

ACTIVE
NZ SURVEY

Te Rangahau Korikori o Aotearoa

Sport and Recreation Profile: Running/Jogging

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in running/jogging 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 Running

In the 2007/08 Active NZ Survey, participants reported whether they had participated in running/jogging for sport or recreation purposes separately to that of running/jogging for active travel purposes. Running, in this profile, refers to participating in running and/or jogging as a sport or recreation activity.

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 641 (301 men; 340 women) reported running 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. running);
2. the day on which the activity was undertaken (e.g. ran on Monday and Thursday);
3. the total time spent participating in each specific sport and recreation activity (e.g. ran for 45 minutes on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 45 minutes spent running 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 45 minutes spent running on Monday, 10 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 running 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 running. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

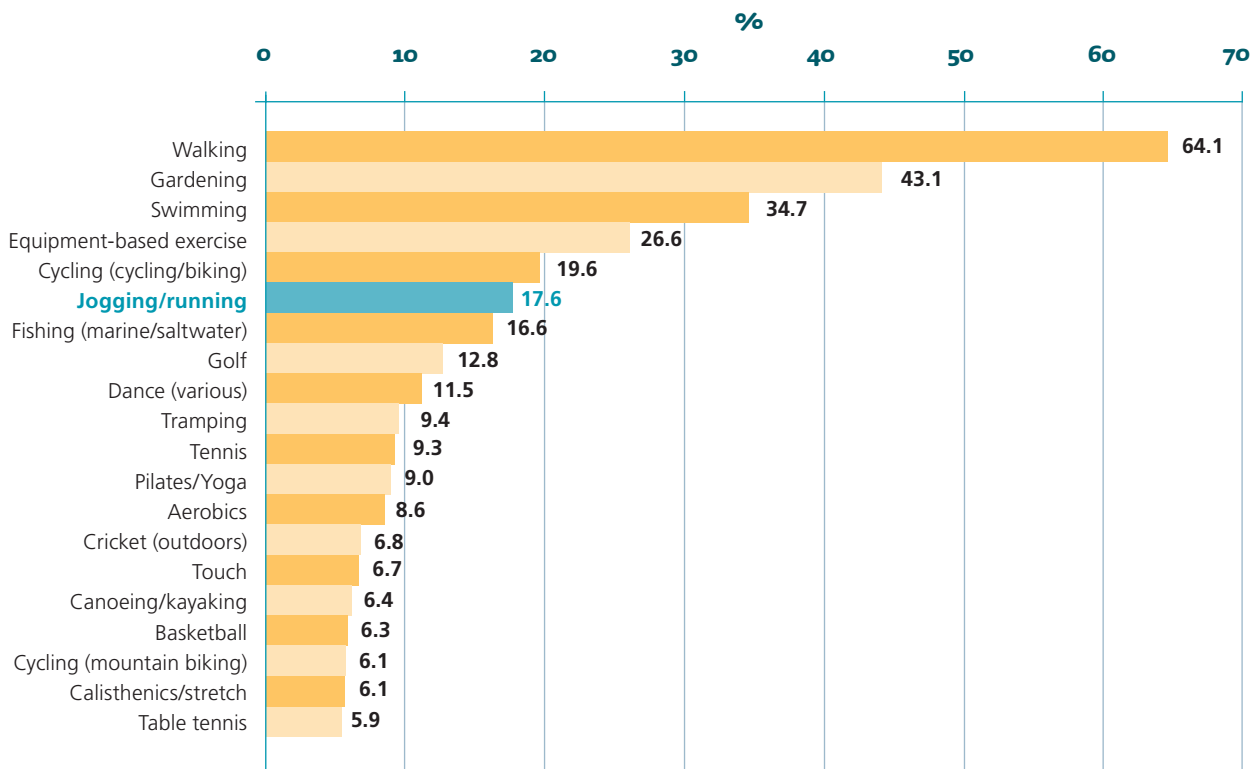
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 17.6 percent (95% CI: 15.9–19.3) of all New Zealand adults aged 16 years and over (574,107 people) had participated in running at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Running had the sixth 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 running participation. For example, among all men in New Zealand 19.2 percent participated in running at least once over 12 months.

Table 1 shows adults aged 35 years old and over were significantly less likely than adults aged 16 to 34 years to have participated in running at least once over 12 months. Running participation levels did not differ significantly by gender, ethnic group (when compared with all New Zealand adults) or socioeconomic position.

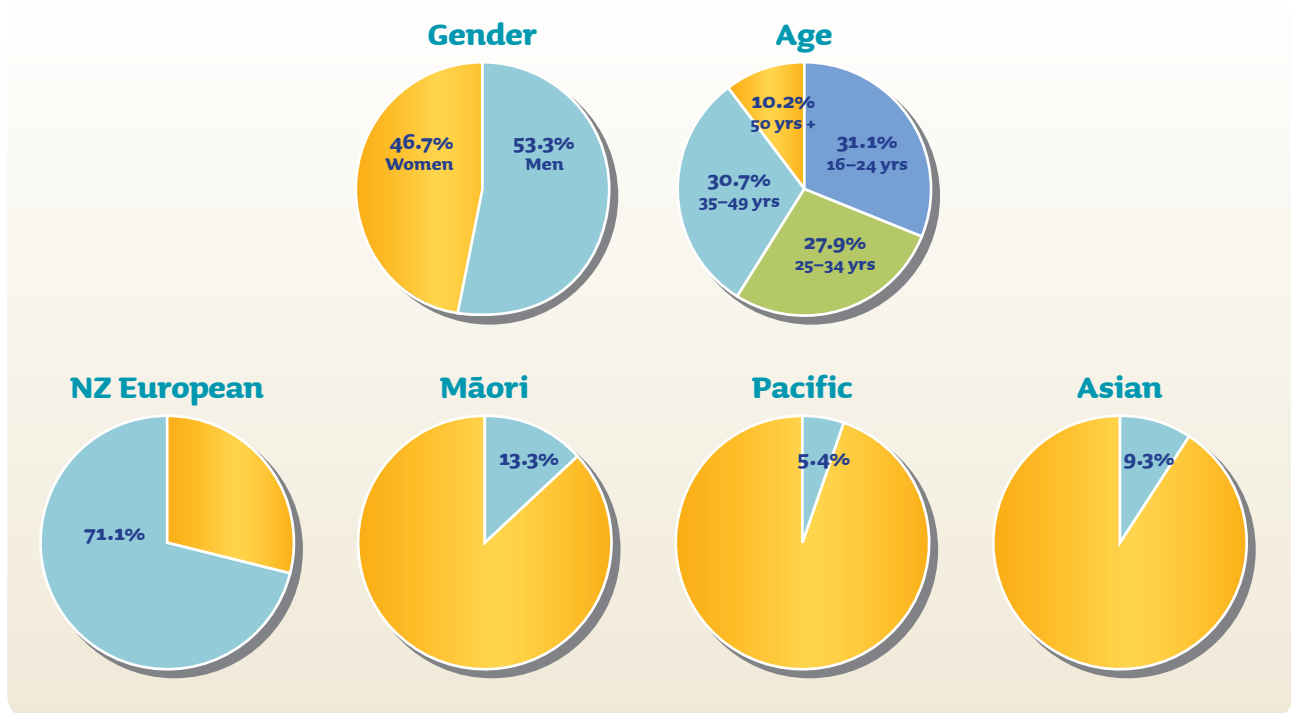
Table 1: Proportion of all New Zealand adults (aged 16 years and over) who participated in running at least once over 12 months

	Percentage (95% CI)	Population ²
Total Population	17.6 (15.9–19.3)	574,107
Gender		
Men	19.2 (16.8–21.7)	306,131
Women	16.1 (14.1–18.2)	267,976
Age Group		
16–24 years	32.5 (27.9–37.1)	178,651
25–34 years	29.4 (25.4–33.4)	160,191
35–49 years	18.7 (15.8–21.5)	176,501
≥ 50 years	4.8 (3.3–6.2)	58,766
Ethnic Group		
Māori	14.6 (11.3–17.9)	76,442
Pacific	13.0 (8.1–18.0)	30,928
NZ European	19.4 (17.4–21.4)	408,153
Asian	12.5 (8.1–16.8)	53,215
Socioeconomic Position		
Quintile 1	17.8 (15.7–19.9)	321,509
Quintile 2	18.7 (15.2–22.1)	142,669
Quintile 3	14.5 (10.0–18.9)	45,673
Quintile 4	18.2 (13.2–23.2)	50,998
Quintile 5	11.4 (5.3–17.5)	13,255

² The column indicates the number of New Zealand adults who participated in running. For example, 306,131 men participated in running at least once over 12 months.

Figure 2 presents information about people who participated in running at least once over 12 months. For example, among adults who participated in running 53.3 percent were men and 46.7 percent were women. A large proportion of adults who participated in running were self-identified as New Zealand European or Māori.

Figure 2: Demographic profile of adults who participated in running



Participation in Other Sport and Recreation Activities

On average, adults who participated in running at least once over 12 months took part in 8.3 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who participated in running also participated in walking, swimming, equipment-based exercise, gardening, cycling and tennis. In addition, men also participated in golf, saltwater fishing, touch and outdoor cricket while women participated in aerobics, pilates/yoga and 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-intensity³ 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), adults who participated in running were significantly more likely to have achieved the guideline (62.1%; 95% CI: 57.8–66.4)

³ 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 Participation⁴

Among people who participated in running at least once over 12 months, 19.2 percent (109,987 people) had participated in an organised running competition or event.

Instruction

Among adults who participated in running at least once over 12 months, 7.8 percent (44,521 people) had received instruction from a coach, instructor, trainer or teacher to help improve their running performance.

Participation Setting

During any one month, 12.2 percent (95% CI: 10.7–13.7) of all New Zealand adults (399,712 people) participated in running at least once. Among these adults, the most common locations⁵ for running were 'on a road or walkway in a town or city' (72.8%), 'outdoors in the bush or countryside' (30.7%) and 'outdoors in or by a beach, river, lake or the sea' (22.6%).

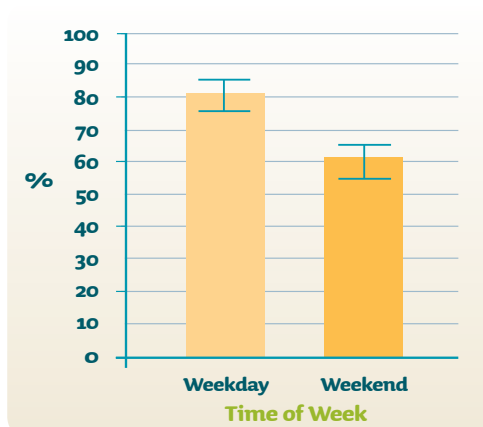
People can belong to different types of clubs or centres in order to participate in sport and recreation. The clubs/centres examined in this survey included: sport and physical activity clubs, social clubs, fitness centres and some other type of club/centre. Among adults who participated in running during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

- 5.2 percent⁶ (20,952 people) belonged to any type of club or centre in order to participate in running; and
- 2.8 percent⁶ (11,234 people) were members of a sport or physical activity club in order to participate in running.
- 2.0 percent⁶ (7,885 people) were members of a gym or fitness centre in order to participate in running.

Time Spent Participating

During any one week, 8.3 percent (95% CI: 7.0–9.6) of all New Zealand adults (270,331 people) participated in running at least once. On average, adults participated in running on two days out of seven, for an average of 44 minutes on any one day. The average time spent participating in running per week was 109 minutes. Adults were significantly more likely to run on weekdays compared with weekend days (Figure 3).

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



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

5 Adults who reported participating in running 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).

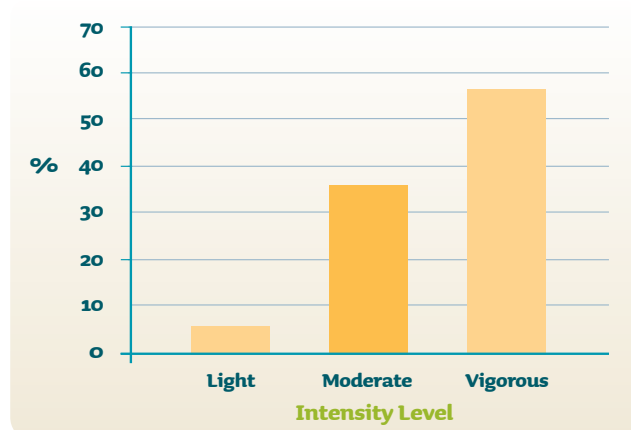
6 Finding associated with a relative standard error greater than 25 percent.

Intensity of Participation

Individuals can participate in sport and recreation activities at varying levels of intensity (i.e. light intensity, moderate intensity⁷, vigorous intensity⁸). During any one week, 49.9 percent (95% CI: 44.0–55.8) of all New Zealand adults who participated in running (114,923 people) achieved more than 2.5 hours of moderate-to-vigorous-intensity physical activity through their running activity only.

Figure 4 displays the proportion of total running time per week that was undertaken at each level of intensity. During any one week, 56.7 percent of this time was spent participating at vigorous intensity and 37.4 percent of this time was spent participating at moderate intensity. The remaining 5.9 percent of the time was spent at light intensity.

Figure 4: Adult participation in running, by intensity level



Volunteering Levels

Among all New Zealand adults, 0.5 percent (95% CI: 0.3-0.6; 15,848 people) volunteered for running. Among adults who participated in running at least once over 12 months, 36.2 percent (207,560 people) volunteered for at least one sport or recreation activity and 1.1 percent⁹ (6,428 people) volunteered for running.

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

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

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



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