

NOTICE IS HEREBY GIVEN THAT THE MONTHLY MEETING OF THE COMMUNITY SERVICES COMMITTEE, WILL BE HELD IN THE COUNCIL CHAMBERS, 29 CIVIC AVENUE, GORE, ON WEDNESDAY 15 APRIL 2009, AT 4 pm

PLEASE NOTE THE DATE CHANGE

**Stephen Parry
CHIEF EXECUTIVE**

7 April 2009

A G E N D A

1. Community Services Bulletin (Page 1)
2. SPARC Active New Zealand Survey (Pages 2-5)

COMMUNITY SERVICES AGENDA

APRIL 2009

1. COMMUNITY SERVICES BULLETIN

The Community Services bulletin, containing reports from the i-Site Information Centre Manager, District Arts and Heritage Curator, Library Manager, Parks and Recreation Manager, Aquatic Services Manager and the Community Development Officer is enclosed with the agenda.

RECOMMENDATION

THAT the bulletin be received.

2. SPARC ACTIVE NEW ZEALAND SURVEY

(Memo from Parks and Recreation Manager – 27.03.09)

Sport and Recreation New Zealand (SPARC) is responsible for sport and recreation activities in New Zealand. During the 2007/08 year, SPARC undertook a national survey of active New Zealanders. This information has been collated into 17 regional profiles, one for each of the 17 regional sports trust catchment areas. It provides a snapshot of sport and recreation participation levels among adults both as participants and volunteers as well as how many adults are physically active.

Based on the information collected throughout the active New Zealand survey this report provides an overview of physical activity amongst adults (aged 16 years and over) living in the Southland region. In particular, their level of involvement with sports and recreation as participants and volunteers and their overall level of physical activity. The findings for the Southland region are also compared with the national profile for sport, recreation and physical activity.

Key Findings

Compared with New Zealand adults, a similar percentage of adults in the Southland region:

- participated in at least one sport or recreational activity per week (New Zealand: 79%, Southland: 80%) and per year (New Zealand: 96%; Southland: 97%);
- were members of clubs or centres in order to take part in sport and recreation activities (New Zealand: 35%; Southland: 37%); and
- achieved the national physical activity guideline by undertaking 30 minutes or more of moderate intensity physical activity on at least five days out of seven (New Zealand: 48%; Southland: 53%)

Adults in the Southland region were significantly more likely than New Zealand adults to:

- have participated in at least one organised competition or event per year (New Zealand 37, Southland, 51%);
- have received instruction from a coach, instructor, teacher or trainer to help improve their performance (New Zealand: 40%, Southland, 49%); and
- have volunteered for a sport or recreation activity (New Zealand 25%, Southland, 37%).

In the Southland region:

- walking, gardening and cycling were, in that order, the three most popular sport and recreation activities;
- snowsports were on the 10 most popular activities list for adults in the Southland region, but not on the list for New Zealand adults;
- snowsports and hunting were on the 10 most popular activities list for men in the Southland region, but not on the list for New Zealand men;
- tramping was on the 10 most popular activities list for women in the Southland region, but not on the list for New Zealand women;
- men were significantly more likely than women in the Southland region to have been members of a club or centre in order to take part in sport and recreation activities (men: 47%; women: 29%); and
- men were significantly more likely than women in the Southland region to have participated in an organised competition or event per year (men: 61%; women: 43%).

Participation in sport and recreation, from the information gathered a list of popular activities was created. The ten most popular sport and recreational activities participated in over a 12 month period are ranked in the following order:

- Walking
- Gardening
- Cycling
- Swimming
- Equipment based exercise
- Fishing
- Jogging/running
- Snowsports
- Dance
- Golf

The Council will no doubt be pleased to see that the emphasis it places on funding of certain forms of recreation dovetails nicely with the most popular recreational activities listed above. This should provide the Council with a good degree of comfort when considering requests to effect improvements to footpaths, cycleways and swimming pools in the future.

This report highlighted some comparisons between Southland and other New Zealand regions. Of note some popular activities such as snowsports, hunting and tramping were listed in the top ten most popular activities for men and all women in the

Southland region but these did not feature as highly in the national average. Another comparison drawn was that Southland adults were significantly more likely than New Zealand adults to have participated in at least one organised competition or event and received instruction from a coach, teacher, instructor or trainer to help improve their performance.

The volunteering undertaken by adults in the Southland region is significantly higher than that of the New Zealand average. Overall physical activity levels for the Southland adult population were similar to the percentage for New Zealand adults although slightly higher at 52.6% versus the national average of 48.2%.

- ↳ In summary, the attached table from the SPARC report illustrates how our population stacks up nationally.

RECOMMENDATION

THAT the report be received.