

## > PART 3: THE CONTEXT

The large aging population, variety of opportunities and the major advances in technology for example home theatre and electronic games will be a major challenge for recreation and leisure provision in the future. This combination has the potential to lead to an increase in sedentary lifestyles causing an increase in lifestyle diseases such as coronary heart disease, stroke, arthritis and diabetes.

Providing recreation and leisure opportunities for all sectors of the community will continue to provide a major challenge for recreation professionals and the Council. Not only technology and an aging population will need to be considered but also issues such as perceived barriers to participation which includes risk awareness (for example personal safety and litigation against event organisers). Future consideration for the recreational use of the natural environment versus the needs for conservation will also need to be addressed. Social change has also had a major impact on leisure time and "traditional" weekend recreation has been supplanted as a more consumer driven society demands 24/7 access to goods and services. This has major impacts on families, in particular parents' leisure time and their ability to provide for their children's recreational needs.

### 3.1 DEMOGRAPHICS

The following information has been sourced from the 2001 Census: Wellington City Profile document.

Wellington is the sixth largest Territorial Authority in New Zealand (2001 Census).

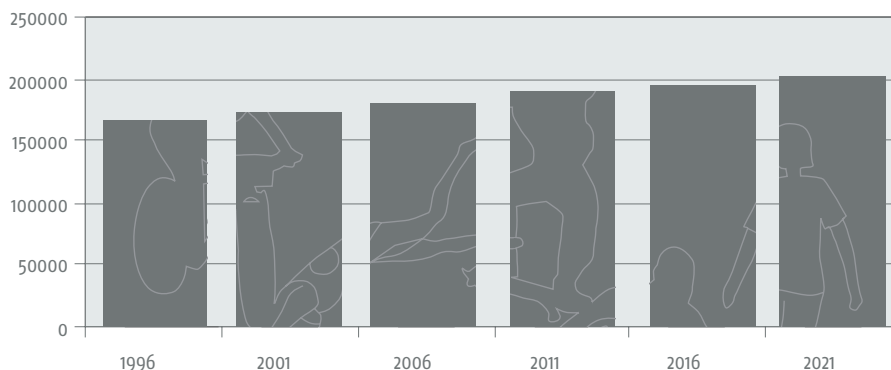
#### POPULATION

- The 2001 census identified the resident population of Wellington as 163,824 with growth of +3.9% since 1996, compared to national growth rate of +3.3%.
- The population of Wellington City is projected to rise to 201,900 by 2021. This is illustrated in the following chart (Table 1), which was prepared by Statistics New Zealand in May 2000 utilising the 1996 Census figures as the base line.



#### POPULATION PROJECTIONS

TABLE 1



### AN AGING POPULATION (NZ)

- The number of New Zealanders aged 65+ years doubled between 1967 and 2001 to 460,000. The increase is expected to continue until 2066 when there will be 1.27 million people aged 65+ years. By then, they will make up 27% of all New Zealanders, up from 12% in 2001.
- The number of people aged 65+ years will then slowly decline to 1.20 million by 2101. Reductions in child mortality in the first half of the 20th century, and later reductions in mortality at older ages (both resulting in increased life expectancy) have been important factors in the growth of this group. Within the 65+ year age group, substantial growth is expected in the uppermost ages.
- There will be about nine times as many people aged 90+ years in 2051 (140,000) than there were in 2001 (15,000). They will make up 11% of the 65+ age group in 2051, compared with just 3% in 2001.

### INCOME

- The median income of people in Wellington City is \$27,000, compared with \$18,500 for all of NZ.
- 40.7% of people aged 15 years and over in the City have an annual income of \$20,000 or less (52.8% for all of NZ). For Wellington City this has decreased from 45.3% in 1996.
- 22.5% of people aged 15 years and over in the City have an annual income of more than \$50,000 (11.5% for all of NZ). In 1996 the figure was 15.3% for Wellington City.

### EMPLOYMENT

- The unemployment rate in Wellington City is 6.2% compared with 7.5% for all of New Zealand.
- The most popular occupational group in Wellington City is professional. The most popular group in NZ as a whole is service and sales.

### GENDER

- Females (84,573) outnumber males (79,251) in the City by 5,322 in the 2001 census.

### ETHNICITY

- 72.6% of people in Wellington City said they belong to the European ethnic group compared with 69.8% for all of NZ.
- 7.3% said they belong to the Maori ethnic group (NZ 14.1%).
- The City population contains a smaller proportion of Pacific peoples (4.5%) and larger proportion of Asian people (10.0%) compared with the whole of NZ (5.4% and 6.1% respectively).
- In 1996 the ethnic distribution of Wellington City was: European ethnic group 73.8%, Maori 7.7%, Pacific Peoples 4.7%, Asian 8.6% and other/elsewhere not included 5.2%.

### FAMILIES & HOUSEHOLDS

- The average household size in Wellington City is 2.6 people. For NZ the average is 2.7.
- One-family only households make up 54.9% of the City (60.7% for NZ).
- Non-family households (9.8%) and one-person households (25.1%) make up a larger proportion of the City compared to the whole of the country (5.2% and 22.9% respectively).

### TRANSPORT

- 49.3% of people travelled to work by motor vehicle (54.6% in 1996).
- 13.5% of people walked/jogged to work (11.4% in 1996).

### TECHNOLOGY

- 52.7% of households in Wellington City have access to the internet, compared with 37.4% for all NZ.

- 2% of households in the City have no access to a telephone, compared with 3.7% for all of NZ.

#### EDUCATION

- 48.7% of people aged 15 years and over in the City said they have a tertiary qualification, compared with 32.2% of New Zealand as a whole.
- The percentage of people who said they have no qualifications has decreased since 1996 (18.5% in 1996 and 12.8% in 2001).

## 3.2 TRENDS AFFECTING RECREATION AND LEISURE

The following information (except for Conservation and Bio-diversity which has been sourced from internal documents) has been sourced from the 2000 Lincoln University study 'Trends in Recreation and Sport: Providing a National and International Context'. This study was also used by the Christchurch City Council in the development of the Christchurch Physical Recreation and Sports Strategy (September 2002).

#### SEDENTARIANISM

##### The trend

- Time saving modern living devices (such as remote controls and other household gadgets) contribute to engineering a lifestyle that is sedentary and unhealthy.
- Home entertainment such as computer games and pay-to-view television are influencing a shift to home based leisure.
- Increased likelihood of diseases linked to sedentary lifestyle such as coronary heart disease, stroke, arthritis, diabetes and cancer of the colon.

##### Consequences

- Increased incidence of diseases related to a sedentary lifestyle will put pressure on the health system.
- Walking, swimming and cycling will grow in popularity because of their health benefits.

- Local government will be encouraged to provide walkways, cycle-ways and better street lighting and security to provide opportunities for exercising.

#### INDIVIDUALISM

##### The trend

- A rise of the self; the promotion and pursuit of self-interest, rather than the compromising of individual desires for the good of the community or in response to cultural limitations.
- Decline in marriage as an institution and the rise in the divorce rate.
- While individualism is on the rise, the core values of 'being a good citizen' are expected to remain.

##### Consequences

- There will be a further decrease in volunteerism with compensation being sought for work/service in recreation and sports organisations.
- People will seek more choice and diversity of individual recreation activities.
- Home centred recreational opportunities will gain popularity.

#### RISK AWARENESS

##### The trend

- New Zealanders are more inclined to risk minimisation in the different domains of their lives including physical recreation and sport.
- Personal safety has become a serious concern, particularly for women.
- Globally there is an increased tendency to litigate against organisations when personal harm is caused. This must be considered in New Zealand: the potential scaling back of Accident Compensation Corporation (ACC) benefits may result in increased risk of litigation.

##### Consequences

- The public is more aware of health and safety issues and will be more demanding of physical recreation

and sport organisations to ensure that health and safety is well provided for and less accepting of any organisational weaknesses.

- Increased costs will be required to meet risk reduction requirements, which may exclude low-income participants through price barriers.
- Minimizing risk to the public may cause physical recreation and sport organisations to adopt policy, equipment design and practice that lead to a boring recreational landscape and loss of a sense of adventure.

#### CONSERVATION AND BIO-DIVERSITY

##### The trend

- More people wanting to experience the natural environments when participating in their chosen recreation.
- Conflict between recreation users and others due to differing opinions on land use.

##### Consequences

- Overuse of environmental areas causing major damage to the ecology.
- More planned and sustainable development of open space areas, particularly tracks.
- Increased representation to Council of different user groups wanting access to particular areas.

#### SOCIAL CHANGE

##### The trend

- Work patterns are more individualised and less predictable with the working week now covering seven days and 24 hours. The 'weekend' is being eroded.
- Less time for traditionally structured sport and recreation activities.
- In family environments the children's sport and recreation takes precedent over parents'.
- Increased demand for flexibility in the timing and structure of recreation opportunities.

##### Consequences

- The demand for programmed recreation activities (that can be booked, scheduled and slotted) will increase.
- People will be more willing to pay for a quality service where the time commitment is limited to that required to participate in the activity rather than being prepared to commit time to administration of the recreation or sports organisation.
- The ability of physical recreation and sport organisations to utilise volunteer time will reduce further.
- Clubs and sporting organisations will need to take account of this changing pattern and offer alternatives to the traditional evening and weekend activities.

#### AGEING POPULATION

##### The trend

- The Wellington population, in line with national trends, is getting older. Over the next few decades, based on the 'medium' (Statistics NZ) series of the 2001-base New Zealand population projections, which focuses on the 50 year period to 2051, the median age is expected to increase from 34.7 years (2001) to 41.9 years (2031).
- There will also be a reduction in the proportion of people aged 0–14 years (children) and an increase in the proportion and number of people aged 65 years and over.

##### Consequences

- The over 60's are not a homogenous group in terms of recreation need or ability. Consequently physical recreation and sport providers will need to match activities to the varying needs.
- Interest in masters' sport will grow.
- The commercial sector will recognise older people as a significant market and provide recreation for a fee for those that can afford it.
- Providing for the physical recreation and sport needs of poorer older citizens will be a challenge.

### 3.3 PROVISION

Wellingtonians have been happy with the provision of recreation in their city. The Quality of Life in New Zealand's Six Largest Cities (March 2001) report found that Wellington had the highest level of satisfaction with more than 90% of Wellingtonians either satisfied or very satisfied with access to leisure and recreational opportunities.<sup>1</sup>

There is a high usage of Council-owned recreation facilities with 9 out of 10 residents reporting having used a Council facility within the past year.

#### FACILITIES

- Wellington City Council is the major provider of Wellington's sport stadiums, marine recreation facilities, playgrounds and libraries. It shares provision of sportsfields equally with the education sector.
- The Council manages five Recreation Centres and seven pools. These facilities are:

RECREATION CENTRES	POOLS
Nairville	Tawa
Newlands*	Keith Spry
Tawa*	Khandallah
Kilbirnie	Karori
Karori	Thordon
	Freyberg
	Wellington Regional Aquatic Centre (WRAC)

\*share arrangement with the School/College

- Other providers of recreation and leisure facilities in Wellington include education institutions (primary, secondary and tertiary), 'pay for play' providers, 'not for profit' organisations/clubs and fitness centres/gyms. Also other territorial authorities in the greater Wellington region provide the same variety of facilities that are accessible by Wellington City Council residents.

### 3.4 PARTICIPATION

#### PARTICIPATION PATTERNS

The following information was taken from Sport and Recreation New Zealand (SPARC) 'Push Play Fact III: January 2003'. These statistics are the combined results of SPARC's 1997/98, 1998/99 and 2000/01 Sport and Physical Activity Surveys.

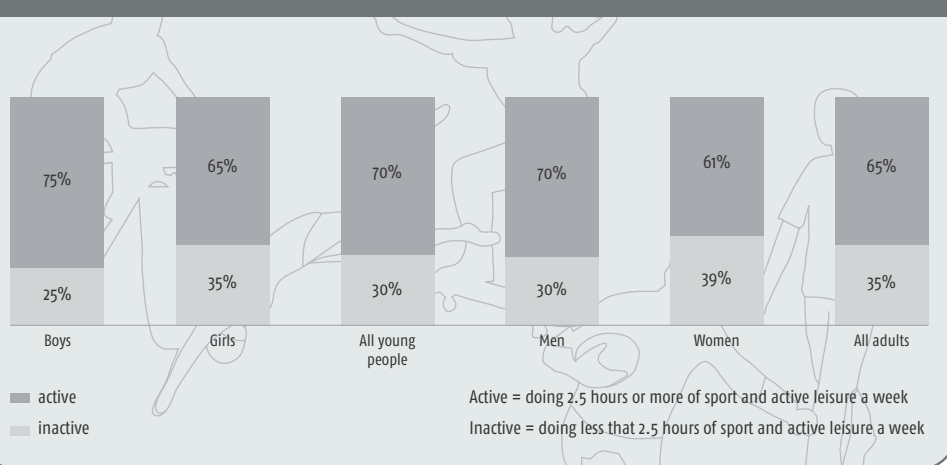
#### HOW ACTIVE ARE PEOPLE IN WELLINGTON?

- 70% of Wellington young people are active, spending, on average, 6.5 hours per week taking part in sport and active leisure (see table 2). In comparison, 68% of all young New Zealanders are active for an average of 6.6 hours per week.
- The proportion of Wellington young people who are sedentary has increased significantly. In 1997, 7% of young people living in this region were sedentary, but by 2001 this figure has risen to 31%.
- Nearly two thirds (65%) of Wellington adults are active (see table 2). This is similar to the proportion of all New Zealand adults who are active (68%). The amount of time Wellington adults spend being active each week is less than that for the country as a whole (8.9 hours per week compared with 9.3 hours).
- While 65% of Wellington adults are active for more than 2.5 hours per week. Less than four out of ten adults (37%) are active for 30 minutes or more at least five days a week.

<sup>1</sup> However, it must be noted that the survey had few respondents under 20 (4%), even though this age group comprises over 25% of the city's population and is a major consumer of the city's recreational services.

- Six in ten young people in Wellington (59%) are interested in participating in a new sport or active leisure activity. The same proportions of adults in this region want to be more active than they are currently.
  - Nine out of ten young people in Wellington (90%) take part in some sport or active leisure. The most popular sport for boys is soccer (30% play) and for girls it is netball (19%). Exercising is the most popular leisure activity for boys (28%) and for girls it is swimming (45%).
  - Almost all adults living in Wellington (98%) enjoy some form of sport or active leisure over a year. Golf is the most popular sport for men (31% play) and tennis is the most popular sport for women (12%).
- Walking is the most common way men and women are active in their leisure time although, as in the country as a whole, this activity is more popular with women (81%) than men (64%).
  - A quarter (25%) of all Wellington adults are involved in active leisure in a capacity other than as a participant. This includes being involved as a coach, referee, official, administrator or parent helper, either paid or unpaid.
  - Maori and Europeans have similar levels of physical activity, with just over two-thirds of adults from each of these ethnic groups being active. Activity levels are slightly lower (63%) for Pacific adults, while adults from other ethnic groups are the least active (54%).

TABLE 2



### 3.5 CONSTRAINTS TO PARTICIPATING IN RECREATION AND LEISURE

Research has identified three major types of constraints to participating in recreation and sport:

- Structural – cost, transport, location and physical access.
- Intrapersonal – personal characteristics, beliefs, perceptions or attitudes that potentially affect people's leisure preferences. Intrapersonal constraints can affect people to define leisure activities or services as appropriate or inappropriate, interesting or uninteresting, available or unavailable and so on.
- Interpersonal – constraints arising out of social interaction with friends, family and others for example when people are unable to find others to participate with.

Intrapersonal constraints are considered by some researchers as being the most powerful due to the fact that they condition the 'will to act' or the 'motivation' for participation.

### 3.6 PARTICIPATION ISSUES FOR SPECIFIC GROUPS

Recreation and sport participation issues are facing specific groups (see list below) in the community every day. From accessing facilities, language barriers to prejudice, these experiences or perceived experiences affect participants returning to or even beginning a sport, programme or recreational activity. The Council, in communication with identified groups will endeavour to provide sport and recreation provision to all Wellingtonians.

• Māori
• Youth
• Children
• People with disabilities
• Mothers with young children
• Gay and Lesbian community
• Older people
• Ethnic groups
• Pacific Islanders