (95% CI)	1-3 days % (95% CI)	4-7 days % (95% CI)
<b>All children (aged 5-17 years)</b>	10.4 (9.0-11.9)	30.8 (28.6-33.0)	58.9 (56.5-61.3)
<b>Child's sex</b>			
Male	9.2 (7.4-11.4)	28.4 (25.5-31.4)	62.4 (59.2-65.6)
Female	11.6 (9.6-13.9)	33.3 (30.0-36.7)	55.2 (51.6-58.7)
<b>Child's age</b>			
5-7 years	1.0 (0.4-2.8)	15.1 (11.9-18.8)	83.9 (80.0-87.2)
8-11 years	5.7 (4.1-8.0)	24.1 (20.5-28.2)	70.1 (65.9-74.1)
12-15 years	16.4 (13.4-19.8)	42.3 (38.1-46.7)	41.3 (37.1-45.6)
16-17 years	23.6 (18.7-29.2)	47.4 (41.7-53.3)	29.0 (24.3-34.3)
<b>Child's BMI category</b>			
Underweight or healthy weight	9.3 (7.8-11.1)	32.3 (29.6-35.1)	58.4 (55.5-61.3)
Overweight	11.9 (8.8-15.9)	31.2 (26.1-36.9)	56.9 (51.0-62.6)
Obese	12.1 (7.8-18.2)	21.6 (15.2-29.7)	66.4 (57.8-74.0)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	14.4 (12.3-16.7)	43.5 (40.4-46.7)	42.2 (39.0-45.4)
Met guidelines	3.9 (2.7-5.8)	12.5 (10.2-15.2)	83.6 (80.6-86.2)
<b>Employment status of parent or guardian</b>			
Employed	9.7 (8.2-11.5)	31.4 (28.9-34.0)	58.9 (56.1-61.6)
Not employed*	12.1 (9.2-15.7)	28.5 (24.2-33.4)	59.4 (54.3-64.3)
<b>Household income</b>			
<\$21,000	9.8 (5.0-18.0)	40.5 (29.3-52.9)	49.7 (38.0-61.5)
\$21,000 or more but <\$42,000	16.8 (12.2-22.6)	31.6 (25.8-38.1)	51.6 (44.9-58.2)
\$42,000 or more but <\$83,000	9.6 (7.2-12.7)	29.2 (24.9-33.8)	61.2 (56.4-65.8)
\$83,000 or more but <\$156,000	9.4 (7.3-11.9)	30.8 (27.1-34.7)	59.9 (55.8-63.8)
\$156,000 or more	10.4 (7.2-14.8)	30.2 (24.9-35.9)	59.5 (53.4-65.3)
<b>SES of residence</b>			
Most disadvantaged	11.8 (9.0-15.4)	27.5 (23.0-32.6)	60.6 (55.3-65.7)
Quintile 2	8.4 (6.2-11.3)	29.7 (25.2-34.5)	61.9 (57.0-66.6)
Quintile 3	12.1 (9.0-16.1)	30.2 (25.7-35.0)	57.7 (52.6-62.7)
Quintile 4	9.9 (7.2-13.5)	30.1 (25.4-35.4)	60.0 (54.4-65.2)
Most advantaged	9.5 (6.4-13.8)	36.2 (30.5-42.2)	54.3 (48.2-60.3)
<b>Remoteness of residence</b>			
Major Cities	11.1 (9.2-13.5)	32.9 (29.7-36.2)	56.0 (52.5-59.4)
Inner Regional	9.5 (7.4-12.0)	29.6 (25.6-33.9)	60.9 (56.5-65.2)
Outer regional/Remote/Very remote	8.9 (6.8-11.6)	25.1 (21.7-28.8)	66.0 (62.0-69.9)

Question: Over the past 7 days, on how many days was *child* physically active in their free time?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

**Table 7 Frequency of free time physical activity in the past week with an adult in the household by sociodemographic factors, 2018**

	0 days % (95% CI)	1-3 days % (95% CI)	4-7 days % (95% CI)
<b>All children (aged 5-17 years)</b>	23.8 (21.8-25.9)	54.0 (51.6-56.5)	22.1 (20.2-24.2)
<b>Child's sex</b>			
Male	23.9 (21.2-26.8)	53.2 (49.9-56.5)	22.9 (20.3-25.8)
Female	23.7 (20.8-26.9)	55.0 (51.3-58.5)	21.3 (18.5-24.4)
<b>Child's age</b>			
5-7 years	9.2 (6.5-12.9)	50.7 (45.3-56.1)	40.1 (35.0-45.5)
8-11 years	16.5 (13.3-20.1)	59.0 (54.6-63.2)	24.6 (21.2-28.4)
12-15 years	34.7 (30.6-38.9)	53.9 (49.5-58.1)	11.5 (9.1-14.4)
16-17 years	41.5 (36.0-47.3)	49.4 (43.6-55.2)	9.1 (6.2-13.2)
<b>Child's BMI category</b>			
Underweight or healthy weight	23.9 (21.5-26.5)	54.4 (51.5-57.3)	21.7 (19.3-24.2)
Overweight	24.4 (19.7-29.7)	52.7 (46.7-58.6)	23.0 (18.2-28.5)
Obese	20.4 (14.3-28.3)	56.9 (48.1-65.4)	22.6 (16.1-30.8)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	28.0 (25.3-30.8)	60.4 (57.3-63.4)	11.6 (9.8-13.8)
Met guidelines	16.8 (14.0-20.1)	45.1 (41.3-48.9)	38.1 (34.4-42.0)
<b>Employment status of parent or guardian</b>			
Employed	22.3 (20.1-24.7)	55.9 (53.1-58.6)	21.8 (19.5-24.2)
Not employed*	28.0 (23.6-32.8)	48.4 (43.4-53.5)	23.6 (19.7-28.0)
<b>Household income</b>			
<\$21,000	36.1 (25.0-49.0)	45.4 (34.1-57.2)	18.5 (11.7-27.9)
\$21,000 or more but <\$42,000	31.9 (26.0-38.4)	50.1 (43.4-56.7)	18.0 (13.7-23.4)
\$42,000 or more but <\$83,000	26.3 (22.1-31.0)	51.0 (46.1-55.9)	22.7 (18.8-27.2)
\$83,000 or more but <\$156,000	20.7 (17.7-24.1)	57.6 (53.5-61.6)	21.7 (18.6-25.1)
\$156,000 or more	19.6 (15.3-24.6)	56.3 (50.1-62.2)	24.2 (19.1-30.1)
<b>SES of residence</b>			
Most disadvantaged	23.5 (19.4-28.2)	51.6 (46.2-57.0)	24.9 (20.5-29.8)
Quintile 2	23.1 (19.1-27.8)	53.0 (48.0-57.9)	23.9 (20.0-28.2)
Quintile 3	27.6 (23.2-32.5)	50.2 (45.1-55.4)	22.1 (18.1-26.9)
Quintile 4	24.1 (19.7-29.1)	57.0 (51.4-62.5)	18.9 (14.8-23.7)
Most advantaged	20.4 (16.0-25.7)	58.1 (52.0-63.9)	21.5 (16.9-27.0)
<b>Remoteness of residence</b>			
Major Cities	24.8 (21.9-27.9)	54.8 (51.3-58.3)	20.4 (17.7-23.4)
Inner Regional	22.7 (19.3-26.4)	52.6 (48.1-57.0)	24.8 (21.1-28.8)
Outer regional/Remote/Very remote	22.1 (18.7-25.8)	53.2 (49.0-57.4)	24.7 (21.2-28.5)

Question: Over the past 7 days, on how many days did *child* and a parent or adult living in this household do physical activities together in *child's* free time?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

**Table 8 Frequency of free time physical activity in the past week with a sibling or peer by sociodemographic factors, 2018**

	0 days % (95% CI)	1-3 days % (95% CI)	4-7 days % (95% CI)
<b>All children (aged 5-17 years)</b>	13.3 (11.8-14.9)	39.1 (36.7-41.5)	47.6 (45.2-50.1)
<b>Child's sex</b>			
Male	11.5 (9.6-13.6)	39.3 (36.2-42.6)	49.2 (45.9-52.5)
Female	15.2 (12.9-17.8)	38.8 (35.4-42.3)	46.0 (42.4-49.7)
<b>Child's age</b>			
5-7 years	5.4 (3.6-8.0)	24.7 (20.6-29.4)	69.9 (65.0-74.4)
8-11 years	6.6 (4.9-8.9)	35.6 (31.6-39.9)	57.8 (53.4-62.0)
12-15 years	19.5 (16.4-23.1)	47.9 (43.6-52.3)	32.6 (28.6-36.8)
16-17 years	28.2 (23.2-33.8)	52.4 (46.5-58.3)	19.4 (15.2-24.3)
<b>Child's BMI category</b>			
Underweight or healthy weight	12.7 (11.0-14.6)	39.8 (36.9-42.6)	47.6 (44.6-50.5)
Overweight	12.3 (9.2-16.3)	41.3 (35.6-47.2)	46.3 (40.4-52.4)
Obese	18.6 (12.4-27.0)	31.7 (24.5-39.9)	49.7 (40.9-58.5)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	17.6 (15.4-20.0)	48.8 (45.6-52.0)	33.6 (30.6-36.8)
Met guidelines	6.3 (4.7-8.3)	24.6 (21.6-27.8)	69.2 (65.7-72.5)
<b>Employment status of parent or guardian</b>			
Employed	12.6 (11.0-14.4)	41.0 (38.3-43.8)	46.4 (43.5-49.2)
Not employed*	14.6 (11.4-18.6)	32.9 (28.5-37.8)	52.4 (47.3-57.4)
<b>Household income</b>			
<\$21,000	16.4 (9.5-27.0)	33.0 (23.5-44.3)	50.5 (38.8-62.2)
\$21,000 or more but <\$42,000	20.6 (15.8-26.5)	35.0 (29.1-41.5)	44.4 (37.8-51.1)
\$42,000 or more but <\$83,000	10.8 (8.2-14.0)	40.5 (35.8-45.3)	48.8 (43.9-53.7)
\$83,000 or more but <\$156,000	12.2 (10.0-14.9)	40.6 (36.7-44.7)	47.2 (43.0-51.3)
\$156,000 or more	12.0 (8.9-16.1)	39.9 (34.1-46.0)	48.1 (41.9-54.3)
<b>SES of residence</b>			
Most disadvantaged	14.6 (11.3-18.6)	35.2 (30.4-40.3)	50.3 (44.8-55.7)
Quintile 2	9.9 (7.5-13.0)	36.6 (32.0-41.4)	53.5 (48.6-58.4)
Quintile 3	14.2 (11.0-18.2)	38.4 (33.6-43.4)	47.4 (42.2-52.6)
Quintile 4	12.8 (10.0-16.4)	39.3 (33.9-44.9)	47.9 (42.3-53.6)
Most advantaged	14.9 (11.2-19.6)	45.6 (39.6-51.7)	39.5 (33.6-45.7)
<b>Remoteness of residence</b>			
Major Cities	14.8 (12.6-17.3)	40.4 (37.1-43.9)	44.8 (41.3-48.4)
Inner Regional	11.0 (8.8-13.6)	38.4 (34.2-42.8)	50.6 (46.1-55.1)
Outer regional/Remote/Very remote	11.3 (8.9-14.2)	35.2 (31.4-39.2)	53.5 (49.3-57.6)

Question: Over the past 7 days, on how many days did *child* and <his/her> sibling/s or friends do physical activities together in *child's* free time?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

## Demographic, personal and social factors associated with activity

**Table 9 Physical activity levels compared to same age/sex peers by sociodemographic factors, 2018**

	Less active % (95% CI)	About the same % (95% CI)	More active % (95% CI)
<b>All children (aged 5-17 years)</b>	16.5 (14.8-18.4)	43.1 (40.7-45.6)	40.4 (38.0-42.8)
<b>Child's sex</b>			
Male	17.2 (14.9-19.8)	40.9 (37.6-44.2)	41.9 (38.7-45.2)
Female	15.8 (13.4-18.6)	45.5 (41.9-49.1)	38.7 (35.2-42.3)
<b>Child's age</b>			
5-7 years	6.8 (4.6-10.0)	49.3 (44.0-54.7)	43.8 (38.5-49.2)
8-11 years	13.0 (10.3-16.2)	47.4 (43.0-51.9)	39.6 (35.3-44.0)
12-15 years	26.2 (22.6-30.3)	34.1 (30.1-38.3)	39.7 (35.5-44.0)
16-17 years	20.3 (16.2-25.1)	42.0 (36.3-47.9)	37.7 (32.3-43.5)
<b>Child's BMI category</b>			
Underweight or healthy weight	13.9 (12.0-16.0)	43.1 (40.2-46.1)	43.0 (40.1-45.9)
Overweight	22.2 (17.8-27.4)	42.8 (37.0-48.8)	35.0 (29.4-41.0)
Obese	24.0 (17.6-31.9)	41.7 (33.1-50.9)	34.2 (26.4-43.0)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	23.7 (21.1-26.4)	45.5 (42.3-48.7)	30.8 (27.9-33.9)
Met guidelines	5.2 (3.8-7.1)	39.8 (36.1-43.6)	55.0 (51.1-58.8)
<b>Employment status of parent or guardian</b>			
Employed	14.8 (13.0-16.8)	42.1 (39.3-44.9)	43.1 (40.4-46.0)
Not employed*	22.1 (18.2-26.7)	46.3 (41.3-51.5)	31.5 (27.0-36.4)
<b>Household income</b>			
<\$21,000	23.9 (15.3-35.4)	46.6 (35.0-58.5)	29.5 (20.0-41.3)
\$21,000 or more but <\$42,000	21.5 (16.3-27.9)	46.2 (39.7-52.9)	32.3 (26.6-38.5)
\$42,000 or more but <\$83,000	19.9 (16.2-24.3)	41.1 (36.4-45.9)	39.0 (34.2-44.0)
\$83,000 or more but <\$156,000	13.9 (11.3-16.9)	46.3 (42.2-50.4)	39.9 (35.9-43.9)
\$156,000 or more	12.1 (9.0-16.0)	35.5 (29.9-41.5)	52.4 (46.3-58.5)
<b>SES of residence</b>			
Most disadvantaged	17.9 (14.2-22.3)	43.2 (37.9-48.7)	38.9 (33.8-44.3)
Quintile 2	13.6 (10.7-17.0)	48.2 (43.3-53.2)	38.2 (33.6-43.0)
Quintile 3	17.4 (13.8-21.6)	43.9 (38.8-49.1)	38.7 (33.8-43.9)
Quintile 4	17.3 (13.4-22.2)	37.3 (32.1-42.8)	45.4 (39.8-51.1)
Most advantaged	16.4 (12.6-20.9)	43.7 (37.7-49.8)	40.0 (34.1-46.1)
<b>Remoteness of residence</b>			
Major Cities	17.4 (15.0-20.2)	42.1 (38.6-45.6)	40.5 (37.0-44.0)
Inner Regional	14.6 (11.7-18.0)	44.5 (40.0-49.0)	40.9 (36.7-45.4)
Outer regional/Remote/Very remote	15.9 (13.1-19.2)	44.8 (40.6-49.0)	39.3 (35.2-43.5)

Question: Compared to the activity levels of other <boys/girls> *child's* age, is *child* [Much less active; Less active; About the same; More active; Much more active]?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

\*\* Other includes outer regional, remote and very remote ARIA+ categories

**Table 10 Physical activity compared to child's levels 12 months ago by sociodemographic factors, 2018**

	Less active % (95% CI)	About the same % (95% CI)	More active % (95% CI)
<b>All children (aged 5-17 years)</b>	12.2 (10.7-13.8)	59.0 (56.6-61.4)	28.8 (26.6-31.1)
<b>Child's sex</b>			
Male	11.8 (9.8-14.0)	58.9 (55.6-62.1)	29.3 (26.4-32.5)
Female	12.6 (10.5-15.0)	59.2 (55.5-62.7)	28.2 (25.0-31.7)
<b>Child's age</b>			
5-7 years	6.9 (4.6-10.2)	55.7 (50.3-61.0)	37.4 (32.3-42.8)
8-11 years	7.8 (5.8-10.3)	62.1 (57.6-66.4)	30.1 (26.1-34.5)
12-15 years	15.9 (13.0-19.3)	61.1 (56.9-65.2)	23.0 (19.6-26.7)
16-17 years	22.7 (18.3-27.7)	53.8 (48.0-59.5)	23.6 (19.0-28.9)
<b>Child's BMI category</b>			
Underweight or healthy weight	11.5 (9.8-13.3)	61.5 (58.6-64.3)	27.0 (24.4-29.8)
Overweight	11.0 (8.1-14.8)	55.6 (49.6-61.4)	33.4 (27.9-39.3)
Obese	20.7 (14.1-29.2)	42.6 (34.3-51.3)	36.7 (28.6-45.7)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	15.7 (13.6-18.0)	56.0 (52.8-59.1)	28.4 (25.5-31.4)
Met guidelines	6.8 (5.1-8.9)	63.2 (59.4-66.9)	30.0 (26.5-33.7)
<b>Employment status of parent or guardian</b>			
Employed	12.0 (10.3-13.8)	59.2 (56.4-62.0)	28.8 (26.3-31.5)
Not employed*	13.1 (10.0-16.9)	57.8 (52.7-62.8)	29.1 (24.6-34.1)
<b>Household income</b>			
<\$21,000	15.5 (8.3-27.0)	54.1 (42.2-65.6)	30.4 (20.3-42.8)
\$21,000 or more but <\$42,000	17.6 (12.8-23.7)	54.4 (47.7-60.9)	28.0 (22.5-34.3)
\$42,000 or more but <\$83,000	11.3 (8.7-14.5)	59.5 (54.6-64.1)	29.3 (25.1-33.9)
\$83,000 or more but <\$156,000	12.4 (10.1-15.2)	56.9 (52.8-61.0)	30.7 (26.9-34.8)
\$156,000 or more	8.9 (6.2-12.5)	64.3 (58.2-70.1)	26.8 (21.5-32.9)
<b>SES of residence</b>			
Most disadvantaged	10.9 (8.0-14.7)	58.9 (53.3-64.3)	30.2 (25.1-35.8)
Quintile 2	12.6 (9.5-16.7)	62.1 (57.2-66.7)	25.3 (21.4-29.6)
Quintile 3	14.2 (10.9-18.2)	49.8 (44.7-54.9)	36.0 (31.2-41.2)
Quintile 4	12.8 (9.7-16.6)	60.9 (55.3-66.2)	26.4 (21.6-31.8)
Most advantaged	10.1 (7.4-13.7)	64.0 (58.0-69.5)	25.9 (20.8-31.8)
<b>Remoteness of residence</b>			
Major Cities	13.9 (11.7-16.3)	58.3 (54.8-61.7)	27.9 (24.7-31.2)
Inner Regional	8.4 (6.4-10.9)	60.6 (56.1-65.0)	31.0 (26.8-35.5)
Outer regional/Remote/Very remote	11.4 (9.0-14.3)	59.5 (55.4-63.5)	29.1 (25.5-33.0)

Question: Compared with *child's* activity level 12 months ago, is *child* [Much less active; Less active; About the same; More active; Much more active]?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

\*\* Other includes outer regional, remote and very remote ARIA+ categories

**Table 11 Preferred type of free time recreational activity by sociodemographic factors, 2018**

	Inactive % (95% CI)	Equally active and inactive % (95% CI)	Active % (95% CI)
<b>All children (aged 5-17 years)</b>	40.3 (37.9-42.7)	37.1 (34.8-39.5)	22.6 (20.6-24.8)
<b>Child's sex</b>			
Male	39.5 (36.3-42.7)	36.0 (32.9-39.2)	24.6 (21.8-27.5)
Female	41.1 (37.6-44.7)	38.3 (34.8-41.9)	20.6 (17.8-23.8)
<b>Child's age</b>			
5-7 years	25.0 (20.6-29.9)	42.1 (36.9-47.5)	32.9 (28.2-38.0)
8-11 years	35.2 (31.2-39.5)	39.5 (35.3-43.9)	25.2 (21.5-29.4)
12-15 years	51.7 (47.3-56.0)	32.7 (28.8-36.8)	15.7 (12.8-19.1)
16-17 years	52.9 (47.2-58.7)	32.7 (27.6-38.2)	14.4 (10.8-18.8)
<b>Child's BMI category</b>			
Underweight or healthy weight	40.1 (37.3-43.0)	37.1 (34.3-40.0)	22.8 (20.4-25.3)
Overweight	44.0 (38.2-50.0)	34.9 (29.6-40.6)	21.1 (16.4-26.7)
Obese	38.6 (30.6-47.2)	37.7 (29.2-46.9)	23.7 (17.3-31.7)
<b>Meeting PA guidelines (60 mins daily)</b>			
Did not meet guidelines	52.8 (49.6-56.0)	33.6 (30.6-36.6)	13.6 (11.5-16.1)
Met guidelines	21.1 (18.1-24.4)	42.7 (38.9-46.6)	36.2 (32.6-39.9)
<b>Employment status of parent or guardian</b>			
Employed	40.7 (38.0-43.4)	37.8 (35.2-40.6)	21.5 (19.3-23.9)
Not employed*	38.7 (33.9-43.7)	35.2 (30.4-40.3)	26.1 (21.9-30.8)
<b>Household income</b>			
<\$21,000	39.1 (28.4-51.0)	30.0 (20.5-41.6)	30.8 (20.7-43.2)
\$21,000 or more but <\$42,000	40.9 (34.5-47.6)	35.7 (29.7-42.2)	23.4 (18.2-29.5)
\$42,000 or more but <\$83,000	37.6 (33.1-42.4)	36.3 (31.7-41.1)	26.1 (21.9-30.8)
\$83,000 or more but <\$156,000	39.3 (35.4-43.4)	37.7 (33.8-41.7)	23.0 (19.6-26.7)
\$156,000 or more	45.8 (39.7-51.9)	39.6 (33.7-45.9)	14.6 (11.1-19.0)
<b>SES of residence</b>			
Most disadvantaged	35.7 (30.9-40.9)	35.4 (30.4-40.8)	28.9 (24.0-34.3)
Quintile 2	36.8 (32.2-41.6)	38.4 (33.7-43.4)	24.8 (20.9-29.1)
Quintile 3	36.4 (31.7-41.5)	36.9 (32.1-41.9)	26.7 (22.3-31.7)
Quintile 4	41.4 (36.0-47.0)	39.8 (34.5-45.4)	18.8 (14.6-23.8)
Most advantaged	50.7 (44.6-56.7)	34.7 (29.1-40.7)	14.7 (11.0-19.3)
<b>Remoteness of residence</b>			
Major Cities	43.0 (39.5-46.4)	36.2 (32.8-39.7)	20.9 (18.1-24.0)
Inner Regional	37.6 (33.3-42.0)	38.5 (34.3-43.0)	23.9 (20.3-27.9)
Outer regional/Remote/Very remote	34.6 (30.7-38.7)	38.4 (34.5-42.5)	27.0 (23.4-30.9)

Question: Active recreation is things like bike riding, dancing, or outdoor games or sport. Inactive recreation is things like watching TV, reading, video games or computer time, or doing crafts. When *child* has a choice about how to spend <his/her> free time, what does <he/she> usually choose? [Almost always chooses inactive recreation; Usually chooses inactive recreation; Equally likely to choose active or inactive recreation; Usually chooses active recreation; Almost always chooses active recreation]

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

\*\* Other includes outer regional, remote and very remote ARIA+ categories

**Table 12 Initiator of free time physical activity by sociodemographic factors, 2018**

	An adult family member % (95% CI)	Child and adult equally % (95% CI)	The child % (95% CI)	No-one % (95% CI)
<b>All children (aged 5-17 years)</b>	32.7 (30.5-35.1)	37.1 (34.7-39.5)	19.1 (17.2-21.1)	11.1 (9.7-12.8)
<b>Child's sex</b>				
Male	33.7 (30.6-36.9)	35.0 (31.9-38.2)	19.6 (17.1-22.4)	11.7 (9.7-14.0)
Female	31.7 (28.5-35.1)	39.2 (35.7-42.8)	18.5 (15.9-21.4)	10.6 (8.5-13.0)
<b>Child's age</b>				
5-7 years	24.5 (20.3-29.2)	53.1 (47.7-58.4)	18.8 (14.9-23.3)	3.6 (2.1-6.2)
8-11 years	31.7 (27.7-35.9)	38.3 (34.2-42.7)	22.6 (19.1-26.6)	7.4 (5.2-10.3)
12-15 years	37.5 (33.4-41.8)	30.7 (26.8-34.8)	14.8 (12.0-18.0)	17.1 (14.0-20.7)
16-17 years	38.8 (33.2-44.7)	21.1 (17.0-25.8)	20.6 (16.4-25.6)	19.5 (15.3-24.5)
<b>Child's BMI category</b>				
Underweight or healthy weight	31.5 (28.9-34.2)	37.4 (34.6-40.3)	20.0 (17.8-22.5)	11.1 (9.4-13.2)
Overweight	36.6 (31.1-42.6)	34.7 (29.2-40.7)	17.7 (13.7-22.6)	11.0 (7.9-15.0)
Obese	33.7 (26.0-42.4)	36.8 (28.7-45.8)	17.8 (12.1-25.4)	11.6 (7.1-18.5)
<b>Meeting PA guidelines (60 mins daily)</b>				
Did not meet guidelines	38.1 (35.1-41.2)	32.1 (29.2-35.2)	16.4 (14.2-18.8)	13.4 (11.4-15.7)
Met guidelines	23.9 (20.8-27.3)	45.0 (41.2-48.9)	23.5 (20.3-27.0)	7.6 (5.7-10.1)
<b>Employment status of parent or guardian</b>				
Employed	32.3 (29.8-35.0)	38.2 (35.5-40.9)	19.2 (17.1-21.5)	10.3 (8.7-12.1)
Not employed*	33.4 (28.8-38.3)	33.7 (29.0-38.7)	18.9 (15.4-23.1)	14.0 (10.8-18.0)
<b>Household income</b>				
<\$21,000	45.7 (34.3-57.6)	22.4 (14.7-32.6)	16.0 (9.0-26.8)	15.9 (8.8-27.1)
\$21,000 or more but <\$42,000	30.7 (24.9-37.2)	32.7 (26.8-39.3)	20.8 (16.1-26.6)	15.7 (11.5-21.2)
\$42,000 or more but <\$83,000	32.0 (27.7-36.6)	35.4 (30.8-40.3)	20.9 (17.2-25.2)	11.7 (8.8-15.4)
\$83,000 or more but <\$156,000	33.7 (29.9-37.7)	36.8 (33.0-40.9)	19.9 (16.8-23.4)	9.6 (7.3-12.5)
\$156,000 or more	28.8 (23.8-34.4)	46.2 (40.1-52.4)	15.5 (11.5-20.5)	9.5 (6.7-13.3)
<b>SES of residence</b>				
Most disadvantaged	32.7 (27.9-37.9)	37.1 (31.8-42.7)	20.0 (16.2-24.4)	10.2 (7.6-13.6)
Quintile 2	32.0 (27.5-36.7)	37.8 (33.2-42.5)	16.8 (13.4-20.8)	13.5 (10.2-17.6)
Quintile 3	32.2 (27.5-37.2)	35.5 (30.7-40.5)	18.6 (14.9-23.0)	13.7 (10.5-17.8)
Quintile 4	31.8 (27.0-37.1)	36.9 (31.6-42.5)	22.4 (17.9-27.5)	8.9 (6.2-12.6)
Most advantaged	35.0 (29.5-41.0)	38.2 (32.4-44.2)	17.3 (13.2-22.3)	9.5 (6.4-13.9)
<b>Remoteness of residence</b>				
Major Cities	34.5 (31.3-37.9)	36.7 (33.4-40.2)	18.1 (15.5-21.0)	10.7 (8.7-13.1)
Inner Regional	28.7 (24.8-32.8)	38.8 (34.5-43.4)	21.1 (17.7-24.8)	11.5 (9.0-14.5)
Outer regional/Remote/Very remote	31.9 (28.1-35.9)	35.9 (32.0-40.0)	19.9 (16.8-23.5)	12.3 (9.6-15.5)

Question: Thinking about a parent or adult living in this household... Over the past 7 days, who, if anyone, suggested doing physical activity together with *child* in their free time? [Always an adult family member; Usually an adult family member; *child* and the adult equally; Usually *child*; Always *child*; No-one]?

\* Includes employment status: studying, home duties, carer, retired, unemployed and not able to work

\*\* Other includes outer regional, remote and very remote ARIA+ categories

## Barriers and enablers of free time physical activity

**Table 13 Top ten enablers and barriers of children being active in their free time reported by parents, 2018**

	Number of responses <sup>#</sup>	Prevalence % (95% CI)
<b>Factors that make it easier for child to be active</b>		
Residence has facilities – pool, trampoline, large yard, sports equipment	787	33.5 (31.1–35.9)
Family encouragement – important to family to be physically active	661	28.7 (26.4–31.1)
Neighbourhood has facilities – park, fields, bike paths, etc.	661	27.6 (25.3–29.9)
Friends or siblings enjoy doing physical activity	520	22.5 (20.4–24.7)
Parents enjoy doing physical activity	491	20.6 (18.6–22.7)
Child enjoys doing physical activity	514	20.5 (18.6–22.6)
Pets that need exercise, walks, etc.	228	9.5 (8.1–11.1)
Other	134	5.6 (4.5–6.9)
Limits on using computer technology and social media	106	5.1 (4.0–6.5)
Our neighbourhood is safe	87	3.8 (2.9–5.1)
<b>Factors that make it harder for child to be active</b>		
Parent/s don't have enough time	724	34.6 (32.0–37.2)
Weather conditions	393	17.6 (15.6–19.8)
Child doesn't have enough time – due to school, uni, study	301	14.8 (12.9–16.9)
Access to computer technology for recreation and entertainment	274	13.7 (11.9–15.7)
Health reasons (child's disability or chronic condition)	168	8.5 (7.1–10.1)
Other	138	7.2 (5.9–8.9)
Too expensive	132	7.1 (5.8–8.7)
Child doesn't have enough time – due to sport, work, etc.	133	6.2 (5.0–7.7)
Child doesn't enjoy physical activities	111	4.7 (3.7–5.8)
Lack of transport	127	4.7 (3.8–5.7)

NOTE: Prevalence is computed excluding respondents who selected "Nothing", "Don't know" or "Refused" response options.  
<sup>#</sup>Multiple choices per respondent are possible.

**Table 14 Reported health conditions that limit child's ability to be active, 2017–18**

Physical or mental health condition	Reported a condition <sup>#</sup>	Did not meet guidelines	Met guidelines
	% (95%CI)	% (95%CI)	% (95%CI)
No condition	85.9 (84.6–87.1)	55.5 (53.6–57.3)	44.5 (42.7–46.4)
Any condition	14.1 (12.9–15.4)	66.1 (61.5–70.5)	33.9 (29.5–38.5)
Other condition	4.2 (3.5–5.0)	69.4 (60.5–77.0)	30.6 (23.0–39.5)
Asthma or respiratory condition	3.1 (2.5–3.8)	56.8 (46.2–66.8)	43.2 (33.2–53.8)
Autism Spectrum/ADHD	2.5 (2.0–3.1)	56.2 (45.3–66.5)	43.8 (33.5–54.7)
Neurological condition	1.8 (1.3–2.3)	73.7 (60.5–83.8)	26.3 (16.2–39.5)
Acute injury or condition	1.3 (0.9–1.9)	80.1 (66.2–89.2)	*19.9 (10.8–33.8)
Musculoskeletal condition	1.3 (0.9–1.7)	72.6 (58.7–83.2)	27.4 (16.8–41.3)

Question: Does *child* have any physical or mental health condition that limits his/her ability to be physically active or play sport? If yes, Can you tell me what that condition is?

<sup>#</sup> sorted by descending prevalence of reported condition

\* Estimate has a relative standard error of 25% to 50% and should be interpreted with caution.



