

# Strength and Balance Class Participants

SURVEY 2019

## Participation Focus Group Overview

62

Female participants

12

Male participants

**Median age of 76 years** (overall age range of 45 to 96 years with 31 between 70 and 80 years)

95%

**New Zealand European participants**

5%

**Maori participants**

100%

**of participants would recommend their class to a friend**

86%

**of participants reported that they are no longer worried about falling after coming to the classes**

All focus groups answered **YES** when asked if they would recommend classes to others and already encourage friends to come along.

**Social connection, health benefits and instructors** were the most liked aspects for class attendees.

Being **affordable, enjoyable, gaining friendships and additional activities outside of class** closely followed.

## Top 3 ways to find out about classes



Word of Mouth



Written Advertising



Health Professionals

## Participants have gained

- Balance
- Confidence in the way they move
- Strength
- Flexibility
- Friendship

**86%** report they no longer stop activities they enjoy doing after coming to the class because they are no longer afraid they would lose their balance

## BARRIERS THAT STOP PARTICIPANTS COMING TO CLASS



Illness



Weather



Family/School Holidays



Work



Transport

Participants commonly suggested they would enjoy having health and falls related guest speakers come to classes to present to them.



**99%** of participants who had a slip or trip have managed to stop themselves having a major fall.

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### METHODOLOGY

The results in this infographic are based on data collected through the Strength and Balance Class Participation Survey completed by Sport Taranaki and Taranaki District Health Board's Researcher/Analyst. The survey was completed through seven focus groups between 20 and 31 May 2019 from 75 adults (aged 45 - 96 years) in the Taranaki Region.

