



Australian Government  
 Australian Sports Commission

# Participation in Exercise, Recreation and Sport



**Annual Report 2009**

State and Territory Tables for Victoria



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### 9.3.7 Victoria

**Table 93: Victorian participants — total participation in physical activity by type of participation, age and sex, 2009 (a)**

		Organised only (c) (A)	Non-organised only (d) (B)	Both organised and non-organised (e) (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
Sex	Age group (years)	Number ('000)					
Males	15 to 24	98.1	77.8	171.4	269.6	249.2	347.4
	25 to 34	44.1	144.7	130.2	174.2	274.9	318.9
	35 to 44	26.9	196.2	111.1	137.9	307.3	334.1
	45 to 54	28.2	168.2	103.1	131.3	271.3	299.5
	55 to 64	22.8	149.5	50.7	73.5	200.2	223.0
	65 and over	44.0	120.7	60.0	103.9	180.7	224.6
	<b>TOTAL</b>		<b>264.0</b>	<b>857.1</b>	<b>626.4</b>	<b>890.4</b>	<b>1,483.6</b>
Females	15 to 24	76.6	93.4	143.5	220.1	236.9	313.5
	25 to 34	28.8	168.1	123.2	152.0	291.3	320.1
	35 to 44	28.3	196.2	111.0	139.2	307.1	335.4
	45 to 54	26.7	186.9	97.3	124.0	284.2	310.9
	55 to 64	23.7	154.0	69.9	93.6	223.9	247.6
	65 and over	55.3	136.3	82.3	137.6	218.6	273.9
	<b>TOTAL</b>		<b>239.4</b>	<b>934.8</b>	<b>627.2</b>	<b>866.5</b>	<b>1,562.0</b>
Persons	15 to 24	174.7	171.2	314.9	489.7	486.2	660.9
	25 to 34	72.9	312.8	253.4	326.2	566.1	639.0
	35 to 44	55.1	392.3	222.0	277.2	614.4	669.5
	45 to 54	54.8	355.1	200.4	255.3	555.5	610.3
	55 to 64	46.5	303.5	120.6	167.1	424.1	470.6
	65 and over	99.2	257.0	142.3	241.5	399.3	498.5
	<b>TOTAL</b>		<b>503.4</b>	<b>1,791.9</b>	<b>1,253.6</b>	<b>1,757.0</b>	<b>3,045.5</b>
Total participation rate (%) (b)							
Males	15 to 24	26.0	20.6	45.4	71.5	66.1	92.1
	25 to 34	11.6	38.1	34.3	45.9	72.4	84.0
	35 to 44	7.0	50.8	28.8	35.7	79.5	86.5
	45 to 54	7.8	46.6	28.6	36.4	75.2	83.0
	55 to 64	7.8	51.0	17.3	25.0	68.2	76.0
	65 and over	13.8	38.0	18.9	32.7	56.9	70.7
	<b>TOTAL</b>	<b>12.5</b>	<b>40.5</b>	<b>29.6</b>	<b>42.1</b>	<b>70.1</b>	<b>82.6</b>
Females	15 to 24	21.1	25.8	39.6	60.8	65.4	86.6
	25 to 34	7.6	44.3	32.5	40.1	76.8	84.4
	35 to 44	7.1	49.4	27.9	35.0	77.3	84.4
	45 to 54	7.2	50.3	26.2	33.4	76.6	83.8
	55 to 64	7.8	50.7	23.0	30.8	73.7	81.5
	65 and over	15.0	37.0	22.3	37.3	59.3	74.3
	<b>TOTAL</b>	<b>11.0</b>	<b>42.8</b>	<b>28.7</b>	<b>39.7</b>	<b>71.6</b>	<b>82.5</b>
Persons	15 to 24	23.6	23.2	42.6	66.2	65.8	89.4
	25 to 34	9.6	41.2	33.4	43.0	74.6	84.2
	35 to 44	7.0	50.1	28.3	35.4	78.4	85.4
	45 to 54	7.5	48.5	27.4	34.9	75.9	83.4
	55 to 64	7.8	50.8	20.2	28.0	71.0	78.8
	65 and over	14.5	37.5	20.7	35.2	58.2	72.7
	<b>TOTAL</b>	<b>11.7</b>	<b>41.7</b>	<b>29.2</b>	<b>40.9</b>	<b>70.9</b>	<b>82.6</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

(e) Participants' activities are part organised and part non-organised

**Table 94: Victorian participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	347.4	92.1	313.5	86.6	660.9	89.4
25 to 34	318.9	84.0	320.1	84.4	639.0	84.2
35 to 44	334.1	86.5	335.4	84.4	669.5	85.4
45 to 54	299.5	83.0	310.9	83.8	610.3	83.4
55 to 64	223.0	76.0	247.6	81.5	470.6	78.8
65 and over	224.6	70.7	273.9	74.3	498.5	72.7
<b>REGION</b>						
Capital city	1,311.7	84.1	1,314.2	81.7	2,626.0	82.9
Rest of state	435.8	78.4	487.1	85.0	923.0	81.8
<b>EMPLOYMENT STATUS</b>						
Employed full time	1,011.7	85.4	504.7	84.3	1,516.4	85.1
Employed part time	259.6	86.1	636.7	89.1	896.2	88.2
Employed refused	*9.6	*52.0	20.7	93.0	30.2	74.4
Total employed	1,280.9	85.2	1,162.0	87.0	2,442.9	86.0
Unemployed	98.3	87.6	77.9	75.5	176.2	81.8
Not in the labour force	368.4	73.8	561.5	75.4	929.9	74.8
<b>MARITAL STATUS</b>						
Married	1,009.9	82.4	1,000.6	83.4	2,010.5	82.9
Not married	725.2	83.0	788.0	81.7	1,513.2	82.3
Refused/Do not know	*12.5	*80.5	*12.8	*71.4	25.3	75.6
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	502.6	86.0	562.9	81.3	1,065.4	83.5
At least one under 18 – none at home	45.6	82.1	6.2	71.7	51.9	80.7
No children under 18	1,197.7	81.3	1,229.4	83.1	2,427.1	82.2
Refused	**1.6	**100.0	**2.8	**100.0	*4.5	*100.0
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	546.0	89.4	566.3	88.1	1,112.2	88.8
Undergraduate diploma or associate diploma	137.8	86.7	146.7	85.3	284.6	86.0
Certificate, trade qualification or apprenticeship	221.9	82.8	198.4	84.1	420.3	83.4
Highest level of secondary school	321.2	81.1	365.9	82.9	687.1	82.1
Did not complete highest level of school	369.8	74.1	390.9	74.0	760.7	74.0
Never went to school	**0.0	**0.0	**0.9	**100.0	**0.9	**37.4
Still at secondary school	106.2	96.5	85.0	88.5	191.2	92.8
Other	38.7	64.6	43.7	75.0	82.3	69.7
Refused	*6.1	*55.6	**3.6	**50.2	*9.6	*53.4
<b>INDIGENOUS STATUS</b>						
Indigenous	22.2	87.8	12.9	66.7	35.1	78.6
Non-Indigenous	1,720.0	82.7	1,787.3	82.8	3,507.4	82.7
Refused	*5.3	*58.0	**1.1	**34.0	*6.4	*51.6
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	1,457.1	83.6	1,520.7	84.5	2,977.7	84.0
European language/s other than English	93.1	77.9	103.9	76.1	197.0	77.0
Non-European language/s	203.4	78.1	183.4	71.9	386.8	75.0
<b>Total</b>	<b>1,747.5</b>	<b>82.6</b>	<b>1,801.4</b>	<b>82.5</b>	<b>3,548.9</b>	<b>82.6</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 95: All Victorian persons — participation in any physical activity by frequency, age and sex, 2009 (a)**

Sex	Age group (years)	None	Up to once per week (b)	One or two times per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
		Number ('000)						
Males	15 to 24	29.9	32.4	107.3	87.2	120.4	**0.0	377.3
	25 to 34	60.6	53.2	104.9	78.0	82.9	**0.0	379.5
	35 to 44	52.1	65.1	86.1	93.5	89.5	**0.0	386.2
	45 to 54	61.5	58.5	93.5	68.1	78.6	**0.9	361.0
	55 to 64	70.5	32.8	63.5	51.1	75.1	**0.4	293.5
	65 and over	93.1	28.9	57.6	42.1	95.4	**0.6	317.7
	<b>TOTAL</b>		<b>367.6</b>	<b>270.9</b>	<b>512.9</b>	<b>420.0</b>	<b>541.9</b>	<b>**1.9</b>
Females	15 to 24	48.6	42.6	88.3	67.5	113.7	**1.4	362.1
	25 to 34	59.3	40.1	91.0	87.8	101.3	**0.0	379.4
	35 to 44	62.0	35.7	96.0	82.2	121.5	**0.0	397.4
	45 to 54	60.3	36.9	73.1	83.4	116.8	**0.6	371.2
	55 to 64	56.2	21.5	59.7	65.8	99.7	**1.0	303.8
	65 and over	94.6	28.4	67.1	65.8	109.8	**2.7	368.5
	<b>TOTAL</b>		<b>381.1</b>	<b>205.2</b>	<b>475.2</b>	<b>452.4</b>	<b>662.8</b>	<b>*5.7</b>
Persons	15 to 24	78.5	75.1	195.6	154.7	234.1	**1.4	739.4
	25 to 34	119.9	93.2	195.9	165.8	184.1	**0.0	758.9
	35 to 44	114.2	100.7	182.1	175.7	211.0	**0.0	783.7
	45 to 54	121.8	95.4	166.6	151.5	195.4	**1.5	732.1
	55 to 64	126.7	54.3	123.2	116.9	174.8	**1.4	597.3
	65 and over	187.7	57.3	124.7	107.9	205.3	**3.3	686.2
	<b>TOTAL</b>		<b>748.7</b>	<b>476.1</b>	<b>988.1</b>	<b>872.4</b>	<b>1,204.7</b>	<b>*7.6</b>
Percentage of row (%)								
Males	15 to 24	7.9	8.6	28.4	23.1	31.9	**0.0	100.0
	25 to 34	16.0	14.0	27.6	20.6	21.8	**0.0	100.0
	35 to 44	13.5	16.8	22.3	24.2	23.2	**0.0	100.0
	45 to 54	17.0	16.2	25.9	18.9	21.8	**0.2	100.0
	55 to 64	24.0	11.2	21.6	17.4	25.6	**0.2	100.0
	65 and over	29.3	9.1	18.1	13.3	30.0	**0.2	100.0
	<b>TOTAL</b>		<b>17.4</b>	<b>12.8</b>	<b>24.2</b>	<b>19.9</b>	<b>25.6</b>	<b>**0.1</b>
Females	15 to 24	13.4	11.8	24.4	18.6	31.4	**0.4	100.0
	25 to 34	15.6	10.6	24.0	23.1	26.7	**0.0	100.0
	35 to 44	15.6	9.0	24.2	20.7	30.6	**0.0	100.0
	45 to 54	16.2	10.0	19.7	22.5	31.5	**0.2	100.0
	55 to 64	18.5	7.1	19.6	21.7	32.8	**0.3	100.0
	65 and over	25.7	7.7	18.2	17.8	29.8	**0.7	100.0
	<b>TOTAL</b>		<b>17.5</b>	<b>9.4</b>	<b>21.8</b>	<b>20.7</b>	<b>30.4</b>	<b>*0.3</b>
Persons	15 to 24	10.6	10.2	26.5	20.9	31.7	**0.2	100.0
	25 to 34	15.8	12.3	25.8	21.8	24.3	**0.0	100.0
	35 to 44	14.6	12.9	23.2	22.4	26.9	**0.0	100.0
	45 to 54	16.6	13.0	22.7	20.7	26.7	**0.2	100.0
	55 to 64	21.2	9.1	20.6	19.6	29.3	**0.2	100.0
	65 and over	27.3	8.4	18.2	15.7	29.9	**0.5	100.0
	<b>TOTAL</b>		<b>17.4</b>	<b>11.1</b>	<b>23.0</b>	<b>20.3</b>	<b>28.0</b>	<b>*0.2</b>

(a) Relates to all persons aged 15 years and over

(b) More than zero and less than once per week

(c) Once or more and less than three times per week

(d) Three or more times and less than five times per week

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 96: Victorian participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	32.4	314.9	267.2	207.6	347.4
	25 to 34	53.2	265.8	205.7	160.8	318.9
	35 to 44	65.1	269.1	220.0	183.0	334.1
	45 to 54	58.5	240.1	190.2	146.7	299.5
	55 to 64	32.8	189.7	165.6	126.2	223.0
	65 and over	28.9	195.2	169.4	137.6	224.6
	<b>TOTAL</b>		<b>270.9</b>	<b>1,474.8</b>	<b>1,218.1</b>	<b>961.9</b>
Females	15 to 24	42.6	269.5	220.5	181.2	313.5
	25 to 34	40.1	280.0	234.2	189.0	320.1
	35 to 44	35.7	299.7	255.8	203.7	335.4
	45 to 54	36.9	273.3	242.8	200.2	310.9
	55 to 64	21.5	225.2	198.1	165.5	247.6
	65 and over	28.4	242.7	215.2	175.6	273.9
	<b>TOTAL</b>		<b>205.2</b>	<b>1,590.4</b>	<b>1,366.7</b>	<b>1,115.2</b>
Persons	15 to 24	75.1	584.4	487.8	388.8	660.9
	25 to 34	93.2	545.8	439.9	349.9	639.0
	35 to 44	100.7	568.8	475.8	386.7	669.5
	45 to 54	95.4	513.4	433.0	346.8	610.3
	55 to 64	54.3	414.9	363.7	291.7	470.6
	65 and over	57.3	437.9	384.7	313.2	498.5
	<b>TOTAL</b>		<b>476.1</b>	<b>3,065.2</b>	<b>2,584.8</b>	<b>2,077.1</b>

Total participation rate (%) (c)

Males	15 to 24	8.6	83.5	70.8	55.0	92.1
	25 to 34	14.0	70.0	54.2	42.4	84.0
	35 to 44	16.8	69.7	57.0	47.4	86.5
	45 to 54	16.2	66.5	52.7	40.6	83.0
	55 to 64	11.2	64.6	56.4	43.0	76.0
	65 and over	9.1	61.4	53.3	43.3	70.7
	<b>TOTAL</b>		<b>12.8</b>	<b>69.7</b>	<b>57.6</b>	<b>45.5</b>
Females	15 to 24	11.8	74.4	60.9	50.0	86.6
	25 to 34	10.6	73.8	61.7	49.8	84.4
	35 to 44	9.0	75.4	64.4	51.3	84.4
	45 to 54	10.0	73.6	65.4	53.9	83.8
	55 to 64	7.1	74.1	65.2	54.5	81.5
	65 and over	7.7	65.9	58.4	47.6	74.3
	<b>TOTAL</b>		<b>9.4</b>	<b>72.9</b>	<b>62.6</b>	<b>51.1</b>
Persons	15 to 24	10.2	79.0	66.0	52.6	89.4
	25 to 34	12.3	71.9	58.0	46.1	84.2
	35 to 44	12.9	72.6	60.7	49.3	85.4
	45 to 54	13.0	70.1	59.1	47.4	83.4
	55 to 64	9.1	69.5	60.9	48.8	78.8
	65 and over	8.4	63.8	56.1	45.6	72.7
	<b>TOTAL</b>		<b>11.1</b>	<b>71.3</b>	<b>60.1</b>	<b>48.3</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 2.6 million Victorian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

**Table 97: Victorian recent participants — recent participation in any physical activity by duration and age, 2009 (a)**

		15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	184.9	97.9	117.7	120.1	95.6	128.1	744.2
	Two or three sessions weekly	30.0	18.1	*13.2	15.2	16.2	29.4	122.2
	Less than two sessions weekly	*7.9	*8.5	*6.9	*6.3	*4.7	*9.2	43.5
	<i>Total</i>	222.8	124.5	137.8	141.6	116.5	166.6	909.9
Two hours or more but less than five hours	More than three sessions weekly	66.8	125.7	141.2	103.5	88.0	90.1	615.3
	Two or three sessions weekly	90.8	88.5	81.1	70.5	46.7	38.1	415.7
	Less than two sessions weekly	29.4	27.9	21.9	34.2	22.6	24.3	160.3
	<i>Total</i>	187.1	242.2	244.2	208.1	157.3	152.4	1,191.4
Less than two hours	More than three sessions weekly	*12.6	*7.7	*10.5	*11.7	*13.5	18.8	74.7
	Two or three sessions weekly	26.9	38.6	60.8	48.6	48.6	41.5	265.1
	Less than two sessions weekly	112.9	127.5	110.2	110.8	69.0	59.4	589.7
	<i>Total</i>	152.3	173.8	181.5	171.1	131.1	119.7	929.5
Total	More than three sessions weekly	264.3	231.3	269.4	235.2	197.1	236.9	1,434.3
	Two or three sessions weekly	147.8	145.3	155.1	134.3	111.5	108.9	802.9
	Less than two sessions weekly	150.2	165.0	138.9	151.2	96.4	92.9	794.6
	<b>Total</b>	<b>562.2</b>	<b>541.6</b>	<b>563.5</b>	<b>520.8</b>	<b>405.0</b>	<b>438.7</b>	<b>3,031.8</b>
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.1	3.2	3.9	4.0	3.2	4.2	24.5
	Two or three sessions weekly	1.0	0.6	*0.4	0.5	0.5	1.0	4.0
	Less than two sessions weekly	*0.3	*0.3	*0.2	*0.2	*0.2	*0.3	1.4
	<i>Total</i>	7.3	4.1	4.5	4.7	3.8	5.5	30.0
Two hours or more but less than five hours	More than three sessions weekly	2.2	4.1	4.7	3.4	2.9	3.0	20.3
	Two or three sessions weekly	3.0	2.9	2.7	2.3	1.5	1.3	13.7
	Less than two sessions weekly	1.0	0.9	0.7	1.1	0.7	0.8	5.3
	<i>Total</i>	6.2	8.0	8.1	6.9	5.2	5.0	39.3
Less than two hours	More than three sessions weekly	*0.4	*0.3	*0.3	*0.4	*0.4	0.6	2.5
	Two or three sessions weekly	0.9	1.3	2.0	1.6	1.6	1.4	8.7
	Less than two sessions weekly	3.7	4.2	3.6	3.7	2.3	2.0	19.5
	<i>Total</i>	5.0	5.7	6.0	5.6	4.3	3.9	30.7
Total	More than three sessions weekly	8.7	7.6	8.9	7.8	6.5	7.8	47.3
	Two or three sessions weekly	4.9	4.8	5.1	4.4	3.7	3.6	26.5
	Less than two sessions weekly	5.0	5.4	4.6	5.0	3.2	3.1	26.2
	<b>Total</b>	<b>18.5</b>	<b>17.9</b>	<b>18.6</b>	<b>17.2</b>	<b>13.4</b>	<b>14.5</b>	<b>100.0</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport in the two weeks prior to interview in 2009

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution



**Table 98: Victorian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	207.6	55.0	181.2	50.0	388.8	52.6
25 to 34	160.8	42.4	189.0	49.8	349.9	46.1
35 to 44	183.0	47.4	203.7	51.3	386.7	49.3
45 to 54	146.7	40.6	200.2	53.9	346.8	47.4
55 to 64	126.2	43.0	165.5	54.5	291.7	48.8
65 and over	137.6	43.3	175.6	47.6	313.2	45.6
<b>REGION</b>						
Capital city	743.7	47.7	825.1	51.3	1,568.8	49.5
Rest of state	218.2	39.3	290.0	50.6	508.2	45.0
<b>EMPLOYMENT STATUS</b>						
Employed full time	525.0	44.3	310.7	51.9	835.7	46.9
Employed part time	148.3	49.2	412.1	57.7	560.4	55.2
Employed refused	*4.9	*26.6	*12.4	*55.6	17.3	42.5
Total employed	678.2	45.1	735.2	55.1	1,413.4	49.8
Unemployed	55.1	49.1	40.2	38.9	95.3	44.2
Not in the labour force	228.6	45.8	339.8	45.7	568.4	45.7
<b>MARITAL STATUS</b>						
Married	534.6	43.6	625.3	52.1	1,159.9	47.8
Not married	422.5	48.4	481.8	49.9	904.3	49.2
Refused/Do not know	*4.8	*31.1	*8.1	*44.9	*12.9	*38.5
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	248.3	42.5	332.6	48.1	580.9	45.5
At least one under 18 — none at home	19.3	34.7	**2.7	**31.5	22.0	34.3
No children under 18	693.5	47.1	778.9	52.7	1,472.4	49.9
Refused	**0.8	**46.3	**0.9	**33.3	**1.7	**38.0
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	298.4	48.9	357.6	55.6	656.0	52.3
Undergraduate diploma or associate diploma	79.4	49.9	87.8	51.1	167.2	50.5
Certificate, trade qualification or apprenticeship	123.0	45.9	116.8	49.5	239.8	47.6
Highest level of secondary school	168.5	42.5	230.9	52.3	399.5	47.7
Did not complete highest level of school	205.8	41.2	246.7	46.7	452.5	44.0
Never went to school	**0.0	**0.0	**0.5	**51.8	**0.5	**19.4
Still at secondary school	65.9	59.9	46.0	47.9	111.9	54.3
Other	19.7	32.9	26.9	46.2	46.6	39.5
Refused	**1.1	**10.1	**1.9	**26.7	**3.0	**16.6
<b>INDIGENOUS STATUS</b>						
Indigenous	14.8	58.4	6.1	*31.5	20.9	46.7
Non-Indigenous	945.3	45.4	1,108.0	51.3	2,053.3	48.4
Refused	**1.8	**19.9	**1.1	**34.0	**2.9	**23.7
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	805.3	46.2	953.1	53.0	1,758.4	49.6
European language/s other than English	56.0	46.9	64.2	47.0	120.2	47.0
Non-European language/s	103.2	39.6	100.9	39.6	204.2	39.6
<b>Total</b>	<b>961.9</b>	<b>45.5</b>	<b>1,115.2</b>	<b>51.1</b>	<b>2,077.1</b>	<b>48.3</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the regular participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 99: All Victorian persons — participation in organised physical activity by frequency, age and sex, 2009 (a)**

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	107.7	46.3	87.6	73.4	62.4	**0.0	377.3
	25 to 34	205.3	54.2	67.6	39.5	*13.0	**0.0	379.5
	35 to 44	248.3	46.9	55.0	25.2	*10.8	**0.0	386.2
	45 to 54	229.7	47.4	56.0	17.7	*10.2	**0.0	361.0
	55 to 64	220.0	22.4	34.9	*9.5	*6.7	**0.0	293.5
	65 and over	213.8	22.1	47.8	22.7	*10.7	**0.6	317.7
	<b>TOTAL</b>	<b>1,224.7</b>	<b>239.2</b>	<b>348.9</b>	<b>188.0</b>	<b>113.8</b>	<b>**0.6</b>	<b>2,115.2</b>
Females	15 to 24	142.1	54.5	73.6	52.9	37.7	**1.4	362.1
	25 to 34	227.4	47.5	61.3	33.0	*10.3	**0.0	379.4
	35 to 44	258.2	39.5	54.4	30.5	14.8	**0.0	397.4
	45 to 54	247.2	35.3	55.0	21.3	*12.4	**0.0	371.2
	55 to 64	210.2	32.9	33.2	15.2	*11.9	**0.5	303.8
	65 and over	230.9	32.1	66.6	24.2	*13.7	**0.9	368.5
	<b>TOTAL</b>	<b>1,315.9</b>	<b>241.8</b>	<b>344.3</b>	<b>177.0</b>	<b>100.7</b>	<b>**2.8</b>	<b>2,182.4</b>
Persons	15 to 24	249.7	100.8	161.2	126.2	100.0	**1.4	739.4
	25 to 34	432.7	101.7	128.9	72.5	23.2	**0.0	758.9
	35 to 44	506.5	86.4	109.4	55.8	25.6	**0.0	783.7
	45 to 54	476.9	82.7	111.0	38.9	22.6	**0.0	732.1
	55 to 64	430.2	55.3	68.1	24.7	18.5	**0.5	597.3
	65 and over	444.7	54.2	114.5	46.9	24.4	**1.5	686.2
	<b>TOTAL</b>	<b>2,540.6</b>	<b>481.0</b>	<b>693.1</b>	<b>365.0</b>	<b>214.4</b>	<b>**3.4</b>	<b>4,297.6</b>

Percentage of row (%)

Males	15 to 24	28.5	12.3	23.2	19.4	16.5	**0.0	100.0
	25 to 34	54.1	14.3	17.8	10.4	*3.4	**0.0	100.0
	35 to 44	64.3	12.1	14.2	6.5	*2.8	**0.0	100.0
	45 to 54	63.6	13.1	15.5	4.9	*2.8	**0.0	100.0
	55 to 64	75.0	7.6	11.9	*3.2	*2.3	**0.0	100.0
	65 and over	67.3	6.9	15.1	7.2	*3.4	**0.2	100.0
	<b>TOTAL</b>	<b>57.9</b>	<b>11.3</b>	<b>16.5</b>	<b>8.9</b>	<b>5.4</b>	<b>**0.0</b>	<b>100.0</b>
Females	15 to 24	39.2	15.1	20.3	14.6	10.4	**0.4	100.0
	25 to 34	59.9	12.5	16.2	8.7	*2.7	**0.0	100.0
	35 to 44	65.0	9.9	13.7	7.7	3.7	**0.0	100.0
	45 to 54	66.6	9.5	14.8	5.7	*3.3	**0.0	100.0
	55 to 64	69.2	10.8	10.9	5.0	*3.9	**0.2	100.0
	65 and over	62.7	8.7	18.1	6.6	*3.7	**0.3	100.0
	<b>TOTAL</b>	<b>60.3</b>	<b>11.1</b>	<b>15.8</b>	<b>8.1</b>	<b>4.6</b>	<b>**0.1</b>	<b>100.0</b>
Persons	15 to 24	33.8	13.6	21.8	17.1	13.5	**0.2	100.0
	25 to 34	57.0	13.4	17.0	9.6	3.1	**0.0	100.0
	35 to 44	64.6	11.0	14.0	7.1	3.3	**0.0	100.0
	45 to 54	65.1	11.3	15.2	5.3	3.1	**0.0	100.0
	55 to 64	72.0	9.3	11.4	4.1	3.1	**0.1	100.0
	65 and over	64.8	7.9	16.7	6.8	3.6	**0.2	100.0
	<b>TOTAL</b>	<b>59.1</b>	<b>11.2</b>	<b>16.1</b>	<b>8.5</b>	<b>5.0</b>	<b>**0.1</b>	<b>100.0</b>

(a) Relates to all persons aged 15 years and over

(b) More than zero and less than once per week

(c) Once or more and less than three times per week

(d) Three or more times and less than five times per week

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use



**Table 100: Victorian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	46.3	223.3	181.0	135.7	269.6
	25 to 34	54.2	120.1	79.9	52.5	174.2
	35 to 44	46.9	91.1	55.7	36.1	137.9
	45 to 54	47.4	83.8	44.9	27.9	131.3
	55 to 64	22.4	51.0	35.7	16.1	73.5
	65 and over	22.1	81.3	61.3	33.5	103.9
	<b>TOTAL</b>		<b>239.2</b>	<b>650.6</b>	<b>458.6</b>	<b>301.8</b>
Females	15 to 24	54.5	164.2	122.8	90.5	220.1
	25 to 34	47.5	104.5	70.6	43.2	152.0
	35 to 44	39.5	99.7	66.4	45.3	139.2
	45 to 54	35.3	88.7	60.3	33.7	124.0
	55 to 64	32.9	60.3	43.2	27.0	93.6
	65 and over	32.1	104.5	69.0	37.9	137.6
	<b>TOTAL</b>		<b>241.8</b>	<b>622.0</b>	<b>432.3</b>	<b>277.7</b>
Persons	15 to 24	100.8	387.5	303.8	226.3	489.7
	25 to 34	101.7	224.6	150.5	95.7	326.2
	35 to 44	86.4	190.8	122.1	81.4	277.2
	45 to 54	82.7	172.6	105.2	61.5	255.3
	55 to 64	55.3	111.3	78.9	43.2	167.1
	65 and over	54.2	185.8	130.4	71.4	241.5
	<b>TOTAL</b>		<b>481.0</b>	<b>1,272.6</b>	<b>890.9</b>	<b>579.5</b>

Total participation rate (%) (c)

Males	15 to 24	12.3	59.2	48.0	36.0	71.5
	25 to 34	14.3	31.6	21.1	13.8	45.9
	35 to 44	12.1	23.6	14.4	9.3	35.7
	45 to 54	13.1	23.2	12.4	7.7	36.4
	55 to 64	7.6	17.4	12.2	5.5	25.0
	65 and over	6.9	25.6	19.3	10.5	32.7
	<b>TOTAL</b>		<b>11.3</b>	<b>30.8</b>	<b>21.7</b>	<b>14.3</b>
Females	15 to 24	15.1	45.3	33.9	25.0	60.8
	25 to 34	12.5	27.6	18.6	11.4	40.1
	35 to 44	9.9	25.1	16.7	11.4	35.0
	45 to 54	9.5	23.9	16.2	9.1	33.4
	55 to 64	10.8	19.8	14.2	8.9	30.8
	65 and over	8.7	28.4	18.7	10.3	37.3
	<b>TOTAL</b>		<b>11.1</b>	<b>28.5</b>	<b>19.8</b>	<b>12.7</b>
Persons	15 to 24	13.6	52.4	41.1	30.6	66.2
	25 to 34	13.4	29.6	19.8	12.6	43.0
	35 to 44	11.0	24.3	15.6	10.4	35.4
	45 to 54	11.3	23.6	14.4	8.4	34.9
	55 to 64	9.3	18.6	13.2	7.2	28.0
	65 and over	7.9	27.1	19.0	10.4	35.2
	<b>TOTAL</b>		<b>11.2</b>	<b>29.6</b>	<b>20.7</b>	<b>13.5</b>

(a) Relates to persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 890,900 Victorian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

**Table 101: Victorian organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (a)**

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association (c)	Work	School	Other	Total organised participation
		Number ('000)					
Males	15 to 24	91.5	203.2	*8.7	77.4	34.2	269.6
	25 to 34	79.3	121.7	*8.2	**2.8	25.1	174.2
	35 to 44	39.3	106.6	*7.4	**2.8	22.6	137.9
	45 to 54	31.9	92.4	*9.4	**2.2	28.1	131.3
	55 to 64	19.1	57.1	**1.7	**0.0	*11.9	73.5
	65 and over	19.1	77.7	**0.0	**0.0	21.0	103.9
	<b>TOTAL</b>		<b>280.2</b>	<b>658.7</b>	<b>35.4</b>	<b>85.3</b>	<b>142.8</b>
Females	15 to 24	97.7	135.7	**3.0	69.4	37.5	220.1
	25 to 34	87.5	73.3	*10.3	*4.1	31.8	152.0
	35 to 44	82.5	70.2	**3.8	**0.0	37.9	139.2
	45 to 54	60.3	62.5	*7.5	**1.5	27.9	124.0
	55 to 64	43.7	42.6	**3.3	**0.0	27.9	93.6
	65 and over	47.6	68.3	**0.0	**0.5	56.2	137.6
	<b>TOTAL</b>		<b>419.3</b>	<b>452.6</b>	<b>28.0</b>	<b>75.5</b>	<b>219.2</b>
Persons	15 to 24	189.1	338.9	*11.7	146.8	71.7	489.7
	25 to 34	166.8	195.0	18.5	*6.9	56.9	326.2
	35 to 44	121.8	176.8	*11.2	**2.8	60.4	277.2
	45 to 54	92.2	154.9	16.9	**3.7	56.1	255.3
	55 to 64	62.8	99.7	*5.1	**0.0	39.8	167.1
	65 and over	66.7	146.0	**0.0	**0.5	77.1	241.5
	<b>TOTAL</b>		<b>699.4</b>	<b>1,111.3</b>	<b>63.4</b>	<b>160.8</b>	<b>362.0</b>
Total participation rate (%) (b)							
Males	15 to 24	24.2	53.9	*2.3	20.5	9.1	71.5
	25 to 34	20.9	32.1	*2.2	**0.7	6.6	45.9
	35 to 44	10.2	27.6	*1.9	**0.7	5.8	35.7
	45 to 54	8.8	25.6	*2.6	**0.6	7.8	36.4
	55 to 64	6.5	19.5	**0.6	**0.0	*4.0	25.0
	65 and over	6.0	24.5	**0.0	**0.0	6.6	32.7
	<b>TOTAL</b>		<b>13.2</b>	<b>31.1</b>	<b>1.7</b>	<b>4.0</b>	<b>6.7</b>
Females	15 to 24	27.0	37.5	**0.8	19.2	10.4	60.8
	25 to 34	23.1	19.3	*2.7	*1.1	8.4	40.1
	35 to 44	20.8	17.7	**0.9	**0.0	9.5	35.0
	45 to 54	16.2	16.8	*2.0	**0.4	7.5	33.4
	55 to 64	14.4	14.0	**1.1	**0.0	9.2	30.8
	65 and over	12.9	18.5	**0.0	**0.1	15.2	37.3
	<b>TOTAL</b>		<b>19.2</b>	<b>20.7</b>	<b>1.3</b>	<b>3.5</b>	<b>10.0</b>
Persons	15 to 24	25.6	45.8	*1.6	19.9	9.7	66.2
	25 to 34	22.0	25.7	2.4	*0.9	7.5	43.0
	35 to 44	15.5	22.6	*1.4	**0.4	7.7	35.4
	45 to 54	12.6	21.2	2.3	**0.5	7.7	34.9
	55 to 64	10.5	16.7	*0.9	**0.0	6.7	28.0
	65 and over	9.7	21.3	**0.0	**0.1	11.2	35.2
	<b>TOTAL</b>		<b>16.3</b>	<b>25.9</b>	<b>1.5</b>	<b>3.7</b>	<b>8.4</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

(c) All aerobics/fitness participants describing their activity as organised by a sport or recreation club or association have been recoded to fitness, leisure or indoor sports centre

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 102: Victorian participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)**

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
Aerobics/fitness	381.1	18.0	627.4	28.7	1,008.5	23.5
Aquarobics	*4.9	*0.2	36.1	1.7	41.0	1.0
Athletics/track and field	20.3	1.0	15.8	0.7	36.1	0.8
Australian rules football	206.5	9.8	*13.8	*0.6	220.3	5.1
Badminton	20.1	1.0	19.7	0.9	39.9	0.9
Baseball	*8.6	*0.4	**3.5	**0.2	*12.1	*0.3
Basketball	139.8	6.6	90.7	4.2	230.5	5.4
Billiards/snooker/pool	**1.9	**0.1	**0.0	**0.0	**1.9	**0.0
Boxing	*14.1	*0.7	16.8	0.8	30.9	0.7
Canoeing/kayaking	15.1	0.7	*14.4	*0.7	29.5	0.7
Carpet bowls	**2.6	**0.1	*9.6	*0.4	*12.1	*0.3
Cricket (indoor)	41.6	2.0	**3.6	**0.2	45.2	1.1
Cricket (outdoor)	170.4	8.1	*11.7	*0.5	182.1	4.2
Cycling	363.2	17.2	188.2	8.6	551.4	12.8
Dancing	*11.8	*0.6	110.6	5.1	122.4	2.8
Darts	**3.4	**0.2	**0.7	**0.0	*4.1	*0.1
Fishing	54.7	2.6	**3.3	**0.2	58.0	1.3
Football (indoor)	92.6	4.4	15.1	0.7	107.7	2.5
Football (outdoor)	101.8	4.8	26.1	1.2	127.9	3.0
Golf	213.2	10.1	64.9	3.0	278.1	6.5
Gymnastics	**3.3	**0.2	*5.9	*0.3	*9.2	*0.2
Hockey (indoor)	**2.0	**0.1	**2.6	**0.1	*4.6	*0.1
Hockey (outdoor)	15.6	0.7	25.9	1.2	41.5	1.0
Horse riding/equestrian activities/polocrosse	*9.8	*0.5	32.4	1.5	42.2	1.0
Ice/snow sports	47.1	2.2	30.6	1.4	77.6	1.8
Lawn bowls	47.4	2.2	45.2	2.1	92.6	2.2
Martial arts	47.7	2.3	35.3	1.6	82.9	1.9
Motor sports	46.1	2.2	*7.1	*0.3	53.2	1.2
Netball	35.5	1.7	184.9	8.5	220.4	5.1
Orienteering	18.3	0.9	*14.3	*0.7	32.6	0.8
Rock climbing	*11.3	*0.5	*6.1	*0.3	17.5	0.4
Roller sports	18.6	0.9	*6.5	*0.3	25.1	0.6
Rowing	*10.4	*0.5	*4.3	*0.2	14.8	0.3
Rugby league	*12.5	*0.6	**3.0	**0.1	15.5	0.4
Rugby union	*10.4	*0.5	**0.0	**0.0	*10.4	*0.2
Running	285.8	13.5	216.1	9.9	501.9	11.7
Sailing	*13.8	*0.7	*7.1	*0.3	21.0	0.5
Scuba diving	*7.1	*0.3	**2.4	**0.1	*9.6	*0.2
Shooting sports	17.6	0.8	**2.9	**0.1	20.5	0.5
Softball	**0.8	**0.0	*5.0	*0.2	*5.8	*0.1
Squash/racquetball	41.1	1.9	*10.4	*0.5	51.5	1.2
Surf sports	37.2	1.8	14.9	0.7	52.0	1.2
Swimming	279.1	13.2	317.6	14.6	596.6	13.9
Table tennis	20.2	1.0	*7.4	*0.3	27.6	0.6
Tennis	162.5	7.7	131.9	6.0	294.4	6.9
Tenpin bowling	19.1	0.9	*9.9	*0.5	29.0	0.7
Touch football	*5.8	*0.3	*4.7	*0.2	*10.6	*0.2
Triathlon	*11.7	*0.6	*5.4	*0.2	17.1	0.4
Volleyball	23.4	1.1	26.6	1.2	49.9	1.2
Walking (bush)	70.3	3.3	119.9	5.5	190.2	4.4
Walking (other)	534.1	25.3	1,009.7	46.3	1,543.8	35.9
Water polo	**1.0	**0.0	**0.6	**0.0	**1.7	**0.0
Waterskiing/powerboating	22.6	1.1	*8.4	*0.4	31.0	0.7
Weight training	75.8	3.6	52.4	2.4	128.2	3.0
Yoga	*10.8	*0.5	135.2	6.2	146.0	3.4

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group.

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 103: Victorian participants — total participation in specific activities by type of activity, 2009 (a)**

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	324.7	746.5	1,008.5	7.6	17.4	23.5
Aquarobics	29.0	*13.3	41.0	0.7	*0.3	1.0
Athletics/track and field	32.4	*7.6	36.1	0.8	*0.2	0.8
Australian rules football	174.4	57.2	220.3	4.1	1.3	5.1
Badminton	17.0	26.5	39.9	0.4	0.6	0.9
Baseball	*9.3	**3.6	*12.1	*0.2	**0.1	*0.3
Basketball	171.5	84.0	230.5	4.0	2.0	5.4
Billiards/snooker/pool	**1.9	**1.9	**1.9	**0.0	**0.0	**0.0
Boxing	16.3	20.5	30.9	0.4	0.5	0.7
Canoeing/kayaking	*11.3	23.7	29.5	*0.3	0.6	0.7
Carpet bowls	*11.6	*0.5	*12.1	*0.3	**0.0	*0.3
Cricket (indoor)	24.5	23.9	45.2	0.6	0.6	1.1
Cricket (outdoor)	133.1	56.8	182.1	3.1	1.3	4.2
Cycling	66.2	529.7	551.4	1.5	12.3	12.8
Dancing	90.5	43.3	122.4	2.1	1.0	2.8
Darts	**0.0	*4.1	*4.1	**0.0	*0.1	*0.1
Fishing	*7.2	56.9	58.0	*0.2	1.3	1.3
Football (indoor)	59.7	61.2	107.7	1.4	1.4	2.5
Football (outdoor)	57.2	74.9	127.9	1.3	1.7	3.0
Golf	135.2	185.9	278.1	3.1	4.3	6.5
Gymnastics	*7.0	**2.8	*9.2	*0.2	**0.1	*0.2
Hockey (indoor)	*3.9	*1.6	*4.6	*0.1	**0.0	*0.1
Hockey (outdoor)	38.0	*5.5	41.5	0.9	*0.1	1.0
Horse riding/equestrian activities/polocrosse	19.6	32.7	42.2	0.5	0.8	1.0
Ice/snow sports	*10.3	69.4	77.6	*0.2	1.6	1.8
Lawn bowls	85.1	*13.3	92.6	2.0	*0.3	2.2
Martial arts	65.5	24.9	82.9	1.5	0.6	1.9
Motor sports	28.3	35.3	53.2	0.7	0.8	1.2
Netball	185.7	56.8	220.4	4.3	1.3	5.1
Orienteering	18.7	15.7	32.6	0.4	0.4	0.8
Rock climbing	**3.5	*14.6	17.5	**0.1	*0.3	0.4
Roller sports	*8.3	18.9	25.1	*0.2	0.4	0.6
Rowing	*9.2	*7.4	14.8	*0.2	*0.2	0.3
Rugby league	*10.1	*6.2	15.5	*0.2	*0.1	0.4
Rugby union	*6.8	*4.7	*10.4	*0.2	*0.1	*0.2
Running	81.3	459.6	501.9	1.9	10.7	11.7
Sailing	18.0	*7.3	21.0	0.4	*0.2	0.5
Scuba diving	*4.8	*6.1	*9.6	*0.1	*0.1	*0.2
Shooting sports	*13.7	*13.1	20.5	*0.3	*0.3	0.5
Softball	*5.8	**0.8	*5.8	*0.1	**0.0	*0.1
Squash/racquetball	16.1	38.3	51.5	0.4	0.9	1.2
Surf sports	*9.3	47.1	52.0	*0.2	1.1	1.2
Swimming	75.7	539.2	596.6	1.8	12.5	13.9
Table tennis	*14.3	15.4	27.6	*0.3	0.4	0.6
Tennis	153.1	176.1	294.4	3.6	4.1	6.9
Tenpin bowling	*13.4	17.1	29.0	*0.3	0.4	0.7
Touch football	*8.2	**3.0	*10.6	*0.2	**0.1	*0.2
Triathlon	16.2	**1.0	17.1	0.4	**0.0	0.4
Volleyball	35.0	18.5	49.9	0.8	0.4	1.2
Walking (bush)	22.3	179.1	190.2	0.5	4.2	4.4
Walking (other)	81.7	1,513.6	1,543.8	1.9	35.2	35.9
Water polo	**1.0	**0.6	**1.7	**0.0	**0.0	**0.0
Waterskiing/powerboating	**1.6	29.4	31.0	**0.0	0.7	0.7
Weight training	31.4	100.3	128.2	0.7	2.3	3.0
Yoga	79.2	77.6	146.0	1.8	1.8	3.4

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group.

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