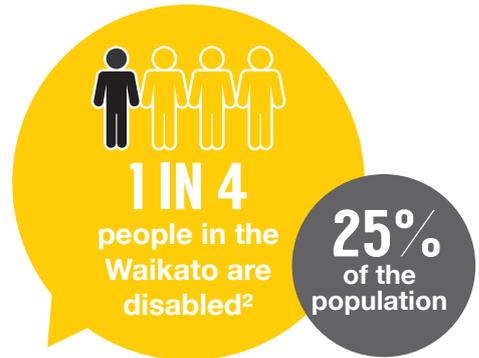


WAIKATO REGIONAL Disability Profile

YOUNG PEOPLE (5 - 17)

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



WHAT WE DO

Physical activity makes a positive contribution to health and wellbeing

- 52%** of disabled young people do more than 420 minutes of physical activity¹ a week – enough to positively impact their health
- 95%** of disabled young people have been physically active (specifically for sport, physical education (PE) exercise and fun) over the last 7 days
- 81%** of disabled young people want to do more physical activity

↓ ↑ Significantly higher or lower than the regional average

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.

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1. Moderate to vigorous physical activity for sport, physical education (PE), exercise and fun
 2. Source: Ministry of Health Website. Statistics New Zealand. 2013 New Zealand Disability Survey. <https://www.health.govt.nz/our-work/populations/maori-health/tatau-kahukura-maori-health-statistics/nga-mana-hauora-tutohu-health-status-indicators/disability>
 3. Source: Sport NZ 2017 Spotlight on Disability. The Washington Group on Disability Statistics (WG), a United Nations city group established under the United Nations Statistical Commission.



HOW WE PARTICIPATE

TOP 5

Most frequent activities over the last 7 days

- 1 Running, jogging or cross-country
- 2 Walking for fitness
- 3 Games (e.g. four square, tag, bull rush, dodgeball)
- 4 Playing (e.g. running around, climbing trees, make-believe)
- 5 Playing on playground (e.g. jungle gym)

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

Learning difficulty is the most common impairment type among young people. 52% of disabled young people have a learning difficulty.⁵

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



Cycling or biking



Swimming



Football, soccer or futsal



Netball



Athletics, or track and field



Touch



Badminton



Rugby or Rippa Rugby



Basketball or Mini-Ball



Softball or T-Ball

WHERE WE PARTICIPATE

TOP 5 PLACES TO PARTICIPATE⁶

- 1 School or school grounds
- 2 Home
- 3 Playground, park, field, AstroTurf or outdoor pool
- 4 Gym, community hall, church, marae or indoor pool
- 5 Beach, lake, bush, footpath

EVENTS

46% ↓

of disabled young people have participated in events in the last 12 months

GYM OR FITNESS CENTRE

39% ↓

of disabled young people aged 15-17 years currently belong to a gym or fitness centre

ACTIVE TRANSPORT

29% ↓

of disabled young people are physically active to get to school

CLUB/TEAM/GROUP MEMBERSHIP

47% ↓

of disabled young people belong to at least ONE sport team, recreational club/group both at school and outside of school

TOP 5 ACTIVITIES FOR EVENTS ARE:

- 1 Running/walking events (anything up to 10kms e.g. fun runs)
- 2 Triathlon/Duathlon events (e.g. Weet-Bix triathlon)
- 3 Biking events (e.g. The Kids' Bike Jam)
- 4 Athletics events
- 5 Swimming events (e.g. ocean swims)

4. Sport NZ, 2018. Spotlight on Disability. 5. Source: Statistics New Zealand. New Zealand Disability Survey 2013. <https://www.stats.govt.nz/information-releases/disability-survey-2013>. 6. Responses from those that indicated they have done physical activity in the last 7 days (participants).

COACHING AND INSTRUCTION

43% ↓

of disabled young people have received group coaching over the last 7 days

27% ↑

of disabled young people have used technology over the last 7 days to measure/help physical activity

WHY WE PARTICIPATE

88%

understand why taking part in physical activity is good for them

74%

like being physically active

66%

say sport and other physical activities give them confidence

62%

feel confident to take part in lots of different activities

55%

like or liked PE fitness classes at school

WELLBEING

An increase in recreational physical activity is positively linked to healthy mental wellbeing.⁷

77%

of disabled young people are satisfied with their life

85%

of disabled young people say people in their life encourage them to take part in physical activities

48% ↓

of disabled young people say they find it easier to concentrate after physical activity

PHYSICAL LITERACY

Young people all of abilities have their own level of motivation, confidence, physical competence, and knowledge and understanding that affects how they value and choose to be physically active. This is known as physical literacy.

As disabled young people are less likely to feel confident from sport or other physical activities, it is important that this is considered when offering play, active recreation and sporting opportunities.

Young people want to be more physically active, so changing the way activities are offered can create positive experiences enabling a life-long love of being active.

REASONS FOR BEING ACTIVE

- 1 For fun ↓
- 2 To hang out with family or friends
- 3 For fitness or health
- 4 To learn or practice a new skill ↓
- 5 To physically challenge themselves or win

BARRIERS

TOP 5 BARRIERS

- 1 Too busy ↓
- 2 I'm too tired/don't have the energy ↑
- 3 It's hard to motivate myself
- 4 I prefer to do other things
- 5 Too hard to get to training, games or competition

84% ↑

of 8 – 17 year olds
want to do more
physical activity

VOLUNTEERING

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

34% ↓

of disabled young people
(12–17 years) have volunteered
in the last 12 months

52% ↓

of disabled young people
consider they may volunteer in
the next 12 months

TOP 5 VOLUNTEER ROLES

- 1 Team Captain
- 2 Helper (e.g. ball boy or ball girl)
- 3 Coach or assistant coach
- 4 Official (e.g. referee, umpire, scorer)
- 5 Activity leader (e.g. Kapa Haka Leader)

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 young people, 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 young people 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.

Proudly brought to you by **Sport Waikato**

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