

# Regional Participation Landscape

Below is a visual representation of key changes to physical activity levels for tamariki, rangatahi and adults in the greater Wellington region last year. In some cases, data has been compared to national averages but please interpret the following data with care. This data suggests that tamariki physical activity rates are increasing, rangatahi rates are decreasing and adults are relatively stable.

## Which Wellingtonians responded to this survey?

Data was collected across the greater Wellington region through the ActiveNZ Survey between January 2023 and January 2024.

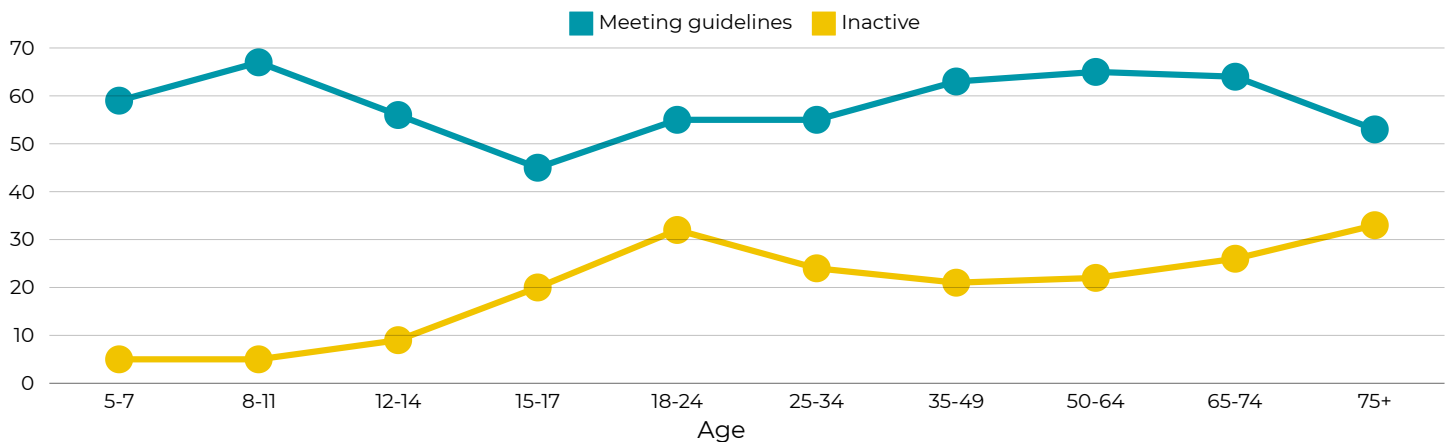
**777** young people  
(5-17 years)

**2,188** adults  
(18 years and over)

Results show differences by age, gender, ethnicity, material deprivation and disability.

### Meeting Guidelines

In the greater Wellington region, 59% of young people and 60% of adults meet physical activity guidelines. For young people, this is an increase from 56% in 2022 and for adults, a non-significant decrease from 61% in 2022. Unfortunately, inactivity is still at its highest for young adults aged 18-24.



### Time Spent

**10.4**

The average number of hours Wellington young people are active weekly. Wellington adults spend 4.5 hours being active weekly.

### Overall Participation

**92%**

The number of Wellington young people who participate in physical activity each week. 77% of Wellington adults participate in physical activity each week.

### Number of Activities

**4.8**

The number of activities Wellington young people participate in weekly. Wellington adults participate in 1.9 activities per week.

The activities that rangatahi aged 15 to 17 are most interested in trying include running or jogging, walking for fitness, tramping or bush walks, working out (weights or cardio), and waka ama.

### Most Active

# 12-14 years



12-14 year old spends the most time in physical activity, participating in 11.3 hours of activity per week. Boys in this age group spent over an hour more in physical activity than girls aged 12-14.

### Least Active

# 15-17 years

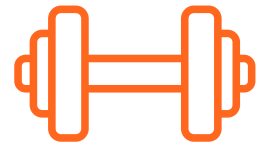
The least active age group of Wellington young people are aged 15-17. They spent an average of 7.8 hours in physical activity per week. Boys at this age spend over 3 hours more time in physical activity than girls aged 15-17. More work continues to be needed to provide opportunities for girls to be physically active.

### Barriers

Wellington young people aged 8-17 identified the following as their primary barriers:

- 'Too busy' (27% for young people)
- 'I prefer to do other things' (25% of young people)
- 'I already do a good amount of physical activity' (19% of young people)

- For Wellingtonians (aged 18+);
- 'Other commitments are taking priority' (58% of adults)
- 'I am too tired or don't have the energy' (30% of adults)
- 'I struggle to motivate myself' (26% of adults)



The number of barriers for young people with disabilities has increased from 2.2 to 2.8, which tells us accessing physical activity has become more difficult for these young people.

Over the past 7 years, rangatahi agreement with the statement "my school doesn't offer physical activities I'm interested in" has increased. They want physical activity on their own terms, which has been reflected in a decrease in school or sport club membership and an increase in gym memberships for rangatahi.

### Participation

Hours spent in activity (last 7 days)

