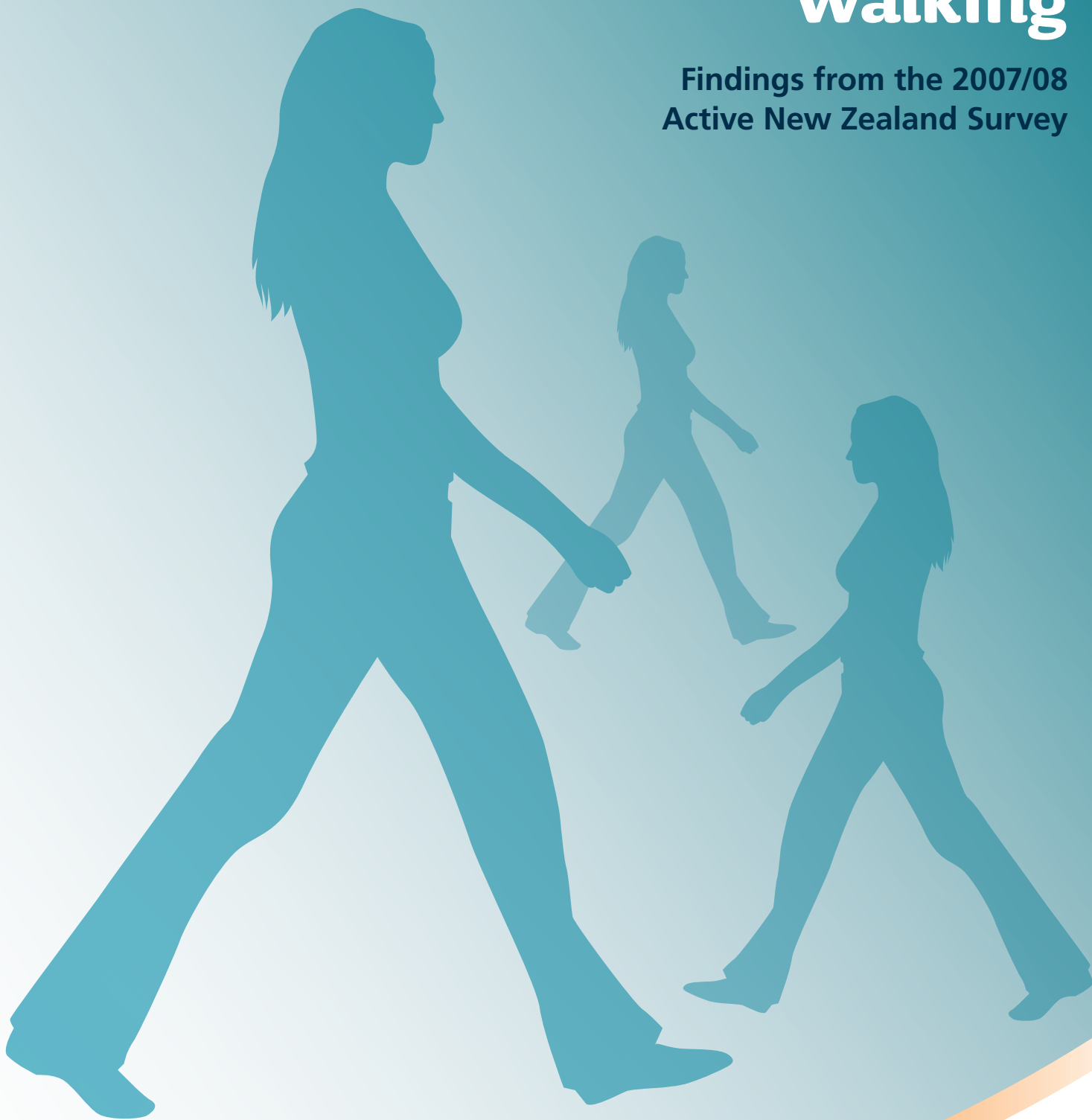


Sport and Recreation Profile: Walking

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in walking for sport or recreation purposes 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 Walking

In the 2007/08 Active NZ Survey, participants reported whether they had participated in walking for sport or recreation purposes separately to that of walking for active travel purposes. This profile presents information about walking for sport or recreation purposes.

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 2,933 (1,006 men; 1,927 women) reported walking 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. walking);
2. the day on which the activity was undertaken (e.g. went walking on Monday and Saturday);
3. the total time spent participating in each specific sport and recreation activity (e.g. 30 minutes spent walking on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 30 minutes spent walking on Monday, 15 minutes was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the 30 minutes spent walking on Monday, no time 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 walking 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 walking. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

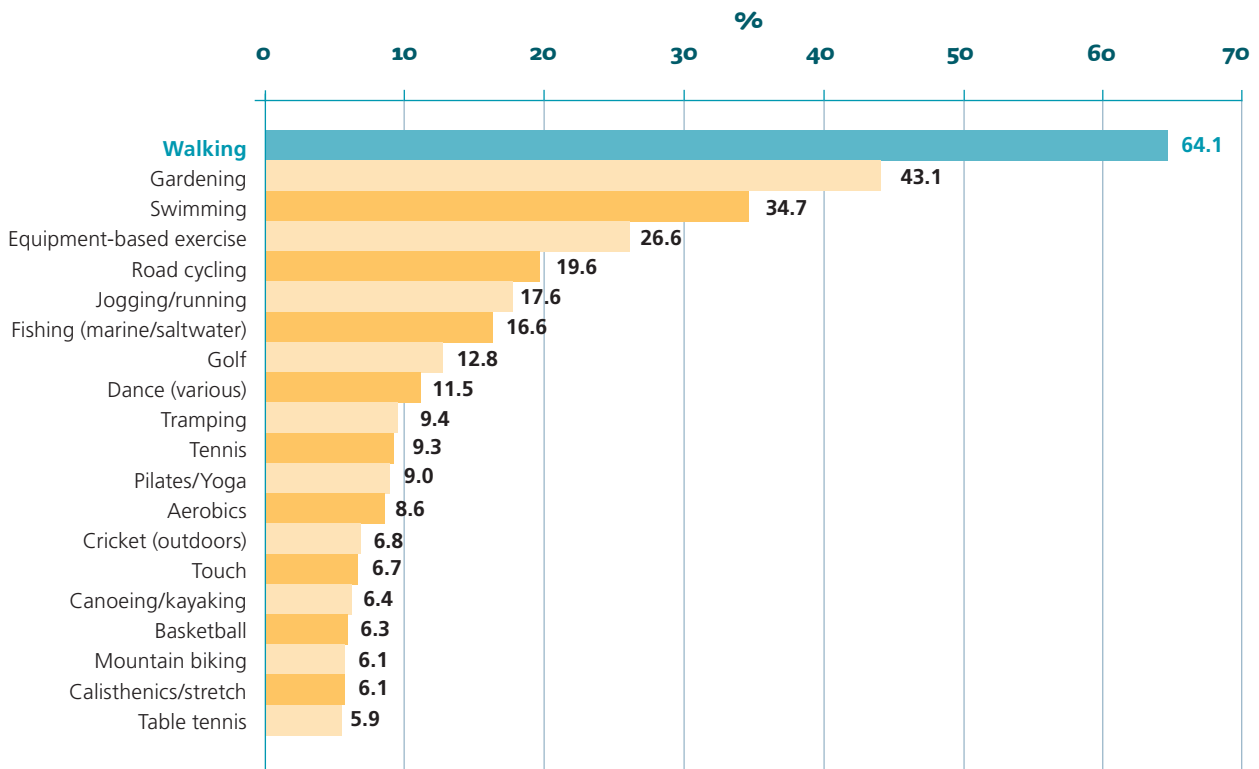
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 64.1 percent (95% CI: 62.2–66.0) of all New Zealand adults aged 16 years and over (2,100,277 people) had walked for sport or recreation at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Walking had the 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 walking participation. For example, among all men in New Zealand 52.6 percent had participated in walking at least once over 12 months.

Table 1 shows men (compared with women), adults aged 16 to 24 years old (compared with adults aged 25 years and over) and adults who self-identified as Māori (compared with all New Zealand adults) were significantly less likely to have participated in walking. Participation in walking did not differ significantly by socioeconomic position.

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

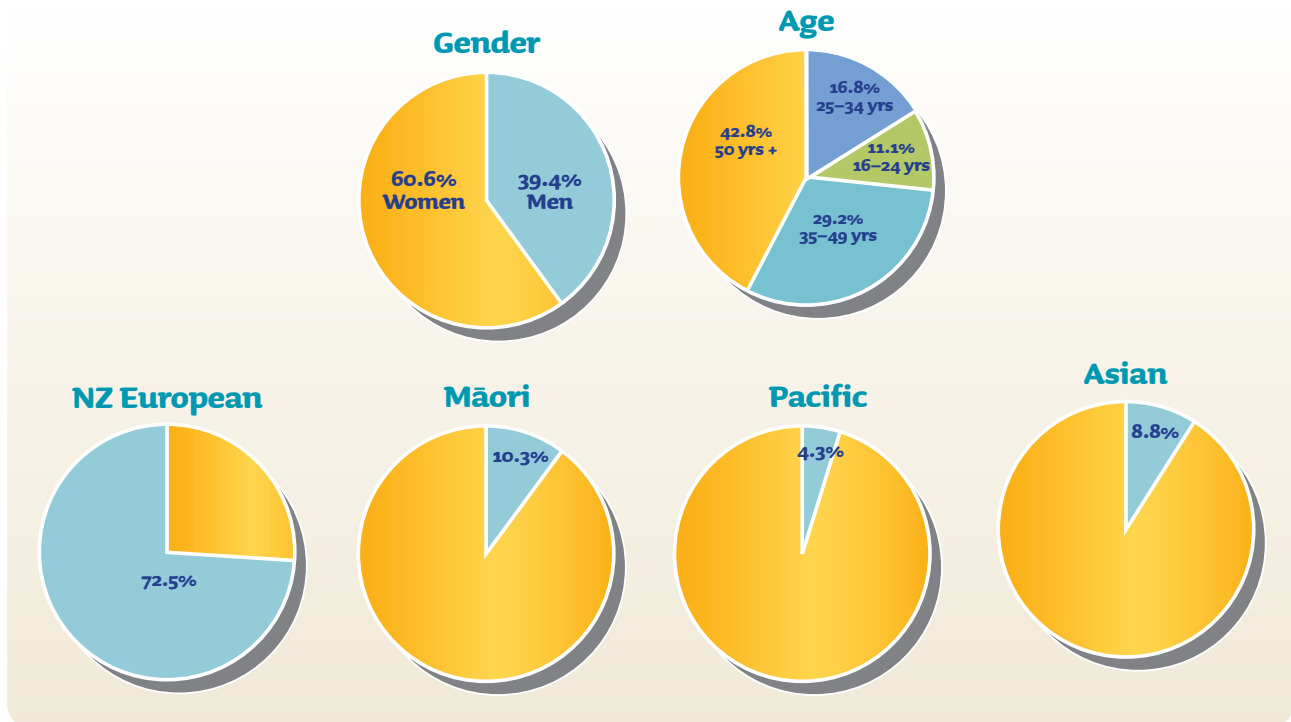
	Percentage (95% CI)	Population ²
Total Population	64.1 (62.2–66.0)	2,100,277
Gender		
Men	52.6 (49.8–55.4)	828,271
Women	75.0 (72.2–77.4)	1,272,006
Age Group		
16-24 years	42.6 (37.9–47.2)	233,934
25-34 years	65.0 (60.9–69.1)	353,821
35-49 years	64.8 (61.6–68.0)	612,738
≥ 50 years	72.8 (70.1–75.5)	899,785
Ethnic Group		
Māori	56.6 (52.6–60.6)	215,701
Pacific	58.4 (52.2–64.5)	89,641
NZ European	65.8 (63.6–68.1)	1,523,634
Asian	59.5 (54.0–64.9)	185,685
Socioeconomic Position		
Quintile 1	62.2 (59.9–64.6)	1,326,472
Quintile 2	66.4 (62.5–70.3)	397,149
Quintile 3	66.2 (60.9–71.5)	178,606
Quintile 4	64.7 (59.1–70.3)	143,979
Quintile 5	58.5 (50.6–66.4)	54,075

² The column indicates the number of New Zealand adults who participated in walking. For example, 828,271 men participated in walking at least once over 12 months.

Figure 2 presents information about people who participated in walking at least once over 12 months. For example, among adults who participated in walking 39.4 percent were men and 60.6 percent were women. A large proportion of adults who participated in walking were:

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

Figure 2: Demographic profile of adults who participated in walking



Participation in Other Sport and Recreation Activities

On average, adults who participated in walking at least once over 12 months took part in 4.9 different sport and recreation activities over 12 months (the national average is 4.6). Irrespective of gender, adults who participated in walking also participated in gardening, swimming, equipment-based exercise, cycling and jogging/running. In addition, men also participated in saltwater fishing, cycling and golf.

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), a similar proportion of adults who walked for a sport or recreation achieved the guideline (47.8%; 95% CI: 45.5–50.1).

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 adults who participated in walking at least once over 12 months, 5.5 percent (116,060 people) had participated in an organised walking competition or event.

Instruction

Among adults who participated in walking at least once over 12 months, 1.4 percent (29,169 people) had received instruction from a coach, instructor, trainer or teacher to help improve their walking performance.

Participation Setting

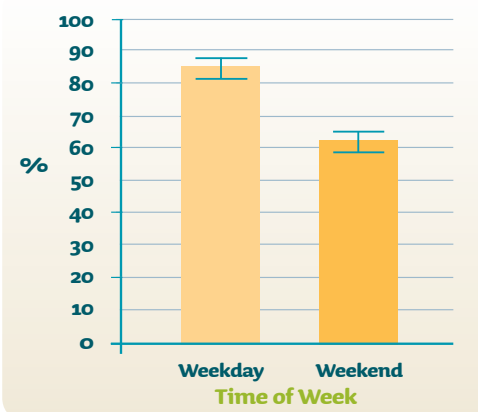
During any one month, 58.0 percent (95% CI: 56.1–60.0) of all New Zealand adults (1,900,538 people) walked for sport or recreation at least once. Among these adults, the most common locations⁵ for walking were 'on a road or walkway in a town or city' (78.2%), 'outdoors in or by a beach, river, lake or the sea' (29.9%) and 'outdoors in the bush or countryside' (25.7%).

When walking, many adults walked by themselves (59.1%) or with others (54.9%) while 19.3 percent walked with their dog.

Time Spent Participating

During any one week, 44.8 percent (95% CI: 42.9–46.8) of all New Zealand adults (1,469,525 people) participated in walking at least once. On average, adults walked on three days out of seven, for an average of 56 minutes on any one day. The average time spent walking per week was 186 minutes. Adults were significantly more likely to walk for sport or recreation on weekdays compared with weekend days (Figure 3).

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



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

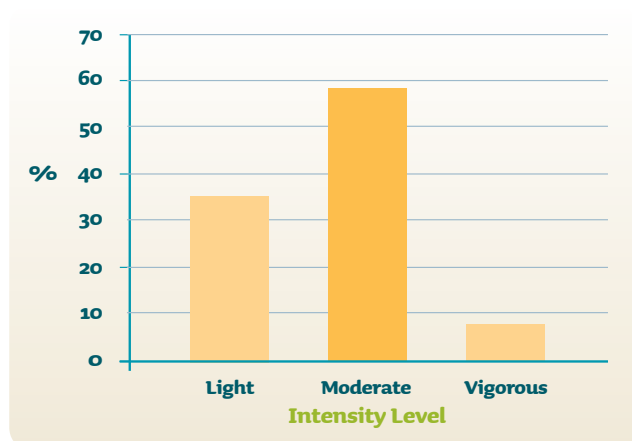
⁵ Adults who reported participating in walking during the four weeks preceding the interview also reported the locations where they participated in the last four weeks. Participants were asked to identify a location from a list of nine general locations (e.g. at indoor sports facility).

Intensity of Participation

Individuals participate in sport and recreation activities at varying levels of intensity (i.e. light intensity, moderate intensity⁶, vigorous intensity⁷). During any one week, 28.8 percent (95% CI: 26.3–31.4) of all New Zealand adults who participated in walking (436,023 people) achieved more than 2.5 hours of moderate-to-vigorous-intensity physical activity through participation in walking alone.

Figure 4 displays the proportion of total walking time per week that was undertaken at each level of intensity. During any one week, 58.1 percent of walking time was spent participating at moderate intensity and 7.0 percent was spent at vigorous intensity. The remaining 34.9 percent of the time was spent participating at light intensity.

Figure 4: Adult participation in walking, by intensity level



Volunteering Levels

Among all New Zealand adults, 0.3 percent (95% CI: 0.2-0.5; 11,678 people) volunteered for walking. Among adults who walked for sport or recreation at least once over 12 months, 24.7 percent (518,675 people) volunteered for at least one sport or recreation activity and 0.6 percent (11,678 people) volunteered for walking.

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

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



PO Box 2251, Wellington, New Zealand
Phone: +64 4 472 8058 Fax: +64 4 471 0813

www.sparc.org.nz

Citation:

Sport and Recreation New Zealand (2009). *Sport and Recreation Profile: Walking – Findings from the 2007/08 Active NZ Survey*. Wellington: SPARC

Published in 2009 by Sport and Recreation New Zealand.

ISBN: 978-1-877356-65-0