

## Social Capital: Sports and recreational club membership (adults)

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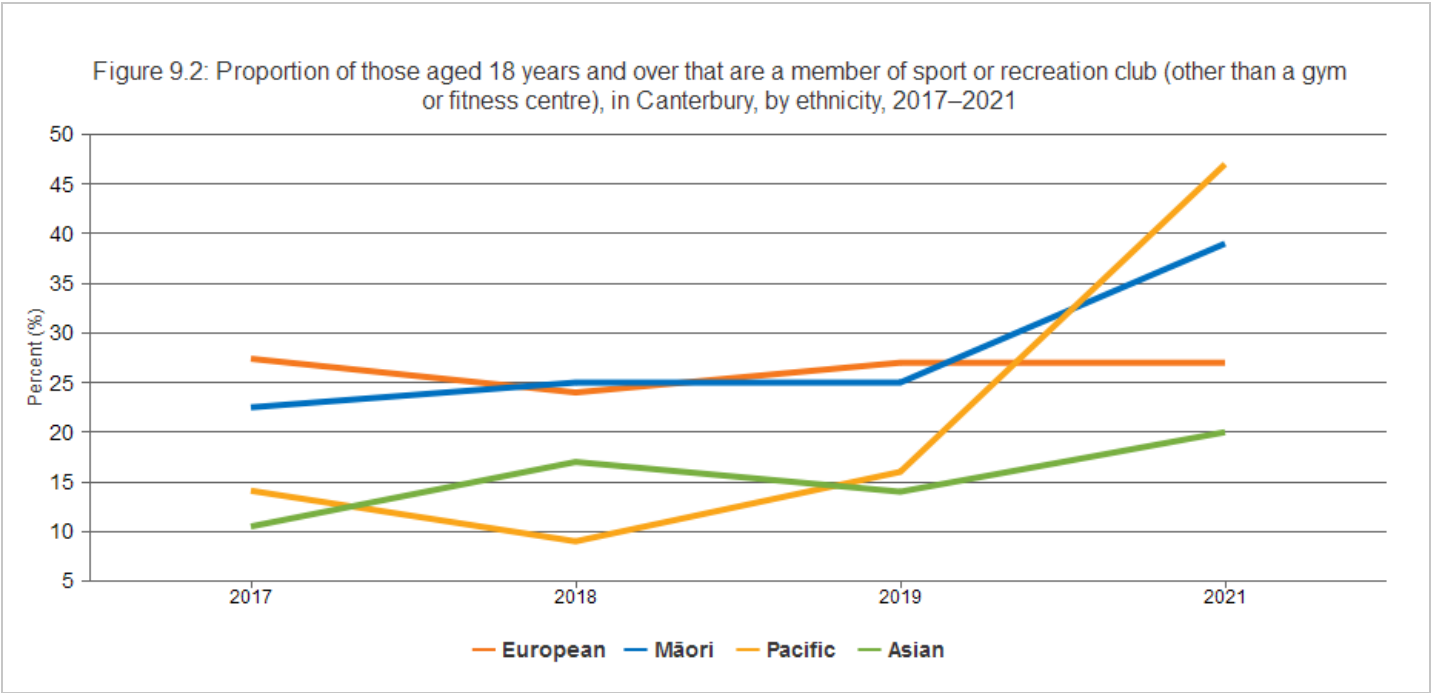
Evidence suggests that people who participate in sports and recreation enjoy better health and wellbeing and have a better quality of life [32-34]. When people are more productive and healthier, society benefits, and savings are made in the health system [33].

This indicator presents data from Sport New Zealand's *Active NZ Participation Surveys* 2017 to 2021 (each year, 20,000 adults are sampled via the Electoral Roll). This indicator presents the proportion of those aged 18 years and over who are currently a member of a sport or recreation club (other than a gym or fitness centre), in Canterbury and New Zealand. Note that due to the COVID-19 pandemic, the Active NZ survey was paused in 2020 and there is no Active NZ 2020 full year report.



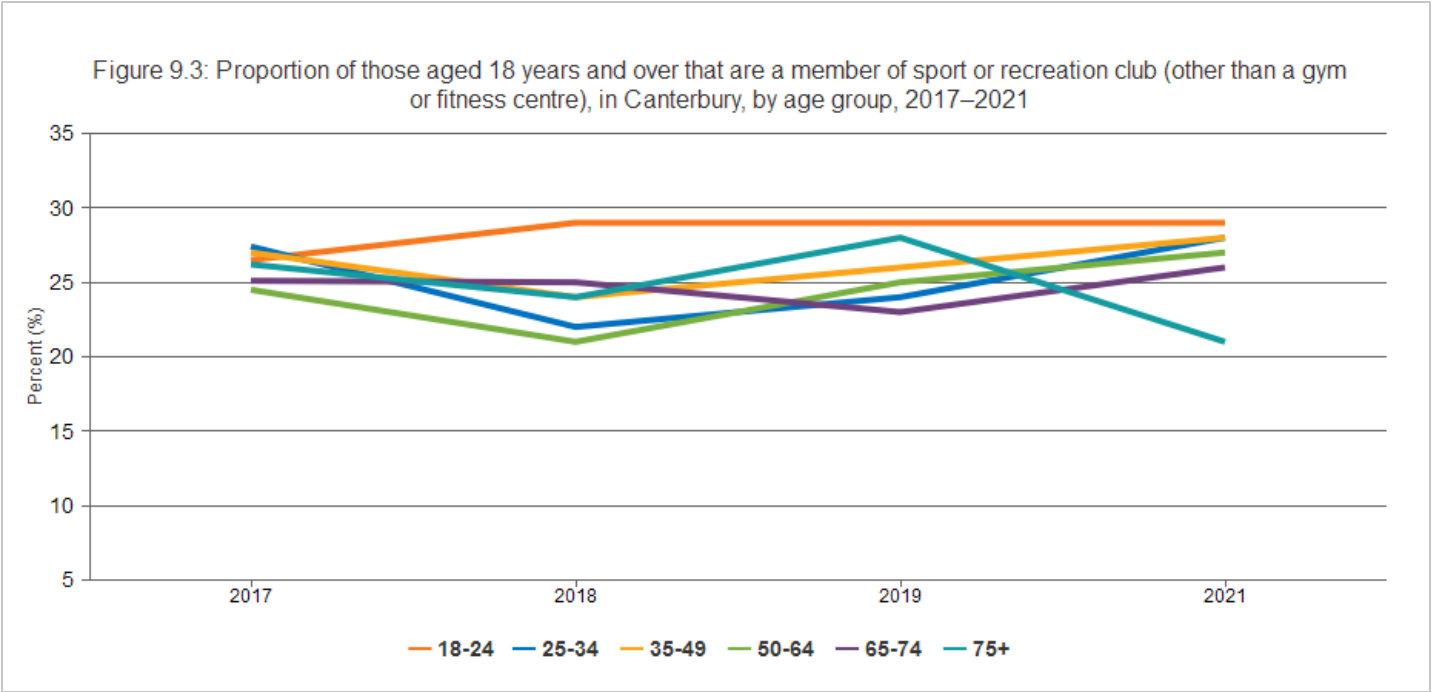
The figure shows that approximately one-quarter of Active NZ survey respondents aged 18 years and over indicated that they were current members of a sport or recreation club (other than a gym or fitness centre) in Canterbury and New Zealand, from 2017 to 2021. Overall, respondents' sport or recreation club membership appears to have been relatively stable (perhaps increasing) over the period shown.

Breakdown by ethnicity



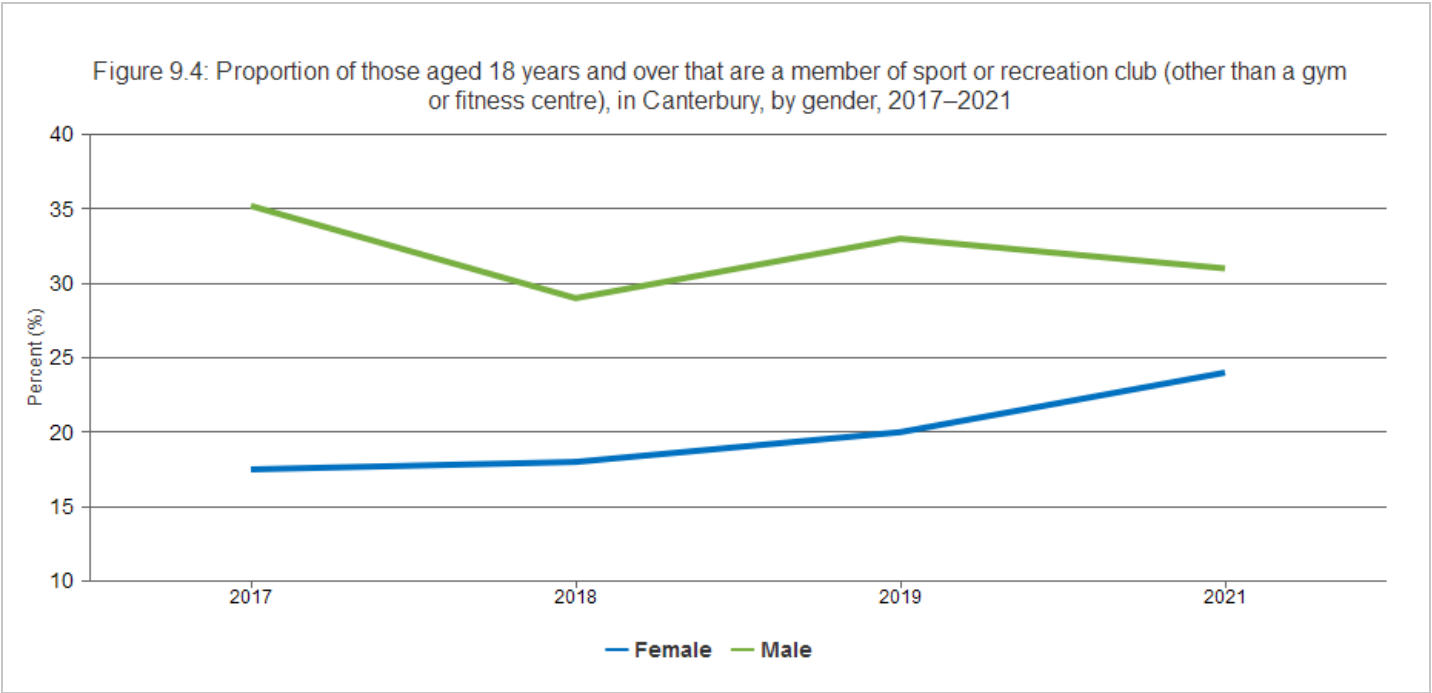
The figure shows that the proportion of Māori and Pacific respondents, aged 18 years and over, who indicated that they were current members of a sport or recreation club (other than a gym or fitness centre) in Canterbury, increased between 2019 and 2021 (39% and 47% respectively, in 2021). Sport or recreation club membership for European and Asian respondents in Canterbury appears relatively constant for the period 2017 to 2021. There is noticeable variability in the results for Māori, Pacific, and Asian respondents due to smaller absolute numbers in the sample.

Breakdown by age



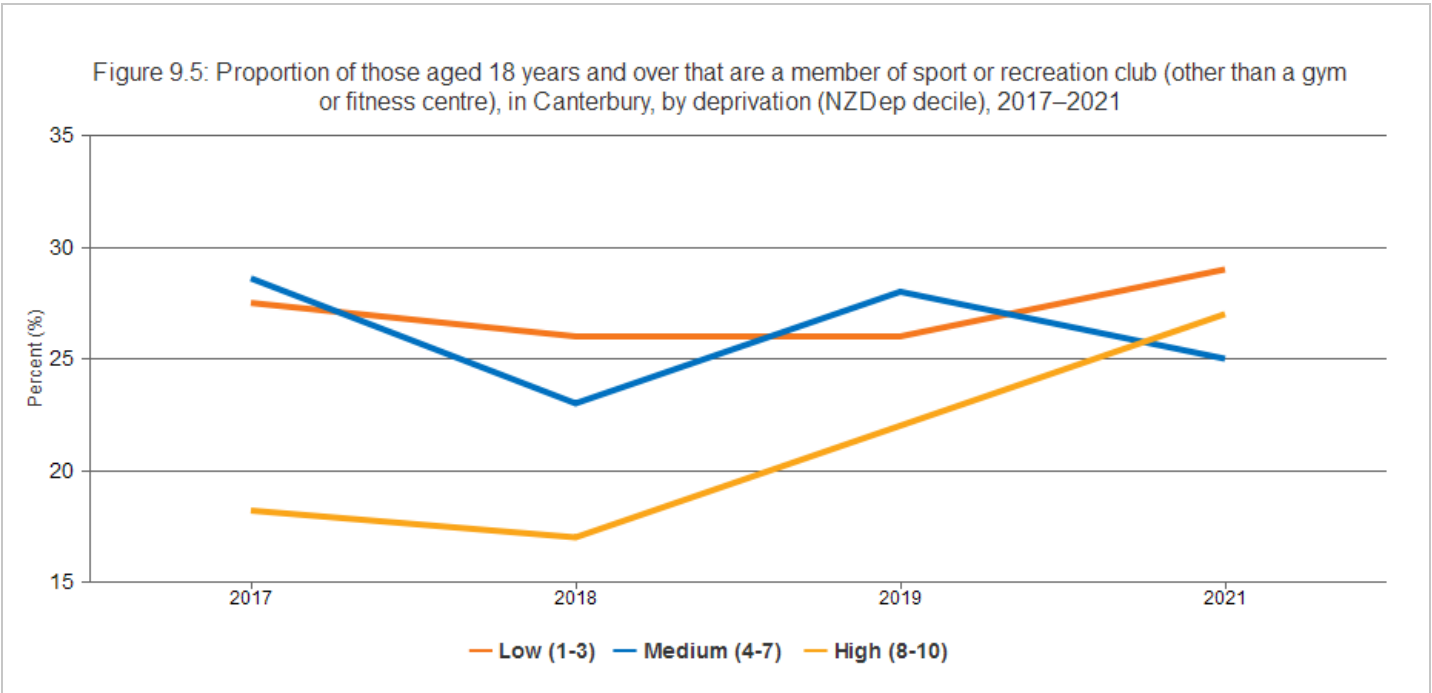
The figure shows the proportion of respondents, aged 18 years and over, who indicated that they were current members of a sport or recreation club (other than a gym or fitness centre), in Canterbury, by age group, from 2017 to 2022. The figure shows a clear pattern of higher levels of club membership for young people compared with older people. There is noticeable variability in the results for the 75+ years age group, likely due to smaller absolute numbers in the sample.

Breakdown by gender



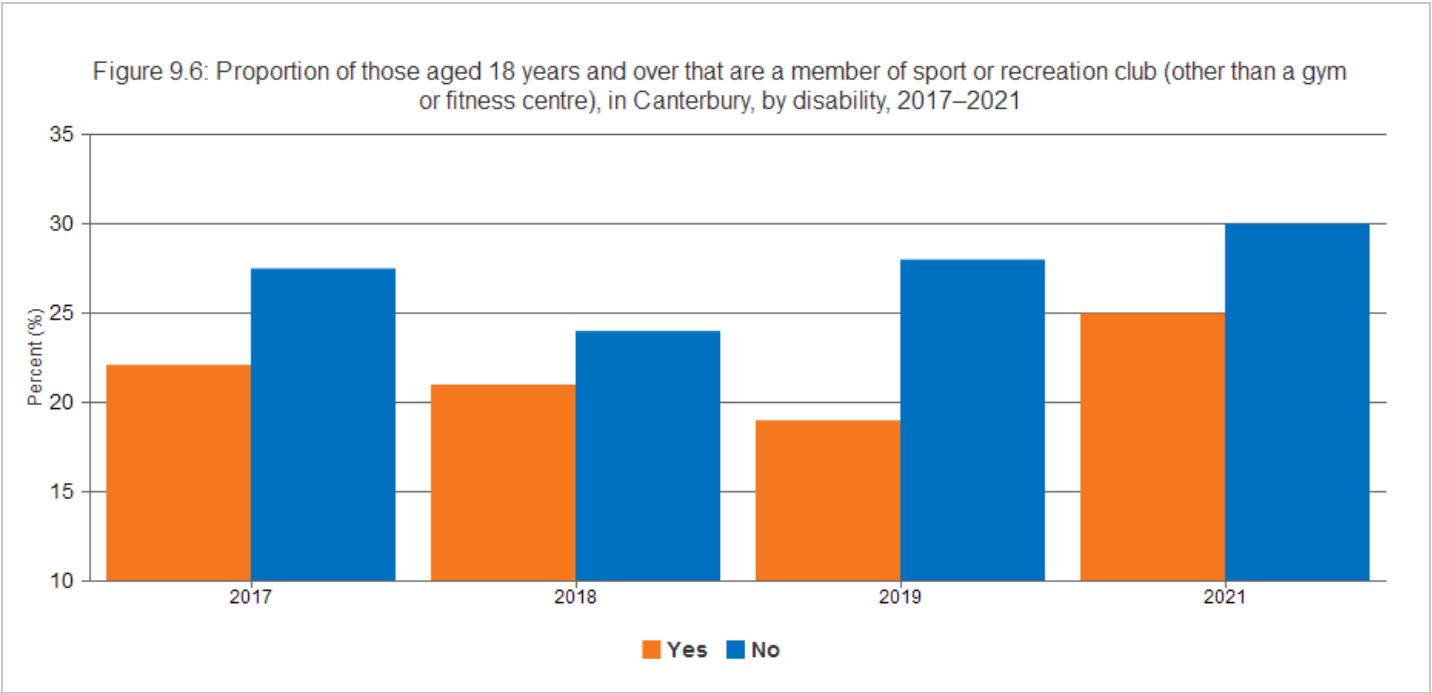
The figure shows a pattern of a higher levels of sport or recreation club membership (other than a gym or fitness centre), in Canterbury, for male respondents compared to female respondents, in Canterbury, 2017–2021 (male 31%; female 24%, in 2021).

Breakdown by deprivation



The figure suggests an inverse relationship between respondents’ levels of sport or recreation club membership (other than a gym or fitness centre), and increasing deprivation, in Canterbury, between 2017 and 2019. However, in 2021, the pattern of lower levels of participation for the more deprived groups is less pronounced (low, 29%, medium 25%, and high 27%).

Breakdown by disability



The figure shows a pattern of a higher level of sport or recreation club membership (other than a gym or fitness centre), in Canterbury, for respondents without a disability (30%) compared with respondents with a disability (25%), in Canterbury, 2017–2021. Note that in quarter 3 of 2019, the question and method of analysis concerning New Zealanders with a physical impairment (used from 2017 onwards) were changed to be consistent with the Washington Group Short Set of Questions on Disability (WGSS). This change represents a shift from focusing on the presence of disease (e.g., a medical diagnosis) to focusing on the individual’s ability to function within the environment (ability to do everyday things other people can do). The ‘disabled’ populations identified by these different survey approaches will not be the same (the WGSS questions tend to identify a smaller/different population). Despite these differences, the 2017 to 2021 results are presented together in Figure 9.6 as the between-group differences at each time point are still relevant. Note: due to questionnaire changes, the 2019 year includes only half a year of data (Q3, Q4 2019).

Data Sources

**Source:** Sport New Zealand.  
**Survey/data set:** Sport New Zealand’s Active NZ Participation Survey. Custom data request for Canterbury region. Access publicly available data from the Sport New Zealand website [sportnz.org.nz/resources/active-nz-changes-in-participation/](https://sportnz.org.nz/resources/active-nz-changes-in-participation/)  
**Source data frequency:** Annually.

Metadata for this indicator is available at <https://www.canterburywellbeing.org.nz/our-wellbeing/index-data>

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