

Active NZ 2019 survey results



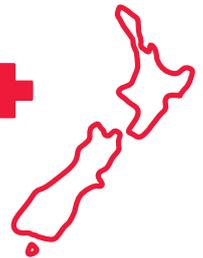
3 years

Three years of data collected between 2017-2019



90,000+

More than 90,000 New Zealanders surveyed aged 5 and over



8-14 years

Downward trend belonging to a team or club inside or outside of school, particularly boys



18-24 years

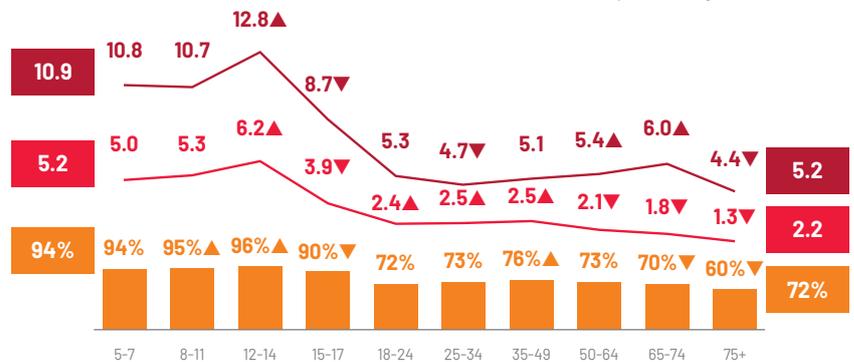
Downward trend in weekly participation and time spent being physically active



Reinforcing participation patterns

2019 participation results by age

▲▼ Significantly higher/lower than the total
Results are from 2019
Base: All respondents aged 5 and over



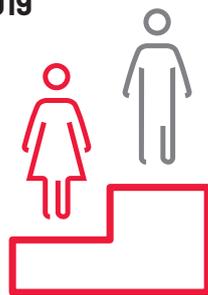
Legend: Average number of hours per week (dark red), Average number of sports and activities per week (red), Weekly participation (orange)

Some key findings from 2019

+96 minutes

Young males spend 96 minutes more each week being physically active than young females (aged 5-17).

Male adults 18-plus spend 36 minutes more than adult females.



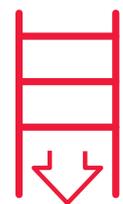
15-24 years

Between ages 15 and 24 males and females are just as likely to participate each week in competitive and non-competitive sports and activities. But, it is between these ages the gender gap is the greatest - males spend 20% more time than females being physically active.

PE and Play

Young Maori (aged 5-17) continue to spend the most time participating in organised (sport and PE) and informal (play) ways each week - especially males:

- organised - 5.2 hours compared with 4.6 hours average for young people
- informal - 7.5 hours compared with 6.5 hours average for young people.



High dep = less activity

People from high deprivation areas participate in fewer sports and activities each week:

- young people from high dep 4.8 compared with 5.2 for all young people
- for adults from high dep 1.9 compared with 2.2 for all adults.

Adults from high deprivation areas also spend less time being physically active - 4.7 hours compared with 5.2 hours.