

# Reading the Active NZ Data Tables



# Active NZ data tables

Alongside the Active NZ 2019 report sit a range of data tables.

Find out what they are and how to read them.

## Data tables:

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

## Regional

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

## Regional

- Tasman
- Canterbury
- Otago
- Southland

# Statistical significance

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

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

# Base sizes

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

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



SPORT  
NEW ZEALAND  
IHI AOTEAROA

# Data tables accompanying the main report

# Data tables sit alongside the Active NZ main report

These data tables include results for the large majority of the content included in the Active NZ 2019 Main Report, as well as results for additional cross-breaks not included in the report.

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

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

# Data tables are presented in an excel format

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

SPORT NEW ZEALAND IHI AOTEAROA		Gender		Age							
		Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	5 to 11 years	12 to 17 years	10 to 17 year	
Active NZ Main Tables 2019		TOTAL									
<p><b>WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)</b></p> <p>Q12. IN THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY SPECIFICALLY FOR SPORT, PHYSICAL EDUCATION (PE), EXERCISE OR FUN?</p> <p>Base: All respondents aged 5 to 17</p>											
Total (Unweighted)	4799	2269	2519	1273	1772	1037	717	3045	1754	2668	
Yes	94%	94%	94%	94%	↑ 95%	↑ 96%	↓ 90%	95%	94%	94%	
No	6%	6%	6%	6%	↓ 5%	↓ 4%	↑ 10%	5%	6%	6%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

# Reading the tables (1)

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

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2019 to the results for 2018
- 4) Compares more than two cells – letters are used to define significant differences rather than colours. Further explained in 'Reading the tables (4)'

Cross-break label

Question number and wording of the question

Base = Description of who answered the question

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

Responses given to the question

SPORT NEW ZEALAND IHI AOTEAROA		A result with a red shaded background and a red arrow means the result is significantly <b>lower</b> than the total. A result with a green shaded background and a green arrow means the result is significantly <b>higher</b> than the total.											
		Gender		Age						Ethnicity			
Active NZ Main Tables 2019		TOTAL	Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	5 to 11 years	12 to 17 years	10 to 17 years	European	Māori
<b>WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)</b>													
Q12. IN THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY SPECIFICALLY FOR SPORT, PHYSICAL EDUCATION (PE), EXERCISE OR FUN?													
Base: All respondents aged 5 to 17													
Total (Unweighted)	4799	2269	2519	1273	1772	1037	717	3045	1754	2668	4051	768	
Yes	94%	94%	94%	94%	↑ 95%	↑ 96%	↓ 90%	95%	94%	94%	95%	95%	
No	6%	6%	6%	6%	↓ 5%	↓ 4%	↑ 10%	5%	6%	6%	5%	5%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

Cross-breaks: What the data is being cut by

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

A result highlighted in green with an upward arrow shows where a result is significantly **higher** than the TOTAL result (in this example 8 to 11 year olds)

A result highlighted in red with a downward arrow shows where a result is significantly **lower** than the TOTAL result (in this example 15 to 17 year olds)

# What this means (1)

4799 people responded to this question

2519 females responded to this question

Results highlighted green with an upward arrow:  
Tamariki aged 8-11 years old are more likely to participate in play, active recreation or sport compared with the total (95% vs. 94% total).

SPORT NEW ZEALAND IHI AOTEAROA

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Active NZ Main Tables 2019

**WEEKLY PARTICIPATION IN SPORT AND ACTIVE RECREATION (LAST 7 DAYS)**  
Q12. IN THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY SPECIFICALLY FOR SPORT, PHYSICAL EDUCATION (PE), EXERCISE OR FUN?  
Base: All respondents aged 5 to 17

	TOTAL	Gender		Age								
		Male	Female	5 to 7 years	8 to 11 years	12 to 14 years	15 to 17 years	5 to 11 years	12 to 17 years	10 to 17 years	European	Māori
Total (Unweighted)	4799	2269	2519	1273	1772	1037	717	3045	1754	2668	4051	768
Yes	94%	94%	94%	94%	95%	96%	90%	95%	94%	94%	95%	95%
No	6%	6%	6%	6%	5%	4%	10%	5%	6%	6%	5%	5%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

94% of tamariki and rangatahi (5-17 years old) participated in play, active recreation or sport in the last 7 days

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

94% of tamariki aged 5-7 participated in play, active recreation or sport in the last 7 days. This result is not statistically different vs the total.

Results highlighted red with a downward arrow:  
Rangatahi aged 15-17 years old are more likely to participate in play, active recreation or sport compared with the total (90% vs. 94% total).

# Reading the tables (2)

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

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2019 to the results for 2018
- 4) Compares more than two cells – letters are used to define significant differences rather than colours. Further explained in ‘Reading the tables (4)’

SPORT NEW ZEALAND IHI AOTEAROA		Gender within Age													
		TOTAL	Males 5-7	Females 5-7	Males 8-11	Females 8-11	Males 12-14	Females 12-14	Males 15-17	Females 15-17	Males 5-11	Females 5-11	Males 12-17	Females 12-17	Males 10-17
<p><b>AVERAGE NUMBER OF HOURS PER WEEK SPENT PARTICIPATING</b>                      Q16b. IN TOTAL IN THE LAST 7 DAYS HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE FOR SPORT, PE, EXERCISE OR FUN?                      Base: All respondents aged 5 to 17</p>															
Total (Unweighted)	4799	630	643	874	898	461	571	304	407	1504	1541	765	978	1226	1431
In PE or class at school (organised)	2.1	2.1	1.7	2.1	2.2	2.7	2.9	1.7	1.0	2.1	2.0	2.3	2.1	2.3	2.2
In competition or tournament (organised)	0.8	0.2	0.2	0.7	0.6	1.6	1.2	0.8	0.8	0.5	0.4	1.3	1.0	1.1	0.9
Training or practising with a coach/ instructor (organised)	1.7	0.7	0.9	1.4	1.6	2.4	2.4	1.8	2.1	1.1	1.3	2.2	2.3	2.1	2.1
Total ORGANISED	4.6	3.0	2.8	4.3	4.3	6.7	6.5	4.3	3.8	3.8	3.7	5.8	5.4	5.5	5.2
Playing or hanging out with family or friends (informal)	4.3	5.9	5.3	4.9	4.3	5.0	3.6	2.8	1.9	5.3	4.7	4.2	2.9	4.4	3.1
Playing on my own (informal)	1.6	2.4	2.0	1.8	1.6	1.8	1.1	1.2	1.0	2.0	1.7	1.6	1.1	1.7	1.2
For extra exercise, training or practise without a coach/ instructor (informal)	0.7	0.1	0.1	0.2	0.2	1.6	0.9	1.3	1.5	0.2	0.2	1.5	1.2	1.2	0.9
Total INFORMAL	6.5	8.3	7.4	6.9	6.1	8.0	5.6	5.3	4.1	7.4	6.7	6.9	5.0	7.0	5.1
TOTAL	10.9	11.3	10.3	11.1	10.2	13.7	11.8	9.7	7.8	11.2	10.2	12.1	10.2	12.0	10.0
PLAY	5.9	8.3	7.3	6.7	5.9	6.9	4.7	4.0	2.9	7.3	6.5	5.7	4.0	6.0	4.3

A result highlighted in green with an upward arrow shows where a result is significantly **higher** than the other gender within the same age group (in this example males 12 to 14 years old score higher than females 12-14)

A result highlighted in red with a downward arrow shows where a result is significantly **lower** than the other gender within the same age group (in this example females 5 to 11 years old score lower than males 5-11)

# What this means (2)

4799 people responded to this question

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

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

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

SPORT NEW ZEALAND IHI AOTEAROA

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Active NZ Main Tables 2019

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

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

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

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

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

# Reading the tables: Base sizes



Active NZ Comprehensive tables 2019

TOTAL

Ethnicity / Deprivation

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

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

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

# Reading the tables (4)

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

- 1) Compares the result for the group to the total
- 2) Compares the results for the group to the other gender of that same group
- 3) Compares the results for 2019 to the results for 2018
- 4) Compares more than 2 cells – letters are used to define significant differences rather than colours.

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Active NZ Main Tables 2019

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

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

-----  
 Base: All respondents aged 18 or over

	TOTAL	Gender											
		Male			Female			18-24 years			25-34 years		
		2017	2018	2019	2017	2018	2019	2017	2018	2019	2017	2018	2019
		a	b	c	d	e	f	g	h	i	j	k	l
Total (Unweighted)	73539	11788	11142	9688	14968	13825	11889	3110	2968	2485	2982	2487	1921
Yes	73%	73%	72%	72%	74%	72%	72%	75%	73%	72%	75%	73%	73%
No	27%	27%	28%	28%	26%	28%	28%	25%	27%	28%	25%	27%	27%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

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

Letters defining the cross-break column.  
 a: Males 2017  
 e: Females 2018

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

Example:  
 Participation in the last 7 days for females in 2017 column d (74%) was significantly higher than weekly participation for:  
 - females in 2018 column e (72%)  
 - females in 2019 column f (72%)

# Reading the regional data tables

# Regional data tables

- These data tables are similar to the main data tables, but are provided for each of the Regional Sports Trusts (RSTs) and include more information.
- They provide each RST with the ability to look at results by age, gender, ethnicity, deprivation, etc within their specific region.
- Significance testing in different tabs:
  - **All regions:** results are compared with the total
  - **Total:** results are compared with the total
  - **Subgroups:** results are compared with the other gender within the same group
  - **Year on Year:** 2019 results are compared with 2018 results



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# Reading the Sports and Activities tables

# Sports and activities tables

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

## To understand how people participate by sport/activity

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

## To understand who participates by sport/activity

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

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

The 2019 sports and activities tables present three years of data from Quarter 1 2017 - Quarter 4 2019 of the Active NZ surveys.

# Reading the tables

Cross-breaks:  
What the data is being cut by

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Active NZ Sports&Activities tables

**ACTIVITIES DONE OVER THE LAST 7 DAYS**

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

-----

Base: All respondents aged 18 or over

	TOTAL	Walking	Running / Jogging	Individual workout using equipment	Group fitness class (e.g. aerobics, crossfit)	NET: Pilates/Yoga	Yoga	Pilates	Dance/dancing (e.g. ballet, hip hop, etc)	Swimming
<b>Total (Unweighted)</b>	73491	42513	13465	14829	6345	6217	4647	2243	2548	6731
Walking	58%	100%	85%	79%	78%	84%	85%	84%	84%	82%
Running / Jogging	20%	29%	100%	43%	42%	30%	32%	29%	29%	34%
Individual workout using equipment	22%	30%	47%	100%	48%	35%	36%	38%	30%	32%
Sum	254%	337%	444%	412%	451%	446%	460%	462%	446%	467%

Question number and wording of the question

Base = Description of who answered the question

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

Responses given to the question

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

# What this means



73,491 people responded to this question.

Active NZ Sports&Activities tables

**ACTIVITIES DONE OVER THE LAST 7 DAYS**  
 Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 7 DAYS? PLEASE ONLY SELECT THE ACTIVITIES WHERE YOU HAVE BEEN PHYSICALLY ACTIVE SPECIFICALLY FOR SPORT, EXERCISE OR RECREATION.  
 -----  
 Base: All respondents aged 18 or over

	TOTAL	Walking	Running / Jogging	Individual workout using equipment	Group fitness class (e.g. aerobics, crossfit)	NET: Pilates/Yoga	Yoga	Pilates	Dance/dancing (e.g. ballet, hip hop, etc)	Swimming
Total (Unweighted)	73491	42513	13465	14829	6345	6217	4647	2243	2548	6731
Walking	58%	100%	85%	79%	78%	84%	85%	84%	84%	82%
Running / Jogging	20%	29%	100%	43%	42%	30%	32%	29%	29%	34%
Individual workout using equipment	22%	30%	47%	100%	48%	35%	36%	38%	30%	32%
Sum	254%	337%	444%	412%	451%	446%	460%	462%	446%	467%

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

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

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

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

# Significance testing in the sports and activities tables

Letters defining the subgroup column.  
 e.g.:  
 q: Total participation for 'Walking for fitness'  
 w: 2018 participation in 'Triathlon or duathlon'



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Active NZ Sports and Activities tables 2019

	Walking for fitness				Triathlon or duathlon			
	Total	2017	2018	2019	Total	2017	2018	2019
	q	r	s	t	u	v	w	x
<b>ACTIVITIES DONE OVER THE LAST 7 DAYS - ALL RESPONDENTS</b>								
Q13. PLEASE TICK ALL THE WAYS YOU HAVE BEEN PHYSICALLY ACTIVE FOR SPORT								
-----								
Base: All respondents aged 5 to 17								
Total (Unweighted)	16398	6004	5595	4799	16398	6004	5595	4799
Yes (Yes participated last 7 days)	4309	1719	1413	1200	176	70	60	47
	26%	29%	25%	25%	1%	1%	1%	1%
		qst						
No (Not participated last 7 days)	11171	3970	3853	3323	15305	5619	5205	4477
	68%	66%	69%	69%	93%	94%	93%	93%
		r	r	r				
Non-participants	918	315	329	275	918	315	329	275
	6%	5%	6%	6%	6%	5%	6%	6%

There are 4 different types of **significance testing**

- 1) Compares the results for 2017 to the results for 2018
- 2) Compares the results for 2018 to the results for 2019
- 3) Compares the results for 2017 to the results for 2019
- 4) Compared the results for 2017, 2018 and 2019 to the total of 2017+2018+2019 combined (Total)

Letters are used to define significant differences rather than colours.

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

Example:  
 Participation in the last 7 days for 'Walking for fitness' in 2017 column r (29%) was significantly higher than:

- in 2018, column s (25%)
- in 2019, column t (25%)
- the total, column q (26%)

# Test your understanding

# Test your understanding

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

Review the table and answer the following question:

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

# Test your understanding - Answers

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

[Link back to table of contents](#)

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

Review the table and answer the following question:

1. What percentage of young female participants have done at least one activity for fitness or health in the last seven days?

Answer: 34%

2. Is this different to males?

Answer:

Young males (red) are significantly less likely to participate for fitness and health compared with all children and young people.

Young females (green) are significantly more likely to participate for fitness and health compared with all children and young people.

3. How does being active for fitness change with age?

Answer:

The number of tamariki and rangatahi participating for fitness and health increases with age.

Tamariki (5-11 years old) are significantly less likely than all tamariki and rangatahi to participate for fitness and health.

Rangatahi ages 12-17 years old are significantly likely than all tamariki and rangatahi to participate for fitness more and health.

# Test your understanding 2

		A result with a red shaded background and a red arrow means the result is significantly <b>lower</b> than the other gender within the same <b>ethnicity</b> A result with a green shaded background and a green arrow means the result is significantly <b>higher</b> than the other gender within the same <b>ethnicity</b>													
		Gender within Ethnicity													
		Male AND European	Female AND European	Male AND Māori	Female AND Māori	Male AND Pacific	Female AND Pacific	Male AND Asian	Female AND Asian	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
Active NZ Main Tables 2019	TOTAL														
Q22. WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY (ALL 5 TO 17 YEAR OLDS)															
Base: All respondents aged 5 to 17															
Total (Unweighted)	4799	1892	2152	335	431	119	117	273	278	45	49	76	63	111	117
Yes - I would like to be doing more	63%	↓ 59%	↑ 63%	62%	68%	68%	74%	69%	73%	86%	79%	76%	79%	73%	66%
No	37%	↑ 41%	↓ 37%	38%	32%	32%	26%	31%	27%	14%	21%	24%	21%	27%	34%
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

**Review the table and answer the following question:**

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

# Test your understanding 2 - Answers

		A result with a red shaded background and a red arrow means the result is significantly <b>lower</b> than the other gender within the same <b>ethnicity</b> A result with a green shaded background and a green arrow means the result is significantly <b>higher</b> than the other gender within the same <b>ethnicity</b>														
		Gender within Ethnicity														
		TOTAL	Male AND European	Female AND European	Male AND Māori	Female AND Māori	Male AND Pacific	Female AND Pacific	Male AND Asian	Female AND Asian	Male AND Samoan	Female AND Samoan	Male AND Indian	Female AND Indian	Male AND Chinese	Female AND Chinese
Active NZ Main Tables 2019 <span style="float: right;"><a href="#">Link back to table of contents</a></span>																
Q22. WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY (ALL 5 TO 17 YEAR OLDS)																
* Base: All respondents aged 5 to 17																
Total (Unweighted)	4799	1892	2452	335	431	119	117	273	278	45	49	76	63	111	117	
Yes - I would like to be doing more	63%	59%	63%	62%	68%	68%	74%	69%	73%	86%	79%	76%	79%	73%	66%	
No	37%	41%	37%	38%	32%	32%	26%	31%	27%	14%	21%	24%	21%	27%	34%	
Sum	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	

**Review the table and answer the following question:**

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

# Test your understanding 3

Review the table and answer the following questions:

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

 <a href="#">Link back to table of contents</a>	A letter underneath the datapoint means that the datapoint is significantly higher than the datapoint in that cross-																A letter underneath			
	Walking				Running / Jogging				Individual workout using equipment				Group fitness class (e.g. aerobics, crossfit)				NET: Pilates + Yoga			
Active NZ Sports and Activities tables 2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019
Active NZ Sports and Activities tables 2019	a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t
<b>ACTIVITIES DONE OVER THE LAST 12 MONTHS - ALL RESPONDENTS</b>																				
HQ13 / Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 12 months?																				
-----																				
Base: All respondents aged 18 or over																				
Total (Unweighted)	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972
Yes	62796	22897	21288	18611	28427	10313	9518	8573	27857	10073	9440	8331	13839	5027	4580	4214	14484	5232	4736	4494
	85%	85%	85%	85%	38%	38%	38%	39%	38%	37%	38%	38%	19%	19%	18%	19%	20%	19%	19%	20%
								eg								o		s		qrs
No	11364	4141	3862	3361	45733	16725	15632	13399	46303	16965	15710	13641	60321	22011	20570	17758	59676	21806	20414	17478
	15%	15%	15%	15%	62%	62%	62%	61%	62%	63%	62%	62%	81%	81%	82%	81%	80%	81%	81%	80%
					h			h							p		t	t	t	qt

# Test your understanding 3 - Answers

Review the table and answer the following questions:

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

 <a href="#">Link back to table of contents</a>	A letter underneath the datapoint means that the datapoint is significantly higher than the datapoint in that cross-																A letter underneath			
	Walking				Running / Jogging				Individual workout using equipment				Group fitness class (e.g. aerobics, crossfit)				NET: Pilates + Yoga			
Active NZ Sports and Activities tables 2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019	Total	2017	2018	2019
Active NZ Sports and Activities tables 2019	a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t
<b>ACTIVITIES DONE OVER THE LAST 12 MONTHS - ALL RESPONDENTS</b>																				
HQ13 / Q8. WHICH OF THE FOLLOWING HAVE YOU DONE IN THE LAST 12 months?																				
-----																				
Base: All respondents aged 18 or over																				
Total (Unweighted)	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972	74160	27038	25150	21972
Yes	62796	22897	21288	18611	28427	10313	9518	8573	27857	10073	9440	8331	13839	5027	4580	4214	14484	5232	4736	4494
	85%	85%	85%	85%	38%	38%	38%	39%	38%	37%	38%	38%	19%	19%	18%	19%	20%	19%	19%	20%
No	11364	4141	3862	3361	45733	16725	15632	13399	46303	16965	15710	13641	60321	22011	20570	17758	59676	21806	20414	17478
	15%	15%	15%	15%	62%	62%	62%	61%	62%	63%	62%	62%	81%	81%	82%	81%	80%	81%	81%	80%
					h		h								p		t	t	qt	

# Tables

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

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

If you have a query about the tables or anything related to Active NZ, please email [activenz@sportnz.org.nz](mailto:activenz@sportnz.org.nz).