

# Active NZ

## Changes in Participation

### The New Zealand Participation Survey 2022

August 2023

## Acknowledgements

Sport New Zealand's Active NZ survey measures nationwide participation in play, active recreation, and sport. This is the sixth year of data collection, with data collected continuously from 2017 to 2019, and then from 2021 to 2022. Data collection during 2020 was disrupted by the COVID-19 pandemic (between April and June) creating a gap in the time series data.

This report updates the main participation statistics for 2022 for both adults and young people, highlighting any changes since 2017 for the key metrics, and from 2018 in the subgroup analysis. It focuses on more detailed results for young people (where the greatest change has occurred in 2022) and who are at the heart of the Sport New Zealand strategy.

Special thanks go to all those who have provided feedback to guide the development of this report and the thousands of New Zealanders who took part in the Active NZ survey.

## Authors

The main authors of this report are Sport New Zealand's Research, Evaluation and Insights team and Kantar Public.

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Active NZ resources are available at [sportnz.org.nz/ActiveNZ](https://sportnz.org.nz/ActiveNZ)

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# Glossary

<b>Adult</b>	Respondents aged 18-plus.
<b>Being active</b>	Refers to being physically active in play, active recreation and sport.
<b>Deprivation</b>	Low deprivation 1–3, medium deprivation 4–7, high deprivation 8–10, based on the NZDep index of socioeconomic deprivation. A value of 10 indicates the most deprived 10 percent of areas in New Zealand. Note: NZDep estimates the relative socioeconomic deprivation of an area and does not directly relate to individuals.
<b>Disabled people</b>	The Washington Group on Disability Statistics short set of questions has been used to identify disabled people. <sup>1</sup> In the Active NZ survey, disabled people are people who self-report at least some difficulty across one or more of six domains of disability. Non-disabled people are people who self-report no difficulty in any of the six domains. This question was added mid-2019, so results are shown for 2021 and 2022 only.
<b>Ethnicity</b>	Results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – are based on respondents' self-identification.
<b>Informal participation</b>	Applies to children and young people only. Informal sports and activities include being physically active through play with others, playing alone, extra training activities or practising without a coach or instructor.
<b>Non-participants</b>	People who have not been physically active in play, exercise, active recreation, or sport in the past seven days.
<b>Organised participation</b>	Applies to children and young people only. Participation in a competition or tournament is one component of organised participation. Other organised sports and activities include being physically active in physical education or class at school, sport and activities undertaken in a competition and training or practising with a coach or instructor.
<b>Participants</b>	People who have been physically active in play, active recreation (including exercise) or sport in the past seven days, where this participation excludes any physical activity undertaken for work or chores. Participation can include physical activity undertaken to get from one place to another if the respondent considers it to be for sport or active recreation.
<b>Participation in competitive and non-competitive sports or activities</b>	Participating through an organised structure, for example, in a league or club competition, tournament or competitive event. Non-competitive participation refers to sports or activities undertaken outside of a league or club competition, tournament, or competitive event.

<sup>1</sup> The Washington Group on Disability Statistics is a United Nations city group with a mandate to promote and coordinate international cooperation in health statistics focusing on disability data collection tools suitable for censuses and national surveys. See [www.washingtongroup-disability.com](http://www.washingtongroup-disability.com), for further information. Note: disability is only reported for 2021 and 2022 because of changes to the question used over time.

<b>Play, active recreation and sport</b>	Play, active recreation and sport are used throughout this report for simplicity. However, participation is multi-faceted. Play and active recreation are terms used by Sport New Zealand to capture participation in activities not considered to be sport, for example, playing with friends or alone, dance and tramping. Sport can be undertaken in an organised structure, for example, in a competition or tournament, or informally outside an organised structure. Sport is associated with being competitive, but individuals differ in their degree of competitiveness, irrespective of how they participate.
<b>Rangatahi</b>	Respondents aged 12–17. Younger rangatahi refers to ages 12–14 and older rangatahi to ages 15–17.
<b>Respondents</b>	People who took part in the survey.
<b>Tamariki</b>	Respondents aged 5–11. Younger tamariki refers to ages 5–7 and older tamariki to ages 8–11.
<b>Weekly participation</b>	Refers to being physically active in play, exercise, active recreation, or sport at least once in the past seven days.
<b>Young people</b>	Respondents aged 5–17.

# Active NZ

This report provides an update on the main participation indicators in play, active recreation, and sport in 2022 for New Zealanders aged 5-plus. It sets out how these indicators have changed over time, as well as how they vary over the lifespan of New Zealanders and by demographic groups.

## About this report

The report mainly uses data collected through the Active NZ survey between 13 January 2022 and 4 January 2023 from 4,015 young people and 15,118 adults.<sup>2</sup>

It also references data collected through the Active NZ survey between 5 January 2017 and 4 January 2022, to identify any changes in participation over time.<sup>3</sup>

Changes in participation between 2021 and 2022 among young people and adults are highlighted, as are changes within demographic groups (including gender, age, ethnicity, deprivation, and disability).

Results have been drawn from two separate surveys and datasets: one for young people aged 5 to 17, and one for adults aged 18-plus. Commentary about differences between young people and adults is based on observations rather than statistical testing between the two datasets.

Within the two datasets, reported differences between the total result and subgroups are statistically significant at the 95 percent confidence level, unless noted. Significance testing means we can be highly confident that any differences reported are not random variations due to carrying out a survey among a sample of the population rather than a population census.

Knowing a difference is statistically significant does not mean the difference is important. While all statistically significant differences are shown in the figures and tables in this report, the commentary focuses on the significant differences that are meaningful.

The one exception to this reporting of meaningful statistically significant differences is the inclusion of results by self-identified ethnicity. Throughout this report, non-significant changes in participation and attitudes are described for ethnic groups. This aims to highlight areas of stability and change for ethnic groups for whom Sport NZ has distinct strategies or programmes, including those implemented in response to the COVID-19 pandemic.

<sup>2</sup> This is a lower number of respondents than in previous years due to a declining response rate. In 2021, we got 23 239 completes with adults and 4824 completes with young people aged 5 to 17. The decline in the number of respondents is due to a lower return rate (the unadjusted response rate) than previous years. The return rate has been in decline since 2018, but a particularly sharp decline occurred between 2021 and 2022. We cannot know for sure why this trend accelerated in 2022, but it is likely the COVID-19 environment drove this, with a combination of illness and general frustration, making people less inclined to respond to the survey. This is an international problem. It is not yet all that clear what is driving it, the COVID-19 environment, anti-government sentiment, or fear about use of data. Straight-out refusals are relatively unchanged but an increase in uncontactable people is evident. See Stats NZ *Statistics from the Household Economic Survey for the year ended June 2022 will be published on 23 March 2023* for the impact on Stats NZ's 2022 survey.

<sup>3</sup> Active NZ started in January 2017, with continuous data collection throughout 2017, 2018 and 2019. In 2020, data collection was interrupted by the COVID-19 pandemic and the subsequent lockdowns. As such, no results for 2020 are included in this report. Continuous data collection started again in 2021 and continued in 2022. The 2017 data is included in the main indicators at an overall population level where published data is available, but it is not included for demographic groups and other questions due to changes in the survey and data structure.

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However, it should be noted that the base sizes for some of these ethnic groups can be small, particularly for tamariki and rangatahi, meaning that there is more likely to be random variations in reported results. Figures in the 'By ethnicity' subsections of this report should therefore be considered with this in mind and viewed as indicative.

Data tables accompanying the report contain all base sizes and highlight all statistically significant differences at the 95 percent confidence level. Please note, in some cases, a significant difference is reported between two numbers that appear to be the same and/or no significant difference is reported when it may appear there should be one. This is due to rounding and variation in sample sizes.

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# Executive summary

## Introduction

This report sets out the main findings on the extent to which young people (aged 5 to 17) and adults (aged 18-plus) in New Zealand participate in play, active recreation and sport, their barriers, attitudes and preferences.

It focuses on how participation has evolved before and throughout the COVID-19 pandemic. The report uses data drawn from the Active NZ survey collected between 2017 and 2019, and 2021 and 2022.

## The story so far

Between 2017 and 2019, weekly participation, time spent participating each week, the average number of sports and activities participated in, and the proportion meeting the physical activity guidelines were stable for both young people and adults.

The COVID-19 pandemic that started in 2020 created disruption and changed participation levels and preferences. Participation in organised sport bore the brunt, which affected some population groups more than others, depending on the extent to which organised participation (including physical education (PE)) contributed to their overall levels of activity. It affected young people more severely than adults, males more than females, and increased inequities in the system for Māori and Pacific, and people from high deprivation areas.

## What has changed in 2022?

In general, the proportion of young people and adults participating each week is in line with 2021; however, the amount of activity has decreased. People are spending less time in fewer sports and activities and are less likely to be meeting the physical activity guidelines.<sup>4</sup>

However, among young people, a divergence can be seen between the participation rates of tamariki and rangatahi. After a mixed year in 2021, the picture is more positive for tamariki in 2022. Their weekly participation has returned to pre-COVID-19 levels and the increase in time spent being active observed in 2021 (compared with pre-COVID-19) has been sustained.

In contrast, weekly participation for rangatahi has not returned to pre-COVID-19 levels, with poorer results on all the key participation statistics in 2022 compared with 2021. We have seen a continuation of the weakening relationship with sport and organised activities evident since 2018, for instance, the continued downward trend in club membership. In 2022, rangatahi also displayed a stronger preference to do other things rather than increase their participation, many with this preference agreed that electronic games are more exciting than real-life games.

Evidence suggests that the downward trend for rangatahi in 2022 has been affected by the introduction of conditional incentives in 2022: these were introduced to ensure enough survey responses were received for this pivotal group.<sup>5</sup> The use of incentives was tested in a randomised controlled trial (RCT) between January and March in 2022. Analysis of RCT data showed that, without the introduction of incentives, the number of rangatahi who responded to the survey would be unacceptably low.

<sup>4</sup> Meeting the physical activity guidelines is based on the recommendation of at least 7 hours per week of any intensity for young people and at least 2.5 hours for adults. Ministry of Health. *Physical Activity. How much activity is recommended?* 22 November 2021. Retrieved from [www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended).

<sup>5</sup> Rangatahi received a \$20 e-gift card if they completed the survey. See further discussion of the impact of the introduction of conditional incentives in appendix A.



While the introduction of the incentives helped ensure sufficient responses from rangatahi, it appears to have encouraged a stronger response from those who are less engaged with being active (and historically less inclined to complete the Active NZ survey). While the sample is arguably now more reflective of a broader range of young people who may be less likely to be motivated by the survey topic, any new (or accelerated) trends need to be treated with caution.

For the reasons above, the trend data for tamariki and rangatahi are presented separately. A separate focus on tamariki and rangatahi also provides the opportunity for greater insight into each group.

While weekly participation has been consistent for adults over time, the increase in time spent, average number of sports and activities participated in and meeting the physical activity guidelines observed in 2021 has not been sustained. In 2022, these all fell to below pre-COVID-19 levels. However, in 2022 adults' appetite to increase their participation, and the value they placed on the benefits of being active for their physical and emotional wellbeing, are at the highest levels seen.

## Wider environmental context

When reading this report, the continued disruption of the COVID-19 pandemic should be taken into consideration. While 2021 had lockdowns, 2022 was most affected by actual sickness from the virus,<sup>6</sup> with COVID-19 cases peaking as the Omicron variant spread in New Zealand. Sickness from COVID-19, together with differing isolation periods and guidelines throughout the year (for cases, household contacts, close contacts, and advice to stay home if unwell), meant it interfered with people's ability to participate in sports and activities. An overview of 2022's COVID-19 environment, including case numbers and school absences, is included in appendix B.

## A focus on tamariki

1. Weekly participation for tamariki has rebounded in 2022 from the COVID-19 dip, from 91 percent to 94 percent. This is in line with pre-COVID-19 levels.
2. The average amount of time tamariki spend being physically active each week is 11.7 hours. This is consistent with 2021,<sup>7</sup> consolidating the post-COVID-19 increase.
3. The average number of sport and activities tamariki take part in each week is consistent at 5.1.
4. Fifty-nine percent of tamariki meet the physical activity guidelines of at least 7-plus hours of physical activity per week. This compares with 62 percent in 2021 and 59 percent between 2017 and 2019.
5. The rebound in weekly participation for tamariki is driven by males who experienced more noticeable declines due to COVID-19 in 2021.
6. Although time spent in participation is lower for Asian tamariki, compared with all, a year-on-year increase can be seen in the time they spend being active.
7. Organised participation by tamariki (through PE and competition) also rebounded in 2022, following a noticeable decline in 2021.
8. Club membership for tamariki is stable over time.
9. While overall informal participation is mostly unchanged, play is slowly eroding over time, from 85 percent in 2018 to 82 percent in 2022. The decline in weekly play and time spent since 2018 is mainly driven by tamariki aged 8 to 11 who are particularly less likely to be playing on their own.

<sup>6</sup> COVID-19 daily confirmed and probable cases sourced from Ministry of Health: [www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases](https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases).

<sup>7</sup> Please note, some of the average hours and meeting guidelines for 2021 may differ from results previously published. This is because in mid-2021 a change was made to the survey to expand the time brackets used for measuring hours spent undertaking each activity in each setting. The same approach was continued in 2022. The result is that it increased the number of hours spent. To ensure more meaningful comparisons between the 2021 and 2022 and 2017 and 2019 data, the decision was made to cap the number of hours spent undertaking each activity to be in line with the 2018 to 2019 approach.

10. Weekly participation by tamariki in certain sports and activities has increased, for example, football/soccer (19 percent) and basketball or mini-ball (12 percent).
11. In contrast, weekly participation in other activities has reduced, including most noticeably for cycling (30 percent), scootering (26 percent) and trampolining (16 percent).
12. Although fewer tamariki are playing each week, the specific types of play measured (eg, running around, climbing trees, or playing on a playground) have returned to pre-pandemic levels. Time spent in weekly play has also returned to pre-pandemic levels, after a peak in 2021.
13. An increase has occurred in the value that tamariki place on sport.<sup>8</sup> At the most fundamental level, they are more likely to believe sport makes them feel good (90 percent agree) and understand why it is good for them (89 percent). This translates into a stronger desire than ever to be physically active (85 percent). In addition, the proportion of tamariki who want to increase their levels of physical activity (58 percent) is at its highest level to date.
14. For older tamariki (aged 8 to 11) who would like to increase their participation, the main barriers to doing so are being too busy (25 percent), a preference for other activities (19 percent), the weather (19 percent), competing family priorities (19 percent) and the cost (18 percent).
15. Inequities remain between tamariki from high deprivation areas compared with those from low deprivation areas for organised participation, with an 8-percentage point difference in weekly organised participation.

## A focus on rangatahi

1. Weekly participation for rangatahi is 88 percent. This compares with 91 percent in 2021 and 94 percent pre-COVID-19.
2. The average amount of time rangatahi spend being physically active each week has also declined to its lowest level to date (9.2 hours).
3. The average number of sport and activities rangatahi take part in each week is 4.2 has dropped between 2021 and 2022.
4. The proportion of rangatahi who meet the physical activity guidelines of at least 7-plus hours of activity per week is 46 percent has also dropped between 2021 and 2022.
5. The decreases on the main indicators are mainly driven by rangatahi aged 12 to 14, especially females aged 12 to 14. The decline in weekly participation is also driven by rangatahi from medium deprivation areas.
6. Organised participation is in line with 2021 but remains lower than pre-COVID-19 levels. In addition, participation in competition has fallen, building on the post-COVID-19 decline in 2021.
7. The levels of informal participation for rangatahi are lower in 2022, after being relatively consistent between 2018 and 2021.
8. Weekly participation by rangatahi has fallen across numerous sports and activities. This is most evident for running or jogging. While it remains the most common activity, weekly participation has declined from 64 percent in 2018 to 46 percent in 2022.
9. The only activity that increased weekly participation in 2022 is badminton.
10. In contrast, weekly participation in other activities has declined, including most noticeably for running or jogging (46 percent), workouts (23 percent), cycling (17 percent) and basketball or mini-ball (13 percent).

<sup>8</sup> It should be noted that parents or caregivers complete the survey for their tamariki, who may or may not be involved in the process (around 60 percent of tamariki are very or quite involved in helping complete the survey). The parent or caregiver is asked what the child thinks but their perception of this could be different from the reality, and the response may also reflect their own aspirations or views.

11. While rangatahi continue to enjoy playing sport and team sports, this enjoyment is cooling. At the same times, a sharp increase has occurred between 2021 and 2022 in those who find electronic games more exciting than real-life ones (24 percent in 2021, compared with 33 percent in 2022).
12. The downward trend in club membership continues for rangatahi from 88 percent in 2018 to 78 percent in 2022.
13. For rangatahi who would like to increase their activity, a preference to do other things is one of the top barriers. Many with this preference agree electronic games are more exciting than real-life games.
14. A lack of time continues to be the main barrier for rangatahi who would like to increase their participation.
15. Older rangatahi express a stronger preference than before for physical activity that is more flexible and less structured, and that allows them to follow their own schedule.
16. Inequities remain between rangatahi from high deprivation areas compared with low deprivation areas for organised participation, with a 10-percentage point difference in weekly organised participation.

## A focus on adults

1. Weekly participation for adults is consistent with previous years, but the increase in time spent, average number of sports and activities participated in each week and the proportion meeting the physical activity guidelines observed in 2021 has not been sustained in 2022: with all falling to below pre-COVID-19 levels.
2. The largest change in adult activity levels comes from the 35 to 49 age group and 50 to 64 age group. These age groups have the strongest desire to do more but say that 'other commitments' are their greatest barrier.
3. Adults are increasingly using technology as part of their physical activity. In 2018, 28 percent of adults used technology when physically active and this has increased to 44 percent.
4. Adults' attitudes towards physical activity continue to strengthen. In 2022, over 90 percent agreed physical activity is important for their physical and their mental health (following year-on-year increases since 2019), and over 80 percent agreed physical activity is fun, is an important part of their lives, and appetite to increase participation is the higher than observed in previous years (8 in 10).

## Conclusions

The results show that COVID-19 continues to have an impact on participation. While in 2021 lockdowns negatively impacted people's access to organised participation, 2022 was more affected by illness, meaning people were unable to be as active as before.

Participation for tamariki is most improved, with the proportion participating each week returning to pre-COVID-19 levels, and time spent in weekly participation stabilising at the [highest] level observed in 2021. The recovery is largely driven by the return to pre-COVID-19 levels of organised participation.

Weekly participation for rangatahi has not returned to pre-COVID levels, with poorer results on all the key participation statistics in 2022 compared with 2021. We have seen a continuation of their weakening relationship since 2018 with sport and organised participation, for instance the continued downward trend in club membership. In 2022 older rangatahi expressed an increased preference to be active in flexible ways that meet their own schedule.

In 2022, preferring to do other things has increased as a barrier to being more active: many agree that electronic games are more exciting than real-life games.

While the proportion of adults participating each week is stable over time, the increases observed in 2021 in time spent in weekly participation, average number of sports and activities and proportion meeting the guidelines have not been sustained: all dropped below pre-COVID levels. Despite this lower level of activity, in 2022 appetite to increase participation is at its highest, as is the value placed on being active for physical and emotional wellbeing.

# How participation has changed for young people

This section updates participation statistics for young people in play, active recreation and sport over time.

## Summary

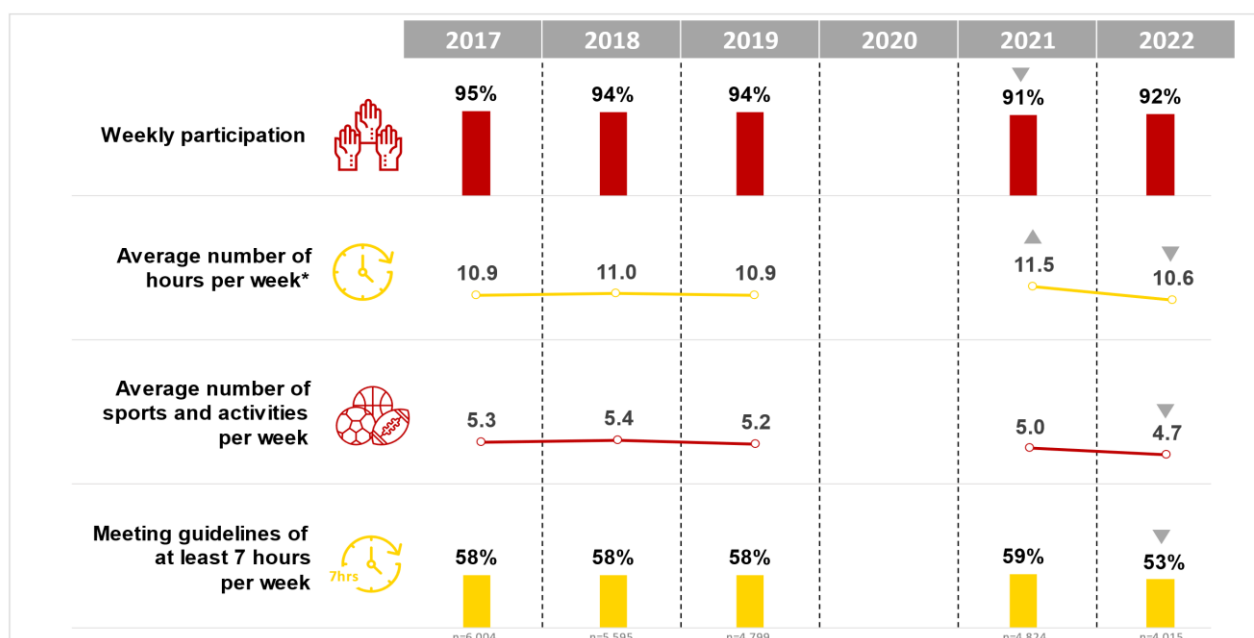
Overall, young people's weekly participation is in line with 2021, however, the amount of activity has declined. This is shown by the decrease in the following key metrics.

- The average number of sports and activities young people participate in each week has fallen from 5.0 in 2021 to 4.7 in 2022. This decline continues a downward trend from a high of 5.4 activities per week in 2018.
- The proportion of young people meeting the physical activity guidelines<sup>9</sup> of at least 7-plus hours per week has decreased this year.
- The average number of hours per week participated in has also fallen to 10.6 hours in 2022.

In general, these decreases are driven by rangatahi rather than tamariki. The overall results for young people mask noticeable differences in the trends for tamariki and rangatahi. As such, trends in physical activity are presented separately in this report for the two age groups in the next two sections.

Weekly participation for young people is in line with 2021, however, time spent being active, average number of sports and activities and the proportion meeting the physical activity guidelines have fallen to below pre-COVID levels (figure 1).

**Figure 1: Young people – Key participation statistics over time**



▲▼ Significantly higher/lower than the previous year  
Results are from 2017 to 2022 | Base: All young people aged 5 to 17  
\*Average number of hours per week filter: ≤ 75

<sup>9</sup> Meeting the physical activity guidelines is based on the recommendation of at least 7 hours per week of any intensity. Ministry of Health. *Physical Activity. How much activity is recommended?* 22 November 2021. Retrieved from [www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended).

## By age

- The results differ between tamariki and rangatahi. This is explored in more detail in the next two sections 'A focus on tamariki' and 'A focus on rangatahi'.

## By gender

- At an overall level, the decreases in the key metrics are driven by females rather than males.
- Weekly participation has increased for males towards pre-pandemic levels (93 percent in 2022, compared with 90 percent in 2021, and around 94 percent to 95 percent between 2018 and 2019). However, participation is on a downward trajectory for females from its peak in 2019 (94 percent in 2019, 92 percent in 2021, 91 percent in 2022).
  - The average number of activities that females participate in fell from 5.1 in 2021 (which was consistent with 2018 and 2019) to 4.5 activities in 2022. This is driven by females aged 12 to 14, although a decline is also occurring for females in the other age groups.
  - The proportion of females meeting the physical activity guidelines of at least 7-plus hours of activity per week is at its lowest level to date, at 49 percent. It had previously increased from around 54 percent to 55 percent in 2018 and 2019 to 57 percent in 2021.
  - The average number of hours per week spent being active for females has decreased to 9.5 hours, from a peak of 10.9 hours in 2021 (in 2018 and 2019 it was relatively stable at 10.2 hours to 10.3 hours per week).

## By ethnicity

- Young European are spending less time being physically active and are less likely to meet the physical activity guidelines of at least 7-plus hours of activity per week. They are also participating in fewer sports and activities than before.
- Young European spend 11.0 hours being active each week, compared with a peak in 2021. This has been accompanied by a decline in the proportion who meet the physical activity guidelines to 57 percent in 2022. Finally, the average number of activities young European participate in has fallen from 5.6 in 2018 to 4.9 activities in 2022.
- Although young Asian have lower levels of participation overall, the amount of time they spend being active has increased to 9.2 hours in 2022.
- Among young Māori, the total number of hours spent being active per week has decreased to 11.2 hours in 2022. A decrease was also observed in the proportion of young Māori who meet the physical activity guidelines to 55 percent in 2022.
- Among young Pacific, the average number of hours spent being active, the number of activities undertaken, and the proportion who meet the guidelines for physical activity were all stable between 2021 and 2022.
- In general, weekly participation has stabilised or is returning towards pre-pandemic levels across all ethnicities.

## By deprivation

- The average amount of time young people from high deprivation areas spends being active has decreased (9.5 hours in 2022, compared with 10.4 hours to 11.4 hours between 2018 and 2021). Otherwise, the main changes tend to be among those from medium deprivation areas, with fewer young people meeting the physical activity guidelines, and a decrease in the average number of sports and activities participated in per week, compared with 2018 to 2021.

- Young people from high deprivation areas continue to have lower levels of participation, compared with those from low deprivation areas (on the four key participation indicators of weekly participation, average time spent participating, average number of sports and activities and proportion meeting the physical activity guidelines). For example, weekly participation is 88 percent for young people from high deprivation areas, compared with 94 percent for young people from low deprivation areas.

## By disability<sup>10</sup>

- Disabled young people are participated in fewer sports and activities in 2022 (4.3 on average per week, compared with 4.6 activities in 2021). This drop is also evident among non-disabled young people (5.0 activities, compared with 5.2 activities in 2021).
- A drop has also occurred in the proportion of disabled young people meeting the physical activity guidelines. Once again, this reflects findings at the total population level, with a drop for non-disabled young people as well.

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<sup>10</sup> We are only able to compare 'disabled' with 'non-disabled' results from 2021 onwards, due to a question change in 2019 in how these groups are defined.

## Focus on how participation has changed for tamariki

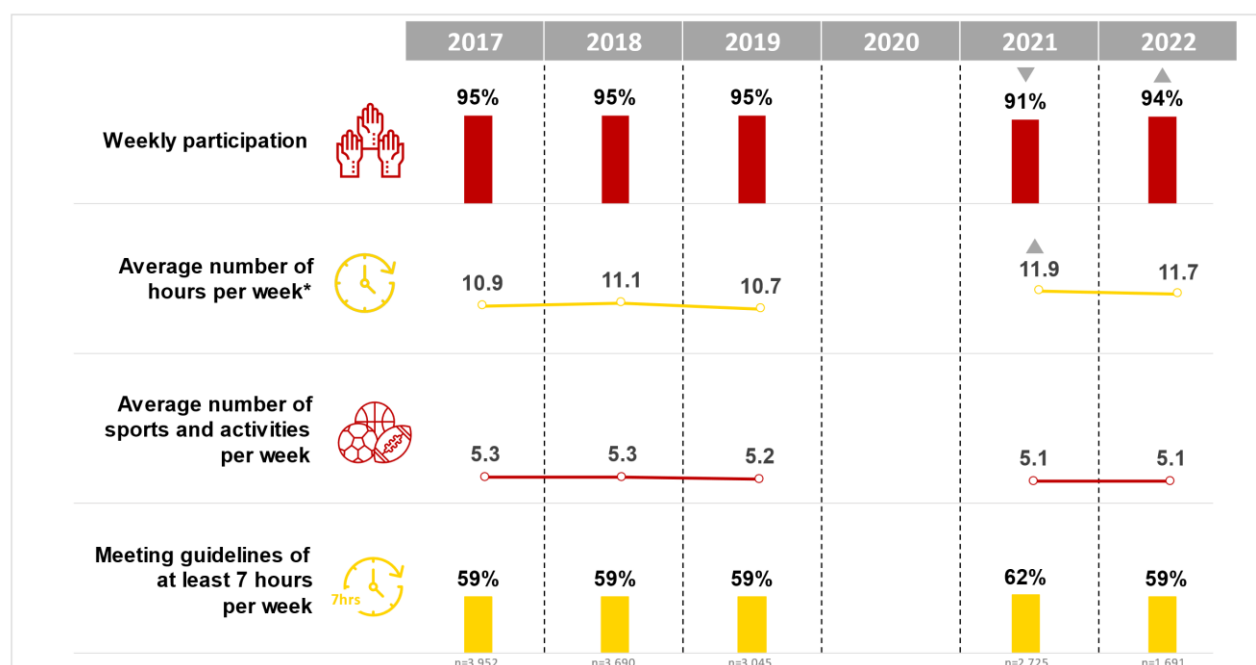
This section highlights changes for tamariki over time. Trends in the four leading participation indicators for tamariki are presented below.

### Summary

- Weekly participation for tamariki has rebounded from the COVID-19 dip in 2021, from 91 percent to 94 percent. This is in line with pre-COVID-19 levels.
- The average amount of time tamariki spend being active each week is 11.7 hours, stable from the increase observed in 2021.
- The average number of sport and activities tamariki take part in each week is consistent at 5.1.
- Fifty-nine percent of tamariki meet the physical activity guidelines of at least 7-plus hours of activity per week. This compares with 61 percent in 2021 and 59 percent between 2017 and 2019.
- The rebound in participation by tamariki is driven by males, who experienced more pronounced declines in 2021 due to the COVID-19 pandemic (most noticeably in organised participation).

Weekly participation has rebounded to pre-COVID-19 levels and the increase in the amount of time tamariki spend in participating each week evident in 2021 has continued into 2022 (figure 2).

**Figure 2: Tamariki – Key participation statistics over time**



▲▼ Significantly higher/lower than the previous year  
 Results are from 2017 to 2022 | Base: All young people aged 5 to 11  
 \*Average number of hours per week filter: ≤ 75



## By age within gender

- Weekly participation in 2022 rebounded for male tamariki to pre-pandemic levels. No significant shifts have occurred for females because their results were not affected by the COVID-19 pandemic to the same extent.
- The average number of sports and activities males aged 8 to 11 participate in has increased to 5.5, following a dip during the pandemic. No significant shifts have occurred for females within these age groups.
- The gender gap for tamariki has widened, after it narrowed in 2021. The proportion of female tamariki meeting the physical activity guidelines of 7-plus hours each week is at its lowest level to date, at 54 percent. This decline is driven by females aged 8 to 11 who have reverted to pre-pandemic levels (54 percent, compared with 62 percent in 2021, and 56 percent to 59 percent in 2018 and 2019), although a decline is evident, compared with 2021, for females aged 5 to 7 (table 1).

**Table 1: Tamariki – Key participation statistics over time by age within gender<sup>11</sup>**

	Males aged 5 to 7				Females aged 5 to 7				Males aged 8 to 11				Females aged 8 to 11			
	2018	2019	2021	2022	2018	2019	2021	2022	2018	2019	2021	2022	2018	2019	2021	2022
Weekly participation	93%	93%	85% ▼	92% ▲	94%	95%	92%	92%	96%	96%	92% ▼	96% ▲	95%	95%	94%	95%
Average number of hours per week	11.1	11.3	12.5	12.3	10.5	10.3	11.9 ▲	11.2	12.0	11.1	11.2	12.7 ▲	10.8	10.2	11.2	10.4
Average number of sports and activities a week	5.2	5.0	4.8	5.2	5.0	5.0	5.2	4.8	5.7	5.4	5.0	5.5 ▲	5.3	5.1	5.2	4.9
Meeting guidelines of at least 7 hours per week	55%	62% ▲	60%	60%	54%	58%	61%	55%	64%	60%	62%	66%	59%	56%	62%	54% ▼

▲ ▼ Significantly higher/lower than previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

<sup>11</sup> The 2017 data is included in the main indicators at an overall population level where published data is available. However, it is not included for analysis in the 'focus on' sections due to changes in the survey and data structure. Survey results are stable from 2017 to 2019.

## By ethnicity

- Although Asian tamariki have lower levels of participation compared with all young people, the average number of hours spent being active each week has been increasing since 2018, peaking at 10.4 hours in 2022.
- Among Māori, Pacific, and European tamariki rates of participation, hours spent being active per week and number of activities remain comparatively more stable.

## By deprivation

- Weekly participation has increased for tamariki from low deprivation areas, returning to pre-pandemic levels (97 percent, compared with 94 percent in 2021, and a stable 96 percent to 97 percent in 2018 and 2019). It should be noted that tamariki from high deprivation areas continue to be less active than those from low deprivation areas (across the key participation indicators).

## By disability<sup>12</sup>

- Disabled tamariki have higher weekly participation in 2022 (93 percent, compared with 83 percent in 2021).

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<sup>12</sup> We are only able to compare 'disabled' with 'non-disabled' results from 2021 onwards, due to a question change in how these groups are defined in mid-2019.

# Changes in how tamariki participate

This section focuses on changes in the way in which tamariki participate.

## Summary

- Organised participation (through PE and competition) rebounded in 2022, following a noticeable decline in 2021.
- Club membership has remained stable over time for tamariki.
- Informal participation is mostly unchanged, although weekly play and time spent are slowly decreasing over time, from 85 percent in 2018 to 82 percent in 2022.
- Weekly participation in certain sports and activities has increased, particularly for football/soccer (19 percent) and basketball or mini-ball (12 percent).
- In contrast, weekly participation in other activities has reduced, most noticeably for cycling (30 percent), scootering (26 percent) and trampolining (16 percent).
- Although fewer tamariki are playing each week the specific types of play measured (eg, running around, climbing trees or playing on a playground) have returned to pre-pandemic levels. Time spent in play has returned to pre-COVID-19 levels after a peak in 2021.

## Organised participation

Organised participation for tamariki increased between 2021 and 2022. Weekly participation in organised sports and activities increased from 72 percent to 81 percent, back to pre-pandemic levels. In addition, the average amount of time participating increased from 3.6 hours to 4.5 hours, which is the highest level yet.

The recovery of organised participation reflects the return to a pre-COVID-19 sporting environment in 2022, after the lockdown disruption experienced in 2021.<sup>13</sup> The recovery is evident across all types of organised participation (including PE at school and competition) (table 2).

**Table 2: Tamariki – Organised participation**

	2018	2019	2021	2022
Physical education (PE) or class at school				
Weekly participation	64%	67%	58%▼	66%▲
Time spent (hrs)	2.0	2.1	2.1	2.7▲
Total competition (organised excluding PE)				
Weekly participation	61%	60%	53%▼	60%▲
Time spent (hrs)	1.8	1.7	1.6	1.9▲
<b>Total organised</b>				
Weekly participation	81%	83%	72%▼	81%▲
Time spent (hrs)	3.8	3.7	3.7	4.5▲

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

Individual values do not always sum to total due to rounding and/or different bases for the components

<sup>13</sup> Auckland (Northland/Waikato) lockdowns (Alert Level 3 or 4): 14–17 February 2021; 28 February to 7 March 2021; 17 August to 2 December 2021. National lockdown (Alert Level 4): 17 August to 31 August 2021.

## By age

- Organised participation has rebounded towards pre-pandemic levels. Between ages 5 and 7, it has increased to 75 percent in 2022, from 68 percent in 2021, and 79 percent in 2018 and 2019. For tamariki aged 8 to 11, it has increased to 85 percent in 2022, from 75 percent in 2021, and 86 percent in 2019. For younger tamariki, this is mainly driven by a recovery in PE. For older tamariki, an increase has occurred in PE and competition back to pre-pandemic levels.

## By gender

- Participation in organised activity has returned to the stability of pre-pandemic levels for males and females (males to 80 percent, from 70 percent in 2021, and 80 percent to 82 percent in 2018 and 2019; females to 82 percent, from 75 percent in 2021, and 82 percent to 84 percent in 2018 and 2019).
- The average number of hours spent in organised participation increased for males and females to their highest level since 2018 (males to 4.7 hours, from 3.4 hours in 2021, and 3.7 hours to 3.8 hours in 2018 and 2019; females to 4.3 hours, from 3.7 hours to 3.8 hours in 2018 and 2021).

For the individual organised settings:

- Participation in PE has returned to pre-pandemic levels for males and females (males to 65 percent, from 56 percent in 2021, and 64 percent to 67 percent in 2018 and 2019; females to 68 percent, from 60 percent in 2021, and 64 percent to 67 percent in 2018 and 2019). Average hours spent doing PE are at their highest level since 2018 for males and females.
- Participation in competition has rebounded for male tamariki to 58 percent, from 50 percent in 2021, and 58 percent to 61 percent in 2018 and 2019.

## By ethnicity

- Organised participation has increased for European, Pacific, and Asian tamariki, returning to pre-pandemic levels. Specifically:
  - the proportion who participate in PE has increased for European and Pacific tamariki, and
  - the proportion who participate in competition has increased for European, Māori and Asian tamariki.

## By deprivation

- The increase in organised participation for tamariki is evident for tamariki from low, medium, and high deprivation areas. Participation by tamariki from low and medium deprivation areas has returned to pre-pandemic levels, while improvement has occurred for tamariki from high deprivation areas, their organised participation is lower than in 2018 and 2019 (74 percent, from 64 percent in 2021, and 81 percent to 84 percent in 2018 and 2019).
- The gap in organised participation between tamariki from high deprivation and low deprivation areas remains in line with 2021, at around 10 percentage points, with tamariki from high deprivation areas less likely to participate than tamariki from low deprivation areas (74 percent, compared with 86 percent).

## By disability

- Organised participation increased for disabled tamariki in 2022 (77 percent, compared with 62 percent in 2021).
- Organised participation also increased for non-disabled tamariki (82 percent, compared with 75 percent in 2021), but to a smaller extent than for disabled tamariki.

## Tamariki club membership

The proportion of tamariki who belong to a sports team or club remains steady (table 3).

**Table 3: Tamariki – Club membership**

	2018	2019	2021	2022
Proportion of tamariki who belong to at least one sports team or recreation group or club at school or outside of school	79%	78%	78%	77%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

## Informal participation

Weekly informal participation for tamariki is largely consistent with previous years, although the amount of time spent has returned to pre-pandemic levels after a peak in 2021.

A steady downward trend can be seen in the proportion of tamariki playing each week, from 85 percent in 2018 to 82 percent in 2022 (which is a significant decrease from 2018). This is mainly driven by a decrease in playing on their own (52 percent, compared with 59 percent in 2018), whereas playing with others has remained relatively stable. The amount of time spent in play has returned to pre-pandemic levels in 2022 (6.9 hours), following a spike in 2021.

In contrast to play, an upward trend is evident in tamariki participating in extra exercise without a coach or instructor since 2019 (from 10 percent to 14 percent) (table 4).

**Table 4: Tamariki – Informal participation**

	2018	2019	2021	2022
Total play				
Weekly participation	85%	84%	83%	82%
Time spent (hrs)	7.2	6.9	8.8▲	6.9▼
Extra exercise without a coach or instructor				
Weekly participation	11%	10%	12%	14%
Time spent (hrs)	0.2	0.2	0.3▲	0.3
<b>Total informal</b>				
Weekly participation	85%	85%	84%	83%
Time spent (hrs)	7.3	7.1	8.7▲	7.2▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

Individual values do not always sum to total due to rounding and/or different bases for the components

## By age

- No significant difference is evident in informal participation for younger and older tamariki, compared with 2021. However, between ages 8 and 11, a significant decrease can be seen in informal participation over time, compared with 2018 (82 percent in 2022, compared with 86 percent in 2018). This is mainly driven by fewer older tamariki 'playing', particularly on their own, compared with 2018.

## By gender

- A decrease has occurred in informal participation for female tamariki, after a period of stability (to 81 percent, from 84 percent and 86 percent in 2018 and 2021). This is driven by a decrease in participation for both types of play (on their own and with others). This is also reflected in a decrease in the average number of hours female tamariki spend in informal participation (to 6.4 hours, from 8.4 hours in 2021, and 6.7 hours and 6.8 hours in 2018 and 2019).

## By ethnicity

- At an overall level, no difference was observed for informal participation by ethnicity, compared with 2021.
- For European tamariki, a downward trend has occurred in weekly play (from 89 percent in 2018 to 85 percent in 2022).
- Asian tamariki are more likely to participate in extra exercise or training without a coach in 2022 compared with previous years.
- The average number of hours spent in informal participation for Pacific tamariki remains the lowest compared with other ethnicities at 5.6 hours per week.
- In general, average hours spent in informal activity have decreased, heading towards pre-pandemic levels for European and Māori tamariki after peaking in 2021.

## By deprivation

- No change occurred in weekly informal participation by deprivation in 2022.<sup>14</sup> However, the average number of hours spent by tamariki from high deprivation areas has fallen to pre-pandemic levels (6.8 hours, from 9.0 hours in 2021, and 6.4 hours to 7.5 hours in 2018 and 2019).

## By disability

- Disabled tamariki are more likely to participate in play (by themselves or with others) this year (81 percent versus 73 percent in 2021).

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<sup>14</sup> However, there appears to be a downward trend in informal participation for tamariki from high deprivation areas (79 percent in 2022, compared with a peak of 84 percent in 2018, although this change is not significant).

## Changes in participation in sports and activities

Although fewer tamariki are playing each week (table 4), the specific types of play measured (eg, running around, climbing trees, or playing on a playground) have returned to pre-pandemic levels. Other sports and activities that increased in 2022 include football/soccer, basketball, rugby and athletics.

Sport and activities that have seen decreases in participation are cycling or biking, scootering and trampolining (table 5).

**Table 5: Tamariki – Participation in sports and activities<sup>15</sup>**

	2018	2019	2021	2022
<b>Increases</b>				
Playing (eg, running around, climbing trees, make-believe)	53%	51%	48%	55%▲
Playing on playground (eg, jungle gym)	53%	51%	46%▼	51%▲
Football/soccer	17%	16%	14%	18%▲
Basketball or mini-ball	8%	7%	7%	12%▲
Rugby or rippa rugby	9%	8%	7%	9%▲
Athletics or track and field	8%	8%	5%▼	7%▲
<b>Decreases</b>				
Cycling or biking	35%	35%	35%	30%▼
Scootering	31%	30%	30%	26%▼
Trampoline	31%	28%▼	31%	16%▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

<sup>15</sup> Please refer to appendix C for a more extensive list of sports and activities.

# Changing attitudes to being active for tamariki

This section examines tamariki attitudes to being active.<sup>16,17</sup>

## Summary

- An increase is evident in the value that tamariki place on being active.
- Tamariki have high levels of agreement with the statements that being active makes them feel good (90 percent agree) and understanding why it is good for them (89 percent).
- This translates into a stronger desire than ever to be physically active (85 percent).
- In addition, the proportion of tamariki who want to increase their levels of physical activity (58 percent) is at its highest level to date in 2022.

## New insights or emerging trends

Several new attitudes were added to the survey that have generated fresh insights, while a set of attitudes is forming a new trend on the value of being active in 2022:

- A noticeable increase can be seen in the value that tamariki place on being active. Tamariki are more likely to believe it makes them feel good (90 percent agree) and to understand why it is good for them (89 percent). This translates into a stronger desire than ever to be active (85 percent).
- Being active enables tamariki to feel confident (85 percent agree, from 77 percent in 2021), and an increase has occurred in the confidence of tamariki to take part in a lot of different activities.
- Eighty-seven percent of tamariki agree they have access to the spaces and places where they can do the physical activities they want, while 80 percent agree they have community support to do the activities they want, and 75 percent are satisfied with the quality of the spaces and places in their community to be active (table 6).

<sup>16</sup> It should be noted that parents or caregivers complete the survey on behalf of tamariki. They are encouraged to involve tamariki in the process. Around 60 percent of tamariki are very or quite involved in helping complete the survey.

<sup>17</sup> The way the attitudes were asked changed between 2021 and 2022. In 2021 (and earlier), the attitude statements were presented all together in a grid. In 2022, they were presented one at a time (a dynamic grid). This change was made to improve the respondent experience, particularly for those completing on a mobile device.



**Table 6: Tamariki – New insights or emerging trends**

	2018	2019	2021	2022
Being physically active makes me feel good	–	–	86%	90%▲
I understand why taking part in physical activity is good for me	83%	84%	84%	89%▲
I have access to spaces and places where I can do the physical activities, I want	–	–	–	87%
Sport and other physical activities give me confidence <sup>18</sup>	–	–	77%	85%▲
I want to take part in physical activities	82%	83%	82%	85%▲
I have support in my community to do the physical activities I want	–	–	–	80%
I have the chance to do the physical activities I want	82%	83%	81%	79%
I am good at lots of different physical activities	73%	73%	76%	77%
I feel confident to take part in lots of different activities	73%	73%	70%	75%▲
I am satisfied with the quality of spaces and places to be active in my community	–	–	–	75%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

## Attitudes to accessibility by deprivation and disability

Disabled tamariki are less likely than non-disabled to agree that:

- I have access to the spaces and places where I can do the physical activities I want (79 percent, compared with 90 percent)
- I have support in my community to do the physical activities I want (72 percent, compared with 83 percent)
- I am satisfied with the quality of spaces and places to be active in my community (67 percent, compared with 78 percent).

Tamariki from high deprivation areas are less likely than those from low deprivation areas to agree that:

- I have access to the spaces and places where I can do the physical activities I want (83 percent, compared with 90 percent)
- I have support in my community to do the physical activities I want (75 percent, compared with 85 percent)
- I am satisfied with the quality of spaces and places to be active in my community (69 percent, compared with 82 percent).

## Existing trend that has continued in 2022

The appeal of sporting heroes is diminishing over time, although around six in ten tamariki continue to agree New Zealand athletes and sports teams make good role models (table 7).

**Table 7: Tamariki – Existing trend that has continued in 2022**

	2018	2019	2021	2022
I think NZ athletes and sports teams make good role models	64%	63%	60%	57%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

<sup>18</sup> Asked only of older tamariki aged 8 and 11.

## Stable attitudes over time

The relationship tamariki have with being active is largely positive and stable over time. High levels of agreement are evident with the following statements:

- People in my life encourage me to be active
- I like being active
- Being active it is fun
- I enjoy playing sport
- I like PE and I am good at sport (table 8).

**Table 8: Tamariki – Stable attitudes over time**

	2018	2019	2021	2022
People in my life encourage me to take part in physical activities	92%	91%	92%	94%
I think being physically is active fun	–	–	88%	88%
I like being physically active	85%	85%	85%	87%
I enjoy playing sport	84%	84%	84%	84%
I like PE or fitness classes at school	80%	80%	79%	80%
I am good at sport	74%	75%	74%	75%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

# Changing barriers to participation for tamariki

This section outlines changing barriers tamariki face to increasing their participation.

## Summary

- An upward trend is evident in tamariki wanting to increase their participation. In 2022, 58 percent want to be doing more, compared with 53 percent in 2018.
- The top three barriers include:<sup>19</sup>
  - being too busy (25 percent)
  - preferring to do other things (19 percent)
  - the weather (19 percent), reflecting the poor winter experienced in 2022.<sup>20</sup>

## Tamariki who would like to be doing more

An upward trend can be seen in tamariki wanting to increase their participation. Fifty-eight percent want to be doing more, compared with 53 percent in 2018 (table 9).

**Table 9: Tamariki – Would like to be doing more activity**

	2018	2019	2021	2022
Yes, I would like to be doing more	53%	54%	56%	58%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 5 to 11

The average number of barriers identified by tamariki who would like to increase their participation is 2.1 barriers in 2022.<sup>21</sup>

- After a period of stability, the barriers that have increased in 2022 are the weather and being injured.
- Preferring to do other things is trending upwards, whereas being too busy is in decline from a peak in 2018.
- In addition, accessibility appears to be improving, this is evident in a decline in the barriers 'too hard to get to training / games', 'don't have the equipment needed' and having 'no places nearby' to do what they want, from peaks in 2019 (table 10).

<sup>19</sup> Before 2022, the barriers question was only asked of those aged 8-plus, so the same age filter has been applied in 2022, for consistency.

<sup>20</sup> The National Institute of Water and Atmospheric Research (NIWA) released data on 2 September 2022 to confirm New Zealand has experienced its warmest and wettest winter on record.

<sup>21</sup> We have not compared the average number of barriers with 2021, because the list of prompted barriers was reduced in the 2022 questionnaire.

**Table 10: Tamariki – Barriers among those who like to be doing more**

	2018	2019	2021	2022
Too busy	39%	36%	30% ▼	25% ▼
Can't fit it in with other family member's activities	18%	21%	19%	19%
Prefer to do other things	12%	15%	16%	19%
The weather	10%	12%	12%	19% ▲
Family can't afford it	21%	22%	23%	18%
Too hard to get to training/games/competitions	14%	17%	15%	10%
Too hard to motivate myself	6%	9% ▲	10%	9%
No one to do it with	5%	5%	7%	8%
No places nearby to do what I want to do	11%	13%	12%	8%
My parents want me to focus on my school work/other activities	6%	6%	5%	7%
Not enough PE offered at school	4%	7% ▲	8%	7%
I'm not confident enough	7%	8%	9%	6%
School doesn't offer physical activities they're interested in	6%	5%	7%	5%
Is injured	3%	2%	2%	5% ▲
Doesn't have the equipment I need	7%	7%	9%	5% ▼
My friends aren't physically active	1%	1%	3%	4%
Is too tired/don't have the energy	6%	9%	9%	4% ▼
They don't want to fail	3%	5%	6%	4%
PE/fitness classes at school are not fun	1%	3%	2%	3%
They're not fit enough	3%	3%	5%	2%
Don't like other people seeing them being physically active	1%	2%	1%	2%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All tamariki aged 8 to 11

## Focus on how participation has changed for rangatahi

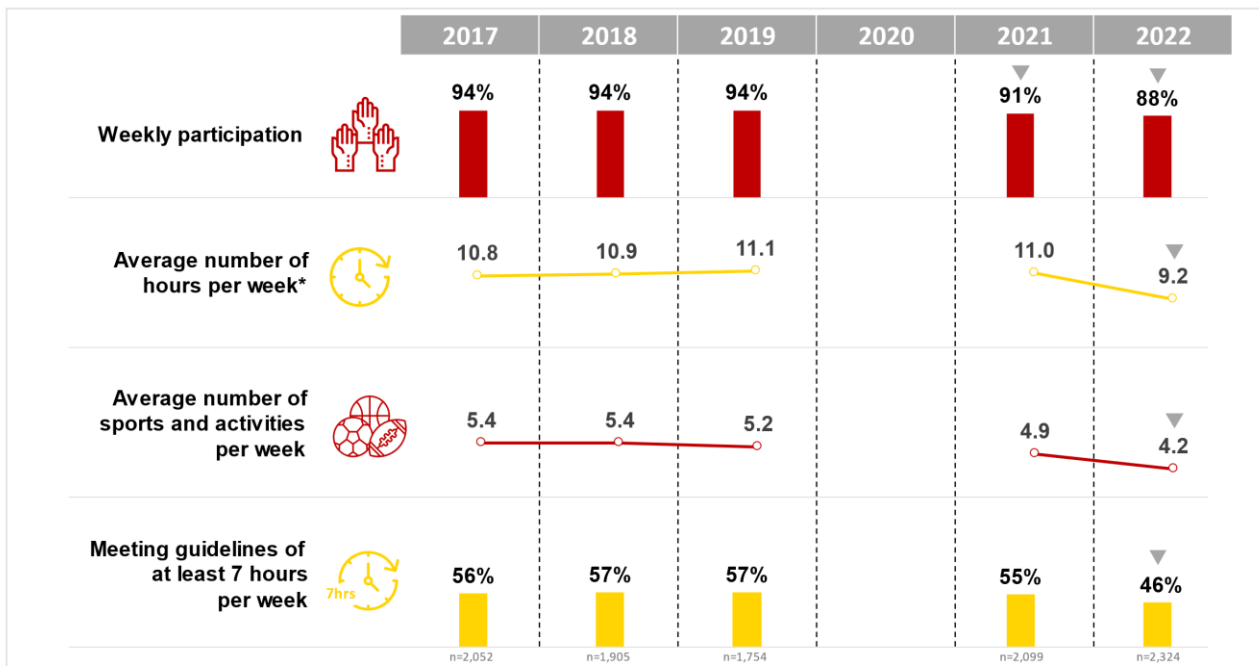
This section highlights changes for rangatahi over time. Trends in the four leading participation indicators for rangatahi are presented below.

### Summary

- Weekly participation has not returned to pre-COVID-19 levels, dropping even further between 2021 and 2022 (88 percent in 2022, compared with 91 percent in 2021 and 94 percent pre-COVID-19).
- Between 2021 and 2022, there was a drop in the average amount of time rangatahi spent being active each week (9.2 hours compared with 11.0 hours) and a decrease in the average number of sports and activities participated in each week (4.2 compared with 4.9).
- The proportion of rangatahi who meet the physical activity guidelines of at least 7-plus hours of activity per week was lower in 2022 compared with 2021 (46 percent compared with 55 percent).
- The decreases in the main indicators are mainly driven by rangatahi aged 12 to 14, especially females aged 12 to 14. The results for rangatahi aged 15 to 17 are heading in the same direction.
- Note, these results should be viewed in the context of a method change in 2022. Evidence suggests the drop in time spent, the number of sports and activities and the proportion meeting the physical activity guidelines for rangatahi has been affected by the introduction of conditional incentives in 2022 to ensure enough responses were received from this pivotal group (see appendix A for more detail).

Weekly participation has not returned to pre-COVID-19 levels and between 2021 and, following a period of stability between 2017 and 2019, in 2022 there has been a drop in time spent participating, average number of sports and activities and the proportion of rangatahi meeting the physical activity guidelines (figure 3).

**Figure 3: Rangatahi – Key participation statistics over time**



▲▼ Significantly higher/lower than the previous year  
 Results are from 2017 to 2022 | Base: All young people aged 12 to 17  
 \*Average number of hours per week filter: ≤ 75

## By age and gender

- Males aged 12 to 14 are less likely to be participating each week in fewer sports and activities, compared with 2021. This age group was more resilient in 2021, when others were experiencing declines. In 2022 females aged 12 to 14 were spending less time in fewer sports and activities and less likely to meet the physical activity guidelines (table 11).

**Table 11: Rangatahi – Key participation statistics over time by age within gender**

	Males aged 12 to 14				Females aged 12 to 14				Males aged 15 to 17				Females aged 15 to 17			
	2018	2019	2021	2022	2018	2019	2021	2022	2018	2019	2021	2022	2018	2019	2021	2022
Weekly participation	97%	96%	97%	94% ▼	95%	97%	95%	93%	93%	90%	85%	85%	88%	90%	85%	80%
Average number of hours per week	12.1	13.7	12.7	12.2	11.8	11.8	12.4	9.6 ▼	11.7	9.6	8.4	7.9	7.7	7.8	7.1	6.4
Average number of sports and activities a week	6.2	6.1	5.8	5.1 ▼	6.5	6.3	6.0	5.0 ▼	4.5	3.9 ▼	3.5	3.2	3.9	3.8	3.5	3.1
Meeting guidelines of at least 7-plus hours per week	65%	67%	62%	56%	59%	62%	62%	48% ▼	58%	52%	48%	44%	43%	42%	38%	34%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## By ethnicity

- European rangatahi are lower in three out of the four participation measures compared with 2021.
- The average number of hours European rangatahi spend being active has fallen to 9.5 hours in 2022, after a period of stability between 2018 and 2021. The average number of activities European rangatahi participate in has also fallen over time to 4.2 in 2022. In 2022, 49 percent of European rangatahi meet the physical activity guidelines, the lowest rate measured to date.
- Māori rangatahi are participating in fewer sports and activities than in previous years (4.4 activities in 2022, compared with 5.4 to 5.8 activities from 2018 to 2021).
- Rates of activity remain lower for Asian and Pacific rangatahi. In 2022, 39 percent of Asian and 42 percent of Pacific rangatahi met the physical activity guidelines.

## By deprivation

- Rangatahi from high deprivation areas are less likely to meet the physical activity guidelines (36 percent in 2022, from 50 percent to 58 percent between 2018 to 2021). A similar pattern can be seen in the decrease in the average number of hours spent being active each week.
- The decline in the average number of sports and activities occurred for rangatahi from low, medium, and high deprivation areas, while a decrease in weekly participation occurred for rangatahi from medium deprivation areas.<sup>22</sup>
- Overall, rangatahi from high deprivation areas continue to have lower levels of participation, compared with those from low deprivation areas (as measured using the four key metrics). For example, weekly participation is 84 percent for those in high deprivation areas, compared with 91 percent in low deprivation areas.

## By disability<sup>23</sup>

- Disabled rangatahi participated in fewer sports and activities in 2022 (4.0 on average per week, compared with 4.7 in 2021). They spent less time being active (8.7 hours per week, compared with 10.2 hours in 2021), and were less likely to meet the physical activity guidelines (42 percent, compared with 52 percent in 2021).
- This pattern is apparent for non-disabled rangatahi who also participated in fewer sports and activities and were less likely to meet the physical activity guidelines.

<sup>22</sup> These were the only significant changes, although weekly participation is also trending downward from a high in 2018 and 2019 for rangatahi in low and high deprivation areas.

<sup>23</sup> We are only able to compare 'disabled' with 'non-disabled' results from 2021 onwards, due to a question change in mid-2019 in how these groups are defined.



# Changes in how rangatahi participate

This section focuses on changes how rangatahi participate.

## Summary

- Organised participation is in line with 2021 but remains lower than pre-COVID-19 levels.
- The average amount of time spent in competition is now around one hour less than pre-COVID-19 levels (2.3 hours, compared with 3.4 hours).
- Club membership continues to decline.
- The levels of informal participation for rangatahi are lower in 2022, after being consistent between 2018 and 2021.
- Weekly participation by rangatahi has fallen across numerous activities, most noticeably for running or jogging. While this remains the most common activity, weekly participation has declined from 64 percent in 2018 to 46 percent in 2022.
- The only activity that has had an increase in weekly participation in 2022 is badminton.
- A decline has occurred in participation across several sports and activities between 2021 and 2022.

## Organised participation

Weekly organised participation was lower in 2021 and 2022 compared with pre-pandemic (table 12).

**Table 12: Rangatahi – Organised participation**

	2018	2019	2021	2022
Physical education (PE) or class at school				
Weekly participation	58%	56%	53%	55%
Time spent (hrs)	2.1	2.2	2.1	2.1
Total competition (organised excluding PE)				
Weekly participation	64%	63%	52%▼	47%▼
Time spent (hrs)	3.4	3.4	2.8▼	2.3
<b>Total organised</b>				
Weekly participation	78%	78%	70%▼	69%
Time spent (hrs)	5.4	5.5	4.9▼	4.4

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

Individual values do not always sum to total due to rounding and/or different bases for the components

## By age and gender

- Participation in competition or tournaments decreased in 2022 for female rangatahi (49 percent in 2022, from 54 percent in 2021 and 64 percent to 65 percent in 2018 and 2019). This is most evident for female rangatahi aged 12 to 14, participating in a competition or tournament decreased (27 percent, from 34 percent in 2021 and 38 percent to 40 percent in 2018 and 2019).

- A decrease has also occurred in participating in training or practice with a coach for female rangatahi aged 15 to 17 (33 percent, from 43 percent in 2021 and 50 percent in 2018 and 2019).

## By ethnicity

Significant changes for organised participation by ethnicity, compared with 2021, are as follows:

- Participation for Asian rangatahi has increased - 69 percent in 2022, from 58 percent in 2021, largely due to higher rates of participation in PE at school.
- Participation levels for European and Māori rangatahi are now lower than 2021.
- Participation for European rangatahi (in a competition or tournament or training or practising with a coach) is lower than in 2021.
- Participation for Pacific rangatahi remains comparable to that of the other ethnicities, with 71 percent participating in organised activity.

## By deprivation

- No difference is evident in organised participation among rangatahi by deprivation compared with 2021. However, for rangatahi from high and medium deprivation areas organised participation is dropping, since a peak in 2018 and 2019.
- For rangatahi from high deprivation areas, the average hours spent in organised participation is dropping from a peak in 2019.

## By disability

- A decrease can be seen in the average hours spent in organised participation for disabled rangatahi (to 4.0 hours, from 4.7 hours in 2021), whereas for non-disabled rangatahi, average hours have remained stable, compared with 2021.
- Participation in training or practising with a coach is lower this year for disabled rangatahi (36 percent, compared with 44 percent in 2021).

## Rangatahi club and gym membership

Rangatahi are less likely to be club members in 2021 and 2022 compared with before the COVID-19 pandemic in 2019. In contrast, gym membership has been stable (table 13)

**Table 13: Rangatahi – Club and gym membership**

	2018	2019	2021	2022
Proportion of young people who belong to at least one sports team or recreation group or club at school or outside of school (aged 12–17)	88%	87%	83% ▼	78% ▼
Gym membership (aged 15 to 17)	23%	23%	22%	25%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## Informal participation

Compared with 2021, rangatahi have lower levels of informal participation (table14).

**Table 14: Rangatahi – Informal participation**

	2018	2019	2021	2022
Total play				
Weekly participation	78%	78%	78%	70%▼
Time spent (hrs)	4.7	4.8	6.7	5.2▼
Extra exercise without a coach or instructor				
Weekly participation	45%	44%	41%	32%▼
Time spent (hrs)	1.4	1.3	1.3	1.0▼
<b>Total informal</b>				
Weekly participation	85%	84%	84%	76%▼
Time spent (hrs)	5.9	5.9	6.4	5.2▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic.

Base: All rangatahi aged 12 to 17

Individual values do not always sum to total due to rounding and/or different bases for the components

### By age and gender

- Informal participation has declined for male and female rangatahi, after being stable (males to 78 percent in 2022, from 85 percent to 87 percent in 2018 and 2021; females to 74 percent, from 83 percent in 2018 and 2021).
- The amount of time male and female rangatahi spend in informal participation has declined (males to 6.1 hours in 2022, from 6.6 hours to 7.2 hours in 2018 and 2021; females to 4.2 hours in 2022, from a peak of 5.7 hours in 2021, and 5.0 hours to 5.2 hours in 2018 and 2019).

In terms of the individual informal settings:

- Male and female rangatahi aged 12 to 14 are participating in less play than their peak in 2021. In general, playing alone has returned to pre-pandemic levels, whereas playing with others has declined. Female rangatahi aged 15 to 17 are less likely to be playing alone, compared with previously.
- Females aged between 12 and 17, and males aged between 15 and 17, are less likely to be participating for extra exercise, training, or practice without a coach than before the pandemic.

### By ethnicity

- Weekly informal participation has decreased for European, Pacific, and Asian rangatahi. For European rangatahi (78 percent in 2022, from 87 percent in 2018). For Pacific and Asian rangatahi, it has decreased from 2021 (Pacific to 71 percent in 2022, from 81 percent to 88 percent in 2018 and 2021; Asian to 72 percent in 2022, from a peak of 79 percent to 81 percent in 2019 and 2021).
- For European rangatahi, informal participation decreased in 2022.
- Pacific rangatahi are less likely to participate in play than in 2021.
- Asian rangatahi are less likely to participate in extra exercise, training, or practice without a coach.
- Māori rangatahi are less likely to participate in extra exercise, training, or practice without a coach than they were historically (32 percent in 2022, from 41 percent to 45 percent in 2018 and 2021).
- The average number of hours spent in informal participation has also decreased for European rangatahi, compared with a peak in 2021 (5.2 hours in 2022, from 6.8 hours in 2021).

## By deprivation

- A decrease is evident in informal participation for rangatahi from high, medium, and low deprivation areas.

## Changes in participation in sports and activities over time

Rangatahi are less likely to be participating in a range of individual sports and activities, compared with 2021. This reflects the wider trend that the average number of sports and activities they participate in per week has also declined. A decline has occurred in running or jogging is evident in pre-COVID-2019 and continuing into 2021 and 2022.

Rangatahi are more likely to do badminton in 2022, compared with 2021 (table 15).

**Table 15: Rangatahi – Participation in sports and activities<sup>24</sup>**

	2018	2019	2021	2022
<b>Increases</b>				
Badminton	6%	7%	5%▼	7%▲
<b>Decreases</b>				
Running or jogging	64%	60%▼	55%▼	46%▼
Walking for fitness	35%	35%	40%▲	35%▼
Workout (weights or cardio)	28%	26%	29%	23%▼
Cycling or biking	23%	24%	23%	17%▼
Basketball or mini-ball	18%	17%	16%	13%▼
Dance/dancing (eg, ballet, hip hop)	13%	13%	14%	11%▼
Trampoline	16%	15%	15%	9%▼
Netball	13%	14%	13%	9%▼
Volleyball or Kiwi volley	5%	7%	11%▲	8%▼
Group exercise class (eg, aerobics, crossfit, jump jam)	14%	12%	12%	7%▼
Touch	10%	12%	9%	7%▼
Athletics or track and field	9%	10%	8%	6%▼
Hockey or floorball	8%	8%	8%	5%▼
Handball	6%	6%	6%	4%▼
Table tennis	5%	6%	6%	4%▼
Ki-o-rahi	3%	2%	4%▲	2%▼
Rugby league	3%	3%	3%	2%▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

<sup>24</sup> Please refer to appendix C for a more extensive list of sports and activities.

# Rangatahi attitudes to being active

This section details rangatahi attitudes to being active.<sup>25, 26</sup>

## Summary

- While rangatahi enjoy playing sport and team sports, levels of enjoyment are declining. At the same time, a sharp increase has occurred in rangatahi who find electronic games more exciting than real-life ones in 2022.
- An increased preferences evident among older rangatahi to be active in a way that follows their own schedule and that is more flexible and less structured in 2022.

## Existing trends that have continued in 2022

The attitudes detailed here have shifted over time, and the trajectory of the trend has continued in 2022. While most rangatahi understand why being active is good for them, the proportion who agree with this has steadily declined from 2018 to 2022 (96 percent to 92 percent). This coincides with a gradual decline in the proportion who want to be physically active or like being physically active (at 81 percent for both).

- Rangatahi enjoy playing sport and team sports, but in recent years that enjoyment has waned. The proportion who enjoys playing sport (79 percent) has dipped to its lowest level to date. Similarly, rangatahi are increasingly less likely to say they like playing sport with a team.
- The proportion who finds electronic games more exciting to play than real-life ones has increased from 24 percent in 2021 to 33 percent in 2022.
- The extent to which rangatahi admire and are inspired by sporting heroes is also waning. The proportion who feels New Zealand athletes and sports teams make good role models has dropped from 73 percent in 2018 to 66 percent in 2022. In addition, 52 percent of rangatahi report that successful New Zealand athletes or teams encourage them to be more physically active, compared with 60 percent in 2018. Finally, less than half of rangatahi (48 percent) want to represent their country, compared with 58 percent in 2018.
- While 75 percent of rangatahi love to challenge themselves and try to win, this has declined from 81 percent in 2018 to 75 percent in 2022.
- Just 55 percent of rangatahi like their parents to be involved in their sports or activities, compared with 62 percent in 2019.
- Older rangatahi increasingly want physical activity to fit around them and prefer activity that is more flexible and less structured (60 percent agree). At the same time, the proportion of older rangatahi who prefer physical activities that allow the individual to follow their own schedule rather than someone else's has increased from 61 percent in 2019 to 70 percent in 2022 (table 16).

<sup>25</sup> It should be noted some attitudes are only asked of older rangatahi aged 15 to 17 and this is indicated in the commentary.

<sup>26</sup> The way the attitudes were asked changed between 2021 and 2022. In 2021 (and earlier), the attitude statements were presented all together in a grid and in 2022 they were presented one at a time (a dynamic grid). This change was made to improve the respondent experience, particularly for those completing on a mobile device.

**Table 16: Rangatahi – Existing trends that have continued in 2022**

	2018	2019	2021	2022
I understand why taking part in physical activity is good for me	96%	95%	94%	92%▼
I want to take part in physical activities	86%	85%	84%	81%
I like being physically active	85%	85%	83%	81%
I enjoy playing sport	87%	86%	83%	79%▼
I love challenging myself and trying to win	81%	80%	78%	75%▼
I like playing sport with a team	81%	80%	76%	73%▼
I prefer physical activities that allow me to follow my own schedule rather than someone else's (15–17)	64%	61%	64%	70%▲
I think NZ athletes and sports teams make good role models	73%	71%	69%	66%
I prefer to do physical activity that is more flexible and less structured (15–17)	46%	46%	51%	60%▲
I like my parents/family to be involved in sport and physical activities	59%	62%	59%	55%▼
Successful NZ athletes or sports teams make me want to be more physically active	60%	55%▼	54%	52%
I want to represent my country or region	58%	56%	50%▼	48%
I find electronic games more exciting to play than the real-life ones	22%	23%	24%	33%▲

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## Existing trends that have slowed or stabilised in 2022

- Several attitudinal trends have either slowed or stabilised in 2022 (table 17). The confidence of rangatahi has slightly reduced, with two in three continuing to feel they are good at sport, and 63 percent feeling confident to take part in a lot of different activities, but this is lower than before the COVID-19 pandemic. Similarly, the proportion who believe they are good at a lot of different physical activities is 64 percent, compared with 67 percent in 2018.
- Most rangatahi recognise they can gain benefits from physical activity, including life skills or confidence (around seven in ten), but are less enthusiastic than they were pre-COVID-19.
- Rangatahi enthusiasm for PE has not recovered from before the pandemic, with a significant decline in the proportion who say they like PE in 2022.
- Rangatahi ties with high performance sport are weaker than they once were. The decline in pride in New Zealand athletes and sports teams has slowed, and rangatahi overall are less emotionally connected to the nation's sporting success than they once were (table 17).

**Table 17: Rangatahi – Existing trends that slowed or stabilised in 2022**

	2018	2019	2021	2022
I feel proud when New Zealand athletes or sports teams do well	80%	76%▼	74%	73%
I have learned many essential life skills through playing sport (eg, teamwork and cooperation)	79%	77%	73%▼	72%
Sport and other physical activities give me confidence	–	–	70%▼	68%
I am good at sport	71%	69%	67%	67%
I like PE or fitness classes at school	71%	73%	66%▼	65%
I am good at lots of different physical activities	67%	65%	63%	64%
I feel confident to take part in lots of different activities	67%	68%	62%▼	63%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## Attitudes that have stayed stable over time

The attitudes of rangatahi towards being active remain consistent in several ways:

- Overall, rangatahi enjoy being physically active. This supports their wellbeing because it makes them feel good (84 percent) and they can do the activities they want (76 percent).
- Rangatahi continue to receive strong encouragement to participate, with eight in ten agreeing that other people in their lives encourage them to be physically active.
- Seven in ten rangatahi like to do the physical activities their friends do (table 18).

**Table 18: Rangatahi – Stable attitudes over time**

	2018	2019	2021	2022
Being physically active makes me feel good	–	–	85%	84%
People in my life encourage me to take part in physical activities	83%	84%	81%	81%
I have the chance to do the physical activities I want	79%	78%	76%	76%
I like to do the physical activities that my friends do	71%	69%	69%	71%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## New insights or emerging trends

Several new attitudes were added to the 2022 survey, which have generated fresh insights, while new trends are emerging.

- Three in four rangatahi say they have access to the spaces and places where they can do the physical activities they want. Sixty-five percent say they have community support to do the activities they want, and 66 percent are satisfied with the quality of the spaces and places in their community to be active.
- Forty-nine percent of rangatahi say they enjoy watching, listening to, or reading about sports. This compares with 56 percent in 2018.
- Sixty-seven percent of older rangatahi say they choose physical activity that suits their mood at the time (table 19).

**Table 19: Rangatahi – New insights or emerging trends**

	2018	2019	2021	2022
I have access to spaces and places where I can do the physical activities, I want	–	–	–	76%
I choose physical activity that suits my mood at the time (15–17)	–	–	–	67%
I am satisfied with the quality of spaces and places to be active in my community	–	–	–	66%
I have support in my community to do the physical activities I want	–	–	–	65%
I like school	63%	64%	62%	58% ▼
I enjoy watching, listening to, and reading about sports	56%	55%	54%	49% ▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17

## Attitudes to accessibility by deprivation and disability

Disabled rangatahi are less likely than non-disabled to agree that:

- I have access to the spaces and places where I can do the physical activities I want (73 percent, compared with 79 percent)
- I have support in my community to do the physical activities I want (61 percent, compared with 70 percent)
- I am satisfied with the quality of spaces and places to be active in my community (63 percent, compared with 70 percent).

Rangatahi from high deprivation areas are less likely than rangatahi from low deprivation areas to agree that:

- I have access to the spaces and places where I can do the physical activities I want (69 percent, compared with 80 percent)
- I have support in my community to do the physical activities I want (55 percent, compared with 72 percent)
- I am satisfied with the quality of spaces and places to be active in my community (54 percent, compared with 71 percent).



# Changing barriers to participation for rangatahi

This section outlines barriers rangatahi face to increasing their participation.

## Summary

- Seventy percent of rangatahi would like to increase their participation, compared with 74 percent in 2021.
- Rangatahi who would like to do more physical activity increasingly cite a preference to 'do other things' as a barrier many of whom find electronic games more exciting than real life games. The main barrier continues to be a lack of time.

## Rangatahi who would like to be doing more

Seventy percent of rangatahi would like to be doing more. This is lower than 2021 and pre-COVID-19 at 74 percent (table 20).

**Table 20: Rangatahi – Would like to be doing more.**

	2018	2019	2021	2022
Yes, I would like to be doing more	72%	73%	74%	70% ▼

▲ ▼ Significantly higher/lower than the previous year  
Results are from 2018 to 2022. Data was not reported in 2020 due to COVID-19.  
Base: All rangatahi aged 12 to 17

## Barriers for rangatahi who would like to be doing more

On average, rangatahi who would like to be doing more physical activity identify 2.8 barriers in 2022.<sup>27</sup>

- Top barriers are being too busy, lack of motivation, not having the energy, preferring to do other things.
- An increase is evident in those who say they would rather spend their time doing other things. The proportion of rangatahi who find electronic games more exciting to play than real-life ones has increased from 24 percent to 33 percent between 2021 and 2022.
- A lack of motivation has decreased as a barrier, from 35 percent in 2021 to 28 percent in 2022 (table 21).

<sup>27</sup> The average number of barriers in 2022 has not been compared with 2021 because the list of prompted barriers was reduced in the 2022 questionnaire.

**Table 21: Rangatahi – Barriers among those who would like to be doing more activity**

	2018	2019	2021	2022
Too busy	46%	46%	37% ▼	36%
It's hard to motivate myself	23%	25%	35% ▲	28% ▼
Too tired/don't have the energy	24%	25%	27%	25%
Prefer to do other things	12%	13%	16%	20% ▲
Have no one to do it with	13%	15%	16%	15%
I'm not confident enough	11%	11%	16% ▲	14%
The weather	15%	14%	13%	14%
I'm not fit enough	13%	15%	16%	13%
Don't like other people seeing me being physically active	6%	7%	9%	10%
Not enough PE offered at school	10%	11%	11%	10%
I don't have the equipment I need	15%	18%	19%	10% ▼
PE/fitness classes at school are not fun	6%	7%	8%	9%
My friends aren't physically active	8%	10%	12%	9% ▼
No places nearby to do what I want to do	16%	16%	15%	9% ▼
My parents want me to focus on my school work/other activities	8%	8%	7%	8%
I am injured	7%	7%	7%	8%
My school doesn't offer physical activities I'm interested in	10%	10%	8%	8%
Can't fit it in with other family member's activities	9%	9%	9%	7%
Too hard to get to training, games, or competitions	15%	12%	13%	7% ▼
I don't want to fail	7%	6%	9% ▲	7%
I can't afford it	11%	11%	10%	5% ▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All rangatahi aged 12 to 17 who would like to be doing more physical activity

# How participation has changed for adults

This section outlines how participation has changed for adults.

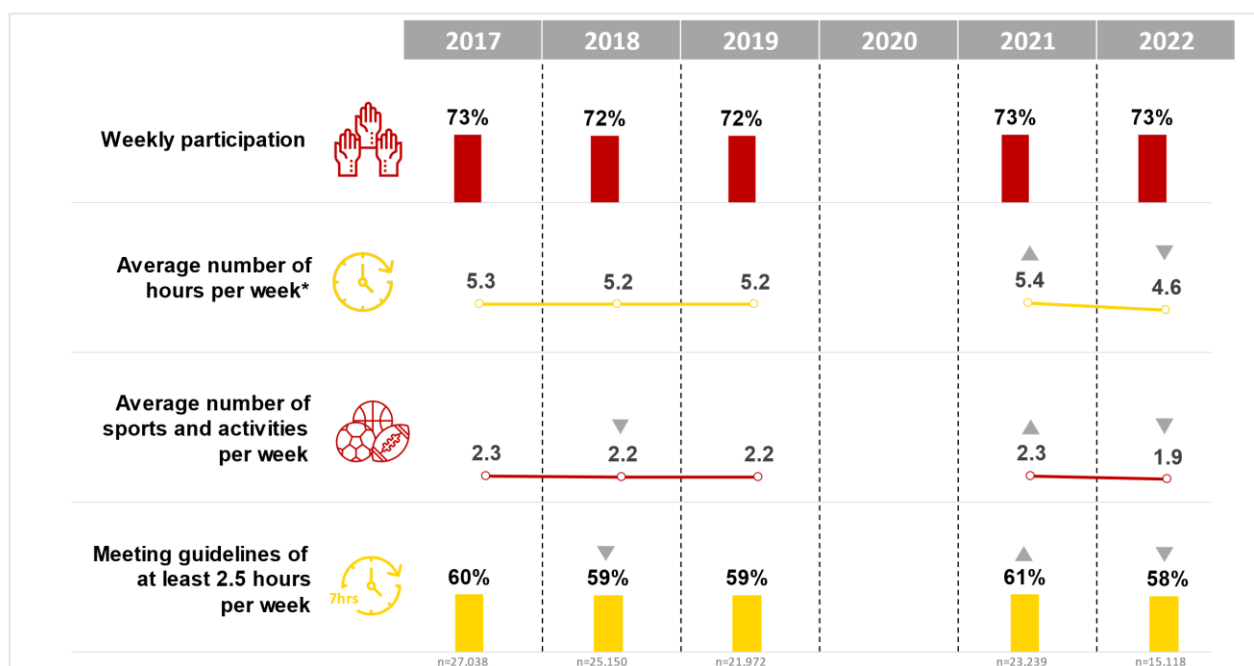
## Summary

While the proportion of adults participating each week is stable, time spent being active, the number of sports and activities participated in and the proportion meeting the physical activity guidelines have all fallen to below pre-COVID-19 levels.

- The average number of hours per week that adults participate has fallen, from a peak of 5.4 hours in 2021 to 4.6 hours in 2022.
- The average number of sports and activities adults participate in has also fallen to 1.9, compared with 2.3 in 2021.
- The proportion of adults meeting the physical activity guidelines of 2.5-plus hours each week decreased in 2022, from a peak in 2021.
- The decreases in the key participation statistics are more marked among adults aged 35 to 64. For example, their average number of hours participating per week have fallen by over an hour.
- The proportion of adults participating in competition in 2022 has returned to pre-pandemic levels, while non-competitive participation has stabilised at the higher level seen in 2021.
- Rugby/touch rugby is the only sport or activity to have increased between 2021 and 2022. Several other sports and activities have seen declines.
- The use of technology while being active continues to increase, from 28 percent in 2018 to 44 percent in 2022.

The proportion of adults participating each week has been stable over time. The spike in 2021 on average time spent, number of sports and activities and meeting the physical activity guidelines has not continued into 2022 with all falling to below pre-COVID-19 levels (figure 4).

**Figure 4: Adults – Key participation statistics over time**



▲▼ Significantly higher/lower than the previous year  
Results are from 2017 to 2022 | Base: All adults 18-plus  
\*Average number of hours per week filter: ≤ 51

## By age and gender

- While weekly participation increased back to pre-pandemic levels for adults between ages 25 and 34. It decreased from a peak in 2021 for adults between ages 35 and 49, particularly males<sup>28</sup> (74 percent, compared with 78 percent in 2021 and 76 percent in 2018 and 2019).
- Except for adults aged 65-plus, fewer sports and activities were participated in in 2022. This decline was more marked for younger adults between ages 18 and 24, especially for females. Declines were also seen between ages 25 and 34 and 35 to 49, especially for males.
- The average time spent participating each week is lower across every age group, although the magnitude of change varies. The largest decrease is between ages 35 and 64 group, by more than an hour each week, compared with 2021. The decline in time spent is relatively even by gender.
- The drop in average number of sports and activities participated in each week in 2022 is consistent by gender after a peak in 2021.
- The proportion of adults meeting the physical activity guidelines of 2.5-plus hours per week has dropped, more so for adults aged 18 to 24, 35 to 49 and 50 to 64. Although the percentage of adults aged 65-plus meeting the physical activity guidelines decreased in 2022, compared with 2018, an increase has occurred over time. The drop in the proportion of adults meeting the physical activity guidelines is relatively even by gender.

<sup>28</sup> Weekly participation also declined for females aged 35 to 49 but is not significant.

## By ethnicity

- Weekly participation was stable for European, Māori and Asian and Pacific adults compared with 2021.
- The average number of activities participated in declined for European, Māori and Asian adults after a peak in 2021.
- The average number of hours spent participating decreased for European, Māori and Asian adults. The largest observed decline is among Māori adults (by over an hour a week).
- The percentage of European, Māori and Asian adults meeting the physical activity guidelines of 2.5 hours per week has declined. However, while the decline between 2021 and 2022 is significant, when comparing 2022 to 2018, only European adults have declined significantly.

## By deprivation

- No significant changes are evident in weekly participation for adults from low, medium, and high deprivation areas, compared with 2021.
- After the peak in 2021, a decrease has occurred in the average number of sports and activities adults participating in each week. Adults from low deprivation areas have seen the biggest decrease.
- Similarly, after the 2021 peak, the average number of hours spent in weekly participation has dropped for adults from low, medium, and high deprivation areas, the largest decline is evident for adults from low deprivation areas.
- The proportion meeting the physical activity guidelines of 2.5-plus hours a week has also declined for adults from low, medium, and high deprivation areas, compared with 2021. Only adults from low deprivation areas show significant decline between 2018 and 2022.

## By disability<sup>29</sup>

- No change occurred in weekly participation for disabled adults between 2021 and 2022.
- Disabled (and non-disabled adults) participated in fewer sports and activities in 2022, compared with 2021, however, the magnitude of decline is greater for non-disabled adults.
- The amount of time spent being active has declined relatively evenly for both disabled and non-disabled adults. As in 2021, disabled adults are doing about an hour less than non-disabled adults.
- The proportion of disabled adults meeting the physical activity guidelines of 2.5-plus hours each week has declined more than the proportion of non-disabled adults.

## Changes in types of participation over time

The proportion of adults participating in competitive sports in the past year has returned to pre-pandemic levels, while non-competitive participation has stabilised at the higher level seen in 2021 (table 22).

**Table 22: Adults – Yearly competitive and non-competitive participation**

	2018	2019	2021	2022
Yearly competitive participation	33%	33%	30% ▼	33% ▲
Yearly non-competitive only participation	63%	63%	67% ▲	66%

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18-plus who have participated in the past 7 days

<sup>29</sup> We are only able to compare 'disabled' to 'non-disabled' results from 2021 onwards, due to a question change in 2019 in how these groups are defined.

## Use of technology

The increase in adults using technology (Fitbits, smartphone apps, pedometers) while being active continued in 2022 from 28 percent in 2018 to 44 percent in 2022 (table 23).

**Table 23: Adults – Use of technology in past 7 days**

	2018	2019	2021	2022
Yes, have used	28%	31%▲	40%▲	44%▲

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18-plus who have participated in the past 7 days

## Changes in participation in sports and activities

This section looks at changes in sports and activities participated in over time. Note that the changes described should be treated as indicative rather than definitive, due to a change in questionnaire format in 2022.<sup>30</sup> Adults are less likely to have participated in several sports and activities, compared with 2021. The only increase is in rugby/touch rugby/rugby league (table 24).

**Table 24: Adults – Participation in sports and activities<sup>31</sup>**

	2018	2019	2021	2022
<b>Increases</b>				
NET: Rugby/touch rugby/rugby league	1%	1%	1%	2%▲
<b>Decreases</b>				
Walking	57%	57%	60%▲	50%▼
Individual workout using equipment	21%	22%	24%▲	22%▼
Running or jogging	19%	20%	21%	17%▼
Gardening	24%	23%▼	24%	13%▼
NET: Cycling (excluding BMX)	10%	11%	11%	9%▼
Group fitness class (eg, aerobics, crossfit)	9%	9%	9%	8%▼
Yoga	6%	7%	8%▲	7%▼
Swimming	9%	9%	8%▼	7%▼
Playing games (eg, games with kids)	16%	15%	13%▼	7%▼
Pilates	3%	3%	4%▲	3%▼
Dance/dancing (eg, ballet, hip hop)	4%	4%	4%	3%▼
Day tramp	4%	4%	4%▲	3%▼
Marine fishing	2%	2%	2%	2%▼
Table tennis	1%	1%	2%▲	1%▼
Volleyball	1%	0%	1%▲	1%▼
Canoeing/kayaking	1%	1%	1%	1%▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18-plus

<sup>30</sup> A change in question format was made in 2022 (to separate out past 7 days and past 12 months activities). Also, an additional frequency check question, to make sure people had done the activity in the past 7 days, was removed in 2022. Changes should be treated as indicative.

<sup>31</sup> Please refer to appendix C for a more extensive list of sports and activities.

# Changes in adults' attitudes to being active

This section details adults' changing attitudes to being active.

## Summary

- Many positive increases are evident in attitudes towards being active over time.
- Since 2019, sustained increases have occurred in agreement that being active is beneficial for physical and emotional wellbeing, wanting to be active, working hard to improve skills and performance as important, loving to challenge or win and having the opportunity to do activities of choice.

Positive sentiment towards the value of being active is seen in many year-on-year agreement increases. Many have continued into 2022. However, a questionnaire change in the way attitude statements are asked could have contributed to the size of the increases in 2022.<sup>32</sup>

Adults have increased their levels of agreement over time about the value of being active on physical and emotional wellbeing. There are increasing levels of interest in wanting to be active, to improve skills and performance and challenge or win (table 25).

**Table 25: Key attitudes that have changed in 2022**

	2018	2019	2021	2022
I understand why taking part in physical activity is good for me	93%	93%	94%▲	95%▲
Being physically active is very important for my physical health	87%	89%▲	91%▲	94%▲
Being physically active is very important for my mental or emotional wellbeing	84%	86%▲	88%▲	92%▲
Being physically active is fun	–	–	77%	84%▲
Being physically active is an essential part of my life	75%	75%	76%	82%▲
I want to take part in physical activities	75%	76%▲	78%▲	82%▲
Working hard to improve my skills and performance is important to me	52%	54%▲	56%▲	69%▲
I have the chance to do the physical activities I want	58%	60%▲	65%▲	67%▲
I love challenging myself or trying to win	49%	50%▲	52%▲	62%▲
People in my life encourage me to take part in physical activities	52%	53%	56%▲	61%▲
I have the support in my community to do the physical activities I want	–	–	–	60%▲
I feel confident to take part in lots of different physical activities	46%	48%▲	47%	59%▲
I have learned many essential life skills through playing sport (eg, teamwork and cooperation)	53%	54%▲	55%	59%▲
I prefer to be physically active with others	45%	46%	46%	52%▲
I am good at lots of different physical activities	40%	42%▲	43%	48%▲
Successful New Zealand athletes or sports teams inspire me to be more physically active	31%	31%	35%▲	37%▲
I have access to spaces and places where I can do the physical activities, I want	–	–	–	76%

<sup>32</sup> The way the attitudes were asked changed between 2021 and 2022. In 2021 (and earlier), the attitude statements were presented all together in a grid, in 2022 they were presented one at a time (a dynamic grid). This change was made to improve the respondent experience, particularly for those completing on a mobile device.

	2018	2019	2021	2022
Exercise is an important part of my routine	63%	–	–	72%
I am satisfied with the quality of spaces and places to be active in my community	–	–	–	71%
New Zealand athletes and sports teams make good role models	64%	64%	66%▲	65%
I enjoy watching, listening to, and reading about sports	55%	55%	56%	57%
I am passionate about sport	42%	–	–	48%
Doing some physical activity is better than none	93%	93%	95%▲	93%▼
I enjoy playing sport	61%	62%▲	62%	58%▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18-plus



# Changes in adults' barriers to participation

This section outlines barriers adults face to increasing their participation.

## Summary

- An upward trend is evident in adults wanting to increase their participation from 76 percent in 2021 to 80 percent in 2022.
- Other commitments taking priority remains the top barrier and most barriers have returned to pre-pandemic levels.

## Adults who would like to be doing more activity

An increase is evident in adults wanting to increase their participation. Eighty percent want to be doing more, compared with 74 percent in 2018 (table 26).

**Table 26: Adults – Would like to be doing more activity**

	2018	2019	2021	2022
Yes, I would like to be doing more	74%	75%	76%	80%▲

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18-plus who have participated in the past 7 days

The average number of barriers identified by adults who would like to be doing more is 2.9 barriers in 2022.<sup>33</sup> The main barriers identified are other commitments taking priority, not having the energy or motivation, have got out of the habit, and the weather (table 26).

Overall, several barriers have decreased, compared with 2021, with the general pattern being a return to pre-pandemic levels. The barriers that could be associated with COVID-19 (lack of motivation, getting out of the habit, not being fit enough) have returned to pre-pandemic levels. The exception to this is preferring to spend time on other interests, which is now lower than in previous years (table 27).

**Table 27: Adults – Barriers among those who want to be doing more activity**

	2018	2019	2021	2022
Other commitments are taking priority (eg, work, family)	67%	68%	66%▼	65%
I am too tired or don't have the energy	29%	30%▲	32%▲	29%▼
I struggle to motivate myself	28%	30%▲	33%▲	29%▼
I've got out of the habit	22%	23%	24%▲	21%▼
The weather	18%	17%	17%	17%
I'm not fit enough	15%	15%	18%▲	15%▼
The activity of my choice is too expensive	14%	16%▲	16%	14%▼
The activity of my choice doesn't fit my routine	12%	14%▲	13%	12%▼
I prefer to spend my time on other interests/hobbies	16%	16%	17%	11%▼
I have no one to do it with	10%	11%	12%▲	10%▼

<sup>33</sup> We have not compared the average number of barriers with 2021 because the list of prompted barriers was reduced in the 2022 questionnaire.

	2018	2019	2021	2022
I don't have the equipment I need	8%	9%	12% ▲	9% ▼
I am not confident enough	6%	7% ▲	8%	8%
I am injured from an injury caused by sport, exercise, or recreational physical activity	8%	8%	9%	8% ▼
I am injured from an injury caused by something else	8%	8%	8%	7% ▼
There are no appropriate facilities or places conveniently located to do what I want to do	7%	8% ▲	9%	7% ▼
My health is not good enough	7%	7%	8%	7%
I already do a good amount of physical activity <sup>34</sup>	–	–	–	6%
I don't like other people seeing me being physically active	4%	4%	5%	5%
I don't want to fail	3%	3%	4%	4%
I have no transport to get to places	4%	4%	4%	4%
I have a disability that prevents me from participating	4%	4%	4%	4%
I haven't got the skills/don't know how to	3%	4% ▲	4%	4%
I don't feel welcome	3%	3%	3%	2% ▼

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults who would like to be doing more physical activity

<sup>34</sup> New prompted barrier in 2022.

# Appendices

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# Appendix A: Introduction of conditional incentives

## Past results for rangatahi from the Active NZ survey

- The Active NZ Changes in Participation report published in 2022<sup>35</sup> compared pre-COVID-19 in 2019 with 2021, as well as identifying any longer-term changes since 2017.
- Rangatahi between ages 15 and 17 had significantly lower results on all four key participation statistics (weekly participation, average time spent, average number of sports and activities, and the proportion meeting the physical activity guidelines) when comparing 2019 with 2021. Younger rangatahi between ages 12 and 14 also spent less time in weekly participation, compared with 2019. Organised participation (PE and competition) had not returned to pre-COVID-19 levels for younger and older rangatahi.
- In addition, a weakening of relationship with organised participation has been evident since 2017 for rangatahi, and especially for those between ages 15 and 17. For example, there has been an increasing proportion not continuing PE when no longer a compulsory subject, and a decreasing proportion in club membership.
- These trends have continued into 2022.

## Improving response rates for rangatahi

- Rangatahi are an important audience in Sport NZ's strategy 2020–2024. Between January and March 2022, a randomised control trial was undertaken to test the ability of different incentives to improve the number of responses from rangatahi in the Active NZ sample.
- Data from 2021 and the 2022 control sample (incentivised with the opportunity to go into a prize draw), within the randomised control trial, showed responses from rangatahi were in decline, and without action would be unacceptably low in 2022.
- As a result of the trial, a \$20 e-gift card was introduced for each rangatahi who completed the survey. This proved successful in delivering a strong number of responses from rangatahi in 2022.

## Impact on the Active NZ results by introducing conditional incentives

- Introducing conditional incentives has broadened the profile of rangatahi who responded to the survey in 2022, by drawing in some rangatahi who are less engaged with being active, and who may have been less inclined to respond to the Active NZ survey in the past.
- Analysis of the randomised control trial data indicates that rangatahi (not all) who received incentives *might* be less active than the control group. However, the sample size for the control group was small and the differences in activity levels were not statistically significant.
- A comparison with Sport NZ's Voice of Rangatahi survey showed consistent levels of physical activity between 2021 and 2022. This indicates the magnitude of the downward trend seen in the Active NZ 2022 report (compared to 2021) for rangatahi could in part be attributed to the introduction of conditional incentives.
- However, the drop in participation statistics and unfavourable changes in attitudes towards organised activity were evident before the introduction of conditional incentives (since 2017) and continued in 2022.

<sup>35</sup> Sport New Zealand. *Active NZ Changes in Participation: The New Zealand Participation Survey 2021*. Wellington: Sport New Zealand. Retrieved from <https://sportnz.org.nz/media/5150/active-nz-changes-in-participation-2021-1.pdf> (June 2023).

## Appendix B: COVID-19 environment in 2022

Table 28 outlines the COVID-19 environment during the during the lifecycle of Active NZ. This should be taken into consideration when reading this report.

**Table 28: COVID-19 environment over the duration of Active NZ**

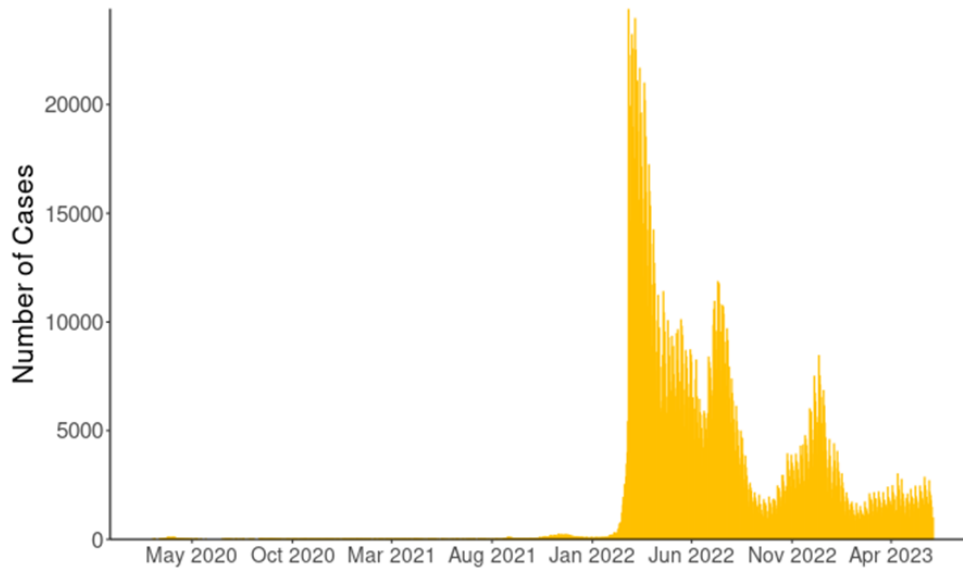
	2017–19	2021	2022
	Pre-pandemic	COVID-19 lockdowns	COVID-19 sickness (see chart below)
COVID-19 measures and guidelines:	N/A	Use of alert level system. Level 3 or Level 4 lockdowns: <ul style="list-style-type: none"> <li>Auckland (Northland and Waikato) lockdowns (Alert Level 3 or Alert 4): 14–17 Feb 2021; 28 Feb to 7 Mar 2021; 17 Aug to 2 Dec 2021</li> <li>National lockdowns (Alert Level 4): 17– 31 Aug 2021.</li> </ul>	Use of traffic light protection framework (Dec 2021 to Sep 2022). <ul style="list-style-type: none"> <li>As shown in figure 5, COVID-19 cases peaked three times in 2022, with reported cases significantly above 2020 and 2021 levels.</li> <li>No lockdowns, but isolation<sup>36</sup> requirements differed over the year for cases and household contacts, close contacts, and advice to stay at home if unwell (eg, in January 2022, case isolation was 14 days, and close contacts isolation was 10 days).</li> </ul>
School absences per year: <sup>37</sup>	10.6%	11.3%	16.0%
School absences due to illness per year:	4.1%	4.7%	6.9%

<sup>36</sup> Isolation examples sourced from Doctor NZ: [www.nzdoctor.co.nz/timeline-coronavirus](http://www.nzdoctor.co.nz/timeline-coronavirus).

<sup>37</sup> School absences sourced from Education Counts: [www.educationcounts.govt.nz/statistics/attendance](http://www.educationcounts.govt.nz/statistics/attendance).

As shown in figure 5,<sup>38</sup> COVID-19 cases peaked three times in 2022 as the Omicron variant spread in New Zealand. Reported cases remained well above 2020 and 2021 levels throughout 2022. The latter two peaks in 2022 are likely to significantly understate the true prevalence of COVID-19 in New Zealand at the time. This is due to a change from PCR testing to RAT testing in March 2022,<sup>39</sup> which resulted in a lower percentage of cases being reported. The Ministry of Health estimated that only about half of cases were being reported in mid-2022.

**Figure 5: COVID-19 cases reported each day, sourced from Ministry of Health**



<sup>38</sup> COVID-19 daily confirmed and probable cases sourced from Ministry of Health: [www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases](https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases).

<sup>39</sup> See: [www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases](https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-data-and-statistics/covid-19-current-cases#daily-cases); category = COVID-19 testing, Indicator = tests per day.

## Appendix C: Participation in sports and activities

**Table 29: Young people – Top 25 sports and activities (past 7 days) over time**

	Year				
	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
NET: Running / jogging / cross country	52	59▲	57	53▼	51
Playing (eg, running around, climbing trees, make-believe)	41	40	39	36▼	40▲
Playing on playground (eg, jungle gym)	36	36	34	32▼	34
Games (eg, four square, tag, bull rush, dodgeball)	36	36	34	32▼	32
Walking for fitness	29	25▼	25	33▲	30
Swimming	36	35	33	29▼	30
NET: Cycling	31	32	32	32	27▼
Scootering	20	21	20	21	18▼
NET: Football/soccer/futsal	19	19	17▼	15	18▲
Trampoline	26	24	22▼	24	13▼
Dance/dancing (eg, ballet, hip hop and so on)	16	15	14	15	13▼
Workout (weights or cardio)	14	14	13	14	12▼
Basketball or mini-ball	12	13	12	11	12
Tramping or bush walks	10	9	9	11	9
Group exercise class (eg, aerobics, crossfit, jump jam)	12	11	11	10	8▼
Netball	11	10	10	9	8
Rugby or rippa rugby	10	10	9	7▼	8
Athletics or track and field	9	9	9	6▼	6
Touch	8	8	9	7▼	6
Gymnastics (eg, rhythmic, artistic)	8	8	7	6▼	6
Cricket	6	7	6	5	6
Kapa haka	6	6	7	5▼	5
Skateboarding	6	5	5	6▲	5
Hockey or floorball	6	6	6	6	5
Mountain biking	5	5	6	5	5

▲ ▼ Significantly higher/lower than the previous year  
 Results are from 2017 to 2022. Data was not reported in 2020 due to COVID-19.  
 Base: All young people aged 5 to 17

**Table 30: Tamariki – Top 25 sports and activities (last 7 days) over time**

	Tamariki aged 5–11				
	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
Playing (eg, running around, climbing trees, make-believe)	53	53	51	48	55▲
NET: Running, jogging or cross country	47	53▲	53	51	55
Playing on playground (eg, jungle gym)	53	53	51	46▼	51▲
Swimming	45	44	41	37▼	40
Games (eg, four square, tag, bull rush, dodgeball)	35	35	33	33	33
NET: Cycling	37	37	38	37	33▼
Walking for fitness	19	17▼	17	26▲	27
Scootering	31	31	30	30	26▼
NET: Football/soccer/futsal	17	18	16	15	1▲
Trampoline	32	31	28▼	31	16▼
Dance/dancing (eg, ballet, hip hop and so on)	16	16	15	15	14
Basketball or Mini-ball	8	8	7	7	12▲
Tramping or bush walks	9	8	9	11	9
Rugby or rippa rugby	9	9	8	7	9▲
Gymnastics (eg, rhythmic, artistic)	10	10	9	8	9
Netball	8	7	8	6	8
Group exercise class (eg, aerobics, crossfit, jump jam)	10	9	9	8	8
Athletics or track and field	9	8	8	5▼	7▲
Kapa haka	7	7	7	7	6
Cricket	6	6	5	5	6
Touch	6	6	6	5	6
Skateboarding	5	4	4	6▲	5
Hockey or floorball	5	4	5	4	5
Tennis	4	4	4	5	4
Rollerblading	2	2	3	4	3

▲ ▼ Significantly higher/lower than the previous year

Results are from 2017 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All young people aged 5 to 11



**Table 31: Rangatahi – Top 25 sports and activities (last 7 days) over time**

	Rangatahi aged 12–17				
	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
NET: Running, jogging or cross country	57	64▲	61	55▼	47▼
Walking for fitness	39	35▼	35	40▲	35▼
Games (eg, four square, tag, bull rush, dodgeball)	38	37	36	31▼	29
Workout (weights or cardio)	27	28	26	29	23▼
Playing (eg, running around, climbing trees, make-believe)	27	24	26	21▼	21
NET: Cycling	25	26	27	26	20▼
Swimming	25	25	24	19▼	18
NET: Football/soccer/futsal	21	21	19	16	17
Basketball or Mini-ball	17	18	17	16	13▼
Playing on playground (eg, jungle gym)	16	16	15	14	12
Dance/dancing (eg, ballet, hip hop)	15	13	13	14	11▼
Netball	15	13	14	13	9▼
Trampoline	19	16▼	15	15	9▼
Scootering	9	10	10	11	9
Tramping or bush walks	11	10	9	10	8
Volleyball or Kiwi Volley	7	5	7	11▲	8▼
Group exercise class (eg, aerobics, crossfit, jump jam)	15	14	12	12	7▼
Touch	11	10	12	9	7▼
Badminton	7	6	7	5	7▲
Rugby or rippa rugby	10	11	9	8	6
Athletics or track and field	9	9	10	8	6▼
Hockey or floorball	7	8	8	8	5▼
Tennis	6	6	7	6	5
Skateboarding	6	6	5	7	5
Cricket	6	7	7	6	5

▲ ▼ Significantly higher/lower than the previous year

Results are from 2017 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All young people aged 12 to 17

**Table 32: Adults – Top 25 sports and activities (past 7 days) over time**

Note: Comparisons with historical results are indicative only for adults, due to a questionnaire change in 2022.

	Year				
	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
Walking	59	57▼	57	60▲	50▼
Individual workout using equipment	22	21	22	24▲	22▼
Running/jogging	20	19▼	20	21	17▼
Gardening	25	24▼	23▼	24	13▼
NET: Cycling (including BMX, excluding e-bikes)	11	11	11	11	9▼
NET: Cycling (excluding BMX)	10	10	11	11	9▼
NET: Pilates/yoga	8	8	8	10	9▼
Playing games (eg, with kids)	16	16	15	14▼	7▼
Group fitness class (eg, aerobics, crossfit)	9	9	9	9	8▼
Swimming	9	9	9	8▼	7▼
NET: Tramping	4	4	4	5	4▼
Golf	4	3	3	4	4
Dance/dancing (eg, ballet, hip hop and so on)	4	4	4	4	3▼
Rode an e-bike	–	–	1	3	3
NET: Fishing	3	3	3	3	2▼
Football (soccer)	2	2	2	2	2
Tennis	2	2	2	2	2
Basketball	1	1	1	1	2
NET: Rugby/touch rugby/rugby league	1	1	1	1	2▲
Surfing/body boarding	1	1	2	1	1
Netball	1	1	1	1	1
NET: Bowls	2	1	1	1	1
Motorcycling	2	1	1	1	1
Boxing	2	1	1	1	1

▲ ▼ Significantly higher/lower than the previous year

Results are from 2017 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All adults aged 18 and over

## Appendix D: Regional differences

**Table 32: Weekly participation by region over time**

	Young people					Adults				
	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)	2017 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
Northland	93	93	94	92	94	69	67	69	68	70
Auckland combined	94	92	94	90▼	90	73	72	73	74	74
North Harbour	95	93	96	92	95	77	75	76	76	79
Auckland	94	94	94	93	92	77	78	75	78	79
Counties Manukau	93	91	93	89	87	67	66	68	69	66
Waitakere	93	91	95	89	90	68	69	70	71	73
Waikato	96	96	94	93	91	71	70	70	70	71
Bay of Plenty	95	92	94	92	94	76	73	74	72	74
Gisborne	96	92	95	88	88	71	67	69	71	62▼
Taranaki	95	95	93	90	91	74	69	69	69	70
Whanganui	96	94	94	95	86	65	66	66	70	65
Hawke's Bay	98	95	96	84▼	91	71	69	70	72	71
Manawatu	93	91	93	89	88	71	68	65	68	68
Wellington	96	96	95	91	92	77	75	75	76	77
Tasman	97	97	94	94	92	76	74	74	78	79
Canterbury and West Coast	94	98▲	94▼	93	94	75	74	75	73	73
Otago	97	99	94▼	92	94	75	73	74	74	74
Southland	96	94	97	93	90	67	65	66	68	68

▲ ▼ Significantly higher/lower than the previous year

Results are from 2017 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All respondents aged 5 and over

**Table 33: Weekly participation by region over time for tamariki and rangatahi<sup>40</sup>**

	Tamariki aged 5–11				Rangatahi aged 12–17			
	2018 (%)	2019 (%)	2021 (%)	2022 (%)	2018 (%)	2019 (%)	2021 (%)	2022 (%)
Northland	92*	92*	96*	98*	94*	97*	86*	89*
Auckland combined	92	95	91	94	92	93	90	86
North Harbour	91	96	92	98	95	95	92	91
Auckland	97	93	91	93*	91	95	95	90
Counties Manukau	90	94	89	89	91	91	88	84
Waitakere	92	96	93	99*	90*	94*	84*	79*
Waikato	96	95	93	93	96	92	93	88
Bay of Plenty	94	93	87	95*	89	96	98*	93
Gisborne	92	96*	88*	94*	93*	93*	88*	80*
Taranaki	95	93	90*	93*	95*	93*	91*	89*
Whanganui	96	96*	96*	90*	92*	91*	93*	82*
Hawke's Bay	94	97	75*▼	90*	96*	94*	96*	93*
Manawatu	92	94	92	91*	90*	92*	86*	85*
Wellington	96	95	91	97	95	96	92	86
Tasman	97	97	92	93*	96*	90*	96*	91*
Canterbury and West Coast	98	94▼	94	96	98	94	91	92
Otago	99	99	92▼	99▲	98*	88*	92*	88
Southland	97	97	96*	92*	90*	98*	89*	87*

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

\*A base size of less than 100 is small and caution is advised when interpreting the results

\*\*A base size of less than 30 means the base size is very small and therefore the results are indicative only

Base: All respondents aged 5 to 17.

<sup>40</sup> The 2017 data is not included for analysis in appendix C due to changes in the survey and data structure. Survey results are stable from 2017–2019.

**Table 34: Average time spent in weekly participation by region (hours) over time**

	Young people					Adults				
	2017	2018	2019	2021	2022	2017	2018	2019	2021	2022
Northland	12.0	11.6	12.3	11.5	13.2	5.1	4.8	5.3	5.2	5.3
Auckland combined	10.3	10.2	9.9	10.1	8.9▼	4.8	4.8	4.9	5.1	4.4▼
North Harbour	12.2	9.6▼	10.7	9.9	9.3	5.2	5.2	5.3	5.5	4.8▼
Auckland	9.3	10.0	9.6	10.2	8.6	5.0	5.2	5.0	5.5	4.6▼
Counties Manukau	10.1	10.4	9.2	10.3	8.5	4.4	4.3	4.7	4.6	3.8▼
Waitakere	9.7	10.7	10.7	10.0	9.3	4.5	4.3	4.3	4.7	4.6
Waikato	11.1	10.3	12.1▲	12.4	12.1	5.4	5.3	4.9	5.3	4.4▼
Bay of Plenty	11.9	11.5	11.7	11.7	11.3	5.9	5.5	5.5	5.5	5.1
Gisborne	11.6	13.6	11.1	12.3	10.5	5.6	5.4	5.3	5.1	3.6▼
Taranaki	11.8	11.8	11.6	13.1	11.4	6.0	5.1▼	5.0	6.1▲	4.3▼
Whanganui	11.3	11.1	13.5	14.3	12.3	5.1	5.2	4.9	5.2	3.9▼
Hawke's Bay	11.2	12.7	11.2	10.8	9.7	5.3	4.9	5.3	5.8	4.2▼
Manawatu	9.7	10.6	10.3	10.7	9.1	5.3	5.0	4.8	5.1	4.1▼
Wellington	10.3	11.5	11.1	11.3	11.3	5.4	5.4	5.8	5.5	4.8▼
Tasman	12.3	12.5	12.7	12.1	11.1	6.1	5.9	5.7	6.8▲	5.1▼
Canterbury and West Coast	10.8	11.4	10.4	10.9	11.9	5.5	5.5	5.3	5.4	4.7▼
Otago	12.2	12.6	12.0	12.4	11.8	5.8	5.9	5.8	5.7	5.1▼
Southland	12.2	11.3	12.1	11.8	9.4	5.0	4.8	4.9	5.1	4.5

▲ ▼ Significantly higher/lower than the previous year

Results are from 2017 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

Base: All respondents aged 5 and over

**Table 35: Average time spent in weekly participation by region (hours) over time for tamariki and rangatahi**

	Tamariki aged 5–11				Rangatahi aged 12–17			
	2018	2019	2021	2022	2018	2019	2021	2022
Northland	11.4*	12.2*	14.2*	14.3*	11.8*	12.5*	7.8*▼	11.7*
<b>Auckland combined</b>	<b>9.9</b>	<b>9.5</b>	<b>11.0▲</b>	<b>9.6</b>	<b>10.4</b>	<b>10.3</b>	<b>9.1</b>	<b>8.0</b>
North Harbour	9.0	11.2▲	10.2	10.1	10.2	10.2	9.6	8.3
Auckland	8.9	9.6	10.8	9.9*	11.4	9.5	9.4	7.2
Counties Manukau	10.5	8.8	11.4▲	8.8	10.3	9.7	8.9	8.1
Waitakere	11.7	8.5▼	11.3▲	10.1*	9.4*	13.4*	8.3*▼	8.3*
Waikato	11.3	11.4	11.6	13.7	9.2	12.9▲	13.4	10.1▼
Bay of Plenty	12.6	12.4	10.6	13.5*	10.1	11.0	13.0*	8.4▼
Gisborne	13.0	11.1*	10.7*	11.8*	14.4*	11.1*	14.1*	8.7*
Taranaki	11.7	12.6	13.8*	12.5*	11.9*	10.3*	12.3*	9.8*
Whanganui	12.4	11.9*	16.2*▲	13.6*	9.6*	15.2*	12.0*	10.9*
Hawke's Bay	11.7	11.2	11.3*	10.9*	13.9*	11.3*	10.1*	8.2*
Manawatu	10.8	10.2	12.8	9.5*	10.4*	10.3*	8.2*	8.7*
Wellington	11.9	11.0	11.2	12.3	11.2	11.2	11.3	10.2
Tasman	13.5	11.9	11.8	13.1*	11.2*	13.5*	12.4*	8.8*▼
Canterbury and West Coast	11.4	10.7	11.5	12.9	11.5	10.1	10.2	10.7
Otago	11.3	11.7	12.6	13.6	14.0*	12.3*	12.2*	9.6
Southland	11.8	12.7	13.1*	9.4*	10.9*	11.5*	10.1*	9.4*

▲ ▼ Significantly higher/lower than the previous year

Results are from 2018 to 2022

Data was not reported in 2020 due to the COVID-19 pandemic

\*A base size of less than 100 is small and caution is advised when interpreting the results

\*\*A base size of less than 30 means the base size is very small and therefore the results are indicative only

Base: All respondents aged 5 to 17.

## Appendix E: Research objectives and method

This Active NZ survey aims to:

- collect information on the ‘who’, ‘what’, ‘how’ and ‘where’ young people and adults participate
- identify and describe links between participation (and non-participation) and other influential factors; the ‘why’ and ‘why not’ people participate
- measure the quality of participation and the contribution participation makes to an individual's health and wellbeing
- understand the value placed on participation by people in New Zealand.

### Survey method

Online and postal self-completion using sequential mixed methods, we are targeting 20,000 adults and 5,000 young people each year.

### Fieldwork period

Fieldwork dates for the surveys are as follows:

- 2017 survey: 5 January 2017 to 4 January 2018
- 2018 survey: 5 January 2018 to 4 January 2019
- 2019 survey: 5 January 2019 to 4 January 2020
- 2021 survey: 5 January 2021 to 4 January 2022
- 2022 survey: 13 January 2022 to 4 January 2023.

### Completed responses

Across the five years, responses have been received from n=112,457 adults aged 18-plus and n=25,237 young people aged between 5 and 17. In 2022, responses have been received from n=15,118 adults aged 18-plus and from n=4,015 young people aged between 5 and 17.

### Weighting

Results have been weighted to the total New Zealand Regional Sports Trust population using 2013 Census statistics for the data between 2017 and 2019, and 2018 Census statistics for the data of 2021 and 2022.

### The survey is self-completion

Target respondents are selected at random from the Electoral Roll. Mailings are then sent inviting them to complete the survey online. Before 2022, non-responders were subsequently sent a paper copy of the survey. However, following analysis that demonstrated the low take-up of paper copies by younger people, those aged 18 to 49 no longer received paper copies from 2022.

A summary of the two approaches for adults aged 18 to 49 and 50-plus is presented below.

## Respondents aged 18 to 49

ELECTORAL ROLL	INVITATION LETTER	REMINDER POSTCARD 1	REMINDER LETTER
Sample selected from Electoral Roll	<p>Invitation letters are sent to the named adults (aged 18-plus) inviting them to complete the questionnaire online (with instructions and log-in provided).</p> <p>A postcard is included to encourage young people aged 12 to 17 to complete the children and young people's questionnaire online.</p> <p>An 0800 number and email address are provided for questions.</p>	<p>About a week later, a reminder postcard is sent thanking respondents and acting as a reminder to those still to respond.</p> <p>This communication is targeted to adults only.</p>	<p>A week after the postcard, non-respondents are sent a reminder letter to complete the survey online.</p> <p>A flyer is included for ages 12 to 17 to complete the survey online.</p>

## Respondents aged 50-plus

ELECTORAL ROLL	INVITATION LETTER	REMINDER POSTCARD 1	SURVEY PACK	REMINDER POSTCARD 2
Sample selected from Electoral Roll	<p>Invitation letters are sent to the named adults (aged 18-plus) inviting them to complete the questionnaire online (with instructions and log-in provided).</p> <p>A postcard is included to encourage young people aged 12 to 17 to complete the children and young people's questionnaire online.</p> <p>An 0800 number and email address are provided for questions.</p>	<p>About a week later, a reminder postcard is sent thanking respondents and acting as a reminder to those still to respond.</p> <p>This communication is targeted to adults only.</p>	<p>A week after the postcard, non-respondents are sent a survey pack with a hardcopy of the questionnaire, letter, and a reply-paid envelope.</p> <p>A flyer is included for ages 12 to 17 to complete the survey online (no paper questionnaire is available for the children and young people's survey).</p>	<p>A final reminder is sent to adults who have not yet taken part in the survey.</p>

**Note:** Parents or caregivers are asked to respond on behalf of tamariki aged 5 to 11 in their household (and encouraged to do the survey with their child and/or check responses with them).



## Appendix F: Question wording and base descriptions

### Figure 1 (all young people) & 2 (tamariki) & 3 (rangatahi) & 4 (adults)

#### Table 1 (tamariki) & 11 (rangatahi)

##### Base: All respondents aged 5 and over

**Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?

**Q7** (18+) 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?

Note: The Physical Activity Guidelines were agreed to by the Ministry of Health and Sport NZ and they outline the minimum levels of physical activity required to gain physical health benefits:

- young people need to do at least 7 hours of activity per week at any intensity.
- adults need to do at least 150 minutes of activity per week at any intensity.

**Q16b** (5–17) About how many minutes did <you/name> spend doing <insert activity> in the last 7 days (not including today) when...?

**Q19** (18+) Still thinking about the physical activities you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

**Q13a** (5–17) 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).

**Q8a** (18+) Which of the following have you done in the last 7 days? Please only select the activities where you have been physically active specifically for sport, exercise, or recreation.

### Table 2–4 (tamariki) & 12–14 (rangatahi) & 22 & 23 (adults)

#### Base: All respondents aged 5 and over

**Q16** (5–17) Where or how did <you/name> do <activity> in the last 7 days?

**Q16b** (5–17) About how many minutes did <you/name> spend doing <insert activity> in the last 7 days (not including today) when...?

**Q29/Q29b** (5–17) In the last 12 months, how many (if any) sports teams, or recreation clubs/groups have <you/name> been in at school? And how many <have you/has name> been in outside of school?

**Q77** (15 – 17) Do you currently belong to a gym or fitness centre?

**Q11** (18+) In the last 12 months, have you done this as a competitive sport or a competitive activity?

**Q26** (18+) 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?

### Table 5 (tamariki) & 15 (rangatahi) & 25 (adults)

#### Base: All respondents aged 5 and over

**Q13a** (5–17) Please tick all the ways you have been physically active for sport, PE, exercise, or fun in the last 7 days (not including today).

**Q8a**(18+) Which of the following have you done in the last 7 days? Please only select the activities where you have been physically active specifically for sport, exercise, or recreation.

**Table 6–8 (tamariki) & 16–19 (rangatahi)****Base: All respondents aged 5 and over****Q39a** (5–17) How much do <you agree or disagree / name agrees or disagrees> with each statement.**Q39b** (5–17) The next few statements are about sport rather than other physical activity. How much do <you agree, or disagree / name agrees or disagrees> with each statement.**Q47/Q48/Q53** (18+) How strongly do you agree or disagree with each of the following statements:**Table 9–10 (tamariki) & 20–21 (rangatahi) & 24 & 26 (adults)****Base: All respondents aged 5 and over****Q22** (5–17) Would <you/name> like to be doing more physical activity for sport, PE, exercise or fun than what <you/they> do now?**Q31** (18+) Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?**Q23** (5–17) Why are <you/name> not doing as much physical activity as <you/they> would like? Note: reporting is based on those that want to be doing more**Q31** (18+) For what reasons are you not doing as much physical activity as you would like? Note: reporting is based on those that want to be doing more**Table 32-33****Base: All respondents aged 5 and over****Q12** (5–17) In the last 7 days (not including today) have you done any physical activity specifically for sport, physical education (PE), exercise or fun?**Q7** (18+) 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?**Table 34-35****Base: All respondents aged 5 and over****Q16b** (5–17) About how many minutes did <you/name> spend doing <insert activity> in the last 7 days (not including today) when...?**Q19** (18+) Still thinking about the physical activities you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?