

# Sport and Recreation Profile: Tramping

Findings from the 2007/08  
Active New Zealand Survey



# INTRODUCTION

## Content

This sport and recreation profile presents information about participation in tramping 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, 389 (189 men; 200 women) reported tramping 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. tramping);
2. the day on which the activity was undertaken (e.g. went tramping on Monday and Saturday);
3. the total time spent participating in each specific sport and recreation activity (e.g. went tramping on Saturday for 90 minutes);
4. the amount of time spent at a moderate intensity (e.g. of the 90 minutes spent tramping on Saturday, 60 minutes was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the 90 minutes spent tramping on Saturday, 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 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](http://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 tramping. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

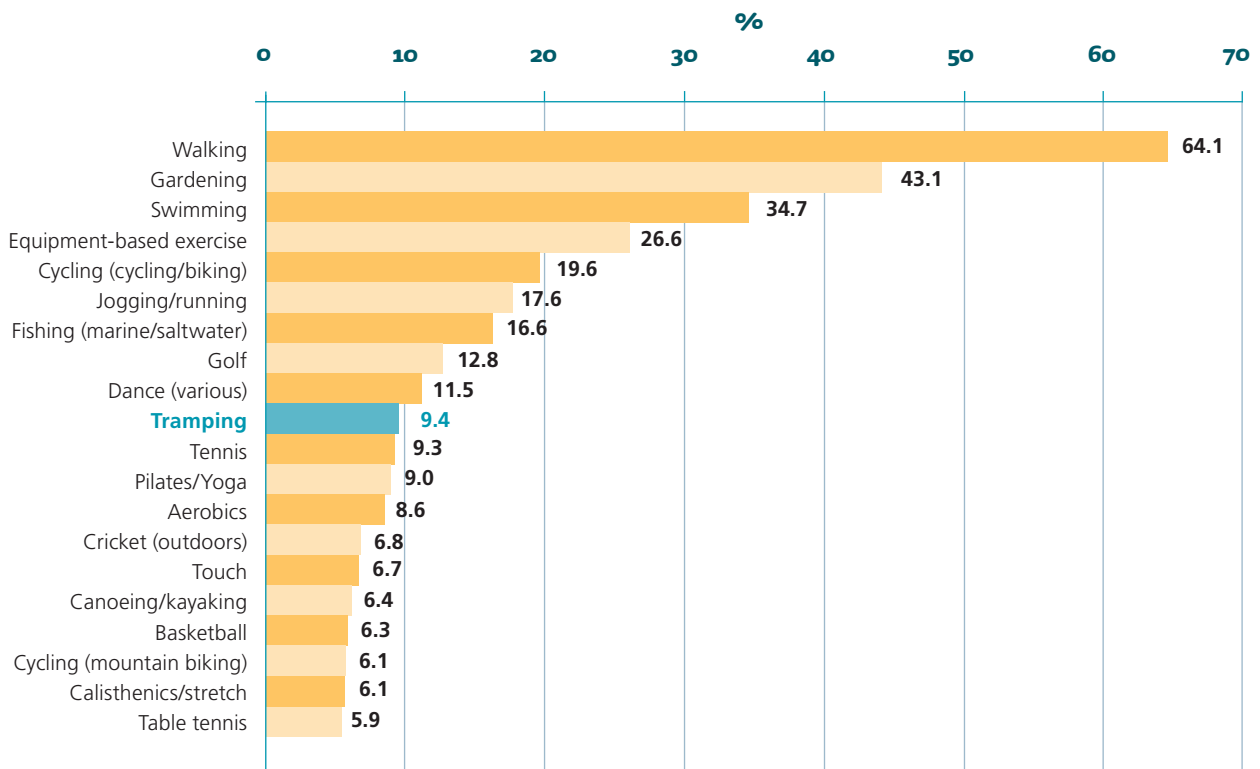
# FINDINGS

## Participation Levels

### 2007/08 Participation Levels

Over 12 months, 9.4 percent (95% CI: 8.0–10.8) of all New Zealand adults aged 16 years and over (306,342 people) had participated in tramping at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults<sup>1</sup>. Tramping had the 10th highest participation rate among various sport and recreation activities.

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



<sup>1</sup> 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](http://www.sparc.org.nz/activenzsurvey).

## Profile of Participants

### Demographic Profile

Table 1 presents demographic information about tramping participation. For example, among all men in New Zealand 10.1 percent had participated in tramping at least once over 12 months.

Table 1 shows that adults who self-identified as Māori, Pacific or Asian (compared with all New Zealand adults) and adults in the most disadvantaged socioeconomic group (Quintile 5) compared with adults in all other socioeconomic groups were significantly less likely to have participated in tramping. Participation levels did not differ significantly by gender or age group.

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

	Percentage (95% CI)	Population <sup>2</sup>
Total Population	9.4 (8.0–10.8)	306,342
<b>Gender</b>		
Men	10.1 (8.1–12.2)	161,504
Women	8.7 (7.0–10.4)	144,838
<b>Age Group</b>		
16–24 years	9.4 (6.0–12.8)	51,655
25–34 years	10.7 (7.6–13.8)	58,403
35–49 years	10.7 (8.2–13.1)	100,866
≥ 50 years	7.7 (5.9–9.5)	95,419
<b>Ethnic Group</b>		
Māori	4.8 (2.7–6.8)	22,234
Pacific	0.3 (0.0–0.7) <sup>3</sup>	762
NZ European	11.3 (9.5–13.0)	248,177
Asian	4.1 (1.4–6.7) <sup>3</sup>	14,359
<b>Socioeconomic Position</b>		
Quintile 1	9.1 (7.5–10.8)	185,737
Quintile 2	11.6 (8.6–14.6)	75,213
Quintile 3	8.0 (4.4–11.7)	25,447
Quintile 4	8.0 (4.2–11.8)	18,051
Quintile 5	1.5 (–0.4–3.4) <sup>3</sup>	1,894

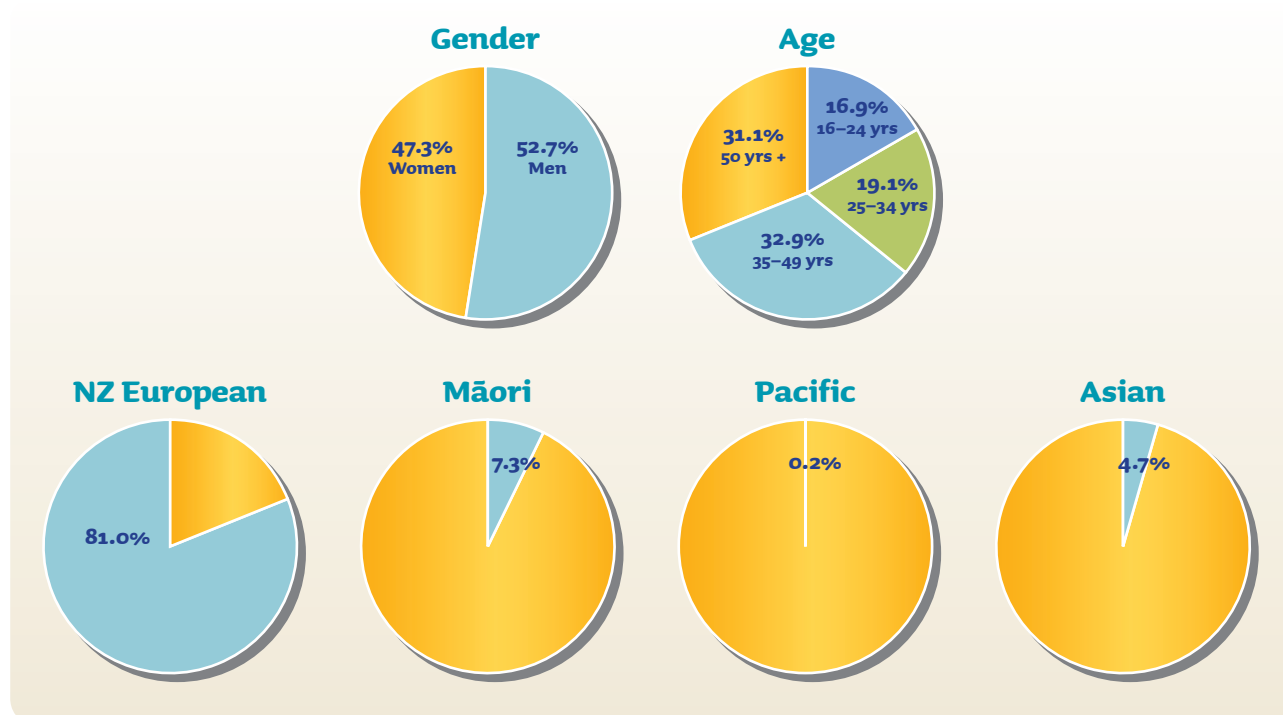
<sup>2</sup> The column indicates the number of New Zealand adults who participated in tramping. For example, 161,504 men participated in tramping at least once over 12 months.

<sup>3</sup> Finding associated with a relative standard error greater than 25 percent.

Figure 2 presents information about people who participated in tramping at least once over 12 months. For example, among adults who participated in tramping 52.7 percent were men and 47.3 percent were women. A large proportion of adults who participated in tramping were:

- aged 35 years and over; and
- self-identified as New Zealand European.

Figure 2: Demographic profile of adults who participated in tramping



### Participation in Other Sport and Recreation Activities

On average, adults who participated in tramping at least once over 12 months took part in 8.6 different sport and recreation activities over 12 months (the national average is 4.6). Irrespective of gender, adults who participated in tramping also participated in walking, gardening, swimming, cycling, equipment-based exercise, jogging/running and canoeing/kayaking. In addition, men also participated in fishing, golf, mountain biking, and tennis while women participated in aerobics and 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-intensity<sup>4</sup> 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 tramping achieved the guideline (51.8%; 95% CI: 46.5–57.1).

<sup>4</sup> 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 Participation<sup>5</sup>

Among adults who participated in tramping at least once over 12 months, 11.0 percent (33,596 people) had participated in an organised tramping competition or event.

### Instruction

Among adults who participated in tramping at least once over 12 months, 7.9 percent (24,147 people) had received instruction from a coach, instructor, trainer or teacher to help improve their tramping performance.

### Participation Setting

During any one month, 3.7 percent (95% CI: 2.8–4.6) of all New Zealand adults (121,018 people) participated in tramping at least once. Among these adults, the most common locations<sup>6</sup> for tramping were 'outdoors in the bush or countryside' (95.3%) and 'outdoors in or by a beach, river, lake or the sea' (28.3%).

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 tramping during any one month:

- 10.8 percent (13,068 people) belonged to any type of club or centre in order to participate in tramping;
- 4.8 percent<sup>7</sup> (5,830 people) were members of a sport or physical activity club in order to participate in tramping; and
- 3.7 percent<sup>7</sup> (4,425 people) were members of 'other' type of club/centre in order to participate in tramping.

## Volunteering Levels

Among all New Zealand adults, 0.3 percent (95% CI: 0.2-0.4; 8,706 people) volunteered for tramping. Among adults who participated in tramping at least once over 12 months, 33.3 percent (102,123 people) volunteered for at least one sport or recreation activity and 2.1 percent<sup>7</sup> (6,364 people) volunteered for tramping.

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

6 Adults who reported participating in tramping 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. outdoors in the bush or countryside).

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



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[www.sparc.org.nz](http://www.sparc.org.nz)

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