



10,000 Steps Working Paper Series

Paper 8: Awareness of the 10,000 Steps Program across Queensland, 2009

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EXECUTIVE SUMMARY

This report details the awareness of the 10,000 Steps program across Queensland. This study examined the 2009 awareness levels; determined if demographic variables were associated with awareness; and finally examined overall awareness of the 10,000 Steps program using combined data from 2005 to 2009.

- In 2009, it is estimated that 64.4% of the Queensland adult population (age 18 years and older) were aware of the 10,000 Steps program.
 - An estimated 58% of men and 71% of women were aware of the program.
 - An estimated 57% of 18-34 year olds, 71% of 35-44 year olds, 68% of 45-54 year olds and 63% of individuals aged 55 years and over were aware of the program.
 - An estimated 60% of residents from Brisbane and Moreton statistical subdivisions were aware of the program compared to 74% of residents from the rest of Queensland.

- In 2009, awareness was found to be significantly associated with gender, age, location, years of education, annual household income and occupation.
 - **Women** were significantly more likely to be aware of the 10,000 Steps program than men.
 - **Residents from the rest of Queensland** were significantly more likely to be aware of the 10,000 Steps program than residents from the Brisbane and Moreton district.
 - Individuals aged **35 years or older** were significantly more likely to be aware of the 10,000 Steps program than individuals aged 18-34 years.
 - Individuals earning an **annual household income of \$52 001 or greater** were significantly more likely to be aware of the 10,000 Steps program than those earning \$26 000 or less.
 - Individuals with **15 years of education** or more were significantly more likely to be aware of 10,000 Steps than those with 10 or less years of education.
 - **Blue collar workers** were significantly less likely to be aware of 10,000 Steps than Professional workers.
 - Awareness was not associated with BMI category or leisure time physical activity (LTPA) levels.

- Analysis of the combined data from the **2005, 2006, 2007, 2008 and 2009** QSS revealed that overall, awareness was significantly associated with gender, age, location, years of education, annual household income, occupation and the year of the survey.
 - **Women** were significantly more likely to be aware of the 10,000 Steps program than men.
 - **Residents from the rest of Queensland** were significantly more likely to be aware of the 10,000 Steps program than residents from the Brisbane and Moreton district.
 - Individuals aged **35 years or older** were significantly more likely to be aware of the 10,000 Steps program than individuals aged 18-34 years.
 - Individuals with **13 years of education or more** were significantly more likely to be aware of the 10,000 Steps program than those with 10 years of education or less.
 - Individuals earning an **annual household income of greater than \$52 000** were significantly more likely to be aware of the 10,000 Steps program than those earning \$26 000 or less.
 - Finally, respondents from the **2006, 2007, 2008 and 2009 QSS** were more likely to be aware of the 10,000 Steps program than respondents from the 2005 QSS.

INTRODUCTION

Background

10,000 Steps Rockhampton was Australia's first 'whole of community' health promotion physical activity project. Funded by Queensland Health, the Rockhampton region was chosen for a two year trial of the project in 2001. During this period, the 10,000 Steps Rockhampton Project was an exemplary model of an effective multi-strategy, multi-sector physical activity project. [1] The project was successful in motivating local communities, workplaces and individuals to increase their physical activity levels. As a result of the success in Rockhampton, Queensland Health provided funding for 10,000 Steps to be developed as a sustainable state-wide and beyond initiative.

10,000 Steps now disseminates physical activity information, materials, resources and support via the interactive 10,000 Steps website (www.10000steps.org.au). Since 2004, organisations and community groups have adopted and implemented the 10,000 Steps resources across Queensland and nation-wide to promote physical activity and raise awareness of the associated health benefits. Individuals are also involved in the program by using the interactive online Step Log to record and monitor their physical activity levels. As of December 2009, the 10,000 Steps program has over 112,000 individual members and 4,300 Providers (organisations and community groups) registered with the 10,000 Steps website.

Awareness levels of the 10,000 Steps program across Queensland have been monitored annually from 2005 to examine the effectiveness and the dissemination of the 10,000 Steps program. This data has determined the overall awareness of the program in a representative sample of the Queensland population and also in selected demographic sub-samples. Previous awareness statistics have shown that awareness has significantly increased each year from 2005 to 2007 and remained stable in 2008. [2-5] It has also been found that certain demographic sub-samples are more likely to be aware of 10,000 Steps than others. [2-5] For example, it has been consistently shown that women are more aware of the program than men and that the residents from the rest of Queensland are more aware than residents from Brisbane and Moreton Districts. [2-5] The current report details the follow-up study of 10,000 Steps awareness conducted in 2009.

Purpose of Study

The purpose of this study was to examine the awareness of the 10,000 Steps program across Queensland in 2009. In addition, the study determined if demographic variables (i.e. gender, age, location, years of education, annual household income, occupation, BMI category and LTPA levels) were associated with program awareness. Finally, this study examined overall awareness of the 10,000 Steps program in Queensland using combined data from the year 2005 to 2009.

Survey Method

A section of the 2009 Queensland Social Survey (QSS) was sponsored by the 10,000 Steps project to investigate awareness of the program across Queensland. Conducted by the Population Research Laboratory (PRL) within the Institute for Health and Social Science Research (IHSSR) at Central Queensland University, the 2009 QSS is the fifth in a series of annual cost-shared, omnibus surveys aimed at obtaining public opinion on a range of topics held by a representative sample of Queensland residents. The QSS is comprised of core questions (e.g. publicity and social capital), demographic questions and a series of sponsored questions. This survey allows researchers and community organisations to access a credible, reliable and relatively low-cost data-collection vehicle.

The QSS was administered through the Computer-Assisted-Telephone-Interview (CATI) system housed in the PRL, from July 20th 2009 until August 19th 2009. The target population was all individuals who were 18 years or older, lived in a dwelling unit in Queensland and could be contacted by a direct-dialled land-based telephone service. This population was divided into two sub-samples, 1: South-East Queensland (Brisbane and Moreton statistical sub-divisions) and 2: the rest of Queensland. A random sample approach was undertaken to ensure that each member of the target population had an equal chance of selection. The survey received ethical clearance from the Human Research Ethics Committee at CQ University Australia.

Data Quality

Response Rate

The response rate calculation follows the recommended standard definitions of response rates based on the American Association for Public Opinion Research, Standard Definitions. [6] The response rate is a calculated percentage representing the number of people participating in the survey either with a completed or partially completed interview divided by the people selected in the sample.

RR6 is the maximum response rate. The calculations for RR6 are shown below.

$$RR6 = \frac{\text{Complete Interviews} + \text{Partial Interviews}}{(\text{Complete} + \text{Partial}) + (\text{Refusal} + \text{Non Contact} + \text{Other})}$$
$$RR6 = \frac{1292 + 13}{(1292 + 13) + (1536 + 142 + 129)}$$

The RR6 Response Rate for the 2009 QSS was 41.5%.

Estimated Sampling Error

The sampling error is a measure of the validity of the descriptive statistics that are observed in a sample. The estimated sampling error, at the 95% confidence level, for the Rest of State area sample of 432 households and a 50/50 binomial percentage distribution is plus or minus 4.7 percentage points. The sampling error for Brisbane and Moreton statistical sub-divisions at the same level of confidence is plus or minus 3.3 percentage points. Survey estimates for the total sample of 1,292 are accurate within plus or minus 2.7 percentage points, 19 times out of 20. [7]

Data Treatment

10,000 Steps awareness in 2009 was analysed by geographical location, gender, age, years of education, household income, occupation, body mass index (BMI) and leisure time physical activity (LTPA) levels.

Leisure Time Physical Activity Levels

Leisure time physical activity data was collected using the Active Australia Survey instrument. [8] Following the Active Australia guidelines levels of physical activity were categorized as follows:

- 1) Sedentary (Reported no walking, moderate- or vigorous-intensity activity in the week prior to the survey);
- 2) Insufficient Activity (Reported less than 150 minutes of physical activity or reported more than 150 minutes of activity but in less than five sessions in the week prior);
- 3) Sufficient Activity (Reported a minimum of 150 minutes of activity conducted in five or more sessions in the week prior).

Statistical Analyses

Prevalence estimates are presented as a percentage of the population. Logistical regression was used to describe the associations between awareness and the selected demographic measures assessed in the study. The association is presented as an odds ratio in comparison to a reference group and indicates the increased or decreased likelihood of a sub-group in the population to perform a specific behaviour. For example, a significant positive odds ratio indicates that the sub-group is more likely to perform the specified behaviour when compared to the reference group. A significant negative odds ratio indicates that the sub-group is less likely to perform the specified behaviour than the reference group.

To examine the prevalence of awareness from 2005 to 2009 the data from all five QSS surveys were combined and a final logistic regression was performed. This logistic regression examined the association between awareness and demographic variables within the total sample and also investigated awareness across the five years. All tests were performed at an alpha level of 0.05.

RESULTS

The Sample

Of the sample, 66.1% were located in the Brisbane and Moreton areas (SEQ), with the residual 33.9% being in the remaining areas of Queensland. Approximately 66.5% of the sample were 45 years or older and around 40.4% of the respondents earned an annual household income greater than \$52 000. Self report data showed that over 60% of the participants were overweight or obese while 46.3% of the samples were sufficiently active for health benefits. Further demographics of the sample are presented in Table 1 (see Appendix).

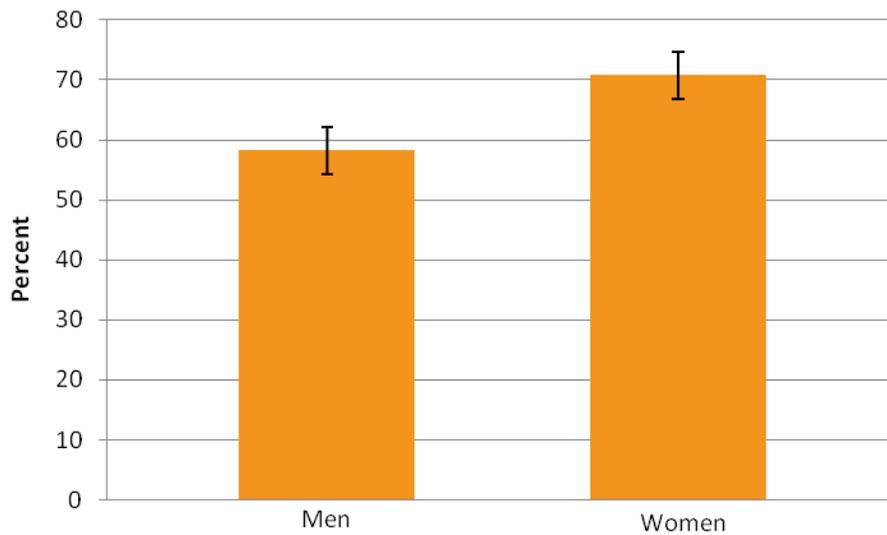
Awareness of the 10,000 Steps Program 2009

Awareness of the 10,000 Steps program was determined through the following research question; 'Have you heard of the Ten Thousand (10,000) Steps program?' Across the total sample of Queenslanders, 64.4% of the respondents were aware of the 10,000 Steps program. The prevalence of awareness across gender, age, location, years of education, household income and occupation variables are shown in Table 2 (see Appendix). To determine if participant characteristics influenced awareness, crude and adjusted odds ratios were calculated. The results of the logistical regression analysis investigating the associations between demographic variables and awareness are also presented in Table 2. The crude odds ratios revealed significant associations between awareness and gender, age group, location, years of education, household income, and occupation. Significant associations were also found between awareness and the above variables when adjusting for all demographic variables in the final model. Results are discussed in the following sections.

Gender

A higher percentage of women (70.8%) were aware of the 10,000 Steps program than men (58.2%; Figure 1). The logistic regression analysis revealed that women were significantly more likely to be aware of 10,000 Steps than men.

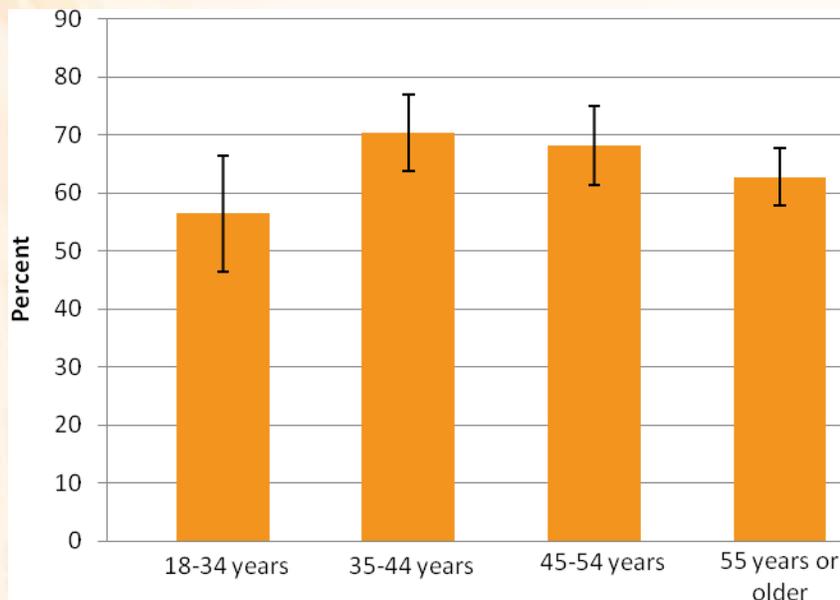
Figure 1. Percentage of respondents aware of 10,000 Steps by gender.



Age Group

Participants aged 35-44 years had the highest levels of awareness of the 10,000 Steps program (70.5%). This was followed by the 45-54 year age group (68.3%) and the 55 years and over age group (49.0%). Participants aged 18-34 years had the lowest levels of awareness at 62.8% (Figure 2). The odds ratios revealed that respondents aged 35-44 years, 45-54 years and 55 years or older were significantly more likely to be aware of 10,000 Steps than those aged 18-34 years when adjusting for all other demographic variables.

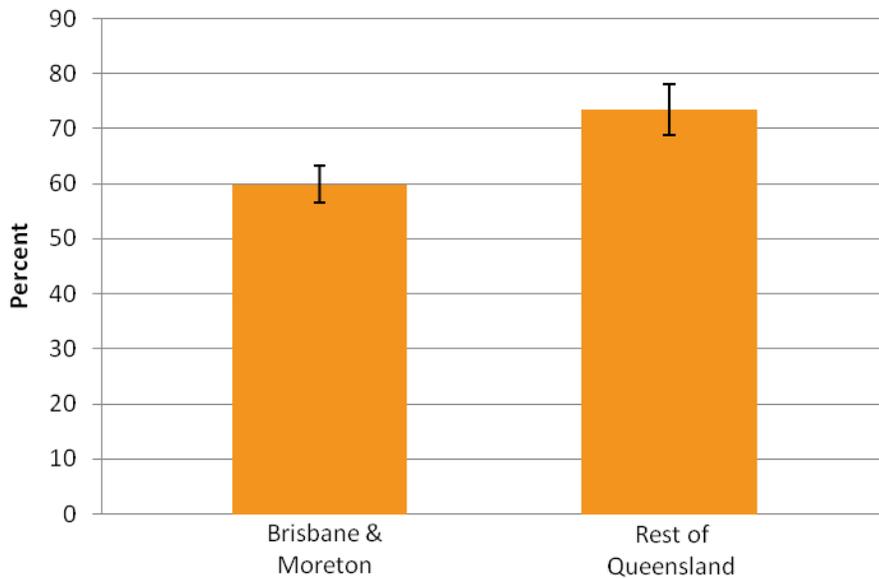
Figure 2. Percentage of respondents aware of 10,000 Steps by age.



Location

Residents from the Brisbane and Moreton districts (59.9%) were less aware of the 10,000 Steps program than residents living in the rest of Queensland (73.5%; Figure 3). Odds ratios, adjusted for all demographic variables, showed that residents from the rest of Queensland were significantly more likely to be aware of the 10,000 Steps program than Brisbane and Moreton residents.

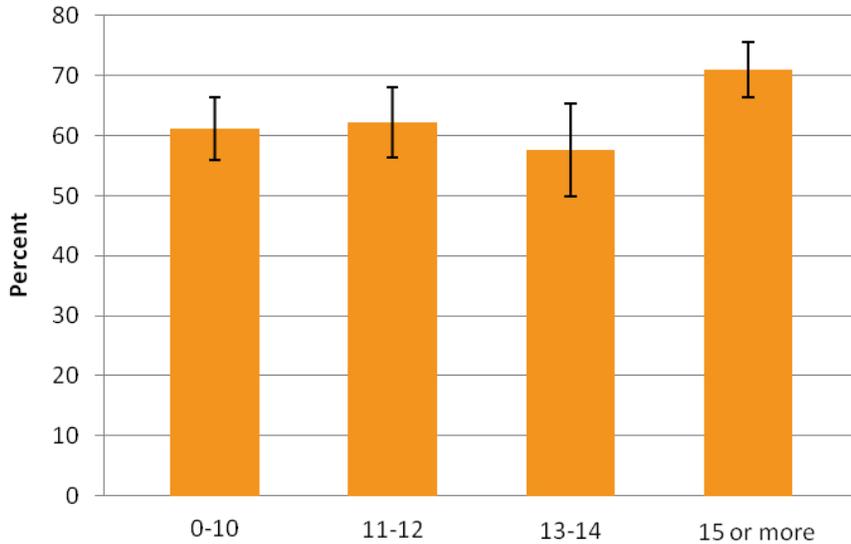
Figure 3. Percentage of respondents aware of 10,000 Steps by location.



Years of Education

Participants with 15 years of education or more had the highest percentage awareness of the 10,000 Steps program (71%). This was followed by participants with 11-12 years of education (62.2%) and 0-10 years of education (61.1%). Participants with 13-14 years of education or less reported the lowest levels of awareness at 57.6% (Figure 4). Crude odds ratios revealed that participants with 15 years of education or more were significantly more likely to be aware of 10,000 Steps than those with 10 years of education or less.

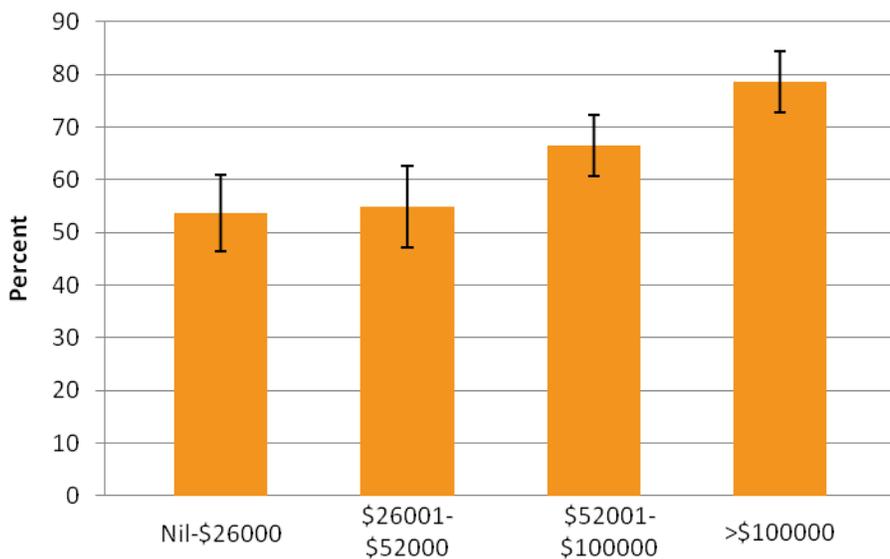
Figure 4. Percentage of respondents aware of 10,000 Steps by years of education.



Household Income

Participants with an annual household income of over \$100 000 had the highest percentage awareness of the 10,000 Steps program (78.6%). This was followed by participants earning \$52 001-\$100 000 (56.5%) and those earning \$26 000-\$52 000 (54.9%). Participants earning \$26 000 or less had the lowest levels of awareness at 53.6% (Figure 5). Adjusted odds ratios revealed that those earning a household income of \$52 001-\$100 000 and greater than \$100 000 were significantly more likely to be aware of 10,000 Steps than those earning \$26 000 or less.

Figure 5. Percentage of respondents aware of 10,000 Steps by household income.

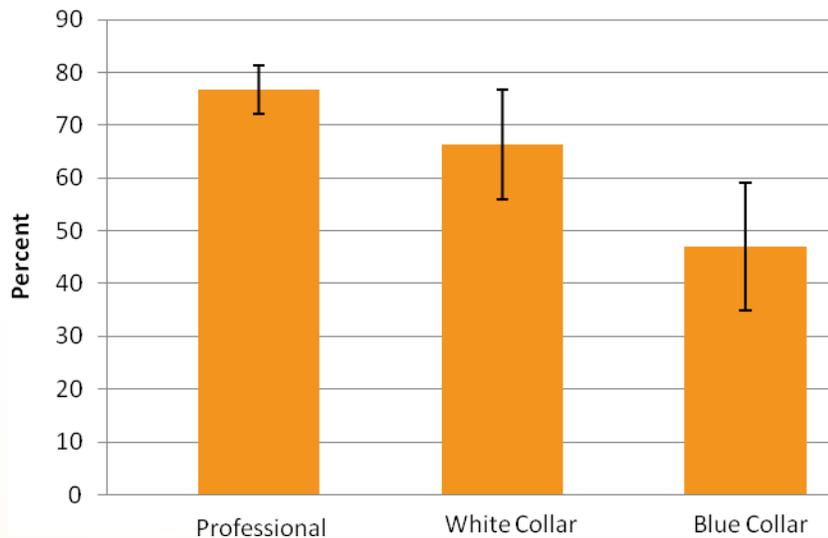


Occupation

Professional workers reported the highest levels of awareness of the 10,000 Steps program (76.7%), followed by white collar workers (66.4%) and finally, blue collar workers (47.1%; Figure 6). Initial crude odds ratios revealed that occupation was associated with awareness of the 10,000 Steps program. When adjusting for all variables in the final

logistic regression model, blue collar workers were significantly less likely to be aware of 10,000 Steps than professional workers.

Figure 6. Percentage of respondents aware of 10,000 Steps by occupation.



BMI Category and LTPA Levels

Neither BMI Category nor LTPA levels were found to be associated with awareness in the crude odds ratio analysis. Therefore, these variables were not included in the final logistic regression model.

Overall Awareness of the 10,000 Steps Program 2005-2009

The awareness data from 2005 to 2009 was combined and analysed to investigate trends in 10,000 Steps awareness over the past five years. The awareness levels over these five years can be seen in Table 3 (see Appendix). It can be seen that awareness levels have steadily increased from 2005 to 2007, remained relatively stable in 2008, and further increased in 2009.

Results of the final logistic regression conducted on the combined data can be seen in Table 4 (see Appendix). The results indicate that respondents from the 2006, 2007, 2008 and 2009 QSS were more likely to be aware of the 10,000 Steps program than respondents from the 2005 QSS. Furthermore it was found that all socio-demographic variables included in the analysis were significantly associated with awareness of the 10,000 Steps program. Women were significantly more likely to be aware of the program than men. Respondents aged 35 years or older were significantly more likely to be aware than those aged 18-34 years. Respondents with 13 years of education or more were more likely to be aware than those with 10 years of education or less and respondents with an annual household income greater than \$52 000 were significantly more likely to be aware of 10,000 Steps than those with an annual household income of \$26 000 or less. Blue collar workers were significantly less likely to be aware of 10,000 Steps than Professional workers.

CONCLUSIONS AND RECOMMENDATIONS

With the continued dissemination of the 10,000 Steps program across Queensland and beyond, it is important to investigate and monitor the awareness of the program in the general population. Currently, 64.4% of Queensland residents are aware of the 10,000 Steps program. This is greater than the awareness statistics observed in 2008 indicating that awareness of the 10,000 Steps program has increased over the past 12 months.

In 2009, awareness of 10,000 Steps was found to be associated with resident's geographical location, with residents from the rest of Queensland more likely to be aware of 10,000 Steps than those from Brisbane and Moreton districts. This relationship was also seen in 2005, 2006, 2007 and 2008. [2-5] This finding can be explained by the promotion and dissemination of 10,000 Steps activities across Queensland. As 10,000 Steps began in regional Queensland, individuals from the rest of Queensland sub-sample have been exposed to the program for a longer duration of time which would result in a higher proportion of residents reporting awareness. It has also been observed that there are a higher number of community 10,000 Steps programs (i.e. Mackay, Cairns, Townsville, and Rockhampton) initiated in the rest of Queensland than in the Brisbane and Moreton Bay districts. Although a significant difference still exists between awareness of individuals located in Brisbane and Moreton districts and the rest of Queensland, the difference between the awareness percentages does appear to be reducing. With continued promotion and dissemination in the Brisbane and Moreton Bay districts, awareness of the 10,000 Steps program should reach similar levels throughout Queensland. The development of further Brisbane projects will hopefully contribute to and increase the awareness of the 10,000 Steps program in this region.

Analysis of the 2009 data revealed that awareness was also associated with gender, age, years of education, annual household income and occupation. Similar results have been found in previous studies investigating 10,000 Steps awareness in Queensland. [2-5] Furthermore, when data from all five QSS were combined and analysed, awareness was found to be associated with location, gender, age, annual household income, years of education and occupation. These findings indicate that certain demographic sub-groups of the population are more likely to be aware of 10,000 Steps than others. Women, older adults and individuals from higher socioeconomic backgrounds (greater years of education, higher annual household income and/ or professional occupation) were more likely to be aware of the 10,000 Steps program than their respective reference groups.

It is unclear why certain sub-groups of the population are more likely to be aware of the 10,000 Steps program. Middle age women appear to report the greatest awareness. The nature of the 10,000 Steps program may be more appealing to mid-age women, as both this program and other pedometer based physical activity promotion programs have reported higher levels of awareness and participation in this sub-group. [9-11] Current statistics for 2009 show that 33% of women in Australia chose walking as a sporting and/ or recreational activity, whereas only 17% of men made this selection. [12] This suggests that walking is a more favourable sporting and/ or recreational choice for women.

Higher socioeconomic status has consistently been associated with higher awareness of the 10,000 Steps program. The promotion of specific 10,000 Steps strategies, such as the 10,000 Steps Workplace program may contribute to the increased awareness observed in higher socioeconomic sub-groups. Individuals from a higher socioeconomic background, i.e. those whom have higher income, greater years of education and/ or a professional occupation, may also find the resources more easily accessible and affordable as 10,000 Steps is predominantly internet-based. Statistics from the Australian Bureau of Statistics suggest that in 2007-08 households with higher levels of joint income have increased access to a computer or internet in the home in comparison to households with lower levels of income [13] This study also found that higher educational

attainment was positively correlated with increased likelihood of computer and internet access. [13] By having increased access to a computer and the internet, people of higher socioeconomic status have more opportunity to be aware of the 10,000 Steps program.

In the current study, the data reflected a significant difference in awareness of the 10,000 Steps program between 18-34 year olds, and 35 to 54 year olds, with the latter age group exhibiting higher awareness. It is unknown why younger Australians are not as aware of the 10,000 Steps program as middle age Australians, considering that statistics show 15 to 24 year old Australians use the internet more than any other age groups. [13] Perhaps an increase in focus on employee health in Queensland workplaces has exposed more middle age people to physical activity initiatives such as the 10,000 Steps program. In addition, as 18-34 year olds are more likely to be more active, [14] they may not be seeking programs such as 10,000 Steps for health benefits.

Awareness of the 10,000 Steps program throughout Queensland has increased significantly since the Queensland Social Survey commenced in 2005. This trend could be associated with the significant increase in household access to computers and the internet within Australia over time. [15] Statistics show that household access to computers has amplified from 44% in 1998 to 78% in 2008-09. [15] Furthermore, internet access within households has increased from 16% in 1998, to 72% in 2008-09. [15] As the internet becomes more functional in everyday life, it's abundance within the home and workplace environments' is expected to increase. The Australian population are utilising computer technologies and the internet more in current times, and as 10,000 Steps is distributed via the internet the likelihood of them becoming aware of this program increases.

The increase in awareness of the 10,000 Steps project may also be attributable to the development of various infrastructure throughout Queensland. The implementation of infrastructure that supports walking, such as pathways, has been identified as an effective means of increasing physical activity participation in Queensland. [16] A study from the Australian Bureau of Statistics shows that since 1998-99 through to 2007-08, there has been increased construction toward recreational activity. [17] In recent years the 10,000 Steps walkway signage has been implemented along numerous pathways. In addition to promoting physical activity, this signage also exposes residents to the 10,000 Steps program. It is postulated that the increased growth and investment toward recreational projects [17] may have aided in the increased awareness of the 10,000 Steps project that we have seen over the years.

The higher levels of awareness observed in women, older adults and individuals from the rest of Queensland sub-sample show that 10,000 Steps has been successful at reaching some of the least physically active sub-groups in the population. Both Queensland and national data show that women and older adults are more likely to be sedentary than the rest of the population and/or less likely to participate in physical activity. [18, 19] Similarly, it has been shown that individuals located outside of the state capital cities (i.e. within the rest of state) have lower participation rates in physical activity. [20] Therefore, the 10,000 Steps program has been successfully promoted to these less physically active target groups. For the future development of 10,000 Steps and to therefore increase physical activity participation, it is important that specific 10,000 Steps strategies and promotional activities are developed to reach those individuals who are least likely to be aware of the program

Overall, this awareness data shows that 10,000 Steps has been successfully disseminated and promoted across Queensland. Awareness of the 10,000 Steps program across Queensland has increased since 2005 and has remained above 50% over the past two years. This provides further evidence that the internet has been a valuable tool for disseminating the physical activity program to individuals, organisations and community groups. [9] The sustained dissemination and promotion of the program

across the state should continue to raise awareness of the 10,000 Steps program across Queensland.

Future Recommendations

To ensure that awareness of the 10,000 Steps program increases in the future, further promotion and dissemination of the 10,000 Steps program is needed. From the data, the following sub-groups have been identified as those which should be targeted: residents from Brisbane and Moreton Bay districts, men, individuals aged 18-34 years, individuals with a lower socio-economic status, fewer years of education, and blue collar workers. These groups are less likely to be aware of the 10,000 Steps program when compared with other demographic groups. Individuals of lower socio-economic status should be targeted in particular as they are less likely to participate in sufficient levels of physical activity, as supported by alternate research. [21, 22]

Continued examination of the awareness of 10,000 Steps across Queensland should be conducted to monitor the dissemination of the project and to enable researchers to identify areas and target groups toward which further promotion is required. As the promotion of the 10,000 Steps program continues, it may also be valuable to investigate 10,000 Steps awareness on a national level as an increasing number of organisations and communities outside of Queensland are adopting the program.

APPENDIX: TABLES

Table 1. Demographic characteristics of the total sample of participants, 2009 (n=1292).

Characteristic	n	%	Valid %
Gender			
Male	648	50.2	50.2
Female	644	49.8	49.8
Age Group			
18-34 years	168	13.0	13.1
35-44 years	258	20.0	20.1
45-54 years	262	20.3	20.4
55+ years	597	46.2	46.5
Missing	7	0.5	
Location			
Brisbane & Moreton	860	66.6	66.6
Rest of Queensland	432	33.4	33.4
Years of Education			
0-10 years	365	28.3	28.5
11-12 years	304	23.5	23.8
13-14 years	151	11.7	11.8
≥15 years	460	35.6	35.9
Missing	12	0.9	
Household Income (per annum)			
Nil-\$26 000	224	17.3	24.1
\$26 001-\$52 000	182	14.1	19.6
\$52 001-\$100 000	260	20.1	28.0
>\$100 000	262	20.3	28.2
Missing	364	28.2	
Occupation			
Professional	416	32.2	61.8
White Collar	119	9.2	17.7
Blue Collar	138	10.7	20.5
Missing	619	47.9	
BMI Category			
Healthy weight	500	38.7	38.8
Overweight or Obese	788	61.0	61.2
Missing	4	0.3	
LTPA Levels			
Sedentary	209	16.2	16.2
Insufficient Activity	485	37.5	37.5
Sufficient Activity	598	46.3	46.3
Missing	0	0	

Table 2. Crude and adjusted odds ratios for awareness by demographic variables, 2009.

Variable	n	% Aware	Crude OR	95% CI	Adjusted ^a OR ^b	95% CI
Gender						
Male	377	58.2	1.00	Reference	1.00	Reference
Female	455	70.8	1.74	1.38-2.19	2.37	1.47-3.83
Age Group						
18-34 years	95	56.5	1.00	Reference	1.00	Reference
35-44 years	182	70.5	1.84	1.23-2.76	2.16	1.14-4.09
45-54 years	179	68.3	1.66	1.11-2.48	2.21	1.16-4.21
≥55 years	374	62.8	1.30	0.92-1.83	2.41	1.21-4.83
Location						
Brisbane & Moreton	515	59.9	1.00	Reference	1.00	Reference
Rest of Queensland	317	73.5	1.86	1.45-2.40	2.60	1.60-4.21
Years of Education						
0-10	223	61.1	1.00	Reference	1.00	Reference
11-12	189	62.2	1.05	0.77-1.43	1.27	0.65-2.47
13-14	87	57.6	0.87	0.59-1.27	0.90	0.43-1.87
≥15	326	71.0	1.56	1.17-2.09	2.31	1.22-4.40
Household Income						
Nil-\$26 000	120	53.6	1.00	Reference	1.00	Reference
\$26 001-\$52 000	100	54.9	1.06	0.71-1.57	1.68	0.66-4.29
\$52 001-\$100 000	173	66.5	1.72	1.19-2.49	3.33	1.43-7.74
>\$100 000	206	78.6	3.19	2.15-4.73	5.99	2.55-14.07
Occupation						
Professional	319	76.7	1.00	Reference	1.00	Reference
White Collar	79	66.4	0.60	0.39-0.94	0.78	0.43-1.42
Blue Collar	65	47.1	0.27	0.18-0.41	0.39	0.23-0.67

^a Odds ratios adjusted for all variables in the table.

^b n= 500

Table 3. Awareness of the 10,000 Steps program 2005-2009.

Variable	% Aware 2005	% Aware 2006	% Aware 2007	% Aware 2008	% Aware 2009
Total	33.5	42.5	56.6	53.7	64.4
Gender					
Male	29.0	36.5	53.1	48.1	58.2
Female	37.7	48.5	60.0	59.2	70.8
Age Group					
18-34 years	31.9	40.3	41.8	43.8	56.5
35-44 years	33.9	42.0	63.5	57.0	70.5
45-54 years	38.8	52.0	61.0	66.8	68.3
≥55 years	30.3	37.3	57.1	49.0	62.8
Location					
Brisbane & Moreton	26.0	37.0	52.6	48.7	59.9
Rest of Queensland	47.9	53.3	64.5	63.2	73.5
Years of Education					
0-10	25.6	35.4	49.9	47.8	61.1
11-12	32.3	38.0	58.1	51.7	62.2
13-14	42.3	43.4	51.1	49.1	57.6
≥15	37.0	49.5	62.5	62.1	71.0
Household Income					
Nil-\$26 000	30.2	36.4	47.7	40.0	53.6
\$26 001-\$52 000	29.4	40.2	60.1	47.8	54.9
\$52 001-\$100 000	35.8	48.5	59.6	59.8	66.5
>\$100 000	40.4	49.7	70.0	62.4	78.6
Occupation					
Professional	37.3	49.5	64.5	62.7	76.7
White Collar	38.1	43.8	52.4	55.1	66.4
Blue Collar	31.4	34.6	50.0	46.7	47.1
BMI Category					
Healthy weight	32.7	41.7	52.9	52.5	62.7
Overweight/ Obese	34.4	42.8	60.4	54.5	65.6
LTPA Levels					
Sedentary	31.8	-	43.2	50.5	59.1
Insufficient Activity	34.4	-	60.4	51.8	64.3
Sufficient Activity	33.5	-	58.8	55.6	66.4

Table 4. Variables associated with awareness of the 10,000 Steps program, 2005-2009.

Variables	Adjusted^a OR^b	95% CI
Gender		
Male	1.00	Reference
Female	1.79	1.48-2.16
Age Group		
18-34 years	1.00	Reference
35-44 years	1.48	1.15-1.90
45-54 years	1.97	1.54-2.53
≥55 years	1.59	1.20-2.12
Location		
Brisbane & Moreton	1.00	Reference
Rest of Qld	2.33	1.92-2.83
Years of Education		
0-10	1.00	Reference
11-12	1.26	0.95-1.66
13-14	1.43	1.04-1.96
≥ 15	1.85	1.43-2.41
Household Income		
Nil-\$26 000	1.00	Reference
\$26 001-\$52 000	1.24	0.84-1.85
\$52 001-\$100 000	1.82	1.27-2.61
>\$100 000	2.42	1.68-3.51
Occupation		
Professional	1.00	Reference
White Collar	0.95	0.73-1.24
Blue Collar	0.72	0.57-0.92
Year of Survey		
2005	1.00	Reference
2006	1.63	1.23-2.15
2007	3.04	2.28-4.06
2008	2.56	1.95-3.36
2009	4.05	3.05-5.38

^a Odds ratios adjusted for all variables in the table.

^b n= 2395

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