

# Gold Coast Physical Activity Plan

## A STRATEGY FOR AN ACTIVE AND HEALTHY COMMUNITY 2009-2015

**W**elcome to the first Gold Coast Physical Activity Plan update. As we continue to move forward with the Plan, we thought it was time to let you know what we have done and what we are about to do.

Thanks to everyone who has helped shape the Plan so far, we appreciate your contribution and look forward to helping the Gold Coast **get up, get out... get active!**

### What have we done to find out about physical activity on the Gold Coast?

- Online community survey carried out over June/July.
- Online survey for physical activity providers carried out over June/July.
- Workshops held with organisations and groups to find out what people are doing or would like to be doing, to support the Gold Coast to get active.



**GET ACTIVE**  
Gold Coast

## GOLD COAST COMMUNITY ONLINE SURVEY (2009)

### *A Snapshot of the findings:*

#### Details about who completed the survey:

- **2,111 responses were received** for the Get Active Gold Coast online community survey.
- Majority of respondents were aged between 25 - 54 years.

#### How active are we and what are we doing?

- Most popular activities were walking, swimming, gardening and cycling.
- 43% of respondents believed they were sufficiently active, but would like to be more active.
- 38% of respondents did not believe they were active enough to achieve any health benefit.
- Barriers to physical activity participation were lack of time followed by financial cost and lack of motivation.
- Over 35% of respondents did not utilise 'active modes' of transport for travelling to or from work and/or the shop. Respondents suggested **safety** (safe bike lanes) as a major deterrent to active transport on the GC.

#### What we found about children's activity:

- 35% of people surveyed are a parent to a child/children under the age of 15.
  - Children enjoyed swimming, walking, cycling and running.
  - Alarming 32% of these parents stated their child was moderately active for 30 minutes or more, less than 2 times per week. Recommendations for children: 60 minutes (and up to several hours) of moderate to vigorous activity every day.
  - Most respondents would like to see their child participate in more activity.
- When asked about how children travel to and from school, 48.5% of respondents drove their child in a car. The next highest response was bus (13.7%), followed by walking (11.0%) and riding their bike (6.9%). Some great ideas were offered to make school drop off zones safe.

#### How many of us are not active at all?

- The survey found that 6.7% adults and 8.6% children **do not participate** in physical activity.

#### Where we are active and what else do we need?

- Most respondents felt safe using parks, pathways, beach etc., but 44% of respondents felt unsafe when cycling on our roads.



*Get up, get out... get active!*

## A Snapshot of the findings:

- Over 70% of respondents felt that footpaths, parks & reserves and natural reserves are essential to their individual & family physical activity participation. A large amount of qualitative data received on this question.
- Over 50% of respondents stated that sealed walking and cycle paths as the most important facility that would assist individual and family undertake more physical activity.
- Most respondents are active on the beach, closely followed by their home and then in a park or reserve.

### How do we want to receive physical activity information?

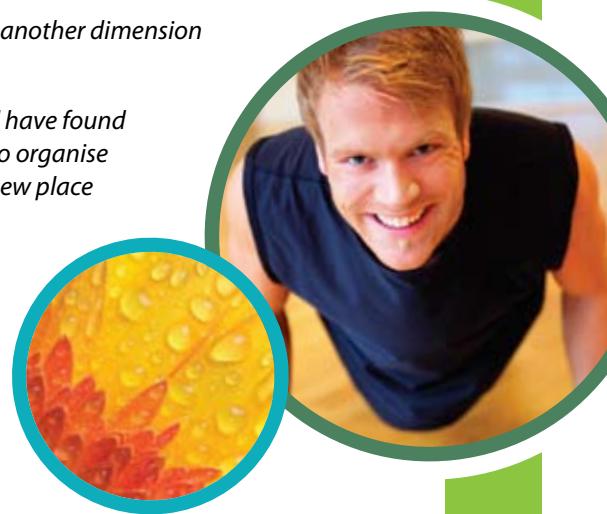
- The preferred method of communication for physical activity information is via email (26.2%) and closely followed via a website (21.5%).
- We received 2 561 responses which detailed suggestions for the Get Active Gold Coast website. We are trying our best to make sure the new site meets your desires! Thanks for some great ideas!

### Gold Coast Parks Active & Healthy program:

- Over 67% of respondents had heard of Council's Active and Healthy Program with close to 40% regularly participating in the program. 46 % rated their experience of the program as excellent, with the most popular activities being tai chi, yoga, kids activities and stroller groups.

Active & Healthy responses include:

- *To walk and be educated at the same time is a double bonus - fitness with knowledge is a great way to keep fit. I bore of walking very easily/quickly - so it's works for me to be learning something at the same time.*
- *I congratulate the Council for introducing the Active and Healthy Program. Particularly the Tai chi program. We have grown from about 10 participants to over 50 participants in that time. We love it, and my health has improved dramatically. As has most of the other participants. I would not miss it even though I am a pensioner and it costs me petrol from Main Beach. Thank you so much.*
- *It allows me to exercise with my children and it doesn't cost a fortune. It adds another dimension to my children's activity which they would not normally participate in.*
- *The stroller groups are fantastic. I have recently moved to the Gold Coast and have found them to not only be a great form of exercise. I like the fact that I do not need to organise childcare (as baby is in stroller) but a good way to form social networks in a new place where I did not know anyone.*



## Who won the Wii Fit?



**The winner of the Wii Fit was A.Turner from Labrador.**

**Congratulations!**

Interestingly the Survey found that many Gold Coast residents use Wii Fit as a way of getting and keeping active.

Get up, get out...get active!

# Moving forward:

## THE GOLD COAST PHYSICAL ACTIVITY PLAN

### A STRATEGY FOR AN ACTIVE AND HEALTHY COMMUNITY 2009-2015

The community survey responses have proved extremely valuable to the development of the Gold Coast Physical Activity Plan (GCPAP). Using the responses and latest physical activity research, the Gold Coast Physical Activity Alliance created the following vision and key themes for the GCPAP.

#### OUR VISION:

Leading the way to an active and healthy *community!*

#### OUR KEY THEMES:

- A city with an active and healthy community that embraces active recreation, sport and social interaction.
- A city aware and informed of its physical activity opportunities and facilities.
- A city maintaining and enhancing its built and natural environments for physical activity.
- A city connected, enabling safe active travel.
- A city working together to support active and healthy lifestyles

**The Draft GCPAP is nearly done. We welcome all feedback on this document – take the time to consider how the Gold Coast can lead the way to an active and healthy community.**

#### **To receive the DRAFT GCPAP, register your interest today:**

To receive a copy of the Draft GCPAP email the Gold Coast Physical Activity Alliance: [gcpaa@health.qld.gov.au](mailto:gcpaa@health.qld.gov.au)

Insert **Draft GCPAP** as the subject heading.

Put your details in the email message and when the Draft Plan is ready, it will be emailed to you. (Expect an email with the Draft at the end of November or beginning of December).



Get up, get out...*get active!*

# Get Active Gold Coast website: [www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)



## EXCITING DEVELOPMENTS:

*The website is working behind the scenes. We aim to launch the site in December.*

Our new website!



*Promote Gold Coast activities, events, sporting clubs and facilities on the new website for **free!***

*If you provide an activity, want to promote your sporting club or facility for the Gold Coast community, register your details today.*

*To find out how to register (before the site is launched), email the GCPAA: [gcpaa@health.qld.gov.au](mailto:gcpaa@health.qld.gov.au)*



## "MY STORY"

### **Seeking Stories**

*What is your motivation for being active? The Get Active Gold Coast website wants to share real life experiences and success stories.*

*Share a positive story that could motivate and inspire the Gold Coast to **Get up, get out... get active!***

*Email your story (and photo) to the GCPAA: [gcpaa@health.qld.gov.au](mailto:gcpaa@health.qld.gov.au)*



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To contact the Gold Coast Physical Activity Alliance, email [gcpaa@health.qld.gov.au](mailto:gcpaa@health.qld.gov.au)  
Data from the survey is available upon request to the GCPAA

*Get up, get out...get active!*