

Sport and Recreation Profile: Dance (Various)

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in dance (various) among New Zealand adults aged 16 years and over. It is compiled from information collected through the 2007/08 Active NZ Survey and includes:

- participation levels;
- profile of participants;
- participation patterns; and
- volunteering levels.

Methodology

Definition of Dance (Various)

In the 2007/08 Active New Zealand Survey, participants reported whether they had participated in the following dance categories for sport or recreation purposes: ballet, ballroom, contemporary/modern, country/folk/line, cultural/national¹, hip-hop/break/krump, jazz/tap, latin, social², club/rave/disco, and dance (other). For the purpose of analyses in this profile, dance (various) includes all dance forms mentioned above with the exception of the club/rave/disco dance category. Throughout this profile dance (various) will be referred to as dance.

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 526 (123 men, 403 women) reported participating in dance at least once during the 12 months preceding the interview. The 4,443 interviews (which were completed over a 12-month period beginning in March 2007) were stratified by month and by the 17 regional sports trust catchment areas.

The Survey

The Active NZ Survey (an interviewer-administered, face-to-face self-report survey) consisted of two data collection tools:

1. a sport and recreation survey; and
2. a seven-day physical activity recall diary.

The sport and recreation survey was used to collect information about participation levels in various sport and recreation activities. Participants reported the sport and recreation activities they participated in over three different timeframes: during the 12 months, four weeks and seven days preceding the interview. Participants reported a range of other sport and recreation information including where they participated in activities, participation in volunteering, instruction to improve performance and involvement in clubs and centres.

The seven-day physical activity recall diary assessed the frequency, intensity and duration of sport and recreation activities participated in during the seven days preceding the interview. The following information was collected for each day of the previous week:

1. the specific activities participated in (e.g. ballet);
2. the day on which the activity was undertaken (e.g. did ballet on Monday and Wednesday);
3. the total time spent participating in each specific sport and recreation activity (e.g. spent 60 minutes on Monday doing ballet);

1 Examples of cultural/national dance are lakalaka, tamure, mako, Scottish, Irish and Dutch.

2 Examples of social dance are ceroc, lindy hop, rocknroll and old time.

4. the amount of time spent at a moderate intensity (e.g. of the 60 minutes spent doing ballet on Monday, 30 minutes was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the 60 minutes spent doing ballet on Monday, 20 minutes was spent at a vigorous intensity).

The information from the diary was used to determine the time spent and the intensity at which adults participated in dance during any one week.

Ethnic Groupings

In the 2007/08 Active NZ Survey, participants were able to identify with multiple ethnicities. Consequently, the same person could be represented in different ethnic groups (e.g. Māori and NZ European). Therefore, when the percentages for each ethnic group are summed they do not equal 100 percent. Ethnic-specific findings should only be compared with estimates for the total New Zealand population as comparisons between ethnic groups (e.g. Māori versus Pacific) are not valid.

Socioeconomic Position

The NZiDep tool was used to measure the socioeconomic position of participants. The tool consists of eight questions which assess different domains of socioeconomic status. Based on the number of deprivation indicators reported, participants were grouped into one of five groups ranging from the least (Quintile 1) to the most (Quintile 5) disadvantaged socioeconomic group. The five groups were:

- Quintile 1* – no deprivation characteristics;
- Quintile 2* – one deprivation characteristic was reported;
- Quintile 3* – two deprivation characteristics were reported;
- Quintile 4* – three or four deprivation characteristics were reported; and
- Quintile 5* – five or more deprivation characteristics were reported.

Further information about the Active NZ Survey methodology is available at www.sparc.org.nz/activenzsurvey.

Information Reported

All findings relate to the New Zealand adult population aged 16 years and over. They are based on responses from at least 100 participants and have a relative standard error of less than 25 percent unless stated otherwise. All estimates have been weighted to correct for differences between the sample population and the general New Zealand population. Percent estimates (e.g. 50%) with 95 percent confidence intervals (e.g. 95% CI: 45-55) have also been age-standardised to the 2006 New Zealand adult population. Estimates without 95% percent confidence intervals represent proportions within the sport-specific population (i.e. adults who participated in the activity), and have not been age-standardised.

Confidence intervals (CI) have been used to indicate if significant differences exist between different groups (e.g. men versus women) in the population. Findings are generally considered significantly different if there is no overlap between the confidence intervals of the percentage estimates being compared.

The Active NZ Survey is a nationally representative survey of all New Zealand adults. The findings in this profile are not directly comparable with other sources of information about dance. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

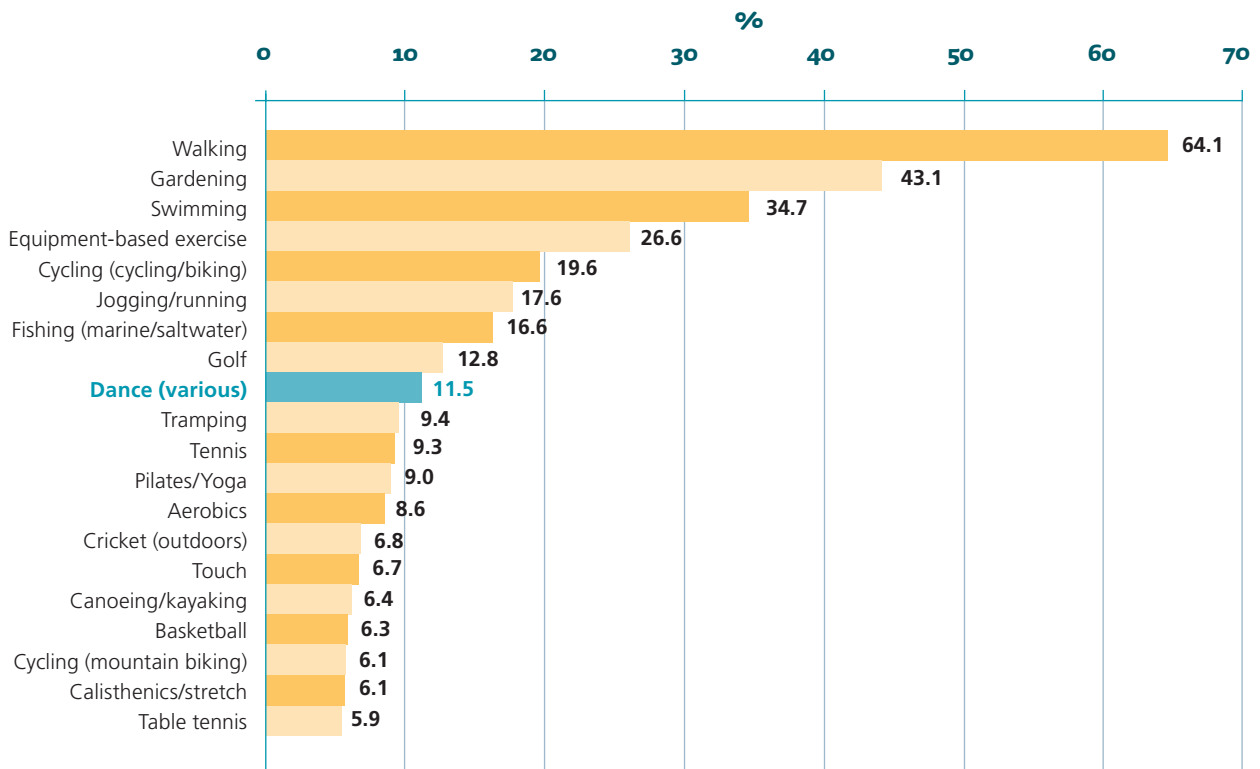
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 11.5 percent (95% CI: 10.0–13.0) of all New Zealand adults aged 16 years and over (378,607 people) had participated in dance at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults³. Dance had the ninth highest participation rate among various sport and recreation activities.

Figure 1: Sport and recreation activities with the highest participation levels



³ Figure 1 is based on information presented in the document titled 'Sport and Recreation Participation Levels' which is available at www.sparc.org.nz/activenzsurvey.

Profile of Participants

Demographic Profile

Table 1 presents demographic information about dance participation. For example, among all men in New Zealand 6.8 percent participated in dance at least once over 12 months.

Table 1 shows men (compared with women) and adults aged 35 years and over (compared with adults aged 16 to 24 years) were significantly less likely to have participated in dance. Participation in dance did not differ significantly by ethnic group (when compared with all New Zealand adults) or by socioeconomic position.

Table 1: Proportion of all New Zealand adults (aged 16 years and over) who participated in dance at least once over 12 months

	Percentage (95% CI)	Population ⁴
Total Population	11.5 (10.0–13.0)	378,607
Gender		
Men	6.8 (5.0–8.5)	107,907
Women	16.1 (14.0–18.1)	270,700
Age Group		
16–24 years	18.7 (14.5–22.9)	102,761
25–34 years	11.4 (8.2–14.6)	62,028
35–49 years	10.8 (8.3–13.2)	102,009
≥ 50 years	9.0 (7.1–11.0)	111,812
Ethnic Group		
Māori	13.4 (10.2–16.6)	59,662
Pacific	8.3 (4.1–12.5)	22,345
NZ European	11.2 (9.5–13.0)	250,778
Asian	9.9 (5.9–13.9)	41,137
Socioeconomic Position		
Quintile 1	11.1 (9.3–12.9)	222,844
Quintile 2	9.8 (7.0–12.6)	66,479
Quintile 3	14.8 (10.3–19.3)	44,918
Quintile 4	14.2 (9.6–18.9)	35,637
Quintile 5	7.6 (2.4–12.8) ⁵	8,734

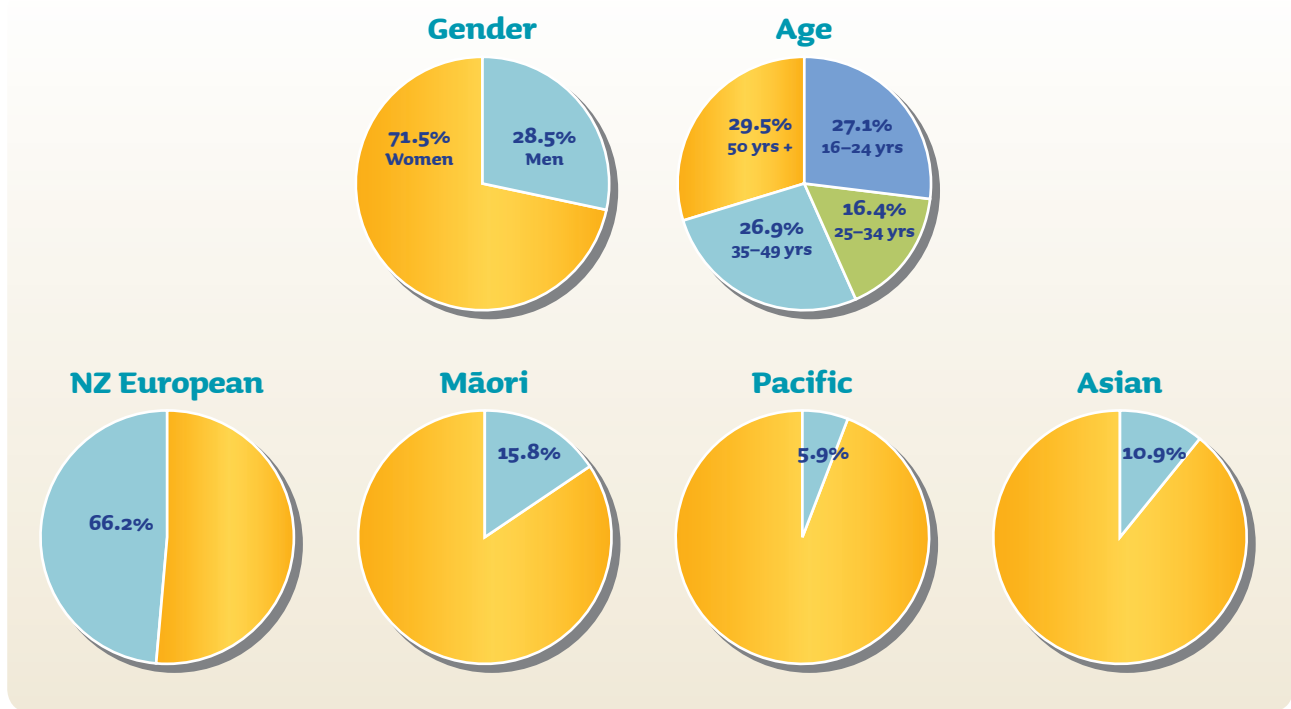
⁴ The column indicates the number of New Zealand adults who participated in dance. For example, 107,907 men participated in dance at least once over 12 months.

⁵ Finding associated with a relative standard error greater than 25 percent.

Figure 2 presents information about people who participated in dance at least once over 12 months. For example, among adults who participated in dance 28.5 percent were men and 71.5 percent were women. A large proportion of adults who participated in dance were:

- women; and
- self-identified as New Zealand European, Māori or Asian.

Figure 2: Demographic profile of adults who participated in dance



Participation in Other Sport and Recreation Activities

On average, adults who participated in dance at least once over 12 months took part in 6.6 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who participated in dance also participated in walking, swimming, gardening, equipment-based exercise and cycling. In addition, men also participated in saltwater fishing, golf, tennis and touch while women also participated in pilates/yoga.

Physical Activity Levels

As part of New Zealand's physical activity guidelines adults are recommended to participate in at least 30 minutes of moderate-intensity⁶ physical activity on most, if not on all, days of the week. To meet this guideline, participation in at least 30 minutes of moderate-intensity physical activity on five or more days of the week was required.

When compared to the proportion of all New Zealand adults who achieved this guideline (48.2%; 95% CI: 46.3–50.1), a similar proportion of adults who participated in dance achieved the guideline (49.8%; 95% CI: 45.1–54.5).

6 Moderate-intensity physical activity was defined as activity that causes a slight, but noticeable, increase in breathing and heart rate.

Participation Patterns

Organised Competition and Event Participation⁷

Among adults who participated in dance at least once over 12 months, 10.1 percent (38,079 people) had participated in an organised dance competition or event.

Instruction

Among adults who participated in dance at least once over 12 months, 42.1 percent (159,542 people) had received instruction from a coach, instructor, trainer or teacher to help improve their dance performance.

Participation Setting

During any one month, 6.8 percent (95% CI: 5.6–8.0) of all New Zealand adults (222,618 people) participated in dance at least once. Among these adults, the most common locations⁸ for dance were 'indoors at some other location not mainly used for sports' (47.5%), 'at home or someone else's home' (35.6%) and 'indoors at a sports facility' (11.4%).

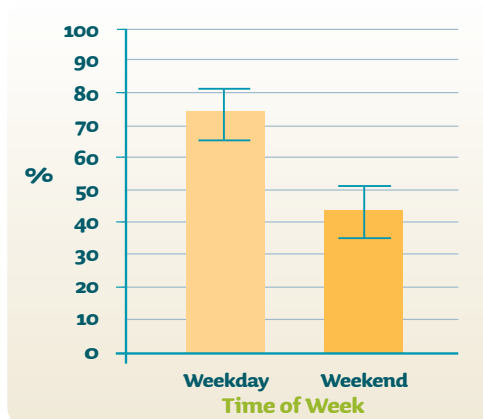
People can belong to different types of clubs or centres in order to participate in sport and recreation. The clubs/centres examined in this survey included: sport and physical activity clubs, social clubs, fitness centres and some other type of club/centre. Among adults who participated in dance during any one month:

- 29.9 percent (66,574 people) belonged to any type of club or centre in order to participate in dance;
- 9.3 percent (20,622 people) were members of a social club in order to participate in dance; and
- 15.7 percent (34,935 people) were members of an 'other type of club/centre' in order to participate in dance.

Time Spent Participating

During any one week, 4.0 percent (95% CI: 3.1–4.9) of all New Zealand adults (132,243 people) participated in dance at least once. On average, adults participated in dance on two days out of seven, for an average of 94 minutes on any one day. The average time spent participating in dance per week was 163 minutes. Adults were significantly more likely to dance on weekdays compared with weekend days (Figure 3).

Figure 3: Adult participation in dance, by time of week



⁷ Examples of organised competition and events included one-off events as well as organised club competitions.

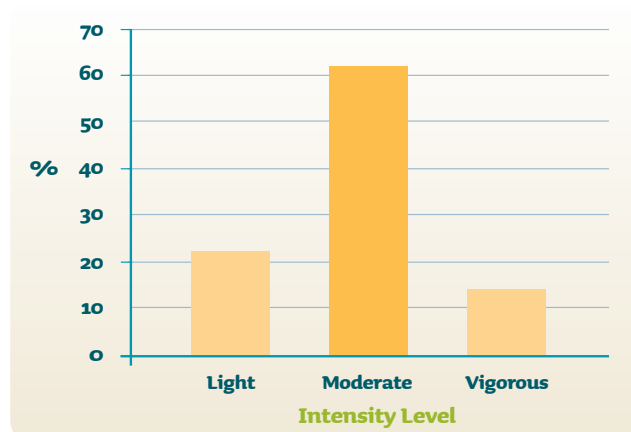
⁸ Adults who reported participating in dance during the four weeks preceding the interview also reported the locations where they participated in the last four weeks. Participants were asked to identify a location from a list of nine general locations (e.g. at indoor sports facility).

Intensity of Participation

Individuals can participate in sport and recreation activities at varying levels of intensity (i.e. light intensity, moderate intensity⁹, vigorous intensity¹⁰). During any one week, 27.7 percent (95% CI: 20.8–34.6) of all New Zealand adults participating in dance achieved more than 2.5 hours of moderate-to-vigorous-intensity physical activity per week through participation in dance alone.

Figure 4 displays the proportion of total dance time per week that was undertaken at each level of intensity. During any one week, 62.8 percent of dance time was spent participating at moderate intensity and 14.3 percent was spent at vigorous intensity. The remaining 22.9 percent of the time was spent participating at light intensity.

Figure 4: Adult participation in dance, by intensity level



Volunteering Levels

Among all New Zealand adults, 1.2 percent (95% CI: 0.8-1.6; 38,415 people) volunteered for dance. Among adults who participated in dancing at least once over 12 months 34.1 percent (129,063 people) volunteered for at least one sport or recreation activity and 6.9 percent (26,219 people) volunteered for dance.

9 Moderate-intensity physical activity was defined as activity that causes a slight, but noticeable, increase in breathing and heart rate.

10 Vigorous-intensity physical activity was defined as activity that makes you 'huff or puff'.



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