

Sport and Recreation Profile: Touch

Findings from the 2007/08
Active New Zealand Survey



INTRODUCTION

Content

This sport and recreation profile presents information about participation in touch 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

Sample

A total of 4,443 adults aged 16 years and over participated in the 2007/08 Active NZ Survey. Among the participants, 259 (156 men, 103 women) reported playing touch 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, 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. touch);
2. the day on which the activity was undertaken (e.g. played touch on Monday and Thursday);
3. the total time spent participating in each specific sport and recreation activity (e.g. 60 minutes spent playing touch on Monday);
4. the amount of time spent at a moderate intensity (e.g. of the 60 minutes spent playing touch 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 playing touch on Monday, 25 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 a specific sport during any one week. Because of low participation levels during the week preceding the interview, time-related information is not available in this profile.

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 95 percent confidence intervals (e.g. 95% CI: 45-55) have also been age-standardised to the 2006 New Zealand adult population. Estimates without 95% percent confidence intervals represent proportions within the sport-specific population (i.e. adults who participated in the activity), and have not been age-standardised.

Confidence intervals (CI) 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 touch. This is because methodological differences (e.g. the way data is collected, the definitions used) contribute to differences in findings between different data sources.

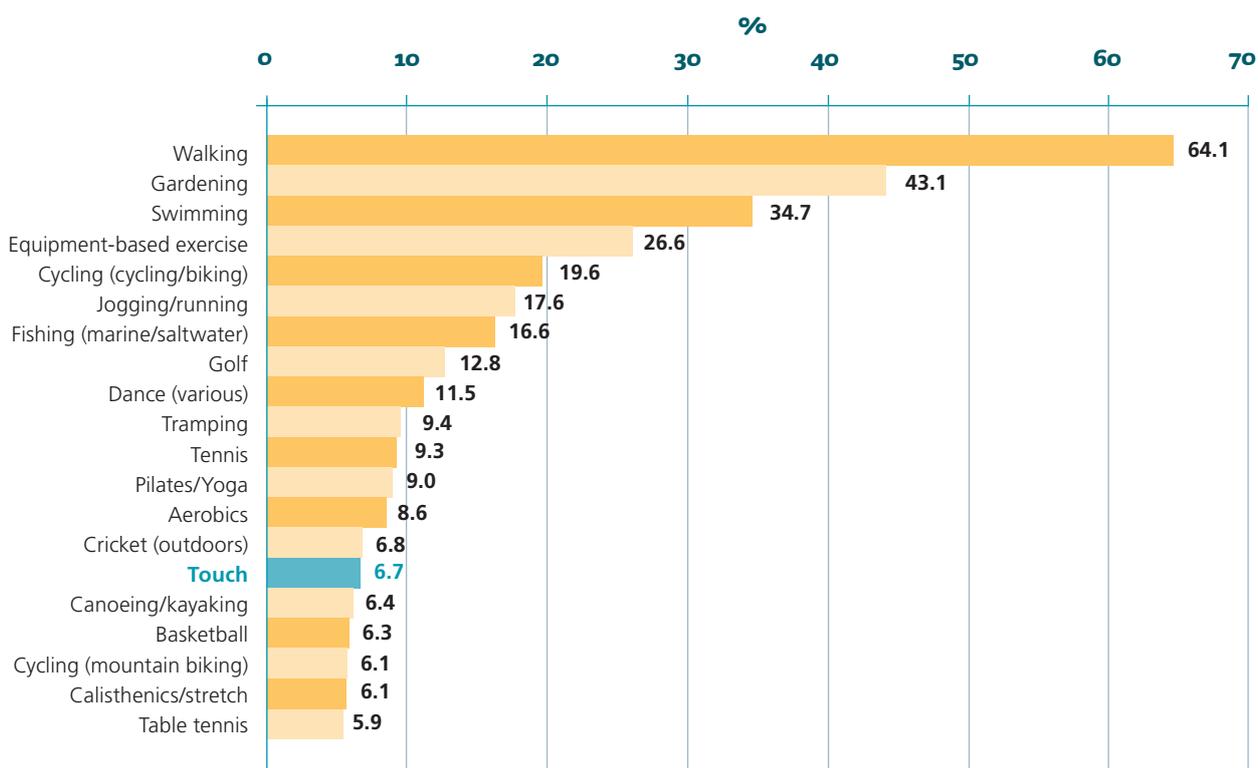
FINDINGS

Participation Levels

2007/08 Participation Levels

Over 12 months, 6.7 percent (95% CI: 5.5–7.9) of all New Zealand adults aged 16 years and over (219,953 people) had participated in touch at least once. Figure 1 presents 20 sport and recreation activities with the highest participation levels among all New Zealand adults¹. Touch had the 15th 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 touch participation. For example, among all men in New Zealand 9.3 percent participated in touch at least once over 12 months.

Table 1 shows men (compared with women), adults aged 16 to 24 years (compared with all other age groups) and adults who identified as Māori or Pacific (compared with all New Zealand adults) were significantly more likely to have participated in touch. Adults who identified as Asian (compared with all New Zealand adults) were significantly less likely to have participated in touch. Participation levels did not differ significantly by socioeconomic position.

Table 1: Proportion of adults (aged 16 years and over) who participated in touch at least once over 12 months

	Percentage (95% CI)	Population ²
Total Population	6.7 (5.5–7.9)	219,953
Gender		
Men	9.3 (7.4–11.3)	151,431
Women	4.1 (2.9–5.3)	68,522
Age Group		
16–24 years	19.2 (15.0–23.4)	105,272
25–34 years	9.5 (6.5–12.5)	51,756
35–49 years	5.4 (3.6–7.2)	51,244
≥ 50 years	0.9 (0.5–1.4)	11,688
Ethnic Group		
Māori	15.5 (12.1–18.8)	77,146
Pacific	16.2 (10.9–21.4)	41,511
NZ European	5.5 (4.2–6.8)	114,071
Asian	2.1 (0.4–3.8) ³	10,980
Socioeconomic Position		
Quintile 1	6.4 (4.9–7.8)	111,592
Quintile 2	6.7 (4.3–9.1)	57,338
Quintile 3	6.8 (3.5–10.2)	22,479
Quintile 4	9.1 (5.1–13.1)	22,826
Quintile 5	5.1 (0.8–9.4) ³	5,717

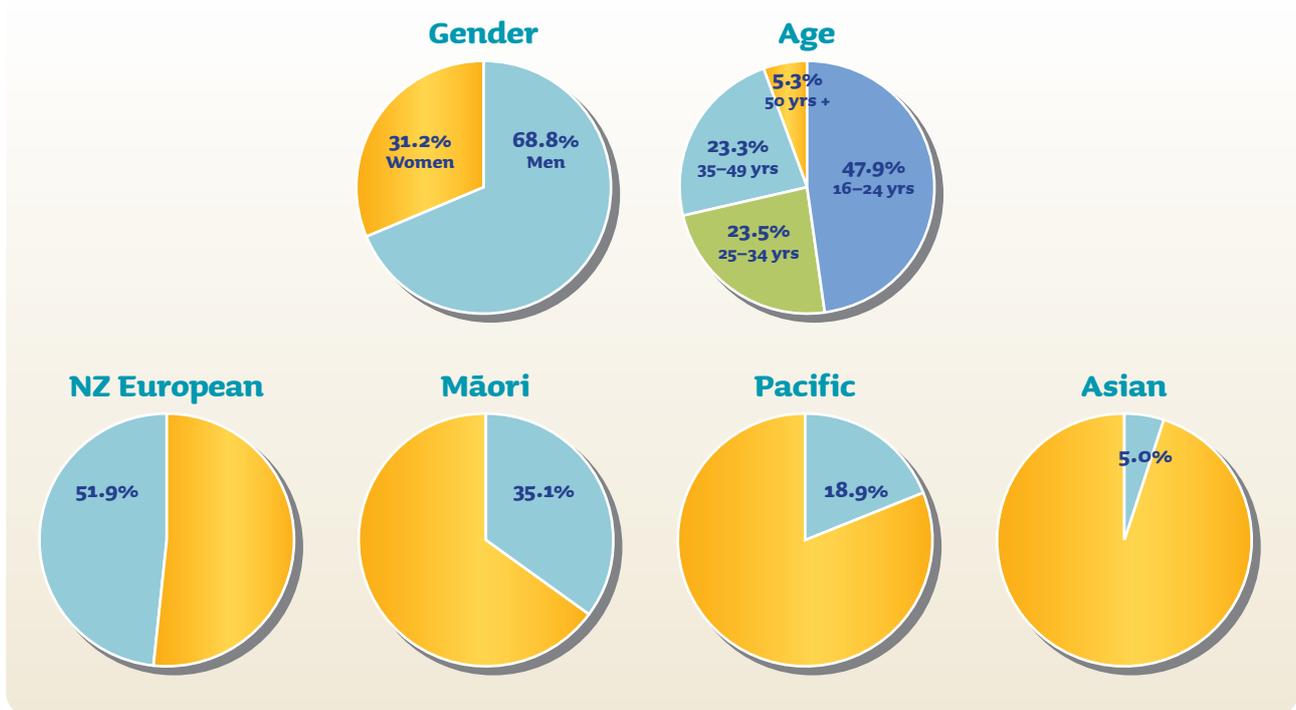
² The column indicates the number of New Zealand adults who participated in touch. For example, 151,431 men participated in touch at least once over 12 months.

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

Figure 2 presents information about people who participated in touch at least once over 12 months. For example, among adults who participated in touch 68.8 percent were men and 31.2 percent were women. A large proportion of adults who participated in touch were:

- males;
- aged 16 to 24 years; and
- self-identified as Māori, Pacific or New Zealand European.

Figure 2: Demographic profile of adults who participated in touch



Participation in Other Sport and Recreation Activities

On average, adults who participated in touch at least once over 12 months took part in 9.7 different sport and recreation activities over 12 months (the national average was 4.6). Irrespective of gender, adults who played touch also participated in walking, swimming, jogging/running and equipment-based exercise. In addition, men also participated in golf, saltwater fishing and outdoor cricket while women participated in gardening, outdoor netball, indoor netball, aerobics and pilates/yoga.

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 similar proportion of adults who participated in touch achieved the guideline (53.3%; 95% CI: 47.0–59.5).

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 Participation⁵

Among adults who participated in touch at least once over 12 months, 53.9 percent (118,622 people) had participated in an organised touch competition or event.

Instruction

Among adults who participated in touch at least once over 12 months, 26.8 percent (58,840 people) had received instruction from a coach, instructor, trainer or teacher to help improve their touch performance.

Participation Setting

During any one month, 2.6 percent (95% CI: 1.9–3.3) of all New Zealand adults (85,770 people) participated in touch at least once. Among these adults, the most common locations⁶ for touch were 'outdoors at a sports facility' (67.4%) and 'at home or someone else's home' (13.9%).

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 played touch during any one month:

- 37.1 percent (31,843 people) belonged to any type of club or centre in order to play touch;
- 24.2 percent (20,785 people) were members of a sport or physical activity club in order to play touch; and
- 8.9 percent⁷ (7,615 people) were members of a social club in order to play touch.

Volunteering Levels

Among all New Zealand adults, 1.2 percent (95% CI: 0.8-1.6; 39,480 people) volunteered for touch. Among adults who played touch at least once over 12 months, 44.6 percent (98,170 people) volunteered for at least one sport or recreation activity and 12.5 percent (27,521 people) volunteered for touch.

5 Examples of organised competition and events included one-off events as well as organised club competitions.

6 Adults who reported participating in touch 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).

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



PO Box 2251, Wellington, New Zealand
Phone: +64 4 472 8058 Fax: +64 4 471 0813

www.sparc.org.nz

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