

# **CITY OF FREMANTLE**

## **PHYSICAL ACTIVITY STRATEGIC PLAN 2008-2012**

(Updated March 2008)

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# **CITY OF FREMANTLE PHYSICAL ACTIVITY STRATEGIC PLAN 2008 - 2012**

## **1.0 Introduction**

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

This strategy is a whole of community plan and therefore considers strategies for both the City of Fremantle and external agencies and organisations. This Strategic Plan has a strong commitment to linking health, environment, planning and community in positive ways to promote a positive lifestyle. The City of Fremantle has significant capacity to promote physical activity, through our commitment to environment and local community, through our 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 City of Fremantle to develop this Strategic Plan for physical activity was forthcoming from the Physical Activity Taskforce. This funding was matched dollar for dollar by the City of Fremantle. Additional funding was received from the South Metropolitan Public Health Unit.

In February 2008, key stakeholders were invited to participate in a half-day workshop to revisit the physical activity priorities for the City of Fremantle. Tasks undertaken prior to the workshop included an updated demographic analysis of Fremantle residents, a review of any new City of Fremantle policies, a revised and updated list of physical activity opportunities within the City and a partnership matrix.

Outcomes from the workshop have been integrated into the revised version of the City of Fremantle Physical Activity Strategic Plan.

## **2.0 Definitions**

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

**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.

**Physical activity** – any movement involving large skeletal muscles e.g. walking, walking up stairs, gardening, playing sport, work-related activity, etc.

**Moderate Activity** – activity that is energetic, but at a level at which a conversation can be maintained. 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).

**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
CDO:	Community Development Officer (COF)
CDU:	Community Development Unit (COF)
COF:	City of Fremantle
DAU:	Development Assessment Unit
GIS:	Global Information System
HPO:	Health Promotion Officer (COF)
SMPHU:	South Metropolitan Public Health Unit
SMS:	Sensationally mobile seniors
WADET:	Western Australian Department of Education and Training

### 4.0 Methodology

Literature searches were undertaken using appropriate key words to identify literature on physical activity, local government and recreation, as well as relevant resources. The indexes of key health promotion, public health, health policy and planning, environmental health and community health journals were checked manually for relevant articles and resource reviews. Local ABS data was also accessed.

The Internet was used to access websites of key stakeholders in the field. Every Australian State Department of Health and every Australian State Department of Local Government website was manually checked to assess if any relevant resources or reports were available. The Internet was also used to contact researchers and practitioners, known or identified through websites and journals.

An overarching working group was formed to oversee the project. A list of the working group participants is attached as Appendix One. This group met once per month and their

primary role was 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.

A number of media releases were developed throughout the project in an effort to inform the community of the progress of the Strategic Plan. Regular updates were also forwarded to the local Chamber of Commerce to place on their website. Appendix Seven summarises these dissemination strategies.

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 approved by the working party. It was then piloted on a range of public facilities to ensure it was able to identify all relevant information. Volunteers were used to conduct the physical activity facilities and services audits, and they were sourced from the Notre Dame University Health and Physical Science course as well as through the Fremantle Volunteers Centre. All volunteers attended a two-hour training course prior to conducting any audits. A copy of the audit tool appears as Appendix Two.

The community consultation component of the Strategic Plan involved discussion groups with a range of community representatives. As the Strategic Plan covers all ages and all physical capabilities, a large cross-section of the community was accessed. Individuals were invited to participate in the discussion groups via the media, word of mouth and through existing groups or organisations. The discussion groups focused on the following:

- What are the good things about living in the City of Fremantle?
- Current levels of physical activity,
- What inhibits you from including physical activity as a part of your day,
- What would you like changed that might encourage you to be more physically active?
- How would these changes occur?
- How do you think you could get involved in the process?

Participants were also requested to complete a short self-administered questionnaire that conformed to the Western Australia Physical Activity Survey prior to the discussion group commencing. This questionnaire was also distributed to all precinct groups and staff of the City of Fremantle. The total number of completed surveys was 103. A copy of this questionnaire appears as Appendix Three.

Where timing permitted, a scenario was also used to encourage people to think about the physical changes that would improve their neighbourhoods. The scenario asked the participants to think of themselves as a property developer who was designing a new suburb that would encourage people to be more physically active. A total of 68 people were involved in the discussion groups, with a complete list of participating groups appearing as Appendix Four. Results from the consultation are discussed on page 19 of this report and the complete report appears as Appendix 10.

The working group oversaw the drafting of the Strategic Plan. A final draft of the Plan was presented to the Manager of Community Services at the City of Fremantle for comments. Following this, the Plan went to the full Council for ratification.

In February 2008, a half-day workshop was facilitated with the Working Group to identify strategies to be pursued for the next three to five years. Following this workshop, this strategic plan was amended and revised to reflect the Working Groups ideas and directions.

## **5.0 Physical Activity Strategic Plan Context within the City of Fremantle**

The City of Fremantle is responsible for contributing to the health and well-being of its community through the provision of facilities and services. The City 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 Fremantle 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 City of Fremantle 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. 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 the Fremantle City Plan, the overarching strategic document for Fremantle.

### **The Vision for Fremantle is:**

*“In 2010 the Port City of Fremantle is a unique and exciting place to live, work and visit.”*

**The mission that drives** to achieve this vision include being:

1. An accessible, responsive and forward thinking organisation that actively engages the community;
2. A leader in sustainability issues and programs with a strong track record in environmental management;
3. A great place to work.

There are a number of statements under each of these key result areas that relate specifically to this Strategic Plan for physical activity. These are illustrated below.

### **A Great Place for People**

#### Diversity of People and Lifestyles

Fremantle will plan, facilitate and provide services and facilities that address the diverse social and cultural needs of the community.

#### A Safe Community

Fremantle will develop and implement policies including urban design solutions that create and maintain an environment that maximises personal safety.

#### Sense of Community

Fremantle will develop plans and events that bring people together.

#### Healthy and Active Community

Fremantle will provide or facilitate accessible community, cultural, recreation, leisure and sports facilities and services that support the health and wellbeing of the community.

Fremantle will provide or facilitate equitable access to life long learning opportunities and information to further develop and enhance knowledge and skills.

Fremantle will identify and pursue opportunities that encourage Fremantle people's participation in creative and recreational pursuits.

Fremantle will provide leadership and coordination in the provision of support to community, cultural and recreation groups so that they are able to establish and maintain their operations in Fremantle.

Fremantle will ensure a range of community services and community learning programs are delivered to assist residents to maximise their potential.

Fremantle will enable and promote intergenerational activities that encourage people to take a more active role in community as they grow older.

### **A Vibrant Community**

#### Vibrant and Diverse Economic Activity

Fremantle will develop and implement policies to ensure easy and equitable access to the city and local centres.

Fremantle will encourage and facilitate street activity and performances that animates the City.

Fremantle will attract State and Federal Government investment in infrastructure and community services.

Fremantle will provide infrastructure and services that enable visitors to identify major sites and attractions and appreciate Fremantle's character and cultural diversity.

Fremantle will promote the City's range of cultural, recreation, leisure and sports opportunities and facilities.

### **A Beautiful and Accessible Place**

#### Biodiversity

Fremantle will identify and act on opportunities to secure and acquire additional reserves and parks.

#### Built Environment

Fremantle will encourage environmentally sustainable higher density living which does not compromise amenity through the appropriate application of the Fremantle Planning Strategy.

#### Sustainable Transport

Fremantle will develop and implement integrated transport policies that improve safety and access for all users (including cyclists), reduce traffic, create pedestrian friendly and cycle friendly city to encourage walking and cycling for short distance trips and encourage greater use of public transport.

#### Focus on our Suburbs

Fremantle will through consultation, cooperation and planning, ensure local centres facilities and infrastructures meet the needs of the communities.

Fremantle will ensure the City's services are responsive to local needs.

#### Connections to Water

Fremantle will work in partnership with other government and NGOs to maintain strong and visual pedestrian and boating connections with, and access to, river and ocean waterfronts.

#### Facilities and Infrastructure

Fremantle will undertake holistic street scalping to enhance the appearance of Fremantle neighbourhoods.

Fremantle will provide high quality public facilities, infrastructure and maintenance services.

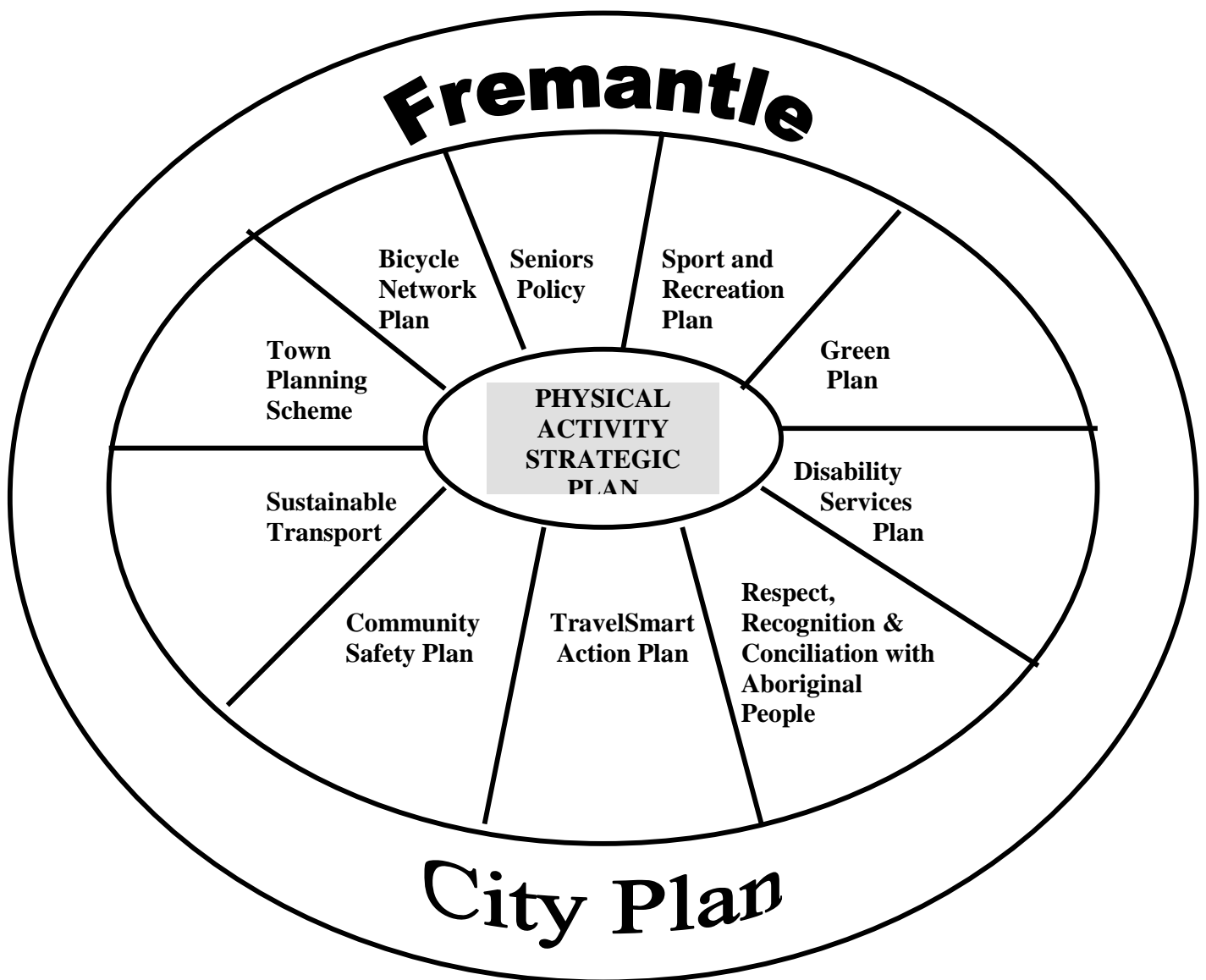
#### Integrated Network of Public Open Spaces

Fremantle will maximise the amenity of the City's parks and open spaces.

Fremantle will increase and enhance the quantity and distribution of green spaces in Fremantle.

Fremantle will acquire and develop appropriated recreation and open spaces for community enjoyment.

The preparation of this Strategic Plan is part of Council's wider process of community involvement, analysis of trends and other data, performance development and performance appraisal. The relationship between this Plan and other Council policies and plans is presented in Figure 1. In practice, some of these policies and plans will overlap, which will actively encourage a whole of local government approach to physical activity, rather than it being owned by one specific department.



### **5.1 Guiding Principles for the Physical Activity Strategic Plan**

In line with the City of Fremantle's Vision and City Plan, 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.

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.

### **5.2 Themes for the Strategic Plan**

In line with the City of Fremantle's key result areas, the following themes have been chosen to describe the strategies contained within this Strategic Plan:

- A great place for people  
This theme will encourage active participation in physical activity
- A vibrant community  
This theme will encourage planning, development and the management of physical activity and supportive environments
- A beautiful and accessible place  
This theme will encourage accessibility of physical activity opportunities and will include strategies to inform the community on the availability and benefits of leading an active life, and will address barriers to physical activity.

## **6.0 Why Should Local Government be Involved in the Promotion of Physical Activity?**

### **6.1 Local Governments As Managers Of Open Space And Recreational Facilities**

Local governments are well placed to promote physical activity as they are the only locally based structure with a mandate to influence the natural, man-made, social and economic environments in which people live (Harris and Wills, 1997). Local government has a mandate to provide healthy and safe communities, and is well placed to take a holistic and proactive approach to the provision of public facilities and programs that promote physical activity.

### **6.2 Local Governments as Managers of Planning Processes**

As this Strategic Plan takes a whole of Council approach, an integrated approach to planning will ensure best use of resources. Integrated planning involves having physical activity initiatives addressing council objectives such as reduced crime or an increase in tourism. Another dimension of integrated planning includes incorporating physical activity opportunities within a range of council projects and including physical activity considerations when approving planning developments. Finally, integrated planning looks beyond Council responsibility and develops partnerships with regional or State-based objectives.

### **6.3 Local Governments as Managers of Safe and Supportive Environments**

It is a responsibility of local governments to provide safe, stimulating, accessible and pleasant environments. If areas are appealing and enable activity by designing well placed bike paths and footpaths, or ensuring local access to street furniture at public transport interchanges, people are more likely to be active. The provision of safe and stimulating environments will also encourage people to use facilities on a regular basis. In addition, safe and supportive environments contribute to other Council objectives such as increasing tourism, decreasing crime, increasing economic viability of commercial areas and risk management.

### **6.4 Physical Activity As Part of Our Daily Lives**

The general health benefits of physical activity have been recognised for many centuries. However, the scientific evidence documenting clear health benefits of **regular moderate intensity physical activity** has only emerged over the past 40 years. The best documented health gain of moderate intensity physical activity is in the prevention of heart disease, and the reduced risk of cardio-vascular and all-cause mortality among those who are physically active, compared to those who are sedentary. Physical activity also reduces the risk on non-insulin dependent diabetes and favourably influences body weight, blood pressure and lipid profiles (NCD Atlanta, 1996).

Participation in physical activity throughout the lifespan has also been shown to increase, maintain or reduce the decline of musculoskeletal health that generally occurs with aging in sedentary people (Brill et al. 2000). Participation by older adults can help maintain

strength and flexibility resulting in an ability to continue to perform daily activities (Brill et al. 2000; Smith, Marshall & Huang, 1998). Falls in Australia currently account for 15% of deaths and injury and for 33% of hospitalisations (AIHW 2004).

Regular physical activity has mental health benefits reducing depression and anxiety and improvement of self esteem and self concept. (Armstrong & Edwards, 2004; Jorm, Christensen, Griffiths et al, 2004).

Physical activity programs harness community resources, and mobilize people to engage with their neighbours and community. Active and vibrant communities encourage children to walk to school, organise local physical activity programs and services and promote neighbourhood safety. It has been found that communities with higher levels of physical activity participation have higher social capital (Kim et al 2006).

Current Australian Guidelines suggest encouraging people to be active every day in as many ways as they can be, and for adults, 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 (AIHW 2006).

## **6.5 Participation Trends**

### **6.5.1 National Trends**

There have been several attempts to measure population based physical activity participation rates across Australia. However, to date there has been no standardised approaches used to measure or monitor such rates (Active Australia, 2002). Three national surveys of physical activity were carried out in November 1997, 1999 and 2000, using identical survey methods and questions (Armstrong et al., 2000). The most recent physical activity prevalence estimate for Australia suggested that more than half (54%) of Australian aged 18-75 years did not undertake leisure time physical activity at the levels recommended to achieve health benefits (McCormack et al. 2003).

The following identifies a number of national trends:

- In the last decade, despite an increasing awareness of the importance of physical activity, there has been a general reduction in activity levels, and an increase in overweight and obesity, especially in young people.

- The proportion of the population who met the criteria of being physically active declined from 62% in 1997, to 57% in 1999 and 2000 again declined to 54% in 2003.
- In 2004-05, 70% of Australians aged 15 years and over were classified as sedentary or having low exercise levels. Of these, just under half (48%) recorded no or very little exercise in the previous two weeks (sedentary exercise level) and 52% recorded a low level of exercise (ABS, 2006a).
- Nationally, 54.7% of people participated in sport and physical activities during 1999 – 2000.

### 6.5.2 Western Australian Trends

The Premier’s Physical Activity Taskforce identified that the current level of the population undertaking sufficient physical activity for a health benefit was 59% (PATF 2007), revealing that four out of ten West Australians do not undertake sufficient physical activity to have any positive impact on their general fitness or health.

This survey identified that the main barriers to activity was a lack of time, and the main reasons for being active were for improved fitness and for the enjoyment. Encouraging social sports for exercise and improved facilities and environments were identified as important community issues.

### 6.5.3 City of Fremantle Trends

Participation trends in organised sport and physical activity for the City of Fremantle 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 One illustrates how the demographic data for Fremantle is directly relevant to physical activity rates.

ABS data for Fremantle	Relevance to Physical Activity
Aging population – 2006 data indicate an increase in the 35-65+ age groups with most concentrated in the 40-54 year age range	There is a middle-age slump with the lowest rates of physical activity among adults between their 40s and 50s.  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).
Median age across all suburbs is 37.25 years	Middle aged adults and parents of young children are less likely to be active.
Males and females are evenly	Women are 20% less likely to report leisure time

distributed across the City	<p>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>
25.3% of the population speak another language as their primary language	<p>People who do not speak English at home are less likely to report physical activity.</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 age differences.</p>
Relatively high number of rental properties in Fremantle (24.5%)	No direct implications
One and two person households comprise 60% of Fremantle households	This is a positive for physical activity trends – people without children tend to be more active.
27.8% of the adult population have 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.
42% of the population aged over 15 years make less than \$400/wk	People from low socio-economic groups are less likely to be active, as are people with disabilities.
There is a 10% unemployment rate for those aged over 15 years	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).
There is a high car dependence with 68.9% of the population using cars as the main mode of travel to work	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).
1.6% of the population is of Aboriginal heritage	<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</p>

	<p>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 (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).</p>
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### **6.6 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 and to ensure that a collaborative approach is recommended to change the environments where people work and live and to 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.

### **6.7 Urban Character and Housing Style**

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).

The built environment can influence behaviors in communities. Pikora and colleagues (2003) have developed a conceptual framework that classifies environmental attributes under four constructs including functionality (i.e. walking surfaces, street width), safety (i.e. personal and traffic safety), aesthetics (i.e. streetscapes) and destination (i.e. the existence of facilities).

The City of Fremantle Assets and Infrastructure with Strategic Planning and Corporate Development Units are principally involved with initiatives to upgrade the public domain throughout the municipality; either through preparation of strategies and policies to guide ongoing streetscape improvements, such as paving, street furniture, signage and lighting, or through studies and concept designs for special upgrading projects, such as

Cantonment Street, Queens Square, Kings Square, the City Centre ‘Blueprint’, and the Local Centres Improvement Program.

The City of Fremantle is one of the oldest urban areas in the Perth Metropolitan region, with many narrow streets in narrow road reserves that were not designed to cater for motorised traffic. Some roads carry significant volumes of truck traffic accessing the Port. These factors can act as deterrents to cycling on some parts of the road systems, yet provide opportunities for other physical activities such as walking.

## **7.0 Current Physical Activity Programs and Services within the City of Fremantle**

### **7.1 Services and Facilities Provided By the City of Fremantle**

The City of Fremantle has an existing Sport and Recreation Strategy, which was developed by the Community Development Unit and adopted by the City in December 2000. This Strategy includes policy statements that cover the delivery of recreation and sports programs and activities as well as services and support for recreation and sport. It recommends a planned approach to recreation and sport across the City of Fremantle. This strategy is closely linked to the City of Fremantle’s Physical Activity Strategic Plan.

The City of Fremantle provides a range of recreation and sport programs and services, with the main role being to provide infrastructure, staffing, general resources and maintenance and supporting initiatives in the area.

Table 2 gives an outline of the existing Council involvement in physical activity services and programs.

<b>Business Unit</b>	<b>Type of Physical Activity</b>
Community Development Unit – Recreation Services	Regular programs include the Youth Holiday Adventure program that is a mixture of spontaneous and organised activities during the four holiday periods throughout the year. The Youth Sports Scholarships is awarded biannually along with the Junior Sport Development Scheme. There are currently 51 clubs listed on the City’s database and of these, 21 are regular users of Council facilities with the remainder being located close to the City’s boundary or who have the name Fremantle in their club title. Current programs include the Heart Foundation Walking program, master planning of sporting reserves projects, SMS program for Seniors and the Active Freo branding. Other staff that has impact on physical activity choices and programs includes the Disability Officer and the Community Development Officers.
Fremantle Leisure Centre	This centre provides a range of services for both casual and frequent users. Programs such as Vacs Swim, lane swimming,

	water aerobics, squad training and yoga are provided. This centre is also the venue for the <u>City of Fremantle</u> staff fitness program.
Samson Recreation Centre	The Samson Recreation Centre provides over 50 types of programs throughout the year.
Strategic Planning Unit and Corporate Development	<p>A Fremantle Bicycle Network Plan 2003-2007 has been adopted by Council and aims to develop cycling facilities with the City. A range of on-road and off-road bicycle paths exist within the City. A list of on-road paths appear as Appendix Eight. Bicycle parking stations have been established and these appear as Appendix Nine.</p> <p>The Transport Strategy for the <u>City of Fremantle</u> has also been adopted by Council that promotes alternative modes of transport.</p> <p>Living Smart operates as a multi-week program and includes sustainability information, workshops, goal-setting, incentives and field trips, giving interested participants an insight into the best tips for saving energy and water, healthy homes and lifestyles, gardening, waste management and smart transport and has been developed through a partnership with the Meeting Place, <u>City of Fremantle</u>, Murdoch University and Southern Metropolitan Regional Council.</p> <p>The Environmental Planner in this Unit is also responsible for the Cities for Climate Change Protection Program and sustainability issues which aim to reduce greenhouse gas emissions through greater adoption of alternative modes of transport and is a partner in the Living Smart program, that aims to provide participants with the knowledge and skills to improve the sustainability of their lifestyles in the context of their home and neighbourhood.</p>
The Meeting Place	This venue provides a range of community education initiatives including recreation programs for children. Swimming and walking groups operate from the Meeting Place. The SMS program for Seniors is offered at the Meeting Place.
Fremantle City Library	This centre maintains the Fre-info databases and public enquiry place for recreational facilities, places, events and resources. Books, videos, music and other resources are available for hire. Passive recreation is also provided for the housebound
Fremantle Services for Seniors	This service provides facility based recreation activities as well as excursions. A part-time recreation coordinator is employed.

Fremantle Disability Services	This service identifies the barriers and potential action strategies to increase participation in physical activity by those people with a disability. Programs such as Freo Connections are offered to accommodate people with a disability.
Fremantle Public Golf Course	This course caters for casual and regular golfers and also hires clubs to visitors.
<u>City of Fremantle Parks</u>	The following parks and reserves are maintained by the Council: Port Beach, Leighton Beach, SEW Park, Burford Place Reserves, Cypress Hill, Alfred Road Park, McCabe Park, Everybody's Park, North Fremantle Community Hall, Gilbert Fraser Oval, Hill Street Reserve, Sorrell Park, Hilton Reserve, Parmelia Park, Hollis Park, Wilson Park, South Beach, Grigg Park, Collick Street Reserve, Moorni Boorn Park, Griffiths Place Park, Sir Frederick Samson Park, Edwards College Reserve, Plane Tree Grove, Davis Park, Bruce Lee Reserve, Evan Davies Reserve, Valley Park, Virginia Ryan Park, the Esplanade, Arthur Head Reserve, Pioneer Park, Kings Square, Queens Square, Fremantle Oval, Stevens Street Reserve, Booyeembara Park, Memorial Reserve, Knutsford Reserve, Fremantle Skate Park, Princess May Reserve, Fremantle Park, Horrie Long Reserve, Cantonment Hill, Beach Street Reserve, Holland Street Park, James Moore Pioneer Park, Florence Park, ,Beacy Park, Edmund Street Reserve, Douglas Street Reserve, Gold Street Park, Lillydale Park, Coral Park, Fremantle Primary Park and Frank Gibson Park.
Urban Environment & Control	This Department is responsible for community safety issues and employs a Community Safety Coordinator. It is also currently developing a community safety plan (2004).

The public facilities managed by the City of Fremantle were accessed by three major avenues and these included:

- City of Fremantle GIS system,
- City of Fremantle Parks and Gardens Department; and
- City of Fremantle Sport and Recreation Strategy.

## **7.2 Services and Facilities Provided By External Agents**

When developing this Plan in 2003, a search on the Fre-info database identified 92 privately operated physical activity programs or services. An updated search was conducted in 2008. These are listed below (Table 3) in categories with numbers of each service.

These facilities were sorted and 21 were considered to be low intensity physical activity and were therefore excluded from the process. Letters were forwarded to all privately run

facilities within the City of Fremantle to advise that an auditor would be conducting an onsite audit. Six letters were returned as no longer at this address.

A complete list is attached in Appendix Five.

<b>Activity</b>	<b>Number of programs</b>
Dance	11
Football (all codes)	7
Yoga	6
Cricket	6
Soccer	5
Bowling	4
Darts	4
Badminton	4
General fitness programs	3
Golf	3
Swimming	3
Hockey	3
Martial arts	3
Circus skills	2
Netball	2
Softball	2
Indoor play areas	2
Fencing	1
Angling	1
Tao	1
Indoor beach volleyball	1
Bocce	1
Physical activity for disabilities	1
Walking	1
4WD	1
Cycling	1
Espectacular	1
Tennis	1
Petanque	1
Rifle club	1
Basketball	1
Sailing club	1
Surf life saving	1
Dragon boat	1
Trotting	1
Athletics	1
Rifle	1
Fencing	1
General facilities	Fremantle Police & Citizens Club,

	Warehouse Fitness Centre, Rollaways Leisure Centre, Hilton Squash Centre, Royal Fremantle Golf Course, Fremantle Primary School Reserve
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## 8.0 Factors that Affect Physical Activity Levels

### **8.1 City of Fremantle Physical Activity Opportunity Audit**

One component of developing this Strategic Plan was the auditing of all physical activity opportunities within the City of Fremantle. This included both public and private facilities. The audit included all existing physical activity (PA) opportunities within the City of Fremantle, 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; and
- Playgrounds.

The audit detailed the following:

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

Information that the audit was proceeding, was made available to the general public through the following avenues:

- Pasted on the Council's website;
- Included in the newsletter to all ratepayers;
- Included in a press release that appeared in the Fremantle Herald (June 2004); and
- Included on the Chamber of Commerce website.

## **8.2 Audit Sample**

A total of 122 facilities were audited. Of these, 55 facilities were Council owned or managed with the remainder (n=67) being offered as privately run facilities. A list of all private facilities was obtained through the Freofocus website and community register that is managed by the Council. Additional services were identified through community notice boards and word of mouth.

Letters were forwarded to a nominated person from each privately run facility advising them that a volunteer or staff member from the City of Fremantle would be visiting their centre to conduct the audit. A total of 71 letters were forwarded with 4 being returned as address unknown. Telephone contact was then made with the nominated person to arrange a suitable inspection time.

The Council facilities were identified through the Council's GIS program, through Parks and Gardens, through the existing Sport and Recreation Strategic Plan and from the referdex.

The GIS system also enabled public transport routes and footpaths to be identified.

All data were entered on to an Excel spreadsheet.

## **8.3 Audit Results**

The following outlines the main findings from the physical activity audit conducted in the City of Fremantle. A detailed report is contacted as Appendix Six.

A major funding 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. In addition, there was a lack of supportive structures such as child care at privately run facilities.

Security and community safety issues were commonly reported and even whilst conducting audits, volunteers and staff were confronted with issues such as the consumption of alcohol in parks, homeless people, disaffiliated young people and general feelings of insecurity. This issue needs to be addressed in the Strategic Plan.

The lack of signage for facilities was a common finding, especially among local parks. It was also found that although some shared pathways displayed distance signage, many of the routes did not have this information.

The lack of public toilets in parks was an interesting finding. Council has stated that it is reducing the number of public amenities that it manages due to reasons such as maintenance costs and community safety. Facilities such as public toilets enable families to spend extended times away from the home environment and the fact that the Council is reducing this service is of concern to the working group.

Disabled services were also found to be lacking. Parking was the most commonly reported facility for people with a disability; however few facilities provided disabled amenities or ramps for ease of access.

Links to public transport appear to be good. There are pockets of geographic areas where transport links may be difficult, however in general, the buses and trains provide effective links to facilities. Footpaths are well provided as are cycle paths and this trend should be maintained and increased over time to support physical activity rates.

Services for the young and elderly were available with specific services such as yoga for kids, swimming classes, dance classes and playgrounds being available for the young and keep fit classes, dance, walking groups, yoga and sports such as bowls being available to the elderly.

#### **8.4 Results of Community Consultation**

Results from the community questionnaire align with the results from the community discussion groups. The major findings from these information-gathering tools are summarised below:

##### **8.4.1 Walking**

The majority of respondents indicated that they walked at least 10 minutes for recreation, exercise or to get from place to place at least 7 to 10 times in the last week (51%). Thirty-two percent of respondents indicated that they walked 4 times or less in this manner in the last week. Almost 71% of respondents advised that they had spent between 1 and 5 hours walking in the last week.

##### **8.4.2 Vigorous Exercise**

Nearly 44% of respondents advised that they had performed vigorous gardening or heavy work around the yard that made them breathe harder or puff and pant at least 2 times in the last week. Only 6.25% of respondents had performed this vigorous activity 6 or more times during the last week. When asked for a total amount of time respondents spent doing vigorous gardening or heavy work in the last week, 54% indicated that they had spent less than 3 hours on this type of activity.

Respondents were asked how many times they participated in vigorous physical activity (such as jogging, cycling, aerobics, dancing) that made them breathe harder or puff and pant. Fifty percent of respondents indicated that they participated in vigorous exercise up to four times in the last week, with only 16% of respondents advising that they participated in vigorous exercise 6 or more times. The four major activities that respondents nominated as vigorous, included running, cycling, going to the gym and swimming.

##### **8.4.3 Moderate Physical Activity**

Respondents were asked how many times they participated in moderate physical activity (such as walking, swimming, golf) that had not already been mentioned. Twenty-four percent advised that they participated in moderate physical activity one to two times per

week, with only 7.3% of respondents advising they conducted moderate physical activity 6 or more times during the past week. Walking was the most commonly cited form of moderate exercise (24%) with swimming, yoga and domestic duties being cited at 5% respectively. Almost 44% of respondents who were involved in moderate physical activity advised that they spent a total of between 1 and 3 hours engaged in this activity.

Respondents were asked to describe their perceptions of what constitutes moderate physical activity. An overwhelming 63.5% of respondents nominated brisk walking as their idea of moderate physical activity.

The next questions asked if respondents were aware of how many times a week it is recommended to participate in moderate physical activity. Thirty-nine percent of respondents advised they did not know. Of those respondents who advised they did know the recommended times, responses varied, with either daily or 30 minutes a day being the most common response at 31%.

Respondents were asked if being physically active was important to them. An overwhelming 91% of respondents advised it was important to be physically active with 9% advising it was not important to them. When asked if they were currently doing enough physical exercise, 42% respondents advised that they were undertaking enough exercise, with the remaining 48% advising they were not currently doing enough physical activity.

### **8.5 Perceived Barriers to Physical Activity**

Many of the barriers discussed in the groups could be categorised as either relating to the physical environment or to the attitude of the individual. The City of Fremantle is best placed to address the physical barriers. However, the attitudinal barriers may be addressed in partnership with external partners such as the Public Health Unit or the Division of General Practice.

The major physical barriers identified by the community included:

- Lack of time
- Children/family commitments
- Work
- No child care facilities at venues
- Lack of maintenance on cycle paths
- Personal safety
- Weather
- Exhaustion
- Illness/injury

In the discussion groups, participants were asked what they would change in the local community/environment to make it easier for them to be physically active. Response varied however the top six responses appear below:

- Increase child care facilities;
- Advertise what is available;

- Reduce cost of some options;
- Increase transport options for people with a disability/ elderly;
- Increase the number of bike racks in community; and
- Advertise events where parents and children can be active together.

### **8.6 Overcoming the Barriers to Physical Activity – Linking Research with City of Fremantle Data**

As indicated by researchers previously, **walking** has been shown to be the preferred activity of the majority of adults (Corti et al., 1995; ABS, 2006b). This finding is consistent with the results from the community consultation. For many, low-intensity physical activity appears to be more attractive than high-intensity activity (Dishman & Buckworth, 1996), home-based activity may also be more likely to increase adherence (Dishman & Buckworth, 1996) and sedentary groups may benefit from accessible facilities and simple exercise such as walking compared with other modes of activity such as swimming (Owen & Bauman, 1992). Corti (1995) reported that many people enjoy walking in their local neighbourhoods, yet felt that personal safety was an issue. The United States National Institute of Health produced a consensus statement that concluded that if activity was accessible, did not generate unwanted financial or social cost, made the individual feel safe, and that perceived support from family and friends was evident, then the adoption of physical activity would be accelerated.

Giles-Corti (2001) also found that people are 50% more likely to **walk** for recreation or transport if they have a footpath in their street, twice as likely to walk if they have a pleasant physical environment and over twice as likely to walk if they have friends or social influences encouraging them to walk. As the majority of adults prefer passive activity, it is important to encourage walking within the community. Urban design features that encourage walking include footpaths, traffic control measures to keep traffic to a minimum, walking paths and the availability of local shops. A major deterrent to walking, especially for women, is the fear for personal safety, especially at night (dogs and attacks). Combining this research with the results of the community consultation and audits, it is clear the City of Fremantle must remain vigilant about maintenance of footpaths and cycle paths, about the continual reporting of graffiti and unsocial behaviour and must continue their attempts to increase street lighting on shared pathways. One strategy that has been overlooked by the City of Fremantle is the promotion of physical activity in groups. This will be addressed in the strategies section of this Plan.

In relation to bicycle use, there are many gains to be made. Over half of all trips, whether by walking, cycling, public transport or private car, take less than 12 minutes (Smogbusters, 2001). In WA, 18% of all trips are less than one kilometer (average 0.7km), 22 % of all trips are between one and three kilometers and 15% of all trips are between three and five kilometers (Transport WA, 2000). In Fremantle, 63% of all trips conducted are less than 5 kilometers (Socialdata, 2001).

**Bicycles** are often quicker door-to-door than cars and can be parked closer to the final destination at no cost (Qld Transport, 1999). Cycling is a convenient, cheap and environmentally friendly mode of transport. It provides choice and improved mobility for

those who do not own a car. Bicycles are zero-emission vehicles and up to 20 bikes can be stored in the space required for one car.

Increased cycling can assist in reducing traffic flows in residential areas, improving amenity and livability for residents. The data from the audits and community consultation show that cycling is an important mode of transport in the City yet the issues of maintenance, signage and end of trip facilities need to be better addressed.

**Passenger cars** comprise 74% of vehicles on Australian roads and transport is responsible for 24% of the greenhouse gas emissions. Australia is the world's worst greenhouse gas polluter per person (Qld Transport, 1999). The majority of car trips to schools are within walking distance (Qld Transport, 2000).

**Research indicated that the barriers** to physical activity are commonly cited to include a lack of time and inconvenience of facilities. Program costs, issues associated with safety and a lack of interest in physical activity are additional barriers. To assist in increasing the City of Fremantle's activity levels, it is necessary to acknowledge and address these barriers. These relate well with the data from the community consultation, however the lack of child care, increasing services for the elderly and those with a disability, and promoting the physical activity options that are available, are issues that need to be addressed

Participation in physical activity can be increased through improved urban design and changes to the environment that make physical activity easier (Hahn & Craythorn, 1994; Saelens, Sallis et al., 2003). This study found those communities' footpaths and cycle paths provided limited continuous access to town and were inadequate for shared use by cyclists and pedestrians. Other deterrents included badly maintained or unsafe footpaths and cycle paths, unsafe pedestrian crossings and poor road safety. This research finding again correlates closely with the information gained from the community consultation and audit process.

To date, land use planning has tended to focus on cars and not on alternatives ways to travel which affect livability and raise social equity and environmental concerns (Qld Transport, 1999). Inadequate public transport, cycling and pedestrian facilities means people who do not have access to a car (e.g. young people, elderly) have difficulty getting to and from places such as essential facilities (schools, shops, health services) (Qld Transport, 1999). The overlaying of the GIS and ABS data indicated that car ownership was high in Fremantle with 10908 dwellings owning at least one vehicle and 1229 households having no vehicle or motorbike onsite. It was indicated that the dwellings that had no car were situated in areas of lower socioeconomic areas.

Pedestrianisation of the CBD area of the City of Fremantle and other shopping areas can have a positive impact on economic returns. In the USA, a study of inner city pedestrianisation led to a 40% increase in trade (Havelick, 2001). This issue needs to be considered by the City of Fremantle as comments from the community consultation indicated that bikeways are being sacrificed for roads in the heart of the City. Liaison

with the Chamber of Commerce to ensure they have the full facts and benefits of increasing pedestrianisation will be an important strategy in this Plan.

Use of parks is often determined by proximity, accessibility, aesthetics, the availability of amenities and park size. Based on the audit and community consultation data, the Parks and Gardens Department within the City need to consider the maintenance and provision of public amenities, signage of parks, strategies to discourage unsocial behaviour and the provision of shade, water taps and bike racks and other suburban infrastructure and furniture.

An important issue for cyclists is the availability of secure bicycle parking facilities at shopping centres, workplaces and public transport interchanges. This is currently being addressed in the Fremantle Bicycle Network Plan and it is critical this issue remains in the Council's agenda. The City's Sustainable Transport Plan also needs to link with this Strategic Plan and integrate strategies such as travel blending. Travel blending is an intervention that is designed to reduce car dependency. It involves:

- Thinking about activities and travel in advance (order of things to be done, etc);
- Blending modes of transport;
- Blending activities (doing as many as possible in the one place or on same journey); and
- Blending over time (making small but sustainable changes on a weekly basis) (Rose G, 2000).

Many people have no desire to use **pay facilities** such as gymnasiums and health clubs. Factors that may influence people to use such facilities include accessibility and proximity to home or work, the atmosphere, social factors such as peer support, amenities such as childcare and staff friendliness and expertise. Inhibiting factors include the facility being too large, overcrowded, the cost of membership, and sensitivity of body image. These barriers were identified during the community consultation.

Specific attractions of local government-run recreational centres included the range of facilities offered in the one setting. The City of Fremantle Leisure Centre appeared to be valued by many of the respondents, with positive remarks including the availability of a crèche and the variety of activities offered onsite. Comments about the lack of maintenance and the size of the current gym were common.

There is now overwhelming evidence that fatness has been increasing and fitness performance decreasing in Australian **children** over the past 20 years (Harten & Olds, 2004; Olds et al., 2001; Tomkinson et al., 2003). It seems likely that these changes are related to the decreases in daily energy expenditure and changing diets. A recent study conducted in South Australia revealed that active transport levels of children were very low and that each child (n=136) walked or cycled an average of just over 600 metres each day (Harten & Olds, 2004). It also found that only about one-third of all trips were made by cycling or walking (26% walking, 6.5% cycling). Although the primary school children were not required to complete a questionnaire, data from their discussion group suggested that the majority of children either walked or cycled to school, that they felt

they could be more active overall and they were torn between the decision about whether to play outside or on the computer. Some children commented that the size of their yards prevented them from being active.

The CAPANS (2003) survey of WA school children identified that almost 30% of primary school males and females reported doing no active play, almost 50% reported no active transport, less than one in seven primary school students reported no sport, exercise or dance activities and one in four secondary males and one in three secondary females reported no physical activity. About half of all students surveyed reported doing no active transport. The prevalence of cycling to school ranged from 26.4% in metropolitan primary males to only around 3% of secondary females. For non-school based activities, it was found that students were more likely to be engaged in physical activity right after school or on the weekend than in the evening. It was also found that as students get older, both males and females reported less time on non-school based physical activity. The primary barriers to participation in physical activity included they had no one to be physically active with, they had a preference for TV/electronic games, they perceived themselves as not being good at physical activity, there were no parks or sports grounds close and not liking the way physical activity makes them feel.

Finally, for physical activity to be encouraged, a range of environmental factors such as shared paths leading to destinations, public safety issues, the creation and maintenance of aesthetically pleasing neighbourhoods and the functionality of facilities need to be considered when planning or redeveloping local communities.

## **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 dependant 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 City of Fremantle City Plan 2006-2010. Each strategy has a specified policy code that indicates whether it is a policy initiative, an infrastructure issue, an education or public awareness strategy or a specific physical activity program or service. This categorisation has been prepared in an effort to ensure that a whole of Council approach is taken to increasing physical activity rates within the City of Fremantle. The codes are as follows:

<b>Policy Abbreviation</b>	<b>Policy Code</b>
P	Policy initiative
I	Infrastructure strategy
E	Education or public awareness strategy
PR	Specific physical activity program or service

In addition, each strategy has been prioritized based on recommendations from the working Group. When this Strategy is implemented, further negotiations will occur with all stakeholders to ensure the prioritisation classifications are relevant and realistic. Where a strategy has commenced implementation, the priority code has been classified as low; however this does not mean that the strategy is unimportant. The codes for prioritisation are as follows:

<b>Priority Abbreviation</b>	<b>Priority Code</b>
H	High
M	Medium
L	Low

## **9.1 Making Physical Activity Core Business for the City of Fremantle**

Issues:

- The City of Fremantle has a commitment to physical activity and sustainable transport and this is demonstrated in existing policies and plans.
- The City of Fremantle manages two recreation centres that are open to the public and generally, run at a loss each year.
- The City of Fremantle has no existing framework for identifying physical activity issues for new developments.
- There is currently no regular communication between officers who regularly deal with physical activity issues and programs.

### **Objectives and Strategies:**

To ensure Council's approach to policy development is more oriented towards physical activity.

<b>Strategy</b>	<b>Action</b>	<b>Budget</b>	<b>Timeframe</b>	<b>Policy Code</b>	<b>Priority</b>
To reoffer awareness sessions to all staff about the physical activity Strategic Plan and how they can integrate physical activity into their decision making processes	CDU	No budget required	Dec 2008	E	H
To maintain on the agenda the PAIAF, which is a developed process where physical activity impact statements are conducted on relevant planning applications	CDU/DAU/Parks and Gardens/NHF	No budget required	Ongoing	P	M
To encourage the GIS system to determine land use trends and predict future population growth that will	GIS Officer and CDU	Incorporated into GIS budget	June 2010	P	H

assist with physical activity planning. Include cycle paths and taxi ranks on the current GIS system.					
To ensure the physical activity Strategic Plan is displayed on the Council website	CDU, website manager	No budget required	Ongoing	P	H
To ensure physical activity issues are specifically incorporated into the City Plan.	CDU	No budget required	To occur during review of City Plan	P	H
To maintain and promote communication between a core group of Council staff who regularly deal with physical activity issues (include all managers of recreation centres + internal office staff). This can be done electronically.	CDU to coordinate staff from Parks, Physical Services, Planning, GIS, Economic development and environmental health.	No budget required	Regular intervals	P	H
To 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,	Parks and Gardens/CDU	No budget required for planning framework – costs for furniture, etc to be incorporated into Parks budget	Ongoing	P, I	H

walking and cycle paths, off leash dog areas and signage are included within the design to attract the broad community.					
Ensure physical activity considerations are included within the Council's disability plan such as accessible pathways and facilities, specialised or integrated programs, sensory devices on tracks and information about these facilities is included.	Disability Officer	No budget required for planning framework – costs for furniture, etc to be incorporated into Disability budget	At planning stage of facilities	P, I	H
Ensure that physical activity considerations are included with the <u>City of Fremantle Indigenous Strategy</u> to encourage increased and appropriate physical activity among this special need group.	Aboriginal Liaison Officer/CDU	A currently identified issue in Indigenous Strategy	Ongoing	P	H
Ensure that when new playground or park infrastructure is unveiled, opportunities arise to promote the use of such infrastructure as a physical activity opportunity.	Parks and Gardens, CDU, public relations.	No specific PA budget required.	Ongoing	P, I	H

## **9.2 Increasing Participation in Physical Activity**

Issues:

- The City of Fremantle conducted a community consultation to identify current levels of physical activity, facilities commonly used, barriers to being physically active and strategies that the community could be involved to increase levels of physical activity.
- Current Australian Guidelines suggest encouraging people 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 all days of the week;
- Almost four out of ten West Australian adults do not undertake sufficient physical activity to have any positive impact on their general fitness or health.

### **Objective and Strategies:**

To ensure resources are invested to encourage people to be more active participants rather than passive spectators.

<b>Strategy</b>	<b>Action</b>	<b>Budget</b>	<b>Timeframe</b>	<b>Policy Code</b>	<b>Priority Code</b>
Continue to maintain successful partnerships between the Council, Education and the private sector to share resources and promote existing physical activity programs to the community	PA Working Group	No specific budget required	Ongoing	P, I	M
Continue to run the Heart Foundation Walking program	CDU	Program costs estimated to be \$1000/year	Ongoing	PR	M
Investigate options for introducing childcare facilities at targeted physical activity programs	CDU	Child care costs will need to be a user pays service	Dec 2010	I	M
Reconsider sponsoring the pedometer program within the community	Library staff	\$3000	Ongoing	PR	L

Resurrect the Freo the Fittest program or another corporate PA program for Council staff	Leisure Centre, CDU	Staffing payments & entry fees	Ongoing	PR	M
Work with the Division of General Practice to actively encourage their clients to be more physically active	CDU and PA Working Group	No specific budget required	Ongoing	E	L
To overcome the vandalism of the “point of choice” signage in Queensgate, Investigate placing the signs behind locked glass. Continue to place the signs in locations such as local train and bus stations as well as shopping centres to encourage people to use the stairs	CDU, Queensgate staff, Technical Services	\$1000	Dec 2008	E	M
Consider the implementation and ongoing maintenance of a dogs in public open space policy that encourages pet owners to take their dogs for walk and increase their physical activity rate	Current approved dog exercise areas include: Nth Freo – 11 sites Freo – 12 sites Sth Freo – 11 sites Beacy – 6 sites WGV – 3 sites Samson – 1 large site Hilton – 4 sites	Incorporated into Parks budget	Ongoing	P, I	M
Continue to present and promote Bike Week, Walk There to Find Thirty” and other promotional	CDU, Working Group	Promotional costs, program costs estimated to	Ongoing	E, PR	L

days within the City.		be \$5000/year			
Continue the “Actively Ageing” program that is run at the Leisure Centre (need larger facilities)	CDU	\$1600/yr	Ongoing	PR	L
Continue to assess community need and deliver community based education and skill based programs focusing on physical activity and healthy living at the Meeting Place.	Meeting Place, CDU	External funding required	As community needs arise	E	H
<u>City of Fremantle</u> to promote corporate physical activity events throughout the City	CDU/Working Group	No specific budget required	As events are planned	PR, E	M
Create an incentive program that encourages businesses to provide activity-friendly facilities such as bike racks, showers and lockers.	CDU/Chamber of Commerce	No specific costs for COF	March 2011	P, I	M
Continue to support the <u>City of Fremantle</u> Disability Services Plan that aims to increase programs for people with disabilities, to increase the number of accessible playgrounds for children with disabilities and	Disabilities Officer, PA Working Group	Incorporated in Disability budget	Ongoing	P, I, E	M

increase access to facilities for people with disabilities.					
Assist the Play5 program (NDU) by providing advice, access to services and recruitment of participants.	NDU, CDU, Youth Services	In kind only	2008-2010	P, PR	M
Investigate integrating physical activity opportunities into Buster the Fun Bus' program	CDU, Youth Services	External funding for equipment and training	2009	P, PR	M
Review and audit the activities at Council managed children's services settings throughout the City to ensure they are meeting the minimum level of PA as recommended by Commonwealth Guidelines.	CDU, Youth Services, student placements	\$2500	2010	P, PR	M
Review festivals agendas and themes and assess if physical activity opportunities can become an ongoing component of relevant festivals	CDU	\$1000	Ongoing	P	L
Investigate beach based physical activity opportunities	CDU	May require funds if services are delivered. Allocate \$2000/yr	Ongoing	P, PR	M

### 9.3 Providing Information on Physical Activity Opportunities

Issues:

- When developing personal skills, it is important to include knowledge of health-related information.
- Research has demonstrated that while there is an enormous amount of health information available and a wide variety of channels for accessing that information, not all information needs are satisfactorily met. Information that is of high quality and is available through preferred channels of dissemination and that overcomes potential barriers to accessing information, need to be addressed.
- To educate a community, information has to be transmitted en mass in the hope that a significant number of community members encounter it.
- The City of Fremantle conducted an extensive audit of all private a public physical activity opportunities within the City. The level of information about these services has been raised and needs to be disseminated to the community.

#### **Objective and Strategies:**

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

<b>Strategy</b>	<b>Action</b>	<b>Budget</b>	<b>Timeframe</b>	<b>Policy Code</b>	<b>Priority Code</b>
Develop and implement a general community education campaign that promotes awareness of being physically active (setting goals, gaining social support, etc). This will include media use and linkages to existing programs such as the Masters Games, High Street Dash, etc	CDU, PA Working Party	Media costs, program planning, implementation and evaluation costs (estimated to be \$10 000)	Commenced Oct 2005	E	M
Develop, in partnership with external stakeholders, educational campaigns that targets older people,	CDU, PA Working Group, SMPHU	Program planning, implementation and evaluation costs (estimated to be \$6 000)	July 2010	E	M

women, Non-English speaking background, those less well-educated and those on lower incomes.					
Promote and continue to provide the <u>City of Fremantle</u> Access Guides within the community	CDU, DPI	Advertising fee, printing fee, cartographer fee	In consultation with Town of East Fremantle (ongoing)	E	H
Continue to provide information on sporting clubs and external physical activity opportunities through the Fre-Info database, including adding additional information from audit	Sport and Recreation Officer, Library staff	No specific budget required	Ongoing	E	H
Promote incidental physical activity by developing policies and subsequent education and information that encourages public transportation, walking paths, opportunities to use stairs, etc	CDU	Program costs estimated to be \$2000 provided COF can access existing resources	Ongoing	P, E	M
Develop a series of resources (electronic or hard copy) that identify physical activity opportunities for defined population groups	CDU and SMPHU	Pamphlet development, pilot testing and evaluation \$6 000	Jan 2009	E	M
Maintain the GIS walking trail information system for residents	CDU and GIS	No budget required	Ongoing	E, I, P	H

available through Freinfo.					
Encourage the library to provide regular information and themed events (e.g. children's story time) around physical activity messages	Library, CDU	No specific budget	Ongoing	E, I	M

#### 9.4 Maintaining a Local Focus for Physical Activity

Issues:

- The physical activity audit revealed that many Council managed facilities have graffiti and issues surrounding personal and general safety;
- The maintenance of parks and reserves is conducted at a high cost to Council.

#### Objective and Strategies:

To ensure that 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 and programs.

Strategy	Action	Budget	Timeframe	Policy Code	Priority Code
Encourage residents to report any graffiti, crime or safety issues at local venues	Works	Incorporated into Works budget	Ongoing	E, I	L
Improve the safety and perception of cycling and walking within the community	CDU, Engineering	Advertising costs - \$1000	Ongoing	E, I	M
Identify and then promote physical activity programs that are culturally specific	CDU, South West Migrant Centre	Program planning, implementation and evaluation - \$5 000	July 2009	E	M
Continue to have the <u>City of Fremantle</u> representative on the Premiers' Physical Activity Task Force Local Government	CDU	In-kind resources	Ongoing	P	H

Working Party					
Identify the areas within the City where secure bike racks and other urban furniture will be best placed and utilised, and then provide it	Engineering, CDU (link with Bike Plan)	Incorporated into Strategic Planning budget	Ongoing	I	M
Maintain an intersectoral committee auspiced by the <u>City of Fremantle</u> to oversee the implementation of this Strategy.	CDU	In kind plus \$2000 for meeting costs	Ongoing	P	H
Continue to promote and use the ActiveFreo branding in an opportunistic manner.	CDU, Public Relations	No specific budget required	Ongoing	P, I	H
Conduct local market research to assess if an additional phrase used in conjunction with the ActiveFreo brand will assist in heightening awareness.	CDU, Public Relations, student placements	\$1500	2009	I	M
Develop a working relationship with Planning and Physical Services to ensure that streets in neighbourhoods are designed with pedestrians and cyclists in mind.	CDU, Strategic Planning, Physical Services	No budget required	By Dec 2009	P, I	M
Continue to liaise with Physical Services to ensure cycle paths and footpaths link up and connect to public transport	CDU, Strategic Planning, Physical Services	Incorporated in Works budget	Ongoing	P	H

options and destinations.					
Investigate the renewal of the “Active Parks” program throughout the City with an emphasis on local and sustainable strategies	CDU, Parks and Gardens, Public Relations, Working Group	Advertising fee, community resources (minimal) \$2000/yr	By Dec 2009	P	M
To liaise with the <u>City of Fremantle</u> Community Safety Coordinator to develop recommendations on community safety matters and policy relating to community safety	Community Safety Coordinator	No specific budget required	By July 2008	P, PR	M
Consider the use of local identities of Fremantle as champions and advocates for physical activity.	CDU, Public Relations, Mayors office	No budget required	2008-09	P, I	H

## 9.5 Creating Partnerships to Promote Physical Activity

Issues:

- Partnership programs in physical activity have been recommended as the most prudent in achieving broad change in communities (US Dept Hlth, 1996; NHMRC, 1997; Wright et al., 1999) Achieving sustainable increases in levels of community physical activity, and changes in the physical and social environment that will support physical activity choices, will require forging new partnerships and collaborations with sectors outside health (Harris & Wise, 1995; Wright et al., 1999).
- Physical activity can be related to a range of community objectives and concerns, not simply the desire to improve health. Of particular importance are the agendas of transport planners, the environment movement, crime prevention, the education sector, local Government and sport and recreation.

### Objective and Strategies:

To develop facilities, services and programs that will, wherever possible, be in partnership with other stakeholders to maximise usage, ownership and connectedness.

<b>Strategy</b>	<b>Action</b>	<b>Budget</b>	<b>Timeframe</b>	<b>Policy Code</b>	<b>Priority Code</b>
Develop collaborative links with the local Education Department to consider joint programs that would increase physical activity rates among students and encourage enjoyment and broad participation in sporting activities rather than competition (Jnr Sports Awards, etc)	CDU, WADET, Australian Sports Commission regional Manager	Advertising and media fees - \$1 000	Sept 2009	PR	M
Forge partnerships with SMPHU and local tertiary institutions to allow collaborative approaches to identifying the PA needs for the local Fremantle community	CDU, NDU, Murdoch, SMPHU	Student projects to ensure low or no cost or allocate \$3000	Ongoing	P	H
Investigate the feasibility of implementing the new look and revised "Walking Bus" program into local schools	CDU	Program costs - \$7000	By March 2009	PR	M
Encourage the use of school facilities for community events and recreational opportunities	CDU, WADET, School principals	No specific budget required	Ongoing	I	L
Work with the University of Notre Dame to encourage students to be actively involved in local research activities that focus on physical	CDU, NDA (Colleges of Health and Business)	No specific budget required	Ongoing	P	M

activity					
Continue to support annual Notre Dame Physical Activity events e.g. Bathers beach Triathlon, West End Dash, etc	NDA (School of HPE), CDU	Closure of west end of High Street from Henry to Cliff Streets for 1 hour to enable events	Annually in April	PR	M
Work with the Chamber of Commerce to encourage businesses to sponsor physical activity programs for their staff	Chamber of Commerce, CDU	No specific budget required	July 2010	P	M
Work with the Chamber of Commerce to encourage businesses to improve marketing, outside maintenance and safety issues within the City Centre of Fremantle. Promote also efforts to as a way to encourage economic growth and physical activity.	Chamber of Commerce, CDU	No specific budget required	July 2010	P, E	M
Continue to develop intersectoral working relationships with a range of external agencies that improve social and physical environments that facilitate physical activity	CDU	No specific budget required	Ongoing	P	H
Continue to implement the Living Smart program.	Living Smart Steering Committee, SD Officer	Incorporated into Strategic Planning budget	Ongoing	PR	L

## **9.6 Implementing and Monitoring the City of Fremantle Physical Activity Strategic Plan**

Issues:

- There is a need to have one Officer responsible for implementing and monitoring this Strategic Plan. An implementation plan with specific strategies and performances indicators, responsible individuals and departments as well as targeted timeframes will need to be developed. An evaluation plan will need to be developed to link to the Strategic Plan and Implementation Plan.
- The City of Fremantle needs to make a commitment to implementing and sustaining this Plan. This will require a staff member and quarantined budget.

<b>Strategy</b>	<b>Action</b>	<b>Budget</b>	<b>Timeframe</b>	<b>Policy Code</b>	<b>Priority Code</b>
Identify and seeks funds to support the implementation of the <u>City of Fremantle Physical Activity Strategic Plan</u>	PA Working Group, CDU	\$25 000	PATF funding round, Lotteries funding rounds	P	H
Maintain the physical activity alliance group with terms of reference to oversee the implementation of the <u>City of Fremantle Physical Activity Strategic Plan</u>	PA Working Group, CDU	\$ 1 000	Ongoing	P	H
Develop an evaluation plan to monitor and ensure surveillance of the Physical Activity Strategic and implementation Plan.	PA Working Group, CDU	No budget required	Feb 2009	P	H

## **10.0 Conclusion**

The information and future directions in this report reveal current issues and barriers relating to physical activity trends in the City of Fremantle. A physical activity opportunity audit was conducted of all private and public facilities within the City and community discussion groups and a survey to assess the participation in, and awareness of physical activity were conducted.

Information was also collected from a national and international literature review and from a policy analysis conducted on all Council policies to identify existing links to policy and service provision.

The strategies section of this report identifies potential approaches to addressing the issues identified from the above data.

The City of Fremantle is a progressive Council with community interests at the forefront. This Strategic Plan recognises the great potential and commitment to increase physical activity rates within the City by addressing environmental factors such as neighbourhood planning, can identify strategies to decrease car dependency through it's transport policies, can address barriers to physical activity such as the placement of street furniture and crime and can disseminate information of the types of physical activity opportunities available to residents.

## 11.0 References

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## Appendix One

### City of Fremantle Physical Activity Strategic Planning Working Group 2008

<b>Working Group Member</b>	<b>Contact or Address</b>
	Manager of Recreation and Culture
Dr Melissa Stoneham	Consultant
Ms Vikki Barlow	C/ <u>City of Fremantle</u> Recreation
Ms Stephanie Lamb	C/ <u>City of Fremantle</u> Recreation
Ms Jo Davies	Department of Sport and Recreation Perry Lakes Stadium, PO Box 66, Wembley 6913
Mr Crag Stein	Australian Sports Commission
	C/ <u>City of Fremantle</u> TravelSmart
Ms Adelaide Woods	C/ <u>City of Fremantle</u> Disability Services
Ms Vanessa Beal	National Heart Foundation
Ms Michelle O'Brien	Premier's Physical Activity Taskforce
Ms Vicki Stuckey	Community representative
Mr Richard Crane	South Metropolitan PHU PO Box 546 Fremantle 6959
Ms Anwen Williams	South Metropolitan PHU PO Box 546 Fremantle 6959
Mr Martin Spencer	Department of Physical Infrastructure
Fiona Farrington	Notre Dame University
Mr Colin Keen	C/ <u>City of Fremantle</u> Parks and Gardens
Mr Paul Garbett	C/ <u>City of Fremantle</u> Strategic Planning and Corporate Development
Shelley Cocks	Town of East Fremantle
Rebecca Walker	Div of GPs
Kathy Ings	The Meeting Place

## Appendix Two

### Physical Activity Audit Tool

#### 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.** Contact person and contact number at Facility \_\_\_\_\_

**Q7.** Approximate size of Facility \_\_\_\_\_

---

**Q8.** Hours of opening (where relevant) \_\_\_\_\_



**Q9.** Does the facility have **access** for disabled people?

Yes (see below) If yes, does it have:

	Yes	No
Level Pathway	<input type="checkbox"/>	<input type="checkbox"/>
Ramp	<input type="checkbox"/>	<input type="checkbox"/>
Lift	<input type="checkbox"/>	<input type="checkbox"/>
Disabled parking	<input type="checkbox"/>	<input type="checkbox"/>

Other (pls specify) \_\_\_\_\_

No

**Q10.** Does the facility have **toilets**?

Yes (unisex/single sex) \_\_\_\_\_

No

Disabled toilets

**Q11.** If there is a swimming pool onsite, what **access** into the pool is provided (tick appropriate)?

Hoist

Water wheelchair

Ramps

Flushed edges

Disabled Change rooms (unisex/single sex) \_\_\_\_\_

**Q12.** Is the facility **attractive** to the public?

Yes

No, please state why not \_\_\_\_\_

---

**Q13.** Is **parking** available for patrons?

Yes

No

**Q14.** Is the parking **free** of charge?

Yes

No

**Q15.** Is the following **available** on site for patrons?

	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"/>

*Please tick the appropriate boxes:*

**Q16.** Is the facility **connected** or close to a:

	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"/>

**Q17.** Is the facility designed to be used **after dark**?

Yes .....Are lights available? \_\_\_\_\_

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, 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



## Appendix Three

### Demographic Questionnaire

**Q1. Please supply your postcode?**

\_\_\_\_\_

**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 18 years who live in your household:**

Nil

One or more

**Q5. Please indicate how many children under the age of 5 years who live in your household:**

Nil

One or more

**Q6. Please indicate the main language spoken in your home:**

English

Other...Please specify\_\_\_\_\_

**Q7. Please indicate your marital status:**

- Single
- Married/ de facto
- Separated/ Divorced
- Widowed

**Q8. Please indicate your educational level:**

- Less than Year 12
- TEE or equivalent
- Tertiary

**Q9. Please indicate the category that best describes your occupational status:**

- Manager/administrator
- White collar
- Home duties
- Retired
- Blue Collar
- Student
- Unemployed

**Q10. Do you own a dog?**

- Yes
- No (go to Q 12)

**Q11. How often would you walk your dog?**

- Once a day
- Twice a week
- Once a week
- Other - Please specify \_\_\_\_\_

**Q12. Current guidelines for physical activity suggest 30 minutes of moderate activity on most, or preferably all days of the week. What do you perceive to be moderate activity?**

---

---

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

**Q13. 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

**Q14. What do you estimate was the total time that you spent walking in this way in the last week?**

---

**Q15. In the last week, how many times did you do any vigorous gardening or heavy work around the yard which made you breathe harder or puff and pant?**

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

**Q16. What do you estimate was the total time that you spent doing vigorous gardening or heavy work in this way in the last week?**

---

**Q17. In the last week, how many times did you do any vigorous 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?

---

---

**Q18. What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?**

---

**Q19. In the last week, how many times did you do any other moderate physical activity that you haven't already mentioned (walking, swimming, golf, etc)**

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

What type of activity did you do that was of moderate activity?

---

---

**Q20. What do you estimate was the total time that you spent doing moderate physical activity in the last week?**

---

*Thank you for your time*

## Appendix Four

### Community Consultation Participants

<b>Community group</b>	<b>Location</b>	<b>Comments</b>
Playgroup Mothers	South Fremantle	Parents of young children N=9
Disabled Group	Fremantle	People with physical and intellectual disabilities N= 8
Precinct Groups	Various throughout City of Fremantle	Interested residents (aged over 18 years)
North Fremantle Primary School	North Fremantle	Year 4 students N=12
Seniors Group	Hilton	Group of people aged over 60 years N= 6
Migrant Group	Hilton	People from a non-English speaking background (interpreter used) N= 7
<u>City of Fremantle</u> staff	Fremantle	People representing full time employees N=8
Chamber of Commerce	Fremantle	People representing businesses in Fremantle
Aboriginal group	Willagee	Group of aboriginal young people who play basketball at Fremantle PCYC N=12

## Appendix Five

### List of Privately Organised Physical Activity Opportunities in the City of Fremantle

- Fremantle Surf Life Saving Club
  - Leighton Beach (Port Beach Rd)
- North Fremantle Amateur Football Club
  - Gilbert Fraser Reserve
- Footbag Club
  - Gilbert Fraser Reserve
- North Fremantle Bowling Club
  - 40 Stirling Hwy
- Fremantle Mosman Park Cricket Club
  - Gilbert Fraser Reserve
- Dance Central
  - 12 Queen Victoria Street
- CBC Old Boys Cricket Club
  - Fremantle Park
- Colo Colo Soccer Club
  - Fremantle Park
- Fremantle AUSSI Masters Swim Club
  - Fremantle Leisure Centre
- Fremantle Port Swimming Club
  - Fremantle Leisure Centre
- Fremantle Rowing Club
  - Ellen St, Fremantle
- Fremantle Bowling Club
  - 6 Ellen St Fremantle
- Fremantle Lawn Tennis Club
  - Cnr Ellen and Parry Streets
- Fremantle Netball Association (+disabilities club)
  - Gibson Park
- Heave Ho Hash Harries
  - 5 Ellen Street
- Fremantle Yoga Club
  - Victoria Quay
- Keep Fit
  - 18 Holland Street
- Bizcircus
  - 8 Phillimore Street
- Brasil Espectacular
  - Scots Church, Cnr Sth Terrace & Parry Streets
- Creative Yoga
  - 5 Henry St

- Fremantle Walking Group
- Prime Movers
  - Masonic Hall, High St
- Universal Tao Centre
  - 15/27 Market Street
- Fremantle Coastal Districts Regional Jnr Football Club
  - Fremantle Oval
- Fremantle Football Club
  - Fremantle Oval
- Western Knights Jnr Soccer Club
  - Bruce Lee Reserve
- Fishers with Disabilities
  - 17 South Terrace, Fremantle
- Fremantle Women's Health centre (Yoga)
  - 114 South Street, Fremantle
- The Meeting Place
  - 245 South Terrace, Sth Fremantle
- Kids Yoga
  - 34 Wood St, White Gum Valley
- Yoga Now
  - 20 Elizabeth St, White Gum Valley
- Fremantle Cricket
  - Steven St Reserve
- Fremantle Hockey (Snr & Jnr)
  - Stevens Reserve
- Hi Flyers Ladies Golf Club
  - Fremantle Public Golf Course
- Orbit Ladies Golf Club
  - Fremantle Municipal Golf Club
- Royal Fremantle Golf Club
  - High St
- Italian Club
  - Marine Trc
- Lets Rock Dance group
  - Fremantle Italian Club
- Chinese Kung Fu and Tai Chi
  - Unit 1 34 Hines Road, O'Connor
- Classical Dance Studio: Ladner St
  - 6/42 Ladner Street O'Connor
- Fremantle Indoor Beach Volleyball: Sainsbury Rd
  - 6 Sainsbury Road, O'Connor
- Dance On
  - Hilton Bowls Club, Shepard Street, Hilton
- Samson Recreation Centre
  - McCombe Av

- Shirley Bickley School of Dancing
  - Paget St, Beaconsfield
- Sweat Fitness Studio
  - 5, 34 Hines Rd, O'Connor
- Vertigo Skate Park
  - 87 Forsyth St O'Connor
- Fremantle Police and Citizens Youth Club
  - 32 A Paget Street, Hilton
- Karate Union
  - Fremantle P&C Club, Paget Street, Hilton Park
- Beacon Yoga
  - 151 South St, Beaconsfield
- Jan Tomizzi Dance studio
  - Lefroy St, Fremantle
- Sheik to Sheik Belly dancing
  - 115 Lefroy Rd, Beaconsfield
- Don Quijote Petanque
  - Meet at Hilton Bowling Park
- Pat Taylors Dance
  - Meet at Hilton Bowling Club
- Hilton Park Bowling Club
  - Shepherd PL, Beaconsfield
- Excalibur Fencing
  - Sth Fremantle Snr High School
- Port Badminton Club
  - Meet at Sth Fremantle High School, Lefroy Street
- Arial Productions
  - Meet at Sth Fremantle High School
- Fremantle City Soccer Club
  - Train at Hilton Reserve
- Fremantle Hawks Jnr Football Club
  - Hilton Reserve
- Fremantle United Soccer Club (Snr and Jnr)
  - Hilton Reserve
- Southern Districts Cricket Club
  - Dick Lawrence Reserve
- Fremantle Rooster Rugby League
  - Ken Allen Field
- Fremantle Touch Football Assoc
  - Ken Allen Reserve
- Fremantle Sailing Club
  - Success Harbour

## Appendix Six

### Detailed Audit Results

#### Council facilities – General Information

A total of 57 council facilities were audited. The following data illustrates onsite facilities that either support or hinder physical activity.

- 27 had signage stating the name of the park;
- 33 have disabled facilities
  - 30 have a suitable path
  - 14 have a ramp
  - 1 had a lift
  - 13 had disabled parking
  - 8 had disabled toilets
- 16 had public amenities, however many of these toilets are locked unless a sports fixture is being played
- 52 facilities were described as being attractive, with 9 being described as unattractive to the public. The reasons for unattractiveness included graffiti or poorly maintained or overgrown parks.
- 40 facilities had parking available, with the majority being off street parking. Ten of these facilities required pay parking.
- 6 facilities had bike racks
- 13 facilities had access to showers
- no facilities had access to a clothes line
- one facility offered child care facilities during certain times of the year
- 31 facilities had a water tap on site
- 56 facilities had a refuse bin onsite
- 21 facilities had lights for night activities
- 15 facilities charged for the use of the grounds (for special events)
- 37 facilities were connected to, or very close to a cycle path
- 46 facilities were connected to, or very close to bus stop
- 11 facilities were close to a train station
- 55 facilities were connected to a footpath
- 9 reported graffiti
- 6 reported security issues
- 13 reported having very little shade

#### Council facilities – Specific facilities

The data from above has been manipulated to give an indication of council facilities that give opportunities to different levels of physical activity. As such, the facilities have been further broken up into 2 categories. Category A describes those facilities that provide a structure to participate in walking and leisure activities. Category B describes those facilities that cater for organised sports.

### Category A – Walking and Leisure

This category primarily includes reserves, parks with playgrounds and walking paths.

**Table one: Category One Council Facilities**

Location	Primary Use	Disable	Toilet	Parking		Public transport links			
				<i>ava il</i>	<i>free</i>	<i>cyc</i>	<i>bus</i>	<i>trai n</i>	<i>foot</i>
Arthur Head Reserve	Beach, playground, walk paths	Y	Y	Y	N	Y	Y	Y	Y
Attfield & Grandon Sts Park	Picnic	N	N	N	N	N	Y	N	Y
Beach Street Park	Natural bush	Y	Y	Y	N	Y	Y	N	Y
Beacy Park	Seating	Y	N	Y	Y	Y	Y	N	Y
Booyeembara Park	Walk paths, picnic	Y	Y	Y	Y	N	Y	N	Y
Burford Street Reserves (2)	Playgrounds	N	N	N	N	N	Y	N	Y
Cantonment Hill	Natural bush	N	N	Y	N	Y	Y	Y	Y
Collick Street Park	Playground	Y	N	N	N	Y	Y	N	Y
Dale Street Park	Playground	Y	N	N	N	N	Y	N	Y
Davies Reserve	Playground, open space	N	Y	Y	Y	N	Y	N	N
Davis Park	Playground, picnic, open space	Y	N	Y	Y	Y	Y	N	N
Douglas Street Park	Picnic	Y	N	Y	Y	N	Y	N	Y
Elder Place	Open space	Y	N	Y	N	Y	Y	Y	Y
Everybody's Park	Playground, picnic	N	N	Y	Y	N	N	N	Y
Francisco Street Park	Playground	N	N	N	N	N	Y	N	Y
Gordon Dedman Park	Playground	N	N	Y	Y	Y	Y	N	Y
Griffiths Place Park	Playground, picnic	Y	N	N	N	Y	N	N	Y
Grigg Park	Playground	Y	N	N	N	N	N	N	Y
Harvest & Herbert Sts Park	Playground	N	N	Y	Y	N	Y	N	Y
Holland Street Park	Open space	N	N	Y	Y	Y	Y	N	Y
Hollis Park	Playground	N	Y	Y	Y	Y	Y	N	Y
Jenkins Street Park	Open space	N	N	Y	Y	Y	Y	N	Y
King William Park	Playground	N	N	Y	Y	Y	Y	N	Y

Kings Square	Park	Y	Y	Y	N	N	Y	Y	Y
Knutsford Park	playground	N	N	Y	Y	N	Y	N	Y
Leighton Beach	Swim/play/leisure	Y	Y	Y	Y	Y	Y	Y	Y
Memorial Park	Open space	Y	N	Y	Y	Y	Y	N	Y
Mills and Wares Park	Open space	Y	N	Y	Y	N	Y	N	Y
Monni Bornn Park	Playground	Y	N	N	N	N	Y	N	Y
Parmelia Park	Playground, picnic	Y	Y	Y	Y	Y	Y	N	Y
Port Beach	Swim/play/leisure	Y	Y	Y	Y	Y	Y	Y	Y
Princess May Reserve	Open space	Y	N	Y	N	Y	Y	Y	Y
Queens Square	Open space	Y	N	Y	Y	N	Y	N	Y
Rule & Alfred Sts Park	Playground, open space	N	N	Y	Y	Y	N	N	Y
SEW Park	Open space	Y	N	Y	Y	Y	N	N	Y
Sir Frederick Samson Park	Natural bush	N	Y	N	N	Y	Y	N	Y
Sorrell Park	Foreshore and park, picnic	Y	N	Y	Y	Y	Y	Y	Y
South Beach	Picnic, beach, playground	Y	Y	Y	Y	Y	Y	N	Y
The Esplanade	Playground, open space, picnic	Y	Y	Y	N	Y	Y	Y	Y
Valley Park	Playground	N	N	Y	N	N	Y	N	Y
Virginia Ryan Park	Playground, open space	N	N	Y	Y	Y	Y	N	Y
War Memorial Park	Seats	Y	N	Y	N	Y	N	N	Y
Wilson Park	Open space	Y	N	N	N	Y	Y	N	Y

### Category B – Organised Sports

This category primarily includes sports grounds, Council run fitness centres and leased parks.

Facility	General Use	Disable	Toilet	Parking		Public Transport links			
				<i>avail</i>	<i>free</i>	<i>cycle</i>	<i>bus</i>	<i>train</i>	<i>foot</i>
Arthur Head Reserve	Beach, cycle paths	Y	Y	Y	N	Y	Y	Y	Y
Booyeembar a Park (skatebowl)	Skatebowl	N	N	Y	Y	N	Y	N	Y
Bruce Lee Reserve	Soccer, cricket	Y	Y	Y	Y	Y	Y	N	Y
Edward	Oval – soccer,	Y	N	Y	Y	Y	Y	N	Y

College Reserve	football, athletics								
Frank Green Park	Netball	Y	Y	Y	y/n	N	Y	N	Y
Freo Oval	Football	N	Y (locked)	Y	N	Y	Y	Y	Y
Freo Skate Park	Skateboarding, bikes	Y	N	Y	N	Y	Y	Y	Y
Gilbert Fraser Oval	Football, cricket, footbag	Y	Y	Y	Y	Y	Y	N	Y
Hilton Park	Playing fields	Y	Y	Y	Y	Y	Y	N	Y
Leighton Beach	Beach	Y	Y	Y	Y	Y	Y	Y	Y
Parmelia Park	Basketball	Y	Y	Y	Y	Y	Y	N	Y
Port Beach	Beach	Y	Y	Y	Y	Y	Y	Y	Y
South Beach	Beach	Y	Y	Y	Y	Y	Y	N	Y
Stevens Street Reserve	Cricket, hockey	N	Y (locked)	Y	Y	N	Y	N	Y

## Appendix Seven

### Dissemination of Information to Community

<b>Article</b>	<b>Source</b>	<b>Date</b>
Funding boost for local physical activity project	Freo Newsletter	May/June 2004
Funds will help develop a plan	Fremantle Community Gazette	June 8-14, 2004
<u>City of Fremantle</u> developing physical activity plan	Fremantle Herald	June 2004
How Active are the residents of Fremantle?	Fremantle Website	September 2004
Freo folks favour a walk for fitness	Fremantle Herald	October 2004
Fremantle Develops Physical Activity Strategic Plan	Freo newsletter	Planned for December 2004

## Appendix Eight

### Inventory of Existing On-road Bicycle Routes in the City of Fremantle

Route Description			Length (km)	Signs up	Bicycl e logo	Construct ion type	Comments
Road name	Road Section	Suburb					
Elder Place/Beach Street	Queens Street to East Street	Fremantle	3.36	No	Yes		
Hampton Road	Ord Street to Wray Av	Fremantle	1.87	No	No		
Lefroy Street	5 <sup>th</sup> Av to York Street	Beaconsfi eld	0.38	No	Yes		Both sides of road
Marmion Street	East St to Carrington St	Fremantle	2.00	No	No		South side only
Ord Street	James St to Ellen St	Fremantle	1.13	No	No		
South Street	Hampton Rd to Carrington St	White Gum Valley	4.30	No	Yes (part)		
Winterfold Street	Carrington St to boundary	Hilton/Sa mson	2.20	No	No		North side only
Wray Avenue	Hampton Rd to Solomon St	Fremantle	0.40	No	No		

## **Appendix Nine**

### **List of Proposed Bicycle Parking Stations**

## Appendix Ten

### Community Consultation Data

The community consultation component of the City of Fremantle Strategic Plan involved holding discussion groups with a range of community representatives and distributing a self-administered questionnaire with the general public. As the Strategic Plan covers all ages and all physical capabilities, a large cross-section of the community was accessed. Individuals were invited to participate in the discussion groups via the media, word of mouth and through existing groups or organisations. The discussion groups focused on the following:

- What are the good things about living in the City of Fremantle?
- Current levels of physical activity,
- What inhibits people from including physical activity as a part of their day,
- What would you liked changed that might encourage you to be more physically active?
- How would these changes occur?
- How do you think you could get involved in the process?

Participants were also requested to complete a short self-administered questionnaire that conformed to the Western Australia Physical Activity Survey prior to the discussion group commencing.

Below is a list of the discussion groups organised as part of the community consultation.

<b>Community group</b>	<b>Location</b>	<b>Comments</b>
Playgroup Mothers	South Fremantle	Parents of young children N=9
People with Disabilities	Fremantle	People with physical and intellectual disabilities N= 8
Precinct Groups	Various throughout <u>City of Fremantle</u>	Interested residents (aged over 18 years)
North Fremantle Primary School	North Fremantle	Year 4 students N=12
Seniors Group	Hilton	Group of people aged over 60 years N= 6
Migrant Group	Hilton	People from a non-English speaking background (interpreter used) N= 7
<u>City of Fremantle</u> staff	Fremantle	People representing full time employees N=8

Chamber of Commerce	Fremantle	People representing businesses in Fremantle
Aboriginal group	Willagee	Group of aboriginal young people who play basketball at Fremantle PCYC N=12

In addition, all precincts were requested to distribute the self-administered questionnaires during the precinct meetings held in August and September. The questionnaire was also emailed to staff at the City of Fremantle in an attempt to access a broad age range.

A total of 96 questionnaires were successfully completed. The data was entered onto the computer using the SPSS package and the primary results appear below.

## COMMUNITY PHYSICAL ACTIVITY SURVEY

### PART A - DEMOGRAPHICS

#### 1.0 Respondent's postcode

Postcode	Number of respondents
6163	17
6160	10
6162	10
6166	5
6159	5
6164	4
6157	4
Other	23

#### 2.0 Gender

Fifty-six females and forty males responded to the survey. The age groups for respondents was as follows:

Age group (yrs)	Number of respondents
18-29	21
30-44	31
45-49	33
60-75	10

#### 3.0 Number of children under 18 years living in the household

Fifty-eight respondents indicated that there were no children under the age of 18 years living in the household, with 39 advising there were children this age living in the home.

Seventy-nine respondents advised that there were no children aged under 5 years living in the household, with a further 19 respondents advising that there were children aged under 5 years living in the home.

#### 4.0 Language spoken at home

Eighty-five respondents advised that English was the main language spoken in the home. A further 11 respondents indicated that different language was the main one spoken at home. Other languages included Portuguese (4), Italian (2), Hindu, Turkish, German, Japanese and Gyavati.

#### 5.0 Marital Status

The respondents' marital status was defined as follows:

<b>Marital Status</b>	<b>Number of respondents</b>
Single	27
Married/de facto	62
Separated/divorced	5
Widowed	2

#### 6.0 Occupational Status

The respondents' occupational categories were defines as follows:

<b>Occupational category</b>	<b>Number of respondents</b>
Manager/Administrator	30
White Collar	34
Home duties	10
Retired	2
Blue Collar	7
Student	4
Self- employed	5
Unemployed	4

### 7.0 Dog Ownership

Respondents were asked if they owned a dog and the number of times the dog was walked each week. Forty-three respondents advised they owned or cared for a dog. Responses for frequency of walking the dog appear below:

<b>Number of times per week the dog is walked</b>	<b>Number of respondents</b>
Once a day	14
Twice a week	9
Once a week	6
3-4 times a week	5
Twice a day	3
Never	3
5 times a week	1
Dog goes for own walks	1
Too young to walk yet	1

### **PART B – PHYSICAL ACTIVITY DATA**

Respondents were asked a number of questions relating to the level of physical activity conducted in the past week.

### 8.0 Walking Continuously

Respondents were asked to advise how many times they had walked continuously for at least 10 minutes for recreation or exercise or to get from place to place. Responses are as follows:

<b>Number of sessions per week</b>	<b>Number of respondents</b>
1	4
2	8
3	5
4	13
5	9
6	3
<b>7</b>	<b>16</b>
8	2
9	2
<b>10</b>	<b>29</b>

Respondents were then asked to estimate the total time they spent walking in this way in the last week. Responses have been categorised by time and are as follows:

<b>Time spent walking</b>	<b>Number of Reponses</b>
Less than 1 hour	13
Between 1-3 hours	51
Between 3-5 hours	17
Between 5-10 hours	8
10 hours +	3

#### 9.0 Vigorous Physical Activity

Respondents were asked a series of questions relating to vigorous physical exercise. The first question aimed to seek information about the number of times respondents did any vigorous gardening or heavy work around the yard that made them breathe harder or puff and pant. Responses were as follows:

<b>Number of sessions per week</b>	<b>Number of responses</b>
<b>1</b>	<b>28</b>
<b>2</b>	<b>14</b>
3	11
4	9
5	9
6	1
7	0
8	0
9	1
10	4

Respondents were then asked to estimate the total time they spent doing vigorous gardening or heavy work in this way in the last week. Responses have been categorised by time and are as follows:

<b>Time spent vigorously gardening/heavy work</b>	<b>Number of Reponses</b>
<b>Less than 1 hour</b>	<b>19</b>
<b>Between 1-3 hours</b>	<b>33</b>
Between 3-5 hours	13
Between 5-10 hours	6
10 hours +	1

Respondents were then asked how many times they participated in vigorous physical activity (such as jogging, cycling, aerobics, dancing) that made them breathe harder or puff and pant. Responses were as follows:

<b>Number of sessions of vigorous physical activity</b>	<b>Number of Reponses</b>
<b>1</b>	<b>12</b>
2	11
<b>3</b>	<b>13</b>
<b>4</b>	<b>12</b>
5	9
6	8
7	3
8	1
9	0
10	4

Respondents were then asked to describe the type of activity that made them breathe harder or puff and pant. These appear below:

<b>Type of activity</b>	<b>Number of responses</b>
Running	19
Cycling	17
Gym	12
Swimming	9
Walking	4
Hill climbing	4
Netball	4
Dance	4
Aerobics	4
Other	34

Respondents were then asked to estimate the total time they spent doing vigorous physical activity in this way in the last week. Responses have been categorised by time and are as follows:

<b>Time spent doing vigorous physical activity</b>	<b>Number of Reponses</b>
Less than 1 hour	10
<b>Between 1-3 hours</b>	<b>23</b>
<b>Between 3-5 hours</b>	<b>25</b>
Between 5-10 hours	11
10 hours +	4

#### 10.0 Moderate Physical Activity

Respondents were then asked how many times they participated in moderate physical activity (such as walking, swimming, golf) that has not already been mentioned.

Responses were as follows:

<b>Number of sessions of moderate physical activity</b>	<b>Number of Reponses</b>
<b>1</b>	<b>10</b>
<b>2</b>	<b>13</b>
3	7
4	7
5	3
6	0
7	0
8	0
9	0
10	7

Respondents were then asked to describe the type of moderate physical activity. These appear below:

<b>Type of activity</b>	<b>Number of responses</b>
<b>Walking</b>	<b>21</b>
Swimming	5
Yoga	5
Domestic duties	5
Stair climbs	3
Other	13

Respondents were then asked to estimate the total time they spent doing moderate physical activity in this way in the last week. Responses have been categorised by time and are as follows:

<b>Time spent doing moderate physical activity</b>	<b>Number of Reponses</b>
Less than 1 hour	7
<b>Between 1-3 hours</b>	<b>27</b>
<b>Between 3-5 hours</b>	<b>15</b>
Between 5-10 hours	8
10 hours +	4

## **PART C – RESPONDENTS KNOWLEDGE AND INDIVIDUAL PERCEPTIONS ABOUT PHYSICAL ACTIVITY**

Respondents were asked a series of questions that related to their knowledge of the current physical activity guidelines and their perceptions of what moderate physical activity involves. Additional questions about whether respondents felt they were getting enough exercise and whether being physically active was important to them were also posed. The specific questions and responses appear below:

Respondents were asked to describe their perceptions of what constitutes moderate physical activity. Responses appear below:

<b>Type of activity</b>	<b>Number of responses</b>
Brisk Walking	60
Swimming	9
Cycling	9
Gardening	8
Domestic duties	7
Anything that raises the heart rate	7
Yoga	5
Other	22

The next questions asked if respondents were aware of how many times a week it is recommended to participate in moderate physical activity. Responses are as follows:

<b>Number of times per week</b>	<b>Number of responses</b>
30 mins per day	15
Daily	15
3 times per week	9
3-4 times per week	8
5 times per week	6
6 times per week	4
2-3 times per week	1

Respondents were asked if being physically active was important to them. An overwhelming 87 respondents advised it was important to be physically active with 7 advising it was not important to them. When asked if they were currently doing enough physical exercise, 40 respondents advised that they were undertaking enough exercise, with the remaining 53 advising they were not currently doing enough physical activity.

Any additional comments were then invited from respondents. Answers have been analysed through trends and the responses appear below:

<b>Comments</b>	<b>Number of responses</b>
Time is a barrier	8
Children prevent me from being active	6
I would like to do more exercise	5
Injuries/illness prevent me from being physically active	4
I feel I do enough exercise	4
Weather prevents me from exercising	3
It is up to the individual to motivate themselves	1
The parks need more toilets	1
The Council gym opens at inconvenient hours	2
I rely on carers to assist	1
Variety is important	1

## **COMMUNITY CONSULTATION GROUP DATA**

In total, 8 community discussion groups were convened to enable individual and community perspectives on physical activity to be discussed. The questions asked at each of these groups included:

- What facilities do you normally use to be physically active in the City of Fremantle?
- What is the main reason you are physically active?
- Do you participate in physical activity on your own or with someone?
- What inhibits you from including physical activity as a part of their day,
- What would you liked changed that might encourage you to be more physically active?
- How would these changes occur?
- Any additional comments.

The group data has been analysed using content analysis that identifies common themes or trends. This enables large quantities of data to be presented in a condensed manner.

The results appear below:

**Question One: What facilities do you normally use to be physically active in the City of Fremantle?**

- COF Leisure Centre (15)
- Beaches (9)
- Bikepaths (8)
- Footpaths (7)
- Council parks (6)
- Own home (3)
- Warehouse gym
- Fremantle oval
- Golf clubs
- Bikeforce
- Community Day Centre
- Yoga classes
- Rehabilitation clinics
- Netball courts
- Indoor beach volleyball courts

Comments:

- cycle paths are often not maintained and are covered in sand/broken glass
- cycle paths are difficult to ride fast along due to pedestrians especially those with dogs on leads
- cycle paths don't link up
- wandering dogs can be an issue
- sign/distance signs could be increased around town
- Leisure Centre needs money to upgrade facilities (especially the gym)
- Leisure Centre is great in that it provides a crèche
- I exercise in my home due to self consciousness
- I would like to use the gyms but the music irritates me
- Some parks don't have toilets and this makes it difficult for mums with young children or pregnant people
- Some parks just don't feel safe (unsocial behaviour)
- Buster the fun bus is great

**Question Two: What is the main reason you are doing physical activity?**

- Vanity/look good (12)
- For my health (10)
- Gives me a break from the kids (8)
- For my mental health (5)
- Addicted to exercise (2)
- To set a good example for the kids
- To make friends
- Exercise relaxes me
- Exercise gives me more energy

- To prevent falls
- Enjoyment
- Helps my muscles

**Question Three: Do you participate in physical activity on your own or with someone else?**

- On my own (7)
- With friends (7)
- With daughter/children (4)
- Team sports (3)
- With partner (2)
- Personal trainer
- Hillcrest
- Seniors Centre

Comments:

- easier to exercise in a group
- group exercise is better for motivation
- I am looking for someone to exercise with
- I like the competition of exercising with others
- Some things I prefer to do alone to be able to think (e.g. running)
- Toddlers are slow and if you exercise with them you get very little benefit yourself
- Group exercise is good for the social life

**Question Four: What prevents you from doing more physical activity?**

- Time (16)
- Children (10)
- Work (9)
- No child care (3)
- Personal safety (3)
- Weather (3)
- Exhaustion (2)
- No benefit for the children
- Lack of direction
- No one to exercise with
- Illness/injury
- No one to assist with transport
- No groups for ethnic people
- Pressures of life
- Unsure about where to get relevant information about the types of PA in Freo

**Question Five: What would you change in your local community/environment to make it easier for you to be physically active?**

- Increase child care facilities (6)
- Advertise what is available (3)
- Reduce cost of some options (3)
- Increase transport options for people with a disability/ elderly (3)
- Increase the number of bike racks in community (2)
- Advertise events where parents and children can be active together (2)
- Shower facilities at work
- Powerpoints in ladies changerooms (for hairdryers)
- Maintain the cycle paths
- Increase the standard of the Leisure Centre
- Get extra support from management to enable people to exercise during work hours (lunch times, etc)
- Encourage corporate showings - businesses to be showing the way through corporate entries in events
- Increase options for people with a disability
- Have PA where parents can actually see their children while they exercise
- Increase indoor options for wet weather
- Increase toilets at parks
- Design parks for the younger children (1-2 years)
- Have lockers in the workplaces

**Question Six: Do you think you could have a role in these changes?**

- Lobbying (6)
- Advocating for better facilities (5)
- No (5)
- Feel helpless – do not know how to get involved

**Question Seven: Would you like to add any additional information?**

- I have to wait until my partner gets home to be able to walk and then it is dark
- Toilets are important and need to be maintained
- Shade is an issue – there is not enough of it
- Sometimes feel uneasy at some parks due to homeless people or drinking of alcohol
- Always good to have a motivator to spur us on
- I think most of the parks are good in Freo
- I really appreciate the Leisure Centre as it has a crèche
- I would like to be more active – I just need to find the time