

What Australia Wants

Living locally in walkable neighbourhoods



2020/21



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Introduction

The Heart Foundation's *What Australia Wants* survey measured consumer need and aspiration about the type of neighbourhood and community Australians would like to live in.

We surveyed 2,895 people for their opinion on what makes a healthy neighbourhood and what features matter most when deciding where to live.

The data gathered from the survey illustrates the importance Australians attach to what they want and need close to home. This survey has gathered community sentiment on what makes neighbourhoods desirable, liveable and healthy. We have framed this work in accord with the Heart Foundation's Healthy Active by Design framework.

This research also illustrates the extent to which healthy neighbourhood elements influence Australians' decisions about where to live, how they prioritise those elements and the importance of, and ease of being physically active in their neighbourhood.

Survey specs

Total weighted sample: n=2,895 Australians aged 18+

NSW: n=619 (Sydney n=388)

VIC: n=618 (Melbourne n=482)

QLD: n=456 (Brisbane n=244)

WA: n=357 (Perth n=275)

SA: n=299 (Adelaide n=211)

TAS: n=274 (Hobart n=133)

ACT: n=217

NT: n=55

Sample weighted to be nationally representative of the population on age, gender and location.

Survey in-market

15th August – 7th September 2020.

Methodology

15-minute online survey

Sample sourced from research only panel
LightSpeed

Research objectives

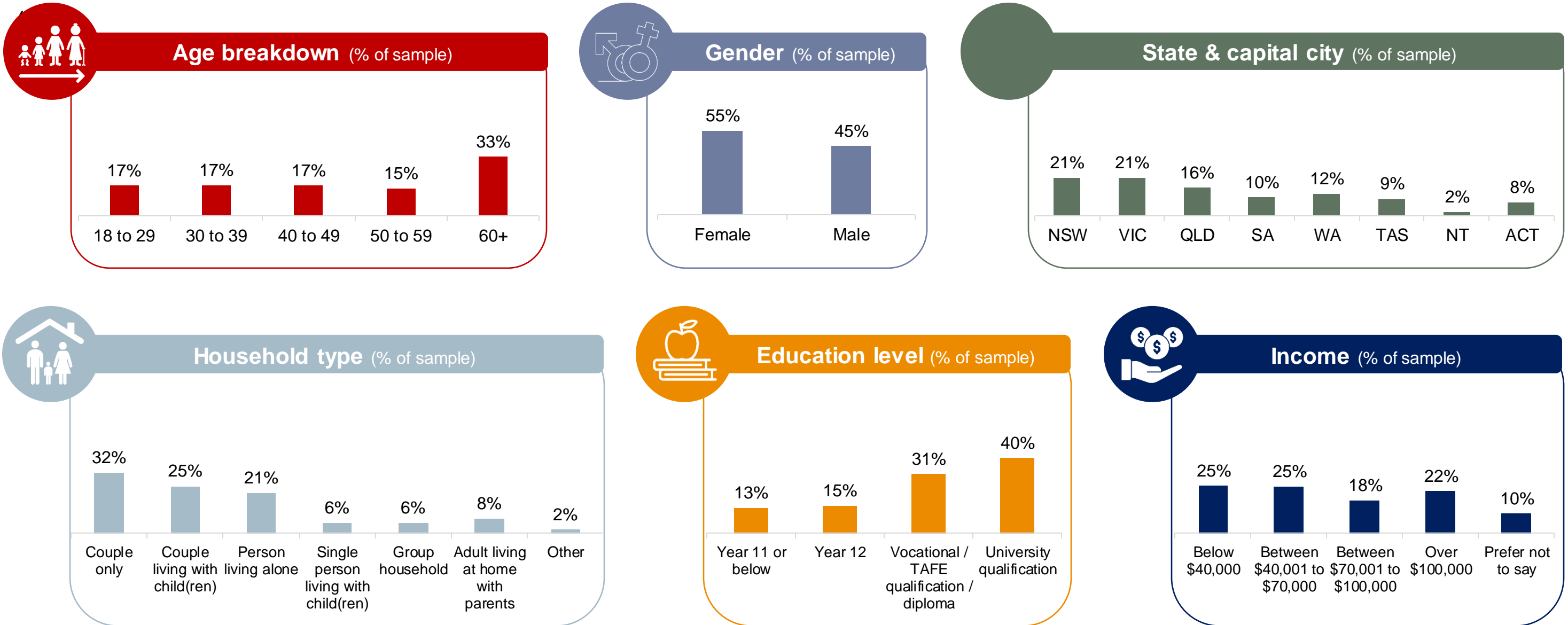
**What matters most to
Australians when
deciding where to live**

**Whether healthy
neighbourhood design
influences Australians
decisions about where
to live**

**To understand how
Australians rate healthy
design features in their
current neighbourhood /
area and whether these
help or hinder their
physical activity**

**How Australians feel
their neighbourhoods
could be redesigned
to support more
physical activity**

Respondent demographic profile



S1. To begin with could you please confirm your age?, S2. And are you?, S3. Where do you live?, QC1. Which of the following best describes your household structure?, QC3. What is the highest level of education that you have completed?, QC7. Which of the following best describes your TOTAL GROSS ANNUAL HOUSEHOLD INCOME from all sources?
Base: All respondents (unweighted) n=2,904

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Summary:

Summary of findings across all sections of the research.



Summary:

What do Australians want?



- Where we live, work, play and learn is directly associated with our health and wellbeing, as individuals, families and communities.
- Living locally means having the places and things you need regularly near to where you live, and ideally within walking or cycling distance.
- Australians have a hierarchy of needs when it comes to where they live.
- Housing is top of mind for most Australians. The right type of house, in the right type of area is an underlying need (rather than a want) for those surveyed.
- Significantly, Australians want to be close by to the places that they require daily.
- What do Australians want? The healthy neighbourhood elements that rank the highest include:
 1. Daily amenities close by (e.g. fresh food, shops, services, transportation);
 2. A sense of safety; and
 3. Outdoor and open spaces near to home.

Summary:

Active communities



- Australians surveyed said that cycling routes, traffic calming measures and sports facilities are suboptimal, with more than a third rating these as fair / poor, or that their area does not have the feature at all.
- Most Australians feel that it's important to be able to be active in their local area, primarily because:
 - they feel it provides them a sense of belonging and safety,
 - they enjoy being outdoors, and
 - because it's good for their health and wellbeing.
- To be more active in their neighbourhoods, this survey found that Australians want:
 - more walking and running trails,
 - more sports and recreational facilities, and
 - improved safety in streets and public spaces.

Summary:

Physical activity

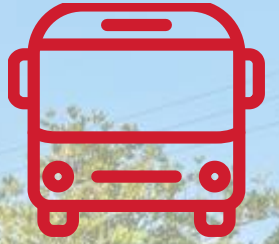


- Most Australians agree that physical activity is good for their overall health and wellbeing, with more than nine in 10 Australians at least somewhat agreeing that physical activity benefits health and wellbeing.
- Only a quarter of Australians were able to accurately name three benefits of physical activity unprompted, when asked in what ways they think physical activity can benefit their health.
- The most mentioned benefits were being good for one's mental health, or for weight loss / keeping to a healthy weight, while just over a quarter of people mentioned that physical activity is good for your heart / cardiovascular health.
- When prompted, over nine in 10 Australians agreed that physical activity could reduce their risk of heart disease, with almost six in 10 strongly agreeing.

This suggests that while Australians know they should be physically active, the reasons for doing so are not top of mind - a possible rationale for why most Australians do not meet the National Physical Activity Guidelines.

Summary:

Government investment



Australians were asked about their level of support for several government initiatives, such as redirecting roads funding to walking or cycling infrastructure, or public transport.

This generally appeals to Australians, with two-thirds of people in favour of these ideas.

Reducing neighbourhood street speed limits also appeals, with just under two-thirds of Australians supportive of this idea. This support came primarily from those with children, particularly those who feel it's important to them that their children can walk to and from school safely.

The majority of Australians (~eight in 10) stated they would be supportive of a National Physical Activity Strategy aimed at getting people to move more and sit less.

What Australia wants

This section sought to understand what Australians want in the neighbourhoods, suburbs or areas they live and whether healthy neighbourhood elements are important.



What Australians want: Unprompted

Respondents were first asked, unprompted, what's important to them in a neighbourhood / suburb / area if they were looking to move.



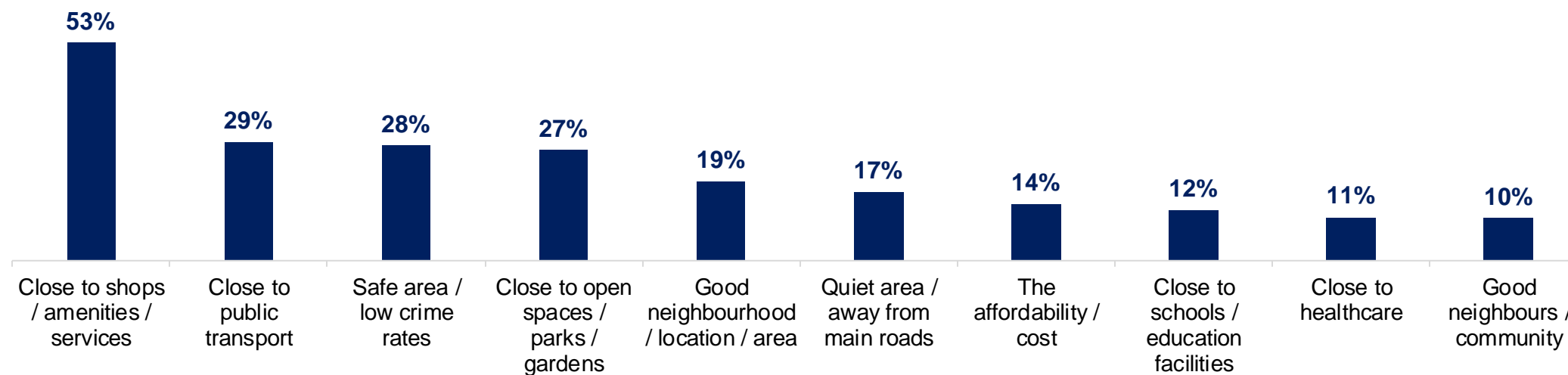
What Australians want (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Respondents were first asked, unprompted, what the most important things to them would be, if they were looking to move to a new area, suburb or neighbourhood.

The most commonly mentioned thing Australians wanted were shops and services close to home. This was followed by being close to public transport, the area being safe and being close to public parks and open space.

Top 10 most mentioned important neighbourhood elements (unprompted) – (% said top of mind)



What Australians want (unprompted)

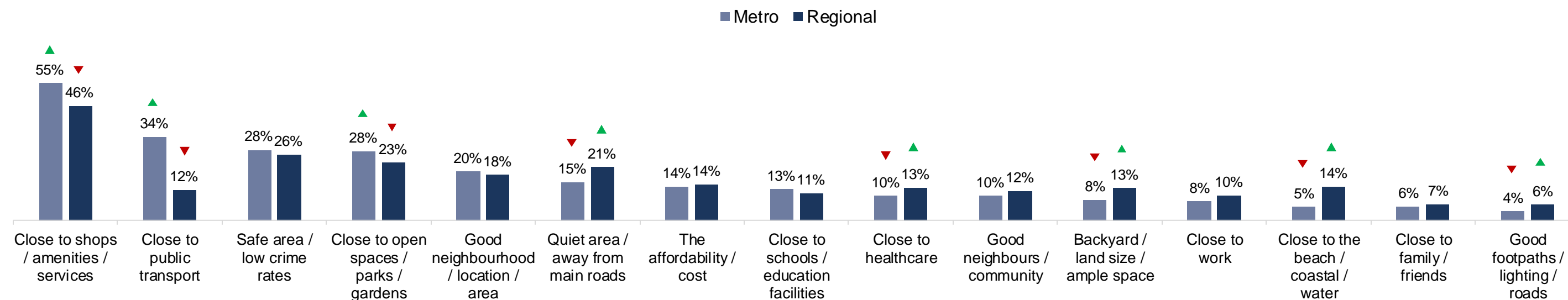
Differences by type of area respondents are currently living in

Top of mind answers to what's important to people to have in their area differs, dependent on the type of area they currently live in.

Those living in metropolitan areas are more likely to mention it is important to them to be close to shops, amenities, public transport and public open spaces, compared to those in more regional areas. In contrast to this, those currently in regional areas look more for peace and quiet, ample space, being close to healthcare services, as well as being close to the beach, coast or a body of water.

Those in regional areas are also more likely to want good infrastructure such as roads, and are less concerned with being walkable distances to daily needs or being close to public transport, reflective of higher levels of car reliance amongst this group.

Unprompted top 10 important neighbourhood elements: Metro vs. Regional respondents



A1. Firstly, we'd like you to imagine you're looking to move to a new area / suburb / neighbourhood. What are the most important things to you when deciding where to live (if you were to move)?
Base: All respondents (weighted) n=2,895, Metro n=2,238, Regional n=657

▲ Significantly higher / lower than other group at 95% confidence

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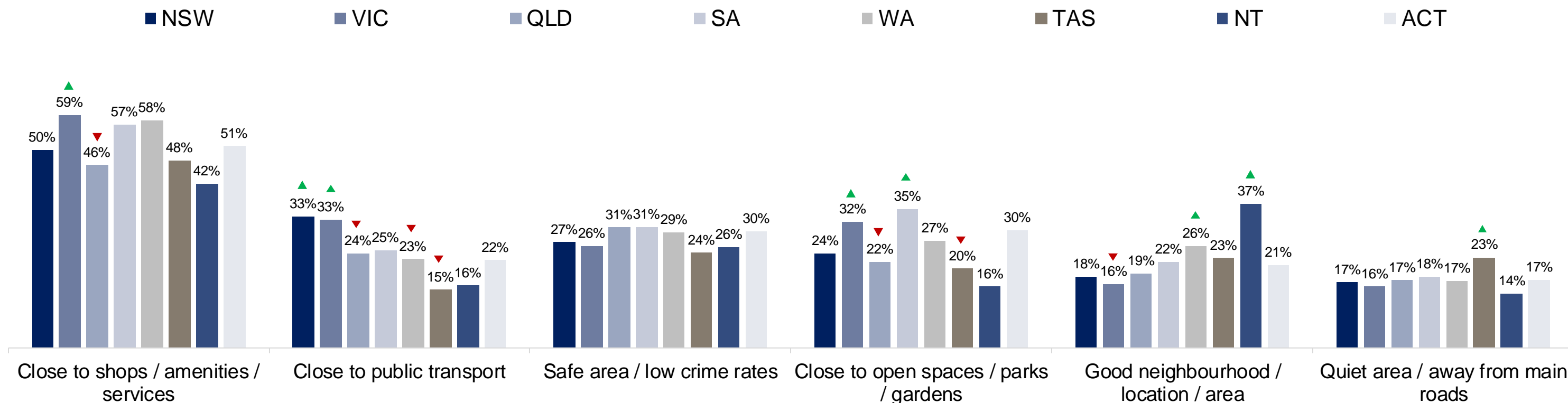
What Australians want (unprompted)

Differences by location

What's important also differs by location. Those in the most populated states are more inclined to want to be close to public transport: Tasmanians want peace and quiet, while those in Victoria are more likely to want to be close to shops, amenities and services, as well as public open spaces.

Despite their differences, all states have similar levels of desire for safety in the areas they live.

Unprompted top 10 important neighbourhood elements: Differences by State



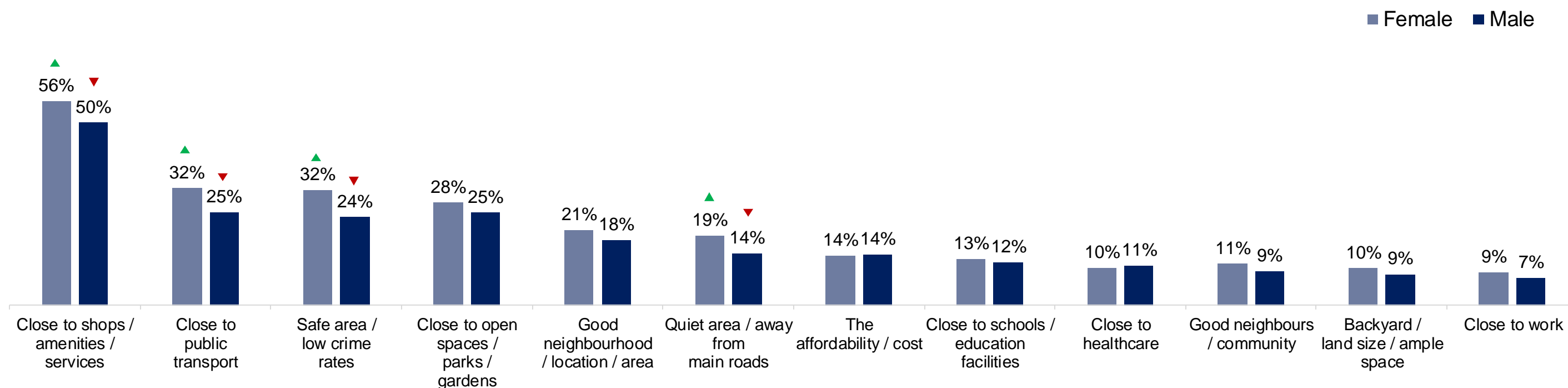
What Australians want (unprompted)

Differences by gender

When looking at differences in importance by gender, females are significantly more likely than males to look for an area that is close to shops, amenities and services, as well as public transport, and also value quieter areas than males.

Possibly not surprisingly, females are also significantly more likely than males to want an area that is safe.

Unprompted top 10 important neighbourhood elements: Differences by gender



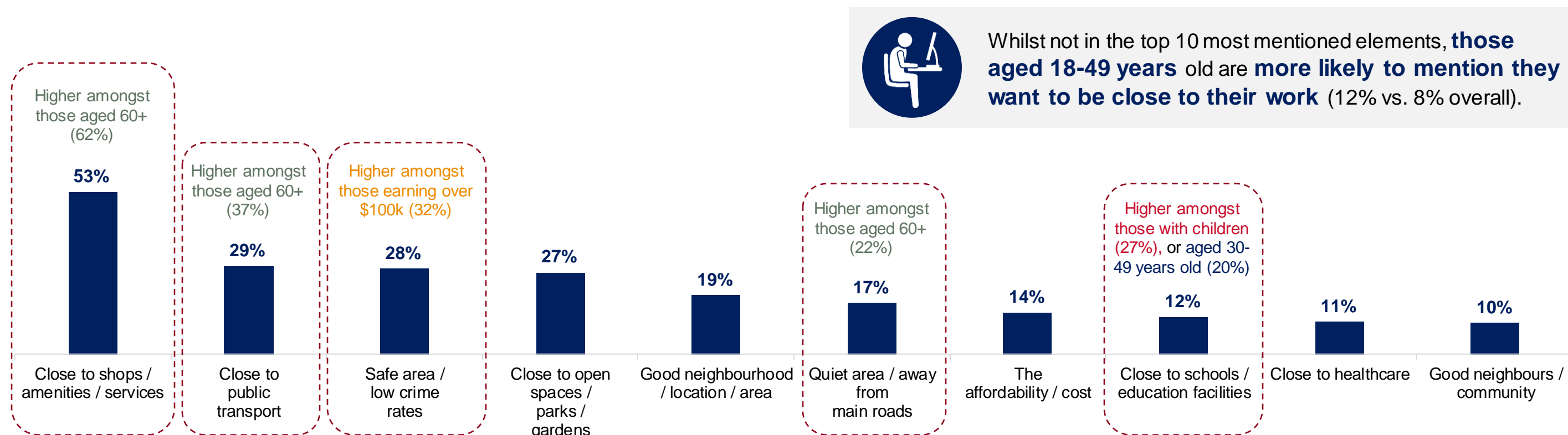
What Australians want (unprompted)

Other demographic differences of interest

Other demographic differences in what people want in the area they live, include, older Australians wanting to be closer to shops, amenities and public transport, as well as seeking out quieter housing, away from main roads.

Those with children are more inclined to want to be closer to schools / education facilities, while those of working age value being close to their place of work.

Top 10 most mentioned important neighbourhood elements (unprompted) – (% said top of mind)



A1. Firstly, we'd like you to imagine you're looking to move to a new area / suburb / neighbourhood. What are the most important things to you when deciding where to live (if you were to move)?

Base: All respondents (weighted) n=2,895

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What Australians want: Prompted








Respondents were asked how important a list of 21 neighbourhood design elements (grouped into seven *Healthy Active by Design* features) were to them on a 5-point scale.

The seven *Healthy Active by Design* (HABD) features asked about were as follows:

- Access to healthy foods
- Movement networks
- Housing diversity
- Public open space
- Destinations
- Community facilities
- Sense of place

Following this outright rating of importance, respondents were then asked to rank the seven overall HABD features in terms of their importance to them (from 1 to 7) when deciding where to live.

The 21 neighbourhood design elements

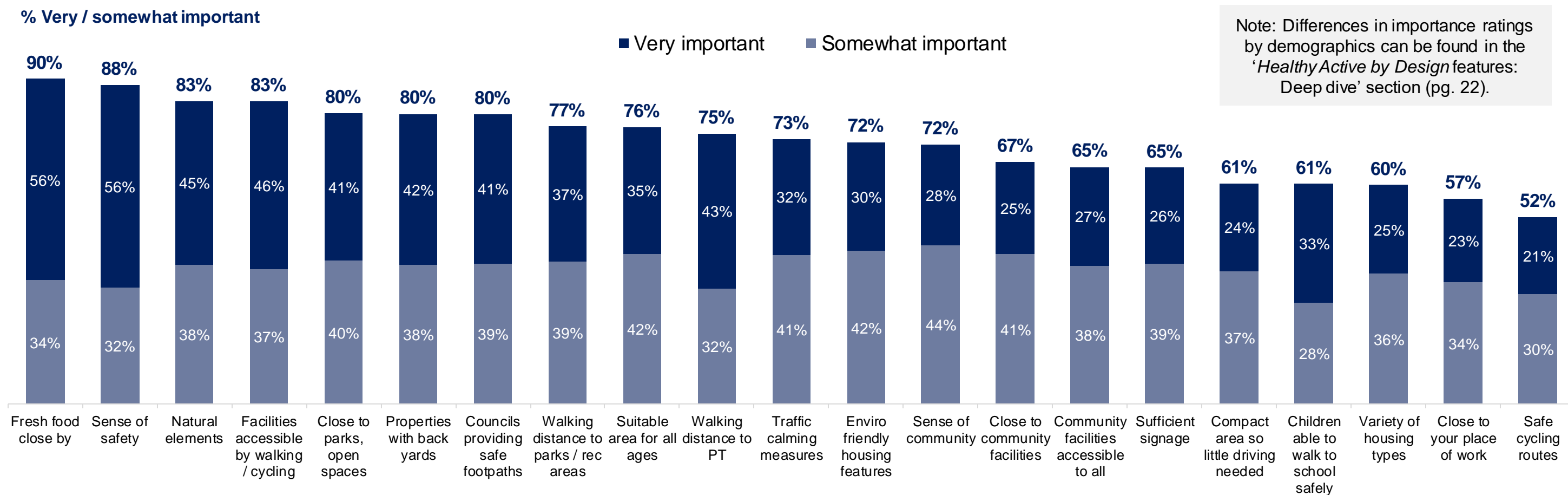
	Access to healthy foods	1. Availability of fresh food within a convenient distance for shopping / sourcing (e.g. supermarkets, fresh food markets, community gardens)
	Public open space	2. Being close to public parks, open spaces, reserves, gardens, beaches, playgrounds, sports ovals 3. Councils providing footpaths that are safe (e.g. connected, sealed, level, shaded, well lit)
	Sense of place	4. A sense of safety (e.g. street lighting, houses overlooking the street / informal surveillance by others) 5. Traffic calming measures being in place, including lower speed limits in streets with high activity (e.g. near shops, schools, cafes, playgrounds) 6. Having natural elements (e.g. trees, plants, maintained garden verges); vegetation to provide shade cover / weather protection 7. A sense of community (e.g. people out on the street or near to it, engagement in street activity (e.g. cycling, walking, running))
	Movement networks	8. Living within easy walking distance to public transport (bus / tram / train / ferry) 9. Children being able to walk to and from school safely 10. There being safe cycling routes (e.g. separated cycle ways, network of routes)
	Destinations	11. Living within easy walking distance of local parks or recreation facilities/ areas 12. Being close to your place of work 13. Having facilities that are in convenient places, accessible by walking or cycling (e.g. parks, playgrounds, fitness stations, shops, public transport, schools, cafes, doctors or medical facilities, recreation facilities) 14. There being sufficient signage to be able to find your way around easily 15. Living in an area that is more compact, so you don't need to drive or take transport to most places
	Housing diversity	16. Availability of properties with back yards/ outdoor areas 17. There being a variety of housing types (e.g. one-bedroom apartments and low-cost housing, up to family homes and eco-friendly, sustainably designed houses) 18. Suitability of the neighbourhood area for all ages of residents (e.g. young people to older people) 19. Environmentally friendly housing features (e.g. solar power, water efficient fixtures and appliances, plus energy efficient electrical appliances, lighting solutions and heating and cooling systems)
	Community facilities	20. Being close to community facilities, such as sports facilities (e.g. fields, pitches, pools, courts), libraries, places of worship, community centres 21. Availability of community facilities that are accessible to all users, including those with mobility issues

Importance of neighbourhood design elements

How important are the following to you when deciding where to live?

When asked how important a list of 21 neighbourhood design elements are, nine in 10 Australians rate having fresh food available within a convenient distance and a sense of safety as very / somewhat important to them, with more than half rating these as **very** important. Other areas of high importance included being close to needed facilities and services and being close to green areas. Comparatively lower proportions of people rated being close to their work or having safe cycling routes as important.

Prompted importance of neighbourhood elements – (% rated important)



Importance of seven design features

How important are the following to you when deciding where to live?

These 21 neighbourhood design elements can then be grouped into seven *Healthy Active by Design* features.

Once grouped together, being able to access healthy foods, being close to public open spaces, and having a sense of place, were, on average, more likely to be rated very important to Australians, compared to the other design features.

Importance of design features based on % rated *very important*



**Access to
healthy food**



**Public open
space**



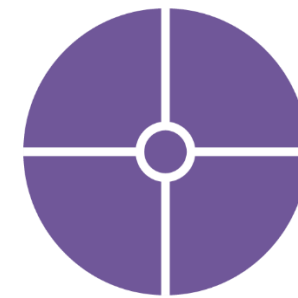
**Sense of
place**



**Housing
diversity**



**Movement
networks**



Destinations



**Community
facilities**

More likely to be
rated 'very
important'

Less likely to
be rated 'very
important'

Healthy Active by Design features: Deep dive

A deeper look at each of the seven *Healthy Active by Design* features and how Australians rate each in terms of importance to them when deciding where to live.



Healthy food

Planning for food demands focus on production space, transport infrastructure and availability and access to healthy food outlets.

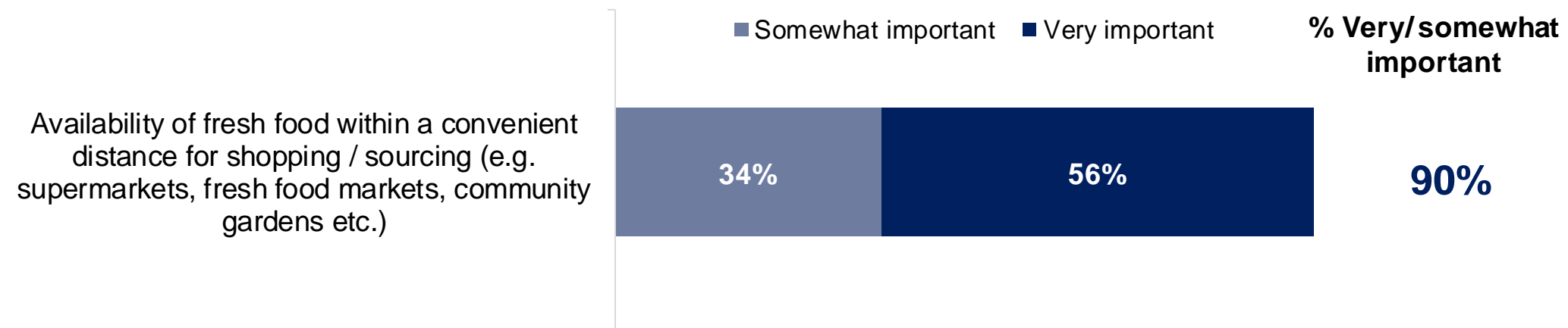


Nine in 10 Australians feel having access to fresh food within a convenient distance from home is very / somewhat important to them when deciding where to live. This could be heightened due to COVID-19 and related restrictions.

Those more likely to find this **very important** to them are:

- Females (61%)
- Those aged over 50 (61%)
- Those living in Victoria (59%), driven by Melbourne city (60%) (likely given Victoria's second wave of COVID-19)
- Couples/ singles without children (59%).

% Rated *very/somewhat important*



Sense of place

A sense of community emerges when residents have opportunities to meet and interact in attractive places of interest.

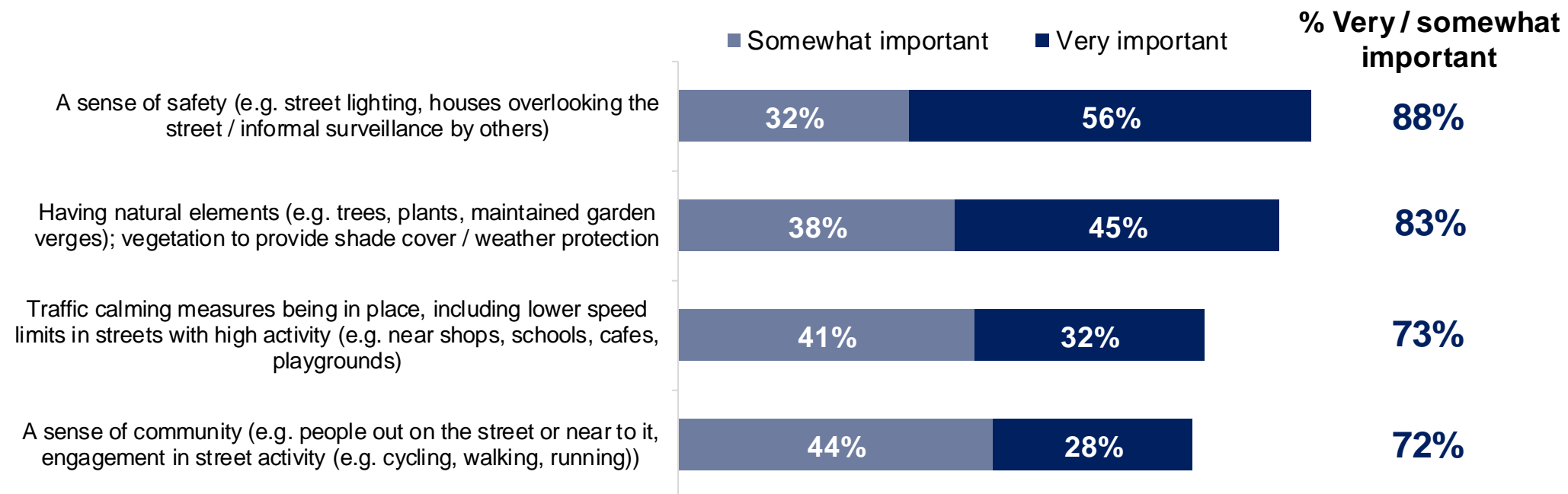


When it comes to having a sense of place, almost nine in 10 Australians feel that having a sense of safety is very / somewhat important to them when deciding where to live. Just over eight in 10 value having natural elements such as trees and plants, while roughly seven in 10 Australians value traffic calming measures and a sense of community.

Subgroups of interest:

- Melbournians are more likely to find a sense of safety very important (60%), as are those aged over 50 (59%)
- People in Sydney are more likely to find traffic calming measures very important (37%)
- People with children are more likely to find traffic calming measures (38%) and a sense of community (36%) very important
- Females are more likely to find all sense of place elements very important.

% Rated *very/somewhat important*



Public open space

A range of walkable, appealing and public open spaces help meet recreational, play and social needs.

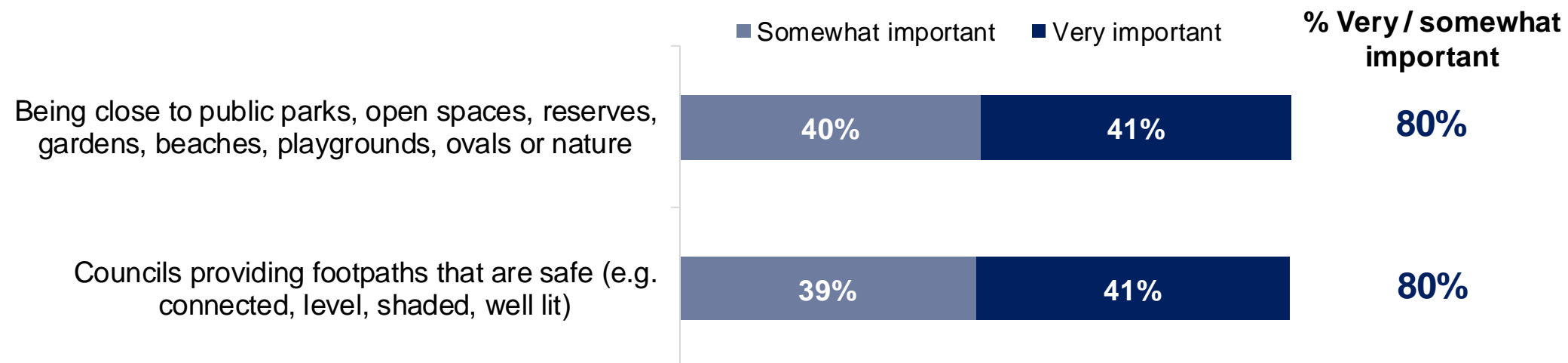


Eight in 10 Australians feel that having quality public open spaces close to them is very / somewhat important to them when deciding where to live.

Subgroups of interest:

- Those in Melbourne (47%) and Sydney (45%) are more likely to find being close to public open spaces very important, while Melbournians also find councils providing safe footpaths very important (47%)
- Those aged over 50 are more likely to find councils providing safe footpaths very important (45%)
- Those who meet National Physical Activity Guidelines are more likely to find being close to public open space very important (47%)
- Those with children are more likely to find being close to public open space very important (46%).

% Rated *very / somewhat important*



Housing diversity

Housing density and diversity can support critical infrastructure, connect neighbourhoods and help people age in place.

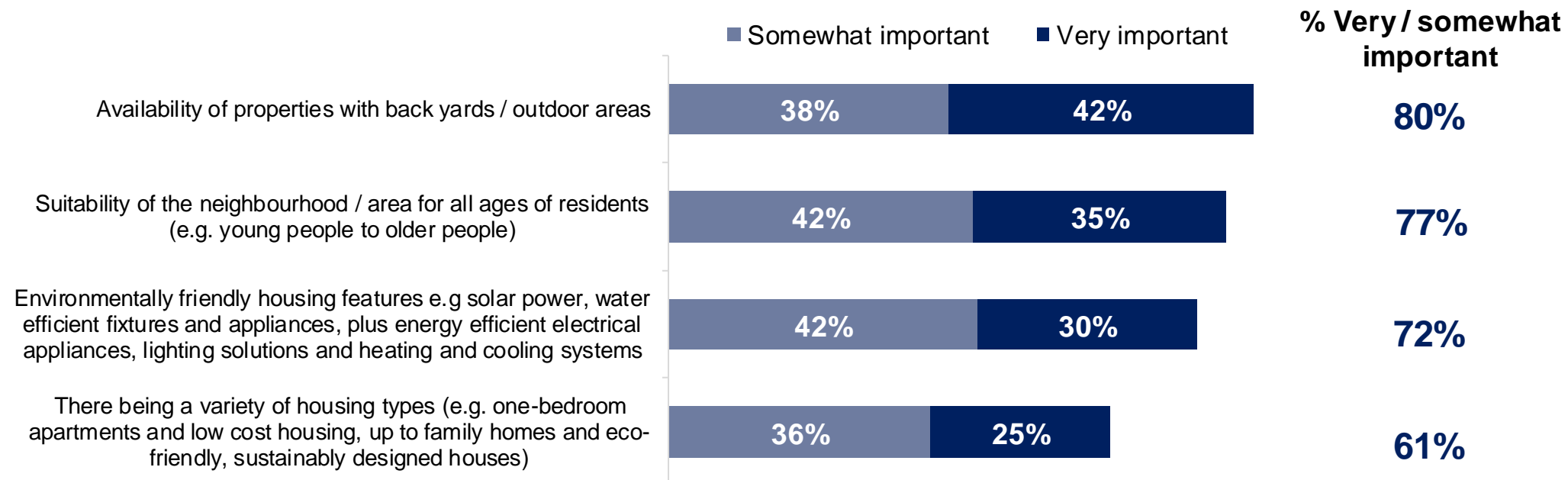


In terms of housing diversity, eight in 10 Australians feel that having properties with back yards / outdoor areas is very / somewhat important to them when deciding where to live. A slightly lower proportion value a suitable neighbourhood/ area for all ages of residents, while roughly seven in 10 value environmentally friendly housing features. Fewer people, six in 10, look for a variety of housing types in the area.

Subgroups of interest:

- Those with children are more likely to find there being properties with back yards (47%), suitability of the neighbourhood for all ages (39%) and a variety of housing (30%), very important.

% Rated *very / somewhat important*



A2. And how important are the following to you when deciding where to live?

Base: All respondents (weighted) n=2,895

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Movement networks

Facilitate safe and convenient travel within neighbourhoods through accessible and connected walking, cycling and public transport routes.

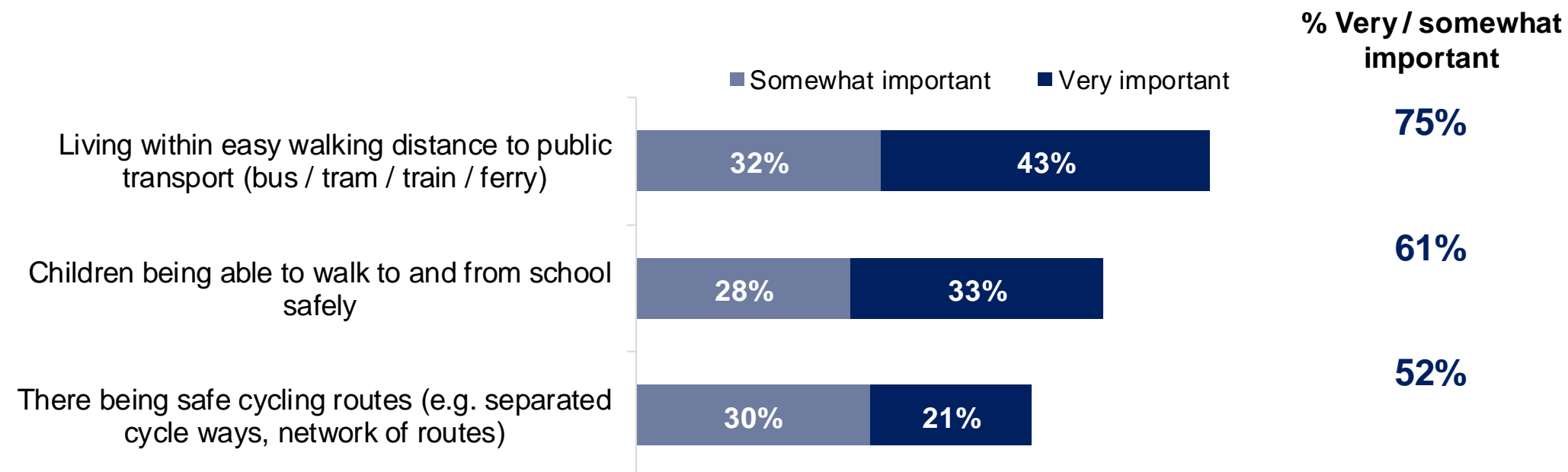


When it comes to movement networks, three-quarters of Australians prioritise living within easy walking distance of public transport as very / somewhat important to them when deciding where to live. Just over six in 10 look for an area where children can walk to and from school safely, while roughly half value there being safe cycling routes.

Subgroups of interest:

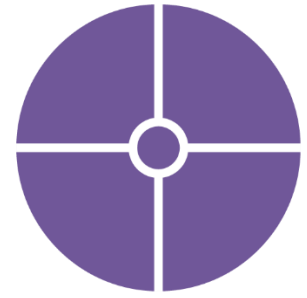
- Those doing study or training are more likely to find being close to public transport (54%) and there being safe cycling routes (30%) very important
- Similarly, those in Sydney (54%) and those in Melbourne (51%) are more likely to find being close to public transport very important
- Those in Melbourne (25%) and those who meet National Physical Activity Guidelines (25%) are also more likely to find safe cycling routes very important.

% Rated *very / somewhat important*



Destinations

Create compact mixed-use neighbourhoods which include employment, education, public transport and fresh food outlets.

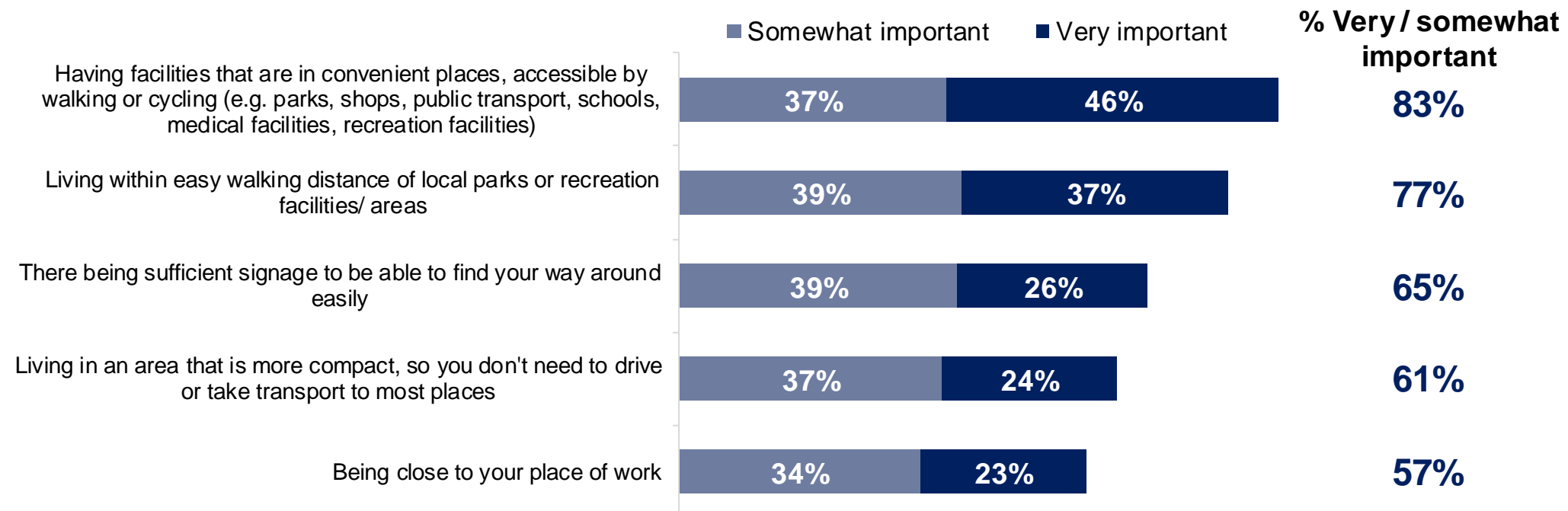


High proportions (roughly eight in 10) of Australians rate having facilities such as shops and amenities and local parks or recreation areas within close proximity as very / somewhat important to them when deciding where to live. Roughly two-thirds want sufficient signage to get around easily, while roughly six in 10 want to live in a compact area where driving isn't important or to be close to their work.

Subgroups of interest:

- Those in Melbourne (53%), Sydney (51%) and Adelaide (55%) are more likely to find having facilities accessible by walking / cycling very important
- Those in Melbourne (46%) and Perth (45%) and those who meet National Physical Activity Guidelines (45%) are more likely to find being within walking distance of parks very important
- Those working full time (32%) and those under 50 years old (30%) are more likely to find being close to their work very important.

% Rated *very/somewhat important*



Community facilities

Co-located and integrated facilities, such as schools and recreation facilities, maximise community interaction and efficiency of travel.

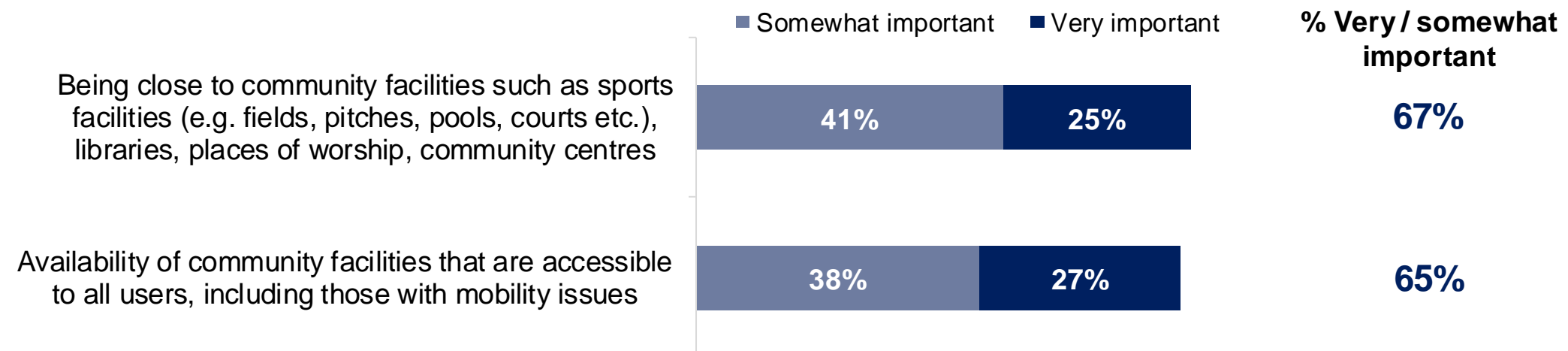


Roughly two-thirds of Australians feel being close to community facilities or having community facilities accessible to all users is very / somewhat important to them when deciding where to live.

Subgroups of interest:

- Those with children are more likely to find being close to community facilities (33%) and there being community facilities for all users (33%) very important
- Those in Melbourne are also more likely to find being close to community facilities important (32%).

% Rated *very / somewhat important*



Ranking the features on importance:

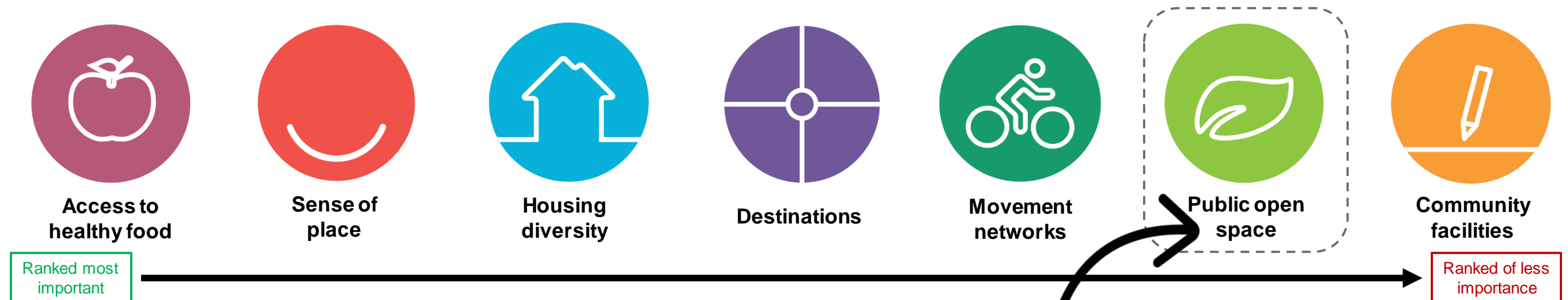
Following an outright rating of importance for each feature, respondents were then asked to rank the seven Healthy Active by Design features in terms of their importance (from 1 to 7) when deciding where to live.



Ranking design features on importance

Rank the following features from most important to least important to you when deciding where to live.

Ranking of design features based on % ranked feature in top three most important



When asked to then **rank** the features in terms of their importance, having access to fresh food and a sense of place remained vital to Australians (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, housing diversity, destinations and movement networks became more important, while access to public open space dropped down the list of importance quite significantly.

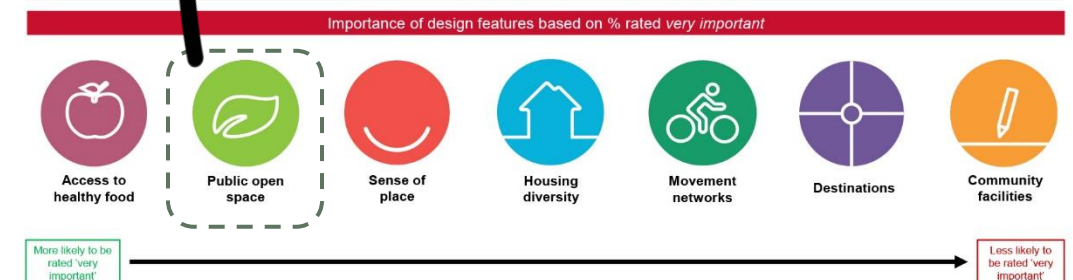
This suggests that while Australians highly value and want to be close to public open spaces - without access to daily needs, feeling safe and living in the type of home best suited to them - access to open spaces cannot be prioritised.

Importance of seven design features

How important are the following to you when deciding where to live? – Grouped into 7 design features

These 21 neighbourhood design features can then be grouped into seven Healthy Active by Design features.

Once grouped together, being able to access healthy foods, being close to public open spaces, and having a sense of place, were, on average, more likely to be rated very important to Australians, compared to the other design features. The importance of access to fresh foods may be driven by the COVID-19 pandemic and related panic buying and grocery stock piling.

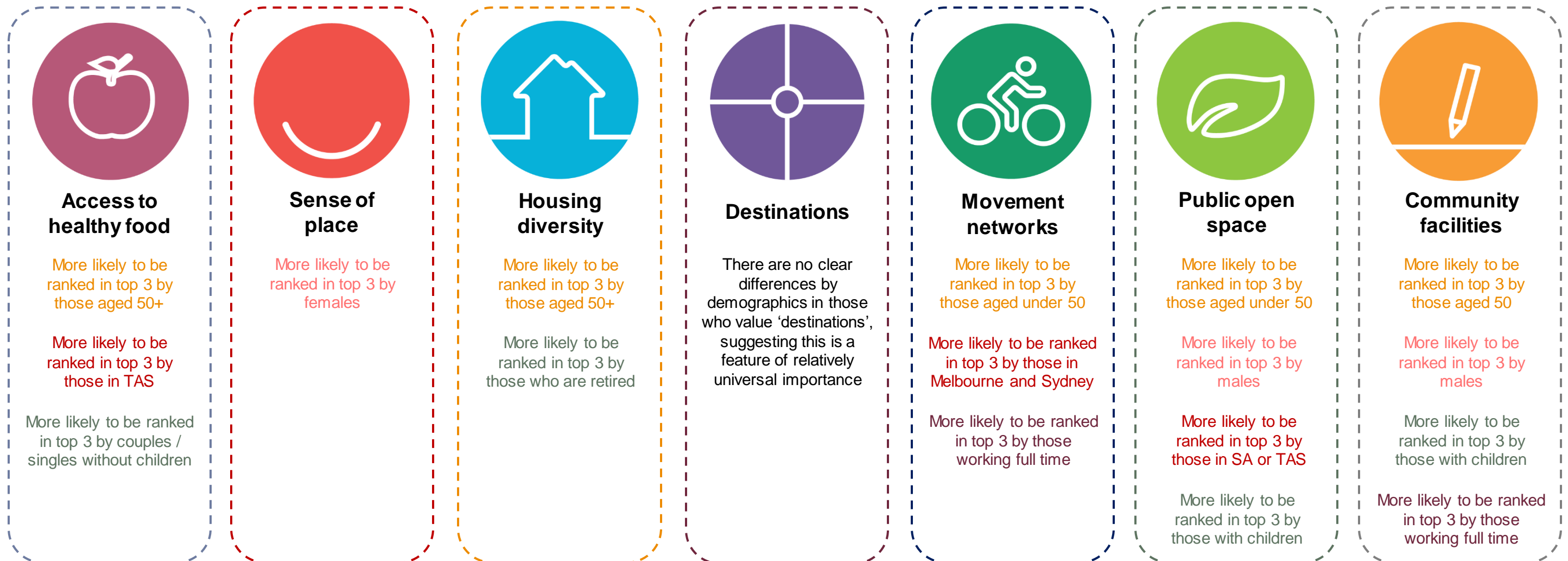


Demographic differences

Ranking of design features based on % ranked feature in top three most important

Ranked most important

Ranked of less importance



What Australians want versus need:

What Australians want versus what they need in the areas they choose to live, based on findings across:

1. Unprompted what's important to Australians
2. Prompted importance rating of neighbourhood design elements
3. Ranking of design features from most to least important



What Australians want versus need

Australians really want the following in the areas they live:

1. Easy proximity to fresh food and daily services;
2. Neighbourhood safety; and
3. Easy access to public outdoor and open areas nearby.

However they need to prioritise some things.

While not necessarily a 'want' in terms of unprompted desires and prompted importance ratings, having the right type of house / in the right type of area jumps up considerably when ranking elements by importance.

This suggests **the right type of house and area is more of an essential need**. This needs to be prioritised over elements such as parks and open spaces, meaning **Australians can't have the things they desire most, without having the basics done right**.

Things Australians 'want' in the areas they live:



**Fresh food
and daily
services
nearby**



Safety



**Public
outdoor
areas**

Underlying 'need' for the areas they live:

**The right type of house /
neighbourhood**



Current neighbourhood analysis:

This section sought to get respondents to reflect on the area / neighbourhood they currently live in and consider:

- How they would rate healthy neighbourhood design elements where they live
- Whether being able to be active locally is important to them and why
- And, finally, whether they felt their neighbourhood assisted them with being active, and how it could be reimagined for greater health.



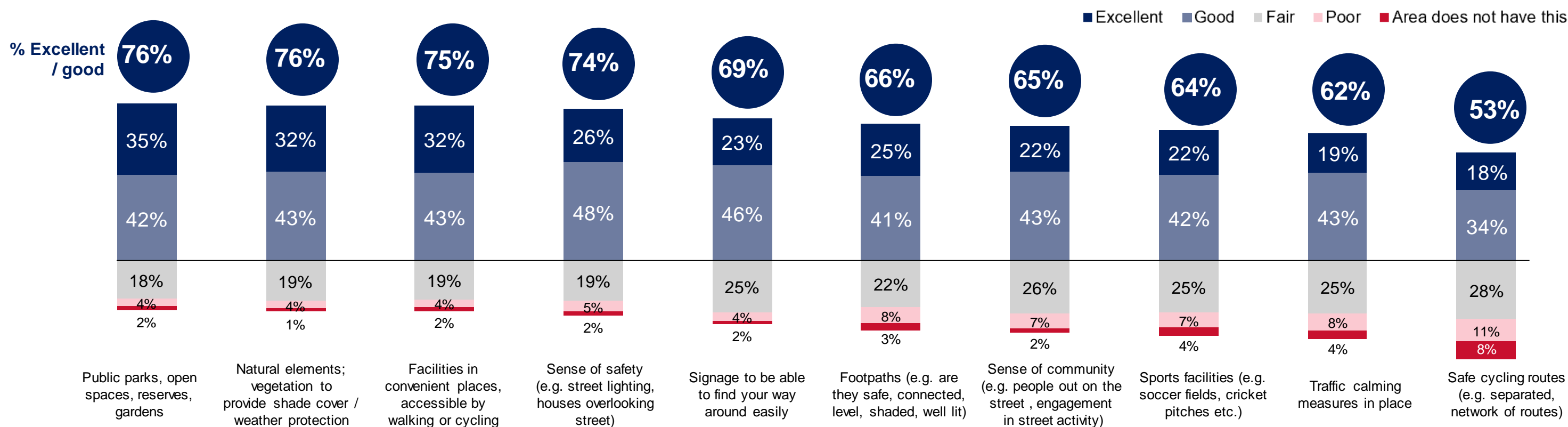
Active living in my neighbourhood

Rating of active living in current area / neighbourhood

Positively, roughly three-quarters of Australians rated the public open areas and natural elements, the proximity of facilities / amenities and the sense of safety in their neighbourhoods as excellent or good. Unfortunately, the rating of cycling routes was the poorest performing active living element, with almost one in two people saying the cycle ways in their area were fair, poor or their area did not have cycle ways at all.

Cycle ways were rated best in ACT (67% rated excellent / good) and Victoria (59% rated excellent / good) and worst in NSW (56% rated fair, poor or their area did not have cycle ways at all), while sense of place elements (e.g. safety, community, footpaths, traffic calming) were rated the highest in Victoria. Tasmania had the worst rated sports facilities (almost one in two rated these as fair, poor or their area did not have sports facilities at all).

Rating of neighbourhood active living elements



A4. Thinking about the neighbourhood / area you currently live in; how would you rate the following features?

Base: All respondents (weighted) n=2,895

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Importance of active neighbourhoods

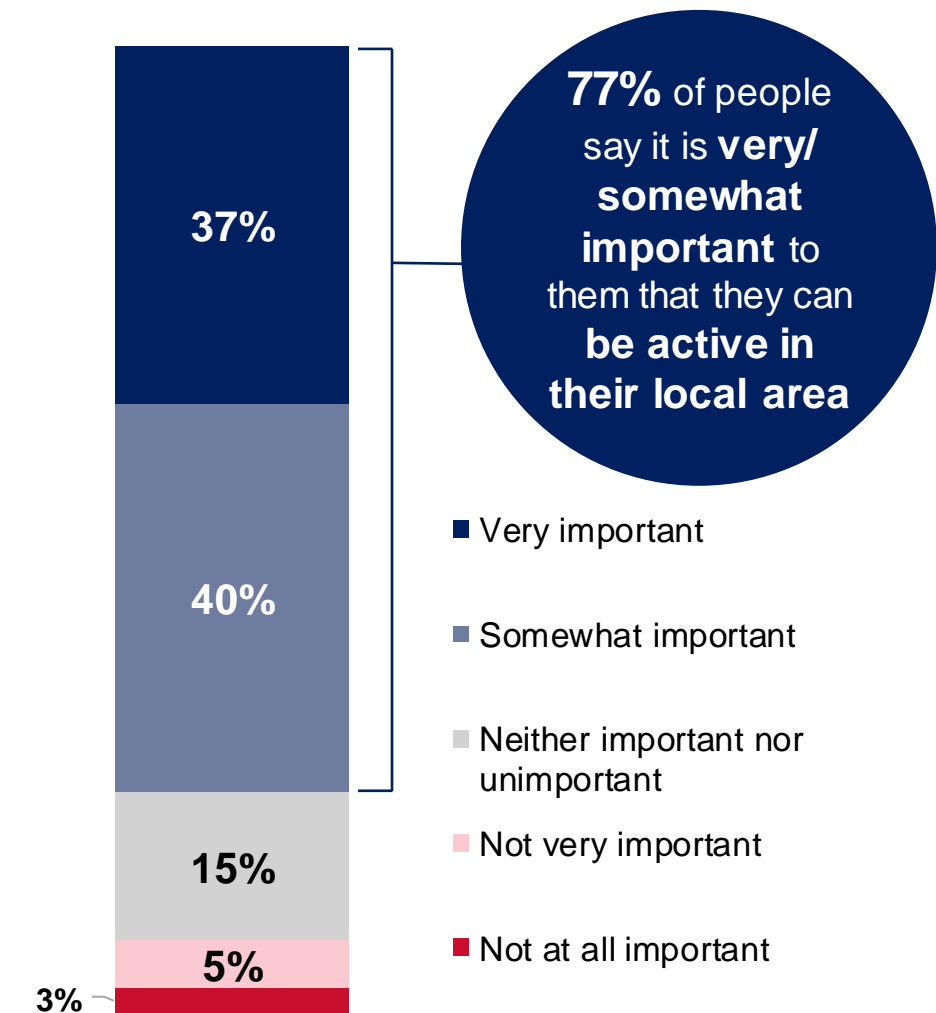
Is being able to be active in your area / neighbourhood important to you?

Nearly eight in 10 Australians stated being able to be active in their area / neighbourhood is very / somewhat important to them.

Those **more likely** to state this are:

- Those who meet the National Physical Activity Guidelines (86%)
- Those in Victoria (81%)/ Melbourne city (84%)
- Those with children (83%)
- Those earning over \$100k (81%)

Importance of local area allowing physical activity:

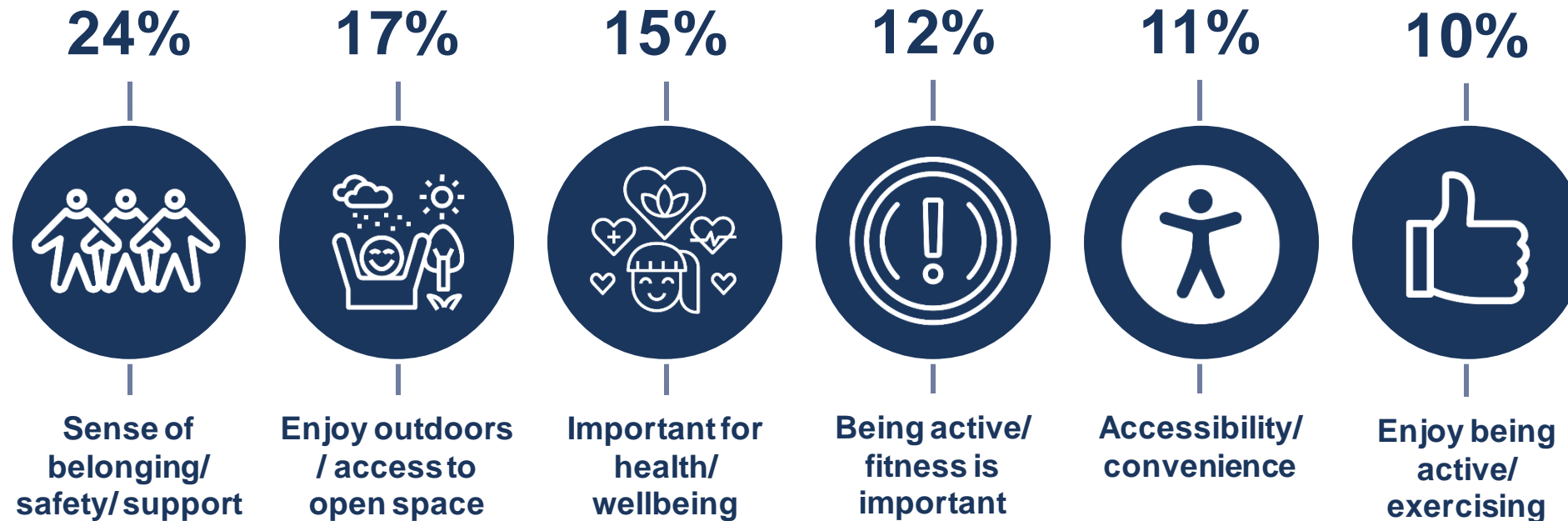


Reasons active neighbourhoods are important

You said being able to be active in your neighbourhood/ local area is important/ not important. Why is that? (unprompted)

For the 77% of people who say being able to be active locally is at least somewhat important to them, their primary reason for valuing this is because it provides them with a sense of belonging, safety and support. Other reasons for valuing local activity include enjoying the outdoors/ open spaces, and activity being important for health and wellbeing. For the smaller proportion who do not value being able to be active locally, this is primarily because they are not active people for various reasons.

Reasons people value being able to be active in their local areas:



Amongst those who said being able to be active in their local area was **not important** to them, they primarily said this because...

48%

They are not active
(health issues, age, lack of motivation, time)

17%

They feel they can be active elsewhere

17%

Being active is not important/they do not care

Neighbourhood physical activity

Do you think the neighbourhood / area you currently live in helps you to be active or not?

On average across Australia, 80% of people feel that their local neighbourhood / area helps them to be at least a little active.

More than a third (36%) feel their area helps them greatly, while just over four in 10 (44%) feel their area helps them a little.

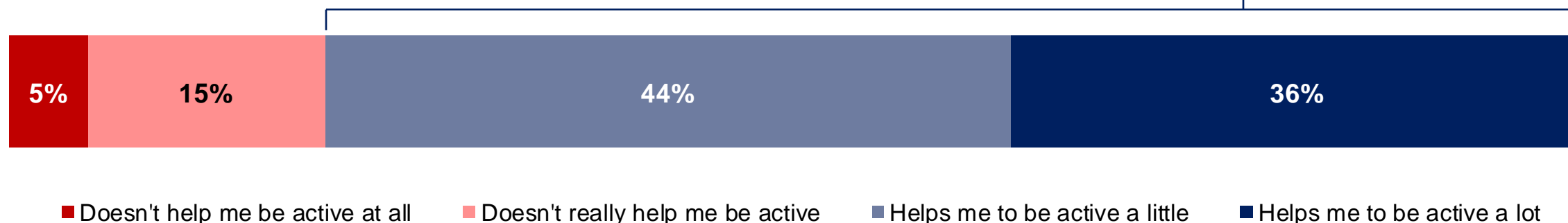
The remaining 20% of people do not feel their area helps them to be active, specifically 5% of Australians feel their area doesn't help them at all.

Those in Victoria (84%), driven by those in Melbourne city (87%), are more likely to feel that their local area helps them to be active. There are no other differences by state or capital city.

Positively, **nine in 10** (89%) of those who said it was **important to them to be able to be active in their local area** said that they also **feel their local area helps them to be active**, implying their needs are generally being met.

80% of people feel their **local area helps them to be active**

Rating of current neighbourhood on increasing physical activity:



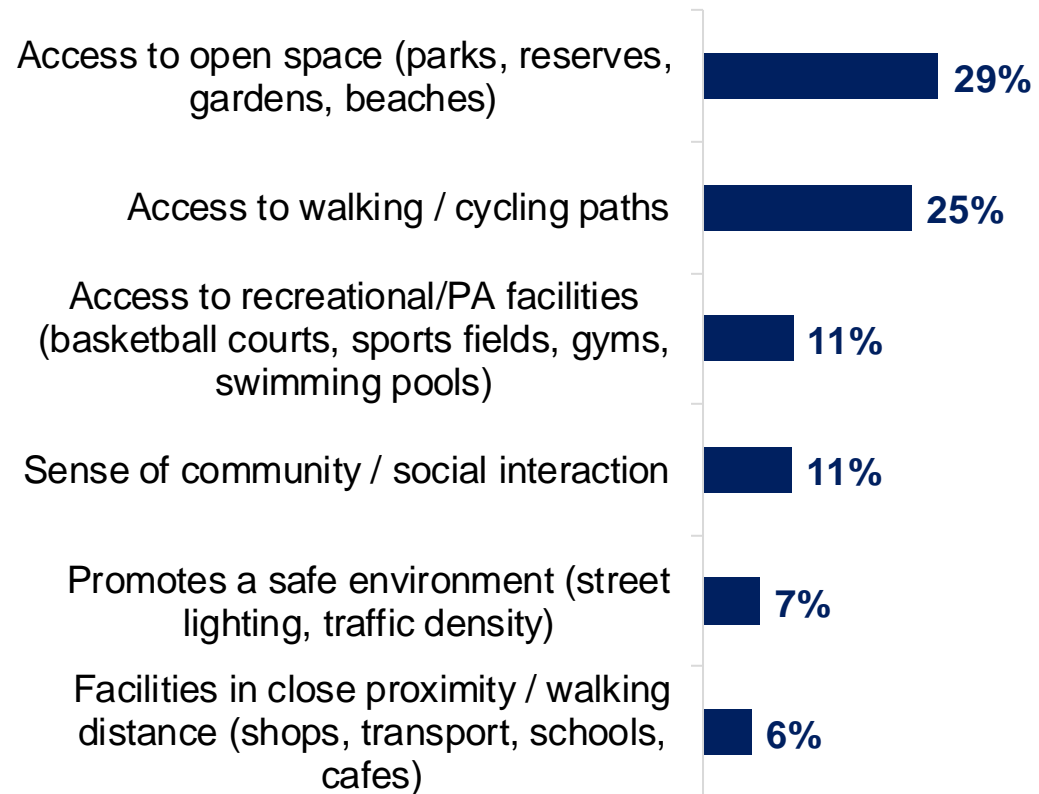
How local area assists with activity

You mentioned you think the neighbourhood / area you currently live in helps / does not help you to be active. Why is that? (unprompted)

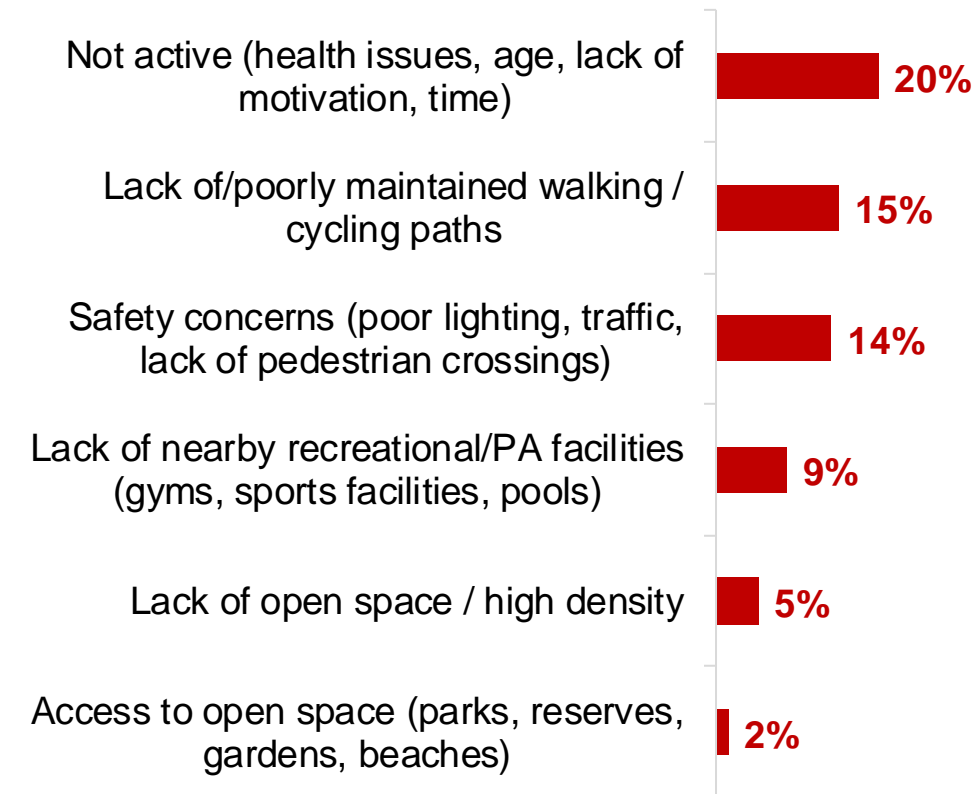
For those who feel their local area assists them with being active, this is primarily because they have access to open spaces such as parks and reserves, as well as walking and cycling paths in their area.

For those who feel their area does not help them to be active, this is primarily because they are not an active person (due to barriers such as health, age, motivation etc.), they feel that walking / cycling trails or recreation spaces in their areas are lacking or not well maintained, or they have safety concerns such as poor lighting or lack of pedestrian crossings.

Ways local area assists with activity:



Reasons local area does not assist with activity:

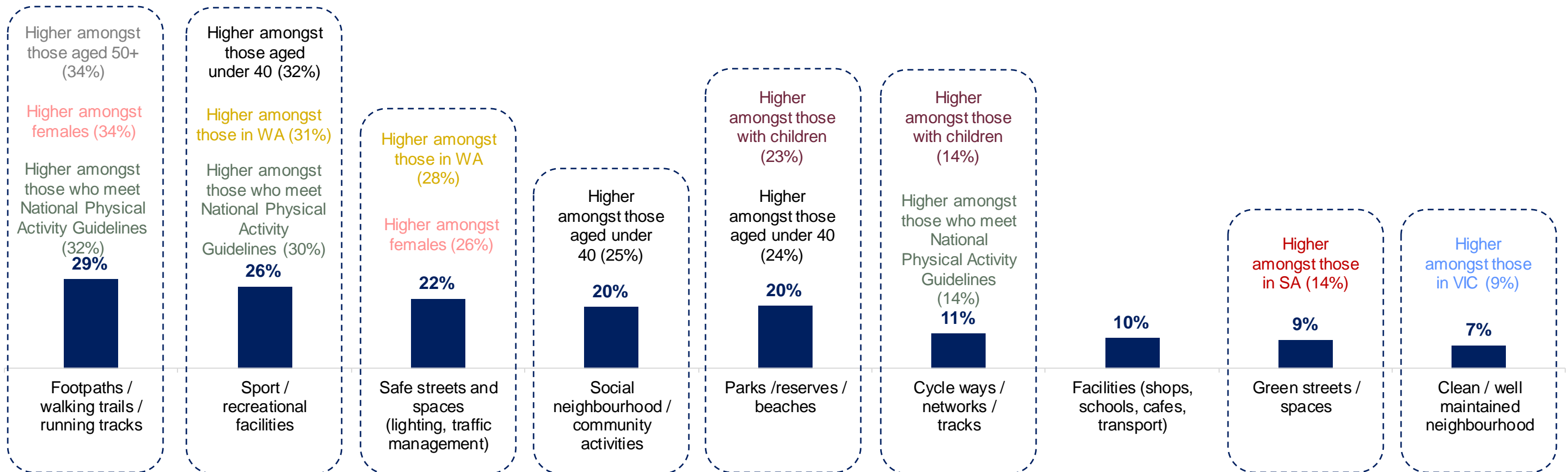


Elements that could increase physical activity

What are your top three to five things you would like that would help you be more active in your current area?
(unprompted)

When asked to reimagine their neighbourhood for better health, Australians would primarily like to see greater footpaths and walking / running trails, more sports and recreational facilities and safer streets and spaces in their areas. Females are more likely to mention they would like safer areas, as well as more footpaths / walking or running trails. Those with children would like parks, reserves or beaches, or cycle ways in their area. Those who meet the National Physical Activity Guidelines are more inclined to mention they would like greater footpaths / walking or running trails, sports or recreation areas and cycle ways. Younger people are more likely to want more social neighbourhoods, while Victorians would like clean / well maintained neighbourhoods.

Design elements that would help people to be more active in their local areas:

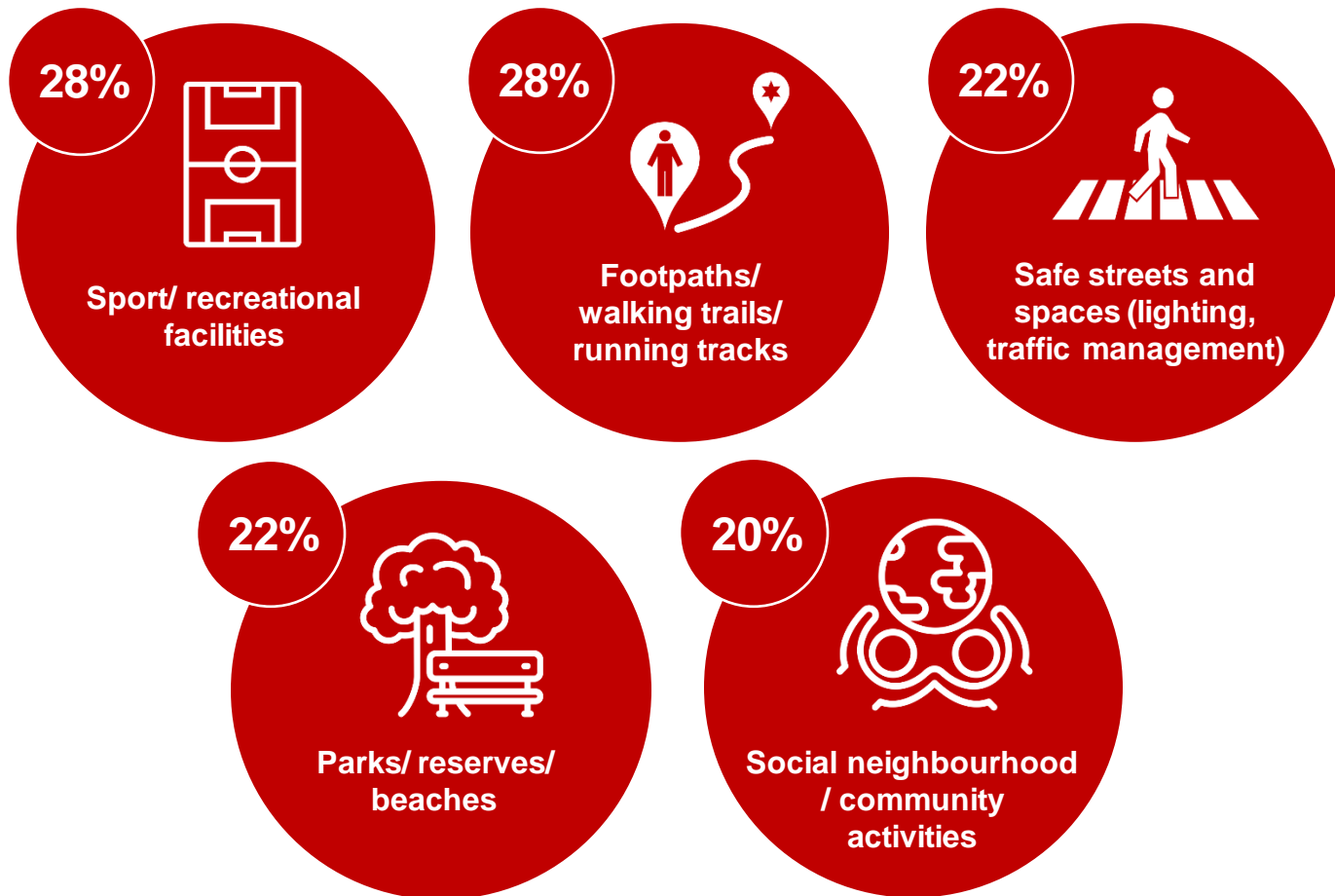


Elements that could increase activity

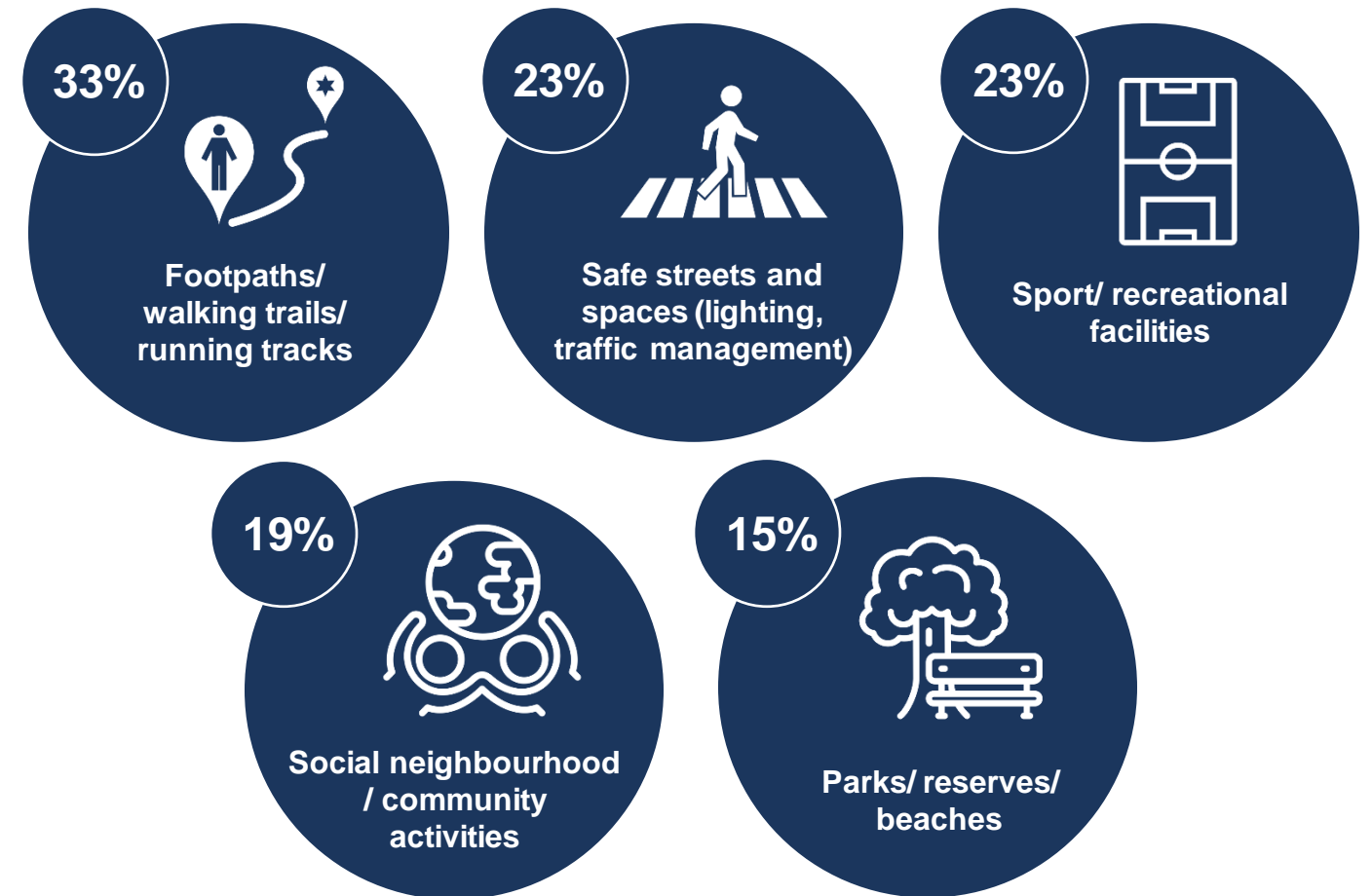
Differences by type of area currently living

When asked to reimagine their neighbourhood for better health, those living in metropolitan areas would primarily like to see more sports and recreational facilities, greater footpaths and walking / running trails, while those in regional areas would like greater footpaths and walking / running trails and safer streets and spaces (e.g. lighting and traffic management) for increased activity.

Top five things mentioned by those in **metropolitan** areas:



Top five things mentioned by those in **regional** areas:



Active living advocacy:

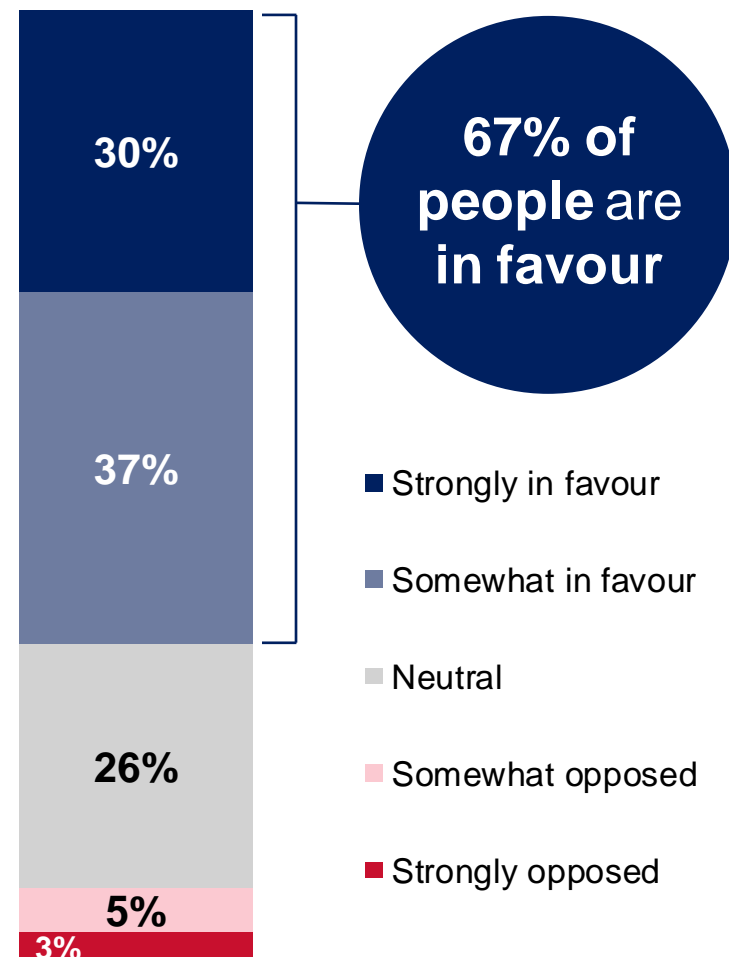
This section sought to understand the level of support for governments funding walking, cycling and public transport infrastructure, as well as support for a National Physical Activity Strategy for Australia.



Active infrastructure support

How supportive would you be of the government directing more of its roads funding into walking and cycling infrastructure?

Support for redirecting funding to active infrastructure:



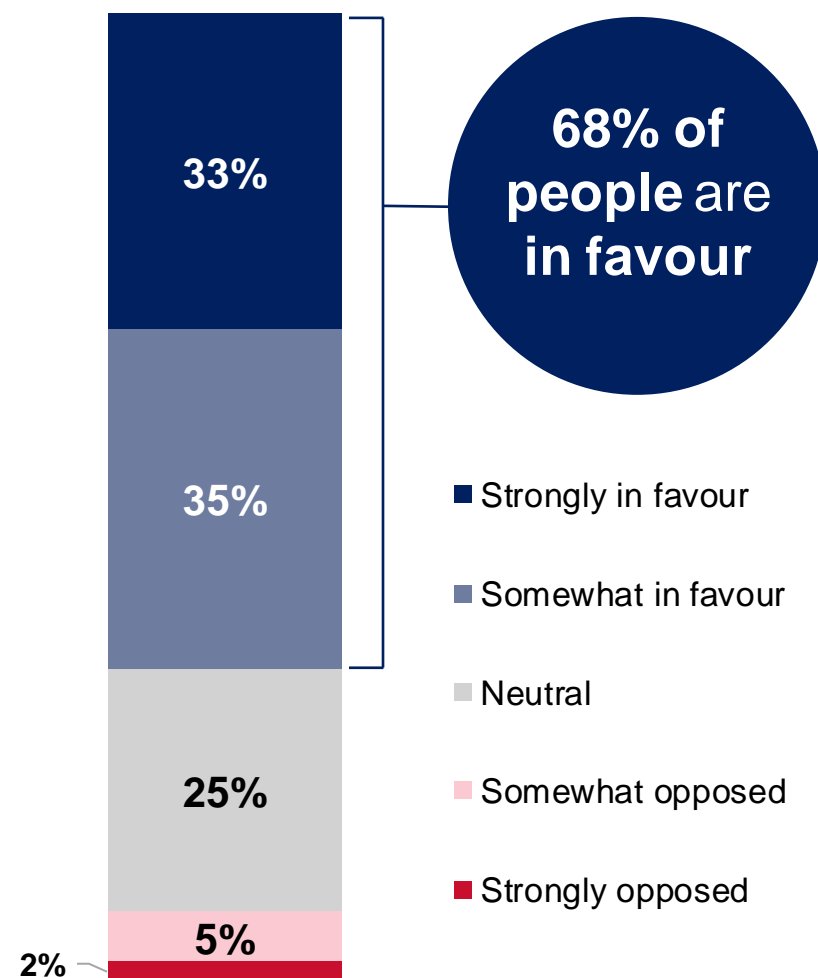
Two in three (67%) Australians would support government directing more of its roads funding into walking and cycling infrastructure.

Those in **Victoria (72%)** (driven by Melbourne city (73%)) and those who meet National Physical Activity Guidelines (75%) are more likely to support this idea.

Support for public transport funding

Do you support government directing more of its roads funding into public transport?

Support for redirecting funding to public transport:



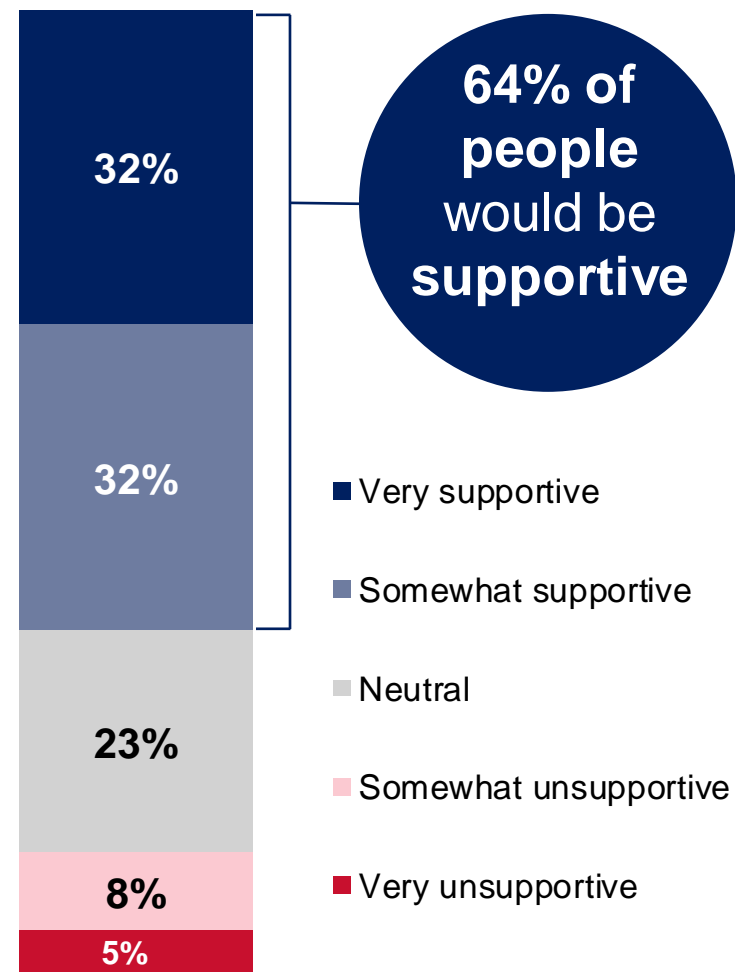
More than two in three (68%) Australians would be in favour of the government directing more of its roads funding into public transport.

Those in **Melbourne (78%)**, **Sydney (74%)** and **Hobart (76%)** and those who say living within walking distance of public transport is important to them **(83%)**, are more likely to be in favour of this.

Support for speed limit reductions

How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?

Support for reducing speed limits in neighbourhoods:



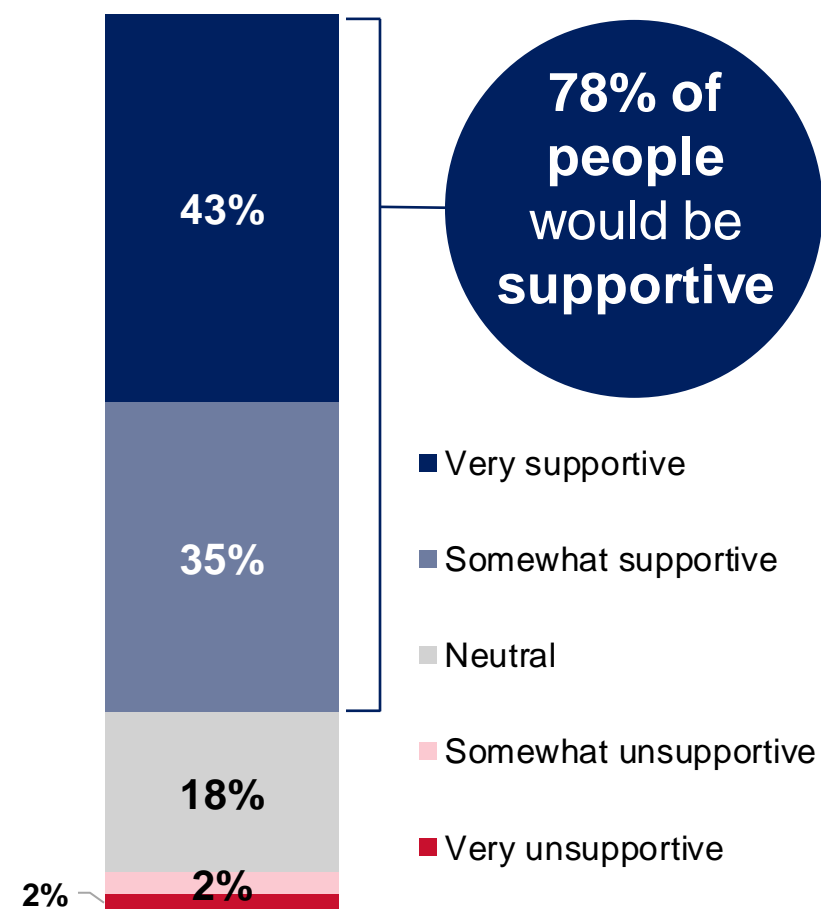
Almost two in three (64%) Australians would be supportive of their local government reducing speed limits in neighbourhood streets to help create safer streets for people.

Those in **Sydney (69%)**, those with **children (70%)**, **females (67%)** and as well as those who say it's important to them to live in an area where children can walk to and from school safely (76%) were more likely to be supportive of this.

Support for a National Physical Activity Strategy

How supportive would you be of a National Physical Activity Strategy aimed at getting people to move more and sit less?

Support for a National Physical Activity Strategy:



The majority of Australians (**78%**) would be supportive of a National Physical Activity Strategy aimed at getting people to move more and sit less.

Those in **Victoria (81%)** and the **ACT (85%)**, **females (81%)** and those who meet **National Physical Activity Guidelines (82%)** would be more supportive of this.

The benefits of physical activity:



Connection between physical activity and health and wellbeing

To what extent do you agree physical activity is good for your overall health and wellbeing?

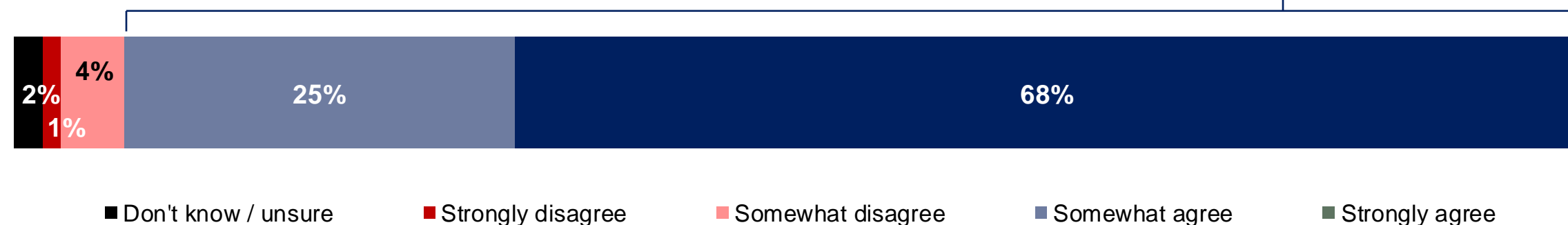
Over nine in 10 Australians agree physical activity is good for your overall health and wellbeing, with almost seven in 10 strongly agreeing with this.

Those more likely to agree physical activity is good for general health and wellbeing are:

- Those who meet National Physical Activity Guidelines (96%)
- Those aged over 50 (96%)
- Females (94%)

93% of people agree that physical activity is good for health / wellbeing

Extent to which respondents agree that physical activity is good for overall health and wellbeing:



Benefits of physical activity: unprompted

In what ways do you think physical activity is good for your overall health and wellbeing?

Despite such high levels of agreement that physical activity is good for overall health and wellbeing, just one in four Australians were able to accurately name three benefits of physical activity.

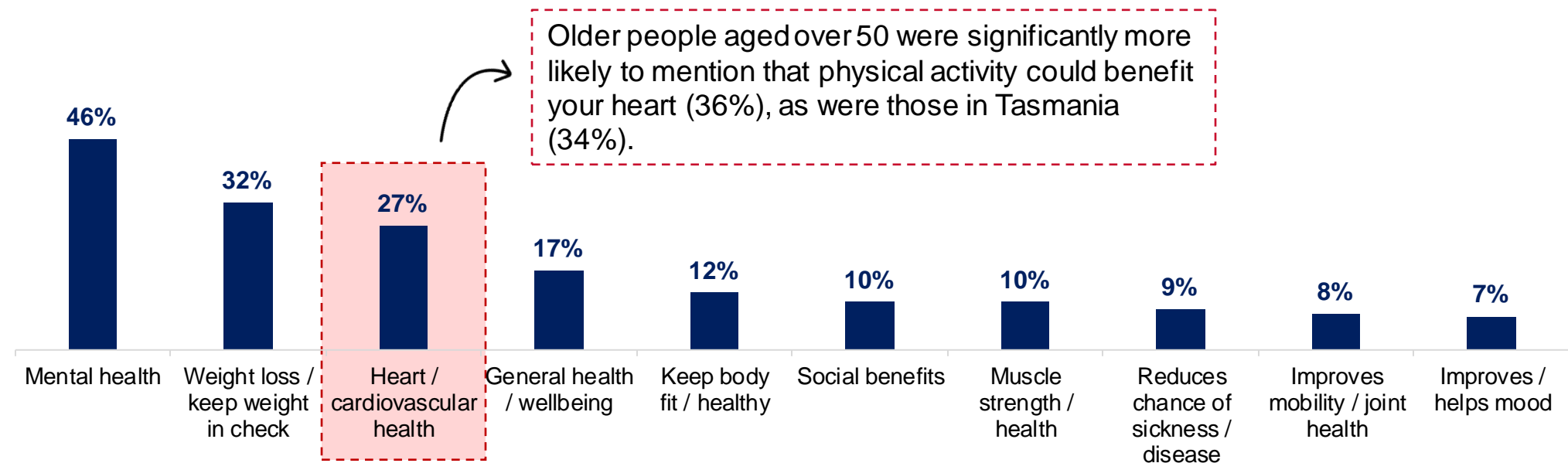
The most mentioned benefits were being good for mental health, or for weight loss / keeping weight in check.

Just over a quarter (27%) of people mentioned physical activity being good for your heart / cardiovascular health.



Just **one in four** (24%) Australians **can name three benefits of physical activity** top of mind.

Benefits of physical activity mentioned (unprompted):



Benefits of physical activity: prompted

And in your opinion, to what extent do you believe that physical activity can...?

Respondents were shown a list of potential health benefits of physical activity and asked to what extent they agree that physical activity could provide each benefit.

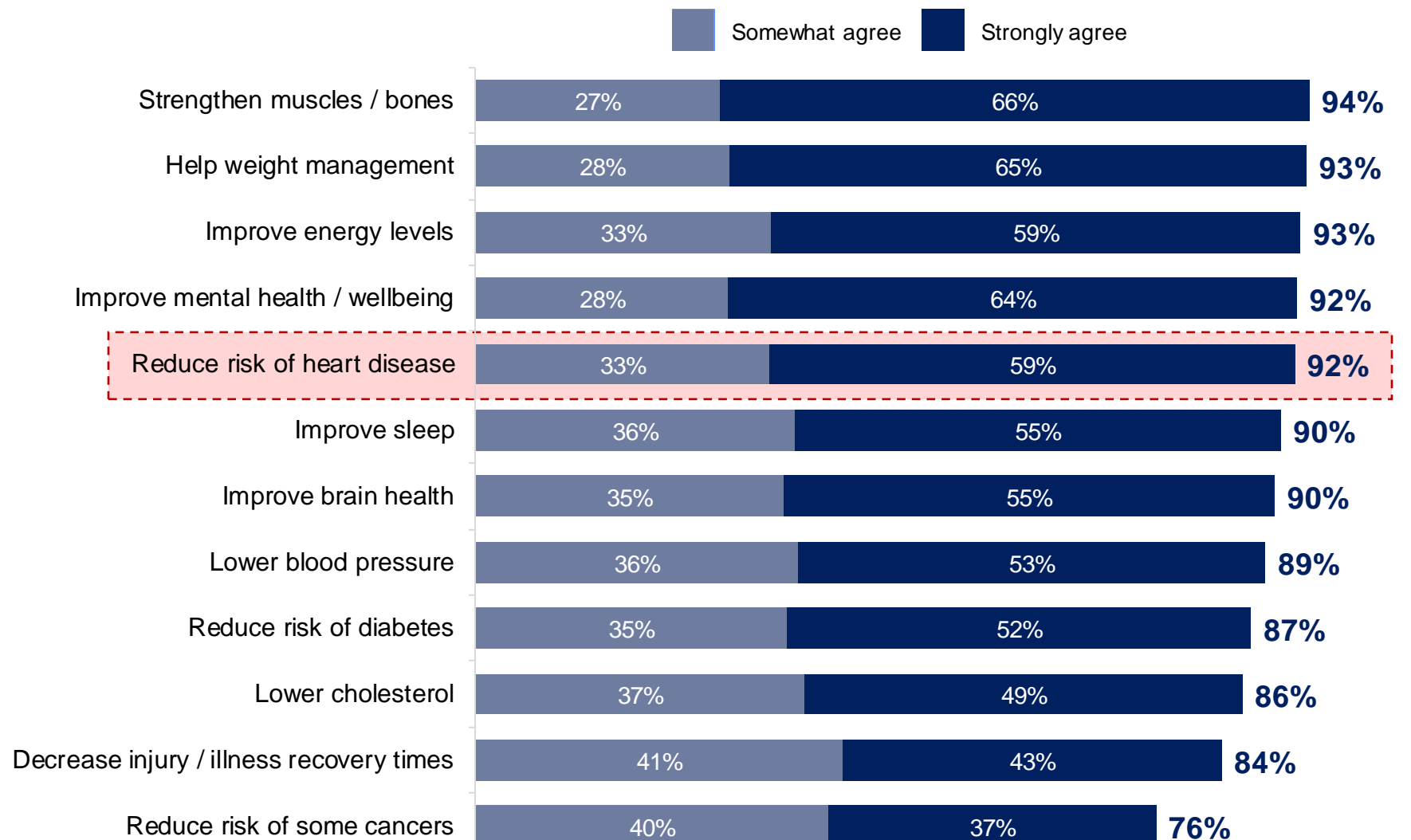
Once shown some benefits to physical activity, large proportions of people agreed that physical activity could provide each health benefit.

Over nine in 10 Australians strongly / somewhat agreed physical activity could reduce their risk of heart disease, with almost six in 10 strongly agreeing.

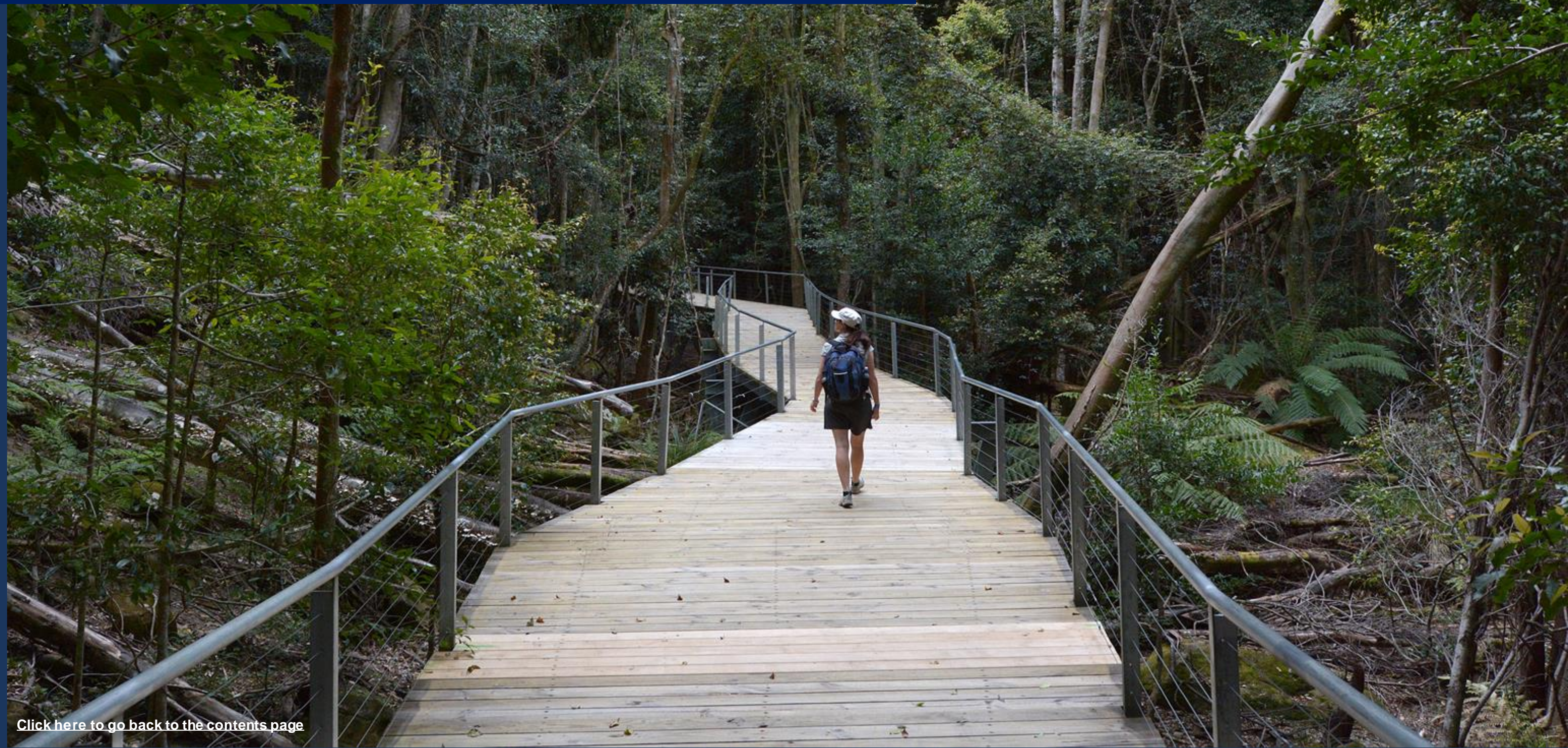
Those more likely to agree that physical activity could reduce their risk of heart disease were:

- those in Tasmania (98%);
- older people (those aged 50+) (94%);
- those who meet National Physical Activity Guidelines (95%); and
- females (94%).

% agree that physical activity provides the following benefits:



State & territory snapshots



State & territory snapshots

New South Wales



New South Wales: Key findings

1

If looking to move to a new area, those in New South Wales want to be close to necessary shops / amenities, close to public transport and public open spaces, as well as the area being safe.

2

When asked to prioritise certain features over others, movement networks such as proximity to public transport become of more importance, while access to public open spaces drops down the list of importance. This suggests that while being close to parks and open spaces would be great, it's a want rather than an absolute need.

3

When it comes to rating their local areas, three quarters of people in New South Wales rate the public parks, proximity of facilities, natural elements and a sense of safety in their local neighbourhood / area as good or excellent. Less than half of people in New South Wales rate cycle ways in their area well, with cycle ways being the worst rated of any state.

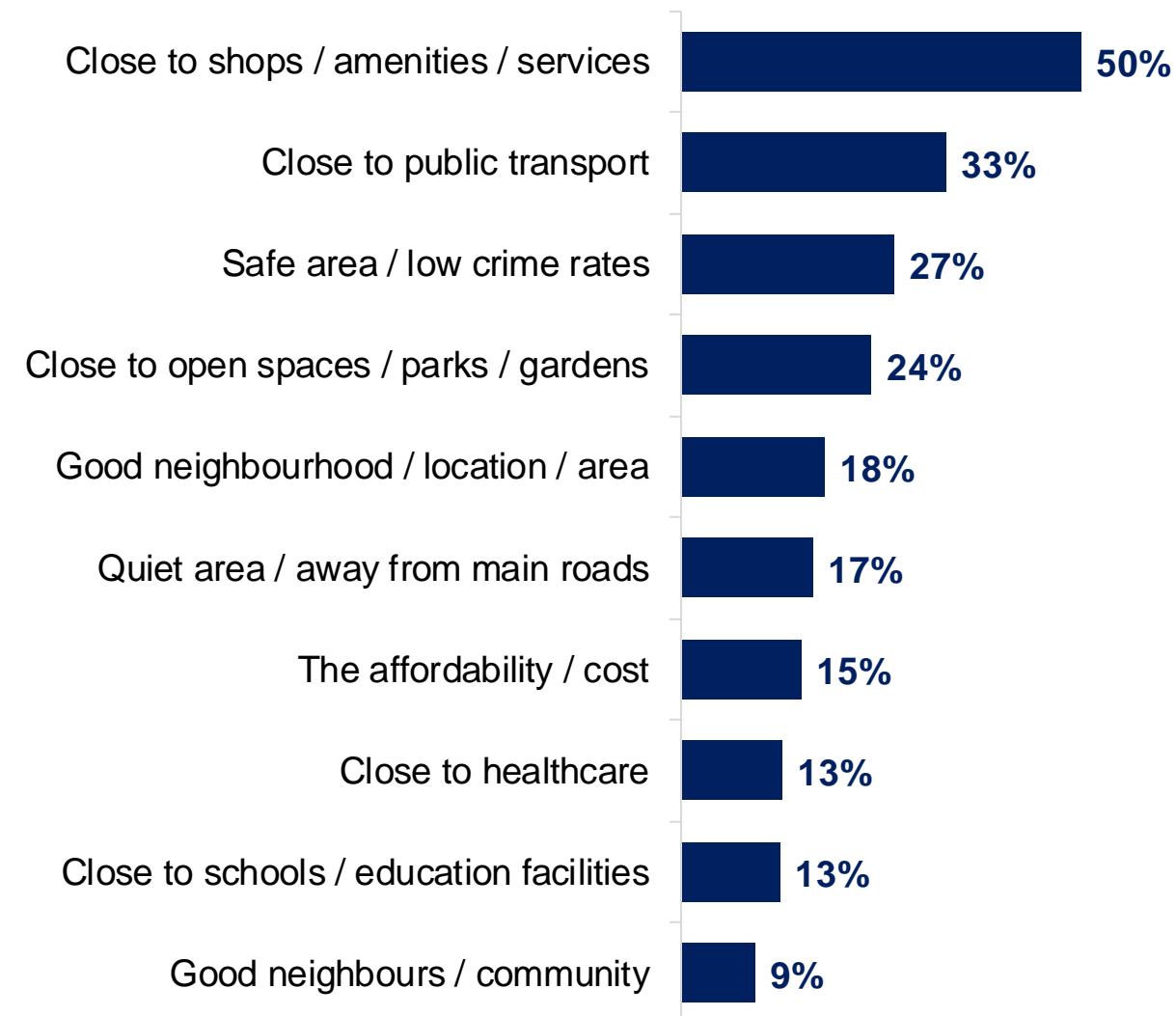
4

Roughly two in three people in New South Wales support the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion are supportive of local governments reducing speed limits in neighbourhoods, while almost eight in 10 people are supportive of a National Physical Activity Strategy.

What New South Wales wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Top ten most mentioned important neighbourhood elements (% said top of mind)



Unprompted, the most commonly mentioned things those in New South Wales want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public transport, the area being safe and being close to public open spaces.

Being close to public transport was mentioned more by those living in Sydney (42%), compared to those in the rest of New South Wales (17%).

Lower proportions of people in New South Wales also mentioned the quality of the area and the neighbours, as well as wanting peace and quiet. The affordability of the area was mentioned by roughly 1 in 6 people and was of more importance to those outside of Sydney (21%), than within (12%).

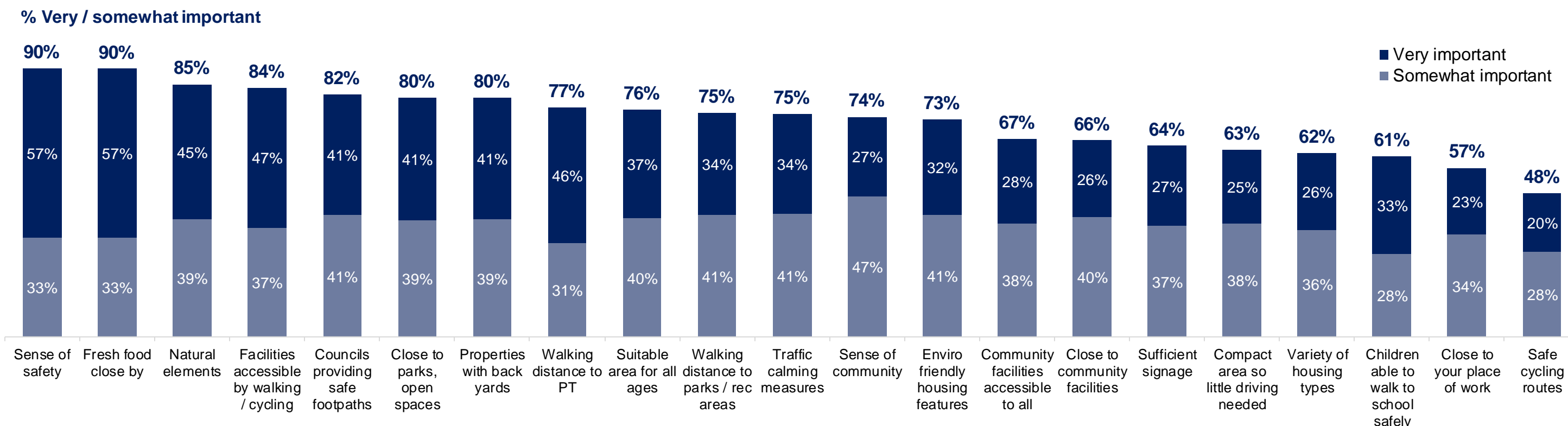
Neighbourhood elements importance: NSW

How important are the following to you when deciding where to live?

Once prompted, a sense of safety and having fresh food accessible close by are most important to people in New South Wales, with nine in 10 people rating these as very / somewhat important, and almost six in 10 rating these as very important. High proportions of people in New South Wales value having natural elements and safe footpaths in their local areas, as well as being close to necessary facilities and outdoor areas. Comparatively lower proportions value being close to their work or having safe cycling routes.

When comparing Sydney to the rest of New South Wales, those in Sydney are more likely to value being close to public parks, living in a more compact area / having facilities accessible by walking / cycling, being close to public transport, and having traffic calming measures in place.

Prompted importance of neighbourhood elements – (% rated important)



A2. And how important are the following to you when deciding where to live?
Base: All respondents in New South Wales (weighted) n=619, those in Sydney n=388, rest of NSW n=231

[Click here to go back to the contents page](#)

Ranking features on importance: NSW

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in New South Wales, when finally asked to **rank** the features in terms of their importance, a sense of place and having fresh food accessible close by remained vital (as they were when asked outright how important they are).

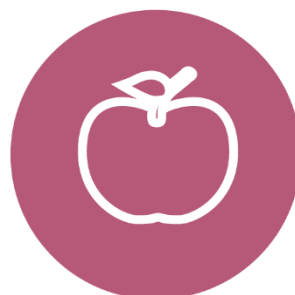
When asked to prioritise certain features over others, and rank from one to seven, movement networks, such as proximity to public transport, moved up the list, while access to public open space dropped down the list of importance. This suggests that, whilst being close to parks would be great, it's a want rather than an absolute need.

Comparing Sydney to the rest of New South Wales, those in Sydney are more likely to rank movement networks in their top three, while those in the rest of New South Wales are more likely to rank housing diversity higher.

Ranking of design features based on % ranked feature in top three most important



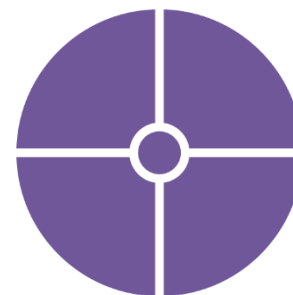
Sense of place



Access to healthy food



Housing diversity



Destinations



Movement networks



Public open space



Community facilities

Ranked most important

Ranked of less importance



Current neighbourhood analysis: NSW

Rating of active living elements in neighbourhood and whether assists with activity

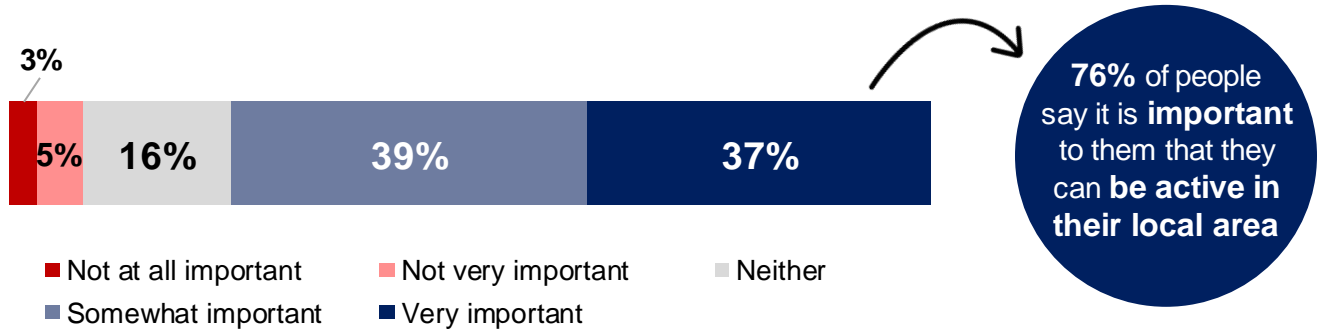
Roughly three in four people in New South Wales rate the public parks, proximity of facilities, natural elements and a sense of safety in their local neighbourhood / area as good or excellent, with roughly a third rating them as excellent. Less than half rate cycle ways in their area well, the worst rated of any state. Those in the rest of New South Wales, outside of Sydney, are less likely to rate the footpaths in their area as good or excellent.

Over eight in 10 people in New South Wales feel that being able to be active in their local area is at least somewhat important, with a similar proportion feeling that currently their area does help them to be active to some extent.

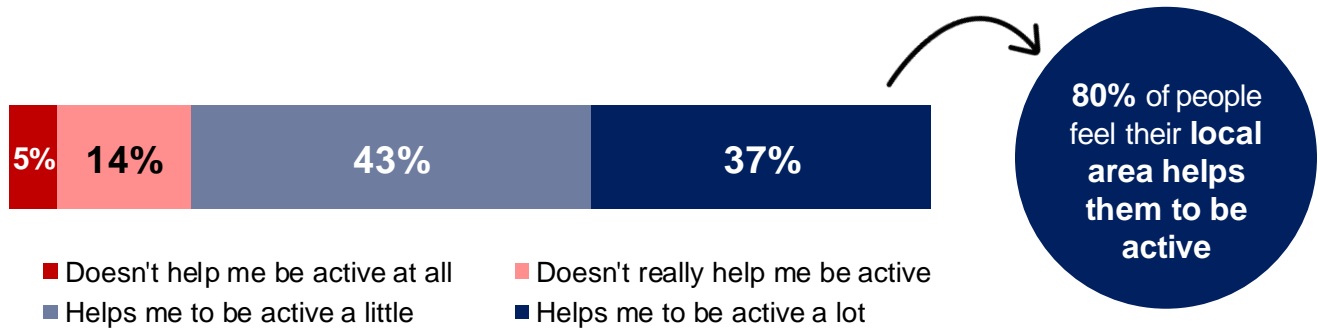
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



Whether current neighbourhood helps activity levels:



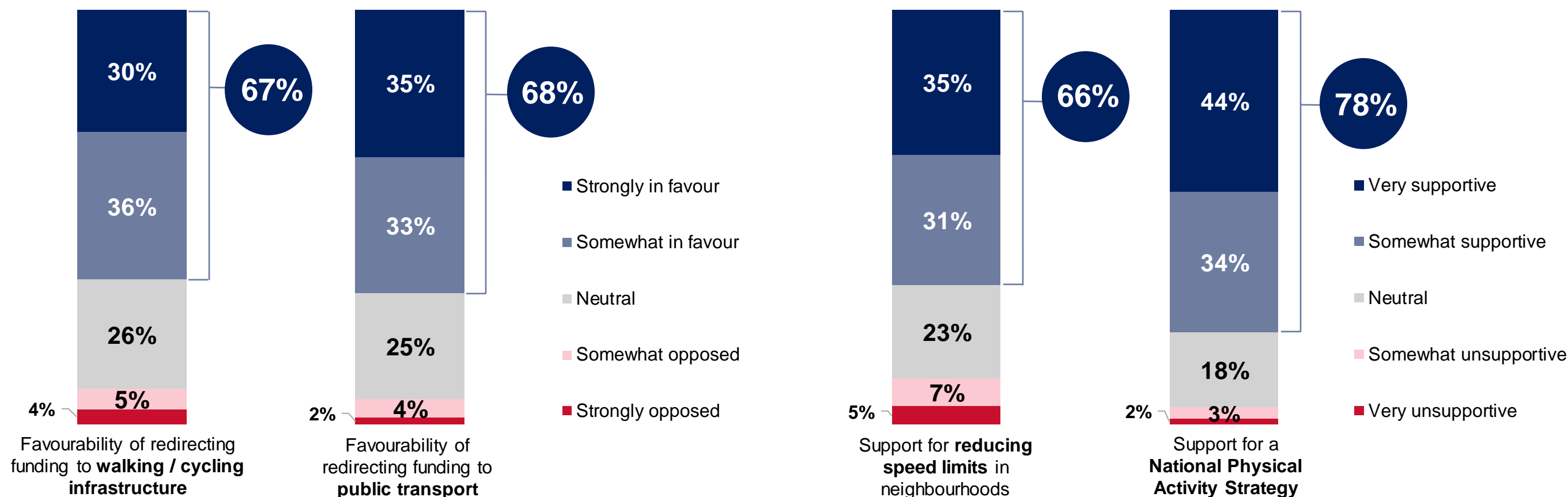
A4. Thinking about the neighbourhood / area you currently live in; how would you rate the following features?, A5. Is being able to be active in your neighbourhood / local area important to you?, A6. Do you think the neighbourhood / area you currently live in helps you to be active or not?
Base: All respondents in New South Wales (weighted) n=619, those in Sydney n=388, rest of NSW n=231

Active living advocacy: NSW

Level of support / favourability regarding active living elements from those in NSW

Roughly two in three people in New South Wales are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion (roughly two in three) are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher almost eight in 10 people are very / somewhat supportive of a National Physical Activity Strategy, with nearly half of people being very supportive of this.

Those in Sydney are more likely to be in favour of redirecting funding to public transport, or supportive of reducing neighbourhoods speeding limits, compared to those in the rest of New South Wales.



B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?

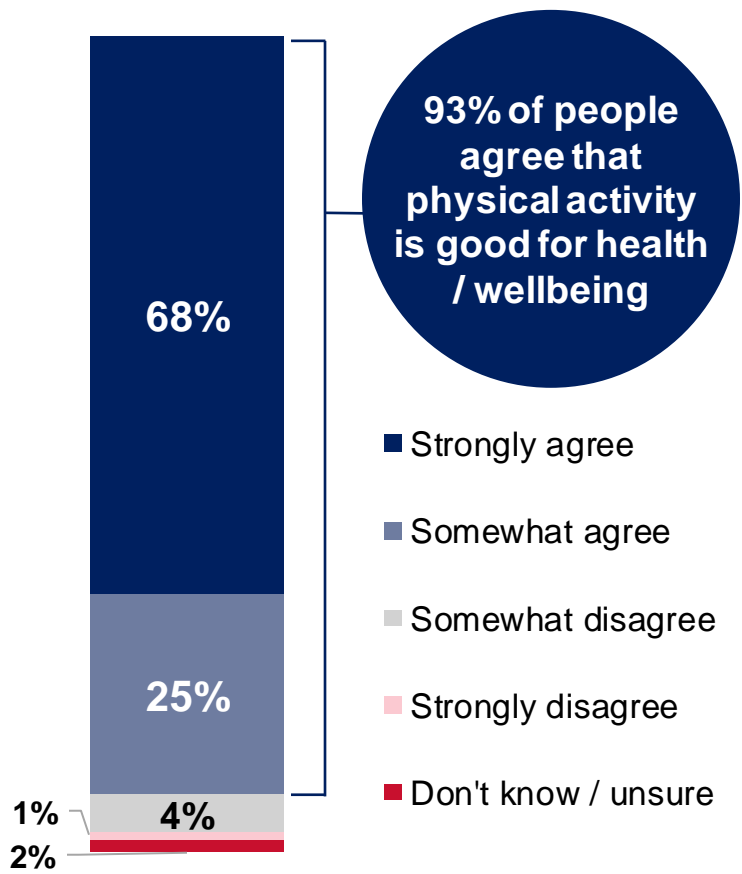
Base: All respondents in New South Wales (weighted) n=619, those in Sydney n=388, rest of NSW n=231

The benefits of physical activity: NSW

Knowledge of the benefits of physical activity

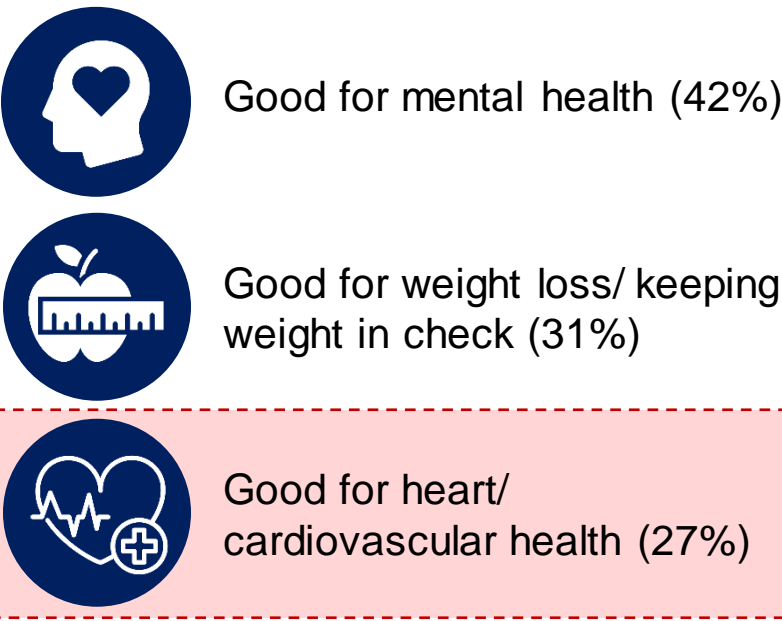
Over nine in 10 people in New South Wales agree physical activity is good for your overall health and wellbeing. Despite such high levels of agreement, just one in four people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health.

Extent to which agree that physical activity is good for your overall health and wellbeing:

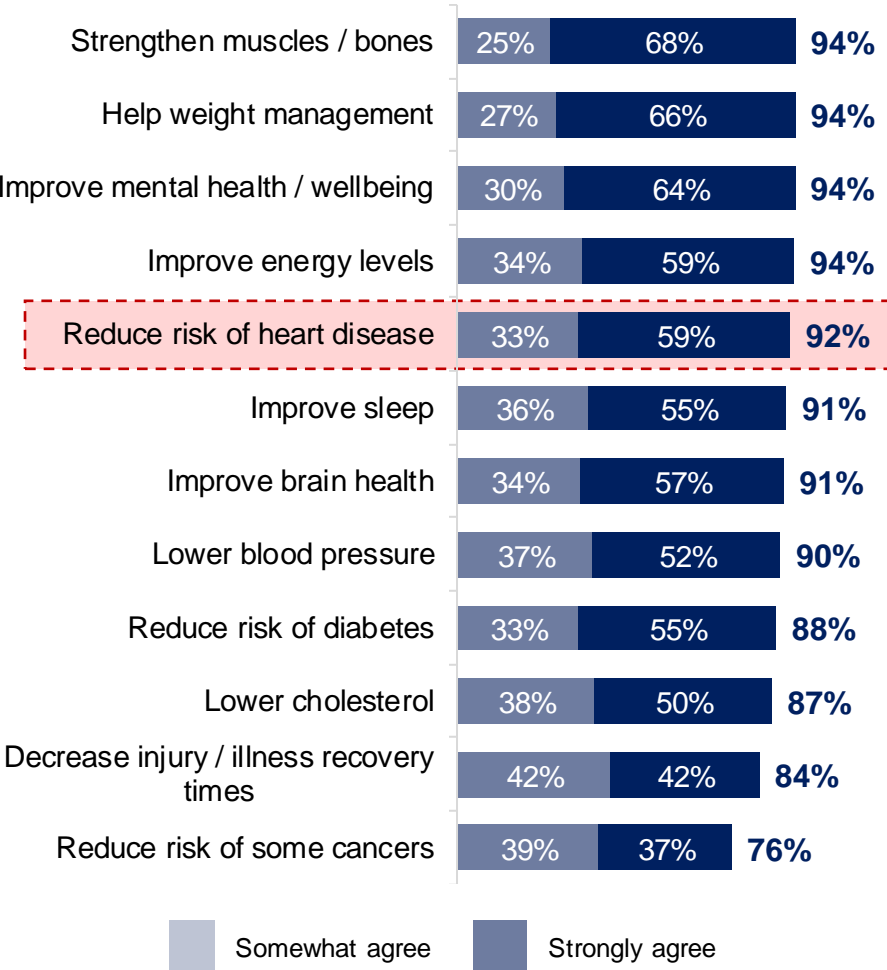


Just **one in four** (25%) people in NSW **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



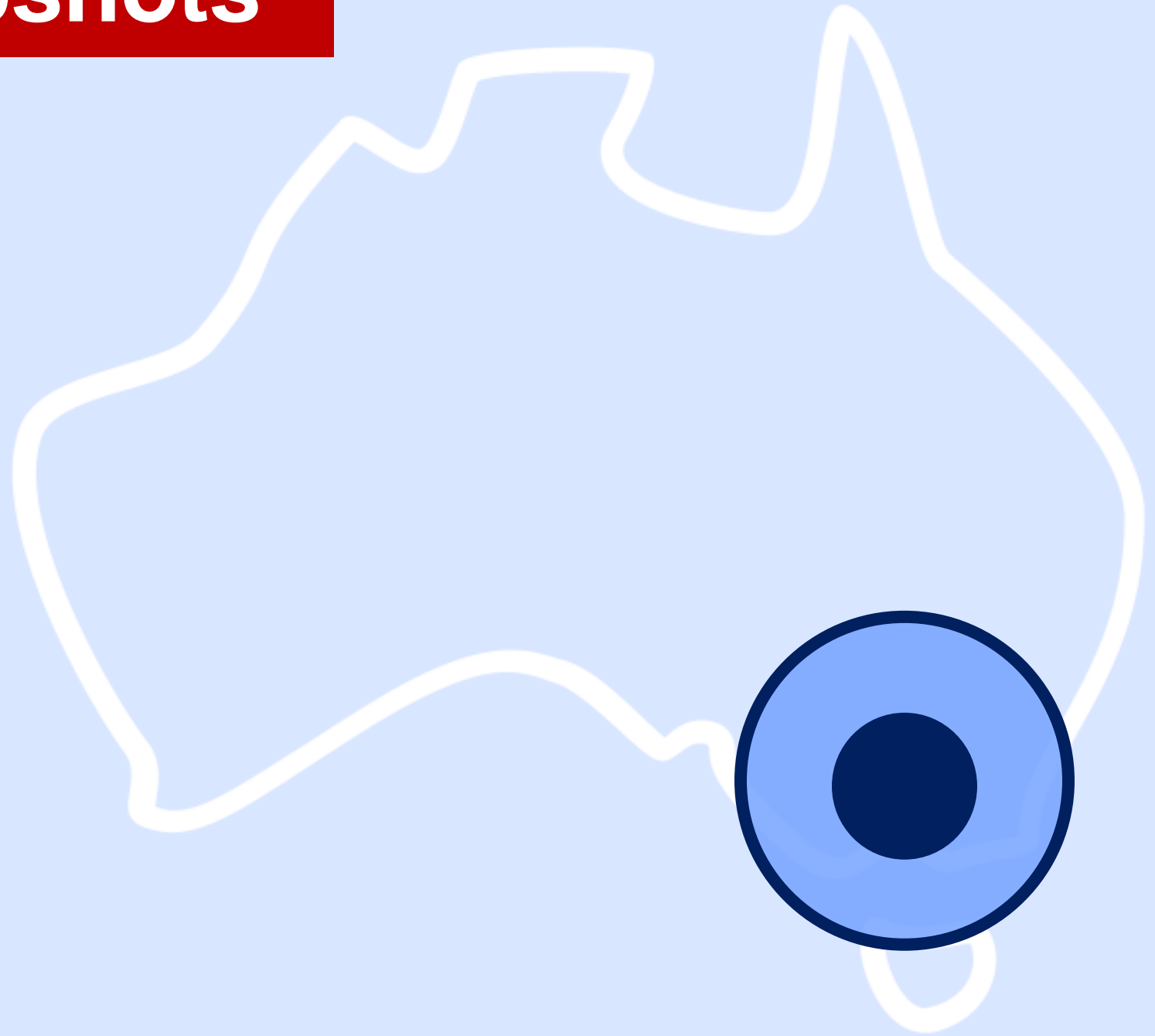
% Agree that physical activity can...



Q1. To what extent do you agree that physical activity is good for your overall health and wellbeing?, Q2. In what ways do you think physical activity is good for your overall health and wellbeing?, Q3. And in your opinion, to what extent do you believe that physical activity can...?
Base: All respondents in New South Wales (weighted) n=619, Q2: All respondents in NSW who agree that physical activity is good for your overall health and wellbeing (weighted) n=578

State & territory snapshots

Victoria



Victoria: Key findings

1

If looking to move to a new area, those in Victoria want to be close to necessary shops / amenities, close to public transport and public open spaces, as well as the area being safe.

2

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved up the list considerably, while access to public open space dropped down the list of importance. This suggests that while being close to parks would be great, without the right housing and necessary things close by it cannot be prioritised.

3

When it comes to rating their local areas, high proportions of Victorians rate the natural elements, proximity of facilities and public parks in their local area as good or excellent. Roughly three in five rate the cycle ways in their area as good or excellent, with this proportion being significantly higher than all other states, aside from the ACT.

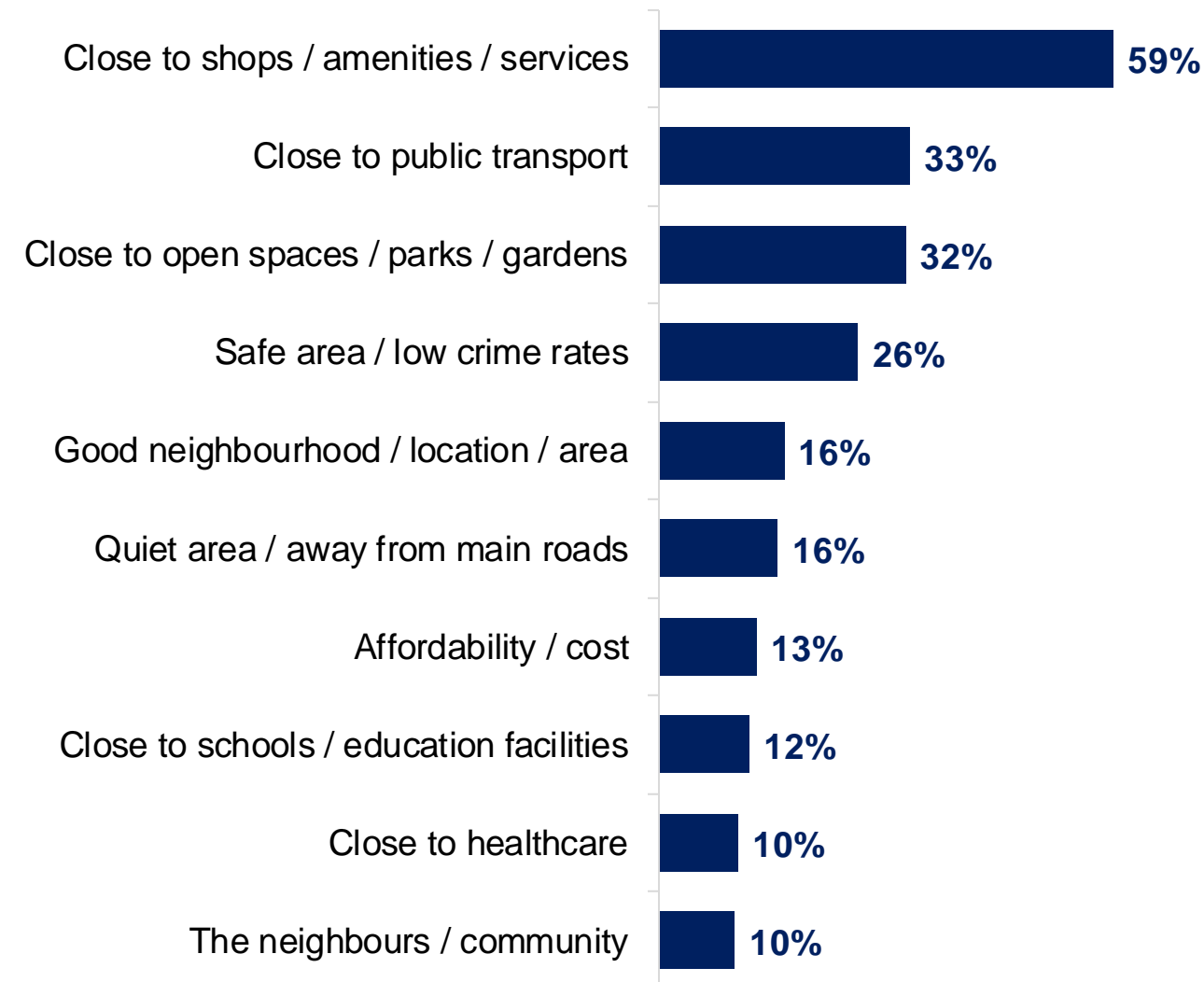
4

Roughly three in four Victorians are in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly two in three) are supportive of local governments reducing speed limits in neighbourhoods, while a higher eight in 10 people are supportive of a National Physical Activity Strategy.

What Victoria wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Top ten most mentioned important neighbourhood elements (% said top of mind)



Unprompted, the most mentioned things Victorians want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public transport and public open spaces, as well as the area being safe.

Being close to public transport was mentioned more by those living in Melbourne (38%), compared to those in the rest of Victoria (16%).

Being a quiet area / away from main roads was mentioned more by those outside of Melbourne (22%) than those in Melbourne (14%).

Roughly one in six Victorians mentioned the affordability of the area as important to them.

Neighbourhood elements importance: VIC

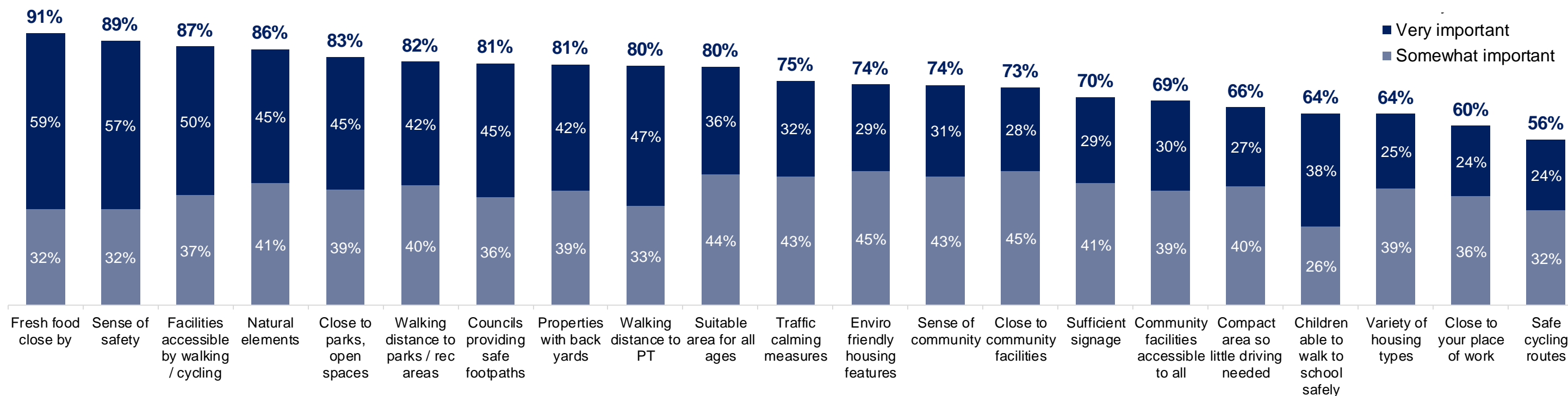
How important are the following to you when deciding where to live?

Once prompted, having fresh food accessible close, a sense of safety and other facilities accessible by walking / cycling are most important to people in Victoria, with roughly nine in 10 people rating these as very / somewhat important and more than five in 10 rating these as very important. High proportions of Victorians value having natural elements and being close to parks / open spaces in their local areas. Comparatively lower proportions value being close to their work or having safe cycling routes.

When comparing Melbourne to the rest of Victoria, those in Melbourne are more likely to value being in close proximity to the things they access regularly, including parks and open spaces, general amenities and facilities, as well as community facilities, public transport and being close to their work, highlighting the urban nature of the city.

Prompted importance of neighbourhood elements – (% rated important)

% Very / somewhat important



Ranking features on importance: VIC

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in Victoria, when finally asked to **rank** the features in terms of their importance, having fresh foods accessible close by remained the most important (as it was when asked outright its level of importance).

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved up the list considerably, while access to public open space dropped down the list of importance. This suggests that while being close to parks would be great, without the right housing and necessary things close by it cannot be prioritised.

Comparing Melbourne to the rest of Victoria, those in Melbourne are more likely to rank movement networks in their top three, while those in the rest of Victoria are more likely to rank housing diversity higher.

Ranking of design features based on % ranked feature in top three most important



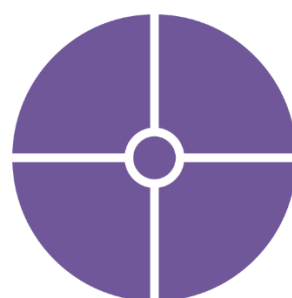
Access to
healthy food



Housing
diversity



Sense of place



Destinations



Movement
networks



Public open
space



Community
facilities

Ranked most
important

Ranked of less
importance

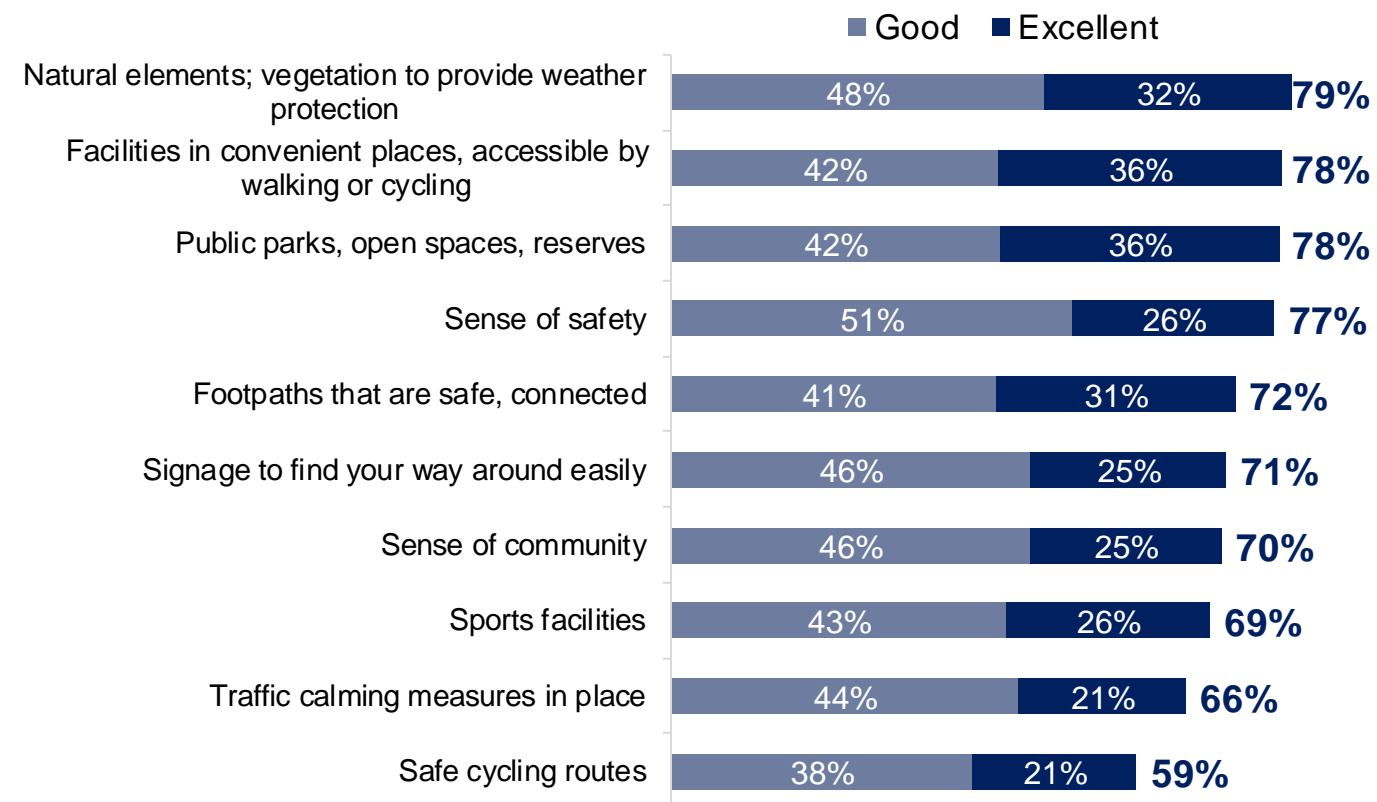
Current neighbourhood analysis: VIC

Rating of active living elements in neighbourhood and whether assists with activity

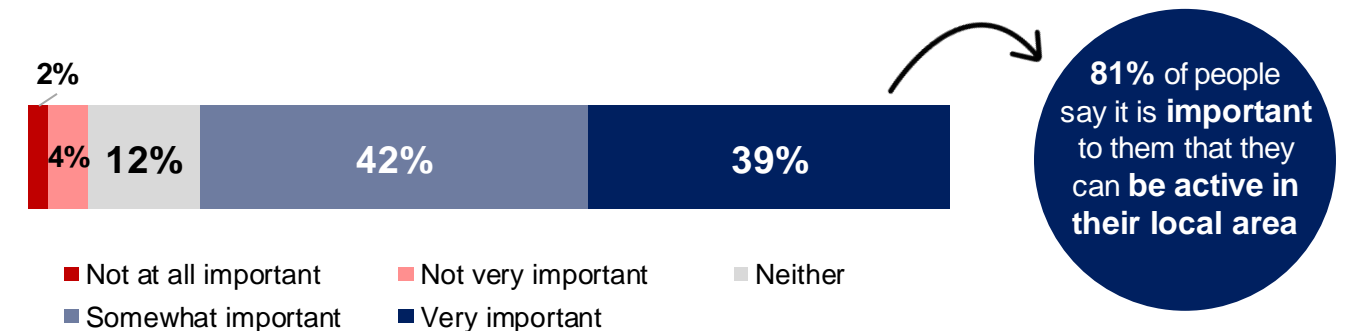
Roughly four in five people in Victoria rate the natural elements, proximity of facilities and public parks in their local neighbourhood / area as good or excellent, with roughly a third rating them as excellent. Roughly three in five Victorians rate the cycle ways as good or excellent, with this proportion being significantly higher than all other states, bar the ACT. Those in the Melbourne, are more likely to rate the footpaths and traffic calming measures in their area as good or excellent, compared to the rest of the state.

Just over eight in 10 people in Victoria feel that being able to be active in their local area is at least somewhat important, with a slightly higher proportion feeling that currently their area does help them to be active to some extent.

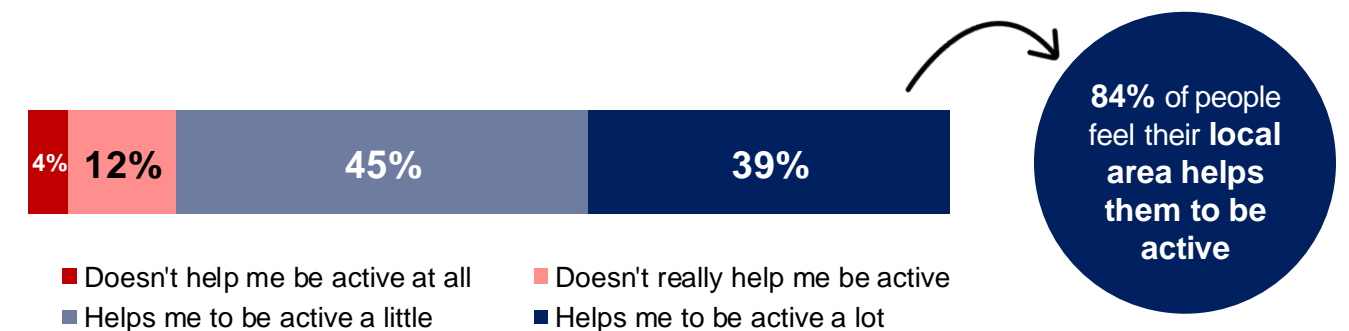
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



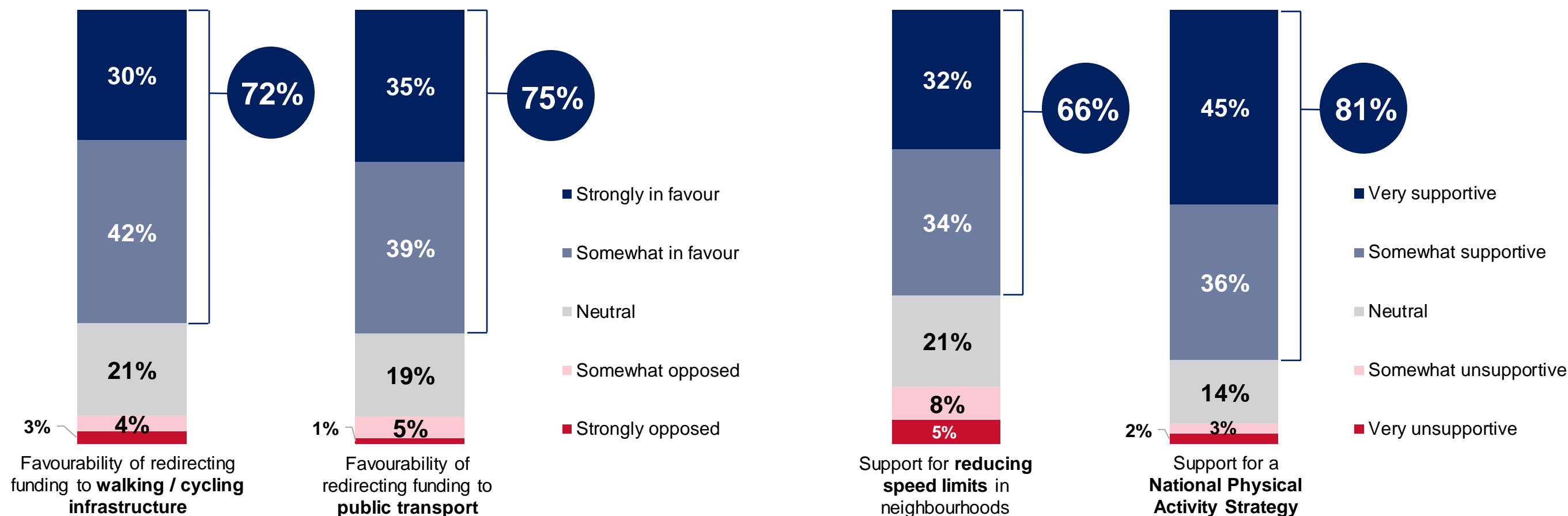
Whether current neighbourhood helps activity levels:



Active living advocacy: VIC

Level of support/ favourability regarding active living elements from those in VIC

Roughly three in four people in Victoria are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly two in three) are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher eight in 10 people are very / somewhat supportive of a National Physical Activity Strategy, with nearly half of people being very supportive of this.



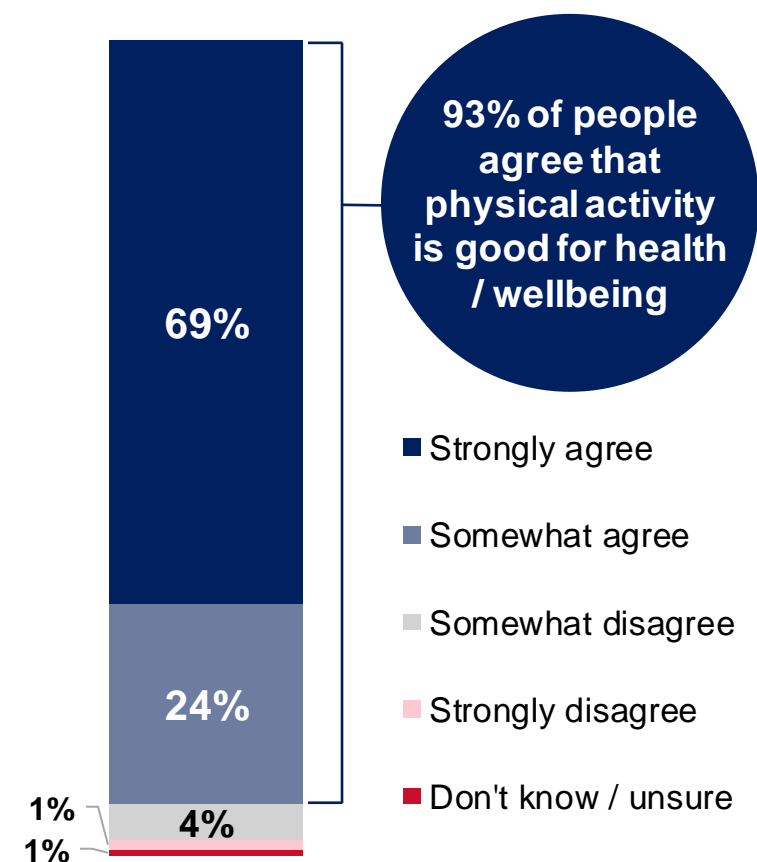
B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?
Base: All respondents in Victoria (weighted) n=618, those in Melbourne n=482, rest of VIC n=136

The benefits of physical activity: VIC

Knowledge of the benefits of physical activity

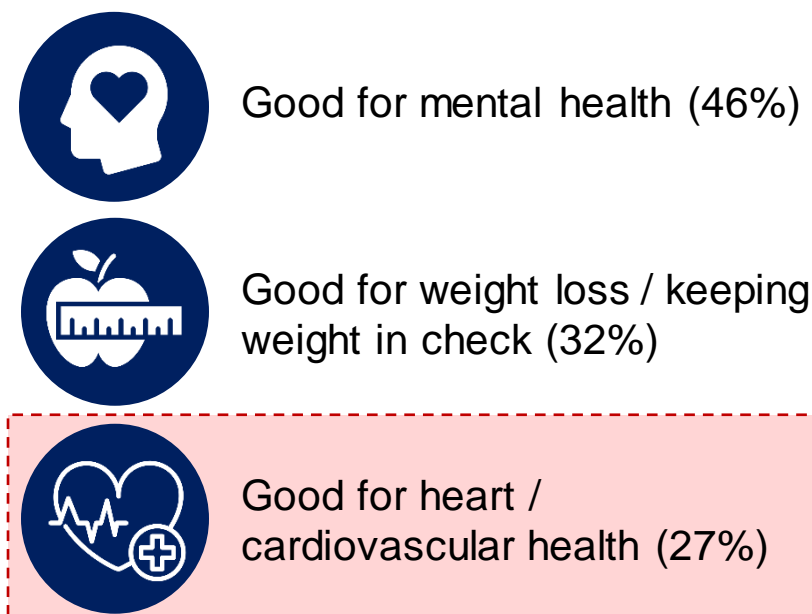
More than nine in 10 Victorians agree physical activity is good for your overall health and wellbeing. Despite such high levels of agreement that physical activity is good for overall health and wellbeing, just one in four people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health.

Extent to which agree that physical activity is good for your overall health and wellbeing:

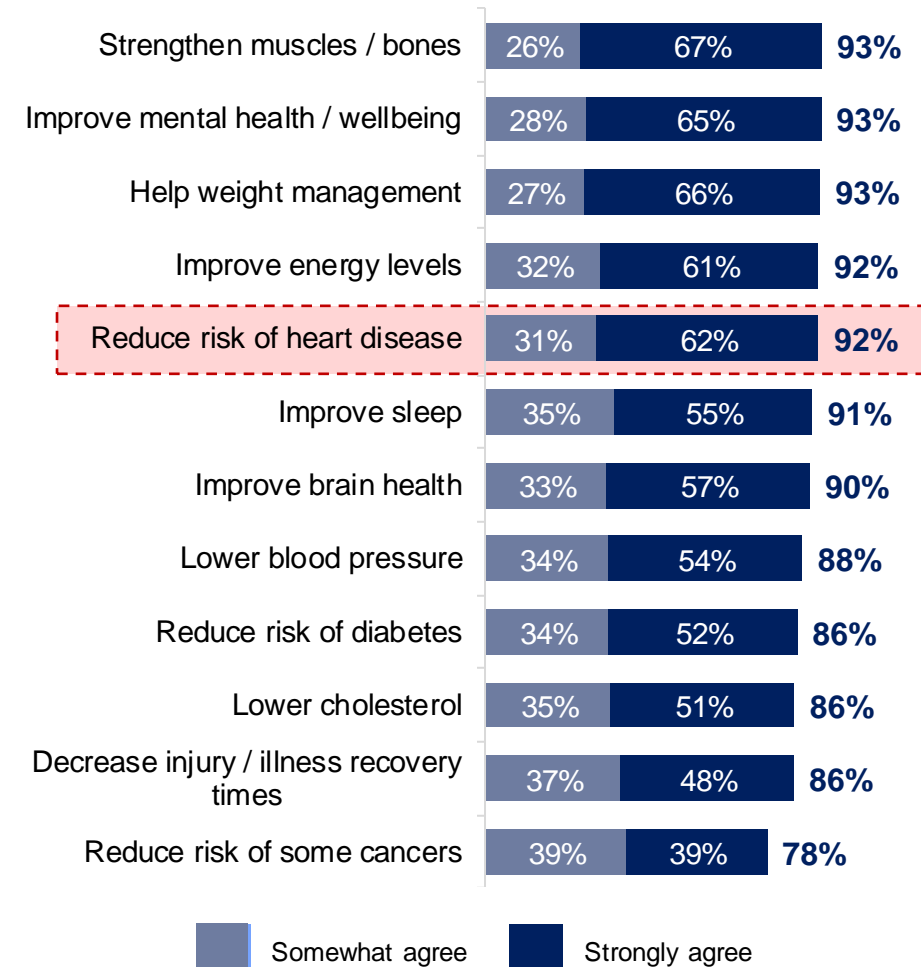


Just **one in four** (24%) people in VIC **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



% Agree that physical activity can...



State & territory snapshots

Queensland



Queensland: Key findings

1

If looking to move to a new area, those in Queensland want to be close to necessary shops / amenities, close to public transport and public open spaces, as well as the area being safe. Having the right type of property is also important.

2

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved ahead of destinations, while access to public open space dropped down the list of importance. This suggests like other states, that basic needs are vital, before considering 'wants', such as public parks and outdoor areas.

3

When it comes to rating their local areas, three quarters of people in Queensland rate the natural elements, proximity of facilities, sense of safety and public parks in their local neighbourhood / area as good or excellent. Just over seven in 10 people feel that being able to be active in their local area is at least somewhat important, the lowest of all states.

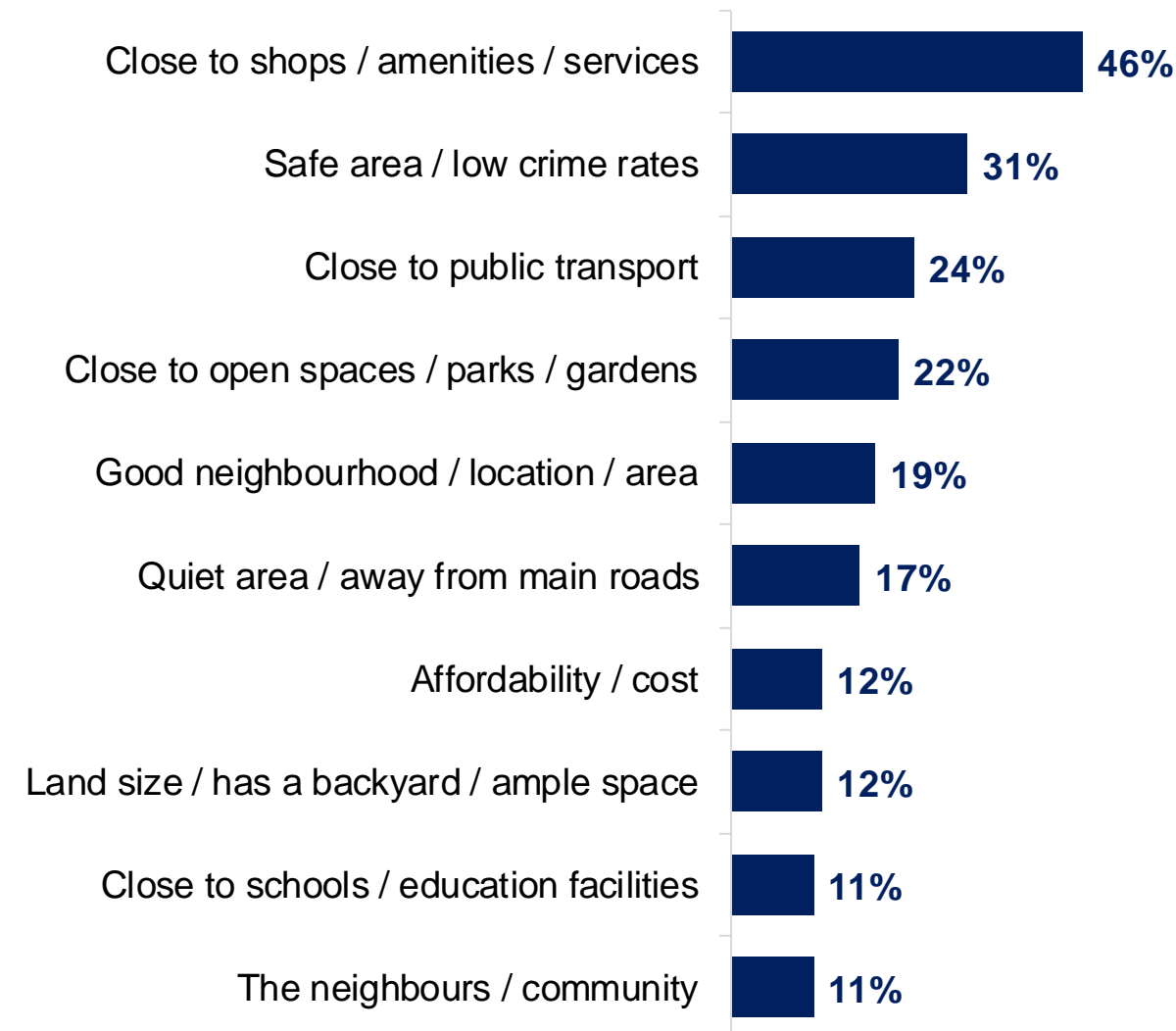
4

Just under two in three people in Queensland are in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion are supportive of local governments reducing speed limits in neighbourhoods, while a higher three in four people are supportive of a National Physical Activity Strategy.

What Queensland wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Top 10 most mentioned important neighbourhood elements (% said top of mind)



Unprompted, the most mentioned things Queenslanders want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public transport and public open spaces, as well as the area being safe.

Being close to public transport was mentioned more by those living in Brisbane (35%), compared to those in the rest of Queensland (14%).

More than one in 10 people mentioned having a back yard / plenty of space as important to them, with this being of more importance to those outside of Brisbane (15%) than those in the city (8%).

Neighbourhood elements importance: QLD

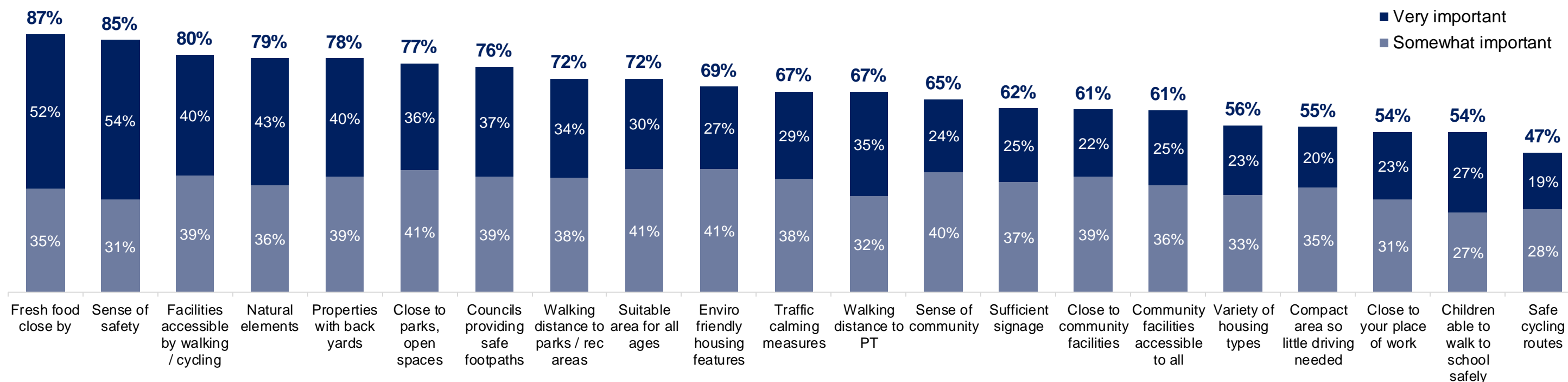
How important are the following to you when deciding where to live?

Once prompted, having fresh food accessible close by and a sense of safety are most important to Queenslanders, with almost nine in 10 people rating these as very / somewhat important, and over five in 10 rating these as very important. High proportions of Queenslanders value having facilities accessible by walking or cycling, as well as having natural elements, outdoor areas and back yards within the area they live. Comparatively lower proportions value having safe cycling routes.

When comparing Brisbane to the rest of Queensland, those in Brisbane are more likely to value a sense of safety than those outside of the city, and as with the other larger states, are more likely to value being close to public transport than those out of the city.

Prompted importance of neighbourhood elements – (% rated important)

% Very / somewhat important



A2. And how important are the following to you when deciding where to live?

Base: All respondents in Queensland (weighted) n=456, those in Brisbane n=244, rest of QLD n=212

[Click here to go back to the contents page](#)

Ranking features on importance: QLD

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in Queensland, when finally asked to **rank** the features in terms of their importance, a sense of place and having fresh foods accessible close by remained vital (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved ahead of destinations, while access to public open space dropped down the list of importance. This suggests like other states, that basic needs are vital, before considering 'wants' such as public parks and outdoor areas.

Comparing Brisbane to the rest of Queensland, those in Brisbane are more likely to rank destinations and movement networks in their top three, while those in the rest of Queensland are more likely to rank housing diversity and proximity to public open space higher.

Ranking of design features based on % ranked feature in top three most important



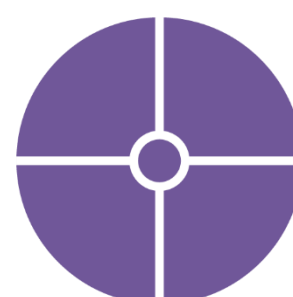
Sense of
place



Access to
healthy food



Housing
diversity



Destinations



Public open
space



Movement
networks



Community
facilities

Ranked most
important

Ranked of less
importance

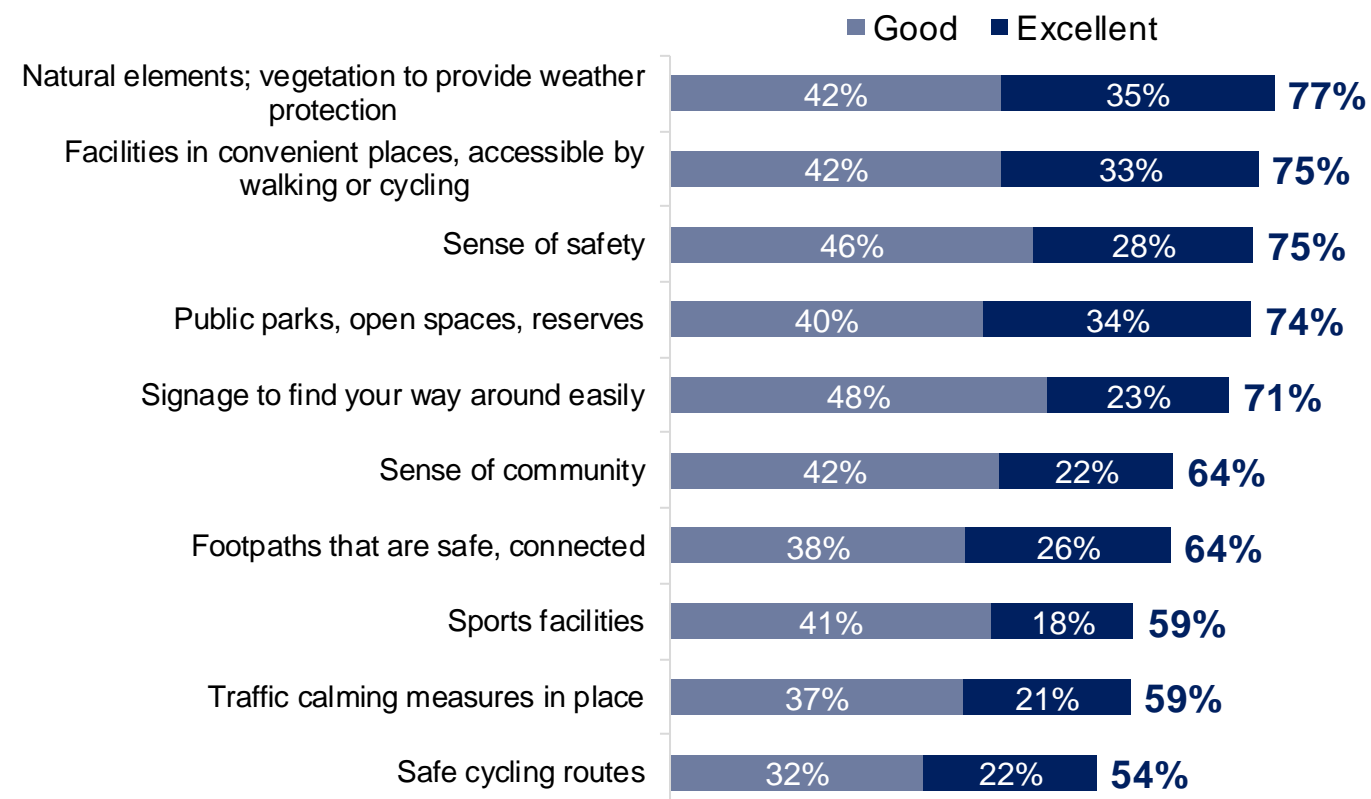
Current neighbourhood analysis: QLD

Rating of active living elements in neighbourhood and whether assists with activity

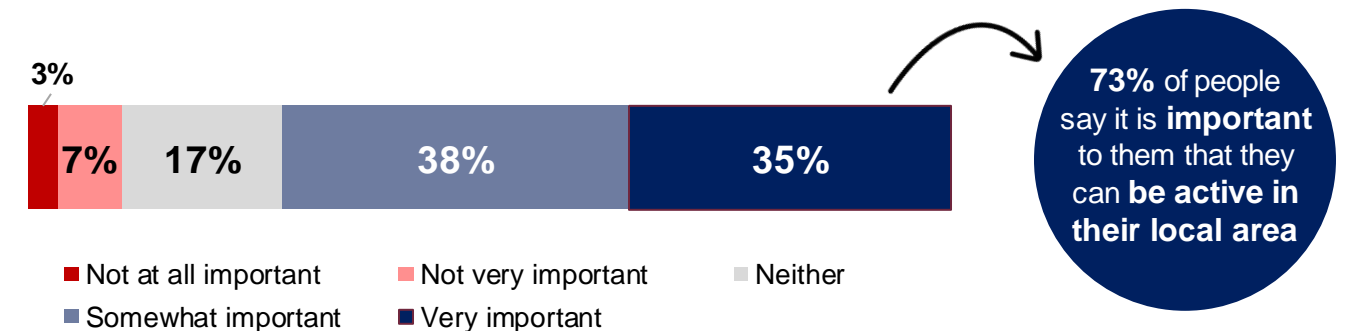
Roughly three in four people in Queensland rate the natural elements, proximity of facilities, sense of safety and public parks in their local neighbourhood / area as good or excellent, with roughly a third rating them as excellent. Just over half rate cycle ways in their area well. There are no significant differences between Brisbane and the rest of the state in terms of ratings of neighbourhood active living elements.

Just over seven in 10 people in Queensland feel that being able to be active in their local area is at least somewhat important, the lowest of all states, and a slightly higher proportion (almost eight in 10) feel that currently their area does help them to be active to some extent.

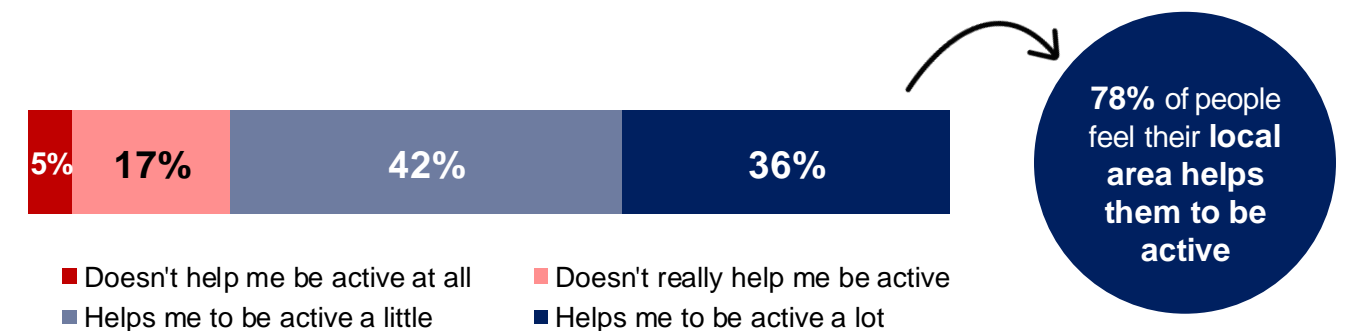
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



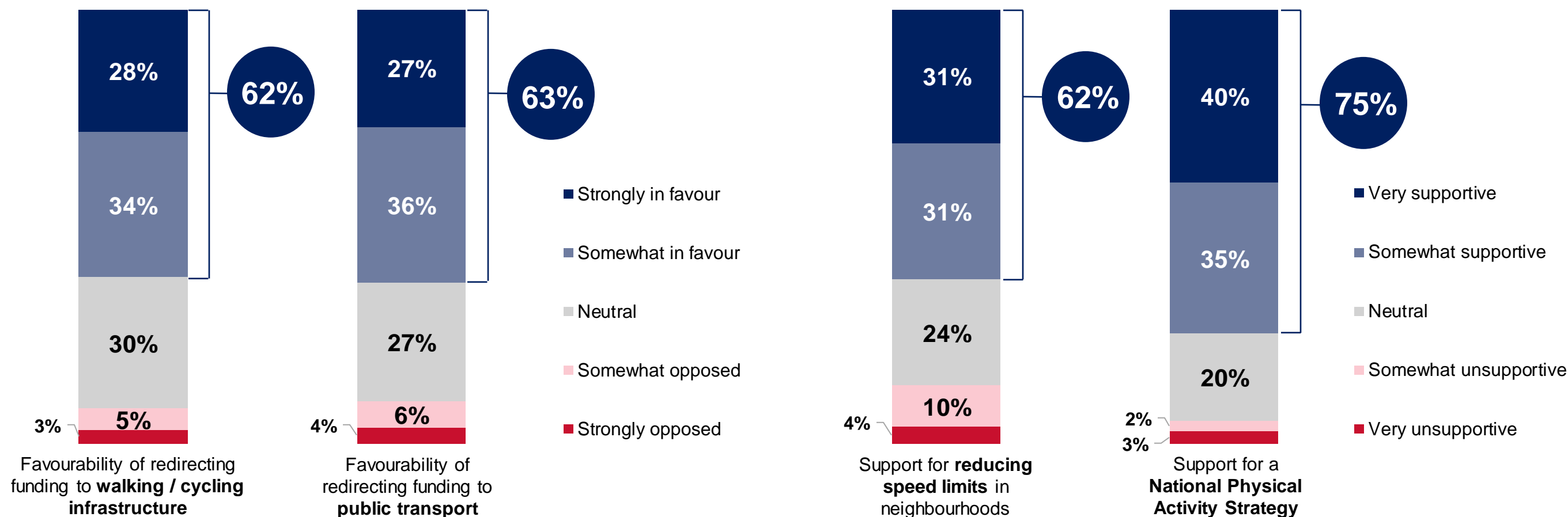
Whether current neighbourhood helps activity levels:



Active living advocacy: QLD

Level of support / favourability regarding active living elements from those in QLD

Approximately two in three Queenslanders are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion (slightly fewer than two in three) are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher three in four people are very / somewhat supportive of a National Physical Activity Strategy.

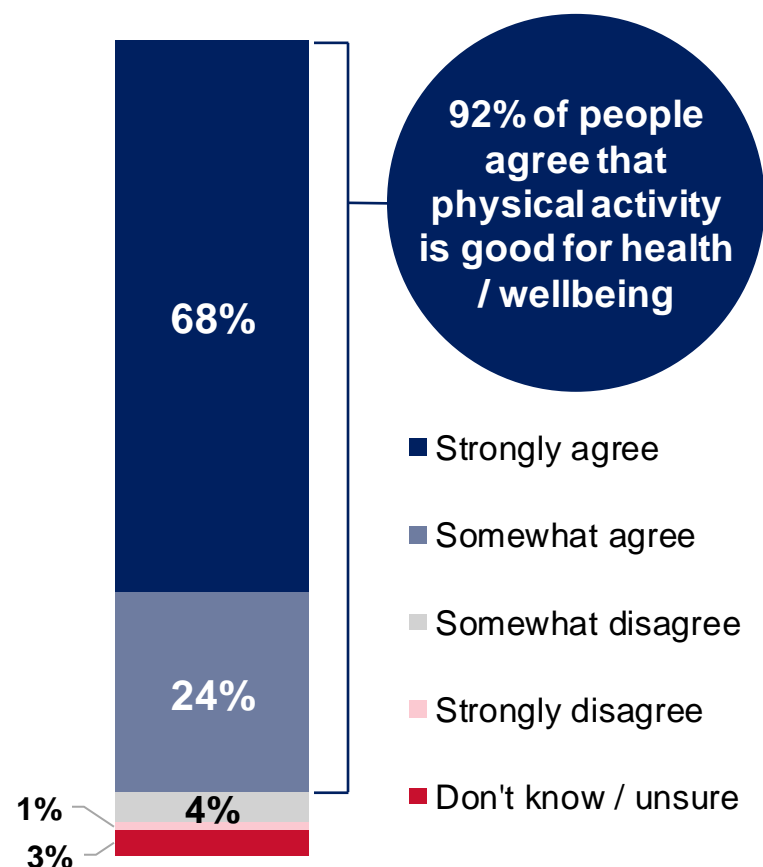


The benefits of physical activity: QLD

Knowledge of the benefits of physical activity

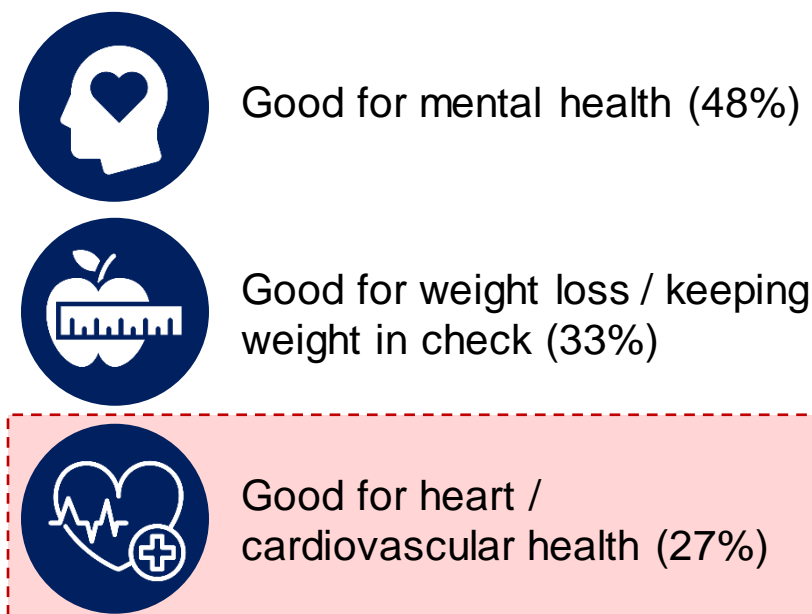
While more than nine in 10 Queenslanders agree physical activity is good for your overall health and wellbeing, just one in four people were able to accurately name benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health. Once prompted, just under nine in 10 Queenslanders agreed physical activity can reduce your risk of heart disease.

Extent to which agree that physical activity is good for your overall health and wellbeing:

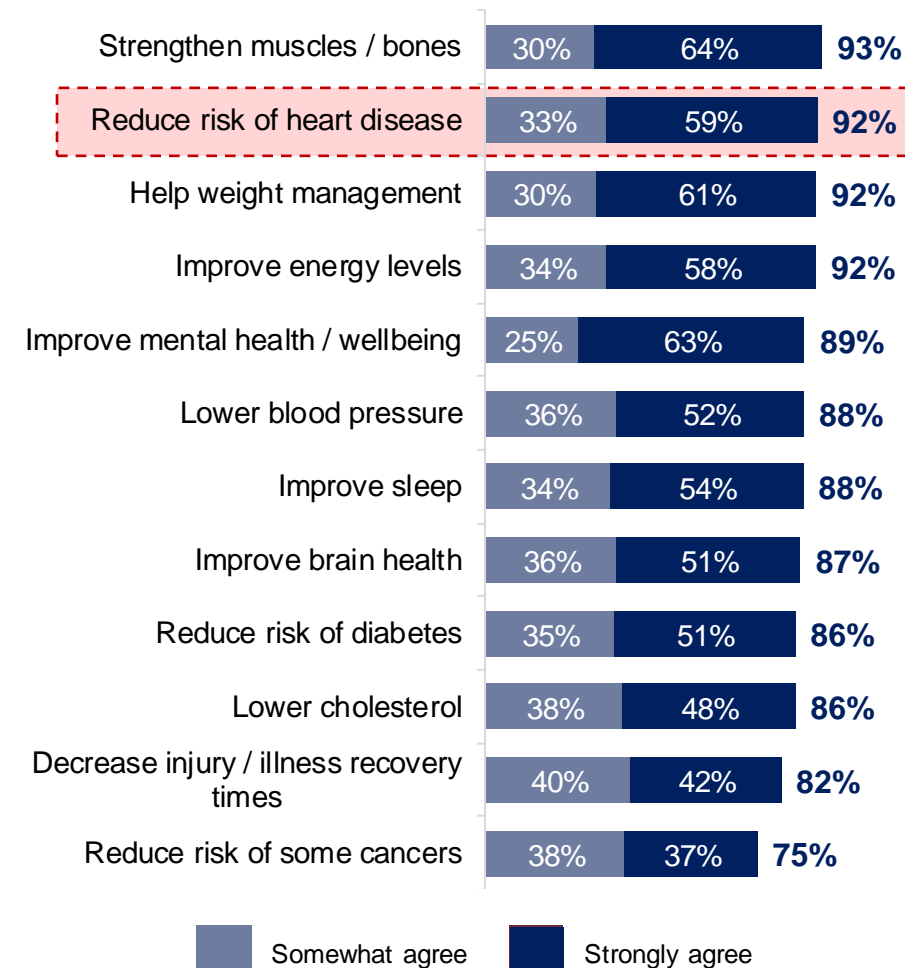


Just **one in four** (25%) people in QLD **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



% Agree that physical activity can...



State & territory snapshots

South Australia



South Australia: Key findings

1

If looking to move to a new area, those in South Australia want to be close to necessary shops/amenities, close to public transport and public open spaces, as well as the area being safe. High proportions of people in South Australia value having natural elements and safe footpaths in their local areas, as well larger properties with back yard areas.

2

When asked to prioritise certain features over others, and rank from one to seven, public open space remained more important than movement networks, such as public transport, while housing diversity moved ahead of proximity to destinations in terms of importance.

3

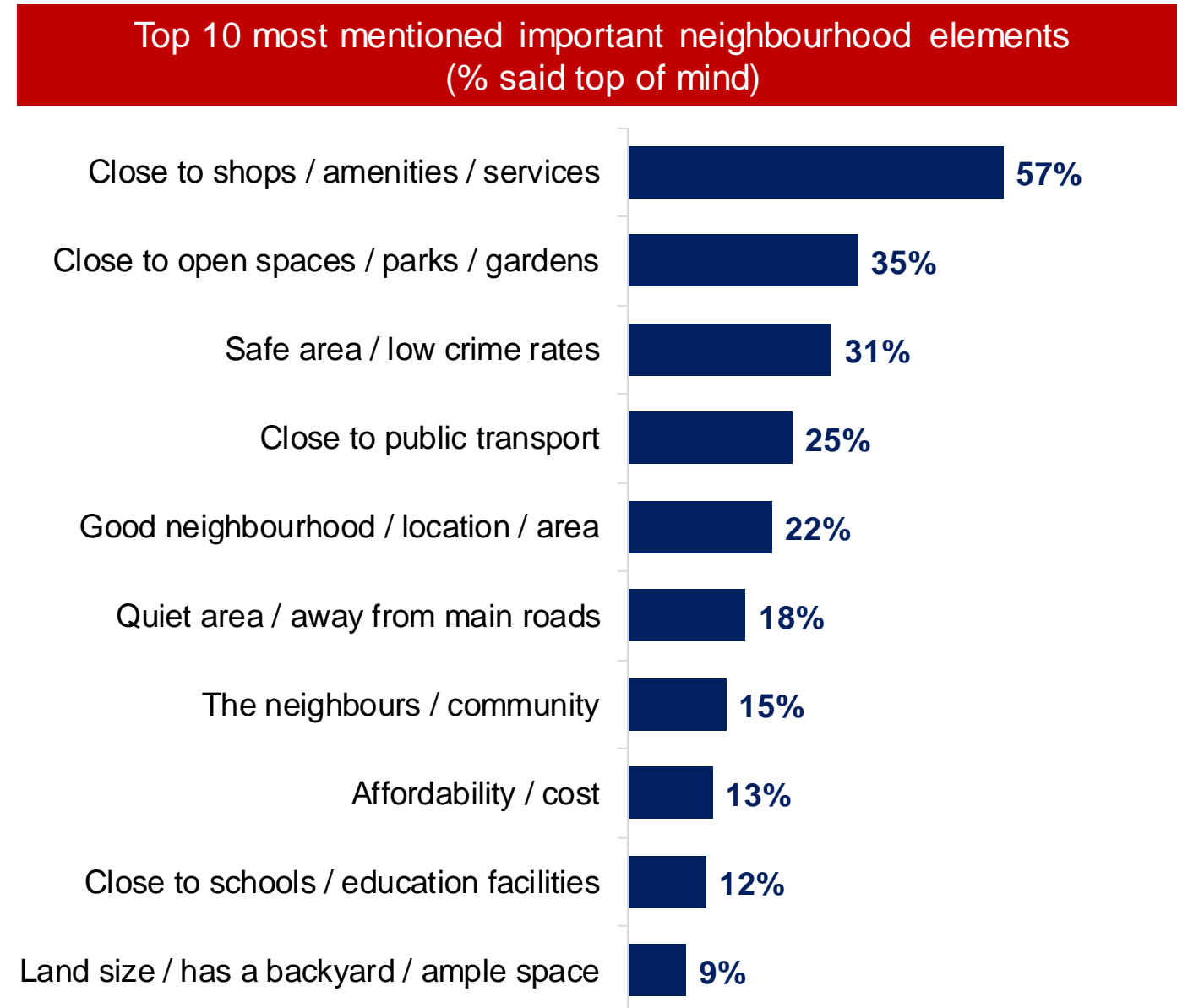
When it comes to rating their local areas, roughly three in four South Australians rate the proximity of facilities, public parks and sense of safety in their local neighbourhood / area as good or excellent. Footpaths are more highly rated in Adelaide compared to the rest of the state.

4

Roughly six in 10 people in South Australia are in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion are supportive of local governments reducing speed limits in neighbourhoods, while a higher three in four people are supportive of a National Physical Activity Strategy.

What South Australia wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?



Unprompted, the most mentioned things South Australians want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public open spaces and public transport, as well as the area being safe.

Being close to necessary shops / amenities was mentioned more by those living in Adelaide (61%), compared to those in the rest of South Australia (41%).

Being close to public transport was mentioned more by those living in Adelaide (29%), compared to those in the rest of South Australia (11%).

One in five South Australians want a quiet area, away from main roads.

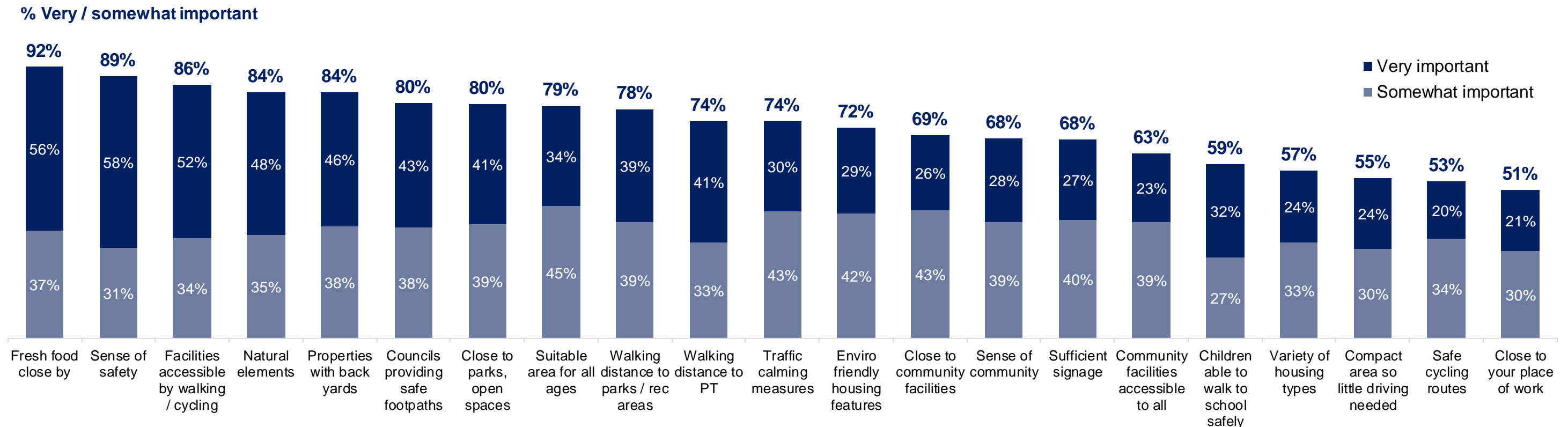
Neighbourhood elements importance: SA

How important are the following to you when deciding where to live?

Once prompted, having fresh food accessible close by, a sense of safety and necessary facilities accessible by walking / cycling and are most important to people in South Australia, with roughly nine in 10 people rating these as very / somewhat important, and more than five in 10 rating these as very important. High proportions of people in South Australia value having natural elements and safe footpaths in their local areas, as well larger properties with back yard areas.

When comparing Adelaide to the rest of South Australia, those in Adelaide are more likely to value being close to public parks and recreation areas and being within walking distance of public transport, while those outside of Adelaide are more likely to value there being sufficient signage available to find your way around.

Prompted importance of neighbourhood elements – (% rated important)



Ranking features on importance: SA

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in South Australia, when finally asked to **rank** the features in terms of their importance, a sense of place and having fresh foods accessible close by remained vital (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, public open space remained more important than movement networks such as public transport, while housing diversity moved ahead of proximity to destinations in terms of importance.

Comparing Adelaide to the rest of South Australia, those in Adelaide are more likely to rank destinations and movement networks in their top three, while those in the rest of South Australia are more likely to rank community facilities higher.

Ranking of design features based on % ranked feature in top three most important



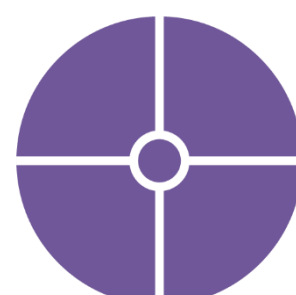
**Sense of
place**



**Access to
healthy food**



**Housing
diversity**



Destinations



**Public open
space**



**Movement
networks**



**Community
facilities**

Ranked most
important

Ranked of less
importance

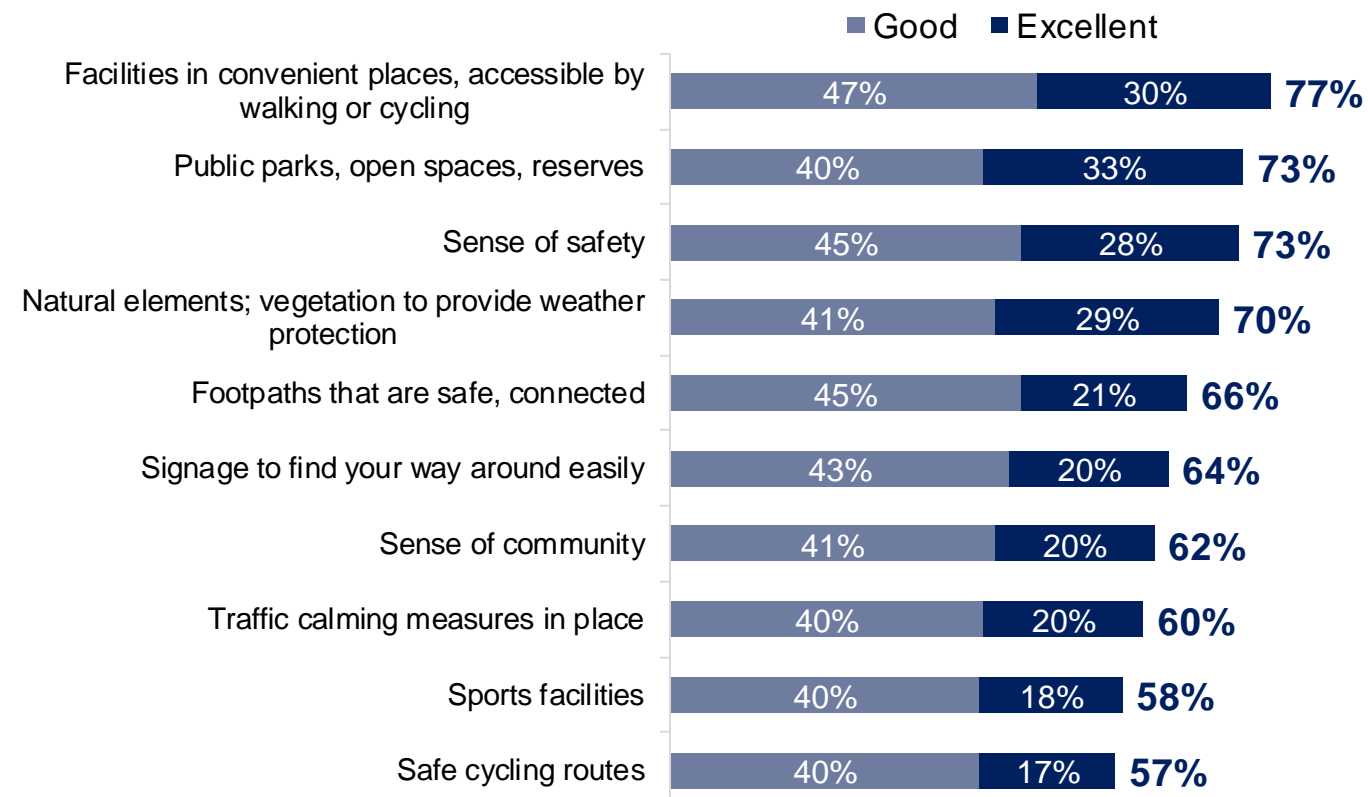
Current neighbourhood analysis: SA

Rating of active living elements in neighbourhood and whether assists with activity

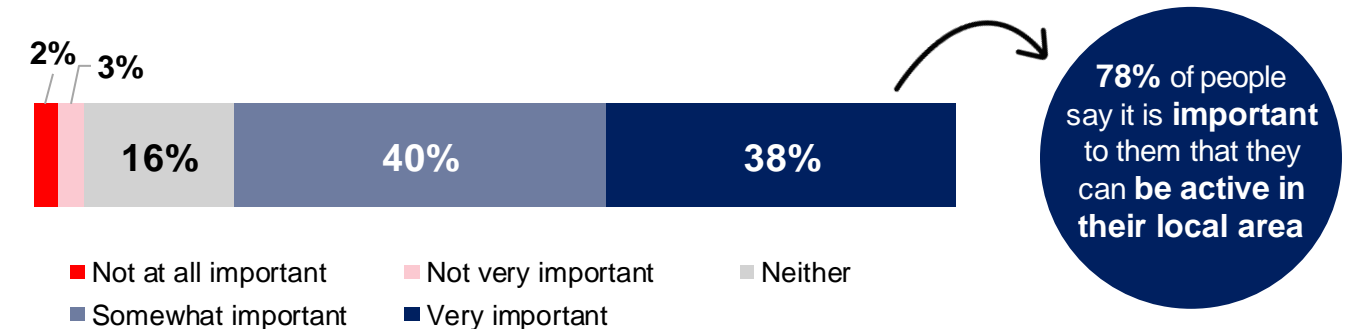
Roughly three in four South Australians rate the proximity of facilities, public parks and a sense of safety in their local neighbourhood / area as good or excellent, with roughly a third rating them as excellent. Approximately six in 10 rate the sport facilities or cycle ways in their area well. Those in Adelaide are more likely to rate the footpaths in their area as good or excellent compared to those in the rest of the state.

Almost eight in 10 South Australians feel being able to be active in their local area is at least somewhat important, with a similar proportion feeling that currently their area does help them to be active to some extent.

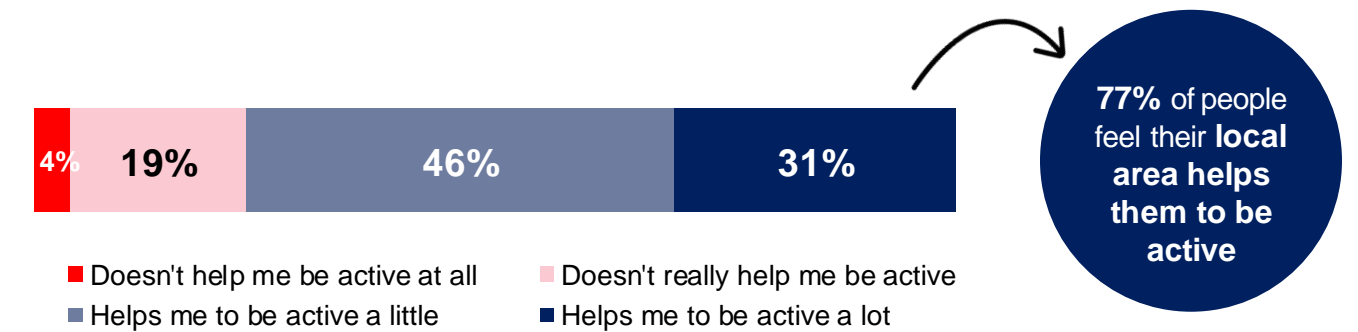
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



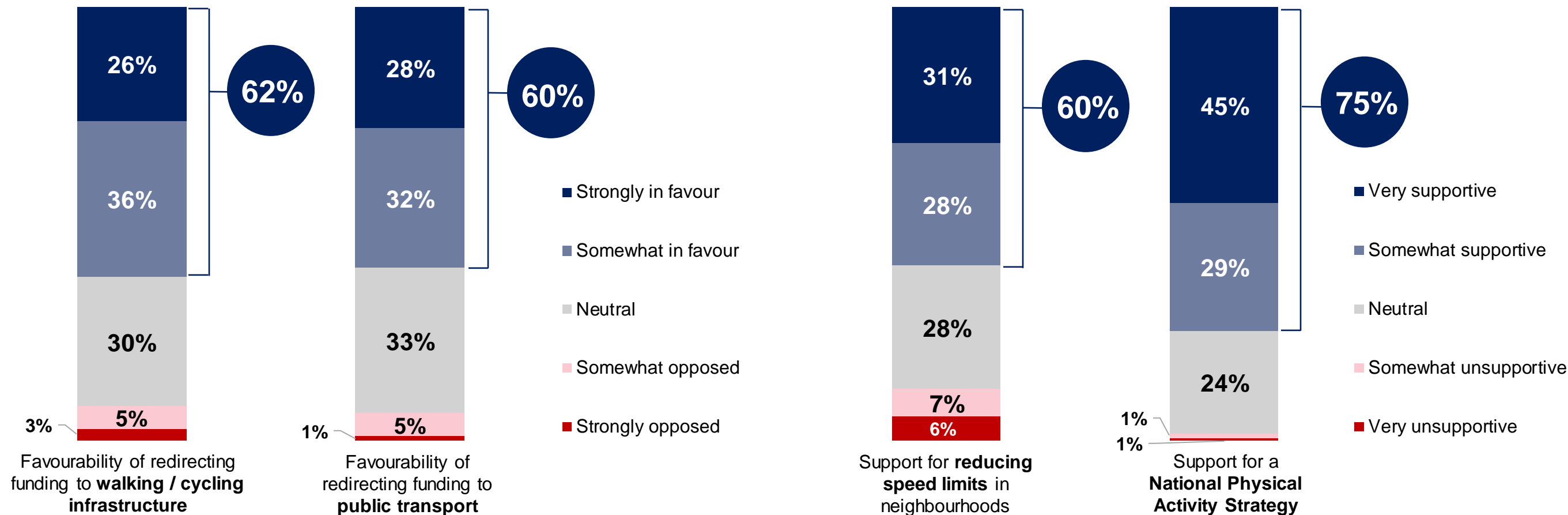
Whether current neighbourhood helps activity levels:



Active living advocacy: SA

Level of support / favourability regarding active living elements from those in SA

Roughly six in 10 South Australians are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A similar proportion are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher three in four people are very / somewhat supportive of a National Physical Activity Strategy, with nearly half of people being very supportive of this.



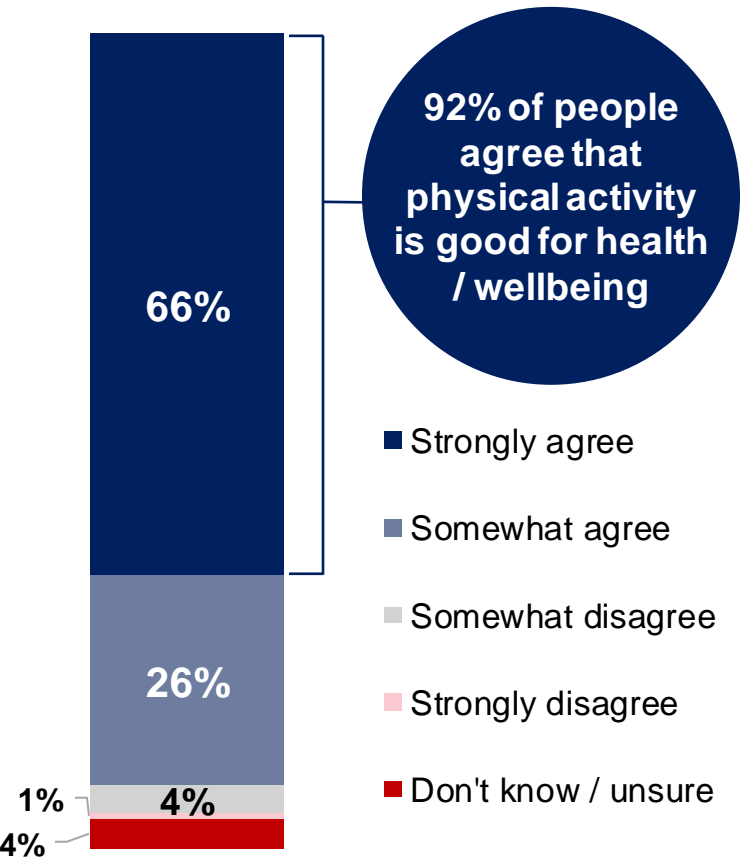
B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?
 Base: All respondents in South Australia (weighted) n=299, those in Adelaide n=211, rest of SA n=88

The benefits of physical activity: SA

Knowledge of the benefits of physical activity

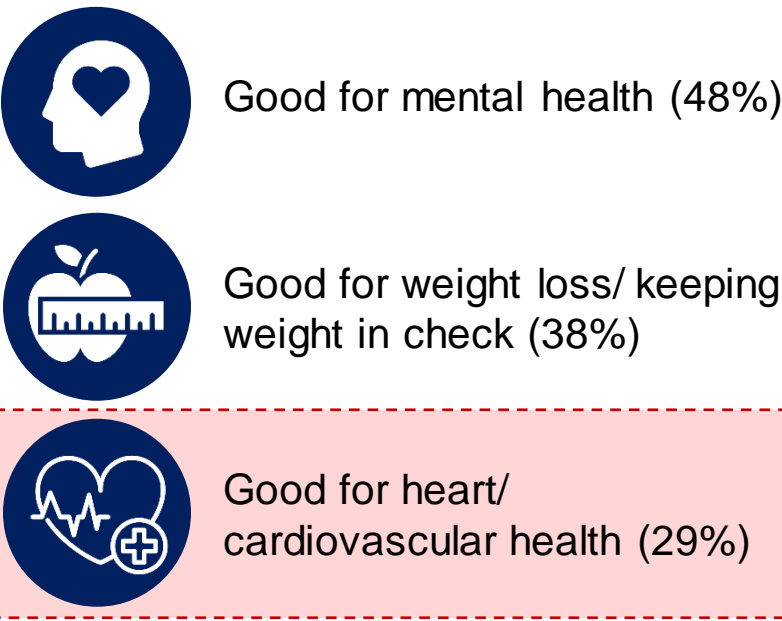
Over nine in 10 South Australians agree physical activity is good for your overall health and wellbeing. Despite such high levels of agreement that physical activity is good for overall health and wellbeing, just one in four people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health.

Extent to which agree that physical activity is good for your overall health and wellbeing:

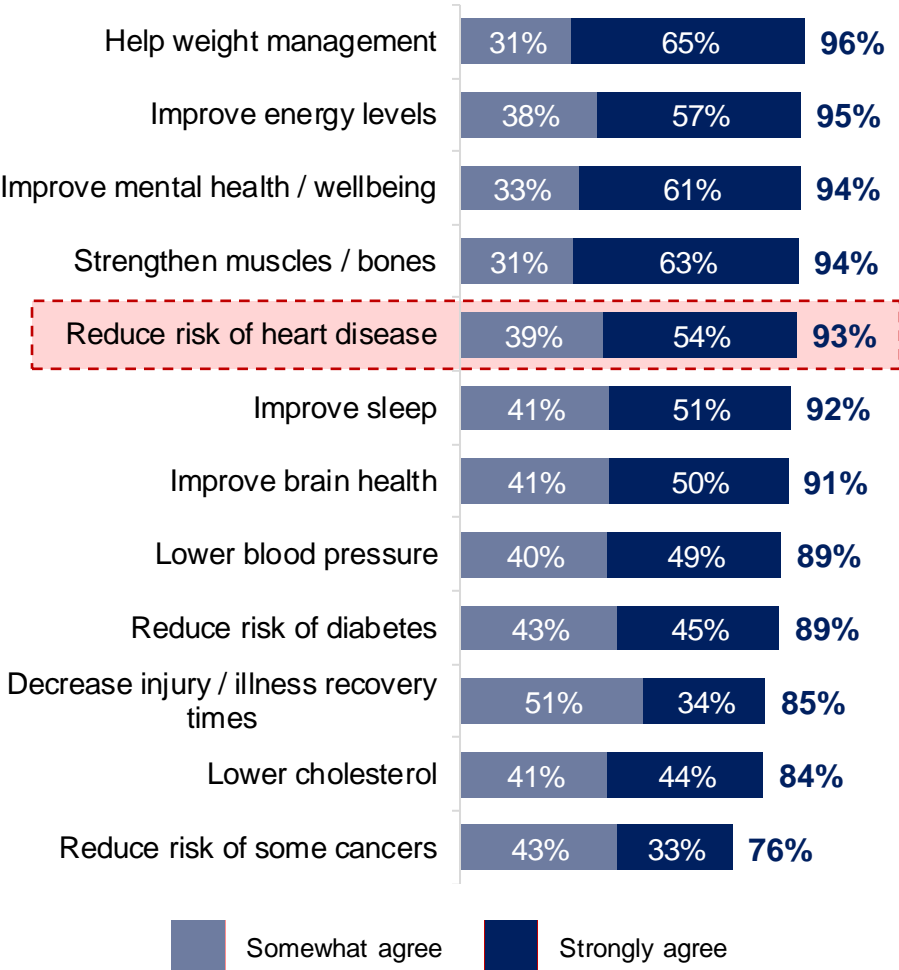


Just under **one in four** (23%) people in SA **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:

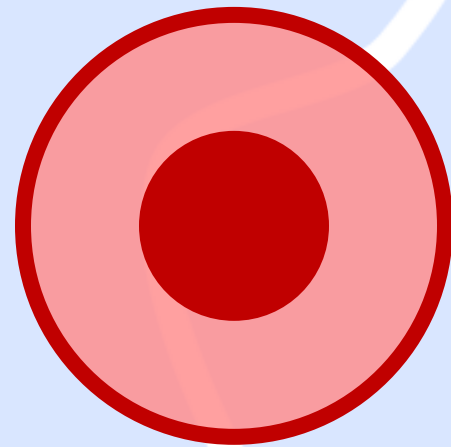


% Agree that physical activity can...



Q1. To what extent do you agree that physical activity is good for your overall health and wellbeing?, Q2. In what ways do you think physical activity is good for your overall health and wellbeing?, Q3. And in your opinion, to what extent do you believe that physical activity can...? Base: All respondents in South Australia (weighted) n=299, Q2: All respondents in SA who agree that physical activity is good for your overall health and wellbeing (weighted) n=281

State & territory snapshots



Western Australia

Western Australia: Key findings

1

If looking to move to a new area, those in Western Australia want to be close to necessary shops / amenities, close to public open spaces, as well as the area being a good, safe neighbourhood. Those in Perth are more likely to value public parks or having properties with back yards than those in the rest of the state.

2

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved up the list significantly, while access to public open space dropped down the list of importance. This suggests that whilst being close to parks would be great, it's a want rather than an absolute need.

3

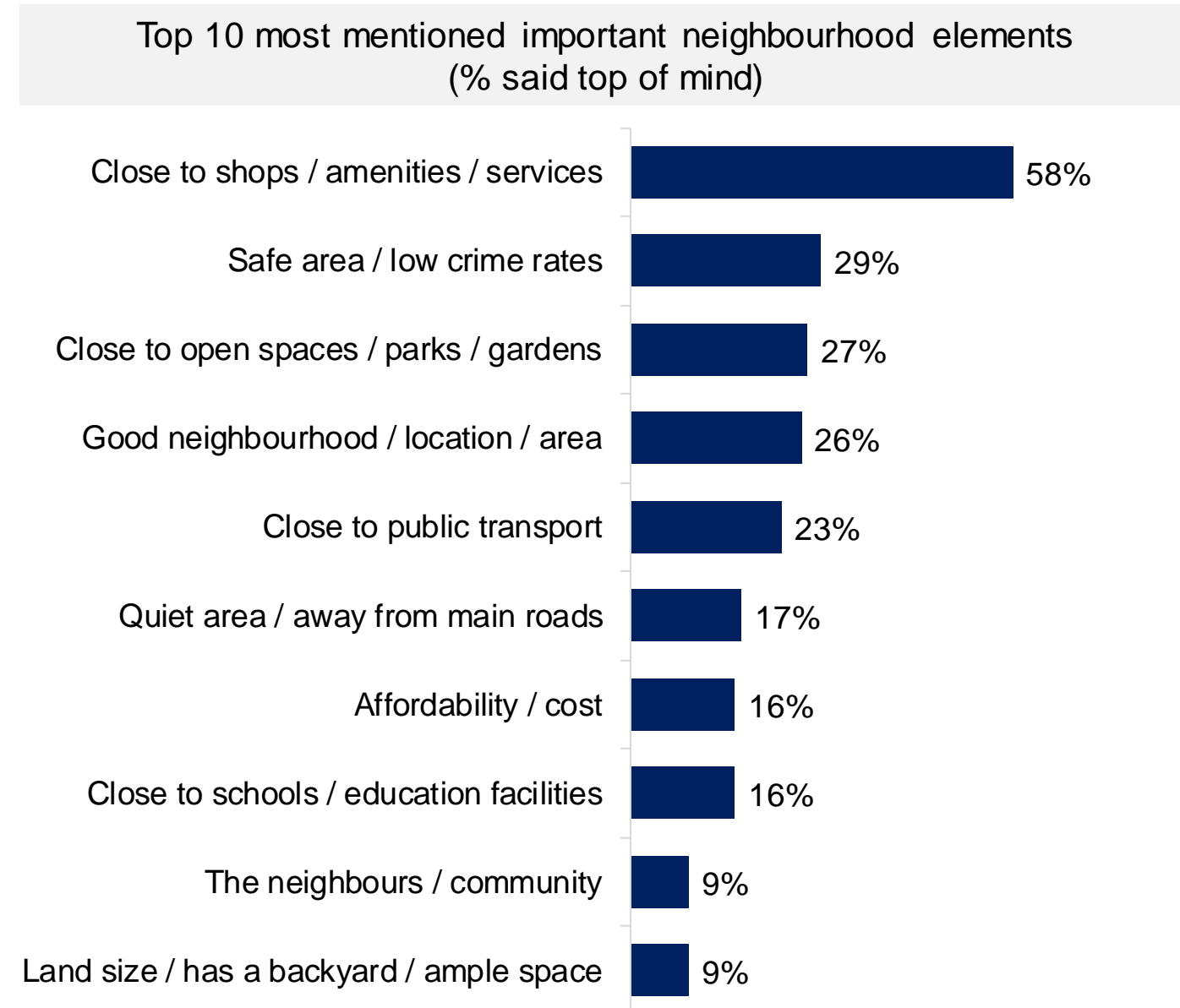
When it comes to rating their local areas, high proportions of people in Western Australia rate the public parks and open spaces in their local area as good or excellent, while a slightly lower three in four rate the proximity of facilities and natural elements as good or excellent. Just over half rate cycle ways in their area well, with those in Perth more likely to rate these well, compared to those outside of the city.

4

Approximately two in three Western Australians are in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly six in 10) are supportive of local governments reducing speed limits in neighbourhoods, while nearly eight in 10 people are supportive of a National Physical Activity Strategy.

What Western Australia wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?



Unprompted, the most mentioned things Western Australians want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public open spaces, as well as being within a good, safe neighbourhood.

Being close to necessary shops / amenities was mentioned more by those living in Perth (62%), compared to those in the rest of Western Australia (41%).

Being a quiet area, away from main roads was mentioned more by those outside of Perth (26%) than those living in the city (15%).

The affordability or being close to schools / education was important for one in six Western Australians.

Neighbourhood elements importance: WA

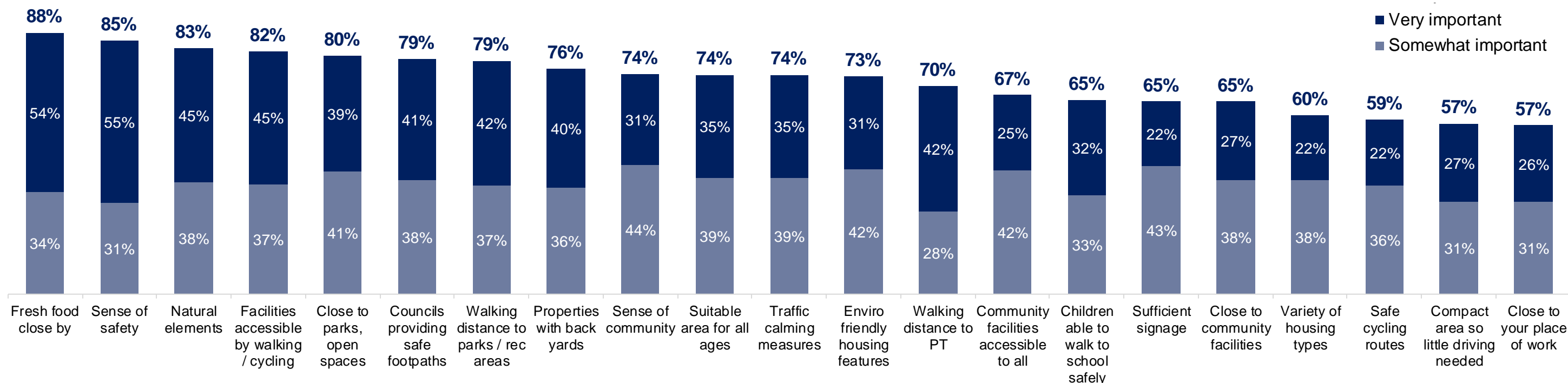
How important are the following to you when deciding where to live?

As with the other states, once prompted, having fresh food accessible close by and a sense of safety are most important to people in Western Australia, with just under nine in 10 people rating these as very / somewhat important, and over five in 10 rating these as very important. High proportions of people in Western Australia also value having natural elements and being close to necessary facilities and outdoor areas. Comparatively lower proportions value compact areas that minimise the need for driving.

When comparing Perth to the rest of Western Australia, those in Perth are more likely to value public parks or having properties with back yards. Similarly, they are more likely to value areas with a sense of safety and community, compared to those outside of the city.

Prompted importance of neighbourhood elements – (% rated important)

% Very / somewhat important



A2. And how important are the following to you when deciding where to live?

Base: All respondents in Western Australia (weighted) n=357, those in Perth n=275, rest of WA n=82

[Click here to go back to the contents page](#)

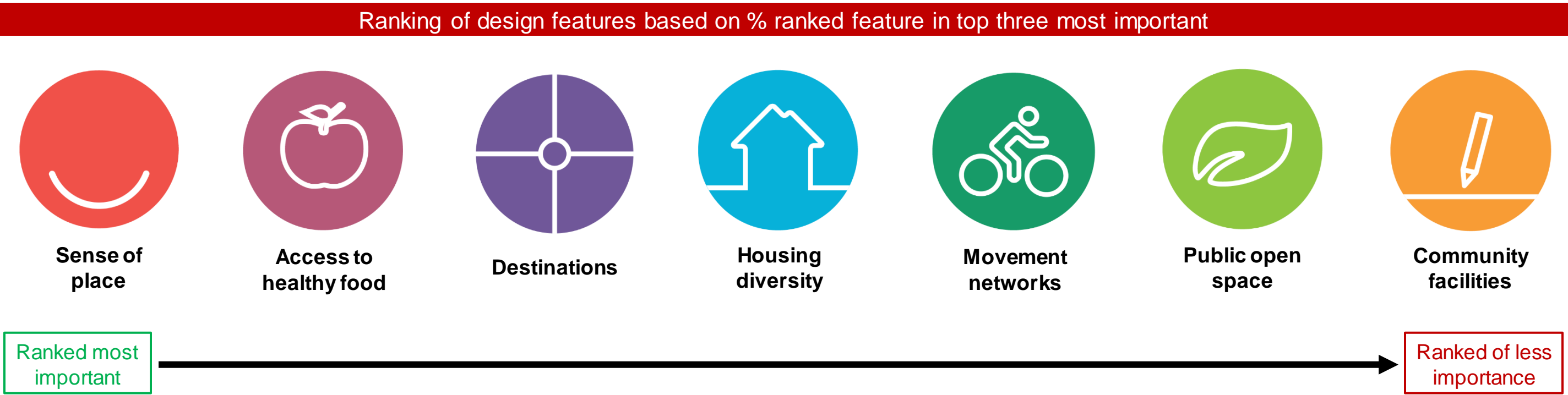
Ranking features on importance: WA

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in Western Australia, when finally asked to **rank** the features in terms of their importance, a sense of place and having fresh foods accessible close by remained vital (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, housing diversity moved up the list significantly, while access to public open space dropped down the list of importance. This suggests that whilst being close to parks would be great, it's a want rather than an absolute need.

There are no significant differences in the ranking of neighbourhood design features when comparing Perth to the rest of Western Australia.



A3. Thanks for that. Now we'd like you to tell us which of the following types of features are the most important to you when deciding where to live. Please rank the following features from the most important feature to you, to the least important to you when deciding where to live?
Base: All respondents in Western Australia (weighted) n=357, those in Perth n=275, rest of WA n=82

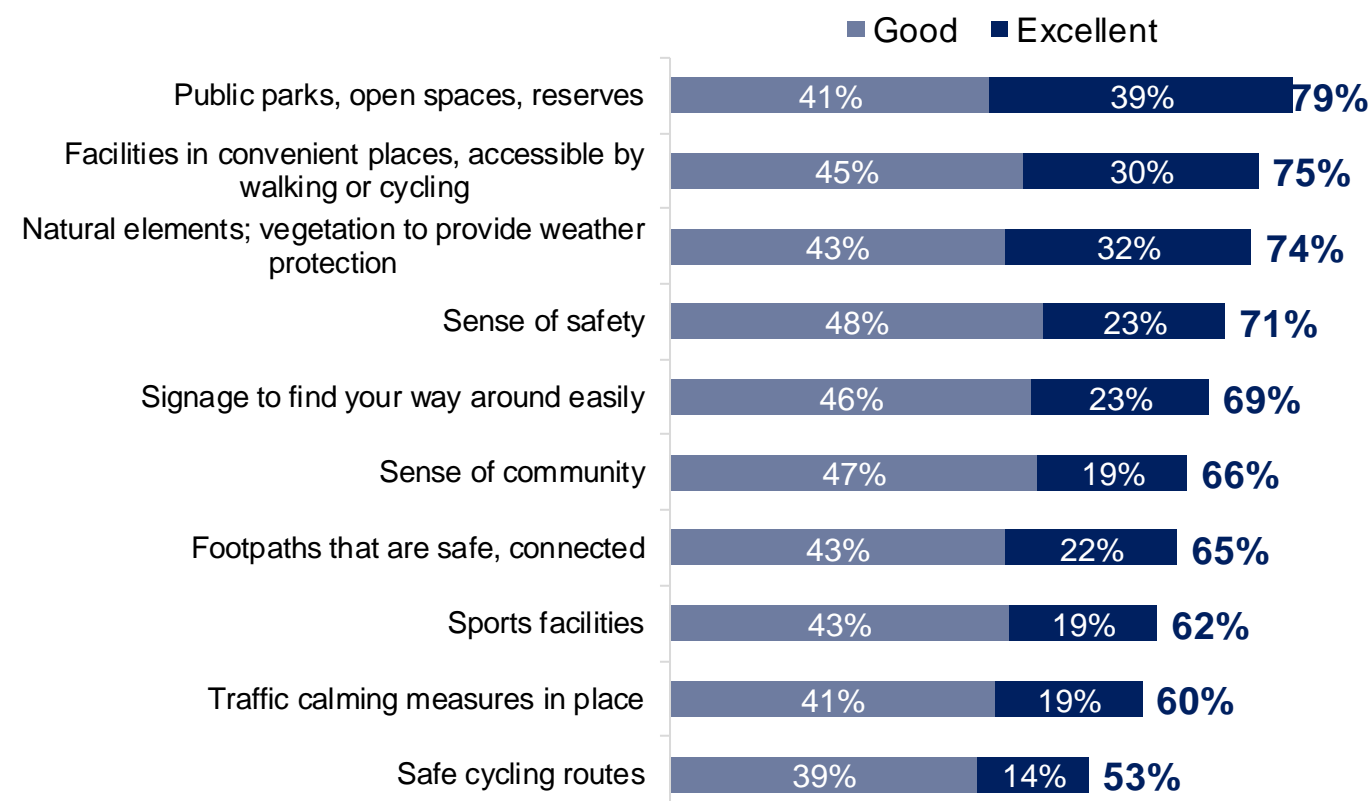
Current neighbourhood analysis: WA

Rating of active living elements in neighbourhood and whether assists with activity

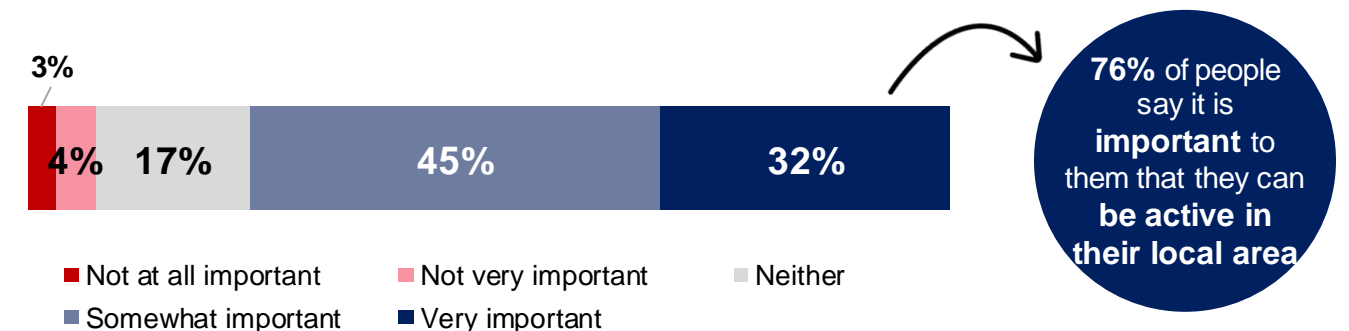
Almost eight in 10 Western Australians rate the public parks and open spaces in their local neighbourhood / area as good or excellent, while a slightly lower three in four rate the proximity of facilities and natural elements as good or excellent, with roughly a third rating them as excellent. Just over half rate cycle ways in their area well, with those in Perth more likely to rate these well, compared to those outside of the city.

Roughly three in four people in Western Australia feel being able to be active in their local area is at least somewhat important, with a similar proportion feeling that currently their area does help them to be active to some extent.

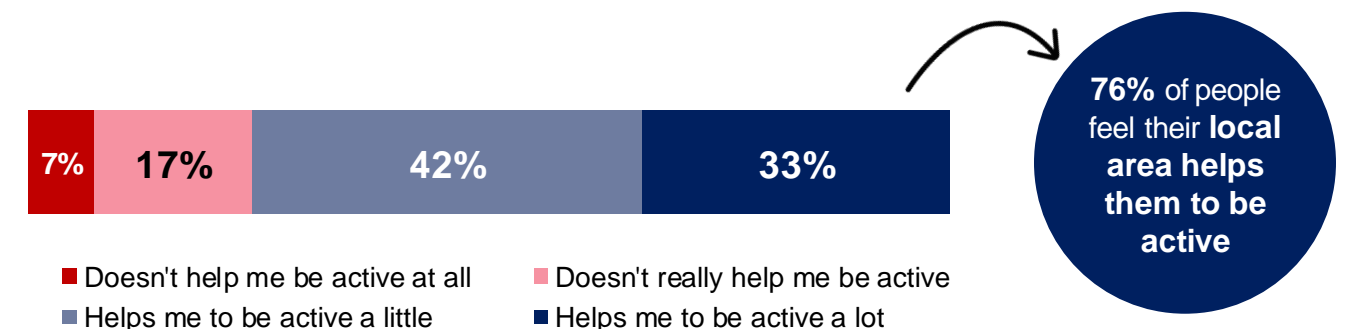
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



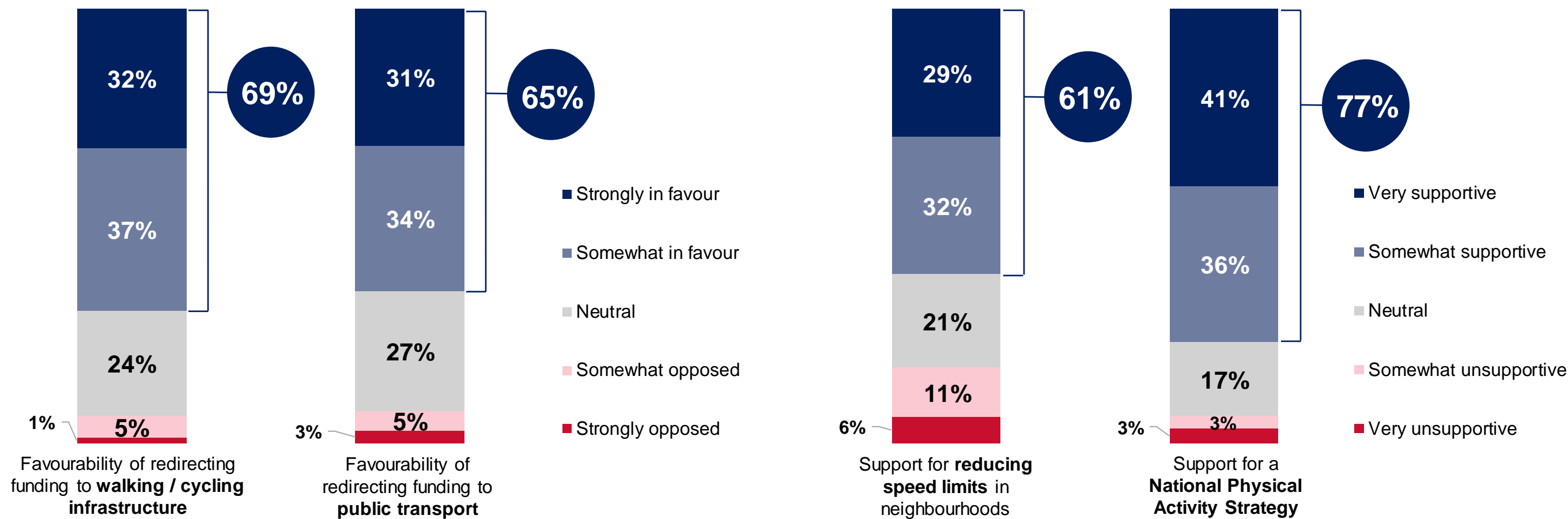
Whether current neighbourhood helps activity levels:



Active living advocacy: WA

Level of support / favourability regarding active living elements from those in WA

Approximately two in three Western Australians are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly six in 10) are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher nearly eight in 10 people are very / somewhat supportive of a National Physical Activity Strategy.



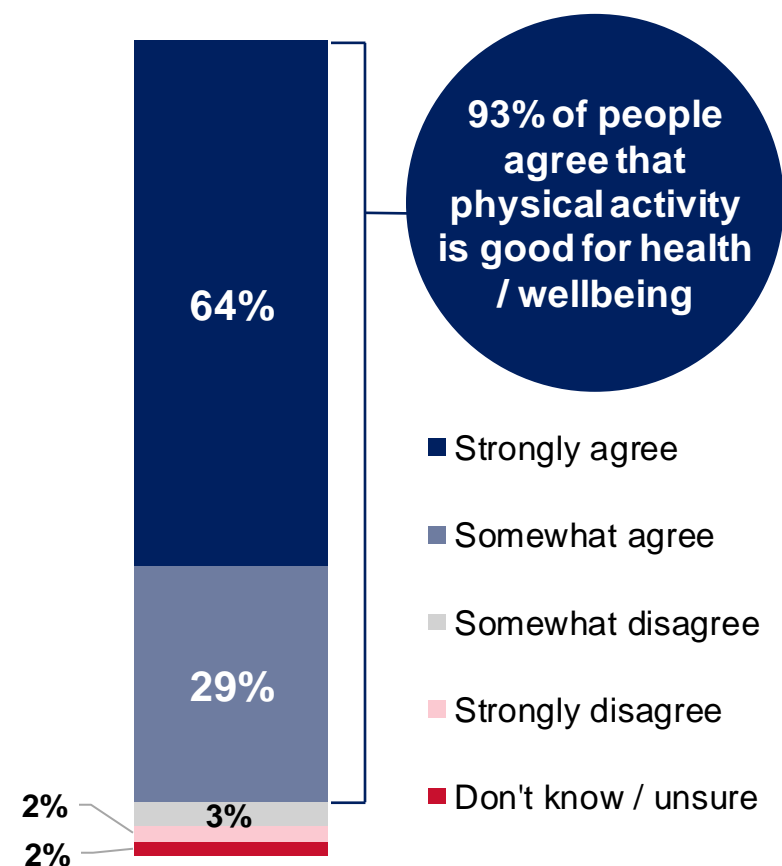
B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure ?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?
Base: All respondents in Western Australia (weighted) n=357, those in Perth n=275, rest of WA n=82

The benefits of physical activity: WA

Knowledge of the benefits of physical activity

While over nine in 10 people in Western Australia agree physical activity is good for your overall health and wellbeing, just one in five people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health. Once prompted, just under nine in 10 Western Australians agreed physical activity can reduce your risk of heart disease.

Extent to which agree that physical activity is good for your overall health and wellbeing:



Just **one in five** (21%) people in WA **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



Good for mental health (48%)

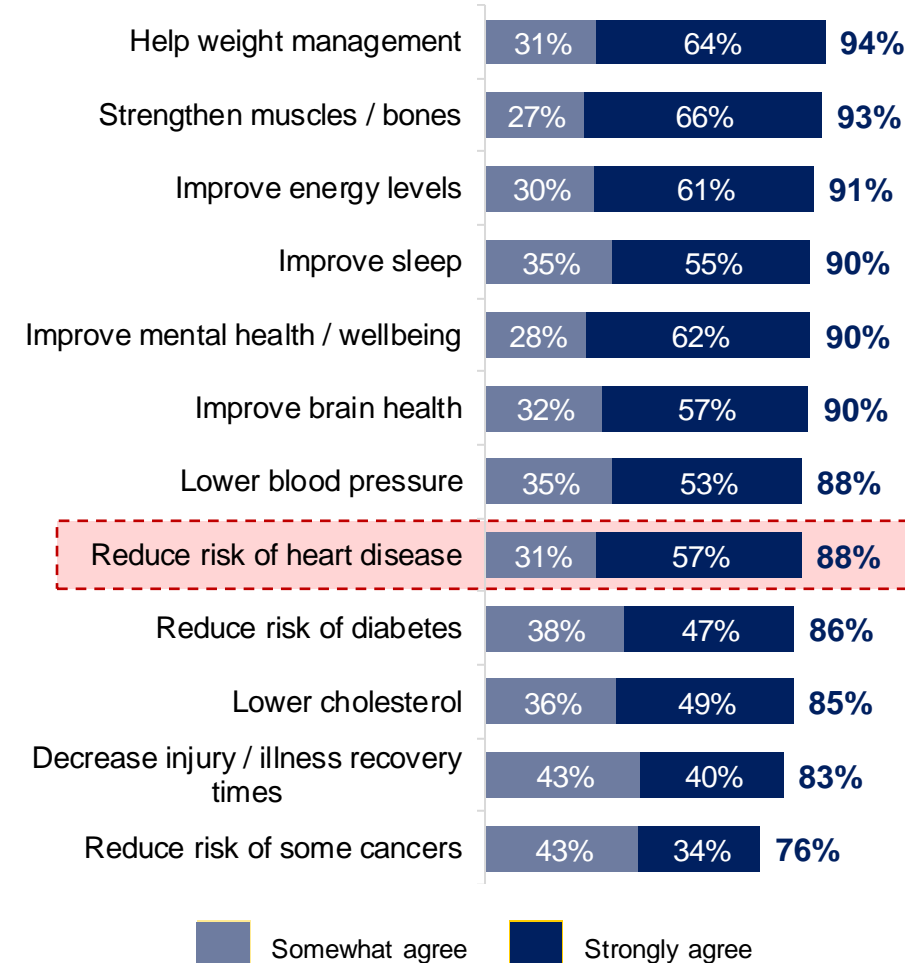


Good for weight loss / keeping weight in check (29%)



Good for heart / cardiovascular health (25%)

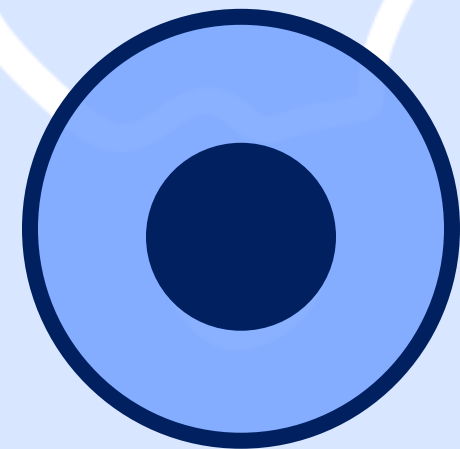
% Agree that physical activity can...



State & territory snapshots



Tasmania



Tasmania: Key findings

1

If looking to move to a new area, those in Tasmania want to be close to necessary shops / amenities, it being a safe area / good neighbourhood, and being peaceful and quiet / away from main roads.

2

When asked to prioritise certain features over others, and rank from one to seven, the priority of the features remained relatively similar to the level of importance when rated outright, with movement networks and community facilities being of less importance.

3

When it comes to rating their local areas, three quarters of people in Tasmania rate the natural elements, a sense of safety and public parks in their local neighbourhood / area as good or excellent. Just over half of people in Tasmania rate the sports facilities as good or excellent, the lowest of any state, while less than half rate cycle ways in their area well.

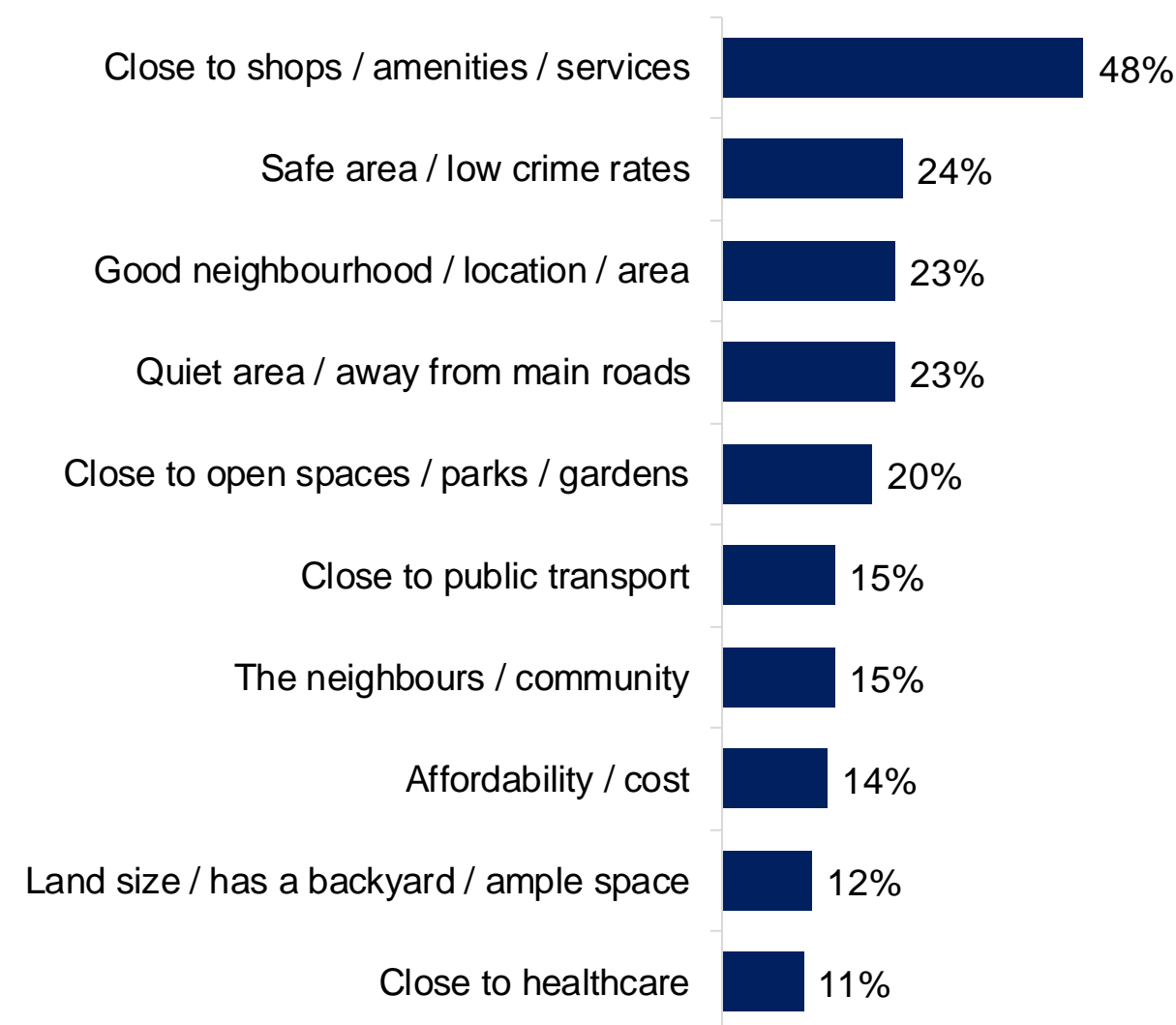
4

Approximately two in three Tasmanians are in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly six in 10) are supportive of local governments reducing speed limits in neighbourhoods, while eight in 10 people are supportive of a National Physical Activity Strategy.

What Tasmania wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Top 10 most mentioned important neighbourhood elements (% said top of mind)



Unprompted, the most mentioned things Tasmanians want if they were looking to move to a new area, is to be close to necessary shops / amenities, it being a safe area / good neighbourhood, and being peaceful and quiet / away from main roads.

Being close to open spaces / parks was mentioned by one in five people, with those living in Hobart more likely to mention this as important (29%) compared to those in the rest of Tasmania (13%).

Being close to public transport was mentioned more by those living in Hobart (21%), compared to those in the rest of Tasmania (10%).

Neighbourhood elements importance: TAS

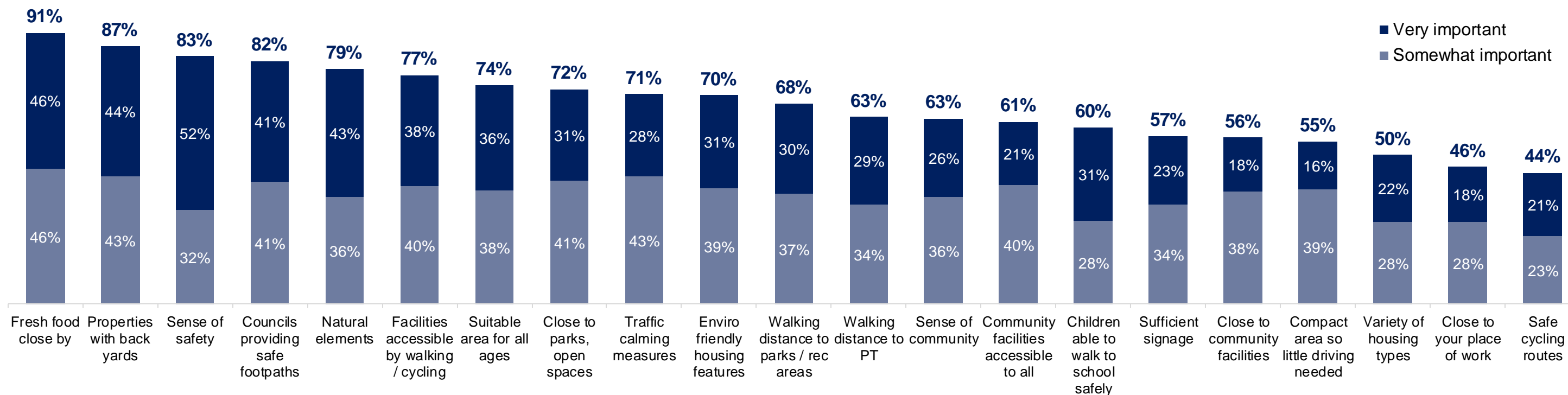
How important are the following to you when deciding where to live?

Once prompted, having fresh food accessible close by, properties with back yards and there being a sense of safety are most important to Tasmanians, with nine in 10 people rating proximity to fresh food as very / somewhat important, and over eight in 10 rating back yards and safety as very / somewhat important.

When comparing Hobart to the rest of Tasmania, those in Hobart are more likely to value being close to public parks, and having fresh food close by, while also being more inclined to want to be close to public transport and their place of work. Overall, those in Hobart want proximity to daily destinations where driving is not required all the time. Those in Hobart are also more likely to look for environmentally friendly housing.

Prompted importance of neighbourhood elements— (% rated important)

% Very / somewhat important



A2. And how important are the following to you when deciding where to live?

Base: All respondents in Tasmania (weighted) n=274, those in Hobart n=133, rest of TAS n=141

[Click here to go back to the contents page](#)

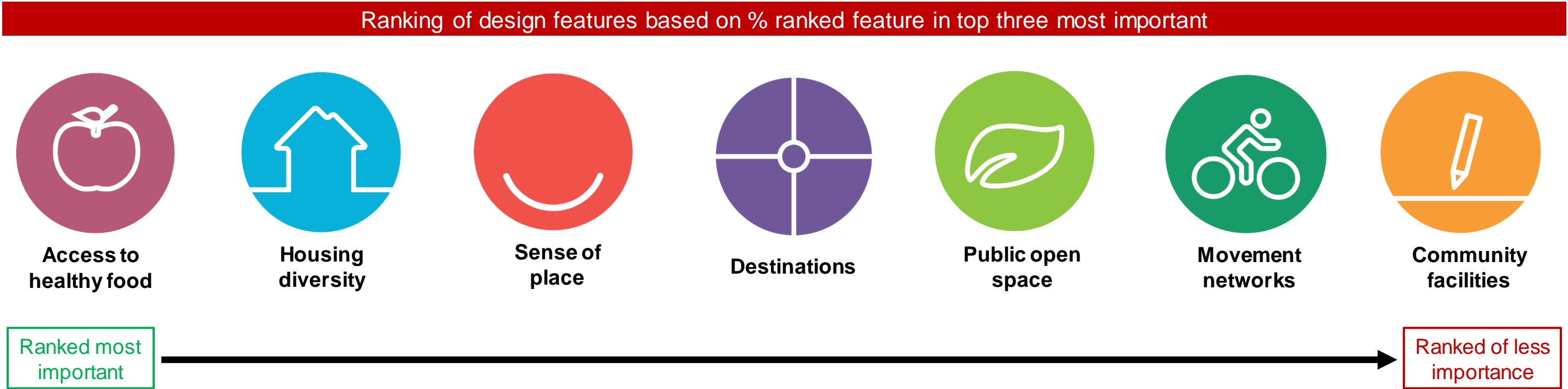
Ranking features on importance: TAS

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in Tasmania, when finally asked to **rank** the features in terms of their importance, having fresh foods accessible close by, housing diversity and a sense of place remained vital (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, the priority of the features remained relatively similar to the level of importance when rated outright, with movement networks and community facilities being of less importance.

Comparing Hobart to the rest of Tasmania, those outside of Hobart (in the rest of Tasmania) are more likely to rank public open space in their top three, compared to those in the city.



A3. Thanks for that. Now we'd like you to tell us which of the following types of features are the most important to you when deciding where to live. Please rank the following features from the most important feature to you, to the least important to you when deciding where to live?
Base: All respondents in Tasmania (weighted) n=274, those in Hobart n=133, rest of TAS n=141

Current neighbourhood analysis: TAS

Rating of active living elements in neighbourhood and whether assists with activity

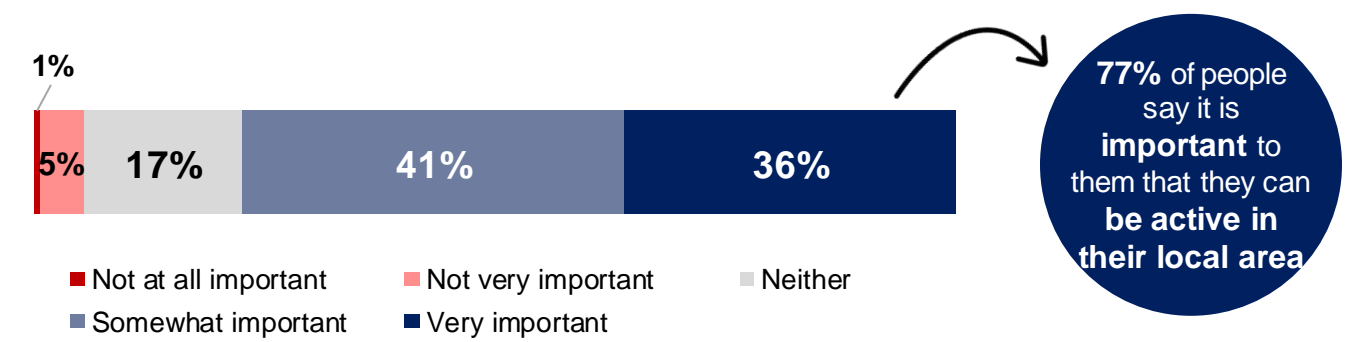
Approximately three in four Tasmanians rate the natural elements, a sense of safety and public parks in their local neighbourhood / area as good or excellent, with a quarter to a third rating them as excellent. Just over half of people in Tasmania rate the sports facilities as good or excellent, the lowest of any state, while less than half rate cycle ways in their area well. There are no significant differences between Hobart and the rest of the state in terms of their ratings of neighbourhood active living elements.

Approximately three in four Tasmanians feel being able to be active in their local area is at least somewhat important, with a similar proportion feeling that currently their area does help them to be active to some extent.

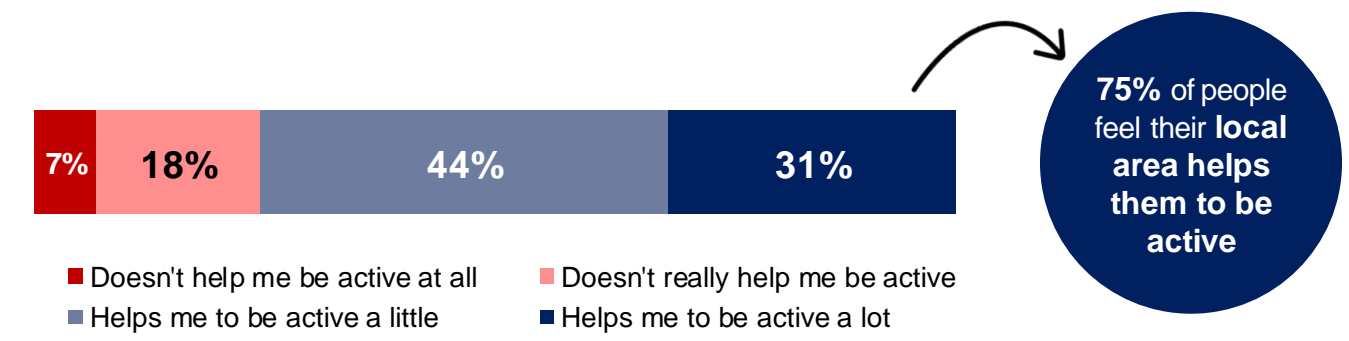
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



Whether current neighbourhood helps activity levels:

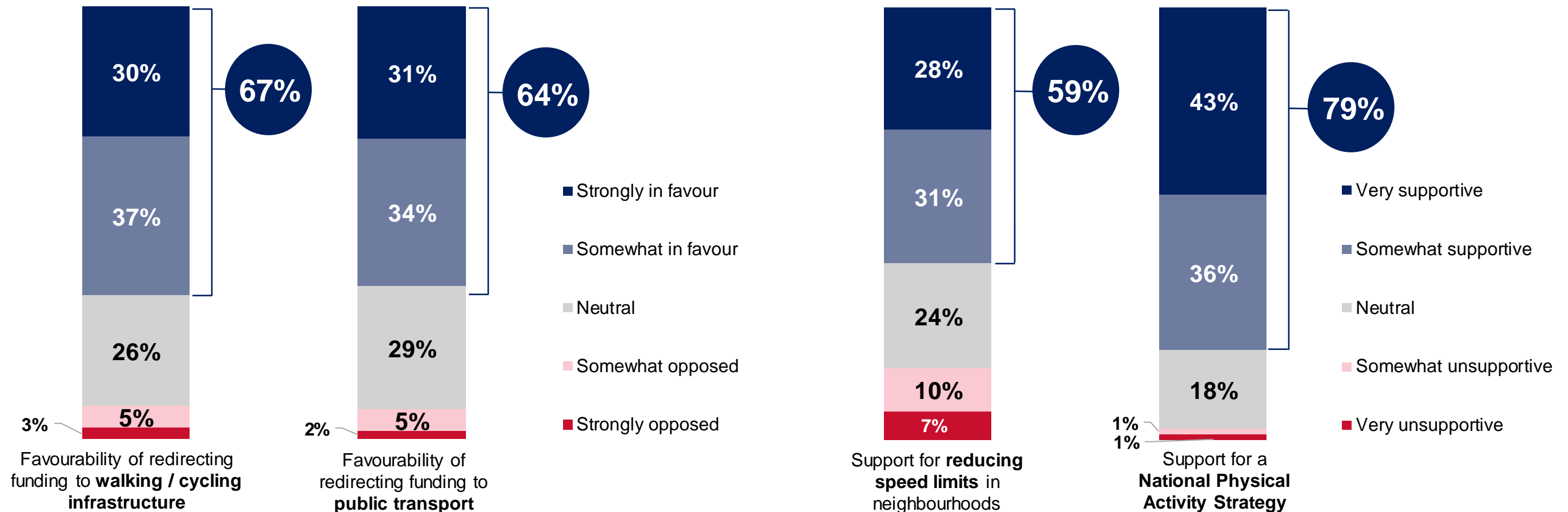


A4. Thinking about the neighbourhood / area you currently live in; how would you rate the following features?, A5. Is being able to be active in your neighbourhood / local area important to you?, A6. Do you think the neighbourhood / area you currently live in helps you to be active or not?
Base: All respondents in Tasmania (weighted) n=274, those in Hobart n=133, rest of TAS n=141

Active living advocacy: TAS

Level of support / favourability regarding active living elements from those in TAS

Approximately two in three Tasmanians are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure or public transport. A slightly lower proportion (roughly six in 10) are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher eight in 10 people are very / somewhat supportive of a National Physical Activity Strategy.



B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?

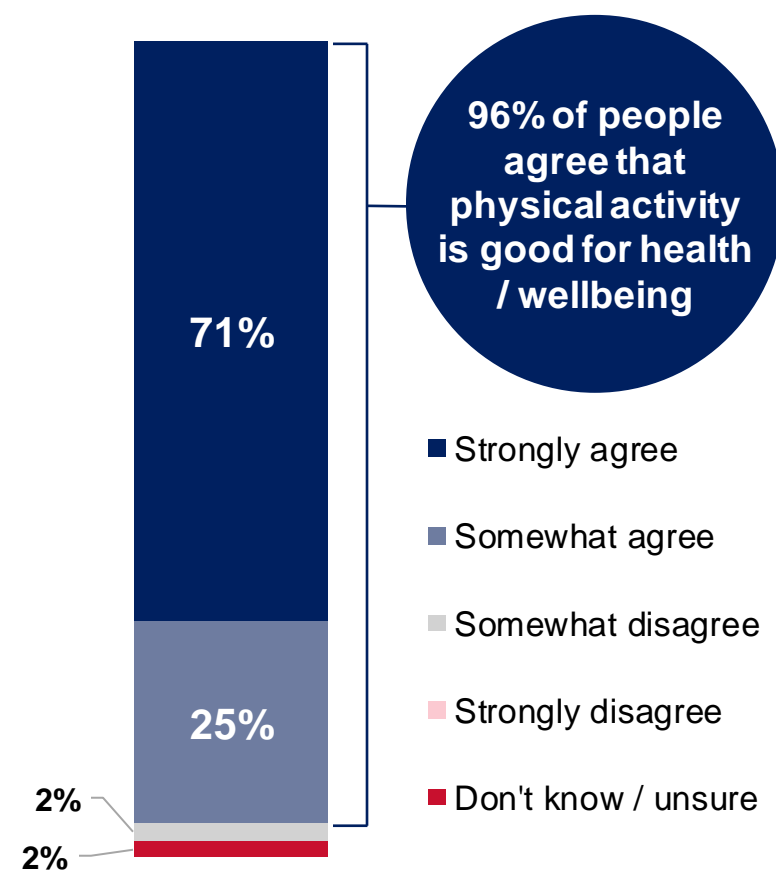
Base: All respondents in Tasmania (weighted) n=274, those in Hobart n=133, rest of TAS n=141

The benefits of physical activity: TAS

Knowledge of the benefits of physical activity

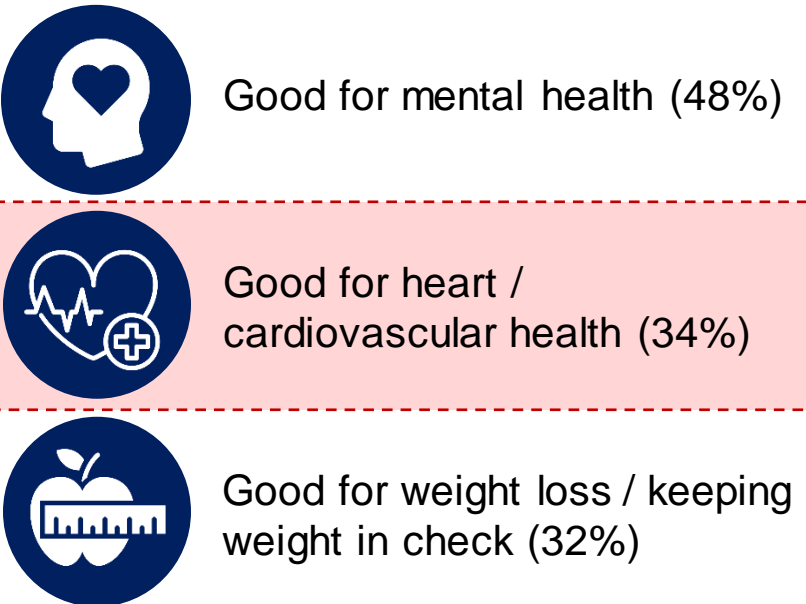
Nearly all respondents in Tasmania agree physical activity is good for your overall health and wellbeing. Despite such high levels of agreement that physical activity is good for overall health and wellbeing, just one in four people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for heart health (the highest of all states & territories) or for weight loss / keeping weight in check.

Extent to which agree that physical activity is good for your overall health and wellbeing:

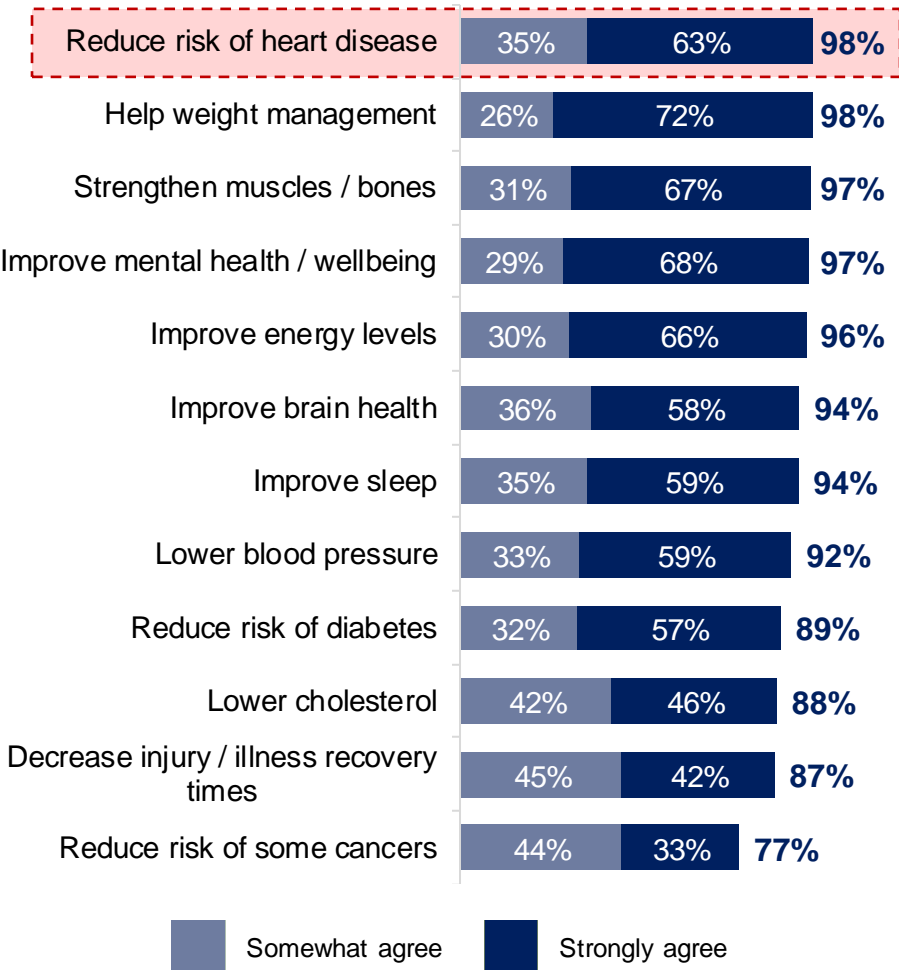


Just **one in four** (25%) people in TAS **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



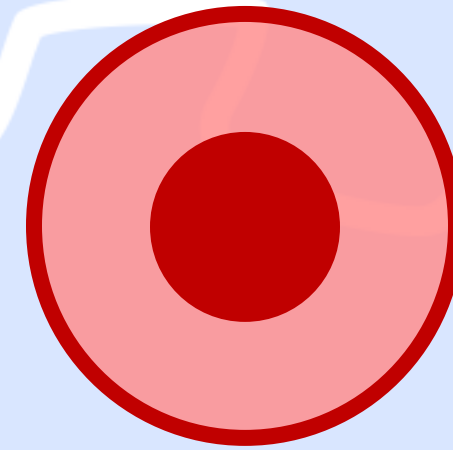
% Agree that physical activity can...



Q1. To what extent do you agree that physical activity is good for your overall health and wellbeing?, Q2. In what ways do you think physical activity is good for your overall health and wellbeing?, Q3. And in your opinion, to what extent do you believe that physical activity can...?
Base: All respondents in Tasmania (weighted) n=274, Q2: All respondents in TAS who agree that physical activity is good for your overall health and wellbeing (weighted) n=262

State & territory snapshots

Northern Territory



Northern Territory: Key findings

1

If looking to move to a new area, those in the Northern Territory was to be close to necessary shops / amenities, as well as the area being safe.

2

When asked to prioritise certain features over others, destinations moved up the list, while access to public open space dropped down the list of importance. This suggests that whilst being close to parks would be great, it's a want rather than an absolute need, while being close to the things people need regularly is of more importance when weighing the two up.

3

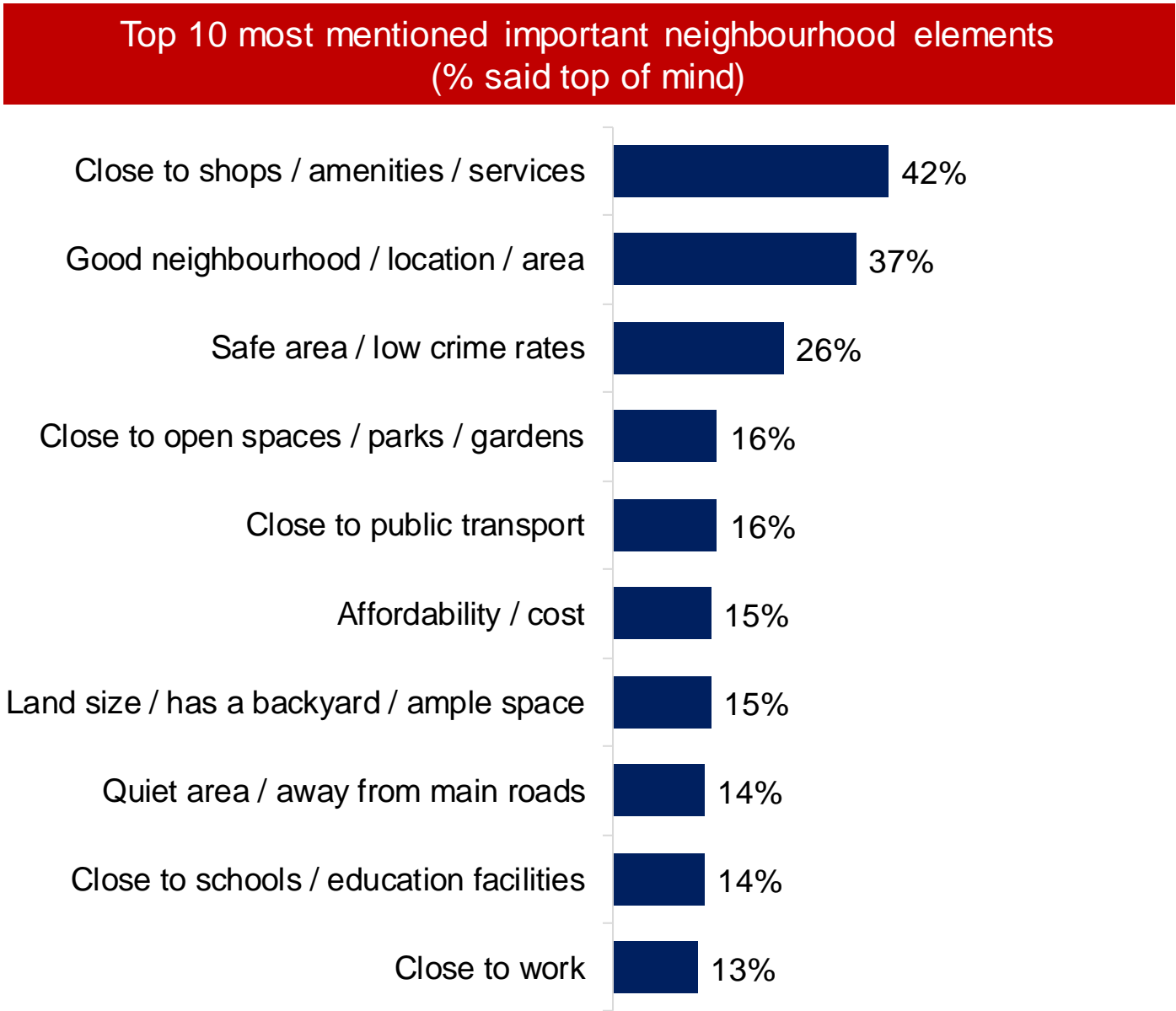
When it comes to rating their local areas, just over seven in 10 people in the Northern Territory rate the natural elements, signage, public parks and sense of community in their local neighbourhood / area as good or excellent, with considerably more rating these a good, rather than excellent. Just six in 10 people rate the sense of safety in their area as good or excellent, the lowest of any state.

4

Nearly seven in 10 people in the Northern Territory are in favour of the government redirecting funding from roads to walking / cycling infrastructure, while just over six in 10 are supportive of directing funds to public transport. Almost seven in 10 are supportive of local governments reducing speed limits in neighbourhoods, while just under nine in 10 people are supportive of a National Physical Activity Strategy.

What Northern Territory wants (unprompted)

What are the most important things to you when deciding where to live (if you were to move)?



Unprompted, the most mentioned things those in the Northern Territory want if they were looking to move to a new area, is to be close to necessary shops / amenities, as well as being a good and safe neighbourhood / area.

One in six people in the Northern Territory want to be close to open spaces / parks, while a similar proportion want to be close to public transport.

The affordability of the area was mentioned by just under one in six people.

A1. Firstly, we'd like you to imagine you're looking to move to a new area / suburb / neighbourhood. What are the most important things to you when deciding where to live (if you were to move)?
Base: All respondents in Northern Territory (weighted) n=55. NOTE: Small base size for all NT results.

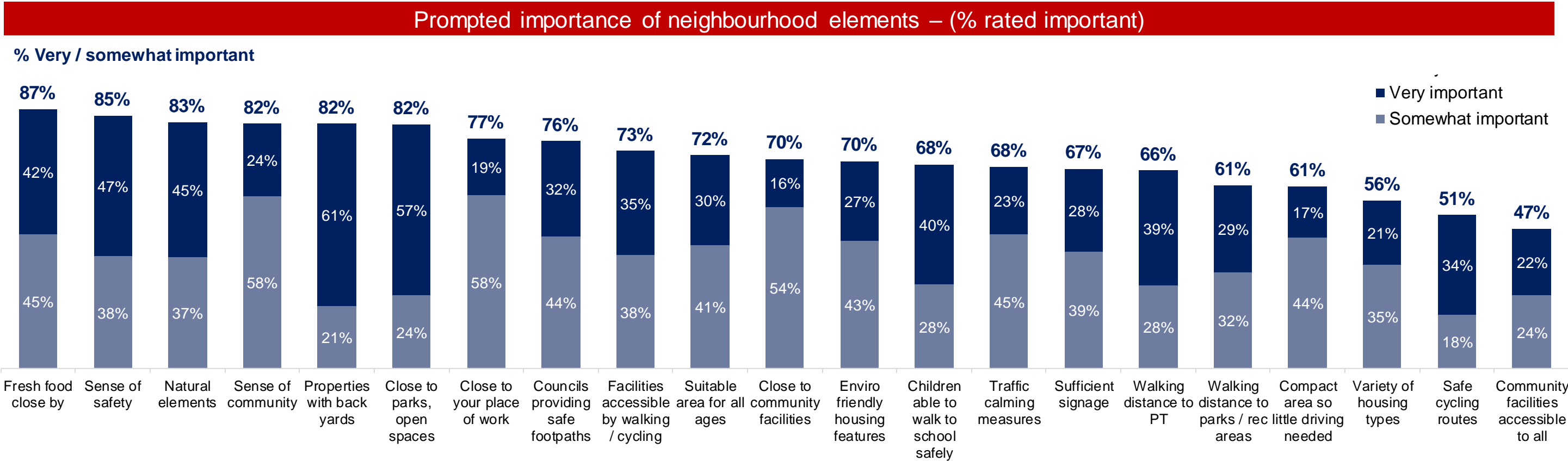
Neighbourhood elements importance: NT

How important are the following to you when deciding where to live?

For the Northern Territory, once prompted, having fresh food accessible close by, a sense of safety and community are most important when deciding where to live. Having natural elements around and being within close proximity to parks and open spaces are also of high importance. Those in the Northern Territory also want properties with back yards.

Compared to other states, a relatively high proportion of people in the Northern Territory value being close to their place of work (almost eight in 10).

Comparatively lower proportions of people in the Northern Territory value having safe cycling routes or accessible community facilities.



A2. And how important are the following to you when deciding where to live?
Base: All respondents in Northern Territory (weighted) n=55. NOTE: Small base size for all NT results.

Ranking features on importance: NT

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

For those in the Northern Territory, when finally asked to **rank** the features in terms of their importance, a sense of place and having fresh foods accessible close by remained vital (as they were when asked outright how important they are).

When asked to prioritise certain features over others, and rank from one to seven, destinations moved up the list, while access to public open space dropped down the list of importance. This suggests that whilst being close to parks would be great, it's a want rather than an absolute need, whereas being close to the things people need regularly is of more importance when weighing the two up.

For those in the Northern Territory, movement networks and community facilities are of the least importance comparatively.

Ranking of design features based on % ranked feature in top three most important



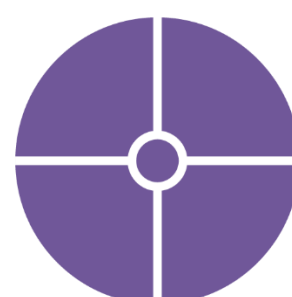
Sense of
place



Access to
healthy food



Housing
diversity



Destinations



Public open
space



Movement
networks



Community
facilities

Ranked most
important

Ranked of less
importance

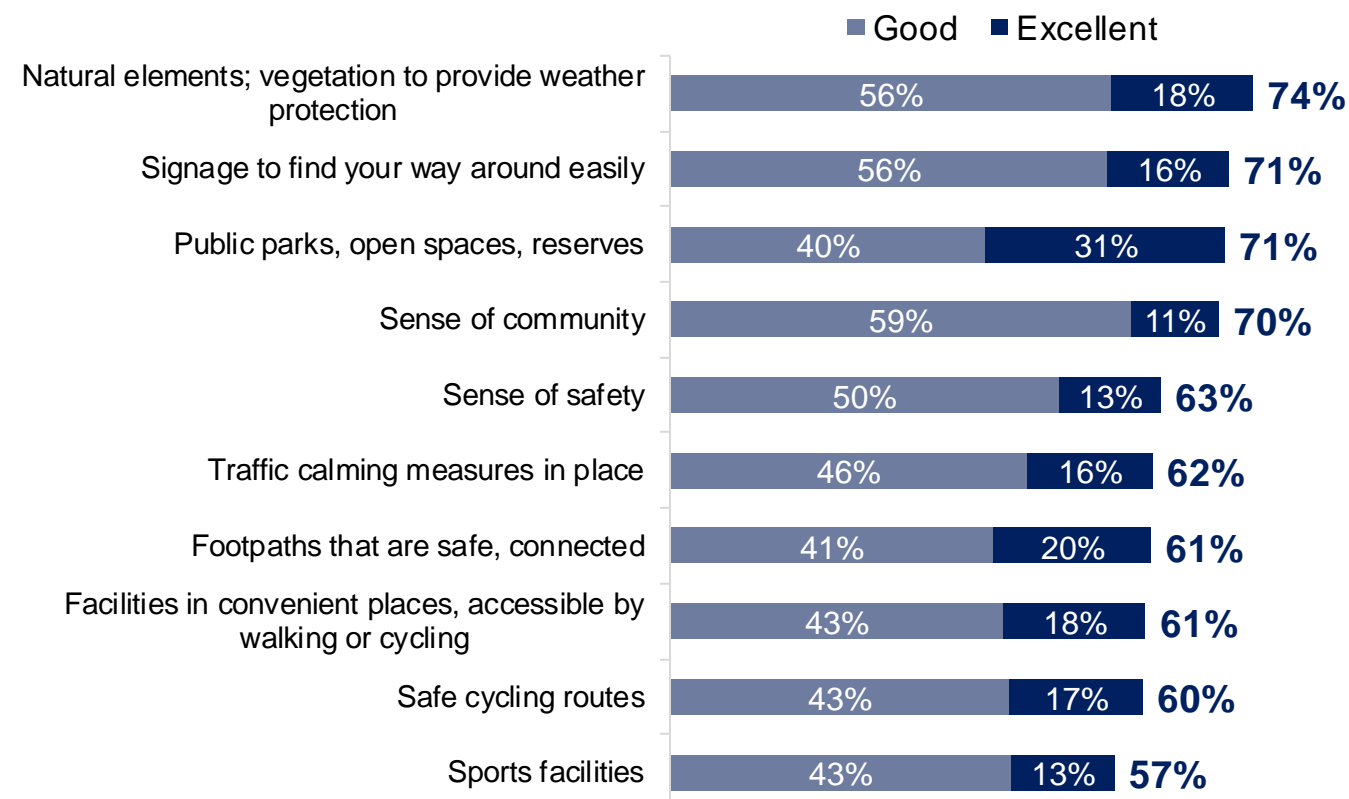
Current neighbourhood analysis: NT

Rating of active living elements in neighbourhood and whether assists with activity

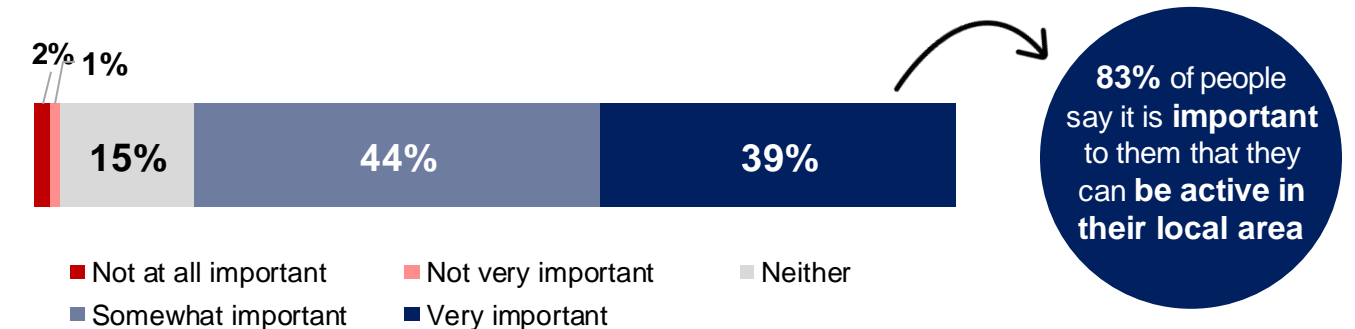
Just over seven in 10 people in the Northern Territory rate the natural elements, signage, public parks and sense of community in their local neighbourhood / area as good or excellent, with considerably more rating these a good, rather than excellent. Just six in 10 rate the sense of safety in their area as good or excellent, the lowest of any state. Just under six in 10 rate the sports facilities well, lower than all other states other than Tasmania.

Over eight in 10 people in the Northern Territory feel being able to be active in their local area is at least somewhat important, however a lower proportion (just under seven in 10) feel that currently their area helps them to be active to some extent.

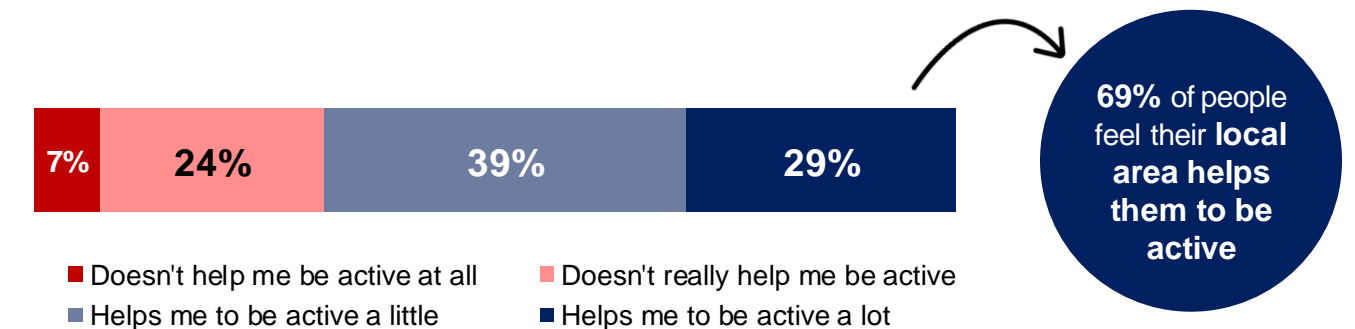
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



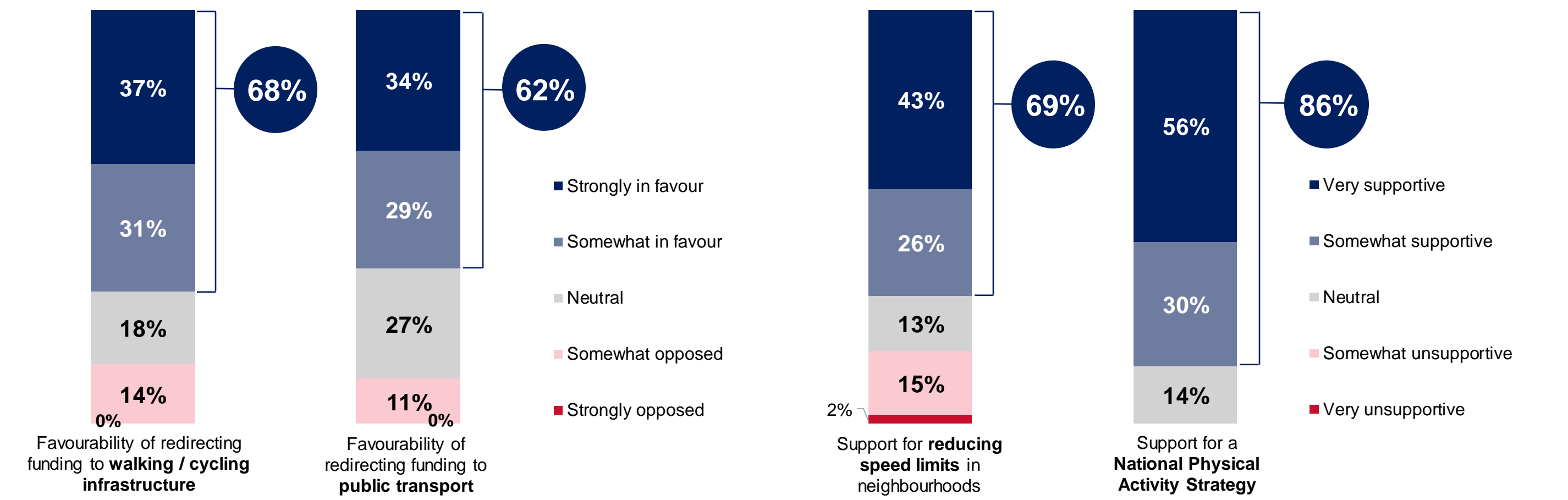
Whether current neighbourhood helps activity levels:



Active living advocacy: NT

Level of support / favourability regarding active living elements from those in NT

Nearly seven in 10 people in the Northern Territory are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure, while just over six in 10 are supportive of directing funds to public transport. Almost seven in 10 are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a higher just under nine in 10 people are very / somewhat supportive of a National Physical Activity Strategy, with over half of people being very supportive of this.



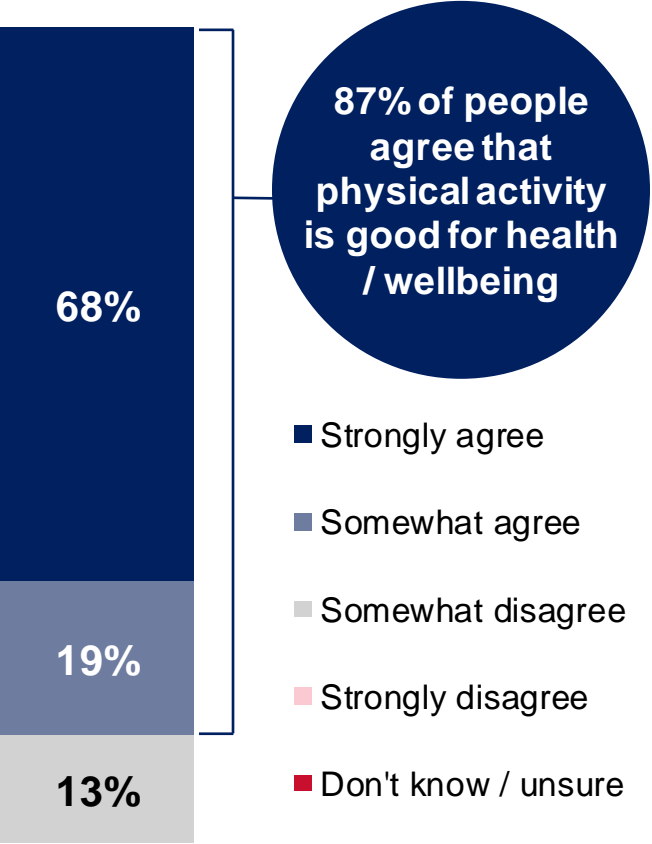
B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?
Base: All respondents in Northern Territory (weighted) n=55. NOTE: Small base size for all NT results.

The benefits of physical activity: NT

Knowledge of the benefits of physical activity

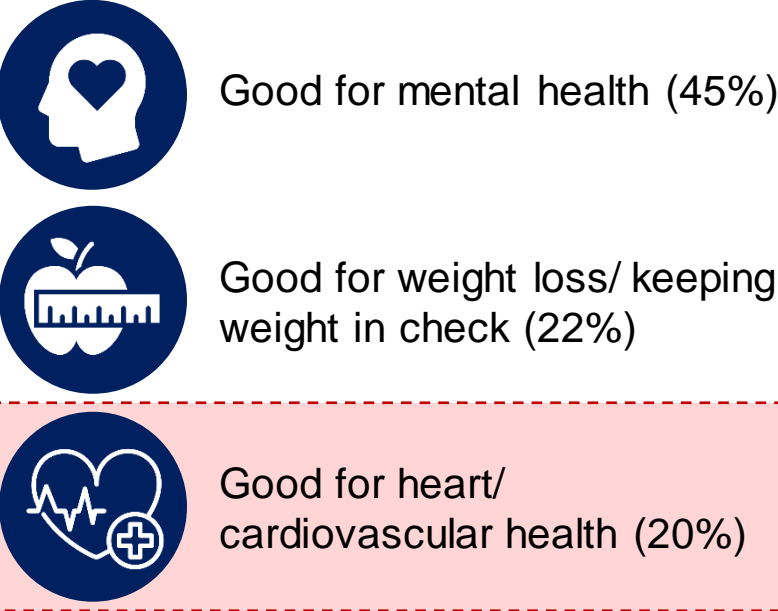
Just under nine in 10 people in Northern Territory agree physical activity is good for your overall health and wellbeing. Despite high levels of agreement that physical activity is good for overall health and wellbeing, just one in five people were able to accurately name three benefits of physical activity spontaneously (the lowest of any state). The Northern Territory has the lowest proportion of people across all states / territories aware that physical activity is good for heart health (both unprompted and prompted).

Extent to which agree that physical activity is good for your overall health and wellbeing:

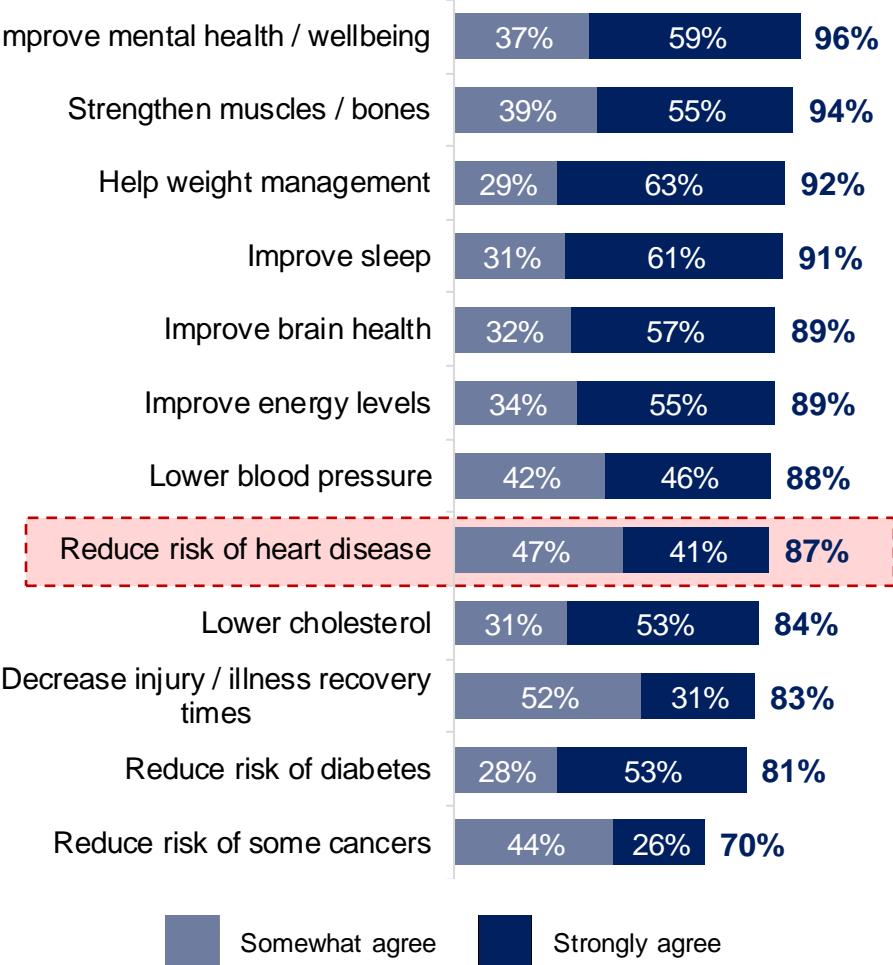


Less than **one in five** (18%) people in NT **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



% Agree that physical activity can...



Q1. To what extent do you agree that physical activity is good for your overall health and wellbeing?, Q2. In what ways do you think physical activity is good for your overall health and wellbeing?, Q3. And in your opinion, to what extent do you believe that physical activity can...? Base: All respondents in Northern Territory (weighted) n=55, Q2: All respondents in NT who agree that physical activity is good for your overall health and wellbeing (weighted) n=49. NOTE: Small base size for all NT results.

State & territory snapshots

Australian Capital Territory

A stylized white outline of Australia is centered on a light blue background. A large blue circle with a dark blue center is positioned in the southeast of the map, representing the Australian Capital Territory.

Australian Capital Territory: Key findings

1

If looking to move to a new area, those in the ACT want to be close to necessary shops / amenities, close to public open spaces, as well as being a safe area. High proportions of people in the ACT also value councils providing safe footpaths, there being natural elements and the area being suitable for people of all ages.

2

Unlike the other states, for those in the ACT, when asked to **rank** the features in terms of their importance, housing diversity moved up the ranks considerably, to be ranked as the most important thing those in the ACT would consider when deciding where to live. Access to healthy foods remained important, as did proximity to necessary destinations, while a sense of place moved down the ranks.

3

When it comes to rating their local areas, three quarters of people in the ACT rate the proximity of facilities, public parks and sense of safety in their local area as good or excellent. Almost seven in 10 people rate the cycle ways in their area as good or excellent, the highest of any state.

4

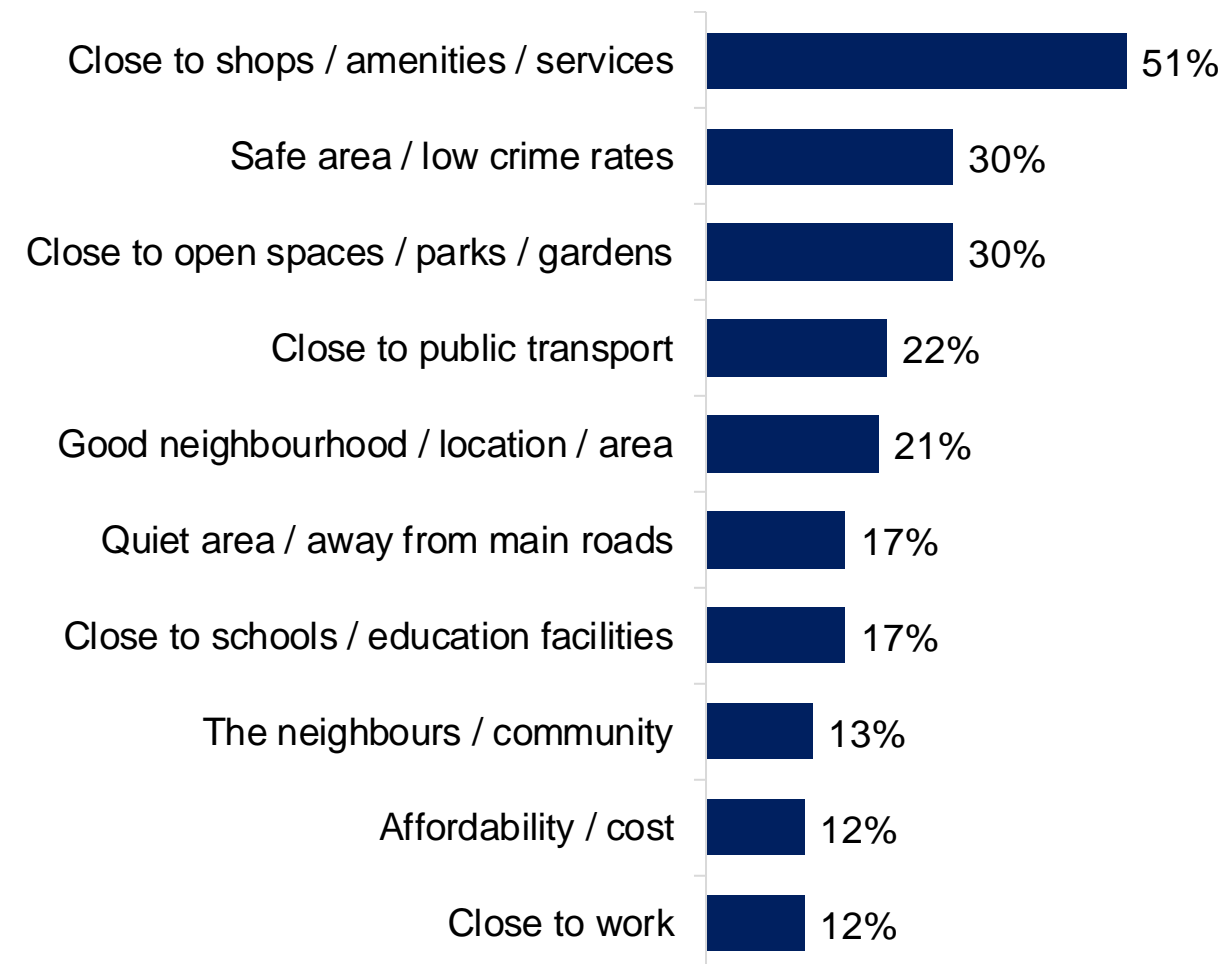
Seven in 10 people in the ACT are in favour of the government redirecting funding from roads to walking / cycling infrastructure, while more than six in 10 are in favour of directing funds to public transport. Almost seven in 10 are supportive of local governments reducing speed limits in neighbourhoods, while a more than eight in 10 people are supportive of a National Physical Activity Strategy.

What Australian Capital Territory wants

(unprompted)

What are the most important things to you when deciding where to live (if you were to move)?

Top 10 most mentioned important neighbourhood elements (% said top of mind)



Unprompted, the most mentioned things those in the ACT want if they were looking to move to a new area, is to be close to necessary shops / amenities, close to public open spaces, as well as being a safe area.

Being close to public transport is of importance to just over one in five people, while peace and quiet is important to a slightly lower proportion.

Just over one in 10 people mentioned the affordability of the area as important.

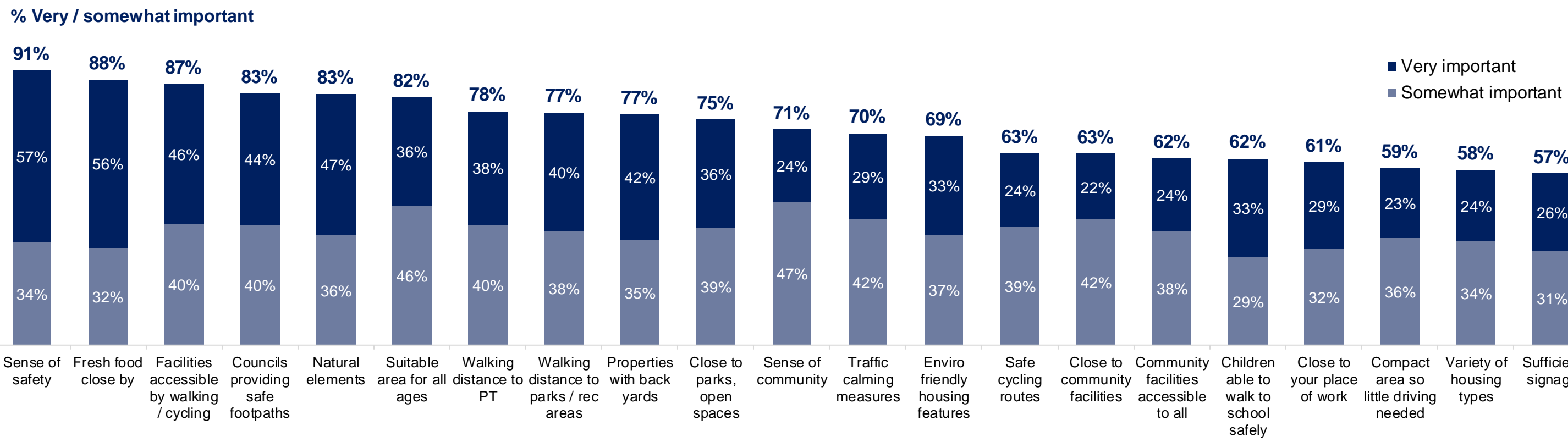
Neighbourhood elements importance: ACT

How important are the following to you when deciding where to live?

As with other states and territories, a sense of safety, having fresh food accessible close by and other necessary facilities accessible by walking or cycling are most important to people in the ACT, with roughly nine in 10 people rating these as very / somewhat important, and over five in 10 rating these as very important. High proportions of people in the ACT also value councils providing safe footpaths, there being natural elements around and the areas being suitable for people of all ages.

Comparatively lower proportions of people in the ACT look for compact areas where driving is not always needed, housing variety and there being sufficient signage to be able to find your way around.

Prompted importance of neighbourhood elements – (% rated important)



A2. And how important are the following to you when deciding where to live?
Base: All respondents in Australian Capital Territory (weighted) n=217

Ranking features on importance: ACT

Please rank the following features from the most important feature to you, to the least important to you when deciding where to live.

When asked to **rank** the features in terms of their importance, housing diversity move up the ranks considerably, to be ranked as the most important thing those in the ACT would consider when deciding where to live (unlike the other states).

Access to healthy foods remained important, as did proximity to necessary destinations, while a sense of place moved down the ranks.

Public open spaces remained of some importance compared to other features, while movement networks and community facilities were of the least importance comparatively to all other features.

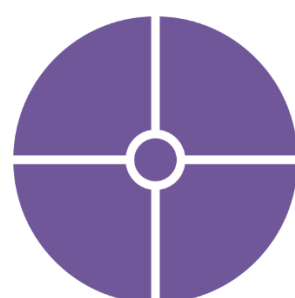
Ranking of design features based on % ranked feature in top three most important



Housing
diversity



Access to
healthy food



Destinations



Sense of
place



Public open
space



Movement
networks



Community
facilities

Ranked most
important

Ranked of less
importance

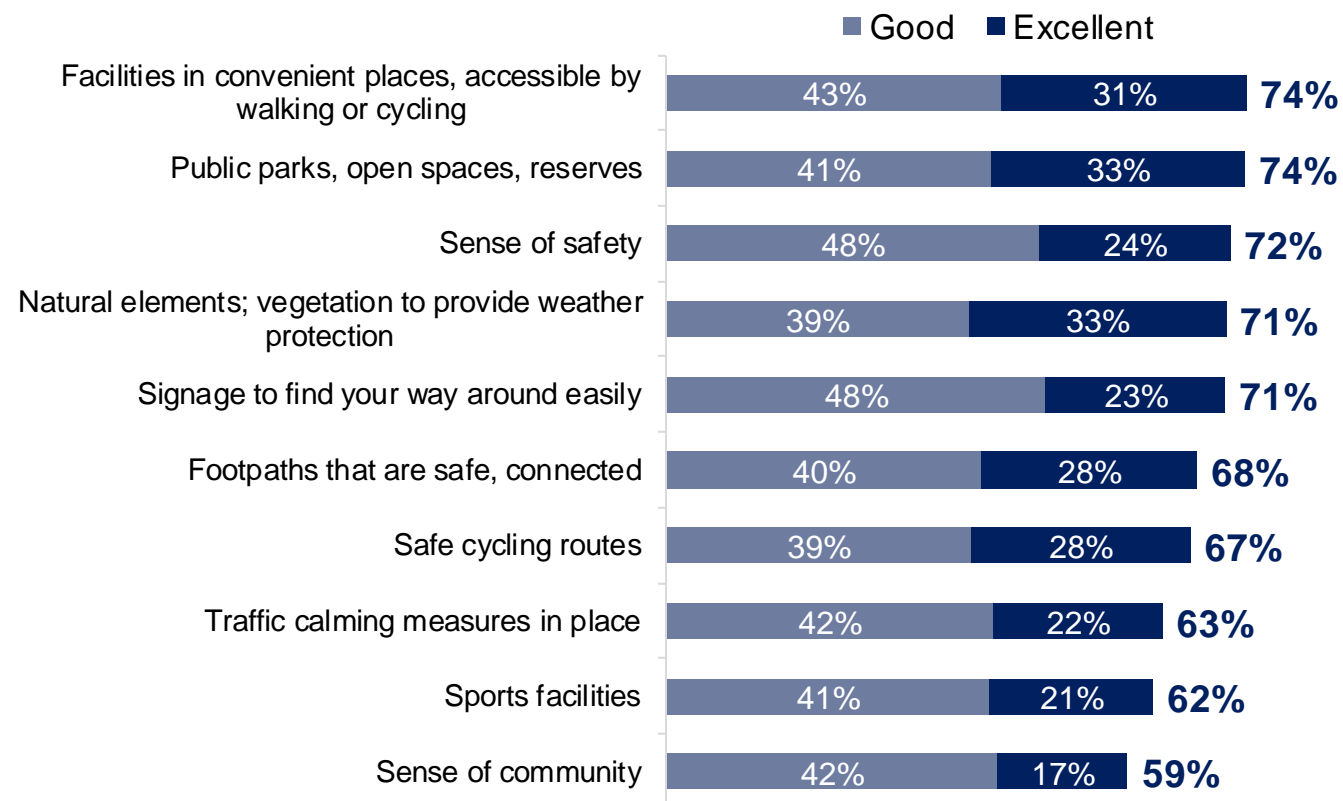
Current neighbourhood analysis: ACT

Rating of active living elements in neighbourhood and whether assists with activity

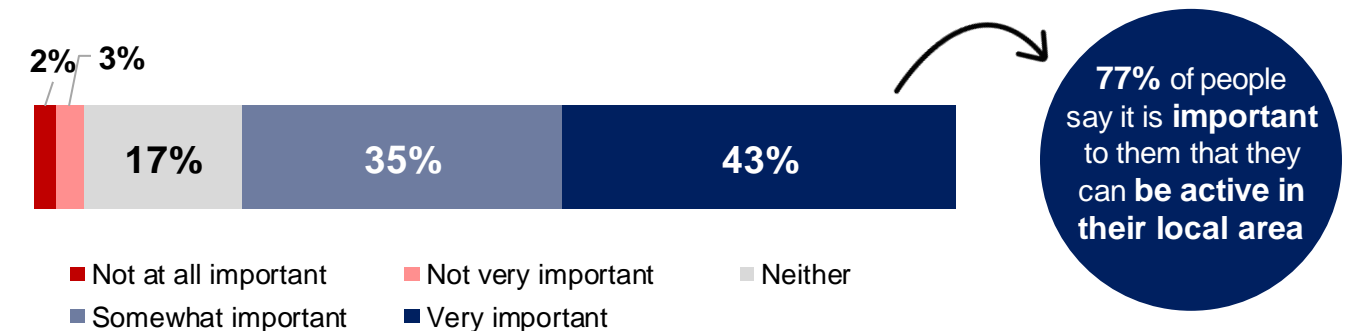
Approximately three in four people in the ACT rate the proximity of facilities, public parks and sense of safety in their local neighbourhood / area as good or excellent, with a quarter to a third rating them as excellent. Almost seven in 10 people rate the cycle ways in their area as good or excellent, the highest of any state, while less than six in 10 rate the sense of community in their areas well, the lowest performing feature in the ACT.

Just under eight in 10 people in the ACT feel that being able to be active in their local area is at least somewhat important, with a slightly higher proportion feeling that currently their area does help them to be active to some extent.

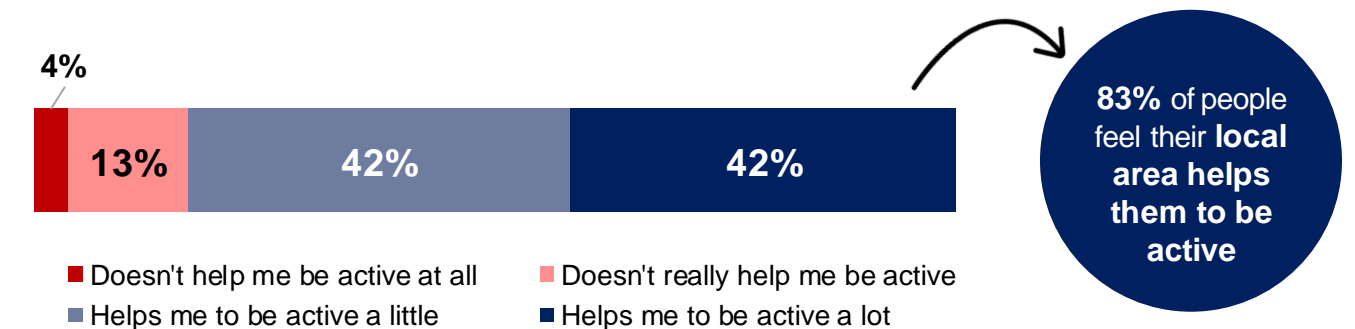
Rating of neighbourhood active living elements:



Importance of local area allowing physical activity:



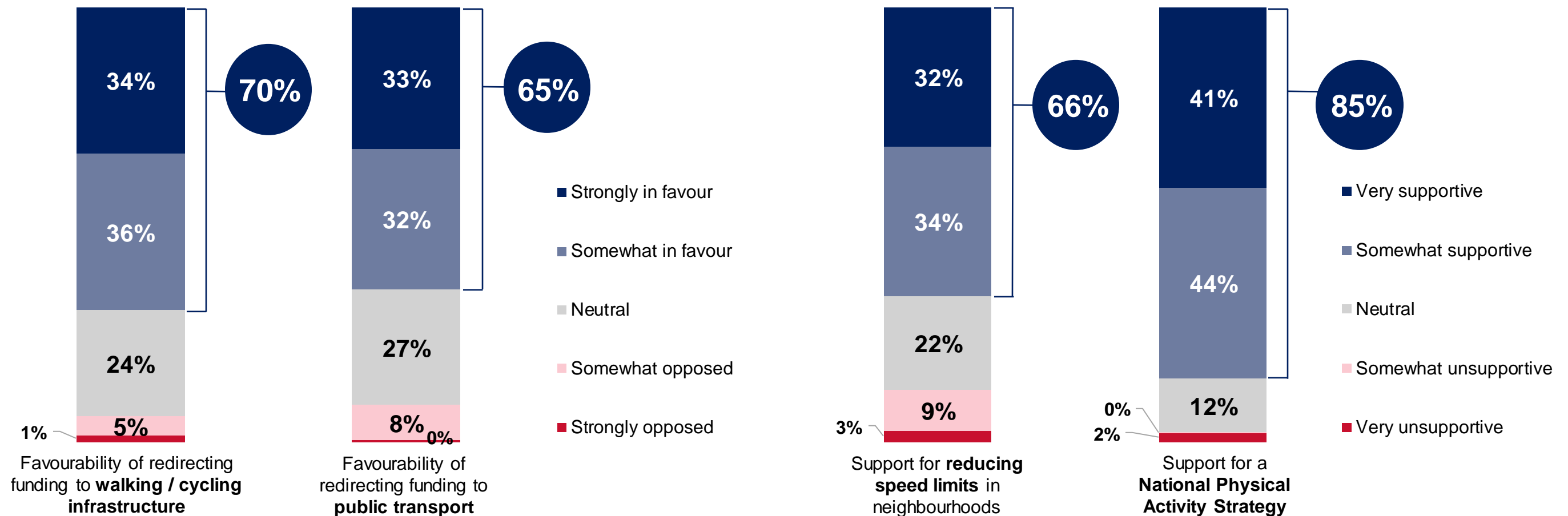
Whether current neighbourhood helps activity levels:



Active living advocacy: ACT

Level of support / favourability regarding active living elements from those in ACT

Seven in 10 people in the ACT are strongly or somewhat in favour of the government redirecting funding from roads to walking / cycling infrastructure, while more than six in 10 are supportive of directing funds to public transport. Almost seven in 10 are very / somewhat supportive of local governments reducing speed limits in neighbourhoods, while a more than eight in 10 people are very / somewhat supportive of a National Physical Activity Strategy.



B1. How favourable would you be of the government directing more of its roads funding into walking and cycling infrastructure?, B2. And how favourable would you be of the government directing more of its roads funding into public transport?, B3. How supportive would you be of the local government reducing speed limits in neighbourhood streets to help create safer streets for people?, B4. How supportive would you be of a national physical activity strategy aimed at getting people to move more and sit less?

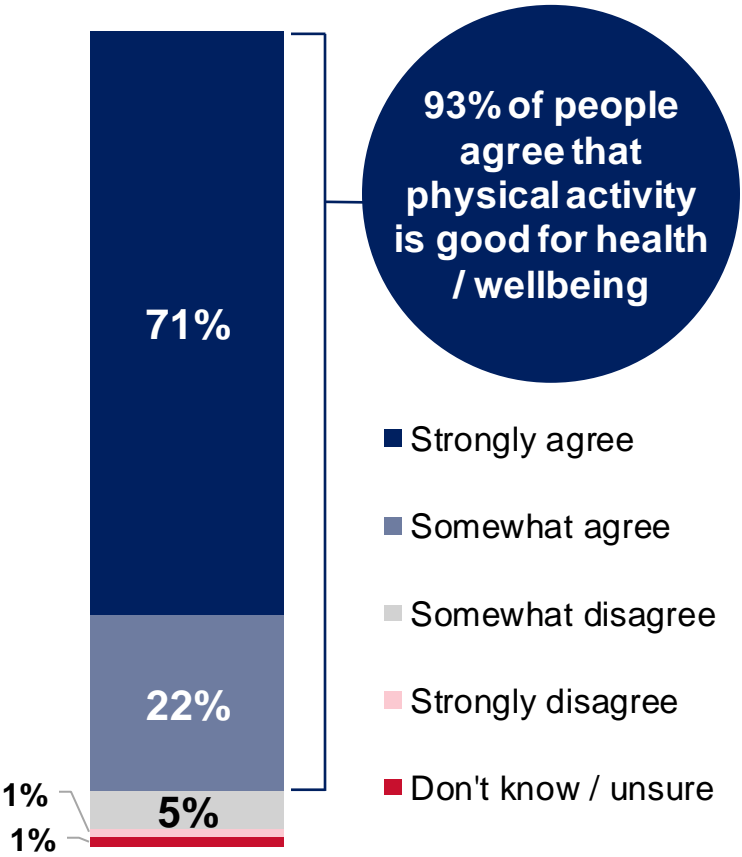
Base: All respondents in Australian Capital Territory (weighted) n=217

The benefits of physical activity: ACT

Knowledge of the benefits of physical activity

Over nine in 10 people in the ACT agree physical activity is good for your overall health and wellbeing. Despite such high levels of agreement that physical activity is good for overall health and wellbeing, just one in three people were able to accurately name three benefits of physical activity spontaneously. The most mentioned benefits were being good for mental health, for weight loss / keeping weight in check or for heart health.

Extent to which agree that physical activity is good for your overall health and wellbeing:

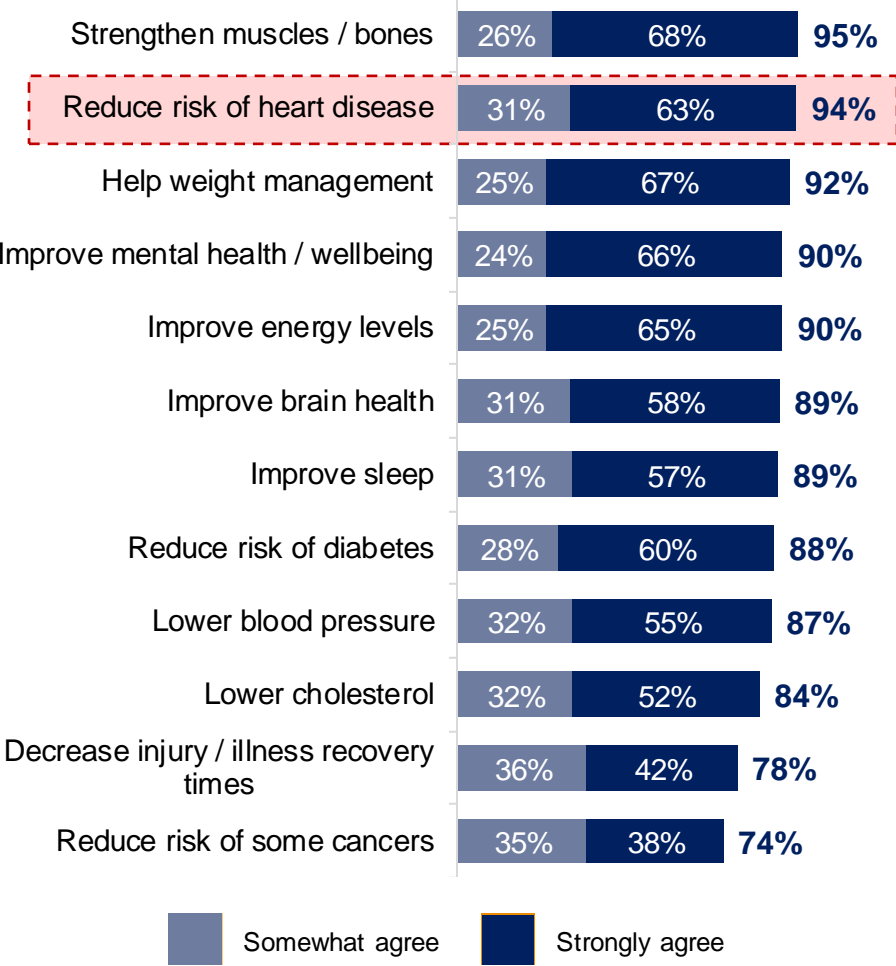


Less than **one in three** (29%) people in ACT **can name three benefits of physical activity** top of mind.

Top three benefits of physical activity mentioned:



% Agree that physical activity can...



Q1. To what extent do you agree that physical activity is good for your overall health and wellbeing?, Q2. In what ways do you think physical activity is good for your overall health and wellbeing?, Q3. And in your opinion, to what extent do you believe that physical activity can...? Base: All respondents in Australian Capital Territory (weighted) n=217, Q2: All respondents in ACT who agree that physical activity is good for your overall health and wellbeing (weighted) n=207

Take action for healthier places

The Heart Foundation advocates for policy changes to prioritise physical activity and healthy built environments that enable healthy active lives. We do this because we know that physical inactivity is a leading risk factor for developing heart disease.

We are working in partnership with a range of industry, government, non-government and academic organisations to create environments that support healthier living through better planning, built environments and transport solutions.

We are creating positive change and are directly influencing healthy active urban planning within our states and territories.

Please share, engage with us and advocate for What Australia Wants. Together we can create a healthier Australia.

Share the link:

<https://healthyactivebydesign.com.au/resources/publications/what-australia-wants-report>

Get in touch:

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Kate.White@heartfoundation.org.au - Manager, Active Living

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We acknowledge that the Heart Foundation is spread across many of our traditional lands; we pay respect to all traditional owners of these lands and those who under custodial law are charged with nurturing and protecting country. We pay our respects to the Traditional Owners of these lands and to Elders past, present and emerging.

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