

Active NZ

Snapshot of the 2023 Participation Landscape ages 5 and over



Based on data collected through the Active NZ survey between 13 January 2023 and 4 January 2024.

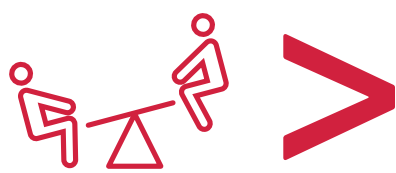
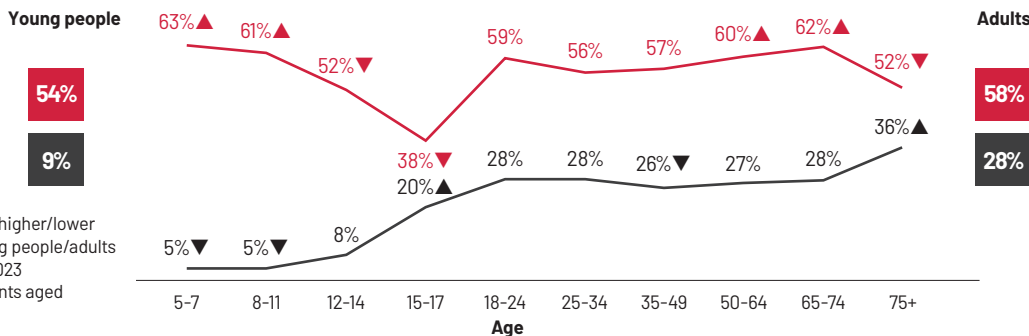
5,890 young people (5-17 years) **15,836** adults (18 years and over)

Results show variation by age, gender, ethnicity, deprivation and disability.

Overall, 54% of young people and 58% of adults met the physical activity guidelines (young people 420-plus minutes per week. Adults 150-plus minutes per week).

■ Meeting guidelines
■ Inactive (less than 30 minutes per week for both young people and adults)

▲▼ Significantly higher/lower than the total young people/adults
Results are from 2023
Base: All respondents aged 5 and over



Young people are more active than adults:

- 92% of young people participate each week compared with 74% of adults
- they spend more than twice as much time being active each week: 10.2 hours (young people) / 4.6 hours (adults)
- they participate in more than twice as many sports and activities: 4.6 hours (young people) / 1.9 per week (adults).

Most active

5-11 years



Tamariki aged 5-11 are the most active of all New Zealanders – 11.5 hours each week and most time in play – 7.1 hours.

Least active

15-17 years



1 in 5

Between ages 15-17 time spent being active drops in play, extra exercise, PE and competition.

9 out of 10 young people between ages 15-17 **know being active is good for them** – but this doesn't translate into action.

Between ages 15-17 one in five is inactive (less than 30 minutes physical activity each week).

Spotlighting differences

Young Māori males spend the most time being active and **young Asian females** the least time. This pattern continues into adulthood.

Young people and adults from **high deprivation areas** have lower levels of participation than those from **low deprivation areas**.

Disabled young people have lower levels of participation than non-disabled young people. This gap increases with age.

Time spent being active

8-14 years



Between ages 8-14, time spent in **PE and competition** is higher than for all young people.

Barriers to being active

#1



Number one barrier to increasing activity: Too busy or other commitments taking priority, especially between ages 15-17 and 25-49.

Cost as a barrier for young people from high deprivation areas is twice as high compared with young people from low deprivation areas – **16% / 8%**

Too tired is more of a barrier for young disabled people than non-disabled – **29% / 16%**



Gender gap



On average, **young males** (5-17 years) spend an extra hour each week being active than **young females**. There is no gender gap in time spent being active between ages 12-14.

Adult males spend an extra half hour each week being active than **adult females**. The gap is widest between ages 18-24 and 35-49 but closes from age 50-plus.

Conclusion: Results continue to highlight inequities in play, active recreation and sport by age, gender, ethnicity, deprivation and disability.