



# LEGISLATIVE ASSEMBLY FOR THE AUSTRALIAN CAPITAL TERRITORY

## SELECT COMMITTEE ON ESTIMATES 2014-2015

Brendan Smyth MLA (Chair), Mary Porter MLA (Deputy-Chair),  
Giulia Jones MLA, Yvette Berry MLA



### ANSWER TO QUESTION TAKEN ON NOTICE DURING PUBLIC HEARINGS

Asked by Ms Berry on 27 June 2014: Mr Barr took on notice the following question(s):

[Ref: Hansard Transcript 27 June 2014 [PAGE 1221]]

In relation to: Chief Health Officer's report

**MS BERRY:** Minister, on page 4 of the report it says that somewhere around 80 per cent of ACT adults participate in sports and recreation. The chief officer's report states that only 59.6 per cent of people are sufficiently physically active. I do not know whether you have seen it, because you were away when it was released.

**MS PORTER:** The health officer?

**MS BERRY:** Sorry; the Chief Health Officer's report.

**Mr Barr:** So you are referring to those levels of participation?

**MS BERRY:** Yes.

**Mr Barr:** And the question was?

**MS BERRY:** Can you explain what "sufficiently physically active" is? Do you know what that is?

**Mr Barr:** In the context of what the Chief Health Officer has said?

**MS BERRY:** Yes.

**Mr Barr:** I would presume that would be the 30 minutes of exercise daily—or is it five times a week? I will check on exactly how many times a week it is, but I think that is the measure that the Chief Health Officer would use. The measures that we use are consistent with all of the ABS nationally collected data. So in order to ensure consistency, we do. Gary, do you want to add anything?

**MINISTER BARR:** The answer to the Member's question is as follows:—

As detailed in Section 4.1 of the ACT Chief Health Officer Report 2014, the ACT General Health Survey shows that the percentage of residents 18 years and over who were sufficiently physically active in 2011-12 was 59.6 per cent. In this context, "sufficiently active" reflects *The National Physical Activity Guidelines for Adults and Older Australians* released by the Department of Health and Ageing in 1999 which suggest that adults should get at least:

- 30 minutes of moderate activity on most days of the week; or
- 150 minutes of moderate activity over five or more sessions, each week.

Approved for circulation to the Select Committee on Estimates 2014-2015

Signature: 

Date: 4.7.14

By the Minister for Sport and Recreation, Andrew Barr MLA