ACTIVE NZ

SPOTLIGHT ON THE IMPACT OF DEPRIVATION ON PARTICIPATION

—

AUGUST 2019

SPORT
NEW ZEALAND

ACKNOWLEDGEMENTS

This is the second spotlight report on participation in play, active recreation and sport from Sport New Zealand's Participation Survey. It follows the release of the Active NZ Main Report in June 2018 and the Spotlight on Disability Report in December 2018. We express special thanks 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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GLOSSARY

Respondents	People who took part in the survey.
Adult	Respondents aged 18-plus.
Young people	Respondents aged from 5 to 17 years.
The New Zealand Deprivation Index	The New Zealand Deprivation Index for 2013 (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. A value of 10 therefore indicates that a meshblock is in the most deprived 10 percent of areas in New Zealand. Throughout this report, findings are mainly based on comparing results from low deprivation areas (deciles 1–3) with high deprivation areas (deciles 8–10). Contextual information about NZDep2013 is included in section 01.
Participants	People who have been physically active in play, exercise, active recreation, sport or physical education (for young people) in the past seven days, excluding 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 the primary purpose to be for sport or active recreation.
Non-participants	People who have not been physically active in play, exercise, active recreation sport or physical education (for young people) in the past seven days.
Play, active recreation, and sport	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.
Weekly participation	Refers to being physically active in play, exercise, active recreation, sport or physical education (for young people) at least once in the past seven days.
Ethnicity	Results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – are based on respondents' self-identification.
Physical literacy	A person's physical literacy is a combination of their motivation, confidence and competence to be active, along with their knowledge and understanding of how being active contributes to their life. The more physically literate someone is, the more likely they are to be physically active for life.[1]

[1] For more information, refer to https://sportnz.org.nz/about-us/who-we-are/what-were-working-towards/physical-literacy-approach/.

ACTIVE NZ SPOTLIGHT ON DEPRIVATION

This report focuses on the impact of socioeconomic deprivation on participation in play, active recreation and sport among people aged 5-plus.

ABOUT THIS REPORT

This is the second spotlight report on participation in play, active recreation and sport from the Active NZ survey, following the release of the Active NZ Main Report in June 2018.[2] It focuses on understanding the impact of socioeconomic deprivation on participation by highlighting the differences (and similarities) in participation between people living in areas with high and low deprivation scores. It explores this through the lenses of age, gender and ethnicity.

This report uses data collected through the redesigned Active NZ survey over a two-year period (between 5 January 2017 and 4 January 2019) from 11 599 young people (aged between 5 and 17) and 52 188 adults (aged 18-plus).[3]

Please note that results have been drawn from two separate surveys and data sets: one for young people aged between 5 and 17 and one for adults aged 18-plus. Where commentary is included about differences between young people and adults, comments are 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 sure that the differences reported are not due to random variation, because we are using a sample and not conducting a population census.

Knowing that a difference is statistically significant does not mean the difference is important, and only meaningful differences have been commented upon.

[2] Sport NZ. *Active NZ 2017 Participation Report*. Wellington: Sport NZ, 2018.

[3] For further information on the method, sample and overall objective of Active NZ, see the Technical Report: https://sportnz.org.nz/activenz. Sport NZ. *Active NZ Technical Report for Data Collected in 2017*. Wellington: Sport NZ, 2018.

EXECUTIVE SUMMARY

Introduction

- This report explores the impact of socioeconomic deprivation on participation by capturing the landscape of participation in play, active recreation and sport for New Zealanders from high and low deprivation areas. Drawn from the Active NZ survey, it uses data collected in 2017 and 2018 from more than 60 000 New Zealanders aged 5-plus.
- We have applied the New Zealand Deprivation Index for 2013 (NZDep2013) to our Active NZ survey results, to gain an understanding of the relationship between participation by New Zealanders from areas with the most deprived scores (8–10) compared with areas with the least deprived scores (1–3).
- The Index was constructed more than 20 years ago by health policy researchers at the University of Otago to develop small area indexes of socioeconomic deprivation for New Zealand to help in funding, research and service delivery decisions.[4]
- The variables that describe the underlying concept of deprivation (ie, 'a lack of something') used to calculate the Index include: communication, income, employment, qualifications, owned home, support, living space and transport. The Index combines variables from the Census to assign a deprivation score to each meshblock (the smallest geographical units in New Zealand comprising a population of between 60 and 110 people).
- It is important to note that the Index estimates the *relative* socioeconomic deprivation of an area and does not directly relate to individuals.

Key findings

1. The most deprived areas in New Zealand are urban, especially minor urban areas. Almost three times as many minor urban areas are classified as high than low deprivation.[5]
2. Young people, Māori and Pacific are over-represented in the most deprived areas. No gender difference is evident by deprivation, and males and females are equally represented in high and low deprivation areas.
3. Except on confidence and competence for young people, where no difference can be seen by deprivation, young people and adults score lower on the physical literacy indicators included in Active NZ.
4. The biggest gap for young people and adults from high deprivation areas is the opportunity to participate in sports and activities of choice.
5. Bigger gaps are evident for young people from high and low deprivation areas on understanding the benefits of being active, and for adults on the motivation to be active.
6. Young people from high deprivation areas have a greater appetite to increase their participation than from low deprivation areas. By adulthood, the reverse is true and adults from high deprivation areas are less likely to want to increase their participation.
7. Compared with New Zealanders from low deprivation areas, those from high deprivation areas are less likely to participate in any given week in fewer sports and activities. Adults from low deprivation areas also spend less time in weekly participation.
8. Although no difference is evident in time spent in weekly participation by deprivation for young people, the way in which time is allocated across organised and informal participation varies.

[4] See www.otago.ac.nz/wellington/departments/publichealth/research/hirp/otago020194.html for further information.

[5] These urban and rural areas are defined using 2013 Stats NZ Census results. Main urban areas have a minimum population of 30 000. Secondary urban areas have a population between 10 000 and 29 999. Minor urban areas include towns with between 1000 and 9999 people. Rural areas are those that are not specifically designated as 'urban'. https://en.wikipedia.org/wiki/Urban_areas_of_New_Zealand

9. Physical education (PE) is an important participation enabler for young people from high deprivation areas, who spend more time participating through PE than young people from low deprivation areas.
10. Young people and adults from high deprivation areas are less likely to participate through clubs, competitions and tournaments; when young people participate in this way, they spend less time participating than those from low deprivation areas.
11. If barriers to participation were removed, young people from high deprivation areas are more likely to identify netball or rugby as activities of choice than those from low deprivation areas.
12. Cost and lack of transport are greater barriers to participation for young people and adults from high deprivation areas compared with low. Lack of equipment is a greater barrier for adults from high deprivation areas compared with those from low.
13. Participation in play, active recreation and sport results in positive health and wellbeing outcomes irrespective of deprivation.

In conclusion

1. Young people from high deprivation areas are competent and have the confidence and desire to increase their participation, but they are hindered by cost and transport barriers, especially in the context of participating through competitive, organised structures.
2. Despite being competent and confident in participating, young people from high deprivation areas are less likely to understand the benefits of being active. This continues into adulthood and is compounded by adults from high deprivation areas being less likely to want to increase their participation and have lower levels of motivation to be active than those from low deprivation areas.
3. Improving understanding of the benefits of being active and reducing access barriers will facilitate participation for those living in high deprivation areas.

01. DEPRIVATION IN NEW ZEALAND

WHAT DO WE KNOW ABOUT SOCIOECONOMIC DEPRIVATION?

This section provides contextual information about the New Zealand Index of Deprivation (NZDep Index) and how it is constructed. It profiles people living in the deprivation deciles, based on data provided by the University of Otago.

The NZDep Index was constructed more than 20 years ago to help in funding, research and service delivery decisions.

The NZDep Index was constructed in 1991 by health policy researchers Peter Crampton, Clare Salmond and June Atkinson at the University of Otago. To date, five calculations have been undertaken: NZDep91, NZDep96, NZDep2001, NZDep2006 and NZDep2013.

The NZDep Index combines variables from the Census to assign a deprivation score to each meshblock in New Zealand. Meshblocks are the smallest geographical units defined by Statistics New Zealand, each with a population of around 60 to 110 people.

The different variables used for calculating the NZDep Index include: communication, income, employment, qualifications, owned home, support, living space and transport. These variables are used to describe the underlying concept of deprivation, reflecting 'a lack of something'.

The NZDep Index groups scores into deciles, where 1 represents the areas with the least deprived scores and 10 the areas with the most deprived scores. A value of 10 on the index indicates the area is in the most deprived 10 percent of areas in New Zealand.

It is important to note that the NZDep Index:

1. estimates the *relative* socioeconomic deprivation of an area and does not directly relate to individuals
2. cannot be used to look at changes in absolute deprivation over time, because 10 percent of areas will always be the most deprived relative to other areas in New Zealand
3. indicators may also change over time, depending on their relationship to deprivation.

NZDep2013 is used in Active NZ to understand the relationship between participation in play, active recreation and sport in areas that have the most deprived scores compared with areas with the least deprived scores.

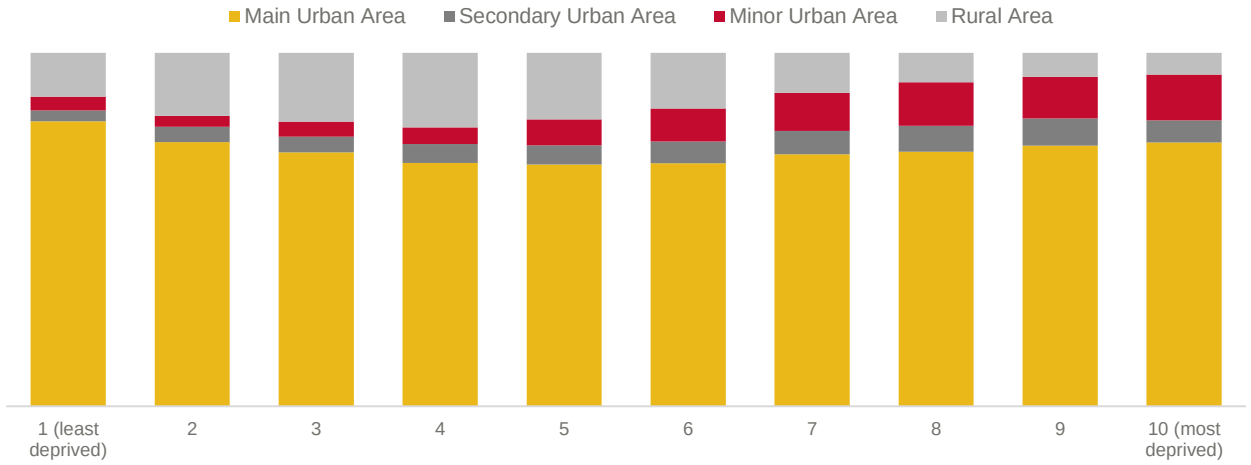
More information on NZDep2013 is available on the University of Otago's website.[6]

[6] www.otago.ac.nz/wellington/departments/publichealth/research/hirp/otago020194.html

The most deprived areas are urban.

Most of New Zealand's population lives in main urban areas,[7] with the most deprived areas characteristically being urban rather than rural. The biggest difference between areas of high and low deprivation is in minor urban areas, with 13 percent being high deprivation compared with 4 percent low deprivation (figure 1).

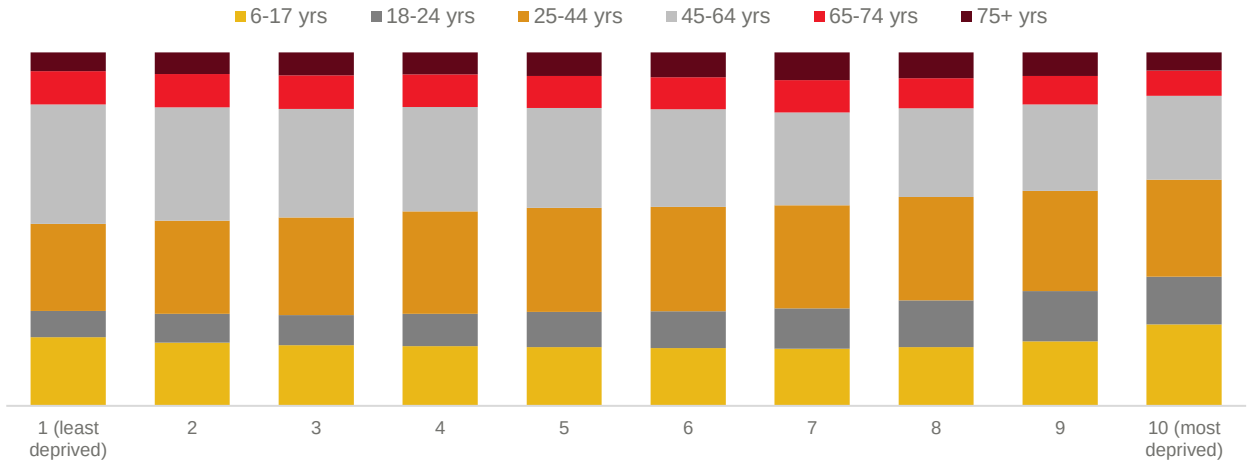
FIGURE 1: DEPRIVATION BY URBAN AND RURAL AREAS, 2013



Younger people are over-represented in the most deprived areas.

Differences by age are evident, with younger New Zealanders over-represented in the highest deprivation decile areas. One-in-four people in living in decile 10 areas are aged between 6 and 17 (figure 2).

FIGURE 2: DEPRIVATION BY AGE, 2013



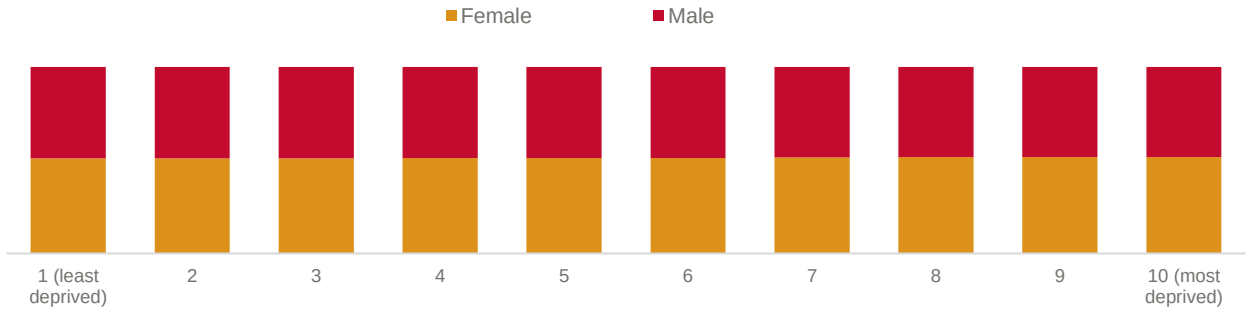
Note: Ages 6-plus.

[7] These urban and rural areas are defined using 2013 Stats NZ Census results. Main urban areas have a minimum population of 30 000. Secondary urban areas have a population between 10 000 and 29 999. Minor urban areas include towns with between 1000 and 9999 people. Rural areas are those that are not specifically designated as 'urban'. https://en.wikipedia.org/wiki/Urban_areas_of_New_Zealand

No gender difference can be seen by deprivation decile.

The proportions of males and females across the 10 deprivation levels are equal (figure 3).

FIGURE 3: DEPRIVATION BY GENDER, 2013

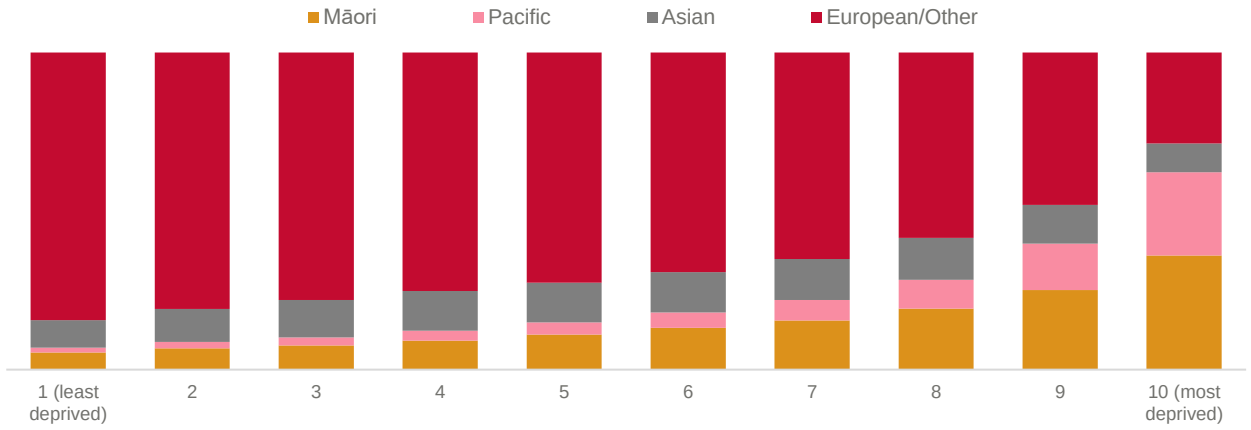


Note: All ages.

Māori and Pacific are over-represented in the most deprived areas.

Māori and Pacific are over-represented in the most deprived areas. Almost one-in-three Māori and one-in-four Pacific account for those living in decile 10 areas. European are over-represented in low deprivation areas, and, for Asian, a similar proportion live in the most and least deprived areas (figure 4).

FIGURE 4: DEPRIVATION BY ETHNICITY, 2013



In summary

- Using data provided by the University of Otago, we can see that the most deprived areas are typically urban.
- The biggest difference between areas of high and low deprivation is in minor urban areas, with almost three times as many minor urban areas classified as high deprivation than low deprivation.
- Young people, Māori and Pacific are over-represented in the most deprived areas. No gender difference is evident by deprivation, and males and females are equally represented across each of the 10 deprivation deciles.
- It is important to note that the NZDep Index estimates the *relative* socio-economic deprivation of an area and does not directly relate to individuals.

02. PARTICIPATION

HOW MUCH PARTICIPATION HAPPENS IN ANY GIVEN WEEK?

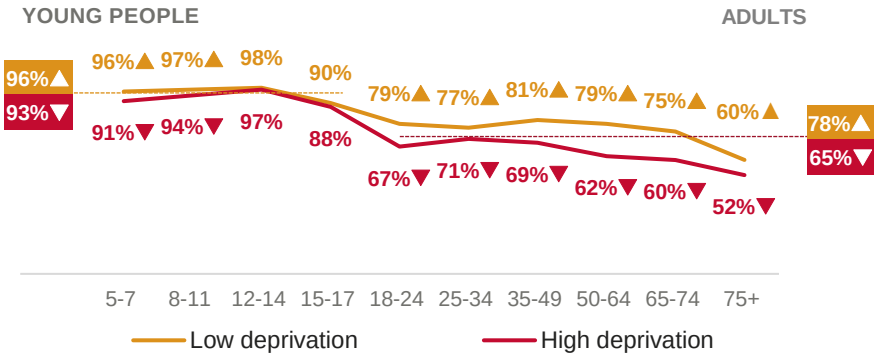
This section compares participation patterns of people from high deprivation areas (deciles 8–10) with those from low deprivation areas (deciles 1–3). By applying the NZDep2013 Index to the survey results, the following questions are addressed: how many people are participating, who are they and how much are they participating in any given week?

PARTICIPATION AND AGE

Weekly participation is lower for those from high deprivation areas.

The exception is between ages 12 and 17, when weekly participation is matched for young people from high and low deprivation areas (figure 5).

FIGURE 5: WEEKLY PARTICIPATION

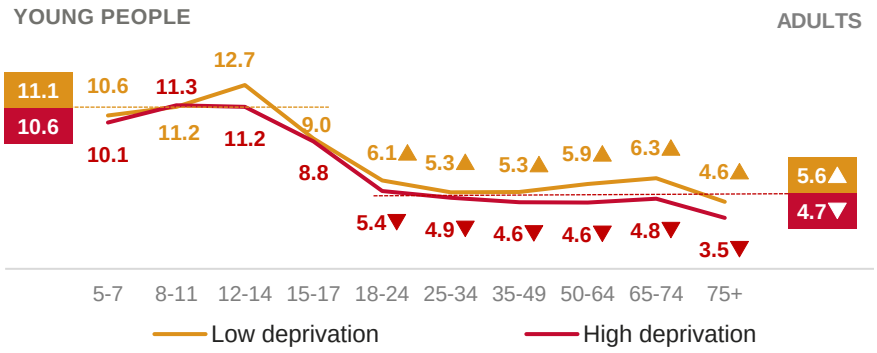


▲▼ Significantly higher/lower than the other result in the same age group

Overall, no difference exists in time spent participating for young people by deprivation.

Adults from high deprivation areas spend less time in weekly participation, especially from age 50-plus, than those from low deprivation areas (figure 6).

FIGURE 6: AVERAGE NUMBER OF HOURS PER WEEK



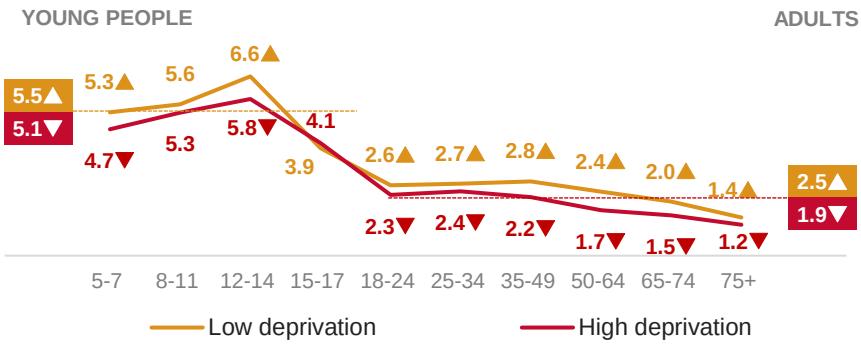
▲▼ Significantly higher/lower than the other result in the same age group

Young people and adults from high deprivation areas participate in fewer sports and activities (figure 7).

This is particularly marked between ages:

- 5 and 7
- 12 and 14
- 18-plus.

FIGURE 7: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



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

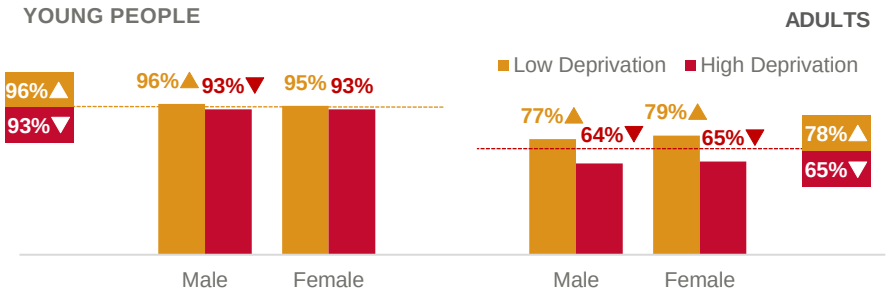
Base: All respondents aged 5 and over.
Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?
Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?
Number of activities: 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). Q13 (18+). How many times have you done this activity in the last 7 days?

PARTICIPATION AND GENDER

Young males from high deprivation areas are less likely to participate in any given week than those from low deprivation areas.

Adults from high deprivation areas have lower levels of weekly participation compared with adults from low deprivation areas, regardless of gender (figure 8).

FIGURE 8: WEEKLY PARTICIPATION

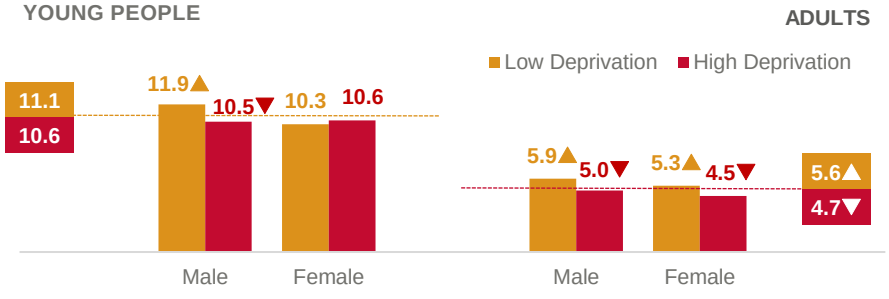


▲▼ **Significantly higher/lower than the other result in the same gender**

Young males from high deprivation areas spend less time participating than those from low deprivation areas.

Adults from high deprivation areas, spend less time in weekly participation than those from low deprivation areas, regardless of gender (figure 9).

FIGURE 9: AVERAGE NUMBER OF HOURS PER WEEK

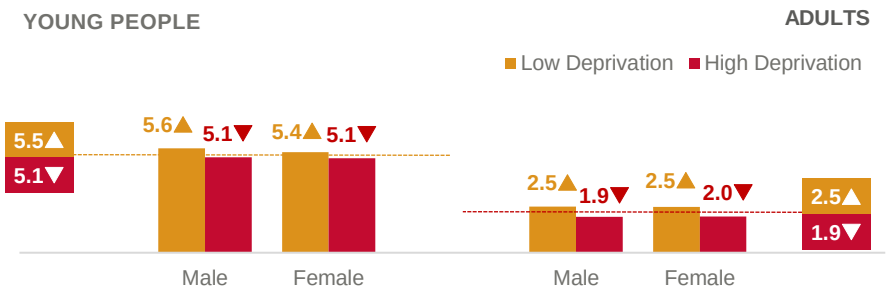


▲▼ **Significantly higher/lower than the other result in the same gender**

No gender difference is evident in the number of sports and activities participated in by deprivation.

Young and adult males and females from high deprivation areas participate in fewer sports and activities than those from low deprivation areas (figure 10).

FIGURE 10: AVERAGE NUMBER OF SPORTS AND ACTIVITIES PER WEEK



▲▼ **Significantly higher/lower than the other result in the same gender**

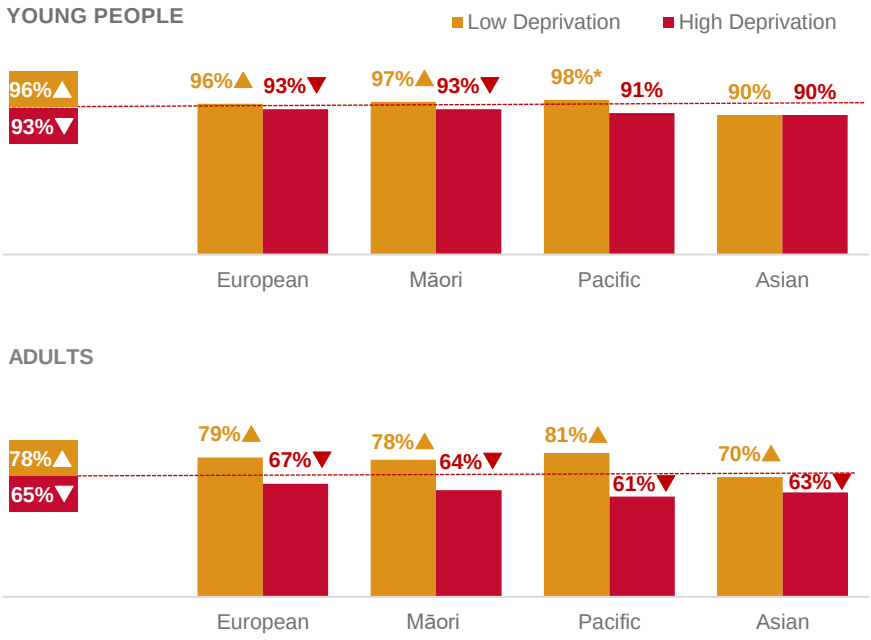
Base: All respondents aged 5 and over.
Weekly participation: Q12 (5–17). In the last 7 days (not including today) have you done any physical activity specifically for sport, Physical Education (PE), exercise or fun? Q7 (18+). Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for sport, exercise or recreation?
Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?
Number of activities: 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). Q13 (18+). How many times have you done this activity in the last 7 days?

PARTICIPATION AND ETHNICITY

Weekly participation is lower for young European and Māori from high deprivation areas compared with those from low deprivation areas.

Adults of all ethnicities from high deprivation areas are less likely to participate weekly than those from low deprivation areas (figure 11).

FIGURE 11: WEEKLY PARTICIPATION

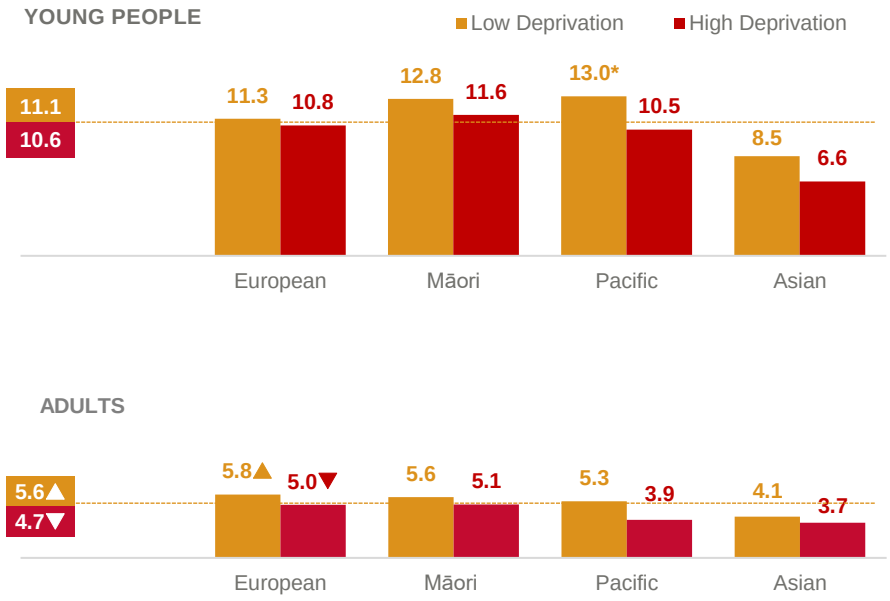


▲▼ **Significantly higher/lower than the other result in the same ethnic group**
*** Warning: Small base (n<100)**

No difference is evident in time spent participating by ethnicity and deprivation for young people.

European adults from high deprivation areas spend less time in weekly participation than those from low deprivation areas (figure 12).

FIGURE 12: AVERAGE NUMBER OF HOURS PER WEEK

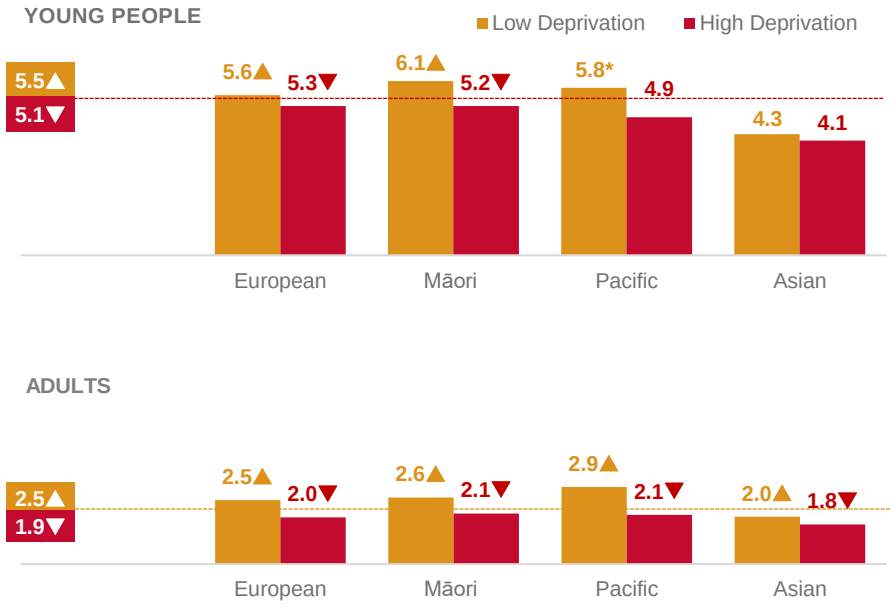


▲▼ Significantly higher/lower than the other result in the same ethnic group
* Warning: Small base (n<100)

Young European and Māori from high deprivation areas participate in fewer sports and activities than those in low deprivation areas.

Adults of all ethnicities from high deprivation areas participate in fewer sports and activities each week than their counterparts from low deprivation areas (figure 13).

FIGURE 13: AVERAGE NUMBER OF SPORTS AND ACTIVITIES



▲▼ Significantly higher/lower than the other result in the same ethnic group
* Warning: Small base (n<100)

Base: All respondents aged 5 and over.
Weekly participation: 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 sport, exercise or recreation?
Number of hours: Q16b (5–17). Where or how did you do <insert activity> in the last 7 days? Q19 (18+). Still thinking about the physical activities, you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?
Number of activities: 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). Q13 (18+). How many times have you done this activity in the last 7 days?

03. HOW PEOPLE PARTICIPATE

HOW DO PEOPLE PARTICIPATE, AND HOW DOES THIS DIFFER BY DEPRIVATION?

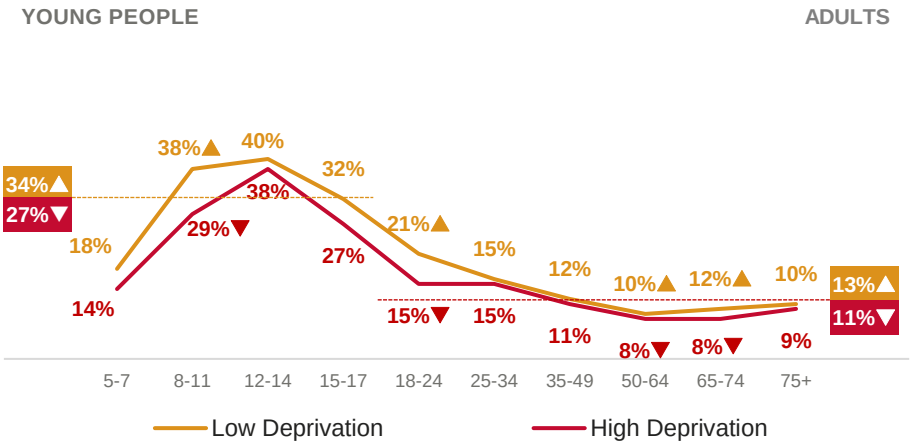
This section explores how young people and adults from high and low deprivation areas participate.

Young people and adults from high deprivation areas are less likely to participate in competitive sports and activities (figure 14).

This is particularly marked between ages:

- 8 and 11
- 18 and 24
- 50 and 74.

FIGURE 14: WEEKLY PARTICIPATION IN COMPETITIVE SPORTS AND ACTIVITIES



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

Base: All respondents aged 5 and over.
Q16a (5–17). Where or how did you do <**insert 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**?

The way in which young people from high and low deprivation areas allocate their weekly participation time varies (table 1).

Young people from high deprivation areas:

- spend more time being active in physical education (PE) or class at school
- spend less time being active in other organised sports and activities, that is, competitions and tournaments and training or practising with a coach or instructor
- spend the same amount of time in play as young people from low deprivation areas.

TABLE 1: AVERAGE TIME YOUNG PEOPLE SPEND PER WEEK PARTICIPATING IN ORGANISED AND INFORMAL SPORTS AND ACTIVITIES[8]

	LOW DEPRIVATION	HIGH DEPRIVATION
In physical education or class at school	2.0▼	2.3▲
In a competition or tournament	0.8▲	0.7▼
Training or practising with a coach or instructor	2.0▲	1.5▼
ORGANISED COMBINED	**4.7**	**4.4**
Playing or hanging out with family or friends	4.1	4.1
Playing on your own	1.6	1.7
For extra exercise, training or practice without a coach or instructor	0.9▲	0.6▼
INFORMAL COMBINED	**6.5**	**6.3**
TOTAL	**11.1**	**10.6**

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 5 to 17.
Q16a (5–17). Where or how did you do <insert activity> in the last 7 days?

Young people from high deprivation areas are less likely to belong to clubs, teams or groups than those from low deprivation areas, either at school or outside of school (table 2).

TABLE 2: SCHOOL OR CLUB SPORTS TEAM MEMBERSHIP IN PAST 12 MONTHS[9]

Belong to at least one team/club or group	LOW DEPRIVATION	HIGH DEPRIVATION
At school	70%▲	65%▼
Outside of school	74%▲	57%▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 5 to 17.

[8] Note: due to rounding, the combined and total results may be different from manually adding the averages shown for the individual activity types.

[9] Adults from high deprivation areas are also less likely to be sports club members than those from low deprivation areas (19% compared with 26%).

In summary

- While no difference is evident by deprivation in the overall amount of time young people spend participating in play, active recreation and sport, those from high deprivation areas spend less time participating in competitions or tournaments and training with or without a coach.
- For young people from high deprivation areas, more time is spent participating through PE or in class, and the same amount of time is spent in play as young people from low deprivation areas.

04. MOTIVATION

WHAT MOTIVATES PEOPLE TO PARTICIPATE, AND HOW DOES THIS DIFFER BY DEPRIVATION?

This section explores what motivates people from high and low deprivation areas to participate in play, active recreation and sport.

Fun is the lead motivation for all young people, but is less so for those from high deprivation areas (table 3).

Young people from high deprivation areas are:

- less likely to participate for fun or because they 'have to'
- more likely to participate because they are 'good at it' or to lose or maintain weight than young people living in low deprivation areas.

TABLE 3: MOTIVATIONS TO PARTICIPATE FOR YOUNG PEOPLE

	LOW DEPRIVATION	HIGH DEPRIVATION
For fun	78%▲	72%▼
To hang out with family or friends	46%	43%
To learn or practise a new skill	32%	30%
For fitness or health	33%	31%
To physically challenge myself or to win	30%	28%
I have to (my parents, caregiver or school make me)	29%▲	23%▼
I'm good at it	11%▼	14%▲
To lose or maintain weight	4%▼	8%▲
To look good	2%▲	1%▼
Another reason	10%▲	7%▼

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 5 to 17.
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?

For young people, motivations vary by ethnicity, irrespective of deprivation:

- young Asian are less likely to participate for fun (65% compared with 76%) or to hang out with family or friends (34% compared with 44%) and more likely to participate to learn or practice a new skill (36% compared with 32%)
- Young Pacific are less likely to participate for fun (69% compared with 76%) and more likely to participate to lose or maintain weight (10% compared with 6%).

Physical wellbeing is the lead participation motivation for all adults but less so for those from high deprivation areas (table 4).

Adults from high deprivation areas are:

- less likely to participate for emotional wellbeing
- less likely to participate to spend time with family and friends
- more likely to participate to lose or maintain weight than adults from low deprivation areas.

TABLE 4: MOTIVATIONS TO PARTICIPATE FOR ADULTS

	LOW DEPRIVATION	HIGH DEPRIVATION
For physical wellbeing (exercise, fitness or health)	75%▲	69%▼
For emotional wellbeing (eg, to relax or unwind)	28%▲	26%▼
For fun	27%	27%
To spend time with family and friends	27%▲	24%▼
To lose or maintain weight or look good	16%▼	21%▲
To physically challenge themselves or to win	11%	11%
To meet people and be part of a group	6%	6%
To learn or practise a new skill	4%▼	5%▲
Another reason	21%▲	17%▼

▲▼ **Significantly higher/lower than the other group**

Base: All respondents aged 18 or over.

Q17. People do different activities for different reasons at different times. So, thinking about the **last time** you did this physical activity, what was the **ONE main reason** you did it?

Adult participation motivations vary by deprivation and ethnicity for European and Māori.

- European (69% compared with 75%) from high deprivation areas are less likely to participate for physical wellbeing than those from low deprivation areas.
- Māori adults from high deprivation areas are less likely to participate for emotional wellbeing (22% compared with 30%) than those from low deprivation areas.
- Māori from high deprivation areas are more likely to participate to lose weight (24% compared with 16%) than those from low deprivation areas.

Motivations for Asian or Pacific adults do not differ by deprivation but do differ by ethnicity.

- Asian adults are less likely to participate for emotional wellbeing (20% compared with 28%) and are more likely to participate to lose or maintain weight (21% compared with 17%). This is particularly the case for Indian (25%) compared with all adult participants.
- Pacific adults are more likely to participate to physically challenge themselves or to win (14% compared with 11%) and are more likely to participate to lose or maintain weight or to look good (30% compared with 17%).

In summary

- Irrespective of deprivation, the lead participation motivation is fun for young people and physical wellbeing for adults, but is more so for those from low deprivation areas compared with high deprivation areas.
- Young people and adults from high deprivation areas are more likely to be motivated to lose or maintain weight than those from low deprivation areas. Young people from high deprivation areas are also more likely to participate because they are ‘good at it’ than those from low deprivation areas.
- Motivation to be active has a cultural dimension that can transcend deprivation. For example, young Asian are less likely to participate for fun, irrespective of deprivation. Pacific adults are more likely to participate to physically challenge or to win and to lose or maintain weight, irrespective of deprivation.
- In other cases, adults from high deprivation areas with different cultural backgrounds share the same motivations. For example, European and Māori adults from high deprivation areas are less likely to participate for physical wellbeing than their counterparts from low deprivation areas.

05. HURDLES

WHAT GETS IN THE WAY OF PARTICIPATING, AND HOW DOES THIS DIFFER BY DEPRIVATION?

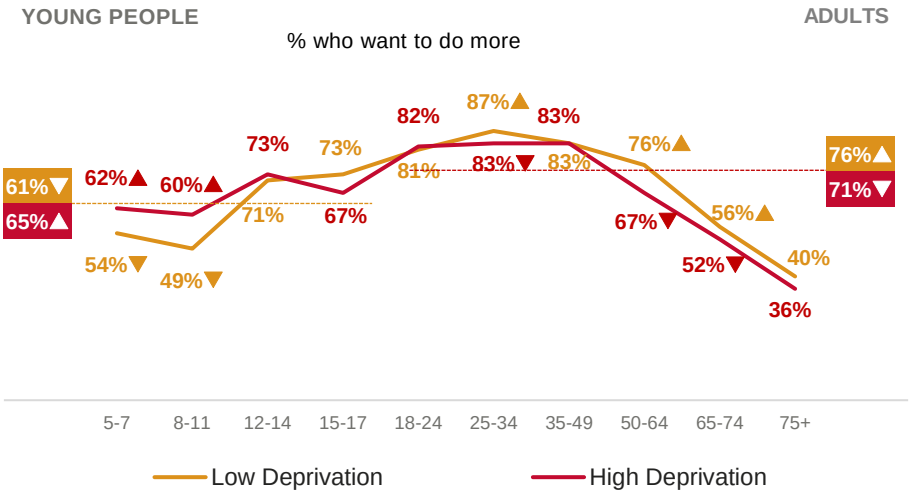
This section explores what gets in the way of people from high and low deprivation areas increasing their participation in play, active recreation and sport.

Young people from high deprivation areas want to increase their participation, more so than those from low deprivation areas; the reverse is true for adults.

Interest in increasing participation is particularly marked for young people from high deprivation areas between ages 5 and 11.

From age 50-plus, appetite to increase participation drops, more so among those from areas of high deprivation (figure 15).

FIGURE 15: PROPORTION WHO WANT TO PARTICIPATE MORE



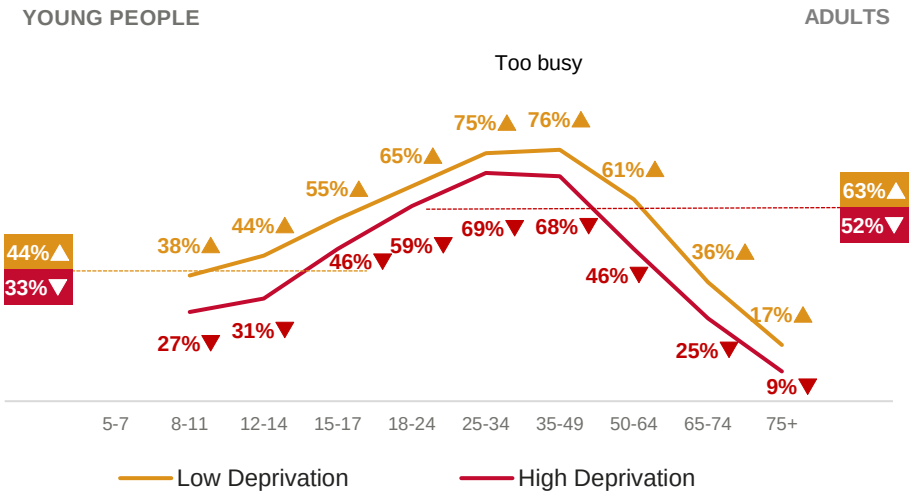
▲▼ **Significantly higher/lower than the other result in the same age group**

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?

Being busy or having other commitments is the lead barrier to increasing participation, especially for those from low deprivation areas.

This barrier follows the same pattern by age for people from high and low deprivation areas, and is above average between ages 15 and 49 (figure 16).

FIGURE 16: BEING TOO BUSY/OTHER COMMITMENTS TAKING PRIORITY AS A BARRIER TO PARTICIPATION



Note: Barriers not asked of those aged 5 to 7.

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

New Zealanders' appetite to increase participation varies by deprivation and ethnicity.

- Young Asian from high deprivation areas are just as likely to want to increase their participation as those from low deprivation areas (75% compared with 70%).
- European and Māori adults from low deprivation areas are more likely to want to increase their participation than those from high deprivation areas (European 76% compared with 71%; Māori 78% compared with 71%).

HURDLES FOR YOUNG PEOPLE

Being busy is the lead barrier to increasing participation for all young people, but this is less so for those from high deprivation areas (table 5).

Young people from high deprivation areas are:

- less likely to be busy or to lack motivation
- more likely to have cost and transport barriers
- more likely to lack confidence and fitness
- less likely to say they do enough physical activity
- just as likely to prefer to do other things as young people from low deprivation areas.

TABLE 5: HURDLES TO INCREASING PARTICIPATION AMONG YOUNG PEOPLE

(ONLY ASKED OF THOSE AGED 8 TO 17)	LOW DEPRIVATION	HIGH DEPRIVATION
Too busy	44%▲	33%▼
My family can't afford it	9%▼	16%▲
I'm too tired / don't have the energy	18%▲	15%▼
Too hard to get to training, games or competitions	11%▼	14%▲
It's too hard to motivate myself	16%▲	13%▼
I prefer to do other things	14%	13%
I already do a good amount of physical activity	20%▲	14%▼
No places nearby to do what I want to do	10%	12%
I don't have the equipment I need	10%	12%
I'm not fit enough	7%▼	10%▲
I'm not confident enough	8%▼	10%▲
The weather	10%	10%
Can't fit it in with other family members' activities	11%	9%
I have no one to do it with	9%	7%
Number of barriers	2.6	2.5

▲▼ **Significantly higher/lower than the other group**

Base: All respondents aged 8 to 17.
Q23. Why are you not doing as much physical activity as you would like? / Why do you not want to do more than you are currently doing?
Note: Only barriers 7 percent and over are included.

WHAT ARE YOUNG PEOPLE BUSY DOING?

Young people from high deprivation areas are:

- less likely to be busy being active
- just as likely to be busy with school work – the top activity competing with increasing participation
- just as likely to prefer to spend time on other hobbies as young people from low deprivation areas (table 6).

TABLE 6: WHAT YOUNG PEOPLE ARE BUSY DOING

YOUNG PEOPLE	LOW DEPRIVATION	HIGH DEPRIVATION
School work	74%	73%
Work/job	13%	10%
Other physical activity	45%▲	33%▼
Other hobbies	50%	43%
Something else	12%	15%

Note: Barriers not asked of those aged 5 to 7.

▲▼ Significantly higher/lower than the other group

Base: Young people aged 8 to 17.
Q70 (8–17). You said you are too busy for more physical activity. What are you too busy with?

WHAT DO YOUNG PEOPLE PREFER TO SPEND TIME ON?

Spending time with family and friends tops the list of other hobbies competing against increasing participation, followed by spending time on electronic games, irrespective of deprivation. Although reading is a popular pastime, electronic games and reading irrespective of deprivation.

Although reading is a popular alternative to increasing participation, young people from high deprivation areas are less likely to prefer to spend time reading than young people from low deprivation areas (table 7).

TABLE 7: WHAT YOUNG PEOPLE PREFER TO SPEND TIME ON

YOUNG PEOPLE	LOW DEPRIVATION	HIGH DEPRIVATION
Spending time with family or friends	64%	67%
Electronic games	47%	53%
Reading	48%▲	40%▼
Music	45%	38%
Art	27%	26%
Food	21%	23%
Crafts	16%	14%
Film	15%	14%
Theatre	8%	6%
Travel	8%	10%

▲▼ Significantly higher/lower than the other group

Base: Young people aged 8 to 17.
Q71 (8–17). You said you prefer to do other things, or are too busy for more physical activity. What are you spending time on?

HURDLES FOR ADULTS

The lead barrier to increasing participation for all adults is other commitments taking priority, but this is less so for those from high deprivation areas (table 8).

Adults from high deprivation areas are:

- less likely to agree that they have 'got out of the habit'
- more likely to struggle with self-motivation
- more likely to have no one to participate with
- more likely to say lack of fitness, poor health and injury are barriers
- more likely to say lack of equipment, cost and transport are barriers
- just as likely to say they already do enough physical activity
- more likely to prefer to spend time on other interests and hobbies than adults from low deprivation areas.

TABLE 8: HURDLES TO INCREASING PARTICIPATION AMONG ADULTS

	LOW DEPRIVATION	HIGH DEPRIVATION
Other commitments are taking priority (eg, work, family)	63%▲	52%▼
I am too tired or don't have the energy	23%▼	26%▲
I struggle to motivate myself	22%▼	24%▲
I prefer to spend my time on other interests or hobbies	18%▼	22%▲
I already do a good amount of physical activity	16%	17%
I've got out of the habit	17%▲	16%▼
I'm not fit enough	10%▼	15%▲
The weather	16%▲	15%▼
The activity of my choice is too expensive	10%▼	13%▲
My health is not good enough	5%▼	11%▲
I don't have the equipment I need	5%▼	10%▲
The activity of my choice doesn't fit my routine	10%	10%
I have no one to do it with	7%▼	10%▲
I am injured from an injury caused by something else	6%▼	8%▲
I have no transport to get to places	2%▼	7%▲
Number of barriers	2.7	3.2

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 or over.
Q32. 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? Note: Only selected barriers are shown.

HOW ARE ADULTS BEING PHYSICALLY ACTIVE?

The source of physical activity varies by deprivation.

Adults from low deprivation areas are more likely to be active through sport and active recreation, whereas adults from high deprivation areas are more likely to be active through work and caregiving. (table 9).

TABLE 9: WHAT ADULTS ARE DOING TO SAY THEY DO A GOOD AMOUNT OF ACTIVITY

ADULTS	LOW DEPRIVATION	HIGH DEPRIVATION
Through sport, exercise or recreation	74%▲	58%▼
Through work	32%▼	41%▲
Through caregiving	6%▼	10%▲
Something else	10%▼	18%▲

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 8 and over.
Q72 (8–17). You said you already do a good amount of physical activity. Please specify where your physical activity comes from:
Q89 (18+). You said you already do a good amount of physical activity. Please specify where your physical activity comes from:

WHAT DO ADULTS PREFER TO SPEND TIME ON?

Top of the list of other hobbies competing against increasing participation is spending time with family and friends, but this is less so for adults from high deprivation areas (table 10).

Adults from high deprivation areas are:

- just as likely to prefer to spend time reading, on music, electronic games and art
- less likely to spend time on film, travel, food and wine, and theatre than adults from low deprivation areas.

TABLE 10: WHAT ADULTS PREFER TO SPEND TIME ON

ADULTS	LOW DEPRIVATION	HIGH DEPRIVATION
Spending time with family and friends	71%▲	67%▼
Reading	50%	50%
Music	31%	33%
Film	32%▲	25%▼
Travel	28%▲	21%▼
Food and wine	27%▲	18%▼
Crafts	20%▼	24%▲
Electronic games	17%	17%
Art	13%	14%
Theatre	9%▲	6%▼

▲▼ Significantly higher/lower than the other group

Base: Adults aged 18 or over.
Q88. You said you prefer to do other things, or are too busy for more physical activity. What are you spending time on?

In summary

- The appetite to increase participation in play, active recreation and sport is higher for young people from high deprivation areas compared with those from low deprivation areas. The reverse is true for adults.
- Appetite to increase participation varies by deprivation and ethnicity. Young Asian from high deprivation areas are just as likely to want to increase their participation as those from low deprivation areas.
- European and Māori adults from low deprivation areas are more likely to want to increase their participation than those from high deprivation areas.
- Being busy or other commitments taking priority is the top hurdle to increasing participation for all New Zealanders, but this is less so for young people and adults from high deprivation areas compared with those from low deprivation areas. This hurdle follows the same pattern by age for all New Zealanders and is at its highest between ages 15 and 49.
- School work the top activity for those too busy to increase participation, irrespective of deprivation.
- Young people from high deprivation areas are less likely to lack motivation to participate and are just as likely to prefer to spend their time on 'other things' than young people from low deprivation areas. Spending time with family or friends is the lead activity, followed by spending time on electronic games for all young people to spend time on rather than increasing participation.
- Although reading is a popular activity for young people who prefer to do 'other things' rather than increase their participation, this is less so for those from high deprivation areas than low.
- In contrast, adults from high deprivation areas are more likely to struggle with motivation, have fitness, health or injury concerns and to believe they are already sufficiently active. They are more likely than adults from low deprivation areas to prefer to spend their time on 'other things' rather than increase their participation. Although spending time with family and friends is the lead activity for adults to spend time on, rather than increasing participation, it is more so for adults from low deprivation than high deprivation areas.

06. ATTITUDES TOWARDS BEING ACTIVE

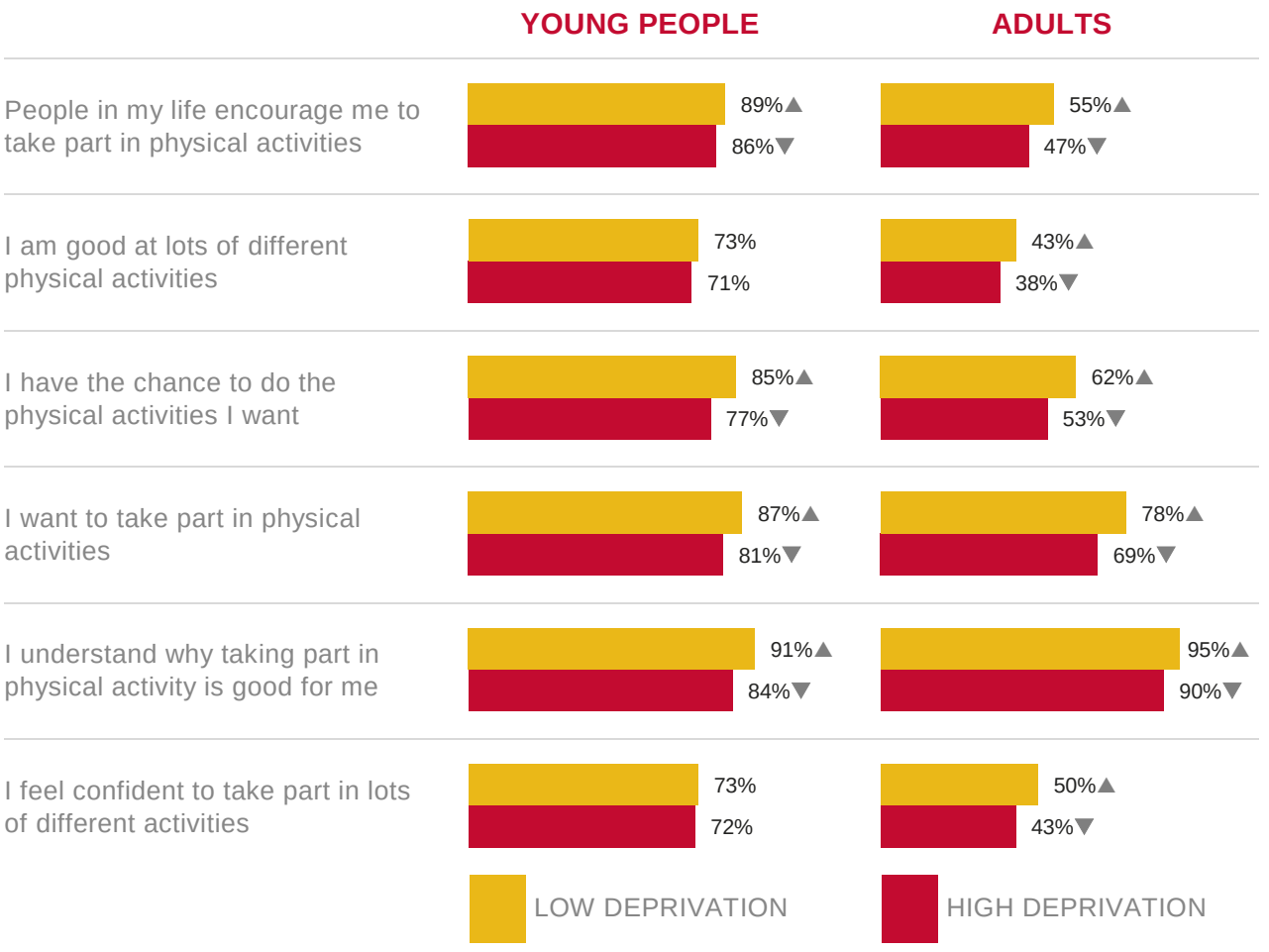
HOW DO PEOPLE FROM HIGH AND LOW DEPRIVATION AREAS DIFFER ON KEY ATTITUDES TO BEING ACTIVE?

This section explores differences in physical literacy for people from high and low deprivation areas on the six physical literacy indicators included in the Active NZ survey.

Except on confidence and competence for young people, where no difference can be seen by deprivation, young people and adults score lower on the physical literacy indicators included in Active NZ (figure 17).

- The biggest gap for young people and adults from high deprivation areas, compared with those from low deprivation areas, is the opportunity to participate in sports and activities of choice.
- Bigger gaps are evident for young people from high and low deprivation areas on understanding the benefits of being active, and for adults on the motivation to be active.

FIGURE 17: PROPORTION WHO AGREE WITH PHYSICAL LITERACY INDICATORS (% AGREE)



Base: All respondents aged 5 and over.
Q39 (5–17). Please select a box on each line to show how much you agree or disagree with each statement. Q48 (18+). How strongly do agree or disagree with each of the following statement?

Physical literacy varies by deprivation and ethnicity (tables 11 and 12).

- Young and adult Asian have below average scores on all physical literacy indicators irrespective of deprivation. The gap is biggest on lacking encouragement to be active for young Asian, and for Asian adults, by a lack of understanding of the benefits of being active.
- Adult European, Māori and Pacific from high deprivation areas score lower on all physical literacy indicators than those from low deprivation areas.

TABLE 11: PROPORTION OF YOUNG PEOPLE WHO AGREE WITH PHYSICAL LITERACY INDICATORS (% AGREE)

	EUROPEAN			MĀORI			PACIFIC			ASIAN		
	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL
People in my life encourage me to take part in physical activities	90%▲	86%▼	**89%**	90%	85%	**88%**	97%	88%	**87%**	81%	83%	**81%**
I am good at lots of different physical activities	74%▲	71%▼	**73%**	77%	73%	**74%**	84%	79%	**76%**	59%	56%	**58%**
I have the chance to do the physical activities I want	86%▲	78%▼	**83%**	82%▲	74%▼	**78%**	89%	80%	**76%**	78%	79%	**73%**
I want to take part in physical activities	87%▲	83%▼	**86%**	88%▲	77%▼	**83%**	87%	80%	**83%**	84%	78%	**79%**
I understand why taking part in physical activity is good for me	92%▲	86%▼	**91%**	89%▲	78%▼	**85%**	91%	83%	**85%**	87%	86%	**86%**
I feel confident to take part in lots of different activities	73%▲	69%▼	**71%**	78%	71%	**74%**	87%	78%	**73%**	67%	71%	**66%**

▲▼ Significantly higher/lower than the other group
Red font = significantly lower than the total result
Green font = significantly higher than the total result

TABLE 12: PROPORTION OF ADULTS WHO AGREE WITH PHYSICAL LITERACY INDICATORS (% AGREE)

	EUROPEAN			MĀORI			PACIFIC			ASIAN		
	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL	LOW	HIGH	TOTAL
People in my life encourage me to take part in physical activities	55%▲	45%▼	**51%**	56%▲	47%▼	**51%**	63%	62%	**59%**	58%▲	51%▼	**57%**
I am good at lots of different physical activities	43%▲	36%▼	**40%**	54%▲	46%▼	**49%**	53%	49%	**51%**	34%	34%	**34%**
I have the chance to do the physical activities I want	63%▲	54%▼	**59%**	62%▲	53%▼	**56%**	69%	58%	**58%**	55%	49%	**53%**
I want to take part in physical activities	79%▲	69%▼	**75%**	80%▲	70%▼	**74%**	88%▲	74%▼	**76%**	75%▲	68%▼	**73%**
I understand why taking part in physical activity is good for me	96%	91%	**94%**	97%▲	88%▼	**92%**	97%▲	88%▼	**91%**	91%▲	86%▼	**89%**
I feel confident to take part in lots of different activities	51%▲	40%▼	**46%**	59%▲	49%▼	**52%**	65%	54%	**55%**	43%	44%	**44%**

▲▼ Significantly higher/lower than the other group
Red font = significantly lower than the total result
Green font = significantly higher than the total result

In summary

- Except on confidence and competence for young people, where no difference can be seen by deprivation, young people and adults score lower on the physical literacy indicators included in Active NZ.
- The biggest gap for New Zealanders of all ages from high deprivation areas is having the opportunity to participate in sports and activities of choice.
- Bigger gaps are evident for young people from high and low deprivation areas on understanding the benefits of being active, and for adults on the motivation to be active.
- Physical literacy has a cultural dimension that can transcend deprivation. For example, Asian have below-average scores on physical literacy indicators levels irrespective of deprivation, which is driven by a lack of encouragement to be active for young Asian and, for Asian adults, a lack of understanding of the benefits of being active.
- In other cases, adults from high deprivation areas with different cultural backgrounds score the same on physical literacy indicators. For example, European, Māori and Pacific adults have below-average levels of physical literacy compared with their counterparts from low deprivation areas.

07. BENEFITS OF PARTICIPATING

WHAT HEALTH BENEFITS DO PEOPLE GET FROM PARTICIPATING, AND HOW DOES THIS DIFFER BY DEPRIVATION?

This section shows the relationship between health and wellbeing and the benefits gained from participating for people from high and low deprivation areas.

Participants score more favourably on all health and wellbeing indicators than non-participants, irrespective of deprivation (tables 13–17).

TABLE 13: EMOTIONAL WELLBEING

	YOUNG PEOPLE		ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
	% rate their life 8–10 with 10 being 'very happy'		% rate their life 8–10 with 10 being 'completely satisfied'	
Low Deprivation	73%▲	46%▼	55%▲	46%▼
High Deprivation	75%▲	52%▼	46%▲	40%▼

TABLE 14: HEALTHY EATING

	YOUNG PEOPLE		ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
	% agree they eat fruit and vegetables every day		% who eat 3 servings of vegetables and 2 servings of fruit every day	
Low Deprivation	89%	84%	34%▲	28%▼
High Deprivation	79%▲	66%▼	27%▲	20%▼

TABLE 15: SCREEN TIME

	YOUNG PEOPLE		ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
	Average number of hours per week (outside of school or work) **(a higher result is positive)**		Average number of hours per week (outside of work or study) **(a higher result is negative)**	
Low Deprivation	19.9▼	30.6▲	11.6▼	13.4▲
High Deprivation	22.3▼	28.7▲	11.8▼	13.0▲

TABLE 16: WEIGHT

	YOUNG PEOPLE		ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
	Data not captured for young people.		% who self-report their weight as being 'about right'	
Low Deprivation			44%▲	35%▼
High Deprivation			34%▲	28%▼
			% who have a BMI in the 'healthy' range	
Low Deprivation			48%▲	40%▼
High Deprivation			35%▲	26%▼

TABLE 17: SLEEP

	YOUNG PEOPLE		ADULTS	
	PARTICIPANTS	NON-PARTICIPANTS	PARTICIPANTS	NON-PARTICIPANTS
	% who meet recommended sleep guidelines		*Data not captured for adults.*	
Low Deprivation	80%▲	66%▼		
High Deprivation	68%▲	56%▼		

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 5 and over.
Questions vary. BMI = Body mass index.

APPENDIX A: SPORTS AND ACTIVITIES YOUNG PEOPLE HAVE DONE IN THE PAST 7 DAYS

THE SPORTS AND ACTIVITIES THAT YOUNG PEOPLE AND ADULTS PARTICIPATE IN VARY BY DEPRIVATION.

Young people from high deprivation areas are:

- less likely to participate in swimming, cycling, trampolining, tramping, cricket and hockey or floorball
- more likely run or jog, participate in group exercise classes and kapa haka, play netball and rugby or rippa rugby than young people from low deprivation areas (table 18).

TABLE 18: SPORTS AND ACTIVITIES YOUNG PEOPLE HAVE DONE IN THE PAST 7 DAYS

	LOW DEPRIVATION	HIGH DEPRIVATION
Playing (eg, running around, climbing trees, make-believe)	40%	38%
Games (eg, four square, tag, bull rush, dodgeball)	37%	35%
Playing on playground (eg, jungle gym)	35%	33%
Swimming	39%▲	30%▼
Cycling (road cycling or mountain biking)	33%▲	26%▼
Walking for fitness	27%	29%
Running or jogging	55%▼	65%▲
Trampoline	26%▲	21%▼
Scootering	22%	19%
Football/soccer	21%	17%
Dance/dancing (eg, ballet, hip hop)	16%	13%
Workout (weights or cardio)	15%	13%
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	11%▼	14%▲
Basketball or mini-ball	13%	14%
Netball	10%▼	13%▲
Rugby or rippa rugby	9%▼	12%▲
Athletics or track and field	9%	10%
Tramping or bush walks	11%▲	6%▼
Gymnastics	8%	6%
Touch	7%	9%
Kapa haka	5%▼	9%▲
Cricket	8%▲	4%▼
Hockey or floorball	7%▲	4%▼

▲▼ Significantly higher/lower than the other group

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)

Adults from high deprivation areas:

- participate to a lesser extent in the same top-ranked sports and activities, except for dance where they are more likely to participate
- have greater disparity in participation in some sports and activities, for example, walking, gardening and cycling, than adults from low deprivation areas (table 19).

TABLE 19: ACTIVITIES ADULTS HAVE DONE IN THE PAST SEVEN DAYS

	LOW DEPRIVATION	HIGH DEPRIVATION
Walking	62%▲	52%▼
Gardening	27%▲	21%▼
Individual workout using equipment	24%▲	20%▼
Running/jogging	22%▲	17%▼
Playing games (eg, with kids)	18%▲	15%▼
Cycling (road cycling or mountain biking and BMX)	13%▲	7%▼
Swimming	10%▲	8%▼
Group fitness class (eg, aerobics, crossfit)	10%▲	7%▼
Pilates or yoga	10%▲	5%▼
Fishing (marine or freshwater)	3%	3%
Tramping (overnight or day)	4%▲	3%▼
Golf	4%▲	2%▼
Dance/dancing (eg, ballet, hip hop)	3%▼	4%▲
Tennis	2%▲	1%▼
Boxing	2%	2%

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 or over.
Q8 (18+). Which of the following have you done in the last 7 days?

APPENDIX B: SPORTS AND ACTIVITIES OF CHOICE IF BARRIERS ARE REMOVED

SPORTS AND ACTIVITIES YOUNG PEOPLE WOULD CHOOSE IF BARRIERS WEREN'T IN THE WAY

Less variation is evident for young people than for adults by deprivation in the sports and activities they would choose if barriers were removed.

Rugby, rippa rugby and netball are more popular choices for young people from high deprivation areas compared with low deprivation areas (table 20).

TABLE 20: SPORTS AND ACTIVITIES YOUNG PEOPLE WOULD CHOOSE IF BARRIERS WEREN'T IN THE WAY*

YOUNG PEOPLE	LOW DEPRIVATION	HIGH DEPRIVATION
Running or jogging	8%	7%
Cycling (road cycling or mountain biking)	6%	5%
Swimming	5%	6%
Football/soccer	6%	6%
Dance/dancing (eg, ballet, hip hop)	5%	4%
Workout (weights or cardio)	5%	4%
Gymnastics (eg, rhythmic, artistic)	4%	5%
Rugby or rippa rugby	3%▼	6%▲
Netball	4%▼	7%▲
Basketball or mini-ball	5%	5%
Games (eg, four square, tag, bull rush, dodgeball)	1%	1%
Playing on playground (eg, jungle gym)	0%	1%

Note: *Only one answer was permitted.
Base: All respondents aged 8-17 who want to do more.
Q25 (8–17). Which physical activity would you choose if barriers weren't in the way?

▲▼ Significantly higher/lower than the other group

Sports and activities of choice for adults if barriers were removed are similar in rank order by those from areas of high and low deprivation. Greater disparity can be seen between tramping and pilates or yoga by deprivation. Walking, running or jogging, swimming, individual workout, and playing active games with young people are more popular choices for those from high deprivation areas. (table 21).

TABLE 21: SPORTS AND ACTIVITIES ADULTS WOULD CHOOSE IF BARRIERS WEREN'T IN THE WAY

ADULTS	LOW DEPRIVATION	HIGH DEPRIVATION
Tramping (day or overnight tramps)	27%▲	19%▼
Pilates or yoga	21%▲	17%▼
Swimming	13%▼	15%▲
Cycling (road cycling or mountain biking and BMX)	15%▲	13%▼
Individual workout using equipment	10%▼	12%▲
Snow sports (skiing or snowboarding)	13%▲	9%▼
Group fitness class (eg, aerobics, crossfit)	10%	11%
Fishing (marine or freshwater)	10%	11%
Canoeing or kayaking	10%	9%
Running or jogging	8%▼	10%▲
Walking	4%▼	6%▲
Playing games (eg, with kids)	3%▼	4%▲

Note: Multiple answers were permitted.

▲▼ Significantly higher/lower than the other group

Base: All respondents aged 18 and over
Q98 (18+). And which, if any, of the following activities would you like to try or do in the next 12 months?

**The questions of tables 20 and 21 differ slightly for young people and adults. For young people, it is about what they would choose if there were not any barriers and they have to choose just one activity, while for adults it is more about what they would like to try, and they can choose multiple answers.*