



Proactive Release

Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

Key to redaction codes and their reference to sections of the Act:

- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to: childandyouthwellbeing@dpmc.govt.nz

A guide to making a submission is available on the DPMC website <https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

Please provide details for a contact person in case we have some follow up questions.

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| Contact Name: | David Parker |
| Email Address: | 9(2)□(a) |
| Phone Number: | |
| Organisation Name: | Aktive – Auckland Sport & Recreation (on behalf of Aktive, Harbour Sport, Sport Waitakere, Sport Auckland and CLM Community Sport) |
| Organisation description: (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?) | <p>Aktive – Auckland Sport & Recreation is a charitable trust that has been established to make Auckland the world’s most active city. It is a key strategic partner of Sport NZ, Auckland Council and major grant-makers and funders.</p> <p>With and through our delivery partners Harbour Sport, Sport Waitakere, Sport Auckland and CLM Community Sport in Counties Manukau, Aktive invests more than \$11m per annum in Auckland, in a range of organisations and projects that will get more people active, recreating and playing sport in Auckland, with focuses on young people and communities.</p> <p>This submission is made on behalf of the five organisations who together serve the people, especially the young people, of Tāmaki Makaurau.</p> <p>Through our shared work on <i>The Auckland Approach to Community Sport</i> the 5 partners already have a focus on young people aged 5-18, but additional targeting of resource and effort goes to children in low socio-economic areas, as statistics show they have lower participation in physical activity. Further targeted groups include girls aged 10-18, and Samoan, Chinese, Indian and Maori young people, again due to their lower than average participation rates.</p> <p>There are many, many examples we can point to, and case studies we have created, that demonstrate the impact that we have on the ground, in our communities, working with clubs, schools and deliverers to</p> |

increase the number and quality of opportunities for young people to participate in physical activity. We would be delighted to share these with you.

We advocate, as individual agencies and as a team, at Local Board, Auckland Council and at Central Government level, for resources to help us in our work, for development of facilities that enable increased participation, and in areas of policy that affect aspects of our work. This submission to the draft Child and Youth Wellbeing Framework is an example of that advocacy.

We are part of a network of autonomous, charitable Regional Sport Trusts (RSTs) across New Zealand, employing more than 530 FTEs, supporting all New Zealanders to be more active and healthy through play, sport, active recreation and physical activity.

The RST network facilitates programmes across Auckland and across the country that help increase physical activity levels and improve nutrition, such as Green Prescription (GRx), and Green Prescription Active Families targeted at inactive children, young people and their extended whanau.

RSTs also facilitate the government funding initiative Kiwisport, increasing the numbers of school-aged children participating in sport, increasing accessibility and availability of opportunity, and supporting skills development. RSTs actively implement Sport New Zealand's community sport strategy 2015-20, working every day within the communities we serve.

RST's work closely with Sport NZ, with Local Councils, District Health Boards, National and Regional Sports bodies, clubs, schools, facilities, and community groups. We work with Health and Education sectors through initiatives such as Play.Sport, Project Energize, and Healthy Families NZ.

Executive Summary:

(Please provide a short summary of the key points of your Submission - 200 words)

Across New Zealand, 95% of young people aged 5 to 17 take part in sport and active recreation each week. More than one million Aucklanders – adults and children – are active each week. They are supported by 308,880 volunteers contributing 22.1 million hours of their personal time per annum, worth \$337.3 million, to keep the sport and recreation sector moving.

The sport and recreation sector contributes at least \$1.9 billion to the Auckland economy, providing more than 25,000 jobs for Aucklanders. In addition, there is a saving of \$115.4 million per annum in healthcare costs for Auckland¹.

Play, sport, active recreation, and physical activity connects all Aucklanders, including especially children and young people, across Tāmaki Makaurau, and delivers significant physical and mental health and wellbeing, social, economic and educational benefits.

We believe the draft Child and Youth Wellbeing Strategy offers an opportunity to embed the right and the need for all young New Zealanders to lead active and healthy lives, and be safely supported by adults at home, at school and in community sport organisations.

However, we do not believe the opportunity has been taken to directly reference within the strategy the contribution made by sport and physical activity to the wellbeing of young New Zealanders.

The benefits to the individual of being physically active are clear and well-documented, and backed by scientific evidence. Participating in physical activity, whether through play, active transport, self-regulated recreation or organised sport, creates happier, healthier people, better connected communities, and a stronger New Zealand.

Physical activity has been associated with indicators of enhanced mental wellbeing, such as self-esteem and happiness. There is a positive association with learning and development, with brain function and cognitive development, and in achievement of higher standard test scores, improved reading and maths skills. There is a positive orientation to achievement, attendance rates, absence and lateness, and stand-downs from school.

In children, regular physical activity improves cardiovascular fitness, reduces the risk of type 2 diabetes, improves bone health and helps to maintain healthy weight. Regular participation in sports, especially team sports, improves social skills, social integration, cooperation and teamwork. Play develops a young person's own physical awareness

¹ ACW Auckland City Report 2018, Portas Consulting

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| | <p>and capability and through that an awareness of risk-taking. It also develops social skills in forming and maintaining friendships, and allows children and young people to use their creativity, imagination, dexterity, and develop an understanding of their physical environment.</p> <p>In short, the benefits of play, sport, active recreation and physical activity will be significant factors in achieving Desired Outcomes across all five of the Wellbeing Domains in the draft Child and Youth Wellbeing Strategy. However, the connections are not made explicitly, nor are followed through into the 16 Focus Areas or the actions to be undertaken.</p> <p>In the submission below, and in the recommendations that are contained within it, we show how those connections can be strengthened, made explicit, and where they can be pursued through the framework to point to Focus Areas and action items.</p> <p>Thank you for the opportunity to contribute to the development of this Child and Youth Wellbeing Strategy.</p> |
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Submission Content

Background

Auckland is anticipated to grow significantly over the next 30 years. To make sure that we build on its strengths and hold on to the things that are dear to us during this growth, we ask DPMC to recognise the important role that play, active recreation, sport and physical activity contributes to the lives of young Aucklanders in the Child and Youth Wellbeing Framework.

Snapshot of our city

Currently around 1.6 million people live in Auckland. Over the next 30 years this number is anticipated to grow by another 740,000 people to reach 2.4 million².

Our love of sport and recreation

The statistics prove what we know – Aucklanders love physical activity – it's incredibly important in our lives and the lives of our whanau and friends.

There is clear evidence of the huge and wide-ranging benefits of sport and recreation – improved physical and mental health and wellbeing, social connectedness, economic and productivity gains, and educational outcomes³.

Who we represent

The sport and recreation sector in Auckland comprises:

- Approximately 308,800 volunteers
- 62 Regional Sport Organisations (RSOs)
- An estimated 1,500 clubs
- More than 450,000 members.

More than one million Aucklanders – adults and children – are active each week.

Our voice

We believe all Aucklanders, regardless of age, ethnicity and ability level, should be able to participate in play, active recreation, sport and physical activity in fit for purpose facilities and spaces to enable them to live active, healthy lives with positive health, community and economic benefits.

The sport and recreation sector contributes at least \$1.9 billion to the Auckland economy, employing more than 25,000 people. There are also 308,880 volunteers who contribute 22.1 million hours of their time each year, organising thousands of formal and informal opportunities for hundreds of thousands of people. When it comes to actual participation, 78% of Auckland adults and an amazing 93% of young people aged 5-18 take part in physical activity each week⁴.

Yet physical inactivity already costs New Zealand's health system hundreds of millions each year (\$200 million in 2013 alone). 32% of New Zealand children are expected to be overweight or obese

² [The Auckland Plan 2050/Our development strategy/Future Auckland/What will Auckland look like in the future](#), Auckland Council

³ Sport New Zealand Value of Sport and Recreation Auckland Report 2015, Sport New Zealand Regional profile Auckland 2013-2014 and the 2013 New Zealand Census and ACW Auckland City Report 2018, Portas Consulting

⁴ Sport New Zealand Value of Sport and Recreation Auckland Report 2015, Sport New Zealand Regional profile Auckland 2013-2014 and the 2013 New Zealand Census and ACW Auckland City Report 2018, Portas Consulting

by 2025, with 21% of 4-year-old children in Auckland already in this category. These obesity rates are crippling our communities and our economy⁵.

Sport and recreation connects people – belonging, contributing and being valued are key outcomes of this. This point and others highlighting the positive benefits of physical activity are documented in recent Sport New Zealand ‘The Value of Sport’ research:⁶

- 84% of respondents agree that sport and physical activity bring people together and promote a sense of belonging;
- 73% agree that sport and other physical activities help build vibrant and stimulating communities;
- 89% agree that being active helps relieve stress and is good for mental health;
- 82% agree that sport and other physical activities help to motivate people and create a sense of purpose;
- 92% agree that being active keeps people physically fit and healthy;
- 85% agree that being active keeps their children physically fit and healthy;
- Evidence indicates a positive association between children’s physical activity participation and academic achievement.

The Child and Youth Wellbeing Strategy – Overall Comments

⁵ Sport New Zealand Value of Sport and Recreation Auckland Report 2015 and Sport New Zealand Regional profile Auckland 2013-2014

⁶ Sport New Zealand ‘The Value of Sport’ Main Report, March 2018

The work of the OECD, academics around the world, and NZ Government, in promoting the wellbeing of all New Zealanders as a more appropriate measure of social impact and development than simply economic indicators is welcomed by Aktive.

The use of a wide range of social policy and programme interventions to create a significant upward shift in well-being, especially for our young people, measured and tracked by a range of appropriate indicators, is supported by Aktive.

As a general comment, working as we do at an intersection with health, education and sport (amongst others) we are hopeful that the current work of Government bringing together various departments with a common interest in the wellbeing of New Zealanders will bear fruit. We quote from Conal Smith's work on the Treasury Living Standards Dashboard (Jun 2018): "Alignment focuses on the role that an explicit wellbeing framework can play in supporting different agencies in aligning their work with each other and with broader government priorities. By providing a common language and frame of reference for discussing the desired outcomes of policy, a wellbeing framework can assist in identifying externalities and issues that spill over from one policy silo to another".

The Framework structure, of 5 Domains each with a number of Desired Outcomes, underpinned by 7 Principles, is clear and easy to follow. We do however make some detailed comments on possible changes and additions to those desired outcomes in our recommendations below.

However, the 16 Focus Areas are not always easy to track back to those framework Domains and Desired Outcomes. If that were clearer, we believe it would be much easier to follow through from the framework into the real actions that are to be undertaken. If each of the 3-5 actions under each of the 16 Focus Areas is intended to bring about one of the identified Desired Outcomes, should it not be possible to map them directly against each other? The introduction of different wording for similar things, and in some cases seemingly new objectives, is we believe unnecessarily confusing.

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Sport and recreation contributes to draft Child and Youth Wellbeing Framework outcomes

There is significant research demonstrating the benefit of sport and recreation on the outcomes of the draft Child and Youth Wellbeing framework⁷.

- ***Belong, contribute and are valued; are happy and healthy***
 - Physical activity brings \$115.4 million of healthcare cost savings for Auckland⁸;
 - Participation in sport brings 47.5 million hours of meaningful, positive social contact each year⁹.
- ***Have what they need***
 - Evidence is emerging that underspending on facilities leads directly to lower participation levels¹⁰;
 - Sport and recreation operating spend has a direct and significant correlation with participation levels¹¹.
- ***Are learning and developing***
 - Physical activity has a positive link to improved educational outcomes, leading to an increased \$6.9 million of GDP growth for Auckland¹²;

⁷ ACW Auckland City Report 2018, Portas Consulting

⁸ ACW Auckland City Report 2018, Portas Consulting

⁹ ACW Auckland City Report 2018, Portas Consulting

¹⁰ ACW Auckland City Report 2018, Portas Consulting

¹¹ ACW Auckland City Report 2018, Portas Consulting

¹² ACW Auckland City Report 2018, Portas Consulting

- Physical activity is delivering \$1.5 million in annual savings through reduced crime rates¹³;

**As an example of this confusing approach and wording, Focus Area 7 is headed “children and young people are free from racism, discrimination and stigma”. Those words do not appear in the Domain or Desired Outcomes. The first action under Focus Area 7 is that “all children and young people are respected and valued for who they are”. This is a direct reference to a Desired Outcome under the Domain ‘belong, contribute and are valued’, but doesn’t use the full phrase in that outcome. The second action under the Focus Area has no clear connection to a particular ‘Desired Outcome’.*

Our Child and Youth Wellbeing Strategy Submission Recommendations

1. Wellbeing Domain: Children and young people are loved, nurtured and safe

Desired outcomes: Children and young people are kept safe from accidental injury at home, in the community, on the road, and when taking part in sport and recreational activities; Communities, including at school and online, are safe and supportive, with children and young people protected from victimisation.

Potential Focus Areas: 1) Children and young people are safe and nurtured in their families, whanau and homes; 2) Children’s and young people’s physical safety is protected during everyday activities like travel and recreation; 3) Children and young people have positive interactions with peers and others outside the home.

Recommendation: Being physically safe, loved and nurtured is not only about protection from accidental injury. We recommend that the intention of these desired outcome should be expanded and explicitly include protection from other forms of harm. The development of programmes which promote the creation of nurturing environments, require support. Rigorous child protection policies, and systems to back them up which extend far beyond the simple police vetting of adults involved in young people’s sporting experiences, is essential. As an example, Aktive is separately advocating in the current Sport NZ Integrity Review for the introduction of a more comprehensive National Volunteer Accreditation System. Further, whilst programmes such as Aktive’s Greater Auckland Aquatic Action Plan (GAAAP), delivering free learn to swim and water skills to primary aged schoolchildren in low-decile areas, is specifically addressing drowning prevention as a physical harm, other initiatives such as Aktive’s GoodSports initiative are aimed at educating all significant adults that the creation of a safe and nurturing environment for young people in sport and recreation settings is hugely important in the development of young people. (Note: There is a clear link here also to the happy and healthy domain, where children and young people should have strong networks of trusting, caring relationships with family, whanau, peers communities and schools.)

We therefore strongly recommend that wording in the Desired Outcomes and Potential Focus Areas should be amended, to be explicit in extending safety beyond accidental injury, to expressly include protection from all forms of harm, not only across sport and recreation activities, but also into all other social settings.

2. Wellbeing Domain: Children and young people have what they need

Desired outcomes: Children and young people live in sustainable communities and environments

¹³ ACW Auckland City Report 2018, Portas Consulting

Potential Focus Area: 4) Children and young people and their families and whanau live in affordable, quality housing, and the resulting action area; 'housing is supported by quality infrastructure and community facilities to enable good quality of life and positive social connection'. (We note here also the use of the word 'environments' in Focus Area 10, on healthy lifestyle decisions, though it is perhaps confusingly linked to 'access to nutritious food'.)

Recommendation: The references to the built environment, especially the direct reference to infrastructure and community facilities in the action area, are essential. Aktive is a strong and leading advocate in Auckland for investment by local government (Auckland Council and Local Boards) into the facilities that enable play, active recreation, sport and physical activity to take place in our communities. In recognising the importance of this investment in the Child and Youth Wellbeing Framework, DPMC is identifying actions that are not within the remit of Central Government. The facilities in question are provided by local government through application of rates revenue. The partnership required between central and local government to achieve on this Desired Outcome and Focus Area has to be acknowledged, and work undertaken to ensure local government is alongside this framework in any of its own 'well-being'-guided investment planning (such as is being developed by Auckland Council). The actual provision standards, and investments made, are driven by local government provision guidelines, and are funded by local not central government.

We therefore strongly recommend that a further Desired Outcome is added to the 'have what they need' Domain, articulating that this includes 'easy access to play, to opportunities for physical activity, recreation and sport, on a network of fit-for-purpose facilities in the right places'. This should then be carried forward into a Focus Area to ensure that work is undertaken to achieve that outcome. The role of local government in achieving outcomes in this area should be acknowledged.

3. Wellbeing Domain: Children and young people belong, contribute and are valued

Desired Outcomes: Children and young people feel connected to their family, whanau and communities, and are actively included in schools, communities and societies; Children and young people care about and recognise their responsibilities to others, and contribute positively at home, school and in their communities.

Focus Area: none noted

Recommendation: Aktive was strong advocate to Auckland Council in the creation of a new Focus Area for the Auckland Plan refresh completed in 2018. Under the Outcome headed 'Belonging and Participation' in the Auckland Plan, a new Focus Area was added following feedback from the city and from organisations within it, that recognised the value of arts, culture, sport and recreation to all Aucklanders. In our view there is a similar need in the Child and Youth Wellbeing Framework. The wording of the new Auckland Plan Focus area is we believe, highly relevant to this Framework and is shown below for information:

*Our quality of life is central to our physical and mental wellbeing. We get fulfilment from having a purpose and feeling we contribute to society.
How we spend our time is important to a balanced and healthy lifestyle, whether it is spending time with family and friends, taking part in outdoor activities or going to an event. Many Aucklanders already enjoy a lifestyle where they engage in a wide range of activities that contribute to their quality of life. The ability to take part in sport and recreation, and arts and cultural activities is particularly important. It supports both mental and physical wellbeing – they feed both body and mind.
Providing opportunities for all Aucklanders to access, participate in and experience arts and culture, helps create cohesiveness amongst people and communities through learning, understanding and appreciation of difference. Participating and engaging in the arts can:*

- *improve self-esteem and confidence*

- *foster identity and pride*
- *build social connection*
- *increase our sense of belonging and wellbeing.*

We therefore strongly recommend that a new Desired Outcome area be added to the 'belong, contribute and are valued' or 'are happy and healthy' Domain, (or that the wording of an existing Desired Outcome be amended), that recognises explicitly the value of play, sport, active recreation and physical activity to children and young people, and to their ability to feel connected to, included in, and contributing positively to their communities.

4. Wellbeing Domain: Children and young people are happy and healthy

Desired Outcomes: 1) Children and young people experience mental wellbeing; 2) Children and young people can play, express themselves creatively, have fun, and have opportunities for down time.

Focus Area: 12) Children's and young people's mental wellbeing is supported

Recommendation: The benefits of play, sport, active recreation and physical activity to the mental wellbeing of young New Zealanders are proven. The Desired Outcome expresses a need for play, creativity, fun and downtime, but the benefits that also accrue from sport, physical activity and recreation are not explicitly observed. Further, the references even to play are then not followed through into Focus Area 12, nor an action that is listed.

We therefore strongly recommend that a new Desired Outcome area be added to the 'are happy and healthy' Domain, (or that the wording of an existing Desired Outcome be amended), that recognises explicitly the value not just of play, but also of sport, active recreation and physical activity to the mental wellbeing of children and young people. This should then be carried forward into Focus Area 12 with an additional specific action, recognising explicitly the value of all four components (play, sport, active recreation and physical activity) to ensure that work is undertaken to achieve that outcome.

5. Wellbeing Domain: Children and young people are learning and developing

Desired Outcome: Children and young people have developmentally appropriate opportunities outside the classroom that build confidence and important life skills

Focus Area: 15) Children are thriving socially, emotionally and developmentally.

We note here that this Focus Area is noted as for the early years (2-6) only, but we would argue that the principles apply beyond that age through the rest of childhood and youth.

Recommendation: The benefits of play, sport, active recreation and physical activity to the learning and development of cognitive function, brain development, and to social skills and integration, are proven. The Desired Outcome recognises that opportunities outside the classroom are important. The focus area is shown as ages 2-6, but the benefits of opportunities outside the classroom and in the community are clear. We would recommend that explicit reference to the 'outside of classroom' being, or at least including, play and sport, would be useful, that this be applied to all age groups, and that it be followed through with an action item under a Focus Area is required.

We therefore strongly recommend that a new Desired Outcome area be added to the 'are learning and developing Domain, (or that the wording of the existing Desired Outcome be amended), that recognises explicitly play, sport, active recreation and physical activity as providing opportunities for development outside the classroom. This should then be carried forward both into Focus Area 15 and a new Focus Area for older children and youth with specific actions, recognising explicitly the value of play, sport, active recreation and physical activity to ensure that work is undertaken to achieve that outcome.

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Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.