



## **Push Play Facts III**

### **January 2003**

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## Introduction

*Push Play Facts III* contains the facts and figures about New Zealanders' involvement in sport and physical activity. These have been compiled from the New Zealand Sport and Physical Activity surveys run by SPARC.

Most of the information in this report comes from the combined results SPARC's<sup>1</sup> 1997, 1998 and 2000 Sport and Physical Activity Surveys. These national surveys have now interviewed a total of 16,500 New Zealanders - 12,500 adults (people aged 18 and over) and 4,000 young people (5-17 year-olds) - about their participation in physical activity and sport. People were chosen for the survey at random from 12 regions (covering the 17 regional sports trusts (RST)). Interviews took place in each region every month during each year that the survey was carried out to track how active people were including from season to season.

Combining results from the three surveys provides more detailed activity profiles of people across the different demographic variables (i.e. ethnicity, gender and age). More detailed information about activity levels of boys and girls and men and women of different ages and cultural backgrounds is published in this edition of *Push Play Facts*.

**Definitions of activity and inactivity, sport and active leisure, sporting activity and ethnicity are provided within the document and are listed in summary in the Appendices (page 62).** Information on how the surveys are carried out is also described in more detail in the Appendices.

This document provides an overview of all the key information contained in the New Zealand Sport and Physical Activity surveys. The information includes:

- How active/ inactive people are by gender, age, ethnicity, as well by their education and available household income
- How active New Zealanders want to be
- What sport and physical activities we participate in
- Levels of club membership, participation in organised sports and active leisure competitions, and who receives coaching
- Who is involved in sport and active leisure coaching and administration
- Why we need to be active
- How New Zealanders compare internationally.

Summary profiles are included by:

- Regional Sports Trusts
- Ethnicity - Maori, European, Pacific Islands and other ethnic groups
- People with a disability
- Older people aged 55 years or over.

Some of the key trends since 1997 are also presented, along with other interesting facts, such as:

- Awareness of SPARC's programme for young people and our awareness of the RSTs

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<sup>1</sup> SPARC (Sport and Recreation New Zealand) formerly known as the Hillary Commission.

Why people stop and start being active  
Who takes the stairs  
Other activities people participate in during their leisure time.

Detailed profiles will be available shortly on the SPARC website for the following:

Demographic profiles (Maori, European, Pacific, Other ethnic groups, older people, people with a disability, volunteers, gender)  
Regional sports trust (13)  
Sports profiles (20)  
Trends (from 1997 to 2000).

So keep checking the SPARC website for updates: [www.sparc.org.nz](http://www.sparc.org.nz)

Other fact sheets and more information about the Sport and Physical Activity Survey are also available on the SPARC website.

## **Acknowledgments**

This report was written by Ingrid van Aalst (consultant) with assistance from Dimitry Kazakov (Research Analyst, SPARC) and Grant McLean (Senior Advisor Research, SPARC).

# Contents

The contents of this publication are separated into the following sections which are downloadable as pdfs.

To view these files you will need [Adobe Acrobat Reader](#)

## Key facts

### **PART 1: How active are we?/ How active do we want to be?**

How active are we?

- Definitions
- Overall how active are we?
- How active are young people?
- How active are adults?
- CPI (Couch Potato Index)
- How active are adults compared to the same time last year?
- Awareness of physical activity messages
- Stair climbing

How active do we want to be?

- Young people
- Adults

### **PART 2: Why be more active?**

- Social benefits
- Economic benefits
- The state of New Zealand's health
- How does New Zealand compare with other countries?

### **PART 3: How and in what do we participate?**

- Young peoples' participation in sport and active leisure
- Young people – coaching
- Adults' participation in sport and active leisure (over 12 months)
- Adults' participation in sport and active leisure (over 4 weeks)
- Changes in sport and active leisure participation
- Adults – club membership, coaching and competition
- Involvement as a coach, referee, administrator and parent helper

### **PART 4: Key trends**

- Young people
- Adults

## **PART 5: Other interesting facts**

- Awareness of SPARC sporting programmes and RSTs
- Other leisure activities people participate in during their leisure time

## **PART 6: Summary profiles**

- Regional profiles
- Demographic profiles (ethnicity: Maori, European, Pacific people, other ethnic groups, people with a disability, older people)

## **Appendices and references**

- Definitions and points to note about the survey.