

# Reading the Active NZ Data Tables

# Data tables sit alongside the Active NZ main report

The data tables provide results included in the report split by a range of population sub-groups

The data tables are separated into different sheets based on the content in that section of the report

e.g. all data relating to questions covered in section 1 of the report will be found in section 1 of the data tables

[www.sportnz.org.nz/activenz](http://www.sportnz.org.nz/activenz)

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# Data tables are presented in an excel format

Young people and Adult results are provided on different tabs

You can navigate the tables using the tabs along the bottom on the spreadsheet.

Active NZ 2017 - Tables to accompany the report DRAFT v4 - Excel

Amie Kendall

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1 Active NZ Young People 5-17 yrs (2017 results)

2 SECTION 1: PARTICIPATION

3 Significant differences: A result in red font means the result is significantly lower than the total. A result in green font means the result is significantly higher than the total.

4 Gender Age Ethnicity

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15 AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING

16 Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN?

17 Base: All respondents aged 5 to 17

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22 AVERAGE NUMBER OF SPORTS AND ACTIVITIES

23 Q13. PLEASE TICK ALL THE WAYS YOU HAVE BEEN PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN IN THE LAST 7 DAYS

	TOTAL	Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	European (net)	Māori (net)	Pacific (net)	Asian (net)	Samoan	Indian	Chinese
SPORT NEW ZEALAND														
WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)														
Q12. IN THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY SPECIFICALLY FOR SPORT, PHYSICAL EDUCATION (PE), EXERCISE OR FUN?														
Base: All respondents aged 5 to 17														
Total (Unweighted)	6004	2894	3095	1605	2347	1252	800	5118	1041	308	549	155	118	234
Yes	95%	95%	94%	94%	96%	98%	89%	96%	95%	92%	89%	91%	91%	88%
No	5%	5%	6%	6%	4%	2%	11%	4%	5%	8%	11%	9%	9%	12%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING														
Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN?														
Base: All respondents aged 5 to 17														
Total (Unweighted)	6004	2894	3095	1605	2347	1252	800	5118	1041	308	549	155	118	234
Average (mean) number of hours	11.0	11.6	10.4	10.6	11.4	12.5	8.3	11.3	12.2	11.0	8.3	11.0	8.3	8.2
AVERAGE NUMBER OF SPORTS AND ACTIVITIES														
Q13. PLEASE TICK ALL THE WAYS YOU HAVE BEEN PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN IN THE LAST 7 DAYS														

About the data tables Tables index Crossbreak descriptions How to use the data tables Section 1\_YoungPeople Section 1\_Adults Section 2\_YoungPeople

Ready 90%

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# Statistical Significance

- Statistical significance is an objective measure that shows whether any differences observed between groups being studied are “real” or whether they are simply due to chance.
- Knowing a difference is statistically significant does not mean the difference is important, relevant or useful.

\* Note: there is an acceptable element of chance built into statistical testing – typically 5%.

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## Base Sizes

All bases are commented on at the top of each table outlining the number of respondents who answered each question.

- A base size of less than 100 is small and caution is advised when interpreting the results.
  - A base size of less than 30 means the base size is very small and therefore the results are indicative only.
-

# Reading the tables (1)

There are 2 different types of significance testing.

- 1) Compares the result for the group to the total
- 2) Compares the results group to the other gender of that same group.

ALWAYS CHECK THE TOP OF THE SPREADSHEET TO SEE WHICH TYPE APPLIES.

Question number and wording of the question

Base = Description of who answered the question

Total (Unweighted) = The total number of people who answered the question

Responses given to the question

Active NZ Adults 18+ (2017 results)									
SECTION 1: PARTICIPATION									
		Gender		Age					
SPORT NEW ZEALAND		Male	Female	18-24 years	25-34 years	35-49 years	50-64 years	65-74 years	75+ years
TOTAL									
WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)									
Q7. THINKING BACK OVER THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT WAS SPECIFICALLY FOR THE PURPOSE OF SPORT, EXERCISE OR RECREATION?									
Base: All respondents aged 18 or over									
Total (Unweighted)	26854	11788	14968	3110	2982	8938	6663	3206	1937
Yes	73%	73%	74%	75%	75%	77%	72%	69%	62%
No	27%	27%	26%	25%	25%	23%	28%	31%	38%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%

Significant differences: A result in red font means the result is significantly lower than the total. A result in green font means the result is significantly higher than the total.

Cross-break label

Cross-breaks: What the data is being cut by

Sums of the responses given. If the sum adds to 100%, respondents were only able to select one response. If the sum adds to more than 100%, respondents were able to give more than one answer.

A result in red font shows where a result is significantly lower than the TOTAL result.

A result in green font shows where a result is significantly higher than the TOTAL result.

# Reading the tables (2)

There are 2 different types of significance testing.

- 1) Compares the result for the group to the total
- 2) Compares the results group to the other gender of that same group.

ALWAYS CHECK THE TOP OF THE SPREADSHEET TO SEE WHICH TYPE APPLIES.

Active NZ Adults 18+ (2017 results)		Significant differences: A result in <b>red</b> / <b>green</b> font means the result is significantly <u>higher</u> / <u>lower</u> than the <u>other gender within the same age group</u> .												
SECTION 1: PARTICIPATION		Gender / age												
SPORT NEW ZEALAND		TOTAL	18-24 years AND Male	18-24 years AND Female	25-34 years AND Male	25-34 years AND Female	35-49 years AND Male	35-49 years AND Female	50-64 years AND Male	50-64 years AND Female	65-74 years AND Male	65-74 years AND Female	75+ years AND Male	75+ years AND Female
<b>WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)</b>														
Q7. THINKING BACK OVER THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT WAS SPECIFICALLY FOR THE PURPOSE OF SPORT, EXERCISE OR RECREATION?														
Base: All respondents aged 18 or over														
Total (Unweighted)	26854	1233	1851	1134	1839	3701	5221	3213	3437	1540	1659	966	960	
Yes	73%	77%	74%	78%	74%	76%	78%	<b>70%</b>	<b>75%</b>	68%	71%	62%	61%	
No	27%	23%	26%	22%	26%	24%	22%	<b>30%</b>	<b>25%</b>	32%	29%	38%	39%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

A result in **red font** shows where a result is significantly lower than the other gender within the same group (in this example, 50-64 year olds).

A result in **green font** shows where a result is significantly higher than the other gender within the same group (in this case, 50-64 year olds).

# What this means

14,968 females responded to this question.

**Results in green font:** Adults aged 35-49 years old are more likely to participate in sport, exercise and recreation compared with the total (77% vs. 73% total).

Active NZ Adults 18+ (2017 results)

**SECTION 1: PARTICIPATION**

Significant differences: A result in **red** font means the result is significant

26,854 people responded to this question.



	TOTAL	Gender		Age					
		Male	Female	18-24 years	25-34 years	35-49 years	50-64 years	65-74 years	75+ years
<b>WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)</b>									
Q7. THINKING BACK OVER THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT WAS SPECIFICALLY FOR THE PURPOSE OF SPORT, EXERCISE OR RECREATION?									
Base: All respondents aged 18 or over									
Total (Unweighted)	26854	11788	14968	3110	2982	8938	6663	3206	1937
Yes	73%	73%	74%	75%	75%	77%	72%	69%	62%
No	27%	27%	26%	25%	25%	23%	28%	31%	38%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%

73% of adults (18 or over) participated in sport, exercise or recreation in the last 7 days


Sums of the responses given adds to 100%, therefore respondents were only able to select one response.

75% of adults aged 18-24 years participated in sport, exercise or recreation in the last 7 days. This result is not statistically significant vs the total.

**Results in red font:** Adults aged 65-74 are less likely to participate in sport, exercise and recreation compared with the overall result (69% vs. 73% overall).



# Test your understanding...

Active NZ Young People 5-17 yrs (2017 results)		Significant differences: A result in <b>red</b> font means the result is significantly <u>lower</u> than the <u>total</u> . A result in <b>green</b> font means the result is significantly <u>higher</u> than the <u>total</u> .						
SECTION 5: MOTIVATION		Gender		Age				
		TOTAL	Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years
<b>TOP MAIN MOTIVATIONS</b>								
Q58. PEOPLE DO DIFFERENT ACTIVITIES FOR DIFFERENT REASONS AT DIFFERENT TIMES. SO, THINKING ABOUT THE LAST TIME YOU DID THIS PHYSICAL ACTIVITY FOR SPORT, PE, EXERCISE OR FUN, WHAT WAS THE ONE MAIN REASON YOU DID IT?								
Base: All respondents aged 5 to 17 that have participated in physical activity the last 7 days								
Total (Unweighted)	5722	2766	2944	1523	2263	1222	714	
To physically challenge myself or to win	28%	28%	27%	11%	25%	39%	34%	
To hang out with family or friends	45%	46%	43%	44%	46%	48%	36%	
For fun	76%	77%	74%	84%	78%	77%	57%	
For fitness or health	31%	29%	32%	8%	19%	47%	54%	
To lose or maintain weight	5%	3%	8%	1%	1%	8%	15%	
To look good	2%	3%	2%	0%	1%	3%	6%	
To learn or practice a new skill	31%	30%	32%	39%	34%	27%	22%	
I'm good at it	13%	12%	14%	4%	12%	19%	17%	
I have to (my parents/caregiver or school make me)	28%	26%	31%	31%	33%	28%	16%	
Another reason	9%	9%	10%	4%	6%	16%	12%	
Sum	268%	263%	273%	226%	254%	312%	271%	

Review the table and answer the following questions:

1. What percentage of young female participants have done at least one activity for fitness or health in the last 7 days?
2. Is this different to males?
3. How does being active for fitness or health change with age?

# Test your understanding – Answers

Review the table and answer the following questions:

Active NZ Young People 5-17 yrs (2017 results)

**SECTION 5: MOTIVATION**

Significant differences: A result in **red** font means the result is significantly lower than the total. A result in **green** font means the result is significantly higher than the total.

SPORT NEW ZEALAND	TOTAL	Gender		Age			
		Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years
<b>TOP MAIN MOTIVATIONS</b>							
Q58. PEOPLE DO DIFFERENT ACTIVITIES FOR DIFFERENT REASONS AT DIFFERENT TIMES. SO, THINKING ABOUT THE LAST TIME YOU DID THIS PHYSICAL ACTIVITY FOR SPORT, PE, EXERCISE OR FUN, WHAT WAS THE ONE MAIN REASON YOU DID IT?							
Base: All respondents aged 5 to 17 that have participated in physical activity the last 7 days							
Total (Unweighted)	5722	2766	2944	1523	2263	1222	714
To physically challenge myself or to win	28%	28%	27%	11%	25%	39%	34%
To hang out with family or friends	45%	46%	43%	44%	46%	48%	36%
For fun	76%	77%	74%	84%	78%	77%	57%
For fitness or health	31%	29%	32%	8%	19%	47%	54%
To lose or maintain weight	5%	3%	8%	1%	1%	8%	15%
To look good	2%	3%	2%	0%	1%	3%	6%
To learn or practice a new skill	31%	30%	32%	39%	34%	27%	22%
I'm good at it	13%	12%	14%	4%	12%	19%	17%
I have to (my parents/caregiver or school make me)	28%	26%	31%	31%	33%	28%	16%
Another reason	9%	9%	10%	4%	6%	16%	12%
Sum	268%	263%	273%	226%	254%	312%	271%

1. What percentage of young female participants have done at least one activity for fitness or health in the last 7 days?

Answer: 32%

2. Is this different to males?


Answer: Young males are significantly less likely to participate for fitness and health (red font) than all Young People

Young females (green font) are significantly more likely to participate for fitness and health than all Young People

3. How does being active for fitness or health change with age?

Answer: The number of young people participating for fitness and health increases with age. Young People aged 5-7 and 8-11 years are significantly less likely than all young people to participate for fitness and health. Young people aged 12-14 and 15-17 years are significantly more likely to participate for fitness and health than all young people.


# TASK 2

Active NZ Adults 18+ (2017 results)		Significant differences: A result in red / green font means the result is significantly higher / lower than the other gender within the same ethnicity.														
SECTION 6: HURDLES		Gender within ethnicity														
		TOTAL	Male AND European (net)	Female AND European (net)	Male AND Māori (net)	Female AND Māori (net)	Male AND Pacific (net)	Female AND Pacific (net)	Male AND Asian (net)	Female AND Asian (net)	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
<b>PROPORTION WHO WANT TO PARTICIPATE MORE</b>																
Q31. WANTING TO DO MORE EXERCISE OVERALL, WOULD YOU LIKE TO BE DOING MORE PHYSICAL ACTIVITY FOR SPORT, EXERCISE OR RECREATION THAN YOU ARE CURRENTLY DOING?																
Base: All respondents aged 18 or over																
Total (Unweighted)	26845	10021	12954	1352	1806	293	375	802	986	132	166	203	246	362	409	
Yes - I would like to be doing more	74%	71%	77%	71%	78%	76%	83%	75%	78%	76%	87%	79%	77%	73%	76%	
No	26%	29%	23%	29%	22%	24%	17%	25%	22%	24%	13%	21%	23%	27%	24%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

Review the table and answer the following questions:

1. What percentage of female participants who identify as Māori want to participate in more physical activity for sport, exercise or recreation?
2. How does this result compare to male participants who identify as Māori ?

# Test your understanding ...

Active NZ Adults 18+ (2017 results)		Significant differences: A result in red / green font means the result is significantly higher / lower than the other gender within the same ethnicity.														
SECTION 6: HURDLES		Gender within ethnicity														
		TOTAL	Male AND European (net)	Female AND European (net)	Male AND Māori (net)	Female AND Māori (net)	Male AND Pacific (net)	Female AND Pacific (net)	Male AND Asian (net)	Female AND Asian (net)	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
<b>PROPORTION WHO WANT TO PARTICIPATE MORE</b>																
Q31. WANTING TO DO MORE EXERCISE OVERALL, WOULD YOU LIKE TO BE DOING MORE PHYSICAL ACTIVITY FOR SPORT, EXERCISE OR RECREATION THAN YOU ARE CURRENTLY DOING?																
Base: All respondents aged 18 or over																
Total (Unweighted)	26845	10021	12954	1252	1898	293	375	802	986	132	166	203	246	362	409	
Yes - I would like to be doing more	74%	71%	77%	71%	78%	76%	83%	75%	78%	76%	87%	79%	77%	73%	76%	
No	26%	29%	23%	29%	22%	24%	17%	25%	22%	24%	13%	21%	23%	27%	24%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

Review the table and answer the following questions:

1. What percentage of females who identify as Māori want to participate in more physical activity for sport, exercise or recreation?

Answer: 78%

2. How does this result compare to males who identify as Māori?

Answer: 71% of males who identify as Māori want to participate more. This is significantly lower than for females who identify as Māori

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# Reading the regional data tables

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# Regional data tables

- These data tables match the Year 1 data tables, but are provided for each of the Regional Sports Trusts.
- Provide each RST with the ability to look at results by age, gender, ethnicity, deprivation, etc within their specific region.
- The only difference between Year 1 main tables and the regional table is that the two types of significance testing are split between two sheets.
- Check whether the sheet you are looking at has a '(2)' at the end of the label or not as this shows which type of significance testing is used.

SPORT NEW ZEALAND									
TOTAL	Gender		Age				Ethnicity		
	Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	European (net)	Māori (net)	
<b>WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)</b>									
Q12. IN THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY SPECIFICALLY FOR SPORT, PHYSICAL EDUCATION (PE), EXERCISE OR FUN?									
-----									
Base: All respondents aged 5 to 17									
Total (Unweighted)	408	212	194	92	145	96	75	304	31
Yes	94%	94%	94%	92%	96%	97%	90%	97%	97%
No	6%	6%	6%	8%	4%	3%	10%	3%	3%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%
<b>AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING</b>									
Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN?									
-----									
Base: All respondents aged 5 to 17									
Total (Unweighted)	408	212	194	92	145	96	75	304	31
Average (mean) number of hours	9.4	10.1	8.6	7.6	9.2	12.4	7.8	10.3	9.5

Sheets labelled without a "(2)" compare the results for the group to the "TOTAL" (e.g male vs total)

Sheets labelled with a "(2)" compare the results for the sub-group to the other gender of that same sub-group (e.g males aged 5-7 versus females aged 5-7)

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# Reading the sports and activities tables

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# Sports and activities tables

These data tables are very different from the first two sets and have primarily been produced for National Sport Organisations and National Recreation Organisations with two objectives:

## 1. To understand how people participate by sport/activity

e.g. intent or reason for doing the activity on the last occasion, whether the activity has been done competitively, whether they have had coaching for the activity.

## 2. To understand who participates by sport/activity

- e.g. the age and gender profile of those who have participated in their activity in the last 7 days / 12 months
  - The data tables also break this down further into who has participated competitively versus non-competitively.
-



# Significance testing in the sports and activities tables


There are 2 different types of significance testing  
 1.) Compares the results for the activity to the average result across all activities  
 2.) Compares the results for a group to the other group within the same activity

**ALWAYS CHECK THE TOP OF THE SPREADSHEET TO SEE WHICH TYPE OF SIGNIFICANCE TESTING APPLIES**

Active NZ Adults 18+ (2017 results)

**TABLE SET 1 - HOW PEOPLE PARTICIPATE**

Significant differences: A result in **red font** means the result is significantly lower than the average across all activities. A result in **green font** means the result is significantly higher than the average across all activities.

	Freshwater fishing	Golf	Football (soccer)	Tennis	Table tennis	NET: Rugby + Touch rugby	Rugby	Touch rugby	Rugby league
									NOTE: Base size is less than 100, interpret results with caution
<b>WEEKLY PARTICIPATION IN EACH SPORT OR ACTIVITY</b>									
Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 7 DAYS? PLEASE ONLY SELECT THE ACTIVITIES WHERE YOU HAVE BEEN PHYSICALLY ACTIVE SPECIFICALLY FOR SPORT, EXERCISE OR RECREATION.									
-----									
Base: All respondents aged 18 or over									
Total (Unweighted)	26806	26806	26806	26806	26806	26806	26806	26806	26806
Yes	1%	4%	2%	2%	1%	1%	1%	1%	0%
No	72%	70%	71%	72%	72%	72%	73%	72%	73%
Non-Participant	27%	27%	27%	27%	27%	27%	27%	27%	27%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%

Note where base sizes are small

\*We've chosen to keep very small base sizes in the Sport and Activities tables as these will likely change as we collect more data in subsequent years

A result in **green font** shows where a result is significantly higher than the average across all activities

**What this means:**  
 4% of adults have participated in golf in the last 7 days. This result is higher than the average across all activities

A result in **red font** shows where a result is significantly lower than the average across all activities

**What this means:**  
 2% of adults have participated in tennis in the last 7 days. This result is lower than average across all activities

# Significance testing in the sports and activities tables cont...


- There are 2 different types of significance testing
- 1.) Compares the results for the activity to the average result across all activities
  - 2.) Compares the results for a group to the other group within the same activity

ALWAYS CHECK THE TOP OF THE SPREADSHEET TO SEE WHICH TYPE OF SIGNIFICANCE TESTING APPLIES

Active NZ Adults 18+ (2017 results)

TABLE SET 5: WHO PARTICIPATES COMPETITIVELY - PARTICIPATION IN EACH ACTIVITY COMPETITIVELY IN THE LAST 12 MONTHS

or cross-country Significant differences: A result in red / green font means the result is significantly higher / lower than the other group within the same activity. (E.g

	Has done Freshwater fishing competitively in the last 12 months	Has NOT done Freshwater fishing competitively in the last 12 months	Has done Golf competitively in the last 12 months	Has NOT done Golf competitively in the last 12 months	Has done Football (soccer) competitively in the last 12 months	Has NOT done Football (soccer) competitively in the last 12 months	Has done Tennis competitively in the last 12 months	Has NOT done Tennis competitively in the last 12 months	Has done Table tennis competitively in the last 12 months
	Q2. ARE YOU...? ----- Base: All respondents aged 18 or over								
Total (Unweighted)	112	1598	1051	2029	766	911	470	1790	180
Male	78%	68%	83%	76%	76%	68%	60%	54%	72%
Female	22%	32%	17%	24%	23%	32%	40%	46%	28%
Gender diverse	0%	0%	0%	0%	0%	0%	0%	0%	0%

A result in red font shows where a result is significantly lower than the other group within the same activity

**What this means:**

Among adults who have done golf competitively in the last 12 months, 17% are female. This result is lower than for females who have not done golf competitively in the last 12 months. This means females are more likely to participate in golf non-competitively than competitively.

A result in green font shows where a result is significantly higher than the other group within the same activity

**What this means:**

Among adults who have done football competitively in the last 12 months, 76% are male. This result is higher than for males who have not done football competitively in the last 12 months. This means males are more likely to do football competitively than non-competitively.

# How to read the sports and activities tables

Two types of table are provided within the sport and activity tables (check the “base” to determine which applies) :

1. Based on all adults or young people (to provide an incidence in the total population)
2. By those who have done each activity (to provide an understanding of those who have done the activity e.g. among those who have participated in Rugby in the last 7 days, their main intent was...)

1. This table is based on “All respondents aged 18 or over” i.e. participants and non-participants in each sport and activity

2. This table is based on “those who have done physical activity specifically for the purpose of sport, exercise or recreation in the last 7 days”

Active NZ Adults 18+ (2017 results)									
TABLE SET 1 - HOW PEOPLE PARTICIPATE									
Significant differences: A result in red font means the result is significantly lower than the average time spent being active across all activities.									
SPORT NEW ZEALAND									
Walking	Running / Jogging	Individual workout using equipment	Group fitness class (e.g. aerobics, crossfit)	NET: Pilates + Yoga	Yoga	Pilates	Dance/dancing (e.g. ballet, hip hop, etc)	Swimming	
<b>FREQUENCY OF ACTIVITIES IN THE LAST 7 DAYS - BASED ON ALL ADULTS</b>									
Q13. HOW MANY TIMES HAVE YOU DONE THIS ACTIVITY IN THE LAST 7 DAYS?									
Base: All respondents aged 18 or over									
Total (Unweighted)	26440	26762	26695	26789	26812	26826	26812		
Mean (Including '0')	2.7	0.5	0.7	0.2	0.2	0.1	0.1		
<b>FREQUENCY OF ACTIVITIES IN THE LAST 7 DAYS - BASED ON THOSE WHO HAVE DONE EACH ACTIVITY</b>									
Q13. HOW MANY TIMES HAVE YOU DONE THIS ACTIVITY IN THE LAST 7 DAYS?									
Base: Those who have done physical activity specifically for the purpose of sport, exercise, or recreation in the last 7 days									
Total (Unweighted)	19128	19450	19383	19477	19500	19514	19500	19447	
Mean (Including '0')	3.7	0.7	0.9	0.3	0.2	0.1	0.1	0.3	

**What does this result mean?**  
 The average amount of time people spent walking in the last 7 days is 2.7 hours.  
 This result is significantly higher than the average time spent being active across all activities.

**What does this result mean?**  
 Among people who have done pilates in the last 7 days, the average time spent doing pilates is 0.1 hours.  
 This result is significantly lower than the average time spent being active across all activities among people who have been active in the last 7 days.

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# Where to find the tables

You can find the Active NZ Data Tables (along with the Main Report, Technical Report and FAQ's) on our website

[www.sportnz.org.nz/activenz](http://www.sportnz.org.nz/activenz)

If you have a query about the contents of this report, please email [activenz@sportnz.org.nz](mailto:activenz@sportnz.org.nz)

