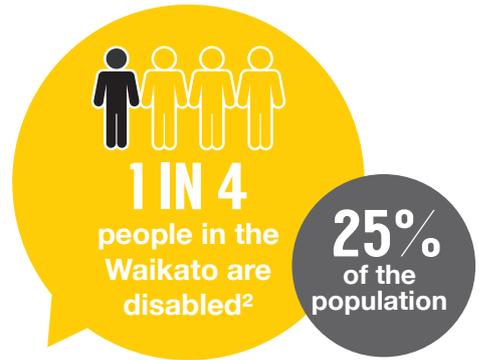


WAIKATO REGIONAL Disability Profile

ADULTS 18+

This profile looks at participation levels and preferences of disabled adults in the Waikato



WHAT WE DO

Physical activity makes a positive contribution to health and wellbeing

47% of disabled adults do more than 150 minutes a week of physical activity – enough to positively impact their health¹

72% of disabled adults want to do more exercise

76% of disabled adults feel being physically active in the great outdoors is an important part of New Zealanders lives

THERE ARE 6 TYPES OF IMPAIRMENTS

THAT CAN DEFINE HOW PEOPLE MOVE³



Seeing, even when wearing glasses



Hearing, even when using a hearing aid



Walking, lifting or bending



Using your hands to hold, grasp or use objects



Learning, paying attention and remembering



Communicating, mixing with other people and socialising

Physical activity through play, active recreation and sport in society can be harder to access for those who are disabled, which can have an impact on overall wellbeing.

↓ ↑ Significantly higher or lower than the regional average

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1. Moderate to vigorous physical activity for sport, exercise and recreation. Activity causes a slight, but noticeable, increase in breath and heart rate, or is intense enough to make you out of breath.
 2. Source: Sport NZ 2017 Spotlight on Disability. The Washington Group on Disability Statistics (WG).
 3. Source: 2013 New Zealand Disability Survey, Ministry of Health. Statistics New Zealand.

HOW WE PARTICIPATE

TOP 5
Most frequent activities over the last 7 days

- 1 Walking
- 2 Gardening ↓
- 3 Individual workout using equipment ↓
- 4 Playing games (e.g. with kids) ↓
- 5 Running/Jogging ↓

Nationally, 53% of all disabled people have more than one type of impairment. It is important that this is considered in order to create quality experiences for disabled adults and young people.⁴

Nationally, those that are over 35 years of age are less likely to participate competitively.⁴

TOP 10 SPORTS WHERE DISABLED ADULTS WERE ACTIVE (OVER LAST 7 DAYS)

Swimming Golf Table Tennis Cricket Indoor Bowls Football (Soccer) Netball Basketball Badminton Outdoor Bowls

WHERE WE PARTICIPATE

TOP 5 PLACES TO PARTICIPATE⁵

- 1 Private property, home garden or pool
- 2 On the road/footpath
- 3 Walkway
- 4 Public park, field, playground, skate parks or BMX track
- 5 On, in or beside lake, river or stream

GYM OR FITNESS CENTRE

13% ↓ of disabled adults currently belong to a gym or fitness centre

COMPETITION OR TRAINING

14% ↓ of disabled adults have been in competition through sport or activity, or part of an organised training in the last 7 days

CLUB

20% ↓ of disabled adults belong to a sport or recreation club

EVENTS



TOP 5 ACTIVITIES FOR EVENTS ARE:

- 1 Running/walking events (anything up to 10kms e.g. fun runs)
- 2 Sports tournament
- 3 Fishing tournament or event
- 4 Endurance running/walking events (anything longer than 10kms e.g. half marathon)
- 5 Biking events

4. Sport NZ, 2018. Spotlight on Disability.

5. Responses from those that indicated they have done physical activity in the last 7 days (participants).

COACHING AND INSTRUCTION

20%

of disabled adults received coaching in the last 7 days

22%

of disabled adults have used technology over the last 7 days to receive instruction

TOP 3 REASONS TO RECEIVE COACHING

53%

To improve skills

52%

To help keep me motivated or focused

45%

To improve performance

WHY WE PARTICIPATE

TOP 5 REASONS TO GET ACTIVE

53%

To lose or control weight

49%

Will only do the physical activity if they find it fun

48%

To improve skills or performance

40%

To physically challenge myself and win

36%

To be physically active with others

WELLBEING

An increase in recreational physical activity is positively linked to healthy mental wellbeing.⁶

71%

of disabled adults are satisfied with their life

81%

Recognise that being physically active is important for their mental health and wellbeing

70% ↓

of disabled adults see physical activity as an essential part of their life

49% ↓

State sport and physical activity gives them motivation and a sense of purpose

47% ↓

Say they find it easier to concentrate after physical activity

SCREEN TIME

48%

OF DISABLED ADULTS SAY THEY WOULD BE LOST WITHOUT THEIR PHONES

BARRIERS

TOP 5 BARRIERS

- 1 Other commitments are taking priority (e.g. work, family) ↓
- 2 I'm too tired/don't have the energy ↑
- 3 I struggle to motivate myself
- 4 I prefer to spend my time on other interests/hobbies ↑
- 5 My health is not good enough ↑

73% ↑

know they should do more physical activity

VOLUNTEERING

Volunteers make sport happen. They are the heart of sport and recreation.

24% ↓ of disabled adults have volunteered in the last 12 months

9% ↓ of disabled adults have volunteered through coaching in the last 12 months

TOP 5 VOLUNTEER ROLES

- 1 Helper for team, club or group (e.g. on call contact, group leader, guide)
- 2 Coached or instructed a team or group
- 3 Event assistance (e.g. race marshal)
- 4 Coached or instructed an individual
- 5 Club administration

33%

of disabled adults consider they may volunteer in the next 12 months

ACTIONS WHERE TO FROM HERE?

- It is important to offer opportunities for people with a wide range of impairments, including invisible impairments (e.g. Autism, chronic pain or illness, visual or auditory impairments).
- Collaborate with the disability sector to increase competence and confidence of your workforce to deliver quality programmes that meet the needs of participants.
- Work with those that have disabilities to design opportunities that meet needs.
- Universal design will enable people of all abilities to participate as equals. Importantly, this also allows disabled people to participate in non-segregated ways.

For further information on how to offer quality participation opportunities for disabled adults, contact Sport Waikato.

METHODOLOGY

Active NZ replaces the previous Active NZ survey series (last conducted 2013/14) and the inaugural Young People survey (2011) conducted by Sport New Zealand. The survey uses a sequential mixed methodology and a continuous survey approach. The results in this report are based on data collected through the Active NZ survey between 5 January 2017 and 4 January 2018 from 1,137 young people (aged 5–17) and 5,563 adults (aged 18+) in the Waikato region, across ten Territorial Authorities. For more information refer to the Sport New Zealand Active NZ 2017 Participation Report.

Data presented is based on all respondents and inclusive of 7 days and 12 months unless otherwise specified.

The term disabled adults has been used in alignment with Sport New Zealand and their Spotlight on Disability that was published in December 2018.

RESOURCES / REFERENCES

- Sport NZ, 2017 Spotlight on Disability. The Washington Group on Disability Statistics (WG), a United Nations city group established under the United Nations Commission.
- Statistics New Zealand. 2013 New Zealand Disability Survey. New Zealand.
- Sport NZ, 2018. Active NZ: Recreational Physical Activity and Mental Wellbeing.
- Sport New Zealand, 2018. Active NZ 2017 Participation Report. Wellington: New Zealand.

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Hamilton Office Brian Perry Sports House, 51 Akoranga Road, PO Box 46, Hamilton 3240, New Zealand
☎ 07 858 5388 | 📠 07 858 5389 | 🌐 fb.com/sportwaikato | 🌐 sportwaikato.org.nz