

MATAMATA PIAKO DISTRICT

Sport and Active Recreation

PARTICIPATION PROFILE
ADULTS 18+

Physical activity makes a positive contribution to health and wellbeing.

WHAT WE DO

53% do more than 150 minutes¹ a week of physical activity – enough to positively impact their health
(LESS THAN THE WAIKATO REGION)



WHERE WE PARTICIPATE

TOP 5 PLACES TO BE PHYSICALLY ACTIVE²



54%

Private property, home, garden or pool



50%

On the road or footpath



22%

Walkway



18%

Public park, field, playground, skate park or BMX track

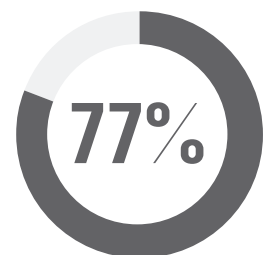


17%

Gym or fitness centre



want to do more physical activity
(VS 73% REGIONALLY)



feel being physically active in the great outdoors is an important part of New Zealanders lives

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Due to a small sample size, all results in this profile are indicative only. ¹Moderate to vigorous physical activity for sport, exercise and recreation. Activity causes a slight, but noticeable, increase in breath and heart rate, or is intense enough to make you out of breath. ²Responses from those that indicated they have done physical activity in the last 7 days (participants).

HOW WE PARTICIPATE

PARTICIPATION VARIES BY GENDER, AGE AND ETHNICITY

TOP 5 ACTIVITIES OVER LAST 7 DAYS



TOP 10 SPORTS WHERE ADULTS ARE ACTIVE (OVER THE LAST 7 DAYS)

- | | |
|----------------|---------------------------|
| 1 Golf | 6 Volleyball |
| 2 Tennis | 7 Horse riding/equestrian |
| 3 Table tennis | 8 Football/soccer |
| 4 Touch | 9 Basketball |
| 5 Netball | 10 Rugby |

GYM OR FITNESS CENTRE

16%

belong to a gym or fitness centre

Of those that belong to a gym or fitness centre, 24% have not visited the gym in the last 7 days

33%

EVENTS

have participated in events in last 12 months

(MORE THAN REGIONALLY)

21% have continued doing the activity after the event

29%

COMPETITION OR TRAINING

have been competitive or part of organised training

CLUB 30% belong to a sport or recreation club (MORE THAN REGIONALLY)

TOP 5 ACTIVITIES FOR EVENTS ARE

- Running/walking events
- Sports tournament
- Fishing tournament or event
- Endurance running/walking events
- Biking events

QUALITY EXPERIENCES ARE DEFINED BY:

Societal change means the landscape for delivery of sport is changing. For sport and active recreation providers it will be critical to understand these changes and what can be done to keep people engaged.

DRIVERS FOR A GOOD CLUB SPORTS EXPERIENCE ARE³:

- Social environment
- Fulfilling potential
- Quality of coaches
- Being friendly & welcoming
- Fair & equal opportunities
- Providing information when needed
- Professional & well managed
- Clean & well maintained facilities

COACHING AND INSTRUCTION⁴

TOP 3

reasons to receive coaching

- 1 To improve skills
- 2 To keep them motivated or focused
- 3 To improve performance

14%

have received coaching in last 7 days

16%

have used technology over last 7 days to receive instruction

³Source: Sport New Zealand. Voice of participant survey 2017.

⁴Responses from those that indicated they have done physical activity in the last 7 days (participants).

WHY WE PARTICIPATE

AND HOW WE FEEL ABOUT IT

79% of adults see physical activity as an essential part of their life

84% are satisfied with their life

SCREEN TIME **53%** say they would be lost without their mobile phone

TURN IT OFF TO BE ACTIVE AND CONNECT WITH YOURSELF AND OTHERS

REASONS FOR BEING ACTIVE:

Matamata-Piako adults are motivated by maintaining physical health, mental emotional wellbeing and having fun.

- 51% Improve skills or performance
- 49% To lose or control weight
- 49% Will only do the physical activity if they find it fun
- 46% Challenging yourself and trying to win
- 42% Being physically active with others
- 28% Wanting to look good

WELLBEING
82% recognise that being physically active is important for their mental health and wellbeing

55% state sport and physical activity gives them motivation and a sense of purpose

53% say they find it easier to concentrate after physical activity

TOP 5 BARRIERS ARE:

When adults would rather spend time doing other activities, spending time with the family takes precedence over physical activity.

68% know they should do more physical activity

56%

Other commitments are taking priority (e.g. work, family)

22%

I struggle to motivate myself

21%

I prefer to spend my time on other interests/hobbies

21%

I am too tired or don't have the energy

20%

I already do a good amount of physical activity

SPORT AND PHYSICAL ACTIVITY ENABLES HAPPIER AND HEALTHIER PEOPLE AND BETTER CONNECTED COMMUNITIES⁵

- reduces rates of non-communicable disease (cancer, heart disease, type 2 diabetes and obesity) and improves life expectancy
- reduces rates of mental health conditions such as depression and anxiety
- participation early in life is positively associated with maintaining active and healthy behaviours later in life
- participation is positively associated with better cognitive function and academic achievement
- participation can help develop important life skills including teamwork, self-confidence and leadership
- participation has the potential to strengthen social networks and build a sense of belonging for participants
- participation has the potential to bring communities together, contributing to community identity and reducing antisocial behaviour

⁵Source: Sport New Zealand Value of Sport 2018.

VOLUNTEERING

VOLUNTEERS MAKE SPORT HAPPEN. THEY ARE THE HEART OF SPORT AND RECREATION

31%

HAVE VOLUNTEERED IN LAST 12 MONTHS

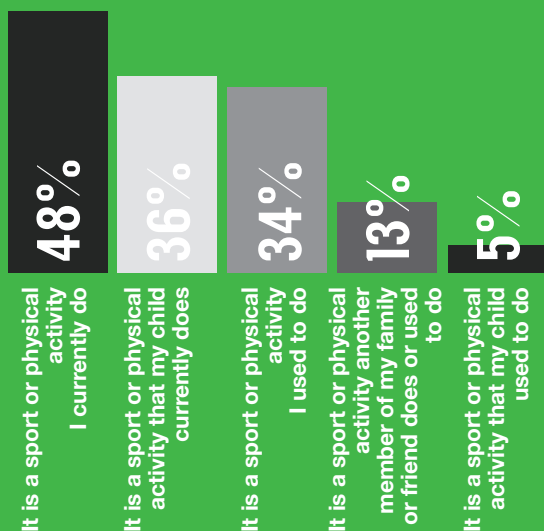
41%

CONSIDER THEY MAY VOLUNTEER IN THE NEXT 12 MONTHS

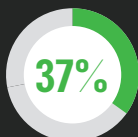
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AVERAGE HOURS⁶ VOLUNTEERING IN LAST 7 DAYS

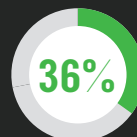
INVOLVEMENT IN VOLUNTEERING WAS MOTIVATED BY⁶:



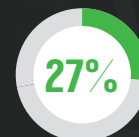
OF THOSE THAT DID VOLUNTEER OVER THE LAST 12 MONTHS⁶



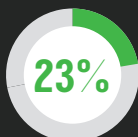
Coached or instructed a team or group



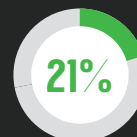
Helper for a team, club or group (e.g. on call contact, group leader, guide)



Event assistance (e.g. race marshal)



Official (e.g. referee, umpire, scorer)



Coached or instructed an individual

IMPLICATIONS FOR PROVIDERS

WHAT TO CONSIDER:

- Make it more than just sport
- Provide inclusive offers
- Cater for differences in gender, ethnicity and age
- Think beyond competitive sport
- Consider the barriers and how to overcome them
- Cater for the diverse range of motivations
- Find creative ways to re-engage the disengaged
- Make it fun!

METHODOLOGY

Active NZ survey replaces the previous Active NZ survey series (last conducted 2013/14) and the inaugural Young People survey (2011) conducted by Sport New Zealand. The survey uses a sequential mixed methodology and a continuous survey approach. The results in this report are based on data collected through the Active NZ survey between 5 January 2017 and 4 January 2018 from 1,137 young people (aged 5–17) and 5,563 adults (aged 18+) in the Waikato Region, across 10 Territorial Authorities. For more information refer to the Sport New Zealand Active NZ 2017 Participation Report. Data presented is based on all respondents and inclusive of 7 days and 12 months unless otherwise specified. *Rounding differences between Sport Waikato's modelled results and Sport New Zealand's data may mean some percentages are different by 1-2%.

RESOURCES / REFERENCES

- Ministry of Health, 2018. New Zealand Health Survey 2016/17.
- Sport New Zealand, 2018. Active NZ 2017 Participation Report. Wellington: Sport New Zealand.
- Sport New Zealand, 2018. The Value of Sport Main Report. Wellington: Sport New Zealand.
- Sport New Zealand, 2017. The Voice of the Participant 2016/17 Full Report. Wellington: Sport New Zealand.

⁶Can select more than one volunteer activity - therefore percentages do not add up to 100%.

Proudly brought to you by **Sport Waikato**

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