

ALPINE ACTIVE LIVING

MAPPING PROJECT FINDINGS SUMMARY

January - July 2018



Gateway Health, Alpine Shire Council and Alpine Health delivered the Alpine Active Living Mapping Project as a partnership to focus on the opportunities that exist that support the population to be physically active.

PROJECT AIMS

1. To understand the current state of active living in the Alpine Shire, specifically to identify:
 - how active the population reports to be
 - existing active living opportunities,
 - how connected opportunities are (e.g., walking/cycling paths)
2. To provide recommendations for increasing physical activity levels and in turn, improving the health and wellbeing of the population.

TARGET GROUPS

1. Vulnerable groups: those who do not meet the recommended Physical Activity Guidelines, are not socially connected and/or are financially vulnerable
2. Older people: aged 65 years and older

METHOD

Stage 1: Community and Stakeholder Engagement

Stage 2: Data Collection - Alpine Active Living Survey

Stage 3: Map Analysis

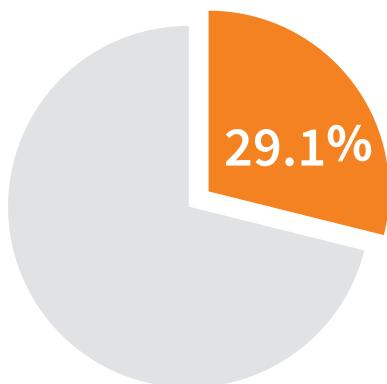
RESULTS

STAGE 1: STAKEHOLDER ENGAGEMENT

Developed knowledge of:

- existing physical activity opportunities
- points of interest
- community contacts

STAGE 2: DATA COLLECTION



29.1% of respondents were aged 65 years or older

309 Alpine Shire residents completed the Alpine Active Living Survey.

STAGE 3: MAP ANALYSIS

The Heart Foundation's Healthy Active by Design Master Checklist was applied to shire to find that:

- road rides and the connecting Rail Trail offer a great opportunity for recreational bike riding
- there are many programs and groups on offer to be physically active and socially connected, including for older adults (e.g., U3A)

but that,

- public transport across the shire could be improved
- disconnected areas exist between some foot paths and shared paths
- existing opportunities for physical activity could be more widely promoted

OVERALL FINDINGS

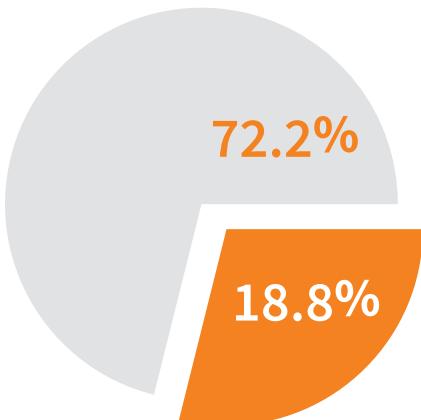
- Survey respondents represented a range of regions within in the shire and the age of respondents suggests the goal of hearing from older residents was achieved.
- There is a heavy reliance on cars, especially in smaller towns and outlying areas, however there is more diversity in active transport in Bright.
- Walking and cycling are among the top physical activities participated in. Many outdoor activities are undertaken and overall, people are active in many ways.



Over two thirds of people rated physical activity as very important. Very few rated physical activity as not important, particularly older people.

- Time and weather were reported as the top barriers to undertaking physical activity but one in five people or more report no barrier.
- For respondents aged 65 years plus, time, weather, health and cost were reported as the top barriers to undertaking physical activity but less than one in four people or more report no barrier.

DISCUSSION



72.2% of respondents rated physical activity as being of high importance, which may indicate that this proportion of people were less vulnerable to being physically inactive

The remaining 18.8% that did not report being a part of any club or event may be socially isolated and therefore at higher risk of being physically inactive

- The majority of respondents reported being connected in some way through clubs or events
- 23.3% of respondents identified cost as a barrier to being active which may suggest financial vulnerability of these respondents
- As most responses included the use of a car compared to other modes, it could be theorised that most respondents are at high risk of inactive transport on a day-to-day basis.
- Barriers to physical activity include weather, lack of money and time highlights the need to make it more convenient to be active than not, by incorporating the infrastructure to accommodate and prioritise the pedestrian and cyclist, as opposed to the car.
- High levels of social engagement were reported, creating opportunities for programs that promote active living but are marketed for social connection.

RECOMMENDATIONS

Through a partnership approach with representation from multiple sectors it is recommended to undertake:

- Physical Activity policy development
- Walking and cycling path improvements
- Free and family-oriented activity promotion and development (e.g., parkrun)
- Promotion and education of existing events and facilities
- Support for informal recreation opportunities and multiple-use sporting facilities
- Support for building healthy environments in sports clubs and workplaces

LIMITATIONS AND FUTURE CONSIDERATIONS

- time restrictions for project delivery
- lack of existing relationships within community
- difficulty in reaching the target groups
- employing a consultant with mapping analysis expertise to enhance findings
- scoping outlying areas of the shire

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