



TOWN OF VINCENT

**PHYSICAL ACTIVITY STRATEGIC PLAN
2009-2013**

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TOWN OF VINCENT PHYSICAL ACTIVITY STRATEGIC PLAN 2008 - 2013

1.0 Introduction

This physical activity Strategic Plan aims to provide a framework and a set of objectives to assist the Town of Vincent to plan, develop, implement, evaluate and sustain physical activity programs, opportunities and services into the future.

This strategy focuses on encouraging members of the community to be active, no matter what their age or physical capability. The Plan recommends action to be taken by both the Town of Vincent and external agencies and organisations to promote physical activity. This Strategic Plan has a strong commitment to linking many of the Town of Vincent business units including recreation, community development, health, environment, planning and community safety in positive ways to promote a health and wellbeing.

Local Government has significant capacity to promote physical activity, through a commitment to environment and local community, through distinctive structures and resources and practical knowledge and skills. It is with these capacities in mind, that this Strategic Plan uses policy approaches to shape and advocate for a decision-making agenda that is more oriented towards physical activity.

The impetus for developing this Plan originates from the Premier's Physical Activity Taskforce initiative, which aims to increase the percentage of the population undertaking sufficient physical activity for a health benefit from 58% to 63% within ten years. The Taskforce has stated as an outcome, that local government will be encouraged to embrace and develop opportunities for physical activity in their communities. As such, financial support to assist the Town of Vincent to develop this Strategic Plan for physical activity was forthcoming from the Physical Activity Taskforce and WALGA. This funding was matched dollar for dollar by the Town of Vincent. Stoneham and Associates was contracted to develop the framework and undertake the consultation necessary to develop this Plan.

2.0 Definitions

Active transport relates to physical activity undertaken as a means of transport. This includes travel by foot, bicycle and other non-motorised vehicles. Use of public transport is also included in the definition as it often involves some walking or cycling to pick-up and from drop-off points. Active transport does not include walking, cycling or other physical activity that is undertaken for recreation (NPHP 2001).

Environment – our surroundings including buildings, streets, parks and facilities as well as the natural environment.

Exercise – is a subset of PA defined as planned, structured and repetitive bodily movement done to improve or maintain one or more components of physical fitness. Exercise has specific objectives of improving fitness, performance and health and providing a means of social interaction. Physical activity comprises duration, frequency, intensity, type and context.

Health Benefits - Small amounts of moderate-intensity activity accumulated over the day can contribute to health and in turn, provide protection against many diseases such as heart disease and stroke, diabetes, colorectal and breast cancer as well as mental health benefits.

Incidental Physical Activity – includes forms of physical activity done at work and home, and activity in which people take part as they go about their day to day lives, generally using large skeletal muscle groups, for example using stairs, domestic tasks.

Physical Activity - Physical activity is defined as all movements in everyday life, including work, recreation, exercise and sporting activities (World Health Organisation). It can be structured or unstructured, planned or incidental. Research indicates that significant health benefits can be achieved by including a moderate amount of physical activity (30 minutes) 5 days a week.

Recommended levels of Physical Activity - Current Australian Guidelines suggest encouraging adults to be active every day in as many ways as they can be, and to put together 30 minutes or more of moderate-intensity activity on most, or preferably all days of the week (Commonwealth Department of Health and Aged Care 1999). The Physical Activity Recommendations for Children and Young People (5-18 years) are:

- Children and young people should participate in at least 60 minutes (and up to several hours) of moderate- to vigorous-intensity physical activity every day.
- Children and young people should not spend more than 2 hours a day using electronic media for entertainment (e.g. computer games, Internet, TV), particularly during daylight hours.

Recreation – freely chosen activity participated in general, for its own sake, but is constrained by other social, individual or economic responsibilities e.g. sports, arts, outdoor activity, hobbies, etc.

Sport – physically active oriented activities characterised by the fact that they are bounded by rules, require some form of physical exertion, and that skills are developed and used for the activity.

3.0 Acronyms

ABS:	Australian Bureau of Statistics
CD:	Community Development Unit (ToV)
DPI:	Department of Planning and Infrastructure
DSR:	Department of Sport and Recreation
HS:	Health Services (ToV)
GIS:	Global Information System
NHF:	National Heart Foundation
PAAG:	Physical Activity Advisory Group
PATF:	Premiers Physical Activity Taskforce
P&G:	Parks and Gardens (ToV)
PR:	Public Relations (ToV)
HR:	Human Resources (ToV)
BP:	Beatty Park (ToV)
ToV:	Town of Vincent

4.0 Methodology

4.1 Literature Review

A review of contemporary literature was undertaken and included topics such as:

- Interventions to promote physical activity particularly at the local level;
- Impediments or barriers to participation in physical activity;
- Community involvement in designing physical activity interventions;
- The importance of the built environment in promoting active living including land use characteristics and neighbourhood form; and
- Examples of local government models that have successfully integrated physical activity strategies in their business.

A policy analysis also formed part of the initial literature review. This strategy entailed reviewing relevant planning and strategic direction documents for the Town of Vincent (including documents such as the Strategic Plan, Vincent Vision, Dog Needs Study, Departmental Strategic Plans and Policies; relevant Planning Policies, the CSRFF and SSFP). The aim of the review was to identify supportive corporate processes and structures in which physical activity can operate, potential partners and future collaborative frameworks. Town of Vincent policies and relevant Plans were accessed from the ToV website and through staff members within Community Development.

Local ABS data was accessed to identify local demographics relevant to physical activity barriers and facilitators. Demographics included local place data, trends and comparisons to state and national trends and identifiable target groups.

4.2 Stakeholders

A list of key stakeholders in physical activity and local government was developed with input from the Town of Vincent and the PATF.

The list of sporting stakeholders was accessed through the Town of Vincent Sport and Recreation database.

An overarching working group was formed to oversee the project. This group met on an as-required basis and their primary roles were to oversee the development of the Strategic Plan, to provide advice on proposed strategies and to actively advocate the importance of the Plan throughout the community.

4.3 Physical Activity Opportunity Audits

A previously validated audit tool was presented to the Working Group for approval. The aim of this audit tool was to ensure a consistent approach to the review of all physical activity programs, services and spaces. The tool was amended slightly and approved by the Working Group.

Stoneham and Associates staff members conducted all physical activity audits.

4.4 Community Consultation

The community consultation component of the Strategic Plan involved discussion groups with a range of community representatives including:

- Key organisations involved in sport and recreation and/or physical activity such as sporting clubs;
- A range of State government agencies and non government agencies working in the field of physical activity and local government;
- Members of existing community groups; and
- Members of the general public.

The purpose of this engagement was to:

- Identify existing or potential partnerships;
- Identify any potential barriers to the development or implementation of a 5-year physical activity plan;
- Identify if any organisations can assist with resourcing (in any manner) the Physical Activity Plan; and
- To assess the general acceptance of the proposed five-year Physical Activity Plan.

When accessing community groups, a cross-sectional sample was achieved by visiting a diverse range of groups including school students, CaLD groups, Mothers Groups and Playgroups, seniors groups, Neighbourhood Watch groups, Precinct groups and a range of recreational groups. Efforts were made to ensure there was a balance between groups that were active (e.g. sporting clubs) and those who were

more passive (e.g. Bingo clubs). In addition, groups that target those least active were accessed. Advice from the Working Group was sought in relation to which, and how best to access community based groups.

In addition, a snapshot of physical activity rates together with information about local facility use and barriers to being active was collected from members of the public. Stoneham and Associates developed a localised and adapted version of the state physical activity assessment tool that was administered to existing members of a variety of diverse community groups. Although not representative, this style of survey provided some indication of the level of physical activity within certain groups across the Town of Vincent, whilst maintaining a reasonable budget. A total of 110 surveys were completed.

In December 2008, a two-hour workshop was facilitated with the Working Group and key staff from various ToV Business Units to identify physical activity strategies to be pursued for the next three to five years. Following this workshop, this strategic plan was developed to reflect the literature, community consultations and the Working Groups' ideas and directions.

The Working Group oversaw the drafting of the Strategic Plan. A final draft of the Plan was presented to the Manager of Community Development at the ToV for comments. Following this, the Plan went to the full Council for ratification.

5.0 Support for Physical Activity within the Town

The Town of Vincent is responsible for contributing to the health and well-being of its community through the provision of facilities and services. The Town has the potential to increase physical activity within the community as it has a key role in providing and managing environments, facilities and services. The provision of footpaths and walking and cycling tracks, the provision of safe and appealing environments, the availability of sporting facilities and recreational activities are current strategies of the Council that increase and promote physical activity. This Strategic Plan is an innovative and comprehensive approach to enhancing the well-being and health of the Vincent community.

Local government, in its every day work, makes decision that either support or inhibit physical activity opportunities. Planning, transportation policies, health, housing recreation and economic development all impact on physical activity and active living. For example, how the Town of Vincent designs new neighbourhoods, where community facilities are located and how streets, footpaths and cycle paths are planned and built, all affect the community's ability to engage in routine physical activity.

This Strategic Plan takes a whole of Council approach, which means it will apply to many Council departments, not purely Recreational Services located within Community Development. This Plan will aim to incorporate physical activity within strategic directions of the Council and the operations of relevant departments. At an operational level, the Strategic Plan for Physical Activity is one component in a set of Strategic Plans aiming to achieve the objectives of Vincent Vision 2024, the overarching strategic document for the Council.

The goal of this Strategic Plan will mirror that of the purpose of the Strategic Plan, and will be “to provide and facilitate services for a safe, healthy and sustainable community”.

The Council’s commitment to the Cities for Safe and Healthy Communities provides additional support the Physical Activity Strategic Plan. Physical activity and food access is one of the five domains that are prioritised in this program.

6.0 Important facts that underpin the Physical Activity Plan

The following evidence and information was used as reference material when developing the Physical Activity Plan. For full reports and sources, refer to Appendices Five and Seven.

- Four out of ten West Australians do not undertake sufficient physical activity to have any positive impact on their general fitness or health.
- The main barrier to being active was a lack of time.
- The main reasons for being active were for improved fitness and for the enjoyment.
- The percentage of people aged between 25 and 49 years living in Vincent is substantially higher than the national average.
- 24.3% of the Vincent population can be classified as baby boomers.
- 32.6% of the Vincent population was born overseas and 30.5% of the population speaks another language as their primary language.
- One and two person households comprise 47% of Vincent households.
- 49.7% of the population is families with children.
- 56.5% of the adult population has tertiary qualifications.
- 62.7% of the working population has classified their professions as sedentary.
- The median weekly individual income for persons aged 15 years and over who were usual residents was \$627, compared with \$466 in Australia.
- 10.1% of the population of Vincent has a disability.
- 0.5% of the population is of Aboriginal heritage.
- Most ToV residents walk as their principal form of physical activity.
- The majority of this walking occurs in streets or public open space.
- 93% of residents surveyed considered physical activity to be important to them.

- 18% of surveyed residents did not know what the national guidelines for physical activity recommended.
- 71% of surveyed residents did not perform enough physical activity each week to provide health benefits.
- Many people cannot differentiate between moderate and vigorous physical activity (over 16% nominated walking as their form of vigorous activity).
- 49% of surveyed residents advised they were part of a group when being active
- Over 27% of residents surveyed indicated time was the main barrier to being physical activity.
- Over 25% of residents surveyed indicated that family/work was the main barrier to being physical activity.
- Only 4.3% of people walk to work and 1.6% cycle to work.

Seniors in Vincent expressed needs and issues related to physical activity including:

- Access to physical activity opportunities is an issue.
- Variety of activities for seniors to be active together is limited.
- Neighbourhood based physical activity is the preferred type of activity.
- Some of the minority groups within the seniors (e.g. Italian) would like activities organised specifically for them.
- Neighbourhood safety is a barrier to being active.
- The need for senior's physical activity programs was clearly identified in the resident survey.

General information on physical activity opportunities included:

- Limited information about the wide range of physical activity opportunities available on Council website.
- Need to consider different ways to present the information (languages, style, targeted at certain groups, placement in media, brochures, etc).
- There is a need to disseminate additional information about local sporting clubs activities, etc.

Childcare at gymnasiums is limiting parent's opportunities to be active due to:

- Limited childcare places and times offered.
- Childcare being expensive.

Family based physical activity was identified as an opportunity with suggestions including:

- More opportunities for play (formal and informal).
- More opportunities for parent/child or family physical activity events.

Physical activity infrastructure was lacking with suggestions including the need for:

- Signage/distance markers on cycle and walking paths.
- Shade and end of route facilities in major parks.

- Footpath and cycle path maintenance.

Socially focused /group based physical activity was identified as a need with many suggesting:

- Neighbourhood based walking groups

Community based physical activity health promotion program to support the Find Thirty campaign was viewed as important and based on the community survey results, there are opportunities for the ToV to promote the importance of making time (Find 30/promoting incidental physical activity, etc) to be active, to consider options to increase people's motivation to be active and to investigate options for carers, social based physical activity, and low cost physical activity options at the community level.

Inexpensive or free physical activity opportunities were identified as a gap.

Sporting Clubs made many offers to assist the ToV in relation to promoting physical activity including:

- Providing information on physical activity activities and services to their members.
- Facilitating workshops to promote physical activity.
- Integrating people with special needs into mainstream sports.
- Other physical activity initiatives e.g. come and try days.

Offers of assistance from government and non-government agencies varied and included:

- Conducting joint physical activity projects.
- Funding of physical activity projects.
- Evaluation of physical activity projects.
- Strategic advice and resources.
- Professional development.

7.0 Key Areas of Focus for the ToV Physical Activity Strategic Plan

Based on the key findings reported above, the Town of Vincent Physical Activity Strategic Plan focuses on the following key areas.

7.1 Physical Activity: A Whole of Community Concern

Physical activity has the potential to deliver a range of benefits to local people. These include health benefits as well as social, economic, environmental and community benefits. Therefore, to increase physical activity levels, there is a need to:

- Move beyond and to complement strategies for individual change;

- Ensure that a collaborative approach is recommended to change the environments where people work and live; and
- Develop policies that may influence those environments.

Creating environments that support physical activity through policy directions will provide opportunities for individual change efforts and may lead to sustainable increases in participation.

Evidence has suggested that physical activity can make an important contribution to the social fabric of a community (Marmot, 1999). Physical activity can provide association, connectedness and freedom from isolation, and can make a positive contribution to decreasing isolation, increasing civic engagement and increasing skills for participation in society.

7.2 Environmental Factors Affecting Physical Activity

Studies show that community and neighbourhood environments impact on physical activity (Kahn, Ramsey et al. 2002; Bull 2003; McCormack , Giles-Corti et al. 2004). This includes factors such as the creation of trails and paths, exercise facilities, increased access to facilities, aesthetics and destinations, combined with information activities aimed at increasing awareness, education and motivation. The median estimates from the studies reviewed by CDC suggest that interventions addressing these factors can result in a 25% increase in the percent of persons who are active at least 3 times a week (Kahn, Ramsey et al. 2002).

8.0 Guiding Principles for the Physical Activity Strategic Plan

In line with the Town of Vincent Vision 2024, the Strategic Plan 2006 - 2011 and the Town Planning Scheme No.1 the following guiding principles have directed the development of this Strategic Plan:

- Increase participation
Resources will be invested to encourage people to be active participants rather than passive spectators.
- Local focus
Investment will be skewed towards developing and maintaining a wide range of appropriate local and district facilities, services and programs rather than a few major venues.
- Partnership
Development of facilities, services and programs will, wherever possible, be in partnership with other stakeholders to maximise usage, ownership and connectedness. Partnerships within Council will also be developed to ensure a whole of Council approach to the Strategic Plan.
- Information

Information on opportunities for, and personal benefits of, physical activity will be clear, current and readily available to the community.

- **Innovation**

The Physical Activity Plan will incorporate trend watching and innovation. It will be an underlying philosophy to understand and manage the trends that will enable meeting the vision, and defining the ideas that will become the products or services to increase physical activity within the Town.

- **Inclusion**

All services, programs and infrastructure will be recognise inclusion and diversification of all people regardless of their age, gender, ethnicity or physical capability.

In addition to these principles, the Strategic Plan focuses on a whole of Council approach to physical activity, an integrated planning approach to physical activity, the creation of safe and supportive environments, the development of strategies to meet the special needs groups, the encouragement of community participation and involvement in decision making processes and promotes activities, events and programs.

9.0 Physical Activity Objectives and Strategies

The following are the issues, policy statements, objectives and strategies developed throughout the project and endorsed by the Working Group.

The implementation of these strategies will largely be dependent on ensuring Council integrates physical activity issues into their existing decision making processes and through regular contact and liaison with external providers of physical activity services, programs and infrastructure. Many strategies can be implemented within the existing resource base of the Council, however, in some cases may be reliant on additional funding.

The following strategy sections have been written to specifically fit with the Town of Vincent Strategic Plan 2006-2011.

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Physical Activity Plan

Goal: To provide and facilitate services for a safe, healthy and sustainable community

	Actions	Resources	Measures/Targets	By Who	Dates
	1.1 Program Delivery				
1.1	(a) Run a series of introductory sessions targeting seniors on the outdoor gym equipment	Local parks equipment Promotion, advertising and instructional costs \$700 per session	Needs assessment. Programs offered. Level of uptake. Participation trends	BP, PS, CD	November 2010
1.1	(b) Investigate the implementation of a free walkable community project such as “Heart Foundation Walking” or “Pram Walking” into the community.	NHF grant and TOV operating budget Promotional costs \$1000 per year	Partnerships identified Volunteer walk organisers identified Participation rates	NHF, CD	June 2011 investigate current programs, initiate and review June 2013
1.1	(c) Implement an “Investing in Vincent” workplace wellbeing program for Council staff.	DSR funds to support and existing operating budget of \$10,000 to assist a partial subsidy system	Needs assessment conducted. Programs offered. Level of uptake. Participation trends.	BP, CD, DSR, HR	Needs assessment conducted by July 2009. First programs offered in September 2009. Pilot reviewed by June 2010

1.1	(d) Community Development to promote physical activity programs that are appropriate for a culturally diverse community.	Seek external funding to assist with program (e.g. Healthway, LotteryWest, DSR) \$5000.	Review of existing programs/services to assess CaLD involvement. Number of new CaLD attendees at programs. Services. Number of new programs targeting CaLD groups.	CD, BP	Upon receipt of external funds 2011 - 2013
1.1	(e) Develop a 'Fun for Families' program that promotes regular and sustained physical activity and builds local social capital.	External grant \$20,000, TOV funding \$5,000	Source funding for development of program	CD, PAAG	2011-2013 review June 2013
1.1	(f) Investigate the feasibility of implementing the "Walking Bus" or maketracks2school cycling program into local schools.	DPI Promotional resources by ToV \$1000/year plus n kind from CD for organisation of local WSB.	Liaise with each school in the Town's area. Develop recommendations. Liaison with DPI to implement revised WSB program. Number of programs offered.	CD, PAAG	Options report developed by Dec 2010. Programs offered in 2011/12
1.1	(g) Ongoing implementation of the Energywise program for seniors at Beatty Park. Identify any other seniors programs that may target seniors	Operating budget and user pays system	Additional Seniors involved in program Advocate for the setting up of seniors program in the Town of Vincent.	BP, CD	Energywise reviewed June 2010

1.1	(h) Continue to provide and evaluate the dog “Paws on the Path” program and use this as an opportunity to promote dog ownership as an avenue to increase physical activity.	Operating budget \$10000 for ongoing implementation	Ongoing implementation of the Paws program Increase in registrations in the Paws program	CD	Current activity evaluate Dec 2010 for future years
1.1	(i) Investigate the options for pairing volunteers with immobile and socially isolated residents as a means to transport them to physical activity opportunities.	Operating budget \$5000 for promotional strategy	Target organisation such as Volunteer taskforce, Volunteering WA and Carers WA. Number of organisations involved. Number of pairing programs occurring.	CD, PAAG	Options report developed by March 2011. Programs offered in 2011/12
1.1	(j) Continue to support and participate in physical activity events conducted by other organisations such as National Physical Activity Day, Cycle to Work Week, etc.	Operating budget, \$1200 align to current event schedule and budget	Number of events participating in. Number of partnerships engaged in.	CD, BP All	Current activity evaluate June 2011 for future years
1.1	(k) Develop and appropriately market a range of Spring walks incorporating the Wildflower, Heritage and Art walks. This will be developed as part of the wetlands heritage trail and associated website.	LotteryWest funding, Environmental Community Grant \$30,000 TOV operational budget \$2000 marketing	Trails marketing strategy developed. Ongoing development of Wetlands Heritage Trail. Trails website launched.	CD, PS	Marketing strategy developed by June 2009. Wetlands Trail developing over time. Website launched July 2010. Program run 2010/11.

1.1	(l) Incorporate physical activity into existing festivals and celebrations e.g. Harmony on Hyde, Cappuccino Festival, Mayors Christmas BBQ, etc	Operating budget aligned to current event schedule and budget	Physical activity elements incorporated into each event.	CD	Review June 2010
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1.2 Information Dissemination					
1.2	(a) Provide information on physical activity, sporting clubs, Public Open Space and privately operated physical activity opportunities in each place based area, through the ToV website and ToV News.	Operating budget aligned to current event schedule and budget	Development of TOV Physical Activity webpage.	PR, CD	Site page developed and launched by June 2011. Regularly updated.
1.2	(b) Develop an information data base that identifies physical activity opportunities within the Town and includes benefits for defined population groups.	Operating budget aligned to current event schedule and budget	Number of hits to the webpage	PS, CD	Information available by December 2010.
1.2	(c) Align the Physical Activity Strategy with the Find Thirty campaign as the key message for being active.	Operating budget, aligned to current projects. In kind support using NHF resources	Develop and promote Active Vincent message. Integrate message on all relevant ToV outgoing communication. Develop	CD, PR, All, PAAG	Criteria developed by June 2010. Messages incorporated in correspondence as of Dec 2010.

		and messages.	criteria to assist with consistency.		
1.2	(d) Promote and continue to provide the Town of Vincent Access Guides within the community.	Department of Planning and Infrastructure DPI	Provision of access guides to all new residents. Number of enquiries for Access Guides.	PR, Customer Service	Current activity – ongoing. Review by December 2010
1.2	(e) Use the ToV GIS system to generate online place based maps of all physical activity opportunities, overlaid with public transport routes.	Operating budget aligned to current projects.	GIS consultant to set up PA overlay on Intramaps (stage 1). Launch organised and publicized (stage 2). Promotion of online maps ongoing.	CD, IT	Stage one completed by June 2010. Stage two completed by June 2011.
1.2	(f) Better utilise Beatty Park as an avenue to disseminate community based physical activity information.	Operating budget, in kind support.	Increase in amount and variety of PA information available at Beatty Park.	BP, CD	June 2010
1.2	(g) Develop partnerships with local schools as an avenue to distribute regular information about physical activity via newsletters and websites.	Operating budget aligned to current projects. In kind support with information in school newsletters	Number of partnerships developed. Number of notices placed on school websites or in newsletters.	CD, Schools, HF, PAAG	Partnerships developed by Dec 2010. Dissemination by July 2011.

1.2	(h) Develop partnerships with local ethnic groups to encourage them to provide information on physical activity in local languages.	Operating budget aligned to current projects.	Number of formal partnerships developed and documented. Number of PA opportunities promoted by groups.	CD, PAAG	Partnership identified by December 2010. Information presented in culturally appropriate ways by Feb 2011.
1.2	(i) Include information on physical activity opportunities within the Town in the “Welcome Packs”.	Operating budget	Welcome Packs amended to include PA information. Welcome Packs evaluated on an 18 month cycle.	PR, PAAG	June 2010
1.2	(j) Develop electronic brochures on the “best of” parks located within the Town.	Operating budget \$2000 aligned to current projects.	Best of Parks brochure developed and promoted.	PS, CD	December-2010
1.2	(k) Highlight regular good news media stories on physical activity events or participation within the Town.	Operating budget	Number of good news stories published in media or local ToV Newsletter. Number of statewide media hits about ToV.	CD, PR, PS, Planning, PAAG	Initiated May 2010, reviewed May 2011.
1.2	(l) Develop an internal partnership with the Library to regularly provide or display information on physical activity in all areas of the facility including the Caterpillar Corner and Headspace areas.	Operating budget, In kind support from library	Partnership developed with Library. Number of displays during a 12-month period.	CD, Library staff	Partnership explored, scoped and developed by March 2010. Displays regularly from Feb 2010 – 2013.

1.2	(m) Work with Environmental Health to advocate for and incorporate physical activity and healthy eating into everyday business.	Healthway Healthy Local Government Grant	Application developed and submitted.	HS, CD, Consultant	Reviewed implemented by March 2010, review December 2010.
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1.3 Creating Environments that Support Physical Activity					
1.3	(a) Ensure that when parks and reserves are planned or included within general maintenance programs, the need for infrastructure that supports physical activity such as grassed areas, picnic facilities, seating, playgrounds, shade provision, taps, walking	Operating budget. In kind support, advice and commitment required from Officers	PA checklist developed for this purpose and used by all relevant Officers.	PS, CD, TS, PAAG	Checklist developed by intersectional team by Sept 2010. Review October 2011
1.3	(b) Ongoing implementation of the planning process where environmental features that support participation in physical activity are integrated into the existing development application process.	Operating budget with expertise from other Councils currently developing systems. Healthway Healthy local Government Funding available.	Application of Town's Parking and Access Policy No. 3.7.1 that requires bicycle racks and end of trip facilities for new and change of use commercial development and the application of adjustment factors for development in close proximity of	Planning CD	Review June 2010

			public transport.		
1.3	(c) Ongoing implementation of the Planning and Access Policy that encourages local businesses to provide activity-friendly facilities such as bike racks, showers and lockers. Acknowledge innovators publicly where practical.	Operating budget aligned to current projects.	Application of Town's Parking and Access Policy No. 3.7.1 that requires bicycle racks and end of trip facilities for new and change of use commercial development and the application of adjustment factors for development in close proximity of public transport.	CD, PR, Planning, TS	Review Dec 2010
1.3	(d) Reassess creche fees and timetables at all facilities that are managed or funded by the ToV.	Operating budget	* this refers to a match between services wanted and crèche services	BP	May 2010
1.3	(e) Instigate forward planning processes to ensure cycle and dual use paths link and provide continuous and safe	Operating budget aligned to current projects.	CD staff integrated into the planning process for paths and cycle ways.	TS	Ongoing, review June 2012

	routes to major destinations.				
1.3	(f) Commence placing distance markers along major cycle and dual use paths.	Subject to external funding and Main Roads Approval	Number of distance markers placed along paths.	TS	Funding identified and staged future placement of signs ratified by Council by Dec 2010. Placement 2011/12
1.3	(g) Develop criteria for the purchase and placement of outdoor gymnasium equipment in local parks. Criteria should reflect usage of park, local demographics and ability to co-share with institutions such as schools.	Operating budget aligned to current projects.	Needs assessment conducted. Programs offered. Level of uptake. Participation trends.	PS, CD	Criteria developed by June 2009. Purchase of equipment inline with criteria (one set per year) to start in October 2009. Installed March 2010.
1.3	(h) Review the policy in Parks to ensure that all renovated or new parks are equipped with equipment and facilities that match the local or predicted demographics.	Operating budget aligned to current projects.	Needs assessment conducted. Programs offered. Level of uptake. Participation trends.	PS, CD	Needs & demographic assessment conducted on a project basis by March 2011. Changes to parks policy by Aug 2011.

1.3	(i) Review end of route facilities at the Town of Vincent Administration and Civic Centre and install adequate facilities to promote active transport.	External funding sought dependant upon any lack of facilities	End of route audit undertaken. Recommendations made for upgrade over a three year period.	HS, CD, TS, PAAG	Audit conducted by Sept 2010. Recommendation report for future changes ratified by Feb 2011. For 2011/12 budget
1.3	(j) Review and plan for additional playground equipment and recreational facilities for people with a disability throughout ToV.	Operating budget aligned to current projects. External support sought from DDS.	Demographic changes in Town noted when developing or renovating playgrounds. Playground checklist developed to reflect this process.	PS, CD, Universal Access Advisory Group	Needs & demographic assessment conducted by March 2010. Changes to parks policy by Aug 2010.

1.4 Physical Activity Partnerships					
1.4	(a) Establish a Physical Activity Advisory Group (PAAG) with terms of reference to oversee the implementation and evaluation of the ToV Physical Activity Strategic Plan.	Operating budget	Advisory group established. Commitment by committee members monitored. 2 year Action Plan developed	CEO, PAAG	PAAG established by October 2009. Action plan developed by April 2010.
1.4	(b) Work with interested sporting clubs and DSR to develop come and try opportunities. Promote these as a partnership between the ToV and	Operating budget aligned to current projects., external grants sought from DSR and sporting clubs	Number of sporting groups interested in program. Number of come and try days organised. Increase in sporting club members.	CD, Sporting Clubs, PAAG	Survey of sporting clubs by December 2010. Come and try opportunities planned for 2011/12 Review Dec 2012

	sporting clubs.				
1.4	(c) Continue to seek and source funding to support the implementation of the ToV_Physical Activity Strategic Plan.	Operating budget	Number of grants submitted. Number of grants successful.	CD, All, PAAG	May 2010
1.4	(d) Advocate for and wherever possible, integrate physical activity philosophies and strategies into other ToV policies and plans (e.g. Public Health Plan, Environment Plan, etc).	Operating budget	Number of new policies that integrate PA, Travelsmart or healthy eating strategies.	CEO, Directors, Managers, PAAG	Review Dec 2010

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SUPPORTING MATERIAL

1.0 Policy Analysis

1 Introduction to the Policy Analysis

This Policy Compatibility Appraisal is intended to provide a preliminary description of the status of the policy and planning environment surrounding physical activity within the Town of Vincent (ToV). It is the first of several steps in preparing a whole of local government action plan for a physical activity plan. The analysis focuses on the assessment of the current ‘state of play’ in regard to strategic and operational planning. Stoneham and Associates is looking particularly at the level of integration between corporate and operational policy and planning documentation. The conclusions of this analysis will be used to inform the development of the physical activity plan.

It is important to note that this analysis is a desktop exercise only. The observations made IN NO WAY reflect upon the actual management of business units across the Council. Any recommendations outlined in this analysis speak more to the constraints of the current strategic and business planning environment of the organisation, especially in regard to the required strategic and business planning documentation and processes.

2 Results of the Policy Analysis

Vincent Vision 2024

Beginning in April 2004 the Town of Vincent embarked on Vincent Vision 2024, which aimed to establish a long-range ‘community vision’ for a new Town Planning Scheme and to guide the strategic direction of the Town of Vincent into the future.

The *Vincent Vision 2024* project produced a community vision for the future of the Town of Vision as a whole and community visions for five place based areas:

- ❖ Leederville West Perth
- ❖ Mt Hawthorn
- ❖ Perth
- ❖ North Perth
- ❖ Mt Lawley Highgate

Additionally a series of community visions for what the Community Visioning Taskforce determined to be the most important ‘topics’ for the community were developed and these were based on the combined results of the Community Survey and Community Vision Workshop. These eight areas have become the key focus areas for *Vincent Vision 2024* and each of the Place Visions.

One of the key areas was determined as Parks and Community facilities and the key actions were identified as follows:

2006-2010

- Complete the Feasibility Plan, investigate funding options and investigate and implement the refurbishment and redevelopment of Beatty Park Leisure Centre.
- Beatty Park Leisure Centre will expand the range of recreational programs and community and cultural activities to meet the changing needs of the community.
- Beatty Park Leisure Centre's gardens will be maintained and enhanced during future redevelopment of the facility both as part of the Town's commitment to the heritage significance of the plantings, and also the aesthetic value the gardens provide for users of the facility.
- The Library will introduce services that the community has identified as lacking, in the Community Library survey.
- Prohibition of Smoking in designated Playgrounds and near entrances and air-conditioning intakes of Council Buildings.
- Water quality of lakes to be monitored and improved in future.
- Universal access to be improved continuously at Council properties as part of Building Maintenance Programme."

Strategic Plan 2006-2011

The Town's Strategic Plan provides a five-year operational plan aimed at enhancing and celebrating the diverse community. It contains clear purpose and vision statements, guiding values and strategic options and actions.

The purpose of the Strategic Plan can be closely linked with any potential purpose or mission for a physical activity plan, as it is "to provide and facilitate services for a safe, healthy and sustainable community".

The vision is more strategies in its approach and aims to achieve a sustainable and caring community built with vibrancy and diversity.

The Strategic Plan is the highest-level strategic planning document for the Town of Vincent. The Strategic Plan focuses on Vincent as a place and identifies strategic themes underpinned by principles including:

- Excellence and service;
- Honesty and integrity;
- Innovation and diversity;
- Caring and empathy; and
- Teamwork and commitment.

Key philosophical perspectives include:

- The Strategic Plan stresses the importance of integrating planning using terms such as “good strategic decision-making” and “a commitment within and between our employees and our business partners and community”.
- Integrated delivery processes are emphasised to some degree throughout the Strategic Plan. This is acknowledged with many of the actions having more than one “by who” business unit responsible for action. This is one step towards breaking down the silo approach to local government business.
- Community development principles are clearly identifiable in the Plan and the core values and appear to be ‘mission critical’ within the Strategic Plan. For example, enhancing community development and wellbeing is a strategic objective and in the overview, key trends and challenges, meeting community demand is a key challenge.

More specifically, components of local government practice that will promote physical activity for residents are evident throughout the Plan. Although not mentioned specifically, physical activity is inherent in the following objectives:

- 1.1.5 Enhancing and maintaining parks and community facilities;
- 1.1.6 Enhancing and maintaining the Town’s infrastructure to provide a safe, healthy and functional environment;
- 2.1.2 Developing and promoting partnerships and alliances with key stakeholders
- 2.1.7 Implementing the Leederville Masterplan
- 3.1.1 Celebrating and acknowledging the Town’s cultural and social diversity
- 3.1.2 Providing and developing a range of community programs and community safety initiatives
- 3.1.3 Determining the requirements of the community
- 3.1.4 Continuing implementation of the principles of universal access
- 3.1.5 Focus on customer needs, values engagement and involvement
- 4.1.5 Plan effectively for the future
- 4.1.6 Focus on stakeholder needs, values, engagement and involvement
- 4.2.1 Providing quality services with the best use of resources
- 4.2.3 Promoting employee satisfaction and wellbeing and a positive workplace

The Strategic Plan is intended to inform the development of the Annual Business Plan and the Business Unit Business Plans. Therefore, the key concepts, objectives

and strategies of the Strategic Plan should be reflected and addressed in total across all the Business Unit Business Plans, as there is no other way to achieve the objectives of the organisation. This means that there should be clear 'lines of sight' between the objectives and strategies of the Strategic Plan and the goals and objectives of the Business Unit Plans. The former should cascade down into the latter. This will be taken into account when developing the Physical Activity Plan.

ToV Environment Plan 2007 - 2012

Vincent has developed a Sustainable Environment Plan 2007-2012 aimed at involving the community during the current five-year plan period as it believes that the environmental impacts are closely linked with economic and social sustainability. The environmental plan addresses the 5 key components of air, water, biodiversity, energy and waste management.

The air component focuses on travel smart options, including walking and cycling maps, carbon neutral fleet vehicles through a tree planting program and a healthy home program aimed at increasing indoor air quality.

Council Policy

A number of Council policies are relevant to physical activity and include:

Community Development

"1.1.2 Use and Hire of Recreational Reserves and Parks

To provide guidelines for the conditions of use and the responsibility of persons/organisations and schools/P&C Associations (for the benefit of the school), making applications for the use or hire of the Council's reserves and parks"

"1.1.3 Floodlight Installation by Sporting Organisations on Council's Reserves

The determination of uniform standards and conditions for the installation of floodlighting by sporting organisations on Town owned reserves."

"1.1.5 Donations to Sports People

To establish the circumstances under which the Town of Vincent may provide financial assistance to individual residents and community based teams participating in State, National or International Sporting Competitions."

Finance

"1.2.1 Terms of Lease

To encourage proper stewardship of Council property and provide satisfactory and traditional lessees with security of tenure.”

Technical Services

“2.1.5 Line Marking on Sporting and Recreation Grounds

To specify requirements which are to be complied with when line marking any of the sporting or recreation reserves or grounds in the Town of Vincent by any parties so authorised to do so.”

Chief Executive Officer

“4.1.18 Naming of Reserves and Buildings

The procedure to be undertaken when naming Parks, Reserves and Buildings under the Council’s jurisdiction.”

Dog User Survey

In April 2005 a dog needs survey was completed. 253 responses were received. Key finding related to physical activity included that the majority of responders were physically active with their dogs at least once a day (90%), and the most common place to exercise dogs was the local park.

In determining the type of exercise that dog owners engaged in with their dogs, all respondents stated that they exercise their dog at the park with 31% using other facilities such as beaches, around lakes and forests. 43% stated they walked their dog around the neighbourhood and while talking kids to school.

Respondents were asked to list five of the most important facilities and services that you would like to see the Town focus on in relation to dog ownership. The responses were as follows:

- Off lead areas/dog exercise areas;
- Available pooch bags and bins;
- Drinking facilities;
- Lights on at parks; and
- Dog training.

Conclusion

Overall, physical activity is reflected and supported in the policy environment of the Town of Vincent. When developing the Physical Activity Plan, all strategies whether they are innovative or incremental, will take into account the prevailing and contending philosophical perspectives of the ToV and will ensure that efforts are made to understand and manage the impacts and constraints of these perspectives upon the new strategies.

3.0 Demographics

Introduction

The population figures for the Town of Vincent have been compiled from the Australian Bureau of Statistics, 2006 Census of Community Profiles.

The Town consists of a total population of 26,878 people, representing an increase of 2.1% from 2005. The following table represents the age group in Vincent and it is interesting to note that when compared to the national average, the percentage of people under 15 years of age is considerably lower (13.1% for Vincent compared to 19.8% for Australia). Conversely the percentage of people aged between 25 and 49 years living in Vincent is substantially higher than the national average. A total of 24.3% of the population can be classified as baby boomers and this will have a major impact on the need for services and facilities over the next 10 years.

Age group	Total Number	Total Percentage	Aust National Percentage
0-4	1489	5.5	6.3
5-14	2040	7.6	13.5
15-24	2656	13.6	13.6
25-54	14206	52.9	42.2
55-64	2130	7.9	11
65 +	3359	12.5	13.3
Median age	35		37

Table One – Town of Vincent Demographics

Population Trends as they Relate to Physical Activity

Participation trends in organised sport and physical activity for the Town of Vincent were unable to be accessed. However, studies have shown certain groups within populations are likely to be less active. It is important to recognise these groups to enable specific strategies to be targeted at risk groups.

Table Two illustrates how the demographic data for Vincent is directly relevant to physical activity rates.

ABS data for Vincent	Relevance to Physical Activity
Aging population – 2006 data indicate that 20.4% of the population is 55 years or older.	<p>Vincent’s ageing population highlights the need for an increased focus on improving levels of physical activity across the life course.</p> <p>Older people are less likely than others to be physically active (Newman and Kenworthy, 2000). If older adults could be encouraged to be more active as they age, frailty and disability associated with falls would be reduced and function and physical and mental health in older people would be improved (US Surgeon General Report, 1996).</p> <p>There is a middle-age slump with the lowest rates of physical activity among adults between their 40s and 50s.</p>
Median age across all suburbs is 35 years.	Middle aged adults and parents of young children are less likely to be active.
Males and females are evenly distributed across the City.	<p>Women are 20% less likely to report leisure time physical activity.</p> <p>Married women, especially those with children, reported less leisure time physical activity than their age-matched counterparts.</p> <p>Females are more likely to walk for exercise (53%) than males (44%).</p> <p>Women are more likely to be sedentary or have low levels of physical activity than men. Of those aged 15 years and over, 73% of females reported sedentary or low exercise levels compared with 66% of males (ABS 2006a).</p>
32.6% of the population was born overseas and 30.5% of the population speaks another language as their primary language.	<p>People who do not speak English at home are less likely to report physical activity (AIHW 2003).</p> <p>In 2004-05, Australians aged 15 years and over born in Southern and Eastern Europe (79%), or Southern and Central Asia (81%), were more likely to be sedentary or have low exercise levels than those born in Australia (69%), after adjusting for</p>

	age differences.
One and two person households comprise 47% of Vincent households.	This is a positive for physical activity trends – people without children tend to be more active.
49.7% of the population is families with children (single or dual parent).	Physical activity is important for all in the family. Competing demands on the time and resources of young parents can often result in declining physical activity and weight gain in this population group. Women are 20% less likely to report leisure time physical activity. Married women, especially those with children, reported less leisure time physical activity that their age-matched counterparts.
56.5% of the adult population has tertiary qualifications.	People who attend tertiary education are more likely to report leisure time physical activity than people who were least educationally advantaged. Yet, when the tertiary educated individuals reach middle age, there is an opposite trend – there is a decline in physical activity among middle aged tertiary educated – suggesting that work pressures and lack of time play a major role in the decline of activity levels among adults.
62.7% of the working population has classified their professions as sedentary (i.e. professionals, managers, clerical).	WHO acknowledges that workplaces are important settings for health promotion and recommend that workplaces support and encourage physical activity particularly with the increase of sedentary type professions.
The median weekly individual income for persons aged 15 years and over who were usual residents was \$627, compared with \$466 in Australia.	This is a positive trend as research indicates that revealed that people living in lower socio-economic status areas were less likely to be sufficiently active for health (Kavanagh et al. 2005).
10.1% of the population of Vincent has a disability. Of this	People with a disability have extremely low

<p>10.1%, those with a severe disability represent 43%.</p>	<p>levels of participation in PA and poor levels of health, and die of preventable diseases 20 years younger than the general population (Collier 2004).</p> <p>50% of children or adolescents with a disability performed sufficient physical activity to meet Australian guidelines (Packer et al. 2006).</p>
<p>The median weekly family income in Vincent was \$1,627, compared with \$1,171 in Australia. However, In Vincent the median weekly rent was \$205 (compared to \$190 in Australia) and the median monthly housing loan repayment was \$1,600 (compared to \$1,300 in Australia).</p>	<p>Those with limited available income are less likely to be active.</p>
<p>There is a 3.3% unemployment rate for those aged over 15 years.</p>	<p>Available data suggests that people without a reliable income are more likely to be sedentary and also more likely to be above the healthy weight range (NHMRC, 1997; Owen & Bauman, 1992).</p>
<p>There is a lower level of car dependence with 31.3% of the population using cars as the main mode of travel to work. 4.3% of people walk to work and 1.6% cycle to work.</p>	<p>The benefits of an active community include personal health, improved air quality through reduced car emissions, and improved utilisation of public transport options (Mason, 2000).</p>
<p>0.5% of the population is of Aboriginal heritage.</p>	<p>There is an indication that in general, Aboriginal people may not self identify, resulting in underestimates of percentages.</p> <p>The 2004–05 National Aboriginal and Torres Strait Islander Survey (NATSIHS) collected information about the frequency, intensity and duration of exercise undertaken by Indigenous Australians aged 15 years and over in non-remote areas. Among those surveyed, around three-quarters</p>

	(75%) were categorised as either sedentary or engaged in low levels of exercise, 18% reported moderate exercise levels and 7% reported high exercise levels (ABS 2006b).
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Table Two – Vincent demographics as it relates to physical activity trends

Trends in Suburbs

To assist in planning where future services may be positioned within the Town, local demographic trends of the five place based areas have been included.

Leederville

Total Population	2741
Total males	1345
Total females	1396

Age

Age Groups	Total number in Leederville	% of Leederville's population
0-4	131	4.8
5-14	145	5.3
15-24	410	15
25-54	1550	56.5
55-64	194	7.1
65 +	312	11.4

Family Structure

Total number of families	644	
	Total Number in Leederville	% of Leederville's population
Couples with children	196	30.4
Couples without children	339	52.6
Sole parent	81	12.6
Other	28	4.3

Other facts

- 6 Indigenous residents
- Median age of population is 33 years
- 33.9% of Leederville's population was born overseas
- Main foreign languages spoken at home include Italian (5.3%), Vietnamese (1.6%), Mandarin (1.6%), Cantonese (1.5%) and Greek (1%).

West Perth

Total Population	3806
Total males	1989
Total females	1817

Age

Age Groups	Total number in WP	% of WP's population
0-4	84	2.2
5-14	114	3
15-24	675	17.7
25-54	2108	55.4
55-64	361	9.5
65 +	465	12.2

Family Structure

Total number of families	671	
	Total Number in WP	% of WP 's population
Couples with children	119	17.7
Couples without children	442	65.9
Sole parent	73	10.9
Other	37	5.5

Other facts

- 12 Indigenous residents
- Median age of population is 34 years
- 41.9% of West Perth's population was born overseas
- Main foreign languages spoken at home include Mandarin (3%), Italian (2.7%), Cantonese (2.2%), Korean (1.1%) and Japanese (1%).

Mt Hawthorn

Total Population	5849
Total males	2900
Total females	2949

Age

Age Groups	Total number in Mt H	% of Mt H's population
0-4	540	9.2
5-14	735	12.6
15-24	549	9.4
25-54	3028	51.8
55-64	407	7
65 +	589	10.1

Family Structure

Total number of families	1524	
	Total Number in Mt H	% of Mt H's population
Couples with children	764	50.1
Couples without children	569	37.3
Sole parent	170	11.2
Other	21	1.4

Other facts

- 19 Indigenous residents
- Median age of population is 35 years
- 25.3% of Mt Hawthorn's population was born overseas
- Main foreign languages spoken at home include Italian (6.3%), Greek (1.8), Macedonian (0.9%), Cantonese (0.8%) and Vietnamese (0.5%).

North Perth

Total Population	7828
Total males	3847
Total females	3981

Age

Age Groups	Total number in NP	% of NP's population
0-4	464	5.9
5-14	670	8.6
15-24	1002	12.8
25-54	3820	48.8
55-64	612	7.8
65 +	1263	16.1

Family Structure

Total number of families	1879	
	Total Number in NP	% of NP 's population
Couples with children	746	39.7
Couples without children	827	44
Sole parent	248	13.2
Other	58	3.1

Other facts

- 38 Indigenous residents
- Median age of population is 37 years
- 31.8% of North Perth's population was born overseas
- Main foreign languages spoken at home include Italian (9.3%), Vietnamese (2.5%), Greek (2.2%), Macedonian (1.8%) and Cantonese (1.5%).

Mt Lawley

Total Population	10001
Total males	4883
Total females	5113

Age

Age Groups	Total number in ML	% of ML's population
0-4	447	4.5
5-14	897	9
15-24	1528	15.3
25-54	4830	48.3
55-64	1006	10.1
65 +	1293	12.9

Family Structure

Total number of families	2254	
	Total Number in ML	% of ML's population
Couples with children	979	43.4
Couples without children	937	41.6
Sole parent	274	12.2
Other	64	2.8

Other facts

- 61 Indigenous residents
- Median age of population is 36 years
- 29.7% of Mt Lawley's population was born overseas
- Main foreign languages spoken at home include Italian (4.8%), Vietnamese (1.1%), Greek (1%), Mandarin (0.8%) and Polish (0.8%).

Highgate

Total Population	1741
Total males	886
Total females	855

Age

Age Groups	Total number in Highgate	% of Highgate's population
0-4	66	3.8
5-14	84	4.8
15-24	256	14.7
25-54	964	55.4
55-64	164	9.4
65 +	207	11.9

Family Structure

Total number of families	347	
	Total Number in Highgate	% of Highgate's population
Couples with children	99	28.5
Couples without children	186	53.6
Sole parent	44	12.7
Other	18	5.2

Other facts

- 26 Indigenous residents
- Median age of population is 35 years
- 39.1% of Highgate's population was born overseas
- Main foreign languages spoken at home include Vietnamese (4.2%), Italian (3.3%), Cantonese (3%), Mandarin (2%) and Serbian (1.7%).

Population Projections

The population projections to 2031 for the Town of Vincent indicate that it is expected to continue to have a slight increase every five years to 2021. This trend is illustrated in Table Three and Figure One.

	Male	Female	Total
2006	13584	13296	26880
2011			27100
2016			28000
2021			29000

Table Three – Population Projections for ToV

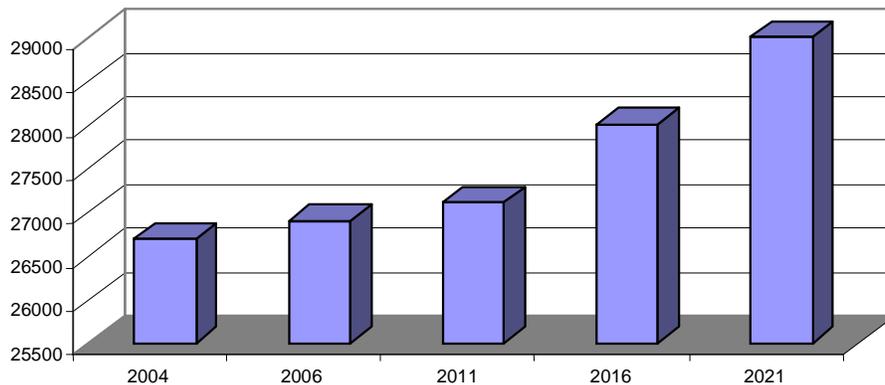


Figure One – Population Projections for ToV 2004 - 2012

Source: Ministry for Planning (2005) Western Australia Tomorrow, Population Report No 4, November.

4 Physical Activity in Western Australia – A Snapshot

The 2006 adult physical activity survey revealed that 59% of adults participated in sufficient physical activity* to accrue health benefits. This figure was 58% in 1999 and 55% in 2002. Twelve percent of respondents indicated they were completely inactive and 29% were insufficiently active.

Sixty-one percent of men were more likely to be active compared to 56% of women. Participation in sufficient levels of physical activity decreased with advancing age.

* Current Australian Guidelines suggest encouraging adults to be active every day in as many ways as they can be, and to put together 30 minutes or more of moderate-intensity activity on most, or preferably all days of the week (Commonwealth Department of Health and Aged Care 1999).

Higher levels of physical activity were observed in younger adults, those with a university education, those whose household income was more than \$1200/week, and those not in a relationship (PATF, 2007).

5 Trends in Physical Activity – What is making a Difference?

There is clear evidence that physical activity confers health benefits and reduces the risk of ill health. For example, there is evidence of the impact that physical activity has on chronic conditions varies with reasonably strong evidence being observed for the prevention of CVD, diabetes, colon and breast cancer.

In *older adults* there is good evidence that physical activity can decrease the risk of premature death from a range of chronic diseases and increase muscle and bone strength. Evidence also exists to state that physical activity can prevent falls and improve health outcomes in people who are overweight or obese.

In *children*, there is good evidence to suggest that physical activity can have beneficial effects on adiposity, skeletal health, psychological indicators and can have a positive correlation with behaviours such as not smoking.

There is growing evidence in how the *social and mental health benefits* of physical activity contribute to the overall health benefits of being active. Individuals who are adequately active can enjoy a higher quality of life, improved physical function, reduced pain, and a higher level of social and mental health (Stephenson et al. 2000).

At the *individual levels*, there is evidence that investing in physical activity can prompt those who are inactive to change their behaviour. Physical activity is an individual behaviour, yet it is influenced by many factors outside an individual's control. Research has found that motivational factors conducive to changing physical activity behaviour vary considerably among adults and are influenced additionally by gender, education and socioeconomic factors. For example, some adults are able to increase physical activity once they understand its important linkage with health and longevity, particularly among those who are well educated and who have a family history of cardiovascular disease. However, for most adults,

especially younger adults, the major reason for beginning and maintaining a physical activity program is for short-term benefit (i.e. to look attractive) (Troiano 2000). For older adults, the motivations have been found to be quite different. There is less emphasis on looking attractive and more emphasis on maintaining mobility and independence or socialising with others (King et al. 1998).

Receiving *advice from a physician* regarding the benefit of being physically active can encourage many, especially those in high risk populations, to begin or continue an activity program. Eakin et al. (2005) found that evidence-based primary care physical activity counselling protocols can be translated into routine practice, although the initial and ongoing investment of time to develop partnerships with relevant healthcare organisations was required. The barriers to GPs becoming more actively involved in physical activity interventions are cited to be time and training, insufficient materials, lack of continuing education, absence of financial incentive and lack of confidence in their skills to motivate patients to exercise (Bull, Schipper et al. 1995).

On a *community level*, a promising approach is a combination of targeted individual interventions and environments that are conducive to physical activity. Several ways exist in which environments can be modified to support and encourage physical activity. Some of the obvious ways include urban design as well as access to trails, facilities and safe places to be active. Access to major destinations by walking and cycling have been shown to be a motivator for physical activity (Kahn, Ramsey et al. 2002; Bull 2003; McCormack, Giles-Corti et al. 2004).

More subtle changes can also be used to promote an *increase in daily activity* expenditure. Examples of these changes include providing an opportunity to use stairs in public buildings by making stairways obvious, attractive and well lit, providing reminders that encourage the use of stairs as an alternative to elevators and promoting climbing while riding escalators. Settings for successful use of point of choice signage have included worksites (Kerr, Eves et al. 2001; Titze, Martin et al. 2001), universities (Russell, Dzewaltowski et al. 1999; Boutelle, Jeffrey et al. 2001), airports (Coleman, Gonzalez et al. 2001), health care settings (Marshall, Bauman et al. 2002) and shopping centres (Anderson, Franckowiak et al. 1998; Kerr, Eves et al. 2001).

An integral part of *system level and policy changes* is the involvement of the community members. If individuals in the community advocate for change, the changes are more likely to lead to continued development of activity friendly neighbourhoods. This process also involves social support in a number of ways. Active communities foster programs that encourage children to walk to school, organise local physical activity programs and promote neighbourhood safety, all of which can provide social support to individuals within the community. Communities can also increase physical activity levels of their residents by providing access to facilities, organising neighbourhood watch programs or walking groups to promote

safety. Other innovative ideas that have been suggested to increase physical activity on a community level include those that provide social support and building social networks within community and are strongly recommended as effective interventions (Kahn, Ramsey et al. 2002; Bull 2003). Examples of activities that provide social support are walking groups and the creation of social networks outside the family setting such as workplaces.

Among the *potential determinants* of physical activity that have been studied, lack of social support from family or friends has been found to be important for college students, adults, women and older adults. However, lack of social support has a stronger association with physical inactivity than activity, suggesting that once active, social support may not be as important (Leslie 1999; Eyster 1999; Sallis 1997). Therefore, social support and community support in the form of programs may be more important for getting people initially involved in physical activity, and other factors may be more important in keeping people active. Because the majority of health-related benefits are obtained by getting sedentary people to become active, this initial step may have valuable benefits (US Dept Health 1996).

Neighbourhood safety is an area that has been identified recently as a potential deterrent for older adults (Eyster 1998). The prevalence of inactivity was shown to increase dramatically among residents ≥ 65 y old who perceived their neighbourhood to be unsafe. This effect was not seen among younger adults, suggesting that older adults may be more dependent on local resources for being active. This observation is consistent with other studies that find adults and college students prefer home-based programs rather than programs that require travel to a facility (Sallis 1997). These findings emphasise the importance of the local community as an agent in physical activity promotion.

In conclusion, determinants of physical activity vary considerably among both adults and children due to a complex mix of personal characteristics, socio-demographic conditions and numerous environmental influences. As with other health behaviours, knowledge of the health benefits of physical activity is not sufficient to bring about individual changes. Despite attention to recent research suggesting that even moderate intensity physical activity is associated with significant health benefits (US Surgeon General, 1996), measurable levels of leisure time activity have not changed appreciably (Macera, 2000). It is clear that effective strategies to increase physical activity levels in the population should involve multiple components rather than rely solely on personal motivation and individual behaviour. However, the identification of the various personal, environmental and social factors that influence physical activity and their interactions is incomplete (Troiano et al. 2001). Furthermore, methods to increase and maintain physical activity using a combination of approaches have not been thoroughly studied, especially among subgroups of the population. Multifaceted interventions must be developed, evaluated and implemented. Until then, physical activity levels are not

likely to increase because of technological changes that conserve human energy, environmental and social constraints that promote isolated lifestyles, and safety concerns that might inhibit outdoor activity.

6 Which Local Governments are Addressing Physical Activity locally?

City of Perth

The City of Perth adopted a Physical Activity Plan in 2006. Although the plan covers strategies for all ages and capabilities, the City of Perth has attempted to prioritise strategies towards the 98 500 people who visit the City centre each day as workers. An outcome of this approach has been the development of a workplace based physical activity framework.

In 2008, the City of Perth employed a full time Health Promotion Officer, who specifically focuses on physical activity programs.

City of Fremantle

The City of Fremantle is one of the more progressive local governments when it comes to physical activity. The City adopted a whole of local government physical activity strategic plan in 2005. In addition, the City has been successful in gaining a further 2 PATF grants to assist with the implementation of the Plan. Specific programs conducted within the City include the Heart Foundation Walking program, Active Parks, the commuter challenge, the development of physical activity branding, the integration of physical activity into a range of council business units everyday procedures and development of a GIS based trails program. The City employs a Recreation Manager who devotes 35% of their time to physical activity and a part time physical activity officer. In 2008, the City employed a consultant to update the Physical Activity Strategic Plan and to apply for another round of PATF funding.

In 2006, the City won the best overall national prize for the most innovative physical activity program in local government. This prize was awarded for the Council's work in developing a tool to assist planners to place conditions of approval on development applications to promote environments that are supportive of physical activity.

City of Stirling

The City of Stirling does not have a large role in service provision for physical activity, but does have four venues where external contractors deliver a broad range of physical activity programs for all ages.

The City does not employ a Physical Activity Officer nor does it have a Physical Activity Plan. Leisure and Recreation Services with the City does have a peripheral role with physical activity and employ Leisure Planners, a Club Development Officer and a Recreation and Leisure Officer.

The City promotes its 'Bushlinks' brochure, which highlights walkways and cycle paths available in the city. It also has the 'Follow my Lead' program that is designed to increase the physical activity levels of City residents whilst also encouraging responsible dog ownership in the local community.

Town of Cambridge

The Town of Cambridge offers limited community based physical activity programs. The Bold Park Aquatic Centre is the Town's major facility and offers a range of programs including swimming classes for all ages, aqua-aerobics, Body Harmonics program and the Living Longer Living Stronger program for seniors.

There is no Physical Activity Officer employed with the Town however a range of Officers deal with physical activity (but not in a connected or integrated manner) and these include Recreation Officers, the Community Development Officer and an Administration Officer who liaises with sporting clubs.

The Town advised that they are currently reviewing their strategic plan and will include references to physical activity within the updated version.

City of Bayswater

The City of Bayswater does not have a Physical Activity Officer or a discrete physical activity plan, however the Department most aligned with physical activity services is Recreation Services. Positions dealing with physical activity include:

- Recreation Officer – Health and Physical Activity;
- Clubs Officer;
- Facilities Coordinator;

- Administration Booking Officer; and
- Events Coordinator.

Other than the major facility, which is the Bayswater Waves (gm and pool), there are a number of community based physical activity program coordinated by the City. These include Walking groups for everyone, but specifically targeting the over 55s, active playground designs, and the support and promotion of opportunistic events such as Cycle week, Walk week and Seniors Week – Have a go day.

City of Melville

The City of Melville has a City Lifestyle Business Unit. This Unit manages three lifestyle centres including Leeming Recreation Centre, Melville Aquatic Centre and Melville Recreation Centre. The majority of physical activity programs offered by the City are run out of these centres. Programs are offered for all ages and capabilities including seniors, people with a disability, children (e.g. gymbakids, vacation care etc), as well as more generic options including yoga and pilates.

The Leeming Recreation Centre is currently undergoing a \$8.1 million redevelopment. The City appointed a sustainability consultant to ensure the centre is energy and water efficient and socially and economically viable. The redevelopment will include new areas for swimming lessons and hydrotherapy as well as constructing a children’s interactive play area. The gymnasium and circuit room are to be upgraded and with a general refurbishment of facilities including a substantial upgrade to the change rooms. The redevelopment will increase patronage by an estimated 63,000 people per annum and reduce the financial deficit.

In other areas of lifestyle, the City’s Ethnic Melville Active Seniors (EMAS) group provides culturally specific activities for the frail aged and seniors with an Asian background. This service operates from the Bull Creek Community Centre. Weekly activities include music, games, tai chi, mahjong, guest speakers, outings and culturally specific home cooked meals. The program also provides much-needed respite for carers and is funded through HACC.

The City of Melville has also endorsed the Age-Friendly environment framework. This framework is endorsed by the World Health Organisation (WHO) and benefits all community members now and into the future. The community vision is for a safe and attractive City where the needs of future generations are considered. Opportunities and facilities for age friendly physical activity are integrated into the framework. The strategy aims to create an age-friendly City by promoting active ageing, removing all barriers people encounter as they grow older and ensuring policies, services and structures related to the physical and social environment are designed to support and enable seniors to age actively.

City of Cockburn

The City of Cockburn places a large emphasis on facilities management. Recreation Services are responsible for the management and provision of sport and recreation facilities and manages the booking of active and passive reserves.

The Service provides assistance to local sporting groups and clubs to promote their growth and development and initiates new recreational and leisure activities within the region.

The Cockburn Walking Groups have been running for over 2 years. These free and social walking groups are based in many of Cockburn's suburbs and walk each week at various times. All walks are supervised and guided by a trained Walk Leader with incentives offered.

Cockburn also offers Youth Active Grants. The Youth Active Program (YAP) helps young people by providing up to \$200 for club registration fees. The program is aimed at young people from low-income families living in Cockburn. Participants can choose from a variety of sporting clubs involved in the program and can receive assistance for season or registration fees. This program was a state winner in the 2007 Kelloggs/NHF Local Government Awards

7 Trends in Local Government Based Physical Activity – Casting the Net

Gold Coast City Council – Queensland

The Gold Coast City Council has an Active and Healthy Program, which offers a wide range of activities to renew resident's health and spirits by the enjoyment and relaxation they provide. The aim of the program is to get the community more active and feeling alive and full of life. The Council offers a range of regular [Active and Healthy programs](#) to suit all ages, fitness levels and interests in their parks. Activities are free or low-cost and instructors are qualified and friendly.

On the Council website a range of physical activity opportunities are offered under the following headings:

- Everyone
- Family
- Kids
- Youth
- Mums
- Seniors
- People with a disability

- People with dogs
- Moonlight walks
- Library activities

The City is opportunistic in its approach. For example, during Youth Week 2008, the Council launched a new program called “shove it, kick and flip it”. This skateboarding event is part of the Coastal Grind series of youth events that are run in skate parks across the city. Each event offers something different, but all are free, fun, safe, active and healthy.

Other initiatives that worthy of noting include a link on the Council website, to the [Australian Sports Directory](#) and the [Queensland Sport & Recreation Database](#) to enable people to access information about a sports club or sport association.

Maribyrnong City Council (Vic)

The Starting Blocks Project is a physical activity project aimed at assisting residents of Maribyrnong City Council to find out about and link into available physical activity programs and therefore encourage regular participation in physical activity. The program targets young people, older people, women and newly arrived people from culturally and linguistically diverse communities. A key element of the program is to establish sustainable relationships between program partners and service providers and develop linkages between such groups, while also creating a physical activity promotion resource for those working within the field and with the identified target populations in order to gain further understanding of the enablers and barriers to physical activity participation. In 2005 the program has shifted to target girls and women of any age and background.

District Council of Cleve (SA)

This local government made a conscious decision to utilise existing resources as a setting to increase levels of physical activity. The “Gym Works” program had funding support from a range of bodies to establish a gym in existing football change rooms that were at least 50 years old. The gym opened in 2006 and currently has 270 members with an average of 30 people accessing the gym on a daily basis. The gym provides access to all alternative form of physical activity for all ages and abilities. A part time instructor is employed to promote and educate the community about the benefits of accessing the gym. An evaluation of the program revealed that the majority of members had never previously visited a gym and they have embraced the supervised gym sessions quoting that they ‘build fitness, health and wellbeing in a safe, friendly and socially interactive environment’.

Midnight Basketball – City of Sydney (NSW)

The Midnight Basketball project facilitates and co-funds basketball tournaments for 12-18 year old “at risk” youth for no cost. A tournament is organised for Saturday evenings and includes a compulsory ‘life-skills’ workshop. The participants are provided with dinner and transported home at the end of the session. The project provides social support through the attendance at personal development workshops coordinated by a Youth Worker and included within the tournament structure. In addition, providing structured team based activities, including access to coaches and other volunteer staff, has expanded social networks.

Workshops are mandatory for all players. In keeping with the motto “No Workshop, No Jump Shot”, all players must attend the workshop to be able to play basketball each night. The workshops follow an age appropriate core curriculum that addresses life issues including:

- Making positive choices;
- Health: nutrition, substance abuse;
- Education: school, spiritual, cultural;
- Relationships: domestic violence, sexual health; and
- Conflict resolution.
- Anger management

A number of local governments are involved in this corporately sponsored program including City of Sydney in NSW.

SkateSafe – City of Melbourne (Vic)

A few years ago the City of Melbourne seriously considered banning skating and skateboarding in the central activities district. Instead the SkateSafe Program was introduced. This program has improved safety, decreased property damage, increased access opportunities and encouraged young people to use and enjoy the city.

The program includes a City Skate Park, which opened in 1996. This venue alone has 10 000 visits a month. In addition to providing a venue for recreation activities, the Skate Park sends a clear message that young people are welcome to enjoy the city and all it has to offer.

The SkateSafe plan has also achieved increased cooperation and understanding between various stakeholders in relation to managing skating in the city centre.

An evaluation of the program has revealed a fall in complaints about skating, increased consideration for the safety of other street users and a fall in property damage.

Successful strategies have included the development of a City Skate Park, the Code of Conduct. This Code designates preferred routes and no skate areas, provides for an education and awareness program, and ensures physical measures and local laws support the program.

When planning the program, safety planning was a key consideration in the development of the City Skate Park and significant consultation occurred with community representatives experienced in skateboarding and in-line skating.

The City of Melbourne has also developed a website that provides other Councils with information about how these and other skating issues have been handled.

8 Community Involvement in Developing Physical Activity Interventions

There is potential for members of the community to play a significant role in assessing the physical environment for physical activity. Involving community members can lead to the initiation of positive environmental changes. Local community members and/or organisations often instigate the process of improving aspects of the local environment, however this can be a reactive method of involving the community.

For a proactive approach to involving community members it may be possible to engage community members in assessment of the physical environment to provide information to allow planners, community development and other interested local government officers to gain valuable local knowledge about the needs, strengths and limitations of individual communities. This will increase the likelihood of achieving real and lasting changes in the physical environment.

Community members could act as one of a number of sources of information in the assessment of the physical environment. For example, subjective measures of an environment that community members can provide would complement objective measures such as land use and transportation (Hoehner et al., 2006).

Ideally, community members and organisations would become involved in the development of any audit tools, data collection, analysis and interpretation. This level of collaboration would encourage shared decision-making and collective action throughout the implementation of the Physical Activity Plan.

The City of Fremantle has actively encouraged community members to be members of their physical activity Working Group, and also recruited community members to

undertake physical activity audits. The Ipswich City Council in Queensland encouraged community members of local walking groups to advise of environmental hazards on walking routes (e.g. unsafe footpaths, road crossing hazards, roaming dogs, etc) to enable the hazards to be incorporated into the maintenance schedule.

9 The Importance of the Built Environment for Physical Activity

There is a growing body of research investigating the links between physical activity and the environment in which people live, work and play. Planning and designing communities so that they support, facilitate and encourage active living is becoming an important strategy to increase participation in physical activity. Assessing a community's physical environment, especially aspects related to walking and cycling has the potential to inform and direct aspects of the planning process.

There are many ways that the built environment influences people's health. Some key urban form characteristics (in both the natural and built environments) that tend to be associated with physical activity, include:

- Mixed land use and urban/housing density;
- Good provision of walking and cycling facilities (footpaths and cycle ways);
- Facilities for physical activity (e.g. swimming pools);
- Street connectivity and design;
- Transport infrastructure and systems, linking residential, commercial and business areas (Gebel, King, Bauman, et al., 2005).

Highly walkable neighbourhoods, with population density mix, land use mix, high connectivity and good provision for walking and cycling, are more likely to encourage walking and cycling for transport, especially for local trips (Saaleens, Sallis & Frank, 2003).

'Proximity' and 'connectivity' create walkable and cycle-able environments, neighbourhoods and communities. One example is the more compact, connected and mixed a neighbourhood is the shorter the distances between destinations and the more walkable and cycle-able it becomes (Gebel et al, 2005). A key motivator for regular physical activity (especially walking) is a variety of local destinations within easy walking distances, usually within 5 - 10 minutes or 400 – 500 metres of the home (or work) and rarely further away than 20 minutes) (Giles-Corti & Donovan, 2002; Duncan & Mummery, 2004).

Mixed land uses, walkable neighbourhoods and clustering services, such as local shops and community facilities near to public transport, connects communities and contributes to local economies. All these factors can contribute to creating healthier places and communities, as well as being more sustainable, cost-effective and marketable.

The National Heart Foundation research into supportive environments for physical activity supports this evidence and states that the following environmental attributes influence an area's walkability: street connectivity and grid pattern street networks, footpaths, walking routes, safe crossing points on roads, access to public transport stops and frequency of service (NHF, 2007).

Well-designed open spaces near homes increase the opportunities for participation in active recreation and to build social contacts. Lighting, signage and other infrastructure help people to feel safe in their local neighbourhood and to be active (VicHealth & PIA, 2007).

A series of tools has been developed to support local government to advocate and plan for environments that are supportive of physical activity. The National Heart Foundation has produced *Healthy by Design*, a guide designed to make it easier for planners to incorporate healthier design considerations into daily planning decisions. The City of Fremantle has also developed a comprehensive guide for Planners to provide them with specific conditions of approval for development applications where physical activity should be considered.

10 Conclusion

There are many benefits of physical activity. In addition to its impressive positive impact on heart disease, type 2 diabetes, and other chronic conditions, physical activity can benefit mental health, reduce the risk of depression, deliver social support to individuals and prevent falls in the elderly.

A comprehensive approach to physical activity is required from many partners and local government can play an important role in providing community based physical activity programs. This paper has provided a snapshot of the evidence of the benefits of physical activity, has indicated some future trends in the area and has highlighted the role that some local governments have already accepted in promoting health and wellbeing in their local communities.

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2.0 Physical Activity Audit Results

1.0 Introduction

Throughout the months of June, July and August 2008 an audit of all physical activity opportunities was conducted in the Town of Vincent. This audit included all Council owned facilities as well as all privately run physical activity services and activities. These audits were one strategy in developing the Town of Vincent's Physical Activity Plan.

2.0 Methodology

An overarching working group was formed to oversee the development of the physical activity plan. This group provided advice on the development of the audit tool and the list of facilities to audit.

A draft audit tool was developed to ensure a consistent approach to the review of all physical activity programs, services and spaces. The tool was piloted on a range of public facilities to ensure it was able to identify all relevant information. Stoneham and Associates staff members conducted the physical activity facilities and services audits. A copy of the audit tool appears as Appendix One.

The audit included existing public and private physical activity (PA) opportunities within the Town of Vincent, and:

- a. Covered all ages and capabilities;
- b. Contained a description of all Council facilities, locations, times available, costs and a contact person (where relevant); and
- c. Included information on gaps in services.

The audit included, but was not be limited to the following facilities:

- Parks, gardens and open spaces;
- Sporting facilities;
- Facilities at schools & other institutions that may be available to the public;
- Walk trails, bike paths and major footpaths;
- Playgrounds;
- Privately run facilities that offer activities that promote movement.

The audit detailed the following:

- Facilities at venue and their state of repair;
- Type of activity that occurs there;
- Attractiveness;
- Safety;

- Dog walking facilities;
- Ease of parking or travel to and from site (e.g. links with public transport); and
- Equity issues (cost, access, child minding, disabled access, flexibility of hours, etc).

3.0 Audit Sample

A total of 91 facilities were audited. Of these, 42 facilities were Council owned or managed with the remainder (n= 49) being offered as privately run facilities. A list of all private facilities was obtained through the Town of Vincent Services guide, Yellow Pages and via websites. All facilities are listed in Appendix Two.

A letter was provided by the Town of Vincent to introduce the project and advise that Stoneham and Associates had been contracted by the Town of Vincent to conduct these audits.

The Council facilities were identified through the Council's register of sporting clubs and venues, through the Town of Vincent TravelSmart map and from the referdex.

All data were entered on to an Excel spreadsheet and analysed using descriptive statistics.

4.0 Audit Results

The following outlines the main findings from the physical activity audit conducted in the Town of Vincent.

The public and private facilities have been separated to enable the reader to differentiate between the two.

4.1 Public Physical Activity Facilities

A major finding was the lack of end of route facilities such as bike racks, showers and change rooms available to people who ride, run or walk to facilities. Beatty Park was equipped with end of route facilities however the childcare options (weekdays until 1pm) were limited for parents of small children, especially newborns with longer sleeping patterns.

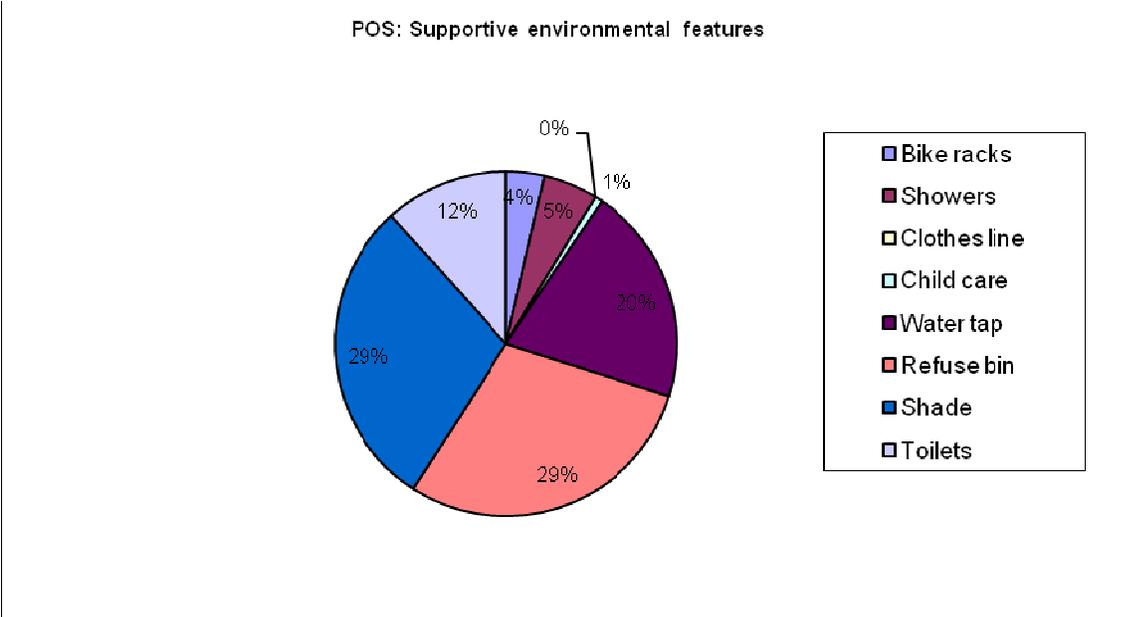


Figure One – Supportive environmental features for Council managed facilities

Figure One indicates the supportive environmental features at Council operated facilities. Few facilities provided adequate end of route facilities. For example only 4% of facilities audited had bike racks and only one in five facilities had a designated drinking water tap. The lack of public toilets in parks was noted. Many local government authorities are reducing the number of public amenities managed due to maintenance costs and community safety. Facilities such as public toilets enable families to spend extended times away from the home environment and provide a venue for people who have been active to change clothes, if required.

Security and community safety issues were commonly reported and even experienced while conducting audits. Stoneham and Associates staff members were confronted with issues such as the consumption of alcohol in parks, homeless people, disaffiliated young people and general feelings of insecurity during some audits.

In addition, safety in accessing Council managed facilities was highlighted with only 3% of Council managed facilities having a pedestrian crossing. Over half of the facilities audited had a specific safety issue noted. The specific categories of safety issues noted during the audits are described below:

- Located on or adjacent to a busy road;
- Difficult to supervise areas used by children;
- Water feature could present a safety hazard;
- Car park blind spots;
- Tripping/slipping hazards present;
- Drug users present and visible during audit;
- Playground equipment in need of repair; and

- Disaffiliated people present during audit.

Figure Two represents the safety and security issues associated with Council managed physical activity facilities.

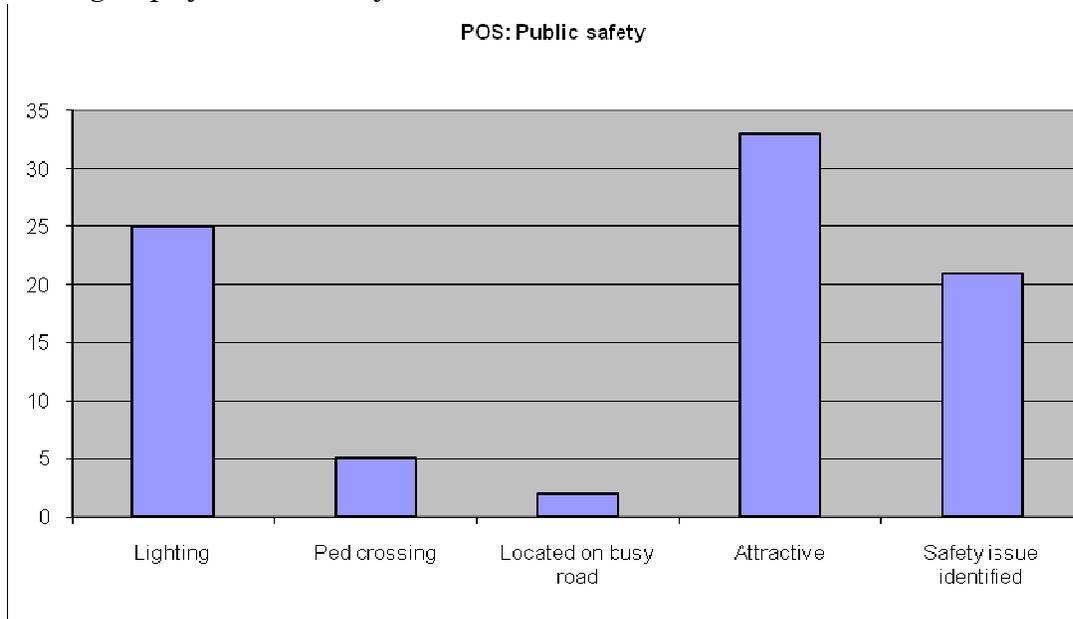


Figure Two – Pubic safety issues at Council managed facilities

The lack of signage for facilities was a common finding, especially in local parks. Services for people with a disability were adequate. Although not all Council managed facilities provided services for people with a disability, a large majority did. Parking and ramps were the most commonly reported facility for people with a disability. The liberty swing at Hyde Park playground is another good example of providing a range of services for people of all capabilities, although additional facilities should be considered for future park redevelopments.

Figure Three indicates the services provided for people with a disability in Council managed facilities.

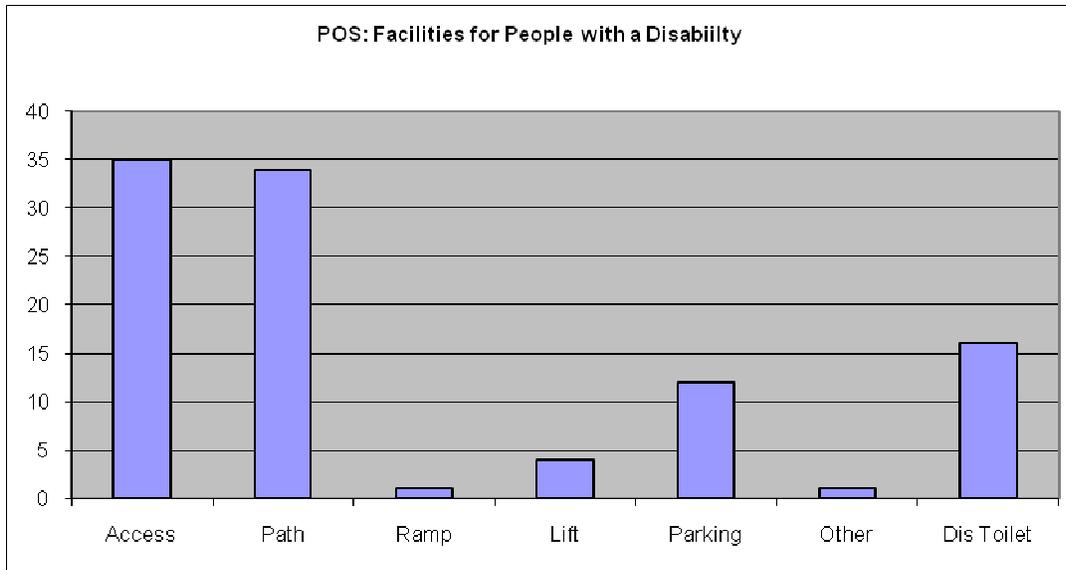


Figure Three - Services provided for people with a disability in Council managed facilities.

Links to public transport appear to be good and are illustrated in Figure Four. There are pockets of geographic areas where transport links are more difficult, however in general, buses provided effective links to facilities. Footpaths and cycle paths were provided in many instances, although there is room from improvement. This positive trend should be maintained and increased over time to support physical activity rates. The Town of Vincent is commended for creating a community where walking, cycling and using public transport are attractive and convenient alternatives to traveling by car.

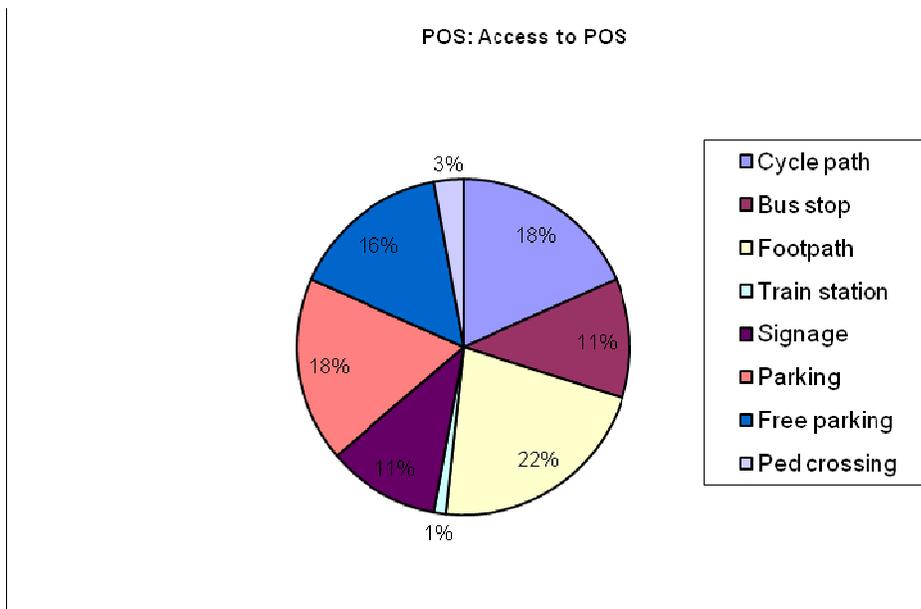


Figure Four – Access options to Council managed facilities

Services for the young and elderly were available with specific services such as swimming classes and playgrounds being available for the young and aqua fitness and specialised park gym equipment being available to seniors.

As Council's primary recreational centre, it was noted that Beatty Park was under redevelopment. At the time of the audit it was noted that the facility was in need of repair and although still meeting the values that underpin daily operation, was close to contravening some of the Centres objectives. Specifically, it was considered that the Centre was not achieving maximum impact in relation to the following objectives:

- to maximise utilisation of the facility and programs;
- to be a focal point for all groups and clubs in the local community, and
- to provide a safe, quality child minding service to patrons who use the facility (limited child minding hours available).

The healthy eating objective of the Centre is commended.

Access for the elderly, parents with prams and for people with disabilities is reasonably good at Beatty Park. The main entry is easily accessible from the car park, and patrons can access all areas of the Centre via ramps, with the exception of the upper grandstand. There are also disabled and family change rooms. The indoor pools can be accessed via the beach entry. The outdoor pools can be accessed via stairs and handrails, and there is also a hydraulic hoist and water wheel chair.

The outdoor area at the Centre is a useful addition, particularly for families.

The range of services provided at Beatty Park is broad and when visiting the Centre it was quite easy to access this information. However, when searching on the Internet, it was more difficult to specifically locate the types of services that may interest a broad range of people. It is suggested that an additional page be added to the site that lists the classes and services that target certain subgroups within the population e.g. seniors, postnatal parents, under 5s, etc. Although repetitive, this type of information would be more inclusive and inviting for some of the least active groups in the community.

Dog walking facilities varied across the Town. Six of the Council facilities audited, advertised a designated off-leash dog walking area, however 80% of facilities provided pooch bags. These figures are represented in Figure Five.

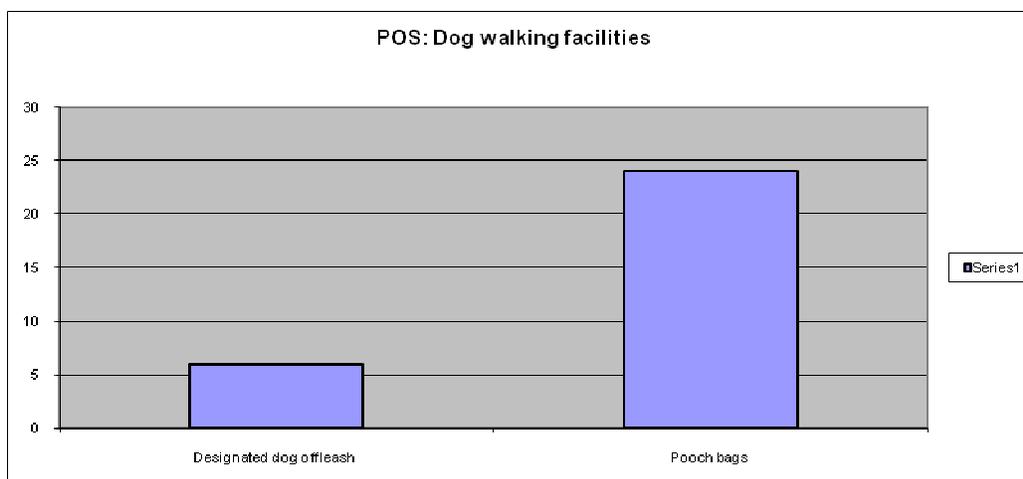


Figure Five – Dog walking facilities at Council Managed facilities

The facilities located at schools were subject to a limited audit due to access restrictions. As a general observation, many of the facilities were fenced with some being locked after hours, restricting access by the general public. The facilities are listed in Table One.

School	Facility	Comments
Highgate Primary School	1 basketball court 1 netball court Grassed area	
Aranmore Primary School	1 basketball/ tennis court Oval Concrete area	Oval leased from ToV
Kyilla Primary School	1 basketball/net ball court Undercover concrete area	Kyilla Park owned by ToV and used by the school on Fridays
Mt Hawthorn Junior Primary	Grassed area	
Mt Hawthorn Senior Primary	1 basketball/netball court Small oval	
North Perth Primary School	1 basketball court 1 tennis court Small grassed area	Tennis court in need of repair Grassed area in need of maintenance
Sacred Heart Primary	1 basketball/netball court Small oval	

St Marks International College	Gymnasium Swimming pool	No public access to gymnasium or pool.
Aronmore Catholic College	2 netball/tennis/volleyball courts 2 basketball courts	Difficult for public to access facilities due to school entry

Table One – Facilities at Schools

4.2 Private Physical Activity Facilities

Similarly to the public facilities, a major finding was the overall lack of end of route facilities such as bike racks, showers and change rooms available to people who ride, run or walk to private facilities. Car oriented facilities were well catered for. Although percentages were higher compared to the public physical activity opportunities, these are to be expected with private facilities such as gymnasiums and in general were still quite low. Childcare options (weekdays until midday) at Loftus Recreation Centre were limited for parents of small children, especially newborns with longer sleeping patterns. There was also only one scheduled class during this time period, reducing choice for new parents who choose to be active in a group. Figure Six outlines the findings relating to supportive environmental features.

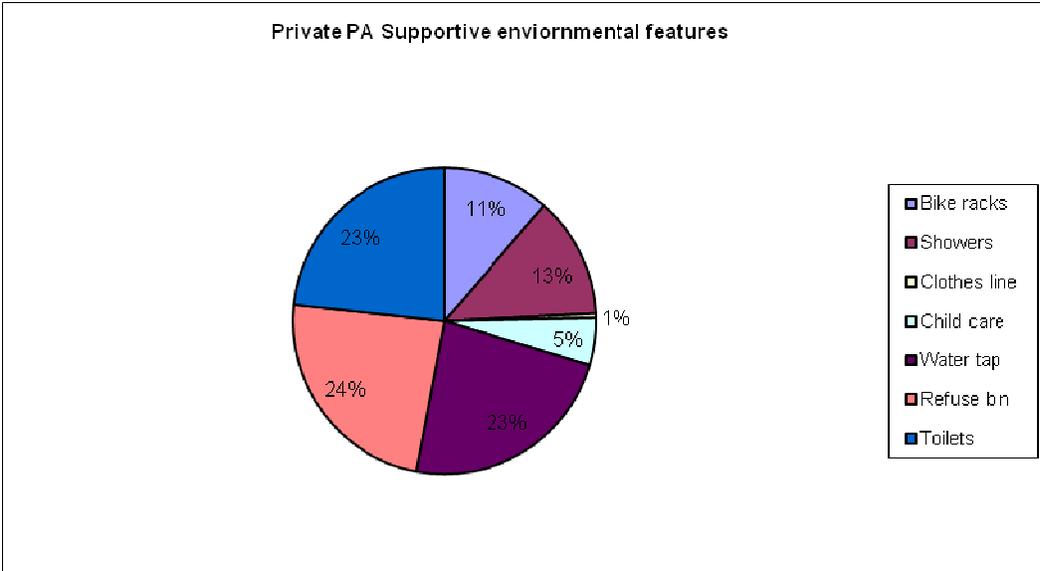


Figure Six – Supportive environmental features at privately run physical activity facilities

Potential security and community safety issues were commonly noted during the audits (around 20%). The specific categories of safety issues noted during the audits are described below:

- Extensive renovations occurring at facility;

- Safety issues associated with type of physical activity undertaken (i.e. risk of injury);
- Located near hotels including broken glass in mornings, vomit, urine, syringes in doorways in mornings; and
- Located near or adjacent to busy road.

In addition, safety in accessing facilities was highlighted with only 7% of privately managed facilities having direct access to a designated pedestrian crossing. Figure seven illustrates the safety issues noted during the private audits.

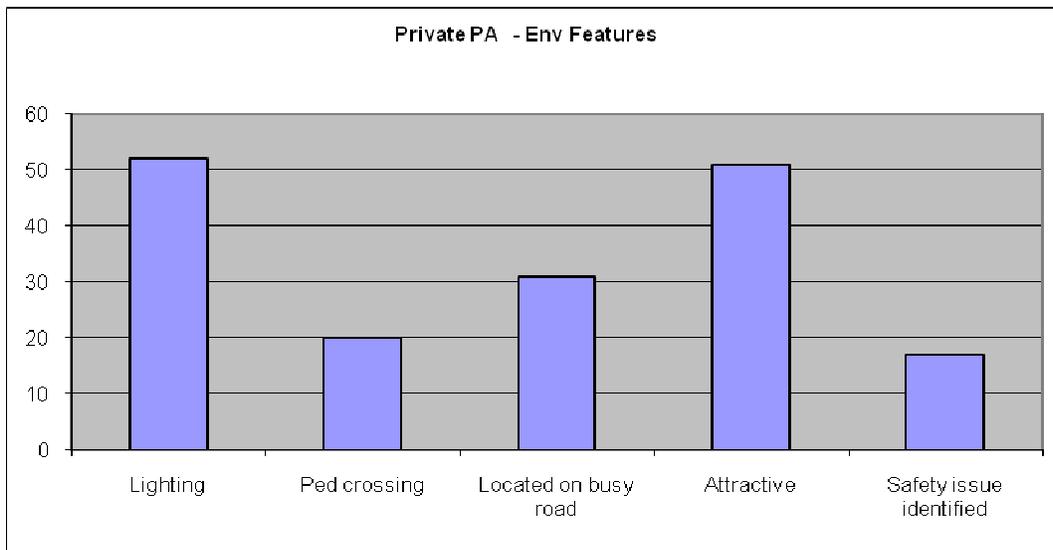


Figure Seven – Safety issues associated with private physical activity opportunities

Visible signage for private facilities was a common finding.

Services for people with a disability were adequate. Although not all private facilities provided services for people with a disability, a large majority did. Parking and ramps were the most commonly reported facility for people with a disability. Figure Eight indicates the services provided for people with a disability in privately managed facilities.

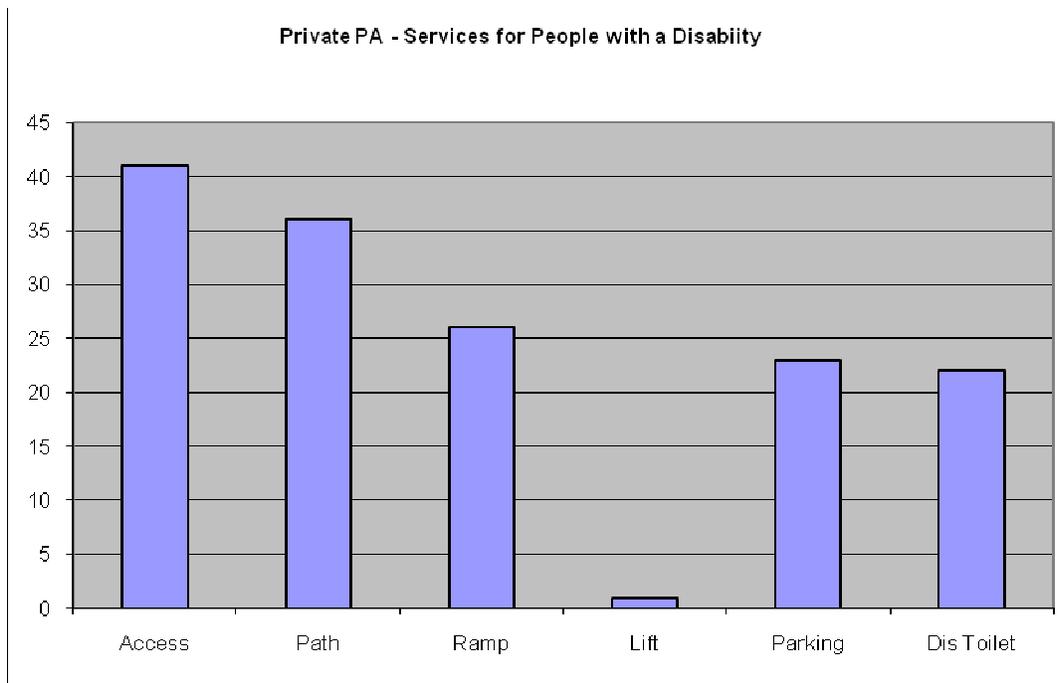


Figure Eight – Access for People with a Disability to Private Facilities
 Links to public transport appear to be good and are illustrated in Figure Nine. There are pockets of geographic areas where transport links are more difficult, however in general, buses provided effective links to facilities. Footpaths and cycle paths were provided directly to the facilities in many instances. Due to a higher proportion of private facilities in Leederville, access by train was higher than public facilities. These links are illustrated in Figure Nine.

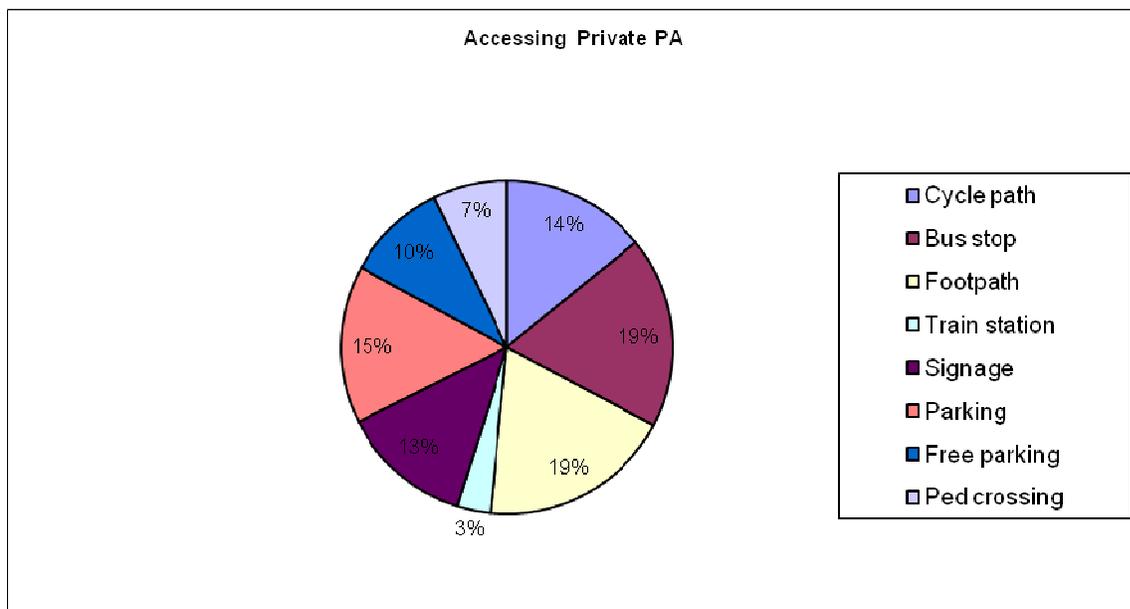


Figure Nine – Public transport links to private physical activity opportunities

Services for the young and elderly were available with specific services such as yoga for kids and a variety of dance classes being available for the young, and living longer - living stronger, yoga and sports such as table tennis being available to seniors. There were few opportunities specifically targeting the 12-16 year olds.

The Loftus Community Centre is an excellent venue and Council's contribution to this centre is to be commended. There is a wide range of opportunities for people of all ages and capabilities to be active, access is easy and there are many environmental features that support people being active (e.g. bike racks, short term parking, etc).

Additional information relating to specific venues (both private and public) will be documented in the community consultation report.

APPENDIX ONE
ToV Physical Activity Audit Tool

Q1. Name of Auditor _____ Date _____

Q2. Name of Facility _____

Q3. Location of Facility _____

Q4. Is the facility well signed at the entrance?

Yes

No

Q5. Description of Facility _____

Q6. Approximate size of Facility _____

Q7. Hours of opening (where relevant) _____

Please detail **all** facilities (list separately) at venue and their state of repair

Facility description <i>(e.g. if a park has a picnic area + playground + area to kick a ball then note all facilities)</i>	Type of activity that occurs here	Age most likely to be physically active at facility	State of repair (tick one)		
			Very good	Good/Fair	In need of repair
<i>E.g. sports ground</i>	<i>Soccer</i>	<i>10-40 years</i>	*		
<i>PCYC</i>	<i>Kinder gym</i>	<i>Under 5 years</i>		*	
Picnic area	<i>Eating</i>	All ages		*	
Playground	Children playing	<i>3-10 years</i>	*		

Q8. Does the facility have **access** for disabled people?

- Yes (see below)
 - Level Pathway
 - Ramp
 - Lift
 -

Disabled parking

Other (pls specify) _____

No

Q9. Does the facility have **toilets**?

Yes (unisex/single sex) _____

No

Disabled toilets

Issues: _____

Q10. Is the facility **attractive** to the public?

Yes

No, please state why not _____

Q11. Is dedicated **parking** available for patrons?

Yes

No

Q12. Is the parking **free** of charge?

Yes

No

Q13a. Is there an **off dog leash area**?

Yes

No

Issues: _____

Q13b. Are **pooch bags** available onsite?

Yes

No

Q14. Is the following **available** on site for patrons?
Please tick the appropriate boxes:

	Yes	No
Bike racks	<input type="checkbox"/>	<input type="checkbox"/>
Showers	<input type="checkbox"/>	<input type="checkbox"/>
Clothes line	<input type="checkbox"/>	<input type="checkbox"/>
Child care	<input type="checkbox"/>	<input type="checkbox"/>
Water Tap	<input type="checkbox"/>	<input type="checkbox"/>
Refuse bin	<input type="checkbox"/>	<input type="checkbox"/>
Shaded areas	<input type="checkbox"/>	<input type="checkbox"/>

Q15. Is the facility **connected** or close to (within 200m) a:
Please tick the appropriate boxes:

	Yes	No
Cycle path	<input type="checkbox"/>	<input type="checkbox"/>
Bus stop	<input type="checkbox"/>	<input type="checkbox"/>
Train station	<input type="checkbox"/>	<input type="checkbox"/>
Footpath	<input type="checkbox"/>	<input type="checkbox"/>

Q16. Is the facility designed to be used **after dark**?

YesAre lights available? _____

No

Q17. Is there a **designated pedestrian crossing** leading to this facility?

Yes

No

Q18. Are there any other **safety issues** that the public may have with this facility? (e.g. located across road from hotel, located on a busy road, difficult to supervise areas, requiring fencing, etc)

Q19. Is there a **cost** associated with using this facility?

None at all

Cost for certain activities

a. Please describe activity and costing structure

Cost for spectators

Cost for childcare

Q20. Please describe **any other details** about the facility that may inhibit or prevent people from being physically active?(e.g. expanding services, graffiti, poor facilities such as no tap/refuse bin, lack of shade, no disabled access, etc)

APPENDIX TWO

List of all Facilities audited

Public Facilities

- Banks Reserve
- Beatty Park Reserve
- Beatty Park Pool
- Birdwood Square
- Braithwaite Park
- Brentham St Reserve
- Brigatti Gardens
- Britannia Road Reserve
- Charles Veryard Reserve
- Dorrien Gardens
- Edinboro Street Reserve
- Forrest Park
- Hyde Park
- Ivy Park
- Jack Marks Reserve
- Keith Frame Park
- Kyilla Park
- Leederville Oval
- Les Lilleyman Reserve
- Loton Park
- Matlock St Reserve
- Menzies Park
- Mick Michael Park
- Multicultural Federation Garden
- Richmond Reserve
- Robertson Park
- Shakespeare St Reserve
- Smiths Lake Reserve
- Stuart St Reserve
- Venables Park
- William Traylen Park
- Woodville Reserve
- Park 1
- Park 2
- Park 3
- Park 4
- Park 5
- Park 6
- Park 7

Private Facilities

Yoga/ Pilates

- Revolutions Pilates Studio
- Ashtaga Yoga Studio
- The Perth Pilates Studio
- Yoga for Kids (LRC)
- Yoga for Parents (LRC)
- Clinical Pilates (LRC)
- Nth Perth Yoga Room
- Transcendental Meditation Techniques
- Aust Pilates Method

Gymnasiums

- Curves Scarborough Beach Road
- Curves Beaufort St
- Zest Health Clubs
- Loftus Recreation Centre
- Andrew Ivy Sports
- Burtons Hlth & Fitness
- Ridders Gym

Gymnastics

- Star MitesGym Sports
- Gymnastics WA

Dance

- Shemoves Dance and Fitness studios
- Rock n Bop Tots
- Kids Music, Movement and Magic (LRC)
- Funk Club
- Kindydance - Nth Perth
- Club Rock
- Terri Charlesworth Ballet Centre
- Dance workshop
- WA Stage School
- Gangerri Dance & Entertainment
- Irish Dance Studio
- Junior dance (LRC)

Martial Arts

- Australian Universal Tae Kwon Do
- Aikido Perth
- Phon's Thai Martial Arts Gym and Fitness centre

- Simhot Combatives Group (LRC)
- Tae Kwon Do - Oh do Kwan

Skateboarding

- YMCA HQ

Cycling

- Cycle Touring Association

Seniors Programs

- Table Tennis for Seniors
- Spring In To Life
- Living Longer, Living Stronger

Fishing

- Ackoy Society of WA

Other

- Rosemount Bowl
- Pot Black Family Pool & Snooker Centre
- Flab-u-less (LRC)
- School holiday program (LRC)
- Coaching Clinics (netball, basketball, soccer)
- Kindy Sports
- Teen Fit Club (LRC)
- Personal training services

3.0 Sporting Clubs - Consultation Report

1.0 Sporting Club Consultation

1.1 Introduction

An important component of developing the Physical Activity Plan for the ToV was to access sporting clubs' views to direct the content of the Plan. Twenty sporting clubs were interviewed by telephone to identify the state of existing relationships with the ToV, information about the facilities used, future collaborative opportunities and to investigate their perceptions of key strategies that would promote community based physical activity, ensure effective implementation and project sustainability.

The following Sporting Clubs were interviewed:

- Gymnastics WA
- Loton Park Tennis Club
- Floreat Athena Soccer Club
- Leederville Cricket Club
- Perth Azzuri Soccer Club
- Coastal Breakers
- East Perth Football Club
- Cycling WA
- Perth Glory Football Club
- North Perth Bowling
- Tennis Seniors WA
- Leederville Tennis Club
- Swimming WA
- Perth Junior Soccer Club
- North Perth United Soccer Club
- Town of Vincent Cricket Club
- Subiaco Football
- Perth College
- Modernians Hockey Club
- East Perth Cricket Club

1.2 Methodology

A survey tool was developed and provided to the ToV Working Group for comment. Before distribution, the survey was piloted with two Fremantle based sporting clubs and was amended to reflect comments received.

Twenty-six sporting club stakeholders were contacted and requested to undertake a telephone survey. The response rate for this survey was 77% (n=20).

All data were entered on to an electronic survey site. Analysis included using basic quantitative analysis and thematic coding for the qualitative responses.

1.3 Key Findings

The following represents the key findings from these surveys. A copy of the interview tool appears as Appendix One.

The data represents eleven different sports utilising fifteen different reserves and facilities. Of these sporting clubs, 10 (53%) managed junior teams and 14 (74%) managed senior teams.

The majority of sporting clubs used the reserves and facilities for fixtures. Other uses are demonstrated in Chart One.

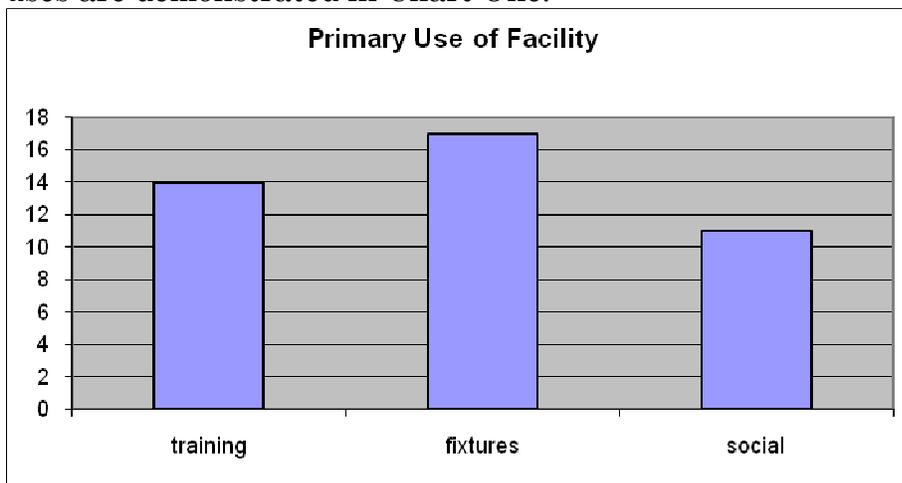


Chart One – Primary Use of Facilities in ToV

The Sporting Club representatives were asked to rate the general suitability of facilities. Chart Two outlines the responses.

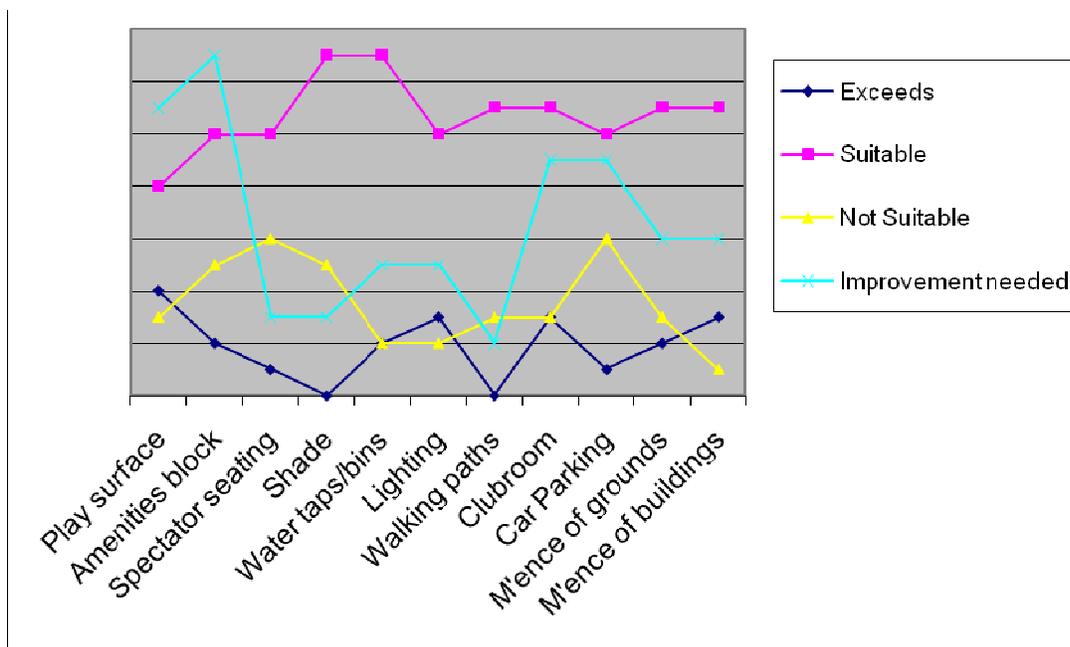


Chart Two – General Suitability of Facilities

Upon reflection of the data, some interesting trends emerged. It is important to note that when interviewed, some club officials provided more than one answer for these categories based on the size and extent of facilities and club members. It is clearly evident that the majority of respondents advised the playing surfaces and amenities blocks needed improvement (53% and 65% respectively). However, when combining the data categories of ‘not suitable’ and ‘needs improvement’, the issues requiring most attention included:

- Amenities block 90%
- Parking 75%
- Playing surface 66.7%
- Clubroom 63.2%

On a positive note, 19% of clubs advised the playing fields exceeded their needs, with another 17.6% stating the lighting, maintenance on buildings and clubroom facilities all individually exceeded their needs.

Shade at venues could be improved with 42.1% stating it was not suitable or needed improvement and no clubs advising that shade exceeded needs.

Six clubs offered individual comments about facilities and these included:

- Car parking - day to day suitable, not big enough for events (Gymnastics WA using LRC);
- Plenty of bins but not enough water fountains (Leederville Cricket Club);
- Lacking goal posts for soccer (Perth Azzuri Soccer Club);
- Playing surface maintained by club hence the high quality, however would like the third green returned to lease. We often hire the facility to

supplement income so need the car park to accommodate patrons, to preserve amenity for residents and minimalise disturbance. There are some safety issues in some parts of the building (North Perth Bowling Club);

- Men’s and ladies toilets need improving (Tennis Seniors WA); and
- Amenities unsuitable for disabled use as there is no wheel chair access (Leederville Tennis Club).

The respondents were asked to nominate the reasons why they would generally contact the ToV. Chart Three summarises the main contact issues. Only one negative comment was received, and it related to the Council’s inability to collect additional refuse.

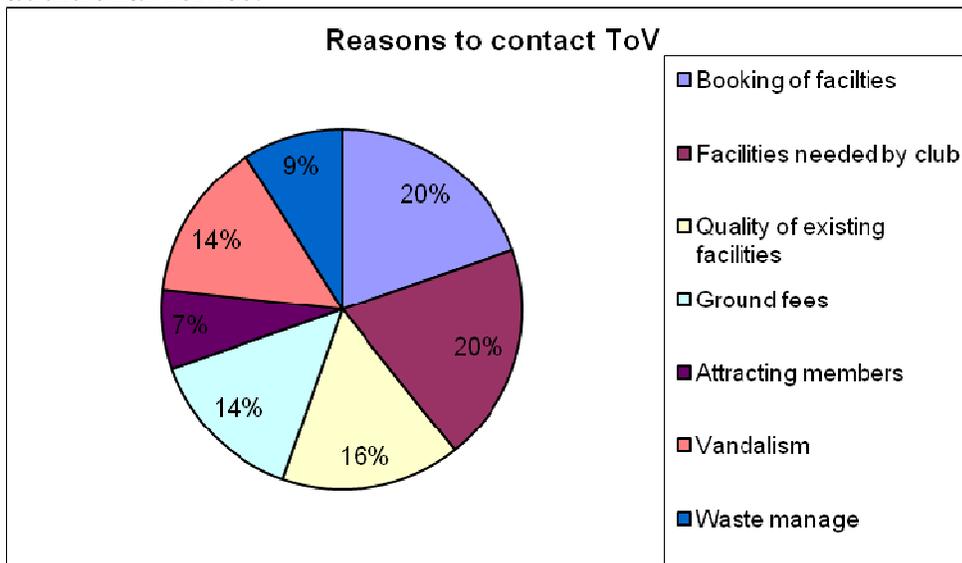


Chart Three- Sporting Clubs reasons to contact ToV

The respondents were then asked to describe their level of satisfaction in dealing with the ToV on the issues described in Chart Three. As depicted in Chart Four, more than half of the respondents were very happy with the contact. Some club officials offered additional information and this is listed below.

- Due to financial constraints, we cannot always meet council demands;
- We seem to get a lot of respect as we are long time users of the facility;
- Improved consultation would be good as bookings are sometimes double booked. Better communication with the Council would be useful;
- The Council Officer last dealt with was not responsive to queries. This specifically related to costs. There was a lack of understanding of individual club needs; and
- Have very little contact with the Council and when we do, we find them difficult to deal with and have trouble locating the best person to talk with.

Level of satisfaction with ToV

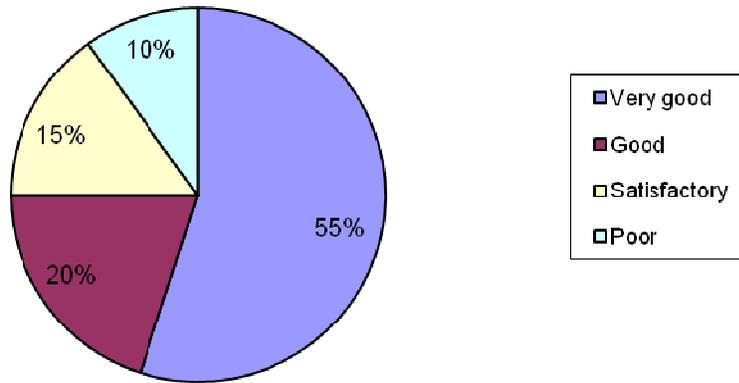


Chart Four - Description of sporting clubs relationships with ToV

The respondents were asked if they supported the ToV developing a community based physical activity plan. 100% of respondents agreed this was a worthwhile and needed exercise.

The sporting club officials were asked to nominate strategies that could be included in the ToV Physical Activity Plan, that may improve or support their clubs development. Unfortunately, most club representatives were unable to think outside of their specific club needs. Table One summarises all responses, with the more generic strategies listed toward the top of the table.

<i>Issue</i>	<i>Number of responses</i>
ToV to promote facilities and sports to general public	4
ToV to encourage people to play sport (particularly seniors, women and children)	2
ToV to support a sport development program for lesser known sports	1
ToV to provide end of route facilities	1
ToV needs to communicate Council's overall strategic plan for sport	1
ToV to provide better club infrastructure	8
<ul style="list-style-type: none"> • Facilities need to be fixed to encourage more public use. • Properly setting up one or two soccer grounds with options to run fixtures. • Need to look at cycling facilities, improving bike infrastructure on existing roads. • Better access for bikes. • Revamp the whole clubhouse and changing room facilities to cater for all. • Cricket nets at Menzies Park. • Consideration of schools as different to other sporting clubs. • Assistance to upgrade facilities or financial support for different activities. • Having training nets available. 	

Table One – Strategies for inclusion in ToV PA Plan

One club official made the following comment:

‘We are unsure if the ToV values us. The Council needs to that recognise clubs make huge voluntary commitments and we are offering a community physical activity facility. The Council needs to look into benefits of short term investment for long term viability.’

The Club officials were then asked if their club would consider implementing a range of strategies to assist the ToV to increase the level of physical activity undertaken by the residents. Clubs were willing to assist in a variety of manners, provided resources were available. Chart Four illustrates the potential levels of assistance.

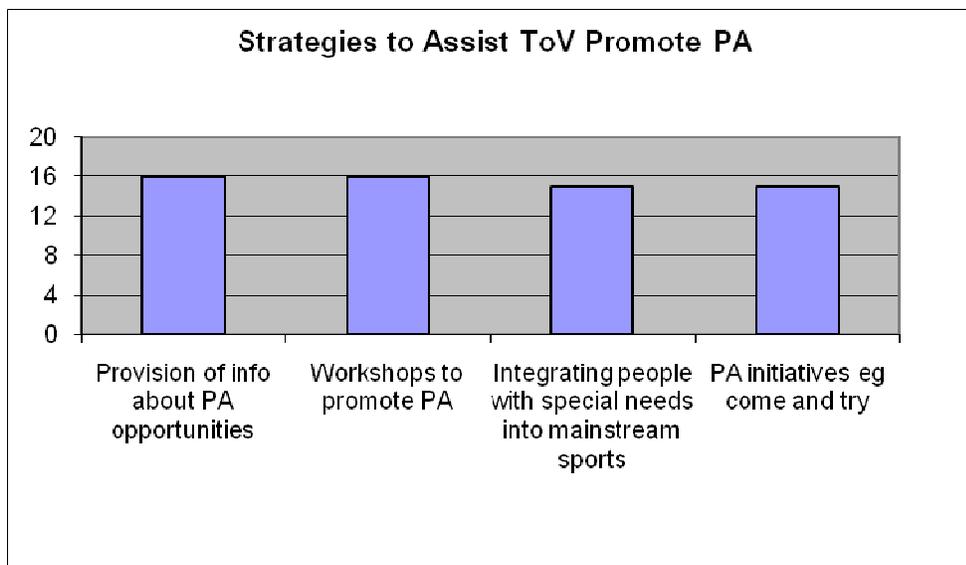


Chart Four – Suggested strategies to promote PA by Sporting Club

All twenty sporting clubs advised they would like to be kept informed on the development of the Physical Activity Plan.

The final question asked if the sporting club would like to add any other comments. Four clubs offered comments and these are outlined below:

- We are very appreciative of support from ToV;
- Vincent needs to put more money into sporting facilities;
- We would be able to support any PA initiatives held by ToV; and
- We would like the council to keep more open communication and reciprocate when asked to do things.

Town of Vincent Sporting Club Interview Tool

The ToV is currently developing a community based Physical Activity Plan. One of the aims of this Plan is to ensure that the Town has an appropriate plan for the future provision of sporting, recreational and physical activity facilities. Stoneham and Associates, a public health and local government company, has been appointed to help Council with the study.

One of the key strategies to ensure effective implementation and project sustainability is the development of partnerships and ensuring all community views are considered when developing strategies.

In an effort to include a wide range of community views, we are asking the sporting associations to assist by answering the following questions.

Sporting Association Name: _____

Name of person completing survey: _____

Position within Association: _____

Major sports played: _____

Q1. Which Council facilities do you use?

Q2. Which of the following best describes the nature of usage at this facility?

Training

Fixtures

Social

Other: _____

Q3. How many teams does your club have?

Junior _____

Senior _____

Q4. This next question seeks your assessment of the general suitability of the facilities, the playing surface and the area that surrounds these facilities.

Description	Exceeds needs	Suitable	Not suitable	Does anything need improvement	Comments
Playing surface					
Amenities block/change rooms					
Spectator seating					
Shade					
Water taps/bins					
Lighting					
Walking paths					
Clubroom					
Car parking					
Maintenance of grounds					
Maintenance of buildings					

Q5. What issues do you generally deal with the ToV about in relation to your Association?

- Booking of facilities
- Facilities to accommodate the needs of the club
- Quality of existing club facilities
- Annual ground/facility rental fees
- Attracting members/publicity
- Advising of vandalism/graffiti
- Waste removal

Other: _____

Q6. How would you describe your relationship with the ToV?

Very good

Good

Satisfactory

Poor

Nonexistent

Are there ways that your relationship with the Town could be improved?

Q7. Do you have any suggestions for strategies to include within the ToV Physical Activity Plan that might support your club's development?

Q8. Does your Association/organisation support the ToV in trying to increase the level of physical activity that residents undertake?

Yes

No

Why? _____

Q9. Would your club consider implementing any of the following strategies to assist the ToV to increase the level of PA undertaken by the resident within the Town of Vincent?

Providing information to residents about recreation activities and events

Conducting workshops/seminars to promote PA

Facilitation of minority groups or people with special needs (less likely to participate) into mainstream sporting and recreation activities

Provision of recreation and physical activity initiatives for the community e.g. hosting come and try days

Anything else?

Q10. Would you Association like to be advised on the progress of the PA Plan within the ToV?

Yes

No

Q11. Would you like to add anything further?

Thank you for your time

4.0 Stakeholder Consultation Report

1.0 Stakeholder Consultation

1.1 Introduction

An important component of developing the Physical Activity Plan for the ToV was to access community views to direct the content of the Plan. Seven key stakeholders were interviewed by telephone to identify future collaboration opportunities and to investigate their perceptions of the key strategies that would ensure effective implementation and project sustainability.

The following stakeholders were interviewed:

Organisation	Contact officer
Department of Sport and Recreation (DSR)	Liz Stirton
Premiers Physical Activity Taskforce (PATF)	Michelle O'Brien
National Heart Foundation (NHF)	Clover Maitland
WALGA	Jodie Holbrook
Department of Planning and Infrastructure (DPI)	Lisa Brideson
DoH – Health Policy Branch	Heather Wilson
Healthway	Lisa Courtis

Table One – Stakeholders Interviewed

1.2 Methodology

A survey tool was developed and provided to the ToV Working Group for comment. Before distribution, the survey was piloted and amended to reflect comments received.

Seven external key stakeholders were contacted and requested to undertake a telephone survey. The response rate for this survey was 100%.

The data was entered on to an electronic survey site. Analysis included using basic quantitative analysis and thematic coding for the qualitative responses.

1.3 Key Findings

The following represents the key findings from these surveys. A copy of the interview tool appears as Appendix One.

The respondents were asked to briefly list the program areas (eg Travelsmart) that your organisation manages that specifically target local governments. Table Two is a list of all responses.

Organisation	LG targeted activities
NHF	Active by Design, Walk Week, LG Awards, Heart Foundation Walking, Prof Dev, Find 30 campaign
WALGA	WALGA is the peak body for LG - community policy area includes recreation, culture and the arts. We have grants and funding
PATF	Funding, LG Activity Grants, resource development, LG Advisory Committee
Healthway	Healthy Local Government Grants Healthy Community Projects
DPI	TravelSmart, Transit Oriented Development (TOD) Perth Bicycle Network, Cycling Development Program, Country Pathways, Walking Program, Actions generated from Network City, Living Smart Demonstration Project
DSR	Club development officers scheme POS review Skate park participation project Community sport & rec facility support Fees and charges project Water fund projects
DoH	We do not service LGs

Table Two – Targeted local government activities

The stakeholders were asked to nominate the type of services they offer that could contribute to the planning, implementation or evaluation of the ToV Physical Activity Plan. Table three summarises the responses.

Type of activity	Percentage	No. of responses
Joint projects	57.1	4
Funding of LGs to conduct PA initiatives	71.4	5
Delivery of information /research/services	71.4	5
Evaluation services	14.3	1
Delivery of strategic advice/resources	100.00	7
Professional development opportunities	85.7	6
Other (linking to AHS)	14.3	1

Table Three – Services Offered to ToV

This data clearly indicates the level of support that the ToV can draw upon in the development of the Physical Activity Plan. It is encouraging to note that 5 of the 7 stakeholders can access funding to support the Plan and all seven organisations can assist with the delivery of advice and resources.

The stakeholders were then asked if there was anything specific that your organisation could offer to assist the ToV implement a community based Physical Activity Plan. A range of possibilities emerged including linking the ToV with other local governments that were developing or implementing a Physical Activity Plan, providing specific advice on transport options, providing resources to assist with ‘at risk’ groups such as the Captivate resources, linking ToV with non-government agencies providing services in physical activity and providing advice and programs in workplace health.

The next question offered the opportunity for stakeholders to identify any specific issues regarding physical activity that you would like to see included in the ToV Physical Activity Plan. All seven stakeholders had ideas about specific actions to be included and these can be summarised as follows:

Issue for Inclusion	Percentage	No. of Reponses
Environmental structures/Planning	33.3 %	3
Community consultation	50.0 %	2
Comprehensive approach – whole of LG and looking beyond sport and recreation	50.0 %	2
Strategies for at risk groups	50.0 %	2
Health promotion strategies	50.0 %	2
Evaluation	14.3 %	1
Sustainability	14.3 %	1
Links to state policy	14.3 %	1
Active transport	14.3 %	1

Table Four – Specific Issues recommended for ToV Plan

The stakeholders were then asked what they would say if the ToV was to approach them and ask you to be a partner in the implementation of the physical activity plan. All seven stakeholders were open to discussion about their involvement, although there were some cautionary notes. These included:

- Strategies would need to within the current project boundaries
- Somewhat unsure of the level of support we could provide. We could link ToV to an Area Health Service

Two stakeholders (PATF and WALGA) identified they were already partners and looked forward to future opportunities for collaboration.

The final question asked if the stakeholders would like to add any other comments. It was pleasing to see WALGA's response that is quoted below:

“this is the first time in the 5 years that I have been involved in LG Grants that I have been consulted. I take my hat off to the ToV for such a thorough consultation process and am very impressed.”

APPENDIX ONE

Town of Vincent Stakeholder Interview Tool

The ToV is currently developing a community based PA Plan. The aim of this plan will be to promote opportunities and programs to encourage people to be more active. One of the key strategies to ensure effective implementation and project sustainability is the development of partnerships with stakeholders.

In an effort to identify future collaboration opportunities, it would be appreciated if you could please answer the following questions

Q1. Could you please briefly list the program areas (eg Travelsmart) that your organisation manages that specifically target local governments?

Q2. Does your organisation support LGs to provide PA opportunities? If so how?

- Joint projects
- Funding of LGs to conduct PA initiatives
- Delivery of information/research/evidence
- Evaluation services
- Delivery of strategic advice/resources (pls list)

Professional development opportunities

Other: _____

Q3. Other than what you have just listed, can you think of anything specific that your organisation could offer to assist the ToV implement a community based PA Plan?

Q4. Are there any specific issues regarding PA that you would like to see included in the ToV PA Plan?

Yes (if yes, please elaborate)

No

Q5. If the ToV was to approach you and ask you to be a partner in the implementation of the PA plan, what would your response be?

Q6. Would you like to add any other comments?

Thank you for your time

5.0 Online Physical Activity Survey Results - October 2008

A snapshot of physical activity levels, facilitating and inhibiting factors associated with being active, and comments on physical activity opportunities provided within the Town of Vincent was collated during the months of August and September 2008.

The survey was based on the WA Adult Physical Activity survey with some additional questions inserted, regarding dog ownership and facilities used within the ToV.

The survey was conducted through Survey Monkey, an online survey tool. A total of 110 responses were received. The following provides a précis of the key findings:

1.0 About the Respondents:

The majority of respondents were aged between 30 to 44 years of age. Table One illustrates the age of all respondents.

Age category	Percentage of Reponses
18-29	5.6
30-44	29
45-59	20.6
60-75	28
Over 75	16.8

Table One – Age of respondents

Over three quarters of the respondents were female (78.1%). A total of 59.4 % of the respondents were married or in a de facto relationship. Table two illustrates all categories of respondents.

Marital Status	Percentage of Reponses
Single	13.2
Married/De Facto	59.4
Separated/Divorced	6.6
Widowed	20.8

Table Two – Marital Status of Respondents

Only 14.3% of respondents had children aged under 5 years living in their home.

The majority (84.1%) of respondents spoke English within the home environment. Other languages spoken included:

- Italian (12 responses)

- Burmese (4 responses)
- Tamel (2 responses)
- Macedonian (2 responses)
- Spanish, Cantonese, Sinhalese (1 response each)

Over 55 percent of respondents had tertiary education, with 28.8% having less than Year 12 and the remaining 16.3% holding TEE or equivalent.

There was an interesting mix of occupational status and this is displayed in table Three.

Occupational Status	Percentage of Reponses
Full time paid work	38.9
Part time paid work	13
Retired	32.4
Home duties	17.6
Full time education	1.9
Unpaid voluntary work	1.9

Table Three – Occupational status of respondents

The suburbs that respondents live in are illustrated in Table Four.

Suburb of residence	Percentage of Reponses
North Perth	24.8
Mt Hawthorne	15.6
Leederville	13.8
Highgate	4.6
Mt Lawley	4.6
Perth	4.6
West Perth	0.9
Do not live in ToV	25.7

Table Four – Suburb of respondents

One fifth of the respondents owned a dog. Of the dog owners, 40 % walked their dog between 5 and 7 times a week and 35% walked their dogs between 2 and 4 times a week.

2.0 Knowledge of National Guidelines for Physical Activity

The first question on the survey asked respondents to advise what type of physical activity they considered meet the national physical activity guidelines for moderate activity.

The following types of activities were nominated. Please note that responses are in actual number of responses rather than percentages.

- Walking/brisk walking 53
- 30 mins every day 12
- Jogging 10
- Activity that raises the heart rate 8
- Swimming 6
- Cycling 5
- Light exercise 4
- Dance 3
- Team sports 3
- Gardening 3
- Gym/weights 2
- Yoga 2
- Non contact sports 1

A number of responses were incorrect and a relatively large number of respondents did not know what constituted moderate physical activity, suggesting there is opportunity for reinforcement of this message through health promotion strategies.

These are elaborated on below:

- Exercise where you cannot speak 2
- 3 days a week 1
- 4 days a week 1
- 1 hour of slow walking 1
- Do not know 15

One respondent suggested that moderate physical activity would vary depending on the individual's needs and capabilities.

Three respondents nominated gardening as the type of physical activity they considered meet the national physical activity guidelines for moderate activity. Physical activity related to gardening has not been included in the definition of physical activity at this stage, due to the limited research on the validity of the self-reported intensity of these activities.

3.0 Individual Reasons for being Active

When asked if being active was important to the respondents, 93% advised it was. With just under 2% advising that it was not important to them.

Respondents were asked to describe the reasons why being active was important to them. Respondents could nominate more than one reason. Table Five displays the main reasons cited by the respondents.

Reason for being active	Percentage of Reponses
Makes me feel good	83
Weight loss/body toning	66
Prevent chronic disease	64
Social experience	34
Reduces stress	8
Increase energy levels	4
For the dog	3

Table Five – Reasons why PA is important to respondents

Other responses were associated with being role models for children, reducing greenhouse gas, keeping up with the family, preventing falls and ensuring they were capable of doing their job.

4.0 Level and Intensity of Physical Activity

Respondents were asked to indicate the number of times they had walked continuously for at least 10 minutes in the last 7 days. The purpose of this walking was for recreation or leisure rather than for transport. Table Six outlines the responses.

Number of 10 min walking sessions/wk	Percentage of Reponses
1	6.6
2	7.5
3	6.6
4	12.3
5	10.4
6	13.2
7	18.9
8	2.8
9	0
10 or more	21.7

Table Six – Number of 10 min walking sessions in last week

It is clear from these data that the majority of respondents walked for recreation or pleasure 10 or more times in one week, with the second highest responses being those who walk 10 minutes or more each day of the week.

Respondents were then asked to estimate the total time spent walking in the last week. The actual responses (i.e. number of responses rather than %) are contained with Table Seven. The figures in red indicate the number of responses below the level of physical activity required by the National Guidelines for Adults. These figures represent 71% of all respondents, reinforcing the need for the Town of Vincent to promote physical activity information, services and facilities to ensure a healthy and active community.

Being active can provide a huge range of fun experiences, a sense of wellbeing, improved health, and a source of relaxation and enjoyment in the company of friends. It has been demonstrated that regular physical activity can:

- Help prevent heart disease, stroke and high blood pressure;
- Reduce the risk of developing type II diabetes and some cancers;
- Help build and maintain healthy bones, muscles and joints reducing the risk of injury; and
- Promote psychological wellbeing (Dept Hlth & Ageing, 1999).

Recent research has also shown that even the most inactive people can gain health benefits if they become slightly more active.

Time walked in last week	No. of responses
10 min	4
20 min	2
30 min	6
40 min	7
1 hour	5
1.5 hours	16
2 hours	15
2.5 hours	5
3 hours	12
3.5 hours	3
4 hours	6
4.5 hours	0
5 hours	4
5.5 hours	1
6 hours	4
7 hours	3
8 hours	4
10 hours or more	4

Table Seven – Time walked in the past week

Respondents were asked to indicate the number of times they had participated in vigorous physical activity in the last 7 days. Table Eight outlines the responses.

Number of vigorous PA sessions/wk	Percentage of Reponses
1	33.8
2	12.5
3	12.5
4	10
5	10
6	7.5
7	8.8
8	0
9	0
10 or more	5

Table Eight – Number of vigorous PA sessions in last week

These data indicate that most respondents only participated in one session of vigorous physical activity each week. In the survey text, vigorous physical activity was described as activities such as jogging, cycling, aerobics or dancing. When the respondents were asked to describe the types of physical activity undertaken to make them breathe harder or puff and pant, the following major categories were nominated:

Type of Activity	No. of responses
Walking*	18
Gymnasium/classes	17
Cycling	16
Jogging	11
Hill walking/stair climbing	9
Team sports	9
Dance	8
Swimming	6
Rowing	3
Brisk walk	3
Housework	3
Karate	2
Sex	2
Pram pushing	2
Other	4

Table Nine – Type of PA reported to make respondents puff
Fifteen respondents indicated they did not do any vigorous physical activity in the last week.

Walking ranked the highest vigorous activity undertaken by the respondents. Based on the definitions in the National Guidelines, walking would not be considered vigorous physical activity.

The benefits of being vigorously active where duration, frequency and intensity are increased, go beyond those that are associated with daily movement and regular moderate physical activity. These benefits include extra protection against heart disease and improved performance in fitness and sport (Dept Hlth & Ageing, 1999).

Based on this evidence, there is scope to increase participation the residents in various types of vigorous physical activity.

Respondents were then asked to estimate the total time spent doing vigorous physical activity in the past week.

Time spent doing vigorous PA in last week	No. of responses
10 min	2
20 min	1
30 min	6
40 min	3
1 hour	14
1.5 hours	12
2 hours	6
2.5 hours	1
3 hours	9
3.5 hours	1
4 hours	4
5 hours	6
6 hours	2
7 hours	2
8 hours	2
10 hours or more	2

Table Ten - Time spent doing vigorous PA in last week

When asked if respondent were active in a group or with friends, 49% advised they were part of a group when being active.

5.0 Facilities Used to be Physically Active

Respondents were asked to list the three facilities or settings they would most commonly use to be physically active. A range of responses were given but the major categories are as follows:

Footpaths	17
Beatty Park	13
Hyde Park	8
Lake Monger	6
Cycle paths	6
Roads/streets	4
Loftus Rec centre	3
Home	3
Parks	3

Specific POS that were stated include Britannia Park (2), Les Lilleyman (1), Gym in park (1), Woodville Reserve (1), Jacks Park (1) and Sadlier Park (1).

The level of satisfaction with these facilities was high, with 66% of respondents indicating they were satisfied with the settings.

Respondents were offered the opportunity to comment on the facilities and settings. All responses are listed in Appendix One, however the following comments reflect many of the responses.

“There is no space for community groups in Beatty Park. It is now removing yoga, martial arts, pilates and belly dance to smaller unsuitable rooms in exchange for sedentary bicycle classes. Need a hydrotherapy pool desperately for those with long life health conditions and seniors. Pool often fluctuates in temperatures leaving these groups at risk with heart conditions and blood pressure problems.”

“It would be fantastic to have distance marked on commonly used running/walking paths, like around Lake Monger, Herdsman Lake etc. More facilities to encourage proper stretching and warm-up/cool-down exercises would be great too.”

“Cycling on Loftus St in Town of Vincent is very dangerous. General cycle ways to get across ToV are poor.”

“Street trees do not provide shade, berries on the street make cycling dangerous, street poles on footpaths and sloping street corners make cycling on major footpaths dangerous (ie Fitzgerald and Walcott Sts were cycling on the road is dangerous).”

“Need more child care at gyms.”

“Hyde Park can sometimes feel unsafe.”

“I would like to get out of the house to be active with other people (seniors).”

6.0 Factors that Inhibit Physical Activity

Respondents were asked what stopped them from being as physically active as they would like to be. The following table outlines all responses.

Barrier to being Active	No. of responses
Time	30
Work/family commitments	28
Injury/health	13
Motivation	6
Lack of transport	6
Weather	5
Cost	4
Safety (fear of POS, dogs, lighting)	4
I am a carer	4
Lack of affordable PA	4
Lack of social support	4
Lack of child care	3
Too tired	3
Day Light savings	3
Other (embarrassed, no dog exercise area, no paths, need more publicity)	4

Table Eleven – Barriers to being more active

Based on these results, there are opportunities for the ToV to promote the importance of making time (Find 30/promoting incidental PA, etc) to be active, to consider options to increase people’s motivation to be active and to investigate options for carers, social based physical activity, and low cost PA options at the community level.

7.0 Future Services Provided by ToV

Many respondents took the opportunity to provide ideas for better or more targeted physical activity services. The following comment, demonstrates the level of interest shown by respondents.

“ We need free physical workshops to kick start people.

We need pilot physical activities to:

- a) *engage people*
- b) *bring people together and*
- c) *hopefully they will form groups to continue with the activity together.*

We need fitness parks set up to do workouts outdoors e.g. a bench for dips, a step for step ups a hill to walk up and down and somewhere to do sit ups and push ups.”

“It would be good to have a park next to library or on lawn so residents could borrow simple equipment from library e.g. plastic weights, skipping ropes and punching gloves etc to be active.”

The major categories for improvement were as follows:

Seniors programs	4
Cheaper PA	3
Safer cycle paths/routes	3
Group based – walking groups	3

All other suggestions were individually made. A complete list appears as Appendix Two.

References

Department of Health and Aged Care (1999) National Physical Activity Guidelines for Australians. Canberra: Australian Government.

Appendix One – Comments on Facilities and Setting for PA

Beatty Park

- a) diving pool closed for 4 months so no swimming, pool dirty, gym has misplaced my 10 year record of activities, a little grubby, no TV, music ear sets
- b) Beatty Park is now removing yoga, martial arts, pilates and belly dance to smaller unsuitable rooms in exchange for sedentary bicycle classes. Need a hydrotherapy pool desperately for those with long life health conditions and seniors. Pool often fluctuates in temperatures leaving these groups at risk with heart conditions and blood pressure problems
- c) Beatty Park currently has only one studio, which is not available for bookings at the times required. Also, the dive pool has been closed due to the heating being turned off so all deep aquaerobic classes were cancelled until further notice.
- d) Beatty Park needs revamp (in hand)
- e) Beatty Park doesn't really have enough casual swimming space.
- f) Group fitness room too small. Otherwise good.
- g) Beatty Park is old and needs updating
- h) Need more child care at gyms
- i) Boxing gloves are sweaty and tattered despite requesting upgrades. Gym equipment not as good as that at Loftus.

Footpaths/Streets

- a) Footpaths broken in disrepair
- b) It would be fantastic to have distance marked on commonly used running/walking paths, like around Lake Monger, Herdsman Lake etc
- c) Cycling on Loftus St in Town of Vincent is very dangerous. General cycle ways to get across ToV are poor.
- d) Walking paths need signage and distance markers
- e) Don't feel safe cycling on roads. Not enough shade over footpaths. Cycle paths are good but they don't always link up.
- f) Street trees do not provide shade, berries on the street make cycling dangerous, street poles on footpaths and sloping street corners make cycling on major footpaths dangerous (i.e. Fitzgerald and Walcott Sts were cycling on the road is dangerous).
- g) Footpaths can be dangerous - roaming dogs
- h) Generally satisfied but footpaths can be tripping hazards

Public Open Space

- a) More facilities to encourage proper stretching and warm-up/cool-down exercises would be great too.
- b) Hyde Park in mornings has hazards (e.g. broken glass)
- c) More equipment needed at park to make it more interesting and safer
- d) Vincent parks not really set up for lacrosse/modcrosse
- e) Sadlier Park - absolutely FANTASTIC since council put up fence to keep it child and dog-safe Lake Monger.
- f) Hyde Park can sometimes feel unsafe
- g) Mostly I am but I would love some Aussie Rules footy goals and/or cricket nets at Forrest Park

Loftus Recreation Centre

- a) Good at Loftus centre gym - pity that ALL the aerobic machines face TV screens rather than the gardens outside.
- b) Would like more activities at the Rec centre for older people. There is a good program at the Inglewood Rec centre.

Other Comments

- a) No mirrors for dancing
- b) No space for community groups.
- c) Could do more than tone legs
- d) Would like to see more pilates to balance type facilities, equipment if that at all is possible, low impact but strengthening activities
- e) Would like to get out of the house
- f) Would like to have access to exercise suitable for post op conditions
- g) Would like to go gyms but none are suitable for my level of health
- h) I would like to get out of the house to be active with other people (seniors)
- i) It is very far and I have no transport

Appendix Two – Comments provided on ideas for better or more targeted physical activity services in ToV

Beatty Park

- a) Keep pool open all year and all day particularly in early morn
- b) Looking forward to Beatty Park upgrades:

Footpaths/Streets

- a) Install gym workouts in several areas of Hyde Park
- b) Dedicated cycle paths Summer shade (trees) on routes into the city and around Vincent
- c) Better footpaths
- d) Better pedestrian crossings on roads
- e) More street trees that are allowed to grow and form a canopy.
- f) Safer roads for cyclists and pedestrians.
- g) Update existing Bike Paths by changing them from dual use (pedestrian & bike) to one exclusive pedestrian path and 1 bike paths
- h) More dedicated cycle paths
- a) Good street lighting helps for winter walks
- b) Better cycle paths linking reserves
- i) Pedestrian crossing dangerous with pram on Cnr Loftus and Vincent Streets.

Public Open Space

- a) Nicer parks.
- b) Small business development like cafes around parks
- c) Convert parks to people friendly. Current ToV parks are just Dog Toilets, and free roaming dogs. Children cannot play due to 'dog traffic'.
- d) More exercise facilities in parks (e.g. Easton & Esserley Sts)
- e) Parks with outdoor gym equipment
- f) Cricket nets at Forrester and a basketball court.
- g) Shade is important.
- h) Park on cnr of Alma and Forrest - spinning equip needs fixing
- i) Playground similar to Ivy Watson (Kings Park).
- j) Hyde Park swings are old and dangerous.
- k) Better access to Lake Monger
- l) The lighting at Lake Monger could be improved, or the footpaths in the area could also be improved - some are quite old and uneven.

Specific Service Requests

- a) More indogypsy bellydance venues! e:indogypsydance@primus.com.au more water dance sessions! e:balanced@[primus.com.au
- b) A dance studio equipped with a good wooden floor and mirrors would enable me to teach dance in Vincent.
- c) More fun-runs/walks, particularly if they are dog-friendly, as this would be VERY appealing to the dog-owners.
- d) I'd like local walking groups for women.
- e) ToV staff programs e.g. lunchtime yoga or lunchtime walking groups
- f) Activities for the young adults (14-16 years) that is not organised sport Local walking groups
- g) Come and try activities that are free
- h) Outings and Picnics
- i) Social sporting competitions

Access and Cost

- a) Cheaper casual gym rates (\$15 per casual visit far too expensive)
- b) Cheaper facilities
- c) Making attending the gym more affordable
- d) Discount to residents for local facilities (e.g. Beatty Park pool)
- e) Information in regards to walking groups
- f) Someone to take me there
- g) Transport to activities

Younger Children/Parent Activities and Comments

- a) Support parent/children sports activities
- b) Swimming program for adults and baby
- c) Child base PA services
- d) Better crèche services at Rec centres
- e) Parents and young children physically active together programs
- f) Increase crèche times at Leederville Rec Centre - have classes during the day (other than 9.30 slot) to cater for new parents.

Loftus Rec Centre

- a) Group fitness classes during lunch hour at Loftus Recreation Centre
- b) Badminton at Loftus Rec Centre within a club or group
- c) Increase crèche times at Leederville Rec Centre Have classes during the day (other than 9.30 slot) to cater for new parents

Seniors Physical Activity

- a) More exercise classes for seniors
- b) More exercise classes for seniors
- c) More seniors programs in social settings
- d) Local Italian group of seniors to be active with

- e) Aerobic classes for seniors
- f) Cannot leave husband on own for too long - care provided for older people while I can be active

Other Comments

- a) Higher density town centres.
- b) 1.free physical workshops to kick start people 2. pilot physical activities to a)engage people b)bring people together and C) hopefully they will form groups to continue with the activity together 3 fitness park set up to do workouts outdoors e.g. a bench for dips, a step for step-ups a hill to walk up and down and somewhere to do situps and pushups 4. have park next to library or on lawn so residents could borrow simple equipment from library e.g. plastic weights, skipping ropes and punching gloves etc
- c) We would like help to be more physically active.
- d) Any kind of free and community based activity
- e) I need to have other people to motivate me so neighbourhood based group activities would be good. Jogging groups.
- f) I think ToV are wonderful.
- g) Generally happy but I feel like I have been to the gym everyday with twins!

**Appendix Three – Copy of the Physical Activity Survey
Town of Vincent
Demographic Questionnaire (Adults)**

The Town of Vincent is currently developing a plan to promote physical activity throughout the area. We are interested to access the community views on physical activity as well as accessing ideas and recommendations for the Town of Vincent.

PART ONE – YOUR CURRENT LEVEL OF PHYSICAL ACTIVITY

Q1. Current adult guidelines for physical activity suggest 30 minutes of moderate activity on most, or preferably all days of the week. What do you understand to be moderate physical activity?

Q2. Is being active important to you?

Yes

No (pls go to Q4)

Q3. Can you best describe the reasons why being active is important to you? (tick all that apply)

Preventing chronic disease

Makes you feel good

Weight loss/body toning

Social reasons

Other reasons: _____

Please answer the following questions based upon the level of physical activity you have done in the past week

Q4. How many times have you walked continuously, for at least 10 minutes, for recreation/exercise or to get to or from places? (pls circle)

1 2 3 4 5 6 7 8 9 10 or more

Q5. What do you estimate was the total time that you spent walking in this way in the last week?

Q6. In the last week, how many times did you do any physical activity (such as jogging, cycling, aerobics, dancing) that made you breathe harder or puff and pant?

1 2 3 4 5 6 7 8 9 10 or more

What type of activity did you do that made you breathe harder or puff and pant?

Q7. What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?

Q8. Can you list the three facilities or settings that you commonly use to be physically active (eg gym, park). Please include the name of the facility or setting if possible.

Q9. Are you satisfied with these facilities or settings?

Yes No

If no, why not?

Q10. Are you usually active with friends or in a group?

Yes No

Q11. What inhibits you from being more active than you already are?

Q12. Can you think of any additional services or programs that the Town of Vincent could provide that may motivate you to become more active?

PART TWO - PERSONAL INFORMATION

Q1. Do you live in the Town of Vincent?

If 'Yes', which suburb do you live in?

North Perth	<input type="checkbox"/>	Mt Hawthorn	<input type="checkbox"/>
West Perth	<input type="checkbox"/>	Leederville	<input type="checkbox"/>
East Perth	<input type="checkbox"/>	Mt Lawley	<input type="checkbox"/>
Highgate	<input type="checkbox"/>	Perth	<input type="checkbox"/>

Q2. Please indicate your gender:

Male

Female

Q3. Please indicate your age:

18-29 years

30-44 years

45-59 years

60-75 years

Q4. Please indicate how many children under the age of 5 years who live in your household:

Nil

One or more

Q5. Please indicate the main language spoken in your home:

English

Other...Please specify_____

Q6. Please indicate your marital status:

Single

Married/ de facto

Separated/ Divorced

Widowed

Q7. Please indicate your educational level:

Less than Year 12

TEE or equivalent

Tertiary

Q8. Please indicate the category that best describes your occupational status:

- Full time paid work
- Part time paid work
- Retired
- Home duties
- Full time education
- Undertaking unpaid voluntary work for a charitable organisation.

Q9. Do you own a dog?

- Yes
- No

Q10. How often would you walk your dog?

- 5-7 times a week
- 2-4 times a week
- Once a week
- Other - Please specify _____

Thank you for your time

6.0 Community Consultation - Focus Group Specific Suggestions

The following is a list of specific comments received when discussing physical activity with a variety of individuals during the community consultation phase for the development of the ToV Physical Activity Plan.

Topic	Issue	Location	Suggested action/info
Access/Costs			
Cost	\$2.90/hr for crèche at Loftus Rec Centre is too expensive	Loftus Rec Centre	Free if over 5 children
Access	Difficult to get connections of public transport to some venues		Make information more available and promote wide range of PA opportunities
Information	Lakeview residents are unaware of what programs are currently offered by the Town of Vincent in relation to physical/social activities	Lakeview	Information brochures or a visit from Town of Vincent employee to talk about available services
Safety			
Safety	Ped crossing too dangerous for pram at Fitzgerald Street (near Woodville Res)		Wider islands and ped crossing
Safety	Swings and slippery slide at Hyde Park old and dangerous		
Safety	Sand is not a good softfall – syringes and dog faeces		Proper softfall or fence playgrounds
Safety	Some of the footpaths surrounding Lakeview are in bad condition and unsuitable for residents that have difficulties with vision and walking	Lakeview	Fix footpaths
Safety	Occupational therapist	Lakeview	Relocate or

	suggested that the zebra crossing should be moved closer to the nearby shopping facilities as the elderly residents have trouble crossing		implement additional zebra crossing
Safety	Primary school children concerned with lack of bicycle paths in area and sometimes have to ride on the roads which they feel is dangerous	Kyilla Primary School	Designated bicycle paths
Maintenance & Amenity			
Maintenance	Maintenance at Hyde Park occurs in mornings when parents are walking their prams expecting babies to sleep	Hyde Park	Change maintenance schedule
Maintenance	Spinning equipment at park on cnr of Alma and Forrest is broken and has been repeatedly reported		
Targeted Services			
Child care	Only one gym class during working hours at 9.30 and this is when my baby sleeps	Loftus Rec Centre	Increase classes
Seniors	Elderly members of the Asian Association are keen to be active but staff are unable/unskilled to provide services	Asian Association	Suggestion that Town of Vincent provides physical activity services/program for the elderly either at the Asian Association Centre or at an alternative location. Staff are willing to accompany members to and

			fro. A number of people were enthusiastic about some sort of dancing program for elderly people. (Tuesday, Wednesday and Thursdays)
Targeted services	Nowhere in the Town of Vincent that offers archery, fencing or table tennis (student suggestion)		Increase range of activities at Loftus Centre
Dog Walking	Areas/parks where dogs are permitted to run without leash (suggested by students)		Allocate section of park for dogs or certain times when dogs can run freely