

# Spotlight on Rangatahi

June 2021



## 3 years

3 years of combined data collected between 2017 and 2019

## 5711

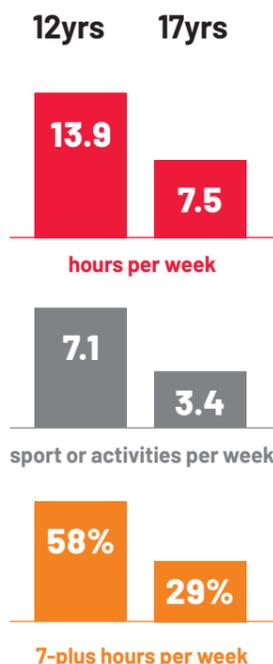
rangatahi between ages 12 and 17 surveyed

### Rangatahi do less as they get older

# 46%

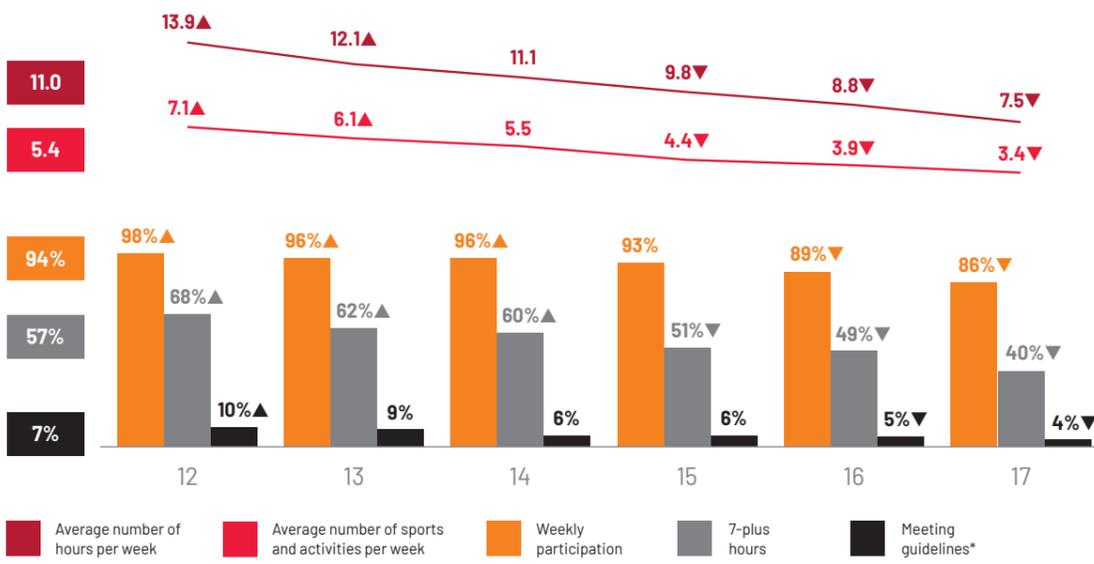


46% drop in average time spent being active between 12-17 years



### Participation results by age

▲▼ Significantly higher/lower than the total  
Base: All respondents aged 12 to 17



\* Based on one hour of moderate/vigorous activity each day.



From 15 years:

The steepest drop in participating is in **organised sports and activities** compared with informal activities

By 17 years:

# 1/2

1 out of 2 rangatahi **take part in competitive sport, PE and training** or practicing with a coach or instructor

# 3/4

3 out of 4 **continue to be active** alone and with others and for extra exercise, training without a coach or instructor

# 6/10

6 out of 10 rangatahi are **too busy** to be more active, especially females - 62% compared with 50% for males

# 7+

**Happiness levels** are higher for rangatahi who spend 7-plus hours per week being active

### Ethnicity

Lower levels of participation for Asian rangatahi

**7.8** Asian rangatahi  
7.8 average hours per week

**11** All rangatahi  
11 average hours per week



### Deprivation

#### High-Deprivation

Rangatahi from high-deprivation areas are **less likely to spend 7-plus hours per week** being active

**52%** Rangatahi from high-deprivation areas

**57%** All rangatahi



#### Low-Deprivation

The reverse is true for rangatahi from low-deprivation areas

**59%** Rangatahi from low-deprivation areas

**57%** All rangatahi



### Gender



Males spend more time per week **being active alone**



Males: 1.6 hours  
Females: 1.3 hours

More males than females **are active with family and friends**



Males: 3.9 hours  
Females: 2.8 hours

At 17 males are **more likely to do PE**



Males: 0.8 hours/week  
Females: 0.4 hours/week

Male rangatahi **like PE more** than females, especially from age 14



More males **use active ways of getting to school**



Male rangatahi are three times **more likely to bike to school** than females



Females aged 16-17 are **more likely to be inactive** (do less than 30 minutes of activity per week)



No gender difference in **participating in competitions or tournaments**



### Conclusions

1. Rangatahi are not a homogenous group. There is variation by age, gender, ethnicity and deprivation - reinforcing the need to tailor programmes and initiatives.
2. Asian and females, especially from age 16, are specific target groups for increasing activity levels for rangatahi.
3. Add being active into everyday life - in class, spending time with friends, at work, getting to school - to help offset the main barrier of being 'too busy' to be more active from age 15 and especially for female rangatahi.
4. Improving the experience of PE for female rangatahi could encourage choice once PE is no longer compulsory and increase activity levels.