

Recreation and the Wellbeing Framework

The Wellbeing Framework measures wellbeing and progress against established indicators.

The current government has been adapted the [OECD's Better Life Index](#) to include things of value to New Zealander's such as culture.

[The Framework] is intended to put sustainable, intergenerational wellbeing at the core of the Treasury's advice across its different functions'

Why Measure Wellbeing?

Wellbeing is associated with:²

- Increased ability to cope with stress
- Greater job satisfaction
- Lower incidence of cancer
- Increased productivity
- Greater immunity from colds and flu
- Increased longevity
- More resilient to trauma
- More creative thinking
- Reduced incidence of heart attacks
- Improved ability to make decisions
- Fewer marriage break-ups

*Improving wellbeing moves a population- from 'languishing' towards 'flourishing'.*³

Felicia Huppert

Recreation and the Wellbeing Framework

As providers of recreation opportunities for New Zealanders, we contribute to the wellbeing of the population. Recreation is both a means to an end (health, fitness, therapy), and an end in itself (fun, satisfaction). Participation in active recreation and sport occurs across our lifetime. Participation in recreation and leisure contributes to quality of life and contributes to the wellbeing of a population.⁴

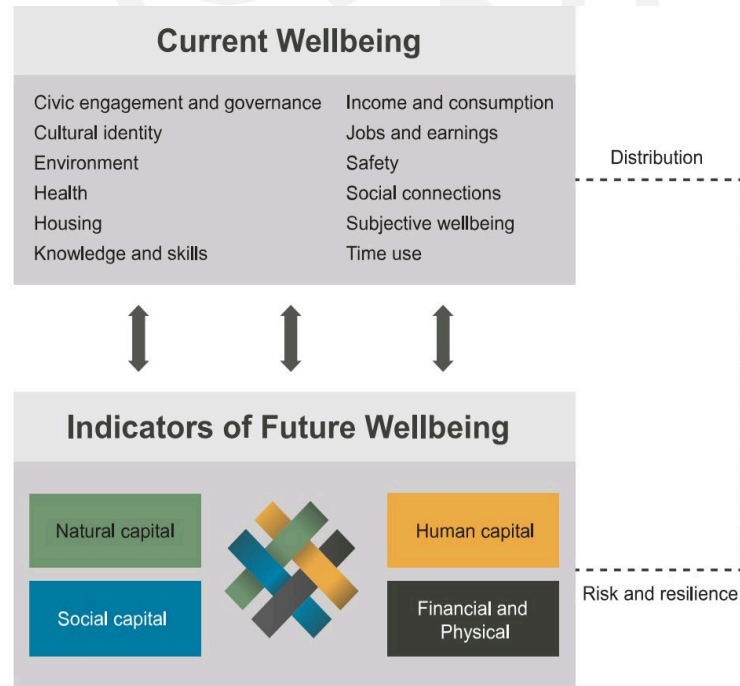


Figure 1 Conceptual Framework for the Living Standards Dashboard

How will progress be measured?

Success of the Living Standards Framework will be measured against 'stocks' of the following four types of capital – natural, social, human and physical. The government has developed a set of Indicators to measure these. Government will measure the distribution of population outcomes and look at sub-populations through a range of lenses including age, sex and ethnicity.

What are the Four Capitals?

The Four Capitals are about increasing population [capacity and capability](#). The concept of developing human capital is not new, but key to its interpretation is developing human *capability* - ie, skills and knowledge, as well as physical and mental health.⁵

*The four capitals generate benefits that enhance wellbeing now and in the future. Intergenerational wellbeing depends on the sustainable growth and distribution of the four capitals.*⁶

The Value Proposition

Find out more about [The Living Standards Framework and measurement dashboard](#)

Recreation can add value as a means to an end and an end in itself. The chart on the following page shows how the sector can contribute; what will be measured as part of the dashboard, an example, and action for the sector. The Living Standards Framework provides a prime opportunity for the sector to place itself centre front in terms of the impact we can make on people's wellbeing.

Where does recreation add value?

INDICATORS	PERSONAL EXAMPLE	ACTION FOR THE SECTOR
HEALTH: physical activity contributes to people's mental and physical health		
Life expectancy at birth	Walking	Health Promote the value of participation in active recreation as a way to maintain or regain good health (mental and physical) Find out about people's perceived wellbeing
Self-reported health status	Gardening	
Limitations in daily activities	Outdoor play	
Proportion of the population with poor mental health		
LEISURE AND RECREATION: The right to rest and re-creation, opportunities for leisure education and leisure choices as personal expression		
Proportion of the population working long hours	Rest and leisure time	Leisure and recreation Provide participation opportunities across the 24/hr period Promote the value of leisure and play at an individual, community and national level
Time in leisure and personal care	Play , games, recreation and sport	
Satisfaction with free time	Self expression, creative and artistic activities	
CULTURAL IDENTITY: expressed through leisure, play, games and sport		
Proportion of the population feeling a strong sense of belonging in New Zealand	Kapa haka	Cultural identity Ensure that ways of enhancing belonging are a component of recreation activities Promote and support cultural activity . Commit to meeting our obligations to the Treaty of Waitangi
Proportion of the population able to be themselves in New Zealand	Cultural activities of all kinds	
Māori language speakers	Inclusive opportunities	
ENVIRONMENT: conservation and management of parks open spaces, lakes and waterways		
Air quality (PM10 concentrations per cubic metre)	Parks and playgrounds	Environment Promote the value of outdoor play and recreation Promote the benefits to populations of parks, open space, waterways, bush and beaches
Air quality (PM2.5 concentrations per cubic metre)	Greenspace in cities	
Satisfaction with water quality	Waterway, beach and bush restoration	
Natural space footprint within a 1km radius of home		
SOCIAL CONNECTIONS: recreation as a tool for social connection		
Social network support	Pilates class	Social connections Develop recreation opportunities as a vehicle for social connectedness , targeting vulnerable populations
Loneliness	Pre-school group	
Time spent in positive social activities	Walk-and-talk group for older adults	

Additional resources

[Connecting recreation and Resiliency in Children](#)
[The role of public space in creating a sense of community](#)
[Human Capital and Human Capability](#)
[Intergenerational Wellbeing: Weaving the Living Standards Framework into Public Policy](#)
[Living Standards Dashboard](#)
[OECD Better Life Initiative](#)
[Social impact of culture, sport and recreation](#)
[Economic and social value of sport and recreation in New Zealand](#)
[Social Impacts of Culture and Sport](#)
[Developing a national index of subjective wellbeing](#)
[What works for wellbeing](#)
[World Happiness Report](#)

References

¹ Smith, C. (2018) Living Standards Dashboard: Monitoring Intergenerational Wellbeing
² Robinson, P. (2016) quoted in presentation at Wellbeing and Public Policy Conference 2018, Dr Lucy Hone, *Measuring Wellbeing: Why conceptualisations and operationalisations of wellbeing are limiting the public health impact of positive psychology*.
³ Huppert, F. A., & So, T. T. (2013). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social indicators research*, 110(3), 837-861. <https://link.springer.com/article/10.1007/s11205-011-9966-7>
⁴ Dalziel, P. (2011) The Economic and Social Value of Sport and Recreation to New Zealand. Research Report No. 322. <https://www.srknowledge.org.nz/research-completed/the-economic-and-social-value-of-sport-and-recreation-to-new-zealand-2/>
⁵ Sen, A. (1997). Human capital and human capability. *World development*, 25(12), 1959-1961.
⁶ Makhoul, G. (2017) Intergenerational Wellbeing: Weaving the Living Standards Framework into Public Policy, published online, Treasury. <https://treasury.govt.nz/publications/speech/intergenerational-wellbeing-weaving-living-standards-framework-public-polit>