



# Australian Secondary Students' Alcohol and Drug Survey 2022/23

## Western Australian Results: Physical activity and sedentary behaviour

### Physical activity key findings

#### In the week prior to the survey:

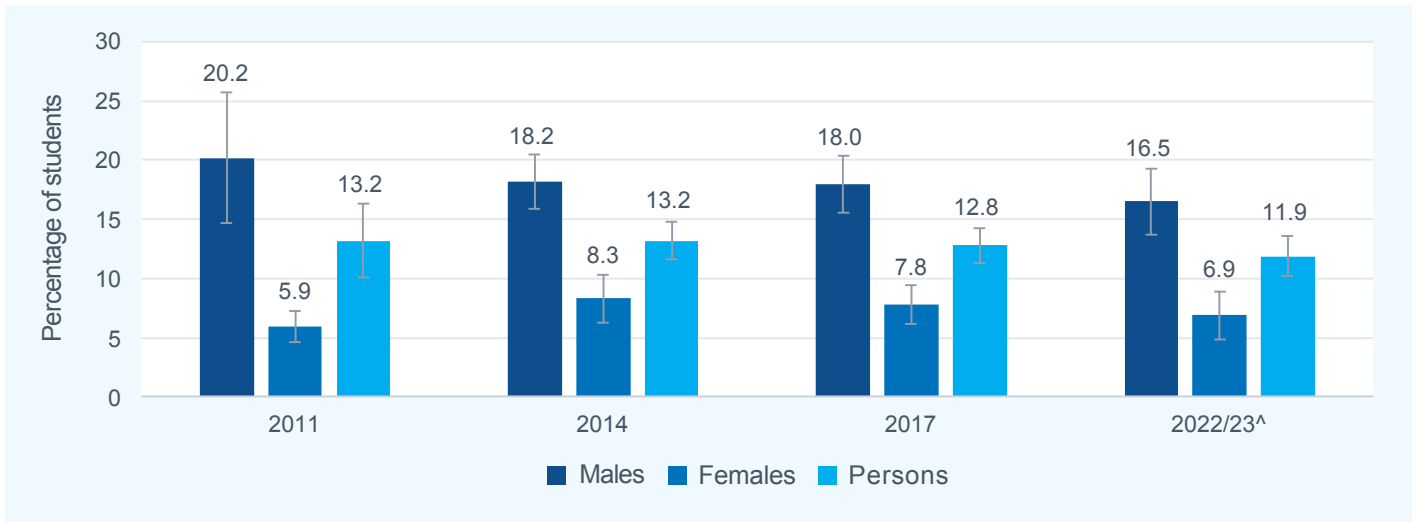
- One in 8 (12 per cent) students reported meeting the recommended physical activity guidelines (Figure 1; Box 1).
- As in previous years, males (17 per cent) were significantly more likely to report meeting the recommended physical activity guidelines than females (7 per cent).
- The proportion of males who reported zero days where they were physically active for at least 60 minutes has significantly increased from 5 per cent in 2011 to 11 per cent in 2022/23.
- Since 2011, the proportion of males who reported meeting the recommended physical activity guidelines has consistently decreased. Similarly, the proportion of females who reported meeting the recommended physical activity guidelines has decreased since 2014.

#### Box 1: Australian 24-Hour Movement Guidelines<sup>1</sup>

For children and young people (5–17 years):

- Children and young people should accumulate at least 60 minutes (and up to several hours for additional health benefits) of moderate to vigorous intensity physical activity every day. This should include a variety of aerobic activities as well as activities that strengthen muscle and bone.
- Break up long periods of sitting as often as possible. Limit sedentary recreational screen time to no more than 2 hours a day. This does not include screen time use for educational activities. When using screen-based electronic media, positive social interactions and experiences are encouraged.

**Figure 1. Proportion of students (12–17 years) reporting sufficient weekly physical activity\* in the week prior to the survey, 2011, 2014, 2017 and 2022/23.**



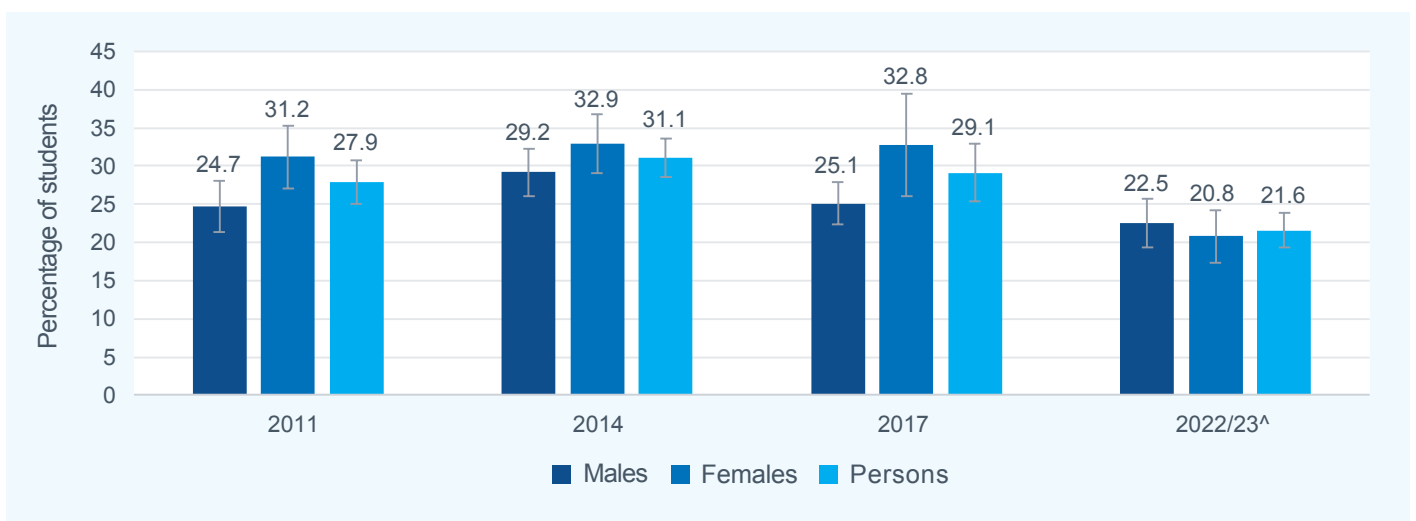
\* The Australian 24 Hour Movement Guidelines recommends at least 60 minutes of moderate to vigorous intensity physical activity every day. <sup>^</sup> Caution should be exercised when comparing 2022/23 to previous years (for further details refer to the methodology section).

### Sedentary behaviour key findings

Based on reported recreational screen time for an average school day:

- One in 5 (22 per cent) students met the recommended sedentary recreational screen time guidelines to limit use of electronic media for entertainment to no more than 2 hours per day (Figure 2; Box 1). This proportion has decreased significantly since 2014 and 2017 where one in 3 students met the guidelines (31 per cent and 29 per cent respectively).
- The proportion of females reporting meeting the recommended sedentary recreational screen time guidelines has significantly decreased from 33 per cent in 2017 to 21 per cent in 2022/23.
- Between 2011 and 2022/23, the proportion of students reporting electronic media use of 5 hours or more per day increased from 39 per cent to 54 per cent. This trend is more pronounced in females, with 36 per cent of females reporting 5 or more hours per day of electronic media use in 2011 compared to 57 per cent in 2022/23.

**Figure 2. Proportion of students (12–17 years) reporting meeting the recreational screen time recommendations\* on an average school day in 2011, 2014, 2017 and 2022/23**



\* The Australian 24 Hour Movement Guidelines recommends no more than 2 hours of sedentary recreational screen time each day for children and young people. <sup>^</sup> Caution should be exercised when comparing 2022/23 to previous years (for further details refer to the methodology section).

## Technical notes

### Purpose of the survey

The Australian Secondary Students' Alcohol and Drug (ASSAD) survey provides a snapshot of alcohol, tobacco and other drug use among secondary school students aged 12 to 17 years across the state. The survey has been conducted every 3 years since 1984. Questions relating to physical activity and sedentary behaviour have been previously included in 2011, 2014 and 2017. In 2020, the survey was postponed due to COVID-19 and conducted from March 2022 to July 2023.

### Who took part in 2022/23?

In 2022/23, 182 secondary schools were selected from a random sample of government, Catholic and independent schools, and were invited to take part in the survey. Of these, 20 schools (11 per cent) agreed to participate. From the schools that took part, 1,817 students provided valid responses for age and gender and were included in the final sample.

### Methodology

In 2022/23, the survey was completed via an online questionnaire for the first time. To provide population estimates and to address any over or under sampling, survey responses were weighted to the appropriate Western Australian population group by age, gender and school type.

Comparisons of results between previous years and 2022/23 need to be read with caution due to methodological changes in survey administration, delay in data collection due to COVID-19 and a smaller sample size than previous years staggered over 2 academic years.

### Acknowledgements

The WA Department of Health wishes to thank the staff at System Performance, Mental Health Commission (WA) for their work in administering the ASSAD survey in WA. The Department also wishes to thank the Centre for Behavioural Research in Cancer, Cancer Council Victoria for preparing the data for the analysis presented in this bulletin and for their lead role in coordinating the survey nationally.

### Suggested citation

Chronic Disease Prevention Directorate. *Australian Secondary Students' Alcohol and Drug Survey 2022/23: Western Australian results – Physical Activity and Sedentary Behaviour*. Perth: Department of Health, Western Australia; 2024.

### References

- 1 Department of Health and Aged Care, Government of Australia. *Australia's physical activity and exercise guidelines for all Australians*. Canberra: Commonwealth of Australia, 2019. Available from: [https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians?utm\\_source=health.gov.au&utm\\_medium=callout-auto-custom&utm\\_campaign=digital\\_transformation](https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation)
- 2 Chronic Disease Prevention Directorate. *Australian Secondary Students' Alcohol and Drug Survey 2017: Western Australian Results: Physical Activity and Sedentary Behaviour*. Perth: Department of Health, Western Australia; 2021. Available from: <https://www.health.wa.gov.au/~media/Corp/Documents/Health-for/Chronic-Disease-Prevention/ASSAD-Physical-Activity-Bulletin-2017.pdf>

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