Physical activity of Queensland children 2017–18

Percent active every day—how regions compare

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.

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

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.

Analysis notes

1. Data were collected by parent telephone interview for children aged 5–17 as part of the annual preventive health survey.
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.