ACTIVE LOGAN 2016
PARTICIPATION - WOMEN

ACTIVE Vs INACTIVE

77.6%

22.4%

Active population - Logan
Inactive population - Logan
Active population - QLD
Inactive population - QLD

ORGANISED Vs UNORGANISED ACTIVITIES

52%

48%

Organised
Unorganised

TOP 5 ACTIVITIES AND AVERAGE PARTICIPATION PER WEEK

54% Walking for exercise
3 times a week

32% Fitness/Gym
3 times a week

14% Swimming/Diving
1 time a week

13% Running/Jogging
3 times a week

9% Walking: Bush Walking
1 time a fortnight

COUNCIL FACILITIES

58%

Parks (general/non-specific)

46%

Bikeways/Pathways

31%

Playgrounds/Open space

22%

Aquatic Centres

18%

Outdoor gym equipment

BARRIERS TO PARTICIPATION

55% - No

42% - Yes

30% Lack of time/Too busy

30% Accessibility issues/Inappropriate locations/distance to venue

28% Cost/Too expensive

16% Lack of facilities/Substandard facilities or settings

15% Unavailability of preferred activity

TOP 3 MOTIVATING FACTORS

68%

General well-being/health/stay active

60%

Fitness

30%

Enjoyment/have fun

Note:
To better understand community physical levels, Logan City Council conducted a survey in November and December 2015. Data was gathered on organised and unorganised sport, recreation and physical activity. Results were collated by the AEC Group from responses of 979 Logan residents 15 years old and over. The above information was derived from the responses of 499 women residing in Logan.

Note:
Many questions in the survey allowed each respondent to chose more than one selection. Percentages are calculated as a proportion of the total number of selections to the number of respondents. Thus percentages may add to more than 100% in these cases.