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Introduction

SPARC Facts contains the facts and figures about New Zealanders' involvement in sport and physical activity. These have been compiled from the New Zealand Sport and Physical Activity surveys run by SPARC.

Most of the information in this report comes from the combined results of the Hillary Commission's (now SPARC)¹ 1997, 1998 and 2000 Sport and Physical Activity Surveys. These national surveys have now interviewed a total of 16,500 New Zealanders – 12,500 adults (people aged 18 and over) and 4,000 young people (5-17-year-olds) – about their participation in physical activity and sport. People were chosen for the survey at random from 12 regions covering the 17 Regional Sports Trusts (RSTs). Interviews took place in each region every month during each year that the survey was carried out to track how active people were, including from season to season.

Combining results from the three surveys provides more detailed activity profiles of people across the different demographic variables (i.e. ethnicity, gender and age). More detailed information about activity levels of boys and girls and men and women of different ages and ethnic backgrounds is published in this edition of *SPARC Facts*.

Definitions of activity and inactivity, sport and active leisure, sporting activity and ethnicity are provided within the document and are listed in summary in the Appendix (page 51). Information on how the surveys are carried out is also described in more detail in the **Appendix**.

This document provides an overview of all the key information contained in the New Zealand Sport and Physical Activity surveys. The information includes:

- How active/inactive people are by gender, age, ethnicity, as well by their education and available household income
- How active New Zealanders want to be
- What sport and physical activities we participate in
- Levels of club membership, participation in sports and active leisure organised competitions, and who receives coaching
- Who is involved in sport and active leisure coaching and administration
- Why we need to be active
- How New Zealanders compare internationally.

Summary profiles are included by:

- Regional Sports Trusts (RSTs)
- Ethnicity – Māori, European, Pacific people and other ethnic groups
- People with a disability
- Older people (aged 50 years or over).

Some of the key trends since 1997 are also presented, along with other interesting facts, such as:

- Awareness of the Hillary Commission's (now SPARC) sports programmes for young people and awareness of the RSTs
- Why people stop and start being active
- Who takes the stairs
- Other activities people participate in during their leisure time.

Detailed profiles are available on the SPARC website for the following:

- Demographic profiles (Māori, European, Pacific, other ethnic groups, older people, people with a disability, volunteers, gender)
- Regional Sports Trusts
- Sports profiles
- Trends (from 1997 to 2001).

Other publications (from previous surveys) and more information about the Sport and Physical Activity Survey are also available on the SPARC website:

www.sparc.org.nz

Acknowledgments

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¹SPARC (Sport and Recreation New Zealand) formerly known as the Hillary Commission.

Key Facts

HOW ACTIVE ARE WE?²

- 68% or 505,000 young people (5-17-year-olds) and 68% or 1,851,000 adults are *active* (they do at least 2.5 hours or more of sport and active leisure per week).
- 32% or 233,000 young people and 32% or 878,000 adults are *inactive* (they either do no physical activity or less than 2.5 hours per week).
- More girls (36%) are *inactive* than boys (27%) and more women (34%) are *inactive* than men (31%).
- Adults were more *active* in 2000/01 (70%) than they were in 1997/98 (67%) resulting in around 150,000 more adults being active.
- Indications are that activity levels for young people may be declining overall, with the change from 69% in 1997/98 to 66% in 2000/01.
- The proportion of young people that are sedentary (no activity in the last two weeks) has increased from eight percent in 1997/98 to 13% in 2000/01.

Young people

- Māori and European young people are the most active (71% and 70% respectively) compared to 52% of Pacific young people or young people from other ethnic groups (59%)³.
- Māori girls are more active than European and Pacific girls and girls from other ethnic groups (70%, 64%, 52% and 55% respectively). European and Māori boys (76% and 72%) are more active than boys from other ethnic groups or Pacific boys (63% and 53%).

Adults

- Māori and European adults are the most *active* (67% and 69% respectively). 63% of Pacific adults are *active*. Adults from other ethnic groups are the least active with only 54% being active.
- Activity levels for Māori, European and Pacific men are similar (between 68% and 71% are *active*), but men from other ethnic groups are the least *active* (57%).
- European and Māori women are the most active (68% and 65%) compared to Pacific women (58%) and women from other ethnic groups (51%).
- 39% of adults are *active* for 30 minutes a day on five or more days per week (these people most closely meet the physical activity guidelines in terms of being regularly active).

HOW ACTIVE DO WE WANT TO BE?

Young people

- Close to three in five or 62% of young people are interested in participating in a new sport or active leisure activity. Teenagers show less interest in doing new sports or active leisure; in particular those aged 16-17 years old (50%).
- Young Māori (66%), particularly boys (68%), show the most interest in taking up a new sport or active leisure activity. Pacific girls also show the most interest (69%) when compared to girls from other ethnic groups (around 62%).

Adults

- Among adults, 57% would like to spend more time taking part in sport and active leisure. Men and women are equally interested in being more *active* but as people get older, levels of interest in being more *active* decreases to 32% for those adults aged 65 years or over (66% are happy with their current level of activity).
- Those adults aged 65 years or over are less likely to want to be more *active* in 2000/01 when compared to 1997/98 (29% and 35% respectively). This is also true for European adults (55% and 58% respectively). On the other hand, more adults from other ethnic groups in 2000/01 want to be more *active* than they did in 1997/98 (68% to 58%).

HOW AND IN WHAT SPORT AND ACTIVE LEISURE DO WE PARTICIPATE?

Young people

- Almost all young people (92% or 669,000) take part in some sport and *active* leisure over the year. Participation rates are high for both boys and girls (93% and 91%).
- Participation for young people aged 5 to 15 years old is high (around 94%) but for 16 and 17 year olds it is noticeably lower at 78%.
- Almost all young Māori and Europeans (92% and 93% respectively) enjoy some sport or *active* leisure along with 90% of young people from other ethnic groups and 84% of Pacific young people.
- **Schools and activity:** Around two-thirds of boys and girls (67% and 70%) are involved in sport and *active* leisure activity at school *during* school hours. More than one in five boys and girls (21% in each case) also take part in sports and activities organised by the school *before* or *after* the main school day.

²**Important note on interpretation of results:** These results are provided from **combined** data from the 1997/98, 1998/99 & 2000/01 New Zealand Sport and Physical Activity Surveys, unless specific reference is made to trends across the three surveys (for example; in bullet points 4, 5 and 6).

³Definitions of ethnicity: The ethnicity question in the sport and physical activity survey is based on self-identification with an ethnic group. The four categories were: a New Zealander of Māori or part-Māori descent, a New Zealander of European descent/other European, a person of Pacific Island descent, or another ethnic group. Please note that for ease of readability reference to ethnicity will generally be abbreviated as follows: Māori, European, Pacific, other ethnic group.

- **Club participation:** Around a third of young people play sport with a club (33%), although this is more common for boys (38%) than girls (28%).
- **Top sports and activities:** The top five sports and active leisure for boys are: swimming, rugby union, soccer, cycling and cricket. The top five sports and active leisure for girls are: swimming, exercising, outdoor games, netball and cycling.
- **Coaching/instruction:** Around three in five (62%) young people receive some form of coaching or instruction to improve their performance in a sport or active leisure activity. European young people are more likely to have received some coaching than Māori or Pacific young people or young people from other ethnic groups (68%, 54%, 38% and 46% respectively). Boys are also more likely than girls (66% and 58%) to have received coaching, as are those young people aged 9-12 years when compared to other young people.

Adults

- Almost all New Zealand adults (98% or around 2.67 million) enjoy some sport and active leisure over the year.
- Participation rates over a year in sport and active leisure are equally high for all New Zealanders, including Māori, European, Pacific people and people from other ethnic groups.
- Almost all men and women take part in some sport or active leisure in a year, but men take part in more activities than women (the averages for all sport and activities are 5.4. and 4.6 respectively).
- Around 2.27 million adults (83%) take part in a sporting activity. Men, Māori and those adults 49 years or under (in particular those aged 18-24 years) are more likely to participate in a sport than women, adults from other ethnic groups and people over 50 years of age.
- **Top sports and activities:** The popularity of sports and activities varies for men and women, and for people of different ages and cultures. Popular sports include golf, tennis and touch rugby for both men and women. Women also enjoy participating in netball and horse riding whereas men participate more in cricket and rugby union.
- Golf is the main sport New Zealand adults participate in. For Māori it is touch rugby. Volleyball is the sport most Pacific adults participate in and for adults from other ethnic groups it is badminton. Netball and basketball are also popular with both Māori and Pacific adults, as are rugby union and rugby league.
- Walking and gardening are the two main physical activities men and women do in their leisure time. Other popular physical activities include swimming, fishing, and exercising at home or at the gym.
- **Club membership:** Around a third of New Zealand adults (36%) who have participated in a sport or physical activity in the last four weeks are currently active members of a club or gym. Men are more likely to be club members than women (41% and 31% respectively).
- Four out of 10 Māori and around a third of European New Zealanders and Pacific adults belong to clubs (36% and 35%). People from other ethnic groups are less likely to be club members - only 24% are members of a club to participate in a sport or active leisure activity.
- **Coaching and organised competition:** Just over two out of 10 adults (23%) currently receive some coaching or instruction for at least one of their chosen sports or active leisure. Around a quarter of New Zealand adults (26%) took part in at least one sport or active leisure competition over the last year.
- When compared to European adults and adults from other ethnic groups, Māori and Pacific adults are more likely to participate in an organised competition and have received some coaching or instruction.
- The levels of club membership and participation in an organised competition (whether sport or active leisure) for young adults (18-24 years of age) fell between 1997/98 and 2000/01 from 53% to 42% and 45% to 32% respectively. Those who received coaching fell from 43% to 37% over this period. However, young adults are still more likely to be a member of a club to participate in a sport or physical activity, play in an organised competition and have received some coaching or instruction than adults aged 25 years or over.
- **Involvement as a coach, referee, official, administrator, parent helper:** 27% of adults have been involved as a coach/instructor, a referee or other official, an administrator and/or as a parent helper in the past 12 months. Young adults (18-24 years of age) are less likely to be involved in one of these roles in 2000/01 than in 1997/98 (23% and 31%) whereas those adults aged 50-64 years are more likely to (24% and 19%) be involved.

Part 1: How active are we?/How active do we want to be?

There is clear scientific evidence that being active on most days of the week benefits health. Active people not only feel better but also reduce their risk of dying prematurely and developing diseases such as heart disease and cancer. New Zealand physical activity guidelines *Movement=Health: Guidelines for Promoting Physical Activity* (Hillary Commission, 2001)* remind us that all it takes is 30 minutes a day of moderate intensity physical activity on most days (at least five) of the week to enjoy a healthy lifestyle.

People are broadly categorised as active or inactive. Within this broad categorisation there are further sub-categories of the extent of activity or inactivity (i.e. inactive: *sedentary, relatively inactive*; active: *relatively active, highly active*).

Regularly active

While there are health benefits from doing a total of at least 2.5 hours of physical activity per week it is considered that there are *further* health benefits from being physically active on most days of the week (i.e. regularly active) as recommended in the physical activity guidelines *Movement=Health*. Therefore, if a person does 30 minutes of physical activity on five or more days of the week they are also considered as *regularly active*. This categorisation is the focus of the Couch Potato Index (CPI) (see page 13).

DEFINITIONS

The New Zealand Sport and Physical Activity survey refers to four categories of activity/inactivity. These four categories are shown in the table below.

Active/inactive	Category	Description
Physically inactive	Sedentary	No sports/leisure-time physical activities in the 4 weeks before the interview (2 weeks for young people)
	Relatively inactive	Took part in some leisure-time physical activity in the 4 weeks before the interview (but not necessarily the last 7 days), and all those who took part in less than 2.5 hours in the 7 days before the interview
Physically active	Relatively active	Took part in at least 2.5 hours, but less than 5 hours of sport/leisure-time physical activity in the 7 days before the interview
	Highly active	Took part in 5 hours or more of sport/leisure-time physical activity in the 7 days before the interview

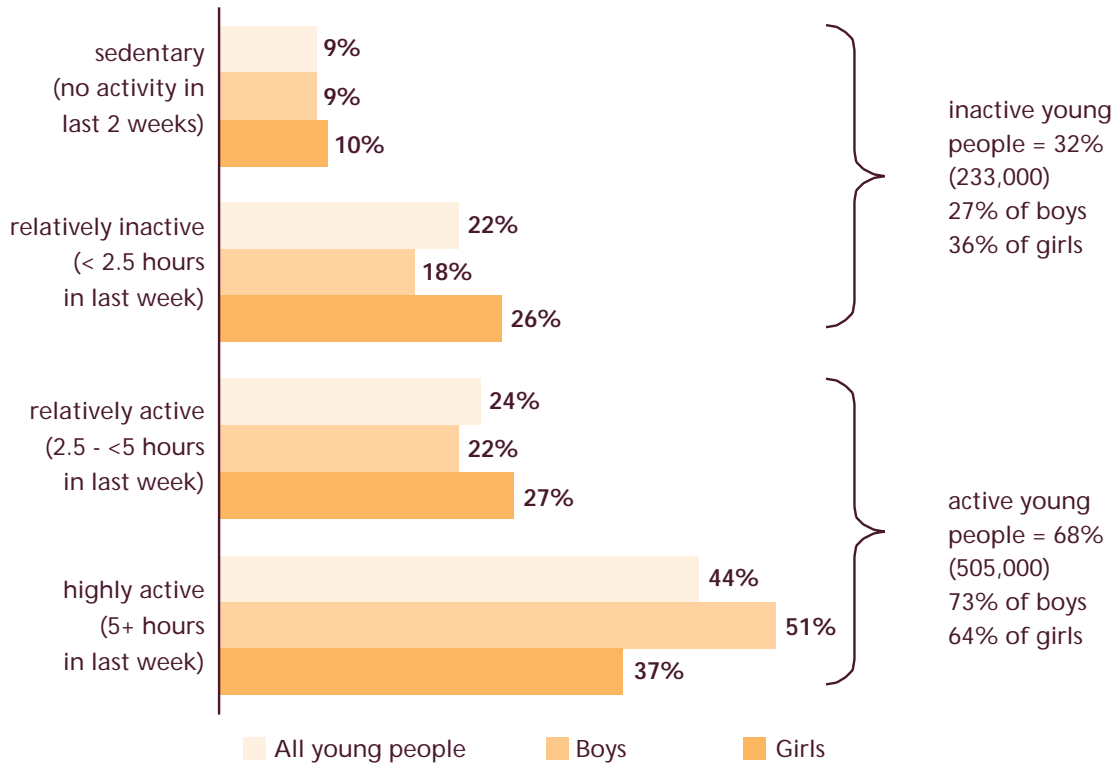
*Available from SPARC

OVERALL HOW ACTIVE/INACTIVE ARE WE?

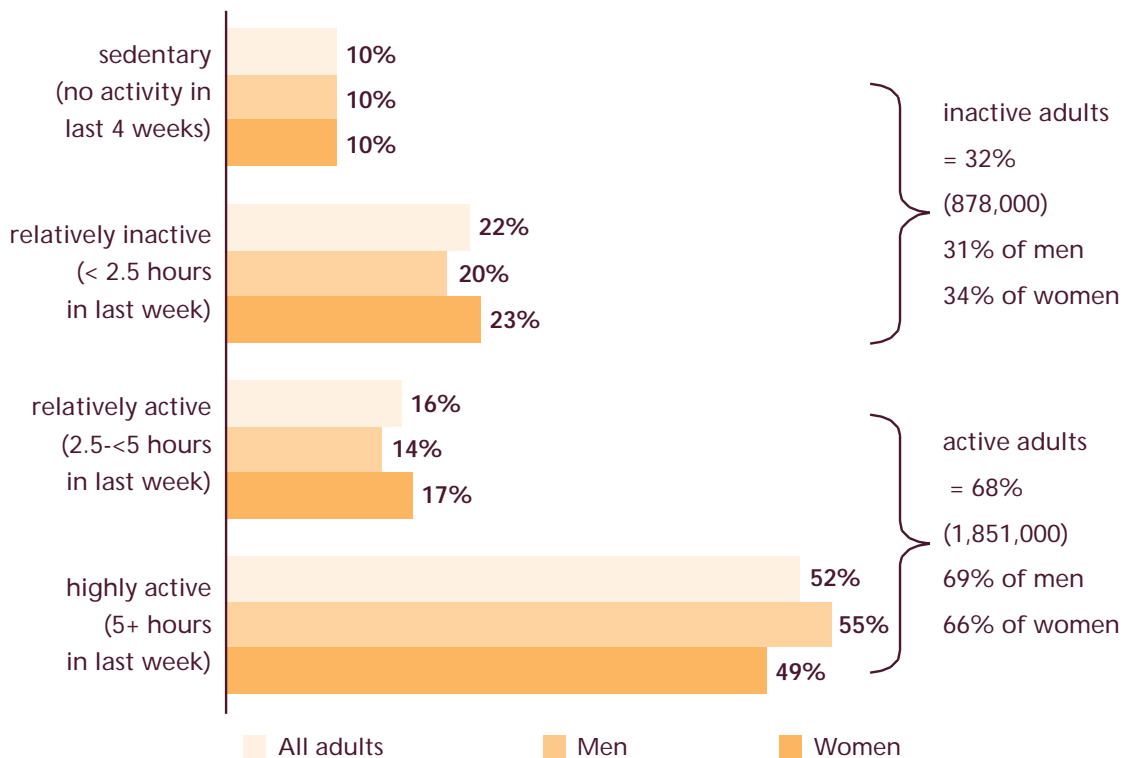
In New Zealand, 68% or 1,851,000 adults and 68% or 505,000 young people over the age of five are *active* in their leisure time and around a third are *inactive*; that is, they either do no activity or less than 2.5 hours per week of physical activity, and this lack of activity poses a serious health risk.

In total, 233,000 young people and 878,000 adults are considered *inactive*. The following charts show how *active* and *inactive* young people and adults are in their leisure time. More girls (36%) are *inactive* than boys (27%), and more women (34%) are *inactive* than men (31%).

Levels of physical activity - New Zealand young people



Levels of physical activity - New Zealand adults

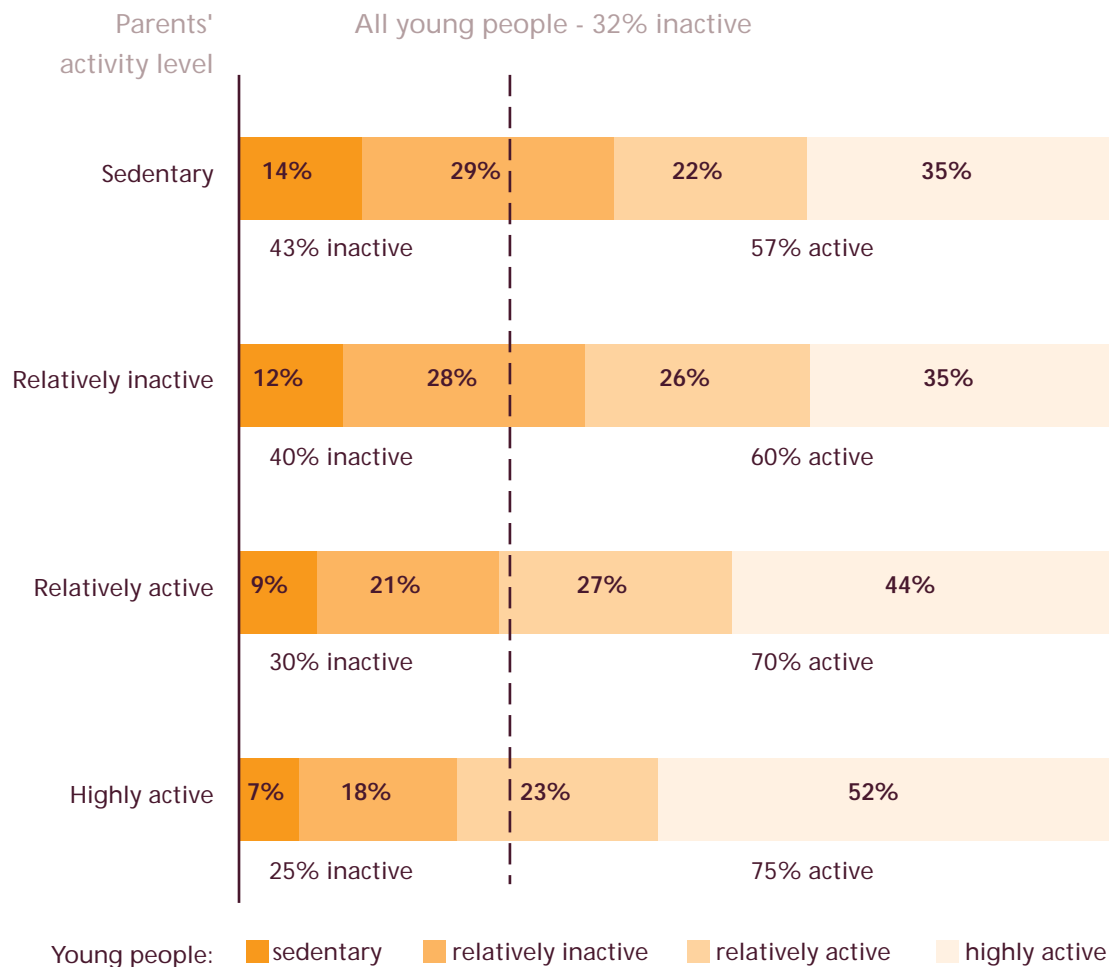


While one-in-five young people and adults (22%) take part in some sport and physical activity, they are insufficiently active, as they are physically active for fewer than 2.5 hours a week. Around one-in-10 people aged five and over can be considered *sedentary* (9% for young people and 10% for adults).

At the other end of the spectrum, over four out of 10 young people (44%) and just over a half of adults (52%) are *highly active*, spending five or more hours a week on sport and physical activity. Boys (51%) are much more likely than girls (37%) to be highly active, as are men when compared to women (55% and 49% respectively).

The results also show that young people are more likely to be active if their parents are active. 70% of young people who have *relatively active* parents are active, and the figure rises up to 75% for those whose parents are *highly active*.

The reverse is also true. Young people are more likely to be inactive if their parents are inactive. While 32% of all young people are inactive, the figure is 40% for those whose parents are *relatively inactive* and increases up to 43% for those with *sedentary* parents. Clearly, parents are important activity role models for their children.



Note: Some totals do not add up to 100% due to rounding.

HOW ACTIVE ARE YOUNG PEOPLE?

The most active young people are those aged 9-12 years – around 76% of them are *active*. 70% of young people aged 13-15 years old are also *active*. The most *inactive* young people are those aged 16-17 years (47%), especially young girls (54%). More than two in five boys (41%) aged 16-17 years are also *inactive*.

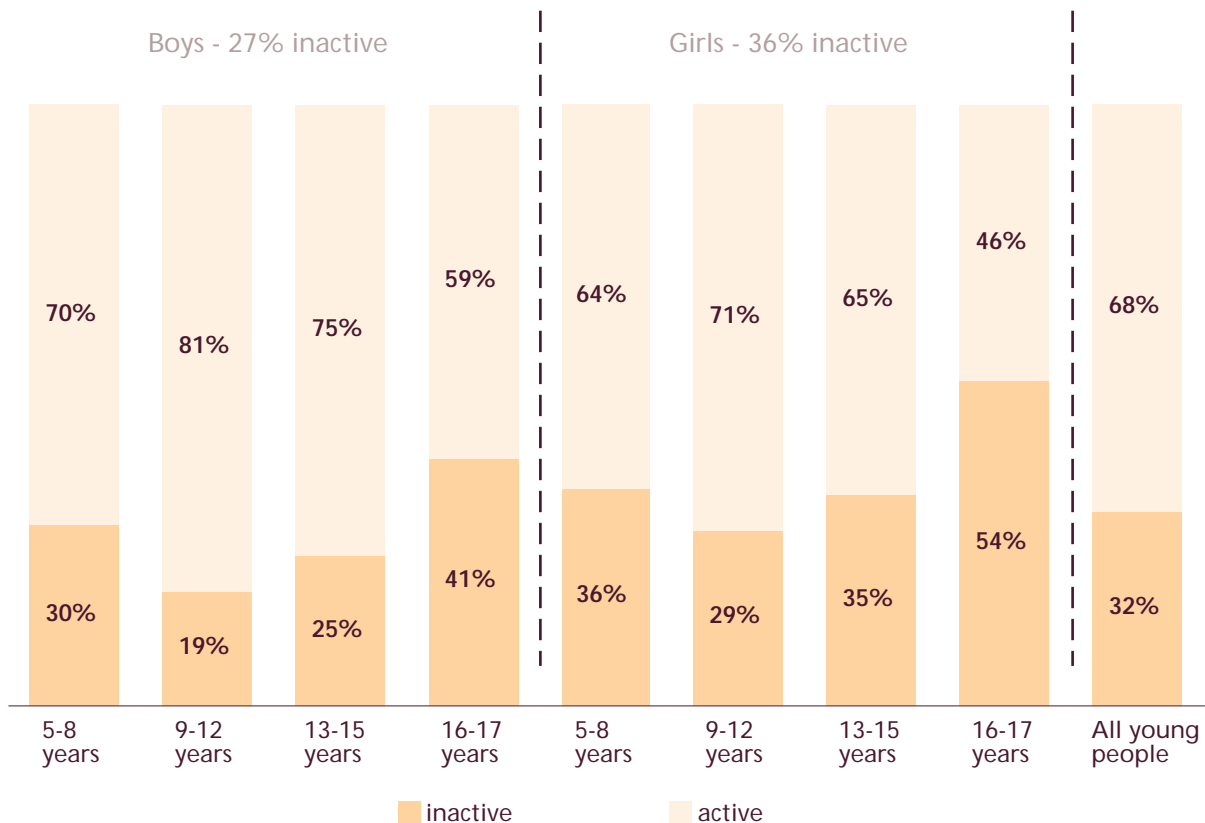
Young people spend an average of just over 6.5 hours a week playing sport and being active. On average boys are active for 1.5 hours more a week than girls. 9-12-year-olds are active for more time each week than both the younger and older age groups.

When young girls reach 16-17 years an increasing proportion become *sedentary* – that is they have not done any physical activity in the two weeks prior to being interviewed. There is also a fall in the proportion of girls who are *highly active* – 43% of young girls who are aged 9-12 years are highly active compared to 26% of those girls aged 16-17 years.

Levels of physical activity among young people in New Zealand

Activity level	Girls	Boys	5-8 years	9-12 years	13-15 years	16-17 years	Māori	European	Pacific	Other ethnic groups	All young people
	%	%	%	%	%	%	%	%	%	%	%
Sedentary	10	9	8	5	9	24	10	8	19	12	9
Relatively inactive	26	18	25	19	21	23	19	21	28	29	22
Inactive	36	27	33	24	30	47	29	30	48	41	32
Relatively active	27	22	28	24	24	16	21	26	19	23	24
Highly active	37	51	39	51	46	37	50	45	33	36	44
Active	64	73	67	76	70	53	71	70	52	59	68
Hours active per week (average)	5.8	7.3	5.9	7.2	6.9	6.4	7.7	6.5	5.6	5.7	6.6
Number of young people surveyed	1748	1857	1182	1023	809	591	664	2469	213	255	3605

Note: See page 5 for the definition of the activity levels. Average hours per week are calculated for young people who take part in sport and active leisure.



Boys aged 16-17 years are also more sedentary when compared to younger boys. Unlike younger girls, the proportion of boys who are *highly active* remains at a similar level (around 59%) between ages 9-15 years, although, like young girls, falls when they reach 16-17

years (46%). As boys grow older there are more likely to be reducing proportions of those who are relatively active (from 28% to 13%) and increases in those young boys up to the age of 15 years being *highly active*.

Levels of physical activity among young people by gender and age

Activity Level	All young people		5-8 yrs		9-12 yrs		13-15 yrs		16-17 yrs	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
	%		%		%		%		%	
Sedentary	10	9	9	7	5	5	10	8	28	21
Relative inactive	26	18	28	23	24	14	25	17	26	20
Inactive	36	27	36	30	29	19	35	25	54	41
Relatively active	27	22	27	28	27	22	30	18	20	13
Highly active	37	51	37	42	43	59	35	58	26	46
Active	64	73	64	70	71	81	65	75	46	59

Ethnicity

Activity levels also vary with young people's ethnic backgrounds. Young Māori and European are the most active (71% and 70% respectively). The least *active* are young Pacific people and people from other ethnic groups: 52% and 59% of these young people are *active*.

Young Māori spend, on average, around 7.7 hours a week playing sport and being active. Young people from a European background are active for 6.5 hours a week, while young Pacific people and young people from other ethnic groups are active for less than six hours a week.

Ethnicity and gender

Within each ethnic group, activity levels vary for boys and girls. As the table below shows:

- Māori and Pacific boys and girls are equally active.
- Boys from a European background and other ethnic groups are more active than girls from their respective ethnic groups.
- Boys from a European background are the most active of all young people (76%), while girls from other ethnic groups and Pacific girls are the least active (48% and 45% respectively).

Levels of physical activity vary for boys and girls from different ethnic groups

Activity Level	All young people	Girls	Boys	Māori girls	Māori boys	European girls	European boys	Pacific girls	Pacific boys	Other ethnic groups girls	Other ethnic groups boys
	%	%		%		%		%		%	
Sedentary	9	10	9	9	10	10	7	20	18	13	10
Relative inactive	22	26	18	21	17	26	17	28	29	32	27
Inactive	32	36	27	30	28	36	24	48	47	45	37
Relatively active	24	27	22	23	19	28	23	20	19	26	19
Highly active	44	37	51	46	53	36	53	32	34	28	44
Active	68	64	73	70	72	64	76	52	53	55	63

Note: Some totals do not add up to 100% due to rounding. The figures for boys and girls from Pacific and other ethnic groups are based on less than 100 respondents and so provide an indication of activity levels for these young people, rather than exact figures.

Ethnicity and age

Activity levels also vary for young people of different ages and ethnicities. Overall, for Māori young people the most active are the 9-12-year-olds (75%). For young Māori aged 5-8 and 13-17 years the *active* range lies between 61% and 73%.

This pattern is also true for European young people, but only 53% of 16-17-year-olds are active, a fall from 71% (13-15-year-olds). For Pacific young people, activity level

is the lowest for the youngest age group (5-8 year-olds) but increases as these young people grow older – 55% of Pacific young people aged 9-15 years are *active*. It falls again when they reach 16-17 years (52%), although not as much as it falls for 16-17-year-old Europeans and young people from other ethnic groups.

Young people from other ethnic groups follow a similar pattern to European young people, except that those aged 5-8 years are *active* at a similar level to 16-17-year-olds.

Levels of physical activity vary with the age of young people from different ethnic groups

Age groups	All young people		Māori young people		European young people		Pacific young people		Other ethnic groups young people	
	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %
5-8 yrs	33	67	31	69	29	71	52	48	50	50
9-12 yrs	24	76	25	75	22	78	45	55	31	69
13-15 yrs	30	70	27	73	29	71	44	56	36	64
16-17 yrs	47	53	39	61	47	53	48	52	51	49

Note: Some totals do not add up to 100% due to rounding.

HOW ACTIVE ARE ADULTS?

Activity levels are similar for adults of all ages, although those aged 25-49 years are slightly less active than other adults. Among men, those aged 18-24 years and 65 years or over are the most active, while among women activity levels are lowest for those aged 25-34 years.

Ethnicity

Māori and Europeans have similar levels of physical activity, with just over two-thirds of adults from each of these ethnic groups being *active*. Activity levels are slightly lower (63%) for Pacific adults, while adults from other ethnic groups are the least active (54%).

Similar proportions of young adults (18-24-year-olds) and older adults (50 years or over) are represented in the *highly active* category.

Ethnicity, gender and age

Adults spend, on average, over nine hours a week taking part in sport and physical activities. This figure is higher for men (just over 10 hours), adults aged 65 years or over (around 11 hours) and Māori (around 11 hours).

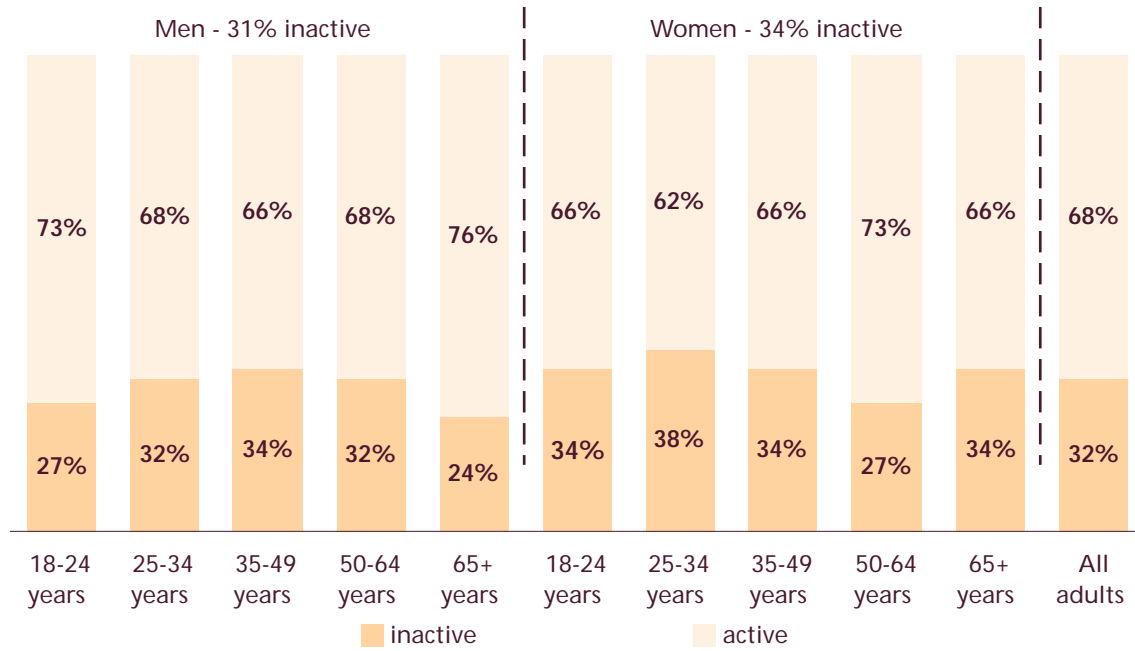
Men are active for almost two hours more per week than women (who spend an average of 8.4 hours each week being active). Adults from other ethnic groups spend the least amount of time being active, just over seven hours or almost two hours less per week than New Zealand adults as a whole.

Levels of physical activity among New Zealand adults

Activity Level	Women Men		18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%	%	% (Age groups)				% (Ethnic groups)				%	
Sedentary	10	10	7	10	10	9	14	12	9	10	17	10
Relatively inactive	23	20	23	24	24	20	16	21	21	27	29	22
Inactive	34	31	30	35	34	29	30	33	31	37	46	32
Relatively active	17	14	14	18	17	16	12	14	16	17	16	16
Highly active	49	55	55	47	49	55	58	53	54	46	38	52
Active	66	69	70	65	66	71	70	67	69	63	54	68
Hours active per week (average)	8.4	10.3	9.9	8.4	8.7	9.6	10.9	10.9	9.3	8.6	7.2	9.3
Number of adults surveyed	6941	5628	1267	2535	3937	2549	2279	1623	9846	433	654	12,569

Note: See page 5 for the definition of the activity levels. Some totals do not add up to 100% due to rounding. Average hours per week are calculated for people who take part in sport and active leisure

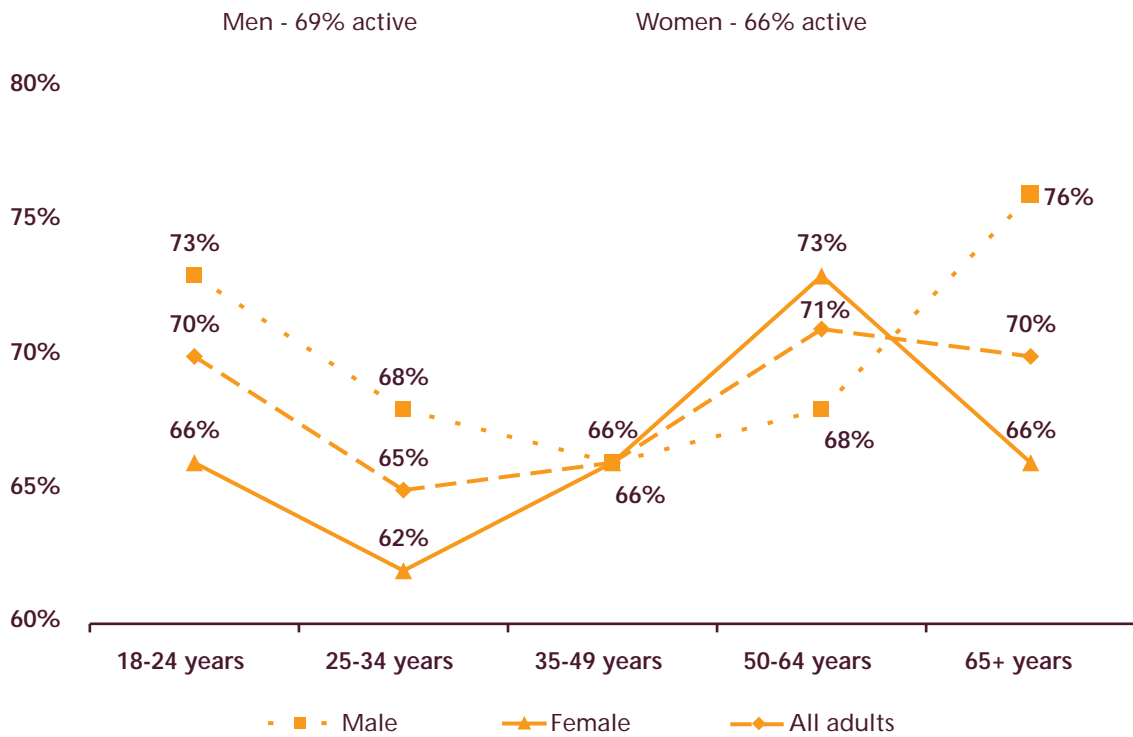
Activity levels vary for men and women of different ages



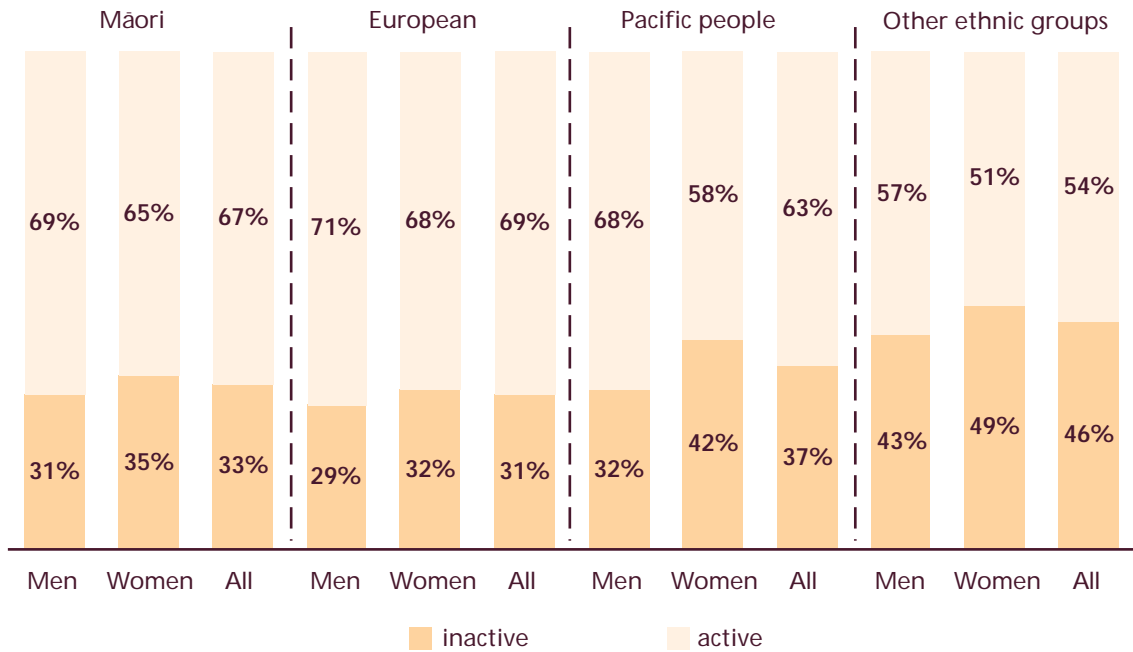
Young men (18-34 years) are more likely to play sport and be active than young women of the same age, in particular those aged 25-34 years. Activity levels are the same for men and women in the 35-49 years age band.

For adults aged 50-64 years, women are more active than men (73% and 68% respectively) but the reverse is true for adults aged 65 years or over (76% of men and 66% of women are active).

Men and women have different patterns of activity levels



Activity levels vary for men and women of different ethnic groups



Activity levels are similar for Māori, European and Pacific men (between 68% and 71% are active), but men from other ethnic groups are less active (57%).

Activity levels are higher for European women (68%) than for Māori (65%), and Pacific women (58%) and other ethnic groups (51%).

The following table shows that European adults are active at a similar level throughout their adult life whereas

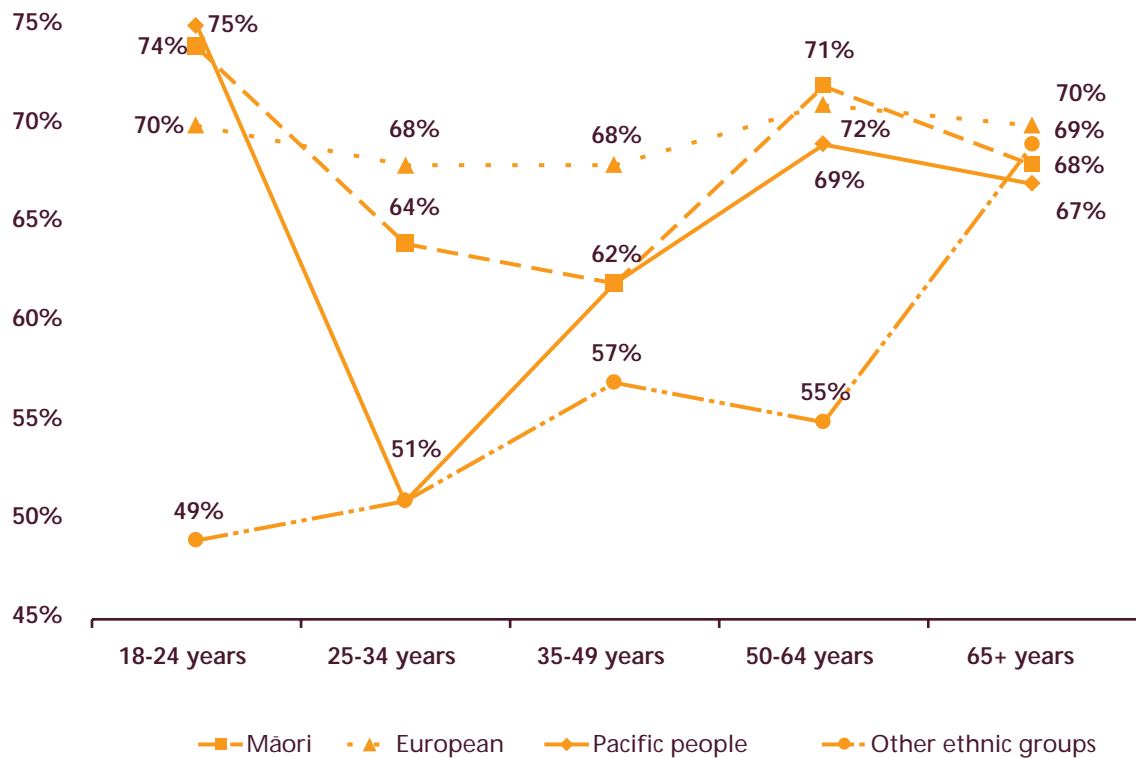
for both Māori and Pacific adults the proportion of adults who are active falls between 25-34 years. Levels of activity do not actually pick up again until Māori adults reach the 50-64 years age group, but for Pacific adults it picks up in the earlier age group of 35-49 years. It is interesting to compare this to adults from other ethnic groups who, it appears, get more active as they get older. The most active group are those aged 65 years or over.

Activity levels for ethnic groups of different ages

Age groups	All adults		Māori adults		European adults		Pacific adults		Other ethnic groups adults	
	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %	Inactive %	Active %
18-24 yrs	30	70	26	74	30	70	25	75	51	49
25-34 yrs	35	65	36	64	32	68	49	51	49	51
35-49 yrs	34	66	38	62	32	68	38	62	43	57
50-64 yrs	29	71	28	72	29	71	31	69	45	55
65 yrs +	30	70	32	68	30	70	33	67	31	69

Note: The sample size for Pacific adults aged 65+ years is very small. Use such figures with caution and treat them as only indicative and not conclusive.

Different ethnic groups have different patterns of activity levels



Income and education

There is little difference in levels of activity between adults who live in households with different levels of available income. Adults with a tertiary education are

more likely to be active in their leisure time than those adults who have any other types of education or no education, and in particular those adults with no secondary school education.

Activity levels for adults with different levels of education and household income

Activity Level	No secondary school	School education	Tertiary educated	Tech/Trade Cert/Prof. Training	Other	Less than \$18,000	\$18,001-\$36,000	\$36,001-\$60,000	\$60,001+	All adults
	%					%				%
Inactive	42	33	28	33	38	34	32	32	29	32
Active	58	67	72	67	62	66	68	68	71	68
Number of adults surveyed	809	5585	3985	1977	176	2849	2861	2457	2453	12,569

THE CPI (COUCH POTATO INDEX)

The Push Play campaign and the New Zealand physical activity guidelines *Movement=Health: Guidelines for Promoting Physical Activity* (Hillary Commission 2001) recommend that adults do at least 30 minutes of moderate intensity⁴ physical activity, on most, if not all days of the week. Most days is defined as a minimum of five days per week. This recommendation is based on the US Surgeon General's report *Physical Activity and Health* (1996) which found that 30 minutes moderate intensity physical activity, on most days of the week, is enough to maintain health and prevent some diseases (see page 23 for more information on why we need to be more active).

In addition to finding out about the **total time** adults are active per week we want to know how **regularly** active they are. To find this out, we have developed a

CPI (Couch Potato Index) which measures the number of days in the last week that adults participate in sport or active leisure for 30 minutes or more, which tells us the proportion of adults who meet the physical activity guidelines (that is those who do at least 30 minutes of moderate physical activity on five days or more).

Regularity of physical activity

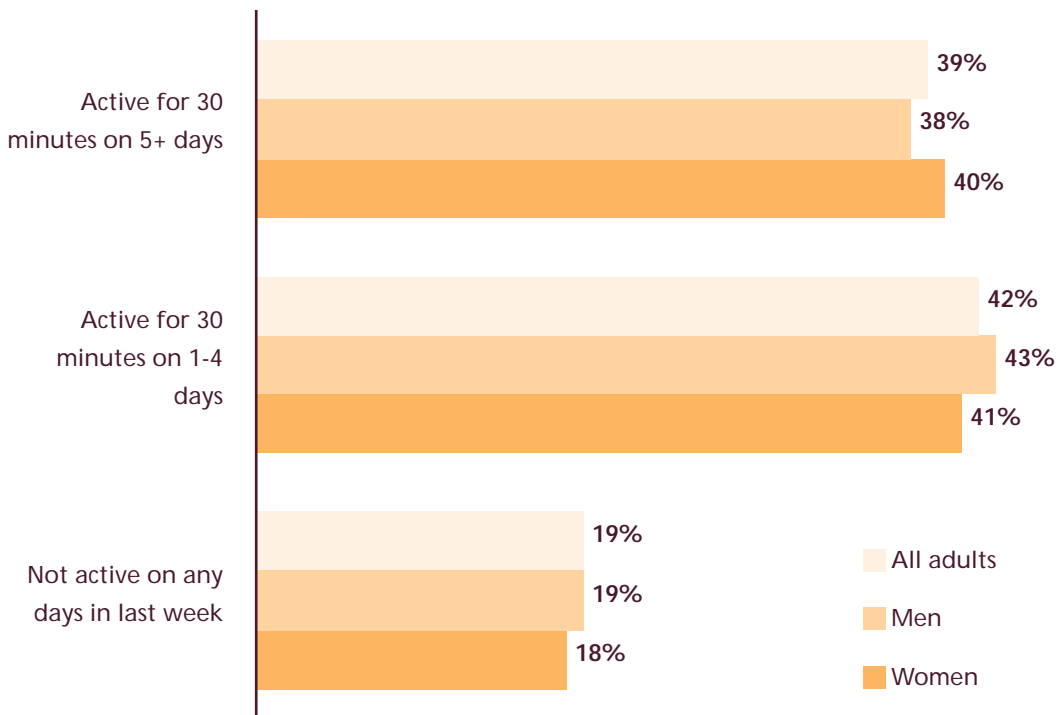
The results show that while 68% of adults are active for more than 2.5 hours per week, only four out of 10 adults (39%) are active for 30 minutes or more on at least five days a week. Just over four out of 10 people (42%) were active for 30 minutes or more on between one and four days. And almost two out of 10 adults (19%) had not taken part in any sport or physical activity in the previous week.

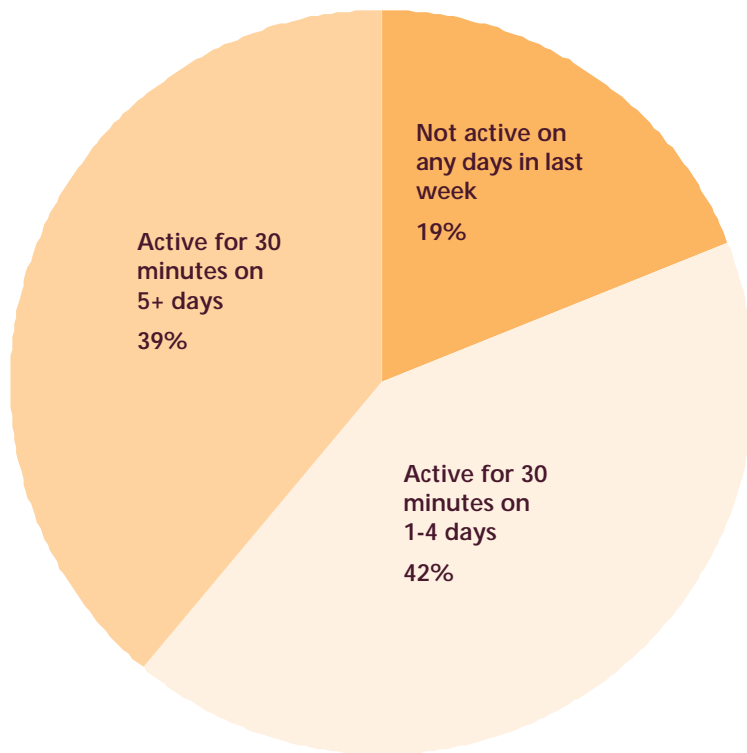
⁴ Moderate intensity physical activity is defined as activity that will cause a slight but noticeable increase in breathing and heart rate (a good example is brisk walking).

These results show that some people are reaching the 2.5-hour threshold by being active for more than 30 minutes on fewer than five days a week; for example by playing sport for 2.5 hours on a Saturday and not being active on any other day during the week. While these people are benefiting from the activity they do, they would benefit even more from regular activity and being active for at least 30 minutes on most other days of the week.

Readers should note that the chart below shows that 19% of adults were not *active* in the last week. This figure is higher than the 10% in the *sedentary* category in the chart on page 5, because the figure below also includes people who were *active* in the previous four weeks but not in the last week of those four weeks – these people are classed as *relatively inactive* in the earlier chart.

Four out of 10 adults are active for 30 minutes a day on five or more days a week





The chart shows the responses of all adults. The responses of men and women to this question were almost identical, and so are similar to those for all adults.

Ethnicity and gender

Māori men are more likely to be active on five or more days per week than their counterparts, especially men from other ethnic groups, who are more likely to be active on 1-4 days per week. Māori and European women

are also more likely to be active on five days or more each week than Pacific women (who are more likely to be active on 1-4 days each week) or women from other ethnic groups. Women from other ethnic groups are more likely than any other women not to be active on

Activity Level	All adults		Māori adults		European adults		Pacific adults		Other ethnic groups adults	
	Female %	Male %	Female %	Male %	Female %	Male %	Female %	Male %	Female %	Male %
Not active	18	19	21	22	17	18	20	21	30	25
Active 1-4 days	41	43	39	34	42	45	45	42	39	45
Active 5+ days	40	38	40	43	41	38	35	37	31	30

Age

Adults aged 25-49 years of age are more likely to be active on 1-4 days per week, whereas younger adults

and older adults (in particular those 65 years or over) are more likely to be undertaking 30 minutes of physical activity on five or more days per week.

Activity Level	All adults %	18-24 yrs %	25-34 yrs %	35-49 yrs %	50-64 yrs %	65 yrs+ %
Not active	19	18	20	19	17	19
Active 1-4 days	42	41	46	45	43	33
Active 5+ days	39	41	34	36	40	48

Income and education

Adults with no secondary school education are more likely not to be physically active and are less likely to be active 1-4 days each week. However, there is a similar proportion of these adults who are active for at least 30 minutes a day on five or more days a week when compared to other adults.

Those adults who have a lower available household income are more likely to be physically active for 30 minutes a day on five or more days a week than those adults who have a higher available household income.

Activity level	No secondary school	School education	Tertiary educated	Tech/Trade Cert/Prof. Training	Other	Less than \$18,000	\$18,001-\$36,000	\$36,001-\$60,000	\$60,001+	All adults
	%					%				%
Not active	27	20	15	19	20	21	19	18	15	19
Active 1-4 days	35	42	44	43	42	35	41	47	46	42
Active 5+ days	38	38	41	38	38	44	40	35	38	39
<i>Number of adults surveyed</i>	809	5585	3985	1977	176	2849	2861	2457	2453	12,569

Note: Information was not collected about the number of days a week young people were active.

HOW ACTIVE ARE ADULTS COMPARED TO THE SAME TIME LAST YEAR?

Adults were asked to compare their level of activity to around the same time last year. 24% of adults spend *more* time being active compared to the same time last year. Those 25 years of age or over are more likely to

spend the same amount of time being active compared to last year than adults aged 24 years or younger.

Māori, Pacific people and adults from other ethnic groups are more likely to spend less amount of time being active compared to last year. European adults, however, are more likely to spend around the same amount of time being active.

Compared to last year...	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
Active more time	26	22	34	29	25	19	10	26	23	28	22	24
Active same time	46	50	28	38	49	59	66	38	51	37	38	48
Active less time	29	28	34	33	26	22	24	36	26	34	40	28
<i>Number of adults surveyed</i>	6925	5618	1266	2529	3930	2543	2273	1621	9827	431	651	12,543

Why more active

The main reasons adults gave to explain why they are more active included wanting to be healthier and fitter (34%), wanting the enjoyment and challenge of becoming more active (16%), having more spare time (11%), losing weight and/or keeping their weight stable (10%) and having taken up a new sport or joining a gym (8%).

Why less active

28% of adults spend less time being active than at the same time last year. The main reasons why they are less active are increased workload/working longer hours (36%), general illness/injuries and operations (19%), limited time as a result of having a young family (15%), being too busy or having no time (12%) and being busy with study (8%).

Any information, advertising or promotion that changed adults' activity levels

Adults were asked whether there was any information, advertising or promotion (anything that they had heard, read or seen) that had influenced them to do more or less sport or physical activity than last year.

Close to nine in 10 (88%) identified that their participation in sport and active leisure activities had not been influenced by anything they had seen, heard or read. There was little difference between men and women, and adults of different ages and ethnic groups.

	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
Yes	13	11	13	12	13	13	7	11	12	13	13	12
No	87	89	87	88	87	87	93	89	88	87	87	88
<i>Number of adults surveyed</i>	<i>2001</i>	<i>1532</i>	<i>498</i>	<i>891</i>	<i>1132</i>	<i>565</i>	<i>446</i>	<i>532</i>	<i>2669</i>	<i>156</i>	<i>176</i>	<i>3533</i>

The main sources of information/promotion that changed adults' activity levels included magazines/ brochures/ newspapers/ books (28%), TV advertising/programmes

(21%), a specific organisation (16%) and a gym promotion (10%). Close to one in 10 (9%) adults were influenced by their GP to change their level of activity.

	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
General	5	3	3	2	6	3	11	0	5	8	0	4
Magazines/brochures/ newspapers/books	24	33	29	16	36	33	6	37	26	13	40	28
TV advertising/ programmes	18	25	12	19	30	16	29	22	18	55	23	21
Specific event	3	9	5	5	6	5	0	0	6	0	10	5
Organisation	19	10	27	11	10	16	17	6	18	3	15	16
Gym advertising/ promotion	15	3	22	10	6	1	7	6	10	0	26	10
Word of mouth	8	7	6	14	6	2	12	13	7	4	7	7
General SPARC promotions/campaigns	2	5	0	2	3	12	0	5	4	0	0	3
Specific SPARC promotions/campaigns	7	3	6	6	5	4	3	6	6	0	2	5
Advice from GP	10	8	1	10	8	19	19	9	10	5	0	9
Other	12	10	12	23	9	2	8	13	12	16	3	12
<i>Number of adults surveyed</i>	<i>261</i>	<i>156</i>	<i>60</i>	<i>110</i>	<i>151</i>	<i>68</i>	<i>28</i>	<i>58</i>	<i>315</i>	<i>21</i>	<i>23</i>	<i>417</i>

Note: The sample sizes for adults aged 65+ years, Pacific adults and adults from other ethnic groups are very small. Use such figures with caution and treat them as only indicative and not conclusive.

AWARENESS OF KEY PHYSICAL ACTIVITY MESSAGES

Adults were also asked to rate the two statements that are reflected in the *Push Play* physical activity campaign to identify if people agree with key physical activity and

health messages. The majority of adults (84%) agree that 30 minutes a day of physical activity is beneficial to their health. Close to three in five (59%) also agree that vigorous exercise for at least 20 minutes a time, three times a week, is beneficial to their health.

	Agree		Neither/Nor	Disagree	
	Strongly agree	Agree		Disagree	Strongly disagree
	%		%	%	
Being active for at least 30 minutes a day is enough	22	62	6	9	1
Vigorous exercise for at least 20 minutes each time, 3 times a week is beneficial to health	13	46	16	24	1

As the following table shows, there is little difference between men and women, or among adults of different

ages and ethnic groups in respect to the “30 minutes a day is enough” message.

Being active for at least 30 minutes a day is enough	Agree		Neither/Nor	Disagree	
	Strongly agree	Agree		Disagree	Strongly disagree
	%		%	%	
Male	21	61	7	10	1
Female	24	63	5	8	1
18-24 years	23	58	9	9	1
25-34 years	25	60	5	8	1
35-49 years	25	66	6	8	1
50-64 years	19	65	5	9	1
65+ years	17	62	6	11	1
Māori	18	62	8	11	1
European	23	62	6	9	1
Pacific	20	68	6	5	1
Other ethnic groups	20	64	6	8	1

As adults grow older, however, they are more likely to disagree with the statement that vigorous exercise 20 minutes a time, three times per week, is beneficial to

their health. Pacific, Māori and adults from other ethnic groups are more likely to agree with the statement than Europeans, as the following table shows.

Vigorous exercise for at least 20 minutes 3 times a week is beneficial to my health	Agree		Neither/Nor	Disagree	
	Strongly agree	Agree		Disagree	Strongly disagree
	%		%	%	
Male	13	46	16	22	2
Female	13	47	15	26	1
18-24 years	15	50	17	16	2
25-34 years	15	48	15	19	1
35-49 years	15	47	16	23	1
50-64 years	10	45	16	27	2
65+ years	7	38	16	36	3
Māori	13	50	14	21	1
European	12	44	16	26	2
Pacific	13	57	14	15	1
Other ethnic groups	16	47	15	20	1

STAIR CLIMBING

Adults were asked on how many days over the past week they climbed one or more flights⁵ of stairs. 68% of adults indicated that they used stairs in the last seven days.

Adults aged 65 years or over, Māori and Pacific adults are less likely to use stairs.

The following table shows results by gender and adults of different ages and ethnic groups.

No. of days stairs were used in last week	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				
Did not use stairs	34	31	26	31	28	31	50	45	30	43	28	32
1-3 days	20	16	14	21	17	18	19	18	18	17	15	18
4-6 days	15	19	24	21	18	16	3	17	17	21	14	17
7 days	32	34	36	28	37	35	27	20	35	19	43	33
<i>Number of adults surveyed</i>	<i>3828</i>	<i>3270</i>	<i>686</i>	<i>1418</i>	<i>2224</i>	<i>1444</i>	<i>1324</i>	<i>884</i>	<i>5668</i>	<i>264</i>	<i>282</i>	<i>7098</i>

Adults were also asked to estimate the number of flights of stairs they had used each day in the past week. Of those adults who used the stairs in the last seven days, around a third of adults climbed between 1-4 flights of stairs per day, 32% between 5-10 stairs and 34% of adults climbed 11 or more flights of stairs.

The following table shows results by gender and adults of different ages and ethnic groups. As adults grow older they are less likely to climb more than 9-10 flights of stairs.

No. of flights of stairs typically used per day	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				
1-2 flights	22	17	17	22	17	17	32	18	20	17	21	20
3-4 flights	16	13	15	15	15	14	13	16	14	15	12	14
5-6 flights	13	13	15	15	13	13	10	14	13	19	18	13
7-8 flights	7	8	9	8	6	9	8	9	8	8	4	8
9-10 flights	11	11	10	11	13	10	11	10	11	9	13	11
11+ flights	30	37	34	30	37	37	27	33	34	32	31	34
<i>Number of adults surveyed</i>	<i>2339</i>	<i>2154</i>	<i>471</i>	<i>913</i>	<i>1535</i>	<i>960</i>	<i>613</i>	<i>466</i>	<i>3690</i>	<i>141</i>	<i>196</i>	<i>4493</i>

HOW ACTIVE DO WE WANT TO BE?

Young people

To see whether or not young people want to be more active, the survey asked if there are any sports or physical activities, which they are not currently doing, that they wanted to take part in. The results show that:

- Around three in five boys and girls (62% and 61% respectively) are interested in doing new sports or activities.
- For both boys and girls interest is greatest among 5-8-year-olds and 9-12-year-olds (66% each).
- Teenagers show less interest in taking up new sports and activities than younger children, with interest levels lowest among 16-17-year-old boys (49%) and girls (52%).

- Young Māori, particularly boys, and young Pacific girls show the most interest in taking up new sports and activities.
- Overall, the proportion of Pacific young people who want to take up a new sport or active leisure activity (64%) is higher than the proportion of these young people who are *active* (52%). For Māori and European young people it is the other way around, but for young people of other ethnic groups their activity levels and their interest in taking up a new sport or active leisure activity is about the same.
- The sports and physical activities young people identified they would like to do included soccer (14%), netball (13%), rugby union (11%), swimming (11%), cricket (10%) and basketball (9%).

⁵A flight of stairs is one storey.

Most young people are interested in taking up new sports and activities

Level of interest in new sports and activities	Girls	Boys	5-8 years	9-12 years	13-15 years	16-17 years	Māori	European	Pacific	Other ethnic groups	All young people
	%		%				%				%
All young people	61	62	66	66	57	50	66	61	64	60	62
Girls			64	65	58	52	62	60	69	62	61
Boys			68	67	56	49	68	61	60	58	62
<i>Number of young people surveyed</i>	<i>1815</i>	<i>1971</i>	<i>1267</i>	<i>1100</i>	<i>832</i>	<i>587</i>	<i>711</i>	<i>2581</i>	<i>215</i>	<i>274</i>	<i>3786</i>

Note: the survey asked if there were any sports or physical activities that the young person would like to take part in that he/she is not currently doing. The figures above exclude the people who didn't answer the question or "didn't know" the answer (around 8% of everyone surveyed).

Adults

Adults were asked if they would like to spend more time taking part in sport and physical activity and the results show that almost six out of 10 adults (57%) would like

to do more. Four out of 10 people say that they are happy with the amount of time they are active and a very small number (2%) want to be less active.

Interest expressed in being active

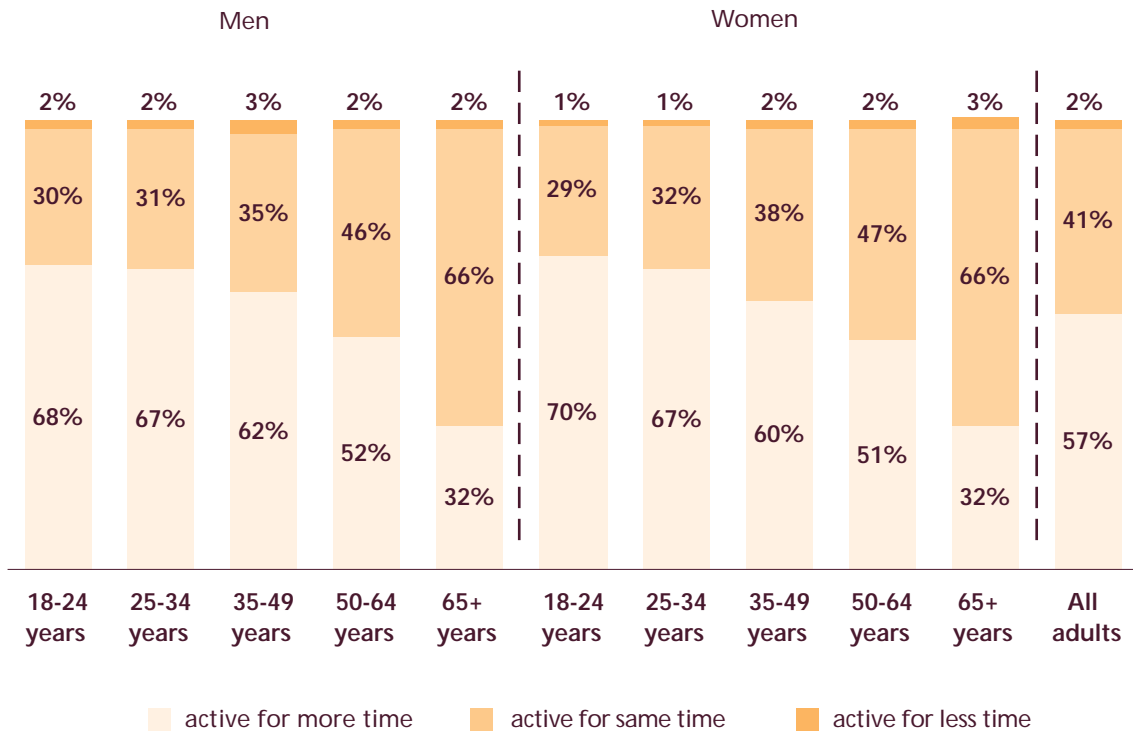
Want to be active for:	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
More time	56	58	69	67	61	51	32	56	57	57	62	57
Same time	42	40	29	31	37	47	66	40	42	37	35	41
Less time	2	2	2	2	2	2	2	4	1	6	2	2
<i>Number of adults surveyed</i>	<i>6923</i>	<i>5619</i>	<i>1266</i>	<i>2529</i>	<i>3931</i>	<i>2542</i>	<i>2272</i>	<i>1621</i>	<i>9826</i>	<i>431</i>	<i>651</i>	<i>12,542</i>

Note: The figures may not add up to 100% due to rounding.

Further analysis shows:

- Men and women are equally interested in being more active.
- Adults under 35 years express most interest in being more active and, unlike girls in their early teens, young women express a stronger interest in being more active; 70% of 18-24-year-old women said they want to be more active.
- Older adults are more content with their current activity levels - around a third of men and women aged 65 years or over say they want to be more active.

Interest expressed in being active varies for men and women of different ages



- A majority of adults from all ethnic groups would like to be more active, but people from “other ethnic groups” express most interest in being more active.
- Europeans aged between 35-64 years are more likely to express that they want to be more active than other European adults.
- Pacific adults aged 50-64 years old are more likely to want to be active at around the same level as they currently are, whereas those adults from other ethnic groups aged over 50 years, and in particular those aged 65 years or over, want to be more active.

Interest expressed in being active by men and women of different ethnic groups

Want to be active for:	Māori		European		Pacific		Other ethnic groups	
	Women	Men	Women	Men	Women	Men	Women	Men
	%		%		%		%	
More time	56	57	56	57	55	58	61	63
Same time	40	39	43	41	40	35	37	34
Less time	3	4	2	1	5	7	2	3

Interest expressed in being active by adults of different ethnic groups and ages

Want to be active for:	Māori			European			Pacific			Other ethnic groups		
	More	Same	Less	More	Same	Less	More	Same	Less	More	Same	Less
	%			%			%			%		
18-24 years	68	31	1	69	30	1	69	27	4	72	24	4
25-34 years	61	35	4	68	31	1	62	33	4	69	30	1
35-49 years	52	42	6	63	35	2	52	41	7	58	39	3
50-64 years	44	53	3	53	46	1	27	60	13	52	46	2
65+ years	34	61	5	31	66	2	31	61	8	49	50	1

Note: The sample size for Pacific adults aged 65+ years is very small. Use such figures with caution and treat them as only indicative and not conclusive.

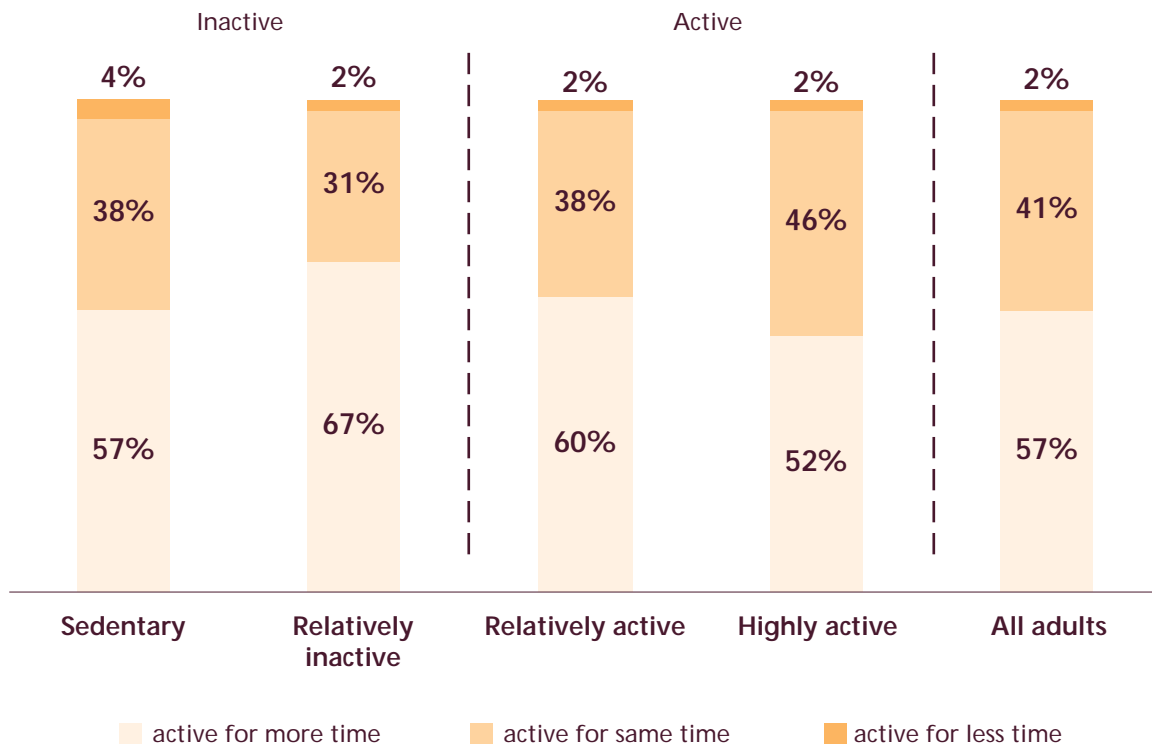
Income and education

Adults with no secondary school or a school education, and those adults who have a lower available household income, are more likely to want to spend around the same amount of time being active than adults who have other educational qualifications and a higher available household income.

People's interest in being more active varies with how active they are at present. People who are doing some activity, but are still considered *inactive* (i.e. are relatively inactive) are most likely to say that they want to be more active.

Want to be active for:	No secondary school	School education	Tertiary educated	Tech/Trade Cert/Prof	Other	Less than \$18,001	\$18,001-\$36,001	\$36,001-\$60,000	\$60,001+	All adults
	%					%				%
More time	35	52	65	60	60	48	55	63	65	57
Same time	60	45	34	38	38	49	44	36	34	41
Less time	5	2	2	1	2	3	2	2	1	2
Number of adults surveyed	807	5570	3979	1975	174	2842	2856	2453	2448	12,542

People who do some activity, but not enough to be active, show most interest in being more active



Note: Some totals do not add up to 100% due to rounding.

Part 2: Why be more active?

It is recommended that New Zealanders should undertake **at least 30 minutes** of moderate-intensity physical activity on most, if not all, days of the week. If possible adding some vigorous activity would provide extra health benefits and fitness. This recommendation is based on scientific evidence about the health benefits of physical activity, particularly to protect against cardiovascular disease, but also many other diseases and conditions.

There is a wide range of social and economic benefits from increasing physical activity⁶ both for individuals and society as a whole. These are outlined below.

SOCIAL BENEFITS

Health

People who are active enjoy a better quality of life, are healthier and live longer⁶. Society also benefits from people being active. Since the publication of the US Surgeon General's report *Physical Activity and Health* in 1996 evidence and awareness of the contribution of physical activity to health has increased substantially (USDHHS, 1996). The World Health Organization has identified physical inactivity as one of the biggest contributors to the global burden of disease. The twin epidemics of obesity and diabetes are now affecting both developed and developing countries worldwide. These epidemics are thought to be largely due to the rapid changes in human lifestyles over the last century, including a greater reliance on motor vehicles, labour-saving devices, the development of computers and electronic entertainments and the growth of convenience foods. These changes have in turn led to physical inactivity and unhealthy diets.

The health benefits of regular moderate-intensity physical activity include:

- reduced risk of dying prematurely
- reduced risk of dying from heart disease or stroke
- reduced risk of developing high blood pressure
- reduced risk of developing non-insulin dependent diabetes (NIDDM)
- reduced risk of developing colon and breast cancers
- fewer falls for older people and less injuries when they do
- reduced feelings of anxiety and depression

(National Health Committee, 1998).

Education

Physical activity, sport and physical education can improve cognitive and educational performance of students at school as well as aiding physiological, skill and social development.

Social cohesion

Strengthening communities: Physical activity, particularly through sport and physical recreation, provides a key

opportunity to aid social cohesion in communities and society in general. Fostering social cohesion and social capital through sport and physical recreation helps strengthen social ties and networks within communities. Membership of community organisations such as sports groups or informal groups can foster co-operation, shared responsibility and social trust.

Developing and socialising individuals: Socialisation through sport and physical recreation can help to reduce crime including youth offending. A recent British study found that sport was moving young people away from crime and helping to fight drug abuse (*Sport England, 2002*).

Strengthening national pride and national identity: Sport in particular fosters feelings of national pride and strengthens national identity.

ECONOMIC BENEFITS

Active lifestyles also contribute to the economy. Studies of the economics of the sport and physical leisure sector from 1996 to 1999 found that:

- In 1999 the real gross output from the sector was \$1.973 billion, up 2.5% on 1996, with the largest contributor being sports clothing.
- New Zealanders spend \$1 billion per annum on sport and physical leisure activities and services (2.5% of total household spending), an increase of 16.6% on 1996.
- There were an estimated 41,000 jobs in the sector, an increase of 8.1% on 1996.
- More than 500,000 people (19.6% of the adult population) volunteer their time to sports clubs and organisations, which is worth up to \$1.9 billion per annum.
- One million tourists (three-quarters of all visitors) take part in one or more sport or physical leisure activities during their stay.
- The direct economic contribution of international tourists who visit New Zealand to take part in sport and physical leisure activities was \$120 million in 1999 (BERL, 1998, 2001).

THE STATE OF NEW ZEALAND'S HEALTH

Cardiovascular diseases cause the most deaths and ill health among adult New Zealanders (41% of all deaths in 1997). Obesity and diabetes are increasing in New Zealand: 17% of adults are now obese and a further 35% are overweight (Ministry of Health, 2002). Between 1989 and 1997 adult obesity increased by 55%⁷ and is projected to increase by a further 70% by 2011 (Ministry of Health, 2001). It has also been estimated that by 2011 approximately 29% of the adult population may be obese (Ministry of Health 2002a). Approximately 80,000⁸ New Zealanders are known to have type 2 diabetes and by 2011 this number could increase to 145,000. At least one

⁶Whether expressed as sport, physical recreation/active leisure or non-recreational physical activity (such as transport, domestic chores). Both the terms *active leisure* and *physical recreation/physical leisure* are used in this section.

⁷In 1989 10% of men and 13% of women were obese, compared with 1997 when 14.7% of men and 19.2% of women were obese.

⁸Research indicates that for every person who is diagnosed with diabetes there is another whose diabetes has not yet been recognised.

third of this increase is driven by increasing numbers of overweight and obese people. In 1996 Māori and Pacific people were about three times more likely than Europeans to have type 2 diabetes and the impact is projected to get worse by 2011 (Ministry of Health, 2002a).

As outlined above, physical activity can have a major part to play in reducing the social and economic impact of these major diseases on the New Zealand population. A New Zealand study on the cost-effectiveness of physical activity conservatively estimated that a 5% increase in physical activity could result in savings of \$25 million per annum in direct health costs. If all New Zealanders were physically active \$160 million per annum would be saved (Bauman, 1997). This study did not include the rising projected impact of the diabetes and obesity epidemics in New Zealand, so the direct health savings are likely to

be significantly higher. The direct costs of obesity alone have been estimated to exceed \$200 million per year. More than \$170 million per year is spent treating diabetes and related conditions (Ministry of Health, 2001).

HOW DOES NEW ZEALAND COMPARE WITH OTHER COUNTRIES?

By international standards New Zealand appears to be a physically active nation. While countries have tended to use different methods to measure physical activity levels (see below), it is possible to gain some general impressions of physical activity levels in similarly developed countries. This section provides some reported physical activity levels in New Zealand, the United States, United Kingdom, Australia, Canada and Finland.

<p>New Zealand Combined 1997/98, 1998/99 & 2000/01 Sport and Physical Activity Surveys</p>	<ul style="list-style-type: none"> • 68% of adults are active (did at least 2.5 hours of physical activity in the last week)⁹ • 10% of adults are sedentary (did no activity in the last 4 weeks) • 40% of adults are regularly active (were active for 30 minutes per day, on 5 or more days in the last week) • Trend data from 1997 to 2001 shows that physical activity among adults has increased from 67% to 70%
<p>Australia 2000 National Survey</p>	<ul style="list-style-type: none"> • 57% of Australian adults are active (did 2.5 hours of moderate and vigorous activity in the previous week) • 15% of adults are sedentary (did no activity in the previous week) <p>The Australian national survey has also produced trend data from 1997 through to 2000, which show that activity levels among adults have declined.</p>
<p>United States 2000 National Health Interview Survey</p>	<ul style="list-style-type: none"> • Only 31.8% of American adults are regularly active (did 2.5 hours of moderate intensity physical activity on 5 or more days in the previous per week) • 9.6% of adults are sedentary (did no moderate intensity physical activity in the previous week)
<p>Canada 1998 Physical Activity Monitor</p>	<ul style="list-style-type: none"> • 45% of Canadians are active (did 2.5 hours moderate intensity physical activity in the previous week) • The level of physical inactivity decreased between the late 1990s and 2001
<p>United Kingdom 1996 General Household Survey</p>	<ul style="list-style-type: none"> • 40 percent of men and 30 percent of women are active (did 2.5 hours moderate intensity physical activity in the previous week)
<p>Finland Virtual Finland 2002 (web)</p>	<ul style="list-style-type: none"> • 70% are active (did at least 2.5 hours physical activity in the week)

⁹Physical activity done in the last week or previous week before the interview.

Results of the World Health Report 2002

The World Health Report 2002 - *Preventing Risks, Promoting Healthy Life* (WHO, 2002) produced global estimates of physical inactivity. The report estimated physical activity for those aged 15 and over across four geographical domains using a range of direct and indirect data sources and survey instruments. Most data was for leisure-time physical activity, with some occupational activity and indirect data relating to transport and domestic tasks. The global estimate for *physical inactivity* (equivalent to sedentary behaviour in the New Zealand surveys) among adults is averaged to 17% (ranging from 11% to 24%). Compared with these estimates, New Zealand would appear to have one of the lowest levels of physical inactivity because only 10% of New Zealand adults (aged 18 and over) are sedentary. The global estimate for some, but insufficient, physical activity was 41% (ranging from 31% to 51%). Again New Zealand would appear to be in a better position than most countries with an insufficient activity level of 32%.

It should also be remembered that historically New Zealand has only asked about leisure-time physical activity whereas some other countries, for example the United States, have included all types of physical activity. Therefore, other expressions of physical activity (such as through occupation or for transport) have yet to be factored into New Zealand's total levels of physical activity.

Issues With Measurement of Physical Activity

Countries have tended to measure different dimensions of physical activity. For example, some surveys ask about different contexts for physical activity, such as by occupation or as a means of transport, while others ask about leisure-time physical activity only (as New Zealand has done in the past). Surveys also include different ways of categorising levels of activity and inactivity (i.e. how much activity is required to be considered active or inactive). Some surveys are conducted by telephone and others by face-to-face interviews.

Steps are being taken to develop international standards of measurement of physical activity, so that in the future it will be possible to make clearer comparisons. In New Zealand, research is currently being undertaken to develop a new sport and physical activity survey that will be comparable to other international surveys (the new survey will ask more questions about the dimensions of physical activity participation: intensity, regularity, duration, type and context). The new survey is likely to be conducted in 2005/06.

New Zealand is also participating in an International Physical Activity Prevalence study that will measure physical activity levels and compare them across 17 countries including Australia, Finland, India, China and Hong Kong. The results will be available in late 2003.

See the Appendix for more information.

Part 3: How and in what sport and active leisure do we participate?

YOUNG PEOPLE'S PARTICIPATION IN SPORT AND ACTIVE LEISURE¹⁰

Almost all young people (92% or 669,000) take part in some sport or active leisure.

Participation rates are high for boys (93%) and girls (91%).

Over two-thirds of boys (67%) and girls (70%) are involved in sport and active leisure at school.

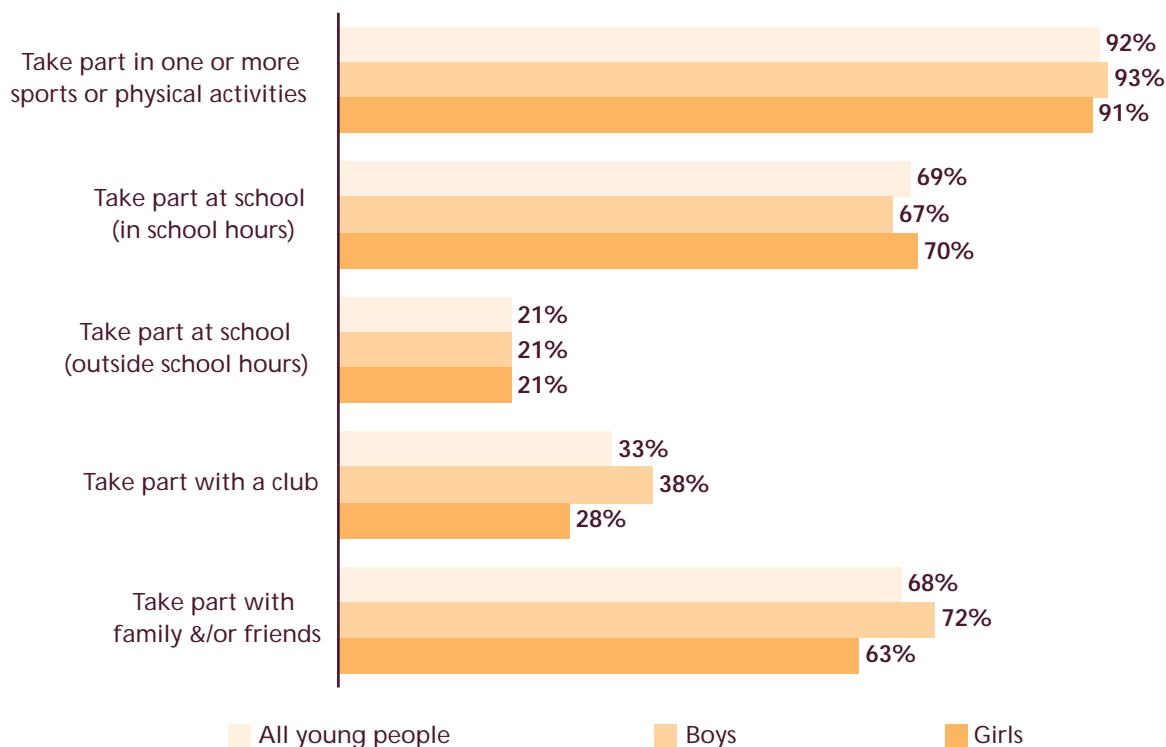
Around one in five boys and girls (21% in each case) also take part in sports and activities organised by the school before or after the main school day.

Around a third of young people play sport with a club, although this is more common for boys (38%) than girls (28%).

Around two-thirds of young people (68%) also enjoy playing sport and being active with family or friends. This again is more common for boys (72%) than girls (63%).

(63%), and is especially true for European young people (63% of European girls participate in sport or active leisure with family and friends compared to around 75% of European boys). There is little difference between Māori boys and girls (68% and 66% respectively), with Pacific boys and girls (59% and 61%) and other ethnic group young people (62% and 59% respectively).

For young people aged 5 to 15 years participation is at a high rate (92% or over), but for 16 and 17 year-olds it is noticeably lower – 78%. 84% of Pacific young people play sport or are active in their leisure time. Almost all young Māori (92%) and young people from a European background (93%) enjoy some form of sport or active leisure, as do young people from other ethnic groups (90%).



¹⁰Active leisure is the term given to a range of physical activities to distinguish them from inactive leisure pursuits (such as reading, spectating, board games). The term active leisure was used in the first Sport and Physical Activity survey report published by the Hillary Commission in 1999 and has been continued in this report for consistency.

Participation by young people in sport and active leisure at school, with clubs and with family/friends¹¹

Take part:	Girls	Boys	5-8 years	9-12 years	13-15 years	16-17 years	Māori	European	Pacific	Other ethnic groups	All young people
In at least one sport/active leisure	91% [322,000]	93% [347,000]	93% [209,000]	95% [226,000]	92% [151,000]	78% [82,000]	92% [145,000]	93% [408,000]	84% [47,000]	90% [67,000]	92% [669,000]
At school (in school hours)	70% [234,000]	67% [233,000]	69% [147,000]	73% [170,000]	71% [111,000]	50% [40,000]	72% [104,000]	68% [283,000]	68% [33,000]	64% [47,000]	69% [468,000]
At school (before/after school)	21% [70,000]	21% [77,000]	11% [24,000]	24% [55,000]	29% [46,000]	28% [23,000]	23% [34,000]	20% [87,000]	19% [10,000]	24% [18,000]	21% [147,000]
With a club	28% [99,000]	38% [144,000]	30% [68,000]	40% [94,000]	30% [49,000]	31% [33,000]	29% [45,000]	37% [163,000]	17% [10,000]	23% [17,000]	33% [243,000]
With family & friends	63% [223,000]	72% [267,000]	74% [166,000]	70% [166,000]	62% [101,000]	55% [57,000]	67% [104,000]	70% [303,000]	60% [33,000]	61% [46,000]	68% [490,000]
Number of young people surveyed	1951	2127	1347	1165	909	657	784	2749	252	288	4078

Note: The figures show the percentage and estimated number of young people participating in sport and active leisure in the two weeks before the interview. The number of participants is rounded to the nearest 1,000. The number of participants in individual categories (e.g. the age groups) may not sum to the total shown for all young people because the figures are rounded.

The extent to which young people participate in sport and active leisure at school, with clubs and with family and friends varies between their ages and ethnic groups as the table above shows. Young people under the age of 15 are more likely to participate in sport and active leisure than teenagers who are 16-17 years. The exception to this is sport and active leisure organised by the school outside school hours, when teenagers aged 16-17 years (28%) are more likely to participate than younger children, in particular those aged 5-8 years (11%).

Overall, Pacific young people are also less likely than those from Māori, European and other ethnic groups to participate in sport and active leisure. They participate at similar levels to other young people (in particular Māori and European young people) during, before and after school but do not participate in sport and active leisure to the same extent with clubs or with family and friends.

Young Māori participate in sport and active leisure at a similar level to young people of European descent, apart from with clubs. Around three in 10 young Māori (29%) take part in sport and active leisure with clubs, while the figure is 37% for European young people.

Young people from other ethnic groups are also less likely to participate at school during school hours, with clubs or with family and friends.

The 1998/99 and the 2000/01 surveys identified what sports and activities young people play overall, and what sports and active leisure young people play at school – before, during and/or after school hours.

The top five sports and activities young people took part in overall are shown in the following tables (including by gender and ethnic group), as are the top five sports and activities young people take part in at school (before, during and/or after school hours).

Top five sports and active leisure activities overall

Sports		Active leisure	
	%		%
Soccer	18	Swimming	29
Rugby union	14	Exercising	22
Cricket	13	Cycling	19
Netball	10	Outdoor games	18
Basketball	9	Running/jogging	15

¹¹Note these results are different to the results of the New Zealand Secondary Sports Council Census (which includes data on sport representation) and other surveys of Secondary Schools Sports conducted over recent years. This is because the surveys ask some different questions about sport and physical activity participation so are not directly comparable.

Top five sports and active leisure activities by gender

Sports				Active leisure			
Boys	%	Girls	%	Boys	%	Girls	%
Rugby union	24	Netball	18	Swimming	27	Swimming	32
Soccer	23	Soccer	12	Cycling	20	Exercising	25
Cricket	19	Athletics	10	Exercising	18	Outdoor games	19
Basketball	11	Basketball	8	Outdoor games	16	Cycling	17
Touch rugby	9	Tennis	7	Running/jogging	15	Walking	17

Note: The figures show the percentage of young boys and girls who participate in each sport/activity with clubs, before, during and after school and with family and friends – for example, 32% of girls participate in swimming.

Top five sports of young people overall, by ethnic groups

Māori	%	European	%	Pacific	%	Other ethnic groups	%
Rugby union	20	Soccer	18	Soccer	19	Soccer	28
Touch rugby	15	Cricket	13	Touch rugby	17	Rugby union	17
Netball	12	Rugby union	12	Rugby union	15	Cricket	17
Soccer	11	Netball	9	Basketball	12	Hockey	12
Cricket	10	Basketball	9	Athletics	11	Basketball	12

Top three active leisure activities of young people overall, by different ethnic groups

Māori	%	European	%	Pacific	%	Other ethnic groups	%
Swimming	24	Swimming	32	Swimming	20	Swimming	25
Exercising	19	Exercising	24	Running/jogging	13	Running/jogging	17
Outdoor games	18	Cycling	21	Outdoor games	12	Outdoor games	15

Top five sports and active leisure activities before, during and after school¹²

Before and after school				During school			
Boys	%	Girls	%	Boys	%	Girls	%
Cricket	19	Netball	42	Exercising	30	Exercising	37
Rugby union	19	Hockey	14	Rugby union	20	Swimming	18
Soccer	17	Touch rugby	12	Running/jogging	19	Netball	17
Basketball	13	Basketball	11	Soccer	18	Running/jogging	16
Hockey	10	Soccer	6	Swimming	18	Athletics	14

The 1997/98, 1998/99 and the 2000/01 surveys all asked about the sports and activities young people took part in with clubs and with family and friends. The top five

sports and active leisure played by boys and girls are shown in the following tables.

Top five sports and active leisure activities played with clubs¹²

Boys	%	Girls	%
Soccer	19	Swimming	20
Rugby union	15	Netball	12
Swimming	12	Tennis	11
Cricket	9	Gymnastics	11
Combat sports	8	Soccer	8

Note: The figures show the percentage of young club members who participate in each sport/activity – for example, 19% of boys play soccer organised by a club; the figure for all boys is around 23%.

¹²These figures are based only on those young people who participated in at least one sport or physical activity in the two weeks prior to the interview.

Top five sports and active leisure activities with family and friends¹²

Boys	%	Girls	%
Cycling	26	Swimming	36
Swimming	24	Cycling	25
Cricket	20	Walking	24
Walking	15	Outdoor games	17
Soccer	13	Skateboarding	8

Note: The figures show the percentage of young people who participate in each sport/activity with family and friends – for example, 24% of boys swim with family and friends, the figure for all boys being around 27%.

YOUNG PEOPLE – COACHING

Almost two-thirds of young people (62%) receive some coaching or instruction to help them improve their performance in their chosen sports and activities. More boys (66%) than girls (58%) are coached. Coaching takes place at schools, clubs and recreation centres, and involves teachers, parents, club coaches and young people. (Note: instruction that is part of the normal physical education programme at school is excluded from the figures for coaching.)

The top five sports and activities young people were coached in are: swimming (23%), soccer and netball (15%

and 14% respectively), rugby union and tennis (13% and 12% respectively). 11% of young people also receive coaching in cricket. Young people aged 9-12 years old are more likely to receive some coaching or instruction (71%) than young people who are either younger or older.

European young people are more likely to receive some coaching or instruction to help them improve their performance in their chosen sports and activities than any other young people (68%). Over half of Māori young people (54%), 38% of Pacific young people and 46% of young people from other ethnic groups also receive some coaching or instruction.

Young people receive some coaching or instruction in their chosen sport and leisure activities

	Girls	Boys	5-8 years	9-12 years	13-15 years	16-17 years	Māori	European	Pacific	Other ethnic groups	All young people
Receive some coaching/instruction	58% [205,000]	66% [248,000]	59% [133,000]	71% [168,000]	63% [103,000]	48% [51,000]	54% [85,000]	68% [300,000]	38% [21,000]	46% [36,000]	62% [453,000]
Number of young people surveyed	1949	2119	1351	1159	909	649	777	2750	245	291	4068

Note: The number of participants is rounded to the nearest 1,000. The number of participants in individual categories (e.g. the age groups) may not sum to the total shown for all young people because the figures are rounded.

Both European girls and boys are more likely to receive some coaching or instruction to improve their performance in a sport or leisure activity when compared to their respective counterparts from all other ethnic groups as the following figures show:

- Close to three-quarters of European boys (73%) receive coaching compared to 57% of Māori boys, 39% of Pacific boys and 48% of boys from other ethnic groups.

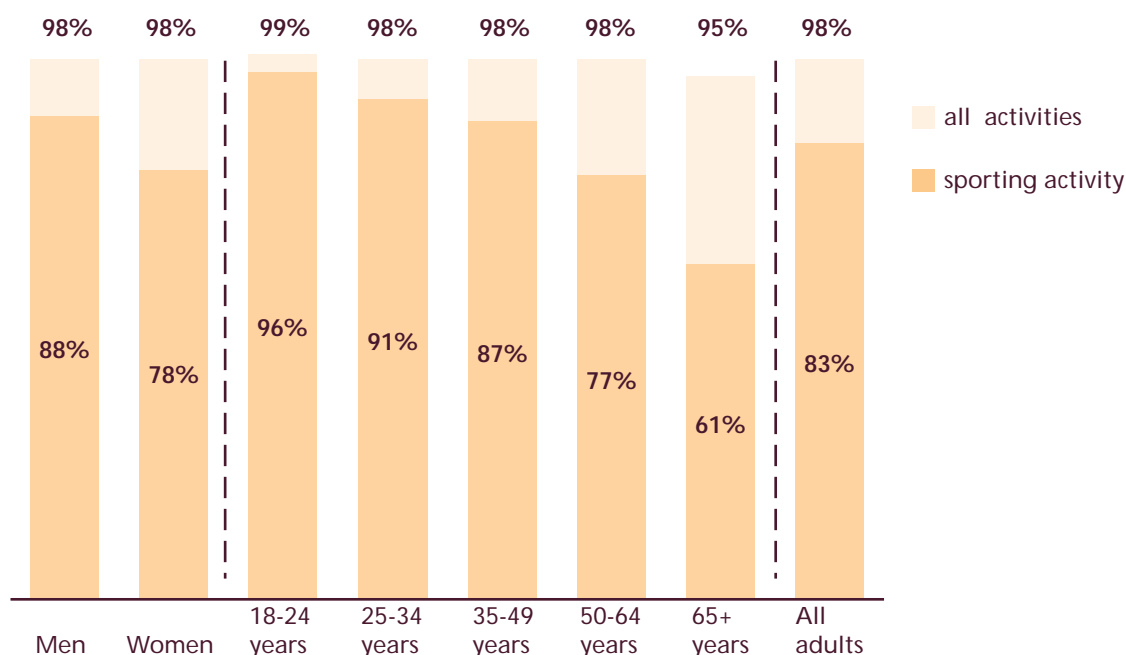
- Close to two-thirds of European girls (63%) receive some coaching or instruction whereas 51% of Māori girls, 36% of Pacific girls and 44% of girls from other ethnic groups do.

Young people of different ethnicities who receive coaching, by gender and age

	Girls	Boys	5-8 years	9-12 years	13-15 years	16-17 years	All young people
	%		%				%
Māori	51	57	46	61	58	49	54
European	63	73	67	78	68	51	68
Pacific	36	39	32	44	44	26	38
Other ethnic groups	44	48	45	56	45	35	46

ADULT PARTICIPATION IN SPORT AND ACTIVE LEISURE

Almost all New Zealand adults (98% - 2.67 million) enjoy some form of sport or active leisure over the year.



Note: The figures at the top of each column show the percentage of adults taking part in at least one sport or physical activity in the last 12 months – these figures include all sport and active leisure. The figures inside each column show the percentage of people taking part in at least one sporting activity in the last 12 months – these figures exclude people whose only active leisure in the last 12 months was walking or gardening.

On average people who take part in sport and active leisure do five different sports and activities in a 12-month period. The average number of *sporting activity* that adults take part in over a year is between two and three (this average excludes physical activities such as walking and gardening).

The figures for *sporting activity* exclude the 15% of adults whose only leisure-time physical activity is gardening or

walking, as well as the 2% who had done no sport or active leisure in the last year.

Over four in five men and women (83%) take part in some sporting activity over a year, but men take part in more activities than women (the averages for all sports and activities are 5.4 and 4.6, respectively, and for sports are 2.7 and 2.1).

Participation in sport and active leisure by New Zealand adults over a year

Participation in:	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
At least one sport/active leisure	98% [1,389,000]	98% [1,277,000]	99% [341,000]	98% [518,000]	98% [817,000]	98% [561,000]	95% [429,000]	97% [289,000]	98% [1,976,000]	98% [117,000]	95% [281,000]	98% [2,667,000]
At least one sporting activity	78% [1,114,000]	88% [1,151,000]	96% [330,000]	91% [480,000]	87% [726,000]	77% [438,000]	61% [273,000]	87% [261,000]	83% [1,664,000]	83% [100,000]	81% [239,000]	83% [2,266,000]
Average no. of sports/active leisure participated in	4.6	5.4	6.9	5.9	5.2	3.8	2.9	5.7	5.0	5.0	4.3	5.0
Average no. of sports participated in	2.1	2.7	3.4	2.8	2.2	1.6	1.4	2.9	2.3	3.0	2.3	2.4
Number of adults surveyed	6941	5628	1267	2535	3937	2549	2279	1623	9846	433	654	12,569

Note: The percentages are rounded to the nearest whole number and the numbers of participants are shown in thousands, rounded to the nearest 1,000 and are calculated using the percentages before rounding. The average number of sports and activities is calculated for participants.

People of all ages report high levels of participation when all types of sport and active leisure are considered. Participation in *sporting activity* is highest for young adults (18-24 years) and falls as people get older. Young adults do more activities than older adults. For example, comparing the average number of sports and activities people do over a year shows that 18-24 year-olds take part in more than twice as many activities as people aged 50 years or over.

Participation rates over a year are equally high for all New Zealanders, including Māori, Pacific people and adults from other ethnic groups. Participation in sporting activity is higher for Māori (87%) than for other New Zealand adults (83%).

Almost **2.27 million** adults (83%) take part in sporting activity over a year. Focusing on sporting activity shows that men, Māori adults, and adults under 50 are more likely to play a sport than women, adults from all other ethnic groups (in particular from "other ethnic groups"), and older adults (those 50 years or over).

At 84%, Māori women are more likely to take part in sport than European, Pacific and women from other ethnic groups (78%, 77% and 77% respectively). Māori and Pacific men are also more likely than European men or men from other ethnic groups to participate in sport (92%, 91%, 88% and 85% respectively).

Income and education

Adults with no secondary education are less likely to participate in a sport or active leisure activity when compared with adults who have a school, tertiary, technical/trade/professional or other education.

Adults are more likely to participate in a sport or active leisure activity as their available household income increases.

Note: This finding is different to the earlier finding that income is not related to the activity levels of adults; ie: how much time spent being active.

Participation in sport and active leisure by adults with different levels of education and household income

Levels of participation	No secondary school	School education	Tertiary educated	Tech/Trade Cert/Prof. Training	Other	Less than \$18,000	\$18,001-\$36,000	\$36,001-\$60,000	\$60,001+	All adults
	%					%				%
At least one sport/active leisure	93	97	99	98	96	95	98	98	99	98
At least one sporting activity	62	79	90	86	76	73	82	88	92	83
Number of adults surveyed	809	5585	3985	1977	176	2849	2861	2457	2453	12,569

Participation in sport and active leisure is high and is spread across a large number of activities. Adults were asked about their participation in 45 different sports and physical activities. Around 15% of them also mentioned over 80 other sports and activities.

The popularity of sports and physical activities varies for men and women, and for people of different ages and ethnicities, as the following tables show.

Sporting activities

Sporting activities excludes the 15% of adults whose only leisure-time physical activity is gardening or walking, as well as the 2% who had done no sport or active leisure in the last year.

Golf is the sport that men most commonly participate in, followed by tennis, touch rugby, cricket and rugby union. Netball is the most played sport for women, followed by golf, tennis, equestrian and touch rugby. Overall, the top five sports for adult New Zealanders are golf (18%), tennis (12%), touch rugby (10%), cricket (8%) and netball (7%).

Golf and bowls (both lawn bowls and indoor bowls) are the most popular sports for adults aged 65 years or over, whereas for young adults (18-24-year-olds) the most popular sports include touch rugby, golf, basketball, cricket and tennis.

The top five sports for people aged 25-34 years are golf, touch rugby, tennis, cricket and netball; and the top five sports for adults aged 35-49 years are golf, tennis, cricket, yachting/sailing and skiing. Lawn and indoor bowls are popular for adults aged 50-64 years, along with golf, yachting/sailing and tennis.

Top 15 sports for New Zealand adults, by gender

Men	%	Number	Women	%	Number	All adults	%	Number
Golf	28	363,300	Netball	10	141,000	Golf	18	502,000
Tennis	14	182,200	Golf	10	136,700	Tennis	12	317,900
Touch rugby	14	178,700	Tennis	10	135,300	Touch rugby	10	260,900
Cricket	13	175,700	Equestrian	6	86,900	Cricket	8	224,900
Rugby union	11	140,900	Touch rugby	6	81,400	Netball	7	184,600
Shooting	11	137,700	Skiing	5	71,100	Basketball	6	167,300
Motor sports	10	132,000	Basketball	4	61,900	Skiing	6	163,300
Soccer	8	106,600	Bowls – indoor	4	57,300	Motor sports	6	162,200
Basketball	8	104,900	Badminton	4	54,800	Rugby union	6	158,100
Yachting/sailing	7	96,300	Yachting/sailing	4	53,200	Shooting	6	157,000
Skiing	7	91,900	Volleyball	3	48,700	Yachting/sailing	5	149,900
Squash	7	88,400	Cricket	3	48,000	Soccer	5	143,300
Bowls – lawn	5	67,400	Squash	3	42,100	Equestrian	5	133,400
Volleyball	5	66,800	Bowls – lawn	3	38,300	Squash	5	130,900
Cricket – indoors	5	64,700	Soccer	3	36,100	Volleyball	4	115,700

Note: The figures are for participation in the last 12 months and show the percentage of people taking part in each sport. The percentages are rounded to the nearest whole number and the numbers of participants in each sport are rounded to the nearest 100 and are calculated using the percentages before rounding. Motor sports include motor cycling, trail biking and motor racing.

Top 15 sports for New Zealand adults, by different ages

18-24 yrs	%	25-34 yrs	%	35-49 yrs	%	50-64 yrs	%	65 yrs +	%
Touch rugby	28	Golf	21	Golf	18	Golf	18	Golf	12
Golf	23	Touch rugby	16	Tennis	13	Yachting/Sailing	6	Bowls – lawn	11
Basketball	22	Tennis	16	Cricket	8	Tennis	6	Bowls – indoor	10
Cricket	19	Cricket	12	Yachting/Sailing	7	Bowls – lawn	6	Tennis	4
Tennis	18	Netball	11	Skiing	7	Bowls – indoor	5	Yachting/Sailing	2
Netball	18	Squash	10	Motor sports	7	Shooting	4	Shooting	1
Rugby union	17	Motor sports	9	Touch rugby	6	Cricket	3	Rowing	1
Soccer	13	Rugby union	9	Shooting	6	Motor sports	3	Equestrian	1
Volleyball	12	Soccer	8	Equestrian	5	Skiing	3	Motor sports	1
Skiing	11	Skiing	8	Netball	5	Equestrian	2	Cricket	1
Badminton	10	Shooting	8	Squash	5	Badminton	1	Badminton	1
Motor sports	9	Basketball	7	Soccer	5	Squash	1	Rugby union	<1
Rugby league	9	Equestrian	7	Basketball	4	Rowing	1	Athletics	<1
Equestrian	9	Volleyball	6	Rugby union	4	Rugby union	1	Skiing	<1
Shooting	9	Yachting/Sailing	6	Badminton	4	Soccer	1	Soccer	<1

Note: The figures are for participation in the last 12 months and show the percentage of people taking part in each sport. <1 indicates that less than 0.5% of adults take part in these sports.

The most popular sport for Europeans is golf, for Māori it is touch rugby, for Pacific adults it is volleyball and for adults from other ethnic groups it is badminton.

Touch rugby and netball are more popular with both Māori and Pacific adults, as are rugby union and rugby league compared to the preferences of European adults and adults from other ethnic groups. Cricket is also more popular with Pacific adults.

Badminton and soccer are most popular with adults from other ethnic groups.

Tennis is a popular sport for adults from all ethnic groups, but it is more likely that Europeans participate in yachting/sailing and skiing than other adults from different ethnic groups.

Top 15 sports for New Zealand adults, by different ethnic groups

Māori	%	European	%	Pacific	%	Other ethnic groups	%
Touch rugby	25	Golf	20	Volleyball	28	Badminton	16
Golf	16	Tennis	12	Touch rugby	24	Golf	13
Netball	16	Cricket	7	Rugby union	18	Cricket	12
Rugby union	13	Touch rugby	7	Cricket	17	Soccer	12
Basketball	13	Skiing	7	Basketball	16	Tennis	12
Rugby league	10	Motor sports	7	Tennis	14	Basketball	11
Tennis	9	Yachting/Sailing	6	Rugby league	13	Volleyball	5
Cricket	8	Shooting	6	Netball	12	Touch rugby	5
Volleyball	6	Netball	5	Golf	11	Skiing	4
Softball	6	Equestrian	5	Soccer	7	Rugby union	4
Motor sports	6	Squash	5	Cricket – indoor	7	Squash	4
Squash	5	Soccer	5	Athletes	4	Athletes	4
Shooting	5	Bowls – indoor	5	Badminton	4	Netball	4
Equestrian	5	Bowls – lawn	4	Squash	3	Equestrian	3
Soccer	4	Basketball	4	Bowls – indoor	3	Cricket – indoor	3

Note: The figures are for participation in the last 12 months and show the percentage of people taking part in each sport.

Active leisure

Walking and gardening are the two main activities in which men and women are physically active in their leisure time. Other popular activities include swimming, fishing, and exercising at home or at the gym.

Fishing, running/jogging and cycling are more popular activities for men than women, whereas walking, gardening and exercising at home are more popular with women. Women are also more likely to participate in aerobics and swimming (38% and 34% respectively).

Exercising at home is popular with adults aged 25 years or over, as is walking and gardening. Younger adults (aged 18-24 years) are more likely to exercise at a gym or attend an exercise class.

Fishing is a more popular activity with Māori adults than with all other adults, as is gardening with Europeans. Walking is the most popular activity for all ethnic groups, although it is more popular with European and Pacific adults than Māori adults or adults from other ethnic groups.

Top 10 active leisure activities for New Zealand adults, by gender

Men	%	Number	Women	%	Number	All adults	%	Number
Walking	61	803,100	Walking	81	1,157,600	Walking	72	1,958,500
Gardening	52	675,300	Gardening	67	956,900	Gardening	60	1,630,500
Fishing	36	472,100	Swimming	38	547,200	Swimming	36	994,800
Swimming	34	448,100	Exercising at home	35	498,500	Exercising at home	31	852,000
Exercising at home	27	354,400	Exercise classes/gym	19	272,800	Fishing	25	674,300
Exercise classes/gym	19	249,300	Aerobics	17	237,100	Exercise classes/gym	19	522,100
Running/jogging	18	236,800	Fishing	14	199,800	Cycling	15	411,300
Cycling	17	223,000	Cycling	13	187,900	Running/jogging	14	388,100
Tramping	14	182,300	Running/jogging	11	150,500	Tramping	12	322,800
Surfing/body boarding	10	135,000	Tramping	10	140,000	Aerobics	10	286,000

Note: The figures are for participation in the last 12 months and show the percentage and estimated number of people taking part in each activity. The percentages are rounded to the nearest whole number and the numbers of participants in each activity are rounded to the nearest 100 and are calculated using the percentages before rounding. The figures for walking are for all walks for exercise and enjoyment, which lasted for 10 minutes or more.

Top 10 active leisure activities for New Zealand adults, by different ages

18-24 yrs	%	25-35 yrs	%	35-49 yrs	%	50-64 yrs	%	65 yrs +	%
Walking	60	Walking	69	Walking	76	Walking	77	Gardening	76
Swimming	50	Gardening	52	Gardening	65	Gardening	74	Walking	71
Exercise classes/ gym	41	Swimming	45	Swimming	41	Exercising at home	28	Exercising at home	21
Exercising at home	35	Exercising at home	37	Exercising at home	33	Swimming	25	Swimming	17
Running/jogging	28	Fishing	29	Fishing	29	Fishing	24	Fishing	12
Fishing	25	Exercise classes/gym	27	Cycling	18	Tramping	11	Tramping	6
Gardening	25	Running/jogging	21	Exercise classes/gym	17	Exercise classes/gym	9	Exercise classes/gym	4
Cycling	23	Cycling	20	Running/jogging	15	Cycling	9	Aquarobics	3
Aerobics	21	Aerobics	16	Tramping	14	Running/jogging	6	Cycling	3
Surfing/ body boarding	16	Tramping	12	Aerobics	10	Aerobics	4	Aerobics	2

Top 10 active leisure activities for New Zealand adults, by different ethnic groups

Māori	%	European	%	Pacific	%	Other ethnic groups	%
Walking	64	Walking	74	Walking	71	Walking	59
Gardening	49	Gardening	64	Gardening	41	Gardening	45
Swimming	37	Swimming	37	Exercising at home	33	Swimming	37
Exercising at home	35	Exercising at home	31	Swimming	27	Exercising at home	30
Fishing	33	Fishing	24	Fishing	24	Exercise classes/gym	17
Exercise classes/gym	24	Exercise classes/gym	18	Exercise classes/gym	22	Fishing	16
Running/jogging	16	Cycling	16	Running/jogging	13	Running/jogging	12
Cycling	16	Running/jogging	14	Aerobics	13	Aerobics	9
Aerobics	16	Tramping	13	Cycling	8	Cycling	9
Surfing	8	Aerobics	10	Aquarobics	6	Tramping	5

Note: The figures are for participation in the last 12 months and show the percentage of people taking part in each physical activity.

When looking at people's participation across a month, people of all ages still record high levels of participation when all types of sport and active leisure are considered

at 93%. Participation in sport and active leisure across a month reflects a similar pattern to how adults participate in sport and active leisure over a year.

Participation in sport and active leisure by New Zealand adults over a month

Participation in last month:	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
At least one sport/active leisure	93% [1,324,000]	92% [1,208,000]	93% [320,000]	92% [483,000]	93% [776,000]	95% [542,000]	92% [413,000]	91% [271,000]	94% [1,889,000]	91% [109,000]	86% [254,000]	93% [2,532,000]
At least one sporting activity	60% [854,000]	74% [962,000]	82% [283,000]	74% [389,000]	69% [574,000]	59% [336,000]	48% [216,000]	72% [214,000]	66% [1,335,000]	67% [80,000]	62% [184,000]	67% [1,818,000]
Average no. of sports/active leisure participated in	3.3	3.0	3.7	3.5	3.3	2.7	2.4	3.4	3.2	3.1	2.7	3.1
Number of adults surveyed	6941	5628	1267	2535	3937	2549	2279	1623	9846	433	654	12,569

Note: The percentages are rounded to the nearest whole number and the numbers of participants are shown in thousands, rounded to the nearest 1,000 and are calculated using the percentages before rounding. The average number of sports and activities is calculated for participants.

CHANGES IN SPORT AND ACTIVE LEISURE PARTICIPATION

Over the past year, 18% of adults have taken up a new sport or active leisure activity, 13% have given at least one up, 6% have done both (taken up a new sport or active leisure activity and also given one up), while around six in 10 adults (62%) have not changed their participation rate.

Adults, aged 18-34 years (in particular those aged 18-24 years) are more likely to have taken up a new sport or active leisure activity than adults who are older. They are also more likely to have given up one or done both – taken up at least one and given one up.

As adults get older they are less likely to take up a new sport or active leisure activity.

Sports and active leisure taken up or returned to in the last 12 months included exercise classes (12%), golf (9%), swimming (8%), netball (6%), running (5%), squash (5%), walking 10-30 minutes (5%) and tennis (5%). Other sports and active leisure activities taken up or gone back to included recreational cycling, aerobics, exercising at home and fishing (4% each). Close to one in five adults (18%) have taken up other sports or activities.

Men's top three sports or active leisure taken up or gone back to were golf (12%), exercise classes (10%) and swimming (6%). For women it was exercise classes (14%), swimming (10%) and netball (12%). One in five men and 16% of women took up another sport and active leisure.

Māori were more likely to pick up or go back to netball (13%), exercise classes (12%) and golf (8%). 12% of European adults took up or went back to exercise classes, while close to one in 10 of them (9%) took up golf and 8% took up or went back to swimming. The top three sports that Pacific adults took up or went back to were netball (20%), rugby league (15%) and exercise classes (11%), and for adults from other ethnic groups they were exercise classes followed by golf and swimming (12%, 9% and 8% respectively).

Exercise classes, netball and golf (13%, 12% and 8% respectively) were the sports and active leisure adults aged 18-24 years took up or went back to in the past year. For 25-34-year-olds it was exercise classes (13%), swimming (9%) and golf (8%).

Again, exercise classes (11%), golf (10%) and swimming (6%) were the sports and active leisure that 35-49 year olds most commonly took up or had gone back to. For people aged 50-64 years it was golf (12%), exercise classes (10%) and outdoor bowls (9%). Adults aged 65 years or over were more likely to take up or go back to outdoor bowls (18%), exercising at home (11%) and aquarobics (10%) in the past year.

Changes in participation	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
Taken up	18	19	28	25	21	12	4	17	19	17	16	18
Given up	14	12	18	17	12	10	9	18	12	17	16	13
Taken/Given up	7	6	15	11	5	2	1	8	6	7	5	6
No change	61	64	40	48	62	76	87	57	63	59	64	62
<i>Number of adults surveyed</i>	<i>6877</i>	<i>5581</i>	<i>1260</i>	<i>2518</i>	<i>3905</i>	<i>2517</i>	<i>2256</i>	<i>1608</i>	<i>9763</i>	<i>428</i>	<i>647</i>	<i>12,458</i>

ADULTS – CLUB MEMBERSHIP, COACHING AND COMPETITION

Club membership¹³

Around a third of New Zealand adults (36%) who have participated in a sport or physical activity in the last four weeks are currently active members of a club or gym. Men are more likely to be club members than women (41% and 31% respectively). Other people participate more informally – at local recreation centres and parks, or at home – or “pay-as-they-play” for a casual round of golf or a swim in the local pool.

Around one in five adults (21%) belong to a sports club, although the figure for men (27%) is almost twice that for women (16%). Young adults (18-24 year olds) are more likely to be sports club members than people over 50 years (28% compared to between 19% and 22%).

One in 10 adults belong to a gym/fitness club and 6% belong to a social club. 5% of adults identified that they belong to some other type of club.

Most club members belong to one club (67%), but around a third (33%) are members of two or more clubs (10% of these club members belong to three or more clubs).

Younger adults are not only more likely to belong to clubs than older people (this is true for both men and women); they also belong to more clubs. Around two out of 10 club members aged 18-24 years (19%) belong to three or more clubs, while one in 12 club members over the age of 25 years (8%) belong to this number of clubs.

Around four out of 10 Māori (40%), and similar proportions of European (36%) and Pacific (35%) adults belong to clubs. People from other ethnic groups are less likely to be club members – only 24% of this group join a club to participate in a sport or active leisure activity.

Māori and Pacific men are more likely to belong to a club to play a sport or participate in a physical activity than their respective counterparts from all other ethnic groups. Māori (34%) and European (32%) women are also more likely to be members of a club to play a sport or take part in active leisure than Pacific women or women from other ethnic groups in particular (27% and 17% respectively).

Rates of club membership vary for individual sports and activities. They are generally higher for team sports, such as rugby union (5%), netball (7%), and touch rugby (6%), and for activities like golf (14%), aerobics (8%), going to the gym (25%) and bowls (5%), that require specialist facilities or equipment, or instruction.

Coaching

Just over two out of 10 adults (23%) currently receive some coaching or instruction for at least one of their chosen sports or activities. The extent to which men and women get coaching or instruction is very similar, but there is considerable variation across the age groups, with 18-24-year-olds (41%) more likely to get coaching than other adults.

Māori and Pacific adults are more likely (31% and 28% respectively) to receive some coaching or instruction for at least one of their chosen sports or physical activities than European adults and adults from other ethnic groups (22% and 17% respectively).

Organised competition

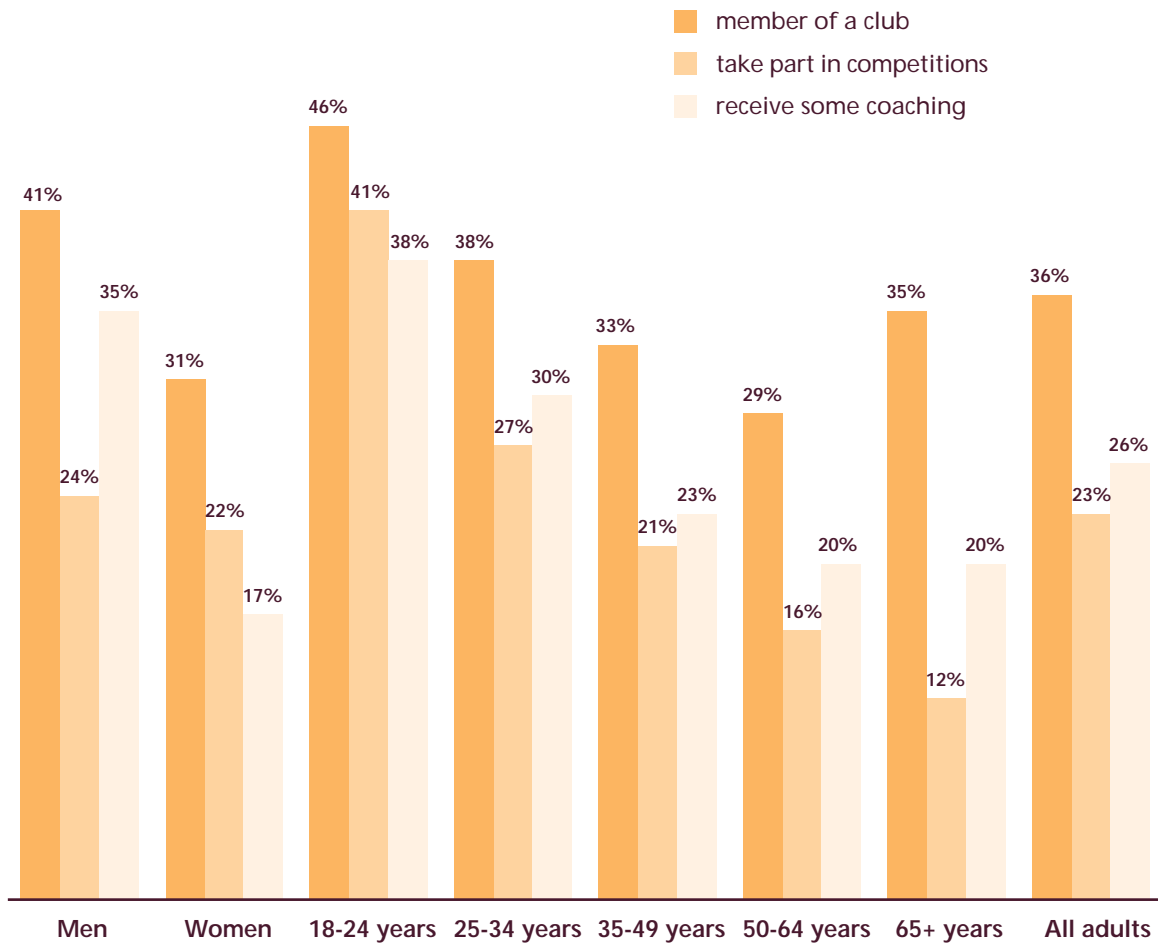
Around a quarter of New Zealand adults (26%) take part in at least one sport or active leisure competition in a year. Men are more likely than women (35% and 17% respectively), and young adults aged 18-24 years (38%) are more likely than adults over 25 years, to take part in competition. It is also more popular with Pacific and Māori adults when compared to European adults and those from other ethnic groups, as the following table shows.

Taking part in coaching, competition and as a club member

	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65 years+	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
As a club member	31	41	46	38	33	29	35	40	36	35	24	36
Received coaching and/or instruction	22	24	41	27	21	16	12	31	22	28	17	23
Taken part in an organised competition	17	35	38	30	23	20	20	31	25	32	13	26
<i>Number of adults surveyed</i>	<i>6463</i>	<i>5172</i>	<i>1188</i>	<i>2338</i>	<i>3657</i>	<i>2387</i>	<i>2063</i>	<i>1465</i>	<i>9186</i>	<i>389</i>	<i>583</i>	<i>11,635</i>

¹³A club includes sport/physical activity clubs, gym/fitness clubs, social clubs and other clubs (that is, any other type of club that respondents identified).

Taking part in coaching, competition and as a club member, by gender and by age



Note: The figures show the percentage of adults who belong to at least one club, receive some coaching or instruction and take part in at least one organised competition, for at least one of their chosen sports or activities. People were asked if they had been a member of a club in the "last 4 weeks" and if they had received coaching or taken part in competitions "in the last 12 months".

Taking part in coaching, competition and as a club member, by gender and ethnic group

	Māori women	Māori men	European women	European men	Pacific women	Pacific men	Other women	Other men
	%		%		%		%	
As a club member	34	47	32	40	27	44	17	32
Received coaching and/or instruction	23	40	17	35	22	44	9	17
Taken part in an organised competition	26	36	22	22	20	36	15	19

Income and education

Adults with or without secondary education are less likely to be a club member to play a sport or active leisure activity than those with a tertiary, technical/trade/professional or other education.

Those with a tertiary education or a technical/trade or professional training are more likely to participate in a sport or active leisure organised competition, and those with a tertiary education are more likely to have received coaching for a sport or active leisure activity they participate in.

Adults who live in households with a higher available income are more likely than the lower-income households to be members of a club to play a sport or active leisure activity, to take part in a sport or active leisure organised competition and to have received coaching for a sport or active leisure activity they participate in.

Taking part in coaching, competition and as a club member by adults with different levels of education and household income

	No secondary school	School education	Tertiary educated	Tech/Trade Cert/Prof. Training	Other	Less than \$18,000	\$18,001-\$36,000	\$36,001-\$60,000	\$60,001+	All adults
	%					%			%	
Club member	26	32	39	37	38	29	33	37	43	36
Take part in competition	19	24	27	29	24	20	25	26	32	26
Received coaching	13	20	29	21	15	19	20	24	28	23
<i>Number of adults surveyed</i>	<i>689</i>	<i>5117</i>	<i>3810</i>	<i>1831</i>	<i>157</i>	<i>2572</i>	<i>2654</i>	<i>2295</i>	<i>2344</i>	<i>11,635</i>

INVOLVEMENT AS A COACH, REFEREE, ADMINISTRATOR AND/OR PARENT HELPER

Adults were also asked whether or not they were involved as a coach/instructor, a referee or other official, an administrator and/or as a parent helper in the past 12 months. 27% of adults have been involved in one or more of these roles. Adults who have been involved in the first three roles, i.e. as a coach/instructor, a referee or other official and/or an administrator, were also asked

if they were paid, with 88% of them indicating that they were involved as an unpaid “volunteer”.

Adults aged 35-49 years and Māori are more likely to be involved in one or more of these roles than their respective counterparts. Adults from other ethnic groups are the least likely to be involved in any of these roles.

Taking part as a coach, referee, administrator and/or a parent helper

Taken part:	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65 + years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
As a coach/instructor	9	13	16	11	14	8	3	16	10	12	6	11
As a referee or other official	6	10	13	9	10	5	2	12	8	10	3	8
As an administrator	7	9	4	6	11	10	7	9	8	4	4	8
As a parent helper	15	11	4	14	25	7	3	20	12	14	9	13
None of these	74	72	73	71	62	79	88	63	74	71	82	73
<i>Number of adults surveyed</i>	<i>6941</i>	<i>5628</i>	<i>1267</i>	<i>2535</i>	<i>3937</i>	<i>2549</i>	<i>2279</i>	<i>1623</i>	<i>9846</i>	<i>433</i>	<i>654</i>	<i>12,569</i>

Part 4: Key trends

The following section highlights some of the key overall trends of New Zealanders' participation in sports and active leisure since 1997 to 2001.

YOUNG PEOPLE

- Indications are that activity levels for young people may be declining overall, with the change from 69% in 1997/98 to 66% in 2000/01.
- There also has been an increase in the proportion of young people who are *sedentary* (those who have not undertaken any physical activity in the last two weeks) from 8% in 1997 to 13% in 2000/01.
- There has been a decline in the proportion of Māori young people who are *active*, from 75% in 1997 to 66% in 2001.
- There has been a decline in those aged 13-15 years who are *active*, from 74% in 1997 to 62% in 2001.
- Although overall participation levels are still high, since 1997/98 young people's overall participation in sport and active leisure has fallen from 93% to 88% (2000/01). This is true for both boys and girls, and Māori and Pacific young people.
- Participation in sports and active leisure both *during* school and *before* and *after* school has also fallen. Both boys and girls have shown a fall in their levels of participation in sports and active leisure during, before and after school, as did those aged 5-8 and 16-17 years¹⁴.
- The participation rate among young people aged 13-15 years, and European and Māori young people, who participate in sports or active leisure *before* or *after* school, has fallen since 1997. In particular Pacific young people's participation levels *during* school has dropped from 76% to 60%¹⁵.
- Since 1997/98 there has been an overall drop in the level of interest among young people who want to take up a new sport or active leisure from 64% to 58%. These young people are more likely to be

girls, aged 5-8 years, be Māori or European. Pacific young people, on the other hand, have shown an increase in their levels of interest in taking up a new sport or activity, from 56% in 1997/98 to 75% in 2000/01.

ADULTS

- Adults were more active in 2000/01 (70%) than they were in 1997/98 (67%), resulting in around 150,000 more adults being active.
- Fewer adults aged 65 years or over wanted to be more active in 2000/01 when compared to 1997/98 (29% and 35% respectively). This is also true for European adults (55% and 58% respectively). On the other hand, adults from other ethnic groups in 2000/01 wanted to be more active than they did in 1997/98 (68% to 58%).
- Even though overall levels of participation remain high for young adults (those aged 18-24 years), their level of participation in sports has fallen from 97% in 1997/98 to 94% in 2000/01.
- The levels of club membership and participation in a sport or active leisure organised competition for young adults (18-24 years of age) fell between 1997/98 and 2000/01 from 53% to 42% and 45% to 32% respectively.
- The number of 18-24 year olds who received coaching fell from 43% to 37% over this period. However, young adults are still more likely to be a member of a club to participate in a sport or physical activity, play in an organised competition and have received some coaching or instruction than adults aged 25 years or over.
- Young adults were less likely to be involved as a coach, referee, administrator or parent helper in 2000/01 than they were in 1997/98 (23% and 31%) whereas adults aged 50-64 years are more likely to be involved (24% and 19%).

¹⁴Participation levels during school hours for 16-17-year-olds significantly fell from 1999 to 2001 from 55% to 40%.

¹⁵It should be noted that the data on school participation is of a general nature and needs further analysis. There is data on what type of sports and activities young people were doing during school time and before and after school but it is not possible to draw clear conclusions about whether there have been declines in participation in physical education programmes, sport programmes or fitness programmes.

Part 5: Other interesting facts

AWARENESS OF SPORTING PROGRAMMES AND RSTS

Around two in five adults (39%) are aware of Hillary Commission (now SPARC) sport and active leisure programmes for young people. Awareness is higher

among adults aged 35-64, and among European and Māori adults. There is little difference in awareness levels between adults who have young people aged 5-17 years living in their household and adults who do not have young people living in their household (41% and 39% respectively).

Awareness of sporting programmes by New Zealand adults

Level of awareness	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adults
	%		%					%				%
Aware	40	38	36	34	43	44	37	35	42	21	20	39
Unaware	60	62	64	66	57	56	63	65	58	79	80	61
<i>Number of adults surveyed</i>	<i>6578</i>	<i>5312</i>	<i>1216</i>	<i>2433</i>	<i>3750</i>	<i>2386</i>	<i>2104</i>	<i>1541</i>	<i>9298</i>	<i>413</i>	<i>625</i>	<i>11,890</i>

Sport and active leisure programmes that adults are aware of included Kiwi Sport (28%), and Run-Jump and Throw (13%).

Adults were also asked about whether they were aware of the Regional Sports Trust (RSTs) organisations (which provide sport and physical activity programmes and promote healthy active lifestyles on a regional basis).

Around six in 10 adults are aware of them. There is little difference in awareness levels between men and women, and across different age groups, with the exception that those aged 65 years or over are less aware.

Māori adults were more likely to be aware of the RSTs than European and Pacific adults and, in particular, adults from other ethnic groups.

Awareness of Regional Sports Trusts by New Zealand adults

Awareness of	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	Māori	European	Pacific	Other ethnic groups	All adult
	%		%					%				%
Aware	59	59	61	59	60	63	53	68	60	57	35	59
Unaware	41	41	39	41	40	37	47	32	40	43	65	41
<i>Number of adults surveyed</i>	<i>3828</i>	<i>3270</i>	<i>686</i>	<i>1418</i>	<i>2224</i>	<i>1444</i>	<i>1324</i>	<i>884</i>	<i>5668</i>	<i>264</i>	<i>282</i>	<i>7098</i>

OTHER LEISURE ACTIVITIES

Adults were also asked how else they spent their leisure time. Around four in five adults (83%) watch sport on TV and a third go to watch a sport game or active leisure event.

Nine in 10 read a daily newspaper, 29% play computer games or surf the net at home (and 15% do this away from home), and a third have been to the movies.

17% of adults go to a museum or an exhibition, 37% listen to national radio and one in five listen to Concert FM. 27% listen to Sports Roundup on the radio.

The following tables show how men and women, and adults of different ages and ethnic groups participate in these activities.

Taking part in leisure and recreation activities by adults over a month

Leisure and recreation activities	Women	Men	18-24 years	25-34 years	35-49 years	50-64 years	65+ years	All adults
	%		%					%
Watch sport on TV	76	90	85	81	81	85	85	83
Watch sports match/game (not on TV)	28	38	46	36	37	25	18	33
Computer games/Surf the net (at home)	25	34	52	37	32	17	8	29
Computer games/Surf the net (not at home)	11	18	36	22	12	5	2	15
Go to the movies	33	32	57	40	29	26	16	33
Go to a museum or exhibition	18	15	15	16	18	19	16	17
Listen to Concert FM	20	21	18	15	18	26	28	20
Listen to National Radio	36	37	20	24	35	48	59	37
Listen to Sports Roundup	20	34	19	22	27	33	33	27
Listen to Radio Sport	5	9	5	6	7	9	8	7
Read a newspaper (daily or Sunday)	90	90	86	87	91	92	91	90
<i>Number of adults surveyed</i>	<i>6875</i>	<i>5601</i>	<i>1261</i>	<i>2515</i>	<i>3901</i>	<i>2532</i>	<i>2265</i>	<i>12,476</i>

Taking part in leisure and recreation activities by adults from different ethnic groups

Leisure and recreation activities	Māori	European	Pacific	Other ethnic groups	All adults
	%				%
Watch sport on TV	87	82	88	78	83
Watch sports match/game (not on TV)	46	31	43	22	33
Computer games/Surf the net (at home)	35	28	26	34	29
Computer games/Surf the net (not at home)	21	14	15	15	15
Go to the movies	26	33	33	40	33
Go to a museum or exhibition	15	18	8	17	17
Listen to Concert FM	18	20	24	26	20
Listen to National Radio	28	37	40	45	37
Listen to Sports Roundup	26	28	26	17	27
Listen to Radio Sport	7	7	13	4	7
Read a newspaper (daily or Sunday)	87	91	79	84	90
<i>Number of adults surveyed</i>	<i>1610</i>	<i>9773</i>	<i>431</i>	<i>649</i>	<i>12,476</i>

Part 6 Summary profiles

To help aid the reader's understanding this section pulls together some of the key results by:

Region (Regional Sports Trust areas)

Key demographic groups (Māori, European, Pacific, other ethnic groups, people with a disability, older people aged 55 years or over).

Key results for young people and adults are provided across these summary profiles. For the detailed profiles, please refer to – www.sparc.org.nz (see the Research page).

Additional profiles showing how men and women participate in sport and active leisure, who our volunteers are and what they do, are available. In addition a number of specific sports profiles are being compiled.

REGIONAL SPORTS TRUST PROFILES

New Zealand young people (5-17-year-olds)

	All young people	Sport Northland	Sport North Harbour & Sport Waitakere	Sport Auckland	Sport Counties Manukau	Sport Waikato	Sport Bay of Plenty
	%	%	%	%	%	%	%
Active young people	68	67	71	63	58	73	67
Inactive young people	32	33	29	37	42	27	33
Interested in doing new sports/ activities	62	64	65	62	57	62	64
Participate in sport and active leisure overall	92	93	92	89	89	94	91
Participate in sport/active leisure during school	69	75	73	67	69	68	72
Participate in sport/active leisure before/after school	21	16	22	18	20	19	23
Participate in sport/active leisure with a club	33	28	34	31	31	25	31
Participate in sport/active leisure with family & friends	68	68	71	63	60	68	69
Are coached	62	60	64	58	48	54	64
<i>Number of young people surveyed</i>	<i>4078</i>	<i>361</i>	<i>375</i>	<i>328</i>	<i>436</i>	<i>323</i>	<i>386</i>

	All young people	Sport Hawkes Bay & Sport Gisborne	Sport Taranaki Sport Wanganui & Sport Manawatu	Sport Wellington	Sport Tasman	Sport Canterbury/ Westland	Sport Otago & Sport Southland
	%	%	%	%	%	%	%
Active young people	68	68	69	70	78	71	72
Inactive young people	32	32	31	30	22	29	28
Interested in doing new sports/activities	62	60	68	59	59	62	60
Participate in sport and active leisure overall	92	92	88	90	94	96	94
Participate in sport/active leisure during school	69	65	57	70	71	70	69
Participate in sport/active leisure before/after school	21	27	22	24	20	15	29
Participate in sport/active leisure with a club	33	25	31	34	38	50	34
Participate in sport/active leisure with family & friends	68	70	70	66	73	72	68
Are coached	62	61	65	68	66	73	64
<i>Number of young people surveyed</i>	<i>4078</i>	<i>363</i>	<i>303</i>	<i>356</i>	<i>308</i>	<i>269</i>	<i>270</i>

New Zealand Adults (18+ years)

	All adults	Sport Northland	Sport North Harbour & Sport Waitakere	Sport Auckland	Sport Counties Manukau	Sport Waikato	Sport Bay of Plenty
	%	%	%	%	%	%	%
Active adults	68	69	69	68	65	66	69
Inactive adults	32	31	31	32	35	34	31
Want to spend more time being active	57	50	62	62	55	58	60
Participate in sport and active leisure	98	97	99	97	98	98	98
Participate in sporting activities	83	81	87	85	79	85	85
Play sport with a club	36	29	36	36	31	33	34
Take part in organised competition	26	23	23	22	23	28	25
Are coached	23	18	24	23	20	22	22
Take part as a coach/ administrator/ parent helper/referee – paid and unpaid	27	27	25	25	26	30	27
<i>Number of adults surveyed</i>	<i>12,569</i>	<i>1041</i>	<i>1103</i>	<i>1051</i>	<i>1054</i>	<i>1026</i>	<i>1076</i>

	All adults	Sport Hawkes Bay & Sport Gisborne	Sport Taranaki Sport Wanganui & Sport Manawatu	Sport Wellington	Sport Tasman	Sport Canterbury/ Westland	Sport Otago & Sport Southland
	%	%	%	%	%	%	%
Active adults	68	70	69	65	71	70	67
Inactive adults	32	30	31	35	29	30	33
Want to spend more time being active	57	51	54	59	55	55	55
Participate in sport and active leisure	98	97	97	98	98	98	97
Participate in sporting activities	83	82	82	83	85	83	79
Play sport with a club	36	38	39	38	32	37	36
Take part in organised competition	26	27	31	29	24	26	26
Are coached	23	23	26	28	22	22	20
Take part as a coach/ administrator/ parent helper/referee – paid and unpaid	27	29	29	25	32	27	29
<i>Number of adults surveyed</i>	<i>12,569</i>	<i>1058</i>	<i>1052</i>	<i>1138</i>	<i>1013</i>	<i>975</i>	<i>982</i>

DEMOGRAPHIC PROFILES

Māori young people (5-17-year-olds)

	All Māori	Boys	Girls	5-8 year olds	9-12 year olds	13-15 year olds	16-17 year olds
	%	%	%	%	%	%	%
Active	71	72	70	69	75	73	61
Inactive	29	28	30	31	25	27	39
Interested in doing new sports/activities	66	68	62	67	71	57	53
Participate in at least one sport and active leisure activity overall	92	92	92	93	95	89	81
Participate in sport/active leisure during school	72	72	72	67	81	68	58
Participate in sport/active leisure before/after school	23	22	23	15	26	28	34
Participate in sport/ active leisure with a club	29	31	26	25	27	33	45
Participate in sport/active leisure with family friends	67	68	66	70	70	61	55
Are coached	54	57	51	46	61	58	49
<i>Number of Māori young people surveyed</i>	<i>784</i>	<i>411</i>	<i>373</i>	<i>286</i>	<i>247</i>	<i>146</i>	<i>105</i>

Māori adults (18 years +)

	All Māori	Men	Women	18-24 year olds	25-34 year olds	35-49 year olds	50-64 year olds	65+ year olds
	%	%	%	%	%	%	%	%
Active	67	69	65	74	64	62	72	68
Inactive	33	31	35	26	36	38	28	32
Want to be more active	56	57	56	68	61	52	44	34
Participate in sport and active leisure	97	97	96	98	97	96	97	92
Participate in sporting activities	87	92	84	96	90	85	80	66
Play sport with a club	40	47	34	51	40	36	26	39
Take part in organised competition	31	40	23	43	34	25	18	22
Are coached	31	36	26	45	31	26	20	13
Take part as a coach/administrator/ parent helper/referee - paid and unpaid	37	37	38	32	41	44	31	15
<i>Number of Māori adults surveyed</i>	<i>1623</i>	<i>637</i>	<i>986</i>	<i>283</i>	<i>462</i>	<i>548</i>	<i>209</i>	<i>121</i>

European young people (5-17-year-olds)

	All Europeans	Boys	Girls	5-8 year olds	9-12 year olds	13-15 year olds	16-17
	%	%	%	%	%	%	%
Active	70	76	64	71	78	71	53
Inactive	30	24	36	29	22	29	47
Interested in doing new sports/activities	61	61	60	67	65	56	48
Participate in at least one sport and active leisure activity overall	93	94	91	95	96	94	79
Participate in sport/active leisure during school	68	67	70	70	71	72	49
Participate in sport/active leisure before/after school	20	21	20	9	23	29	26
Participate in sport/active leisure with a club	37	43	31	35	45	32	31
Participate in sport/active leisure with family & friends	70	75	63	78	72	63	57
Are coached	68	73	63	67	78	68	51
<i>Number of European young people surveyed</i>	<i>2749</i>	<i>1433</i>	<i>1316</i>	<i>880</i>	<i>767</i>	<i>630</i>	<i>472</i>

European adults (18 years +)

	All Europeans	Men	Women	18-24 year olds	25-34 year olds	35-49 year olds	50-64 year olds	65+ year olds
	%	%	%	%	%	%	%	%
Active	69	71	68	70	68	68	71	70
Inactive	31	29	32	30	32	32	29	30
Want to be more active	57	57	56	69	68	63	53	31
Participate in sport and active leisure	98	98	98	99	99	99	98	95
Participate in sporting activities	83	88	78	96	93	89	77	60
Play sport with a club	36	40	32	45	39	34	30	35
Take part in organised competition	25	35	17	36	31	24	21	20
Are coached	22	22	22	40	27	22	16	12
Take part as a coach/administrator/parent helper/referee – paid and unpaid	26	27	25	26	27	39	20	12
<i>Number of European adults surveyed</i>	<i>9846</i>	<i>4469</i>	<i>5377</i>	<i>789</i>	<i>1776</i>	<i>2981</i>	<i>2202</i>	<i>2096</i>

Pacific young people (5-17-year-olds)

	All Pacific people	Boys	Girls	5-8 year olds	9-12 year olds	13-15 year olds	16-17 year olds
	%	%	%	%	%	%	%
Active	52	53	52	48	55	56	52
Inactive	48	47	48	52	45	44	48
Interested in doing new sports/activities	64	60	69	68	68	62	45
Participate in at least one sport and active leisure activity overall	84	84	83	85	94	75	71
Participate in sport/active leisure during school	68	67	70	59	75	73	66
Participate in sport/active leisure before/after school	19	17	21	11	11	34	41
Participate in sport/active leisure with a club	17	25	9	9	30	14	20
Participate in sport/active leisure with family friends	60	59	61	63	55	64	55
Are coached	38	39	36	32	44	44	26
<i>Number of Pacific young people surveyed</i>	<i>252</i>	<i>129</i>	<i>123</i>	<i>89</i>	<i>73</i>	<i>54</i>	<i>36</i>

Pacific adults (18 years +)

	All Pacific people	Men	Women	18-24 year olds	25-34 year olds	35-49 year olds	50-64 year olds	65+ year olds
	%	%	%	%	%	%	%	%
Active	63	68	58	75	51	62	69	67
Inactive	37	32	42	25	49	38	31	33
Want to be more active	57	58	55	69	62	52	27	31
Participate in sport and active leisure	98	97	98	100	98	97	94	100
Participate in sporting activities	83	91	77	94	87	79	68	46
Play sport with a club	35	44	27	50	35	26	25	12
Take part in organised competition	32	44	22	48	31	24	19	13
Are coached	28	36	20	46	26	20	12	6
Take part as a coach/administrator/parent helper/referee – paid and unpaid	29	29	28	30	30	30	29	0
<i>Number of Pacific adults surveyed</i>	<i>433</i>	<i>204</i>	<i>229</i>	<i>95</i>	<i>152</i>	<i>128</i>	<i>45</i>	<i>13</i>

Young people from other ethnic groups (5-17-year-olds)

	All young people	Boys	Girls	5-8 year olds	9-12 year olds	13-15 year olds	16-17 year olds
	%	%	%	%	%	%	%
Active	59	63	55	50	69	64	49
Inactive	41	37	45	50	31	36	51
Interested in doing new sports/activities	60	58	62	58	62	57	69
Participate in at least one sport and active leisure activity overall	90	91	88	90	97	92	70
Participate in sport/active leisure during school	64	62	67	71	73	60	41
Participate in sport/active leisure before/after school	24	26	22	16	36	20	30
Participate in sport/active leisure with a club	23	29	17	21	30	21	19
Participate in sport/active leisure with family & friends	61	62	59	64	74	52	43
Are coached	46	48	44	45	56	45	35
<i>Number of young people from other ethnic groups surveyed</i>	<i>288</i>	<i>152</i>	<i>136</i>	<i>92</i>	<i>76</i>	<i>77</i>	<i>43</i>

Adults from other ethnic groups (18 years +)

	All Adults	Men	Women	18-24 year olds	25-34 year olds	35-49 year olds	50-64 year olds	65+ year olds
	%	%	%	%	%	%	%	%
Active	54	57	51	49	51	57	55	69
Inactive	46	43	49	51	49	43	45	31
Want to be more active	62	63	61	72	69	58	52	49
Participate in sport and active leisure	95	96	94	97	96	94	97	91
Participate in sporting activities	81	85	77	96	84	74	74	68
Play sport with a club	24	32	17	44	18	20	18	25
Take part in organised competition	13	17	9	31	9	8	9	12
Are coached	17	19	15	35	14	13	11	9
Take part as a coach/administrator/parent helper/referee – paid and unpaid	18	19	17	19	13	24	10	15
<i>Number of adults from other ethnic groups surveyed</i>	<i>654</i>	<i>312</i>	<i>342</i>	<i>97</i>	<i>144</i>	<i>275</i>	<i>89</i>	<i>49</i>

Young people with a disability¹⁶ (5-17-year-olds)

	All disabled	Boys	Girls	5-8 year olds	9-12 year olds	13-15 year olds	16-17 year olds
	%	%	%	%	%	%	%
Active	63	63	63	66	71	68	38
Inactive	37	37	37	34	29	32	62
Interested in doing new sports/activities	55	53	58	65	57	50	49
Participate in at least one sport and active leisure activity overall	92	91	93	93	95	89	86
Participate in sport/active leisure during school	65	72	55	64	69	63	63
Participate in sport/active leisure before/after school	15	19	9	6	20	17	12
Participate in sport/active leisure with a club	29	30	26	28	31	28	24
Participate in sport/active leisure with family friends	71	72	71	71	69	78	65
Are coached	53	57	47	44	64	63	22
<i>Number of young people with disabilities surveyed</i>	<i>174</i>	<i>104</i>	<i>70</i>	<i>49</i>	<i>41</i>	<i>51</i>	<i>33</i>

Adults with a disability (18 years +)

	All disabled	Men	Women	18-24 year olds	25-34 year olds	35-49 year olds	50-64 year olds	65+ year olds
	%	%	%	%	%	%	%	%
Active	63	65	61	64	65	61	68	59
Inactive	37	35	39	36	35	39	32	41
Want to be more active	56	55	57	77	77	63	47	39
Participate in sport and active leisure	95	95	95	99	98	97	98	89
Participate in sporting activities	73	79	68	92	90	83	73	51
Play sport with a club	28	32	25	20	30	33	25	30
Take part in organised competition	19	28	11	21	33	22	15	14
Are coached	19	17	21	21	37	20	16	13
Take part as a coach/administrator/parent helper/referee – paid and unpaid	22	27	18	25	29	36	19	7
<i>Number of adults with disabilities surveyed</i>	<i>1230</i>	<i>568</i>	<i>662</i>	<i>65</i>	<i>141</i>	<i>317</i>	<i>287</i>	<i>420</i>

¹⁶The definition of disability used in the Sport and Physical Activity Survey was “any physical or intellectual disability or condition (lasting six months or more), which would put a person at a disadvantage relative to able-bodied people.” This excludes any condition resulting from poor health or illness. All figures are based on combined data from the 1998/99 & 2000/01 surveys since the question was not asked in the 1997/98 survey.

Adults aged 55 years or over by gender and age

	Adults 55+ years	Men	Women	55-64 year olds	65-74 year olds	75+ year olds
	%	%	%	%	%	%
Active	71	73	69	71	75	64
Inactive	29	27	31	29	25	36
Want to be more active	39	39	38	49	35	27
Participate in sport and active leisure	96	96	96	98	97	92
Participate in sporting activities	66	72	60	73	67	51
Play sport with a club	33	36	31	30	38	30
Take part in organised competition	20	27	14	20	22	16
Are coached	14	13	15	17	13	9
Take part as a coach/administrator/ parent helper/referee – paid and unpaid	14	17	12	18	14	9
<i>Number of older adults surveyed</i>	<i>3835</i>	<i>1715</i>	<i>2120</i>	<i>1556</i>	<i>1301</i>	<i>978</i>

Adults aged 55 years or over by ethnic group

	Adults 55+ years	Māori	European	Pacific people	Other ethnic groups
	%	%	%	%	%
Active	71	71	71	68	60
Inactive	29	29	29	32	40
Want to be more active	39	39	38	31	49
Participate in sport and active leisure	96	95	96	96	96
Participate in sporting activities	66	74	65	53	67
Play sport with a club	33	32	34	18	19
Take part in organised competition	20	18	20	15	8
Are coached	14	18	14	12	9
Take part as a coach/administrator/ parent helper/referee – paid and unpaid	14	22	14	8	12
<i>Number of older adults surveyed</i>	<i>3835</i>	<i>251</i>	<i>3442</i>	<i>38</i>	<i>101</i>

Appendix

SPARC RESEARCH

Adult Physical Activity Questionnaire Validation Study

SPARC has contracted the University of Auckland to conduct a study to validate a new physical activity questionnaire that will become part of the biennial SPARC New Zealand Sport and Physical Activity surveys. The results of the study will be available by the end of 2003.

The new questionnaire is going to gather more detailed information about physical activity. The previous Sport and Physical Activity survey asked only about leisure-time activity. The new questionnaire asks about **all** activity that people engage in (for a minimum of 10 minutes at a time); whether in their leisure-time, for transport (walking or cycling to work or school), in employment and incidental activities such as doing chores around the home (i.e. washing the car, washing windows etc).

The other major difference between the old and the new survey is that we are trying to find out about the **intensity** of the activities people do. So we want to know the proportion of people who do physical activities at either a moderate or vigorous intensity. This is important because activity done at a moderate or vigorous intensity can help protect and improve health. Physical activity guidelines recommend that all adults should do at least 30 minutes of **moderate intensity** physical activity on five or more days per week. In addition, it is suggested that some vigorous activity is also added for extra health and fitness. The validation study will help us determine whether the questions we ask can accurately record the different intensities of the physical activities that people do and therefore we can measure how well the New Zealand population is doing in relation to these important guidelines.

Children and young people physical activity questionnaire

SPARC will also develop a new questionnaire to measure the physical activity levels of children and young people. This project is likely to begin in the next year.

Next Sport and Physical Activity survey and results.

Once both the adult and young people physical activity Survey have been developed and tested they will form a key part of the new Sport and Physical Activity survey that will be conducted in 2005/06. Results will be available in 2006.

Active Living Segmentation research

Over the last few years the Push Play campaign has been the main vehicle for promoting the importance of physical activity and encouraging New Zealanders to become more active. SPARC is now undertaking research to further improve the design and targeting of the Push Play campaign.

SPARC, along with the Cancer Society of New Zealand, has commissioned ACNielsen (in partnership with the University of Otago) to conduct a major physical activity and nutrition research project.

This is ground breaking research for New Zealand. It moves beyond traditional surveys that have documented the physical activity and nutrition habits of New Zealanders to focus on why people do, or do not, engage in specific behaviour. Furthermore, it goes beyond focusing on a single health issue in isolation by dealing with several health behaviours at the same time. As such, the research is attempting to understand what the barriers and motivations are behind the behaviours, how they are grouped and how they interact.

It is expected that the results of the survey will be available to SPARC and the Cancer Society by late 2003 and will then feed into the work of the organisation in the coming years.

International Prevalence Study (IPS)

An international consensus group has developed an international physical activity questionnaire (IPAQ) in an attempt to provide a standardised and comparable measure of physical activity across countries.

SPARC and the Ministry of Health are jointly funding New Zealand's participation in this important study. This is the first time a validated comparative instrument has been used internationally to measure physical activity prevalence. The study includes 17 countries across a wide range socio-geographically; including Australia, United States, Finland, Spain, Saudi Arabia, Colombia, Hong Kong, India and China.

The study will compare physical activity levels by duration, frequency (days per week), intensity (moderate, vigorous) and context (recreation, transport, occupation, incidental). It also looks at walking as a specific activity and sitting (inactivity). See the IPAQ website for more information: www.ipaq.ki.se

OTHER SPORT AND PHYSICAL ACTIVITY RESEARCH

NZ Secondary School Sports Census

Every year the New Zealand Secondary Schools Sports Council asks secondary schools to provide a representation census. These results reflect the national pattern of secondary school sports representation.

Periodically national sports representation surveys have also been commissioned which include data on the number of teachers, students and people from the local community who coach, manage and officiate in secondary sports programmes.

It should be noted that the census and the periodic surveys are focused primarily on sport and ask a different range of questions to the New Zealand Sport and Physical Activity surveys so they are not directly comparable.

New Zealand Health Survey

Results from the 2001/02 New Zealand Health Survey commissioned by the Ministry of Health will be available late 2003. The survey is a nationally representative survey of adults and children. In addition to asking people about their health and use of health services, the survey collects information about physical activity participation. The physical activity questions are based on the new physical activity questions developed for the SPARC Sport and Physical Activity Survey.

Children's National Nutrition Survey

The Ministry of Health has also commissioned a national study into 5-14-year-old children's nutrition behaviours. This study also asks about physical activity among these children. The results also are expected to be available late in 2003.

REMEMBER for updated information on SPARC sport and physical activity research check the SPARC website: www.sparc.org.nz (under Research).

DEFINITIONS AND POINTS TO NOTE

The Sport and Physical Activity Survey – people selected for the survey in each of the 12 regions are interviewed in their own homes. People aged 18 and over are asked about all the sport and active leisure they have done in the last 12 months, last four weeks, and last two weeks, to provide annual, four-week and two-week participation rates. The **annual** participation rates are reported in this document.

Everyone is also asked about the time they spent taking part in their chosen sports and activities in the last seven days, and on how many of these days they were active for at least 30 minutes. The time adults spend on their chosen sports and activities is added up to give a measure of how active they are over a week – active and inactive as defined on page 53.

Information was collected about young people's participation in sport and active leisure. If there was more than one 5-17-year-old at an address, one young

person was chosen for the survey at random. Questions about the young person's participation were answered by the adult who was interviewed, although the young person could help answer the questions if they were present during the interview. Information was collected about all the sport and active leisure young people had done in the last **two weeks**. This short timeframe was used because adults were more likely to know about young people's recent behaviour. The time young people spend on their chosen sports and activities was added up to find out how active they were over a week.

The results are analysed so that they are representative of all people living in New Zealand. **The Sport and Physical Activity Survey** is a sample survey, and so the results are estimates that lie within a range, which is the **margin of error**, or sampling error. The sampling errors associated with key figures for people (across all three surveys) are **shown below**.

As an example, results show that 68% of adults are active, but there is a 95% chance that the actual figure lies between 68% +/- a margin of error of 1.0%, or between 67.0% and 69.0%. Readers should be careful when comparing two figures with a small difference between them as, when the margins of error are applied, the figures may be within the same range, and so the two results may be the same. Readers also should note that margins of error for the young people's estimates are relatively high because the sample sizes are small.

Areas of questioning – The following areas of questioning were not asked in the 1997/98 survey and, therefore, reported results are based on the 1998/1999 and the 2000/2001 surveys only: Māori sports or active leisure activities; reasons why people are spending more/less time taking part in sport or active leisure activities; sources of information that have impacted on participation levels; individual sports and active leisure activities that young people participated in before, during and after school hours (only the total time spent participating was); and adults' awareness of sporting programmes that the Hillary Commission/SPARC developed for young people and their awareness of regional sports trusts.

Adults	Survey estimate	95% confidence interval (+/-)	Young People	Survey estimate	95% confidence interval (+/-)
Active	68%	1.0%	Active	68%	2.2.%
Participate in at least one sport or activity in last 12 months	98%	0.3%	Take part in at least one sport or activity in the last 2 weeks	92%	1.1%

Definitions of terms used in this document

Physically active/inactive

Active/inactive	Category	Description
Physically inactive	Sedentary	No sports/leisure-time physical activities in the 4 weeks before the interview (2 weeks for young people)
	Relatively inactive	Took part in some leisure-time physical activity in the 4 weeks before the interview (but not necessarily the last 7 days), and all those who took part in less than 2.5 hours in the seven days before the interview
Physically active	Relatively active	Took part in at least 2.5 hours, but less than 5 hours of sport/leisure-time physical activity in the 7 days before the interview
	Highly active	Took part in 5 hours or more of sport/leisure-time physical activity in the 7 days before the interview

Regularly active

30 minutes of physical activity (sport/active leisure) on five or more days of the week. While there are health benefits from doing a total of at least 2.5 hours of physical activity per week there are considered to be further health benefits from being physically active on most days of the week (i.e. regularly active) as recommended in the physical activity guidelines *Movement=Health*.

Ethnicity

The ethnicity question in the sport and physical activity survey is based on self-identification with an ethnic group. The four categories are: a New Zealander of Māori descent or part-Māori, a New Zealander of European descent/other European, a person of Pacific Island descent, or other ethnic group (i.e. those people who have not identified as Māori, European or Pacific Islands peoples and includes young people and adults from Asia, Africa, the Middle East and other countries).

Sport and active leisure

This definition includes over 100 different physical activities which people do in their leisure time, ranging from gardening to New Zealand's most popular national sports. Active leisure excludes pastimes such as reading, spectating and board games.

Sporting activity

The figures for sporting activity exclude those adults whose only active leisure in the last 12 months was walking or gardening as well as the 2% who had done no sport or active leisure in the last year.

Participation

Means *actively* taking part in sport and active leisure.

Participants

People who play/take part in sport and active leisure.

Clubs

Includes sport and physical activity clubs and associations, gyms and fitness centres, workplace and social clubs, and any "other" clubs people belong to in order to take part in a sport and active leisure. Only people who are "active" members, i.e. play or take part in a sport/activity at a club are counted.

Organised sport/active leisure competition

For adults this includes participation in any organised competition, at any level from a local league to international competition, while for young people participation in inter-school competitions is reported.

Coaching/instruction

Refers to coaching, training, or instruction to improve participants' performance in a chosen sport/physical activity.

Couch Potato Index (CPI)

Measures how regularly people participate in a sport or active leisure for at least 30 minutes a day over one week. In particular, it identifies the proportion of people who are active on various numbers of days in a week. The 30 minutes can be made of, for example, 10 minutes of walking and 20 minutes of swimming.

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