Adult participation in sport and recreational activities Queensland
Highlights report–from 2015 and 2016 survey data
**What is the adult participation survey about?**

**What was the purpose?**
To provide robust data at a Queensland regional level that can be used in evidence based decision making relating to policy, program development and planning for sport and active recreation.

**Why was it needed?**
Previous national data sets did not provide a large enough sample size required for confidence in age and regions.

**How was it done?**
Colmar Brunton was commissioned by the Queensland Government through the Department of National Parks, Sport and Racing to survey Queensland adults on participation behaviours in sport and active recreation.

**What was the basic methodology employed?**
Two data collection methods were used including Computer-Assisted-Telephone-Interviews and on-line surveys.

Data was collected on participation rates, activity types, frequency, location, drivers and barriers.

**Where can I get more information?**
The full 2015 and 2016 reports have been published on the Queensland Government website at www.qld.gov.au/recreation/health/get-active

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**Sample size breakdown**

<table>
<thead>
<tr>
<th>Year</th>
<th>QLD Total</th>
<th>Males</th>
<th>Females</th>
<th>18-29 years</th>
<th>30-44 years</th>
<th>45-59 years</th>
<th>60+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>7208</td>
<td>2808</td>
<td>4400</td>
<td>759</td>
<td>1997</td>
<td>2576</td>
<td>1876</td>
</tr>
<tr>
<td>2016</td>
<td>7200</td>
<td>3036</td>
<td>4164</td>
<td>982</td>
<td>1843</td>
<td>2485</td>
<td>1890</td>
</tr>
</tbody>
</table>
What are our participation rates in sport and active recreation in the last 12 months?

![Pie chart showing participation rates]

In 2015, 77% of all male respondents and 74% of female respondents participated in sport and recreational activities in the last 12 months. Interestingly, in 2016, 74% of all male respondents and 77% of female respondents participated in sport and recreational activities in the last 12 months.

Does age affect participation rates?

<table>
<thead>
<tr>
<th>As age increases, participation decreases.</th>
<th>18-29 years</th>
<th>30-44 years</th>
<th>45-59 years</th>
<th>60+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>81%</td>
<td>81%</td>
<td>74%</td>
<td>65%</td>
</tr>
<tr>
<td>2016</td>
<td>81%</td>
<td>80%</td>
<td>72%</td>
<td>69%</td>
</tr>
</tbody>
</table>

What were the top 5 activities people participated in?

- Any walking activity: 2015 63%, 2016 55%
- Any gym activity: 2015 31%, 2016 29%
- Bushwalking: 2015 14%, 2016 11%
- Swimming: 2015 17%, 2016 19%
- Running/jogging: 2015 18%, 2016 15%

What were the top locations for sport and active recreation?

[Bar chart showing top locations]
How many activities were participated in?

<table>
<thead>
<tr>
<th></th>
<th>1 activity</th>
<th>2 activities</th>
<th>3 activities</th>
<th>More than 3 activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2015</strong></td>
<td>25%</td>
<td>25%</td>
<td>18%</td>
<td>32%</td>
</tr>
<tr>
<td><strong>2016</strong></td>
<td>27%</td>
<td>26%</td>
<td>18%</td>
<td>29%</td>
</tr>
</tbody>
</table>

**Session per month**

- **2015**: 9%
- **2016**: 8%

**Why are people participating in sport and active recreation?**

- **Personal interest and motivation**
- **Made the time or have the time**
- **Meeting with friends to socialise/exercise buddy**
- **Have a car**
- **Influenced or supported by family and friends**

**What is the average distance people travelled to participate in sport and active recreational activities?**

**Distance travelled**

- **Activity at home**
- **Journey started from home**
- **Less than 2 km**
- **2-5 km**
- **5-10 km**
- **10-20 km**
- **20-50 km**
- **Greater than 50 km**
People who participated in physical activities during their childhood are significantly more likely to still be participating in those activities now as adults.

**Why are people NOT participating in sport and active recreation?**

- Lack of time due to commitments such as work, study and family
- Work commitments
- Not interested or motivated
- Illness or injury
- Too expensive

**Who are more likely to be non-participants?**

- Older people
- Lower socioeconomic