

2020

WELCOME TO

WAIKATO

The beating heart of New Zealand

RECREATION

IMPROVING OUR HEALTH AND WELLBEING

Being active can improve our mental and physical health, increase community connectedness and make us more productive and social.

Physical activity can be anything, from taking a walk along the river, to playing with tamariki or mokopuna, or participating in organised sport as a competitor or volunteer.

We are spoiled for choice in the Waikato with an abundance of natural recreation options. Our tramping and mountain biking trails, cycleways, lakes, beaches and rivers all provide opportunities for physical activity, enjoyment and connection with our natural environment.

There is support for investment in recreation and sporting facilities, particularly in smaller centres, where recreation is seen as a way to engage youth, support wellbeing and improve lifestyles for all. Playgrounds and public spaces are highly valued and well-used by our communities.

“Sport is a vehicle that we use to make community connections.”

– Waikato District survey respondent

Physical activity

Being physically active* is defined as doing at least 30 minutes of moderate-intensity activity a day, five or more days a week. Moderate physical activity has been shown to improve health outcomes.

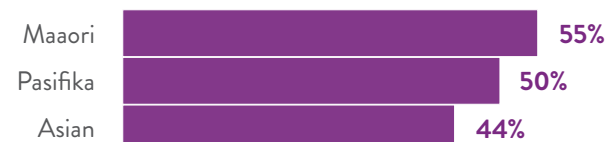
1 IN 2 PEOPLE ARE PHYSICALLY ACTIVE

49% reported being physically active in the past week, close to the national average of **50%**.

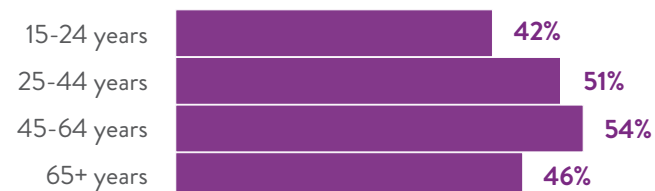
MALES ARE MORE LIKELY TO BE PHYSICALLY ACTIVE



MAAORI ARE MORE LIKELY TO BE PHYSICALLY ACTIVE



YOUTH ARE LESS LIKELY TO BE PHYSICALLY ACTIVE



10TH IN NEW ZEALAND

The Waikato Region ranks 10th in New Zealand for the proportion of residents who are physically active.

* Proportion (age-standardised rate) of the population aged 15 years and over who reported meeting the physical activity guidelines, 2014/17.

“In Huntly there are problems with youth on the main street. There is potential for more recreational activities on the land around the town.”
– Waikato District survey respondent

Top five places to be physically active in the Waikato



Source: Sport Waikato, Waikato Regional Sport and Active Recreation Participation Profile (Adults 18+).

“The new playground is a social hub for families that may not afford to go out. All families can enjoy picnics there. It gives us ways of connecting in our community and seeing people.”
– Otorohanga workshop participant

Physical activity is important to us

85% recognise that being physically active is important for their mental health and wellbeing

78% feel being physically active in the great outdoors is an important part of New Zealander's lives

76% of adults see physical activity as an essential part of their life

73% want to do more physical activity

Source: Sport Waikato, Waikato Regional Sport and Active Recreation Participation Profile (Adults 18+).

“There has been an increase in the expectation of parents around what they want from community organisations such as sports clubs. This has seen things like academies and development programmes being developed and delivered at a significant cost to the parents. This is great for those that can afford it but it means that those that can't afford it fall behind and leave the sport because they are dis-connected from their peers.”

– Hamilton survey participant

Top five barriers to being physically active

59% other commitments take priority

23% too tired or don't have the energy

22% struggle to get motivated

21% prefer to spend time on other interests/hobbies

18% already do a good amount of physical activity

Source: Sport Waikato, Waikato Regional Sport and Active Recreation Participation Profile (Adults 18+).

“Te Kuiti's proposed community sports and wellness hub will give young people a place to go and something to do. It will provide wellbeing opportunities for the wider community. We just need more investment and support to get it across the line.”

– Waitomo workshop participant

Waikato Wellbeing Project target



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