

# A SPOTLIGHT ON DISABILITY

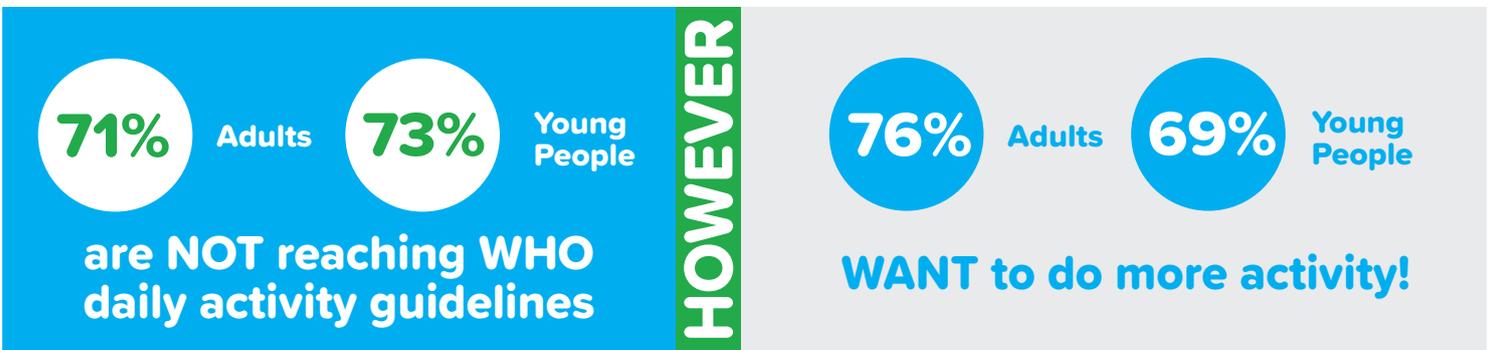
*in the Waikato region*



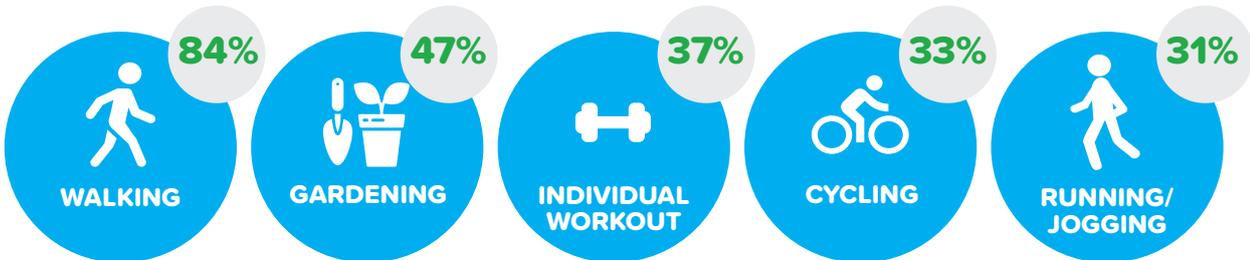
**86%** of disabled adults believed being physically active is very important for their mental or emotional wellbeing



**88%** of disabled youth understand why taking part in physical activity is good for them



## TOP 5 PARTICIPATION ACTIVITIES ADULTS



TOP ACTIVITIES TO TRY IN THE NEXT 12 MONTHS: **23%** Not interested in trying something new **22%** Tramping **18%** Cycling

## TOP 5 PARTICIPATION ACTIVITIES YOUTH



TOP ACTIVITIES TO TRY IN THE NEXT 12 MONTHS: **36%** Running or jogging **35%** Swimming **29%** Cycling

2018 CENSUS general population data  
2021 ACTIVE NEW ZEALAND SURVEY participation data



# A SPOTLIGHT ON DISABILITY

*in the Waikato region*



*“Some students scoff when I try to play as I have a physical disability”  
- Year 13, female*

**72%** of disabled youth say they do their physical activity, exercise or recreation **at home**

**20%** of adults said their disability was a reason they **didn't feel welcome** doing physical activity

**73%** of disabled youth are not meeting the physical activity guidelines of **60+ minutes 7 days a week**

*“I'd like sport to accommodate students with any kind of disability - Year 13, gender diverse”*

**67%**

of active disabled adults take part in **non-competitive activities only**

Barriers to disabled adults doing more exercise	Barriers to disabled youth doing more exercise
<b>49%</b> Other commitments are taking priority	<b>49%</b> I already do a good amount of exercise
<b>31%</b> I struggle to motivate myself	<b>31%</b> I'm too busy
<b>29%</b> I am too tired or don't have the energy	<b>29%</b> I am too tired or don't have the energy

## Things to consider:



- Small changes can have big impact – they don't have to be costly to improve the experience
- You don't need to run a new programme for disabled people - consider how you can adapt to include them in your current activities
- Cater to their needs - listen to them and ensure you are using their voice to co-design your opportunities
- Improve the way you communicate so that disabled people feel welcome and included!
- Form partnerships with other organisations to help grow your capability to deliver - share resources and learn from others