**ACTIVE LOGAN 2016**

**PARTICIPATION - WOMEN**

**ACTIVE Vs INACTIVE**
- Active population, Logan: 77.6%
- Inactive population, Logan: 22.4%
- Active population, QLD: 54.5%
- Inactive population, QLD: 45.5%

**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

**ORGANISED Vs UNORGANISED ACTIVITIES**
- Organised: 48%
- Unorganised: 52%

**COUNCIL FACILITIES**
- 58% Parks (general/non-specific)
- 46% Bikeways/Pathways
- 31% Playgrounds/Open space
- 22% Aquatic Centres
- 18% Outdoor gym equipment

**TOP 3 MOTIVATING FACTORS**
- 68% General well-being/health/stay active
- 60% Fitness
- 30% Enjoyment/have fun

**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

**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 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 choose 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.