

# **Australian Trends of Participation in Sport, Active Recreation and Physical Activity for: Indigenous, Disability, and Culturally and Linguistically Diverse groups**

**A report to the Victorian Health Promotion Foundation  
(VicHealth)**

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## Executive Summary

This report presents the results of an analysis of participation in sport, active recreation and physical activity for Australians who are Indigenous; have a disability; are Culturally and Linguistically Diverse (CALD). The Exercise, Recreation and Sport Survey (ERASS) was used for this analysis. Whilst the ERASS survey spans 2000-2010 years, participants were only identified as being within these target groups in recent years. A total of 2392 Indigenous Australians were surveyed over a 6 year period. There were 4612 participants during 2009-2010 who stated that they had a disability or physical condition that restricted their life. A total of 6586 participants identified as being CALD, that is they spoke a language other than English at home, during 2008-2010. Given the low proportion of people within these specific target groups the analysis is limited to total number and proportion of people participating in any sport, active recreation or physical activity within the previous year.

Summary of key results:

- For each of the target group categories with both genders combined, walking and aerobics/fitness followed by swimming and cycling were the most common activities. For the most popular activity walking, 41% of Indigenous, 43% of CALD and 60% of disabled, participated in this activity.
- Popular activities specific to each target groups were:
  - Indigenous: touch football and rugby league.
  - Disabled: golf, bushwalking, aquarobics, lawn bowls.
  - CALD: football (soccer), tennis.
- A higher proportion of females in each group reported participating in walking and aerobics/fitness activities.
- Indigenous:
  - Aerobics/fitness was an activity which increased in the proportion of people who participated over the six survey years.
  - Males were more likely than females to participate in cycling, Australian rules football, rugby league and fishing.
  - Rates of walking were low, ranging from 17%-29% for Indigenous males.
  - Females were more likely than males to participate in walking, aerobics/fitness, netball and bushwalking.
- Disability
  - Age of disabled participants was highly skewed to being older with many 50 years and above.
  - The main disabilities related to mobility (65%) followed by sight (8%) and hearing (7%).
  - Males were more likely than females to participate in golf and bushwalking.
  - Females were more likely than males to participate in walking, aerobics/fitness, aquarobics and yoga.
  - Walking, aerobics/fitness, swimming and cycling) were consistently the most popular amongst the different disability categories.
- CALD
  - The languages other than English spoken at home were generally Italian (13%), German (8%) and Greek (6%).
  - Football (soccer) was a popular activity, especially for males.
  - Females were more likely males to participate in yoga and dancing.

## Trends of Participation for Indigenous Australians: 2005-2010

A total of 2392 Indigenous Australians participated in the ERASS survey from 2005-2010. This represented a range from 1.6-2.4 percent of the survey sample (Table 1). This is slightly lower than the Indigenous estimated resident population of Australian from 2006 which was 2.5 of the total population, however higher than the Victorian proportion of people of Indigenous origin (0.6%) (Australian Bureau of Statistics 2006). Victoria was the state identified as having the lowest proportion of people of Indigenous origin. More females (average 59%) were represented in the survey than males (average 41%). There were 39 Indigenous people who participated in the survey who resided in Victoria. However, nearly half of those Indigenous Australians did not have a State registered as their place of residency.

**Table 1. Indigenous Australians' participation in ERASS**

Year	Yes		Male		Female	
	n	% of survey sample	n	%	n	%
2005	413	2.4	156	37.8	257	62.2
2006	463	2.4	183	39.5	280	60.5
2007	395	2.3	146	37.0	249	63.0
2008	377	1.8	169	44.8	208	55.2
2009	403	2.0	192	47.6	211	52.4
2010	341	1.6	129	37.8	212	62.2
<b>Total</b>	<b>2392</b>		<b>975</b>	<b>40.8</b>	<b>1417</b>	<b>59.2</b>

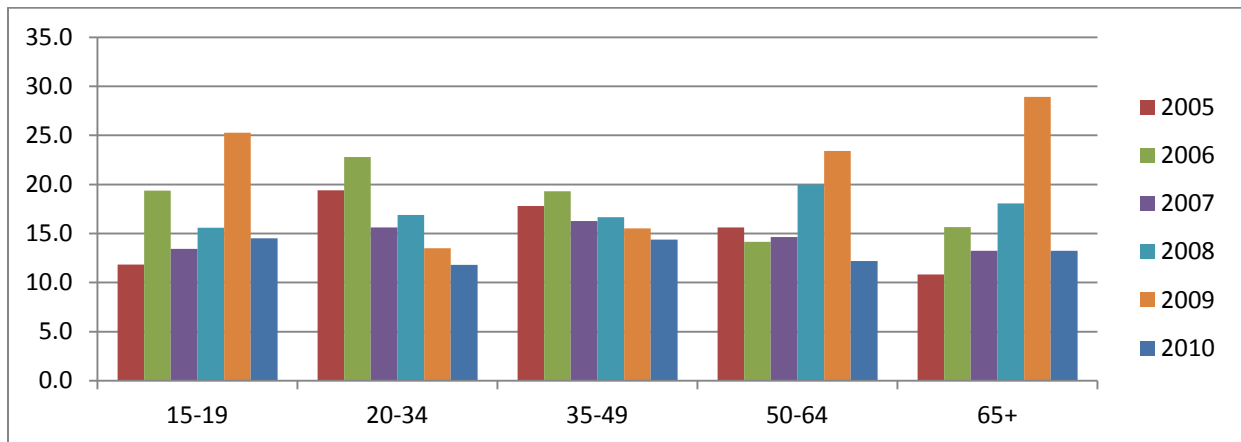
The age of the Indigenous participants in ERASS are summarised in Table 2. Most were aged between 20 and 49 years of age.

**Table 2. Age of Indigenous participants**

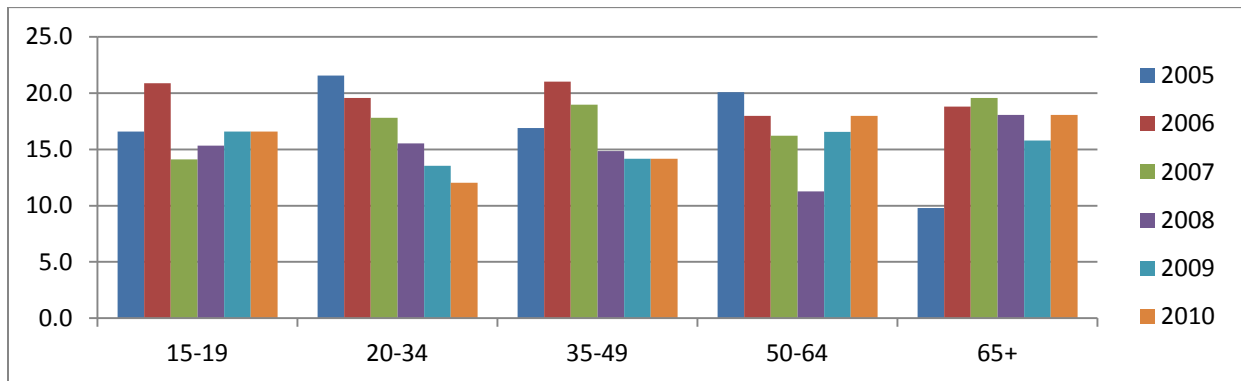
Year	15-19		20-34		35-49		50-64		65+	
	M	F	M	F	M	F	M	F	M	F
2005	22	27	46	86	47	74	32	57	9	13
2006	36	34	54	78	51	92	29	51	13	25
2007	25	23	37	71	43	83	30	46	11	26
2008	29	25	40	62	44	65	41	32	15	24
2009	47	27	32	54	41	62	48	47	24	21
2010	27	27	28	48	38	62	25	51	11	24
<b>Total</b>	<b>186</b>	<b>163</b>	<b>237</b>	<b>399</b>	<b>264</b>	<b>438</b>	<b>205</b>	<b>284</b>	<b>83</b>	<b>133</b>

Figures 1 and 2 provide a summary of the ages of the Indigenous ERASS participants for both males and females.

**Figure 1. Age of Indigenous males**



**Figure 2. Age of Indigenous females**



The most popular physical activities participated in for Indigenous people were walking (41.2%), followed by aerobics (19.4%) and swimming (13.3%) (Table 3). Females were more likely than males to participate in walking, aerobics, netball and bushwalking. Males were more likely to participate than females, in cycling, Australian rules football, rugby league and fishing.

**Table 3. Most popular physical activity for Indigenous persons**

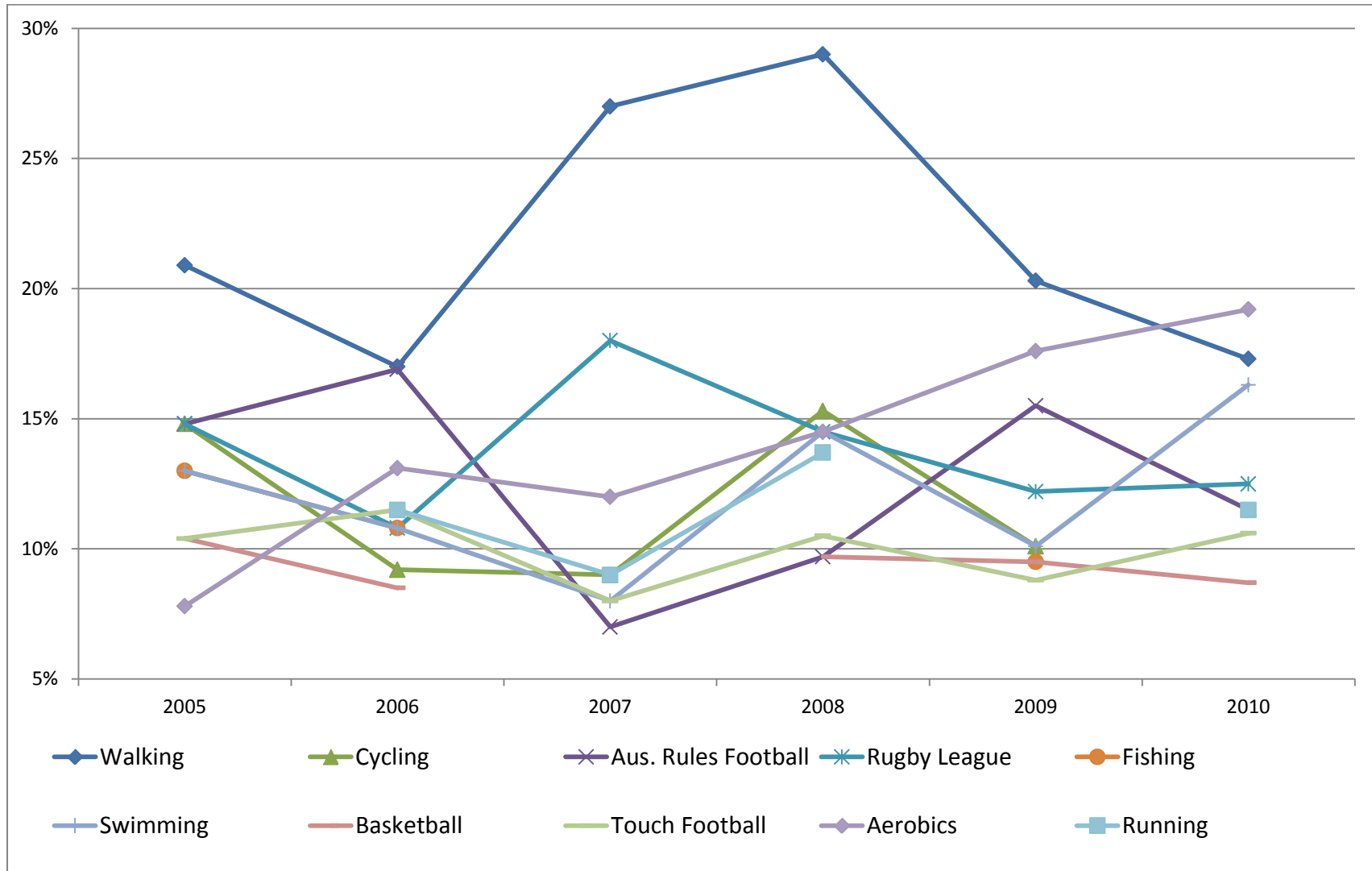
	Total Sample		Male		Female	
	n	%	n	%	n	%
Walking	703	41.2	158	21.9	545	55.4
Aerobics	330	19.4	102	14.1	228	23.2
Swimming	226	13.3	86	11.9	140	14.2
Cycling	157	9.2	80	11.1	77	7.8
Running	132	7.7	76	10.5	56	5.7
Touch Football	130	7.6	72	10.0	58	5.9
Basketball	128	7.5	63	8.7	65	6.6
Netball	115	6.7	8	1.1	107	10.9
Rugby League	114	6.7	98	13.6	16	1.6
Aust. Rules Football	110	6.5	93	12.9	17	1.7
Bushwalking	101	5.9	31	4.3	70	7.1
Fishing	91	5.3	64	8.9	27	2.7
Football (outdoor)	82	4.8	53	7.4	29	2.9
Golf	78	4.6	57	7.9	21	2.1
Cricket (outdoor)	64	3.8	54	7.5	10	1.0
Tennis	62	3.6	26	3.6	36	3.7
Weight Training	49	2.9	29	4.0	20	2.0
Volleyball	46	2.7	21	2.9	25	2.5
Yoga	37	2.2	7	1.0	30	3.0
Football (indoor)	35	2.1	22	3.1	13	1.3
Martial Arts	34	2.0	19	2.6	15	1.5
Motor Sports	34	2.0	26	3.6	8	0.8
Softball	34	2.0	5	0.7	29	2.9
<b>Total</b>	<b>1705</b>		<b>721</b>		<b>984</b>	

Table 4 and Figure 3 provides a summary of the most popular physical activities for Indigenous males. Walking was consistently the physical activity most participated in from 2005-2010, however it did decline in 2009 and 2010. Other common sports throughout the six years were Australian rules football, rugby league and swimming. Aerobics was an activity that increased in popularity over the years. For females walking was also the most popular activity throughout the years (Table 5, Figure 4). Over half of the females participated in walking each year. Participation in aerobics increased from 16.8% in 2005 to 30.6% of participants in 2010. Swimming was also consistently a popular activity,

**Table 4. Most popular physical activities for Indigenous males per year**

	2005		2006		2007		2008		2009		2010	
	n	%	n	%	n	%	n	%	n	%	n	%
<b>Walking</b>	24	20.9	23	17.0	27	27.0	36	29.0	30	20.3	18	17.3
<b>Cycling</b>	17	14.8	12	9.2	9	9.0	19	15.3	15	10.1		
<b>Aus. Rules Football</b>	17	14.8	22	16.9	7	7.0	12	9.7	23	15.5	12	11.5
<b>Rugby League</b>	17	14.8	14	10.8	18	18.0	18	14.5	18	12.2	13	12.5
<b>Fishing</b>	15	13.0	14	10.8					14	9.5		
<b>Swimming</b>	15	13.0	14	10.8	8	8.0	18	14.5	15	10.1	17	16.3
<b>Basketball</b>	12	10.4	11	8.5			12	9.7	14	9.5	9	8.7
<b>Touch Football</b>	12	10.4	15	11.5	8	8.0	13	10.5	13	8.8	11	10.6
<b>Aerobics</b>	9	7.8	17	13.1	12	12.0	18	14.5	26	17.6	20	19.2
<b>Football (outdoor)</b>	9	7.8							13	8.8		
<b>Running</b>			15	11.5	9	9.0	17	13.7			12	11.5
<b>Golf</b>					7	7.0	15	12.1				
<b>Cricket</b>					6	6.0					10	9.6
<b>Rugby Union</b>					6	6.0						
<b>Weight lifting</b>											18	17.3
<b>Total</b>	<b>156</b>		<b>183</b>		<b>146</b>		<b>169</b>		<b>192</b>		<b>129</b>	

Figure 3. Trends of physical activity participation for Indigenous males

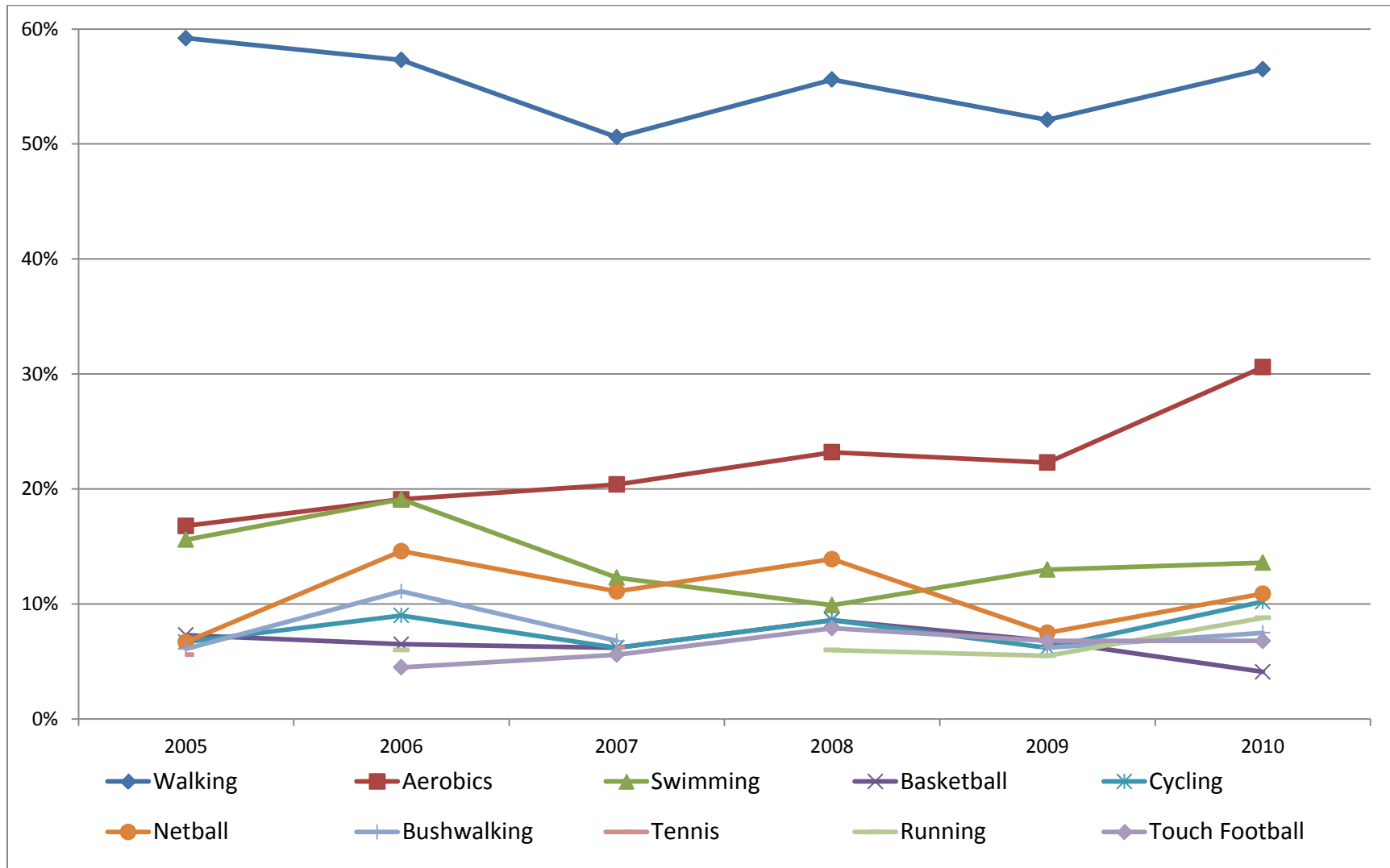




**Table 5. Most popular physical activity for Indigenous females per year**

	2005		2006		2007		2008		2009		2010	
	n	%	n	%	n	%	n	%	n	%	n	%
<b>Walking</b>	106	59.2	114	57.3	82	50.6	84	55.6	76	52.1	83	56.5
<b>Aerobics</b>	30	16.8	38	19.1	33	20.4	35	23.2	47	22.3	45	30.6
<b>Swimming</b>	28	15.6	38	19.1	20	12.3	15	9.9	19	13.0	20	13.6
<b>Basketball</b>	13	7.3	13	6.5	10	6.2	13	8.6	10	6.8	6	4.1
<b>Cycling</b>	12	6.7	18	9.0	10	6.2	13	8.6	9	6.2	15	10.2
<b>Netball</b>	12	6.7	29	14.6	18	11.1	21	13.9	11	7.5	16	10.9
<b>Bushwalking</b>	11	6.1	22	11.1	11	6.8			9	6.2	11	7.5
<b>Tennis</b>	10	5.6			10	6.2						
<b>Volleyball</b>	10	5.6										
<b>Dancing</b>	9	5					7	4.6				
<b>Fishing</b>	9	5										
<b>Running</b>			12	6.0			9	6.0	8	5.5	13	8.8
<b>Touch Football</b>			9	4.5	9	5.6	12	7.9	10	6.8	10	6.8
<b>Softball</b>			8	4.0	6	3.7						
<b>Weight Training</b>							9	6.0				
<b>Yoga</b>									7	4.8		
<b>Football</b>											6	4.1
<b>Total</b>	<b>257</b>		<b>280</b>		<b>249</b>		<b>208</b>		<b>211</b>		<b>217</b>	

Figure 4. Trends of physical activity participation for Indigenous females



## Trends of Participation for Australians with a Disability/Physical condition that restricts life: 2009-2010

Australians with a disability or physical condition were only identified in ERASS in 2009 and 2010. A total of 4612 participants stated that they had a disability or physical condition that restricted their daily life. This represents nearly a fifth of participants (18.5% 2009; 19.0% 2010) reported having a disability of physical condition that restricted their life (Table 6). This is consistent with national Australian Bureau of Statistics data which reports that just under a fifth (18.5%) Australians had a disability in 2009, which represents approximately 4 million people (Australian Bureau of Statistics 2009). There was no significant difference between genders of people reporting having a disability ( $p>0.05$ ). No State information of these participants is available.

**Table 6. Australian's who have a disability**

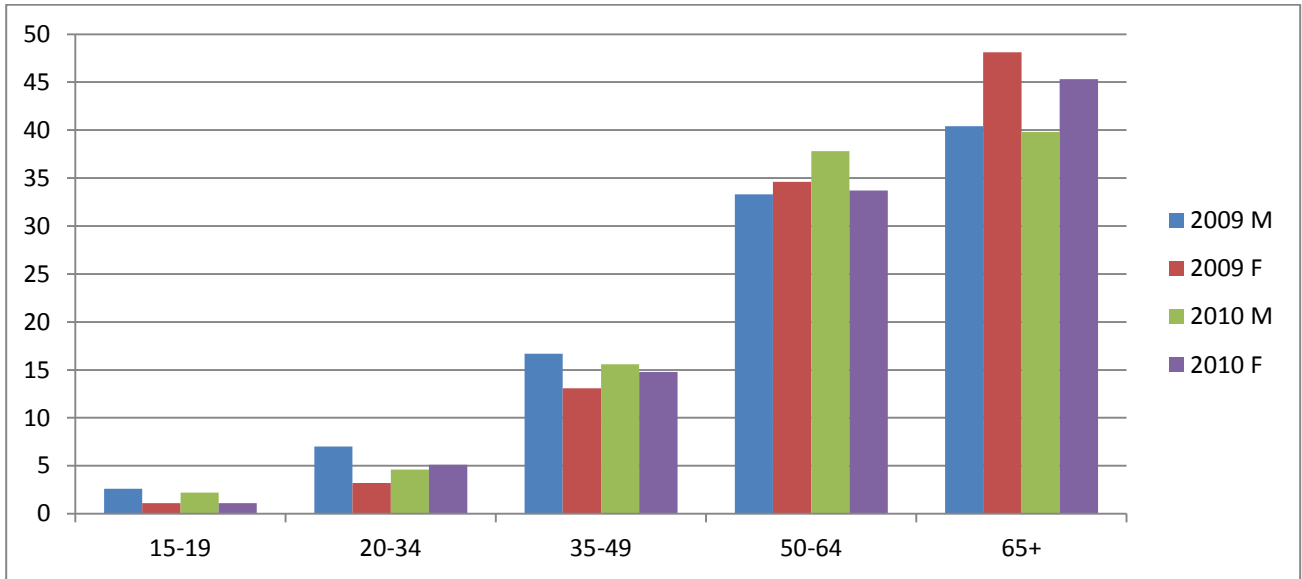
Year	% of survey population		Male		Female	
	n	%	n	%	n	%
<b>2009</b>	511	18.5	228	18.	283	18.4
<b>2010</b>	4102	19.0	1750	18.5	2352	19.4
<b>Total</b>	<b>4612</b>		<b>1978</b>		<b>2635</b>	

Similar to Australian Bureau of Statistics data, participants who were disabled was skewed to those who were older (Table 7, Figure 5). It has been recently reported that just over half (52%) of Australians aged 60 years and over had a disability (Australian Bureau of Statistics 2009). Most participants (94.1%) reported that they had the disability/physical condition had lasted for 6 months or more.

**Table 7. Age of disabled participants**

Year	15-19		20-34		35-49		50-64		65+	
	M	F	M	F	M	F	M	F	M	F
<b>2009</b>	6	3	16	9	38	37	76	98	92	136
<b>2010</b>	38	25	81	120	273	349	662	793	696	1065
<b>Total</b>	<b>44</b>	<b>28</b>	<b>97</b>	<b>129</b>	<b>311</b>	<b>386</b>	<b>738</b>	<b>891</b>	<b>788</b>	<b>1201</b>

**Figure 5. Age ranges of disabled participants**



Of the categories available for selection, the far majority of disabilities related to mobility (65.3%), rather than sight (8.0%) or hearing (6.7%) (Table 8).

**Table 8. Type of disability/physical condition that restricts life**

	Number	Percent
<b>Sight</b>	348	8.0
<b>Hearing</b>	292	6.7
<b>Mobility</b>	2837	65.3
<b>Other</b>	1313	30.2

The most popular physical activities for disabled participants in general, were walking (60.2%) followed by aerobics (26.1%) and swimming (15.7%) (Table 9). These activities were more popular for females than males. Of the most popular activities overall, males were more likely than females to participate in cycling, golf and bushwalking.

**Table 9. Most popular physical activity for disabled participants**

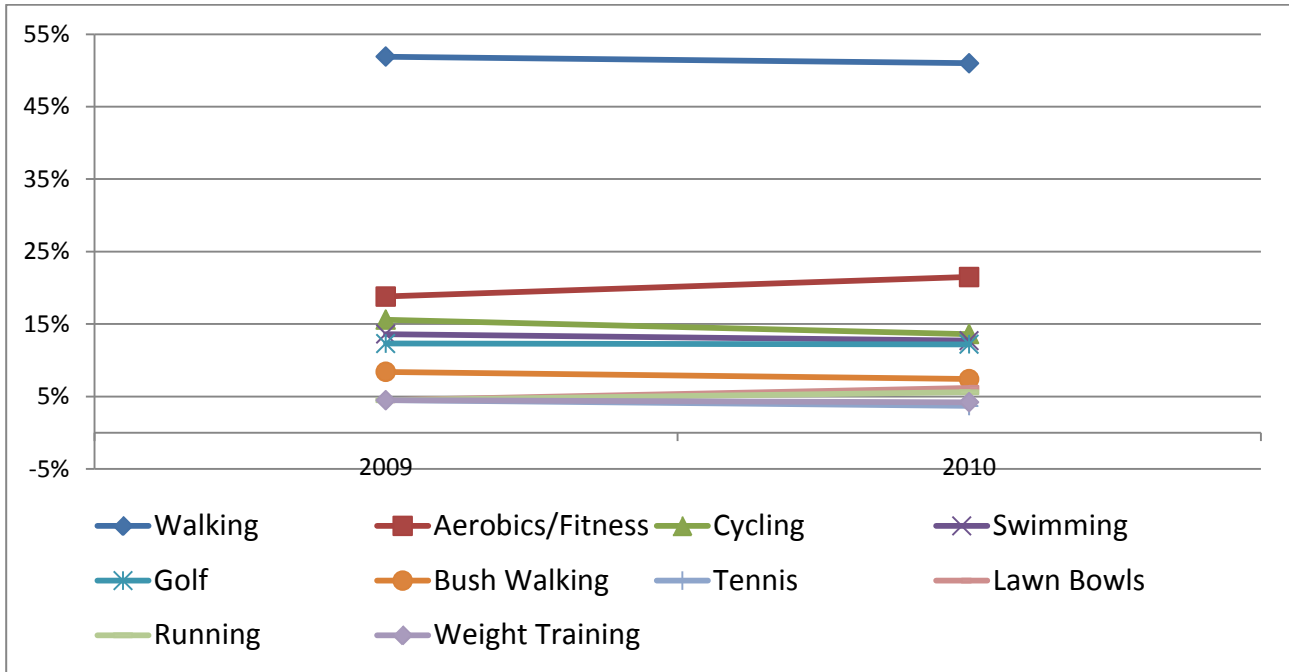
	Total sample		Males		Females	
	n	%	n	%	n	%
Walking	1894	60.2	694	48.9	1200	67.2
Aerobics	822	26.1	288	21.2	534	29.9
Swimming	494	15.7	174	12.8	320	17.9
Cycling	288	9.2	188	13.8	100	5.6
Golf	208	6.6	166	12.2	42	2.4
Bush Walking	185	5.9	102	7.5	83	4.6
Lawn Bowls	141	4.5	82	6.0	59	3.3
Aquarobics	129	4.1	15	1.1	114	6.4
Yoga	113	3.6	12	0.9	101	5.7
Running	111	3.5	74	5.4	37	2.1
Fishing	100	3.2	88	6.5	12	0.7
Tennis	99	3.1	51	3.8	48	2.7
Weight Training	89	2.8	57	4.2	32	1.8
Martial Arts	79	2.5	24	1.8	55	3.1
Dance	73	2.3	11	0.8	62	3.5
Cricket (outdoor)	39	1.2	32	2.4	7	0.4
Football (outdoor)	37	1.2	26	1.9	11	0.6
Carpet Bowls	34	1.1	7	0.5	27	1.5
Canoeing	34	1.1	22	1.6	12	0.7
Ten Pin Bowling	34	1.1	13	1.0	21	1.2
<b>Total</b>	<b>3144</b>		<b>1358</b>		<b>1786</b>	

For males specifically, walking was an activity participate in by half of the participants, followed by aerobics/fitness, cycling and swimming (Table 10). For females walking and aerobics/fitness were also the most popular, followed by swimming and aquarobics (Table 11). Females were more likely than males to participate in walking, aerobics/fitness, aquarobics and yoga.

**Table 10. Most popular physical activity for disabled males per year**

	2009		2010	
	n	%	n	%
Walking	80	51.9	614	51.0
Aerobics/Fitness	29	18.8	259	21.5
Cycling	24	15.6	164	13.6
Swimming	21	13.6	153	12.7
Golf	19	12.3	147	12.2
Bush Walking	13	8.4	89	7.4
Tennis	7	4.5	44	3.7
Lawn Bowls	7	4.5	75	6.2
Running	7	4.5	67	5.6
Weight Training	7	4.5	50	4.2
	<b>228</b>		<b>1750</b>	

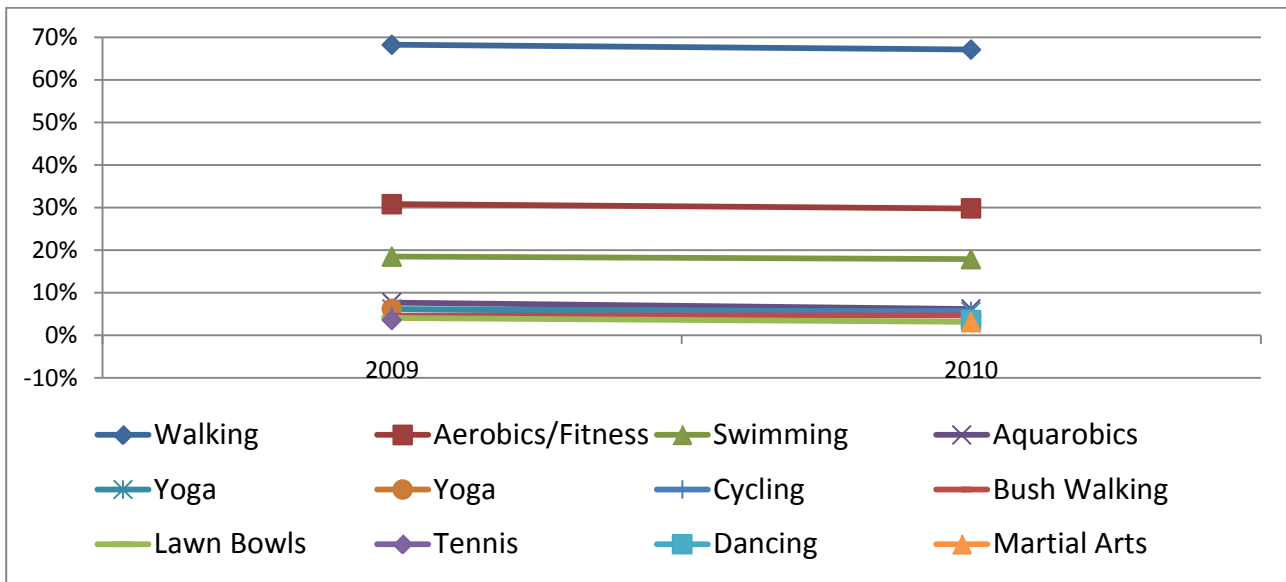
**Figure 6. Trends of physical activity participation for disabled males**



**Table 11. Most popular physical activity for disabled females per year**

	2009		2010	
	n	%	n	%
Walking	133	68.2	1067	67.1
Aerobics/Fitness	60	30.8	474	29.8
Swimming	36	18.5	284	17.9
Aquarobics	15	7.7	99	6.2
Yoga	12	6.2	89	5.6
Cycling	9	4.6	91	5.7
Bush Walking	9	4.6	74	4.7
Lawn Bowls	8	4.1	51	3.2
Tennis	7	3.6		
Dancing			57	3.6
Martial Arts			49	3.1
<b>Total</b>	<b>283</b>		<b>2352</b>	

**Figure 7. Trends of physical activity participation for disabled females**



The participants were asked to indicate the extent that the condition restricts them. The majority reported medium (38.5) followed by large (35.0) with a quarter stating small (24.7%).

Nearly half (48.2%) of those indicating a disability stated that there were activities that they would like to participate in. The main reasons for not participating in these activities were mainly due to their disability/limiting condition hindering their involvement (63.0%), or that there was not enough time/too busy (9.0%) or due to financial constraints/costs (4.3%).

The most popular physical activities for those indicating that they were sight impaired were walking (59.6%) followed by aerobics/fitness (26.0%) and swimming (13.6%) (Table 12). Sight impaired males were more likely to participate in running, golf and fishing compared to females. Females were more likely than males to participate in aquarobics.

**Table 12. Most popular activity for sight impaired**

	Male				Female	
	n	%	n	%	n	%
<b>Walking</b>	140	59.6	59	50.8	81	70.4
<b>Aerobics/Fitness</b>	61	26.0	25	20.8	36	31.3
<b>Swimming</b>	32	13.6	15	12.5	17	14.8
<b>Cycling</b>	30	12.8	19	15.8	11	9.6
<b>Bush Walking</b>	19	8.1	10	8.3	9	7.8
<b>Running</b>	18	7.7	17	14.2	1	0.9
<b>Golf</b>	18	7.7	13	10.8	5	4.3
<b>Aquarobics</b>	16	6.8	2	1.7	14	12.2
<b>Fishing</b>	12	5.1	11	9.2	1	0.9
<b>Tennis</b>	10	4.3	8	6.7	2	1.7
<b>Total</b>	235		120		115	

Similarly, for the hearing impaired, walking (53.8%), aerobics/fitness (22.1%) and swimming (14.9%) were most popular physical activities (Table 13). Of these individuals, males were more likely than females to participate in golf and fishing. Females were more likely to participate in aquarobics and dancing compared to hearing impaired males.

**Table 13. Most popular activity for hearing impaired**

	Male				Female	
	n	%	n	%	n	%
Walking	105	53.8	49	46.2	56	62.9
Aerobics/Fitness	43	22.1	20	18.9	23	25.8
Swimming	29	14.9	10	9.4	19	21.3
Cycling	19	9.7	14	13.2	5	5.6
Golf	18	9.2	18	17.0	0	0
Bushwalking	16	8.2	10	9.4	6	6.7
Fishing	12	6.2	11	10.4	1	1.1
Acquarobics	11	5.6	1	0.9	10	11.2
Lawn Bowls	9	4.6	6	5.7	3	3.4
Dancing	8	4.1	1	0.9	7	7.9
<b>Total</b>	<b>292</b>		<b>157</b>		<b>135</b>	

There was also consistently in participation trends for those who reported being mobility impaired. They were most likely to participate in walking (60.1%), aerobics/fitness (28.2%) and swimming (16.7%) (Table 14). Males were more likely than females to participate in cycling, golf and fishing. Females were more likely than males to participate in aquarobics and yoga.

**Table 14. Most popular activity for mobility impaired**

	Male				Female	
	n	%	n	%	n	%
Walking	1130	60.1	375	51.2	755	65.8
Aerobics/Fitness	530	28.2	164	22.4	366	31.9
Swimming	315	16.7	106	14.5	209	18.2
Cycling	144	7.7	82	11.2	62	5.4
Golf	102	5.4	78	10.6	24	2.1
Aquarobics	97	5.2	13	1.8	84	7.3
Bushwalking	93	4.9	43	5.9	50	4.4
Lawn Bowls	90	4.8	48	6.8	42	3.7
Yoga	73	3.9	9	1.2	64	5.6
Fishing	63	3.3	55	7.5	7	0.6
<b>Total</b>	<b>1881</b>	<b>733</b>			<b>1148</b>	



## Culturally and Linguistically Diverse 2008-2010

For the purpose of this report CALD people were defined as those speaking a language other than English at home. A total of 6586 participants were identified as being CALD within 2008-2010 year period (Table 15), this represented between 9.4-11.0% of the total ERASS sample for these years. Slightly more females were represented than males. The majority of CALD participants were aged between 20 -49 Years (Table 17; Figure 8).

**Table 15. Culturally and linguistically diverse persons participation in ERASS**

Year	Total Sample		Male		Female	
	n	%	n	%	n	%
<b>2008</b>	2247	10.7	1048	46.7	1199	53.3
<b>2009</b>	2308	11.0	1059	45.9	1249	54.1
<b>2010</b>	2031	9.4	979	48.2	1052	51.8
<b>Total</b>	<b>6586</b>	<b>10.3</b>	<b>3086</b>	<b>46.9</b>	<b>3500</b>	<b>53.1</b>

The most common languages other than English spoken at home were Italian (13.4%), German (8.3%) and Greek (6.2%) (Table 16).

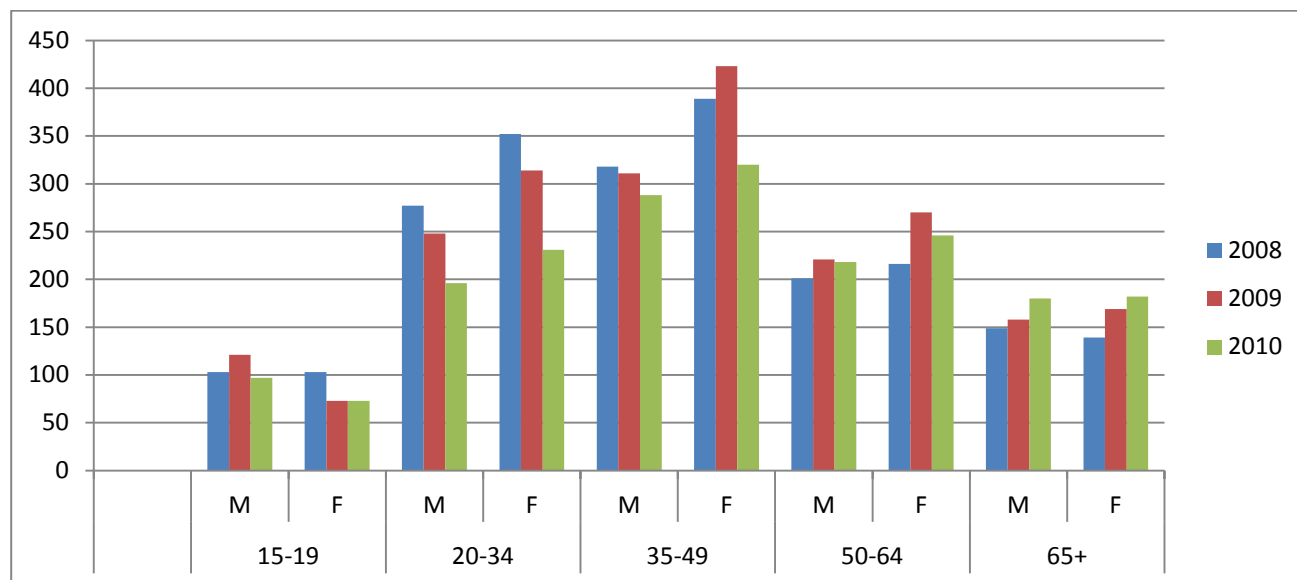
**Table 16. Languages other than English spoken at home by CALD participants**

	n	%
<b>Italian</b>	881	13.4
<b>German</b>	544	8.3
<b>Greek</b>	408	6.2
<b>Spanish</b>	326	4.9
<b>Mandarin</b>	306	4.6
<b>Hindi</b>	300	4.6
<b>Cantonese</b>	233	3.5
<b>Arabic</b>	232	3.5
<b>Vietnamese</b>	162	2.5
<b>Croatian</b>	149	2.3
<b>Polish</b>	147	2.2
<b>Filipino</b>	138	2.1
<b>Macedonian</b>	77	1.2
<b>Turkish</b>	62	0.9
<b>Korean</b>	33	0.5

**Table 17. Age of CALD participants**

Year	15-19		20-34		35-49		50-64		65+	
	M	F	M	F	M	F	M	F	M	F
<b>2008</b>	103	103	277	352	318	389	201	216	149	139
<b>2009</b>	121	73	248	314	311	423	221	270	158	169
<b>2010</b>	97	73	196	231	288	320	218	246	180	182
<b>Total</b>	<b>321</b>	<b>249</b>	<b>721</b>	<b>897</b>	<b>917</b>	<b>1132</b>	<b>640</b>	<b>732</b>	<b>487</b>	<b>490</b>

**Figure 8. Age of CALD participants**



Walking (42.8%) was the most popular physical activity undertaken by the CALD participants, followed by aerobics/fitness (31.9%) and swimming (16.7%) (Table 18). Males were more likely than females to participate in cycling and football activities, whereas females were more likely than males to participate in walking, aerobics/fitness, yoga and dancing activities.

**Table 18. Most popular physical activity for CALD participants**

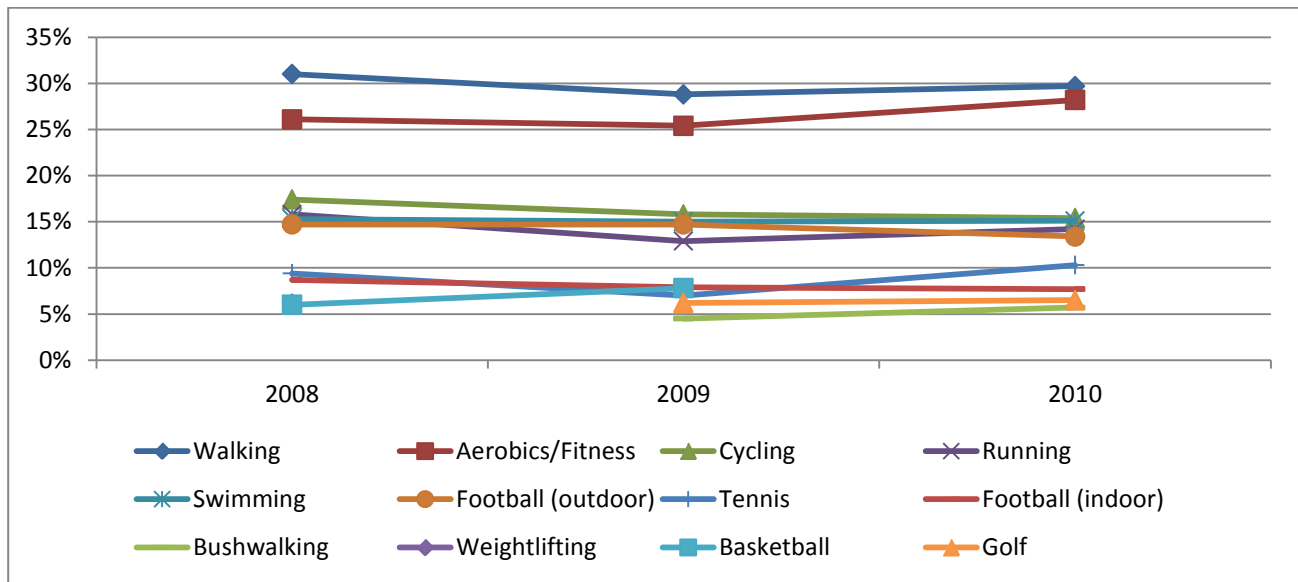
	Total Sample		Males		Females	
	n	%	n	%	n	%
Walking	2119	42.8	718	29.9	1401	55.0
Aerobics/Fitness	1580	31.9	638	26.5	942	37.0
Swimming	829	16.7	364	15.1	465	18.3
Cycling	652	13.2	390	16.2	262	10.3
Running	613	12.4	344	14.3	269	10.6
Football (outdoor)	432	8.7	343	14.3	89	3.5
Tennis	354	7.2	213	8.9	141	5.5
Bushwalking	290	5.9	131	5.4	159	6.2
Football (indoor)	228	4.6	195	8.1	33	1.3
Basketball	221	4.5	154	6.4	67	2.6
Yoga	216	4.4	23	1.0	193	7.6
Golf	201	4.2	153	6.4	48	1.9
Weight Training	182	3.7	115	4.8	67	2.6
Badminton	161	3.3	89	3.7	72	2.8
Cricket	151	3.1	133	5.5	18	0.7
Dancing	146	2.9	24	1.0	122	4.8
Martial Arts	130	2.6	75	3.1	55	2.2
Volleyball	102	2.2	54	2.2	55	2.2
Netball	102	2.2	9	0.4	93	3.7
Fishing	97	2.0	89	3.7	8	0.3

Walking and aerobics/fitness were consistently the most popular activities undertaken by CALD males and Females (Table 19-20; Figure 9-10).

**Table 19. Most popular physical activities for CALD males per year**

	2008		2009		2010	
	n	%	n	%	n	%
Walking	258	31.0	236	28.8	224	29.7
Aerobics/Fitness	217	26.1	208	25.4	213	28.2
Cycling	145	17.4	129	15.8	116	15.4
Running	131	15.8	106	12.9	107	14.2
Swimming	127	15.3	123	15.0	114	15.1
Football (outdoor)	122	14.7	120	14.7	101	13.4
Tennis	78	9.4	57	7.0	78	10.3
Football (indoor)	72	8.7	65	7.9	58	7.7
Bushwalking	516.1		37	4.5	43	5.7
Weightlifting	51	6.1				
Basketball	50	6.0	64	7.8		
Golf			51	6.2	49	6.5
<b>Total</b>	<b>831</b>		<b>819</b>		<b>755</b>	

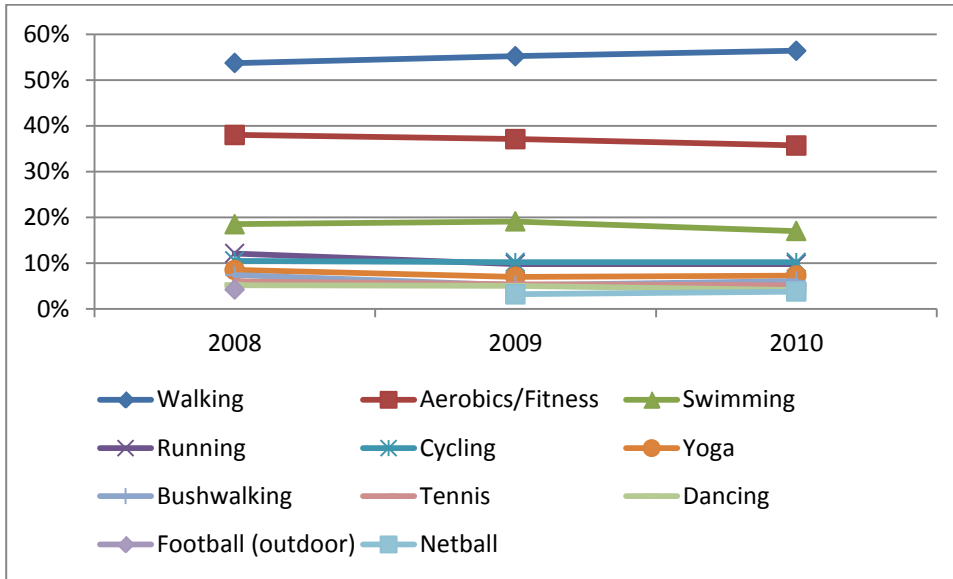
**Figure 9. Trends of physical activity participation for CALD males**



**Table 20. Most popular physical activities for CALD females**

	2008		2009		2010	
	n	%	n	%	n	%
<b>Walking</b>	476	53.7	498	55.2	427	56.4
<b>Aerobics/Fitness</b>	337	38.0	335	37.1	270	35.7
<b>Swimming</b>	164	18.5	172	19.1	129	17.0
<b>Running</b>	107	12.1	88	9.8	74	9.8
<b>Cycling</b>	93	10.5	92	10.2	77	10.2
<b>Yoga</b>	75	8.5	63	7.0	55	7.3
<b>Bushwalking</b>	66	7.4	47	5.2	46	6.1
<b>Tennis</b>	53	6.0	49	5.4	39	5.2
<b>Dancing</b>	46	5.2	45	5.0	31	4.1
<b>Football (outdoor)</b>	37	4.2				
<b>Netball</b>			29	3.2	29	3.8
<b>Total</b>	<b>886</b>		<b>902</b>		<b>757</b>	

**Figure 10. Trends of physical activity participation for CALD females**



**References:**

Australian Bureau of Statistics (2006). Population distribution, Aboriginal and Torres Strait Islander Australians. Canberra, Australian Bureau of Statistics. 4705.0.

Australian Bureau of Statistics (2009). Disability Australia, 2009. Canberra, Australian Bureau of Statistics. cat no. 4446.0.