

Physical Activity Strategy

2018–23

VICHEALTH'S STRATEGY TO INCREASE THE NUMBER OF VICTORIANS WHO ARE PHYSICALLY ACTIVE

OUR ROLE

Ignite change to make being active part of everyday life

OUR GOAL

300,000 more Victorians engage in physical activity by 2023

OUR FOCUS AREAS

- Children aged 5-12 years
- Young people aged 12-17 years
- Women and girls

OUR OPPORTUNITY

- Engage people who are less active and who experience the greatest barriers to participation
- Connect with people at key life stages where their physical activity typically drops off, potentially leading to an inactive life



Children aged 5 to 12 years

Key stats



- Children's lifestyles are becoming increasingly sedentary, with 4 out of 5 children (5–17 years) not meeting the recommended 60 minutes of physical activity every day.
- Globally, today's children may be the first generation to have a shorter life expectancy than their parents.
- By 2025, it is estimated that one in three Australian children will be overweight or obese.

Action areas

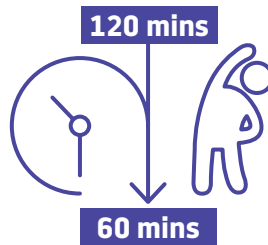
- Support a culture and environment that normalises active travel.
- Create more opportunities for children to play outdoors.
- Support the development of physical literacy.

An active childhood can lay the foundations for an active life.

Young people aged 12 to 17 years

Key stats

- Participation in physical activity halves during adolescence (down from an average of 120 minutes to just over 60 minutes a day).
- Sport participation levels drop suddenly at around age 15.
- Physically active children and youth are more socially active, have reduced symptoms of depression and anxiety, and perform better at school.
- The transitions to and from secondary school are key life stages at which to influence behaviours that establish lifelong healthy habits.



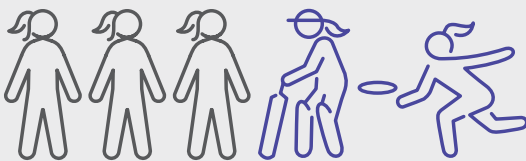
Action areas

- Develop more ways to play sport that are fun, social and local.
- Influence the design and use of public spaces for recreation.
- Support young people to be independently active and meaningfully involved in the design of their activity experiences.

Physical activity and sport participation drop in adolescence.

Women and girls

Key stats



- 3 out of 5 women aren't sufficiently active to gain health benefits from their activity.
- Females participate in sport at only half the rate of males.
- Barriers to participation in sport and physical activity are higher for women and girls.
- Women continue to be under-represented in leadership and decision-making roles within sporting organisations.
- Coverage of women's sport remains significantly less than coverage of men's sport.

Action areas

- Create and promote more tailored participation opportunities for women and girls.
- Raise the profile of women's sport and physical activity and improve attitudes towards gender equality.
- Influence sporting environments to become more inclusive of women and girls.

Women are significantly under-represented in sport.

Sources for statistics quoted in this document can be found on the VicHealth [website](#).

References for statistics quoted in the Physical Activity Strategy 2018—2023

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Women and girls

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