

COVID-19 Insights Report

Impacts of Covid-19 across the play, active recreation
sector in Aotearoa, New Zealand

June 2020



Introduction

This report covers the time period of June–August, which includes nine weeks at alert level 1, and the return to alert level 3 in Auckland and alert level 2 elsewhere in New Zealand in mid-August.

The Active NZ re-contact survey was in field from June 23 – July 6 (during Alert Level 1).

Insights cover the impact that Covid-19 has had on participants, and come via the following mechanisms:

- Active NZ: Covid-19 survey (June wave)
- Media analysis.

The identification of findings and considerations in this report involved using existing knowledge of the physical activity barriers and experiences of different population groups. This knowledge coupled with the impacts Covid-19 had on different population groups resulted in key findings and considerations.

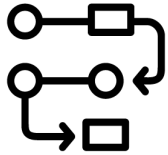
When reading this report please consider:

- Participation data (namely Active NZ: Covid-19) was captured during Alert Level 1, while significant activity restrictions were in place.
- The longevity of any changes in behaviour are unknown, however the key findings point to opportunities and challenges that should be considered.
- The overall environment remains uncertain.
- The information in this report will continue to be built upon over time as we learn more about the impacts of the pandemic.

Active NZ: COVID-19 survey

Adults (18+)

Methodology



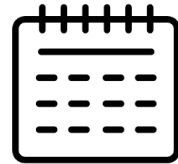
Approach

We surveyed previous Active NZ* respondents, who had given permission to be re-contacted.

We compare June 2020 data with the April 2020 re-contact survey.

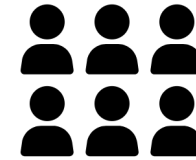
Further, we compare June 2020 data with interviews completed via the Active NZ survey in June 2017, 2018 and 2019 combined.

All datasets were weighted to the 2013 census, to ensure national representativeness.



Fieldwork dates

June 23 – July 6, 2020



Sample size

7,457 adults (18+)

1,181 children and young people (5-17)

** Sport New Zealand's Active NZ Survey measures nationwide participation in play, active recreation and sport*

Key findings

Behaviour change not sustained

The positive change we experienced during lockdown at Alert Level 4, which saw participation levels rise significantly, has not been sustained in June (at Alert Level 1).

Participation levels were down significantly in June (compared with April), and are indeed significantly lower than normal June levels.

Further, those participating in physical activity for less than 30 minutes (in the last week), which was significantly lower than normal April levels, rose by 50%, and is significantly higher than an average June.

High deprivation communities remain a focus

While significant falls were seen on key indicators across a wide range of demographic groups, those from high deprivation communities remain well behind their low deprivation counterparts.

The usual barriers to physical activity return

With Covid-19 as a barrier dropping dramatically in June, the usual barriers come back into the picture, with prioritising other commitments cited by over half.

Lack of motivation and/or energy remain in the top 5, with the former significantly more likely to be mentioned by females, 18-34 year olds, Māori, and Pacific.

Lockdown activities return to normal levels in June

Walking, cycling and yoga, which all saw their participation levels sit significantly higher than a normal April, all drop significantly in June. Further, walking levels are below an average June.

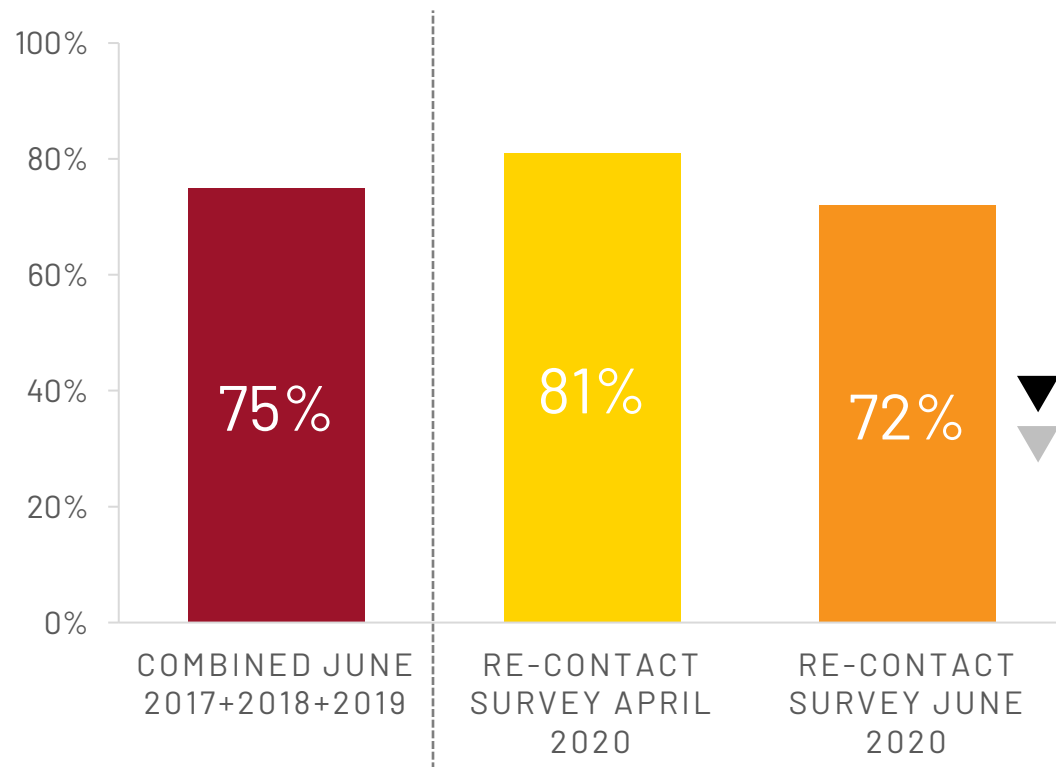
The return of sport (somewhat)

Participation in a number of sports and activities increased significantly in June compared to April, with golf sitting on par with an average June.

However, other sports and activities that saw increases in participation are still somewhat below their usual levels in a normal June, suggesting people are returning to sport but it's taking some time.

Weekly participation decreased and is significantly lower than a normal June

Participation (last 7 days):



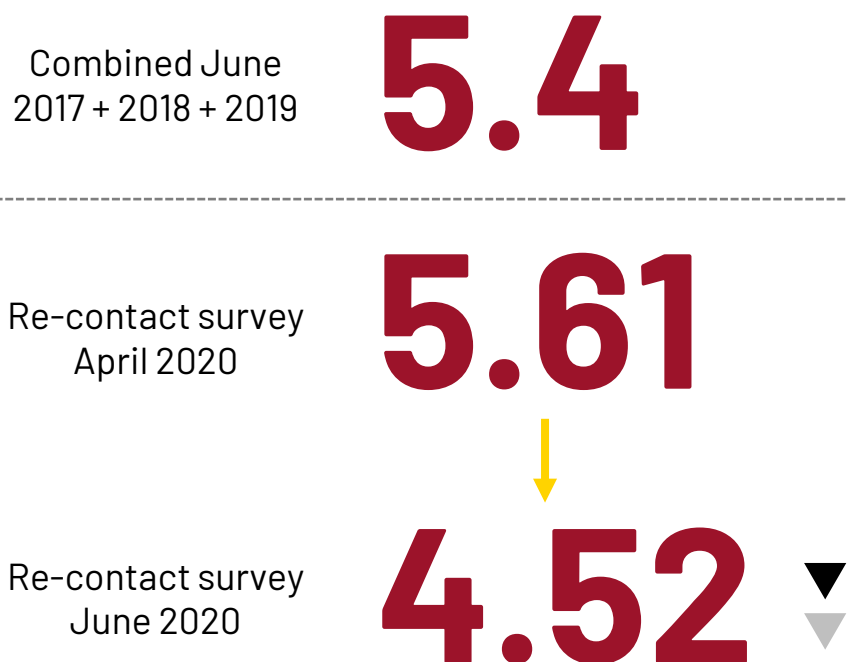
Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020
Male	77%	73%
Female	83%	72% ▼
18-24	78%	67%
25-34	80%	70%
35-49	84%	75%
50-64	80%	72%
European	82%	74%
Māori	76%	68%
Pacific	66%	50%
Asian	77%	66%
Low deprivation (1-3)	85%	79%
High deprivation (8-10)	70%	63%
Non-disabled	82%	74%

Base: All respondents aged 18+ (Combined June n=2,638, Re-contact April n=11,242, Re-contact June n=7,547)
Q7. Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for the purpose of sport, exercise or recreation?

Time spent being active has fallen by 20% compared with April, lower than a normal June

Average number of hours spent being active (last 7 days):



Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020
Male	5.45	4.95 ▼
Female	5.75	4.11 ▼
25-34	4.97	4.16 ▼
35-49	5.61	4.05 ▼
50-64	6.32	4.65 ▼
65-74	6.44	5.84
European	5.89	4.64 ▼
Māori	5.55	4.58
Pacific	4.15	2.03 ▼
Low deprivation (1-3)	6.17	5.03 ▼
High deprivation (8-10)	4.42	3.6 ▼
Non-disabled	5.73	4.62

Adults participated in fewer sports and activities in June, compared with April

Average number of activities
(last 7 days):

Combined June
2017 + 2018 + 2019

2.36

Re-contact survey
April 2020

2.14

Re-contact survey
June 2020

1.78

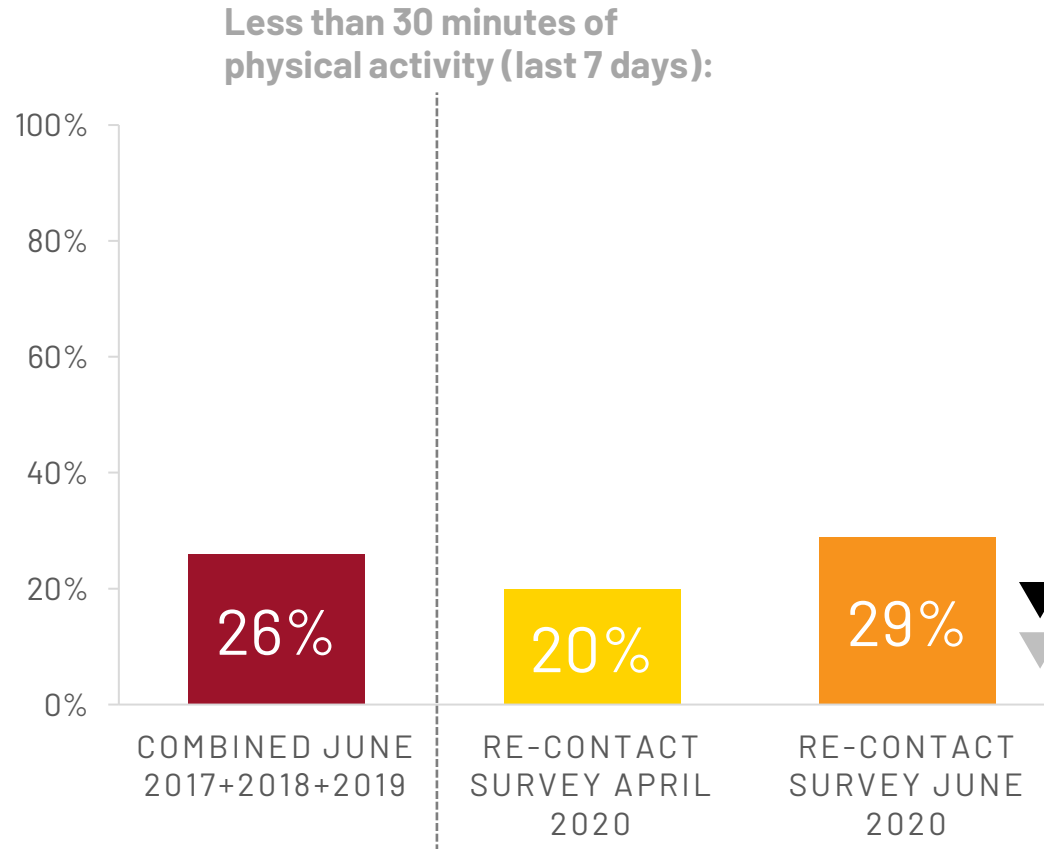


Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020
Male	1.96	1.76 ▼
Female	2.3	1.8 ▼
18-24	2.25	1.91 ▼
25-34	2.3	1.72 ▼
35-49	2.47	1.88 ▼
50-64	1.99	1.73 ▼
European	2.19	1.83 ▼
Māori	2.15	1.74 ▼
Pacific	1.98	1.3
Asian	2.04	1.68
Low deprivation (1-3)	2.27	2.02 ▼
High deprivation (8-10)	1.77	1.52 ▼
Non-disabled	2.18	1.83

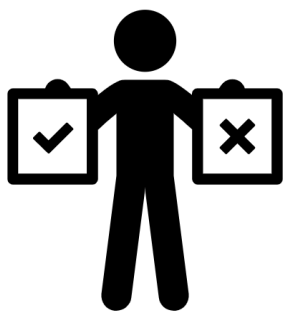
Base: All respondents aged 18+ (Combined June n=2,637, Re-contact April n=11,242, Re-contact June n=7,547)
HQ13/HQ8A097. Which of the following have you done in the last 7 days?

Compared with April, those doing less than 30 minutes a week increased by 50%, higher than a normal June



Other commitments returns as the most prominent barrier

While Covid-19 as a barrier drops dramatically from 48% in April to 8% in June



Prioritising
other commitments

54% ▲▼



Weather

25% ▲▲



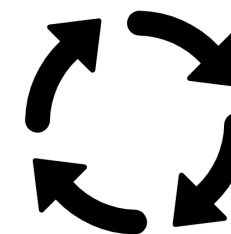
Struggle to
motivate myself

23%



Too tired/don't
have the energy

23% ▲



Got out of
the habit

20% ▲

'Struggle to motivate myself' is more likely to be mentioned by females, 18-34 year olds, Māori and Pacific

Walking, cycling and yoga are all significantly down; with walking even lower than a normal June

Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020
Group fitness classes	8%	9% ▼
Swimming	0%	4% ▼
Golf	0%	3%

Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020
Walking	69%	51% ▼
Running/jogging	25%	19%
Cycling	19%	11%
Gardening	16%	9% ▼
Yoga	14%	7%
Playing games with kids	8%	4% ▼

Active NZ: COVID-19 survey

Children and Young People (5-17 year olds)

Key findings

Rangatahi more impacted by Covid-19

Following the inclusion of two new questions in the June survey, we now have additional evidence to support rangatahi being more impacted by Covid-19 compared with tamariki.

While 7 in 10 young people say their everyday activities are back to normal, this is significantly lower for rangatahi (12–17 year olds). Further, 2 in 5 young people say their participation changed as a result of Covid-19, with rangatahi significantly more likely to say so.

Participation recovering

In contrast to adults, participation rose significantly for young people in June compared with April.

However, participation levels are still below an average June, suggesting young people are coming back to play, active recreation and sport, but it's taking some time.

Some important improvements

In terms of overall participation, June saw some important improvements, namely for girls, 12–17 year olds and those from high deprivation communities – all current focus areas for Sport NZ.

Organised participation returns

While informal participation saw a significant drop in June compared with April, organised participation saw a (somewhat) return to normalcy – although PE and competition are still below normal June levels.

The usual barriers to physical activity return

Similar to adults, being 'too busy' returns as the most prominent barrier.

Importantly, lack of motivation and lack of energy (up significantly in June compared with April) were both significantly higher than an average June.

Further, these barriers were more likely to be mentioned by girls and 12–17 year olds.

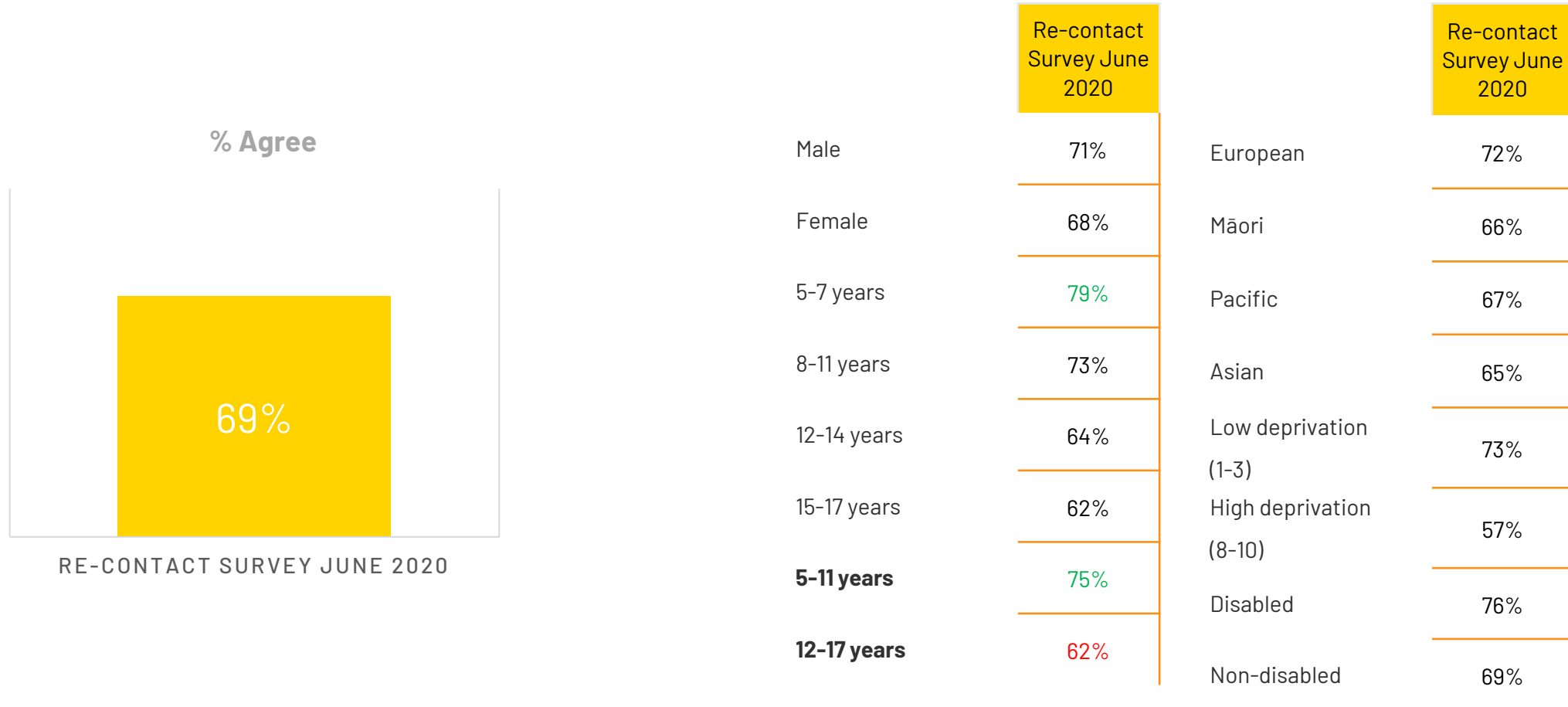
Lockdown activities return to normal levels in June

The popular lockdown activities for young people of cycling and walking fell significantly in June compared with April, returning to normal June levels.

Conversely, a number of sports and activities saw significant increases in June compared with April, and while running, jogging, cross country and playing on a playground returned to normal June levels, the majority of sports currently operate significantly below an average June.

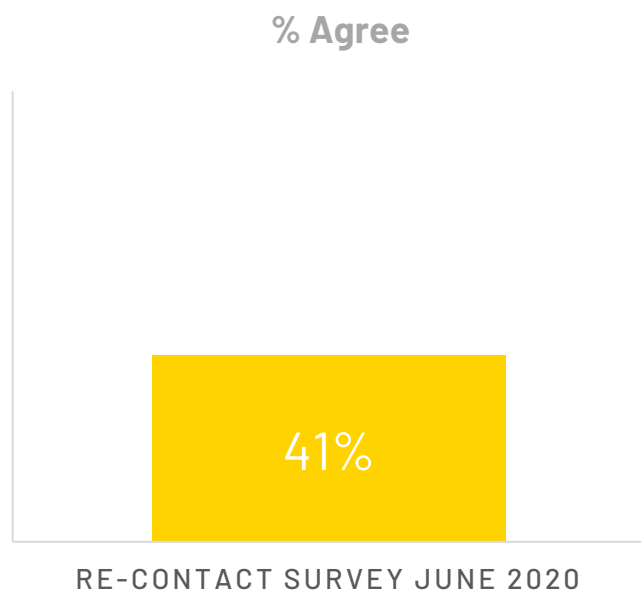
7 in 10 young people say their everyday activities are back to how they were before Covid-19

However, this is significantly lower for 12-17 year olds



2 in 5 young people say their participation changed as a result of Covid-19

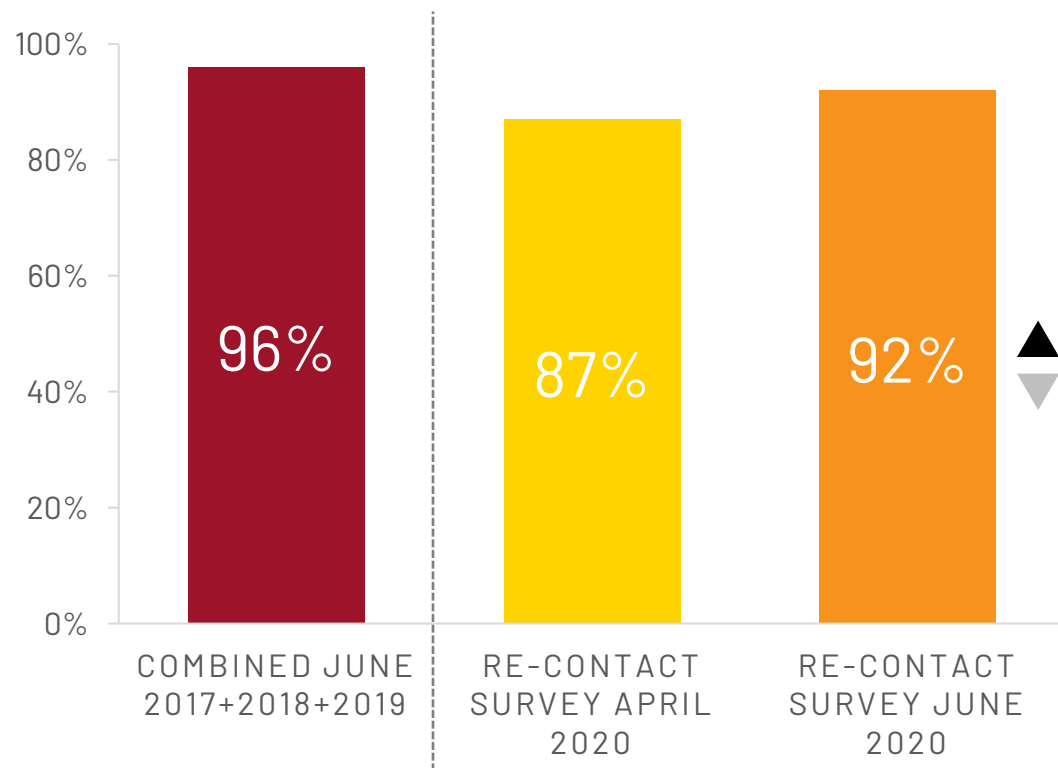
This is significantly higher for 12-17 year olds



	Re-contact Survey June 2020		Re-contact Survey June 2020
Male	39%	European	39%
Female	44%	Māori	48%
5-7 years	34%	Pacific	51%
8-11 years	31%	Asian	43%
12-14 years	53%	Low deprivation (1-3)	43%
15-17 years	51%	High deprivation (8-10)	50%
5-11 years	32%	Disabled	48%
12-17 years	51%	Non-disabled	41%

Overall weekly participation increased for young people but it remains below normal June levels

Participation (last 7 days):

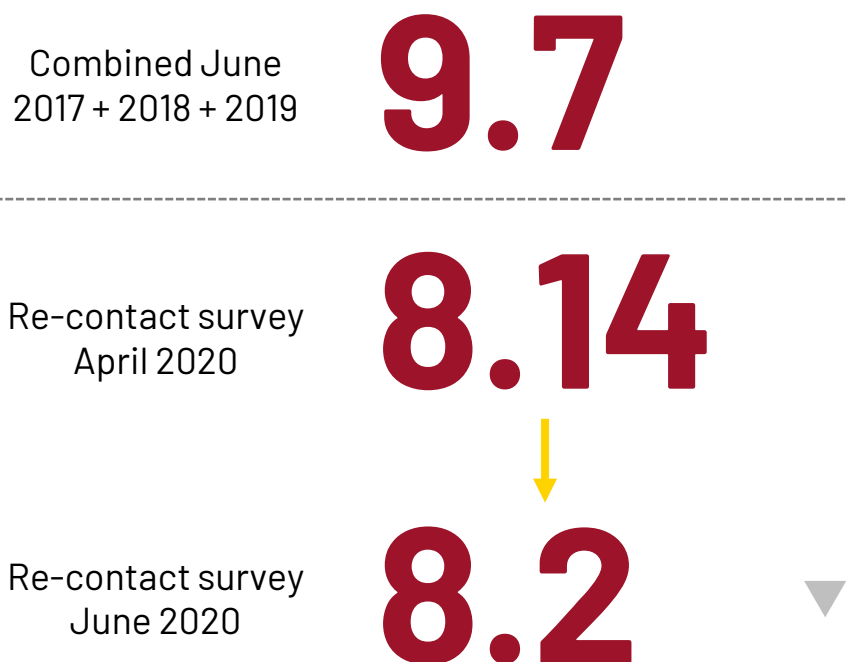


Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020
Girls	87%	94%
12-17 year olds	84%	91%
High deprivation	81%	96%
Non-disabled	87%	92%

Time spent being active remains unchanged in April and is well below normal June levels

Average number of hours spent
being active (last 7 days):



No significant differences by demographic groups

Number of activities participated in rose significantly in April but is below a normal June



Average number of activities (last 7 days):

Combined June 2017 + 2018 + 2019

5.01

Re-contact survey April 2020

3.5

Re-contact survey June 2020

3.95



Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020
Girls	3.54	4.02 ▼
5-7 year olds	4.1	4.75
8-11 year olds	3.67	4.22 ▼
European	3.84	4.45 ▼
Low deprivation	3.42	4.02 ▼
Non-disabled	3.47	3.91

Time spent in organised participation is up compared with April but below typical June levels

	Combined June 2017 + 2018 + 2019	Re-contact survey April 2020	Re-contact survey June 2020
Playing with friends	3.04	4.40	2.53 ▼▲
PE (or class at school)	2.2	0.06	1.82 ▲▼
Training with a coach	2.01	0.24	1.76 ▲
Playing alone	1.16	2.12	1.34 ▼
Extra training	0.52	1.44	0.46 ▼
Competition	0.91	0.01	0.29 ▲▼

Base: All respondents ages 5-17 (Combined April n=1,351, Re-contact April n=2,417, Re-contact June n=1,181)
Q16. Where or how did you do <activity> in the last 7 days?

Being too busy is back to being the most prominent barrier

While lack of energy and motivation are significantly higher compared to normal June



Too busy

40% ▲



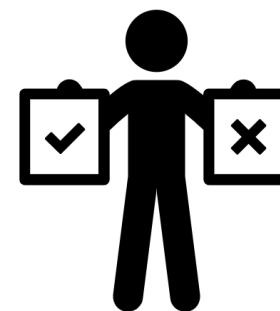
Too tired/
don't have energy

26% ▲ ▲



Too hard to
motivate myself

22% ▲



Prefer to do
other things

19% ▲



Weather

15% ▲

'Too hard to motivate myself' and 'Too tired/don't have the energy' were more likely to be mentioned by girls and 12-17 year olds

While significant increases are seen across a number of activities, they remain below normal June levels

Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020
Running, jogging, cross country	44%	57%
Playing on a playground	5%	30%
Games	12%	25% ▼
Football/ futsal	7%	19% ▼
Swimming	2%	13% ▼
Rugby or rippa rugby	1%	8% ▼
Netball	3%	8% ▼
Hockey or floorball	1%	6% ▼

Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020
Cycling	46%	26%
Walking for fitness	47%	24%
Scootering	20%	15%
Trampoline	23%	14% ▼
Workout	25%	14%