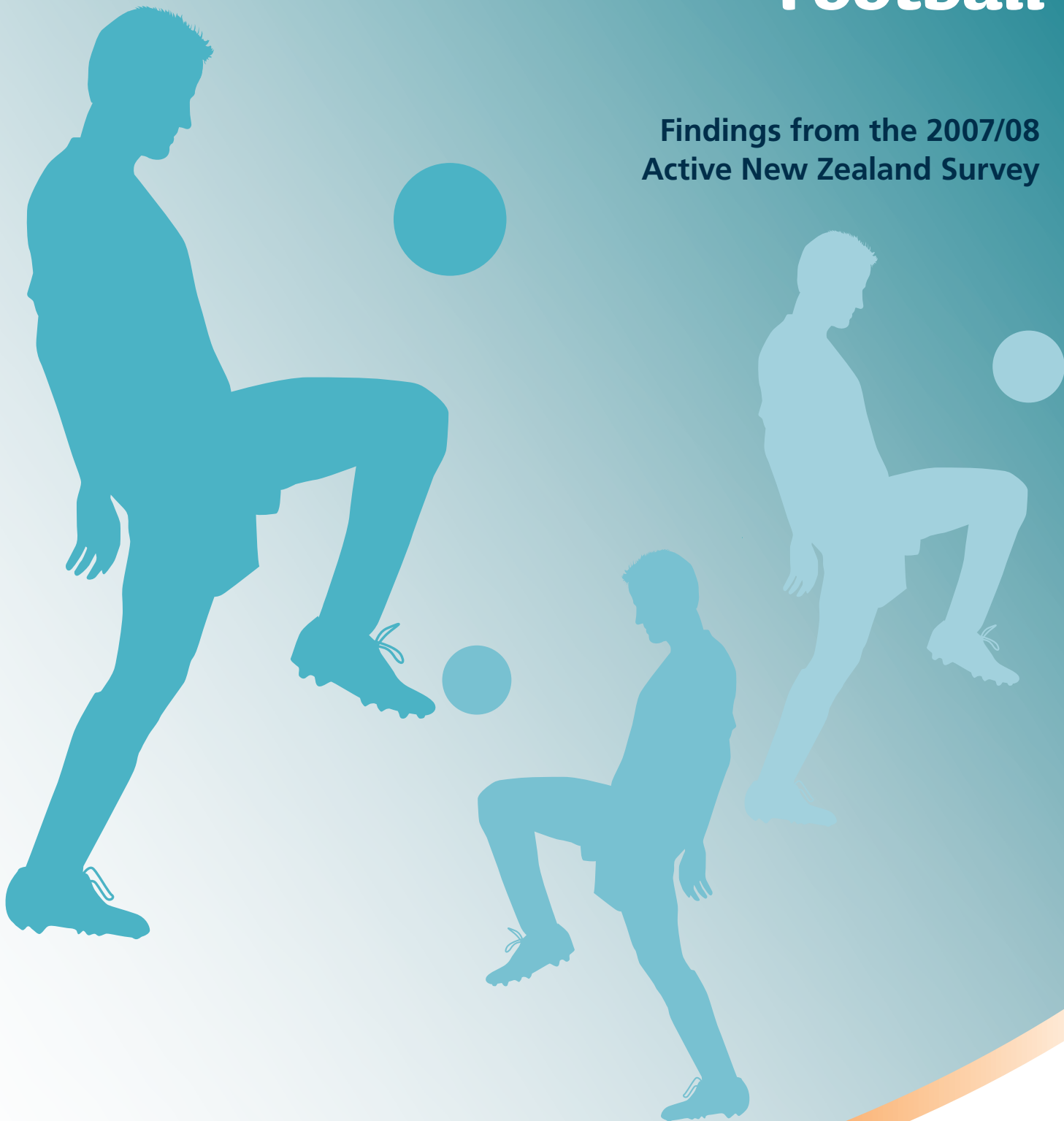


Sport and Recreation Profile: Football

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in football 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 Football

In the 2007/08 Active NZ Survey participants reported whether they had participated in indoor football or outdoor football as separate activities. This profile presents information about outdoor football only.

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 203 (141 men, 62 women) reported playing football (also known as soccer) 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. football);
2. the day on which the activity was undertaken (e.g. played football on Monday and Thursday);
3. the total time spent participating in each specific sport and recreation activity (e.g. 60 minutes spent playing football on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 60 minutes spent playing football on Monday, 20 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 playing football on Monday, 25 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 a specific sport during any one week. Because of low participation levels during the week preceding the interview, time-related information is not available in this profile.

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 football. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

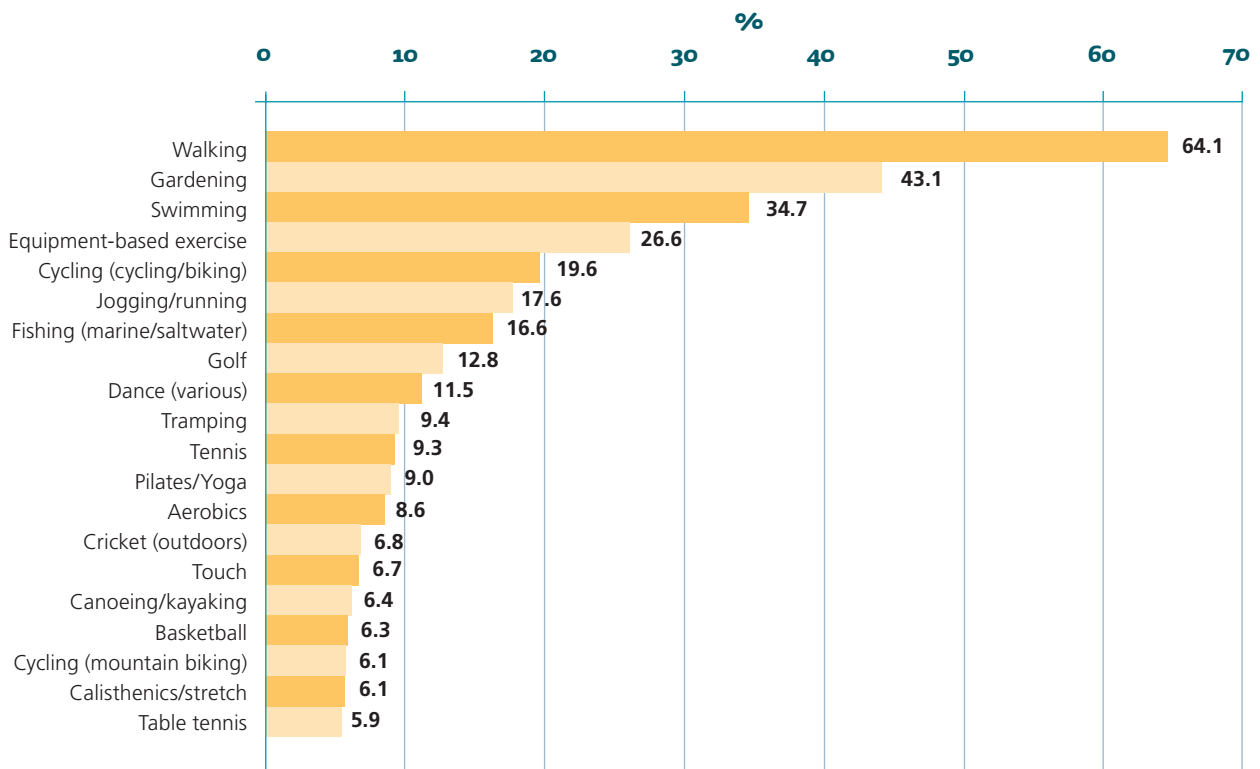
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 5.5 percent (95% CI: 4.4–6.6) of all New Zealand adults aged 16 years and over (185,292 people) had participated in football at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Football had the 23rd highest participation rate among various sport and recreation activities.

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



¹ 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 demographics information about football participation. For example, among all men in New Zealand 8.3 percent participated in football at least once over 12 months.

Table 1 shows that women (compared with men), adults aged 50 years and over (compared with adults from all other age groups) and adults in the most disadvantaged group (Quintile 5) compared to the least disadvantaged groups (Quintiles 1 and 2) were significantly less likely to have participated in football. Participation in football did not significantly differ by ethnicity (when compared to all New Zealand adults.)

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

	Percentage (95% CI)	Population ²
Total Population	5.5 (4.4–6.6)	185,292
Gender		
Men	8.3 (6.4–10.2)	137,459
Women	2.8 (1.9–3.8)	47,833
Age Group		
16–24 years	12.0 (8.4–15.7)	66,182
25–34 years	7.0 (4.4–9.7)	38,267
35–49 years	6.7 (4.7–8.7)	63,615
≥ 50 years	1.4 (0.8–2.0)	17,228
Ethnic Group		
Māori	3.3 (1.6–5.0) ³	15,723
Pacific	5.2 (1.8–8.6) ³	13,505
NZ European	5.5 (4.2–6.8)	119,929
Asian	5.6 (2.5–8.7)	27,058
Socioeconomic Position		
Quintile 1	5.5 (4.1–6.8)	104,680
Quintile 2	6.2 (3.8–8.5)	52,356
Quintile 3	4.8 (2.0–7.6) ³	13,224
Quintile 4	5.0 (2.0–8.1) ³	13,295
Quintile 5	1.3 (-0.4–3.1) ³	1,737

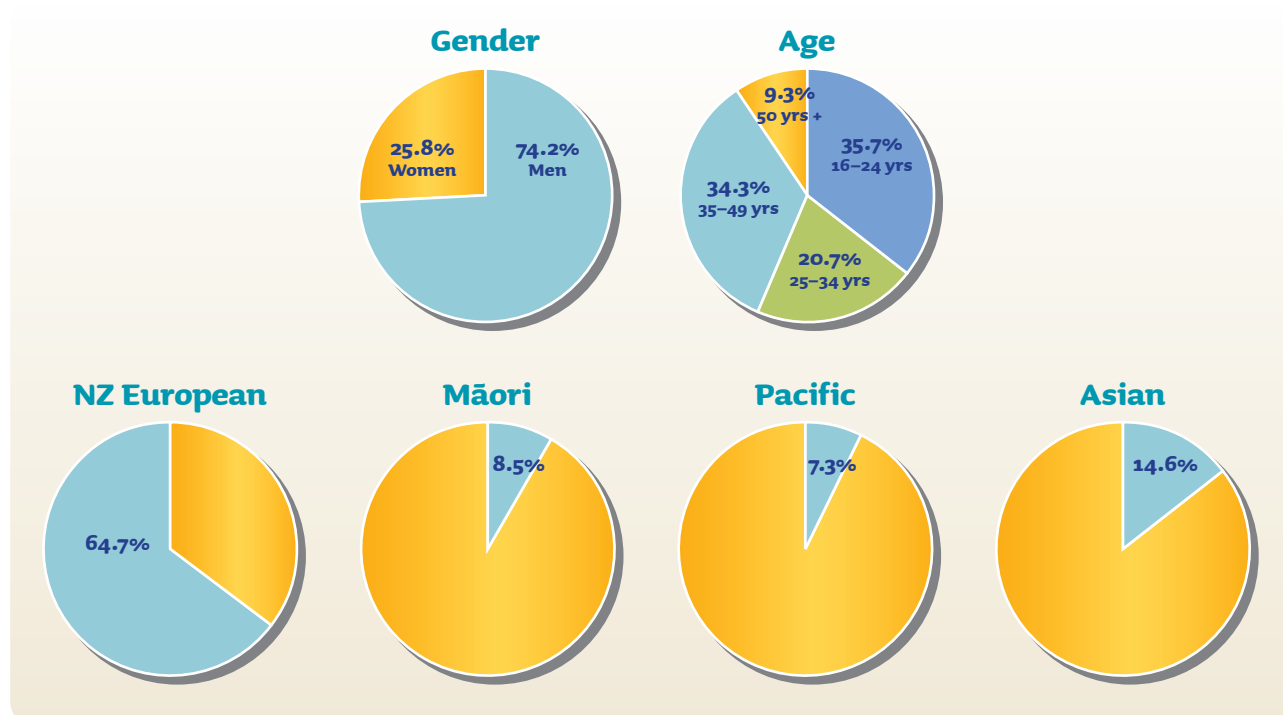
² The column indicates the number of New Zealand adults who participated in football. For example, 137,459 men participated in football at least once over 12 months.

³ Finding associated with a relative standard error greater than 25 percent.

Figure 2 presents information about people who participated in football at least once over 12 months. For example, among adults who participated in football 74.2 percent were men and 25.8 percent were women. A large proportion of adults who participated in football were:

- men;
- aged 16 to 49 years; and
- self-identified as New Zealand European or Asian.

Figure 2: Demographic profile of adults who participated in football



Participation in Other Sport and Recreation Activities

On average, adults who participated in football at least once over 12 months took part in 9.5 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who participated in football also participated in swimming, walking, jogging/running, cycling and equipment-based exercise. In addition, men participated in golf, table tennis, saltwater fishing and basketball while women participated in touch, tennis and netball.

Physical Activity Levels

As part of New Zealand's physical activity guidelines adults are recommended to participate in at least 30 minutes of moderate-intensity⁴ 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 football achieved the guideline (48.6%; 95% CI: 41.7–55.6).

⁴ 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 Participation⁵

Among adults who participated in football at least once over 12 months, 39.6 percent (73,301 people) had participated in an organised football competition or event.

Instruction

Among adults who participated in football at least once over 12 months, 32.3 percent (59,782 people) had received instruction from a coach, instructor, trainer or teacher to help improve their football performance.

Participation Setting

During any one month, 2.9 percent (95% CI: 2.2–3.7) of all New Zealand adults (98,021 people) participated in football at least once. Among these adults, the most common locations⁶ for football were 'outdoors at a sports facility' (73.1%) or 'at home or someone else's home' (19.2%).

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 played football during any one month:

- 32.8 percent (32,147 people) belonged to any type of club or centre in order to play football;
- 26.8 percent (26,302 people) were members of a sport or physical activity club in order to play football; and
- 3.9 percent⁷ (3,860 people) were members of a social club in order to play football.

Volunteering Levels

Among all New Zealand adults, 3.4 percent (95% CI: 2.6-4.2; 111,293 people) volunteered for football. Among adults who played football at least once over 12 months, 46.2 percent (85,601 people) volunteered for at least one sport or recreation activity and 21.6 percent (40,108 people) volunteered for football.

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

6 Adults who reported participating in football 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).

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



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