



# 2021 ACTIVE LOGAN PARTICIPATION STUDY

SUMMARY RESULTS  
SEPTEMBER 2022

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# Overview

The 2021 Active Logan Participation Study aimed to describe physical activity participation among adults, young people and children living in Logan, as well as related factors of interest to Council such as facility use, physical activity barriers, physical activity interests, and neighbourhood characteristics.

To assist understanding of special interest groups, selected analyses were conducted for women, adults aged 65+ years, adults with cultural and linguistic diversity<sup>1</sup> and adults with disability<sup>2</sup>.

The 2021 Active Logan Participation Study was conducted in partnership with Griffith University.

The study was conducted in November – December 2021 and done by AEC Group Pty Ltd using telephone interviews (85%), online surveys (7%) and intercept surveys (5%).

Data were collected from 803 adults aged 18+ years. Raw data were weighted by age and gender by AEC to reflect census data for Logan. This summary report presents the results of weighted data (N=843).

The same adult respondents provided data for 200 children and young people aged 5-17 years (50% boys, 41% girls). The average age of children and young people reported on was 12 years (standard deviation 3.76 years).

Resources developed by Griffith University from the 2021 Active Logan Participation Study included

- A dataset with survey responses
- Frequency data from the 2021 Active Logan Participation Study survey items and derived measures
- A written summary of overall results
- A collation of figures comparing selected data from 2021, 2018, and 2015
- 12 one page draft infographics finalised by Logan City Council with approval from Griffith University.

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<sup>1</sup> Respondents who reported speaking a language other than English at home

<sup>2</sup> Respondents who reported having a permanent disability or physical condition that restricts life in any way

The topics of the infographics were

- physical activity in adults aged 18+ years
- physical activity in children and young people aged 5-17 years
- physical activity in adults aged 65+ years
- physical activity in adults with disability
- physical activity in adults with cultural and linguistic diversity
- physical activity in women
- aquatic activities
- adult bicycling
- organised physical activity
- use of parks and outdoor spaces for physical activity
- physical activity volunteering
- physical activity supportive neighbourhoods

**This report is the written summary of overall results.**

## Are Adults in Logan Meeting Physical Activity Recommendations?

Two thirds of adults aged 18+ years (67% all; 69% men, 66% women) were meeting time recommendations to do at least 150 minutes of moderate activity, or 75 minutes of vigorous activity, or an equivalent combination of moderate and vigorous activities, during the week<sup>3</sup>. This is slightly lower than the 2020-2021 National Health Survey results<sup>4</sup> for this age group in Australia, in particular for men (71% all; 74% men, 68% women).

Among adults aged 18-64 years, 72% were meeting physical activity time recommendations, with similar levels between men and women. This is similar to the 2020-2021 National Health Survey results<sup>4</sup> for this age group overall and for women, and slightly lower than for men, in Australia (73% all; 71% women, 76% men).

The proportion of adults in the special interest groups who were meeting physical activity time recommendations was highest among those with cultural and linguistic diversity (68%), and lowest among those aged 65+ years (52%) and those with disability (51%). Fewer adults aged 65+ years were meeting time recommendations than the 2020-2021 National Health Survey results<sup>4</sup> for this age group in Australia (63%).

In Logan, 24% of adults aged 18+ years (27% men, 22% women) and 27% of adults aged 18-64 years (30% men, 24% women) were meeting recommendations to do muscle strengthening activities<sup>5</sup> on at least 2 days per week<sup>6</sup>. This is similar to the 2020-2021 National Health Survey results<sup>4</sup> for adults in Australia aged 18+ years (26% all; 28% men, 25% women) and adults aged 18-64 years (28% all, 30% men, 26% women).

The proportion of adults in the special interest groups meeting muscle strengthening activity recommendations was highest among those with cultural and linguistic diversity (22%), and lowest among those aged 65+ years (14%) and those with disability (12%). Fewer adults aged 65+ years (14%) were doing muscle strengthening activities on at least 2 days per week than the 2020-2021 National Health Survey results<sup>4</sup> for this age in Australia (20%).

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<sup>3</sup> <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<sup>4</sup> Data downloads by age and gender available from <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/physical-activity/latest-release#data-download>

<sup>5</sup> New item in 2021: Activities to increase muscle strength or tone e.g., weights, resistance training, pull ups, push ups, sit ups.

<sup>6</sup> National guidelines for adults aged 18-64 years recommend muscle strengthening activities on at least two days per week. National guidelines for adults aged 65+ years do not specify a frequency, and for this report 2 days per week was used. <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>



The proportion of inactive<sup>7</sup> adults in Logan was 15% of those aged 18+ years (14% men, 15% women) and 21% of those aged 65+ years. This is similar to the 2020-2021 National Health Survey results<sup>8</sup> for those aged 18+ years (14% all, 12% men, 15% women) and those aged 65+ years (18%) in Australia. Among the special interest groups in Logan, inactivity was lowest among adults with cultural and linguistic diversity (17%) and highest among adults with disability (32%).

Slightly more adults aged 18+ years in Logan were meeting physical activity time recommendations in 2021 than 2018 (67% vs. 61%). A gender difference was less evident in 2021 than 2018, with more women (2021: 66%, 2018: 57%), and slightly fewer men (2021: 69%, 2018: 65%) meeting physical activity time recommendations.

Inactivity levels were similar in 2021 and 2018 for adults aged 18+ years (2021: 15%, 2018: 16%) and those aged 65+ years (2021: 21%, 2018: 23%).

## **What Physical Activities Do Adults in Logan Do?**

Walking was the top type of physical activity done in the past year by adults aged 18+ years (48%). Of those who did walking, 36% walked daily, 18% walked 4-6 days per week, and 26% walked 2-3 days per week.

Walking was also the top physical activity among the special interest groups, with highest participation among adults aged 65+ years (63%), and lowest participation among adults with disability (43%) and adults with cultural and linguistic diversity (31%).

The second top type of physical activity among adults aged 18+ years was fitness/gym activities (27%). Among those who did these activities, 47% did so at least 4 times per week, and 30% did so 2-3 days per week.

Other top types of physical activities among adults aged 18+ years were bushwalking (12%), running/jogging (9%), yoga (9%), weights (9%), swimming (8%), and bicycling (7%).

Among women, the top physical activities were walking (56%), fitness/gym (27%), yoga (16%) and bushwalking (12%). Walking, yoga, pilates, netball and dance/ballet were more common among women than men.

Among men, the top physical activities were walking (40%), fitness/gym (28%), running/jogging (13%) bushwalking (12%) and weights (10%). Running/jogging, bicycling, mountain bike riding and basketball were more common among men than women.

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<sup>7</sup> Respondents' report of no time spent in walking to get to and from places, walking for exercise/recreation, moderate intensity activity or vigorous intensity activity in the previous week.

<sup>8</sup> Data downloads by age and gender available from <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/physical-activity/latest-release#data-download>

When asked specifically about bicycling in the past week, 12% of adults aged 18+ years (14% men, 10% women) did bicycling for recreation/exercise or travel, with an average time of 2 hours per week. Levels of participation in bicycling were similar for recreation/exercise (9%) and travel (7%).

Slightly more men than women did bicycling to get to and from places (9% vs. 5%), with more varied times among men. On average, men spent more time than women bicycling for recreation/exercise (2 hour per week vs. 1 hour per week).

2021 Active Logan results for adults 18+ years are similar to AusPlay 2021 results<sup>9</sup> for people aged 15+ years which show recreational walking as the top activity (45%), fitness/gym activities as the second top activity (35%) and other top activities of swimming (16%), bicycling (12%), bushwalking (7%), and yoga (6%). Running and jogging were included as athletics in the AusPlay survey (17%) and so are not directly comparable with Active Logan data.

2021 Active Logan results are similar to 2018 for adults aged 18+ years for doing walking (2021: 48%, 2018: 46%), running/jogging (2021: 9%, 2018: 9%), and bicycling (2021: 7%, 2018: 8%). Slightly more adults in 2021 than 2018 did fitness/gym activities (2021: 27%, 2018: 23%), bushwalking (2021: 12%, 2018: 8%), yoga (2021: 9%, 2018: 3%), and weights (2021: 9%, 2018: 3%). Fewer adults did swimming in 2021 than 2018 (2021: 8%, 2018: 12%).

2021 Active Logan results are similar to 2018 for bicycling for any purpose in terms of overall participation (2021: 12%, 2018: 10%) and average time (2021: 2 hours per week, 2018: 2 hours per week). The average time women did bicycling was longer in 2021 than 2018 for bicycling for any purpose (2021: 120 minutes per week, 2018: 90 minutes per week) and bicycling to get to and from places (2021: 120 minutes per week, 2018: 70 minutes per week).<sup>10</sup> The average time men did bicycling to get to and from places was lower in 2021 than 2018 (2021: 63 minutes per week, 2018: 150 minutes per week)<sup>10</sup>.

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<sup>9</sup><https://app.powerbi.com/view?r=eyJrljoiZjJkNzA5MmEtZTJmNy00NGRjLWJiNWUtNTljNTVhYmU2MGZliiwidCI6IjY2MmUwZjRjLTU1ZjltNGNiMS04ZWU3LWRhNWRkM2ZmMzYwMCJ9>. NOTE AusPlay results are for adults aged 15+ years and 2021 Active Logan results are for adults aged 18+ years.

<sup>10</sup> Small respondent numbers and results should be interpreted with caution.

## Do Adults in Logan do Organised Physical Activity?

Just over one quarter (26%) of adults aged 18+ years did some type of organised physical activity in the past year, with slightly more women than men (28% vs. 24%).

The top organisations used for organised physical activity were a gym, fitness club, or leisure/sports centre (38% all; 36% men, 39% women), and a recreation club or sports association (37% all; 48% men, 30% women).

More men than women had used a recreation club or sports association (48% vs. 30%), and more women than men had used a community organisation (15% vs. 9%) for organised physical activity.

Overall, 13% of adults had stopped doing organised physical activity in the past year, and 5% were considering stopping soon<sup>11</sup>. The top reasons for this were disability/injury/health problems (28%) and Covid19 restrictions (28%). Other reasons were work/study commitments (15%) and costs/poor value for money (11%).

2021 Active Logan results are similar to AusPlay 2021 results<sup>12</sup> which show a gym, fitness club, or leisure/sports centre as the top organisation for adults' organised physical activity, followed by a sports club or association.

2021 Active Logan results are similar to 2018 for adults' participation in organised physical activity (2021: 26%, 2018: 28%), and use of a recreation club or sports association (2021: 37%, 2018: 39%). The top two organisations used were the same, however in 2021 their level of use was similar and in 2018 recreation clubs and sports associations were used more than gyms/fitness clubs/leisure/sports centres.

More adults used gym/fitness/leisure/sports centres in 2021 than 2018 (38% vs. 24%), for both men (2021: 36%, 2018: 18%) and women (2021: 39%, 2018: 30%). More women used a recreation club or sports association in 2021 than 2018 (30% vs. 23%). Slightly fewer men did organised physical activity in 2021 than 2018 (24% vs. 29%) and notably fewer men used a recreation club or sports association in 2021 than 2018 (25% vs. 54%).

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<sup>11</sup> New items in 2021

<sup>12</sup><https://app.powerbi.com/view?r=eyJrljoiZWY3ODUzNTAtMjZlNy00MjYwLWlwODItMTE5Y2U2NzYzNWlwlwidCI6IjlkMmUwZjRjLTU1ZjltNGNiMS04ZWU3LWRhNWRkM2ZmMzYwMCJ9>. NOTE AusPlay results are for adults aged 15+ years and 2021 Active Logan results are for adults aged 18+ years.



## What Built Places do Adults in Logan Use for Physical Activity?

Just over one quarter (26%) of adults aged 18+ years had used built facilities to do physical activity in the past year, with similar levels between men and women (26%).

Across all adults<sup>13</sup>, 25% had used a gym/fitness centre, 21% had used an aquatic centre/pool, 12% had used an indoor sports centre, 7% had used a school/university facility, and 6% had used a community centre or hall for physical activity in the past year.

More men than women had used an indoor sports centre (14% vs. 10%). More women than men had used an aquatic centre/pool (28% vs. 15%).

Of those who had used at least one type of built facility for physical activity in the past year<sup>14</sup>, 58% used a gym/fitness centre, 48% used an aquatic centre/pool, 27% used an indoor sports centre, 16% used a school/university facility and 15% used a community hall.

More men than women used a gym/fitness centre (62% vs. 54%), indoor sports centre (34% vs. 21%) or community centre or hall (17% vs. 12%). More women than men used an aquatic centre/pool (57% vs. 36%).

The top reason adults used an aquatic centre/pool in the past year<sup>15</sup> was for fun/play (58%). Other top reasons were laps without a coach (27%) and aqua aerobics (18%). Among those who had used an aquatic centre/pool in the past year<sup>16</sup>, 12% had used Logan North Aquatic and Fitness Centre, 12% had used Beenleigh Aquatic Centre and 10% had used Logan West.

Among those adults who had used a gym/fitness centre in the past year, 9% had used Logan Metro inSports, 5% had used Logan North inSports, and 5% had used Mt Warren inSports.<sup>16</sup>

Among those adults who had used an indoor sports centre in the past year, 17% had used Logan Metro, 15% had used Cornubia Indoor Sports Centre and 10% had used Mt Warren Sports Centre.<sup>16</sup>

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<sup>13</sup> Proportions are determined as a function of all adult respondents (weighted N=843).

<sup>14</sup> To enable better comparison with 2018 data, proportions are determined as a function of those who reported using at least one type of built facility (gym/fitness centre, aquatic centre/pool, indoor sports centre, school/university facility or community centre/hall) (n=370).

<sup>15</sup> New item in 2021

<sup>16</sup> In 2021 respondents were asked about these specifically named facilities. In 2018 respondents were asked to name any facilities used.

2021 Active Logan results are similar to AusPlay 2021 results<sup>17</sup> which show gym/fitness centres as the top built facilities used by adults for organised physical activity. 2021 Active Logan results are different from AusPlay 2021 results which show more women than men used a gym/fitness centre for organised physical activity.

Fewer adults in Logan used built facilities for physical activity in 2021 than 2018 (26% vs. 33%). The rankings of built facilities were the same in 2021 and 2018, with gyms/fitness centres at the top, then aquatic centres/pools and indoor sports centres<sup>18</sup>.

Logan Metro and Cornubia were the top indoor sports centres in Logan in both 2021 and 2018, but had similar levels of use in 2021 and a more marked difference favouring Logan Metro in 2018. Two of the top three aquatic facilities in Logan were the same in 2021 and 2018 (Logan North, Logan West), but Beenleigh replaced Bethania in the top three aquatic facilities in 2021.

### **What Outdoor Places do Adults in Logan Use for Physical Activity?**

Just over half (55%) of all adults aged 18+ years had used a park or outdoor facility for physical activity in the past year, with similar levels between women and men (54% vs. 56%).

The top outdoor facilities used were general open space in a park (54%) and paved pathways (46%). Other top outdoor facilities were playgrounds (24%), outdoor gym/fitness equipment (19%) off road tracks and trails (16%) and bikeways (10%).

Playgrounds were used more by women than men (33% vs. 15%). Other outdoor facilities had similar use between men and women.

2021 Active Logan results are similar to 2018 for use of parks and outdoor facilities (2021: 55%, 2018 56%). The top three facilities were the same in 2021 and 2018 (open park space, paved pathways, playgrounds). The rankings of other facilities were the same in 2021 and 2018, with the exception of outdoor sports fields and courts which were in the top four in 2018 but not 2021.

Use of general open space in a park was similar in 2021 and 2018 (2021: 54%, 2018: 55%). Use was higher in 2021 than 2018 for paved pathways (2021: 46%, 2018: 34%), playgrounds (2021: 24%, 2018: 16%), outdoor gym/fitness equipment (2021: 19%, 2018: 13%), and off roads tracks and trails (2021: 16%, 2018: 12%). Outdoor sporting fields/courts were used less in 2021 than 2018 (8% vs. 15%).

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<sup>17</sup><https://app.powerbi.com/view?r=eyJrljoiZWY3ODUzNTAtMjZiNy00MjYwLWlwODItMTE5Y2U2NzYzNWlwlwIiwidCI6IjhhkMmUwZjRjLTU1ZjltNGNiMS04ZWU3LWRhNWRkM2ZmMzYwMCJ9>. NOTE AusPlay results are for adults aged 15+ years and 2021 Active Logan results are for adults aged 18+ years.

<sup>18</sup> As built facility use was assessed differently in 2021 and 2018, facility rankings are compared rather than proportions.

## Do Logan Neighbourhoods Support Walking and Bicycling Activity?

Across adults aged 18+ years, 60% said home was within a 10-15 mins walk to public transport. Just over half said there were footpaths on most streets (56%), shops within easy walking distance from home (54%), and several free or low cost recreation facilities in the neighbourhood (54%).

Over one third of adults said there were pedestrian crossings to help cross busy streets (42%), and adequate shade<sup>19</sup> (38%) and public seating<sup>19</sup> (34%). Just over one quarter said there were adequate public toilets<sup>19</sup> (27%) and public drinking water<sup>19</sup> (26%).

Across adults, 38% said crime made it unsafe to walk at night in the local area.

One quarter of adults said riding a bicycle for occasional travel from home would be possible, and 15% said daily bicycle travel would be easy. Approximately one in five adults knew safe bicycling routes in the neighbourhood (22%), said there was adequate lighting for bicycling at night<sup>18</sup> (21%), and said many places needed to get to regularly were within bicycling distance of home (19%).

The top high priority actions identified to encourage bicycling were good lighting at night (43%), off road bikeways (42%), and safe road crossings (40%).

2021 Active Logan results are different from 2018 with fewer people saying home was 10-15 minutes walking distance to local transport (2021: 60%, 2018: 76%); there were footpaths on most streets (2021: 56%, 2018: 71%), there were low cost recreation facilities in the area (2021: 54%, 2018: 74%), and there were pedestrian crossings to help walkers on busy streets (2021: 42%, 2018: 52%). Fewer people in 2021 than 2018 said crime made it unsafe to walk at night (2021: 38%, 2018: 44%).

Fewer people in 2021 than 2018 said bicycling for daily travel was possible (2021: 26%, 2018: 35%), knew safe bicycling routes (2021: 22%, 2018: 44%) and there were many places within bicycling distance of home (2021: 19%, 2018: 43%).

The 2021 three top high priority actions to encourage bicycling were also in the top four in 2018 (good lighting at night, off road bikeways, safe road crossings).

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<sup>19</sup> New item in 2021

## **What are the Barriers to Physical Activity Among Adults in Logan?**

The top physical activity barriers among adults aged 18+ years were lack of local opportunities/facilities (19%), transport problems (14%), time restrictions<sup>20</sup> (14%) and having a disability or injury (14%).

These physical activity barriers were also identified by the special interest groups. A lack of opportunities/facilities was identified by 22% of adults with cultural and linguistic diversity, 19% of women, 13% of adults aged 65+ years, and 12% of people with a disability. Transport problems were identified by 17% of adults with cultural and linguistic diversity, 15% of women, 14% of adults aged 65+ years, and 10% of adults with disability. Time restrictions were identified by 14% of women and 11% of adults with cultural and linguistic diversity. Disability/injury was identified by 50% of adults with disability, 28% of adults aged 65+ years and 15% of women. Not feeling safe was a barrier for 13% of adults with cultural and linguistic diversity, and 8% of adults with disability.

One third of adults (34%) had no confidence to do bicycling, with more women than men (39% vs. 28%).

2021 Active Logan results are similar to 2018 with lack of opportunities/facilities and disability/injury in the top three barriers. The top barrier in 2021 was lack of opportunity/facilities, and in 2018 was lack of knowledge of what's available/how to get involved. Transport difficulties was a top three barrier in 2021 but not in 2018.

More adults had no confidence to do bicycling in 2021 than 2018 for adults overall (2021: 34%, 2018: 28%) and men (2021: 28%, 2018: 16%). No confidence for bicycling among women was similar in 2021 and 2018 (39% vs. 40%).

## **What Physical Activities do Adults in Logan Want to do More of?**

Just under half (48%) of all adults aged 18+ years wanted to do more physical activity, with more women than men (52% vs. 44%).

Walking was the top type of activity adults wanted to do more of (33%), with similar interest between men and women (31% vs. 34%). Other top activities were fitness/gym activities (18%), swimming (12%), yoga (11%) and bushwalking (11%). When asked specifically about bicycling, 19% said they would like to do more.

More women than men wanted to do more yoga, dance and pilates. More men than women wanted to do more fitness/gym activities.

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<sup>20</sup> New item in 2021

The top preferred setting for physical activity was outdoors (49%). Other top preferences were activities done with people the same age (40%), with family/friends (38%), at home<sup>21</sup> (31%) and indoors with air conditioning<sup>21</sup> (30%).

More men than women were interested in activities done outdoors (54% vs. 45%). More women than men were interested in activities organised by a local group (24% vs. 18%); done with people of the same gender (21% vs. 12%), with a supervisor/instructor (28% vs. 16%), and indoors with air conditioning<sup>19</sup> (35% vs. 25%).

Fewer people in 2021 than 2018 wanted to do more physical activity among adults overall (2021: 48%, 2018: 58%), men (2021: 44%, 2018: 56%) and women (2021: 52%, 2018: 59%). Results were similar in 2021 and 2018 for the top four activities adults wanted to do more of (walking, fitness/gym, swimming, yoga). In 2021, bushwalking replaced running/jogging in the top five activities adults wanted to do more of. The top three preferred settings for physical activity were the same in 2021 and 2018 (outdoors, with family, with people the same age). Fewer people in 2021 than 2018 were interested in supervised activities (23% vs. 55%).

## Physical Activity Volunteering Among Adults in Logan

Among adults aged 18+ years, 17% did unpaid volunteer work for organised physical activity (for adults or children)<sup>19</sup> in the past year, with more women than men (20% vs. 13%).

The average time<sup>22</sup> spent volunteering was 40 hours per year, with a slightly longer time among men than women (50 vs. 40 hours per year).

The top volunteer roles were general miscellaneous activities (25%), team manager (24%), administration (23%) and official (21%). More women than men volunteered as a team manager (35% vs. 5%), in general miscellaneous activities (29% vs. 18%) and as an official (24% vs. 18%).

2021 Active Logan results for adults aged 18+ years are similar to AusPlay 2021 results<sup>23</sup> which show 17% of people aged 15+ years in Queensland, and 14% in Australia, did a volunteer role for physical activity, and that the top roles included official, administration, and team manager, and general miscellaneous activities. 2021 Active Logan results are different from AusPlay 2021 results which show more men than women did volunteering (56% vs. 44%).

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<sup>21</sup> New item in 2021

<sup>22</sup> Median (vs. mean) presented as skewed data.

<sup>23</sup><https://app.powerbi.com/view?r=eyJrljoiMDUzMmY2NjYtM2I4Ni00MDhjLTg1ZDktYWEzMmUxOTYwM2ExliwidCI6IjhhkMmUwZjRjLTU1ZjltNGNiMS04ZWU3LWRhNWRkM2ZmMzYwMCJ9>. NOTE AusPlay results are for people aged 15+ years and 2021 Active Logan results are for adults aged 18+ years.

## Are Children and Young People (5-17 years) in Logan Meeting Physical Activity Recommendations?

Overall, 14% of children and young people aged 5-17 years were described by their parent as doing physical activity consistent with national recommendations<sup>24</sup> to do at least 60 minutes per day each day of the week<sup>25</sup>. More boys than girls were meeting recommendations (19% vs. 11%).

The proportions of children and young people across age groups meeting activity recommendations were

- 17% of children aged 5-9 years, with more girls than boys (26% vs. 17%)
- 16% of children aged 5-12 years, with more girls than boys (22% vs. 17%)
- 11% of children aged 10-14 years, with more boys than girls (15% vs. 8%)
- 12% of children aged 13-17 years, with more boys than girls (21% vs. 2%)

Among young people aged 15-17 years, 14% were meeting recommendations, with more boys than girls (25% vs. 3%). This is lower than self reported data from the 2020-2021 National Health Survey results<sup>26</sup> for Australia for this age group overall (27%), and in particular for girls (29%)<sup>27</sup>, but comparable for boys (25%).

Other national and state sources of physical activity data among children and young people do not align with the period of the 2021 Active Logan Participation Study. Available data provide the following results.

- The 2019 Queensland Sport, Exercise and Recreation Survey of Children (QSERC)<sup>28</sup> indicated a trend for children in older age groups (12-14 years, 15-17 years) to have lower and less frequent recreational/exercise physical activity participation than younger age groups (5-8 years, 9-11 years)
- The 2018 Annual Report from the Longitudinal Study of Australian Children (LSAC) reported 26% of children aged 11-12 years met recommendations.<sup>29</sup>

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<sup>24</sup> <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<sup>25</sup> Excluding activities done during school

<sup>26</sup> Data downloads by age and gender available from <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/physical-activity/latest-release#data-download>. Note data is self reported (vs. parent report)

<sup>27</sup> ABS advises this result for girls should be used with caution.

<sup>28</sup> <https://www.publications.qld.gov.au/ckan-publications-attachments-prod/resources/cbfc9123-494d-4d2d-a991-1383fcc7cd90/qersc-executive-integrated-summary.pdf?ETag=a9ba5eb1dcc1d95df91d963d4d98f3d6>. NOTE this data can include physical activity for chores and active transport, as well as e.g., dog walking.

<sup>29</sup> <https://growingupinaustralia.gov.au/sites/default/files/publication-documents/lzac-asr-2018-chap3-health-corrected-2021.pdf>



The proportion of inactive<sup>30</sup> children aged 5-17 years in Logan was 24%, with more boys than girls (25% vs. 19%).

Fewer children and young people in Logan met physical activity recommendations in 2021 than 2018 (14% vs. 38%). The gender difference reversed in 2021 as more girls than boys met recommendations in 2018. More children and young people were inactive in 2021 than 2018 (24% vs. 6%), and there was a gender difference in 2021 with more boys than girls inactive.

The average age of children and young people in the 2021 Active Logan Participation Study was older than in 2018 (12 years vs. 7.5 years).

## **What Activities Do Children and Young People (5-17 years) in Logan Do?**

Swimming was identified by parents as the most frequent type of physical activity done outside of school by children and young people in the past year (19%), with more girls than boys (26% vs. 12%).

Other top activities were dance (12%), basketball (11%), bicycling (11%), walking (10%), soccer (10%) and gymnastics (10%)<sup>31</sup>.

More boys than girls did bike riding, basketball, soccer, gymnastics, running/jogging, Australian football, skateboarding and tennis. More girls than boys did dance, walking and netball.<sup>31</sup>

2021 Active Logan results for young people aged 5-17 years are similar to the 2021 AusPlay survey results for young people aged 0-14 years<sup>32</sup> which show swimming as the top activity (34%), and other top activities of football/soccer (15%), gymnastics (10%), dance (9%), Australian football (8%), basketball (7%), netball (7%) and tennis (6%). Running/jogging were included as part of athletics in the AusPlay survey (5%) and so are not directly comparable with Active Logan data.

2021 Active Logan results are similar to the 2019 Queensland Sport, Exercise and Recreation Survey of Children (QSERSC)<sup>33</sup> results which show swimming as the top recreational activity for children and young people aged 5-17 years, and other top activities of bicycling, walking, football/soccer, and basketball.

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<sup>30</sup> Parental report of the child doing physical activity for at least 60 mins per day on 0 days in the past week

<sup>31</sup> Small respondent numbers so data should be interpreted with caution.

<sup>32</sup> <https://app.powerbi.com/view?r=eyJrIjoieZjJkNzA5MmEtZTJmNy00NGRjLWJiNWUtNTljNTVhYmU2MGZlIiwidCI6IjYhZmUwZjRjLTU1ZjltNGNiMS04ZWU3LWRhNWRkM2ZmMzYwMzYwMCJ9>

<sup>33</sup> <https://www.publications.qld.gov.au/ckan-publications-attachments-prod/resources/cbfc9123-494d-4d2d-a991-1383fcc7cd90/qersc-executive-integrated-summary.pdf?ETag=a9ba5eb1dcc1d95df91d963d4d98f3d6>.

2021 Active Logan results are the same as 2018 for swimming as the top activity done by children and young people aged 5-17years outside of school. The other top ten types of physical activities were also similar in 2021 and 2018, with the exception of walking and running/jogging which were listed in 2021 but not 2018, and martial arts and fitness/gym activities which were in listed 2018 but not 2021.<sup>34</sup>

## **What Organised Physical Activities Do Children and Young People (5-17 years) in Logan Do?**

Half (50%) of all children and young people were described by their parent as doing organised physical activity in the past year, with more girls than boys (60% vs. 47%).

The top organisation used for these activities was a recreation club or sports association (57%), with more boys than girls using this type of organisation (61% vs. 51%).

Other types of organisations were an educational institution (14%), individual trainer/coach (14%), private business (12%) and gym/fitness/leisure/sports centre (11%).

More girls than boys used a private business (19% vs. 5%) or personal trainer or coach (17% vs. 11%) for organised activities.

Overall, 18% of children and young people had stopped doing organised physical activity in the past year, and 9% were considering stopping soon<sup>35</sup>. The top reasons parents gave for this was end of season (24%), no longer interested in the activity (23%) and Covid19 restrictions (13%).

Slightly fewer children and young people did organised physical activities in 2021 than 2018 (50% vs. 57%). Recreation clubs and sports associations were the top source of organised activities in both 2021 and 2018, although fewer children and young people used these organisations in 2021 than 2018 (57% vs. 70%).

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<sup>34</sup> Small respondent numbers and data should be interpreted with caution

<sup>35</sup> New item in 2021

## What Built Places Do Children and Young People (5-17 years) in Logan Use for Physical Activity?

Overall<sup>36</sup>, 41% of children and young people were described by their parent as having used built facilities to do physical activity in the past year, with more girls than boys (49% vs. 41%).

Across all children and young people<sup>36</sup>, 37% had used an aquatic centre/pool, 33% had used a school/university facility, 18% had used an indoor sports centre, 15% had used a gym/fitness centre, and 11% had used a community centre or hall to do physical activity in the past year.

Of those who had used at least one type of built facility for physical activity in the past year<sup>37</sup>, 62% had used an aquatic centre/pool, 56% had used a school/university facility, 30% had used an indoor sports centre, 15% had used a gym/fitness centre, and 18% had used a community centre or hall.

Of those children and young people who had used an aquatic centre/pool in the past year<sup>38</sup>, 13% had used Beenleigh Aquatic Centre, 12% had used Bethania Aquatic Centre, and 6-8%<sup>39</sup> had used each of Logan North Aquatic & Fitness Centre, Logan West Aquatic Centre, Eagleby Aquatic Centre or Gould Adams Park Aquatic Centre.

Of those children and young people who had used an indoor sports centre in the past year<sup>38</sup>, 27% had used Cornubia Indoor Sports Centre, 16% had used Jimboomba Indoor Sports Centre, and 8%<sup>39</sup> had used Logan Metro inSports and Events Centre.

Of those children and young people who had used a gym/fitness centre in the past year<sup>38</sup>, 11% had used Logan Metro inSports, and no other Logan facilities (e.g., Logan North, Mt Warren) were identified.

Slightly fewer children and young people had used built facilities for physical activity in 2021 than 2018 (41% vs. 49%). In both 2021 and 2018, aquatic centres/pools were the top facility, followed by school/university facilities.

Rankings of aquatic centres used in Logan changed, with Beenleigh and Bethania the equal top facilities in 2021 and Logan North the top facility in 2018. Cornubia was the top indoor sports centre in both 2021 and 2018. Logan Metro was identified as a gym/fitness centre used in Logan in 2021 but not 2018.

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<sup>36</sup> Proportions are determined as a function of data from all parent respondents (N=200).

<sup>37</sup> To enable more direct comparison with 2018 data, proportions are determined as a function of those who were described as using at least one of a gym/fitness centre, aquatic centre/pool, indoor sports centre, school/university facility or community centre/hall (n=117).

<sup>38</sup> In 2021 respondents were asked about these specifically named facilities in Logan. In 2018, respondents named any facilities used.

<sup>39</sup> Small numbers so should be interpreted with caution.

## **What Outdoor Places Do Children and Young People (5-17 years) in Logan use for Physical Activity?**

Overall, 59% of children and young people were reported by their parent as having used park or outdoor facilities for physical activity in the past 12 months, with more boys than girls (67% vs. 57%).

The top park/outdoor facilities used by children and young people for physical activity were playgrounds (56%), general open space in a park (45%) and paved pathways (43%).

Other facilities used were outdoor gym/fitness equipment (23%), bikeways (19%), outdoor sporting fields/courts (15%), BMX track/skate park (14%), club-based outdoor courts/fields/ovals (12%), and off road tracks and trails (12%).

Fewer children and young people had used a park or outdoor facility for physical activity in 2021 than 2018 (59% vs. 71%). Playgrounds, general open space and paved pathways were in the top four outdoor facilities in 2021 and 2018. The top outdoor facility changed to playgrounds in 2021 from general open space in a park in 2018. Outdoor gym/fitness equipment and bikeways were in the top five outdoor facilities in 2021 but not 2018 which instead included outdoor sports fields/courts.

More children and young people in 2021 than 2018 used playgrounds (56% vs. 29%), paved pathways (43% vs. 17%), outdoor gym/fitness equipment (23% vs. 10%), bikeways (19% vs. 8%), and off road tracks and trails (12% vs. 5%). Fewer children and young people in 2021 than 2018 used general open space in a park (45% vs. 51%) and outdoor sports fields/courts (15% vs. 21%).

## Method and Data Notes and Cautions

The data collection period for the 2021 Active Logan Participation Study coincided with **prolonged rain with localised flooding**. The research company (AEC) reported public concerns with potential telephone and online scamming. These issues constrained engagement with a high rate of non-response from people invited to participate and made the proposed intercept surveys of 200 adults not viable.

Data are available from three Active Logan Participation Studies (2021, 2018, 2015) thereby enabling description of possible trends over time. However, as each study has had different respondents, as well as differences in data collection mode (e.g., intercept surveys or not), location (e.g., community sites), some survey items (open ended vs. directed responses) and response style (e.g., free response vs. multiple choice) **comparisons across time should be made cautiously**.

In the 2021 and 2018 Active Logan Participation Study reports, the proportion of adults meeting physical activity time recommendations was determined using standard national methods based on duration in the past week<sup>40</sup>. Times spent in walking for exercise or recreation; walking for transport; moderate intensity activity and vigorous intensity activity were summed, with vigorous activity multiplied by two given the higher intensity. Time spent in vigorous gardening and household chores was assessed, but consistent with national standards<sup>40</sup> was not included in the calculation of physical activity time recommendations. From available information, the method used to determine meeting recommendations in the 2015 Active Logan Participation Study was based on weekly frequency of participation and average session duration. Results on **adults' meeting recommendations are therefore not comparable with 2015**.

Australian physical activity **recommendations for adults aged 65+ years** specify activity done on at least 5 days of the week<sup>41</sup>. This frequency-based recommendation is different from global recommendations which specify a cumulative weekly total of at least 150 minutes as for adults aged 18-64 years<sup>42</sup>. Using the additional frequency criterion provides a lower estimate of the proportion of people meeting recommendations than the time-based criterion. The Active Logan Participation Study reports for 2021 and 2018 provide data on cumulative weekly time to determine the proportion of people aged 65+ years meeting time recommendations.

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<sup>40</sup> National Health Survey: First results methodology. Available at <https://www.abs.gov.au/methodologies/national-health-survey-first-results-methodology/2020-21#physical-activity>

<sup>41</sup> Australia's Physical Activity and Sedentary Behaviour Guidelines. Available at <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<sup>42</sup> World Health Organisation Global recommendations on Physical Activity for Health. Available at <https://www.who.int/publications/i/item/9789241599979>

Australian<sup>43</sup> and international<sup>44</sup> physical activity recommendations for adults aged 18-64 years include **muscle strengthening activities** on at least 2 days per week. For adults aged 65+ years, Australian recommendations<sup>43</sup> do not specify a frequency, and international recommendations<sup>44</sup> specify at least 3 days per week. For ease of comparison across age groups, the 2021 Active Logan Participation report provides data on muscle strengthening activities on at least 2 days per week for adults aged 18-64 years and adults aged 65+ years. Muscle strengthening physical activity was first assessed in the 2021 Active Logan Participation Study, so there are **no comparison data from 2018 or 2015**.

The 2021 Active Logan Participation Study report uses comparison data from the 2020-2021 Australian National Health Survey (NHS)<sup>45</sup>. The Australian Bureau of Statistics (ABS) notes that as NHS data collection was during the Covid19 pandemic there were changes to questionnaire items and data collection methods, and state estimates were not derived. It is therefore recommended by ABS that NHS data for this period be considered as a break in the NHS time series and be used for point in time analysis only. Therefore, NHS comparison data for Queensland are not available in 2021, and **comparisons between 2021 Active Logan and 2020-2021 NHS data should be made cautiously**.

In the 2021 Active Logan Participation Study, the list of **types of physical activity (adults/children) was revised** by Council. In both the 2018 and 2015 studies, the list included “football: other excluding rugby, soccer, Australian rules, touch”. As rugby union, rugby league, Australian rules/football, touch football/rugby, soccer (sometimes differentiating between indoor and outdoor) were also individually listed as specific types of football, there is lack of clarity about what type of football the “other” category captured.

In the 2021 Active Logan Participation Study, **segmented analyses** were not conducted for First Nations Australians (n=22, weighted to 3.2%), or adults with socioeconomic disadvantage (n=51, weighted to 7.2%), because of the small number of respondents.

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<sup>43</sup> Australia’s Physical Activity and Sedentary Behaviour Guidelines. Available at <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<sup>44</sup> World Health Organisation Global recommendations on Physical Activity for Health. Available at <https://www.who.int/publications/i/item/9789241599979>

<sup>45</sup> National Health Survey: First results methodology. Available at <https://www.abs.gov.au/methodologies/national-health-survey-first-results-methodology/2020-21#physical-activity>



In the 2021 Active Logan Participation Study, the assessment of **use of built facilities for physical activity was revised**. In 2021, all participants were asked if they had used a built facility to do physical activity in the past year as well as if they had used each of an aquatic centre/pool, indoor sports centre, and/or gym fitness centre in the past year. Those who indicated they had used any of these facility types were then asked if they had used specifically named facilities in Logan. In 2018, participants were asked if they had used a built facility to do physical activity in the past year, and those who said yes were then asked what type of facilities, with a free response. Those who reported use of any of an aquatic centre/pool, indoor sports centre, and/or gym fitness centre were then asked to name the facility. Therefore, the proportion of people using these facilities was determined differently in 2018 and 2021. In 2018, the proportion of people using a facility was determined a function of those who reported using a built facility in the past year. In 2021, the proportion was determined as a function of either all participants, and as a function of people who reported using at least one of the specified facility types in the past year. The latter method enables more accurate comparisons between 2021 and 2018 data.

In the 2021 Active Logan Participation Study, new items were included on **volunteering related to physical activity, and cessation of organised physical activity**. Comparison data are therefore not available between 2021 and 2018.

The 2021 and 2018 Active Logan Participation Studies **define children and young people** as aged 5-17 years, consistent with the age range specified in national<sup>46</sup> and international<sup>47</sup> physical activity recommendations. In the 2015 Active Logan Participation Study Report, the age range was defined as 5-15 years. Therefore, comparisons with 2015 should be made with caution.

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<sup>46</sup> Australia's Physical Activity and Sedentary Behaviour Guidelines. Available at <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<sup>47</sup> World Health Organisation Global recommendations on Physical Activity for Health. Available at <https://www.who.int/publications/i/item/9789241599979>



## Active Logan Participation Study Background

Council has completed three Active Logan Participation Studies

1. In 2015 using the AEC group for data collection.
2. In 2018 through a partnership with Griffith University using Q&A Market Research for data collection.
3. In 2021 through a partnership with Griffith University using the AEC Group for data collection.

The studies assess physical activity participation among adults and children living in Logan, and potentially modifiable influences. The main objectives are to:

1. Describe physical activity participation among adults, young people and children in Logan, and compare this to state and national data.
2. Describe Logan physical activity participation and selected other data over time.
3. Describe specified influences on physical activity which are relevant to Council e.g., facility use, barriers, knowledge, attitudes, preferred settings and neighbourhood perceptions.
4. Describe specific interest topic areas and demographic groups of interest to Council e.g., bicycling, adults aged 65+ years, adults with cultural and linguistic diversity, adults living with disability, adults with socioeconomic disadvantage, First Nations People.
5. Identify and/or inform recommendations and actions which may have a positive impact on physical activity participation among adults, young people and children in Logan.
6. Prepare content for resources related to physical activity participation among adults, young people and children in Logan.



