



**Sport
& Recreation
Spatial**
more people more active more often

Sport and Recreation Spatial

Update



Vision

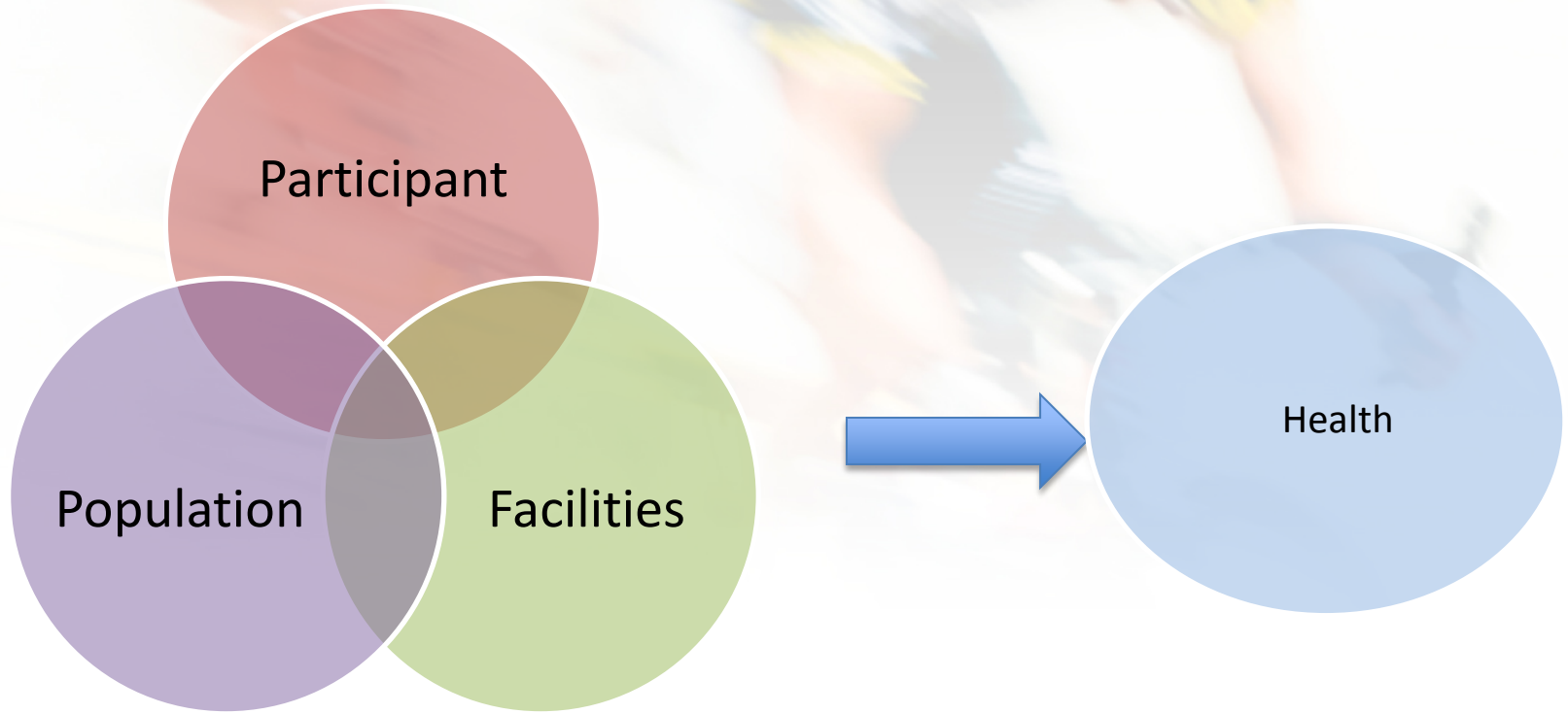
To become Australia's leading provider of innovative and pragmatic research, to assist the sports and recreation sector and government, optimise the development of participation programs, facilities, and community health and wellbeing

Summary

1. Update on research publications
2. Update on SSA research summaries
3. Update on web/technology developments



Critical factors for sport and recreation



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4 key areas

- Participation levels and trends
- Influences on participation
- Value of sport: the health benefits of participation
- Places to play: the nexus between facilities and participation

Health benefits of participation in sport

- A systematic review of the psychological and social benefits of participation in sport
 - For children and adolescents
 - For adults
 - International Journal of Behavioral Nutrition and Physical Activity



Health benefits of participation in sport

- Many psychological and social health benefits associated with participation
- Club and team sport compared to individual forms of physical activity associated with better psychological and social health
 - Social nature
 - Choice and fun
- Children and adolescents – social
 - Social interaction/integration, social skills and improved self-esteem
- Adults – psychological
 - Wellbeing, reduced stress and distress

Research: ERASS

1. Integrating public health and sport management: sport participation trends 2001-2010. *Sport Management Review*
2. Participation in physical activity and sport: Associations with socio-economic status and geographical location. *Journal of Science and Medicine in Sport*
3. The contribution of sport to health-enhancing physical activity levels.

1. Trends in participation

Integrating public health and sport management: sport participation trends 2001-2010.

- Participation in LTPA analysed by year, gender and age
 - Any participation, organised context, club
- Participation in “any LTPA” increased significantly
- Participation in organised and club contexts remained largely steady

2. Participation, SES, geographical location

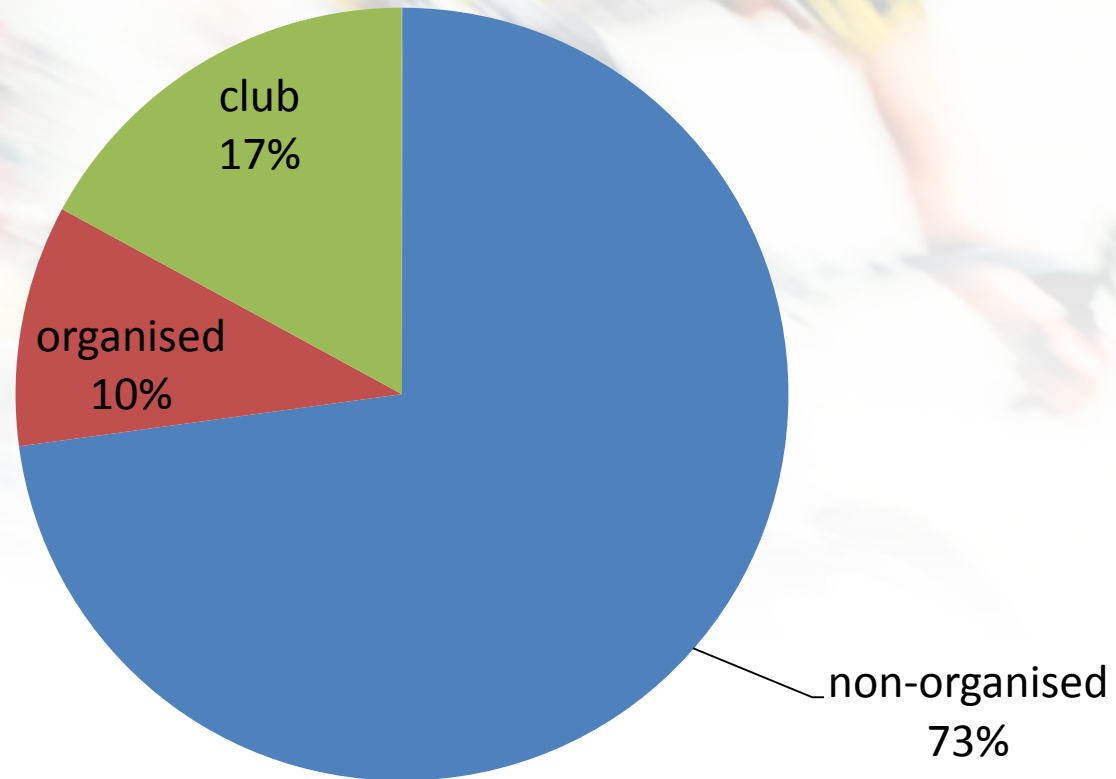
Relationship of participation in PA and sport to socio-economic status (SES) and geographical location (remoteness)

- Investigated the relationships of participation, frequency and context (organised/club) of participation, to SES and location
- Overall, the rate of “any participation in past 12 months” increased as SES increased and decreased as remoteness increased
- However, when 95 activity types examined separately
 - Few activity types were strongly +vely related (SES- or remoteness-prohibitive) & most of these were ‘niche’ activities
 - As SES decreased and remoteness increased, participation in many traditional Australian team sports increased (-ve relationship)
- Regular participation and participation in organised contexts are less related than “any participation” to SES or remoteness
 - Once initial engagement in PA and sport is established, SES and remoteness are not critical determinants of the depth of engagement

Contribution of sport to health-enhancing physical activity levels

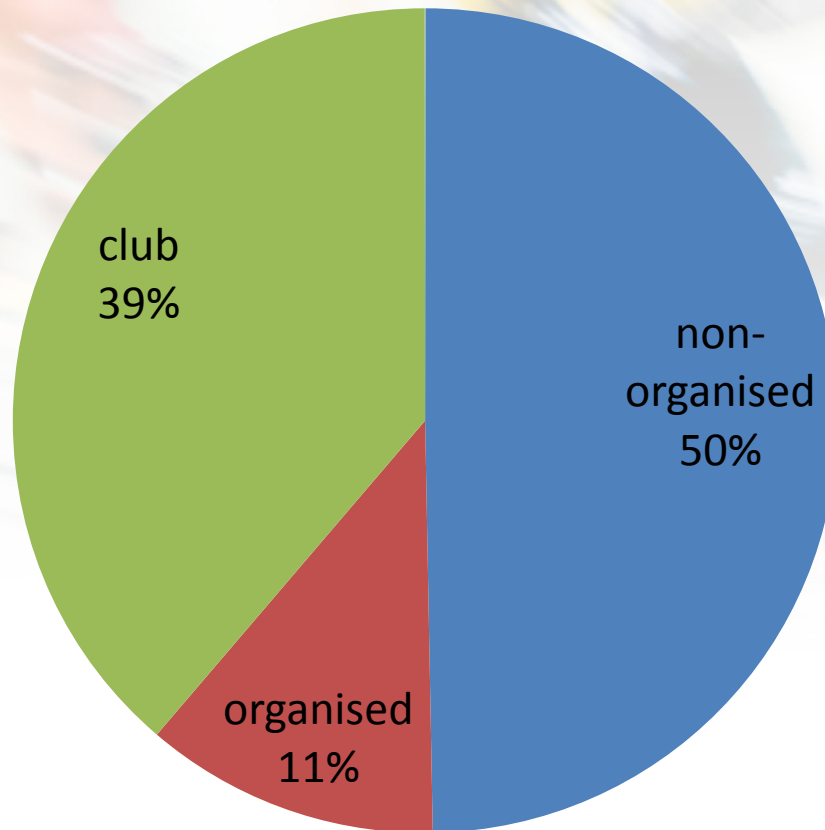
- A health-enhancing leisure-time physical activity (HELPA) is defined as one with MET of 3.5 (e.g. brisk walking) or more
- 95 types of LTPA allocated to either HELPA or not
- 27% of HELPA activity was in organised settings
- 17% was in club settings
- 10% was in organised non-club settings

Context of HELPA participation



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Participation in last two weeks- HELPA sport setting



Participation in other selected PA

“Sport-supporting” activity	Those who participate in both any club sport and activity	Total for activity	Those who participate in both any club sport and activity : as a % of total for activity	Total for any club sport	Those who participate in both any club sport and activity: as a % of total for any club sport
	b	A	b/A (%)	S	b/S (%)
Aerobics	364	2989	12.2	2502	14.5
Running	258	1275	20.2	2502	10.3
Weight Training	59	395	14.9	2502	2.4
Walking	426	5445	7.8	2502	17.0

Research: SSA data

1. Age patterns of participation in sport
2. Associations between number of sports facilities and participation in sport and the population
3. Retention and drop-out in sport across the lifespan
4. Transition from modified programs to competition
5. Growth plan for facilities for the future decade

1. Age patterns of participation in sport



Age Patterns of Sport Participation:

X

Research Summary Report March 2014

Age patterns of participation

Participation in sport is popular, especially amongst children and adolescents. It is consistently reported that as age increases, participation in sport decreases. This report provides a breakdown of participation in X across the lifespan. It also provides an age profile benchmark of X compared to participation in five other major sports in Victoria.

Indicator Definition

A participant is generally defined as a registered member of a club affiliated with a State Sporting Association in Victoria, in 2012.

Key Points

- The greatest proportion of X participants is in the 10-14 year age group, followed by the 5-9 year age group.
- X has a greater proportion of players in the 10-14 year age group than other sports.
- Even though there are differences between sports in the age of early adopters, the proportion of participants of age 15-19 is quite similar for all sports but one, generally ranging from 14-18% of all participants in the sport.
- The high proportion of participants in the younger categories is likely to be influenced by 'sampling', that is, children playing a number of sports when younger, and then typically specialising in fewer sports as they get older.
- There is a higher proportion of younger X participants amongst females than amongst males.
- The age profiles in X participants in metropolitan and rural and regional areas are very similar.

Table 1. Age profiles of participants

Age	4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-49	50-59	60-69	70+	Total
	%	%	%	%	%	%	%	%	%	%	%	%	%
X	0.2	17.8	35.2	17.5	8.6	6.3	4.1	3.7	5.1	1.2	0.2	0.1	100
A	0.2	18.7	33.4	18.3	11.7	7.2	4.2	2.4	3.1	0.8	0.1	0.0	100
B	0.2	7.9	21.2	18.1	12.2	10.0	7.0	5.5	11.0	5.6	1.1	0.1	100
C	0.0	0.1	0.6	1.0	0.8	0.9	1.1	1.7	5.6	12.4	28.9	47	100
D	0.4	9.3	29.8	14.7	4.3	2.8	4.7	4.9	14.1	8.5	4.8	1.8	100
E	1.3	15.7	25.4	15.6	10.1	8.5	6.7	5.3	8.5	2.4	0.4	0.1	100

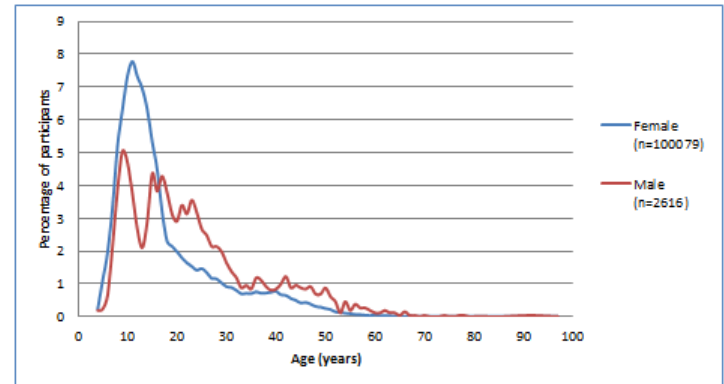


Figure 1: Age profiles of males and females

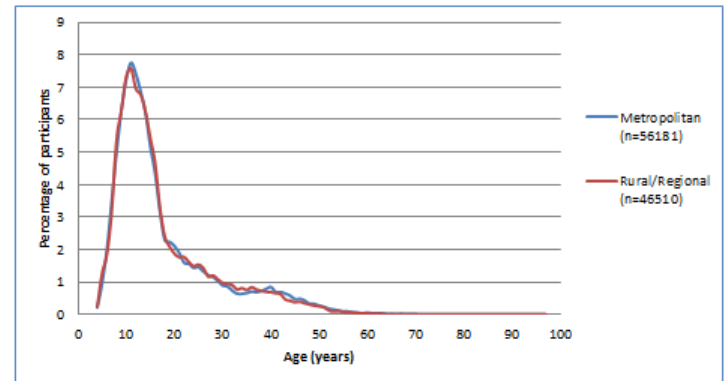


Figure 2: Age profiles of metropolitan and rural & regional

Note: To facilitate comparisons across sports with very different overall participation levels, Table 1 and Figures 1 and 2 do not show age-specific participation rates (the percentage of each age group who are participants) but rather participant age profiles (the percentage of participants who are in each age group). To maintain confidentiality, total numbers of participants are shown only for X (on Figures 1 and 2).

2. Associations between facilities and participation (79 Victorian LGAs)

<u>Indicator</u>	Mean	Std. Deviation	Range
Facilities per 1,000 population	2.11	1.86	0.33-8.21
Playing fields/courts per 1,000 population	4.66	4.13	0.7-20.57
Facilities per 1,000 participant registrations	14.67	9.39	4.26-57.67
Playing fields/courts per 1,000 participant registrations	32.44	20.11	11.12-126.16
Participation: participant registrations per 1,000 population	128.84	47.84	32.87-243.04
SEIFA IRSAD score	989.02	50.37	887.9-1114.3

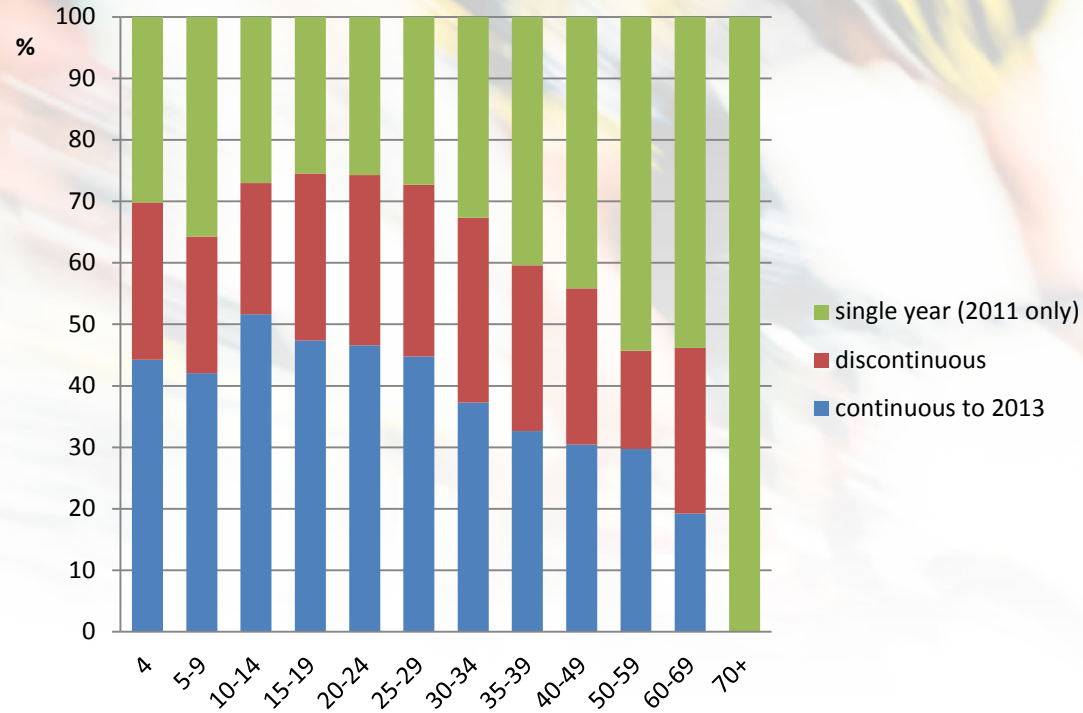
2. Associations* between facilities and participation (79 Victorian LGAs)

	Participation: registrations/1,000 population		
	All (n=79)	Metro (n=31)	Non-metro (n=48)
facilities/1,000 population	0.728	0.668	0.617
fields/1,000 population	0.750	0.767	0.667
facilities/1,000 registrations	0.474	-0.620	0.253
fields/1,000 registrations	0.506	-0.553	0.329
SEIFA IRSAD	-0.262	0.535	-0.016

* Pearsons correlation coefficient; all significant $p < .05$ except two greyed out

3. Retention and drop-out in sport

Figure 1. All 2011 commencers – all age groups



Maps

- Facility density per participant, population and future population



Facilities



Netball

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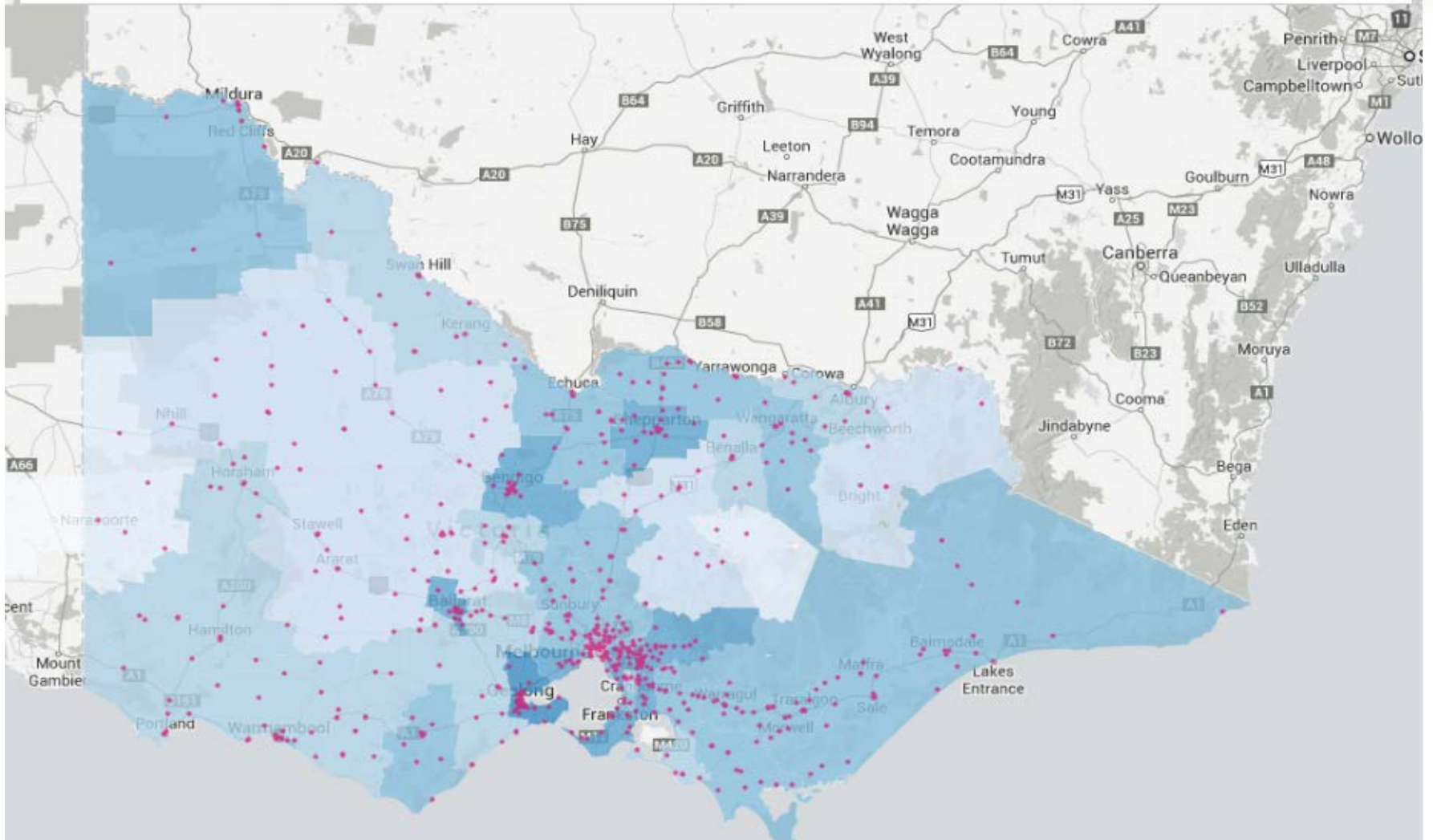
Data Aspects ▾

◀ 2012 ▶

Overlays ▾

Zoom to ▾

Display options ▾



Provision of facilities



City of **Brimbank**
Research summary report May 2014

Sports facilities

Access to sports facilities is an important factor with regard to participation in sport¹. This report provides a geographical breakdown of the provision of sport facilities within the City of **Brimbank**, and benchmark comparisons with other areas.

Indicator definition: A sporting facility is defined as a facility associated with one of seven State Sporting Associations (SSAs) in Victoria, in 2012. The measure of facility provision used is the total number of facilities associated with the seven sports per 10,000 persons in the population. Facilities such as ovals which are used by more than one sport were counted once for each associated sport. Data sources: facilities data collected during 2011-2012 by Sport and Recreation Victoria, Department of Transport, Planning and Local Infrastructure, and validated by local government authorities; and 2012 Estimated Resident Population, Australian Bureau of Statistics.

Key Points

- The rate of sports facility provision is quite variable at every geographic level from PHAs within the City of **Brimbank** to different LGAs in Melbourne and regions of Victoria.
- The rate of sports facility provision in the City of **Brimbank** is the lowest of all LGAs in Melbourne.

Geographic variation

There were 3.2 facilities per 10,000 persons living in the City of **Brimbank**. This rate is lower than those for Melbourne (5.5) and Victoria (8.8) (Table 1).

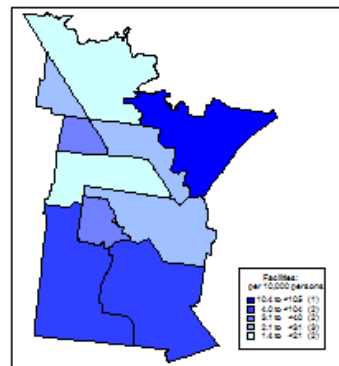
Table 1. Sports Facilities^A, Brimbank and comparators, 2012

Region	Number ^A	Rate ^A	Ratio [#]
Brimbank City	61	3.2	0.36
Western Melbourne	307	4.6	0.53
Melbourne	2,352	5.5	0.63
Country Victoria	2,615	19.0	2.15
Victoria	4,967	8.8	1.00

^A In seven major sports [#] Rate per 10,000 population
[#] Ratio of rate in the area to rate for Victoria

The highest rates of provision of sports facilities were in Keilor (10.4) and in the southern PHAs (4.1 and 4.3). The lowest rates were in a belt extending from the central east to the north-west (Map 1 & Table 2).

Map 1: Sports Facilities^A, by PHAs in Brimbank City, 2012



^A In seven major sports

Table 2. Sports Facilities^A, by PHAs in Brimbank City, 2012

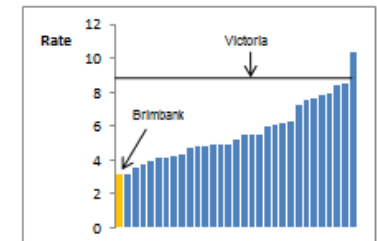
PHA	No.	Rate ^A
Ardeer - Albion/ Sunshine/ Sunshine West	15	4.3
Caimlea	3	3.1
Deer Park - Derrimut	10	4.1
Delahey	3	3.4
Keilor	9	10.4
Keilor Downs	3	2.2
Kings Park/ St Albans North	5	1.5
St Albans South/ Sunshine North	7	2.5
Sydenham	3	2.5
Taylors Lakes	3	1.6
Brimbank City	61	3.2

^A In seven major sports [#] Rate per 10,000 population

Regional comparisons

Of all LGAs in Melbourne, the City of **Brimbank** had the lowest rate of provision of sports facilities (Figure 1).

Figure 1: Sports facilities^A, by LGA in Melbourne, 2012



^A In seven major sports [#] Rate per 10,000 population

References

- Eime, R., J. Harvey, M. Craike, C. Symons, W. Payne. Family support and ease of access link socio-economic status and sports club membership in adolescent girls: A mediation study. *International Journal of Behavioral Nutrition and Physical Activity*. 2013; 10:50.

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