



ACTIVE LIVING FOR ALL 2017-2019

A Framework for Physical
Activity in Western Australia

Premier's Foreword

Western Australians are blessed with amazing opportunities to lead an active lifestyle.

Our natural environment invites us to experience seemingly endless golden beaches, age-old forests, twisting inland waterways and the red dirt of the outback. Well-planned and designed environments such as pedestrian and cycle paths, sport and recreation facilities, parks and town centres enable us to be more physically active in our local communities.

This gives us an exciting opportunity in Active Living for All 2017-19. This framework looks at existing government strategies and delivers a robust framework which allows an integrated and coordinated response to encourage Western Australians to increase their daily physical activity.

Active Living is a lifestyle choice where people incorporate physical activity into their daily routines and reduce sedentary behaviour, aiming for at least 30 minutes of physical activity daily for adults and 60 minutes for children.

We all know that regular physical activity has many health benefits and improves our mental and emotional wellbeing. It can also help prevent heart disease, Type 2 Diabetes and some cancers.

Participation in sport and active recreation encourages healthy and active lifestyles and has the power to bring people together, strengthening community bonds and connection.

Designing safe, liveable and mixed-use neighbourhoods that are walkable and accessible naturally encourages people to be active. In such environments walking, cycling and public transport becomes second nature and effortless.

The Western Australian Health and Physical Education curriculum supports the Active Living vision by teaching public school students to take responsibility for their own health, physical activity levels, safety and wellbeing.

The Active Living agenda aims to improve the overall health and quality of life of individuals and communities in Western Australia and delivers positive economic, environmental, health and social outcomes.

The State Government acknowledges the important role of local governments, not-for-profit organisations and other stakeholders towards the Active Living agenda.

I look forward to seeing Western Australians being more active more often.

HON Mark McGOWAN BA LLB MLA
Premier



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Purpose of this document

Active Living for All 2017-19 represents the strategic direction for increasing and improving opportunities for physical activity and reducing sedentary behaviour in Western Australia.

This document presents the integrated planning and delivery model that acknowledges and is responsive to existing strategies and plans across a broad range of sectors.

Highlighted within is evidence and trends on physical activity and sedentary behaviour in Western Australia.

This document and its summary lift out provides the objectives, strategies and actions for multiple sectors and settings to achieve the common outcome of ensuring physical activity opportunities exist for all Western Australians.

Acknowledgements

The development of *Active Living for All 2017-19* was led by the Department of Sport and Recreation in collaboration with the Department of Health, Department of Transport, Department of Education and Department of Planning.

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01

Introduction



1.1 What is Physical Activity and Active Living?

What is Physical Activity?

The World Health Organization defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure¹.

Physical activity is a broad term that includes playing sport, playing outdoors, exercise and fitness activities such as dance, yoga and tai chi, everyday activities such as walking or cycling to work and school, household chores and gardening, and many other forms of active recreation².

The intensity of physical activity varies based on the levels of exertion and energy expenditure. Physical activity can be categorised as:

- » **Incidental** physical activity is unstructured activity taken during the day, such as walking for transport, housework and the performance of activities of daily living³.
- » **Moderate-intensity** physical activity requires a moderate amount of effort and noticeably accelerates the heart rate, such as brisk walking, dancing, cycling, gardening, walking the dog and carrying moderate loads⁴.
- » **Vigorous-intensity** physical activity requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate, such as, running, fast cycling, aerobics, competitive sports and games, heavy shovelling, carrying/moving heavy loads⁵.

Regular moderate-intensity physical activity – such as walking, cycling, or participating in

outdoor recreation and sports activities – has significant benefits for health across all life stages. For instance, it can reduce the risk of cardiovascular disease, diabetes, colon and breast cancer, and depression. Moreover, adequate levels of physical activity will help manage weight and decrease the risk of falls, and hip or vertebrae fractures in older age.

Being physically active outdoors can provide additional physical and mental health benefits. Regularly visiting green spaces is linked to higher levels of physical activity and spending 30 minutes per day at a park can reduce the incidence of high blood pressure and depression⁶.

Physically active children tend to have better academic achievement, better attendance and fewer disciplinary problems⁷.

Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Developing physical literacy from early childhood is important in promoting physical activity and active living.

Australia's Physical Activity and Sedentary Behaviour Guidelines recommend adults undertake a minimum of 30 minutes of moderate-intensity physical activity on most days of the week for good health⁸. Children and young people are encouraged to undertake a minimum 60 minutes of moderate to vigorous intensity physical activity each day.

What is Active Living?

Physical activity is fundamental to active living and in turn the health and wellbeing of our community.

Active living is a lifestyle choice where people incorporate physical activity into their daily routines – active transport (cycling to work or school, walking to the bus stop or train station), playing with the kids, gardening, or catching up with friends for active fun. It also includes competing in sport or participating in an activity class or pursuit for pleasure and fitness.

The aim is to build in at least 30 minutes of physical activity daily for adults and 60 minutes for children.

Active living is supported by the places in which we live – through the built environment such as pedestrian and cycle paths, sport and recreation facilities, public open space, parks and town squares. It is also supported by cultural and social factors and programs such as healthy lifestyle and travel behaviour change programs, campaigns, information, education, clubs, cost to participant, technology and a broad range of initiatives that encourage participation in active lifestyles.

1.2 Overview of Active Living

The Active Living for All framework has been developed to provide a coordinated and collaborative approach to ensuring physical activity opportunities exist for all Western Australians.

It aims to improve the overall health, wellbeing and quality of life of individuals, families and communities.

The purpose of the framework is to provide an integrated planning and delivery model that acknowledges, and is responsive to, a variety of existing strategies and plans across a broad range of sectors that impact and deliver on the active living agenda.

The framework represents the strategic direction for increasing and improving opportunities for physical activity and active living. It builds on the existing work of others in bringing about the multiple economic, environmental, health and social outcomes provided by the active living agenda.

It considers current and emerging trends in physical activity and in doing so provides the necessary context to inform a new three-year strategic direction for active living in Western Australia. It is based on two key outcome areas – active places and active people.

The original iteration of Active Living for All, *Active Living for All 2012-2016*, was developed by the Physical Activity Taskforce. This cross-agency Taskforce was defunded and no longer exists.

Active Living for All 2017-19 is built upon the foundations of the original framework and principles, and reflects changes in research, evidence and policy over the past five years.

Recent accomplishments of the Western Australian State Government which have contributed to the Active Living agenda include:

- » Release of the draft *Perth and Peel@3.5million and Sub-Regional Frameworks* – a suite of strategic land use planning documents that aim to accommodate 3.5 million people by 2050;
- » Release of the *Perth Transport Plan for 3.5 million People and Beyond* a long-term plan for transport infrastructure and travel demand management, which prioritises travel behaviour change programs and cycling infrastructure in Perth;
- » Release of the *Western Australian Bicycle Network Plan 2014-2031* which has a strong focus to fund and prioritise the implementation of the metropolitan bicycle network;
- » Development of a national priority-driven research agenda for obesity prevention, led by Department of Health;
- » Monitoring trends in adult and children’s physical activity through the Health and Wellbeing Surveillance Survey and the Australian Secondary School Alcohol and Drug Survey;
- » Investment in population-based public education programs that promote healthy living, including more active and less sedentary lifestyles;
- » Support for the formation of Healthy Active by Design – a tool to inform the design of communities that support and promote healthy and active living – developed through a partnership between the Heart Foundation (WA), the State Government, academics and planning professionals;

- » Delivery of the Western Australian Health and Physical Education (HPE) curriculum to public school students with the purpose to build resilience, make informed decisions and take personal responsibility for their own health, physical activity levels, safety and well-being. This includes a focus on developing health (and physical) literacy and delivering two hours per week of physical education.
- » Delivery of Your Move – a physical activity and travel behaviour change program targeted to residents in the Cities of Cockburn and Wanneroo.
- » Support the delivery of physical activity initiatives, such as bike week.
- » Increased safety and awareness of cyclists through initiatives such as ‘Might be a Mate’ cycle safety campaign.

The State Government acknowledges the important role of local governments and not-for-profit organisations towards the Active Living agenda and their achievements.

Five key priority areas inform the development of *Active Living for All 2017-2019*:

- » Strengthening public policy
- » Providing appropriate environments and programs (active places and active people)
- » Increasing public motivation, understanding and behaviour change
- » Promoting collaboration and partnerships
- » Transitioning research into practice.

A lift out summary of the framework is provided as a quick reference guide that outlines key aims and objectives as well as the strategies for action by sector (e.g. planning and health) and setting (e.g. school and the workplace).

Active Living for All 2017-2019 provides direction to all sectors and settings to enable the implementation of a shared vision for increasing the physical activity levels of Western Australians.



1.3 Active Living Principles

Active Living is a lifestyle choice where people incorporate physical activity into their daily routines and minimise prolonged sitting – active transport (cycling to work or school, walking to the bus stop), playing with the kids, gardening, or catching up with friends for active fun.

It also includes competing in a sport or playing outdoors or participating in an activity class or pursuit for pleasure and fitness. The aim is to build in at least 30 minutes of moderate-intensity physical activity daily for adults, and 60 minutes for children, with muscle and bone strengthening activities recommended on at least two days per week.

Active living is supported by the places in which we live – through the built environment such as pedestrian and cycle paths and end-of-trip facilities, sport and recreation facilities, public open space, parks and town squares. It is also supported by cultural and social factors and programs such as healthy lifestyle and travel behaviour change campaigns, information, education, clubs, cost to participant, technology and a broad range of initiatives that encourage participation in active lifestyles.

The aim is to build in at least 30 minutes of moderate-intensity physical activity daily for adults, and 60 minutes for children, with muscle and bone strengthening activities recommended on at least two days per week.



The key principles for active living are:

1. Physical activity can improve physical and mental health, overall quality of life and bears multiple economic, environmental and social outcomes.
2. Everyone, regardless of age, gender, language, ethnicity, economic status or ability, should have accessible, safe, convenient and affordable choices for physical activity.
3. Physical literacy should be developed from early childhood, supporting lifelong participation and include a focus on motivation, confidence, physical competence (including Fundamental Movement Skills), and knowledge and understanding.
4. Places should be designed to provide a variety of opportunities for physical activity and should accommodate a wide range of individual preferences and abilities.
5. Land development patterns should encourage mixed uses, compact design, and a variety of transport choices.
6. Transport systems should support active transport options providing safe, convenient and affordable access to the home, workplace, school and community facilities and services.
7. Parks and public open space, including trails, should be safe, accessible, multi-functional and part of a transportation network that connects key destinations, such as the home, workplace, school, community facilities and services, and other places with high population density.
8. Buildings should be designed and oriented to promote opportunities for Active Living and reduce sedentary behaviours.
9. Local Governments and other governing bodies should plan for ongoing collaboration, promotion of facilities, behavioural supports and, policies that embed the Active Living vision, and incorporate routine maintenance ensuring continued safety, quality, functionality and attractiveness of the physical infrastructure and encouraging ongoing community use.
10. Community governance and planning processes should address the multiple impacts of the built environment and transport choices on residents' ability to be physically active.
11. The community should be consulted in decision-making process and associated planning opportunities for an active lifestyle.

(These principles have been adapted from information provided by the Active Living Resource Center, United States of America.)

02

The Importance of Physical Activity



2.1 The Evidence and Trends



The World Health Organization has identified physical inactivity as the fourth global risk factor for mortality causing an estimated five million deaths worldwide each year⁹.

The World Health Organization's *Global Action Plan 2013–2020* urges member states to promote physical activity and contribute to the voluntary global target of a 10 per cent relative reduction in prevalence of insufficient physical activity. As a member state, Australian organisations are encouraged to:

- » Adopt and implement national guidelines on physical activity for health;
- » Consider establishing a multi-sectoral committee or similar body to provide leadership and coordination;
- » Develop appropriate partnerships and engage all stakeholders, in actively and appropriately implementing actions aimed at increasing physical activity across all ages;
- » Develop policy measures in cooperation with relevant sectors to promote physical activity through activities of daily living, including through 'active transport', recreation, leisure and sport;
- » Conduct evidence-informed public campaigns at a community level through social media to inform and motivate adults

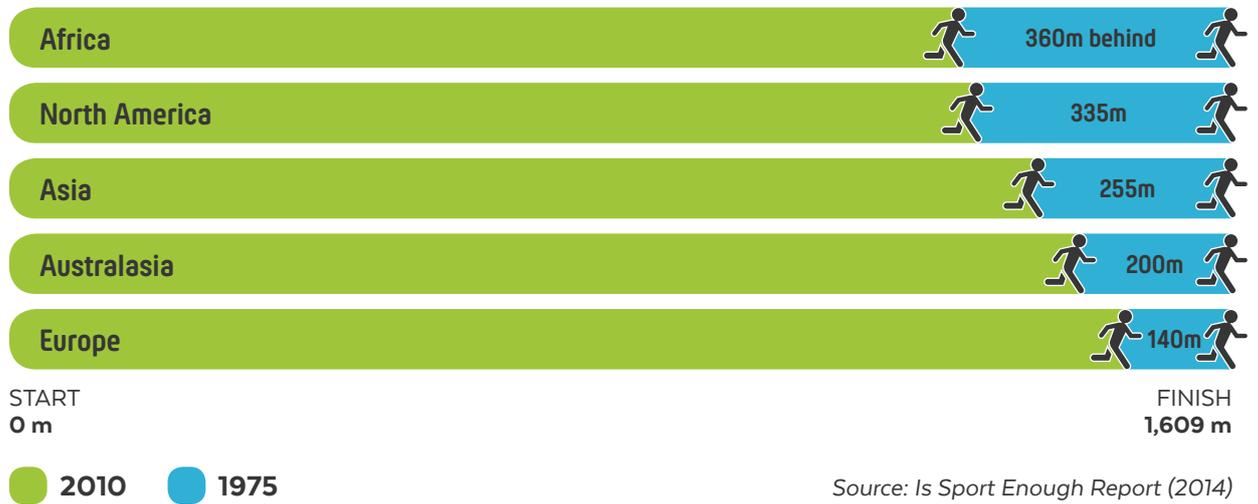
and young people about the benefits of physical activity and to facilitate healthy behaviours; and

- » Encourage the evaluation of actions aimed at increasing physical activity, to contribute to the development of an evidence base of effective and cost-effective actions¹⁰.

The increasingly sedentary lifestyle of large sectors of the population in many developed countries, including Australia, and the consequent decline in physical activity is a major concern resulting in significant health, social, economic and environmental consequences. High levels of inactivity can have serious consequences resulting in a greater risk of cardiovascular disease, type 2 diabetes and cancer.

In addition to poorer health outcomes, poorer economic outcomes can be linked to physical activity. The cost of physical inactivity to the Australian economy is estimated to be around \$14 billion (\$1.4 billion in WA) and productivity loss equates to 1.8 working days per employee per year at a cost of \$458 nationally¹¹.

Data from over 25 million 9-17 year olds from 28 countries has shown that the aerobic fitness of young people has declined worldwide since 1975. Young people today are about 15% less aerobically fit than their parents were at the same age. The average young Australian today would finish 200m (or 12%) behind their counterpart from 1975 in a one mile (1609m) run.



Source: *Is Sport Enough Report (2014)*

Sit less, move more

The average adult spends **more than half** of their day sitting. This is how the time can add up →

Adults who sit less throughout the day have a lower risk of early death, particularly from cardiovascular disease. In addition to 30 minutes of physical activity per day, try to limit your sitting time and interrupt prolonged sitting as often as you can.



Source: Heart Foundation Australia.

https://www.heartfoundation.org.au/images/uploads/main/Active_living/Sit_less__move_more.jpg

Trends in Western Australia

Adults

Physical Activity

The findings from the *Health and Wellbeing Surveillance System (HWSS)* show that in 2015, almost two-thirds (64%) of Western Australian adults were sufficiently active for good health. Physical activity levels have remained steady around 63% over the past five years. The HWSS defines sufficient levels of physical activity for adults completing at least 150 minutes of moderate-intensity physical activity (or equivalent) in the previous week at the time of reporting.

Increasing levels of overweight and obesity, in addition to the 36% of the adult Western Australian population who are not active enough for good health, remains a significant concern.

Other concerning results include:

- » Females are less likely to be sufficiently active compared to their male counterparts (59% compared to 68% in 2015).
- » One in four adults aged 65 years and over reported doing no physical activity in WA in 2015.

How we are physically active (the purpose and intensity levels) generally change as we age. Table 2 illustrates the varying levels of physical activity – vigorous, moderate and walking for fitness and transport – against different age groups.

Note – *Active Living for All 2012-16* utilised findings from the *Physical Activity Levels of Western Australian Adults 2009 Survey*. This survey was commissioned by the Physical Activity Taskforce and is no longer undertaken.

Sedentary Behaviour

Many Australian adults sit for at least nine hours per day with a considerable amount of time spent sitting for sustained bouts of 30 minutes or more¹². This behaviour is contrary to *Australia's Physical Activity and Sedentary Behaviour Guidelines* that advocates minimising prolonged sitting.

Other concerning results include that:

- » 43% of Western Australian adults report spending most of their day sitting¹³; and
- » Australian adults spend on average 22 hours a week sitting at work and during travel¹⁴.

Even among people who exercise regularly, spending a large amount of time sitting or lying down can contribute to higher rates of hospitalisation, non-communicable diseases such as heart disease, type 2 diabetes and cancer, as well as early death¹⁵. The increase in sedentary behaviour, including time spent sitting each day is of significant concern.

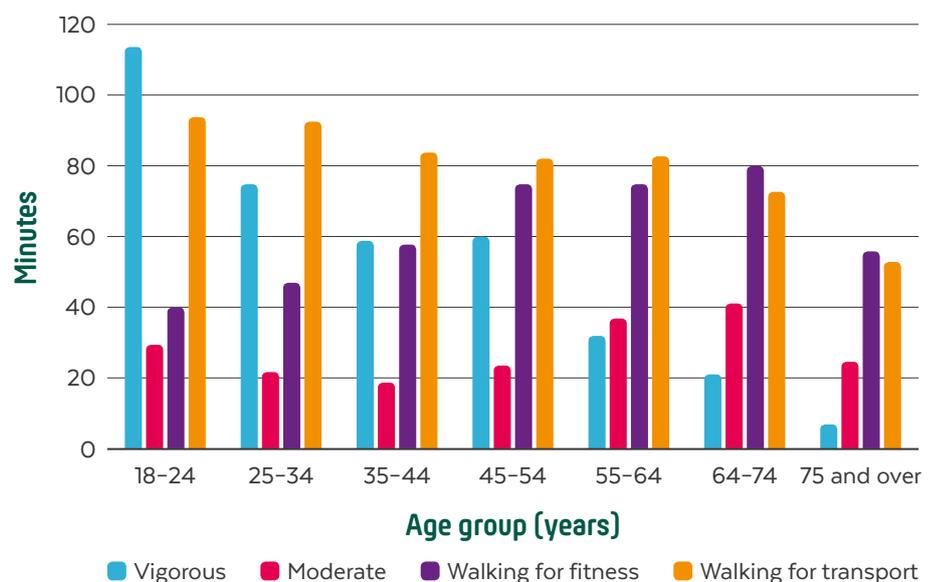


Table 2. Persons aged 18 and over – Average minutes per week spent on physical activity, 2011-12. Source: Australian Health Survey: Physical Activity 2011-12

Children and Young People

Physical Activity

Findings from the HWSS show that in 2015, 38% of Western Australian children and young people aged 5-15 years were sufficiently active for good health. The proportion of children completing sufficient levels of physical activity in 2015 was the lowest on record, and significantly lower compared with 2007 (56%) and 2008 (53%) estimates as well as the 10-year average (46%). Sufficient levels of physical activity for children are defined as completing at least seven or more sessions a week of physical activity where each session lasted 60 minutes or more.

Note – *Active Living for All 2012-16* utilised findings from the *2008 Child and Adolescent Physical Activity and Nutrition Survey* which is no longer collected.

Sedentary behaviour

The increase in sedentary behaviour in children and young people, including screen-based activity, is of significant concern.

Over one third (37%) of Western Australian children and young people aged 0-15 exceeded their age-related recommendations for electronic media use in 2015. The guideline for children under the age of two years recommends no screen time, however 35% of this cohort reported screen time. In children aged 2-5 years, 68% exceeded their recommended guideline of no more than one hour of screen time¹⁶.

Findings from the Australian Health Survey show that in 2012, the average amount of time spent in sedentary screen-based activities for Australian children aged 5-17 years was over two and a quarter hours (136 minutes) per day, with just six (6) minutes of this being for homework. Only 29% met the guidelines to limited screen-based entertainment to no more than two hours per day¹⁷.

Table 3 illustrates the levels of physical activity and sedentary screen-based activity through various age groups amongst children and young people.

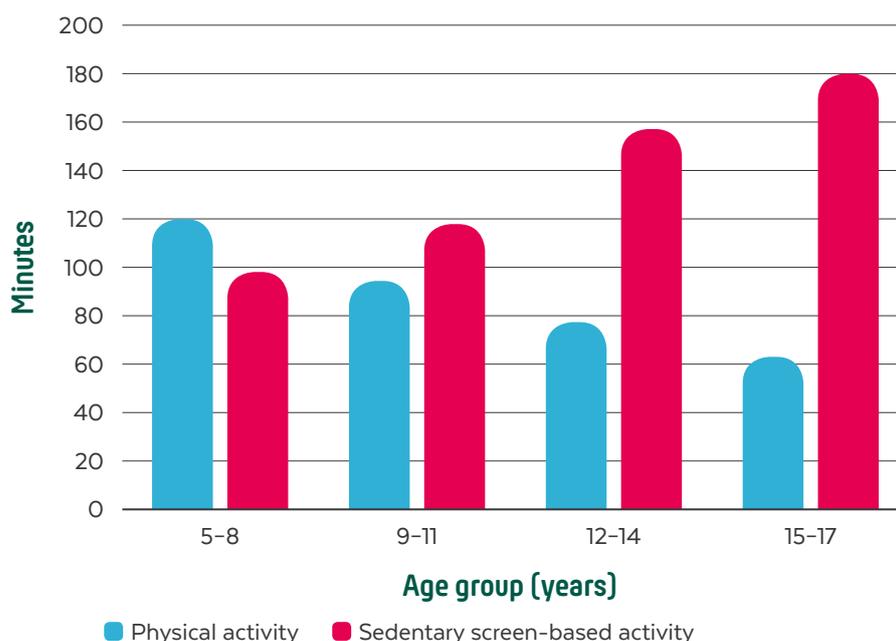


Table 3. Children 5-17 years – Average minutes per day spent in physical activity & sedentary screen-based activity, 2011-12. Source: Australian Health Survey: Physical Activity 2011-12



Over one third (37%) of Western Australian children and young people aged 0-15 exceeded their age-related recommendations for electronic media use in 2015.

Other Population Groups

Physical activity interventions have the potential to positively impact the health of at-risk population groups through reducing chronic disease and improving social outcomes. Research has shown that environmental (e.g. location, cost, facilities and safety) and cultural and social factors (e.g. support networks, perceptions of safety) are often barriers to participation and must be considered to increase physical activity rates, specifically for people with low socio-economic status. People with low socio-economic status generally participate less in physical activity and should be considered as a target group. Policy and interventions should be tailored to meet their needs and remove barriers to ensure access and equity.

Marginalised groups who may benefit from targeted interventions include:

Aboriginal and Torres Strait Islander people

- » 43,731 people who identify as Aboriginal and Torres Strait Islander (3.7% of the total population) are estimated to reside in Western Australia¹⁸.
- » Participation among Aboriginal people in sport and recreation is much lower at a rate at 30% when compared to non-Aboriginal people at 65%¹⁹.

Cultural and Linguistically Diverse people

- » Western Australia is one of the most multicultural states in Australia with almost one-third of the population born overseas²⁰.
- » There is no current data source available for physical activity levels of people from a Cultural and Linguistically Diverse background.
- » Participation rates in sport and physical recreation among those born overseas in a non-English speaking country have a significantly lower participation rates (17.5%) compared with the general Australian population (65%)²¹.

People with a disability

- » There is no current data source available for physical activity levels of people with a disability.
- » Participation rates in sport and physical recreation among people with a disability are significantly lower compared with people without disability. In Australian adults, participation rates are 30% and 65% respectively²².

People with low Socio-Economic Status

- » In 2015, adults living in the most disadvantaged areas of Western Australia were less likely to be physically active than those in the least disadvantaged areas (55% compared to 70%)²³.

Female Adolescents

- » Australian females aged 15-17 years averaged 30 minutes of moderate-vigorous physical activity per day, compared to 45 minutes by their male counterparts²⁴.



Everyone has a role to play in tackling physical inactivity and sedentary behaviours. Significant individual, family, community, organisational and environmental changes are required to increase levels of physical activity and improve overall mental and physical health and wellbeing.



2.2 Influences and Barriers

Influences

External Influences

External factors such as increased urbanisation and changes in technology have contributed to declining levels of physical activity. Individuals are increasingly spending more time travelling in cars as a mode of transport. Perth has one of the highest rates of car use in the world. Every day, Perth residents make more than 400,000 private car trips of less than one kilometre (equivalent of up to a 10 minute walk)²⁵. In addition, two out of three primary school students in the Perth metropolitan area are driven to school, even though most children live within two kilometres (or a 20 minute walk) of their school. In contrast, non-motorised forms of transport, such as walking and cycling, offer the potential to increase physical activity but also reduce impacts on the environment.

The demographic profile of Western Australia also impacts on rates of urbanisation, and consequently the choices people make about transport options. The key influences impacting the Active Living agenda include:

- » **Population growth** will generate demand for additional facilities, services and infrastructure as well as a move towards increased infill development. The ageing population will also impact on the planning and design of communities, and programs to increase accessibility and reduce potential for isolation.
- » **Urbanisation** will further the need for well planned, compact, connected and conducive environments that support and encourage physical activity.
- » **Political** influences will be important – strong advocacy, integrated planning, legislation and policy development will be required to ensure long term ongoing cross-party support for the Active Living agenda.

- » The state of the **economy** will affect the Active Living agenda in differing ways – from State Government budget efficiency requirements, the global financial situation, the effects on low socio-economic communities, and global economic developments (particularly in Asia).
- » The projected **labour force** requirements, particularly from the resource sector, can present lifestyle challenges on physical activity levels especially for those fly-in fly-out and shift workers.
- » **Technology** has the potential to further reduce the levels of physical activity and create more sedentary lifestyles through labour-saving devices but should also be an opportunity to impact positively on individuals, families and communities through increased communication options and wearable technology.
- » **Climate Change** will require new and innovative ways of thinking to ensure that places and spaces can be maintained to meet demand as well as function; and to ensure that reducing carbon emissions through promoting active transport is supported and encouraged.

Barriers

Incorporating physical activity into daily routines can sometimes be difficult and there are several common barriers to participation in active living. Technological advances and increased conveniences, while making life easier, have lessened the need to be active. It is important to understand the reasons why some people choose to be active and others do not, so that creating strategies to overcome them can be better targeted to support and encourage physical activity as part of a daily routine.

The diagnosis of physical activity in WA identified the following barriers:

Facilities and Services

Legislation and Policy

Communication and Marketing

Geographical Spread

- » High car usage over active transport

Safety

- » Perception of unsafe streets & parks
- » Media influence
- » Lack of widespread infrastructure for physical activity

Workplaces

- » Lack of physical activity & changing room facilities
- » Lack of opportunities for incidental activity
- » Occupational Health & Safety
- » Culture
- » Policy

High Sport Emphasis

- » Elite, commercial & competitive sports
- » Lack of incidental & lower level activities

Partnerships / Common Goal

- » Some local councils & government departments not aiming to increase physical activity
- » Partnerships restricted to key organisations & staff, rather than widespread

Access to Electronic Entertainment

- » Screen time versus physical activity
- » Portability

Lack of Volunteers

- » Difficult to recruit & retain volunteers for sport clubs & unstructured sport
- » Support participation of younger volunteers

Financial Disincentives

- » Benefits of company cars / tax breaks
- » No incentives for public transport

Funding Methods

- » Short term funding
- » Insufficient funding
- » Time consuming applications

Planning Policy

- » Inconsistent implementation & enforcement between local governments
- » Open to interpretation

School Policy

- » Empowering school communities with a greater sense of investment in, and ownership of, their schools and their children's education.

Work / Life Balance

- » Time constraints
- » Longer working hours
- » Working parents
- » Fly-in & fly-out workers

Culture / Norms

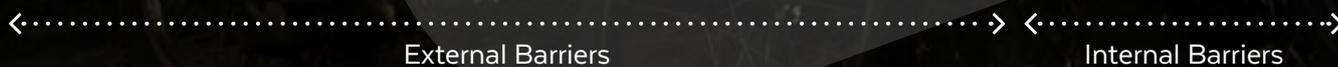
- » Society norms e.g. young girls & sport
- » Acceptance of behaviours e.g. cycling clothes at work

Role Modelling

- » Lack of accessible visible role models e.g. young adults / teens, peers, teachers
- » Parental behaviour

Lack of Individual Motivation / Prioritisation

- » Personal cost-benefit equation not sufficiently motivating



2.3 The Benefits

Increasing physical activity levels benefits individuals, families and communities. Active people are more connected to their community and active communities are more cohesive, productive and less dependent on the car.

Active living also reduces the risk of breast cancer, depression and falls. Some of the key benefits to be gained from a more physically active community are wider than physical and mental health benefits alone and include social, environmental and economic outcomes²⁷.

Health

Being physically active – in particular outdoors, is essential to improving physical and mental health. It helps to reduce chronic disease and other risk factors such as being overweight and obese, and is important in the management of a range of health conditions. Being active outdoors provides additional benefits and people who are active are usually happier, healthier and live longer.

Social

Active people participate more in community activities which in turn strengthens community cohesion, improves social capital and reduces isolation. Physical activity is an important element of social interaction, building stronger communities through personal networks, volunteering and individual friendships. Active living also supports a sense of place and connectedness to the community.

Environmental

Active communities and those participating in modes of active transport reduce the need for vehicle dependence and therefore the burden of traffic congestion, noise and carbon emissions, which lessens the impact on the environment.

Economic

Physical activity improves productivity, reduces absenteeism in the workplace and supports overall economic growth. Growing participation in active lifestyles increases the need for services and facilities that help support growth in the sport and recreation business as well as other associated industries including tourism, transport and retail. Increased levels of physical activity in the community reduce the need for medical intervention and the subsequent demand for health services, resulting in lower health costs. Increased levels of active transport can reduce the costs associated with driving a car like petrol and parking. It also optimises the use of existing transport infrastructure and services, and can reduce or defer spending on new transport infrastructure²⁸.

The Multiple Benefits of Physical Activity

Health

Increases

- » Fitness, stamina and energy
- » Lean muscle, muscle strength and bone density
- » Flexibility, coordination, balance and development of a wide range of motor skills
- » Improved immune system
- » Healthy ageing, mobility, independence and quality of life in older adults
- » Mental health and wellbeing
- » Memory, behaviour, concentration and reasoning ability

Reduces

- » Chronic illness and disability
- » Mortality rates and risk of dying prematurely
- » Risk of coronary heart disease, cardiovascular disease and stroke
- » Risk of diabetes, high cholesterol and high blood pressure
- » Risk of colo-rectal and breast cancer
- » Risk of asthma
- » Risk of osteoporosis and symptoms of arthritis
- » Body fat, overweight and obesity
- » Falls and injuries in older people

- » Risk of developing dementia
- » Feelings of fatigue, depression, stress and anxiety
- » Risk of menstrual symptoms, constipation and back pain
- » Risk of postnatal depression
- » Demand on health services

Supports

- » Improved sleep and rehabilitation
- » Weight management
- » Cognitive functioning, memory, learning and better performance at school
- » Improved mood, quality of life, sense of wellbeing and long term health

Social

Increases

- » Active and vibrant community hubs
- » Social skills and networks
- » Social capital and community connections
- » Access to services and resources
- » Independent living
- » Improved communication, team building, leadership and cooperation skills

Reduces

- » Social isolation and loneliness
- » Antisocial behaviour

Supports

- » Stronger, connected communities
- » Community inclusion and public enjoyment
- » Community cohesion and capacity building
- » Crime prevention
- » Cultural links through activities

Economic

Increases

- » Tourism
- » Retail
- » Business and employment opportunities
- » Investment opportunities
- » Productivity and growth
- » Optimises the use of existing infrastructure

Reduces

- » Vandalism costs
- » Absenteeism
- » Workplace accidents/injury and workers compensation claims
- » Health care costs and claims
- » Pressure on insurance premiums for employers
- » Staff turnover
- » Car related expenses
- » High costs of passenger transport and infrastructure
- » Reduce (or defer) spending on new transport infrastructure

Supports

- » Local Business
- » Attracts workforce
- » Active and healthy employees and workplaces

Environment

Increases

- » Uptake of active transport, walkability and economic viability of local areas
- » Influences the development of well-planned and designed spaces

Reduces

- » Traffic congestion, air and noise pollution
- » Use of fossil fuels and energy use
- » Greenhouse gas emissions, global warming and climate change impacts

- » Demand for major road infrastructure (roads, car parks)

Supports

- » Incidental activity
- » Community safety
- » Settings for active living
- » Improved public access and linkages to neighbourhood and key activity centres
- » Improved connectivity

03

The Framework



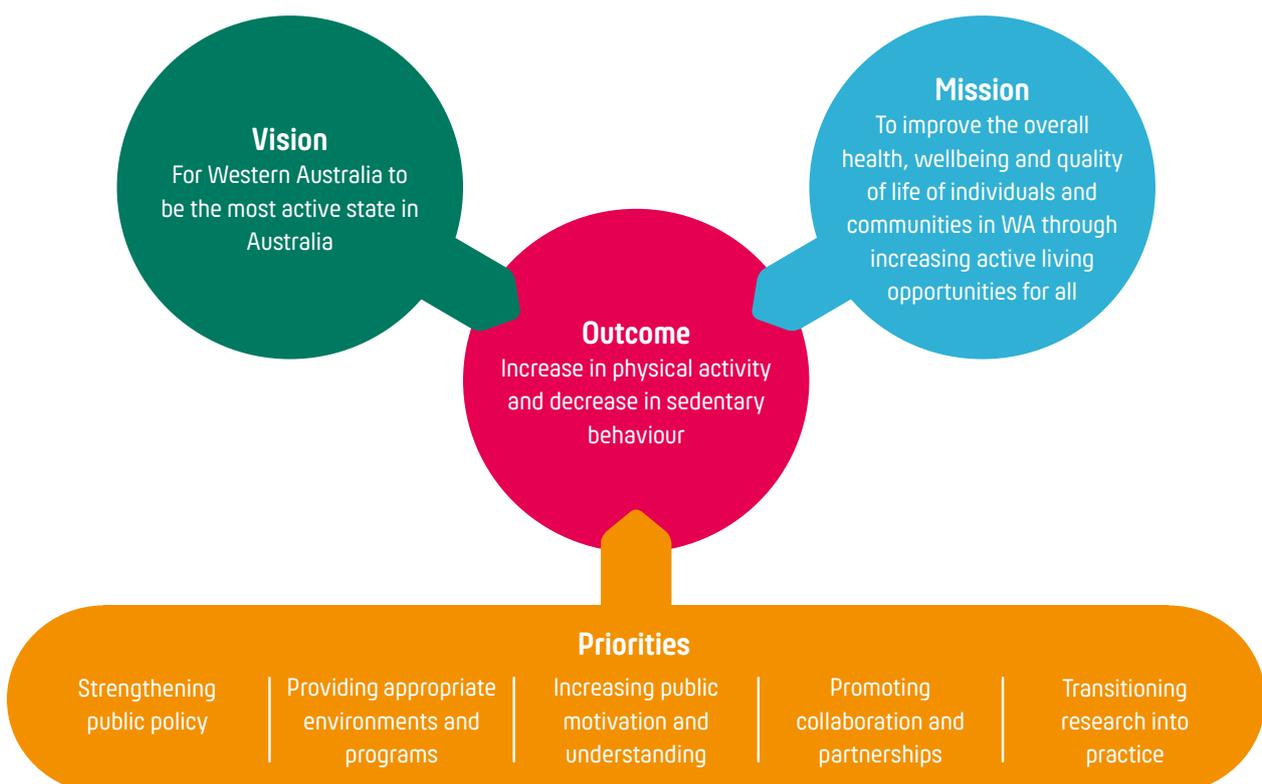
3.1 About the Framework

Active Living for All 2017–2019 provides a strategic framework for physical activity for the next three years. The intent of the framework is to give direction to all sectors and settings to enable the implementation of a shared vision for increasing the physical activity levels of Western Australians.

The framework provides an integrated and coordinated response to deliver a whole of government and whole of community approach in tackling physical inactivity. It sets out the key objectives and strategies in activating people and places.

The framework was developed in accordance with the following principles:

- » Focuses on the development of increased participation in physical activity throughout Western Australia;
- » Is integral to the work of many sectors e.g. planning, transport, health, education, and sport and recreation;
- » Acknowledges a variety of existing strategies and plans which are delivered through partnerships and collaborative approaches;
- » Is responsive to national agendas around physical activity and health;
- » Provides an overall direction for increasing physical activity and secures and aligns stakeholder commitment to that direction;
- » Gives direction and support to the delivery of implementation plans for stakeholders; and
- » Is evidence based where possible and evaluated to contribute to the Active Living agenda.



The overarching aim of the framework is to increase physical activity levels and improve opportunities for all Western Australians to participate in all forms of physical activity. The vision for Western Australia is to be the most active state in Australia. The mission is to increase active living opportunities for all Western Australians to improve the overall health, wellbeing and quality of life of individuals, families and communities.

The framework also responds to five priorities for change in the diagnosis of physical activity in WA and that underpin the development of *Active Living for All 2017-2019*. These priorities are to:

- 1 Strengthening public policy;
- 2 Providing appropriate environments and programs (active places and active people);
- 3 Increasing public motivation and understanding;
- 4 Promoting partnerships; and
- 5 Transitioning research into practice.

There is overwhelming evidence which demonstrates that the built environment impacts on the mental and physical health and wellbeing of individuals, families and communities, and in particular, on their active lifestyle choices.



Physical Activity Framework Content

Why

Active communities benefit everyone:

- » **Economic** – lower health and travel costs and improved workplace productivity
- » **Environmental** – reduced vehicle dependence resulting in decreased traffic congestion, noise and air pollution
- » **Social** – greater social interaction, supporting a sense of place and connectedness to the community.
- » **Health** – happier, healthier individuals with reduced risk of chronic diseases, overweight and obesity.

How

Five key priorities have been identified to create change:

1. Strengthening public policy
2. Providing appropriate environments and programs (active places and active people)
3. Increasing public motivation and understanding
4. Promoting partnerships
5. Increasing research into practice

What

Active Places

- » Provide well planned and designed environments that support, encourage and enable active living

Active People

- » Provide initiatives that promote positive behaviour change and opportunities to participate in active lifestyles

Who

No single organisation can increase physical activity levels alone.

A collective approach is required by:

- » State Government
- » Local Government
- » Not-for-profit
- » Private Sector
- » Health care
- » Planners, developers and urban designers
- » Academia and tertiary education
- » Advertising and media.

3.2 The Outcomes



Active Places

Well planned and designed environments supporting, encouraging and enabling active living.

Key objectives

Planning and Design

- » Ensure the physical and mental health and wellbeing of individuals and communities is central to all planning and design decisions.

Policy

- » Embed active living principles in policy and legislation to support compact, connected and conducive environments.

Compact Developments

- » Provide access to local services, facilities and amenities through mixed land-use and intensity.

Key Strategies

- » Early planning of key neighbourhood destination points e.g. shops and services
- » Access to local amenities, services and facilities
- » Convenient location of community facilities that are co-located with appropriate facilities creating a community hub
- » Availability of accessible and adequate public transport
- » Prioritisation of active transport (pedestrians and cyclists) over motorists
- » Connected street networks (including connected footpaths and bike paths)
- » Adequate active travel (pedestrian and cycling) infrastructure and end of trip facilities
- » Delivery of travel demand management initiatives such as walking and cycling

Connected Communities

- » Design well connected streets and neighbourhoods providing direct and quality routes.

Conducive Environments

- » Provide multi-functional public open space and adequate infrastructure.

Integrated Transport Planning

- » Develop safe and quality environments for walking and cycling that connect people to places.

infrastructure, parking management strategies and transport pricing

- » Adequate and multi-functional public open space
- » Aesthetic design of street-scape and infrastructure
- » Management of traffic volume and speed
- » Safe road crossings
- » Adoption of Crime Prevention Through Environmental Design principles
- » Community consultation and engagement
- » Passive surveillance
- » Responsible use of, and access to, the natural environment
- » Application of disability access and inclusion plans for developments and facilities.



There is overwhelming evidence which demonstrates that the built environment impacts on the mental and physical health and wellbeing of individuals, families and communities, and in particular, on their active lifestyle choices. Where we live, learn, work and play can directly affect participation in physical activity²⁹.

Research shows that the design and location of streets, parks, recreational facilities, homes, schools, workplaces and retail areas can encourage active lifestyles.

Well planned and designed neighbourhoods are critical to increasing physical activity levels by creating accessible and conducive environments that support and encourage active living opportunities.

The aim of *Active Places* is to develop liveable, healthy and active communities through the provision of adequate, safe and accessible infrastructure, facilities and public open space for physical activity. Planning and developing *active places* requires an integrated and collaborative approach. Planners, urban designers, engineers, architects and developers all have a role to play in designing and building neighbourhoods that support and encourage active living. This needs to be done in partnership with other professions from sport and recreation, community development, and health.

The key objectives and supporting strategies for action are provided for all sectors to work together to build active communities. The aims are to:

- » Increase residential density, intensity of land-use and active transport networks to support local businesses, employment, education, cultural and recreational opportunities and frequent accessible public transport.
- » Encourage groupings of key destination points within close proximity of each other to improve accessibility, integrated facilities and multiple uses of space and transport networks.
- » Manage vehicle traffic to provide safe environments for walking, cycling and other physical activities.
- » Provide an accessible, attractive and welcoming street environment, with well-maintained paths for all users.
- » Create connected street networks that allow pedestrians and cyclists to take more direct routes to and from destinations and between neighbourhoods ensuring networks are interconnected.
- » Design and locate schools to facilitate young people's active transport to school and physical activity while at school.
- » Design multi-purpose public open spaces that are functional and accessible and cater for the needs of children, adolescents, adults and seniors of all abilities.
- » Create communities where people feel safe in their homes, in the local streets and neighbourhood public spaces.
- » Design buildings that create opportunities for daily physical activity and reduce sedentary behaviour through building functions, increasing stair use and provision of facilities such as changing rooms and showers.



Active People

Initiatives that promote positive behaviour change and opportunities to participate in active lifestyles.

Key objectives

Healthy Lifestyle Campaigns

- » Promote and reinforce the importance of Active Living messages.

Behaviour Change

- » Provide information, education and awareness-raising strategies and support.

Prevention

- » Strengthen the role of Primary Healthcare Networks in encouraging physical activity.

Policy Development

- » Embed Active Living principles into planning and policy development.

Programs

- » Ensure a diverse range of accessible and affordable opportunities in community settings.

Targeted Populations

- » Provide inclusive activities that cater for all life stages, abilities, cultures, genders and socio-economic status.

Community Need

- » Undertake community profiling and ensure local need is reflected in all decision-making processes.

Community Engagement

- » Consult with the community in the planning and programming of opportunities for Active Living.

Key Strategies

- » Delivery of evidence-based behaviour change programs
- » Delivery of travel demand management initiatives such as travel behaviour change programs, travel plans, walking and cycling infrastructure, parking management strategies and transport pricing
- » Campaigns incorporating Active Living messages
- » Accessible public information and education provision
- » Develop physical literacy from early childhood
- » Physical activity promotion in primary healthcare practices (e.g. prescribing physical activity and exercise)
- » Community profiling, consultation and engagement practices adopted
- » Programs tailored to targeted population groups
- » Diversity of activities considered
- » Adoption of 'count me in' disability principles
- » Affordable activities provided
- » Active play opportunities provided in early childhood and care settings
- » Whole of school approaches adopted to implement school physical activity policy
- » Workplace physical activity policies and initiatives in place
- » Access to diverse local sport and recreation opportunities
- » Identification and promotion of community champions



The delivery of accessible, affordable and inclusive programs promotes community cohesion, builds capacity and improves overall wellbeing.

Active communities are social communities that encourage participation in a range of activities and events that support active living.

Programs should also be supported by health promotion that encourages positive behaviour change through relevant information, communication and education.

An informed community provides the opportunity for individuals to make healthy lifestyle choices through raising awareness of the importance of physical activity.

The delivery of opportunities within specific settings to activate communities through supporting and encouraging targeted initiatives and programs for specific population groups is critical in reducing levels of physical inactivity.

These settings include homes, child care centres, schools, workplaces, outdoors and sport and recreation facilities and clubs in communities that directly influence and increase levels of physical activity.

The aim of *Active People* is to promote the benefits of physical activity and encourage participation in active lifestyles through specific campaigns and programs that directly influence and support behaviour change and health outcomes.

Increasing the number of active people requires a coordinated response from a range of professions. The provision of information and delivery of programs is fundamental in motivating and supporting people to be physically active.

Communicating the benefits of physical activity and tailoring programs to meet the needs of 'at-risk' groups is key to tackling physical inactivity and improving the physical and mental health and wellbeing of individuals, families and communities.

The key objectives and strategies for action are provided to ensure that programs and initiatives:

- » are evidence-based
- » meet local need
- » are accessible and affordable
- » support behaviour change
- » complement existing information and service provision

04

Applying the Framework



4.1 A Collective Approach

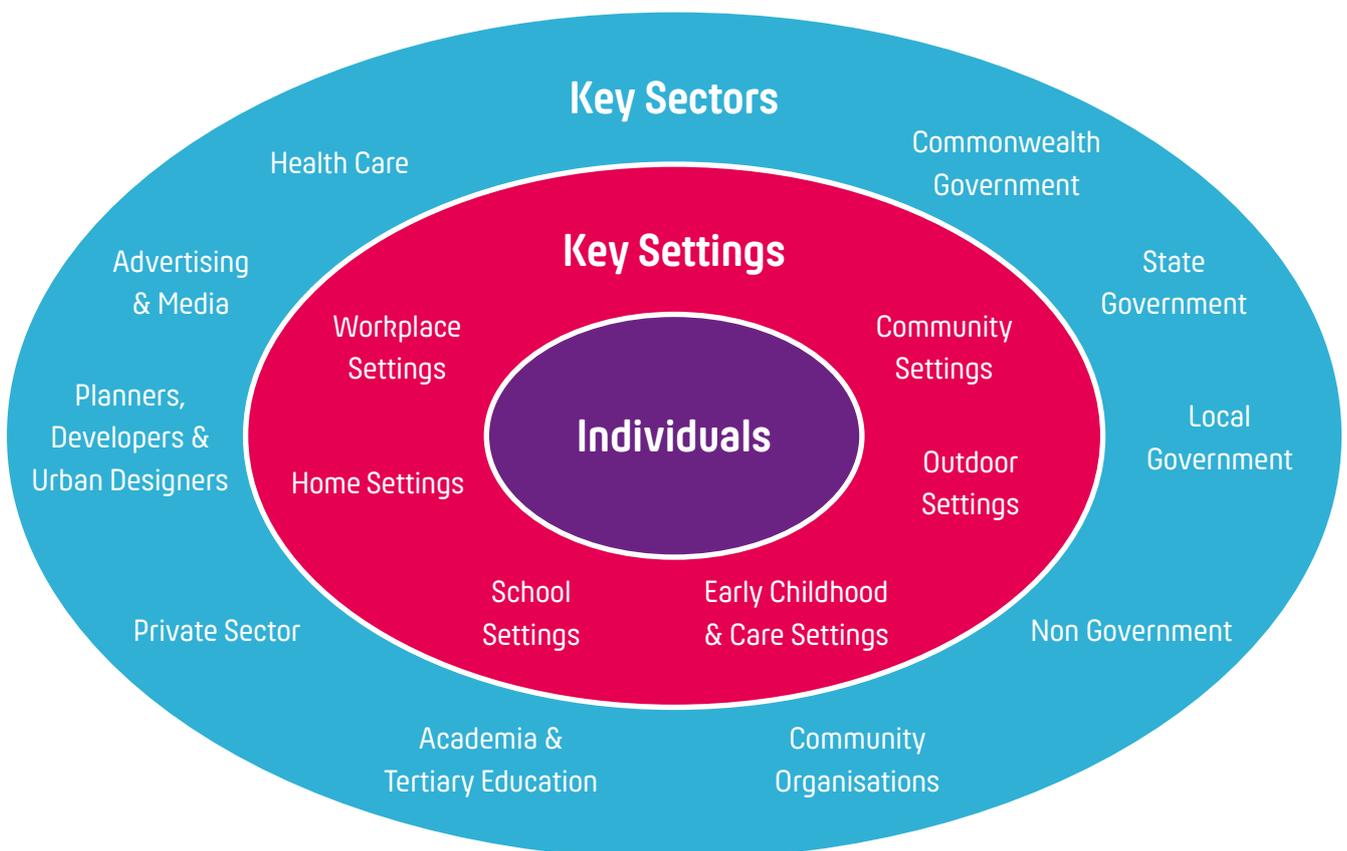
Active Living for All 2017–2019 sets out the strategic vision required to tackle physical inactivity and sedentary behaviours to meet the needs of the Western Australian community. It seeks to guide agency planning and ensure that associated services are complementary and responsive. It focuses on a whole-of-government and whole-of-community response to activate places and people. Everyone has a role to play in tackling physical inactivity and sedentary behaviours. Significant individual, family, community, organisational and environmental changes are required to increase levels of physical activity and improve overall mental and physical health and wellbeing.

The lift out summary of the Active Living framework outlines the collective approach in implementing *Active Living for All 2017–2019*

and details the key roles, responsibilities and activities required to tackle this important agenda and realise significant economic, environmental, health and social outcomes. It sets out the key actions on physical activity for key sectors and settings. Supporting local governments and organisations to develop local solutions is a key priority.

Embedding Active Living principles in local planning processes, identifying funding opportunities and providing information to guide policy and program development is crucial.

Active Living for All 2017–2019 is supported through a model of collaboration and coordination and aims to provide a joined-up approach of a cross-government agenda that brings multiple benefits to individual agencies and outcomes for individuals and communities.



In July 2016, the *Public Health Act 2016* received Royal Assent. This Act will repeal much of the outdated *Health (Miscellaneous Provisions) Act 1971* and is designed to better protect and promote the health and wellbeing of all Western Australians. The Act aims to prevent disease, injury, disability and premature death also encourage individuals and their communities to plan for, create and maintain a healthy environment.

For more information on the Act visit

<http://ww2.health.wa.gov.au/Improving-WA-Health/Public-health/Public-Health-Act>

As part of the Act, the State Government and Local Governments will prepare public health plans to adopt a strategic and forward-thinking approach that ensures that public health can be effectively protected and promoted. Local Governments will identify the public health needs of their population and deliver services for the promotion and protection of public health.

Although local governments are not required to produce their Local Plans until two years after Part 5 is enacted, which is expected to occur 2 -4 years from now, the Department of Health is preparing an Interim State Public Health Plan to support local governments to prepare a Local Plan that meets the requirements of the Act.

Role of Government

The intention of this framework is to provide an overall direction for increasing physical activity through the delivery of Government policy, plans and services.

State Government

The following sectors within government have outlined their commitment to *Active Living for All 2017-2019*. A snapshot of current related activity is provided below.

1 Education

High Performance - High Care a Strategic Plan for WA Public Schools 2016-19 sets the focus for a strong public school system where a culture of high care acknowledges that staff are influential at different stages in the lives of students, and there is a high expectation for every student to succeed and to accomplish their very best. The Department empowers school communities to teach students to be part of a healthy, active population and experience the personal and social benefits of living a healthy, active and fulfilling life.

2 Health

The department is responsible for the development of government policy on health and delivers a wide range of public health services that aim to improve, promote and protect the health of Western Australians. The *WA Health Promotion Strategic Framework 2017-2021* outlines WA Health's strategic direction and priorities for reducing the prevalence of chronic disease and injury over the next five years with a focus on the main lifestyle risk factors which contribute most to the burden of chronic disease - including insufficient physical activity and overweight and obesity.

3 **Planning**

Planning decisions help determine the physical and social characteristics of communities and directly influence health by either encouraging or discouraging active living. Planning an active community is complex and no single strategy or department can adequately cover all the factors. The department and its key strategies such as the *State Planning Strategy, Perth and Peel@3.5million* and *Liveable Neighbourhoods* are essential, along with a collaborative approach.

4 **Sport and Recreation**

The sport and recreation industry plays a critical role in improving community wellbeing and collaborative physical activity endeavours in this state. *Strategic Directions 6: Strategic Directions for the West Australian Sport and Recreation Industry 2016-2020* provides a five-year vision and has been developed by industry as a pivotal sport and recreation industry planning framework.

5 **Transport**

The Department of Transport's purpose is to provide and enable safe, accessible and efficient movement for the economic and social prosperity of Western Australia. The Department of Transport's contribution to the Active Living agenda is set out in its plans and strategies including the *WA Bicycle Network Plan*. Encouraging more active transport such as people walking, cycling and using public transport more often is an essential element of achieving Active Living.

The following sectors positively contribute to the Active Living agenda:

- » Aboriginal Affairs
- » Communities
- » Culture and the Arts
- » Disability Services
- » Healthway
- » Local Government
- » Lotterywest
- » Mental Health
- » Parks and Wildlife
- » Regional Development
- » State Development
- » Tourism
- » Water

Local Government

The services provided by local governments are broad and vary and make a difference for local communities. The three categories that local governments deliver and the functions in which are relevant to Active Living are:

- » *Services to people and the community* – community services, recreation and culture, sporting grounds and facilities, reserves, parks and gardens.
- » *Services to property* – roads and footpaths, land drainage and development, street lighting, street cleaning.
- » *Regulatory services* – exercise controls to enforce legislation covering health, buildings, planning and traffic hazards.

Local governments are essential in supporting the delivery of both Active Places and Active People.



4.2 Key Drivers and Priorities for Active Living Implementation

Key drivers

Active Living for All 2017-2019 has been developed in line with key drivers at a global, national, state and local level, to promote a responsive and complementary approach. This also increases the potential to influence and embed Active Living principles in existing strategies and plans.

Global

- » International Society of Physical Activity and Health: *Toronto Charter for Physical Activity. A Global Call for Action and Non-Communicable Disease Prevention - Investments that Work for Physical Activity.*
- » World Health Organisation: *Global Action Plan for the Prevention and Control of Non-communicable diseases 2013-2025.*

Federal

- » *National Urban Policy - Our Cities, Our Future*
- » *National Cycling Strategy*
- » *National Early Childhood Development Strategy*
- » *National Mental Health Plan*
- » *Play. Sport. Australia*
- » *National Primary Health Care Strategy*
- » *Sustainable Australia - Sustainable Communities, a population strategy*
- » *National Disability Strategy*
- » *Closing the Gap and associated reports*
- » *National Volunteering Strategy*

State

- » *State Planning Strategy*
- » *Draft Perth and Peel@3.5million and Sub-Regional Frameworks*
- » *Draft Green Growth Plan for Perth and Peel@3.5million*
- » *Liveable Neighbourhoods*
- » *Transport@3.5million people and beyond*
- » *Western Australian Bicycle Network Plan*
- » *Integrated Planning and Reporting Framework*
- » *Public Health Act*
- » *WA Health Promotion Strategic Framework*
- » *Department of Education Strategic Plan*
- » *Strategic Directions for the Sport and Recreation Industry*
- » *Western Australia Strategic Trails Blueprint**
- » *Outdoor Recreation Strategy for Western Australia**
- » *Healthway Strategic Plan*
- » *Count Me In - Disability Future Directions Strategy*
- » *Reconciliation Action Plan*
- » *Walk WA Strategy*
- » *Mental Health Strategic Plan*
- » *Parks and Wildlife Strategic Directions*

Local

- » *Strategic Community Plan*
- » *Local Planning Schemes, Strategies and Policies*
- » *Structure Plans and Local Development Plans*
- » *Asset Management Plans*
- » *Major Infrastructure/Works Strategies*
- » *Community Safety Strategies*
- » *Sport and Recreation Plans*
- » *Early Years Plans*
- » *Physical Activity Plans*
- » *Workforce Strategies*
- » *Health and Wellbeing Strategies*
- » *Workplace Travel Plans*
- » *Cycle Plans*
- » *Community Development Plans*
- » *Active Ageing Strategies*
- » *Youth Strategies*
- » *Tourism Strategies*
- » *Disability Access and Inclusion Plans*
- » *Culture and Arts Strategies*
- » *Environmental Plans*



Key priorities

These priorities provide the foundations for change and underpin the implementation of *Active Living for All 2017–2019*.

- 1 Strengthening public policy**

Policy is integral to influencing behaviour change. Embedding active living principles in policy, planning and legislation will assist in delivering active living outcomes. Investment in policies, programs and infrastructure that support and encourage active living will also bear multiple outcomes.
- 2 Providing appropriate environments and programs**

The importance of providing the right type of places, facilities and programs for the community is crucial. Delivering facilities and programs that address barriers to participation and are fit-for-purpose is critical in providing for active lifestyles.
- 3 Increasing public motivation and understanding**

There is a strong public awareness of the need to participate in physical activity. However, there are still barriers for individuals when it comes to taking action, including lack of motivation, the struggle in achieving a work/life balance, societal norms and accessible role models. Leveraging the mutual benefits of active living through education and persuasion strategies is needed to motivate individuals to take action and make positive behaviour change. Engaging stakeholders and elevating the priority placed on physical activity is important.
- 4 Promoting collaboration and partnerships**

Increasing levels of physical activity is acknowledged to be a too great an undertaking for any single agency or organisation to achieve alone. Organisations should collaborate and work in partnership to maximise outcomes through developing more integrated relationships with existing partners and working with a broader network of public and private organisations.
- 5 Transitioning research into practice**

While there is an extensive volume of research available it is often difficult to identify the most relevant or appropriate research to be translated into practice. The provision of research should guide policy review and program development to support the best use of emerging knowledge and evidence.

Research specific to geographical areas will also help stakeholders to understand the behaviours of communities and therefore target funding and programs towards the greatest level of need and impact. Research can also be used to justify levels of investment in facilities and quantify the benefits and value of the outcomes as well as cost savings to the broader community.

The building blocks for *Active Living for All 2017–2019*

The key components required to improve and increase physical activity.

Active Communities

← Outcomes →

Active Places | Active People

← Objectives →

Well planned and designed environments that support, encourage and enable active living

Initiatives that promote positive behaviour change and provide active lifestyle opportunities

← 'At-Risk' Target Population →

Aboriginal people

Cultural and Linguistically Diverse

People with disability

Low Socio-Economic Groups

Low Participatory Groups e.g. adolescent girls

← Life Course Approach →

Early Years
(0–5 years)

Children
(5–12 years)

Young People
(12–17 years)

Adults
(18–64 years)

Older People
(65 and over)

← Key Settings →

Home

Early Childhood and Care

Schools

Community

Workplace

← Key Sectors →

Academia and Tertiary Education

Advertising and Media

Private

State and Local Government

Non Profit

Education

Health

Planning

Sport and Recreation

Transport

← Key Priorities →

Strengthening public policy

Increasing public motivation and understanding

Providing appropriate environments and programs – active places and people

Promoting collaboration and partnerships

Transitioning research into practice



05

Appendices



Appendix A – Australia’s Physical Activity and Sedentary Behaviour Guidelines

Regular physical activity has many health benefits and plays an important role in promoting healthy weight. It can help prevent heart disease, type 2 diabetes and some cancers, and also improve psychological well-being.

Australia’s Physical Activity and Sedentary Behaviour Guidelines outline the minimum levels of physical activity required to gain a health benefit and ways to incorporate incidental physical activity into everyday life.

Children (0-5 years)

Being physically active every day is important for the healthy growth and development of infants, toddlers and pre-schoolers.

For infants (birth to one year) physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.

Before infants begin to crawl, encourage them to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play, including tummy time. Once infants are mobile, encourage them to be as active as possible in a safe, supervised and nurturing play environment.

Toddlers (1 to 3 years) & pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.

Young children don’t need to do their three hours of physical activity all at once. It can be accumulated throughout the day and can include light activity like standing up, moving around and playing as well as more vigorous activity like running and jumping.

Active outdoor play is the best way for young children to be physically active.

Children younger than 2 years of age should not spend any time watching television or

using other electronic media (DVDs, computer and other electronic games) and for children 2 to 5 years of age these activities should be limited to less than one hour per day.

Television, DVDs and playing computer games usually involve sitting for long periods – time which could be spent playing active games or interacting with others.

Infants, toddlers and pre-schoolers should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.

All children need some ‘down time’ but they are not naturally inactive for long periods of time. Sitting in strollers, highchairs and car seats (restrained) for long periods isn’t good for children’s health and development. Try to take regular breaks on long car trips and walk or pedal for short trips when you can.

Children (5-12 years)

A combination of moderate and vigorous activities for at least 60 minutes a day is recommended.

Examples of moderate activities are a brisk walk, a bike ride or any sort of active outdoor play.

More vigorous activities will make kids “huff and puff” and include organised sports such as football and netball, as well as activities such as ballet, running and swimming laps.

Children typically accumulate activity in intermittent bursts ranging from a few seconds to several minutes, so any sort of active play will usually include some vigorous activity.

Most importantly, kids need the opportunity to participate in a variety of activities that are fun and suit their interests, skills and abilities. Variety will also offer your child a range of health benefits, experiences and challenges.

On at least three days per week, children should engage in activities that strengthen muscle and bone. Activities like skipping, running, dance, gymnastics and martial arts as well as games like tug-o-war and hopscotch help children grow strong bones and muscles.

To achieve additional health benefits, children should engage in more activity – up to several hours per day.

Children shouldn't spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

Break up long periods of sitting as often as possible.

Young People (13-17 years)

At least 60 minutes of moderate to vigorous physical activity every day is recommended. This can be built up throughout the day using a variety of activities. Incorporating variety provides a range of fun experiences and challenges, and provides an opportunity to learn new skills. Examples include:

- » Incidental activity replacing short car trips with a walk or bike ride.
- » Moderate activities like brisk walking, walking the dog, bike riding with friends, skateboarding and dancing.
- » Vigorous activities such as football, netball, soccer, running, swimming laps, mountain bike riding or training for sport.

For additional health benefits, try to include 20 minutes or more of vigorous activity at least three to four days a week.

Adults (18-64 years)

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

There are four steps for better health for Australian adults.

Together, steps 1-4 recommend the minimum amount of physical activity you must do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve best results, try to carry out all three steps and combine an active lifestyle with healthy eating. Step 5 is for those who are able, and wish, to achieve greater health and fitness benefits.

- » **Step 1** – *Think of movement as an opportunity, not an inconvenience. Where any form of movement of the body is seen as an opportunity for improving health, not as a timewasting inconvenience.*
- » **Step 2** – *Be active every day in as many ways as you can. Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving devices.*
- » **Step 3** – *Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days. You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.*
- » **Step 4** – *Do muscle strengthening activities on at least 2 days per week.*



- » **Step 5** – *If you can, also enjoy some regular, vigorous activity for extra health and fitness. This step does not replace Steps 1-4. Rather it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.*

In addition to the above steps, adults should minimise the time spent in prolonged sitting. Make a conscious effort to break up long periods of sitting.

Older Australians (65 years and older)

It's never too late to start becoming physically active, and to feel the associated benefits. "Too old" or "too frail" are not of themselves reasons for an older person not to undertake physical activity.

Most physical activities can be adjusted to accommodate older people with a range of abilities and health problems, including those living in residential care facilities.

There are five physical activity recommendations for older Australians:

1. Older people should do some form of physical activity, no matter what their age, weight, health problems or abilities.
2. Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.
3. Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.
4. Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.
5. Older people who continue to enjoy a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

Appendix B – Glossary and Definitions

Term	Definition
accessibility	the degree to which the greatest number of people have access to a location, facility, program, open space, and cycle and walk networks.
active living	incorporating physical activity into daily routines
active recreation	an activity requiring physical exertion for relaxation, physical health and wellbeing or enjoyment
active transport/ travel/ commuting	walking, cycling and public transport to get from one location to another for a particular purpose, for example, for a trip to the shops.
barrier	an obstacle (real or perceived) that prevents someone from accessing a service, facility or program and can include physical barriers as well as attitudinal, social and geographical.
body mass index / size	a measurement often used to indicate a weight range and classification. Body Mass Index, or BMI, is used as a screening tool for overweight or obesity.
built environment	man-made environment including buildings, streets, and other man-made structures.
compact developments	uses less land than traditional developments
conducive environments	physical characteristics that support and enable physical activity e.g. environments conducive to walking or cycling etc.
connected communities	neighbourhood with good street networks providing direct routes.
density	the levels of housing and/or population in a particular place
incidental activity	unstructured activity taken throughout the day, such as walking for transport, housework, and the performance of activities of daily living.
mixed land-use	includes a mixture of complementary land uses.
moderate-intensity physical activity	exercise that requires a moderate amount of effort and noticeably increases heart rate
monitoring	regular data collection activities that collect an in-depth snapshot of behaviours (e.g. physical activity, sedentary behaviour) or measures (e.g. body size, daily steps) in a population.
natural environment	all living and non-living things occurring naturally.
non-communicable diseases	a non-infectious chronic health condition, usually developing over a significant period of time, that can cause death, dysfunction or impaired quality of life.
outdoor recreation	physical activity in outdoors or natural settings, which provides opportunities to connect individually, in small groups or as a community to the outdoor environment.
physical activity	any bodily movement produced by skeletal muscles that requires energy expenditure.
physical education	the teaching of skills necessary to perform a variety of physical activities, maintain fitness and make decisions about engaging in physical activity as part of a healthy active lifestyle.
physical literacy	The motivation, confidence, physical competence, knowledge and understanding required to value and take responsibility for engaging in physical activity and sport for life.
public open space	Land set aside for public enjoyment and protection of unique, environmental, social and cultural values for existing and future generations. Functional space is provided to accommodate sport, nature and recreation functions for the community.
prevalence	number of proportion of individuals in a community with a given condition and is usually expressed as a percentage.
risk factor	something that can increase a person's chances of developing a disease.
sedentary lifestyle	little or no physical activity incorporated into everyday life. Includes prolonged time spent sitting or lying down.
sport	an activity involving physical exertion and skill as the primary focus, with elements of competition (e.g. rules)
strength / resistance training	a form of physical activity designed to improve muscular fitness by exercising muscles or a muscle group against external resistance. Free weights (e.g. dumbbells), machines, or the person's own body weight are common methods of external resistance.
surveillance	ongoing data collection to provide trend data and document change over time.
travel demand	a variety of initiatives that address transport demand and change user's modes of transport, time of travel or amount of travel
urbanisation / sprawl	the spread of urban areas outwards of a city into its outskirts and into rural lands.
vigorous-intensity physical activity	exercise that requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.
walkability / bikeability	a guide to how easy it is to walk or cycle in an area e.g. quality of paths, safety etc.

Appendix C – References

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