

ACTIVE NZ

KEY FINDINGS

—
2018 SURVEY DATA



Sport NZ is pleased to release key findings for the second year of data and the beginning of a new time series in play, active recreation and sport.”

ABOUT THIS REPORT

The Active NZ survey measures nationwide participation in play, active recreation and sport.

Following on from the redesigned Active NZ survey in 2017, this is the second year of data collection and the beginning of a new time series on participation in play, active recreation and sport for New Zealanders aged 5+.

This report looks at the key findings from the data collected between 5 January 2018 and 4 January 2019.

The key findings highlight the differences and similarities between young people and adults' participation. Where there is any year-on-year change between 2017 and 2018, it has been noted.

**2018
SURVEY
SIZE**

5 595

YOUNG PEOPLE AGED 5-17

25 150

ADULTS AGED 18+



OBSERVATIONS ARE MADE ACROSS THESE FOUR LENSES:

AGE GENDER ETHNICITY DEPRIVATION

See the Main Report and supporting resources for more information at sportnz.org.nz/activenz

PARTICIPATION AND AGE

- Weekly participation peaks between ages 12 and 14.
- Participation drops for the first time between ages 15 and 17.
- Between ages 18 and 24 a new baseline is set for weekly participation, and we see it plateau from age 25+.
- Weekly participation drops again from 65+.

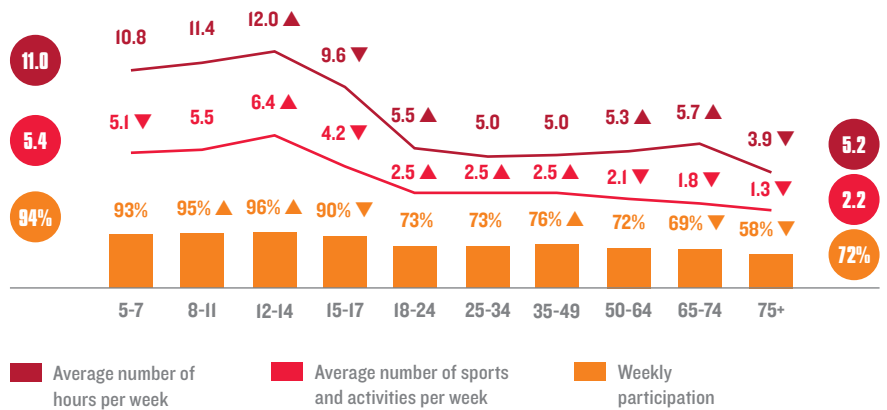
12-14

Weekly participation peaks between ages 12 and 14.

2018 PARTICIPATION RESULTS BY AGE

YOUNG PEOPLE

ADULTS



▲▼ Significantly higher/lower than the other result in the same age group

15-17

Participation drops for the first time between ages 15 and 17.

0%

For young people there was no change in weekly participation, time spent participating each week and average number of sports and activities in 2018 compared with 2017.

-2%

Between ages 12 and 14 there was a 2% drop in weekly participation in 2018 compared with 2017.



The average number of hours young people and adults spend participating each week.



The average number of sports and activities young people and adults participate in each week.

-1%

For adults aged 18+ there was a 1% drop in weekly participation in 2018 compared with 2017.


PARTICIPATION AND GENDER

90
MINUTES

Overall, young males spend 90 minutes more time in weekly participation than young females.

36
MINUTES

Adult males spend 36 minutes more in weekly participation than adult females.

-2% 

There was a 2% drop in weekly participation for adult females in 2018 compared with 2017.

PARTICIPATION AND ETHNICITY



European have the highest level of weekly participation and spend above-average time participating each week.



Young Māori spend the most time in weekly participation and in more sports and activities.



Asian have the lowest weekly participation, spend less time being active and in fewer sports and activities.

PARTICIPATION AND DEPRIVATION



Fewer adults from high deprivation areas participate, spend less time and in fewer sports and activities.



Young people from high deprivation areas are less likely to participate each week, and spend the same amount of time but in fewer sports and activities.

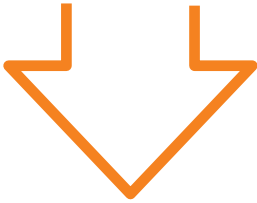


Young people from high deprivation areas want to increase their participation, more so than those from low deprivation areas.

The reverse is true for adults.

HOW PEOPLE PARTICIPATE

- Around 30% of young people and 12% of adults compete through competitive sports and activities.
- Apart from just 2% of adults, those who participate each week through competitive sports and activities are also involved in non-competitive sports and activities.
- The percentage of young people and adults participating in non-competitive sports or activities is similar.

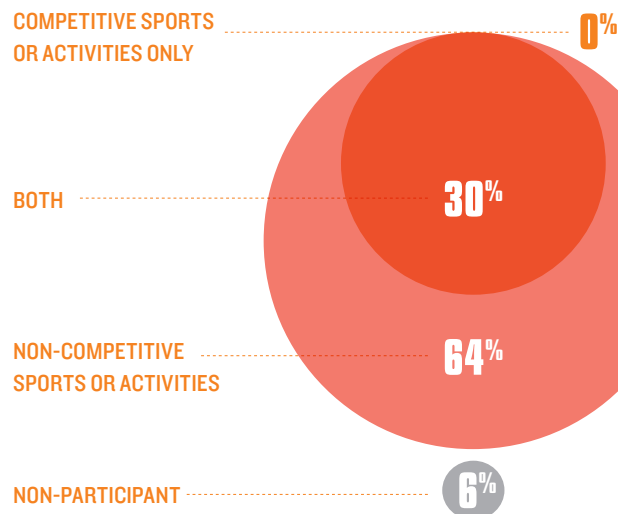


There was a drop in competitive sports and activities from 1% to 0% in 2018 compared with 2017.

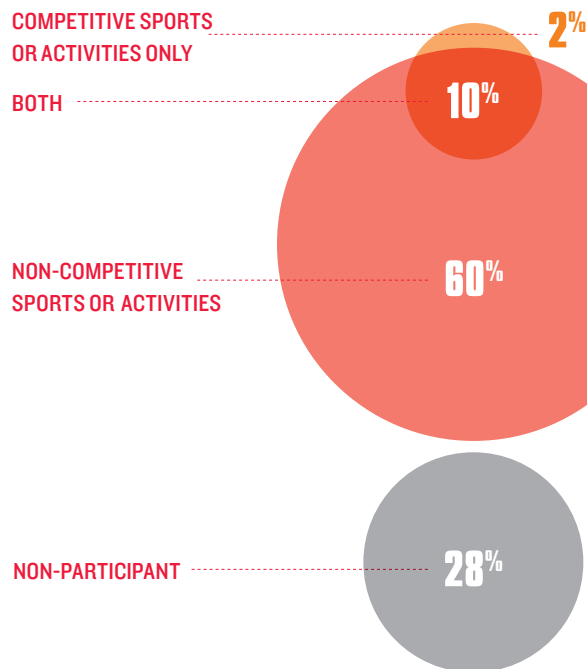
This was driven by a drop between ages 12 and 14.

WEEKLY PARTICIPATION IN COMPETITIVE AND NON-COMPETITIVE SPORTS AND ACTIVITIES

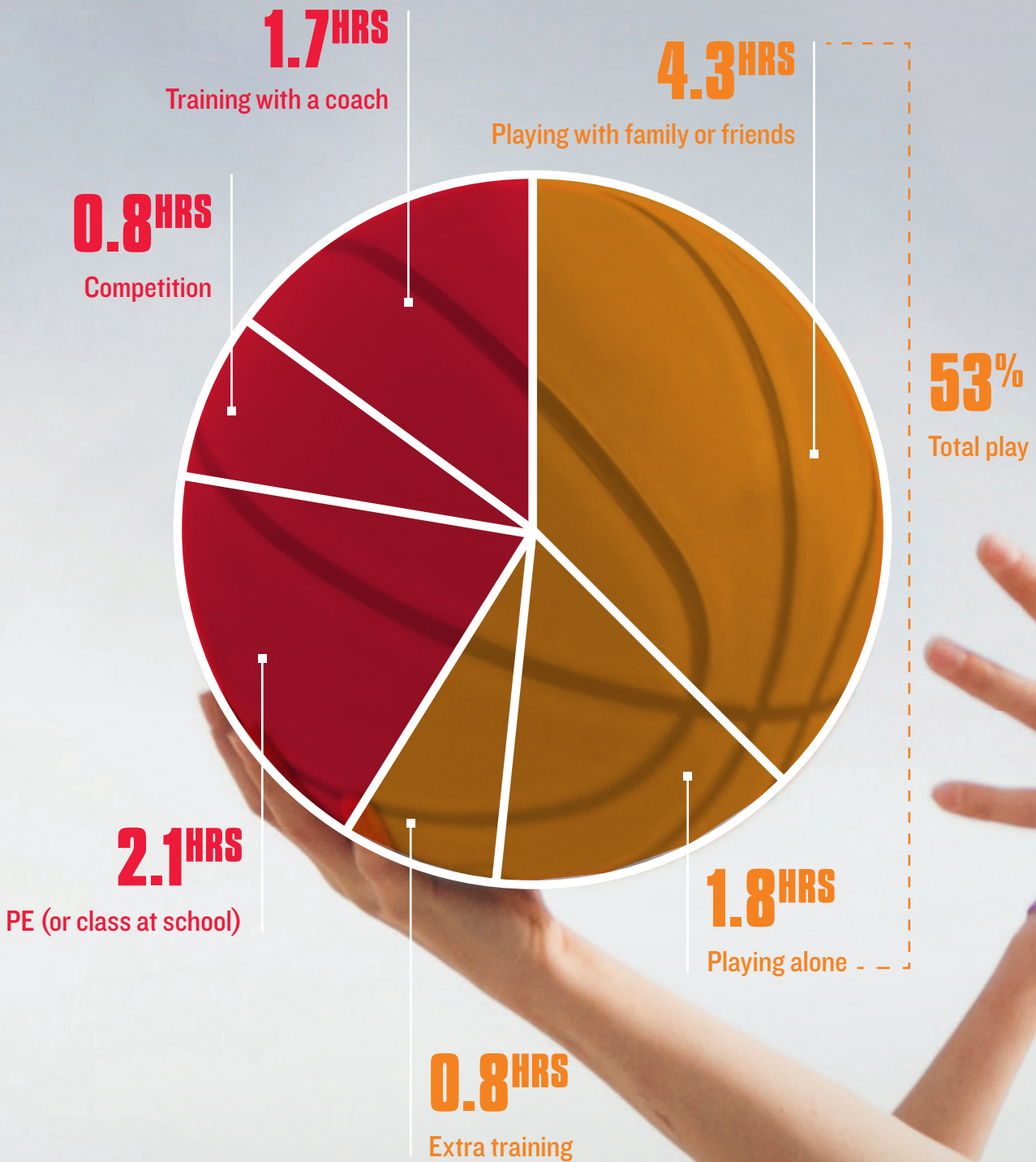
YOUNG PEOPLE



ADULTS



TIME YOUNG PEOPLE SPENT EACH WEEK IN ORGANISED AND INFORMAL ACTIVITIES*



* Please note the individual breakdown of hours may not add to the total time spent being active due to rounding and the treatment of outliers.

4.5 HRS

ORGANISED (40%)

+

6.7 HRS

INFORMAL (60%)

11 HRS

TOTAL (100%)



WHERE PEOPLE PARTICIPATE

This map highlights the differences in weekly participation by region in 2018.

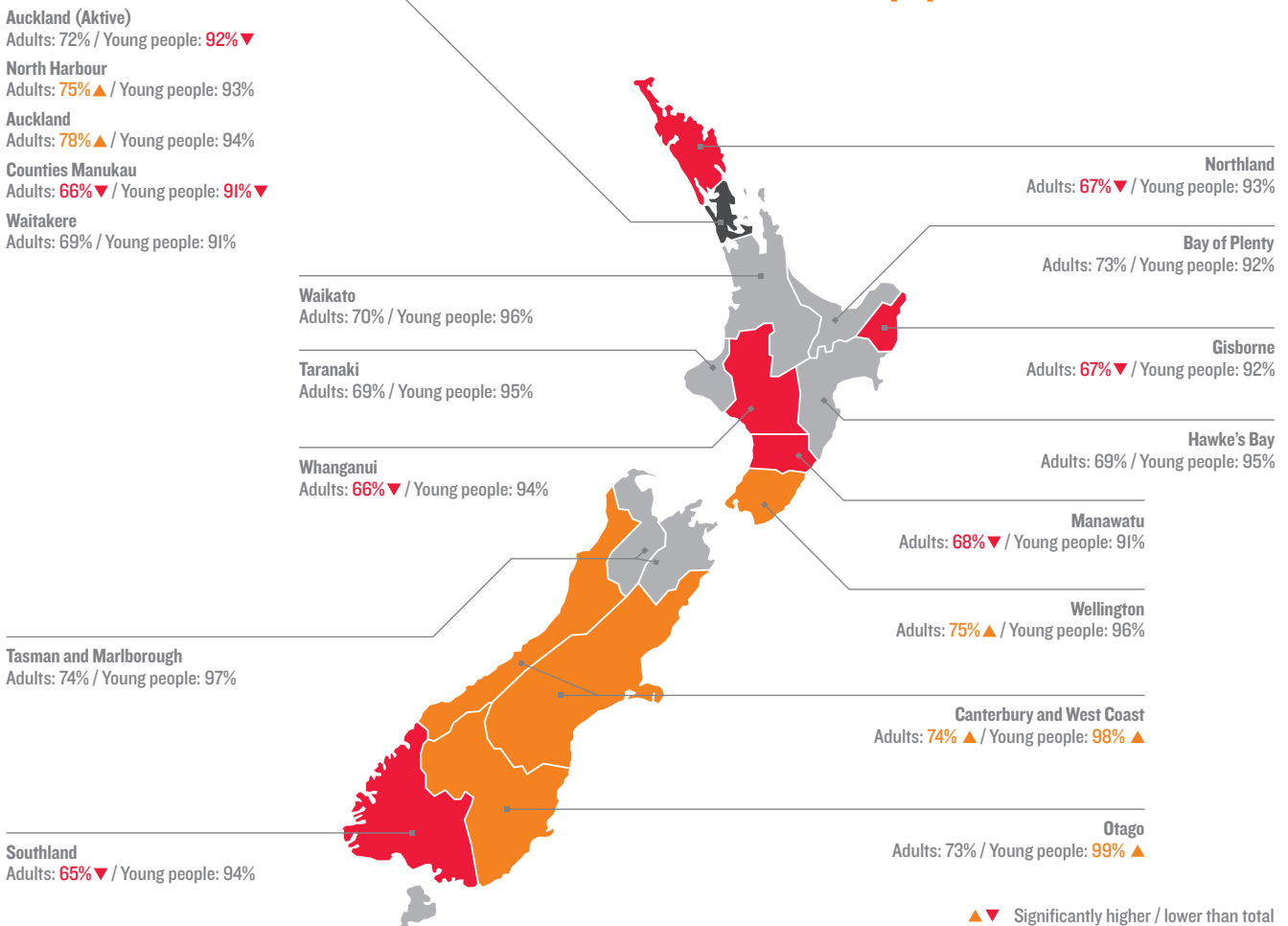
AVERAGE WEEKLY PARTICIPATION



94%
YOUNG PEOPLE



72%
ADULTS



TIME SPENT PARTICIPATING

This map highlights the time spent in weekly participation by region in 2018.

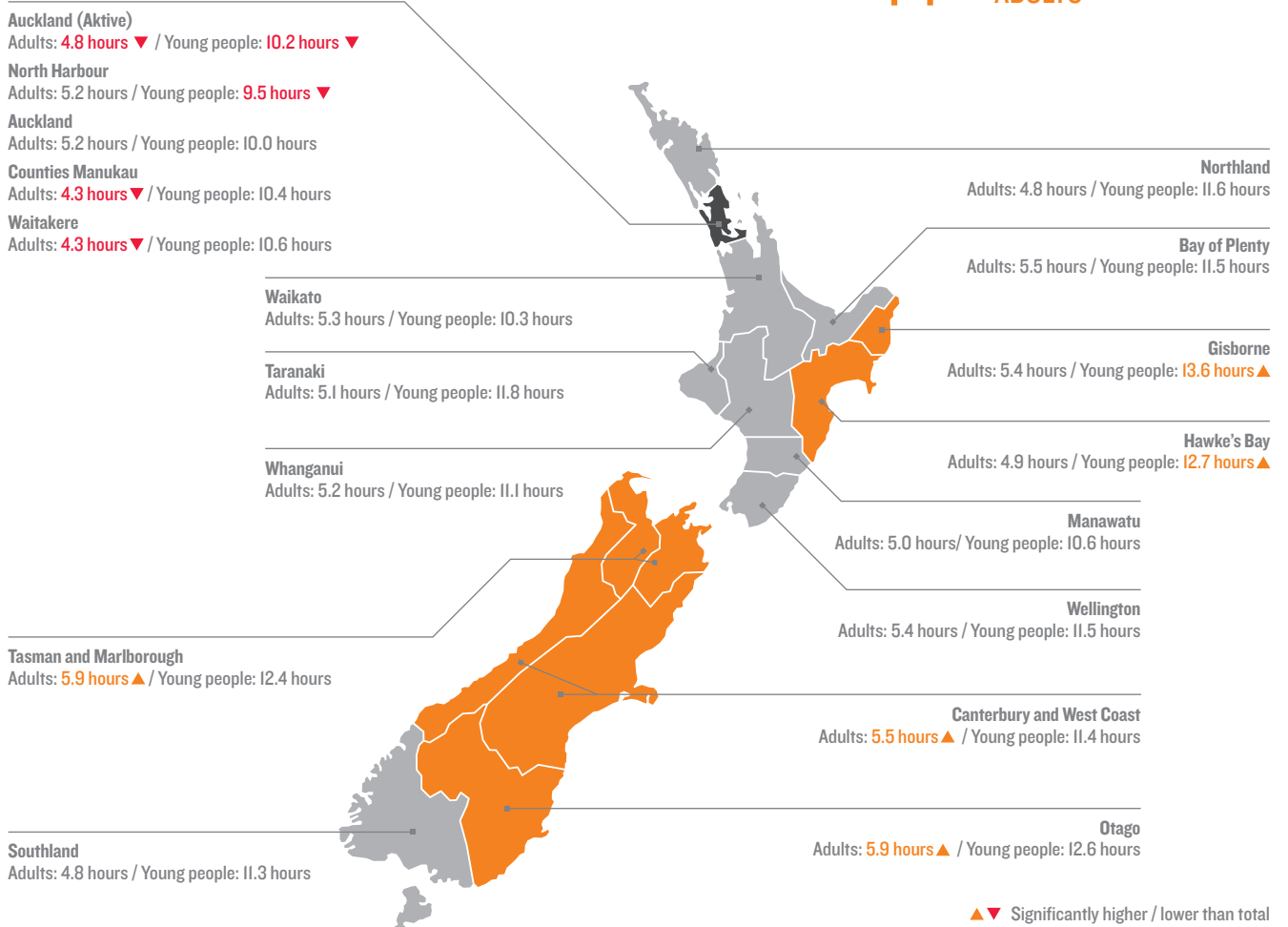
NEW ZEALAND AVERAGE



11.0 HRS
YOUNG PEOPLE



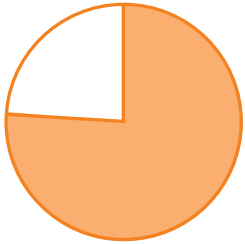
5.2 HRS
ADULTS



MOTIVATIONS

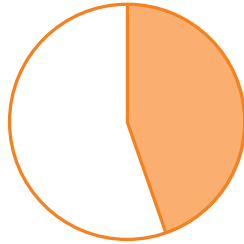
- The main motivation for young people is fun, and for adults it is physical wellbeing.
- Between ages 15 and 17 participating for fun drops. Participating for physical wellbeing starts between ages 12 and 17.

YOUNG PEOPLE



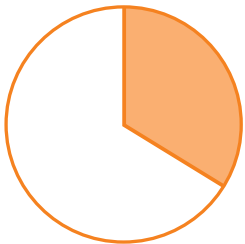
76%

For fun



44%

To hang out with family or friends



32%

For fitness or health



32%

To learn a new skill



29%

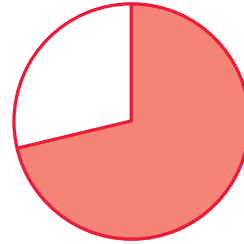
To physically challenge myself or to win



26%

I have to (my parents or school make me)

ADULTS



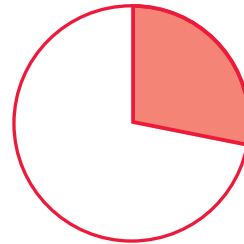
72%

For physical wellbeing



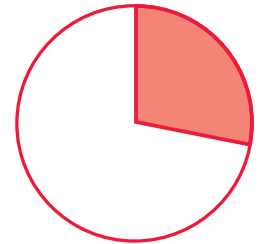
28%

For emotional wellbeing



27%

For fun



27%

To spend time with family and friends



18%

To lose or maintain weight or look good



11%

To physically challenge myself or to win

HURDLES

- The main hurdles are being too busy or other commitments taking priority, too tired and struggling with self-motivation.
- Females are more likely to want to increase their participation than males, have more barriers to participation, and score higher on other commitments and struggling with self-motivation.

YOUNG PEOPLE

41%	Too busy
17%	Too tired / don't have the energy
17%	Already do a good amount of physical activity
15%	Struggle to motivate myself
14%	Prefer to do other things
12%	Too hard to get to training, games or competitions

2.6 barriers on average

ADULTS

58%	Other commitments
24%	Too tired / don't have the energy
23%	Struggle to motivate myself
20%	Prefer to do other things
17%	Already do a good amount of physical activity
17%	Got out of the habit

2.9 barriers on average

*Respondents between ages 8 and 17



Between ages 15 and 24 struggling with self-motivation peaks, especially among females.





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