# Research 1

### Sports-Life Survey of People with Disabilities

### I. Overview

### 1. Purpose

The purpose of this study is to investigate the level of participation of people with disabilities in sports, and to provide an evidence-based data to the government and relevant sectors for future policy development.

### 2. Data collection method

### (1) Method

Online survey

(2) Questions

- Respondents attributes (disability types, possession of disabled ID card)
- Engagement in sports/recreation (activities, frequency, purpose)
- Barriers to engage in sports/recreation

### (3) Sample

Clients registered as internet monitors under one of the research companies in Japan and those who meet the following criteria;

- Have a disability or live with a person with a disability
- The person with a disability is at the age of 7 or older

There were 4,268 clients who responded. The following tables (Tables 1-1, 1-2, 1-3) are the respondents' attributes. If more than two people with disabilities are present, we asked them to answer the age of the oldest person. As a result, a total number of people with disabilities (themselves or other person with a disability in the family) was 5,381.

Table 1-1	Living region	

(N=4 268)

	(11=+,200)
Region	%
Hokkaido region	6.1
Tohoku region	5.8
Kanto region	33.9
Chubu region	19.4
Kinki region	19.0
Chugoku region	5.6
Shikoku region	2.6
Kyushu region	7.6

	(N=4,268)
Age	%
Under 19	0.4
20s	6.7
30s	18.7
40s	32.9
$50\sim 64$	35.1
$65 \sim 74$	5.2
75+	1.0

### Table 1-2 Age

54

### Table 1-3 Gender

(N=4,268)

Gender	%
Male	57.2
Female	42.8

### (4) Timeframe

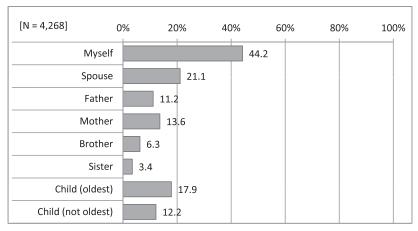
November 1, 2013 – November 15, 2013

### **II. Survey Results**

### 1. Respondents attributes

(1) The individual or a family member living together

As for whether or not the individual or a family member living together is a person with a disability, the most common response was "Myself" (44.2%) followed by "Spouse" (21.1%) and "A child (the oldest child)" (17.9%) (Figure 1-1).



### Figure 1-1 Child or adult with a disability (multiple responses)

The following report describes the results of 5,381 disabled respondents and family members with disabilities.

### (2) Age

The age breakdown was: 7–19 years old = 13.2%; 20–64 years old = 68.3%; and 65+ years old = 18.6% (Figure 1-2). Population statistics from the Ministry of Internal Affairs and Communications (October 1, 2012) show the age breakdown to be 7–19 years old = 11.9%, 20–64 years old = 58.1%, and 65+ years old = 24.1%. The age distribution of people/children with disabilities who responded to this survey was thus found to contain a somewhat higher proportion of working age individuals than was seen in the national population data.

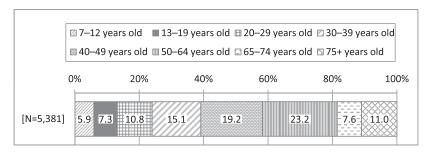


Figure 1-2 Age

#### (3) Gender

Regarding gender, among respondents there were more men (56.6%) than women (43.4%) (Figure 1-3).

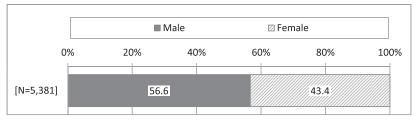
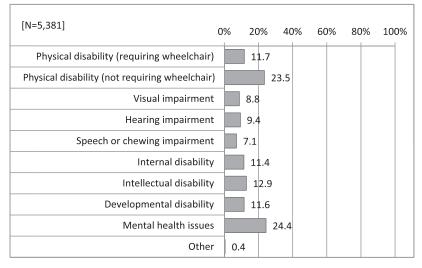


Figure 1-3 Gender

(4) Disability types

The most common disability type was "Physical disability", accounting for one-third of respondents (11.7% of those individuals require a wheelchair for daily life and 23.5% do not), followed by "Mental health issues" (24.4%), "Intellectual disability" (12.9%), and "Developmental disability" (11.6%) (Figure 1-4). According to the Cabinet Office's "People with disabilities white paper" (2013), there are 3,663,000 physically-disabled children and adults in Japan (2.9% of the total population), 547,000 intellectually-disabled children and adults (0.4% of the total population), and 3,201,000 children and adults with mental health issues (2.5% of the total population). In this survey, physical disabilities and intellectual disabilities had the highest frequencies of appearance.

When viewing cases involving multiple disabilities according to disability type, the most common was "Speech or chewing impairment" with 69.6%, demonstrating a high percentage of multiple disabilities compared to other disability types such as "Intellectual disability" or "Physical disability (requiring wheelchair)" (Figure 1-5).



### Figure 1-4 Type of disability (multiple responses)

		Single	disability	⊠M	ultiple disat	oility	
_	0%	20	% 40	0% 60	0% 80	0%	100%
Physical disability (requiring wheelchair) [N = 630	]		53.8	<i>\\\\</i>	46.2	2	
Physical disability (not requiring wheelchair) [N = 1,263	]		79	.2		20.8	
Visual impairment [N = 474	]		70.0			30.0	
Hearing impairment [N = 505	]		70.9		<i></i>	29.1	
Speech or chewing impairment [N = 382	]	30.4			69.6		
Internal disability [N = 616	]		76.	.9	Ĩ	23.1	
Intellectual disability [N = 694	]		53.5		46.5	5 <i>///////</i>	
Developmental disability [N = 623	]		62.9		///////3	7.1	
Mental health issues [N = 1,313	]		8	3.3		16.	7///
Other [N = 23	]		60.9	1	39	9.1	

### Figure 1-5 Ratio of single/multiple disabilities

Note: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

#### (5) Possession of disabled ID cards

When asked whether or not they were in possession of a disabled ID card, 36.3% responded "I don't have a disabled ID card". Among individuals who have a disabled ID card, "Class-1 physical disability ID card" was the most common (13.4%) followed by "Class-2 physical disability ID card" (8.9%) and "Class-2 mental disability health and welfare ID card" (8.2%) (Figure 1-6). With physical disability ID cards, there was a tendency for the percentage of possession to increase as class level increased.

The results for disabled ID card possession by disability type tells us that some people have multiple disabled ID cards (Table 1-4). This result provides further evidence to support the high number of individuals with multiple disabilities in Figure 1-5.

[N=5,381]	0%	20	%	40%	60%	80%	100%
Class-1 physical disability ID care	t i	13	.4				
Class-2 physical disability ID care	t l	8.9					
Class-3 physical disability ID care	k k	7.4					
Class-4 physical disability ID care	3 📃 5	5.3					
Class-5 physical disability ID care	1 2.	9					
Class-6 physical disability ID card	1 2.	5					
Class-7 physical disability ID card	1 1.0	)					
(A) or A (most severe or severe) special needs ID care	1 4	.7					
B or C (moderate or light) special needs ID care	4 📄 i	5.5					
Other special needs ID card	1 0.5						
Class-1 mental health and welfare ID care	1 1.5	5					
Class-2 mental health and welfare ID care	3 D	8.2					
Class-3 mental health and welfare ID care	3 📃 9	5.5					
I don't have a disabled ID care	k k			36.3			

# Figure 1-6 Possession of a disabled ID card (multiple responses)

Note: please see Appendix 1 for determining the level of disability for each ID card

	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	oility Ichair)	oility selchair)	nent	ment	ability	sability	ssues	rnal disability impairment)
	N = 630	N = 1,263	N = 474	N = 505	N = 694	N = 623	N = 1,313	N = 992
Class-1 physical disability ID card	41.1	8.6	17.1	10.5	13.8	3.7	2.7	38.8
Class-2 physical disability ID card	18.3	13.3	14.6	15.0	6.1	2.4	3.5	9.1
Class-3 physical disability ID card	7.0	13.3	7.8	8.1	2.9	2.6	3.1	12.1
Class-4 physical disability ID card	5.7	10.8	4.9	5.1	2.2	0.5	1.0	8.6
Class-5 physical disability ID card	3.7	7.0	5.3	3.8	1.0	0.8	0.6	2.1
Class-6 physical disability ID card	0.8	3.7	2.7	10.5	1.2	0.5	1.2	1.2
Class-7 physical disability ID card	0.8	1.4	1.7	3.8	0.6	0.6	0.7	0.5
(A) or A (most severe or severe) special needs ID card	7.3	2.1	2.5	2.2	31.4	10.6	1.2	3.6
B or C (moderate or light) special needs ID card	0.8	1.1	0.8	2.4	30.7	20.2	2.1	2.2
Other special needs ID card	0.2	0.1	1.1	0.2	1.3	1.3	0.5	0.2
Class-1 mental health and welfare ID card	1.9	0.7	0.4	1.0	3.0	0.6	4.3	0.4
Class-2 mental health and welfare ID card	1.3	0.7	1.1	1.6	2.9	7.2	30.2	1.4
Class-3 mental health and welfare ID card	0.8	0.8	0.8	1.0	1.3	6.3	19.0	0.8
I don't have a disabled ID card	20.2	40.1	44.7	40.2	15.0	47.4	34.1	24.7

Table 1-4 Possession of a disabled ID card (by disability type)

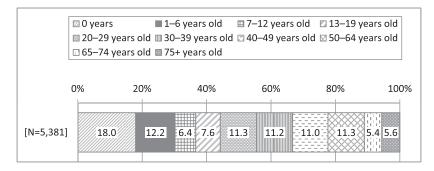
(%)

Note 1: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

Note 2: Samples include all applicable disability types in cases of multiple disabilities.

#### (6) Age at which the disability occurred

Regarding the age at which the disability occurred, the prenatal/birth periods and the pre-elementary-school period accounted for about 30% overall, with "0 years" at 18.0% and "1–6 years old" at 12.2% (Figure 1-7). Also, the percentage of individuals who acquired their disabilities after the age of 40 exceeded 30%, revealing that disabilities occur at different ages.



### Figure 1-7 Age at which the disability occurred

Note: When multiple disabilities are present, responses are for the age at which the first disability occurred.

### 2. Engagement in sports/recreation

(1) Engagement in sports/recreation in the past year

When asked whether or not the individuals engaged in sports/recreation in the past year, 44.4% responded "Yes" (Figure 1-8). According to Sasakawa Sports Foundation's "National Sports-Life Survey" (2012), the percentage of adults who engage in exercise or sports at least once a year is 74.4%, which is higher than that of people/children with disabilities who engage in sports.

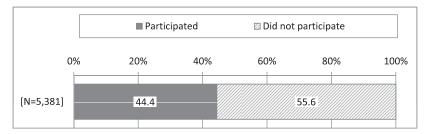


Figure 1-8 Engagement in sports/recreation in the past year

When viewed according to disability type, "Physical disability (requiring wheelchair)" (29.4%) and "Physical disability (not requiring wheelchair)" (36.4%) had the lowest proportions of individuals who engaged in sports/recreation, while the disabilities with the highest percentage were "Developmental disability" (58.9%), "Hearing impairment" (53.9%), and "Intellectual disability" (51.3%) (Figure 1-9).

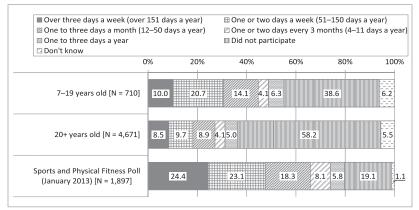
Participated		🛛 Did no	t particip	ate		
	0%	20%	40%	60%	80%	100%
Physical disability (requiring wheelchair) [N = 63	0]	29.4		70.6		
Physical disability (not requiring wheelchair) [N = 1,26	3]	36.4		63.0	5 <i>///////</i> ////	
Visual impairment [N = 47	4]	43.0		57	7.0	
Hearing impairment [N = 50	5]	53.9			46.1	
Intellectual disability [N = 69	4]	51.3			48.7	
Developmental disability [N = 62	3]	58.9			41.1	
Mental health issues [N = 1,31	3]	43.3		50	5.7	
Other (including an internal disability or a speech chewing impairment) [N = 992]	or	39.2		60.	8	

# Figure 1-9 Engagement in sports/recreation in the past year (by disability type)

Note: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

(2) Number of days engaged in sports/recreation in the past year

For the 7–19 age group, 30% of individuals engaged in sports/recreation at least one day a week, with "Over three days a week" totaling 10.0% and "One or two days a week" at 20.7%; the highest percentage was "Not doing sports/recreation" at 38.6%. The proportion of individuals in the 20+ age group who engaged in sports/recreation at least one day a week did not reach 20%, with approximately 60% responding "Not doing sports/recreation" (Figure 1-10). The Ministry of Education, Culture, Sports, Science, and Technology (MEXT)'s "Sports and Physical Fitness Poll" (January 2013) which targeted adults throughout Japan showed that around half (47.5%) of adults engage in sports at least one day a week, which means that there is a trend of lower sports participation among people with disabilities.



### Figure 1-10

#### Number of days engaged in sports/recreation in the past year

Note: MEXT's "Sports and Physical Fitness Poll" (January 2013) targeted Japanese nationals over the age of 20 from throughout Japan.

When viewed according to disability type, 7–19 year olds with a "Hearing impairment", "Intellectual disability", or "Developmental disability" had the highest number of days on which they engaged in sports (Table 1-5).

								(%)
		Over three days a week (over 151 days a year)	One or two days a week (51–150 days a year)	One to three days a month (12–50 days a year)	One or two days every 3 months (4–11 days a year)	One to three days a year	Did not participate	Don't know
Overall	7–19 years old [N = 710]	10.0	20.7	14.1	4.1	6.3	38.6	6.2
Overall	20+ years old [N = 4,671]	8.5	9.7	8.9	4.1	5.0	58.2	5.5
Physical disability	7–19 years old [N = 58]	3.4	8.6	19.0	1.7	5.2	55.2	6.9
(requiring wheelchair)	20+ years old [N = 572]	6.1	5.9	4.9	3.7	3.8	72.2	3.3
Physical disability (not requiring	7–19 years old [N = 78]	3.8	15.4	7.7	1.3	0.0	64.1	7.7
wheelchair)	20+ years old [N = 1185]	7.0	9.4	7.3	3.1	4.3	63.5	5.4
Visual impairment	7–19 years old [N = 38]	7.9	13.2	15.8	2.6	5.3	39.5	15.8
Vioual impairment	20+ years old [N = 436]	8.5	10.3	7.6	5.3	5.7	58.5	4.1
Hearing impairment	7–19 years old [N = 60]	15.0	18.3	21.7	5.0	3.3	31.7	5.0
	20+ years old [N = 445]	9.0	13.5	11.0	6.5	5.6	48.1	6.3
Intellectual disability	7–19 years old [N = 224]	9.4	25.4	14.3	5.4	6.3	34.4	4.9
	20+ years old [N = 470]	5.7	8.7	12.8	2.1	8.1	55.5	7.0
Developmental	7–19 years old [N = 335]	11.3	25.7	13.7	5.1	9.3	31.0	3.9
disability	20+ years old [N = 288]	9.0	10.1	10.4	4.5	5.6	52.8	7.6
Mental health issues	7–19 years old [N = 76]	7.9	9.2	7.9	7.9	5.3	53.9	7.9
	20+ years old [N = 1237]	9.8	9.3	9.6	3.8	4.4	56.8	6.2
Other (including an internal disability or	7–19 years old [N = 80]	5.0	17.5	17.5	3.8	6.3	42.5	7.5
a speech or chewing impairment)	20+ years old [N = 912]	8.8	9.3	8.1	3.2	4.4	62.4	3.8
Sports and Physi (January 2013		24.4	23.1	18.3	8.1	5.8	19.1	1.1

# Table 1-5 Number of days engaged in sports/recreation in the past year(by disability type and age group)

(%)

Note 1: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

Note 2: MEXT's "Sports and Physical Fitness Poll" (January 2013) targeted Japanese adults over the age of 20.

The items in sections (3) through (5) below were implemented in a survey targeting 2,390 individuals who engaged in some sort of sports/recreation in the past year.

(3) Sport/activity participated in over the past year

For the types of sport/activity engaged in by people who responded "Yes" for sports participation in the past year, we consolidated the ranking of each activity by disability type along with the average number of activities each person engaged in. Overall and among adults (20+), light sports/recreation activities such as "Strolling", "Walking", and "Calisthenics (light calisthenics, radio calisthenics, etc.)" were the most common (Table 1-6, Table 1-8). In addition to these activities, "Swimming" also had a high participation rate among the 7–19 age group, occupying the top rank for "Physical disability (not requiring wheelchair)", "Hearing impairment", "Intellectual disability", and "Developmental disability" (Table 1-7).

The average number of activities each person engaged in varied according to disability type. Overall, "Developmental disability" had the highest number of activities at 3.1 activities, with "Physical disability (requiring wheelchair)" totaling 1.5 activities, which is less than half of "Developmental disability" (Table 1-6).

Table 1-6 Sport/activity participated in in the past year (by disability type; overall, N=2,390) (multiple responses)

a a	Π	33.7	31.1	19.0		14.1	0	o i	7.5	7.2	6.4	5.7	5.1		4.4		4.1		
Other (including an internal disability or a speech or chewing impairment)	N=389	33.0 Walking	31.3 Strolling	Calisthenics (light 18.8 calisthenics. radio	calisthenics, etc.)	12.3 Swimming	11.6 Strength training	Fishing	7.2 Bowling	6.9 Sea bathing	6.5 Golf (driving range)	Golf (on a course)	5.3 Cycling	Jogging/Running	Hiking	Aquatic exercise 4.7 (walking/moving in water)	3.7 Mountain climbing		2.2
sar		33.0	31.3	18.8		12.3	11.6	8.4	7.2	6.9	6.5	5.4			5.1	4.7	3.7		
Mental health issues	N=569	31.9 Walking	28.1 Strolling	Calisthenics (light 24.3 calisthenics. radio	calisthenics, etc.)	18.5 Swimming	16.9 Strength training	Jogging/Running	Sea bathing	9.5 Bowling	8.7 Fishing	8.4 Cycling	Table tennis (including sound table tennis)	Hiking	Mountain climbing	Yoga	Dancing (ballroom 7.1 dancing, folk dancing, hula dancing, etc.)		2.2
bility		31.9	28.1	24.3		18.5	16.9	13.9		9.5	8.7	8.4	8.2		7.9	7.4	7.1		
Developmental disability	N=367	34.0 Swimming	28.1 Strolling	Calisthenics (light 26.1 calisthenics. radio	calisthenics, etc.)	21.1 Walking	16.0 Sea bathing	12.9 Bowling	9.6 Jump rope	6.7 Hiking	Jogging/Running	5.3 Dodgeball	5.1 Soccer	Fishing	4.5 Mountain climbing	Table tennis (including sound table tennis)	4.2 Playing catch		3.1
A1		34.	28.	26.		21	16.	12	6	9		'n	ι. Ω			9 P	4		
Intellectual disability	N=356	Strolling	19.9 Swimming	Calisthenics (light 18.8 calisthenics, radio	calisthenics, etc.)	12.5 Walking	11.4 Bowling		Hiking	6.6 Jogging/Running	6.3 Jump rope	Basketball	5.9 Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	5.5 Mountain climbing	Playing catch	Table tennis (including sound table tennis)	4.4 Soccer	Balloon volleyball	2.5
ent		28.3	19.9	18.8		12.5	11.4	7.7		9.9	6.3		5 0	5.5	0 4	4.0	4.4		
Hearing impairment	N=272	27.0 Walking	19.6 Strolling	Calisthenics (light 16.2 calisthenics. radio	calisthenics, etc.)	10.3 Swimming	9.8 Strength training	Fishing	6.9 Bowling	5.9 Sea bathing	Badminton	Table tennis 4.9 (including sound table tennis)	Hiking	4.4 Cycling	Playing catch	Jogging/Running	3.4 Camping		2.4
ţ	Γ	27.0	19.6	16.2		10.3	9.8	8.3	6.9	5.9		4.9		4.4	0 r	ů,	3.4		
Visual impairment	N=204	Walking	27.0 Strolling	Calisthenics (light 17.4 calisthenics. radio	calisthenics, etc.)	16.5 Strength training	11.7 Sea bathing	Fishing	6.3 Swimming	5.7 Jogging/Running	Aquatic exercise 5.4 (walking/moving in water)	5.0 Playing catch	4.6 Bowling	4.3 Baseball	3.7 Camping	Yoga	Ice skating		1.9
:Y chair)		27.2	27.0	17.4		16.5	11.7	8.0	6.3	5.7	5.4	5.0		4.3	3.7		2.8		
Physical disability (not requiring wheelchair)	N=460	Walking	11.9 Strolling	9.7 Swimming	0	Calisthenics (light calisthenics, radio calisthenics, etc.)	Strength training	Fishing	Golf (on a course)	5.9 Golf (driving range)	5.4 Bowling	Sea bathing	Aquatic exercise (walking/moving in water)	4.3 Jogging/Running	3.8 Mountain climbing	Tennis (regulation tennis)	Yoga		1.9
y air)	Π	13.5	11.9	9.7		9.2		8.1		5.9	5.4		4.9	4.3	3.8	3.2	2.7		
Physical disability (requiring wheelchair)	N=185	Strolling	Calisthenics (light calisthenics, radio calisthenics. etc.)	Ice skating	D	Walking	Strength training	Sea bathing	Swimming	Aquatic exercise (walking/moving in water)	Fishing	Balloon volleyball	Boccia	Wheelchair tennis	Table tennis (including sound table tennis)	Aoga	Wheelchair basketball	Badminton Bowling	1.5
		#1	#2	#3	!	**			#7	8#	6#	#10	#11	#12	#13	#14	#15		Average number of activities each person

Note:"requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

-
6
×.
×
20
Z
Q
<u>a</u>
Š
é,
-
Ð
Ē
<u>d</u>
-
=
$\sim$
N=436)
<u> </u>
<u>e</u> 2
7
1=4
~
Q
0
Ľ.
7-19 age group, N
<u>e</u>
o
a
ŝ
ŝ
- T
e; 7–1
ē
Q
~
>
<u> </u>
ő
0
-
2
<u>.</u>
ted in in the past year
yeaı
۳.
$\sim$
ž
S
g
Q
(L)
ž
÷
-
L
ā
Ţ
B
articip
<u>.</u>
+
š
ty p
>
' کک
-
-
ivi
tivi
activi
/activi
rt/activi
ort/activi
ort/activi
port/activi
Sport/activi
Sport/activi
7 Sport/activi
Sport/activi
Sport/activi
Sport/activi
Sport/activi
Sport/activi
Sport/activi
Sport/activi

2.9		2.8		3.5		3.2		3.5		2.5		2.7		2.0	Average number or activities each person engaged in
		Tug of war Mountain climbing Dodgeball		Fishing						Judo Swimming Baseball		_		Balloon volleyball	
Baseball	Hiking 8.6	10.0 Soccer	10.	8.8 Walking	80.00	Hiking	12.2	Dodgeball	8.7	Strength training			7.7	Calisthenics (light calisthenics, radio calisthenics, etc.)	#10
e 8.7 Dodgeball	11.4 Jump rope	10.4 Badminton	10.	Hiking		Soccer	0,	Jump rope		Playing catch				Ice skating	6#
Strength training	14.3 Ice skating	12.1 Jump rope	12.	10.2 Soccer	10.2	Jogging/Running		Fishing		Aquatic exercise (walking/moving in water)				Boccia	8#
	Camping	3 Fishing	H	12.9 Dodgeball	12.9	Jump rope		Skiing		Ice skating		Bowling		Dodgeball	#7
	Walking	15.2 Sea bathing	15.	14.3 Bowling	14.3	Walking	14.6	Soccer	13.0		10.7	Fishing	11.5	Fishing	#6
15.2 Swimming	17.1 Bowling	21.2 Bowling	21.	15.0 Jump rope	15.0	Bowling		Camping	t.	Fishing	17.9	Calisthenics (light calisthenics, radio calisthenics, etc.)		Horse riding	#5
cs (light cs, radio 19.6 Tag cs, etc.)	Calisthenics (light calisthenics, radio calisthenics, etc.)	22.1 Walking	22.	22.4 Sea bathing	22.4	17.1 Sea bathing	17.1	Strength training	17.4	Walking	21.4	. Sea bathing	15.4	Aquatic exercise (walking/moving in water)	#4
ng 26.1 Jogging/Running	22.9 Sea bathing	25.5 Swimming	25.	24.5 Strolling	24.5	Calisthenics (light 22.0 calisthenics, radio calisthenics, etc.)	22.0 0	Strolling	117	Calisthenics (light calisthenics, radio calisthenics, etc.)	25.0	Jump rope	23.1	Swimming	#3
g 28.3 Basketball	Swimming	27.3 Strolling	27.	Calisthenics (light 37.4 calisthenics, radio calisthenics, etc.)	37.4	26.8 Strolling	26.8	Calisthenics (light calisthenics, radio calisthenics, etc.)	- FC	Sea bathing	28.6	Strolling	26.9	Sea bathing	#2
41.3 Soccer	Strolling	41.6 calisthenics (light calisthenics, radio calisthenics, etc.)	41.	43.5 Swimming	43.5	31.7 Swimming	31.7 9	Swimming	26.1	Strolling	35.7	. Swimming	30.8	Strolling	#1
N=46 N = 1,989		N=35		N=231		N=147		N=41		N=23		N=28		N=26	
liity or a Sport ewing Youn int)		Mental	sability	Developmental disability	lity	Intellectual disability	e e	Hearing impairmer	¥		:Y chair)	Physical disabilit (not requiring wheel	ty nair)	Physical disabili (requiring wheelch	
ability or a sisability or a irment) = =46 = 1 = 1 = 1 = 1 = 1 = 1 = 1 = 1 = 1 =	25.7 25.7 22.9 58 24 24 24 24 24 24 24 24 24 24 24 24 24	Tu So Ba K Str cal	ability 41. 15. 25. 27. 27. 10. 10. 10.	Developmental dis N=231 5 Swimming Calisthenics, (light calisthenics, etc.) calisthenics, etc.) calisthenics, etc.) calisthenics, etc.) blump rope Blowling Stocer Hikking Stocer Hikking Fishing	lity 37.45.0 15.0 12.9 8.8 8.8	Intellectual disab Intellectual disab Intellectual disab Intellect, ration Intellect, ration Intellect, etc.) Intellect, etc.) Intellectual disab Intellectual disab Intellectual disab Intellectual disab	¥ 80 ™   =  ¥ 80   80   80   81   81   8	2.0 Call 1.7 Sw 4.6 With the call of the	Hearing impairment   Namining 31.7 Swimming   Swimming 31.7 Swimming   Calisthenics, tradio 26.8 Sr   calisthenics, etc.) 26.8 Sr   Strength training 17.1 Se   Strength training 17.1 Se	Hearing impairment Hearing impairment 86.1 Swimming Calisthenics, radio calisthenics, setc.) 25.6 Str calisthenics, setc.) 22.0 Cal Strongth training 5.0 Cal 22.0 Cal 23.0 Cal 23.0 Cal 24.0 Cal 24.0 Cal 25.0 Cal 25.0 Cal 20.0 Cal	Visual impairment     Hearing impairment       N=23     N=41       N=23     N=41       Strolling     26.1 Swimming     31.7 Swimming       Strolling     26.1 Swimming     31.7 Swimming       Strolling     26.1 Swimming     31.7 Swimming       Strolling     26.1 Swimming     26.3 Strolling       Calisthentics, radio     28.6 Strolling     20.0 Calisthentics, retcio       Calisthentics, etc.)     28.0 Calisthentics, retcio     20.0 Calisthentics, retcio       Valking     Strolling     27.0 Calisthentics, retcio     20.0 Calisthentics, retcio       Ump rope     13.0 Stronling     117.4 Stronling     21.1 Stronling     21.1 Stronling       Playing catch     Stronging     Soccer     14.6 With Stronling     20.0 Calisthentics, retcio     20.0 Calisthentics, retcio </td <td>Visual impairment Hearing impairment   N=23 N=41   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 21.0 Strolling   Calisthenics, flight 21.1 disthenics, radio 26.3 Strolling   Calisthenics, radio 21.0 Strolling 22.0 Gal   Calisthenics, etc.) 22.0 Gal 23.1 Strolling   Malking Strolling 22.0 Gal   Fishing Camping 21.1 Strolling   Multing 5.1 Swimg 20.0 Gal   Multing Strolling 22.0 Gal   Playing catch Fishing Soccer   Playing catch 8.1 Strolling 5.1 Strolling   Strongth Jump rope 5.0 Gal   Playing catch 8.1 Strong 5.0 Gal   Strongth Jump rope 5.0 Gal   Strongth 3.1 Strong 5.0 Gal   Multing 8.7 Didgebal 1.2 Gal   Multing 8.7 Didgebal 1.2 Gal</td> <td>Physical disability (not requiring wheeklair)     Visual impairment     Hearing impairment       N=28     N=23     N=21     N=21       Swimming     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     28.6 Set bathing     26.1 Swimming     31.7 Sw       Strolling     28.6 Set bathing     21.7 Swimming     31.7 Sw       Ump rope     23.6 Galisthenics, radio     26.8 Strolling     26.8 Strolling       Sea bathing     23.0 calisthenics, radio     31.7 Sw     20.0 calisthenics, radio     21.7 Swimming       Jump rope     23.0 calisthenics, radio     31.7 Strolling     22.0 calisthenics, radio     21.1 Set bathing     21.1 Set bathing     22.1 Set bathing     22.0 calisthenics, radio     22.1 Set bathing     22.1 Set bathing<td>Physical disability (not requiring wheelchain)     Vual impairment     Hearing impairment       N=28     N=23     N=23     N=24       N=28     N=23     N=24     12       Swimming     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Jump rope     28.6 Sea bathing     21.7 calisthenics (light     26.8 Strolling       Jump rope     25.0 calisthenics, clidpt     21.7 calisthenics, etc.)     26.8 Strolling     20.1 Strolling     22.0 cal       A sea bathing     21.4 Walking     21.7 disthenics, etc.)     22.0 cal     21.1 Strolling     22.0 cal       A sea bathing     21.7 disthenics, etc.)     25.0 cal     21.1 disthenics, etc.)     22.0 cal     23.1 disthenics, etc.)     22.0 cal       A strong     21.7 disthenics, etc.)     23.0 disthenics, etc.)     23.0 cal     24.0 motion     22.0 cal       Calisthenics, etc.)     23.1 disthenics, etc.)     23.0 disthenics, etc.)     24.0 motion     24.0 motion       Fishing     21.1 d</td><td>sical disability ring wheelchair) ing wheelchair) N=26 N=28 N=28 N=28 N=28 N=28 N=23 N=21 N=24 N=25 Strolling 25.9 Strolling 25.9 Strolling 25.0 Strolling 2</td></td>	Visual impairment Hearing impairment   N=23 N=41   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 31.7 Swimming   Strolling 26.1 Swimming 21.0 Strolling   Calisthenics, flight 21.1 disthenics, radio 26.3 Strolling   Calisthenics, radio 21.0 Strolling 22.0 Gal   Calisthenics, etc.) 22.0 Gal 23.1 Strolling   Malking Strolling 22.0 Gal   Fishing Camping 21.1 Strolling   Multing 5.1 Swimg 20.0 Gal   Multing Strolling 22.0 Gal   Playing catch Fishing Soccer   Playing catch 8.1 Strolling 5.1 Strolling   Strongth Jump rope 5.0 Gal   Playing catch 8.1 Strong 5.0 Gal   Strongth Jump rope 5.0 Gal   Strongth 3.1 Strong 5.0 Gal   Multing 8.7 Didgebal 1.2 Gal   Multing 8.7 Didgebal 1.2 Gal	Physical disability (not requiring wheeklair)     Visual impairment     Hearing impairment       N=28     N=23     N=21     N=21       Swimming     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     28.6 Set bathing     26.1 Swimming     31.7 Sw       Strolling     28.6 Set bathing     21.7 Swimming     31.7 Sw       Ump rope     23.6 Galisthenics, radio     26.8 Strolling     26.8 Strolling       Sea bathing     23.0 calisthenics, radio     31.7 Sw     20.0 calisthenics, radio     21.7 Swimming       Jump rope     23.0 calisthenics, radio     31.7 Strolling     22.0 calisthenics, radio     21.1 Set bathing     21.1 Set bathing     22.1 Set bathing     22.0 calisthenics, radio     22.1 Set bathing     22.1 Set bathing <td>Physical disability (not requiring wheelchain)     Vual impairment     Hearing impairment       N=28     N=23     N=23     N=24       N=28     N=23     N=24     12       Swimming     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Jump rope     28.6 Sea bathing     21.7 calisthenics (light     26.8 Strolling       Jump rope     25.0 calisthenics, clidpt     21.7 calisthenics, etc.)     26.8 Strolling     20.1 Strolling     22.0 cal       A sea bathing     21.4 Walking     21.7 disthenics, etc.)     22.0 cal     21.1 Strolling     22.0 cal       A sea bathing     21.7 disthenics, etc.)     25.0 cal     21.1 disthenics, etc.)     22.0 cal     23.1 disthenics, etc.)     22.0 cal       A strong     21.7 disthenics, etc.)     23.0 disthenics, etc.)     23.0 cal     24.0 motion     22.0 cal       Calisthenics, etc.)     23.1 disthenics, etc.)     23.0 disthenics, etc.)     24.0 motion     24.0 motion       Fishing     21.1 d</td> <td>sical disability ring wheelchair) ing wheelchair) N=26 N=28 N=28 N=28 N=28 N=28 N=23 N=21 N=24 N=25 Strolling 25.9 Strolling 25.9 Strolling 25.0 Strolling 2</td>	Physical disability (not requiring wheelchain)     Vual impairment     Hearing impairment       N=28     N=23     N=23     N=24       N=28     N=23     N=24     12       Swimming     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Strolling     35.7 Strolling     26.1 Swimming     31.7 Sw       Jump rope     28.6 Sea bathing     21.7 calisthenics (light     26.8 Strolling       Jump rope     25.0 calisthenics, clidpt     21.7 calisthenics, etc.)     26.8 Strolling     20.1 Strolling     22.0 cal       A sea bathing     21.4 Walking     21.7 disthenics, etc.)     22.0 cal     21.1 Strolling     22.0 cal       A sea bathing     21.7 disthenics, etc.)     25.0 cal     21.1 disthenics, etc.)     22.0 cal     23.1 disthenics, etc.)     22.0 cal       A strong     21.7 disthenics, etc.)     23.0 disthenics, etc.)     23.0 cal     24.0 motion     22.0 cal       Calisthenics, etc.)     23.1 disthenics, etc.)     23.0 disthenics, etc.)     24.0 motion     24.0 motion       Fishing     21.1 d	sical disability ring wheelchair) ing wheelchair) N=26 N=28 N=28 N=28 N=28 N=28 N=23 N=21 N=24 N=25 Strolling 25.9 Strolling 25.9 Strolling 25.0 Strolling 2

Table 1-8 Sport/activity participated in in the past year (by disability type; 20+ age group, N=1,954) (multiple responses)

	N = 2 000		8 25.0	enics (light enics, radio 20.5	nics, etc.)		n training 12.2	088m8/mmm8/mmm8/	Golf (on a course) 8.3	6.4 Golf (driving range) 8.0	catch	7.5	7.4	hing 7.2	7.1	5.6	s.0		3.5
al (reference) SSF National Sports-Life Survey of Young People (2012)		36.7 Strolling	29.7 Walking	Calisthenics 19.0 calisthenics,	~	12.2 Bowling	11.1 Strength		6.7 Galf (or	6.4 Golf (dr	6.1 Playing catch	5.5 Fishing	4.7 Cycling	4.4 Sea bathing	4.1 Swimming	Soccer	3.8 Badminton		
Other (including an internal disability or a speech or chewing impairment)	N=343		31.6 Strolling 21	# 0	calisthenics, etc.)	8	11.6 Hishing		6.6 Golf (driving range)	6.2 Bowling	6.0 Golf (on a course) (	5.8 Cycling	5.4 Sea bathing	Jogging/Running	5.1 Aquatic exercise (walking/moving in water)	4.9 Mountain climbing	Hking 3.7		2.1
Mental health issues	N=534		32.4 Strolling	<i></i>		aining	11.8 Swimming 11		8.8 Sea bathing 6	Bowling	Fishing	Cycling	Table tennis (including sound table tennis)	Hiking	Yoga	Mountain climbing 4	Aerobic dance	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	2.2
Developmental disability	N=136		27.3 Strolling 32.		calisthenics, etc.)	Swimming	t		6.2 Jogging/Running 8.1	Hiking 8.1	Sea bathing	3.8 Mountain climbing	3.3 Table tennis (including sound table tennis)	Cycling	Playing catch	Fishing			2.3
Intellectual disability	N=209		Calisthenics (light Calisthenics, radio calisthenics, etc.) calisthenics, etc.)	17.3 Walking 25.8		ß	9.1 Bowing 16./		6.5 Sea bathing 6.2	Dancing (ballroom dancing, folk dancing, hula dancing, etc.) 4.8	Mountain climbing	Table tennis (including 3.5 sound table tennis)	Basketball 3.3	5.2 Strength training	4.8 Cycling	Balloon volleyball 2.9	Boccia		2.0
Hearing impairment	N=231		19.5 Strolling			Strength training 10.4	8.3 Swimming 9.1		6.6 Fishing 6.5	6.1 Sea bathing 6.1	5.5 Hiking	Cycling	Badminton	Table tennis (including 5.2 sound table tennis)		Playing catch	Dancing (ballroom 4.3 dancing, folk dancing, etc.) hula dancing, etc.)		2.2
Visual impairment	N=181		26.9 Strolling 13.8 S	t o 15.5		ning 10.5	10g 8.3	7:2 FISHING	6.7 Swimming 6.6 F	6.0 Jogging/Running 6.1 S	5.1 Bowling 5.5 F	Aquatic exercise 4.9 (walking/moving in water)	4.4 Playing catch B		3.5 Baseball 3.9	3.0 Camping	Golf (driving range) Cycling Snowboarding 2.8	Dancing (baliroom dancing, folk dancing, hula dancing, etc.)	1.9
Physical disability (not requiring wheelchair)	N=432			t o 16.4	cs, etc.)	16.2	Strength training 12:0 S		5.0 Golf (on a course) 6.7 S	Golf (driving range) 6.0 J	Bowling 5.1 B	4.4 Aquatic exercise A (walking/moving in 4.9 ( water) v	logging/Running 4.4 P	Sea bathing 3.9 Yoga	Mountain climbing 3.5 B	Yoga 3.0 C	Cycling 2.8 5 C	E Tennis (regulation d	1.9
Physical disability (requiring wheelchair)	N=159	Calisthenics (light 22.6 Walking calisthenics, radio 12.6 Walking calisthenics, etc.)	Strolling 10.7 Strolling		10.1		BC BC		Sea bathing 5.0 Go	Aquatic exercise (walking/moving in water)	Wheelchair tennis	Fishing	Balloon volleyball	Table tennis (including Se sound table tennis)	60 80	Wheelchair basketball Yo	Badminton Gy	Yoga Te	1.4
	1	#1 Ca	#2	#3		#4 W			#7 Se	#8 W (W	S#	#10 Ei	#11 Bc	#12 Ta	#13 Bc	#14 W	#15 8	#16 Yo	Average number of activities each person engaged in

### Column. Efforts of the Japan Swimming Club Association

The Japan Swimming Club Association (JSCA) periodically tallies the programs offered by affiliated clubs. As of December 2013, about 200 of its 1,060 affiliated clubs have implemented programs aimed at people with disabilities (Table 1-9). Although they didn't offer programs specifically intended people with disabilities, some clubs accepted them into programs such as instructor-less free courses, with a focus on people with light intellectual disabilities. Presently, people with disabilities are projected to be participating in an even greater number of swimming clubs.

#### Table 1-9 Number of clubs registered with the JSCA

(N = 1.060)

		(N = 1,000)
Support Category	Number of clubs	%
People with disabilities (disability types not specified)	108	10.2
People with intellectual disabilities	80	7.5
People with physical disabilities	6	0.6
Total	194	18.3

Since 2010, the JSCA has held swimming workshops throughout Japan for people with intellectual disabilities. In addition to making an effort to train instructors and increase the number of clubs that accept people with disabilities, the association has been proactive in promoting swimming among people with disabilities through avenues such as the JSCA National Swimming Competition for People with Intellectual Disabilities, which is first held in 2011.

(%)

(4) Main purpose of engaging in sports/recreation

Regarding the main purpose of engaging in sports/recreation, the most common response was "To improve or promote health" (36.6%) followed by "To change my mood or reduce stress" (23.8%) and "To have fun" (11.1%) (Figure 1-11). The most common responses in MEXT's "Sports and Physical Fitness Poll" (January 2013) were "To build health and physical fitness" and "To have fun or relax", showing a similar trend as the results of this survey. Some distinction was observed according to disability type, with "As a part of rehabilitation" responses being the most numerous for physical disabilities (Table 1-10).

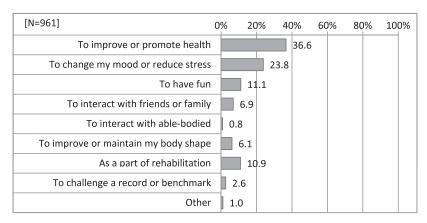


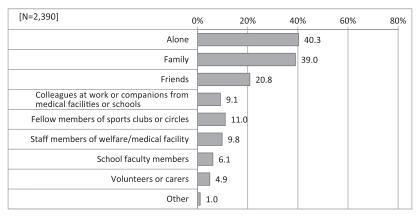
Figure 1-11	Main purpose of	engaging in	sports/recreation
-------------	-----------------	-------------	-------------------

Table 1-10	Main purpose of engaging in sports/recreation
	(by disability type)

								(,0)
	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N = 61	N = 273	N = 92	N = 110	N = 13	N = 46	N = 322	N = 186
To improve or promote health	26.2	36.7	38.0	36.4	30.8	45.7	34.2	39.2
To change my mood or reduce stress	13.1	16.5	23.9	29.1	15.4	26.1	30.7	21.0
To have fun	18.0	11.0	10.9	15.5	15.4	4.3	8.1	11.8
To interact with friends or family	8.2	6.8	8.7	7.3	0.0	6.5	5.6	6.5
To interact with able-bodied	3.3	0.4	0.0	0.0	7.7	0.0	1.2	1.1
To improve or maintain my body shape	4.9	3.0	6.5	6.4	7.7	4.3	9.0	3.8
As a part of rehabilitation	21.3	22.8	7.6	1.8	7.7	8.7	8.4	14.0
To challenge a record or benchmark	4.9	2.1	3.3	3.6	15.4	4.3	1.6	1.1
Other	0.0	0.8	1.1	0.0	0.0	0.0	1.2	1.6

### (5) Companions when engaging in sports/recreation

Regarding the companions when engaging in sports/recreation, the most common response was "Alone" (40.3%) followed by "Family" (39.0%) and "Friends" (20.8%) (Figure 1-12). "Intellectual disability" and "Developmental disability" had a higher percentage of individuals engaging in sports/recreation together with "Family" or "School faculty members" than other disability types. "Physical disability (requiring wheelchair)" and "Intellectual disability" had the highest percentages of individuals who participated together with "Staff members of welfare/medical facility staff" (Table 1-11).



# Figure 1-12 Companions when engaging in sports/recreation (multiple responses)

(by disability type) (%)										
	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)		
	N = 185	N = 460	N = 204	N = 272	N = 356	N = 367	N = 569	N = 389		
Alone	20.0	50.0	43.1	36.4	14.6	24.3	56.1	44.5		
Family	37.8	35.2	34.8	39.0	50.6	49.0	34.8	40.6		
Friends	14.6	22.2	24.0	29.0	15.2	20.4	14.2	23.9		
Colleagues at work or companions from medical facilities or schools	11.4	5.9	9.3	7.7	19.1	11.4	8.1	7.5		
Fellow members of sports clubs or circles	14.6	8.5	10.8	15.1	10.7	15.3	8.1	12.6		
Staff members of welfare/medical facility	25.4	7.2	10.3	6.6	28.7	12.0	7.9	7.5		
School faculty members	6.5	2.8	3.9	6.3	14.6	20.2	2.8	4.1		
Volunteers or carers	9.7	3.5	4.4	3.7	14.3	7.6	2.8	3.1		
Other	1.1	1.1	1.0	0.7	0.8	1.1	1.1	1.3		

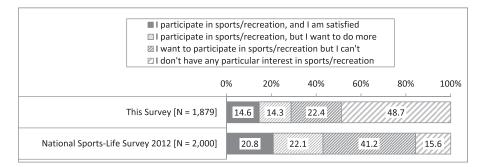
# Table 1-11 Companions when engaging in sports/recreation(by disability type)

(0/)

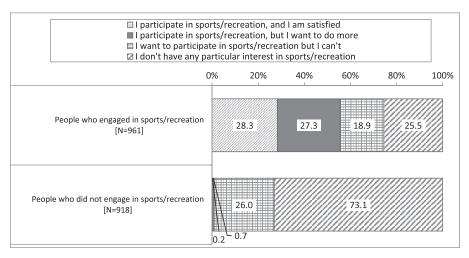
(6) Current level of participation in sports/recreation

When asked about the current level of participation in sports/recreation, the most common response was "I don't have any particular interest in sports/recreation" (48.7%) followed by "I want to participate in sports/recreation but I can't" (22.4%) (Figure 1-13). Compared to Sasakawa Sports Foundation's "National Sports-Life Survey" (2012), a greater proportion of people showed indifference by answering "I don't have any particular interest in sports/recreation".

Although this indifferent group contained many individuals who did not engage in sports/recreation, it also included some people who did participate in the past year (Figure 1-14). On the other hand, a total of 26.0% of people who did not engage in sports or recreation responded "I want to participate in sports/recreation but I can't", indicating that there are also some underlying needs with regard to sports and recreation.



### Figure 1-13 Current level of participation in sports/recreation



# Figure 1-14 Current level of participation in sports/recreation (by engagement)

When viewed according to disability type, the percentage of "I want to participate in sports/recreation but I can't" responses was relatively low for "Intellectual disability" compared to the other disability types, while the percentage of "I don't have any particular interest in sports/recreation" responses was high (Figure 1-15).

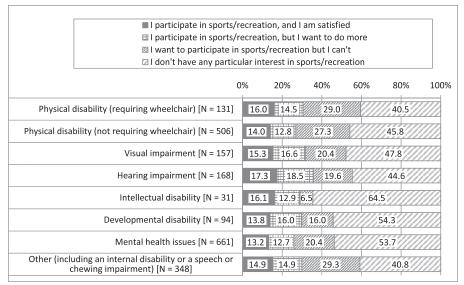


Figure 1-15 Current level of participation in sports/recreation (by disability type)

(7) Barriers to engaging in sports/recreation

Regarding barriers to engaging in sports/recreation, 33.1% of individuals responded "None in particular". Among those who responded that there are barriers, the most common response was "I don't have energy" (26.7%) followed by "My budget doesn't allow it" (25.9%) and "I don't have time" (14.5%) (Figure 1-16).

When viewed according to disability type, "Physical disability (requiring wheelchair)" had higher percentages of "I don't have transportation or a way to travel", "There isn't anywhere that I can participate in sports/recreation" and "It puts a heavy burden on my family" than other disability types (Table 1-12).

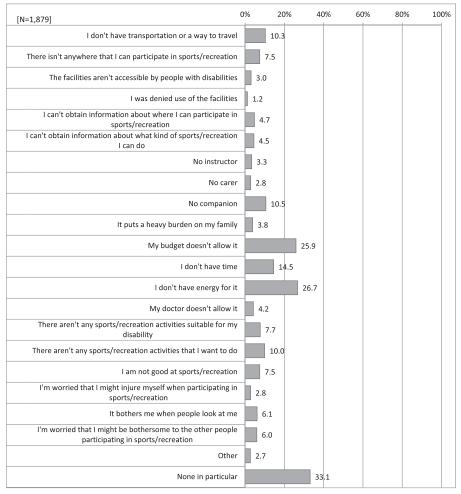


Figure 1-16 Barriers to engaging in sports/recreation (multiple responses)

type)
disability
(by
s to engaging in sports/recreation
.Ц
ers to engaging in sp
st
3arrie
9 1-12 E
Table 1

(%)	ernal i or t)	Π	35.3	21.6	16.4	10.3	10.1	28.4
	Other (including an internal disability or a speech or chewing impairment)	[N=348]	36.2 I don't have the stamina for it	33.4 My budget doesn't allow it	16.81 don't have time	14.7 My doctor doesn't allow it	There aren't any sports/recreation 13.9 activities suitable for my disability	30.7 None in particular
Ī			36.2	33.4	16.8	14.7	13.9	30.7
	Mental health issues	[N=661]	40.4 My budget doesn't allow it	28.7 I don't have the stamina for it	22.3 No companion	17.01 don't have time	There aren't any sports/recreation 11.7 activities that I want to do	25.5 None in particular
ſ	lity		40.4	28.7	22.3	17.0	11.7	25.5
	Developmental disability	[N=94]	25.8 My budget doesn't allow it	don't have the stamina for it	I don't have time	12.9 No companion	It bothers me when people look at me	45.2 None in particular
	5		25.8	16.1		12.9		45.2
	Intellectual disability	[N=31]	17.9 My budget doesn't allow it	l don't have 15.5 transportation or a way to travel	11.3 No companion	l can't obtain information about 7.1 where I can participate in sports/recreation	I can't obtain information about 6.5 what kind of sports/recreation I can do	39.3 None in particular
F		Η	17.9	15.5 t	11.3 h	7.1 v	6.5 4	39.3
	Hearing impairment	[N=168]	19.7 My budget doesn't allow it	19.1 l don't have time	14.6 I don't have the stamina for it	14.0 No companion	l don't have 10.2 transportation or a way to travel	33.8 None in particular
Ī			19.7	19.1	14.6	14.0	10.2	33.8
	Visual impairment	[N=157]	25.5 My budget doesn't allow it	23.9 I don't have the stamina for it	15.01 don't have time	l don't have 13.8 transportation or a way to travel	10.9 No companion	33.0 None in particular
	hair)		25.5	23.9	15.0	13.8	10.9	33.0
	Physical disability (not requiring wheelchair)	[N=506]	l don't have the stamina for it	20.6 My budget doesn't allow it	There aren't any sports/recreation 19.8 activities suitable for my disability	I don't have time	l don't have transportation or a way to travel	29.8 None in particular
	ir)		23.7	20.6	19.8	15.2		29.8
	Physical disability (requiring wheelchair)	[N=131]	l don't have the stamina for it	My budget doesn't allow it	l don't have transportation or a way to travel	There isn't anywhere that I can participate in sports/recreation	It puts a heavy burden on my family	None in particular
			#1 Ido	#2 My	ld #3 tra wa	Th #4 th in	#5 It I	No