

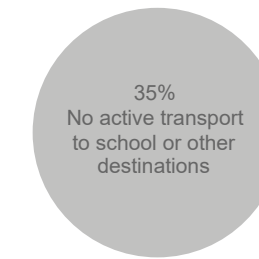
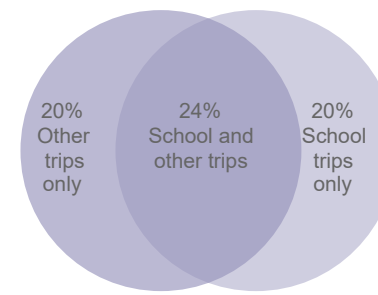
Physical activity of Queensland children 2017–18

...using active transport

45% of school children actively travelled to school.

35% of school children used no active travel to get to school or other destinations in the past week.

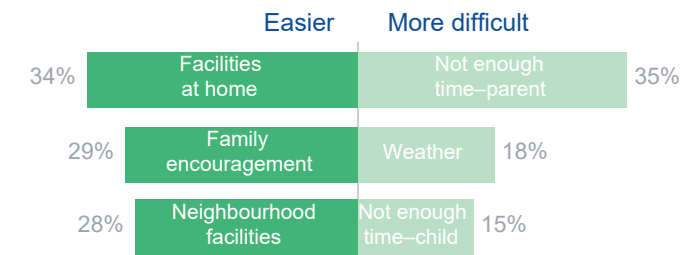
Supporting active travel to destinations other than school may engage more children in active transport overall.



... in their free time

The reasons it was easier or more difficult for a child to be physically active in their free time.

Facilities that promote physical activity— either at home or in one's neighbourhood—made it **easier** for children to be physically active.



Time constraints—for parents or their children—made it **more difficult** for children to be physically active.

Free time outside of school was the setting in which parents reported the strongest intentions to increase their child's activity (67%) in 2017, followed by organised sport (47%), active transport (43%) and school (43%).

Parent's intentions to increase their child's physical activity

Category	Strong intentions (%)	Low intentions (%)	No intent (%)	
All children	51%	27%	21%	
Child Weight status	Underweight or healthy weight	47%	29%	24%
	Overweight or obese	63%	21%	16%
Child Sufficient activity	No	55%	27%	18%
	Yes	46%	28%	27%
Household income	<\$42,000	56%	26%	18%
	\$42,000 or more	51%	27%	22%

79% of parents reported they were likely to try to increase their child's physical activity in the next 12 months.

Parents reported strong intentions to increase their child's physical activity when the child

- was overweight or obese
- did not meet physical activity guidelines.

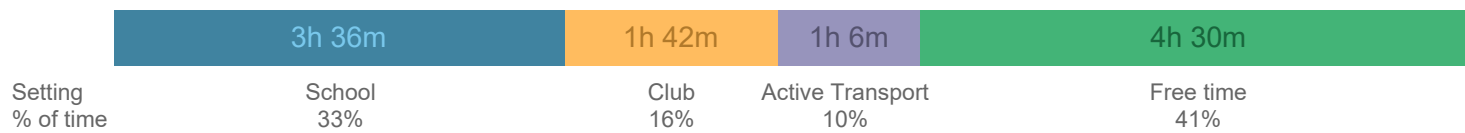
Supporting parents of overweight, obese, or insufficiently active children to increase their child's physical activity can build upon existing intentions.

Percent active every day—how regions compare



Circle size indicates the HHS estimated resident population aged between 5–17 years.

Children averaged 11 hours of physical activity per week



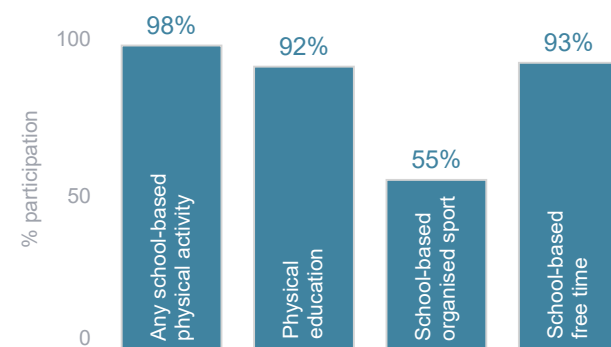
How children were physically active...

...in school

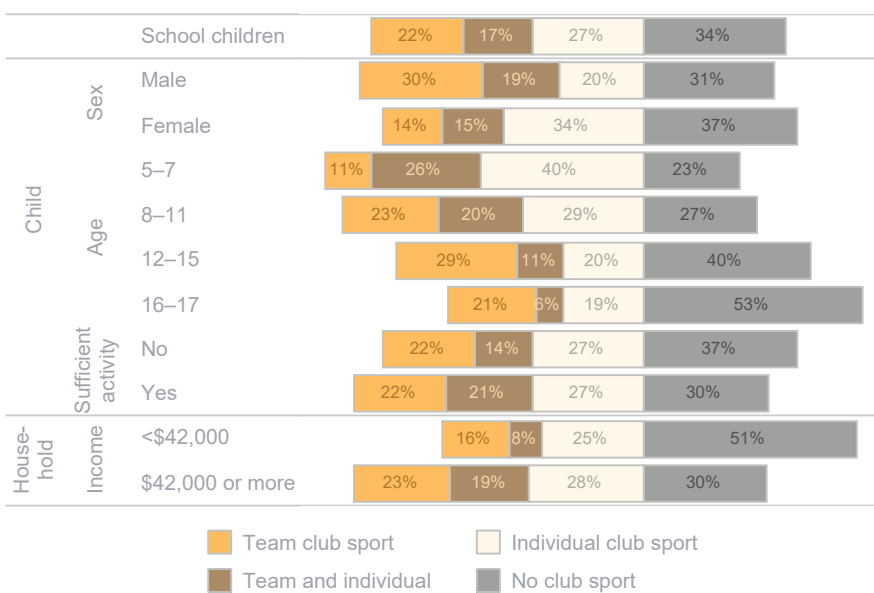
Almost all school children engaged in physical activity at school in the past 12 months. Participation was lowest for school-based organised sport.

School sport participation may be increased by

- providing organised sport in all schools
- broadening the variety of activities
- including active recreation
- providing developmentally appropriate options for more year levels.



... in club organised sport



Among school children, 22% played team sports exclusively, 27% individual sports exclusively, 17% played both and 34% played neither.

Participation in organised sport decreased with age.

Girls were more likely to participate exclusively in individual sport.

Club sport participation was more likely among higher income households mainly due to higher team sport participation.

Analysis notes

1. Data were collected by parent telephone interview for children aged 5–17 as part of the annual preventive health survey.
2. Methodological information is available from www.health.qld.gov.au/phsurvey.
3. More detailed publications "Where children play most: physical activity levels of school children across four settings and policy implications" and "Free time physical activity of Queensland children 2018" are available from www.health.qld.gov.au/research-reports/population-health/reports.
4. Due to rounding, percentages may not sum to 100.
5. For further information: Population_Epidemiology@health.qld.gov.au
6. Children aged 5–17 years.