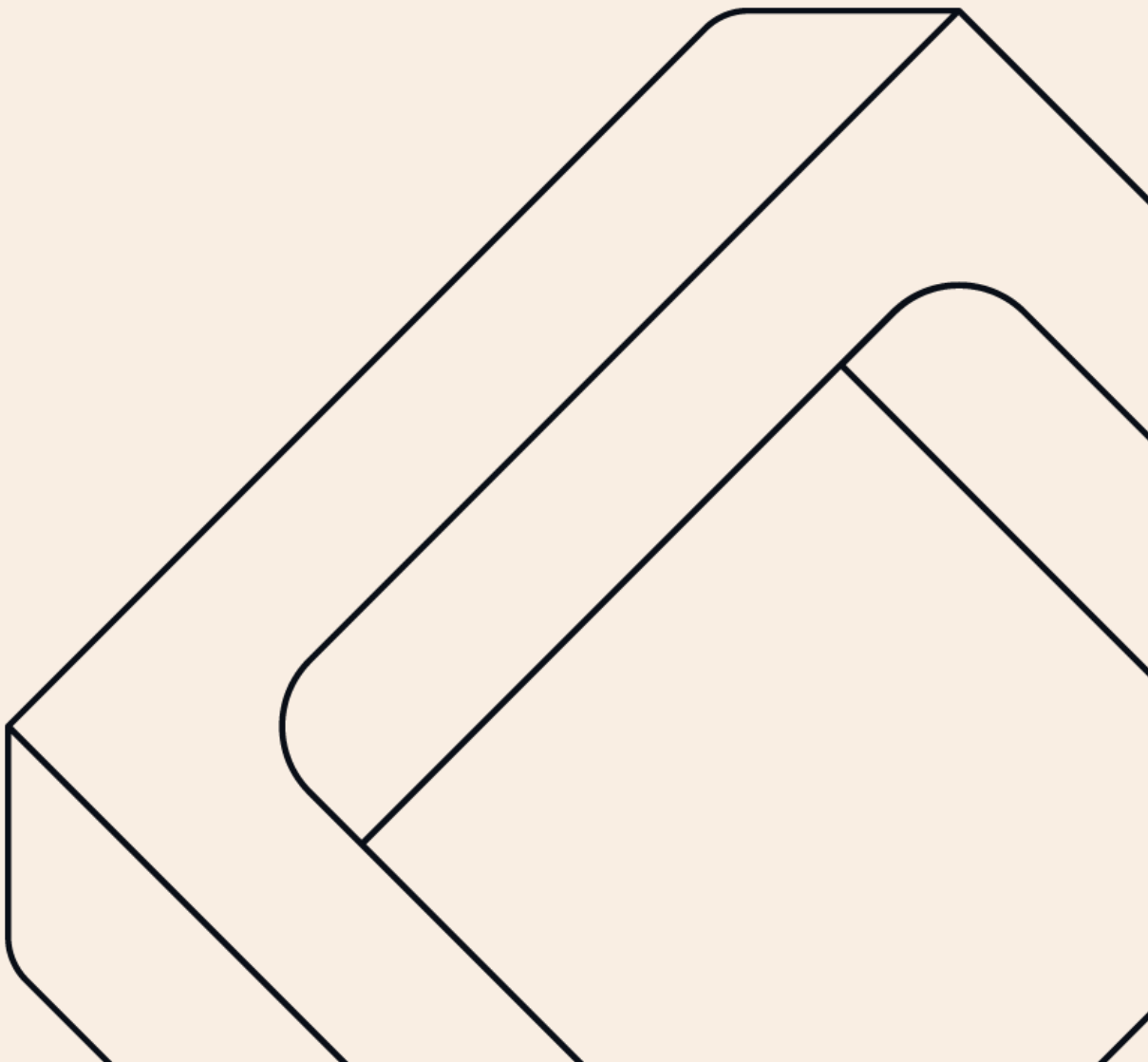
SPORT NEW ZEALAND
IHI AOTEAROA

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Verian | Active NZ

Technical report for data collected between 1 July 2025 and 30 June 2026

August 2026



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1. Introduction

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

1.1 Background

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

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

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

Sport NZ's Strategic Direction 2020-2032[2] outlines a new vision and purpose. Sport NZ's vision is 'Every Body Active'. The purpose is to contribute to the wellbeing of everybody in Aotearoa New Zealand by leading an enriching and inspiring Play, Active Recreation and Sport system. The long-term outcomes and goals identified still ring true.

Many challenges over the past five years such as the COVID-19 pandemic and extreme weather events have taught us to be resilient and adapt. These themes are reflected in our 2024-2028 Strategic Plan which represents the second of three chapters. This Plan represents and evolution, building on the positive momentum we have seen across several key performance areas since 2020.

In summary, our focus remains on maintaining and growing the physical activity levels of tamariki and rangatahi. We also want to provide more opportunities and better experiences to groups that are currently missing out.

The first four-year Strategic Plan for the period 2020-24 focused on tamariki (5-11 years) and rangatahi (12-18 years, up until their 18th birthday). In doing so, Sport NZ aspired to maintain activity levels for tamariki and reduce the drop-off in activity levels for rangatahi throughout their teenage years.

As part of this focus, Sport NZ, as kaitiaki of the Play, Active Recreation and Sport system will work to positively influence the system. Sport NZ will also deliver upon the commitments made through the Government's Women and Girls in Sport and Active Recreation Strategy, along with the Government's Disability Plan.

[1] Sport and Recreation New Zealand Act 2002, section 8(c), http://www.legislation.govt.nz/act/public/2002/0038/latest/DLM157117.html
[2] Available at: https://sportnz.org.nz/media/1160/strategy-doc-201219.pdf

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

Using this new approach, Sport NZ's intent was to access robust and timely data enabling evidence-based and evidence-led decision making. The survey tracks participation trends and informs Sport NZ's strategic purpose, its investment strategy and the work Sport NZ does to increase participation. It also provides baselines and success indicators for Sport NZ's reporting requirements. Sport NZ's research partner for the Active NZ survey was Nielsen between 2017 and 2021, moving to Kantar Public in 2022 (formerly Colmar Brunton). In 2023, following Kantar Public's divestment from its former parent company, Verian is the research partner for Active NZ. Verian is an independent research and evaluation agency, providing evidence and advisory services to government and the public realm.

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

Figure 1: The development phase for Active NZ



[4] The number of completed surveys requires us to modify the sampling framework so we are sending out more to a specific target group. This is different from the response rate, which may remain the same and is driven by levers such as length of survey, incentives, persuasiveness of communications etc.
[5] For the guidelines please refer to: http://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity

This report provides the technical details of the data collected between 1 July 2025 and 30 June 2026 for Active NZ.

1.2 Objectives

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

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

1.3 The purpose of this Technical Report

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

- Research design.
- Sampling method and method for achieving response rates.
- Response rates.
- Method for, and provision of, weighting structures; and
- Questionnaires and communications.

2. Research design

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

2.1 Methodology

Active NZ methodology (adults aged 18+)

The survey is self-completion. Target respondents were selected at random from the Electoral Roll, and mailings were then sent inviting them to complete the survey online. A maximum of three communications were sent to people aged 18+.

Adults were invited to complete the survey and have the chance to go into a quarterly prize draw for a $1000 Prezzy card. At the end of completion of their survey they were invited to do the survey on behalf/with tamariki in the household. This was incentivised with a quarterly chance to win one of ten $100 e-gift cards as a thank you for taking part in the survey. [5] Any rangatahi in the home were invited to complete the online survey. On completion of the survey, they received a $10 e-Gift Card.

Note that prior to July 2024, a mixed method approach was undertaken for those aged 50+. While those aged 18-49 years old were mailed one invitation letter and two reminders, those aged 50 years or older received the invitation letter, a reminder, followed by a hardcopy survey and an additional reminder. Prior to 2022, all non-responders were subsequently sent a paper copy of the survey.

Since July 2024, the completion for adults is all online. A summary of the online approach is presented below (Figure 2).

Figure 2: Mailing sequence for respondents aged 18+

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

[5] Note: with the introduction of the conditional incentive for rangatahi, the $500 prize draw for rangatahi was removed and was added to the existing $500 to the adult incentive, increasing to $1000 (10 of $100 e-gift cards) to complete on behalf/with tamariki in the household.

Active NZ Young People methodology (aged 5-17)

The Active NZ survey has been online completion for young people since 2017. The questionnaire administered to respondents was tailored according to the relevance of each question for the following age groups: 5- to 7-year-olds, 8- to 11-year-olds, 12- to 14-year-olds and 15- to 17- year-olds.

Adults with young people aged 5-11 in the household were automatically directed to the Active NZ Young People survey upon completion of their own Active NZ adult survey. Parents or caregivers were asked to respond on behalf of – and were encouraged to check responses with – the survey respondents. Adults were entered into a prize draw to win one of ten $100 e-gift cards for each child aged 5-11 that completed the survey to encourage participation.

Adults with young people aged 12-17 in the household were asked to pass on a flyer provided with both the invitation letter and the reminder letter. This flyer gave instructions for up to three people in the household aged 12-17 to go online to complete the survey.

In Q1 2022, a randomised controlled trial (RCT) was conducted to test the ability of different incentive amounts to increase the number of responses from rangatahi – a key audience in Sport New Zealand's strategy – in the survey sample. Data from 2021 (and the 'control' sample within the RCT) suggested that responses from rangatahi were in decline; therefore, without action, they would have reached unacceptably low levels in 2022. To prevent this from happening, a $20 e-gift card was introduced as a conditional incentive for anyone aged 12-17 who completed the survey. This strategy proved successful in delivering a strong number of responses from rangatahi in 2023.

While the first introduction of the $20 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.

With $20 incentive targets were overachieved. Therefore, from July 2024 onward, a $10 e-gift card was introduced, and this has proven sufficient to reach almost 100% of targets among 12–17-year-old participants.

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

Questionnaire content

The questionnaires (for both adults and young people) were developed from extensive literature reviews (including previous Active NZ surveys and other research), consultation, the foundational qualitative research and the survey cognitive testing, pre-testing and piloting.

Over time, the questionnaires have evolved to include specific questions for various Sport NZ stakeholders. Major revisions were made to the adult questionnaire in January 2021,

including the removal of the Long-IPAQ section (an instrument designed for surveillance of physical activity among the adult population). Additionally, frequency of participating in activities was removed from the survey. Conversely, throughout 2023, 'high-performance' questions were added, as well as other measures relating to Active NZ's public communications campaign activity.

Following qualitative research, in July 2024, the Adult and Young People questionnaires have undergone fundamental changes to reduce complexity and time spent on the survey. The goal of this was to maintain participation rates.

While some questions had slight changes in scales or added/deleted categories, some questions are entirely new or deleted.

Changes made to the questionnaires are detailed below.

Adult questionnaire - new in April 2025:

- Q107 Thinking about the volunteering you have done in the last 7 days, how many hours have you spent volunteering?
- Q108 Thinking about the volunteering you have done in the last 7 days, how many hours have you spent volunteering?

Adult questionnaire - new in July 2025:

- Q109 You've said you spent about [INSERT TOTAL HOURS CACLULATED FROM Q8c FROM ALL ACTIVITIES] hours being physically active over the past 7 days. About how much time of that was light, moderate and vigorous?

Adult questionnaire - deleted in July 2025:

- Q8 Which of the following have you done in the last 12 months?
- QHPOX How strongly do you agree with each of the following statements?
- QYW1 In the last seven days have you seen or heard anything supporting/promoting girls and young women to be physically active?
- QYW2 Do you recall having seen or heard anything about the 'It's My Move campaign'? This is a campaign aimed at encouraging young women to be physically active.
- PP1 In the last 7 days have you seen or heard anything promoting everybody to be physically active?
- PP2 Do you recall having seen or heard anything about the Push Play campaign? This is a campaign aimed at encouraging everybody to be physically active.

To further reduce the length of the adult survey, 2 groups were created in July 2024 for certain questions that would allow only half of respondents answering those questions while still ensuring sufficient sample size. Group allocation happens randomly for each respondent, which routes them to answer the following questions (routes in 2025/26):

Group1: Q48, Q141,
Group 2: Q26, QHP4, QHP20.

For more details, please see the 2025/26 Adult questionnaires attached in Appendix 2.

Young People questionnaire - new in April 2025/26:

- Q36c Thinking about the volunteering you have done in the last 7 days, how many hours have you spent volunteering?
- Q117 How much do you trust, or not, the following? (Statement added New Zealand's athletes and teams to act with integrity)

Young People questionnaire - deleted in July 2025:

- QYW1 In the last 7 days have you seen or heard anything supporting/promoting girls and young women to be physically active?
- QYW2 Do you recall having seen or heard anything about the 'It's My Move campaign'? This is a campaign aimed at encouraging girls and young women to be physically active.
- PP1 In the last 7 days have you seen or heard anything promoting everybody to be physically active?
- PP2 Do you recall having seen or heard anything about the Push Play campaign? This is a campaign aimed at encouraging everybody to be physically active.

The 2025/26 Young People questionnaires is attached in Appendix 3.

2.2 Timing and survey length

For the data collection to be continuous throughout the year, sampling was repeated at the beginning of each month. However, analysis was performed quarterly (based on when respondents completed the survey, captured automatically online).

Data collected from 1 July 2025 to 30 June 2026 was included in the 2025/26 report and annual tables.

The median length for adults was 12.1 minutes (12.4 for group 1 and 11.8 for group 2).

And for rangatahi it was 18.9 minutes and for tamariki it was 12.0 minutes.

3. Sample design and process

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

3.1 Target population

The target population for this research was New Zealanders aged five years and over, located across Sport NZ's 17 Regional Sports Trusts (RSTs, see Table 1 for complete list). The population data was based on Statistics New Zealand's (Stats NZ) 2023 Census for the sampling process between July and June 2025/26.

3.2 Sample frame and processing

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

The electoral roll records the addresses of the majority of New Zealanders aged 18 and over. The Roll is representative of the adult New Zealand population and currently includes approximately 88.9% of the eligible population over the age of 18.[6]

The electoral roll is a database of individuals that includes individuals' residential and mailing addresses. An updated extract of the electoral roll was received before the start of each quarter (i.e., in June 2025, September 2025, December 2025 and March 2026).

The roll was first cleaned to exclude anyone who participated in the survey in the preceding year. Additionally, individuals with an overseas mailing address were also excluded from the frame. Individual data on the electoral roll used in the sampling process included year of birth (within a one-year range), area (based on residential address) and Māori descent.[7] Further, in 2022, an additional Pacific region categorisation was made to ensure representation of this ethnic subgroup. In this categorisation, those residing in a meshblock with more than 50% of individuals (of any age) who identified as having a Pacific ethnicity were flagged.

[6] https://elections.nz/stats-and-research/enrolment-statistics/enrolment-by-general-electorate
[7] The electoral roll contains a binary 'Māori descent' indicator, rather than Māori ethnicity. However, we have found from many surveys that being of Māori descent is a good predictor of Māori ethnicity.

3.3 Sampling process

Multi-stage probability sampling was used with 170 strata equal to 17 regions, five age groupings and a Māori descent indicator.

Sport NZ provided a list of local authority IDs which defined the boundaries of the 17 RSTs included in the stratification.[8] These 17 RSTs provided the geographical frame for all sampling, weighting and reporting. Each individual represented on the electoral roll whose local authority ID matched one of the defined RST boundaries was eligible for selection; the rest were excluded. Response rates from the pilots were used to refine the sampling process.

In 2022, we made two changes to the sampling process to increase the sample of young people aged 5-17. First, the existing sample of 8,800 records per month (or 26,400 per quarter) was skewed towards those of an age more likely to have young people (35-54 years), while still aiming to maintain a balanced sample by age strata. Second, we conducted a 'booster' mailing for those of an age more likely to have young people (35-54 years) of an additional 1,000 records per month (or 3,000 per quarter).

In contrast to years prior to 2022, the sampling frame was not converted to a collection of households (rather than individuals). This process enabled the selection and participation of multiple individuals per household and aimed to better represent ethnic subgroups who are more likely to reside in large multi-generational households – such as Pacific peoples[9] – in the final sample.

From 2023 onwards, we reverted to the approach used between 2017-2021, when only one invite per household was sent. If duplicate addresses (i.e. same households) were identified in the sample, we would randomly delete duplicates so that only one instance of the address remained in the sample.

[8] Sport Canterbury was split into two sub-regions: Westland District and rest of Canterbury; Auckland combined (previously called Aktive) was stratified as follows: Harbour Sport, Sport Auckland, Counties Manukau and Sport Waitakere.

[9] See Stats NZ (2023). *Pacific housing: People, place, and wellbeing in Aotearoa New Zealand*. Accessed 28/8/2023 from https://www.stats.govt.nz/reports/pacific-housing-people-place-and-wellbeing-in-aotearoa-new-zealand/

3.4 Sample targets

The following table shows the sample targets by RST.

Table 1: Sample targets 2025/26 - Adults 18+

	Census 2023
Northland	768
Auckland combined • *North Harbour* • *Auckland* • *Counties Manukau* • *Waitakere*	5,955 1,509 1,542 1,979 924
Waikato	1,770
Bay of Plenty	1,190
Gisborne	714
Taranaki	714
Whanganui	714
Hawke's Bay	714
Manawatu	714
Wellington	1,929
Tasman	723
Canterbury incl. Westland	2,467
Otago	913
Southland	714
Total	**20,000**

Note: Totals may not appear to be summed due to rounding.

4. Data collection, response rates and sample weighting

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

4.1 Data collection

The online questionnaires were programmed in FORSTA+ and were device agnostic, so respondents saw the best layout for their computer/tablet/phone regardless of their device brand.

4.2 Response rates

Adult response rate

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

A call-log tracked which of the invitation letters were returned as 'Gone no address', as well as any telephone or email notifications of refusal to participate. This log also recorded notifications from third parties that the nominated respondent was not available or capable of completing the survey due to age, language issues, health reasons, death or other disabilities. Every effort was made to remove any ineligible respondents from subsequent samples. People who requested that they be removed from the sample were also added to an exclusion list so that they were not sampled in a subsequent quarter.

Table 2 shows the outcome codes.

Table 2: Outcome codes

'Ineligible' outcome codes	
Deceased	A third party advised that the named respondent was deceased.
Gone no address	A third party advised that the named respondent was no longer living at the address, or alternatively the mail was returned to Verian by NZ Post.
Language	A third party or the named individual advised that the named respondent was unable to take part due to language difficulties.
Unavailable/Other	A third party or the named individual advised that the named respondent was unable to take part as they were on holiday or unavailable for another reason.
Health/Age	A third party or the named individual advised that the named respondent was unable to take part due to health or age reasons.
Other outcome codes	
Refused	Individual was not willing to take part in the survey.
Incomplete	Individual did not complete the full survey, though they did make a start.
Cleaned	Answers did not pass the data quality check, e.g. the response was categorised as speeder, straight liner, contradicted etc.

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

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

Completed surveys / (total number of invitations mailed out – 'ineligibles'[10]) x 100

The final return rate for 2025/26 was 13.1% (the 2024/25, 2023, 2022, 2021, 2019, 2018 and 2017 return rates were 13.2%, 12.4%, 12.1%, 18.5%, 25.8%, 29.0% and 28.0% respectively).

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

M = number of ineligibles

N = number of known outcomes

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

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

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

The final response rate for 2025/26 was 15.7% (the 2024/25, 2023, 2022, 2021, 2019, 2018 and 2017 response rates were 15.7%, 14.7%, 14.8%, 19.0%, 29.2%, 31.7% and 31.5% respectively).

Table 3 shows the 2025/26 response rate for each of the areas surveyed.

[10] 'Ineligible' included the 'ineligible' codes listed in Table 2.

Table 3: 2025/26 Adult response rates per region

The region used for the response rate is the region the respondent was assigned based on their residential address.

	Total	Counties Manukau	North Harbour	Auckland	Bay of Plenty	Canterbury incl. Westland	Gisborne	Hawke's Bay	Manawatu	Northland	Otago	Southland	Taranaki	Tasman	Waikato	Waitakere	Wellington	Whanganui
Deceased	22	-	2	-	3	3	-	1	1	1	1	-	-	1	4	1	2	2
Gone no address	3936	284	282	397	210	478	124	143	176	167	205	157	149	150	365	142	381	126
Unavailable	2	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-
Health/Age	8	1		1	1	-	1	-	-	-	-	-	1	-	1	-	-	2
Total ineligibles	3968	285	284	398	214	481	125	144	177	169	206	157	150	151	370	143	384	130
Refused	130	3	16	5	6	13	4	6	7	3	12	7	7	2	14	3	16	6
Incompletes	980	111	62	77	40	127	37	46	36	22	56	54	33	35	84	46	84	30
Cleaned	486	71	22	29	26	60	17	23	16	17	20	18	19	26	42	16	46	18
Completes	14912	1072	1112	1132	798	2104	308	602	723	444	733	702	593	605	1221	594	1718	451
Unknown – Mailed out, no info	97118	10593	7318	7761	5503	10660	3315	3879	4168	3469	4093	4522	3780	3136	8353	4655	8606	3307
Mail outs	117594	12135	8814	9402	6587	13445	3806	4700	5127	4124	5120	5460	4582	3955	10084	5457	10854	3942
Return rate (%)	**13.1%**	**9.0%**	**13.0%**	**12.6%**	**12.5%**	**16.2%**	**8.4%**	**13.2%**	**14.6%**	**11.2%**	**14.9%**	**13.2%**	**13.4%**	**15.9%**	**12.6%**	**11.2%**	**16.4%**	**11.8%**
Response rate (%)	**15.7%**	**10.8%**	**15.6%**	**15.9%**	**15.1%**	**18.9%**	**10.9%**	**15.5%**	**17.3%**	**14.5%**	**17.9%**	**15.4%**	**15.9%**	**18.8%**	**15.4%**	**13.2%**	**19.1%**	**14.4%**

Table 4: 2025/26 Adult response rates by age[11]

	Total	18-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85 or over
Deceased	22	-	-	1	-	1	1	-	-	1	1	1	4	1	1	10
Gone no address	3936	40	604	327	369	573	451	420	447	143	171	99	93	64	58	77
Unavailable	2	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-
Health/Age	8	-	-	-	-	-	-	-	1	-	1	1	1	-	-	4
Total ineligibles	3968	40	604	328	369	574	452	421	448	144	173	101	98	66	59	91
Refused	130	1	7	3	10	9	7	11	10	9	5	10	18	13	9	8
Incompletes	980	25	109	43	64	121	119	135	124	35	32	38	43	42	30	20
Cleaned	486	8	45	21	29	60	52	62	48	27	26	27	33	22	14	12
Completes	14912	343	1464	716	1103	1995	1876	1847	1787	802	843	706	621	460	253	96
Unknown – Mailed out, no info	97118	1299	11886	5722	7643	12693	12201	11270	11678	4557	4893	3492	3149	2768	1958	1909
Mail outs	117594	1716	14115	6833	9218	15452	14707	13746	14095	5574	5972	4374	3962	3371	2323	2136
Return rate (%)	**13.1%**	**20.5%**	**10.8%**	**11.0%**	**12.5%**	**13.4%**	**13.2%**	**13.9%**	**13.1%**	**14.8%**	**14.5%**	**16.5%**	**16.1%**	**13.9%**	**11.2%**	**4.7%**
Response rate (%)	**15.7%**	**22.1%**	**14.2%**	**14.9%**	**15.6%**	**16.3%**	**15.6%**	**16.2%**	**15.6%**	**16.8%**	**16.8%**	**18.2%**	**17.8%**	**15.3%**	**13.0%**	**7.5%**

[11] Figures for all outcomes except for 'completes' are based on age provided in the electoral roll data.

Table 5: 2025/26 Adult response rates by ages reported on[12]

	Total	18-24 NET	25-34 NET	35-49 NET	50-64 NET	65-74 NET	75+ NET
Deceased	22	-	1	2	2	17	22
Gone no address	3936	644	696	1444	761	391	3936
Unavailable	2	-	-	1	-	1	2
Health/Age	8	-	-	-	2	6	8
Total ineligibles	3968	644	697	1447	765	415	3968
Refused	130	8	13	27	24	58	130
Incompletes	980	134	107	375	191	173	980
Cleaned	486	53	50	174	101	108	486
Completes	14912	1807	1819	5718	3432	2136	14912
Unknown – Mailed out, no info	97118	13185	13365	36164	21128	13276	97118
Mail outs	117594	15831	16051	43905	25641	16166	117594
Return rate (%)	**13.1%**	**11.9%**	**11.8%**	**13.5%**	**13.8%**	**13.6%**	**13.1%**
Response rate (%)	**15.7%**	**15.1%**	**15.3%**	**16.0%**	**16.1%**	**15.4%**	**15.7%**

[12] Figures for all outcomes except for 'completes' are based on age provided in the electoral roll data.

Response rates for the Active NZ Young People's component were calculated by matching the young person's data to the adult surveys to determine how many young people in the age groups were living in the household and were therefore eligible to take part. Young people whose responses could not be matched to an adult were excluded from this calculation.

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

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

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

(Y / A) x 100

The final response rate was 30.1% (the 2024/25, 2023, 2022, 2021, 2019, 2018 and 2017 response rates were 27.4%, 31.2%, 27.6%, 26.8%, 30.7%, 32.7% and 32.0% respectively).

Table 6: 2025/26 Active NZ Young People response rate

	Total	5-11 NET	12-17 NET	5-7 NET	8-11 NET	12-14 NET	15-17 NET
Completed surveys	4,575	2089	2486	803	1286	1348	1138
Number of completed surveys that could be matched to an adult	2980	1682	1298	642	1040	723	575
Number of young people in the age group when looking at all the adults who responded to the survey[13]	9,890	4756	5,134	Not available	Not available	2525	2609
Response rate %	**27.4%**	**28.9%**	**25.8%**	**Not available**	**Not available**	**29.3%**	**22.3%**

[13] This is based on all adults answering how many children/in what age groups live in their household. They are not asked for 5-7 and 8-11 age groups separately, only combined as 5-11 years old.

Table 7: 2025/26 Active NZ Young People response rate by region

Region	Completed surveys	Number of completed surveys that could be matched to an adult	Number of young people in the region when looking at all the adults who responded to the survey	Response rate
Northland	113	68	297	23%
North Harbour	367	231	749	31%
Auckland	349	204	642	32%
Counties Manukau	394	232	900	26%
Waitakere	199	119	433	27%
Waikato	408	264	906	29%
Bay of Plenty	244	170	578	29%
Gisborne	116	66	258	26%
Taranaki	195	138	461	30%
Whanganui	112	73	269	27%
Hawke's Bay	170	109	393	28%
Manawatu	240	166	521	32%
Wellington	491	319	985	32%
Tasman	150	99	338	29%
Canterbury	597	416	1223	34%
Otago	230	175	457	38%
Southland	200	131	480	27%
Total	**4575**	**2980**	**9890**	**30%**

4.3 Sample achieved

The table below outlines the sample achieved and the corresponding margin of error based on a 95% confidence interval. Margin of error denotes the precision of the sample: that is, the range around the reported sample percentage includes the true percentage for the population 95% of the time.

Table 8: 2025/26 adult margins of error

Region	Target	Sample achieved	Maximum margin of error
Northland	768	444	4.7%
Auckland combined	5,955	3,910	1.6%
• *North Harbour*	1,509	1,112	2.9%
• *Auckland*	1,542	1,132	2.9%
• *Counties Manukau*	1,979	1,072	3.0%
• *Waitakere*	924	594	4.0%
Waikato	1,770	1,221	2.8%
Bay of Plenty	1,190	798	3.5%
Gisborne	714	308	5.6%
Taranaki	714	593	4.0%
Whanganui	714	451	4.6%
Hawke's Bay	714	602	4.0%
Manawatu	714	723	3.6%
Wellington	1,929	1,718	2.4%
Tasman	723	605	4.0%
Canterbury incl. Westland	2,467	2,104	2.1%
Otago	913	733	3.6%
Southland	714	702	3.7%
Total	**20,000**	**14912**	**0.8%**

Table 9: 2025/26 Young People margins of error

Region	Sample achieved	Margin of error
Northland	*113*	*9.2%*
Auckland combined	*1309*	*2.7%*
• *North Harbour*	*367*	*5.1%*
• *Auckland*	*349*	*5.2%*
• *Counties Manukau*	*394*	*4.9%*
• *Waitakere*	*199*	*6.9%*
Waikato	*408*	*4.9%*
Bay of Plenty	*244*	*6.3%*
Gisborne	*116*	*9.1%*
Taranaki	*195*	*7.0%*
Whanganui	*112*	*9.3%*
Hawke's Bay	*170*	*7.5%*
Manawatu	*240*	*6.3%*
Wellington	*491*	*4.4%*
Tasman	*150*	*8.0%*
Canterbury incl. Westland	*597*	*4.0%*
Otago	*230*	*6.5%*
Southland	*200*	*6.9%*
Total	**4,575**	**±1.4%**

4.4 Sample weighting

To account for biases in the sample design (such as RSTs being targeted disproportionately to their population proportion and households likely to have young people in them being disproportionately sampled) and non-response bias, the data was weighted before reporting. The purpose of weighting was to adjust the sample to be representative of the overall New Zealand population based on age, gender, ethnicity, and RST area for young people and adults.

Weighting was based on the proportions in the population using the Stats NZ 2023 Census results.

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

The weighting process for adults was carried out as follows.

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

In Quarters 1 and 2 2017, ethnicities were defined by Māori versus non-Māori, Pacific vs. non-Pacific, Asian vs. non-Asian and Other ethnicity vs. non-Other ethnicity. From Quarter 3 2017 onwards (including all three quarters in 2020), ethnicities were prioritised to level one in the following order: Māori, Pacific peoples, Asian, Other, European and Not elsewhere included. For example, if a person is both Pacific peoples and Asian, then they were counted in the Pacific people's category.[14] In 2022, we reverted back to using a Māori versus non-Māori, Pacific vs. non-Pacific and Asian vs. non-Asian approach. This binary weighting scheme allows us to more accurately weight for ethnicity when respondents identify as multiple ethnicities.

RST areas by age and by gender were as follows:

RST areas were Auckland, Bay of Plenty, Canterbury and Westland, Counties Manukau, Gisborne, Hawke's Bay, Manawatu, North Harbour, Northland, Otago, Southland, Taranaki, Tasman, Waikato, Waitakere, Whanganui, Wellington.

Age groupings were 18 to 24, 25 to 34, 35 to 49, 50 to 64, 65+.

Gender was defined by male and female (with 'gender diverse' randomly allocated to a gender for weighting purposes only).

Household income was weighted until 2023. Household income was categorised into $30,000 or less, $30,001 to $100,000, $100,001 or more, Not stated/Prefer not to say. From July 2024 onwards, household income is no longer used as weight.

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

[14] The weighting approach for adults was changed in Quarter 3 to improve the weighting efficiency of this complicated weighting approach. Please note: no analysis for reporting purposes is done using a prioritised ethnicity approach.

Due to occasional over/under sampling of certain age/gender/regional groups within the adult sample, it was necessary in previous years to collapse some weighting cells to achieve a best practice target of 70% rim-weighting efficiency within each quarter. In 2025/26, no cells have been collapsed.

"Weighting Efficiency" is the term used to describe how well the achieved sample matches the target sample proportions based on known criteria (Age, Gender, Region, Ethnicity, etc.). A high efficiency indicates that relatively little bias is introduced into the sample via weighting, while a low efficiency indicates a relatively large bias is introduced.

Each quarter's rim-weighting efficiencies for each quarter are as follows: Q1: 65.7%[15], Q2: 76.8%, Q3: 75.9% and Q4: 77.2%

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

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

Ethnicities were defined by Māori versus non-Māori, Pacific vs. non-Pacific and Asian vs. non-Asian.

RST areas by age and by gender were as follows:

RST areas were Auckland, Bay of Plenty, Canterbury and Westland, Counties Manukau, Gisborne, Hawke's Bay, Manawatu, North Harbour, Northland, Otago, Southland, Taranaki, Tasman, Waikato, Waitakere, Whanganui, Wellington.

Age groupings were 5-11, 12-17.

Gender was defined by male and female (with 'gender diverse' randomly allocated to a gender for weighting purposes only).

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

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

Due to occasional over/under sampling of certain age/gender/regional groups within the Young People sample, it was necessary in previous years to collapse some weighting cells to achieve a best practice target of 70% rim-weighting efficiency within each quarter.[16] In 2025/26, no cells have been collapsed.

---

[15] Q1 weighting efficiency was lower than average due to a sampling issue in July and August, which led to a less representative sample. This was largely offset in September, ensuring sufficient representation for the quarter overall.

[16] To collapse the fewest number of cells possible to reach this target weighting efficiency prior to July 2024, tamariki and rangatahi age groups within region/gender weighting bands were collapsed in the Young People sample. As a result, and due to over representation of rangatahi and under representation of tamariki, results at

Each quarter's rim-weighting efficiencies for each quarter are as follows: Q1: 59.9%[17], Q2: 81.7%, Q3: 79.2% and Q4: 79.9%

Annual results are based on the quarterly results but smoothed to allow a 25% weight for each quarter.[18] Smoothing was achieved using a scaling factor - which is multiplied with each individual weight for each quarter. This has then been used as the annual weight. The scaling factor has been calculated as follow:

*Scaling factor = 0.25 * quarterly sample size*

Some data cleaning was required for these weighting variables. Table 10 outlines this cleaning.

Table 10: Data cleaning required for weighting variables

Variable	Data cleaning
Gender	Adults who select "Another gender" had gender randomly assigned (for weighting only).
RST	The RST that had been assigned to each respondent during sampling (using their meshblock data) was compared with the Stats NZ region that the respondent stated they lived in. Starting from quarter 3 2019, we no longer asked in the survey about which region respondents lived in, thus information regarding region was derived from RST in the sampling frame. Young people who could be linked to an adult respondent were given the same region as the adult or else their RST from the electoral roll was used.

Note: Weighting matrices are included in Appendix 4.

a quarterly and annual level are slightly more skewed towards older young people. Which cells specifically that are collapsed is dependent on sampling results for each quarter and, as a result, the exact groupings of collapsed cells was subject to review and potential change between each sampling period.

[17] Q1 weighting efficiency was lower than average due to a sampling issue in July and August, which led to a less representative sample. This was largely offset in September, ensuring sufficient representation for the quarter overall.

[18] Prior to July 2024, annual results have been re-weighted based on the same weight targets as quarterly data, combining responses for all four quarters. Again, where necessary, some cell targets were collapsed in an identical process to quarterly weighting. Annual data was further weighted through 'smoothing', in which the relative proportion of all four quarters within the sample was weighted to comprise an equal 25% representation. This process resulted in two different weight factors for individual respondents, an annual weight and a quarterly weight.

5. Data analysis

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

5.1 Coding open ended answers

The verbatim answers given to open ended questions by adults or young people were analysed, with recurring themes forming the code frames. Each verbatim comment was then coded into the applicable theme.

Several questions with an existing code frame for respondents had an 'other specify' response for any missing categories. These comments were either coded back into an existing code (if appropriate) or a new code was created. These new codes are analysed ahead of the next round of questionnaire changes and added if necessary if they meet the minimum required representation of 1% of the total sample within a given quarter stating to have done the activity.

5.2 Data cleaning

Both young people and adults were asked near the start of the survey to indicate if they had participated in any activities for sport, exercise, or recreation in the last 7 days. After selecting the activities participated in during the seven days prior, respondents were asked more detailed questions about their participation in those activities (e.g., where or how they participated in physical activities).

Young people who indicated they had not done any activity were asked to re-confirm if they haven't done any of a presented list of activities. For the purposes of keeping activity responses representative of those who identified as being physically active, these responses were cleaned and removed from the data set. Responses from these individuals that did not refer to activities done in the last 7 days were otherwise untouched.

In the young people survey, some respondents who stated they had been physically active in the last 7 days noted at the following questions that they had in fact not done any activity in the seven days prior[19]. They were not asked any of the follow-up questions and responses were back coded to remove their participation in the activity in the seven days prior.

Prior to July 2025, adults were asked what activities they have done in the last 12 months. Some adults indicate they have done certain activities in the last 7 days, but not these activities in the last 12 months. In these cases, these respondents are back coded as also having done these activities in the last 12 months, on the logic that any activity done in the last 7 days must also have been done in the last 12 months. Consequently, inverse

[19] Historically, frequency of doing an activity was also asked in the adults' survey. However, this check question was removed to reduce the survey length in 2022.

cases were not back coded on the logic that activities done in the last 12 months may or may not have been done in the last 7 days.

Table 11: 2025/26 Survey outliers

Active NZ Adults measure	Question #	Filter set as
Total number of hours spent being active[20]	Q16b	Less than or equal to 75 hours
Active NZ Young People measure	**Question #**	**Filter set as**
Total number of hours spent being active[21]	Q8c	Less than or equal to 75 hours

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

5.3 Reporting

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

Significant differences

When groups being compared are non-overlapping, independent samples tests are used to identify statistically significant differences; when groups being compared overlap one another, an overlapping approach is applied. The paragraphs below outline the theoretical approach and how total versus sub-group comparisons are made.

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

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

When testing two results to see if they are statistically significantly different, we consider both results to have a standard error. Suppose that a survey estimate of 70% was calculated from a survey and that the standard error of this estimate is 2%. Statistical

[20] Outliers are removed for the average number of hours measure. However, they are included for the 'meeting guidelines of at least 2.5 hours per week' measure for adults.

[21] Outliers are removed for the average number of hours measure. However, they are included for the 'meeting guidelines of at least 7 hours per week' measure for young people.

theory says that 95 times out of 100, a randomly drawn sample will have a mean value within 2 standard errors of the actual population value i.e., the population mean value is in the range 70%+/- 4% (66%-74%).

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

In the non-overlapping approach, where years or sub-groups are compared against each other, each group is independent. For example, when a significance test is run comparing the results of 2023 against those from 2021, there is no overlap as the groups are mutually exclusive from each other. In the overlapping approach, where the total is compared against a sub-group, the overlap is the sub-group, and this overlap is accounted for in the overlapping significance test formula. For example, when a significance test is run comparing those aged 18-24 against the total using the overlapping approach, those aged 18-24 are compared with everyone in the sample across all age groups, with the overlap being 18–24-year-olds.

Differences reported between total and sub-groups are significant at the 95% confidence level using each group's effective base size as well as the effective base size of the overlap and the correlations between the two groups being compared. The effective base sizes are used to account for weighting when the significance test is run. The effective base sizes = (sum of weight factors) ^{2} / sum of squared weight factors for each group.

Base sizes

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

Reporting ethnicity

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

Measuring play, sport and active recreation

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

Socioeconomic deprivation [22]

In the reports we have analysed results by deprivation, based on the NZDep2023 index[23] of socioeconomic deprivation. NZDep2023 census data relates to income, home ownership, employment, qualifications, family structure, housing, and access to transport and communications. They provide a deprivation score for each meshblock[24]. NZDep2023 also groups deprivation scores into deciles, where 1 represents the areas with the least deprived scores and 10 the areas with the most deprived scores. A value of 10 therefore indicates that a meshblock is in the most deprived 10% of areas in New Zealand. It is important to note that NZDep2023 estimates the relative socioeconomic deprivation of an area, and do not directly relate to individuals. NZDep2023 cannot be used to look at changes in absolute deprivation over time as 10% of areas will always be the most deprived, relative to other areas in New Zealand. The NZDep20123 Index of Deprivation is available on the Otago University website.

Note that NZDep2013 and NZDep2018 data was used before NZDep2023 data became available, with NZDep2023 data being used for 2024 results onward.

Comparisons to previous surveys

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

- Methodological differences in the way the survey questions were asked and the method in which the data was collected, and differences in the duration of data collection for the different surveys.
- Due to the introduction of conditional incentives for rangatahi in 2022, which arguably resulted in a broader range of young people who completed the survey that are less likely to be motivated by the survey topic, we should treat any new (or accelerated) trends for rangatahi with caution[25].

[22] https://www.ehinz.ac.nz/indicators/population-vulnerability/socioeconomic-deprivation-profile/#Ref1

[23] Linked to the Census, the exact indicators used vary. For example, in 2013 no access to internet at home for under 65s changed in 2018 to no access to internet at home for everyone.

[24] Meshblocks are the smallest geographical area defined by Statistics New Zealand, with a population of around 60-110 people.

[25] See the 'research design' section for more detail on the introduction of the rangatahi conditional incentives.

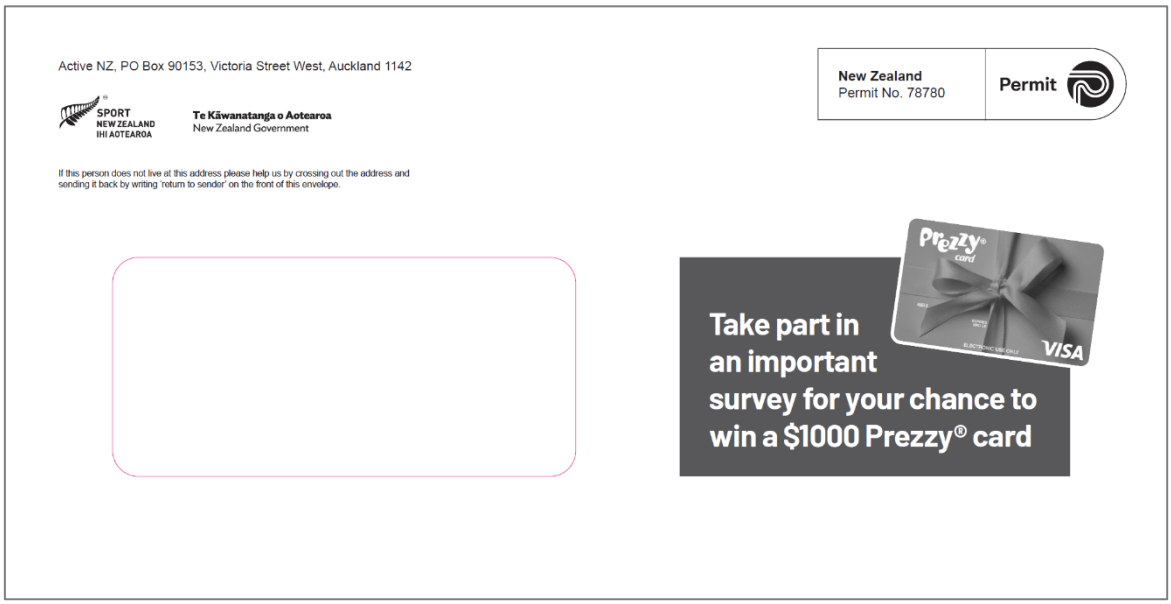
APPENDICES

1. Survey communications
2. Active NZ 2025/26 questionnaire
3. Active NZ Young People 2025/26 questionnaire
4. Weighting matrices

Appendix 1: Survey communications

1.1. Mail out 1 – initial letter

Envelope:



Adult invitation letter (front)



<Date>

<Mailing Address_1>
<Mailing Address_2>
<Mailing Address_3>
<Mailing Address_4>
<Mailing Address_5>
<Mailing Address_6>, <postcode>

Kia ora <Mailing Address_1>,

Sport NZ needs your help …

You've been chosen to take part in an important survey on physical activity. We want to hear from you, whether you think you're physically active or not. Your feedback will help to inform decisions made by the Government, iwi, local councils and other organisations on play, active recreation and sport.

Take part for your chance to win …

Once you've completed the survey, you'll go into the draw to win a $1,000 Prezzy® card. The survey takes about 12 minutes.

Is there someone in your household aged 12 to 17?

We want to hear their views as well. Please pass on the enclosed flyer which explains how they can receive a $10 eGift Card for completing their own survey. They will need the eight-digit survey code (see opposite) to access the survey and the four-character password.

Your privacy is protected

Verian manages the survey on our behalf. Verian is an independent research company who will work with Sport NZ to ensure your privacy is protected (see reverse for more detail).

Any questions?

If you have any questions, please contact Verian on 0508 787 839 or email activenz@veriangroup.com.

Thank you for your time.

Ngā mihi,

Raelene Castle, ONZM
Chief Executive
Sport NZ Group

HOW TO COMPLETE THE SURVEY FOR YOUR CHANCE TO WIN $1,000 PREZZY CARD

1. Type **activenz.co.nz** into your web browser or scan the QR code

2. Enter your survey code: XX-XXX-XXX

3. The survey takes about 12 minutes

SURVEY CODES FOR THOSE AGED 12-17:

Person 1 Survey code: XX-XXX-XXX

Person 1 Password: XXXX

Person 2 Survey code: XX-XXX-XXX

Person 2 Password: XXXX

Person 3 Survey code: XX-XXX-XXX

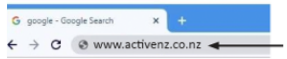
Person 3 Password: XXXX

SPORT NEW ZEALAND IHI AOTEAROA

Te Kāwanatanga o Aotearoa
New Zealand Government

Frequently asked questions (back of letter)

FREQUENTLY ASKED QUESTIONS

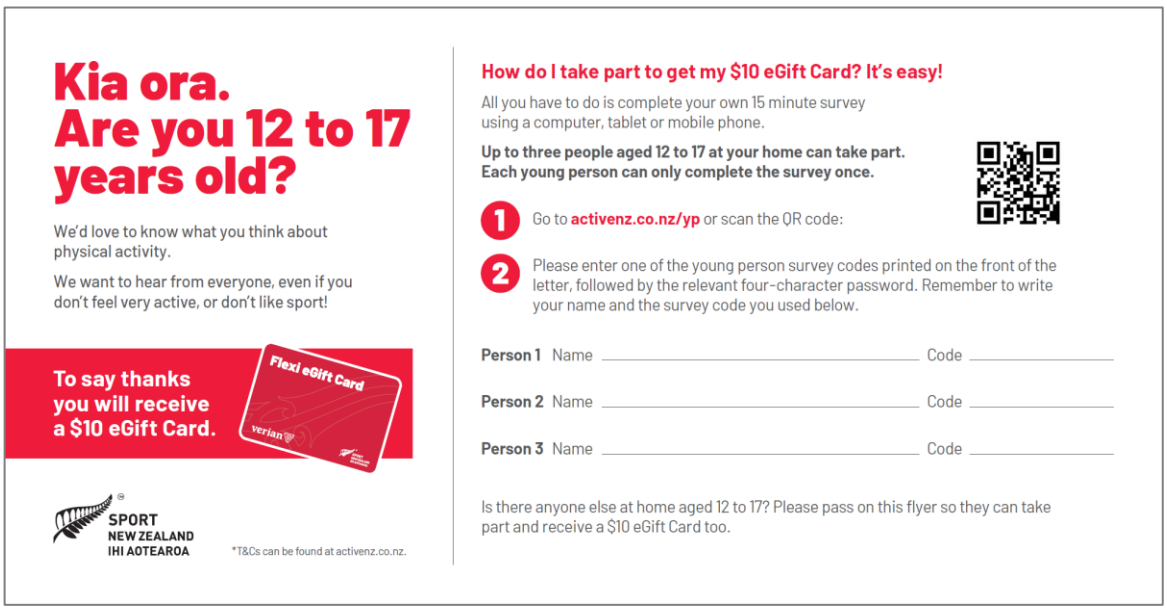
Why was I invited to take part in the survey?	Your name has been randomly chosen from the electoral roll to take part in this survey. We would like to hear from you to be sure the results represent a cross section of all New Zealanders aged 5-plus, including those who more and less active. Applications to use electoral data for research purposes can be made to the Electoral Commission. Here is a list of approved research projects: https://elections.nz/stats-and-research/applications-for-roll-data/approved-research-applications/
I don't play sport or do much physical activity. Is this survey for me?	Yes, we want to hear from people who are less physically active, as well as people who are more active so that we can be sure the results accurately reflect the attitudes and behaviours of all New Zealanders aged 5-plus.
Do I have to take part?	No. It is completely up to you. But we'd love to hear from you.
Why does the website address on the first page of this letter not take me to the correct web page?	You may have incorrectly typed in the address which is: **activenz.co.nz** Or, you may have inserted the link into the search box rather than the address bar on the website browser. Using the **address bar** works better. If you continue to have problems, please call 0508 787 839.  Type *activenz.co.nz* into the address bar.
Can young people in my household take part?	Yes, the Active NZ survey is for all New Zealanders aged 5-plus and has two parts: 1. For ages 18-plus the survey can be accessed online at: **activenz.co.nz** using the details on the front of this letter. At the end of this survey, you can answer on behalf of young people in your household between ages 5-11, with a further chance to win one of ten eGift Cards worth $100. 2. Anyone aged 12-17 can access the survey by entering **activenz.co.nz/yp**. They will need to use one of the survey codes and passwords on the front of this letter. All respondents aged 12-17 will receive a $10 eGift Card.
What do I do if I quit the survey or it crashes?	Your answers are saved as you progress. Just reopen the survey using the web address and your survey code. The survey will pick up from where you left off.
How will my survey data be used?	Sport NZ is the Crown Owned Entity responsible for promoting, encouraging and supporting participation in play, active recreation and sport. Your responses will enable Sport NZ to inform decisions made by Government, local councils, iwi and organisations relating to play, active recreation and sport to support the health and wellbeing of New Zealanders through activity. Verian, an independent research agency, has been commissioned to run the survey and they will provide the full data set to Sport NZ if you give your consent. This will include your name and any contact details you provide. If you do not give your consent your responses will remain anonymous.
Is my personal data secure?	Yes. We will not use any information that could identify you when reporting the survey results. Your data will be held by Sport NZ, who may share and/or combine your responses to Active NZ with responses from other surveys Sport NZ and/or third parties hold. Sport NZ will ensure that your information is not used by these third parties in a way that could identify you, including removing identifiers like your name or contact details after your survey responses have been combined with other information. The combined information will be used by authourised parties for research purposes only. Sport NZ only shares data with trusted third parties, including Statistics New Zealand who may combine the survey data with other routinely collected government data in the Integrated Data Infrastructure (IDI). For more information about the IDI please go to stats.govt.nz/idi. At the end of the survey, you will be asked whether you consent to sharing and/or combining your responses.
Do you have a privacy statement?	Yes. If you would like to view the Active NZ Privacy Statement, please go to activenz.co.nz/privacy.
Can I access or remove my survey responses?	You have the right to access or remove your responses and to make changes at any time. Please email activenz@veriangroup.com or call 0508 787 839.

© Verian August 26

Active NZ Young People's flyer (front):



Active NZ Young People's flyer (back):



1.2. Mail out 2 – postcard

Front



Back

If undelivered return to Active NZ, PO Box 90153, Victoria Street West, Auckland 1142

SPORT NEW ZEALAND IHI AOTEAROA

New Zealand Permit No. 78780 | Permit

Kia ora [name]

We recently invited you to take part in the 2025/26 Active NZ Survey. Your responses are important to ensure we capture the experiences of all New Zealanders, no matter how active you think you are.

Your feedback will help to inform decisions made by the Government, iwi, local councils and other organisations on play, active recreation and sport.

Complete the survey for your chance to win a Prezzy® card* worth $1000

For your chance to win please complete the survey by going to the following website:

1. Go to **activenz.co.nz** or scan the QR code:
2. Then enter the following survey code: <SURVEY CODE>

The survey should take around 12 minutes.

If you have any questions, please contact Verian (who manages the survey on behalf of Sport NZ) on FREEPHONE 0508 787 839 or activenz@veriangroup.com

Thank you if you have already completed the survey.

Ngā mihi,

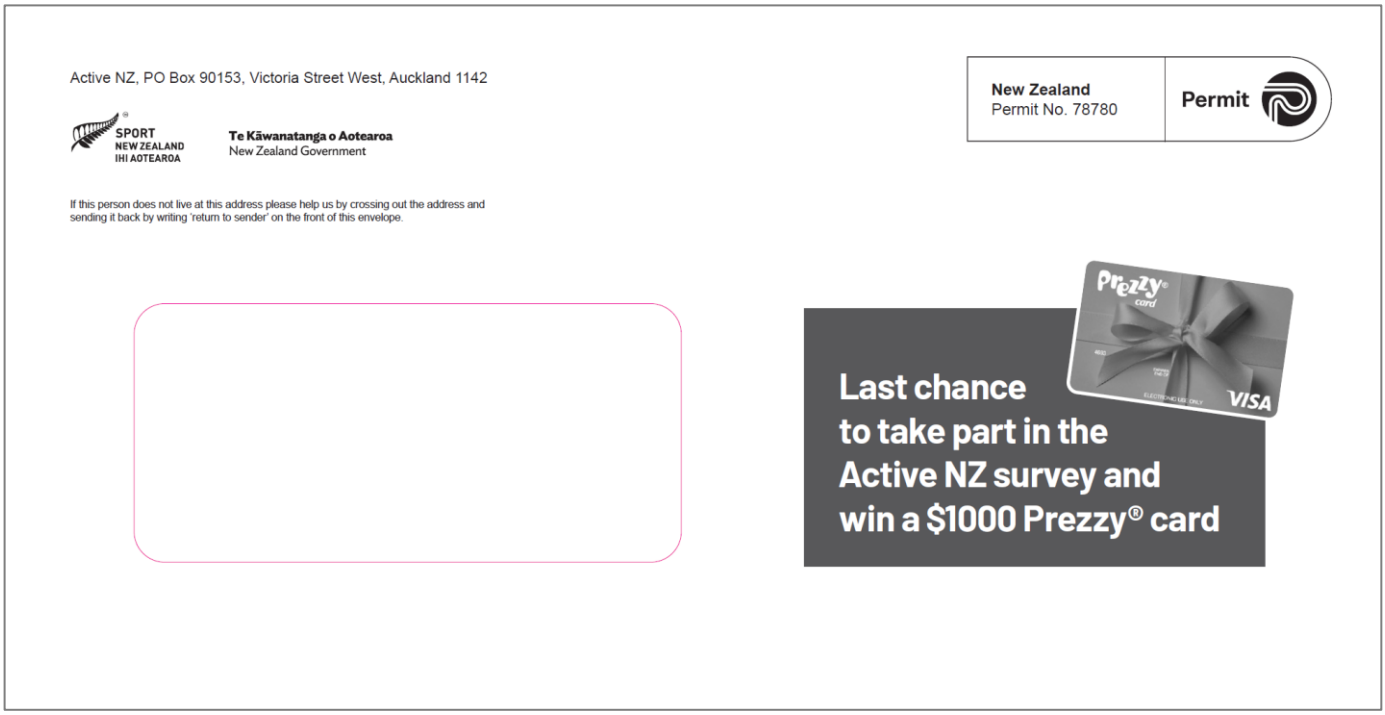
Raelene Castle, ONZM
Chief Executive
Sport NZ Group

*T&Cs can be found at activenz.co.nz. Prezzy® cards can be used anywhere eftpos or credit cards are accepted.

<Addressee's name>
<Address Line 1>
<Address Line 2>
<City>, <Postcode>

1.3. Mail out 3 – reminder letter

Envelope:



Adult invitation letter (front)



Active NZ

<Date>

<Mailing Address_1>
<Mailing Address_2>
<Mailing Address_3>
<Mailing Address_4>
<Mailing Address_5>
<Mailing Address_6>, <postcode>

Kia ora <Mailing Address_1>,

LAST CHANCE TO TAKE PART IN THE ACTIVE NZ SURVEY

Recently we invited you to go online and take part in the Active NZ survey, a national survey on physical activity. You still have time to join thousands of other New Zealanders and share your thoughts. It doesn't matter whether you think you are physically active or not. We'd love to hear from you.

Complete the survey by <date> for your chance to win $1000

The survey closes on <date>. And to say thank you we will enter you into a prize draw for a $1000 Prezzy® card if you complete the survey. It takes about 12 minutes.

Is there someone in your household aged 12 to 17?

We want to hear their views as well. Please pass on the enclosed flyer which explains how they can receive a $10 eGift Card for completing their own survey. They will need the eight-digit survey code (see opposite) to access the survey and the four-character password.

Why should I take part?

This is your chance to inform decisions on play, active recreation and sport in New Zealand. The survey results are used by the Government, as well as iwi, local councils and other organisations in your area.

Any questions?

If you have any questions, please contact Verian who manages the survey on behalf of Sport NZ on 0508 787 839 or email *activenz@veriangroup.com*.

If you have recently completed the survey online, thank you.

Ngā mihi,

Raelene Castle, ONZM
Chief Executive
Sport NZ Group

HOW TO COMPLETE THE SURVEY FOR YOUR CHANCE TO WIN $1000 PREZZY CARD

1. Type **activenz.co.nz** into your web browser or scan the QR code:

2. Enter your survey code.
3. The survey takes about 12 minutes.

SURVEY CODES FOR THOSE AGED 12-17:

Person 1 Survey code:
XX-XXX-XXX

Person 1 Password:
XXXX

Person 2 Survey code:
XX-XXX-XXX

Person 2 Password:
XXXX

Person 3 Survey code:
XX-XXX-XXX

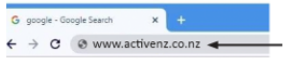
Person 3 Password:
XXXX

SPORT NEW ZEALAND IHI AOTEAROA

Te Kāwanatanga o Aotearoa
New Zealand Government

Frequently asked questions (back of letter)

FREQUENTLY ASKED QUESTIONS

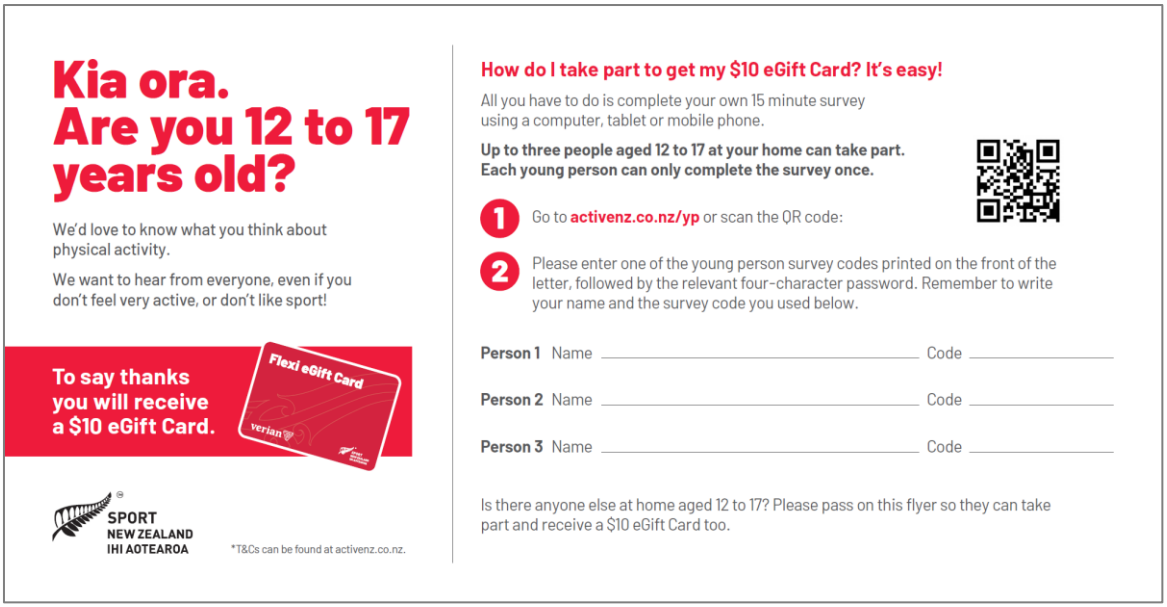
Why was I invited to take part in the survey?	Your name has been randomly chosen from the electoral roll to take part in this survey. We would like to hear from you to be sure the results represent a cross section of all New Zealanders aged 5-plus, including those who more and less active. Applications to use electoral data for research purposes can be made to the Electoral Commission. Here is a list of approved research projects: https://elections.nz/stats-and-research/applications-for-roll-data/approved-research-applications/
I don't play sport or do much physical activity. Is this survey for me?	Yes, we want to hear from people who are less physically active, as well as people who are more active so that we can be sure the results accurately reflect the attitudes and behaviours of all New Zealanders aged 5-plus.
Do I have to take part?	No. It is completely up to you. But we'd love to hear from you.
Why does the website address on the first page of this letter not take me to the correct web page?	You may have incorrectly typed in the address which is: **activenz.co.nz** Or, you may have inserted the link into the search box rather than the address bar on the website browser. Using the **address bar** works better. If you continue to have problems, please call 0508 787 839.  Type *activenz.co.nz* into the address bar.
Can young people in my household take part?	Yes, the Active NZ survey is for all New Zealanders aged 5-plus and has two parts: 1. For ages 18-plus the survey can be accessed online at: **activenz.co.nz** using the details on the front of this letter. At the end of this survey, you can answer on behalf of young people in your household between ages 5-11, with a further chance to win one of ten eGift Cards worth $100. 2. Anyone aged 12-17 can access the survey by entering **activenz.co.nz/yp**. They will need to use one of the survey codes and passwords on the front of this letter. All respondents aged 12-17 will receive a $10 eGift Card.
What do I do if I quit the survey or it crashes?	Your answers are saved as you progress. Just reopen the survey using the web address and your survey code. The survey will pick up from where you left off.
How will my survey data be used?	Sport NZ is the Crown Owned Entity responsible for promoting, encouraging and supporting participation in play, active recreation and sport. Your responses will enable Sport NZ to inform decisions made by Government, local councils, iwi and organisations relating to play, active recreation and sport to support the health and wellbeing of New Zealanders through activity. Verian, an independent research agency, has been commissioned to run the survey and they will provide the full data set to Sport NZ if you give your consent. This will include your name and any contact details you provide. If you do not give your consent your responses will remain anonymous.
Is my personal data secure?	Yes. We will not use any information that could identify you when reporting the survey results. Your data will be held by Sport NZ, who may share and/or combine your responses to Active NZ with responses from other surveys Sport NZ and/or third parties hold. Sport NZ will ensure that your information is not used by these third parties in a way that could identify you, including removing identifiers like your name or contact details after your survey responses have been combined with other information. The combined information will be used by authourised parties for research purposes only. Sport NZ only shares data with trusted third parties, including Statistics New Zealand who may combine the survey data with other routinely collected government data in the Integrated Data Infrastructure (IDI). For more information about the IDI please go to stats.govt.nz/idi. At the end of the survey, you will be asked whether you consent to sharing and/or combining your responses.
Do you have a privacy statement?	Yes. If you would like to view the Active NZ Privacy Statement, please go to activenz.co.nz/privacy.
Can I access or remove my survey responses?	You have the right to access or remove your responses and to make changes at any time. Please email activenz@veriangroup.com or call 0508 787 839.

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Active NZ Young People's flyer mail out 3 (front): (same as for mailing 1)



Active NZ Young People's flyer mail out 3 (back): (same as for mailing 1)



Appendix 2: Active NZ 2025/26 Adults Questionnaire

Index

B001 - Intro: INTRO BLOCK
- Q001 - AboutHHold: About you and your household
- q3: Q3. AGE - WHICH OF THESE AGE GROUPS DO YOU BELONG TO?
- q2: Q2. GENDER - ARE YOU...?
- q4: Q4. ADULTS IN HOUSEHOLD - IN TOTAL, HOW MANY ADULTS AGED 18 AND OVER LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME?
- q45: Q45. CHILDREN IN HOUSEHOLD
- q5: Q5. CHILDREN IN HOUSEHOLD - HOW MANY (IF ANY) CHILDREN AGED UNDER 18 LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME?
- q6a: Q6 PEOPLE IN HOUSEHOLD

End B001 - Intro: INTRO BLOCK

B002 - CORE: CORE SPINE
- q106: Q106. (SINGLE ITEM) - NUMBER OF DAYS OF 30+ MINUTES PHYSICAL ACTIVITY (7 DAYS)
- Q7TXT: Pre Q7 text
- q7: Q7. 7 DAYS PA (KPI) - 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?
- q8a: Q8A. ACTIVITIES DONE OVER THE LAST 7 DAYS (BY ACTIVITY)?
- Q8b – Q8b: WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS
- Q8c – Q8c: TIME SPENT DOING EACH ACTIVITY IN THE LAST 7 DAYS
- Q107: Q107. FACILITIES USED FOR PHYSICAL ACTIVITY
- q31: Q31. WANTING TO DO MORE EXERCISE
- q103: Q103. MUSCLE STRENGTHENING (7 DAYS) - IN THE LAST 7 DAYS, DID YOU DO MUSCLE STRENGTHENING ACTIVITIES ON AT LEAST 2 DAYS?
- **QRandAssign - *HIDDEN***
- q26: Q26. TECHNOLOGY USED IN THE LAST 7 DAYS
- q37: Q37. GYM MEMBERSHIP
- q39: Q39. CLUB MEMBERSHIP
- q43a: Q43a. VOLUNTEERING IN THE LAST 7 DAYS
- Q108: TIME VOLUNTEERING
- q48: Q48. ATTITUDE STATEMENTS TWO
- q141: Q141. TRUST
- q68: Q68. LIFE SATISFACTION - HOW DO YOU FEEL ABOUT YOUR LIFE AS A WHOLE?
- qHP4: QHP4.
- qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT
- qHP21: QHP21. ANY OTHER HIGH-PERFORMANCE SPORT FOLLOWED

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B003 - DEMOGS: FINAL DEMOGRAPHICS
- q70: Q70. EMPLOYMENT STATUS
- q73: Q73. COUNTRY OF BIRTH
- q093 – q74: Length of residence
- q75: Q75. ETHNICITY
- q138: Q138. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS
- q91: Neurodivergence
- q92: Mental Health
- q93: Disabled - Tangata Whaikaha
- q78: Q78. HOUSEHOLD INCOME
- q94: Rainbow Communities
- q104: Q104. CONSENT FOR DATA TO BE LINKED TO THE IDI
- q82: Q82. First and Last name
- q102: Q102. DATE OF BIRTH
- Q79: Q79. RECONTACT CONSENT
- q80: Q80. RECONTACT INFORMATION

End B003 - DEMOGS: FINAL DEMOGRAPHICS
- Q047 - DUMMY: REDIRECT TO YOUTH SURVEY
- Q048 - POSTQ81: SUBMISSION SCREEN TEXT
- QComment: Optional comment section

B001 - Intro: INTRO BLOCK **Begin block**

Q001 - AboutHHold: About you and your household **Text**

Not back

Firstly, some questions about you and your household, to ensure we ask you questions relevant to you and your whānau/family.

q3: Q3. AGE - WHICH OF THESE AGE GROUPS DO YOU BELONG TO? **Single coded**

Not back

Which of these age groups do you belong to?

Normal

1	Under 18 years – *Screen Out*
2	18-19
3	20-24
4	25-29
5	30-34
6	35-39
7	40-44
8	45-49
9	50-54
10	55-59
11	60-64
12	65-69
13	70-74
14	75-79
15	80-84
16	85 years or over

Scripter notes: If screen out, please display the following text on a close screen:
"Thank you for taking part in this survey. Unfortunately, this survey is only for those aged 18 and over. If you would like to take part as someone between the ages of 12-17, you will need to go to activenz.co.nz/yp to complete the youth survey.

q2: Q2. GENDER - ARE YOU...? **Single coded**

Not back

What is your gender?

Gender refers to a person's internal sense of identity and may or may not correspond with sex recorded at birth

Normal

1	Male
2	Female
3	Another gender (please tell us) **Open*

q4: Q4. ADULTS IN HOUSEHOLD - IN TOTAL, HOW MANY ADULTS AGED 18 AND OVER LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME? — **Numeric**

Not back | Min = 0 | Max = 100

In total, how many adults aged 18 and over live in your household some or all of the time?

Please include yourself in this count

Scripter notes: Please have an appropriate sized open end box for numerical entry
If someone enters '0' please have an error message – 'Please include yourself in the count and provide a number greater than 0'

q45: Q45. CHILDREN IN HOUSEHOLD — **Single coded**

Not back

Are there any children aged under 18 living in your household some or all of the time?

Normal

1	Yes
2	No

Ask only if **q45**,1

q5: Q5. CHILDREN IN HOUSEHOLD - HOW MANY (IF ANY) CHILDREN AGED UNDER 18 LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME? — **Numeric**

Not back | Min = 0 | Max = 100

How many children aged under 18 live in your household some or all of the time?

If there are no children in any age group please enter '0'.

Scripter notes: NEEDS TO HAVE FIVE NUMERIC TEXT BOXES LABELLED AS FOLLOWS:

Number of children aged 0 to 2
Number of children aged 3 to 4
Number of children aged 5 to 11
Number of children aged 12 to 14
Number of children aged 15 to 17

Include one time error is number of children exceeds 10.
"Please review your answers for typo or possible wrong input and if none, please use the arrows ">>" Allow to continue.

Ask only if **q4** >= 2 or **q45**,1

q6a: Q6 PEOPLE IN HOUSEHOLD — **Multi coded**

Not back | Min = 1

Who lives in your household?

Please select **all** that apply

Normal

1	My husband/wife/civil union/defacto partner, boyfriend or girlfriend
2	My mother and/or father
3	My son(s) and/or daughter(s) and/or step child(ren)
4	My brother(s) and/or sister(s)
5	Other family (e.g. grandparent(s), partner's parent(s), aunt, uncle, cousin(s))
6	Non-family (e.g. flatmates, friends)
97	None of the above – I live alone *DO NOT SHOW – ONLY FOR CODING PURPOSES*

Scripter notes: DO NOT ASK IF Q4 IS LESS THAN 2 AND Q45 IS CODE 2 (NO)

PLEASE AUTOCODE ANYONE WHO LIVES ALONE TO CODE 97 (None of the above - I live alone)

If Q45=1 -> Add a validation that at least one of codes 3-6 is to be selected. The logic being that if they indicate having a child under 18 in their household, they must fall into one of the 4 broad categories.

B001 - Intro: INTRO BLOCK — **End block**

B002 - CORE: CORE SPINE — **Begin block**

q106: Q106. (SINGLE ITEM) - NUMBER OF DAYS OF 30+ MINUTES PHYSICAL ACTIVITY (7 DAYS) — **Single coded**

Not back

About the physical activity you do

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, traditional games, kapa haka, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

Please select one answer

Normal

1	0 days
2	1 day
3	2 days
4	3 days
5	4 days
6	5 days
7	6 days
8	7 days

Q7TXT: Pre Q7 text	Text

Not back

This survey is about any physical activity you might do for sport, exercise, recreation or relaxation.
It could include anything active you do at a club, in your neighbourhood, or at home like football, rugby, netball, biking, running/jogging, walking and yoga.

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

q7: Q7. 7 DAYS PA (KPI) - 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?	Single coded

Not back

In the last **seven days (not including today)** have you done any physical activity **specifically** for **sport, exercise, recreation, or relaxation**?

Please **do not** include any physical activity you have done for reasons other than sport, exercise, recreation or relaxation such as for your job or doing chores.

Normal

1	Yes
2	No

q8a: Q8A. ACTIVITIES DONE OVER THE LAST 7 DAYS (BY ACTIVITY)?	Multi coded

Not back | Min = 1

Please tick **all** the ways you have been **physically active** for sport, exercise, recreation or relaxation in the last **7 days (not including today)**.
To keep our survey accessible but inclusive, when we mention a sport like 'cricket', it includes all types (e.g., beach cricket, wheelchair cricket, indoor cricket, blind cricket, etc.).

Ask only if q7=1

Please only select the activities where you have been **physically active** specifically for **sport, exercise, recreation, or relaxation**.
If you feel like the activity you participated in is not captured anywhere in the list, please tick **'other'** and specify.

Normal

1	Walking
2	Running or jogging
3	Workout (weights or cardio)
4	Group exercise class
5	Yoga
6	Pilates
7	Dance or dancing
8	Swimming
9	Road cycling
10	Mountain biking
12	BMX
13	Day tramp or hike
14	Overnight tramp or hike
15	Fishing
17	Golf
18	Football
19	Tennis
20	Table tennis
21	Rugby
22	Touch rugby
23	Rugby league
24	Netball
25	Basketball
26	Cricket
27	Hockey
28	Badminton
29	Squash
30	Bowls
32	Softball
33	Volleyball
34	Canoeing or kayaking
35	Rowing
36	Sailing or yachting
37	Surfing or body boarding
38	Surf lifesaving
39	Skiing or snowboarding
41	Triathlon or duathlon
42	Athletics (track and field)
43	Gymnastics
44	Horse riding or equestrian
45	Boxing
46	Karate
47	Hunting
54	Diving
55	Kai gathering
48	Shooting (rifle and pistol)
49	Motorcycling
50	Waka ama or waka hourua
51	Gardening or mahi māra
52	Playing active games (e.g. with kids)

53	Kapa haka
56	Mountaineering or alpine climbing
996	Other activity (please specify a single activity) **Open *Fixed*
997	I have not done any physical activity in the last 7 days (not including today) **Fixed *Exclusive*

Scripter notes:
Randomize order of codes. Group following codes together (randomize order within group).
Code 9 (Road cycling) code 10 (mountain biking) and code 12 (BMX)
Code 13 (Day tramp) and code 14 (Overnight tramp)
Code 21 (Rugby) code 22 (touch rugby) and code 23 (Rugby league)
Code 37 (Surfing) and code 38 (surf life saving)
Code 34 (canoeing) and code 35 (Rowing)

Ask only if q7=1 and q8a <> 997 (Not done any activity in last 7 days)

Q8b: WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS **Multi coded**

Not back | Min = 1

Where or how did you do **[insert activity]** in the **last 7 days?**

Please select all that apply

Normal

1	In a competition or tournament
2	For exercise, training, or practicing **with** a coach/instructor
3	For exercise, training, or practicing **without** a coach/instructor
4	For fun or to hang out with family/whānau or friends
5	For fun on my own
6	I have not done this in the last 7 days **Exclusive*

Scripter notes: Each activity shown one at a time (Q8b and Q8c shown as a loop for each activity)
Show responses selected at Q8a (activities done in the last 7 days)
Pipe 'other specify' responses
If Code 6 selected stop asking about this activity.

Rows use mentioned answers from **Q8b** for each separate activity

Q8c: TIME SPENT DOING EACH ACTIVITY IN THE LAST 7 DAYS **Matrix**

Not back | Number of rows: 4 | Number of columns: 25

About how many minutes did you spend doing [**insert activity]** in the last **7 days** (not including today) when...?

Rows: Normal | Columns: Normal

Rendered as Dynamic Grid

ROWS
In a competition or tournament
For exercise, training or practicing **with** a coach/instructor
For exercise, training, or practice **without** a coach/instructor
For fun or to hang out with family/whānau or friends
For fun on my own

COLUMNS
About 15 minutes
About 30 minutes
About 45 minutes
About 1 hour
About 1.5 hours
About 2 hours
About 3 hours
About 4 hours
About 5 hours
About 6 hours
About 7 hours
About 8 hours
About 9 hours
About 10 hours
About 11 hours
About 12 hours
About 13 hours
14 hours or more

Scripter notes: Each activity shown one at a time, with columns selected at Q8b (e.g., In competition, In exercise, etc.)
Show responses selected at Q8a (activities done in the last 7 days)
Pipe 'other specify' responses
If Code 6 selected at Q8b, do not show that activity.
Format as a dropdown box.

Q107 FACILITIES USED FOR PHYSICAL ACTIVITY

Multi coded

Not back | Min = 1

Where have you done [insert activity] in the last **7 days (not including today)**?

Public facilities *are open to all members of the community and are often council owned or managed.*
Private facilities *are owned and maintained by a single individual, family or institution.*

Please select all that apply

Normal

3	At home
2	At a school or on school grounds (outside of school hours)
4	Outdoor public facilities (e.g. skate park, playground, sports field/turf)
5	Outdoor private facilities (e.g. campground, family/friend's garden)
6	Indoor public facilities (e.g. community hall, church, marae, indoor pool)
7	Indoor private facilities (e.g. dance/yoga/martial arts studios, gym)
8	Other outdoor locations (e.g. beach, lake, bush, footpath)
996	Other (please specify) **Open *Fixed*
998	None of the above **Fixed *Exclusive*

Scripter notes: Show responses selected at Q8a (activities done in the last 7 days) but exclude any activities that respondent selected code 8b = I have not done this in the last 7 days.
Pipe 'other specify' responses

q31: Q31. WANTING TO DO MORE EXERCISE — **Single coded**

Not back

Overall, would you like to be doing more physical activity for sport, exercise, recreation or relaxation than you are currently doing?

Normal

1	Yes, I would like to be doing more
2	No

Ask only if NOT **q8a**,997 and Q7=1

q103: Q103. MUSCLE STRENGTHENING (7 DAYS) - IN THE LAST 7 DAYS, DID YOU DO MUSCLE STRENGTHENING ACTIVITIES ON AT LEAST 2 DAYS? — **Single coded**

Not back

In the last 7 days, on how many days have you done **muscle strengthening** activities?

Muscle strengthening activities could include lifting weights, resistance exercises or yoga.

Normal

1	0 days
2	1 day
3	2 days
4	3 days
5	4 days
6	5 days
7	6 days
8	7 days
999	Don't know **Fixed *Exclusive*

QRandAssign - *HIDDEN* — **Single coded**

Not back

Normal

1	Group 1
2	Group 2

Scripter notes: HIDDEN QUESTION
Randomly assign (based on least fill of a 50/50 split) either code 1 or code 2 to respondents that reach this question.

Ask only if NOT **q8a**,997 and QRandAssign = 2 and Q7=1

q26: Q26. TECHNOLOGY USED IN THE LAST 7 DAYS — **Single coded**

Not back

In the last 7 days have you used any technology (Fitbits, smartphone apps, pedometers, etc.) when you have been physically active for sport, exercise, recreation or relaxation?

Normal

1	Yes
2	No

q37: Q37. GYM MEMBERSHIP — **Single coded**

Not back

Do you **currently** belong to a gym or fitness centre?

Normal

1	Yes
2	No

q39: Q39. CLUB MEMBERSHIP — **Single coded**

Not back

Are you currently a member of any sport or recreation club (other than a gym or fitness centre)?

Please include any clubs you belong to, even those where you don't personally take part in the activity.

Normal

1	Yes
2	No

43a: Q43a. VOLUNTEERING IN THE LAST 7 DAYS **Multi coded**

Not back | Min = 1

Have you volunteered in any of these roles for a sport, exercise or recreation activity in the **last 7 days**?

Please select all that apply

Normal

1	Coached or instructed a team, group, or individual
12	Mentoring (e.g. supporting and developing coaches or officials)
3	Official (e.g. referee, umpire, scorer)
4	Group/Team manager, or leader (e.g. kapa haka leader)
5	Club administration
6	Governance role at a club or association (e.g. board or committee member, trustee, cultural advisor)
7	Helper for a team, club, group or activity (e.g. on call contact, guide, transport provider, building/maintenance of a track/location)
8	Event assistance (e.g. race marshal)
10	Lifeguard
998	I have not done any of the above in the last 7 days **Fixed *Exclusive*

Ask only if **43a** ≠ 998

Q108: TIME VOLUNTEERING **Numeric**

Not back | Min = 1

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

_____ hours (range 0–168) _____minutes (range 0-59)

- Don't know (Code 999)

Scripter notes:

If Q108>30 AND <=168 hours, display message: Please review your answer to confirm it is correct before proceeding. [Only one soft prompt, otherwise let respondents continue.]

If Q108>168 hours: Display for hours: Please review your answer, the hours entered have exceeded the total of 7 days.

If Q108>59 minutes: Display for minutes: Please review your answer, the minutes cannot be more than 59.

At least one value must be entered or "don't know" box be ticked.

Ask only if QRandAssign = 1

q48: Q48. ATTITUDE STATEMENTS TWO | **Matrix**

Not back | Number of rows: 9 | Number of columns: 5

How strongly do you agree or disagree with each of the following statements:

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

		Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
3	People in my life encourage me to take part in physical activities	❍	❍	❍	❍	❍
4	I am good at lots of different physical activities	❍	❍	❍	❍	❍
5	I have the chance to do the physical activities I want	❍	❍	❍	❍	❍
6	I want to take part in physical activities	❍	❍	❍	❍	❍
7	I understand why taking part in physical activity is good for me	❍	❍	❍	❍	❍
8	I feel confident to take part in lots of different physical activities	❍	❍	❍	❍	❍
13	Me and my family/whānau enjoy being physically active together	❍	❍	❍	❍	❍
14	I have the chance to explore my whakapapa/heritage and culture through physical activity	❍	❍	❍	❍	❍
15	Being physically active is an important part of Aotearoa New Zealand culture	❍	❍	❍	❍	❍
16	I feel connected to the spaces and places available for me to be physically active	❍	❍	❍	❍	❍
12	I actively encourage tamariki/rangatahi/children in my household to be physically active	❍	❍	❍	❍	❍
17	Being physically active is very important for my mental or emotional wellbeing	❍	❍	❍	❍	❍
18	I have the support in my community to do the physical activities I want	❍	❍	❍	❍	❍
19	I have access to spaces and places where I can do the physical activities I want	❍	❍	❍	❍	❍

Scripter notes: ASK STATEMENTS 12 (ENCOURAGE/PRIORITIZE) ONLY TO THOSE WITH CHILDREN IN HOUSEHOLD
(q45: Q45. CHILDREN IN HOUSEHOLD = 1)

Ask only if QRandAssign = 1

q141: Q141. TRUST | **Matrix**

Not back | Number of rows: 3 | Number of columns: 6

'Integrity issues' refers to a range of things, including abusive, unethical or dishonest behaviour such as sport doping or match fixing, and concerns around inclusivity and safety.

How much do you trust, or not, the following?

Please answer on a scale of 1 to 5, where 1 = no trust at all, and 5 = complete trust.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	1 = No trust at all	2	3	4	5 = Complete trust	Don't know *Fixed *Exclusive
Organisations involved in play, active recreation and sport in New Zealand to handle integrity issues appropriately and effectively	❍	❍	❍	❍	❍	❍
New Zealand's athletes and teams to act with integrity	❍	❍	❍	❍	❍	❍
New Zealand's high performance sports coaches and managers to act with integrity	❍	❍	❍	❍	❍	❍

q68: Q68. LIFE SATISFACTION - HOW DO YOU FEEL ABOUT YOUR LIFE AS A WHOLE? | **Single coded**

Not back

How do you feel about your life as a whole?

Please answer on a scale where zero is completely dissatisfied and ten is completely satisfied.

Normal

1	0 - Completely dissatisfied
2	1
3	2
4	3
5	4
6	5
7	6
8	7
9	8
10	9
11	10 - Completely satisfied

Ask only if QRandAssign = 2

INTRO:
The next questions are about high performance sport in New Zealand. High performance sport is all forms of sport that are played at the nationally representative and international levels. It includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team).

Ask only if QRandAssign = 2

qHP4: QHP4. **Matrix**

Not back | Number of rows: 3 | Number of columns: 10

How strongly do you feel the following?

Please answer on a scale of 1 to 10, where 1 = not at all, and 10 = very strongly.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	1 = Not at all	2	3	4	5	6	7	8	9	10 = Very strongly
I feel inspired by New Zealand athletes and teams	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍

Ask only if QRandAssign = 2

qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT | **Matrix**

Not back | Number of rows: 18 | Number of columns: 5

The next question asks about how closely you follow specific New Zealand high performance sports. To follow a sport means to watch it on television, listen to it on the radio, follow it on social media, or attend live events to watch.

How closely do you follow these high performance sports when New Zealand competes internationally?

Please answer on a scale of 1 to 5, where 1 = do not follow, and 5 = follow a lot.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	Do not follow (1)	2	3	4	Follow a lot (5)
Rowing	❍	❍	❍	❍	❍
Cycling	❍	❍	❍	❍	❍
Yachting	❍	❍	❍	❍	❍
Athletics	❍	❍	❍	❍	❍
Canoe Racing	❍	❍	❍	❍	❍
Snow Sports	❍	❍	❍	❍	❍
Equestrian	❍	❍	❍	❍	❍
Rugby sevens	❍	❍	❍	❍	❍
Paralympics	❍	❍	❍	❍	❍
Rugby Union	❍	❍	❍	❍	❍
Basketball	❍	❍	❍	❍	❍
Football	❍	❍	❍	❍	❍
Netball	❍	❍	❍	❍	❍
Hockey	❍	❍	❍	❍	❍
Tennis	❍	❍	❍	❍	❍
Cricket	❍	❍	❍	❍	❍
Rugby League	❍	❍	❍	❍	❍

Ask only if QRandAssign = 2

qHP21: QHP21. ANY OTHER HIGH-PERFORMANCE SPORT FOLLOWED | **Single coded**

Do you follow <u>any other</u> high-performance sports?

1 Yes - *Please specify (open ender)*

998 I do not follow any other high-performance sports **Fixed *Exclusive*

B002 - CORE: CORE SPINE | **End block**

B003 - DEMOGS: FINAL DEMOGRAPHICS — Begin block

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

q70: Q70. EMPLOYMENT STATUS — Multi coded

Not back | Min = 1

Which of these describe you?

Please select all that apply

Normal

1	Full-time in paid work (over 35 hours per week)
2	Part-time in paid work (34 hours or less per week)
3	Full-time unpaid work (over 35 hours per week)
4	Part-time unpaid work (34 hours or less per week)
5	Looking for work or unemployed
6	Secondary school student, please also specify what year you are in *Open
7	Full-time student (not at secondary school)
8	Part-time student (not at secondary school)
9	Looking after home and family
10	Retired
11	Beneficiary
12	Other

q73: Q73. COUNTRY OF BIRTH — Single coded

Not back

Which country were you born in?

Normal

1	New Zealand
2	Australia
3	Cook Islands
4	China (People's Republic of)
5	India
6	Philippines
7	Samoa
8	South Africa
9	United Kingdom (England, Scotland, Wales, Northern Ireland)
10	United States of America
996	Other (please specify) *Open *Fixed

Ask only if Q038 - q73 = NOT 1

Q093 – q74: Length of residence	Single coded

Not back

How long have you been living in New Zealand?

Normal

1	Less than five years
2	Five years or more

q75: Q75. ETHNICITY	Multi coded

Not back | Min = 1

Which ethnic group or groups do you identify with or belong to? This may be different from your nationality or citizenship

Please select all that apply

Normal

1	New Zealand European
2	Other European
3	New Zealand Māori
4	Cook Island Māori
5	Samoan
6	Tongan
7	Niuean
8	Fijian
9	Filipino
10	Chinese
11	Indian
12	African
13	Latin American
14	Middle Eastern
997	Prefer not to say **Fixed *Exclusive*
996	Other (please specify) **Open *Fixed*

NEW PAGE

INTRO: We want to better understand participation in physical activities of people with **long-term impairments, mental health, or neurodivergent conditions (long-term means lasting six months or more).**
If you feel uncomfortable about answering these questions, you can select the 'prefer not to answer' option.

NEXT PAGE

q138: Q138. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS **Matrix**

Not back | Number of rows: 6 | Number of columns: 4

The next question is about difficulties you may have doing certain activities. Do you have difficulty…

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	No, no difficulty	Yes, some difficulty	Yes, a lot of difficulty	Cannot do at all	Prefer not to say
Seeing, even if wearing glasses	❍	❍	❍	❍	❍
Hearing, even if using a hearing aid	❍	❍	❍	❍	❍
Walking or climbing steps	❍	❍	❍	❍	❍
Remembering or concentrating	❍	❍	❍	❍	❍
Washing all over or dressing	❍	❍	❍	❍	❍
Communicating, using your usual language, for example understanding or being understood by others	❍	❍	❍	❍	❍

q91: Neurodivergence **Single coded**

Not back

Do you consider yourself to be neurodivergent, and/or have you been diagnosed with a neurodivergent condition?

Neurodivergent conditions can include Autism/ASD, Attention Deficit Hyperactivity Disorder (ADHD), dyslexia, dyspraxia, Tourette Syndrome, and other conditions not listed here.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q92: Mental Health	Single coded

Not back

Do you consider yourself to have, and/or are you currently diagnosed as having, a mental health condition?

Mental health conditions include anxiety, depression, bipolar disorder, psychosis, addiction, trauma disorders (e.g., PTSD), and other conditions not listed here.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q93: Disabled – Tangata Whaikaha	Single coded

Not back

Do you identify as a disabled person or tangata whaikaha Māori?

This includes Māori and non-Māori who identify as disabled.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q78: Q78. HOUSEHOLD INCOME	Single coded

Not back

Which best describes your household's annual income before tax?

Normal

1	$30,000 or less a year
2	$30,001 - $40,000
3	$40,001 - $60,000
4	$60,001 - $80,000
5	$80,001 - $100,000
6	$100,001 - $120,000
7	$120,001 - $160,000
8	$160,001 - $200,000
9	Over $200,000
999	Prefer not to say / don't know **Fixed *Exclusive*

q94: Rainbow Communities — **Single coded**

Not back

Do you consider yourself part of rainbow communities?

Rainbow communities (or LGBTTQIAP+, MVPFAFF+ and/or Queer communities) is an umbrella term that covers all sexual and gender minorities, and people with variations of sex characteristics.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q104: Q104. CONSENT FOR DATA TO BE LINKED TO THE IDI — **Single coded**

Not back

To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your survey responses with other information about you held by Sport NZ and/or other third parties. Sport NZ will ensure your name and date of birth are removed after your survey responses have been combined with other information. The combined information will be used by authorised parties for research purposes only.

Is it OK if Sport NZ shares and/or combines your survey responses with other information about you for this purpose?

Normal

1	Yes
2	No

Ask only if q104 = 1

q82: Q82. First and Last name — **Alpha**

Not back

What is your name?

Scripter notes:
Text boxes for:
Given name (or first name)
Family name (or surname)
INCLUDE: Prefer not to say

Ask only if q104 = 1

q102: Q102. DATE OF BIRTH — **Numeric**

Not back | Min = 0 | Max = 0

When were you born?

(IF DESKPTOP) Please select the year and month from the dropdown list at the top of the calendar. Select the day from the calendar itself.

(IF MOBILE) Please type in the day, month, and year of your birth in the text box.

Scripter notes: Change question format based on Desktop or Mobile.
(IF DESKTOP) PLEASE INCLUDE THREE DROP DOWNS - FOR DAY, MONTH, YEAR
(IF MOBILE) PLEASE INCLUDE AN OPEN TEXT BOX FOR DATE OF BIRTH AS DD/MM/YYYY.
Include: Prefer not to say

Q79: Q79. RECONTACT CONSENT — **Single coded**

Not back

It is likely that more in-depth research will be carried out on this topic in the future.

Are you willing to provide your contact details so that Verian or Sport New Zealand can contact you and invite you to take part in further research?

Please note: providing your contact details does not put you under any obligation to participate.

Normal

1	Yes
2	No

q80: Q80. RECONTACT INFORMATION — **Alpha**

Not back

[IF q79=1] Please provide your contact details below. These details will also be used if you are the winner of the $1,000 Prezzy Card. Terms and conditions for the prize draw can be found here.
[IF Q79=2] Please provide your contact details below so that we can contact you if you are the winner of the $1,000 Prezzy Card. Please be assured that these details will only be used to contact the winner of the prize draw. Terms and conditions for the prize draw can be found here.

Scripter notes: We will need to link to the Terms and Conditions.
Text boxes for:
Given name (or first name)
Family name (or surname)
Phone
Email

Only one soft prompt if two or less fields are filled (no matter which fields): ["Please ensure you have filled in at least a name and a phone number or Email address, so we can contact you if you are a winner."] otherwise let respondents continue.

If Email address is entered, prompt for email validation if format isn't correct.

B003 - DEMOGS: FINAL DEMOGRAPHICS — **End block**

Q047 - DUMMY: REDIRECT TO YOUTH SURVEY **Single coded**

Not back | Dummy

SEE SCRIPTER NOTES

Normal

1	DUMMY

Scripter notes: IF Q5_3 (CHILDREN AGED 5-11) IS GREATER THAN ONE, REDIRECT TO FIRST 5-11 YEAR OLD SURVEY LINK. AUTOCODE Q60 TO CODE 3 (AGED 5-11)

Q048 - POSTQ81: SUBMISSION SCREEN TEXT **Text**

Not back

Those are all the questions about physical activity we have for you today. Thank you very much for your time. Should you have any queries, please do not hesitate to contact us at activenz@veriangroup.com.

QComment: Optional comment section **Text**

Not back

If you have any comments regarding the Active NZ survey you have just completed, such as any issues you encountered or concerns regarding certain questions, please let us know below.
Otherwise, you may click the arrow button below and close the survey.

Scripter notes: Please include an open text box below. Replies are optional. Respondents may proceed (Close survey) without providing any feedback.

Appendix 3: Active NZ 2025/26 Young People Questionnaire

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B001 - Intro: INTRO BLOCK
- QPASSWORD
- Q60: Hidden question Autocode
- Q60a: ChildAgeDummy
- Q61: ChildBehalfIntro
- Q017 – ChildNameDummy: Child Name Dummy Variable
- Pre_Q2: Intro Child Behalf
- hq2: AGE OF RESPONDENT
- SCROUT: Over 18
- Q66: Consent
- q3: Q3. YEAR AT SCHOOL
- Q67: Medium School
- QSI: NUMBER OF DAYS SPENT BEING PHYSICALLY ACTIVE FOR A TOTAL OF AT LEAST 60 MINUTES PER DAY?
- Q12: Q12: PHYSICAL ACTIVITY IN LAST 7 DAYS – OVERALL KPI (BEFORE ACTIVITY LIST)
- Q13: ACTIVITY LIST – NO
- Q13a: ACTIVITY LIST – YES

B004 – Activity_Loop: Loop of location and duration of each activity
- Q16: WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS
- Q16b: TIME SPENT DOING EACH ACTIVITY IN THE LAST 7 DAYS
- Q17: Q17. FACILITIES USED FOR PHYSICAL ACTIVITY
- q26: Q26. ACTIVITY MOTIVATION
- q22: WOULD YOU LIKE TO BE DOING MORE PHYSICAL ACTIVITY
- Q25N: WHICH ACTIVITIES WOULD YOU LIKE TO TRY OR DO MORE OF?
- Q23: BARRIERS TO PARTICIPATION FOR THOSE THAT DO WANT TO BE DOING MORE PHYSICAL ACTIVITY
- Q95: MUSCLE STRENGTHENING
- Q28: WHETHER USED ANY TECHNOLOGY TO MEASURE/HEALTH PHYSICAL ACTIVITY IN LAST 7 DAYS
- Q77: WHETHER RESPONDENT CURRENTLY BELONGS TO A GYM OR FITNESS CENTRE
- q39: Q39. CLUB MEMBERSHIP
- Q36b: VOLUNTEERING OUTSIDE OF SCHOOL IN THE LAST 7 DAYS
- Q36c: TIME VOLUNTEERING
- Intro02: ATTITUDES TOWARD PHYSICAL ACTIVITY
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- q117: Q117. TRUST [Rangatahi only]
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- qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT
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B003 – DEM01: Final Demographics
- q73: Q73. COUNTRY OF BIRTH
- q74: Length of residence
- q75: Q75. ETHNICITY
- q50N: Q50N. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS
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- Q59: INVOLVEMENT
- Q79: Q79. RECONTACT CONSENT
- Q84: PARENT CONFIRMATION
- Q85: Q85. PARENTAL CONSENT TO LINK TO IDI 12-15
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- Q81: NAME
- q51: Q51. RECONTACT INFORMATION
- q80: Q80. CONSENT FOR THE DATA OF 5-11 YEAR OLDS TO BE LINKED TO THE IDI
- Q82: RECORD CHILDS NAME
- Q75a: RECORD Date of Birth
- Q64: ANOTEHR CHILD LOOP

END B003 – DEM01: Final Demographics
- Q074 – CLOSECHILD: CLOSE IF 12-17
- Q075 – CLOSEADULT: CLOSE ADULT 5-11
- QComment: Optional comment section

B001 - B001: INTRO BLOCK — Begin block

QPASSWORD — Single coded

Not back | Dummy

Please enter your four letter password. It is printed on the front page of the letter.

Normal

OPEN *Four character limit*

Scripter notes: This question is only shown to those entering via the Child link. I.e., those aged 12-17. Do NOT show this question to Parents answering on behalf of children aged 5-11. They do not have an associated password.

Password is the four letter code associated with 8 digit ID in sample file. E.g., ABCD, FORN, WNTG, etc. Each ID has a code assigned. If the password they type in does not match their entered ID, show the following:
"The password you have entered is incorrect. Please review the eight digit code you are using and use the associated four letter password."
They can enter as many times as they like. We are not concerned with someone brute-forcing their way in.

Q60: Hidden question Autocode — Single coded

Not back | Dummy

Dummy Autocode

Normal

1	From Child code (age 12-17)
3	From Adult online (age 5-11)

Scripter notes: Hidden question for autocoding, those 12-17 will be coming through the Young people's link, those 5-11 will be coming through the adult link.

Q60a: ChildAgeDummy — Single coded

Not back | Dummy

holds texts for whether they are answering questions on behalf (5-11 year-old) or for themselves (12-17 year-old)

Normal

1	you
2	< name >

Scripter notes:
If Q60 = 1; Code 1 "You"
If Q60 = 3; Code 2 "<Name>"

Ask only if **Q007 - Q60**,3

Q61: ChildBehalfIntro **Text**

Not back

You said earlier that you had [insert number from adult survey Q5] children aged 5-11 in your household. We would like to ask some questions on behalf of one of your children in this age group, as it is important we understand their physical activity as well. These questions should take about 12 minutes and you will go into the draw to win one of ten $100 eGift Cards!

To make the survey easier for you to answer please insert below the name and age of each of your children aged 5-11…

Scripter notes: Show the number of lines to match number of children they mentioned at Adult link Q5. Text box for Given name (or first name), Family name (or surname), and for age – have a drop down of ages between 5 and 11
Make age compulsory to answer

Q017 - ChildNameDummy: Child Name Dummy Variable **Single coded**

Not back | Dummy

holds text for the childs name they are answering questions for

Normal

1	< Child Name >

Ask only if **Q60**,3

Pre_Q2: Intro Child Behalf **Text**

Not back

For this part of the survey we have randomly selected a child for you to complete the survey on behalf of. We would like you to complete the survey on behalf of **[ChildNameDummy].**

We encourage you to check in with **[ChildNameDummy]** if you are uncertain how they would answer and if possible do the questionnaire together.

Scripter notes: Randomly select Child from Q61

NEW PAGE

Firstly, some questions about you / [ChildNameDummy], to ensure we ask questions relevant to you / [ChildNameDummy] and your whānau/family.

If you need help answering any questions please ask your parent/caregiver.
To begin, click on the 'Next' button below. As you move through the survey, please use the buttons at the bottom of each screen. Do not use your browser buttons.
You can do the survey all in one go, or log in again to continue from where you left off

Scripter notes: Show for YP 12-17

Ask only if **Q60**,1

hq2: AGE OF RESPONDENT **Single coded**

Not back

How old [are you / is [ChildNameDummy]?

Normal

1	5 years old
2	6 years old
3	7 years old
4	8 years old
5	9 years old
6	10 years old
7	11 years old
8	12 years old
9	13 years old
10	14 years old
11	15 years old
12	16 years old
13	17 years old
14	18 years or over

Scripter notes: Ask only if Q60=1 (child aged 12-17) but show all codes
If 18 or over –close
If aged 5-11 - close
Autocode if Q61 answered

Ask only if Q60=1 and **hq2 =** 1,2,3,4,5,6,7,14

SCROUT: Over 18 **Text**

Not back

Thank you for taking the time to start this survey. Unfortunately, this survey is only for those aged 12 – 17. If you are 18 years old or older you will need to complete the survey at activenz.co.nz.

Default next item **END OF QUESTIONNAIRE**

Ask only if **Q60**,1

Q66: Consent — **Single coded**

Not back

I confirm that I have my parent/caregiver's consent to complete this survey (they gave the flyer to me to do the survey).

If you are not sure please ask them now.

Normal

1	Yes, I have consent
2	N0, I do not have consent *Close survey*

Scripter notes: If Q60=3 AND aged 12-15
If Q60=1 AND aged 5-15
One tick box
Close survey if code 2 selected
Close text: "Thank you for taking the time to start this survey. Unfortunately, you must have consent from your parent(s) or caregiver(s) to proceed."

q3: Q3. YEAR AT SCHOOL — **Single coded**

Not back

What year [are you / is [ChildNameDummy] in at school?

Normal

1	Year 0 / New Entrants
2	Year 1
3	Year 2
4	Year 3
5	Year 4
6	Year 5
7	Year 6
8	Year 7
9	Year 8
10	Year 9
11	Year 10
12	Year 11
13	Year 12
14	Year 13
15	[I am / [ChildNameDummy] is > no longer at school

Ask only if **q3**,1,2,3,4,5,6,7,8,9,10,11,12,13,14

Q67: Medium School	**Single coded**

Not back

[Do/does] [you / [ChildNameDummy] go to a Māori Medium school?

This could include a Kura Tuatahi, a Kura Arongatahi, or a Wharekura.

Normal

1	Yes
2	No
3	[I do/ [CHILD NAME] does] not go to school

QSI: NUMBER OF DAYS SPENT BEING PHYSICALLY ACTIVE FOR A TOTAL OF AT LEAST 60 MINUTES PER DAY?	**Single coded**

Not back

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, walking quickly, playing tag, cycling, kilikiti, dancing, kapa haka, skateboarding, scootering, swimming, football, and going to the gym. For the next question, add up all the time [you spend/[ChildNameDummy spends] in physical activity each day.

Over the past 7 days **(not including today)**, on how many days [were you/was [ChildNameDummy] physically active for a total of at least 60 minutes per day?

Normal

1	0 days
2	1 day
3	2 days
4	3 days
5	4 days
6	5 days
7	6 days
8	7 days

This survey is about any physical activity [you/ [ChildNameDummy] might do for sport, Physical Education (PE), exercise or fun. It could include anything [you/they] do at school, in your neighbourhood or at home like athletics, football, rugby, netball, biking, running/jogging, skateboarding and playing. There are no wrong answers. Please answer all the questions as best you can [on their behalf], and tell us what [you/they] really think and do.

Q12: Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE ACTIVITY LIST)	**Single coded**

Not back

In the last **7 days (not including today)** [have you/has [ChildNameDummy] done any **physical activity** specifically for sport, Physical Education (PE), exercise or fun?

Normal

1	Yes
2	No

Ask only if **Q12**,2

Q13: ACTIVITY LIST - NO	**Multi coded**

Not back | Min = 1

Just confirming that [you have/ [ChildNameDummy] has] not done any of the activities shown below. If this is correct please tick "Nothing in the last 7 days", otherwise please tick **all** the ways <you/<name>> [have/has] been **physically active** for sport, PE, exercise or fun in the last **7 days (not including today)**.
To keep our survey accessible but inclusive, when we mention a sport like 'cricket', it includes all types (e.g., beach cricket, wheelchair cricket, indoor cricket, blind cricket, etc.).
If you feel like the activity [you/they] participated in is not captured anywhere in the list, please tick **'other'** and specify.

Scripter Notes:
Show the below instruction text based on answers to Q60.

[IF CODE 60 = 1] This could have been at school, in your neighbourhood, on holiday, or at home. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.
Please select all that apply.

[IF CODE 60 = ~~2~~/3] This could have been at school, in your neighbourhood, on holiday, or at home.
Please select all that apply.

2	Running or jogging
3	Cross country
4	Tramping or hiking or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class
14	Climbing
15	Gymnastics
16	Dance or dancing
17	Cheerleading
18	Swimming
55	Surf lifesaving
19	Surfing or bodyboarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Rippa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or miniball
32	Cricket
33	Football
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
65	Golf - mini golf or mini putt
93	Golf - driving range
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing or snowboarding

46	Karate
47	Waka ama or waka hourua
48	Active games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding
49	Ultimate Frisbee
50	Parkour
51	Trampoline
66	Kai gathering
61	Something else? What was it? *Open *Fixed
62	Something else? What was it? *Open *Fixed
63	Something else? What was it? *Open *Fixed
998	Nothing in the last 7 days *Fixed *Exclusive

Scripter notes: Show code 998 at the start of the list.
Otherwise, randomize order of activities.

Also group the following activities (randomize order within groups)

Code 2 (Running/jogging) and code 3 (cross country)
Code 6 (Cycling/biking) and code 7 (mountain biking)
Code 55 (Surf life saving) and code 19 (Surfing / Bodyboarding)
Code 21 (Rowing) and code 22 (Canoeing/Kayaking)
Code 26 (Rugby or rippa rugby) and code 27 (Rugby league) and code 28 (Touch)
Code 33 (Football) and code 34 (Futsal)
Code 38 (Golf) and code 65 (Golf – Mini golf or mini-putt) and code 93 (Golf - driving range)
Code 42 (Adventure racing) and code 43 (Orienteering)
Code 48 (Active games) and code 53 (Playing on playground) and code 57 (Playing, running around, etc.)

Ask only if **Q12**,1

Q13a: ACTIVITY LIST - YES **Multi coded**

Not back | Min = 1

Please tick **all** the ways [you have/ChildNameDummy] has] been **physically active** for sport, PE, exercise or fun in the last **7 days (not including today)**.
To keep our survey accessible but inclusive, when we mention a sport like 'cricket', it includes all types (e.g., beach cricket, wheelchair cricket, indoor cricket, blind cricket, etc.).
If you feel like the activity [you/they] participated in is not captured anywhere in the list, please tick **'other'** and specify.

[IF CODE 60 = 1] This could have been at school, in your neighbourhood, on holiday, or at home. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.
[IF CODE 60 = 2/3] This could have been at school, in your neighbourhood, on holiday, or at home.
Please select all that apply

Random

2	Running or jogging
3	Cross country
4	Tramping or hiking or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class
14	Climbing
15	Gymnastics
16	Dance or dancing
17	Cheerleading
18	Swimming
55	Surf lifesaving
19	Surfing or bodyboarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Rippa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or miniball
32	Cricket
33	Football
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
65	Golf - mini golf or mini putt
93	Golf - driving range
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing or snowboarding

46	Karate
47	Waka ama or waka hourua
48	Active games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding
49	Ultimate Frisbee
50	Parkour
51	Trampoline
66	Kai gathering
61	Something else? What was it? *Open *Fixed
62	Something else? What was it? *Open *Fixed
63	Something else? What was it? *Open *Fixed
998	Nothing in the last 7 days *Fixed *Exclusive

Scripter notes:
Randomize order of activities.
Also group the following activities (randomize order within groups)

Code 2 (Running/jogging) and code 3 (cross country)
Code 6 (Cycling/biking) and code 7 (mountain biking)
Code 55 (Surf life saving) and code 19 (Surfing / Bodyboarding)
Code 21 (Rowing) and code 22 (Canoeing/Kayaking)
Code 26 (Rugby or rippa rugby) and code 27 (Rugby league) and code 28 (Touch)
Code 33 (Football) and code 34 (Futsal)
Code 38 (Golf) and code 65 (Golf – Mini golf or mini-putt)) and code 93 (Golf - driving range)
Code 42 (Adventure racing) and code 43 (Orienteering)
Code 48 (Active games) and code 53 (Playing on playground) and code 57 (Playing, running around, etc.)

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Enter loop only if
(Q12 =1 (Yes) AND Q13a ≠ 998 (Nothing in last 7 days))
OR
(Q12 = 2 (No) AND Q13 ≠ 998 (Nothing in last 7 days))

B004 - Activity_Loop: Loop of location and duration of each activity	**Begin repeater block**

Normal

Q16: WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS	**Multi coded**

Not back | Min = 1

Where or how did [you / [ChildNameDummy] do **[insert activity]** in the **last 7 days?**

Please select all that apply

Normal

1	In PE or class at school
2	In a competition or tournament
3	For exercise, training or practicing **with** a coach/instructor
6	For exercise, training or practicing **without** a coach/instructor
4	Playing or hanging out with family/whānau or friends
5	Playing on [my / their] own
7	[I have / [Name] has] not done this in the last 7 days **Exclusive*

Scripter notes: Each activity shown one at a time (Q16 and Q16b shown as a loop for each activity)
Show responses selected at Q13/Q13a (activities done in the last 7 days)
Pipe 'other specify' responses
Only show "In PE or fitness class at school" if at school (Q3=not code 15)
If Code 7 selected stop asking about this activity.

Randomize order of activities asked.
Group the below activities and randomize order shown within group (If two or more from a group are asked)

Code 2 (Running/jogging) and code 3 (cross country)
Code 6 (Cycling/biking) and code 7 (mountain biking)
Code 55 (Surf life saving) and code 19 (Surfing / Bodyboarding)
Code 21 (Rowing) and code 22 (Canoeing/Kayaking)
Code 26 (Rugby or rippa rugby) and code 27 (Rugby league) and code 28 (Touch)
Code 33 (Football) and code 34 (Futsal)
Code 38 (Golf) and code 65 (Golf – Mini golf or mini-putt) and code 93 (Golf - driving range)
Code 42 (Adventure racing) and code 43 (Orienteering)
Code 48 (Active games) and code 53 (Playing on playground) and code 57 (Playing, running around, etc.)

Rows use mentioned answers from **Q16**

Q16b: TIME SPENT DOING EACH ACTIVITY IN THE LAST 7 DAYS Matrix

Not back | Number of rows: 6 | Number of columns: 25

About how many minutes did <you/[ChildNameDummy] spend doing [**insert activity]** in the last **7 days** (not including today) when...?

Rows: Normal | Columns: Normal

Rendered as Dynamic Grid

		About 15 minutes	About 30 minutes	About 45 minutes	About 1 hour	About 1.5 hours	About 2 hours	About 3 hours	About 4 hours	About 5 hours	About 6 hours	About 7 hours	About 8 hours	About 9 hours	About 10 hours	About 11 hours	About 12 hours	About 13 hours	More than 14 hours
1	In PE or class at school	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍
2	In a competition or tournament	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍
3	For exercise, training or practising **with** a coach/instructor	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍
6	For exercise, training or practicing **without** a coach/instructor	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍
4	Playing or hanging out with family/whānau or friends	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍
5	Playing on [my / their] own	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍

Scripter notes: Note: Show one activity at a time, with only the columns selected at Q16
Show responses selected at Q13/Q13a (activities done in the last 7 days)
Pipe 'other specify' responses
Please display number of minutes as dropdown box for each row.

Q17: Q17. FACILITIES USED FOR PHYSICAL ACTIVITY **Multi coded**

Not back | Min = 1

Where have you / has [Child Name] done [insert activity] in the last **7 days (not including today)**?

Public facilities *are open to all members of the community and are often council owned or managed.*
Private facilities *are owned and maintained by a single individual, family or institution.*

Please select all that apply

Normal

1	At school or on school grounds (during school hours)
2	At school or on school grounds (outside of school hours)
3	At home
4	Outdoor public facilities (e.g. skate park, playground, sports field/turf)
5	Outdoor private facilities (e.g. campground, family/friend's garden)
6	Indoor public facilities (e.g. community hall, church, marae, indoor pool)
7	Indoor private facilities (e.g. dance/yoga/martial arts studios, gym)
8	Other outdoor locations (e.g. beach, lake, bush, footpath)
996	Other (please specify) *Open *Fixed
998	None of the above **Fixed *Exclusive*

Scripter notes: Show responses selected at Q13/Q13a (activities done in the last 7 days) but exclude any activities that respondent selected code 7 (I have not done this in the last 7 days) at Q16
Pipe 'other specify' responses

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Ask only if Q12 = 1 and Q13a ≠ 998 (Nothing in last 7 days)

q26: Q26. ACTIVITY MOTIVATION — **Multi coded**

Not back

People do different activities for different reasons at different times. Thinking about the most recent physical activity [you/[ChildNameDummy] [have/has] done, what were the main reasons [you/they] did this activity?

Please select all that apply

Random

1	For physical wellbeing (exercise, fitness or health)
2	To lose or maintain weight or look good
3	For emotional wellbeing (e.g. to relax or unwind)
4	To physically challenge [myself/themselves] or to win
5	To spend time with whānau/family and friends
6	To meet people or be part of a group
7	To learn or practise a new skill
8	For fun
9	To connect to [my/their] culture, environment and whapakapa/heritage
10	To give [me/them] a sense of purpose and/or spiritual wellbeing
11	Another reason, please specify: *Open* *Fix to bottom*

q22: WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY — **Single coded**

Not back

Would [you / [ChildNameDummy] like to be doing more physical activity for sport, PE, exercise or fun than what [you / they] do now?]

Normal

1	Yes - [I / they] would like to be doing more
2	No

Ask only if **Q22**,1

Q25N: WHICH ACTIVITIES WOULD YOU LIKE TO TRY OR DO MORE OF? — **Multi coded**

Not back | Min = 1

Which, if any, of the following activities would you/ [ChildNameDummy] like to try or do more of?

Random

2	Running or jogging
3	Cross country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance or dancing
17	Cheerleading
18	Swimming
55	Surf lifesaving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Rippa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or miniball
32	Cricket
33	Football or soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama

48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding
49	Ultimate Frisbee
50	Parkour
51	Trampoline
64	Golf - driving range
65	Golf – mini golf or mini putt
996	Something else? What was it? *Open *Fixed
999	Don't know *Fixed *Exclusive

Scripter notes:
Randomize order of activities.
Also group the following activities (randomize order within groups)

Code 2 (Running/jogging) and code 3 (cross country)
Code 6 (Cycling/biking) and code 7 (mountain biking)
Code 55 (Surf life saving) and code 19 (Surfing) AND code 20 Bodyboarding or boogie boarding
Code 21 (Rowing) and code 22 (Canoeing/Kayaking)
Code 26 (Rugby or rippa rugby) and code 27 (Rugby league) and code 28 (Touch)
Code 33 (Football) and code 34 (Futsal)
Code 38 (Golf) and code 65 (Golf – Mini golf, mini-putt)) and code 64 (Golf - driving range)
Code 42 (Adventure racing) and code 43 (Orienteering)
Code 48 (Active games) and code 53 (Playing on playground) and code 57 (Playing, running around, etc.)

Ask only if **Q22**,1

q23: BARRIERS TO PARTICIPATION FOR THOSE THAT DO WANT TO BE DOING MORE PHYSICAL ACTIVITY | **Multi coded**

Not back | Min = 1

Earlier you said [you / they] want to try or do more activities. Why [are you / is [ChildNameDummy] not doing as much physical activity as [you / they] would like?

You can select more than one reason.

Random

1	Too hard to get to training, games or competitions
2	No places nearby to do what [I/they] want to do
3	[I don't / Doesn't] have the equipment [I/they] need
4	[My family / Family] can't afford it
5	[I'm / Is] too tired / don't have the energy
6	It's too hard to motivate [myself / themselves]
7	[I'm / Is] not fit enough
8	[I am / Is] injured
13	[I'm not / Not] confident enough
15	[I / they] don't want to fail
16	[My / Their] school doesn't offer physical activities [I'm / they're] interested in
18	PE/Fitness classes at school are not fun
19	Not enough PE offered at school
20	[My parents / We] want [me / them] to focus on [my / their] schoolwork/other activities
21	[My / Their] friends aren't physically active
23	[I have / Has] no one to do it with / [I have / Has] no one to do physical activity with
25	[I don't / Doesn't] like other people seeing [me / them] being physically active
26	[I prefer / Prefers] to do other things
29	The weather
30	Can't fit it in with other family member's activities
33	Too busy
996	Another reason, please tell us why: **Open *Fixed to bottom*

Scripter notes: Show codes 16, 18, and 19 only if Q3 ≠ 15 (Not attending school)

Ask only if **hq2,**11,12,13

Q95: MUSCLE STRENGHTENING **Single coded**

Not back

In the last 7 days, on how many days have you done **muscle strengthening** activities?

Muscle strengthening activity could include lifting weights, resistance exercises or yoga.

Normal

1	0 days
2	1 day
3	2 days
4	3 days
5	4 days
6	5 days
7	6 days
8	7 days
999	Don't know **Fixed *Exclusive*

Ask only if Q12 = 1 AND **Q13a NOT =** 998

Q28: WHETHER USED ANY TECHNOLOGY TO MEASURE/HELP PHYSICAL ACTIVITY IN LAST 7 DAYS **Single coded**

Not back

In the last **7 days (not including today)** [have you / has [ChildNameDummy] used any **technology** (Fitbits, smartphone apps, pedometers etc.) when [you / they] have been **physically active** for sport, PE, exercise or fun?

Normal

1	Yes
2	No

Ask only if **hq2**,11,12,13

Q77: WHETHER RESPONDENT CURRENTLY BELONGS TO A GYM OR FITNESS CENTRE **Single coded**

Not back

Do you currently belong to a gym or fitness centre?

Normal

1	Yes
2	No

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q39: Q39. CLUB MEMBERSHIP **Multi coded**

Not back

Are you / Is [ChildNameDummy] currently a member of any sport teams or recreation groups/clubs (other than a gym or fitness centre)?

This could include things like football, mini-ball, karate, kapa haka, netball.

Normal

1	Yes, at school
2	Yes, outside of school
3	No **Fixed Exclusive*

Ask only if **hq2**,8,9,10,11,12,13

Q36b: VOLUNTEERING OUTSIDE OF SCHOOL IN THE LAST 7 DAYS **Multi coded**

Not back | Min = 1

Have you volunteered in any of these roles in the last **7 days (not including today)** outside of PE or classes at school?

Please tick all that apply to you

Normal

1	Coach or assistant coach
2	Official (e.g. referee, umpire, scorer)
3	Group/Team manager or assistant manager
4	Club administrator
5	Helper (e.g. ball boy or ball girl)
6	Lifeguard
8	Activity leader (e.g. Kapa Haka leader)
9	Event organiser or assistant for a physical activity or event
10	None of these in last 7 days **Excusive**

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Ask only if **hq2**,8,9,10,11,12,13 AND **Q36b** ≠ 10

Q36c: TIME VOLUNTEERING	**Numeric**

Not back | Min = 1

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

_____ hours (range 1–168) _____minutes (range 1-59)

- Don't know (Code 999)

Scripter notes:

If 36c>30 AND <168 hours, display message: Please review your answer to confirm it is correct before proceeding.

If 36c>168 hours, display message: Please review your answer, the hours entered have exceeded the total of 7 days.

Intro02: ATTITUDES TOWARD PHYSICAL ACTIVITY	**Text**

Not back

[Your / [ChildNameDummy]'s attitudes towards physical activity

The next few questions are about what **[you think or feel / [ChildNameDummy] thinks or feels].** Some people enjoy being physically active for sport, PE, exercise or fun, while others like doing different things. Please tell us how **[you feel and what you think / [ChildNameDummy]** thinks and feels]. There are no wrong answers.

Q39a: ATTITUDES TOWARD PHYSICAL ACTIVITY	**Matrix**

Not back | Number of rows: 22 | Number of columns: 5

How much [do/does] [you / [ChildNameDummy] agree or disagree with each statement.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

		Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
2	People in [my / their] life encourage [me / them] to take part in physical activities	❍	❍	❍	❍	❍
6	[I / They] like [my / their] parents/family to be involved in [my / their] sport and physical activities	❍	❍	❍	❍	❍
7	[I / They] find electronic games more exciting to play than the real life ones	❍	❍	❍	❍	❍
10	I prefer to do physical activity that is more flexible and less structured	❍	❍	❍	❍	❍
11	[I am / [name] is] good at lots of different physical activities	❍	❍	❍	❍	❍
12	[I have / [name] has] the chance to do the physical activities [I / they] want	❍	❍	❍	❍	❍
13	[I want / [name] wants] to take part in physical activities	❍	❍	❍	❍	❍
14	[I understand / [name] understands why taking part in physical activity is good for [me / them]	❍	❍	❍	❍	❍
15	[I feel confident / [name] feels confident] to take part in lots of different activities	❍	❍	❍	❍	❍
19	[I have / [name] has] support in [my/their] community to do the physical activities [I / they] want	❍	❍	❍	❍	❍
20	[I have / [name] has] access to spaces and places where [I / they] can do the physical activities [I / they] want	❍	❍	❍	❍	❍
23	[Me and my family/whānau / [[name] and their family/whānau]] enjoy being physically active together	❍	❍	❍	❍	❍
24	[I have / [name] has] the chance to explore [my/their] whakapapa/heritage and culture through physical activity	❍	❍	❍	❍	❍
25	Being physically active is an important part of Aotearoa New Zealand culture	❍	❍	❍	❍	❍
26	[I feel / [name] feels] connected to the spaces and places available for [me / them] to be physically active	❍	❍	❍	❍	❍
27	To help ensure we are capturing responses from humans please select '**agree a little**' for this question *Fixed to bottom, always show last*	❍	❍	❍	❍	❍

Scripter notes:

Sub wording in brackets depending on Q60 Autocode (1 or 3)

Show Statement 10 only to those 12-17.

Ask only if **Q60**,1

q117: Q117. TRUST Rangatahi only — **Matrix**

Not back | Number of rows: 3 | Number of columns: 6

'Integrity issues' refers to a range of things, including abusive, unethical or dishonest behaviour such as sport doping or match fixing, and concerns around inclusivity and safety.
How much do you trust, or not, the following?

Please answer on a scale of 1 to 5, where 1 = no trust at all, and 5 = complete trust

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	1 = No trust at all	2	3	4	5 = Complete trust	Don't know (Code 999) *Fixed *Exclusive
Organisations involved in play, active recreation and sport in New Zealand to handle integrity issues appropriately and effectively	❍	❍	❍	❍	❍	❍
New Zealand's athletes and teams to act with integrity	❍	❍	❍	❍	❍	❍

Q48: SATISFACTION WITH LIFE — **Single coded**

Not back | Handle as scale

On a scale from 0 to 10, where 0 is very unhappy and 10 is very happy, in general how happy <are you / is [ChildNameDummy]?

Normal

0	0 - Very unhappy
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10 - Very happy

Q49: Q49. AMOUNT OF TIME SLEEPING IN 24 HOURS **Numeric**

Not back | Min = 1 | Max = 24

How many hours of sleep do you / does [Child Name] usually get in a 24 hour period, including all naps and sleeps?

Enter whole numbers. Round 30 minutes or more up to the next whole hour and round 29 or fewer minutes down.

_____ hours (range 1–24)

- Don't know (Code 999)

Scripter notes:

If Q49<4 hours, display message: A person is unlikely to usually sleep less than 4 hours in a 24-hour period. Please review your answer to confirm it is correct before proceeding.

If Q49>12 hours, display message: A person is unlikely to usually sleep more than 12 hours in a 24-hour period. Please review your answer to confirm it is correct before proceeding.

NEW PAGE

INTRO 8-11 y/o:
The next question is about New Zealand athletes and teams. It includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team).

INTRO 12-17 y/o:
The next questions are about high performance sport in New Zealand. High performance sport is all forms of sport that are played at the nationally representative and international levels. It includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team).

NEXT PAGE

qHP4: QHP4. **Matrix**

Not back | Number of rows: 3 | Number of columns: 10

How strongly [do you / does [child name]] feel the following?

Please answer on a scale of 1 to 10, where 1 = not at all, and 10 = very strongly.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	1 = Not at all	2	3	4	5	6	7	8	9	10 = Very strongly
[I/they] feel inspired by New Zealand athletes and teams	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍

Scripter notes: ASK TO THOSE AGED 8+ ONLY

Ask only if **Q60**,1

qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT | **Matrix**

Not back | Number of rows: 18 | Number of columns: 5

The next question asks about how closely you follow specific New Zealand high performance sports. To follow a sport means to watch it on television, listen to it on the radio, follow it on social media, or attend live events to watch.

How closely do you follow these high performance sports when New Zealand competes internationally?

Please answer on a scale of 1 to 5, where 1 = do not follow, and 5 = follow a lot.

Rows: Random | Columns: Normal

Rendered as Dynamic Grid

	Do not follow (1)	2	3	4	Follow a lot (5)
Rowing	❍	❍	❍	❍	❍
Cycling	❍	❍	❍	❍	❍
Yachting	❍	❍	❍	❍	❍
Athletics	❍	❍	❍	❍	❍
Canoe Racing	❍	❍	❍	❍	❍
Snow Sports	❍	❍	❍	❍	❍
Equestrian	❍	❍	❍	❍	❍
Rugby sevens	❍	❍	❍	❍	❍
Paralympics	❍	❍	❍	❍	❍
Rugby Union	❍	❍	❍	❍	❍
Basketball	❍	❍	❍	❍	❍
Football	❍	❍	❍	❍	❍
Netball	❍	❍	❍	❍	❍
Hockey	❍	❍	❍	❍	❍
Tennis	❍	❍	❍	❍	❍
Cricket	❍	❍	❍	❍	❍
Rugby League	❍	❍	❍	❍	❍

Scripter notes: I don't know if an other (specify) can be done in a matrix like this, but apparently this is how it was done previously

Ask only if **Q60**,1

qHP21: QHP21. ANY OTHER HIGH-PERFORMANCE SPORT FOLLOWED | **Single coded**

Do you follow <u>any other</u> high-performance sports?

1	Yes - *Please specify (open ender)*
998	I do not follow any other high-performance sports **Fixed *Exclusive*

B003 - DEMO1: Final Demographics — **Begin block**

q73: Q73. COUNTRY OF BIRTH — **Single coded**

Not back

Which country [were/was] [you/ [ChildNameDummy] born in?

Normal

1	New Zealand
2	Australia
3	Cook Islands
4	China (People's Republic of)
5	India
6	Philippines
7	Samoa
8	South Africa
9	United Kingdom (England, Scotland, Wales, Northern Ireland)
10	United States of America
996	Other (please specify) **Open *Fixed*

Ask only if q73 = NOT 1

q74: Length of residence — **Single coded**

Not back

How long [have you/ has [ChildNameDummy] been living in New Zealand?

Normal

1	Less than five years
2	Five years or more

q75: Q75. ETHNICITY **Multi coded**

Not back | Min = 1

Which ethnic group or groups [do you/ does [ChildNameDummy] identify with or belong to? This may be different from [your/their] nationality or citizenship

Please select all that apply

Normal

1	New Zealand European
2	Other European
3	New Zealand Māori
4	Cook Island Māori
5	Samoan
6	Tongan
7	Niuean
8	Fijian
9	Filipino
10	Chinese
11	Indian
12	African
13	Latin American
14	Middle Eastern
997	Prefer not to say **Fixed *Exclusive*
996	Other (please specify) **Open *Fixed*

NEW PAGE

INTRO: We want to better understand participation in physical activities of people with **long-term impairments, mental health, or neurodivergent conditions (long-term means lasting six months or more).**
If you [or [childname]] feel uncomfortable about answering these questions, you can select the 'prefer not to answer' option.

NEXT PAGE

q50N: Q50N. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS **Matrix**

Not back | Number of rows: 6 | Number of columns: 4

The next question is about difficulties [you/ [ChildNameDummy] may have doing certain activities. [Do you/ Does ChildNameDummy] have difficulty…

Rows: Normal | Columns: Normal

Rendered as Dynamic Grid

	No, no difficulty	Yes, some difficulty	Yes, a lot of difficulty	Cannot do at all	Prefer not to answer
Seeing, even if wearing glasses	❍	❍	❍	❍	❍
Hearing, even if using a hearing aid	❍	❍	❍	❍	❍
Walking or climbing steps	❍	❍	❍	❍	❍
Remembering or concentrating	❍	❍	❍	❍	❍
Washing all over or dressing	❍	❍	❍	❍	❍
Communicating, using [your / their] usual language, for example understanding or being understood by others	❍	❍	❍	❍	❍

q91: Neurodivergence **Single coded**

Not back

Do you / Does [ChildNameDummy] consider yourself / themselves to be neurodivergent, and/or have you / they been diagnosed with a neurodivergent condition?

Neurodivergent conditions can include Autism/ASD, Attention Deficit Hyperactivity Disorder (ADHD), dyslexia, dyspraxia, Tourette Syndrome, and other conditions not listed here.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q92: Mental Health	Single coded

Not back

Do you / Does [ChildNameDummy] consider yourself / themselves to have, and/or are you / they currently diagnosed as having, a mental health condition?

Mental health conditions include anxiety, depression, bipolar disorder, psychosis, addiction, trauma disorders (e.g., PTSD), and other conditions not listed here.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

q93: Disabled – Tangata Whaikaha	Single coded

Not back

Do you / Does [ChildNameDummy] identify as a disabled person or tangata whaikaha Māori?

This includes Māori and non-Māori who identify as disabled.

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

Q9: DEMO GENDER	Single coded

Not back

What gender [do you / does [ChildNameDummy] identify with?

Gender refers to a person's internal sense of identity and may or may not respond with sex recorded at birth.

Normal

1	Male
2	Female
996	Another gender (please type in) **Open *Fixed*

Ask only if HQ2 = 12 OR 13

q94: Rainbow Communities **Single coded**

Not back

Rainbow communities (or LGBTTQIAP+, MVPFAFF+ and/or Queer communities) is an umbrella term that covers all sexual and gender minorities, and people with variations of sex characteristics.

Do you consider yourself part of rainbow communities?

Normal

1	Yes
2	No
999	Don't know
997	Prefer not to say

Q59: INVOLVEMENT **Single coded**

Not back

[VERSION A] Can you please indicate how much [ChildNameDummy] was involved when you answered these questions on his/her behalf?
[VERSION B] Can you please indicate how much your parent/caregiver was involved when you completed this survey?

Normal

1	Very involved
2	Quite involved
3	Not very involved
4	Not at all involved

Scripter notes: Version A is asked of parents e.g. Q60 = 3
Version B asked of rangatahi e.g. Q60 = 1

Ask only if **hq2**,11,12,13

Q79: Q79. RECONTACT CONSENT **Single coded**

Not back

It is likely that more in-depth research will be carried out on this topic in the future.

Are you willing to provide your contact details so that Verian or Sport New Zealand are able to contact you and invite you to take part in further research?

Please note: providing your contact details does not put you under any obligation to participate.

Normal

1	Yes
2	No

Ask only if **hq2**,8,9,10,11

Q84: PARENT CONFIRMATION **Single coded**

Not back

If a parent/guardian is nearby, can you please ask them to fill in the following questions and then hand the survey back to you.

PARENT / GUARDIAN: Can you confirm you are the parent/guardian of the person who has completed this survey?

Normal

1	Yes - I am a parent/guardian of the person who has completed the survey
2	No - a parent/guardian is not available

Ask only if **hq2**,8,9,10,11 and only if **Q60**,1

Q85: Q85. PARENTAL CONSENT TO LINK TO IDI 12-15 **Single coded**

Not back

To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your child's survey responses with other information held by Sport NZ and/or other third parties. Sport NZ will ensure your child's name and date of birth are removed after their survey responses have been combined with other information. The combined information will be used by authorized parties for research purposes only.

Is it OK if Sport NZ shares and/or combines your child's survey responses with other information about them for this purpose?

Once completed, please pass the survey back to your child.

Normal

1	Yes
2	No

Scripter notes: IF Q84 = 2 (NO GUARDIAN [PRESENT) AUTOCODE q85 TO NO CONSENT (CODE 2) AND SKIP TO PRIZE DRAW (Q51)

Ask only if **hq2**,12,13 and only if **Q60**,1

Q87: Q87. PARENTAL CONSENT TO LINK TO IDI 16+ **Single coded**

Not back

To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your survey responses with other information about you held by Sport NZ and/or other third parties. Sport NZ will ensure your name and date of birth are removed after your survey responses have been combined with other information. The combined information will be used by authorised parties for research purposes only.

Is it OK if Sport NZ shares and/or combines your survey responses with other information about you for this purpose?

Normal

1	Yes
2	No

Ask only if (**Q85**,1 OR Q87,1)

Q81: NAME **Multi coded**

Not back | Min = 1

Please enter your name below.

if **hq2**,8,9,10,11:
This information will be used to link your personal information with other routinely collected government data if a parent, guardian or an adult from your household has given us permission to do so.

if **hq2**, 12, 13:
This information will be used to link your personal information with other routinely collected government data if you have given us permission to do so.

Normal

1	Given name (or first name) **Open*
2	Family name (or surname) **Open*

Scripter notes: PLEASE INCLUDE TWO TEXT BOXES ONE FOR FIRST NAME AND ONE FOR LAST NAME
INCLUDE: Prefer not to say

Ask only if **hq2:** 8, 9, 10, 11, 12, 13

q51: Q51. RECONTACT INFORMATION **Alpha**

Not back

Please provide your contact details below so that we can email you your $10 eGift Card.
Please note that we only pay out **one** $10 incentive to each person that completes the survey.

Scripter notes: Please remove link to the Terms and Conditions.

Make entries optional.

text boxes:
Given name (or first name):
Family name (or surname):
Phone number:
Email: If Email address is entered, prompt for email validation if format isn't correct.

Include: I do not want to receive an incentive [Exclusive]

Email field is mandatory, unless ": I do not want to receive an incentive" is selected. Prompt for email if missing:
"Please ensure you have filled in at least an Email address, so we can contact you if you are a winner."

Ask only if **Q60**,3

q80: Q80. CONSENT FOR THE DATA OF 5-11 YEAR OLDS TO BE LINKED TO THE IDI — **Single coded**

Not back

To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your survey responses (on behalf of your child) with other information held by Sport NZ and/or other third parties. Sport NZ will ensure your child's name and date of birth are removed after your survey responses have been combined with other information. The combined information will be used by authorised parties for research purposes only.

Is it OK if Sport NZ shares and/or combines your survey responses about your child with other information about them for this purpose?

Normal

1	Yes
2	No

Ask only if **Q60**,3 and **q80**,1

Q82: RECORD CHILDS NAME — **Alpha**

Not back

Please record the child's name so that their personal information can be linked.

Scripter notes: Test boxes
Given name (or first name):
Family name (or surname):
Include: Prefer not to say

Ask only if Q80,1 OR **Q85**,1 OR Q87,1

Q75a: RECORD Date of Birth — **Alpha**

Not back | Min = 0 | Max = 0

When [were/was] [you/ [ChildNameDummy] born?

(IF DESKTOP) Please select the year and month from the dropdown list at the top of the calendar
(IF MOBILE) Please type in the day, month, and year in the text box below

Scripter notes: Change question format based on Desktop or Mobile.
(IF DESKTOP) PLEASE INCLUDE THREE DROP DOWNS - FOR DAY, MONTH, YEAR
(IF MOBILE) PLEASE INCLUDE AN OPEN TEXT BOX FOR DATE OF BIRTH AS DD/MM/YYYY.
Include: Prefer not to say

Ask only if **Q60,**3 and more than 1 child aged 5-11
Skip if

Q64: ANOTHER CHILD LOOP — **Single coded**

Not back

Would you be interested in completing the survey for another of your children aged 5-11? You would get another entry into the prize draw for one of ten $100 eGift Cards.

Normal

1	Yes
2	No

B003 - DEMO1: Final Demographics — **End block**

Ask only if **Q60**,1

Q074 - CLOSECHILD: CLOSE IF 12-17 — **Alpha**

Answer not required | Not back

Those are all the questions about physical activity we have for you today. Thank you very much for your help. Please make sure you write your name on the invitation to show which survey code you used. You can expect to receive the $10 eGift Card within 2 weeks. It will be sent to the email address you provided.

If there are others in your household aged 12 to 17 who would like to complete the survey, please pass on the invitation, or otherwise recycle.

If you have any queries don't hesitate to contact us on activenz@veriangroup.com.

Ask only if **Q60**,3

Q075 - CLOSEADULT: CLOSE ADULT 5-11 **Alpha**

Answer not required | Not back

Thank you very much for your help in completing this survey. Your responses are extremely valuable and will help make sure that the changing needs of New Zealanders of all ages are known when the government, councils and organisations make decisions relating to sport and recreation.
Please provide your contact details below so that we can contact you if you are the winner of one of ten $100 eGift Cards. Terms and conditions for the prize draw can be found here. [insert link to terms and conditions here]

Scripter notes: Needs date confirmation for e-Gift Card

Boxes for
Given name (or first name):
Family name (or surname):
Phone:
Email:

Only one soft prompt if two or less fields are filled (no matter which fields), otherwise let respondents continue.
Soft prompt: "Please ensure you have filled in at least a name and a phone number or Email address, so we can contact you if you are a winner."

If Email address is entered, prompt for email validation if format isn't correct.

QComment: Optional comment section **Text**

Not back

If you have any comments regarding the Active NZ survey you have just completed, such as any issues you encountered or concerns regarding certain questions, please let us know below.
Otherwise, you may click the arrow button below and close the survey.

Scripter notes: Please include an open text box below. Replies are optional. Respondents may proceed (Close survey) without providing any feedback.

Appendix 4: Weighting matrices

Weighting of the adult dataset

Ethnicity	Population proportion 2025/26
Māori	15%
Pacific	7%
Asian	17%

2025/26

Gender within RST Population proportion[26]	18-24 Male	18-24 Female	25-49 Male	25-49 Female	50-64 Male	50-64 Female	65+ Male	65+ Female
Sport Northland	0.2%	0.2%	0.7%	0.7%	0.5%	0.5%	0.5%	0.6%
Harbour Sport	0.4%	0.4%	1.9%	1.9%	1.0%	1.0%	0.8%	0.9%
Sport Auckland	0.6%	0.6%	2.1%	2.1%	0.9%	0.9%	0.7%	0.8%
Counties Manukau Sport	0.7%	0.7%	2.7%	2.7%	1.2%	1.2%	0.8%	0.9%
Sport Waitakere	0.3%	0.3%	1.3%	1.3%	0.6%	0.6%	0.4%	0.4%
Sport Waikato	0.6%	0.5%	2.1%	2.1%	1.1%	1.2%	1.1%	1.2%
Sport Bay of Plenty	0.3%	0.3%	1.3%	1.4%	0.8%	0.8%	0.8%	0.9%
Sport Gisborne	0.1%	0.0%	0.2%	0.2%	0.1%	0.1%	0.1%	0.1%
Sport Taranaki	0.1%	0.1%	0.5%	0.5%	0.3%	0.3%	0.3%	0.3%
Sport Whanganui	0.1%	0.1%	0.3%	0.3%	0.2%	0.2%	0.2%	0.2%
Sport Hawke's Bay	0.2%	0.2%	0.7%	0.7%	0.4%	0.5%	0.4%	0.5%
Sport Manawatu	0.2%	0.2%	0.7%	0.7%	0.4%	0.4%	0.4%	0.5%
Sport Wellington	0.7%	0.7%	2.3%	2.4%	1.2%	1.3%	1.0%	1.1%
Sport Tasman	0.1%	0.1%	0.6%	0.7%	0.5%	0.5%	0.5%	0.5%
Sport Canterbury	0.8%	0.7%	2.9%	2.9%	1.6%	1.7%	1.4%	1.6%
Sport Otago	0.4%	0.4%	1.0%	1.0%	0.6%	0.6%	0.5%	0.6%
Sport Southland	0.1%	0.1%	0.4%	0.4%	0.3%	0.3%	0.2%	0.2%

[26] In some instances, some of the age cells needed to be collapsed due to small sample sizes. Weights still reflected the targets at the overall level.

Weighting of the Active NZ Young People dataset

Ethnicity	Population proportion **2025/26**
Māori	27%
Pacific	14%
Asian	18%

2025/26

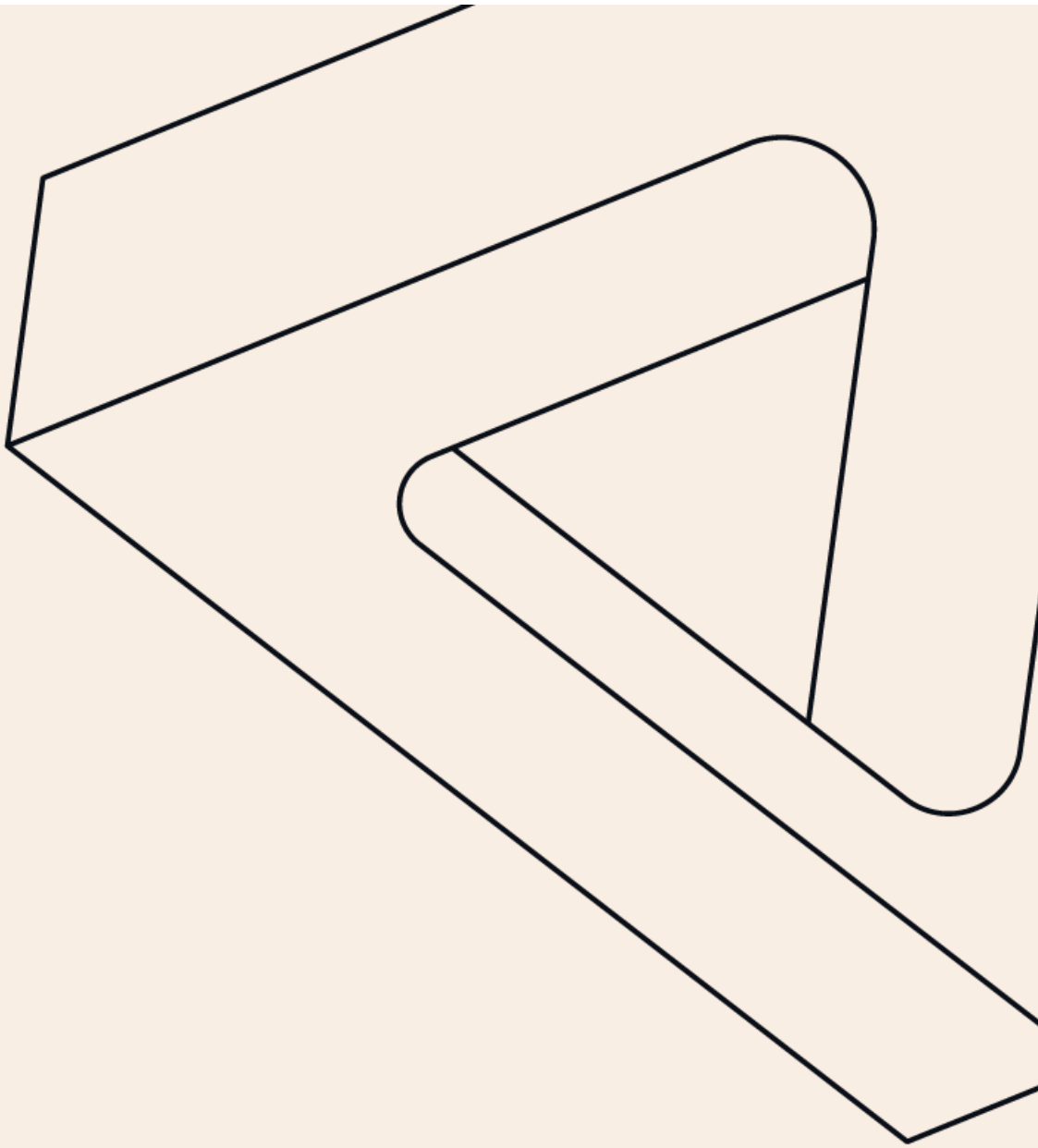
Age within RST Population proportion	5-11 years Male	5-11 years Female	12-17 years Male	12-17 years Female
Sport Northland	1.1%	1.1%	1.0%	0.9%
Harbour Sport	2.3%	2.2%	2.0%	1.9%
Sport Auckland	1.8%	1.7%	1.8%	1.7%
Counties Manukau Sport	3.6%	3.5%	3.2%	3.0%
Sport Waitakere	1.5%	1.4%	1.3%	1.2%
Sport Waikato	2.9%	2.7%	2.6%	2.4%
Sport Bay of Plenty	1.9%	1.8%	1.7%	1.6%
Sport Gisborne	0.3%	0.3%	0.3%	0.3%
Sport Taranaki	0.7%	0.7%	0.7%	0.6%
Sport Whanganui	0.4%	0.4%	0.4%	0.4%
Sport Hawke's Bay	1.0%	1.0%	0.9%	0.9%
Sport Manawatu	1.0%	0.9%	0.9%	0.8%
Sport Wellington	2.6%	2.5%	2.4%	2.3%
Sport Tasman	0.8%	0.8%	0.8%	0.7%
Sport Canterbury	3.3%	3.2%	3.1%	2.9%
Sport Otago	1.1%	1.0%	1.0%	0.9%
Sport Southland	0.5%	0.5%	0.5%	0.5%

SPORT NEW ZEALAND
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