ACTIVE LOGAN 2016

PARTICIPATION - PEOPLE WITH A DISABILITY

**ACTIVE Vs INACTIVE**

- Active population: 60.3%
- Inactive population: 39.7%

**ORGANISED Vs UNORGANISED ACTIVITIES**

- Organised: 39%
- Unorganised: 58%

**ORGANISED Vs UNORGANISED**

**ACTIVITIES**

- 49% Walking for exercise 4 times a week
- 22% Fitness/Gym 2 times a week
- 13% Swimming/Diving 1 time a week
- 10% Walking: Bush Walking 1 time a week
- 8% Bike riding/Road cycling 2 times a week

**COUNCIL FACILITIES**

- 51% Parks (general/non-specific)
- 42% Bikeways/Pathways
- 27% Aquatic Centres
- 17% Playgrounds/Open space
- 16% Off-road tracks and trails

**TOP 3 MOTIVATING FACTORS**

- 74% General well-being/health/stay active
- 54% Fitness
- 37% Enjoyment/have fun

**BARRIERS TO PARTICIPATION**

- 58% Health restrictions/Poor health
- 23% Accessibility issues/inappropriate locations/Distance to venue
- 20% Cost/Too expensive
- 18% Unavailability of preferred activity
- 11% Lack of facilities/Substandard facilities or settings

**TYPE OF ORGANISATION**

- Sport or recreation club or association that required payment of membership, fees or registration: 55%
- Fitness, leisure or indoor sports centre that required payment for participation: 24%
- Council Fitness Program (i.e. Live Well Logan Program etc.): 17%

**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 130 Logan residents with a disability.

**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.