

# New Zealand 2016 Report Card for Children and Youth



# Contact Information and Acknowledgements

**Date of publication: August 2015**

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## **Acknowledgements:**

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# Background

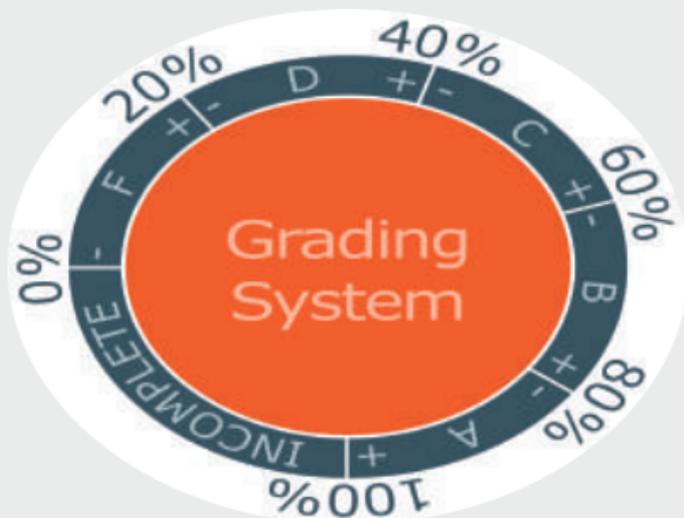
New Zealand's physical activity guidelines for children and youth state that children and youth (aged 5 to 18 years) should accumulate 60 minutes or more of moderate-to-vigorous intensity physical activity (MVPA) daily.

The guidelines also recommend that children and youth spend less than two hours per day (out of school time) in front of television, computers, and gaming consoles, and that they should be active in as many ways as possible.

This is the second New Zealand physical activity report card, with the first published in 2014. The Report Card assigns grades across nine indicators (physical activity, sedentary behaviour, organised sport, active play, active transport, peer and parental support, school environment, community and built environment, and government strategies) for children and youth aged 5-18 years.

# Grading System

In line with the Global Matrix 2.0, the grade for each indicator is based on the percentage of children and youth meeting a defined benchmark: **A** is **81% to 100%**; **B** is **61% to 80%**; **C** is **41% to 60%**, **D** is **21% to 40%**; **F** is **0% to 20%**; **INC** is **Incomplete data**.



# Overall Physical Activity



- Approximately two-thirds of children and youth (**62% of females, 72% of males**) complied with the physical activity guidelines and participated in at least 60 minutes of daily MVPA.
- Regional level data showed that on average, **54%** participated in at least **60 minutes** of MVPA per day.
- Collectively findings indicated a grade of B-.

# Sedentary Behaviour



- National and regional level data showed that on average **45% (30-60%)** of children and youth reported 'usually watching two or more hours of television per day.
- Higher level of sedentary behaviour was observed for older children and youth.

# Organised Sport



- According to the Sport New Zealand survey, only **56%** of school-aged children took part in at least **3 hours** of organised sport per week.
- Duration of participation declined with age, from **42** minutes per day in **10-14**-year-olds to **29** minutes per day in **15-19**-year-olds.

# Active Transportation



- National level data showed that **41%** of children aged **5-15** years usually used active transport (walk, bike, skate or similar) to school.
- Younger children (aged **5-9** years) were less likely to use active transportation (**38%**) compared to older children (aged **9-14** years; **43%**).
- Only **33%** of secondary school students used active transport to or from school regularly in the previous week.

# Peer and Family Support



- In younger children (aged **5-8 years**), most parents and caregivers of **boys (70%)** and **girls (62%)** said they encouraged their child to do sport or active things almost daily or more often.
- Corresponding values in children aged **10-15 years** were somewhat lower (**47% of boys** and **50% of girls**).

# Active Play



- Less than **10%** of young people spent no time participating in sport and recreation activities when “mucking around”.
- Most children (**78%** of boys and **82%** of girls) reported participating in active games or play at least “once this year”.
- Only **28%** of children reported often climbing trees, **32%** often engaging in rough-and-tumble games.
- **46%** often riding bikes, scooters, or other non-motorised vehicles.

# School Environment



Physical Education: **B**

School Sports: **C**

Play Environment : **C**

- **65%** of secondary school students reported attending a physical education class in the last 7 days.
- Over half of high school students had meaningful engagement in school sports
- **86%** of males and females aged **10-14** years reported taking part in one or more sport and recreation activity organised by their school 'this year'.
- Approximately **40%** of New Zealand schools do not allow children to play with loose parts, climb trees, or use scooters/bikes during recess/lunch breaks.
- More than half of schools do not allow contact games (e.g. rugby, bullrush) during recess/lunch breaks.

# Community and Built Environment



- Most children and youth had access to a bicycle (**91% of 5-12 year olds; 78% of 10-15 year olds**).
- Most children had access to sports equipment at home (**88% of 10-15 year olds**) and sport/recreational facilities in their neighbourhood.
- Lower availability of physical activity resources were observed in children attending low decile (high deprivation) schools.
- **48%** lived within a walking distance to a sport field, whereas one quarter to one third could walk to a basketball court or hoop, and swimming pool.
- Approximately **10%** of youth expressed concerns related to traffic and personal safety and lack of pedestrian and cycling infrastructure in their neighbourhoods.

# Government Initiatives



- In 2015, the New Zealand government launched the Childhood Obesity Plan (<http://www.health.govt.nz/our-work/diseases-and-conditions/obesity/childhood-obesity-plan>), a systems-based model for community change, focused on nutrition, the environment and physical activity.
- There are a variety of initiatives underway regionally, and actions in other sectors such as transport, sport and recreation and workplaces. Examples include but are not limited to ActiveSmart; Good Practice Principles for the Provision of Sport and Recreation for Young People ; Guidelines for Sustainable Physical Activity in School Communities, BikeWise.

# 2016 New Zealand Report Card on Physical Activity for Children & Youth

## Introduction

The first New Zealand Physical Activity Report Card—completed in 2014—reviewed national & regional survey data describing physical activity among children & youth (5–18 y).<sup>1</sup> The original Report card aimed to inform advocacy, policy & program development, & enable international comparison. The 2016 New Zealand Physical Activity Report Card presents revised physical activity grades based on an updated review.

## Methods

An expert panel updated the 2014 review to include recent data & graded 9 core physical activity indicators against predetermined benchmarks, outlined in the Active Healthy Kids Global Matrix.<sup>2</sup> Nationally representative & objectively measured data were prioritised, and final grades were agreed by panel consensus.



## Findings

Physical activity participation was satisfactory for young children but not for youth. The grade for PA decreased slightly from the 2014 report card; however there was an improvement in grades for built and school environments, which may support regional and national-level initiatives for promoting PA.

## Opportunities

A lack of new survey data meant some grade scores remained unchanged from the 2014 Report Card. Ongoing objectively measured, nationally representative surveillance is required to address this opportunity.

<sup>1</sup> M. Standish, J. van Jaarsveld, M. Khandakar, J. M. Murray, J. R. Dickinson, J. R. Duncan, J. R. Maudie, J. R. Taylor, J. R. Smith  
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## References

<sup>1</sup> Standish M (2014) *New Zealand Physical Activity Report Card 2014*  
<sup>2</sup> Active Healthy Kids Global Alliance (2016). [www.ahkglobal.org](http://www.ahkglobal.org)