

# Das Bewegungsverhalten in Österreich

Dr. med. Thomas E. Dorner, MPH  
Institut für Sozialmedizin  
Zentrum für Public Health







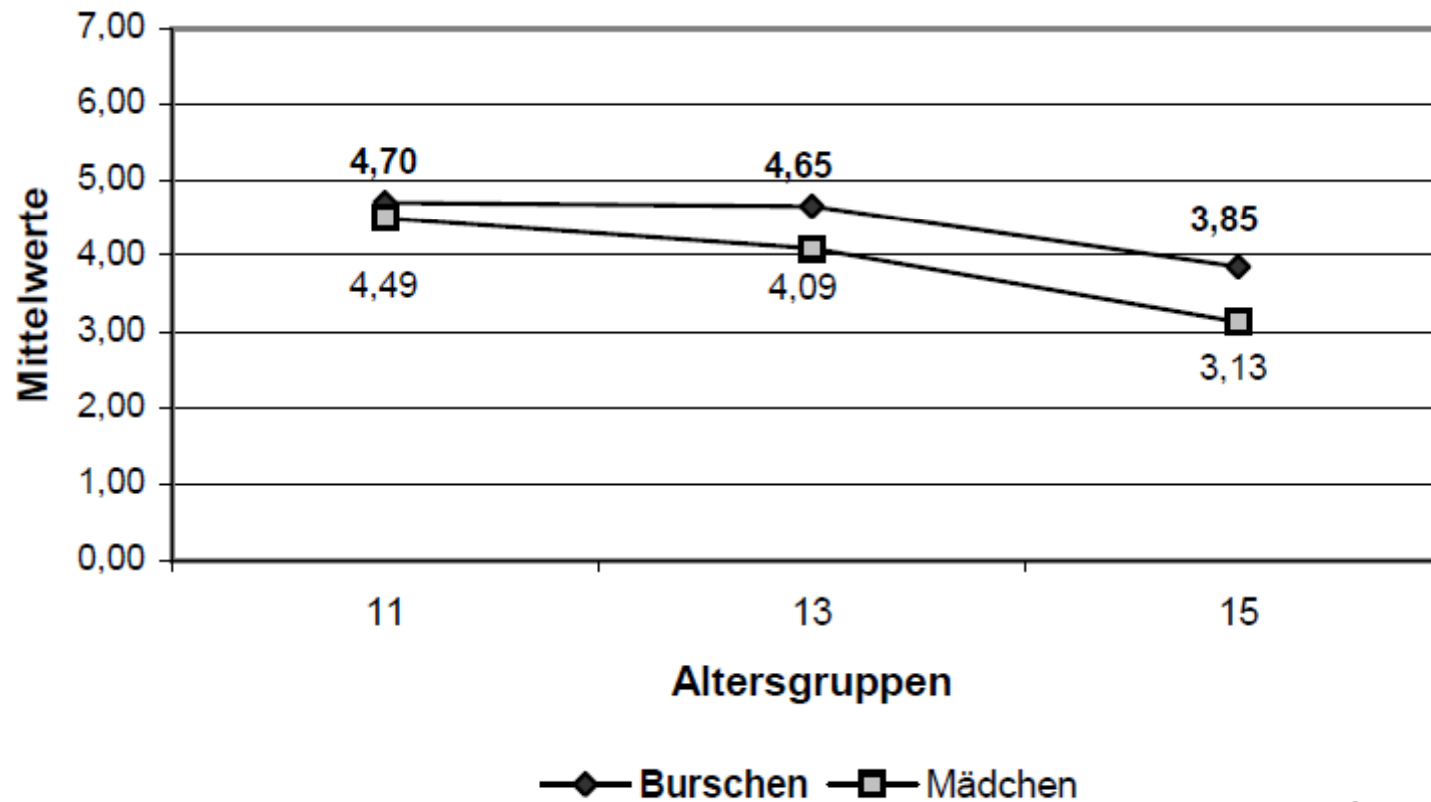
# Datenquellen für Bewegungsverhalten in Österreich

- HBSC Survey
- Eurobarometer
- Gesundheitsbefragung (ATHIS, Mikrozensus)
- Ernährungsbericht
- WGSS

# Bewegungsverhalten bei Jugendlichen

Tage pro Woche, an denen die 11-, 13- und 15-jährigen SchülerInnen für mindestens 60 Minuten pro Tag körperlich aktiv sind, nach Alter und Geschlecht (2006)

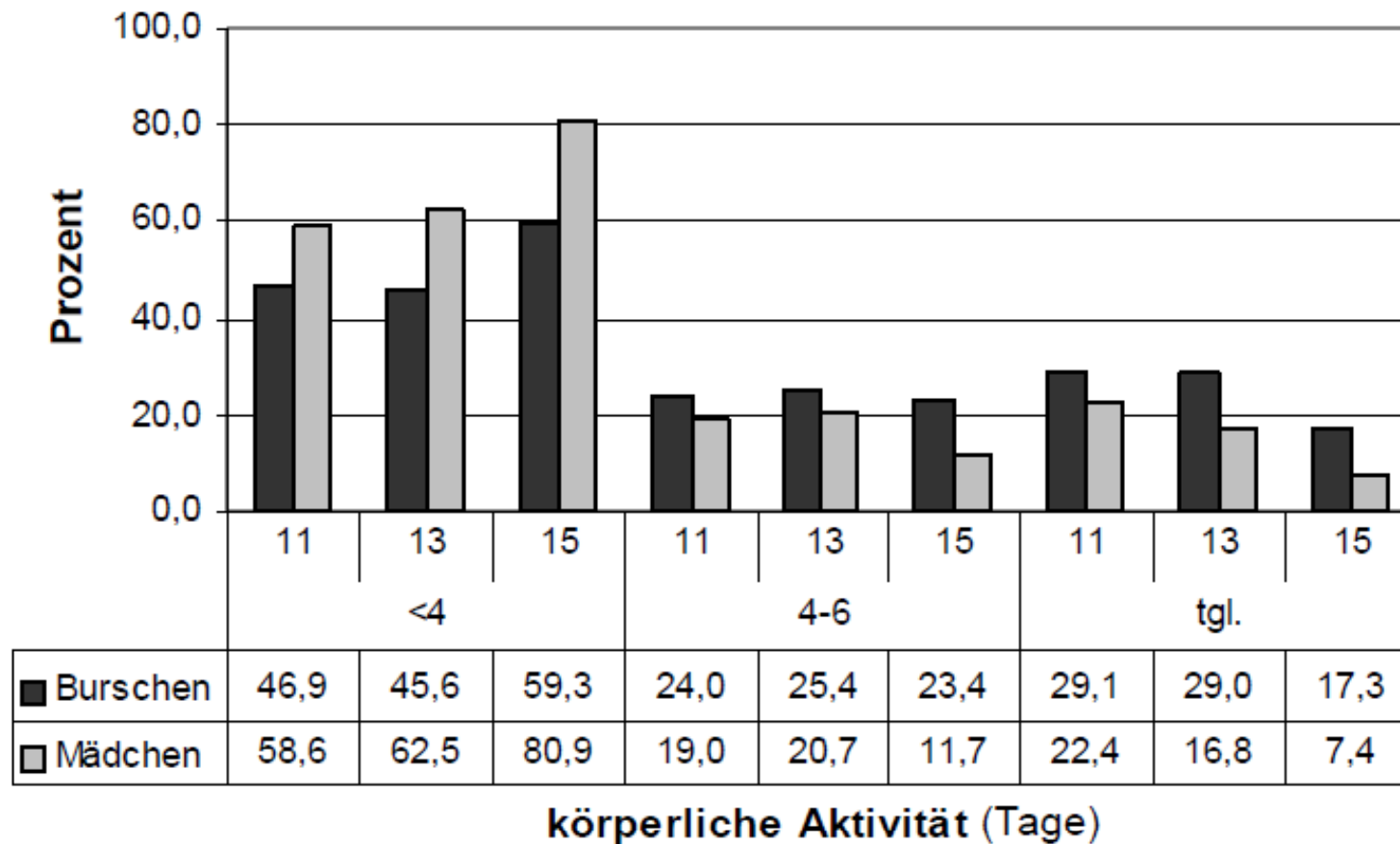
Spannbreite: 0-7



Dür & Griebler 2007;  
WHO-HBSC-Survey 2006

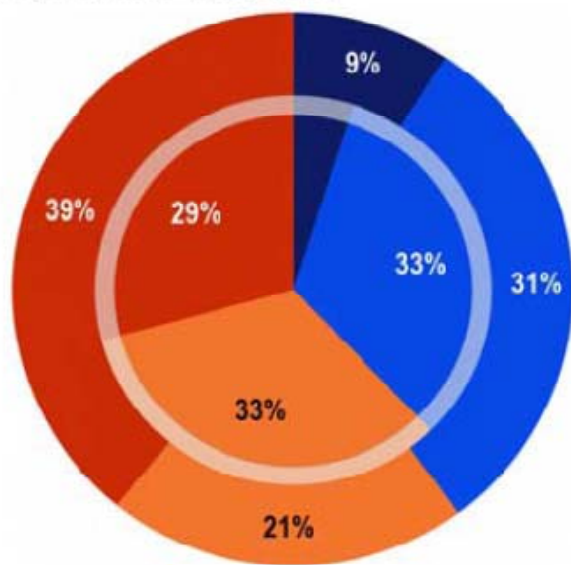
# Bewegungsverhalten bei Jugendlichen

**Tage pro Woche, an denen 11-, 13- und 15-jährige SchülerInnen in ihrer Freizeit körperlich so aktiv sind, dass sie ins Schwitzen geraten oder außer Atem kommen, nach Alter und Geschlecht (2006)**



Dür & Griebler 2007;  
WHO-HBSC-Survey 2006

QF1. How often do you exercise or play sport?

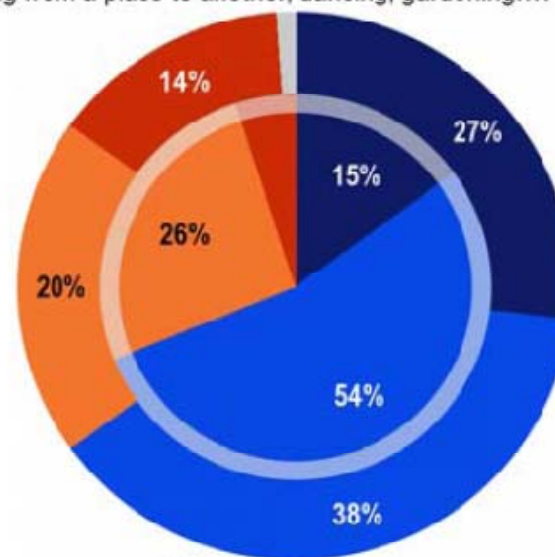


- Regularly
- With some regularity
- Seldom
- Never
- Don't know

EU27 ● Outer pie    AT ● Inner pie

Regularly = at least 5 times a week  
 With some regularity = 3 to 4 or 1 to 2 times a week  
 Seldom = 1 to 3 times a month or less often

QF2. And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?



- Regularly
- With some regularity
- Seldom
- Never
- Don't know

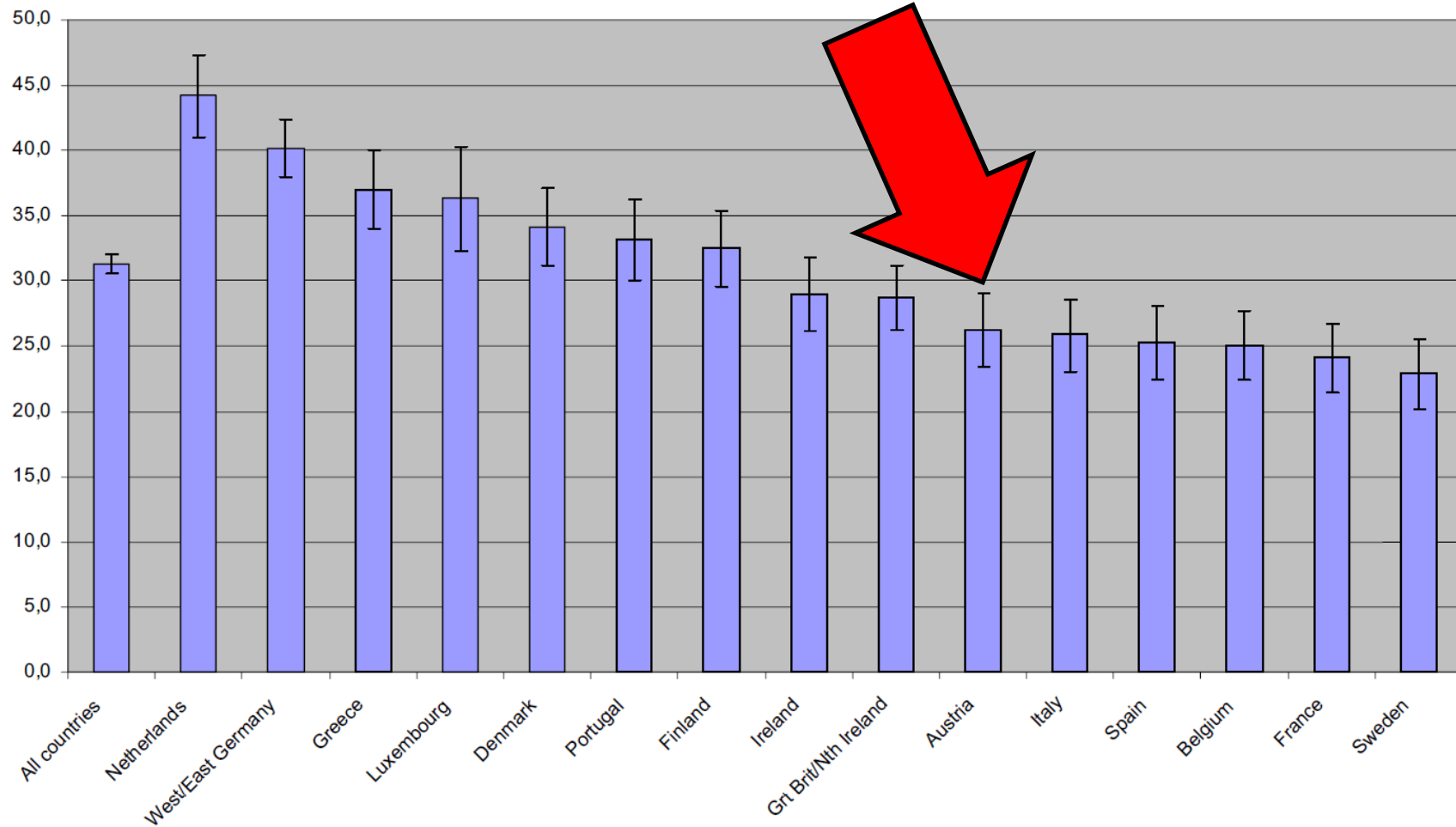
EU27 ● Outer pie    AT ● Inner pie

Regularly = at least 5 times a week  
 With some regularity = 3 to 4 or 1 to 2 times a week  
 Seldom = 1 to 3 times a month or less often



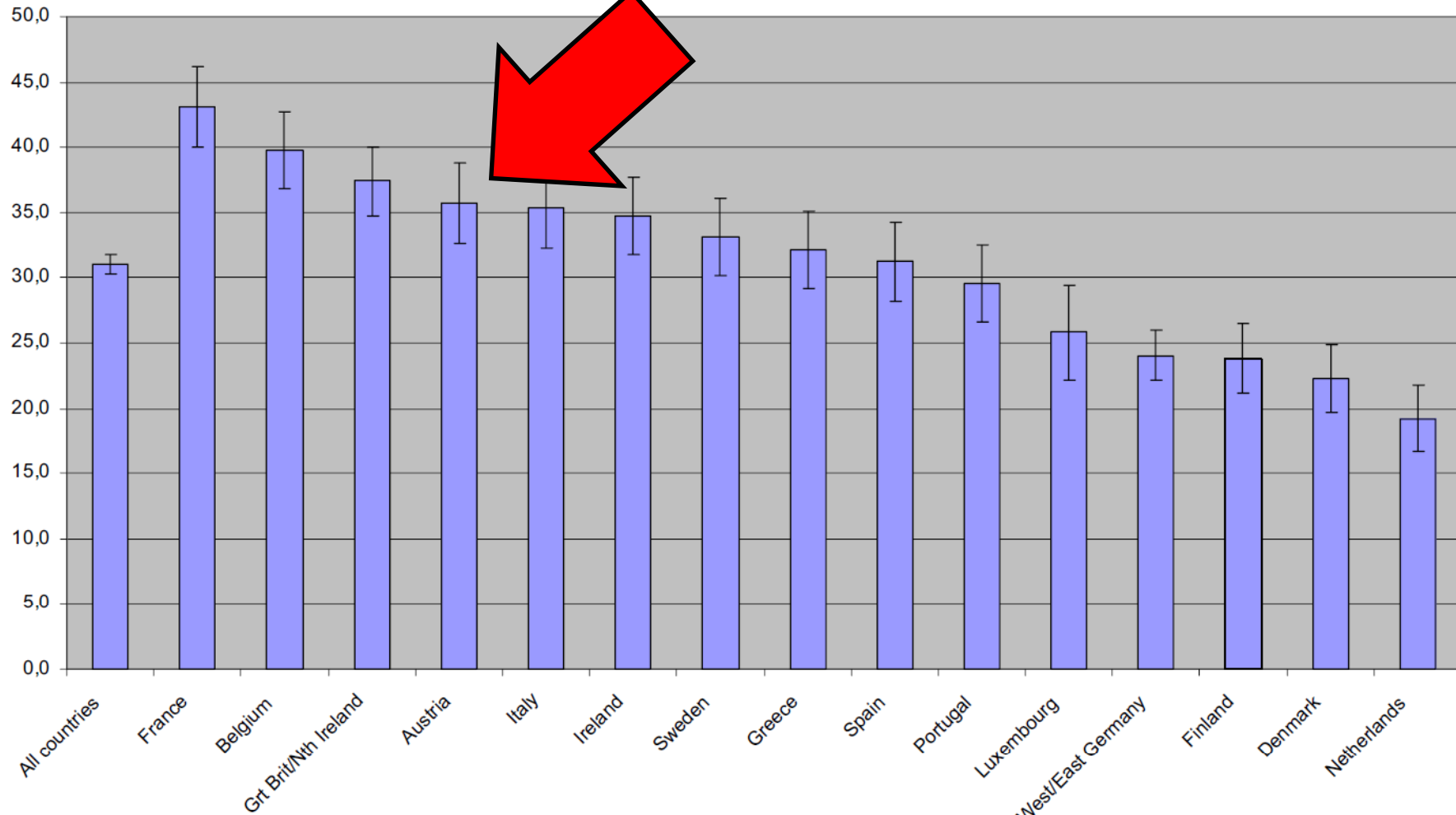
# Mindestens 3000 MET-min / Woche

Österreich: 26,2% (31,5% der Männer und 21,2% der Frauen).



# < 600 MET-min / Woche

Österreich: 35,7% (32,1% der Männer und 38,9% der Frauen)

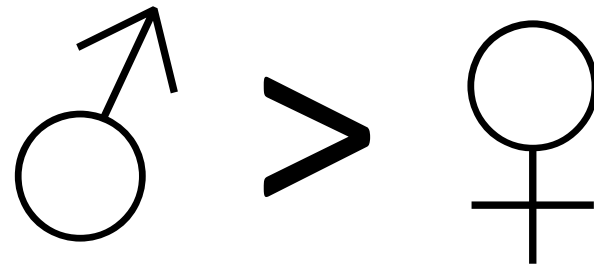


Sjöström, Oja et al. J Public Health, 2006

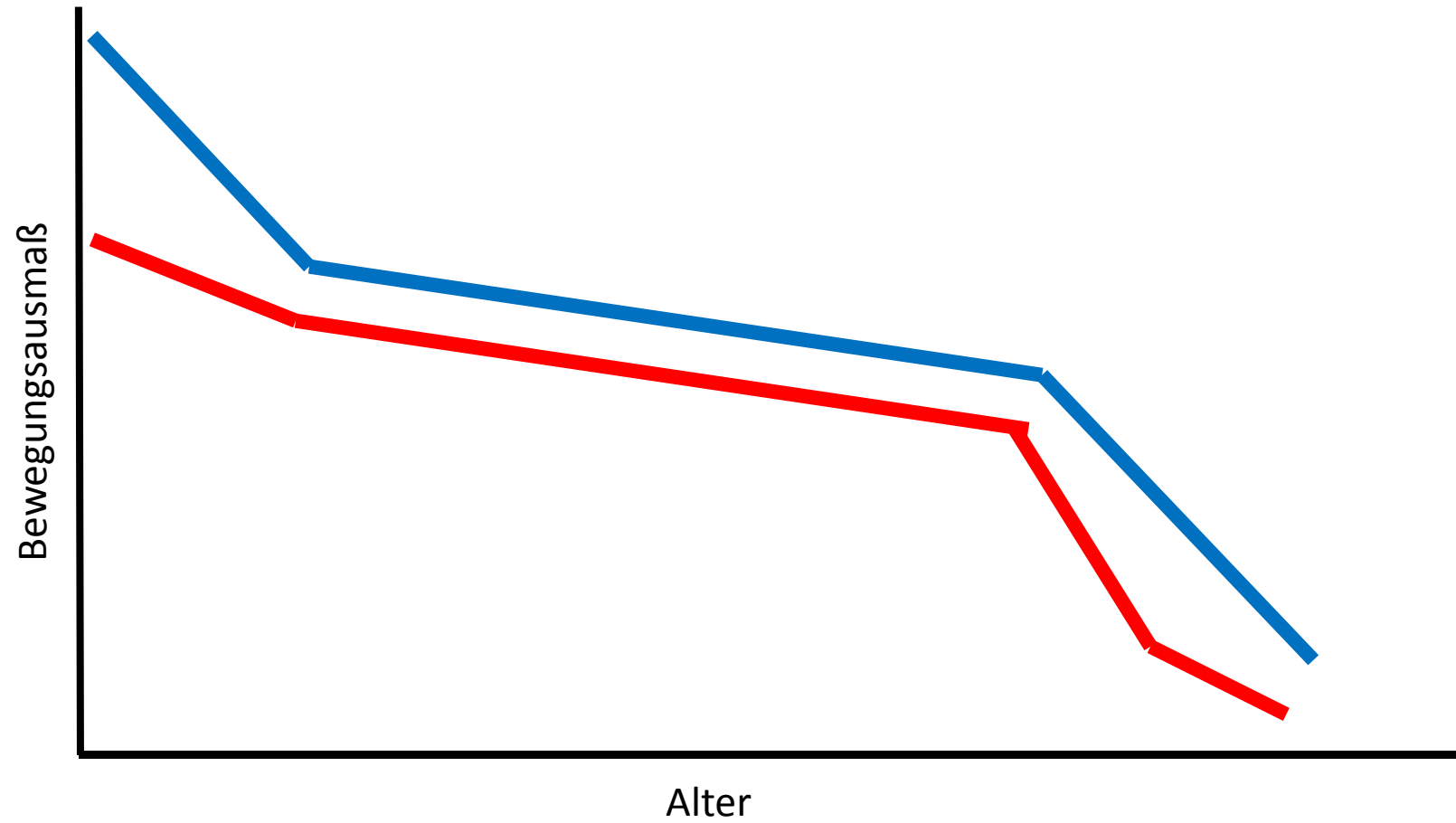
# Bevölkerungsbefragung

- ATHIS 2006/07
  - mind. 1x/Woche durch kA ins Schwitzen:
  - 60% der Männer, 49% der Frauen
- WGSS 2000/01
  - mehrmals/Woche durch kA ins Schwitzen:
  - 48% der Männer, 37% der Frauen
- Öst. Ernährungsbericht 2009
  - PAL von mind. 1,70
  - 53% der Männer, 23% der Frauen

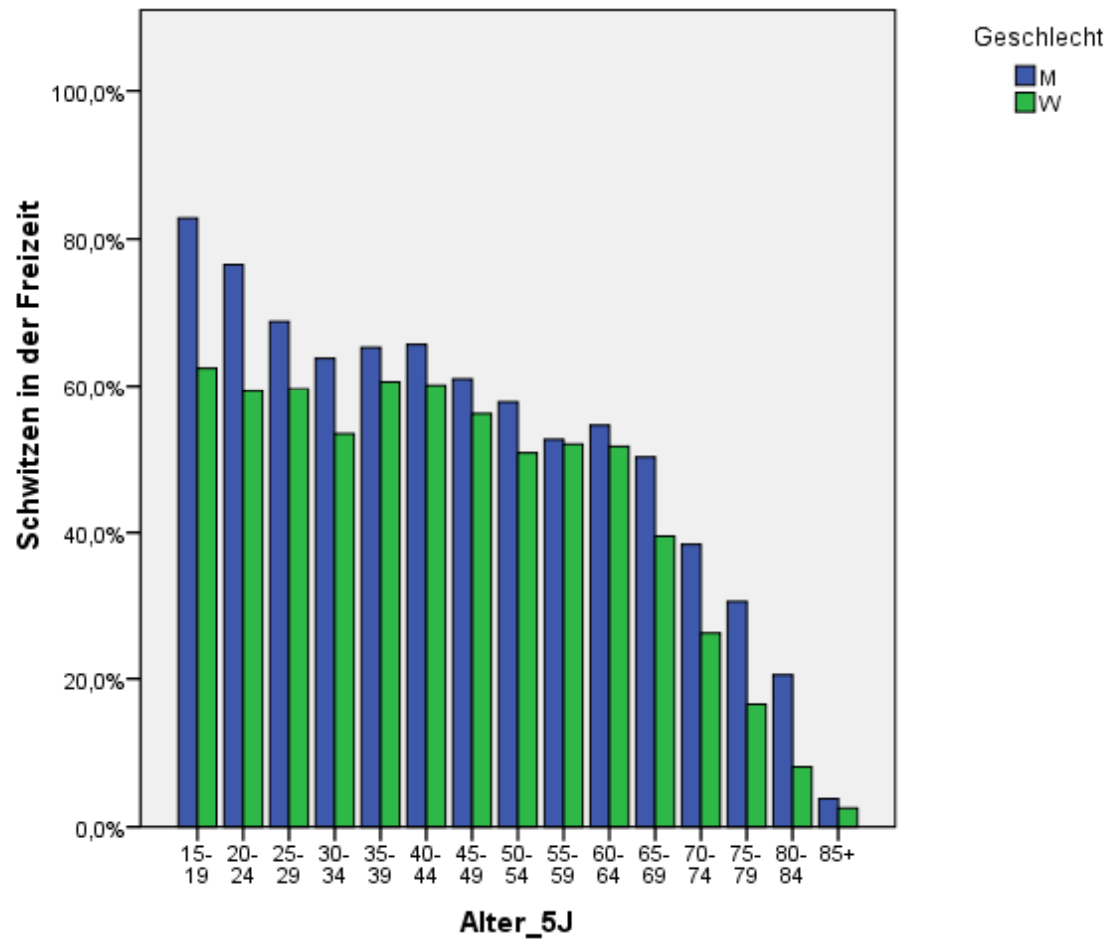
# Sozio-demographische Parameter



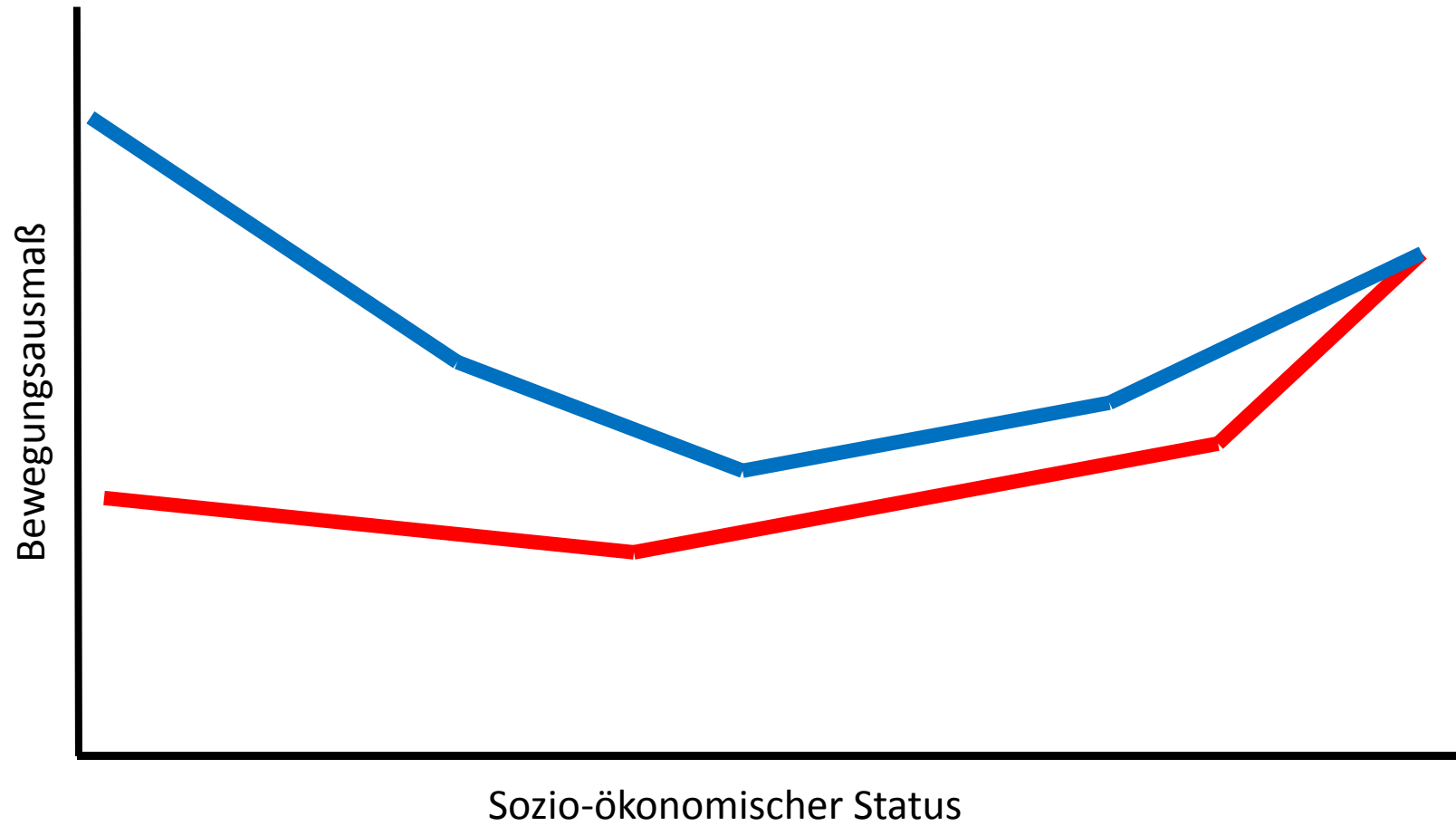
# Sozio-demographische Parameter



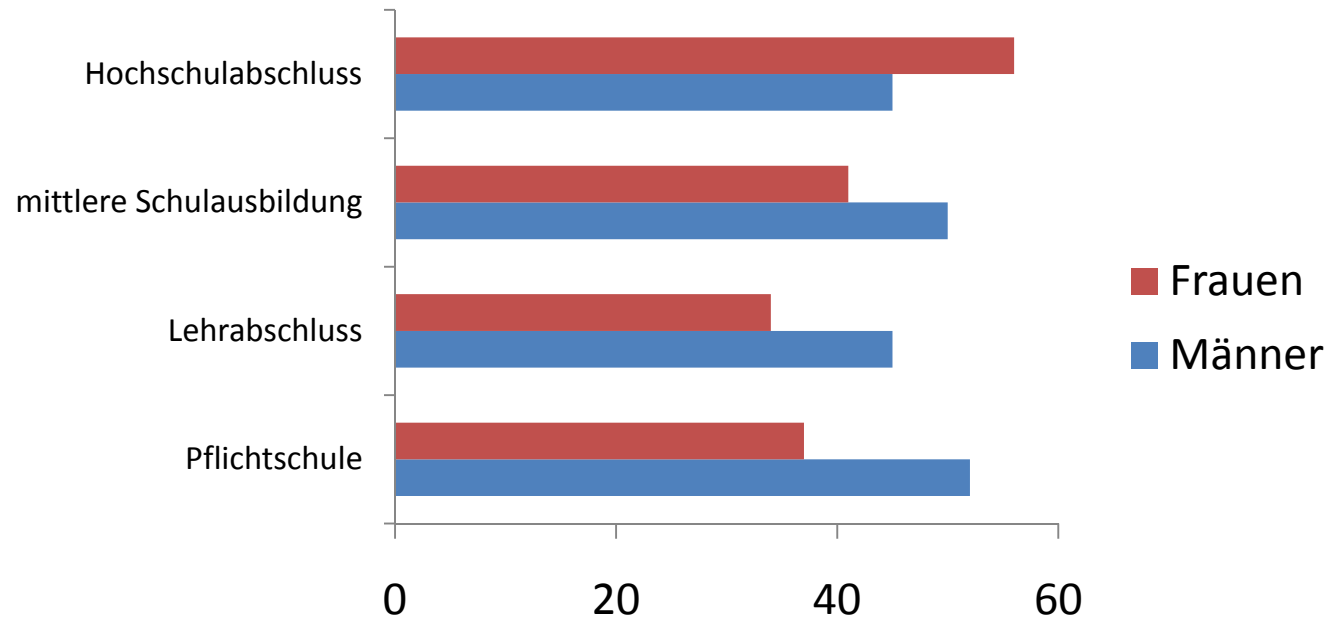
# Sozio-demographische Parameter



# Sozio-demographische Parameter



# Sozio-demographische Parameter

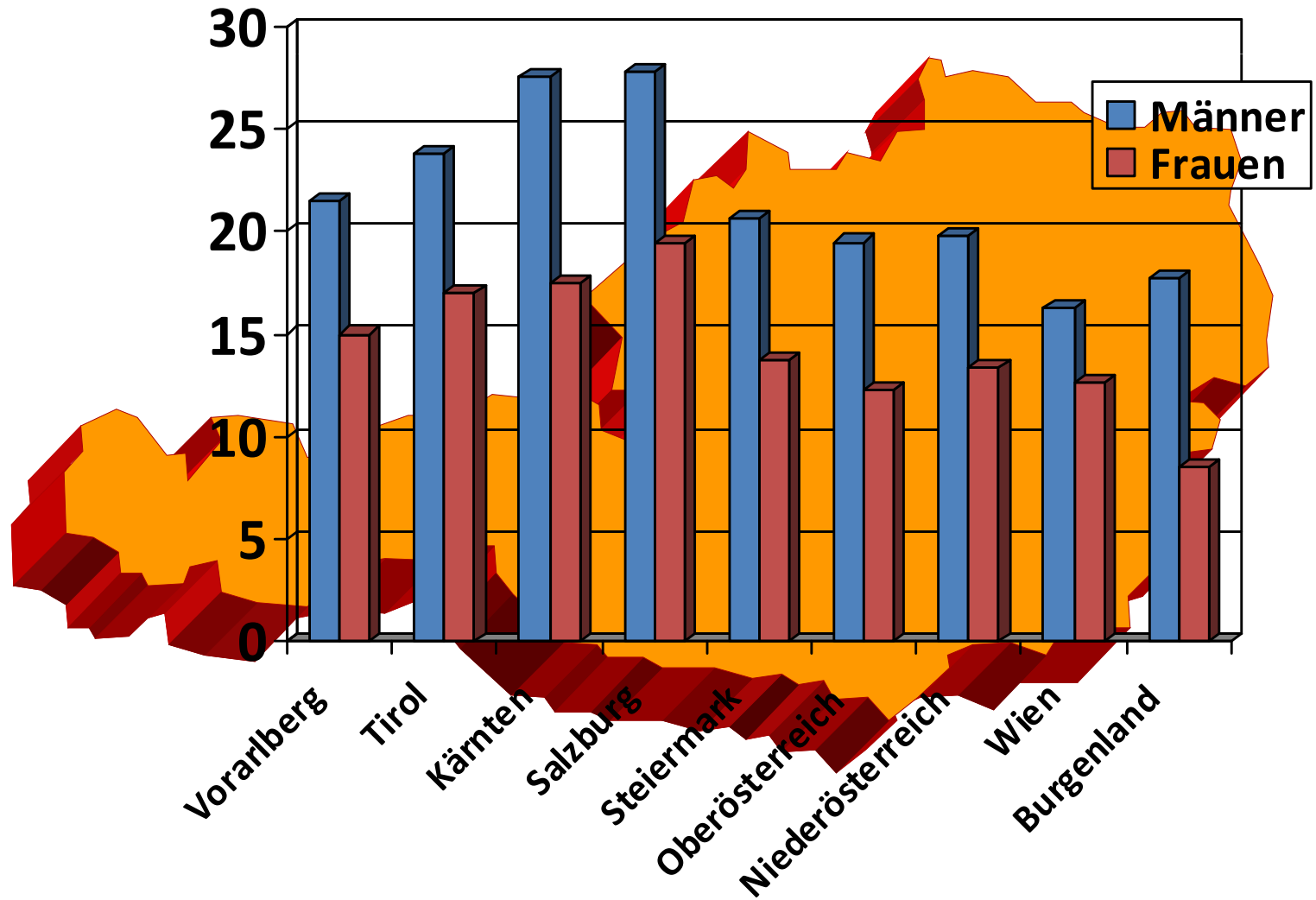




# Sozio-demographische Parameter

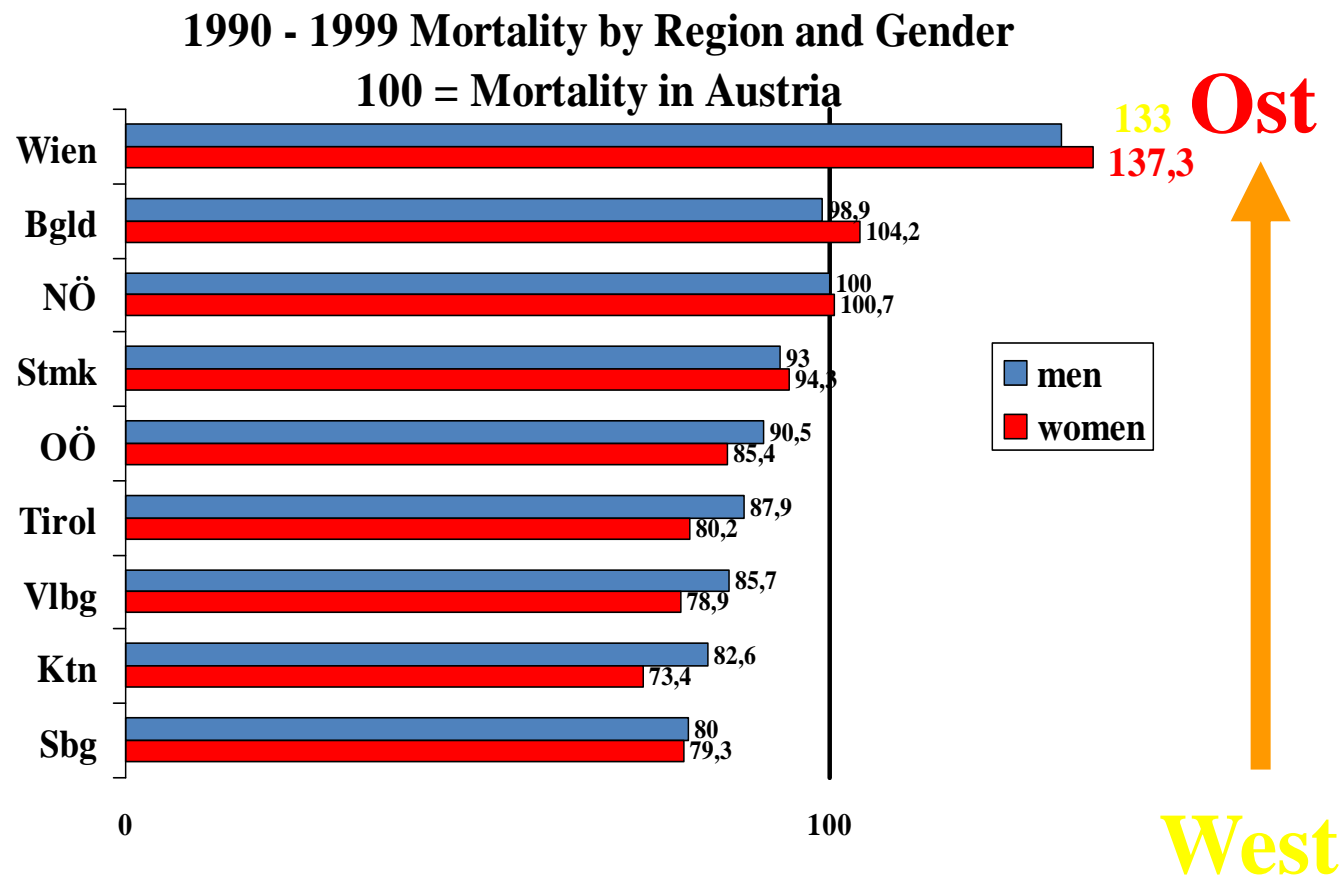


# Sozio-demographische Parameter

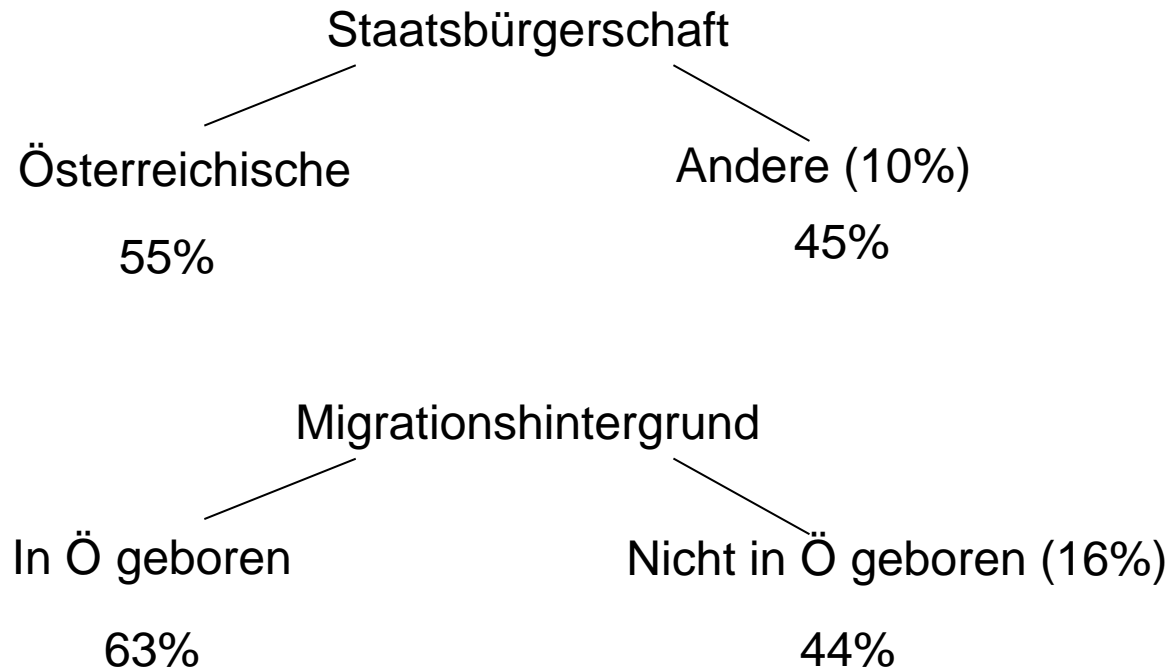


Mikrozensus 1999

# CVD – Situation in Österreich

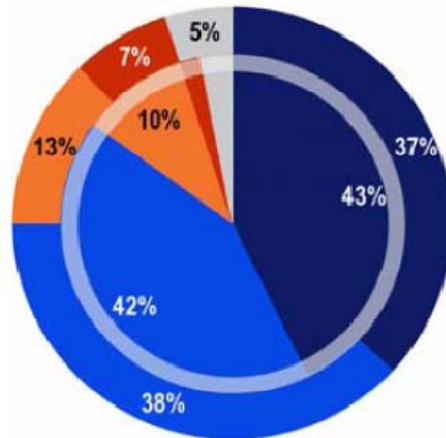


# Sozio-demographische Parameter



QF6.1. To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active

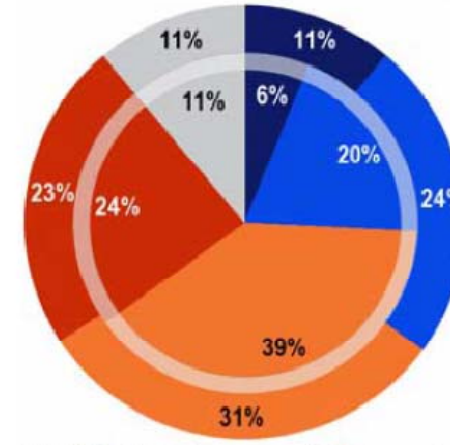


	EU27		AT	
	EB72.3	EB72.3-EB64.3	EB72.3	EB72.3-EB64.3
Strongly agree	37%	+ 2	43%	+ 8
Tend to agree	38%	=	42%	- 5
Tend to disagree	13%	- 2	10%	- 1
Strongly disagree	7%	=	2%	- 2
Don't know	5%	=	3%	=

Evolution 10/2009 - 11-12/2005 (EU25)

QF6.5. To what extent do you agree or disagree with the following statements about sport and physical activity?

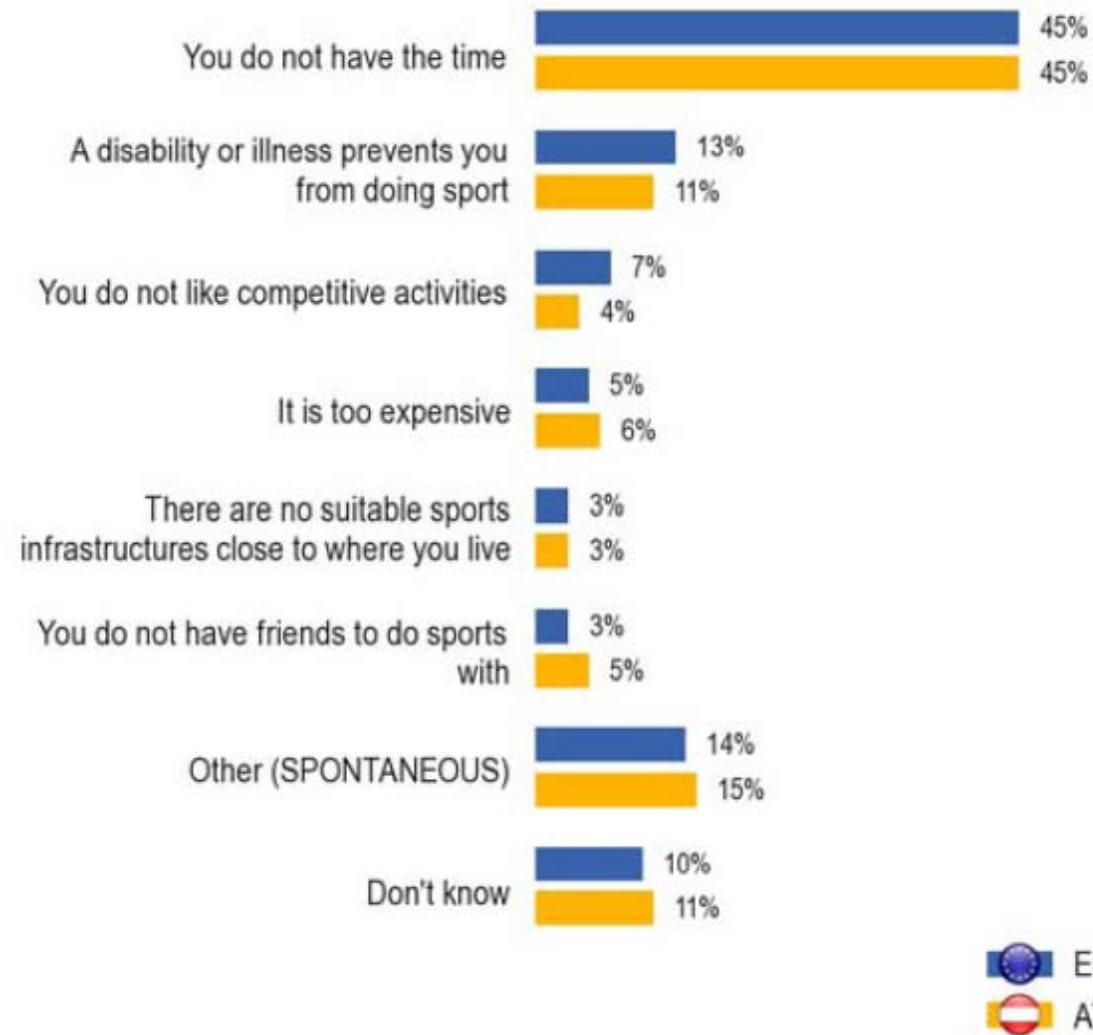
My local authority does not do enough for its citizens in relation to physical activities



	EU27		AT	
	EB72.3	EB72.3-EB64.3	EB72.3	EB72.3-EB64.3
Strongly agree	11%	- 1	6%	+ 1
Tend to agree	24%	- 3	20%	+ 2
Tend to disagree	31%	+ 1	39%	+ 5
Strongly disagree	23%	+ 3	24%	- 5
Don't know	11%	=	11%	- 3

Evolution 10/2009 - 11-12/2005 (EU25)

QF5. From the following reasons, what is currently preventing you the most from practicing sport more regularly?



# Zusammenfassung

- Datenlage verbesserungsbedürftig
- 1/5 der Schulkinder erfüllt Bewegungsempfehlungen
- Max. 1/4 der Erwachsenen
- Bewegungsverhalten abhängig von Geschlecht, Alter, SES, Region und Kultur
- Im europäischen Vergleich abgeschlagen
- Positiv: ausreichend Möglichkeiten zur Bewegung

