AN ANALYSIS OF THE 2010 EXERCISE, RECREATION AND SPORT SURVEY (ERASS) RESULTS.

Participation of Australians and Tasmanians in Exercise, Recreation and Sport

February 2012
Table of Contents

Introduction ......................................................................................................................................... 1
The Future of ERASS .......................................................................................................................... 1
Definitions ......................................................................................................................................... 1
Total participation ............................................................................................................................... 1
Regular participation: ........................................................................................................................ 2
Participation five or more times per week ....................................................................................... 2
Total participation ............................................................................................................................ 3
Regular participation ........................................................................................................................ 4
Participation five or more times per week ....................................................................................... 5
Regular participation by selected demographic characteristics ................................................... 6
Education level ................................................................................................................................... 6
Employment Status ........................................................................................................................... 6
Language Spoken at Home ................................................................................................................ 6
Total Participation by Gender - Australia ....................................................................................... 7
Total Participation by Gender - Tasmania ....................................................................................... 8
Regular participation by gender ....................................................................................................... 10
Participation five or more times per week by gender ................................................................... 11
Total participation by age ................................................................................................................ 12
Regular participation by age ............................................................................................................ 14
Participation five or more times per week by age ........................................................................ 15
Most popular activities - Australia .................................................................................................. 16
Most popular activities - Tasmania .................................................................................................. 17
Total participation in organised activities ....................................................................................... 18
Regular participation in organised activities .................................................................................. 19
Most popular organised activities - Australia ................................................................................ 20
Most popular organised activities - Tasmania ................................................................................ 21
Summary: 2010 Exercise, Recreation and Sport Survey (ERASS) ................................................................. 22

Key Tasmanian Findings ................................................................................................................................. 22

Gender .......................................................................................................................................................... 22

Age ............................................................................................................................................................. 22

Organised physical activity .......................................................................................................................... 23

Most popular activities ................................................................................................................................. 23
Introduction
The Exercise, Recreation and Sport Survey (ERASS) is funded by the Australian Sports Commission and state and territory government agencies responsible for sport and recreation. ERASS collects information on the frequency, duration, nature and type of activities of persons aged 15 years and over for exercise, recreation and sport during the 12 months prior to interview. ERASS has been collecting this information since 2001.

The 2010 ERASS was conducted quarterly with an annual total of 21,603 respondents. This represents an overall response rate of 23.1 per cent. This paper incorporates selected information from the ERASS Annual Report 2010 to provide an overview of the key findings on the participation of Australians and Tasmanians in activities for exercise, recreation and sport. This paper includes information under the following headings:

- Total participation
- Regular participation
- Participation five or more times per week
- Regular participation by selected demographic characteristics
- Participation by gender
- Participation by age
- Most popular activities
- Participation in organised activities
- Most popular organised activities

Time series and state/national level comparisons are provided where available.

The Future of ERASS
Following a Standing Committee on Recreation and Sport review into options for the most effective means of participation data collection, ERASS will not be continued past 2011. In recognition that ERASS has limitations, including a low and decreasing response rate, and that the Australian Bureau of Statistics (ABS) has superior survey expertise and methodology, the ABS will conduct a biennial participation survey in place of ERASS from 2012.

Definitions
**Total participation:** This is the number of persons aged 15 years and over who participated in physical activity for exercise, recreation and sport at least once over the 12-month period prior to interview.
Regular participation: This is the number of persons aged 15 years and over who participated in physical activity for exercise, recreation or sport at least three times per week* on average. This is the ERASS definition of 'regular' participation in physical activity.

Participation five or more times per week: This is the number of persons aged 15 years and over who participated in physical activity for exercise, recreation or sport five or more times per week.* This measure is included in this paper as it aligns with the national physical activity guidelines minimum frequency recommendation (see page 3).

* 'Per week' statistics are calculated by dividing the number of times individuals participated during the 12 months prior to interview by 52 (the number of weeks in a year).
**Total participation**

In 2010, 82.3 per cent of Australians (14.4 million) aged over 15 years participated at least once in physical activity for exercise, recreation or sport. This is referred to as the total participation rate.

Total participation survey results show a marked increase in physical activity in Australia and Tasmania over the past ten years. However, as can be seen in figure 1, the national trend for increased total participation was reversed in 2009, resulting in a slight decrease in total physical activity participation rates both in Australia and Tasmania.

After reaching a peak level of 83.4 per cent participation rate in 2008, total physical activity participation nationally has fallen 1.1 per cent, but remains at 98.6 per cent of the total participation rate all-time high.

As shown in figure 1, the total physical activity participation rate of Tasmanians has continued to decrease slightly in 2010 after peaking to a ten year high in 2008, falling from 82.7 per cent to 80.3 per cent in 2010.

Tasmania is ranked seventh (down from sixth in 2009) amongst Australia’s states and territories for total participation in 2010, ranking above only the Northern Territory (79.5%).

Historically, Tasmania has been ranked in the bottom three every year the survey has been conducted, except for in 2006 when it ranked third behind only the Australian Capital Territory (87.0%) and Western Australia (83.6%).

**Figure 1: Australian and Tasmanian total participation in physical activity*, 2001 - 2010.**

* Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport at least once over a 12 month period preceding the interview.
Regular participation

The number of Australians participating in three or more physical activity sessions per week fell from an all-time high of 49.3 per cent in 2008 to 47.7 per cent in 2009 and has remained steady in 2010. Participation three or more times per week is referred to as the regular participation rate.

The Tasmanian regular participation rate fell from being slightly higher than the national average in 2008 to below the Australian rate in 2009 and this has continued in 2010, residing at 45.1 per cent - a disparity of 2.6 per cent.

As shown in figure 2, the Tasmanian regular participation rate is up 10.6 per cent from 2001, but is down 4.7 per cent from 2008. The Tasmanian regular physical activity rate remains at 90.5 per cent of its all-time high achieved in 2008.

In 2010 Tasmania ranked last in regular participation rate among Australia’s eight states and territories. The Australian Capital Territory had the highest participation rate, with 53.5 per cent, 8.4 per cent higher than the regular participation rate in Tasmania.

Figure 2: Australian and Tasmanian participation in regular physical activity*, 2001 - 2010.

* Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport three or more times per week over a 12 month period preceding the interview.
Participation five or more times per week

National Physical Activity Guidelines recommend Australians achieve at least 150 minutes of ‘moderate’ level physical activity over at least five sessions per week in order to experience the health benefits of physical activity.

Unlike the regular participation rate for Tasmania, the Tasmanian rate of participation five or more times per week remained stable in 2010, as shown in figure 3. The Australian rate also maintained its 2009 rate at 28 per cent, which Tasmania is on par with.

The 2010 Tasmanian five or more times per week participation rate is at 94.2 per cent of the all-time high achieved in 2008.

Statistics regarding participation five or more times per week have been available since 2005, and since this time Tasmanian levels have increased by 2.1 per cent.

Figure 3: Australian and Tasmanian participation in physical activity five or more times per week*, 2005 – 2010.

* Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport five or more times per week or a 12 month period preceding the interview.
Regular participation by selected demographic characteristics

**Education level**

The results show that regular participation rates in physical activity for Australia and Tasmania are correlated with education levels; regular participation rates increase as the level of education increases.

In Australia, those with a university degree (54.7%), diploma (50.6%) or still at secondary school (51.8%) had the highest regular participation rate. Conversely, the regular participation rate was lowest for those who did not complete the highest level of schooling (39.2%) or who never went to school (34.4%).

The results for Tasmania are similar in 2010; Tasmanians with a university degree or higher qualification had the highest regular participation rate, with 56.2 per cent participating in regular physical activity.

Those with an undergraduate degree or associate diploma have the second highest total regular participation rate at 47.9 per cent. In Australia those who did not complete the 'highest level of school' had the lowest regular participation rate, at 39.2 per cent. This result coincides with Tasmania where those who never completed the 'highest level of school' have the lowest total participation rate of all education levels, at 38.6 per cent.

**Employment Status**

Nationally in 2010 those employed part-time had the highest regular participation rate, at 52.6 per cent, followed by those employed full time (46%) and those who are unemployed (43.3%)

In Tasmania, those employed part-time had the highest regular participation rate, at 51.3 per cent, followed by those not in the labour force (44.8%) and people employed full time (43.6%). Those unemployed have the lowest regular participation rate at 33.2 per cent.

**Language Spoken at Home**

People in households in which a European language other than English is spoken had the highest regular participation rate in 2010, at 48.6 per cent. This figure is ahead of those within English only speaking households at 48.2 per cent and Non-European households at 42.2 per cent.

Tasmanian regular participation rates buck the national trend with people in Non-European language speaking households holding the highest participation rates of 47.6 per cent. This is followed by those in English speaking only households at 45 per cent and European language other than English at 43.3 per cent.

The Tasmanian rates are in contrast to the national results; however state level results regarding European languages other than English and Non-European language speaking households should be interpreted with caution due to the small sample of people from non-English speaking households.
**Total Participation by Gender - Australia**

Males have had a higher total participation rate than females nationally since 2001. However, since 2003 this gap has become quite small.

The national male total participation rate fell from an all-time high in 2008 of 83.7 per cent to 82.6 per cent in 2009 and has increased back up to 83.4 per cent in 2010.

The national female total participation rate also peaked at an equal all-time high in 2008, at 83.1 per cent, and fell in 2009 to 81.4 per cent, and remained stable at 81.1 per cent in 2010.

The changes in male and female participation over time can be seen below in figure 4.

**Figure 4: Australian total participation rates by gender, 2001 - 2010.**
**Total Participation by Gender - Tasmania**

Contrary to national trends where total participation of males has always been greater or equal to that of females, total participation rates for Tasmanian males and females have interchanged several times since 2001.

Male participation rates fell in 2010 to 80.6 per cent, from 82.2 per cent in 2009. Female participation remained stable at 80.1 per cent in 2010. Male total participation rates have been higher than female total participation rates in Tasmania over the last two years of the survey.

Figure 5 shows the fluctuation in total participation rates of Tasmanian males and females over the ten year survey history.

**Figure 5: Tasmanian total participation rates by gender, 2001 - 2010.**
As shown in figure 6, the Tasmanian rates of participation by gender are consistently below the national average. The national rate for males was the only increase in 2010.

Figure 6: National and Tasmanian total participation rates by gender comparison, 2001 – 2010.
Regular participation by gender

Conversely to total participation rate trends, regular participation rates have continuously been higher among females than males. As shown in figure 7, this trend continued in 2010 both nationally and in Tasmania, with significantly higher regular participation rates for females than males.

Female regular participation rates remained stable nationally (50.4% down from 50.6% in 2009), but fell in Tasmania (48.1% down from 50.4% in 2009).

Male regular participation rates also remained stable nationally at 44.9 per cent in 2010, unlike female regular participation, male regular participation also remained stable in Tasmania (41.9% down from 42.6% in 2009).

As shown in figure 7, both male and female regular participation rates in Tasmania are currently lower than the national average.

Figure 7: Australian and Tasmanian regular participation rates by gender, 2001 - 2010.
Participation five or more times per week by gender

In line with the gender differences in regular participation rates, females have a higher rate of participation in physical activity five or more times per week than males.

As shown in figure 8, females have a higher five times or more per week participation rate than males both nationally (29.5% female compared to 26.5% male) and in Tasmania (30.1% female compared to 25.1% male).

Female participation five or more times per week supersedes male participation at this frequency level by 3 per cent nationally and 5 per cent in Tasmania.

Nationally participation five or more times per week in 2010 remained stable for males (26.5%) and females (29.5%).

The gap between male and female participation five or more times per week in Tasmania more than tripled between 2008 and 2010, from 1.3 per cent to 5 per cent, as shown in figure 8.

Figure 8: Australian and Tasmanian rates of participation five or more times per week by gender, 2005 – 2010.
**Total participation by age**

Nationally and in Tasmania there is a trend for total participation rates to decrease as age increases, as shown in table 1.

The highest total participation rate in both Australia and Tasmania is in the 15-24 age group, at 87.7 per cent nationally and 89.2 per cent in Tasmania.

The lowest total participation rate in both Australia and Tasmania is in the 65 years and over age group, at 72.2 per cent nationally and 70.5 per cent in Tasmania.

However, the 65 year and over age group has experienced the largest increase in total participation since 2001. In Australia, the total participation rate of the 65 years and over age group has increased by over 10 per cent in this time, from 60.1 per cent in 2001 to 72.2 per cent in 2010.

As shown in figure 9 (next page) this trend also exists in Tasmania, where the total participation of the 65 years and over age group has also increased by ten per cent, from 59.0 per cent in 2001 to 70.5 per cent in 2010.

The age groups of 35-44, 45-54, 55-64 and 65 years and over have all experienced increases in total participation since 2001. Total participation of those aged below 35 years has remained relatively constant since 2001, as illustrated in table 1 below.

**Table 1: Australian and Tasmania total participation rates by age, 2001 and 2010.**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Australia 2001</th>
<th>Australia 2010</th>
<th>Tasmania 2001</th>
<th>Tasmania 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>88.8</td>
<td>87.7</td>
<td>90.5</td>
<td>89.2</td>
</tr>
<tr>
<td>25-34</td>
<td>85.3</td>
<td>86.1</td>
<td>84.0</td>
<td>82.3</td>
</tr>
<tr>
<td>35-44</td>
<td>80.6</td>
<td>85.1</td>
<td>79.0</td>
<td>86.3</td>
</tr>
<tr>
<td>45-54</td>
<td>75.4</td>
<td>82.1</td>
<td>77.3</td>
<td>78.1</td>
</tr>
<tr>
<td>55-64</td>
<td>70.2</td>
<td>78.7</td>
<td>70.6</td>
<td>77.5</td>
</tr>
<tr>
<td>65+</td>
<td>60.1</td>
<td>72.2</td>
<td>59.0</td>
<td>70.5</td>
</tr>
</tbody>
</table>
Figure 9: Tasmanian total participation rates by age, 2001 – 2010.
Regular participation by age

Nationally in 2010, 15-24 year olds had the highest regular participation rate, at 50.3 per cent. As shown in figure 10, this was closely followed by the 55-64 age group, at 49.1 per cent.

Those aged in-between 25-34 years of age had the lowest regular participation rate nationally, at 45.7 per cent, just below that of the 35-44 age group, at 46 per cent.

Tasmanians aged 35-44 years had the highest regular participation rate in 2010, at 49.3 per cent, 3.3 per cent higher than the national average for this age group, as shown in figure 10.

Those aged 45-54 years had Tasmania’s lowest regular participation rate, at 39.4 per cent, 8.9 per cent below the national average for this age group.

Figure 10: Australian and Tasmanian regular participation rate by age, 2010.
Participation five or more times per week by age

Nationally in 2010, those aged 55-64 years had the highest rate of participation five or more times per week, at 31.9 per cent. Those aged 35-44 years had the lowest rate of participation five or more times per week nationally, at 24.7 per cent.

In Tasmania in 2010, those aged 25-34 years increased by 11.8 per cent, 4.4 per cent higher than the national average for this age group.

Tasmanians aged 45-54 years experienced an 8.3 per cent decrease in participation five or more times per week, from 31.2 per cent in 2009 to 22.9% in 2010, 5.2 per cent below the national rate for this age group.

Figure 11: Australian and Tasmanian participation five or more times per week by age, 2010.
Most popular activities - Australia

Since the ERASS survey began in 2001, walking has remained the number one physical activity in terms of total participation rates both nationally and in Tasmania, for both females and males.

The top 10 Australian physical activities have encompassed the same top 10 activities during the history of the survey. The 2010 ranking and participation rate of these activities can be seen below in Table 2.

Of the top 10 most popular national activities, aerobics has experienced the largest participation rate increase of all activities, increasing from 13 per cent to 23.5 per cent over the ten year survey history.

The second largest participation rate increase has been in running, increasing from 7.2 per cent in 2001 to 10.6 per cent in 2010.

The largest participation rate decrease has occurred in tennis, which has fallen from 9.2 per cent in 2001 to 6.0 per cent in 2010.

Swimming experienced the greatest annual decrease in participation falling from 14.1 per cent in 2009 to 13.0 per cent in 2010. Cycling had the greatest annual increase of 0.8 per cent from 2009 to 2010.

Table 2: Top 10 physical activities in Australia, 2009 & 2010.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>2010 Participation rate (%)</th>
<th>2009 Participation rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Walking (other than bush)</td>
<td>35.9</td>
<td>36.1</td>
</tr>
<tr>
<td>2</td>
<td>Aerobics/ Fitness</td>
<td>23.5</td>
<td>22.9</td>
</tr>
<tr>
<td>3</td>
<td>Swimming</td>
<td>13.0</td>
<td>14.1</td>
</tr>
<tr>
<td>4</td>
<td>Cycling</td>
<td>11.9</td>
<td>11.1</td>
</tr>
<tr>
<td>5</td>
<td>Running</td>
<td>10.6</td>
<td>11.0</td>
</tr>
<tr>
<td>6</td>
<td>Golf</td>
<td>6.7</td>
<td>6.4</td>
</tr>
<tr>
<td>7</td>
<td>Tennis</td>
<td>6.0</td>
<td>6.4</td>
</tr>
<tr>
<td>Equal 8</td>
<td>Football (outdoor)</td>
<td>4.8</td>
<td>5.1</td>
</tr>
<tr>
<td>Equal 8</td>
<td>Walking (bush)</td>
<td>4.8</td>
<td>5.0</td>
</tr>
<tr>
<td>10</td>
<td>Netball</td>
<td>3.7</td>
<td>4.0</td>
</tr>
</tbody>
</table>
**Most popular activities - Tasmania**

The top 10 physical activities participated in by Tasmanians in 2010 (total participation) is similar to the national top 10, with two exceptions. As illustrated in table 3, Australian rules football and fishing have both made their way into the Tasmanian top 10, differing from the Australian top 10 which instead includes netball and football (outdoor).

Football (outdoor) fell from eighth on the 2008 Tasmanian top ten list, at 4.8 per cent, to eleventh in 2009, at 3.5 per cent and to twelfth in 2010 at 3.3 per cent.

Walking (other than bush) experienced the greatest annual decrease in participation, decreasing by 3 per cent (38.4% down from 41.4% in 2009). As per the national results for most popular activities, cycling had the greatest annual increase in Tasmania of 2.2 per cent, followed by walking (bush) which increased by 1.3 per cent between 2009 and 2010.

**Table 3: Top 10 physical activities in Tasmania, 2009 and 2010.**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>2010 Participation rate (%)</th>
<th>2009 Participation rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Walking (other than bush)</td>
<td>38.4</td>
<td>41.4</td>
</tr>
<tr>
<td>2</td>
<td>Aerobics/ Fitness</td>
<td>17.7</td>
<td>16.5</td>
</tr>
<tr>
<td>3</td>
<td>Swimming</td>
<td>11.5</td>
<td>11.6</td>
</tr>
<tr>
<td>4</td>
<td>Cycling</td>
<td>11.1</td>
<td>8.9</td>
</tr>
<tr>
<td>5</td>
<td>Walking (Bush)</td>
<td>9.0</td>
<td>7.7</td>
</tr>
<tr>
<td>6</td>
<td>Running</td>
<td>8.0</td>
<td>7.8</td>
</tr>
<tr>
<td>7</td>
<td>Golf</td>
<td>6.0</td>
<td>6.6</td>
</tr>
<tr>
<td>8</td>
<td>Australian rules football</td>
<td>4.4</td>
<td>5.3</td>
</tr>
<tr>
<td>9</td>
<td>Fishing</td>
<td>4.1</td>
<td>3.9</td>
</tr>
<tr>
<td>10</td>
<td>Tennis</td>
<td>4.1</td>
<td>3.8</td>
</tr>
</tbody>
</table>
**Total participation in organised activities**

In 2010, 40.0 per cent of Australians participated at least once in physical activity organised by a club, association, fitness centre or other organisation.

As shown in figure 12, there has been an overall trend for total participation in organised physical activity to decrease over the last five years, with the exception of a slight increase in 2008 and 2010.

Nationally, total participation in organised activity is on par with the 2001 rate and is currently at 93.6 per cent of the all-time high reported in 2003 and 2004.

Total participation in organised activities in Tasmania also remained constant in 2010. However, the 2010 rate is still 3.9 per cent below the 2001 rate of 42.7 per cent, which remains the all-time high for total Tasmanian participation in organised activities.

**Figure 12: Australian and Tasmanian total participation in organised activities, 2001 – 2010.**

Tasmania ranked equal sixth amongst Australian states or territories with regard to total organised participation in 2010, 3.2 per cent behind the Australian Capital Territory which had the highest rate at 42.0 per cent.

Both nationally and in Tasmania, males had a higher rate of total organised participation than females in 2010. Nationally, 42.6 per cent of males participated in organised physical activity at least once in the 12 months prior to survey, compared to 37.4 per cent of females.

In Tasmania in 2010, 42.6 per cent of males participated in organised physical activity at least once in the 12 months prior to survey, compared to 37.4 per cent of females.
Regular participation in organised activities

During 2010, 12.0 per cent of Australians participated in regular physical activity organised by a club, association, fitness centre or other organisation.

Whilst the total proportion of Australians participating in organised activity is declining, a greater proportion of those who are participating are doing so regularly, with regular participation in organised activity increasing since 2001.

Figure 13 shows regular participation of Australians in organised activity has increased by 2.6 per cent since 2001 and was at an all-time high of 12.3 per cent in 2009.

Tasmania’s rate of regular participation in organised activities dropped slightly in 2009 after gradually increasing over the previous two years and has increased slightly to 11.2 per cent in 2010.

Figure 13: Australian and Tasmanian regular participation in organised activities, 2001 - 2010.

Regular participation in organised activity is 2.4 per cent higher for Tasmanian males than Tasmanian females, with 12.4 per cent of males participating regularly in organised activity compared to 10.0 per cent of females. The national trend is the same, although the gap between males and females is much smaller (12.2% compared to 11.9% respectively).
Most popular organised activities - Australia

Table 4 shows the top 10 organised activities in Australia in 2010 (total participation).

Touch football had the largest participation rate increase of all activities from 2009 to 2010, increasing from tenth (1.8%) in 2009 to equal seventh (2.3%) in 2010.

Minor decreases were experienced by Aerobics, Netballs and Tennis – all dropping by 0.3 per cent.

Table 4: Top 10 organised physical activities in Australia, 2009 and 2010.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>2010 Participation rate (%)</th>
<th>2009 Participation rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aerobics</td>
<td>7.1</td>
<td>7.4</td>
</tr>
<tr>
<td>Equal 2</td>
<td>Football (outdoor)</td>
<td>3.4</td>
<td>3.4</td>
</tr>
<tr>
<td>Equal 2</td>
<td>Golf</td>
<td>3.4</td>
<td>3.3</td>
</tr>
<tr>
<td>4</td>
<td>Netball</td>
<td>3.1</td>
<td>3.4</td>
</tr>
<tr>
<td>5</td>
<td>Australian rules football</td>
<td>2.6</td>
<td>2.2</td>
</tr>
<tr>
<td>6</td>
<td>Tennis</td>
<td>2.4</td>
<td>2.7</td>
</tr>
<tr>
<td>Equal 7</td>
<td>Touch football</td>
<td>2.3</td>
<td>1.8</td>
</tr>
<tr>
<td>Equal 7</td>
<td>Basketball</td>
<td>2.3</td>
<td>2.4</td>
</tr>
<tr>
<td>9</td>
<td>Cricket (outdoor)</td>
<td>2.1</td>
<td>2.0</td>
</tr>
<tr>
<td>Equal 10</td>
<td>Lawn Bowls</td>
<td>1.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Equal 10</td>
<td>Dancing</td>
<td>1.9</td>
<td>1.7</td>
</tr>
</tbody>
</table>
Most popular organised activities - Tasmania

Table 5 shows the top ten organised physical activities in Tasmania in 2010 (total participation).

The most prevalent difference between the Australian and Tasmanian top ten organised activity lists is that the number ninth organised activity in Tasmania is Football (outdoor), which ranks second on the national list. Also of note is Touch Football which ranks equal seventh on the Australian list however is not in the Tasmanian top ten organised list.

Total participation of Tasmanians in organised Australian rules football decreased by 1.1 per cent from 2009 to 2010, moving down from first on the list to third.

Table 5: Top 10 organised physical activities in Tasmania, 2009 and 2010.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>2010 Participation rate (%)</th>
<th>2009 Participation rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aerobics/fitness</td>
<td>6.2</td>
<td>4.3</td>
</tr>
<tr>
<td>2</td>
<td>Golf</td>
<td>4.0</td>
<td>3.8</td>
</tr>
<tr>
<td>3</td>
<td>Australian rules football</td>
<td>3.3</td>
<td>4.4</td>
</tr>
<tr>
<td>4</td>
<td>Netball</td>
<td>3.2</td>
<td>2.8</td>
</tr>
<tr>
<td>5</td>
<td>Basketball</td>
<td>2.9</td>
<td>2.5</td>
</tr>
<tr>
<td>6</td>
<td>Cricket (outdoor)</td>
<td>2.8</td>
<td>3.0</td>
</tr>
<tr>
<td>Equal 7</td>
<td>Running</td>
<td>2.3</td>
<td>2.6</td>
</tr>
<tr>
<td>Equal 7</td>
<td>Tennis</td>
<td>2.3</td>
<td>1.4</td>
</tr>
<tr>
<td>9</td>
<td>Football (outdoor)</td>
<td>2.2</td>
<td>3.0</td>
</tr>
<tr>
<td>Equal 10</td>
<td>Lawn Bowls</td>
<td>2.0</td>
<td>2.1</td>
</tr>
<tr>
<td>Equal 10</td>
<td>Dancing</td>
<td>2.0</td>
<td>1.8</td>
</tr>
</tbody>
</table>
Summary: 2010 Exercise, Recreation and Sport Survey (ERASS)

Key Tasmanian Findings

The past ten years of survey results show a moderate trend of increased physical activity in Tasmania. **Total participation** in physical activity has **increased by 3.1 per cent since 2001** (when it was 77.2%) to **80.3 per cent in 2010**.

Encouragingly, participation of Tasmanians in **regular physical activity, that is three or more times per week**, has **increased 10.6 per cent since 2001** (when it was 34.5%), to **45.1 per cent in 2010**. The Tasmanian rate is 2.6 per cent lower the national rate (47.7%).

Data collection relating to participation in physical activity **five or more times per week** began in 2005 and since then Tasmanian participation at this frequency level has **increased by 2.1 per cent**, with **27.7 per cent** of Tasmanians undertaking this level of physical activity in 2010. Again, the Tasmanian rate is on par with the national rate (28%).

**Gender**

Total participation in Tasmania was equal for males (80.6%) and females (80.1%).

Male total participation has increased by 4.9 per cent since 2001 (75.7%), while female total participation has increased by 1.5 per cent since 2001 (78.6%).

Whilst Tasmanian males and females have equal total participation rates, females have a higher rate of regular participation than males (48.1% compared to 41.9%) and a higher rate of participation five or more times per week (30.1% compared to 25.1%).

However, participation in organised activity is higher for males. Males have a higher rate of total participation in organised activity (41.1% male compared to 36.6% female) and regular participation in organised activity (12.4% male compared to 10% female).

**Age**

In Tasmania, total participation remains highest among those aged 15-24 years (89.2%) and decreases with age, with the exception of the 35 to 44 year age bracket.

In 2010, the total participation rate of those aged 65 years and over was 70.5 per cent. However, although they have the lowest participation rate, the 65 years and over age group has experienced the greatest increase in total participation since 2001, increasing by 11.5 per cent during this time.

In 2010, the 35-44 year age group had the highest rate of regular participation in Tasmania, at 49.3 per cent. The lowest rate of regular participation was among those aged 45-54 years, at 39.4 per cent.
The 15-24 year age group also had the highest rate of participation five or more times per week (31.0%), with those aged 65 years and over closely aligned at 30.1 per cent. Those aged 45 to 54 years were least likely to participate five or more times per week (22.9%).

**Organised physical activity**

During 2010, 38.8 per cent of Tasmanians participated at least once in physical activity organised by a club, association, fitness centre or other organisation. This represents a 3.9 per cent decrease in total organised activity in Tasmania since 2001, when it was at an all-time high of 42.7 per cent.

In 2010 11.2 per cent of Tasmanians participated regularly in physical activity organised by a club, association, fitness centre or other organisation. Regular participation in organised physical activity has remained fairly steady over the survey history and is currently 1.3 per cent higher than the 2001 rate.

**Most popular activities**

The most popular physical activity for both males and females in 2010, nationally and in Tasmania was walking, with 38.4 per cent of Tasmanians aged over 15 years participating in the activity at least once in the 12 months prior to survey. Walking is followed by aerobics, swimming, cycling and bush walking to make up the top five activities (organised and non-organised).

The most popular organised physical activity in Tasmania is aerobics, followed by golf, Australian rules football, netball and basketball to make up the top five organised activities.