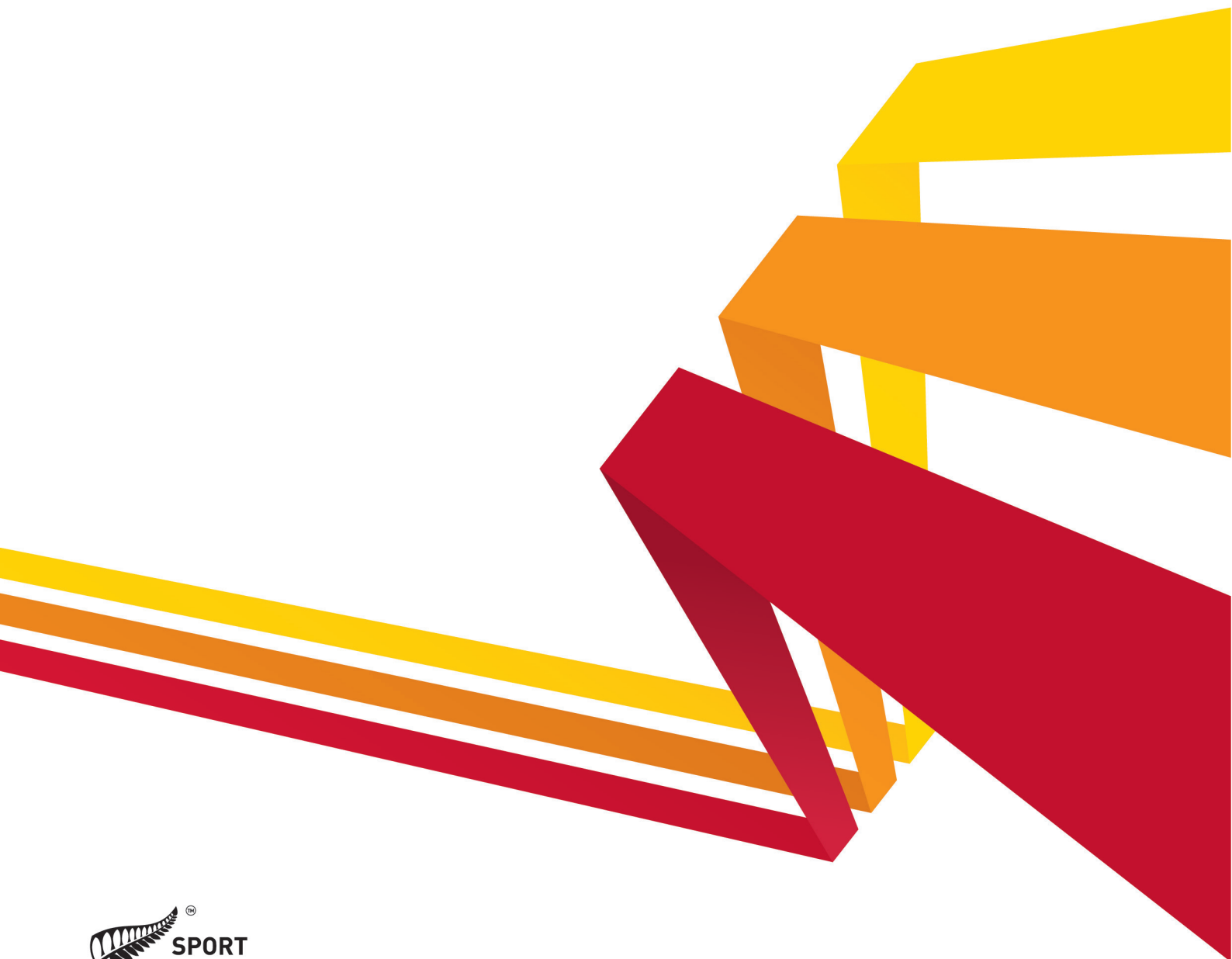


Active NZ

Spotlight on disability

Easy Read version



How to use this report



Sport NZ wrote this report. When you see the word 'we', it means Sport NZ.



We have written this report in an easy to read way.

We use pictures to explain some ideas.



We have written some words in **bold**. We explain what these words mean. There is a list of these words on page 26.



This Easy Read document is a summary of another report.



You can find the other report on our website at sportnz.org.nz/managing-sport/search-for-a-resource/research/active-nz-survey-2017



You can ask for help to read this report.

A friend, family member or support person may be able to help you.

What's in this report?

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About this report

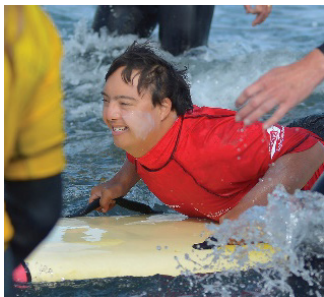
This report is about how much disabled people take part in:



- play



- **active recreation** – active things people like to do that aren't sports, such as:
 - dancing
 - jumping on a trampoline



- sport.

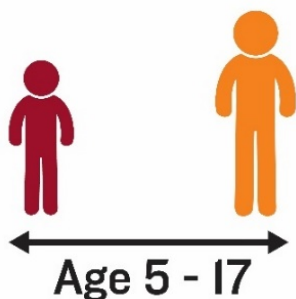
The information in this report is from the:



- Active NZ survey
- Statistics New Zealand 2013 Disability survey.

We collected information from:

6,004 people



- 6,004 people aged between 5 and 17

27,038 people



- 27,038 people aged 18 or older.

In this report we look at:



- how being disabled can affect someone taking part



- the differences in how many and how much disabled people take part compared to non-disabled people.

What do we know about disabled people in NZ?

1,100,000
people



In New Zealand, 1,100,000 people are disabled.

There are 6 impairments that affect how many and how much disabled people can take part:



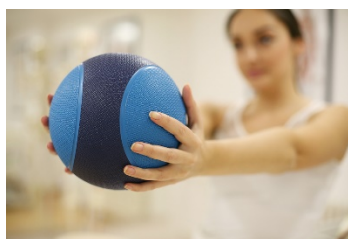
- seeing – including wearing glasses or contact lenses



- hearing – including wearing a hearing aid



- walking, lifting or bending



- using your hands to hold or use objects



- learning, paying attention and remembering



- communicating, mixing with other people and socialising.

95,000 children



There are 95,000 children who are younger than 15 who are disabled.

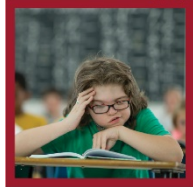
Half of these people have been disabled since they were born.



Sometimes, it can be hard to tell that some disabled people have impairments.



We call these **invisible impairments**.



An invisible impairment might be:

- having problems speaking
- having problems with learning
- not developing as fast as other people in some areas.

73%



73% of disabled children have invisible impairments.



These children might not get support at school because people don't know that they have an impairment.

34%



34% of people became disabled through an:

- accident
- injury.

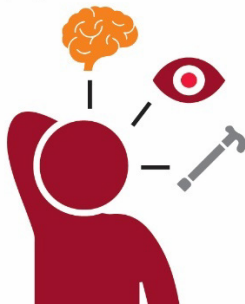
42%



42% of people became disabled through:

- a disease
- an illness.

53%



53% of disabled people have more than 1 impairment.

It is more likely that disabled people will have:



- trouble finding and keeping good jobs

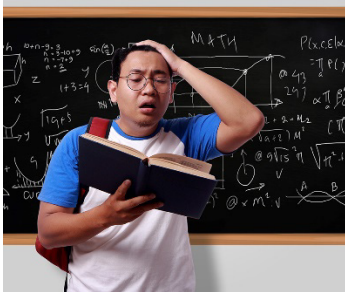


- health problems.

It is more likely that disabled people won't:



- earn or have a lot of money



- get a good education.

About disabled people taking part

We looked at 3 things when we collected the information in this report:



- how many people are active over 7 days



- how many hours people spent being active over 7 days



- the number of sports and activities people took part in over 7 days.



We found out that disabled people are less likely to take part in:

- play
- active recreation
- sport.



Disabled and non-disabled young people spend the same amount of time taking part.

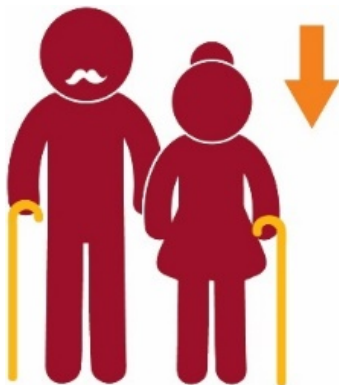
16%



Disabled adults don't spend as much time each week taking part as non-disabled adults – 16% less.

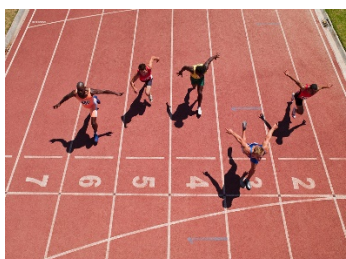


Disabled adults start to take part less once they turn 25.



They take part less and less as they get older.

How do disabled people take part?



Disabled people are less likely to take part in **competitive** sports and activities.

Competitive means you play against another player or team in a:



- league or club competition



- tournament or event.

This is true about disabled people:



- older than 35



- aged between 8 and 14.



Disabled and non-disabled people between the ages of 8 and 14 take part in competitive sports and activities the most.



Disabled people who have trouble communicating or mixing with others take part the least.



Non-disabled young people enjoy Physical Education (PE) at school more than disabled young people.

81%



81% of non-disabled young people like PE.

67%



Only 67% of disabled young people like PE.



Disabled young people do spend as much time taking part as non-disabled young people.

But disabled young people are more likely to:



- walk
- do a workout.

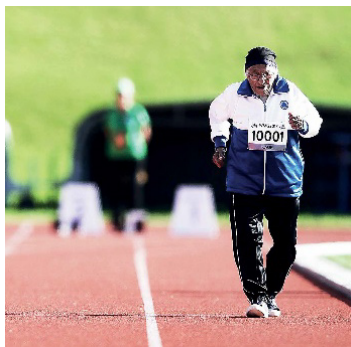
Disabled adults:



- take part less in sports and activities than non-disabled adults
- spend less time taking part than non-disabled adults.



But when disabled adults take part, they do the same sports and activities as non-disabled adults.



The biggest difference between disabled adults and non-disabled adults is how many take part in:

- walking
- running
- jogging.

What makes disabled people want to take part?



Both disabled and non-disabled young people want to be more active.



Disabled young people want to take part in sports and activities so they can be:

- fit
- healthy.



Disabled young people are less likely to take part in sports and activities for fun.



Disabled adults want to take part in sports and activities so they can:

- meet people
- be part of a group.



But this is when they start to take part less.



Disabled people with an impairment related to walking, lifting or bending also want to take part in more sports and activities.



The main reason disabled people don't take part is not being **motivated**.



If you're motivated, you want something and you will put effort into doing it.

Disabled people aged between 15 and 24 say the reasons they don't take part are:



- they don't have the equipment they need



- their family doesn't have enough money



- there aren't good places or spaces nearby for them to do sports and activities



- they don't have anyone to be active with.



Disabled young people who have trouble communicating and mixing with other people find it really hard to:

- take part
- get motivated.



1 in 5 disabled adults say their disability stops them from taking part.



A lot of disabled adults can't take part because their health isn't good enough.

Physical literacy



Physical literacy is how much you know and do about being healthy and active.

Your physical literacy includes:



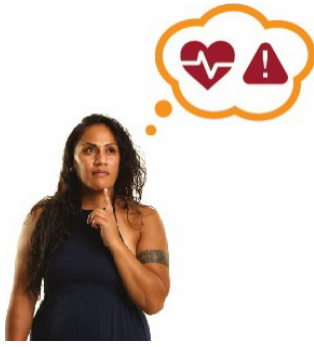
- how motivated you are



- being encouraged by others to be active



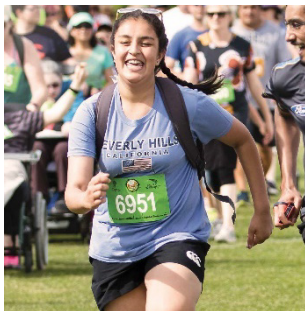
- having the chance to do sports and activities you want to do



- what you know about being healthy and active and why it is important



- how much you believe in yourself and what you can do



- how much you can actually do.



Disabled people get poorer physical literacy results than non-disabled people.

What do disabled people get from taking part?



Taking part in sports and activities is good for disabled people.



Disabled people who take part in sports and activities get better health and wellbeing results.

They:



- feel better



- eat better



- spend less time in front of screens



- have a healthy weight



- sleep better.

A summary of what we learned

By looking at what people told us in the survey, we learned that:



- Being disabled affects how many and how much disabled people take part in:
 - play
 - active recreation
 - sport.



- Disabled people who take part in sports and activities have better health and wellbeing.



- Disabled people get poorer physical literacy results than non-disabled people.



- Non-disabled young people enjoy PE at school more than disabled young people.



- Disabled adults start to take part less once they turn 25. Then they take part less and less as they get older.



- Disabled adults from age 25 want to be more active. But this is when they start to take part less.



- Disabled young people want to take part in sports and activities so they can be:
 - fit
 - healthy.



- Disabled young people are less likely to take part in sports and activities for fun.



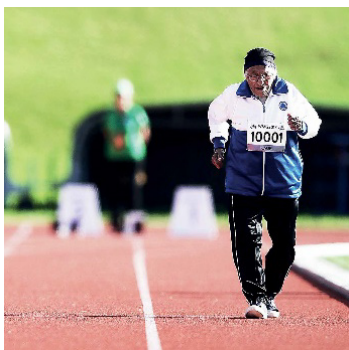
- Disabled adults want to take part in sports and activities so they can:
 - meet people
 - be part of a group.



- Disabled adults:
 - take part less in sports and activities than non-disabled adults
 - spend less time taking part than non-disabled adults.



- When disabled adults take part, they do the same sports and activities as non-disabled adults.

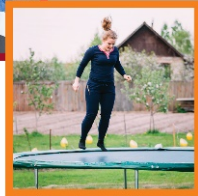


- The biggest difference between disabled adults and non-disabled adults is how many take part in:
 - walking
 - running
 - jogging.



- Disabled people with an impairment related to walking, lifting or bending want to take part in more sports and activities.

Word list



Active recreation

Active things people like to do that aren't sports, such as:

- dancing
- jumping on a trampoline.

Competitive

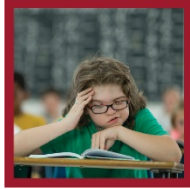
Competitive means you play against another player or team in a:



- league or club competition



- tournament or event.



Invisible impairments

An invisible impairment might be:

- having problems speaking
- having problems with learning
- not developing as fast as other people in some areas.



Motivated

If you're motivated, you want something and you will put effort into doing it.



Physical literacy is how much you know and do about being healthy and active.

Contact us



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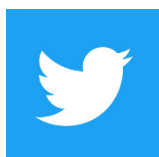
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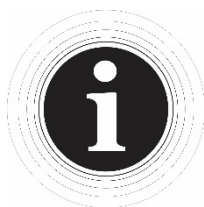
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