

IHI AOTEAROA

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

SPORT NEW ZEALAND

IHI AOTEAROA



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').

<u>Active NZ: Changes in Participation | Sport New Zealand - Ihi Aotearoa (sportnz.org.nz)</u> <u>Active NZ: Updating the Participation Landscape | Sport New Zealand - Ihi Aotearoa (sportnz.org.nz)</u>



Data tables are presented in an excel format

	Current report - Participation landscape: 2021 - Young	people	A result with	a ree	d shaded	l bac	kground a	nd a re	d arrov	v means the i	esult is signif	icantly <u>lower</u> f	han th	ie <u>total</u> .		
			A result with	a gr	een shad	led k	backgroun	d and a	green	arrow means	the result is	significantly b	igher t	than th	e total.	
	SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		der							Age						
Young people and Adult results are	Active NZ Main Tables 2021	TOTAL	Female	5 t	to 7 years	8 t	to 11 years	12 to 1	4 years	15 to 17 years	Tamariki: 5 to 11 years	Rangatahi: 12 to 17 years	NET: 1 ye	4 to 17 ears	NET: European	NET: Māori
provided on different	WEEKLY PARTICIPATION IN SPORT AND ACTIVE															
tabs.	RECREATION (LAST 7 DAYS)															
	Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE															
You can navigate the	Base: All respondents aged 5 to 17															
tables using the tabs	Total (Unweighted)	4824	2480		1104		1621	12	76	823	2725	2099	12	239	4042	767
along the bottom on	Yes	91%	92%	4	88%		93%	1 96	5%	4 85%	91%	91%	4 8	8%	93%	90%
	No	9%	♦ 8%	1	12%	₩.	7%	4	%	15%	9%	9%	1	2%	7%	10%
the spreadsheet.																
	Sum	100%	100%		100%		100%	10	0%	100%	100%	100%	10	0%	100%	100%
	Table of Contents Changes Section 1 YP	Changes Se	ction 2 Adults	s (Current	Sec	tion 1_YP	Cu	rrent S	ection 1_Ad	ults Curre	nt Section 2	YF	(+) :		

Question number and

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) <u>Compares the result for the group to the total</u>
- 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)'



SSaks: at the a is being

Cross-breaklabel

wording of the question	Current report - Participation landscape: 2021 - Yo	oung people	A result wit	h a red shaded	l background	and a red arrow	w means the r	result is signi	ficantly <u>lower</u>	than the <u>total</u>		
1	SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		der		,		Age		e.g.mountly 1			
Base = Description of who answered the question	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
	Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE Base: All respondents aged 5 to 17											
Total (Unweighted)= The total number of people who answered	Total (Unweighted) Yes No	4824 91% 9%	2480 ↑ 92% ↓ 8%	1104 ♥ 88% ↑ 12%	1621 ↑ 93% ↓ 7%	1276 ↑● 96% ↓ 4%	823 ↓ 85% ↑ 15%	2725 91% 9%	2099 91% 9%	1239 ♦ 88% ↑ 12%	4042 93% 7%	767 90% 10%
thequestion	Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Responses given to the question	Sums of the responses given. If the respondents were only able to see adds to more than 100%, respondents were.	the sum add elect one re idents were	ds up to 10 esponse. I eable to g	00%, f the sum ive more		A res gree arrov resu high	sult highl en with ar w shows Ilt is signi er than t	lighted in upward where a ificantly he TOTAl example		A res red w arrow resul	ult highlig ith a dow / shows w t is signifi r than the	Pean NET: Māori 767 90% 10% 100%
© Sport New Zealand						12 to	14 year o	olds)		resul 14 to	t (in this e 17 year ol	xample ds)



What this means (1)

2 to	3169 people responded o this question	10014 males respo to this question	onded	Adu play 73%	lts aged 5 , active ro total).	50-64 yea ecreatior	rs old are 1 or sport	e more lik compare	elyto par d with th	ticipate i e total (74	n 4% vs.		
	Current report - Participation landso	ape: 2021 - Adults			A result with	n a red shaded	background	and a red arro	w means the r	esult is signif	icantly <u>lower</u>	than the <u>total</u> .	
	SPORT New ZEALAND IHI AOTEAROA Link back to table of contents	/		Ge	A result with	n a green shad	ed backgroun	id an d a green	arrow means	the result is	significantly	higher than the	∍ total.
73% of adults(18 years and over)participated in	Active NZ Main Tables 2021		TOTAL	Male	Female	18-24 years	25-34 years	35-49 years	50-64 years	65-74 years	75+ years	Net: European	Net: Māo
play, active recreation or sport in the last 7 days	WEEKLY PARTICIPATION IN SPORT AND DAYS) Q7. 7 DAYS PA (KPI) - THINKING BACK OVER THE	ACTIVE RECREATION (LAST 7 LAST 7 DAYS (NOT INCLUDING TODAY)											
	HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT SPORT, EXERCISE OR RECREATION?	NAS SPECIFICALLY FOR THE PURPOSE OF											
	Base: All respondents aged 18 or over												
	Total (Unweighted)		23169	10014	12809	2487	2739	7644	5773	2767	1749	18753	2471
	Yes		73%	73%	73%	73%	🦊 70% 🔍	17%	14%	71%	4 62%	1 74%	71%
	No		27%	27%	27%	27%	30%	23%	V 26%	29%	38%	26%	29%
S g th w o	um of the responses iven adds to 100%, nerefore respondents vere only able to select ne response		- 100%	100%	Re Ac 73	esults hig dults age ay, active 3% total).	hlighted d 25-34 yo recreati	red with ears old a on or spo	a downw re more rt compa	ard arrow ikely to p red with	articipat	e in (70% vs.	

Results highlighted green with an upward arrow:

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) <u>Compares the results for the group to the other gender of that same</u> <u>group</u>
- 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 shade	d background	and a red ar	row means th	ne result is sig	nificantly <u>low</u>	<u>er</u> than the c	other gender w	ithin the sam	ie <u>age group</u>	
			A result with	a green sha	ded backgrou	nd and a gre	en arrow mea	ins the result	is significan	tly <u>higher</u> tha	n the other ge	nder within t	ne same <u>age (</u>	group
NEW ZEALAND IHI AOTEAROA Link back to table of contents								Age with	in Gender					
Active NZ Main Tables 2021	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%	n 73%	63%	64%	61%
Non-participants	9%	15%	🖖 8%	8%	6%	3%	5%	15%	15%	11%	4 7%	8%	9%	12%
NET: Non-competitive (1,3,4,5,6)	91%	4 85%	1 91%	91%	94%	97%	95%	85%	85%	4 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) Results highlighted green with an upward arrow: Males aged 12-14 years old are spend **more** time being physically 643 females aged 5-7 active compared with females aged 12-14 years old (13.7 hours 4799 people responded years old responded to vs. 11.8 hours females). to this question this question 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 SPORT NEW ZEALAND Link back to table of content Females 10-Females 1 Females 15 Females 12 Active NZ Main Tables TOTAL Males 5-7 Females 5-7 Males 8-11 Females 8-11 Males 12-14 Males 15-17 Males 5-11 Females 5-11 Males 12-17 Males 10-17 14 17 17 17 AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING Tamariki and rangatahi Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, (5-17 years old) spend, on EXERCISE OR FUN? average, 10.9 hours being Base: All respondents aged 5 to 17 4799 physically active in the Total (Unweighted) 630 643 874 898 461 571/ 304 407 1504 1541 765 978 1226 1431 2.1 2.1 1.7 2.1 2.2 2.7 2.9 1.7 2.1 2.0 2.3 2.1 2.3 2.2 In PE or class at school (organised) n 1.0 last 7 days 0.8 0.2 0.2 0.7 0.6 1.6 1/2 0.5 0.4 1.3 1.0 1.1 0.9 In competition or tournament (organised) 0.8 0.8 0.7 2.4 Training or practising with a coach/instructor (organised) 1.7 0.9 1.4 1.6 2.4 1.8 2.1 1.1 1.3 2.2 2.3 2.1 2.1 6.7 6.5 Total ORGANISED 4.6 3.0 2.8 4.3 4.3 4.3 3.8 3.8 3.7 5.8 5.4 5.5 5.2 4.3 5.9 5.0 5.3 4.7 4.2 Playing or hanging out with family or friends (informal) 5.3 4.9 4.3 3.6 2.8 1.9 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 0.2 0.2 0.9 1.3 1.5 0.2 0.2 1.5 1.2 1.2 0.9 0.1 1.6 6.5 8.0 5.1 Total INFORMAL 8.3 7.4 6.9 6.1 5.6 5.3 4.1 7.4 6.7 6.9 5.0 7.0 TOTAL 9.7 12.1 10.9 11.3 10.3 11.1 10.2 13.7 11.8 7.8 11.2 10.2 10.2 12.0 10.0 PLAY 5.9 8.3 7.3 6.7 5.9 7.3 65 57 Results highlighted red with a downward arrow: Females aged 5-7 years Females aged 15-17 years old spend less time being physically old spend 10.3 hour being active compared with males aged 15-17 years old (7.8 hours vs. physically active in the 9.7 hours males). last7 days. This result is not statistically different vs males 5-7.



Reading the tables: Base sizes

	SP NEW	ORT V ZEALAND				Ethnicity /	Deprivation		
	Active NZ Com	orehensive tables	TOTAL	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 OVERALL KPI (B Base: All respo	ACTIVITY IN LAST 7 DAYS - EFORE ACTIVITY LIST) ondents aged 5 to 17							
	Total (Unweig Yes	hted)	4799 94%	26 82%	90 94%	156 94%	81 92%	15 91%	35 96%
The icon with one coloured square means	No Sum	The icon with two	6% 100%	18%	6% 100%	6% 100%	8% 100%	9% 100%	4%
than 30 responses. A base size of less than 30 means the base size is very small and therefore the results are indicative only.		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) <u>Compares more than 2 cells letters are used to define significant</u> <u>differences rather than colours.</u>



Changes report - What the key participation statistics for young people say - Young people								•						
		A letter und	erneath the c	latapoint me	eans that the o	latapoint i	s significantly	higher than t	he datapoint	in that cross	-break indic	ated by that le	etter.	
SPORT NEW ZEALAND INIA OTEAROA Link back to table of contents									Life	stage				Letters defining the cross-
Active NZ Main Tables 2021	Total		Chi	nese			Primary	v age 5-12			Secondar	ry age 13-17 🌘		A: Secondary age 13-17 2019 B: Secondary age 13-17 2021
		2017	2018	2019	2021	2017	2018	2019	2021	2017	2018	2019	2021	
WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS) Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE ACTIVITY LIST)		q	r	S	t	u	V	W	x	У	2	A	В	
Base: All respondents aged 5 to 17														
Total (Unweighted) Yes	21222 94%	234 88%	248 89%	228 91%	201 85%	4381 96%	4101 95% x	3427 95% x	3162 92%	1623 93% B	1494 93% B	1372 93% B	1662 90%	
No	6%	12%	11%	9%	15%	4%	5%	5%	8% uvw	7%	7%	7%	10% yzA	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A result with a letter in t higher than the result w letter.	he cell b ithin the	elow inc same gi	licates i roup ide	t is sigr entified	nificantly bythat	У	Examp Particip age 13- than we - Secor	le: bation ir 17 years eekly pa bdary ag	n the las in 2019 rticipati je 13-17 y	t7 days column ion for: /ears in	for you A (93% 2021 cc	ng peop) was sig	le of S gnifica (90%)	Secondary antlyhigher



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.
- Signifiance 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	SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents											 What the data is being
Base = Description of	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/dancin g (e.g. ballet, hip hop, etc)	Swimming	Cut by
who answered the question Total (Unweighted)= The total number of	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. 											
people who answered the question	 Total (Unweighted) Walking Running / Jogging Individual workout using equipment Sum 	73491 58% 20% 22% 254%	42513 100% 29% 30% 337%	13465 85% 100% 47% 444%	14829 79% 43% 100% 412%	6345 78% 42% 48% 451%	6217 84% 30% 35% 446%	4647 85% 32% 36% 460%	2243 84% 29% 38% 462%	2548 84% 29% 	6731 82% 34% 32% 467%	
Responses given to the question	Sums of the responses given. If the respondents were only able to sel adds to more than 100%, respond than one answer.	ne sum ect one ents w	adds up to e response ereable to	100%, e. If the sur give more	n		•					



What this means

73,491 people responded to	SPORT NEW ZEALAN IHI AOTEARC	ND										
this question.	Active NZ Sports&Activitie	es tables	TOTAL	Walking	Running / Jogging	Individual workout using equipment	Group fitness class (e.g. aerobics, crossfit)	NET: Pilates/Yoga	Yoga	Pilates	Dance/dancin g (e.g. ballet, hip hop, etc)	Swimming
	ACTIVITIES DONE OVER Q8. WHICH OF THE FOLLOW LAST 7 DAYS? PLEASE ONLY WHERE YOU HAVE BEEN PI SPECIFICALLY FOR SPORT, I 	THE LAST 7 DAYS WING HAVE YOU DONE IN THE SELECT THE ACTIVITIES HYSICALLY ACTIVE EXERCISE OR RECREATION. ed 18 or over										
	Total (Unweighted) Walking Running / Jogging Individual workout using Sum	equipment	 73491 58% 20% 22% 254% 	42513 100% 29% 30% 337%	13465 85% 100% 47% 444%	14829 79% 43% 100% 412%	6345 78% 42% 48% 451%	6217 84% 30% 35% 446%	4647 85% 32% 36% 460%	2243 84% 29% 38% 462%	2548 84% 29% 30% 445%	6731 82% 34% 32% 467%
58% of ad over)part walking in © Sport N	ults (18 years or icipated in in the last 7 days New Zealand	Sums of the respond given adds to over therefore respond were able to select responses.	nses 100%, lents tmultiple	2	84% over Pilat days Walk	of adults ag who particij es/Yoga in t also particij king in the las	ed 18 or pated in he last 7 pated in st 7 days.		30% ove Dan days indi equ days	of adults a r who partic ce/Dancing s also partic vidual work ipment in t s.	aged 18 or cipated in g in the last 7 cipated in cout using he last 7	



Significance testing in the sports and activities tables

									Letters defining the subgroup column.
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		Walking	for fitness			Triathlon	or duathlon	-	e.g.: q: 2017 participation for 'Walking for fitness' x: 2021 participation in 'Triathlon or duathlon'
Active NZ Sports and Activities tables 2021	2017	2018	2019	2021	2017	2018	2019	2021	Thora are different types of significance testing
	q	r	s	t	u	v	w	×	
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)									 Compares the results for 2017 to the results for 2018, 2019 or 2021
THE LAST 7 DAYS (NOT INCLUDING TODAY).									 Compares the results for 2019 to the results for
Base: All respondents aged 5 to 17									2017, 2019 or 2021
Total (Unweighted)	6004	5595	4799	4824	6004	5595	4799	4824	4 Compares the results for 2010 to the results
Yes (Yes participated last 7 days)	1719	1413	1200	1569	70	60	47	40	• Compares the results for 2019 to the results
	29%	25%	25%	33%	1%	1%	1%	1%	for 2017, 2018 or 2021
	rs			qrs					 Compares the results for 2021 to the results
No (Not participated last 7 days)	3970	3853	3323	2830	5619	5205	4477	4359	• Compares the results for 2021 to the results
	66%	69%	69%	59%	94%	93%	93%	90%	for 2017, 2018 or 2019
Non participants	T 215	qt	qt	425	X 215	X 220	X 275	425	Lattere are used to define significant differences
Non-participants	5%	529	275 6%	425	5%	529	6%	425	Letters are used to define significant differences
	570	070	070	ars	570	070	070		rather than colours.
				4.5					
Sum	6004	5595	4799	4824	6004	5595	4799	4824	4
	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 identifie d 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, columns (25%)



Test your understanding



Test your understanding

				A	esuit wi	th a	rea snaa	ea I	Dackgrou	nd a	ind a red a	irro	w mean	s the	eresulti
			_	A	result wi	th a	green sh	ade	d backgr	oun	d and a gr	een	arrow r	near	is the re
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents			G	ender	1								4	lge	
Active NZ Comprehensive tables	TOTAL		Male		Female	5	to 7 years	5	to 9 years	8 t	o 11 years	1	12 to 14 years	1	l5 to 17 years
Fable 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%	P	40%	P	36%
To hang out with family or friends	46%		47%		45%		44%		46%		47%		49%		43%
For fun	76%		75%		77%	P	88%	P	83%		77%		76%	₩.	59%
For fitness or health	30%	4	26%	P	34%		6%		9%		17%	P	50%	P	51%
lo lose or maintain weight	5%	4	4%	P	7%		1%		1%		1%	P	10%	P	12%
Fo look good	2%	1	3%		1%	- 🌵	0%		0%		0%		3%	n	7%
To learn or practice a new skill	31%		29%		32%	P	40%	P	38%		32%		28%		22%
I'm good at it	12%		11%		13%	•	5%		5%		8%	P	20%		15%
have to (my parents/caregiver or school make me)	27%		27%		28%		29%	P	30%	P	33%		28%		15%
Another reason	9%	_	8%		10%	⊎	4%		4%	•	7%	P	16%		10%
Sum	266%	+	259%	-	274%	-	227%	+	234%	-	245%		320%	-	268%
5 G 11	23070	+	22376		2			-	20.00	-	2.270		52070	-	20070

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 wit	hai	red shade	ed b	ackgrou	id a	ind a red a	arro	w means	s the	e result is
SPORT New ZEALANI IHI AOTEAROA	D			Ger	nder		green allo	iuel	a backyll	, and	a ana a gi	601	A	ge	
Active NZ Comprehensi	ive tables 2019	TOTAL		Male	Female	5 t	to 7 years	5 t	to 9 years	8 t	o 11 years	:	12 to 14 years	1	5 to 17 years
Table 40											/				_
Q58. MAIN REASON FOR PEOPLE) MA	R PHYSICAL ACTIVITY (SUMMARY - BASED ON														
Base: All respondents activity the last 7 days	aged 5 to 17 that have participated in physical *Note: data until Q3 2019														
Total (Unweighted)		2463	-	1152	1306	-	675	1	1127		011		520	-	3/18
To physically challenge	e myself or to win	2403		28%	27%	sla	10%	J	16%	slle	24%		40%		36%
To hang out with famil	ly or friends	46%		47%	45%		44%		46%		47%		49%	1	43%
for fun	y or menus	76%	-	75%		S A	88%		83%		77%		76%	J.	59%
For fitness or health		30%	Ch.	26%	6 34%	5	6%		9%	4	17%	m	50%	ŵ	51%
To lose or maintain we	eight	5%	1	4%	170		1%	Ť	1%	Ť	1%	A	10%	-	12%
To look good		2%	P	3%	1%	Ĵ.	0%	Ŭ.	0%	Ŭ.	0%		3%	A.	7%
To learn or practice a r	new skill	31%	1	29%	32%	P	40%	P	38%		32%		28%		22%
I'm good at it		12%		11%	13%	•	5%		5%	•	8%	P	20%		15%
I have to (my parents/o	caregiver or school make me)	27%		27%	28%		29%	P	30%	P	33%		28%	•	15%
Another reason		9%		8%	10%	•	4%	•	4%	⊎	7%	P	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:

 What percentage of young female participants have done at
 least one activity for fitness or health in the last seven days? <u>Answer</u>: 34%

2. Is this different to males?

<u>Answer</u>:

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?

<u>Answer</u>:

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 likely than all tamariki and rangatahi to participate for fitness more and health.



Test your understanding 2

		A result with A result with	a red shade a green sha	d backgroun ded backgro	d and a red a und and a gr	arrow means t een arrow me	the result is eans the res	significantly ult is signific	<u>ower</u> than th antly <u>higher</u>	ne other gend than the othe	ler within the er gender wit	e same <u>ethnic</u> thin the same	ity ethnicity	
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		-				_	Gender wit	thin Ethnicity						
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%	4 59%	63%	62%	68%	68%	74%	69%	73%	86%	79%	76%	79%	73%	66%
No 37%	11%	4 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 <u>lower</u> than the other gender within the same <u>ethnicity</u> A result with a green shaded background and a green arrow means the result is significantly <u>higher</u> than the other gender within the same <u>ethnicity</u>														
SPORT New ZEALAND IHI AOTEAROA Link back to table of contents		Gender within Ethnicity														
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	F 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%	31%	38%	32%	32%	26%	31%	27%	14%	21%	24%	21%	27%	34%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	D	: I.				
1		1									- Kev	lew th	e table	and an	iswer tr	

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?

Answer:63%

 $2. \ \ {\rm How} \ {\rm does this result} \ {\rm compare to male participants} \ {\rm who}$

• identifyas European?

Answer: 59% of males who identif 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?

		A letter u	Indernea	th the dat	e datapoint means that the datapoint is significantly higher than the datapoint									088-					nderneat		
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		Wal	king			Running	/ Jogging		Individu	ial workou	t using equ	iipment	Group	fitness cla cros	iss (e.g. ae isfit)	robics,	NET: Pilates + Yoga				
Active NZ Sports and Activities tables	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	
	а	b	с	d	е	f	g	h	i	j	k	I.	m	n	0	р	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 mo	nths?																				
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								0	s			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:

- 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%).

	A letter underneath the datapoint means that the datapoint is s									ly higher	than the o	datapoint	t in that cross-				A letter undernea				
SPORT NEW ZEALAND IHI AOTEAROA Link back to table of contents		Wa	lking		Running / Jogging				Individu	ial workou	t using equ	iipment	Group	fitness cla cros	iss (e.g. ae isfit)	robics,	NET: Pilates + Yoga				
Active NZ Sports and Activities tables	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	
	a	b	с	d	e) f	E	h	i	j	k	1	m	n	0	р	q	r	s	t	
ACTIVITIES DONE OVER THE LAST 12 MONTHS - ALL RESPONDENTS			$\langle \rangle$																		
HQ13 / Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 12 mo	nths?																				
Base: All respondents aged 18 or over					\searrow																
	74100	27020	25450	01070	74450	00000	25450	21072	74460	07000	25450	21072	74460	27020	05450	01070	74460	07000	25450	01070	
lotal (Unweighted)	62706	27038	25150	19611	74160	2/038	25150	21972	74160	2/038	25150	21972	12920	2/038	25150	21972	14160	2/038	25150	21972	
	85%	22097	21200	95%	20427	38%	32/0	30%	2/65/	37%	38%	38%	10%	10%	4360	4214	20%	10%	4750	20%	
	03/0	0370	0370	0376	3676	3076	30/0		3676	3776	3070	30%	1376	1376	10/0	15%	2070	1370	1370	015	
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 a <u>activenz@sportnz.org.nz</u>.

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