



ACTIVE LOGAN PARTICIPATION STUDY 2016  
EXECUTIVE REPORT

# Introduction

## The Active Logan Participation Study provides an insight on Logan residents' participation is sport, recreation and physical activity.



The City of Logan is one of the largest and fastest growing cities in Australia, and the fifth largest Local Government Area by population in Australia.

With a population of this size and its expected future growth, it is essential that Council plays a significant and positive role in encouraging residents to be active to maintain a strong and healthy community.

To better understand its community physical activity levels, Council conducted a survey of 979 residents, 15 years old and over, between November and December 2015. For those respondents that had children under 15 years, information was gathered on the activity of their eldest child.

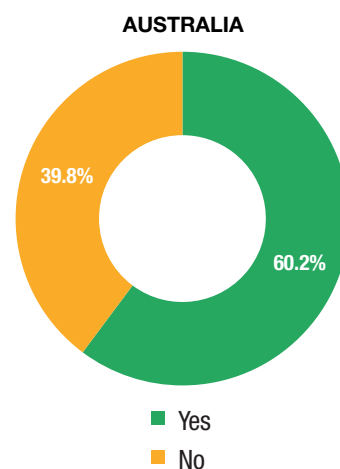
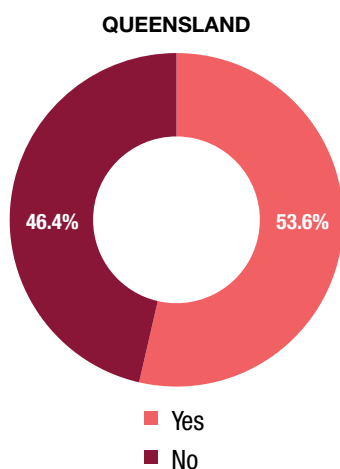
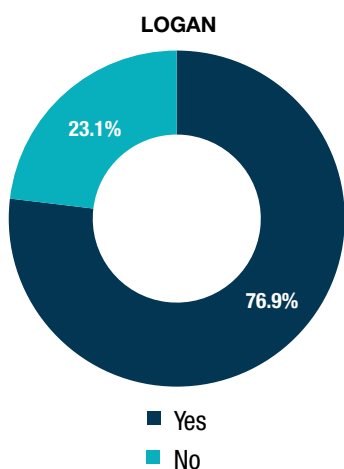
The Active Logan Participation Study provides an insight on Logan residents' level of physical activity, use of sporting and recreational facilities and motivations and barriers to participating. Data was gathered on organised and unorganised sport, recreation and physical activity.

Council will use this data to inform future planning and programming for sport and recreation across the city.

## Adult's Active participation

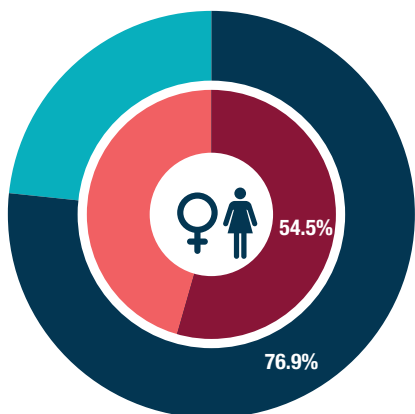
### Logan Participation vs. Queensland and Australia

It is pleasing to note that 76.9% of residents are active. In comparison to Australia and Queensland, Logan residents are significantly more active than Queenslanders and Australians as a whole.

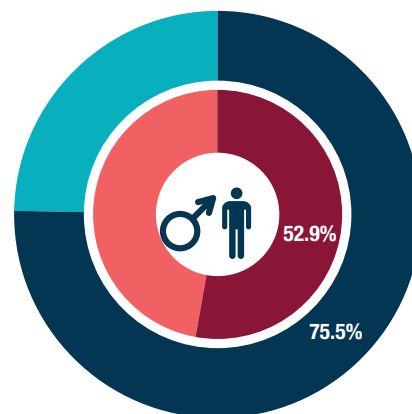


## Participation by gender

Logan males and females have similar rates of activity with females (76.9%) slightly more active than males (75.5%). Both males and females are more active when compared with the Queensland population.



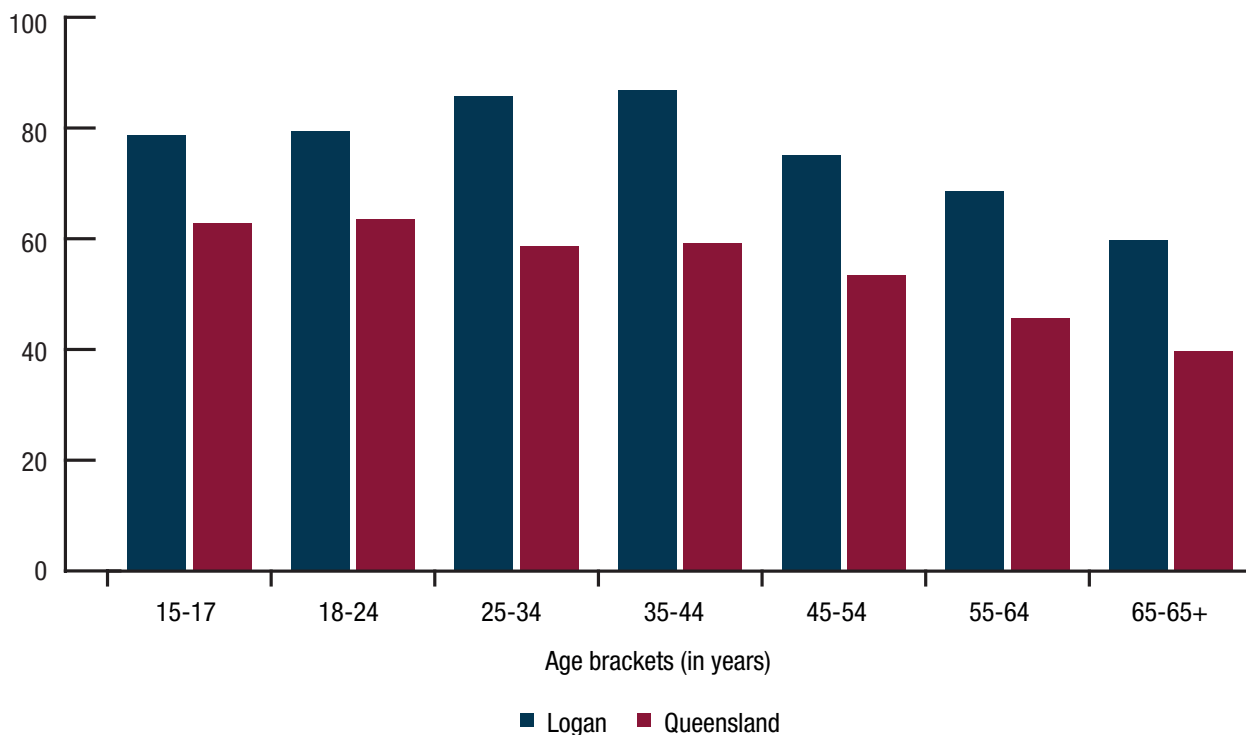
■ Active – Logan 
 ■ Inactive – Logan  
■ Active – Queensland 
 ■ Inactive – Queensland



■ Active – Logan 
 ■ Inactive – Logan  
■ Active – Queensland 
 ■ Inactive – Queensland

## Participation by age

Logan residents are more active across all age groups than the Queensland population. Participation declines when people reach 45 years of age and over.



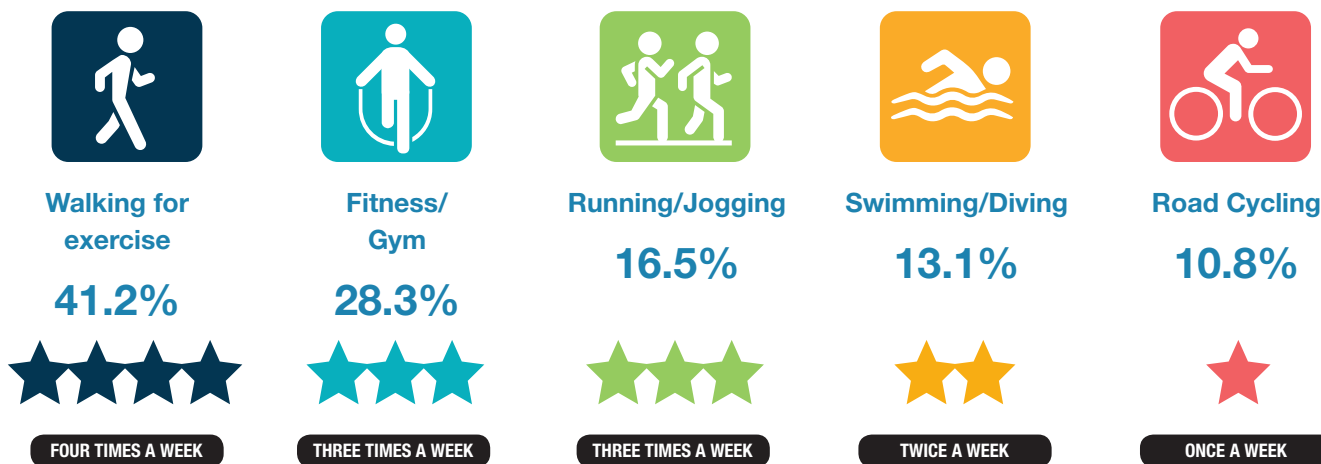
Q1. During the last 12 months did you participate in any physical activities for exercise, recreation or sport? Single Response (Logan City, 2016).

**Source:** Logan City Council (2016) Active Logan Participation Study.

Multipurpose Household Survey (MPHS): ABS (2015), Participation in Sport and Physical Recreation, Australia, 2013-14, cat 4177.0, Australian Bureau of Statistics, Canberra.

## Top 5 activities for Logan residents

On average, Logan residents are participating in two activities each week. Outdoor sport and active recreation type activities are the most popular. When compared with Australian findings, the top five activities undertaken most frequently in the last 12 months were in line with the survey findings.



Q2. In the last 12 months, which sports and recreation activities did you participate in most frequently? Multiple Responses.

Q3. Including any practice or training sessions, approximately how many times did you participate?

## Top 5 motivating factors

The main motivating factors for Logan residents to be active are 'general wellbeing', to 'stay active' and 'fitness'. These findings are in line with Australian findings ('health and fitness' 54%).



Q5. What are the main motivating factors encouraging you to participate in sports and recreation activities? Multiple Responses.

# Meeting the Physical Activity Guidelines

The Federal Department of Health has developed the "Australia's Physical Activity and Sedentary Behaviour Guidelines" ([www.health.gov.au](http://www.health.gov.au)). Based on these guidelines, Logan residents are not being active often enough.

## Adults 18-64

**Recommendations:**  
Accumulate 2.5 hours to 5 hours of moderate physical activity or 1.25 hours to 2.5 hours of vigorous intensity physical activity each week.



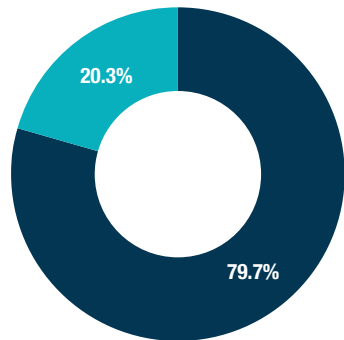
## Seniors 65 and older

**Recommendations:**  
30 minutes of moderate intensity activity for seniors preferably all days.



### Findings:

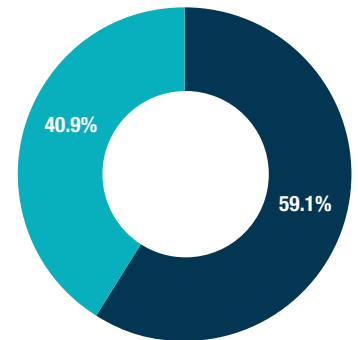
79.7% of adults have participated in any physical activity for exercise, recreation or sport in the last 12 months.



- Have participated in exercise
- Have not participated in exercise

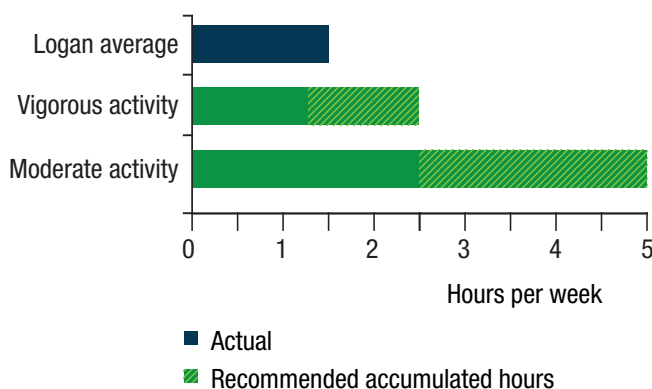
### Findings:

59.1% of seniors have participated in any physical activity for exercise, recreation or sport in the last 12 months.

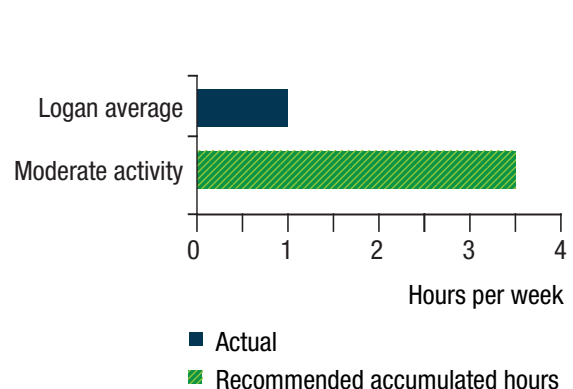


- Have participated in exercise
- Have not participated in exercise

Adults are active once a week (on average).  
The average length of session per week is 96 minutes.



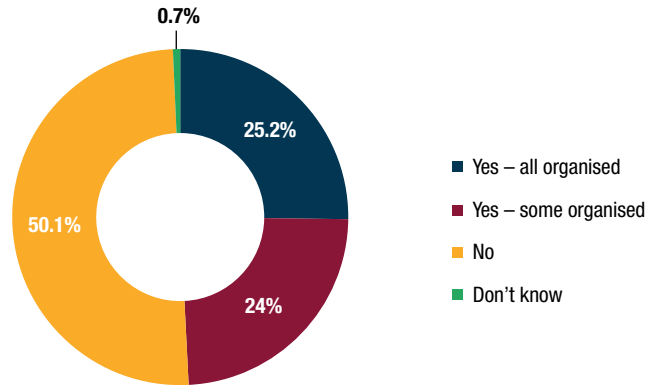
Seniors are active once a week (on average).  
The average length of session per week is 55 minutes.



## Organised vs unorganised participation

Approximately half of Logan residents participate in activities organised by a club, association or other type of organisation. This suggests that residents are highly engaged in organised activities as well as individual activities.

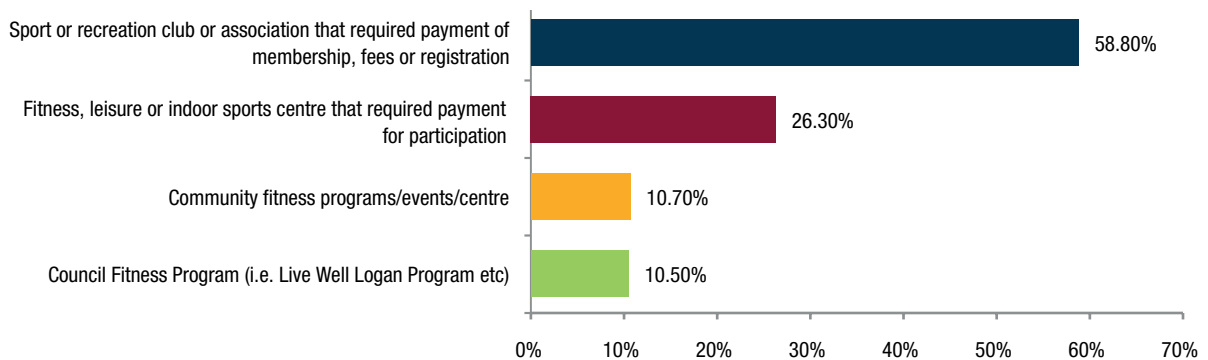
Australian results show a much lower rate of participation in organised activities at 28%.



Q7. Were any of the activities undertaken in the last 12 months, organised by a club, association or other type of organisation? Single Response.

## Top 5 organisations facilitating the activities

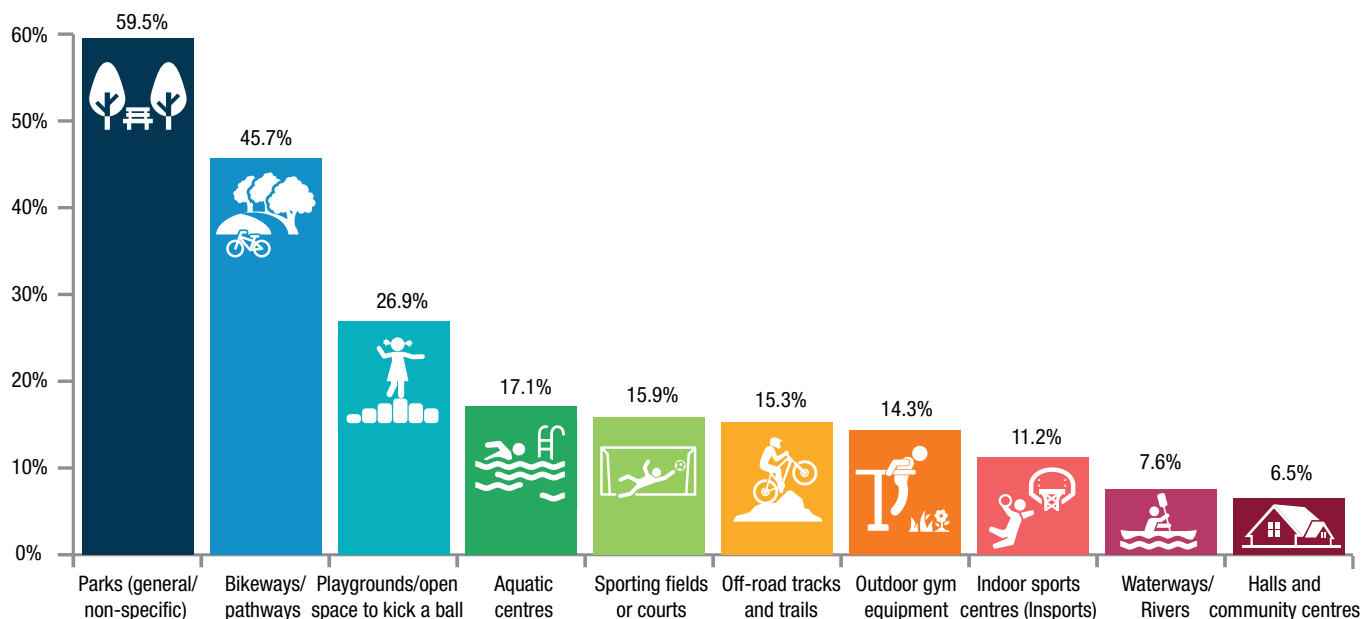
Sport or recreation clubs are the main type of organisation facilitating activities (58.8%).



Q8. What type of club, association or organisation organised the activity? Multiple Responses.

## Top 10 council facilities used

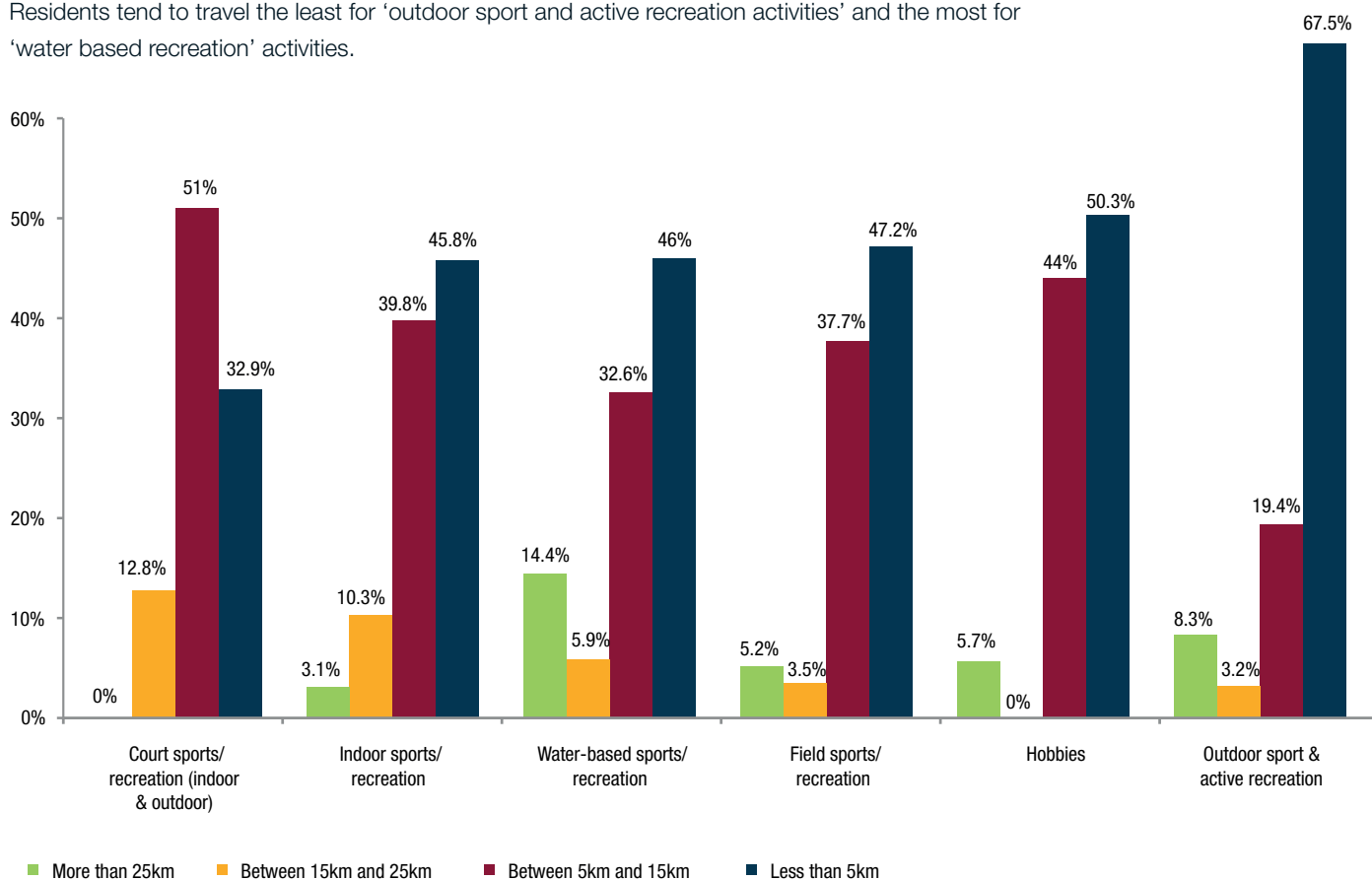
The most commonly used facilities are 'parks' followed by 'bikeways and pathways'. The use of the top five facilities is closely correlated to the top five activities.



Q9. Which of the following Council sport and recreation facilities and infrastructure have you used in the past 12 months? Multiple Responses.

## Distance travelled

Residents tend to travel the least for 'outdoor sport and active recreation activities' and the most for 'water based recreation' activities.

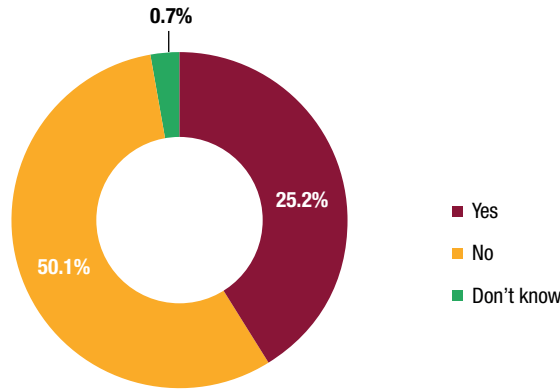


**Note:** Due to small sample sizes for each activity, the activities have been grouped to identify the distance travelled for sporting and recreation activities. Generally respondents travel less than 15kms to participate in sporting activities.

Q10. On average, how far did you travel to participate in the following activities? Multiple Responses.

# Barriers to participation

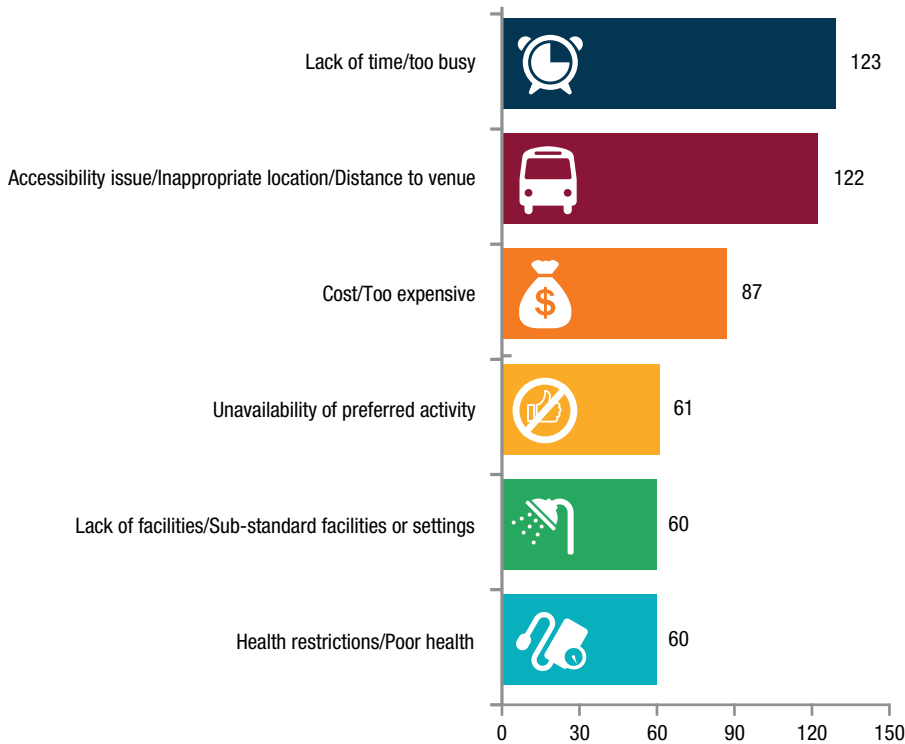
41.3% of respondents agreed that there were sports and recreational activities that they would like to do more often but can't.



Q11. Are there any sports and recreation activities that you would like to do but cannot, or would like to do more often but can not? Single Response.

## Top 6 reasons for not participating in preferred activities

Residents acknowledge that 'lack of time', 'proximity of venue', and 'costs' as key barriers to participation.

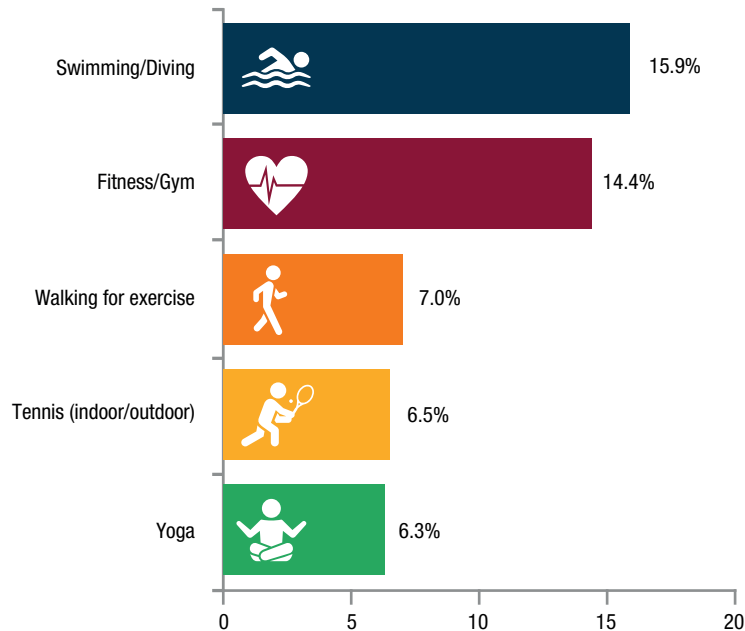


Q.13 If you have NOT participated in sport and recreation activities in the last 12 months OR not participated as much as you would like, what are the main reasons why? Multiple Responses.



## Top 5 activities residents would like to participate in more

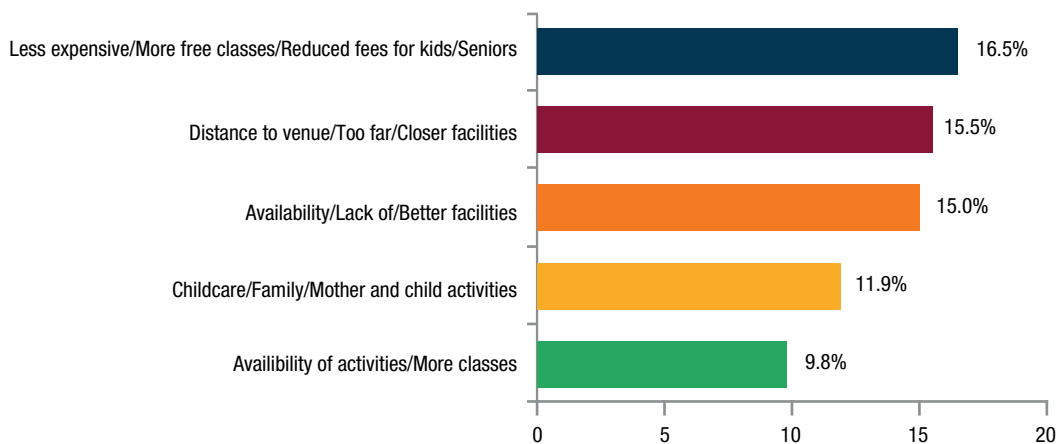
Three of the top five most popular activities for participation (swimming/diving, fitness/gym and walking for exercise) were identified as main activities residents felt restricted from.



Q12. Name up to three such sport and recreational activities? Multiple Responses.

## Top 5 methods to encourage participation

Residents are suggesting that 'reduced fees/free classes' and overall facility improvements in terms of distance and availability would increase their participation.

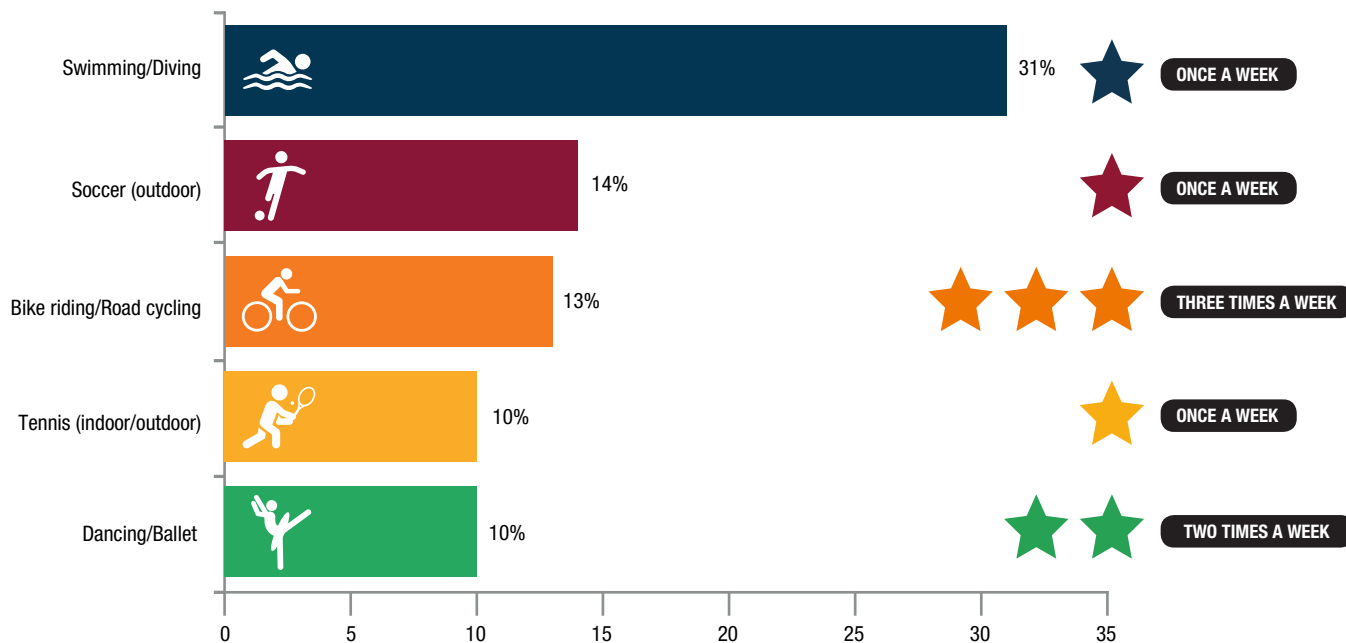


Q14. What will encourage you to participate more in sport and recreational activities? Open-ended Responses.

# Children's Active Participation

## Top 5 Activities

## Average participation per week

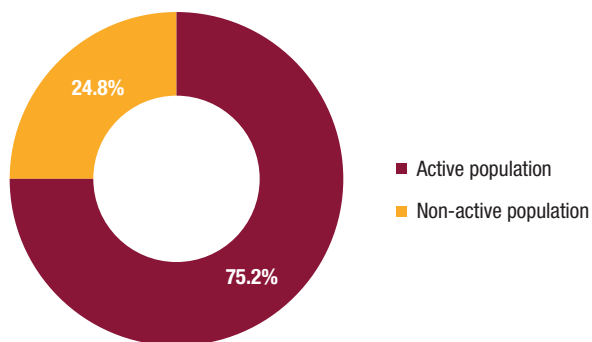


Q17. In the last 12 months, which sports and recreation activities has the child participated in most frequently? Multiple Responses.

Q18. Including any practice or training sessions, approximately how many times did you participate in each of the following activity during the last 12 months.

## Overall Participation

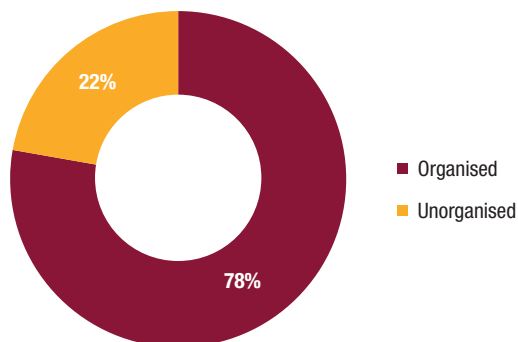
Approximately 75% of residents suggest that the eldest child in the household aged between 5 and 15 has been active in the last 12 months.



Q16. During the last 12 months, has the child participated in any physical activities for exercise, recreation or sport? Single Response.

## Organised vs unorganised activities

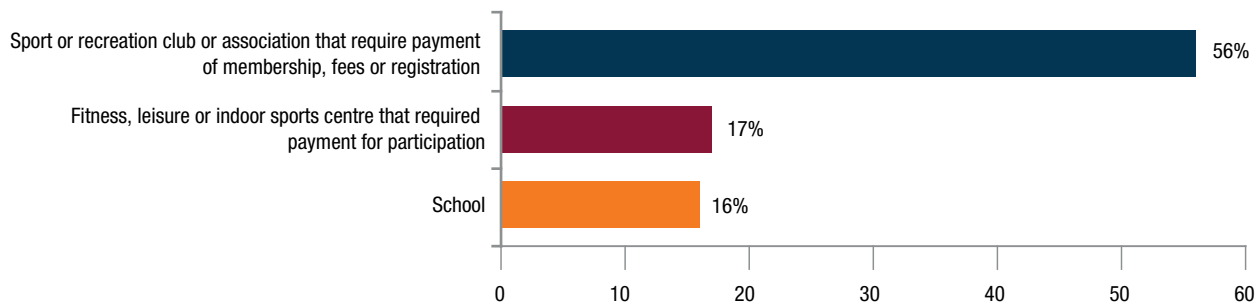
More than three-quarters of children participate in activities organised by a club, association or other type of organisation.



Q21. Were any of the activities undertaken by the child in the last 12 months, organised by a club, association or other type of organisation? Single Response.

## Type of organisation

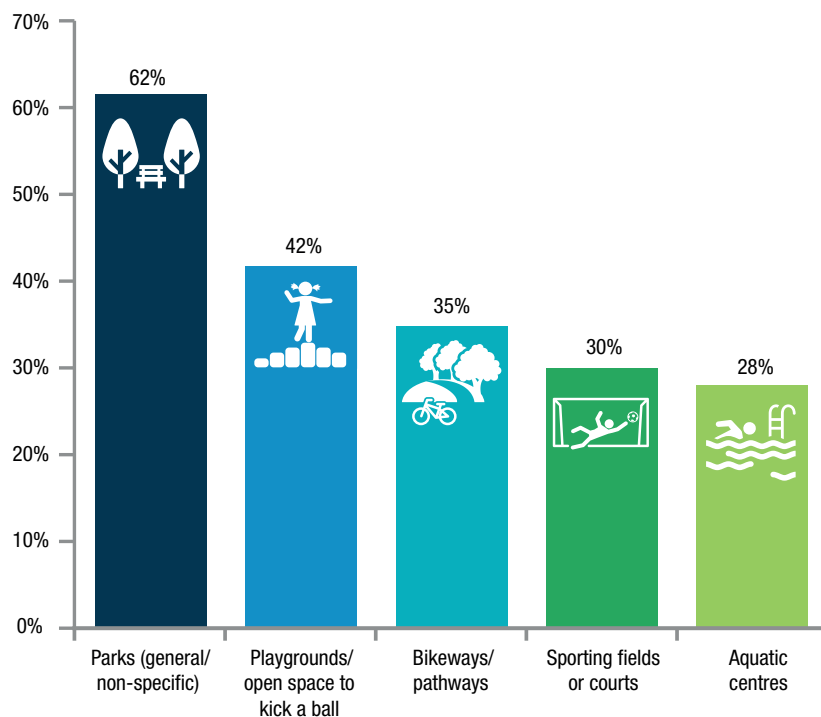
Sport or recreation clubs are the main type of organisation facilitating activities for children (56%).



Q22. What type of club, association or organisation organised the activity? Multiple Responses.

## Council infrastructure utilised

The most commonly used council facilities were 'parks' followed by 'playgrounds' and 'bikeways/pathways'.



Q23. Which of the following Council sport and recreation facilities and infrastructure did the child use in the past 12 months. Multiple Responses.

**For more information** contact Logan City Council's Sport, Leisure and Facilities Branch on 3412 3412, or visit [www.logan.qld.gov.au](http://www.logan.qld.gov.au)

