

# ACTIVE NZ

## MAIN REPORT

—  
The New Zealand Participation Survey 2018



## ACKNOWLEDGEMENTS

Sport New Zealand's Active NZ survey measures nationwide participation in play, active recreation and sport. Following the redesigned Active NZ survey in 2017, this second year of data collection is the beginning of a new time series on participation in play, active recreation and sport for New Zealanders aged 5-plus. This report updates the main participation statistics and focuses on hurdles to further participation. The *Active NZ Spotlight on the Impact of Socioeconomic Deprivation* complements this report.

Special thanks go 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

The main author of this report is Janette Brocklesby, working alongside others at Sport New Zealand and Nielsen.

## CITATION

Sport New Zealand, 2019  
*Active NZ 2018 Participation Report*.  
Wellington: Sport New Zealand

Download this report at [sportnz.org.nz/ActiveNZ](https://sportnz.org.nz/ActiveNZ)

## WANT TO FIND OUT MORE?

Active NZ resources are available at [sportnz.org.nz/ActiveNZ](https://sportnz.org.nz/ActiveNZ)

Contact: [activenz@sportnz.org.nz](mailto:activenz@sportnz.org.nz)

---

# CONTENTS

|                   |        |
|-------------------|--------|
| GLOSSARY          | PAGE 4 |
| ABOUT THIS REPORT | PAGE 5 |
| KEY RESULTS       | PAGE 6 |

---

|           |  |        |
|-----------|--|--------|
| <b>01</b> | <b>PARTICIPATION</b><br>HOW MANY, WHO, AND HOW MUCH HAPPENS IN ANY GIVEN WEEK? | PAGE 9 |
|-----------|--|--------|

---

|           |   |         |
|-----------|---|---------|
| <b>02</b> | <b>WHY TIME SPENT PARTICIPATING MATTERS</b><br>WHY IS THE AMOUNT OF TIME SPENT PARTICIPATING IMPORTANT? | PAGE 12 |
|-----------|---|---------|

---

|           |   |         |
|-----------|---|---------|
| <b>03</b> | <b>HOW PEOPLE PARTICIPATE</b><br>HOW DO PEOPLE PARTICIPATE? | PAGE 15 |
|-----------|---|---------|

---

|           |   |         |
|-----------|---|---------|
| <b>04</b> | <b>YOUNG PEOPLE</b><br>HOW DO YOUNG PEOPLE ALLOCATE TIME SPENT IN ORGANISED AND INFORMAL PARTICIPATION? | PAGE 17 |
|-----------|---|---------|

---

|           |  |         |
|-----------|--|---------|
| <b>05</b> | <b>MOTIVATION</b><br>WHAT MOTIVATES PEOPLE TO PARTICIPATE? | PAGE 20 |
|-----------|--|---------|

---

|           |   |         |
|-----------|---|---------|
| <b>06</b> | <b>HURDLES</b><br>WHAT GETS IN THE WAY OF PEOPLE PARTICIPATING? | PAGE 23 |
|-----------|---|---------|

---

|                |             |
|----------------|-------------|
| APPENDICES A–D | PAGES 31–44 |
|----------------|-------------|

---

# GLOSSARY

|  |   |
|--|---|
| <b>Respondents</b>   | People who took part in the survey.   |
| <b>Adult</b>   | Respondents aged 18-plus.   |
| <b>Young people</b>  | Respondents aged from 5 to 17.  |
| <b>Participants</b>  | People who have been physically active in play, exercise, active recreation or sport in the past seven days, where this participation excludes 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 it to be for sport or active recreation.   |
| <b>Non-participants</b>  | People who have not been physically active in play, exercise, active recreation or sport in the past seven days.  |
| <b>Participation in competitive and non-competitive sports or activities</b> | Participating through an organised structure, for example, in a league or club competition, tournament or competitive event. Non-competitive participation refers to sports or activities undertaken outside of a league or club competition, tournament or competitive event.  |
| <b>Organised participation</b>   | Applies to young people only. Participation in a competition or tournament is one component of organised participation. Other organised sports and activities include being physically active in physical education or class at school, sport and activities undertaken in a competition and training, or practising with a coach or instructor.  |
| <b>Informal participation</b>  | Applies to young people only. Informal sports and activities include being physically active through play with others, playing alone, extra training activities, or practising without a coach or instructor.   |
| <b>Play, active recreation, and sport</b>                                    | 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. |
| <b>Weekly participation</b>  | Refers to being physically active in play, exercise, active recreation or sport at least once in the past seven days.   |
| <b>Ethnicity</b>   | Results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – are based on respondents' self-identification.   |

---

# ACTIVE NZ

This report provides an update on the main participation indicators in play, active recreation and sport in 2018 by New Zealanders aged 5-plus. Changes year on year between 2017 and 2018 have been noted.

---

## ABOUT THIS REPORT

This report primarily uses data collected through the Active NZ survey between 5 January 2018 and 4 January 2019 from 5595 young people (aged 5–17) and 25 150 adults (aged 18-plus).<sup>1</sup>

It focuses on:

- how much participation happens in any given week, how many people are participating, and who they are
- how people participate
- how young people allocate their time spent in organised and informal participation
- what motivates participation
- what the barriers are to participation.

To provide more robust analysis of population sub-groups, results are presented using data collected through the Active NZ survey over two years (between 5 January 2017 and 4 January 2019) from 11 599 young people (aged 5–17) and 52 188 adults aged 18-plus) in two instances:

1. identifying motivations for participating in the top 12 sports and activities (pages 21 and 22)
2. taking a closer look at hurdles (section 6, pages 23–30).

Differences (and similarities) are highlighted between young people and adult participation, as is variation by gender and ethnicity. The *Spotlight on the Impact of Socioeconomic Deprivation* complements this report.

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. Commentary about differences between young people and adults is 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 the differences reported are not due to random variation because we are using a sample and not conducting a population census.

Knowing a difference is statistically significant does not mean the difference is important, and only meaningful differences have been commented on.<sup>2</sup>

Data tables accompanying the report contain all base sizes and highlight all statistically significant differences at the 95 percent confidence level. Please note, in some cases, a significant difference is evident between two numbers that appear to be the same or no significant difference can be seen when it may appear there should be one. This is due to rounding and variation in sample sizes.

---

<sup>1</sup> For further information on method, sample and objectives, see appendix C and the Technical Report: <https://sportnz.org.nz/activenz>. Sport NZ. *Active NZ Technical Report for Data Collected in 2018*. Wellington: Sport NZ, 2018.

<sup>2</sup> For more detail on the statistical testing, refer to the Technical Report (above note).

---

# KEY RESULTS

## Changes in participation: Comparing 2018 results with 2017

This is the beginning of a new time series on participation in play, active recreation and sport for New Zealanders aged 5-plus. Significant changes in participation indicators between 2017 and 2018 follow.

1. Adult weekly participation in play, active recreation and sport has dropped by 1 percent, from 73 percent to 72 percent, and changes have also occurred by gender:
  - 2 percent drop for females, from 74 percent to 72 percent
2. A drop has occurred in the average number of sports and activities adults participate in any given week from 2.3 to 2.2.
3. Average time spent in weekly participation by adults is consistent, although a 1 percent increase occurred in adults spending less than 30 minutes in weekly participation, from 29 percent to 30 percent. An increase in lowest duration of activity.
  - 2 percent increase for females, from 28 percent to 30 percent.
4. For young people, weekly participation, time spent participating, and the average number of sports and activities are unchanged, although changes have occurred by age, gender and ethnicity:
  - 2 percent drop in weekly participation between ages 12 and 14, from 98 percent to 96 percent
  - 1.3 hours increase in time spent in weekly participation between ages 15 and 17, from 8.3 hours to 9.6 hours, mainly due to an increase in time spent by males in play
  - 0.6 drop in the average number of sports and activities participated in by young Asian from 4.5 to 3.9.
5. No young people participated exclusively through competitive sports and activities in 2018, driven by a drop in participation between ages 12 and 14, from 1 percent to 0 percent.
6. Changes have occurred in participation through competitive sports and activities by age, gender and ethnicity:
  - 4 percent drop between ages 8 and 11, largely driven by a decrease in female participation, from 34 percent to 27 percent
  - 7 percent drop in participation by young Māori, from 36 percent to 29 percent.

## Participation landscape for 2018

Survey results from 2018 confirm participation patterns reported in 2017.

### Participation

1. Weekly participation peaks between ages 12 and 14 before declining between ages 15 and 17. Between ages 18 and 24, a new adult participation baseline is set in weekly participation. Weekly participation plateaus during adult years before declining from age 65-plus.
2. Males spend more time in weekly participation than females:
  - 1.5 hours more for young males
  - 0.6 hours more for adult males.
3. Participation patterns vary by ethnicity:
  - young and adult European have the highest level of weekly participation and spend above-average time participating in any given week
  - young and adult Asian have the lowest weekly participation and spend less time participating in fewer sports and activities
  - young Māori spend the most time in weekly participation in more sports and activities
  - adult Māori also spend above-average time in weekly participation but have lower than average participation any given week
  - Pacific adults spend below-average time in weekly participation.

### How New Zealanders participate

4. Most participation continues to be through non-competitive sports and activities, almost two-thirds of young people and adults' participation is in non-competitive sports and activities.
5. Young people are almost three times more likely to participate through competitive sports and activities than adults.
6. In any given week, young people spend 11 hours participating; 60 percent of time is spent in informal participation, with 53 percent of weekly participation spent in play.
7. Participation through play is at its highest between ages 5 and 7 (72 percent of time) and decreases with increasing age.
8. The proportion of time spent in organised participation is at its highest between ages 12 and 17 (50 percent) and 15 and 17 (45 percent).
9. The amount of time spent in organised sports and activities for young people is matched by gender (4.5 hours for males and 4.6 hours for females), although males spend more time in informal participation than females, particularly in play (6.5 hours compared with 5.4 hours).
10. Participation in organised and informal participation varies by ethnicity:
  - young Māori spend the most time in organised and informal participation (5.1 hours and 7.3 hours)
  - young European spend above-average time in both organised and informal participation (4.7 hours and 6.9 hours)
  - young Asian spend the least time in both organised and informal participation (3.0 hours and 4.3 hours)
  - young Pacific match the average, spending 4.7 hours in organised participation and 7.3 hours in informal participation.

## Motivations

11. The lead motivation for participation for young people is fun while for adults it is physical wellbeing. It is between ages 12 and 17 when participation for fun drops and starts to increase for physical wellbeing. Younger adults between ages 18 and 34 are less likely to participate for physical wellbeing than those aged 50-plus.
12. Adult males are more likely to participate for fun than adult females, with the biggest gender gap between ages 35 and 49 (33 percent compared with 24 percent).
13. Motivations vary by ethnicity:
  - young European are more likely to participate for fun and adult European are more likely to participate for physical wellbeing
  - young Asian are less likely to participate for fun or to spend time with family and friends
  - young Māori are more likely to participate because they are 'good at it'
  - adult Māori are more likely to participate to lose or maintain weight or to look good, and to physically challenge or to win
  - young Pacific are also less likely to participate for fun and more likely to participate to lose or maintain weight and for fitness and health
  - adult Pacific are also more likely to participate to lose or maintain weight or to look good and to spend time with family and friends.

## Hurdles

14. Appetite to increase participation is high – almost two-thirds of young people and three-quarters of adults want to increase their participation. This peaks between ages 12 and 17 and is higher for adults between ages 18 and 49 before declining from age 50-plus.
15. The top two hurdles to participation follow a similar pattern by age:
  - being too busy or other commitments taking priority is the main hurdle that emerges between ages 15 and 17, peaks between ages 35 and 49 before declining from age 50-plus
  - struggling with self-motivation is also a significant hurdle for New Zealanders of all ages, but is at its highest for young people between ages 15 and 17 and adults aged between 18 and 24. It is higher than average between ages 25 and 49 before declining as a barrier from age 50-plus.
16. Females are more likely to want to increase their participation than males but have more hurdles. They are more likely than males to agree that being too busy or having other commitments are hurdles to increasing participation. They are also more likely to struggle with self-motivation. The biggest gender gap for these top two hurdles is between ages 15 and 24.
17. Appetite to increase participation and hurdles varies by ethnicity:
  - young and adult Asian are most likely to want to increase their participation. For young Asian, being too busy is more of a barrier, while for Asian adults, 'preferring to do other things' is more of a barrier
  - young and adult European and Māori are just as likely to want to increase their participation as all New Zealanders
  - for Pacific adults, struggling with self-motivation is the biggest hurdle to participation.
18. Fourteen percent of young people and 20 percent of adults 'prefer to do other things' rather than increase their participation – this is highest between ages 8 and 11 and 65-plus and lowest between ages 35 and 49.
19. No gender difference is evident in 'preferring to spend time on other things', but differences can be seen in the activities of preference by gender. For example, preferring to spend time on electronic games is higher among males than females.

---

# 01. PARTICIPATION

## HOW MANY, WHO, AND HOW MUCH HAPPENS IN ANY GIVEN WEEK?

This section describes how many people in New Zealand are participating in play, active recreation and sport, who they are, and how much they are participating in any given week.<sup>3</sup>

---

### Commentary for 2018 compared with 2017

- Between 2017 and 2018, a decline occurred in weekly participation in play, active recreation and sport: by 1 percent for all adults (from 73 percent to 72 percent) and 2 percent for female adults (from 74 percent to 72 percent).
- This is the second year of data collection and the beginning of a time series. Results from the 2019 data collection will indicate whether this signifies a continuation of the downward trend in adult participation reported in Sport New Zealand's 16-year participation trends report published in 2016.<sup>4</sup>
- A drop occurred in the average number of sports and activities participated in by adults (from 2.3 to 2.2) in any given week.
- For young people, no overall significant changes occurred in weekly participation, average time spent participating and average number of sports and activities participated in. However, variation is evident by age, gender and ethnicity:
  - weekly participation between ages 12 and 14 has dropped, from 98 percent to 96 percent
  - between ages 15 and 17, an increase occurred in time spent being active (from 8.3 hours to 9.6 hours) mainly due to time spent by males in play
  - the average number of sports and activities participated in by young Asian has dropped, from 4.5 to 3.8.

---

<sup>3</sup> Note, this report does not update findings by deprivation. The *Spotlight Report on the Impact of Socioeconomic Deprivation on Participation* complements this report (Sport NZ, 2019).

<sup>4</sup> The 16-year participation trends report can be found at <https://sportnz.org.nz/assets/Uploads/16-year-adult-participation-trends-report-1998-2014.pdf>.

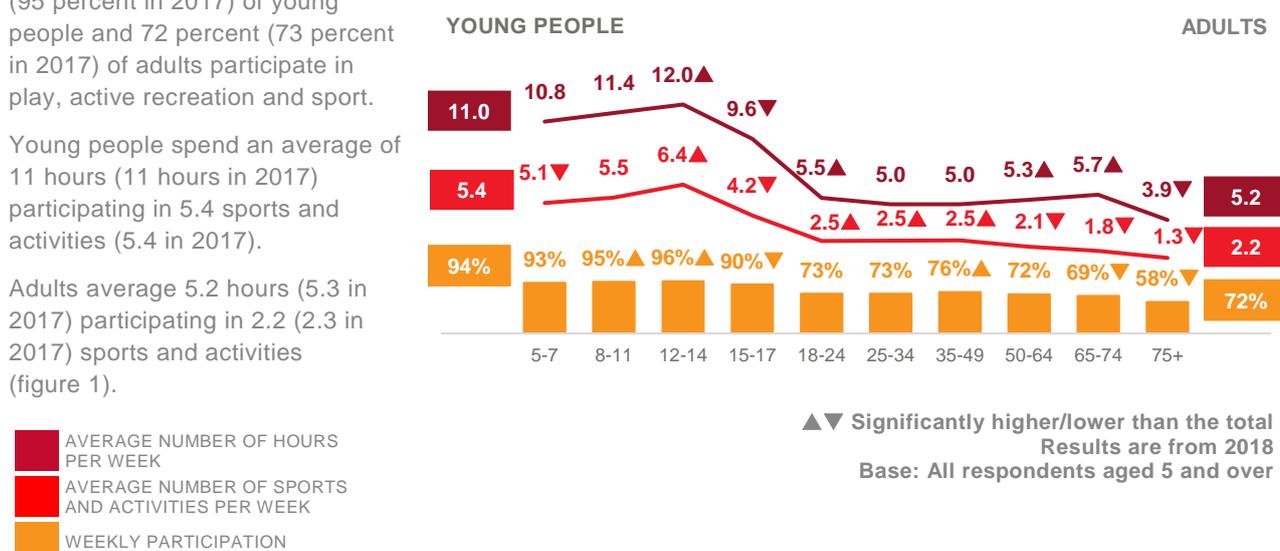
## Key participation statistics for 2018

In any given week, 94 percent (95 percent in 2017) of young people and 72 percent (73 percent in 2017) of adults participate in play, active recreation and sport.

Young people spend an average of 11 hours (11 hours in 2017) participating in 5.4 sports and activities (5.4 in 2017).

Adults average 5.2 hours (5.3 in 2017) participating in 2.2 (2.3 in 2017) sports and activities (figure 1).

**FIGURE 1: 2018 PARTICIPATION RESULTS BY AGE**



## Key participation patterns between 2017 and 2018 are consistent

### By age

- Weekly participation peaks between ages 12 and 14 before declining between ages 15 and 17. Between ages 18 and 24, a new adult participation baseline is set in time spent in weekly participation; this is lower than for young people but higher than for all adults.

### By gender

- Overall, males spend more time in weekly participation than females. Young males spend 90 minutes more in weekly participation than young females (11.8 hours compared with 10.3 hours). Adult males spend 36 minutes more in weekly participation than adult females (5.5 hours compared with 4.9 hours).
- The biggest gender gaps in time spent in weekly participation are evident between ages 15 and 17 (11.7 hours for males and 7.7 hours for females) and 18 and 24 (6.2 hours for males and 4.9 hours for females).
- There is no difference in time spent in weekly participation by gender between ages 12 and 14 (12.1 hours for males and 11.8 hours for females) and ages 50 and 64 (5.3 hours for males and 5.4 hours for females) and 65 and 74 (5.8 hours for males and 5.6 for females).

### By ethnicity

- Young and adult European have the highest level of weekly participation (96 percent compared with 94 percent for all young people and 74 percent compared with 72 percent for all adults). They also spend above-average time in weekly participation (11.4 hours compared with 11.0 hours for all young people and 5.4 hours compared with 5.2 hours for all adults).
- Young and adult Asian have the lowest levels of participation. They are less likely to participate in any given week than all New Zealanders (90 percent compared with 94 percent for all young people and 66 percent compared with 72 percent for all adults). When they do, they spend less time participating (young people 7.4 hours compared with 11.0 hours and adults 4.1 hours compared with 5.2 hours) in fewer sports and activities (young people 3.8 compared with 5.4 and adults 1.8 compared with 2.2).

- 
- Young Māori spend the most time in weekly participation (12.2 hours compared with 11.0 hours for all young adults) and in more sports and activities (5.6 compared with 5.4).
  - Adult Māori are less likely to participate in any given week (69 percent compared with 72 percent for all adults), but when they do, they spend more time in weekly participation (5.6 hours compared with 5.2 hours).
  - Although no difference now exists in weekly participation for Pacific adults (68 percent compared with 72 percent), they spend less time in weekly participation (4.5 hours compared with 5.2 hours for all adults).

## 02. WHY TIME SPENT PARTICIPATING MATTERS

### WHY IS THE AMOUNT OF TIME SPENT PARTICIPATING IMPORTANT?

This section explores the relationship between the amount of time spent participating each week and the benefits experienced through being active.

#### Commentary for 2018 compared with 2017

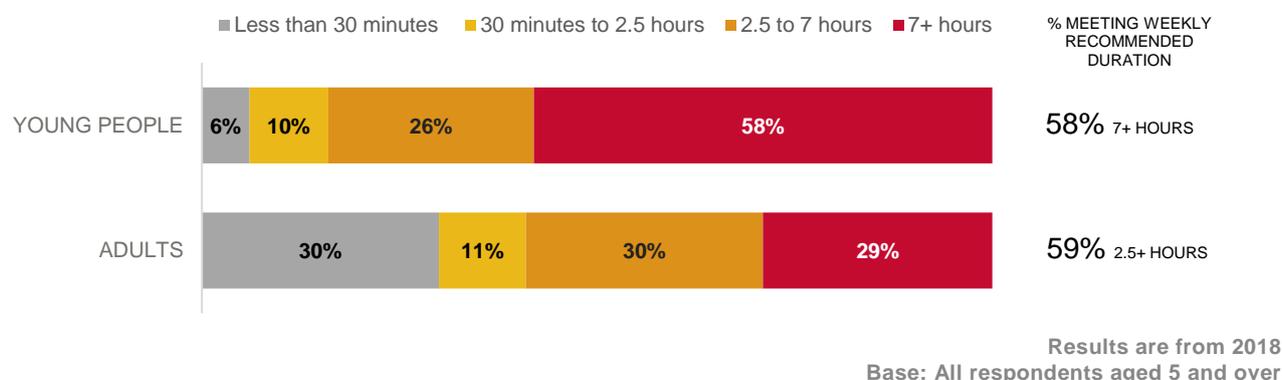
- A 1 percent increase has occurred in adults participating for less than 30 minutes in any given week, from 29 percent to 30 percent.

#### Key statistics

Fifty-eight percent of young people participate for 7-plus hours a week. For adults, time spent participating is polarised – almost the same proportion participate for less than 30 minutes (30 percent) as for 7-plus hours a week (29 percent) (figure 2).

In any given week, equal proportions of young people and adults spend the recommended time (at any intensity) being active through play, active recreation and sport (58 percent for young people and 59 percent for adults).<sup>5</sup>

FIGURE 2: TIME SPENT PARTICIPATING PER WEEK



#### Overall, the health and wellbeing benefits gained from increasing time spent participating are reinforced

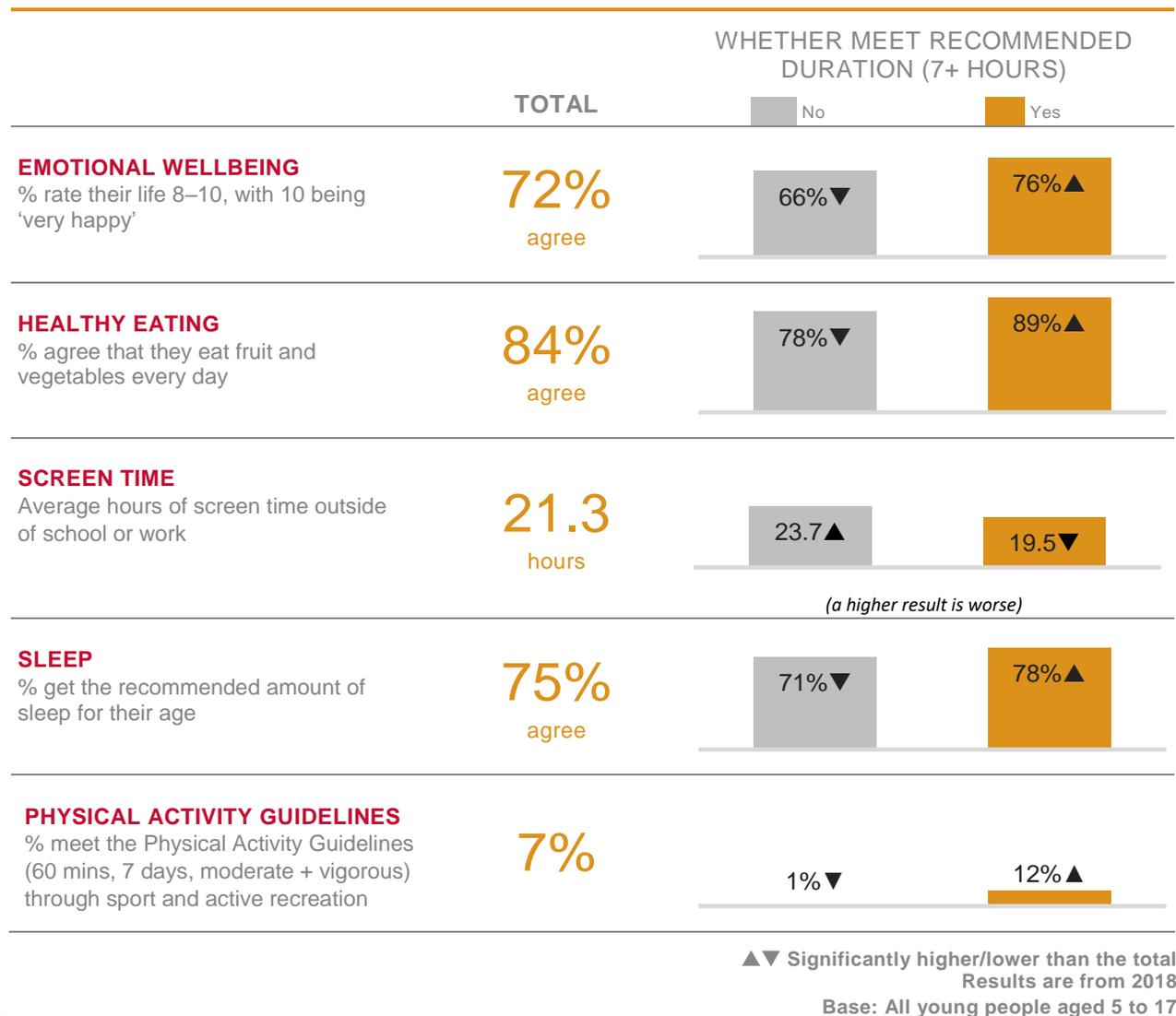
Young people and adults who participate for the recommended weekly time (at any intensity) score more favourably on health and wellbeing indicators than those who do not.

As seen in the 2017 participation report,<sup>6</sup> the more time spent participating the greater the health and wellbeing outcomes (figures 3 and 4). These benefits can be seen across age, gender and ethnicity.

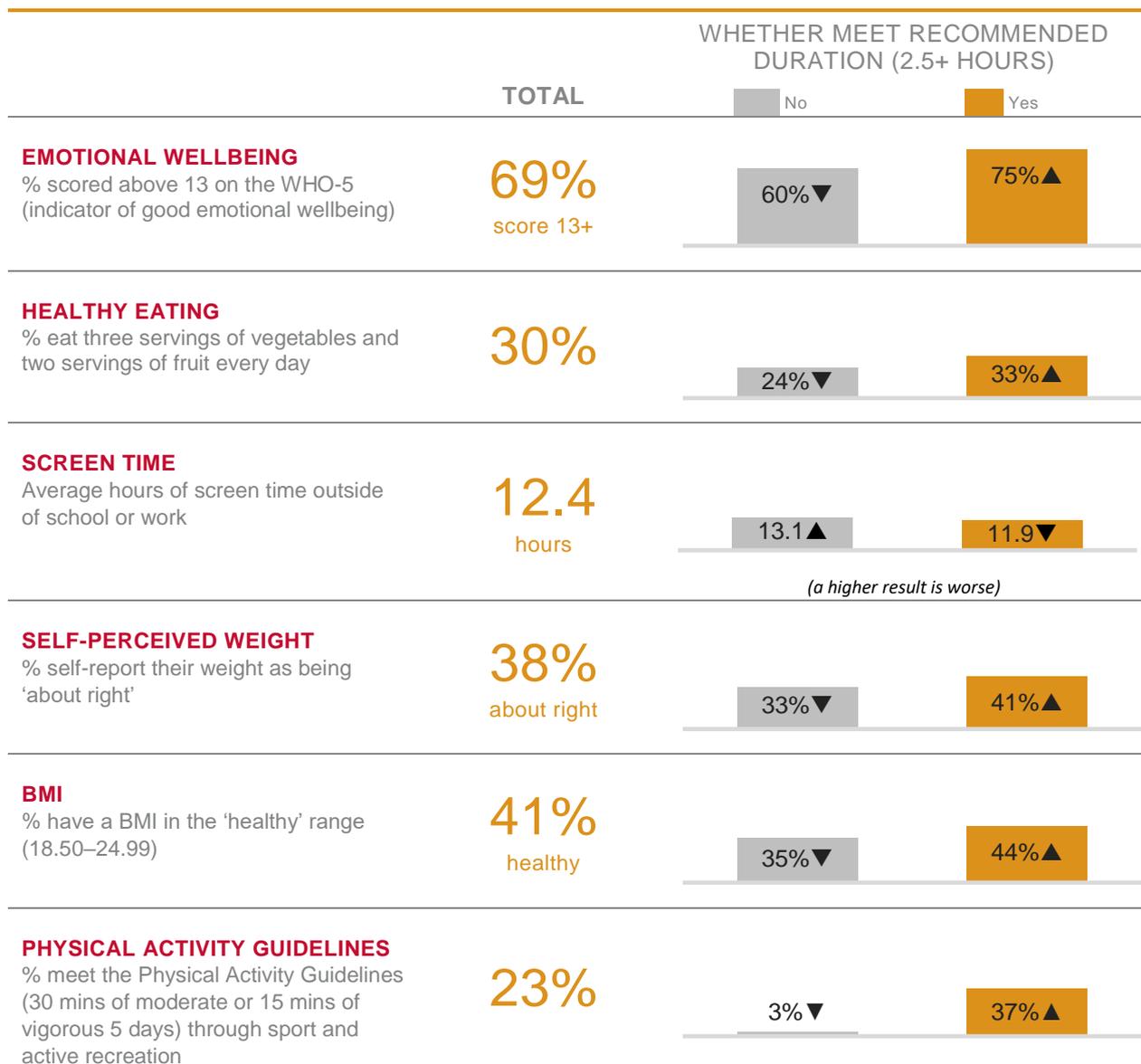
<sup>5</sup> For young people, the national physical activity guidelines suggest 7 hours a week (an hour a day), whereas for adults, it is just 2.5 hours a week (nearly 30 minutes, five days a week) of moderate- or vigorous-intensity activity. These results are limited because they do not capture the spread of activity across the week, and the activity could have been of any intensity.

<sup>6</sup> See Sport NZ. *Active NZ 2017 Participation Report*. Wellington: Sport NZ, 2018; <https://sportnz.org.nz/assets/Uploads/Main-Report.pdf>.

**FIGURE 3: WHY TIME SPENT PARTICIPATING MATTERS FOR YOUNG PEOPLE**



**FIGURE 4: WHY TIME SPENT PARTICIPATING MATTERS FOR ADULTS**



▲▼ Significantly higher/lower than the total  
Results are from 2018  
Base: All adults aged 18 and over

**Note:** BMI = body mass index; WHO = World Health Organization.

# 03. HOW PEOPLE PARTICIPATE

## HOW DO PEOPLE PARTICIPATE?

This section explores how young people and adults participate in play, active recreation and sport.

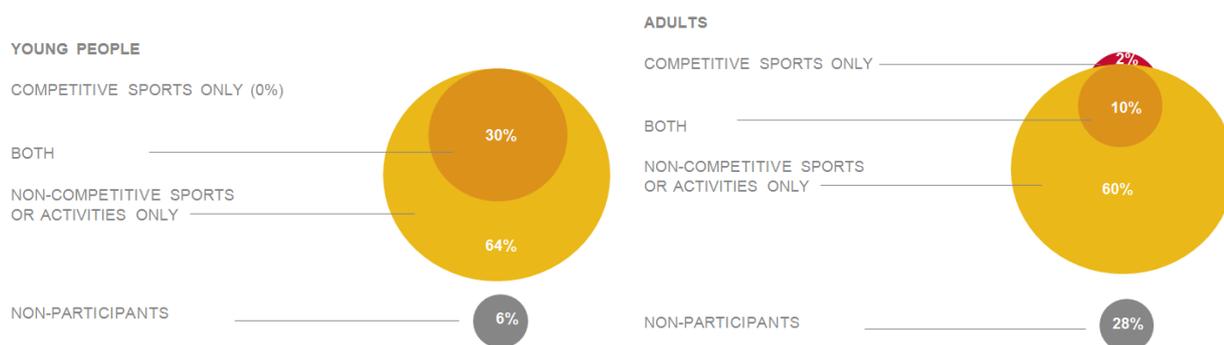
### Commentary for 2018 compared with 2017

- Most participation for young people and adults continues to be in non-competitive sports and activities.
- A 1 percent drop has occurred in young people participating exclusively through competitive sports or activities in any given week. No young people participated exclusively through competitive sport and activities in 2018; this was driven by a drop between ages 12 and 14 (from 1 percent to 0 percent).
- Between ages 8 and 11, a significant decrease has occurred in participation through competitive sports and activities (from 36 percent to 32 percent); this is driven by a decrease in females between ages 8 and 11 participating through competitive sports and activities (from 34 percent to 27 percent).
- Participation through competitive sports and activities among young Māori has dropped from 36 percent to 29 percent, and their participation in competitive sports and activities is now no longer above average.

### Key statistics

- Young people continue to be almost three times more likely to participate through competitive sports and activities than adults (30 percent compared with 12 percent) (figure 5).

**FIGURE 5: WEEKLY PARTICIPATION IN COMPETITIVE AND NON-COMPETITIVE SPORTS AND ACTIVITIES**



Results are from 2018  
Base: All respondents aged 5 and over

---

## Patterns for participation through competitive and non-competitive sports and activities between 2017 and 2018 are consistent

### By age

- Young people are most likely to participate through competitive sports and activities between ages 8 and 14 (32 percent between ages 8 and 11 and 38 percent between ages 12 to 14). For adults, participation through competitive sports and activities is at its highest between ages 18 and 34 (18 percent between ages 18 and 24 and 14 percent between ages 25 and 34).

### By gender

- For young people, weekly participation by gender through competitive sports and activities is only matched between ages 12 and 17 (between ages 12 and 14, males 37 percent and females 38 percent; between ages 15 and 17 males 36 percent and females 30 percent).
- A gender gap is evident between ages 5 and 7 and ages 8 and 11 (18 percent among males aged 5 and 7 compared with 13 percent among females, and 37 percent among males aged 8 and 11 compared with 27 percent among females).
- Weekly participation through competitive sports and activities for adult males exceeds that of females (16 percent compared with 8 percent), with the greatest gender gap between ages 35 and 49 (17 percent for males and 7 percent for females).

### By ethnicity

Compared with all young people and adults, participation through competitive sports and activities:

- is higher than average for young European (31 percent compared with 30 percent)
- is lower for young Asian (19 percent compared with 30 percent)
- remains significantly higher among adult Māori (15 percent compared with 12 percent) and Pacific (16 percent compared with 12 percent), and matches the average for European and Asian adults (12 percent and 11 percent respectively).

## 04. YOUNG PEOPLE

### HOW DO YOUNG PEOPLE ALLOCATE TIME SPENT IN ORGANISED AND INFORMAL PARTICIPATION?

This section focuses on young people's organised and informal participation in play, active recreation and sport.

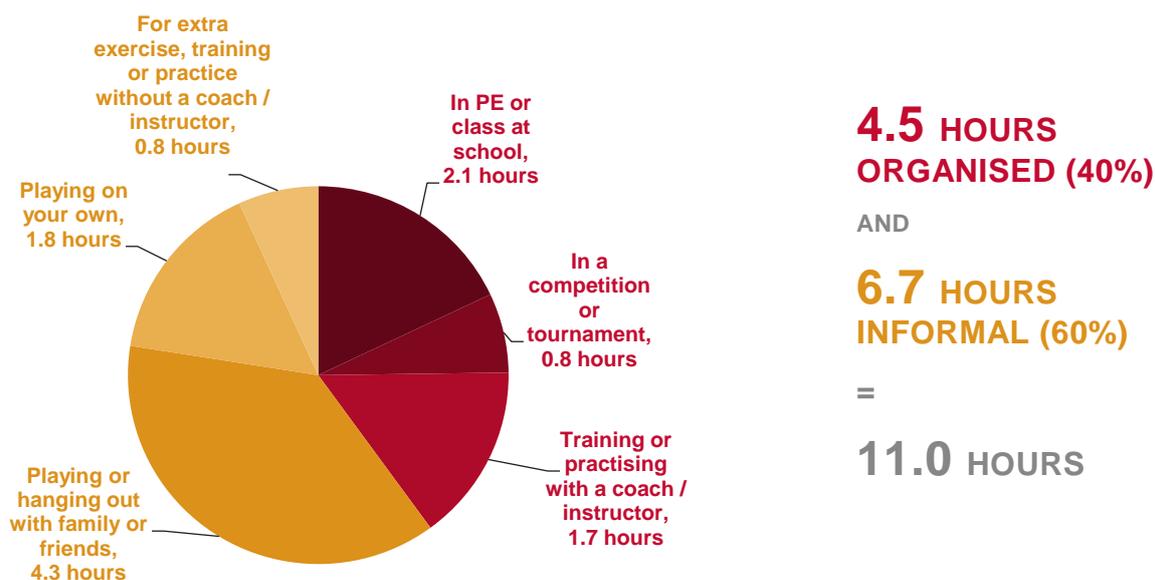
#### Commentary for 2018 compared with 2017

- No change.

#### Key statistics

- In any given week, young people spend 11 hours participating. Informal participation accounts for 60 percent of that time, with 53 percent of weekly participation spent in play (figure 6).<sup>7</sup>

**FIGURE 6:** AVERAGE TIME SPENT PER WEEK PARTICIPATING IN ORGANISED AND INFORMAL SPORTS AND ACTIVITIES



Results are from 2018  
Base: All young people aged 5 to 17

<sup>7</sup> Base: All respondents aged 5–17. Q12. In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun? Q16a. Where or how did you do <insert activity> in the last 7 days? Q16b. About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

## Overall, results seen in 2017 are consistent with those seen in 2018

### By age – between 5 and 11 years

- Young people between ages 5 and 11 spend above-average time in play, especially between ages 5 and 7, where 7.8 hours (72 percent of their time) are spent playing alone or with others.
- They also spend less than average time participating through competitions or tournaments and training and practising with a coach (1.1 hours between ages 5 and 7 and 2.3 hours between ages 8 and 11).
- They spend an average amount of time participating in physical education (PE) (1.9 hours between ages 5 and 7 and 2.1 hours between ages 8 and 11).

### By age – between 12 and 17 years

- Between ages 12 and 14, above-average time is spent in organised sports and activities, with 6.1 hours (50 percent of their time) spent in PE, competitions or tournaments and training and practising with a coach.
- The proportion of total time spent participating in competitions or tournaments and training and practising with a coach is similar for ages 12 to 14 and 15 to 17 (30 percent and 32 percent).
- Time spent in extra exercise, training or practice is similar for ages 12 to 14 (1.3 hours) and ages 15 to 17 (1.6 hours).  
Time spent in PE is lowest between ages 15 and 17 (1.4 hours) and highest between ages 12 and 14 (2.6 hours).
- For a small proportion (2 percent) of young people, PE at school is the only activity they have done in the past week. No variation is evident by gender, age or ethnicity.
- Young people between ages 12 and 14 spend the most time participating overall and the most time in organised sports and activities (table 1).

**TABLE 1: AVERAGE TIME SPENT PER WEEK PARTICIPATING IN ORGANISED AND INFORMAL SPORTS AND ACTIVITIES BY AGE (HOURS)<sup>8</sup>**

|   | TOTAL       | 5–7         | 8–11        | 12–14        | 15–17       |
|---|-------------|-------------|-------------|--------------|-------------|
| <b>ORGANISED</b>  |             |             |             |              |             |
| • PE or class at school   | 2.1         | 1.9         | 2.1         | 2.6▲         | 1.4▼        |
| • Competition or tournament                                       | 0.8         | 0.2▼        | 0.7▼        | 1.2▲         | 1.1▲        |
| • Training or practising with a coach                             | 1.7         | 0.9▼        | 1.6▼        | 2.4▲         | 2.0▲        |
| <b>INFORMAL</b>   |             |             |             |              |             |
| • Playing or hanging out with friends or family                   | 4.3         | 5.4▲        | 5.0▲        | 3.9▼         | 2.4▼        |
| • Playing on your own   | 1.8         | 2.4▲        | 1.8         | 1.6          | 1.4▼        |
| • Extra exercise, training, practice without a coach / instructor | 0.8         | 0.1▼        | 0.3▼        | 1.3▲         | 1.6▲        |
| <b>TOTAL TIME</b>   | <b>11.0</b> | <b>10.8</b> | <b>11.4</b> | <b>12.0▲</b> | <b>9.6▼</b> |
| • <b>ORGANISED COMBINED</b>                                       | <b>4.5</b>  | <b>3.0▼</b> | <b>4.4</b>  | <b>6.1▲</b>  | <b>4.4</b>  |
| • % OF TOTAL  | 40%         | 28%▼        | 39%         | 50%▲         | 45%▲        |
| • % PE  | 18%         | 17%         | 18%         | 20%          | 14%▼        |
| • % COMPETITION   | 7%          | 2%▼         | 6%          | 9%▲          | 11%▲        |
| • <b>INFORMAL COMBINED</b>  | <b>6.7</b>  | <b>7.8▲</b> | <b>7.0▲</b> | <b>6.2</b>   | <b>5.4▼</b> |
| • % OF TOTAL  | 60%         | 72%▲        | 61%         | 50%▼         | 55%▼        |
| • % PLAY  | 53%         | 72%▲        | 59%▲        | 43%▼         | 38%▼        |

▲▼ Significantly higher/lower than the total. Results are from 2018  
Base: All young people aged 5–17

<sup>8</sup> Please note the individual breakdown of hours may not add to the total time spent being active due to rounding and the treatment of outliers.

---

## By gender

- There is no difference in the proportion of time spent in organised sports and activities for young people by gender (4.5 hours for males and 4.6 hours for female).
- Males spend more time than females in informal participation (7.3 hours compared with 6.1 hours), particularly in play (6.5 hours compared with 5.4 hours).

## By ethnicity

Compared with all young people:

- Young European spend more than average time in organised (4.7 hours compared with 4.5 hours) and informal participation (6.9 hours compared with 6.7 hours).
- Young Pacific spend the same amount of time in organised (4.7 hours) and informal participation (7.3 hours).
- Young Asian spend less time participating in organised (3.0 hours compared with 4.5 hours) and informal sports and activities (4.3 hours compared with 6.7 hours).
- Young Māori spend the most time participating in organised (5.1 hours compared with 4.5 hours) and informal sports and activities (7.3 hours compared with 6.7 hours).

# 05. MOTIVATION

## WHAT MOTIVATES PEOPLE TO PARTICIPATE?

This section explores what motivates people to participate in play, active recreation and sport.

As seen in 2017, the lead motivation for young people's participation is fun, while for adults it is physical wellbeing. It is between ages 15 and 17 when participation for fun drops. Participating for physical wellbeing begins between ages 12 and 17.

### Commentary for 2018 compared with 2017

- No change.

### Key statistics

- Although people have many reasons for participating in sports and activities, for young people, the lead motivation is for fun (76 percent) and for adults it is physical wellbeing (72 percent) (table 2).

**TABLE 2: TOP MAIN MOTIVATION FOR YOUNG PEOPLE AND ADULTS**

| YOUNG PEOPLE                                       |     | ADULTS   |     |
|--|-----|--|-----|
| For fun  | 76% | Physical wellbeing (exercise, fitness or health) | 72% |
| To hang out with family or friends                 | 44% | Emotional wellbeing (eg, to relax or unwind)     | 28% |
| For fitness or health                              | 32% | Spend time with family and friends               | 27% |
| To learn or practise a new skill                   | 32% | For fun  | 27% |
| To physically challenge myself or to win           | 29% | To lose or maintain weight or look good          | 18% |
| I have to (my parents/caregiver or school make me) | 26% | To physically challenge themselves or to win     | 11% |

Results are from 2018  
Base: All respondents aged 5 and over

**Overall, results seen in 2017 are consistent with those seen in 2018**

### By age

- It is between ages 12 and 14 and 15 and 17 where participation for fun drops (77 percent between ages 12 and 14 and 61 percent between ages 15 and 17).
- Participating for physical wellbeing starts between ages 12 and 17 (49 percent between ages 12 and 14 and 58 percent between ages 15 and 17).
- Younger adults between ages 18 and 34 are less likely to participate for physical wellbeing (between ages 18 and 24 66 percent and 25 and 34 69 percent) than those aged 50-plus (between ages 50 and 64 75 percent, 65 and 74 79 percent and 75-plus 75 percent).

### By gender

- Adult males are more likely to participate for fun than adult females (31 percent compared with 24 percent), with the biggest gender gap between ages 35 and 49 (33 percent compared with 24 percent).

## By ethnicity

Compared with all young people and adults:

- young European are more likely to participate for fun (79 percent compared with 76 percent) and European adults for physical wellbeing (73 percent compared with 72 percent)
- young Asian and Pacific are less likely to participate for fun (65 percent young Asian, 67 percent young Pacific compared with 76 percent).
- young Pacific are more likely to participate to lose or maintain weight (11 percent compared with 6 percent) and for fitness and health (41 percent compared with 32 percent).
- Young Asian are less likely to participate to spend time with family and friends (31 percent compared with 44 percent)
- young Māori are more likely to participate because they are 'good at it' (14 percent compared with 11 percent), and Māori adults are more likely to participate to lose weight (20 percent compared with 18 percent) and to physically challenge or win (13 percent compared with 11 percent)
- Pacific adults are more likely to participate to lose or maintain weight (34 percent compared with 18 percent) and to spend time with family and friends (33 percent compared with 27 percent).

## By sport and activity

- Just as reasons for participating vary by age, gender and ethnicity, New Zealanders are motivated to participate in sports and activities for different reasons and at different times (tables 3 and 4).

**TABLE 3: MAIN MOTIVATION FOR PARTICIPATION IN THE 12 MOST COMMON ACTIVITIES AMONG YOUNG PEOPLE**

| ACTIVITY   | For fun | To hang out with family or friends | For fitness or health | To learn or practise a new skill | To physically challenge myself or to win | I have to (my parents/caregiver or school make me) |
|--|---------|------------------------------------|-----------------------|----------------------------------|--|--|
| Running or jogging   | 25%▼    | 12%▼                               | 28%▲                  | 2%▼                              | 12%▲                                     | 13%▲   |
| Playing (eg, running around, climbing trees, make-believe) | 72%▲    | 24%▲                               | 1%▼                   | 0%▼                              | 1%▼                                      | 1%▼  |
| Playing on playground (eg, jungle gym)                     | 71%▲    | 25%▲                               | 1%▼                   | 0%▼                              | 1%▼                                      | 1%▼  |
| Games (eg, four square, tag, bull rush, dodgeball)         | 60%▲    | 26%▲                               | 2%▼                   | 1%▼                              | 2%▼                                      | 7%   |
| Swimming   | 28%▼    | 12%▼                               | 10%▲                  | 25%▲                             | 7%                                       | 12%▲   |
| Cycling or biking  | 49%▲    | 22%▲                               | 9%                    | 3%                               | 4%▼                                      | 3%▼  |
| Walking for fitness  | 20%▼    | 29%▲                               | 26%▲                  | 0%                               | 3%▼                                      | 9%   |
| Trampoline   | 75%▲    | 15%▼                               | 2%▼                   | 4%▼                              | 2%▼                                      | 0%▼  |
| Scootering   | 68%▲    | 21%▲                               | 1%▼                   | 2%▼                              | 1%▼                                      | 2%▼  |
| Football/soccer  | 40%     | 15%                                | 4%▼                   | 12%▲                             | 16%▲                                     | 5%▼  |
| Workout (weights or cardio)                                | 5%▼     | 2%▼                                | 46%▲                  | 2%▼                              | 15%▲                                     | 4%▼  |
| Dance/dancing (eg, ballet, hip hop)                        | 51%▲    | 5%▼                                | 3%▼                   | 21%▲                             | 6%▼                                      | 6%▼  |

▲▼ Significantly higher/lower than the average across all activities  
Results are from 2017 and 2018

Base: All young people aged 5–17 who have been active for sport, PE, exercise or fun in the last 7 days

**TABLE 4: MAIN MOTIVATION FOR PARTICIPATION IN THE 12 MOST COMMON ACTIVITIES AMONG ADULTS**

| ACTIVITY                                     | Physical wellbeing | Emotional wellbeing | Spend time with family and friends | For fun | To lose or maintain weight or look good | To physically challenge myself or to win |
|--|--------------------|---------------------|------------------------------------|---------|---|--|
| Walking                                      | 56%▲               | 13%▲                | 9%▼                                | 4%▼     | 7%▼                                     | 1%▼                                      |
| Gardening                                    | 11%▼               | 28%▲                | 4%▼                                | 18%▲    | 0%▼                                     | 0%▼                                      |
| Individual workout using equipment           | 65%▲               | 3%▼                 | 0%▼                                | 1%▼     | 25%▲                                    | 4%                                       |
| Running/jogging                              | 62%▲               | 6%▼                 | 1%▼                                | 3%▼     | 19%▲                                    | 7%▲                                      |
| Playing games (eg, with kids)                | 2%▼                | 3%▼                 | 62%▲                               | 30%▲    | 0%▼                                     | 0%▼                                      |
| Swimming                                     | 43%▲               | 9%▼                 | 16%▲                               | 18%▲    | 5%▼                                     | 3%▼                                      |
| Group fitness class (eg, aerobics, crossfit) | 63%▲               | 4%▼                 | 2%▼                                | 2%▼     | 17%▲                                    | 6%▲                                      |
| Road cycling                                 | 56%▲               | 5%▼                 | 7%▼                                | 8%▼     | 5%▼                                     | 6%▲                                      |
| Yoga   | 53%▲               | 36%▲                | 1%▼                                | 2%▼     | 3%▼                                     | 1%▼                                      |
| Dance/dancing (eg, ballet, hip hop)          | 20%▼               | 13%                 | 6%▼                                | 36%▲    | 5%▼                                     | 2%▼                                      |
| Mountain biking                              | 40%                | 7%▼                 | 13%▲                               | 24%▲    | 2%                                      | 9%                                       |
| Day tramp                                    | 24%▼               | 15%▲                | 25%▲                               | 19%▲    | 2%▼                                     | 6%▲                                      |

▲▼ Significantly higher/lower than the average across all activities

Results are from 2017 and 2018

Base: Adults aged 18 and over who have been active for sport, exercise or recreation in the last 7 days

---

## 06. HURDLES

### WHAT GETS IN THE WAY OF PEOPLE PARTICIPATING?

This section explores what gets in the way of New Zealanders increasing their participation in play, active recreation and sport. It updates key statistics combined 2017 and 2018 data and delves deeper into hurdles.

---

While appetite to increasing participation is high, the top hurdles to increasing participation for young people and adults continue to be being too busy or other commitments taking priority and struggling with self-motivation.

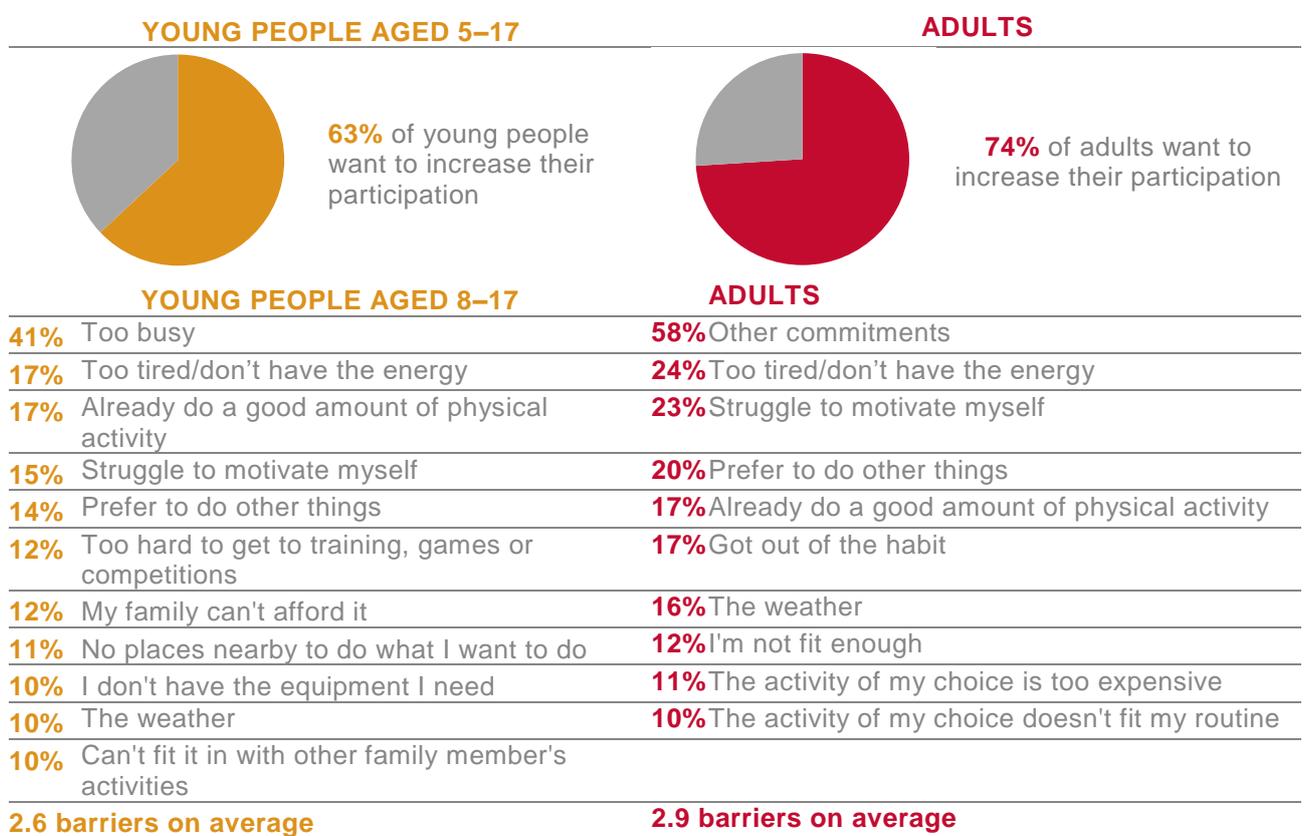
#### **Commentary for 2018 compared with 2017**

- No change.

#### **Key statistics**

- Overall appetite to increase participation is high. Almost two-thirds of young people (63 percent) and three-quarters of adults (74 percent) want to increase their participation.
- For 41 percent of young people and 58 percent of adults, being too busy or other commitments taking priority is the main barrier to increasing participation.
- Fifteen percent of young people and 23 percent of adults, struggle with self-motivation.
- Fourteen percent of young people and 20 percent of adults 'prefer to do other things' and seventeen percent of young people and 17 percent of adults believe they are sufficiently active (table 5).

**TABLE 5: PROPORTION WHO WANT TO INCREASE THEIR PARTICIPATION AND THE MOST COMMON BARRIERS AMONG THOSE WHO DO AND DO NOT WANT TO INCREASE THEIR PARTICIPATION<sup>9</sup>**



Results are from 2017 and 2018  
Base: All respondents aged 5 and over (unless specified otherwise)

**Overall, results seen in 2017 are consistent with those seen in 2018**

**By age**

- Propensity to increase participation is higher for young people between ages 12 and 17 (72 percent) and for adults between ages 18 and 49 (between ages 18 and 24 81 percent, 25 and 34 84 percent and between ages 35 and 49 84 percent).
- Between ages 8 and 11, being too busy with other things as a barrier to increasing participation is lower (34 percent compared with 41 percent for all young people), as is lack self-motivation (8 percent compared with 15 percent).
- The age group 8 to 11 years is more likely to have cost (15 percent compared with 12 percent for all young people), fitting in with family members' activities (14 percent compared with 10 percent compared with all young people), 'preferring to do other things' (16 percent compared with 14 percent for all young people) and doing sufficient activity (22 percent compared with 17 percent) as barriers to increasing participation.
- Young people between ages 15 and 17 have the most barriers (3.2 on average compared with 2.6 for all young people). They score higher on being too busy (52 percent compared with 41 percent for all young people), are more likely to lack self-motivation (26 percent compared with 15 percent compared with all young people) and to have injury as a barrier (7 percent compared with 4 percent for all young people).

<sup>9</sup> The proportion of participants and non-participants who want to do more play, active recreation and sport is similar, as are the most common barriers.

- It is between ages 15 and 17 when selected barriers related to confidence and competence are higher than for all young people. This continues through to adulthood up until age 34.
- Between ages 12 and 17, shared barriers are evident related to access, such as no places nearby (12 percent between ages 12 and 14, and 14 percent between ages 15 and 17 compared with 11 percent for all young people), and lack of equipment (13 percent between ages 12 and 14, and 14 percent between ages 15 and 17 compared with 10 percent for all young people).
- This continues into adulthood. It is between ages 18 and 34 where no places nearby (9 percent between ages 18 and 24, and 8 percent between 25 and 34 compared with 6 percent for all adults) and lack of equipment are more likely to be barriers compared with all adults (16 percent between ages 18 and 24, and 9 percent between ages 25 and 34 compared with 7 percent for all adults).
- Cost is also more of a barrier for this age group (22 percent between ages 18 and 24, and 16 percent between ages 25 and 34 compared with 11 percent for all adults).
- From age 12-plus, schools not offering sports and activities of interest (8 percent between ages 12 and 14, and 15 and 17, compared with 7 percent for all young people) and PE classes are less fun are highest (7 percent between ages 12 and 14, and 6 percent between ages 15 and 17 compared with 5 percent for all young people).
- The impact of peers on participation is higher for those from age 12. Friends not being physically active (6 percent between ages 12 and 14, and 8 percent between ages 15 and 17 compared with 5 percent for all young people) and no one to be active with are more likely to be barriers to increasing participation (11 percent between ages 12 and 14, and 10 percent between ages 15 and 17 compared with 8 percent for all young people). These barriers are also higher among adults between ages 18 and 34 compared with all adults.
- Adults between ages 18 and 24 have the most barriers 3.9 on average compared with 2.9 for all adults). Transport is more of a barrier to increasing participation for this age group (10 percent compared with 4 percent for all adults).
- Between ages 18 and 24, one in four prefer to spend time on other things (24 percent compared with 20 percent for all adults). This barrier starts again from age 65-plus (30 percent between ages 65 and 74 and 38 percent from age 75-plus compared with 20 percent for all adults).
- Patterns of barriers by age for under 50 years and 50-plus years include other commitments and struggling with self-motivation, which are higher for those under 50 years and lower for those aged 50-plus. Health, injury, disability and already doing a good amount of physical activity are higher from age 50-plus.<sup>10</sup>

### **By gender**

- Females want to increase their participation more than males, but they have more barriers (2.9 for young females compared with 2.3 for young males, and 3.1 for adults females compared with 2.6 for adult males).
- Although being busy and other commitments taking priority is the main hurdle, self-motivation is higher as a barrier among young and adult females (18 percent for young females compared with 12 percent for young males, and 26 percent for adult females compared with 20 percent for adult males).
- The gender gap in being too busy is most marked between ages 15 and 17 (55 percent for females compared with 49 percent for males) and ages 18 and 24 (65 percent for females and 59 percent for males).
- An overall gender gap is evident for adults on self-motivation (20 percent for males compared with 26 percent for females) and is biggest for those aged between 18 and 24 (31 percent for

<sup>10</sup> Refer to Year 2 data tables for more detail.

---

males and 45 percent for females). For young people, the gap is biggest among those aged 15 to 17 (19 percent for males and 32 percent for females).

- No difference is evident by gender on preferring to do other things rather than increase participation (14 percent among young males and 13 percent among young females, and 21 percent among adult males and 20 percent among adult females), but differences can be seen in the types of things they prefer to do at an overall level.
- Preferring to spend time on electronic games rather than increase participation is higher among young and adult males than females.
- Doing sufficient physical activity is different by gender for both young people (19 percent for males and 15 percent for females) and adults (19 percent for males and 14 percent for females).

## **By ethnicity**

Compared with all young people and adults:

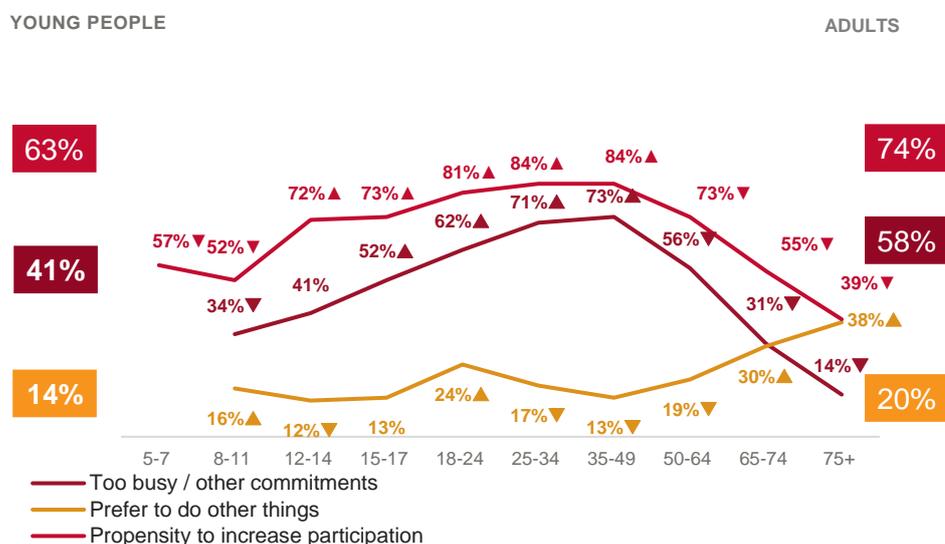
- young and adult Asian have a strong appetite to increase their participation (74 percent for young people compared with 63 percent, and 77 percent compared with 74 percent for all adults).
- young Pacific and adult Pacific also have a strong appetite to increase their participation (68 percent for young people and 80 percent for adults).
- appetite to increase participation for European and Māori is the same as for all New Zealanders (60 percent for young European and 65 percent for young Māori; 74 percent for European adults and 75 percent for Māori).
- young Asian are more likely to report being too busy as a barrier to increasing participation (45 percent compared with 41 percent overall) than young Māori (35 percent) and young Pacific (34 percent).
- Asian adults are more likely to prefer to 'do other things' (23 percent compared with 20 percent),.
- young Pacific are less likely to be too busy (34 percent compared with 41 percent) and more likely to have cost ('family cannot afford it' 19 percent compared with 12 percent), to find it too hard to get to training or games (16 percent compared with 12 percent), not to have the equipment needed (14 percent compared with 10 percent) and to have no places nearby to participate (14 percent compared with 11 percent).
- Pacific adults' self-motivation is a greater barrier than for all New Zealand adults (30 percent compared with 23 percent).
- among European adults, 17 percent agree they already do a good amount of physical activity, but this drops to 10 percent for Asian adults. Agreement with 'doing a good amount of physical activity' is also lower for young Asian (9 percent).

## A CLOSER LOOK AT SELECTED HURDLES

Being busy or other commitments taking priority emerges between ages 15 and 17 and peaks between ages 35 and 49. Propensity to increase participation is also higher between ages 15 and 49 (figure 7).

It is the most prevalent barrier until the age of 65, when preferring to spend time on other interests or hobbies becomes a bigger barrier to participation.

**FIGURE 7: TOO BUSY AND PREFERENCE TO DO OTHER THINGS BY AGE**



▲▼ Significantly higher/lower than the result for the total  
Results are from 2017 and 2018  
Base: All respondents aged 5 and over

### What are young people busy doing?

- For the 41 percent of young people who are too busy to increase their participation, 29 percent are busy with school work. This is at its highest between ages 15 and 17 (45 percent) and lowest between ages 8 and 11 (21 percent).
- Nineteen percent are busy with other hobbies. This is also at its highest between ages 15 and 17 (21 percent) and lowest between ages 8 and 11 (table 6).

**TABLE 6: WHAT YOUNG PEOPLE ARE BUSY DOING**

|                         | TOTAL 8-17 | 8-11 | 12-14 | 15-17 |
|-------------------------|------------|------|-------|-------|
| % 'Too busy'            | 41%        | 34%▼ | 41%   | 52%▲  |
| School work             | 29%        | 21%▼ | 28%   | 45%▲  |
| Work/job                | 5%         | 1%▼  | 4%▼   | 16%▲  |
| Other physical activity | 16%        | 14%▼ | 19%▲  | 15%   |
| Other hobbies           | 19%        | 16%▼ | 21%▲  | 21%▲  |
| Something else          | 5%         | 7%▲  | 6%    | 3%▼   |

▲▼ Significantly higher/lower than the total  
Results are from 2017 and 2018  
Base: All young people aged 8-17

## What do young people and adults prefer to spend time on?

- Preferring to spend time on other things is highest between ages 8 and 11 (16 percent) and 75-plus (38 percent) and lowest between ages 12 and 14 (12 percent), 15 and 17 (13%) and 35 and 49 (13 percent).
- No difference is evident for young people by age in preferring to spend time with family and friends. For adults, it is higher between ages 18 and 24 and from 65-plus.
- Preferring to spend time on electronic games is second equal to reading for young people, and is higher between ages 8 and 11 and lower between ages 15 and 17. For adults, it peaks between ages 18 and 24 and is a lower than average preference from 35-plus (tables 7 and 8).

**TABLE 7: WHAT YOUNG PEOPLE PREFER TO SPEND THEIR TIME ON**

|                                      | Total | 8–11 | 12–14 | 15–17 |
|--------------------------------------|-------|------|-------|-------|
| Spending time with family or friends | 19%   | 18%  | 20%   | 20%   |
| Electronic games                     | 14%   | 15%▲ | 14%   | 12%▼  |
| Reading                              | 14%   | 15%▲ | 13%   | 11%▼  |
| Music                                | 12%   | 10%▼ | 13%   | 14%▲  |
| Art                                  | 8%    | 8%   | 8%    | 8%    |
| Food                                 | 7%    | 3%▼  | 9%▲   | 9%▲   |
| Crafts                               | 5%    | 6%▲  | 4%    | 3%▼   |

▲▼ Significantly higher/lower than the total  
Results are from 2017 and 2018  
Base: All young people aged 8–17

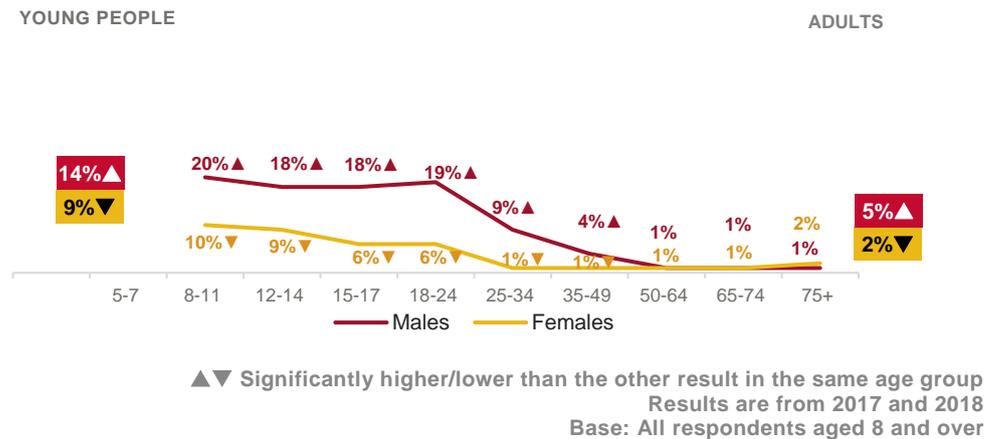
**TABLE 8: WHAT ADULTS PREFER TO SPEND THEIR TIME ON**

|                                   | Total | 18–24 | 25–34 | 35–49 | 50–64 | 65–74 | 75+  |
|-----------------------------------|-------|-------|-------|-------|-------|-------|------|
| Spending time with family/friends | 14%   | 17%▲  | 13%   | 10%▼  | 12%▼  | 19%▲  | 23%▲ |
| Reading                           | 10%   | 10%   | 7%▼   | 6%▼   | 10%   | 18%▲  | 24%▲ |
| Music                             | 6%    | 11%▲  | 6%▼   | 4%▼   | 6%▼   | 8%▲   | 9%▲  |
| Film                              | 6%    | 9%▲   | 7%    | 4%▼   | 5%▼   | 6%    | 7%▲  |
| Crafts                            | 5%    | 4%    | 3%▼   | 3%▼   | 4%    | 7%▲   | 11%▲ |
| Travel                            | 5%    | 5%    | 4%    | 3%▼   | 4%▼   | 8%▲   | 8%▲  |
| Food and wine                     | 5%    | 6%▲   | 6%▲   | 4%▼   | 4%▼   | 5%    | 4%▼  |
| Art                               | 3%    | 5%▲   | 2%    | 2%▼   | 2%▼   | 4%▲   | 4%▲  |
| Electronic games                  | 3%    | 12%▲  | 5%▲   | 2%▼   | 1%▼   | 1%▼   | 1%▼  |

▲▼ Significantly higher/lower than the total  
Results are from 2017 and 2018  
Base: All respondents 18-plus

The preference for spending time playing electronic games is significantly more prevalent between ages 8 and 24, particularly for males. It then starts to drop from age 25-plus (figure 8).

**FIGURE 8: PROPORTION WHO SAY THEIR PREFERENCE TO PLAY ELECTRONIC GAMES IS A BARRIER TO PARTICIPATION**

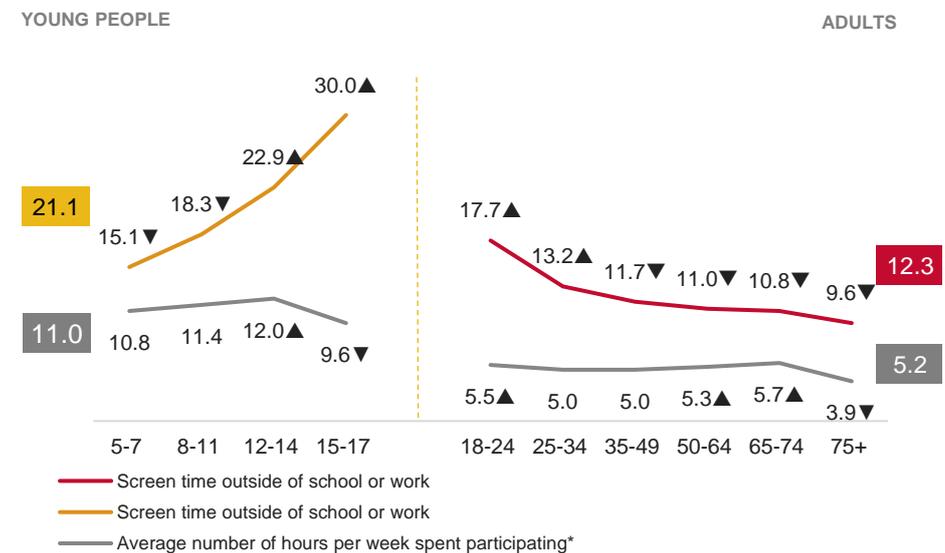


Average screen time (outside of school and work) is at its highest between ages 15 and 17 when the first drop in time spent in weekly participation occurs.

However, young people between ages 12 and 14 have above-average screen time and spend more time in weekly participation.

Between ages 18 and 24 screen time is above average when time spent in weekly participation is higher than for all adults (figure 9).

**FIGURE 9: AVERAGE SCREEN TIME BY AGE AND HOW THIS RELATES TO TIME SPENT PARTICIPATING**



## Already doing a good amount as a barrier to increasing participation

- Between ages 8 and 11, 22 percent of young people consider they are sufficiently active. This drops to 13 percent between ages 15 and 17.
- Between ages 25 and 34, just 9 percent of adults agree they are sufficiently active. By age 75-plus, 34 percent consider they are sufficiently active.
- Among those who agree ‘they already do a good amount of physical activity’, 77 percent of young people, and 68 percent of adults, are participating for the required amount of time each week. The proportion who say they are doing a ‘good amount of activity’ increases with age among adults, the proportion doing the required duration decreases (tables 9 and 10).

**TABLE 9:** WHETHER YOUNG PEOPLE DO A GOOD AMOUNT OF PHYSICAL ACTIVITY

|  | Total | 8–11 | 12–14 | 15–17 |
|--|-------|------|-------|-------|
| <b>% who say they already do a good amount</b><br><i>(Base: All respondents aged 8–17)</i> | 17%   | 22%▲ | 14%▼  | 13%▼  |
| Do a good amount of physical activity<br><i>(more than 7 hours per week)</i>               | 77%   | 77%  | 82%   | 72%   |
| Don't do a good amount of physical activity<br><i>(less than 7 hours per week)</i>         | 23%   | 23%  | 18%   | 28%   |

▲▼ Significantly higher/lower than the total

Base: Respondents 8–17 who said they already do a good amount as a barrier to further participation

**TABLE 10:** WHETHER ADULTS DO A GOOD AMOUNT OF PHYSICAL ACTIVITY

|  | Total | 18–24 | 25–34 | 35–49 | 50–64 | 65–74 | 75+  |
|--|-------|-------|-------|-------|-------|-------|------|
| <b>% who say they already do a good amount</b><br><i>(Base: All respondents 18+)</i> | 17%   | 11%▼  | 9%▼   | 11%▼  | 19%▲  | 30%▲  | 34%▲ |
| Do a good amount of physical activity<br><i>(more than 2.5 hours per week)</i>       | 68%   | 82%▲  | 78%▲  | 75%▲  | 64%▼  | 65%▼  | 56%▼ |
| Don't do a good amount of physical activity<br><i>(less than 2.5 hours per week)</i> | 32%   | 18%▼  | 22%▼  | 25%▼  | 36%▲  | 35%▲  | 44%▲ |

▲▼ Significantly higher/lower than the total

Base: Respondents aged 18-plus who said they already do a good amount as a barrier to further participation

---

## APPENDICES A–D

---

|          |  |                |
|----------|--|----------------|
| <b>A</b> | <b>PARTICIPATION IN INDIVIDUAL SPORTS AND<br/>ACTIVITIES AND DIFFERENT LOCATIONS</b> | <b>PAGE 32</b> |
| <b>B</b> | <b>REGIONAL PARTICIPATION</b>  | <b>PAGE 38</b> |
| <b>C</b> | <b>RESEARCH OBJECTIVES AND<br/>METHODOLOGY</b>                                       | <b>PAGE 40</b> |
| <b>D</b> | <b>QUESTION WORDING AND BASE<br/>DESCRIPTIONS</b>                                    | <b>PAGE 41</b> |

---

# APPENDIX A

**TABLE 11:** PERCENTAGE WHO HAVE PARTICIPATED IN EACH SPORT OR ACTIVITY IN THE 7 DAYS PRIOR AMONG YOUNG PEOPLE IN 2018

| % PARTICIPATED 7 DAYS                                      | AGE   |      |      |       |       | GENDER |        | ETHNICITY |       |         |       |
|--|-------|------|------|-------|-------|--------|--------|-----------|-------|---------|-------|
|  | TOTAL | 5–7  | 8–11 | 12–14 | 15–17 | Male   | Female | European  | Māori | Pacific | Asian |
| Running or jogging   | 57%   | 49%▼ | 50%▼ | 71%▲  | 55%   | 58%▲   | 55%▼   | 55%▼      | 58%   | 67%▲    | 52%▼  |
| Playing (eg, running around, climbing trees, make-believe) | 40%   | 58%▲ | 50%▲ | 33%   | 12%▼  | 40%    | 40%    | 43%▲      | 41%   | 36%     | 26%▼  |
| Games (eg, four square, tag, bull rush, dodgeball)         | 36%   | 30%▼ | 38%▲ | 49%▲  | 22%▼  | 36%    | 36%    | 38%▲      | 37%   | 35%     | 21%▼  |
| Playing on playground (eg, jungle gym)                     | 36%   | 58%▲ | 50%▲ | 24%▼  | 5%▼   | 35%    | 37%    | 38%▲      | 38%   | 35%     | 22%▼  |
| Swimming   | 35%   | 47%▲ | 41%▲ | 31%▼  | 17%▼  | 33%    | 36%    | 37%▲      | 35%   | 29%     | 33%   |
| Cycling or biking  | 30%   | 40%▲ | 32%▲ | 27%   | 17%▼  | 34%▲   | 26%▼   | 32%▲      | 30%   | 22%▼    | 21%▼  |
| Walking for fitness  | 25%   | 16%▼ | 17%▼ | 35%▲  | 34%▲  | 21%▼   | 30%▲   | 25%       | 24%   | 29%     | 24%   |
| Trampoline   | 24%   | 34%▲ | 29%▲ | 21%   | 8%▼   | 23%    | 25%    | 27%▲      | 26%   | 16%▼    | 9%▼   |
| Scotering  | 21%   | 34%▲ | 28%▲ | 15%▼  | 3%▼   | 25%▲   | 17%▼   | 22%▲      | 25%▲  | 18%     | 10%▼  |
| Football/soccer  | 19%   | 15%▼ | 19%  | 24%▲  | 16%▼  | 28%▲   | 10%▼   | 21%▲      | 15%▼  | 11%▼    | 20%   |
| Workout (weights or cardio)                                | 14%   | 0%▼  | 2%▼  | 22%▲  | 37%▲  | 14%    | 15%    | 14%▲      | 13%   | 19%     | 11%   |
| Dance/dancing (eg, ballet, hip hop)                        | 15%   | 16%  | 16%▲ | 15%   | 10%▼  | 5%▼    | 24%▲   | 16%▲      | 13%   | 17%     | 13%   |
| Basketball or mini-ball                                    | 13%   | 4%▼  | 10%▼ | 21%▲  | 14%   | 17%▲   | 8%▼    | 12%▼      | 18%▲  | 22%▲    | 12%   |
| Group exercise class (eg aerobics, crossfit, jump jam)     | 11%   | 9%▼  | 9%▼  | 16%▲  | 11%   | 9%▼    | 14%▲   | 11%       | 12%   | 17%▲    | 8%▼   |
| Rugby or rippa rugby                                       | 10%   | 6%▼  | 11%▲ | 11%▲  | 10%   | 15%▲   | 4%▼    | 9%▼       | 14%▲  | 17%▲    | 2%▼   |
| Netball  | 10%   | 4%▼  | 10%  | 17%▲  | 9%    | 1%▼    | 19%▲   | 10%       | 11%   | 11%     | 8%    |

▲▼ Significantly higher/lower than the total  
Results are from 2018  
Base: All respondents aged 5–17

**TABLE 12: PERCENTAGE WHO HAVE PARTICIPATED IN EACH SPORT OR ACTIVITY IN THE 7 DAYS PRIOR AMONG ADULTS IN 2018**

| % PARTICIPATED 7 DAYS                        | TOTAL | AGE   |       |       |       |       |      | GENDER |        | ETHNICITY |       |         |       |
|--|-------|-------|-------|-------|-------|-------|------|--------|--------|-----------|-------|---------|-------|
|  |       | 18–24 | 25–34 | 35–49 | 50–64 | 65–74 | 75+  | Male   | Female | European  | Māori | Pacific | Asian |
| Walking                                      | 57%   | 58%   | 58%   | 60%▲  | 59%   | 56%   | 42%▼ | 53%▼   | 61%▲   | 59%▲      | 55%▼  | 56%     | 49%▼  |
| Gardening                                    | 24%   | 8%▼   | 19%▼  | 25%▲  | 31%▲  | 32%▲  | 25%  | 22%▼   | 27%▲   | 27%▲      | 21%▼  | 15%▼    | 15%▼  |
| Individual workout using equipment           | 21%   | 33%▲  | 27%▲  | 23%▲  | 19%▼  | 13%▼  | 7%▼  | 24%▲   | 19%▼   | 21%       | 25%▲  | 30%▲    | 22%   |
| Running/jogging                              | 19%   | 35%▲  | 29%▲  | 24%▲  | 12%▼  | 3%▼   | 1%▼  | 21%▲   | 17%▼   | 19%       | 21%▲  | 29%▲    | 21%   |
| Playing games (eg, with kids)                | 16%   | 11%▼  | 25%▲  | 26%▲  | 9%▼   | 6%▼   | 2%▼  | 14%▼   | 17%▲   | 16%▲      | 18%▲  | 20%▲    | 13%▼  |
| Group fitness class (eg, aerobics, crossfit) | 9%    | 10%   | 12%▲  | 10%▲  | 6%▼   | 6%▼   | 8%   | 5%▼    | 12%▲   | 9%▲       | 10%   | 11%     | 6%▼   |
| Swimming                                     | 9%    | 9%    | 9%    | 10%▲  | 9%    | 9%    | 5%▼  | 9%     | 9%     | 9%▲       | 11%▲  | 9%      | 7%▼   |
| Road cycling                                 | 7%    | 4%▼   | 5%▼   | 8%▲   | 10%▲  | 7%    | 4%▼  | 10%▲   | 5%▼    | 8%▲       | 6%    | 4%▼     | 3%▼   |
| Yoga   | 6%    | 5%    | 7%    | 8%▲   | 7%    | 4%▼   | 2%▼  | 3%▼    | 9%▲    | 7%▲       | 6%    | 4%      | 6%    |
| Dance/dancing (eg, ballet, hip hop)          | 4%    | 7%▲   | 4%    | 3%▼   | 3%▼   | 3%    | 3%   | 2%▼    | 6%▲    | 4%▼       | 5%▲   | 8%▲     | 5%▲   |
| Mountain biking                              | 4%    | 2%▼   | 4%    | 7%▲   | 5%▲   | 2%▼   | 1%▼  | 7%▲    | 2%▼    | 5%▲       | 4%    | 1%▼     | 1%▼   |
| Day tramp                                    | 4%    | 4%    | 4%    | 4%    | 4%    | 3%    | 1%▼  | 4%▲    | 3%▼    | 4%▲       | 4%    | 3%      | 2%▼   |
| Pilates                                      | 3%    | 2%    | 3%    | 3%▲   | 3%▲   | 2%▼   | 1%▼  | 1%▼    | 4%▲    | 3%▲       | 1%▼   | 2%      | 2%▼   |
| Golf   | 3%    | 3%    | 2%▼   | 2%▼   | 4%▲   | 7%▲   | 5%▲  | 6%▲    | 1%▼    | 4%▲       | 4%    | 2%      | 3%    |
| Marine fishing                               | 2%    | 1%▼   | 2%    | 2%    | 3%▲   | 2%    | 1%▼  | 3%▲    | 1%▼    | 2%▲       | 4%▲   | 1%      | 1%▼   |
| Rugby  | 1%    | 2%▲   | 1%▲   | 0%▼   | 0%▼   | 0%▼   | 0%▼  | 1%▲    | 0%▼    | 0%▼       | 1%▲   | 3%▲     | 0%    |

▲▼ Significantly higher/lower than the total  
Results are from 2018  
Base: All respondents aged 18-plus

**TABLE 13: PERCENTAGE WHO HAVE PARTICIPATED IN EACH SPORT OR ACTIVITY IN THE 12 MONTHS PRIOR AMONG ADULTS IN 2018**

| % PARTICIPATED 12 MONTHS                     | TOTAL | AGE   |       |       |       |       |      | GENDER |        | ETHNICITY |       |         |       |
|--|-------|-------|-------|-------|-------|-------|------|--------|--------|-----------|-------|---------|-------|
|  |       | 18–24 | 25–34 | 35–49 | 50–64 | 65–74 | 75+  | Male   | Female | European  | Māori | Pacific | Asian |
| Walking                                      | 85%   | 88%▲  | 90%▲  | 87%▲  | 85%   | 79%▼  | 66%▼ | 81%▼   | 88%▲   | 86%▲      | 83%   | 86%     | 82%▼  |
| Gardening                                    | 47%   | 25%▼  | 44%▼  | 51%▲  | 54%▲  | 53%▲  | 44%▼ | 42%▼   | 51%▲   | 51%▲      | 43%▼  | 29%▼    | 34%▼  |
| Running/jogging                              | 38%   | 70%▲  | 61%▲  | 47%▲  | 22%▼  | 6%▼   | 2%▼  | 40%▲   | 36%▼   | 37%▼      | 39%   | 52%▲    | 44%▲  |
| Individual workout using equipment           | 38%   | 60%▲  | 51%▲  | 40%▲  | 31%▼  | 19%▼  | 11%▼ | 39%▲   | 37%▼   | 37%       | 42%▲  | 48%▲    | 39%   |
| Swimming                                     | 35%   | 46%▲  | 42%▲  | 41%▲  | 29%▼  | 21%▼  | 11%▼ | 32%▼   | 36%▲   | 36%▲      | 37%▲  | 32%     | 30%▼  |
| Playing games (eg, with kids)                | 32%   | 32%   | 45%▲  | 48%▲  | 21%▼  | 15%▼  | 6%▼  | 28%▼   | 35%▲   | 33%▲      | 36%▲  | 39%▲    | 28%▼  |
| Day tramp                                    | 23%   | 29%▲  | 29%▲  | 28%▲  | 22%▼  | 12%▼  | 4%▼  | 24%▲   | 22%▼   | 26%▲      | 19%▼  | 15%▼    | 15%▼  |
| Road cycling                                 | 19%   | 18%   | 17%▼  | 24%▲  | 22%▲  | 15%▼  | 6%▼  | 22%▲   | 16%▼   | 21%▲      | 17%▼  | 10%▼    | 11%▼  |
| Group fitness class (eg, aerobics, crossfit) | 18%   | 28%▲  | 28%▲  | 21%▲  | 11%▼  | 8%▼   | 11%▼ | 11%▼   | 25%▲   | 18%▲      | 21%▲  | 26%▲    | 16%▼  |
| Yoga   | 16%   | 20%▲  | 24%▲  | 19%▲  | 12%▼  | 7%▼   | 3%▼  | 8%▼    | 23%▲   | 17%▲      | 14%   | 11%▼    | 17%   |
| Mountain biking                              | 14%   | 13%   | 15%   | 22%▲  | 14%   | 5%▼   | 1%▼  | 20%▲   | 10%▼   | 17%▲      | 11%▼  | 6%▼     | 6%▼   |
| Marine fishing                               | 14%   | 12%▼  | 16%▲  | 17%▲  | 15%▲  | 10%▼  | 4%▼  | 21%▲   | 8%▼    | 15%▲      | 17%▲  | 11%     | 7%▼   |
| Canoeing/kayaking                            | 12%   | 15%▲  | 14%▲  | 15%▲  | 11%   | 5%▼   | 1%▼  | 12%▲   | 11%▼   | 13%▲      | 10%▼  | 6%▼     | 6%▼   |
| Golf   | 11%   | 13%▲  | 11%   | 11%   | 10%   | 11%   | 8%▼  | 17%▲   | 5%▼    | 12%▲      | 11%   | 7%▼     | 8%▼   |
| Dance/dancing (eg, ballet, hip hop)          | 9%    | 17%▲  | 12%▲  | 9%    | 7%▼   | 6%▼   | 4%▼  | 4%▼    | 14%▲   | 8%▼       | 12%▲  | 18%▲    | 13%▲  |
| Surfing/body boarding                        | 9%    | 15%▲  | 10%   | 13%▲  | 7%▼   | 2%▼   | 0%▼  | 11%▲   | 7%▼    | 11%▲      | 9%    | 5%▼     | 4%▼   |
| Table tennis                                 | 8%    | 19%▲  | 9%    | 9%▲   | 6%▼   | 3%▼   | 2%▼  | 10%▲   | 7%▼    | 8%▼       | 8%    | 9%      | 12%▲  |
| Rugby  | 2%    | 8%▲   | 4%▲   | 2%▼   | 1%▼   | 0%▼   | 0%▼  | 4%▲    | 1%▼    | 2%▼       | 5%▲   | 10%▲    | 1%▼   |

▲▼ Significantly higher/lower than the total  
Results are from 2018  
Base: All respondents aged 18-plus

**TABLE 14:** PERCENTAGE WHO ARE INTERESTED IN TRYING OR DOING MORE OF AN ACTIVITY AMONG YOUNG PEOPLE WHO WANT TO DO MORE IN 2018

| % INTERESTED IN TRYING OR DOING MORE OF | TOTAL | AGE  |      |       |       | GENDER |        | ETHNICITY |       |         |       |
|---|-------|------|------|-------|-------|--------|--------|-----------|-------|---------|-------|
|   |       | 5-7  | 8-11 | 12-14 | 15-17 | Male   | Female | European  | Māori | Pacific | Asian |
| Running or jogging                      | 7%    | 3%▼  | 3%▼  | 9%    | 14%▲  | 7%     | 8%     | 7%        | 6%    | 13%▲    | 6%    |
| Swimming                                | 6%    | 11%▲ | 7%   | 4%▼   | 4%▼   | 5%     | 7%     | 5%▼       | 6%    | 6%      | 11%▲  |
| Football/soccer                         | 6%    | 8%   | 9%▲  | 6%    | 3%▼   | 11%▲   | 2%▼    | 6%        | 3%▼   | 5%      | 9%▲   |
| Gymnastics (eg, rhythmic, artistic)     | 5%    | 9%▲  | 6%▲  | 3%▼   | 1%▼   | 1%▼    | 8%▲    | 5%        | 4%    | 4%      | 4%    |
| Dance/dancing (eg, ballet, hip hop)     | 5%    | 7%▲  | 6%   | 3%    | 4%    | 1%▼    | 9%▲    | 5%        | 4%    | 5%      | 6%    |
| Netball                                 | 5%    | 4%   | 4%   | 7%▲   | 2%▼   | 0%▼    | 9%▲    | 4%▼       | 5%    | 9%▲     | 4%    |
| Cycling or biking                       | 4%    | 7%▲  | 5%   | 2%    | 2%▼   | 5%▲    | 3%▼    | 4%▲       | 4%    | 2%      | 4%    |
| Workout (weights or cardio)             | 4%    | 0%▼  | 0%▼  | 5%    | 12%▲  | 4%     | 4%     | 5%▲       | 5%    | 4%      | 3%    |
| Rugby or rippa rugby                    | 4%    | 6%▲  | 4%   | 3%    | 3%    | 6%▲    | 2%▼    | 3%▼       | 6%▲   | 7%      | 1%▼   |
| Basketball or mini-ball                 | 4%    | 2%▼  | 4%   | 6%▲   | 4%    | 7%▲    | 2%▼    | 4%▼       | 6%    | 6%      | 6%    |
| Tramping or bush walks                  | 3%    | 3%   | 2%   | 2%    | 4%    | 2%     | 3%     | 3%▲       | 2%    | 2%      | 2%    |
| Mountain biking                         | 3%    | 1%▼  | 3%   | 4%▲   | 2%    | 5%▲    | 1%▼    | 4%▲       | 1%    | 1%      | 2%    |
| Horse riding (eg, pony club)            | 3%    | 2%   | 4%▲  | 3%    | 1%▼   | 0%▼    | 5%▲    | 3%▲       | 3%    | 2%      | 2%    |
| Surfing                                 | 2%    | 1%▼  | 2%   | 3%    | 3%    | 1%▼    | 3%▲    | 2%▲       | 3%    | 1%      | 1%    |
| Cricket                                 | 2%    | 1%▼  | 3%▲  | 2%    | 1%    | 4%▲    | 1%▼    | 2%▲       | 1%▼   | 0%      | 3%    |
| Hockey or floorball                     | 2%    | 2%   | 2%   | 3%    | 2%    | 2%     | 2%     | 3%▲       | 1%    | 1%      | 2%    |
| Skiing                                  | 2%    | 1%   | 2%   | 2%    | 1%    | 2%     | 1%     | 2%        | 1%    | 1%      | 1%    |
| Trampoline                              | 2%    | 2%   | 2%   | 1%    | 1%    | 1%     | 2%     | 2%        | 2%    | 0%      | 2%    |

▲▼ Significantly higher/lower than the total  
Results are from 2018

Base: All respondents aged 5-17 who want to do more

**Note:** Respondents were only able to select one activity.

**TABLE 15:** PERCENTAGE WHO ARE INTERESTED IN TRYING OR DOING MORE OF AN ACTIVITY AMONG ADULTS IN 2018

| % INTERESTED IN TRYING OR DOING MORE OF      | TOTAL | AGE   |       |       |       |       |     | GENDER |        | ETHNICITY |       |         |       |
|--|-------|-------|-------|-------|-------|-------|-----|--------|--------|-----------|-------|---------|-------|
|  |       | 18–24 | 25–34 | 35–49 | 50–64 | 65–74 | 75+ | Male   | Female | European  | Māori | Pacific | Asian |
| Day tramp                                    | 15%   | 16%   | 18%▲  | 19%▲  | 15%   | 10%▼  | 3%▼ | 14%▼   | 16%▲   | 16%▲      | 16%   | 14%     | 10%▼  |
| Yoga   | 14%   | 17%▲  | 18%▲  | 16%▲  | 12%▼  | 7%▼   | 2%▼ | 8%▼    | 19%▲   | 13%▼      | 15%   | 15%     | 16%▲  |
| Swimming                                     | 13%   | 15%▲  | 16%▲  | 15%▲  | 13%   | 12%▼  | 5%▼ | 12%▼   | 15%▲   | 12%▼      | 14%   | 15%     | 20%▲  |
| Overnight tramp                              | 13%   | 20%▲  | 17%▲  | 18%▲  | 11%▼  | 4%▼   | 1%▼ | 14%▲   | 12%▼   | 15%▲      | 13%   | 12%     | 7%▼   |
| Individual workout using equipment           | 11%   | 12%▲  | 14%▲  | 12%▲  | 11%   | 7%▼   | 3%▼ | 10%    | 11%▲   | 10%▼      | 13%▲  | 16%▲    | 13%▲  |
| Group fitness class (eg, aerobics, crossfit) | 10%   | 15%▲  | 15%▲  | 12%▲  | 8%▼   | 5%▼   | 3%▼ | 6%▼    | 14%▲   | 10%▼      | 11%   | 15%▲    | 13%▲  |
| Pilates                                      | 10%   | 12%▲  | 14%▲  | 11%▲  | 9%▼   | 5%▼   | 2%▼ | 3%▼    | 16%▲   | 10%▲      | 9%    | 11%     | 9%    |
| Canoeing/kayaking                            | 10%   | 16%▲  | 12%▲  | 11%▲  | 8%▼   | 4%▼   | 1%▼ | 9%     | 10%    | 10%▲      | 12%▲  | 10%     | 6%▼   |
| Running/jogging                              | 8%    | 9%    | 11%▲  | 11%▲  | 7%▼   | 3%▼   | 1%▼ | 8%     | 8%     | 7%▼       | 9%    | 14%▲    | 15%▲  |
| Mountain biking                              | 8%    | 11%▲  | 11%▲  | 11%▲  | 7%▼   | 2%▼   | 0%▼ | 10%▲   | 6%▼    | 8%▲       | 8%    | 10%     | 7%    |
| Skiing                                       | 8%    | 15%▲  | 11%▲  | 10%▲  | 5%▼   | 2%▼   | 0%▼ | 8%     | 8%     | 8%▲       | 7%    | 6%      | 9%    |
| Road cycling                                 | 7%    | 6%    | 8%    | 8%▲   | 7%    | 6%    | 3%▼ | 7%     | 7%     | 7%▼       | 7%    | 9%      | 9%▲   |
| Marine fishing                               | 7%    | 7%    | 9%    | 8%    | 8%▲   | 6%▼   | 2%▼ | 10%▲   | 5%▼    | 7%▼       | 10%▲  | 9%      | 6%▼   |
| Tennis                                       | 7%    | 11%▲  | 11%▲  | 9%▲   | 5%▼   | 2%▼   | 1%▼ | 7%     | 7%     | 7%▼       | 8%    | 10%▲    | 9%▲   |
| Dance/dancing (eg, ballet, hip hop)          | 6%    | 8%▲   | 8%▲   | 7%▲   | 6%    | 4%▼   | 1%▼ | 2%▼    | 9%▲    | 6%▼       | 7%    | 7%      | 9%▲   |
| Golf   | 6%    | 5%    | 6%    | 7%▲   | 7%▲   | 4%▼   | 2%▼ | 8%▲    | 4%▼    | 6%        | 7%    | 5%      | 5%    |
| Surfing/body boarding                        | 6%    | 10%▲  | 9%▲   | 6%▲   | 4%▼   | 1%▼   | 0%▼ | 6%     | 5%▼    | 6%▲       | 7%    | 6%      | 4%▼   |
| Snowboarding                                 | 6%    | 15%▲  | 11%▲  | 7%▲   | 1%▼   | 0%▼   | 0%▼ | 7%▲    | 5%▼    | 6%        | 8%▲   | 8%      | 7%    |
| Rugby  | 1%    | 4%▲   | 2%▲   | 1%▼   | 0%▼   | 0%▼   | 0%▼ | 2%▲    | 1%▼    | 1%▼       | 2%▲   | 7%▲     | 1%    |

▲▼ Significantly higher/lower than the total  
Results are from 2018  
Base: All respondents aged 18-plus

**Note:** Unlike the question for young people, this was asked of all respondents and they were able to select multiple activities.

**TABLE 16: WEEKLY PARTICIPATION LOCATIONS IN 2018<sup>11</sup>**

MOST POPULAR LOCATIONS FOR YOUNG PEOPLE AND ADULTS

**YOUNG PARTICIPANTS (n=5577)**

|   |     |
|---|-----|
| At school or in the school grounds  | 70% |
| At home   | 65% |
| Outdoor facilities (eg, playground, park, field, Astroturf or outdoor pool) | 59% |
| Indoor facilities (eg, gym, community hall, church, marae or indoor pool)   | 52% |
| Other outdoor locations (eg, beach, lake, bush, footpath)                   | 51% |

Results are from 2018

Base: Those aged 5–17 who have been active for sport, PE, exercise or recreation in the last 7 days

**ADULT PARTICIPANTS (n=24 748)**

|  |     |
|--|-----|
| On the road/footpath   | 41% |
| Private property, home, garden or pool   | 32% |
| Walkway  | 24% |
| Public park, field, playground, skate park or BMX track  | 20% |
| Gym or fitness centre  | 18% |
| On, in or beside sea or coast  | 15% |
| Off road biking or walking track   | 11% |
| Outdoor sports facility or purpose-built environment<br>(eg, netball or tennis courts, golf course, ski field, Astroturf or outdoor stadium) | 9%  |
| On, in or beside lake, river or stream   | 8%  |
| Public pool or aquatic centre  | 6%  |
| Indoor sports facility or complex (eg, a recreation centre or indoor stadium)  | 6%  |
| Cycleway or cycle lane specifically set aside for cyclists   | 6%  |
| Community hall, school hall, marae, church<br>(eg, an indoor facility that is not used mainly for sport or physical activity)                | 5%  |
| National park area   | 5%  |
| Studio (eg, yoga or dance)   | 4%  |
| Back country or alpine track   | 3%  |
| University or tertiary education facility<br>(indoor gym/recreation centre or outdoor field/park)  | 2%  |

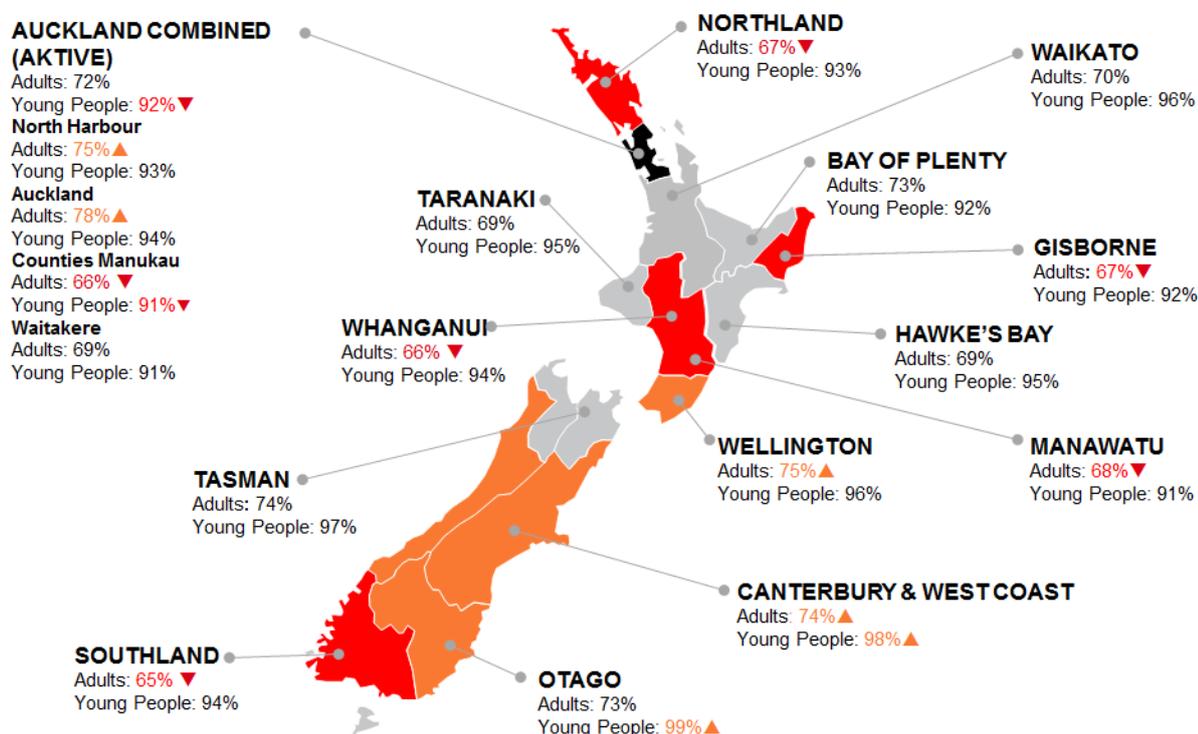
Results are from 2018

Base: Those aged 18 and over who have been active for sport, exercise or recreation in the last 7 days

<sup>11</sup> Results are consistent with 2017.

# APPENDIX B

**FIGURE 10: WEEKLY PARTICIPATION BY REGION IN 2018**



▲▼ Significant increase/decrease from 2017. Results are from 2018  
Base: All respondents aged 5 and over

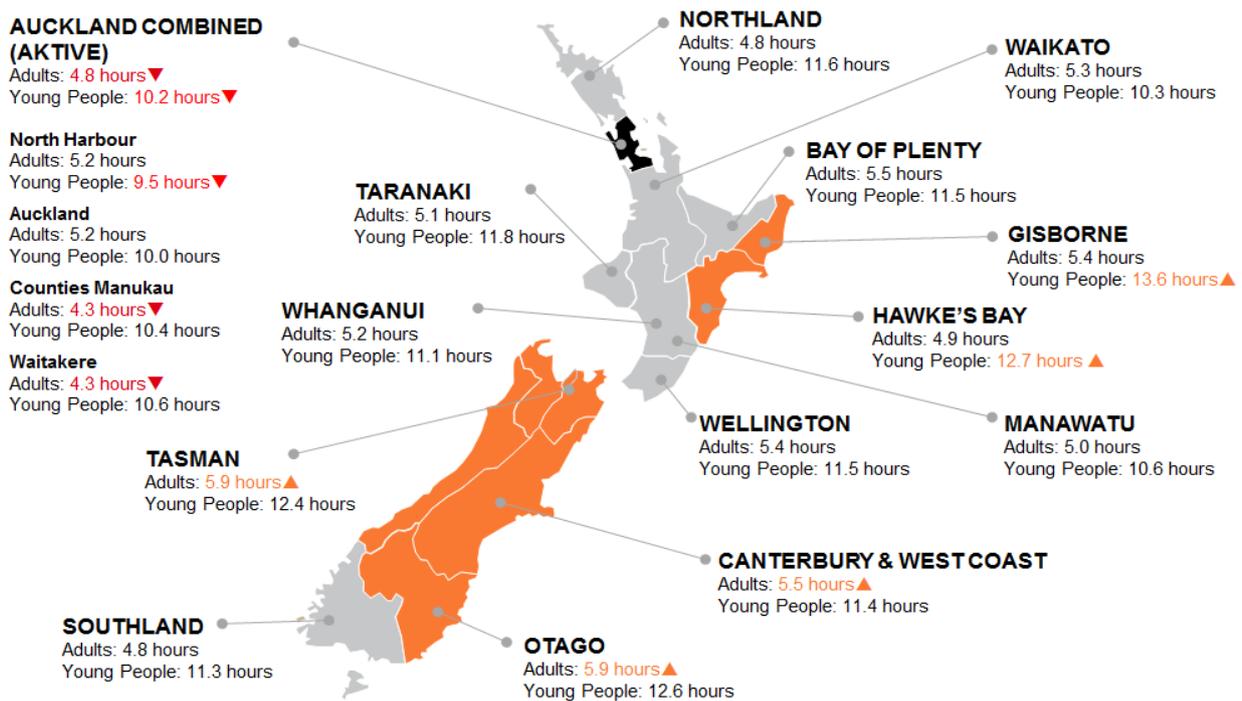
Since 2017, weekly participation among young people in Canterbury has increased significantly from 94 percent to 98 percent and is now significantly higher than the total (table 17).

**TABLE 17: WEEKLY PARTICIPATION BY REGION FROM 2017 TO 2018**

|                            | YOUNG PEOPLE |      | ADULTS |      |
|----------------------------|--------------|------|--------|------|
|                            | 2017         | 2018 | 2017   | 2018 |
| Northland                  | 93%          | 93%  | 69%    | 67%  |
| Auckland combined (Aktive) | 94%          | 92%  | 73%    | 72%  |
| North Harbour              | 95%          | 93%  | 77%    | 75%  |
| Auckland                   | 94%          | 94%  | 77%    | 78%  |
| Counties Manukau           | 93%          | 91%  | 67%    | 66%  |
| Waitakere                  | 93%          | 91%  | 68%    | 69%  |
| Waikato                    | 96%          | 96%  | 71%    | 70%  |
| Bay of Plenty              | 95%          | 92%  | 76%    | 73%  |
| Gisborne                   | 96%          | 92%  | 71%    | 67%  |
| Taranaki                   | 95%          | 95%  | 74%    | 69%  |
| Whanganui                  | 96%          | 94%  | 65%    | 66%  |
| Hawke's Bay                | 98%          | 95%  | 71%    | 69%  |
| Manawatu                   | 93%          | 91%  | 71%    | 68%  |
| Wellington                 | 96%          | 96%  | 77%    | 75%  |
| Tasman                     | 97%          | 97%  | 76%    | 74%  |
| Canterbury & West Coast    | 94%          | 98%▲ | 75%    | 74%  |
| Otago                      | 97%          | 99%  | 75%    | 73%  |
| Southland                  | 96%          | 94%  | 67%    | 65%  |

▲▼ Significant increase/decrease from 2017. Results are from 2018  
Base: All respondents aged 5 and over

**FIGURE 11: TIME SPENT PARTICIPATING BY REGION IN 2018**



▲▼ Significant increase/decrease from 2017  
Results are from 2018  
Base: All respondents aged 5 and over

Since 2017, time spent participating among young people in North Harbour has decreased (from 12.2 hours to 9.5 hours), as has time spent participating by adults in Taranaki (6 to 5.1 hours) (table 18).

**TABLE 18: TIME SPENT PARTICIPATING BY REGION FROM 2017 TO 2018**

|                            | YOUNG PEOPLE |       | ADULTS |       |
|----------------------------|--------------|-------|--------|-------|
|                            | 2017         | 2018  | 2017   | 2018  |
| Northland                  | 12.0         | 11.6  | 5.1    | 4.8   |
| Auckland combined (Aktive) | 10.3         | 10.2  | 4.8    | 4.8   |
| North Harbour              | 12.2         | 9.5 ▼ | 5.2    | 5.2   |
| Auckland                   | 9.3          | 10.0  | 5.0    | 5.2   |
| Counties Manukau           | 10.1         | 10.4  | 4.4    | 4.3   |
| Waitakere                  | 9.7          | 10.6  | 4.5    | 4.3   |
| Waikato                    | 11.1         | 10.3  | 5.4    | 5.3   |
| Bay of Plenty              | 11.9         | 11.5  | 5.9    | 5.5   |
| Gisborne                   | 11.6         | 13.6  | 5.6    | 5.4   |
| Taranaki                   | 11.8         | 11.8  | 6.0    | 5.1 ▼ |
| Whanganui                  | 11.3         | 11.1  | 5.1    | 5.2   |
| Hawke's Bay                | 11.2         | 12.7  | 5.3    | 4.9   |
| Manawatu                   | 9.6          | 10.6  | 5.3    | 5.0   |
| Wellington                 | 10.3         | 11.5  | 5.4    | 5.4   |
| Tasman                     | 12.3         | 12.4  | 6.1    | 5.9   |
| Canterbury & West Coast    | 10.8         | 11.4  | 5.5    | 5.5   |
| Otago                      | 12.2         | 12.6  | 5.8    | 5.9   |
| Southland                  | 12.2         | 11.3  | 5.0    | 4.8   |

▲▼ Significant increase/decrease from 2017  
Base: All respondents aged 5 and over

# APPENDIX C

## THIS RESEARCH AIMS TO:

- collect information on the ‘who’, ‘what’, ‘how’ and ‘where’ that young people and adults participate
- identify and describe links between participation (and non-participation) and other influential factors; the ‘why’ and ‘why not’ that people participate
- measure the quality of participation and the contribution participation makes to an individual’s health and wellbeing outcomes
- understand the value placed on participation by people in New Zealand.

## SURVEY METHOD

- Online and postal self-completion using sequential mixed methods, we are targeting 20 000 adults and 5000 young people per annum.

## FIELDWORK PERIOD

- The 2017 survey was conducted between 5 January 2017 and 4 January 2018. The 2018 survey was conducted between 5 January 2018 and 4 January 2019.

## COMPLETED RESPONSES

- Across the two years, responses have been received from n=52 188 adults aged 18-plus and n=11 599 young people aged between 5 and 17.<sup>12</sup>

## WEIGHTING

- Results have been weighted to the total New Zealand Regional Sports Trust population using 2013 census statistics.

## A SEQUENTIAL MIXED METHODOLOGY IS USED FOR THIS RESEARCH

| ELECTORAL ROLL                      | INVITATION LETTER   | REMINDER POSTCARD 1  | SURVEY PACK   | REMINDER POSTCARD 2  |
|-------------------------------------|---|--|---|--|
| Sample selected from Electoral Roll | <p>Invitation letters are sent to the named adults (aged 18-plus) inviting them to complete the questionnaire online (with instructions and log-in provided).</p> <p>A postcard is included to encourage young people aged 12 to 17 to complete the young people’s questionnaire online.</p> <p>An 0800 number and email address is provided for questions.</p> | <p>About a week later, a reminder postcard is sent thanking respondents and acting as a reminder to those who haven’t yet completed the questionnaire.</p> <p>This communication is targeted to adults only.</p> | <p>A week after the postcard, non-respondents are sent a survey pack with a hardcopy of the questionnaire, a cover letter and a reply paid envelope.</p> <p>A flyer is included for 12 to 17 year olds to complete the survey online (no paper questionnaire is available for the young people’s survey).</p> | <p>A final reminder is sent to adults who have not yet taken part in the survey.</p> |

**Note:** Parents or caregivers are asked to respond on behalf of 5–11 year olds in their household (and are encouraged to check responses with them).

<sup>12</sup> This report primarily uses data collected in 2018 among 5595 young people (aged 5–17) and 25 150 adults (aged 18-plus). The data are combined only when larger sample sizes are needed to delve into results for sub-groups more robustly.

# APPENDIX D

---

## FIGURE 1

**Base: All respondents aged 5 and over**

**Q7 (18+)** 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?

**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?

**Q19 (18+)** Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q16b (5–17)** In total in the last 7 days how many hours did you spend being physically active for sport, PE, exercise or fun?

**Q8 (18+)** Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

**Q16not7 (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).

## FIGURE 2

**Base: All respondents aged 5 and over**

**Q19 (18+)** Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q16b (5–17)** In total in the last 7 days how many hours did you spend being physically active for sport, PE, exercise or fun?

## FIGURES 3 & 4

**Base: All respondents aged 5 and over**

### Emotional wellbeing

(5–17) Q48

(18+) Q68

### Healthy eating

(5–17) Q39c

(18+) Q55N

### Screen time

(5–17) Q44 & Q45

(18+) Q60

### Sleep

(5–17) Q42 + Q42b

### Self-perceived weight

(18+) Q66

### BMI

(18+) Q64 & Q65

Note: The Physical Activity Guidelines were agreed to by the Ministry of Health and Sport NZ and they outline the minimum levels of physical activity required to gain physical health benefits:

**YOUNG PEOPLE GUIDELINES:** To meet the Physical Activity Guidelines, young people need to do at least 60 minutes moderate or vigorous activity, seven days a week.

**ADULT GUIDELINES:** To meet the Physical Activity Guidelines, adults need to do at least 30 minutes of moderate or 15 minutes of vigorous activity, at least five days a week.

Moderate activity is 'any activity that caused a slight, but noticeable increase in breath' (could still have a conversation).

Vigorous activity is 'any activity that had you out of breath' (couldn't do this activity and have a conversation at the same time)

## **FIGURE 5**

**Base: All respondents aged 5 and over**

**Q15** (18+) In the last 7 days have you done this as part of a competition or organised training?

**Q16a** (5–17) Where or how did you do <insert activity> in the last 7 days?

## **FIGURE 6 & TABLE 1**

**Base: All young people aged 5 to 17**

**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?

**Q16a** (5–17) Where or how did you do <insert activity> in the last 7 days?

**Q16b** (5–17) About how many minutes did you spend doing <insert activity> in the last 7 days in <this way / these ways>?

## **TABLE 2**

**Base: All respondents aged 5 and over**

**Q17** (18+) People do different activities for different reasons at different times. So, thinking about the last time you did this physical activity, what was the main reason you did it?

**Q58** (5–17) 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 main reason you did it?

## **TABLES 3 & 4**

**Base: All respondents aged 5 and over who have been active for sport, PE, exercise, fun or recreation in the last 7 days**

**Q17** (18+) People do different activities for different reasons at different times. So, thinking about the last time you did this physical activity, what was the main reason you did it?

**Q58** (5–17) 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 main reason you did it?

**Q8** (18+) Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

**Q16not7** (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).

## **TABLE 5 & FIGURE 7**

**Base: All respondents aged 8 and over**

**Q32** (18+) 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?

**Q23** (8–17) Why are you not doing as much physical activity as you would like? For what reasons do you not want to do more than you are currently doing?

## **TABLE 6**

**Base: All young people aged 8–17**

**Q70** (8–17) What are you too busy with?

## **TABLES 7 & 8 & FIGURE 8**

**Base: All respondents aged 8 and over**

**Q88** (18+) What is it that you prefer doing? What other hobbies are you spending time on?

**Q71** (8–17) What is it that you prefer doing? What other hobbies are you spending time on?

## FIGURE 9

**Base: All respondents aged 5 and over**

**Q44** (5–17) Outside of school or work, on a normal weekday how many hours do you spend each day looking at a screen?

**Q45** (5–17) Outside of school or work, on a normal weekend day how many hours do you spend each day looking at a screen?

**Q60** (18+) In total over the last 7 days how many hours have you spent looking at a screen outside of your paid employment, study or school?

## TABLES 9 & 10

**Base: Respondents 8 and over who said they already do a good amount as a barrier to further participation**

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q16b** (517) In total in the last 7 days how many hours did you spend being physically active for sport, PE, exercise or fun?

Note: The Physical Activity Guidelines were agreed to by the Ministry of Health and Sport NZ and they outline the minimum levels of physical activity required to gain physical health benefits:

**YOUNG PEOPLE GUIDELINES:** To meet the Physical Activity Guidelines, young people need to do at least 60 minutes moderate or vigorous activity, seven days a week.

**ADULT GUIDELINES:** To meet the Physical Activity Guidelines, adults need to do at least 30 minutes of moderate or 15 minutes of vigorous activity, at least five days a week.

Moderate activity is 'any activity that caused a slight, but noticeable increase in breath' (could still have a conversation).

Vigorous activity is 'any activity that had you out of breath' (couldn't do this activity and have a conversation at the same time)

## TABLES 11 & 12

**Base: All respondents aged 5 and over**

**Q8** (18+) Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 7 days component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

**Q16not7** (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).

## TABLE 13

**Base: All adults aged 18 and over**

**Q8** (18+) Which of the following have you done in the last 7 days, and which have you done in the last 12 months? Please only select the activities where you have been physically active specifically for sport, exercise or recreation. Note: reporting is based on responses to the 12 month component of the question. AND Q97 Please select the additional activities you have done in the last 7 days.

## TABLE 14

**Base: All young people aged 8 to 17 that have said they are not doing as much physical activity as they would like**

**Q25** (8–17) If you had to choose just one physical activity to try or do more of, which one would it be?

## TABLE 15

**Base: All adults aged 18 and over**

**Q98** (18+) Which of the following activities are you interested in trying or doing in the next 12 months?

**TABLE 16**

**Base: Those aged 5 and over who have been active for sport, PE, exercise or recreation in the last 7 days**

**Q25** (18+) In the last 7 days, in which of the following places have you been physically active for sport, exercise or recreation?

**Q17** (5–17) Where have you done each of these in the last 7 days?

**FIGURE 10 & TABLE 17**

**Base: All respondents aged 5 and over**

**Q7** (18+) 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?

**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?

**FIGURE 11 & TABLE 18**

**Base: All respondents aged 5 and over**

**Q19** (18+) Still thinking about the physical activity you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q16b** (5–17) In total in the last 7 days how many hours did you spend being physically active for sport, PE, exercise or fun?