

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.

