



**The Provision and
Promotion of
Physical Activity
Opportunities to Staff of
Royal Perth Hospital**

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on behalf of the RPH Health Promotion Committee.

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EXECUTIVE SUMMARY

Introduction

In 2001, the RPH Health Promotion Committee was successful in gaining funding to conduct a study to identify the physical activity opportunities available to employees of RPH and establish recommendations for providing and promoting physical activity initiatives at work.

The Royal Perth Hospital Health Promotion Committee recognised that sedentary occupations may affect employees' access to regular physical activity opportunities. They therefore identified the need to provide and promote appropriate and convenient physical activity opportunities to staff. The results and recommendations from the study are presented in this report.

Methodology

The study was completed in two phases:

1. Key informants were interviewed to identify facilities and programs available for RPH staff to access.
2. A staff survey was conducted to establish recommendations for the RPH Health Promotion Committee to plan and implement future physical activity programs for staff at RPH.

Results

Four physical activity facilities and 12 programs were identified.

Over one half (56%) of respondents reported participating in physical activity levels that meet the National Physical Activity Guidelines for Australians. When compared to state and national data, a higher percentage of RPH respondents achieved the recommended physical activity levels required for good health.

Almost one third of respondents (32%) reported being physically active at work. The main barriers to accessing physical activity opportunities in the workplace were time constraints, workload and inadequate promotion of physical activity opportunities. Staff recommended that team sports and activities were the best methods to encourage people to be active at work.

There was no relationship between the amount of hours spent reading, watching TV or using a computer at work and physical activity levels.

Conclusion

Based on the data collected, the Health Promotion Committee should work in collaboration with Staff Amenities, Facilities Management and other providers of facilities and programs to maintain staff physical activity levels.

RECOMMENDATIONS

- Adopt a comprehensive approach to advertising physical activity programs and facilities available by:
 - Producing a flier to display the results from key informants and the staff survey, and distribute throughout the hospital.
 - Developing a Health Promotion Committee Intranet page to advertise upcoming health promotion events for staff and provide links to existing sites, including Staff Amenities and Statewest’s Corporate Challenge.
 - Establishing an email and mail distribution list of key contacts within RPH departments who will distribute information on physical activity opportunities to staff.
- Reduce barriers to accessing physical opportunities in the workplace by:
 - Developing and promoting a map that indicates where facilities are located at RPH (eg. Health Fitness Centre and recreation areas). The map could also indicate the location of public transport, bike racks, shower and change-room facilities, car pooling carparks and walkways to promote using “environmentally friendly” routes to work.
 - Conducting physical activity programs predominantly during lunch times (12pm –2pm) and after work (5pm onwards) and inform other services to provide programs during this time.
 - Implement strategies to increase the number of females who are active at work by consulting with female employees to identify their physical activity needs.
 - Provide a variety of fun physical activity opportunities to cater for all fitness levels throughout the year. Focus particularly on implementing fun inter-departmental team activities that provide incidental physical activity opportunities.
- Focus on promoting the fun aspect of participating in physical activity rather than the fitness factor.
- Implement a campaign to promote the National Physical Activity Guidelines at RPH and link to state and national physical activity campaigns.
- Continue to monitor staff physical activity levels by implementing the staff physical activity survey. However, in the future, include a question to record the frequency and duration of gardening, household duties and other yard duties, so they can be accounted for in data analysis.

1.0 INTRODUCTION

Royal Perth Hospital (RPH) is Western Australia's premier teaching hospital with 3857 full-time staff employed. Occupations range from medical and clinical services, and nursing to administrative services, information technology and finance (Employee Induction Working Party, 1998).

In 1998, the Eastern Perth Public and Community Health Unit (EPPCHU) worked with RPH to establish a health promotion committee as part of the health promoting hospitals project. The committee was established to increase the role of RPH in promoting good health and well-being to staff and patients. The committee consists of key representatives from various RPH departments who attend meetings on a voluntary basis.

At RPH many staff are employed in sedentary occupations, therefore a high proportion of employees may not participate at the recommended national physical activity levels for good health. The RPH Health Promotion Committee recognised these occupations may affect employees' access to regular physical activity opportunities. Consequently, the committee identified the need to work with RPH departments to provide and promote appropriate and convenient physical activity opportunities to staff.

In 1999, RPH Staff Amenities secured a small grant to establish infrastructure and networks to support staff walking and other physical activity initiatives. However this was only sustainable for the duration of funding. Further investigation was required to build the capacity for health promotion and physical activity promotion at RPH. As a result, a proposal was developed to conduct a study to identify the physical activity opportunities available to employees at work and establish recommendations for providing and promoting physical activity initiatives at RPH.

In 2001, the RPH Health Promotion Committee was successful in gaining funding for the study through the EPPCHU Physical Activity Small Grants Scheme.

Endorsement of the study was sought from RPH's Director of Clinical Services before commencing the study.

The study has been divided into two phases:

- Phase One: *Interviews with Key Informants.*
- Phase Two: *Staff Physical Activity Survey.*

The results and recommendations from phase one and two of the study are presented in this report. The opportunities identified will be documented and promoted to staff at the Wellington Street Campus to increase the number of people participating in regular physical activity.

2.0 AIM AND OBJECTIVES

The Health Promotion Committee aim to build the capacity for health promotion and physical activity promotion at RPH by conducting a study to identify the physical activity opportunities available to employees at work and establish recommendations for providing and promoting physical activity initiatives at RPH.

The study primarily targets all RPH staff working at the Wellington Street Campus in departments where sedentary occupations are predominant.

The specific objectives of the study are to:

- Increase the number of RPH staff working at the Wellington Street Campus in departments where sedentary occupations are predominant, who participate in the recommended national physical activity levels.
- Increase the number of key contacts in RPH departments so the RPH Health Promotion Committee can work with departments to increase the support for health promotion action in the hospital.
- Increase the number of strategies to enable sustainability of health promotion programs at RPH.
- Identify the link between sedentary occupations and physical activity levels.

A 12-month follow-up study will be conducted to measure the impact of the outcomes of this study on staff physical activity levels.

3.0 LITERATURE REVIEW

3.1 Physical activity and health

Physical inactivity is recognised as a major modifiable risk factor in reducing the risk of developing cardiovascular disease, diabetes, injuries and reducing symptoms of stress, anxiety and depression (Armstrong, Bauman and Davies, 2000).

Physical inactivity accounts for 7% of the total burden of disease in Australia and is second to tobacco smoking in terms of the importance of implementing preventative health messages for reducing CVD (Mathers, Vos and Stevenson, 1999). It has been estimated that the direct health care costs attributable to physical inactivity are approximately \$377 million per year, nationally (Commonwealth Department of Health and Aged Care, 2000).

To reduce the risk of developing lifestyle diseases, the National Physical Activity Guidelines for Australians (1999) recommend people participate in 30 minutes of moderate-intensity physical activity on most, preferably all days of the week. Moderate physical activity has been defined as activities performed at a level in which you notice a slight increase in breathing and heart rate. Examples of moderate-intensity activity include brisk walking, cycling, dancing or swimming.

The moderate-intensity recommendation, which underpins the current approaches to encourage participation in physical activity, is designed to appeal to and promote health across entire populations (Sallis and Owen, 1999).

3.2 Levels of physical activity

There are currently no nationally accepted uniform procedures for the collection and analysis of data on physical activity in Australia. Therefore the differences in data collection and analysis and subsequent results, often make it difficult to compare national, state and local physical activity levels.

In 1999, a national survey by the Australian Institute of Health and Welfare found that 45% of the Australian population were participating at the recommended national physical activity levels¹. The same survey reported approximately 15% of the adult population completed no leisure time physical activity in the week prior to the survey. Between 1997 and 1999 the proportion of Australians participating in 'sufficient' physical activity levels had declined (Armstrong, Bauman and Davies, 2000).

Bull et al (2000) reported that 58% of Western Australians were 'sufficiently' active² and 12% reported doing no physical activity in the week prior to completing the survey.

¹ Calculated as 150 minutes, (using the sum of walking, moderate and vigorous activity (weighted by two)) and 5 sessions per week.

² Calculated as 150 minutes of moderate physical activity over 5 sessions, or 60 minutes of vigorous physical activity per week.

3.3 Worksites as a setting for health promotion

Worksites, particularly health care institutions, have been identified as an ideal setting for health promotion (DiNubile & Sherman, 1999; and Poland, Green and Rootman, 2000). According to Poland, Green and Rootman (2000), there is a need for health care institutions to evaluate the health of their employees. Hospital staff often work long and sometimes irregular hours and have many physical, psychological and social demands both inside and outside the work environment.

Worksite health promotion programs have high participation rates and often have the existing infrastructure to support staff and established communication strategies to complement programs. The workplace is therefore identified as a suitable setting for implementing health promotion initiatives to improve the health and well being of staff. Worksite wellness programs reduce health care costs, absenteeism, injury rates and improve job performance, productivity and morale (DiNubile & Sherman, 1999).

4.0 METHODOLOGY

4.1 Phase one: interviews with key informants

4.1.1 Purpose of phase one

The purpose of phase one of the study was to conduct face-to-face interviews with key informants and document features of these physical activity facilities and programs. Key informants were defined as individuals, organisations or departments coordinating physical activity facilities and programs available to RPH staff.

4.1.2 Phase one outcomes

Phase one aimed to identify:

- Physical activity facilities and programs available to RPH staff.
- Access to each facility or program (eg. cost, location, time conducted, showers available).
- How each identified facility and program is promoted to RPH staff.
- Safety and security characteristics of the identified facilities and programs (eg. lighting, lockers available for personal belongings).
- Current use of each identified facility or program by staff (eg. how many staff access the gym or pool, how many currently participate in specific physical activity programs).
- The methods used by staff to book access to each facility or program (eg. contact person/position/department and phone number).
- Policies that concern the physical activity facilities and programs at RPH.

4.1.3 Sample selection

Members of the RPH Health Promotion Committee identified key informants within and around the vicinity of RPH. Phone calls were made to key sport and recreation services in Western Australia to identify key informants in the RPH Wellington Street catchment area.

4.1.4 Survey instrument

Examples of physical activity audits and health promotion checklists were obtained from various sources to generate ideas for developing the survey instrument. These checklists included the *Towards Walk Friendly Environments: A Local Government Assessment Guide* (Ministry of Sport and Recreation, 1999) and the *Healthy Hospital Index* (Hilber, 1997).

A Health Promotion student from Curtin University's School of Health Promotion developed the survey instrument with supervision from a Research Officer and Health Promotion Officer.

The survey instrument consisted of 59 filtered questions. Qualitative and quantitative data were collected by means of open-ended and closed questions. The survey instrument was divided into four sections (see Appendix A):

- Facilities;
- Programs;
- Information resources; and
- General information.

Questions focused on characteristics of the programs and/or facilities identified such as access, cost, booking details, policies, promotion and physical activity information resources available. Self-reported baseline data were also obtained to determine a profile of RPH employees who use the program or facility.

The survey instrument was piloted with two individuals employed in similar positions to the identified key informants, but whose services were not available to RPH staff. Pilot participants tested the face and content validity of the instrument. Minimal changes were made to the methodology and survey instrument as a result of the pilot.

4.1.5 Data collection

Facilities Management at RPH was contacted to obtain data on staff access to the RPH Health and Fitness Centre. The data collected measured the number of times people accessed the gym and swimming pool within a six-month period (January – June 2001). This data showed the gender, department, time and day of the employee's visit. A profile of employees' access to the facility could be developed from the information obtained.

The health promotion student organised key informant interviews, conducted the face-to-face interviews, analysed the data from Facilities Management and assisted with general administrative duties.

Contact was made with key informants via the telephone to organise a time and venue for interviews to be conducted. Key informants were asked to nominate a time and location convenient to them. The interviews took approximately 30 minutes and responses were documented with the aid of a tape recorder. Some prompts were made during the interviews to enhance the quality and quantity of data collected.

The key informant interviews were conducted in July 2001 over a two-week period.

4.2 Phase two: staff physical activity survey

4.2.1 Purpose of phase two

The purpose of phase two of the study was to establish recommendations for the RPH Health Promotion Committee to plan and implement future physical activity programs for staff at RPH and identify the link between sedentary occupations and physical activity levels. This was achieved by surveying staff of selected RPH departments (Wellington Street Campus) where sedentary occupations were predominant. Sedentary occupations were those which require much sitting and little physical activity.

4.2.2 Phase two outcomes

Phase two aimed to achieve the following outcomes:

- Describe the types of physical activity staff participate in.
- Compare staff physical activity levels against the National Physical Activity Guidelines for Australians.
- Identify the proportion of staff who know/can describe the National Physical Activity Guidelines for Australians.
- Determine staff readiness to participate in physical activity at work.
- Identify what staff perceive are the benefits of a physically active workforce.
- Identify staff knowledge of physical activity facilities and programs available at work.
- Determine staff levels of physical activity at work.
- Identify barriers to participation in physical activity at work.
- Provide staff with the opportunity to make recommendations to improve the provision and promotion of physical activity opportunities at work.
- Identify effective communication strategies to promote facility and program information.
- Identify usual mode of transport to work for staff.

4.2.3 Sample selection

Members of the RPH Health Promotion Committee identified RPH departments where sedentary occupations were predominant. Key personnel in RPH were also consulted to ensure the list of departments developed was comprehensive and the departments selected met the criteria of the target group (eg. predominantly sedentary occupations).

Researchers liaised with RPH Employee Services to obtain a list of employees, within the identified departments. Surveys were posted to individuals via the RPH internal mail system. By returning the completed survey, participants were given the opportunity to go into a draw to win one of three prizes. Prizes included a \$100 gift voucher for a sports store, an Ab-roller and movie tickets.

Twenty-four departments were selected. A sample size of 783 people (45% males and 55% females) were included in the study.

4.2.4 Survey instrument

The survey instrument was designed in consultation with key physical activity researchers and practitioners. The 1999 National Physical Activity Survey (Armstrong, Bauman and Davies, 2000), the Physical Activity Levels of Western Australian Adults 1999 survey (Bull et al, 2000) and a selection of other state and local surveys were modified to develop the RPH staff physical activity survey.

The majority of survey instruments obtained did not include questions related to physical activity at work. Therefore, section two of the survey was developed in close consultation with physical activity researchers and practitioners to assess content validity.

The survey consisted of 27 qualitative and quantitative questions. The survey was divided into four sections (see Appendix B):

- Section One: *General physical activity levels* (eg. physical activity levels at home and work);
- Section Two: *Physical activity levels at work only*;
- Section Three: *Future physical activity opportunities at RPH*; and
- Section Four: *General Information* (eg. demographic information).

The survey was pilot tested with 15 people and minimal changes were made to the survey instrument.

Definitions for *moderate* and *vigorous-intensity* physical activity and *at work* were given to enhance the quality of data collected. At work was defined as:

“physical activity within RPH or within the vicinity of RPH before, during and/or after work and during lunch breaks. It does not include your participation in physical activity in and around your home environment.”

Questions to measure the frequency and duration of physical activity completed when gardening, doing household chores or yard work has been excluded from the survey, as it is difficult to validate the intensity of these activities.

The surveys were completed in November 2001.

4.2.5 Data management

Calculation of Level of Physical Activity

The National Physical Activity Guidelines for Australians recommend participating in at least 30 minutes of moderate physical activity on most, preferably all days of the week to achieve good health (Commonwealth Department of Health and Aged Care, 1999).

To determine the proportion of RPH staff who were sufficiently active, respondents were asked to estimate the total time and number of sessions they spent walking, doing vigorous-intensity activity and/or other moderate-intensity physical activity for at least 10 minutes, in the seven days prior to the survey.

In this study, respondents who were sufficiently active were those who met the National Physical Activity Guidelines for Australians. Respondents who were insufficiently active, reported completing some physical activity, but at levels below the national guidelines. Respondents who were classified as inactive reported no walking or moderate or vigorous-intensity physical activity, in the seven days prior to completing the survey.

To be classified as sufficiently active, respondents had to complete at least 150 minutes of physical activity, using the sum of walking, moderate and vigorous-intensity (where the duration of vigorous-intensity activity is weighted by two) and five sessions per week (Armstrong, Bauman and Davies, 2000).

Over-reporting of physical activity levels was evident in some cases. Therefore, duration values greater than 840 minutes were replaced with a value of 14 hours (840 minutes). This value is consistent with Bull et al (2000) and Armstrong, Bauman and Davies (2000).

Limitations

These four factors need to be considered during interpretation of the survey findings:

1. Participation in the survey was voluntary. Employees who chose to participate in the survey may be motivated or interested in physical activity and could therefore be viewed as being more active than inactive employees.
2. A question related to recording physical activity levels from gardening, household chores and other yard duties was excluded from the RPH survey. RPH respondents may have recorded gardening duties under vigorous or other moderate-intensity responses. This could elevate the likelihood of respondents reaching the recommended physical activity levels.
3. The survey was conducted in a health care setting where staff are predominantly “white collar” workers and therefore more likely to participate in regular physical activity (Sallis and Owen, 1999).
4. Methodology to validate self-reported levels of physical activity has not been included in the survey. Reporting bias is therefore a potential source for systematic error.

5.0 RESULTS

5.1 Results of interviews with key informants

The four key informants were identified through consultation with the RPH Health Promotion Committee, Staff Amenities and key sport and recreation services in Western Australia. Key informants included coordinators of:

- RPH Health and Fitness Centre
- RPH Staff Amenities
- Statewest Credit Society's Corporate Challenge
- Heart Foundation Worksite Walk

A response rate of 100% (n = 4) was achieved for the key informant interviews.

5.1.1 Facilities and programs identified

There were four physical activity facilities and twelve programs identified that were available to staff during the key informant interviews.

Facilities include:

- Gymnasium
- Swimming pool (25 metres)
- Squash courts
- Tennis court

Programs include:

- Aerobics (circuit, cross trainer, step and Abs Buttocks and Thighs [ABT])
- Tae-Bo
- Advanced water running
- Swimming lessons
- RPH Walking group
- Heart Foundation worksite walking group
- Yoga
- Statewest Credit Society's Corporate Challenge

Details outlining access, location and costs associated with utilising each facility and/or program are listed in the following sections.

RPH Health and Fitness Centre

Table 5.1 lists details of the facilities and programs managed by the RPH Health and Wellness Centre.

Data obtained from Facilities Management reveal the gymnasium and swimming pool were accessed 19,565 times from January to the end of June 2001. During peak times of the year, data analysed show there was no difference between the number of males and females who access the gym and swimming pool. Employees from nursing, Employee Services, medical staff and Pharmacy accessed the facility the most.

The tennis and squash courts were accessed mostly during lunch breaks (12pm – 2pm) and after work (4pm onwards).

Self-reported baseline data indicated the gym is mainly accessed on Mondays, Wednesdays and Fridays. The busiest times were between 6-8am, 11:30am-2pm and 5-7pm. It was estimated that the majority of people who accessed the gym are female (70%) with the largest age group being those aged 30-50 years old. It was estimated that 100 to 150 people used the facility per day.

Table 5.1: RPH Health and Fitness Centre

Features	Details
Facilities	<ul style="list-style-type: none"> • Gym. • Swimming pool (25 metres). • 2 Squash courts. • 1 Tennis court.
Programs	<ul style="list-style-type: none"> • Aerobics (circuit, cross trainer, step, ABT). • Tae-Bo. • Advanced water running. • Swimming lessons (summer only). • Walking group (summer only).
Location	<ul style="list-style-type: none"> • Gym, swimming pool and squash courts Behind Jewel House (YMCA building) Goderich Street, Perth. • Tennis Court In front of Jewel House (YMCA Building) Goderich Street, Perth.

<p>Times and days available to staff</p>	<ul style="list-style-type: none"> • Gym and swimming pool 6am-9:30pm (Monday to Friday) 6am-6pm (weekends and public holidays) (Health consultant available Monday to Friday for Fitness Appraisals). • Squash and tennis courts 8am-4pm (Monday to Friday).
<p>Costs</p>	<p>\$27.50 (per year) for Staff Amenities members. (\$2.20 automatically deducted from fortnightly pay).</p> <p>Five percent of membership is available to the public. Extra costs apply.</p>
<p>Bookings</p>	<ul style="list-style-type: none"> • Gym and swimming pool available to Staff Amenities members during opening hours without booking (Staff Amenities security access swipe card is required to access the gym and swimming pool). • Bookings will be taken on normal working days up to one week in advance for the squash and tennis courts, phone extension 42202 between 0800 and 1600 hours. • Other information regarding health and fitness programs can be obtained by contacting the Gym Coordinator on ext. 41801.
<p>Requirements</p>	<ul style="list-style-type: none"> • A fitness appraisal must be completed by the Gym Coordinator before staff commence the physical activity program (re-appraisal every three months thereafter). • Sneakers/closed in shoes. • Towel (towels are not provided). • Comfortable clothing. • Water bottle. • Shower before using pool.
<p>Amenities</p>	<p>Changerooms, showers, toilets, lockers and water fountain provided.</p>
<p>Security/safety features</p>	<ul style="list-style-type: none"> • Staff must have a security swipe card to access Health and Fitness Centre. • Lockers are available in the gym. • Security staff patrol the area regularly.

Promotion at RPH	<ul style="list-style-type: none">• Staff Amenities distribute fliers to promote programs.• Orientation manual contains information on the Health and Fitness Centre.• RPH Intranet page for Staff Amenities promotes the features of the Centre.
Policies	<ul style="list-style-type: none">• Appraisal before commencement of physical activity program (can then have re-appraisal every three months).• Staff need to be a Staff Amenities member to access the facility.• Regular safety equipment checks conducted.
Educational Resources	Education pamphlets and other resources distributed to clients upon request.

Yoga

Table 5.2 outlines details of Staff Amenities Yoga program.

Data indicating staff utilisation of the program were not collected.

Table 5.2 Yoga

Features	Details
Program	Yoga.
Location	<p>Tuesday lunchtime session: TBA.</p> <p>Wednesday evening session: Robin Miller Dicks Seminar Room 3rd Floor, 'M' Block (24 Murray Street) Royal Perth Hospital - Wellington Street Campus.</p>
Times and days available to staff	<p>Yoga is a 12 week program offered two days of the week.</p> <p>Tuesday 1 hour lunchtime session: 12pm – 1pm (start time may vary). Wednesday 1½ hour evening session: 5.30pm – 7pm.</p>
Costs	<p>Tuesday 1 hour lunchtime session: \$32 for a 12 week program. Wednesday 1½ hour evening session: \$52.80 for a 12 week program. Costs are made payable to Staff Amenities prior to commencing the program. Contact Staff Amenities on extension 42355 from 11am to 2pm daily (LAD office closed).</p>
Bookings	Bookings are taken by Staff Amenities. Contact Staff Amenities on extension 42355 from 11am to 2pm daily (LAD office closed).
Requirements	<ul style="list-style-type: none"> • Towel (towels are not provided). • Comfortable clothing. • Thin mat.
Amenities	N/A
Security/safety features	N/A
Promotion at RPH	Flyers promoting yoga produced and distributed by Staff Amenities throughout the hospital. This includes sending flyers directly to heads of department and key contacts in each department.
Policies	N/A
Educational Resources	Education resources distributed to participants by yoga instructor.

Statewest Credit Society Corporate Challenge Events

The Corporate Challenge Events are organised by Statewest Credit Society and involved the coordination of 14 organised physical activity team events throughout 2001. Two to three sporting activities were conducted at a time and run over a 5-6 week cycle. The games were played competitively between different teams of employees representing surrounding private, government and non-government organisations. The events were played using modified rules to encourage maximum fun and participation.

Statistics on the attendance of the program by RPH employees was not recorded. It was observed that there have been teams from RPH departments. It was estimated that 12 employees from RPH have accessed the program over the past six months. In the last 12 months, the main participants from RPH were from the Eastern Perth Public and Community Health Unit. There were no specific gender or age group that participated more than the other.

Table 5.3 lists details of the programs provided by Corporate Challenge. The programs are available to employees of RPH.

Table 5.3: Statewest Credit Society's Corporate Challenge

Features	Details
Facilities	The Coordinator of Statewest Credit Society's Corporate Challenge does not coordinate/manage any facilities available to RPH staff.
Programs	Corporate Challenge include: <ul style="list-style-type: none"> • Volleyball. • Soccer. • Touch football. • Footy sixes. • <i>Cycle Instead</i> Bike to Work Challenge. • Croquet. • Golf. • Petanque (French Bowls). • Tenpin bowling. • Walking group competition. • Netball.
Location	There are at least three locations for Corporate Challenge: <ul style="list-style-type: none"> • Wellington Square, Wellington Street, East Perth. • The Esplanade, Riverside Drive, Perth. • Fairlanes City Bowls, Adelaide Terrace, East Perth.
Days conducted	<ul style="list-style-type: none"> • Wednesdays (Wellington Square, Wellington Street, East Perth). • Thursdays (The Esplanade, Riverside Drive, Perth). • Golf played any day at selected venues.
Times conducted	Three time slots are allocated for matches/activities: <ul style="list-style-type: none"> • 12:15 – 12:45pm; • 12:45 – 1:15pm; and • 1:15 – 1:45pm.

Costs	<p>Team registrations:</p> <ul style="list-style-type: none"> • <i>Cycle Instead</i> Bike to Work Challenge \$0. • Croquet, Petanque, Golf \$90. • Tenpin bowling \$125. • Volleyball, Soccer, Touch, Netball, Footy sixes \$150.
Method of payment	<p>Team registrations need to be paid before commencing competition. Cheque made payable to Integral Health and Fitness or mailed to:</p> <p>Integral Health and Fitness PO Box 663 Hillarys WA 6025.</p> <p>Payments also accepted at any branch of the Statewest Credit Society.</p>
Bookings	<p>Register a team at www.statewest.com a week before commencement or contact David Meyer, Coordinator, on 9402 5303 or email, corpchal@iinet.net.au</p>
Requirements	<ul style="list-style-type: none"> • Sneakers/closed in shoes. • Comfortable clothing.
Amenities	N/A
Safety features	N/A
Promotion at RPH	Registration forms emailed to clients at RPH.
Policies	Not accountable for loss of life, injury, damage or loss of any description suffered or sustained in the course of or consequent upon the person's entry or participation in the event.
Educational Resources	<ul style="list-style-type: none"> • Rules of games upon registration. • Stretching information at www.centralcityphysio.com.au emailed to clients on a regular basis.

Heart Foundations' Worksite Walk

A Heart Foundation Worksite Walk is a weekly 10km walk coordinated by staff at the RAC (see table 5.4). Although no RPH staff accessed the program, the walking group is available to employees of any worksites in the area, including RPH. Table 5.4 lists details of the program.

Table 5.4 Heart Foundation Worksite Walk

Features	Details
Facilities	N/A
Program	Heart Foundation Worksite Walk.
Location	The walk is a 10km brisk walk around bridges. Depart at the rear entrance of the RAC building, 228 Adelaide Terrace, Perth.
Days conducted	Every Wednesday 5:15-7:15pm (depending on weather and number of participants).
Costs	No charge to participate.
Bookings	Contact Sara Carceller at the RAC for a form: Business Services & Technology Phone: 9421 4605 Email: sara.carceller@rac.com.au
Requirements	Sneakers/closed in shoes, water.
Amenities	Showers/toilets available at RAC.
Security/safety features	Leader takes mobile phone on walk, in case of emergency.
Promotion at RPH	<ul style="list-style-type: none"> • No promotion is conducted at RPH. • The walks are currently promoted to employees of the RAC via posters, on notice boards and via email.
Policies	N/A
Educational Resources	<ul style="list-style-type: none"> • Leader's pack available from Heart Foundation. • A range of Department of Health pamphlets available.

5.2 Staff physical activity survey results

5.2.1 Demographic profile of respondents

Age and gender

A response rate of 34% (n = 268) was achieved for the survey. The sample was made up of 39% males and 61% females. The majority of respondents (56%) were aged over 40 years. A breakdown by age and gender are presented in Table 5.5.

Table 5.5: Percentage of respondents, by age and gender.

Age group (yrs)	Males	Female	Total
=<19	1	2	3
20 - 29	4	14	18
30 - 39	10	13	23
40 - 49	13	18	31
50 - 59	10	13	23
60+	1	1	2
Total	39	61	100

Occupation status at Royal Perth Hospital

Due to the sub-population selected for the survey, the majority of respondents are regarded as “white collar” workers. The occupations stated, include:

- Clerks (34%) *eg. secretaries and data processing operators;*
- Professionals (28%) *eg. scientists, health diagnosis and treatment practitioners and business personnel;*
- Para-professionals (23%) *eg. medical and scientific technicians;*
- Managers/administrators (13%) *eg. managing supervisors and other specialist managers;* and
- Tradespersons (2%) *eg. plumber and carpenter.*

Seventy-seven percent of respondents worked full time and 11% were part-time. The remaining 12% worked a combination of weekend, rotating, after hours and night shifts.

The majority (81%, n = 214) of respondents were employed in sedentary occupations (eg. mainly sitting), 7% required to stand for the majority of time to complete their duties, 10% mainly walk at work and 2% completed heavy labour or physically demanding work.

The large proportion of respondents have been employed at RPH for over 10 years (42%, n = 113). Twenty-two percent of respondents have worked at RPH for five to 10 years, 15% have been RPH employees for two to five years and 21% of respondents have been employed by RPH for less than two years.

Number of children in the household

Forty nine percent of respondents (n = 103) had one or more children under the age of 18 residing in their home.

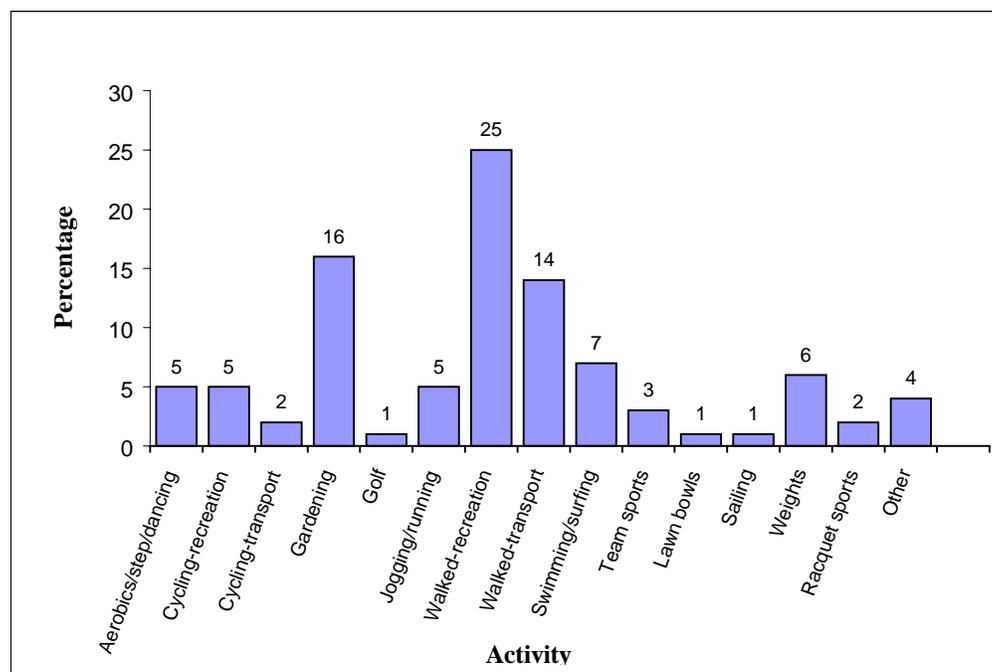
5.2.2 Types of physical activity

Overall, 95% of respondents reported participating in some form of physical activity at least once, for 10 minutes or more during the seven days prior to completing the survey. Walking for recreation was the most common form of physical activity for both males (16%) and females (31%).

Figure 5.1 outlines the prevalence of types of physical activity participated in by staff during the seven days prior to completing the survey. The most common types of physical activity were walking for recreation (25%), gardening (16%), walking for transport (14%), swimming/surfing (7%), weight training (6%), aerobics/step/dancing classes (5%) and cycling for recreation (5%).

While a greater proportion of females participated in activities such as aerobics/step/dancing classes, gardening and walking for recreation and transport compared with males, a greater proportion of males participated in activities such as cycling for recreation and transport, golf, team sport, weights and tennis compared with females. Swimming and running/jogging were common activities for both males and females. A small proportion of the respondents reported being sedentary (2% females and 1% males).

Figure 5.1: Prevalence of types of physical activity



Note: more than one preference could be selected by respondents

5.2.3 Participation in recommended levels of physical activity

Table 5.6 presents the number of respondents completing sufficient and insufficient physical activity and those who are inactive. Overall 56% (n = 150) of respondents meet the recommended physical activity levels, of 30 minutes of moderate-intensity activity on most, preferably all days of the week.

Over one third (39%) of respondents were physically active, but failed to reach the recommended physical activity levels required for good health. Five percent of respondents reported no leisure-time activity in the seven days prior to completing the survey.

Males (65%) were more likely than females (50%) to reach the recommended physical activity levels. Almost half of the female respondents (45%) were insufficiently active. Slightly more females (5%) than males (4%) reported being inactive.

Table 5.6: Percentage of respondents reporting sufficient and insufficient physical activity and inactivity, by gender.

	Sufficient physical activity ¹	Insufficient physical activity	Inactivity
Male	65	31	4
Female	50	45	5
Total	56	39	5

¹ 'Sufficient physical activity' defined as 150 minutes per week (using the sum of walking, moderate activity and vigorous activity (weighted by two)) and five sessions of activity per week.

The majority of "sufficiently active" respondents (78%) stated their total amount of physical activity (as recorded in the survey) was about the same as usual, suggesting that a high percentage of "sufficiently active" respondents are active on a regular basis. Sixty-eight percent of "inactive" respondents (n = 11) suggested that their activity level was the same as usual, possibly indicating a sedentary lifestyle.

Fifty percent of respondents with one or more children were sufficiently active.

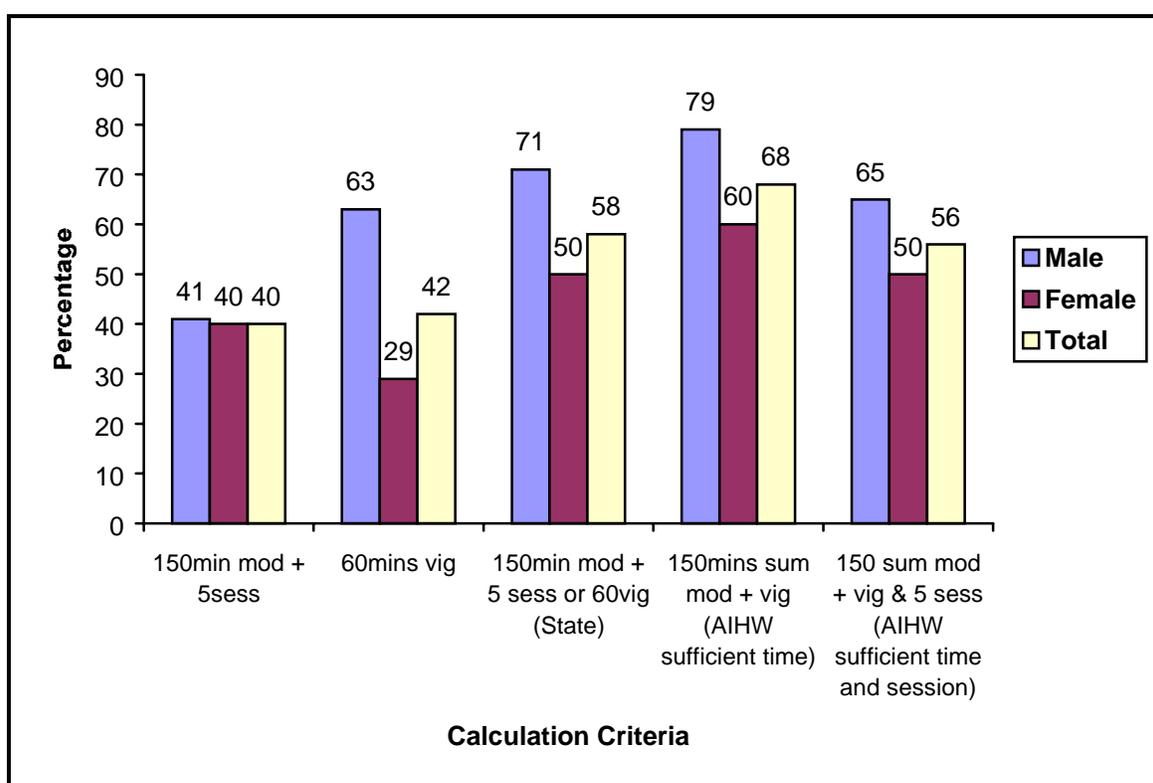
Prevalence of RPH respondents meeting 'recommended' levels using different criteria

The criteria for calculating sufficient physical activity differ in state and national surveys. Debate continues over which criterion is the most appropriate to measure sufficient levels of physical activity. To compare RPH results to state and national figures, RPH data have been calculated using five different criteria:

- 150 minutes of moderate-intensity physical activity over five sessions per week;
- 60 minutes of vigorous-intensity physical activity per week;
- 150 minutes of walking and other moderate-intensity physical activity over 5 or more sessions *or* 60 minutes of vigorous-intensity physical activity per week; (Bull et al, 2000)
- 150 minutes per week, using the sum of walking, moderate activity and vigorous activity (weighted by two) (Armstrong, Bauman and Davies, 2000); and
- 150 minutes per week, using the sum of walking, moderate activity and vigorous activity (weighted by two) and five sessions of activity per week. (Armstrong, Bauman and Davies, 2000)

RPH results are shown below using the five calculation criteria of the state and national surveys (see Figure 5.2).

Figure 5.2: Percentage of respondents achieving sufficient physical activity levels using different state and national calculation criteria, by gender.



In comparison to the national AIHW 'sufficient time' (56.6%) and 'sufficient time and session' (45.2%) figures, a greater percentage of RPH respondents (68% and 56%, respectively) met the recommended guidelines for physical activity.

Similarly, a greater percentage of RPH respondents meet the guidelines, when compared with Western Australian physical activity levels.

Males were more likely to meet the national physical activity guidelines than females in this survey, regardless of the criterion used. Females appeared to prefer walking or other moderate-intensity activity (40%) than vigorous-intensity physical activity (29%). However, males preferred participating in vigorous-intensity activity (63%) than walking or other moderate-intensity activities (41%).

5.2.4 Sedentary behaviours and physical activity level

Overall, respondents spent an average of 42 hours per week (26 hours at work and 16 hours at home) or 6 hours a day reading, watching TV or using a computer.

Table 5.7 reveals there was no direct relationship between the number of hours spent reading, watching TV or using a computer and the level of physical activity reported.

Table 5.7 Average number of hours per week spent reading, watching TV or using a computer at work or at home, by level of physical activity.

	Sufficiently active	Insufficiently active	Inactive
At work	26	24	24
At home	16	16	19
Combined <i>(work and home)</i>	42	41	43

5.2.5 Knowledge of the recommended physical activity levels for good health

Unprompted recognition of the National Physical Activity Guidelines for Australians

Knowledge of the National Physical Activity Guidelines for Australians was low with only three respondents able to state all three elements of the guidelines correctly (eg. duration, frequency and intensity).

The majority (60%) of respondents could correctly state the guideline's recommended duration for physical activity, 20% could state the recommended frequency and 7% could identify the correct intensity.

Prompted knowledge of the health benefits of physical activity

Knowledge of the required physical activity levels for good health was assessed by using five multiple-choice statements (*prompted*) adapted from the Western Australian physical activity survey (Bull et al, 2000). Respondents could agree or disagree to each statement.

The majority of respondents agreed that *30 minutes of moderate-intensity physical activity on most days was enough to improve their health*. Knowledge of the recommended *duration* and *frequency* of physical activity was high. Eighty-seven percent of respondents strongly agreed or agreed that *taking the stairs at work or generally being more active for at least 30 minutes each day is enough to improve your health* and 93% believed that *half an hour of brisk walking on most days is enough to improve your health*.

Eighty-seven percent of respondents believed *moderate physical activity that increases your heart rate slightly, can improve your health*. Almost half of respondents (51%) believed *to improve your health it is essential for you to do vigorous physical activity for at least twenty minutes each time, three times per week*.

Respondents were less likely to agree that physical activity, completed in blocks of 10 minutes was adequate for improving health (55%).

5.2.6 Readiness to participate in physical activity at work

Overall, 32% of respondents (44% males and 24% females) were usually active at work, reporting that they walk, swim, do aerobics or some other physical activity three to five times a week. However, 68% of respondents (42% males and 56% females) reported they were not physically active at work.

The intention to be more physically active at work was positive. Seventy-five percent (n = 198) stated they were thinking about, preparing to be or were usually active at work. More females (60%) were either thinking about or preparing to be more physically active at work than males (30%). Table 5.8 outlines the results.

Table 5.8: Percentage of respondents' readiness to be active at work, by gender

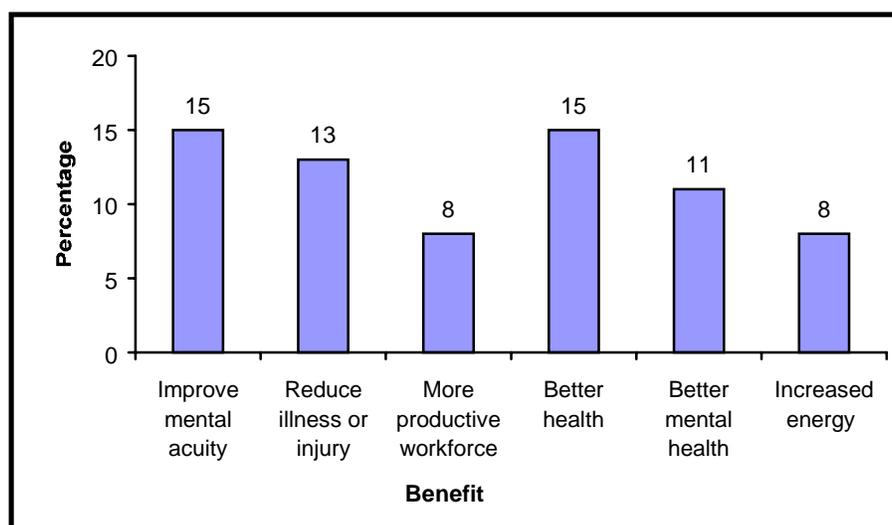
Question asked	Gender		Total
	M	F	
I'm not physically active <i>at work</i> and I don't plan on doing any physical activity <i>at work</i> in the future.	26	24	25
I'm not active <i>at work</i> at the moment but I am thinking about it.	16	32	25
I am preparing to do more physical activity <i>at work</i> but am yet to start	14	28	18
I am usually quite active <i>at work</i> . I walk, swim, do aerobics or some other physical activity 3 to 5 times a week.	44	24	32

5.2.7 Benefits of a physically active workforce

Most respondents could provide at least one benefit when asked, *what do you believe are the benefits of a physically active workforce?* Figure 5.3 shows the responses provided.

The most cited benefits by respondents were:

- improved mental acuity (15%)
- better health (15%)
- better mental health and well-being (11%)
- reduced risk of illness or injury (13%)
- more productive (8%)
- increased energy levels or reduce tiredness (8%)
- happier staff (7%)
- less stress (6%)
- better fitness (5%)
- better staff morale (3%)
- more social contact (2%)
- provides a break from work or the computer (2%).

Figure 5.3: Benefits of a physically active workforce

Note: Respondents could provide multiple responses.

5.2.8 Knowledge and utilisation of physical activity facilities and programs at work

Facilities

A large proportion of respondents knew the gymnasium (94%), swimming pool (93%), squash courts (85%) and tennis court (73%) were available to staff. Knowledge of the table tennis facility (50%) and Wellington Square Park (44%) was lower than other facilities.

Table 5.9 shows the utilisation of physical activity facilities by staff in the last 12 months prior to completing the survey. The gymnasium and swimming pool were the most frequently used facility by respondents, with 32% accessing the gymnasium and 27% using the swimming pool. Table 5.9 outlines the results for respondents' knowledge and utilisation of physical activity facilities available to RPH staff.

Table 5.9: Percentage of respondents' knowledge and utilisation of facilities available

Facility	Knows facility is available to RPH staff	Used in the last 12 months
Gymnasium	94	32
Squash courts	85	6
Swimming pool	93	27
Table tennis	50	9
Tennis court	73	7
Wellington Square Park	44	5

Programs

Table 5.10 shows the results of respondents' knowledge and utilisation of physical activity programs available to RPH staff. Respondents' knowledge of physical activity programs available was lower than their knowledge of the facilities available. A majority of respondents knew programs such as the stair climbing competition (80%), aerobics circuit classes (71%), weight training (67%), aerobics step classes (64%), yoga (57%) and aerobics ABT (55%) were available to RPH staff.

Awareness of programs such as the RPH Walking Group (47%), aerobics cross trainer (39%), Heart Foundation Walking Group (33%), aqua running (28%), Tae Bo (19%) and swimming lessons (16%) was less common amongst respondents.

Most respondents (92%) were unaware of the programs available through Statewest's Corporate Challenge.

As shown in Table 5.10, the stairclimbing competition (23%) and weight training (18%) were the most common programs staff participated in to be physically active at work.

A small proportion of staff had utilised aerobic programs, such as aqua running (4%), ABT (6%), circuit (8%), cross trainer (4%) step classes (5%), walking groups (3%), swimming lessons (2%), tae-bo (2%) and yoga (8%).

Statewest's Corporate Challenge competition was used by only 1% of respondents.

Table 5.10: Percentage of respondents' knowledge and utilisation of programs available

Program	Knows program is available to RPH staff	Used in the last 12 months
Aqua-running	28	4
Aerobics ABT	55	6
Aerobics circuit classes	71	8
Aerobics cross trainer	39	4
Aerobics step classes	64	5
Heart Foundation Walking Group	33	3
RPH Walking Group	47	-
Stair climbing competition	80	23
Swimming lessons	16	2
Tae Bo	19	2
Weight training	67	18
Yoga	57	8
Statewest's Corporate Challenge (<i>includes footy sixes, soccer, touch football, croquet, netball, volleyball and petanque</i>).	8	1

5.2.9 Barriers to being physically active at work.

The barriers preventing people from being active at work are shown in Table 5.11. Eight percent (n = 41) of respondents stated they were active enough and would therefore be less likely to access physical activity facilities and programs in the workplace.

The most frequently reported barriers to participating in physical activity at work were no time (33%), no motivation (9%), family responsibilities (8%) and lack of knowledge of the facilities and programs available (7%).

Qualitative results indicated shift work or conditions of employment often limited the amount of time people could use for recreation and physical activity at work.

Table 5.11: Barriers to being physically active at work.

Barrier identified	%	n =
No motivation	9	46
No time	33	172
Injury/disability	4	21
Health problem(s)/illness	2	9
Can't afford it	3	14
Feel unsafe	1	4
Don't put priority on physical activity	5	26
Too old	-	2
May get injured or damage my health	1	5
There is no one to exercise with	6	33
There are no suitable facilities offered	2	8
Don't know what facilities/programs are available	7	35
Traffic around work is too heavy	1	6
Family responsibilities	8	43
No access to showers or change-rooms	5	27
Lack of management support	2	13
I am active enough	8	41
Other	3	11
Total	100	516

Note: Respondents could select multiple responses

5.2.10 Staff recommendations for physical activity at work

Suggested opportunities or changes to encourage physical activity at work

The most frequent suggestions made were more team competitions (13%), increase promotion of activities and events available (8%), flexible working hours (including flexible lunch breaks) (10%), paid time to exercise (4%), upgrade of facilities (eg. gymnasium and change-rooms) (4%) and better access to shower and change-room facilities (4%). Thirteen percent of respondents stated RPH already had adequate facilities.

Nineteen percent of respondents (n = 37) indicated limited time (eg. workload, time allowed for breaks and working hours) affected their participation in physical activity at work.

Other suggestions provided included more prizes and incentives to participate (3%), and more support from managers and colleagues to participate in regular physical activity at work (3%) and provide creche/child care facility at work (2%).

Suggested physical activity facilities, programs and/or activities that should be available.

Team sports and activities, such as basketball, stairclimbing, racquet sports and walking groups were the most requested (46%) activities suggested by staff to implement at RPH. Thirteen percent of respondents suggested stress management/relaxation activities such as Tai Chi and massage. Five percent suggested martial arts should be available at RPH.

Sixteen respondents (18%) suggested strategies that were already available to RPH staff such as, yoga, aqua aerobics and aerobics. This indicates that promotion of these activities may need to be improved.

5.2.11 Promotion strategies

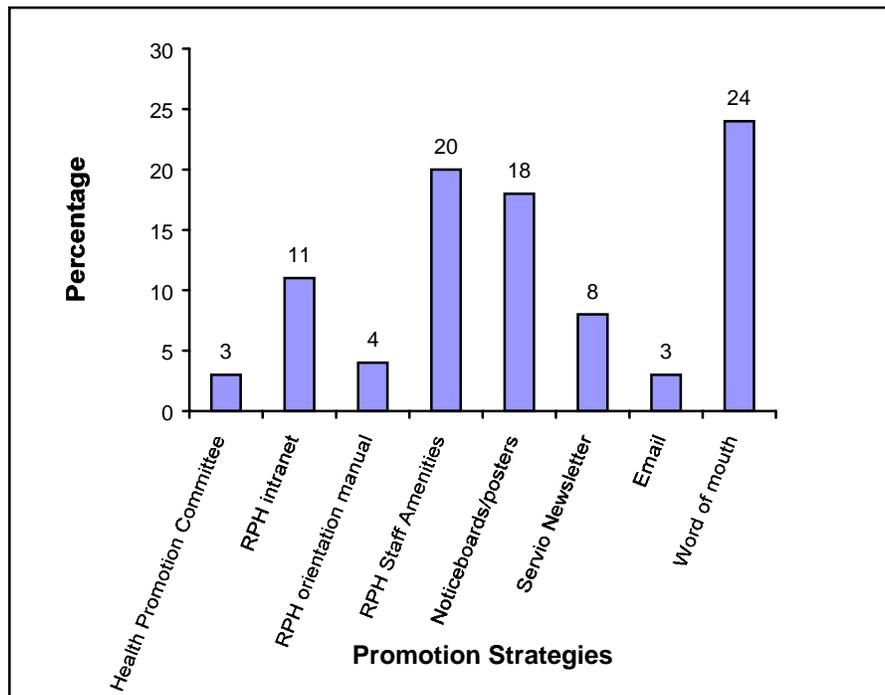
Figure 5.4 shows the promotion strategies that respondents recalled were the main method for receiving information on physical activity facilities and programs at RPH.

Seventy-eight percent (n = 200) of respondents had received information on RPH physical activity facilities and programs. The main methods of communication were “word of mouth” via colleagues (24%), RPH Staff Amenities (20%) and via posters and fliers on noticeboards (18%).

Very few respondents reported receiving physical activity information via the RPH intranet (10%), email (2%), Health Promotion Committee (3%) and RPH orientation manual (4%).

Ninety-four percent of respondents reported having access to the RPH intranet and email.

Figure 5.4 Means of receiving information about physical activity opportunities.



Note: Respondents could select more than one preference

5.2.12 Mode of transport to and from work

The usual mode of transport for staff to get to and from work was travelling in their own car (52%, n = 150). One percent rode a motorcycle to travel to and from work. Almost one third of respondents (31%) used public transport to travel to and from work. Other environmentally friendly transport modes were used by a smaller percentage of staff. Nine percent of respondents car-pooled (using one car to transport two or more people to work), 4% walked and 3% cycled. The average distance by respondents and the mode of transport is presented in table 5.12.

Twenty-five percent of those who travelled to work in a car on their own, live within 10 kilometres of RPH.

Table 5.12: Mode of transport to work (percentage) and the average distance travelled.

	Mode of transport	Average distance travelled (km)
Car – single occupancy	52	19
Car pool	9	19
Public transport	31	20
Motorcycle	1	22
Walking	4	7
Cycling	3	12

6.0 DISCUSSION

6.1 Overview

A study was completed to identify the physical activity opportunities available to RPH employees and establish recommendations for providing and promoting physical activity initiatives at work.

The study was completed in two phases. Key informants were interviewed to identify facilities and programs available for RPH staff and a staff survey was conducted to establish recommendations for the RPH Health Promotion Committee to plan and implement future physical activity programs for staff at RPH.

6.2 Facilities and programs identified

Four key informants were identified for phase one of the study. Four facilities and 12 programs, available to RPH staff at the Wellington Street Campus, were identified. Features of these facilities and programs were documented and key informants have recommended strategies for providing and promoting future physical activity opportunities.

The facilities and programs identified are located within a one-kilometre radius of RPH.

The cost to use a facility or program varied from “free of charge” to approximately five dollars per session. Key informants’ observations suggest cost to access or use the facility and/or programs did not affect staff participation levels. Furthermore, the cost to access a program or facility at work was not identified as a major barrier by staff. Therefore, changes to the cost of accessing physical activity opportunities at RPH should not be changed.

The main methods of promotion used by key informants were the distribution of fliers, email and posters. Staff Amenities also have their facilities and programs documented in the orientation manual.

Collecting baseline data on staff utilisation of facilities and programs proved difficult due to the lack of record keeping. The facilities and programs managed or promoted by RPH Staff Amenities were utilised the most by RPH staff. It is unclear if it is the method of promotion, the cost, or the access to these facilities that enhance utilisation of the facility or program by staff.

All key informants were enthusiastic about increasing the provision and promotion of physical activity opportunities available to staff and many provided recommendations to achieve this. Overall, it was highlighted the need to be adopt a comprehensive approach to advertising physical activity opportunities and distributing physical activity information resources to staff. This should include utilising existing promotional strategies including promoting events and information resources via email, intranet, fliers, posters, during orientation and distributing information to departments.

6.3 Staff meeting the National Physical Activity Guidelines

Survey recipients were asked to state their level of physical activity for walking, vigorous-intensity and other moderate-intensity physical activity. Over one half (56%) of respondents reported participating in physical activity levels that meet the National Physical Activity Guidelines for Australians. This level of physical activity is likely to be sustained as 78% of sufficiently active respondents indicated their level of activity was about the same as usual.

Although the number of inactive respondents was small (5%), it is of concern that 68% of these respondents stated their inactivity was about the same as usual, indicating a sedentary lifestyle. Continuing this sedentary lifestyle, would place them at risk of developing cardiovascular disease and other physical and mental health problems.

Gender appeared to be related to the level of activity. Males were more likely than females (65% and 50%, respectively) to achieve the minimum physical activity level for good health and females were more likely to be inactive than males. Females were also more likely to participate in walking or other moderate activity, whilst males preferred to participate in vigorous physical activity. Strategies to increase females' participation in physical activity should be explored by the Health Promotion Committee. Strategies could include working with the Women's Health Nurse to incorporate information into the Women on Wellness Program or consult with female employees to further identify their physical activity needs.

The number of children under 18 who reside in the household had no impact on physical activity levels. People with one or more children in the household are just as likely to be sufficiently active than those with no dependents.

Analysis of the data revealed a higher percentage of employees at RPH achieved the recommended physical activity levels when compared to state and national data. This could be due to a number of factors. Firstly, the majority of respondents were regarded as "white collar" workers and therefore more likely to participate in physical activity (Sallis and Owen, 1999).

Secondly, state and national surveys recorded the frequency and duration of gardening, household chores and other yard duties. However, the data obtained was subsequently excluded from data analysis due to problems in validating the intensity of these activities. Questions to record frequency and duration from gardening, household chores and other yard duties were excluded from the RPH survey. Therefore, RPH respondents may have recorded gardening duties as a vigorous or other moderate-intensity activity. As a result, the frequency and duration of gardening, household chores and other yard duties could not be accounted for in the RPH study and may have contributed to an overestimation of physical activity levels. It is suggested that in future studies questions to record the frequency and duration of gardening and household duties should be include so these can be accounted for in data analysis.

6.4 Knowledge of the National Physical Activity Guidelines for Australians

Knowledge of the National Physical Activity Guidelines for Australians and the benefits of physical activity was assessed using two methods. The first method involved asking respondents to state the national guidelines (unprompted). The second method prompted respondents to agree or disagree with five statements relating to the benefits of physical activity.

Only three people could correctly state all three elements of the National Physical Activity Guidelines for Australians (unprompted). However when prompted, knowledge of the benefits of physical activity was well known. Campaigns promoting the National Physical Activity Guidelines for Australians should be implemented within RPH and link to state and national campaigns.

6.5 Physical activity in the workplace

The interest in participating in physical activity at work and the number of respondents who stated RPH already had adequate amenities reinforces the need for Staff Amenities, Facilities Management and the Health Promotion Committee to work collaboratively to continue implementing and maintaining physical activity opportunities at RPH. Strategies to increase the number of females participating in physical activity in the workplace should be addressed.

Increasing the promotion of physical activity opportunities at RPH could be a key strategy to motivate staff to be active at work. The limited opportunities for effective advertising of physical activity opportunities were highlighted during phase one and phase two of the study. Programs and facilities managed and promoted by RPH Staff Amenities were generally recognised and utilised more than amenities managed and promoted via external groups/agencies. This could be due to the comprehensive promotion strategies used by Staff Amenities, which includes distributing promotional flyers, posters, mail-outs to key contacts in RPH departments and providing information to staff via the RPH orientation manual and intranet. All coordinators of events and activities should utilise these methods to promote physical activity information and resources to enhance participation in physical activity in the workplace.

RPH intranet and email facilities were generally under-utilised despite 90% of staff surveyed reporting access to these facilities. In addition to flyers and posters, email and intranet should be viewed as a viable resource to promote upcoming or existing physical activity opportunities.

Limited time available for breaks (eg. lunch breaks) and workload were common barriers for employees that reduced their access to physical activity opportunities at work. Encouraging flexible working hours and allocated paid work time to be physically active were common suggestions made by staff to overcome this barrier. Improving access to shower and change-room facilities was also cited as a possible strategy to encourage participation in physical activity in the workplace. A map displaying the location of showers and change-rooms may be a suitable strategy to develop to promote access to such facilities at RPH.

Staff recommended that implementing more team sports and activities (inter-departmental competitions) was the best way to encourage people to be active in the workplace. Therefore the Health Promotion

Committee should plan to implement a number of team sports and activities throughout the year. This could include implementing incidental physical activity programs such as Climb to the Top, Walk to York and Walk the Bibbulmun Track. Providing opportunities for incidental physical activity is a practical way to reduce the barrier of finding adequate time to be active at work. The benefits of incidental activity should therefore be promoted and encouraged further at RPH.

6.6 Influence of sedentary occupations on physical activity levels

Results show that there was no relationship between the number of hours spent reading, watching TV or using a computer at work and physical activity levels. Further research may be required to validate the relationship between sedentary occupations and physical activity levels.

6.7 Mode of transport to work

Fifty-one percent of respondents stated their main mode of transport to work was *travel by car on my own*. Twenty five percent of these respondents lived less than 10 kilometres from work, a distance suitable for cycling, public transport or other environmentally friendly forms of transport. Public transport (31%) and car-pooling (9%) were the next most utilised mode of transport to work.

Strategies to increase employees use of environmentally friendly transport options such as using public transport, car-pooling, walking and cycling need to be implemented at RPH to reduce the frequency of single occupancy cars visiting the campus. Using these forms of transport will potentially increase physical activity levels and promote the health and environmental benefits of using environmentally friendly transport.

7.0 CONCLUSION

Overall, a higher percentage of RPH respondents meet the physical activity guidelines when compared with Western Australian and national samples. Several barriers to participating in physical activity have been identified including insufficient time, family responsibilities and inadequate advertising of physical activity opportunities.

The Health Promotion Committee should work in collaboration with Staff Amenities, Facilities Management and others to maintain staff physical activity levels and address barriers to accessing physical activity opportunities in the workplace. Possible strategies include enhancing the promotion of physical activity opportunities, promoting the National Physical Activity Guidelines, coordinating more inter-departmental team activities and promoting environmentally friendly modes of transport to work. Strategies to encourage females to be active in the workplace and at home should be developed and implemented.

Further research is required to investigate the physical activity levels of those working in sedentary occupations.

8.0 RECOMMENDATIONS

RECOMMENDATIONS

- Adopt a comprehensive approach to advertising physical activity programs and facilities available by:
 - Producing a flier to display the results from key informants and the staff survey, and distribute throughout the hospital.
 - Developing a Health Promotion Committee Intranet page to advertise upcoming health promotion events for staff and provide links to existing sites, including Staff Amenities and Statewest’s Corporate Challenge.
 - Establishing an email and mail distribution list of key contacts within RPH departments who will distribute information on physical activity opportunities to staff.
- Reduce barriers to accessing physical opportunities in the workplace by:
 - Developing and promoting a map that indicates where facilities are located at RPH (eg. Health Fitness Centre and recreation areas). The map could also indicate the location of public transport, bike racks, shower and change-room facilities, car pooling carparks and walkways to promote using “environmentally friendly” routes to work.
 - Conducting physical activity programs predominantly during lunch times (12pm –2pm) and after work (5pm onwards) and inform other services to provide programs during this time.
 - Implement strategies to increase the number of females who are active at work by consulting with female employees to identify their physical activity needs.
 - Provide a variety of fun physical activity opportunities to cater for all fitness levels throughout the year. Focus particularly on implementing fun inter-departmental team activities that provide incidental physical activity opportunities.
- Focus on promoting the fun aspect of participating in physical activity rather than the fitness factor.
- Implement a campaign to promote the National Physical Activity Guidelines at RPH and link to state and national physical activity campaigns.
- Continue to monitor staff physical activity levels by implementing the staff physical activity survey. However, in the future, include a question to record the frequency and duration of gardening, household duties and other yard duties, so they can be accounted for in data analysis.

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**APPENDIX A:
KEY INFORMANT INTERVIEW QUESTIONS**



Royal Perth Hospital Health Promotion Committee

PHYSICAL ACTIVITY STUDY PHASE ONE: INTERVIEWS WITH KEY INFORMANTS

On behalf of the Royal Perth Hospital (RPH) Health Promotion Committee, we would like to thank you for taking the time to meet with us to participate in this interview for phase one of the RPH Physical Activity Study.

The interview questions have been divided into four sections: Facilities, Programs, Information Resources and General Information. The aim of this interview is to determine features of the physical activity facilities, programs and/or information resources available to RPH staff. We are also hoping to collect base-line data of RPH staff usage and participation in physical activity opportunities in and around the vicinity of RPH.

The information you provide to the RPH Health Promotion Committee will contribute to developing the infrastructure that supports physical activity for staff and will improve the way physical activity is promoted and implemented at RPH. The interview should take approximately 30 minutes and the information you provide will remain confidential.

We would like to record the audio of this interview to ensure the information we collect is accurate. The audio tapes will be stored confidentially. Do you give permission for the interview to be recorded?

FACILITIES

To begin we would like to ask you about the physical activity facilities available to RPH staff. Examples of a facility include gym, swimming pool, squash courts, tennis courts.

1. Do you manage or take bookings for any physical activity facilities that RPH staff use? (Please tick)

Yes

No

If YES go onto question 2.
If NO go onto question 27.

2. What are the names of the facilities you manage or take bookings for? (Please tick)

RPH Gym

RPH Swimming Pool

Squash Court

HDWA Health and Wellness Centre

Tennis Court

Other (please specify) _____

Please note following questions may need to be completed repeatedly if they manage multiple facilities.

Can we focus on _____ (name of facility) to answer the following questions.

3. Where is the physical activity facility located? (Please state)

Building name: _____

Street / Block: _____ Level: _____

4. What days and times of day is the facility available to staff at RPH? (Please state)

Days and times: _____

5. How much are RPH staff charged to use the facility? (Please state) \$ _____

6. What is the method of payment? (Please tick)

Membership fee Taken out of pay Pay as you go

Other (please specify) _____

7. Do RPH staff require security access to use the facility (eg. a swipe card)? (Please tick)

Yes No

If YES go onto question 8.
If NO go onto question 9.

8. Who is the contact and/or department where RPH staff can get security access for the facility? (Please state)

Person/department: _____

Phone: _____

9. Are bookings taken for using the facility? (Please tick)

Yes No

If YES go onto question 10.
If NO go onto question 13.

10. Who is the contact person or department responsible for taking bookings for the facility? *(Please state)*

Name/Position: _____

11. What is their contact details? *(Please state)*

Department: _____

Phone: _____

Email: _____

12. How do staff book the facility? *(Please state process)*

13. Are there any clothing or other specific requirements essential for using the facility? *(Please tick)*

Yes

No

*If YES go to question 14.
If NO go to question 15.*

14. What are the clothing or other special requirements needed? *(Please tick)*

Sneakers/closed in shoes

Good health/fitness

Fitness Test first before using facility

Sweat towel

Need to be a member of staff amenities

Other *(please specify)* _____

15. What amenities are available to staff who use the facility? *(Please tick)*

Showers

Toilets

Drinking Fountains

None

Other *(please specify)* _____

16. What are the security or safety features for staff are associated with the facility? (eg. swipe cards, lighting, availability of lockers). (Please tick)

- | | | | |
|----------------------|--------------------------|-------------------|--------------------------|
| Swipe card required | <input type="checkbox"/> | Lockers available | <input type="checkbox"/> |
| Public Telephones | <input type="checkbox"/> | Adequate lighting | <input type="checkbox"/> |
| Surveillance cameras | <input type="checkbox"/> | None | <input type="checkbox"/> |

Other (please specify) _____

17. How is the facility currently promoted to staff at RPH? (Please tick)

- | | | | | | |
|-----------------|--------------------------|------------|--------------------------|---------------------|--------------------------|
| RPH intranet | <input type="checkbox"/> | RPH Servio | <input type="checkbox"/> | RPH Staff Amenities | <input type="checkbox"/> |
| RPH Orientation | <input type="checkbox"/> | Flyer | <input type="checkbox"/> | Brochure | <input type="checkbox"/> |
| Posters | <input type="checkbox"/> | Email | <input type="checkbox"/> | Noticeboards | <input type="checkbox"/> |

Other (please specify) _____

If promotion involves distribution of a flyer or brochure go onto question 18.
If promotion does not involve distribution of flyer or brochure go onto question 19.

18. How do you disseminate your flyers and/or brochures to RPH staff? (Please tick)

Key contacts in department

Distribution points in the hospital (Please state location of distribution point) _____

Other (please state) _____

19. Do you know of any RPH policies associated with the physical activity facility? *(Please tick)*

Yes No

Please state what they are:

We are developing a profile of the RPH staff who use the physical activity facility. We are hopeful that you have some statistics or information to answer the following questions.

20. Do you keep statistics regarding the use of the facility by RPH staff? *(Please tick)*

Yes No

*If YES, go to question 21.
If NO, ask them if they could estimate the number and type of RPH staff who use the facility and go to question 21.*

21. Are people who access the facility mostly RPH staff, the general public or other? *(Please tick)*

RPH staff General public Other

22. On average, how many staff from RPH have accessed the facility in the past six months? *(Please state)*

_____ number of staff Unsure

23. What days and times of day is the facility most commonly used? *(Please state)*

24. Are there any departments using the facility more frequently than other departments? *(Please tick)*

Yes No Unsure

If yes, which departments use the facility more and why do you think that is so?
(Please state)

25. Do people of one gender utilise the facility more frequently than the other? *(Please tick)*

Yes No Unsure

If yes, is it mainly males or mainly females? *(Please tick)*

Mainly males Mainly females

26. Is there a specific age group that utilises the facility more frequently than others?
(Please tick)

Yes No Unsure

If yes, what age group utilises the facility more? *(Please tick)*

19 yrs or less	<input type="checkbox"/>	20-29 yrs	<input type="checkbox"/>	30-39 yrs	<input type="checkbox"/>
40-49 yrs	<input type="checkbox"/>	50-59 yrs	<input type="checkbox"/>	60 yrs +	<input type="checkbox"/>

PROGRAMS

We would like to ask you about the physical activity programs available to RPH staff. Examples of a physical activity program include healthy lifestyle activities, sporting competitions, walking groups, aerobics.

27. Do you manage or take bookings for any physical activity programs that RPH staff attend? *(Please tick)*

Yes No

*If YES go onto question 28.
If NO go onto question 54.*

28. What are the names of the programs you manage or take bookings for? *(Please tick)*

Yoga	<input type="checkbox"/>	Corporate Challenge	<input type="checkbox"/>
Walking Group	<input type="checkbox"/>	Boxercise	<input type="checkbox"/>
Aqua Aerobics	<input type="checkbox"/>	Inter department competitions	<input type="checkbox"/>
Tai Chi	<input type="checkbox"/>	Personal Fitness Programs	<input type="checkbox"/>

Other *(please specify)* _____

*If the respondent has completed the section on FACILITIES then go to question 29.
If the respondent has not completed the section of FACILITIES go to question 30.*

29. Is this program(s) coordinated from the facility mentioned in the previous section?

Yes No

*If YES, go to question
If NO, go to question 30.*

Please note following questions may need to be completed repeatedly if they manage multiple programs.

Can we focus on _____ *(name of program)* to answer the following questions.

30. Where is the physical activity program held? *(Please state)*

Location: _____

(eg. Street / Hospital Block/ Level)

31. What days and times of day is the program available to staff at RPH? (Please state)

Days and times: _____

32. How much are RPH staff charged to attend the program? (Please state)\$ _____

33. What is the method of payment? (Please tick)

Membership fee Taken out of pay Pay as you go

34. Do RPH staff require security access to attend the program (eg. a swipe card)? (Please tick)

Yes No

*If YES go onto question 35.
If NO go onto question 36.*

35. Who is the contact or department where RPH staff can arrange to get security access too attend the program? (Please state)

Person/Department: _____

Phone: _____

36. Are bookings taken for attending the program? (Please tick)

Yes No

*If YES go onto question 37.
If NO go onto question 40.*

37. Who is the contact person or department responsible for taking bookings? (Please state)

Name/Position: _____

38. What is their contact details? (Please state)

Department: _____

Phone: _____

Email: _____

39. How do staff book the program? *(Please state process)*

40. Are there any clothing or other specific requirements essential for participating in the program? *(Please tick)*

Yes No

*If YES go to question 41.
If NO go to question 42.*

41. What are the clothing or other special requirements needed? *(Please tick)*

Sneakers/closed in shoes	<input type="checkbox"/>	Good health/fitness	<input type="checkbox"/>
Fitness Test first before participating	<input type="checkbox"/>	Sweat towel	<input type="checkbox"/>
Need to be a member of staff amenities	<input type="checkbox"/>	Comfortable clothing	<input type="checkbox"/>

Other *(please specify)* _____

42. What amenities are available to staff who attend the program? *(Please tick)*

Showers	<input type="checkbox"/>	Toilets	<input type="checkbox"/>
Drinking Fountains	<input type="checkbox"/>	None	<input type="checkbox"/>

Other *(please specify)* _____

43. What are the security or safety features associated with the program? (eg. swipe cards, lighting, availability of lockers). *(Please tick)*

Swipe card required	<input type="checkbox"/>	Lockers available	<input type="checkbox"/>
Public Telephones	<input type="checkbox"/>	Adequate lighting	<input type="checkbox"/>
Surveillance cameras	<input type="checkbox"/>	None	<input type="checkbox"/>

Other *(please specify)* _____

44. How is the program currently promoted to staff at RPH? (Please tick)

- | | | | | | |
|-----------------|--------------------------|------------|--------------------------|---------------------|--------------------------|
| RPH intranet | <input type="checkbox"/> | RPH Servio | <input type="checkbox"/> | RPH Staff Amenities | <input type="checkbox"/> |
| RPH Orientation | <input type="checkbox"/> | Flyer | <input type="checkbox"/> | Brochure | <input type="checkbox"/> |
| Posters | <input type="checkbox"/> | Email | <input type="checkbox"/> | Noticeboards | <input type="checkbox"/> |

Other (please specify) _____

If promotion involves distribution of a flyer or brochure go onto question 45.
If promotion does not involve distribution of flyer or brochure go onto question 46.

45. How do you disseminate your flyers and/or brochures to RPH staff? (Please tick)

- Key contacts in department
- Distribution points in the hospital (Please state location of distribution point) _____

Other (please state) _____

46. Are there any policies currently in place associated with physical activity program? (Please tick)

- Yes No

Please state what they are:

We are developing a profile of the RPH staff who use the physical activity program. We are hopeful that you have some statistics or information to answer the following questions.

47. Do you keep statistics regarding the attendance of the program by RPH staff? *(Please tick)*

Yes No

*If YES, go to question 48.
If NO, ask them if they could estimate the number and type of RPH staff who attend the program and go to question 48.*

48. Are people who attend the program mostly RPH staff or the general public or other? *(Please tick)*

RPH staff General public Other

49. On average, how many staff from RPH have attended the program in the past six months? *(Please state)*

_____ number of staff Unsure

50. What days and times of day is the program most attended? *(Please state)*

51. Are there any departments attending the program more frequently than other departments? *(Please tick)*

Yes No Unsure

If yes, which departments attend the program more and why do you think this is so? *(Please state)*

52. Do people of one gender attend the program more frequently than the other? *(Please tick)*

Yes No Unsure

If yes, is it mainly males or mainly females? *(Please tick)*

Mainly males Mainly females

53. Is there a specific age group that attends the program more frequently than others? *(Please tick)*

Yes No Unsure

If yes, what age group attends the program more? *(Please tick)*

19 yrs or less 20-29 yrs 30-39 yrs
40-49 yrs 50-59 yrs 60 yrs +

RESOURCES

54. Do you provide physical activity information resources to staff of RPH? (eg. brochures, fliers, booklets)

Yes

No

*If YES go to question 55.
If NO go to question 57.*

55. What are the information resources you provide to RPH staff?

56. How are the physical activity information resources distributed to staff?

GENERAL INFORMATION

Finally a few questions in regards to your ideas and ways in which we can feedback the findings of the study to yourself and others as a result of your time with us today.

57. Do you have any recommendations for the RPH Health Promotion Committee to increase physical activity levels of staff at RPH?

58. Do you have any comments or questions you would like to be asked in the staff questionnaire?

59. What do you think is the best method to feedback the findings of our study to RPH staff, department managers and your agency?

60. Are you familiar with any other physical activity facilities or programs available to staff at RPH besides those you manage?

***That concludes the interview.
Thank you for your time.
Your contribution to the RPH Physical Activity study is greatly appreciated.
We will provide you with a copy of the report once it is complete.***

**APPENDIX B:
STAFF PHYSICAL ACTIVITY SURVEY**



Royal Perth Hospital Health Promotion Committee

Chair: Octo Moniz Phone: (08) 9224 1163 Fax: (08) 9224 2285
E-mail : Octo.Moniz@health.wa.gov.au

Dear RPH employee

ROYAL PERTH HOSPITAL'S HEALTH PROMOTION COMMITTEE PHYSICAL ACTIVITY STUDY

The Royal Perth Hospital (RPH) Health Promotion Committee has received funding from the Eastern Perth Public and Community Health Unit's Physical Activity Grants Scheme to conduct a physical activity study with RPH staff. The purpose of the study is to determine staff participation in physical activity and make recommendations for developing future physical activity opportunities.

Staff within selected RPH departments (Wellington Street Campus) are invited to participate by completing the survey attached.

Your participation in this study is important. The information you provide will enable the development of physical activity opportunities at RPH to meet your needs. The survey should take about 10 minutes to complete and the information you provide will remain strictly confidential.

Please return the completed survey, by internal mail, to Michaela Vardaro, Eastern Perth Public and Community Health Unit (EPPCHU), WASON by **Friday 23rd November 2001**.

By returning your completed survey you will enter into a draw to win one of two prizes.

- **First prize:** \$100 gift voucher for Athlete's Foot sports store.
- **Second prize:** an ab-roller, kindly donated by Aventis Pasteur.

Please keep one half of the raffle ticket and return the other half, with the completed survey, to be eligible to win a prize. Please write your first name and phone number on the ticket you return.

If you would like to know more about the study please contact Leeann Murphy, Health Promotion Officer, on 41657 or email, leeann.murphy@health.wa.gov.au.

Yours sincerely,

John Love
Director of Organisational Development
Royal Perth Hospital



Royal Perth Hospital Health Promotion Committee

Physical Activity Staff Survey

SECTION ONE: PHYSICAL ACTIVITY LEVELS

We would like to ask you about the moderate and vigorous intensity physical activities you participated in during the last 7 days.

Moderate intensity physical activity is defined as an activity that will cause a slight, but noticeable, increase in breathing and heart rate and may cause light sweating. The best example is brisk walking, during which a conversation can be maintained.

Vigorous intensity physical activity may cause sweating and puffing. Examples of vigorous intensity physical activity include jogging, squash, competitive sport and aerobics.

1. In the last 7 days, which of the following physical activities did you do continuously for 10 minutes or more? *(Please tick as many responses as applicable)*

- | | | | | | |
|--|--------------------------|----|------------------|--------------------------|-----|
| Aerobics/step/dancing class | <input type="checkbox"/> | 11 | Swimming/surfing | <input type="checkbox"/> | 19 |
| Cycling for recreation or exercise | <input type="checkbox"/> | 12 | Team sports | <input type="checkbox"/> | 110 |
| Cycling for transport | <input type="checkbox"/> | 13 | Lawn bowls | <input type="checkbox"/> | 111 |
| Gardening | <input type="checkbox"/> | 14 | Sailing | <input type="checkbox"/> | 112 |
| Golf | <input type="checkbox"/> | 15 | Weights | <input type="checkbox"/> | 113 |
| Jogging/running | <input type="checkbox"/> | 16 | Tennis | <input type="checkbox"/> | 114 |
| Walked for recreation or exercise | <input type="checkbox"/> | 17 | Squash | <input type="checkbox"/> | 115 |
| Walked for transport | <input type="checkbox"/> | 18 | Table tennis | <input type="checkbox"/> | 116 |
| Other <i>(Please specify)</i> _____ | | | | <input type="checkbox"/> | |
| Other <i>(Please specify)</i> _____ | | | | <input type="checkbox"/> | |
| I was not physically active in the last 7 days | | | | <input type="checkbox"/> | 117 |

➔ If you have not been physically active, in the last 7 days please go to question 5.

The next question is about walking.

- 2a. In the last 7 days, **how many times** have you walked continuously, for at least 10 minutes, for recreation/exercise, or to get to and from places? (Please state number of times)

_____ times

→ If you have not walked continuously for at least 10 minutes, for recreation/exercise, or to get to and from places in the last 7 days please go to question 3a.

- 2b. What do you estimate was the **total time** that you spent walking in this way in the last 7 days? (Please state in hours and minutes)

_____ hour(s) and _____ minutes of continuous walking.

The next question is about other moderate physical activity, besides walking.

- 3a. In the last 7 days, **how many times** did you do any other more moderate physical activities that you have not already mentioned? (eg. gentle swimming, social tennis, golf)? (Please state number of times)

_____ times

→ If you have not done any other moderate physical activity in the last 7 days please go to question 4a.

- 3b. What do you estimate was the **total time** that you spent doing these activities in the last 7 days? (Please state in hours and minutes)

_____ hour(s) and _____ minutes of moderate activity.

The next question is about vigorous physical activity.

- 4a. In the last 7 days, **how many times** did you do any vigorous physical activity which made you breathe harder or puff and pant? (eg. jogging, cycling, aerobics, competitive tennis)? (Please state number of times)

_____ times

→ If you have not done any vigorous physical activity in the last 7 days please go to question 5.

- 4b. What do you estimate was the **total time** that you spent doing this vigorous physical activity in the last 7 days? (Please state in hours and minutes)

_____ hour(s) and _____ minutes of vigorous physical activity.

5. In the **last week**, was the total amount of physical activity you did continuously for 10 minutes or more: (Please tick one response)

- More physical activity than usual ₁
- Less physical activity than usual ₂
- About the same physical activity as usual ₃

6. Are you a current member of: *(Please tick the appropriate box)*

- A sports club Yes ₁ No ₂
- An exercise club Yes ₁ No ₂
- A recreation club or group Yes ₁ No ₂

7. On average, how many hours per week do you spend sitting, such as reading, watching television or using a computer? *(Please state average hours per week at work and at home)*

Number of hours _____ *(per week at home)*

Number of hours _____ *(per week at work)*

8. Please state the recommended weekly levels of physical activity for Australians? *(Please state)*

9. To what extent do you agree or disagree with the following statements about physical activity: *(Please circle one number only for each statement)*

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Unsure</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
a) Taking the stairs at work or generally being more active for at least 30 minutes each day is enough to improve your health.	1	2	3	4	5
b) Half an hour of brisk walking on most days is enough to improve your health.	1	2	3	4	5
c) To improve your health it is essential for you to do vigorous physical activity for at least 20 minutes each time, 3 times per week.	1	2	3	4	5
d) Physical activity doesn't have to be done all at one time – blocks of 10 minutes are okay.	1	2	3	4	5
e) Moderate physical activity that increases your heart rate slightly can improve your health.	1	2	3	4	5

SECTION TWO: PHYSICAL ACTIVITY LEVELS AT WORK

The following questions relate to your participation in regular, moderate or vigorous intensity physical activity whilst at work.

Please note: “*at work*” in the following questions includes physical activity within RPH or within the vicinity of RPH before, during and/or after work and during lunch breaks.

It does not include your participation in physical activity in and around your home environment.

10. Which of the following statements best describes you: (Please tick one of the following options)

I'm not physically active at work and I don't plan on doing any physical activity at work in the future. ₁

I'm not active at work at the moment but am thinking about it. ₂

I am preparing to do more physical activity at work but am yet to start ₃

I am usually quite active at work. I either walk, swim, do aerobics or some other physical activity 3 to 5 times a week. ₄

11. How would you describe your main workplace activity? (Please tick one box)

Mostly sitting ₁

Mostly standing ₂

Mostly walking ₃

Mostly heavy labour or physically demanding work ₄

12. What do you believe are the benefits of a physically active workforce? (Please comment)

13. a. Please indicate in the table below, which of the following physical activity opportunities you know are available to RPH staff at work? (Please tick the appropriate box for each facility/program in section a)

b. Please indicate in the table below, which of the following physical activity opportunities you have used or participated in at work, in the last 12 months.
(Please tick a box in section b to indicate you have used/participated in the last 12 months)

	a.		b.
	<i>Available</i>	<i>Unsure</i>	<i>Used in the last 12 months</i>
Aqua-running	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Aerobics ABT	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Aerobics circuit classes	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Aerobics cross trainer	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Aerobics step classes	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Gymnasium	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Heart Foundation Walking Group	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
RPH Walking Group	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Squash courts	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Stair climbing competition	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Swimming lessons	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Swimming pool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Tae Bo	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Table tennis	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Tennis court	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Weight training	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Wellington Square Park	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Yoga	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Statewest's Corporate Challenge:			
•Footy sixes	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Soccer	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Touch Football	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Croquet	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Netball	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Volleyball	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Petanque	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
•Ten Pin Bowling	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
Please specify other facilities/programs available <i>(Please state name and location)</i>			<input type="checkbox"/> ₃

14. Do you currently participate in any other regular physical activity at work? (eg. walking, jogging, cycling before, during, after work and/or during lunch breaks)?
(Please tick)

Yes ₁

No ₂

If yes, please specify. (Please state the type of activity)

SECTION THREE: FUTURE PHYSICAL ACTIVITY OPPORTUNITIES

We are interested in knowing what prevents you from being physically active at work. The information you provide will assist the RPH Health Promotion Committee to make recommendations for increasing and/or improving physical activity programs and facilities available for RPH staff.

15. What **barriers** prevent you from participating in physical activity at work?

(Please tick as many responses as applicable)

- No motivation ₁₅₁
- No time ₁₅₂
- Injury/disability ₁₅₃
- Health problem(s)/illness ₁₅₄
- Can't afford it ₁₅₅
- Feel unsafe ₁₅₆
- Don't put priority on physical activity ₁₅₇
- Too old ₁₅₈
- May get injured or damage my health ₁₅₉
- There is no one to exercise with ₁₅₁₀
- There are no suitable facilities offered ₁₅₁₁
- Don't know what facilities/programs are available ₁₅₁₂
- Traffic around work is too heavy ₁₅₁₃
- Family responsibilities ₁₅₁₄
- No access to showers or change-rooms ₁₅₁₅
- Lack of management support ₁₅₁₆
- I am active enough ₁₅₁₇
- Other (please specify) _____

16. **Please suggest opportunities or changes in the workplace that would encourage you to participate in regular physical activity at work?** *(Please comment)*

17. **Please suggest some physical activity facilities, programs and/or activities you think should be available for staff at RPH?** *(Please comment)*

18. **How do you receive information regarding the physical activity facilities and programs available for staff at RPH?** *(Please tick as many responses as applicable)*

- I have never received information regarding physical activity facilities/programs ₁₈₁
- RPH Health Promotion Committee ₁₈₂
- RPH Intranet ₁₈₃
- RPH Orientation Manual ₁₈₄
- RPH Staff amenities ₁₈₅
- Noticeboards/bulletin boards/posters ₁₈₆
- Servio newsletter ₁₈₇
- Email ₁₈₈
- Word of mouth from colleagues ₁₈₉
- Other *(please specify)* _____

19. **Do you have access to the RPH Intranet and/or email?** *(Please tick)*

- | | | | | |
|--------------|-----|---------------------------------------|----|---------------------------------------|
| RPH Intranet | Yes | <input type="checkbox"/> ₁ | No | <input type="checkbox"/> ₂ |
| Email | Yes | <input type="checkbox"/> ₁ | No | <input type="checkbox"/> ₂ |

SECTION FOUR: GENERAL INFORMATION

20. What is your gender? *(Please tick)*

Male ₁ Female ₂

21. What age group do you belong to? *(Please tick)*

19 yrs or less ₁ 40-49 yrs ₄
20-29 yrs ₂ 50-59 yrs ₅
30-39 yrs ₃ 60 yrs + ₆

22. How many people under the age of 18 reside at your home? *(Please state)*
_____ people

23. Which of the following best describes your working hours at RPH? *(Please tick more than one if necessary)*

Full time ₂₃₁
Part time hours ₂₃₂
Casual hours ₂₃₃
Office hours (9am-5pm) ₂₃₄
Rotating shifts ₂₃₅
Weekends ₂₃₆
After hours (afternoon shift) ₂₃₇
Night shift ₂₃₈
Other _____

24. What is your occupation? *(Please state)* _____

25. How long have you worked at RPH? *(Please tick)*

Less than one year ₁
1 year to less than 2 years ₂
2 years to less than 5 years ₃
5 years to less than 10 years ₄
10 years or more ₅

26. **What is the estimated distance between your home and work?** *(Please state)*

_____ kilometres (*kms*)

27. **What is your usual mode of travel to and from work?** *(Please tick one response)*

- | | | |
|--|--------------------------|---|
| Travel by car on my own | <input type="checkbox"/> | 1 |
| Car pool (ie. travel with another person/s) | <input type="checkbox"/> | 2 |
| Public transport (ie. bus/train/ferry) | <input type="checkbox"/> | 3 |
| Motorcycle | <input type="checkbox"/> | 4 |
| Walk | <input type="checkbox"/> | 5 |
| Cycle | <input type="checkbox"/> | 6 |
| Other method (<i>please specify</i>) _____ | <input type="checkbox"/> | |

Thank you for participating.

All returned responses will remain confidential.

Please return your completed survey, via internal mail, to Michaela Vardaro, Eastern Perth Public and Community Health Unit (EPPCHU), WASON building by Friday 23rd November to be eligible for a prize.

NB: Please keep one half of the raffle ticket provided and return the other half, with the completed survey, to be eligible to win a prize. Please write your first name and phone number on the ticket you return.