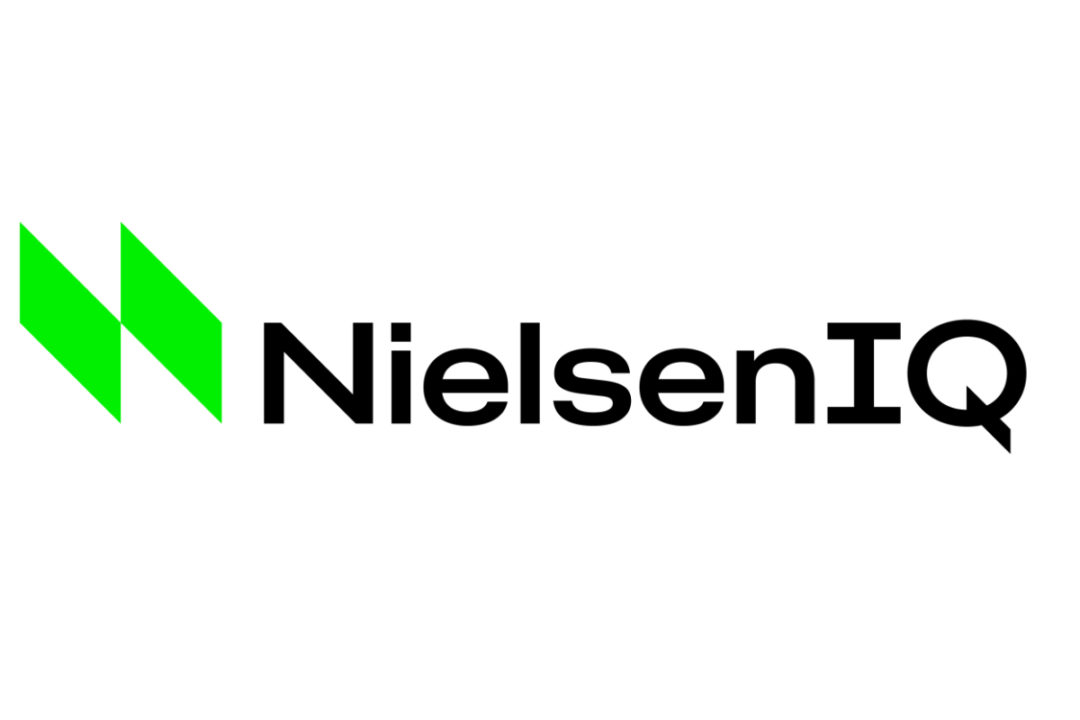
Active NZ and Active NZ Young People

Technical report for data collected in 2021

June 2022



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1. Introduction

This section includes a background to the research project, and the objectives of the research and of this report.

1.1 Background

Sport New Zealand (Sport NZ) is the kaitiaki of the play, active recreation and sport system in Aotearoa New Zealand.

As a crown agency, Sport NZ promotes and supports quality experiences in play, active recreation and sport, to improve levels of physical activity and, through this, ensure the greatest impact on wellbeing for all New Zealanders.

Sport NZ is mandated to monitor New Zealanders’ participation in physical activity. One of Sport NZ’s functions is to “promote and advocate the importance of participation in physical activity by all New Zealanders for their health and wellbeing”.[[1]](#footnote-1) This includes targeting specific population groups such as Pacific peoples, women, older New Zealanders and people with disabilities, as well as ensuring sport, recreation and physical activity are culturally appropriate for Māori.

Sport NZ’s Strategic Direction 2020-2032[[2]](#footnote-2) outlines a new vision and purpose.

Sport NZ’s vision is ‘Every Body Active’. The purpose is to contribute to the wellbeing of everybody in Aotearoa New Zealand by leading an enriching and inspiring Play, Active Recreation and Sport system.

The first four-year Strategic Plan for the period 2020-24 will focus on tamariki (5-11 years) and rangatahi (12-18 years) through play, PE, active recreation and sport. In doing so, Sport NZ aspires to reduce the drop-off in physical activity levels of rangatahi throughout their teenage years.

As part of this focus, you’ll see Sport NZ working in its kaitiaki role to positively influence the system. Sport NZ will also deliver upon the commitments made through the Government’s Women and Girls in Sport and Active Recreation Strategy, along with the Government’s Disability Plan.

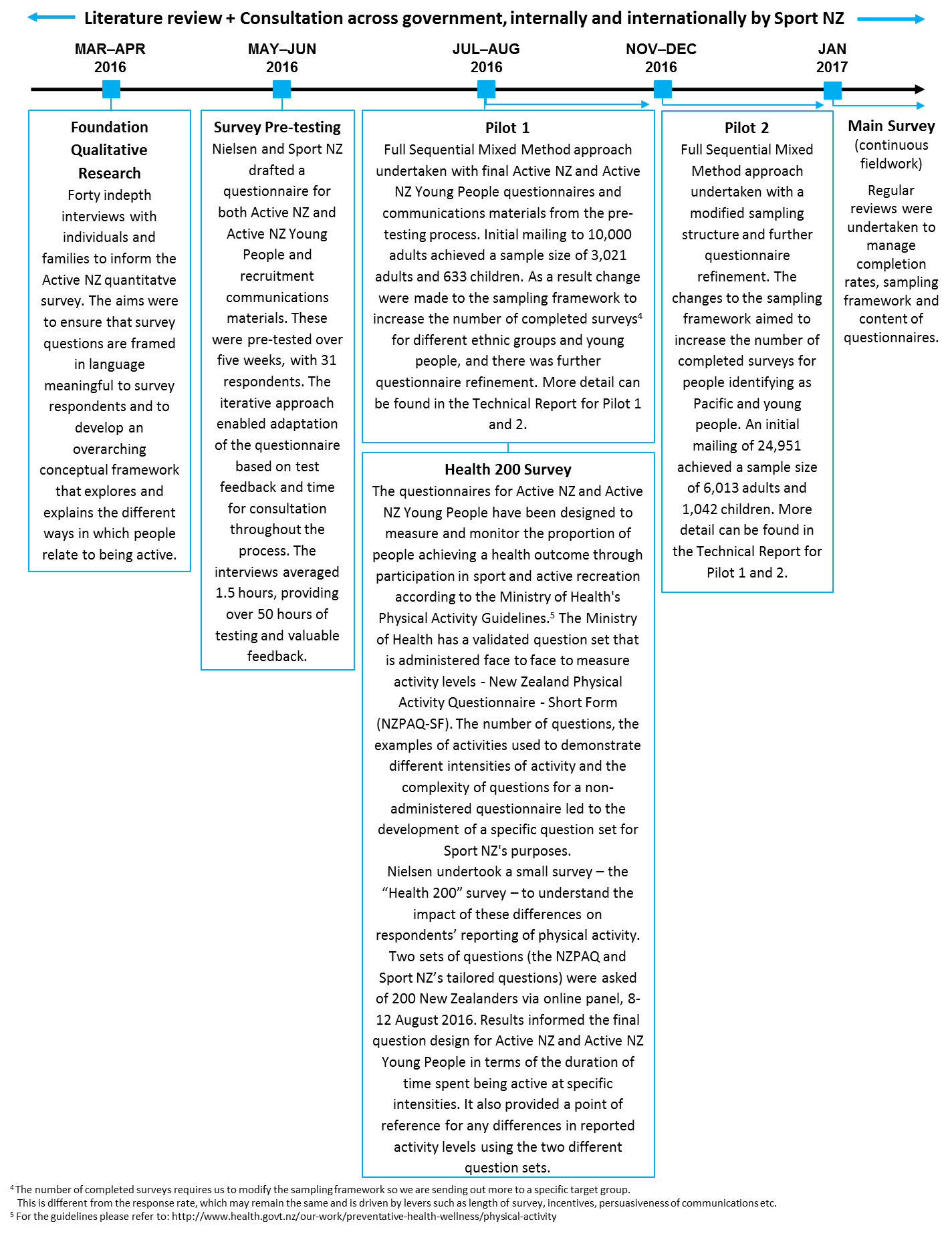
In December 2014, the Sport NZ Board agreed to change the way annual participation in sport and active recreation is measured. Population participation data is now collected through the Active NZ survey on a continuous basis for New Zealanders aged five and upwards. The main survey was launched in January 2017 following one year of development.

Using this new approach, Sport NZ has access to robust and timely data enabling evidence-based and evidence-led decision making. The survey tracks participation trends and informs Sport NZ’s strategic purpose, its investment strategy and the work Sport NZ does to increase participation. It also provides baselines and success indicators for Sport NZ’s reporting requirements.

The following diagram illustrates the five different components that went into the development of Active NZ (each component has a separate report with the findings).

[[3]](#footnote-3)[[4]](#footnote-4)

Figure 1: The development phase for Active NZ and Active NZ Young People



This report provides the technical details of the data collected in 2021 for Active NZ.

1.2 Objectives

Active NZ replaced the previous Active NZ survey series (last conducted 2013/14) and the inaugural Young People survey (2011). **Each year** **20,000 adults (and 5,000 young people)** **are targeted** on a continuous basis. Specific research objectives for Active NZ are to:

* Collect information on the ‘who’, ‘what’, ‘how’ and ‘where’ of people’s participation
* Identify and describe links between participation (and non-participation) and other influential factors: the ‘why’ and ‘why not’ of people’s participation
* Measure the quality of participation and the contribution participation makes to the achievement of other government agencies’ outcomes
* Understand the relationship between participation and high performance sport (HPS) and the contribution to New Zealand’s brand identity.

The purpose of this report is to outline the technical details of the survey, including information about the:

* Sampling method and method for achieving response rates
* Response rates
* Method for, and provision of, weighting structures
* Questionnaires and communications.

2. Research design

This research has two components: Active NZ (adults aged 18+) and Active NZ Young People (young people aged 5 to 17). This is in order to meet the strategic requirements and to measure participation through one research programme among New Zealanders aged 5 and over. This section of the report provides an overview of the methodology for these two components.

2.1 Methodology

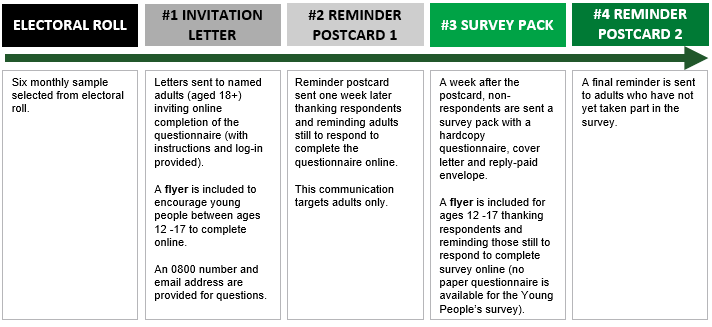
**Active NZ methodology (adults aged 18+)**

A Sequential Mixed Methodology (SMM) of online or paper self-completion was used to contact a random selection of adults aged 18+ from the electoral roll (please refer to additional information in the sampling section, Section 3).

A maximum of four communications were sent to each individual. The first two communications were designed to encourage individuals to complete the survey online. The first two mail outs were letters with information about how to access the survey online and a passcode for accessing the survey. At the third mailing, a paper self-completion questionnaire was sent out to maximise response. A final postcard reminder was sent as the fourth mailing, which included instructions to access the online questionnaire or a reminder to return the paper questionnaire. These mailings and their approximate timings are outlined in Figure 2.

Adults were given the chance to win a $500 Prezzy® card as an incentive to take part.

**Figure 2: Sequential mixed methodology process**



**Active NZ Young People methodology (aged 5-17)**

An online only approach was used for the survey of 5 to 17 year olds.

The questionnaire was tailored based on the relevance of each question for the following age groups: 5 to 7 year olds, 8 to 11 year olds, 12 to 14 year olds and 15 to 17 year olds.

The parent or caregiver was asked to respond on behalf of those aged 5 to 11 (and they were encouraged to check responses with the child). Adults with young people aged 5 to 11 in the household were automatically directed to the Active NZ Young People survey on completion of their own Active NZ adult survey. Adults were incentivised with an entry into a prize draw of a $1,000 Prezzy® card for each child they responded on behalf of.

Adults with those aged 12 to 17 in the household were asked to pass on a flyer provided with both the invitation letter and the survey pack. This gave instructions for up to three people in the household aged 12 to 17 to go online to complete the survey. The young people were given the chance to win one of 10 $50 Prezzy® cards to encourage them to take part.

A copy of all the hard copy material used for both Active NZ and Active NZ Young People is included in Appendix 1.

The questionnaires (for both Adults and Young People) were developed from extensive literature reviews (including previous Active NZ surveys and other research), consultation, the foundational qualitative research and the survey pre-testing. The questionnaires have been evolving to meet Sport NZ stakeholders’ objectives. Major changes occured in the Adults questionnaire in January 2021 removing the Long-IPAQ section (an instrument designed for population surveillence of physical activity among adults). Throughout 2021 high performance questions were added to the survey, moving to online only from Q3 2021 onward. Part of these questions were optional. Young people and adults would be part of an additional prize draw if they accepted to participate in this optional section of high performance questions.

The 2021 questionnaires are attached in Appendices 2 and 3.

2.2 Timing and survey length

In order for the data collection to be continuous throughout the year, the methodology was repeated at the beginning of each month. However, analysis was done quarterly based on when respondents completed the survey (captured automatically online or included as a question on the paper questionnaire).

Data collected from 5 January 2021 to 4 January 2022 was included in 2021. This cut off ensured that responses most accurately captured weekly participation that was most likely to have occurred in 2021.

The median online length for adults was 27.56 minutes and for young people, it was 18.54 minutes.

3. Sample design and process

This section of the report outlines details of the sample design, including: the sample frame, the target population, the process taken to draw the sample and the sample sizes which were targeted.

3.1 Target population

The target population for this research was New Zealanders aged five years and over, located across Sport NZ’s 14 Regional Sports Trusts (RSTs, see Table 1 for complete list). The population data was based on Statistics New Zealand’s (Stats NZ) 2018 Census.

3.2 Sample frame

The sampling frame for Active NZ and Active NZ Young People was the New Zealand electoral roll.

The electoral roll records the addresses of the majority of New Zealanders aged 18 and over. The Roll is representative of the adult New Zealand population and currently includes approximately 93% of the eligible population over the age of 18.

The electoral roll is a database of individuals that includes each individual’s residential and mailing addresses. For this survey it was necessary to sample households so as to ensure that the young people (aged under 18 years) in the household were not represented more than once. Stats NZ defines households as:

*A household is either one person who usually resides alone, or two or more people who usually reside together and share facilities (such as for eating, cooking, or a living area; and bathroom and toilet) in a private dwelling.*

The sampling frame database was converted to a collection of households rather than individuals. Two ways of doing this were investigated during the development phase. One was based on mailing address, the other on residential address. It became clear that ‘households’ defined as a collection of individuals with the same mailing address would include some ‘households’ who were very unlikely to be included in the Stats NZ definition quoted above. Therefore, the second way of grouping those individuals who had a common residential address into households was preferred. However, it is impossible to guarantee that every ‘household’ as defined would qualify as meeting the Stats NZ definition.

From the database of households, a single individual was randomly selected to act as the representative for that household. This individual’s demographic characteristics were used for stratification by age and Māori descent.[[5]](#footnote-5) Individuals with an overseas mailing address were excluded from households. Households whose sole member was living overseas were also excluded.

Individual data on the electoral roll used in the sampling process included year of birth (within a five-year range), area (based on residential address) and Māori descent. To add to our ability to target households likely to have young people (see 3.3 sampling process), we imputed a gender value for each individual. The source of the imputation process was the title field. Only clear gender indicators were used (e.g. for males – ‘Mr’, ‘Master’, ‘Sir’ and for females – ‘Mrs’, ‘Ms’ and ‘Dame’). Blank title fields and those with non-specific titles, such as ‘Doctor’ and ‘Professor’, were given an unknown gender value ‘X’.

A further categorisation of households was made. This was to flag those residing in a meshblock which had more than 50% of the individuals (of any age) living in the meshblock who identified with Pacific ethnicity.

An updated extract of the electoral roll was received twice (March and September). In the September extract, the final sample frame comprised 1,545,462 ‘households’.

3.3 Sampling process

Multi-stage probability sampling was used with 144 strata equal to 18 regions, four age groupings and a Māori descent indicator.

Sport NZ provided a list of meshblocks which defined the boundaries of the 18 RSTs included in the stratification (Sport Canterbury was split into two sub-regions: Westland District and rest of Canterbury; Auckland combined (before called Aktive) was stratified as follows: Harbour Sport, Sport Auckland, Counties Manukau Sport and Sport Waitakere). These 18 RSTs provided the geographical frame for all sampling, weighting and reporting. Each household represented on the electoral roll whose residential address meshblock matched one of the defined RST meshblocks was eligible for selection; the rest were excluded.[[6]](#footnote-6)

In order to increase the likelihood of a successful response from a young person aged 5 to 17, some analysis was done on the pilot data to profile the households most likely to have a child aged 5 to 17. This analysis led to households with at least two adults of different genders aged 30 to 55 being oversampled. ‘Different’ gender was defined as at least two people having separate values from the set of ‘males’, ‘females’ and ‘X’.

Those groups with known lower response rates (males, those aged 18 to 24, living in a high probability Pacific ethnicity meshblock – see above) were oversampled. Response rates from the pilots were used to refine the sampling process.

3.4 Sample targets

The sample targets were largely based on population proportions. However, five smaller RSTs are boosted slightly to target a minimum of 200 young people per year in order to report results for these regions individually. The regions that required boosting were Sport Gisborne, Sport Taranaki, Sport Whanganui, Sport Tasman and Sport Southland.[[7]](#footnote-7) Table 1 shows the sample targets by RST.

In addition, Sport Waikato opted to boost their sample size to allow for comparisons across their 10 districts. These targets are shown in Table 2.

**Table 1: Sample targets 2021**

|  |  |  |
| --- | --- | --- |
| RST | Original Active NZ (adults 18+) | Original Active NZ Young People (aged 5-17) |
| Sport Northland | 714 | 207 |
| Auckland combined (Aktive)   * *Harbour Sport* * *Sport Auckland* * *Counties Manukau Sport* * *Sport Waitakere* | 5,297  *1,218*  *1,642*  *1,695*  *742* | 1,499  *345*  *465*  *480*  *210* |
| Sport Waikato | 1,819  + booster of 3,181  Total: 5,000 | 530  + booster of 920  Total: 1,450 |
| Sport Bay of Plenty | 1,287 | 375 |
| Sport Gisborne | 608 | 200 |
| Sport Taranaki | 724 | 200 |
| Sport Whanganui | 703 | 200 |
| Sport Hawke’s Bay | 709 | 206 |
| Sport Manawatu | 756 | 211 |
| Sport Wellington | 2,183 | 586 |
| Sport Tasman | 779 | 200 |
| Sport Canterbury incl. Westland RST | 2,699 | 698 |
| Sport Otago | 988 | 254 |
| Sport Southland | 735 | 200 |
| **Total excluding Waikato booster** | **20,000** | **5,566** |
| **Total including Waikato booster** | **23,182** | **6,486** |

*Note: Totals may not appear to sum due to rounding.*

**Table 2: Waikato District targets 2021**

|  |  |  |
| --- | --- | --- |
| Waikato District | Original Active NZ (adults 18+) | Original Active NZ Young People (aged 5-17) |
| Thames-Coromandel District | 500 | 145 |
| Hauraki District | 500 | 145 |
| Waikato District | 500 | 145 |
| Matamata-Piako District | 500 | 145 |
| Hamilton City | 500 | 145 |
| Waipa District | 500 | 145 |
| Otorohanga District | 500 | 145 |
| South Waikato District | 500 | 145 |
| Waitomo District | 500 | 145 |
| Taupo District | 500 | 145 |
| **Total** | **5,000** | **1,450** |

4. Data collection, response rates and sample weighting

This section of the report includes details of the data collection, response rates and the approach taken to weight the adult and young people samples to be nationally representative of the population.

4.1 Data collection

The online surveys were programmed in Decipher (NielsenIQ’s online survey software) and were device agnostic, so respondents saw the best layout for their computer/tablet/phone regardless of their device brand.

As completed paper questionnaires were returned to NielsenIQ’s Auckland office, the data was entered manually. The data entry team had different access to the survey tool from a survey respondent. In this set up, the data entry team had the ability to select ‘No response’ for any question where a paper respondent had not selected a response.

Data entry protocols were set up to ensure consistency between team members and will be used for consistency between measures. As part of NielsenIQ’s quality control processes, 10% of data-entered surveys were verified.

Great care was taken to assure consistency between the online survey and the paper questionnaire wherever possible. The main difference in the two was the randomisation of attitude statements and error messages appearing for invalid responses for those completing the survey online.

4.2 Response rates

**Adult response rate**

To calculate the response rates, every individual adult sent an invitation to complete the survey was tracked and the outcome of the invitation recorded.

A call-log tracked which of the letters, postcards or questionnaire packs were returned as ‘Gone no address’, as well as any telephone notification of refusal to participate. This log also recorded notifications from third parties that the nominated respondent was not available or capable of completing the survey due to age, language issues, health reasons, death or other disabilities. Every effort was made to remove any ineligible respondent from subsequent samples.

Table 3 shows the outcome codes.

**Table 3: Outcome codes**

|  |  |
| --- | --- |
| **‘Ineligible’ outcome codes** | |
| Deceased | A third party advised that the named respondent was deceased. |
| Overseas | A third party advised that the named respondent was living overseas. |
| Gone no address | A third party advised that the named respondent was no longer living at the address, or alternatively the mail was returned to NielsenIQ by NZ Post. |
| Language | A third party or the named individual advised that the named respondent was unable to take part due to language difficulties. |
| Unavailable/Other | A third party or the named individual advised that the named respondent was unable to take part as they were on holiday or unavailable for another reason. |
| Health/Age | A third party or the named individual advised that the named respondent was unable to take part due to health or age reasons. |
| **Other outcome codes** | |
| Refused | Individual was not willing to take part in the survey. |
| Late | Individual returned a completed survey after the close date. |
| Incomplete | Individual did not complete the full survey, though they did make a start. |

If a respondent was having difficulty completing the survey, they were able to call or email NielsenIQ and ask for assistance.

The **return rate** was calculated as follows:

*Completed surveys / (total number of invitations mailed out – ‘ineligibles’[[8]](#footnote-8)) x 100*

The **response rate** was also calculated. In calculating the response rate it is assumed that from the unknown outcomes (those not given an outcome code from Table 2) the same proportion of ineligibles applies. The response rate was calculated as follows:

M = number of ineligibles

N = number of known outcomes

E = the ratio of excluded to known outcomes (M/N)

B = the number of unknown outcomes who would be excluded if E applies to them (B = E\*(number of unknown))

*Completed surveys / (total number of invitations mailed out – ‘ineligibles’ – B) x 100*

The final response rate for 2021 was 19.1% (the 2020, 2019, 2018 and 2017 response rates were 22.0%, 29.2%, 31.7% and 32.4% respectively). As can be seen, there is an overall declining trend in response rates between 2017 and 2021, which is also observed across a number of other surveys. A sharper decline between 2019 and 2021 (and lower than expected response rate in 2020 and 2021) was likely contributed to by the COVID-19 pandemic disruption. Table 4 shows the 2021 response rate for each of the areas surveyed.

**Table 4: 2021 Adult response rates per region**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Total** | Sport Northland | Harbour Sport | Sport Auckland | Counties Manukau Sport | Sport Waitakere | Sport Waikato | Sport Waikato BOOSTER | Sport Bay of Plenty | Sport Gisborne | Sport Taranaki | Sport Whanganui | Sport Hawke's Bay | Sport Manawatu | Sport Wellington | Sport Tasman | Sport Canterbury | Sport Otago | Sport Southland |
| Deceased | 71 | 1 | 2 | 3 | 6 | 2 | 4 | 17 | 4 | 2 | 3 | 4 | 4 | 3 | 7 | 2 | 4 | 1 | 2 |
| Gone no address | 182 | 8 | 10 | 17 | 15 | 4 | 16 | 17 | 7 | 4 | 6 | 10 | 6 | 7 | 14 | 13 | 17 | 6 | 5 |
| Language | 5 | 1 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| Unavailable | 6 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 |
| Health/Age | 582 | 23 | 33 | 33 | 46 | 24 | 46 | 67 | 43 | 21 | 19 | 21 | 26 | 13 | 59 | 14 | 67 | 12 | 15 |
| **Total ineligibles** | 846 | 34 | 45 | 53 | 69 | 31 | 67 |  | 54 | 27 | 28 | 35 | 36 | 24 | 80 | 29 | 89 | 21 | 22 |
| Refused | 432 | 16 | 20 | 20 | 22 | 9 | 36 | 47 | 22 | 9 | 18 | 25 | 25 | 25 | 34 | 10 | 53 | 19 | 22 |
| Late | 115 | 2 | 4 | 7 | 9 | 6 | 11 | 10 | 8 | 5 | 2 | 4 | 12 | 1 | 6 | 1 | 17 | 5 | 5 |
| Incomplete | 2,266 | 106 | 138 | 163 | 237 | 94 | 155 | 293 | 150 | 63 | 61 | 58 | 63 | 53 | 199 | 68 | 203 | 85 | 77 |
| Unknown – Mailed out, no info | 120,941 | 4,350 | 6,100 | 8,280 | 11,695 | 4,490 | 9,888 | 18,548 | 6,392 | 3,912 | 3,628 | 3,856 | 3,445 | 3,730 | 9,445 | 3,528 | 11,228 | 4,377 | 4,049 |
| **Completes** | 22,926 | 768 | 1,276 | 1,684 | 1,542 | 780 | 1,921 | 2,531 | 1,274 | 553 | 733 | 692 | 733 | 822 | 2,162 | 896 | 2,751 | 1,068 | 740 |
| Completes from SPSS WOW | **23,239** | **778** | **1,292** | **1,730** | **1,577** | **790** | **1,953** | **2,531** | **1,287** | **561** | **747** | **711** | **742** | **832** | **2,192** | **905** | **2,787** | **1,078** | **746** |
| Mail outs | 124,600 | 4,508 | 6,307 | 8,523 | 12,032 | 4,630 | 10,157 | 19,000 | 6,626 | 4,016 | 3,737 | 3,978 | 3,581 | 3,833 | 9,764 | 3,636 | 11,590 | 4507 | 4,175 |
| **Return rate (%)** | 18.4% | 17.0% | 20.2% | 19.8% | 12.8% | 16.8% | 18.9% | 13.3% | 19.2% | 13.8% | 19.6% | 17.4% | 20.5% | 21.4% | 22.1% | 24.6% | 23.7% | 23.7% | 17.7% |
| **Response rate (%)** | 19.1% | 17.8% | 21.0% | 20.4% | 13.4% | 17.5% | 19.6% | 13.3% | 20.1% | 14.4% | 20.4% | 18.3% | 21.5% | 22.1% | 23.1% | 25.6% | 24.6% | 24.2% | 18.3% |

*Note: The response rate is calculated as at 31 January 2021. The number of completed responses used to calculate the response rate (n=22,926) does not match the final number reported on (n=23,239) because responses are based on sample sent in 2021. Some completes in the Q1 2021 data are from sample sent in 2020. This is because the date of completion is an important factor for understanding the seasonality of participation.*

*The region used for the response rate is the region the respondent was assigned to based on their residential address. Some respondents move regions due to their responses given in the questionnaire; therefore, the number of completes per region also differs from the final ones that are reported on for 2021.*

**Active NZ Young People response rates**

Response rates for the Active NZ Young People’s component were calculated by matching the young person’s data to the adult surveys in order to determine how many young people in the age groups were living in the household and were therefore eligible to take part. Young people who had no corresponding response from an adult were excluded from the response rate calculation.

The **response rate** was calculated as follows:

Y = number of completed surveys that could be matched to an adult

A = number of young people in the age group when looking at all the adults who responded to the survey

*(Y / A) x 100*

The final response rate was 26.8% (the 2017, 2018, 2019 and 2020 response rates were 32.0%, 32.7%, 30.7% and 30.7% respectively).

**Table 5: Active NZ Young People response rate by age**

|  |  |  |  |
| --- | --- | --- | --- |
|  | 5-11 | 12-17 | Total |
| Number of completed surveys that could be matched to an adult | 2,656 | 1,162 | 3,818 |
| Number of young people in the age group when looking at all the adults who responded to the survey | 7,558 | 6,705 | 14,263 |
| **Response rate** | **35.1%** | **17.3%** | **26.8%** |

**Table 6: Active NZ Young People response rate by region**

|  |  |  |  |
| --- | --- | --- | --- |
| Region | Number of completed surveys that could be matched to an adult | Number of young people in the region when looking at all the adults who responded to the survey | Response rate |
| Sport Northland | 133 | 553 | 24.1% |
| Harbour Sport | 245 | 872 | 28.1% |
| Sport Auckland | 280 | 995 | 28.1% |
| Counties Manukau Sport | 287 | 1,094 | 26.2% |
| Sport Waitakere | 151 | 498 | 30.3% |
| Sport Waikato | 330 | 1,285 | 25.7% |
| Sport Waikato Booster | 389 | 1,512 | 25.7% |
| Sport Bay of Plenty | 203 | 813 | 25.0% |
| Sport Gisborne | 67 | 276 | 24.3% |
| Sport Taranaki | 113 | 455 | 24.8% |
| Sport Whanganui | 119 | 395 | 30.1% |
| Sport Hawke’s Bay | 138 | 451 | 30.6% |
| Sport Manawatu | 145 | 500 | 29.0% |
| Sport Wellington | 323 | 1,265 | 25.5% |
| Sport Tasman | 162 | 581 | 27.9% |
| Sport Canterbury | 428 | 1,684 | 25.4% |
| Sport Otago | 184 | 565 | 32.6% |
| Sport Southland | 121 | 469 | 25.8% |
| Sport Westland RST | 133 | 553 | 24.1% |
| **Total** | **4,795** | **14,263** | **33.6%** |

4.3 Mode of response

For all completed Active NZ surveys, the method of completion (whether online or paper) was captured in the survey tool. This allows for the proportion of completed online and paper questionnaires to be calculated.

On average, 81% of respondents chose to complete the survey online, with the remaining 19% returning paper questionnaires (75% / 25% split in 2019 and 80% / 20% in 2020).

The proportion of online and paper completes was calculated as follows:

*Online proportion = number of online completes (n=18,768) / completed surveys (n=23,239) = 81%*

*Paper proportion = number of paper completes (n=4471) / completed surveys (n=23,239) = 19%*

As previously stated, the Active NZ Young People survey was only conducted online.

4.4 Sample achieved

The table below outlines the sample achieved and the corresponding margin of error based on a 95% confidence interval. This level is the probability that a margin of error around the reported sample percentage would include the true percentage for the population being measured.

**Table 7: Adult margins of error**

|  |  |  |  |
| --- | --- | --- | --- |
| RST | Target | Sample achieved | Margin of error |
| Sport Northland | 714 | 778 | ±3.5% |
| Aktive   * *Harbour Sport* * *Sport Auckland* * *Counties Manukau Sport* * *Sport Waitakere* | 5,297  *1,218*  *1,642*  *1,695*  *742* | *5,389*  *1,292*  *1,730*  *1,577*  *790* | ±1.3%  *±2.7%*  *±2.4%*  *±2.5%*  *±3.5%* |
| Sport Waikato | 1,819 | *1,953* | *±*2.2% |
| Sport Waikato Booster | 3,181 | *2,531* | *±*1.9% |
| Sport Bay of Plenty | 1,287 | *1,287* | ±2.7% |
| Sport Gisborne | 608 | *561* | ±4.2% |
| Sport Taranaki | 724 | *747* | ±3.6% |
| Sport Whanganui | 703 | *711* | ±3.7% |
| Sport Hawke’s Bay | 709 | *742* | ±3.6% |
| Sport Manawatu | 756 | *832* | ±3.4% |
| Sport Wellington | 2,183 | *2,192* | ±2.1% |
| Sport Tasman | 779 | *905* | ±3.3% |
| Sport Canterbury incl. Westland RST | 2,699 | *2,787* | ±1.9% |
| Sport Otago | 988 | *1,078* | ±3.0% |
| Sport Southland | 735 | *746* | ±3.6% |
| **Total (including the Waikato booster)** | **23,182** | **23,239** | **±0.6%** |

**Table 8: Adult margins of error for the Waikato booster**

|  |  |  |  |
| --- | --- | --- | --- |
| WAIKATO DISTRICT | Target | Sample achieved | Margin of error |
| Thames-Coromandel District | 500 | 445 | ±4.7% |
| Hauraki District | 500 | *321* | ±5.5% |
| Waikato District | 500 | *639* | ±3.9% |
| Matamata-Piako District | 500 | *421* | ±4.8% |
| Hamilton City | 500 | *752* | ±3.6% |
| Waipa District | 500 | *631* | ±3.9% |
| Otorohanga District | 500 | *266* | ±6.0% |
| South Waikato District | 500 | *307* | ±5.6% |
| Waitomo District | 500 | *248* | ±6.3% |
| Taupo District | 500 | *454* | ±4.6% |
| **Total** | **5,000** | **4484** | **±1.5%** |

**Table 9: Active NZ Young People margins of error**

|  |  |  |  |
| --- | --- | --- | --- |
| RST | Active NZ Young People target | Sample achieved | Margin of error |
| Sport Northland | 207 | 166 | ±7.7% |
| Aktive   * *Harbour Sport* * *Sport Auckland* * *Counties Manukau Sport* * *Sport Waitakere* | 1,499  *345*  *465*  *480*  *210* | *1261*  *318*  *354*  *391*  *198* | ±2.8%  *±5.5%*  *±5.2%*  *±5.0%*  *±7.0%* |
| Sport Waikato | 530 | 407 | ±4.9% |
| Sport Waikato Booster | 920 | 515 | ±4.3% |
| Sport Bay of Plenty | 375 | 242 | ±6.3% |
| Sport Gisborne | 200 | 90 | ±10.5% |
| Sport Taranaki | 200 | 146 | ±8.2% |
| Sport Whanganui | 200 | 147 | ±8.2% |
| Sport Hawke’s Bay | 206 | 165 | ±7.7% |
| Sport Manawatu | 211 | 172 | ±7.5% |
| Sport Wellington | 586 | 414 | ±4.8% |
| Sport Tasman | 200 | 194 | ±7.1% |
| Sport Canterbury incl. Westland RST | 698 | 543 | ±4.2% |
| Sport Otago | 254 | 212 | ±6.8% |
| Sport Southland | 200 | 150 | ±8.1% |
| **Total** | **6,486** | **4,824** | **±1.4%** |

**Table 10: Active NZ Young People margins of error for the Waikato booster**

|  |  |  |  |
| --- | --- | --- | --- |
| WAIKATO DISTRICT | Target | Sample achieved | Margin of error |
| Thames-Coromandel District | 145 | 57 | ±13.4% |
| Hauraki District | 145 | *60* | ±13.0% |
| Waikato District | 145 | *155* | ±8.0% |
| Matamata-Piako District | 145 | *93* | ±10.4% |
| Hamilton City | 145 | *147* | ±8.2% |
| Waipa District | 145 | *147* | ±8.2% |
| Otorohanga District | 145 | *64* | ±12.6% |
| South Waikato District | 145 | *70* | ±12.0% |
| Waitomo District | 145 | *48* | ±14.7% |
| Taupo District | 145 | *81* | ±11.1% |
| **Total** | **1,450** | **922** | **±3.2%** |

4.5 Sample weighting

To account for biases in the sample design (such as RSTs being targeted disproportionately to their population proportion, one adult per household being eligible to respond, and households likely to have young people in them being disproportionately sampled) and non-response bias, the data was weighted before reporting. The purpose of weighting was to adjust the sample to represent the overall New Zealand population living across each RST area.

Weighting was based on the proportions in the population using the Stats NZ 2018 Census results.

The sample was adjusted to represent the survey population, using standard weighting techniques. These included cell-based weighting for some of the dimensions and, where these were not appropriate, Iterative Proportional Fitting (IPF/Rim).

The weighting process for adults was carried out as follows.

1. Sample distributions for each of the weighting variables were calculated:

1. Household size was defined by one person in the household, two people in the household, three or more people in the household.
2. In Quarters 1 and 2 2017, ethnicities were defined by Māori versus non-Māori, Pacific vs. non-Pacific, Asian vs. non-Asian and Other ethnicity vs. non-Other ethnicity. From Quarter 3 2017 onwards (including all three quarters in 2020), ethnicities were prioritised to level one in the following order: Māori, Pacific peoples, Asian, Other, European and Not elsewhere included. For example, if a person is both Pacific peoples and Asian, then they were counted in the Pacific peoples category.[[9]](#footnote-9)
3. Household income was categorised into $40,000 or less, $40,001 to $100,000, $100,001 or more, Not stated/Prefer not to say.
4. RST areas by age and by gender were as follows:
   1. RST areas were Auckland, Bay of Plenty, Canterbury, Counties, Gisborne, Hawke’s Bay, Manawatu, North Harbour, Northland, Otago, Southland, Taranaki, Tasman, Waikato, Waitakere, Whanganui, Wellington and Westland.
   2. Age groupings were 18 to 24, 25 to 34, 35 to 49, 50 to 64, 65+.
   3. Gender was defined by male and female (with ‘gender diverse’ grouped with female for weighting, as it is the more common gender).

2. For each of the weighting dimensions defined above, IPF/Rim weighting was used to adjust the sample proportions to the population proportions.

Weighting for the Active NZ Young People sample was carried out as follows.

1. The sample distributions for each of the weighting variables were calculated:

1. Ethnicities were defined by Māori versus non-Māori, Pacific vs. non-Pacific, Asian vs. non-Asian and Other ethnicity vs. non-Other ethnicity.
2. RST areas by age and by gender were as follows:
   1. RST areas were Auckland, Bay of Plenty, Canterbury, Counties, Gisborne, Hawke’s Bay, Manawatu, North Harbour, Northland, Otago, Southland, Taranaki, Tasman, Waikato, Waitakere, Whanganui, Wellington and Westland.
   2. Age groupings were 5 to 11, 12 to 17.
   3. Gender was defined by male and female (with ‘gender diverse’ grouped with female for weighting, as it is the more common gender).

2. For each of the weighting dimensions defined above, IPF/Rim weighting was used to adjust the sample proportions to the population proportions.

The data was weighted each quarter for both the Active NZ and Active NZ Young People surveys.

Some data cleaning was required for these weighting variables. Table 11 outlines this cleaning.

**Table 11: Data cleaning required for weighting variables**

|  |  |
| --- | --- |
| **Variable** | **Data cleaning** |
| Age | Adults who skipped the age question on the paper questionnaire had their age band imputed from the electoral roll using the age data. |
| Gender | Where possible, adults who skipped the gender question on the paper questionnaire had their likely gender imputed from the electoral roll using their title or name. |
| Ethnicity | Adults who skipped the ethnicity question on the paper questionnaire were grouped with the most common group (for weighting only). |
| Household size | Adults who skipped the household size question on the paper questionnaire were grouped with the most common group (for weighting only). |
| Household income | Adults who skipped the household income question on the paper questionnaire were grouped with the category ‘not stated’ (for weighting only). |
| RST | The RST that had been assigned to each respondent during sampling (using their meshblock data) was compared with the Stats NZ region that the respondent stated they lived in. Starting from quarter 3 2019, we no longer asked in the survey about which region respondents lived in, thus information regarding Region was derived from RST in the sampling frame. Young people who could be linked to an adult respondent were given the same region as the adult or else their RST from the electoral roll was used. |

*Note: Weighting matrices are included in Appendix 4.*

5. Data analysis

This section of the report includes details relevant to the analysis of the data.

5.1 Coding open ended answers

The verbatim answers given to open ended questions were analysed, with recurring themes forming the codeframes. Each verbatim comment was then coded into the applicable theme.

A number of questions with an existing codeframe for respondents had an ‘other specify’ response for any missing categories. These comments were either coded back into an existing code (if appropriate) or a new code was created. These new codes are analysed ahead of the next round of questionnaire changes and added if necessary.

5.2 Data cleaning

Some data cleaning and back coding was required for accurate and consistent results. This was required for both Active NZ and Active NZ Young People.

Back coding was required for the activities participated in during the seven days prior.

* After selecting the activities participated in during the seven days prior, respondents were asked more detailed questions about their participation in those activities (e.g. their reason for doing it, the number of times they did it and whether it was done as a sport or recreational activity).
* Some respondents noted at this question that they had in fact not done the activity in the seven days prior. They were not asked any of the follow-up questions and responses were back coded to remove their participation in the activity in the seven days prior.
* In other instances, respondents noted on the paper questionnaire additional activities not selected previously as having been done in the seven days prior. These respondents are back coded as having taken part in the activity. To improve the consistency between online and the paper questionnaire, an additional question is included online to check whether the respondent had done any activities in the seven days prior other than those they had selected.

Data cleaning was necessary for some of the questions that required a numeric response. As is typical with surveys, some respondents entered invalid or unlikely responses to these questions. Online, a prompt was included for the respondent to check their answer. For the paper questionnaire there was no such prompt. During analysis, outliers and invalid responses from respondents were removed. Only extreme outliers were removed. These were determined based on conservative rules set by the research team. For example, a maximum height of 251cm was set based on the measurements of the tallest person.

Standard exclusions have been set to ensure comparability over time. These are shown in Table 12.

**Table 12: Survey outliers**

|  |  |
| --- | --- |
| **Active NZ question** | **Outliers set as** |
| Number of adults in the household | 21 or more |
| Number of children/young people in the household | 21 or more |
| Frequency of activities in the 7 days prior | 22 times or more |
| Number of time active for transport | 22 times or more |
| Number of hours spent being active (total, light, moderate and vigorous intensity) | 51 hours or more |
| Duration of walking in last 7 days | 51 hours or more |
| Duration of gardening in last 7 days | 51 hours or more |
| Number of visits to the gym in the 7 days prior | 36 or more |
| Number of hours spent volunteering | 101 or more |
| Number of hours active while volunteering | 101 or more |
| Screen time at work or school | 151 hours or more |
| Screen time outside of work or school | 151 hours or more |
| Screen time for gaming | 151 hours or more |
| Hours of sleep per night | 24 hours or more |
| Height | 64cm or under, or 251cm or over |
| Weight | 30kg or under, or 251kg or over |
| **Active NZ Young People question** | **Outliers set as** |
| Number of hours spent being active | 76 hours or more |
| Number of active hours in last 7 days (questions asked only of 15-17 year olds; total, light, moderate and vigorous intensity) | 51 hours or more |
| Number of visits to the gym in the 7 days prior | 36 or more |
| Hours of sleep per night | 24 hours or more |

A small number of respondents completed both an online and a paper questionnaire for the survey. Only their online response was used.

A small number of respondents completing the paper questionnaire skipped questions that were set as compulsory online. These responses were excluded from that question alone, so results represent those who provided an answer. The same approach was taken for some of the questions which were more sensitive and set as non-compulsory (such as quality of life, height and weight).

Additional cleaning required is outlined in Section 4.5 (for the variables required for weighting). Of particular importance is how respondents were assigned to a final RST.

5.3 Reporting

The following are notes on the analysis used in any reports using the data.

**Significant differences**

When groups being compared are independent from each other or overlap one another, an overlapping approach can be applied. The paragraphs below outline the theoretical approach and how total versus sub-group comparisons are made.

Reported differences between the total result and various sub-groups (or two sub-groups) are statistically significant at the 95% confidence level. Significance testing means we can be sure that the differences reported are not due to sample error i.e. because we are using a particular sample and not the entire population.

Every sample selected from a population of interest has sampling error. Sample error is a measure of the uncertainty arising in survey results because we are only using a sample. It is measured by calculating the standard error i.e. a measure of the variability of the actual survey estimate.

When testing two results to see if they are statistically significantly different, we take into account that both results will have a standard error. Suppose that a survey estimate of 70% was calculated from a survey and that the standard error of this estimate was 2%. Statistical theory says that 95 times out of 100 a randomly drawn sample will have a mean value within 2 standard errors of the actual population value i.e. the population mean value is in the range 70%+/- 4% (66%-74%).

Knowing a difference is statistically significant does not mean the difference is important, and the absolute value of the percentage point difference needs to be taken into consideration. As the sample size increases more results are likely to be statistically significant. An extreme example is a Census where every difference is statistically significant, but many are not important e.g. 78% of males do X whereas 'only' 77% of females do X.

In the overlapping approach, where the total is compared against a sub-group, the overlap is the sub-group and this overlap is accounted for in the overlapping significance test formula. Differences reported between total and sub-groups are significant at the 95% confidence level using each group’s effective base size as well as the effective base size of the overlap and the correlations between the two groups being compared. The effective base sizes are used to account for weighting when the significance test is run. The effective base sizes = (sum of weight factors)² / sum of squared weight factors for each group.

For example, when a significance test is run comparing those aged 18-24 against the total using the overlapping approach, those aged 18-24 are compared with everyone in the sample across all age groups, with the overlap being 18-24 year olds.

**Base sizes**

All base sizes shown on charts and on tables (n=) are unweighted base sizes. Please note that any base size under n=100 is considered small and under n=30 is considered very small and therefore results should be viewed as indicative only.

**Reporting ethnicity**

In all reports, total ethnicity is reported. This means a person with multiple ethnicities may be counted in more than one ethnic group and summed ethnicity percentages equal to over 100 percent.

**Defining sport and recreation**

In the reports, the term ‘sport and active recreation’ is used. In this context, activities considered to be sport can be undertaken in a competition or tournament or informally, and individuals differ in their degree of competitiveness irrespective of how they participate. ‘Active recreation’ is a term used by Sport NZ to capture all activities not considered to be sport. During development these terms needed to be rephrased for adults as physical activity done specifically for the purpose of sport, exercise or recreation. For young people the word ‘recreation’ was changed to ‘fun’ and PE was also included. Respondents were asked to exclude time spent being active for other reasons such as work, chores or volunteering. Physical activity while volunteering in sport and active recreation is captured separately, as is physical activity done for work by people in the sport and recreation sector (e.g. personal trainers).

**Deprivation**

In the reports we have analysed results by deprivation, based on the NZDep2018 index of socioeconomic deprivation. NZDep2018 census data relates to income, home ownership, employment, qualifications, family structure, housing, and access to transport and communications. They provide a deprivation score for each meshblock[[10]](#footnote-10), NZDep2018 groups deprivation scores into deciles, where 1 represents the areas with the least deprived scores and 10 the areas with the most deprived scores. A value of 10 therefore indicates that a meshblock is in the most deprived 10% of areas in New Zealand. It is important to note that NZDep2018 estimates the relative socioeconomic deprivation of an area, and do not directly relate to individuals. NZDep2018 cannot be used to look at changes in absolute deprivation over time as 10% of areas will always be the most deprived, relative to other areas in New Zealand. The NZDep2018 Index of Deprivation is available on the [Otago University website](http://www.otago.ac.nz/wellington/departments/publichealth/research/hirp/otago020194.html).

Note that NZDep2013 data has been used before NZDep2018 data became available. NZDep2018 data has been used from Q3 2020 onward. Imputing deprivation index data retrospectively would be problematic when data is imputed for previous years. For example, data for 2017 was reported in 2018 before NZDep2018 index became available and therefore there would be inconsistency in the data for 2017 reported and in the later reports that also show data for 2017.

**7 day versus 12 month participation**

For adults, participation in the various sports and activities is captured based on what respondents have done in the last 7 days and 12 months. The 12 month timeframe is included to provide a more robust profile of who has participated and how they have done so. The 7 day timeframe is included as this is the most accurate recall of activities done, particularly in terms of number of times it has been done and their motivations why.

**Comparisons to previous surveys**

Findings cannot be compared directly with previous Active NZ and participation trends reports (before the sequential mixed method was introduced) because of factors such as:

* Methodological differences in the way the survey questions were asked and the method in which the data was collected
* Differences in the duration of data collection for the different surveys.

APPENDICES

* 1. Survey communications
* 2. Active NZ 2021 questionnaire
* 3. Active NZ Young People 2021 questionnaire
* 4. Weighting matrices

Appendix 1: Survey communications

**1.1. Mail out 1 – initial letter**

**Envelope:**



|  |  |
| --- | --- |
| **Adult invitation letter (front)** | **Frequently asked questions (back of letter)** |

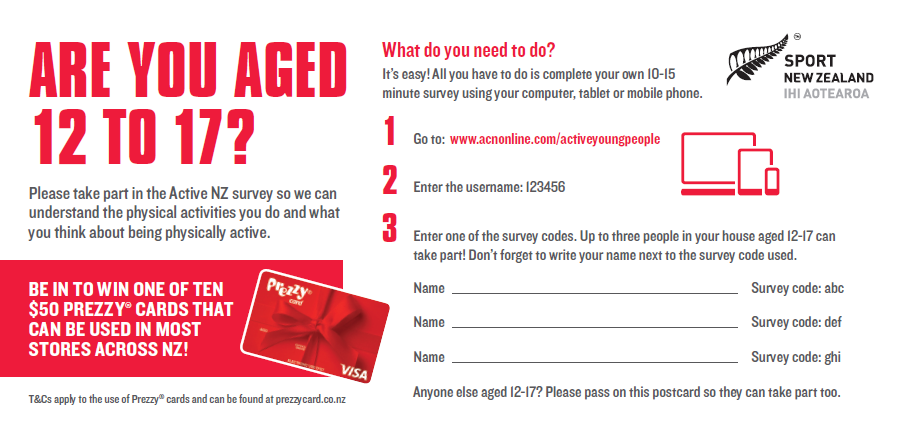
Graphical user interface, text, application, Word

Description automatically generated

**Active NZ Young People’s flyer (front):**



**Active NZ Young People’s flyer (back):**



**1.2. Mail out 2 – postcard 1**

|  |  |
| --- | --- |
| **Front** | |
|  |
| **Back** | | |

**1.3. Mail out 3 – survey pack**

**Envelope:**

|  |
| --- |
|  |
|  |

|  |  |
| --- | --- |
| **Letter (front): Frequently asked questions (back of letter):** | |
|  |  |
| **Active NZ questionnaire (front cover):** | **Active NZ questionnaire (back cover):** |
|  |  |

**Active NZ Young Peoples A4 flyer (1 sided):**

Text

Description automatically generated

**1.4. Mail out 4 – postcard 2**

|  |
| --- |
| **Front:** |
|  |
| **Back:** |

Appendix 2: Active NZ 2021 questionnaire

**How to answer:** *You will need to* ***circle or tick*** *an answer like this…*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | | | |
| Example | | 1 | 🗹 | *Each question has an instruction to tell you how to answer.*  *Some questions ask you to select one response, others let you select more than one.* | |
| Example | | 2 | 🞏 |
| Example | | 3 | 🞏 |
|  |  | | | |

|  |
| --- |
| **Section A: About you and your household** |

*Firstly some questions about you and your household.*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **A1** | | What sex are you?  *Sex refers to the biological sexual characteristics of a person and is assigned at birth.* | | |  | |  | | --- | | **A2** | | What gender do you identify with?  *Gender refers to a person’s internal sense of identity and may or may not correspond with sex recorded at birth.* | |
|  |
| ***Please circle one answer*** | |  | | ***Please circle one answer*** | |
| Male | 1 |  | | Male | 1 |
| Female | 2 |  | | Female | 2 |
|  |  |  | | Another gender | 3 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **A3** | | Which of these age groups do you belong to? | | | | | | |
| ***Please circle one answer*** | | | | | |
| Under 18 years **(see note below)** | 1 |  | 50-54 years | 9 |
| 18-19 years | 2 |  | 55-59 years | 10 |
| 20-24 years | 3 |  | 60-64 years | 11 |
| 25-29 years | 4 |  | 65-69 years | 12 |
| 30-34 years | 5 | 70-74 years | 13 |
| 35-39 years | 6 | 75-79 years | 14 |
| 40-44 years | 7 | 80-84 years | 15 |
|  | 45-49 years | 8 |  | 85 years or over | 16 |

***If you are aged under 18 years of age, there is a different Young People’s Survey for you to complete. Please contact NielsenIQ on* 0800 400 402 *for more information about how you can take part.***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **A4** | | In total, how many adults aged 18 and over live in your household some or all of the time?  Please **include yourself** in this count. | | | | | |
|  | | Write in number: | ***(including myself)*** |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **A5** | | How many (if any) children aged under 18 live in your household some or all of the time?  *Please write in number. If there are no children in an age group please write ‘0’.* | | | |
|  | There are no children under 18 □ ***(please tick here and then go to A6)*** | | | |
|  | | Number of children aged 0 to 2: |  |  | |
|  | |  |  |  | |
|  | | Number of children aged 3 to 4: |  |  | |
|  | |  |  |  | |
|  | | Number of children aged 5 to 11: |  |  | |
|  | |  |  |  | |
|  | | Number of children aged 12 to 14: |  |  | |
|  | |  |  |  | |
|  | | Number of children aged 15 to 17: |  |  | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  | | --- | | **A6** | | Who lives in your household? Please circle all that apply. | | |
|  | ***Please circle all that apply*** | |
| My husband / wife / civil union / defacto partner/ boyfriend or girlfriend | | 1 |
| My mother and / or father | | 2 |
| My son(s) and / or daughter(s) and / or step child(ren) | | 3 |
| My brother(s) and / or sister(s) | | 4 |
| Other family (e.g. grandparent(s), partner’s parent(s), aunt, uncle, cousin(s)) | | 5 |
|  | Non-family (e.g. flatmates, friends) | | 6 |
|  | None of the above - I live alone | | 7 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **A7** | | It is important for us to know when this questionnaire was completed.  Please write down **today’s** date below. | | | | | |
|  |  |  |  |  |
| *Day* |  | *Month* |  | *Year* |

|  |
| --- |
| **Section B: About the physical activity you do** |

*Now, some questions about the physical activity that you do.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B1** | In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, traditional games, kapa haka, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.  ***Please circle one answer*** | | | | | | | |
|  |
|  | 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Stadium or sports.wmf

**IMPORTANT NOTE**: Over the next few sections we ask you questions about any **physical activity** you have done **specifically** for the purpose of **sport, exercise or recreation**.

*-By* ***sport*** *we mean things such as tennis, basketball, golf or triathlons.*

*-By* ***exercise*** *we mean anything you do for fitness such as going to the gym, doing a workout or running.*

*-By* ***recreation*** *we mean anything you do for fun in your spare time which is* ***physically active*** *such as dancing or going for a bush walk.*

You may do some physical activity for reasons other than sport, exercise or recreation such as for your **job, doing chores or coaching/umpiring**. Please **do not** include this activity.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **B2** | | 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**?  *Please do not include any physical activity you have done for reasons other than sport, exercise or recreation such as for your job, doing chores or coaching/umpiring.* |  | |  | | --- | | **B3** | | Are you **currently** a member of any sport or recreation club (other than a gym or fitness centre)?  *Please include any clubs you belong to, even those where you don't personally take part in the activity.* |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Please tick one answer*** | |  |  | ***Please tick one answer*** | |
| Yes | 🞏 |  | Yes | 🞏 |
| No | 🞏 |  | No | 🞏 |

This page is about the ways in which you have been physically active specifically for sport, exercise or recreation in the last **12 months** or any activities you are interested in doing in the next 12 months. Please complete **Step One** (B4 and B5) first and then answer **Step Two** (B6 and B7).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **STEP ONE:** | | | | | | | | | |  | **STEP TWO:**  **PLEASE ANSWER B6 TO B7 FOR EACH OF THE ACTIVITIES YOU HAVE DONE IN THE LAST 7 DAYS OR 12 MONTHS** | | | | |
| **B4:** First, which of the following have you done in the last **7 days**, and which have you done in the last **12 months**? Please only tick the activities where you have been **physically active** specificallyfor **sport, exercise or recreation**.  **B5:** For any activities you have not done in the last 12 months, please tick any which you would like to try or do in the **next 12 months**.  *If you cannot find your physical activity on the list you can write it at the bottom.*  *Please* ***do not*** *include any coaching or umpiring.*    ***Please tick any applicable*** 🗹 Image result for circle with a tick mark | | | | | | | | | |  |
|  | **B6:** In the last **12 months**, haveyou done this as a **competitive sport** or a **competitive activity**?  *(e.g. played in a league or club competition, played in a tournament or  took part in a competitive event such as a cycle race)* | | | **B7:** In the last **12 months**, have you done this activity through a **club, gym or fitness center** that you are a **member** of?  *(e.g. tramping club, fitness centre or sports club)* | |
|  |
|  |
| ***Please tick Yes or No at B6 and B7 for each activity you have done in the last 7 days or 12 months (i.e. ticked one of the boxes at B4)*** | | | | |
| **No.** | **Activity** | | **B4: Activities done:** | | | | | | **B5: Activities interested in trying or doing in the next 12 months** |  |
| **7 days** | | | | | **12 months** | **Yes** | **No** | | **Yes** | **No** |  |  |
| 1 | Walking | | □ | | | | □ | | ○ |  | □ | □ | | □ | □ |
| 2 | Running / Jogging | | □ | | | | □ | | ○ |  | □ | □ | | □ | □ |
| 3 | Individual workout using equipment | | | | | □ | □ | | ○ |  | □ | □ | | □ | □ |
| 4 | Group fitness class (e.g. aerobics, crossfit) | | | | | □ | □ | | ○ |  | □ | □ | | □ | □ |
| 5 | Yoga | | □ | | | | □ | | ○ |  | □ | □ | | □ | □ |
| 6 | Pilates | | □ | | | | □ | | ○ |  | □ | □ | | □ | □ |
| 7 | Dance/dancing (e.g. ballet, hip hop, etc) | | | | □ | | □ | | ○ |  | □ | □ | | □ | □ |
| 8 | Swimming | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 9 | Road cycling - *not* on an e-bike | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 10 | Mountain biking - *not* on an e-bike | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 11 | Rode an e-bike | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 12 | BMX | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 13 | Day tramp | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 14 | Overnight tramp | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 15 | Marine fishing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 16 | Freshwater fishing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 17 | Golf | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 18 | Football (soccer) | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 19 | Tennis | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 20 | Table tennis | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 21 | Rugby | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 22 | Touch rugby | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 23 | Rugby league | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 24 | Netball | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 25 | Basketball | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 26 | Cricket | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 27 | Hockey | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 28 | Badminton | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 29 | Squash | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 30 | Indoor bowls | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 31 | Outdoor bowls | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 32 | Softball | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 33 | Volleyball | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 34 | Canoeing / Kayaking | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 35 | Rowing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 36 | Yachting / Sailing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 37 | Surfing / Body boarding | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 38 | Surf life saving | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 39 | Skiing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 40 | Snowboarding | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 41 | Triathlon / Duathlons | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 42 | Athletics (track and field) | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 43 | Gymnastics | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 44 | Horse riding / Equestrian | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 45 | Boxing | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 46 | Karate | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 47 | Hunting | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 48 | Shooting (rifle and pistol) | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 49 | Motorcycling | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 50 | Waka ama | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 51 | Kapa haka | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 52 | Gardening | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 53 | Playing games (e.g. with kids) | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| 54 | Other, please specify: | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
|  |  | | | □ | | | □ | | ○ |  | □ | □ | | □ | □ |
| **OR** | | **Have not done any physical activity in the last 12 months** □ | | | | | | |  |  |  | |  | | |

The following questions ask about the activities you have done in the last **7 days (not including today).**

In the first column please write down the activities you have done in the last **7 days** (those you ticked on the previous page at **B4**), as well as the activity number which was included on the left hand side of the activity.

If you have not done any physical activity for sport, exercise or recreation in the last **7 days**,   
please tick here □ and then go to **Section C (C1)**.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B8.** Please write down the activities you have done in the last **7 days** (those you ticked on the previous page at **B4**). | | | |  | **B9.** How many times have you done this activity in the last  **7 days**?  *Please think about the number of separate occasions or times you have done this activity.* |  | **B10.** In the last **7 days**, haveyou done this as a **competitive sport** or a **competitive activity**?  *(e.g. played in a league or club competition, played in a tournament or took part in a competitive event such as a cycle race)* | | | | | | | |  | | **B11.** In the last **7 days** have you received any **coaching, instruction or training** for this activity?  *This could include individual or group training, or accessing information or advice online.* | |
| ***Please write the activity and the activity’s number***  ***from B4*** | | | |  |  |  | **Yes** | | | | | **No** | | |  | | **Yes** | **No** |
|  | | | |  |  |  |  |  | | | | | | |  | |  | |
| ***Activity*** | ***No.*** *(from B4)* | | |  | ***Please enter a number below:*** |  | ***Tick one per row*** | | | | | | | |  | | ***Tick one per row*** | |
|  |  | | |  |  |  |  | |  |  | | | | |  | |  | |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
|  | | |  |  | \_\_\_\_ |  | □ | | | | | □ | | |  | | □ | □ |
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| **B12.** In the last **7 days**, how have you **paid** to do this activity?  *You can select more than one option if applicable.* | | |  | **B13.** In the last **7 days**, in which of the following **places** have you done this activity (when it was done for the purpose of sport, exercise or recreation)? | | | | |
| **It was free** | **Paid to take part or concession ticket** | **Covered by membership fee** |  | **At home** | **Indoor facilities**  *(e.g. gym, community hall, church, marae or indoor pool)* | **Outdoor facilities**  *(e.g. footpath, cycleway, or walkway playground, park, field, AstroTurf, ski field or outdoor pool)* | **Other outdoor locations** *(e.g. beach, lake, river, sea, bush, off-road bike track/ walking track or countryside)* | **Other** |
| ***Tick all that apply*** | | |  | ***Tick all that apply*** | | | | |
|  | | |  |  | | | | |
| □ | □ | □ |  | □ | □ | □ | □ | □ |
| □ | □ | □ |  | □ | □ | □ | □ | □ |
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| |  | | --- | | **B14** | | And in the last **7 days**, in which of the following **specific** places have you been **physically active** for sport, exercise or recreation? ***Please circle all that apply*** | | | | |
| Gym or fitness centre | 1 |  | Cycleway or cycle lane specifically set aside for cyclists | 10 |
| University or tertiary education facility (indoor gym/recreation centre or outdoor field/park) | 2 |  | Walkway | 11 |
| Indoor sports facility or complex (e.g. a recreation centre or indoor stadium) | 3 |  | On the road / footpath | 12 |
| Community hall, school hall, marae, church (e.g. an indoor facility that is not used mainly for sport or physical activity) | 4 |  | Off road biking or walking track | 13 |
| Studio (e.g. yoga or dance) | 5 | National park area | 14 |
| Outdoor sports facility or purpose built environment (e.g. netball or tennis courts, golf course, ski field, astroturf or outdoor stadium) | 6 | Back country or alpine track | 15 |
| Public park, field, playground, skate park or BMX track | 7 | On, in or beside lake, river or stream | 16 |
|  | Public pool or aquatic centre | 8 |  | On, in or beside sea or coast | 17 |
|  | Private property, home, garden or pool | 9 |  | None of the above | 18 |

|  |  |  |
| --- | --- | --- |
| **B15** | Still thinking about the physical activities you have done in the last **7 days** (as listed at **B4**), **in total** how many hours did you spend being **physically** **active** for **sport, exercise or recreation**? | hours |
|  |

*Please think only about those physical activities done for at least 10 minutes at a time and make your best estimate.*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B16** | Thinking about the amount of time you entered above, please tell us how much of this **physical** **activity** for **sport, exercise or recreation** was…. *Please think only about those physical activities done for* *at least 10 minutes at a time.  Please make your best estimate. If none, please write ‘zero’ or ‘0’*   |  |  | | --- | --- | | **Vigorous** – any activity that had you out of breath  *(you couldn’t do this activity and have a conversation at the same time)* | hours | |  |  | | **Moderate** – any activity that caused a slight, but noticeable, increase in breath  *(you could still have a conversation)* | hours | |  |  | | **Light** - any activity that didn’t really affect your breathing | hours |   *Please check to make sure your answer adds up to the total amount noted at* ***B15****.* | | | | | | | | |
|  |
| **B17** | | In the last **7 days** (not including today), on how many days did you do:  **a)** At least **30 minutes** of **moderate** activity for sport, exercise or recreation that caused a slight, but noticeable, increase in breath  **OR**  **b)** At least **15 minutes** of **vigorous** activity for sport, exercise or recreation that had you out of breath?  *Please think only about those physical activities done for at least 10 minutes at a time.*  ***Please circle one answer*** | | | | | | | |
|  | |
|  | | 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
|  | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B18** | In the last **7 days**, did you do muscle strengthening activities on at least **2** **days**?  *Muscle strengthening activity could include lifting weights, resistance exercises or yoga*. | | | | | | | |
|  |
|  | ***Please tick one answer:*** | Yes | □ | No | □ | Don’t know | □ |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **B19** | In the last **7 days** have you used any **technology** (Fitbits, smartphone apps, pedometers, etc.) when you have been physically active for sport, exercise or recreation? | | | | | |
|  |
|  | ***Please tick one answer:*** | Yes | □ | No | □ |

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| **Section C: About the amount of physical activity you do** |

*This section is about the amount of physical activity you do, and whether you would like to be doing more physical activity for sport, exercise or recreation.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **C1** | | Overall, would you **like** to be doing more physical activity for sport, exercise or recreation than you are currently doing? | | | |
|  | ***Please circle one answer*** | |
| Yes - I would like to be doing more | | 1 |
| No | | 2 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **C2** | | **If you said ‘yes’ above**, for what reasons are you not doing as much physical activity as you would like?  **If you said ‘no’ above**, for what reasons do you not want to do more physical activity than you are currently doing? | | | |
| ***Please circle all that apply***  ***If you select an answer with an arrow on the right hand side, please answer the question the arrow is pointing to as well as circling the number below*** | |  | **If you circled 7, please specify what you prefer to spend your time on:**  □ Music  □ Film  □ Theatre  □ Comedy  □ Crafts  □ Art  □ Electronic games  □ Travel  □ Food and wine  □ Reading  □ Spending time with family/friends  □ Other, please specify:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| I have no transport to get to places | 1 |  |
| There are no appropriate facilities or places conveniently located to do what I want to do | 2 |  |
| I don’t have the equipment I need | 3 |  |
| The activity of my choice is too expensive | 4 |  |
| Other commitments are taking priority (e.g. work, family) | 5 |  |
| The activity of my choice doesn’t fit my routine | 6 |  |
| I prefer to spend my time on other interests / hobbies | 7 |  |
| I am too tired or don’t have the energy | 8 |  |
| I struggle to motivate myself | 9 |  |
| I’ve got out of the habit | 10 |  |
| I’m not fit enough | 11 |  |
| I am injured from an injury caused by sport, exercise or recreational physical activity | 12 |  |
| I am injured from an injury caused by something else | 13 |  | **Please specify what this is in relation to:**  □ My gender  □ My age  □ My ethnicity  □ My sexual orientation  □ My disability  □ I’m not good enough  □ My size / weight  □ My culture  □ My religion  □ Some other reason, please specify:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| I don’t feel welcome | 14 |  |
| I have a disability that prevents me from participating | 15 |  |
| My health is not good enough | 16 |  |
| I’m pregnant / recently had a baby | 17 |  |
| I don’t like to sweat | 18 |  |
| I don’t feel safe | 19 |  |
| I’m not confident enough | 20 |  |
| I haven’t got the skills / don’t know how to | 21 |  |
| I don’t want to fail | 22 |  |
| Other people discourage me from being physically active | 23 |  |
| I have no one to do it with | 24 |  |
| I don’t like other people seeing me being physically active | 25 |  |
| I find physical activity boring | 26 |  |
| I already do a good amount of physical activity | 27 |  |  |
| I am not interested in sport or physical activity | 28 |  |
| The weather | 29 |  |
| I don’t want to be judged | 30 |  |
| Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 31 |  |

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| **Section D: Events and memberships** |

*This section covers a range of topics including whether you have taken part in events, gone to a sports game or have a gym membership.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **D1** | | In the last **12 months**, have you **actively participated** in any of these events where lots of people take part? | | | |
|  | ***Please circle all that apply*** | |
| Running / walking events (anything up to 10ks, e.g. fun runs) | | 1 |
| Endurance running / walking events (anything longer than 10ks, e.g. half marathon) | | 2 |
| Triathlon / duathlon events | | 3 |
| Endurance multisport events | | 4 |
| Biking events | | 5 |
|  | Swimming events | | 6 |
|  | Masters Sport Tournament / event | | 7 |
|  | Fishing tournament or event | | 8 |
|  | Sailing regatta, dragon boating or Waka ama event | | 9 |
|  | Kī-o-Rahi, Iwi games, Marae Games, Pa Wars, Kapa Haka events | | 10 |
|  | Sports tournament | | 11 |
|  | Other sport or physical activity event, please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | 12 |
|  | No, I have not taken part in any events in the last 12 months | | 13 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **D2** | | In the last **12 months** how many times have you been to a **professional** sports game (e.g. a Super Rugby game or a Championship Netball game)?  ***Please circle one answer*** | |  | | --- | | **D3** | | Do you **currently** belong to a gym or fitness centre? ***Please circle one answer*** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| None | 1 |  | Yes | | 1 | |
| 1 to 4 times | 2 |  | No | | 2 | |
| 5 to 9 times | 3 |  |  |  | |  | |
| 10 or more times | 4 |  |  |  | |  | |

|  |  |  |
| --- | --- | --- |
| **D4** | How many times in the last **7 days** have you been to your gym or fitness centre?  *Please make your best estimate. If none, please write ‘zero’ or ‘0’* | times |
|  |
|  |  |  |
|  |  |  |
| |  | | --- | | **Section E: Volunteering** | | | |

*This section is about any volunteering you have done for a sport, exercise or recreation activity.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | **E1** | | | Have you **volunteered** in any of the following ways for a **sport, exercise or recreation activity** in the last  **7 days** **or** **12 months**? ***Please tick all that apply*** | | | |
|  | 7 days | 12 months | |
| Coached or instructed a team or group | □ | □ | |
| Coached or instructed an individual | □ | □ | |
| Official (e.g. referee, umpire, scorer) | □ | □ | |
| Team manager | □ | □ | |
| Club administration | □ | □ | |
| Governance role at a club or association (e.g. board member) | □ | □ | |
| Helper for a team, club or group (e.g. on call contact, group leader, guide) | □ | □ | |
| Event assistance (e.g. race marshal) | □ | □ | |
|  | Activity helper (e.g. building / maintenance of a location) | □ | □ | |
|  | Lifeguard | □ | □ | |
|  | Team captain or activity leader (e.g. kapa haka leader) | □ | □ | |
|  | **OR** If you have not done any of the above in the last 12 months, please tick here □ and then go to **E4** | | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **E2** | | Thinking about the volunteering you have done in the last **7 days**, how many hours have you spent volunteering?  *Please think only about volunteering done for at least* ***10 minutes*** *at a time. Please make your best estimate.* | |
|
| hours: | minutes: |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **E3** | | And how many, if any, of these hours were you **physically active** while volunteering in the **last 7 days**?  *Please think only about those physical activities done for at least* ***10 minutes*** *at a time and make your best estimate.* | |
|
| hours: | minutes: |
|  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  | | --- | | **E4** | | Do you intend to volunteer in any of the above roles for a sport or recreation activity in the **next 12 months**? | | |
| ***Please circle one answer*** | | |
| Yes - definitely | 1 |  |
| Yes - maybe | 2 |  |
| No | 3 |  |
|  |  |  |  |

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| --- |
| **Section F: Your attitudes towards physical activity** |

*This section is mainly about what you* ***think or feel about*** *physical activity for* ***sport, exercise or recreation.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **F1** | | How strongly do you agree or disagree with each of the following statements: | | | | | | | | | | |
| ***Please circle one answer for each of the 9 statements*** | | | | | | | | | | |
|  |  | Disagree a lot | Disagree a little | | Neither disagree or agree | | | Agree  a little | | Agree  a lot | |
| 1 | Being physically active is an essential part of my life | 1 | 2 | | 3 | | | 4 | | 5 | |
| 2 | I am physically active to lose or control weight | 1 | 2 | | 3 | | | 4 | | 5 | |
| 3 | I choose physical activity that suits my mood at the time | 1 | 2 | | 3 | | | 4 | | 5 | |
| 4 | I love challenging myself or trying to win | 1 | 2 | | 3 | | | 4 | | 5 | |
| 5 | Working hard to improve my skills and performance is important to me | 1 | 2 | | 3 | | | 4 | | 5 | |
| 6 | Being physically active is fun | 1 | 2 | | 3 | | | 4 | | 5 | |
| 7 | I have support in my community to do the physical activities I want | 1 | 2 | | 3 | | | 4 | | 5 | |
| 8 | I have access to spaces and places where I can do the physical activities I want | 1 | 2 | | 3 | | | 4 | | 5 | |
| 9 | I want to be physically active so my child(ren) will follow my example and be physically active too | 1 | 2 | | 3 | | | 4 | | 5 | |
| |  | | --- | | **F2** | | How strongly do you agree or disagree with each of the following statements:  ***Please circle one answer for each of the 11 statements*** | | | | | | | | | | |
|  |  | | | Disagree a lot | | Disagree a little | Neither disagree or agree | | Agree a little | | Agree a lot |
| 1 | Being physically active is very important for my physical health | | | 1 | | 2 | 3 | | 4 | | 5 |
| 2 | Being physically active is very important for my mental or emotional wellbeing | | | 1 | | 2 | 3 | | 4 | | 5 |
| 3 | I prefer to do physical activity that is more flexible and less structured | | | 1 | | 2 | 3 | | 4 | | 5 |
| 4 | Being physically active together is an important part of our family life | | | 1 | | 2 | 3 | | 4 | | 5 |
| 5 | I like being physically active | | | 1 | | 2 | 3 | | 4 | | 5 |
| 6 | Doing some physical activity is better than none | | | 1 | | 2 | 3 | | 4 | | 5 |
| 7 | I know I should do more physical activity | | | 1 | | 2 | 3 | | 4 | | 5 |
| 8 | I make a point of breaking up long periods of sitting by getting up to walk around | | | 1 | | 2 | 3 | | 4 | | 5 |
| 9 | I prefer to be physically active with others | | | 1 | | 2 | 3 | | 4 | | 5 |
| 10 | People in my life encourage me to take part in physical activities | | | 1 | | 2 | 3 | | 4 | | 5 |
| 11 | Being physically active is a way for me to meet people or be part of a group | | | 1 | | 2 | 3 | | 4 | | 5 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **F3** | | How strongly do you agree or disagree with each of the following statements: | | | | | |
| ***Please circle one answer for each of the 11 statements*** | | | | | |
|  |  | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| 1 | I am good at lots of different physical activities | 1 | 2 | 3 | 4 | 5 |
| 2 | I have the chance to do the physical activities I want | 1 | 2 | 3 | 4 | 5 |
| 3 | I want to take part in physical activities | 1 | 2 | 3 | 4 | 5 |
| 4 | I understand why taking part in physical activity is good for me | 1 | 2 | 3 | 4 | 5 |
| 5 | I feel confident to take part in lots of different physical activities | 1 | 2 | 3 | 4 | 5 |
| 6 | Being physically active makes me feel good | 1 | 2 | 3 | 4 | 5 |
| 7 | Sport and other physical activities give me confidence | 1 | 2 | 3 | 4 | 5 |
| 8 | I grew up with a physically active family | 1 | 2 | 3 | 4 | 5 |
| 9 | I enjoyed Physical Education (PE) classes at school | 1 | 2 | 3 | 4 | 5 |
| 10 | After doing physical activity, I find it easier to concentrate | 1 | 2 | 3 | 4 | 5 |
| 11 | Being physically active is a way for me to spend time with family and friends | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **F4** | | Have you **ever** represented a region or country in any sport or physical activity?  ***Please circle all that apply*** | | |  | | --- | | **F5** | | Has anyone else in your immediate family **ever** represented a region or country in any sport or physical activity? ***Please circle all that apply*** | |
| No | 1 |  | No | 1 |
| Yes, a region in New Zealand | 2 |  | Yes, a region in New Zealand | 2 |
|  | Yes, represented New Zealand | 3 |  | Yes, represented New Zealand | 3 |
|  | Yes, another country or region | 4 |  | Yes, another country or region | 4 |

|  |  |  |
| --- | --- | --- |
| |  | | --- | | **F6** | | Some of the next statements are about sport rather than all physical activity. Some other statements are about New Zealand high performance athletes and teams in general. This includes things like Olympic and Paralympic athletes, national teams, and professional teams. How much do you agree or disagree with the following statements:  ***Please circle one answer for each of the 6 statements*** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| 1 | I’ve never been any good at sport | 1 | 2 | 3 | 4 | 5 |
| 2 | I enjoy playing sport | 1 | 2 | 3 | 4 | 5 |
| 3 | I enjoy watching, listening to and reading about sports | 1 | 2 | 3 | 4 | 5 |
| 4 | Successful New Zealand athletes or sports teams inspire me to be more physically active | 1 | 2 | 3 | 4 | 5 |
| 5 | I have learned many essential life skills through playing sport (e.g. teamwork and cooperation) | 1 | 2 | 3 | 4 | 5 |
| 6 | New Zealand athletes and sports teams make good role models | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **F7** | ‘Integrity issues’ refers to a range of things, including abusive, unethical or dishonest behaviour,  and concerns around inclusivity and safety. ***Please circle one answer for each of the 3 statements*** | | | | | | | |
|  |
|  |  | No trust at all |  |  |  | Complete trust | Don’t know |
| 1 | How much do you trust **New Zealand’s sports organisations** to handle integrity issues appropriately and effectively? | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | How much do you trust **New Zealand’s athletes and teams** to act with integrity? | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | How much do you trust **New Zealand’s high performance sports coaches and managers** to act with integrity? | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **F8** | | Thinking about your physical activity over the last **six months** or so, which of the following would best describe you:  ***Please circle one answer*** | |
|  | I have not been physically active regularly and don’t plan to start | 1 |
|  | I have not been physically active regularly but might start in the next 6 months | 2 |
|  | I have not been physically active regularly but am trying to get into the habit of physical activity regularly | 3 |
|  | I have started being physically active regularly within the last 6 months and am still doing so | 4 |
|  | I started being physically active regularly in the last 6 months but have stopped again | 5 |
|  | I have been physically active regularly for more than 6 months | 6 |
|  | Don’t know | 7 |

|  |
| --- |
| **Section G: About your health and lifestyle** |

*This section covers some health and lifestyle topics.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **G1** | For each of the five statements, which is closest to how you have been feeling over the last **two weeks**?  ***Please tick one answer for each of the 5 statements*** | | | | | | |
|  |
|  |  | All of the time | Most of the time | More than half of the time | Less than half of the time | Some of the time | At no time |
| 1 | I have felt cheerful and in good spirits | □ | □ | □ | □ | □ | □ |
| 2 | I have felt calm and relaxed | □ | □ | □ | □ | □ | □ |
| 3 | I have felt active and vigorous | □ | □ | □ | □ | □ | □ |
| 4 | I woke up feeling fresh and rested | □ | □ | □ | □ | □ | □ |
| 5 | My daily life has been filled with things that interest me | □ | □ | □ | □ | □ | □ |

|  |  |  |
| --- | --- | --- |
| |  | | --- | | **G2** | | How do you feel about your life as a whole?  Please answer on a scale where zero is completely dissatisfied and ten is completely satisfied. |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Please circle one answer*** | | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | ***0 = Completely dissatisfied*** | | |  |  |  |  |  | ***10 = Completely satisfied*** | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **G3** | In **total**, over the last **7 days** how many hours have you spent looking at a screen for **paid employment, study or at school**?  *This includes computer monitors, televisions and mobile devices including phones and tablets.* | hours | | |
|  |
|  | *Please make your best estimate to the closest ¼ hour based on the entire week. If none, please write ‘zero’.* |  |  |  |

|  |  |  |
| --- | --- | --- |
| **G4** | And 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?  *Please make your best estimate to the closest ¼ hour. If none, please write ‘zero’.* | hours |
|  |

|  |  |  |
| --- | --- | --- |
| **G5** | And how many, if any, of these hours were spent gaming (i.e. playing digital interactive games on a computer, game console (e.g. Xbox or Playstation) or phone or tablet)? *Please make your best estimate to the closest ¼ hour. If none, please write ‘zero’.* | hours |
|  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **G6** | | Thinking about e-sports (the competitive playing of video games), in the last 12 months have you… | | |
|  | ***Please tick all that apply*** | | | |
|  | Watched others competing in an e-sports event *(either in person or online)* | | □ | |
|  | Competed in an e-sports event | | □ |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **G7** | | | Now some questions about your height and weight. How tall are you without shoes? | | | | | | |
|  |  | | centimetres | **OR** |  | feet ***AND*** |  | inches | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **G8** | | What is your current weight? | | | | | | | | | |
|  | |  | kilograms | **OR** |  | pounds | **OR** |  | stones |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **G9** | | Would you say that for your height you are… | |
|  | ***Please circle one answer*** |
| Underweight | 1 |
| About the right weight | 2 |
| Slightly overweight | 3 |
| Very overweight | 4 |
| Don’t know | 9 |
|  |  |  |

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| --- |
| **Section H: About you…** |

*Sport New Zealand wants to collect information about New Zealanders that is inclusive and representative of our diverse communities. For this reason, the next few questions are about you. By capturing this information, we will be able to better understand New Zealanders who participate and do not participate in sport and recreation, and their attitudes towards sport and recreation, and motivations.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  | | --- | | **H1** | | What is the **highest** qualification you have? | | |
|  | ***Please circle one answer*** | |
| No qualification | | 1 |
| NCEA level 1 or School Certificate | | 2 |
| NCEA level 2 or Sixth Form Certificate | | 3 |
| NCEA level 3 or University Entrance bursary or scholarship | | 4 |
| Level 4, 5 or 6 - a trade or polytechnic qualification | | 5 |
|  | A bachelor's degree | | 6 |
|  | Postgraduate degree / diploma / certificate or higher (e.g. Masters, Doctorate) | | 7 |
|  | Other | | 8 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **H2** | Which of these describe you? ***Please tick all that apply*** | | | | |
|  | Full-time in paid work (over 35 hours per week) | □ |  | Full-time student (not at secondary school) | □ |
|  | Part-time in paid work (34 hours or less per week) | □ |  | Part-time student (not at secondary school) | □ |
|  | Full-time unpaid work (over 35 hours per week) | □ |  | Looking after home and family | □ |
|  | Part-time unpaid work (34 hours or less per week) | □ |  | Retired | □ |
|  | Looking for work or unemployed | □ |  | Beneficiary | □ |
|  | Secondary school student *(please also specify what year you are in: Year\_\_\_\_\_)* | □ |  | Other | □ |
|  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **H3** | | **Please answer this question if you are employed. Otherwise go to H4.**  Which one best describes your **occupation**? | | |  | | --- | | **H4** | | Which country were you born in? | |
| ***Please circle one answer*** | |  | ***Please circle one answer*** | |
| Manager | 1 |  | New Zealand | 1 |
| Professional | 2 |  | Australia | 2 |
| Technician or trade | 3 |  | Cook Islands | 3 |
| Community or personal services | 4 |  | China (People’s Republic of) | 4 |
| Clerical and administration | 5 |  | India | 5 |
|  | Sales | 6 |  | Philippines | 6 |
|  | Machine operator or driver | 7 |  | Samoa | 7 |
|  | Labourer | 8 |  | South Africa | 8 |
|  | Other | 9 |  | United Kingdom (England, Scotland, Wales, Northern Ireland) | 9 |
|  |  |  |  | United States of America | 10 |
|  |  |  |  | Other, please specify:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 11 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **H5** | | **Please answer this question if you were not born in New Zealand. Otherwise go to H6.**  If you were **not** born in New Zealand,how long have you been living in New Zealand? | | | |
|  | ***Please circle one answer*** | |
| Less than five years | | 1 |
| Five years or more | | 2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **H6** | | Which ethnic group or groups do you identify with or belong to? This may be different from your nationality or citizenship. | | | | | |
| ***Please circle all that apply*** | | | | | |
| New Zealand European | 1 |  | Filipino | 9 |
| Other European | 2 |  | Chinese | 10 |
|  | New Zealand Māori | 3 |  | Indian | 11 |
|  | Cook Island Māori | 4 |  | African | 12 |
|  | Samoan | 5 |  | Latin American | 13 |
|  | Tongan | 6 |  | Middle Eastern | 14 |
|  | Niuean | 7 |  | Other, please specify: | 15 |
|  | Fijian | 8 |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **H7** | | What is your religion? | |
| ***Please circle one answer*** | |
| No religion | 1 |
| Christian (e.g. Anglican, Catholic, Presbyterian, Methodist, Ratana, Ringatū) | 2 |
| Buddhist | 3 |
| Hindu | 4 |
| Muslim | 5 |
| Jewish | 6 |
| Other, please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7 |
|  | Prefer not to say | 8 |
|  | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **H8** | The next question is about difficulties you may have doing certain activities.  Do you have difficulty… ***Please circle one answer*** ***for each of the 6 statements*** | | | | |
|  |
|  |  | No, no difficulty | Yes, some difficulty | Yes, a lot of difficulty | Cannot do  at all |
| 1 | Seeing, even if wearing glasses | 1 | 2 | 3 | 4 |
| 2 | Hearing, even if using a hearing aid | 1 | 2 | 3 | 4 |
| 3 | Walking or climbing steps | 1 | 2 | 3 | 4 |
| 4 | Remembering or concentrating | 1 | 2 | 3 | 4 |
| 5 | Washing all over or dressing | 1 | 2 | 3 | 4 |
| 6 | Communicating, using your usual language, for example understanding or being understood by others | 1 | 2 | 3 | 4 |

|  |  |  |  |
| --- | --- | --- | --- |
| |  | | --- | | **H9** | | Which, if any, of the following apply to you? ***Please tick all that apply*** | |
| I use a mobility device (e.g. wheelchair, walking frame, cane) | □ | |
| I am dealing with an ongoing **physical** illness or impairment | □ | |
|  | I am dealing with an ongoing **mental** illness or impairment | □ | |
|  | I am dealing with an ongoing **intellectual** illness or impairment | □ | |
|  | None of the above | □ **GO TO H13** | |
|  | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **H10** | Does this make it harder or stop you from taking part in certain activities?  ***Please circle one answer*** ***for each of the 4 statements*** | | | | |
|  |
|  |  | Yes, all of the time | Yes, some of the time | No, at no time | Not applicable |
|  | Use a mobility device (e.g.wheelchair, walking frame, cane) | 1 | 2 | 3 | 4 |
|  | An ongoing physical illness or impairment | 1 | 2 | 3 | 4 |
|  | An ongoing mental illness or impairment | 1 | 2 | 3 | 4 |
|  | An ongoing intellectual illness or impairment | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **H11** | | Thinking again about the physical activity you have done over the past week. Did you do any of this physical activity with… ***Please circle one answer*** | |  | **H**   |  | | --- | | **H12** |   **12** | Some people with impairments prefer to do physical activity with people who also have impairments, while some prefer to do physical activity with people who do not have impairments. Which one of the following best describes you…  ***Please circle one answer*** | |
| People with a similar impairment to you | | | 1 |  | I prefer to do physical activity with other people who have a similar impairment to me | 1 |
| People with a different impairment to you | | | 2 |  | I prefer to do physical activity with other people who have an impairment, but not necessarily similar to mine | 2 |
| People without impairments | | | 3 |  | I prefer to do physical activity with people with and without impairments | 3 |
| Alone | | | 4 |  | I prefer to do physical activity with people without impairments | 4 |
| Not done any activity in the last week | | | 5 |  | I prefer to do physical activity alone | 5 |
|  | |  |  |  | It depends on the activity | 6 |
|  | |  |  |  | I don’t have a preference | 7 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **H13** | | Which best describes your household's annual income before tax? | | | | |
| ***Please circle one answer*** | | | | |
| $30,000 or less a year | 1 |  | $100,001 - $120,000 | 6 |
| $30,001 - $40,000 | 2 |  | $120,001 - $160,000 | 7 |
| $40,001 - $60,000 | 3 |  | $160,001 - $200,000 | 8 |
| $60,001 - $80,000 | 4 |  | Over $200,000 | 9 |
| $80,001 - $100,000 | 5 | Prefer not to say / don’t know | 10 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **H15** | | When were you born? | | | | | |  |  |  |  |  | | *Day* |  | *Month* |  | *Year* | |
| |  | | --- | | **H14** | | How well does your total income meet your everyday needs for such things as accommodation, food, clothing and other necessities? | |
| ***Please circle one answer*** | |
| Not enough money | 1 |
| Only just enough money | 2 |
| Enough money | 3 |
| More than enough money | 4 |
| Prefer not to say | 9 |

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| --- |
| **Section I: Final comments and prize draw entry** |

|  |  |  |
| --- | --- | --- |
| |  | | --- | | **I1** | | Do you have anything more to say about physical activity? We'd love to hear it. Please tell us in the space below. |
|  |

|  |  |  |
| --- | --- | --- |
| |  | | --- | | **I2**  -15- | | Please provide your contact details so that we are able to contact you if you are the winner of the $500 Prezzy® Card or if we have any questions about your questionnaire (e.g. if we can’t read your response).  **Name:** |
| **Phone number:** |
| **Email:** |
|  | **It is likely that more in-depth research will be carried out on this topic in the future. Are you willing to provide your contact details so that NielsenIQ or Sport New Zealand are able to contact you and invite you to take part in further research?**  *Please note: providing your contact details does not put you under any obligation to participate.*  ***Please circle one answer:*** **YES / NO**  *If you said yes, please ensure your contact details are filled in above. Thank you.*  *If you would rather not be contacted about further research you will still be eligible for the prize draw.* |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **I3** | | To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your survey responses with other information about you held by Sport NZ and/or other third parties. Sport NZ will ensure any information that could be used to identify you will be removed after your survey responses have been combined with other information about you, and the combined information will be used by uthorized parties for research purposes only. Do you consent to Sport NZ sharing and/or combining your survey responses with other information about you for this purpose?  ***Please circle one answer*** | | | |
| Yes | 1 | |
| No | 2 | |
|  | | | |
|  | | | |
| |  | | --- | | **I4** | | **Please answer this question if any children aged 12-17 have, or are going to, complete the Active Young People survey for Sport NZ.** Your consent is also required for Sport NZ to share and/or combine the survey responses of your child with other information held by Sport NZ and/or other third parties to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after his/her survey responses have been combined with other information about him/her, and the combined information will be used by authorised parties for research purposes only. Do you consent to Sport NZ sharing and/or combining your child’s survey responses with other information about him/her for this purpose? | | | |
|  | ***Please circle one answer*** |
| Yes | 1 | |
| No | 2 | |

**IMPORTANT NOTE**

**Do you have a child in your house aged 5 to 11?**

We would also like to know what physical activities they do and what they think about being physically active.

This survey is only available online and should take just 10-15 minutes. If you take part you will go into the draw to win a $1,000 Prezzy® Card!

We encourage you to do the survey at a time when you can check in with the child and, if possible, do the questionnaire together.

To complete the survey, please go to [**www.nlsn.online/activeyoungpeople**](http://www.nlsn.online/activeyoungpeople) and log in using the

**user name** and **survey code** on your letter.

When you log in make sure you are on the **Active Young People** survey site and at the first question tell us that you would like to do the survey for a 5 to 11 year old.

If you have any questions please call NielsenIQ on **0800 400 402**.

**We really appreciate that you have taken time to complete this survey.**

**Thank you!**

PLEASE CHECK THAT YOU HAVE COMPLETED ALL PAGES OF THE QUESTIONNAIRE.

Please put the completed questionnaire in the Freepost envelope provided or any envelope (no stamp required) and post it to:

Survey Returns Team

NielsenIQ

Private Bag 93500

Takapuna

Auckland 0740

New Zealand

**Prize Draw Terms and Conditions**

1. Information on how to enter the promotion forms part of these Terms and Conditions of Entry. Entry into the promotion is deemed acceptance of the following terms and conditions.
2. The promotion commences on 5 January 2021 and closes on 4 January 2022 (“Promotional Period”).
3. To enter Eligible Respondents must complete the Active NZ survey within the Promotional Period by:

a. filling out the online survey at [www.nlsn.online/activenz](file:///C:/Users/crca7001/AppData/Roaming/Microsoft/Word/www.nlsn.online/activenz)  (using your personalised username and password, provided in the letter sent to you informing you of the survey) including your contact details, or

b. returning a completed hard copy of the survey (if this has been provided) with your contact details to the Promoter.

1. Entry is only open to “Eligible Respondents”, being individuals who: (i) are residents of New Zealand aged 18 years or older; and (ii) are not employees of the Promoter or Sport New Zealand; and (iii) are not a spouse, de facto partner, parent, child, sibling (whether natural or by adoption) or household member of such an employee; and (iv) are not professionally connected with the promotion.
2. Each completed survey with accompanying contact details, submitted in accordance with paragraph 3, above, will automatically receive one entry into the prize draw. There is a limit of one entry per Eligible Respondent.
3. The Promoter reserves the right, at any time, to verify the validity of the entry and Eligible Respondent (including a respondent's identity, age and place of residence) and to disqualify any respondent who submits a response that is not in accordance with these Terms and Conditions of Entry. Failure by the Promoter to enforce any of its rights at any stage does not constitute a waiver of those rights.
4. There will be four prize draws for the promotional period. The winner will be notified within 10 working days of the draw by telephone or email. Once the winner has been contacted and notified, the details will be published online for four weeks at www.nlsn.online/activenzprizewinners.
5. For each of the four prize draws that take place, the first valid entry drawn at random will win a $500 Prezzy® Card. The winner is responsible for any tax associated with the prize. Terms and conditions apply to the use of Prezzy® cards and can be found at [www.prezzycard.co.nz](http://www.prezzycard.co.nz)

The prize draw that respondents are entered into is based on when the survey response is submitted.

Prize draw 1 will take place on 23 April 2021. Those who completed the survey between 5 January 2021 and 4 April 2021 are eligible to win.

Prize draw 2 will take place on 23 July 2021. Those who completed the survey between 5 April 2021 and 4 July 2021 are eligible to win.

Prize draw 3 will take place on 22 October 2021. Those who completed the survey between 5 July 2021 and 4 October 2021 are eligible to win.

Prize draw 4 will take place on 28 January 2022. Those who completed the survey between 5 October 2021 and 4 January 2022 are eligible to win.

1. The prize is not transferable or exchangeable. No responsibility is accepted for late, lost, misdirected or illegible entries.
2. The Promoter’s decision is final and no correspondence will be entered into.
3. If after 10 working days following the Promoter attempting to contact the winner at the contact details provided the Promoter has been unable to make contact with the winner, that winner will automatically forfeit the prize, and the Promoter will randomly select one further entry who will be contacted by the Promoter by telephone or email and will be the winner of the prize.
4. The winner permits Sport New Zealand and the Promoter to use the winner’s name and biographical information for advertising and promotional purposes, without any compensation.
5. All personal details of the respondents will be stored securely at the office of the Promoter and used to operate and administer the prize draw or to contact the respondent, if necessary, to clarify responses to questions in any hard copy of the survey. A request to access, update or correct any personal information should be directed to the Promoter.
6. The Promoter is ACNielsen (NZ) ULC, L5 150 Willis Street, Te Aro, Wellington, 6011, New Zealand. Phone +64 4 978 6700.
7. The Promoter reserves the right to amend or modify these Terms and Conditions of Entry at any time.
8. The Promoter will not be liable for any loss or damage whatsoever which is suffered (including but not limited to indirect or consequential loss) or sustained as a consequence of participation in the promotion or as a consequence of the use and enjoyment of the prize.
9. The promotion is governed by New Zealand law and all respondents agree to submit to the exclusive jurisdiction of the Courts of New Zealand with respect to any claim or matter arising out of or in connection with this promotion.

Appendix 3: Active NZ Young People 2021 questionnaire

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Study ID | SPORTNZ-2021Q3 |  | Resp. No. |  |  |
| Interviewer No. |  |  | Interview Length |  |  |
| No. Of Queries |  |  | Reference No. |  |  |
|  | | | | | |

**Throughout the survey please show the back button unless stated otherwise**

|  |  |  |  |
| --- | --- | --- | --- |
| Q60 | **Hidden question**  **Autocode**  [SA] | Code  (129) | Route |
|  | From Child code (age 12-17) | 1 |  |
|  | From Adult hardcopy (age 5-11) | 2 |  |
|  | From Adult online (age 5-11) | 3 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q61 | **If Q60=3, then the following will actually show at the end of the Adult survey**  **Show the number of lines to match number of children they mentioned**  **For age – have a drop down of ages between 5 and 11 (this means they don’t have to answer Q2)**  **Make age compulsory to answer**  You said earlier that you had <<insert number of children aged 5-11>> children aged 5-11 in your household. We would like to ask some questions on behalf of one of your children in this age group, as it is important we understand their physical activity as well. These questions should take just 10-15 minutes and you will go into the draw to win a $1,000 Prezzy Card!  **Probe:** We will only ask about one of your children in the first instance, and if  you would like to do more then we will give you that option at the end. For every child you will get another entry into the prize draw.  To make the survey easier for you to answer please insert below the name and age of each of your children aged 5-11… |  |  |
|  |  | Name | Age |
|  | Insert name of child #1: | \_\_\_\_\_\_ | \_\_\_\_ |
|  | Insert name of child #2 | \_\_\_\_\_\_ | \_\_\_\_ |
|  | Etc  ⬜ I do not wish to complete a survey for any children in my household |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q62 | **If Q60=2**  **Show 5 lines**  **For age – have a drop down of ages between 5 and 11 (this means they don’t have to answer Q2)**  Thank you for completing the survey for your children aged 5-11 years old. It is important we understand their physical activity as well. These questions should take just 10-15 minutes and you will go into the draw to win a $1,000 Prezzy Card!  **Probe:** We will only ask about one of your children in the first instance, and if you would like to do more then we will give you that option at the end. For every child you will get another entry into the prize draw.  To make the survey easier for you to answer please insert below the name and age of each of your children aged 5-11… |  |  |
|  |  | Name | Age |
|  | Insert name of child #1: | \_\_\_\_\_\_ | \_\_\_\_ |
|  | Insert name of child #2 | \_\_\_\_\_\_ | \_\_\_\_ |
|  | Etc  ⬜ I do not wish to complete a survey for any children in my household |  |  |

**Randomly select Child from Q61/Q62 and show the following:**

**Only show following paragraph if Q61/Q62 = >1**

For this part of the survey we have randomly selected a child for you to complete the survey on behalf of. We would like you to complete the survey on behalf of <<insert child’s name randomly chosen>>.

**Notes: For the adults completing the survey on behalf of 5-11 year olds – question phrasing will change to insert the child’s name throughout the survey i.e. if Q60=2 or 3.**

|  |
| --- |
| **This survey is about the physical activity <you do/<name> does> for sport, Physical Education (PE), exercise or fun**  This could include anything <you do/<name> does> at school, in <your/their> neighbourhood or at home like athletics, football, rugby, netball, biking, running/jogging, skateboarding and playing.  *There are no wrong answers. Please answer all the questions as best you can, and tell us what <you really think and do / <name> really thinks and does>.*  **Note for those aged 5-11 (coming through adult link):** We encourage you to check in with <name> if you are uncertain how he / she would answer and if possible do the questionnaire together.  **Note for those aged 12-17 (coming through Young People’s link):** If you need help answering any questions please ask your parent/caregiver.  To begin, click on the 'Next' button below. As you move through the survey, please use the buttons at the bottom of each screen. Do not use your browser buttons.  You can do the survey all in one go, or log in again to continue from where you left off. |
| Some questions about you/<name> |

|  |  |  |  |
| --- | --- | --- | --- |
| Q2 | **Show on same screen as previous text**  **Ask only if Q60=1 (child aged 12-17) but show all codes**  **If 18 or over –close**  **Autocode if Q61 answered**  How old <are you / is <name>>?[SA] | Code | Route |
|  | 5 years old | 01 |  |
|  | 6 years old | 02 |  |
|  | 7 years old | 03 |  |
|  | 8 years old | 04 |  |
|  | 9 years old | 05 |  |
|  | 10 years old | 06 |  |
|  | 11 years old | 07 |  |
|  | 12 years old | 08 |  |
|  | 13 years old | 09 |  |
|  | 14 years old | 10 |  |
|  | 15 years old | 11 |  |
|  | 16 years old | 12 |  |
|  | 17 years old | 13 |  |
|  | 18 years or over | 14 | CLOSE |

**If 18 or over (Q2=14)**

Thank you for taking the time to start this survey. Unfortunately this survey is only for those aged 12 – 17.

|  |  |  |  |
| --- | --- | --- | --- |
| Q66 | **If Q60=3 AND aged 12-13**  **If Q60=1 AND aged 5-13**  **One tick box**  I confirm that I have my parent/caregiver’s consent to complete this survey (they gave the postcard to me to do the survey).  *If you are not sure please ask them now. [*SA] | Code | Route |
|  | Yes, I have consent | 01 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q3 | What year <are you / is <name>> in at school? [SA] | Code | Route |
|  | Year 0 / New Entrants | 01 |  |
|  | Year 1 | 02 |  |
|  | Year 2 | 03 |  |
|  | Year 3 | 04 |  |
|  | Year 4 | 05 |  |
|  | Year 5 | 06 |  |
|  | Year 6 | 07 |  |
|  | Year 7 | 08 |  |
|  | Year 8 | 09 |  |
|  | Year 9 | 10 |  |
|  | Year 10 | 11 |  |
|  | Year 11 | 12 |  |
|  | Year 12 | 13 |  |
|  | Year 13 | 14 |  |
|  | <I am / <name> is > no longer at school | 15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q67 | **Only ask if Q3 =1-14 (at school)**  Do you go to a Māori Medium school?  **PROBE** *This could include a Kura Tuatahi, a Kura Arongatahi, or a Wharekura.* [SA] | Code | Route |
|  | Yes | 01 |  |
|  | No | 02 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q4 | **Only ask if Q3 =1-14 (at school)**  **Show code 6 after code 1**  **MA**  How <do you / does <name>> usually get to and from school? [MA] | Code | Route |
|  | Walk | 01 |  |
|  | Bike | 02 |  |
|  | Skateboard, scooter or rollerblading | 03 |  |
|  | Car, van or motorbike | 04 |  |
|  | Bus, train or ferry | 05 |  |
|  | Run | 06 |  |
|  | Other, please specify: | 98 |  |
|  | Home schooled / correspondence school | 99 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| QSI | Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time.  Physical activity can be done in sports, school activities, playing with friends, or walking to school.  Some examples of physical activity are running, walking quickly, playing tag, cycling, kilikiti, dancing, kapa haka, skateboarding, scootering, swimming, football, and going to the gym.  **For the next question, add up all the time <you spend/<name> spends> in physical activity each day.**  Over the **past 7 days**, on how many days <were you/was <name>> physically active for a total of at least **60 minutes per day**? [SA] | Code | Route |
|  | 0 days | 1 |  |
|  | 1 day | 2 |  |
|  | 2 days | 3 |  |
|  | 3 days | 4 |  |
|  | 4 days | 5 |  |
|  | 5 days | 6 |  |
|  | 6 days | 7 |  |
|  | 7 days | 8 |  |

|  |
| --- |
| **About the physical activity <you have / <name> has> have done in the last 7 days** |

|  |  |  |  |
| --- | --- | --- | --- |
| Q12 | In the last **7 days** **(not including today)** <have you/has <name>> done any **physical activity** specifically for sport, Physical Education (PE), exercise or fun?  [SA] | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q13 | **If 'No' at Q12 (code 2) then show code 104 at the start of the list**  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51**  **Wording if Q12=2 (haven’t done any physical activity in the last 7 days)**  Just confirming that <you have/<name> has> not done any of the activities shown below. If this is correct please tick “Nothing in the last 7 days”, otherwise please tick **all** the ways <you/<name>> have been **physically active** for sport, PE, exercise or fun in the last **7 days** **(not including today)**.  [MA]  **PROBE** *This could have been at school, in your neighbourhood or at home*  ***If Q60=1*** *Please don’t include any coaching or umpiring. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.*  ***If Q60=2/3*** *Please don’t include any coaching or umpiring that <name> has done.*  **Wording if Q12=1 (have done physical activity in the last 7 days)**  Please tick **all** the ways <you have / <name has> been **physically active** for sport, PE, exercise or fun in the last **7 days (not including today)**. [MA]  **PROBE** *This could have been at school, in your neighbourhood or at home.*  ***If Q60=1*** *Please don’t include any coaching or umpiring. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.*  ***If Q60=2/3*** *Please don’t include any coaching or umpiring that <name> has done.* | Code | Route |
|  | Walking for fitness | 001 |  |
|  | Running or jogging | 074 |  |
|  | Cross-country | 075 |  |
|  | Tramping or bush walks | 003 |  |
|  | Triathlon or duathlon | 004 |  |
|  | Cycling or biking | 005 |  |
|  | Mountain biking | 006 |  |
|  | Skateboarding | 007 |  |
|  | Scootering | 008 |  |
|  | Rollerblading | 009 |  |
|  | Athletics or track and field | 010 |  |
|  | Workout (weights or cardio) | 011 |  |
|  | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 012 |  |
|  | Indoor climbing | 013 |  |
|  | Gymnastics (e.g. rhythmic, artistic) | 014 |  |
|  | Dance/dancing (e.g. ballet, hip hop etc) | 015 |  |
|  | Cheerleading | 016 |  |
|  | Swimming | 017 |  |
|  | Surfing | 018 |  |
|  | Bodyboarding or boogie boarding | 019 |  |
|  | Rowing | 020 |  |
|  | Canoeing or kayaking | 021 |  |
|  | Sailing or yachting | 022 |  |
|  | Fishing | 023 |  |
|  | Water polo or Flippa Ball | 024 |  |
|  | Rugby or Rippa Rugby | 025 |  |
|  | Rugby league | 026 |  |
|  | Touch | 027 |  |
|  | Ki-o-rahi | 028 |  |
|  | Netball | 029 |  |
|  | Basketball or Mini-ball | 030 |  |
|  | Cricket | 031 |  |
|  | Football/soccer | 076 |  |
|  | Futsal | 077 |  |
|  | Hockey or floorball | 033 |  |
|  | Badminton | 034 |  |
|  | Volleyball or Kiwi Volley | 035 |  |
|  | Golf | 036 |  |
|  | Tennis | 037 |  |
|  | Table tennis | 038 |  |
|  | Softball or T-ball | 039 |  |
|  | Adventure racing | 040 |  |
|  | Orienteering | 041 |  |
|  | Skiing | 042 |  |
|  | Snowboarding | 043 |  |
|  | Karate | 044 |  |
|  | Waka ama | 045 |  |
|  | Games (e.g. four square, tag, bull rush, dodgeball) | 046 |  |
|  | Ultimate Frisbee | 047 |  |
|  | Parkour | 048 |  |
|  | Trampoline | 049 |  |
|  | Kapa haka | 050 |  |
|  | Playing on playground (e.g. jungle gym) | 051 |  |
|  | Horse riding (e.g. Pony club) | 052 |  |
|  | Surf Life saving | 053 |  |
|  | Handball | 054 |  |
|  | Playing (e.g. running around, climbing trees, make-believe) | 055 |  |
|  | Something else? What was it? | 100 |  |
|  | Something else? What was it? | 102 |  |
|  | Something else? What was it? | 103 |  |
|  | Nothing in the last 7 days | 104 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q16 | **Each activity shown one at a time (Q16 and Q16b shown as a loop for each activity)**  **Show responses selected at Q13 (activities done in the last 7 days)**  **Pipe 'other specify' responses**  **Only show “In PE or fitness class at school” if at school (Q3=not code 15)**  **MA**  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51**  Where or how did <you/<name>> do <**insert activity**> in the last **7 days**? [MA]  **PROBE** *Please select all that apply* | | | | | | | | |  |
|  | | | In PE or class at school **(organised)** | In a competition or tournament **(organised)** | Training or practising with a coach / instructor **(organised)** | Playing or hanging out with family or friends **(informal)** | Playing on my own **(informal)** | For extra exercise, training or practice without a coach / instructor **(informal)** | I have not done this in the last **7 days**  *(if selected we will stop asking about this activity in the following grids)* | |
| (R1) | | Walking for fitness | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R74) | | Running or jogging | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R75) | | Cross-country | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R3) | | Tramping or bush walks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R4) | | Triathlon or duathlon | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R5) | | Cycling or biking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R6) | | Mountain biking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R7) | | Skateboarding | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R8) | | Scootering | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R9) | | Rollerblading | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R10) | | Athletics or track and field | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R11) | | Workout (weights or cardio) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R12) | | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R13) | | Indoor climbing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R14) | | Gymnastics (e.g. rhythmic, artistic) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R15) | | Dance/dancing (e.g. ballet, hip hop etc) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R16) | | Cheerleading | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R17) | | Swimming | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R18) | | Surfing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R19) | | Bodyboarding or boogie boarding | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R20) | | Rowing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R21) | | Canoeing or kayaking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R22) | | Sailing or yachting | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R23) | | Fishing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R24) | | Water polo or Flippa Ball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R25) | | Rugby or Rippa Rugby | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R26) | | Rugby league | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R27) | | Touch | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R28) | | Ki-o-rahi | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R29) | | Netball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R30) | | Basketball or Mini-ball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R31) | | Cricket | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R76) | | Football/soccer | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R77) | | Futsal | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R33) | | Hockey or floorball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R34) | | Badminton | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R35) | | Volleyball or Kiwi Volley | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R36) | | Golf | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R37) | | Tennis | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R38) | | Table tennis | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R39) | | Softball or T-ball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R40) | | Adventure racing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R41) | | Orienteering | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R42) | | Skiing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R43) | | Snowboarding | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R44) | | Karate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R45) | | Waka ama | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R46) | | Games (e.g. four square, tag, bull rush, dodgeball) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R47) | | Ultimate Frisbee | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R48) | | Parkour | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R49) | | Trampoline | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R50) | | Kapa haka | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R51) | | Playing on playground (e.g. jungle gym) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R52) | | Horse riding (e.g. Pony club) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R53) | | Surf Life saving | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R54) | | Handball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R55) | | Playing (e.g. running around, climbing trees, make-believe) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R100) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R102) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| (R103) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q16b | **Each activity shown one at a time**  **Show responses selected at Q13 (activities done in the last 7 days)**  **Pipe 'other specify' responses**  **MA**  **Don't show text in brackets in columns**  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51**  **Note: Show one activity at a time, with only the columns selected at Q16**  About how many minutes did <you/<name>> spend doing <**insert activity**> in the last **7 days** in <this way / these ways? [MA]  **PROBE** *Please select the number of minutes from the drop down box*  **DROP DOWN OPTIONS ARE:**   * **About 15 minutes** * **About 30 minutes** * **About 45 minutes** * **About 1 hour** * **About 1.5 hours** * **About 2 hours** * **About 3 hours** * **About 4 hours** * **About 5 hours** * **About 6 hours** * **About 7 hours** * **About 8 hours** * **About 9 hours** * **About 10 hours** * **About 11 hours** * **About 12 hours** * **About 13 hours** * **About 14 hours** * **About 15 hours** * **About 16 hours** * **About 17 hours** * **About 18 hours** * **About 19 hours** * **About 20 hours** * **More than 20 hours** | | | | | | | |
|  | | | In PE or class at school **(organised)** | In a competition or tournament **(organised)** | Training or practising with a coach / instructor **(organised)** | Playing or hanging out with family or friends **(informal)** | Playing on my own **(informal)** | For extra exercise, training or practise without a coach / instructor **(informal)** |
| (R1) | | Walking for fitness | 1 | 2 | 3 | 4 | 5 | 6 |
| (R74) | | Running or jogging | 1 | 2 | 3 | 4 | 5 | 6 |
| (R75) | | Cross-country | 1 | 2 | 3 | 4 | 5 | 6 |
| (R3) | | Tramping or bush walks | 1 | 2 | 3 | 4 | 5 | 6 |
| (R4) | | Triathlon or duathlon | 1 | 2 | 3 | 4 | 5 | 6 |
| (R5) | | Cycling or biking | 1 | 2 | 3 | 4 | 5 | 6 |
| (R6) | | Mountain biking | 1 | 2 | 3 | 4 | 5 | 6 |
| (R7) | | Skateboarding | 1 | 2 | 3 | 4 | 5 | 6 |
| (R8) | | Scootering | 1 | 2 | 3 | 4 | 5 | 6 |
| (R9) | | Rollerblading | 1 | 2 | 3 | 4 | 5 | 6 |
| (R10) | | Athletics or track and field | 1 | 2 | 3 | 4 | 5 | 6 |
| (R11) | | Workout (weights or cardio) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R12) | | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R13) | | Indoor climbing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R14) | | Gymnastics (e.g. rhythmic, artistic) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R15) | | Dance/dancing (e.g. ballet, hip hop etc) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R16) | | Cheerleading | 1 | 2 | 3 | 4 | 5 | 6 |
| (R17) | | Swimming | 1 | 2 | 3 | 4 | 5 | 6 |
| (R18) | | Surfing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R19) | | Bodyboarding or boogie boarding | 1 | 2 | 3 | 4 | 5 | 6 |
| (R20) | | Rowing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R21) | | Canoeing or kayaking | 1 | 2 | 3 | 4 | 5 | 6 |
| (R22) | | Sailing or yachting | 1 | 2 | 3 | 4 | 5 | 6 |
| (R23) | | Fishing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R24) | | Water polo or Flippa Ball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R25) | | Rugby or Rippa Rugby | 1 | 2 | 3 | 4 | 5 | 6 |
| (R26) | | Rugby league | 1 | 2 | 3 | 4 | 5 | 6 |
| (R27) | | Touch | 1 | 2 | 3 | 4 | 5 | 6 |
| (R28) | | Ki-o-rahi | 1 | 2 | 3 | 4 | 5 | 6 |
| (R29) | | Netball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R30) | | Basketball or Mini-ball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R31) | | Cricket | 1 | 2 | 3 | 4 | 5 | 6 |
| (R76) | | Football/soccer | 1 | 2 | 3 | 4 | 5 | 6 |
| (R77) | | Futsal | 1 | 2 | 3 | 4 | 5 | 6 |
| (R33) | | Hockey or floorball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R34) | | Badminton | 1 | 2 | 3 | 4 | 5 | 6 |
| (R35) | | Volleyball or Kiwi Volley | 1 | 2 | 3 | 4 | 5 | 6 |
| (R36) | | Golf | 1 | 2 | 3 | 4 | 5 | 6 |
| (R37) | | Tennis | 1 | 2 | 3 | 4 | 5 | 6 |
| (R38) | | Table tennis | 1 | 2 | 3 | 4 | 5 | 6 |
| (R39) | | Softball or T-ball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R40) | | Adventure racing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R41) | | Orienteering | 1 | 2 | 3 | 4 | 5 | 6 |
| (R42) | | Skiing | 1 | 2 | 3 | 4 | 5 | 6 |
| (R43) | | Snowboarding | 1 | 2 | 3 | 4 | 5 | 6 |
| (R44) | | Karate | 1 | 2 | 3 | 4 | 5 | 6 |
| (R45) | | Waka ama | 1 | 2 | 3 | 4 | 5 | 6 |
| (R46) | | Games (e.g. four square, tag, bull rush, dodgeball) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R47) | | Ultimate Frisbee | 1 | 2 | 3 | 4 | 5 | 6 |
| (R48) | | Parkour | 1 | 2 | 3 | 4 | 5 | 6 |
| (R49) | | Trampoline | 1 | 2 | 3 | 4 | 5 | 6 |
| (R50) | | Kapa haka | 1 | 2 | 3 | 4 | 5 | 6 |
| (R51) | | Playing on playground (e.g. jungle gym) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R52) | | Horse riding (e.g. Pony club) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R53) | | Surf Life saving | 1 | 2 | 3 | 4 | 5 | 6 |
| (R54) | | Handball | 1 | 2 | 3 | 4 | 5 | 6 |
| (R55) | | Playing (e.g. running around, climbing trees, make-believe) | 1 | 2 | 3 | 4 | 5 | 6 |
| (R100) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 |
| (R102) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 |
| (R103) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 6 |

Q16not7 – Activities from Q13 copied over minus any activities where Q16=7

Q16c

**Show responses selected at Q16not7 (activities done in the last 7 days)**

**Pipe 'other specify' responses**

**Note: Show all activities as a grid**

Thinking about each activity <you have / <name> has> done in the last **7 days**, was this activity mainly light, moderate or vigorous? **[SA]**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | **Light**  *(activity that didn’t make you breathe harder than normal)* | **Moderate**  *(activity that caused you to breathe a bit harder than normal, but you could still talk to someone)* | **Vigorous**  *(activity that had you out of breath and it was hard to keep talking to someone at the same time)* |
| (R1) | <Activity> | 1 | 2 | 3 |

|  |  |
| --- | --- |
| Q63 | **[moved location]**  **Intensity (only ask 15+)**  **Online programme will not have any conditions of validations for this question**  In **total** in the last **7 days** how many hours did you spend being physically active for **sport, PE, exercise or fun**?  *Please think only about those physical activities done for at least 10 minutes at a time.*  *Please make your best estimate.* |
|  | \_\_\_\_\_\_\_\_\_\_\_\_ hours |

|  |  |  |  |
| --- | --- | --- | --- |
| Q55 | **[moved location]**  **Intensity (only ask 15+)**  **Online programme will not have any conditions or validations for this question**  **Have sum set up to autosum for respondent**  You indicated that you have done <**xxx**> hours of physical activity for sport, PE, exercise or fun over the last **7 days**.  How much of this activity was…  **PROBE:** *Please enter the hours below and have them add up to <xxx> hours.*  *Please think only about those physical activities done for at least 10 minutes at a time.*  *Please make your best estimate.* | Code | Route |
|  | **Vigorous** - any activity that had you out of breath (you couldn’t do this activity and have a conversation at the same time) | xxx |  |
|  | **Moderate** - activity that caused a slight, but noticeable, increase in breath (you could still have a conversation) | xxx |  |
|  | **Light** – any activity that didn’t really affect your breathing. | xxx |  |
|  | *Sum* | *xxx* |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q17 | **Multi answer**  **Show responses selected at Q13 (activities done in the last 7 days) but exclude any activities that respondent selected code 7 (I have not done this in the last 7 days) at Q16**  **Pipe 'other specify' responses**  **MA**  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51**  **Show column 4 before column 3**  **Analysis: Group columns 3, 4 and 5 as ‘In the community’**  Where have you done each of these in the last **7 days**? [SA] | | | | | | |  |
|  | | | At school or in the school grounds | At home | Outdoor facilities (e.g. playground, park, field, AstroTurf, or outdoor pool) | Indoor facilities (e.g. gym, community hall, church, marae or indoor pool) | Other outdoor locations (e.g. beach, lake, bush, footpath) | Somewhere else? |
| (R1) | | Walking for fitness | 1 | 2 | 3 | 4 | 5 | 8 |
| (R74) | | Running or jogging | 1 | 2 | 3 | 4 | 5 | 8 |
| (R75) | | Cross-country | 1 | 2 | 3 | 4 | 5 | 8 |
| (R3) | | Tramping or bush walks | 1 | 2 | 3 | 4 | 5 | 8 |
| (R4) | | Triathlon or duathlon | 1 | 2 | 3 | 4 | 5 | 8 |
| (R5) | | Cycling or biking | 1 | 2 | 3 | 4 | 5 | 8 |
| (R6) | | Mountain biking | 1 | 2 | 3 | 4 | 5 | 8 |
| (R7) | | Skateboarding | 1 | 2 | 3 | 4 | 5 | 8 |
| (R8) | | Scootering | 1 | 2 | 3 | 4 | 5 | 8 |
| (R9) | | Rollerblading | 1 | 2 | 3 | 4 | 5 | 8 |
| (R10) | | Athletics or track and field | 1 | 2 | 3 | 4 | 5 | 8 |
| (R11) | | Workout (weights or cardio) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R12) | | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R13) | | Indoor climbing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R14) | | Gymnastics (e.g. rhythmic, artistic) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R15) | | Dance/dancing (e.g. ballet, hip hop etc) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R16) | | Cheerleading | 1 | 2 | 3 | 4 | 5 | 8 |
| (R17) | | Swimming | 1 | 2 | 3 | 4 | 5 | 8 |
| (R18) | | Surfing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R19) | | Bodyboarding or boogie boarding | 1 | 2 | 3 | 4 | 5 | 8 |
| (R20) | | Rowing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R21) | | Canoeing or kayaking | 1 | 2 | 3 | 4 | 5 | 8 |
| (R22) | | Sailing or yachting | 1 | 2 | 3 | 4 | 5 | 8 |
| (R23) | | Fishing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R24) | | Water polo or Flippa Ball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R25) | | Rugby or Rippa Rugby | 1 | 2 | 3 | 4 | 5 | 8 |
| (R26) | | Rugby league | 1 | 2 | 3 | 4 | 5 | 8 |
| (R27) | | Touch | 1 | 2 | 3 | 4 | 5 | 8 |
| (R28) | | Ki-o-rahi | 1 | 2 | 3 | 4 | 5 | 8 |
| (R29) | | Netball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R30) | | Basketball or Mini-ball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R31) | | Cricket | 1 | 2 | 3 | 4 | 5 | 8 |
| (R76) | | Football/soccer | 1 | 2 | 3 | 4 | 5 | 8 |
| (R77) | | Futsal | 1 | 2 | 3 | 4 | 5 | 8 |
| (R33) | | Hockey or floorball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R34) | | Badminton | 1 | 2 | 3 | 4 | 5 | 8 |
| (R35) | | Volleyball or Kiwi Volley | 1 | 2 | 3 | 4 | 5 | 8 |
| (R36) | | Golf | 1 | 2 | 3 | 4 | 5 | 8 |
| (R37) | | Tennis | 1 | 2 | 3 | 4 | 5 | 8 |
| (R38) | | Table tennis | 1 | 2 | 3 | 4 | 5 | 8 |
| (R39) | | Softball or T-ball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R40) | | Adventure racing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R41) | | Orienteering | 1 | 2 | 3 | 4 | 5 | 8 |
| (R42) | | Skiing | 1 | 2 | 3 | 4 | 5 | 8 |
| (R43) | | Snowboarding | 1 | 2 | 3 | 4 | 5 | 8 |
| (R44) | | Karate | 1 | 2 | 3 | 4 | 5 | 8 |
| (R45) | | Waka ama | 1 | 2 | 3 | 4 | 5 | 8 |
| (R46) | | Games (e.g. four square, tag, bull rush, dodgeball) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R47) | | Ultimate Frisbee | 1 | 2 | 3 | 4 | 5 | 8 |
| (R48) | | Parkour | 1 | 2 | 3 | 4 | 5 | 8 |
| (R49) | | Trampoline | 1 | 2 | 3 | 4 | 5 | 8 |
| (R50) | | Kapa haka | 1 | 2 | 3 | 4 | 5 | 8 |
| (R51) | | Playing on playground (e.g. jungle gym) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R52) | | Horse riding (e.g. Pony club) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R53) | | Surf Life saving | 1 | 2 | 3 | 4 | 5 | 8 |
| (R54) | | Handball | 1 | 2 | 3 | 4 | 5 | 8 |
| (R55) | | Playing (e.g. running around, climbing trees, make-believe) | 1 | 2 | 3 | 4 | 5 | 8 |
| (R100) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 8 |
| (R102) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 8 |
| (R103) | | Something else? What was it? | 1 | 2 | 3 | 4 | 5 | 8 |

|  |  |  |  |
| --- | --- | --- | --- |
| Q22 | **Ask all**  Would <you / <name>> **like** to be doing more physical activity for sport, PE, exercise or fun than what <you do/ he / she does> now? [SA] | Code | Route |
|  | Yes - I would like to be doing more | 1 |  |
|  | No | 2 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q23 | **Ask if 8+**  **Only show code 20 if Q3=code 14 (respondent not at school)**  **If you said 'yes' to Q22:**  Why <are you / is <name>> not doing as much physical activity as <you / he / she> would like?  **If you said 'no' to Q22:**  Why <do you / does <name>> **not** want to do more than <you are /he / she is> currently doing? [MA]  **PROBE** You can select more than one reason. | Code | Route |
|  | Too hard to get to training, games or competitions | 08 |  |
|  | No places nearby to do what I want to do | 09 |  |
|  | <I don’t / Doesn’t> have the equipment I need | 30 |  |
|  | <My family / Family> can't afford it | 11 |  |
|  | Too busy | 13 |  |
|  | <I’m / Is> too tired / don't have the energy | 22 |  |
|  | It’s too hard to motivate <myself / himself / herself> | 26 |  |
|  | <I'm / Is> not fit enough | 02 |  |
|  | <I am / Is> am injured | 05 |  |
|  | <I have / <name> has>> a disability that prevents <me / him / her> from participating | 06 |  |
|  | <I’m / Is> too sick | 03 |  |
|  | <I don't / Doesn’t> like to sweat | 18 |  |
|  | <I don't / Doesn’t> feel safe | 16 |  |
|  | <I’m not / Not> not confident enough | 21 |  |
|  | <I don't / Doesn’t> know how to | 01 |  |
|  | <I don’t / He / She doesn’t> want to fail | 23 |  |
|  | <My / He / her> school doesn't offer physical activities <I'm / they’re> interested in | 10 |  |
|  | (only show to those not at school) Too hard now that I have left school | 20 |  |
|  | (only show to those at school) PE / fitness classes at school are not fun | 28 |  |
|  | Not enough PE offered at school | 29 |  |
|  | <My parents / We> want me to focus on <my /> schoolwork / other activities | 12 |  |
|  | <My / his / her> friends aren't physically active | 07 |  |
|  | Other people discourage <me / <name>> from being physically active | 17 |  |
|  | ~~I have no one to do it with/~~ <I have / Has> no one to do physical activity with | 27 |  |
|  | <I don’t / Doesn’t> feel welcome | 04 |  |
|  | <I don’t / Doesn’t> like other people seeing me being physically active | 19 |  |
|  | <I prefer / Prefers> to do other things | 14 |  |
|  | |  |  | | --- | --- | | <I find / Finds> physical activity boring.................................................................................................. | 15 | | 15 |  |
|  | The weather | 33 |  |
|  | Can’t fit it in with other family member’s activities | 32 |  |
|  | (if Q22=2) <I / He / she> already <do / does> already do a good amount of physical activity ...................................................... | 24 |  |
|  | (if Q22=2) <I am / he / she is> not interested in sport or physical activity | 25 |  |
|  | Another reason, please tell us why: | 98 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q24 | **Ask if Q23=code 4 (said that 'People like me are not that welcome')**  You said one of the reasons you are not doing as much physical activity as you would like was because you don’t feel welcome. Why is that?[MA] | Code | Route |
|  | My gender | 1 |  |
|  | My age | 2 |  |
|  | My ethnicity | 3 |  |
|  | My sexual orientation | 4 |  |
|  | My disability | 5 |  |
|  | I'm not good enough | 6 |  |
|  | My size/ weight | 7 |  |
|  | My culture | 12 |  |
|  | My religion | 13 |  |
|  | Some other reason, please specify why: | 98 |  |

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| --- | --- | --- | --- |
| Q70 | **Ask if Q23=code 13 (said that 'Too busy')**  You said you are too busy for more physical activity. What are you too busy with? [MA] | Code | Route |
|  | School work | 1 |  |
|  | Work / job | 2 |  |
|  | Other physical activity | 3 |  |
|  | Other hobbies | 4 |  |
|  | Something else | 8 |  |

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| --- | --- | --- | --- |
| Q71 | **Ask if Q23=code 14 (said that 'I prefer to do other things’)**  **OR if Q70=code 4 (i.e. too busy spending time on other hobbies)**  **Wording if Q23=code 14:**  You said you prefer to do other things. What is it that you prefer doing?  **Wording if Q70=code 4 AND Q23 code 14 not selected:**  You said you are too busy with other hobbies. What hobbies are you spending your time on? [MA] | Code | Route |
|  | Music | 1 |  |
|  | Film | 2 |  |
|  | Theatre | 3 |  |
|  | Comedy | 4 |  |
|  | Crafts | 5 |  |
|  | Art | 6 |  |
|  | Electronic games | 7 |  |
|  | Travel | 8 |  |
|  | Food | 9 |  |
|  | Reading | 10 |  |
|  | Spending time with family or friends | 11 |  |
|  | Something else, please tell us what? | 98 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q72 | **Ask if Q23=code 24 (said that 'I already do a good amount of physical activity’)**  You said you already do a good amount of physical activity. Please specify where your physical activity comes from: [MA] | Code | Route |
|  | Through sport, PE, exercise or fun | 1 |  |
|  | Through work | 2 |  |
|  | Through caregiving | 3 |  |
|  | Something else, please tell us what? | 98 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q25N | **Ask if Q22 =1 (not doing as much activity as they would like)**  Which activities would you like to try or do more of? [MA]  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51** | Code | Route |
|  | Walking for fitness | 001 |  |
|  | Running or jogging | 074 |  |
|  | Cross-country | 075 |  |
|  | Tramping or bush walks | 003 |  |
|  | Triathlon or duathlon | 004 |  |
|  | Cycling or biking | 005 |  |
|  | Mountain biking | 006 |  |
|  | Skateboarding | 007 |  |
|  | Scootering | 008 |  |
|  | Rollerblading | 009 |  |
|  | Athletics or track and field | 010 |  |
|  | Workout (weights or cardio) | 011 |  |
|  | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 012 |  |
|  | Indoor climbing | 013 |  |
|  | Gymnastics (e.g. rhythmic, artistic) | 014 |  |
|  | Dance/dancing (e.g. ballet, hip hop etc) | 015 |  |
|  | Cheerleading | 016 |  |
|  | Swimming | 017 |  |
|  | Surfing | 018 |  |
|  | Bodyboarding or boogie boarding | 019 |  |
|  | Rowing | 020 |  |
|  | Canoeing or kayaking | 021 |  |
|  | Sailing or yachting | 022 |  |
|  | Fishing | 023 |  |
|  | Water polo or Flippa Ball | 024 |  |
|  | Rugby or Rippa Rugby | 025 |  |
|  | Rugby league | 026 |  |
|  | Touch | 027 |  |
|  | Ki-o-rahi | 028 |  |
|  | Netball | 029 |  |
|  | Basketball or Mini-ball | 030 |  |
|  | Cricket | 031 |  |
|  | Football/soccer | 076 |  |
|  | Futsal | 077 |  |
|  | Hockey or floorball | 033 |  |
|  | Badminton | 034 |  |
|  | Volleyball or Kiwi Volley | 035 |  |
|  | Golf | 036 |  |
|  | Tennis | 037 |  |
|  | Table tennis | 038 |  |
|  | Softball or T-ball | 039 |  |
|  | Adventure racing | 040 |  |
|  | Orienteering | 041 |  |
|  | Skiing | 042 |  |
|  | Snowboarding | 043 |  |
|  | Karate | 044 |  |
|  | Waka ama | 045 |  |
|  | Games (e.g. four square, tag, bull rush, dodgeball) | 046 |  |
|  | Ultimate Frisbee | 047 |  |
|  | Parkour | 048 |  |
|  | Trampoline | 049 |  |
|  | Kapa haka | 050 |  |
|  | Playing on playground (e.g. jungle gym) | 051 |  |
|  | Horse riding (e.g. Pony club) | 052 |  |
|  | Surf Life saving | 053 |  |
|  | Handball | 054 |  |
|  | Playing (e.g. running around, climbing trees, make-believe) | 055 |  |
|  | Something else? What was it? | 101 |  |
|  | Don't know | 104 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q25 | **Show those selected at Q25N**  **Autocode if only one activity was selected at Q25N**  If you had to choose just **one** physical activity to try or do more of, which one would it be? [SA]  **Show code 1 after code 3**  **Show code 50 after code 28**  **Show code 51 after code 46**  **Show code 53 after code 17**  **Show code 54 after code 32**  **Show code 55 after code 51** | Code | Route |
|  | Walking for fitness | 001 |  |
|  | Running or jogging | 074 |  |
|  | Cross-country | 075 |  |
|  | Tramping or bush walks | 003 |  |
|  | Triathlon or duathlon | 004 |  |
|  | Cycling or biking | 005 |  |
|  | Mountain biking | 006 |  |
|  | Skateboarding | 007 |  |
|  | Scootering | 008 |  |
|  | Rollerblading | 009 |  |
|  | Athletics or track and field | 010 |  |
|  | Workout (weights or cardio) | 011 |  |
|  | Group exercise class (e.g. aerobics, CrossFit, Jump Jam) | 012 |  |
|  | Indoor climbing | 013 |  |
|  | Gymnastics (e.g. rhythmic, artistic) | 014 |  |
|  | Dance/dancing (e.g. ballet, hip hop etc) | 015 |  |
|  | Cheerleading | 016 |  |
|  | Swimming | 017 |  |
|  | Surfing | 018 |  |
|  | Bodyboarding or boogie boarding | 019 |  |
|  | Rowing | 020 |  |
|  | Canoeing or kayaking | 021 |  |
|  | Sailing or yachting | 022 |  |
|  | Fishing | 023 |  |
|  | Water polo or Flippa Ball | 024 |  |
|  | Rugby or Rippa Rugby | 025 |  |
|  | Rugby league | 026 |  |
|  | Touch | 027 |  |
|  | Ki-o-rahi | 028 |  |
|  | Netball | 029 |  |
|  | Basketball or Mini-ball | 030 |  |
|  | Cricket | 031 |  |
|  | Football/soccer | 076 |  |
|  | Futsal | 077 |  |
|  | Hockey or floorball | 033 |  |
|  | Badminton | 034 |  |
|  | Volleyball or Kiwi Volley | 035 |  |
|  | Golf | 036 |  |
|  | Tennis | 037 |  |
|  | Table tennis | 038 |  |
|  | Softball or T-ball | 039 |  |
|  | Adventure racing | 040 |  |
|  | Orienteering | 041 |  |
|  | Skiing | 042 |  |
|  | Snowboarding | 043 |  |
|  | Karate | 044 |  |
|  | Waka ama | 045 |  |
|  | Games (e.g. four square, tag, bull rush, dodgeball) | 046 |  |
|  | Ultimate Frisbee | 047 |  |
|  | Parkour | 048 |  |
|  | Trampoline | 049 |  |
|  | Kapa haka | 050 |  |
|  | Playing on playground (e.g. jungle gym) | 051 |  |
|  | Horse riding (e.g. Pony club) | 052 |  |
|  | Surf Life saving | 053 |  |
|  | Handball | 054 |  |
|  | Playing (e.g. running around, climbing trees, make-believe) | 055 |  |
|  | Something else? What was it? | 101 |  |
|  | Don't know | 104 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q95 | **Ask 15+**  **Ask if Q12 =1 OR Q13 NOT 104 (done PA in the last 7 days)**  In the last **7 days**, did you do muscle strengthening activities on at least **3** **days**?  **PROBE** Muscle strengthening activity could include skipping, jumping, weights, sports like football, tennis, rugby, and exercises like push-ups, pull-ups, sit-ups. [SA] | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |
|  | Don’t know | 9 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q27 | **Only ask those who have done PA in last 7 days (Q13 = any activities selected)**  **Do not show <(outside of PE or Fitness Classes at school)> if not at school at Q3**  In the last **7 days** have you had any **coaching or instruction** for the physical activity you have done for sport~~, PE~~, exercise or fun outside of PE or classes at school? [MA]  **PROBE Please tick all that apply to you** | Code | Route |
|  | Yes - one on one training (just me and the coach) | 1 |  |
|  | Yes - in a group | 2 |  |
|  | Yes - online (e.g. YouTube, websites, videos, apps) | 3 |  |
|  | Yes - from books or magazines | 5 |  |
|  | No - I have not had any coaching or instruction | 4 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q28 | **Only ask those who have done PA in last 7 days (Q13 = any activities selected)**  In the last **7 days** have you used any **technology** (Fitbits, smartphone apps, pedometers etc.) when you have been **physically active** for sport, PE, exercise or fun?[SA] | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

**Teams and Sports Games**

|  |  |  |  |
| --- | --- | --- | --- |
| Q29 | **Ask all**  In the last **12 months**, how many (if any) sports teams, or recreation clubs/groups have you been in **at school**?  And how many have you been in **outside of school**? [SA]  **PROBE** *This could include things like soccer, mini-ball, karate, kapa haka, netball.* | At school | Outside of school |
|  | None | 1 | 1 |
|  | 1 team/club/group | 2 | 2 |
|  | 2 teams/clubs/groups | 3 | 3 |
|  | 3 teams/clubs/groups | 4 | 4 |
|  | 4 or more teams/clubs/groups | 5 | 5 |

|  |  |  |  |
| --- | --- | --- | --- |
| Q31 | **Show code 5 before code 4**  **Ask 12 plus**  What is the **highest level** of sport you have played in the last **12 months**?[SA] | Code | Route |
|  | I don't play sport | 1 |  |
|  | I've just played socially for fun with family and friends | 2 |  |
|  | I've played in school or club competitions | 3 |  |
|  | I've been selected as a member of a top school or club sports team (e.g. Rugby First XV, Netball 'A' team) | 4 |  |
|  | I have represented my school or club for a regional competition or event | 5 |  |
|  | I've represented my region (e.g. Canterbury or Auckland) | 6 |  |
|  | I've represented New Zealand | 7 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q79 | **Ask 12 plus**  **Ask If Q31 =3-7**  **Q31=3 insert [played in school or club competitions]**  **Q31=4 insert [were selected as a member of a top school or club sports team (e.g. Rugby First XV, Netball 'A' team)]**  **Q31=5 insert [represented your school or club for a regional competition or event]**  **Q31=6 insert [represented your region (e.g. Canterbury or Auckland)]**  **Q31=7 insert [represented New Zealand]**  And in the last 12 months when you [insert response from Q31 as stated above] was this for … SA] | Code | Route |
|  | A school team or group | 1 |  |
|  | A club outside of school | 2 |  |
|  | Both | 3 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q86 | **Ask all**  In the last 12 months, have you participated in any physical activity for sport, PE, exercise or fun, through any of the following groups? | Code | Route |
|  | YMCA (including YMCA before/after school care, outdoor recreation programmes, holiday programmes, camps, youth leadership programmes and classes/activities held at the YMCA) | 1 |  |
|  | Duke of Edinburgh | 2 |  |
|  | Scouts NZ (including Keas, Cubs, Scouts, Venturers and Rovers) | 3 |  |
|  | Girl Guiding NZ (including Pippins, Brownies, Guides and Rangers) | 4 |  |
|  | New Zealand Outdoor Instructor Association (NZOIA) | 5 |  |
|  | New Zealand Mountain Safety Council (NZMSC) | 6 |  |
|  | New Zealand Alpine Club | 7 |  |
|  | None of the above | 97 |  |

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| Q32 | **Ask if 12 plus**  **Ask If Q31 =2-7**  Are you training towards being selected to represent a region or country in sport?[SA] | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| Q33 | In the last **12 months** have you been to a **professional** sports game? [SA]  **PROBE** *Like a Super Rugby game, a Championship Netball game or X Games.* | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| **<Events> (those aged 5-11) or <Events, High performance sports, Leadership and Volunteering> (those aged 12-17)** |

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| Q35 | In the last **12 months**, have you taken part in any of these events where **lots of people** take part?  *Please exclude any sports tournaments.* [MA] | Code | Route |
|  | Triathlon / duathlon events (e.g. Weet-Bix Triathlon) | 01 |  |
|  | Running / walking events (anything up to 10ks e.g. fun runs) | 02 |  |
|  | Endurance running/ walking events (anything longer than 10ks e.g. half marathon) | 03 |  |
|  | Biking events (e.g. The Kids' Bike Jam) | 04 |  |
|  | Fishing events (e.g. Take a Kid Fishing) | 05 |  |
|  | Swimming events (e.g. Ocean Swims) | 06 |  |
|  | I have not taken part in any of these events | 07 |  |
|  | Another event, what was this? | 98 |  |

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| Q36 | **Ask if aged 12+**  In the last **12 months**, have you done any of the following roles for any physical activities that you do outside of PE or classes at school?[MA]  **PROBE** *Please tick all that apply to you* | Code | Route |
|  | Coach or assistant coach | 01 |  |
|  | Official (e.g. referee, umpire, scorer) | 02 |  |
|  | Team manager or assistant manager | 03 |  |
|  | Club administrator | 04 |  |
|  | Helper (e.g. ball boy or ball girl) | 05 |  |
|  | Lifeguard | 06 |  |
|  | Team captain | 07 |  |
|  | Activity leader (e.g. Kapa Haka leader) | 08 |  |
|  | Event organiser for a physical activity or event | 09 |  |
|  | No - I have not done any of these in the last 12 months | 10 |  |

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| Q37 | **Show on same screen as previous question**  **Only ask those 12+**  Are you going to do any of the roles above in the **next 12 months**? [SA] | Code | Route |
|  | Yes - definitely | 1 |  |
|  | Yes - maybe | 2 |  |
|  | No | 3 |  |

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| Q36b | **Ask if aged 12+**  **Only ask those who have volunteered in the last 12 months (Q36=1-9)**  **Only show those selected at Q36**  And have you done any of these roles in the last **7 days** outside of PE or classes at school?[MA]  **PROBE** *Please tick all that apply to you* | Code | Route |
|  | Coach or assistant coach | 01 |  |
|  | Official (e.g. referee, umpire, scorer) | 02 |  |
|  | Team manager or assistant manager | 03 |  |
|  | Club administrator | 04 |  |
|  | Helper (e.g. ball boy or ball girl) | 05 |  |
|  | Lifeguard | 06 |  |
|  | Team captain | 07 |  |
|  | Activity leader (e.g. Kapa Haka leader) | 08 |  |
|  | Event organiser for a physical activity or event | 09 |  |
|  | No - I have not done any of these in the last 7 days | 10 |  |

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| **<Your / <name>’s> attitudes towards physical activity**  The next few questions are about what <**you think or feel / <name> thinks or feels>**. Some people enjoy being physically active for sport, PE, exercise or fun, while others like doing different things. Please tell us how <**you** **feel and what you think / <name> thinks and feels>**. There are no wrong answers. |

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| Q39a | **RANDOMISE SPLIT INTO TWO GRIDS**  Please select a box on each line to show how much <you agree or disagree / <name agrees or disagrees> with each statement. [SA] | | | | | | |
|  | | | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| (R1) | | **(ALL)** I <like/liked> PE or fitness classes at school | 1 | 2 | 3 | 4 | 5 |
| (R2) | | **[PHYSICAL LITERACY] (ALL)** People in my life encourage me to take part in physical activities | 1 | 2 | 3 | 4 | 5 |
| (R3) | | **(12 plus)** I like to do the physical activities that my friends do | 1 | 2 | 3 | 4 | 5 |
| (R5) | | **(12 plus)** I love challenging myself and trying to win | 1 | 2 | 3 | 4 | 5 |
| (R6) | | **(ALL)** I like being physically active | 1 | 2 | 3 | 4 | 5 |
| (R8) | | **(12 plus)** I like my parents/family to be involved in my sport and physical activities | 1 | 2 | 3 | 4 | 5 |
| (R9) | | **(12 plus)** I find electronic games more exciting to play than the real life ones | 1 | 2 | 3 | 4 | 5 |
| (R10) | | **(ALL)** I like school | 1 | 2 | 3 | 4 | 5 |
| (R11) | | **(15-17)** I prefer physical activities that allow me to follow my own schedule rather than someone else’s | 1 | 2 | 3 | 4 | 5 |
| (R12) | | **(15-17)** I prefer to do physical activity that is more flexible and less structured | 1 | 2 | 3 | 4 | 5 |
| (R15) | | **[PHYSICAL LITERACY] (ALL)** I am good at lots of different physical activities | 1 | 2 | 3 | 4 | 5 |
| (R16) | | **[PHYSICAL LITERACY] (ALL)** I have the chance to do the physical activities I want | 1 | 2 | 3 | 4 | 5 |
| (R17) | | **[PHYSICAL LITERACY] (ALL)** I want to take part in physical activities | 1 | 2 | 3 | 4 | 5 |
| (R18) | | **[PHYSICAL LITERACY] (ALL)** I understand why taking part in physical activity is good for me | 1 | 2 | 3 | 4 | 5 |
| (R19) | | **[PHYSICAL LITERACY] (ALL)** I feel confident to take part in lots of different activities | 1 | 2 | 3 | 4 | 5 |
| (R20) | | **(ALL)** Being physically active is fun | 1 | 2 | 3 | 4 | 5 |
| (R21) | | **(8 plus)** Sport and other physical activities give me confidence | 1 | 2 | 3 | 4 | 5 |
| (R22) | | **(15-17)** I choose physical activity that suits my mood at the time | 1 | 2 | 3 | 4 | 5 |
| (R23) | | **(ALL)** Being physically active makes me feel good | 1 | 2 | 3 | 4 | 5 |
| (R24) | | **(ALL)** I have support in my community to do the physical activities I want | 1 | 2 | 3 | 4 | 5 |
| (R25) | | **(ALL)** I have access to spaces and places where I can do the physical activities I want | 1 | 2 | 3 | 4 | 5 |

**SPORT**

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| Q39b | **RANDOMISE**  Some of the next statements are about sport rather than all physical activity. Some other statements are about New Zealand high performance athletes and teams in general. Remember, this includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team).  Please select a box on each line to show how much <you agree or disagree / <name agrees or disagrees> with each statement. | | | | | | |
|  | | | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| (R1) | | **(ALL)** I am good at sport | 1 | 2 | 3 | 4 | 5 |
| (R2) | | **(12 plus)** I want to represent my country or region | 1 | 2 | 3 | 4 | 5 |
| (R3) | | **(12 plus)** I enjoy watching, listening to and reading about sports | 1 | 2 | 3 | 4 | 5 |
| (R5) | | **(12 plus)** I like playing sport with a team | 1 | 2 | 3 | 4 | 5 |
| (R6) | | **(ALL)** Successful NZ athletes or sports teams make me want to be more physically active | 1 | 2 | 3 | 4 | 5 |
| (R7) | | **(ALL)** I enjoy playing sport | 1 | 2 | 3 | 4 | 5 |
| (R8) | | **(12 plus)** I have learned many essential life skills through playing sport (e.g. teamwork and cooperation) | 1 | 2 | 3 | 4 | 5 |
| (R10) | | **(ALL)** NZ athletes and sports teams make good role models | 1 | 2 | 3 | 4 | 5 |

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| Q117 | **RANDOMISE Ask if 12 plus**  ‘Integrity issues’ refers to a range of things, including abusive, unethical or dishonest behaviour, and concerns around inclusivity and safety [SA]  **PROBE** *Please select one answer for each of the 3 statements* | | | | | | |  |
|  | | | 1 = No trust at all | 2 | 3 | 4 | 5 = Complete trust | Don’t know |
| (R1) | | How much do you trust **New Zealand’s sports organisations** to handle integrity issues appropriately and effectively? | 1 | 2 | 3 | 4 | 5 | 99 |
| (R2) | | How much do you trust **New Zealand’s athletes and teams** to act with integrity? | 1 | 2 | 3 | 4 | 5 | 99 |
| (R3) | | How much do you trust **New Zealand’s high performance sports coaches and managers** to act with integrity? | 1 | 2 | 3 | 4 | 5 | 99 |

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| Q87 | **Ask if 12 plus**  Thinking about your physical activity over the last **six months,** which of the following would best describe you? [SA] | Code | Route |
|  | I have not been physically active regularly and don’t plan to start | 1 |  |
|  | I have not been physically active regularly but might start in the next 6 months | 2 |  |
|  | I have not been physically active regularly but am trying to get into the habit of physical activity regularly | 3 |  |
|  | I have started being physically active regularly within the last 6 months and am still doing so | 4 |  |
|  | I started being physically active regularly in the last 6 months but have stopped again | 5 |  |
|  | I have been physically active regularly for more than 6 months | 6 |  |
|  | Don’t know | 99 |  |

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| Q74 | **Only ask those in year 11/12/13 or who have left school (Q3=12-15)**  Which of the following best describes when you participated in Physical Education (PE) or fitness classes at school? [SA] | Code | Route |
|  | I stopped doing PE as soon as it was no longer compulsory | 1 |  |
|  | I chose to continue doing PE as a subject when it was no longer compulsory | 2 |  |
|  | Don’t know / not applicable | 9 |  |

**HEALTH**

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| Q39c | **RANDOMISE**  **R1 – only insert ‘on schoolwork’ if at school**  The next few statements are about other aspects of physical activity and health.  Please select a box on each line to show how much <you agree or disagree / <name agrees or disagrees> with each statement. [SA] | | | | | | |
|  | | | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| (R1) | | **(ALL)** After doing physical activity, I find it easier to concentrate <on schoolwork> | 1 | 2 | 3 | 4 | 5 |
| (R5) | | **(ALL)** I worry I might get hurt when I do physical activity | 1 | 2 | 3 | 4 | 5 |

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| **Some questions about the things you do** |

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| Q41 | What do you **usually** do outside of school (e.g. before or after school, and at the weekends)? [SA] | Code | Route |
|  | I mostly read, watch TV, listen to music, am on my cell phone, tablet or play on the computer or games console | 1 |  |
|  | I mostly do things that are physically active | 2 |  |
|  | I do about the same amount of both of these | 3 |  |

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| Q77 | **Ask if aged 15+**  Do you **currently** belong to a gym or fitness centre? [SA] | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| Q78 | **Online link only allows responses of 0 to 99**  **Ask if belongs to the gym or fitness centre (Q77 =1)**  **Please make appropriate sized text box for numerical entry**  How many times in the last **7 days** have you been to your gym or fitness centre? | | | | | | | | | | | | | | | | | |
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|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| Q42 | **Insert a text box for hours**  **Compulsory**  **Accept answers under 24 only**  On average, how many hours of sleep do you get a night? | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | | |
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| Q44 | Outside of school or work, on a normal **weekday** how many hours do you spend each day looking at a screen?  *This could include watching TV, watching movies, on a computer, cell phone, tablet or PlayStation or Xbox.*  *Please include any time spent on a screen for homework.* [SA] | Code | Route |
|  | Less than 2 hours | 1 |  |
|  | 2 to 4 hours | 2 |  |
|  | 5 to 7 hours | 3 |  |
|  | 8 or more hours | 4 |  |

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| Q88 | On a normal **weekday** how many hours each day do you spend gaming (i.e. playing digital interactive games on a computer, game console (e.g. Xbox or Playstation) or phone or tablet)? [SA] | Code | Route |
|  | Less than 2 hours | 1 |  |
|  | 2 to 4 hours | 2 |  |
|  | 5 to 7 hours | 3 |  |
|  | 8 or more hours | 4 |  |

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| Q45 | Outside of school or work, on a normal **weekend day** how many hours do you spend each day looking at a screen?  *This could include watching TV, watching movies, on a computer, cell phone, tablet or PlayStation or Xbox.*  *Please include any time spent on a screen for homework.*  [SA] | Code | Route |
|  | Less than 2 hours | 1 |  |
|  | 2 to 4 hours | 2 |  |
|  | 5 to 7 hours | 3 |  |
|  | 8 or more hours | 4 |  |

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| Q89 | On a normal **weekend day** how many hours each day do you spend gaming?[SA] | Code | Route |
|  | Less than 2 hours | 1 |  |
|  | 2 to 4 hours | 2 |  |
|  | 5 to 7 hours | 3 |  |
|  | 8 or more hours | 4 |  |

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| Q90 | Thinking about e-sports (the competitive playing of video games), in the last 12 months have you…. | Yes | No | Don’t know |
|  | Watched others competing in an e-sports event (either in person or online) | 1 | 2 | 99 |
|  | Competed in an e-sports event | 1 | 2 | 99 |

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| Q48 | **Ask all**  On a scale from 1 to 10, where 1 is very unhappy and 10 is very happy, in general how happy <are you / is <name>>? [SA] | Code | Route |
|  | 1 - Very unhappy | 01 |  |
|  | 2 | 02 |  |
|  | 3 | 03 |  |
|  | 4 | 04 |  |
|  | 5 | 05 |  |
|  | 6 | 06 |  |
|  | 7 | 07 |  |
|  | 8 | 08 |  |
|  | 9 | 09 |  |
|  | 10 - Very happy | 10 |  |

**Some more questions about <you/<name>>**

Sport New Zealand wants to collect information about New Zealanders that is inclusive and representative of our diverse communities. For this reason, we are asking the following questions which you may find of a personal nature. By capturing this information, we will be able to better understand New Zealanders who participate and do not participate in sport and recreation, and their attitudes towards sport and recreation, and motivations.

**Do not show the back button for the rest of the survey**

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| Q8 | Which country were you born in?[SA] | Code | Route |
|  | New Zealand | 01 |  |
|  | Australia | 02 |  |
|  | Cook Islands | 03 |  |
|  | China (People’s Republic of) | 04 |  |
|  | India | 05 |  |
|  | Philippines | 17 |  |
|  | Samoa | 06 |  |
|  | South Africa | 07 |  |
|  | United Kingdom (England, Scotland, Wales, Northern Ireland) | 08 |  |
|  | United States of America | 09 |  |
|  | Other, please tell us where? | 98 |  |

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| Q7 | **Only ask if not born in NZ**  How long have you been living in New Zealand for? [SA] | Code | Route |
|  | Less than five years | 1 |  |
|  | More than five years | 2 |  |

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| Q5 | Which ethnic group or groups <do you/does <name>> identify with or belong to? [MA]  **PROBE If Q60=1** *Please tick ALL that apply to you*  ***If Q60=2/3*** *Please tick ALL that apply to <name>* | Code | Route |
|  | New Zealand European | 01 |  |
|  | Other European | 02 |  |
|  | New Zealand Māori | 03 |  |
|  | Cook Island Māori | 04 |  |
|  | Samoan | 05 |  |
|  | Tongan | 06 |  |
|  | Niuean | 07 |  |
|  | Fijian | 08 |  |
|  | Filipino | 14 |  |
|  | Chinese | 09 |  |
|  | Indian | 10 |  |
|  | African | 11 |  |
|  | Latin American | 12 |  |
|  | Middle Eastern | 13 |  |
|  | Other, please specify: | 98 |  |
|  | Don’t know | 99 |  |

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| Q91 | **Ask if 12 plus (Q2 = 8-13)**  **Show code 96 at the bottom of the list**  What is your religion? [SA] | Code | Route |
|  | No religion | 1 |  |
|  | Christian (e.g. Anglican, Catholic, Presbyterian, Methodist, Ratana, Ringatū) | 2 |  |
|  | Buddhist | 3 |  |
|  | Hindu | 4 |  |
|  | Muslim | 5 |  |
|  | Jewish | 6 |  |
|  | Other, please specify: | 98 |  |
|  | Prefer not to say | 96 |  |

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| Q92 | **Ask all**  **Compulsory question**  What sex <are you / is <name>>? [SA]  **PROBE** Sex refers to the biological sexual characteristics of a person and is assigned at birth | Code | Route |
|  | Male | 1 |  |
|  | Female | 2 |  |

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| Q9 | **Ask all**  **Code 3 = only shown for those aged 12+ (Q2=8-13)**  **Compulsory question**  What gender <do you / does <name>> identify with? [SA]  **PROBE** Gender refers to a person’s internal sense of identity and may or may not correspond with sex recorded at birth | Code | Route |
|  | Male | 1 |  |
|  | Female | 2 |  |
|  | Another gender | 3 |  |

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| Q50N | The next question is about difficulties <you / <name>> may have doing certain activities because of a **health problem**. <Do you / Does <name>> have difficulty…  *Please select one answer for each of the 6 statements* [SA] | No, no difficulty | Yes, some difficulty | Yes, a lot of difficulty | Cannot do at all |
| (R1) | Seeing, even if wearing glasses | 1 | 2 | 3 | 4 |
| (R2) | Hearing, even when using a hearing aid | 1 | 2 | 3 | 4 |
| (R3) | Walking or climbing steps | 1 | 2 | 3 | 4 |
| (R4) | Remembering or concentrating | 1 | 2 | 3 | 4 |
| (R5) | Washing all over or dressing | 1 | 2 | 3 | 4 |
| (R6) | Communicating, using <your/his/her> usual language, for example understanding or being understood by others | 1 | 2 | 3 | 4 |

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| Q54 | Which of the following apply to you?  *Please select all that apply* [MA] | Code | Route |
|  | I use a wheelchair | 2 |  |
|  | I am dealing with an ongoing **physical** illness, disability or disease | 5 |  |
|  | I am dealing with an ongoing **mental** illness, disability or disease | 6 |  |
|  | None of the above | 97 |  |

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| Q93 | **Ask if Q50N = 2,3,4 for any of R1 to R6**  **Code 9= single answer**  Thinking again about the physical activity <you have / <name> has> done over the past week. Did you do any of this physical activity with…  *Please select all that apply* [MA] | Code | Route |
|  | People with a similar impairment to <you / him / her> | 1 |  |
|  | People with a different impairment to <you / him / her> | 2 |  |
|  | People without impairments | 3 |  |
|  | Alone | 4 |  |
|  | Not done any activity in the last week | 9 |  |

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| Q94 | **Ask if Q50N = 2,3,4 for any of R1 to R6**  Some people with impairments prefer to do physical activity with people who also have impairments, while some prefer to do physical activity with people who do not have impairments. Which one of the following best describes <you / <name>>… [SA] | Code | Route |
|  | <I prefer / he / she prefers> to do physical activity with other people who have a similar impairment to <me / him / her> | 1 |  |
|  | <I prefer / he / she prefers> to do physical activity with other people who have an impairment, but not necessarily similar to <mine / his /hers> | 2 |  |
|  | <I prefer / he / she prefers> to do physical activity with people with and without impairments | 3 |  |
|  | <I prefer / he / she prefers> to do physical activity with people without impairments | 4 |  |
|  | <I prefer / he / she prefers> to do physical activity alone …………………………....... | 5 |  |
|  | It depends on the activity | 6 |  |
|  | <I don’t / he / she doesn’t> have a preference | 7 |  |

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| Q53 | **Ask 12 plus**  Do you have a regular part-time or full-time job? [SA] | Code | Route |
|  | No | 1 |  |
|  | Yes, a part-time job (34 hours or less per week) | 2 |  |
|  | Yes, a full-time job (over 35 hours per week) | 3 |  |

**ENSURE TO ADD CURRENT YEAR TO DROP DOWN**

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| Q75a | **COMPULSORY TO ANSWER**  **Use drop downs for calendar – prompt twice for a year at minimum**  When <were you / was <name>> born? [SA] | Code | Route |
|  |  | 1 |  |

|  |  |  |  |
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| Q75b | **COMPULSORY TO ANSWER**  **ASK if no answer at Q75s**  **Use drop downs for calendar – Year range 1999 - 2017**  What year <were you / was <name>> born? [SA] | Code | Route |
|  |  | 1 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Q59 | **If Q60=2 or 3 Ask Version A of question.**  **If Q60 = 1 Ask Version B**  **Version A**: Can you please indicate how much <<insert name>> was involved when you answered these questions on his / her behalf?  **Version B**: Can you please indicate how much your parent/ caregiver was involved when you completed this survey? [SA] | Code | Route |
|  | Very involved | 1 |  |
|  | Quite involved | 2 |  |
|  | Not very involved | 3 |  |
|  | Not at all involved | 4 |  |

**International Physical Activity Questions**

**Ask if aged 12+**

*This next section is about the different ways in which you are active. These are international questions, used in surveys across countries. Some of these questions may feel similar to ones you have already answered but we need to ask them in this way to understand how you are active in different parts of your life (e.g. at home, for recreation or for getting from A to B).*

Think about all the **vigorous** and **moderate** activities

that you did in the last 7 days.

By the last seven days we mean five school days and two weekend days.

**Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.

**Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

**Part 1: School-related physical activity**

Part 1 is about the physical activities that you have been doing the last 7 days **during school hours** (during the lessons and during breaks). Transportation to and from school are NOT included.

1. During physical education classes

|  |  |
| --- | --- |
| Q100 | **Ask all**  **Show on same screen as part 1 intro**  How many lessons (school hours) of physical education did you have during the last seven days? [SA] |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | None | 1 day | 2 days | 3 days | 4 days | Other, please specify |
| (R1) | … | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |
| --- | --- |
| Q101 | **Ask if Q100 R1 = 1 to 5**  **Please made appropriate sized text box**  How much time did you spend in TOTAL on **walking** during these physical education lessons? |
|  |  |
|  | \_\_\_hours \_\_\_minutes during the last 7 days |
|  |  |

|  |  |
| --- | --- |
| Q102 | **Show on same screen as previous question**  **Ask if Q100 R1 = 1 to 5**  **Please made appropriate sized text box**  How much time did you spend in TOTAL during these physical education lessons on **physical activities** such as sport, running, playing? |
|  |  |
|  | \_\_\_hours \_\_\_minutes physical activity during the last 7 days |
|  |  |

B. During breaks and free time between classes

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q103 | **Ask all**  During the last 7 days, on how many days did you do the following, during breaks and free time, for at least 10 minutes .... | | | | | | |  |
|  | | | None | 1 day | 2 days | 3 days | 4 days | 5 days |
| (R1) | | ... VIGOROUS physical activity, that make you breathe much harder than normal? | 0 | 1 | 2 | 3 | 4 | 5 |
| (R2) | | ... MODERATE physical activity, that make you breathe somewhat harder than normal? | 0 | 1 | 2 | 3 | 4 | 5 |
| (R3) | | …WALK | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |
| --- | --- |
| Q104 | **Ask if Q103 R1 = 1 to 5**  **Please made appropriate sized text box**  How much time did you usually spend during breaks and free time at school on one of those days doing **vigorous physical activities**? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
| --- | --- |
| Q105 | **Show on same screen as previous question**  **Ask if Q103 R2 = 1 to 5**  **Please made appropriate sized text box**  How much time did you usually spend during breaks and free time at school on one of those days doing **moderate physical activities**? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
| --- | --- |
| Q106 | **Show on same screen as previous question**  **Ask if Q103 R3 = 1 to 5**  **Please made appropriate sized text box**  How much time did you usually spend during breaks and free time at school on one of those days **walking**? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

**Part 2: Housework, house maintenance and gardening**

This second part is about physical activity that you might have been doing during the last 7 days in and around the house.

|  |  |
| --- | --- |
| Q107 | **ASK ALL**  During the last 7 days, on how many days did you do physical activities in the garden or in home like vacuuming, carrying loads, mowing lawns, hanging washing, and gardening? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | None | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
| (R1) | … | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |
| --- | --- |
| Q108 | **Ask if Q107 R1 = 1 to 7**  **Please made appropriate sized text box**  How much time did you usually spend on those activities in the home and yard on such a day? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

**Part 3: Transportation physical activity**

These questions are about how you travelled from place to place, including to places like school, stores, sports and social events.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q109 | **Ask all**  During the **last 7 days**, on how many days did you **travel** ... | | | | | | |  |  |  |
|  | | | None | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
| (R1) | | ... IN A MOTOR VEHICLE like train, bus or car? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (R2) | | ... WITH A BICYCLE? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (R3) | | … BY FOOT? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |
| --- | --- |
| Q110 | **Ask if Q109 R1 = 1 to 7**  **Please made appropriate sized text box**  How much time did you usually spend on one of those days **travelling by motor vehicle**? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
| --- | --- |
| Q111 | **Show on same screen as previous question**  **Ask if Q109 R2 = 1 to 7 Show on same screen as previous question**  **Please made appropriate sized text box**  How much time did you usually spend on one of those days **bicycling** from place to place? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
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| Q112 | **Show on same screen as previous question**  **Ask if Q109 R3 = 1 to 7 Show on same screen as previous question**  **Please made appropriate sized text box**  How much time did you usually spend **walking** from place to place on one of those days? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

**Part 4: Recreation, sport, and leisure-time physical activity**

This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure. **Please do not include any activities you have already mentioned.**

|  |  |  |  |  |  |  |  |  |  |  |
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| Q113 | **Ask all**  During the last 7 days on how many days did you do one of the following for at least 10 minutes at a time **in your leisure time**? (not including activities you already mentioned) | | | | | | |  |  |  |
|  | | | None | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
| (R1) | | ... WALK | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (R2) | | ... VIGOROUS physical activities like hiking uphill, running, fast bicycling, fast swimming, soccer, netball or rugby? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (R3) | | …MODERATE physical activities like hiking on flat, gentle jogging, bicycling or swimming at a regular pace or volleyball? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |
| --- | --- |
| Q114 | **Ask if Q113 R1 = 1 to 7**  **Please made appropriate sized text box**  How much time did you usually spend on one of those days **walking** in your leisure time? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
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| Q115 | **Show on same screen as previous question**  **Ask if Q113 R2 = 1 to 7**  **Please made appropriate sized text box**  How much time did you usually spend on one of those days **on vigorous physical activity** in your leisure time? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

|  |  |
| --- | --- |
| Q116 | **Show on same screen as previous question**  **Ask if Q113 R3 = 1 to 7**  **Please made appropriate sized text box**  How much time did you usually spend on one of those days **on moderate physical activity** in your leisure time? |
|  |  |
|  | \_\_\_hours \_\_\_minutes per day |

**HIGH PERFORMANCE SECTION (don’t show this title in the survey)**

**This whole section is only asked of those aged 12+**

The next questions are about all high performance sport anywhere in the world, including New Zealand. High performance sport is all forms of sport that are played at the nationally representative and international levels. It includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks, the Silver Ferns, Fijian sevens team), and professional teams (e.g. Manchester United, the New York Nets, or Wellington Pulse).

|  |  |  |  |
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| QHP0 | **Ask if aged 12+**  For the next few questions, we want you to think **about high performance athletes and sports teams**, how interested would you say you are in **high performance athletes or sports teams?** [SA] | Code | Route |
|  | Not at all interested | 1 |  |
|  | Slightly interested | 2 |  |
|  | Moderately interested | 3 |  |
|  | Very interested | 4 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| QHP11 | **Ask if aged 12+**  Thinking about the different ways in which you follow **high performance sport**, in the last seven days how many times have you? [SA]  **PROBE** *Please select one answer for each statement.* | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8+ |
| R1 | Read about it in the newspaper | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R2 | Attended a professional sports event | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R3 | Used social media to follow it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R4 | Watched it live on television or another device | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R5 | Listened to it on the radio | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R6 | Started conversations with others about it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R7 | Watched replays of it or shows/programmes about it on television or another device | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

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| --- | --- | --- | --- |
| QHP12 | **Ask if aged 12+** **AND IF QHP11 R2, R4 = NOT 0**  Who did you watch it with? [MA] | Code | Route |
| R1 | By myself | 1 |  |
| R2 | My partner/spouse | 2 |  |
| R3 | Family members other than my partner/spouse | 3 |  |
| R4 | Close friends | 4 |  |
| R5 | Co-workers or classmates | 5 |  |
| R6 | Club members | 6 |  |
| R7 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7 |  |

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| QHP13 | **Ask if aged 12+** AND **IF QHP11 R2, R4 = NOT 0**  Where did you watch it? [MA] | Code | Route |
| R1 | At a sports venue (e.g. a stadium) | 1 |  |
| R2 | At home | 2 |  |
| R3 | At a friend’s home | 3 |  |
| R4 | At a family member’s home | 4 |  |
| R5 | At a bar or a pub | 5 |  |
| R6 | At a sports club | 6 |  |
| R7 | In my office, workplace or school | 7 |  |
| R8 | On the move | 8 |  |
| R9 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 9 |  |

**PLEASE SHOW THE FOLLOWING introduction TEXT ON THE SAME PAGE AS QHP14**

The next question is about **how much time** you spend following high performance sport in your leisure time.

*Leisure time is when you are not:*

* *working*
* *studying for school, college or wananga*
* *doing personal care tasks like sleeping, eating or grooming*
* *doing unpaid tasks like childcare or housework.*

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| QHP14 | **Please make appropriate sized text box one for hours and one for minutes**  **Ask if aged 12+** AND **IF QHP11 R1-R7 = NOT 0**  **CAN’T BE MORE THAN 24HRS**  **[OE] Hours**  **[OE] Minutes**  In the last 24 hours, how much leisure time did you have outside work, study, personal care and unpaid tasks? | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| QHP15 | **Please make appropriate sized text box one for hours and one for minutes**  **Ask if aged 12+** **AND IF QHP11 R1-R7 = NOT 0**  **CAN’T BE MORE THAN QHP14**  **[OE] Hours**  **[OE] Minutes**  How much of this leisure time did you spend following high performance sport as your main focus?  *(e.g. attending live sports events, watching high performance sport on TV or on a device, listening to sport, or looking at or sharing content on social media)?* | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| QHP16 | **Please make appropriate sized text box one for hours and one for minutes**  **Ask if aged 12+** AND **IF QHP11 R1-R7 = NOT 0** **~~AND if QHP15 = NOT 0 minutes/hours~~ CAN’T BE MORE THAN 24HRS**  **[OE] Hours**  **[OE] Minutes**  Again, please think of the last 24 hrs. How much time did you spend following high performance sport while you were doing other things too? *(e.g. driving while listening to sport, cooking with a game on the TV, travelling on the bus and reading the sports news)* | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| QHP1 | **Ask if aged 12+**  For the next few questions, we want you to think **just about New Zealand’s high performance athletes and sports teams** in general, how interested would you say you are in one or more of **New Zealand’s high performance athletes or sports teams?** [SA] **PROBE** *Please select one answer* | Code | Route |
|  | Not at all interested | 1 |  |
|  | Slightly interested | 2 |  |
|  | Moderately interested | 3 |  |
|  | Very interested | 4 |  |

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| QHP17 | **Ask if aged 12+**  Thinking about the different ways in which you follow **New Zealand** high performance sport, in the last seven days how many times have you? [SA]  **PROBE** *Please select one answer per statement* | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8+ |
| R1 | Read about it in the newspaper | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R2 | Attended a professional sports event | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R3 | Used social media to follow it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R4 | Watched it live on television or another device | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R5 | Listened to it on the radio | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R6 | Started conversations with others about it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R7 | Watched replays of it or shows/programmes about it on television or another device | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

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| QHP18 | **Ask if aged 12+** AND **IF QHP17 R2, R4 = NOT 0**  Who did you watch it with? [MA] | Code | Route |
| R1 | By myself | 1 |  |
| R2 | My partner/spouse | 2 |  |
| R3 | Family members other than my partner/spouse | 3 |  |
| R4 | Close friends | 4 |  |
| R5 | Co-workers or classmates | 5 |  |
| R6 | Club members | 6 |  |
| R7 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7 |  |

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| --- | --- | --- | --- |
| QHP19 | **Ask if aged 12+** AND **IF QHP17 R2, R4 = NOT 0**  Where did you watch it? [MA] | Code | Route |
| R1 | At a sports venue (e.g. a stadium) | 1 |  |
| R2 | At home | 2 |  |
| R3 | At a friend’s home | 3 |  |
| R4 | At a family member’s home | 4 |  |
| R5 | At a bar or a pub | 5 |  |
| R6 | At a sports club | 6 |  |
| R7 | In my office, workplace or school | 7 |  |
| R8 | On the move | 8 |  |
| R9 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 9 |  |

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| Q39b | **Ask if aged 12+**  **RANDOMISE**  Still thinking just about New Zealand high performance athletes and teams in general. Remember, this includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team). How much do you agree or disagree with the following statements [SA]  **PROBE** *Please select one answer for each of the 4 statements* | | | | | | |
|  | | | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| (R12) | | New Zealand athletes and teams compete in the way that I expect them to | 1 | 2 | 3 | 4 | 5 |
| (R13) | | New Zealand athletes and teams achieve the success that I would expect | 1 | 2 | 3 | 4 | 5 |
| (R14) | | New Zealand athletes and teams compete to the best of their ability | 1 | 2 | 3 | 4 | 5 |
| (R15) | | New Zealand’s sporting successes are my successes | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| QHP4 | **Ask if aged 12+**  **RANDOMISE** How strongly do you feel the following [SA]  **PROBE** *Please select one answer for each of the 3 statements* | | | |  | | |  | |  | |  | |  | |  | |  | |
|  | | 1 = Not at all | 2 | 3 | | 4 | 5 | | 6 | | 7 | | 8 | | 9 | | 10 = Very strongly | |
| (R1) | I feel a sense of belonging to New Zealand when New Zealand athletes and teams compete | 1 | 2 | 3 | | 4 | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | |
| (R2) | I feel inspired by New Zealand athletes and teams | 1 | 2 | 3 | | 4 | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | |
| (R3) | I feel proud of New Zealand athletes or sports teams | 1 | 2 | 3 | | 4 | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | |

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| QHP8 | **Ask if aged 12+**  **RANDOMISE** The following questions ask about how you felt yesterday on a scale from 0 to 10. Zero means you did not experience the emotion “at all” while 10 means you experienced the emotion “all of the time” yesterday. Ways you might have felt yesterday are listed below [SA]  **PROBE** *Please select one answer for each of the statements* | | | | | | | |  | |  |  | |  |  | | |
|  | | 0 = Not at all | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 = All of the time |
| (R1) | Angry | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R2) | Calm | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R3) | Worried | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R4) | Depressed | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R5) | Stress | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R6) | Tired | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R7) | Pride | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R8) | Enjoyment | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R9) | Inspiration | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R10) | Sadness | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R11) | Connection to other people | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |
| (R12) | Smile or laugh | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | | | 8 | | | 9 | 10 |

**Show this text on same page as QHP20**

The next question asks about how closely you follow specific New Zealand high performance sports.

To follow a sport means to watch it on television, listen to it on the radio, follow it on social media, or attend live events to watch.

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| QHP20 |  |
| **Ask if aged 12+**  **RANDOMISE**   How closely do you follow these high performance sports when New Zealand competes internationally? | | | | | | | |
|  |  | | Do not follow (1) | 2 | 3 | 4 | Follow closely (5) |
| (R1) |  | Rowing | 1 | 2 | 3 | 4 | 5 |
| (R2) |  | Cycling | 1 | 2 | 3 | 4 | 5 |
| (R3) |  | Yachting | 1 | 2 | 3 | 4 | 5 |
| (R4) |  | Athletics | 1 | 2 | 3 | 4 | 5 |
| (R5) |  | Canoe Racing | 1 | 2 | 3 | 4 | 5 |
| (R6) |  | Snow Sports | 1 | 2 | 3 | 4 | 5 |
| (R7) |  | Equestrian | 1 | 2 | 3 | 4 | 5 |
| (R8) |  | Rugby sevens | 1 | 2 | 3 | 4 | 5 |
| (R9) |  | Paralympics | 1 | 2 | 3 | 4 | 5 |
| (R10) |  | Rugby Union | 1 | 2 | 3 | 4 | 5 |
| (R11) |  | Basketball | 1 | 2 | 3 | 4 | 5 |
| (R12) |  | Football | 1 | 2 | 3 | 4 | 5 |
| (R13) |  | Netball | 1 | 2 | 3 | 4 | 5 |
| (R14) |  | Hockey | 1 | 2 | 3 | 4 | 5 |
| (R15) |  | Tennis | 1 | 2 | 3 | 4 | 5 |
| (R16) |  | Cricket | 1 | 2 | 3 | 4 | 5 |
| (R17) |  | Rugby League | 1 | 2 | 3 | 4 | 5 |
| (R18) |  | Other, specify\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |

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| **Final questions** |

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| Q57 | **Ask if aged 15+**  **It is likely that more in-depth research will be carried out on this topic in the future. Are you willing to provide your contact details so that NielsenIQ or Sport New Zealand are able to contact you and invite you to take part in further research?**  *Please note: saying ‘yes’ does not put you under any obligation to participate in the further research.* | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| Q84 | **Only ask if Q60=1 – respondent is aged 12-17**  **If a parent/guardian is nearby, can you please ask them to fill in the following question and then hand the survey back to you.**  Can you confirm you are the parent/guardian of the person who has completed this survey? | Code | Route |
|  | Yes - I am a parent/guardian of the person who has completed the survey | 1 |  |
|  | No - a parent/guardian is not available. | 2 |  |

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| Q85 | **Only ask if Q60=1 – respondent is aged 12-17**  **IF Q84=2 (No parent/guardian consent), autocode Q84=2 (no consent) and direct to prize draw (Q51)**  Your consent is required for Sport NZ to share and/or combine your survey responses (on behalf of your child) with other information held by Sport NZ and/or other third parties, to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after your survey responses have been combined with other information about him/her, and the combined information will be used by authorised parties for research purposes only.  Do you consent to Sport NZ sharing and/or combining your survey responses about your child with other information about him/her for this purpose?  **PROBE**:***Once completed, please pass the survey back to your child.*** | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| Q81 | **COMPULSORY TO ANSWER**  **Only ask if Q60=1 – respondent is aged 12-17 AND Q85=1 (consent for linking provided)**  **NOTE FOR CS AND SNZ: Young people aged 12-17 could do the survey before the adult, or the adult could be doing it on paper. Therefore we will ask name here but have to check this back against final data at Q105 at the end of the quarter. Having a name here does NOT mean the young person has consent for their data to be linked.**  Please enter your name below.  *This information will be used to link your personal information with other routinely collected government data if a parent, guardian* *or an adult from your household has given us permission to do so.* | Name |  |
|  | First name: | \_\_\_\_\_\_ |  |
|  | Surname: | \_\_\_\_\_\_ |  |

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| Q51 | **Only ask if Q60=1**  **Wording if Q57=1 or blank**  Please provide your contact details below so that we can contact you if you are the winner of one of the 10 $50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you.  Terms and conditions for the prize draw can be found here.  **Wording if Q57=2**  Please provide your contact details below so that we can contact you if you are the winner of one of the 10 $50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you.  Please be assured that these details will only be used to contact the winner of the prize draw.  Terms and conditions for the prize draw can be found here. | | | | | | | | | | | | | | | | | |
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| (R1) | Name: | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| (R2) | Phone number: | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| (R3) | **(only ask if 15 plus)** Email: | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| Q52 | Do you have anything more to say about physical activity? We'd love to hear it. Please tell us in the space below. | | | | | | | | | | | | | | | | | |
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|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| Q80 | **Ask if Q60=2 or 3 (5-11 years old parent doing)**  Your consent is required for Sport NZ to share and/or combine your survey responses (on behalf of your child) with other information held by Sport NZ and/or other third parties, to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after your survey responses have been combined with other information about him/her, and the combined information will be used by authorised parties for research purposes only. Do you consent to Sport NZ sharing and/or combining your survey responses about your child with other information about him/her for this purpose? | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| Q82 | **NOT COMPULSORY TO ANSWER**  **SHOW SAME PAGE AS Q80**  **Only ask if Q60=2/3 – an adult is responding on behalf of someone aged 5-11 and Q80=1**  Please record the **child’s name** so that their personal information can be linked. | Name |  |
|  | First name: | \_\_\_\_\_\_ |  |
|  | Surname: | \_\_\_\_\_\_ |  |

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| Q64 | **Ask if Q60 =2 or 3 and have more than one child at Q61 or Q62**  Would you be interested in completing the survey for another of your children aged 5-11? You would get another entry into the prize draw for the $1,000 Prezzy Card. | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

**If Q64=1 then randomly select another child and go back to first question**

**If Q60 = 1 (thank you for child)**

Those are all the questions we have for you today. Thank you very much for your help.

Please make sure you write your name on the postcard to show which survey code you used.

If there are others in your household aged 12 to 17 who would like to complete the survey, please give them the postcard.

If there is no one else aged 12 to 17 who wants to take part, then please recycle the postcard.

The winners of the 10 $50 Prezzy® cards will be contacted in late <XXX>. Good luck!!

Should you have any queries, please do not hesitate to contact us on 0800 400 402 or Catherine.Cross@nielseniq.com

**If Q60 = 2 or 3 (thank you for adults)**

Thank you very much for your help in completing this survey. Your responses are extremely valuable and will help make sure that the changing needs of New Zealanders **of all ages** are known when the government, councils and organisations make decisions relating to sport and recreation.

The winner of the $1,000 Prezzy® card will be contacted in <XXX>. Good luck!! Please make sure your details are filled in below…

Name:

Phone:

Email:

Terms and conditions can be found here.

**EXTRA SECTION OF HP QUESTIONS, OPTIONAL QHP21-QHP31**

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| QHP21 | **Ask if aged 12+** The next section is optional. Please tick ‘yes’ if you are willing to answer a few more questions about **high performance sports** and be eligible for an additional prize draw to win one of twenty $50 Prezzy Cards.  *This draw is on top of the overall prize draw.* [SA] Terms and conditions for the prize draw can be found here. | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| QHP22 | **ASK IF QHP21 =1**  Do you have a favourite high performance sports team or athlete? | Code | Route |
|  | Yes | 1 |  |
|  | No | 2 |  |

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| QHP23 | **ASK IF QHP22 =1**  Who is your favourite high performance sports team or athlete? [OE]  **PROBE** *If you have more than one favourite sports team or athlete, please write down the one you feel most passionately about.* | | | | | | | | | | | | | | | | | |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | | | | | |
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| QHP24 |  |
| **ASK IF QHP22 =1**  The following questions are about <pipe in team/athlete from QHP23> [SA] | | | | | | | |
|  |  | | Slightly a fan (1) | 2 | 3 | 4 | Very much a fan (5) |
| (R1) |  | How much of a fan of <team/athlete> do you see yourself as? | 1 | 2 | 3 | 4 | 5 |
| (R2) |  | How much of a fan of <team/athlete> do people see you as? | 1 | 2 | 3 | 4 | 5 |

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| --- | --- |
| QHP25 [SA] |  |
|  | **ASK IF QHP22 =1** | | A little important (1) | 2 | 3 | 4 | Very important (5) |
| (R1) |  | How important is being a fan of <team/athlete> to you? | 1 | 2 | 3 | 4 | 5 |
| (R2) |  | How important to you is it that <team/athlete> win? | 1 | 2 | 3 | 4 | 5 |

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| QHP26 | | **ASK IF QHP22 =1**  Thinking about the different ways in which you have followed <team/athlete> in the last seven days, how many times have you?  [SA]  **PROBE** *Please select one answer* | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8+ |
| R1 | Read about <team/athlete> in the newspaper | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R2 | Attended one of <team/athlete> games | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R3 | Used social media to follow <team/athlete> | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R4 | Watched one of <team/athlete> games **live** on television or another device | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R5 | Listened to <team/athlete> on the radio | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R6 | Started conversations with others about <team/athlete> | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R7 | Watched non-live content on television or another device about <team/athlete> | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

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| QHP27 | **IF QHP26 R2, R4 = NOT 0**  Who did you watch it with? [MA] | Code | Route |
| R1 | By myself | 1 |  |
| R2 | My partner/spouse | 2 |  |
| R3 | Family members other than my partner/spouse | 3 |  |
| R4 | Close friends | 4 |  |
| R5 | Co-workers or classmates | 5 |  |
| R6 | Club members | 6 |  |
| R7 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7 |  |

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| QHP28 | **IF QHP26 R2, R4 = NOT 0**  Where did you watch it? [MA] | Code | Route |
| R1 | At a sports venue (e.g. a stadium) | 1 |  |
| R2 | At home | 2 |  |
| R3 | At a friend’s home | 3 |  |
| R4 | At a family member’s home | 4 |  |
| R5 | At a bar or a pub | 5 |  |
| R6 | At a sports club | 6 |  |
| R7 | In my office, workplace or school | 7 |  |
| R8 | On the move | 8 |  |
| R9 | Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 9 |  |

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| QHP29 | **ASK IF QHP22 =1**  How many of <team/athletes> games did you attend last season? [SA]  **Drop down number 0-30** |

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| QHP30 [SA] |  |
|  | **ASK IF QHP22 =1** How strongly do you disagree or agree with each of the following 4 statements? | | Disagree a lot | Disagree a little | Neither disagree or agree | Agree a little | Agree a lot |
| (R1) |  | Following <team/athlete> gives my life structure | 1 | 2 | 3 | 4 | 5 |
| (R2) |  | I am satisfied with my social life associated with <team/athlete> | 1 | 2 | 3 | 4 | 5 |
| (R3) |  | I feel emotionally supported by other fans of <team/athlete> |  |  |  |  |  |
| (R4) |  | I feel inspired by <team/athlete> |  |  |  |  |  |

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| QHP31 [SA] |  |
|  | **ASK IF QHP21 =1**  The three statements below may describe your experiences during the last seven days.  How strongly did you feel each of the following 3 statements? | | Not at all (1) | (2) | (3) | (4) | Very strongly (5) |
| (R1) |  | Something I encountered inspired me | 1 | 2 | 3 | 4 | 5 |
| (R2) |  | I was inspired to do something | 1 | 2 | 3 | 4 | 5 |
| (R3) |  | I felt inspired | 1 | 2 | 3 | 4 | 5 |

Should you have any queries, please do not hesitate to contact us on 0800 400 402 or Catherine.Cross@nielseniq.com.

Appendix 4: Weighting matrices

**Weighting of the adult dataset**

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| --- | --- |
| Number of adults aged 18+ in the household | Population proportion |
| 1 adult | 23% |
| 2 adults | 33% |
| 3 or more adults | 44% |

|  |  |
| --- | --- |
| Ethnicity  (prioritised) | Population proportion |
| Māori | 13% |
| Pacific | 6% |
| Asian | 15% |
| All other | 66% |

|  |  |
| --- | --- |
| Household income | Population proportion |
| $40,000 or less | 18% |
| $40,001 - $100,000 | 33% |
| $100,001 or more | 44% |
| Not stated | 5% |

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| --- | --- | --- |
| Gender within RST  Population proportion | Males | Female + gender diverse[[11]](#footnote-11) |
| Sport Northland | 1.8% | 1.9% |
| Aktive – Harbour Sport | 3.9% | 4.2% |
| Aktive – Sport Auckland | 4.5% | 4.7% |
| Aktive – Counties Manukau Sport | 5.5% | 5.7% |
| Aktive – Sport Waitakere | 2.6% | 2.7% |
| Sport Waikato | 4.4% | 4.7% |
| Sport Bay of Plenty | 3.1% | 3.4% |
| Sport Gisborne | 0.5% | 0.5% |
| Sport Taranaki | 1.2% | 1.3% |
| Sport Whanganui | 0.7% | 0.8% |
| Sport Hawke’s Bay | 1.7% | 1.8% |
| Sport Manawatu | 1.7% | 1.8% |
| Sport Wellington | 5.3% | 5.7% |
| Sport Tasman | 1.8% | 1.8% |
| Sport Canterbury | 6.6% | 6.8% |
| Sport Otago | 2.5% | 2.6% |
| Sport Southland | 1.0% | 1.0% |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Age within RST  Population proportion | 18-24 | 25-34 | 35-49 | 50-64 | 65+ |
| Sport Northland | 0.3% | 0.5% | 0.8% | 1.1% | 1.0% |
| Aktive – Harbour Sport | 0.9% | 1.4% | 2.2% | 1.9% | 1.6% |
| Aktive – Sport Auckland | 1.3% | 2.2% | 2.4% | 1.9% | 1.3% |
| Aktive – Counties Manukau Sport | 1.6% | 2.3% | 3.0% | 2.6% | 1.7% |
| Aktive – Sport Waitakere | 0.7% | 1.2% | 1.5% | 1.2% | 0.8% |
| Sport Waikato | 1.1% | 1.6% | 2.2% | 2.2% | 2.0% |
| Sport Bay of Plenty | 0.6% | 1.1% | 1.6% | 1.7% | 1.6% |
| Sport Gisborne | 0.1% | 0.2% | 0.2% | 0.3% | 0.2% |
| Sport Taranaki | 0.2% | 0.4% | 0.6% | 0.6% | 0.6% |
| Sport Whanganui | 0.1% | 0.2% | 0.3% | 0.4% | 0.4% |
| Sport Hawke’s Bay | 0.3% | 0.5% | 0.8% | 0.9% | 0.8% |
| Sport Manawatu | 0.5% | 0.6% | 0.8% | 0.9% | 0.8% |
| Sport Wellington | 1.4% | 2.0% | 2.9% | 2.6% | 2.0% |
| Sport Tasman | 0.3% | 0.5% | 0.8% | 1.0% | 1.0% |
| Sport Canterbury | 1.6% | 2.4% | 3.4% | 3.3% | 2.7% |
| Sport Otago | 0.8% | 0.9% | 1.2% | 1.2% | 1.0% |
| Sport Southland | 0.2% | 0.3% | 0.5% | 0.5% | 0.5% |

**Weighting of the Active NZ Young People dataset**

|  |  |
| --- | --- |
| Ethnicity  (multiple responses included) | Population proportion |
| Māori | 26% |
| Pacific | 14% |
| Asian | 14% |
| All other | 70% |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age within RST  Population proportion | 5-11 years  Male | 5-11 years  Female | 12-17 years  Male | 12-17 years  Female |
| Sport Northland | 1.2% | 1.1% | 0.9% | 0.9% |
| Aktive – Harbour Sport | 2.2% | 2.1% | 1.8% | 1.7% |
| Aktive – Sport Auckland | 2.1% | 2.0% | 1.7% | 1.6% |
| Aktive – Counties Manukau Sport | 3.9% | 3.7% | 3.1% | 2.9% |
| Aktive – Sport Waitakere | 1.7% | 1.5% | 1.2% | 1.1% |
| Sport Waikato | 2.8% | 2.7% | 2.2% | 2.1% |
| Sport Bay of Plenty | 2.0% | 1.9% | 1.6% | 1.5% |
| Sport Gisborne | 0.3% | 0.3% | 0.3% | 0.3% |
| Sport Taranaki | 0.8% | 0.7% | 0.6% | 0.5% |
| Sport Whanganui | 0.5% | 0.4% | 0.4% | 0.4% |
| Sport Hawke’s Bay | 1.1% | 1.1% | 0.9% | 0.9% |
| Sport Manawatu | 1.0% | 1.0% | 0.8% | 0.8% |
| Sport Wellington | 2.9% | 2.8% | 2.3% | 2.2% |
| Sport Tasman | 0.9% | 0.9% | 0.8% | 0.7% |
| Sport Canterbury | 3.4% | 3.3% | 2.8% | 2.7% |
| Sport Otago | 1.2% | 1.1% | 1.0% | 0.9% |
| Sport Southland | 0.6% | 0.6% | 0.5% | 0.5% |

|  |  |
| --- | --- |
| RST[[12]](#footnote-12) | Population proportion |
| Sport Northland | 4.1% |
| Aktive – Harbour Sport | 7.7% |
| Aktive – Sport Auckland | 7.4% |
| Aktive – Counties Manukau Sport | 13.6% |
| Aktive – Sport Waitakere | 5.5% |
| Sport Waikato | 9.8% |
| Sport Bay of Plenty | 7.1% |
| Sport Gisborne | 1.2% |
| Sport Taranaki | 2.7% |
| Sport Whanganui | 1.6% |
| Sport Hawke’s Bay | 3.8% |
| Sport Manawatu | 3.6% |
| Sport Wellington | 10.2% |
| Sport Tasman | 3.3% |
| Sport Canterbury (excluding Westland) | 12.2% |
| Sport Canterbury – Westland only | 4.2% |
| Sport Otago | 2.1% |
| Sport Southland | 4.1% |

About NielsenIQ

Arthur C. Nielsen, who founded Nielsen in 1923, is the original name in consumer intelligence. After decades of helping companies look to the future, we are setting the foundation for our future by becoming NielsenIQ. We continue to be the undisputed industry leaders as evidenced by our experience and unmatched integrity. As we move forward, we are focused on providing the best retail and consumer data platform, enabling better innovation, faster delivery, and bolder decision-making. We are unwavering in our commitment to these ideals and passionate about helping clients achieve success. For more information, visit: niq.com

1. Sport and Recreation New Zealand Act 2002, section 8(c),

   http://www.legislation.govt.nz/act/public/2002/0038/latest/DLM157117.html [↑](#footnote-ref-1)
2. Available at: <https://sportnz.org.nz/media/1160/strategy-doc-201219.pdf> [↑](#footnote-ref-2)
3. [↑](#footnote-ref-3)
4. [↑](#footnote-ref-4)
5. The electoral roll contains a binary ‘Māori descent’ indicator, rather than Māori ethnicity. However, we have found from many surveys that being of Māori descent is a good predictor of Māori ethnicity. [↑](#footnote-ref-5)
6. New meshblocks included in the Roll were adjusted to be comparable with those in the RST listings based on 2013 Census data (quarter 1) and Census 2018 data (quarters 3 and 4). [↑](#footnote-ref-6)
7. Weighting corrects these differences. [↑](#footnote-ref-7)
8. ‘Ineligible’ included the ‘ineligible’ codes listed in Table 3. [↑](#footnote-ref-8)
9. The weighting approach for adults was changed in Quarter 3 to improve the weighting efficiency of this complicated weighting approach. Please note: no analysis for reporting purposes is done using a prioritised ethnicity approach. [↑](#footnote-ref-9)
10. Meshblocks are the smallest geographical area defined by Statistics New Zealand, with a population of around 60-110 people. [↑](#footnote-ref-10)
11. Gender diverse is grouped with female for weighting as it is the most common gender in the population. [↑](#footnote-ref-11)
12. An overall RST weight was required due to the small sample size in some of the interlocked RST, age and gender cells, resulting in the collapsing of some cells across RST. This step was not required for the adult sample due to the larger sample size. [↑](#footnote-ref-12)