



**SPORT  
NEW ZEALAND**  
IHI AOTEAROA

# Active NZ

## Main report

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The New Zealand Participation Survey 2019

## Acknowledgements

Sport New Zealand's Active NZ survey measures nationwide participation in play, active recreation and sport. Following the Active NZ survey in 2017 and 2018, this third year of data collection explores the participation landscape in the play, active recreation and sport sector for New Zealanders aged 5-plus over three years of measurement, between 2017 and 2019 and updates the main participation statistics for 2019. This report also highlights emerging trends over the course of the last three years. The *Active NZ Spotlight on Rangatahi* complements this report.

Special thanks go to all those who have provided feedback to guide the development of this report and the thousands of New Zealanders who took part in the Active NZ survey.

## Authors

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Wellington: Sport New Zealand

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# Glossary

<b>Respondents</b>	People who took part in the survey.
<b>Adult</b>	Respondents aged 18-plus.
<b>Children and young people</b>	Respondents aged from 5 to 17.
<b>Participants</b>	People who have been physically active in play, exercise, active recreation or sport in the past seven days, where this participation excludes any physical activity undertaken for work or chores. Participation can include physical activity undertaken to get from one place to another (active transport) if the respondent considers it to be for sport or active recreation.
<b>Non-participants</b>	People who have not been physically active in play, exercise, active recreation or sport in the past seven days.
<b>Participation in competitive and non-competitive sports or activities</b>	Participating through an organised structure, for example, in a league or club competition, tournament or competitive event. Non-competitive participation refers to sports or activities undertaken outside of a league or club competition, tournament or competitive event.
<b>Organised participation</b>	Applies to children and young people only. Participation in a competition or tournament is one component of organised participation. Other organised sports and activities include being physically active in physical education or class at school, sport and activities undertaken in a competition and training, or practising with a coach or instructor.
<b>Informal participation</b>	Applies to children and young people only. Informal sports and activities include being physically active through play with others, playing alone, extra training activities, or practising without a coach or instructor.
<b>Play, active recreation and sport</b>	Play, active recreation and sport are used throughout this report for simplicity. However, participation is multi-faceted. Play and active recreation are terms used by Sport New Zealand to capture participation in activities not considered to be sport, for example, playing with friends or alone, dance and tramping. Sport can be undertaken in an organised structure, for example, in a competition or tournament, or informally outside an organised structure. Sport is associated with being competitive, but individuals differ in their degree of competitiveness, irrespective of how they participate.
<b>Weekly participation</b>	Refers to being physically active in play, exercise, active recreation or sport at least once in the past seven days.
<b>Ethnicity</b>	Results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – are based on respondents' self-identification.

## About this report

The report primarily uses data collected through the Active NZ survey<sup>1</sup> between 5 January 2019 and 4 January 2020 from 4,799 children and young people and 21,972 adults. It updates selected participation results by age, gender, ethnicity and deprivation, reinforcing participation patterns reported in 2017 and 2018.<sup>2</sup>

It also uses the data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 74,160 adults aged 18-plus and 16,398 children and young people between ages 5 and 17, to identify any changes in participation over time.

Differences (and similarities) are highlighted between children, young people and adult participation, as are variations by age, gender, ethnicity and deprivation.

Results have been drawn from two separate surveys and data sets: one for children and young people between ages 5 and 17 and one for adults aged 18-plus. Commentary about differences between children, young people and adults is based on observations rather than statistical testing between the two data sets.

Within the two data sets, reported differences between the total result and sub-groups are statistically significant at the 95 percent confidence level. Significance testing means we can be highly confident that any differences reported are not random variations due to carrying out a survey among a sample of the population rather than a population census.

Knowing a difference is statistically significant does not mean the difference is important. Only meaningful differences have been commented on in this report.<sup>3</sup>

Data tables accompanying the report contain all base sizes and highlight all statistically significant differences at the 95 percent confidence level. Please note, in some cases, a significant difference is reported between two numbers that appear to be the same and/or no significant difference is reported when it may appear there should be one. This is due to rounding and variation in sample sizes.

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<sup>1</sup> For further information on method, sample and objectives, see the Technical Report: <https://sportnz.org.nz/activenz>. Sport New Zealand. *Active NZ Technical Report for Data Collected in 2019*. Wellington: Sport New Zealand, 2020.

<sup>2</sup> Sport New Zealand. *Active NZ 2017 Participation Report*. Wellington: Sport New Zealand, 2018. Sport New Zealand. *Active NZ 2018 Participation Report*. Wellington: Sport New Zealand, 2019.

<sup>3</sup> For more detail on the statistical testing, refer to the Technical Report (above note 1).

# Executive summary

## Introduction

- This report updates the participation landscape for children, young people and adults and highlights any emerging trends in play, active recreation and sport. Drawn from the Active NZ survey, it uses data collected between 2017 and 2019 from more than 90,000 New Zealanders aged 5-plus.
- Selected results are explored through the lenses of age, gender, ethnicity and deprivation.

## Key findings

### Participation changes over time

#### Children and young people

1. For children and young people, the four indicators captured through Active NZ to report participation are stable over time. No change has occurred in weekly participation, time spent participating, average number of sports and activities participated in each week or proportion meeting the physical activity guidelines through play, active recreation and sport.
2. New insights point to emerging trends across three years (2017 and 2019) between ages 8 and 14. A downward trend is evident in belonging to a team or club inside or outside of school, particularly among boys.

#### Adults

3. An upward trend can be seen in the proportion of adults spending less than 30 minutes in weekly participation particularly between ages 18 and 34 and especially among females.
4. Between ages 18 and 24, weekly participation, time spent participating each week and inactivity are trending negatively.

### Participation landscape: 2019

Selected participation results by age, gender, ethnicity and deprivation are presented that reinforce participation patterns reported in 2017 and 2018.

#### By age

5. Weekly participation, time spent and average number of sports and activities participated in peak between ages 12 and 14 and then drop steeply between ages 15 and 17. Between ages 18 and 24 and throughout adult years, weekly participation plateaus, before declining from age 65-plus.

#### By gender

6. While no overall difference is evident in weekly participation by gender, both young and adult males consistently spend more time each week being physically active. Young males spend 96 more minutes each week being physically active than young females, and adult males spend 36 more minutes being physically active than females each week.
7. The gender gap in time spent being active is between ages 12 and 49 with the biggest difference between ages 15 and 24 (20 percent).
8. Young and adult females have a greater appetite to increase participation than males particularly between ages 18 and 49, but they also have more barriers: 3 compared with 2.5 for children and young people and 3.3 compared with 2.6 for adults. This pattern is particularly evident between ages 15 and 24.
9. Overall, both young and adult males are more likely to participate in competitive sports and activities. The reverse is true for non-competitive sports and activities.

- No difference can be seen by gender in being physically active in competitive and non-competitive sports and activities between ages 5 and 7 and 15 and 24.

### By ethnicity

- Young and adult Asian have lower levels of weekly participation and spend less time being physically active.
- Young Māori continue to spend more time in organised participation: 5.2 hours compared with 4.6 hours for all children and young people. They also spend above-average time in informal participation per week - 7.5 hours compared with 6.5 hours for all children and young people.
- Adult Māori and Pacific have lower levels of weekly participation and spend less time being physically active.
- Adult European females have higher levels of weekly participation than their male counterparts.

### By deprivation

- Children and young people and adults from high deprivation areas participate in fewer sports and activities each week than all children and young people and all adults.
- Compared with all children and young people, no difference is evident in weekly participation and time spent being physically active each week by those from high, medium and low deprivation areas.
- In contrast, adults from high deprivation areas are less likely to participate each week and spend less time participating than all adults.

### In conclusion

- Results highlight inequities in the system by age, gender, ethnicity and deprivation.
- A negative participation trend is apparent for adults, especially between ages 18 and 24, as well as an increase in inactivity between ages 18 and 34. This is more marked among females. Of note these age groups also had the steepest rate of decline in weekly participation between 1998 and 2014<sup>4</sup>.
- Emerging trends between ages 8 and 14 point to decreasing club membership in and outside of school.

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<sup>4</sup> See *Sport and Active Recreation in New Zealand: The 16-Year Adult Participation Trends 1998 to 2014*. Wellington: Sport New Zealand, 2016 (<https://sportnz.org.nz/resources/participant-trends-report/>).

## Key participation statistics over time

This section updates key participation indicators for children, young people and adults in play, active recreation and sport over time.

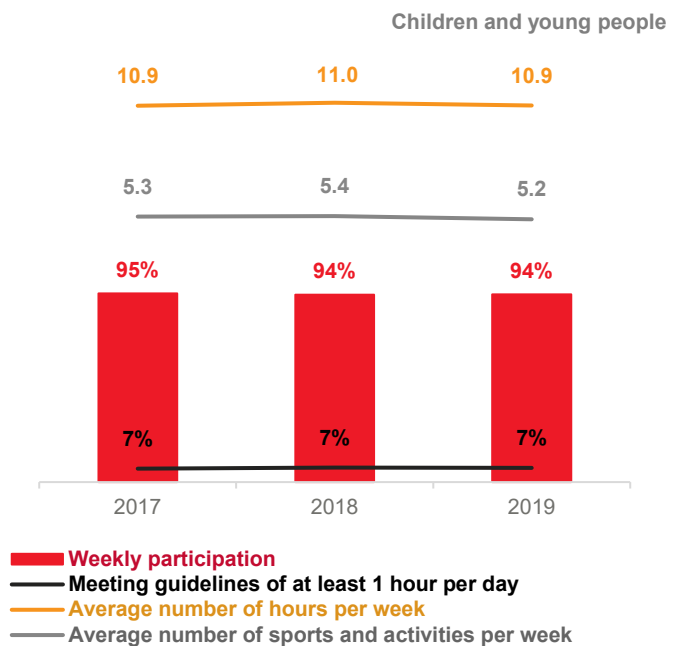
### Insights

1. For children and young people, the four indicators captured through Active NZ to report participation are stable over time. No change has occurred in weekly participation, time spent participating, average number of sports and activities participated in each week or proportion meeting the physical activity guidelines through play, active recreation and sport.
2. New insights point to emerging trends across three years (2017-2019) between ages 8 and 14. A downward trend is evident in belonging to a team or club inside or outside of school, particularly among boys.
3. An upward trend is evident in the proportion of adults spending less than 30 minutes in weekly participation, particularly between ages 18 and 34 and especially among females.
4. Between ages 18 and 24, weekly participation, time spent and inactivity are trending negatively.

**Figure 1: Children and young people – key participation statistics over time**

Between 2017 and 2019<sup>5</sup> no significant changes occurred in:

- weekly participation
- time spent in weekly participation (hours)
- average number of sports and activities participated in each week
- the proportion of children and young people meeting the physical activity guidelines<sup>6</sup> through play, active recreation and sport.



▲ ▼ Significantly higher/lower than the previous year  
Base: All respondents aged 5 to 17

<sup>5</sup> Note: no participation trend data is available for children and young people before this three-year period of data collection.

<sup>6</sup> Physical activity guidelines are at least one hour a day of moderate to vigorous activity 7 days a week. This data point in 2019 is only based on Q1 & Q2 of 2019 because the question was changed from Q3 2019.



## **Watching brief: some indicators suggest a changing relationship with participation in play, active recreation and sport for two age groups.**

### **Between ages 8 and 11**

- Between 2017 and 2018, participation in competitive sports and activities dropped from 36 percent to 32 percent. In 2019, this stabilised at the lower level (33 percent).
- Belonging to a team or club outside of school dropped for males, from 78 percent in 2017 to 75 percent in 2018, to 72 percent in 2019.
- Belonging to a team or club at school dropped for males, from 68 percent in 2017 to 67 percent in 2018, to 63 percent in 2019.
- Agreement with 'I am not interested in sport or physical activity' increased among young girls who do not want to increase their participation, from 6 percent in 2017 to 8 percent in 2018 to 12 percent in 2019.
- Agreement decreased among girls with 'I am good at lots of different physical activities', from 82 percent in 2017 to 74 percent in 2018, stabilising at 74 percent in 2019.
- Agreement decreased among girls with 'New Zealand athletes and sport teams are good role models', from 72 percent in 2017 to 68 percent in 2018, to 64 percent in 2019.
- Agreement decreased among girls with 'successful New Zealand athletes and sports teams make me want to be more physically active', from 59 percent in 2017 to 55 percent in 2018 to 49 percent in 2019.

### **Between ages 12 and 14**

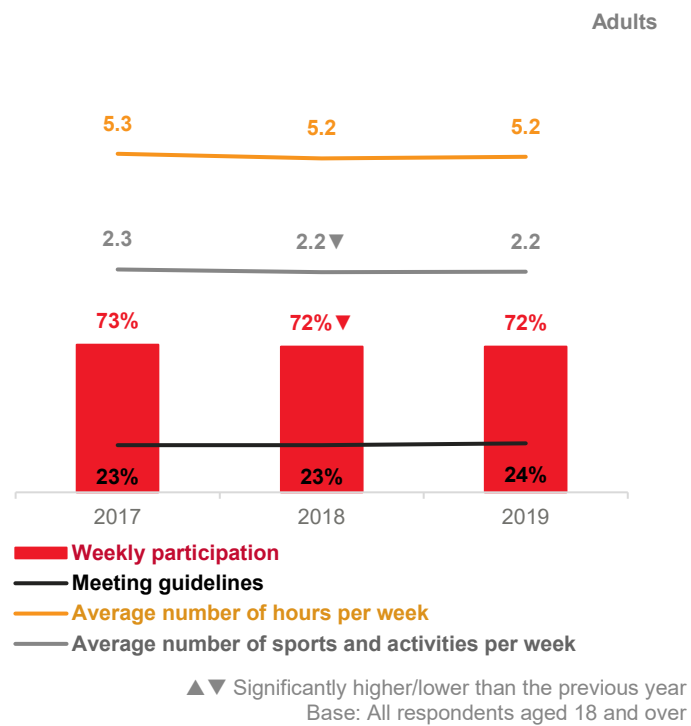
- Between 2017 and 2018 weekly participation dropped from 98 percent to 96 percent. In 2019 this stabilised at the lower level (96 percent).
- Belonging to a team or club at school dropped for males, from 82 percent in 2017 to 81 percent in 2018, to 72 percent in 2019.
- For males, disagreement with the statement 'I enjoy watching, listening to and reading about sport' increased from 14 percent in 2017 to 19 percent in 2018, to 26 percent in 2019.
- For males, agreement with 'I feel confident to take part in lots of different physical activities' decreased from 80 percent in 2017 to 74 percent in 2018, to 71 percent in 2019.

## Figure 2: Adults – key participation statistics over time

The drops in weekly participation and average number of sports and activities from 2017 to 2018 have stabilised at 2018 levels. In 2019:

- seventy-two percent of adults participated each week (73 percent in 2017 and 72 percent in 2018)
- the 2 percent drop in female participation, from 74 percent to 72 percent, stabilised at 72 percent
- the drop from 2.3 to 2.2 average number of sports and activities has stabilised at 2.2.

Average time spent in weekly participation (hours), and the proportion of adults meeting the physical activity guidelines<sup>7</sup> through play, active recreation and sport, are consistent over time.



### Between 2017 and 2019 a consistent increase has occurred in the proportion of adults spending less than 30 minutes in weekly participation.

The proportion of adults spending less than 30 minutes in weekly participation increased from 29 percent in 2017 to 30 percent in 2018 to 31 percent in 2019. The increase was most evident:

- between ages 18 and 24 years: 26 percent in 2017 to 29 percent in 2018 to 30 percent in 2019
- between ages 25 and 34 years: 26 percent in 2017 to 28 percent in 2018 to 29 percent in 2019.

<sup>7</sup> Physical activity guidelines are at least 2.5 hours of moderate activity or 1.25 hours of vigorous activity spread throughout the week.

**For context, in the 16-year period between 1998 and 2014<sup>8</sup>, the drop in weekly participation was steepest between ages 18 and 24.**

During that timeframe, a 13.9 percent decrease occurred between ages 18 and 24, compared with a 7.7 percent decrease for all adults. A 10.4 percent drop followed for ages between 25 and 34.

From 2017 and 2019, changes in participation occurred between ages 18 and 24.

- Weekly participation dropped from 75 percent in 2017 to 73 percent in 2018 to 72 percent in 2019. This is mainly driven by a drop in female participation, from 74 percent in 2017 to 71 percent in 2018 to 69 percent in 2019.
- Spending less than 30 minutes being physically active increased among females, from 28 percent in 2017 to 31 percent in 2018 to 32 percent in 2019.
- Time spent being physically active dropped from 5.9 hours in 2017 to 5.5 hours in 2018 to 5.3 hours in 2019. This is mainly driven by a decrease in time spent by males, from 6.9 hours in 2017 to 6.2 hours in 2018 to 6.0 hours in 2019. Note, despite this decline, males continue to spend more time being physically active than females, a 20 percent gender gap for this age group in 2019.
- The proportion meeting the physical activity guidelines through play, active recreation and sport is consistent across the three years (table 1).

**Table 1: Participation over time between ages 18 and 24**

	18–24			Females 18–24			Males 18–24		
	2017	2018	2019	2017	2018	2019	2017	2018	2019
Weekly participation (%) (in the past 7 days)	75%	73%	72%	74%	71%	69%	77%	76%	74%
Average number of activities (in the past 7 days)	2.5	2.5	2.4	2.5	2.4	2.4	2.6	2.5	2.5
Average number of hours (in the past 7 days)	5.9	5.5	5.3	5.2	4.9	4.8	6.9	6.2	6.0
Meeting the physical activity guidelines (0.5-plus hrs on 5-plus days)	23%	24%	25%	21%	23%	25%	26%	26%	25%
Less than 30 minutes	26%	29%	30%	28%	31%	32%	24%	26%	27%

Indicates a significant difference between 2017 and 2019

Base: All respondents aged 18 to 24

<sup>8</sup> See *Sport and Active Recreation in New Zealand: The 16-Year Adult Participation Trends 1998 to 2014*. Wellington: Sport New Zealand, 2016 (<https://sportnz.org.nz/resources/participant-trends-report/>).

## Participation landscape: 2019

This section updates selected participation results by age, gender, ethnicity and deprivation, reinforcing participation patterns reported in 2017 and 2018.

### Insights

#### By age

1. Weekly participation, time spent and average number of sports and activities participated in each week peak between ages 12 and 14 and then drop steeply between ages 15 and 17. Between ages 18 and 24 and throughout adult years, weekly participation plateaus, before declining from age 65-plus.

#### By gender

2. While no overall difference is evident in weekly participation by gender, young and adult males consistently spend more time being physically active. Young males spend 96 more minutes being physically active than young females and adult males spend 36 more minutes being physically active than females.
3. The gender gap in time spent being physically active is between ages 12 and 49, with the biggest difference between ages 15 and 24 (20 percent).
4. Young and adult females have a greater appetite to increase participation than males particularly between ages 18 and 49, but they also have more barriers: 3 compared with 2.5 for children and young people and 3.3 compared with 2.6 for adults. This pattern is particularly evident between ages 15 and 24.
5. Overall, young and adult males are more likely to participate in competitive sports and activities. The reverse is true for non-competitive sports and activities.
6. However, no difference can be seen by gender in being physically active in competitive and non-competitive sports and activities between ages 5 and 7 and ages 15 and 24.

#### By ethnicity

7. Young and adult Asian have lower levels of weekly participation and spend less time being physically active.
8. Young Māori continue to spend more time in organised participation: 5.2 hours compared with 4.6 hours for all children and young people. They also spend above-average time in informal participation per week compared with all children and young people (7.5 hours compared with 6.5 hours).
9. Adult Māori and Pacific have lower levels of weekly participation and spend less time being active compared with all adults.
10. Adult European females have higher levels of weekly participation than their male counterparts.

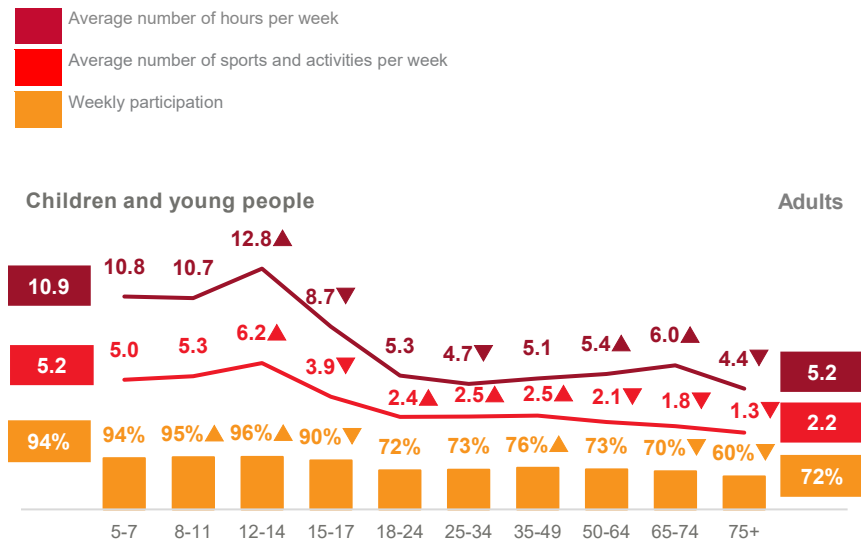
#### By deprivation

11. Children, young people and adults from high deprivation areas participate in fewer sports and activities each week than all children and young people and all adults.
12. Compared with all children and young people, no difference is evident in weekly participation and time spent being physically active each week by those from high, medium and low deprivation areas.
13. In contrast, adults from high deprivation areas are less likely to participate each week and spend less time being physically active than all adults.

**Figure 3: Participation by age**

Weekly participation, time spent and average number of sports and activities participated in peak between ages 12 and 14 and then drop steeply between ages 15 and 17.

Between ages 18 and 24, a new adult baseline is set in weekly participation. Weekly participation plateaus during adult years before declining from age 65-plus.



▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 5 and over

**Figure 4: Participation by age and gender**

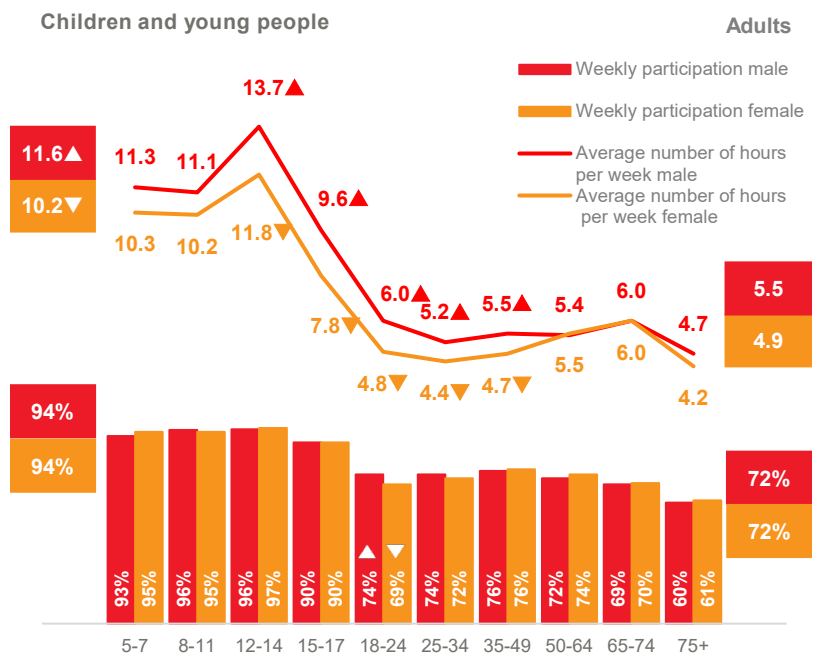
At an overall level, no difference is evident in weekly participation by gender, except between ages 18 and 24, when, in 2019, fewer females participated each week than males.

Young males spend 96 minutes more being physically active than females. Adult males spend 36 minutes more being physically active than females.

The overall pattern of more time spent being physically active by males than females is consistent with 2017 and 2018.

In 2019 the gender gap in time spent being active is apparent between ages 12 and 49, with the biggest gaps evident between ages 15 and 17 and 18 and 24, a 20 percent for both age groups.

The gap between ages 18 and 24 is consistent across each of the three years of measurement.

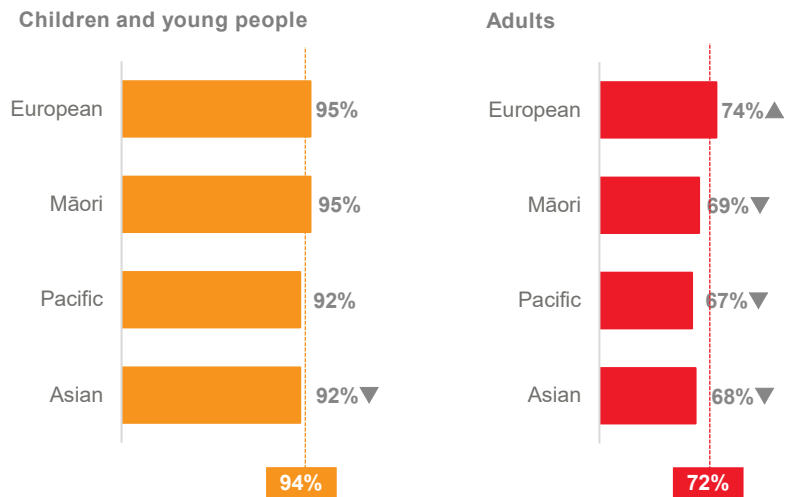


▲▼ Significantly higher/lower than the other gender in the same age group  
Results are from 2019  
Base: All respondents aged 5 and over

**Figure 5: Participation by ethnicity**

Weekly participation is lower than average for Asian children and young people.

European adults have higher than average weekly participation, while Pacific, Asian and Māori adults have lower than average weekly participation.



▲▼ Significantly higher/lower than the total  
Results are from 2019

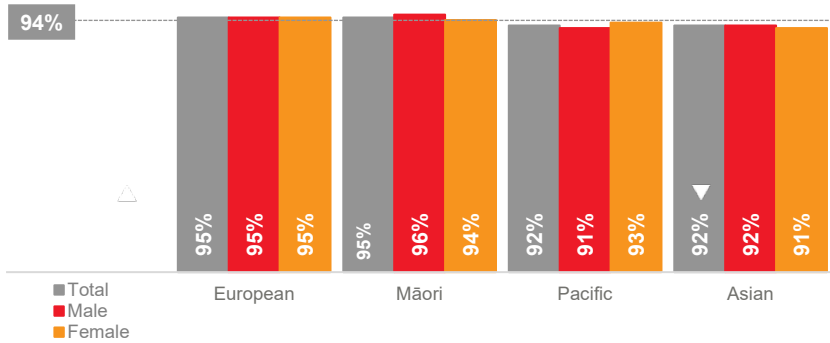
Base Children and young people: All respondents aged 5 to 17  
Base Adults: All respondents aged 18 and over

**Figure 6: Weekly participation by ethnicity and gender**

For children and young people, no significant differences are evident in weekly participation between males and females of the same ethnicity.

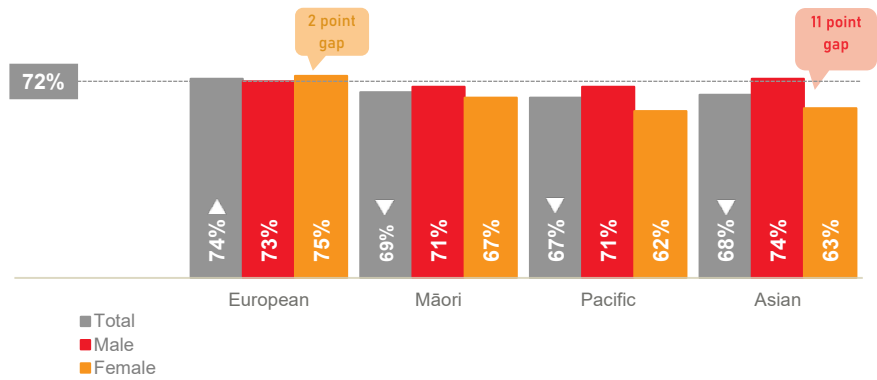
Asian adult males have higher levels of weekly participation than Asian females.

**Children and young people**



▲ ▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 5 to 17

**Adults**



▲ ▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 18 and over  
Significant gender difference

**Figure 7: Time spent being physically active by ethnicity and gender (hours)**

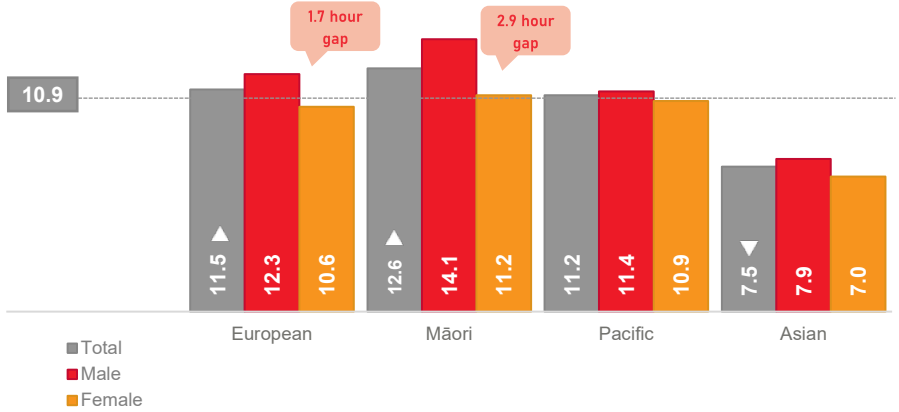
Young Māori spend the most time being physically active and young Asian the least.

A gender gap is evident in time spent being physically active for young European and Māori, but it is most marked for young Māori.

Young Māori males spend 26 percent more time being physically active than young Māori females.

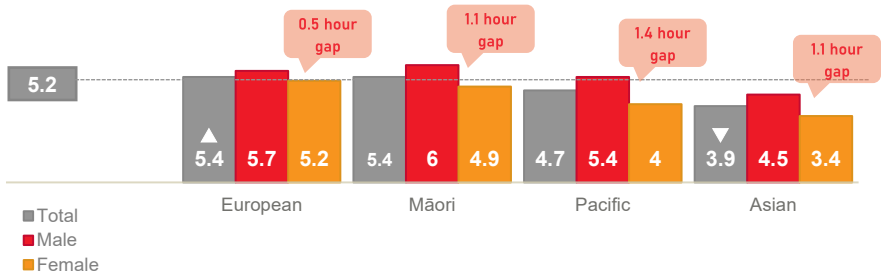
Adult males spend more time being physically active than adult females across all ethnicities.

**Children and young people**



▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 5 to 17

**Adults**



▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 18 and over

Significant gender difference



**Figure 8: Participation by deprivation<sup>9</sup>**

For children and young people, no significant differences are evident by deprivation in:

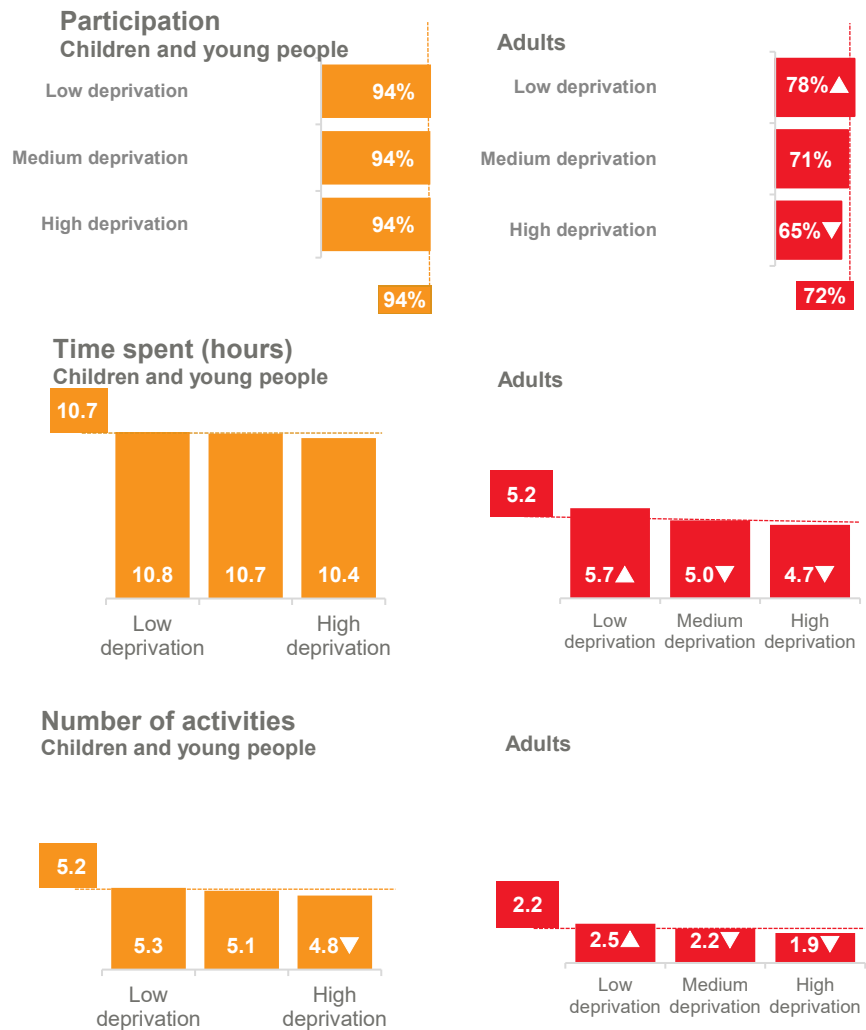
- weekly participation; or
- time spent being physically active.

Adults from high deprivation areas have:

- lower levels of weekly participation; and
- spend less time being physically active each week.

Children, young people and adults from high deprivation areas:

- participate in fewer sports and activities each week.



▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 5 and over

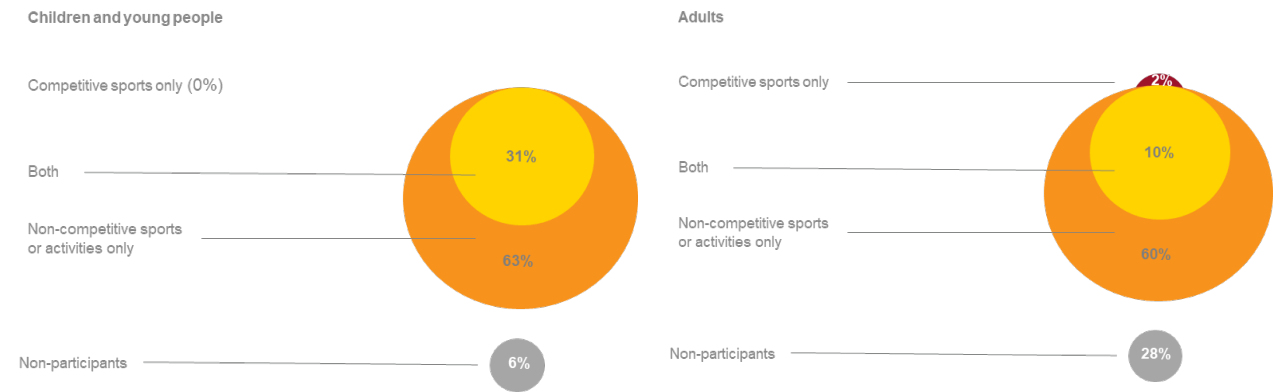
**Children, young people and adults who participate in competitive sports and activities also participate in non-competitive sports and activities, except for 2 percent of adults.**

- Most weekly participation is in non-competitive sports and activities.
- Children and young people continue to have higher levels of participation in competitive sports and activities than adults – a ratio of 3 to 1 (figure 9).

<sup>9</sup> NZDep2013 combines census data relating to income, home ownership, employment, qualifications, family structure, housing, access to transport and communications. NZDep2013 groups deprivation scores into deciles, where 1 represents the areas with the least deprived scores and 10 the areas with the most deprived scores. For more information, refer to the Technical Report. Note: Deprivation Index: Low 1–3, Medium 4–7, High 8–10.

Only 75% of children and young people are able to be allocated to low, medium or high deprivation areas, This explains why the average time spent by children and young people varies in figure 10 (which is based on children and young people able to be allocated to a deprivation area) and figure 5 (based on all children and young people).

**Figure 9: Participation in competitive and non-competitive sports and activities**



Results are from 2019  
Base: All respondents aged 5 and over

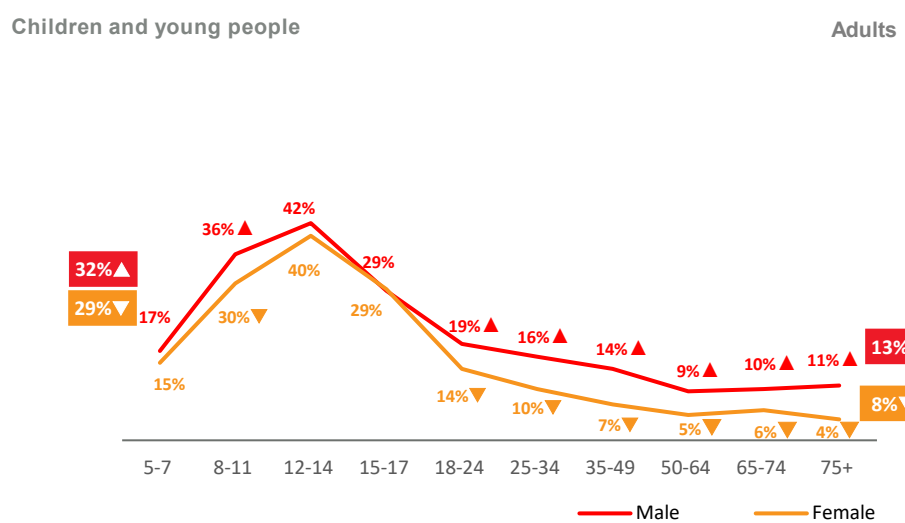
**By age**

Participation in competitive sports and activities follows a similar pattern to time spent being physically active.

- Between ages 8 and 11, participation in competitive sports and activities reaches 33 percent, peaks at 41 percent between ages 12 and 14 before dropping to 29 percent between ages 15 and 17.
- For adults, participation in competitive sports and activities is at its highest between ages 18 and 24, at 18 percent, before dropping with increasing age.
- Participation in non-competitive sports and activities only is highest between ages 5 and 7 at 78 percent and lowest between ages 12 to 14 at 56 percent, before increasing to 60 percent between ages 15 to 17.
- For adults, participation in non-competitive sports and activities is highest between ages 35 to 49, at 64 percent, before dropping with increasing age.

**Figure 10: Participation in competitive sports and activities by age and gender**

No gender difference can be seen in participation in competitive sports and activities between ages 5 and 7 and 12 and 17. At all other ages, participation for males is greater than for females.



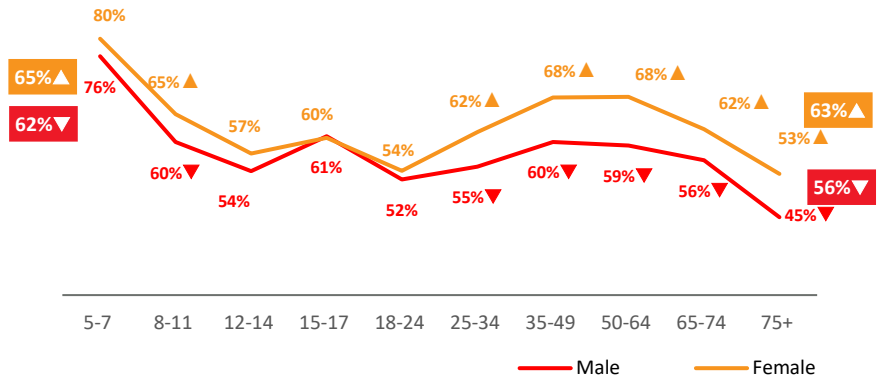
▲▼ Significantly higher/lower than the other gender in the same age group  
Base: All respondents aged 5 and over

### Figure 11: Participation in non-competitive sports and activities by age and gender

On average, young and adult females are more likely to participate in non-competitive sports and activities compared with males, particularly between ages 8 and 11 and 25-plus.

Children and young people

Adults



▲ ▼ Significantly higher/lower than the other gender in the same age group  
 Base: All respondents aged 5 and over

### By deprivation

No significant differences can be seen in participation in competitive and non-competitive sports and activities among young people from high and low deprivation areas.

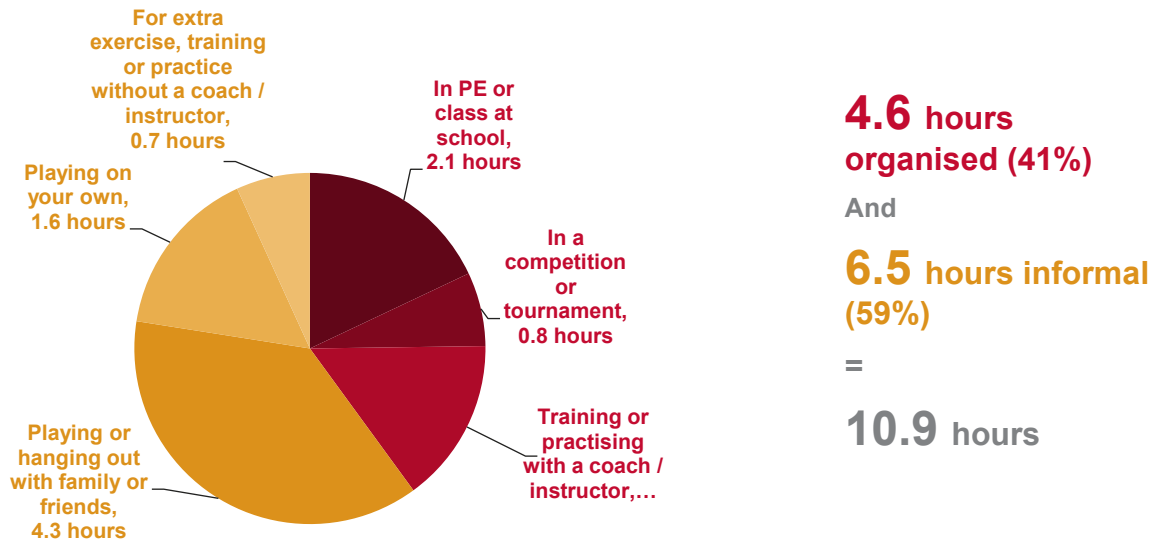
Compared with adults from low deprivation areas, adults from high deprivation areas are:

- less likely to participate in non-competitive sports and activities (52 percent compared with 65 percent)
- just as likely to participate in competitive sports and activities (both 12 percent).

### Each week, children and young people spend an average of 10.9 hours being physically active.

Of the hours children and young people spend participating weekly, 59 percent of that time is spent in informal participation, with 53 percent spent in play (figure 12).

**Figure 12: Time spent being physically active per week in organised and informal sports and activities (hours)**



Results are from 2019  
Base: All respondents aged 5 to 17

### By age

- Average time spent being physically active per week peaks between ages 12 and 14, at 12.8 hours, and drops to 8.7 hours between ages 15 and 17.
- Time spent in informal activities is highest between ages 5 and 7, at 7.9 hours, declining to 6.5 hours per week between ages 8 and 11 and 6.8 hours between ages 12 and 14, before dropping 31 percent (to 4.7 hours) between ages 15 and 17.
- Time spent in organised activities per week also peaks between ages 12 and 14, at 6.6 hours, before dropping by 39 percent (to 4.0 hours) between ages 15 and 17.
- Between ages 5 and 7, less than average time is spent in organised activities per week (2.9 hours compared with 4.6 hours). This is consistent across the three sub-categories of organised activities. On the other hand, this age group spends nearly 2 hours more than the weekly average in play (7.8 hours compared with 5.9 hours).
- The overall hours spent in both informal and organised participation per week between ages 8 and 11 reflects the average, but this age group spends less time than average training or practising with a coach or informally (table 2).

**Table 2: Average time spent per week participating in organised and informal sports and activities by age (hours)<sup>10</sup>**

2019	Total	5–7	8–11	12–14	15–17
<b>Organised</b>					
• Physical education or class at school	2.1	1.9▼	2.2	2.8▲	1.3▼
• Competition or tournament	0.8	0.2▼	0.6▼	1.4▲	0.8
• Training or practising with a coach	1.7	0.8▼	1.5▼	2.4▲	2.0▲
<b>Informal</b>					
• Playing or hanging out with friends or family	4.3	5.6▲	4.6▲	4.3	2.4▼
• Playing on your own	1.6	2.2▲	1.7	1.5	1.1▼
• Extra exercise, training, practice without a coach or instructor	0.7	0.1▼	0.2▼	1.2▲	1.4▲
<b>Total time</b>	<b>10.9</b>	<b>10.8</b>	<b>10.7</b>	<b>12.8▲</b>	<b>8.7▼</b>
<b>Organised combined</b>	<b>4.6</b>	<b>2.9▼</b>	<b>4.3▼</b>	<b>6.6▲</b>	<b>4.0▼</b>
<b>Informal combined</b>	<b>6.5</b>	<b>7.9▲</b>	<b>6.5</b>	<b>6.8</b>	<b>4.7▼</b>

▲▼ Significantly higher/lower than total  
Base: All respondents aged 5 to 17

### By gender

- A gender gap is evident in organised and informal participation, with males spending an average of 11.6 hours and females 10.2 hours per week.
- This gender gap is mostly accounted for by time spent in play. Males spend 6.6 hours participating in play compared with 5.3 hours for females per week. This is consistent across all age groups and most evident between ages 12 and 14, where males spend an average of 6.9 hours in play and females 4.7 hours per week, a gap of 32 percent.

### By ethnicity

- Young Māori spend more time in organised participation per week, 5.2 hours compared with an average of 4.6 hours for all children and young people, particularly young Māori males (5.4 hours). This can mainly be attributed to above average time spent participating in physical education (PE), 2.7 hours compared with an average of 2.1 hours than all children and young people.
- Young Māori also spend above average time in informal participation per week (7.5 hours compared with 6.5 hours). This is most evident for young Māori males compared with young Māori females (8.7 hours compared with 6.5 hours for young Māori females).
- Young Asian spend less time in organised (3.2 hours compared with 4.6 hours) and informal participation per week (4.4 hours compared with 6.5 hours). They spend less time playing or hanging out with family or friends (2.7 hours compared with 4.3 hours).

### By deprivation

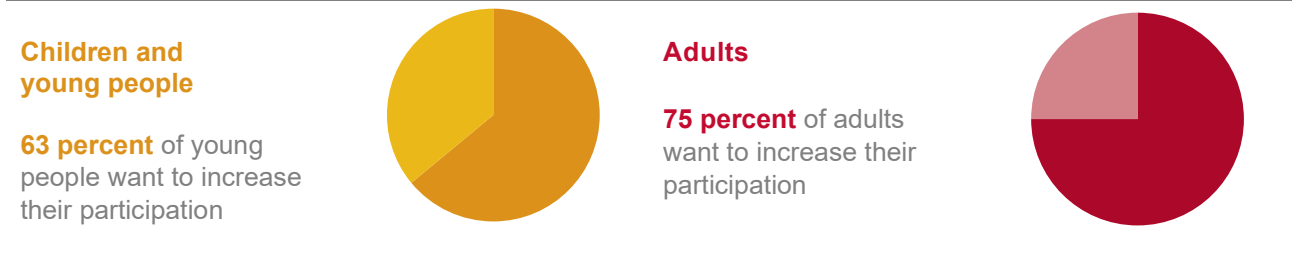
- Children and young people from high deprivation areas spend more time participating per week in PE or classes at school than children and young people from low and medium deprivation areas (2.6 hours compared with 2.1 hours). Children and young people from low deprivation areas spend more time training or practising with a coach (1.9 hours compared with 1.2 hours in high deprivation areas).

<sup>10</sup> 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.

### Appetite to increase participation is high

Sixty-three percent of children and young people and 75 percent of adults want to increase their participation (figure 13).

**Figure 13: Proportion who want to increase participation**

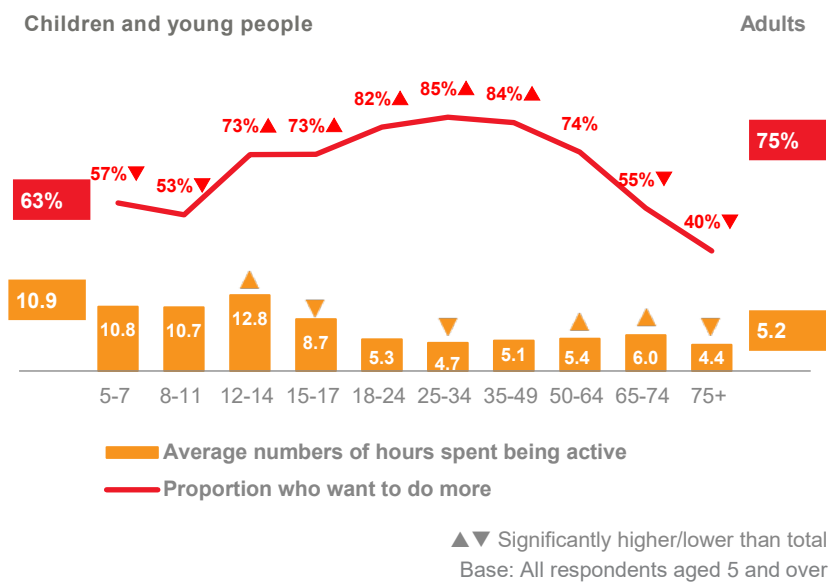


**Figure 14: Time spent and proportion who want to increase participation by age (hours)**

Between ages 12 and 17, appetite to increase participation is above average for children and young people, while between ages 5 and 11 it is below average.

For adults, it is between ages 18 and 49 where the appetite to increase participation is higher. This drops to below average for adults aged 65-plus.

No direct correlation can be seen with time spent in weekly participation and desire to increase participation.

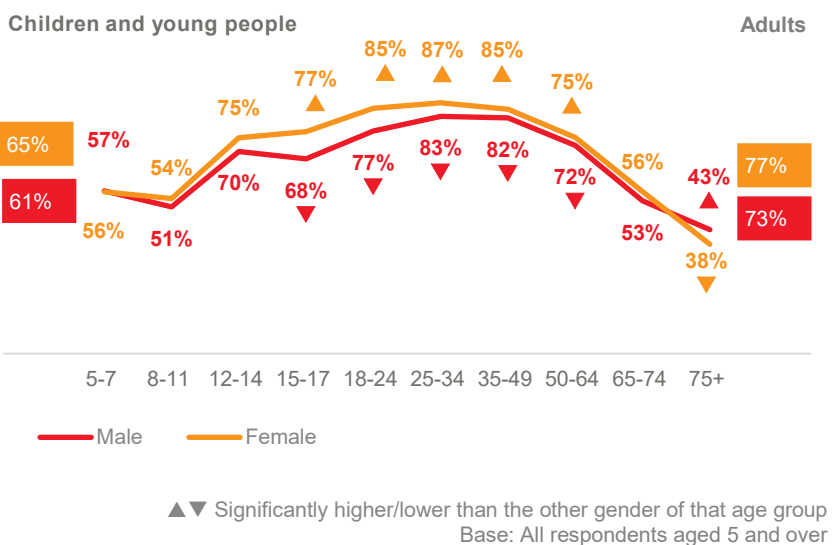


**Figure 15: Proportion who want to increase participation by gender within age**

Between ages 15 and 64, a higher proportion of females, compared with males, want to increase their participation. This is strongest between ages 15 and 24.

- Between ages 15 and 17, a 12 percent gap is evident.
- Between ages 18 and 24, a 9 percent gap is evident.

From age 75-plus, males want to increase their participation more than females.

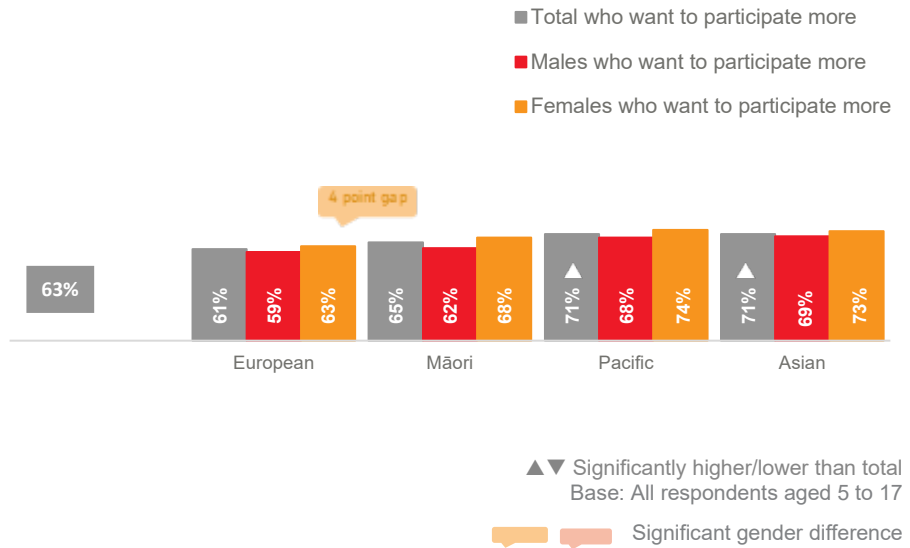


**Figure 16: Proportion of children and young people who want to increase participation by gender within ethnicity**

Young Pacific and Asian want to increase their participation more than all children and young people.

Young European females want to increase their participation more than young European males.

**Children and young people**

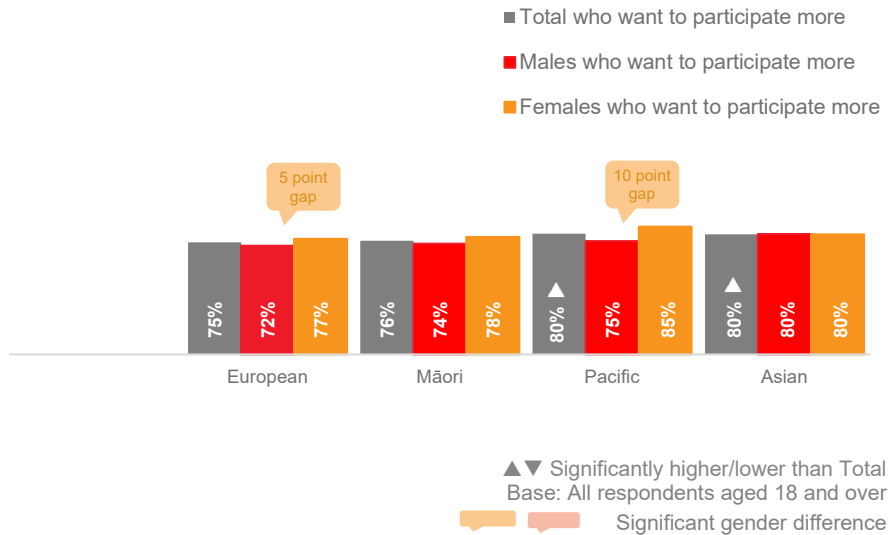


**Figure 17: Proportion of adults who want to increase participation, by gender within ethnicity**

Adult Pacific and Asian want to increase their participation more than all adults.

European and Pacific females are more likely to want to increase their participation, compared with males of the same ethnicity.

**Adults**



## Barriers

### Other commitments taking priority or being too busy is the top barrier to increasing participation for children, young people and adults.

For nearly 6 in 10 adults and 4 in 10 children and young people, other commitments taking priority or being too busy is a barrier to increasing their participation.

On average, children and young people have 2.7 barriers and adults 3.0 barriers<sup>11</sup> (table 3).

**Table 3: Barriers to increasing participation**

Children and young people		Adults	
<b>39%</b>	<b>Too busy</b>	<b>59%</b>	<b>Other commitments take priority</b>
<b>19%</b>	<b>I'm too tired / no energy</b>	<b>25%</b>	<b>I am too tired / no energy</b>
<b>17%</b>	<b>I prefer to do other things</b>	<b>24%</b>	<b>I struggle to motivate myself</b>
<b>17%</b>	<b>I already do a good amount</b>	<b>21%</b>	<b>I prefer to spend my time on other interests / hobbies</b>
<b>2.7 barriers on average</b>		<b>3.0 barriers on average</b>	

Results are from 2019  
Base: All respondents aged 8 and over

### The average number of barriers varies by age, gender, ethnicity and deprivation.

The average number of barriers increases with increasing age for children and young people and decreases with increasing age for adults.

The average number of barriers is:

- 2.2 between ages 8 and 11
- 3.1 between both ages 12 and 14 and 15 and 17
- 4.2 between ages 18 and 24, dropping to 3.3 for aged 75-plus.

Females have more barriers than males:

- 3.0 compared with 2.5 for children and young people
- 3.3 compared with 2.6 for adults.

Between ages 15 and 17, females have more barriers than males (3.6 compared with 2.6).

- More females than males mention they are 'too busy' (56 percent compared with 44 percent), 'too tired' (32 percent compared with 21 percent), 'it's too hard to motivate myself' and 'my family can't afford it' (30 percent compared with 20 percent).
- More females than males mention they are 'not confident enough' (15 percent compared with 5 percent) and 'not fit enough' (14 percent compared with 8 percent).

Between ages 18 and 24, females have more barriers than males (4.7 compared with 3.5).

<sup>11</sup> Barriers asked from aged 8-plus.



Barriers between ages 18 and 24 follow a similar pattern to those between ages 15 and 17, except for 'too busy' where no difference can be seen by gender.

- More females than males mention they are 'too tired' (44 percent compared with 28 percent) and 'it's too hard to motivate myself' (47 percent compared with 35 percent).
- More females than males mention they are 'not confident' (21 percent compared with 11 percent) and 'not fit enough' (24 percent compared with 11 percent).
- Females are more likely to mention all barriers, except for 'already doing a good amount' where more males than females mention this barrier (8 percent compared with 13 percent).

No variation occurs in the average number of barriers by ethnicity and deprivation for children and young people, but:

- adults from high deprivation areas have more barriers compared with adults from low deprivation areas (3.3 compared with 2.8)
- non-European adults have above-average barriers (the highest is Pacific at 3.5).

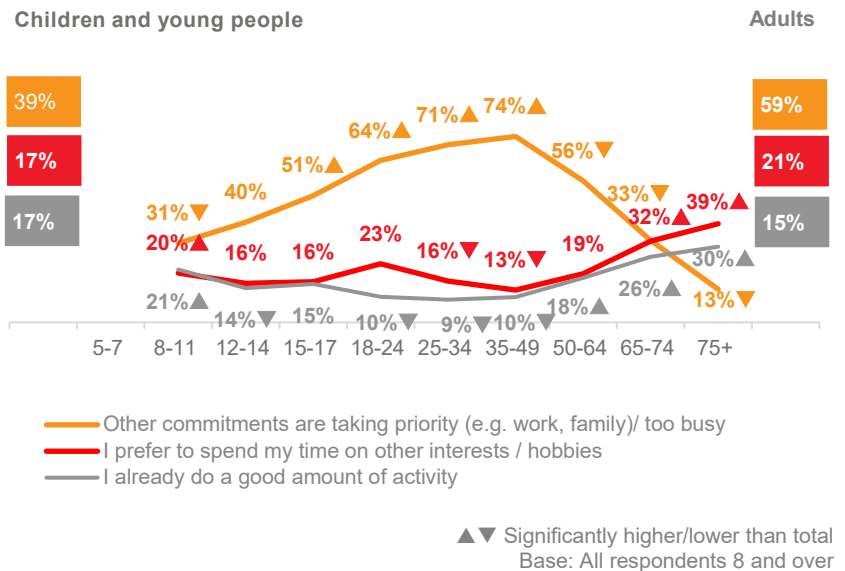
**Figure 18: Other commitments, preference for other things and already doing enough**

Other commitments taking priority is lower than average as a barrier between ages 8 and 11.

This barrier increases with age, peaking between ages 25 and 49, before declining to its lowest level for adults aged 75-plus.

Preferring to spend time on other things is higher than average between ages 8 and 11 and adults aged 65-plus.

Doing a good amount of activity is less of a barrier between ages 18 and 49. For this age group, other commitments taking priority is at its highest.

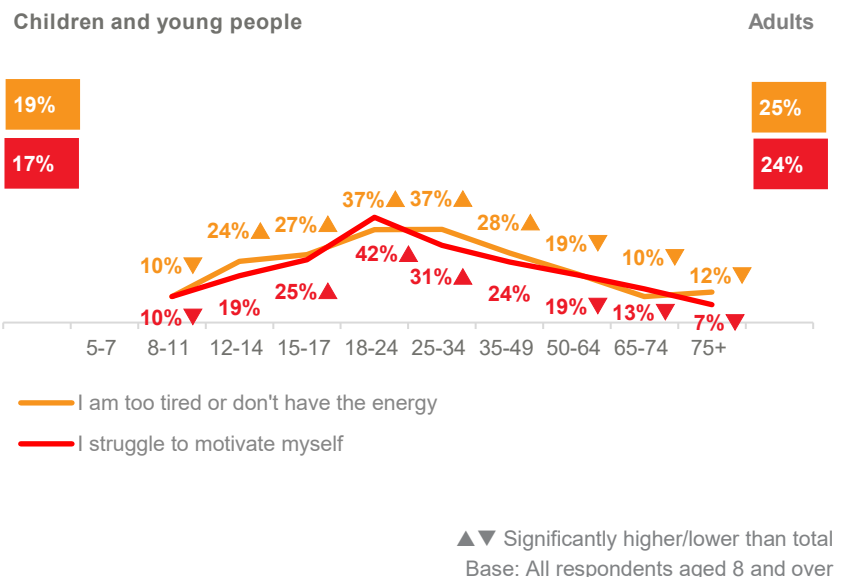


**Figure 19: Too tired and lacking motivation**

Being too tired is an above-average barrier between ages 12 and 49, peaking between ages 18 and 34.

This is a bigger barrier for females. Forty-four percent of females between ages 18 and 24 and 42 percent of females between ages 25 and 34 say being too tired is a barrier to their participation.

Lack of motivation follows a similar pattern, peaking sharply between ages 18 and 24.



## Appendices A–D

<b>A</b>	<b>Participation in individual sports and activities and different locations</b>	Page 27
<b>B</b>	<b>Regional participation</b>	Page 32
<b>C</b>	<b>Research objectives and methodology</b>	Page 36
<b>D</b>	<b>Question wording and base descriptions</b>	Page 37

## Appendix A

**Table 4: Top 25 sports and activities children and young people participated in over past 7 days**

	Total	Year		
		2017	2018	2019
NET: Running / jogging / cross country <sup>12</sup>	56%	52%	59%▲	57%
Playing (eg, running around, climbing trees, make-believe)	40%	41%	40%	39%
Games (eg, four square, tag, bull rush, dodgeball)	35%	36%	36%	34%
Playing on playground (eg, jungle gym)	35%	36%	36%	34%
Swimming	34%	36%	35%	33%
NET: Cycling	32%	31%	32%	32%
Walking for fitness	26%	29%	25%▼	25%
Trampoline	24%	26%	24%	22%▼
Scootering	21%	20%	21%	20%
NET: Football/ soccer/ futsal	19%	19%	19%	17%▼
Dance/dancing (eg, ballet, hip hop and so on)	15%	16%	15%	14%
Workout (weights or cardio)	14%	14%	14%	13%
Basketball or mini-ball	12%	12%	13%	12%
Group exercise class (eg, aerobics, crossfit, jump jam)	11%	12%	11%	11%
Netball	11%	11%	10%	10%
Tramping or bush walks	9%	10%	9%	9%
Rugby or rippa rugby	9%	10%	10%	9%
Athletics or track and field	9%	9%	9%	9%
Touch rugby	8%	8%	8%	9%
Gymnastics (eg, rhythmic, artistic)	8%	8%	8%	7%
Cricket	6%	6%	7%	6%
Kapa haka	6%	6%	6%	7%
Hockey or floorball	6%	6%	6%	6%
Mountain biking	5%	5%	5%	6%
Skateboarding	5%	6%	5%	5%

▲▼ Significantly higher/lower than previous year  
Base: All respondents aged 5 to 17

<sup>12</sup> Reporting combined as cross country captured separately only from Q3, 2019.

**Table 5: Top 25 sports and activities adults participated in over past 7 days**

	Total	Year		
		2017	2018	2019
Walking	58%	59%	57%▼	57%
Gardening	24%	25%	24%▼	23%▼
Individual workout using equipment	22%	22%	21%	22%
Running / jogging	20%	20%	19%▼	20%
Playing games (eg, with kids)	16%	16%	16%	15%
NET: Cycling (incl BMX, excl e-bikes)	11%	11%	11%	11%
NET: Cycling (excl BMX)	11%	10%	10%	11%
Swimming	9%	9%	9%	9%
Group fitness class (eg, aerobics, crossfit)	9%	9%	9%	9%
NET: Pilates/yoga	8%	8%	8%	8%
Mountain biking	4%	4%	4%	2%▼
NET: Tramping	4%	4%	4%	4%
Dance / dancing (eg, ballet, hip hop and so on)	4%	4%	4%	4%
Golf	3%	4%	3%	3%
NET: Fishing	3%	3%	3%▼	3%
Football (soccer)	2%	2%	2%	2%
Marine fishing	2%	2%	2%	2%
Tennis	2%	2%	2%	2%
Boxing	1%	2%	1%▼	1%
Netball	1%	1%	1%	1%
Motorcycling	1%	2%	1%	1%
Basketball	1%	1%	1%	1%
Surfing / body boarding	1%	1%	1%	2%▲
Table tennis	1%	1%	1%	1%
NET: Rugby / touch rugby	1%	1%	1%	1%

▲▼ Significantly higher/lower than previous year  
Base: Respondents aged 18 and over

**Table 6: Proportion of those who have participated in each sport or activity in the 7 days prior among children and young people in 2019**

%	Age					Gender		Ethnicity			
	TOTAL	5–7	8–11	12–14	15–17	Male	Female	European	Māori	Pacific	Asian
Participated 7 days											
Running or jogging	54%	47%▼	51%▼	66%▲	52%	56%	53%	53%	56%	63%▲	56%
Playing (eg, running around, climbing trees, make-believe)	39%	57%▲	47%▲	36%	11%▼	39%	40%	43%▲	41%	39%	28%▼
Games (eg, four square, tag, bull rush, dodgeball)	34%	28%▼	36%▲	47%▲	21%▼	35%	34%	37%	37%	38%	23%▼
Playing on playground (eg, jungle gym)	34%	58%▲	47%▲	22%▼	5%▼	32%▼	37%	37%	37%	34%	25%▼
Swimming	33%	47%▲	38%▲	28%▼	17%▼	32%	34%	36%	30%	26%	29%▼
Cycling or biking	30%	41%▲	31%	29%	16%▼	34%▲	25%▼	33%	29%	19%▼	23%▼
Walking for fitness	25%	15%▼	18%▼	35%▲	34%▲	20%▼	30%▲	24%	27%	28%	28%
Trampoline	22%	33%▲	25%	21%	6%▼	21%	23%	26%	23%	12%▼	12%▼
Scotering	20%	34%▲	26%▲	13%▼	4%▼	23%▲	17%▼	22%	21%	18%	15%▼
Football/soccer	17%	12%▼	18%▲	21%▲	13%▼	25%▲	8%▼	18%	14%	11%	17%
Dance/dancing (eg, ballet, hip hop)	14%	15%	15%	16%	9%▼	4%▼	24%▲	15%	14%	12%	11%
Workout (weights or cardio)	13%	0%▼	2%▼	19%▲	35%▲	12%	13%	14%	12%	11%	8%▼
Basketball or mini-ball	12%	5%▼	9%▼	18%▲	15%▲	17%▲	7%▼	10%	14%	22%▲	13%
Group exercise class (eg, aerobics, crossfit, jump jam)	11%	8%▼	10%	14%▲	9%	8%▼	13%▲	10%	13%▲	13%	9%
Netball	10%	4%▼	10%	15%▲	11%	2%▼	19%▲	10%	12%	14%	8%
Tramping or bush walks	9%	10%	9%	10%	7%	9%	9%	11%	9%	8%	6%▼

▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 5 to 17

**Table 7: Proportion of those who have participated in each sport or activity in the 7 days prior among adults in 2019**

% Participated 7 days	TOTAL	Age						Gender		Ethnicity			
		18–24	25–34	35–49	50–64	65–74	75+	Male	Female	European	Māori	Pacific	Asian
Walking	57%	55%	58%	60%▲	58%	57%	45%▼	52%▼	61%▲	59%▲	53%▼	52%	49%▼
Gardening	23%	8%▼	18%▼	24%	29%▲	33%▲	27%▲	21%▼	26%▲	26%▲	20%▼	17%▼	12%▼
Individual workout using equipment	22%	33%▲	26%▲	23%▲	20%▼	12%▼	9%▼	24%▲	20%▼	22%	25%▲	28%▲	22%
Running/jogging	20%	36%▲	29%▲	25%▲	13%▼	3%▼	1%▼	22%▲	18%▼	20%	21%	22%	23%▲
Playing games (eg, with kids)	15%	11%▼	23%▲	25%▲	8%▼	6%▼	2%▼	14%▼	16%▲	16%▲	17%▲	20%▲	11%▼
Swimming	9%	10%	11%▲	10%▲	8%	9%	5%▼	9%	10%▲	10%▲	10%	11%	7%▼
Group fitness class (eg, aerobics, crossfit)	9%	11%▲	12%▲	11%▲	6%▼	6%▼	7%▼	5%▼	13%▲	9%▲	11%▲	9%	7%▼
Yoga	7%	6%	9%▲	8%▲	7%	4%▼	1%▼	3%▼	10%▲	7%▲	5%▼	4%	7%
Road cycling	4%	2%▼	3%	5%	6%▲	5%	2%▼	5%▲	3%▼	5%▲	3%▼	2%	3%▼
Day tramp	4%	5%▲	4%	4%	4%	3%	2%▼	4%	4%	4%▲	4%	1%▼	3%▼
Dance/dancing (eg, ballet, hip hop and so on)	4%	6%▲	5%▲	3%	3%▼	3%	3%▼	2%▼	5%▲	3%▼	4%	6%▲	5%▲
Golf	3%	2%▼	1%▼	2%▼	3%	8%▲	5%▲	5%▲	1%▼	3%▲	3%	2%	2%▼
Pilates	3%	2%	3%	4%▲	3%	2%	2%▼	1%▼	5%▲	3%▲	2%▼	1%	1%▼
Mountain biking	2%	1%▼	2%▼	4%▲	3%▲	1%▼	0%▼	4%▲	2%▼	3%▲	2%▼	0%▼	1%▼
Football (soccer)	2%	5%▲	3%▲	3%▲	1%▼	0%▼	0%▼	4%▲	1%▼	2%	1%▼	3%	2%
Marine fishing	2%	1%	2%	2%	3%▲	2%	1%▼	3%▲	1%▼	2%	3%▲	3%	1%▼

▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 18 and over

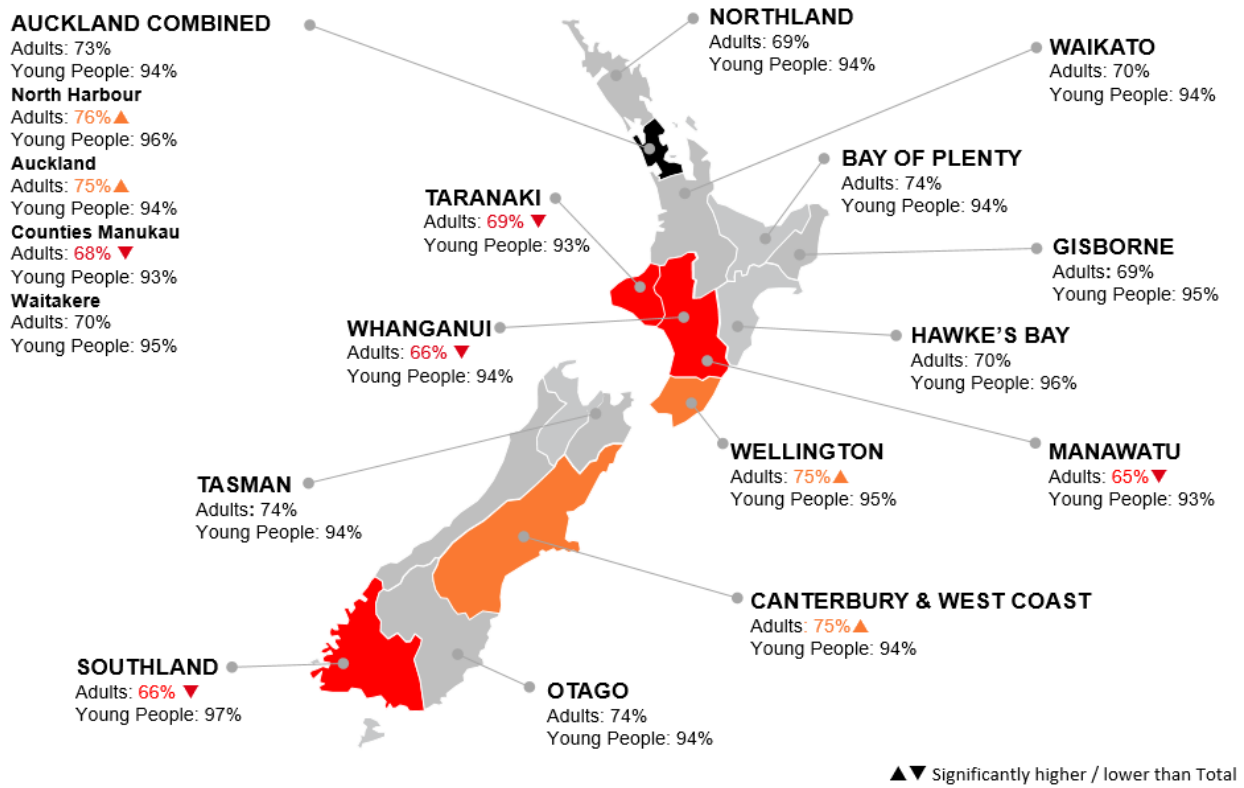
**Table 8: Proportion of those who have participated in each sport or activity in the 12 months prior among adults in 2019**

Participated 12 months	%	Age						Gender		Ethnicity			
		TOTAL	18–24	25–34	35–49	50–64	65–74	75+	Male	Female	European	Māori	Pacific
Walking	85%	88%▲	89%▲	89%▲	83%	79%▼	66%▼	80%▼	89%▲	86%▲	84%	84%	82%▼
Gardening	46%	25%▼	43%▼	50%▲	52%▲	53%▲	48%	42%▼	51%▲	50%▲	43%▼	36%▼	29%▼
Running / jogging	39%	71%▲	61%▲	49%▲	24%▼	6%▼	2%▼	40%▲	38%▼	38%▼	40%	48%▲	46%▲
Individual workout using equipment	38%	61%▲	50%▲	41%▲	31%▼	19%▼	13%▼	38%	38%	38%	43%▲	50%▲	38%
Swimming	34%	44%▲	42%▲	41%▲	29%▼	20%▼	11%▼	32%▼	36%▲	36%▲	35%	30%	27%▼
Playing games (eg, with kids)	32%	34%▲	44%▲	47%▲	20%▼	16%▼	6%▼	28%▼	35%▲	33%▲	36%▲	38%▲	25%▼
Day tramp	24%	34%▲	32%▲	28%▲	22%▼	11%▼	7%▼	24%	24%	27%▲	21%▼	12%▼	17%▼
Group fitness class (eg, aerobics, crossfit)	19%	29%▲	31%▲	22%▲	11%▼	8%▼	10%▼	11%▼	27%▲	20%▲	22%▲	24%▲	15%▼
Yoga	17%	23%▲	28%▲	21%▲	13%▼	6%▼	2%▼	9%▼	25%▲	18%▲	16%	14%	16%
Marine fishing	13%	12%	15%▲	15%▲	15%▲	9%▼	5%▼	19%▲	8%▼	15%▲	16%▲	9%▼	6%▼
Canoeing / kayaking	11%	16%▲	14%▲	14%▲	10%	4%▼	1%▼	12%▲	11%	13%▲	10%▼	7%▼	6%▼
Golf	11%	12%▲	12%▲	10%	10%▼	11%	7%▼	17%▲	5%▼	11%▲	10%	8%	7%▼
Road cycling	10%	9%	10%	12%▲	11%	9%▼	4%▼	11%▲	9%▼	11%▲	8%▼	7%	6%▼
Dance / dancing (eg, ballet, hip hop and so on)	10%	20%▲	14%▲	9%	7%▼	6%▼	4%▼	5%▼	15%▲	9%▼	12%▲	17%▲	13%▲
Surfing / body boarding	10%	14%▲	11%▲	14%▲	8%▼	3%▼	0%▼	11%▲	8%▼	11%▲	10%	8%	4%▼
Tennis	8%	13%▲	10%▲	10%▲	7%▼	3%▼	2%▼	9%▲	7%▼	9%▲	6%▼	6%	7%
Table tennis	8%	18%▲	9%	9%▲	6%▼	2%▼	2%▼	10%▲	6%▼	8%▼	7%	7%	13%▲
Overnight tramp	8%	12%▲	10%▲	9%▲	8%	3%▼	1%▼	9%▲	7%▼	9%▲	7%	3%▼	4%▼

▲▼ Significantly higher/lower than the total  
Results are from 2019  
Base: All respondents aged 18 and over

# Appendix B

Figure 20: Weekly participation by region





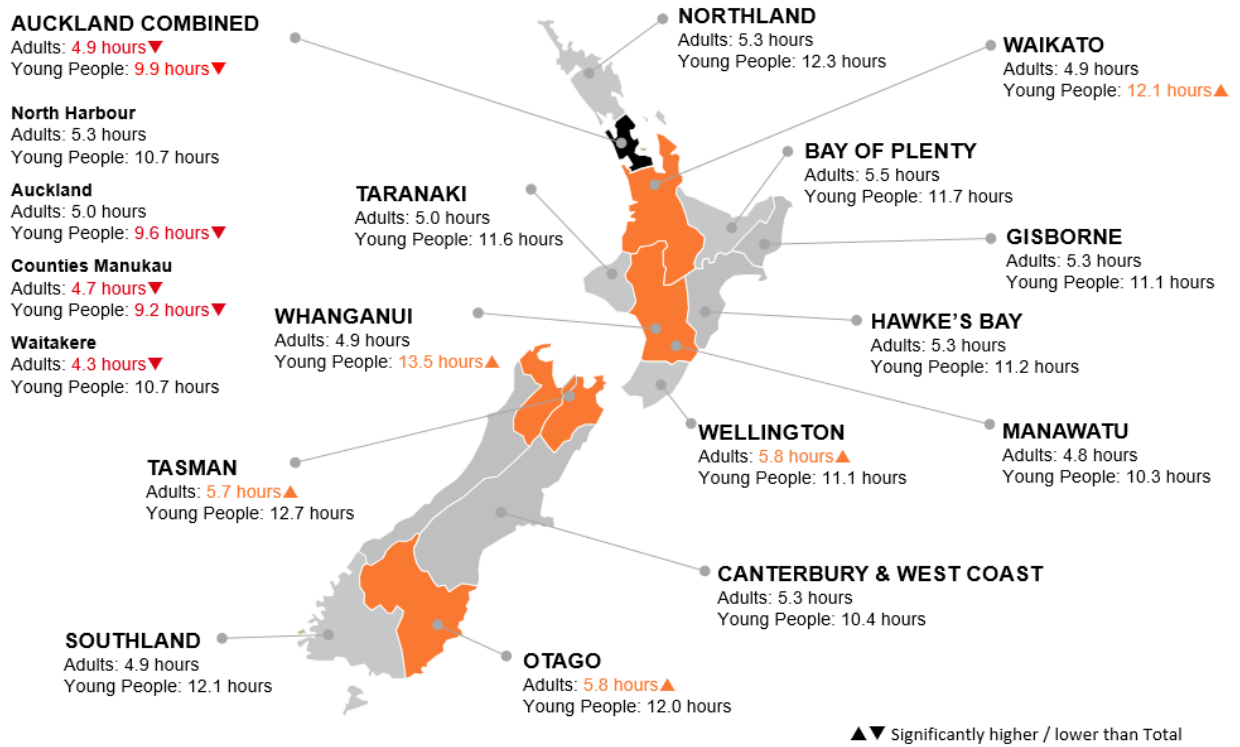
**Table 9: Weekly participation by region over time**

	Children and young people			Adults		
	2017	2018	2019	2017	2018	2019
Northland	93%	93%	94%	69%	67%	69%
Auckland combined	94%	92%	94%	73%	72%	73%
North Harbour	95%	93%	96%	77%	75%	76%
Auckland	94%	94%	94%	77%	78%	75%
Counties Manukau	93%	91%	93%	67%	66%	68%
Waitakere	93%	91%	95%	68%	69%	70%
Waikato	96%	96%	94%	71%	70%	70%
Bay of Plenty	95%	92%	94%	76%	73%	74%
Gisborne	96%	92%	95%	71%	67%	69%
Taranaki	95%	95%	93%	74%	69%	69%
Whanganui	96%	94%	94%	65%	66%	66%
Hawke's Bay	98%	95%	96%	71%	69%	70%
Manawatu	93%	91%	93%	71%	68%	65%
Wellington	96%	96%	95%	77%	75%	75%
Tasman	97%	97%	94%	76%	74%	74%
Canterbury and West Coast	94%	98%	94%	75%	74%	75%
Otago	97%	99%	94%	75%	73%	74%
Southland	96%	94%	97%	67%	65%	66%

→ Indicates a significant difference between 2017 and 2019  
 ↘ Indicates a significant difference between 2017 and 2018 OR 2018 and 2019

Base: All respondents aged 5 and over

**Figure 21: Time spent participating by region (hours)**



**Table 10: Time spent participating by region over time (hours)**

	Children and young people			Adults		
	2017	2018	2019	2017	2018	2019
Northland	12.0	11.6	12.3	5.1	4.8	5.3
Auckland combined	10.3	10.2	9.9	4.8	4.8	4.9
North Harbour	12.2 →	9.6	10.7	5.2	5.2	5.3
Auckland	9.3	10.0	9.6	5.0	5.2	5.0
Counties Manukau	10.1	10.4	9.2	4.4	4.3	4.7
Waitakere	9.7	10.7	10.7	4.5	4.3	4.3
Waikato	11.1	10.3 ↗	12.1	5.4	5.3	4.9
Bay of Plenty	11.9	11.5	11.7	5.9	5.5	5.5
Gisborne	11.6	13.6	11.1	5.6	5.4	5.3
Taranaki	11.8	11.8	11.6	6.0 →	5.1 ↗	5.0
Whanganui	11.3	11.1	13.5	5.1	5.2	4.9
Hawke's Bay	11.2	12.7	11.2	5.3	4.9	5.3
Manawatu	9.7	10.6	10.3	5.3	5.0	4.8
Wellington	10.3	11.5	11.1	5.4	5.4	5.8
Tasman	12.3	12.5	12.7	6.1	5.9	5.7
Canterbury and West Coast	10.8	11.4	10.4	5.5	5.5	5.3
Otago	12.2	12.6	12.0	5.8	5.9	5.8
Southland	12.2	11.3	12.1	5.0	4.8	4.9

↗ Indicates a significant difference between 2017 and 2019

→ Indicates a significant difference between 2017 and 2018 OR 2018 and 2019

Base: All respondents aged 5 and over

## Appendix C

### This research aims to:

- collect information on the 'who', 'what', 'how' and 'where' that children, young people, and adults participate
- identify and describe links between participation (and non-participation) and other influential factors; the 'why' and 'why not' that people participate
- measure the quality of participation and the contribution participation makes to an individual's health and wellbeing outcomes
- understand the value placed on participation by people in New Zealand.

### Survey method

Online and postal self-completion using sequential mixed methods, we are targeting 20 000 adults and 5000 children and young people per annum.

### Fieldwork period

The 2017 survey was conducted between 5 January 2017 and 4 January 2018. The 2018 survey was conducted between 5 January 2018 and 4 January 2019. The 2019 survey was conducted between 5 January 2019 and 4 January 2020.

### Completed responses

Across the three years, responses have been received from n=74 160 adults aged 18-plus and n=16 398 children and young people aged between 5 and 17.

### Weighting

Results have been weighted to the total New Zealand Regional Sports Trust population using 2013 census statistics.

### A sequential mixed methodology is used for this research

Electoral roll	Invitation letter	Reminder postcard 1	Survey pack	Reminder postcard 2
Sample selected from Electoral Roll	<p>Invitation letters are sent to the named adults (aged 18-plus) inviting them to complete the questionnaire online (with instructions and log-in provided).</p> <p>A postcard is included to encourage young people aged 12 to 17 to complete the young people's questionnaire online.</p> <p>An 0800 number and email address is provided for questions.</p>	<p>About a week later, a reminder postcard is sent thanking respondents and acting as a reminder to those who haven't yet completed the questionnaire.</p> <p>This communication is targeted to adults only.</p>	<p>A week after the postcard, non-respondents are sent a survey pack with a hardcopy of the questionnaire, a cover letter and a reply paid envelope.</p> <p>A flyer is included for 12 to 17 year olds to complete the survey online (no paper questionnaire is available for the young people's survey).</p>	<p>A final reminder is sent to adults who have not yet taken part in the survey.</p>

**Note:** Parents or caregivers are asked to respond on behalf of 5–11 year olds in their household (and are encouraged to check responses with them).

## Appendix D

### Figures 1, 2 & 3

#### Base: All respondents aged 5 and over

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

Note: The Physical Activity Guidelines were agreed to by the Ministry of Health and Sport NZ and they outline the minimum levels of physical activity required to gain physical health benefits:

- Children and young people need to do at least 60 minutes moderate or vigorous activity, seven days a week.
- Adults need to do at least 30 minutes of moderate or 15 minutes of vigorous activity, at least five days a week.

Moderate activity is 'any activity that caused a slight, but noticeable increase in breath' (could still have a conversation).

Vigorous activity is 'any activity that had you out of breath' (couldn't do this activity and have a conversation at the same time).

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q13** (5–17) Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today).

**Q8** (18+) Which of the following have you done in the last 7 days and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND **Q97** Please select the additional activities you have done in the last 7 days.

#### Table 1

#### Base: All respondents aged 18–24

**Q7** (18+) 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?

**Q8** (18+) Which of the following have you done in the last 7 days and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND **Q97** Please select the additional activities you have done in the last 7 days.

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Note: The Physical Activity Guidelines were agreed to by the Ministry of Health and Sport NZ and they outline the minimum levels of physical activity required to gain physical health benefits:

- For children and young people – one hour of moderate/vigorous activity each day of the week.
- For adults – at least 30 minutes of moderate or 15 minutes of vigorous activity, at least five days a week.

Moderate activity is 'any activity that caused a slight, but noticeable increase in breath' (could still have a conversation).

Vigorous activity is 'any activity that had you out of breath' (couldn't do this activity and have a conversation at the same time).

#### Figure 4

**Base: All respondents aged 5 and over**

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

#### Figures 5 & 6

**Base: All respondents aged 5 and over**

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

#### Figure 7

**Base: All respondents aged 5 and over**

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

#### Figure 8

**Base: All respondents aged 5 and over**

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q13** (5–17) Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today).

**Q8** (18+) Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

**Figures 9, 10 & 11****Base: All respondents aged 5 and over****Q16a** (5–17) Where or how did <you/name> do <activity> in the last 7 days?**Q15** (18+) In the last 7 days, have you done this as a competitive sport or a competitive activity?**Figure 12 & Table 2****Base: All respondents aged 5 – 17****Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?**Figures 13, 15, 16 & 17****Base: All respondents aged 5 and over****Q22** (5–17) Would you like to be doing more physical activity for sport, PE, exercise or fun than what you do now?**Q31** (18+) Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?**Figure 14****Base: All respondents aged 5 and over****Q22** (5–17) Would you like to be doing more physical activity for sport, PE, exercise or fun than what you do now?**Q31** (18+) Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?**Table 3 & Figures 18 & 19****Base: All respondents aged 8 and over****Q23** (8–17) Why are you not doing as much physical activity as you would like? For what reasons do you not want to do more than you are currently doing?**Q71** (8–17) What is it that you prefer doing? What other hobbies are you spending time on?**Q32** (18+) For what reasons are you not doing as much physical activity as you would like? For what reasons do you not want to do more physical activity than you are currently doing?**Q88** (18+) What is it that you prefer doing? What other hobbies are you spending time on?**Tables 4 & 6****Base: All respondents aged 5 to 17****Q13** (5–17) Please tick all the ways you have been physically active for sport, PE, exercise or fun in the last 7 days (not including today).

**Tables 5, 7 & 8****Base: All respondents aged 18 and over**

**Q8** (18+) Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

**Figure 20 & Table 9****Base: All respondents aged 5 and over**

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

**Figure 21 & Table 10****Base: All respondents aged 5 and over**

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?