

# RECREATION

Sport and recreation is an important contributor to health and wellbeing, for older people and for all ages.

## KEY POINT:

- According to survey results, 50% of Rotorua District residents aged 55 and over participate in walking as their main sport or physical activity. Other popular activities for older residents in Rotorua include golf, gardening, fishing, swimming, tramping, reading, and playing cards.



In early 2001, Council commissioned a Recreation Survey to collect background information for the development of a Recreation Strategic Plan. The survey involved 400 telephone interviews, including 151 interviews with people aged 55 and over. Please note that there is no updated information available from that of 2001.

The results of the Recreation Survey show that half of all older people in Rotorua participate in walking as their main sport or physical activity. Other popular activities for older residents include golf (23%), gardening (23%), fishing (10%), swimming (8%), and tramping (7%). A total of 70% of older residents said they undertake their favourite physical activity because they want to meet and spend time with other people, and 45% said they do it to help other people.

Apart from these relatively informal activities, older people also participate in many clubs and organisations in Rotorua. A total of 12% of older respondents said they had been involved in fundraising for a sport or physical activity over the previous 12-month period, and 39% said they had been involved as a supporter (e.g. attending team events). The main sports and activities supported by older people include rugby (34%) and golf (17%).

The Recreation Survey asked people to list the barriers to their increased participation in sports and activities. A substantial number of residents aged 55 and over said that poor health (44%) and old age (35%) were barriers to participation in many physical activities (with the exception of walking).

Apart from physical activity, 84% of respondents in the 55 and over age group said they had participated in a non-physical recreation, pastime or hobby over the previous 12-month period. This compares with 75% for all ages combined. The main non-physical activities mentioned by older people were reading (35%), gardening (24%), and playing cards (12%).