



Harbour Sport
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Harbour Sport key messages to the Community

We know sport and recreation is not just valuable for sports sake, it has multiple benefits for the community including good physical and mental health, being active develops and stimulates the brain. *78% of Auckland adults take part in in sport, recreation and physical activity each week.*

Participating in teams teaches people to work together, to respect and rely on each other and to communicate. As Youth Court Judge Andrew Becroft said, "a kid in sport is a kid out of court" *The number of young people charged in NZ Courts by year end June 2017 included 1,278 Maori, 453 European and 189 Pasifika.*

Sport positively influences the whole social fabric of our community. It reduces government health and welfare costs like no other sector can. But it can also be tremendously undervalued. *Physical inactivity cost New Zealand's health care system over \$200 million in 2013.*

Many people have thoroughly benefitted from sport, recreation and physical activity, but there are future generations that may well miss out on the core of what it is to be a New Zealander - being able to enjoy any sport that we wish to pursue because there has not been investment in upgrading current facilities or investing in new spaces and places. *92.4% of Adults participated in sport, recreation or physical activity that was free. Only 20% participated in sport through a paid sports membership.*

Lack of funds allocated to sport, recreation and physical activity will see an increase in costs for the user, particularly for those who are disengaged and those who can least afford an increase in costs – usually those population groups that are most underrepresented in sport. *Participants in high deprivation are less likely to take part in sport than those from other socio-economic backgrounds. Sport NZ 2014.*

As our population diversifies, we need to diversify opportunities for sport, recreation and physical activity in our community. Lack of investment in current and new facilities or increases in costs will



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deter people from participating. *97.7% of all participants take part in sport casually either on their own or with others. Asian participants were less likely to take part competitively.*

Sport, recreation and physical activity are beneficial to the mental, social and physical health of Aucklanders. Increasing costs or not investing in further spaces and places will disadvantage those seeking free access to physical activity. *90.7% of young people participated in activities that were free.*

An increase in charges for sports fields and a decrease in investment in current spaces and places will impact current sport and recreation users and sports clubs. *50.4% of all participants in sport and recreation take part in regular club competitions, short term organised competitions, one off events or classes.*

Increases in costs for sports will result in costs being passed on to participants and less people being able to afford to play organised sport. *The sport and recreation sector is estimated to have contributed \$1,167.1 million to the Auckland economy in 2013.*

The biggest barriers to young people participating in new activities include lack of time, cost and poor health. An increase in the cost of sport and recreation will continue to increase these barriers for our young people. *21% of Auckland children are currently overweight or obese. 32% of New Zealand children are expected to be overweight or obese by 2025.*



Where too much sport is never enough