



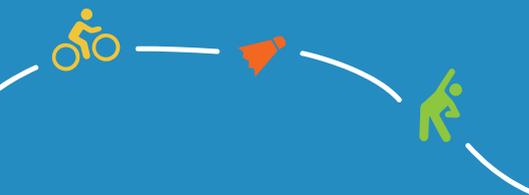
## Make Your Move Physical Activity Strategy 2020–2030 Discussion Paper – Summary

Participating in regular physical activity and limiting the amount of time we are not moving is great for your health. The City of Greater Dandenong is developing a new strategy to encourage people to move more, eat and live more healthy and active lives.

*The Make Your Move Physical Activity Strategy 2020–2030* will guide services, programs, resources and infrastructure to ensure community participation in physical activity.

Council recently undertook extensive consultation and research activity to find out how active our community are, what prevents them from being active and how Greater Dandenong compares to the rest of Victoria.

The results have been fed into the discussion paper which provides the first step in developing a strategy that will encourage a healthier and happier community through physical activity.



Developing and maintaining physical literacy helps individuals feel competent and skilled in fundamental skills and ABCS (agility, balance, coordination and speed) which supports them in their work-related activities and daily living activities.

– Loitz, C. (2013), The importance of Lifelong Physical Literacy. Alberta Centre for Active Living. University of Alberta, Edmonton, AB, USA.

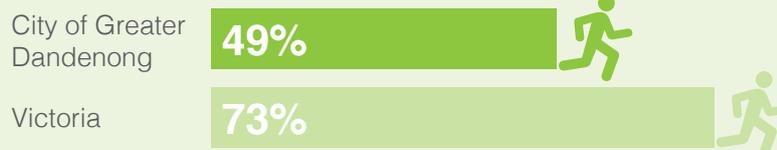


## Why is Making Your Move important?

- Physical activity is fun, reduces stress and makes you feel happier.
- It can reduce obesity-related illnesses, diabetes and cardio-vascular disease.
- For children and young people participating in sport is a way to make social connections, build physical literacy and provide a positive escape from the day to day challenges.

## Key Findings

### Who meets Australian physical activity guidelines?



– CGD Sport & Active Recreation Participation Survey (2019)

**30 minutes**

The Australian Physical Activity and Sedentary Guidelines state that people should do at least 30 minutes of activity per day of moderate to vigorous exercise.

– Australian Physical Activity and Sedentary Behaviour Guidelines. Australian Government

**68%** of Victorian adults are overweight or obese.

**1 in 4** children are overweight or obese.

– Victorian Public Health and Wellbeing Plan 2019–2023. (2019). Victorian Government.

### The main barriers to participating in physical activity:

- Lack of information, communication and marketing
- Affordability
- Lack of time or motivation
- Safety concerns

– CGD Sport & Active Recreation Participation Survey (2019)

“Physical Activity participation by Australian’s is becoming increasingly passive. Australians need to put down the remote control and mobile devices and head outdoors for a half-hour walk.”

– Dr David Hughes, AIS Chief Medical Officer.

## Greater focus needed on Active Living, Active Recreation and Active Transport and Social Sport

Most Flexible, least structured  
Participate individually or with others





Victorians' involvement in physical activity makes us healthier. Increasing the rate of physical activity by 10% has been estimated to reduce physical-inactivity-related deaths by 15% and new cases by 13%.

– VicHealth, 2016, Physical activity and Sedentary behaviour.



**72%**

of participation is in non-organised sport in Greater Dandenong.

– CGD Sport & Active Recreation Participation Survey (2019)



**32.7%**

of CGD residents do no physical activity per week compared to 18.9% in Victoria.

– VicHealth Indicators Survey (2015)



## As a community what do we need to do to improve health outcomes for the Greater Dandenong community and get people moving?

- ✓ Focus on Active Living, Active Recreation, Active Transport and Social Sport.



- ✓ Encourage participation and activation. We have to get the less active, active.
- ✓ Education and Information is critical, for the community to know how, why, where and when they can be active.
- ✓ Create environments that make it easy for people to be physically active.

### The way people participate in physical activity is changing due to:



Increasingly busy and time-fragmented lifestyles.



A desire for greater flexibility about when and how people access physical activity opportunities.



The increasing cost of participating in organised sport.



The large amount of different physical activity options available.



The lack of health and physical literacy amongst community, particularly migrant and refugee communities.

Least flexible, most structured  
Participate with others (as individual or part of a team)

**Social Sport**

**Traditional Sport**

**Elite Sport**

**Examples:** Entry level programs (e.g. Aussie Hoops, Auskick), social programs (e.g. Rock up Netball), mass participation (e.g. fun runs)

**Examples:** Structured tennis competition, local Aussie football leagues or local cricket associations.

**Examples:** AFL, state representation, National championships, Olympic Games



People who use public transport on average spent 41 minutes walking and/or cycling as part of their travel on that particular day.

– Bus Association of Victoria 2010

Children who are engaged in physical activity have improved cognitive development, are more attentive at school, and achieve better academic results.

Too many Australians, young and old, are leading increasingly sedentary lives and are missing out on the multitude of benefits that come from participating in Physical Activity.

– Preventative Health Taskforce 2009, Australia: The Healthiest Country by 2020, Commonwealth of Australia, Canberra, ACT



To review the discussion paper in full and provide feedback please visit:

[greaterdandenong.com/makeyourmove](http://greaterdandenong.com/makeyourmove)

Feedback is welcome until the 28 February 2020.



Physical Activity provides economic development opportunities to governments, business and the community, with every dollar spent on Physical Activity returning \$7 of total benefits to Australia.

– The Boston Consulting Group, Intergenerational Review of Australian Sport 2017. Australian Sports Commission.



## How can you make your move?

You don't have to climb a mountain, or join a gym. You just have to get up, get moving and give your health and happiness a fighting chance.

Here are some great ideas for getting active:



Catch up with friends and go for a walk.



Take the kids to the park.



Take the stairs and not the elevator.



Get outdoors and do some gardening.



Go dancing.



Get your heart racing with a fitness video on Youtube.



Walk to work or walk to public transport.