

Sport and Recreation Profile: Pilates/Yoga

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in pilates/yoga among New Zealand adults aged 16 years and over. It is compiled from information collected through the 2007/08 Active NZ Survey and includes:

- participation levels;
- profile of participants;
- participation patterns; and
- volunteering levels.

Methodology

Definition of Pilates/Yoga

In the 2007/08 Active NZ Survey, participants reported whether they had participated in pilates/yoga as a combined sport and recreational activity.

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 381 (48 men, 333 women) reported doing pilates/yoga at least once during the 12 months preceding the interview. The 4,443 interviews (which were completed over a 12-month period beginning in March 2007) were stratified by month and by the 17 regional sports trust catchment areas.

The Survey

The Active NZ Survey (an interviewer-administered, face-to-face self-report survey) consisted of two data collection tools:

1. a sport and recreation survey; and
2. a seven-day physical activity recall diary.

The sport and recreation survey was used to collect information about participation levels in various sport and recreation activities. Participants reported the sport and recreation activities they participated in over three different timeframes: during the 12 months, four weeks and seven days preceding the interview. Participants reported a range of other sport and recreation information including where they participated in activities, their participation in volunteering, instruction to improve performance and involvement in clubs and centres.

The seven-day physical activity recall diary assessed the frequency, intensity and duration of sport and recreation activities participated in during the seven days preceding the interview. The following information was collected for each day of the previous week:

1. the specific activities participated in (e.g. pilates/yoga);
2. the day on which the activity was undertaken (e.g. did pilates/yoga on Monday and Thursday);
3. the total time spent participating in each specific sport and recreation activity (e.g. 60 minutes spent on pilates/yoga on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 60 minutes spent on pilates/yoga on Monday, 20 minutes was spent at a moderate intensity); and
5. the amount of time spent at a vigorous intensity (e.g. of the 60 minutes spent on pilates/yoga on Monday, 10 minutes was spent at a vigorous intensity).

The information from the diary was used to determine the time spent and the intensity at which adults participated in pilates/yoga during any one week.

Ethnic Groupings

In the 2007/08 Active NZ Survey, participants were able to identify with multiple ethnicities. Consequently, the same person could be represented in different ethnic groups (e.g. Māori and NZ European). Therefore, when the percentages for each ethnic group are summed they do not equal 100 percent. Ethnic-specific findings should only be compared with estimates for the total New Zealand population as comparisons between ethnic groups (e.g. Māori versus Pacific) are not valid.

Socioeconomic Position

The NZiDep tool was used to measure the socioeconomic position of participants. The tool consists of eight questions which assess different domains of socioeconomic status. Based on the number of deprivation indicators reported, participants were grouped into one of five groups ranging from the least (Quintile 1) to the most (Quintile 5) disadvantaged socioeconomic group. The five groups were:

Quintile 1 – no deprivation characteristics;

Quintile 2 – one deprivation characteristic was reported;

Quintile 3 – two deprivation characteristics were reported;

Quintile 4 – three or four deprivation characteristics were reported; and

Quintile 5 – five or more deprivation characteristics were reported.

Further information about the Active NZ Survey methodology is available at www.sparc.org.nz/activenzsurvey.

Information Reported

All findings relate to the New Zealand adult population aged 16 years and over. They are based on responses from at least 100 participants and have a relative standard error of less than 25 percent unless stated otherwise. All estimates have been weighted to correct for differences between the sample population and the general New Zealand population. Percent estimates (e.g. 50%) with a 95 percent confidence interval (e.g. 95% CI: 45-55) have also been age-standardised to the 2006 New Zealand adult population. Estimates without a 95 percent confidence interval represent proportions within the sport-specific population (i.e. adults who participated in the activity), and have not been age-standardised.

Confidence intervals have been used to indicate if significant differences exist between different groups (e.g. men versus women) in the population. Findings are generally considered significantly different if there is no overlap between the confidence intervals of the percentage estimates being compared.

The Active NZ Survey is a nationally representative survey of all New Zealand adults. The findings in this profile are not directly comparable with other sources of information about pilates/yoga. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

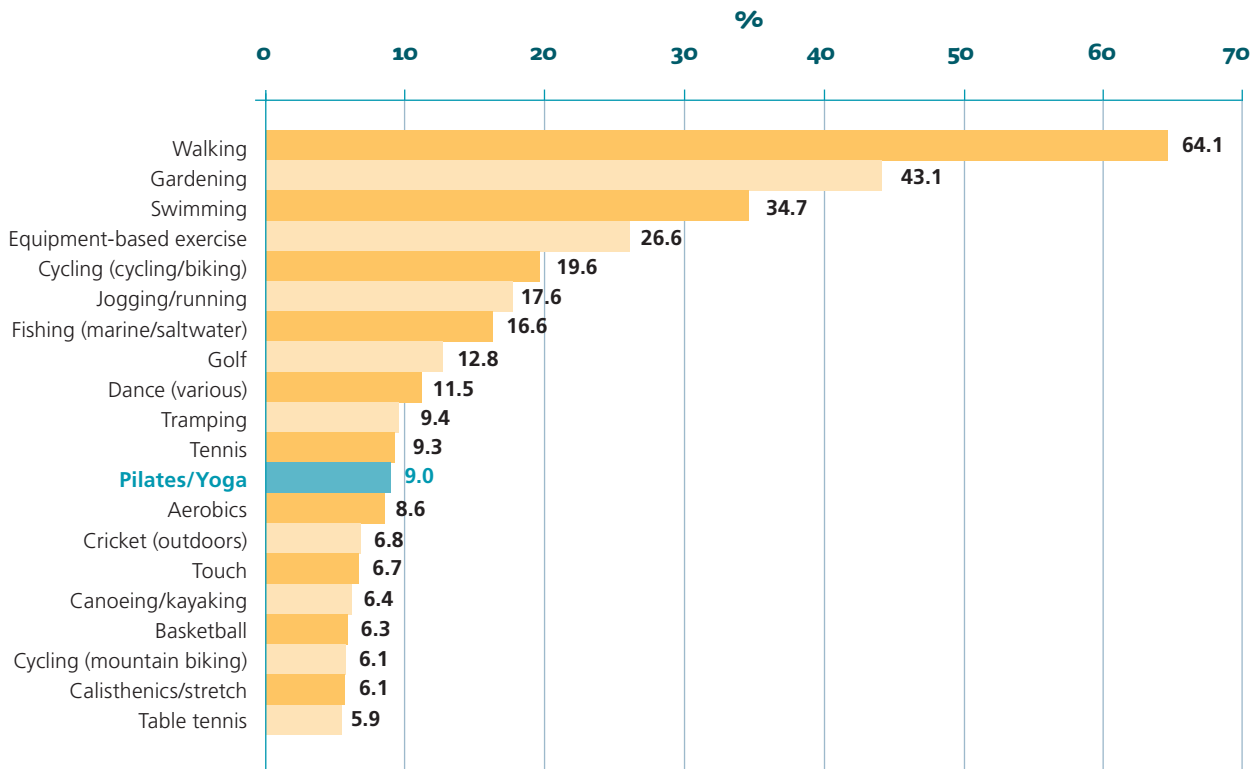
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 9.0 percent (95% CI: 7.6-10.4) of all New Zealand adults (290,753 people) had participated in pilates/yoga at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Pilates/yoga had the 12th highest participation rate among various sport and recreation activities.

Figure 1: Sport and recreation activities with the highest participation levels



¹ Figure 1 is based on information presented in the document titled 'Sport and Recreation Participation Levels' which is available at www.sparc.org.nz/activenzsurvey.

Profile of Participants

Demographic Profile

Table 1 presents demographic information about pilates/yoga participation. For example, among all women in New Zealand 14.9 percent participated in pilates/yoga at least once over 12 months.

Table 1 shows that men (compared with women), adults aged 50 years and over (compared with adults from all other age groups) and adults who self-identified as Māori or Pacific (compared with all New Zealand adults) were significantly less likely to have participated in pilates/yoga. Pilates/yoga participation levels did not significantly differ by socioeconomic position.

Table 1: Proportion of all New Zealand adults (16 years and over) who participated in pilates/yoga at least once over 12 months

	Percentage (95% CI)	Population ²
Total Population	9.0 (7.6–10.4)	290,753
Gender		
Men	2.8 (2.0–7.7) ³	42,881
Women	14.9 (10.1–19.6)	247,872
Age Group		
16–24 years	11.5 (7.9–15.2)	63,344
25–34 years	12.4 (9.1–15.7)	67,455
35–49 years	10.5 (8.0–12.9)	98,907
≥ 50 years	4.9 (3.5–6.4)	61,047
Ethnic Group		
Māori	5.3 (3.1–7.5)	24,471
Pacific	1.4 (0.0–2.9) ³	3,610
NZ European	9.3 (7.7–10.9)	200,805
Asian	12.4 (8.0–16.7)	47,400
Socioeconomic Position		
Quintile 1	9.2 (7.5–10.9)	173,568
Quintile 2	8.8 (6.1–11.6)	54,880
Quintile 3	10.0 (6.0–13.9)	35,304
Quintile 4	6.3 (2.9–9.8) ³	18,087
Quintile 5	7.9 (2.6–13.2) ³	8,916

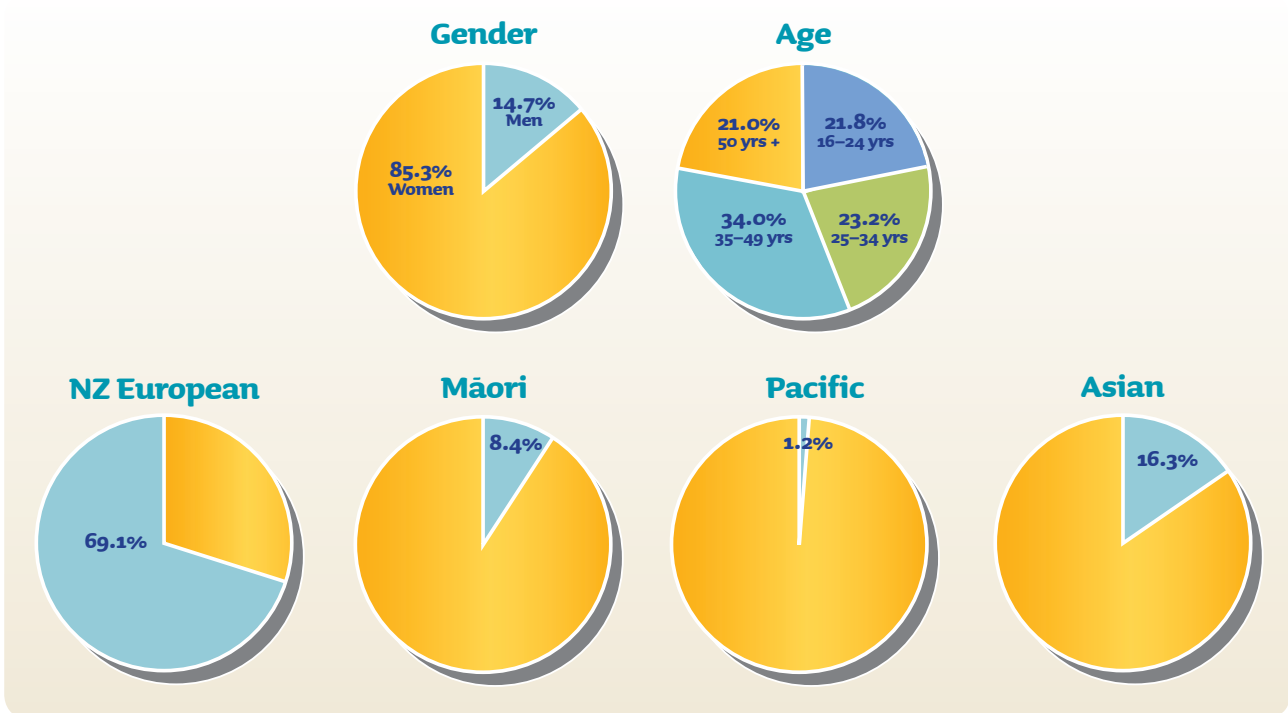
² The column indicates the number of New Zealand adults who participated in pilates/yoga. For example, 247,872 women participated in pilates/yoga at least once over 12 months.

³ Finding associated with a relative standard error greater than 25 percent.

Figure 2 presents information about people who participated in pilates/yoga at least once over 12 months. For example, among adults people who participated in pilates/yoga 14.7 percent were men and 85.3 percent were women. A large proportion of adults who participated in pilates/yoga were:

- women;
- aged between 35 and 49 years old; and
- self-identified as New Zealand European or Asian.

Figure 2: Demographic profile of adults who participated in pilates/yoga



Participation in Other Sport and Recreation Activities

On average, adults who did pilates/yoga at least once over 12 months took part in 7.0 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who participated in pilates/yoga also participated in walking, swimming, equipment-based exercise, cycling, jogging/running and gardening. In addition, men also participated in golf, tennis and outdoor cricket while women participated in aerobics.

Physical Activity Levels

As part of New Zealand's physical activity guidelines adults are recommended to participate in at least 30 minutes of moderate-intensity⁴ physical activity on most, if not on all, days of the week. To meet this guideline, participation in at least 30 minutes of moderate-intensity physical activity on five or more days of the week was required.

When compared to the proportion of all New Zealand adults who achieved this guideline (48.2%; 95% CI: 46.3-50.1), a larger proportion of adults who participated in pilates/yoga achieved the guideline (56.2%; 95% CI: 50.8-61.6).

⁴ Moderate-intensity physical activity was defined as activity that causes a slight, but noticeable, increase in breathing and heart rate.

Participation Patterns

Organised Competition and Event Participation

Among adults who participated in pilates/yoga at least once over 12 months, 2.9 percent⁵ (8,510 people) participated in an organised pilates/yoga competition or event.

Instruction

Among adults who participated in pilates/yoga at least once over 12 months, 51.0 percent (148,423 people) had received instruction from a coach, instructor, trainer or teacher to help improve their pilates/yoga performance.

Participation Setting

During any one month, 5.3 percent (95% CI: 4.2-6.3) of all New Zealand adults (169,342 people) participated in pilates/yoga at least once. Among these adults, the most common locations⁶ for participating in pilates/yoga were 'at home or someone else's home' (65.3%), 'indoors at a sports facility' (20.5%) and 'indoors at some other location not mainly used for sports' (11.7%).

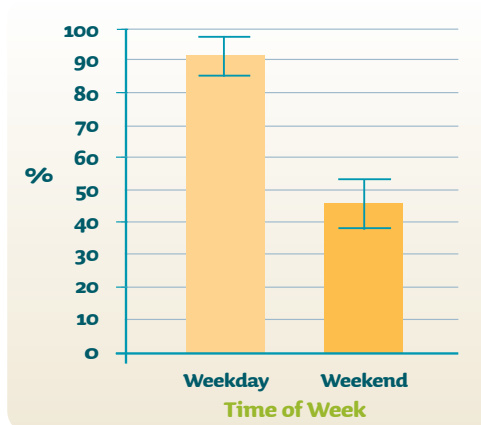
People can belong to different types of clubs or centres in order to participate in sport and recreation. The clubs/centres examined in this survey included: sport and physical activity clubs, social clubs, fitness centres and some other type of club/centre. Among adults who participated in pilates/yoga during any one month:

- 21.4 percent (36,191 people) belonged to any type of club or centre in order to participate in pilates/yoga; and
- 21.2 percent (35,845 people) were members of a gym/fitness club in order to participate in pilates/yoga.

Time Spent Participating

During any one week, 3.7 percent (95% CI: 2.8-4.6) of all New Zealand adults (120,106 people) participated in pilates/yoga at least once. On average, adults did pilates/yoga on three days out of seven, for an average of 36 minutes on any one day. The average time spent doing pilates/yoga per week was 102 minutes. Adults were more likely to participate in pilates/yoga on weekdays than weekend days (Figure 3).

Figure 3: Adult participation in pilates/yoga, by time of week



⁵ Finding associated with a relative standard error greater than 25 percent.

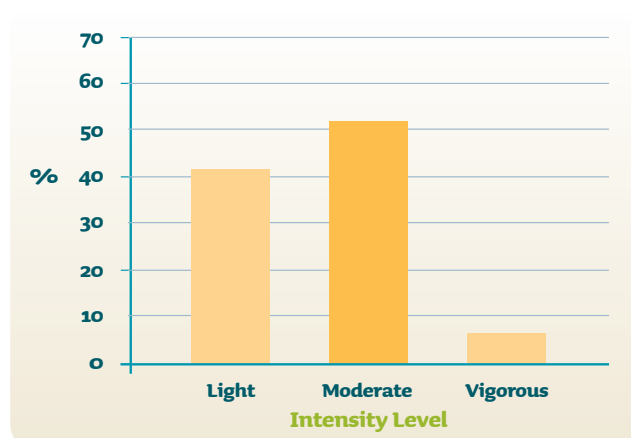
⁶ Adults who reported participating in yoga/pilates during the four weeks preceding the interview also reported the locations where they participated in the last four weeks. Participants were asked to identify a location from a list of nine general locations (e.g. at indoor sports facility).

Intensity of Participation

Individuals participate in sport and recreation activities at varying levels of intensity (i.e. light intensity, moderate intensity⁷, vigorous intensity⁸). During any one week, 9.0 percent (95% CI: 3.7-14.3) of adults who did pilates/yoga (11,155 people) achieved more than 2.5 hours of moderate-to-vigorous-intensity physical activity through participation in pilates/yoga alone.

Figure 4 displays the proportion of total pilates/yoga time per week that was undertaken at each level of intensity. During any one week, 51.8 percent of pilates/yoga time was spent at moderate intensity and 6.6 percent was spent at vigorous intensity. The remaining 41.6 percent of the time was spent participating at light intensity.

Figure 4: Adult participation in pilates/yoga, by intensity level



Volunteering Levels

Among all New Zealand adults, less than 0.1 percent (95% CI: 0.1-0.2; 4,612 people) volunteered for pilates/yoga at least once over 12 months. Among adults who participated in pilates/yoga at least once over 12 months, 28.1 percent (81,670 people) volunteered in at least one sport or recreation activity and 1.5 percent⁹ (4,262 people) volunteered for pilates/yoga.

⁷ Moderate-intensity physical activity was defined as activity that causes a slight, but noticeable, increase in breathing and heart rate.

⁸ Vigorous-intensity physical activity was defined as activity that makes you 'huff or puff'.

⁹ Finding associated with a relative standard error greater than 25 percent.



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