



QUEENSLAND WOMEN'S HEALTH NETWORK NEWS

DECEMBER 2013 Celebrating 20 years of strengthening links between women & providing access to information

WOMEN & PHYSICAL ACTIVITY

Creating healthy habits not unhealthy obsessions

Physical activity and healthy eating seem to be all the rage at the moment. If you look at any social media – Facebook, Twitter, Instagram, Pinterest – there is a bombardment of images, slogans and tips to motivate the audience to be physically fit through messages about losing weight, toning up and ultimately changing to look a certain way to be deemed as fit. This type of media is known as ‘fitspiration’ or ‘fitspo’ and while it might seem like it is promoting a fitter and healthy society, it can be a two-edged sword that is making it more and more common to rely on aesthetics to judge a person’s level of fitness – and that just isn’t right. To make matters worse, often the focus of this inspiration stems from shame-inducing, objectifying and limiting ideals that have been set for women to have a ‘perfect’ body, not so different from ‘thinspiration’ or ‘thinspo’ which advocates thinness in a similar manner. It has even been said that “‘fitspo’ may be ‘thinspo’ in a sportsbra.”¹



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So what is it to be 'physically fit'?

This is a controversial topic as most people would have a different definition dependent on what they did for physical activity. For example, imagine the difference in fitness indicators for a weightlifter and a yogi, or a marathon runner and a golfer. According to the dictionary it means a state of physiological well-being that is achieved through a combination of good diet, regular physical exercise, and other practices that promote good health. Notice that there is nothing related to aesthetics in that meaning?

Separating 'looking' physically fit and 'being' physically fit and healthy

The media has created an unrealistic perception of what being physically fit is by promoting a physically fit ideal – when in reality being fit and healthy doesn't really look like anything. In fact, it is quite possible to be physically fit, healthy and happy at a surprising range of weights and body shapes. It's best not to focus on aesthetic outcomes – your 'ideal' weight will be one you can keep without any extreme behaviours including both excessive exercise or dieting. Most people who exercise regularly, eat a balanced diet, and are genuinely happy won't be 'ripped' or 'shredded' but they will feel good –

move well, sleep well, enjoy life and be healthy. Being fit and healthy is more than what you look like, it means being well – physically, mentally and emotionally.

Take a healthy approach

Our approach to physical activity should be similar to that of nutrition – healthy, sustainable, balanced and appropriate for you as an individual. Finding the right physical activity routine for you means accepting yourself, knowing your limits and balancing how hard you are pushing yourself with your own thresholds. In summary, we need to understand we are all so different and we are all going to be capable of, and enjoy, different things. Remember that exercise shouldn't be a duty, requirement, or another (dreaded) obligation; it should be a de-stressor in your life that results in you feeling less stressed, more engaged, happier and ultimately better able to cope with the inevitable frustrations of daily life.

Follow the Australian Guidelines

The National Physical Activity Guidelines for Australians outline the minimum levels of physical activity required to gain a health benefit, and ways to easily incorporate additional physical activity into your everyday life. There are four steps recommended for better health for Australian adults:

Step 1: Think of movement as an opportunity, not an inconvenience.

Step 2: Be active every day in as many ways as you can. eg. Walk or cycle instead of driving, hang out the washing instead of using the drier, or wash the car by hand instead of going through the automatic wash.

Step 3: Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days. Whether this be in one session or spread throughout the day in shorter sessions.

Step 4: If you can, also enjoy some regular, vigorous activity for extra health and fitness.

This step does not replace Steps 1–3. Rather it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.

Tips for having a healthy relationship with exercise

- Make it routine – remove the thinking element – plan it and make it a habit.
- Make it social – invite a friend – not only will this be a motivator to stay committed but also offers a means to socialise and stay connected with friends.
- Use music – music is a great tool to make exercising more enjoyable.
- Find something you enjoy – this might mean getting out of your comfort zone and trying different things – there are endless choices when it comes to physical activity.
- Don't be afraid to challenge yourself ... but know your capabilities – it is not necessary to push yourself to extremes.
- Set realistic, healthy goals and stop comparing yourself – try to avoid setting goals related to weight loss, muscle gains or other body ideals.
- Remember that every day is going to be different – there are always going to be ups and downs, setbacks and victories – always be happy and proud that you are making the effort.
- Make exercise your stress relief – exercising can be cathartic and release negative emotions – harnessing it provides a means of relieving a stressful day.
- Don't get caught up in the hype – be aware of negative messages through social and other media – focus on messages that motivate you to respect your body and maintain your health.

For more information contact ISIS – The Eating Issues Centre on (07) 3844 6055 or visit:

www.isis.org.au
<http://www.healthier.qld.gov.au/healthy-living/fitness>
[http://www.health.gov.au/internet/main/publishing.nsf/content/BC3101B1FF200CA4CA256F9700154958/\\$File/adults_phys.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/BC3101B1FF200CA4CA256F9700154958/$File/adults_phys.pdf)
www.eatforhealth.gov.au
<http://www.physicalactivityaustralia.org.au>

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ISIS – The Eating Issues Centre Inc.

1 Anderson, C. (2012) *Is 'Fitspiration' really any better than 'Thinspiration'? The Great Fitness Experiment*. Retrieved September, 2013 <<http://www.thegreatfitnessexperiment.com/2012/02/is-fitspiration-really-any-better-than-thinspiration.html>>.

APRIL NEWSLETTER TOPIC

'WOMEN & SAFETY'

DO YOU OR YOUR ORGANISATION HAVE EXPERTISE IN THIS AREA?

Share your insights with over 400 health & community organisations, and other women in Queensland.

We welcome articles, news items, and other non-profit submissions.

Please contact us in advance at:
coordinator@qwhn.asn.au
for full submission guidelines.

DEADLINE: 14 February 2014

Townsville youth shoot for better health and well-being

Young Aboriginal and Torres Strait Islander people in Townsville will be firing up about health and well-being under a new program run by the Townsville Fire. Minister for Aboriginal and Torres Strait Islander and Multicultural Affairs and Minister Assisting the Premier Glen Elmes has announced a one-off grant of \$50,000 to the Townsville Fire for their Fire Up Youth Program. Funding for the program is made available under the Queensland Government's LEAP: Learning Earning Active Places initiative for closing the gap between Indigenous and non-Indigenous Queenslanders in health, education, employment, housing and economic participation outcomes.

"Fire Up is a lifestyle, exercise and coaching clinic program, designed to motivate and engage Aboriginal and Torres Strait Islander youth in improving their overall health," Mr Elmes said. "It's about increasing physical activity levels in young people through encouraging those who already participate in sport to continue their involvement, and providing a social avenue for those who don't participate in sport. The program will also have a flow-on effect into other areas of the young people's lives by teaching leadership skills, promoting school attendance and guiding their decision-making."

Mr Elmes said players from the WNBL team would be heavily involved in the program. "Players will be running clinics on lifestyle, exercise and basketball sessions as well as making appearances at existing local health preventative programs such as 'Mums and Bubs'."

"Although the program will be open to all school-aged students, both male and female, having the Townsville Fire players working closely with young people is extremely important for young women. Studies have shown that females have a lower participation rate in sport than their male counterparts, so it's important that these girls not only get actively involved in sport for their health and well-being, but also that they have same-gender role models to look up to for inspiration and guidance in all areas of their lives."

The program will initially be rolled out in the northern and western suburbs of Townsville, with a view to expand into other areas in the future.

This article and photograph first appeared in Wadda Mooli (August-September 2013 edition) Department of Aboriginal and Torres Strait Islander and Multicultural Affairs (North Queensland Region), Queensland Government <<http://www.datsima.qld.gov.au/resources/datsima/about/publications/wadda-mooli/wad-da-mooli-aug-sep-2013.pdf>>.

Reproduced by permission.



Pictured left are Townsville Fire new recruit Alex Wilson (a Ngarrindjeri woman from Murray Bridge, South Australia) with Head Coach Chris Lucas at Townsville RSL Stadium. Photo: Chris Silvini



AUSTRALIANS SPEND ONE MONTH A YEAR SITTING WATCHING TV

Australian adults spend on average four hours per day doing sedentary leisure activities such as watching television compared with only half an hour of physical activity, according to data released by the Australian Bureau of Statistics in July 2013.

Dr Paul Jelfs, from the Australian Bureau of Statistics, said the 2011-12 data reveals a tendency for high levels of sedentary behaviour across the adult population.

"Australian adults spent an average of 13 hours a week watching TV. While males and females spent a similar number of hours sitting to watch TV, males spent around 45 minutes more per week using the computer (5.5 compared to 4.8 hours) and 40 minutes more playing electronic games (one hour compared to 18 minutes)," Dr Jelfs said.

"It all adds up, with men and women spending over two months of each year on sedentary leisure activities (65 days for men and 61 days for women per year) including sitting for transport."

"This survey, using a pedometer, confirmed the sedentary nature of most people's days, with only one in five adults (19 per cent) reaching the recommended 10,000 steps per day. By this measure, those aged 35 to 44 were the most active adults taking an average of 8,219 steps per day," Dr Jelfs said.

Further information can be found in 'Australian Health Survey: Physical Activity' (cat. no. 4364.0.55.004), available for free download from the ABS website (www.abs.gov.au).

(Source: Australian Bureau of Statistics)

Dr Jean-Jacques Depassio, a geriatrician at a French hospital and organiser of a film festival devoted to ageing and intergenerational issues, said that he saw in the recent films he showed “the emergence of two extremes: illness-related dependency and a refusal on the part of healthy people to age.”¹

The encouraging fact is that physical activity will improve life for both groups. As our society is seeing more of the former group, with type 2 diabetes rates rising and in increasingly younger ages as well, this is good news indeed.

Whatever the state of your health and whatever your age, physical activity has the power to improve life. Physical activity promotes healthy weight, helps to prevent heart disease, type 2 diabetes and some cancers, and improves psychological well-being.

Research published by Exercise and Sports Science Australia (ESSA), the

newest member of the National Rural Health Alliance, reveals strong evidence that even moderate exercise can also delay memory loss. The recommended activity for preventing and managing Alzheimer’s Disease can be found on the website of ESSA (see details below).

It is encouraging, especially for women who live in rural and remote areas where there may not be commercial fitness facilities, that it is not necessary to do specific aerobic or weight-bearing exercises – simply by gardening, working around the house and grounds, the farm or the orchard, they (and their families) can stay fit.

An example of a promising healthy lifestyle intervention in the Indigenous community is *Aunty Jean’s Good Health Team Program* which was implemented in towns in southern New South Wales. This program also used a community capacity-building approach and was

tailored to meet the needs identified by the community, with local Elders providing leadership for the program. It was targeted at Indigenous people with chronic health conditions and aimed to promote physical activity, healthy eating and healthy weight. The program had a strong emphasis on culturally appropriate information sharing, activities and self-management strategies and the creation of a supportive environment. Program activities to promote physical activity were conducted once a week in the Aboriginal community centre and included warm-up activities, line dancing and circuit training.

And while rural areas may have few gyms for organised exercise and not many paved footpaths to make walking easier, as part of the Government’s Healthy Communities Initiative, walking trails and paths have recently been constructed in many Australian rural towns in order to provide easy and safe opportunities for physical activity. Rob Eley (Centre for Rural and Remote Area Health at the University of Southern Queensland) and Richard Henshaw (Darling Downs Public Health Unit, Southern Regional Services) conducted a pilot study in Goondiwindi on use of the two-kilometre cycleway/walkway there.² It showed that three quarters of the path users were women and there was a wide range of ages represented. The majority reported repeated use, with over half using the path at least three times a week.

Facilities like this encourage people to get out in the fresh air and get the necessary sunshine for adequate Vitamin D intake. Physical activity in settings such as these can break down isolation, but even if done alone it is beneficial for keeping weight in check and toning muscles, improving osteoporosis by measurably increasing bone density, and improving arthritis by strengthening muscles which support the bones.

Recommended for more information:

ESSA – www.essa.org.au
(Enter your postcode to find a local accredited exercise physiologist) and
www.exercisemedicine.org.au

NRHA Fact Sheet on Physical Activity –
www.ruralhealth.org.au (Go to
‘Publications’)

Department of Health – www.health.gov.au
(Click on ‘For Consumers’, then
‘Education and Prevention’ and then
‘Nutrition and Physical Activity’)

Penny Hanley
National Rural Health Alliance

¹ *The Guardian Weekly*, 2–8 August 2013, p. 41.

² *Partyline* No 45, December 2012, NRHA, p. 24–25.



**Improving
life no
matter
what the
state
of your
health**

Women and Physical Activity

GENDER IMPACT ASSESSMENT



Physical activity is a gendered issue because the context of women's lives can impact on their ability to participate in regular physical activity ... Change needs to occur at the societal level to address current gender roles and how they can limit women's ability to be physically active ...

THE ISSUE

... Currently, 30.9 percent of Australian women are overweight and an additional 24 percent of women are obese. Regular physical activity is vital for optimising the physical and mental health of all women. The proven health benefits of physical activity include the prevention of a range of chronic diseases, the promotion of good mental health and the maintenance of a healthy weight. The key chronic diseases that regular physical activity can prevent are type 2 diabetes, cardiovascular disease, osteoporosis and some cancers including bowel and breast cancer ...

FORMS OF PHYSICAL ACTIVITY

... The most popular forms of sport and active recreation for Australian women are walking (32.8 percent), aerobics/fitness (15.7 percent), swimming (10 percent), netball (4.8 percent) and tennis (4.7 percent). The top three forms of physical activity for women are non-competitive in nature and this is an element valued by women.

BENEFITS OF PHYSICAL ACTIVITY

The physical health benefits of physical activity ... include lower blood pressure and cholesterol and maintenance of a healthy weight. Some other ... benefits include improved mental health and well-being, social engagement, enhanced sleep and reduced risk of fractures. Regular physical activity plays a significant role in improving moods and subsequent mental health [and] has been shown to relieve symptoms of depression.

HEALTH IMPLICATIONS OF PHYSICAL INACTIVITY

Inadequate levels of physical activity in women and girls are linked to obesity which can contribute to a number of interrelated health issues. These include earlier onset of puberty, polycystic ovary syndrome (PCOS), gestational diabetes, type 2 diabetes, cardiovascular disease and osteoporosis.

BARRIERS TO PHYSICAL ACTIVITY

... Social, cultural, economic and political factors impact on women's health and their ability to be physically active ... These include time, caring demands, lower socioeconomic status, body image, safety and urban planning and existing health conditions ... Women's multiple roles both in and out of the paid workforce can be the cause of some of these barriers ...

Lower socioeconomic status

People with lower socioeconomic status (SES) are less likely to be physically active than those with a higher SES. In one Victorian study, 80 percent of women in the lowest socioeconomic group were physically inactive compared with 67 percent of women in the highest socioeconomic group ... Areas of lower SES are often at a greater distance from metropolitan regions with less access to public transport and other services ...

Body image

... Both women and men experience social pressure to achieve an idealised physical form. While men in Western culture aim for a larger, more muscular build which increases their need to be physically active ... [t]he ideal form for women ... is a thin build. This ... reinforces the notion that women are

ideally fragile and weak and does not encourage physical activity to be healthy and able.

Population groups with additional barriers

Indigenous Australian women

... Indigenous Australian women and men experience significantly poorer health outcomes compared with other Australians and poor nutrition and physical inactivity are major contributors to the Indigenous health gap ... In 2004-05, 34 percent of women from Aboriginal and Torres Strait Islander (ATSI) backgrounds were obese ... and over half ... reported their level of physical activity as 'sedentary' ...

Women from culturally and linguistically diverse backgrounds

... Women born outside the main English-speaking countries especially those not proficient in spoken English, are less likely to participate in both organised and non-organised sport and recreational activities. Cultural expectations may also restrict the participation of some women from certain forms of physical activity. Behaviours relating to physical activity are influenced by culture and this extends to concerns about public safety for women from CALD backgrounds. These concerns often stem from experiences of social exclusion and marginalisation ...

Socialisation for many CALD groups occurs more often in people's homes than in public spaces. In this home environment, gender roles may result in women being involved in food preparation while men participate in physical activity outside. These social norms can result in women from CALD backgrounds being less physically active ...

Older women

Older women are one of the most inactive groups in the Australian population. This may be partly explained by the chronic physical conditions that can make it difficult for older women to participate in regular physical activity ...

This article is a compilation of extracts from **Women and Physical Activity**, Gender Impact Assessment No. 12, February 2010. Reproduced with permission of **Women's Health Victoria**. QWHN highly recommends reading the full paper (which includes relevant references). Visit <http://www.whv.org.au/publications-resources/gender-impact-assessments>



what's on?

Important Events and Conferences



**26-28 MAR
2014**

AIATSIS NATIONAL INDIGENOUS STUDIES CONFERENCE – CANBERRA

The 2014 conference will look at how far we have come in the area of Indigenous studies in Australia in the past 50 years. It will celebrate the 50th anniversary of the legislated establishment of the Australian Institute of Aboriginal Studies (now AIATSIS) as well as 50 years of leadership and excellence in Indigenous studies by AIATSIS.
FOR INFORMATION visit: <http://www.aiatsis.gov.au/research/50YearsOn.html>

**31 MAR-
3 APR 2014**

Vision2014 11th INTERNATIONAL CONFERENCE ON LOW VISION – MELBOURNE The International Society for Low Vision Research and Rehabilitation

Australia is the source of some of the world's leading research and practice in blindness and low vision, and we play prominent collaborative roles regionally and globally. It's a perfect home for the next meeting of our vibrant international low vision community.
FOR INFORMATION visit: <http://vision2014.org/>

**7-8 APR
2014**

NO 2 BULLYING CONFERENCE – SURFERS PARADISE

Hosted by the Australian and New Zealand Mental Health Association Inc. The Conference will examine bullying and what can be done about it in a range of contexts such as schools, families, workplaces and cyberspace. Programs will be described and evaluated, and where possible, evaluations will be evidence-based.
FOR INFORMATION visit: <http://www.no2bullying.org.au>

**7-8 MAY
2014**

10th ANNUAL QUEENSLAND INDIGENOUS FAMILY VIOLENCE PREVENTION FORUM – MACKAY Warrior whispering

The Forum aims to: highlight and celebrate the good work that is being done by Indigenous people themselves to end domestic and family violence; support Indigenous people to share information and knowledge about strategies and programs that could be used effectively by others; and to promote opportunities for networking between Indigenous workers in the field of domestic and family violence prevention in Queensland.
FOR INFORMATION call (07) 49407838 or email: a.webster@cqu.edu.au

**26-27 MAY
2014**

EATING DISORDERS AND OBESITY CONFERENCE – GOLD COAST A Shared Approach: Assessment, prevention and treatment

This conference will encompass contemporary best practice, multidisciplinary care and research into the epidemiology, clinical manifestations and treatments relating to eating disorders and obesity. It will also examine Government and Health Sector Initiatives.
FOR INFORMATION visit: <http://eatingdisordersaustralia.org.au>



omen's health on the net

Hot Spots on the Internet for Women

DEAF SPORTS AUSTRALIA

www.deafsports.org.au

Deaf Sports Australia (DSA) is the peak body for deaf sport in Australia and was established in 1954. It has a strong history of leading and advocating change in community attitudes and social policy and is committed to ensuring that opportunities to participate in sport are accessible for all deaf and hard of hearing Australians. Some of the sports that DSA is involved with are: athletics, badminton, basketball, cycling, golf, netball, tenpin, swimming and volleyball. The website also provides information regarding the Deaflympic Games, which is the second oldest multisport and cultural festival on earth, with a long and proud history since the Inaugural Games in Paris in 1924. There is also a link to the 'Active Deaf Kids Program' website: <http://activedeafkids.org.au>.

WOMEN IN SPORT: THE STATE OF PLAY 2013

<http://www.abs.gov.au/ausstats/abs@.nsf/Products/4156.0.55.001~June+2013~Main+Features~Women+in+Sport+The+State+of+Play+2013?OpenDocument>

In May 2009 the Australian Bureau of Statistics published an article on 'Women in Sport' as part of its Perspectives on Sport series. In this 2013 update the ABS again examines the role of women in the three general forms of sports engagement – playing, facilitating and watching sport – using updated statistics from a range of ABS surveys and 2011 Census data. Specifically this article examines:
Female participation in sport and physical activity;
Female involvement in organised sport;
Females as spectators at sporting events;
Female employment in sport;
Female volunteers in sport.

HEART FOUNDATION WALKING

<http://www.heartfoundation.org.au/active-living/walking/Pages/welcome.aspx>

Walk yourself happy and healthy with Heart Foundation FREE walking groups. If you're looking for a fun, social and easy way to get active, why not join Heart Foundation Walking today. As Australia's largest network of free local walking groups, you're sure to find a group near you. There are groups for all sorts of people, paces and places, over-50s, parents and prams, workplaces, cultural groups and many more. Beginners are always welcome. To join a group just go to the website, click on the map to find the nearest group, and follow the instructions. The site also contains other information about how to get active; plus, find out about the effects too much sitting has on your health and easy tips to reduce your sitting time.

The Women's Centre Townsville

North Queensland Combined Women's Services (The Women's Centre Townsville) is a women's services hub run by women for women, incorporating the Sexual Assault Support Service, a Specialist Homelessness Service and a Women's Health Service. The Centre offers a free counselling service to women over 15 years of age in the Townsville region. It also offers women a safe space in which to access other free services including:

- information and referral
- internet café
- telephones
- group activities, such as yoga and craft
- therapeutic groups
- playgroup

Women's Health Service

The Women's Health Service acknowledges 'wellness' as being inclusive of the physical, emotional, environmental, psychological, spiritual and mental well-being of women. We recognise that women's health issues can arise due to inequities for women within our culture, and therefore believe in women-centred approaches which value women's wisdom and support them in making their own informed health choices. We assist women with issues such as: physical health concerns, depression, anxiety, self-harm, suicidal thoughts, domestic violence, relationship issues, grief and loss, and diagnosed mental health illnesses. Counselling is a collaborative process in which women explore and resolve issues affecting their lives. There have been some wonderful success stories pertaining to changes to women's quality of life, and women have found that counselling enables them to feel empowered, safe and strong. The Service also runs women's health groups including: Balancing Life, Craft, Senior Women's Support Group, Yoga, Charcoal and Pastels, and Sewing, which have been very popular.

Sexual Assault Service

The Sexual Assault Service incorporates a holistic, woman-centred approach using different methods



of counselling, including narrative therapy, to increase the likelihood of women achieving their goals in counselling. It works closely with the Sexual Assault Regional Response Group and the Queensland Police SupportLink referral process. Outreach is provided in Ingham, Ayr and Charters Towers, and at the Townsville Women's Correctional Centre. Sexual Violence month is marked each year with a wall display at the Townsville Hospital and a 'Reclaim the Night' march and rally.

The Royal Commission into Institutional Responses to Child Sexual Abuse is expected to continue for the next three years and the Service has recently developed a useful fact sheet (available on the website and at the Centre) which provides some information about the process.

Specialist Homelessness Service

The Women's Centre's Specialist Homelessness Service bridges an important gap in homelessness service delivery in the Townsville region. The service specifically supports and responds to women who have experienced trauma, with a strong focus on working with women who have been

impacted by domestic and family violence. The Women's Centre has developed a holistic, trauma-informed-care practice which is underpinned by a human rights and feminist framework. The service engages both centre-based and outreach responses with a strong focus on assessment and physical and emotional safety for women and their children. Strong partnerships have been forged with a number of key services in the region including: Red Cross Homelessness Service, North Queensland Domestic Violence Resource Service, Sera's Women's Shelter, Yumba Meta, Ozcare, Family Emergency Accommodation Townsville, Wee Care and TUQ, local financial counsellors and Centrelink Community Engagement officers.

The Centre is located at 50-52 Patrick St., Aitkenvale, within easy access of parking and bus services.

Phone: (07) 4775 7555

Email: nqcws@thewomenscentre.org.au

Web: www.thewomenscentre.org.au

and Facebook

Operating Hours:

Monday to Friday: 9.00am-4.45pm

Wednesdays: 9.00am-12.30pm

Getting involved in sport

Participation and non-participation of people with disability in sport and active recreation

The Australian Sports Commission in conjunction with the University of Technology, Sydney conducted a research project investigating the 'Getting involved in sport: Participation and non-participation of people with disability in sport and active recreation'. The aim was to provide an evidenced based position to inform government, sport, and the disability sector of the factors that influence the participation of people with disabilities in sport and active recreation.

The study focused on two targeted populations:

- People with disability – end users of sport and active recreation opportunities (through seeking to understand the current patterns of participation and non-participation)
- Disability service providers – those people working directly with persons with disability but not in sporting or disability-specific sporting organisations. This population represents a range of organisations – large and small, government and not-for-profit – that provide a wide range of services across the disability sector spectrum

Key findings include:

- All groups regarded social and cultural benefits as the most

important benefits derived from their participation in sport and active recreation

- Although there are a number of constraints affecting the participation of people with disability, individuals did not regard their impairment as the major reason for their non-participation
- Nearly 75% of those currently participating would like to participate more than they are
- Those who participate on a regular basis identified a series of constraints to their participation
- Non-participants from all disability types want to participate in sport and active recreation, and realise that they are missing out on a very important part of life and Australian culture
- It is essential to provide easily accessible information on local sport and active recreation opportunities
- Cost is seen to be a major factor in many different ways, including its effect on transport, equipment registration fees, cost to the organisation (support) and extra costs associated with disability
- Lack of support by the government was identified as the single greatest constraint faced by people with disability (this may not be specifically related to sport and recreation)
- The research very strongly supports the literature showing that those people who are engaged in social activities and citizenship generally are much more likely to be connected to community and experience a better level of quality of life than those not engaged.

For full details and reports please download full report:

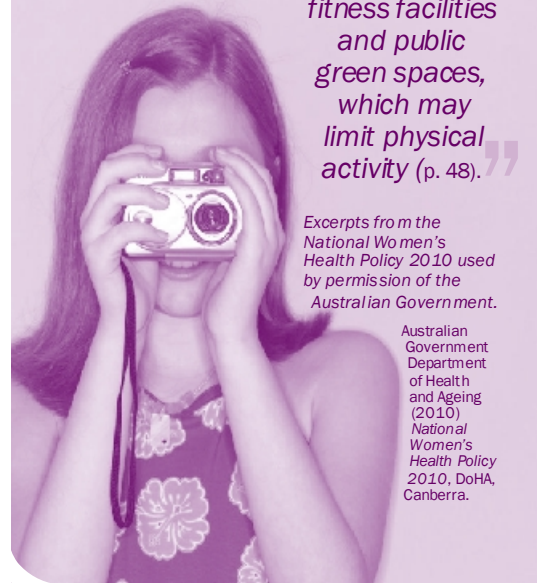
http://www.ausport.gov.au/participating/disability/resources/research_and_reports/disability_participation_research

The content of this article is from the Australian Sports Commission (ASC):
<http://www.ausport.gov.au>

snapshot

NATIONAL WOMEN'S HEALTH POLICY

“ Poorer neighbourhoods generally have more fast food outlets ... fewer fitness facilities and public green spaces, which may limit physical activity (p. 48). ”



Excerpts from the National Women's Health Policy 2010 used by permission of the Australian Government.

Australian Government Department of Health and Ageing (2010). National Women's Health Policy 2010. DoHA, Canberra.

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West Qld Representative: Kim Hurlle

South Qld Representative: Karin Cheyne

HAVE YOUR SAY...



We are interested in your feedback on the quality of the newsletter, and issues and topics you would like to see in future editions.

Please contact the QWHN Coordinator Maree Hawken on (07) 4789 0665 or email us at: coordinator@qwhn.asn.au

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