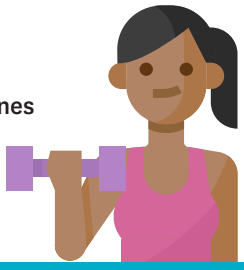
Active Community

Physical activity

51% of adults meet physical activity guidelines
COMPARED TO 50.9% FOR VICTORIA



46% of women meet the guidelines
COMPARED TO 49% FOR VICTORIA



57.6% of men meet the guidelines
COMPARED TO 52.8% FOR VICTORIA



24.6% of adults sit for at least 7 hours or more per week day
COMPARED TO 26.6% FOR VICTORIA

Walking, cycling and public transport



Walking is the most popular non-organised physical activity

53.7% participated in walking

10% participated in jogging

7.6% participated in cycling



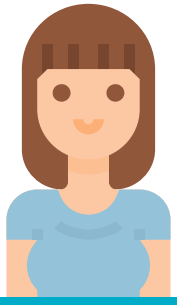
76.3% travel to work by car
COMPARED TO 65.8% FOR VICTORIA



5.9% travel to work by public transport
COMPARED TO 12.4% FOR VICTORIA



1.6% walk or cycle to work
COMPARED TO 4.4% FOR VICTORIA



87% feel safe walking alone in their local areas during the day
COMPARED TO 93% FOR VICTORIA

46% feel safe walking alone in their local areas at night
COMPARED TO 55% FOR VICTORIA

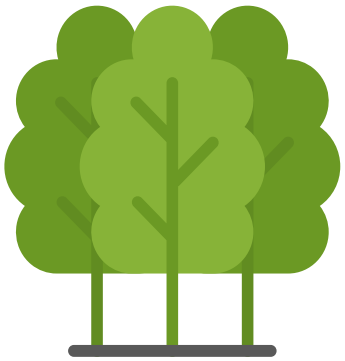
In Frankston City:

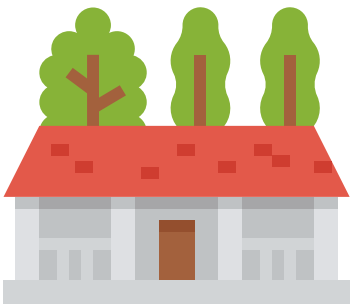
936km of pedestrian footpaths

59km of shared pathways

Open space, parks and reserves

16.2% of Frankston City is open space





50.6% of households are within walking distance (400 metres) of a large open space
SIMILAR TO GREATER MELBOURNE

In Frankston City:

400 parks

55 nature reserves

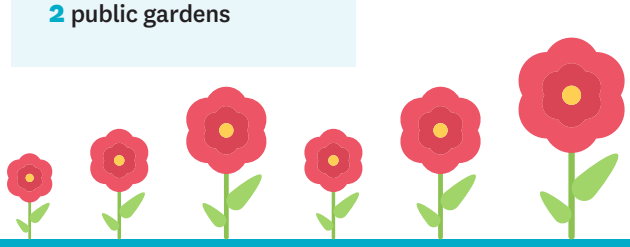
33 recreation reserves

129 playspaces

11km of shoreline

2 public gardens





Frankston City

Frankston City Health and Wellbeing Community Profile

These statistics have been sourced from a number of datasets, and comprise the most currently available data at the time of printing. To view the full Frankston City Health and Wellbeing Community Profile 2021, please visit our website.

1300 322 322 **www.frankston.vic.gov.au/healthandwellbeing**

Active Community

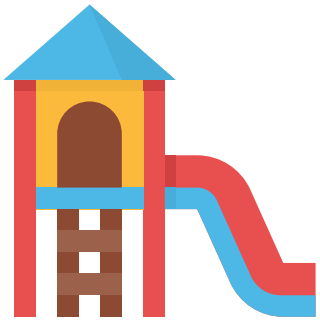
Impact of COVID-19



Walking, running and cycling significantly increased in Victoria during 2020 due to the COVID-19 pandemic restrictions

81% of Victorians reported limited activity during the first wave

But **70%** reported visiting public parks and recreation areas





Participation in sports and recreation

The top 3 activities for sport club participation in Australia:



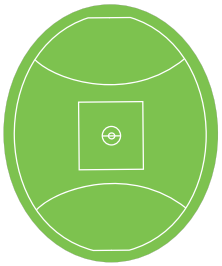
Swimming



Basketball



AFL

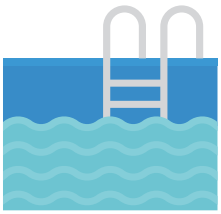


In Frankston City:

- **100** sports clubs
- **30,000+** sport club members
- **75** sporting pavilions
- **43** sports ovals



14.9%
of people aged four years and up participated in club-based sports
COMPARED TO 13.4% FOR VICTORIA



75%
of residents are very satisfied with our sports ovals and aquatic and leisure centres



Our community reported the following as key barriers to participation:

- Too expensive – **39%**
- Lack of facilities – **29%**
- Distances too far to travel – **18%**
- Feeling unsafe or unwelcome – **13%**

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