

APPENDIX 5.10: SPARC FACTS RESEARCH DATA FOR CLUTHA PHYSICAL ACTIVITY STRATEGY

This summary presents *SPARC Facts* for **982 adults and 273 young people** living in the Otago and Southland regions^[1]. These data are gathered and reported on by Sport and Recreation New Zealand.

- 72% of young people in Otago and Southland are active, spending an average of 6.8 hours per week taking part in sports and active leisure. In comparison, 68% of all young New Zealanders are active for an average of 6.6 hours per week.
- Girls in this region spend on average almost an hour more taking part in sport and active leisure each week than girls throughout New Zealand (6.6 hours compared with the national figure of 5.8 hours per week).
- About two-thirds (67%) of Otago and Southland adults are active. This is similar to the proportion of all New Zealand adults who are active (68%).
- There has been a significant fall between 1999 and 2001 in the proportion of women in this region who are sedentary from 16% to 8%, and the proportion of those aged over 50 years who are active has significantly risen from 60% in 1997 to 75% in 2001.
- While 67% of adults in this region are active for more than 2.5 hours per week, only about four out of ten adults (38%) are active for 30 minutes or more on at least five days a week.
- Six-in-ten young people living in Otago and Southland (60%) are interested in participating in a new sport or active leisure activity. More than half of adults in the region (55%) want to be more active than they are currently.
- Over nine-in-ten Otago and Southland young people (94%) take part in some sport or active leisure. The most popular sport for boys is rugby union (35% play) and for girls it is netball (16%). Cycling is the most popular active leisure activity for boys (28%) and for girls it is exercising (31%).
- More young people in this region (29%) take part in sports and activities organised by the school before or after the main school day than the overall national average (21%), with this being the case for both girls and boys.
- Participation in sports and active leisure during school among 13-15 year-olds in the region (57%) is lower than the national average for this age group (71%), but higher among 5-8 year-olds than their national contemporaries (75% and 69% nationally) and 16-17 year-olds (62% compared with 50% nationally).
- Almost all adults living in Otago and Southland (97%) enjoy some form of sport or active leisure over a year. Golf is the most popular sport for men (28% play) and netball is the most popular sport for women (10%). Walking is the most common way that both men and women are active in their leisure time although, as in the country as a whole, this activity is more popular with women (81%) than men (63%).
- 29% of all Otago and Southland adults are involved in sport and active leisure in a capacity other than as a participant. This includes being involved as a coach, referee, official administrator or parent helper, either paid or unpaid.

^[1] Sampled in three Sport and Physical Activity national surveys undertaken in 1997/98, 1998/99 and 2000/01

Most popular sport and recreation activities for young people (5-17 years) in Otago and Southland							
Active leisure (%)			Sports (%)				
Boys		Girls	Boys		Girls		
Cycling	28	Exercising	31	Rugby Union	35	Netball	16
Swimming	28	Swimming	30	Cricket	23	Basketball	13
Walking	19	Walking	28	Basketball	21	Soccer	12
Exercising	19	Cycling	21	Soccer	15	Athletics	8
Run/jogging	15	Outdoor games	19	Athletics	12	Equestrian	8

Most popular sport and recreation activities for adults (18+) in Otago and Southland							
Active leisure (%)			Sports (%)				
Men		Women	Men		Women		
Walking	63	Walking	81	Golf	28	Netball	10
Gardening	50	Gardening	67	Shooting	17	Golf	9
Fishing	34	Home exercise	33	Motor sport	15	Skiing	8
Swimming	29	Swimming	32	Skiing	13	Tennis	7
Home exercise	21	Exercise class	17	Tennis	12	Equestrian	5

OTHER OTAGO FACTS

- A third of young people (34%) play sport with a club with fewer boys (31%) than girls (36%) doing so, which contrasts with the national rates for boys (38%) being higher than girls (28%). 16-17 year-olds in the region, however, are less likely than their national counterparts to be members of a club (23% and 31% respectively).
- 36% of adults in Otago and Southland are currently active members of a club or gym, although there are fewer women (28%) than men (45%). Adults in this region have a similar club membership rate as the country as a whole, including men and women, and all age groups.