

Increasing active living



Active living is an important part of everyday life. It helps to protect against obesity and disease and supports mental wellbeing in our community.

Research shows only half of the Manningham adult population meet the Australian Physical Activity Guidelines, and almost one in five people engage in no physical activity each week.

Physical activity

The Australian Physical Activity Guidelines detail the recommended levels of physical activity to support health and wellbeing for different age groups.

The Guidelines recommend the following for 18 to 64 year olds:

- 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.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least two days each week.



Interpreter service **9840 9355**
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In 2017, approximately half the Manningham population met the guidelines for physical activity. This was an increase from 2014. The Guidelines were revised in 2014 which may explain the significant difference between 2011 and 2014 survey results.

During the period 2011 to 2017, changes in Manningham’s performance aligned closely with those in the broader Victorian community as illustrated below in **Figure 1. Meeting physical activity guidelines**

Manningham – Meeting Physical Activity Guidelines



Source: Victoria Population Health Survey 2011, 2014 and 2017

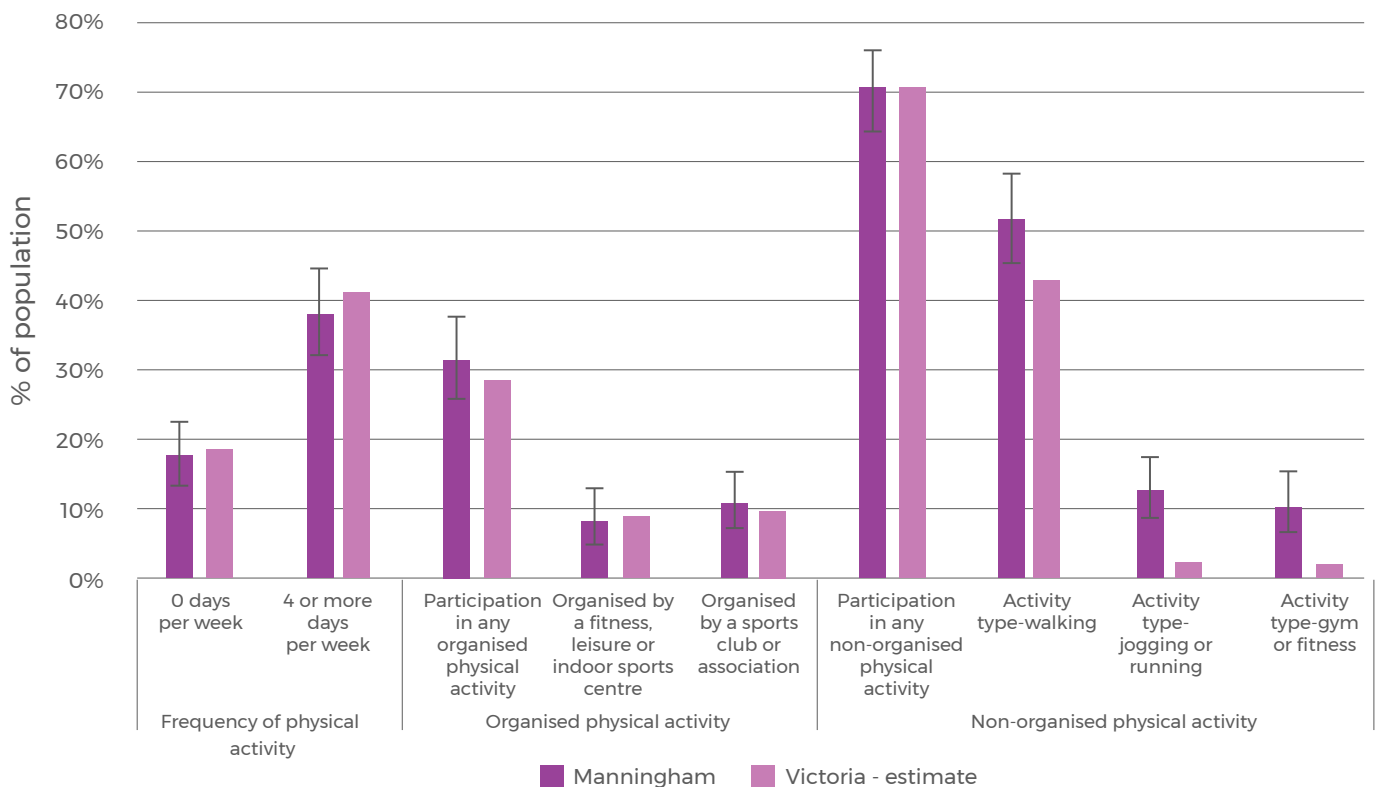
In 2017, there was no significant difference between the proportion of men and women who met physical activity guidelines (42.9% to 62.8% men; 38.4% to 56.8% women).

In 2015, Victorians with disability were 40% less likely to be physically active than people without disability. The gap widens with age: 18 to 34 year olds are 20% less likely; 35 to 64 year olds are 30% less likely; 65+ year olds are nearly 50% less likely (*VicHealth Indicators Survey 2015 supplementary report – disability*)

In terms of the type of physical activity undertaken, the preferences of Manningham residents align broadly with the wider Victorian experience. However, of note are the higher rates of walking, jogging or running, and gym or fitness compared to the Victorian average. Nevertheless, almost 1 in 5 Manningham residents engaged in no physical activity each week which was consistent with the Victorian average, as illustrated on the following page in **Figure 2. Type of physical activity**.

44% of LGBTQIA+ Victorians report feeling the need to hide their sexuality or gender identity in public which may impact participation rates in sporting clubs which do not understand LGBTQIA+ inclusivity (*Victorian Discussion Paper for the LGBTIQ Strategy*).

Manningham - Type of Physical Activity



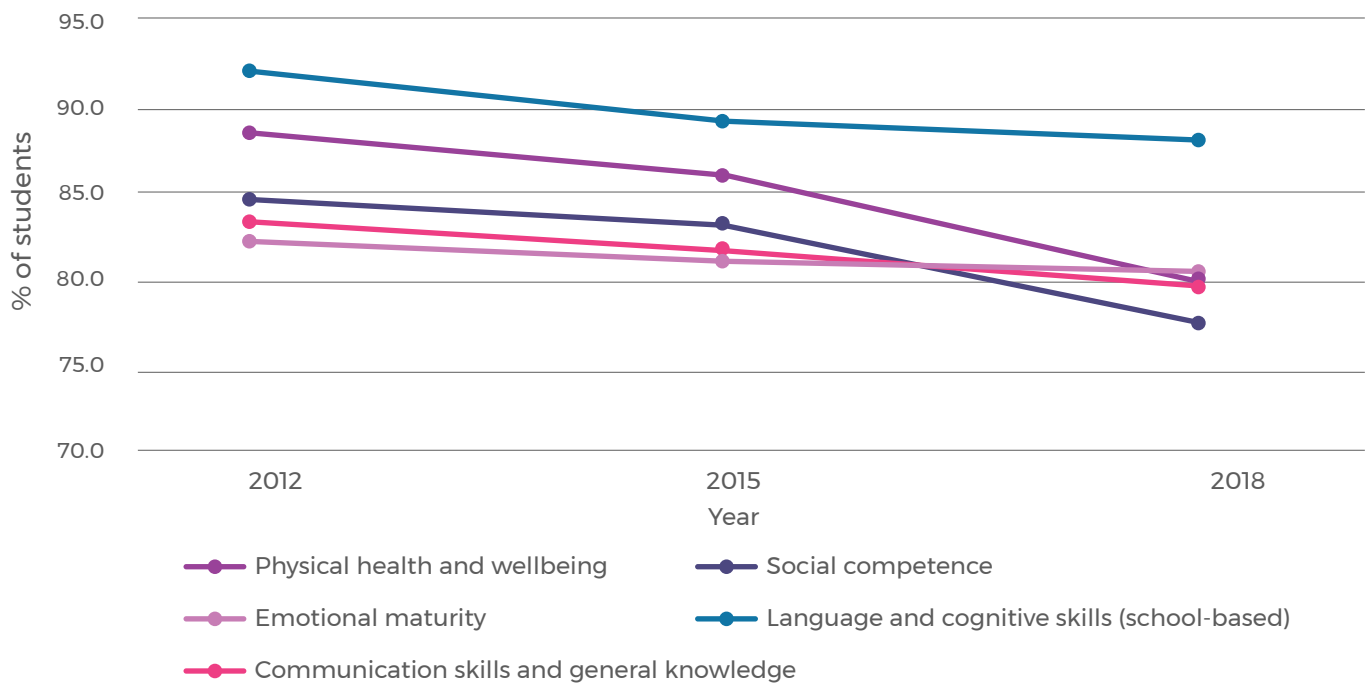
Source: VicHealth Indicators Survey 2015

The Australian Physical Activity Guidelines for Children and Young People (5 to 17 years old) recommend accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.

Important to note:

- In the period 2012 to 2018, the percentage of Manningham students commencing primary school whose physical health and wellbeing was on track declined from 88.5% to 77.8%. See **Figure 3. Australian Early Development Index - Manningham students (per cent) “on track”** on the following page.
- In the period 2014 to 2018, in the Inner Eastern Melbourne region, only one in every four young people did the recommended amount of physical activity every day, consistent with the Victorian average (*Victorian Student Health and Wellbeing Survey, 2014, 2016 and 2018*).

Australian Early Development Index (AEDI) - Manningham students "on track"



Source: Australian Early Development Index

Perceptions of safety

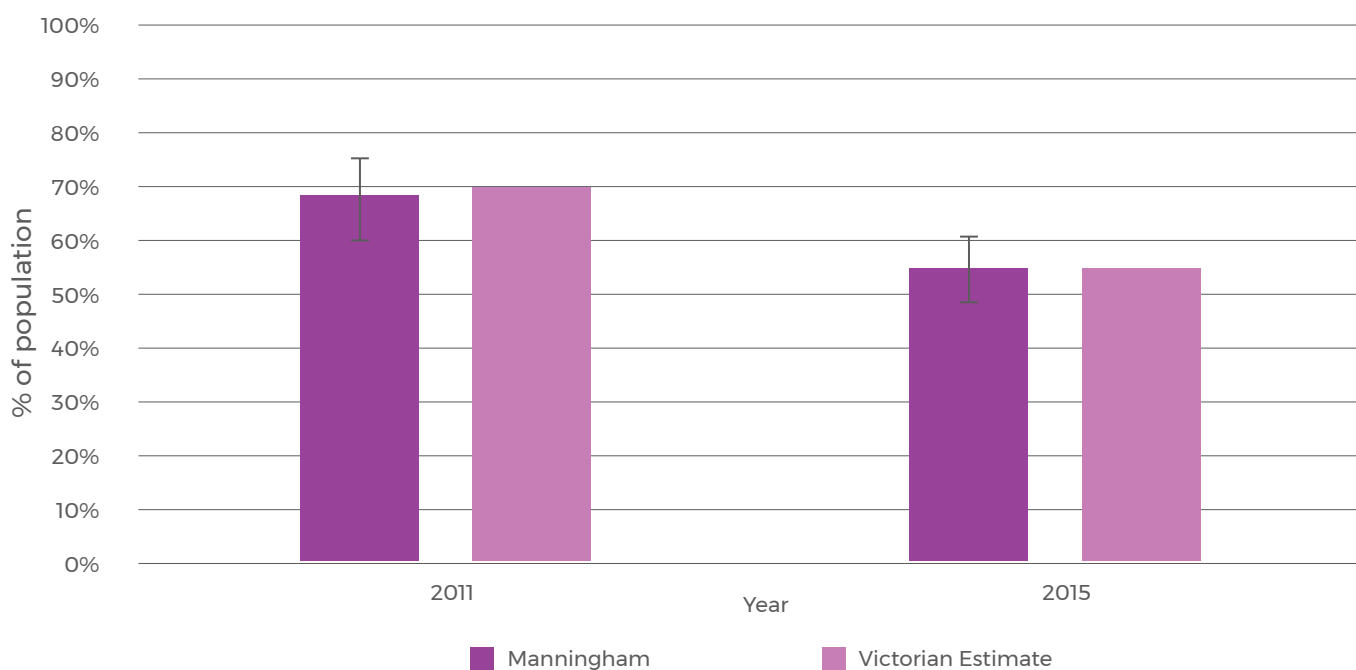
A number of barriers exist which may influence physical activity levels, including perceptions of safety. The vast majority of Manningham residents feel safe walking alone during the day (2015 - 91.8%) in line with the Victorian estimate. However, fewer people in both Manningham and Victoria felt safe in 2015 than was the case in 2011, as illustrated below in **Figure 4. Perceptions of safety walking alone during the day.**



Source: VicHealth Indicators Survey, 2011 and 2015

In 2015, 55.3% of Manningham residents reported feeling safe walking alone after dark, down from 68.7% in 2011 as illustrated below in **Figure 5. Perceptions of safety walking alone after dark.**

Perceptions of Safety - Feel safe walking alone after dark



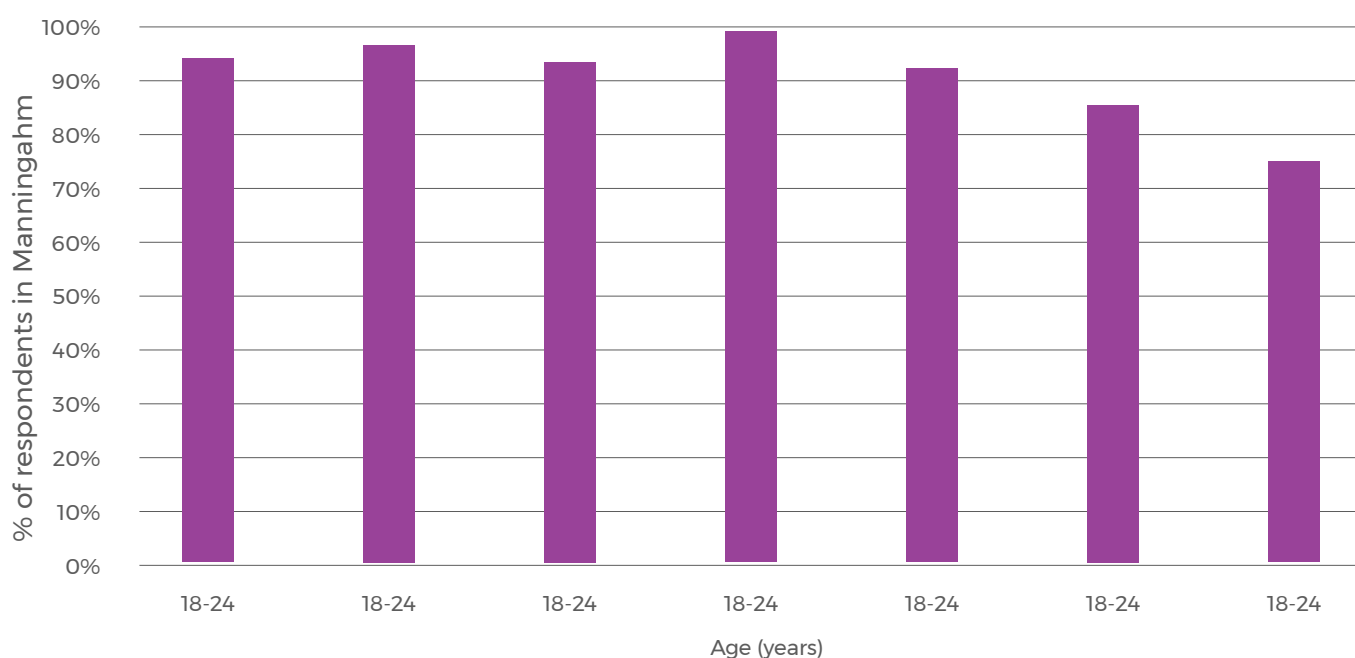
Source: VicHealth Indicators Survey, 2011 and 2015

Perceptions of safety differ significantly based on gender. In 2015, 86.8% of women felt safe walking alone during the day, whilst only 29.7% felt safe walking alone after dark. For men, the figures were 97.3% and 83.1% respectively.

Victorians with a disability are only half as likely to feel safe walking alone during the day compared to Victorians without disability (*VicHealth Indicators Survey 2015 Supplementary Report: Disability*).

People aged less than 65 years are more likely to feel safe walking alone during the day (92% to 99%). Older people are less likely to feel safe, with 1 in 4 people aged 75+ years not feeling safe walking alone during the day as illustrated overleaf in **Figure 6. Feel safe walking alone during the day by age.**

Feel safe or very safe walking alone during the day (2015)

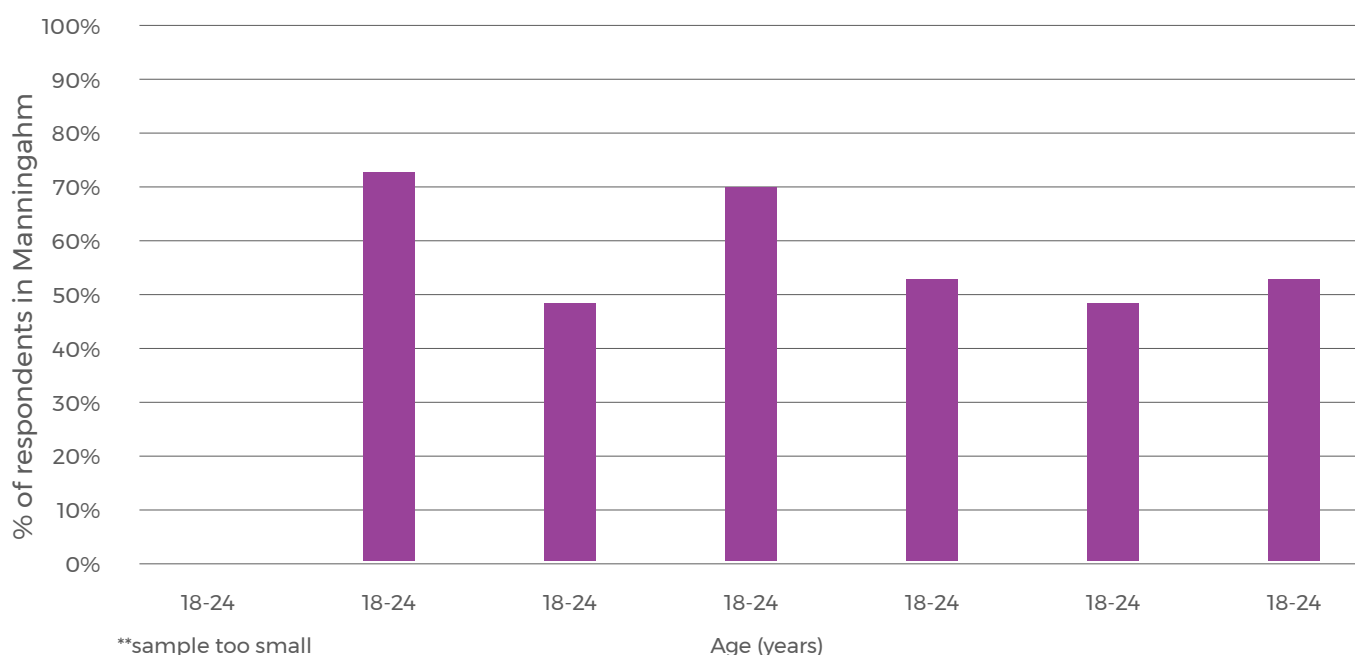


Source: VicHealth Indicators Survey, 2015

After dark, around half of people aged 35 to 44 years and 55+ years feel safe walking alone, whilst around 70% of those aged 25 to 34 and 45 to 54 feel safe as illustrated below in **Figure 7. Feel safe walking alone after dark by age.**

Victorians with a disability are one-third less likely to feel safe walking alone after dark, compared to Victorians without a disability (*VicHealth Indicators Survey 2015 Supplementary Report: Disability*).

Feel safe or very safe walking alone after dark (2015)



Source: VicHealth Indicators Survey, 2015

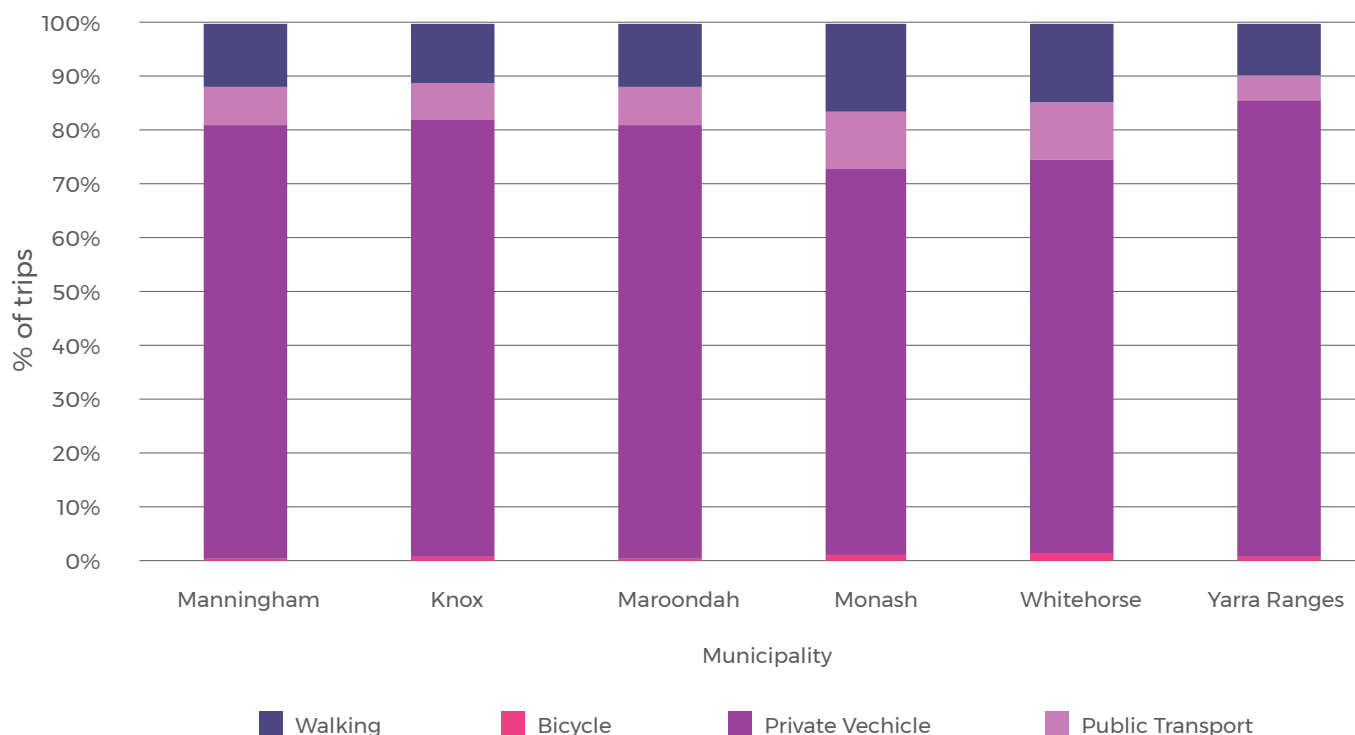
In 2015, there was no significant difference in perceptions of safety between LGBTQIA+ people in Victoria and the wider community (*VicHealth Indicators Survey 2015 Supplementary report: Sexuality*).

Active and public transport

Weekdays

In 2018, almost 1 in 5 weekday trips (19.4%) by Manningham residents involved public or active transport. This figure increased from 16.8% in 2010 and 18.5% in 2016 primarily due to more walking trips. Private vehicle use accounted for 80.6% of all weekday trips in Manningham, which was broadly consistent with other municipalities in the Eastern Metropolitan Region as illustrated below in **Figure 8. Transport mode share - weekdays (2018)**.

Transport Mode Share - Weekdays (2018)



Source: Victorian Integrated Survey of Travel and Activity 2018

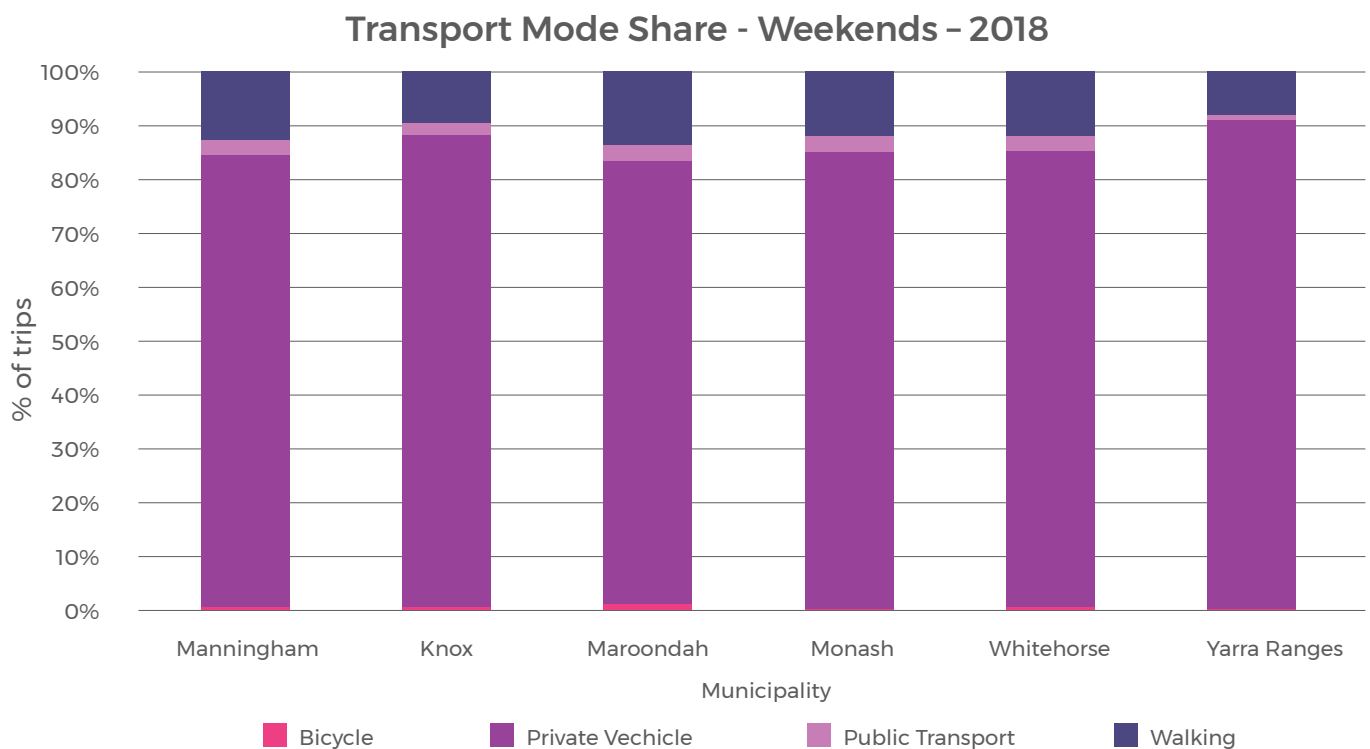
Over the period 2010 to 2018, the weighted average distance and time of trips for each weekday transport mode in Manningham remained fairly static, with walking trips generally being around 1km and 15 minutes duration, and bicycle trips around 5km and 30 minutes duration. Public transport trips are around 16km and take around an hour, most likely commuting to the city, as illustrated on the next page in **Table 1. Average weighted distance and time of weekday trips by transport mode.**

Transport Mode	Year	Weighted Average Distance (km)	Weighted Average Time (minutes)
Walking	2010	0.9	13
	2016	1.2	18
	2018	1.1	16
Bicycle	2010	8.9	30
	2016	4.2	33
	2018	5.1	31
Public Transport	2010	15.7	55
	2016	16.9	61
	2018	16.1	59
Private Vehicle	2010	8.4	19
	2016	9.4	21
	2018	9.0	21

Source: Victorian Integrated Survey of Travel and Activity 2010, 2016 and 2018

Weekends

In 2018, 15.7% of weekend trips by Manningham residents involved active or public transport. This figure increased from 12.8% in 2010 and 14.3% in 2016 primarily due to more walking trips. Private vehicle use accounted for 84.2% of all weekend trips in Manningham, which was broadly consistent with other municipalities in the Eastern Metropolitan Region as illustrated below in **Figure 9: Transport mode share - weekends (2018)**.



Source: Victorian Integrated Survey of Travel and Activity 2018

Over the period 2010-2018, the weighted average distance and time of weekend trips for active and public transport modes in Manningham has varied considerably. Walking trips appear to be increasing in distance and duration (2010: 0.9km, 12 minutes; 2018: 1.4km, 19 minutes). Public transport trips are roughly equal in both distance and duration to weekday trips, suggesting people continue to use it to visit the city as illustrated below in **Table 2. Average weighted distance and time of weekend trips by transport mode.**

Transport Mode	Year	Weighted Average Distance (km)	Weighted Average Time (minutes)
Walking	2010	0.9	12
	2016	1.4	18
	2018	1.4	19
Bicycle	2010	1.1	6
	2016	7.6	60
	2018	4.5	25
Public transport	2010	12.5	44
	2016	15.4	68
	2018	15.2	64
Private vehicle	2010	11.8	19
	2016	11.6	22
	2018	10.8	21

Source: Victorian Integrated Survey of Travel and Activity 2010, 2016 and 2018

WHAT'S HAPPENING AT A NATIONAL, STATE AND LOCAL LEVEL

National approach

The *Australian Movement Guidelines* provide advice on movement and sedentary behaviour for early years, children and young people, adults and older people and families. The guidelines are periodically reviewed and updated based upon global best practice, with a particular focus on the relationship between physical activity, sedentary behaviour and health outcome indicators including the risk of chronic disease and obesity.

Sport 2030 outlines the Australian Government's vision "*to be the world's most active and healthy sporting nation, known for its integrity and sporting success*". One of its aims is to reduce inactivity amongst Australians by 15% by 2030 through the following ways:

1. Drive movement for life through sport and physical activity participation for all Australians.
2. Ensure all Australian children have the skills, confidence and motivation to be active for life and safe in the water.
3. Reduce barriers to sport and physical activity participation, including swimming and actively promote incentives for participation.
4. Coordinated investment in sport and recreation facilities to achieve sustainable outcomes for communities, with a focus on universal design to ensure sport is accessible to all Australians.

The Australian Government also has a range of targeted programs such as Girls Make Your Move.

State approach

This priority has been designated a focus area in the Victorian Public Health and Wellbeing Plan 2019-2023.

At a Victorian level, the policy focus is on improving neighbourhood and precinct planning to create accessible and adaptable spaces for active living; supporting sport and recreation in the community; and, increasing active transport.

The Victorian Government's Achievement Program supports workplaces, schools and early childhood services to create healthy places for working, learning and living. Active living is a priority of the program.

1. Plan Melbourne 2017-2050 is a long-term plan for ensuring the city grows more sustainable, productive and liveable. Outcome 3 of the Plan focuses on the development of an integrated transport system that connects people to jobs and services and goods to market. Key directions under this outcome include improving local travel options (walking, cycling, public transport) to support 20-minute neighbourhoods and supporting cycling for commuting.
2. Active Victoria – A strategic framework for sport and recreation in Victoria 2017-21 focuses on meeting demand through investment in sports and recreation infrastructure, along with support for broader and more inclusive participation in sport, and active recreation.
3. Victorian Cycling Strategy 2019-2028 supports planning and investment to get more people cycling to work, school, public transport and shops. It focuses on investing in a safer, lower-stress, better-connected cycling network and on making cycling a more inclusive experience.

In 2014, the Victorian Government established an Inquiry into Women and Girls in Sport and Active Recreation to understand why women had a lower participation rate and what options are available to increase participation rates. In response to the Inquiry's findings, the Government established the Office for Women in Sport and Recreation and the Change our Game initiative which is focused on strengthening leadership, culture, showcasing achievement and funding to increase participation.

Local approach

Council Vision: A liveable and harmonious city

Mission: A financially sustainable Council that listens, consults and acts with integrity, value and transparency.

The Manningham Council Plan 2017-2021, includes a number of goals and action areas relating to active living:

1. A healthy, resilient and safe community – delivery of local initiatives to support healthy lifestyles through life-long learning, volunteering, recreation and safe choices,
2. Well connected, safe and accessible travel – public transport and active options,
3. Well planned and maintained roads, pathways and transport infrastructure, improved sustainable transport options to reduce congestion, and pursuit of the 20-minute neighbourhood as envisioned in Plan Melbourne.

The Healthy City Strategy 2017-2021 identifies active living as an action area to make it easier to engage in recreation and be physically active. It includes the target of a 20% increase in sufficient physical activity prevalence among adolescents by 2025 (2014 baseline).

Manningham's Active for Life Recreation Strategy 2010-2025 (reviewed 2019) provides the foundation for investment and program development for sport and recreation in the municipality. Key elements of the strategy include

1. The provision of flexible, multi-use and durable spaces for recreation
2. Inclusion and capacity building
3. Collaboration and partnerships

Manningham's Bicycle Strategy 2013 outlines the approach to cycling infrastructure, bicycle facilities, community education and cycling promotion programs.

Walk Manningham Plan 2011-2020 is designed to get more people walking to more places, more often. The Open Space Strategy 2013-2023 sets out priorities and guidelines for the protection, development and use of all public open space in Manningham to support a healthy community and environment. The Strategy includes details on 313 open spaces in Manningham.

While this data reflects many aspects of our community, we recognise that it is not comprehensive and does not reflect everyone's experience in Manningham. We commit to identifying these gaps and seeking data, as it becomes available, to fill them. If you are aware of data, not included here, that better reflects your community, please email manningham@manningham.vic.gov.au with the subject heading 'new data information'.