

Evaluation of  
Riverside Gardens Reserve  
Walking Trails Project  
Interventions

**Lisa Bayly**

**Karen Forde**

**Anne Polley**

**Assunta Di Francesco**

**January 2002**



A joint initiative of City of Bayswater and the  
Eastern Perth Public and Community Health Unit

Eastern Perth Public & Community Health Unit  
PO Box S1296  
Perth WA 6845  
PH 61 8 9224 1625 Fax 61 8 9224 1612  
Email: [rph.eppchu@health.wa.gov.au](mailto:rph.eppchu@health.wa.gov.au)  
Website: <http://www.rph.wa.gov.au/hpnetwork/>

ABN 13-993-250-709

© Eastern Perth Public & Community Health Unit, 2001  
This work is copyright. Apart from any use as permitted under the  
Copyright Act 1968, no part may be reproduced without written permission  
from the Eastern Perth Public and Community Health Unit.

Evaluation of Riverside Gardens Reserve Walking Trails  
Project interventions.

Bibliography.  
ISBN 1 877061 01 8.

1. Trails - Western Australia - Bayswater - Evaluation. 2.  
Hiking - Environmental aspects - Western Australia -  
Bayswater - Evaluation. 3. Riverside Gardens (Bayswater, W.  
A.). I. Bayly, Lisa. II. Bayswater (W.A. : Municipality).  
Council. III. Western Australia. Eastern Perth Public and  
Community Health Unit.

363.68099411

Every effort has been made to ensure that the information contained in this  
document is free from error. No responsibility shall be accepted by the  
Eastern Perth Public & Community Health Unit or its officers involved in  
the preparation of the document for any claim that may arise from  
information contained herein.

Cover designed by White Castle Design & Illustration and printed by Della  
Print.

Report printed by Royal Perth Hospital.

---

**City of Bayswater**

**And**

**Eastern Perth Public and Community Health Unit,**

**Royal Perth Hospital**

---

Lisa Bayly BAppSc (Human Movement), PostGradDip (Health Promotion)  
Senior Health Promotion Officer

Karen A. Forde BAppSc (HIM), Post Grad Dip (Research & Evaluation)  
Research Officer

Anne M. Polley BPHE (Human Movement), Post Grad Dip (Health Promotion)  
Health Promotion Officer

Assunta Di Francesco BScE (Health Promotion)  
Health Promotion Officer

Citation

The citation below should be used when referencing this work:

Bayly, L., Forde, K., Polley, A. and Di Francesco, A. 2001, *Evaluation of Riverside Gardens Reserve Walking Trails Project Interventions*. Eastern Perth Public and Community Health Unit, Royal Perth Hospital, Perth.

# Table of Contents

TABLE OF CONTENTS.....	IV
LIST OF TABLES .....	VI
ACKNOWLEDGMENTS.....	VII
EXECUTIVE SUMMARY .....	1
RECOMMENDATIONS.....	4
1. BACKGROUND.....	6
2. RIVERSIDE GARDENS WALKING TRAILS PROJECT.....	7
3. RATIONALE .....	9
4. AIM OF STUDY.....	11
5. EVALUATION OBJECTIVES.....	12
6. METHODOLOGY .....	13
<b>6.1 Observational study of park usage.....</b>	<b>13</b>
6.1.1 Study design.....	13
6.1.2 Development & piloting of observational data collection.....	13
6.1.3 Observation study.....	14
6.1.4 Modifications to second observational data collection.....	15
6.1.5 Limitations of the data collection.....	16
6.1.6 Treatment of data.....	17
<b>6.2 Park users intercept survey.....</b>	<b>18</b>
6.2.1 Study design.....	18
6.2.2 Development and piloting of survey.....	19
6.2.3 Park users survey.....	20
6.2.4 Modifications to the second walkers survey.....	21
6.2.5 Limitations of the survey data .....	22
6.2.6 Physical activity measurement.....	22
6.2.7 Treatment of survey data .....	23
7. RESULTS.....	24
<b>7.1 Observational study results.....</b>	<b>24</b>
7.1.1 Number of observations and persons observed.....	24
7.1.1.1 Number of observations and persons using Reserve, excluding water activities.....	24
7.1.1.2 Number of observations and persons using Reserve walk paths.....	25
7.1.2 Time of day and weather .....	26
7.1.3 Observation position.....	26
7.1.4 Demographic characteristics of park users .....	27
7.1.4.1 Gender .....	27
7.1.4.2 Age.....	27
7.1.5 Type of activities undertaken in Riverside Gardens Reserve.....	28
7.1.5.1 Activities undertaken alone or with others.....	32
7.1.5.2 Walking.....	32
7.1.5.3 Physical Activity and Gender .....	32
7.1.5.4 Activity and age.....	34
7.1.5.5 Car park, toilet use & security presence.....	34
7.1.5.6 Dogs .....	35
<b>7.2 Park Users Intercept Survey Results .....</b>	<b>36</b>
7.2.1 Response Rate.....	36
7.2.2 Demographic Characteristics of Walkers Interviewed.....	36
7.2.2.1 Respondents' Place of Residence by Postcode.....	36
7.2.2.2 Level of Education .....	36
7.2.2.3 Age.....	37
7.2.2.4 Occupation & Gender.....	37
7.2.3 Types of activities respondents choose to participate in .....	38
7.2.4 Reasons for choosing Riverside Gardens to walk in.....	38
7.2.5 Comparison of walking in & outside of Reserve .....	40
7.2.6 Comparison between walking in previous week with usual walking.....	41
7.2.7 Walking at and above the National Physical Activity Guidelines.....	41
7.2.8 Length of time used Reserve .....	42
7.2.9 How new park users found out about Reserve.....	43
7.2.10 Knowledge and usefulness of Promotional Brochure.....	43
7.2.11 Park users' awareness of signage and publicity activities .....	44
7.2.12 Park users support for Council in walk trail project .....	45
7.2.13 Walkers improvement suggestions for Reserve.....	45
8. DISCUSSION.....	48
<b>8.1 Increase in volume of park users over 12 months .....</b>	<b>48</b>
<b>8.2 Park users recall of interventions and publicity .....</b>	<b>48</b>

<b>8.3</b>	<b><i>Dogs</i></b> .....	49
<b>8.4</b>	<b><i>Families and children</i></b> .....	50
<b>8.5</b>	<b><i>Toilet and car park</i></b> .....	50
<b>8.6</b>	<b><i>Walkers meeting the National Physical Activity Guidelines</i></b> .....	51
<b>8.7</b>	<b><i>Facilities and supports for physical activity</i></b> .....	52
9.	CONCLUSION.....	53
10.	REFERENCES.....	55
	APPENDIX 1: CITY OF BAYSWATER WALKING TRIALS BROCHURE .....	58
	APPENDIX 2: OBSERVATION DATA COLLECTION TOOL NO. 1 (FEB 2000) .....	60
	APPENDIX 3: OBSERVATION CODES NO. 1 (FEB 2000) .....	61
	APPENDIX 4: OBSERVERS INSTRUCTION PACK.....	62
	APPENDIX 5: INFORMATION SHEET FOR PARK USERS .....	68
	APPENDIX 6: OBSERVATION CODES NO. 2 (FEB 2001) .....	69
	APPENDIX 7: OBSERVATION DATA COLLECTION TOOL NO. 2 (FEB 2001) .....	71
	APPENDIX 8: INSTRUCTION PACK FOR INTERVIEWERS.....	72
	APPENDIX 9: RIVERSIDE GARDENS WALKERS SURVEY NO. 1 (2000) .....	78
	APPENDIX 10: RIVERSIDE GARDENS WALKERS SURVEY NO. 2 (2001) .....	83
	APPENDIX 11: INFORMATION SHEET FOR WALKERS .....	93
	APPENDIX 12: WALKERS REASONS FOR WALKING AT RESERVE .....	94
	APPENDIX 13: WALKERS IMPROVEMENT SUGGESTIONS FOR RESERVE .....	95

## List of Tables

<b>Table 1: Number of observations and persons using Riverside Gardens Reserve for all activities, including water activities, pre and post intervention .....</b>	<b>24</b>
<b>Table 2: Number of observations and persons using Riverside Gardens Reserve pre and post interventions, excluding water activities.....</b>	<b>25</b>
<b>Table 3: Number of observations and persons using walk trails at Reserve pre and post interventions.....</b>	<b>25</b>
<b>Table 4: Proportion of observations made by shift.....</b>	<b>26</b>
<b>Table 5: Gender of persons observed .....</b>	<b>27</b>
<b>Table 6: Age of persons observed using Reserve .....</b>	<b>28</b>
<b>Table 7: Type of activities observed at Reserve .....</b>	<b>31</b>
<b>Table 8: Physical activity and gender observed at Reserve .....</b>	<b>33</b>
<b>Table 9: Gender by occupational groups for survey respondents .....</b>	<b>37</b>
<b>Table 10: Average number of walking sessions &amp; the average time per walking session reported in &amp; outside of Riverside Gardens Reserve in previous week.....</b>	<b>40</b>
<b>Table 11: Average walking for respondents walking at or above the National Physical Activity Guidelines.....</b>	<b>42</b>
<b>Table 12: Ways new park users found out about Reserve.....</b>	<b>43</b>
<b>Table 13: Walkers' recall of events, other promotional information about Reserve or walk trails over past 12 months .....</b>	<b>44</b>

## Acknowledgments

Eastern Perth Public and Community Health Unit would like to thank the following people and organisations for their contribution to the Riverside Gardens Reserve Walking Trails Project.

Andrew Milat and colleagues at the Western Sydney Area Health Service for valuable advice and assistance with the study design and data collection tools.

Curtin University students for their contribution to the observation and survey data collection.

The Riverside Gardens Reserve park users for participating in this study and providing valuable feedback and suggestions.

The City of Bayswater for:

- the provision of the Riverside Gardens Reserve recreational facility,
- the development of the Riverside Gardens Reserve promotional plan, in consultation with Eastern Perth Public and Community Health Unit,
- allowing Eastern Perth Public and Community Health Unit to evaluate the walking trails project interventions and
- consideration of the evaluation recommendations.

The walking trails project is a commendable demonstration of a local government's commitment to the health and wellbeing of its community by the provision of an aesthetic recreational facility and encouragement of local residents to be more physical active.

There are many City of Bayswater staff we would like to thank including Community Service Manager, Nikki Blasioli, Be Active Together Project Officer, Jodi Arbel, former Community Service Manager, Michelle Poepjes, Rangers Service and Security staff.





## Executive Summary

This report describes the evaluation of the Riverside Gardens Reserve Walking Trails Project interventions, a project and key strategy within the Be Active Together Program and a joint initiative of The City of Bayswater and the Eastern Perth Public and Community Health Unit.

### *Riverside Gardens Reserve*

As part of the Federal Government's Building Better Cities Program, the City of Bayswater received funds in 1994 to redevelop the Swan River foreshore from a wasteland to a recreational amenity. One component of the redevelopment included three kilometres of lit, wheelchair accessible, dual-use footpaths. These were completed in 1997.

### *Riverside Gardens Walking Trails Project*

In 1999, the City of Bayswater Council, in consultation with the Eastern Perth Public and Community Health Unit developed a Riverside Gardens Reserve promotional plan to promote the Reserve to the local community. The aim of the Riverside Gardens Walking Trails Project was to increase the use of the walking trails by local residents.

The Riverside Gardens Walking Trails Project consisted of the following interventions:

- development of entry statements, information signage and directional markers for the Reserve's three kilometres of walking trails;
- development of a brochure about the Reserve and distribution to residents' homes; and
- other public relations activities to promote the Reserve and the Walking Trails Project, included a Community Activity Day, local community newspaper articles and newsletters.

The signage and directional markers commenced in March 1999 and were completed in December of that year, whilst the public relations and promotional activities commenced in April 2000 and are ongoing.

### *Evaluation*

The evaluation was designed to assess the effectiveness of the implementation of the Riverside Gardens Walking Trails interventions. This report provides a description of observation and intercept survey data collected pre- and post- intervention, 12 months apart. Information was collected on patterns of park use, types and levels of physical activity undertaken, what attracted residents to the Reserve and park users' awareness of promotional plan interventions.

### *Key Findings*

The most commonly observed activity at Riverside Gardens Reserve was walking (66%), followed by cycling (15%). Respondents reported that the most common reason for using Riverside Gardens for walking was that the Reserve is *close to home*, it has a *scenic location* and it is a *dog Reserve*.

The observational study detected a 19% increase in the number of people using the Riverside Gardens Reserve walking trails, ie. walking, jogging and cycling, pre- and post-intervention, between February 2000 and February 2001.

The observational study finding that more people were using the Reserve post – intervention was supported by the park users' survey, where 28% of walkers (n=86) interviewed post-intervention, in February 2001, reported they had commenced using the Reserve in the previous 12 months. When asked how they found out about the Reserve, 30% (6/20) of City of Bayswater residents, mentioned one or more of the interventions, ie. the brochure, directional signs, City of Bayswater Newsletter or a general article in the community newspaper. The other most commonly mentioned ways of finding out about the Reserve were from family and friends or observing others using it.

Overall there was good recall of the interventions by park users. The structural environmental supports such as the directional street signs to Reserve and information signs on walking trails were recalled and considered useful by a high percentage of walkers. Fifty six percent of City of Bayswater residents interviewed reported they had seen or heard promotional information (eg. Newsletter, Community Newspaper)

about either the Riverside Gardens Reserve, the walk trails or events being held at the Reserve. Twenty seven percent (20/75) of City of Bayswater residents interviewed recalled seeing the brochure distributed by the Council to residents' homes and 60% (12/20) reported it was useful in assisting them to access and use the Reserve.

The observed increase in the volume of park users post-intervention, walkers' recall of interventions and new walkers' commencement of use of the Reserve attributable to the promotional interventions supports the conclusion that Riverside Gardens Walking Trails Project promotional plan has been effective in motivating people to use the Reserve.

There was strong support (99%) by walkers interviewed for the City of Bayswater to supply and fund the signs on the walk trails and surrounds of the Reserve, develop the information brochure and hold events within the Reserve.

The majority of walkers reported doing more walking (duration and frequency) inside Riverside Gardens than outside. This result indicates the importance of Riverside Gardens as an essential facility for the Bayswater local community to participate in physical activity, especially walking.

An unexpected finding from the observational study was the large proportion of males using the toilet block and car park only and not participating in any other activity at the Reserve. In February 2000, 94% (204/217) and in February 2001, 83% (154/186) of all toilet observations were of males.

Based on the evaluation results and park users' comments a number of recommendations have been developed to further promote the walk trails and the Reserve. These include the need for shaded areas, dog use facilities and regulations, promoting the use of the area to families and children, collaborating with other agencies, traffic flow on walk trails and exploration of the provision of a food outlet.

## **Recommendations**

### **Shade and shelter**

The most commonly mentioned suggestion by park users was the need for greater shade and sheltered areas, such as more trees and sheltered barbecue areas.

### **Dog facilities and regulations**

Approximately one third of all people observed in the park were accompanied by a dog. An average of 180 dogs per day were observed at Riverside Gardens Reserve. The City of Bayswater may consider providing additional dog litter bag stations, immovable water troughs and increase park users' knowledge of dog exercise boundaries through promotional fliers, signage and increased ranger presence at the Reserve. Another suggestion was that Park Rangers should fine dog owners for not picking up dog excrement.

### **Families and children**

The Council may plan to further promote Riverside Gardens Reserve to attract more families and children. It might consider park users' suggestions, including the need for additional shelter and shade, water fountains, table and benches at the barbecue area and playground equipment possibly fenced to prevent dogs entering the playground area.

### **Collaboration**

The City of Bayswater consider collaboration with:

- other agencies (eg. AIDS Council, local police) to address activity occurring in male toilets.
- Eastern Perth Public and Community Health Unit in health and wellbeing projects.

### **Traffic flow on walk trails**

Walk trails provide for multi-use activity, including walking, cycling, roller blading and wheelchairs, etc. There are competing demands on the walk trails. Park users mentioned bikes were travelling too fast on the walk trails and one stated that a bike

had hit their dog. It was suggested that a dash in the middle of the walk trail would assist traffic flow.

### **Food vendor**

Exploration of the feasibility of a healthy food vendor operating on weekends for park users has been suggested.

# 1. Background

Riverside Gardens is a picturesque regional family leisure amenity located on the foreshore of the Swan River in Bayswater. It includes many features such as a foreshore embayment, playground areas, riverside gazebo, bird sanctuary, three kilometres of lit, wheelchair accessible, dual-use footpaths, barbecues etc.

The City of Bayswater is a metropolitan local government council situated approximately 7.5 km north east of Perth's Central Business District, with a population of 56, 160 (1996 ABS Census data). In 1994 the City of Bayswater received funds for a major urban renewal project to redevelop the river foreshore as part of the Federal Government's Building Better Cities Program. The redevelopment involved approximately 40ha of foreshore between Tonkin Highway and Garrett Road Bridge over a three year period. The main infrastructure development components of this project were completed in 1997, however, a number of the smaller ancillary works such as the installation of signage was postponed due to lack of financial resources.

Members of the public use the Riverside Gardens Reserve for recreation, as do a number of walking groups, particularly those formed as part of the City of Bayswater *Be Active Together (BAT)* program. The City of Bayswater's *BAT* program allocated funding to develop and promote the Riverside Gardens Reserve to the local community, the aim being to encourage greater use of the area, predominantly for people undertaking physical activity.

## 2. Riverside Gardens Walking Trails Project

The *Be Active Together* program embarked on the Riverside Gardens Walking Trails Project as a key strategy of the physical activity program in 1999.

The Riverside Gardens Walking Trails Project consisted of two parts:

- the development of entry statements, informational signage and directional markers for the Reserve's 3 kilometres of walking trails.
- development and implementation of a brochure and public relations activities to promote the Reserve and the Walking Trails Project.

The former part of the project commenced in March 1999 and was completed in December of that year, whilst public relations and promotional activities commenced in April 2000 with the official launch of the Project and are ongoing.

### *Signage*

Health promotion messages, including *Take a Step for Better Health* and *Riverside Gardens Trails – Helping Build Activity into Your Day* were included in the informational signage to reinforce the link between the walking trails, physical activity and health. In addition, the Riverside Gardens Walking Trails Project is classified as a *Walk Friendly* Reserve and carries the Ministry of Sport and Recreation's official logo.

Extensive efforts were made throughout the Project to ensure that the signage and all its elements complemented the natural attributes and beauty of the Reserve.

### *Public Relations Activities*

Approximately 5,500 Riverside Gardens Walking Trails brochures were produced (see Appendix 1) and distributed extensively within the community, including a residential letterbox drop and through Council and other facilities. The brochure includes a map of the walking trails and the Reserve, the distance of the various trails, what facilities are available within the Reserve and other health information, such as *try to accumulate 30 minutes of activity into each and every day*. A map describing

how to get to the Reserve and bus information telephone number was also included on the brochure. The brochures continue to be distributed by the Council.

Public relations activities were also conducted to promote the project. For example, a Community Activity Day was held on Sunday, 29 October, 2000 at Riverside Gardens as part of Active Australia Day celebrations to promote the Riverside Gardens area and the walk trails. Approximately 150 individuals attended this event, with 50 participating in an organised walk-a-thon.

The Riverside Gardens Walking Trails were also promoted through six articles in the local community newspapers between April 2000 to February 2001. In October 2000 a centre page article was featured in the Council's Bulletin and distributed to all residents within the City of Bayswater. Also the walking trails project has featured in several articles in the Be Active Together program Newsletter which is distributed quarterly to approximately 1,800 subscribers.

The Walking Trails are now an integral component of the Riverside Gardens Reserve and continue to be promoted for the enjoyment and health of residents.



### 3. Rationale

In Australia, cardiovascular disease (CVD) is a major health and economic burden (Australian Institute of Health and Welfare [AIHW] 2001). CVD, comprising diseases of the heart and blood vessels including heart attack, stroke and peripheral vascular disease, is the leading cause of death, accounting for 41% of all deaths in 1998 (AIHW 2001).

In a recent nationwide survey on the physical activity status of Australians, 4.5 million adult Australians (that is around 30% of the adult population) reported doing no leisure time physical activity in the two weeks prior to the interview (AIHW 1999). In the same survey, nearly 50% of the Western Australian respondents did not participate in sufficient levels of physical activity (Bauman 1999).

Results from the Western Australian 2000 Health Survey reported that 34% of people statewide were either inactive or doing insufficient physical activity. This compares with the Eastern Perth Health region where 39%, or approximately two out every five people within the region are either inactive or doing insufficient physical activity (Daly, 2001 unpublished).

Studies have indicated that the preferred physical activity across all age groups for both men and women and for the inactive and active is walking (AIHW 1999; Booth *et al.* 1995; Booth *et al.* 1997; and Corti *et al.* 1995). Swimming and team sports were the next preferred physical activities (Booth *et al.* 1995 and Booth *et al.* 1997). A recent nation wide population survey in Australia showed that walking to get to and from places was very popular, with a total of 57.7% of respondents reporting walking at least three times a week (Bauman 1999).

The moderate intensity recommendation which underpins current approaches to encourage participation in physical activity is designed to appeal to and promote health across entire populations (Sallis & Owen 1999). The National Physical Activity Australian Guidelines recommend *putting together at least 30 minutes of moderate intensity physical activity, on most, preferably all days* (Physical Activity Guidelines for Australians, 1999).

Several studies have reported that the development of safe and aesthetically pleasing environments create opportunities for participation in physical activity (Corti & Donovan 1998; Lee,1993; Dishman *et al.*1985; Wright *et al.* 1996).

Environmental supports can create opportunities for both structured and incidental physical activity. A Perth study (Corti & Donovan 1998) indicated that maximum use of the natural resources such as the beach and river could be achieved by the provision of cycle and walkways. The authors proposed that urban planners could make a public health contribution if streetscapes which encourage more walking and cycling were combined with access to facilities and the provision of aesthetically pleasing environments. The study also concluded that active encouragement is needed for more people to make regular use of existing recreational opportunities.

## 4. Aim of study

The overall aim of the Walking Trails Project was to increase the number of adults aged 20 years or older who use Riverside Gardens Reserve for walking by 5% over a one year period.

The aim of the evaluation was to assess the effectiveness<sup>1</sup> of the implementation of the Riverside Gardens Walking Trails interventions.

---

<sup>1</sup> Effectiveness to be measured by:

- Change in the number of adults aged 20 years or older observed using Riverside Gardens Reserve walking trails, pre- and post-intervention, over a one year period;
- New walkers who commenced using the Reserve in the last 12 months who report finding out about the Reserve by a promotional plan intervention.
- Proportion of walkers who report recognition of promotional plan interventions.

## **5. Evaluation objectives**

To describe the patterns of use within Riverside Gardens Reserve ie. the number of people, times of use and the type and frequency of activities.

To describe how and why people use the City of Bayswater's Riverside Gardens Reserve, in particular the walking patterns of park users.

To describe and compare park users' levels of physical activity, in particular walking behaviour, against the national recommended physical activity guidelines.

To describe the level of awareness amongst park users of the strategies implemented as part of the City of Bayswater's Riverside Gardens Promotional Plan.

To provide pre- and post- data for the health promotion intervention (intervention = erection of information & directional signs, promotional literature and events) planned for Riverside Gardens Reserve.

## 6. Methodology

The Riverside Gardens Reserve study was commissioned by the Eastern Perth Public & Community Health Unit and divided into two phases. The study collected pre- and post- intervention data, 12 months apart, for a physical activity walking trails project. It involved the use of observation and intercept survey research techniques.

- The observational study was conducted in February 2000 and repeated in February 2001. Data were collected on the type of activity, in particular physical activity, occurring in the Reserve over a 13 day period, between the hours of 6.30am and 7.00pm.
- The park users intercept survey, was conducted in February/March 2000 and repeated in February/March 2001. Park users were asked to describe how and why they used the Reserve, and asked about their walking behaviour in particular.

### 6.1 Observational study of park usage

#### 6.1.1 Study design

Twelve students from Curtin University were recruited and trained to observe users of the City of Bayswater's Riverside Gardens Reserve and gather quantitative data on park use.

#### 6.1.2 Development & piloting of observational data collection tool

The data collection instrument (Appendix 2) was based on an instrument designed by Western Sydney Area Health Service which had undertaken a similar study (Stubbs, et al, 2000). Advice on methodology was also sought from physical activity experts at Western Sydney Area Health Service. In addition, the data collection instrument was circulated to other physical activity experts in Western Australia. The data collection tool recorded information on:

- gender and approximate age of people using the Riverside Gardens Reserve
- type of activity(ies) undertaken by each park user

- whether park user was alone or with others
- time of entry to park, and exit from observer's vision
- weather conditions
- variation to observer's data collection position

Codes were assigned to age group categories, activities and weather to simplify recording (see Appendix 3 for observation codes)

Twelve observers were trained in the observation methodology in January 2000 (see Appendix 4 for Observers Instruction Pack). During the training session the twelve observers went to Riverside Gardens Reserve for a site visit and undertook a dummy run (pilot), that is at the same time, they collected the same observational data from the same observation point. Immediately following the pilot, a debriefing session was held to discuss what each observer had recorded, problems with data collection and to assess inter-observer reliability. No changes were made to the data collection tool.

### **6.1.3 Observation study**

Observers working in pairs, observed and recorded the general public's use of the City of Bayswater's Riverside Gardens Reserve. The first data collection period observations were recorded between Tuesday 1st to Sunday 13th February 2000 inclusive. Twelve months later the second data collection period observations were recorded between Tuesday 6th to Sunday 18<sup>th</sup> February 2001 inclusive. Both data collection periods were for 13 consecutive days with only one Monday included. In both 2000 and 2001, the data collection periods commenced on the second day of the first school term. Data were collected in three shifts each day from 6.30am to 7pm. The shifts were 6.30am–10.30am, 10.30am–2.30pm and 2.30pm - 7pm.

The observation position was close to the main entrance of the Riverside Gardens Reserve in Milne Street Bayswater. This position was chosen as it allowed observers 180° field of view of the park area and the Swan River. Observers were instructed to collect data from the same point for each shift and to record any reason for variation in the observation position.

Each park user who entered the observer's scope of vision was recorded on the observation data collection sheet. Each park user who left the observer's scope of vision and later re-entered it, was recorded again and was noted as a repeat observation. All activities undertaken by each park user were recorded. Some park users were engaged in more than one activity eg. walking and jogging. For park users who were observed undertaking two or more activities, each activity was recorded. Park users in groups of two or more were bracketed together on the data collection tool.

For safety reasons, observers worked in pairs, taking turns to observe and record data. Information sheets providing an explanation of the study were provided to anyone who approached the observers (see Appendix 5).

At the end of the observational data collection periods, on Monday 14<sup>th</sup> February 2000 and 22<sup>nd</sup> February 2001, debriefing sessions were held with the observers to explore issues and/or challenges experienced by the observers. Challenges observers reported whilst conducting the observations, included the weather, safety and difficulties in relation to the task, such as, the 180° observation field included multiple entrances to the park and it meant that it was difficult to record simultaneous activities occurring. Feedback from the first data collection was used to enhance the post-intervention second observational data collection. This included providing an umbrella and modifying the mobile phone system.

#### **6.1.4 Modifications to second observational data collection**

Analysis of the first observation period data resulted in broadening of the list of activity codes used by observers in the second observational data collection period (see Appendix 6), for example the passive activity codes were increased to include riding in pram, riding in wheelchair, riding in cycle seat. Also a new category was added for water activities and included swimming, fishing, boating, rowing, playing with dog in water, etc.

In the first data collection period *status*, that is whether the person observed was alone or with others, and the *presence of a dog* was recorded together as part of the *activity*

eg. *walking alone with dog*. If dog(s) accompanied more than one park user, particularly unleashed dog(s), each person in the group was recorded with the dog eg. *walking with family/friend and dog(s)*. Therefore in the first data collection period the number of dog observations is likely to be over represented. To simplify data analysis, the data collection form was modified (see Appendix 7), for the second data collection period, so that *status* and the *presence of dog* were recorded separately from the *activity*. When there was more than one park user, the number of dogs, leashed and unleashed, was recorded once for the park user group. The February 2001 data are likely to be a more accurate report of the number of dogs than February 2000.

In the first data collection period the data collectors recorded the time of entry and exit from observer's vision for each observation. This was not recorded in the second data collection period. Also in the first data collection period the observers allocated a consecutive identification number to each recorded observation. If a park user left the observer's observation field and later re-entered it, the park user was recorded again using the same ID number as first assigned. As neither of these data items, the time of entry and exit and identification numbers, were used in the data analysis, they were omitted in the second data collection.

### **6.1.5 Limitations of the data collection**

#### *Observational error*

Observational data are subject to observation error eg. gender, age. In the second data collection period observers were instructed to record *unidentifiable* for gender, age and status (ie. alone or with others) in the instances that they could not accurately record a person's gender, age or status.

#### *Limitation of recording repeaters*

In order to report the actual *number of persons* observed using the park, persons who passed the observers more than once, were recorded as repeaters. The accuracy of the observer pair recording repeaters within an observation shift was primarily limited to their memory. In addition, when there was a change in shift, there was also a change



in observer pairs. If a repeater passed a new set of observers after a shift change, the repeater would have been recorded as a new park user rather than a repeater. Therefore the reported *number of persons* observed is likely to be over represented.

#### *Inter-observer bias*

Inter-observer bias was controlled by:

1. All observers attended a training session with debriefing so inconsistencies in observations and recording were addressed. Prior to both data collection periods the observers attended a training session. This involved in class scenarios to record practice observations and then at the Reserve, dummy run (pilot) observations where all the observers collected the same observation data, at the same time. Immediately following the pilot, a debriefing session was held to discuss what and how each observer had recorded their observations, how observations differed and what was the most accurate way of recording it.
2. Observers collecting data in pairs, took turns in recording the data during an observational shift. Members of data collector pairs were rotated to avoid the same pairs constantly working together to further ensure consistency of data recorded.
3. Half (6/12) of the observers who were involved in the first data collection period in February 2000 also collected data for the second data collection period in February 2001.

These steps contributed to help to standardise the way the observational data were observed and recorded.

In addition, during the data collection period, completed data collection sheets were checked for accuracy and every observer was visited at the Reserve by the supervisor at least once to help maintain the observers' performance and consistency of data collection.

#### **6.1.6 Treatment of data**

##### *Missing data*

The two observational data collection periods were of identical length at 13 days. However in the second data collection period the equivalent of one day's

observational data collection sheets were lost in the postal system and not recovered for data analysis. The missing data were for two midday shifts 10.30am to 2.30pm (Thursday 1 and Sunday 2), always the quietest shift of each day, and one afternoon shift 2.30 to 7pm (Wednesday 1). The best estimate for the missing midday shifts was imputed by mean substitution (Bennett 2001). The mean values for the available midday shift observation data were calculated to fill in the missing data variables. The procedure was repeated for the missing afternoon shift variables.

### *Water activities*

There was a large difference in the number of observations for activities occurring on the river between the two observation periods. In February 2000, two percent (n = 100) of all observations were water activities and twelve months later, in February 2001, 14% (n = 1043) were water activity observations. In the first observation data collection period, the activity code key given to the observers (Appendix 3) did not include water activities, so only some observers recorded these activities as *other activity*. The increase in water activity observations was attributed to the second observer training session where the boundary of the observation area was clearly defined to include the activities occurring on the river and the activity code key (Appendix 6) included water activities.

The river was at the outer boundary of the observation area therefore it was not always possible for observers to make accurate water activity observations in terms of gender, age or whether the activity was being done alone or with someone else. It should also be noted that Riverside Gardens is adjacent to a rowing club and so the number of water observations is influenced by the club's activity. Due to these irregularities, water activity observations have been deleted from the activity results.

## **6.2 Park users intercept survey**

### **6.2.1 Study design**

Walkers using the City of Bayswater's Riverside Gardens Reserve walking trails were stopped and invited to participate in a structured face to face interview. The survey

collected information on the range of activities in which walkers had participated at the Reserve, reasons for choosing Riverside Gardens, and the amount of walking done within and outside the Reserve.

### **6.2.2 Development and piloting of survey**

Advice on the development of the study design and, in particular, the survey tool was sought from experts at Western Sydney Area Health Service who had undertaken a similar study in parklands in suburban Sydney (Stubbs, et al, 2000). The 1999 Active Australia national survey on physical activity (Armstrong *et al.* 2000) and the *Be Active Together* in the City of Bayswater Newsletter (Gillam *et al.* 1999) survey tool were referred to in the development of the survey tool.

A structured face to face interview schedule using open and closed questions was developed and circulated to other physical activity experts in Western Australia for review. Feedback was incorporated into the survey tool.

The survey tool was pilot tested at Hinds Reserve in Bayswater, a parkland adjacent to the Riverside Gardens Reserve. Two interviewers were recruited and trained by the EPPCHU on the survey methodology and administering the survey (see Appendix 8 for Interviewers Instruction Pack). The two interviewers had previously been trained in interview techniques as part of their University studies. The interviewers completed twelve interviews with six males and six females between 18th and 22nd February 2000 during the hours 6.30am to 8.30am and 4pm to 7pm. These hours were selected following analysis of the first observation data, as they were peak times for activity within the Riverside Gardens Reserve.

A debriefing session following the pilot study was held with the interviewers to identify where the methodology or survey tool needed adjustment. No major adjustments were made to the methodology. Some minor changes were made to the survey tools. An extra part was added to one question to compare the amount of continuous walking undertaken either within or outside the Reserve in the previous week with usual patterns of walking. This question was based on a similar question used in the *Be Active Together* in the City of Bayswater Newsletter survey (Gillam *et*

al. 1999). A question focussing on the reasons for choosing Riverside Gardens for walking was added. Some minor changes were made to wording to increase consistency throughout the survey tool. The survey tool (Appendix 9) was not re-piloted as the changes were not considered major.

In 2001, additional questions about the intervention were added to the survey so another pilot test was undertaken at Hinds Reserve adjacent to Riverside Gardens, on 2<sup>nd</sup> March 2001, from 4.00pm to 7.00pm. A total of seven pilot surveys were completed, with two male and five female respondents. The same interviewers administered these from the first data collection period. Minor adjustments were made to the second park users survey based on feedback from the pilot phase in March 2001 (Appendix 10).

### **6.2.3 Park users survey**

In the first data collection period, 60 surveys were conducted between Tuesday 29<sup>th</sup> February and Friday 10<sup>th</sup> March 2000 in the Riverside Gardens Reserve. The two interviewers administered the surveys over three morning shifts from 6.30am to 8.30am and three afternoon shifts from 4pm to 7pm. The interviewers were clearly identified by an identification badge bearing their first name and EPPCHU details and were positioned in the same location within the Reserve for all interviews. Each interview took approximately five minutes to administer.

Sixty adults, thirty males and thirty females, who were over 20 years of age and walking past the interviewers' location in Riverside Gardens Reserve, were purposively selected by gender, and approached to be interviewed. Each person approached was asked to participate in the survey and if willing was subsequently asked to confirm if he/she was 20 years of age or older. Those who refused or who were under 20 years of age were recorded, thanked and offered an information sheet about the project (Appendix 11). People agreeing to participate in the study were interviewed.

In the second data collection period, 86 walkers completed a survey between Thursday 8<sup>th</sup> March and Monday 19<sup>th</sup> March 2001 in Riverside Gardens Reserve. The

surveys were conducted over a total of eight shifts by two interviewers during a morning shift from 6.00am to 9.00am and an afternoon shift from 3.00pm to 6.30pm. Each interview took approximately 10 minutes to complete.

The *Be Active Together (BAT)* program operates two weekly walks from Riverside Gardens for local people. People walking together in groups and wearing *BAT* T-shirts were not approached to be interviewed. The *BAT* walking groups have been utilised by various organisations in a number of research and evaluation studies in recent times and feedback from the *BAT* project officer suggested they were feeling over used for this purpose.

If two or more people were walking together, each was asked if he/she was willing to be interviewed and then each willing participant was asked to select a card from a fanned pack of cards. The person who selected the card with the highest value was interviewed.

Post interviews a debriefing session was held with the interviewers to explore any further issues and/or challenges experienced by the interviewers and potential ways to overcome these.

#### **6.2.4 Modifications to the second walkers survey**

A number of questions were inserted into the second survey, post-intervention, to determine park users' level of awareness of signage, walking trails brochure, promotional activities, and whether park users considered the interventions useful. Respondents who reported starting to use the Reserve in the last twelve months were asked how they first found out about the Reserve.

To further clarify the total amount of walking done external to Riverside Gardens Reserve, the wording for this question was adjusted in the second survey tool. The demographic question on occupation was changed from a closed to an open ended question in the second set of surveys to improve accuracy of data.

### **6.2.5 Limitations of the survey data**

There was no provision in this survey for validating self-reported behaviour in physical activity, therefore, reporting bias is a potential source of systematic error, which needs to be considered in the interpretation of the results.

### **6.2.6 Physical activity measurement**

The Australian National Physical Activity Guidelines recommend that at least thirty minutes of moderate-intensity physical activity on most, or preferably all, days of the week is the minimum level required for good health and a healthy body weight (Commonwealth Department of Health and Aged Care, 1999). The only type of moderate-intensity physical activity considered in this study is walking. Walking is the most prevalent physical activity reported in Australian population surveys (Armstrong, Bauman and Davies, 2000) and is the focus of this walking trails project survey.

In this study survey respondents were judged to be meeting the recommended National Physical Activity Guidelines, when both of the following criteria were met:

- the respondent reported walking on at least five or more occasions, for at least 10 minutes, and
- had done a total of 150 minutes (two and half hours) or more of physical activity over the previous week.

Respondents were asked to estimate the total time & number of sessions they spent walking continuously for at least 10 minutes, for recreation/exercise or to get to or from places over the previous week. These data were used to calculate the number of sessions and time spent walking in and outside Riverside Gardens Reserve by respondents. It has been assumed that respondents who reported walking on at least five or more occasions, for at least 10 minutes, were doing so on five days or more (Armstrong, Bauman and Davies 2000 p16).

### **6.2.7 Treatment of survey data**

In the first set of interviews, one professional respondent from a City of Bayswater postcode reported a total of 3600 minutes for all walking in the previous week. Most of his walking (3180 minutes, 53 hours) was done outside Riverside Gardens. This is an exceptional amount of walking to be done over seven days. To avoid measurement error due to over-reporting, this respondent has been excluded from the data analyses, therefore, the sample size for the walking is 59 for the first period of interviews.

When data were missing, such as the one respondent who provided the total time (minutes) walked outside of Riverside Gardens Reserve in the previous week but did not provide the number of occasions they walked, the missing data were not estimated. So the totals for the walking in and outside Riverside Gardens will vary due to the missing data.

## 7. Results

### 7.1 Observational study results

#### 7.1.1 Number of observations and persons observed

Table 1 shows that more observations were made in the second period of the observational study than in the first. In both periods the observations of park users were made over 13 consecutive days from 6.30am and 7pm at the same time of the year, that is late summer. *Observation* figures included people who went past the observers more than once during an observation shift. *Persons observed* figures exclude the repeat observations.

**Table 1: Number of observations and persons using Riverside Gardens Reserve for all activities, including water activities, pre and post intervention**

	<b>Pre-intervention Feb 2000</b>	<b>Post-intervention Feb 2001</b>
<b>Total observations</b>	5382	7553
<b>Average daily observations</b>	414	581
<b>Total persons observed</b>	4371	6844
<b>Average daily persons observed</b>	336	526

- In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data)
- *Observation* figures include people who went past the observer more than once during an observation shift.
- *Persons observed* figures exclude the repeat observations occurring in an observation shift (see section 6.1.5 limitations of recording repeaters).
- The above table includes water activity observations (see section 6.1.6 re: limitations of water activity observations).

#### 7.1.1.1 Number of observations and persons using Reserve, excluding water activities

When water activity observations are excluded in table two, there is a 23% increase in absolute numbers of total observations from the first to second observational data collection periods.



**Table 2: Number of observations and persons using Riverside Gardens Reserve pre and post interventions, excluding water activities**

	<b>Pre-intervention Feb 2000</b>	<b>Post-intervention Feb 2001</b>
<b>Total observations - all activities (excluding water activities)</b>	5, 282	6, 510
<b>Total persons observed – all activities (excluding water activities)</b>	4, 276	5, 885

In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).

### 7.1.1.2 Number of observations and persons using Reserve walk paths

Table three includes only those activities that involved usage of the walking trails, that is, walking, jogging and cycling only. There was a 19% increase in absolute numbers of total observations from the first to second observational data collection periods.

In February 2000, prior to implementation of the promotional plan by the Council, an average of 28 people was observed per hour using the walk trails. In February 2001, post interventions, the average number of people observed using the walk trails had increased to 33 per hour.

**Table 3: Number of observations and persons using walk trails at Reserve pre and post interventions**

	<b>Pre-intervention Feb 2000</b>	<b>Post-intervention Feb 2001</b>
<b>Total observations - walking, jogging and cycling only</b>	4, 502	5, 364
<b>Average daily walk trail observations</b>	346	413
<b>Total persons observed walking, jogging and cycling</b>	3, 595	4, 798

In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).

### 7.1.2 Time of day and weather

Table four shows that similar proportions of observations by shifts were made in the two data collection periods. Almost half the observations (47%), in both 2000 and 2001, were made during the afternoon shift, 2.30pm to 7pm. One third of observations occurred during the morning shift, 6.30am to 10.30am and the least observations were during the hottest midday shift, 10.30am to 2.30pm. Data were collected during summer and for most of the observations the weather was described as sunny. Both observation periods had one day of very hot weather ~ 40°C. Higher proportions of observations were made on the weekends than on the weekdays.

**Table 4: Proportion of observations made by shift**

Shift	Pre-intervention	Post-intervention
	Feb 2000	Feb 2001
<b>Morning 6.30 to 10.30am</b>	33%	34%
<b>Midday 10.30am to 2.30pm</b>	20%	19%
<b>Afternoon 2.30pm to 7pm</b>	47%	47%
<b>Total observations</b>	5382	7553

- In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).
- Note: the above table includes water activity observations (see section 6.1.6 re: limitations of water activity observations).

### 7.1.3 Observation position

Observers were advised to collect data from the same observation position and to record any changes to position. The observation position changed for 22% (1172/5382) of observations in the first data collection period and for 26% (1963/7553) of observations in the second data collection period. The observers needed to change their position most during the morning shift and evening shifts. In all cases the observer's new position was within 10m of the designated observer position. Observers changed their position due to weather conditions or for security reasons.

## 7.1.4 Demographic characteristics of park users

### 7.1.4.1 Gender

When the repeat observations and unknown gender were excluded, more males than females were seen using Riverside Gardens Reserve in both data collection periods. The observers were unable to identify the gender of 157 and 1417 of park users in February 2000 and 2001 respectively. The gender of 53 and 134 babies and toddlers (0-4 years) were unidentifiable in the first and second data collection periods respectively. Gender was also unidentifiable for 41 (February 2000) and 974 (February 2001) people who were engaged in water activities, as the river was far from the observation point. In February 2000, the gender and age of 40 walkers were also unidentifiable.

**Table 5: Gender of persons observed**

<b>Gender</b>	<b>Pre-intervention</b>	<b>Post-intervention</b>
	<b>Feb 2000</b>	<b>Feb 2001</b>
<b>Male</b>	59% (2505 / 4214)	56% (3060 / 5427)
<b>Female</b>	41% (1709 / 4214)	44% (2367 / 5427)
<b>Unknown gender</b>	157	1417
<b>Total person observations</b>	4371	6844

- *Persons observed* figures exclude the repeat observations occurring in an observation shift.
- In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).
- The above table includes water activity observations (see section 6.1.6 re: limitations of water activity observations).

### 7.1.4.2 Age

When repeat and unidentified age observations are excluded, table 6 shows that very similar age proportions were observed in the first and second data collection periods. Almost half of all persons were classified as 20-39 years, followed by 40-59 years age

group. Smaller numbers of park users were classified as 60 + years, 13–19 years, 5–12 years and 0–4 years.

**Table 6: Age of persons observed using Reserve**

Age	Pre-intervention Feb 2000	Post-intervention Feb 2001
<b>0 to 4 years</b> <b>Babies and toddlers</b>	2% (89 / 4235)	3% (173 / 5425)
<b>5 – 12 years</b> <b>Children</b>	3% (120 / 4235)	4% (224 / 5425)
<b>13 – 19 years</b> <b>Teenagers</b>	2% (90 / 4235)	2% (120 / 5425)
<b>20 – 39 years</b> <b>Young adults</b>	48% (2057 / 4235)	49% (2658 / 5425)
<b>40 – 59 years</b> <b>Middle aged adults</b>	38% (1613 / 4235)	34% (1861 / 5425)
<b>60 + years</b> <b>Elderly</b>	6% (266 / 4235)	7% (389 / 5425)
<b>Unknown</b>	136	1419
<b>Total person observations</b>	4371	6844

- *Persons observed* figures exclude the repeat observations occurring in an observation shift.
- In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).
- The above table includes water activity observations (see section 6.1.6 re: limitations of water activity observations).

### **7.1.5 Type of activities undertaken in Riverside Gardens Reserve**

The observed activities were categorised into the following:

Walking                      walking, walking pushing a stroller, walking pushing a wheelchair.

Jogging	jogging or running, jogging or running pushing a stroller.
Cycling	cycling, cycling with toddler passenger.
Sport	football, hockey, basketball/netball, golf, rugby, soccer, cricket, tennis.
Water activities	canoeing/kayaking/rowing (1 – 2 persons), rowing team (>2 persons), fishing, swimming, boating (motor/powerboat), jet ski.
Informal activities	using playground, ball games, climbing trees, scooter, rollerblading, skateboarding, kite flying, informal children's games, windsurfing on grass.
Passive activities	standing/sitting/lying, reading, sleeping, spectating (active sport/watching dog swim in river), supervising children (eg at playground), picnic/BBQ/drinking, taking photos, riding in pram, riding in wheelchair, riding in cycle seat, motorised cart.
Car park	drive in & out, motorbike, sit in car, car park activity.
Business	Park ranger, Council worker, gardener, security, truck/tractor, study supervisor, police.
Toilet	Used toilet amenities only.

Of the total 5,382 observations recorded in the first data collection period, the observers did not record the activity for six, and in the second data collection period of the total 7553 observations only one observation did not have an activity recorded. Some observations recorded park users engaging in more than one of the above

activities. For observations that recorded two or more activities being undertaken, the data were re-coded to the more vigorous physical activity. For example, *walking and jogging* or *walking and sport* or *walking and cycling*, were re-coded to, jogging, sport and cycling respectively. In the first period 145 cases (3%) were re-coded in this way and in the second period 422 (6%).

Table seven presents the types of activities park users were observed undertaking in the Riverside Gardens Reserve. Similar proportions of activities were observed in the two collection periods. The most common activity observed at the park was walking by 68% of park users in February 2000 and 63% in February 2001. The next most common activity observed was cycling. Almost four percent of the observations were of joggers. Slightly more park users were observed engaged in passive and informal activities in the second data set than the first. There was a slight decrease in walking rates between the two periods. Further comment is not possible at this stage without further investigation.

In the first data collection period four percent of park users were observed using the toilet block and did not engage in any other activity within the Reserve and in the second data collection period three percent. In both periods 74% of car park observations were cars driving in and out of the car park, without stopping to use the Reserve.

The following reported results of physical activity includes park users observed repeatedly.

**Table 7: Type of activities observed at Reserve**

<b>Physical Activity</b>	<b>Pre-intervention</b>		<b>Post-intervention</b>	
	<b>Feb 2000 (<i>n</i> = 5 276)</b>		<b>Feb 2001 (<i>n</i> = 6 509)</b>	
Walking	3 575	(68%)	4 105	(63%)
Jogging	184	(3.5%)	242	(3.7%)
Cycling	743	(14%)	1017	(15.6%)
Sport	18	(0.3%)	14	(0.2%)
Informal activities	98	(1.8%)	205	(3.1%)
Passive activities	51	(1%)	305	(4.7%)
Car park	350	(6.6%)	384	(5.9%)
Toilet	217	(4%)	186	(2.9%)
Business	40	(0.7%)	51	(0.8%)
<b>TOTAL</b>	<b>5,276</b>	<b>(100%)</b>	<b>6,509</b>	<b>(100%)</b>

- In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).
- February 2000, the number of all observations was 5,382, however activity data were not recorded for 6 observations, plus 100 water activities were deleted from the above table, therefore, total activities reported in this table is 5,276. Likewise in the second data collection period, February 2001, there was a total of 7553 observations but one observation had no activity recorded, and 1043 water activities were excluded from the above table, therefore, total activities reported for phase two is 6,509.

### **7.1.5.1 Activities undertaken alone or with others**

For all observations, in both data collection periods, there was an even split 50/50 between park users engaged in activities alone or with another person. The physical activity most commonly done alone was jogging (Feb 2000 72%, Feb 2001 73%), followed by cycling (Feb 2000 63%, Feb 2001 66%). Other activities done alone included, car park activities (Feb 2000 90%, Feb 2001 75%), toilet visits (Feb 2000 91%, Feb 2001 85%) and business (Feb 2000 95%, Feb 2001 73%). Passive activities (Feb 2000 80%, Feb 2001 85%) and informal activities (Feb 2000 67%, Feb 2001 59%) were more often done with someone else rather than alone.

### **7.1.5.2 Walking**

Walking was the most common activity observed for all age groups at Riverside Gardens Reserve. In the first data collection period 68% (n = 3573) and in the second data collection period 63% (n = 4105) of all observations were of walkers (see table 7). More females (54%) than males (46%) were walking at Riverside Gardens Reserve. The 20 – 39 years and the 40 – 59 years age groups were the most common walking age groups comprising of around 85% of all walkers. Slightly more than half of the walkers (Feb 2000 59% and Feb 2001 56%) were observed walking with another person.

### **7.1.5.3 Physical Activity and Gender**

Table eight shows that more males than females were observed in all the types of activity observed at the Reserve. The only exception was walking where more female than male walkers were observed.



**Table 8: Physical activity and gender observed at Reserve**

Physical Activity	Pre-intervention			Post-intervention		
	Feb 2000 ( <i>n</i> = 5,095)			Feb 2001 ( <i>n</i> = 5,952)		
	Male	Female	Unknown	Male	Female	Unknown
<b>Walking</b>	1,553 / 3,409 (46%)	1,856 / 3,409 (54%)	166	1,829 / 3,749 (46%)	2,153 / 3,749 (54%)	124
<b>Jogging</b>	127 / 184 (69%)	57 / 184 (31%)	0	158 / 227 (66%)	82 / 227 (34%)	2
<b>Cycling</b>	607 / 741 (82%)	134 / 741 (18%)	2	752 / 881 (80%)	185 / 881 (20%)	80
<b>Sport</b>	15 / 18 (83%)	3 / 18 (17%)	0	10 / 12 (75%)	3 / 12 (25%)	0
<b>Informal activities</b>	62 / 98 (63%)	36 / 98 (37%)	0	99 / 176 (52%)	92 / 176 (48%)	14
<b>Passive activities</b>	29 / 51 (57%)	22 / 51 (43%)	0	74 / 124 (55%)	60 / 124 (45%)	171
<b>Car park</b>	311 / 338 (92%)	27 / 338 (8%)	12	210 / 218 (86%)	34 / 218 (14%)	140
<b>Business</b>	36 / 39 (92%)	3 / 39 (8%)	1	21 / 23 (83%)	5 / 23 (17%)	26
<b>Toilet</b>	204 / 217 (94%)	13 / 217 (6%)	0	154 / 167 (83%)	32 / 167 (17%)	0
<b>TOTAL</b>	<b>2,944 / 5,095 (58%)</b>	<b>2,151 / 5,095 (42%)</b>	<b>181</b>	<b>3,363 / 5,952 (55%)</b>	<b>2,658 / 5,952 (45%)</b>	<b>557</b>

In the second data collection period (Feb 2001) the equivalent of one shift's data were lost in the postal system. Estimates of the missing data have been calculated by mean substitution so that in the above table, 13 days of data are represented for Feb 2001 (see section 6.1.6 treatment of missing data).

In February 2000, the total number of all observations was 5,382. The total activities reported in the above table is 5,095

- there was a total of 181 activity observations where the persons gender was recorded as unknown.
- a total of 100 water activities observations have been excluded (male – 52, female – 7 and unidentified – 41)
- activity data was not recorded for six observations.

In February 2001 the total of all observations was 7553. The total 5,952 is used in the above table because:

- there was a total of 557 activity observations where the persons gender was recorded as unknown.

- a total of 1043 water activities observations have been excluded (male – 57, female – 12 and unidentified – 974)
- one observation in phase two did not have an activity recorded.

#### **7.1.5.4 Activity and age**

Walking is the most popular activity observed being undertaken by all estimated age groups at Riverside Gardens Reserve followed by cycling. The proportions of people of different ages observed walking, cycling and jogging were similar in both data collection periods. Park users aged 20 years or more were seen jogging, involved in car park activities, exclusive toilet use or business activities more than park users younger than 20 years. Typically babies and toddlers were recorded as involved in passive activity such as riding in pram.

#### **7.1.5.5 Car park, toilet use & security presence**

Six percent of all observations in both data collection periods were categorised as car park activities, such as sit in car, drive in and out, and riding motorbike in car park. In the first data collection period, 89% (311/350) of car park activities were undertaken by males and 287 of these were alone. In the second data collection period, of the car park activity observations with identifiable gender, 86% (209/244) were males, of whom 160 were alone. In February 2000, similar proportions of males were observed during the midday (42%) and evening (41%) shifts driving into the car park and not stopping to use any park facilities. In February 2001 more male *drive in and out* observations were made in the midday (40%) than the evening shift (18%) and morning shift (24%)

In the first observation period four percent of all observations (217/5276) were persons seen to enter and exit the toilet block only, that is these park users did not do any other activity at the park except visit the toilet block. Only two of the exclusive toilet use observations were estimated to be less than 20 years of age. Ninety four percent (204/217) of all park users observed using the toilet were males. Fifty six percent (122/217) of male toilet use only observations were made during the midday shift, 10.30am to 2.30pm and 32% (70/217) were observed in the 2.30 to 7pm shift.

In the second data collection period three percent (186/6509) of all observations were persons using the toilet only. Only one person was estimated to be less than 20 years of age. Eighty three percent (154/186) of these observations were of males exclusively using the toilets at Riverside Gardens Reserve. Forty seven percent (87/186) of toilet use only observations were made during the midday shift, between 10.30am and 2.30pm, and 41% (77/186) occurred during the 2.30 to 7 pm shift.

In the first data collection period there was a total of 40 business observations, these included Council workers and 19 security visits. In the second data collection period there was a total of 51 business visits, including one police visit and three ranger visits.

#### **7.1.5.6 Dogs**

Excluding water activity observations, in February 2000, 39% (2068/5282) of all park users observed had a dog accompanying them and in February 2001 27% (1760/6510) of all observations had a dog accompanying them. (See section 6.1.4 re: the limitations of the February 2000 dog observational data). Dogs were seen most commonly accompanying walkers. In the first data collection period 51% (1828/3575) of all walkers at the Reserve were recorded with a dog and in the second period there were 33% (1339/4105). Most dogs (90%, 1866/2068 and 84%, 1483/1760) were observed off their leads. In the second observation period there was a total of 1760 observations of people accompanied by one or more dogs, and a total of 2344 dogs observed at Riverside Gardens Reserve over the 13 day observational period.

## **7.2 Park Users Intercept Survey Results**

### **7.2.1 Response Rate**

In 2000, during the first interview period, four females and two males who were approached refused to participate in the survey, giving a response rate of 91% (60/66). Twelve months later in 2001, post intervention, the second set of interviews were conducted. In order to increase the reliability of post-intervention data, the sample size was increased. A total of 86 walkers agreed to be interviewed, 39 males and 47 females. Eight individuals declined to be interviewed, of these 5 were female and 3 were male. The response rate for the second set of interviews in 2001 was 91% (86/94).

The 2000 survey results are reported for 60 respondents (30 males and 30 females) and 86 (39 males and 47 females) in 2002. Denominators are reported only where there are missing data or analyses of subgroups.

### **7.2.2 Demographic Characteristics of Walkers Interviewed**

#### **7.2.2.1 Respondents' Place of Residence by Postcode**

The City of Bayswater comprises the suburbs of Bayswater (6053), Bedford (6052), Embleton, Morley, Noranda (6062) and Maylands (6051) and part of Mount Lawley/Whately Park (6050). In both data collection periods the majority of respondents (87%), were from the postcodes that lie within the City of Bayswater (6053, 6062, 6052, 6051) of these two thirds were from the suburb of Bayswater postcode 6053.

#### **7.2.2.2 Level of Education**

One third of respondents in 2000 (32%) and one quarter (24%) in 2001 had gained a *university or other tertiary degree*. Almost half of the respondents reported having either *TEE, leaving or year 12 education level* or a *TAFE certificate/diploma or trade*

*certificate*. Slightly fewer (22%) had an *intermediate, year 10 or some high schooling* in 2000 interviews than in 2001 interviews (28%).

### 7.2.2.3 Age

In both sets of walker interviews, the largest number of interviewees came from the mid age range 40 – 59 years (53% in 2000, 48% in 2001). One third (33%) of 2000 respondents were in the younger 20 – 39 years age range and the smallest proportion (13%) interviewed was 60 years and over. In contrast, in the second set of interviews, there was a similar proportion of younger (26%) and older (27%) respondents.

### 7.2.2.4 Occupation & Gender

Table 9 shows the occupational groupings of respondents by gender. The smallest proportion of walkers interviewed were blue collar workers. Only one female in a blue collar occupation was interviewed. In the first set of interviews the greatest proportion of respondents were in white-collar occupations (55%) for both males and females. In the second set of interviews, closer proportions of respondents were either not in the workforce (46%) or were white collar workers (43%). Similar proportions of occupational groups were interviewed for males in the first and second periods. This was not the case for the females interviewed. In 2000, females in white collar occupations were surveyed more (63%) than females not in the workforce (33%). The opposite occurred in 2001, females not in the workforce (61%) were surveyed more than white collar workers (39%).

**Table 9: Gender by occupational groups for survey respondents**

Occupational Group	Period 1 – 2000			Period 2 – 2001		
	Male	Female	Total	Male	Female	Total
White collar workers (eg. Professional, Manager, Clerk, Salesperson)	14 / 30 (47%)	19 / 30 (63%)	33 / 60 (55%)	18 / 38 (47%)	18 / 46 (39%)	36 / 84 (43%)

Blue collar workers, (eg. tradesperson, labourer, plant & machine operator, driver)	10 / 30 (33%)	1 / 30 (3%)	11 / 60 (18%)	9 / 38 (24%)	0	9 / 84 (11%)
Not in Workforce & Other	6 / 30 (20%)	10 / 30 (33%)	16 / 60 (27%)	11 / 38 (29%)	28 / 46 (61%)	39 / 84 (46%)
Refused	-	-	-	1	1	2
<b>Total</b>	<b>30</b>	<b>30</b>	<b>60</b> <b>(100%)</b>	<b>39</b>	<b>47</b>	<b>86</b> <b>(100%)</b>

### **7.2.3 Types of activities respondents choose to participate in**

Unprompted, respondents were asked to describe the types of activities they participated in at Riverside Gardens Reserve. The two main activities respondents reported were *walking with dogs* (62%, n1 = 37; 56%, n2 = 48) and *walking with family/friends* (48%, n1 = 29; 42%, n2 = 36). Eleven respondents (18%) in period 1 and 10 (12%) in period 2 stated both *walking with dogs* and *walking with friends/family*. Ten respondents (17%) in period 1 and 23 (27%) in period 2 said they participated in activities other than walking such as jogging, cycling, ball games, looking at birds, etc.

### **7.2.4 Reasons for choosing Riverside Gardens to walk in**

Respondents could choose one or more reasons as to why they chose Riverside Gardens Reserve to walk in as listed in Appendix 12. The reason most often given was that it was *close to home* (70% in 2000, 60% in 2001). The second most common reason was Riverside Gardens' *scenic location* (48% in 2000, 40% in 2001) and the third most common reason respondents chose to walk at Riverside Gardens was because it is a *dog Reserve* (40% in 2000, 30% in 2001). Of the 26 respondents who stated they chose to walk at Riverside Gardens because it is a dog Reserve, seven respondents made the additional comment that their dog(s) can be exercised without a lead. Nine liked the fact that their dog could access the river to swim. Ten respondents stated they chose Riverside Gardens Reserve to walk in because of the *walk trails*. One of these respondents added that the walk trails suited wheelchairs.

Respondents could choose one or more reasons why they chose Riverside Gardens Reserve to walk in. When a combination of more than one reason for choosing the Reserve was examined, the most common combination of reasons given was *close to home* and *scenic location* (32% in 2000, 22% in 2001). In the first set of interviews 12 (20%) respondents also said *dog Reserve* and *large space*. In the second set of interviews *close to home* and *dog Reserve* was the second most common combination of reasons for choosing to walk at Riverside Gardens Reserve.

## 7.2.5 Comparison of walking in & outside of Reserve

Respondents were asked to estimate the total time & number of sessions they spent walking continuously for at least 10 minutes, for recreation/exercise or to get to or from places over the previous week. These data were used to calculate the number of sessions and time spent walking in and outside Riverside Gardens Reserve by respondents.

In 2000 80% (47/59) and in 2001 84% (72/86) of respondents reported doing more walking inside than outside Riverside Garden Reserve. In both data collection periods 31 respondents reported that the only walking they had done in the previous week was in Riverside Gardens.

Table 10 shows the average number of walking sessions and mean time engaged in walking both in and outside Riverside Gardens Reserve. This table shows that, on average, respondents' walking is being undertaken most often and for longer periods in Riverside Gardens Reserve when compared to the walking reported outside Riverside Gardens.

**Table 10: Average number of walking sessions & the average time per walking session reported in & outside of Riverside Gardens Reserve in previous week**

	Walking at Riverside Gardens Reserve			Walking Outside Riverside Gardens			Total Walking		
	Mean no. of walks	Mean time per walk	Mean total walking	Mean no. of walks	Mean time per walk	Mean total walking	Mean no. of walks	Mean time per walk	Mean Total Walking
<b>Period 1 2000</b>	5.3 (n=60)	48 mins (n=60)	251 mins (n=60)	2.7 (n=58)	15 mins (n=58)	86 mins (n=59)	7.9 (n=58)	45 mins (n=58)	334 mins (n=59)



<b>Period</b>	5.7	44	262	2.5	29	95	8.2	44	357
<b>2</b>		mins	mins		mins	mins		mins	mins
<b>2001</b>	(n=86)	(n=86)	(n=86)	(n=84)	(n=84)	(n=86)	(n=84)	(n=84)	(n=86)

In period 1 the outlier male who reported an exceptional total amount of time spent walking (3180 minutes) outside Riverside Gardens Reserve over one week has been excluded in the total walking outside the Reserve (n=59) and total walking *in & out of the Reserve* (n=59). In addition, for one respondent there were missing data for ‘number of sessions’ and ‘minutes per session’ *outside Riverside Gardens Reserve*, but data were available for ‘total amount of time’ spent walking outside Riverside Gardens Reserve. Therefore the total of 58 respondents was used to calculate averages for ‘number of sessions’ and ‘minutes per session’ *outside Riverside Gardens Reserve* and total *in & out Riverside Gardens Reserve*.

In the second set of interviews two respondents whose data were missing for ‘number of sessions’ and ‘minutes per session’ *outside Riverside Gardens Reserve*, but data were available for ‘total amount of time’ spent walking *outside Riverside Gardens Reserve*. Therefore the total of 84 respondents was used to calculate percentages and averages for ‘number of sessions’ and ‘minutes per session’ *outside Riverside Gardens Reserve* and total *in & out Riverside Gardens Reserve*.

### **7.2.6 Comparison between walking in previous week with usual walking**

Around 80% of respondents reported that the total amount of walking they reported doing over the previous week was about the same as the amount they normally walked. Around five percent stated it was more than usual and 13% stated it was less than usual.

### **7.2.7 Walking at and above the National Physical Activity Guidelines**

The Australian National Physical Activity Guidelines recommend that at least thirty minutes of moderate-intensity physical activity on most, or preferably all, days of the week is the minimum level required for good health and a healthy body weight (Commonwealth Department of Health and Aged Care, 1999).

In this study survey respondents were judged to be meeting the recommended National Physical Activity Guidelines, when both of the following criteria were met:

- the respondent reported walking on at least five or more occasions, for at least 10 minutes, and
- had done a total of 150 minutes (two and half hours) or more of physical activity over the previous week.

(Armstrong, Bauman and Davies 2000 pp13)

When all walking done in and outside Riverside Gardens in the previous week was considered, 71% (42/59) of period 1 and 80% (69/86) of period 2 respondents who reported walking in the previous week, met or were above the National Physical Activity Guidelines. In the first set of interviews, for the 42 respondents walking at or above the national guidelines, the total time spent walking ranged from 150 to 1290 minutes. The second group of interview respondents walking at or above the national guidelines, walked between 150 to 1350 minutes.

**Table 11: Average walking for respondents walking at or above the National Physical Activity Guidelines**

Walking at or above national physical activity guidelines	All walking in and outside of Riverside Gardens		
	Mean no. of sessions	Mean time per session	Mean total time walking
Period 1 - 2000 71% (42 / 59)	10	45 mins	423 mins
Period 2 - 2001 80% (69 / 86)	9	44 mins	398 mins

This table excludes the outlier male who reported a total of 60 hours of physical activity over one week in the first period.

The following results are from questions only asked in the second set of interviews held in 2001.

### **7.2.8 Length of time used Reserve**

Seventy two percent of walkers interviewed in the second data collection period reported they had been using Riverside Gardens Reserve for more than 12 months and 28% had been using the Reserve for 12 months or less.

### 7.2.9 How new park users found out about Reserve

Twenty of the 24 respondents, who had commenced using the park within the previous 12 months, were City of Bayswater residents. Twenty City of Bayswater residents gave one or more ways of how they found out about Riverside Gardens Reserve. Thirty percent (6/20) of the new park users mentioned one or more of the promotional interventions (ie. the brochure, directional signs, City of Bayswater Newsletter and a general article in the community newspaper) as the means through which they found out about the Reserve. Other ways new park users found out about the Reserve were from family and friends, or observing others using it. Table 12 lists the ways new park users described how they found out about the Reserve.

**Table 12: Ways new park users found out about Reserve**

<b>Ways new park users found out about the Reserve:</b>	<b>All new park users</b>	<b>City of Bayswater residents</b>
Saw others using it	5	3
Family / Friend	4	3
Pamphlet or Brochure	4	4
Newsletter: City of Bayswater Council	2	2
Community newspaper: General article	2	2
Lived in area for many years – always knew about it	3	1
Found it myself by accident	2	2
Saw the signs	1	1
No response	4	4
<b>Total new park users *</b>	<b>24</b>	<b>20</b>

\* Respondents could give one or more ways they found out about the Reserve.

### 7.2.10 Knowledge and usefulness of Promotional Brochure

Respondents with City of Bayswater residential postcodes (6051, 6052, 6053, 6062) (n = 75) were shown the “Riverside Gardens Walking Trails” brochure (Appendix 1)

that had been distributed to City of Bayswater (COB) residents during 2000 by the Council. Twenty seven percent (20/75) of COB residents walking at Riverside Gardens Reserve reported they had seen the pamphlet. Sixty percent (12/20) of the COB residents who recalled seeing the pamphlet reported it was useful in assisting them to access and use the Reserve.

### **7.2.11 Park users' awareness of signage and publicity activities**

Sixty two percent (53/86) of walkers interviewed recalled seeing street signs directing them to the Reserve. A higher percentage of walkers (84%) remembered seeing the information signs on walking trails located at the main entrances to Riverside Gardens Reserve. Sixty five respondents reported they had read the information on the signs at the main entrances and 83% (54/65) of these considered the information to be useful.

The majority (96%) of walkers interviewed reported they had seen the animal symbols on the walk trails at Riverside Gardens Reserve. Of the 83 walkers who had seen the animal symbols, 22 reported having used the animal symbols to guide their walk. The reasons given for not using the animal symbols included *already familiar with the Reserve* (n = 39), *don't need to use them* (n = 7) because walkers did their own routine, 10 respondents reported they *didn't know how to use the symbols* or found them *unclear*.

Fifty six percent of City of Bayswater residents interviewed could name one or more promotional events held at Riverside Gardens Reserve or other promotional information distributed about the Riverside Gardens Reserve or walk trails in the last 12 months as shown in table 13.

**Table 13: Walkers' recall of events, other promotional information about Reserve or walk trails over past 12 months**

Other activity events or promotional information about Reserve or walk trails	All walkers interviewed	City of Bayswater residents

Newsletter: Be Active Together	11	11
Newsletter: Bayswater Council	6	6
Community Newspaper: Majors Column	9	8
Community newspaper: general article	28	22
Activity days at Riverside Gardens Reserve	15	9
Avon Decent	5	3
Other <ul style="list-style-type: none"> <li>• Tree planting day</li> <li>• BAT walk</li> <li>• Be Active Together week</li> <li>• Spring Autumn Festival</li> </ul>	4	4
<b>Proportion interviewed who could recall one or more promotional event or information</b>	45 / 84* 53%	42 / 74** 56%

\* two cases missing and \*\* one case missing

### **7.2.12 Park users support for Council in walk trail project**

Respondents were told that the City of Bayswater had supplied and funded the signs on the walk trails and surrounds of the Reserve, developed the information brochure and held events within the Reserve over the previous 12 months. Ninety nine percent of walkers interviewed supported the City of Bayswater being involved in the promotion of walk trails and Riverside Gardens Reserve in this manner.

### **7.2.13 Walkers improvement suggestions for Reserve**

Walkers interviewed in the second data collection period were asked for any other improvement suggestions for the walk trails and the Reserve that would encourage more residents to use the area for activities such as walking. Appendix 13 lists the park users' suggestions.

The most frequently mentioned improvement to the Reserve (n = 20) was the need for more shade/shelter or trees, some specifying more *seats under trees* (n = 2) or *sheltered barbecue areas* (n = 5) or *more bushier native trees in dog exercise area to attract non-water birds* (n = 1). Eleven respondents made a variety of suggestions

about the barbecue area, including the need for *tables* (n = 4) and *chairs* (n = 3), too far a distance between car park and barbecues (n = 1) and that the sprinklers come on at 7.30pm when barbecues are being used (n = 1). Five walkers suggested more seats/benches, four wanted to see water fountains and one suggested dog water bowls be installed. Three of the five walkers who suggested a food outlet or café specified opening hours on the weekends. Indicative of the Reserve's name, three respondents felt the Reserve needed gardens.

Fourteen walkers interviewed mentioned the problem of vandalism and suggestions to oversee this included, *spray signs with plastic coating so paint won't stick* or *coat signs in plastic contact so contact can be replaced*. Security concerns for park users included car theft (n = 1), vandalism and activity occurring in male toilets (n = 4). Two respondents suggested there was drug problem occurring in the toilets with one stating there was a need for *sharps containers* in the toilets. Suggestions for greater security at the Reserve included placing a *security camera* on William Street entry (n = 1) and closing the road into the Reserve at night by a *security gate* to prevent burnouts (n = 1). Two respondents commented on the Park Rangers' presence. One person who was concerned about security suggested that the Park Rangers needed to get out of their car and walk around the park, and another park user suggested more visits by the Park Rangers were needed to fine dog owners for failure to pick up their dogs' excrement.

Six walkers mentioned concern about dog owners failure to pick up dog excrement, two of the six suggested on the spot fines and one suggested removal of dog litter bags from barbecue areas. Four park users suggested there needed to be greater clarity about the areas in the Reserve where dog leads could be used and the areas where dogs could be off the lead. One suggested more signage and a pamphlet, two of the four suggested that no dogs should be permitted in the bird sanctuary area.

Bike riders' etiquette was a concern for four respondents. Two mentioned that bikes were travelling too fast on the walk trails and one stated that their dog had been hit by a bike. Another suggested *put a walk sign on one side of the path or a dash in the middle*.

Maintenance was mentioned by three walkers and included regularly testing lighting to check that it was all working, sweeping paths and maintenance of seats.

## **8. Discussion**

### **8.1 Increase in volume of park users over 12 months**

Tables one to three demonstrate that more people were observed using Riverside Gardens in February 2001, after the interventions were implemented compared to 12 months earlier, in February 2000. When only activities that involved the use of the walk trails, that is, walking, jogging and cycling are considered, there was a 19% increase in absolute numbers of total observations of people using Riverside Gardens Reserve walk trails, between the two observation periods.

Examination of tables four to seven shows very similar proportions of observations made by time of day, gender, age and types of physical activities between the two observation periods. In addition, the park users intercept survey supports the observational study finding that there was an increase in the numbers using the Reserve post-intervention. Almost one in three (28%; 24/86) of walkers interviewed in February 2001 reported that they had commenced using the Reserve within the last 12 months.

### **8.2 Park users recall of interventions and publicity**

Walkers at the Reserve were asked if they could recall interventions used in the last 12 months to promote the park. As would be expected, people who were using the Reserve to walk, demonstrated good recall of the interventions.

The structural environmental supports such as the directional street signs to the Reserve (62%), information signs located at the entrances of the Reserve (84%) and animal symbols on walking trails (96%) were recalled by most walkers interviewed post-intervention and these were considered useful by walkers.

Fifty six percent (42/72) of City of Bayswater residents interviewed whilst walking at the Reserve could name one or more promotional activities (newsletter, newspaper or events) held at Riverside Gardens Reserve in the last 12 months.



Twenty seven percent (20/75) of City of Bayswater residents interviewed recalled seeing the brochure distributed by the Council to residents' homes and 60% (12/20) reported it was useful in assisting them to access and use the Reserve.

Thirty percent (6/20) of City of Bayswater residents, who reported in February 2001 that they had commenced using the park in the previous twelve months, mentioned one or more of the promotional interventions as the means through which they found out about the Reserve. The interventions named by new park users included: the brochure (4), directional signs (1), City of Bayswater Newsletter (2), general article in the community newspaper (2).

The observed increase in the volume of park users post-intervention and walkers' recall of promotional interventions supports the conclusion that Riverside Gardens Walking Trails Project promotional plan has been effective in motivating people to use the Reserve.

### **8.3 Dogs**

Dog owners constitute a large proportion of Riverside Gardens Reserve users. About one in every three Riverside Gardens Reserve users were observed accompanied by a dog. Dogs were most commonly seen with walkers. The third most common reason given why survey respondents chose to walk at the Reserve (40% in 2000, 30% in 2001) was that it was a dog Reserve. Also mentioned by nine walkers in the second survey period was the easy access to the river for dogs to swim.

The majority of dogs observed (90% in 2000 and 84% in 2001) were off their leads. In the second survey, seven respondents made the additional comment as to why they chose to walk at the Reserve was because their dog(s) could be exercised without a lead. However, park users suggested that there was a need for greater clarity about the areas where dog leads should be used, such as in the bird sanctuary, and those where it was not necessary. They suggested more signage and a pamphlet.

Over 13 days in February 2001, an average of 180 dogs per day were observed accompanying park users between the hours of 6.30am and 7pm at Riverside Gardens

Reserve. Immovable drinking troughs for dogs were suggested improvements in the Reserve. Walkers surveyed mentioned concern about dog owners' failure to pick up dog excrement. Suggestions included providing more dog litter bags and Park Rangers fining dog owners for failure to remove excrement.

#### **8.4 Families and children**

Less than 10% of park user observations were of people under 20 years of age. It is acknowledged that the observation data collection periods commenced on the second day of the first school term so less children would be using the Reserve during school hours. The observation shifts ended at 7pm each night and included two weekends. During the debriefing sessions the observers and interviewers mentioned the Reserve was under utilised by families. This may be attributable to the most commonly mentioned suggestion by park users being the need for greater shade/shelter, such as sheltered barbecue areas. Other park users' suggestions to attract families included the provision of tables and chairs at the barbecue areas and playground equipment.

The park has an undulating surface and no formal sport activities were observed during the observation period. The adjacent Rowing Club and bird sanctuary do attract park users. A few walkers suggested a food outlet or café be open on the weekends.

#### **8.5 Toilet and car park**

Four percent of all observations in the first data collection period and three percent in the second observation period were recorded as toilet observations. A toilet observation was recorded when a person was seen to enter and exit the toilet block only and participated in no other activity at the Reserve. An unexpected finding from the observational studies was the large proportion of males using the toilet block. In February 2000, 94% (204/217) and in February 2001, 83% (154/186) of all toilet observations were males. Most male toilet use only observations were made during the 10.30am to 2.30pm shift, followed by the evening 2.30pm to 7pm shift. The midday shift was also the most common time for males to be observed driving into the car park and not stopping to use any other park facilities. The reduction in the number

of toilet and car park observations from the first and second observation periods may be attributed to the slight increase in number of business observations (ie. security, ranger, Council worker, police) in the second observation period.

## **8.6 Walkers meeting the National Physical Activity Guidelines**

The Australian National Physical Activity Guidelines recommend that at least thirty minutes of moderate-intensity physical activity on most, or preferably all, days of the week is the minimum level required for good health and a healthy body weight (Commonwealth Department of Health and Aged Care, 1999). Walking is classified as one type of moderate-intensity physical activity, others include, social tennis or gentle swimming. The survey asked exclusively about walking levels and it did not record participation in other types of physical activity, such as vigorous exercise (jogging, cycling), gardening or house chores. So when comparing Riverside Garden park users' reported walking levels against the Australian National Physical Activity Guidelines, it is likely that the walkers' physical activity level is under-reported.

Large proportions of the walkers (71% in 2000, 80% in 2001) reported that their *total amount of walking*, in and outside of Riverside Gardens Reserve in the previous week, met or was above the National Physical Activity Guidelines. The 1999 National Physical Activity Survey reports that 45% of Australians were participating in at least 150 total minutes of *physical activity*, in at least five sessions, over one week (Armstrong, Bauman and Davies, 2000). It could be expected that people intercepted while walking in a park would report higher *physical activity* than the overall Australian population. In addition, when it is considered that the survey respondents' physical activity levels reported here are based on *walking amounts only and no other physical activity* such as cycling, swimming, jogging, team sports, etc., it is likely that the overall physical activity levels of the walkers surveyed are underestimated. The large proportion of people who walk at Riverside Gardens Reserve and who are meeting the National *Physical Activity* Guidelines through their *walking alone* at the Reserve, emphasises the importance of facilities such as Riverside Gardens for encouraging the local community to participate in physical activity, especially walking.

## 8.7 Facilities and supports for physical activity

The most common reasons why respondents use Riverside Gardens for walking are it is *close to home*, it has a *scenic location* and is a *dog Reserve*. In comparing the walking that respondents undertook inside and outside Riverside Gardens, in both data collection periods, the majority of the walkers reported (80% in 2000, 84% in 2001), doing more walking inside, rather than outside Riverside Gardens. These results indicate that Riverside Gardens is an essential facility for the Bayswater local community.

Local government has an important role in facilitating community health and wellbeing. The Heart Foundation (Shilton, 2001) endorses and promotes the provision of physical environments that accommodate opportunities for physical activity, and the provision of environmental supports such as walking paths, signage and brochures to encourage physical activity. These all come under the responsibility of the local government and the Riverside Gardens Reserve walking trails project is a commendable demonstration of the City of Bayswater's commitment to this responsibility. Ninety nine percent (85/86) of the second survey respondents supported the City of Bayswater's involvement in the promotion of Riverside Gardens. A number of intercept survey respondents further commented on the Council's support for Riverside Gardens describing it as *glorious. Congratulations to the Council for their effort and Council made a lovely job of it.*

## 9. Conclusion

This evaluation has demonstrated that there has been an increase in the numbers of people using Riverside Gardens Reserve from February 2000, before it was promoted by the Council, to February 2001 after a number of promotional activities were initiated. There was an increase in park usage demonstrated in both the observational and park users survey findings. The observational study found an increase of 19% in absolute numbers of people using the walking paths over the 12 months. In February 2001, post intervention, 28% (24/86) of park users surveyed reported they had commenced using the Reserve in the last 12 months.

Thirty percent (6/20) of City of Bayswater residents, who reported in February 2001 that they commenced using the park in the previous 12 months, mentioned one or more of the promotional interventions as the means through which they found out about the Reserve. The interventions named by new park users as the means by which they found out about the Reserve included: the brochure, directional signs, City of Bayswater Newsletter, general article in the community newspaper.

Overall there was good recall of the interventions by the park users. The structural environmental supports such as the directional street signs to the Reserve and information signs on walking trails were recalled and considered useful by a high percentage of walkers. Just over half of the City of Bayswater residents interviewed could name one or more promotional activities (newsletter, newspaper article or event) and almost one third could recall the brochure distributed by the Council.

The observed increase in the volume of park users post-intervention, walkers recall rate of interventions and new walkers' commencement of use of the Reserve attributed to promotional interventions supports the conclusion that Riverside Gardens Walking Trails Project promotional plan has been effective in motivating people to use the Reserve.

The majority of walkers reported doing more walking (duration and frequency) inside Riverside Gardens than outside the Reserve. This result indicates the importance of

Riverside Gardens as an essential facility for the Bayswater local community to participate in physical activity, especially walking.

Local residents strongly supported the City of Bayswater supplying and funding the recreational facility environmental supports such as walking trails paths signage and promoting the Reserve by developing and distributing brochures and holding events within the Reserve.

## 10. References

- Armstrong, T; Bauman, A. and Davies, J. 2000. *Physical Activity Patterns of Australian Adults. Results of the 1999 National Physical Activity Survey.* Australian Institute of Health and Welfare, Canberra.
- Australian Institute of Health and Welfare (AIHW) 1999. *Heart, Stroke and Vascular Diseases, Australian Facts.* AIHW Cat. No. CVD 7. (Cardiovascular Disease Series No. 10). Australian Institute of Health and Welfare and the Heart Foundation of Australia, Canberra.
- Bauman, A. 1999. *Physical Activity Levels of Australians. Results of the Active Australia Baseline Survey November 1997.* Australian Sports Commission, Canberra.
- Bennett, D.A. 2001. How can I deal with missing data in my study? *Australian and New Zealand Journal of Public Health*, 25, 5, pp. 464-469.
- Booth M., Bauman, A., Owen, N. and Gore, C. 1997. Physical activity preferences, preferred sources of assistance, and perceived barriers to increased activity among physically inactive Australians. *Preventive Medicine*, 26, pp. 131-137.
- Booth M., Owen, N., Bauman, A. and Gore, C. 1995. *Active & Inactive Australians: Assessing & Understanding Levels of Physical Activity.* Office of Recreation Development: Department of the Environment, Sport and Territories, Canberra.
- National Physical Activity Guidelines for Australians.* [1999]. Active Australia and Commonwealth Department of Health and Aged Care, Canberra.[Pamphlet]
- Corti, B. and Donovan, R. 1998. Increasing physical activity: change the people or create a supportive environment. Recreation 'Community by Change'

- Conference. March 1998. University of Western Australia, Perth Western Australia.
- Corti, B., Donovan, R.J., Castine, R.M., Holman, D.J. and Shilton, T.R. 1995. Encouraging the sedentary to be active every day: qualitative formative research. *Health Promotion Journal of Australia*, 5, 2, pp. 10-17.
- Daly, A. 2001. 2000 Collaborative Health and Wellbeing Survey. Health Department of Western Australia, Perth.
- Dishman, R.K., Sallis, J.F. and Orenstein, D.R. 1985. The determinants of physical activity and exercise. *Public Health Reports*, 100, 2, pp. 158-171.
- Gillam, C., Hall, S., and Bayly, L. 1999. *Newsletters: An effective strategy for promoting physical activity. Report on the evaluation of the Be Active Together in the City of Bayswater Newsletter.* Eastern Perth Public & Community Health Unit, Perth.
- Lee, C. 1993. Factors related to the adoption of exercise among older women. *Journal of Behavioural Medicine*, 16, 3, pp. 323-334.
- Sallis, J. and Owen, N. 1999. *Physical Activity and Behavioural Medicine.* Sage Publications Inc., California.
- Shilton, T., Abernethy, P., Atkinson, R., Bauman, A., Brown, W., Naughton, G., Oldenburg, B., Owen, N. and Wright, C. 2001. *Promoting Physical Activity Ten Recommendations from the Heart Foundation: A Position Paper for People and Organisations Planning to Develop and Promote Physical Activity Programs.* National Heart Foundation of Australia. [Subiaco, Western Australia]
- Stubbs, J., Engelhard, S., Milat, A., Giles-Corti, B., Weston, P., Fitzgerald, Oldfield, U. and Honeysett, D. 2000. *Draft report - Walk It Active Local Parks Project*



- *The effect of park modifications and promotion on physical activity participation.* Western Sydney Area Health Service, Sydney.

Wright, C., MacDougall, C., Atkinson, R., and Booth, B. 1996. *Exercise in Daily Life: Supportive Environments: Report of a National Heart Foundation Research Project Funded by the Commonwealth Department of Health and Family Services.* Commonwealth of Australia, Canberra.


# Appendix 1: City of Bayswater Walking Trials Brochure

### Tips For Safe Walkings:


- Remember to warm up, stretch and cool down
- Drink plenty of water before, during and after walking
- Walk within your own capabilities and at a comfortable pace
- Walk in the cooler part of the day
- If you are unwell or have an injury, don't walk - wait until you have fully recovered
- Dress appropriately - wear comfortable footwear and clothing, sunscreen and a hat
- If you have chest pain or discomfort while exercising, STOP immediately and seek medical advice

Information courtesy of the National Heart Foundation

### HOW TO GET THERE



For bus services to the area, refer to "Buslines 29" timetable or visit TransportWA website on 13 62 13.





For more information please contact the:


**Be Active Together Project Officer** on ☎ 9375 2500

OR

**City of Bayswater's Community Services Section** on ☎ 9272 0661

Support is also available from your local community centre. Visit our Community Centre list on page 5.




**RIVERSIDE GARDENS**

**WALKING TRAILS**

**CITY OF BAYSWATER**

*Take a Step For Better Health*



Evaluation of Riverside Gardens Reserve Walking Trails Project Interventions

58



# RIVERSIDE GARDENS WALKING TRAILS

*'Take a step for better health'*

**Riverside Gardens** is a picturesque community leisure reserve located on the foreshore of the Swan River in Bayswater.

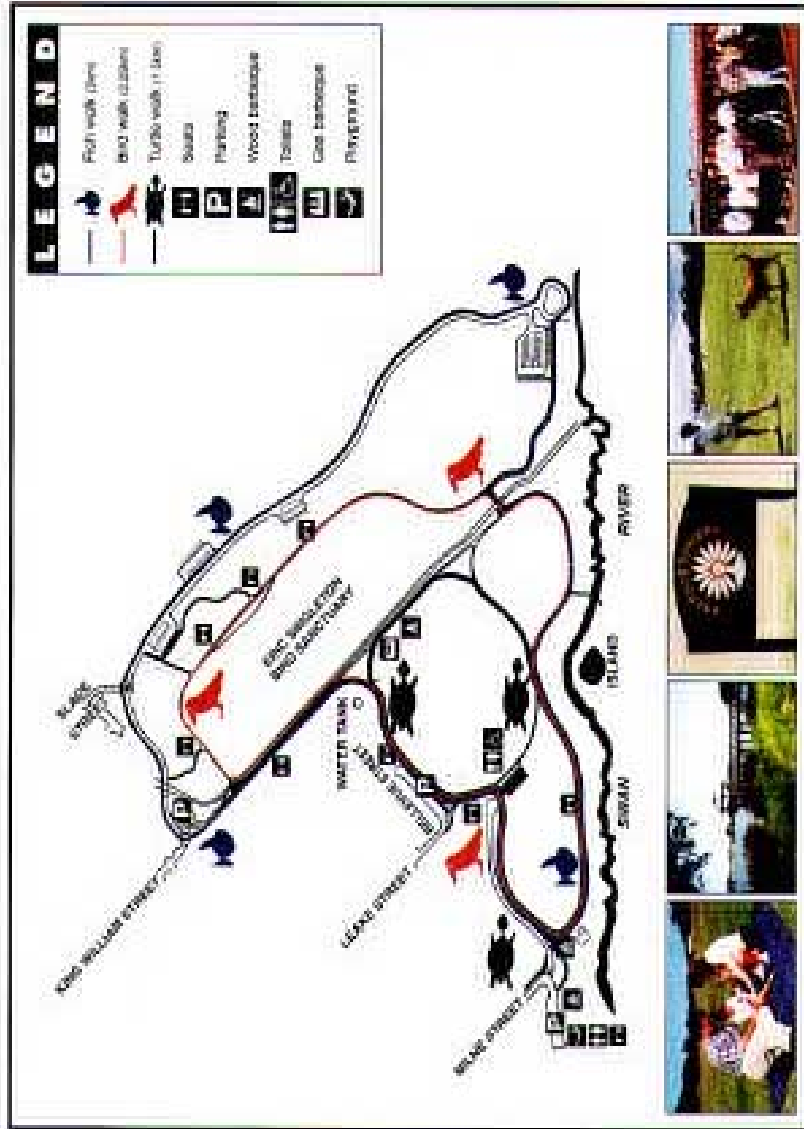
It is a great place to bring the family, friends, the dog or to just take time out by yourself to enjoy the many attractions. The area features 3 kms of 11 wheelchair accessible dual-use pathways, the Eric Singleton Bird Sanctuary, a riverside parklet, angling kites, sheltered covers, a playground area, extensive grassed areas, barbecues, picnic facilities and of course the magnificent Swan River.



Riverside Gardens is a great place for walking. These walking trails have been developed on the area's dual-use pathways to meet differing physical activity levels - a 1.5 km "turtle" walk, a 2.25 km "bird" walk and a 3.0 km "fish" walk.

Information signs to help you on your way have been erected at the four entrances to the Reserve: Althea Street, Leaver Street, King William Street and Stone Street.

Visit the new-look Riverside Gardens today and *'take a step for better health'*.



• Wheelchair accessible and 11 dual-use pathways. Walkers have right of way - cyclists please slow down and ring bell.  
 • Riverside Gardens is a dog exercise area where owners may assume their dogs off the leash, however the owner must be able to control their dog at all times and carry a leash. Dogs must be on a leash at the Eric Singleton Bird Sanctuary and at Herb's Reserves.  
**Try to accumulate 30 minutes of activity into each and every day!**



## Appendix 2: Observation Data Collection Tool No. 1 (Feb 2000)

### Riverside Gardens Reserve Observation Data Collection Form

<b>Observer Name:</b> _____ <b>Date:</b> _____							
<b>Shift:</b> <input type="checkbox"/> 6.30am-10.30am <input type="checkbox"/> 10.30am -2.30pm <input type="checkbox"/> 2.30pm-7.00pm							
Park User No	Time of entry	Sex M/F	Approx age (see age codes)	Activity (see attached activity codes)	Time at end of observation	Weather and other comments (see weather codes)	Variation to position of observers
<b>KEY: {= engage in activity together</b>							

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Appendix 3: Observation Codes No. 1 (Feb 2000)

### Direct Observation Code Sheet

#### Age Group Codes

BT	Babies and Toddlers (0-4 years)
CH	Children (5-12 years)
TE	Teenagers (13-19 years)
YA	Young adults (20-39 years)
MA	Middle aged adults (40-59 years)
EL	Elderly (60+ years)
U	Unknown

#### Activity Codes

##### Walking

WA	Walking alone
WF	Walking with friends/family
WS	Walking with a stroller
WD	Walking with a dog (no leash)
WDL	Walking with a dog (leashed)

##### Jogging

RA	Jogging or running alone
RF	Jogging or running with a friend/family
RD	Jogging or running with a dog (no leash)
RDL	Jogging or running with a dog (leashed)

##### Passive activities

SA	Standing/sitting/lying alone
SF	Standing/sitting/lying with friends/family
RE	Reading
SL	Sleeping
SP	Spectating (active sport)
SU	Supervising children (eg. Playground)
PB	Picnic/BBQ/Drinking

##### Informal activities and games

PG	Using playground
BG	Ball games
CT	Climbing trees
RS	Rollerblading/skateboarding
CY	Cycling
KF	Kite Flying
CG	Informal children's games

##### Active Sport

FO	Football
SO	Soccer
HO	Hockey
TN	Tennis
CR	Cricket
BB	Basketball/Netball
RU	Rugby

##### Other

Please describe

#### Weather Codes

SU	Sunny	CL	Cloudy
LR	Light rain	TH	Thunderstorm
HR	Heavy rain		

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

# Be Active Together Riverside Gardens Information Package for Park Observers

**A joint initiative of the City of Bayswater and the  
Eastern Perth Public & Community Health Unit**

**January 2001**



## What do I need to bring?

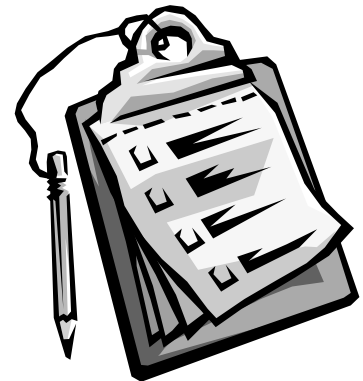
- ☞ **Watch**
- ☞ **Light snack**
- ☞ **Water or other fluids**
- ☞ **A hat and sun screen**
- ☞ **Raincoat and/or Umbrella**
- ☞ **Fold up chair**
- ☞ **Spare pens**
- ☞ **Jumper**



## What will be Provided?

### Direct Observation Kit includes:

- ☞ **Pen**
- ☞ **Clip board**
- ☞ **Observation Data Sheet (50)**
- ☞ **Observation Code Sheet (1)**
- ☞ **Protocol (instruction) Sheets 1-3**
- ☞ **Identification badge**
- ☞ **Reply paid addressed envelopes (10)**
- ☞ **Observation roster**
- ☞ ***Be Active Together* Riverside Gardens Reserve Information Sheets (20)**
- ☞ **Map of location of park (1)**
- ☞ **Bulldog Clip**



If you need additional copies of any of the above sheets please contact Anne Polley on 9224 2869 or 0404 894 100.

## Protocol 1 - Direct Observation of Park Users

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## 1. Position of observers.

Enter from Milne Street, Bayswater. There is a small driveway at the end of the street on your left that leads to carpark area for this part of the Reserve. Park here and enter the Reserve at this point. *Do not turn right as this will lead you into the carpark for Hinds Reserve.*

Always collect data from the same spot. Please record any variation and the reasons for this on the Observation Data Sheet.

**Observation point:** Approximately 20 metres away from the toilet area on your left.

## 2. Completion of the Observation Form.

Please use a new Observation Data Sheet for each shift.

Observers are asked to share the recording of data entry on the same Observation Data Sheet. Observers are asked to take turns by alternating the recording of data every hour. Observers are asked to record their name, the date and shift allocated, in the sections provided at the top of the sheet. Observers should specify (by tick) the weather conditions at the start of the shift.

Be aware to record repeat observations as they occur.

Each person that enters the park must be recorded on the Observation Data Sheet with one person represented by one line. The type of activity must be indicated using the Activity Codes provided on the Observation Code Sheet. The type of activity must be indicated using the Activity Codes on the observation Code Sheet as accurately as possible.

Record the type of activity observed within the 3 activity columns. Record all activities observed. If the park user is engaged in an activity not on the list, clearly describe what they were doing (eg. Ranger visit or Council staff maintaining the gardens).

Record the gender of the person as accurately as possible from the options, Male/Female or Unsure.

Age should be listed according to the Age Codes provided on the Observation Code Sheet.

Remember to record whether the park user is alone (A) or with family or friends (F/F) and record using (}) to indicate the grouping. When observing a large group of individuals, simply place a large bracket (}) in the Alone/FF column, ensuring that each line represents one person within the group. Always start a new page following a large group observation. *NB: Refer to example sheet that follows for more information.*

In the second column from the right on the observation sheet, identify if the park user has a dog on a leash (L) or is unleashed (UL). If the park user does not have a dog, leave the column blank.

When the first page of the data sheet is filled, please complete the other side. In the event that more than one sheet (front and back) is used over a shift period, use additional sheets provided. Place a number (1) on the first sheet used and number all other sheets that follow as they are completed within the shift period.

The final column in the Observation Data Sheet is to describe either changes in the weather throughout the course of the shift, if observers moved to a new location based on the weather or other changes, or other general comments that may be relevant to park user activities.

## Information Sheet

Offer anyone who may approach you an information sheet on the *Be Active Together* Riverside Gardens Project.



## Safety

Observers will be paired with another observer on each shift. The City of Bayswater's Ranger Services, Security Patrol (PH 1300 360 333) and local Bayswater police (PH 9 271 1500) have been notified about the study and the location of researchers during this period. In the event of a potentially unsafe situation, observers are asked to leave the Reserve immediately and alert the security patrol, or police and Anne Polley.

**Any problems contact:** Anne Polley 9224 2869 or MB 0404 894 100.



Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## **Protocol 2 - Returning data forms/other items**

1. Please return data forms upon completion of all shifts in the reply paid envelopes provided by Wed 21<sup>st</sup> February.
2. Other items, including clip board, unused data forms and key (for those that have been allocated one) to be returned at the debriefing session.

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

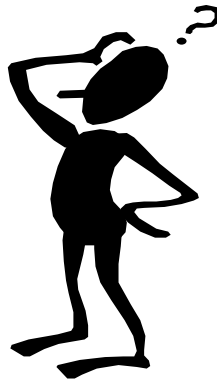
## Protocol 3 - Debriefing session

### 1. When the debriefing session will be held

A debriefing session has been scheduled for Thursday 22 February at the Eastern Perth Public and Community Health Unit, Level 2, Classroom B, 151 Wellington Street, East Perth from 9.30am – 11am. Metered parking is available on Hill St.

A reminder letter about the session will be sent to you prior to the session. Observers will be remunerated for their attendance at \$13.00 per hour.

The purpose of the session will be to explore any of the issues and/or challenges experienced by researchers and potential ways to overcome these. Feedback from this session will determine how well the data collection process was carried out. Morning tea will be served following this session and you are very welcome to stay on and join us for a cup of tea or coffee.



Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Appendix 5: Information Sheet for Park Users



### INFORMATION SHEET

#### **Project Title: “Riverside Gardens Walking Trails”**

This project is a joint initiative of the City of Bayswater and the Eastern Perth Public and Community Health Unit. The aims of the study are to determine the frequency and type of usage of the Riverside Gardens Reserve and the amount of walking, and physical activity in general, that occurs in this Reserve.

#### **Why is the study being performed?**

Research shows that less than half of the Australian population undertake sufficient amounts of moderate exercise. Daily activity such as walking has been found to reduce the risk of various health conditions, including heart disease, especially in those who are not very active. This study is trying to find out just how much people actually walk in their local environment.

#### **What will happen during the study?**

Researchers will visit the Riverside Gardens Reserve to collect observational data about how the Reserve is currently being utilised. The data collected will be comparison data from, used to develop a report to outline the results of the study.

#### **For further information**

Contact Anne Polley from the Eastern Perth Public and Community Health Unit on 9224 2869 during business hours if you have any questions about the study.

**Thank you for your interest.**

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Appendix 6: Observation Codes No. 2 (Feb 2001)

### Direct Observation Code Sheet

#### Age Group Codes

BT	Babies and Toddlers (0-4 years)
CH	Children (5-12 years)
TE	Teenagers (13-19 years)
YA	Young adults (20-39 years)
MA	Middle aged adults (40-59 years)
EL	Elderly (60+ years)
U	Unknown

#### Activity Codes

<b>Walking</b>	WA	Walking
	WS	Walking pushing a stroller
	WW	Walking pushing a wheelchair
<b>Jogging</b>	J	Jogging or running
	JS	Jogging or running pushing a stroller
<b>Cycling</b>	CY	Cycling
	CYC	Cycling with child on back
<b>Water activities</b>	F	Fishing
	K	Kayaking/canoeing (1-2 persons)
	R	Rowing (>2 persons)
	S	Swimming
	B	Boating (motor/powerboat)
	JK	Jet ski
<b>Passive activities</b>	SI	Standing/sitting/lying
	RE	Reading
	RP	Riding in stroller
	RW	Riding in wheelchair
	RC	Riding in cycle seat
	SL	Sleeping
	SP	Spectating (active sport)
	SU	Supervising children (eg. at playground)
	PB	Picnic/BBQ/Drinking
	PO	Other passive activities eg. riding in motorised cart, taking photos
<b>Informal activities and games</b>	PG	Using playground
	BG	Ball games
	BGD	Ball/frisbee games with dog
	CT	Climbing trees
	RB	Rollerblading
	SK	Skateboarding
	SC	Scooter
	KF	Kite Flying
	RCA	Remote control airplane
	CG	Informal children's games
	IAO	Other informal activities eg. windsurfing on grass, playing with dogs in water
<b>Active Sport</b>	FO	Football
	SO	Soccer

	HO	Hockey
	TN	Tennis
	CR	Cricket
	BB	Basketball/Netball
	RU	Rugby
	GO	Golf
<b>Car/Motorbike</b>	DT	Drove through park
	DC	Drive in, Drive out (car)
	DM	Drive in, drive out (motorbike)
	DS	Drive in, sit in car, drive out
	CO	Car other eg. car broke down
<b>Toilet</b>	T	Used toilet
<b>Business</b>	BU	Council workers, Ranger, Security, Police, Rubbish Collector
<b>Other</b>		Please describe

## Weather Codes

SU	Sunny/pleasant	WD	Windy
SW	Sunny/windy	CL	Cloudy
LR	Light rain	TH	Thunderstorm
HR	Heavy rain	H	hot >35°C
Other			

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

# Appendix 7: Observation Data Collection Tool No. 2 (Feb 2001)

## Riverside Gardens Reserve Observation Data Collection Form

Observer(s) Name: \_\_\_\_\_ Date: \_\_/\_\_/2001 Shift:  6.30-10.30am  10.30am-2.30pm  2.30-7pm

Weather:  Sunny/Pleasant  Hot  $\geq 35^{\circ}\text{C}$   Windy  Light Rain  Heavy Rain  Thunderstorm  Overcast/Cloudy

(Tick all boxes that apply at commencement of shift)

Repeat Obs ®	Activity 1	Activity 2	Activity 3	Gender M/F/U	Age	Alone (A) or with F/F ( }	Dog L / UL	Variations/Notes (eg. position, weather, general comments)

Adapted from documentation prepared by the Western Sydney Area Health Service 1998.

## Appendix 8: Instruction pack for Interviewers



# RIVERSIDE GARDENS WALKING TRIALS PROJECT

## AGENDA FOR TRAINING SESSION

### Phase 2 - PARK USERS INTERCEPT SURVEY

1. Project Description
2. Interviewer's Role
3. Administration eg. mobile phone, security visits, pilot test time, survey implementation time
4. Survey instrument & protocols
5. Other business

### TIMELINE FOR PHASE 2

Thursday 17 February	Training & briefing
Friday 18 February - Tuesday 22 February	Pilot test of survey instrument at Hinds Reserve, Bayswater
Wednesday 23 February	Debriefing following pilot phase
Wednesday 23 February - Monday 28 February	Revisions to survey instrument
Tuesday 29 February - Sunday 12 March	Implementation of survey
Week beginning 13 March	Final debriefing



## What do I need to bring?

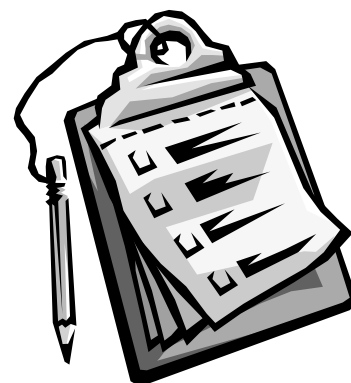
- ☞ **Watch**
- ☞ **Light snack**
- ☞ **Water or other fluids**
- ☞ **A hat and sun screen**
- ☞ **Raincoat and/or Umbrella**
- ☞ **Fold up chair**
- ☞ **Spare pens**
- ☞ **Jumper/warm clothing**
- ☞ **Mobile phone**



## What will be Provided?

### **Park Users Survey Kit includes:**

- ☞ **Pen**
- ☞ **Clip board**
- ☞ **Park Users Survey**
- ☞ **Protocol (instruction) sheets (1-3)**
- ☞ **Identification badge**
- ☞ **Reply paid addressed envelopes (2)**
- ☞ ***Be Active Together* Riverside Gardens Reserve Information Sheets (20)**
- ☞ **Maps of locations of parks (3)**



If you need additional copies of any of the above sheets please contact Lisa Bayly on 9224 1603 or 0407 988 223.

# Protocol 1 - Park User Survey

## 1. Who to approach

Adults aged 20 years of age and older who are using the Reserve.

Do not approach walkers of the *Be Active Together* walking group. They can easily be identified by their white *Be Active Together* t-shirts. These walkers visit the area on Tuesday and Friday mornings at 8am.

## 2. When to approach park users/Methodology

- Park users to be approached from the same position each time. Only those people who are walking purposively are to be approached for an interview eg. people walking for recreation, transport or exercising a dog etc. People identified with a *Be Active Together* t-shirt **should not be** approached.
- Walkers walking alone, in pairs or groups should be approached. (People identified with a *Be Active Together* t-shirt **should not be** approached.). For people in pairs or groups, each person should be asked whether they are willing to participate. Only one person from each pair or group is to be interviewed. If more than one person agrees then the interviewer needs to inform the willing participants that only one person is required. To ensure a random selection please ask each willing participant to select one card from a fanned pack of cards (numbered 2 - 10). The person who selects the card with highest numerical value should be interviewed. Thank the other participant. Offer them an information sheet and proceed with the chosen participant.
- A quota of a minimum of 60 interviews will be required equally distributed between males and females. Six shifts have been allocated to collect the data as follows:

Tuesday 29 February	6.30am - 8.30am	Thursday 2 March	4.00pm - 7.00pm
Saturday 4 March	4.00pm - 7.00pm	Sunday 5 March	6.30am - 8.30am
Thursday 9 March	6.30am - 8.30am	Friday 10 March	4.00pm - 7.00pm

All refusals to be recorded and surveys kept.
- Both interviewers can approach different individuals, pairs or groups at the same time. When conducting the interview please allow ample space between yourself and the other interviewer to protect the confidentiality issue.

## 3. What to say when you approach park users

Please refer to survey. Your speaking parts are indicated in *large italics* (not bolded). All questions to be asked are **bolded**. Instructions for the interviewers are in *small italics*.

## 4. How to administer the survey/Methodology

- Training will be provided on administering the survey.
- Read each question in the correct order and exactly as it is written on the survey sheet. In the case of multiple choice questions, read the participant the possible answers before they answer the question. Fill in the participant's responses as they answer the questions.
- Refusals need to be marked accordingly. (General observation - who tends to refuse & what activity are they undertaking eg. power walkers, walker who then jogs etc.)

### INSTRUCTIONS FOR SPECIFIC QUESTIONS

Q1 - no additional information

Q2 - questions in this section refer to **walking within the Riverside Gardens Reserve in the last week only**

Q2a - question has been rephrased so the time frame is consistent with Q3

- Q2b - this question includes only time spent within the Riverside Gardens Reserve. Respondents do not include time spent walking to and from the Reserve. Hours and minutes need to be recorded as categories do not allow us to get as accurate a picture of total walking time and compare it against recommended guidelines.
- Q3 - questions in this section refer to **all walking in the last week. It includes walking within Riverside Gardens Reserve and outside the Reserve.** This question is different to Q2 as it is being used to establish whether respondents are sufficiently active according to the National Guidelines
- Q3a - important to stress the 'continuously for at least 10 minutes'. Any walking continuously for at least 10 minutes to be counted eg. walking to the bus, walking around a golf course, walking children to school, walking in the local streets, walking at Riverside Gardens. Need a figure for the week eg. 3 rather than comment eg. everyday. If respondents answer twice per day then calculate for a week ie. 14 and reflect this back to respondent.
- Q3b - this will probably be the most difficult question but be encouraging. Hours and minutes need to be recorded as categories do not allow us to get as accurate a picture of total walking time and compare it against recommended guidelines. You can always reflect their answer back if you don't think it is accurate.
- Q3c - this question is included to find out if last week was usual or not (maybe they were sick last week or this week they are very active because the doctor advised them to)
- Q4 - This question has response categories **for your recording use but do not read the list of responses.** Allow respondents time to think if appropriate. If respondent is puzzled looking prompt using the two suggestions. Following initial response you may wish to ask the respondent *are there any other reasons?*
- Q5 - demographic information
- When all questions have been completed, thank the participant for their participation and provide them with an information sheet.
  - Please complete the ID details on the park user survey, on the front page, top right hand corner.

## 5. What to do when people approach you?

Identify yourself as per your nametag, remembering to identify yourself by your first name only. Offer anyone who may approach you an information sheet on the *Be Active Together* Riverside Gardens Project.

## 6. Safety

Interviewers will be paired together. The City of Bayswater's Ranger Services and Security Patrol and local police have been notified about the study and the location of the interviewers during this period. In the event of a potentially unsafe situation, interviewers are asked to leave the Reserve immediately and alert the police and Lisa Bayly on the number below.

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## **Protocol 2 - Returning survey forms/other items**

1. Please bring completed survey forms from the pilot phase (18 February - 22 February) to a debriefing session on Wednesday 23 February (at a time to be nominated)
2. Please return completed survey forms in the reply paid envelope(s) provided immediately following the survey phase (week beginning 28 February).
3. Other items, including clip board, name tag and unused survey forms to be returned at a final debriefing session to be scheduled in the week beginning 13 March.

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Protocol 3 - Debriefing session

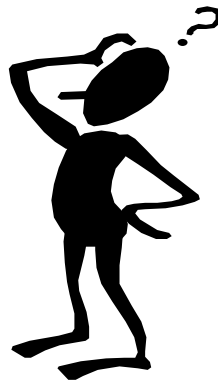
### 1. When the debriefing session will be held

A debriefing session following the pilot phase has been scheduled for Wednesday 23 February, 2000 at a time to be decided.

A final debriefing session has been scheduled for the week beginning 13 March, 2000 at the Eastern Perth Public and Community Health Unit, level 2 151 Wellington Street, East Perth. A date and time will be negotiated with the interviewers.

The purpose of each session will be to explore any of the issues and/or challenges experienced by interviewers and potential ways to overcome these. Feedback from these sessions will determine whether changes to the overall methodology are required when the data collection process is repeated in 12 months time.

Interviewers will be remunerated for their attendance at training and debriefing sessions and for the period of the pilot phase and survey administration phase at \$ per hour.



Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Appendix 9: Riverside Gardens Walkers Survey No. 1 (2000)

ID:

### RIVERSIDE GARDENS PROJECT PARK USERS SURVEY

*Hello, I am \_\_\_\_\_ from the Eastern Perth Public and Community Health Unit and the City of Bayswater. We are conducting a survey of the people who use Riverside Gardens Reserve. The survey results will be important to the planning of future local physical activity and recreation programs. The survey should take no more than 5 minutes. If there are any questions you prefer not to answer please just say so. Would you mind if I asked you some quick questions?*

**If NO:** *Thank you very much for your time.*

*Please tick the 'Refusal' box. Offer them an information sheet on the 'Be Active Together' Riverside Gardens project.*

Refusal <sub>1</sub>

Male <sub>1</sub>

Female <sub>2</sub>

*Please check you have recorded an ID number for this survey.*

**If YES:**

**A. Are you 20 years of age or older?** *Please tick one box only.*

Yes <sub>1</sub> *Continue*

No <sub>2</sub> *We are only interviewing adults 20 years of age or older today. Thank you very much for your time.*

*Terminate and offer them an information sheet on the 'Be Active Together' Riverside Gardens project.*

*Please check you have recorded an ID number for this survey.*

**B. Have you been asked to participate in this survey before?** *Please tick one box only.*

Yes <sub>1</sub> *Thank you for your time. We do not need to interview you again.*

*Terminate the interview. Please check you have recorded an ID number for this survey*

No <sub>2</sub> *Continue with the survey.*

**Question 1. What do you use the Riverside Gardens Reserve for?**

*Please tick **all** boxes that apply.*

- <sub>1</sub> Walks organised by the *Be Active Together* program
- <sub>2</sub> Walking alone
- <sub>3</sub> Walking with family/friends
- <sub>4</sub> Walking with dog(s)
- <sub>5</sub> Jogging
- <sub>6</sub> Active sport eg. cricket, soccer, football etc.
- <sub>7</sub> Passive activities eg. reading, sitting, spectating, picnicking etc
- <sub>8</sub> Informal activities eg. cycling, ball games, rollerblading etc.
- <sub>9</sub> Other (*please specify*) \_\_\_\_\_

*If the participant indicated they use the Riverside Gardens Reserve for any type of walking activity **GO TO QUESTION 2**. If the participant does not use the Riverside Gardens Reserve for any type of walking activity but for other types of activities **GO TO QUESTION 5**.*

**Question 2.** *We are particularly interested in people's walking patterns. Since you have indicated that you engage in walking, we would like to ask you some questions about your walking activity **within Riverside Gardens Reserve**.*

**2a. In the last week, how many times did you visit Riverside Gardens Reserve for walking?** *Please tick **one** box only.*

- <sub>1</sub> Once
- <sub>2</sub> Twice
- <sub>3</sub> 3 times
- <sub>4</sub> 4 times
- <sub>5</sub> 5 times
- <sub>6</sub> 6 times
- <sub>7</sub> 7 times
- <sub>8</sub> 8 times or more
- <sub>9</sub> Don't know

**2b. In the last week, how much time did you spend walking on each visit?** *Do not include time spent walking to and from the Reserve. Please record the time in hours and minutes as appropriate. If unknown, tick the 'don't know' box.*

- \_\_\_\_\_ Hours                      \_\_\_\_\_ Minutes
- <sub>1</sub> Don't know

**Question 3.** *The next question asks you about **all walking** you did in the last week. This includes both walking within the Riverside Gardens Reserve and outside the Reserve.*

**3a. In the last week how many times have you walked continuously, for at least 10 minutes, for recreation/exercise or to get to or from places?** *Please record the number of times if known or tick the 'don't know' box if unknown.*

\_\_\_\_\_ Times

<sub>1</sub> Don't know

**3b. In total, how much time do you estimate you spent walking in this way in the last week?** *This is 'continuous' walking. Please record the time in hours and minutes as appropriate. If unknown, tick the 'don't know' box.*

\_\_\_\_\_ Hours                      \_\_\_\_\_ Minutes

<sub>1</sub> Don't know

**3c. Is the total amount of walking you did continuously for at least 10 minutes in the last week** *Please tick **one** box only.*

<sub>1</sub> more than usual

<sub>2</sub> less than usual

<sub>3</sub> about the same as usual



**Question 4.** *The next question focuses on the reasons you choose Riverside Gardens for walking.*

**4. Why have you chosen the Riverside Gardens Reserve for your walking activity?** *Do not read the list of responses. Only prompt if respondent is puzzled eg. close to home, dog Reserve. Please tick **all** boxes that apply.*

- |                                       |                        |  |                            |
|---------------------------------------|------------------------|--|----------------------------|
| <input type="checkbox"/> <sub>1</sub> | close to home          | <input type="checkbox"/> <sub>2</sub>  | easy to walk to            |
| <input type="checkbox"/> <sub>3</sub> | scenic location        | <input type="checkbox"/> <sub>4</sub>  | safety/security            |
| <input type="checkbox"/> <sub>5</sub> | dog Reserve            | <input type="checkbox"/> <sub>6</sub>  | large space                |
| <input type="checkbox"/> <sub>7</sub> | accessible by car      | <input type="checkbox"/> <sub>8</sub>  | availability of parking    |
| <input type="checkbox"/> <sub>9</sub> | facilities eg. toilets | <input type="checkbox"/> <sub>10</sub> | walk trails within Reserve |

Other \_\_\_\_\_

**Question 5.** *Knowing a little about the people who use this Reserve will help us in the planning of future physical activity and health programs in the local community. Once again be assured that the information you provide will remain entirely confidential.*

**Are you?** *Observe, you do not need to ask this question*

- <sub>1</sub> Male  
<sub>2</sub> Female

**5a. Which age group are you in?** *Please tick **one** box only.*

- <sub>1</sub> 20 - 39 years  
<sub>2</sub> 40 - 59 years  
<sub>3</sub> 60+ years  
<sub>4</sub> Refused

**5b. What is your current occupation?** *Please tick **one** box only.*

- <sub>1</sub> Manager/administrator  
<sub>2</sub> Professional/Para-professional

- <sub>3</sub> Tradesperson
- <sub>4</sub> Clerk
- <sub>5</sub> Salesperson and Personal Service Worker
- <sub>6</sub> Plant and Machine Operator/Driver
- <sub>7</sub> Labourer
- <sub>8</sub> Unemployed
- <sub>9</sub> Home duties
- <sub>10</sub> Retired
- <sub>11</sub> Student
- Other (please specify) \_\_\_\_\_

**5c. What is the highest level of education you have completed?** *Please tick one box only.*

- <sub>1</sub> Never attended school, some primary school
- <sub>2</sub> Completed primary school
- <sub>3</sub> Some high school
- <sub>4</sub> School certificate/intermediate/Year 10/4<sup>th</sup> form
- <sub>5</sub> TEE/Leaving/Year 12/6<sup>th</sup> form
- <sub>6</sub> TAFE certificate/diploma
- <sub>7</sub> Trade apprenticeship
- <sub>8</sub> University, CAE or other tertiary institution degree
- Other (please specify) \_\_\_\_\_

**5d. What is your home postcode?**

*Thank respondent and close interview. Offer them a 'Be Active Together' Riverside Gardens project information sheet.*

***Thank you very much for your time.***

*Please check you have recorded an ID number for this survey.*

## Appendix 10: Riverside Gardens Walkers Survey No. 2 (2001)

ID:

### RIVERSIDE GARDENS PROJECT PARK USERS SURVEY

*Hello, I am \_\_\_\_\_ from the Eastern Perth Public and Community Health Unit and the City of Bayswater. We are conducting a survey of the people who use Riverside Gardens Reserve. The survey results will be important to the planning of future local physical activity and recreation programs. Would you mind if I asked you some quick questions? The survey should take no more than 10 minutes. If there are any questions you prefer not to answer please just say so.*

**If NO:** *Thank you very much for your time.*

*Please complete the 'refusal table' and tick the 'gender' box within it. Offer them an information sheet on the 'Be Active Together' Riverside Gardens project.*

**If YES:**

**A. Are you 20 years of age or older?** *Please tick one box only.*

Yes <sub>1</sub> *Continue*

No *We are only interviewing adults 20 years of age or older today. Thank you very much for your time.*

*Terminate and offer them an information sheet on the 'Be Active Together' Riverside Gardens project.*

**B. Have you been asked to participate in this survey at any time in the last month?** *Please tick one box only.*

Yes <sub>1</sub> *Thank you for your time. We do not need to interview you again.*

*Terminate the interview. Please check you have recorded an ID number for this survey*

No <sub>2</sub> *Continue with the survey.*

**Question 1. What do you use the Riverside Gardens Reserve for?**

*Please tick all boxes that apply.*

- <sub>1</sub> Walks organised by the *Be Active Together* program
- <sub>2</sub> Walking alone
- <sub>3</sub> Walking with family/friends
- <sub>4</sub> Walking with dog(s)
- <sub>5</sub> Jogging
- <sub>6</sub> Active sport eg. cricket, soccer, football etc.
- <sub>7</sub> Passive activities eg. reading, sitting, spectating, picnicking etc
- <sub>8</sub> Informal activities eg. cycling, ball games, rollerblading etc.
- <sub>9</sub> Other (*please specify*)\_\_\_\_\_

*If the participant indicated they use the Riverside Gardens Reserve for any type of walking activity **GO TO QUESTION 2**. If the participant does not use the Riverside Gardens Reserve for any type of walking activity but for other types of activities **GO TO QUESTION 5**.*

**Question 2.** *We are particularly interested in people’s walking patterns. Since you have indicated that you walk here, we would like to ask you some questions about your walking **within Riverside Gardens Reserve**.*

**2a. In the last week, how many times did you visit Riverside Gardens Reserve for walking?** *Please tick one box only.*

- <sub>1</sub> Once
- <sub>2</sub> Twice
- <sub>3</sub> 3 times
- <sub>4</sub> 4 times
- <sub>5</sub> 5 times
- <sub>6</sub> 6 times
- <sub>7</sub> 7 times
- <sub>8</sub> 8 times or more
- Don’t know
- Please specify\_\_\_\_\_

**2b. In the last week, how much time did you spend walking within Riverside Gardens Reserve on each visit?** *Do not include time spent walking to and from the Reserve. Please record the time in minutes as appropriate. If unknown, tick the ‘don’t know’ box.*

\_\_\_\_\_ Minutes

- Don’t know

NOTES 1: Calculate total mins.

$$\frac{\text{_____}}{\text{(Qu2a times)}} \times \frac{\text{_____}}{\text{(Q2b.mins per time)}} = \frac{\text{_____}}{\text{(total mins)}}$$

**Question 3.** The next question asks you about **all walking** you did for recreation/exercise or transport **outside Riverside Gardens Reserve** in the last week.

**3a. In total, how much time do you estimate you spent walking continuously for 10 minutes or more, outside Riverside Gardens Reserve in the last week?** This is 'continuous' walking. Please record the time in hours and minutes as appropriate. Total the hours and minutes record as minutes in the 'total minutes column'. If unknown, tick the 'don't know' box.

\_\_\_\_\_ Hours \_\_\_\_\_ Minutes = \_\_\_\_\_ Total Mins

Don't know

**3b. How many times did you walk continuously for 10 minutes or more, outside of Riverside Gardens Reserve in the last week?** Please record the number of times if known or tick the 'don't know' box if unknown.

\_\_\_\_\_ Times

Don't know

NOTES 2: Calculate the average minutes spent on walking for recreation outside Riverside Gardens Reserve.

$$\frac{\text{_____}}{\text{(Q3a)}} \div \frac{\text{_____}}{\text{(Q3b)}} = \frac{\text{_____}}{\text{(mins per time)}}$$

**4. In the last week, is the total amount of all walking you did continuously for 10 minutes or more both inside and outside Riverside Gardens.** *Read all responses and tick one box only.*

- <sub>1</sub> more than usual
- <sub>2</sub> less than usual
- <sub>3</sub> about the same as usual

**Question 5.** *The next question focuses on the reasons you choose Riverside Gardens Reserve for activities such as walking.*

**5a. Why have you chosen the Riverside Gardens Reserve for your walking activity?** *Do not read the list of responses. Only prompt if respondent is puzzled eg. close to home, dog Reserve. Please tick all boxes that apply.*

- <sub>1</sub> close to home
- <sub>2</sub> easy to walk to
- <sub>3</sub> scenic location
- <sub>4</sub> safety/security
- <sub>5</sub> dog Reserve
- <sub>6</sub> large space
- <sub>7</sub> facilities eg. toilets
- <sub>8</sub> availability of parking
- <sub>9</sub> access to river for activities/dogs
- <sub>10</sub> walk trails within Reserve

Other \_\_\_\_\_

**Question 6.** *Finding out information about how long people have been using the Reserve and the types of activities they have been involved in at the Reserve, will help us to determine ways to promote Riverside Gardens to local residents in the future.*

**6a. How long have you been using Riverside Gardens Reserve for activities such as walking?** *Read all responses and tick one box only.*

- <sub>1</sub> < 1 month (go to Qu 6b)
- <sub>2</sub> between 1-5 months (go to Qu 6b)
- <sub>3</sub> 6-12 months (go to Qu 6b)
- <sub>4</sub> > 12 months (go to Qu 6c)
- <sub>5</sub> don't know

Show the participant the card headed 6b.

I am going to read you the question and I would like you to indicate from the card all responses that apply.

**6b. You indicated that you started using Riverside Gardens for activities such as walking within the last 12 months. How did you find out about the Reserve? Please tick *all* responses that apply.**

<sub>1</sub> Newsletter: Be Active Together (BAT)

<sub>2</sub> Newsletter: City of Bayswater Council

<sub>3</sub> Community newspaper: Mayor's column in local

<sub>4</sub> Community newspaper: General article

<sub>5</sub> Pamphlet or Brochure

<sub>6</sub> Saw others using it

<sub>7</sub> Family / friend

From promotional events such as:

<sub>8</sub> Active Australia Day

<sub>9</sub> Avon Descent

<sub>10</sub> Autumn River Festival

Other (please specify): \_\_\_\_\_

<sub>11</sub> Don't know

Show the participant card headed 6c and read the following question.

**6c. In the last 12 months, have you seen this pamphlet promoting Riverside Gardens Reserve? Tick one box only.**

<sub>1</sub> Yes (go to Qu 6d)

<sub>2</sub> No (go to Qu 7)

Show the participant the card headed 6d and 7d.

I am going to read you the question and I would like you to indicate which number and term best applies.

**6d. How useful was this pamphlet in assisting you to access and use Riverside Gardens Reserve?** Please circle the *number and phrase* specified by respondent.

---

1	2	3	4	5
Not at all useful	Some use	Unsure	Useful	Very Useful

**Question 7.** We are particularly interested to find out if you are aware of some of the features within Riverside Gardens Reserve and its surroundings.

**7a. Do you recall seeing street signs directing you to Riverside Gardens Reserve?** Tick *one* box only.

<sub>1</sub> Yes

<sub>2</sub> No

**7b. Do you recall seeing the information signs on walking trails located at the main entrances to Riverside Gardens Reserve?** Tick *one* box only.

<sub>1</sub> Yes (go to Qu 7c)

<sub>2</sub> No (go to Qu 7e)

**7c. Have you read any of the information on the signs?** Tick *one* box only.

<sub>1</sub> Yes (go to Qu 7d)

<sub>2</sub> No (go to Qu 7e)

Show the participant the card headed 6d and 7d.

I am going to read you the question and I would like you to indicate which number and term that best applies.

**7d. How would you rate the usefulness of the information on the signs?** Please circle the *number and phrase* specified by respondent.

---

1	2	3	4	5
Not at all useful	Some use	Unsure	Useful	Very Useful



**7 e. Have you seen any animal symbols on the walk trails at Riverside Gardens Reserve?** *(Read responses and tick one box only)*

<sub>1</sub> Yes *(go to Qu 7f)*

<sub>2</sub> No *(go to Qu 7h)*

**7f. Have you used the animal symbols to guide you on a walking trail at Riverside Gardens Reserve?** *Tick one box only.*

<sub>1</sub> Yes *(go to Qu 7h)*

<sub>2</sub> No *(go to Qu 7g)*

7g. Can you identify one reason why you *have not* used the animal symbols? *Tick all boxes that apply.*

<sub>1</sub> already familiar with the Reserve

<sub>2</sub> difficulty in knowing how to use the symbols

<sub>3</sub> symbols vandalised

<sub>4</sub> symbols unclear

<sub>5</sub> don't know

<sub>6</sub> other (please specify): \_\_\_\_\_

*Show the participant the card headed 7h.*

*I am going to read you the question and I would like you to indicate from the card all responses that apply.*

**7h. What other activity events or promotional information on the Riverside Gardens Reserve or walk trails have you seen or heard about in the last 12 months?** *Please tick all boxes that apply.*

<sub>1</sub> Newsletter: Be Active Together

<sub>2</sub> Newsletter :Bayswater Council

<sub>3</sub> Community Newspaper: Mayors Column

<sub>4</sub> Community Newspaper : general article

<sub>5</sub> Activity days at Riverside Gardens

Other (Please let us know) \_\_\_\_\_

<sub>6</sub> None

**Question 8.** *The City of Bayswater has supplied and funded the signs on the walk trails and surrounds of the Riverside Gardens Reserve, developed an information pamphlet and planned various promotional events within the Reserve over the last 12 months.*

**8a.** *Read the following question and responses. Tick **one** box only.*

**Do you support the City of Bayswater being involved in the promotion of walk trails and Riverside Gardens in this way?**

Yes <sub>1</sub>

No <sub>2</sub>

Don't know <sub>3</sub>

**8b. Can you think of any other improvements that could be made to the walk trails and the Riverside Gardens Reserve that would encourage residents to use the area for activities such as walking?**

Comments:

---

---

---

**Question 9.** *Knowing a little about the people who use this Reserve will help us in the planning of future physical activity and health programs in the local community. Once again be assured that the information you provide will remain entirely confidential.*

**9a. Are you?** *Observe, you do not need to ask this question*

<sub>1</sub> Male

<sub>2</sub> Female

**9b. Which age group are you in?** *Read responses to client. Please tick **one** box only.*

<sub>1</sub> 20 - 39 years

<sub>2</sub> 40 - 59 years

<sub>3</sub> 60+ years

<sub>4</sub> Refused

**9c. What is your current occupation?** *Read the question and record response in the space provided.*

Occupation: \_\_\_\_\_

*When the survey is completed please use the ABS master list to identify occupational category below. Please tick **one** box only.*

- <sub>1</sub> Manager/administrator
- <sub>2</sub> Professional/Para-professional
- <sub>3</sub> Tradesperson
- <sub>4</sub> Clerk
- <sub>5</sub> Salesperson and Personal Service Worker
- <sub>6</sub> Plant and Machine Operator/Driver
- <sub>7</sub> Labourer
- <sub>8</sub> Unemployed
- <sub>9</sub> Home duties
- <sub>10</sub> Retired
- <sub>11</sub> Student
- Other (*please specify*) \_\_\_\_\_

**9d. What is the highest level of education you have completed?** *Please tick **one** box only.*

- <sub>1</sub> Never attended school, some primary school
- <sub>2</sub> Completed primary school
- <sub>3</sub> Some high school
- <sub>4</sub> School certificate/intermediate/Year 10/4<sup>th</sup> form
- <sub>5</sub> TEE/Leaving/Year 12/6<sup>th</sup> form
- <sub>6</sub> TAFE certificate/diploma
- <sub>7</sub> Trade apprenticeship
- <sub>8</sub> University, CAE or other tertiary institution degree
- Other (*please specify*) \_\_\_\_\_

**9e. Is your place of residence within the City of Bayswater local government area?** *Please tick **one** box only.*

- <sub>1</sub> Yes      <sub>2</sub> No      <sub>3</sub> don't know

**9f. What is your home postcode?** *(Record numbers in spaces provided)*

\_\_\_\_\_

*Thank respondent and close interview. Offer them a 'Be Active Together' Riverside Gardens project information sheet.*

***Thank you very much for your time.***

*Please check you have recorded an ID number for this survey.*

## Appendix 11: Information Sheet for Walkers



### INFORMATION SHEET

#### **Project Title: “Riverside Gardens Walking Trails”**

This project is a joint initiative of the City of Bayswater and the Eastern Perth Public and Community Health Unit. The aims of the study are to determine the frequency and type of usage of the Riverside Gardens Reserve and the amount of walking that occurs in this Reserve.

#### **Why is the study being performed?**

Research shows that less than half of the Australian population undertake sufficient amounts of moderate exercise. Daily activity such as walking has been found to reduce the risk of various health conditions, including heart disease, especially in those who are not very active. This study is trying to find out just how much people actually walk in their local environment.

#### **What will happen during the study and what will we require from you if you participate in the study?**

Information will be sought from people who visit the Riverside Gardens Reserve. Randomly chosen persons will be asked about their current and past levels of physical activity and park use including their occupation, level of education completed, age and postcode. No other personal information will be asked. All information that is collected is completely confidential, stored securely and only accessible to the study investigators. These interviews will be completely voluntary, lasting about 5 minutes.

#### **Who will be asked to be involved in the study?**

Only adult men and women over 20 years of age will be asked to be involved. Adults are selected because they are least likely to get enough regular physical activity for health benefits (1994 NSW Health Department survey).

#### **Do you have a choice to be involved?**

Your involvement in this study is completely voluntary and your privacy will be protected. You can discontinue your involvement in the study any time.

#### **For further information**

Contact Assunta Di Francesco from the Eastern Perth Public and Community Health Unit on 9224 1625 during business hours if you have any questions about the study.

**Thank you for your interest.**

Adapted from documentation prepared by the Western Sydney Area Health Service 1998

## Appendix 12: Walkers reasons for walking at Reserve

### Reasons for Walking in Riverside Gardens Reserve

Reasons for walking in Reserve	Period 1 (n = 60)		Period 2 (n = 86)	
	Number	Percentage	Number	Percentage
Close to Home	42	70	52	60
Scenic Location	29	48	34	40
Dog Reserve	24	40	26	30
Large Space	20	33	5	6
Walk trails within Reserve	10	17	10	12
Safety/security	5	8	3	6
Easy to walk to	4	7	7	8
Accessible to river for dog to swim	4	7	9	10
Ambience / quiet	3	5	2	2
Facilities, eg. toilets	3	5	0	0
Availability of parking	3	5	0	0
Clean environment / away from traffic	1	2	4	5
Other <ul style="list-style-type: none"> <li>• Social event (n1 = 1)</li> <li>• Accessible by car (n1 = 1)</li> <li>• Walk through on way to work (n2 = 1)</li> <li>• Daughter trains rowing (n2 = 1)</li> <li>• Bird sanctuary (n2 = 1)</li> <li>• Wildflowers (n2 = 1)</li> </ul>	2	4	4	5

## Appendix 13: Walkers improvement suggestions for Reserve

### Walkers improvement suggestions for Riverside Gardens Reserve

Improvement Suggestions	Number
Barbecues	11
Food outlet / café	5
More trees / shade / shelter	14
More seats / benches	5
Water fountains	4
Dog water bowls	1
Failure to pick up dog excrement	6
Dog exercise area	4
Bike riders etiquette	4
Children's playground	5
Gardens	3
More events	2
<ul style="list-style-type: none"> <li>• community activity days</li> <li>• children's events</li> </ul>	
Bird observation area & information sign	2
Vandals	14
Security	7
<ul style="list-style-type: none"> <li>• Camera (2)</li> <li>• Security gates closed at night so people can't do burnouts (1)</li> <li>• Lights in the car parks (1); more along riverside (1)</li> </ul>	
Toilet activity	4
Park rangers presence	2
Maintenance	3