

Active NZ

Participation Trends ages 5 and over

2017-2023

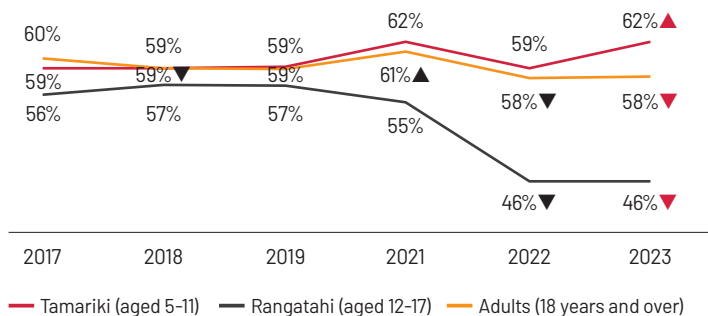


Based on data collected through the Active NZ survey between 5 January 2017 and 4 January 2024¹.

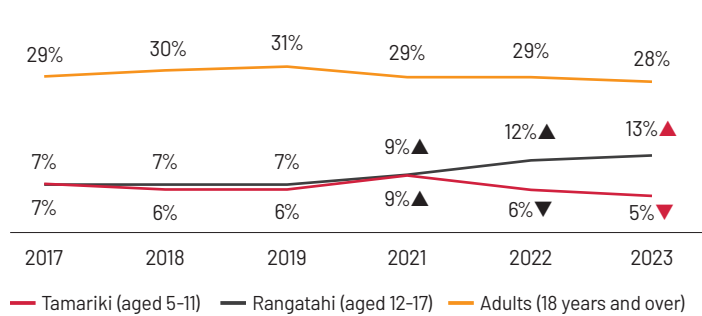
31,127 young people (5-17 years) **128,353** adults (18 years and over)

Main participation trends

Meeting the physical activity guidelines²



Inactive³



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

Meeting the physical activity guidelines is:

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

Being inactive is:

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

Between 2017 and 2023:

Trends in how people are active

Tamariki

- 14%** School club membership trending up - 14 percent higher with total club membership stable
- 27%** Extra exercise trending up - 27 percent higher
- 1 in 2** Event participation trending up - 1 in 2 tamariki

Rangatahi

- 15%** Club membership trending down - 15 percent lower
- 30%** Extra exercise trending down - 30 percent lower
- 20%** Flexibility to be active in a way that fits in with own schedule trending up - 20 percent higher
- 33%** Use of technology (activity trackers, smartphones) trending up - 33 percent higher

Weakening relationship with sport



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



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

Benefits of being active



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

Happiness levels have been trending down for rangatahi but at a steeper rate for those who do not meet the physical activity guidelines compared with those who do

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

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