

# Active NZ

## Participation Trends ages 5 and over 2017-2023



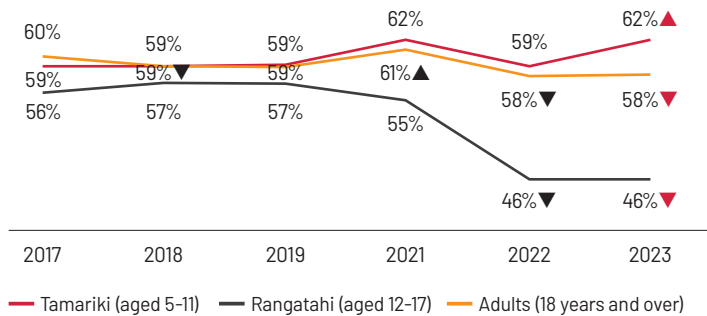
Based on data collected through the Active NZ survey between 5 January 2017 and 4 January 2024<sup>1</sup>.

**31,127** young people (5-17 years)

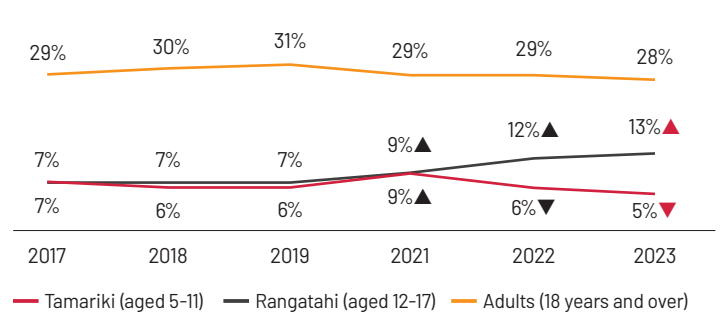
**128,353** adults (18 years and over)

### Main participation trends

#### Meeting the physical activity guidelines<sup>2</sup>



#### Inactive<sup>3</sup>



▲▼ Significantly higher/lower than the previous year  
 ▲▼ Significantly higher/lower than 2017  
 Results are from 2017 to 2023  
 Data was not reported in 2020 due to the COVID-19 pandemic  
 Base: All respondents aged 5 and over

#### Meeting the physical activity guidelines is:

- △ trending up for tamariki
- ▽ trending down for rangatahi
- ▽ trending down for adults

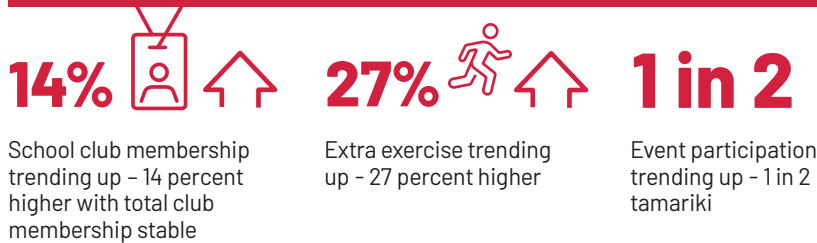
#### Being inactive is:

- ▽ trending down for tamariki
- △ trending up for rangatahi
- stable for adults

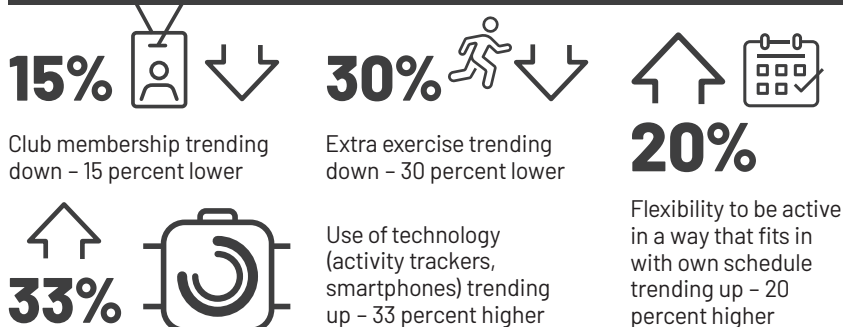
## Between 2017 and 2023:

### Trends in how people are active

#### Tamariki



#### Rangatahi



### Weakening relationship with sport



"New Zealand athletes and teams make me want to be more active" - **trending down for tamariki (16 percent lower) and rangatahi (13 percent lower)**



"I like team sport" and "I feel proud when New Zealand athletes and teams win" - **trending down for rangatahi (11 percent lower for both statements)**

### Benefits of being active



New Zealanders who meet the physical activity guidelines have higher levels of happiness

**Happiness levels** have been trending down for rangatahi but less so for those who meet the physical activity guidelines compared with those who do not

**Conclusion:** Following a period of stable activity levels for tamariki and rangatahi, pre-COVID-19, tamariki have increased their activity levels, whereas rangatahi activity levels have been declining. This is reflected in behaviour and several long-term attitudinal trends for rangatahi.

<sup>1</sup> In 2020 data collection paused between April and June due to COVID-19 pandemic disruption. Because of the effect of seasonality on participation results, trend analysis excludes 2020 data.  
<sup>2</sup> Physical activity guidelines: young people 420-plus minutes per week. Adults 150-plus minutes per week.  
<sup>3</sup> Inactive: Less than 30 minutes each week for young people and adults.