



Active Logan Participation Study 2018

Executive Report

Logan City Council

In partnership with Griffith University

1 Scope and objectives

The 2018 Active Logan Participation Study was conducted to describe physical activity participation among adults, children and young people in Logan; and potentially modifiable influences of interest to Council like barriers, knowledge of activity recommendations, preferred sources of information, programming preferences, facility use, and neighbourhood perceptions. To assist Council to target special interest groups, selected analyses were conducted for women, adults aged 65+ years, culturally and linguistically diverse people, Aboriginal or Torres Strait Islander people, people with disability, and people with socioeconomic disadvantage.

The 2018 Active Logan Participation Study was conducted in partnership with Griffith University. Data were collected in October – November 2018 from 914 adults (18+ years), and on 264 children and young people (5-17 years). Data were primarily collected using telephone interviews (88%) conducted by Q&A Market Research. Some data were collected by online survey (12%).

Results were used to compare Logan with state and national physical activity data, to compare between 2018 and 2015 Active Logan Participation Studies, and to provide recommendations for a positive impact on physical activity participation in Logan.

2 Methods and Caution

In the 2015 Active Logan Participation Study, data were collected for children and young people aged 5-15 years. In the 2018 Active Logan Participation Study, the age range was increased to 5-17 years, consistent with the age range specified in national¹ and global² physical activity recommendations.

As Active Logan Participation Study data are available for only two time points (2018 and 2015), differences between these assessments should only be interpreted as a change, and not an increasing or decreasing trend. A third assessment point would be needed to demonstrate the direction of any trend.

Some items in the 2018 Active Logan Participation Study were not identical to the 2015 Active Logan Participation Study. Therefore, not all results are directly comparable between the two surveys.

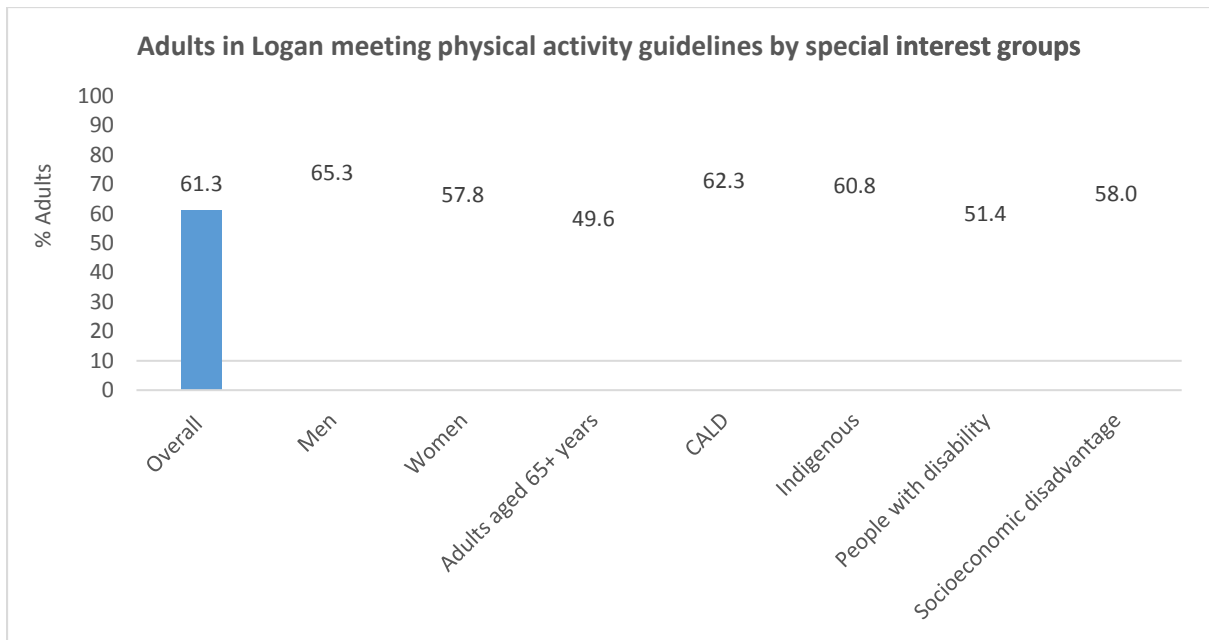
3 How active are adults in Logan?

Just under two thirds (64%) of adults aged 18-64 years in Logan were meeting physical activity recommendations to do at least 150 minutes of moderate activity, or 75 minutes of vigorous activity, or an equivalent combination of both moderate and vigorous activities, during the week. This is higher than 2017-2018 National Health Survey results for Queensland (51%) and Australia (55%).

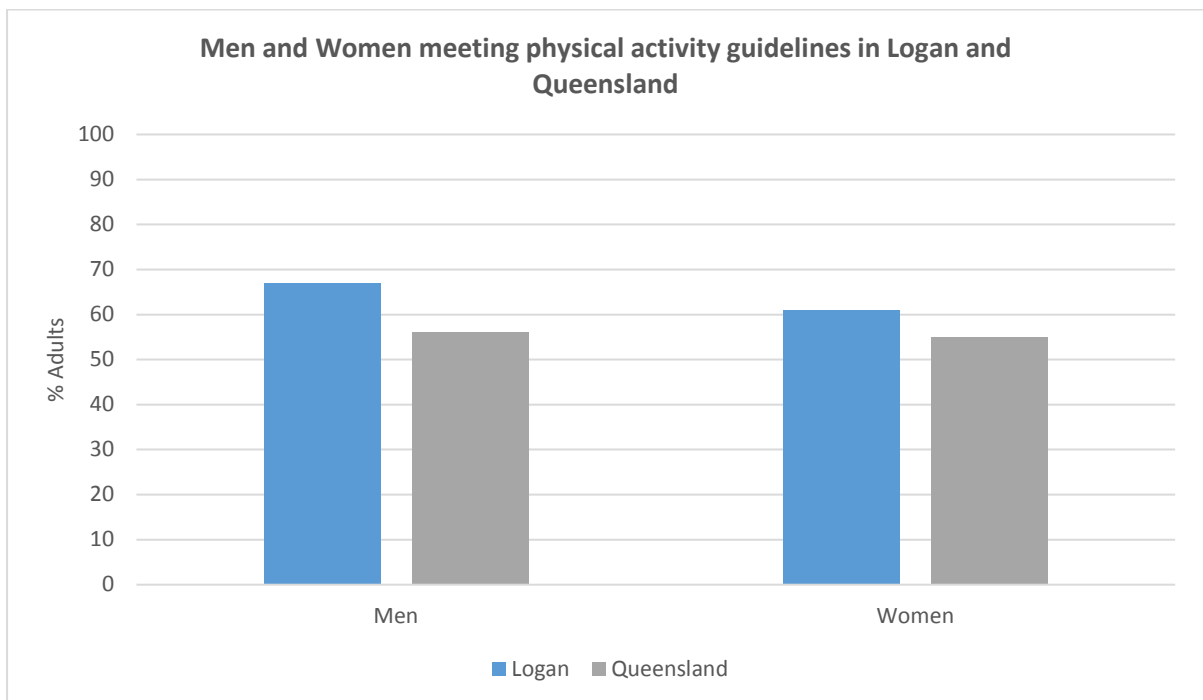
The proportion of people in the special interest groups meeting physical activity recommendations was highest among culturally and linguistically diverse people (62%) and Aboriginal and Torres Strait Islander people (61%), and lowest for people with disability (51%) and adults aged 65+ years (50%).

¹ Australia's Physical Activity and Sedentary Behaviour Guidelines. Available at <https://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

² World Health Organisation. Global recommendations of physical activity for health. Available at https://www.who.int/dietphysicalactivity/factsheet_recommendations/en/



In Logan, 67% of men and 61% of women aged 18-64 years were meeting physical activity recommendations. This is higher than and different from 2017-2018 National Health Survey results for Queensland which show similar proportions for men and women (56% and 55% respectively)³.

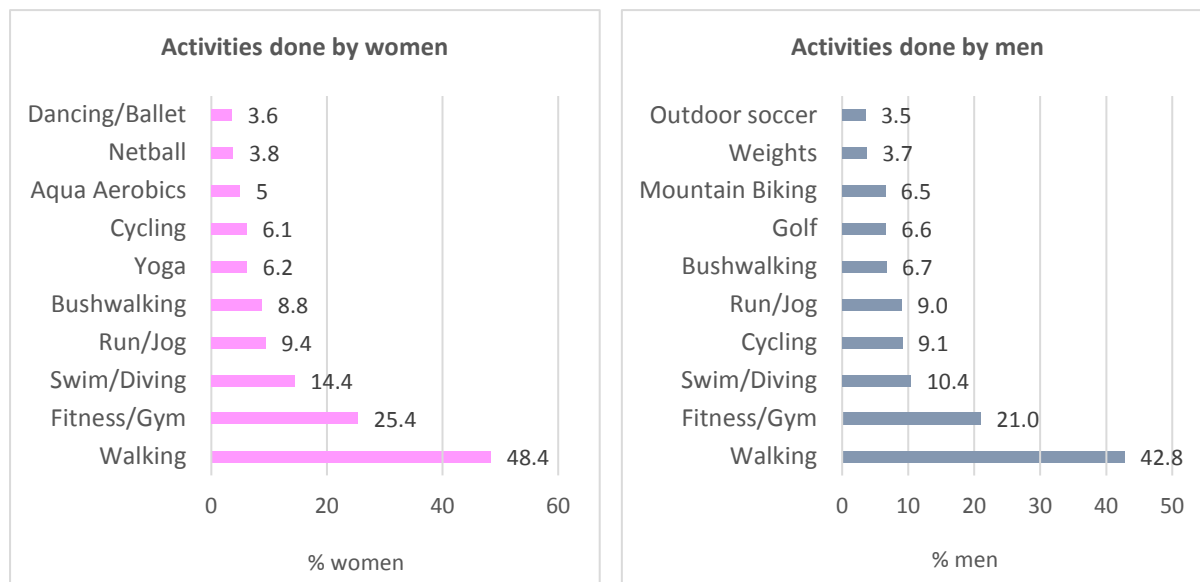


³ Available at <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Queensland~10004>

4 What activities do adults do?

Walking was the most common type of activity done by adults (46%). Other common types of activities were fitness/gym activities (23%), swimming (12%), running/jogging (9%), bushwalking (8%) and cycling (8%).

Yoga, aqua aerobics, netball and dance/ballet were more frequent among women than men. Golf, weight-lifting, outdoor soccer and cycling were more frequent among men than women.

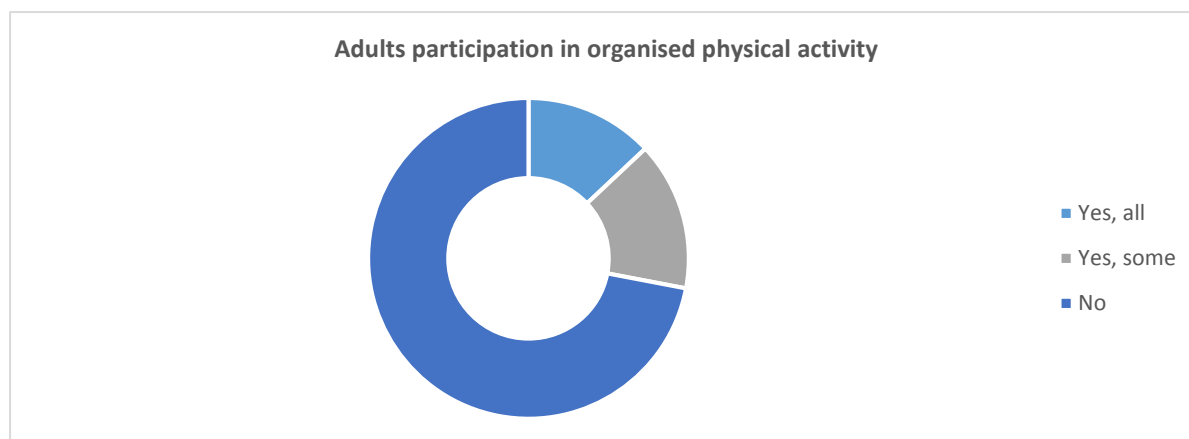


Walking was the most popular activity among the special interest groups, and was more common among adults aged 65+ years (69%), and less common among culturally and linguistically diverse people (34%) and Aboriginal and Torres Strait Islander people (32%).

Walking was much more common among men in 2018 than 2015. Fitness/gym activities and running/jogging were less common among adults in 2018 than 2015.

5 What about organised physical activity?

Just over one quarter (28%) of adults had done organised activity, with similar levels between men and women.



The majority of these people had used a sports/recreation club (39%), with more men than women (54% vs. 24%).

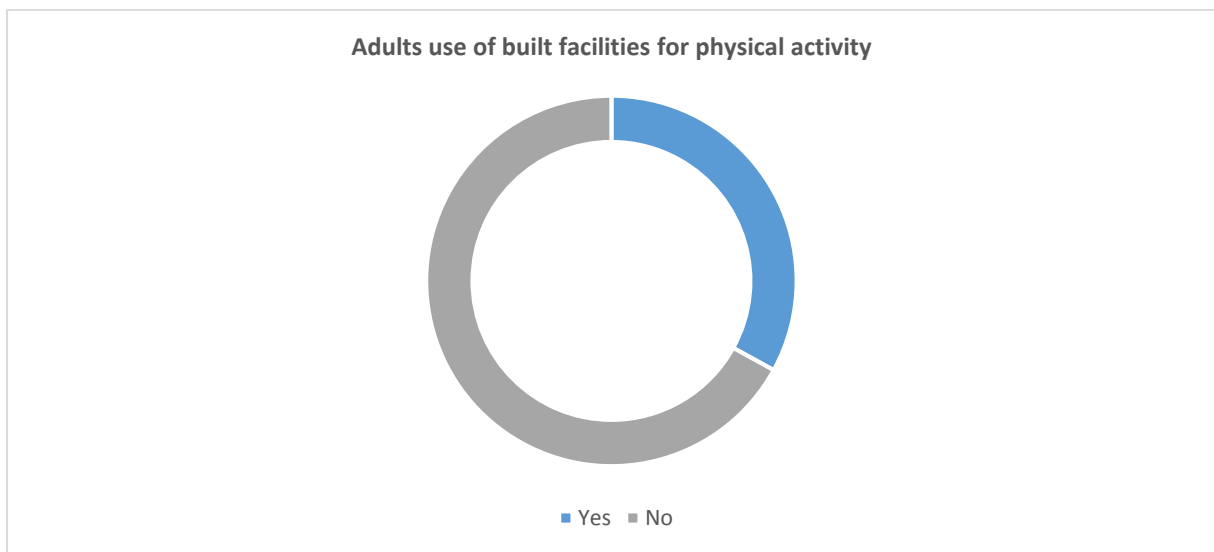
People also used fitness/leisure/sports centres (24%), community organisations (15%) or a private business (14%) for organised activity. More women than men used these organisations.

Organised physical activity was lowest among older adults (18%).

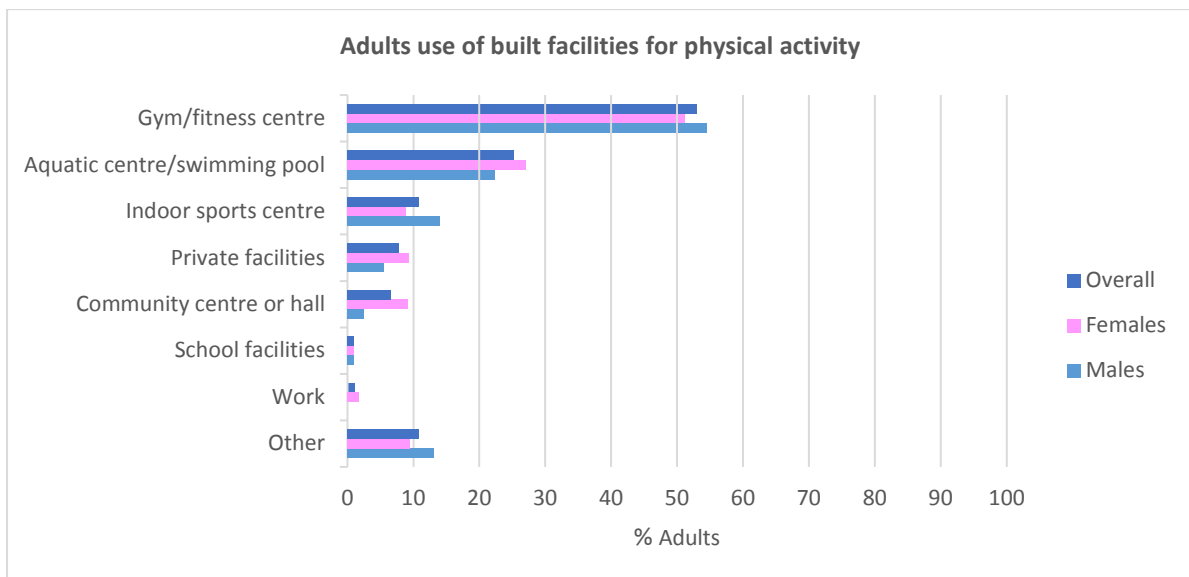
Fewer adults did organised physical activity in 2018 than in 2015, in particular with a sports/recreation association. Use of Council programs for organised physical activity was also lower in 2018 than 2015.

6 What places and spaces do adults use for physical activity?

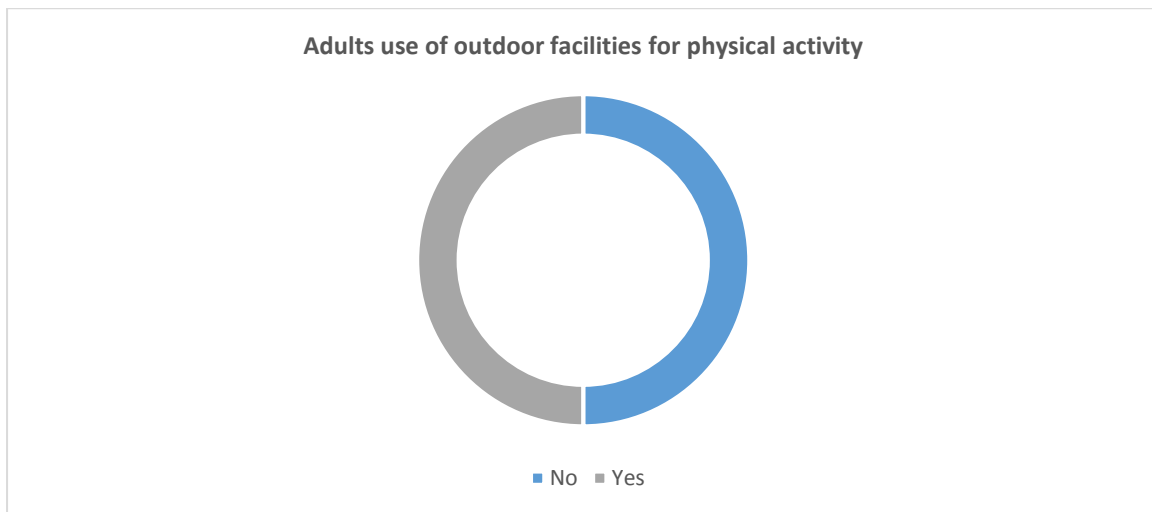
One third of adults in Logan used built facilities to do physical activity, with similar levels between men and women.



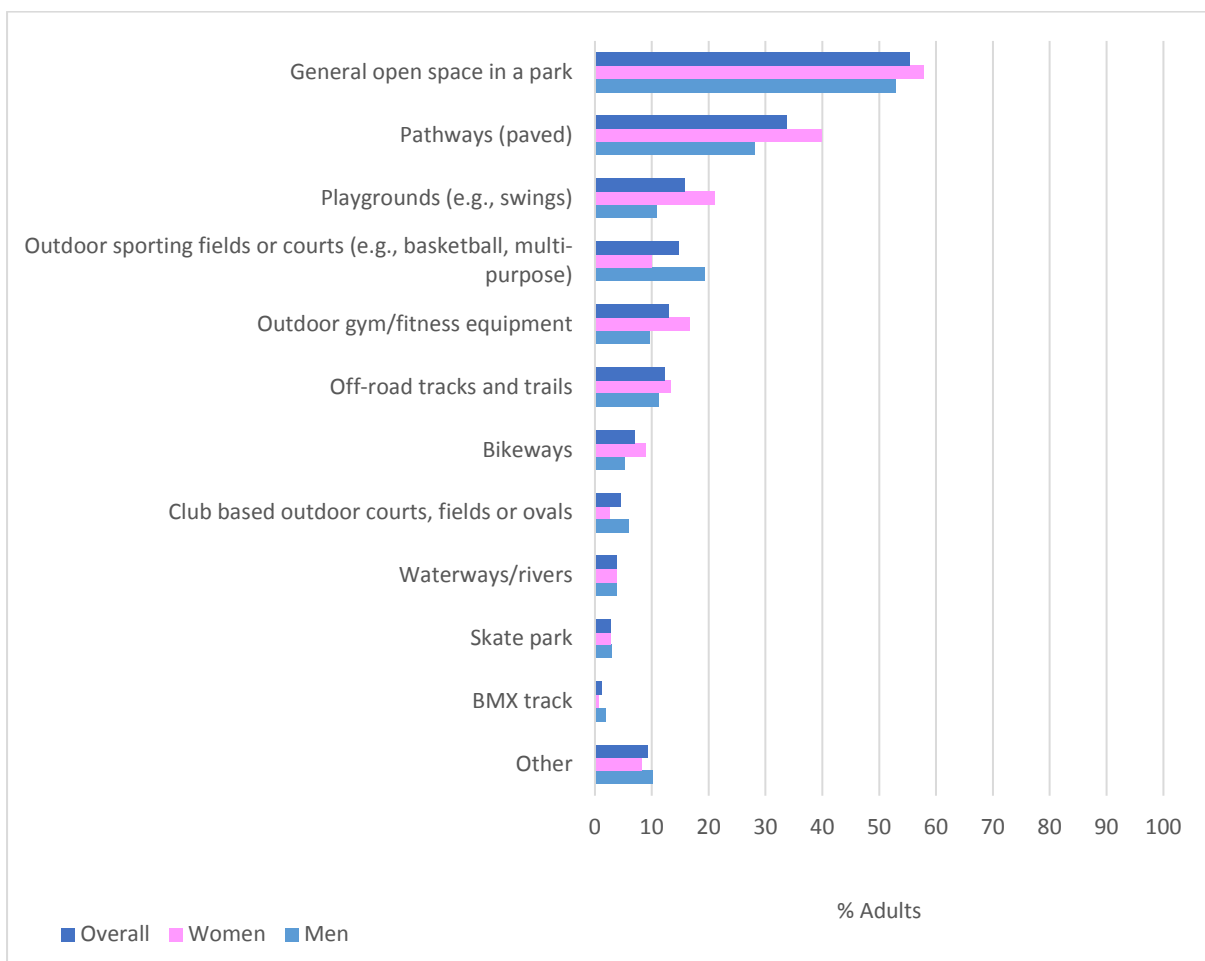
The majority of these people used a gym/fitness centre (53%). People also used an aquatic centre/pool (25%) or indoor sports centre (11%). Use of aquatic centres/ pools was slightly higher in 2018 than in 2015.



Overall, 56% of adults had used a park/outdoor facility for physical activity.



The majority of these people used park open space (55%) or paved pathways (34%). More women than men used pathways, playgrounds and outdoor gym equipment. More men than women used outdoor sporting fields/courts.



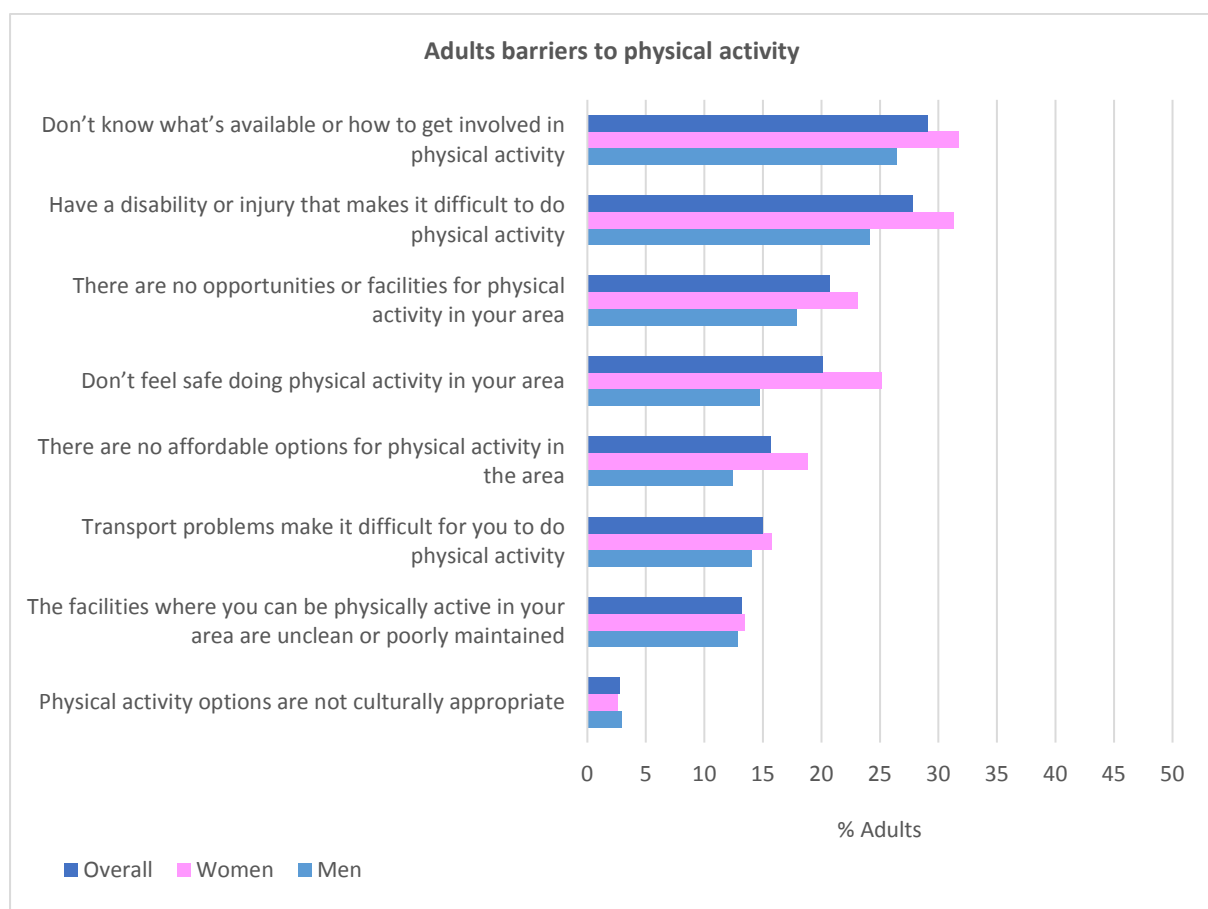
Few Aboriginal and Torres Strait Islander people used built facilities (22%) or a park/outdoor facility (35%) for physical activity. Built facility use was also low among adults aged 65+ years (18%). A high proportion of culturally and linguistically diverse people used built facilities (39%) or park/outdoor areas (55%) for physical activity.

Over 70% of adults in Logan said home was a close walk to public transport, the neighbourhood had free/low cost recreation facilities, and there were footpaths on most streets. Approximately half said there were shops within easy walking distance from home, and pedestrian crossings/signals to help cross busy streets.

Just over 40% of adults knew safe cycling routes and said many places were within easy cycling distance. Priority actions identified to encourage cycling included safe road crossings, good lighting at night, and dedicated paths.

7 What are the barriers to physical activity?

Not knowing what’s available or how to get involved in physical activity was the most common barrier among adults (29%), and in particular for Aboriginal and Torres Strait Islander people (39%), people with socioeconomic disadvantage (35%), culturally and linguistically diverse people (35%), and people with a disability (34%).



Having a disability or injury that made physical activity difficult was also a common barrier among adults (28%), in particular for people with a disability (88%) and adults aged 65+ years (52%).

Among adults, 44% said crime made it unsafe to walk at night.

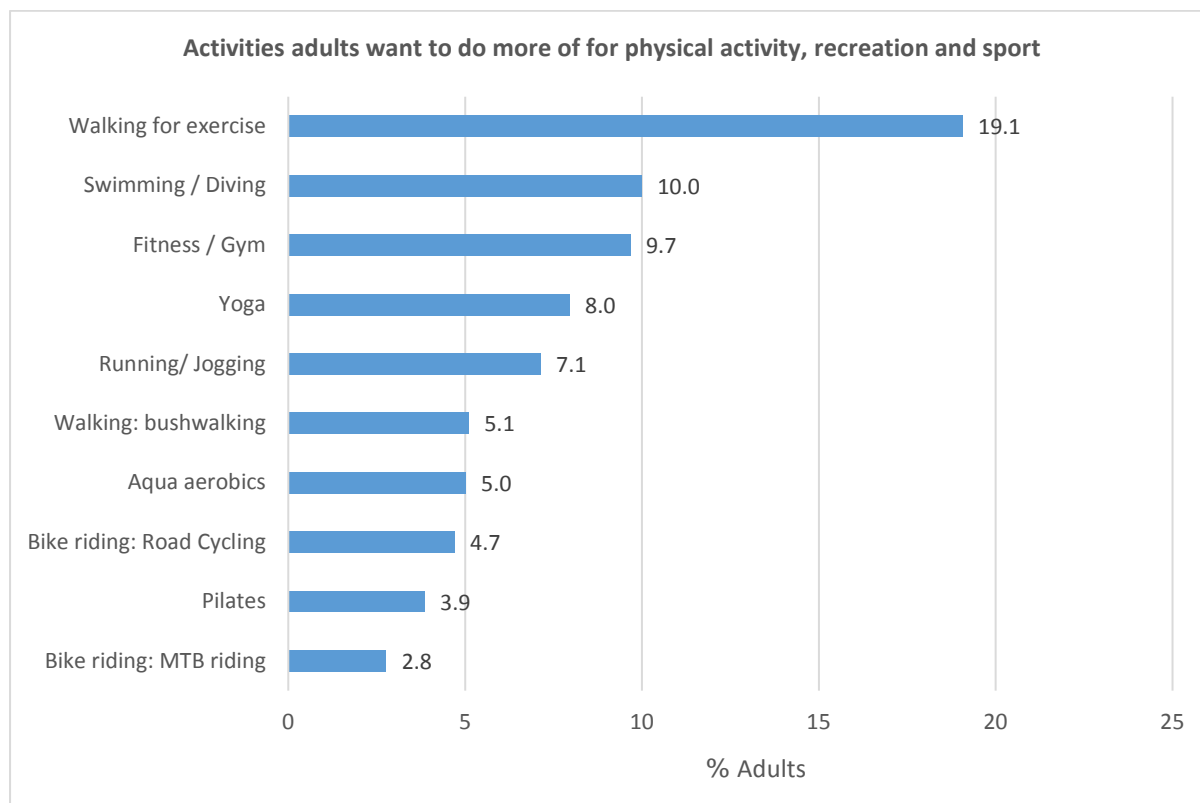
More women than men reported barriers of not feeling safe in the area, having a disability/injury, not knowing what is available or how to get involved, no opportunities/facilities in the area, and no affordable options in the area. A high proportion of women (40%) had no confidence to do cycling.

Barriers related to safety and transport difficulties may have increased in 2018 from 2015.

8 What physical activity programming do adults want?

Overall, 58% of adults wanted to do more physical activity, with similar levels between men and women.

The most common types of activity adults wanted to do more of were walking (19%), swimming (10%) and fitness/gym activities (10%). A third of adults said they would like to do more cycling than they did now. Over half of all adults preferred to do activity outdoors, with a supervisor, or with family.



More women than men wanted to do more walking, yoga, swimming, aqua aerobics, pilates and dance. More women than men preferred physical activity that was supervised, and with people of the same age and gender. More men than women wanted to do more golf, and preferred activity done outdoors.

There was no clear preferred day of the week for physical activity, however Friday was least preferred. The preferred time of day for organised activities was before 9am, and the least preferred time was 12-4pm.

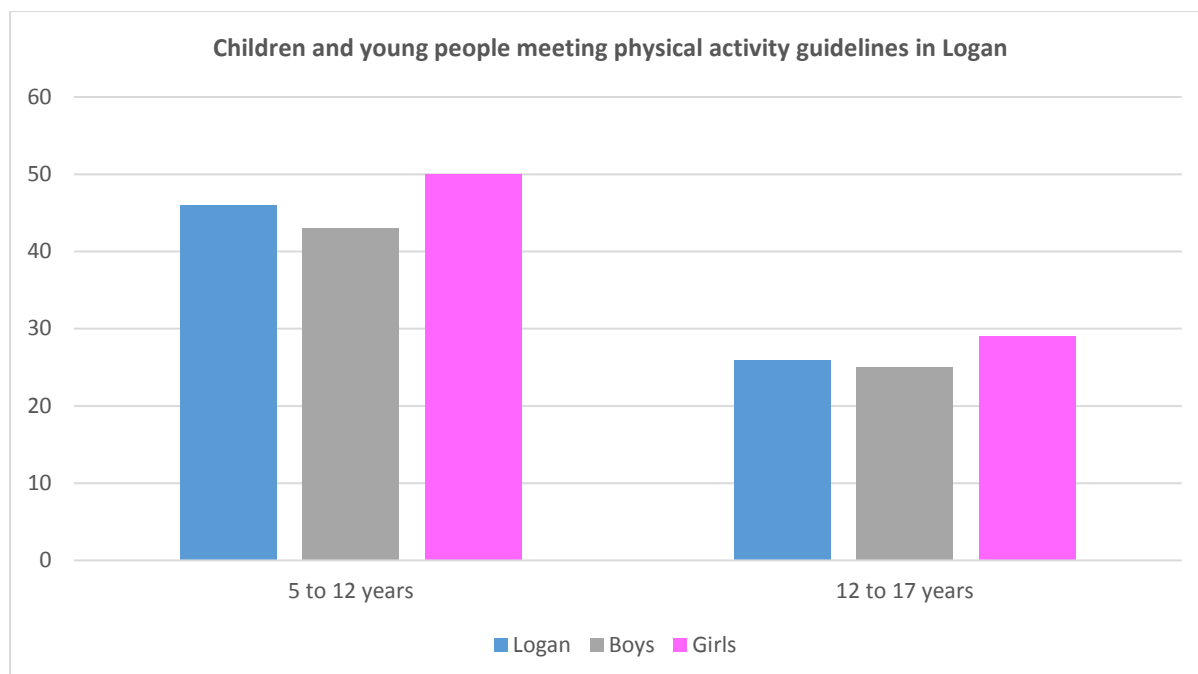
Preferred sources of information about physical activity opportunities in Logan were Facebook (29%), online/websites (26%), and newspapers/magazines (24%). More women than men preferred Facebook.

9 How active are children and young people (5-17 years) in Logan?

Overall, 38% of children and young people in Logan were meeting recommendations to do at least 60 minutes/day of physical activity daily, with more girls than boys (43% vs. 35%).

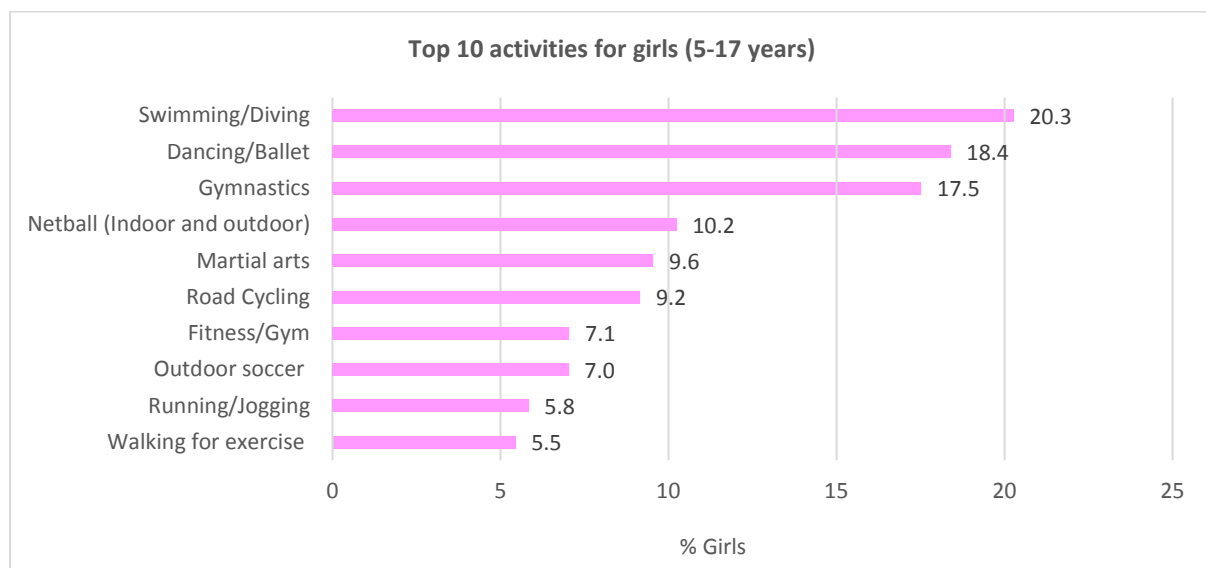
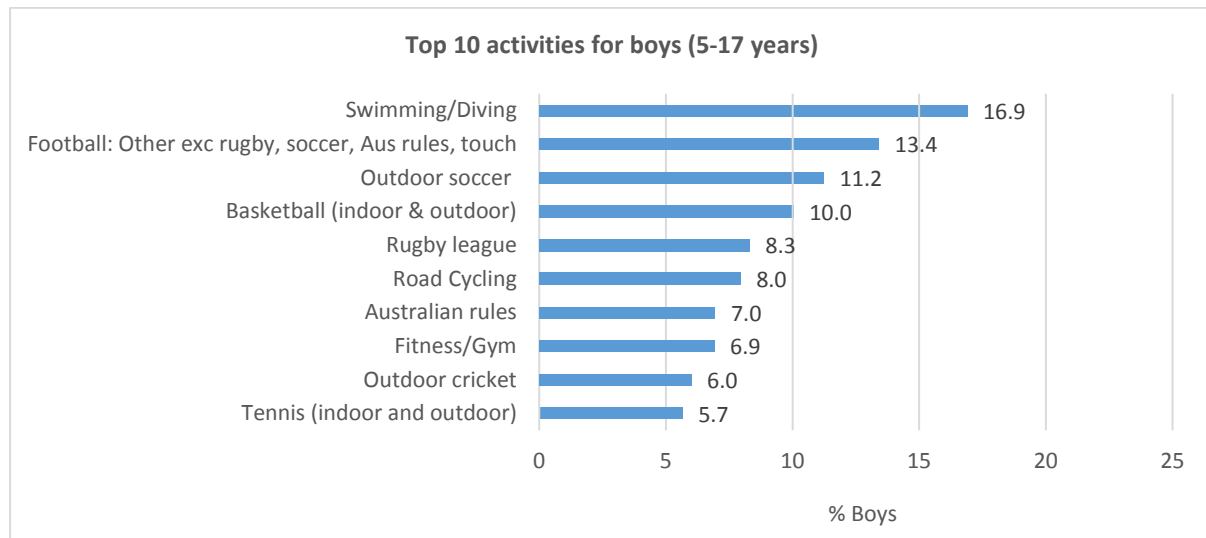
Among children and young people, 46% (50% girls, 43% boys) of those aged 5-12 years and 26% (29% girls, 25% boys) of those aged 13-17 years were meeting physical activity recommendations. This is different from and higher than the 2011-12 National Nutrition and Physical Activity Survey, which found similar proportions of girls and boys were meeting recommendations, with 26% (25% girls, 27% boys) of children aged 5-12 years, and 8% (7% girls, 8% boys) of young people aged 13-17 years.

Among young people, 23% of those aged 15-17 years (25% girls, 22% boys) were meeting physical activity recommendations. This is higher than and different from 2017-2018 National Health Survey data for Australia which found 10%, with more boys than girls (14% vs. 4%), were meeting recommendations.



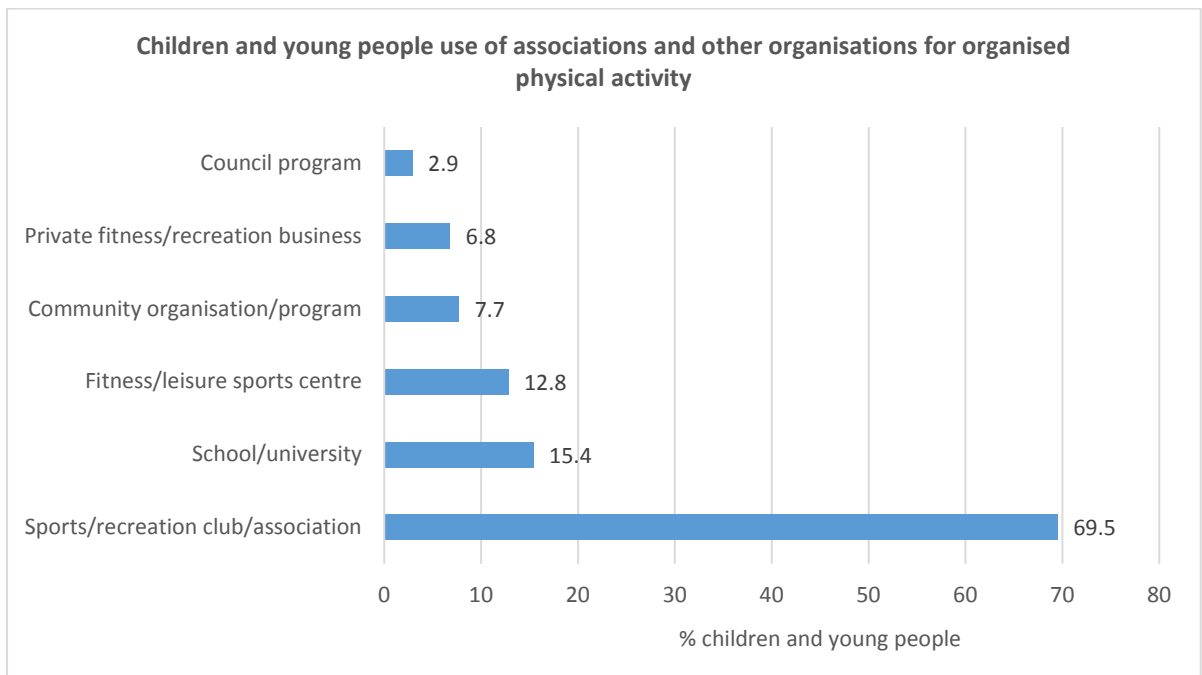
10 What activities do children and young people (5-17 years) do?

Swimming was the most frequent type of activity done outside of school by both girls (20%) and boys (17%). Other common activities done by boys were football (13%)⁴, outdoor soccer (11%), and basketball (10%). Other common activities done by girls were dance/ballet (18%), gymnastics (17.5%), netball (10%) and martial arts (10%).

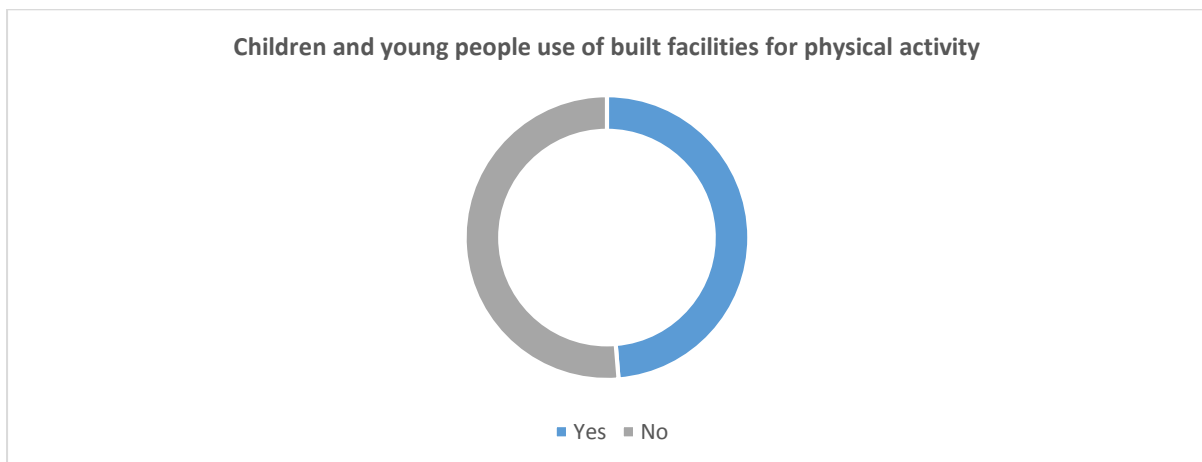


⁴ In both the 2018 and 2015 Active Logan Participation Studies, the list of possible physical activity types included “football: other excluding rugby, soccer, Australian rules, touch”. As rugby union, rugby league, Australian rules, touch football, soccer (indoor) and soccer (outdoor) were also listed as specific types of football, there is lack of clarity about what type of football the “other” category captured.

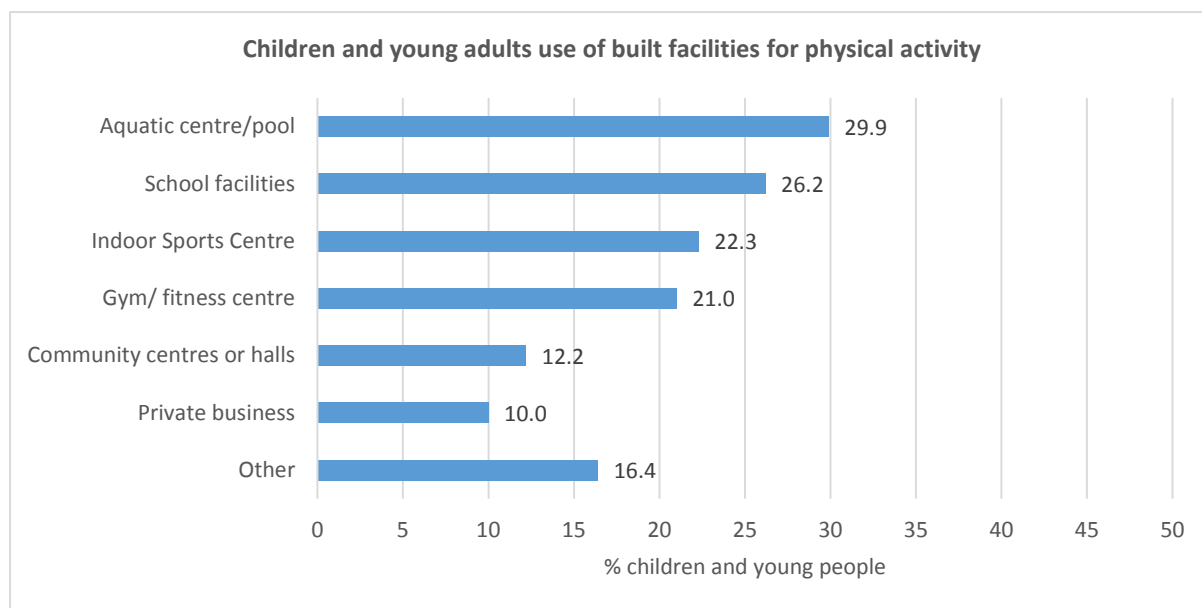
Overall, 57% of children and young people did organised physical activity, with the majority using sports/recreation associations (70%).



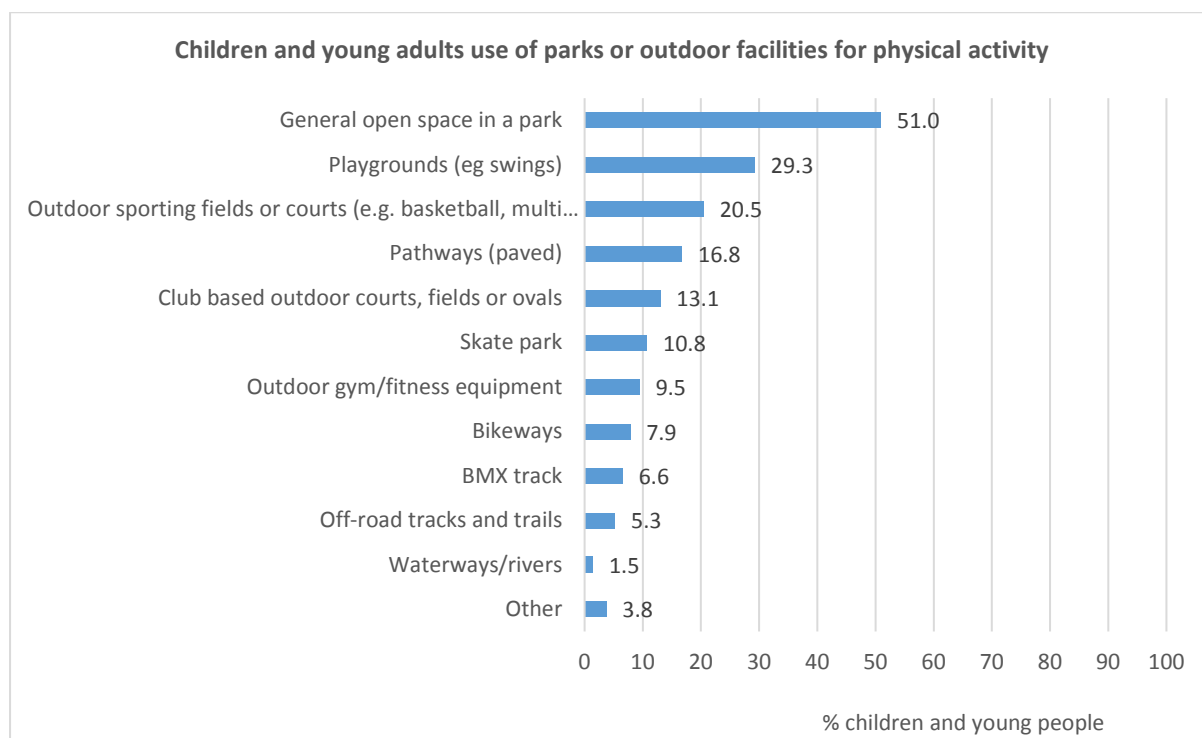
About one half (49%) of children and young people used built facilities to do activity.



Common facilities were aquatic centres/pools (30%), school facilities (26%), indoor sports centres (22%), and gym/fitness centres (21%).



Overall, 71% of children and young people had used park or outdoor facilities for physical activity. The majority had used general open space in a park (51%). Other facilities used were playgrounds (29%), outdoor sporting fields/courts (21%), paved pathways (17%), and club-based outdoor courts, fields or ovals (13%).



Fewer children and young people did swimming or organised activities in 2018 than 2015. Use of park/outdoor facilities was also lower in 2018 than 2015 for general open space in a park, playgrounds, sporting fields and courts, and off road tracks and trails.

More children and young people used sports/recreation associations or indoor sports centres in 2018 than in 2015.

11 Moving forward

Future Active Logan Participation Studies need to align with past studies and key state or national sources of data to enable comparisons. The survey could be extended to assess muscle strengthening activities which are part of national and international physical activity recommendations, and have an important role in the physical development of children and young people as well as healthy ageing among adults.

Priority groups to improve physical activity participation in Logan include people with a disability, adults aged 65+ years, Aboriginal and Torres Strait Islander people, people with socioeconomic disadvantage, and children and young people, in particular those aged 13-17 years.

Walking was identified as a key type of physical activity for all adults, and swimming and indoor sports centre activities were identified for children and young people. Preferences for how, where, when and with whom people prefer to do activity should be taken into account. Activities that target specific age groups may be appealing.

Strategies to support cycling could focus on unstructured and recreational cycling, and may be more appealing to young adults. Key actions to support cycling include increasing confidence among women and knowledge of safe cycling routes in local areas, and physical infrastructure of safe road crossings, lighting, and dedicated bikeways.

Future work is needed to confirm a potential decline in organised physical activity among all age groups. Organised activities, in particular those by sports and recreation associations, could consider options that provide time flexible opportunities for adult participation.

Aquatic centres/pools, gym/fitness centres and indoor sports centres are key built facilities for physical activity. School facilities are an emerging option. More focused work is needed to understand the factors that increase the appeal of specific facilities, and to understand low use of built facilities for physical activity among adults aged 65+ years, Aboriginal and Torres Strait Islander people, and people with a disability.

General open space in parks is a key outdoor facility for physical activity, and should be complemented by facilities such as paved pathways, walking loops and multi-purpose fields/courts. Strategies to increase park use could target women's and young people using outdoor fitness equipment, and events/activities for a range of age groups. Activities for children and young people could include structured time for unstructured activities. More focused work is needed to understand low use of park and outdoor facilities for physical activity by the special interest groups, in particular Aboriginal and Torres Strait Islander people.

Strategies are needed to effectively collate and provide information on physical activity options in Logan *and* how to get involved. Facebook and online may be key sources of information for some groups.

Strategies are needed to improve safety in local and public areas where people can do physical activity. Key hazards relate to traffic, maintenance and cleanliness of facilities, and crime.

Physical opportunities are needed for people who find physical activity physically difficult, in particular people with a disability and adults aged 65+ years.