

Health differences in Polish population
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Leisure time physical activity among middle-aged Poles: a baseline assessment of PONS study

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Methods

- The physical activity section of the Health State Questionnaire was based on the long form of the International Physical Activity Questionnaire (IPAQ)
- Respondents were asked about engaging into three types of physical activity (walking, moderate-intensity and vigorous-intensity) within four domains (occupational, commuting, household/gardening and leisure time activities).
- Self-reported data on number of days per week and average time spent each of these days on performing physical activity were collected.
- Last week is being used as the reference period.

Methods

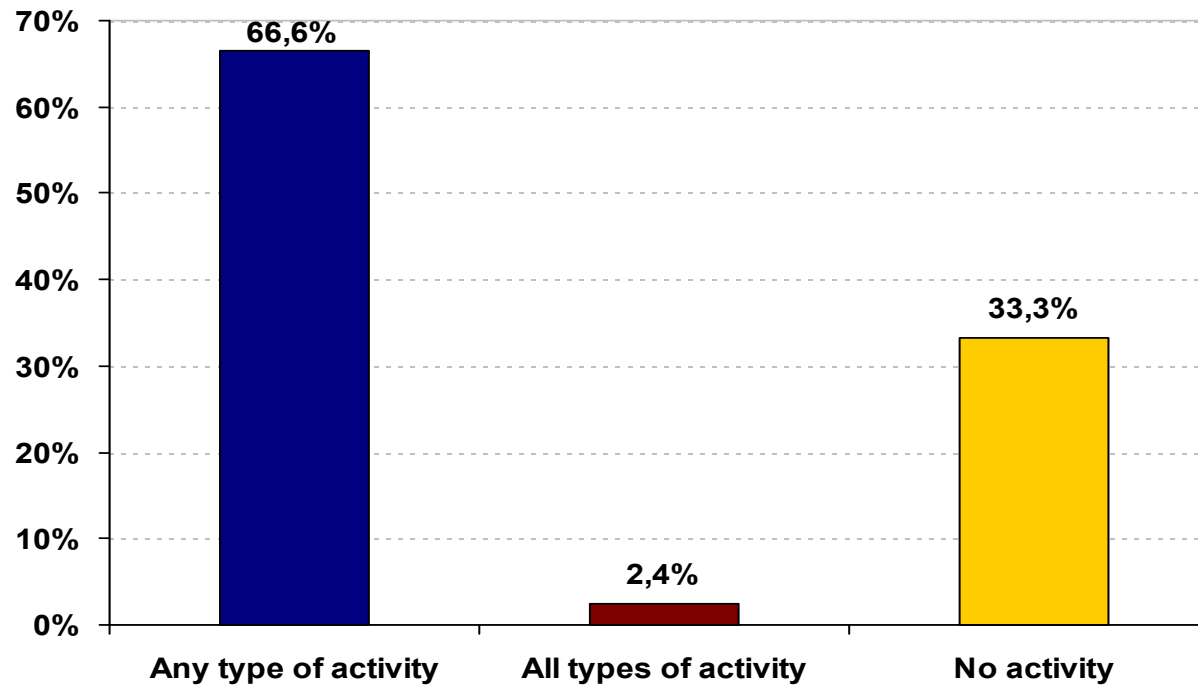
- Respondents were also asked questions on their sedentary behaviors: average amount of time spent sitting during working days and free days.
- Additionally, the PONS study team decided to add question on average number of hours spent on watching TV during last week.
- Study participants were also asked about their reasons to give up engaging in physical activity in their leisure time.

Primary analysis of PONS results

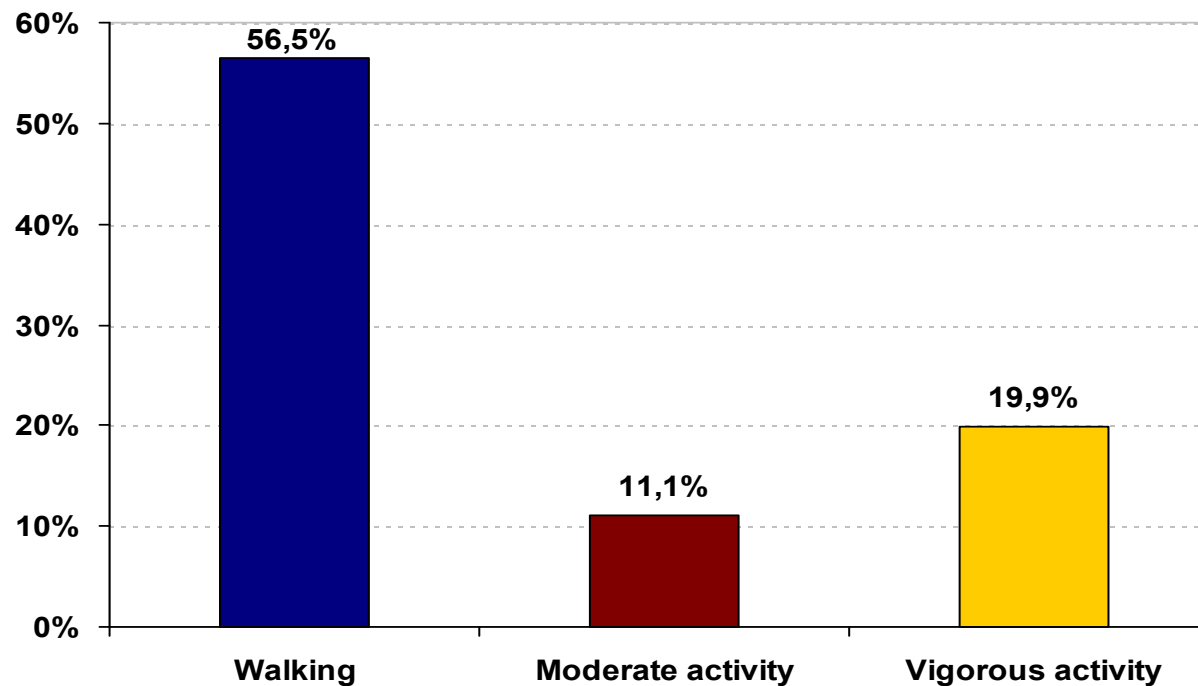
Focused on three types of activity performed in **leisure time**:

- **Walking** for recreation purposes
- **Moderate-intensity activity**: swimming, cycling
- **Vigorous-intensity activity**: aerobic exercises, running, brisk walking, swimming, speed cycling etc.

Patterns of leisure time physical activity (PA)

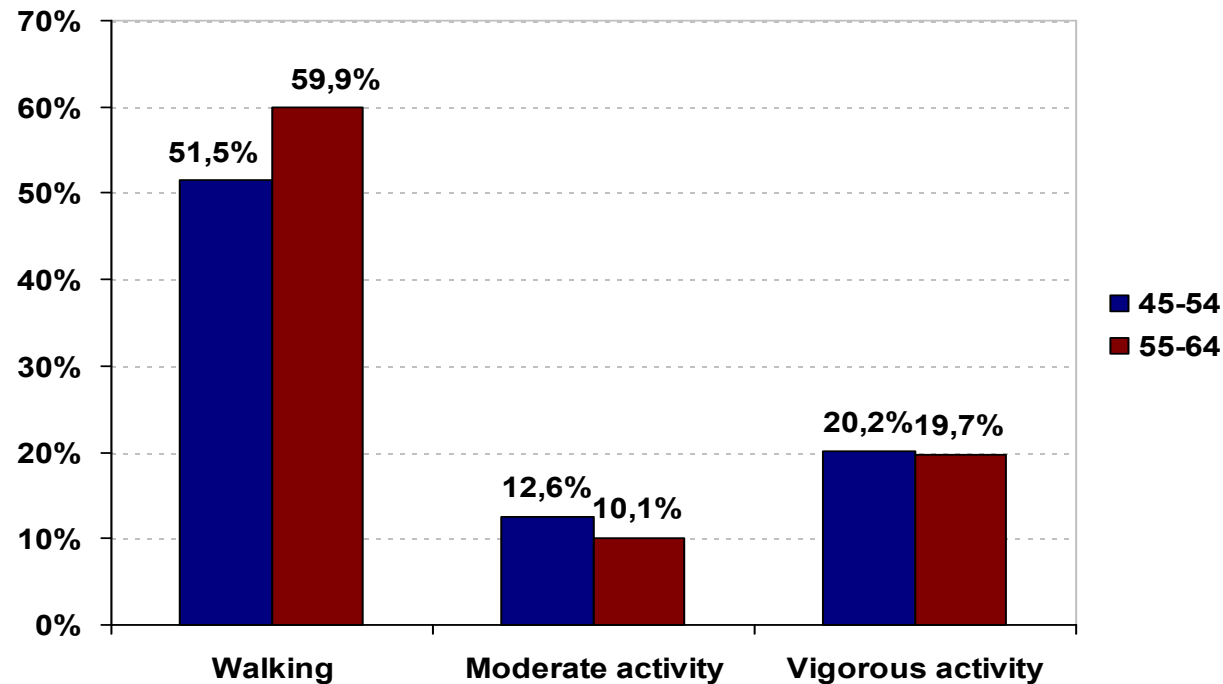


Respondents who declared being physically active* in their leisure time, by type of activity.



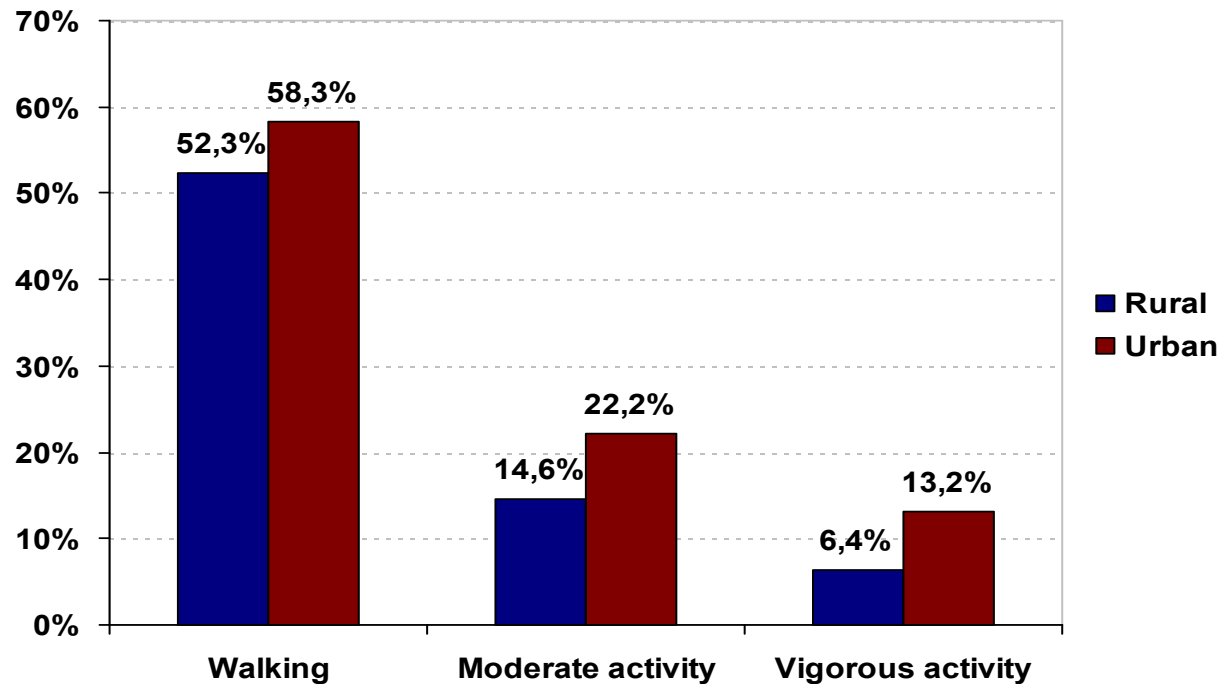
*Those who declared that they were engaging into selected type of activity for at least 10 minutes during last week

Respondents who declared being physically active* in their leisure time, by age and type of activity.



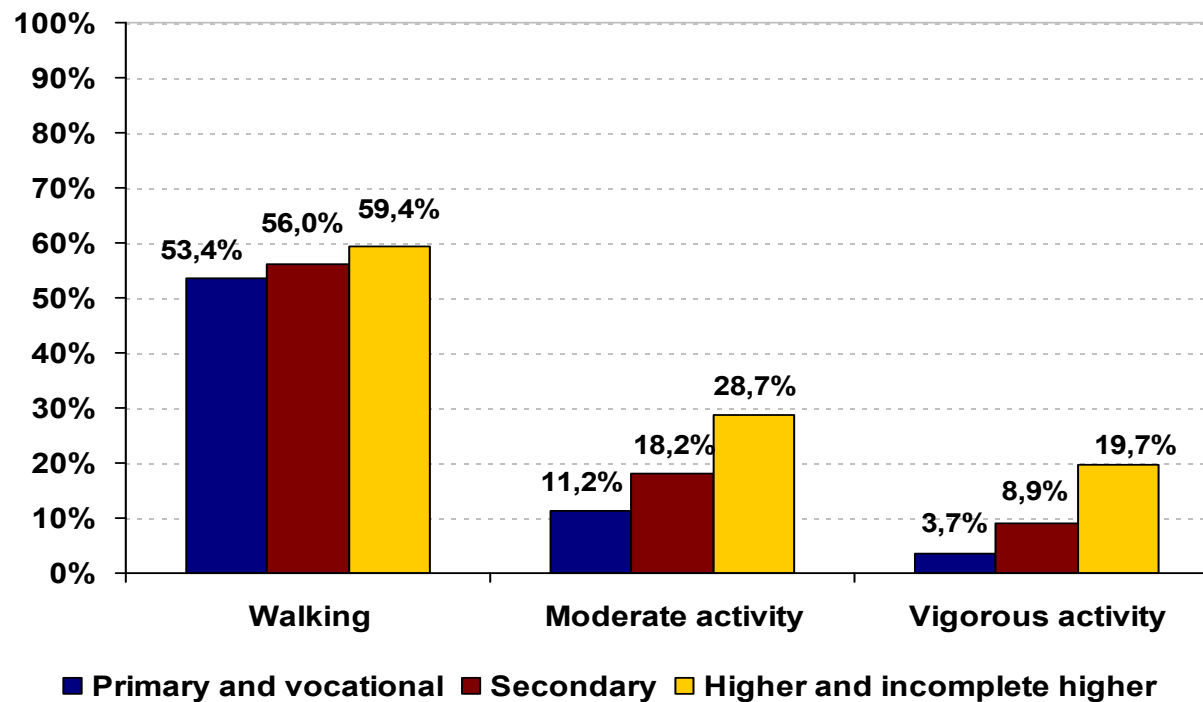
*Those, who declared that they were engaging into selected type of activity for at least 10 minutes during last week

Respondents who declared being physically active* in their leisure time, by place of residence and type of activity.



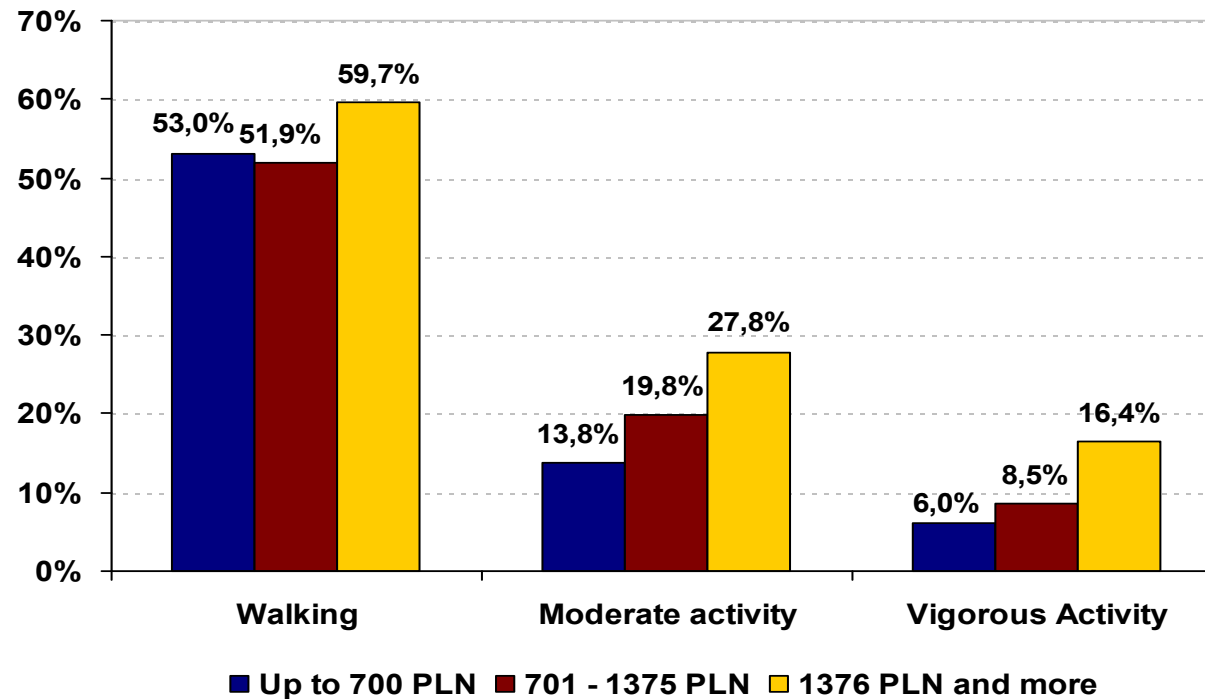
*Those who declared that they were engaging into selected type of activity for at least 10 minutes during last week

Respondents who declared being physically active* in their leisure time, by level of education and type of activity.



*Those who declared that they were engaging into selected type of activity for at least 10 minutes during last week

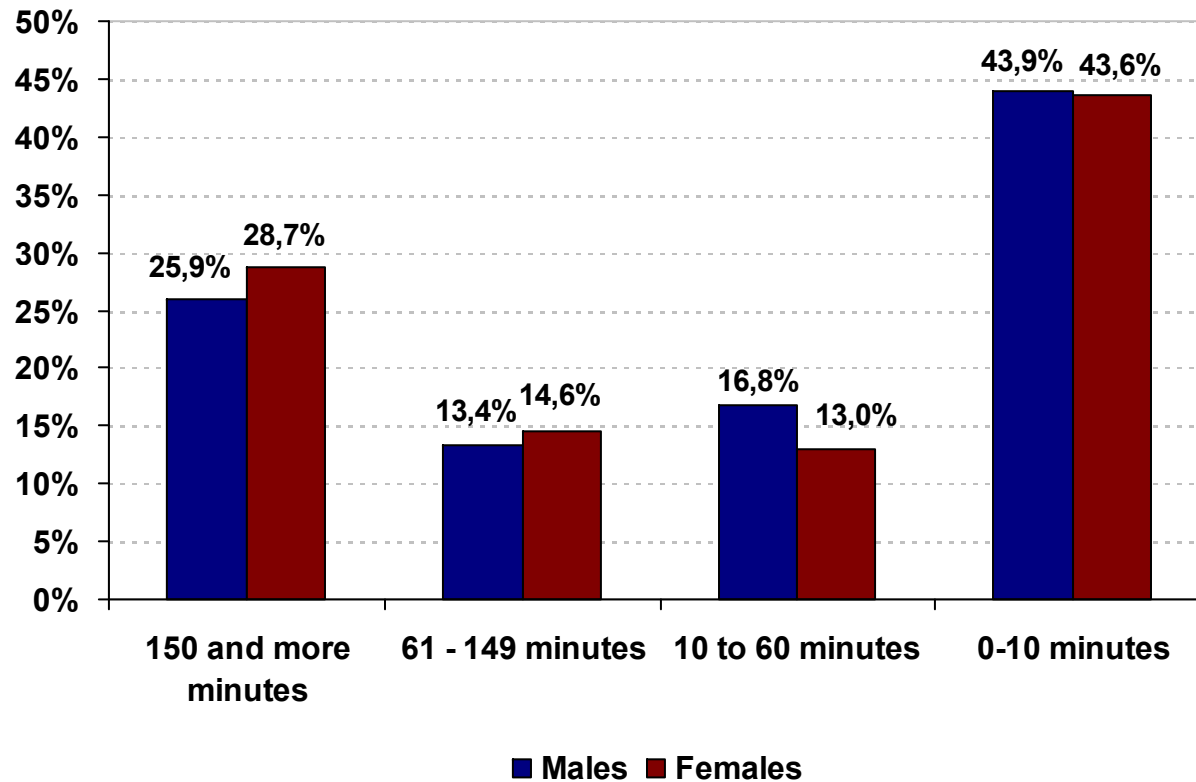
Respondents who declared being physically active* in their leisure time, by income¹ and type of activity.



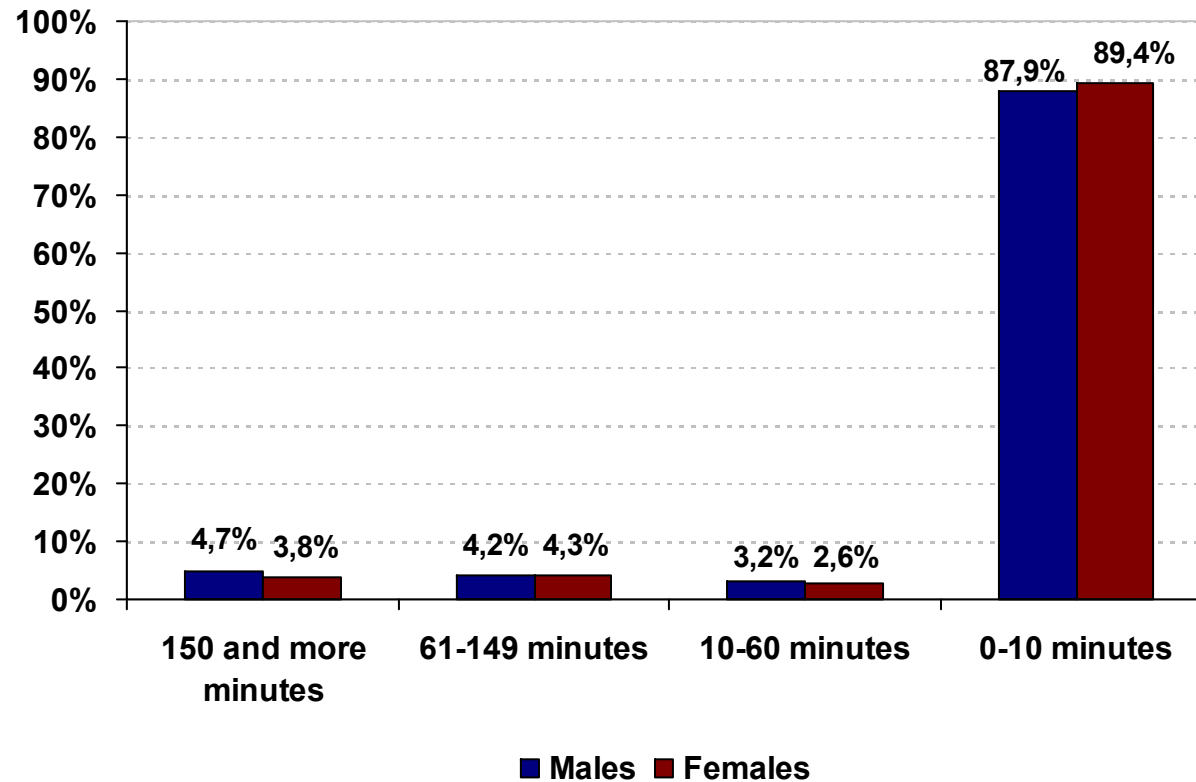
*Those who declared that they were engaging into selected type of activity for at least 10 minutes during last week

¹ Net income per household member

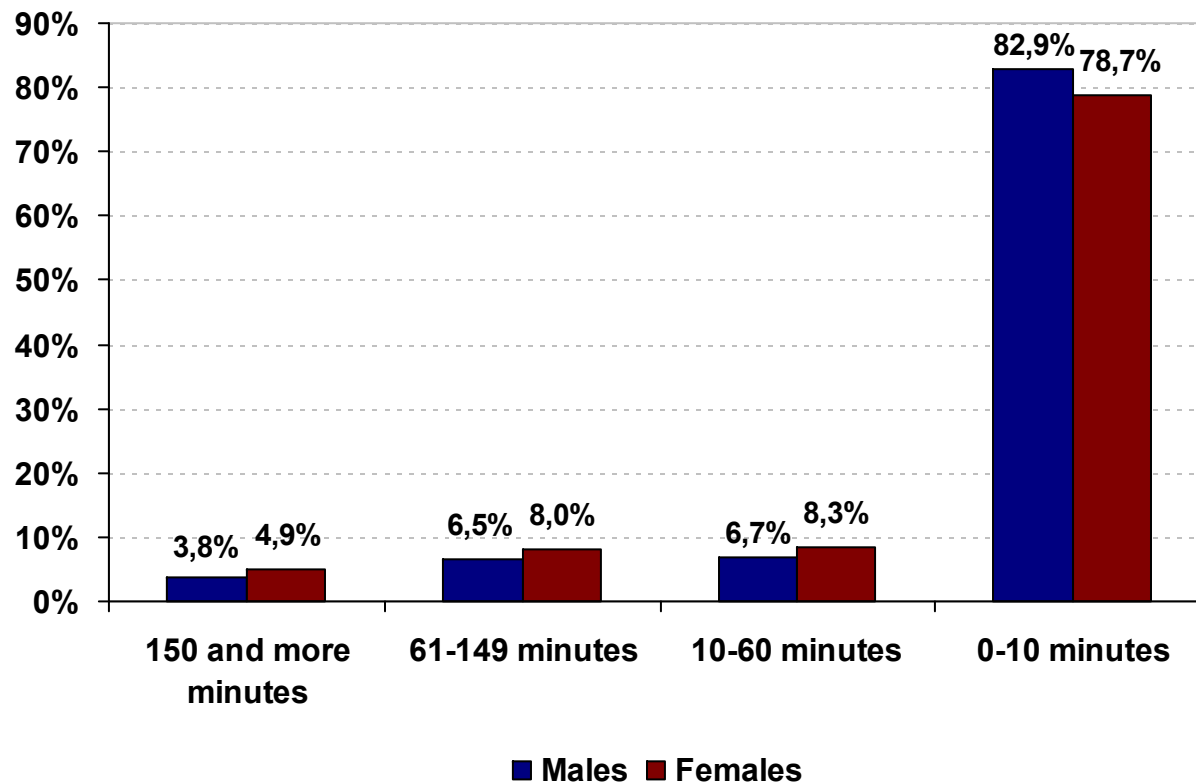
Respondents who are engaging in walking in their leisure time, by number of minutes per week.



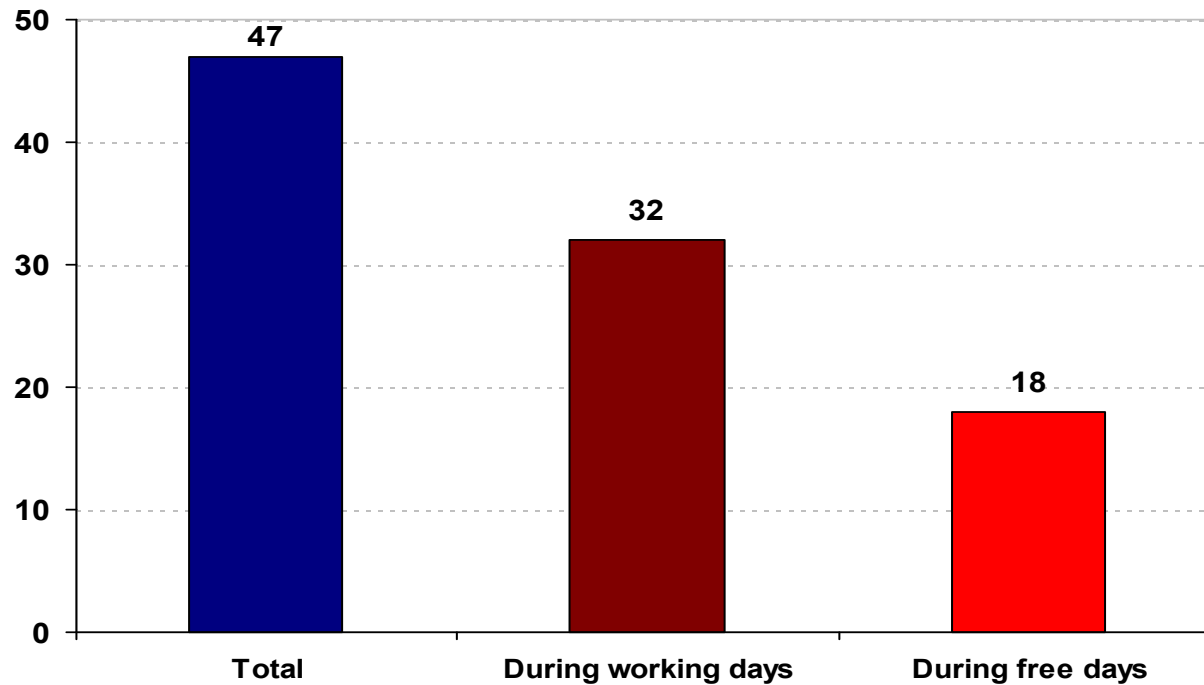
Respondents who are engaging in moderate PA in their leisure time, by number of minutes per week.



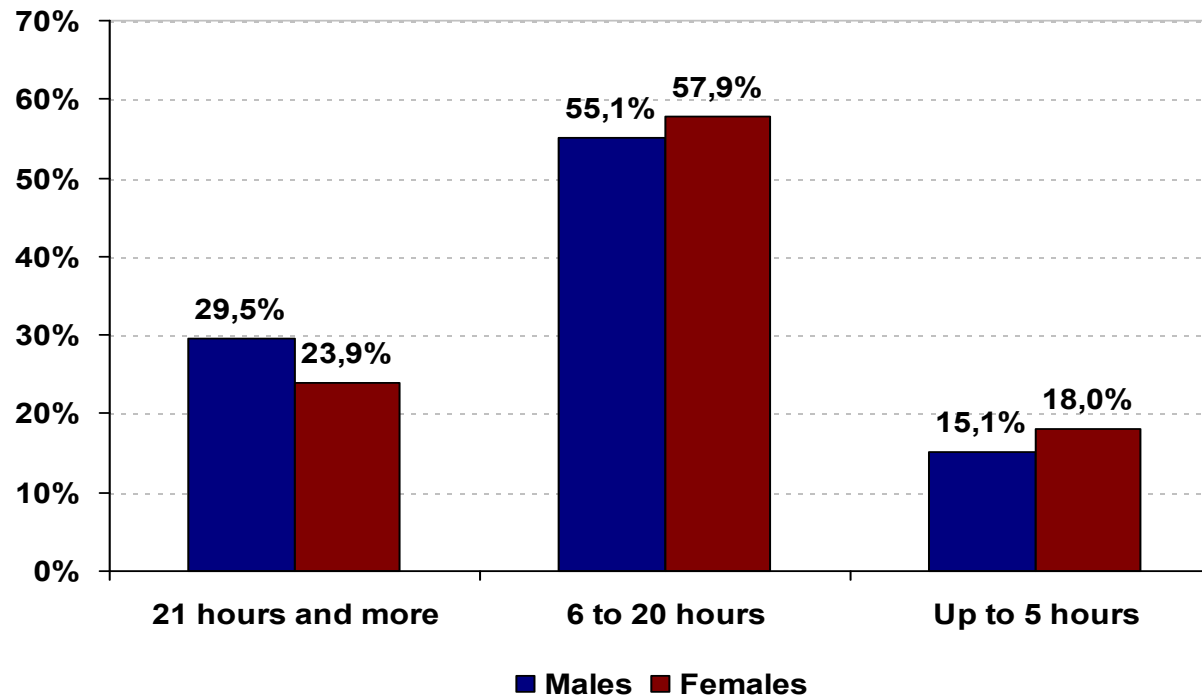
Respondents who are engaging in vigorous PA in their leisure time, by number of minutes per week.



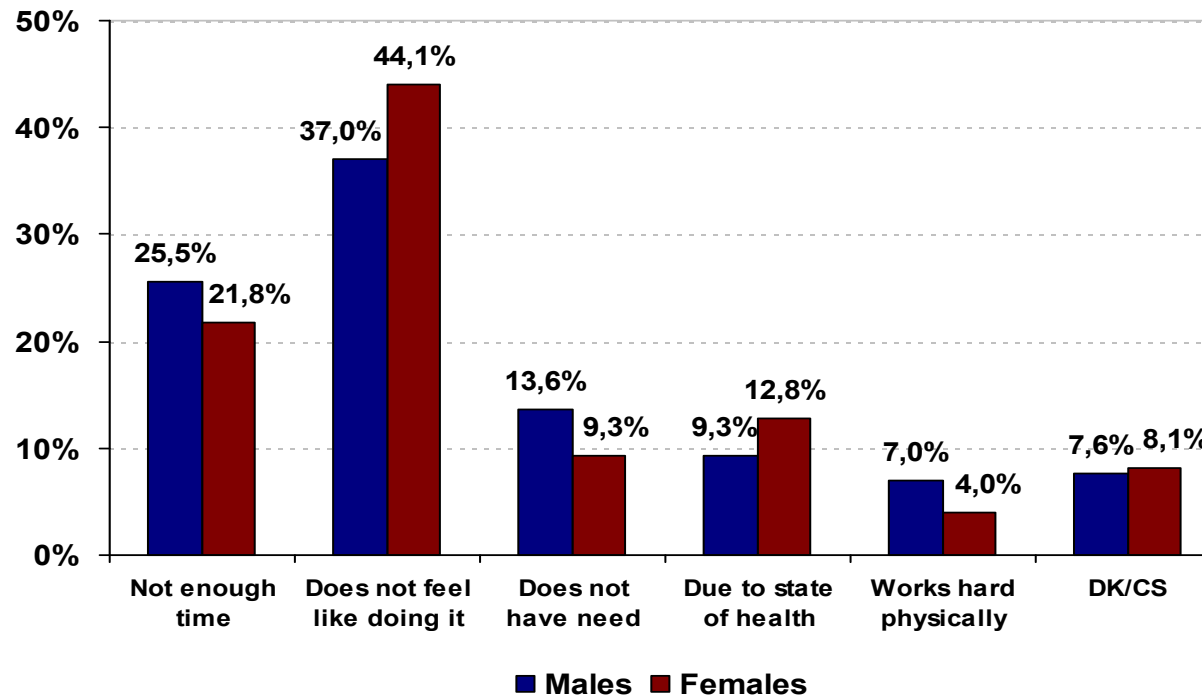
Average number of hours spent sitting down during last week



Average number of hours spent watching TV during usual week, by gender



Declared reasons to give up physical activity, by gender



Observations and conclusions

- The socio-demographic determinants of physical activity (PA) identified in the PONS study population are consistent with observations from the 2009 Eurobarometer on Sports and Physical Activity. Participation in exercises during leisure time is positively correlated with better financial situation and higher level of education.
- Residents of urban settings are significantly more often active in their leisure time than respondents living in rural areas.
- Walking is the most common form of leisure time activity, however a significant proportion of PONS respondents have declared not performing this type of activity even for at least 10 minutes during last week.
- Vast majority of respondents does not engage into any moderate- or vigorous-intensity PA in their leisure time.
- On average, PONS respondents were spending 7 hours on sitting each day. On weekly basis, they spend 32 hours sitting during working days and 18 hours during days off. 30% of males and 24% of females declared spending 21 or more hours watching tv during the usual week.

Thank you!