

City of Perth Physical Activity Plan 2006-2009



CITY of PERTH

November 2005

Background

In June 2001 the Premier, Dr Geoff Gallop, launched the Physical Activity Taskforce to oversee the development and implementation of a whole of community physical activity strategy for Western Australia. A target was set of increasing the proportion of the population who undertake sufficient physical activity for a health benefit by 5% (from 58% to 63%) over ten years.

The Local Activity Grants program is an initiative of the Premier's Physical Activity Taskforce, in conjunction with the WA Local Government Association, made possible through a Lotterywest Grant. The Local Activity Grants program offers matched grants for local governments and community groups to encourage new and innovative approaches to increasing physical activity. These grants are a part of the process that recognises a sustainable increase in physical activity will require a cross-government, multi agency approach.

The key objectives of the grant program are to:

- Promote and increase sustainable opportunities for physical activity at the community level.
- Enhance and build on existing physical activity strategies and initiatives already undertaken by local government.
- Incorporate physical activity objectives and strategies into local government strategic planning and budgetary processes.
- Identify opportunities to encourage collaboration between state, local government, private enterprise and community organisations.
- Support programs whose outcomes can be sustained beyond completion of the grant.

In April 2004 the City of Perth successfully applied for \$10,000 from the Taskforce to develop a Physical Activity Plan for the City, this was matched dollar for dollar by the Council.

This plan has been developed using information gained from analysis of physical opportunities within the City, an audit of internal policy and consultation with the community.

After completion of the City's consultative process the Plan will be submitted to Council for ratification.

**CITY OF PERTH
PHYSICAL ACTIVITY PLAN
2006-2009**

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1.0 Introduction

The City of Perth Physical Activity Plan (PAP) provides a framework and a set of objectives to assist the City of Perth in planning, developing, implementing and evaluating physical activity programs and services in the future.

The Plan is a whole of community approach and therefore considers strategies for both the City of Perth and external agencies and organisations. The PAP aims to integrate health initiatives, environment, planning and community in constructive ways to promote a positive lifestyle.

The City of Perth has significant capacity to promote physical activity, through environmental and local community initiatives, through distinctive structures and resources and practical knowledge and skills. It is with these capacities in mind, that this Physical Activity 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 Physical Activity Plan originates from the Premier's Physical Activity Taskforce initiative, which aims to increase the percentage of the population undertaking sufficient physical activity (PA) for a health benefit from 58% to 63% within ten years (2001). As part of its commitment to achieving this aim, the Taskforce offers encouragement and financial support to organisations interested in developing physical activity initiatives in their communities. As such, financial support to assist the City of Perth to develop this PAP was forthcoming from the Physical Activity Taskforce. This funding was matched dollar for dollar by the City of Perth.

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 (Commonwealth Dept Health & Aging, 1999).

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. (Western Australian Arts Sport & Recreation Industry Training Council, 2001).

Sport –activities which are characterised by rules and requiring some form of physical exertion. Skills are developed and used for the activity.

3.0 Acronyms

| | |
|--------|---|
| ABS: | Australian Bureau of Statistics |
| CoF: | City of Fremantle |
| CoP: | City of Perth |
| DAU: | Development Assessment Unit |
| DoH: | Department of Health |
| DPI: | Department of Planning and Infrastructure |
| EHO: | Environmental Health Officer |
| EPRA: | East Perth Redevelopment Authority |
| NESB: | Non-English Speaking Background |
| NHF: | National Heart Foundation |
| PA: | Physical Activity |
| PATF: | Premier’s Physical Activity Taskforce |
| PHU: | Public Health Unit |
| SES: | Socio-economic status |
| 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 in relation to the city workforce profile.

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 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 PAP. Appendix Two summarises these dissemination strategies.

A policy audit of the City of Perth Strategic Plan and all Unit business plans was undertaken to identify any linkages or duplication in service delivery in relation to physical activity opportunities. The results from this audit are discussed in section 8.4 of this Plan.

A Public Open Space Survey and a Physical Activity Facilities Survey were conducted in the development of this PAP. The Public Open Space Survey focused on all public open space within the local government boundaries. The Physical Activity Facilities

Survey audited all daytime facilities that offered some form of physical activity within the city. The limitation to this data set was the exclusion of swimming pools and gymnasiums located in strata-title buildings.

Draft audit tools were developed to ensure a consistent approach to the review of all physical activity programs services and spaces. These tools combined existing tools (e.g. City of Fremantle) with specific City of Perth requirements. The Working Group approved the tools. They were then piloted on a range of public facilities to ensure they were able to identify all relevant information. A City of Perth EHO conducted both the Public Open Space Opportunities Survey and the Physical Activity Facilities audits. A copy of the audit tools appears as Appendix Three.

The community consultation component of the Plan was two-pronged. Community and resident perceptions of facilities and services provided by the City of Perth were accessed through the 2005 City of Perth Community Perceptions Study. Data from this survey included perceptions about sport and recreations facilities, crime prevention, bike and walk paths and public open space and parks. The second component involved a user survey from a database of 700 individuals registered in the Statewest Corporate Challenge program that is sponsored by the City of Perth. A survey was forwarded to a range of people on this database with a request that they forward it to their members. As the PAP covers all ages and all physical capabilities, and has a major focus on providing physical activity opportunities to inner city workers, it was felt this database offered an adequate cross-section of the target community. The user survey focused on the following:-

- Demographics.
- Current levels of physical activity.
- Locations where people are physically active.
- What inhibits people from including physical activity as a part of their day.
- A description of workplaces from a physical activity perspective.

A copy of this user survey appears as Appendix Three.

The working group oversaw the drafting of the Physical Activity Plan. A final draft of the Plan was presented to the City of Perth Executive Management Team for comments. Following this, the Plan went to the full Council for ratification.

5.0 Physical Activity Plan Context within the City of Perth

The City of Perth 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 PAP is an innovative and comprehensive approach to enhancing the well-being and health of the inner Perth 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 Perth 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 PAP takes a whole of Council approach, which means it will apply to many Council Units. This Plan will aim to incorporate physical activity within strategic directions of the Council and the operations of relevant Units. At an operational level, the Physical Activity Plan is one component in a set of Strategic Plans aiming to achieve the objectives of the City of Perth Strategic Plan, the overarching strategic document for Perth.

The Vision for Perth is:

“That as the capital of Western Australia, the city of Perth be widely acclaimed as a city of regional and international significance.”

Within this vision, the city is:

- known as the capital and a showcase for Western Australia,
- renowned as a clean, friendly city offering a highly acclaimed quality of life,
- recognised regionally and internationally as a thriving business centre,
- known for its staging of cultural and sporting events,
- the primary focus of Western Australia, and
- a city of international significance in the Asian region.

A number of objectives from the City of Perth Strategic Plan relate specifically to physical activity. These objectives, listed below, have been considered thoroughly during the development of this Physical Activity Plan:-

- To provide a safe, accessible, comfortable and aesthetically pleasing city.
- To ensure that services are delivered by best practice standards.
- To deliver a high level of service in a friendly and courteous manner.
- To ensure our staff work in a safe and fulfilling environment and that they are properly compensated for their contribution.

In addition to these objectives, the City of Perth Strategic Plan has a number of key result areas that link to physical activity. These include:

Livable City – The City will provide important social amenities including public meeting places, a central library, seniors' centres, children's centres and recreational facilities.

The City's participation and support of major festivals, local celebrations, civic and cultural events, recreation programs, heritage trails and public art add to the varied social and rich cultural life of the city for all its residents, workers and visitors.

Accessible City – Perth will be a place that people can easily get to and move around in and access information readily. The city will need to achieve an effective balance in the transport network, from and within the city, while meeting broader and future economic, environmental and community needs.

Attractive and Functional City – Perth will be a functional and attractive city that all sections of the community use, participate in and enjoy. City development optimises the balance between social, economic and environmental objectives.

Environmentally Responsible City – The City of Perth is renowned for its beauty, cleanliness, clean air, clear light, sense of open space and safety. The continued development of Perth should meet the needs of today without compromising the needs of future generations – economically, socially and environmentally.

Capable and Responsive Organisation – The City is committed to providing excellent quality services to all customers and also encourages a climate of innovation and continuous improvement.

In addition, the key result areas for the City of Perth include the following strategies that relate to physical activity:

Outdoor city strategy – The City of Perth aims to maintain and manage open space to optimise its visual enjoyment and use by the community, while protecting and enhancing the natural environment. The city has made a commitment to:-

- ensuring that the foreshore will continue to be the prime focus integrating it with the city, Heirisson Island and Kings Park,
- ensuring the reduction of open space will be minimised and wildlife corridors created to protect fauna,
- ensuring the existing parks and public open spaces will be developed to meet the changing needs of residents and visitors,
- ensuring that meeting places will be created where people can gather and be encouraged to interact and communicate.

Movement and access strategy – The City of Perth aims to plan, facilitate and promote a balance in modes of transport to, from and within the city that maximises user satisfaction, while meeting broader and future economic, environmental and community needs. The city has made a commitment to:-

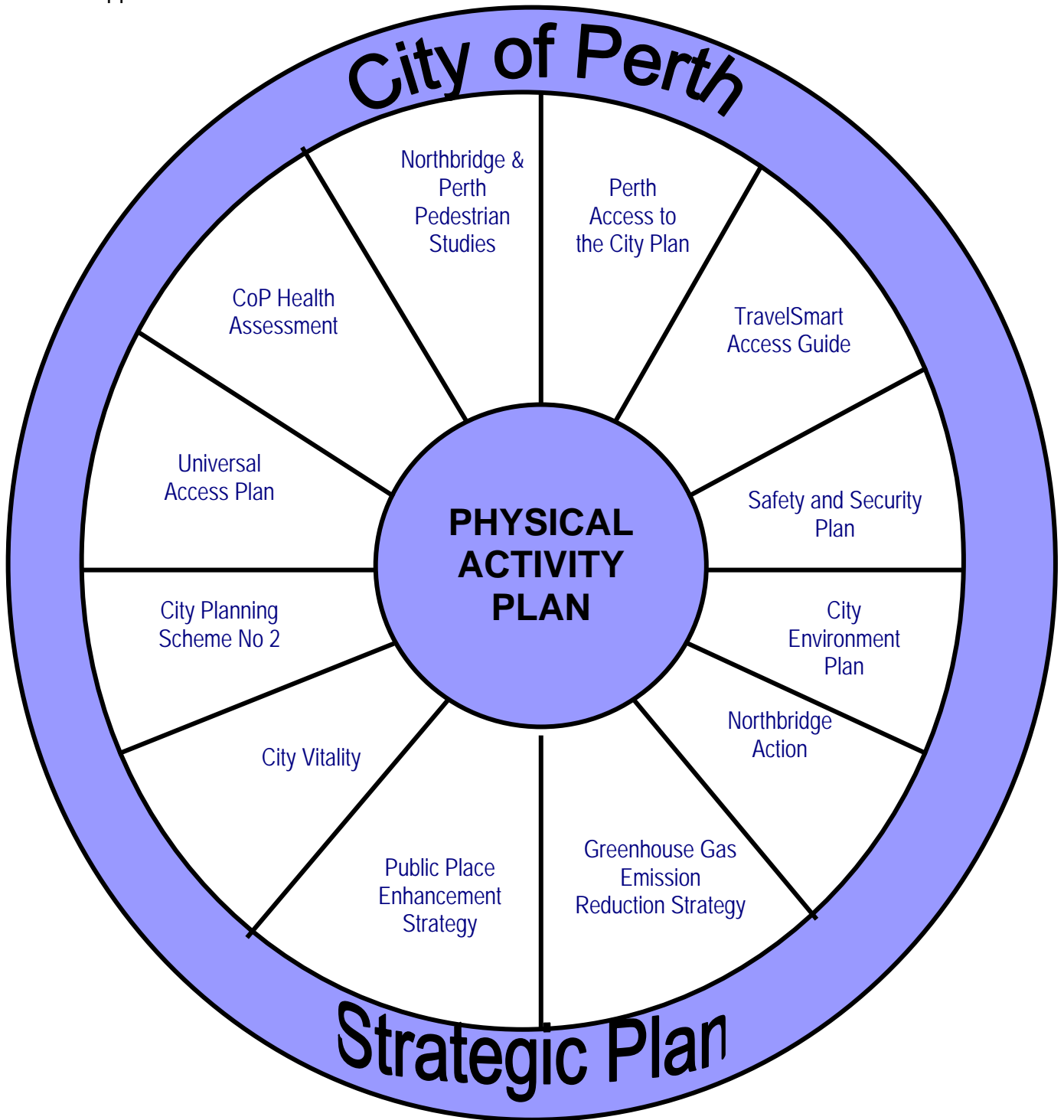
- developing a long-term access plan for the city is to be developed in conjunction with the State Government, which embraces all types of travel,
- ensuring pedestrian routes and bikeways are to be created through the city and transport corridors protected,
- ensuring that planning and management of parking is to be integrated with that of movement systems.

Green city strategy – The City of Perth aims to continuously monitor, review and facilitate activities and practices to minimise or repair damage to the natural environment. The city has made a commitment to:-

- the responsible consumption of natural resources with particular emphasis on energy alternatives. It will address waste minimisation, storm water cleansing, water conservation and an assurance that resources will be used wisely with little or no impact other than improvement on the natural environment, air and water quality.

The preparation of this PAP is part of city'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 unit.

More detail about linkages between Council policies and plans appears as Appendix Five.



5.1 Guiding Principles for the Physical Activity Plan

In line with the City of Perth's Vision and Strategic Plan, the following guiding principles have directed the development of this 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 PAP.
- 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 PAP will focus 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 including inner city workers, the encouragement of community participation and involvement in decision making processes and the promotion of activities, events and programs.

5.2 Themes for the Physical Activity Plan

In line with the City of Perth's values, the following themes have been chosen to describe the strategies contained within this Plan:-

- Living our Values.
This theme will encourage active participation in physical activity by employees.
- Partnerships.
This theme will encourage joint projects and delivery of services and physical activity opportunities wherever practical.
- Leadership.
This theme will demonstrate the organisation's values and provide clear detection on where physical activity opportunities will be placed into the future.
- Improvement.
This theme will ensure that physical activity opportunities are always being evaluated to ensure they meet the needs of the people.
- Participation.
This theme will encourage active participation in physical activity by the residents and inner city workers.

- Service.
This theme will encourage planning, development and the management of physical activity and supportive environments and 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 A Snapshot of the Residential Population of the City of Perth

Perth, like many other capital cities experienced the doughnut effect (loss of people from the city to outer suburbs) in the 1960s but has recently seen a return of residents to the inner city areas. The permanent population of the city of Perth has increased by 55% since 1990, and has a current residential population of around 10 500 (ABS, 2004).

The popularity of the inner city residential development has assisted in changing the city's scale, character and distribution. Over 1990-2001, 2600 units were added to the city residential stock (City Vitality, 2005). The new stock is predominantly medium density and terrace housing.

The type of housing and marketing has lead to trends in the city population becoming younger (average age 33 years in 2001 compared to 35 in 1991), more affluent and with higher educational and skill levels (City Vitality, 2005).

7.0 Why Should Local Government be Involved in the Promotion of Physical Activity?

7.1 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). Given this broad sphere of influence, local government is well placed to provide a holistic and proactive approach to the provision of public facilities and programs that promote physical activity.

7.2 Local Governments as Managers of Planning Processes

As this PAP takes a whole of Council approach, an integrated approach to planning will ensure best use of resources. In integrated planning, initiatives such as physical activity promotion, programs and services are developed in accordance with Council objectives such as reducing crime or increasing 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.

7.3 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.

7.4 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 of non-insulin dependent diabetes and favourably influences body weight, blood pressure and lipid profiles (NCD Atlanta, 1996).

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).

7.5 City of Perth's Influence over Employees

The City of Perth has a limited but growing population of around 10 500 (ABS, 2004), yet many of the people who access and use the services of the City of Perth are employees of workplaces located throughout the city. The majority (76.1%) of these employees are white-collar workers (City Vitality, 2005). As such it is important that this Plan recognise that there are strategies that the City of Perth can employ to promote physical activity at the corporate level.

Benefits of this approach for the city would include:-

- increased use of City_of Perth physical activity facilities e.g. parks, paths,
- decreased car use in favour of non-motorised modes of transport to and from work,
- potential formation of partnerships with corporate leaders,
- links with commuting policies, and
- reduced pollution levels.

For employers, including the City of Perth, the benefits of having a physically active workforce are many. People spend 50% of their waking hours at work for 40 to 50 years. They build their lives around work 5 days per week. In addition, there is a tendency for the amount of occupational sitting to increase with age and occupational status, potentially contributing to the relationship between age and obesity commonly reported at population level (DiPetro, Kohl, et al., 1998). Having healthy employees will provide workplaces with many benefits including increased productivity, increased moral and communication, reduced absenteeism, injuries and accidents.

Recent research has reported that occupational physical activity varies across occupational categories however there has been significant differences between professional and blue collar workers in terms of daily step patterns, with individuals in professional occupations reporting significantly fewer steps (Steele & Mummery, 2005).

This and other occupational based studies, shows the needs to promote work-related activity.

Workplaces are seen as positive settings for physical activity as they provide access to a captive audience. Workplaces also provide opportunities to access to harder to reach groups who such as males, lower SES and NESB groups.

As a provider of facilities, services, opportunities and infrastructure that provide a supportive environment for physical activity, the City of Perth intends to take this one step further and be a facilitator of corporate physical activity programs in workplaces located in the city of Perth. This will not entail providing additional programs or services, but will include the development of a framework to guide workplaces to be more supportive of physical activity and to promote corporate green transport policies. External funds will be sought to develop this framework. The framework will be general in nature and will focus on policy issues such as:-

- assessing the needs of various workplaces and/or geographical locations when considering planning for a physical activity program,
- has the organisation accessed any community-based services (e.g., the YMCA or a local recreation facility) to support a PA program?,
- does the workplace use physical activity information from external resources (e.g., DoH, NHF, PHUs, etc)?,
- does the workplace encourage participation in corporate physical activity events(e.g., Statewest Corporate Cup, Fun runs, etc)?,
- do the partnerships within the organisation work together on physical activities in the community?,
- assessing relevant workplaces policies to ensure they:-
 - allow time for physical activity,
 - formally recognise participation in programs,
 - link with commuting policies,
 - use qualified personnel for the program (where appropriate),
 - involve all employees, including non-permanent and shift workers.

7.6 Participation Trends

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 approach 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 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 that met the criteria of being physically active declined from 62% in 1997, to 57% in 1999 and 2000.
- In 1999, almost 15% of Australians reported no physical activity during the previous week.
- Nationally, 54.7% of people participated in sport and physical activities during 1999 – 2000.

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 58%. Statistics also revealed that four out of ten West Australians do not undertake sufficient physical activity to have any positive impact on their general fitness or health.

A specific telephone survey to identify physical activity levels of Western Australian was conducted in 1999 (Bull et al.). A total of 3178 adults were surveyed during November 1999, with a response rate of 46%. Results indicated that about 58% of adults reported a sufficient level of physical activity for health benefit, more often among males than females, and with the highest rates being among young adults. The main barrier to activity was a lack of time, and the main motivations for physical activity were improved fitness and enjoyment. Encouraging social sports for exercise and improved facilities and environments were identified as important community issues.

City of Perth Trends

Participation trends in organised sport and physical activity for the city of Perth 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 so specific strategies can be developed and implemented to address these groups' needs and requirements.

The permanent population of the city of Perth is increasing and becoming younger, with an influx of more affluent people who hold higher educational and skill levels.

Each day approximately 98 500 people work within the city of Perth (City Vitality, 2005).

Table One illustrates how the demographic data for the Perth workforce and residential population is directly relevant to physical activity rates.

Table One – City of Perth Workforce data

| ABS data for CoP Workforce | ABS data for CoP Residential Population | Relevance to Physical Activity |
|---|--|---|
| Largest proportions of CoP workforce are aged 25-29 years and 30 –34 years. | Average age of residents is 33 years. | Parents of young children are less likely to be active. |
| Males and females are evenly distributed across the city | | Women are 20% less likely to report leisure time physical activity. Married women, especially those with children, reported less leisure time physical activity than their age-matched counterparts. |
| 62.3% of the city workforce have tertiary qualifications | | People who attended 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. |
| 18.5% of the population aged over 15 years make less than \$300/wk | | People from low socio-economic groups are less likely to be active, as are people with disabilities. |
| The proportion of people working more than 40 hours a week (48%) has increased by 5.1% since the last census. | | A lack of time is a major barrier to being physically active. |
| There is a high car dependence with 50% 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). |

7.7 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.

7.8 Urban Character and Housing Style

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).

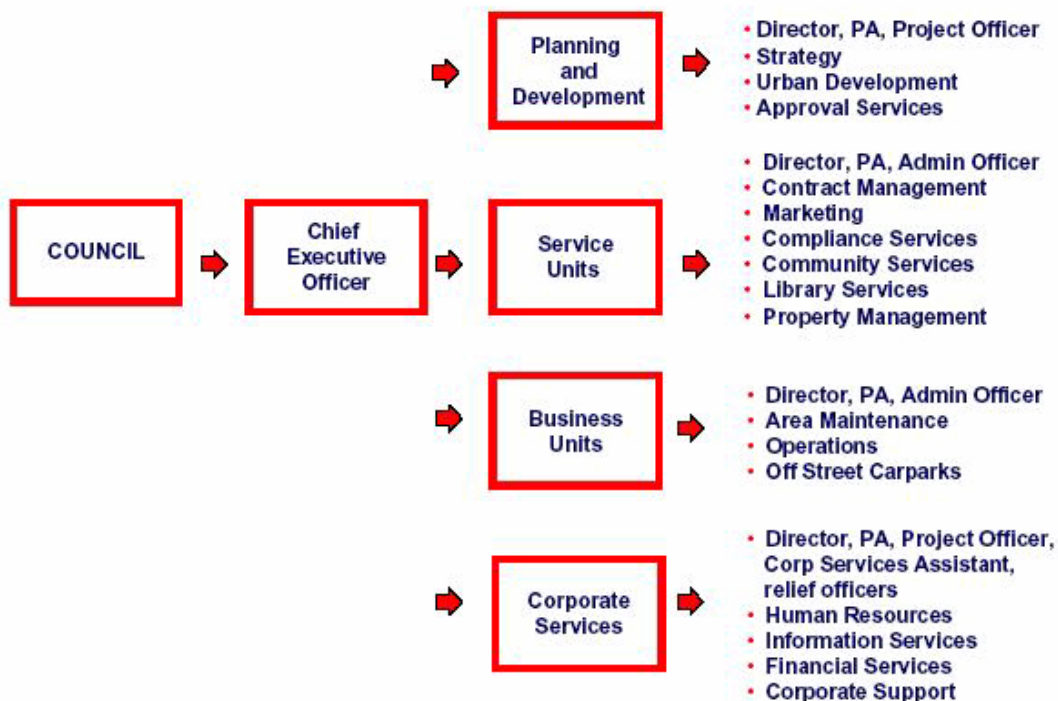
The City of Perth Urban Development and Strategy Units are principally involved with initiatives to upgrade the public domain throughout the municipality; either through preparation of strategies and policies to guide ongoing streetscape improvements, such as paving, street furniture, signage and lighting, or through studies and concept designs for special upgrading projects, such as Network City or the Planning Scheme. Links with DPI have been made to further these initiatives.

The city of Perth is the site of many major employers in the Perth Metropolitan region. It has a multitude of public transport modes, many sites for parking, streets designed to cater for motorised traffic, multi-storey buildings and green spaces. Most roads carry significant volumes of traffic particularly during peak hours. 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.

8.0 Current Physical Activity Programs and Services within the City of Perth

8.1 City of Perth Organisational Structure

Below is a diagram illustrating the City of Perth's organisational structure.



8.2 Services and Facilities Provided By the City of Perth

The City of Perth 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.

Table 2 – Existing Council activities in Physical Activity

| Responsible Unit | Type of Physical Activity |
|------------------|---|
| Compliance | An Environmental Health Officer has been given the brief of planning, developing and evaluating health promotion activities including the physical activity project. Current programs include the staff walking program titled 10 000 steps. And the provision of 25 pedometer loan packs to the library. The Officer also participates in green transport and environment working groups to reinforce the PA message. |
| Strategy | <p>This section of Council employs an Environment Officer who takes on some of the roles of a TravelSmart Officer. One of their roles is to encourage the use of non-motorised or public transport within the city.</p> <p>The <u>City of Perth</u> has just launched the city of Perth TravelSmart Guide (2005), which outlines walking, cycling and public transport routes throughout the city.</p> <p>Upon request, this Unit will also coordinate and conduct walking and cycling tours of Point Fraser, various water</p> |

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| | bodies and the inner city. |
| Library Services | <p>This centre addresses public enquiries regarding opportunities for recreational facilities, places, events and resources. Books, videos, music and other resources are available for hire. Twenty-five pedometers are available to the public for loan.</p> <p>Passive recreation is also provided for the housebound.</p> |
| Parks and Landscape Services | <p>The following parks and reserves are maintained by the Council: Sutherland Reserve, Russell Square Totterdell Park, Harold Boas Gardens, Weld Square, Mardalup Park, Victoria Gardens, Wellington Square, Pioneer Gardens, Claisebrook Cove (east), Queens Gardens, Rod Evans Park, Langlely Park, Point Fraser, Herrison Island, Ozone Park, Supreme Court Gardens, Stirling Gardens, The Esplanade, Barrack Square, Mount St and St Georges Tce, John Oldham Park, , Top of Hay Street, Frank Baden Powell Park, David Carr Memorial Park and the Foreshore area from Matilda Bay to Summer Street (East Perth),</p> <p>Kings Park Botanical Gardens is adjacent to the city boundaries but is not maintained by the city.</p> <p>This Unit also conducts graffiti removal.</p> |
| Urban Development | <p>This Unit is responsible for identifying areas that need to be upgraded and then developing a high and consistent standard to design through the city. The Unit is involved with the design and management of streetscape and public open space enhancements that improve pedestrian movement through the city.</p> <p>The Unit is responsible for creating attractive streetscapes with shade, seats and water fountains to encourage movement through the city on foot rather than by car.</p> |
| Contract Management | <p>This Unit has a periphery link to physical activity by managing assets and public liability. This Unit also manages lighting faults and repairs, road infrastructure and road safety and undertakes pavement investigation with a view to reconstruction, rehabilitation or resurfacing.</p> |
| Community Services | <p>Staff who may impact on physical activity choices and programs include the Community Development Officer and the Youth Development Officer.</p> <p>The Perth Universal Access Plan identifies the barriers and potential action strategies to increase participation in physical activity by those people with a disability.</p> <p>Staff supports the YMCA Mobile Youth Centres (mobile bus) in providing recreational activities including informal ball games, boxing and skating.</p> <p>Staff members are investigating appropriate skate boarding facilities and childcare services that have suitable activity areas for 0-6 year olds.</p> |

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| | <p>The City of Perth also issues 15 000 City Playground Passes during school holidays. These passports to the city encourage parents and children to explore city attractions and take advantage of cultural, entertainment, tourist and retail outlets.</p> |
|--|--|

In addition, the Current Works Programs occurring in the City of Perth (2004-2006) that are relevant to PA are noted here. These works fall under a range of Units responsibility:-

- Greening of city, Landscape and furniture
- Community safety: Implementing the “Safer Design” concept
- Point Fraser redevelopment
- New bike hire facility – Point Fraser
- Northbridge streetscape enhancement
- Streetscaping at:-
 - Wellington Street, CBD.
 - Harvest Terrace, Parliament Place to Hay Street.
 - Hay Street, King Street to Milligan Street.
 - Milligan Street – West End.
 - Stirling Street, Northbridge.
 - William Street, Wellington Street to The Esplanade.
 - Thomas Street, Kings Park roundabout to Mounts Bay Road.

The City of Perth works in partnership with many organisations and the community to ensure the streets and open spaces are safe and accessible to residents, workers and visitors.

9.0 Factors that Affect Physical Activity Levels

Data needed to develop this plan was sourced from the following processes:-

- A Physical Activity Facilities Survey.
- A Public Open Space Survey.
- A Community Perceptions Study.
- An Inner City Worker Survey.

Physical Activity Facilities Survey audited all daytime facilities that offered some form of physical activity within the city. The limitation to this data set was the exclusion of swimming pools and gymnasiums located in strata-title buildings. The Public Open Space Survey focused on all public open space within the local government boundaries.

9.1 City of Perth Public Open Space and Physical Activity Facilities Survey

One component of developing the PAP was the auditing of all physical activity opportunities within the city of Perth. The audit included all existing physical activity (PA) opportunities within the city of Perth:-

- Covered all ages and capabilities.
- Contained a description of all Council facilities including their locations, times available, costs and a contact person (where relevant).

- 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.
- Playgrounds.

The audit detailed the following information for each venue:-

- The type of facility.
- Existing amenities and their condition
- Types of activity that occurs there.
- Attractiveness.
- Safety.
- Ease of parking, and travel to and from site using alternative transport modes (e.g. links with public transport).
- Equity issues (cost, access, child minding, disabled access, flexibility of hours, etc).

9.2 Audit Sample

9.2.1 Public Open Space Survey

A total of 28 open spaces were audited. A list of all public open space was obtained through the Council licensing system and through the Urban Development Unit.

All data were entered on to an Excel spreadsheet.

9.2.2 Physical Activity Facilities Survey

A total of 21 facilities were audited. A list of all facilities was obtained through Council's licensing register.

All data were entered on to an Excel spreadsheet.

9.3 Audit Results

The following outlines the main findings from the both the Public Open Space Survey and the Physical Activity Facilities Survey conducted in the city of Perth. Detailed reports are attached as Appendix Six.

9.3.1 Results of the Public Open Space Survey

A major finding 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.

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. Facilities such as public toilets enable families to spend extended times away from the home environment and the fact that the Council is not providing this service is of concern.

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.

9.3.2 Results of the Physical Activity Facilities Survey

There is a substantial difference in the level of facilities that support physical activity between privately owned facilities and those that are publicly managed. However, the cost associated with the use of these facilities can be a barrier to promoting physical activity. In addition, there are other barriers associated with facilities such as gymnasiums, as some individuals feel uncomfortable and inadequate attending these venues. The majority of facilities audited (n=18) were privately managed with the remaining being 2 privately managed clubs and 1 government-funded academy.

The types of activities were primarily gym/fitness circuits or dance studios that targeted workers, teenagers and the elderly. There was only one facility that targeted toddlers or young children. Only four of the facilities were open to the public, with the majority requiring a membership to be acquired.

Facilities for universal access were provided to 12 facilities and included level pathways, ramps, lifts, disabled parking and disabled toilets.

Infrastructure that supports physical activity was high amongst the facilities. For example, all but one facility had toilets onsite, all provided parking (fee for service), all were easily recognised by signage, 16 provided showers, 18 provided refreshments and had night lighting, 9 had stretching posts and 8 provided a drinking fountain. Bike racks were only provided in 5 facilities and only one provided childcare.

Links to alternate transport modes were quite high with 16 being connected to a footpath, 15 being located on a bus route, 4 each linking to a cycle path and/or train station.

In relation to public safety, 18 facilities were clearly visible by surrounding roads, but only one had direct access to a zebra crossing, with an additional 7 having access to a signaled crossing.

9.4 Results of Community Consultation

Two community consultation processes were undertaken. One consultation focused on inner city workers. The other was a community perceptions study conducted by the City of Perth in 2005.

Results from these community consultation processes are summarised below.

9.4.1 Community Perception Study

A telephone survey of 400 residents was undertaken in August 2005. The sample was quota'd by age and gender and weighted to reflect the city's population by Ward. The

objective of this survey was to establish what quality of life issues are valued by residents and to measure what level the city's objectives, as documented in the Strategic Plan, are being met.

Residents were asked a range of questions concerning physical activity and their perceptions of the following areas were documented:-

- The physical environment.
- Public transport services.
- Cycle ways and footpaths.
- Recreation and outdoor facilities.
- Places and venues.
- Social and cultural events.
- A safe and secure place to live.

80% of participants indicated satisfaction for the following areas:-

- Effectiveness of the public transport system.
- Amount of parkland and public open space.
- Maintenance of parks and gardens.
- Safety and security of the city during the day.

However, less than 50% of participants indicated satisfaction for the following areas:-

- Range of venues available for social/cultural events.
- Safety and security of the city at night time.

Some specific data revealed that residents of East Perth are satisfied with their physical environment including the cycle paths and footpaths, sport, exercise and recreation facilities and amount of parkland suitable for recreation. Residents of Crawley were satisfied with their physical environment including cycle paths and footpaths, amount of parkland, public transport services and the range of venues available for social and cultural events.

Residents of West Perth are not satisfied with their physical environment including cycle paths and footpaths, sport, exercise and recreational facilities. West Perth residents were also dissatisfied with the range of social and cultural events.

The under 30s and young singles were two specific groups that expressed dissatisfaction with the effectiveness of urban design, the cycle paths and footpaths, sport, exercise and recreational facilities, the amount of parkland available for recreation and maintenance of parks and the number of social or cultural events.

Residents of the central city/Northbridge areas expressed dissatisfaction with the sport and recreational facilities, the suitability of parks and gardens for recreation and nighttime safety in the city of Perth.

9.4.2 Inner City Worker Survey

A total of 202 respondents completed the survey. Of these, 82 were females and 120 were males. The majority of respondents were aged between 18 –59 years of age.

87% of the respondents described their occupation as being managerial/administrative or professional/paraprofessional.

91% of the respondents advised their primary reason for being in the city was for employment. This reiterates the need for the City of Perth to focus on strategies that target white-collar workers. Only 7% of respondents were residents in the city of Perth.

50% of respondents advised that they were physically active between 3.5-7 hours per week, with 31% of respondents stating they were physically active between 1-3.5 hours per week. Respondents advised that “some” of their activity took place within the city of Perth and the primary venues for activity included footpaths and Council parks. The preferred times to be active were at lunch (36%) and after work (32%). This data could lead to an assumption that the type of activity people are undertaking during their lunch break from work is walking.

One-third (33%) of respondents advised that they were physically active with a colleague and a further 20% advised they recreated with a friend.

When asked about barriers to being physically active, just under 50% of the total respondents advised they had no time to be active. As this survey predominantly reached white-collar workers, it is interesting to note that 64% of respondents described their workplace as inactive. Again this supports strategies that will target workplaces to be more supportive of physical activity.

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

The three major physical barriers identified by the respondents included:-

- Lack of time
- Lack of motivation.
- Insufficient facilities for PA.

9.5 Overcoming the Barriers to Physical Activity – Linking Research with City of Perth Data

As indicated by researchers previously, walking has been shown to be the preferred activity of the majority of adults (Corti et al., 1995). 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. McCormack et al, (2003) found that nearly 53% and 60% of people preferred to use the streets and footpaths respectively for their physical activity. The United States National Institute of Health produced a consensus statement in 1995, 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 fear for personal safety, especially at night (poor lighting and attacks).

Combining this research with the results of the community perceptions study, the Physical Activity Facilities and the Public Open Space audits, it is clear the City of Perth must remain vigilant about maintenance of footpaths and cycle paths, about continual reporting of graffiti and unsocial behaviour and must continue to increase street lighting on shared pathways. It was clear from the community perception survey that many residents were dissatisfied with the level of safety, especially at nighttime in the city of Perth. One strategy that has been overlooked by the City of Perth is the promotion of physical activity for white-collar workers (employed outside of CoP). 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).

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 perceptions study show that cycling is an important mode of transport in the city. Some suburbs expressed a positive degree of satisfaction with the cycle paths, yet 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). Every day, Perth drivers make more than two million car trips around the city - almost two thirds of these drivers are traveling alone. In addition, half of all car trips taken in Perth cover short distances of less than 5km while 10 per cent cover less than 1km (DPI, 2005).

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 activity levels in the city of Perth, it is necessary to acknowledge and address these barriers.

Participation in physical activity can be increased through improved urban design and changes to the environment that make physical activity easier (Hahn & Craythorn, 1994). Hahn and Craythorn (1994) found that many community's footpaths and cycle paths provided limited continuous access to town centres or destination points 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.

To date, land use planning has tended to focus on cars rather than alternative transport modes, which affect livability and raises 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).

Pedestrianisation of the CBD and other shopping areas within the city of Perth 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). 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 POS survey, the physical activity facilities survey and the community consultation data, additional amenities such as water taps, bike racks, park signage, facilities for teenagers and other furniture should be installed in appropriate areas. Further to this, the Parks and Landscape Services Unit will need to ensure that existing amenities in the city's public open spaces are maintained to a high standard. The city should also continue to develop strategies to discourage unsocial behaviour in public open space.

An important issue for cyclists is the availability of secure bicycle parking facilities at shopping centres, workplaces and public transport interchanges. The city is considering integration 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. The facilities audited in the city of Perth comprised mostly of gymnasiums and the barriers to using these facilities need to be considered when planning for physical activity opportunities in the city.

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 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 600metres 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 public open space survey conducted in the city of Perth found a range of playground equipment for children but only one facility that specifically targeted children. Few spaces in the city of Perth provided specific equipment for adolescents to be active such as skate parks and basketball courts.

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.

10.0 Physical Activity Strategies and Actions

The following are the issues, policy statements, objectives and strategies developed throughout the project and endorsed by the Working Group.

Implementation of these strategies will largely depend on whether the city integrates physical activity initiatives into their existing decision making processes and if regular communication with external providers of physical activity services, programs and infrastructure occurs. Many strategies can be implemented within the existing resource base of the city, however, in some cases additional funding may be required.

The following strategy sections have been written to specifically fit with the City of Perth Strategic Plan.

10.1 Making Physical Activity Core Business for the City of Perth

Issues and considerations:-

- The City of Perth has a commitment to physical activity and this is demonstrated in existing policies and plans.
- The City of Perth 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.

Strategy

Ensure Council policy approaches shape and advocate for a decision-making agenda that is more oriented towards physical activity.

| Action | Responsible units and organisations | Budget | Timeframe |
|---|---|------------------------------------|-----------------------------|
| To develop a précis of relevant components of the physical activity strategy for use in individual Units. | EHO/Consultant | \$2000 | April 2006 |
| To develop a process where physical activity impact statements are conducted on relevant | Approvals Unit and Parks and Landscape Services | Develop a partnership with City of | Ongoing from March 2006 (or |

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| planning applications. | Unit | Fremantle as they have commenced this process. \$3000 to contribute to pilot. | when new Public Health Act is introduced) |
| To ensure physical activity issues are specifically incorporated into the City of Perth Strategic Plan. | City of Perth Managers | No budget required | As City of Perth Strategic Plan is reviewed |
| Maintain and promote communication between a core group of Council staff who regularly deal with physical activity issues. | EHO | No budget required | |
| 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, facilities for teenagers, shade provision, taps, walking and cycle paths, off leash dog areas and signage are included within the design to attract the broad community. | Parks and Landscape Services Unit | No budget required | Ongoing |
| Ensure physical activity considerations are included within the Council's Universal Access Action 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 | Ongoing |
| City of Perth to promote corporate physical activity events throughout the city using a variety of spaces. | EHO/Environment Officer/PA Working Group | Attract sponsorship and contribute \$2000 | Ongoing |

10.2 Increasing Participation in Physical Activity

Issues and considerations:-

- The inner city worker survey indicated that from those who responded, most were not participating in enough physical activity to improve general health and fitness.
- The survey also identified that white collar workers are sufficiently inactive at workplaces and need to be targeted for interventions.
- Current Australian Guidelines suggest encourage 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 most, or preferably all days of the week.
- Four out of ten West Australians do not undertake sufficient physical activity to have any positive impact on their general fitness or health.

Strategy

Resources will be invested to encourage people to be more active participants rather than passive spectators.

| Actions | Responsible units and organisations | Budget | Timeframe |
|---|---|--|---------------------|
| Create successful partnerships between the city and the private sector to share resources and promote programs to the community | PA Working Group Maintain links with YMCA, Statewest Corporate Challenge | No budget required | Ongoing |
| Implement the workplace physical activity framework within the City of Perth | EHO/Consultant | \$5000 | April 2006 |
| Continue to access population and demographic data from the City Vitality studies. | EHO | No budget required | Ongoing |
| Erect signage at "point of choice" locations to encourage people to use the stairs (rather than lifts) | EHO/PATF/City of Fremantle (has existing artwork and prepared to share) | \$2500 | April 2006 |
| Erect signs that indicate travel time and distances between major destinations | EHO | \$5000 (ext grant) | June 2007 |
| Consider the implementation of a dogs in public open space policy that encourages pet owners to take their dogs for a walk, increase their physical activity rate and continue to encourage use of existing dog exercise areas. | Parks and Landscapes Services Unit | Promotional expenses (est \$3000) | Feb 2007 |
| Continue to support and promote Bike Week and other promotional days within the city e.g. Great Bike Ride. | Environment Officer/EHU | Attract sponsorship and contribute \$3000 and inkind | Ongoing as required |
| Review traffic movement priorities | Environment Officer | \$1500 | July 2007 |

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| in the city. | | | |
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10.3 Providing Information on Physical Activity Opportunities

Issues and considerations:-

- 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 is available through preferred channels of dissemination and that focuses on potential barriers to accessing information need to be developed.
- To educate a community, information has to be transmitted en mass in the hope that a significant number of community members will encounter it.
- The City of Perth conducted an extensive audit of all public physical activity opportunities and public open space within the city. The level of information about these services has been raised and needs to be disseminated to the community.
- Revisit 'hard to reach' communities.

Strategy

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

| Strategy | Responsible units and organisations | Budget | Timeframe |
|--|-------------------------------------|--|----------------------|
| Assist in disseminating resources from existing general community education/health promotion campaigns that promote physical active awareness (setting goals, gaining social support, From Point Zero, etc). | EHO | Dissemination costs - \$1000 | April 2006 - ongoing |
| Develop, in partnership with external stakeholders a workplace framework that encourages city of Perth employers to provide environments and policies that support physical activity. | EHO/Consultant/PA Working Group | \$10 000 grant (PATF funding) matched by CoP funding of \$10 000 | April 2006 |
| Promote the City of Perth Travelsmart Guides within the community and ensure it is readily accessible. | Environment Officer | Printing fee, cartographer fee, advertising fee \$5000 | As required |
| Investigate avenues for disseminating information about existing PA services and opportunities to city of Perth | EHO | Resource development and dissemination | June 2006 |

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| residents and workers. | | costs \$7500 | |
| Promote incidental physical activity by developing policies and subsequent information that encourages alternative transport methods. | | No budget required | Feb 2007 |
| Establish a walking trail guide for the City of Perth. | EHO/consultant | Promotion Printing costs \$6000 (external grant) | August 2006 |
| Integrate physical activity and active transport messages and opportunities within cultural and community events. Investigate the option of placing a PA message on all outgoing correspondence. | EHO | Signage, banners \$3000 | April 2006 |

10.4 Maintaining a Local Focus for Physical Activity

Issues and considerations:-

- The physical activity facilities survey revealed that many Council managed facilities have graffiti and personal and general safety is an area of concern.
- The maintenance of parks and reserves is conducted at a high cost to Council.
- Some suburbs are dissatisfied with the existing maintenance of parks.
- Some suburbs are dissatisfied with the range of facilities in their area and their suitability for recreation.

Strategy:

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.

| Action | Responsible units and organisations | Budget | Timeframe |
|--|-------------------------------------|----------------------------------|------------|
| Encourage residents/inner city employees to report any graffiti, crime or safety issues at local venues. | Construction and Maintenance | No budget required | July 2006 |
| Accept skateboarding as a mode of transport. and encourage tolerance towards it. | Community Services | Promotion materials/PR \$1500 | April 2006 |
| Continue to have a City of Perth representative on the Premiers Physical Activity Task Force Local Government working party. | EHO | No budget required | Ongoing |
| Identify areas within the city where | EHO | \$5000 | March |

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| secure bike racks and other urban furniture will be best placed and utilised, and then provide it. | | | 2007 |
| Maintain an intersectoral committee auspiced by the City of Perth to oversee the implementation of this PA Strategy. | EHO | Meeting expenses \$1000 | Ongoing |
| Investigate the possibility of implementing an "Adopt a Park" scheme for parks where antisocial behaviour or maintenance is an issue. | EHO and Parks and Landscape Services Unit | External grant required (\$10000) | Oct 2006 |
| Monitor demographics in city of Perth suburbs to ensure appropriate facilities required for recreation in parks and reserves are provided. | EHO and Parks and Landscape Services Unit | Minimal amount to establish monitoring system (via ABS) \$1500 | March 2006 |

10.5 Creating Partnerships to Promote Physical Activity

Issues and considerations:-

- 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, the education sector, local Government and sport and recreation.

Strategy

The development of facilities, services and programs will, wherever possible, be in partnership with other stakeholders to maximise usage, ownership and connectedness.

| Action | Responsible units and organisations | Budget | Timeframe |
|---|--|--------------------|-----------|
| Develop collaborative links with the Education Department to consider joint programs that would increase physical activity rates among students and encourage enjoyment rather than competition (Jnr Sports Awards, etc). | EHO, Australian Sports Commission Regional Manager and Education Department. | No budget required | Oct 2006 |
| Encourage the use of school/education facilities for community events and recreational opportunities. | EHO and Parks and Landscape Services | No budget required | Ongoing |

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| Develop a working relationship with tertiary students to encourage students to be actively involved in local research/program activities that focus on physical activity. | EHO and Working Group | No budget required | Oct 2006 |
| Maintain and promote existing links with partners in the Network City project. | DPI, Strategies | No budget required | Ongoing |

10.6 Implementing and Monitoring the City of Perth Physical Activity Plan

Issues and considerations:-

- There is a need to have one Officer responsible for implementing and monitoring this PAP. 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 PAP and Implementation Plan.
- The City of Perth needs to make a commitment to implementing and sustaining this Plan. This will require a staff member and quarantined budget.

Strategy

The implementation of this Physical Activity Plan will continue to be implemented with support from the City of Perth.

| Action | Responsible units and organisations | Budget | Timeframe |
|--|-------------------------------------|--------------------|---------------------------|
| Identify and seeks funds to support the implementation of the City of Perth Physical Activity Plan | PA Working Group, EHO | \$15 000 | Submission due March 2006 |
| Establish a physical activity alliance group with terms of reference to oversee the implementation of the City of Perth Physical Activity Plan | PA Working Group, EHO | \$ 2 000 | Feb 2006 |
| Develop an evaluation plan to monitor and ensure surveillance of the Physical Activity Plan and Implementation Plan. | PA Working Group, EHO | No budget required | Feb 2006 |

11.0 Conclusion

This PAP provides information on current issues and barriers relating to physical activity levels in the city of Perth. A physical activity facility survey was conducted, as well as an audit of all public open space to generate data on existing physical activity opportunities in the city. In addition, data on the inner city workforce and residents of the city of Perth were accessed to assess perceptions and awareness of physical activity levels within these groups.

Information and evidence was collected through a literature review of national and international resources and from an analysis of all Council policies. The aim of this component of the research was to identify existing links between policy and service provision.

The strategies section of this report identifies potential approaches that the City of Perth in collaboration with a range of partners can take to address the issues identified from the results of the physical activity facilities audit, the public open space audit, the inner city workers survey and the city resident's perception study.

The City of Perth is a progressive capital city with community interests at the forefront. This Plan recognises the great potential and commitment to increase physical activity rates within the city by addressing environmental factors such as neighbourhood planning, by identifying strategies to decrease car dependency through its transport policies, by addressing barriers to physical activity such as the placement of street furniture and reducing crime and by disseminating information on the types of physical activity opportunities available to residents and inner city workers.

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Appendix One – Working Group

City of Perth Physical Activity Planning Working Group

| Working Group Member | Agency | Position |
|-----------------------------|--|---|
| Elaine Clucas | City of Perth | Environmental Health Officer |
| Michael Priest | City of Perth | Project Officer – Traffic/Transportation |
| Jane Hannaford | PATF | Coordinator – Physical Activity Projects |
| Alice Haning | Department of Planning & Infrastructure | Manager - Walking Program |
| Tammy Ellis | City of Perth | Urban Designer |
| Jessica Bayens | City of Perth | Cities for Climate Protection |
| Zanda Cameron | East Perth Redevelopment Authority | Community and Economic Development Manager |
| Bob Shanks | WA Rowing Club | Community representative |
| Carole Winfield | City of Perth | A/Youth Development Officer |
| Gary Perryman | City of Perth | Customer Service Officer |
| Dr Melissa Stoneham | Stoneham & Associates | Consultant |

Appendix Two – Information Dissemination Strategies

| Date | Type | Printed in | Issue |
|------------------|---------------|-------------------|-----------------------------|
| 15 February 2005 | Press release | Guardian Express | Pedometer hire from library |
| March 2005 | News story | City News | 10 000 Steps pedometer loan |

Appendix Three - Audit Tools

- A. Public Open Space Tool
- B. Facilities Survey Tool
- C. Community Consultation – User Survey Tool

City of Perth Public Open Space Survey

- 1) Reference _____
- 2) Name of Venue _____
- 3) Area (Hectare) _____
- 4) Description of venue _____
- 5) Ownership of the venue
- Council _____
 - Crown _____
 - Private _____
 - Club _____
 - EPRA _____
- USAGE**
- 6) Is the venue
- Indoor
 - Outdoor
- 7) Type of usage
- Walking
 - Running
 - Passive Activity
 - Informal Activity
 - Sporting Games
- 8) Is this facility open to the general Public?
- Yes Details _____
 - No
- 9) Is there information signage at the venue?
- Yes
 - No
- 10) For what type of activities is the venue designed?
- Tennis
 - Soccer
 - Football
 - Netball

- Cricket
- Baseball
- Walking (only if paths)
- Cycling
- Fitness Circuit
- Basketball/Netball hoops
- Hockey
- Athletics
- Rugby
- Childrens playground
- Sports Club
- Other _____

11) What age group is the venue designed for ?

- Toddler
- Primary School
- Teenager
- Working
- Aged/retired
- Non-specific
- Hours of Opening _____

12) Is there a cost associated with using this facility?

- Yes Details _____
- No

AMENITIES/INFRASTRUCTURE

13) Does the facility have access for disabled people?

- Yes
- No
- Level pathway
- Ramp
- Lift
- Disabled parking
- Other _____

14) Does the facility have public toilets?

- Yes #M # F
- No
- Disabled #
- Hours _____

15) Is there access to toilets within 1 block of the venue? (for those without facilities)

- Yes
- No

16) Is parking available to patrons?

- Yes
- No

17) Estimate the number of bays

- 0-20
- 21-50
- More than 50

18) Are there time/cost restrictions on the parking area?

- Yes
- No

19) Is the venue connected or close to?

- Cycle path
- Footpath
- Bus stop
- Train station

20) Is the following on-site for patrons?

| | | | | | | |
|-------------------------|---|--------------------------|---|--------------------------|---|--------------------------|
| Bike racks | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Drinking fountains | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Showers | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Stretching posts | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Clothes line | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Child care | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Water tap | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Refuse bin | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Picnic tables | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Seating | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Clubrooms/Meeting rooms | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Dog litter bags | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| BBQ | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Power connections | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Water connections | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Sewage connections | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |
| Public Phone | N | <input type="checkbox"/> | Y | <input type="checkbox"/> | # | <input type="checkbox"/> |

21) Is childrens play equipment present?

- Yes

No

22) What items of play equipment are present?

| | | |
|--------------------|----------------------------|----------------------------|
| Swing/s | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Slide/s | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Climbing equipment | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Hanging bars/Rings | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Seesaw/Rockers | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Bridges /Tunnels | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Activity panels | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Cubby houses | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Other | <input type="checkbox"/> | <input type="checkbox"/> |

23) What is the playground surface?

| | | |
|-------------------|----------------------------|----------------------------|
| Sand | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Grass | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Rubber | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Gravel or pebbles | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Woodchips | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Other | <input type="checkbox"/> | <input type="checkbox"/> |

24) Is playground shaded?

| | | |
|---------------------|----------------------------|----------------------------|
| Partial cover/shade | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| Total cover/shade | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| No cover/shade | Y <input type="checkbox"/> | N <input type="checkbox"/> |

25) Is swimming an option at this venue?

Yes
No

SAFETY

26) Is there lighting within the venue?

Yes
No

27) Where is the lighting located?

| | | |
|---------------------------------------|----------------------------|----------------------------|
| Around courts, building and equipment | Y <input type="checkbox"/> | N <input type="checkbox"/> |
|---------------------------------------|----------------------------|----------------------------|

| | | | | |
|------------------------|---|--------------------------|---|--------------------------|
| Along paths | Y | <input type="checkbox"/> | N | <input type="checkbox"/> |
| Perimeter all sides | Y | <input type="checkbox"/> | N | <input type="checkbox"/> |
| Perimetered some sides | Y | <input type="checkbox"/> | N | <input type="checkbox"/> |
| Random around venue | Y | <input type="checkbox"/> | N | <input type="checkbox"/> |

28) From the centre of the venue, how visible are surrounding roads?

- Road/s clearly visible from the centre of the venue
- Road/s is partially visible from the centre of the venue.
- Road/s cannot be seen from the centre of the venue

29) From the centre of the venue, how visible are the surrounding houses?

- Houses clearly visible from the centre of the venue
- Houses is partially visible from the centre of the venue.
- Houses cannot be seen from the centre of the venue
- No houses - non residential area

30) How many of these houses overlook the venue?

- more than 10
- between 5 and 10
- between 1 and 5

31) Are all roads surrounding the venue minor roads or culdesacs?

- Yes
- No

32) Does the major road/s have a zebra crossing?

- Yes
- No

33) Does the major road/s have a crossing with signals to assist access to the venue?

- Yes
- No

ENVIRONMENTAL QUALITY

34) Is the venue on the foreshore?

- Yes
- No

35) Are there water features within the venue?

- Yes
- No

36) Type of water feature

- Lake
- Pond
- Water fountain
- Stream
- Other

- 37) Estimate the percentage of the venue occupied by the feature?**
- Up to 25%
- 26% and up to 50%
- 51% to 75%
- more than 75%
- 38) Are there other aesthetic features in the venue?**
- Yes
- No
- 39) Which of the following features are present?**
- Statues
- Gazebo/Rotunda
- Sculptures
- Ducks/swans
- Bridge
- Rocks
- Other
- 40) Are there trees in this venue?**
- Yes
- No
- 41) Estimate the approximate number of trees present**
- 1-50 trees
- 50 - 100 trees
- More than 100 trees
- 42) Where are the trees placed?**
- Perimeter all sides
- Perimeter some sides
- Along walking paths
- Random placement throughout
- Other
- 43) Are there gardens in this venue?**
- Yes
- No
- 44) Are there walking paths or cycleways within or around this venue?**
- Walking path/s
- Designated dual use path/s
- None
- 45) Shade along paths**
- Very good
- Good
- Medium
- Poor
- Very poor

46) Describe the placement of paths within the venue.

- Perimeter, all sides
 - Perimeter, some sides
 - Diagonal
 - Radial
 - Path around water/visual feature
 - Other
-

47) Is there evidence that the grass is watered?

- Yes
- No

48) Are dogs allowed?

- Yes, on leash at all times
- Yes, on leash at certain times
- Yes, no leash specified
- Not allowed
- Not specified

49) Is access for dogs:

- Restricted for some areas
- Allowed all areas
- Not specified

City of Perth Facilities Survey – Physical Activity

- 1) Reference _____
- 2) Name of Venue _____
Address _____
- Phone _____
- 3) Area (Hectare) _____
- 4) Description of venue _____
- 5) Ownership of the venue
- Council _____
- Crown _____
- Private _____
- Club _____

USAGE

- 6) Is the venue
- Indoor
- Outdoor
- 7) Type of usage
- Walking
- Running
- Passive Activity
- Informal Activity
- Sporting Games
- Club House
- 8) Is this facility open to the general Public?
- Yes Details _____
- No
- 9) Is there information signage at the venue?
- Yes
- No
- 10) For what type of activities is the venue designed?
- Tennis
- Soccer
- Football
- Netball
- Cricket
- Baseball
- Walking (only if paths)

- Cycling
- Fitness Circuit
- Basketball/Netball hoops
- Hockey
- Athletics
- Rugby
- Children's playground
- Sports Club
- Other _____

11) What age group is the venue designed for?

- Toddler
- Primary School
- Teenager
- Working
- Aged/retired
- Non-specific
- Hours of Opening _____

12) Is there a cost associated with using this facility?

- Yes Details _____
- No

AMENITIES/INFRASTRUCTURE

13) Does the facility have access for disabled people?

- Yes
- No
- Level pathway
- Ramp
- Lift
- Disabled parking
- Other _____

14) Does the facility have public toilets?

- Yes #M # F
- No
- Disabled #
- Hours _____

15) Is there access to toilets within 1 block of the venue?

- Yes
- No

16) Is parking available to patrons?

- Yes
- No

24) From the main exit/s of the venue, how visible are the surrounding houses?

Houses clearly visible

Houses are partially visible

Houses cannot be seen

25) How many of these houses overlook the venue?

more than 10

between 5 and 10

between 1 and 5

26) Are all roads surrounding the venue minor roads or culdesacs?

Yes

No

27) Does the major road/s have a zebra crossing?

Yes

No

28) Does the major road/s have a crossing with signals to assist access to the venue?

Yes

No

City of Perth User Survey

Please indicate your gender

- female
- male

Please indicate your age group

- 18 - 29 years
- 30 - 44 years
- 45 - 59 years
- 60 - 75 years

Do you work and/or live in the City of Perth

- work
- live
- work and live
- Tourist
- Study
- other

How much physical activity would you undertake in one week

- None
- Less than 1 hour
- 1 - 2 hours
- 2 - 3 hours
- 3 - 4 hours
- 4 - 5 hours
- 5 - 6 hours
- 6 - 7 hours
- more than 7 hours

Does the physical activity you participate in occur in the City of Perth

- Yes
 - No
- Most
- About Half

What types of physical activity do you participate in whilst in the City

- Bike path
- Council Parks
- Foot path
- Gymnasium
- Organised sport
- other
- Running
- Walking
- Walking dog
- water based activity

What times of the day do you like to be physically active

Before work
Lunch break
After work

Early morning
Mid morning
Lunch time
early afternoon
Late afternoon
evening

Do you participate in PA on your own

What facilities in the City do you currently use

What prevents you from being more physically active

What facilities would encourage you to be more physically active

Do you have any additional comments

Appendix Four – Community Consultation Results

User Survey Results

A user survey was distributed to a database of 700 individuals registered in the Statewest Corporate Challenge program, which is sponsored by the City of Perth. A total of 202 responses were received. Results are as follows:

A total of 82 females and 120 males responded.

The majority of respondents were aged between 18 years and 59 years of age. This is illustrated in the Figure A.

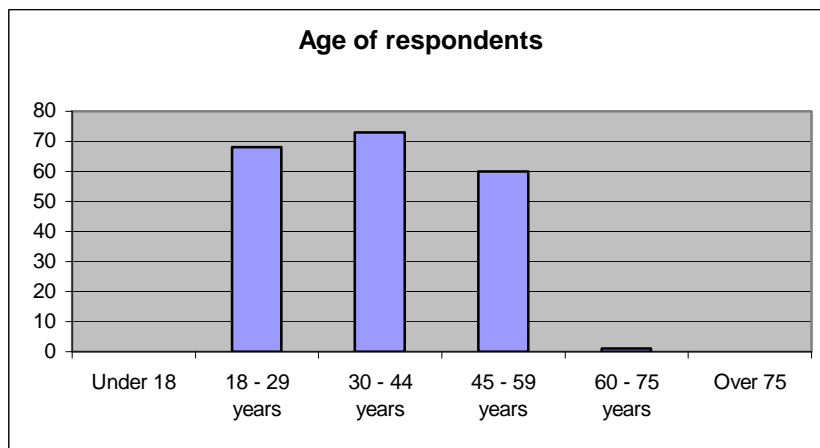


Figure A – Age of Respondents

The respondents were asked to state their usual occupation. 87% identified themselves as being either managers or professionals. This is illustrated in Figure B.

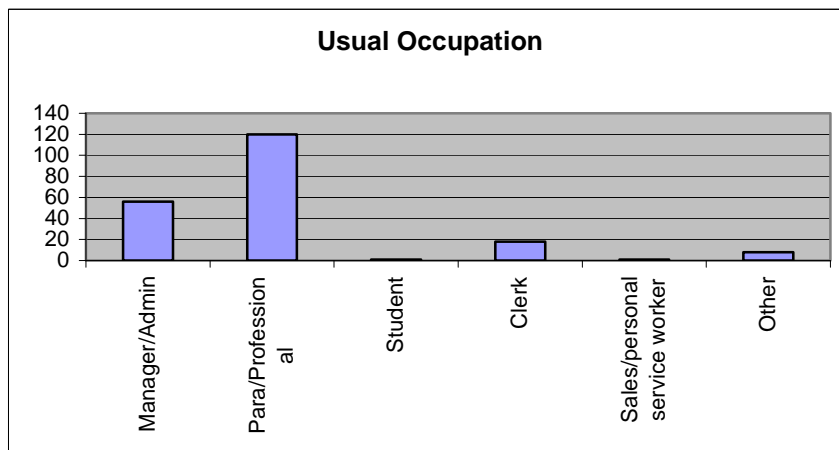


Figure B – Usual Occupation

When asked why they were in the City, the vast majority advised they traveled to Perth for employment. This is illustrated in figure C.

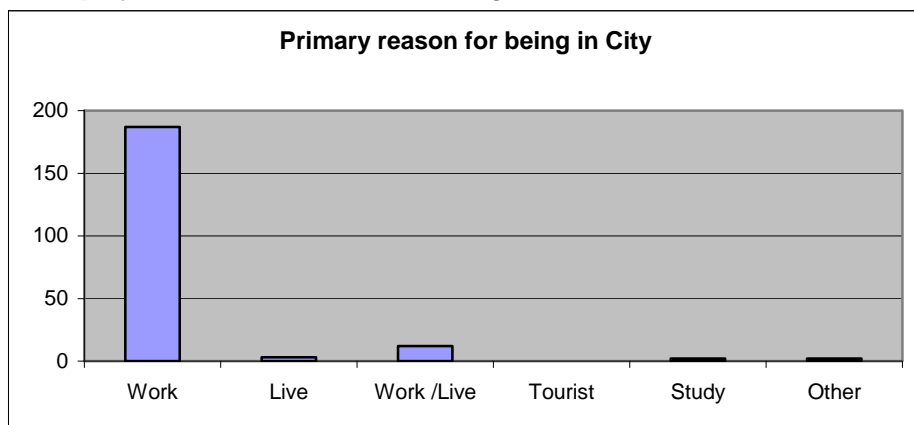


Figure C – Reason for being in City

Respondents were asked to nominate how much time per week they currently spent being physically active. The majority of respondents advised they spent between 1-7 hours being active. This is illustrated in Figure D.

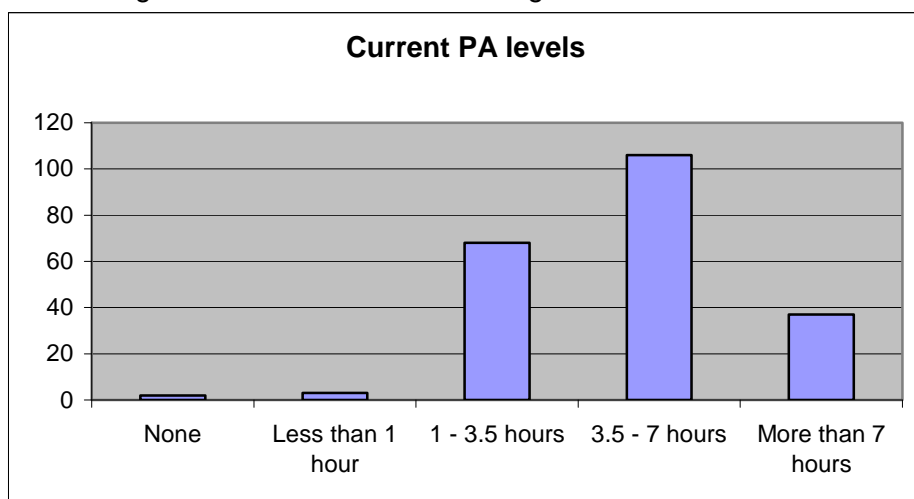


Figure D – Average time spent being PA

Respondents were then asked how much of their physical activity took place within the City. The data is illustrated in Figure E.

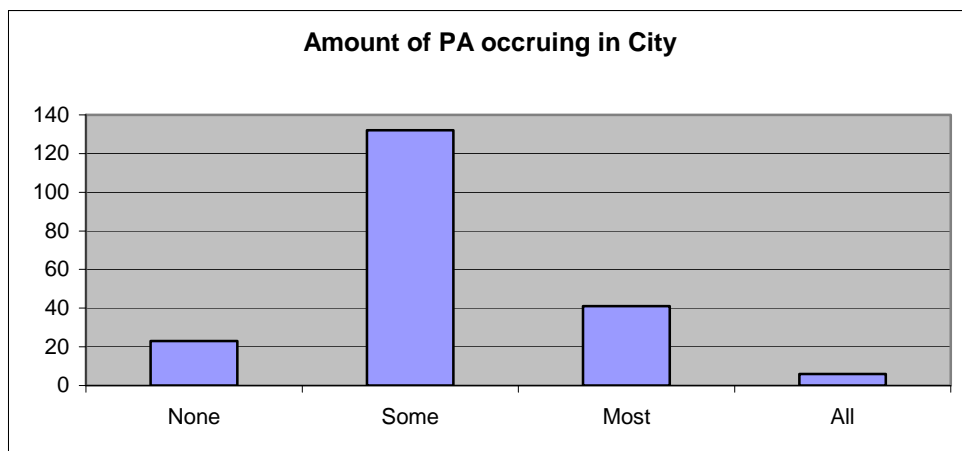


Figure E – PA occurring in City

The type of facilities that the active people used in the City of Perth varied, with the highest responses being recorded in the categories of Council parks, footpaths and bike paths. This is illustrated as Figure F.

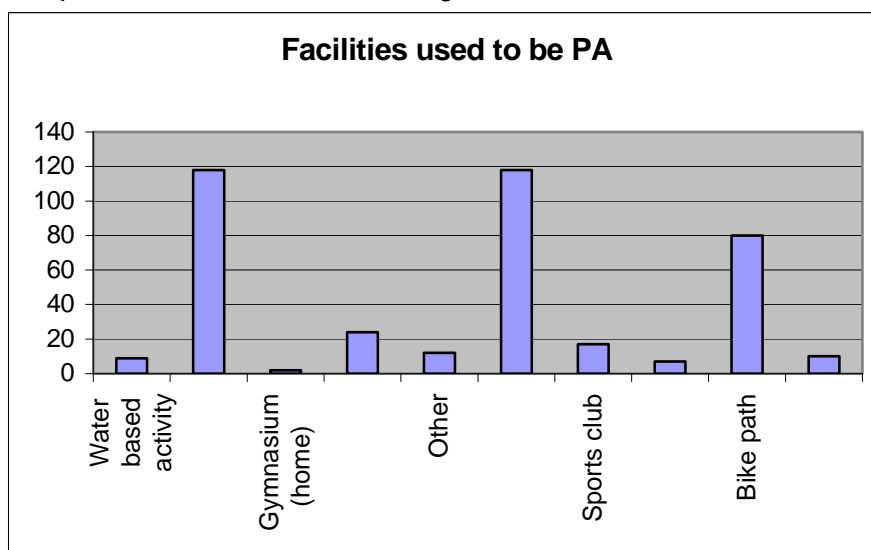


Figure F – Facilities Used in City

When looking at the time of day that people are physically active in the City, it can be seen that there is a spread across the day with the majority of people are active at lunchtime. Figure G illustrates this trend.

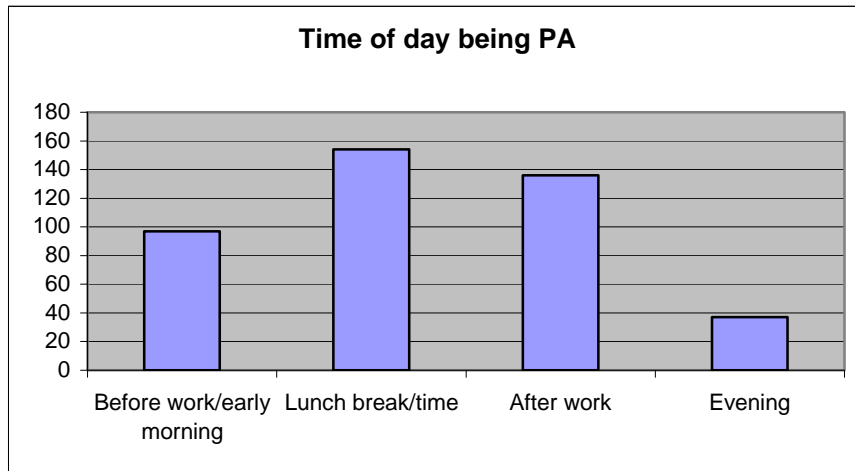


Figure G – Time of day active

Respondents were then asked if they were generally physically active with other people and if so, who? It can be seen that most people partnered with a colleague to be physically active. This is illustrated in figure H.

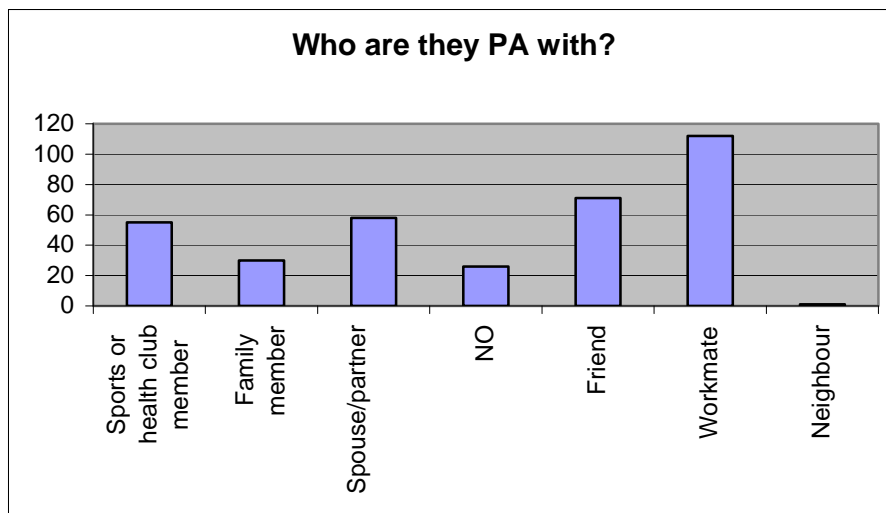


Figure H – PA Partners

The next figure (I) indicates the reasons offered for not being more physically active when in the City of Perth. The main reason given was a lack of time.

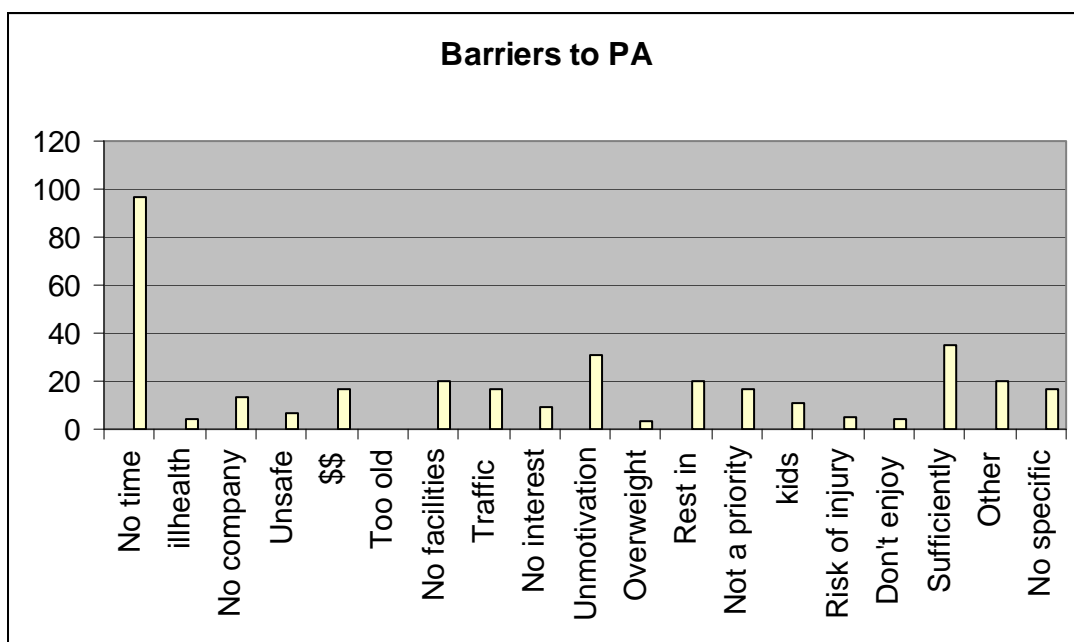


Figure I – Barriers to being Physically Active

Respondents were then asked to describe their workplace in terms of the type of physical activity they have access to. Sixty-four percent of the respondents admitted their workplace could be best described as physically inactive and not supportive of activity. Figure J represents this finding.

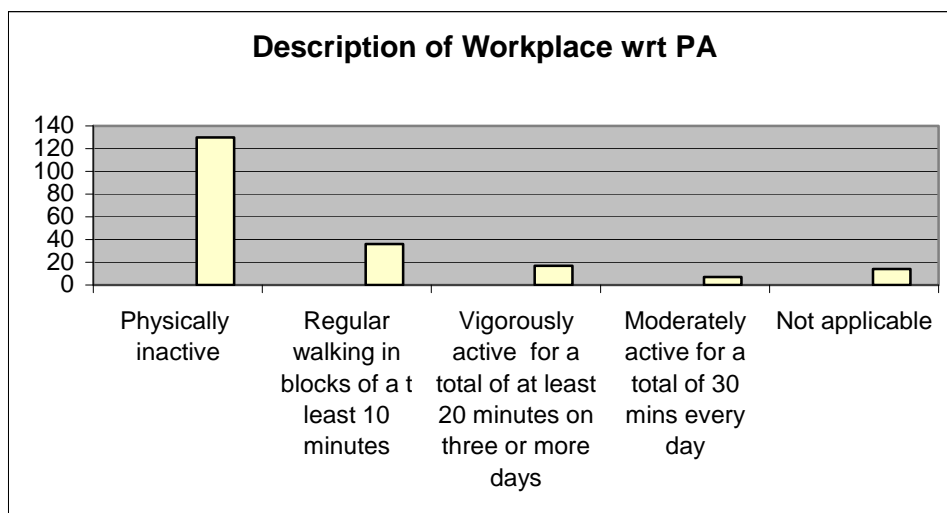


Figure J – Description of Workplace with respect to PA

Appendix Five – Internal Policy Analysis

Physical Activity Connections within Existing Council Policies and Documents

1. City of Perth Health Assessment Results

This staff assessment process focuses on six areas of individual health that are known to be risk factors for ill health and injury. The six areas include injury prevention, cardiovascular disease, diabetes, cancer, asthma and mental health. Evidence has shown that many of these risk factors can be reduced by regular physical activity (Hassan, et al., 2003; Macerra et al., 2000).

The March 2005 CoP Health Assessment Report states that the areas of concern for employees include:-

- 66% of employees have poor cardiovascular fitness,
- 53% of employees do not perform the recommended amount of moderate physical activity,
- 49% of employees are wither overweight or obese,
- 31% of employees have higher than acceptable cholesterol levels,
- 30% of employees are current regular smokers,
- 19% of employees have poor lung function,
- 44% of employees have below average abdominal strength,
- 60% of employees have poor flexibility,
- 19% of employees report either high or very high stress levels at work.

Among the recommendations, it was stated that exercise programs for individuals and groups would assist in reducing these risk factors.

2. Perth Access to the City for People (1997)

This document is a long-term traffic management initiative for central Perth. The primary objectives include:-

- a more aesthetically pleasing & attractive city,
- a more accessible river foreshore recreational area,
- safer, more viable, more comfortable and convenient movement by residents, shoppers, visitors and people on business.

This report recommended the following strategies that relate directly to promoting supportive environments for physical activity:-

- Wider footpaths, improved paving & coordinated street furniture.
- 40km./hr speed limit in a pedestrian boundary.
- Enhanced pedestrian links with the river.
- Completion of cycleways connection major gateways to the city.
- Construction of new cycleways along the railway line.
- North-south link connecting the Mitchell Freeway cycleway to the Narrows Bridge.

3. Perth Pedestrian Study 2002

Statistics indicate that the Perth CBD has one of the highest pedestrian accident rates in the State. Unsafe environments have been proven to be a barrier to regular physical activity.

The objectives of this study were to:-

- Improve equity of movement of people in the city centre
- Improve the amenity for people at transport conflict points
- Redress the balance between pedestrian activity and the private motor vehicle

Although not yet implemented, the following recommendations would increase the quality of the pedestrianisation in the city centre:-

- Reduce delays at signaled intersections to reduce jaywalking and pedestrian delays
- Provide, improve and maintain pedestrian routes for walking
- Integrate, develop and where necessary create safe, convenient and attractive pedestrian priority route networks
- Encourage pedestrian priority in town centres and at road intersections

4. Northbridge Pedestrian Survey 2004

This survey studied the typical volume and directional movement of pedestrian traffic during weekdays and weekend periods. A qualitative survey and SAFE assessment were jointly carried out to provide some context for the behaviour evidenced in the survey.

5. City Vitality

This report indicates a profile on the city workforce based on ABS census data. For more detail please refer to sections 6.5 and 6.6.3.

6. Universal Access Action Plan 2002-2004

This plan aims to make ordinary facilities and services accessible for all people rather than creating special facilities for people with disabilities. There are many strategies that support physical activity, however the key one would be the following:-

- Support projects and agencies that encourage the participation of people with disabilities in events, cultural activities and services in the City.

Appendix Six – Audit Results

1. Public Open Space Survey – City of Perth

General Information

- 28 POS surveys completed in August 2005:-
 - 23 owned by CoP.
 - 5 owned by East Perth Redevelopment Authority (EPRA).
 - All were outdoor venues.
 - All were open to the general public.
 - All venues were free to use.
 - 20 facilities had signage and information available onsite.

Physical Activity Usage Types

- 4 venues were used for walking.
- 4 venues were used for running.
- 20 venues were used for passive recreation.
- 5 venues were used for informal recreation.
- 0 venues were used for sporting fixtures.
- More specifically:-
 - 16 venues were designed for walking.
 - 9 venues were designed for children's play.
 - 8 venues were designed for cycling.
 - 1 venue was designed for soccer.
 - 1 venue was designed for rugby.
 - 1 venue was designed for netball/basketball.
 - 9 venues were designed for other physical activity (e.g. respite).
- 7 of the venues had access to swimming facilities (all being the River).

Facilities

- 21 venues had disabled access provisions.
- More specifically:-
 - 19 had a level path.
 - 1 had a ramp.
 - 5 disabled parking.
 - other (e.g. disabled toilet provisions)
- 9 Venues were serviced by public toilets.
- An additional 10 venues had access to public toilets within one block.
- Parking was provided to 26 of the venues.
- More specifically:-
 - 11 venues had 0-20 parking bays.
 - 13 venues had 21-50 parking bays.
 - 5 venues had over 50 parking bays.
- 23 of the venues had time or cost restrictions on the parking facilities.

Connection to Alternate Transport Modes

- 17 of the venues were connected to cycle paths.

- 27 of the venues were connected to footpaths.
- 15 of the venues were connected to bus stops.
- 3 of the venues were connected to train stations.

End of Route Facilities

- 27 of the venues had access to refuse bins.
- 27 of the venues had access to seating.
- 8 of the venues had access to picnic tables.
- 5 of the venues had access to a BBQ.
- 4 of the venues had access to drinking fountains.
- 4 of the venues had access to dog litter bags.
- 3 of the venues had access to a public phone.
- 1 of the venues had access to bike racks.
- 1 of the venues had access to a water tap.
- 1 of the venues had access to a club/meeting room.
- 19 of the venues had access to playground equipment (predominantly swings, slides & rockers):-
 - Playground surfaces included sand (2) and rubber (7).
 - Only 1 playground was totally shaded with 7 having partial shade.

Safety

- 21 venues had lighting on site.
- More specifically:-
 - 2 had lighting around courts or buildings.
 - 9 had lighting on paths.
 - 4 had perimeter lighting on all sides.
 - 3 had perimeter lighting on some sides.
 - 9 random lighting.
- Roads could be clearly seen from 2 of the venues.
- Houses could be clearly seen from 17 of the venues.
- At 15 venues, more than 10 houses overlooked the facility.
- Main roads surrounded 23 of the venues.
- No venues had a designated zebra crossing however, 9 venues were provided with traffic signals to assist pedestrian crossings.

Environmental Quality

- 10 of the venues were located on the foreshore.
- 8 venues had water features (fountains and ponds).
- 19 venues were considered to be aesthetically pleasing and included the following items:-
 - statues (10),
 - gazebos (5),
 - sculptures (8),
 - water birds (12),
 - bridge (8),
 - rocks (9),
- All venues were well planted with 14 venues having between 1-50 trees, 5 venues having between 50-100 trees and 9 venues having over 100 trees.
- 19 venues had established gardens.
- There was evidence that 27 venues were watered regularly.

- 23 venues had walking paths and 10 had dual use paths. Of these paths:-
 - 6 had very good shade
 - 4 had good shade
 - 3 had medium shade
 - 9 had poor shade
 - 4 had very poor shade
- Venues formally supported dog use with 4 having on leash areas and 2 venues allowing dogs but no leash was specified.

2. Facilities Survey – City of Perth

General Information

- 21 facilities surveys completed in August 2005:-
 - 18 privately owned.
 - 2 clubs.
 - 1 government funded academy.
 - 10 were located in the CBD, 8 in East Perth and 3 in Northbridge.
 - 18 were outdoor venues.
 - None were open to the general public.
 - all venues were fee for service.
 - 20 facilities had signage and information available onsite.

Physical Activity Usage Types

- 8 venues were a gymnasium or fitness circuit.
- 4 venues were used for dance.
- 3 venues were used for martial arts.
- 2 venues were used for bowling.
- The remainder was used for rock climbing, rowing, squash and cycling.
- 2 of the venues had swimming facilities.

Facilities

- 12 venues had disabled access provisions
- More specifically:-
 - 5 had a level path.
 - 4 had a lift.
 - 3 had a ramp.
 - 3 disabled parking.
 - 3 disabled toilets.
- 20 venues had toilets onsite
- Parking was provided at all venues, but was fee for service:-
 - 19 venues provided street parking with the remaining 2 providing private parking.

Connection to Alternate Transport Modes

- 4 of the venues were connected to cycle paths
- 16 of the venues were connected to footpaths
- 15 of the venues were connected to bus stops
- 4 of the venues were connected to train stations

End of Route Facilities

- 8 of the venues had access to drinking fountains.
- 16 of the venues had access to showers.
- 18 of the venues had access to refreshments.
- 9 of the venues had access to stretching posts.
- 5 of the venues had access to a club room.
- 2 of the venues had access to a public phone.
- 5 of the venues had access to bike racks.

- 1 of the venues had access to childcare.

Safety

- 21 venues had lighting on site.
- More specifically:-
 - 18 had night lighting.
- Roads could be clearly seen from 18 of the venues.
- Houses could be clearly seen from 8 of the venues.
- At 5 venues, more than 10 houses overlooked the facility.
- Main roads surrounded 13 of the venues.
- 1 venue had a designated zebra crossing however, 7 venues were provided with traffic signals to assist pedestrian crossings.



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