

Warrnambool 2040 Long Form Survey – September 2017

A long form survey with 27 questions was one of two surveys employed in Warrnambool 2040 (W2040) Phase 1 to collect information from community members. It was designed to capture community perspectives on Warrnambool as a place, levels of access to services and community infrastructure as well as views on key issues important to community members. The survey collected demographic information to understand trends across different age groups, genders and locations. The survey included questions that were previously posed to the community in 2013 through the Health and Wellbeing survey to enable a comparison of the change over time.

Survey findings for questions relevant to Active Warrnambool (sport, recreation, open space and wellbeing) are provided in the following report. It is intended this report be read alongside the W2040 Engagement findings report which provides a more detailed analysis of the qualitative information collected throughout the entire engagement process.

There are a number of limitations regarding the engagement methodology and analysis of the findings that should be acknowledged:

- Ages have been aggregated into three groups to enable large enough sample sizes for comparison.
- Areas of Warrnambool have been classified into six regions to enable large enough sample sizes for comparison.
- The long form survey had approximately an 80 per cent completion rate for responses therefore not every participant completed every answer.
- Two of the fifteen Active Hubs were cancelled due to poor weather which may have reduced participation in geographical locations (eg. Dennington).
- Comparison between 2013 and 2017 survey findings only occurred where there were directly comparable questions.
- Where relevant, questions have been compared with the following data sets; Warrnambool Recreation Plan Household Survey 2007 and Ausplay National Survey findings April 2017. The Vichealth Indicators 2015 data is also reported where relevant. The findings are indicative and should not be considered statistically significant.

Survey participants

A summary of participant’s demographics is shown in Table 1.

In summary, 79 per cent of survey respondents lived in Warrnambool and had lived in Warrnambool for over 5 years. Most (85 per cent) were aged 59 years or less with 63 per cent being female. Similar proportions lived in the Central, West and East region (22-25 per cent) with a smaller proportion living in the North East (17 per cent), Outer North (9.6 per cent) and Outer East (3.3 per cent).

Q21 What is your age?

Answered: 1,043 Skipped: 240

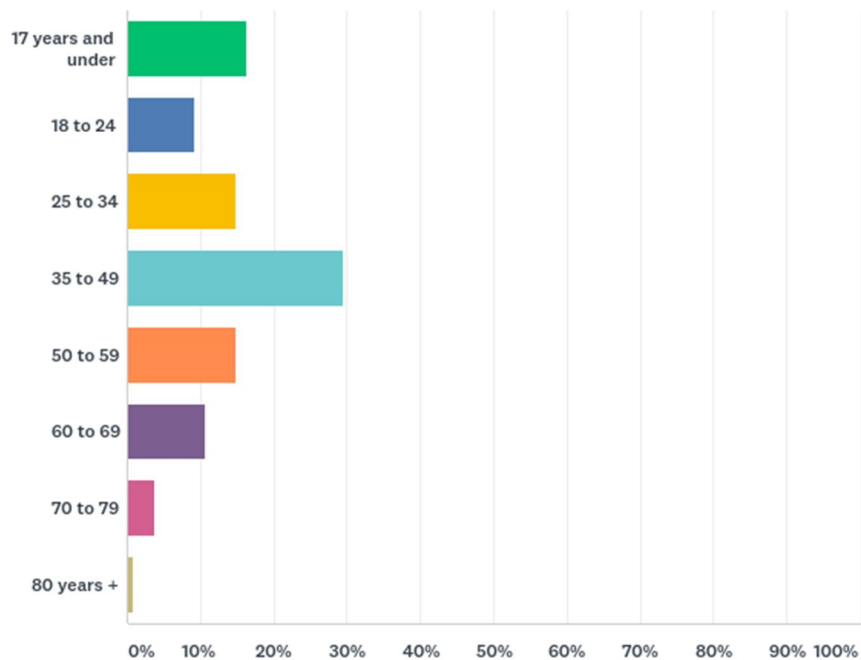


Chart 1: Participant Demographics Raw Responses

Table 1: Long form survey participant demographics

Age group (years)	Number (%)
<25	265 (25.4)
25-59	618 (59.3)
60+	160 (15.3)
Total	1,043 (100)

Sex	Number (%)
Female	661 (63.4)
Male	359 (34.4)
Other/prefer not to say	23 (2.2)
Total	1,043 (100)

Connection to Warrnambool	Number (%)
Live in Warrnambool council	818 (78.5)
Live in region and work/shop/access service in Warrnambool	158 (15.2)
Like to live in Warrnambool in the future	28 (2.7)
Visitor to Warrnambool	7 (0.7)
Other	31 (3.0)
Total	1,042 (100)

Region of residential home	Number (%)
Central	235 (24.8)
North	161 (17.0)
Outer North	91 (9.6)
West	211 (22.3)
East	218 (23.0)
Outer East	31 (3.3)
Total	947 (100)

How long participants had lived in Warrnambool (years)	Number (%)
<1	34 (4.2)
1-3	74 (9.1)
3-5	57 (7.0)
5-10	97 (11.9)
10+	547 (67.0)
Don't live	8 (1.0)
Total	817 (100)

Household Structure	Number (%)
With my partner and children	307 (37.6)
With my partner only	170 (20.8)
With my parents/family/guardian	151 (18.5)
Alone	82 (10)
Other	40 (4.9)
With my children only	34 (4.1)
Share with friend/s	33 (4.0)
Total	817 (100)

Question 1: How would you rate Warrnambool in 2017?

The following analysis is from Question 1 of the long survey 'How would you rate Warrnambool in 2017, in terms of meeting your needs and expectations regarding...'. The responses to the Question have been grouped into two themes. The theme accessibility is relevant to Active Warrnambool.

Accessibility

Table 2 demonstrates reported accessibility to facilities and infrastructure in Warrnambool. The table compiles and presents the responses of 'excellent' and 'good' by age group and place of residence.

Table 2: Access to facilities and infrastructure

	<25 (n = 265)	25-59 (n = 618)	60+ (n = 160)	Live in Warrnambool (n = 818)	Live in Region (n = 158)	Females (n = 661)	Males (n = 359)
Access open space	81.4	80.4	92.4	83.0	80.4	82.1	83.6
Access sport	80.5	83.1	85.3	79.6	75.3	78.5	79.7
Access arts	49.6	58.7	78.9	61.2	52.9	59.3	58.5
Walking and biking infrastructure	74.9	62.3	59.7	66.8	56.3	64.4	65.2
Walk facilities	76.5	59.6	60.9	63.9	60.1	63.5	64.1

Summary:

- **Access to open space** was considered good by all age groups with combined excellent/good responses results above 80%, and 83% for respondents living in Warrnambool. When comparing changes over the last four years the indicator decreased by 5%.
- **Access to sport** was also considered good by all age groups with response results above 80%, and 79.6% for respondents living in Warrnambool.
- **Walking and cycling infrastructure access** was lower than the above two indicators with response results ranging between 56% and 75% (age groups and place of residence). When comparing changes over the last four years the indicator decreased by 14% (second highest negative result). Given that new infrastructure has been developed over that period, this result may reflect resident's aspirations. Further analysis at a geographic level is suggested.
- **Walking facilities access** reported results similar to Walking and Cycling Infrastructure.
- 60+ reported greater access to open space 92% and sport 85%.

- <25 reported greater access to walking facilities 77% and walking and biking infrastructure 75% compared to the other age groups.
- People who live in Warrnambool reported greater access to walking and cycling infrastructure 67% compared to those that live in the region 56%.

Sport, Recreation and Physical Activity

Question 2: In the last 12 months, did you and/or your immediate family participate in sports, active recreation or physical activities and if so what activities?

Table 3 demonstrates results from Question 2 of the long survey 'In the last 12 months did you and/or your immediate family participate in sports, active recreation or physical activities and if so what activities?' It presents the top-ten participated physical activities by age group.

Table 3: Top-ten participated physical activities

	24 and under (n = 265)	%	25 – 59 (n = 618)	%	60 and over (n=160)	%	Live in Warrnambool (n=818)	%	Live in the region (n=158)	%	Females (n = 661)	%	Males (n = 359)	%
1	Walking	76.2	Walking	77.5	Walking	76.9	Walking	78.6	Walking	70.9	Walking	78.7	Walking	74.1
2	Swimming	52.8	Swimming	66.5	Athletics	56.3	Swimming	61.0	Swimming	55.1	Swimming	62.0	Swimming	55.2
3	Fitness/Gym	48.3	Fitness/Gym	45.6	Fitness/Gym	48.1	Fitness/Gym	47.3	Fitness/Gym	45.6	Fitness/Gym	48.7	Cycling	48.5
4	Cycling	36.2	Cycling	41.1	Swimming	43.1	Cycling	41.3	Cycling	34.2	Cycling	35.1	Fitness/Gym	43.2
5	Athletics	34.7	Bush walking	35.6	Cycling	38.1	Bush walking	33.7	Bush walking	32.3	Bush walking	33.1	Bush walking	35.1
6	A.F.L.	34.0	Fishing	30.9	Bush walking	30.6	A.F.L.	31.8	Fishing	30.4	Yoga/Pilates	26.5	A.F.L.	34.0
7	Bush walking	31.3	A.F.L.	30.3	Fishing	16.9	Fishing	29.0	A.F.L.	22.2	A.F.L.	26.2	Fishing	33.7
8	Fishing	30.6	Surfing	28.3	Dance	12.5	Surfing	27.3	Yoga/Pilates	20.3	Surfing	24.8	Surfing	29.0
9	Surfing	28.3	Yoga/Pilates	26.1	Yoga/Pilates	11.9	Yoga/Pilates	21.5	Surfing	19.0	Dance	24.1	Cricket	25.3
10	Netball	26.8	Tennis	18.3	Surfing	10.6	Athletics	20.9	Tennis	10.8	Netball	21.2	Golf	24.0

Summary:

- Among all age groups the five highest participation activities were walking, swimming, fitness/gym, cycling and athletics.
- Table 4 below shows the comparison between the highest participation activities for W2040, Ausplay and Warrnambool Recreation Plan 2007.
- Young people have participated in more sports than other age groups in the last 12 months.
- Women are more likely to participate in swimming, yoga/pilates, dance and netball compared to males.
- Males are more likely to participate in cycling, AFL, fishing, cricket and golf compared to females.

Table 4: Participation Comparisons

Ranking	Wbool 2040, 2017	%	Ausplay Adult April 2017	%	Ausplay Child, April 2017	%	Rec Plan, 2007	%
1	Walking	75.8	Walking (Recreational)	43.7	Swimming	30.5	Walking	59.8
2	Swimming	58.2	Fitness/Gym	32.7	Soccer	14.7	Swimming	19.7
3	Fitness/gym	46.3	Athletics, track and field (includes jogging and running)	15.7	AFL	8.3	Cycling	13.8
4	Cycling	38.5	Swimming	14.7	Dancing	8.2	Gym workouts	12
5	Bushwalking	32.5	Cycling	11.8	Gymnastics	7.6	Fishing	11.3
6	Fishing	28.6	Bush walking	6.1	Netball	7.1	Golf	11.1
7	AFL	27.4	Soccer	5.8	Basketball	6.3	Jogging/Running	9.7
8	Surfing	25.3	Golf	5.2	Tennis	6.1	Football	9.6
9	Yoga/Pilates	20.4	Tennis	4.7	Cricket	5.6	Tennis	8.8
10	Athletics, track &field	19.1	Yoga	4.4	Athletics, track and field (includes jogging and running)	4.5	Camping	8.5
11	Netball	18.0	Basketball	3.5	Rugby league	2.9	Playground Use	8.2
12	Golf	17.9	Netball	3.0	Dance Sport	2.5	Netball	7.1
13	Dancing	17.8	Cricket	2.9	Karate	2.5	Bushwalking	6.7
14	Cricket	17.0	Surfing	2.6	Hockey	1.9	Lawn Bowls	6.4
15	Tennis	16.5	AFL	2.5	Touch football	1.7	Surfing	6.2
16	Basketball	15.6	Pilates	2.5	Taekwondo	1.5	Aerobics	5.2
17	Canoeing/Kayaking	14.6	Fishing	2.0	Fitness/Gym	1.3	Motor sports	4.6
18	Gymnastics	11.1	Touch football	2.0	Lifesaving surf	1.2	Cricket	4.5
19	Lawn Bowls	9.9	Canoeing/Kayaking	1.7	Rugby union	1.1	Tai Chi/Yoga	4.5
20	Soccer	9.0	Dancing	1.5	Martial arts	1.1	Soccer	4.1
21	Hockey	8.5	Bowls	1.4	Cycling	0.9	Dancing/Calisthenics	4
22	Surf Life Saving	8.2	Mountain biking	1.3	Equestrian	0.8	Ten Pin Bowling	4
23	Volleyball	5.5	Martial arts	1.2	Baseball	0.7	Basketball	3.5
24	Martial Arts	5.3	Boxing	1.1	Jujitsu	0.7	Mountain Bike Riding	3.5
25	Badminton	4.1	Volleyball	1.1	Golf	0.7	Water Sports	3.4

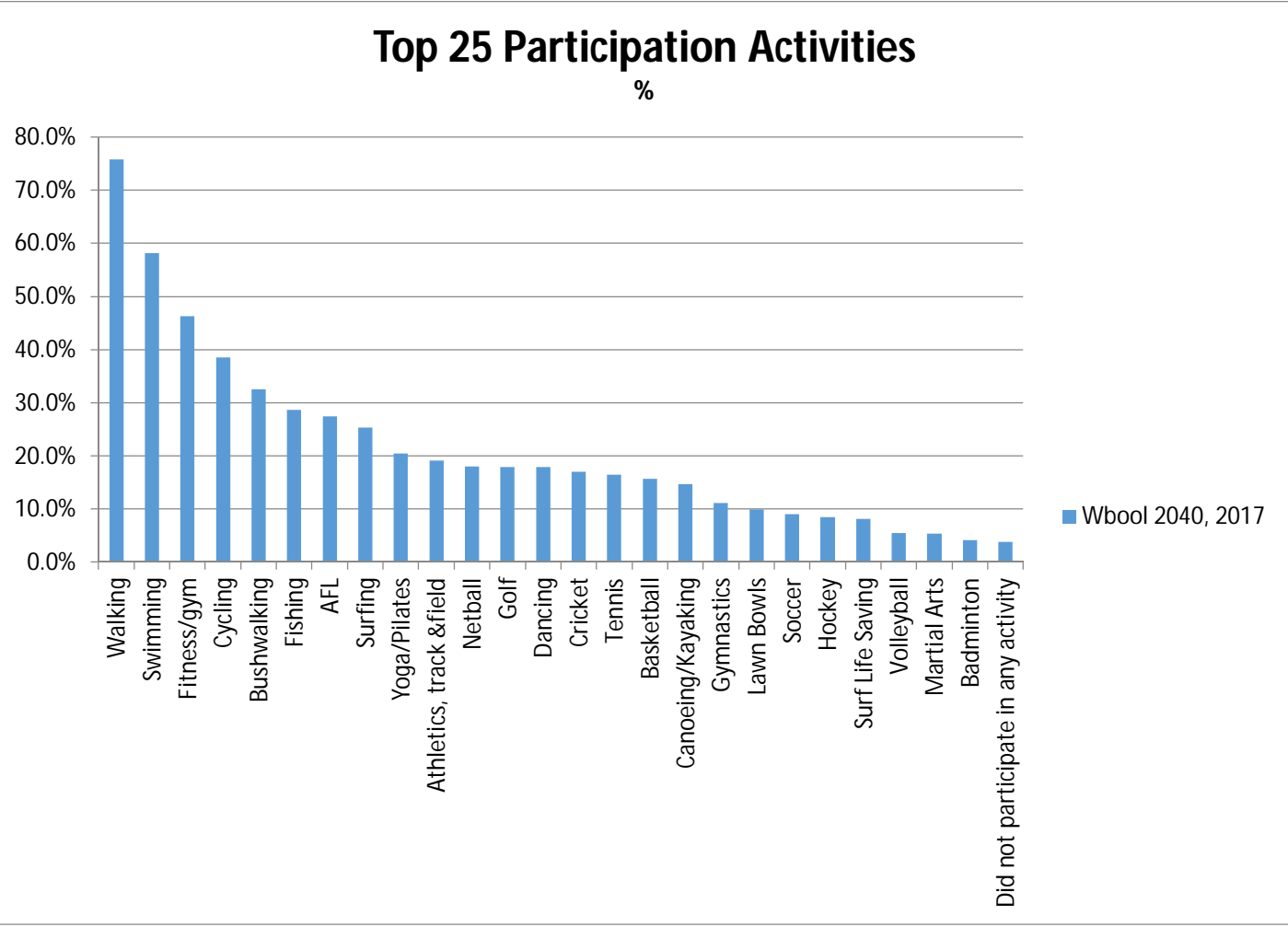


Chart 2: Wbool 2040 Top 25 Participation Activities

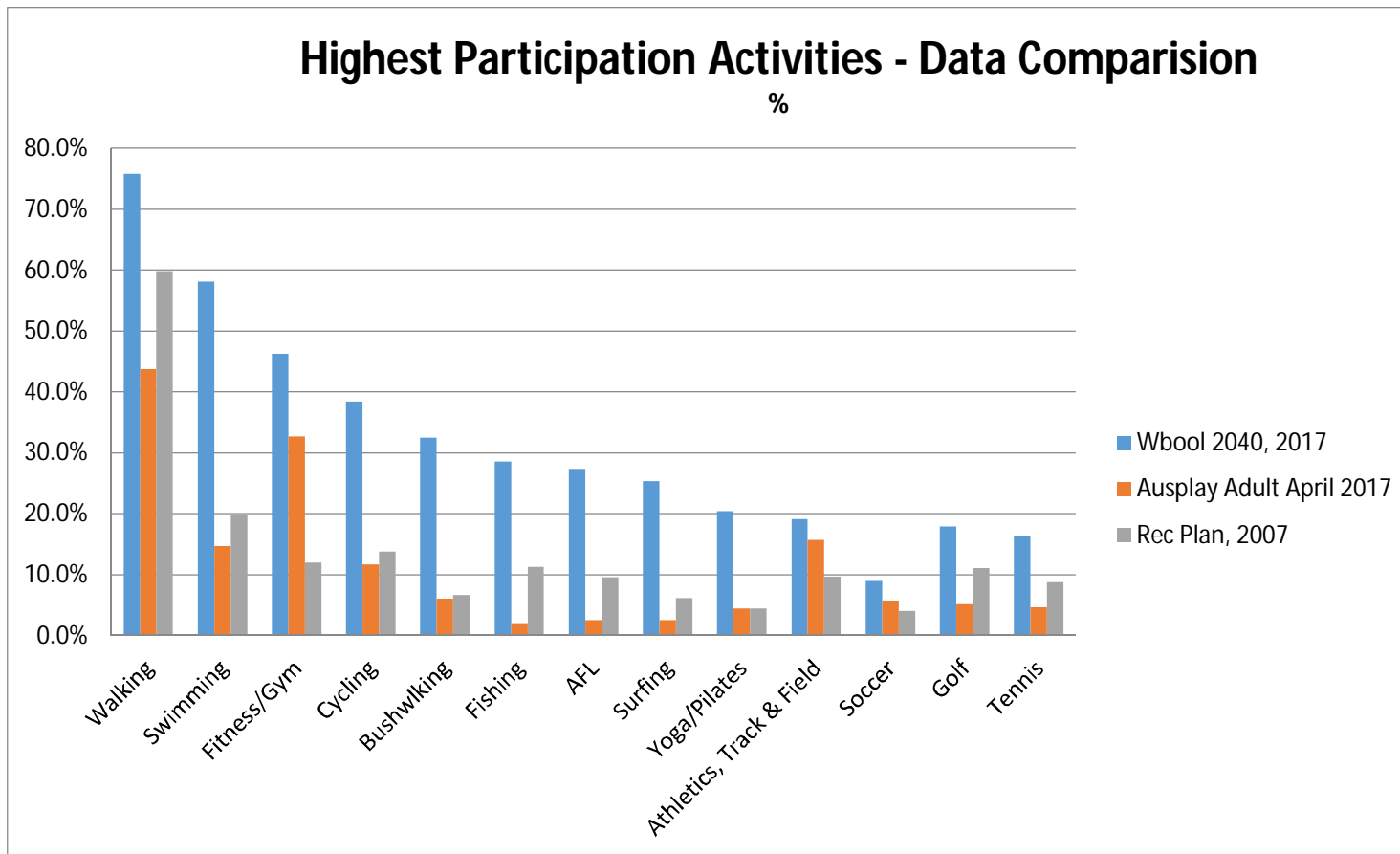


Chart 3: Highest Participation Activities Comparison across data sources

Table 5: Other Activity Responses (168)

<p>Equestrian Horse Riding (19) Horse Racing</p>	<p>Athletics Including running, jogging, cross country running, long distance running and Park Run (11)</p>	<p>Water Sports Rowing /Whale Boat Rowing (9) Water Skiing (4) Sailing/boating (4) Snorkelling/scuba diving (3) Ocean swimming (1) Surf rescue training (1) Body boarding (1) Kite Surfing (1)</p>	<p>Organised Sports Squash (10) Table Tennis (6) Indoor Bowls/Bias Bowls/bowls (6) Triathlon (3) Touch football/rugby (3) AFL Umpiring (2) Archery (2) Soccer Gaelic football Indoor cricket Auskick Jui Jitsu</p>
<p>Recreation Tenpin Bowling (10) Gardening/land care (5) Bushwalking/hiking/birdwatching (4) Walking/beach walking (3) Dog walking (3) Petanque (3) Tai Chi in the Botanic Gardens (2) Camping Croquet Hydrotherapy Rail Trail</p>	<p>Gym/Fitness Zumba (4) Boxing Gym membership Aqua aerobics Sport aerobics Barre attack</p>	<p>Wheel Sports Mountain Bike Riding (7) Skateboarding (3) BMX (2) Roller derby/skating (2) Wheel Chair Basketball</p>	<p>Motor Sport Drag Racing (2) Motor bike riding (2) Speedway Off Road Driving Go Karting</p>
<p>Other Activities Shooting/ clay target/fox hunting (4) Theatre/acting (3) Aerial circus arts (2) Dog obedience/agility (2) Gaming/ Wii sports (2) Marching Ultimate Frisbee Brain activity exercises/art/singing</p>	<p>Comments Unable to participate due to access issues/poor health (4) Did not participate (2)</p>		

The Vichealth Indicators Survey 2015 provides data on participation in walking, jogging/running and cycling.

Table: 6 Warrnambool LGA Profile – Physical Activity – Vichealth Indicators Survey 2016

Indicator	LGA Estimate	Victorian Estimate
Activity type – walking	47.1%	51.2%
Activity type – running/jogging	16.1%	14%
Activity type - cycling	12.6%	11.8%

Summary:

- W2040 top four participation activities feature within the top five activities for Ausplay (Adult) and Rec Plan 2007.
- Bushwalking ranked fifth and participation has increased since 2007.
- AFL and netball highest ranked organised sports, a similar finding to 2007.
- Watersports ranked higher in W2040 than Ausplay – participation increases occurred for fishing and, canoe/kayak and surf lifesaving ranked in the top twenty -five. Other new rankings in the top 25 include yoga/pilates, basketball, gymnastics, lawn bowls, hockey, volleyball, martial arts and badminton.
- People who live in Warrnambool are likely to participate in walking, running/jogging and cycling at levels comparable to other Victorians.

Question 3: For the 3 activities you / your family are involved in most, how often do you participate in these?

Results for Question 3 of the long survey 'For the 3 activities you / your family are involved in most, how often do you participate in these?' are demonstrated in Table 7. Table 7 presents a combined score for the responses 'frequently' and 'regularly'.

Table 7: Frequency of participation in physical activities

	24 and under (n = 265)	%	25 – 59 (n = 618)	%	60 and over (n=160)	%	Live in Warrnambool (n=818)	%	Live in the region (n=158)	%	Females (n = 661)	%	Males (n = 359)	%
Walking	Walking	69.06	Walking	78.64	Walking	79.38	Walking	77.87	Walking	71.52	Walking	77.2	Walking	74.4
Fitness/Gym	Fitness/Gym	38.87	Fitness/Gym	40.61	Fitness/Gym	40.63	Fitness/Gym	41.56	Fitness/Gym	34.81	Fitness/Gym	43.0	Fitness/Gym	36.2
A.F.L.	Swimming	25.66	Swimming	38.67	Swimming	28.1	Swimming	34.11	Swimming	32.91	Swimming	36.0	Swimming	29.8
Swimming	Cycling	25.28	Cycling	26.21	Cycling	24.38	Cycling	24.33	Cycling	29.11	Golf	24.8	A.F.L..	27.6
Cycling	A.F.L..	21.13	A.F.L..	23.46	Golf	12.50	A.F.L..	22.86	A.F.L..	16.46	Cycling	18.2	Cycling	22.0
Dance	Yoga	15.85	Yoga	13.92	Yoga	9.38	Dance	12.35	Dance	13.92	A.F.L..	18.2	Cricket	16.2
Basketball	Dance	14.72	Dance	11.97	Lawn bowls	8.13	Yoga	11.98	Yoga	12.66	Dance	14.1	Basketball	12.5
Cricket	Netball	14.34	Netball	11.00	A.F.L..	7.50	Netball	10.88	Netball	10.76	Yoga	13.5	Bushwalking	11.7
Netball	Surf	13.96	Surf	10.03	Dance	6.88	Cricket	9.41	Bushwalking	10.76	Netball	11.6	Surfing	11.1
Tennis	Basketball	10.19	Basketball	8.58	Bushwalking	6.25	Basketball	9.29	Basketball	8.86	Basketball	7.7	Yoga	9.5
Median:		18.49		18.69		10.94		17.605		15.19		18.2		19.1

The Vichealth Indicators Survey 2015 provides data on frequency of participation.

Table 8: Warrnambool LGA Profile – Physical Activity – Vichealth Indicators Survey 2016

Indicator	LGA Estimate	Victorian Estimate
0 days per week	16.4%	18.9%
4 or more days per week	40.6%	41.3%

Summary:

- The top three activities participated in frequently or regularly, across all age groups, are walking, fitness/gym and swimming (>25 years) or AFL (24 and under).
- Younger people participate in more sports, however they participate less frequently in each sport.
- People who live in the region participate in less sports, and participate less frequently.
- People who live in Warrnambool are likely to participate in physical activity at frequencies comparable to other Victorians.

The following Victorian Population Health Survey indicator is the key evaluation measure for Warrnambool a Health City 2017/21 (Objective – Increase Active Living that includes physical activity).

Encourage sufficient physical activity – Getting enough physical activity 65.7% (up from 58.3%) Sedentary behaviour 3.9% (down from 5.3%)

Question 4: For the 3 activities you do most often, where do you participate?

A low level of response was received to this question - 267 completed and 1,016 skipped.

Table 8 provides a summary of the where respondents participate in the most popular activities.

Table 8: Where respondents participate in physical activity

Overall

Sports Club or Association 21%	Recreation Club (social or community group 7.3%	Gym/fitness club/leisure centre 13.6%	Private Studio (dance, yoga, martial arts) 6%	Public space (park, oval and beach) 37.2%
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AFL (49)	Swimming (10)	Fitness/gym (57)	Dancing (27)	Walking (178)
Cricket (20)	Fitness/gym (9)	Swimming (52)	Yoga/Pilates (15)	Cycling (52)
Netball (19)				Fishing (29)
				Surfing (25)

By top ranking activities

Response			<25	25-59	60+	Live W	Live R	Female	Male
Walking	TOTAL#	206	101	67	38	165	22	139	59
	At Work		2.0%	4.5%	0.0%	1.2%	13.6%	0.7%	5.1%
	Community Program		3.0%	0.0%	2.6%	1.8%	0.0%	0.7%	3.4%
	Events		2.0%	1.5%	0.0%	1.8%	0.0%	1.4%	1.7%
	Gym/ fitness club		5.0%	0.0%	0.0%	1.8%	4.6%	2.9%	0.0%
	Personal trainer/		3.0%	1.5%	0.0%	1.8%	4.6%	2.9%	0.0%
	Private studio		2.0%	1.5%	0.0%	1.2%	0.0%	2.2%	0.0%
	Public space		82.2%	85.1%	97.4%	87.3%	77.3%	87.1%	86.4%
	Recreation club		0.0%	1.5%	0.0%	0.6%	0.0%	0.0%	1.7%
Sports club		1.0%	4.5%	0.0%	2.4%	0.0%	2.2%	1.7%	
Swimming	TOTAL#	109	49.0	44.0	16.0	84.0	15.0	85	23
	At Work		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Community Program		6.1%	4.5%	6.3%	7.1%	0.0%	7.1%	0.0%
	Events		4.1%	0.0%	0.0%	1.2%	6.7%	1.2%	4.3%
	Gym/ fitness club		38.8%	56.8%	43.8%	47.6%	40.0%	50.6%	34.8%
	Private studio		0.0%	4.5%	6.3%	3.6%	0.0%	3.5%	0.0%

	Public space		24.5%	11.4%	18.8%	17.9%	20.0%	15.3%	30.4%
	Recreation club		8.2%	9.1%	12.5%	10.7%	6.7%	5.9%	21.7%
	Sports club		16.3%	11.4%	12.5%	10.7%	26.7%	14.1%	8.7%
Fitness / Gym	TOTAL#	97	46.0	34.0	17.0	83.0	8.0	68	27
	At Work		6.5%	2.9%	0.0%	3.6%	0.0%	4.4%	3.7%
	Community Program		0.0%	0.0%	11.8%	1.2%	0.0%	2.9%	0.0%
	Events		2.2%	0.0%	0.0%	1.2%	0.0%	1.5%	0.0%
	Gym/ fitness club		63.0%	61.8%	41.2%	57.8%	87.5%	61.8%	51.9%
	Personal trainer/		6.5%	11.8%	5.9%	8.4%	12.5%	8.8%	7.4%
	Private studio		6.5%	2.9%	5.9%	6.0%	0.0%	4.4%	7.4%
	Public space		10.9%	5.9%	0.0%	7.2%	0.0%	7.4%	3.7%
	Recreation club		0.0%	11.8%	29.4%	9.6%	0.0%	5.9%	18.5%
	Sports club		4.3%	2.9%	5.9%	4.8%	0.0%	2.9%	7.4%
A.F.L..	TOTAL#	63	44.0	17.0	2.0	16.0	6.0	38	24
	At Work		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Community Program		4.5%	5.9%	0.0%	12.5%	0.0%	7.9%	0.0%
	Events		2.3%	0.0%	0.0%	6.3%	0.0%	2.6%	0.0%
	Gym/ fitness club		2.3%	0.0%	0.0%	6.3%	0.0%	2.6%	0.0%
	Personal trainer/		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Private studio		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

	Public space		4.5%	11.8%	0.0%	25.0%	0.0%	5.3%	8.3%
	Recreation club		6.8%	11.8%	0.0%	25.0%	16.7%	10.5%	4.2%
	Sports club		79.5%	70.6%	100.0%	25.0%	83.3%	71.1%	87.5%
Cycling	TOTAL#	63	30.0	19.0	14.0	51.0	7.0	33	29
	At Work		3.3%	5.3%	0.0%	2.0%	14.3%	0.0%	6.9%
	Community Program		3.3%	0.0%	0.0%	2.0%	0.0%	0.0%	3.4%
	Events		6.7%	0.0%	0.0%	2.0%	0.0%	6.1%	0.0%
	Gym/ fitness club		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	3.4%
	Personal trainer/		0.0%	5.3%	7.1%	3.9%	0.0%	3.0%	3.4%
	Private studio		0.0%	5.3%	0.0%	2.0%	0.0%	3.0%	0.0%
	Public space		80.0%	73.7%	92.9%	82.4%	71.4%	81.8%	75.9%
	Recreation club		3.3%	10.5%	0.0%	3.9%	14.3%	6.1%	3.4%
	Sports club		3.3%	0.0%	0.0%	2.0%	0.0%	0.0%	3.4%

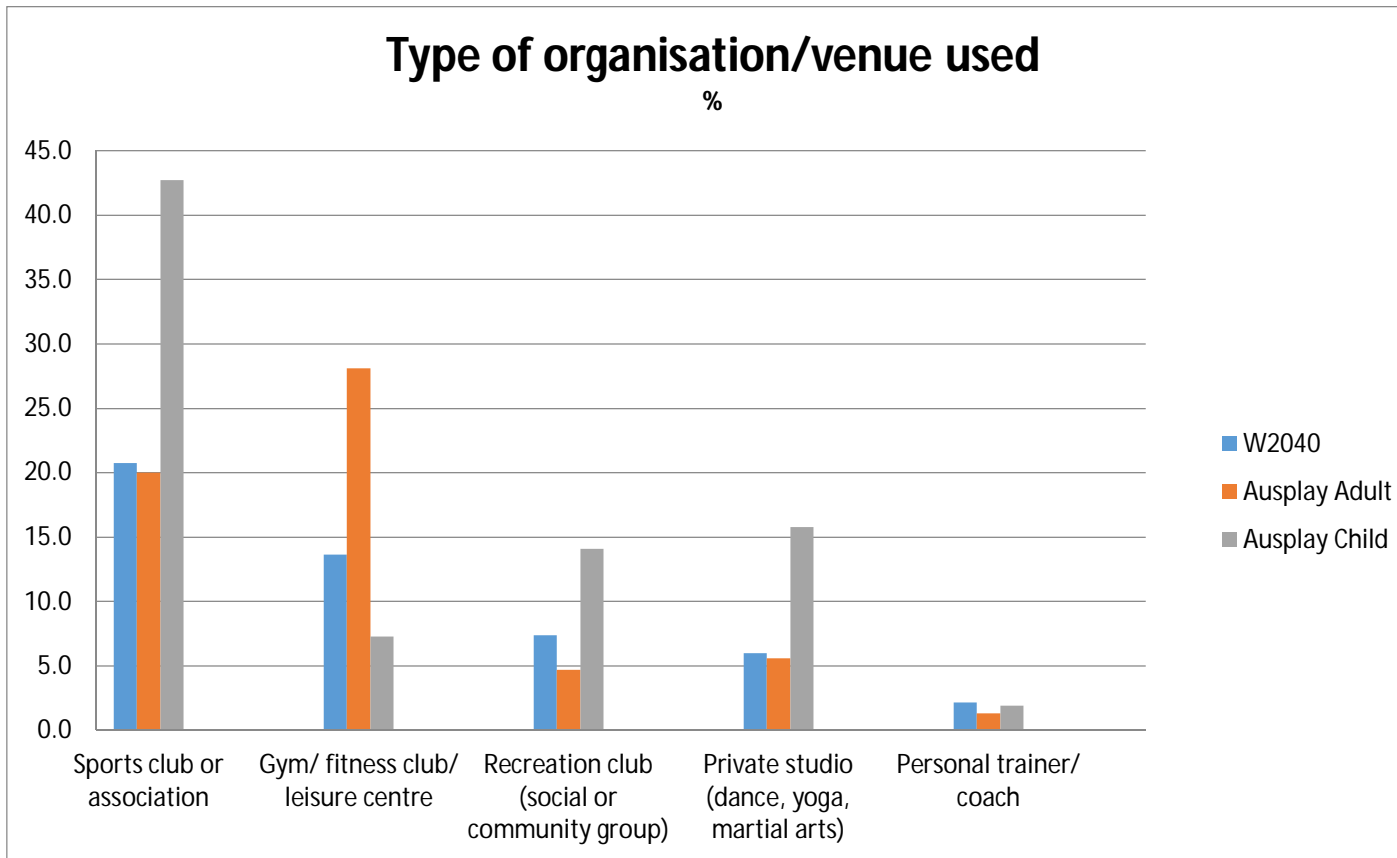


Chart 4: Comparison of organisation/venue used

The above results also provide insights into how people are participating ie in organised or non-organised activities. Activities in public spaces are more likely to be un-organised and activities in gym fitness or sports clubs organised.

The Vichealth Indicators Survey 2015 provides data on how people participate in physical activity.

Table 9: Warrnambool LGA Profile – Physical Activity – Vichealth Indicators Survey 2016

Indicator	LGA Estimate	Victorian Estimate	Other
Participation in any organised physical activity	32.8%	28.7%	42.7% Rec Plan 2007
Organised by a fitness, leisure or indoor sports centre	7.3%	9.2%	
Organised by a sports club or association	17.2%	9.8%	
Participation in any non-organised physical activity	69.2%	70.5%	57.3% Rec Plan 2007

Summary:

- Walking most commonly occurs in public spaces and is more likely to be non-organised.
- Swimming most commonly occurs in gym/fitness club or leisure centres followed by public spaces indicating participating in both organised and unorganised activities.
- Fitness/gym most commonly occurs in a gym/fitness club or leisure centre.
- AFL most commonly occurs at a sports club indicating participation is more likely organised.
- Cycling is most commonly practiced in a public space.
- Overall people are predominantly participating in public spaces followed by sports clubs and associations.
- People who live in Warrnambool are likely to participate in any organised physical activity, at a fitness, leisure or indoor sports centre, or in any non-organised physical activity at levels comparable to other Victorians.
- People who live in Warrnambool are much more likely to participate in a sports club or association than other Victorians.

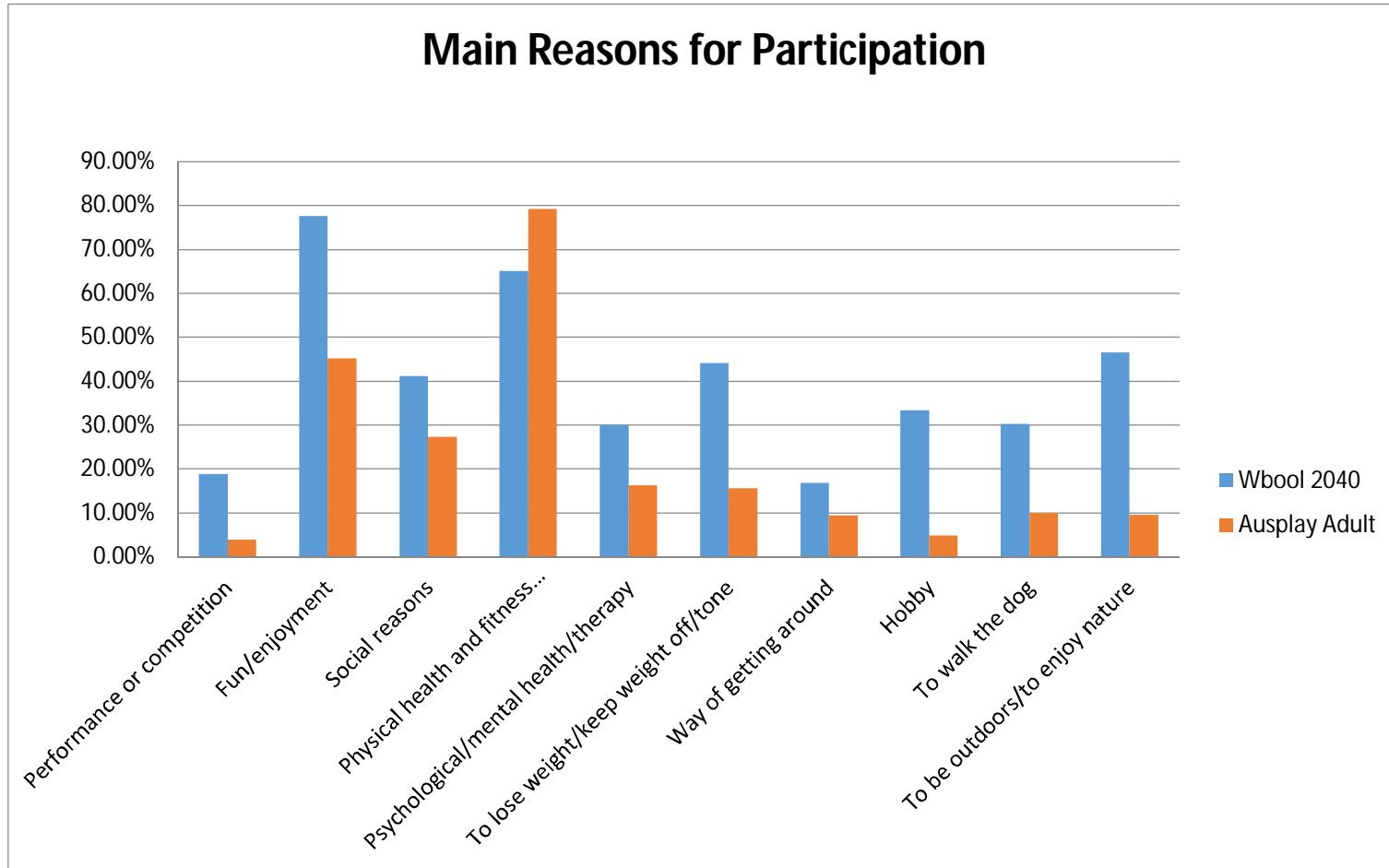
Question 5: People participate in sport, recreation and physical activity for a variety of reasons. What are the main reasons you have participated over the last 12 months?

Table 10 presents results from Question 5 of the long survey ‘People participate in sport, recreation and physical activity for a variety of reasons. What are the main reasons you have participated over the last 12 months?’.

Table 10. Reasons people participate in physical activities

	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
Fun	68.3%	78.2%	75.0%	76.3%	70.9%	75.3%	76.3%
Physical health	57.4%	64.1%	70.6%	64.2%	60.1%	64.8%	62.4%
Hobby	50.2%	28.0%	15.0%	30.9%	36.1%	31.2%	32.6%
Lose weight	40.8%	43.7%	41.9%	42.1%	45.6%	46.4%	37.0%
Be outdoors	37.7%	48.7%	48.8%	46.0%	48.1%	46.7%	45.1%
Social	34.3%	42.4%	41.9%	40.5%	41.8%	38.7%	44.3%
Achievement	30.2%	21.8%	20.0%	23.6%	22.2%	21.5%	28.4%
Competition	27.2%	16.8%	6.9%	17.8%	18.4%	15.1%	23.1%
Mental health	25.7%	30.6%	31.9%	30.3%	27.2%	31.0%	26.2%
New skill	24.5%	9.9%	3.1%	4.0%	3.2%	13.6%	10.6%
Walking the dog	23.8%	34.0%	21.3%	31.2%	24.7%	33.0%	24.0%
Training	21.5%	16.0%	6.3%	15.5%	19.0%	13.5%	19.8%
Get around	19.6%	15.7%	16.3%	16.6%	16.5%	17.4%	14.8%
Role model	12.8%	22.0%	11.3%	17.2%	21.5%	15.9%	22.6%
Coaching	7.2%	10.2%	3.1%	8.3%	8.9%	6.1%	12.5%
No reason	6.8%	4.2%	4.4%	4.5%	4.4%	4.8%	4.2%
Physio / Rehab	4.9%	8.4%	17.5%	8.3%	10.1%	9.4%	8.4%
Job	4.5%	4.5%	0.0%	4.0%	3.2%	2.7%	6.1%
Money	4.5%	0.6%	0.6%	1.6%	2.5%	1.2%	2.2%
Don't know	3.4%	0.5%	0.0%	1.0%	1.9%	0.9%	0.8%

Chart 5: Comparison of main reasons for participation in physical activities



Summary:

- Warrnambool respondents are more likely to engage in sport and recreation for fun and enjoyment compared to physical health and fitness (second highest response), the highest response nationally.
- Warrnambool respondents are more likely to engage in sport and recreation to be outdoors/enjoy nature, as a hobby, to lose weight/keep weight off and to walk the dog than National respondents.
- Older people identified they are more likely to engage in sport for mental health and social reasons.
- Younger people responded they are more likely to engage in sport for fun and physical health reasons.
- People who live in Warrnambool are more likely to engage in sport for fun, physical health and to walk the dog compared to those the live in the region.
- Females are more likely to participate in sport to lose weight, for mental health, and to walk the dog.
- Males are more likely to participate in sport to be social, for achievement, competition and to be a role model.
- Males are more likely to participate in coaching activities than females.

Question 6: Are there any other activities you would like to try in the future?

Tables 11 presents results from Question 6 of the long survey 'Are there any other activities you would like to try in the future?'

Table 11: Activities respondents would like to try in the future

	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
Happy with current activity	23%	31%	42%	31%	29%	28%	36%
Canoeing	18%	15%	9%	15%	10%	16%	13%
Surfing	15%	8%	4%	9%	6%	10%	8%
Yoga	14%	15%	11%	15%	9%	18%	8%
Fitness / Gym	15%	8%	6%	9%	8%	11%	6%
Dance	14%	7%	9%	9%	7%	12%	3%
Karate	14%	6%	0%	7%	6%	8%	5%
Tennis	12%	5%	0%	6%	7%	6%	6%
Gymnastics	11%	3%	1%	5%	3%	6%	1%
Volleyball	11%	1%	0%	3%	4%	4%	2%
Bushwalking	11%	8%	9%	8%	10%	10%	6%

	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
Basketball	9%	3%	0%	4%	4%	3%	6%
Surf life saving	9%	5%	0%	5%	2%	6%	4%
Cycling	9%	7%	6%	7%	8%	7%	7%
A.F.L.	8%	2%	0%	3%	4%	3%	5%
Golf	8%	7%	2%	7%	3%	4%	11%
Swimming	5%	5%	8%	5%	6%	4%	7%
Hockey	7%	2%	0%	3%	3%	3%	2%
Netball	7%	2%	0%	3%	3%	4%	1%
Athletics	6%	2%	0%	3%	4%	3%	3%
Lawn bowls	6%	5%	5%	5%	6%	4%	8%
Badminton	6%	4%	1%	4%	4%	5%	3%
Soccer	6%	2%	1%	2%	4%	2%	3%
Fishing	6%	5%	4%	5%	6%	5%	7%
Walking	5%	4%	3%	4%	2%	4%	4%
Cricket	5%	2%	1%	3%	1%	2%	3%

Table 12: Other Activity Responses (77)

Mountain bike riding (6), horse riding (4), diving (4), rock climbing (3), baseball (3), boxing (2), squash (2), fencing (2), racquetball (2), archery (2), canoeing (2) and table tennis (2)

Ice skating, trampolining, car racing, snorkelling, tai chi, take my dogs to a dog park, hot yoga, geocaching, adult learn to swim classes, vaulting, singing, running, arts and crafts, stand up paddle boarding, track cycling, rugby league, kite surfing, sky diving, skiing, beach volleyball, rifle shooting, sailing, paragliding, adventure motor racing, photography, cheerleading, ice hockey, roller skating rink, spelunking, bocce and croquet.

Summary:

- Older people more often indicated that they are happy with their current sporting activities.
- Younger people are more likely to indicate that they would like to try new sports overall.
- Older people are more likely to try swimming, while younger people indicate they are more likely to try all other sports.
- People from Warrnambool are more likely to try yoga.
- Females are more likely to indicate that that they would like to try new sports over all when compared to males.

Question 7: If you did not participate in a sport, active recreation of physical activity in the past 12 months, what is the main reason?

Table 13 presents results from Question 7 of the long survey 'If you did not participate in a sport, active recreation of physical activity in the past 12 months, what is the main reason?'.
 Table 13: Why people do not participate in physical activities

	Total	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
No time	110	11%	12%	10%	15%	11%	10%	13%
Can't afford it	108	13%	11%	10%	10%	13%	13%	6%
Too lazy	66	14%	4%	6%	6%	14%	7%	4%
The weather	59	8%	5%	5%	6%	8%	6%	4%
Poor health	58	6%	4%	5%	6%	6%	6%	5%
Nobody to do it with	57	11%	4%	5%	7%	11%	6%	4%
Not a priority	52	11%	3%	5%	4%	11%	4%	6%
Too old	49	2%	3%	4%	6%	2%	4%	6%
Looking after children	45	3%	6%	4%	4%	3%	5%	3%
Fear of injury	44	6%	3%	4%	7%	6%	4%	5%

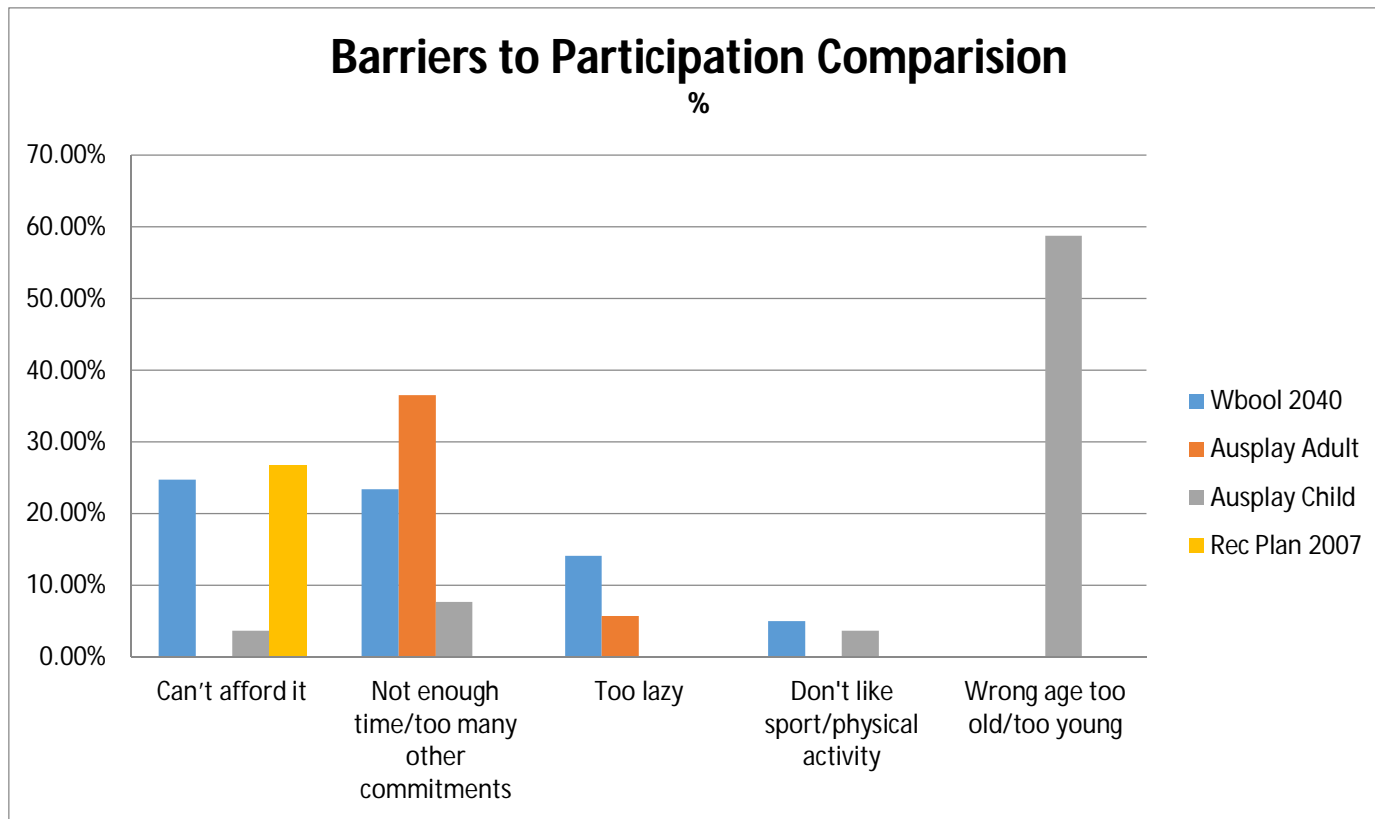


Chart 6: Comparison of main reasons why respondents did not participate in physical activity

Table 14: Other Comments (50)

Lack of or improved facilities required (drag racing, lighting and Aquazone) (6), Not enough time/too many other commitments (typically work and family) (5)

Cost (lack of competition affects affordability) (4), Motivation (4)

Other: Injury/illness (2), accessibility (2), affordability, need to build confidence, transport, age, horses on beach, parking, exercise at home, more information on bike tracks required, focus on hobbies over winter, don't know what is on offer, just moved to the area

Summary:

- Young people indicated they are more likely not to participate in sport due to lack of motivation.
- People from the region indicated they are more likely to avoid sport due to lack of motivation.
- All groups did not participate in sport at a similar rate due to lack of time and not being able to afford the cost.
- Cost is a larger barrier locally compared to not enough time/too many other commitments Nationally.
- Females were much more likely to indicate they do not participate as they cannot afford to compared to males.

Question 14: How concerned are you about the following issues for either your health or that of your friends and family?

Table 15 presents results from Question 14 of the long survey 'How concerned are you about the following issues for either your health or that of your friends or family?'. Results shown, are a combination of the responses 'very concerned' and 'concerned'.

Table 15: Health and wellbeing concerns

	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
Mental health	67.9%	67.8%	60.6%	66.6%	67.1%	67.8%	64.3%
Weight	49.8%	63.8%	63.8%	58.4%	68.4%	62.5%	57.1%
Work life balance	49.8%	68.9%	50.0%	59.7%	66.5%	63.5%	56.8%
Diet	52.1%	58.7%	51.3%	58.4%	68.4%	58.2%	52.4%
Lack of activity	53.6%	55.5%	53.8%	52.0%	61.4%	55.1%	55.4%
Dental	43.0%	53.2%	56.3%	49.3%	57.6%	53.6%	47.4%
Illicit drugs	49.4%	42.6%	55.0%	45.6%	50.6%	43.0%	51.5%
Smoking	57.4%	40.6%	51.3%	45.5%	49.4%	44.8%	49.6%
Alcohol	46.8%	41.9%	49.4%	42.3%	50.0%	43.9%	44.6%
Family violence	49.4%	35.4%	41.9%	38.1%	44.9%	38.7%	30.4%
Discrimination	47.5%	37.9%	38.8%	38.9%	47.5%	39.9%	41.2%

Gambling	36.6%	25.6%	38.1%	29.0%	34.8%	28.1%	38.2%
Pokies	36.2%	27.5%	41.3%	30.9%	36.7%	28.1%	38.2%
STIs	40.4%	21.7%	26.9%	25.8%	31.0%	27.1%	27.9%

Summary:

- Young people are more concerned about mental health, smoking, family violence, discrimination and STIs.
- Older people are more concerned about weight, dental, illicit drugs, and pokies.
- Younger people and older people share similar concerns amongst gambling, alcohol, lack of activity, diet and work-life balance.
- Females are more concerned about health and wellbeing than males, with the exception of pokies and illicit drugs.

Question 15: Please choose the one thing that worries you the most about your own health and wellbeing?

Table 16 presents results from Question 15 of the long form survey 'Please choose one thing that worries you the most about your own health and wellbeing?'

Table 16: The big issues

	24 and under (n = 265)	25 – 59 (n = 618)	60 and over (n=160)	Live in Warrnambool (n=818)	Live in the region (n=158)	Females (n = 661)	Males (n = 359)
I'm not concerned	19.2%	16.5%	33.1%	21.1%	15.8%	19.8%	20.3%
Mental health	18.9%	9.7%	5.0%	11.5%	10.1%	10.7%	12.3%
Weight	12.8%	17.3%	20.0%	16.3%	15.8%	17.5%	14.8%
Work life balance	9.4%	24.6%	6.3%	18.5%	16.5%	18.8%	17.3%

Other	9.1%	5.3%	12.5%	6.6%	7.0%	7.0%	6.7%
Nutrition and diet	7.5%	4.9%	0.6%	4.6%	6.3%	5.3%	4.2%
Lack of physical activity	6.8%	8.1%	6.9%	7.1%	8.9%	7.1%	8.4%
Dental/Oral health	3.0%	4.0%	7.5%	4.4%	5.7%	4.7%	3.9%
Loneliness	3.8%	2.3%	5.0%	2.8%	3.8%	3.9%	1.7%
Smoking	3.0%	2.1%	0.6%	2.1%	2.5%	1.7%	3.1%
Discrimination	1.9%	1.1%	0.0%	1.1%	1.9%	0.9%	1.4%
Alcohol	0.8%	2.1%	2.5%	2.0%	1.9%	1.1%	3.3%
Family violence	1.9%	0.6%	0.0%	0.5%	3.2%	0.9%	0.8%
Illicit drug use	1.5%	0.8%	0.0%	1.1%	0.0%	0.5%	1.1%
Pokies	0.0%	0.5%	0.0%	0.2%	0.6%	0.2%	0.6%
Gambling	0.4%	0.0%	0.0%	0.1%	0.0%	0.0%	0.3%

Summary:

- Young people are more concerned about their health and wellbeing overall.
- Young people are more concerned about mental health, work life balance, nutrition and diet, smoking, discrimination, family violence and illicit drugs.
- Older people are more concerned with weight, dental and oral health, loneliness, and alcohol.