

# Update to Wellbeing Valuation 2022

Simetrica Jacobs was commissioned in 2020 by Sport NZ to produce wellbeing values for outcomes relevant to play, active recreation and sport interventions in New Zealand. This analysis provides insight on the value of the contribution that play, active recreation and sport has towards the wellbeing of all New Zealanders – ensuring full consistency with its Outcomes Framework. This, in turn, implies that the analysis is aligned with the wider NZ Treasury Living Standards Framework, which formed the basis for the Sport NZ Outcomes Framework.

In 2022 Sport NZ contracted Simetrica Jacobs to update the Annual Wellbeing values published in the [Sport NZ - wellbeing value methodology note](#). The values have been updated to reflect changes in income levels using the 2022 minimum wages for adults in New Zealand.

## Sport NZ updated values - using adult individual minimum wage

The New Zealand adult minimum<sup>1</sup> wage is \$44,096 per annum as at April 2022. Which equates to \$848 per week. There is no minimum wage for under 16-year-olds. There are lower rates for people starting out or training. The Wellbeing Valuation methodology applies adult minimum wages for all, including young people.

Table 1. Updated Wellbeing Values 2022.

Outcome	Units	Annual Wellbeing value (NZD)
<b>Adult outcomes</b>		
Regular volunteering (weekly)	Binary	\$630
Sports club membership <sup>2**</sup>	Binary	\$916
Individual activity (weekly) <sup>**</sup>	Binary	\$926
Group activity (weekly) <sup>**</sup>	Binary	\$802
Physically active at MOH guidelines	Binary	\$1,472
<b>Youth Outcomes</b>		
Young People's PA (meeting guidelines) Leisure PA/guidelines	Binary	\$1,034

The remaining wellbeing values<sup>3</sup> that were not updated will be update in a full tool refresh in 2023. These are

- Moderate to vigorous physical activity per week (30-150 minutes)<sup>\*4</sup>
- Moderate to vigorous physical activity per week (150-300 minutes)<sup>\*</sup>
- Moderate to vigorous physical activity per week (300+ minutes)<sup>\*</sup>

<sup>1</sup> [Current minimum wage rates » Employment New Zealand](#) as at April 2022.

<sup>2</sup> <sup>\*\*</sup>Values for Sports club membership, Individual activity (weekly) and Group activity (weekly) are derived from the same regression which also controls for physical activity.

<sup>3</sup> [IGD Guidance Note \(sportnz.org.nz\)](#)

<sup>4</sup> Compared to individuals that do less than 30 minutes of moderate activity per week; 1 minute of vigorous activity is assumed to be worth two minutes hours of moderate activity and the minutes in the outcome description reflect the amount of equivalent moderate activity.