

Reading the Active NZ Data Tables



Active NZ data tables

Alongside the Active NZ 2021 reports sit a range of data tables. Find out what they are and how to read them.

Data tables:

- Accompanying the main reports
- Regional (see on the right)
- Sports and activities
- Comprehensive

Regional

- Northland
- Auckland combined
 - Auckland
 - Counties Manukau
 - Waitakere
 - North Harbour
- Waikato
- Bay of Plenty
- Taranaki
- Hawkes Bay
- Gisborne
- Manawatu
- Whanganui
- Wellington

Regional

- Tasman
- Canterbury
- Otago
- Southland

Statistical significance

- Statistical significance is an objective measure that shows whether any differences observed between groups being studied are “real” or whether they are simply due to chance.
- Knowing a difference is statistically significant does not mean the difference is important, relevant or useful.
- Within the data tables, there are two data sets, young people (5-17 years old) and adults (18+).
- In the data sets, reported differences are statistically significant at the 95 per cent confidence level.

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

Base sizes

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

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

Data tables accompanying the main reports

Data tables sit alongside the Active NZ main reports

These data tables include results for most of the content included in both Active NZ 2021 Reports ('Changes in Participation' and 'Updating the Participation Landscape'). These table sets also contain some additional cross-breaks not included in the report.

The structure of these data tables mirrors the report; for each section of the reports there is a tab (e.g. for Section 1 of the Changes report, see tab 'Changes_Section 1_YP' and 'Changes_Section 1_Adults').

[Active NZ: Changes in Participation | Sport New Zealand - Ihi Aotearoa \(sportnz.org.nz\)](#)

[Active NZ: Updating the Participation Landscape | Sport New Zealand - Ihi Aotearoa \(sportnz.org.nz\)](#)

Data tables are presented in an excel format

Young people and Adult results are provided on different tabs. You can navigate the tables using the tabs along the bottom on the spreadsheet.

Current report - Participation landscape: 2021 - Young people		A result with a red shaded background and a red arrow means the result is significantly lower than the total. A result with a green shaded background and a green arrow means the result is significantly higher than the total.										
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		Gender	Age									
Active NZ Main Tables 2021	TOTAL	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	Tamariki: 5 to 11 years	Rangatahi: 12 to 17 years	NET: 14 to 17 years	NET: European	NET: Māori	
WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)												
Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE)												
Base: All respondents aged 5 to 17												
Total (Unweighted)	4824	2480	1104	1621	1276	823	2725	2099	1239	4042	767	
Yes	91%	↑ 92%	↓ 88%	↑ 93%	↑ 96%	↓ 85%	91%	91%	↓ 88%	93%	90%	
No	9%	↓ 8%	↑ 12%	↓ 7%	↓ 4%	↑ 15%	9%	9%	↑ 12%	7%	10%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

Reading the tables (1)

There are four different types of significance testing
Please always check the top of the spreadsheet to see which type applies

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2021 to the results for 2019
- 4) Compares more than two cells - letters are used to define significant differences rather than colours. Further explained in 'Reading the tables (4)'

Cross-break label

Question number and wording of the question

Base = Description of who answered the question

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

Responses given to the question

Current report - Participation landscape: 2021 - Young people

[Link back to table of contents](#)

Active NZ Main Tables 2021

WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)
 Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE)
 Base: All respondents aged 5 to 17

	TOTAL	Age									
		Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	Tamariki: 5 to 11 years	Rangatahi: 12 to 17 years	NET: 14 to 17 years	NET: European	NET: Māori
Total (Unweighted)	4824	2480	1104	1621	1276	823	2725	2099	1239	4042	767
Yes	91%	92%	88%	93%	96%	85%	91%	91%	88%	93%	90%
No	9%	8%	12%	7%	4%	15%	9%	9%	12%	7%	10%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Cross-breaks: What the data is being cut by

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

A result highlighted in green with an upward arrow shows where a result is significantly **higher** than the TOTAL result (in this example 12 to 14 year olds)

A result highlighted in red with a downward arrow shows where a result is significantly **lower** than the TOTAL result (in this example 14 to 17 year olds)

What this means (1)

23169 people responded to this question

10014 males responded to this question

Results highlighted green with an upward arrow:
Adults aged 50-64 years old are more likely to participate in play, active recreation or sport compared with the total (74% vs. 73% total).

Current report - Participation landscape: 2021 - Adults



A result with a red shaded background and a red arrow means the result is significantly **lower** than the total.
A result with a green shaded background and a green arrow means the result is significantly **higher** than the total.

73% of adults (18 years and over) participated in play, active recreation or sport in the last 7 days

Active NZ Main Tables 2021

WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)

Q7. 7 DAYS PA (KPI) - THINKING BACK OVER THE LAST 7 DAYS (NOT INCLUDING TODAY)
HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT WAS SPECIFICALLY FOR THE PURPOSE OF SPORT, EXERCISE OR RECREATION?
Base: All respondents aged 18 or over

	TOTAL	Gender		Age						Net: European	Net: Māo
		Male	Female	18-24 years	25-34 years	35-49 years	50-64 years	65-74 years	75+ years		
Total (Unweighted)	23169	10014	12809	2487	2739	7644	5773	2767	1749	18753	2471
Yes	73%	73%	73%	73%	↓ 70%	↑ 77%	↑ 74%	71%	↓ 62%	↑ 74%	71%
No	27%	27%	27%	27%	↑ 30%	↓ 23%	↓ 26%	29%	↑ 38%	↓ 26%	29%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

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

Results highlighted red with a downward arrow:
Adults aged 25-34 years old are more likely to participate in play, active recreation or sport compared with the total (70% vs. 73% total).

Reading the tables (2)

There are four different types of significance testing
Please always check the top of the spreadsheet to see which type applies

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2021 to the results for 2019
- 4) Compares more than two cells - letters are used to define significant differences rather than colours. Further explained in 'Reading the tables (4)'

Current report - How people participate - Young people



A result with a red shaded background and a red arrow means the result is significantly **lower** than the other gender within the same age group
 A result with a green shaded background and a green arrow means the result is significantly **higher** than the other gender within the same age group

		Age within Gender													
		TOTAL	Males 5-7	Females 5-7	Males 8-11	Females 8-11	Males 12-14	Females 12-14	Males 15-17	Females 15-17	Males 5-11	Females 5-11	Males 12-17	Females 12-17	Males 14-17
COMPETITIVE OR NON-COMPETITIVE PARTICIPATION															
Q16. WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS (SUMMARY - BASED ON PEOPLE) MA															
Base: All respondents aged 5 to 17															
Total (Unweighted)	4820	582	521	851	770	552	693	320	494	1433	1291	872	1187	482	
NET Both competitive and non-competitive sport or activities (1/3/4/5/6 AND 2)	23%	12%	12%	26%	25%	30%	34%	↑ 27%	↓ 18%	20%	20%	29%	27%	27%	
NET Competitive sport or activities only (2 and none of 1,3,4,5,6)	0%	1%	0%	0%	0%	-	-	-	1%	0%	0%	-	0%	-	
NET Non-competitive sport or activities only (1,3,4,5,6 and NOT 2)	68%	73%	80%	65%	69%	67%	61%	↓ 57%	↑ 67%	↓ 68%	↑ 73%	63%	64%	61%	
Non-participants	9%	↑ 15%	↓ 8%	8%	6%	3%	5%	15%	15%	↑ 11%	↓ 7%	8%	9%	12%	
NET: Non-competitive (1,3,4,5,6)	91%	↓ 85%	↑ 91%	91%	94%	97%	95%	85%	85%	↓ 89%	↑ 93%	92%	91%	88%	
NET: Competitive	24%	13%	12%	26%	26%	30%	34%	↑ 27%	↓ 18%	21%	20%	29%	27%	27%	

A result highlighted in green with an upward arrow shows where a result is significantly **higher** than the other gender within the same age group (in this example females 5 to 7 years old score higher than males 5 to 7 years)

A result highlighted in red with a downward arrow shows where a result is significantly **lower** than the other gender within the same age group (in this example males 15 to 17 years old score lower than females 15-17)

What this means (2)

4799 people responded to this question

643 females aged 5-7 years old responded to this question

Results highlighted green with an upward arrow:
Males aged 12-14 years old are spend **more** time being physically active compared with females aged 12-14 years old (13.7 hours vs. 11.8 hours females).

Tamariki and rangatahi (5-17 years old) spend, on average, 10.9 hours being physically active in the last 7 days

SPORT NEW ZEALAND IHI AOTEAROA

[Link back to table of contents](#)

Active NZ Main Tables

AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING
Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN?
Base: All respondents aged 5 to 17

	TOTAL	Gender within Age													
		Males 5-7	Females 5-7	Males 8-11	Females 8-11	Males 12-14	Females 12-14	Males 15-17	Females 15-17	Males 5-11	Females 5-11	Males 12-17	Females 12-17	Males 10-17	Females 10-17
Total (Unweighted)	4799	630	643	874	898	461	571	304	407	1504	1541	765	978	1226	1431
In PE or class at school (organised)	2.1	2.1	1.7	2.1	2.2	2.7	2.9	1.7	1.0	2.1	2.0	2.3	2.1	2.3	2.2
In competition or tournament (organised)	0.8	0.2	0.2	0.7	0.6	1.6	1.2	0.8	0.8	0.5	0.4	1.3	1.0	1.1	0.9
Training or practising with a coach/ instructor (organised)	1.7	0.7	0.9	1.4	1.6	2.4	2.4	1.8	2.1	1.1	1.3	2.2	2.3	2.1	2.1
Total ORGANISED	4.6	3.0	2.8	4.3	4.3	6.7	6.5	4.3	3.8	3.8	3.7	5.8	5.4	5.5	5.2
Playing or hanging out with family or friends (informal)	4.3	5.9	5.3	4.9	4.3	5.0	3.6	2.8	1.9	5.3	4.7	4.2	2.9	4.4	3.1
Playing on my own (informal)	1.6	2.4	2.0	1.8	1.6	1.8	1.1	1.2	1.0	2.0	1.7	1.6	1.1	1.7	1.2
For extra exercise, training or practise without a coach/ instructor (informal)	0.7	0.1	0.1	0.2	0.2	1.6	0.9	1.3	1.5	0.2	0.2	1.5	1.2	1.2	0.9
Total INFORMAL	6.5	8.3	7.4	6.9	6.1	8.0	5.6	5.3	4.1	7.4	6.7	6.9	5.0	7.0	5.1
TOTAL	10.9	11.3	10.3	11.1	10.2	13.7	11.8	9.7	7.8	11.2	10.2	12.1	10.2	12.0	10.0
PLAY	5.9	8.3	7.3	6.7	5.9	6.9	4.7	4.0	2.9	7.3	6.5	5.7	4.0	6.0	4.3

A result with a red shaded background and a red arrow means the result is significantly lower than the other gender within the same age group
A result with a green shaded background and a green arrow means the result is significantly higher than the other gender within the same age group

Females aged 5-7 years old spend 10.3 hour being physically active in the last 7 days. This result is not statistically different vs males 5-7.

Results highlighted red with a downward arrow:
Females aged 15-17 years old spend **less** time being physically active compared with males aged 15-17 years old (7.8 hours vs. 9.7 hours males).

Reading the tables: Base sizes



Active NZ Comprehensive tables:

TOTAL

Ethnicity / Deprivation

		Net: Pacific and Deprivation 1-3	Net: Pacific and Deprivation 8-10	Net: Asian and Deprivation 1-3	Net: Asian and Deprivation 8-10	Samoan and Deprivation 1-3	Samoan and Deprivation 8-10
Table 7							
Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE ACTIVITY LIST)							
Base: All respondents aged 5 to 17							
Total (Unweighted)	4799	26	90	156	81	15	35
Yes	94%	82%	94%	94%	92%	91%	96%
No	6%	18%	6%	6%	8%	9%	4%
Sum	100%	100%	100%	100%	100%	100%	100%

The icon with one coloured square means that the base size is less than 30 responses. A base size of less than 30 means the base size is very small and therefore the results are indicative only.

The icon with two coloured squares means that the base size is less than 100 responses. A base size of less than 100 is small and caution is advised when interpreting the results.

Reading the tables (4)

There are 4 different types of significance testing
Please always check the top of the spreadsheet to see which type applies

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2021 to the results for 2019
- 4) Compares more than 2 cells - letters are used to define significant differences rather than colours.

Changes report - What the key participation statistics for young people say - Young people



Active NZ Main Tables 2021

A letter underneath the datapoint means that the datapoint is significantly higher than the datapoint in that cross-break indicated by that letter.

Letters defining the cross-break column.
 A: Secondary age 13-17 2019
 B: Secondary age 13-17 2021

WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)

Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE ACTIVITY LIST)

Base: All respondents aged 5 to 17

	Total	Chinese				Primary age 5-12				Secondary age 13-17				
		2017	2018	2019	2021	2017	2018	2019	2021	2017	2018	2019	2021	
		z	q	r	s	t	u	v	w	x	y	z	A	B
Total (Unweighted)	21222	234	248	228	201	4381	4101	3427	3162	1623	1494	1372	1662	
Yes	94%	88%	89%	91%	85%	96%	95%	95%	92%	93%	93%	93%	90%	
No	6%	12%	11%	9%	15%	4%	5%	5%	8%	7%	7%	7%	10%	
									uvw				yzA	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

A result with a letter in the cell below indicates it is significantly higher than the result within the same group identified by that letter.

Example:
 Participation in the last 7 days for young people of Secondary age 13-17 years in 2019 column A (93%) was significantly higher than weekly participation for:
 - Secondary age 13-17 years in 2021 column B (90%)

Reading the regional data tables

Regional data tables

- These data tables are similar to the main data tables, but are provided for each of the Regional Sports Trusts (RSTs) and include more information.
- They provide each RST with the ability to look at results by age, gender, ethnicity, deprivation, etc within their specific region.
- Significance testing in different tabs:
 - **All regions:** results are compared with the total
 - **Total:** results are compared with the total
 - **Subgroups:** results are compared with the other gender within the same group
 - **Year on Year:** 2021 results are compared with 2019 results

Reading the Sports and Activities tables

Sports and activities tables

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

To understand how people participate by sport/activity

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

To understand who participates by sport/activity

e.g. the age and gender profile of those who have participated in their activity in the last 7 days / 12 months

The data tables also break this down further into who has participated competitively vs non-competitively.

Reading the tables

Question number and wording of the question

Base = Description of who answered the question

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

Responses given to the question

[Link back to table of contents](#)

Active NZ Sports&Activities tables

	TOTAL	Walking	Running / Jogging	Individual workout using equipment	Group fitness class (e.g. aerobics, crossfit)	NET: Pilates/Yoga	Yoga	Pilates	Dance/dancing (e.g. ballet, hip hop, etc)	Swimming
ACTIVITIES DONE OVER THE LAST 7 DAYS										
Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 7 DAYS? PLEASE ONLY SELECT THE ACTIVITIES WHERE YOU HAVE BEEN PHYSICALLY ACTIVE SPECIFICALLY FOR SPORT, EXERCISE OR RECREATION.										

● Base: All respondents aged 18 or over										
● Total (Unweighted)	73491	42513	13465	14829	6345	6217	4647	2243	2548	6731
● Walking	58%	100%	85%	79%	78%	84%	85%	84%	84%	82%
● Running / Jogging	20%	29%	100%	43%	42%	30%	32%	29%	29%	34%
● Individual workout using equipment	22%	30%	47%	100%	48%	35%	36%	38%	30%	32%
● Sum	254%	337%	444%	412%	451%	446%	460%	462%	446%	467%

Cross-breaks: What the data is being cut by

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

What this means

73,491 people responded to this question.



Active NZ Sports&Activities tables

TOTAL

Walking

Running / Jogging

Individual workout using equipment

Group fitness class (e.g. aerobics, crossfit)

NET: Pilates/Yoga

Yoga

Pilates

Dance/dancing (e.g. ballet, hip hop, etc)

Swimming

ACTIVITIES DONE OVER THE LAST 7 DAYS

Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 7 DAYS? PLEASE ONLY SELECT THE ACTIVITIES WHERE YOU HAVE BEEN PHYSICALLY ACTIVE SPECIFICALLY FOR SPORT, EXERCISE OR RECREATION.

Base: All respondents aged 18 or over

Total (Unweighted)	73491	42513	13465	14829	6345	6217	4647	2243	2548	6731
Walking	58%	100%	85%	79%	78%	84%	85%	84%	84%	82%
Running / Jogging	20%	29%	100%	43%	42%	30%	32%	29%	29%	34%
Individual workout using equipment	22%	30%	47%	100%	48%	35%	36%	38%	30%	32%
Sum	254%	337%	444%	412%	451%	446%	460%	462%	446%	467%

58% of adults (18 years or over) participated in walking in the last 7 days

Sums of the responses given adds to over 100%, therefore respondents were able to select multiple responses.

84% of adults aged 18 or over who participated in Pilates/Yoga in the last 7 days also participated in Walking in the last 7 days.

30% of adults aged 18 or over who participated in Dance/Dancing in the last 7 days also participated in individual workout using equipment in the last 7 days.

Significance testing in the sports and activities tables



[Link back to table of contents](#)

Active NZ Sports and Activities tables 2021

ACTIVITIES DONE OVER THE LAST 7 DAYS - ALL RESPONDENTS

Q13. PLEASE TICK ALL THE WAYS YOU HAVE BEEN PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN IN THE LAST 7 DAYS (NOT INCLUDING TODAY).

Base: All respondents aged 5 to 17

	Walking for fitness				Triathlon or duathlon			
	2017	2018	2019	2021	2017	2018	2019	2021
	q	r	s	t	u	v	w	x
Total (Unweighted)	6004	5595	4799	4824	6004	5595	4799	4824
Yes (Yes participated last 7 days)	1719	1413	1200	1569	70	60	47	40
	29%	25%	25%	33%	1%	1%	1%	1%
	rs			qrs				
No (Not participated last 7 days)	3970	3853	3323	2830	5619	5205	4477	4359
	66%	69%	69%	59%	94%	93%	93%	90%
	t	qt	qt		x	x	x	
Non-participants	315	329	275	425	315	329	275	425
	5%	6%	6%	9%	5%	6%	6%	9%
				qrs				uvw
Sum	6004	5595	4799	4824	6004	5595	4799	4824
	100%	100%	100%	100%	100%	100%	100%	100%

Letters defining the subgroup column.
e.g.:
q: 2017 participation for 'Walking for fitness'
x: 2021 participation in 'Triathlon or duathlon'

There are different types of **significance testing**

- Compares the results for 2017 to the results for 2018, 2019 or 2021
- Compares the results for 2018 to the results for 2017, 2019 or 2021
- Compares the results for 2019 to the results for 2017, 2018 or 2021
- Compares the results for 2021 to the results for 2017, 2018 or 2019

Letters are used to define significant differences rather than colours.


A result with a letter in the cell below indicates it is significantly higher than the result within the same group identified by that letter.

Example:
Participation in the last 7 days for 'Walking for fitness' in 2021 column t (33%) was significantly higher than:

- in 2017, column q (29%)
- in 2018, column r (25%)
- in 2019, column s (25%)

Test your understanding

Test your understanding

		A result with a red shaded background and a red arrow means the result is lower than the previous period A result with a green shaded background and a green arrow means the result is higher than the previous period						
		Gender		Age				
		Male	Female	5 to 7 years	5 to 9 years	8 to 11 years	12 to 14 years	15 to 17 years
 Link back to table of contents								
Active NZ Comprehensive tables :	TOTAL							
Table 40 Q58. MAIN REASON FOR PHYSICAL ACTIVITY (SUMMARY - BASED ON PEOPLE) MA Base: All respondents aged 5 to 17 that have participated in physical activity the last 7 days *Note: data until Q3 2019								
Total (Unweighted)	2463	1152	1306	675	1127	911	529	348
To physically challenge myself or to win	28%	28%	27%	↓ 10%	↓ 16%	↓ 24%	↑ 40%	↑ 36%
To hang out with family or friends	46%	47%	45%	44%	46%	47%	49%	43%
For fun	76%	75%	77%	↑ 88%	↑ 83%	77%	76%	↓ 59%
For fitness or health	30%	↓ 26%	↑ 34%	↓ 6%	↓ 9%	↓ 17%	↑ 50%	↑ 51%
To lose or maintain weight	5%	↓ 4%	↑ 7%	↓ 1%	↓ 1%	↓ 1%	↑ 10%	↑ 12%
To look good	2%	↑ 3%	↓ 1%	↓ 0%	↓ 0%	↓ 0%	3%	↑ 7%
To learn or practice a new skill	31%	29%	32%	↑ 40%	↑ 38%	32%	28%	↓ 22%
I'm good at it	12%	11%	13%	↓ 5%	↓ 5%	↓ 8%	↑ 20%	15%
I have to (my parents/caregiver or school make me)	27%	27%	28%	↑ 29%	↑ 30%	↑ 33%	28%	↓ 15%
Another reason	9%	8%	10%	↓ 4%	↓ 4%	↓ 7%	↑ 16%	10%
Sum	266%	259%	274%	227%	234%	245%	320%	268%

Review the table and answer the following question:

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

Test your understanding - Answers

		A result with a red shaded background and a red arrow means the result is significantly less likely than all children and young people to participate for fitness and health		A result with a green shaded background and a green arrow means the result is significantly more likely than all children and young people to participate for fitness and health				
		Gender		Age				
		Male	Female	5 to 7 years	5 to 9 years	8 to 11 years	12 to 14 years	15 to 17 years
SPORT NEW ZEALAND IHI AOTEAROA	Link back to table of contents							
Active NZ Comprehensive tables 2019	TOTAL							
Table 40								
Q58. MAIN REASON FOR PHYSICAL ACTIVITY (SUMMARY - BASED ON PEOPLE) MA								
Base: All respondents aged 5 to 17 that have participated in physical activity the last 7 days *Note: data until Q3 2019								
Total (Unweighted)	2463	1152	1306	675	1127	911	529	348
To physically challenge myself or to win	28%	28%	27%	↓ 10%	↓ 16%	↓ 24%	↑ 40%	↑ 36%
To hang out with family or friends	46%	47%	45%	44%	46%	47%	49%	43%
For fun	76%	75%	77%	↑ 88%	↑ 83%	77%	76%	↓ 59%
For fitness or health	30%	↓ 26%	↑ 34%	↓ 6%	↓ 9%	↓ 17%	↑ 50%	↑ 51%
To lose or maintain weight	5%	↓ 4%	↑ 7%	↓ 1%	↓ 1%	↓ 1%	↑ 10%	↑ 12%
To look good	2%	↑ 3%	↓ 1%	↓ 0%	↓ 0%	↓ 0%	3%	↑ 7%
To learn or practice a new skill	31%	29%	32%	↑ 40%	↑ 38%	32%	28%	↓ 22%
I'm good at it	12%	11%	13%	↓ 5%	↓ 5%	↓ 8%	↑ 20%	15%
I have to (my parents/caregiver or school make me)	27%	27%	28%	29%	30%	33%	28%	↓ 15%
Another reason	9%	8%	10%	↓ 4%	↓ 4%	↓ 7%	↑ 16%	10%
Sum	266%	259%	274%	227%	234%	245%	320%	268%

Sum of the responses given adds up to more than 100%, therefore respondents were only able to select one response

Review the table and answer the following question:

1. What percentage of young female participants have done at least one activity for fitness or health in the last seven days?
 Answer: 34%
2. Is this different to males?
 Answer:
 Young males (red) are significantly less likely to participate for fitness and health compared with all children and young people.

 Young females (green) are significantly more likely to participate for fitness and health compared with all children and young people.
3. How does being active for fitness change with age?
 Answer:
 The number of tamariki and rangatahi participating for fitness and health increases with age.
 Tamariki (5-11 years old) are significantly less likely than all tamariki and rangatahi to participate for fitness and health.
 Rangatahi ages 12-17 years old are significantly more likely than all tamariki and rangatahi to participate for fitness more and health.


Test your understanding 2

		A result with a red shaded background and a red arrow means the result is significantly lower than the other gender within the same ethnicity A result with a green shaded background and a green arrow means the result is significantly higher than the other gender within the same ethnicity													
		Gender within Ethnicity													
		SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents													
Active NZ Main Tables	TOTAL	Male AND European	Female AND European	Male AND Māori	Female AND Māori	Male AND Pacific	Female AND Pacific	Male AND Asian	Female AND Asian	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
Q22. WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY (ALL 5 TO 17 YEAR OLDS)															
* Base: All respondents aged 5 to 17															
Total (Unweighted)	4799	1892	2152	335	431	119	117	273	278	45	49	76	63	111	117
Yes - I would like to be doing more	63%	↓ 59%	↑ 63%	62%	68%	68%	74%	69%	73%	86%	79%	76%	79%	73%	66%
No	37%	↑ 41%	↓ 37%	38%	32%	32%	26%	31%	27%	14%	21%	24%	21%	27%	34%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Review the table and answer the following question:

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

Test your understanding 2 - Answers

		A result with a red shaded background and a red arrow means the result is significantly lower than the other gender within the same ethnicity A result with a green shaded background and a green arrow means the result is significantly higher than the other gender within the same ethnicity														
		Gender within Ethnicity														
		TOTAL	Male AND European	Female AND European	Male AND Māori	Female AND Māori	Male AND Pacific	Female AND Pacific	Male AND Asian	Female AND Asian	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
 Link back to table of contents																
Active NZ Main Tables																
Q22. WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY (ALL 5 TO 17 YEAR OLDS)																
* Base: All respondents aged 5 to 17																
Total (Unweighted)	4799	1892	2452	335	431	119	117	273	278	45	49	76	63	111	117	
Yes - I would like to be doing more	63%	59%	63%	62%	68%	68%	74%	69%	73%	86%	79%	76%	79%	73%	66%	
No	37%	41%	37%	38%	32%	32%	26%	31%	27%	14%	21%	24%	21%	27%	34%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	


Review the table and answer the following question:

- What percentage of female participants who identify as European want to participate in more physical activity for play, active recreation or sport?
 Answer: 63%
- How does this result compare to male participants who identify as European?
 Answer: 59% of males who identify as European want to participate more. This is significantly lower than for females who identify as European.

Test your understanding 3

Review the table and answer the following questions:

1. What percentage of adults have participated in running or jogging in 2019?
2. How does this result compare to the participation in running/jogging in other years?


 Link back to table of contents	A letter underneath the datapoint means that the datapoint is significantly higher than the datapoint in that cross-																A letter underneath			
	Walking				Running / Jogging				Individual workout using equipment				Group fitness class (e.g. aerobics, crossfit)				NET: Pilates + Yoga			
	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019
	a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t
Active NZ Sports and Activities tables																				
ACTIVITIES DONE OVER THE LAST 12 MONTHS - ALL RESPONDENTS																				
HQ13 / Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 12 months?																				

Base: All respondents aged 18 or over																				
Total (Unweighted)	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972
Yes	62796	22897	21288	18611	28427	10313	9518	8573	27857	10073	9440	8331	13839	5027	4580	4214	14484	5232	4736	4494
	85%	85%	85%	85%	38%	38%	38%	39%	38%	37%	38%	38%	19%	19%	18%	19%	20%	19%	19%	20%
								eg								o				qrs
No	11364	4141	3862	3361	45733	16725	15632	13399	46303	16965	15710	13641	60321	22011	20570	17758	59676	21806	20414	17478
	15%	15%	15%	15%	62%	62%	62%	61%	62%	63%	62%	62%	81%	81%	82%	81%	80%	81%	81%	80%
					h			h							p		t	t	qt	

Test your understanding 3 - Answers

Review the table and answer the following questions:

1. What percentage of adults have participated in running or jogging in 2019? – Answer: 39%
2. How does this result compare to the participation in running/jogging in other years? – Answer: The letters e and g indicate, that the result of 2019 is higher than the total (e, 38%) and than 2018 (g, 38%).

 Link back to table of contents	A letter underneath the datapoint means that the datapoint is significantly higher than the datapoint in that cross-																A letter underneath			
	Walking				Running / Jogging				Individual workout using equipment				Group fitness class (e.g. aerobics, crossfit)				NET: Pilates + Yoga			
	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019
a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	
ACTIVITIES DONE OVER THE LAST 12 MONTHS - ALL RESPONDENTS																				
HQ13 / Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 12 months?																				

Base: All respondents aged 18 or over																				
Total (Unweighted)	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972
Yes	62796	22897	21288	18611	28427	10313	9518	8573	27857	10073	9440	8331	13839	5027	4580	4214	14484	5232	4736	4494
	85%	85%	85%	85%	38%	38%	38%	39%	38%	37%	38%	38%	19%	19%	18%	19%	20%	19%	19%	20%
No	11364	4141	3862	3361	45733	16725	15632	13399	46303	16965	15710	13641	60321	22011	20570	17758	59676	21806	20414	17478
	15%	15%	15%	15%	62%	62%	62%	61%	62%	63%	62%	62%	81%	81%	82%	81%	80%	81%	81%	80%
					h		h								p		t	t	qt	

Tables

You can find the Active NZ data tables (along with the Main FAQs and a pdf on 'Explaining Statistical Significance') in the website:

<https://sportnz.org.nz/resources/active-nz-survey-2019>

If you have a query about the tables or anything related to them, please email activenz@sportnz.org.nz.

Link should be adjusted based on where we save the resources and instruction pdf