

# National Physical Activity Guidelines Awareness Survey

Peninsula Leisure is on a mission to help More People in Frankston, get More Active, More Often.

We conducted a community survey to benchmark awareness of the National Physical Activity Guidelines among Frankston residents. With no existing local data, this survey establishes a baseline for understanding Guideline awareness, physical activity behaviours, and the barriers residents face to achieving a healthier lifestyle. Thank you to our partners who assisted in distributing our survey to their networks, and to all respondents for participating.

## Who completed our survey

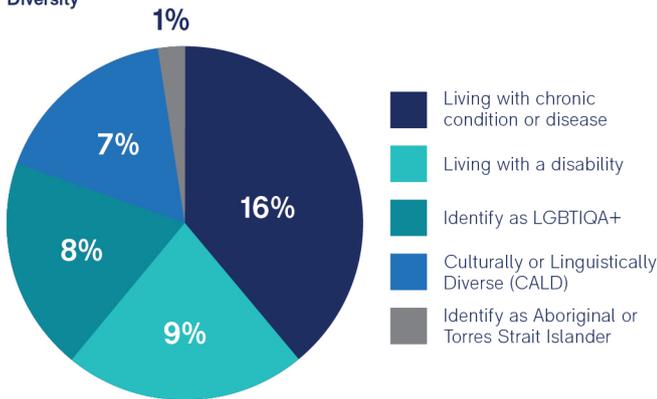
# 216

Respondents

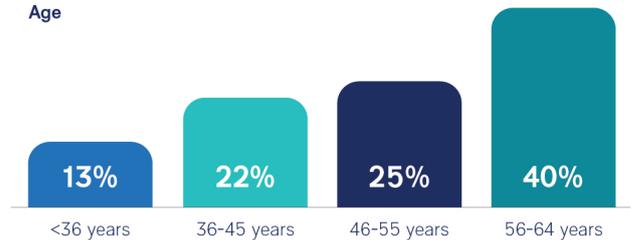
### Gender



### Diversity



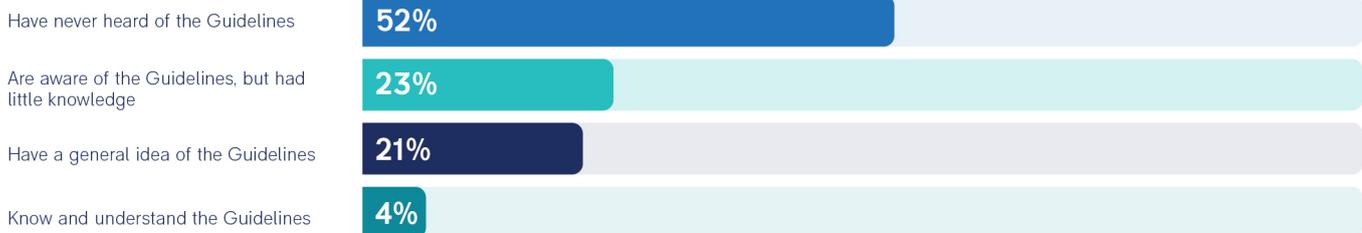
### Age



## Survey Findings

### Awareness of National Physical Activity Guidelines

Awareness of the Guidelines within the Frankston community is low.



### Current Physical Activity Levels

A higher proportion of our survey respondents reported meeting the Guidelines compared to the Victorian population.

This result could be due to the fact that we engaged with some of our current community who are already active.

# 41%

Survey respondents reported meeting the Guidelines.

# 35%

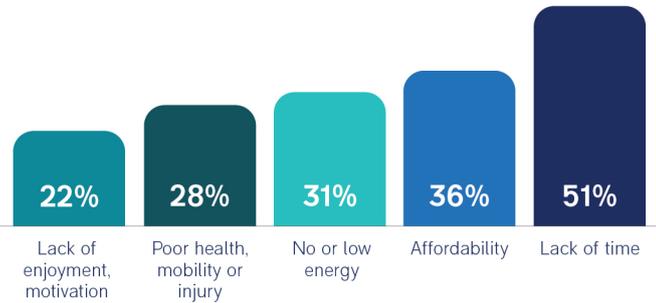
Victorians meet the Guidelines, according to the Victorian Population Health Survey 2023

# Survey Findings (continued)

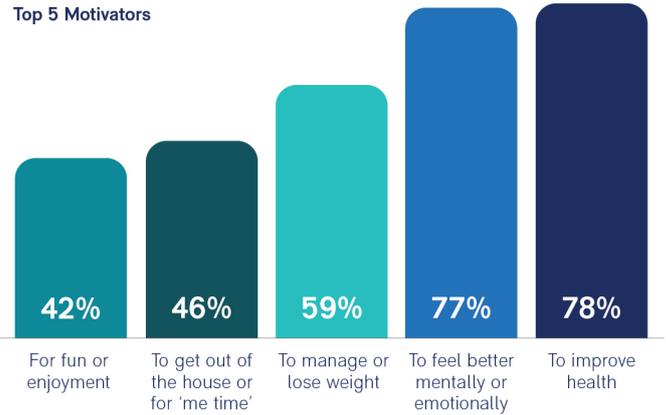
## Barriers, Enablers, Motivators and Triggers to Physical Activity

While many residents are motivated to be active, a combination of time pressures, financial constraints, and low energy levels often prevent them from participating in regular physical activity. Our findings indicate strong health-related motivations for physical activity, along with practical elements that help people get started and follow through.

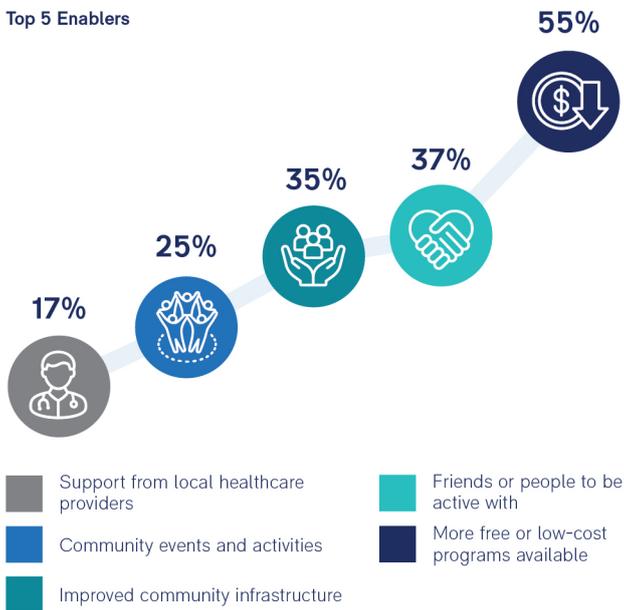
Top 5 Barriers



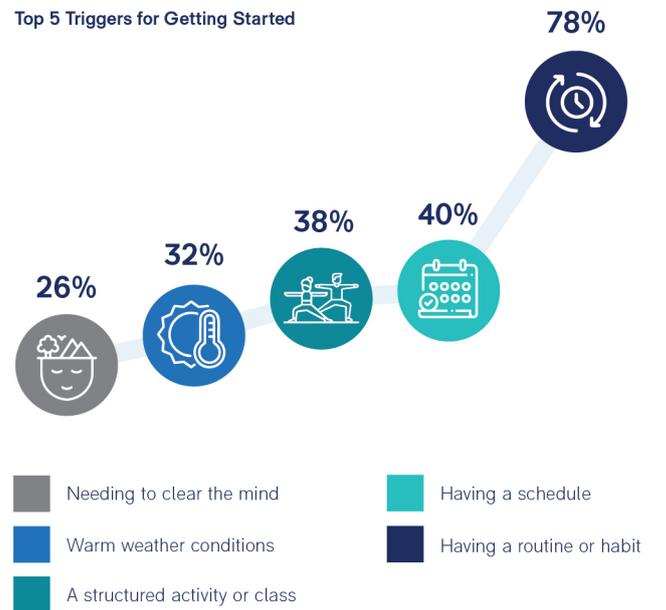
Top 5 Motivators



Top 5 Enablers

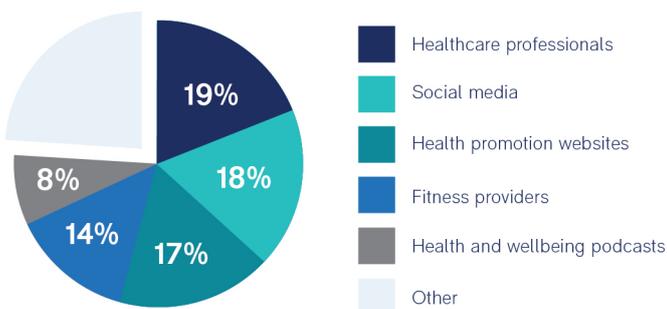


Top 5 Triggers for Getting Started



## Sources of Health and Wellbeing Information

Respondents primarily rely on trusted professionals for their information around health and wellbeing, and digital platforms, play a growing role.



## Our mission is to help Frankston be more active more often, with our weekly activity formula for better health: 30-20-2.

These survey results have assisted us to create a 30-20-2 Digital Hub to simplify the Australian National Physical Activity Guidelines and help you take action to be more active and healthier overall – one step, pedal or stretch at a time.

Follow the QR code to visit the 30-20-2 Digital Hub.

