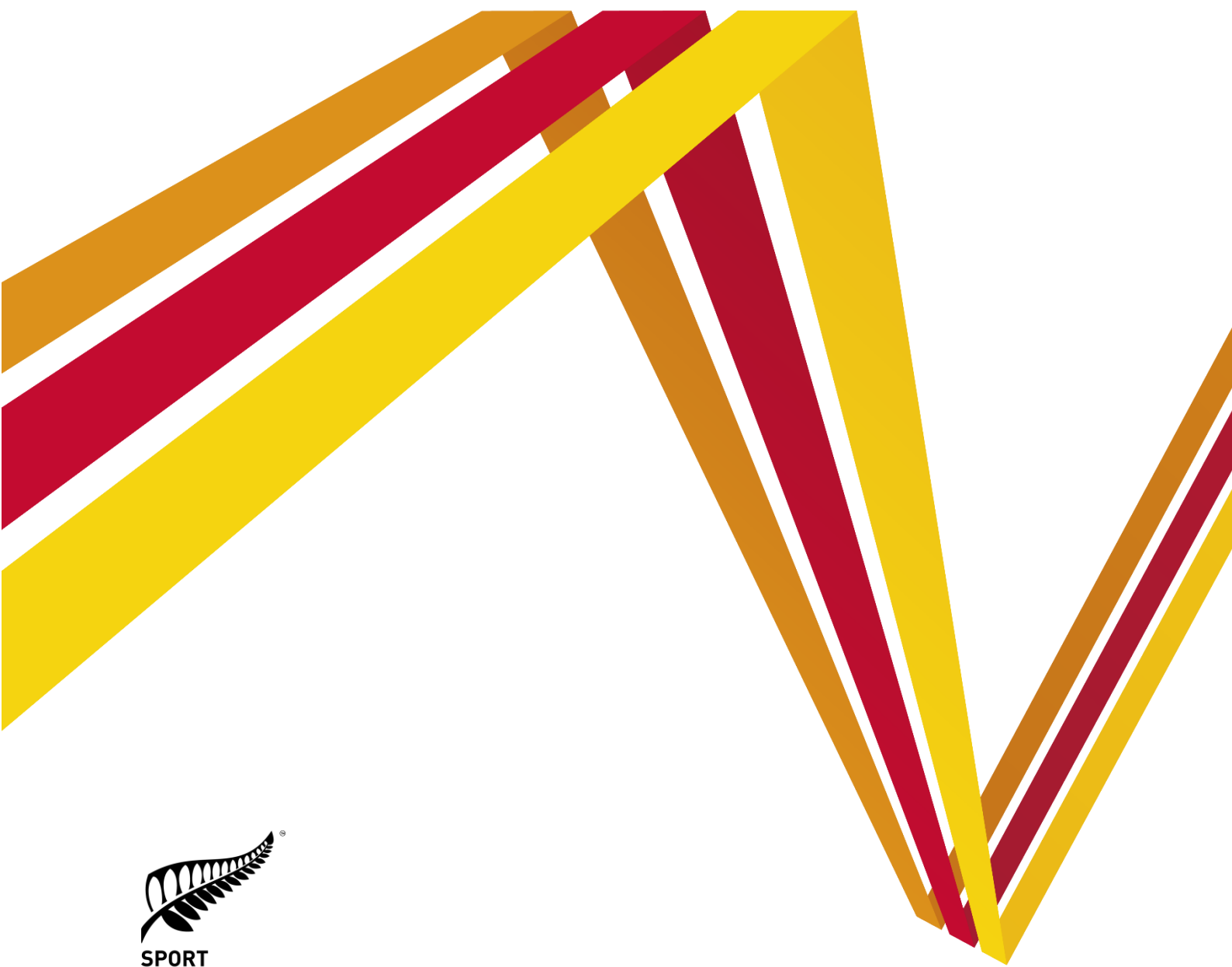


ACTIVE NZ

SPOTLIGHT ON DISABILITY

—
December 2018



ACKNOWLEDGEMENTS

This is the first spotlight report on participation in play, active recreation and sport from Sport New Zealand's redesigned survey. It follows the release of the Active NZ Main Report in June 2018. We express special thanks to all those who have provided feedback to guide the development of this report and the thousands of New Zealanders who took part in the Active NZ survey.

AUTHORS

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GLOSSARY

Respondents People who took part in the survey.

Adult Respondents aged 18-plus.

Young people Respondents aged from 5 to 17.

We use the term 'disabled people' rather than people with disabilities in this report. This references the contemporary social model of disability as opposed to the traditional model. From a social model viewpoint, disability is not something people have (we are not people with disabilities); individuals have impairments.¹ People with impairments are disabled if society does not provide an environment that takes their impairments adequately into account. Consequently, they experience barriers that prevent their participation in society.²

Disabled people

The Washington Group³ Short Set of questions has been used in Sport New Zealand's (Sport NZ) Active NZ survey to identify disabled people (across six domains of disability).⁴

Because of the complexity of disability, this validated set was designed for use in larger surveys to gain an understanding of the impact of domains of functioning likely to identify most people at risk of participation in society and, in this case, participation in play, active recreation and sport. Note that, while the Short Set will identify many disabled children, it can miss a significant number of children with developmental or psychosocial issues that have not yet been diagnosed.

The six domains are:

- 1) *seeing, even when wearing glasses or contact lenses*
 - 2) *hearing, even when using a hearing aid*
 - 3) *walking, lifting or bending*
 - 4) *using your hands to hold, grasp or use objects*
 - 5) *learning, concentrating or remembering*
 - 6) *communicating, mixing with others or socialising.*
-

Participants

People who have been physically active in play, exercise, active recreation or sport in the past seven days, where this participation excludes any physical activity undertaken for work or chores. Participation can include physical activity undertaken to get from one place to another (active transport) if the respondent considers it to be for sport or active recreation.

Non-participants

People who have not been physically active in play, exercise, active recreation or sport in the past seven days.

¹ Office for Disability Issues. *New Zealand Disability Strategy 2016–2026*. Wellington: Ministry for Social Development, 2016. Retrieved from www.odi.govt.nz/assets/New-Zealand-Disability-Strategy-files/pdf-nz-disability-strategy-2016.pdf (6 November 2018).

² See www.odi.govt.nz/active-nz/guidance-and-resources-for-policymakers/ for further information.

³ The Washington Group on Disability Statistics (WG) is a United Nations city group established under the United Nations Statistical Commission. The WG was constituted to address the urgent need for cross-nationally comparable population-based measures of disability. Its mandate is the promotion and co-ordination of international co-operation in the area of health statistics focusing on disability data collection tools suitable for censuses and national surveys. See www.washingtongroup-disability.com/ for further information.

⁴ Refer to the Active NZ Technical Report (Q50 (young people) and Q76 (adults) are the questions used to define disability). Sport New Zealand. *Active NZ Technical Report for Data Collected in 2017*. Wellington: Sport New Zealand, 2018. Retrieved from <https://sportnz.org.nz/assets/Uploads/Active-NZ-2017-Technical-Report.pdf> (6 November 2018).

Play, active recreation, and sport	Play, active recreation and sport are used throughout this report for simplicity. However, participation is multi-faceted. Play and active recreation are terms used by Sport NZ to capture participation in activities not considered to be sport, for example, playing with friends or alone, dance and tramping. Sport can be undertaken in an organised structure, for example, in a competition or tournament, or informally outside an organised structure. Sport is associated with being competitive, but individuals differ in their degree of competitiveness, irrespective of how they participate.
Weekly participation	Refers to being physically active in play, exercise, active recreation or sport at least once in the past seven days.
Ethnicity	When referring to results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – this is based on respondents' self-identification.
Physical literacy	A person's physical literacy is a combination of their motivation, confidence and competence to be active, along with their knowledge and understanding of how being active contributes to their life. The more physically literate someone is, the more likely they are to be physically active for life. ⁵

⁵ For more information, refer to <https://sportnz.org.nz/about-us/who-we-are/what-were-working-towards/physical-literacy-approach/>.

ACTIVE NZ SPOTLIGHT ON DISABILITY

This report focuses on participation in play, active recreation and sport by disabled people in comparison with non-disabled people aged 5-plus.

ABOUT THIS REPORT

This is the first spotlight report on participation in play, active recreation and sport from Active NZ, following the release of the Active NZ Main Report in June 2018.⁶ It focuses on understanding the impact of disability on participation by highlighting the differences (and similarities) between disabled and non-disabled people's participation. It is not intended to comment on the prevalence of disabled people and their specific impairments. Section 1 provides contextual information on disability from the 2013 Census and the Statistics New Zealand 2013 Disability Survey.

This report uses data collected through the redesigned Active NZ survey from 5 January 2017 and 4 January 2018 from 6004 young people (aged between 5 and 17) and 27 038 adults (aged 18-plus).⁷

It should be noted that results have been drawn from two separate surveys and data sets: one for young people aged from 5 to 17 and one for adults aged 18-plus. Where commentary is included about differences between young people and adults, comments are based on observations rather than statistical testing between the two data sets.

Within the two data sets, reported differences between the total result and sub-groups are statistically significant at the 95 per cent confidence level. Significance testing means we can be sure that the differences reported are not due to random variation, because we are using a sample and not conducting a population census.

Knowing that a difference is statistically significant does not mean the difference is important, and only meaningful differences have been commented upon.

⁶ Sport New Zealand. *Active NZ 2017 Participation Report*. Wellington: Sport New Zealand, 2018.

⁷ For further information on the method, sample and overall objective of Active NZ, see the Technical Report: <https://sportnz.org.nz/activenz>. Sport New Zealand. *Active NZ Technical Report for Data Collected in 2017*. Wellington: Sport New Zealand, 2018.

01. DISABILITY IN NEW ZEALAND

WHAT DO WE KNOW ABOUT DISABLED PEOPLE?

The summary below outlines what is known about disabled people from the most recent published statistics from the Statistics New Zealand 2013 Disability Survey.⁸

WHO IS AFFECTED AND HOW?

- Of the New Zealand population, 1.1 million people identified as disabled (24%)
- Eleven per cent of children under the age of 15 (95 000) are disabled, and half have conditions that existed at birth
- Thirty-four per cent are disabled by accident or injury; 42 per cent by disease or illness
- Just over half of all disabled people (53%) have more than one type of impairment
- Rates of impairment are higher amongst Māori than European and other ethnicities

INVISIBLE IMPAIRMENTS

- Seventy-three per cent of disabled children have impaired speaking, learning and developmental delay. These are sometimes referred to as 'invisible impairments'
- Invisible impairments are more common than visible impairments but may go unrecognised or undisclosed
- More children (8%) have psychological or psychiatric impairments, compared with sensory (2% seeing and hearing), intellectual (2%) and physical impairments (1%) combined

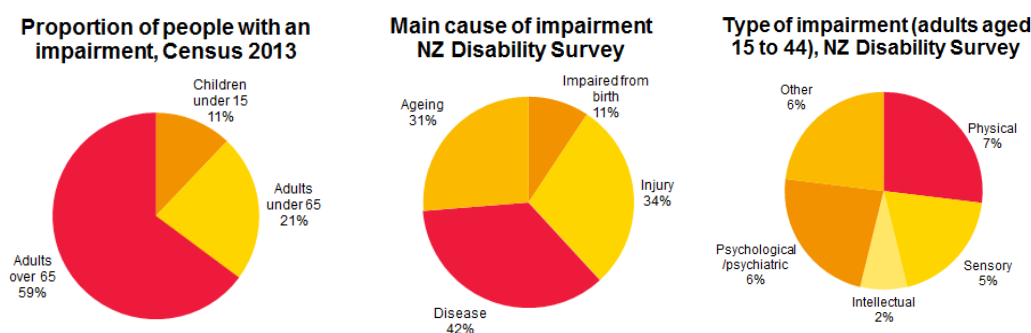
DISABILITY AND POVERTY

- Socio-economic status and disability are inextricably linked
- Disabled adults are more likely to be unemployed or on a low income
- Disabled people are less likely to have a formal qualification
- Disabled people are more likely to have health issues including mental health issues

CHILDREN

- Children may go undiagnosed or are late to be diagnosed and, therefore, do not get support at school
- Children are disadvantaged in their opportunities to develop physical literacy from a young age
- There are barriers to parents being able to work fulltime including access to affordable childcare and the ongoing costs of working to get services and support for children
- At least 15 per cent of disabled children live in households with incomes under \$30,000
- Disabled children cost families more than non-disabled children

FIGURE 1: PREVALENCE AND CAUSES OF IMPAIRMENTS



⁸ For information on the Disability Survey, please refer to: http://archive.stats.govt.nz/browse_for_stats/health/disabilities/DisabilitySurvey_HOTP2013.aspx.

02. PARTICIPATION

HOW MANY, WHO AND HOW MUCH PARTICIPATION HAPPENS IN ANY GIVEN WEEK?

Active NZ uses three indicators to report participation in play, active recreation and sport:

- weekly participation: being active at least once in the past seven days
- average number of hours spent participating in the past seven days
- average number of sports and activities participated in the past seven days.

The Sport New Zealand (Sport NZ) Active NZ Main Report released in June 2018 highlighted differences in these participation indicators by age, gender, ethnicity and deprivation (based on the NZDep index).⁹ This spotlight highlights the similarities and differences between disabled people on the same indicators.

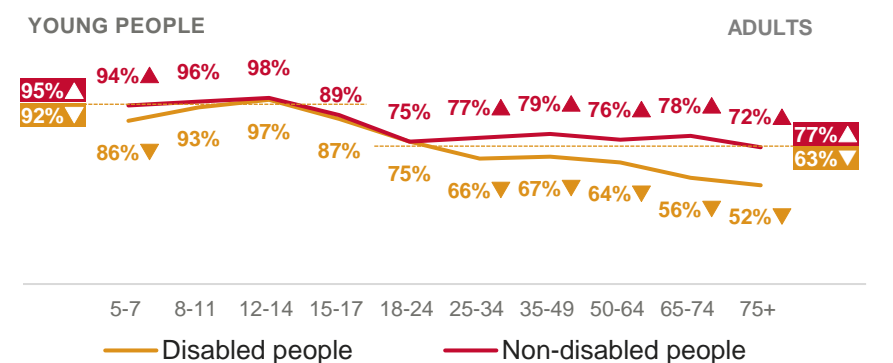
1. Disabled people are less likely to participate weekly and participate in fewer sports and activities than non-disabled.
2. There is no difference in time spent participating between disabled and non-disabled young people but disabled adults spend 16 per cent less time participating in any given week than non-disabled adults.
3. Between ages 12 and 24 no difference is evident on these three participation indicators for disabled people and adults, compared with non-disabled.
4. From age 25-plus, disabled adults' participation is lower than for non-disabled adults and continues to decline with increasing age, in contrast with a relatively stable picture for non-disabled adults up until 65-plus.
5. Weekly participation and time spent participating is lower among disabled male and female adults, compared with their non-disabled counterparts.
6. Disabled young females and disabled young people from high deprivation areas participate in fewer sports and activities.
7. Disabled adults of all ethnicities participate in fewer sports and activities than non-disabled.
8. Disabled adults have lower weekly participation and spend less time participating in fewer sports and activities, irrespective of deprivation, compared with non-disabled adults.

PARTICIPATION AND AGE

Overall, disabled people are less likely to participate weekly in play, active recreation or sport. The gap for young people occurs between ages 5 and 7. Weekly participation is matched between ages 8 and 24.

From age 25-plus, disabled adults' participation is lower than for non-disabled adults. Participation continues to decline with increasing age, in contrast with a relatively stable picture for non-disabled adults up until 75-plus (figure 2).

FIGURE 2: WEEKLY PARTICIPATION



▲ ▼ Significantly higher/lower than the other result in the same age group

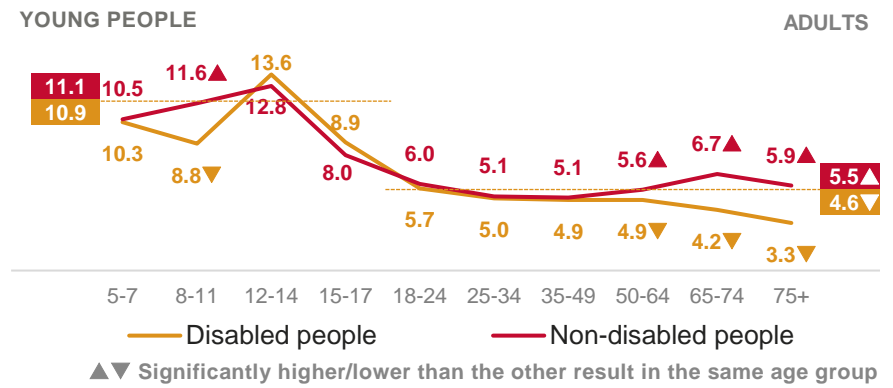
Note: The prevalence of disabilities captured in Active NZ is 10 per cent among young people and 26 per cent among adults.

⁹ NZDep2013 combines census data relating to income, home ownership, employment, qualifications, family structure, housing, access to transport and communications. NZDep2013 groups deprivation scores into deciles, where 1 represents the areas with the least deprived scores and 10 the areas with the most deprived scores. Note: Deprivation Index: Low 1-3, Medium 4-7, High 8-10. For more information, refer to the Active NZ Technical Report: <https://sportnz.org.nz/assets/Uploads/Active-NZ-2017-Technical-Report.pdf>. Sport New Zealand. *Active NZ Technical Report for Data Collected in 2017*. Wellington: Sport New Zealand, 2018.

No overall difference is evident in the amount of time disabled young people spend in weekly participation, however, a gap occurs between ages 8 and 11.

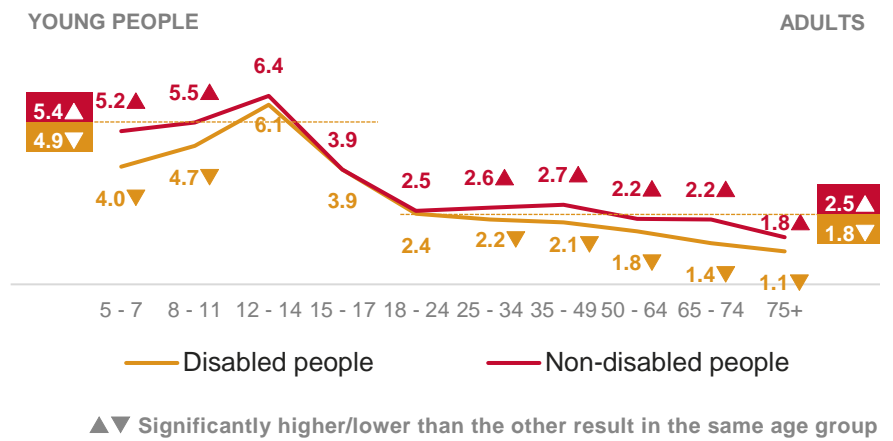
On average, disabled adults spend 16 per cent less time participating than non-disabled adults. This is driven by less time spent in weekly participation from 50-plus (figure 3).

FIGURE 3: AVERAGE NUMBER OF HOURS PER WEEK



Disabled people take part in fewer sports and activities per week than non-disabled people, apart from between ages 12 and 24, where participation is matched (figure 4).

FIGURE 4: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



Base: All respondents aged 5 and over.

Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?

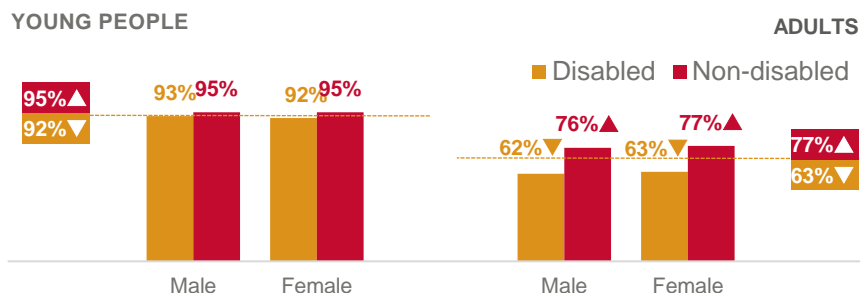
Number of hours: Q16b (5–17). About how many minutes did you spend doing <insert activity> in the last 7 days in <this way/these ways? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Number of activities: Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today). Q13 (18+). How many times have you done this activity in the last 7 days?

PARTICIPATION AND GENDER

Weekly participation is lower among disabled male and female adults, compared with their non-disabled counterparts (figure 5).

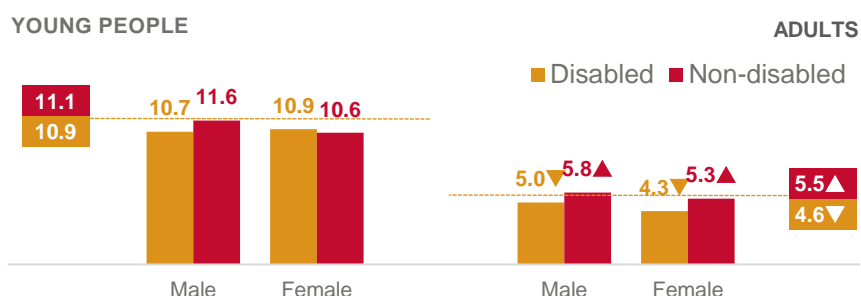
FIGURE 5: WEEKLY PARTICIPATION



▲▼ Significantly higher/lower than the other result in the same gender

The amount of time spent participating is also lower for disabled male and female adults, compared with their non-disabled counterparts (figure 6).

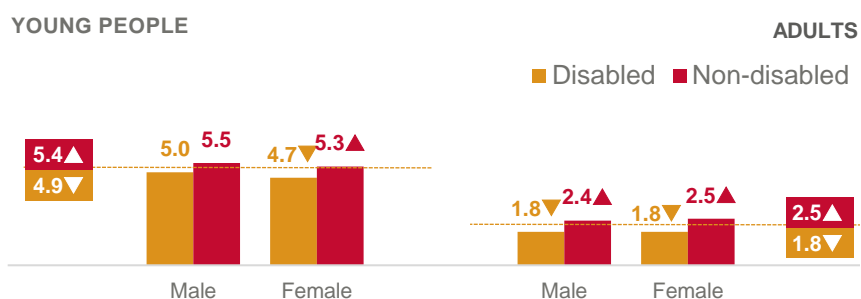
FIGURE 6: AVERAGE NUMBER OF HOURS PER WEEK



▲▼ Significantly higher/lower than the other result in the same gender

Disabled young females participate in fewer sports and activities than non-disabled females, as do disabled adults (figure 7).

FIGURE 7: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



▲▼ Significantly higher/lower than the other result in the same gender

Base: All respondents aged 5 and over.

Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?

Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

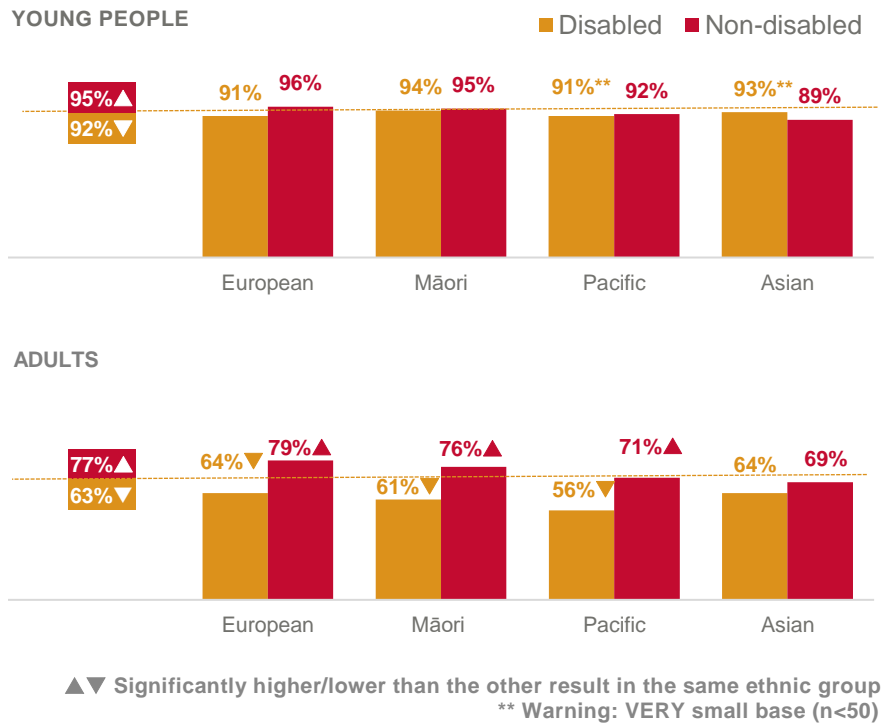
Number of activities: Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today). Q13 (18+). How many times have you done this activity in the last 7 days?

PARTICIPATION AND ETHNICITY

There is no difference in weekly participation by ethnicity between disabled young people and non-disabled young people.

Disabled European, Māori and Pacific adults are less likely to participate in any given week than non-disabled adults of the same ethnicity (figure 8).

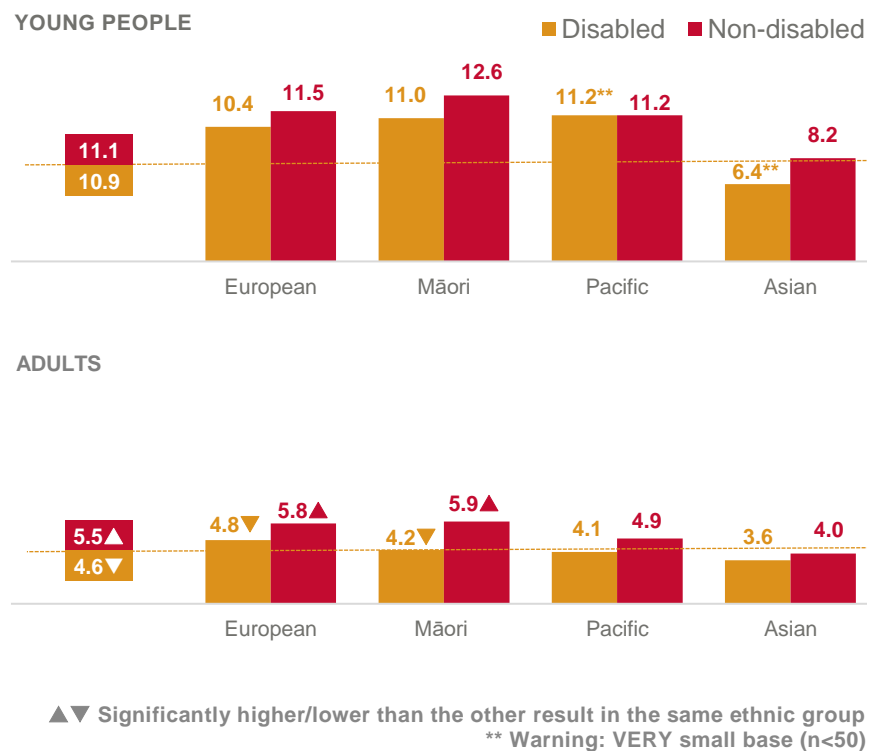
FIGURE 8: WEEKLY PARTICIPATION



No difference is evident in the amount of time spent participating by ethnicity between disabled young people and non-disabled.

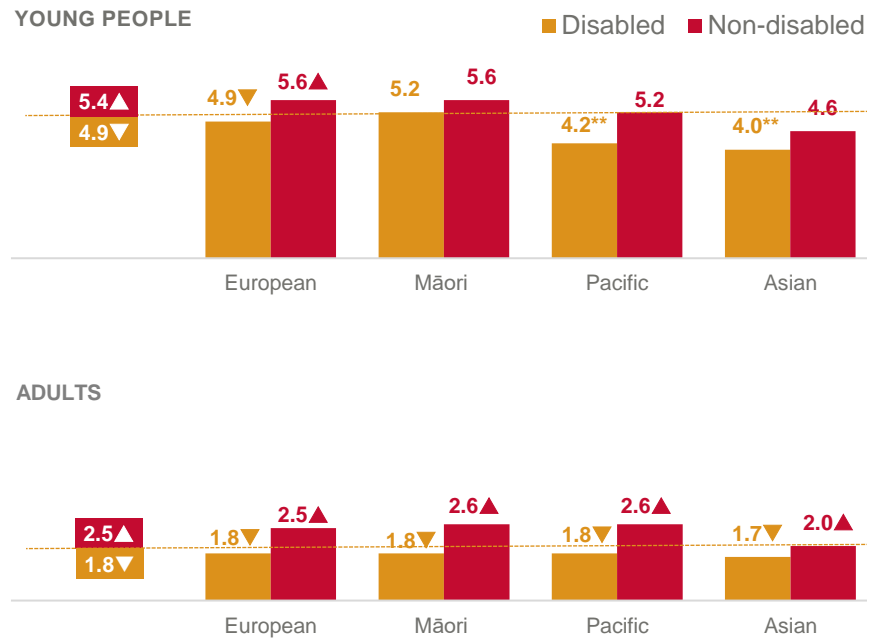
Disabled European and Māori adults spend less time participating than non-disabled adults of the same ethnicity (figure 9).

FIGURE 9: AVERAGE NUMBER OF HOURS PER WEEK



Disabled adults of all ethnicities participate in fewer sports and activities than non-disabled adults of the same ethnicity (figure 10).

FIGURE 10: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



▲▼ Significantly higher/lower than the other result in the same ethnic group
 ** Warning: VERY small base (n<50)

Base: All respondents aged 5 and over.

Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?

Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Number of activities: Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today). Q13 (18+). How many times have you done this activity in the last 7 days?

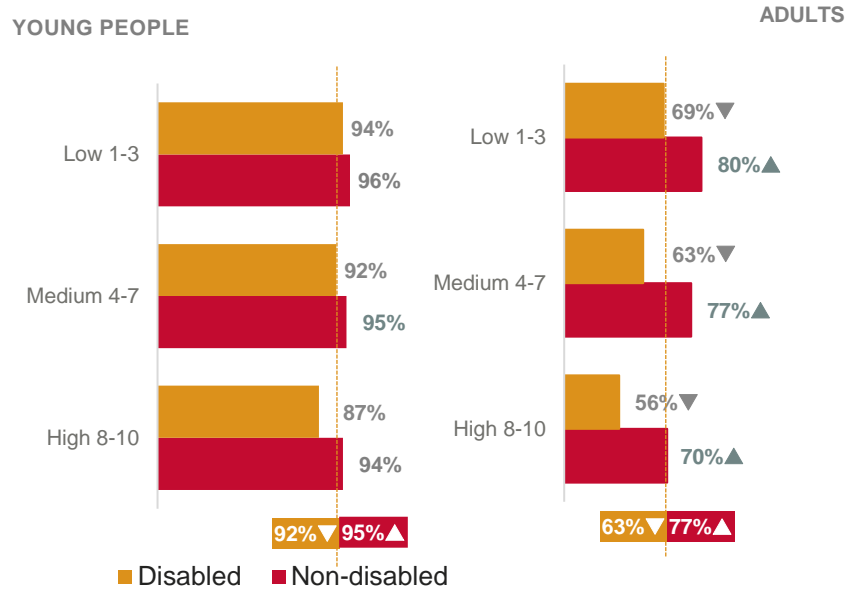
PARTICIPATION AND DEPRIVATION

No difference is evident in weekly participation between disabled young people and non-disabled by deprivation.

Disabled adults are less likely to participate in any given week than non-disabled adults, irrespective of their deprivation level (figure 11).

Note: Weekly participation is significantly lower among young people and adults who are disabled and living in high deprivation areas (this is compared with non-disabled people or people who are disabled and living in low or medium deprivation areas).

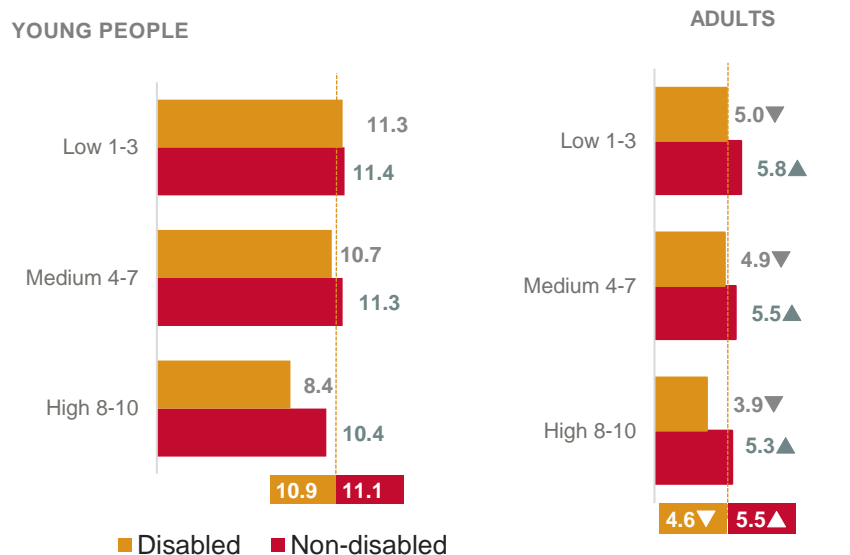
FIGURE 11: WEEKLY PARTICIPATION



No difference is evident in the amount of time spent participating between disabled young people and non-disabled by deprivation.

Disabled adults spend less time participating than non-disabled adults, irrespective of their deprivation level (figure 12).

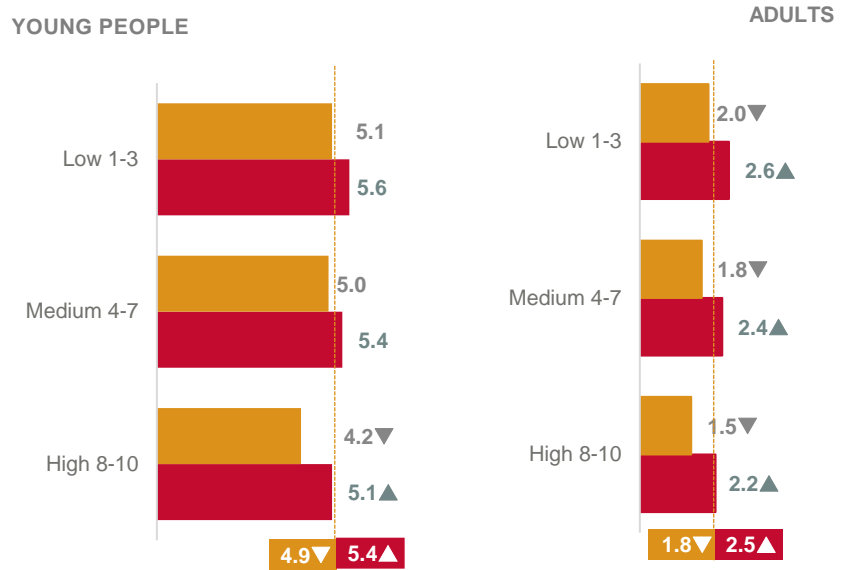
FIGURE 12: AVERAGE NUMBER OF HOURS PER WEEK



Disabled young people living in high deprivation areas participate in fewer sports and activities than non-disabled young people in high deprivation areas.

Disabled adults participate in fewer sports and activities than non-disabled adults, irrespective of deprivation (figure 13).

FIGURE 13: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



▲▼ Significantly higher/lower than the other result in the same deprivation group

Base: All respondents aged 5 and over.

Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?

Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Number of activities: Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today). Q13 (18+). How many times have you done this activity in the last 7 days?

PARTICIPATION AND TYPE OF IMPAIRMENT

The number of impairments that a disabled young person has affects their weekly participation. Disabled young people with one impairment are just as likely to participate weekly as non-disabled young people, whereas disabled adults with one impairment are less likely to participate weekly than non-disabled adults. Weekly participation for young people and adults drops with two or more impairments.

For disabled young people, weekly participation and average number of sports and activities is lowest among those who have a walking, lifting or bending impairment. For disabled adults, weekly participation, amount of time spent participating and average number of sports and activities are all lower among those who have a hearing impairment (figures 14, 15, 16).

FIGURE 14: WEEKLY PARTICIPATION BY TYPE OF IMPAIRMENT

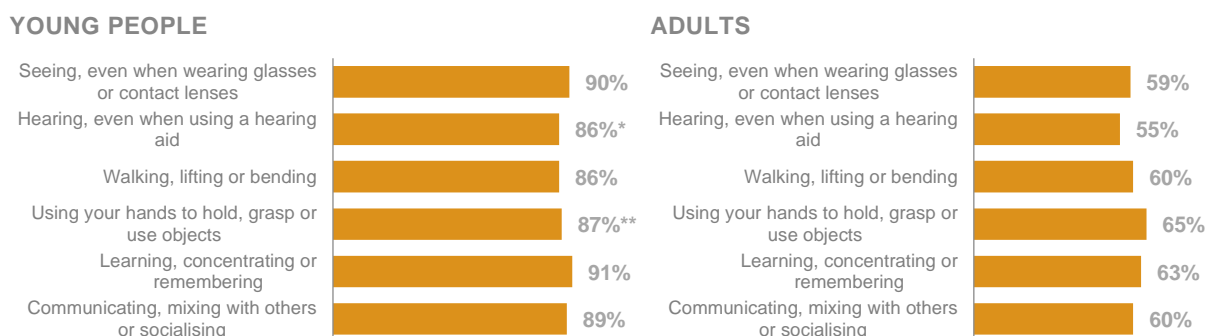


FIGURE 15: AVERAGE NUMBER OF HOURS PER WEEK BY TYPE OF IMPAIRMENT

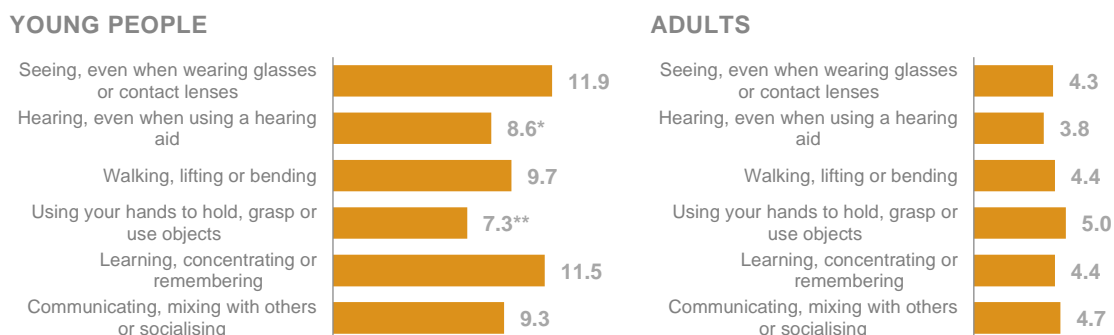
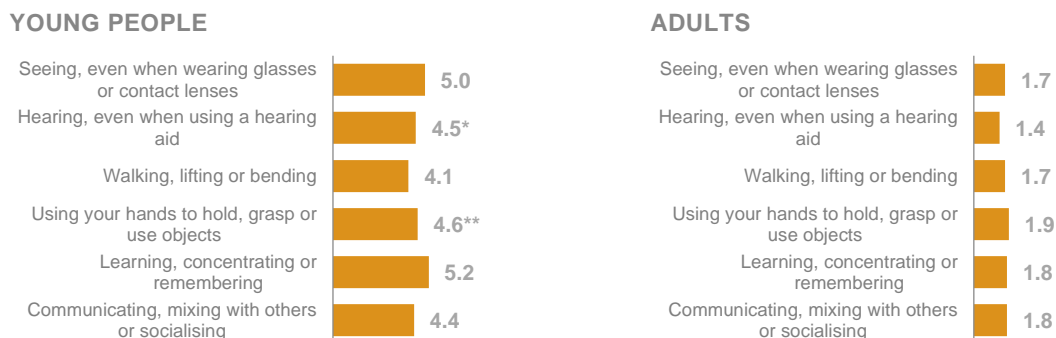


FIGURE 16: AVERAGE NUMBER OF SPORTS OR ACTIVITIES BY TYPE OF IMPAIRMENT



* Warning: Small base (n<100) ** Warning: VERY small base (n<50)

Base: Disabled people aged 5 and over.

Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?

Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Number of activities: Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today). Q13 (18+). How many times have you done this activity in the last 7 days?

03. HOW DISABLED PEOPLE PARTICIPATE

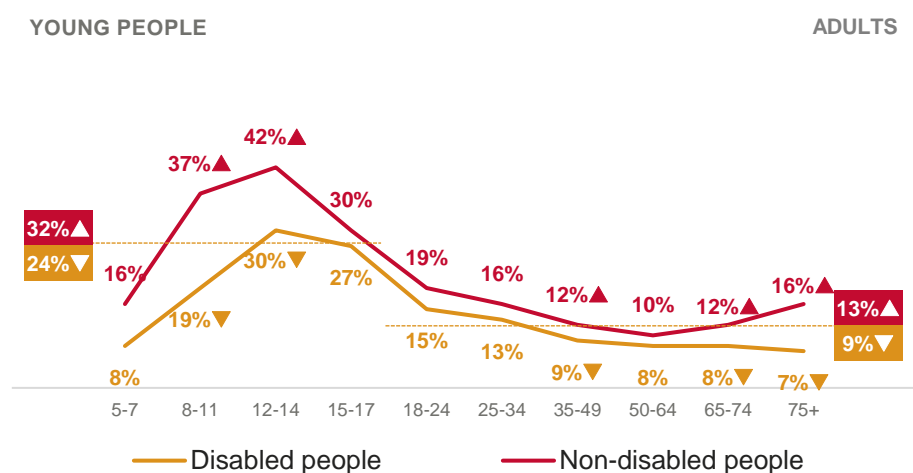
HOW DO DISABLED PEOPLE PARTICIPATE?

1. Disabled people are less likely to participate competitively. This is particularly the case between ages 8 and 14 and from 35-plus.
2. For young people, participation in competitive sports and activities is lowest among those who have a communication or socialising impairment.
3. Overall, no difference exists in the amount of time disabled young people spend participating in informal and organised sports and activities, compared with their non-disabled counterparts.
4. When participating in physical education (PE), disabled young people are less likely to enjoy the experience than non-disabled young people.
5. Disabled young people are less likely to participate in a range of sports and activities, particularly play-related activities such as playing on playgrounds and scootering, and more likely to have walked for fitness or done a workout.
6. Disabled adults have lower levels of participation across all sports and activities but participate in the same top-ranked sports and activities. A bigger gap is evident in weekly participation in walking, running and jogging between disabled and non-disabled adults.

Disabled people are less likely to have taken part in a competitive sport or activity in the previous seven days.

For young people, this is especially the case between ages 8 and 14 and for disabled adults aged 35-plus (figure 17).

FIGURE 17: WEEKLY PARTICIPATION IN COMPETITIVE SPORTS AND ACTIVITIES



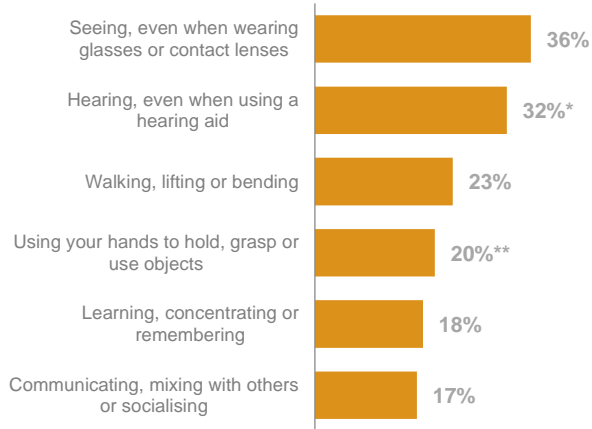
▲▼ Significantly higher/lower than the other result in the same age group

Base: All respondents aged 5 and over.
 Q16a (5–17). Where or how did you do <insert activity> in the last 7 days?
 Q15 (18+). In the last 7 days, have you done this as a competitive sport or a competitive activity?

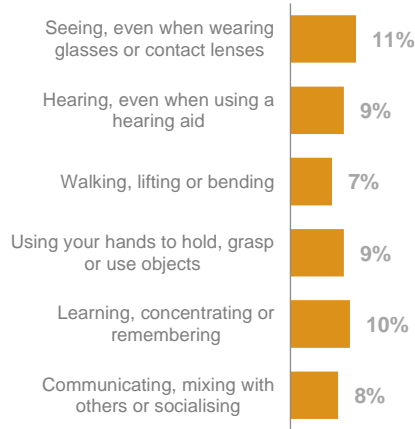
For disabled young people, participation in competitive sports or activities is lowest among those who have a communication or socialising impairment (figure 18).

FIGURE 18: WEEKLY PARTICIPATION IN COMPETITIVE SPORTS AND ACTIVITIES BY IMPAIRMENT

YOUNG PEOPLE



ADULTS



* Warning: Small base (n<100) ** Warning: VERY small base (n<50)

Base: Disabled people aged 5 and over.
 Q16a (5–17). Where or how did you do <insert activity> in the last 7 days?
 Q15 (18+). In the last 7 days, have you done this as a **competitive sport** or a **competitive activity**?

Overall, disabled young people spend the same amount of time participating in informal and organised sports and activities as do non-disabled young people (table 1).

When participating in PE, disabled young people are less likely to enjoy the experience than non-disabled young people. Sixty-seven per cent of disabled young people enjoy PE, compared with 81 per cent of non-disabled young people.

TABLE 1: AVERAGE TIME YOUNG PEOPLE SPEND PER WEEK PARTICIPATING IN ORGANISED AND INFORMAL SPORTS AND ACTIVITIES¹⁰

	DISABLED YOUNG PEOPLE (Hours)	NON-DISABLED YOUNG PEOPLE (Hours)
In physical education or class at school	2.0	2.1
In a competition or tournament	0.8	0.8
Training or practising with a coach or instructor	1.6	1.8
ORGANISED COMBINED	4.4	4.6
Playing or hanging out with family or friends	3.9	4.2
Playing on your own	1.8	1.6
For extra exercise, training or practice without a coach or instructor	1.0	0.7
INFORMAL COMBINED	6.6	6.5
TOTAL	10.9	11.1

▲▼ Significantly higher/lower than the total

Base: All respondents aged 5 to 17.
 Q16a (5–17). Where or how did you do <insert activity> in the last 7 days?

¹⁰ Note: Due to rounding, the combined and total results may be different to manually adding the averages shown for the individual activity types.

Disabled young people are less likely to participate in a range of sports and activities, particularly play-related activities such as playing on playgrounds and scootering, and are more likely to have walked for fitness or done a workout in the previous seven days (table 2).

TABLE 2: ACTIVITIES YOUNG PEOPLE HAVE DONE IN THE PAST SEVEN DAYS

	DISABLED YOUNG PEOPLE	NON-DISABLED YOUNG PEOPLE
Running, jogging or cross-country	47%	52%
Playing (eg, running around, climbing trees, make-believe)	35%▼	41%▲
Swimming	30%▼	36%▲
Games (eg, four square, tag, bull rush, dodgeball)	32%	37%
Playing on playground (eg, jungle gym)	26%▼	37%▲
Walking for fitness	36%▲	28%▼
Cycling or biking	22%▼	29%▲
Trampoline	20%▼	26%▲
Scootering	13%▼	21%▲
Football, soccer or futsal	15%	19%
Dance/dancing (eg, ballet, hip hop)	14%	16%
Workout (weights or cardio)	20%▲	13%▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 5 to 17.

Q13 (5–17). Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today).

Disabled adults have lower levels of participation per week across all sports and activities but participate in the same top-ranked sports and activities as non-disabled adults. However, there are larger gaps in participation by disabled adults in some sports and activities such as walking, running and jogging, compared with non-disabled adults (table 3).

TABLE 3: ACTIVITIES ADULTS HAVE DONE IN THE PAST SEVEN DAYS

	DISABLED ADULTS	NON-DISABLED ADULTS
Walking	51%▼	61%▲
Gardening	23%▼	26%▲
Individual workout using equipment	16%▼	24%▲
Running/jogging	10%▼	24%▲
Playing games (eg, with kids)	11%▼	18%▲
Group fitness class (eg, aerobics, CrossFit)	6%▼	10%▲
Swimming	8%▼	10%▲
Road cycling	6%▼	8%▲
Yoga	4%▼	7%▲
Dance/dancing (eg, ballet, hip hop)	3%▼	4%▲
Mountain biking	3%▼	5%▲
Day tramp	3%▼	4%▲
Golf	3%▼	4%▲

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 or over.

Q8 (18+). Which of the following have you done in the last 7 days?

04. MOTIVATION

WHAT MOTIVATES DISABLED PEOPLE TO PARTICIPATE?

1. Disabled young people are more likely to participate for fitness or health and less likely to participate for fun, compared with non-disabled young people.
2. There is no difference in the rank order of participation motivations between disabled and non-disabled adults.
3. Disabled adults are more likely to participate to meet people or be part of a group than non-disabled. This is particularly the case between ages 25 and 34 when participation among disabled adults begins to decline.

Disabled and non-disabled young people and adults consistently share the same common motivations for participation in play, active recreation and sport.

DISABLED YOUNG PEOPLE:	DISABLED ADULTS:
1. Fun	1. Physical or emotional wellbeing
2. To hang out with family or friends	2. Fun
3. Fitness or health	

Although being active for fun is the main motivation for disabled young people, this is less of a motivation when compared with non-disabled young people. Disabled young people are more likely than non-disabled young people to say fitness or health is a motivation for being active (table 4).

TABLE 4: MOTIVATIONS TO PARTICIPATE FOR DISABLED YOUNG PEOPLE

	DISABLED YOUNG PEOPLE	NON-DISABLED YOUNG PEOPLE
For fun	69%▼	76%▲
To hang out with family or friends	44%	45%
For fitness or health	40%▲	30%▼
To learn or practise a new skill	26%	32%
To physically challenge myself or to win	27%	28%
I have to (my parents/caregiver or school make me)	26%	29%
I'm good at it	15%	13%
To lose or maintain weight	9%▲	5%▼
To look good	5%▲	2%▼
Another reason	13%▲	9%▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 8 to 17.

Q58. People do different activities for different reasons at different times. So, thinking about the **last time** you did this physical activity for sport, PE, exercise or fun, what was the **ONE main reason** you did it?

The rank order of participation motivations is the same between disabled and non-disabled adults (table 5).

Disabled adults are more likely to participate to meet people or be part of a group than non-disabled, particularly between ages 25 and 34, when 10 per cent of disabled adults participate for this reason in comparison with 5 per cent of non-disabled adults.

TABLE 5: MOTIVATIONS TO PARTICIPATE FOR DISABLED ADULTS

	DISABLED ADULTS	NON-DISABLED ADULTS
For physical wellbeing (exercise, fitness or health)	71%▼	74%▲
For emotional wellbeing (eg, to relax or unwind)	27%	27%
For fun	24%▼	28%▲
To spend time with family and friends	20%▼	26%▲
To lose or maintain weight or look good	14%▼	18%▲
To physically challenge themselves or to win	8%▼	12%▲
To meet people and be part of a group	8%▲	6%▼
To learn or practise a new skill	5%	5%
Another reason	18%▼	20%▲

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 or over.

Q17. People do different activities for different reasons at different times. So, thinking about the **last time** you did this physical activity, what was the **ONE main reason** you did it?

05. HURDLES

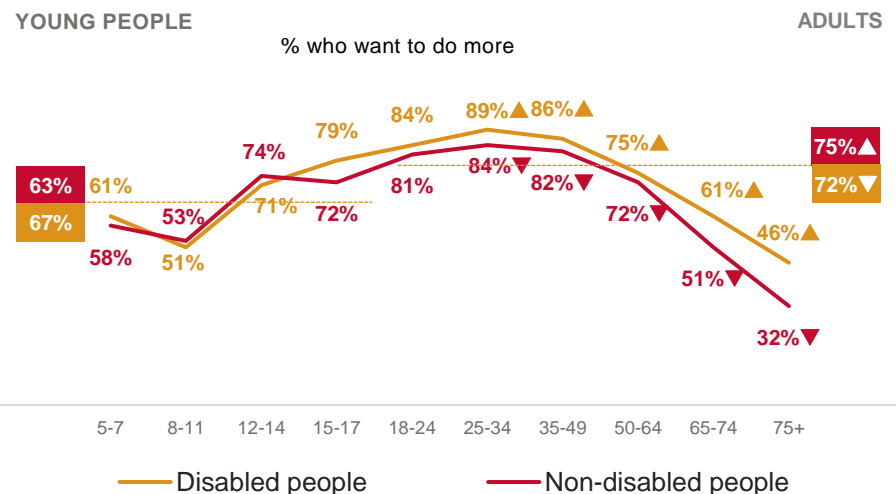
WHAT GETS IN THE WAY OF DISABLED PEOPLE PARTICIPATING?

1. Overall, there is no difference in disabled and non-disabled young people's appetite to increase their participation.
2. Disabled and non-disabled adults alike have an appetite to increase their participation. However, from age 25-plus, when participation among disabled adults begins its steady decline, disabled adults are more likely to want to increase their participation than non-disabled adults.
3. Disabled people share the top two barriers to participation: lack of time and low levels of motivation. Although, in comparison with non-disabled people, time is less of a barrier for disabled people, and poor motivation is more of a barrier.
4. Disabled people aged between 15 and 24 are more likely to cite lack of motivation, not having the equipment needed to participate, family unable to afford, location of facilities or spaces, no one to be active with and not wanting to fail as barriers to participation.
5. Disabled young people with an impairment in communicating, mixing with others or socialising identify the most barriers, score highest on lack of motivation as a barrier and are less likely to participate in competitive sports and activities
6. Disabled people with an impairment in walking, lifting or bending impairment are more likely to want to increase their participation.
7. Disabled adults have more barriers than non-disabled adults. Poor health increases with age and is more marked as a barrier for disabled adults from age 50-plus. It is from age 50-plus that injury as a barrier begins to decline and poor health increases.
8. Levels of confidence vary among disabled young people, with those aged between 8 and 11 low in confidence to participate and those aged between 12 and 14 more confident in their ability to participate.
9. Not having the equipment is more of a barrier for young people with a walking, lifting or bending impairment. Young people with this impairment have a strong appetite to increase their participation.

No significant difference is evident in the desire to participate more among young people.

FIGURE 19: PROPORTION WHO WANT TO PARTICIPATE MORE

Disabled adults want to participate more than non-disabled adults. This is evident from age 25-plus and more so from age 65-plus, when the gap increases between disabled and non-disabled people's desire to do more (figure 19).



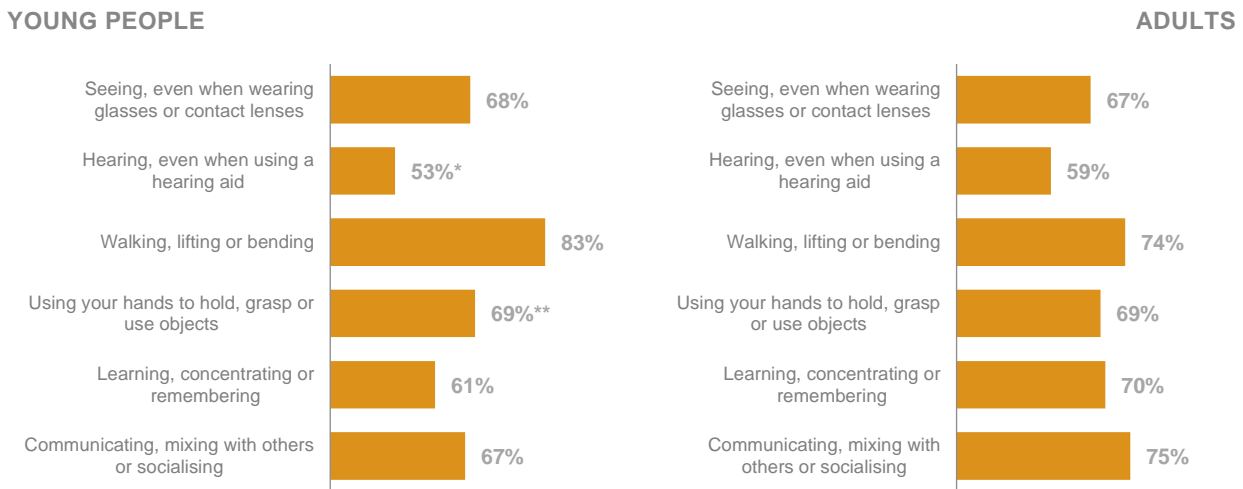
▲▼ Significantly higher/lower than the other result in the same age group

Base: All respondents aged 5 and over. Q22 (5-17). Would you like to be doing more physical activity for sport, PE, exercise or fun than what you do now? Q31 (18+). Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

Note: The average for disabled adults appears lower than the average of non-disabled adults (despite being higher at individual age groups) due to the age profile of disabled people; that is disabled people are more likely to be older and older people are less likely to want to do more which brings their average down.

Disabled young people with a walking, lifting or bending impairment are most likely to want to participate more. Disabled adults with walking, lifting or bending and communication impairments are more likely to want to increase their participation (figure 20).

FIGURE 20: PROPORTION WHO WANT TO PARTICIPATE MORE BY IMPAIRMENT

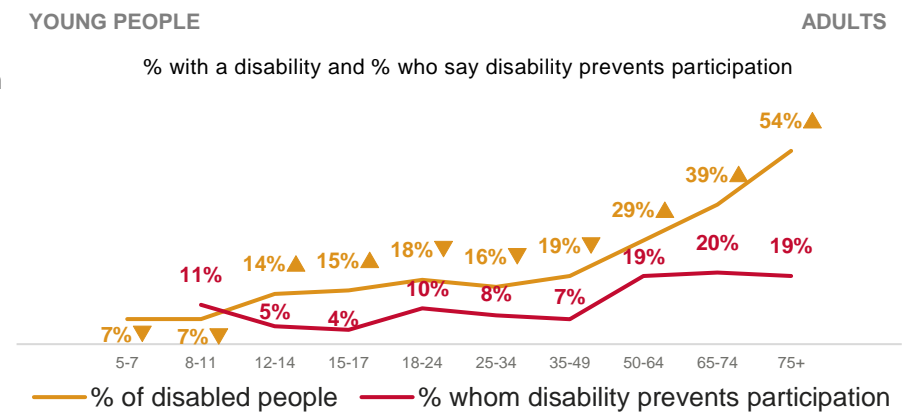


* Warning: Small base (n<100) ** Warning: VERY small base (n<50)

Base: All respondents aged 5 and over who are living with a disability. Q22 (5–17). Would you like to be doing more physical activity for sport, PE, exercise or fun than what you do now? Q31 (18+). Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

The proportion of disabled people participating continues to increase up until the age of 50, after which the impact of impairment on participation is stable. One in five disabled adults says their disability is a barrier to participation (figure 21).

FIGURE 21: PROPORTION OF DISABLED PEOPLE PARTICIPATING BY AGE



Note: Barriers not asked of those aged 5 to 7.

▲▼ Significantly higher/lower than the total

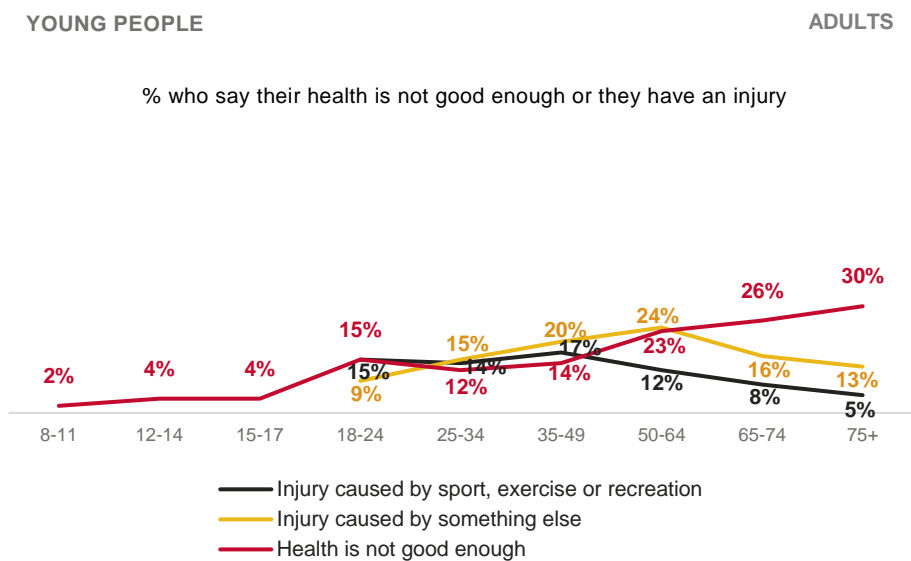
Base: All respondents aged 5 and over. Q50 (5–17)/Q76 (18+). Does a health problem or a condition you have (lasting 6 months or more) cause you difficulty with, or stop you from: seeing, even when wearing glasses or contact lenses; hearing, even when using a hearing aid; walking, lifting or bending; using your hands to hold, grasp or use objects; learning, concentrating or remembering; communicating, mixing with others or socialising? Base: All respondents aged 5 and over who are living with a disability Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing? Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

Note: From ages 8 to 11, a higher proportion of young people say they have difficulty running or jumping. This, however, is not included in the Washington Short Set as a disability.

A barrier to participation for adults, especially among those aged 50-plus, is that their health is not good enough (figure 22).

Injury through participation as a barrier peaks between ages 35 and 49, while an injury caused by something else peaks between ages 50 and 64.

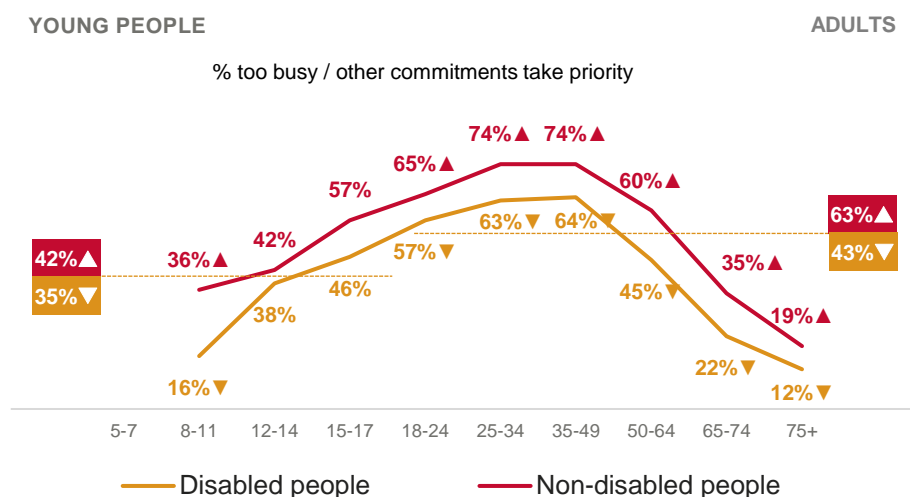
FIGURE 22: PROPORTION WHO SAY A BARRIER TO THEIR PARTICIPATION IS AN INJURY OR THEIR HEALTH



Base: All respondents aged 5 and over who are living with a disability.
 Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing?
 Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

Disabled people are less likely to say that other commitments taking priority is a barrier to their participation than non-disabled people (figure 23).

FIGURE 23: PROPORTION WHO SAY OTHER COMMITMENTS TAKING PRIORITY IS A BARRIER TO PARTICIPATION



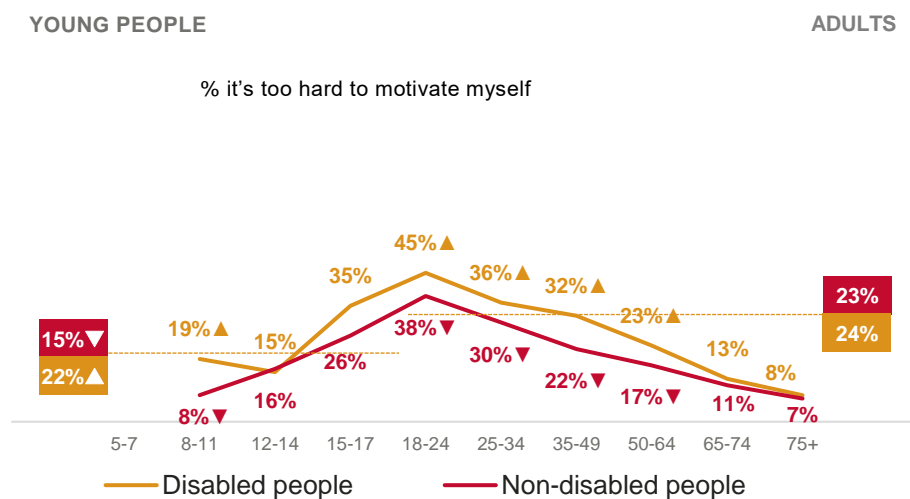
Note: Barriers not asked of those aged 5 to 7.

▲▼ Significantly higher/lower than the other result in the same age group

Base: All respondents aged 8 and over.
 Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing?
 Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

Difficulty with motivation as a barrier is similar for disabled and non-disabled people, with the biggest difference being among young disabled and non-disabled people aged 8 to 11 and adults aged 18 to 64 (figure 24).

FIGURE 24: PROPORTION WHO SAY LACK OF MOTIVATION IS A BARRIER TO PARTICIPATION



Note: Barriers not asked of those aged 5 to 7.

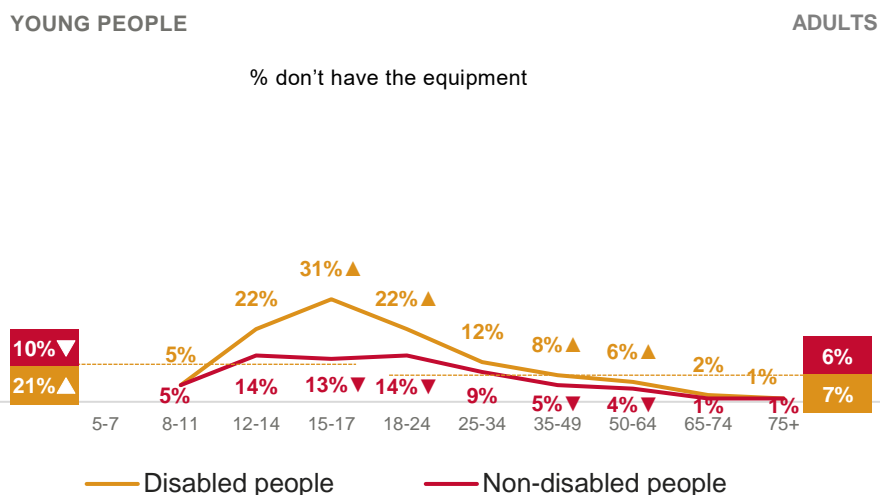
▲▼ Significantly higher/lower than the other result in the same age group

Base: All respondents aged 8 and over.
 Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing?
 Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

Note: The average for disabled adults appears only slightly higher than the average of non-disabled adults (despite being higher at individual age groups) due to the age profile of disabled people; that is disabled people are more likely to be older and older people are less likely to say motivation is a barrier.

Not having the equipment needed to participate is a barrier among disabled people aged 15 to 24 (figure 25).

FIGURE 25: PROPORTION WHO SAY NOT HAVING THE EQUIPMENT IS A BARRIER TO PARTICIPATION



Note: Barriers not asked of those aged 5 to 7.

▲▼ Significantly higher/lower than the other result in the same age group

Base: All respondents aged 8 and over.
 Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing?
 Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

Some of the common barriers among disabled people are consistent across age, while others are not. Consistent barriers include:

- not having the energy or motivation – with the largest gap among ages 18 to 24 when this barrier is most prevalent
- varying confidence levels, with disabled young people aged 8 to 11 lacking the confidence to participate and disabled young people aged 12 to 14 more confident
- injuries caused by something other than sport, exercise or recreation – this is consistently higher across all age groups, although becomes more noticeable after the age of 50.

Disabled young people are more likely to state the following as barriers, when compared with non-disabled young people (table 6):

- not having the equipment needed, cost, facilities and no one to be active with emerge between ages 15 and 17 (these do not appear to be linked to deprivation)
- family not being able to afford it
- not having facilities nearby
- not having anyone to do it with
- not wanting to fail.

TABLE 6: BARRIERS TO PARTICIPATION AMONG YOUNG PEOPLE (ONLY ASKED OF THOSE AGED 8 TO 17)

	DISABLED YOUNG PEOPLE	NON-DISABLED YOUNG PEOPLE
Too busy	35%▼	42%▲
I'm too tired / don't have the energy	28%▲	16%▼
It's too hard to motivate myself	22%▲	15%▼
I don't have the equipment I need	21%▲	10%▼
My family can't afford it	19%▲	12%▼
No places nearby to do what I want to do	16%▲	10%▼
I have no one to do it with	16%▲	7%▼
I prefer to do other things	16%	13%
Too hard to get to training, games or competitions	15%	12%
I'm not confident enough	13%▲	7%▼
I am injured	13%▲	4%▼
I already do a good amount of physical activity	11%▼	18%▲
Can't fit it in with other family member's activities	11%	10%
I'm not fit enough	11%	8%
My school doesn't offer physical activities I'm interested in	9%▲	6%▼
I don't want to fail	8%▲	4%▼
Not enough physical education offered at school	8%	7%
Number of barriers	3.4▲	2.5▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 8 to 17.

Q23. Why are you not doing as much physical activity as you would like? / Why do you not want to do more than you are currently doing?

Note: Only barriers 7% and over are included.

Among young people, a lack of motivation is the most common barrier for those who have an impairment in communicating, mixing with others or socialising.

Young disabled people with a walking, lifting or bending impairment are more likely to say they do not have the equipment they need (table 7).

TABLE 7: DISABLED YOUNG PEOPLE AGED 8 TO 17 TOP FOUR BARRIERS TO PARTICIPATION BY IMPAIRMENT

MOST COMMON	SECOND	THIRD	FOURTH
SEEING, EVEN WHEN WEARING GLASSES OR CONTACT LENSES			
43%* Too busy	29%* I'm too tired / don't have the energy	22%* It's too hard to motivate myself	20%* I don't have the equipment I need 20% My family can't afford it
HEARING, EVEN WHEN USING A HEARING AID			
NA (base too small)			
WALKING, LIFTING OR BENDING			
37% Too busy	29%▲ I'm too tired / don't have the energy	24%▲ I don't have the equipment I need	19% It's too hard to motivate myself
USING YOUR HANDS TO HOLD, GRASP OR USE OBJECTS			
NA (base too small)			
LEARNING, CONCENTRATING OR REMEMBERING			
37% Too busy	26%▲ I'm too tired / don't have the energy	21% It's too hard to motivate myself	18%▲ I have no one to do it with
COMMUNICATING, MIXING WITH OTHERS OR SOCIALISING			
34%▲ It's too hard to motivate myself	31%▼ Too busy	31%▲ I'm not confident enough	30%▲ I'm too tired / don't have the energy

▲▼ Significantly higher/lower than the total

Base: Disabled people aged 8 to 17.

Q23. Why are you not doing as much physical activity as you would like? / Why do you not want to do more than you are currently doing?

Note: Only barriers 7% and over are included.

TABLE 8: BARRIERS TO PARTICIPATION AMONG ADULTS

	DISABLED ADULTS	NON-DISABLED ADULTS
Other commitments are taking priority (eg, work, family)	43%▼	63%▲
I am too tired or don't have the energy	28%▲	23%▼
I struggle to motivate myself	24%	23%
I prefer to spend my time on other interests / hobbies	24%▲	19%▼
My health is not good enough	21%▲	3%▼
I'm not fit enough	19%▲	10%▼
I am injured from an injury caused by something else	18%▲	3%▼
I already do a good amount of physical activity	16%	17%
I've got out of the habit	16%	17%
The weather	15%▼	17%▲
I am injured from an injury caused by sport, exercise or recreational physical activity	12%▲	5%▼
The activity of my choice is too expensive	11%	11%
I have no one to do it with	9%▲	8%▼
The activity of my choice doesn't fit my routine	8%▼	11%▲
I'm not confident enough	7%▲	4%▼
I don't have the equipment I need	7%	6%
There are no appropriate facilities or places conveniently located to do what I want to do	6%▲	5%▼
Number of barriers	3.4▲	2.7▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 or over.

Q32. For what reasons are you **not doing** as much physical activity as you would like? / For what reasons **do you not want** to do more physical activity than you are currently doing? Note: Only barriers 7 per cent and over are included.

The main differences in barriers by age of adults are:

- disabled adults aged between 18 and 24 have similar barriers to disabled young people aged between 15 and 17 (lack of motivation, equipment, family cannot afford, location of facilities or spaces, confidence and not wanting to fail)
- disabled adults aged between 25 and 49 are most likely to cite they are too busy (though this is not as high as for non-disabled adults), but lack of motivation and lack of energy also get in the way of their participation
- for disabled adults aged between 50 and 64, health and injuries emerge as barriers as does the type of impairment. At this age, walking, lifting or bending, and using hands to grasp or use objects become more common impairments. These barriers then persist until age 65-plus, when declining health becomes a bigger barrier to participation.

Lack of motivation is the most common barrier to participation among those who have an impairment in communicating, mixing with others or socialising (table 9).

TABLE 9: DISABLED ADULTS TOP FOUR BARRIERS TO PARTICIPATION BY IMPAIRMENT

MOST COMMON	SECOND	THIRD	FOURTH
SEEING, EVEN WHEN WEARING GLASSES OR CONTACT LENSES			
43%▼ Other commitments are taking priority	31%▲ I prefer to spend my time on other interests / hobbies	28%▲ I am too tired or don't have the energy	25% I struggle to motivate myself
HEARING, EVEN WHEN USING A HEARING AID			
32%▼ Other commitments are taking priority	29%▲ I prefer to spend my time on other interests / hobbies	23%▲ I already do a good amount of physical activity	22% I am too tired or don't have the energy
WALKING, LIFTING OR BENDING			
40%▼ Other commitments are taking priority	28%▲ I am too tired or don't have the energy	26%▲ My health is not good enough	24%▲ I am injured from an injury caused by something else
USING YOUR HANDS TO HOLD, GRASP OR USE OBJECTS			
38%▼ Other commitments are taking priority	27%▲ My health is not good enough	26% I am too tired or don't have the energy	24%▲ I prefer to spend my time on other interests / hobbies
LEARNING, CONCENTRATING OR REMEMBERING			
39%▲ I am too tired or don't have the energy	38%▼ Other commitments are taking priority	31%▲ My health is not good enough	30%▲ I struggle to motivate myself
COMMUNICATING, MIXING WITH OTHERS OR SOCIALISING			
42%▲ I am too tired or don't have the energy	41%▼ Other commitments are taking priority	36%▲ I struggle to motivate myself	27%▲ My health is not good enough

* Warning: Small base (n<100) ▲▼ Significantly higher/lower than the total result

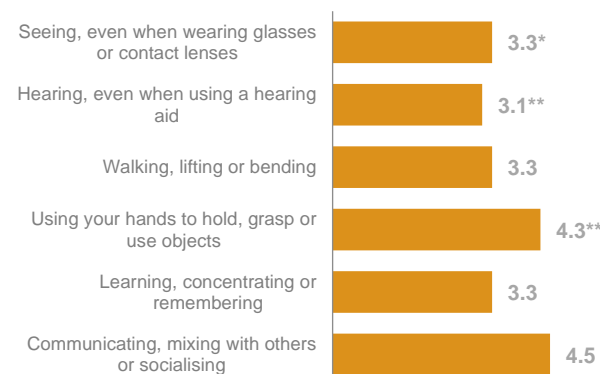
Base: Disabled people aged 18 or over.

Q32. For what reasons are you **not doing** as much physical activity as you would like? / For what reasons **do you not want** to do more physical activity than you are currently doing? Note: Only barriers 7 per cent and over are included.

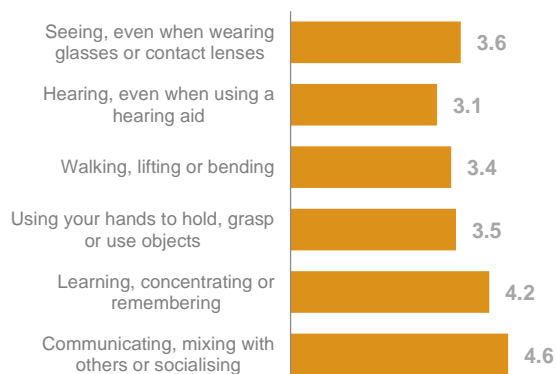
Disabled people with an impairment in communicating, mixing with others or socialising identify the most barriers (figure 26).

FIGURE 26: NUMBER OF BARRIERS TO PARTICIPATION BY IMPAIRMENT

YOUNG PEOPLE



ADULTS



* Warning: Small base (n<100) ** Warning: VERY small base (n<50)

Base: Disabled people aged 8 and over.

Q23 (5–17). Why are you not doing as much physical activity as you would like? Why do you not want to do more than you are currently doing? Q32 (18+). For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?

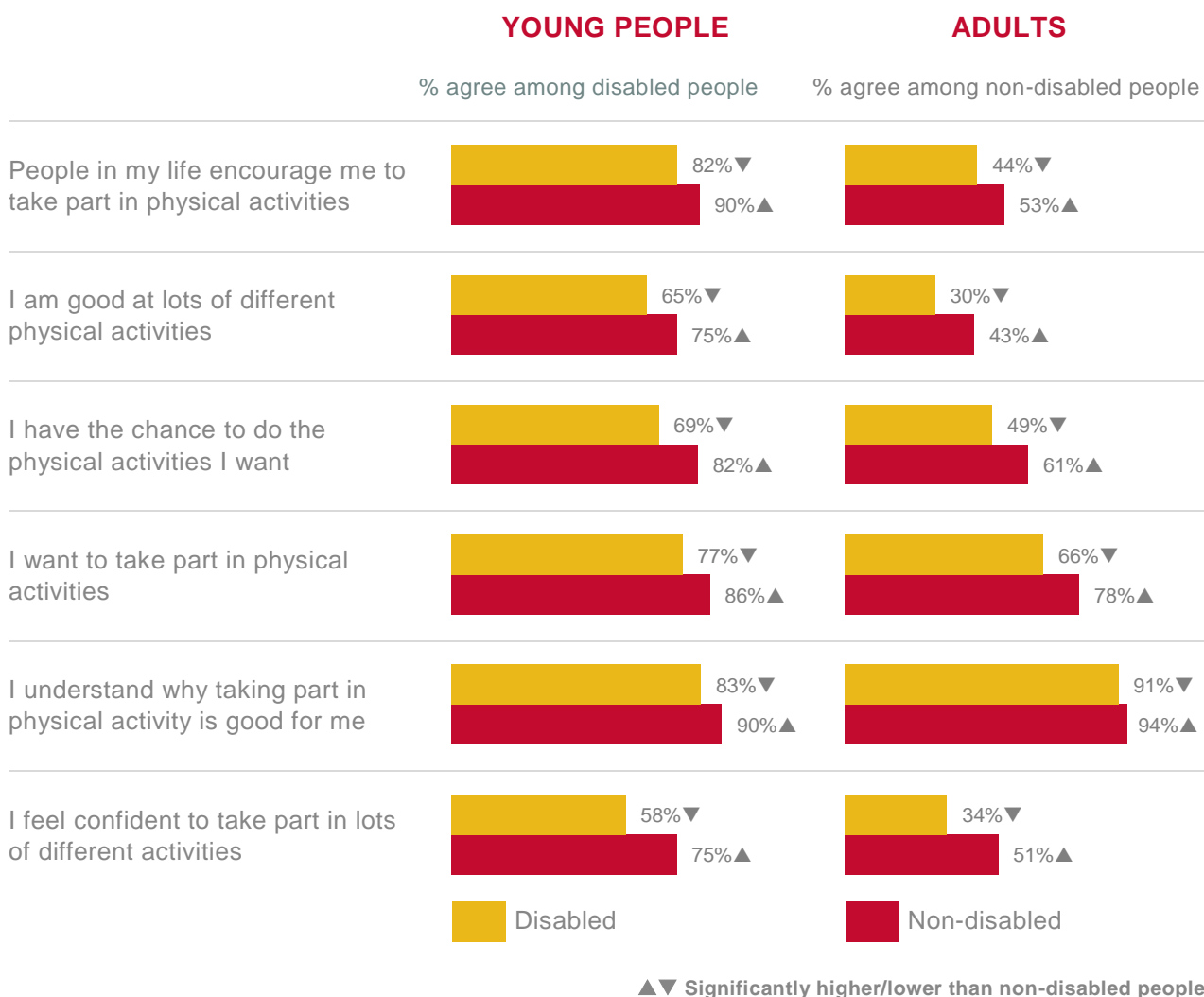
06. PHYSICAL LITERACY

HOW DO DISABLED PEOPLE DIFFER ON PHYSICAL LITERACY?

1. Disabled people have poorer results than non-disabled people in all six domains of physical literacy, with the biggest gap for disabled people on confidence, competence and opportunity to take part in activities of their choice, compared with non-disabled.
2. There are differences in physical literacy by age and impairment. The widest gap in physical literacy among disabled young people is between ages 8 and 11 and disabled people with a communication, mixing with others and socialising impairment.

Disabled people are less likely to agree on all elements of physical literacy, compared with non-disabled people: motivation, confidence, physical competence, knowledge and understanding (figure 27).

FIGURE 27: PROPORTION WHO AGREE WITH PHYSICAL LITERACY ELEMENTS (% AGREE)



Base: All respondents aged 5 and over.

Q39 (5–17). Please select a box on each line to show how much you agree or disagree with each statement. Q48 (18+). How strongly do you agree or disagree with each of the following statement?

Differences are evident in agreement by age and impairment. The biggest gap in agreement between disabled and non-disabled young people is between ages 8 and 11 and disabled people with a communication, mixing with others and socialising impairment (table 10).

TABLE 10: DIFFERENCES IN AGREEMENT WITH PHYSICAL LITERACY ELEMENTS (% AGREE) BY AGE AND TYPE OF IMPAIRMENT

	AGE	TYPE OF IMPAIRMENT
People in my life encourage me to take part in physical activities	Results are matched among young people Biggest gap is between ages 18 and 24 (9 percentage points)	Young people with communication impairments least likely to agree
I am good at lots of different physical activities	Biggest gap is between ages 8 and 11 (21 percentage points) Results are matched from ages 12 to 17 and 18 to 24	
I have the chance to do the physical activities I want	Results are matched from ages 12 to 17 Biggest gap is between ages 8 and 11 (22 percentage points)	Young people with communication impairments are least likely to agree and adults with hearing impairments are most likely to agree
I want to take part in physical activities	Results are matched from ages 12 to 14 Biggest gap is between ages 8 and 11 (16 percentage points)	
I understand why taking part in physical activity is good for me	Differences evident only between ages 8 and 11 and 75-plus	Young people with communication impairments least likely to agree
I feel confident to take part in lots of different activities	Confidence lower at all ages, except 12 to 14 Biggest gaps between the ages of 8 to 11 (26 percentage points) and 15 to 17 (27 percentage points)	Young people and adults with communication impairments least likely to agree

Base: All respondents aged 5 and over.
Q39 (5–17). Please select a box on each line to show how much you agree or disagree with each statement. Q48 (18+). How strongly do you agree or disagree with each of the following statement?

07. BENEFITS OF PARTICIPATING

DO DISABLED PEOPLE GET HEALTH BENEFITS FROM PARTICIPATING?

1. Disabled people who participate in play, active recreation and sport score more favourably on all health and wellbeing indicators.

Disabled participants score more favourably on all health and wellbeing indicators than disabled non-participants (table 11).

TABLE 11: HEALTH AND WELLBEING INDICATORS – COMPARING DISABLED PARTICIPANTS WITH DISABLED NON-PARTICIPANTS

	DISABLED YOUNG PEOPLE		DISABLED ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
EMOTIONAL WELLBEING	% rate their life 8–10 with 10 being 'very happy'		% rate their life 8–10 with 10 being 'completely satisfied'	
	56%▲	32%**▼	39%▲	36%▼
HEALTHY EATING	% agree they eat fruit and vegetables every day		% who eat 3 servings of vegetables and 2 servings of fruit every day	
	81%▲	67%**▼	31%▲	25%▼
SCREEN TIME	% who spend less than 2 hours on a screen outside of school or work on a typical week day (a higher result is positive)		Average number of hours per week (outside of school or work) (a higher result is negative)	
	32%▲	12%**▼	12.3▼	13.4▲
WEIGHT	<i>Data not captured for young people.</i>		% who self-report their weight as being 'about right'	
			31%▲	26%▼
			% who have a BMI in the 'healthy' range	
			34%▲	26%▼
SLEEP	% who meet recommended sleep guidelines		<i>Data not captured for adults.</i>	
	67%▲	49%▼		

** Warning: VERY small base (n<50)

▲▼ Significantly higher/lower than the other group

Base: All disabled respondents aged 5 and over.
Questions vary. BMI = Body mass index.

CONCLUSIONS

- Being disabled has a negative effect on participation in play, active recreation and sport. For disabled people, this is compounded with increasing age as poor health as a barrier increases and injury as a barrier decreases.
- Disabled people who participate score more favourably on health and wellbeing indicators than disabled non-participants.
- Disabled people have poorer results than non-disabled people in all six domains of physical literacy. The gap is bigger for disabled people on confidence, competence and opportunity to take part in activities of their choice, compared with non-disabled.
- The quality of the experience in physical education is poorer for disabled young people who are less likely to enjoy PE than non-disabled young people. Disabled young people are also more likely to agree 'my school doesn't offer the physical activities I'm interested in' than non-disabled young people.
- For disabled and non-disabled people, no difference is evident in weekly participation between ages 12 and 24. However, by age 25, the proportion of disabled people participating weekly, and the average number of sports and activities participated in, begins to decline. By age 50-plus, the amount of time spent in weekly participation also begins to decline.
- Appetite to increase participation is highest among disabled adults from age 25-plus, compared with non-disabled. This is the age when participation among disabled adults begins its steady decline.
- Overall, disabled adults spend 16 per cent less time participating than non-disabled adults.
- Disabled people participate in a narrower range of sports and activities than non-disabled. Disabled young females and disabled young people from high deprivation areas participate in fewer sports and activities.
- Disabled young people are less likely to participate in sports and activities for fun, in competitive sports and activities (especially between ages 8 and 14) and in play-related activities, and are more likely to participate for physical fitness than non-disabled young people.
- Disabled adults have lower levels of participation across all sports and activities, but they participate in the same top-ranked sports and activities. A bigger gap exists in weekly participation in walking, running and jogging between disabled and non-disabled adults.
- Other commitments taking priority and lack of motivation are the top two barriers to participation for disabled and non-disabled people. However, lack of motivation is more of a barrier for disabled people than lack of time, when compared with non-disabled people.
- Disabled adults are more likely to participate to meet people or be part of a group than non-disabled. This is particularly the case between ages 25 and 34.
- For disabled people between ages 15 and 24, not having the equipment required, family not being able to afford it, lack of nearby facilities or places, and no one to participate with are stronger barriers than for non-disabled of the same age.

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- Participation and barriers are linked to type of impairment. For example, disabled young people with an impairment in communicating, mixing with others or socialising identify the most barriers, score highest on lack of motivation, are more likely to lack confidence and are less likely to participate in competitive sports and activities.
 - Not having the equipment is more of a barrier for young people with a walking, lifting or bending impairment. Young people with this impairment have a strong appetite to increase their participation.