

**ACTIVE NEW ZEALAND  
SURVEY SERIES**

Te Rangahau Korikori o Aotearoa



**Sport & Active  
Recreation Profile**

# TOUCH

**FINDINGS FROM THE 2013/14  
ACTIVE NEW ZEALAND SURVEY**

# Introduction

## Content

This sport profile presents information about participation in the sport of touch among New Zealand adults aged 16 years and over. It is primarily compiled from information collected through the 2013/14 Active New Zealand Survey<sup>1</sup> and includes:

- participation levels
- participant profile
  - demographic profile
  - history of participation in the sport
  - participation in other sport and recreation activities
- participation patterns
  - seasonal participation
  - frequency of participation
  - location of participation
- ways participants take part
  - different ways that participants take part
  - participation with other participants
  - payment types
  - membership of a club or centre
  - coaching and use of instructional resources
- motivations for and barriers to participation
- participation trends since 1997/98.

## Methodology

### The survey

The Active New Zealand Survey consisted of two parts:

- The first part (the **Main Survey**) was a 30-minute in-home interview, with answers recorded on laptop computers; this was completed by all 6,448 adults.
- The second part (the **Follow-up Survey**) was a further 10-minute interview which people could complete at home straight after the Main Survey or at a later time by phone; this was completed by 6,195 adults.

### Sample

A total of 6,448 adults aged 16 years and over took part in the 2013/14 Active New Zealand Survey. The 6,448 interviews were completed over a 12-month period from April 2013 to March 2014 to capture participation in seasonal sports and activities.

As not everyone selected for interviews took part, some groups (based on gender, age and ethnicity) were under- or over-represented in the survey responses. To account for this, the responses are adjusted, or weighted, using information on the make-up of the New Zealand population from the 2013 Census. This weighted data is reported in this sport profile.

<sup>1</sup> Note: The trend section also draws upon the 1997/98 New Zealand Sport and Physical Activity Survey and the 2007/08 Active New Zealand Survey.

#### Citation

Sport New Zealand. (2015). *Sport and Active Recreation Profile: Touch – Findings from the 2013/14 Active New Zealand Survey*. Wellington: Sport New Zealand. This document is available on the Sport New Zealand website: [www.sportnz.org.nz](http://www.sportnz.org.nz).

Among the survey respondents, 255 reported participating in touch at least once during the 12 months preceding the interview. The numbers of touch players that answered each question vary according to their frequency of participation in the sport, and/or if they took part in the **Follow-up Survey**.

Table 1 shows the unweighted bases for survey respondents that reported participating in touch in relation to the content of this profile report.

**Table 1: Unweighted survey bases of adults who played touch**

Survey base	Number	Report content
<b>Main Survey</b> All participants	255	Participation levels Demographic profile Participation in other sport and recreation activities Seasonal participation Frequency of participation
<b>Main Survey</b> Participants (over a month)	242	Location of participation Different ways participants take part Participation with other participants Payment types Membership of a club or centre Motivations for participation
<b>Follow-up Survey</b> Participants (over a month)	228	History of participation Coaching and use of instructional resources

## Information reported

All findings relate to the New Zealand adult population aged 16 years and over. Each specific sport profile is based on responses from at least 100 sport participants and has a relative error of less than 20% unless stated otherwise. Questions that have a base size of fewer than 100 respondents are shown with an asterisk (\*) in the table heading or figure legend or title.

More information about the analysis and statistical significance of findings is outlined in Appendix 1.

The results in this report are subject to rounding error. In some cases, percentages that should sum to 100% sum to just under or over 100%. In other cases, the estimated number of participants by sub-group (eg, men and women) may not add up to all participants.

## Key Points to Note

### Definitions of sport and key variables

For this report, sport is defined broadly and is inclusive of the different ways people participate, from casual participation through to organised competition, and includes active recreation like going for a mountain bike ride.

Some response categories in charts and tables may be abbreviated. See Appendix 1 for more information on definitions of key variables.

### Ethnic groupings

In the 2013/14 Active New Zealand Survey, respondents were able to identify with multiple ethnicities. Consequently, the same person could be represented in different ethnic groups. In this report, so that percentages add to 100% and respondents are in a mutually exclusive group, we report on groups of respondents that identified with a single ethnicity only (eg, Māori only), and those that identified with two or more ethnicities (eg, Māori and a Pacific ethnic group). This approach enables comparisons to be made between ethnic groups (eg, Māori only compared with Pacific only).

It should be noted that 'Pacific only' means one ethnic group only (eg, Tongan only, or Samoan only, and not a mix; a respondent identifying as Tongan **and** Samoan will be grouped with two or more ethnicities). Likewise 'Asian only' and 'Other Ethnicity only' means those respondents identified only one ethnicity that corresponds to these broad groups.

### Socioeconomic background

The New Zealand Index of Socioeconomic Deprivation (NZDep) was used as a proxy measure of the socioeconomic background of participants. Results are shown for three deprivation bands: low (ie, the least deprived), medium and high (ie, the most deprived). See Appendix 1 for more information.

### Trend analysis

The information shown in this section may differ slightly from corresponding results earlier in the report (ie, in the participation levels section) because the information has been analysed using a different approach. The approach taken for the trend analysis controls for differences in the structure of the New Zealand population over the three time points analysed. See Appendix 1 for more information.

## A Quick Look at Participants

### Who

- Compared with all adults, more men, younger adults (ie, those aged under 40 years) and those of Māori or Pacific ethnicity only played touch.
- Half of touch players (50%) took up the activity between the ages of 6 and 17.
- Touch players took part in many other activities (8.2 on average), with the most common being jogging/running, swimming, rugby and walking.

### When

- Three-quarters of touch players (75%) took part in the sport on one to two days a week.
- November to February were the most popular months for playing touch.

### Where

- Almost 6 out of 10 (57%) played touch in/at one or more man-made facilities, most commonly at an outdoor sports facility (54%), and half (52%) played touch in natural settings, most commonly outdoors at a park in a town or city (50%).

- Just under 6 out of 10 touch players (58%) were not a member of any type of club, centre or gym for the purpose of playing touch, although 34% were members of a sport or physical activity club for the purpose of taking part over the last 12 months.

### How

- Just over half of touch players (52%) played touch on a casual basis, with 37% playing in a regular club competition.
- Touch players most commonly played touch for free (46%), although similar proportions paid to participate by way of membership at a sport or physical activity club (25%) or paid entry costs for a competition or event as an individual or team member (22%).

### Why

- Adults played touch primarily for enjoyment or the fun of it (84%), followed by 68% playing for fitness and health reasons and 67% for social reasons.



# Findings

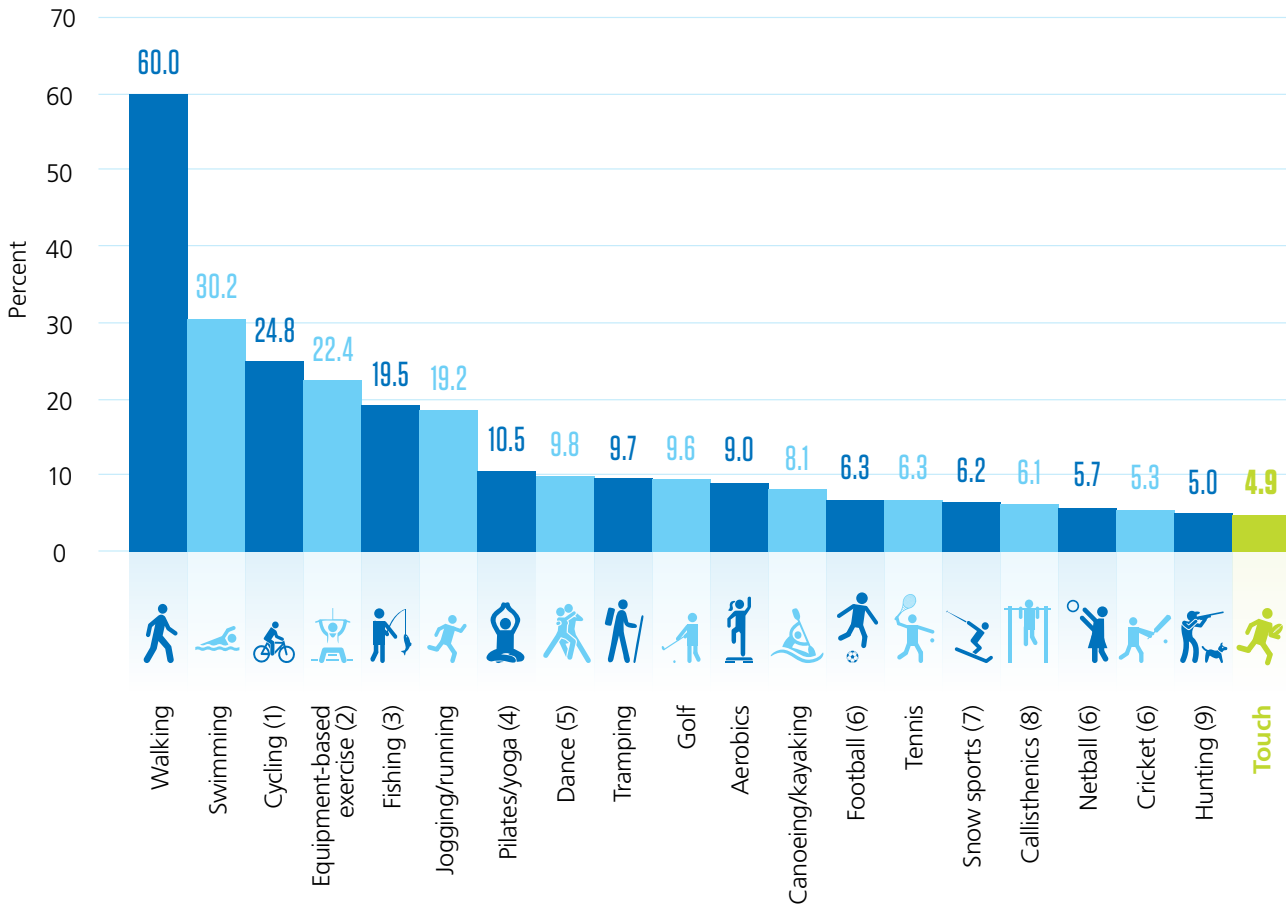
## Participation levels

### 2013/14 participation levels

Over 12 months, fewer than 1 in 10 (4.9%) of all New Zealand adults aged 16 years and over (around 163,000 people) had played touch at least once. Among the various sport and recreation activities, touch had the 20th highest participation rate.

Figure 1 presents the 20 sport and recreation activities with the highest participation levels among all New Zealand adults<sup>2</sup>.

Figure 1: Sport and active recreation activities with the highest participation levels over 12 months



Notes:

- (1) Cycling includes mountain biking and cycling.
- (2) Equipment-based exercise includes the use of exercise equipment (eg, exercycles, treadmills, weights) at home or at the gym.
- (3) Fishing includes freshwater and marine fishing.
- (4) Pilates/yoga includes both at home or at the gym/class.
- (5) Dance includes several dance genres (eg, ballet, hip-hop, ballroom, modern, tap). It does not include club/rave/disco.
- (6) Includes both indoor and outdoor versions of the activity.
- (7) Snow sports includes skiing and snowboarding.
- (8) Callisthenics includes callisthenic exercise classes, exercises at home or at the gym.
- (9) Hunting includes hunting and deerstalking/pig hunting.

<sup>2</sup> Figure 1 is based on information presented in the document titled *Sport and Active Recreation in the Lives of New Zealand Adults*, which is available at: [www.srknowledge.org.nz/researchseries/active-new-zealand-20132014/](http://www.srknowledge.org.nz/researchseries/active-new-zealand-20132014/). Participation is irrespective of intensity, duration and frequency.

# Profile of Participants

## Demographic profile

Table 2 presents demographic information about those who played touch. For example, among all men in New Zealand, almost 1 in 10 (7.3%) played touch at least once over 12 months.

Higher proportions of adults aged 16 to 24, Māori only or Pacific only ethnic groups, and those that study played touch, while lower proportions of older age groups (55 years and over) and those that are retired had played touch.

Large numbers of touch players were men, aged 16 to 24 years, New Zealand Europeans, lived in areas of high deprivation, lived in major urban areas, and worked (either full-time or part-time).



**Table 2: Proportion of all New Zealand adults (aged 16 years and over) who played touch at least once over 12 months**

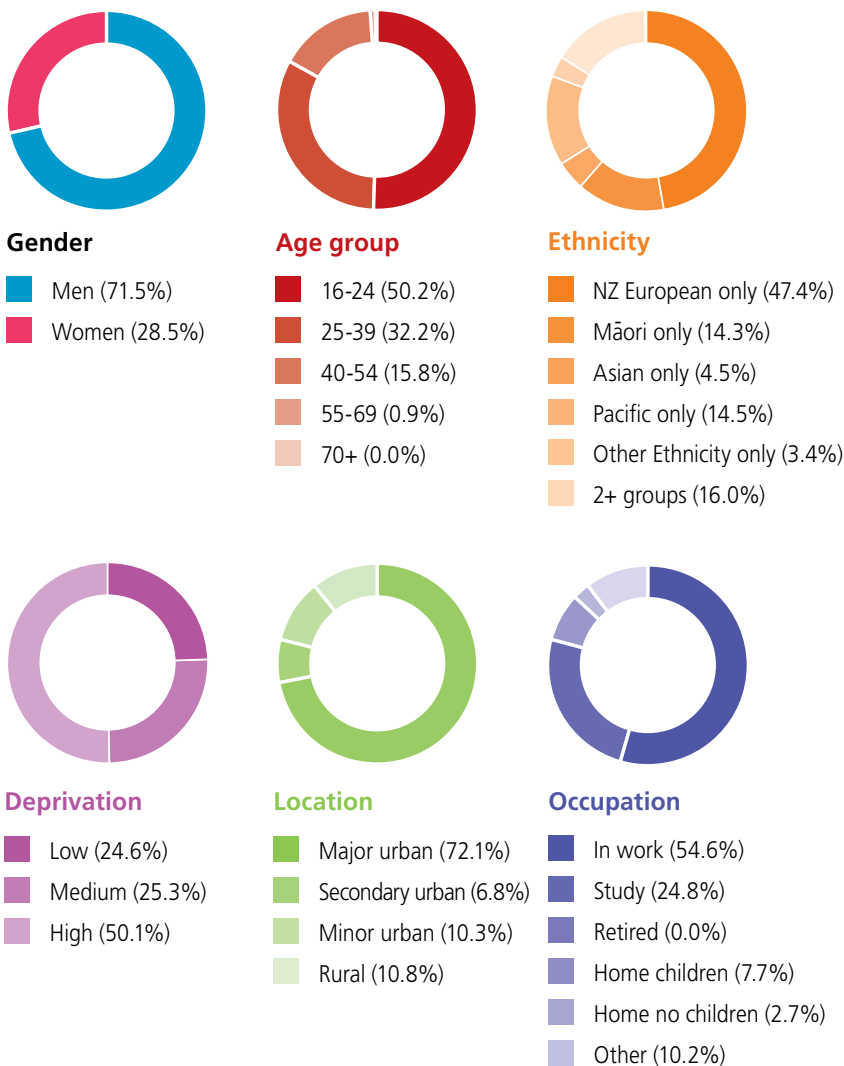
Touch players		
	%	Estimated number
All adults (age 16+)	4.9	163,000
<b>Gender</b>		
Men	7.3	116,000
Women	2.7	46,000
<b>Age (years)</b>		
16-24	15.5	82,000
25-39	6.6	52,000
40-54	3.0	27,000
55-69	0.2	1,000
70+	0.0	0
<b>Ethnicity</b>		
NZ European only	3.6	77,000
Māori only	13.2	23,000
Asian only	2.2	7,000
Pacific only	16.8	24,000
Other Ethnicity only	2.2	6,000
Two or more ethnic groups	9.7	26,000
<b>Deprivation</b>		
Low	3.7	40,000
Medium	3.7	41,000
High	7.3	81,000
<b>Location<sup>a</sup></b>		
Major urban	5.0	117,000
Secondary urban	4.6	11,000
Minor urban	6.3	17,000
Rural	3.7	18,000
<b>Occupation</b>		
Full-time or part-time work	4.9	89,000
Studying	14.7	40,000
Retired	0.0	0
At home looking after children	3.6	12,000
At home not looking after children	2.7	4,000
Other	7.6	17,000

<sup>a</sup> See Appendix 1 for more information.

Figure 2 presents demographic information about touch players, while the table to the right presents demographic information for all New Zealand adults. For example, among all people who played touch, 71.5% were men, while 48.0% of all New Zealand adults (aged 16 years or over) are men. Compared with all New Zealand adults<sup>3</sup>, the profile of touch players has:

- more men and fewer women
- more younger adults (ie, aged 16 to 39 years) and fewer older adults (ie, aged 40 years or over)
- more Māori only and Pacific only, and fewer New Zealand European only, Asian only and Other Ethnicity only ethnic groups
- more from socioeconomic backgrounds of high deprivation
- a similar geographic (ie, location) split
- more students, but fewer retired people.

Figure 2: Demographic profile of adults who played touch



All NZ adults (age 16+)	
<b>Gender</b>	%
Men	48.0
Women	52.0
<b>Age (years)</b>	
16-24	15.9
25-39	23.8
40-54	27.6
55-69	20.9
70+	11.8
<b>Ethnicity</b>	
NZ European only	64.8
Māori only	5.3
Asian only	10.0
Pacific only	4.2
Other Ethnicity only	7.5
Two or more ethnic groups	8.1
<b>Deprivation</b>	
Low	32.4
Medium	33.9
High	33.7
<b>Location</b>	
Major urban	70.2
Secondary urban	7.3
Minor urban	8.0
Rural	14.5
<b>Occupation</b>	
Full-time or part-time work	54.4
Studying	8.3
Retired	15.4
At home looking after children	10.4
At home not looking after children	4.8
Other	6.6

<sup>3</sup> Confidence intervals (at the 95% level) have been used to indicate if significant differences exist between sport participants and all adults.

## History of participation in the sport

Almost 8 out of 10 touch players (75.8%) have been playing touch for a year or longer, while similar proportions, just over 1 in 10 each, started for the first time in the last year (12.4%), or re-started after not playing touch for a year or more (11.8%, see Figure 3).

Just over 5 out of 10 (51.9%) touch players have taken part in the sport for five years or less, and just over 2 out of 10 (21.6%) have taken part for 6 to 10 years; very few (2.0%) have played touch for over 25 years (see Figure 4).

Figure 3: Take-up of touch in the past 12 months

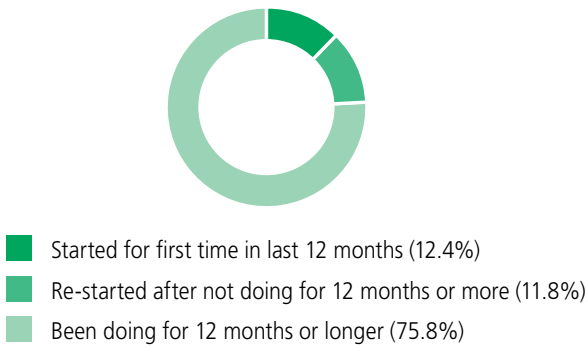


Figure 4: Length of time taken part in sport

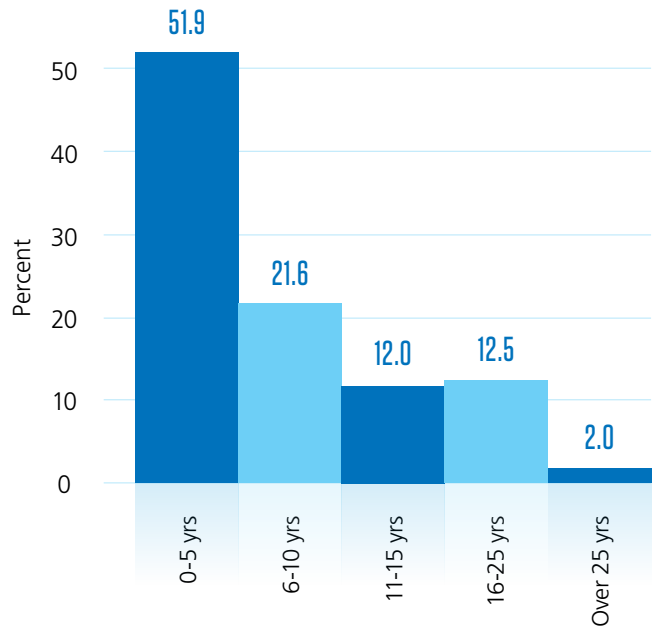
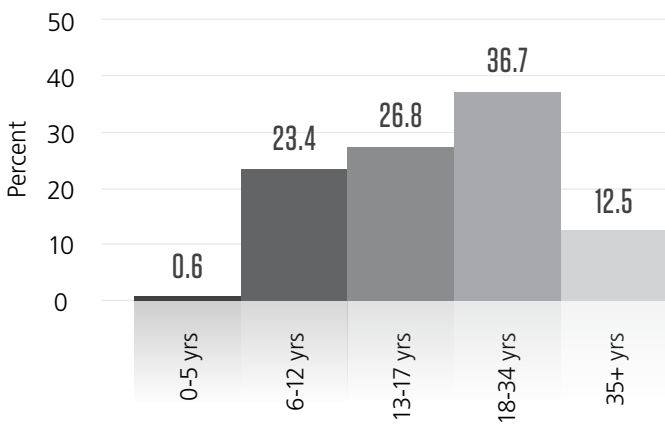


Figure 5 shows the estimated age at which touch players started in the sport. Most commonly, almost 4 out of 10 (36.7%) started playing touch when aged between 18 and 34 years, with similar proportions that started between the ages of 6 and 12 (23.4%) and 13 and 17 (26.8%) years old; 12.5% started when they were aged 35 years or over.

Figure 5: Estimated starting age of those playing touch





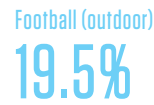
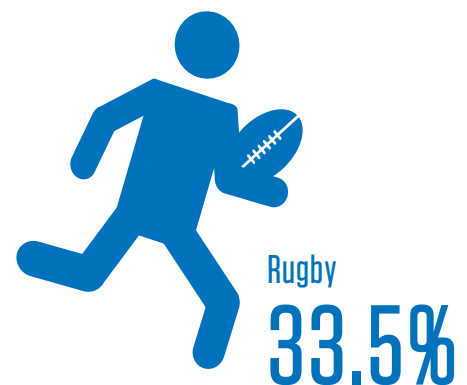
## Participation in other sport and recreation activities

On average, adults who played touch at least once over 12 months took part in 8.2 different sport and recreation activities over 12 months (the national average<sup>4</sup> is 4.0).

Table 3 shows the top 10 other activities undertaken by touch players, and the proportion of touch players that took part in them. Similar proportions of touch players went jogging/running (43.2%) and swimming (42.3%), followed by similar proportions again that took part in rugby (33.5%) and walking (32.3%).

**Table 3: Ten most common other sport and active recreation activities that touch players take part in at least once over 12 months**

Touch players	
	%
Jogging/running	43.2
Swimming	42.3
Rugby	33.5
Walking	32.3
Fishing (marine/saltwater)	23.0
Cycling/biking	22.1
Exercising at home	21.0
Tramping	20.2
Football (outdoor)	19.5
Gym (using equipment)	18.6



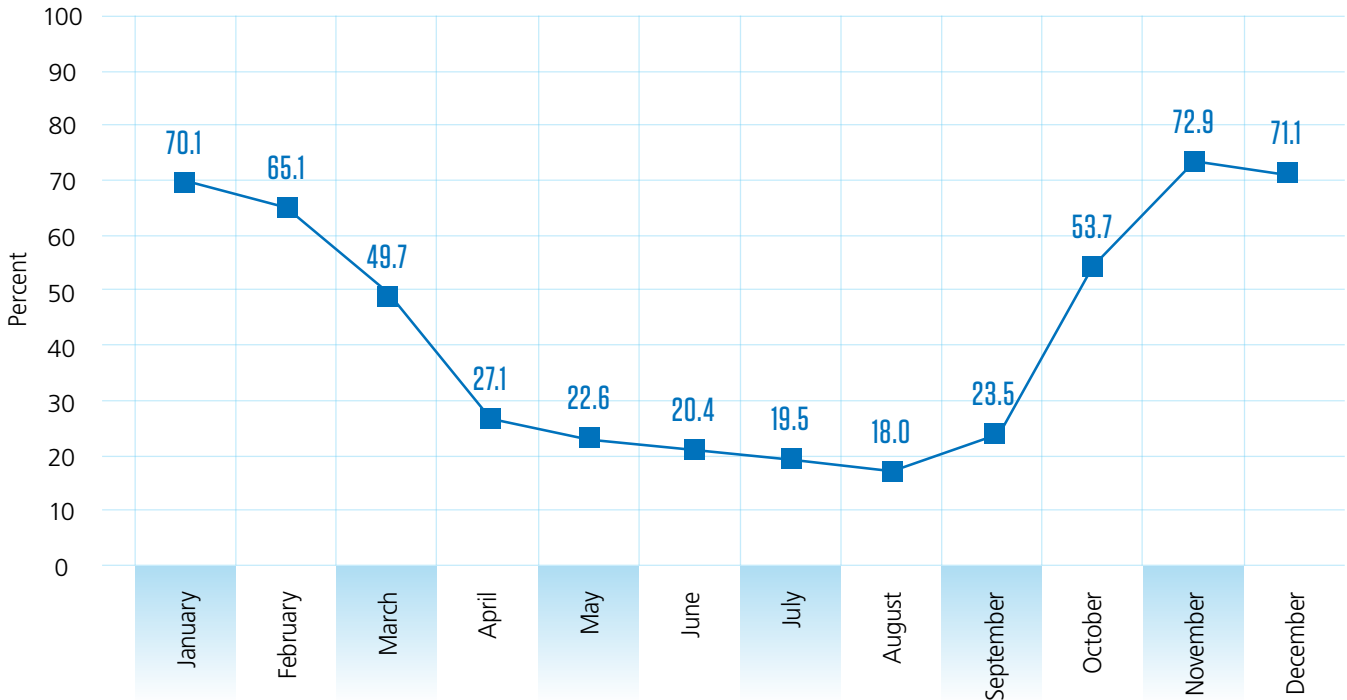
<sup>4</sup> The national average is calculated for all adults, including those who did not take part in any activities.

# Participation Patterns in the Sport

## Seasonal participation

Overall, touch players most commonly participated during the months of November to February (see Figure 6). March and October were the main shoulder months for playing touch. Participation was lowest during the months of April to September.

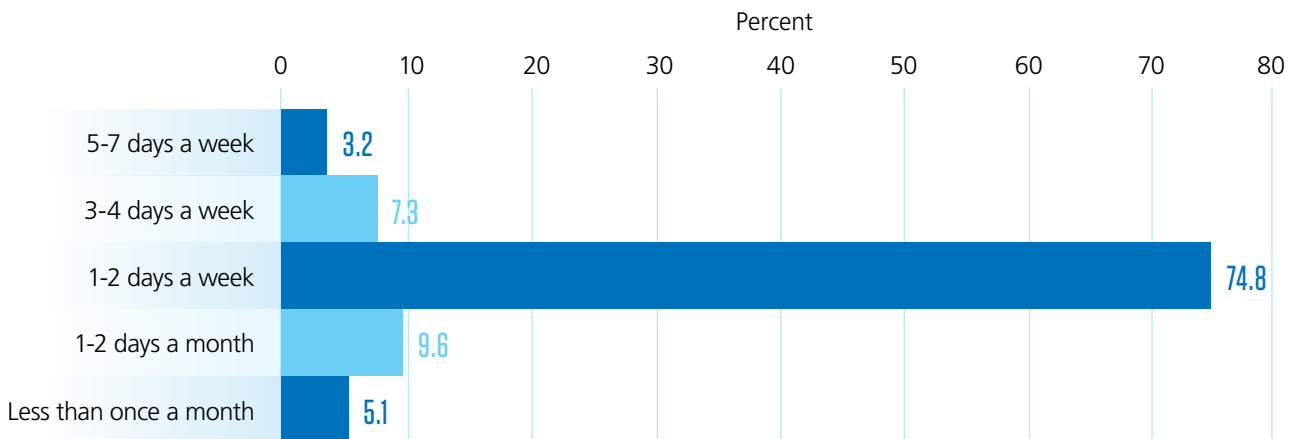
Figure 6: Seasonal participation in touch



## Frequency of participation

Over 7 out of 10 participants (74.8%) played touch on one to two days a week. Similar proportions, almost 1 in 10 each, played touch on three to four days a week (7.3%) or on one to two days a month (9.6%, see Figure 7).

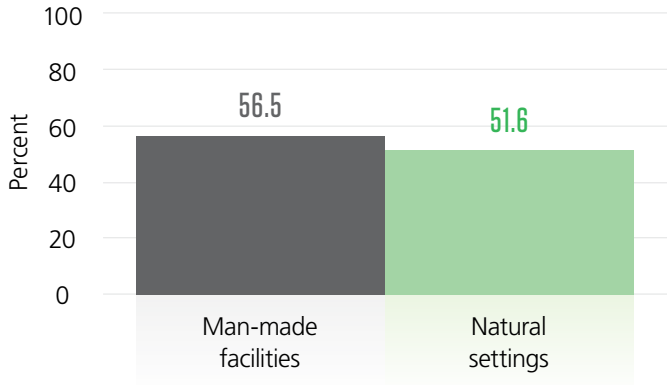
Figure 7: Frequency of playing touch



## Location of participation

Similar proportions of touch players played the sport on/at one or more man-made facilities (56.5%) or in one or more natural settings (51.6%). The most common type of man-made facility was at an outdoor sports facility (53.9%); the most common natural setting was outdoors at a park in a town or city (49.6%, see Figure 8 and the table to the right of it).

Figure 8: Type of location in which adults play touch



Touch players	
<b>Man-made facilities</b>	<b>%</b>
At an outdoor sports facility	53.9
Indoors or outside at a home	3.1
At an indoor facility not used mainly for sport or recreation	2.0
At an indoor sports facility or complex	1.7
At a gym or fitness centre	1.4
Indoors or outside at a marae	0.8
<b>Natural settings</b>	<b>%</b>
Outdoors at a park in a town or city	49.6
At a beach or by the sea	4.5
In the countryside or over farmland	2.2
By a lake	0.8
By a river	0.5
In or on the sea	0.2

Note: Respondents could provide more than one answer.

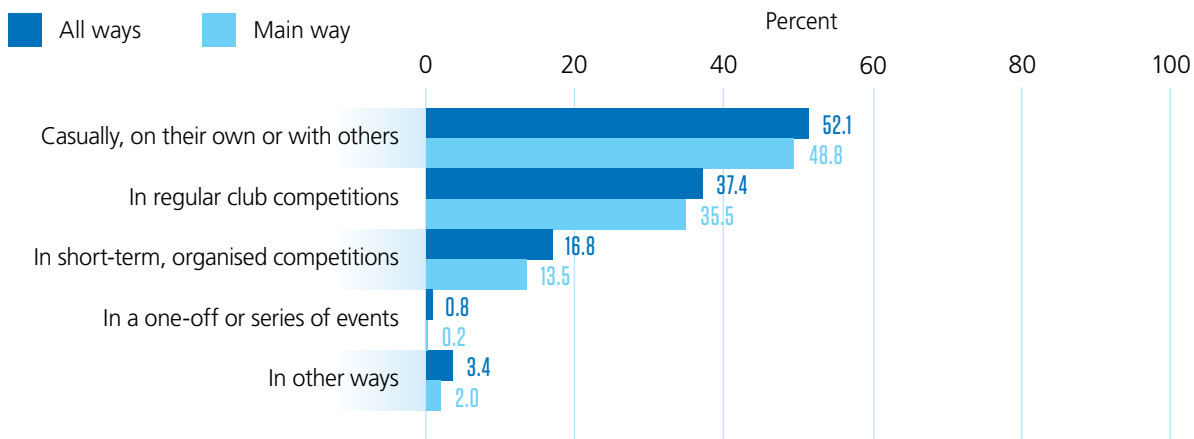


# Ways Participants Take Part in the Sport

## Different ways that participants take part

Just over 5 out of 10 touch players (52.1%) played on a casual basis, with almost 4 out of 10 playing in a regular club competition (37.4%) and almost 2 out of 10 (16.8%) playing in short-term, organised competitions. These also reflected the main ways in which they participated (see Figure 9).

Figure 9: Ways in which touch participants take part



Note: Respondents could provide more than one answer.

## Participation with other participants

Touch players most commonly played in a group arranged by the people who took part in the sport (40.1%, see Table 4). This is followed by over 2 out of 10 (23.9%) playing touch in sports team that was part of a sports club. Around 2 out of 10 (20.8%) did not play touch in any organised group.

Table 4: Participation with other participant groups

Touch players	
	%
A group arranged by the people who take part in the activity	40.1
A sports team that is part of a sports club	23.9
A work-related sports team	8.2
Another type of sports team (like a church team)	6.8
An organised group set up by an organisation (eg, local council)	0.9
Other type of group	1.6
None	20.8

Note: Respondents could provide more than one answer.

## Payment types

Table 5 shows touch players most commonly played touch for free (45.5%), followed by similar proportions that paid to participate by way of membership at a sport or physical activity club (24.9%) or paid entry costs for a competition or event as an individual or team member (21.5%).

**Table 5: Payment types when taking part in touch**

Touch players	
	%
Could do the activity without paying – it was free	45.5
Paid by way of my membership at a sport or physical activity club	24.9
Paid entry costs for a competition or event (as an individual or team member)	21.5
Paid per visit, entry or hire	8.2
Paid by way of membership at a gym, swimming pool or recreation centre	0.9
Paid using a community discount card that gives cheaper entry costs	0.3
Paid for a concession card	0.3
Other payment type	0.3

Note: Respondents could provide more than one answer.

## Membership of a club or centre

Over the previous 12 months, just over 4 out of 10 touch players (41.6%) were a member of any type of club, centre or gym for the purpose of playing the sport (see Table 6). Among those that were, this was most commonly as a member of a sport or physical activity club (33.5%).

**Table 6: Membership of a club, gym or centre to take part in touch**

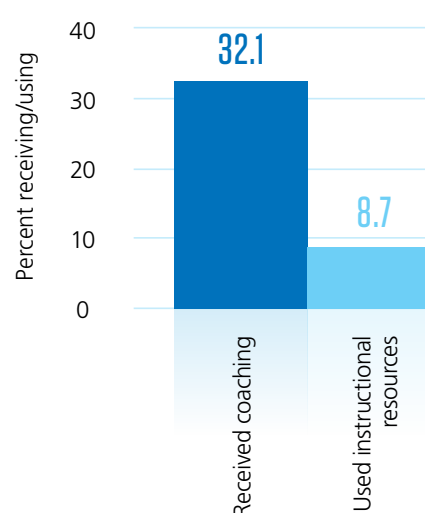
Touch players	
	%
<b>Member of ANY club/gym/centre</b>	<b>41.6</b>
– Member of sport or physical activity club	33.5
– Member of community leisure or recreation centre	3.4
– Member of gym or fitness centre	1.1
– Member of other type of club	3.5
Not a member of any club/gym/centre	58.4

Note: Respondents could report being a member of each of the four types of club.

## Coaching and use of instructional resources

Figure 10 shows that just over 3 in 10 (32.1%) touch players have received coaching for the sport in the past 12 months to help improve their performance, and that just under 1 in 10 (8.7%) have used instructional resources (online or other books or videos).

**Figure 10: Receipt of coaching and use of instructional resources by touch players**

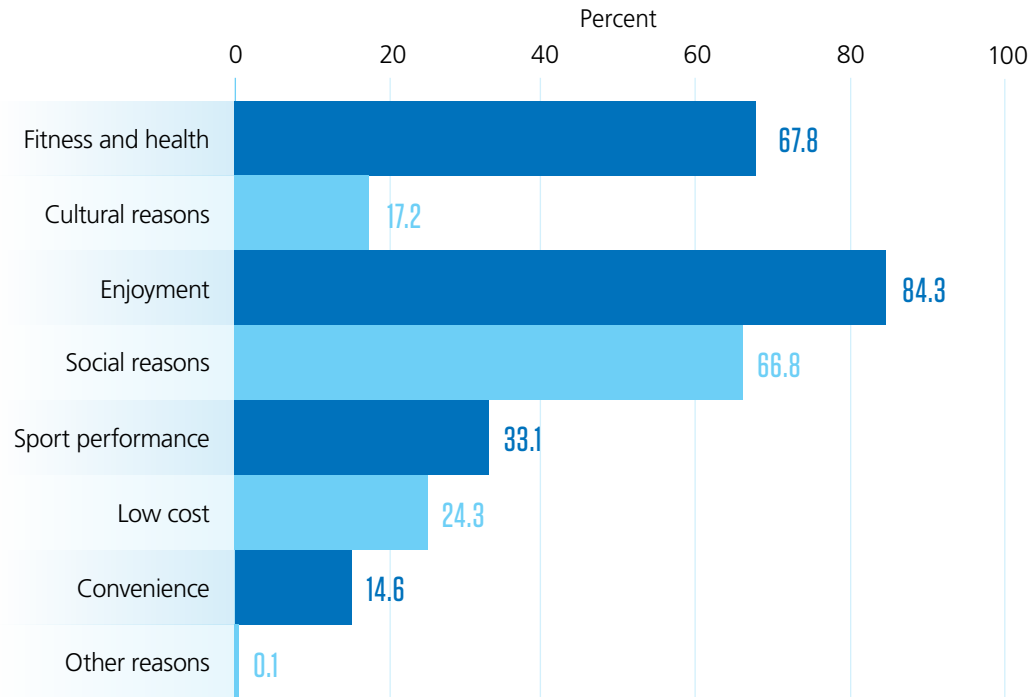


# Motivations for and Barriers to Participation

## Reasons for taking part

Over 8 out of 10 (84.3%) touch players participated in the sport for the enjoyment or the fun of it (see Figure 11). This is followed by similar proportions, almost 7 out of 10 each, playing touch for fitness and health reasons (67.8%) or social reasons (66.8%).

Figure 11: Reasons for participating in touch



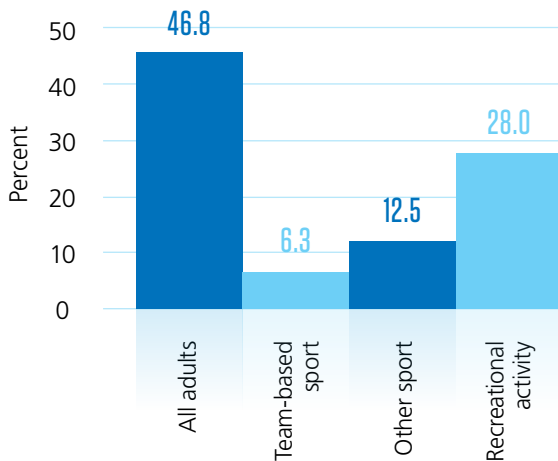
Note: Respondents could provide more than one answer.



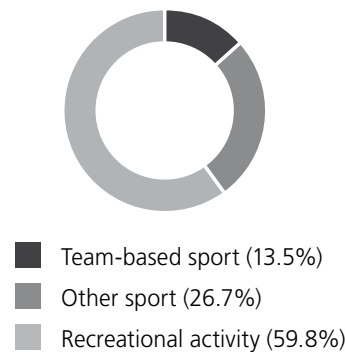
## Interest in trying new activities and barriers to trying

Figure 12 shows that, among all adults, almost 5 out of 10 (46.8%) wanted to try a new sport or activity. Most commonly this included just under 3 out of 10 (28.0%) that wanted to try a new recreational activity, while almost 1 in 10 (6.3%) wanted to try a team-based sport (including touch, but also see below for how activities have been grouped) and just over 1 in 10 (12.5%) wanted to try some type of 'other' sport. Figure 13 shows that 6 out of 10 (59.8%) of those wanting to try a new sport or activity would most like to try a new recreational activity, over 1 in 10 (13.5%) would most like to try a new team-based sport and almost 3 out of 10 (26.7%) would most like to try a type of 'other' sport.

**Figure 12: Proportion of all adults wanting to try any new sport or activity, and type of sport/activity**



**Figure 13: Of those wanting to try a new sport or activity – type of activity would most like to try**



**Notes:**

Team-based sport includes such sports as netball, rugby, football, basketball, cricket, touch rugby and volleyball.

Other sport includes such sports as tennis, golf, martial arts, badminton, bowls and motorsports.

Recreational activity includes walking, fishing, swimming, cycling, jogging/running, dance, canoeing/kayaking; it excludes gardening and 'non-active activity'.

The main barrier to adults trying a new team-based sport (including touch) was a lack of time, identified by over 5 out of 10 adults (54.8%). This was followed by similar proportions identifying barriers such as poor health/disability/injury (13.6%), not knowing where to go or who to contact to do the sport (10.5%) and not having anyone to do the sport with (10.5%, see Table 7).

**Table 7: Barriers to trying team-based sports**

All adults who would most like to try a new team-based sport	
	%
Lack of time	54.8
Poor health/disability/injury	13.6
Don't know where to go or who to contact to do the activity	10.5
Don't have anyone to do the activity with	10.5
Too costly/can't afford it	8.4
I already do a lot of sport and recreation activities	8.0
Having to commit to playing for a whole season/programme	6.4

**Notes:**

Only barriers identified by more than 5% of respondents are listed.

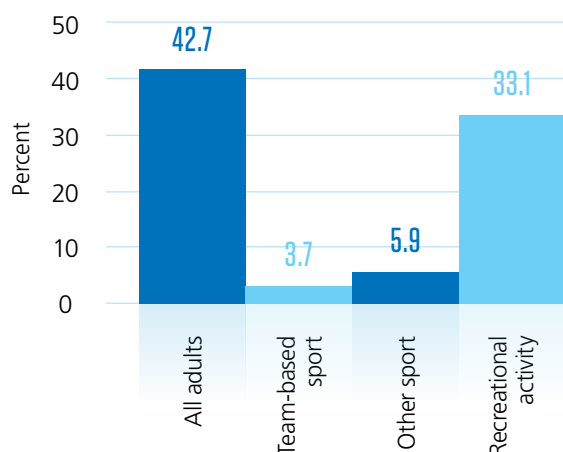
Respondents could provide more than one answer.

For those adults interested in trying each type of new activity, cost appeared to be a less prominent barrier to trying a new team-based sport than it was to trying a new type of 'other' sport or a new recreational activity.

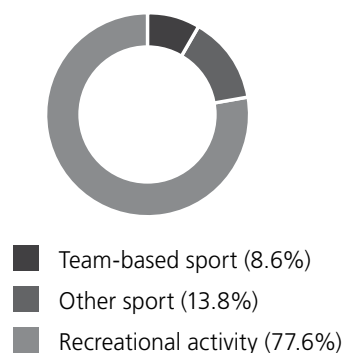
## Interest in doing more of existing activities and barriers to doing more

Figure 14 shows that, among existing participants, over 4 out of 10 (42.7%) were interested in doing more of a sport or activity that they currently participated in. This includes over 3 out of 10 (33.1%) that were interested in doing more of a recreational activity, while fewer than 1 in 10 each of those participating in a team-based sport (including touch) or an 'other' sport would like to do more of that sport (3.7% and 5.9%, respectively). Figure 15 shows that just under 8 out of 10 (77.6%) of those wanting to do more of an existing sport or activity would most like to do more of an existing recreational activity, just under 1 in 10 (8.6%) would most like to do more of an existing team-based sport and over 1 in 10 (13.8%) would most like to do more of an existing type of 'other' sport.

**Figure 14: Proportion of all adults wanting to do more of an existing sport or activity, and type of sport/activity**



**Figure 15: Of those wanting to do more of an existing sport or activity – type of activity would most like to do more of**



**Notes:**

Team-based sport includes such sports as netball, rugby, football, basketball, cricket, touch rugby and volleyball.

Other sport includes such sports as tennis, golf, martial arts, badminton, bowls and motorsports.

Recreational activity includes walking, fishing, swimming, cycling, jogging/running, dance, canoeing/kayaking; it excludes gardening and 'non-active activity'.

The main barrier to participants doing more of an existing team-based sport was a lack of time, identified by almost 7 out of 10 (65.7%) participants, followed by 1 in 10 (9.3%) indicating they did not have anyone to do the sport with (see Table 8).

**Table 8: Barriers to doing more team-based sports**

Participants who would like to do more of a team-based sport	
	%
Lack of time	65.7
Don't have anyone to do the activity with	9.3
Access	7.3
I already do a lot of sport and recreation activities	6.6
Too costly/can't afford it	5.2

**Notes:**

Only barriers identified by more than 5% of respondents are listed.

Respondents could provide more than one answer.

For those participants interested in doing more of each type of existing sport or activity, cost appeared to be less of a barrier to those interested in doing more of a team-based sport than it was to those interested in doing either a type of 'other' sport or a recreational activity.



# Trends in Participation: 1997/98 to 2013/14

Figure 16 presents insights into participation trends in touch between 1997/98 and 2013/14.

Note: The results shown in Figure 16 may differ from corresponding results earlier in this report, and previous trend reporting, because they have been analysed using a different approach. Due to the constraints of the 1997/98 Survey, a different approach (from that used earlier in the report) has also been taken to reporting sub-populations. See Appendix 1 for more information.

Overall, there has been a decrease in participation in touch among all adults, by 4.2 percentage points between 1997/98 and 2013/14. This downward trend has occurred among both men (by 5.2 percentage points) and women (by 3.3 percentage points).

Participation rates have decreased between 1997/98 and 2013/14 across each age group except for adults aged 50 to 64 years, for whom participation is slightly higher in 2013/14 than in 1997/98 even though it is lower than in 2007/08. The largest decrease (by 16.6 percentage points) has been among young adults aged 18 to 24 years.

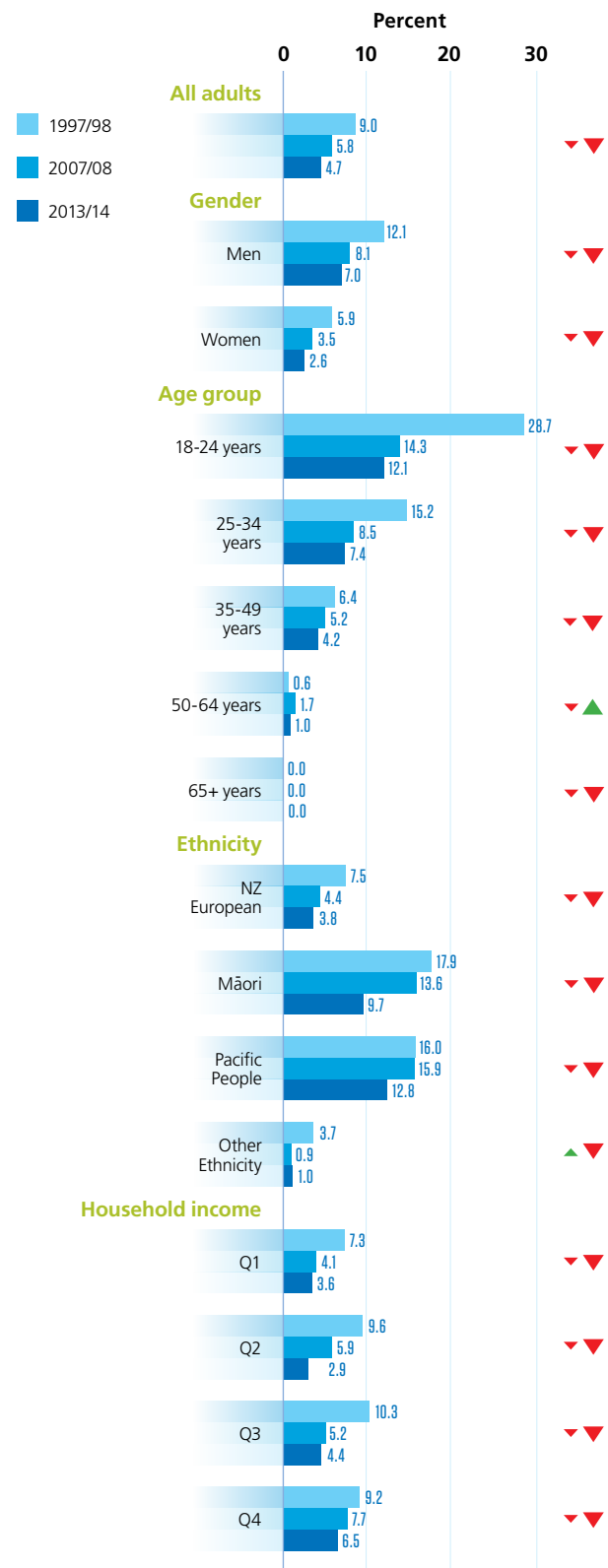
Similarly, participation rates have decreased between 1997/98 and 2013/14 for each ethnic group, although for those of Other Ethnicity participation has been slightly higher since 2007/08. The largest decrease since 1997/98 (by 8.2 percentage points) has been among Māori.

Touch participation rates have also consistently decreased across all household income groups between 1997/98 and 2013/14. The largest decrease (by 6.7 percentage points) has been among those in the Q2 household income group.

## Key:

- ▲ Significant increase between 2007/08 and 2013/14
- ▼ Significant decrease between 2007/08 and 2013/14
- ▲ Significant increase between 1997/98 and 2013/14
- ▼ Significant decrease between 1997/98 and 2013/14
- Blank or none indicates no significant difference exists.

Figure 16: Trends in participation: Touch



# APPENDIX 1

## Notes on Analysis and Statistical Significance

### Statistically significant results

Figures from sample surveys like the Active New Zealand Survey (ANZS) are subject to variation that arises from using a randomly drawn sample rather than surveying the total population of interest. It should be noted that analyses to determine whether results in this report are statistically significant have typically **not been calculated**.

### Trend analysis

The results in the trend section have been analysed using an approach (the adjusted means from a logistic regression) for comparing results from surveys carried out in different years. The model applied used only the first order interactions of year (1997/98, 2007/08, 2013/14) with each of gender, age group, ethnicity, and household income (quartiles and refused). There were no interactions between the 'controlling' explanatory variables (eg, gender and age group). The participation rates were then estimated in the usual way using the replicated weights to produce sample errors on the predicted participation rate. The participation of each individual is then predicted by assuming all the people came from 2013. The participation rate is then estimated. The difference in these two rates and the sample error on the difference determine whether the difference is significant.

**Ethnicity** – Survey respondents were able to identify themselves with more than one ethnic group (eg, Māori and Pacific). For the purposes of the trend analysis, respondents may be placed in more than one group if a mix of ethnicities has been identified. Also, Asian only ethnicities were not separately identified in earlier surveys. Consequently the results for an ethnic group cannot be compared with another ethnic group; they can only be compared with results for all adults.

**Household income** – Household income groups are divided into four quartiles, with the lowest quartile (Q1) representing people with the lowest household incomes, and Q4 being those people with the highest incomes. Some people did not identify their household incomes, and are excluded from these groups and the reporting of findings.

## Notes on Definitions of Key Variables

### New Zealand Index of Socioeconomic Deprivation (NZDep)

NZDep is an index of socioeconomic deprivation that combines nine variables (household income, including eligibility for means-tested benefits, household ownership, family structure, employment, qualifications, number of bedrooms per household, access to a telephone and access to a car).

The Index is applied to each meshblock (the geographical units used at the first stage of ANZS sample selection). NZDep2006 has been used for the purpose of this reporting, as NZDep2013 was not available at the time of sample selection.

The Index is a scale from 1 to 10. Each point on the scale includes 10% of the New Zealand population. The lower the number, the less deprivation; the higher the number, the more deprivation.

For the purpose of this report, adults have been grouped into three deprivation bands: low (1-3), medium (4-7) and high (8-10) deprivation.

### Location

The definitions of the locations used by Statistics New Zealand are:

- Main urban – minimum population of 30,000 and over
- Secondary urban – populations of 10,000 to 29,999
- Minor urban – populations of 1,000 to 9,999, effectively smaller towns
- Rural – remaining areas (eg, townships, crossroad villages), with populations below 1,000.

## Main reasons for participating

Those who answered questions about why they participated in different sports/activities were prompted using a showcard with a range of possible reasons. For each activity, respondents could choose more than one of the prompted reasons and/or provide other reasons. Specific reasons were grouped under more generic headings on the showcard; these are reported on in this report. The following table shows the reasons that appeared on the showcard.

Generic reason	Specific reason
Fitness and health	To keep fit (not just to lose weight)
	To lose weight/get toned
	To relieve stress
	To help with an injury
	To help with a disability
	It provides me with a physical challenge
Cultural reasons	It's a way I can connect with my culture
	To support my friends and family to take part
Enjoyment	Just to enjoy it/It's fun to do
Social reasons	To meet with friends
	To meet new people
	To be part of a club
	To be part of a team
Sport performance	To train/improve performance
	To take part in competition
Low cost	It doesn't cost much to do
Convenience	I don't need to join a club
	I don't need to join a gym
	I can take part when the time suits me
	I can easily get to places close by to do the activity

## Further information

Further information about the Active New Zealand Survey methodology and/or other reports are available from: [www.srknowledge.org.nz/researchseries/active-new-zealand-20132014/](http://www.srknowledge.org.nz/researchseries/active-new-zealand-20132014/)



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