

Regional Comparisons

The table below provides an overview of findings for each region of New Zealand serviced by the regional sports trusts. Statistically significant differences between regional and national findings are denoted by an asterisk (*) and the margin of error (i.e. $\pm 4\%$) associated with each percentage estimate is provided. Regional reports are available at www.sparc.org.nz.

| | Popular Activities | | | | Average number of activities per adult per year | Organised Competition/ Event Participation % of adults who participated in at least one sport or recreation organised competition or event per year | Instruction % of adults who received instruction for a sport or recreation activity per year |
|-----------------------|--|--------------------------------|--------------------------------|------------|---|--|---|
| | % of adults who participated in at least one sport or recreation activity... | | | | | | |
| | over 12 months | per month | per week | | | | |
| New Zealand | 96.0 \pm 2 | 90.0 \pm 2 | 79.0 \pm 2 | 4.6 | | 36.9 \pm 2 | 39.9 \pm 2 |
| Northland | 95.8 \pm 6 | 94.3 \pm 6 | 85.5 \pm 6 | 5.5 | | 38.0 \pm 6 | 31.1 \pm 6* |
| North Harbour | 97.8 \pm 6 | 92.6 \pm 6 | 79.8 \pm 6 | 4.1 | | 33.0 \pm 6 | 45.4 \pm 6 |
| Waitakere | 97.3 \pm 6 | 89.5 \pm 6 | 76.6 \pm 6 | 3.9 | | 34.9 \pm 6 | 34.9 \pm 6 |
| Auckland | 96.3 \pm 6 | 90.6 \pm 6 | 78.9 \pm 6 | 4.3 | | 35.9 \pm 6 | 41.3 \pm 6 |
| Counties Manukau | 97.1 \pm 6 | 84.6 \pm 6 | 71.8 \pm 6 | 4.1 | | 36.3 \pm 6 | 40.3 \pm 6 |
| Waikato | 96.3 \pm 6 | 91.6 \pm 6 | 81.9 \pm 6 | 4.6 | | 38.2 \pm 6 | 38.6 \pm 6 |
| Bay of Plenty | 95.8 \pm 6 | 89.6 \pm 6 | 77.4 \pm 6 | 4.3 | | 31.5 \pm 6 | 36.7 \pm 6 |
| Gisborne | 97.8 \pm 8 | 93.3 \pm 8 | 81.1 \pm 8 | 6.4 | | 37.0 \pm 8 | 45.4 \pm 8 |
| Hawkes Bay | 92.6 \pm 6 | 81.9 \pm 6 | 72.9 \pm 6 | 3.8 | | 42.7 \pm 6 | 44.3 \pm 6 |
| Taranaki | 92.8 \pm 6 | 87.7 \pm 6 | 75.6 \pm 6 | 4.1 | | 40.4 \pm 6 | 41.9 \pm 6 |
| Wanganui | 95.3 \pm 6 | 90.3 \pm 6 | 75.0 \pm 6 | 4.3 | | 31.5 \pm 6 | 28.1 \pm 6* |
| Manawatu | 97.6 \pm 6 | 91.1 \pm 6 | 79.2 \pm 6 | 4.6 | | 26.2 \pm 6* | 34.4 \pm 6 |
| Wellington | 96.0 \pm 5 | 91.7 \pm 5 | 80.2 \pm 5 | 5.4 | | 39.7 \pm 5 | 38.4 \pm 5 |
| Tasman | 97.9 \pm 6 | 93.2 \pm 6 | 85.4 \pm 7 | 5.0 | | 32.0 \pm 7 | 35.7 \pm 7 |
| Canterbury West Coast | 94.2 \pm 6 | 89.0 \pm 6 | 79.6 \pm 6 | 4.6 | | 36.9 \pm 6 | 41.3 \pm 6 |
| Otago | 96.6 \pm 6 | 92.8 \pm 6 | 84.4 \pm 6 | 5.1 | | 45.0 \pm 6 | 46.0 \pm 6 |
| Southland | 96.8 \pm 6 | 89.7 \pm 7 | 79.5 \pm 7 | 5.8 | | 50.7 \pm 7* | 49.1 \pm 7* |

Compared to all New Zealand adults:

- adults in the Northland region were significantly less likely to have received instruction to improve their performance for a sport or recreation activity;
- adults in the Gisborne region were significantly less likely to have met the national physical activity guideline (30 x 5) and significantly more likely to be in the 'inactive' group;
- adults in the Wanganui region were significantly less likely to have been members of clubs or centres in order to take part in sport and recreation activities and were significantly less likely to have received instruction to improve their performance for a sport or recreation activity;

| Club/Centre Involvement | Sport or Physical Activity Club | Volunteering | Physical Activity Levels | | |
|--|---|--|----------------------------|---------------------|-----------------|
| | | | met the '30 x 5' Guideline | did 'some activity' | were 'inactive' |
| % of adults who were members of any type of club or centre to take part in sport and recreation activity | % of adults who were members of a sport or physical activity club to take part in sport and recreation activity | % of adults who volunteered for a sport or recreation activity | % of adults who... | | |
| 34.9 ± 2 | 17.9 ± 2 | 25.3 ± 2 | 48.2 ± 2 | 39.1 ± 2 | 12.7 ± 2 |
| 34.6 ± 6 | 16.3 ± 6 | 19.2 ± 6 | 44.5 ± 6 | 39.9 ± 6 | 15.6 ± 6 |
| 40.2 ± 6 | 22.5 ± 6 | 22.5 ± 6 | 42.5 ± 6 | 45.8 ± 6 | 11.7 ± 5 |
| 29.2 ± 6 | 13.3 ± 5 | 25.7 ± 6 | 54.3 ± 6 | 35.7 ± 6 | 9.9 ± 4 |
| 36.7 ± 6 | 15.1 ± 5 | 22.2 ± 5 | 44.0 ± 6 | 40.3 ± 6 | 15.7 ± 5 |
| 34.5 ± 6 | 13.5 ± 5 | 20.8 ± 5 | 51.0 ± 6 | 35.0 ± 6 | 14.0 ± 5 |
| 33.9 ± 6 | 16.3 ± 5 | 28.3 ± 6 | 45.9 ± 6 | 46.4 ± 6 | 7.7 ± 4 |
| 31.7 ± 6 | 19.5 ± 6 | 23.0 ± 6 | 47.5 ± 6 | 37.2 ± 6 | 15.4 ± 5 |
| 25.5 ± 8 | 14.1 ± 7 | 28.2 ± 8 | 35.2 ± 8* | 38.6 ± 8 | 26.2 ± 8* |
| 41.0 ± 6 | 25.3 ± 6 | 28.2 ± 6 | 53.3 ± 6 | 37.0 ± 6 | 9.7 ± 5 |
| 37.5 ± 6 | 24.6 ± 6 | 31.7 ± 6 | 47.0 ± 7 | 40.7 ± 6 | 12.2 ± 5 |
| 24.7 ± 6* | 12.0 ± 5 | 30.3 ± 6 | 43.0 ± 6 | 40.3 ± 6 | 16.8 ± 5 |
| 30.7 ± 6 | 15.3 ± 6 | 19.2 ± 6 | 43.6 ± 7 | 42.3 ± 7 | 14.2 ± 5 |
| 37.6 ± 5 | 19.4 ± 5 | 21.5 ± 5 | 47.6 ± 5 | 42.7 ± 5 | 9.7 ± 4 |
| 30.3 ± 6 | 15.7 ± 6 | 32.7 ± 7 | 49.8 ± 7 | 40.1 ± 7 | 10.1 ± 5 |
| 34.8 ± 6 | 18.4 ± 5 | 28.1 ± 6 | 53.2 ± 6 | 32.5 ± 6 | 14.3 ± 5 |
| 36.4 ± 6 | 24.0 ± 6 | 32.0 ± 6 | 51.1 ± 6 | 36.4 ± 6 | 12.5 ± 5 |
| 36.7 ± 7 | 19.6 ± 6 | 37.4 ± 7* | 52.6 ± 7 | 33.1 ± 7 | 14.3 ± 6 |

- adults in the Manawatu region were significantly less likely to have participated in an organised competition or event; and
- adults in the Southland region were significantly more likely to have participated in an organised competition or event, were significantly more likely to have received instruction to improve their performance for a sport or recreation activity, and were significantly more likely to have volunteered for a sport or recreation activity.