

### Main findings

- In 2005-06, 66.7% of Queensland women had participated in sport or physical activity at least once in the previous twelve months compared to 67.6% of men.
- 72.4% of Queensland women reported having a sedentary or low level of exercise in 2005.
- Of those Queensland women who participated in sport in 2005-06, the most popular sporting activities were walking (33.7%), aerobics/gym (17.3%), swimming (11%), cycling (4.2%) and netball (4.1%).
- In 2007, 152,600 women in Queensland had non-playing involvement in sport and recreation.
- In 2006, 9.4% of all Queensland women aged 18 years and over volunteered for a sport and recreation organisation.



*‘In 2005, 72.4% of Queensland women reported having a sedentary or low level of exercise.’*

## Introduction

Participation in sport and physical activity has been linked to improved longevity and quality of life, as well as improved mental health and social cohesion.<sup>1</sup> The health benefits of physical activity are widely recognised. Queensland women's physical activity levels have increased since 2002. In a 2005-06 survey, 66.7% of Queensland women reported that they participated in physical activity at least once in the twelve months prior to being surveyed, compared to 59.0% in 2002.<sup>2</sup>

However, a large proportion of Queensland men and women are still classified as overweight or obese (see Chapter 2 – Health). A greater number of Queensland women than men are found to have a sedentary or low level of exercise. Physical inactivity is an important health risk factor and is associated with increased mortality and health system costs.<sup>3</sup>

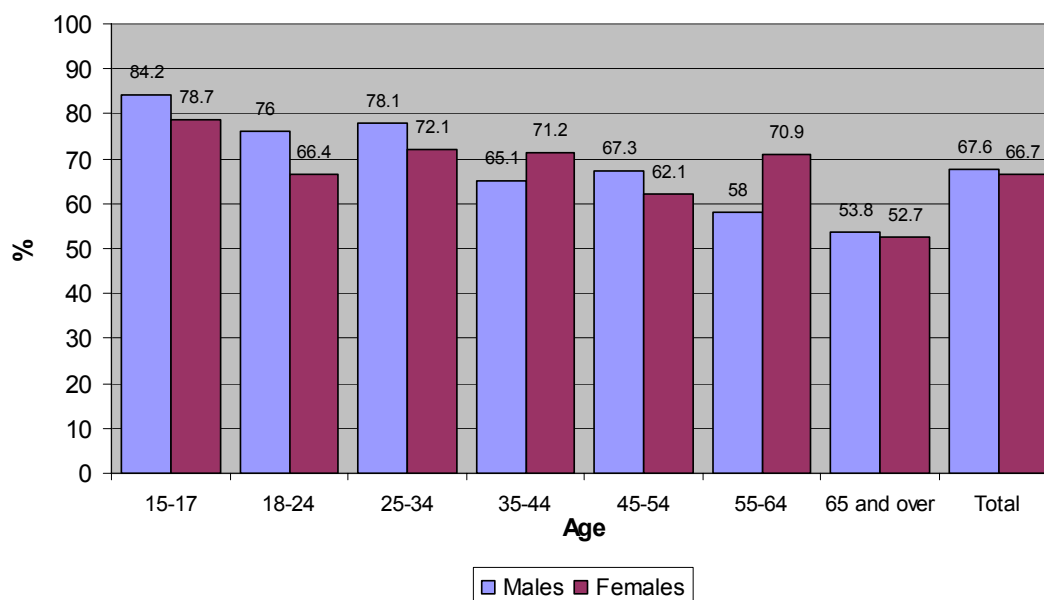
## Participation rates<sup>a</sup>

Queensland women have a slightly lower participation rate in sport and physical activity than Queensland men. In 2005-06, 66.7% of Queensland women (compared with 66.5% nationally) and 68.9% of men (compared with 66.9% nationally) participated at least once in the previous twelve months in sport or physical activity (see Figure 10.1). Women aged 35-44 years and 55-64 years were more active than men of the same age.<sup>4</sup> Queensland had the third highest participation rate of the states and territories, the highest being the ACT followed by Western Australia.<sup>5</sup>

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<sup>a</sup> Participation rates are taken from the Australian Bureau of Statistics '*Participation in Sport and Recreation, Australia, 2005-06*' survey and reflect participation in a sport or recreational physical activity at least once during the 12 months prior to the survey. Participants include players, competitors or persons who undertake the activity. Involvement by people who participated solely as coaches, umpires or club officials is excluded from participation data.

**Figure 10.1**  
**Participation<sup>(a)</sup> in sport and physical activities, by age, by gender, Queensland 2005-06**



<sup>(a)</sup> Participation rates are taken from the Australian Bureau of Statistics 'Participation in Sport and Recreation, Australia, 2005-06' survey and reflect participation in a sport or recreational physical activity at least once during the 12 months prior to the survey. Participants include players, competitors or persons who undertake the activity. Involvement by people who participated solely as coaches, umpires or club officials is excluded from participation data.

Source: Australian Bureau of Statistics, 2007, *Participation in Sports and Physical Recreation, Australia 2005-06*, 'Table 2 – Participants, Sport and Physical Recreation – States and Territories', Cat. no. 4177.0, ABS, Canberra.

Queensland women are increasing their physical activity levels. Their overall participation increased from 59.0% in 2002 to 66.7% in 2005-06, compared to a more moderate increase in the physical activity rates of men (63.4% to 67.6%). Queensland women aged between 35-44 years and 55-64 years showed the greatest increase in activity (up from 59.5% to 71.2% and 52.0% to 70.9%, respectively). The only group of women for whom the participation rate did not increase was the 65 years and over age group.

Of the women who participated in physical activity, 54.3% did so in a non-organised setting.<sup>6</sup> During the 12 months prior to April 2007, males were more likely to be involved as players in organised sport and physical activity<sup>b</sup> than females: 462,700 males or 29.4% of Queensland males aged 15 years and over were involved, compared to 414,100 females or 26.0% of females in the same age group.<sup>7</sup>

Table 10.1 shows the numbers of Queensland men and women who participated in both organised and non-organised sport and physical activities in 2005-06. The most popular activities for Queensland women in 2005-06 were walking (33.7%), aerobics/gym (17.3%), swimming (11.0%), cycling (4.2%) and netball (4.1%).

<sup>b</sup> Organised sport and physical activity is that which is organised by a club, business or other organisation.

**Table 10.1**  
**Participants, selected sport and physical recreation activities, by gender,**  
**Queensland, 2005-06**

	Males		Females		Persons	
	Number ('000)	Participation rate (%)	Number ('000)	Participation rate (%)	Number ('000)	Participation rate (%)
Aerobics / fitness	148.0	9.7	268.5	17.3	416.5	13.5
Aquarobics	1.9	0.1	22.8	1.5	24.7	0.8
Australian rules football	20.6	1.3	7.8	0.5	28.4	0.9
Basketball	30.8	2.0	9.0	0.6	39.8	1.3
Bush walking	46.0	3.0	46.1	3.0	92.1	3.0
Cricket (indoor)	33.9	2.2	0.0	0.0	33.9	1.1
Cricket (outdoor)	39.8	2.6	6.6	0.4	46.4	1.5
Cycling	118.6	7.8	64.6	4.2	183.3	5.9
Dancing	16.1	1.1	38.0	2.4	54.1	1.8
Fishing	44.3	2.9	8.5	0.5	52.9	1.7
Golf	134.8	8.8	36.7	2.4	171.5	5.6
Lawn bowls	32.8	2.1	14.4	0.9	47.2	1.5
Martial arts	28.8	1.9	19.3	1.2	48.0	1.6
Motor sports	37.0	2.4	4.1	0.3	41.1	1.3
Netball	7.6	0.5	63.1	4.1	70.7	2.3
Pilates	0.0	0.0	28.1	1.8	28.1	0.9
Rugby league	37.0	2.4	0.0	0.0	37.0	1.2
Running	80.4	5.3	42.4	2.7	122.8	4.0
Soccer (indoor)	31.4	2.1	9.4	0.6	40.8	1.3
Soccer (outdoor)	41.8	2.7	21.2	1.4	63.0	2.0
Squash / racquetball	23.9	1.6	16.5	1.1	40.4	1.3
Surf sports	58.6	3.8	8.8	0.6	67.3	2.2
Swimming	114.0	7.5	171.8	11.0	285.8	9.3
Tennis	61.9	4.0	48.5	3.1	110.4	3.6
Tenpin bowling	13.0	0.9	13.1	0.8	26.1	0.8
Touch football	62.3	4.1	37.1	2.4	99.4	3.2
Volleyball	15.8	1.0	20.1	1.3	35.9	1.2
Walking for exercise	261.0	17.1	524.1	33.7	785.0	25.5
Waterskiing / powerboating	24.3	1.6	9.7	0.6	34.1	1.1
Weight training	24.2	1.6	10.0	0.6	34.3	1.1
Yoga	5.0	0.3	38.1	2.5	43.1	1.4

Source: Australian Bureau of Statistics, 2007, *Participation in Sports and Physical Recreation, Australia 2005-06*, 'Table 12 – Participants, Selected Sport and Physical Recreation Activities – Queensland', cat. no. 4177.0, ABS, Canberra.

Women's participation in aerobics/fitness rose from 12.1% in 2002 to 17.3% in 2005-06. Across all other categories, Queensland women's participation rates in specific sport and physical activities fell between 2002 and 2005-06, with swimming down from 11.6% to 11.0%, tennis down from 4.5% to 3.1% and yoga slipping from 4.2% to 2.5%. However, the variation in the rate of participation in yoga may be explained by the inclusion of the new category of pilates, registering a participation rate of 1.8% in 2005-06.<sup>8</sup>

Across Australia in 2005-06, employed females demonstrated higher levels of participation in physical activity (73.5%) than females who were unemployed (63.7%) and those who were not participating in the workforce (55.5%), with similar rates recorded for males.<sup>9</sup> Similar trends were reflected with respect to organised sport and activity: in Queensland as at April 2007, females aged 15 years and over who were employed demonstrated higher levels of participation as players in organised sport and physical activity (25.7%) compared with people who were unemployed (14.7%) or not in the labour force (14.9%).<sup>10</sup>

## **Sport and health**

As discussed in Chapter 2 – Health, being overweight or obese is a significant health problem amongst Queensland women. Of women aged 15 years and over, 72.4% had a sedentary or low level of exercise, compared with 67.7% of men the same age.<sup>11</sup> Increasing women's participation in sport and physical recreation could reduce levels of these health risk factors.

Research by Medibank Private calculated the direct health costs of physical inactivity to seven medical conditions in 2006-07: coronary heart disease, breast cancer, colon cancer, stroke, depression, type 2 diabetes and falls.<sup>12</sup> The research revealed 17% of the total health cost of treating these seven conditions could be attributed to physical inactivity amongst Australian adults aged between 18 and 75 – equating to \$1.5 billion in direct healthcare costs.

## **Coaching/administration**

In Queensland in 2007, both men (150,600) and women (152,600) had the same rate (9.6%) for non-playing involvement in sport and recreation.<sup>13</sup> Non-playing roles (as defined by the Australian Bureau of Statistics) include: coach, instructor or teacher; referee or umpire; committee member or administrator; scorer or timekeeper; medical support; or other role.<sup>14</sup>

Women in non-playing roles were more likely than their male counterparts to have a non-school qualification<sup>c</sup>. Of the 16,300 women providing medical support 15,600 or 96.0% had relevant qualifications compared to 87.2% of their male counterparts. Similarly, 61.7% of women involved as coach, instructor or teacher had a qualification compared with 50.7% of men, and 59.3% of female referees or umpires were qualified compared with 40.7% of men.<sup>15</sup>

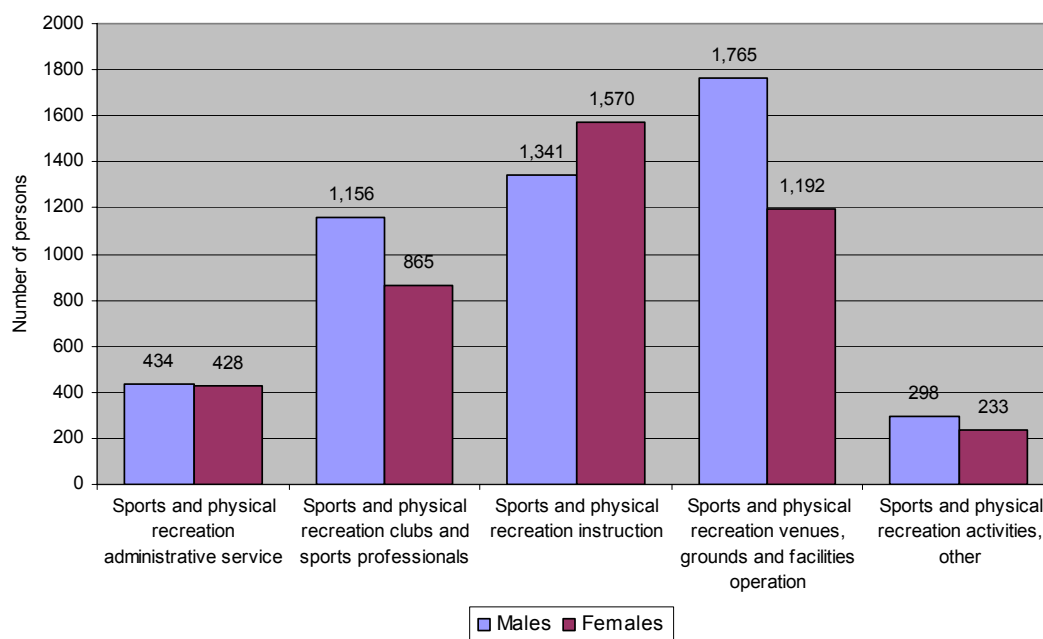
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<sup>c</sup> Defined by the Australian Bureau of Statistics as educational attainments other than those of pre-primary, primary or secondary education.

## Payment status

Figure 10.2 shows a gender breakdown of Queenslanders' employment in the sport and physical recreation sector in 2006.

**Figure 10.2**  
**Employment in the sport and physical recreation sector, by gender, Queensland, 2006**



Source: Australian Bureau of Statistics, 2007, *2006 Census* 'Table 2006 Census of Population and Housing Queensland Industry of Employment – 2006 ANZSIC (full classification list) (a) by sex', Cat. no. 2068.o, ABS, Canberra.

Nationally, in May 2006, employees in sports and physical recreation occupations were more likely to be working part time and more likely to have a lower income than members of the general working population. Within the sector the average weekly total cash earnings for women was \$397.37, which was \$224.33 lower than for their male counterparts. The pay gap between men and women has considerably widened since 2004 when it was \$102.10, and 2002 when it was \$160.60.<sup>16</sup>

Sports and physical recreation organisations had the largest number of volunteers in Australia in 2005-06. An estimated 1.7 million people aged 18 years and over (11.2% of the total adult population) volunteered for sporting organisations nationwide, out of a total of 5.2 million volunteers (31.8% of men and 36.4% of women) for all sectors in Australia. A greater percentage of men (13.8%) undertook voluntary work in sports and physical recreation than did women (8.7%).<sup>17</sup>

In 2006, around 1 in 8 (12.2% or 361,900) of Queenslanders aged 18 years and over volunteered for sports and physical recreation organisations. Of these volunteers, 61.3% were males and 38.7% were females. For both males and females, volunteers were most likely to be aged 35-44 years (28.3% of males and

37.3% of females). Overall, 9.4% of all Queensland women aged 18 and over volunteered for sports and recreation organisations.<sup>18</sup>

- <sup>1</sup> Department of Local Government, Sport and Recreation, 2007, *Why get active?*, viewed 23 January 2009, [http://www.srq.qld.gov.au/why\\_get\\_active.cfm](http://www.srq.qld.gov.au/why_get_active.cfm)
- <sup>2</sup> Australian Bureau of Statistics, 2007, *Participation in Sport and Physical Recreation, Australia 2005-06*, 'Table 2 Participants, Sport and physical recreation – States and territories', data cube: Excel spreadsheet, Cat. no. 4177.0, viewed 27 January, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/53DDE8650638B547CA257281001AAE8F/\\$File/41770\\_tabl e%202.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/53DDE8650638B547CA257281001AAE8F/$File/41770_tabl e%202.xls)
- <sup>3</sup> Queensland Public Health Forum, 2006, *Be Active Queensland 2006-2010*, viewed 29 January 2009, <http://www.health.qld.gov.au/qphf/documents/31830.pdf>
- <sup>4</sup> Australian Bureau of Statistics, 2007, *Participation in Sport and Physical Recreation, Australia 2005-06*, 'Table 1: Characteristics of Participants – By States or Territories', data cube: Excel spreadsheet, Cat. no. 4177.0, viewed 27 January, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/98CoAC7FA958F098CA257281001AAD33/\\$File/41770\\_tabl e%201.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/98CoAC7FA958F098CA257281001AAD33/$File/41770_tabl e%201.xls)
- <sup>5</sup> id., 2007, *Participation in Sport and Recreation, Australia, 2005-06, Summary*, Cat. no. 4177.0, viewed 27 January 2009, <http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4177.0Main%20Features22005-06?opendocument&tabname=Summary&prodno=4177.0&issue=2005-06&num=&view>
- <sup>6</sup> id., 2007, *Participation in Sport and Recreation, Australia, 2005-06*, Cat. no. 4177.0, viewed 27 January 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/A36EC2C4EAD3937BCA257281001ADA51/\\$File/41770\\_200 5-06.pdf](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/A36EC2C4EAD3937BCA257281001ADA51/$File/41770_200 5-06.pdf)
- <sup>7</sup> id., 2007, *Involvement in Organised Sport and Physical Activity, Australia, April 2007*, 'Table 1 Persons involved, selected characteristics by player status and sex: Queensland', data cube: Excel spreadsheet, Cat. no. 6285.0, viewed 16 February 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/\\$File/62850do o4\\_200704.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/$File/62850do o4_200704.xls)
- <sup>8</sup> id., 2007, *Participation in Sport and Recreation, Australia, 2005-06*, 'Table 12 Participants, Selected sport and physical recreation activities – Queensland', Cat. no. 4177.0, viewed 27 January 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/EA95B76FAC69728CCA257281001ABC74/\\$File/41770\\_tabl e%2012.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/EA95B76FAC69728CCA257281001ABC74/$File/41770_tabl e%2012.xls)
- <sup>9</sup> id., 2007, *Participation in Sport and Physical Recreation, Australia, 2005-06, Summary*, Cat. no. 4177.0, viewed 27 January 2009, <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Latestproducts/4177.0Main%20Features22005-06?opendocument&tabname=Summary&prodno=4177.0&issue=2005-06&num=&view>
- <sup>10</sup> id., 2007, *Involvement in Organised Sport and Physical Activity, Australia, April 2007*, 'Table 1 Persons involved, selected characteristics by player status and sex: Queensland', data cube: Excel spreadsheet, Cat. no. 6285.0, viewed 16 February 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/\\$File/62850do o4\\_200704.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/$File/62850do o4_200704.xls)
- <sup>11</sup> id., 2008, *Australian Social Trends, Data Cube*, 'Table 2.3 Health, Qld Summary, 1997-2007', data cube: Excel spreadsheet, Cat. no. 4102.0, viewed 23 January 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/4093FD8380442374CA25748E00124BB4/\\$File/41020\\_He alth\\_Indicators\\_2008.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/4093FD8380442374CA25748E00124BB4/$File/41020_He alth_Indicators_2008.xls)
- <sup>12</sup> Medibank Private, 2007, *The cost of physical inactivity: what is the lack of participation in physical activity costing Australia?*, viewed 27 January 2009, [http://www.medibank.com.au/Client/Documents/Pdfs/pyhsical\\_inactivity.pdf](http://www.medibank.com.au/Client/Documents/Pdfs/pyhsical_inactivity.pdf)
- <sup>13</sup> Australian Bureau of Statistics, 2008, *Qld Stats Involvement in organised sport and physical activity, Queensland, April 2007*, Cat. no. 1318.3, viewed 23 January 2009, <http://www.abs.gov.au/AUSSTATS/abs@.nsf/featurearticlesbyCatalogue/F511E7A05C9850B9CA25746E00152DAF?Ope nDocument>
- <sup>14</sup> ibid.
- <sup>15</sup> id., 2007, *Involvement in Organised Sport and Physical Activity, Australia, April 2007*, 'Table 9 Persons With Non-Playing Involvement—By role, sex and qualifications: Queensland', data cube: Excel spreadsheet, Cat. no. 6285.0, viewed 16 February 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/\\$File/62850do o4\\_200704.xls#TopOfTable\\_Table\\_7](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/05DCAFBF9285ADFC257420000D64C5/$File/62850do o4_200704.xls#TopOfTable_Table_7)
- <sup>16</sup> id., 2008, *Sports and Physical Recreation: A Statistical Overview, Australia, 2008 (Edition 2)*, Cat. no. 4156.0, viewed 23 January 2009, <http://www.abs.gov.au/ausstats/abs@.nsf/Products/D27E42BB17EB3458CA2574D6001751C5?opendocument>
- <sup>17</sup> ibid.
- <sup>18</sup> id., 2006, *Volunteers in Sport, Australia, 2006*, 'Table 1 Sport and physical recreation and other volunteers by age and sex', data cube: Excel spreadsheet, Cat. no. 4440.0, viewed 16 February 2009, [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/858B64C111476FB7CA2574F1000EB6C4/\\$File/44400500 1d0002\\_2006.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/o/858B64C111476FB7CA2574F1000EB6C4/$File/44400500 1d0002_2006.xls)