

Sport and Recreation Profile: Golf

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in golf 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

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 515 (357 men; 158 women) reported having played golf 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. golf);
2. the day on which the activity was undertaken (e.g. played golf on Saturday and Sunday);
3. the total time spent participating in each specific sport and recreation activity (e.g. two hours playing golf on Sunday);
4. the amount of time spent at a moderate intensity (e.g. of the two hours playing golf on Sunday, one hour was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the two hours playing golf on Sunday, one hour 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 golf 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 golf. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

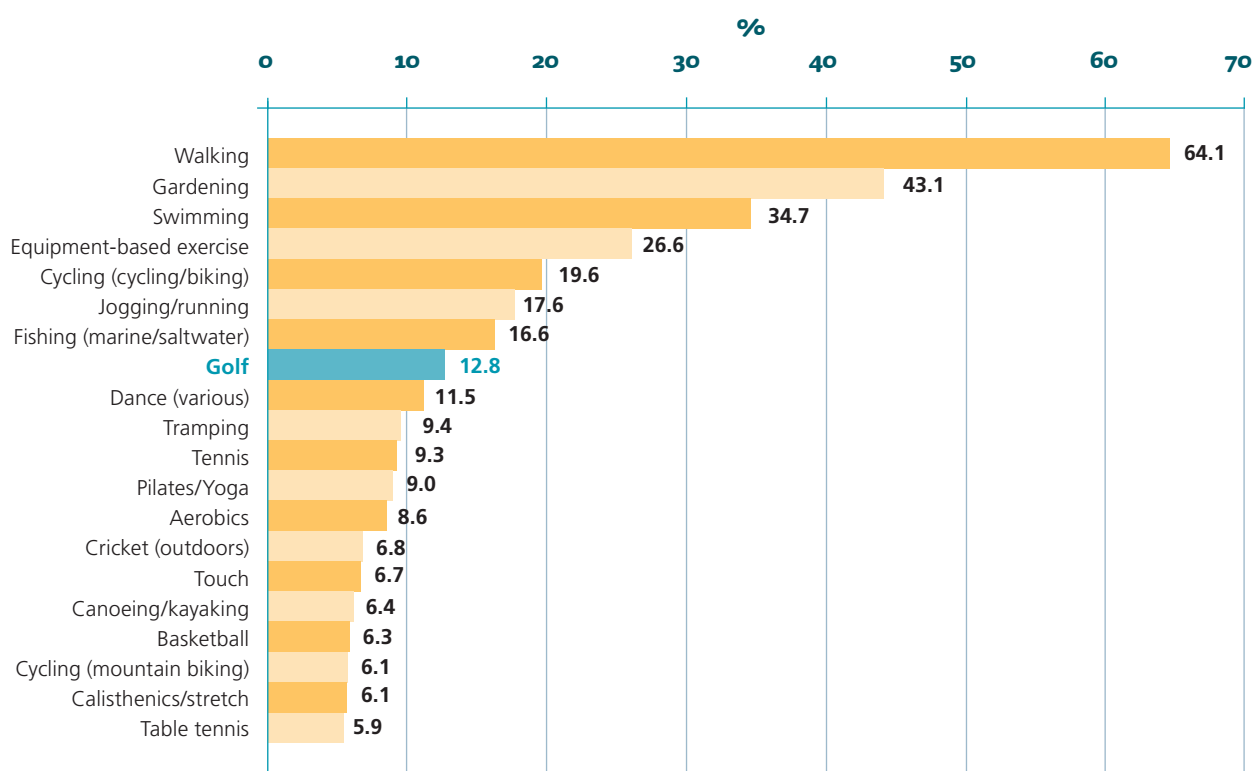
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 12.8 percent (95% CI: 11.3–14.4) of all New Zealand adults aged 16 years and over (416,221 people) had played golf at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Golf had the eighth 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 demographic information about golf participation. For example, among all men in New Zealand 20.4 percent had played golf at least once over 12 months.

Table 1 shows women (compared with men) and adults who self-identified as Pacific or Asian (compared with all New Zealand adults) were significantly less likely to have participated in golf. Adults in the most disadvantaged group (Quintiles 3, 4 and 5) were significantly less likely to have participated in golf compared to adults in the least disadvantaged groups (Quintiles 1 and 2). Participation in golf did not differ significantly by age.

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

	Percentage (95% CI)	Population ²
Total Population	12.8 (11.3–14.4)	416,221
Gender		
Men	20.4 (17.8–22.9)	317,639
Women	5.8 (4.4–7.2)	98,582
Age Group		
16–24 years	11.0 (7.4–14.5)	60,306
25–34 years	15.8 (12.2–19.3)	85,748
35–49 years	12.2 (9.6–14.7)	115,210
≥ 50 years	12.5 (10.4–14.7)	154,959
Ethnic Group		
Māori	13.1 (9.9–16.3)	54,298
Pacific	6.3 (2.6–10.0) ³	11,597
NZ European	14.5 (12.6–16.4)	324,024
Asian	7.2 (3.7–10.7)	26,803
Socioeconomic Position		
Quintile 1	14.4 (12.4–16.4)	293,096
Quintile 2	13.2 (10.1–16.3)	85,848
Quintile 3	6.5 (3.3–9.8)	22,463
Quintile 4	4.8 (1.8–7.8) ³	12,062
Quintile 5	4.4 (0.4–8.3) ³	2,754

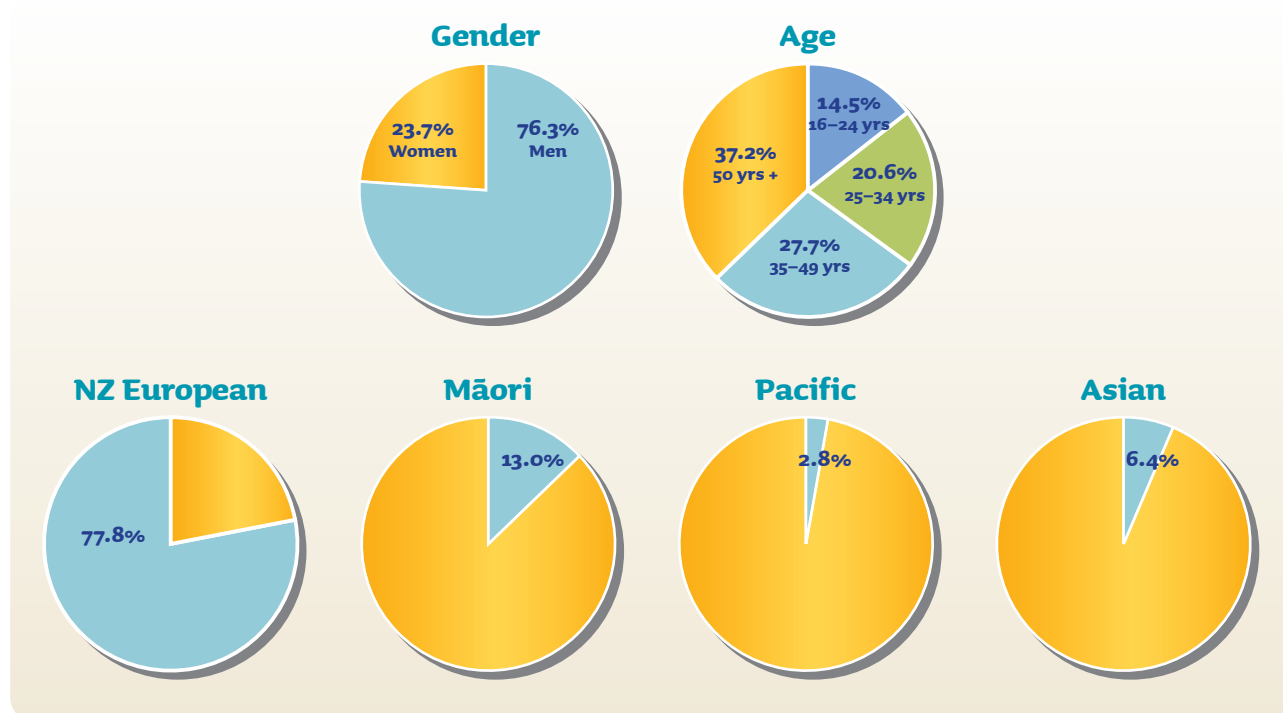
² The column indicates the number of New Zealand adults who participated in golf. For example, 317,639 men participated in golf at least once over 12 months.

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

Figure 2 presents information about people who participated in golf at least once over 12 months. For example, among adults who participated in golf 76.3 percent were men and 23.7 percent were women. A large proportion of adults who participated in golf were:

- men; and
- self-identified as New Zealand European or Māori.

Figure 2: Demographic profile of adults who participated in golf



Participation in Other Sport and Recreation Activities

On average, adults who participated in golf at least once over 12 months took part in 7.6 different sport and recreation activities over 12 months (the national average is 4.6). Irrespective of gender, adults who played golf also participated in walking, swimming, gardening, equipment-based exercise and cycling. In addition, men also participated in saltwater fishing, jogging/running, outdoor cricket and tennis while women participated in tramping.

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 played golf achieved the guideline (54.2%; 95% CI: 49.5–59.0).

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 played golf at least once over 12 months, 37.3 percent (155,242 people) had participated in an organised golf competition or event.

Instruction

Among adults who played golf at least once over 12 months, 15.6 percent (64,815 people) had received instruction from a coach, instructor, trainer or teacher to help improve their golfing performance.

Participation Setting

During any one month, 6.6 percent (95% CI: 5.4–7.8) of all New Zealand adults (213,051 people) played golf at least once. Among these adults, the most common location⁶ for playing golf was 'outdoors at a sports facility' (86.5%).

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 golf during any one month:

- 55.3 percent (117,773 people) belonged to any type of club or centre in order to participate in golf;
- 49.2 percent (104,783 people) were members of a sport or physical activity club in order to participate in golf; and
- 4.7 percent⁷ (9,981 people) were members of an 'other type of club/centre' in order to participate in golf.

Time Spent Participating

During any one week, 3.4 percent (95% CI: 2.6–4.2) of all New Zealand adults (109,371 people) played golf at least once. On average, adults played golf on two days out of seven, for an average of 185 minutes on any one day. The average time spent playing golf per week was 326 minutes. Participation levels did not significantly differ on weekdays compared to weekend days (Figure 3).

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



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

⁶ Adults who reported participating in golf 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).

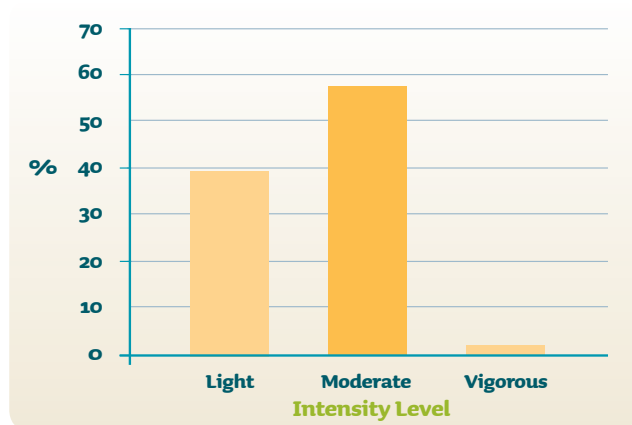
⁷ Finding is associated with a relative standard error greater than 25 percent.

Intensity of Participation

Individuals participate in sport and recreation activities at varying levels of intensity (i.e. light intensity, moderate intensity⁸, vigorous intensity⁹). During any one week, 45.6 percent (95% CI: 35.2–56.0) of all New Zealand adults participating in golf achieved more than 2.5 hours of moderate-to-vigorous intensity physical activity through participation in golf alone.

Figure 4 displays the proportion of total time per week spent playing golf that was undertaken at each level of intensity. During any one week, 58.3 percent of golfing time was spent participating at moderate intensity and 1.8 percent was spent at vigorous intensity. The remaining 39.9 percent of the time was spent participating at light intensity.

Figure 4: Adult participation in golf, by intensity level



Volunteering Levels

Among all New Zealand adults, 0.6 percent (95% CI: 0.4-0.8; 19,500 people) volunteered for golf. Among adults who played golf at least once over 12 months, 32.3 percent (134,316 people) volunteered for at least one sport or recreation activity and 4.2 percent¹⁰ (17,570 people) volunteered for golf.

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

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

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



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